



OTTER NEWS

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Hi everybody, in this edition of Otter News we report on the May Day Bank Holiday Aquathlon, announce who has signed up for what competitions this summer, provide an update on the current training programme and publish the squad from which the Sussex Youth Games team will be picked.

MAY DAY BANK HOLIDAY AQUATHLON

In near perfect conditions with no wind and a relatively comfortable air temperature the Otters held their first multi-sports event of the summer season. For the first time our aquathlon races were based on the Tristar age groups although the run distances were a little shorter than those that will be used in the South East Regional Series. Once again all the performers impressed the spectators and officials with their commitment, enthusiasm and all round sportsmanship. Everybody should feel proud about what they achieved this day.

Tristar Start & 1

Lewis Morton was always going to be the runaway winner of the Tristar Start race because he was the only entrant but he had decided to step up and do the same swim and run distances as the age group above and in doing so he put in a sizzling performance to finish quicker than his namesake Lewis Baker, who was the winner of the Boys Tristar 1 race. In the girls event Karen Chan announced her arrival on the competitive scene finishing ahead of last month's Biathlon winner Maia Coates, who put in another steady performance.

Tristar 2

Max Felton narrowly missed out on a medal in the 2 previous home events but this was Max's day and he put in a great performance to pip Dan MacDonald by just 4 seconds. Iain Taylor finished third. In a very regrettable mix up Reece Baker was put down at registration in the T1 category and whilst he swam the necessary lengths for the T2 race, out on the run course he was directed down to the finish 2 laps early. Julian Stevens says *"I am very sorry for the muddle. Somehow I thought Reece was in T1 and the problem started from there. I do hope it did not spoil his day too much and that he found the experience useful despite the error."* Well done to guest competitor William Hunt, who had never done any multi-sports training before, and Sam Poppeliers for their great efforts. In the girls race Amy Rodemark claimed her first winner's medal by finishing ahead of Ella Coates who narrowly beat Elissa Flynn. For Amy and Ella this is their second season and both demonstrated they had made significant improvement in a year. Everything is still relatively new for Elissa but she is learning quickly and shows she is not overawed by tackling a multi-sports event.

Tristar 3 & Youth

Perhaps the most eagerly awaited race was the boys T3 competition because we welcomed back guest athletes Matthew James and Jason Wooldridge who both performed so well in 2005. It also renewed the friendly rivalry that exists between Matthew and Alastair Hardinge. Rumour has reached Otter News that Alastair has been enjoying some success over Matthew in the pool this term and interest was high as to what the outcome would be. Alastair exited the pool first and retained the lead for much of the run but King James was in no mood to be dethroned and finished ahead after a hugely impressive run stage. Both lads epitomized the true meaning of our sport with total commitment during the race and handshakes and mutual respect afterwards. Well done, guys. Third placed Jason also looked in great shape and Kev Chan put in his usual gritty performance to finish fourth. Ash Thompson stuck doggedly to his task and Peter Flynn, who was very unwell a week ago, managed a very creditable result. In the girls race the ever consistent Sarah Blacker finished ahead of the Seth twins who both posted very sound times with Hannah finishing in front of Victoria. Fiona Hardinge overcame early nerves to complete a shortened but no less challenging race and Alex Wood picked up the prize for the Tristar Youth category.

After the serious Tristar business some of the adults risked reputations by taking part in a fun race in which they could choose from a combo of lengths and laps. For the record GB Age Grouper Niki Treacy finished just ahead of Robin James. Well done to everybody who took part.

As always staging these events depends heavily on the support of the officials, coaches, volunteer helpers and parents. Once again our very loyal band of adults, who put in a huge amount of effort to make our activities happen and/or support the athletes, came good. Many many thanks to everybody who helped out and especially to the 2 timekeepers Ian Helmer and Katy Hazeldine who did such a brilliant job to produce the results so quickly at the end of the event.

A Personal Comment

Ann Maloney, co-founder of the club last year, emailed Otter News to say "The Otters have been up and running for a full year now. For me it has been a very enjoyable year but recognize that the Otters are truly steered by a very organized and methodical team of Julian and Jane Stevens and this is the reason why we are a successful club today. Julian and Jane Stevens publish the Otters News, provide good training sessions to attend, ensure a varied programme and work tirelessly behind the scenes. I would just like to say a big thank you to them both for their commitment and hard work. We are very much supported by a team of coaches who give up their time willingly but whom enjoy working with you all. Many thanks to all of them. John Scott, Peter Eldridge, Paul Major, Niki Treacy, Alan Matthews, Di Trafford, & John Whiteside. I myself would like to say how proud I was of every member of the Otters at the Aquathlon on Saturday, it was great to see sportsmanship in action and everyone supporting and cheering each other along. Well done everyone."

(Thanks, Ann, we all owe you a huge debt too! – Ed.)

MAY DAY BANK HOLIDAY AQUATHLON RESULTS

Names in [box brackets] did fewer lengths/laps than the standard event.

Tristar Start (8 yo) [Swim 3 Lengths + Run 2 laps]

Position	Name	Number	Time	Club Champ. Pts
1	Lewis Morton	01	8.02.51	1

Tristar 1 (9/10 yo) [Swim 3 Lengths + Run 2 laps]

Position	Name	Number	Time	Club Champ. Pts
1	Lewis Baker	02	8.18.59	1

Position	Name	Number	Time	Club Champ. Pts
1	Karen Chan	04	8.12.01	1
2	Maia Coates	05	10.28.16	2

Tristar 2 (11/12 yo) [Swim 6 lengths + Run 4 laps]

Position	Name	Number	Time	Club Champ. Pts
1	Max Felton	08	13.24.07	1
2	Dan MacDonald	10	13.28.51	2
3	Iain Taylor	13	16.45.92	3
4	[Sam Poppeliers]	11	11.30.36	4
5	[Reece Baker]	03	11.32.51	5
5	[William Hunt]	26	11.46.09	Guest

Position	Name	Number	Time	Club Champ. Pts
1	Amy Rodemark	12	15.56.64	1
2	Ella Coates	07	16.12.29	2
3	Elissa Flynn	09	16.18.13	3

Tristar 3 (13/14 yo) [Swim 9 lengths + Run 5 laps]

Position	Name	Number	Time	Club Champ. Pts
1	Matthew James	20	14.24.32	Guest
2	Alastair Hardinge	17	14.36.45	1
3	Jason Wooldridge	24	14.56.01	Guest
4	Kevin Chan	15	16.06.82	2
5	Ash Thompson	23	17.00.32	3
6	Peter Flynn	16	17.48.73	4

Position	Name	Number	Time	Club Champ. Pts
1	Sarah Blacker	14	17.54.09	1
2	Hannah Seth	21	18.05.51	2
3	Victoria Seth	22	18.45.61	3
4	[Fiona Hardinge]	18	15.02.26	4

Tristar Youth (15/16 yo) [Swim 9 lengths + Run 5 laps]

Position	Name	Number	Time	Club Champ. Pts
1	Alex Wood	25	18.13.29	1

MAY DAY BANK HOLIDAY AQUATHLON RESULTS

Names in [box brackets] did fewer lengths/laps than the standard event.

Adult Race

Position	Name	Overall Time
1	Niki Treacy	7.48
2	Robin James	8.00
3	Paul Major	8.21
4	Caroline Morton	8.25
5	Julian Stevens	9.53
6	Simon Morton	10.36
7	John Rodemark	11.15
8	Sue Matthews	11.23
9	Sue Taylor	12.17
10	[Dana Coates]	8.50
11	[Karen Baker]	9.24

2006 Competition Programme

At the time of going to print the following Otters have entered the events as shown. We know that one or two others are also planning to enter some of the events. If there is anybody who has not yet entered anything because they were unsure who else might be doing what, you can still enter subject to there being places. If you do not have an entry form contact Otters HQ and we can supply you with one. In particular, if there is a Tristar 3 Girl or Tristar 2 Boy available on 28 May or 9 July you would help make up a team, which need 3 to score, for the Hamble and Portsmouth Aquathlons. Please let Otters HQ know if you enter an event independently.

Hamble Aquathlon (28.05.06)

Sarah	Blacker	T3
Bethany	Taylor	T3
Alastair	Hardinge	T3

Portsmouth Aquathlon (09.07.06)

Sarah	Blacker	T3
Bethany	Taylor	T3
Ella	Coates	T2

2006 Sussex Youth Games Aquathlon Squad

The following athletes have indicated that they are available to represent Worthing at the Sussex Youth Games in Eastbourne on Sunday 25 June 2006.

Year 6

Max Felton
Iain Taylor
Elissa Flynn
Millie Rodemark
Becky Rodemark

Year 7/8

Matthew James
Jason Wooldridge
Peter Flynn
Bethany Taylor
Hannah Seth
Victoria Seth
Amy Rodemark
Ella Coates

If there is anybody else in Years 6, 7 or 8 interested in being considered for selection please let

At the time of going to print we have no entries for the Arun Triathlon or the Brighton Aquathlon

team size but we need to know exactly how many we would like to take. If possible we would like to take everybody that wants to compete but the organisers will have the final say on how many we actually can.

COACHING PROGRAMME



The Saturday morning sessions have been well attended even during the Easter holiday period. The improved weather has meant we have been able to add a bit of variety to the programme including a cycling session at St Andrews School on 1 April and a bike ride down the Downs Link bridleway from Southwater Country Park where the picture above was taken.

The Wednesday evening sessions attract fewer participants but they provide an opportunity for anybody wanting to improve their running fitness to do so. Most sessions are now at The Gallops, Findon Valley, but once a month there will be a track session at Worthing Leisure Centre.

The programme for April to June that was published previously is still current and included with this newsletter. Please note that the bike session on 6 May is at St Andrews School

and the bike/run session on 10 June that was going to be at Preston Park in Brighton will now be at the BMX track in Shoreham. More details will be supplied nearer the time. At the moment nobody is entered in the Arun Triathlon but if anybody does and wants to do some bike/run transition practise this can be included in the Wednesday session on 7 June at The Gallops. As a reminder all swim sessions are £2 and bike sessions at St Andrews are £1. All running sessions are free. If we use any new venues that incur a charge we will need to ask for a session fee but this will be kept to a minimum.

The programme for the period from 17 June to mid September will be published following a coaches meeting that will be held on 3 June after training. If you have any suggestions or comments about what you would like to see us do please let the coaches know or contact Otters HQ.

Day / Date			Start / T1	T2	T3 / Y
Wed	03/05	Activity Venue Time		Run The Gallops 18.00 – 19.00	
Sat	06/05	Activity Venue Time	Bike St Andrews School (Session fee: £1) 09.00 – 10.00		
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 – 10.00		
Wed	07/06	Activity Venue Time		Run (Bike transition practice for anybody doing the Arun Tri) The Gallops 18.00 – 19.00	
Sat	10/06	Activity Venue Time	Bike BMX Track, Shoreham-by-Sea 09.00 – 10.30		
Wed	14/06	Activity Venue Time		Run WLC Track 18.00 – 19.00	
Sat	17/06		Arun Triathlon		