



OTTERS NEWS

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Hi Everybody, we hope you have had a great Easter and feel fit and healthy for the summer season. This edition we report on some Otters who have already been busy representing the Club at the Steyning Aquathlon on Easter Monday, we tie up the Winter Series results and provide a reminder about the Downs Link Challenge along with a mention of a member's memorable trip to Hillingdon in March and advance notice of the Summer BBQ.

Steyning Aquathlon – The Magnificent 7

Ed Taylor's first place in the Boys' Tristar 1 race was the highlight of Worthing Otters' performances in the Steyning Aquathlon, which was held on Easter Monday, 13 April 2009. Emerging out of Transition at the front of the field he was never troubled and finished strongly. In the same race **Jack Churchill** was making his first appearance at a regional event and showed great perseverance to complete the distance in good order. Also making her debut was **Eloise Walker** who made an instant impact in the Girls' Tristar 1 race with a sensational swim that gave her a useful lead and although she was unable to hold on to first place, she finished second just ahead of fast finishing clubmate, **Bethany Lewis**, who took bronze in this her first year in the age group. **Abigail Downham** showed great determination in the closing stages of the run phase with a final burst that took her away from another competitor who had looked in danger of overtaking her. **Jack Hopkins** tackled the longer distances of the Tristar 2 age group, in which he must also race athletes a year older than himself this season, with true grit. Unluckiest of all the Otters' entrants was **Megan Lewis** in the Girls' Tristar 2 race in which she performed very well but finished fourth just outside the medals despite a great effort. Well done to everybody who took part, you made all of us feel really proud, and there was a bonus for the Club in receiving the award for having the most entries which is a great tribute to everybody who came along. Many thanks to all the families for supporting their athletes and to John Scott and everyone at Steyning AC for staging such a well organised and friendly event.

| Race | Name | Swim Time | Transition Time | Run Time | Total Time | Pos. |
|------------------|-----------------|-----------|-----------------|----------|------------|------|
| Tristar 1 Male | Edward Taylor | 0:03:10 | 0:00:28 | 0:04:37 | 0:08:15 | 1 |
| Tristar 1 Male | Jack Churchill | 0:05:38 | 0:00:48 | 0:06:13 | 0:12:39 | 7 |
| Tristar 1 Female | Eloise Walker | 0:02:51 | 0:00:33 | 0:05:12 | 0:08:36 | 2 |
| Tristar 1 Female | Bethany Lewis | 0:03:08 | 0:00:21 | 0:05:12 | 0:08:41 | 3 |
| Tristar 1 Female | Abigail Downham | 0:03:16 | 0:00:29 | 0:07:05 | 0:10:50 | 5 |
| Tristar 2 Male | Jack Hopkins | 0:05:11 | 0:00:36 | 0:11:09 | 0:16:56 | 9 |
| Tristar 2 Female | Megan Lewis | 0:03:33 | 0:00:17 | 0:10:25 | 0:14:15 | 4 |

| | | |
|-----------------------|-----------------|-----------------|
| Tristar 1 (9-10 Yrs) | Swim 150 metres | Run 1100 metres |
| Tristar 2 (11-12 Yrs) | Swim 200 metres | Run 2100 metres |

Intra Club Winter Series

The last two races of the Winter Series were held in February and March. Whilst the weather conditions were better than earlier in the year and allowed us to revert to the standard swim / run format, they were still uncomfortable and in particular the second half of the run lap in the March race was against a strong energy sapping headwind. The results of Race 6 and 7 are given below. Special mention must go to **Ellen and Joe Birch** along with **Edward Taylor** who all took part in every race of the series. Well done to everybody who participated this winter. Judging by the excellent attendance on the aquathlon days it seems these events are popular although the weather conditions were at times wild. Many thanks to everybody who helped out with marshalling the races and in particular Ann Maloney, Niki Treacy, Graham Taylor, Robert Dwonham, Val Lewis and Alan Mathews who were all involved at the business end of timing and compiling the results.

Aquathlon 6 28 February 2009

| Tristar Start Girls | | Swim 2 lengths | Run & Trans 600m | Overall |
|------------------------|----------------|-------------------|---------------------|---------|
| 1 | Sophie Downham | 1 : 17 | 5 : 31 | 6 : 48 |

| Tristar Start Boys | | Swim 50m | Run & Trans 600m | Overall |
|-----------------------|--------------|-------------|---------------------|---------|
| 1 | Joe Birch | 0 : 59 | 4 : 16 | 5 : 15 |
| 2 | Harry Tipton | 1 : 08 | 4 : 52 | 6 : 00 |

| Tristar 1 Girls | | Swim 4 lengths | Run & Trans 1200m | Overall |
|--------------------|---------------|-------------------|----------------------|---------|
| 1 | Bethany Lewis | 2 : 43 | 6 : 42 | 9 : 25 |
| 2 | Eloise Walker | 2 : 25 | 7 : 20 | 9 : 45 |
| 3 | Abby Downham | 2 : 56 | 10 : 36 | 13 : 32 |

| Tristar 1 Boys | | Swim 4 lengths | Run & Trans 1200m | Overall |
|-------------------|---------------|-------------------|----------------------|---------|
| 1 | Edward Taylor | 2 : 57 | 7 : 03 | 10 : 00 |
| 3 | Tom Rowley | 3 : 58 | 6 : 32 | 10 : 30 |
| 4 | Ollie Rowley | 3 : 40 | 7 : 11 | 10 : 51 |

| Tristar 2 Girls | | Swim 6 lengths | Run & Trans 1800m | Overall |
|--------------------|-------------|-------------------|----------------------|---------|
| 1 | Megan Lewis | 3 : 40 | 10 : 24 | 14 : 04 |

| Tristar 2 Boys | | Swim 6 lengths | Run & Trans 1800m | Overall |
|-------------------|--------------|-------------------|----------------------|---------|
| 1 | Max Birch | 4 : 50 | 11 : 56 | 16 : 46 |
| 2 | Jack Hopkins | 5 : 18 | 12 : 40 | 17 : 58 |

| Tristar 3 Girls | | Swim 12 lengths | Run & Trans 3000m | Overall |
|--------------------|-------------|--------------------|----------------------|---------|
| 1 | Ellen Birch | 9 : 57 | 17 : 44 | 27 : 41 |

| Tristar 3 Boys | | Swim 12 lengths | Run & Trans 3000m | Overall |
|-------------------|--------------------|--------------------|----------------------|---------|
| 1 | Kurt Godfrey-Evans | 7 : 50 | 15 : 08 | 22 : 58 |

Aquathlon 7

27 March 2009

| Tristar Start Girls | | Swim 2 lengths | Run & Trans 600m | Overall | Transition |
|---------------------|----------------|-------------------|---------------------|---------|------------|
| 1 | Sophie Downham | 1 : 13 | 5 : 42 | 6 : 55 | 1 : 15 |

| Tristar Start Boys | | Swim 50m | Run & Trans 600m | Overall | Transition |
|--------------------|-----------|-------------|---------------------|---------|------------|
| 1 | Joe Birch | 1 : 13 | 4 : 05 | 5 : 18 | 41 |

| Tristar 1 Girls | | Swim 4 lengths | Run & Trans 1200m | Overall | Transition |
|-----------------|---------------|-------------------|----------------------|---------|------------|
| 1 | Eloise Walker | 2 : 38 | 7 : 07 | 9 : 45 | 37 |
| 2 | Abby Downham | 2 : 49 | 11 : 19 | 14 : 18 | 1 : 05 |

| Tristar 1 Boys | | Swim 4 lengths | Run & Trans 1200m | Overall | Transition |
|----------------|---------------|-------------------|----------------------|---------|------------|
| 1 | Edward Taylor | 2 : 52 | 6 : 10 | 9 : 02 | 23 |
| 2 | Tom Rowley | 3 : 47 | 6 : 48 | 10 : 35 | 48 |
| 3 | Ollie Rowley | 4 : 12 | 7 : 21 | 11 : 33 | 55 |

| Tristar 2 Girls | | Swim 6 lengths | Run & Trans 1800m | Overall | Transition |
|-----------------|--|-------------------|----------------------|---------|------------|
| | | | | | |

| Tristar 2 Boys | | Swim 6 lengths | Run & Trans 1800m | Overall | Transition |
|----------------|---------------|-------------------|----------------------|---------|------------|
| 1 | Jack Hopkins | 5 : 35 | 13 : 07 | 18 : 42 | 50 |
| | James Hopkins | 1 : 30 | 11 : 20 | 12 : 50 | |

| Tristar 3 Girls | | Swim 12 lengths | Run & Trans 3000m | Overall | Transition |
|-----------------|-----------------|--------------------|----------------------|---------|------------|
| 1 | Millie Rodemark | 7 : 58 | 18 : 27 | 26 : 25 | 26 |
| 2 | Ellen Birch | 9 : 50 | 18 : 23 | 28 : 13 | 46 |
| 3 | Becky Rodemark | 8 : 07 | 24 : 35 | 32 : 42 | 39 |

| Tristar 3 Boys | | Swim 12 lengths | Run & Trans 3000m | Overall | Transition |
|----------------|--------------------|--------------------|----------------------|---------|------------|
| 1 | Kurt Godfrey-Evans | 7 : 01 | 15 : 24 | 22 : 25 | 16 |
| 2 | Dan Parkman | 7 : 41 | 17 : 23 | 25 : 04 | 29 |
| 3 | Sam Poppelliers | 8 : 49 | 19 : 48 | 28 : 37 | 42 |

Hillingdon Duathlon

Congratulations to **Megan Lewis** on her silver medal in the Hillingdon Spring Sprint Tristar 2 Duathlon, which was held on Sunday 29th March 2009. The race involved a 750m run followed by a 4.5 km bike ride and concluded with a 1500m run. Megan completed the distance in 21:18 and took second place in a very competitive field.



Florence Brill

Alice Hall

Megan Lewis

2009 Race Entries

The following have confirmed that they have entered one or more of our focus races. If you are not listed and plan to take part in one of the events please let us know.

| | | Deal Tri | Arun Tri | Chi Aqua |
|---------|---------|----------|----------|----------|
| Abigail | Downham | ✓ | ✓ | ✓ |
| Sophie | Downham | ✓ | ✓ | ✓ |
| Jack | Hopkins | | | ✓* |
| Megan | Lewis | ✓ | ✓ | ✓ |
| Bethany | Lewis | ✓ | ✓ | ✓ |
| Edward | Taylor | | ✓ | ✓ |
| Harry | Tipton | | ✓ | ✓ |

Jack Hopkins can provide a lift for 2 people to the Chichester Aquathlon

Take the Challenge and Support The Chestnut Tree House – 16 May 2009

The Downs Link Challenge takes place along the Downs Link path between Bramber Castle and Christ's Hospital. Riders can choose to do a distance between 5 and 30 miles with walkers doing 5 miles (or more if you wish). There are designated turning points at 2.5, 5, 10 and 15 miles to give the target distances but riders and walkers can turn whenever they wish. The aim is for everyone to return to Bramber Castle in time for lunch and enjoy a picnic in the beautiful surroundings. Family and Group participation is very much encouraged with marshalling points every five miles to provide refreshments and support.

To ease congestion at registration the start times vary depending on the distance you are doing.

- 08.00 am - 30 mile cycle to Christ's Hospital and back.
- 08.30 am - 20 mile cycle to West Grinstead Station yard and back.
- 09.00 am - 5 and half mile walk to bench on track past Wykham Farm at the point that the river crosses the Downs Link path and back.
- 09.30 am - 10 mile cycle to Henfield and back.
- 10.00 am - 5 mile cycle to bench on track past Wykham Farm at the point that the river crosses the Downs Link path and back.

There is an entrance fee of £8 per person or £25 for a family of 2 + 2 (under 5 free but donations gratefully received) and for groups of 8 or more a reduced fee of just £6 each. It is hoped the cost of staging the event will be covered by sponsorship so all entrance fees will go to the Chestnut Tree House. Participants are also encouraged to obtain additional sponsorship.

If you are interested in being part of an Otters' group entry please let Julian have your entry form, which is available at http://www.downslinkchallenge.co.uk/how_to_enter.html, by **30 April 2009**. If we can enter a group of 8 or more the cost is less per person and the organizers would be grateful as it will cut down on their administration. Members of our group can do different distances if they choose although we need to make sure we have enough adults to cover each distance.

Outstanding Achievement Award 2009

Don't forget that as well as the Top Otter Group Awards we will be making a special award for somebody that has achieved the most this year. The winner may be picked on the strength of his/her race performance, or the individual personal challenges that s/he has had to overcome – i.e. injury, personal limitations - or a novice who has shown great determination, motivation and progress throughout the season. We will be asking for nominations and choosing a selection panel at the end of the season.

Summer BBQ

The annual end of season BBQ will be on **Saturday 18 July** from 3.00 p.m. on the Goring Greensward. In a change to previous years we are asking everybody to contribute **£3 per person** towards the cost of buying burgers & bangers etc including a vegetarian option and baps. This will enable Chef Robert to cook the food without the pressure of keeping us waiting for individual contributions to be done. Suggestions for games and other entertainments that we can do before eating and to kick the event off in a fun way are very welcome. More details nearer the time but please keep the day free if you can.

Club Rankings

(as at 31.03.09)

| Tristar Start | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Race 7 | |
|----------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----|
| Bethany Lewis | 20 | | 20 | 20 | | | | 40 |
| Sophie Downham | | | | | 20 | 20 | 20 | 40 |

| | | | | | | | | |
|-----------------|----|----|----|----|----|----|----|----|
| Joe Birch | 19 | 19 | 20 | 20 | 19 | 20 | 20 | 80 |
| Harry Tipton | | 20 | | 19 | 20 | 19 | | 78 |
| Jack Churchill | | | 19 | | 18 | | | 37 |
| Elliott Parkman | 20 | | | | | | | 20 |
| Ollie Birch | | 10 | | | | | | 10 |

| Tristar 1 | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Race 7 | |
|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----|
| Eloise Walker | | 20 | 20 | 20 | 19 | 19 | 20 | 79 |
| Abigail Downham | 20 | 19 | 19 | | 18 | 18 | 19 | 76 |
| Bethany Lewis | | | | | 20 | 20 | | 40 |

| | | | | | | | | |
|----------------|----|----|----|----|----|----|----|----|
| Edward Taylor | 20 | 20 | 19 | 20 | 20 | 20 | 20 | 80 |
| Tom Rowley | 19 | | 18 | | 18 | 19 | 19 | 75 |
| Ollie Rowley | 17 | | 20 | | 10 | 18 | 18 | 73 |
| Elliot Parkman | | 19 | 16 | 18 | 19 | | | 56 |
| Jack Hopkins | 18 | 18 | 17 | 19 | | | | 37 |

| Tristar 2 | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Race 7 | |
|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----|
| Megan Lewis | 20 | | 20 | 20 | 20 | 20 | | 80 |
| Ellen Birch | 19 | 20 | 18 | 19 | | | | 39 |

| | | | | | | | | |
|----------------|--|----|----|----|----|----|--|----|
| Max Birch | | 19 | 19 | | 20 | 20 | | 78 |
| Daniel Parkman | | | | 20 | | | | 20 |
| Jack Hopkins | | | | | 19 | 19 | | 38 |

| Tristar 3 | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Race 7 | |
|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----|
| Millie Rodemark | 20 | 20 | 20 | 20 | 20 | | 20 | 60 |
| Becky Rodemark | 18 | | 19 | 19 | | | 18 | 56 |
| Ellen Birch | | | | | 19 | 20 | 19 | 39 |
| Elissa Flynn | 19 | 19 | | | | | | 38 |

| | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|----|
| Daniel Parkman | 10 | 20 | 20 | | 19 | | 19 | 78 |
| Sam Popelliers | | 19 | | | 18 | | 18 | 55 |
| Kurt Godfrey-Evans | | | | | 20 | 20 | 20 | 40 |
| Iain Taylor | 20 | | 10 | | | | | 30 |
| Daniel MacDonald | | | | 20 | | | | 20 |

| Youth | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Race 7 | |
|------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----|
| Jacques Williams | 20 | | 20 | | | | | 40 |

| | | | | | | | | |
|----------------|----|--|--|--|--|--|--|----|
| Bethany Taylor | 20 | | | | | | | 20 |
|----------------|----|--|--|--|--|--|--|----|

Shaded area indicates an athlete has competed in 2 age groups. Best 2 results from Races 1 – 4 plus best 2 from Races 5 – 7 = overall total