

CENTRESPORT

Daring to succeed

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Big Breakthrough for Fraser

CSIS triathlete Fraser Cartmell competed in his first half Iron Man UK competition on 16th July. The event is also known as the UK 70.3 as it is 70.3 miles long. The race was held at Wimbleball in Dorset and attracted a field of some 1500 competitors of whom more than 40 were in the elite athlete class. Fraser won the golf medal in a time of 4 hours 24 minutes over a course which is regarded as one of the toughest in the world.

Going into this event, there was an expectation that Fraser could finish in the top 5, therefore winning was an exceptionally good result. Fraser is now wanted for the world long distance team and this creates a quandary for Fraser whether to go for long distance or the shorter Olympic disciplines which is triathlon. The triathlon is a 1500 metres swim, 50 km bike ride and 10 km run, but this is considered as 'short'!

National coach John Dargie is very pleased for Fraser as he has had to cope with being at university for exams as well as competing and training. Fraser finished 5th in the triathlon sprint even (half the triathlon distance) and 15th in the French Grand Prix triathlon sprint where he competed against the best in the world. John said "Fraser has shown that his underlying strength and fitness are excellent and he now has a platform from which to move forward. He is training at altitude in Switzerland at the moment and when he comes back he may have to make a choice between the Olympic Triathlon or the longer distances".



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