

Tim's hot form

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SPORT

Tim goes for gold



Freshwater's Tim Jacobs (above) is getting ready for the Coolangatta Gold and (below) Jacobs in action at the Ocean Ski Series at Dee Why Beach last weekend.

Main Picture: ANNIKA ENDERBORG. Bottom Picture: Hanson Sports Media

TWO endurance ski race victories in as many days has Freshwater paddler Tim Jacobs primed as the man to beat this summer.

Jacobs proved his worth by taking out the opening round of the 2007 Sydney Ocean Series at Dee Why on Saturday before notching up another win at the East Coast Ocean Challenge at Bondi on Sunday.

"It's good to know that all the training from the last few months is already paying off and racing in these events early in the season is a good learning curve more than anything," the experienced peninsula paddler said.

"I don't enter races to come



second and over the years I've learned that if you're mentally stronger you'll beat your opposition every time.

"At the moment I am really enjoying pushing my own physical boundaries to the limit.

"At the end of the day the biggest race is against yourself and I get the most pleasure out of just seeing how hard and far I can push myself and if that means winning then that's a bonus."

The in-form ski paddler has recently become the caretaker of the Freshwater Surf club which has made juggling training and family life with his wife and two sons much easier.

"Living on the beach at Freshie is definitely a good move that allows me to cut down on travel time to training," he said.

"If I have some free time it lets me duck down to the gym or beach for a quick session."

Jacobs now turns his attentions to October 14's Coolangatta Gold where he will be paddling the opening ski leg in a team event for his Freshwater club alongside his brother Pete.

"We have the Gold coming up and I guess with your brother it's a bit of a thrill," Jacobs said.

"Our team is pretty strong and with it being a long race it takes out the luck so looking at our team we should have a good crack at winning it."

Jacobs finished just ahead of Manly veterans Dean Gardiner and Dave Kissane in the Ocean Series at Dee Why while two-time Olympian Yanda Nossiter won the women's event.