

“Beneath it all was the fear that if you don't ride faster, your career is over”



WORDS: ELLIE SWIRE PICTURE: GREG WOOD/AFP/GETTY IMAGES

Hamilton rides to victory in the individual time trial at the 2004 Olympics

## NEW ON THE OUTDOOR FITNESS BOOKSHELF



**FIRST TIME IRONMAN** by Rhys Chong, £12.99

Training for your first Ironman triathlon can be a lonely affair. It demands a training regime that can overwhelm your life. This book comes across as the wise training partner you wish you had, mixing training advice, first-hand experience and the feelgood uplift of a US-style self-help book. **Info** [ecademy-press.com](http://ecademy-press.com)



**SOLO** by Dave Clarke, £14.99

We've all surely pondered taking on an epic challenge - and then come to our senses. Not Dave Clarke. Having sailed solo over 5,000 miles of the Atlantic in a small yacht, he took a break from his career and young family and rowed 3,000 miles unsupported across the same ocean, despite never having rowed before. This is his warts-and-all account of the hardships, highlights and above all his search to feel alive and free. It's an inspiring account. **Info** [oceansolo.co.uk](http://oceansolo.co.uk)



**SUGONG** by Nick Hurst, £9.99

Former stuntman and money broker Nick Hurst signed up for four years of training in Shaolin kung fu in Malaysia, and returned with this - the gripping life story of his 80-year-old grandmaster, Sugong. It takes in opium addiction, kidnapping and family feuds - and that's before the formidable Sugong has even reached 16. Opening with an account of how Hurst gets roped into an attack on a triad gang, the action never lets up. **Info** [sportsbooks.ltd.uk](http://sportsbooks.ltd.uk)