



OTTERS NEWS

Otters H.Q.

Tel: 01903 221442 (Day) or 01903 873804 (Evening)

Email: worthingotters@aol.com

Deal Triathlon

On top of a hill in Dover on a very windy day Abigail Downham took part in the Deal Triathlon at the Duke of York's School on the 24th May. She completed her swim in fluent style and in good time and then had to run to the transition area, which was a good 75 metres from the pool. With helmet on and bike by her side she left the transition area to start the bike section, which consisted of 2 laps, the bike course had 11 speed bumps on it, which she did with great ease. It was then back into transition to drop off her helmet and bike to start the run. With this section not being her strongest part of the event the wind took its toll on her, but she ended off with a sprint to the finishing line. When the final results came out she had finished in 15th place out of 20 within her age group.

Quote from Abigail,

'My swim and bike were easy but my run was hard. I made up time on my bike and swim, but the person in front of me beat me by 8 seconds. I was very excited that I came 16th but then there was a girl who missed a bike lap and got a 20 minute penalty that moved me to 15th place.'

Result

Swim (150 meters)	03:23
Transition 1	02:01
Bike (2.5 km)	08:22
Transition 2	00:41
Run (1200 meters)	08:59
Total Time	23:26



Arun Aquathlon

Another hot day for the Otters competing in the Arun aquathlon at the Arun Leisure Centre in Bognor on Sunday 8th June, but the heat did not stop them all putting in top class performances.



First up were Edward Taylor and Harry Tipton both competing in their first regional event, coping extremely well with the distances. Edward put in a good swim and was 1st out of the pool. With a strong run he kept his lead to take first place. Harry was in 4th place after the swim, but with a great run and a sprint finish ended up in 2nd place beating the 3rd place boy by just 2 seconds.



Our next competitor was Abigail Downham competing in the Tristar 1 girls. After a good swim she was in 3rd place. With her best run performance so far this year and still running strongly she finished in 4th place.

The Rodemark sisters took part in the Tristar 3 girls. They all put in very competitive performances with Amy leaving the pool first out of the three, followed by Millie and then Becky. After a very well paced run section they finished with Millie in 8th place, Becky in 9th, and Amy in 10th.





Last to race were the Seth twins, Victoria and Hannah taking part in the Youth girls. Both put in good performances in the pool and after 750m there was only 11 seconds between them with Victoria coming out first. She held this lead out on the run, but both girls looked comfortable maintaining a good strong pace for the whole 5k. The girls took 1st and 2nd place.



Congratulations to our athletes who ALL put in really excellent performances. Everyone really paced the run section well, keeping a good pace all the way round, which in the very very hot conditions required lots of concentration and determination. Well done! From Niki & Rob.

A good day out was had by all, with plenty of support from both competitors and parents. Lots of Otters team spirit and support for each other which was great to see. (The new tri suits looked pretty fab to !)

	Swim	Run	Overall	Place
Tristart Boys				
Edward Taylor	1:35	3:31	5:06	1st
Harry Tipton	1:47	3:29	5:16	2nd
Tristar 1 Girls				
Abigail Downham	3:45	11:16	15:01	4th
Tristar 3 Girls				
Millie Rodemark	8:19	17:58	26:17	8th
Becky Rodemark	8:30	19:23	27:53	9th
Amy Rodemark	7:49	20:35	28:24	10th
Youth Girls				
Victoria Seth	14:14	26:43	40:57	1st
Hannah Seth	14:25	28:11	42:36	2nd

QUIZ ANSWERS

In the last edition of *ON* we posed some questions and the answers are:

- In a standard (sometimes referred to as Olympic) Triathlon the run distance is **10km**
- The 2008 Olympic Games will be held in **Beijing**
- London will host the Olympic Games in **2012**
- The multisports event that involves cycling and running is called **Duathlon**
- In some triathlons competitors are not allowed to shelter behind or beside another competitor during the bike stage; this is called **Drafting**

Summer Solstice Duathlon

As dawn broke over Stonehenge on Saturday 21 June Otters slept peacefully in their beds but later at a more sociable hour 5 acolytes participated in the dark art of duathlon where each runs for a bit, then bikes for a bit more and if that wasn't enough finishes with a run. Held on the playing field at St Andrews School this intra-club event was part of the 2008 TOGA series. The first obstacle the athletes had to overcome was the complicated route briefing but that done and after a warm up, the race was on. With such a small field it was possible to have a mass start and the pecking order was soon established with Alastair Hardinge leading the way followed by Sam Maloney. Al made steady progress until back ache set in on the second run stage and the officials relented and reduced this phase to 2 laps for him. Meanwhile, Sam running as a Tristar 3 completed all three elements as prescribed. Thanks to both for joining in as they helped to make the numbers up and were due to compete in a gala that evening. In the Tristar 1 age group Jack Hopkins put in an excellent effort to complete all 3 phases very well and is clearly at home with the land based disciplines. Although never comfortable running Abigail Downham put in a very respectable performance to complete her fourth multisport event of the season. In the youngest age group Edward Taylor was quickest on the first run lap but Harry Tipton was just a short distance behind; out on the bike course both boys put in a huge effort and had to work hard on the grass track, and then it was on to the final run stage. As Ed pulled away heading for home, Harry's exertions in the cycling brought on an asthma attack but in some distress and with the admiration of those watching he stuck it out to finish. Well done and many thanks to all who took part and also to those who helped officiate and supported the athletes..

NO	NAME	SPLIT TIMES (MM:SS.00)			FINAL TIME	FINAL PLACING	TOGA Points
		RUN 1	BIKE	RUN 2			
TriStar Start		1 lap	1 lap	1 lap			
1	Edward Taylor	01:52.00	02:17.00	02:31.00	06:40.0	1	20
2	Harry Tipton	01:57.00	02:35.00	04:33.0	11 : 47.0	2	19
TriStar 1		1 lap	2 lap	1 lap			
3	Jack Hopkins	01:50.00	05:03.00	02:23.00	09:16.0	1	20
4	Abby Downham	02:19.00	04:53.00	03:27.00	10:39.0	2	19
TriStar 3		2 lap	5 lap	2 lap			
6	Sam Maloney	03:18.00	06:34.00	05:23.00	15:15.0	1	20
Youth		3 lap	6 lap	2 lap			
7	Alastair Hardinge	04:42.00	09:01.00	04:10.00	17:53.0	1	20

2008 Top Otter Group Awards – Current Standings

	Crawley	Arun	Duathlon	Total
Start				
Edward Taylor		20	20	40
Harry Tipton		19	19	38
Tristar 1				
Abigail Downham	20	20	20	60
Jack Hopkins	20		20	40
Tristar 2				
Maia Coates	20			20
Daniel Parkman	20			20
Tristar 3				
Millie Rodemark	20	20		40
Becky Rodemark	19	19		38
Amy Rodemark			18	18
Sam Maloney			20	20
Youth				
Victoria Seth	20	20		40
Hannah Seth	19	19		38
Alastair Hardinge	20		20	40

10 points for attending plus

10 points for best placed Otter in the race, 19 points for second best Otter, 18 for third etc

Visit to Calshot Velodrome

10 Otters had a very enjoyable time visiting the Velodrome track at Calshot in Southampton. The session was taken by a coach from the centre and he had the Otters cycling round the velodrome on -fixed wheel bikes. A velodrome is an arena for track cycling and feature steeply banked oval tracks, consisting of two 180-degree circular bends connected by two straights. A fixed-wheel bike is one which has no free-wheel and no gear-change. It's extremely efficient for use in flat areas such as a Velodrome. A fixed wheel bike is very efficient and you slow down by resisting the pedal motion. You can also pedal much harder, as the chain does not jump when pulled hard like a derailleur does, hence the use of fixed-wheel for sprint racing. Each of the Otters had a warm up ride round the base of the track and then one by one cycled round the track at faster speeds. The 1 ½ hour session went very quickly and finished with a timed lap sprint. Everybody who participated enjoyed the session and would like a return visit. The Otters that took part were **Hannah** and **Victoria Seth, Luke** and **Catherine Helmer, Peter** and **Elissa Flynn**

Arran and **Luke Barker, Sam** and **Louise Maloney**. Anybody else who is over **** and would like to go in the future should let us know and if there is enough interest we can book another visit.

Take Part Festival

During Brighton's International Festival of Sport there are **cycling road races** for young people aged 8 to 18 taking place in Hove Park on **11 July 2008** between 09.30 a.m. and 5.00 p.m. It costs £3 to enter and more information is available by calling Sally on 01273 843859.

End of Season BBQ

Everybody should have received notice about our end of season BBQ which will be held on **Saturday 19 July 2008** from 3.00 p.m. on the Goring Greensward. Please let Otters HQ know if you are coming and how many will be in your group by **12 July**. We'd be very pleased to see you there.

The End of an Era Dawns

For the first time in the short history of Worthing Otters 3 members - **Arran Barker**, **Alastair Hardinge** and **Luke Helmer** – have reached the top age limit for our club and so we must bid them a sad but fond farewell and wish them a happy retirement! All three have participated enthusiastically in our sessions and we will miss them. In Alastair and Luke's case this represents the beginning of the end of an era as they were part of the original 2005 Sussex Youth Games Worthing Aquathlon team from which the Otters were born. There are not many current members left who were part of that pioneering band and their names are writ large in the annals of the club. *Otter News* wishes all three the very best for the future and thanks you on behalf of everybody at the club for everything that you have contributed over the last few years. Keep in touch or better still come back as coaches!

Chichester Aquathlon

At the time of going to press the following are thought to be entering the Chichester Aquathlon on **Sunday 20 July 2008**.

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

Please can you let Otters HQ know if you are not now taking part or if you, are and are not listed above.

The Closing Date for entries is 11 July 2008 or until full. An application form is available from Otters HQ, the Hot File or by going to: <http://www.chichester.gov.uk/index.cfm?articleid=8220>

Please remember to renew your annual subscription by 1 July 2008

Thank You

“You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan and the will to see it through to the end.”