



# OTTERS NEWS

Issue No: 35 December 2009

**Otters H.Q.**

Tel: 01273 263104 (Day) or 01903 873804 (Evening)

Email: [worthingotters@aol.com](mailto:worthingotters@aol.com)

**MERRY CHRISTMAS & HAPPY NEW YEAR  
TO ALL OUR MEMBERS & THEIR FAMILIES**



**Thank you to everybody for your support of the  
Club during 2009**

## BIG BREAKFAST

On Saturday 12 December 2009 the regular training session consisted of two team relays one on land and the other in the pool. Everybody who entered was put into one of 3 teams of mixed age and ability. Team Cracker consisting of Ed Taylor, Tom Rowley, Ellen Birch, Harry Tipton, Lewis Baker and Sophie Downham were strongest in the land relay but Team Tinsel, which was made up of Dan MacDonald, Bethany Lewis, Jack Hopkins, Jack Churchill, Eloise Walker and Alex Walker, and Billy Akehurst, were best in the pool and as they finished 2<sup>nd</sup> in the land relay they were declared the overall winners. Each team member received a bag of gold coins but don't tell the tax people. Runners up in the pool were Team Xmas Pudding whose members were Megan Lewis, Ollie Rowley, Sam Poppeliers. Joe Birch, Abigail Downham, and Will Churchill. Many thanks to Niki and Ann for organising the races. Afterwards 40 of us went to Macaris for breakfast at which we presented medals to the Club Triathlon Champions and the winners of the Age Group rankings series (see below). We also presented the **2009 Outstanding Achievement Award** to **Sam Poppeliers** and recognised the achievements of 6 other members who were also nominated for the award. Congratulations to all the winners and our thanks to everybody in the club for supporting it during the year. **Not everybody can win a medal but everybody's contribution is equally valued and respected.**

## 2009 ROLL OF HONOUR

Age Group	Club Triathlon Champion	Top Otter Group Award
Tristar Start - Girls	Sophie Downham	Sophie Downham
Tristar Start - Boys		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		Jack Hopkins / Max Birch
Tristar 3 – Girls		Millie Rodemark
Tristar 3 – Boys		Daniel Parkman

### 2009 Outstanding Achievement Award Winner

Sam Poppeliers	For a remarkable improvement in his swimming and overall attitude to training especially in encouraging the younger members.
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### Outstanding Achievement Award – Highly Commended

Jack Churchill	For a truly gritty performance at the Steyning Aquathlon
Sophie Downham	For an excellent first year in the sport of triathlon in both training and competition
Megan Lewis	For an exceptional all round contribution to the club and the sport including selfless support for other members
Edward Taylor	For an outstanding competitive season in winning the Tristar 1 Multisport Regional Series
Harry Tipton	For extraordinary resilience in coping with asthma and determined performances at Regional Series events
Eloise Walker	For an admirable attitude in training and races along with caring support

## AUTUMN INTRA CLUB AQUATHLONS

We held a second back-to-front intra-club aquathlon on 28<sup>th</sup> November. Although dry with a reasonable air temperature there was a strong south westerly wind blowing which made the going hard for the runners on the second half of the run lap and so times were generally slower so very well done to **Tom Rowley** who managed a quicker split time than his October performance. There were also excellent swim performances from **Eloise Walker** and **Lewis Baker** who both bettered their previous times. Set out below are the results of both races but generally times will have been affected by the conditions outside which will have influenced the swim times.

	Name	End of BST Aquathlon			Thanksgiving Aquathlon		
		Run + Trans	Swim	Total	Run + Trans	Swim	Total
<b>T3 Boys</b>							
	Dan Parkman	16.55	7.45	24.40			
	Iain Taylor	16.19	9.36	25.55			
	Sam Poppeliers	17.25	9.42	27.07			
<b>T3 Girls</b>							
	Megan Lewis	16.23	8.19	24.42			
<b>T2 Girls</b>							
	Ellen Birch				10.28	5.23	15.51
<b>T2 Boys</b>							
	Lewis Baker	9.10	4.30	13.40	9.20	4.22	13.42
	Jack Hopkins	10.12	5.01	15.13	10.32	4.45	15.17
<b>T1 Girls</b>							
	Bethany Lewis	6.02	2.44	8.46			
	Eloise Walker	7.36	2.51	10.27	8.00	2.41	10.41
	Abigail Downham				5.06 (1)	3.02	8.08
<b>T1 Boys</b>							
	Edward Taylor	5.57	2.49	8.46	6.01	2.55	8.56
	Tom Rowley	6.07	3.37	9.44	6.05	3.44	9.49
	Ollie Rowley	6.23	3.35	9.58	6.17	3.58	10.15
	Elliot Parkman	7.02	3.37	10.39			
	Joe Birch				6.32 (2)	4.37	11.09
	Jack Churchill				8.52 (3)	2.40	11.32
	Billie Akehurst				7.21	3.58	11.19
<b>Start Girls</b>							
	Sophie Downham				4.52	2.08	7.00
<b>Start Boys</b>							
	Alex Walker				5.41 (4)	1.49	7.30

## OTTERS TRAINING SCHEDULE Jan-Apr 2010

### **FOCUS**

Training focus will still involve some stamina work but will now also include race speed training. This will help sharpen up your race skills whether you're a 'big time' racer or a club member who likes to keep their racing to our Otters club events.

### **SWIMMING**

In light of increased pool hire costs Worthing Swimming Club is having to put up its session charges so from **February 2010 the 1-hour fee will be £3.**

### **CYCLING**

Don't miss out on our Mountain Bike sessions with VC Jubilee. They provide great traffic free rides to improve your bike fitness and bike handling skills.

### **OUR VENUES**

Aquarena - is on the A259 coast road just to the East of Worthing town centre.

AOAC – the Adur Outdoor Activity Centre is on the A259 coast road just West of Shoreham

DLC – is Worthing Leisure Centre found in Shaftesbury Ave, Durrington.

### **AND as always**

Wear appropriate clothing and bring a drink & snack to longer sessions, especially cycling.

Cycling sessions at AOAC will only be cancelled if the weather is extremely bad. If you have any queries about a session the coaches will be happy to help, Ann: 07951935374, Julian:

01903873804, Niki: 07957406775

<b>DATE</b>	<b>Session - a</b>	<b>Session - b</b>
Sat 9/1	Swim 8-9am Aquarena (AM)	Run 9.00 9:45 Aquarena (JS)
Sat 16/1		Run 9.15-10.15 WLC Track (JS)
Sat 23/1	Swim 8-9am Aquarena (AM)	Run 9.00 9:45 Aquarena (JS)
Sat 30/1	Swim 8-9am Aquarena (AM)	MTB 10-12 AOAC with VCJub (RD)
Sat 6/2	Swim 8-9am Aquarena (AM)	Run 9.00 9:45 Aquarena (JS)
Sat 13/2		MTB 10-12 AOAC with VCJub (JS)
Sat 20/2	<i>(Half term)</i>	
Sat 27/2	Swim 8-9am Aquarena (AM)	Run 9.00 9:45 Aquarena (JS)
Sat 6/3	<b>OTTERS Aquathlon (NT)</b>	<b>8am Aquarena</b>
Sat 13/3	Swim 8-9am Aquarena (AM)	Run 9.00 9:45 Aquarena (JS)
Sat 20/3		Run 9.15-10.15 WLC Track (JS)
Sat 27/3	<b>OTTERS Aquathlon (NT)</b>	<b>8am Aquarena</b>
<b>Sat 3/4</b>	<i>(Easter weekend)</i>	
Mon 5/4	<b>Steyning Aquathlon T.B.C</b>	
Sat 10/4	<i>(Easter school hols)</i>	MTB 10-12 AOAC with VCJub (tbc)
Sat 17/4	Swim 8-9am Aquarena (AM)	MTB 10-12 AOAC with VCJub (tbc)