



OTTER NEWS

Hello everybody, welcome to the 16th edition of Otter News which includes a report about the End of Season Aquathlon which was held on 30 September and the final standings in the Top Otter Awards competition. You'll also notice that the front cover is a little different this time because we would like each Otter to decide who should be our first Club Captain.

CLUB CAPTAIN

Alastair Hardinge, Luke Helmer, and Bethany Taylor have all put themselves forward for consideration as Club Captain. All 3 would make outstanding captains in their own way. They have all been involved since the early days when we came together in order to enter the 2005 Sussex Youth Games and they have all been loyal supporters of the club and its events ever since. It would be hard to choose between them so it is a relief for the coaches that we decided to put the decision to the membership via a secret ballot. You can decide who you want to be the Club's Captain by completing the attached voting slip below and returning it in a sealed envelope to Julian at any training session or to Otters HQ. Your ballot paper is numbered so we can identify who has voted but how you vote will not be revealed. **All votes must be in by 4 November.**



CLUB CAPTAIN BALLOT

Listed below in alphabetical order are the names of the 3 candidates who are willing to be the Club Captain for 2006/7. Please indicate which candidate you would like to be the Captain by putting a X in the box next to your choice's name. Please only vote for one person. Ballot sheets with more than one vote on them will be discounted.

ALASTAIR HARDINGE	<input type="checkbox"/>
LUKE HELMER	<input type="checkbox"/>
BETHANY TAYLOR	<input type="checkbox"/>

END OF SEASON AQUATHLON

Billed as a triathlon with a difference our farewell event to the multi-sport competitive season on Saturday 30 September 2006 had to be amended when heavy rain during the previous week meant that the cycling phase had to be abandoned for fear of turning St Andrews School's sports pitch into a ploughed field. Reluctantly we reverted to our tried and tested aquathlon format at the Aquarena and Beach House Grounds, but we will try to stage an adapted triathlon in 2007. That said the revised event went really well with an excellent turnout and assisted by fine weather including a moderate air temperature. Overall there were 19 entries from across the age groups and in a change to the usual timetable the Tristar 3 race started proceedings. **Alastair** Hardinge emerged from the pool after the 300m swim with a substantial lead and galloped round the run course of 1800m at such a speed that some officials were fretting that he might arrive at the finish line before the Timekeeper, but in the nick of time Peter Eldridge was at his post to clock Alastair as he crossed the line to win the T3 Boys race, which was a feat that also won him a Race Number Belt as the best performance of the day. **Sam** Maloney was the only other T3 Boy to enter and although finishing a little way behind Al he completed both stages with good form. The Girls T3 race had 6 entries. **Bethany** Taylor and **Sarah** Blacker resumed their friendly rivalry of the summer season. Sarah put in her usual strong swim and benefitted from the shorter run distance on this occasion to take the honours. Behind them came **Hannah** Seth, **Victoria** Seth, **Nina** Reymond, and **Toni** Harris all of whom put in very steady performances and showed they have really adapted to multi-sport events. Despite struggling with an injury during the previous week **Max** Felton completed the 200m swim and 1400m run in fine style to win the Tristar 2 Boys race but behind him **Iain** Taylor was also demonstrating great improvement by recording a pb for the run course and distance. In the Tristar 2 Girls race **Louise** Maloney took the honours with a very controlled performance from a fast finishing **Elissa** Flynn whilst **Amy**, **Millie** and **Becky** Rodemark also put in good steady performances. In the Tristar 1 Boys race **Sam** Empson made his debut in multi-sports events and coped very well with the new experience and won a medal for his efforts. Veteran campaigner **Maia** Coates won the T1 Girls award and another debutant was **Alexis** Felton in the Tristar Start Girls race who made it a golden double for the Felton family. **Lewis** Moreton completed the line up with victory in the Tristar Start Boys race. A new award for the fastest Transition time was made to Bethany Taylor who blitzed through in 26 seconds. Once again this was a brilliant occasion thanks to the enthusiasm and sportsmanship of the athletes and all the parents who supported them. Special thanks to Race Director Ann Maloney, to Peter Eldridge for timekeeping, to Neale Maloney for providing a computerised results service, to everybody who helped marshal the run course, and to Niki Treacy and South Downs Bikes for supplying water bottles as an extra prize for the age group winners. Special mention also to Peter Flynn who was too unwell on the day to take part but helped marshal the run course. Finally, everybody was very appreciative of the cakes supplied by Julia Flynn and Julie Felton which made the perfect end to a very enjoyable event.

Aquasphere Swim Goggles

At the time of writing South Downs Bikes had a supply of junior swim goggles on offer for £6.50 (RRP £9.50). Alan Matthews is happy to obtain any for those interested. Speak to Ann or Julian if you are.

HELMETS

Remember that you must wear an approved cycle helmet at all bike sessions.

END OF SEASON AQUATHLON RESULTS

Tristar 3

Boys	Swim (300m)	Transition	Run (1800m)	Overall
Alastair	4:17	0:28	8:23	13:08
Sam	5:02	0:40	9:10	14:52
Girls				
Sarah	4:57	0:39	9:23	14:59
Bethany	5:18	0:26	9:25	15:09
Hannah	5:34	0:33	9:56	16:03
Victoria	6:07	0:39	10:24	17:10
Nina	6:36	1:10	11:34	19:20
Toni	6:01	0:46	12:42	19:29

Tristar 2

Boys	Swim (200m)	Transition	Run (1400m)	Overall
Max	3:32	0:44	8:00	12:16
Iain	4:31	0:48	7:39	12:58
Girls				
Louise	3:32	1:14	7:51	12:37
Amy	3:35	0:46	8:59	13:20
Elissa	4:18	0:53	8:09	13:20
Millie	4:25	0:42	9:19	14:26
Becky	4:22	0:44	10:19	15:25

Tristar 1

Boys	Swim (133M)	Transition	Run (1,000m)	Overall
Sam	3:36	0:49	5:34	9:59
Girls				
Maia	2:49	0:37	7:23	10:49

Tristar Start

Boys	Swim (66m)	Transition	Run (600m)	Overall
Lewis	1:13	1:01	3:16	5:30
Girls				
Alexis				

KIT REMINDER

There is no such thing as bad weather, just inappropriate clothing. Make sure you come to training this winter with the right kit and if it is an outdoor session, bring spare clothing to change into afterwards.



FAREHAM AQUATHLON

It seems a long time ago but on 27 August 2 of our most competitive Otters, Maia Coates and Max Felton, took part in the Fareham Aquathlon promoted by Chapel Tristars. The pool was only 17m long so there were lots of turns involved in even the shortest races and the run phase was held over a testing undulating circuit that included tight turns all of which served to disrupt even pace running. Conditions were good and both our athletes did us proud. In the Tristar 1 Girls Race Maia struggled with her asthma on the run but did well to keep going and finish with her usual determination. Max was just back from holiday so his connections had some concern about his fitness. Whether it was visualising being pursued by jelly fish or just his usual guts and determination, Max put in a very solid performance and even managed a smile for the cameras at the start of the second lap of the run course. Well done to both athletes and thanks for turning out in the peak holiday season. For the record Maia was 8th in her race and Max 6th.



2006 Top Otter Group Awards (TOGA's)

Otters with good memories will recall that at the start of the competitive season we announced the introduction of the TOGA's. The aim of which was to encourage participation in the races that the club was targeting as part of its competition programme. To be considered for a TOGA an Otter had to compete in three of the seven designated races, which were our May Day Aquathlon, the Hamble, Portsmouth, Brighton, Fareham Aquathlons, and the Arun & Crawley Triathlons. Each Otter was ranked in accordance to where they finished in relation to the other club members in each race. The best 3 positions out of all the races an athlete entered contributed to the TOGA. So, an Otter who was 1st Otter in 2 races, 3rd in one and 4th in another would have a final score of 5 points (1 + 1 + 3 with the 4th place being discounted). TOGA's were up for grabs for boys and girls in each Tristar Group. 26 members did at least 1 race and of these 13 did 2 or more races but 7 individuals (**Maia Coates, Max Felton, Dan MacDonald, Iain Taylor, Elissa Flynn, Sarah Blacker and Bethany Taylor**) managed to do 3 or more and we salute them all for this special effort. The most competitive age group was the Boys Tristar 2 with Dan and Max sharing the honours right up to the end when Max's outing at Fareham secured him the TOGA. Iain epitomised our philosophy of it's not so much about where you come but how you compete that counts, and he always gave 100%. The other keenly contested group was the Tristar 3 Girls category with Bethany and Sarah involved in some close encounters. Beth was more suited to the longer run distances in the regional series so won out in the end but Sarah was never far behind. For both girls the step up in distance for the regional events from last year was challenging and it is to their credit that they stayed involved. Although their groups were uncontested, Elissa and Maia still had to put the effort in to secure their awards so well done girls. The awards will be presented to the winners at a presentation event that will be held in January. More details to follow later.

2006 Top Otter Group Awards (TOGA's)

	No of Events	Pts from Best 3	
Tristar Start			
Lewis	Morton	1	
Tristar 1			
Lewis	Baker	2	
Ellie	Howard	-	
Maia	Coates	4	3
Karen	Chan	1	
Polly	Reymond	-	
Tristar 2			
Reece	Baker	1	
Max	Felton	5	3
Dan	MacDonal	4	4
Sam	Poppelier	1	
Iain	Taylor	4	9
Ella	Coates	1	
Elissa	Flynn	3	6
Louise	Maloney	-	
Amy	Rodemar	2	
Becky	Rodemar	1	
Millie	Rodemar	1	
* TOGA winner & Club Champion for 2006 for each Tristar group shown in bold			

	No of Events	Pts from Best 3	
Tristar 3			
Kevin	Chan	1	
Peter	Flynn	2	
Alastair	Hardinge	2	
Luke	Helmer	2	
Sam	Maloney	2	
Ash	Thompso	1	
Sarah	Blacker	3	5
Nikki	Gatland	-	
Fiona	Hardinge	1	
Toni	Harris	-	
Nina	Reymond	-	
Victoria	Seth	1	
Hannah	Seth	1	
Bethany	Taylor	3	3
Jenny	Whiteside	-	
Tristar Youth			
Alex	Wood	1	
Important Note			
Whilst we have introduced the TOGA's to provide added interest to the races, we are still a participation club and we like to see any Otter at our training sessions. You don't have to compete to be involved with The Otters.			

Steyning Gala

On Saturday 18 November the Worthing Otters are hosting a gala with Steyning AC at Steyning Leisure Centre. The programme will be a mixture of standard races and obstacle relays with the emphasis on having fun. We aim to have 2 teams of 10 taking part from all age groups and Steyning will have 2 teams as well. **There are parents' races too.** Last year we divided our squad into two evenly matched teams and the result was always in doubt right up to the last event when Steyning Sharks took the honours. The cost of entering is £2 and we ask everybody taking part to bring a contribution to the buffet afterwards. If any Tristar and / or parent is interested in taking part please complete the slip overleaf and return it with the entry fee to Ann by **4 November**. If you want to send her the entry in the post via Otters HQ please make cheques payable to *Worthing Swimming Club*. Further details will be supplied nearer the time.

John Scott Awards

In a previous edition of *Otter News* we reported that Head Coach John Scott has donated 3 pairs of elastic shoe laces that we can give to members who show exceptional qualities either in training or in races. The first pair was presented to Lewis Baker in the Spring for his excellent attitude at training. Having looked at the registers for April to September for both the Wednesday evening and Saturday morning sessions we discovered that **Iain Taylor** had the best attendance of all our members, so for this excellent level of commitment Iain has been presented with one of the pairs of laces. Well done, Iain.

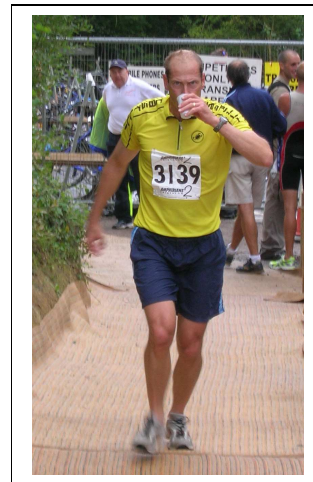


THE ATHLETES FORUM

Luke Helmer and Bethany Taylor have both agreed to represent the Tristar 3 Group at TAF meetings. We are still looking for 2 Otters from Tristar 2 and 1 from Tristar 1 or Start. It is so that we can get the views of the athletes about what the club should do in the future. It will only involve attending a short meeting once a term to discuss how things are going. If you think you can help please get in touch with Julian before **4 November**.

Southwater Triathlon Relay

We mentioned last time that 3 of our coaches were taking part as the Ancient Otters in the Southwater Triathlon Relay on 3 September. ON is pleased to report that despite wet and windy conditions the team of Paul Major, Niki Treacy and Neale Maloney all completed their legs of the relay in fine style. Well done, guys.



Coach Education

Good luck to Ann Maloney and Niki Treacy who will be doing the Level 1 and 2 British Triathlon Coach Awards respectively in November and December.

2006 Steyning Gala

I/We
.....
.....

would like to take part in the Steyning Gala on Saturday 18 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