

52Putting The Pressure On – A Lifelong Occupation Make A Difference. Take Action. Move The Game Forward. Achievement Gold Medalists Michael 'King of the Paparazzi' Harding Racing Wins Farnham Nationally & Internationally Ranked Coach Catherine 'The Ugly Duckling' Harding The First Professional Female Team Dame Kelly Holmes The Great Wall of China Mike & Dave GSA Can you tell us a little bit about why you want to compete in Enduro? I compete in Enduro for many different reasons, to be honest. Although it's my main event and I spend most of my time preparing for it and training for it, I also train to get better all year round. This includes training to become a better all-round rider. This is one of the biggest problems when it comes to Enduro, not that there isn't enough training, but that there are so many different facets to the sport that you are expected to be good in every discipline. You have to be good on the bike which includes climbing, technical, stamina and speed. But then you have to be the most efficient, most consistent in the most technical areas, and then you have to carry your speed, stamina and bike handling off the bike and on the run, which is easier said than done. I have found Enduro to be the most individual and the hardest form of racing in the world, but also the most rewarding and the best. It is not for everyone, or even most people, because the sport itself is split into so many different disciplines: technical, stamina, speed and endurance. But Enduro also gives the best opportunity for anyone that can ride a bike and stay alive to be the best rider in their category. Enduro is so individual though, what do you think makes you stand out? I know I think differently, no matter where I go or who I'm with. I know what I want to do and I know I can. I know I can do things that the average rider cannot do. And I know that I can finish the race, no matter where I am in it. This is a feeling that I do not understand how anyone else feels but I know it is out and it is there. Maybe other people are just scared or don't

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