



OTTERS NEWS

Welcome to a slightly larger edition of *ON*. Congratulations to the gold medal winning Sussex Youth Games squad and well done to everybody who took part in one of the regional races. Many thanks to the roving reporters for your articles on all of these events. As well as news about the Tristar action we feature the exploits of members of the coaching staff who don't just talk the talk but walk the walk as well. Finally, a huge welcome to Sam Empson who joins the Otters in the Tristar Start group.

Team Worthing strikes gold at the Sussex Youth Games

Worthing took a squad of 16 to the 2006 Sussex Youth Games Aquathlon. Most were from the Otters but we had a little help from our friends and what friends! Hopes were raised early on that things might go well when **Jack** Swift of Shiverers / Worthing Harriers and **Victoria** Edwards of Littlehampton Swim Club came in first and second respectively in the first wave. Shortly afterwards there was another Worthing double act when **Jason** Wooldridge, who swims for Crawley SC, and **Matthew** James also of Littlehampton SC, finished together. Both lads were given the same time although Jason was just a stride ahead of Matt, but later on both were pipped by just one second for the fastest time of the day by Rother's Ed Kinch. The team result was decided by only four points so the performances of **Daniel** MacDonald and **Bethany** Taylor, were critical in winning the gold medal. Peter Flynn showed great character after a difficult time at the Arun Triathlon the previous week-end to be our next quickest and not far behind him was **Max** Felton who put in his usual 100% effort. **Hannah** and **Victoria** Seth were taking part in their first official race and both coped very well with Hannah finishing ahead of her sister. **Amy** Rodemark participated in 2005 but twin sisters **Millie** and **Becky** were making their SYG debut. All three managed very creditable performances. **Elissa** Flynn struggled in the early stages of her race but *when the going gets tough the tough get going* and she finished very strongly. **Iain** Taylor and **Maia** Coates, who was one of the youngest competitors in the field, completed the Worthing line up with their characteristic determination. For the record Worthing were given 46 points, Rother were second with 50 and the bronze medal went to Arun who had 122 points. Once again there was a fantastic spirit in the Worthing camp with everybody supporting each other and many thanks go to all the parents present who helped look after the team as a whole. Congratulations to everybody on a wonderful performance.

| | | | | | |
|-----|-------------------------|-----------------|-----------|------------------------|-----------------|
| 2= | Matthew James | 07:40:00 | 30 | Hannah Seth | 10:01:00 |
| 2= | Jason Wooldridge | 07:40:00 | 35 | Victoria Seth | 10:23:00 |
| 4 | Jack Swift | 08:15:00 | 37 | Amy Rodemark | 10:34:00 |
| 5 | Victoria Edwards | 08:16:00 | 46 | Millie Rodemark | 11:36:00 |
| 16 | Dan MacDonald | 09:19:00 | 49 | Becky Rodemark | 11:48:00 |
| 18 | Bethany Taylor | 09:22:00 | 51 | Elissa Flynn | 12:10:00 |
| 22 | Peter Flynn | 09:37:00 | 52 | Iain Taylor | 12:11:00 |
| 23= | Max Felton | 09:45:00 | 53 | Maia Coates | 13:16:00 |

*Footnote: Whilst the Aquathlon team was winning gold 2 other Otters, **Luke Helmer** and **Sam Maloney**, were representing Worthing in the Year 7/8 hockey competition and they too struck gold – well done guys!*

The Worthing Otters came of age as a triathlon club this summer when some of our members took part in two local triathlons

Arun Triathlon

The first triathlon that the Otters entered was held at Felpham on a hot and steamy Saturday in June. Three Otters took part: Luke Helmer, Sam Maloney and Peter Flynn and their patience on the day was sorely tested. They all reported for registration at 8.30 am but due to delays their start time slipped from 1.30 to 4.50 pm which meant that they did a lot of hanging around wondering if and when they should eat. When they were finally allowed to get going all three swam well and entered the bike circuit with no problems. The three put on a sterling performance on their mountain bikes but they were up against athletes on more expensive, faster racing machines. Peter's saddle had dropped which made his ride especially difficult. Sam finished just ahead of Luke and all three were on the run section when Peter unfortunately ran into difficulty and had to pull out. Luke maintained a steady pace and finished the race ahead of Sam. Well done to the first three Otters to enter a triathlon – ever!

Crawley Triathlon

Eight Otters entered the Crawley triathlon which was held at the new K2 centre with another early 8.30 registration but luckily this event went to schedule. The Otters Tri Star 2 crew consisted of Elissa Flynn, Iain Taylor, Max Felton and Daniel Macdonald whilst the Tri Star 3 contingent was Bethany Taylor, Alastair Hardinge, Luke Helmer and Sam Maloney. Elissa did a great swim, a solid bike ride which was on a very technical course and finished with a strong run in fine style to come 17th out of 24. Iain also managed a very good swim and completed his bike section and run with a steady pace and finishing the event with two athletes in his age group behind him. Max and Daniel had their usual tussle for placings. Both were in different heats and both performed brilliantly in all 3 stages with Daniel coming out 14 seconds in front of Max. They came 19th and 20th respectively out of a large Tri Star 2 boys age group field of 34. Bethany also had a good race. Although she was on a mountain bike she rode an excellent bike section and finished off with a strong run coming in 9th girl and setting a challenging target for the boys to follow. Predictably Alastair had a good swim and came out as one of the leaders and on a borrowed racing bike powered through to the run section with the leaders, having maxed out on the first two stages, the run section was the hardest for Al, but he dug deep and completed the event just ahead of Luke and Sam. Luke had a good race demonstrating sound pace judgement and building on the experience of the previous triathlon. He looked strong in all the phases, and using a racing bike for this triathlon made a big difference enabling him to make it home in 11th place just behind Al. Sam's chain came off his racing bike at the start of the cycling section and although a good lap behind when it was eventually fixed he showed great character to complete the bike phase and run strongly to finish only just behind Luke in 12th place.

Niki Treacy was at both triathlons and provided huge support by drawing on her wealth of experience in showing everybody what to do at each section, giving advice and general encouragement. This was invaluable and all the athletes and the parents would like to thank Niki for her support on both days. Triathlon is renowned to be a tough sport, 3 disciplines one after another are not easy and all the Otters involved have committed to the training over the year. It was heartening to see the Otters race with such commitment and truly inspiring to see them enter and complete the events in magnificent style and with such team spirit. Well done to everybody. At both events there was plenty of support from families and coaches and I would like to thank everyone who came to support the athletes in these events.

Ann Maloney

Arun Triathlon Results

Tri Star 3 Boys

| Pos | Name | Swim | Bike | Run | Total |
|-----|-------------|-------|-------|-------|--------------|
| 11 | Luke Helmer | 05:25 | 17:31 | 11:40 | 34:36 |
| 13 | Sam Maloney | 05:27 | 20:05 | 09:20 | 34:52 |
| 19 | Peter Flynn | 05:48 | 21:15 | DNF | DNF |

Crawley Triathlon Results

TRI STAR 2 - GIRLS

| | NAME | SURNAME | START | SWIMTIME | BIKEOUT | BIKETIME | RUNOUT | RUNTIME | FINISH | TOT TIME |
|----|--------|---------|----------|----------|----------|----------|----------|----------|----------|----------|
| 17 | Elissa | Flynn | 01:34:00 | 00:05:43 | 01:39:43 | 00:15:43 | 01:55:26 | 00:10:36 | 02:06:02 | 00:32:0 |

TRI STAR 2 – BOYS

| | | | | | | | | | | |
|----|---------|-----------|----------|----------|----------|----------|----------|----------|----------|---------|
| 19 | Daniel | MacDonald | 02:21:30 | 00:04:32 | 02:26:02 | 00:13:40 | 02:39:42 | 00:10:24 | 02:50:06 | 00:28:3 |
| 20 | Maxwell | Felton | 01:57:45 | 00:04:49 | 02:02:34 | 00:13:54 | 02:16:28 | 00:10:07 | 02:26:35 | 00:28:5 |
| 32 | Iain | Taylor | 01:57:15 | 00:06:53 | 02:04:08 | 00:17:08 | 02:21:16 | 00:10:35 | 02:31:51 | 00:34:3 |

TRI STAR 3 – GIRLS

| | | | | | | | | | | |
|---|---------|--------|----------|----------|----------|----------|----------|----------|----------|----------|
| 9 | Bethany | Taylor | 02:42:00 | 00:06:39 | 02:48:39 | 00:15:22 | 03:04:01 | 00:12:11 | 03:16:12 | 00:34:12 |
|---|---------|--------|----------|----------|----------|----------|----------|----------|----------|----------|

TRI STAR 3 - BOYS

| | | | | | | | | | | |
|----|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 10 | Alastair | Hardinge | 03:05:00 | 00:05:19 | 03:10:19 | 00:14:43 | 03:25:02 | 00:13:11 | 03:38:13 | 00:33:13 |
| 11 | Luke | Helmer | 03:05:00 | 00:06:21 | 03:11:21 | 00:16:09 | 03:27:30 | 00:11:26 | 03:38:56 | 00:33:56 |
| 12 | Sam | Maloney | 03:05:15 | 00:06:31 | 03:11:46 | 00:17:20 | 03:29:06 | 00:11:26 | 03:40:32 | 00:35:17 |

L'etape du Tour

Congratulations to Paul Major one of our cycling coaches. He entered the 2006 Etape in July which is a stage of the Tour de France that the public can compete in. It consisted of a 191Km bike ride from Gap to Alpe d'Huez climbing three Cols (peaks) in the Alps. There is a time limit for this race and if you are too slow you get picked up by the elimination truck. It was 40 degrees and the refreshment stations quickly ran out of water which made it extra tough and grueling, Paul was one of 5000 finishers out of 7500 who started, so well done Paul.

Worthing Adult Triathlon

Di Trafford took part in this year's Worthing Triathlon which is held over the Olympic distance. Di is one of our volunteers who helps out with the bike sessions. She competes regularly in triathlons and completed this one with another solid performance. Well done Di.

Portsmouth Aquathlon – 9 July 2006

It was almost to be a repeat of last year; the clouds were grey and the rain was teeming down. However as we arrived at the venue the rain stopped and things looked much more positive. The friendly face of John as we entered the registration area boosted our confidence (and I'm only a Dad - not even competing!). This was much more of a local club and enthusiasts event than the Arun or Crawley competitions. The tea and cake stall reinforced that feeling! First off was **Maia**. Despite some difficulties she did the Otters proud, showing great grit and determination. In fact, setting the tone of the day, she was NOT to be defeated by the course and its challenges! All of her fellow Otters cheered her home. Next up were **Becky, Millie, Elissa** and **Amy**. The swimming pool was rather different than we are used to being only 20 metres in length but the girls put in a fine performance before setting off on the run. I don't know but it is strange that some courses can seem longer than they actually are (I know it's the Dad thing). It was great to see them all complete the run with such fine finishing at the end even though it was obvious that they were totally wiped out. They have real spirit those girls. Following on from the girls was **Iain**. The swim was hard and so was the run. But what a run! He made up much ground and clearly had much strength left at the finish. A measured performance which promises more for the next event and one of which to be proud. The next heat involving the Otters saw **Max** and **Daniel** racing it out. First one then the other was in front. With their jockeying for position they pulled themselves ahead of three other competitors and the final sprint was fantastic! Too fast and exciting for me to photograph (I really must concentrate more but I was too busy yelling!). The final event involved **Sarah** and **Bethany**. Close rivals, these two set to the race with the usual Otters' enthusiasm. Sarah was first from the pool but Bethany was not far behind. This was a testing distance on both swim and run even without the element of a full on competition. Nonetheless the girls acquitted themselves well. Even in the midst of competition it was notable that they encouraged each other on to the finish. A fantastic performance all round. As a summary of the day I would say how proud I am to be associated with the Worthing Otters. It was notable how positive our club was not only for our own athletes but also for all the other competitors. Along with our team spirit and comradeship, the enthusiasm and determination of our athletes made us stand out. Well done all!

Colin Flynn

T1

| | | |
|-----------------|-------------|-------|
| 6 th | Maia Coates | 12:56 |
|-----------------|-------------|-------|

T2

| | | | | | |
|------------------|-----------------|-------|------------------|------------------|-------|
| 9 th | Amy Rodemark | 17:07 | 5 th | Daniel Macdonald | 14:24 |
| 10 th | Elissa Flynn | 17:10 | 7 th | Max Felton | 14:27 |
| 11 th | Millie Rodemark | 18:26 | 15 th | Iain Taylor | 16:34 |
| 13 th | Becky Rodemark | 20:14 | | | |

T3

| | | |
|-----------------|----------------|-------|
| 5 th | Bethany Taylor | 19:29 |
| 7 th | Sarah Blacker | 21:05 |

TOP OTTERS AGE GROUP AWARDS

Tristar Start

| | | May Day | Hamble | Arun | Crawley | Portsmouth | No of Events | Best 3 |
|-------|--------|---------|--------|------|---------|------------|--------------|--------|
| Lewis | Morton | 1 | | | | | 1 | |

Tistar 1

| | | May Day | Hamble | Arun | Crawley | Portsmouth | No of Events | Best 3 |
|-------|---------|---------|--------|------|---------|------------|--------------|--------|
| Lewis | Baker | 1 | 1 | | | | 2 | |
| Ellie | Howard | | | | | | - | |
| Maia | Coates | 2 | 1 | | | 1 | 3 | 4 |
| Karen | Chan | 1 | | | | | 1 | |
| Polly | Reymond | | | | | | - | |

Tristar 2

| | | May Day | Hamble | Arun | Crawley | Portsmouth | No of Events | Best 3 |
|--------|------------|---------|--------|------|---------|------------|--------------|--------|
| Reece | Baker | 5 | | | | | 1 | |
| Max | Felton | 1 | 1 | | 2 | 2 | 4 | 4 |
| Dan | MacDonal | 2 | 2 | | 1 | 1 | 4 | 4 |
| Sam | Poppeliers | 4 | | | | | 1 | |
| Iain | Taylor | 3 | 3 | | 3 | 3 | 4 | 9 |
| Ella | Coates | 2 | | | | | 1 | |
| Elissa | Flynn | 3 | | | 1 | 2 | 3 | 6 |
| Louise | Maloney | | | | | | - | |
| Amy | Rodemark | 1 | | | | 1 | 2 | |
| Becky | Rodemark | | | | | 4 | 1 | |
| Millie | Rodemark | | | | | 3 | 1 | |

Tristar 3

| | | May Day | Hamble | Arun | Crawley | Portsmouth | No of Events | Best3 |
|----------|-----------|---------|--------|------|---------|------------|--------------|-------|
| Kevin | Chan | 2 | | | | | 1 | |
| Peter | Flynn | 4 | | 3 | | | 2 | |
| Alastair | Hardinge | 1 | | | 1 | | 2 | |
| Luke | Helmer | | | 1 | 2 | | 2 | |
| Sam | Maloney | | | 2 | 3 | | 2 | |
| Ash | Thompson | 3 | | | | | 1 | |
| Sarah | Blacker | 1 | 2 | | | 2 | 3 | 5 |
| Nikki | Gatland | | | | | | - | |
| Fiona | Hardinge | 4 | | | | | 1 | |
| Toni | Harris | | | | | | - | |
| Nina | Reymond | | | | | | - | |
| Victoria | Seth | 3 | | | | | 1 | |
| Hannah | Seth | 2 | | | | | 1 | |
| Bethany | Taylor | | 1 | | 1 | 1 | 3 | 3 |
| Jenny | Whiteside | | | | | | - | |

Tristar Youth

| | | May Day | Hamble | Arun | Crawley | Portsmouth | No of Events | Best 3 |
|------|------|---------|--------|------|---------|------------|--------------|--------|
| Alex | Wood | 1 | | | | | 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. Otter with the lowest accumulated score is the age group winner.

EUROPEAN TRIATHLON CHAMPIONSHIPS.

John Scott competed in the European Triathlon Championships in Autun, France over the weekend of 24th/25th June. What follows is his account of his experience.

Thursday was spent registering and having a look at the course. The lake was flat but the water temperature was over 22 degrees and was likely to be a non wet suit swim. Now, I have swum 1500m many times in a pool without a wetsuit but never in open water. The bike course – typically French. A two-lap course, after a couple of miles we came to the hill – 3.5 miles of continuous climb. Not possible to train for that in UK, we don't have hills that long! At the top of the climb there was a nice fast section followed by a very rough road that undulated across to the beginning of the downhill. Wheeeeeeeeeee! The downhill was very steep with some sharp corners and lots of metal manhole covers in the road. After some tight technical bits, one last sharp bend and out on the second lap. Well, at least the four laps run around the lake were reasonably flat, only two short sharp hills.

Friday was the parade of nations, representatives from more than 30 countries, from Spain to Russia, were represented. The GB team was the biggest with over 150 age groupers. Had a swim in the lake, strange being in open water without a wetsuit. Also had a cycle on the downhill section of the bike course.

Saturday was the Elite women and men's races. Andrea Whitcombe, Tim Don, Stuart Hayes, Richard Stannard and Andrew Johns represented GB. All the Age Groupers were out on the course cheering on our Elites. Andrea was fourth in the Elite women's race after a stunning 10k run. In the men's event, AJ (Andrew Johns) won bronze. The GB supporters went wild!!! Had a chat with Andrea Whitcombe and Richard Stannard after the prize giving.

Sunday, race day, dawned, different to many competitions as our race was not until the afternoon. First was a team breakfast followed by the formal race briefing, at which all the Elites turned up to thank us for our support and to offer hints and tips on the course and how to deal with the heat (30+ degrees). Spent the rest of the morning trying to relax and keep cool and fully hydrated. All too soon it was time to go to transition to put my kit in place and to get marked up with race numbers. My start was the second wave of 192 competitors at five past three. It was a deep-water start, holding on to the start pontoon. As the hooter sounded off we all went. I tried to find clear water and settle into my steady race pace rhythm. Most people rushed off but after some 500m I was overtaking many people that had gone off too fast. At last the exit ramp appeared and it was up a 200m sharp climb to transition. Shoes, helmet and number on, grab bike and off on the cycle. Settle into a steady 90+ cadence and take on board plenty of fluids. Then the hill for the first time. Find the right gear and just pedal away on and on and on! At last the top of the hill appears then on the tri-bars and push as hard as possible. On the downhill section, gravity is on my side and I really enjoy sweeping down as fast as possible. Overtook several people on this section. All too soon I am back at the bottom and it is up the hill again. But the weather is on the change. A big ugly thunderstorm is gathering over the course. As I start the downhill section for the second time the rain starts. I get almost to the bottom without too many problems but the last corner was almost my undoing!! The rear wheel slips away but luck is on my side and at last it is time to do my running dismount, bike in the rack, helmet off, trainers on and out on the run.

Oh, the pain, the legs just won't work!! But with loads of support from the many spectators shouting "Go GB" I potter off on the run just as the heavens open. Four very wet laps later I turn into the finishing chute. 200m toward the Roman Amphitheatre, what a finish!!

My swim time was just over 30mins – happy with that. The bike was 29 miles – long but I managed a maximum speed of 46mph and the run was also long at just over 11km. I managed to beat people I have not beaten before and it was a most enjoyable event, brilliantly organised – wish we had the same attitude to sport in the UK. And the post race party? Well, that's another story! Next year it's Copenhagen, anyone want a lift?

John Scott

FORTHCOMING EXPLOITS & EVENTS

Fareham Aquathlon

Best of luck to the Otters taking part in the BT South East Series Aquathlon at Fareham on 27 August. By the time you read this it may already have taken place but we'll have a report in the next edition.

Sprint Triathlon

ON wishes Paul Major, Niki Treacy and Neale Maloney good luck for the sprint Triathlon on **3rd September** at Southwater Country Park. All three will compete in a 400m swim, 20K bike & 5K run as a relay team. They will be running as the Ancient Otters so if you would like to go and give the Ancient ones some support please do. Also on this day Pete Eldridge will be competing in the Clacton Triathlon which is also an Olympic distance event. Good luck Pete.

Chestnut Tree House Bike Challenge

On **17 September** Chestnut Tree House Children's Hospice is organizing a Bike Challenge in Chichester in order to raise funds. It starts at 09.00 at Bishop Luffa School and you can choose to do a 10, 16, 26, or 40 mile ride. It is just for fun and to raise cash for this very worthwhile cause but it will help your bike fitness as well. You can get more details by calling Ali Unstead on 01903 871810 or 871832 or email events@chestnut-tree-house.org.uk.

Summer Send-Off Triathlon

Your coaches feel that we should end the season with one last fling and so they have come up with a cunning plan for Saturday **30 September**. We haven't got the facilities to organize a full blown triathlon here in Worthing but we can offer something similar. The details are still being worked out but the outline idea is that each competitor will do a timed swim at the **Aquarena** and then transfer to **St Andrews School** for the bike/run phase. The times for both stages will be added together to give the overall result. The race will count towards the club championships and we must ask a £5 entry fee to cover facility hire charges and prizes.

Steyping Gala

We have been invited by Steyping Athletics Club to take part in a fun gala that was such a big hit last year. Neale Maloney and Colin Flynn will be captaining the teams again and this year we have been asked to compile the race format. If any Otter and/or their parents are interested in taking part in this fun event please let Ann or Julian know. The date for your diaries is **18th November** and it will be held between 6 and 8 pm at Steyping pool. The cost will be £2.00 per person. More details will be issued nearer the time.

THE ATHLETES' FORUM

The Otters' activities have been organised by a small Steering Group of adults since it was set up as a section of Worthing Swimming Club. A noticeable gap in the way we do our business is the lack of representation by the athletes themselves. So, we would like to put this right by setting up **The Athletes' Forum (TAF)** which will meet once a term to look at how the Otters are getting on and what we should try to do in the future. There will be adult support but it's the athletes' opinions that count.

We also think it would be a good idea to appoint a **Club Captain**. The role of the Captain would be to represent the Club when necessary, act as a contact for the athlete's if they want to talk to somebody other than an adult, and be a role model for everybody. The best person may not necessarily be the best performer so anybody can stand if you are interested.

One of TAF's first jobs will be to look at how we develop this idea of involving the athletes in the running of the Otters, but for now we suggest that TAF consists of 1 representative from the Tristar Start / 1 age group and 2 representatives from each of the Tristar 2 and Tristar 3/Youth Groups making 5 in all. The Tristar Groups for this year will be based on your age at 31.12.2007. Ask an adult if you are unsure of your T group for next year.

Anybody interested in being a TAF representative or the Club Captain must nominate themselves on the form below and hand it to a coach or send it to Otters HQ **by 30.09.06**. After this date if we have had a lot of interest we will circulate all the members asking them to vote for their choices by secret ballot. We hope to hold the first meeting of TAF before Christmas. **If you want to help the Otters don't be shy put yourself forward today!**

THE ATHLETES FORUM & CLUB CAPTAIN NOMINATION

I would like to stand for the position of (tick one or both boxes):

T A F Representative

Club Captain

Name

Signature

Tristar Group (if known)

TRAINING PROGRAMME (SEPTEMBER TO DECEMBER 2006)

Session Start Times: 08.00 for sessions at Worthing Aquarena.
09.30 for sessions at all other venues unless otherwise indicated.

| Day / Date | | | Start / T1 | T2/ T3 /Y |
|------------|-------|---------------------------|---|---|
| Sat | 09/09 | Activity Venue Time | Swim Aquarena 08.00 | Bike (Tour d' Angmering) Meet at Fox PH, Arundel Road 09.30 |
| Sat | 16/09 | Activity Venue Time | Swim Aquarena 08.00 | Run Sea Lane Café, Goring 09.30 |
| Sat | 23/09 | Activity Venue Time | Bike Southwater Country Park 09.30 | |
| Sat | 30/09 | Activity Venue Time | Run Aquarena / Beach House Grds 08.00 | Swim / Bike Aquarena 08.00 |
| Sat | 07/10 | Activity Venue Time | Summer Send-Off Triathlon Aquarena & St Andrews School From 08.00 | |
| Sat | 14/10 | Activity Venue Time | Swim Aquarena 08.00 | Run Sea Lane Café, Goring 09.30 |
| Sat | 21/10 | Activity Venue Time | Swim Aquarena 08.00 | Bike (Tour d' Angmering) Meet at Fox PH, Arundel Road 09.30 |
| Sat | 28/10 | Activity Venue Time | Run Aquarena / Beach House Grds 08.00 | Swim / Bike Aquarena 08.00 |
| Sat | 04/11 | Activity Venue Time | Bike St Andrews School 09.30 | |
| Sat | 11/11 | Activity Venue Time | Swim Aquarena 08.00 | Run Sea Lane Café, Goring 09.30 |
| Sat | 18/11 | Activity Venue Time | Steyning Gala Steyning Leisure Centre 18.00 – 20.00 | |
| Sat | 25/11 | Activity Venue Time | Run Aquarena / Beach House Grds 08.00 | Swim / Bike Aquarena 08.00 |
| Sat | 02/12 | Activity Venue Time | Bike St Andrews School 09.30 | |
| Sat | 09/12 | Activity Venue Time | Swim Aquarena 08.00 | Run Sea Lane Café, Goring 09.30 |
| Sat | 16/12 | Activity Venue Time | Christmas Bike Ride (Fancy dress and helmets compulsory) Southwater Country Park 09.30 | |

N.B. 23 & 30 December 2006 = No Training

Training Check List

As we move into Autumn we need to be aware that the weather is changing and to avoid any discomfort you must bring sufficient clothing to keep warm whilst training and to change into to travel home if you get wet. To avoid rushing about in the early morning and forgetting things because you are only half awake get your kit together the night before. Then all you have to do is roll out of bed and grab your bag.

Swimming

| | |
|--|--|
| Swim wear | |
| Towel | |
| Goggles | |
| Water or squash (no fizzy drinks) | |

Running

| | |
|--|--|
| Base Layer Top (T-shirt, long sleeve thermal) | |
| Mid Layer Top (Rugby shirt, Sweatshirt) | |
| Outer Layer Top (Waterproof jacket) | |
| Base Layer Bottom (Shorts, thermals) | |
| Mid Layer Bottom (Tracksuit bottoms) | |
| Outer Layer Bottom (Waterproof trousers) | |
| Socks | |
| Trainers | |
| Hat | |
| Gloves | |
| Socks | |
| Water or squash (no fizzy drinks) | |
| Complete Change of Clothing Top, trousers, shirt, socks, trainers etc | |

Cycling

| | |
|--|--|
| The same type of clothing as for running | |
| Helmet | |
| Bike! | |