



# OTTERS NEWS

## **Otters H.Q.**

5 Nepfield Close  
Findon

West Sussex  
BN14 0SS

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

Hi, thank you to everybody who has come along to the training sessions this winter. We've had a higher average attendance than last year at this time. A huge welcome to **Luke, Saphron, Jonathon, Daniel, Tom, Rachel, and Jack**, who have all been training with us recently to see if triathlon is for them. In this edition of Otter News we let you know what people said about the club in the questionnaire survey, make some important announcements about the role of the Club Captains and the future of TAF, outline the summer training schedule along with the races we are targeting, and bring exciting news of a link with Worthing Excelsior Cycling Club which will really benefit older members wanting to develop their bike riding experience.

## **Club Captaincy**

It is time for us to appoint a Captain for 2008. Before that *Otters News* says a huge thank you to Alastair Hardinge who was the 2007 Captain. The role wasn't very well defined which made it difficult for him and his many other swimming and water polo commitments meant that he wasn't always able to attend training sessions and events but when he did he was an excellent role model. His performance at the Crawley Triathlon was typical of his full on approach to racing and his assistance with coaching the swimming sessions has been much appreciated by Ann. Those of us walking around in the new fleeces or T-shirts owe this to the work that Al and Niki put into to applying for the Youth Opportunity Fund grant.

The club survey told us that we should have a Male and a Female Captain and so for 2008 we would like to appoint a boy and a girl to the role. We were also told that the Captains' role should be to:

- Help make decisions
- Help the other Otters to improve
- Get involved in everything
- Help out at training sessions.
- Support club members competing at events.
- Be a good team member and very encouraging to all the members.
- Have a good sense of humour but to be sensible too.

## ***Could this be you?***

If you would like to be considered please either tell one of the coaches or send the enclosed form to Otters HQ. If you think somebody else would make a good job of it why not put his/her name forward, but please speak to him/her first.

Please can we have all nominations by **31 March 2008**

## 2007 Annual Award Winners



**Tristar Start Top Otter – Abigail Downham**



**Tristar 2 Girls Top Otter – Maia Coates**



**Tristar 2 Boys Top Otter & Club Triathlon Champion – Iain Taylor**



**Tristar 3 Girls Top Otters – Bethany Taylor & Hannah Seth (Bethany was also Club Triathlon Champion)**



**Tristar 3 Boys Top Otter – Jacques Williams**



**Tristar 3 Boys Club Triathlon Champion – Sam Maloney**



**Youth Boys Club Triathlon Champion – Alastair Hardinge**

## 2008 Competitions

At the end of this edition we have published all the races that we can find that are taking place this summer across the South East Region and events in other regions that are up to 80 miles away from Worthing. Many thanks to Niki for doing all the research on this.

As a Club we are going to target 4 local events which are:

<b>Crawley Aquathlon</b>	<b>11.05.08</b> <a href="http://www.crawleytriclub.co.uk/">www.crawleytriclub.co.uk/</a>
<b>Arun Aquathlon</b>	<b>08.06.08</b> Matt Williams E: <a href="mailto:matt.williams@inspirelesisure.co.uk">matt.williams@inspirelesisure.co.uk</a> T: 01243 826612
<b>Crawley Triathlon</b>	<b>29.06.08</b> <a href="http://www.crawleytriclub.co.uk/">www.crawleytriclub.co.uk/</a>
<b>Chichester Aquathlon</b>	<b>20.07.08</b> Amy Roots E: <a href="mailto:aroots@chichester.gov.uk">aroots@chichester.gov.uk</a> T: 01243 534871 <a href="http://www.Chichester.gov.uk">www.Chichester.gov.uk</a>

These 4 races along with 2 intra-club events (see the enclosed schedule) will be the basis of our Top Otter Group Awards (TOGA). Our Club Championship will be incorporated within the Crawley Triathlon, so the best placed Otter at Crawley in each age group will be the 2008 Club Champion.

Competition is not for everybody and as a club we exist to cater for everybody's needs so there is no expectation that all the members will enter one or more of these events, but if you are thinking of doing a race this summer, it would be great if you could do one of these. The more Otters we get to an event the better the atmosphere and the more support we can give to each other.

**To help with this please can you complete and return to Otters HQ the attached slip indicating which races you are going to attend and whether you could offer another member a lift to the event or not. We'd like to publish a list of those racing in the next Otter News so that others might be encouraged to enter as well.**

Niki is looking in to purchasing some all-in-one trisuits, which make transitions much easier, and running vests in our club colours. These are not yet available but all being well they will be in time for the first race on 11 May. If you do compete for the club at these events please wear one of these items or a club t-shirt. It will help us to raise the profile of the club in the area.

Entry fees are set by the organisers and have to be paid on application. It is easier for individuals to enter themselves as the race details are sent to your home. The contact details for these events are provided but if you need any help please contact Otters HQ. Entry for the Crawley events in particular are internet based so if this causes you a problem we can help.

This year the TOGA competition will be based on the same formula as the one we have been using for our Winter Series. Everybody who starts gets 10 points and then the best placed Otter in each age group gets 10 points, the next best 9 and so on. The overall winner will be decided on the most points earned over the series.

If you take part in a race that is not one of our focus events please tell us how you get on. We are keen to publicise the efforts of all our members in everything they do.

## Worthing Excelsior Cycling Club Membership

Thanks to representation by Rob Downham and supported by Alan Matthews, the General Committee of Worthing Excelsior Cycling Club has kindly agreed to introduce a new Under 16's membership category for £5 per year. This means that Otters who want to do some cycle races can take part in WECC's mid-week summer series of events and join in with club rides and other activities, all of which will help to make you a stronger rider. Our summer schedule includes some of these races but as a member you can take part in as many as you like. **Remember you must join WECC to take part.** Application forms are in our Hot File, which can be viewed at training sessions at the Aquarena, or speak to Rob at training about how to join Excelsior.

### Winter Series – Race 4

Despite it being Half Term there was a good turn out on 23 February for the fourth of our Winter Series events. The swim distances are given in the table below. There were 2 run courses, which we have used for the previous aquathlons this winter; the one for Start and Tristar 1, which is estimated at about 600 metres, went from the Aquarena to the Rowing Club and back. The longer run, which is about 1800 metres, went from the Aquarena to The Lido and back and was for all the other age groups. Both courses finished in Beach House Grounds beside Peter Pan's Playground. **Luke** was unopposed in the Youth event but did an excellent swim and looked strong on the run to extend his lead in the Series. **Jacques** was consistent as always in the Tristar 3 Boys race and the healthy rivalry between **Hannah** and **Victoria** continued in the T3 Girls division with Vicky taking the honours on this occasion. **Iain** put in a very good swim to better his previous time back in October but struggled with sore feet on the run; nonetheless he showed great strength of character to keep going to the finish. Probably the best performance of the day came in the Girls Tristar 2 class with **Ellen** improving her overall time of her previous attempt by 59 seconds. In the same race **Catherine** coped very well with the unfamiliar problem of running whilst wet and **Lara** showed her characteristic determination to keep going no matter what. Although **Daniel Packman** was only required to run to the Rowing Club, he appeared at The Lido beaming broadly and declaring that he seemed to have come too far. Nonetheless he coped with the extra distance without any problem and for a first attempt at an aquathlon he did really well. Likewise **Jack Hopkins** who was in the Start event and recorded a very good swim time. In the same race **Edward** built on previous experience and managed to improve his run time by about 20 seconds although his swim was a little slower than before. Very well done to all who took part especially Daniel and Jack who were doing a multisport race for the first time ever, and Catherine for whom this was her first aquathlon. Many thanks to Race Director, Ann, who had to go off to work after organising the event, Chief Timekeeper, Ian, and to everybody who helped marshal the run courses. Your support and assistance was very much appreciated.

Pos	Age			Swim Dist.	Swim	Overall	Points		
1	Youth	Luke	Helmer	8	4.01	13.05	10	10	20
1	T3	Victoria	Seth	6	3.32	13.13	10	10	20
2	T3	Hannah	Seth	6	3.27	13.25	10	9	19
	T3	Bethany	Taylor	-	Run Only		10	-	10
1	T3	Jacques	Williams	6	2.97	12.05	10	10	20
1	T2	Iain	Taylor	4	3.09	18.44	10	10	20
1	T2	Ellen	Birch	4	3.07	14.52	10	10	20
2	T2	Catherine	Helmer	4	2.20	15.20	10	9	19
3	T2	Lara	Keates	4	3.16	16.23	10	8	18
1	T1	Daniel	Packman	2	1.19	13.05	10	10	20
1	S	Edward	Taylor	2	2.26	6.21	10	10	20
2	S	Jack	Hopkins	2	1.58	6.32	10	9	19

## Winter Series Overall Positions after 4 Races

Age*	Name		1	2	3	4	Total
Youth	Luke	Helmer	20	20	19	20	79
Youth	Alastair	Hardinge		10	20		30
Youth	Arran	Barker	19				19
T3	Jacques	Williams	20	20	20	20	80
T3	Sam	Poppeliers	18		18		36
T3	Peter	Flynn			19		19
T3	Max	Felton		19			19
T3	Kirk	Godfrey-Evans	19				19
T3	Victoria	Seth	20			20	40
T3	Amy	Rodemark		19	20		39
T3	Bethany	Taylor		20		10	30
T3	Louise	Maloney	19				19
T3	Hannah	Seth				19	19
T2	Iain	Taylor	20	20		20	60
T2	Lara	Keates	10	17	17	18	62
T2	Millie	Rodemark	19	20	20		59
T2	Becky	Rodemark	18	19	19		56
T2	Ellen	Birch			18	20	38
T2	Catherine	Helmer		18		19	37
T2	Elissa	Flynn	20		16		36
T1	Daniel	Packman				20	20
Start	Edward	Taylor			20	20	40
Start	Jack	Hopkins				19	19
Start	Abby	Downham	20	20	20		60

\* Age Groups as at 31 December 2007

The last race for this Winter Series will be a split site triathlon on Saturday 29 March. More details will follow but it will consist of a swim time trial at the Aquarena and a Bike/Run stage at St Andrews School with the times for both being added together to give an overall time and position.

### Youth Opportunity Fund

West Sussex County Council has contacted Niki and Alastair to say that it has re-visited our original application for a YOF grant and decided to award us an additional £500 towards purchasing club kit. This takes the total award to £2,425. A condition of the award is that we must report how the money has been spent by the end of May. We are planning to take photos of Otters in action in the new kit at the Crawley Aquathlon so a good turn out then would be especially welcome. We also think that producing a video or DVD about the club's activities would be more interesting than a written report. **Does any club member have access to the equipment we need and are there any members willing to take part?** Please let Otters HQ or a member of the management committee know.

### Otter's Questionnaire

During January we sent out a questionnaire to all the members asking for your views about the club. We were a little disappointed that more did not reply but many thanks to those that did. We will take on board the comments received.

Membership Total: 26  
Number of Responses: 5  
Level of Response: 19%

80% thought the balance of swimming / cycling / running was about right. There was one respondent who wanted more cycling.

Everybody felt the sessions were pitched at the right level and were not too hard or too easy.

Favourite sessions included:

- Sunday rides
- swimming.
- running at the track
- Club races
- Split site races
- Southwater Country Park cycling sessions
- Road rides

Less enjoyable are;

- St Andrews cycling sessions on the grass
- running at Goring Greensward
- cycling at the BMX track at Shoreham

Everybody wanted more of a team approach to races and suggested that this could be achieved if:

- we arrange to assemble at a specific time and place for a picnic and/or have a club tent
- encourage competing members to stay and support those in other races
- encourage those that are not competing to come along to events & support the club
- contact every member before an event - this could be a role for the Captains
- enter races which have prizes for teams
- organise specific practice sessions for the team

Other comments included:

- more people need to turn up to the swimming on Saturday mornings
- I enjoy attending training/race sessions.
- the coaches are doing a good job.
- provide everybody with a list of all members' names & contacts numbers, addresses & e-mails.
- I like the club I think its good & fun but maybe we could do more fun exciting things
- Fun stuff in swimming instead of just swimming up and down
- dislike the name
- good and friendly

***Do you agree / disagree with any of this? You can still have your say just email Otters HQ with your ideas.***

### **The Athletes' Forum**

We have decided to disband the Athletes' Forum but the views of our members are very important to us and we will continue to look for better ways of obtaining these. Once appointed the Club Captains will be invited to the regular training schedule meetings when the coaches plan the 12-week programmes which will enable us to include the athletes' ideas. Meanwhile, on behalf of the club we would like to thank Luke Helmer, Bethany Taylor, Max Felton, Iain Taylor and Maia Coates for attending the TAF meetings and contributing to the running of the club during 2007.

**OTTERS TRAINING SCHEDULE 19 APRIL to 20 JULY 2007**

- Saturday sessions with an \* are practise for the race the following day and are not physically hard. They are aimed at those racing the next day but all are welcome to join in.
- Cycling sessions will be cancelled if the weather is bad.
- Please wear appropriate clothing and bring a drink and snack on longer sessions.
- We are running a few extra sessions for Tristar 3's and Youths on Sundays and week days - these are detailed in the second table.
- If you have any queries about a session the coaches will be happy to help Ann : 07951935374, Julian : 01903873804, Niki : 07957406775

DATE	Session 1	Session 2
Sat 19/4	Swim 8am Aquarena (AM)	Run 9.45am St Andrews (JS)
Sat 26/4	MTB 9.45am The Dover (NT/RD)	(MTB = Mountain bikes)
Sat 3/5	Run 9.45am St Andrews (JS)	
Sat 10/5*	Swim/Run 8am Aquarena* (AM/JS)	
<b>Sun 11/5</b>	<b>CRAWLEY AQUATHLON</b>	
Sat 17/5	Swim 8am Aquarena (AM)	MTB/ Run 9.45am The Dover (NT/RD)
Sat 24/5	<b>OTTERS AQUATHLON (NT/JS)</b>	8am Aquarena
Sat 31/5	Swim 8am Aquarena (AM)	Run 9.45am St Andrews (JS)
Sat 7/6*	Swim/Run 8am Aquarena* (AM/JS)	
<b>Sun 8/6</b>	<b>ARUN AQUATHLON</b>	
Sat 14/6	MTB 9.45am The Dover (NT/RD)	
Sat 21/6	<b>OTTERS DUATHLON (NM/JS)</b>	9.45am St Andrews School
Sat 28/6*	Swim/Bike/Run 8am Aquarena* (NT/AM)	
<b>Sun 29/6</b>	<b>CRAWLEY TRIATHLON</b>	
Sat 5/7	Swim 8am Aquarena (AM)	Run 9.45am St Andrews (JS)
Sat 12/7	Swim 8am Aquarena (AM)	Run 9.45am St Andrews (JS)
Sat 19/7*	Swim/Run 8am Aquarena* (NT/AM)	
<b>Sun 20/7</b>	<b>CHICHESTER AQUATHLON</b>	

### Additional Sessions for Tri Star 3 & Youth

Day / Dates	
Sun - to be advised	ROAD RIDE 9am or 10am. Road bikes only. Dates & times to be advised.
Wed 23/4, 30/4, 7/5	RUN 6.00 pm. 23/4 at Sea Lane Café & then venue to be advised.
Wed 14/5	BIKE 7pm - 10 mile time trial practise. Road bikes only. Washington car park.
Thurs 22/5	<b>Worthing Excelsior 10mile TT</b> - 7pm. Road bikes only. Washington car park.
Wed 4/6, 18/6, 9/7, 23/7	BIKE 7pm – 1Km Hill climb. Washington car park. Road bikes or MTB's
Thurs 31/7	<b>Worthing Excelsior Hill Climb</b> - 7pm Washington car park. Road bikes or MTB's

**PLEASE REMEMBER TO COMPLETE & RETURN THE INTENT TO RACE FORM ON THE NEXT PAGE**

**See the last 2 pages of the newsletter for a list of all the races we can find for children and young people that are being held this summer in the region or nearby.**

### INTENT TO RACE FORM

I hope to take part in the following races this summer (*please put a cross in the box of each event that you intend to go to*) and please indicate if you could offer a lift to other members.

		Enter the race	Offer a lift	How many
Crawley Aquathlon	11.05.08			
Arun Aquathlon	08.06.08			
Crawley Triathlon	29.06.08			
Chichester Aquathlon	20.07.08			

Athlete's Name.	
Athlete's Name.	
Athlete's Name.	.

A club coach or management committee member will be present at each of these events to offer advice and encouragement. Details of who will be posted before each race.

***Please remember that it is the athlete's responsibility to apply to enter and pay all entry fees.***

## 2008 CLUB CAPTAINS NOMINATION FORM

*If you would like to put yourself forward to be considered as a Club Captain please complete Part A and / or if you would like to nominate another person please complete Part B. Please make sure that all nominations are in by **31 March 2008**. You can also nominate somebody by telling a member of the management committee. You can only nominate 1 person to be the Boys' Captain and 1 person to be the Girls' Captain.*

### PART A

**I would like to be considered as a Club Captain**

---

### PART B

**I would like to nominate as the Boys' Captain**

---

**I would like to nominate as the Girls' Captain**

---

I have asked each individual if he / she is happy to be nominated

**Nominator's Name**.....

## Race Calendar

Listed below are the races that Niki has found that are taking place during the summer in the area. We hope it is accurate but please check the entry details with the organisers. If you have any difficulty please contact Otters HQ. **Remember please tell us how you get on if you do a race.**

SE REGION RACES				
Name	Date	Venue	Dist	Series
Soll Vale Duathlon	03/05/2008	Faringdon Leisure Centre	76	
Hamble Aquathlon	04/05/2008	Hamble Sports College	40	
K2 Children's Aquathlon	11/05/2008	K2 Crawley	20	M
5 <sup>th</sup> Bicester Children's Tri	18/05/2008	Bicester Sports Centre	80	T
Fun Kids Triathlon	24/05/2008	Duke of York School, Dover	79	T
Arun Aquathlon	08 June	Was a triathlon in 2007		M
K2 Children's Triathlon	29/06/2008	K2 Crawley	20	T
New Forest Junior Triathlon	06/07/2008	Hounslow School	47	
Human Race Children's Open Water Triathlon	12/07/2008	Dorney Lake Rowing Centre		T
Chichester Aquathlon	20/07/2008	West Gate Leisure Centre Chichester		M
Farnham Tri Youth Race	26/07/2008	Hart Leisure Centre	36	
Soll Vale Aquathlon	27/07/2008	Faringdon leisure Centre	76	
Blue Fins Duathlon	03/08/2008	Hillingdon Race Circuit	80	M
Freedom Leisure Ringmer children's triathlon	23/08/2008	Ringmer Community College	21	
White Oak Triathlon & SE Children's Championship	24/08/2008	University of North Kent	46	(M ?)
Fareham Aquathlon	31/08/2008	Locks Heath County Junior School	38	
Soll Vale Triathlon	07/09/2008	Faringdon leisure Centre	76	
Junior Inter-Club Triathlon Relay Championships	21/09/2008	TBA	80 ?	T ?

*(Dist = distance in Miles from Worthing)*

SE Region Triathlon series (T above)	SE Region Multi-sport Series (M above)
18th May Bicester 24th May Deal Fun Kids 29th June K2 Crawley 12th July Dorney Lake 26th July Farnham 20th Sept Club Relays Bicester	11th May Crawley K2 Aquathlon 8th June Arun Leisure Centre Aquathlon 20th July Chichester Aquathlon 3rd August Blue Finns Duathlon TBC White Oaks Aquathlon 24/8 ?

<b>Other Local Event</b>			
<b>Name</b>	<b>Date</b>	<b>Venue</b>	<b>Dist</b>
Mad March Triathlon for Adults & Children	09/03/2008	St.Michaels Middle School	68 Miles
Hatch End-Harrow Children's Triathlon	11/05/2008	Harrow Arts Centre	53 Miles
Dorset Try A Tri for Adults & Children	01/06/2008	St.Michaels Middle School	68 Miles
East Essex Kids Triathlon	07/06/2008	Barstable School	64 Miles
Thames Turbo Children's Aquathlon	22/06/2008	Lady Elleanor Holles School	41 Miles
New Forest Junior Triathlon	06/07/2008	Hounslow School	47 Miles
Summer Sizzler Triathlon for Adults & Children	06/07/2008	St.Michaels Middle School	68 Miles
Upminster Junior Triathlon	12/07/2008	The Coopers\' Company and Coborn School	58 Miles
Kings Langley Childrens Triathlon	13/07/2008	Kings Langley School	61 Miles
Purbeck Triathlon for Adults & Children	20/07/2008	Purbeck Sports Centre	75 Miles
Tri-Force Tri-Stars	20/07/2008	Sandringham School	65 Miles
Blue Fins Junior Duathlon	03/08/2008	Hillingdon Race Circuit	80 Miles
Ferndown Tri Fest for Adults & Children	07/09/2008	Ferndown Leisure Centre	65 Miles
Outside-In-Triathlon for Adults & Children	05/10/2008	St.Michaels Middle School	68 Miles

*(Dist = distance in Miles from Worthing)*