



# OTTER NEWS

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Hi, welcome to **Will, Leilani and Metasi** who have all started training with us this term. Many thanks to **Bethany Taylor** who has joined the coaching team. In this edition we report on the final standings of the **South East Regional Series** which some of our members took part in during the summer and celebrate two of them finishing in the top 3 of their age group. We announce the search for our **Outstanding Achiever of the Year** and give notice about a special **Awards Breakfast** event we are planning towards the end of the term. Please remember to check the Otters website for information and a copy of the current training programme is always on there as well. Do try to come along to the **monthly bike sessions with VCJ** – they really are excellent and much better than anything we can provide locally. Do you think Otter News is still useful or should regular postings on the website replace it? We want to keep everybody informed but without swamping your Inbox with emails.

## End of BST Aquathlon

On 23 October 12 Otters took part in an intra club aquathlon that marked the end of summer time. Following some confusion with age groups this year we are not including the results of the pre Christmas events in the 2010 Top Otter Group Awards but we hope that everybody enjoys taking part anyway. They do provide a great opportunity to practice transitions and get used to swimming and running in the same event. Although the air temperature was mild for the time of the year we decided to run it as an outside / in event and started with the run phase. The Lap Control Marshall at the east end of the course was in danger of being overwhelmed as a romp (this is the collective noun) of otters charged towards him on the first lap but in subsequent laps the field became more spread out. Like a bullet from a gun **Ed Taylor** blasted off down the Prom. and led the field to the first turn and held that position for the duration of his two laps. Only a few seconds behind was **Bethany Lewis** who like a torpedo made up the gap in the pool so that both touched the wall at the end of the swim simultaneously. Phew – what a finish and worthy of any TV replay. **Tom Rowley** had a strong run but lost a little ground - or rather water - on the leaders in the pool but still claimed third overall in the T1 age group. **Ollie Rowley** also ran well and took fourth place just ahead of **Eloise Walker** who suffered on the run but bravely struggled on and finished with a strong swim. **Elliot Parkman** completed the T1 placings with a well judged race. The older athletes with more laps to do started more steadily and **Lewis Baker** demonstrated excellent pace judgement to deliver a fine all round performance in the T2 class. **Jack Hopkins** was the only other athlete in the age group and he delivered a typically consistent workmanlike result. The T3 / Youth athletes had a 3km run to contend with and **Iain Taylor** showed great determination to record the fastest time for that stage. Next quickest on the run course was **Megan Lewis**, who has been busy on the cyclo-cross circuit this term, but she was edged out of first overall by **Dan Parkman** who managed to claw back time on the swim phase. Club talisman, **Sam Poppeliers**, completed the running order with a typically determined run and swim. Well done to everybody who took part and thank you to the officials

## End of BST Aquathlon Results

T3 Boys	Name	Run + Tran:	Swim	Total
1	Dan Parkman	16.55	7.45	24.40
2	Iain Taylor	16.19	9.36	25.55
3	Sam Poppeliers	17.25	9.42	27.07
T3 Girls				
1	Megan Lewis	16.23	8.19	24.42
T2 Boys				
1	Lewis Baker	9.10	4.30	13.40
2	Jack Hopkins	10.12	5.01	15.13
T1 Girls				
1	Bethany Lewis	6.02	2.44	8.46
2	Eloise Walker	7.36	2.51	10.27
T1 Boys				
1	Edward Taylor	5.57	2.49	8.46
2	Tom Rowley	6.07	3.37	9.44
3	Ollie Rowley	6.23	3.35	9.58
4	Elliot Parkman	7.02	3.37	10.39

### Regional Rankings

8 Otters took part in the Regional Series events during the summer. The Multisport Series included nominated aquathlons and duathlons whilst the Triathlon Series involved just triathlon events. The best 3 performances of an athlete in the featured races are taken to produce his/her overall ranking. The Steyning Aquathlon, Arun Triathlon and Chichester Aquathlon were focus events for the Club but some of our members went to other events in the Series, the last of which was at Woking in September. (See the website for a race report). **CONGRATULATIONS** to **Ed Taylor** who finished top of the rankings for the Tristar 1 Boys Age Group in the Regional Multisport Series and to **Bethany Lewis** who was runner-up in the Tristar 1 Girls Age Group. Both are only in their first year at this age group which makes it even more impressive. All those involved deserve much respect for taking part and giving 100% in the events in which they competed and none more so than **Megan Lewis** and **Abigail Downham**, who both finished just outside the medals but supported several of the competitions. Well done to you all and thank you very much for representing the club in such an honourable way.

2009 South East Regional Multisport Series		2009 South East Regional Triathlon Series	
T2 Girls		T2 Girls	
4 <sup>th</sup>	Megan Lewis	8 <sup>th</sup>	Megan Lewis
T2 Boys		T2 Boys	
19 <sup>th</sup>	Jack Hopkins	*	Jack Hopkins
T1 Girls		T1 Girls	
2 <sup>nd</sup>	Bethany Lewis	5 <sup>th</sup>	Bethany Lewis
4 <sup>th</sup>	Abigail Downham	11 <sup>th</sup>	Abigail Downham
11 <sup>th</sup>	Eloise Walker	12 <sup>th</sup>	Eloise Walker
T1 Boys		T1 Boys	
1 <sup>st</sup>	Edward Taylor	12 <sup>th</sup>	Edward Taylor
14 <sup>th</sup>	Jack Churchill	17 <sup>th</sup>	Harry Tipton

\* For some reason Jack's result in the Dornay Lake Open Water Triathlon was not picked up by the organizers

## 2009 OUTSTANDING ACHIEVEMENT AWARD

It is now time to choose the winner of the 2009 TriSport Coaching UK Outstanding Achievement Award. The winner may be picked on

- the strength of his/her race performances, 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.

Last year's winner was **Abigail Downham** whose attendance record in 2008 was exceptional and she finished third in the 2008 Girls Tristar 1 Regional Multisport Series thanks to her commitment and determination.

**Do you think one of our members has done so well this year s/he should have special recognition?**

**Then please nominate him / her by completing the attached form and sending it to Otters HQ or handing it to a coach by **15 NOVEMBER 2009**.**

Remember this does not have to be just about performance – if you think somebody has been a loyal & caring member, or has overcome problems that might have put others off, then put them forward. Nominations are invited from anybody – coach, parent, athlete, sibling, friend etc. We will ensure that the source of the nomination is kept confidential so you can nominate yourself or your son / daughter with impunity. A panel will consider the nominations so it is not an election– more than one nomination for an individual will not necessarily affect the overall outcome.



## 2009 OUTSTANDING ACHIEVEMENT AWARD NOMINATION FORM

I would like to nominate (*block capitals please*)

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because (*why do you think this person deserves the award*)

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.....  
Signed

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Name

## Annual Awards Breakfast

After our session on **Saturday 12 December**, which will consist of a fun Aquathlon with a Christmas fancy dress theme – so get thinking about your outfit - we would like to organize a Big Breakfast to celebrate the achievements of the year. We have booked Macari's on the seafront for 9.30. The breakfast (choice of 5 items) is £3.60 and there is also an all day breakfast for £6.50 for those with bigger appetites.

As well as presenting the 2009 Outstanding Achievement Award we will also be presenting medals to the Club Champions and Top Ranked athletes for each age group. As a reminder these are:

<b>Age Group</b>	<b>Club Triathlon Champion</b>	<b>Top Otter Group Award</b>
Tristar Start - Girls	Sophie Downham	Sophie Downham
Tristar Start - Boys	Uncontested	Joe Birch
Tristar 1 – Girls	Bethany Lewis	Eloise Walker / Bethany Lewis
Tristar1 – Boys	Edward Taylor	Edward Taylor
Tristar 2 – Girls	Megan Lewis	Megan Lewis
Tristar 2 – Boys	Uncontested	Jack Hopkins / Max Birch
Tristar 3 – Girls	Uncontested	Millie Rodemark
Tristar 3 – Boys	Uncontested	Daniel Parkman
Youth – Girls & Boys	Uncontested	Uncontested

Tickets for the Big Breaffast will be available nearer the time but please keep, please keep **Saturday 12 December** free if you can.