



OTTER NEWS

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Hello everybody and welcome to this edition of Otter News in which we report on the 2 intra-club aquathlons held since the New Year, provide important information about changes to the current cycling programme, salute the efforts of 2 of our members in 2010, and announce details about the 2011 Regional Multisport Series and our own Club competition plans.

Winter Outside-In Aquathlons 29th January & 19th February 2011

The air temperature on the day dictated that the first 2 intra club aquathlons of 2011 were held as run / swim events and the weather conditions on 19th February were particularly uncomfortable for the athletes with wind and rain making the run hard going but with typical Otter spirit everybody got on with it without complaint. The advantage of repeating the format is that those who did both events can make like-for-like comparisons with their times, although at this stage the training objective is to learn about going the distance rather than getting too hung up about times. That said, there were some notable improvements in the second race despite the much worse weather conditions. The standout performance came from **Jack Hopkins**, who in the second event sliced a massive 63 seconds off his previous run time and an impressive 27 seconds off his swim time to record an overall improvement of 90 seconds. In a sport where every second counts this was no mean feat. Given that the weather was so poor for the second aquathlon it is a credit to the others that did both (**Ethan Fincham, Toby Nisbet, Ed Taylor, Joe Birch, and Dan Parkman**) that everybody improved their run times with Joe and Dan both covering their respective distances half a minute quicker than before. In the pool not surprisingly after all that effort outside most were a little slower - but not by much - except Ethan who in his first season is showing a real aptitude for multisports competition. In the first event there were also consistent all round performances from **Elliot Parkman, Sophie and Abigail Downham**. There was an excellent turnout for the second aquathlon with 14 members (two thirds of the club membership) taking part. The most competitive division was the Tristar 2 boys race which involved 7 members. **Ben Nisbet** ran a strong first stage to be just behind Ed Taylor going into the pool and although he lost a little ground or should that be water on the swim he got home in under 12 minutes which is a great effort. **Tom and Ollie Rowley** ran strongly with Tom marginally quicker and both were evenly matched in the pool. It was good to see **Harry Tipton** back in action after a period of poor health and who along with **Jack Churchill** did a reduced run distance but both coped well with the difficult conditions. **Will Churchill** ran well in the T1 boy's event. Everybody was pleased to see **Megan**, who has had a busy and demanding cyclo-cross season with VCJ, and **Bethany Lewis**, who recorded a good time in the pool. Very many thanks to everybody who helped with staging both events and to the parents and carers who do so much to support the athletes. And of course, much respect to all those who took part.

29.01.2011

Tristart 1 Girls	Name	Run & Trans 1200m	Swim 133m	Overall
1	Sophie Downham	7:12	3:57	11:09
Tristart 1 Boys	Name	Run & Trans 1200m	Swim 133m	Overall
1	Ethan Fincham	5:32	2:48	8:20
2	Toby Nisbet	7:02	3:39	10:41
Tristart 2 Girls	Name	Run & Trans 1800m	Swim 200m	Overall
1	Abigail Downham	13:05	4:23	17:28
Tristart 2 Boys	Name	Run & Trans 1800m	Swim 200m	Overall
1	Edward Taylor	08:00	4:05	12:05
2	Elliot Parkman	08:56	4:46	13:42
3	Joe Birch	09:00	5:21	14:21
Tristart 3 Boys	Name	Run & Trans 3000m	Swim 400m	Overall
1	Jack Hopkins	18:14	11:16	29:30
Tristart Youth Boys	Name	Run & Trans 3000m	Swim 400m	Overall
1	Daniel Parkman	15:05	7:41	22:46

19.02.2011

		Tristar	Run	Swim	Overall	Place
Ethan	Fincham	1	00:05:21	00:02:42	00:08:03	1
Toby	Nisbet	1	00:06:58	00:03:45	00:10:43	2
Will	Churchill	1	00:07:02	00:01:33	00:08:35	*
Bethany	Lewis	2	00:09:44	00:03:44	00:13:28	1
Edward	Taylor	2	00:07:42	00:04:04	00:11:46	1
Ben	Nisbet	2	00:07:44	00:04:12	00:11:56	2
Tom	Rowley	2	00:08:07	00:04:54	00:13:01	3
Oliver	Rowley	2	00:08:14	00:04:56	00:13:10	4
Joe	Birch	2	00:08:21	00:05:29	00:13:50	5
Harry	Tipton	2	00:06:45	00:04:47	00:11:32	**
Jack	Churchill	2	00:07:06	00:06:20	00:13:26	**
Megan	Lewis	3	00:16:38	00:08:13	00:24:51	1
Jack	Hopkins	3	00:17:11	00:10:49	00:28:00	1
Daniel	Parkman	Y	00:14:33	00:07:48	00:22:21	1

* Small swim length

** 2 lap run

Bike Bits

Our friends at VCJ have been in touch to update us on their arrangements on the dates which we had planned to join them at Shoreham. Please note the following:

26th March – VCJ have a track session booked at the Calshot velodrome so there will only be a few of their members at the Adur Outdoor Activities Centre. The track session is from 1-3pm and the cost is £8 for the session plus bike **and** shoe hire £10.50 (7.00+3.50). Any Otter is welcome to join them but you need to inform Sally Page - T: 01273 843859 - M: 07769 588915 - E: vcjubilee@vcjubilee.co.uk

16th April – VCJ are promoting a Go-Ride race at Lancing Manor Leisure Centre as part of their Spring Coaching programme for 9 and 10 year olds. Otters are welcome to take part. More at http://www.vcjubilee.co.uk/spring_coaching_2011.html The Go Ride event involves a bunch of different races - all fun and skill based☺ The planned session at Adur Outdoor Activities Centre will not take place but if you want to take part in the Go Ride event call Sally.

23rd April – VCJ have an event in Dartford so the bike session at the Adur Outdoor Activities Centre is cancelled

Regional Recognition for Bethany Lewis & Edward Taylor

Otters had a special guest at the second aquathlon in the shape of Kat Valk, who is the Regional Programme Manager for Triathlon England and she brought with her the trophies that Bethany Lewis and Edward Taylor earned for their efforts in the 2010 Triathlon England South East Multisport Series and presented them to both members after the session. We issued a Press Release to mark the occasion and although no reporters were able to attend on the day both the Brighton Argus and Worthing Herald featured the occasion which was well deserved recognition for Bethany and Edward and useful profile for our Club.



Swim Clinics

Coach Ann began her programme of swim clinics on 12th February. Whilst the rest of the Club trains at Worthing Leisure Centre, Ann takes a small group for individual coaching on stroke development. Ethan Fincham, Ben and Toby Nisbet were the first to take part and the feedback has been very positive. Ann was particularly delighted with the attitude of all 3 lads and was proud as punch when a member of the Aquarena staff passed comment on how polite and well behaved they were. The schedule for the remaining clinics is given below. If you missed out this time round but want to have a session like this in the next schedule let Ann or Otters HQ know.

		12.03.2011	02.04.2011	16.04.2011	TBA
Abigail	Downham	✓			
Sophie	Downham	✓			
Edward	Taylor	✓			
Ellen	Birch		✓		
Joe	Birch		✓		
Jack	Hopkins		✓		
Jack	Churchill			✓	
Will	Churchill			✓	
Daniel	Parkman			✓	
Elliot	Parkman			✓	
Oliver	Rowley				✓
Tom	Rowley				✓
Harry	Tipton				✓

2011 Competition Season

This year the Triathlon England South East Region Tristar and Youth Series comprises of 5 triathlons. The races are shown below with an asterisk. The aim is to provide an environment in which seasoned athletes can compete at well organised races, whilst at the same time encouraging novice racers to compete (and want to continue to compete) in a relaxed, friendly atmosphere. An athlete's best three results will count towards series rankings.

30 th April	Hamble Aquathlon
4 th June	Wildern, Southampton Triathlon *
26 th June	Human Race Open Water Triathlon*
3 rd July	Another Triathlon (This event is not yet finalised – details to be advised) *
16 th July	Chichester Aquathlon
17 th July	Christ Hospital, Horsham Triathlon *
30 th July	Farnham Tri Club Triathlon *
24 th Sep	Hever Castle Triathlon (open water)

Entry fees are set by the organisers and have to be paid on application. It is easier for individuals to enter themselves as the race details are sent to your home.

Our Club Championships will be the Christ Hospital Triathlon and along with some intra-club events which we will include in the summer training programme the other focus events for our Top Otter Age Group (TOGA) Series will be the Hamble and Chichester aquathlons.

The TOGA competition will be based on an individual's best 4 results and you must have done a minimum of 2 events. Everybody who starts gets 10 points and then the best placed Otter in each age group for that competition gets 10 points, the next best 9 and so on. The overall winner will be decided on the most points earned over the series. In the event of a tie we will look at the number of events entered and if there is still a tie look at the average number of points scored.

Triathlon England Membership

If you compete regularly in Triathlon England accredited events it might be worth joining TE to avoid day memberships and obtain the other benefits listed below. The Tristar subscription is £24 p.a. Worthing Swimming Club is affiliated to Triathlon England so parents who are members of WSC and also want to join TE could benefit from the Family Club subscription (2 adults + 3 children) of £80. The new membership rules mean that your 12 month subscription runs from the date you join rounded up to the end of the month (i.e. join on 12 June 2011 and the sub. runs to 30 June 2012.) Previously the membership year ran from 1 April to 31 March.

Worthing Otters will pay the annual subscription for anybody who holds a BT Coaching qualification and agrees to run a club session once a month. The same licence allows you to race so if you are a competitor as well there is an additional benefit.

Benefits of yearly membership

General benefits:

No day membership fees for race entry
Subscription to trinews and email updates
The British Triathlon Annual Handbook
The Scottish Results Yearbook
Worldwide personal accident cover
Public liability cover while training and racing
Free legal claims service

Competition benefits:

Eligibility to apply for GE Great Britain Age Group Teams
Eligibility to compete for British or Home Nation titles
Results count for the Club or Individual Ranking Series

Other benefits:

Voting rights at the Home Nation AGM and Annual Awards
Exclusive 12% discount at www.britishtriathlonshop.org

2011 Sainsbury's Active Kids & Tesco Schools & Clubs Vouchers

In February Sainsbury's and Tesco's launched their voucher schemes which enable schools, clubs, scout groups etc to obtain free sports equipment. If you receive these vouchers and have no other outlet to which you would give them please pass them on to us as we will use them willingly. Sainsbury's AKV will be issued for purchases made up to 31 May 2011 (inclusive) and Tesco's scheme runs until Sunday 8th May 2011.