

Dom is now an Ironman!

It was the 22nd May 2010 and we were standing on the beach at Puerto Del Carmen in Lanzarote along with several hundred spectators. At precisely 7am a hooter sounded and 1,386 competitors launched themselves like lemmings into the sea at the start of the 2010 Lanzarote Ironman. Somewhere amongst them was our son Dom, although not to be recognized as they all looked alike in wet suits, goggles and swimming caps.



great swim, 1 hr 5 mins, and then we caught up with him picking up his bike. With a quick wave he was off. We drove up into the hills to watch them all cycle through. The terrain was horrendous, with searing heat off the volcanic rock. Uphill, speeds reduced to nearly a standstill, downhill a hair-raising 40 mph plus. There were many accidents - not for the faint hearted.

After 6 hrs and 36 mins of 112 gruelling miles, Dom arrived back at the beach to change for the simple matter of a 26 mile marathon run.

Lanzarote - the 'Iconic' Ironman

So what's Ironman? It's an annual series of events held all over the world, each comprising a swim of 2.4 miles, a bike ride of 112 miles and a marathon road run of 26.2 miles. To achieve Ironman status the course has to be completed in 17 hours! Lanzarote Ironman is reputedly one of the toughest, with high temperatures, winds and a bike course through the interior of the island climbing 2,551 metres over several peaks.

Dom's challenge started the previous July when he went to watch his friend, Sam, compete in the Austrian Ironman. Dom was so impressed that he immediately decided it was for him. He had never competed in any swimming, biking or running event but from last October he started serious training. It entailed up to 25 hours a week of swimming, cycling and running through a bleak winter.

The big day arrived and at 5am Dom got into his wet suit and gathered with all the other competitors on the beach. He had a

Gruelling but Triumphant!

He looked shattered as he ran off and, as the run was over three circuits, he passed us several times. He didn't appear for a long time on the first circuit and we thought the worst. When he did he was suffering badly. With a bit of encouragement he took off again. The second circuit was slow but the third and final circuit was fantastic. How proud we were when he came into the finishing run-in after 4 hrs 55 mins and passed us as he reached the end line to break the tape and receive the medallion round his neck. He looked bright as a button then and no wonder! It was a wonderful challenge for Dominic, and he is already signed up to a further Ironman distance race this August in Nottingham and next year in Austria.

Dom finished 716th with an overall time of 12 hrs. 53 mins. He's now an Ironman!

**Roger and Anita Hollingdale
(Mum and Dad)**