

YOU
DID IT

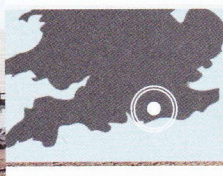
THE BEST PLACES TO TEST YOURSELF

THE FROSTY AQUATHLON

Hailstones, gale force winds and driving rain... but no snow

DETAILS

What: The Frosty Aquathlon
When: Sunday 5 March
Where: Littlehampton, Sussex



Fancy it?
Next year's race is
4 March
See tuff-fitty.co.uk



THE RACE AT A GLANCE

Organised by: Tuff Fitty Triathlon Club, Sussex

Starters: 115

Finishers: 115

Weather: Gale force 46mph winds, rain and hail

Water conditions: Warm indoor pool

Distance: Frostbite: 400m swim, 5k run
Frosty: 800m swim, 10k run

Goodies: 'Frosty' embroidered towel and chocolate bar

Distinguishing Features: The race is always held on the first Sunday in March – regardless of weather. It's been held in sunshine, high winds, rain and snow and has never been cancelled.

WINNERS

Frosty

Sam Wade 43:59

Michelle Peckham 59:27

Frostbite

Shaun Challis 24:26

Naomi Fonteyn 26:56

I DID IT! REPORT FROM THE FRONT LINE



MALCOLM HUGHES

Age: 55

Town: Brighton

Time: 56:57

I'VE BEEN A regular at the Frosty since 2006, only missing a couple due to injury or illness.

It's an ideal race to get the season started. It's flat, well run and has a nice format with wave starts. It feels like a proper race as opposed to a time trial.

After overcoming a calf injury, I was keen to see how my running was going, but it was such a windy day it was hard to tell!

Over the years, we've had freezing conditions, chilly and drizzly weather or bright, sunny skies. But this year was the windiest by far.

The shorter Frostbite race got



underway first at 7am, then the Frosty started. I was in the penultimate wave with the fastest racers setting off last. With four of us in each lane we all seeded ourselves so the fastest sets off first. Then the whistle sounds and everyone goes.

I always lose track of lengths but

the tap on the head with a swim float to tell me I had two to go came at about the time I was expecting.

Transition along the side of the pool is well thought-out. Every racer has their own spot to lay out trainers and extra kit, and leave goggles and swim cap.

The two lap 10k course, which

takes in the sea-front, took us away from the wind for a while, but turning back into it was like hitting a wall, while cross winds on the sea front meant you were constantly adjusting your run line just to stay upright.

After catching two or three people I tried to stay with a faster runner up ahead for as long as I could, but eventually I lost him on the second loop.

Because it was too windy for flags, it was hard to see where the finish line was – in the end I just headed for a group of people standing where I thought the line should be!

I regularly win an age-group award so was really pleased to get the SuperVet trophy. My run result was similar to my pre-injury time – even with the wind – so I was happy. I aim to be back next year.

Words Fiona Duffy Images Courtesy of Tuff Fitty Triathlon Club

> **CHALLENGE ALMERE-AMSTERDAM** WILL HOST THE LONG DISTANCE EURO CHAMPS