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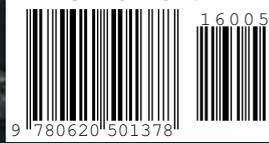
JANNIE'S HOME!

Get to know the world's greatest endurance athlete – he's homegrown!

IN ASSOCIATION WITH LAVA SERIOUS ABOUT TRIATHLON



AUTUMN 2016 R59.90 incl. VAT



For people who LOVE triathlon

CONTRIBUTORS



ADRIAN MORRIS

Adrian knows a thing or two about hard work and dedication. When the SA sailor decided to focus on triathlon almost 22 years ago, it took him 10 years to qualify for the IRONMAN world champs in Kona, at the age of 54. He had a bad day out as many did in the heat but toughed it out to complete the dream in 12:03:07. His quest for a Kona AG medal has involved time and money-consuming research – a detail that most of us can only dream of. He bought and trialed just about every tri-suit on the market so when he shares his top picks of tri-suits you know he's done his homework and can trust his word.



CHANTEL RALL

A few years ago, Princess Chantel was a high heel-wearing occasional runner who loved life. Then a diagnosis of cervical cancer changed that. She didn't lie down – instead she kicked its sorry ass and turned her life around, training like a woman possessed, to deny the illness and any self-doubt to live her dream of becoming an IRONMAN triathlete. They call her the Iron Princess, from close friends to her plethora of social media followers. She has a steely determination you've rarely seen. Today, the cancer is back but her iron will has only hardened, in fact she's declared WAR!



ANNAH WATKINSON

We still don't know how she does it. Annah works full-time in the Barclays Seeker Fund, a venture capital fund investing in fintech start-ups, and now races pro. She nailed her first pro race in EL in January with a potent podium performance placing 3rd overall and 1st Safa. It's clear this "bananah" is ripening sweetly. We somehow managed to sit miss antsy pants down for five minutes to unpeel her for you on page 38. "I have an extremely competitive nature, I often hear the line: 'Not everything is a competition Annah.' There is truth in there, but I just cannot help myself!"



BRAD WEISS

From apprentice bike mechanic and student just five years ago to being crowned ITU U23 Cross Triathlon world champion and SA XTERRA champ, Brad has proved that dedication, hard work

and patience remain the keys to unlocking potential and realising dreams. Witnessing his rise to glory has been rewarding to say the least. Landing a gorgeous lady friend with an adventure-racing pedigree is just the lucky icing on the cake that comes with good karma and just being a good oke!



DR. CHAD GORDON

After introducing Jan Frodeno to the sport of triathlon, ex Springbok triathlete, Chad Gordon, set off to varsity in America on a sports bursary. Now back in South Africa he heads up chiropractor

practices in Grabouw and Hermanus and still feeds his multisport addiction with triathlons and adventure races. But you're most likely to find this ageless talent leading trail runs around the country, loving his new endurance passion. Follow him on Twitter @ChadGordon5.



MARK ALLEN

Anyone who knows the history of triathlon will hold the name Mark Allen in halo'd lights. He is after all the idol of almost every kid who has read about the history of tri or watched footage of the countless tri races of all forms

plus every respectful competitor who ever lined up beside him. Mark was recently voted Endurance Athlete of the Century, which was a feather in the cap for a relatively low-profile sport against the likes of cycling and running. As long as he writes his gospel we will publish and remain grateful and inspired by it.



KEVIN RICHARDS & DR SALLY WATERWORTH

Kevin Richards is a name any self-respecting Safa triathlete ought to know. He was captain of SA triathlon in the 80s and 90s with a lethal unmatched swim, which he defended to the finish nine times out of 10. The former Springbok swimmer, triathlete and national champ is now a coach focusing on building strong swimmers, from novices to pros. His partner in crime, sports and exercise scientist Sally, joined the Blu Smooth team in 2014 and hasn't looked back. The formidable team share local PE insights earned by training athletes of all kinds on the very course our Ironmen will face on 10 April.

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LAVA

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FRODO'S FIRST TRIATHLON

Back in the late 90s while Jan Frodeno was still in high school, Chad Gordon introduced him to triathlon. You might say Jan's never looked back.

When we look at a world champion and wonder where they came from it's an honour and privilege to know that the IM world champion, although known internationally as the German wunderkind, was actually a "born" and raised South African kid!

It's a fairytale story of a tanned and lanky boy named Jan Frodeno, or "Frodo" as we already called him then, coming along for a road cycle. I had told him to join us, as the surf lifesaving and volleyball were far too tame! Jan took me up on the invitation; it must have been the temptation to ride with guys much fitter, much older and more experienced in multi-sports that lured him away from surfing and beach volleyball for the day.

Jan did well to stay with the bunch and after that we treated him like our little brother. Then after coming to watch me race a few triathlons he plucked up the courage to do one himself. The most notable event where he came to watch me race was a triathlon in Simonstown; Jan said he'll come watch the swim and bike and then join me on the run! Not really legal, but we did it anyway. Looking back this was obviously a special piece of the puzzle in the professional career of the current world champion.

The swim began in the freezing waters of False Bay from Simonstown harbour. The water was so cold that day that as I stood up to run into T1 my head reeled and I almost lost my balance. Fighting up through an encroaching crowd I was just regaining my senses when



FROM LEFT: Michelle Lombardi, Anke Gordon, Chad Gordon, Jan Frodeno and Emma Frodeno relaxing in Stellenbosch during one of Jan's training trips to South Africa.

my overenthusiastic super supporter, yelling encouragement, whacked me on the back in what was meant, I guess, to be further encouragement. He clearly didn't know his own strength though as his inspirational pat on the back sent me plummeting to the ground, face first into the concrete slipway. I can still see the look of horror on Jan's face.

Fortunately I was too cold to be hurt by the fall and carried on to T1, before completing the bike leg without any issues. The plan then was for my protégé to meet me halfway on the run. As I approached the turn I saw Jan, waiting for me like an excited puppy, bounding up and down, ready to join me for the way back. I wasn't sure if he was so excited because I was in the lead or because he had the opportunity to run with me. Either way, in retrospect I was running with the guy who would go on to become arguably the world's best triathlete ever.

I must say, it seemed like he struggled to stay with me on the run...

The next stepping stone was for Jan to start running more and improve this, his newest and weakest discipline. Compared to his swimming and his ever improving cycling he had a lot of

work to put in on the run. With his size 12 shoes we had serious doubts about this young man's ability to go fast on land! It also gave us something to rag him about.

His biggest challenge when running was to think and physically try to obtain an efficiency that would take him to world level, with feet like those and the state of his style early on, we didn't see that being possible. But there again: determination, commitment and lots of hard work paid off. Proving anything is possible no matter what the text books say.

The real next step was doing his first triathlon by himself, no mates to hold his hand and racing to see if he could keep up with us. We knew he would eat us for dinner in the swim, especially in

"AS I APPROACHED THE TURN I SAW JAN, WAITING FOR ME LIKE AN EXCITED PUPPY, BOUNDING UP AND DOWN, READY TO JOIN ME FOR THE WAY BACK."

adverse conditions. With his prowess as a water man we knew if it got choppy on the swim that we wouldn't see him until the run.

So with the plans made we entered the Hout Bay triathlon. And when race day arrived Jan was confident he could actually beat me. It was cold and windy which swung the advantage into his favour. But to Jan's deepest disappointment I caught him on the run and took the line honours. It was the beginning of him developing into a world class triathlete. From that point on I think there was only one destiny for Jan: to the top of the world triathlon scene.

Jan was a Cape Town beach boy through and through. He attended the German School and his parents, Christa and Michael, were incredibly supportive. He was modest, and never let the triathlon bug consume him too early. When he wasn't riding with us he was still surfing or hanging out on the beach playing volleyball.

We had some great adventures together, like getting a lift with his parents up to Knysna to run the famous half marathon before cycling back to Cape Town. These were some of the arbitrary yet important foundation blocks which helped Jan become a well-rounded athlete and person.

I think Jan got to a stage when he had to make a decision and the defining moment came when we both were invited to a braai in Kloof, where we were to meet a German couple scouting out potential athletes. Jan had what they were looking for, talent and a German passport! South Africa didn't even bat an eyelid, and the Germans offered it all! "Come to Germany and they will spread those wings!" I was nodding with delight and this was his turning point. This was the move that paved the way for him to develop into what he is now. It helped him create this path, combined with his gift of good genes; his passion for swimming, biking and running; his mental strength believing in himself and his ability to overcome all the odds – these are what it takes for a perfect sports person like Jan to make it happen.

It's been a privilege to be involved somewhere along the way of this very amazing super athlete named Frodo! 🍌