



OTTER NEWS

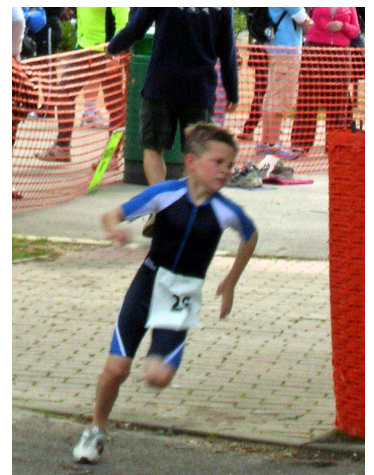
Hello again. *Otter News* hopes you're enjoying the better weather. In this edition of *ON* we tell of deeds of daring do by the Magnificent Seven at Hamble and publish the summer programme.

2006 HAMBLE AQUATHLON

7 Otters made history on 28 May when they toed the start line of the Hamble Aquathlon because it was the first time the club had attended this event. For 4 of those taking part it was their first ever experience of a British Triathlon regional competition and for 2 it was a step up from the distances that they did last year. In unusually good weather conditions the team assembled at Hamble Sports Community College in good time for the event start at 09.30. First off for the Otters was **Maia Coates** in the **Tristar 1** Girls Race. Cheered on by her very vocal band of supporters she completed the 200 metre swim and 1500 metre run in her usual determined style. Her fifth place counted towards the Otters overall team score so just by finishing Maia made a valuable contribution to the team. Next off was **Lewis Baker** who emerged from the pool a little down on his rivals but he bomb blasted through Transition in his go fast one piece and borrowed race number belt and was seen tearing up the run course in brilliant style. His swim time was always going to make it difficult for him to make up ground on the others in the Boys Race but he overtook one and his run time was fourth quickest of the seven finishers. There were three Otters in the **Tristar 2** Boys Race. **Daniel MacDonald** showed off his swimming prowess arriving in Transition in third place and he was swiftly into the run phase but he struggled round the 2 kilometre course. There is nothing harder than to keep going when others are passing you but he hung on to the end to claim his T-shirt and medal that was the just reward for all those who made it to the finish line. Meanwhile, **Max Felton** despite coping with the onset of a head cold made steady progress in both phases of the race and finished ahead of Dan based on their overall times. This was another solid performance by Max who is turning into a very consistent performer.



Maia



Lewis

Last September **Iain Taylor** would have struggled to finish a 300 metre swim yet not only did he manage the 15 lengths of the 20m Hamble pool, he was not last into Transition either. Although he was caught and overtaken on the run stage, Iain's run time of 10.34 was quicker than 2 other athletes. This was a great debut for Iain who has made outstanding progress in just a few short months. The Girls **Tristar 3** race was the first time **Sarah Blacker** and **Bethany Taylor** were tackling the longer distances for this age group. Both had good swims exiting the pool in 4th and 5th respectively and as with all the Otters this day went through Transition very slickly. Out on the run course they made steady progress over the first 2 of the 3 lap course with Bethany tracking Sarah from just a short distance behind but on the last lap fatigue began to set in for both and they started to suffer. Everybody watching could not help but be moved by the display of mental strength as they battled to the finish line with increasingly weary legs. For the record Bethany finished ahead of Sarah but in the eyes of their supporters both performances were heroic. In the team competition the top 3 places achieved by each club in any age group were added together to give the final position. The Otters, who provided the second most entrants behind host club Chapel Tristars, finished 6th out of 7 scoring teams, who were all from well established clubs. Our score was based on 2 5th places (Maia and Bethany) and a 6th place (Lewis or Sarah). This event will also count towards the Top Otter Age Group Awards that will be made at the end of the season (see elsewhere in the newsletter for the current standings.) Overall the Hamble Aquathlon was a good day for the Otters. Everybody who started, finished and those new to multi-sports or tackling new distances for the first time coped. Some may have found the going quite hard but it will get easier as fitness improves and experience begins to tell. Remember this was a regional event and there were athletes from across the south east so the competition was bound to be strong. Everybody can hold their heads up high and be proud of what they did this day. Well done and thank you to those who took part not just for the effort that you put in but for the support and encouragement that you gave each other. You were a real credit to the Club and the town. Congratulations to Chapel Tristars for a very well organised competition at an excellent venue. Huge thanks once again to all the parents for bringing the athletes to the event and looking after them on the day. Finally, many thanks also to John Scott who came down to Hamble and provided valuable advice and encouragement to all our entrants.

Advice to Supporters at Events

There was an excellent spirit at Hamble with everybody cheering each other on. However, Otter News has been asked to point out that it is not allowed in the rules for spectators to run alongside athletes whilst they are competing and doing so could lead to disqualification of the team. Please restrict your support to vocal encouragement but you can be as loud as you like!



Max



Dan



Iain



Sarah
&
Beth

Hamble Aquathon 2006 Results

Pos	No.	Cat	Name	Club	Swim	Run	Total
1	14	F10	EMILY JENKINSON	HAMBLE AQUATICS	0:02:58	0:07:15	0:10:13
2	13	F10	KIRSTY COLLINS	PORTSMOUTH	0:03:04	0:08:44	0:11:48
3	17	F10	KATIE METALLI	TVT	0:03:17	0:08:48	0:12:05
4	22	F10	KATE MOTTERSHEAD	LOCKSHEATH	0:03:18	0:08:55	0:12:13
5	19	F10	MAIA COATES	WORTHING OTTERS	0:03:44	0:12:16	0:16:00
1	35	M10	DAVID FISHER	EASTELIGH	0:03:20	0:06:46	0:10:06
2	28	M10	TOM GREGSON	PORTSMOUTH	0:02:32	0:07:35	0:10:07
3	25	M10	BRADLEY ISAACS	HAMBLE AQUATICS	0:02:58	0:07:54	0:10:52
4	32	M10	NICHOLAS RAWBIN	TRITON TRI SQUAD	0:03:00	0:08:27	0:11:27
5	31	M10	MAX SANDMAN	FAREHAM NOMADS	0:03:34	0:08:13	0:11:47
6	26	M10	LEWIS BAKER	WORTHING OTTERS	0:04:07	0:07:59	0:12:06
7	34	M10	RICHARD SPIERS	CHAPEL TRISTARS	0:03:26	0:08:56	0:12:22
1	62	M12	MATTHEW RAWBIN	TRITON TRI SQUAD	0:04:35	0:07:46	0:12:21
2	53	M12	CHARLIE JOSLIN-ALLEN	BODYWORKS XTC	0:05:11	0:07:24	0:12:35
3	50	M12	RICHARD ALLEN	TVT	0:05:12	0:07:50	0:13:02
4	63	M12	JORDAN ALLEN	TVT	0:04:48	0:08:16	0:13:04
5	58	M12	JONATHAN DIBBEN	CHAPEL TRISTARS	0:05:08	0:08:28	0:13:36
6	54	M12	ROBERT CHEN	CHAPEL TRISTARS	0:05:20	0:09:32	0:14:52
7	55	M12	MAX FELTON	WORTHING OTTERS	0:05:27	0:10:14	0:15:41
8	61	M12	DANIEL MACDONALD	WORTHING OTTERS	0:04:56	0:10:51	0:15:47
9	49	M12	ROSS REARDON	ARUN TRIDENTS	0:06:30	0:10:00	0:16:30
10	57	M12	LUKE TAYLOR	TEAM THAMESIDE TRI	0:05:40	0:10:55	0:16:35
11	59	M12	HARRY KELLETT		0:07:03	0:10:04	0:17:07
12	51	M12	IAIN TAYLOR	WORTHING OTTERS	0:06:36	0:10:34	0:17:10
1	74	F14	EMILY MCCLOUGHLIN	TRITON TRI SQUAD	0:05:40	0:12:03	0:17:43
2	68	F14	JESSICA CHEN	CHAPEL TRISTARS	0:06:03	0:11:47	0:17:50
3	66	F14	FRANCESCA SANDMAN	FAREHAM NOMADS	0:06:02	0:14:51	0:20:53
4	75	F14	JODIE TAYLOR	TEAM THAMESIDE TRI	0:07:37	0:13:20	0:20:57
5	69	F14	BETHANY TAYLOR	WORTHING OTTERS	0:06:55	0:14:58	0:21:53
6	67	F14	SARAH BLACKER	WORTHING OTTERS	0:06:47	0:15:20	0:22:07
7	72	F14	JENNIFER HEWETT	SOUTH LONDON TRI	0:08:02	0:16:41	0:24:43

TOP OTTERS AGE GROUP AWARDS

Tristar Start

		May Day	Hamble	Arun	Crawley	Portsmouth	Fareham
Lewis	Morton	1					

Tistar 1

		May Day	Hamble	Arun	Crawley	Portsmouth	Fareham
Lewis	Baker	1	1				
Ellie	Howard						
Maia	Coates	2	1				
Karen	Chan	1					
Polly	Reymond						

Tristar 2

		May Day	Hamble	Arun	Crawley	Portsmouth	Fareham
Reece	Baker	5					
Max	Felton	1	1				
Dan	MacDonald	2	2				
Sam	Poppeliers	4					
Iain	Taylor	3	3				
Ella	Coates	2					
Elissa	Flynn	3					
Louise	Maloney						
Amy	Rodemark	1					
Becky	Rodemark						
Millie	Rodemark						

Tristar 3

		May Day	Hamble	Arun	Crawley	Portsmouth	Fareham
Kevin	Chan	2					
Peter	Flynn	4					
Alastair	Hardinge	1					
Luke	Helmer						
Sam	Maloney						
Ash	Thompson	3					
Sarah	Blacker	1	2				
Nikki	Gatland						
Fiona	Hardinge	4					
Toni	Harris						
Nina	Reymond						
Victoria	Seth	3					
Hannah	Seth	2					
Bethany	Taylor		1				
Jenny	Whiteside						

Tristar Youth

		May Day	Hamble	Arun	Crawley	Portsmouth	Fareham
Alex	Wood	1					

Each Otter is ranked in accordance to where they finish in relation to the other club members in any race. Best 3 positions to count towards Top Otter Award. The Otter with the lowest accumulated score is the age group winner. There is a Top Otter award for the best Male and Female in each age group.

TRAINING PROGRAMME (JUNE – SEPTEMBER)

Saturday morning sessions will continue through the school summer holiday period but the Wednesday evening sessions will stop after 5 July.

Day / Date			Start / T1	T2	T3 /Y
Wed	21/6	Activity Venue Time	Run The Gallops 18.00		
Sat	24/6		NO TRAINING		
Sun	25/6		Sussex Youth Games		
Wed	28/6	Activity Venue Time	Bike / Run The Gallops 18.00		
Sat	01/7	Activity Venue Time	Swim / Bike / Run (Transition practice run through) Aquarena 08.00		
Sun	02/7		Crawley Triathlon (9 entered)		
Wed	05/7	Activity Venue Time	Run The Gallops 18.00		
Sat	08/7		NO TRAINING		
Sun	09/7		Portsmouth Aquathlon (13 entered)		
Sat	15/7	Activity Venue Time	Swim Aquarena 08.00		
Sat	22/7	Activity Venue Time	Swim Aquarena 08.00		
Sat	29/7	Activity Venue Time	Bike St Andrews School 09.00		
Sat	05/8	Activity Venue Time	Swim / Run Aquarena 08.00		
Sat	12/8	Activity Venue Time	Bike St Andrews School 09.00		
Sat	19/8	Activity Venue Time	Swim / Run Aquarena 08.00		
Sat	26/8		NO TRAINING		
Sun	27/8		Fareham Aquathlon (4 entered)		
Sat	02/9	Activity Venue Time	Swim / Run Aquarena 08.00		

ATHLETE'S PROMISE

By and large the conduct and attitude at training & competitions has been exemplary this season but on occasion the coaches have struggled to run some sessions because individuals have not co-operated fully. We reproduce below the Athlete's Promise that everybody involved in last year's Sussex Youth Games signed up to and we ask that all our current members adopt this as our Code of Conduct.

I promise to:

- Concentrate on having fun and not winning at all costs
- Support and encourage the other members of the Otters
- Be on time to sessions, listen to my coaches and follow their instructions
- Respect the decision of all officials
- Treat other competitors as I would like to be treated with respect and sportsmanship
- Enhance the Otters image by maintaining the highest level of behaviour
- Win with humility and lose with dignity

ARUN TRIATHLON

Otter News wishes **Peter** Flynn, **Luke** Helmer and **Sam** Maloney the very best of luck at the Arun Triathlon in 2 weeks time which is being held at the Arun Leisure Centre in Bognor Regis. The lads are boldly going where no Otter has been before as this will be the first full triathlon that any club member has attempted.

2006 SUSSEX YOUTH GAMES

The team to represent Worthing at the SYG on 25 June in Eastbourne is:

Matthew James	Bethany Taylor
Jason Wooldridge	Hannah Seth
Peter Flynn	Victoria Seth
Max Felton	Victoria Edwards
Iain Taylor	Amy Rodemark
Becky Rodemark	Millie Rodemark
Elissa Flynn	Maia Coates
Daniel MacDonald	

Everybody in Team Worthing is sorry that Ella Coates will not be available for the Games and looks forward to seeing her back running and swimming again soon.

JOHN SCOTT

Everybody associated with Worthing Otters wishes John Scott the very best of luck at the European Triathlon Age Group Championships in Autun, France on the week-end of 24/25 June 2006.

John has also kindly donated 3 pairs of elastic shoelaces that he would like given to Otters that demonstrate great attitude in training or competition. One pair has already been presented to Lewis Baker for his attendance and enthusiasm at training this summer. The coaches are on the look out for other deserving recipients.

CRAWLEY TRIATHLON

There are 9 Otters entered in the Crawley Tri which takes place on 2 July 2006 at the K2 Leisure Centre.

Peter Flynn	Max Felton
Alastair Hardinge	Dan MacDonald
Luke Helmer	Iain Taylor
Sam Maloney	Elissa Flynn
Bethany Taylor	

PORTSMOUTH AQUATHLON

There are 12 Otters entered in the Portsmouth Aquathlon, which actually takes place in Havant, on 9 July 2006. This is an event that the club has been to before. Here's hoping for better weather than in 2005 when it was very wet but Otter News has received assurances that the yummy cakes will be available once again.

Sarah Blacker	Peter Flynn
Bethany Taylor	Max Felton
Maia Coates	Daniel MacDonald
Elissa Flynn	Lewis Morton
Amy Rodemark	Iain Taylor
Millie Rodemark	Becky Rodemark

LOST PROPERTY

2 training tops have been left behind after coaching sessions recently. The first was left at The Gallops on 10 May and the other at St Andrews School on 3 June. Anybody who has lost a top recently and can describe it accurately (sorry, Luke, but you've run out of guesses!) can have it back. Please see Julian..