



OTTERS NEWS

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Jacques Attack!

15 Otters officially launched the 2007 competitive season on Saturday 28 April by taking part in our **Spring Aquathlon** at the Aquarena. Making their debuts in multi-sports events were **Aaron Barker** and **Jacques Williams** who were first off in the Youth and Tristar 3 boys race. Jacques' overall time of 15:47 was the best performance of the day and demonstrated that when it comes to multi-sports events he is a force to be reckoned with. Exiting the pool after completing the 300 metres swim in 4:28 he was swiftly through transition and out on the 2.2Km run course he looked very comfortable all the way round. For Aaron this was only his second multi-sports session ever and he showed great composure throughout. **Sam Poppeliers** was the only other competitor in the boy's race following the late withdrawal of Luke Helmer and Sam Maloney through illness. Sam stuck to his guns in fine style and impressed everybody with his determination to keep going. The Tristar 3 girls event produced a fine race with the honours going to **Hannah Seth** who sizzled through Transition in the best time of the day which coupled with a stronger swim gave her the edge over her sister **Victoria** who narrowly pipped **Louise Maloney** for second place by just one second. Louise and **Amy Rodemark** were both tackling a longer distance having moved up from Tristar 2 this year and it will take time for them to adjust to the demands. Amy showed great willpower on the run, which is not her favourite discipline, to complete the distance and claim her finisher's medal. In the Tristar 2 girls race there was an excellent performance from **Millie Rodemark** who narrowly beat 2006 TOGA winner, **Elissa Flynn**, by just two seconds. Millie's strong swim was matched by Elissa's excellent run so the difference came in transition where Millie recorded one of the fastest times of the day. **Becky Rodemark** was next home following a good swim and transition but like big sister Amy she finds the run hard going and deserves much respect for keeping going. As does **Maia Coates** who has stepped up to Tristar 2 this year. **Iain Taylor** was unopposed in the boy's race but you still have to finish in order to win and after a relatively slow swim, he did a good transition and put in a great run for this time of the season. In the boys Tristar 1 event **Lewis Baker**, who is a veteran at this age group now, put in a good all round performance. **Sam Empson** produced a very consistent result which bodes well for the rest of the season. Last but by no means least was the Tristar Start race in which **Abby Downham** made her multi-sports debut and seemed to cope brilliantly with the demands of running following a swim. Congratulations to all the competitors for your efforts and good natured participation. You all thoroughly deserved your finisher's medal. Many thanks to Race Director **Ann Maloney** and all her helpers who made the races run as smoothly as they did and especially to **Luke Helmer** and **Bethany Taylor** who were sidelined for health reasons but still came along to help with the organisation.

Otters Spring Aquathlon Results

	Age Group	Swim 33m	Transition	Run 600m	Overall	TOGA Points
Abby Downham	TS	0.48	1.07	4.31	6.26	1
	Age Group	Swim 100m	Transition	Run 1000m	Overall	
Lewis Baker	T1	1.56	43	4.50	7.26	1
Sam Empson	T1	2.09	46	6.20	9.15	2
	Age Group	Swim 200m	Transition	Run 1800m	Overall	
Millie Rodemark	T2	4.05	38	10.08	14.51	1
Elissa Flynn	T2	4.12	48	9.53	14.53	2
Becky Rodemark	T2	4.04	41	11.19	16.04	3
Maia Coates	T2	3.56	45	12.08	16.49	4
Iain Taylor	T2	5.11	38	9.31	15.20	1
	Age Group	Swim 300m	Transition	Run 2200m	Overall	
Hannah Seth	T3	5.26	32	11.55	17.53	1
Victoria Seth	T3	5.59	37	12.00	18.36	2
Louise Maloney	T3	5.13	47	12.37	18.37	3
Amy Rodemark	T3	5.37	53	14.03	20.33	4
Jacque Williams	T3	4.28	33	10.46	15.47	1
Sam Poppeliers	T3	7.18	1.07	11.59	20.24	2
Aaron Barker	Youth	4.53	58	10.50	16.41	1

Nina Reymond also took part in the swimming stage but an injury stopped her from doing the run.

FUNDRAISER PHENOMENON

Those competing in the Aquathlon were encouraged to raise a bit of cash through sponsorship to help cover some of the Otters' general running costs. We hoped that maybe a few might manage to beg a few quid for the cause but nobody bargained for top fundraiser **Abby Downham** who managed to collect the staggering sum of £80.50. This is a brilliant result and Otter News says a huge thank you and well done to Abby. If anybody has any sponsorship money still to hand in please make sure you let Julian have it as soon as possible.

Crawley Aquathlon

Four Musketeers – **Abby Downham, Maia Coates, Hannah and Victoria Seth** – took part in the K2 Childrens' Aquathlon on 12 May. For Abby, Hannah, and Victoria this was their first Regional event ever and for Maia it was a step up in distance from last year. If they were daunted by the size of the 50m pool they didn't show it and they went about the business of preparing for the race in a very sensible way with everybody helping each other. The weather forecast was not good with heavy showers predicted but despite blustery conditions outdoors which kept the air temperature cool the worst of the weather stayed away and the spectators were even treated to a currant bun (bit of sun!) at times. First out of the traps was Abby (1) in the Tristar Start race. She completed her length of the pool in fine style and was through transition and out on to the 600m run course in good time. Grimacing slightly down the home stretch she crossed the finish line in 04:42 to collect her certificate for a job well done. Next up was Maia (49) in the Tristar 2 girls race. We crossed our fingers and hoped she would be ok with the longer distances. She has always been stronger at the swim stage and she put in an excellent personal performance for the 250m of the pool and then it was out on to the 2km run course. Last year we got used to Maia's measured approach to the run and this day was no exception. Her running has definitely improved since she took up multi-sports and with fewer walk breaks everybody watching was very impressed at how she worked her way steadily round the 3 lap course. Her final time was 18:06. The final race involving members of the Otters squad was the Tristar 3 girls race in which Hannah (67) and Victoria (68) Seth took part. Both used excellent pace judgement throughout the race. They both started the 400m swim steadily and by the end had overhauled another competitor who had started out too fast. Once out on the 3km run course they both looked very comfortable and completed the distance in very good shape with Hannah finishing just ahead of Victoria in 23:31 and 24:14 respectively. Well done to Crawley Triathlon Club for putting on a very well organised event especially as this was their first attempt at staging an aquathlon. Many thanks to the athletes and their parents for entering and representing the club so well. "There was a great atmosphere amongst the Otters contingent", comments Julian, who was representing the coaching staff. "The great thing about these events is that everybody competes at their own level and hopefully gets a big boost from taking part. Everybody at Crawley should feel proud of themselves - I know I am of them and it just goes to prove there *ain't nothing hotter than a hot shot Otter!*".



Competition Programme

So far the following have told us which of our target events they are doing this season. If you have entered one but not told the coaches please let us know so that we can arrange for somebody to be present. If you do a race that's not in the programme please do a short report for ON. We're interested in everything our members do.

Hamble Aquathlon 03/06/07	
Arun Triathlon 16/06/07	Max Felton Abby Downham
Brighton Aquathlon 24/06/06	Hannah Seth Victoria Seth
Crawley Triathlon (Club Championship) 07/07/07	Max Felton Hannah Seth Victoria Seth
Farnham Triathlon 28/07/07	
Fareham Aquathlon 26/08/07	Max Felton

Plans to organise an intra-club triathlon at Christ's Hospital School in July have been postponed to 2008 because the school is doing some extensive grounds maintenance work during the summer and autumn. However, we are still looking at staging another intra-club multi-sport event before the end of the summer term.

Remember you need to do 3 of the designated races to qualify for a **Top Otter Group Award** and it would be great to have a really good turn out for the Crawley Tri which is our Club Championship event this year. If you have lost the details about any of these events please contact Otters HQ. Meanwhile, good luck to everybody who takes part in a race this summer.

Clubmark

As reported in an earlier edition of ON we applied to British Triathlon for Clubmark accreditation, which is a national quality mark awarded to clubs with junior sections that meet certain requirements. ON is pleased to announce that Worthing Otters have been awarded Clubmark status and with it we qualified for a special club development grant of £500 that British Triathlon's sponsor Corus put up for any club that managed to apply for a Clubmark before end of March this year. In itself Clubmark is useful because it endorses the Otters as a safe, effective, child friendly organisation and that will help when we make applications for grant aid and sponsorship. Our neighbours Steyning AC were the first Sussex club to achieve Clubmark a few years ago, but to ON's knowledge there aren't any others. It is a real achievement for everybody in the Club to have gone from a Sussex Youth Games squad to a Clubmark club in the space of just a couple of years. Congratulations to all the athletes, parents, coaches and volunteers for this result.

On Tour to Club La Santa in 2008

Worthing Swimming Club are proposing a trip to Club La Santa in Tenerife for a week in the first half of **April 2008** which is during the school holidays and the Tour Manager would like to know if there is any interest among the Otters and their families. The cost would be approx. £450 – 500 per person for the week half board including travel. If you're not familiar with Club La Santa it is a popular training resort with full facilities for Triathlon training and much more for those not doing tri. such as watersports. GB Age Grouper, John Scott, goes regularly and The Seths went in 2006 so if you want more info. about what it is like ask them or visit the website www.clublasanta.com. The Maloneys are interested in going so if you fancy a bit of pre-season training in the sun why not give it a go? If you would like to be kept informed about the plans please contact Otters HQ. An early indication of interest in principle would help the organizer assess the level of demand, so please let us know if this idea appeals.

Bike Bits

Neale Maloney has some racing bike parts for anyone who is interested in upgrading an old racer. For the techies. amongst you out there they are:

- a 700C wheel set,
- dual pivot brake set,
- front & rear derailleur gear changers and
- handlebar & stem with brake levers incorporating STI gear change,

All the parts are Shimano RX100 and compatible together. If you are interested in any of these please contact Neale on Worthing 538962.

Go Bare Foot In The Park

Many lower leg injuries can be avoided by young athletes doing a bit of running barefoot. Top shoe manufacturers have spent zillions developing the technology that goes into producing fancy running shoes but these actually have allowed us to develop lazy feet. By running shoeless you can strengthen ligaments and muscles in the foot, ankle, leg and hips which in turn reduces the risk of injury. It improves co-ordination and it feels great too! Like all training it is a question of building up gradually so don't kick off your shoes and go for a 3k run straight off but there is no harm and plenty of good if when you're down in the park you run about a bit barefoot for short bursts. Grass is the best surface to run on. Of course, be careful where you put your feet and check out the ground for dog pooh and glass and stuff beforehand. Your running won't improve if you've got a badly cut foot and you won't be allowed back in the house if you've trodden in something smelly!