



OTTERS NEWS

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Welcome to the last ON before the summer holidays and especially to **Arran Barker, Jordana Griffiths, Bethany Finn and Olivia Mason** who have all started training with us since the last edition.

Taylor made in Hamble



Sister and brother combo, **Bethany and Iain Taylor**, flew the flag for the Otters at the Hamble Aquathlon on 3 June. It was a baking hot day that made the spectators swelter so for the athletes the conditions were not ideal. Disappointingly for Chapel Tristars the entries were a bit low but as usual they staged a well organised event. First off for the Otters was Iain in the boys T2 race. He would be the first to agree that his weakest discipline is the swim but he coped with the 300m pool stage really well and although he emerged a little way behind the next competitor he showed great pace judgement to complete the 2 km run in good order. Beth has had injury problems this season which has inhibited her ability to train so her objective for this race was to complete the distance as well as possible and given the conditions she did an exceptional job. Up against some of the best triathletes in the region it was always a tough call but she stuck to her task with



her customary determination. The 3rd and last of the 1km laps of the run must have seemed a daunting prospect with the heat and increasing fatigue. Lesser people would have stopped but Beth kept going and although she slowed towards the end she had earned the respect of those watching. Many thanks go to the Taylor clan for traveling to the event to represent The Otters and well done to Bethany and Iain for overcoming the heat and the challenge of the course and distance to finish their races.

Pos.		Swim 260m	Run 2000m	Total
7	Iain Taylor	0:11:55	0:10:38	0:22:33
Pos.		Swim 400m	Run 3000m	Total
4	Bethany Taylor	0:07:23	0:15:46	0:23:09



OTTER NEWS

More than just A Run



Abby
- not waiting for anybody



Iain
- on the charge

Well done to the three Otters who competed at the Arun Triathlon, which is part of the South East Regional Series, that was held in Bognor Regis on 16 June. **Abigail Downham** took part in the Tristar Start race, **Iain Taylor** in the Tristar 2 event and **Max Felton** in the Tristar 3 competition. Abby completed her 50m swim in 1: 45, the 600m bike stage in 6:43, and the 600m run in 6.01 which gave an overall time of 14:29. Her efforts were rewarded with a trophy as runner up in the girl's race. Iain's time for the 200m swim was 5:06, his 4km bike ride was done in 15:00, and he did the 1800m run in 10:50 which gave him a total of 30:56 and 21st place out of 27 finishers. Max swam 300m in 5:15, cycled 6km in 19:22 and ran 2,400m in 12.33 to finish in 37:10 which made him 14th out of 17 finishers. All 3 were smiling at the end and deserved to feel proud after mixing it with the Region's elite and conquering what were challenging distances. Their performances in Transition were apparently very impressive. Many thanks to Robert Downham for the photographs and to Head Coach, Niki, for supporting the athletes on the day.



Max
- on his racing machine



Iain – Abby - Max
- huge smiles all round

Sam, Sam - The Sponsorship Man

When we reported in the last edition of Otter News that Abby Downham had collected over £80 by getting sponsored to do our Spring Aquathlon event, we thought that was the end of the story but we had reckoned without the mighty efforts of **Sam Empson** and his pals at Lloyds TSB Registrars. Incredibly Sam raised £120 for the club which is an outstanding achievement and everybody involved with The Otters says a big thank you to him for this amazing effort. Overall we raised £272.50 in sponsorship from the Spring Aquathlon which will help enormously with our general operating costs. As well as Sam and Abby's contributions, donations were received from **Elissa Flynn, Sam Poppeliers, Iain Taylor, Amy, Becky** and **Millie Rodemark**. Many thanks to these athletes and their friends and families for this much needed financial assistance.

Brighton Aquathlon

Despite heavy rain there was a good turn out for the Aquathlon that was held at Brighton College on 24 June. Amongst the 50 or so entries were **Hannah and Victoria Seth** in the Girls Tristar 3 race and making his debut in a South East Regional Series event was **Jacques Williams** in the Boys Tristar 3 competition. These races attract the finest young triathletes from across the region so the competition is always stiff but neither the weather nor the opposition daunted our three Otters and they put in very creditable performances. Their overall results for completing a 400m swim and 3 km run were:

Hannah	21:15	3 rd
Victoria	21:38	4 th
Jacques	18:32	4 th

Well done to all and thank you for representing the Club.

The Hot File

We have put together an information folder which we will bring to each training session at the Aquarena. The Hot File, as it is being called, has quite a few sections in it including; recent newspaper and magazine cuttings featuring the Otters, copies of race entry forms and other single sport race info e.g. bike race/ride info, a few bits on healthy eating and a few racing and training tips. The official British Triathlon age groups and standard race distances are also in there, as these are easy to forget or confuse.

There is a comments section at the front for you to say which bits are or aren't useful and to tell us what else you would like included. The idea is that it is available for everyone to flick through. Should anyone want to read it cover to cover though, or photocopy some bits, it can be borrowed as long as it is returned by the next Aquarena training session.

2008 Easter Training Camp

ON wishes to apologies to the Tourist Board of Lanzarote for mistakenly saying in the last edition that Club La Santa is in Tenerife.

Worthing Swimming Club's plans to organise a training camp next Easter are moving a pace and as well as the Club La Santa option, one in Barcelona is also being looked at.

If you are interested in the idea of going to somewhere nice and sunny to do a spot of training (and as this summer has been such a wash out so far that prospect is increasing in appeal each rainy day) please speak to Ann Maloney who has full details about both options. There is also some information on the club website.

Apparently as a result of the English school term dates not quite dovetailing with Easter next year there is an opportunity to go to these destinations during the holiday period when off peak prices apply.



What did you do today to make yourself feel proud? Read on to discover how these Otters got on

at the Crawley Triathlon.

9 Otters go to Crawley

- Ann Maloney reports on the Otters 2007 Club Championships at Crawley on 7 July

First off for tri-star group 2 was **Iain Taylor** who is improving all the time. Iain managed a very respectable swim time, good consistent bike ride and a great run finishing with a big smile on his face. He finished 25th out of 31

Beth Taylor, Victoria and Hannah Seth flew the flag for the ladies tri-star 3 group and all completed the course with no problems. The ladies gave it their all and again with good transitions and sound pace judgment completed the race. Beth improved her bike time due to her experience last year and being on a racing bike. Hannah and Victoria had mountain bikes but their bike times were only a few seconds more this emphasized their excellent bike handling skills as the course was very technical.

Sam Maloney, Max Felton and Jacques Williams were the tri-star 3 boys. Predictably Jacques was out of the water with one of the fastest times; with a lightening fast transition and good but hard bike section (on a mountain bike) he completed the course but struggled with the run after spending all his energy on the bike. But this was his first triathlon so watch this space, with this year's experience Jacques is starting to become a fine triathlete.

Sam's swim went well but on the first circuit of the race had a flat tyre (chain fell off last year). With great sportsmanship Luke offered his bike, so instead of giving up Sam mounted Luke's bike and completed the course. Having done a couple of triathlons Sam paced his run and finished a very respectable 16th out of 22.

Max also delivered a fine performance. Having a racing bike helped with a great bike section and keeping pace with Sam on the run and turned out a great run section to finish just behind Sam in 17th place.

Alastair Hardinge and Luke Helmer were the only 2 entered for the Youth group. Alastair remembering how he felt last year and learning from that produced a very solid performance. Al paced himself evenly in the swimming and on the bike which really paid off because he had the fastest run split of the youth section. He finished 5th out of 10.

Luke after kindly lending his bike to Sam checked it back into transition but the youth race had already started without him. The race organizers allowed Luke to start on his own so with great character Luke did the swim by himself and got himself back into the race overtaking 2 competitors and coming 8th out of 10.

Two great things came out of Saturday.

- How supportive the whole team is of each other. It was a great day out, great company and to watch the athletes grow in maturity handle whatever is thrown at them and still smile at the end was very rewarding.
- **Otters don't give up.** Sam and Luke could easily thought no point going on, but admirably both dug deep and showed real grit in their performances with both managing to claw back places.

Our thanks goes to **Niki Treacy** who supported the team with her advice and morale support. She did some great networking with other clubs and should have been away much earlier than she was (she was competing in the Bournemouth triathlon next day) but felt compelled to stay because the racing was so good.

Big thanks also to the parents for being so encouraging and supportive of all the athletes.

A great day all round and WELL DONE OTTERS.

WORTHING OTTERS 2007 CLUB CHAMPIONSHIPS



Top Otter Group Awards (as at 07.07.07)

	Age Group	Spring Aquathlon	Crawley Aquathlon	Hamble Aquathlon	Arun Triathlon	Brighton Aquathlon	Crawley Triathlon	Fareham Aquathlon	Late Summer Tri	TOGA Score
Abby Downham	TS	1	1		1					3
Lewis Baker	T1	1								
Sam Empson	T1	2								
Millie Rodemark	T2	1								
Elissa Flynn	T2	2								
Becky Rodemark	T2	3								
Maia Coates	T2	4	1							
Iain Taylor	T2	1		1	1		1			3
Hannah Seth	T3	1	1			1	2			3
Victoria Seth	T3	2	2			2	3			6
Louise Maloney	T3	3								
Amy Rodemark	T3	4								
Bethany Taylor	T3			1			1			
Sam Maloney	T3						1			
Jacques Williams	T3	1				1	3			5
Sam Poppeliers	T3	2								
Max Felton	T3				1		2			
Alastair Hardinge	Youth						1			
Luke Helmer	Youth						2			
Arran Barker	Youth	1								

- Best placed Otter in an age group race receives 1 TOGA point, next best 2 points etc
- To qualify for a TOGA an athlete must do at least 3 of the designated races (current qualifiers shown in bold text)
- The overall TOGA result is based on the athlete's best 3 results – the lowest score wins.

END OF SEASON BBQ

Thank you to everybody that came along to the BBQ on 14 July down at the Goring Greensward. There were over 50 Otters and their friends and family present who all contributed to making it a relaxed and very sociable occasion. Even the weather in this summer of floods co-operated and thanks to some astute site selection by Chef Robert everybody was protected from the strong south westerly breeze that was blowing. Proceedings kicked off with a series of activities designed and organised by Gamesmasters, Ann and Neale Maloney and Peter Eldridge. Everybody pitched in with great enthusiasm and there was a tremendous atmosphere of fun and enjoyment. Once the games were over it was time to head for the BBQ where Chef Rob had done a fantastic job of cooking all the food that people had brought along. All in all it was a great day out and special thanks must go to Ann, Neale, Peter, and Rob for all the hard work that went in both before and on the day. It was the perfect way to finish the summer term's programme, so well done to the members of The Athletes' Forum for suggesting it. **See you in September!**



Fareham Aquathlon

Good luck to **Max Felton** and **Maia Coates** who are due to take part in the Fareham Aquathlon on **26 August**. Any other Otters wanting to enter can obtain an entry form from the Chapel Tristars website at www.chapeltri.co.uk/

Late Summer Triathlon

On 15 September – weather permitting - we hope to stage an adapted triathlon event with each competitor doing a swim time trial at the Aquarena followed by a bike/run stage at St Andrews. The times for both phases will be added together to give the final time and position. Entry forms will be available nearer the time but please make a note of the date.

Session Start Times

Please would all athletes do their best to get to the training venues so that they **are ready to start training** at the stated time. During the 2003 World Rugby Cup it was understood within the England squad that if Head Coach Woodward called a meeting or arranged a training session at 10.00, all the players would be present at 09.50. Please could we try to copy this example to make the sessions run smoothly.

OTTER NEWS - COACHING CORNER

Hi,

This is a special coaching section of this edition of Otter news. It contains the next term's training programme and some coaching advice about the right amount of training for you.

OTTERS TRAINING SCHEDULE - 15th Sept to 15th Dec

The next training schedule (attached) starts after the summer break and goes up to the Xmas break. It includes 2 sessions most Saturdays. You can continue to choose either or both. In response to feedback from The Athletes' Forum, the schedule also contains more club races. We will vary the venue, route and format of these and some will be team relay events. The first session of the new schedule, on 15th Sept, is a **TRIATHLON RACE** so keep your training ticking over during the summer break (summer, what summer !!!). All these races will count towards our new Winter Series!

We are also continuing to put on some Sunday road bike rides. For safety reasons these are only open to those aged 13 or older who have a road bike.

While we're talking about training do you ask yourself

HOW MUCH TRIATHLON TRAINING SHOULD I DO ?

Well fortunately there is a right answer for you but unfortunately it depends on about a million things (well perhaps not a million but quite a few) !!!!

I have written a brief info sheet (attached) for all Otters, to try and provide at least half an answer to the question.

I hope reading this will be of some help to everyone, whether you want to join in with the occasional training session, or whether you have dreams of future triathlon glory !

Happy reading and if you have any general questions about training please ask any of your coaches they will be only too pleased to help.

INDIVIDUAL COACHING

If having read the Training Info, you are a number 3, then you may well have loads more questions like - exactly how much training is right for me, how hard should each session be, how long should each session be and so on. If you are looking for a more in depth answer or even a training programme you can work to then please speak to me as I would be happy to provide some 1-1 coaching, time permitting.

That just leaves me to say good luck from all the coaches to those couple of Otters who have races coming up !!! (keep up your training!)

Niki
Head Coach
01903 263318

HOW MUCH TRIATHLON TRAINING SHOULD I DO ?

The answer to this question depends on lots of things like :

- 1.If you want to race or not. It's completely ok to enjoy the training sessions and not want to race at all. Racing is certainly not for everyone. Being part of a Tri club is a really good way of getting some fitness training in and socialising with old and new friends.
- 2.You do want to race - but purely for fun and of course the HUGE achievement of actually completing a triathlon/aquathlon, which are after all very very hard sports.
- 3.You really want to race and see just how fast you can go !!!

Which number best describes you ??

Number 1 - you don't want to race - then coming to the occasional training session as & when you want to is perfect for you. All the coaches will be really pleased to see you whenever you want to come along.

Number 2 - you want to complete a race. My advice is, if you want to complete it and not have every muscle in your body screaming and your lungs on fire then come to the Otters sessions as regularly as you can and enjoy your other sports in between. Sports that involve running about, like hockey or football, and being in the water like water polo will help with your triathlon fitness.

Number 3 - you want to see just how fast you can race. Then the table below shows a range for the number of training sessions you could do. BUT how much you actually do depends on :

- How much other sport you already do. Running based sports like hockey or football count as one run session and water polo counts as a swim session.
- How much training is it sensible to do. If you want to increase the amount of training you currently do that's fine but you must only increase it by a SMALL amount very gradually. If you try to increase from 1 run every 2 weeks to 3 runs every week you WILL get injured !
- How much training you want to do. Sport should be fun and for life. If you go totally banana's and train train train you may well end up not enjoying it. Having said that, training and racing is hard work and takes dedication if you want to race fast. My advice is push yourself a bit, because you will be glad you did when your race results improve, just don't go bonkers! So, the table is purely a guide and not the law !!!

GROUP	SWIM	BIKE	RUN
T Start	1-2 per wk	Occasionally	1 per wk
Tstar 1	1-3 per wk	1 a fortnight	1 per wk
Tstar 2	2-3 per wk	1 per wk	1-2 per wk
Tstar 3	2-4 per wk	1 per wk	2-3 per wk
Youth	3-5 per wk	1-2 per wk	2-3 per wk

The emphasis is on swimming as this has the least risk of injury whilst still giving excellent fitness benefits. The next emphasis is running as it's easier to run in bad weather than cycle.

And finally

Don't forget that joining in and being fit and healthy is THE most important thing AND being proud of yourself for your sporting achievements, whether that's getting through one of Julian's tough run sessions, managing to complete a race or racing faster than you did last time.

OTTERS TRAINING SCHEDULE - 15th Sept to 15th Dec

DATE	SESSION 1	SESSION 2
Sat 15/9	Late Summer Triathlon Race 8am swim Aquarena, straight to	Race continued bike & run at St Andrews
Sat 22/9	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sat 29/9	Swim 8am Aquarena	Duathlon Training Run/Bike/Run 9.45am St Andrews
Sun 30/09 (age13+)	Road ride, 9.00am Aquarena	
Sat 6/10	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sun 7/10 (age13+)	Road ride, 9.00am Aquarena	
Sat 13/10	Aquathlon - Race 8am Aquarena	
Sun 14/10 (age13+)	Road ride, 9.00am Aquarena	
Sat 20/10	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sat 27/10	Swim 8am Aquarena	Duathlon Race - Run/Bike/Run 9.45am St Andrews
Sat 3/11	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sat 10/11	Aquathlon - Race 8am Aquarena	
Sun 11/11 (age13+)	Road ride, 9.00am Aquarena	
Sat 17/11	Swim ALL - Gala practise 8am Aquarena	
Sat 24/11	Steyning Gala	
Sat 1/12	Swim 8am Aquarena	Run 9.45am Sea Lane Cafe
Sun 2/12 (age13+)	Road ride, 9.00am Aquarena	
Sat 8/12	Bike Ride - Xmas fancy dress 9.45 Southwater	***** expect to get muddy !!!!!
Sun 9/12 (age13+)	Road ride, 9.00am Aquarena	
Sat 15/12	Swim Races Xmas dress 8am Aquarena	