

1.

THE OLD RECTORY
LITTLE DUNHAM
KING'S LYNN
NORFOLK
PE32 2DF
TEL: 01760 722279

Dear Edgier,

I am a bit of a traditionalist and so thought I'd resort to pen & paper to thank you for a superb trip to Lanzarote rather than tap away on a keyboard!

The Endwoman Arch to Ave training camp was a brilliant experience. One where we were able to; make friends who have become comrades, seek advice primarily from you but also others who have made it from London to Paris & of course push ourselves.

You kept the swimming interesting
& tough with a variety of challenges:
long, fast, twice in a day, laps,
point to point ...

And, gave us all a chance
to work on nutrition, head game,
admin etc.

Then there was the night
run: up, down & around the
volcano. I was fortunate to
most of it with ~~otly~~ Richard
which made it fun, we laughed
a lot but at 29 miles covered
some good ground, then in the
water for a 3 hr swim having
not slept. A brilliant session.

The 10 hour was a great
test for all of us, both

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mentally & Physically, of course
having swum to France I should
have the tools but we both know
a 10 hr is always difficult &
seeing my fellow athletes out there
made it a joy. watch each in
their own way break barriers.

As I said (and it wasn't
bull***) I was pleased when
the sun disappeared behind
the cloud as air temp is so
important & it made it a more
significant trial... furthermore knowing
what waits for me in the channel,

I like to train with worse nutrition
& so when I have bananas,
scotch egg, CNP (rather than Multidek),
& fruit cake (a great tip) I
should feel stronger.

So, that camp has
kicked me in to gear, now back
to the pool for volume & pyramids
to get stronger, go further &
iron out my technique & of course
some long miles on the road
(on foot). Then hopefully I'll
be ready to give it my best
shot.

I am not complacent, far
from it, this is a massive
challenge & one which needs
the greatest respect.

3.

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hanza, is a stepping stone towards the ultimate goal & I am going to work bloody hard (boxing gym for fitness as well).

The camp provided me with great tools though. It was a privilege to meet & learn from you & make friends with all the Endurorran family with whom I am just so excited to go on this journey.

With grateful & sincere thanks... it was brilliant!
William

