



OTTERS NEWS

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Hi everybody, a huge welcome to **Megan and Bethany Lewis, Tom and Ollie Rowley, Max and Ollie Birch and Elouise Walker**, all of whom have been training with us since September. Megan and Bethany are already experienced triathletes who have achieved success in the Regional series events and who also ride with VCJ. The others are cutting their teeth on multi-sports for the first time. We hope they have all enjoyed their initial experiences with us and will continue to do so. This edition we report on the 2 intra-club aquathlons held as part of our winter programme and our first joint sessions with VC Jubilee. There is information about a special cyclo-cross coaching session with VCJ, our annual Fun Gala with Steyning AC and Worthing Swimming Club's Awards Presentation Evening.

Riding out with the VC Jubilee crew

Visitors to the car park of the recreation ground opposite the Adur Outdoor Activities Centre in Shoreham on Saturday 11 October might have thought they had gate crashed a stage of the Tour de France. There were cyclists everywhere mostly sporting the yellow tops of VCJ but in amongst them were members of Preston Park Cycle Club and 11 Otters. This was the second joint ride of the current programme but the weather on the first occasion had been so bad that only kids of steel, Jack and Abby, along with their equally hardy parents, Tracy and Robert, had joined in, although Head Coach, Niki, did go along to the start – so points for attendance! This day was very different being bright and sunny with hardly any wind. Having endured Rob's remarks about fair weather riders the session started with a gentle warm up round the Rec. to get the muscles moving then we divided up into 2 groups with the older and / or more experienced riders heading off to Mill Hill under the expert leadership of VCJ's Head Coach Roy Page and Dave Gerrey. Overall the group was out for about 2 hours but with plenty of rest stops everybody seemed to cope really well despite a long climb at the start and a shake rattle and roll descent. Having safely negotiated the obstacles the group returned to base along the river bank..The other group was led by Sally Page of VCJ in a session that took them over Shoreham bridge and up the link path towards Bramber. After riding for a while Sally led a coaching session on how to tackle hills and about using the right gears. After the riders had had a chance to practice on a couple of small slopes, the group rode back to the centre at a slightly faster pace and by the time they got back they had covered around 8 miles. Very many thanks to everyone who made this a very enjoyable session and especially Dave, Roy and Sally who made sure that everybody was safe. Well done to all the Otters who took part.

CLUB KIT AUTUMN SALE

On 25 October we are offering all items of Club Kit at a knockdown price. Great value & not a single sofa in sight. Hurry this offer must end!

Childrens T-Shirts	£4.00	Childrens Fleeces	£9.00
Adults T-Shirts	£5.00	Adults Fleeces	£11.00
Childrens Tri Suits	£24.00	Adult Tri Suits	£24.00
Childrens Cycle Tops	£12.00	Adult Cycle Tops	£12.00

Autumn Cyclo Cross Programme

Arrangements for the next session with VCJ, which is scheduled for 15th November, are a bit different. On that day there is a special session at Stanmer Park in Brighton for 9-16 year olds that will be led by a British Cycling coach and will run from 10.00 to 14.00. The following day, Sunday 16th November, there will be more expert coaching available in the morning from about 10.00 which will precede a cyclo-cross/mtb race promoted by VCJ that will start at 11.00. The attached flyer describes what you need to bring on both days and includes an entry form. The event itself can be done on an MTB bike and there are different courses for different ages. The cost of the coaching programme (both days) is £15 - please send a completed entry/consent form to John Scripps to reach him by 8th November. Entry into the race on the Sunday for Under 12s is free and for Youths it is £5. Enter on the day. Anyone not wanting to do the full programme on the Saturday is very welcome to attend the normal VCJ session which will also be at Stanmer Park from 10-12noon. **There is no session in Shoreham on 15th November.** Even if you don't attend the Saturday coaching programme you can have a go at the race on the Sunday. If enough members feel that Brighton is too far to travel then Niki will run a session at The Dover from 10.00 to 11.00 on 15th – please let Niki know if you'd prefer that. However, we do encourage you to go to Stanmer Park as this is a great opportunity. There's a nice tea shop and walks for those not cycling.

Autumn Aquathlons

The monthly aquathlons are meant to spice up training a bit and give you a chance to practice your transition skills. The times give feedback on progress but do not feel down if your times are slower than before. Your performance is subject to lots of things such as how you are feeling on the day, what the weather is like and whether you have had a tough week. If things haven't gone so well just look at it as useful training and if you know what went wrong (Did you rush your transition? Did you go too fast at the start of the run?) you can try to put it right next time out. Be sure of one thing wherever you finish your coaches and family are really proud of you for having a go.

The Series has so far enjoyed good weather with bright sunshine, mild air temperatures and light wind on both days. The run course is a 600 metre lap along the Prom. with the turn point 300 metres east of the Aquarena. Best performer in the 2008 Regional Tristar Start Series, **Bethany Lewis**, made her debut appearance at an Otters intra-club event on 13 September and set a benchmark for the others in the age group with a strong swim and run. **Joe Birch** made great improvement in the swim by improving his time in the second race by 9 seconds and despite a slightly slower transition/run his overall time improved which is a great result. The others in the age group all did one of the races. **Harry Tipton** recorded good personal times in the swim and the run in Race 2 whilst **Ollie Birch** in the same race was going great guns when he fell over just after leaving transition and was forced to withdraw. He's ok now though we are pleased to report. **Elliott Parkman** took part in the Start race in the first event and then moved up to the Tristar 1 for Race 2 and he coped very well with the extra distance. Improvement is not just about times; if you start by doing short distances and later manage longer ones that is just as impressive.

In the Tristar 1 events **Ed Taylor** was Mr Consistency with exactly the same overall time for both races and showing real class in the process. **Jack Hopkins** and **Abbey Downham** had slower times in the Race 2 to their first round performances but as discussed above this could be for any number of reasons. Abbey's swim time in the first event was particularly impressive and Jack put in a solid result in the same race. New on the scene are twins **Tom and Ollie Rowley** who competed in the first race. Both are more comfortable on land with Tom recording an excellent time for the run course but Ollie was quicker in the pool. One to watch is **Elouise Walker** who did an excellent swim in the second race and in training looks good on the run so if she can improve her transition skills she will definitely go much faster.

In the Tristar 2 competition **Megan Lewis** made her first appearance in an Otters event and recorded impressive times in both the swim and the run. **Ellen Birch** took part in both races so far and thanks to a storming run in the second smashed her overall time from Race 1 by nearly a minute. Namesake but no relation, **Max Birch** made his multi-sports debut in the second race and looked comfortable in both disciplines.

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The most impressive improvements came in the Tristar 3 age group. **Millie Rodemark** and **Elissa Flynn** in Race 2 smashed their pb's (personal bests) for the course which were set in the first race by 1:46 and 3:10 respectively. **Daniel Parkman** was unable to run in the first race but in the second he shattered his swim time by 98 seconds and looked very relaxed on the run to record an excellent overall time. After a good swim in the first race **Becky Rodemark** displayed her usual dogged determination to complete the run as did **Iain Taylor** whose No Surrender attitude is an example to everybody – when the going gets tough, the tough keep going. **Sam Poppeliers** has impressed the coaches this term with much improved levels of concentration especially in running training and this was exemplified in his performance in the second race of the Series.

The Youths have the toughest challenge in terms of distance and both **Jacques Williams** and **Bethany Taylor** were up to it in Race 1 which was all the more impressive given that they were just back from a long summer break. Jacques followed up a high-quality swim with a strong run whilst Bethany produced a typically gritty performance.

"I am so impressed by everyone's efforts," comments Head Coach, Niki, *"Well done to all of you. Everybody who has taken part in a race has shown real commitment and there have been some great individual results. If you would like racing to feel a bit easier and to race faster I do recommend that if you are not doing other running based sports in the week, try to get out for a run once each week in between coming to Otters. It doesn't have to be long nor does it need to be hard. Any distance you think you can regularly manage is fine at a nice easy to steady pace will really help improve your fitness. Good luck in the next races on **8 November and 13 December.**"*

See full results below...

STEYNING GALA

It is our turn to host the annual Gala with Steyning AC and it will be held on **Saturday 29 November 2008 from 5:45pm until 8:45 pm** at Steyning Leisure Centre. For those that have not taken part before this is a really enjoyable occasion involving a mixture of standard races and obstacle relays with the emphasis on having **FUN**. We hope to have 2 teams of 10 taking part from all the age groups and Steyning will have 2 teams as well. **There are parents' races too**. In the past we have divided our squad into two evenly matched teams and the result has always been in doubt right up to the last event although to date Steyning have taken the honours each time. The cost of entering is £2.50 and we ask everybody taking part to bring a contribution to the buffet afterwards. If any member and / or parent is interested in taking part **please complete the slip below** and give it with the entry fee to Ann or Julian by **15 November** or send your entry to Otters HQ. Please make cheques payable to *Worthing Swimming Club*. Further details will be supplied nearer the time.

ANNUAL AWARDS EVENING

On **Saturday 20 December 2008** Worthing Swimming Club will be holding its Annual Awards Evening, at which the achievements of all its members will be celebrated, at the GSK Social Club. Medals will be awarded to the winners of the 2008 Top Otter Age Group Awards for their feats in the world of multi-sports this summer.

Tristar Start	Edward Taylor
Tristar 1	Abigail Downham & Jack Hopkins
Tristar 2	Ellen Birch & Daniel Parkman
Tristar 3	Millie Rodemark & Iain Taylor
Youths	Victoria Seth & Alastair Hardinge

Details about prices and how to obtain tickets will be publicised nearer the time.

Aquathlon 1 13 September 2008

	NAME	SWIM	RUN	FINAL TIME	FINAL PLACING	NOTES
TriStart		SWIM DIS = 2L	RUN DIS= 600m			
	Bethany Lewis	01:25.00	03:50.00	05:15.0	1	
	Elliott Parkman	01:33.00	04:23.00	05:56.0	2	
	Joe Birch	01:34.00	04:18.00	05:52.0	3	50 m swim
TriStar 1		SWIM DIS =4L	RUN DIS = 1200m			
	Edward Taylor	03:25.00	06:55.00	10:20.0	1	
	Tom Rowley	04:16.00	06:57.00	11:13.0	2	
	Jack Hopkins	03:35.00	07:39.00	11:14.0	3	
	Ollie Rowley	04:09.00	07:32.00	11:41.0	4	
	Abbey Downham	02:59.00	09:16.00	12:15.0	5	
TriStar 2		SWIM DIS = 6L	RUN DIS = ~1800m			
	Megan Lewis	04:04.00	10:26.00	14:30.0	1	
	Ellen Birch	04:58.00	12:15.00	17:13.0	2	
TriStar 3		SWIM DIS = 12L	RUN DIS = 3000m			
	Millie Rodemark	09:57.00	19:08.00	29:05.0	1	
	Elissa Flyn	10:09.00	19:54.00	30:03.0	2	
	Becky Rodemark	09:39.00	21:11.00	30:50.0	3	
	Iain Taylor	12:00.00	22:14.00	34:14.0	4	
	Daniel Parkman	09:38.00			5	swim only
Youth		SWIM DIS = 14L	RUN DIS = 4200m			
	Jaques Williams	07:31.00	22:47.00	30:18.0	1	
	Bethany Taylor	08:52.00	26:50.00	35:42.0	2	

Aquathlon 2 04 October 2008

	NAME	SWIM	RUN	FINAL TIME	FINAL PLACING	NOTES
TriStart		SWIM DIS = 50m (to steps)	RUN DIS= 600m			
	Harry Tipton	01:06.00	04:30.00	05:36.0	1	
	Joe Birch	01:25.00	04:26.00	05:51.0	2	
	Oliver Birch	00:57.00		DNF	3	fell on run
TriStar 1		SWIM DIS =4L	RUN DIS = 1200m			
	Edward Taylor	03:20.00	07:00.00	10:20.0	1	
	Elouise Walker	02:31.00	08:33.00	11:04.0	2	
	Elliot Parkman	03:24.00	08:07.00	11:31.0	3	
	Jack Hopkins	04:06.00	08:01.00	12:07.0	4	
	Abbey Downham	03:16.00	10:04.00	13:20.0	5	
TriStar 2		SWIM DIS = 6L	RUN DIS = ~1800m			
	Ellen Birch	05:15.00	11:02.00	16:17.0	1	
	Max Birch	05:11.00	11:49.00	17:00.0	2	
TriStar 3		SWIM DIS = 12L	RUN DIS = 3000m			
	Daniel Parkman	08:00.00	17:23.00	25:23.0	1	
	Millie Rodemark	08:30.00	18:49.00	27:19.0	2	
	Elissa Flyn	08:36.00	19:17.00	27:53.0	3	
	Sam Popelliers	08:55.00	20:17.00	29:12.0	4	

Many thanks to everybody who helped marshal the races and especially Race Director, Ann Maloney, and Timekeepers / Recorders Niki Treacy and Graeme Taylor, whose mental arithmetic prowess left the rest of us in awe!

TRAINING PROGRAMME REVIEW

We are half way through the current schedule and the coaches would welcome feedback from athletes and parents as to how they think the new 4-week format is working. The aim has been to concentrate on the swim / run combination along with the monthly get together with VCJ offering a better cycling experience than we provided previously. Attendance at sessions has been good with an average of 13 per week so thank you very much to everybody who has come along. Well done to Abigail Downham who has a 100% attendance record so far.

CODE OF CONDUCT

During the long ride with VCJ on 11 October there was regretablely a complaint from a member of the public that one of our group had used unacceptable language. The complainant was unable to identify the individual and was so vague about the details that it could have been the result of an unfortunate misunderstanding. Nonetheless, the incident serves as an opportunity to remind everybody that whenever we are out together whether it is in training or competition we must maintain the highest standards of conduct as the image of the Club is at stake. The Otters have a good reputation for fair play, respecting others and upholding the highest standards of conduct and the Management Group thanks everybody past and present for achieving this. However, a reputation takes years to build, but moments to destroy so please remember your ABC

- Always do your best
- Be a good sport
- Conduct yourself with dignity & respect for others.

2008 Steyning Gala

The 2008 Swimming Gala will take place on Saturday 29th November from 5:45 pm until 8:45 pm at Steyning Leisure Centre.

Provisional Timetable:

5:45	Gala Briefing
6:00	Gala starts
8:00	Gala Ends, Refreshments available, Presentations
8:45	End of event

I/We

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would like to take part in the Steyning Gala on Saturday 29 November. I/We enclose £..... as payment of the entry fee(s).

I accept that Worthing Swimming Club is not liable for any loss, damage, claim or expense that may arise as a consequence of participation in this event.

Parent/Carer's Signature

Date

Everybody who attends is asked to please make a contribution to the food and drink that will be available after the Gala Programme is completed.