

JAMES SIMPSON

TAKES ON THE

'THE DECA'



ABOUT ME

Raised in Alfreton. Attended Croft Infants, Woodbridge junior school (where I now work) and Mortimer Wilson Comp.

As I grew up Alfreton offered a lot of extracurricular activities to keep kids active. All these activities were supported by members of the community. Alfreton swimming club: George Curley and Sue Fox. B.M.X club at leisure Centre and of course the Polygon Youth Club lead by Tom Fox. All these clubs and activities, along with the amazing outdoor spaces in Alfreton (Park, pitch n put, Alma Park, BMX track (now defunct), kept young people active and engaged.

Much of this support for children and young adults has been lost. Raising funds to support the reintroduction of this type of Youth support has motivated me to take on a fund raising challenge.

THE CHALLENGE

The Iron distance triathlon is widely acknowledged as the Ultimate endurance challenge in sports. This event consists of a 2.4-mile open water (lake or sea) swim, a 112-mile cycle and a 26.2-mile marathon run. You are allowed 17 hours to complete this challenge, many don't!

I am to attempt The Deca Triathlon.

The race consists of one full Iron distance triathlon every day for 10 consecutive days. That's a 2.4-mile swim, 112-mile cycle and a marathon every day for 10 days. The cut off for each day is 24 hours, so the rule is I must be on the start line of the swim at 7am every morning, ready to take on the next Iron distance triathlon! I hope to complete each day in 14-18 hours, allowing time for some recovery and sleep. This plan may fall to pieces as I fall to pieces!

The course (near York) is a lake swim, an 8-mile road cycle loop and a 1.1-mile trail run looped course, so I should get to know the area about as well as I know Alfreton.

SEE YOU AT THE FINISH...