



# OTTER NEWS

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Hi everybody, things have been a little disrupted lately but it was great to see so many of you at the track recently. You might have gathered already that thanks to some hard work by Robert Downham we now have our own **Otters website**, which will be a really useful way of keeping everybody informed about what's going on; but we're going to carry on producing Otter News for the time being as well. If you were not at the track session on Saturday you will receive information about **renewing your membership** soon. Please return the form as soon as possible if you are carrying on with us next season. We are holding an **end of season BBQ** again this year – see the panel on page 3 and please let us know if you can attend by 12 July. And finally, many congratulations to our Head Coach, **Niki**, who is now the **National Sprint Triathlon Champion** for her age group.

## More Than Just A Run

The 8<sup>th</sup> Arun Junior Triathlon was held on Saturday 13 June at Arun Leisure Centre in Bognor Regis. Taking part for Worthing Otters were:

<b>Tristar Start</b>	<b>Sophie Downham</b>
<b>Tristar 1 Girls</b>	<b>Bethany Lewis - Eloise Walker - Abigail Downham</b>
<b>Tristar 1 Boys</b>	<b>Edward Taylor - Harry Tipton</b>
<b>Tristar 2 Girls</b>	<b>Megan Lewis.</b>

A race report and a link to the full results are on our website (<http://www.worthingotters.co.uk/>). Many congratulations to all seven of our members who in their individual performances made everybody very proud to be associated with Worthing Otters. **Sophie, Bethany, Edward and Megan** are the **Worthing Otters 2009 Club Champions** for the Start, T1 Girls, T1 Boys, and T2 Girls age groups respectively. Their medals will be presented at an event that will be held later in the year. Many thanks to those who came along to encourage the athletes in their endeavours. There was a wonderfully supportive atmosphere around the Otters' base camp with everybody looking out for each other and cheering one another on.

## Downs Link Challenge

Well done to **Jack Hopkins** (10) who along with his mum and dad, Richard and Tracey, completed the 20 mile ride of the Downs Link Challenge on 16 May in under two and half hours which was well ahead of their target time. In doing so Jack raised £140 in sponsorship for the Chestnut Tree House Children's Hospice, which is a fantastic effort.

## Urbanrace Kids Aquathlon

Congratulations to the Dynamic Duo, **Megan and Bethany Lewis**, who both won their respective age group races (Tristar 2 and 1) in the Kids Aquathlon which was part of The Sussex Triathlon held on Sunday 31<sup>st</sup> May at Ardingly College. By all accounts this was a well organised event with free entry for the Tristar age groups and included a pasta meal as well. Although it is not part of the Regional Series, it might be worth looking at this as a Club focus event next year. Meanwhile, very well done to both girls on two great results.

## Top Otter Group Awards – Current Rankings with 2 Races Remaining

<b>Tristar Start</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	<b>Race 6</b>	<b>Race 7</b>	<b>Race 8</b>	<b>Race 9</b>	
Sophie Downham					20	20	20		20	60
Bethany Lewis	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
<b>Tristar 1</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	<b>Race 6</b>	<b>Race 7</b>	<b>Race 8</b>	<b>Race 9</b>	
Eloise Walker		20	20	20	19	19	20	20	19	118
Abigail Downham	20	19	19		18	18	19	18	18	112
Bethany Lewis					20	20		19	20	79
Edward Taylor	20	20	19	20	20	20	20	20	20	120
Tom Rowley	19		18		18	19	19			75
Ollie Rowley	17		20		10	18	18			73
Elliot Parkman		19	16	18	19					56
Jack Churchill								19		19
Jack Hopkins	18	18	17	19						37
<b>Tristar 2</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	<b>Race 6</b>	<b>Race 7</b>	<b>Race 8</b>	<b>Race 9</b>	
Megan Lewis	20		20	20	20	20		20	20	120
Ellen Birch	19	20	18	19						39
Max Birch		19	19		20	20				78
Jack Hopkins					19	19		20		58
Daniel Parkman				20						20
<b>Tristar 3</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	<b>Race 6</b>	<b>Race 7</b>	<b>Race 8</b>	<b>Race 9</b>	
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
<b>Youth</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	<b>Race 6</b>	<b>Race 7</b>	<b>Race 8</b>	<b>Race 9</b>	
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 plus best 2 from Races 8 & 9 = overall total

### Farewell & Good Luck

The end of the current membership year will see the departure of some of our most loyal Otters, who have been involved with the Club from its beginnings, because they will be over 16 next year. It is fair to say that their contribution has been critical in first getting the Club started and then keeping it going. We wish:

**Peter Flynn - Sam Maloney - Hannah Seth - Victoria Seth - Bethany Taylor**

all the very best for the future and thank them most sincerely for their support over the last four years.

### South East Regional Series

There have so far been 2 races (Steyning and Hamble Aquathlons) in the Regional Multipsorts Series, in which the best 3 performances of an athlete in the selected events count towards the overall result. **Ed Taylor** heads the rankings in the Tristar 1 Boys competition and **Bethany Lewis** is in the silver medal position with 3 more scoring aquathlons (Dorney Lake 11.07.09, Chichester 19.07.09 & Woking 27.09.09) to go. Best of luck to Ed and Bethany for the rest of the season and for the other Otters who also feature in the rankings. (**Jack Churchill, Eloise Walker, Abigail Downham, Jack Hopkins, & Megan Lewis**). The cancellation of the Deal Triathlon in May means the Arun Triathlon results are also the current placings for the Regional Triathlon Series.

### Pacing

A wonderful characteristic of the Otters family is how at events everybody gives each other support and encouragement. However, it is worth bearing in mind that some assistance can be seen as unfair to other competitors and could result in the disqualification of an athlete. British Triathlon's Rule 14.7 states that: *No individual support by vehicle, bicycle, or foot is permitted except as provided by the organizers. Competitors may not receive any assistance other than that provided by the race organizers.* This includes cycling/running alongside an athlete which is known as pacing. Being children's events race officials do tend to be quite relaxed about this especially if the participant is at the back of the field and struggling but please be aware that technically it is against the rules for a spectator to pace a competitor. That said, please keep up the enthusiastic vocal support, it certainly makes a huge difference to those taking part.

### Beachy Head Challenge

Val Lewis writes *I've been given a flyer for the Junior Beachy Head Challenge 2009. It is a 2km or 3km cross country challenge starting at St Bedes school at the beginning of the South Downs Way. It is on **Saturday 24 October**. The race distances are 2k for 8-11 year olds and 3k for 12-16 year olds. Apparently it is a scenic route over open downland.* As it is the start of Half Term this might be a good event to target as a club but if anybody wants more details for now Val has a leaflet.

### End of Season BBQ

The end of season BBQ will be on **Saturday 18<sup>th</sup> July**. As in past years the plan is to meet at 3.00 p.m on the Goring Greensward either to the east or west of the tree plantation depending on the direction of the wind. There will be a mixture of games and competitions that should appeal to all the family before we have the BBQ at 5.00 p.m.

There is no charge but everybody is asked to bring their own food and drink. It is open to all Otters and their families so please come along even if you've not been to training much. It would be great to see you.

Robert Downham has kindly agreed once again to supervise the cooking side of things. In previous years it has been difficult to keep up with demand because this event has always been so well attended so to improve things we are going to use another bbq and Neale Maloney has kindly agreed to help Rob. Nonetheless, please bear with us on the day as we will try to get everything out as quickly as possible.

Please tell us **by 11 July** how many adults and young people will be coming with you. Just email Otters HQ.