



# OTTER NEWS

## **Otters H.Q.**

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Hello everybody, welcome to another edition of ON and the start of The Otters third year of existence. Thank you to everybody who has signed up for another season and a special welcome to **Edward Taylor** who has now joined us officially although he's been a familiar figure at sessions and races in the past. A full list of the current members is shown further on in this edition along with news on the Winter Multisports Series, a report about the Steyning Gala and the next 3 month training schedule. As this is the last edition of ON before Christmas we wish you a very happy one and hope that 2008 is everything that you want it to be.

## **Winter Multisports Series**

To help the winter training pass more easily we have put on some fun participation events that form part of a series of competitions for which there will be medals for the overall winners of each age group. Every participant gets 10 points for attending and then points are awarded on the basis of time for each finisher with the fastest getting 10 points, second 9 points and so on. Non-finishers do not get place points but they do earn attendance points. The total amount of points an athlete earns over the series will decide the final positions.

Race 1 was an Aquathlon, which was held on 13 October at The Aquarena. The swim consisted of 8, 6, 4, and 2 lengths for Youths, Tristar 3, 2, and Start respectively and the run was a there and back course west along The Promenade as far as Splash Point for the Start age group and The Lido for the rest.

Race 2 was a Duathlon, in which each athlete starts with a run followed by a bike phase and finishes with another run. It was held at St Andrews School with the run and bike courses based on the ones used for the Late Summer Triathlon.

Race 3 was another Aquathlon and was a repeat of Race 1.

The results of all three races along with the current standings in the series competition are shown overleaf. Well done to everybody who took part; the emphasis is very much on participation so if you haven't joined in yet look out for the events after Christmas. Special thanks to the race organisers – Ann Maloney for the Aquathlons and Niki Treacy for the Duathlon – and Ian Helmer for timekeeping and Neale Maloney for collating the results as well as to everybody who helped with the marshalling of all 3 races.

## Race 1

## Aquathlon 13 October 2007

Pos	Age			Swim	Overall	Points		
1	Youth	Luke	Helmer	4.13	13.04	10	10	20
2	Youth	Arran	Barker	4.27	13.29	10	09	19
1	T3	Victoria	Seth	3.29	12.34	10	10	20
2	T3	Louise	Maloney	3.10	12.49	10	09	19
1	T3	Jacques	Williams	2.54	11.50	10	10	20
2	T3	Kirk	Godfrey-Evans	4.22	14.30	10	09	19
3	T3	Sam	Poppeliers	3.15	9.54	10	08	18
1	T2	Elissa	Flynn	2.34	12.33	10	10	20
2	T2	Millie	Rodemark	2.35	12.41	10	09	19
3	T2	Becky	Rodemark	2.39	14.09	10	08	18
1	T2	Iain	Taylor	3.21	16.00	10	10	20
1	T2	Lara	Keates	1.34	DNF	10	-	10
1	S	Abby	Downham	1.41	6.20	10	10	20

## Race 2

Duathlon 27<sup>th</sup> October 2007

				Run	Bike	Run	Overall	Points		
1	Youth	Luke	Helmer	5.56	9.33	6.24	21.53	10	10	20
	Youth	Alastair	Hardinge	5.20	DNF	DNF	DNF	10	-	10
1	T3	Jacques	Williams	4.38	9.07	3.54	17.39	10	10	20
2	T3	Max	Felton	4.40	9.28	4.17	18.25	10	9	19
1	T3	Bethany	Taylor	4.11	8.59	4.30	17.40	10	10	20
2	T3	Amy	Rodemark	5.21	12.24	5.17	23.02	10	9	19
1	T2	Iain	Taylor	4.59	6.24	5.28	16.51	10	10	20
1	T2	Millie	Rodemark	5.05	6.45	4.45	16.35	10	10	20
2	T2	Becky	Rodemark	5.19	7.08	4.55	17.22	10	9	19
3	T2	Catherine	Helmer	5.25	7.11	5.05	17.41	10	8	18
4	T2	Lara	Keates	5.52	9.23	5.53	21.08	10	7	17
1	Start	Abby	Downham	3.14	3.01	3.14	9.29	10	10	20

## Race 3

## Aquathlon 10 November 2007

				Swim	Overall	Points		
1	Youth	Alastair	Hardinge	3.30	12.04	10	10	20
2	Youth	Luke	Helmer	4.28	13.48	10	9	19
1	T3	Jacques	Williams	2.58	11.46	10	10	20
2	T3	Peter	Flynn	3.31	12.36	10	9	19
3	T3	Sam	Poppeliers	3.12	14.59	10	8	18
1	T3	Amy	Rodemark	3.43	15.50	10	10	20
1	T2	Millie	Rodemark	2.38	13.08	10	10	20
2	T2	Becky	Rodemark	2.39	13.25	10	9	19
3	T2	Ellen	Birch	3.24	15.53	10	8	18
4	T2	Lara	Keates	3.15	16.02	10	7	17
5	T2	Elissa	Flynn	2.47	16.04	10	6	16
1	Start	Edward	Taylor	2.01	6.18	10	10	20
1	Start	Abby	Downham	1.33	6.55	10	10	20

## Overall Positions after 3 Races

			1	2	3	Total
Youth	Luke	Helmer	20	20	19	59
Youth	Alastair	Hardinge		10	20	30
Youth	Arran	Barker	19			19
T3	Jacques	Williams	20	20	20	60
T3	Sam	Poppeliers	18		18	36
T3	Peter	Flynn			19	19
T3	Max	Felton		19		19
T3	Kirk	Godfrey-Evans	19			19
T3	Amy	Rodemark		19	20	39
T3	Victoria	Seth	20			20
T3	Bethany	Taylor		20		20
T3	Louise	Maloney	19			19
T2	Iain	Taylor	20			20
T2	Millie	Rodemark	19	20	20	59
T2	Becky	Rodemark	18	19	19	56
T2	Lara	Keates	10	17	17	44
T2	Elissa	Flynn	20		16	36
T2	Catherine	Helmer		18		18
T2	Ellen	Birch			18	18
Start	Edward	Taylor			20	20
Start	Abby	Downham	20	20	20	60

## 2007 Steyning Gala

In what is beginning to look like Groundhog Day, Steyning AC won the third inter club gala which was held on 17 November. In an email sent to Otters HQ Ann Maloney reported:  
*"I think most of us lost our voices, the swimmers were worn out, the parents were proud and pleased and everyone ate all the food up afterwards. So all in all another successful night. Louise and Amy were the captains for the two teams and Neale and Colin ably managed the excited swimmers. Edward Taylor got a special mention at the end of the gala for being the pluckiest one there. In fact he did amazingly well and we found out afterwards that he had only learnt to swim breast stroke that week. Final score 1<sup>st</sup> place Steyning, 2<sup>nd</sup> place Neale's team, 3<sup>rd</sup> place Steyning and then finally Colin's team. Results were again all very close with only a few points separating us all"* Well done to everybody involved.

### Clubmark

Adele Grover, Worthing Borough Council's youth leisure development officer, collected our Clubmark certificate on behalf of Worthing Otters at the Sussex Sports Awards event on 23 November. We hope to have it on display shortly.

### Swimming Session Fees

If you have been to a Saturday morning swimming session recently you will have noticed that the price has been increased to **£2.50**. Apologies for no advanced warning but the main club has had to take this action in order to offset rising expenses.

### 2007 Top Otter Group Awards

based on best 3 results from designated races

<b>Tristar Start</b>	<b>Abby Downham</b>
<b>Tristar 2 Girls</b>	<b>Maia Coates</b>
<b>Tristar 2 Boys</b>	<b>Iain Taylor</b>
<b>Tristar 3 Girls</b>	<b>Hannah Seth Bethany Taylor</b>
<b>Tristar 3 Boys</b>	<b>Jacques Williams</b>

### 2007 Club Triathlon Champions

incorporated in the Crawley Triathlon

<b>Tristar 2</b>	<b>Iain Taylor</b>
<b>Tristar 3 Girls</b>	<b>Bethany Taylor</b>
<b>Tristar 3 Boys</b>	<b>Sam Maloney</b>
<b>Youths</b>	<b>Alastair Hardinge</b>

### 2007-2008 Management Group

Robert Downham  
 Peter McCallum (Chair WSC)  
 Ann Maloney  
 Neale Maloney  
 Paul Major  
 John Scott  
 Jane Stevens  
 Julian Stevens (General Secretary)  
 Diana Trafford  
 Niki Treacy (Head Coach)

The Management Group meets quarterly. Any parent or carer who would like to be involved in running the club is very welcome to attend. Please contact Otters HQ for more information.

### Annual Awards Evening

**When?**  
 Saturday 26<sup>th</sup> January 2008 from 7.30 p.m.

**Where?**  
 Glaxo Smith Kline Sports & Social Club

**What?**  
 Presentation of awards to WSC members including those for Triathlon

**How much?**  
 Tickets are £2.00 from the swimming club or £3.00 on the door on the evening

***Make it date in your diary!***

## 2007-2008 Members

Club Captain (Y)	Alastair	Hardinge
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Athlete Youth Representative	Luke	Helmer
Athlete Youth Representative	Bethany	Taylor
Athlete T3 Representative	Max	Felton
Athlete T3 Representative	Iain	Taylor
Athlete T2 Representative	Maia	Coates

Youth	Arran	Barker
Youth	Peter	Flynn
Youth	Sam	Maloney
Youth	Victoria	Seth
Youth	Hannah	Seth

T3	Elissa	Flynn
T3	Catherine	Helmer
T3	Louise	Maloney
T3	Sam	Poppeliers
T3	Amy	Rodemark
T3	Millie	Rodemark
T3	Becky	Rodemark
T3	Jacques	Williams

T2	Ellen	Birch
T2	Sam	Empson
T2	Lara	Keates

T1	Abby	Downham
T1	Lewis	Morton

Start	Edward	Taylor
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### **Club Kit**

Don't forget that you can now show off your membership by wearing one of the Club's fleeces or T-shirts. They come in a variety of sizes and make the perfect Christmas present. Children's fleeces are a bargain at £12 each and are just the thing for those chilly January Saturdays but too warm for balmy summer days when a T-shirt (£6) that can double as a racing vest will be just the ticket. There are adult versions too at £14 and £7 respectively. If you have not yet bought an item please contact **Robert Downham** on **01903 268380**. If paying by cheque please make it payable to *Worthing Swimming Club*.

***There ain't nothing hotter than a hot shot Otter and now you can be spotted in a crowd!***

## OTTERS TRAINING SCHEDULE - 12<sup>th</sup> Jan to 5<sup>th</sup> Apr 2008

DATE	Session 1	Session 2
12 <sup>th</sup> Jan	Bike, (PE/NM) 9.45 am St Andrews	
19 <sup>th</sup> Jan	Swim (AM) 8am Aquarena	Run (JS/NM) 9.45 am Durrington track
26 <sup>th</sup> Jan	Swim (AM) 8am Aquarena	Run (JS/NM) 9.45 am Durrington track
2 <sup>nd</sup> Feb	Bike (NT) 9.45 am St Andrews	
9 <sup>th</sup> Feb	Run (JS/AM) 9.45am Durrington track	Turbo bike (road bikes only) (NT) 9.45am Ann Maloney's garage
16 <sup>th</sup> Feb	Swim (AM) 8am Aquarena	Turbo bike/run (road bikes only) (NT) 9.45am Ann Maloney's garage
<b>23<sup>rd</sup> Feb</b>	<b>Aquathlon - Race (AM/NM/NT)</b> <b>8am</b>	
1 <sup>st</sup> Mar	Bike (NT) 9.45 am Southwater	
8 <sup>th</sup> Mar	Run (JS/NM) 9.45 am Durrington track	Turbo bike (road bikes only) (NT) 9.45am Ann Maloney's garage
15 <sup>th</sup> Mar	Swim (AM) 8am Aquarena	Turbo bike/run (road bikes only) (NT) 9.45am Ann Maloney's garage
22 <sup>nd</sup> Mar	No sessions - Easter weekend	
<b>29<sup>th</sup> Mar</b>	<b>Spring Triathlon (split site) (all)</b> <b>8am Swim Aquarena, straight to</b>	<b>Bike &amp; Run St Andrews</b>
5 <sup>th</sup> Apr	Swim (AM) 8am Aquarena	

DURRINGTON TRACK - there is a fee payable at the Leisure centre reception of £1.45 on arrival.

TURBO BIKE - This new session is unfortunately limited to Otters with standard size road bikes as the turbos only fit these bikes. Please bring a drink, wear bike shorts, a couple of layers on top - you will start cold, soon warm up and want to take of a layer(s), running shoes for the bike/run sessions, warm clothes for afterwards.

9am SUNDAY ROAD RIDES - Although not listed on the timetable we will try to run as many as possible, weather permitting. We will advise the week before if we have a coach to take the following Sunday's ride and which coach it will be. For safety reasons we can only offer these sessions to those aged 13 or older with road bikes. Please wear the nearest thing to proper bike clothing you have ie bike tights, warm moisture wicking bike top(s), light wind/water proof jacket, gloves. Please bring a drink and, either some money or a snack bar.

GENERAL - out door cycling sessions will be cancelled if the weather is bad. If you are unsure if a session is going ahead please ring the coach at least 30mins before hand. If you have any queries about a session the coaches will be happy to help Ann : 07951935374, Julian : 01903873804, Niki : 07957406775