



OTTER NEWS

Otters H.Q.

5 Nepfield Close
Findon

West Sussex
BN14 0SS

01903 221442 (Day)
01903 873804 (Evening)
worthingotters@aol.com

Hello everybody, welcome to another edition of ON and especially to **Catherine, Lara, and Ellen** who started training with us in September. This edition we report on our Late Summer Triathlon, tie up some loose ends from the summer season and provide details about the membership registration for 2007/8. Before that the Management Group would like to say a sincere thank you on behalf of everybody associated with Otter JTC to **Peter Eldridge** who has had to step down from his coaching role to concentrate on other matters. Peter was an important player in establishing the club back in the Autumn of 2005 and his good humour and fun bike sessions will be missed. Even Julian has forgiven him for the trick he played at the session on 1 April 2006!

2007/2008 Membership

It is now time to renew our annual memberships and this year the Management Group has taken the decision to include a small subscription for Worthing Swimming Club members that want to do triathlon. It is something we have been talking about since the club formed in 2005 and now we feel it is necessary to introduce it in order to meet our triathlon related expenses such as affiliation to British Triathlon and the additional insurance cover for our triathlon activities. As some will know the main club is preparing to realign its financial year and from 2008 the subscription year will run from 1st July. In the meantime there will be an 8 month interim membership period which will run from 1st November 2007 to 30 June 2008. The membership subscription of the Swimming Club with no involvement in triathlon is £20. The subscription is **£25 for those who want to be full members of the Swimming Club and also belong to Worthing Otters** For those that just want to belong to **Worthing Otters the subscription is £15**. From 1 July 2008 the annual subscriptions will be:

Worthing Otters	£20
Worthing Swimming Club	£30
Worthing Swimming Club + Triathlon	£35

Enclosed with this edition of Otter News is a Registration Form which for existing members includes the details that we currently hold on our database. Please check the details, amend them on the form if necessary (ages, Tristar Group etc are bound to need changing), and then return it with your sub. to Otters HQ by **27 October 2007**. If we haven't heard from you by then we will assume that you no longer want to be part of Worthing Otters. For those continuing with us, we will continue to strive to provide a fun and challenging programme and for those leaving especially those who have been members for a while, thank you for your support and we wish you the very best for the future. You will always be welcome back if you decide to re-join.

Otters Late Summer Triathlon

The Otters Autumn training programme started with a bang when 12 of our members took part in an adapted triathlon, which required each athlete to do a swim time trial at The Aquarena before transferring to St Andrews School for the bike / run phase. The times of both stages were added together to give an overall time. This was the first time we had tried such an event and whilst there were some blips, for which the organisers thank everybody for their patience, the event passed off really well with a tremendous effort by all the athletes who thoroughly deserved their medal for completing the course.

Many thanks to everybody who came down to help and especially to Ann for supervising the swim stage, Niki & Peter for managing the bike/run phase, Neale for producing the results, and Ian, our Chief Timekeeper.

	Swim	Bike	Transition	Run	Overall Time
Abby Downham (Start)	1:38	2:29	23	2:53	7:23
Catherine Helmer (T1)	2:41	4:21	21	4:58	12:21
Sam Empson (T1)	2:59	4:05	20	4:25	11:49
Iain Taylor (T2)	5:18	7:15	20	6:44	19:37
Maia Coates (T2)	3:52	7:15	20	8:35	20:02
Elissa Flynn (T2)	4:15	9:30	18	6:45	20:48
Bethany Taylor (T3)	5:07	7:09	14	8:35	21:05
Hannah Seth (T3)	5:32		*		21:24
Victoria Seth (T3)	5:44		*		21:57
Jacques Williams (T3)	4:35	7:30	20	7:58	20:22
Max Felton(T3)	4:53	7:30	20	8:28	21:11
Arran Barker (Youth)	7:10	7:55	15	9:09	24:29

Fareham Aquathlon

Well done to **Maia Coates** who represented the Otters at the Fareham Aquathlon on 26 August 2007. She finished in a time of 17:49 which made an important contribution to her overall standing in the Regional Multisport Series. *See below.*

West Sussex Xtreme Games

The day after our Late Summer Tri some of our members took part in an Aquathlon in Littlehampton.

13-14 years Girls

2nd **Victoria Seth** 20:38

3rd **Hannah Seth** 20:39

15-18 years Boys

1st **Alastair Hardinge** 23:48

Summer Top Attendance

Congratulations to **Abby Downham** and **Iain Taylor** on winning the club's best attendance award for the summer. Both had an excellent record for attending Saturday morning training sessions, they had both competed regularly for the club in local races and took part in the special mid-week bike/run sessions that Niki put on in preparation for the triathlons. In fact, despite intense scrutiny of the records it was impossible to decide who had a better attendance so both were presented with a water bottle in recognition of their fantastic commitment.

Regional Series

Competitors who took part in one or more of the Regional Multisport Series, which included the Crawley, Brighton & Fareham Aquathlons, were awarded points based on their time in relation to the winner. Up to 3 of their best scores were added together to give a final position. In the Tristar 2 Girls group **Maia Coates** finished 7th out of 25. In the Tristar 3 Girls group **Hannah Seth** was 3rd and **Victoria Seth** was 4th out of 19. In the Triathlon Series, which included the Arun and Crawley races, **Iain Taylor** was 32nd in the T2 Boys group. **Bethany Taylor** was 14th, **Hannah Seth** 16th and **Victoria Seth** 17th in the T3 Girls group. **Sam Maloney** was 17th, **Max Felton** 18th and **Jacques Williams** 20th in the T3 Boys group. In the Youths **Alastair Hardinge** finished 6th and **Luke Helmer** 8th. Well done to all these athletes for taking on the region.

2007 Top Otter Group Awards

	Age Group	Spring Aquathlon	Crawley Aquathlon	Hamble Aquathlon	Arun Triathlon	Brighton Aquathlon	Crawley Triathlon	Fareham Aquathlon	Late Summer Tri	TOGA Score
Abby Downham	TS	1	1		1				1	3
Lewis Baker	T1	1								
Sam Empson	T1	2							1	
Millie Rodemark	T2	1								
Elissa Flynn	T2	2								
Becky Rodemark	T2	3								
Maia Coates	T2	4	1					1	1	3
Iain Taylor	T2	1		1	1		1		1	3
Hannah Seth	T3	1	1			1	2		2	3
Victoria Seth	T3	2	2			2	3		3	6
Louise Maloney	T3	3								
Amy Rodemark	T3	4								
Bethany Taylor	T3			1			1		1	3
Sam Maloney	T3						1			
Jacques Williams	T3	1				1	3		1	3
Sam Poppeliers	T3	2								
Max Felton	T3				1		2		2	5
Alastair Hardinge	Youth						1			
Luke Helmer	Youth						2			
Aaron Barker	Youth	1							1	

- Best placed Otter in an age group race receives 1 TOGA point, next best 2 points etc
- To qualify for a TOGA an athlete must do at least 3 of the designated races (qualifiers shown in bold text)
- The overall TOGA result is based on the athlete's best 3 results – the lowest score wins.

OTTERS TRAINING SCHEDULE - 15th Sept to 15th Dec

We have had to adjust the quarterly programme slightly to take account of Peter's unavailability. Please note the Steyning Gala is now on 17 November.

DATE	Session 1	Session 2
Sat 15/9	Late Summer Triathlon Race 8am swim Aquarena, straight to	Race continued bike & run at St Andrews
Sat 22/9	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sat 29/9	Swim 8am Aquarena	Run/Bike/Run Training 9.45am St Andrews
Sun 30/09 (age13+)	Road ride, 9.00am Aquarena	
Sat 6/10	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sun 7/10 (age13+)	Road ride, 9.00am Aquarena	
Sat 13/10	Aquathlon - Race 8am Aquarena	
Sun 14/10 (age13+)	Road ride, 9.00am Aquarena	
Sat 20/10	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sat 27/10	Swim 8am Aquarena	Duathlon Race - Run/Bike/Run 9.45am St Andrews
Sat 3/11	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sat 10/11	Aquathlon - Race 8am Aquarena	
Sun 11/11 (age13+)	Road ride, 9.00am Aquarena	
Sat 17/11	Steyning Gala	
Sat 24/11	Swim ALL 8am Aquarena	
Sat 1/12	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sun 2/12 (age13+)	Road ride, 9.00am Aquarena	
Sat 8/12	Bike Ride - Xmas fancy dress 9.45 Southwater	***** expect to get muddy !!!!!
Sun 9/12 (age13+)	Road ride, 9.00am Aquarena	
Sat 15/12	Swim Races Xmas dress 8am Aquarena	

WOULD YOU BE PREPARED TO RECEIVE FUTURE EDITIONS OF OTTER NEWS BY EMAIL OR READ IT ON THE WSC WEBSITE? IF YES, PLEASE EMAIL OTTERS HQ TO LET US KNOW & HELP US TO BE GREENER – THANK YOU!

Sink, Wobble & Stagger

- Julian debuts at the Crawley Late Summer Triathlon Novice Race (23.09.07)

"27!" I shout as I jump into the clear blue waters of the Crawley K2 pool. I resurface and the lane official shouts "GO". I'm off in the wake of Number 26 who left port ten seconds earlier. Soon I've caught her up and I'm trying to overtake and then the world goes crazy. For the next 12 or so minutes I'm caught in what feels like a feeding frenzy of piranha fish with me as the prey. Blows rain down as the faster swimmers who started after me try to get by in the tight confines of the lane and as I overtake slower swimmers doing breast stroke I get kicked in the ribs. We have to swim up and down each lane ducking under the lane rope every two lengths until we have swum the breadth of the whole pool. I have a tenuous relationship with the surface on good days and this is testing my buoyancy to its limit. I see a bright light and dead relatives are beckoning but I ignore them and before too long, although quite long enough thanks, I've reached the other bank and I'm hauling myself up the steps.

Now I'm running towards Transition, it's good to be back on terra firma – in fact the firmer the less terror. The air temperature is comfortable and I find my bike with no trouble. On go the trainers, running vest and helmet as smoothly as the practice runs in the back yard at home. In my mind's eye I leap agilely on to the bike at the Mount Line and I'm off pedalling towards the A23 underpass. Once through it I'm trying to recall my mental map of the cycle route; I am disorientated by the twists and turns and my inbuilt sat. nav. is more Dum Dum than Tom Tom. I can't see any direction arrows but up ahead there's another competitor so I go that way. I seem to be hauling him in but then I realise he's slowing down and circling back. "Do you know the way?" he asks. "No, mate, I'm following you". I push on to the next roundabout just up ahead but the road signs tell me this is all wrong. The other guy has disappeared, I go back the way I've come and pick up the route again. 8 out of 10 chimps would have got it right first time. 20 years a competitive runner and never lost my way, 10 minutes a cyclist and already I've gone astray. That's cost me some valuable minutes but there's no point fretting and I concentrate on maintaining a steady cadence. The gradient is increasing now and though it's not the Alp d'Huez I think the small chain wheel is needed. I'm moving past a couple of riders and soon I'm approaching the turn-round point at the top of the hill. I indicate right and move across in readiness to going all the way round the roundabout. Just as I'm on the roundabout a black high powered car pulls up alongside me, inches from my bike, window wound down, face contorted with rage, his words are carried away by the wind. "Have a nice day!" is all I can think of to say and then I'm off back down the hill. *Blimey this triathlon lark is action packed* but the rest of the ride passes without further incident. Occasionally I overtake somebody or get overtaken but for most of the time I'm on my own pedalling as steadily as I can. I feel pretty good.

I'm back on the Thomas Bennett school campus and before I know it the Dismount Line is upon me and I brake sharply, the bike bucks and my dismount owes more to Frankie Dettori than a triathlete. Once more unto Transition - it is a bitter sweet reunion as it heralds the last phase of the race but discomfort is just around the corner. Bike racked, helmet off, and swig from the water bottle. To the casual observer this may look like sensible re-hydration, but its root lies more in delaying when I must start to run on legs that seem to have disowned me. *Ouch!*

I get to the K2 running track and then head into Tilgate Forest. Snatches from the race briefing come to mind. *"For anybody who does not know Tilgate Forest, it's not easy and there are a couple of tough hills"*. *Oh goodie!* Onward but the hills aren't too bad. Then, there in the wood an official stood. As I approach she says "You turn here". On protesting thighs I run back the way I've just come and manage to catch the runner ahead. I'm on his shoulder as we exit Tilgate Forest but he puts in a short burst that takes him away. His number, 35, tells me that he started the swim at least a minute after me so in real time he's well ahead. I cross the line just behind and shake his hand. "Well done," I say "Top Job". "That was harder than I thought it would be", he says.

As I walk back to the car to collect my post race kit I am pleased with what I have done this day and owe much to Niki for her advice, Peter for the loan of his bike, Steve for setting it up and Jane for tolerating the training regime of the last four months. Mission accomplished for Team J!

The Novice Race was for those who had never done a triathlon. The distances were 400m swim, 25km bike and 3km run. My overall time was 1h 14m 38s.