



# OTTERS NEWS

## Otters H.Q.

5 Nepfield Close, Findon, West Sussex, BN14 0SS  
01903 221442 (Day)  
01903 873804 (Evening)  
worthingotters@aol.com

Hello everybody and a big welcome to **Harry** who has joined us since the last edition. Although the summer season is under way this edition we tie up the results of the Winter Series and well done to everybody who took part. Your contributions to ON are always welcome so if you fancy writing your own race report or commenting on something, please do get in touch.

## Winter Multisports Series

Our Winter Series ended on 29 March with an aquathlon. The weather on the day was dry with a reasonable air temperature although there was a strong head wind going west. Heavy rain in the preceding week meant the ground at St Andrews School was unsuitable for cycling so plans to hold a split site triathlon were dropped. There was another good turn out with 15 entered across all the age groups. The swim distances are shown in the table below and the run routes used the same as previously with the turn point for the short course at Splash Point and the longer route turning at The Lido. As Series leader **Luke Helmer** was playing hockey later that day **Alastair Hardinge** was unopposed in the Youth race; Al was swimming in a 1500m swim race in the evening, so he took things relatively easy and looked very comfortable at the finish. The overall standings were not affected with Luke finishing on top of the table. The Seth sisters contested the honours for the Tristar 3 Girls race and with swim times almost identical the difference came in the run with **Victoria** recording the faster time which also secured her the Overall title in which **Amy Rodemark** narrowly took the runner-up slot from **Hannah**. **Jacques Williams** made it 5 out of 5 in the Tristar 3 Boys race with a good swim and run to underline his dominance of this age group in the Series. **Sam Poppeliers** swam and ran a bit less but seemed to enjoy the outing and earned valuable points to finish runner-up in the Overall table in the boys age group. In the Series competition the most closely contested age group was the Tristar 2 Girls. **Millie Rodemark** took first place on the day which was enough to give her a half point victory over **Lara Keates**, who has been a shining example of commitment and effort all winter, but who was unwell on the day and ran a shorter distance. First across the line was **Ellen Birch** who demonstrated what a strong runner she is but she swam a shorter distance and was placed 4<sup>th</sup> equal with Lara. Second on the day was **Becky Rodemark**, who had the best swim time for those that did 200m, and third was **Saphron Roberts** who completed her first ever multisports event in fine style. **Dan Parkman** followed up his debut of a few weeks ago with another commendable performance and looks suited to multisports competition. Unopposed in the Tristar 1 Boys event he is the Series winner as is **Iain Taylor** who did not race on the day but was the Tristar 2 Boys overall winner. **Abby Downham** continues to make good progress and won the Tristar Start Girls event. The best finish of the day came in the Tristar Start Boys race with all 3 finishing within seconds of each other. **Edward Taylor** emerged from the pool first but lost valuable seconds in Transition wrestling with an uncooperative T-shirt; meanwhile **Jack Hopkins** kept his cool and took the lead into the run which he held on to the finish. **Harry Tipton** was doing his first ever event and put in a superb run to dead heat with Ed for second place. Ed took the overall title but well done to all 3 boys for an excellent competition. Many thanks to everybody who helped out with marshalling and timekeeping.

### Winter Series Race 5 - Aquathlon 29 March 2008

Age			Swim Dist.	Swim	Run	Overall	Points		
Youth	Alastair	Hardinge	400m	5.30	8 :13	13.43	10	10	20
T3	Victoria	Seth	400m	7.30	10:00	17.30	10	10	20
T3	Hannah	Seth	400m	7.32	10:25	17.57	10	9	19
T3	Jacques	Williams	400m	6.05	9:00	15.05	10	10	20
T3	Sam	Poppeliers	266m	6.14	4:20	10.34	10	9	19
T2	Millie	Rodemark	200m	4.00	10:43	14.43	10	10	20
T2	Becky	Rodemark	200m	3.50	11:53	15.43	10	9	19
T2	Saphron	Roberts	200m	4.05	11:28	15.33	10	8	18
T2	Ellen	Birch	133m	3.00	11:02	14.02	10	6.5	16.5
T2	Lara	Keates	200m	4.24	4:44	9.08	10	6.5	16.5
T1	Daniel	Parkman	200m	3.55	12:52	15.47	10	10	20
TS	Jack	Hopkins	50m	1.10	3:51	5.01	10	10	20
TS	Harry	Tipton	50m	1.20	3:45	5.05	10	8.5	18.5
TS	Edward	Taylor	50m	1.01	4:04	5.05	10	8.5	18.5
TS	Abby	Downham	100m	1.53	4:45	6.38	10	10	20

### Winter Series Final Positions

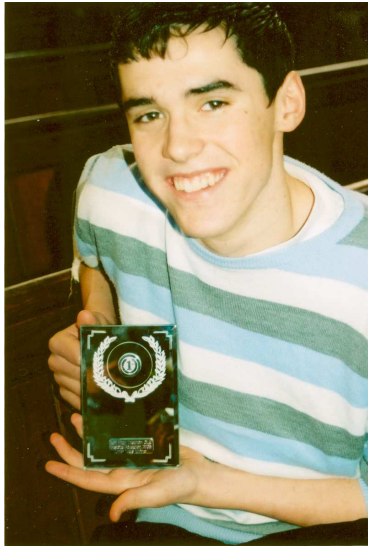
			1	2	3	4	5	Total
Youth	Luke	Helmer	20	20	19	20		79
Youth	Alastair	Hardinge		10	20		20	50
Youth	Arran	Barker	19					19
T3	Jacques	Williams	20	20	20	20	20	100
T3	Sam	Poppeliers	18		18		19	55
T3	Peter	Flynn			19			19
T3	Max	Felton		19				19
T3	Kirk	Godfrey-Evans	19					19
T3	Victoria	Seth	20			20	20	60
T3	Amy	Rodemark		19	20			39
T3	Hannah	Seth				19	19	38
T3	Bethany	Taylor		20		10		30
T3	Louise	Maloney	19					19
T2	Iain	Taylor	20	20		20		60
T2	Millie	Rodemark	19	20	20		20	79
T2	Lara	Keates	10	17	17	18	16.5	78.5
T2	Becky	Rodemark	18	19	19		19	75
T2	Ellen	Birch			18	20	16.5	54.5
T2	Catherine	Helmer		18		19		37
T2	Elissa	Flynn	20		16			36
T2	Saphron	Roberts					18	18

## Winter Series Final Positions

			1	2	3	4	5	Total
T1	Daniel	Parkman				20	20	20
Start	Edward	Taylor			20	20	18.5	58.5
Start	Jack	Hopkins				19	20	39
Start	Harry	Tipton					18.5	18.5
Start	Abby	Downham	20	20	20		20	80

### Frostbite Aquathlon

Congratulations to Alastair Hadinge who was the first junior male in the Tuff Fitty Aquathlon which was held on Sunday 2 March 2008. He finished 8<sup>th</sup> overall in a time of 27:51 for the 400m swim and 5 km run.



### QUIZ

*It's just for fun.* Actually this panel needed filling and this is all ON's Chief Editor could think of! Answers next edition or if you can't wait for that email Otters HQ.

1 In a standard (sometimes referred to as Olympic) distance Triathlon how far is the run?

a) 5km      b) 10km      c) 20km

2 In which city will the 2008 Olympic Games be held?

a) Paris      b) Tokyo      c) Beijing

3 In which year will London host the Olympic Games?

a) 2012      b) 2010      c) 2016

4 What do you call the multisports event that involves cycling and running?

a) Biathlon      b) Diathlon      c) Duathlon

5 In some triathlons competitors are not allowed to shelter behind or beside another competitor during the bike stage – what is this called?

a) Freewheeling      b) Drafting      c) Dodging

### Race Entries

Thanks to those who have let us know the races they are entering this summer. The next race will be the Arun Aquathlon, for which the entry form is at the end of this newsletter, as **we have cancelled the Bank Holiday (24<sup>th</sup> May) Intra-club aquathlon** because so many people are away. If you are inspired to join those listed below there are entry forms in the Hot File for the Arun and Chichester Aquathlons but you need to register via the internet for the Crawley Triathlon. Contact Otters HQ if you need help with entering. Please let ON know if you decide to enter any of them.

#### Arun Aquathlon

Edward Taylor  
Harry Tipton  
Abigail Downham  
Daniel Parkman  
Iain Taylor  
Jacques Williams

#### Crawley Triathlon

Edward Taylor  
Harry Tipton  
Iain Taylor  
Luke Helmer  
Sam Maloney

#### Chichester Aquathlon

Edward Taylor  
Harry Tipton  
Abigail Downham  
Daniel Parkman  
Catherine Helmer  
Iain Taylor  
Jacques Williams

If you do take part please try to wear a Club T-shirt at the event as it helps us to promote the Otters in the area and builds on encouraging team unity. Please contact Rob or Otters HQ if you would like an item of **Club Kit** and look out for details of new items including trisuits and bike tops that Niki is trying to obtain for us. Good luck to **Abby Downham** who competes in the Dover Triathlon on 24<sup>th</sup> May.



Jack



Dan



Maia



Millie

## Crawley Aquathlon

The summer season kicked off in sizzling heat at Crawley on Sunday 11 May 2008. 9 Otters represented the club which was an excellent turnout. They were up against athletes from across the region so as ever at these events the competition was guaranteed to be tough. All the swim stages were held in K2's 50 metre pool which for some was a demanding task in itself. The Tristar run course consisted of morale sapping laps of the Thomas Bennett School playing fields, which, whilst flat, were baked hard and provided a mental as well as physical challenge. First out of the blocks were **Jack Hopkins** and **Abbey Downham** in the Tristar 1 races. For Jack this was his first regional event and he coped really well with not just the distance but the hot conditions. Out on the run course he looked comfortable even managing to smile for the camera. Abbey was tackling the longer distance for the first time and never comfortable running she struggled in the heat but thanks to some compassionate support from the Race Referee and her own determination she completed the course. Another making his debut in the regional series was **Dan Parkman** in the Tristar 2 race. This was quite a baptism and he too handled himself and the conditions very well by pacing his run sensibly and appearing quite comfortable. **Maia Coates** is in her second year as a Tristar 2 but after a winter of playing football this was no easy re-introduction to the world of multisports. As ever she ran her own race and kept on until the end despite the hot weather affecting her asthma. With no boys in the Tristar 3 category it was up to **Millie** and **Becky Rodemark** to fly the Otters' flag in the age group. Becky was fastest in the pool but Millie took over during the run in which both demonstrated outstanding pace judgement. Last to go were the Youths who for timetabling reasons had to wait a long time for their race to start and that is always a test of concentration. **Alastair Hardinge**, who must have been tired after setting personal bests in a Gala the evening before, was first out of the pool in his head to head with another athlete but he was unable to stay with him on the demanding hilly 5km run through Tilgate Forest. Nonetheless, Al looked strong at the finish and deserved his second place trophy. Also tackling the Tilgate Forest course were **Victoria** and **Hannah Seth**. Both girls had celebrated their birthday the day before but still chose to compete which says much about their commitment. Entering Transition almost together Vicky managed to pull away at the start of the run. As spectators awaited the arrival of the athletes at the finish line, the woods were suddenly noisy with the cry *the twins are coming* and soon they appeared with Vicky in second place behind a Steyning AC athlete, who is coached by John Scott, and Hannah third. Congratulations to everybody who took part. You are a credit to the Club both for your effort in difficult conditions and against tough opposition but also for your support of each other. Many thanks to the parents without whose help the athletes would not have been able to attend. It was a long day as the event management was a bit ponderous but every participant earned the respect of those watching for their determination and bravery in overcoming not just the course but the hot weather conditions. Top Job!





Becky



Alastair



Victoria



Hannah

	Swim	Run	Overall Time	Place
<b>Tristar 1 Boys</b> Jack Hopkins	4:14	9:22	13:36	7 <sup>th</sup>
<b>Tristar 1 Girls</b> Abby Downham	3:26	13:12	16:36	5 <sup>th</sup>
<b>Tristar 2 Boys</b> Dan Parkman	4:41	12:32	17:13	10 <sup>th</sup>
<b>Tristar 2 Girls</b> Maia Coates	4:28	15:50	20:18	9 <sup>th</sup>
<b>Tristar 3 Girls</b> Millie Rodemark	7:54	18:03	25:57	5 <sup>th</sup>
Becky Rodemark	7:41	19:05	26:46	6 <sup>th</sup>
<b>Youths Boys</b> Al Hardinge	5:27	28:40	34:07	2 <sup>nd</sup>
<b>Youths Girls</b> Vicky Seth	7:28	32:01	39:29	2 <sup>nd</sup>
Hannah Seth	7:37	33:49	41:26	3 <sup>rd</sup>

### Pace is the key

Remember that a successful race depends on good pace judgement. A simple test to do on the hoof is check your breathing. The deeper you are breathing the harder you are working and if you work too hard too early on you could struggle in the closing stages of a race. Equally if you don't push yourself a little you won't do yourself justice. Here's our guide to effort levels. See the Hot File for more details.

1	Very very light	Talking is very easy
2	Very light	Warm up pace
3	Fairly light	
4		Comfortable to talk
5	Moderate	
6	Quite hard	Talking needs effort
7		Race pace
8	Hard	Talking is very hard
9	Very hard	No talking zone
10	Very very hard	Sprint flat out

### Barefoot strengthens legs

Many lower leg injuries can be avoided by young athletes doing a bit of barefoot running. Shoe manufacturers spend loads of time and money producing top dollar trainers but these have actually 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 reduce 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 just do short distances at first. Grass is the best surface to run on. Of course, be careful where you put your feet and check out the ground for dog mess and glass and stuff beforehand. Your running won't improve if you've got an injured foot and you won't get back in the house if you've trodden in something smelly!

# The South East Regional Series ARUN JUNIOR AQUATHLON

**SPONSORED BY**

**Peter Cooper Volkswagen**

**Sunday 8<sup>th</sup> June 2008**

**Arun Leisure Centre**



Category	Swim	Run
Tri-Star (8yrs)	50m	600m
Tri-Star 1 (9/10yrs)	150m	1500m
Tri-Star 2 (11/12yrs)	250m	2000m
Tri-Star 3 (13/14yrs)	400m	3000m
Youth	750m	5000m

**Please complete in BLOCK CAPITALS**

First Name:		Surname:	
Date of Birth:	Age on 31/12/08:	Sex M/F:	
Address:			Post Code:
Telephone:		Mobile:	
Email:			
Club:		Category:	
Are you eligible for the S.E Series*: YES <input type="checkbox"/> NO <input type="checkbox"/>			
BTA Number:		Estimated Swim Time:	
Parents Signature:			Date:

**Entry**

**Fees: £8.00 Tri Start**

£11.00 All other categories

**(£1.00 will be given back when competitors produce their BTA race licence)**

**Cheques to be made payable to Inspire Leisure**

Please send entries to: Matt Williams, Arun Leisure Centre, Felpham Way, Bognor Regis, West Sussex, PO22 8ED

\* Do you live in or belong to a club based in one of the following counties, Berkshire, Buckinghamshire, Hampshire & IOW, Kent, Oxfordshire Surrey, Sussex. If so you are eligible for the S.E Series.

- Series position will be calculated on the best three results, there will be **NO** series awards for the Tri Star categories.
- All children will be required to count their own bike/run laps, **NO** assistance will be given from marshals.
- Parents **MUST** conduct themselves in an appropriate manner abusive language or behaviour towards volunteers will not be tolerated.
- **Please enclose a stamped address envelope (size 9 x 6) to receive Race Details by post**

**Closing date for entries is Friday 30<sup>th</sup> May 2008**