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Wellington, Chrissie. *Chrissie Wellington: The Autobiography*. London: Constable, 2011. Print.

An accidental athlete, Chrissie Wellington stumbled upon the sport of Triathlon and later the Ironman through open mindedness and a willingness to try anything new. Sport was her salvation and she never looked back. She later on used this platform to advocate for causes and issues she felt passionate towards.

Wellington would not have described herself as an athlete or an “athletic junkie” while growing up, but athletics, or what she calls “sport” was always in the background. Instead Wellington was highly motivated, a perfectionist and quite obsessive over the idea of success and failure. Her success and failure to be exact. This drive and passion helped propel her through school, make headway in the Development industry but it also had negative effects on her self-image and ability to care for herself. A drive and passion without a positive outlet, can be extremely detrimental.

It is through her drive, the support of her friends, and her interest to push her limits both mentally and physically that she started to run, to train and to explore new opportunities. As Wellington began to explore the world of the Triathlete, she started to make connections on how she viewed the world and how she functioned. This training gave her the room to appreciate herself, her body and explore the world of internal development.

There is a special mystique about the sport, and what sports can do for you and the world. Wellington has been able to explore the boundaries of her body, as well as how sports can connect people and bring out their abilities. Wellington mentions that “everyone is equal in the water” in a race. I would agree. We see the same thing in the martial arts gym.

Each student is equal, and even though there is competition, just like in Wellington’s case with the Ironman, we support each other and push each other. The development of mind, body and spirit through sport is about creating an extended support system that will always want the best for you and for each other.

Through the physical practice, you begin to understand the mental and emotional preparations involved with the sport, either the Ironman in Wellington's case, or the martial arts gym in my case, you develop the best version of yourself. But that is never enough. You want and desire for continuous development. So the training becomes a way of life and it becomes a daily practice.