



Release: Immediate
Date: June 28, 2015

The Exmoor Beast

Rain-drenched Exmoor set the scene for Weston Athletic Club's triathletes who took on what is reputedly the toughest half Ironman event in Europe. Ironman 70.3 UK begins with a 1.2 mile swim in Wimbleball Lake, has a gruelling 56 mile bike route in the middle with 5,000 feet of climb, and is rounded off with an off-road undulating half marathon.

Simon Andrews completed the event in 6.13.17 taking an hour off the time he set at the event last year. This was Simon's second half Ironman in two weeks, and another step closer to his full Ironman event in Copenhagen in August.

Chris Edwards competed at the distance for the first time on Sunday, one of only 20 competitors at the whole vent in his age category. Having worked hard in training throughout the spring, he completed the swim in a respectable time of 51.50. But he was then left to the mercy of the event's adjudicators who stopped him after he completed the 56 mile bike ride, along with a large number of other competitors, as they had missed the official event cut-off time.

Chris remains upbeat though, and as well as being proud of his achievements in two of the event's disciplines, he is also now planning his next half Ironman distance race in 2016.

Meanwhile, in Cardiff, Mark Gray completed the Cardiff sprint distance triathlon in a new personal best time of 1.41.57.

ENDS

For more information contact vanessa.andrews@westonac.co.uk