

Ironman 70.3 UK – Paul Wills

By now I'm sure you have read all the reports which have come back from Wimbleball lake where the club was represented really well by 7 of us. Some excellent times were achieved and have done the club very proud indeed on what is hailed by both the pro's and Ironman organisation as the toughest half ironman in the world. This crown is rightfully given due to the 52 hills and 2000m of climbing on the 56 mile bike course, followed by an equally hard 900m of hill climbs on the half marathon run....at least the lake was flat!!

For me personally I had three goals, to beat last years time of 6hrs 38mins, get close to or under 6 hours and finally to finish closer to my brother! Well I am pleased, nah actually I'm super chuffed, to say that the hard training for the full Ironman is paying off as I achieved all my goals and finished in a time of 6hrs 03mins...I was set for a sub 6hr race but the effects of both the heat, pushing myself hard and cramp setting in at the most peculiar of locations on my legs a few miles from the finish line meant that the last mile took me about 15 minutes to get round, frustrating to say the least.

So my final times were 6:03:31 which placed me 329th out of 1594 starters (almost 500 DNF's which is incredible). Another pleasing point for me was that I placed 180th fastest cyclist over the route maintaining an average speed of around 18mph completing the course in 3hrs 10mins....beating my brothers cycle time by over 3 minutes giving me bragging rights over this section for a change (we always compare cycle times after a race and he normally beats me!) His eventual finish time was a brilliant 5:48:53 placing 219th overall and grabbing himself one of the pretty smart Ironman baseball hats for the first 250 to finish.

Thanks to everyone who came to support on the day, there was a brilliant atmosphere created and it was great to see everyone having fun and making plans to meet up in Bolton for the big one in August! Looking forward to your cheers dragging me round the marathon section and onto the red carpet!

So now another rest day today as my legs are a bit sore still and then its back onto the Ironman training for another 4 weeks before a two week taper...then its holiday time and I get my life back!!