



# OTTERS NEWS

Issue No: 29 December 2008

## Otters H.Q.

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

Email: [worthingotters@aol.com](mailto:worthingotters@aol.com)

Hi everybody, a huge welcome to **Jack Churchill**, who has been training with us since the last edition, and very many congratulations to our friends at **VC Jubilee Youth Development Cycling Club** on being voted Best Club of the Year at the 2008 Sussex Sports Awards. Please see the back page (9) for the training schedule for January to April 2009.

**MERRY CHRISTMAS & HAPPY NEW YEAR  
TO ALL OUR MEMBERS & THEIR FAMILIES**



As a special thank you to everybody for your support of the Club during 2008 we are arranging to give each member a pair of elastic laces which will help you with your Transitions. We hope to have these available by the start of the next training programme.

## WINTER SERIES

If Mama Nature smiled on the first two races of the series she was definitely grumpy on the days of the third and fourth events. When the coaches arrived at the Aquarena on the morning of 8 November their expectation was that not many would be joining them. Rain was falling steadily and a strong wind was blowing in off the English Channel but they should have known better. At around 08.00 Otters began arriving in a steady flow and soon there were 18 ready for action. After the usual race briefing things got under way and the swim phase passed off in reasonable order but out on the run course the athletes truly earned the respect of officials and spectators alike. It was cold and it was hard work against the wind and yet everybody battled their utmost against the elements. 4 weeks later it was the same story but worse! On the suggestion of the Lewis clan we had already planned to reverse the format by starting with the run phase but even then it was touch and go whether it was sensible to proceed as the wind was screaming in across the sea at a great rate of knots. In the end the race distances were cut to 1 lap for the younger age groups and 2 laps for the older ones. Some proved their sanity by deciding just to swim but 14 opted to have a go and set off into the teeth of the gale. Whilst some onlookers considered calling the Coastguard in Brighton to watch out for flying Otters, others wondered whether Social Services should be informed. Once again the athletes proved their mettle and all completed the course. Reducing the run distances put the swim officials under huge pressure as the athletes were arriving back in greater numbers than would have been the case and things were a little disorganised but very many thanks to everybody on poolside for keeping it together and to the athletes and spectators for their understanding. These were unusual circumstances and we have learnt a lot from the experience. Well done to everybody who participated in either or both races. Whatever your time or position you can feel very proud just for stepping up to the plate and having a go.

### Aquathlon 3

**08 November 2008**

| TriStart  |                | SWIM = 50m    | RUN = 600m  | Overall |          |
|-----------|----------------|---------------|-------------|---------|----------|
| 1         | Bethany Lewis  | 00:45.00      | 03:37.00    | 04:22.0 |          |
| 1         | Joe Birch      | 00:36.00      | 03:52.00    | 04:28.0 | 25m swim |
| 2         | Jack Churchill | 00:45.00      | 05:44.00    | 06:29.0 | 25m swim |
| TriStar 1 |                | SWIM = 4L     | RUN = 1200m |         |          |
| 1         | Ollie Rowley   | 03:34.00      | 06:33.00    | 10:07.0 |          |
| 2         | Edward Taylor  | 03:15.00      | 07:03.00    | 10:18.0 |          |
| 3         | Tom Rowley     | 03:57.00      | 06:29.00    | 10:26.0 |          |
| 4         | Jack Hopkins   | 03:34.00      | 07:03.00    | 10:37.0 |          |
| 5         | Elliot Parkman | 03:10.00      | 07:32.00    | 10:42.0 |          |
| 1         | Eloise Walker  | 02:44.00      | 08:28.00    | 11:12.0 |          |
| 2         | Abbey Downham  | 03:10.00      | 10:00.00    | 13:10.0 |          |
| TriStar 2 |                | SWIM DIS = 6L | RUN = 1800m |         |          |
| 1         | Megan Lewis    | 03:42.00      | 10:46.00    | 14:28.0 |          |
| 2         | Ellen Birch    | 05:00.00      | 11:42.00    | 16:42.0 |          |
| 1         | Max Birch      | 05:02.00      | 11:26.00    | 16:28.0 |          |

*Continued over the page..*

**Aquathlon 3****08 November 2008**

| <b>TriStar 3</b> |                 | <b>SWIM DIS = 12L</b> | <b>RUN = 3000m</b> |         |  |
|------------------|-----------------|-----------------------|--------------------|---------|--|
| 1                | Millie Rodemark | 08:34.00              | 19:39.00           | 28:13.0 |  |
| 2                | Becky Rodemark  | 08:36.00              | 22:28.00           | 31:04.0 |  |
| 1                | Daniel Parkman  | 07:47.00              | 20:45.00           | 28:32.0 |  |
| 2                | Iain Taylor     | 09:52.00              |                    |         |  |
| <b>Youth</b>     |                 | <b>SWIM DIS = 14L</b> | <b>RUN = 4200m</b> |         |  |
| 1                | Jaques Williams | 07:19.00              | 25:59.00           | 33:18.0 |  |

**Aquathlon 4 (Outside-In) 13 December 2008**

| <b>Tristar Start Girls</b> |               | <b>Run &amp; Trans 600m</b> | <b>Swim 2 lengths</b> | <b>Overall</b> |
|----------------------------|---------------|-----------------------------|-----------------------|----------------|
| 1                          | Bethany Lewis | 4 : 22                      | 1 : 33                | 5 : 55         |

| <b>Tristar Start Boys</b> |               | <b>Run &amp; Trans 600m</b> | <b>Swim 2 lengths</b> | <b>Overall</b> |
|---------------------------|---------------|-----------------------------|-----------------------|----------------|
| 1                         | Joe Birch*    | 3 : 40                      | 1 : 41                | 5 : 21         |
| 2                         | Harry Tipton* | 4 : 48                      | 1 : 07                | 5 : 55         |

= short lengths

| <b>Tristar 1 Girls</b> |               | <b>Run &amp; Trans 600m</b> | <b>Swim 4 lengths</b> | <b>Overall</b> |
|------------------------|---------------|-----------------------------|-----------------------|----------------|
| 1                      | Eloise Walker | 5 : 00                      | 3 : 26                | 8 : 26         |

| <b>Tristar 1 Boys</b> |                 | <b>Run &amp; Trans 600m</b> | <b>Swim 4 lengths</b> | <b>Overall</b> |
|-----------------------|-----------------|-----------------------------|-----------------------|----------------|
| 1                     | Edward Taylor   | 4 : 00                      | 2 : 55                | 6 : 55         |
| 2                     | Jack Hopkins    | 3 : 59                      | 3 : 35                | 7 : 34         |
| 3                     | Elliot Parkman* | 4 : 30                      | 1 : 47                | 6 : 17         |

\* = 2 lengths

| <b>Tristar 2 Girls</b> |             | <b>Run &amp; Trans 1200m</b> | <b>Swim 6 lengths</b> | <b>Overall</b> |
|------------------------|-------------|------------------------------|-----------------------|----------------|
| 1                      | Megan Lewis | 4 : 45                       | 2 : 49                | 7 : 34         |
| 2                      | Ellen Birch | 8 : 45                       | 4 : 54                | 13 : 39        |

| <b>Tristar 2 Boys</b> |             | <b>Run &amp; Trans 1200m</b> | <b>Swim 6 lengths</b> | <b>Overall</b> |
|-----------------------|-------------|------------------------------|-----------------------|----------------|
| 1                     | Dan Parkman | 7 : 17                       | 7 : 39                | 14 : 56        |

| <b>Tristar 3 Girls</b> |                 | <b>Run &amp; Trans 1200m</b> | <b>Swim 12 lengths</b> | <b>Overall</b> |
|------------------------|-----------------|------------------------------|------------------------|----------------|
| 1                      | Millie Rodemark | 8 : 06                       | 9 : 02                 | 17 : 08        |
| 2                      | Becky Rodemark  | 8 : 55                       | 8 : 31                 | 17 : 26        |

| <b>Tristar 3 Boys</b> |                | <b>Run &amp; Trans 1200m</b> | <b>Swim 12 lengths</b> | <b>Overall</b> |
|-----------------------|----------------|------------------------------|------------------------|----------------|
| 1                     | Dan MacDonald  | 6 : 27                       | 6 : 49                 | 13 : 16        |
| 2                     | James Hopkins* | 8 : 22                       | 1 : 09                 | 9 : 31         |

\* = short swim

## INTRA CLUB RANKINGS – WINTER SERIES

10 points for taking part. 20 points for fastest time, 19 for second 18 for third etc. Best 2 scores added together to determine ranking position.

| <b>Tristar Start</b> | <b>Race 1</b> | <b>Race 2</b> | <b>Race 3</b> | <b>Race 4</b> |    |
|----------------------|---------------|---------------|---------------|---------------|----|
| Bethany Lewis        | 20            |               | 20            | 20            | 40 |
| Joe Birch            | 19            | 19            | 20            | 20            | 40 |
| Harry Tipton         |               | 20            |               | 19            | 39 |
| Elliott Parkman      | 20            |               |               |               | 20 |
| Jack Churchill       |               |               | 19            |               | 19 |
| Ollie Birch          |               | 10            |               |               | 10 |

| <b>Tristar 1</b> | <b>Race 1</b> | <b>Race 2</b> | <b>Race 3</b> | <b>Race 4</b> |    |
|------------------|---------------|---------------|---------------|---------------|----|
| Eloise Walker    |               | 20            | 20            | 20            | 40 |
| Abigail Downham  | 20            | 19            | 19            |               | 39 |
| Edward Taylor    | 20            | 20            | 19            | 20            | 40 |
| Elliot Parkman   |               | 19            | 16            | 18            | 37 |
| Jack Hopkins     | 18            | 18            | 17            | 19            | 37 |
| Tom Rowley       | 19            |               | 18            |               | 37 |
| Ollie Rowley     | 17            |               | 20            |               | 37 |

| <b>Tristar 2</b> | <b>Race 1</b> | <b>Race 2</b> | <b>Race 3</b> | <b>Race 4</b> |    |
|------------------|---------------|---------------|---------------|---------------|----|
| Megan Lewis      | 20            |               | 20            | 20            | 40 |
| Ellen Birch      | 19            | 20            | 18            | 19            | 39 |
| Max Birch        |               | 19            | 19            |               | 38 |
| Daniel Parkman   |               |               |               | 20            | 20 |

| <b>Tristar 3</b> | <b>Race 1</b> | <b>Race 2</b> | <b>Race 3</b> | <b>Race 4</b> |    |
|------------------|---------------|---------------|---------------|---------------|----|
| Millie Rodemark  | 20            | 19            | 20            | 20            | 40 |
| Elissa Flynn     | 19            | 18            |               |               | 37 |
| Becky Rodemark   | 18            |               | 18            | 19            | 37 |
| Daniel Parkman   | 10            | 20            | 19            |               | 39 |
| Iain Taylor      | 17            |               | 10            |               | 27 |
| Daniel MacDonald |               |               |               | 20            | 20 |
| James Hopkins    |               |               |               | 19            | 19 |
| Sam Popelliers   |               | 17            |               |               | 17 |

| <b>Youth</b>     | <b>Race 1</b> | <b>Race 2</b> | <b>Race 3</b> | <b>Race 4</b> |    |
|------------------|---------------|---------------|---------------|---------------|----|
| Jacques Williams | 20            |               | 20            |               | 40 |
| Bethany Taylor   | 19            |               |               |               | 19 |

### STEYNING GALA

Apologies for the cancellation of the Steyning Gala. Unfortunately Steyning AC discovered that the original date we had set for the Gala was no longer convenient and we were unable to find another that was mutually convenient before Christmas. We will speak to them again to see if we can hold the Gala in the New Year. Meanwhile, many thanks to those who offered to take part. We will keep you informed of any developments.

## 2008 ANNUAL AWARDS

The winners of the 2008 Top Otters Age Group Awards were:

|               |                                   |
|---------------|-----------------------------------|
| 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 |

## 2008 OUTSTANDING ACHIEVEMENT AWARD

Triathlon South East and TriSport Coaching UK are offering all triathlon clubs in the South East region, the opportunity to join TriSport Coaching UK's Outstanding Achievement Award (OAA) Programme. The programme has been devised to raise awareness of commendable achievements and recognise outstanding effort within the clubs. Triathlon can be a personally challenging, grueling sport and recognition, motivation and support can be very important to club members. At the end of each season each participating club nominates its chosen athlete. The winner may be picked on the strength of his/her race performance, or the individual personal challenges that an athlete has had to overcome – i.e. injury, personal limitations - or a novice who has shown great determination, motivation and progress throughout the season. Worthing Otters has signed up to OAA Programme and received a smart trophy to present each year. After much debate within the Management Group and with so many deserving cases to choose from, in the end the vote went to **Abigail Downham** whose attendance record in 2008 has been exceptional and who achieved third place in the 2008 Girls Tristar 1 Regional Multisport Series through sheer dogged determination. Well done to Abby and many thanks to Sharon and everybody at TriSport Coaching UK for donating the trophy.

## KEEPING A TRAINING DIARY

Keep a training diary, me ??!?? What's that all about ??!! Most serious, and many not so serious, sporty types keep a training diary. What's in it and why keep one, you might ask. Well, In it you record : What training you've done each day, how long you trained for, what type of session it was and some people record how they felt. So that might look something like this.

- TUESDAY Run, 30mins, round the block loop, easy jog effort level 5 out of 10, felt really fresh.
- SATURDAY Swim, 1 hour, main set of 8x100's (best 100 was 1:35, PB by 5 secs!) Was hard 8+ out of 10, but I felt really strong.
- THURS Bike, 1 hour, to Ferring and back. Hard ride 7to8 out of 10, felt great to start with but lost all energy at 40 mins.

BUT WHY BOTHER to record this. Well, it helps you review over the weeks and months how much training you've been doing and how hard you worked. You can start to see then if you're training too much or too hard, or too little or not hard enough. If session after session you are saying you felt really tired and went slower than last time but you're only training once every 2 weeks then it's for sure that you are not training often enough. BUT, if you feel tired all the time, maybe got another cold, went slower again, and you are training really hard EVERY day, then yes you've guessed it, you're doing too much too hard. Keeping a diary gives you loads of really useful info. If you raced really well, you can look at the training you did leading up to that race to see what worked well. At the other end of things, if you had a really bad race, you can look and see what didn't work well. If you're not a mad keen race nutter, then the diary can just help give you a nudge - crickey I haven't done much so far this week - I'll go for an easy jog round the block today.

Keeping a diary is not a, must do, but you'll be surprised at how useful it is. If any Otters want to keep one and would like it to be reviewed then I would be happy to. Do let me know. Happy training, and diary keeping,

Niki

## 2008 South East Regional Series Final Places of Otters' Members

In case anybody missed how our members got on in the Regional Series rankings this year, their final positions are given below. More details can be found on the Triathlon England South East Region website at <http://www.southeasttri.org/childrens.htm>. Well done to one and all and good luck in 2009!

### Triathlon Series

|          |                 |                  |
|----------|-----------------|------------------|
| T1 Girls | Abigail Downham | 20 <sup>th</sup> |
| T1 Boys  | Jack Hopkins    | Not published    |

### Multisport Series

|             |                   |                  |
|-------------|-------------------|------------------|
| T1 Girls    | Abigail Downham   | 3 <sup>rd</sup>  |
| T1 Boys     | Jack Hopkins      | 7 <sup>th</sup>  |
| T2 Girls    | Ellen Birch       | 12 <sup>th</sup> |
|             | Maia Coates       | 14 <sup>th</sup> |
| T2 Boys     | Dan Parkman       | 13 <sup>th</sup> |
| T3 Girls    | Millie Rodemark   | 4 <sup>th</sup>  |
|             | Amy Rodemark      | 7 <sup>th</sup>  |
|             | Becky Rodemark    | 8 <sup>th</sup>  |
| T3 Boys     | Iain Taylor       | 11 <sup>th</sup> |
| Youth Girls | Victoria Seth     | 1 <sup>st</sup>  |
|             | Hannah Seth       | 2 <sup>nd</sup>  |
|             | Bethany Taylor    | 5 <sup>th</sup>  |
| Youth Boys  | Alastair Hardinge | 3 <sup>rd</sup>  |

## 2009 – What will you do to make yourself feel proud?

**Val Lewis writes** I've had a chance to look for a few events which other Otters might like to know about (see next page). The ones with an "R" by them, are ones Megan and Bethany have done before and we can recommend! The Cyclo-X events are on the British Cycling website for further information and most of the Triathlon events are on the British Triathlon website, or through the clubs themselves. As well as these events:

- On Saturday 28th March there is a Biathlon training day at Millfield School, Street, Somerset from 10.00 – 5.00 followed by the first of a series of races, the second being at Weymouth on 27th June, 3rd at Salford Quays on 2nd August and finally at Poole on the 12th September.
- Preston Park Track Cycling Racing begins with 3 try-the-track sessions - April 1, 8 and 15 with proper racing commencing April 22nd through until August 12th.
- Angmering youth cycling racing has been on a Monday but the details for 2009 are still to be published.
- The Corporate Challenge road races are organised by Chichester Runners round Chichester and are for is Year 5 upwards.

Many thanks to Val for researching this information. When the Triathlon & Multisport Triathlon Regional Series details are published we'll pick a few events to target as a club and some of those listed below do sound interesting. If anybody from the Otters does an event and can do a short report with photos if possible on how s/he got on we will publish it in Otter News.

### December 2008

- 26th : Wessex League Cyclo-X, Southampton R
- 27th : Go-Ride Interclub Cyclo-X, Footscray, Sidcup R

### January 2009

- 4th : Wessex league Cyclo-X, Southampton R
- 4th : London League Cyclo-X, Herne Hill R
- 17th : Wessex League, Cyclo-X, Woodley.
- 18th : Sussex League Cyclo-X, Stanmer Park (promoted by PPYCC) R

### February 2009

- 1st : Sussex League Cyclo-X, Stanmer Park R
- 8th : Frosty Ferndown Aquathlon, Wimborne R
- 25th (Wednesday 6pm) Chichester Corporate Challenge 1/3\* R

### March 2009

- 8th : Mad March Triathlon, Wimborne R
- 11th : (Wednesday 6pm) Chichester Corporate Challenge 2/3\* R
- 25th : (Wednesday 6pm) Chichester Corporate Challenge 3/3\* R
- 29th : Hillingdon Duathlon R

### April 2009

- 7th : Youth Race, Hillingdon
- 12th : Deal Aquathlon
- 13th : Steyning Children's Easter Aquathlon
- 18th : Mercedes Benz\World Childrens Duathlon R
- 18th/19th : Crawley Swim Club Open
- 25th : Youth Omnium races Preston Park
- 30th : Team Tor Circuit Race, Somerset R

### May 2009

- 2nd : Festival Circuit Race, Ilford
- 3rd : Hillingdon Duathlon R
- 3rd : BSCA National hard track champ's, Portsmouth
- 10th : Hatch End (Harrow) Children's Triathlon R
- 23rd : Deal Children's Triathlon R
- 31st : Sussex Junior Aquathlon, Ardingly R

### June 2009

- 13th : Minet Park Grand Prix, Hillingdon
- 20th/21st : Team Tor Kalas-sportswear Circuit Race, Somerset R
- 21st : Thames Turb Children's Aquathlon R
- 27th : National Cycling Cross Country, Crow Hill, New Forest R
- 28th : Summer Sizzler Triathlon, Wimborne R
- 28th : New Forest Children's Triathlon, Southampton R

### July 2009

- 11th : Upminster Children's Triathlon
- 12th : Kings Langley Children's Triathlon
- 19th : Chichester Children's Aquathlon R
- 19th : Andover Junior Triathlon R

### August 2009

- 29th : Ringmer Children's Triathlon R

Swimhelp presents

# **SWIMFASTER**

## **Front Crawl Improvement Course**

**For swimmers/tri-athletes**

Presented by Level 3 Swim Coach / Level 3 Triathlon Coach

Focusing on:

- \* Technique breakdown
- \* Theory
- \* Stroke analysis
- \* Drills
- \* Action plan for improvement
- \* Fun!

**Get prepared for the summer!!**

**Courses to be held at Steyning Leisure Centre Pool**

**Course 1 - £48**

**7th January 2009 for 6 weeks**

**for swimmers who swim 400m in over 8 minutes**

**Course 2 - £48**

**18th February 2009 for 6 weeks**

**for swimmers who swim 400m in under 8 minutes**

**Six swimmers per course, 3 per lane**

To reserve your place contact:

 [swimhelp@hotmail.co.uk](mailto:swimhelp@hotmail.co.uk)  07966 658819



## OTTERS SPRING TRAINING SCHEDULE 10/1/09 to 4/4/09

### WHATS NEW FOR SPRING ?

In addition to our run sessions based at the Aquarena, we are introducing a monthly run session at the track at Worthing Leisure Centre. These will start at 9.15. Please pay the casual track session fee on arrival at Reception & meet the coaches outside on the track. If the track is closed for any reason we will train on West Park Recreation Ground for which there will be no fee.

### CYCLE TRAINING

Don't forget the joint club mountain bike rides with VC Jubilee, from the Adur Outdoor Activity Centre, Shoreham. Plus, if you join VCJ, there's loads more cycling available to you e.g. the Wed evening turbo sessions. Check VCJ's web site and our newsletter for more info.

### TRAINING FOCUS

This spring your training will start to develop speed, as well as continuing to build stamina. The next few months will really help you get in tip top race condition! Stick to the training and you should start to see your times improve. We will use the same course and distance for each age group for our Otter's monthly races, so you can check out your progress. If the weather is cold we will run these 'Inside out'. The run will be 1<sup>st</sup> and the swim 2<sup>nd</sup>.

### **2009 TOP OTTER AWARDS**

Your best 2 scores from the races below will be added to your best 2 scores from the winter races, and from next Summers, to give the overall result. Points will be awarded on the basis of 10 points for attending plus 10 points for best placed Otter in the race, 19 points for second best Otter, 18 for third etc.

### AND FINALLY

Wear appropriate clothing and bring a **drink** to all sessions & snack to longer sessions, especially cycling. Cycling sessions at AOAC will only be cancelled if the weather is extremely bad.

If you have any queries about a session the coaches will be happy to help:

Ann : 07951935374, Julian : 01903873804, Niki : 07957406775

| DATE              | Session - part a   | Session - part b                      |
|-------------------|--|---------------------------------------|
| Sat 10/1          | No Swim  | Run 9.15-10.15 WLC Track (JS/NT)      |
| Sat 17/1          | Swim 8-9am Aquarena (AM/NT)*   | Run 9.15-10am Aquarena (JS/NT)        |
| Sat 24/1          | <b>OTTERS AQUATHLON</b> (AM/JS/NT)*  | 8am Aquarena                          |
| Sat 31/1          | No Swim  | MTB 10-12 AOAC with VCJubilee (JS/RD) |
| Sat 7/2           | Swim 8-9am Aquarena (AM/NT)*   | Run 9.15-10am Aquarena (JS/NT)        |
| Sat 14/2          | No Swim  | Run 9.15-10.15 WLC Track (JS/NT)      |
| Sat 21/2          | <b>Half term – no training</b>   |                                       |
| Sat 28/2          | <b>OTTERS AQUATHLON</b> (AM/JS/NT)*  | 8am Aquarena                          |
| Sat 7/3           | No Swim  | MTB 10-12 AOAC with VCJubilee (JS/RD) |
| Sat 14/3          | No Swim  | Run 9.15-10.15 WLC Track (JS/NT)      |
| Sat 21/3          | Swim 8-9am Aquarena (AM/NT)*   | Run 9.15-10am Aquarena (JS/NT)        |
| Sat 28/3          | <b>OTTERS AQUATHLON</b> (AM/JS/NT)*  | 8am Aquarena                          |
| Sat 4/4           | No Swim  | MTB 10-12 AOAC with VCJubilee (JS/RD) |
| <b>Every Weds</b> | Bike Turbo session 8pm, for VC Jubilee club members age 12+, AOAC Shoreham |                                       |

**\* Please would all spectators watch swim sessions from the seated area & not poolside.**