



OTTER NEWS

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Hello again from *Otter News*. This edition contains important information about the entry process for the competitions that we will target as a club, a report on the BST Biathlon held on 26 March and details of the training programme from April to June.

2006 Competition Programme

Here is a reminder of the events taking place locally that we think it would be fun to enter this summer:

29 April	Worthing Otters May Day Aquathlon
28 May	Hamble Aquathlon
17 June	Arun Triathlon (Bognor Regis)
25 June	Sussex Youth Games Aquathlon (Eastbourne) { <i>selection event for Y6,7,8 only</i> }
02 July	Crawley Triathlon
09 July	Portsmouth Aquathlon
13 August	Brighton College Aquathlon
27 August	Fareham Aquathlon

Enclosed with this *ON* are the entry forms for the races organised by other clubs. Please note that the Hamble, Portsmouth and Fareham Aquathlons use the same form. As we are entering these as a club we can co-ordinate the entries. (If you have already entered some, no problem but please let us know.) Please take a look at the entry forms, decide which races you want do, and then complete the form(s) and send it / them along with the entry fee (*cheques made payable to the event organisers and **not** Worthing Otters*) to Otters HQ. Please note that unless you have joined British Triathlon as an individual member the non BTA fee applies. You can also give the forms to Ann or Julian at a coaching session. All entry forms must be received by **15 April 2006**. We realise that we are asking for a commitment well in advance but we have been told that all the events quickly reach their maximum entry limits and we should submit our entries as soon as possible.

We appreciate that for many deciding which events to do may be difficult especially for those new to multi-sports. Don't worry, in this our first proper season it is all about just getting some experience. Most of us involved last year will know a bit about aquathlons but the triathlon is still an unknown. Future coaching sessions will be geared towards giving you the race specific skills you need to do more than 1 discipline back-to-back and how to manage the transition phase. Don't be put off having a go because you are worried that you won't be any good. Everybody has to start somewhere and whatever your finishing position it is your personal achievement that counts. To take part in the triathlons you can use any type of bike as long as it is roadworthy but you **must** wear an approved helmet that is in good condition.

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Please note that some of the races are part of a Regional series but we are not targeting all of these. Therefore, if you want to compete in the series you will need to enter as an individual. But please tell us how you get on.

We are going to run a **club championship** based on 7 of the races. (The Sussex Youth Games is excluded because it is a selection event and so it is not open to every member.) After each race we will award points in each age group according to where each member finishes in relation to the other club members. (1 point for the 1st Otter, 2 points for 2nd Otter etc.) The club age group title will go to the athlete with the lowest score based on his/her 3 best results. There will be a boy and girl winner for each Tristar age group. You can do more than 3 events and drop your worst scores but you do need to compete in at least 3 races to qualify for the club championship.

The first event of the series is our own May Day Aquathlon on 29 April and the entry form for this is enclosed along with an expression of interest form for the Sussex Youth Games. If you are in **school years 6, 7, or 8 and live and / or attend a school in Worthing** you are eligible to represent the town at the Games on 25 June. Please let us know if you are available for consideration for Team Worthing. Selection will not be restricted to just members of Worthing Otters as we will be inviting some guests to compete in the May Day Aquathlon, but as a club member you will have the advantage of having trained regularly.

If you have any questions about the competition programme or the club championships please contact Otters HQ.

We will finalise the arrangements for transport, etc nearer to the time of each event.

Performances at Spring Biathlon are blooming marvellous

There was no better way to welcome in Spring than watching the 23 heroes/heroines who took on the challenge of our swim / run event on 25th March. Much respect to all involved. The event itself was based on a Modern Pentathlon biathlon although instead of converting times to points we added the time for the swim to that of the run to give the overall individual result. It was an aquathlon without a transition! There was some alarm amongst the athletes when they discovered that the run distances had been increased from those publicised but credit to all for getting on and having a go. Head Coach John was right – you were well up to the task. For many this was your first experience of doing a run after a swim and that takes some getting used to and even the veterans amongst us must have found it a bit of a shock to the system after the winter's hibernation. Not that the spectators would have known it. Effort, enthusiasm and general good sportsmanship was in plentiful supply. The weather conditions were pretty good but a sea breeze made for a low air temperature that made things uncomfortable especially for those taking part in the final heat who had a bit of a wait before their run. There were fine all-round performances from Alastair Hardinge, Sarah Blacker, Dan MacDonald, Louise Maloney, Lewis Baker and Maia Coates who won their respective training group competitions. The boys training group 1 race was decided by only 2 seconds with Lewis B making up a 6 second deficit after a good swim by Lewis M. A brilliant run by Luke Helmer saw him record the fastest time for the senior group's run which was a significant improvement on his running performances of last season. Special mention goes to Sam Poppeliers and Becky Rodemark who doggedly stuck to their task to complete their races. Commiserations to Victoria Seth who was struck down by a stitch at the start of the run and wasn't able to finish on this occasion. She is a real tryer in training and with this lesson in pace judgement under her belt; she will be fine next time out. As always these events could not take place without the support of all the officials especially our timekeepers, Ian Helmer and Katy Hazeldine, who did an outstanding job of producing the results. Huge thanks to all the helpers and parents. At the moment the Otters have limited financial resources but with the athletes we have got along with such supportive parents and willing volunteers we are rich indeed.

Worthing Otters 2006 BST Biathlon

Training Group 3 (Swim = 200m + Run = 2.26Km)

Boys

		Swim	Run	Combined
1	Alastair Hardinge	2:46.51	10:27	13:13
2	Luke Helmer	3:12.54	10:24	13:36
3	Kevin Chan	2:59.89	11:17	14:16
4	Peter Flynn	3:25.54	11:22	14:47

Girls

		Swim	Run	Combined
1	Sarah Blacker	3:19.64	11:13	14:32
2	Bethany Taylor	3:22.26	11:29	14:51
3	Hannah Seth	3:32.89	11:49	15:21
4	Victoria Seth	3:43.64	DNF	-

Training Group 2 (Swim = 100m + Run = 1.86Km)

Boys

		Swim	Run	Combined
1	Daniel MacDonald	1:22.09	9:00	10:22
2	Max Felton	1:34.95	9:06	10:40
3	Sam Poppeliers	2:42.64	10:47	13:29

Girls

		Swim	Run	Combined
1	Lousie Maloney	1:39.76	9:27	11:06
2	Fiona Hardinge	1:43.07	9:32	11:15
3	Amy Rodemark	1:38.64	10:23	12:01
4	Elissa Flynn	1:38.64	10:24	12:15
5	Ella Coates	1:56.64	10:29	12:25
6	Millie Rodemark	2:05.95	10:38	12:43
7	Becky Rodemark	1:57.07	12:50	14:47

Training Group 1 (Swim = 33.3m + Run = 660m)

Boys

		Swim	Run	Combined
1	Lewis Baker	38.29	2:52	3:30
2	Lewis Morton	32.09	3:00	3:32
3	Iain Taylor	45.39	2:55	3:40
4	Reece Baker	33.01	3:25	3:58

Girls

		Swim	Run	Combined
1	Maia Coates	28.57	3:28	3:56

Coaching Programme – April to June 2006

The schedule for the next 12-weeks is given below. In order to provide more variety and offer more interesting cycling sessions we plan to hold some of the Saturday sessions at venues other than at the Aquarena. Please note the venues. If you will have any difficulties with transport let us know either by contacting Otters HQ or at any of our sessions. We also see the start of a Wednesday running session which will initially be for Tristar 3 and Youth athletes but will include Tristar 2 from after Easter. If you already have a heavy training schedule in swimming or running be careful that you don't over do it. Please bring running kit to all swim and cycling sessions. **Remember to bring plenty of water to drink to each and every session.** At the moment the session fee for swimming remains £2, some bike sessions will cost a £1, but the running sessions remain free.

Day / Date			Start / T1	T2	T3 /Y
Wed	29/03	Activity Venue Time			Run WLC Track 18.00 – 19.00
Sat	01/04	Activity Venue Time	Swim Aquarena 08.00 – 09.00	Bike St Andrews School (tbc) 09.00 – 10.00	
Wed	05/04	Activity Venue Time			Run WLC Track 18.00 – 19.00
Sat	08/04	Activity Venue Time	Swim Aquarena 08.00 – 09.00	Run The Gallops 09.00 – 10.00	
Wed	12/04	Activity Venue Time			Run WLC Track 18.00 – 19.00
Sat	15/04	Activity Venue Time	Bike (Run if wet) Southwater Country Park 10.00 – 11.30		
Wed	19/04	Activity Venue Time		Run WLC Track 18.00 – 19.00	
Sat	22/04	Activity Venue Time	Swim / Run (Transition practice ahead of Otters Aquathlon) Aquarena 08.00 – 09.00		
Wed	26/04	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	29/04		Otters Aquathlon (incorporating Sussex Youth Games Try Out)		
Wed	03/05	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	06/05	Activity Venue Time	Bike TBA 10.00		

Day / Date			Start / T1	T2	T3 /Y
Wed	10/05	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	13/05	Activity Venue Time	Swim / Run (if not running in the race the next day) Aquarena 08.00 – 09.00		
Sun	14/05		Fun Run – Worthing Seafront		
Wed	17/05	Activity Venue Time		Run WLC Track 18.00 – 19.00	
Sat	20/05	Activity Venue Time	Swim / Run (Transition practice ahead of Hamble Aquathlon) Aquarena 08.00 – 09.00		
Wed	24/05	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	27/05	Activity Venue Time	NO TRAINING		
Sun	28/05		Hamble Aquathlon		
Wed	31/05	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	03/06	Activity Venue Time	Bike (including bike set up etc) St Andrews High School 09.00 – 10.30		
Wed	07/06	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	10/06	Activity Venue Time	Bike / Run (Transition practice ahead of Arun Triathlon) Preston Park 10.00 – 11.30		
Wed	14/06	Activity Venue Time		Run WLC Track 18.00 – 19.00	
Sat	17/06		Arun Triathlon		