



OTTERS NEWS

Issue No: 37 May 2010

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Hi, a massive welcome to **Ted Turley** who has been training with us lately. This edition we report on the exploits of 5 members who invaded Hampshire to compete in the Hamble Aquathlon and kick off the 2010 season. Before that we held 2 intra-club events at the Aquarena both of which were very well supported. Out on the roads Head Coach Niki teamed up with Megan Lewis to compete in a local cycle race – read on to find out how they got on.

INTRA-CLUB AQUATHLONS

We held 2 pre-season aquathlons in March to give those planning to race during the 2010 season a chance to practice their skills and everybody else an opportunity to have a go at a multisports event. Both races were very well attended so thank you to everybody who took part. It makes putting them on worthwhile. The air temperature on 6th March dictated that we organised the race back to front and started with the run but by 27 March things had warmed up enough for us to use the usual format of swim / run. Comparing times between the two races is difficult because it is not matching like with like but the full results are published on the Club website at <http://www.worthingotters.co.uk/reports.htm>. Congratulations to everybody who took part and special mention must go to **Ben** and **Toby** Nisbet and **Ted** Turley for whom this was their first experience of multisports competition. As ever we are grateful to the officials led by Niki who ensured both events ran smoothly and without whose support we could not put them on.

Two's Company

The day after taking part in our second intra-club aquathlon Megan **Lewis** teamed up with Head Coach, Niki, to compete in the Sussex Cyclists' Association 2Up Team Time Trial in which a pair of riders race together against the clock round a road circuit. The trick is for both to keep together as much as possible. Judging things to perfection the pair road the 12 miles in style and Megan's time of 38:42 won the trophy for 1st placed Junior Female. Whilst checking the SCA website ON noticed that elusive Otters' member **Kurt Godfrey Evans** riding with Dad, Ben, was the fastest Junior Male with a time of 36:24. Congratulations to both for 2 excellent performances. If you want to cycle more then why not join our friends at **VC Jubilee** (Megan's modelling their colours in the picture) and check out their website at http://www.vcjubilee.co.uk/vc_main.html



Hamble Aquathlon

After a false start with the cancellation of the Steyning Aquathlon at Easter the Otters competitive season got under way on 24th April at Hamble. Conditions were perfect for both athlete and spectator with the effects of a warm sun cooled by a gentle breeze that kept the air temperature reasonable for the competitors.

First out of the traps for the Otters was **Toby Nisbet** in the Tristar Boys race. Making his debut in a regional competition he showed no fear and completed the 60 metres swim and 750 metre run in very good order. It's a long way for short legs and his third place trophy was very well deserved. In the next race that featured Otters' members – Tristar 1 Boys – the pre-race talk was all about Bodyworks' Harry Stacks and by how much he would win. As expected Harry the Fish emerged from the pool with a commanding lead and set off on the run course in what looked an unassailable position; a damp but determined **Ed Taylor** was into Transition a little while later with a huge task ahead of him. In characteristic style he set off on the run at Warp Factor 8, for he knows no other speed, and over the 1500 metres course he erased all but 3 seconds of King Harry's 46 second lead. It was a blistering run and his time of 7' 32" was over half a minute quicker than anybody else in the field. It was a hard earned silver medal and, as Ed said, if he is a little quicker through transition Harry may not have it all his own way next time. In the same race **Ben Nisbet** was making his debut at this level and he put in a superbly well paced race. *That was hard*, he gasped shortly after crossing the line but later commented *it feels hard when you are doing it but when you finish it feels great*. It was an excellent performance especially as many of the other athletes were a year older.

The **Lewis** sisters represented the Otters in the Girls races. First up in the Tristar 1 race was **Bethany** who put in an outstanding swim to record the one of the fastest times and then set off on the run course for which most of the time she was out on her own. Showing typical single mindedness she coped with the loneliness of front running brilliantly and held on to the end. When the dust settled it transpired that an athlete in a later wave had recorded a faster overall time making Bethany second but it was a great all-round performance and Otters had notched up another podium place. Last to go for us was **Megan** who perhaps had the most daunting task of all as this was her first season in the Tristar 3 age group which involves a 400 metres swim and 3,000 metres run – a big step up in distance. Calling upon all her experience of multi-sports competitions she demonstrated sound pace judgement and following a strong swim completed the run course in fine style finishing in 6th overall. This was an excellent start to life in Tristar 3 and as she grows accustomed to the distances she will get stronger.

Congratulations to host club Chapel Tristars who managed to stage an event that combined high quality racing with a friendly and supportive atmosphere. The weather helped of course but it is the people that count and everybody - athletes, officials and spectators - made it such an enjoyable occasion.

Very well done to the Otters who took part. It was a good day for the Club with 3 podium places, two debuts at multisports events and a debut in a new age group. Everyone was a credit to the club and should be very proud of their performances. Many thanks too to the athletes' families who got them to the event and supported each other throughout.

Otters Results at Hamble

	Age Group	Swim	Run	Overall Time	Overall Place
Toby	T Start	2:05	5:36	7:41	3 rd
Ed	T 1	3:13	7:32	10:45	2 nd
Ben	T 1	3:39	8:32	12:11	9 th
Bethany	T 1	2:59	8:06	11:05	2 nd
Megan	T3	7:11	15:51	23:02	6 th

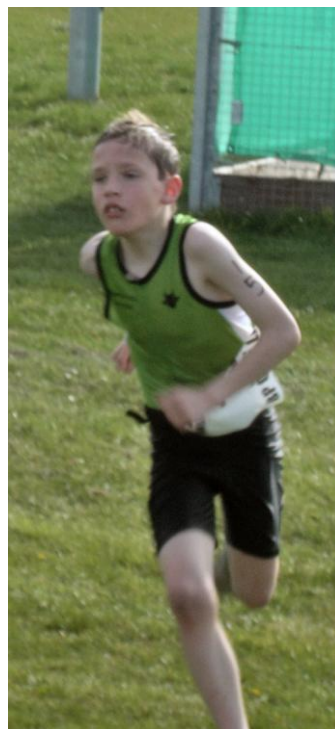
HAMBLE'S HEROES



Toby



Ben



Ed



Megan



Bethany



Ed & Bethany with their 2nd Place Trophies
(Not in the picture is Toby who was 3rd in his race)

The 2010 Competition Season Continues

Sadly it has been confirmed that the **Ardingly Aquathlon**, which was to have taken place on 5th June, has been **cancelled** so our next focus event is the **Lewes Triathlon**, which is also our Club Championship, on **20th June**. Currently those planning to enter are:

Bethany Lewis – T1

Jack Hopkins – T2

Megan Lewis – T3

Ed Taylor – T1

Harry Tipton – T1

If you intend to race that day please let Otters HQ know.

We will provide an extra session on how to cope with the bike in Transition for those wanting to learn or brush up their skills. Details will be announced shortly.

Meanwhile, we have another intra-club aquathlon planned for 15th May which will count towards our Top Otter Group Awards (TOGA) competition.

Other races in the series are:

Chichester Aquathon – 17th July

Bodyworks Triathlon (Christ's Hospital, Horsham) – 18th July

Intra-club Aquathlon (Aquarena) – 24th July

In Case of Emergency

Most of us carry a mobile with names & numbers stored in its memory. If we were involved in an accident or taken ill, the people attending us would have our mobile but wouldn't know who to call first. All you need to do is store the number of a person or persons who should be contacted in an emergency under the name '**ICE**' in your mobile's address book. Emergency Service personnel and hospital staff can quickly contact the right person by simply dialling the number you have stored as 'ICE'. We have all our members' ICE details with us at sessions but what about when you are out on your own?

Parents please make sure that you tell Otters HQ if your ICE details change or if your child's health status changes.

Corus Kids of Steel

Triathlon England organizes a number of taster events for schools across the country under the umbrella of Kids of Steel. The idea is to raise awareness amongst young people about triathlon by giving them a gentle introduction to the sport. The format follows the form of a short swim of 40-60 metres, followed by a traffic free cycle of 800 – 1200 metres and a run of approximately 300 metres. A walk in the park for an Otter but not too scary for a complete beginner. The South East's regional event is at Lewes Leisure Centre on 26th May 2010. Why not ask your PE teacher if s/he has heard of Kids of Steel? S/he can get more information by contacting:

katvalk@britishtriathlon.org

Drink – little and often

ON is being positive about the summer months and expects warm sunny days are just around the corner. In which case we need to be especially careful to make sure we drink enough otherwise we'll start to feel ill (headaches are a common sign) and we won't be able to perform as well as we can. Bring a water bottle (no fizzy drinks) to every session and make sure you take sips from it regularly. Don't drink too much at a time that will only give you belly ache – little and often is the key. Once you feel thirsty – it's too late; you are already lacking water or dehydrated.

Active Kids Vouchers

Many thanks to anybody who has been donating their Active Kids Vouchers from Sainsburys. Known star contributors are the Hopkins family who has been providing Otters HQ with a steady supply. Either let Julian have your AKV or you can hand them in at the Worthing Swimming Club table on Saturday mornings – thank you!