

## Alan Conquers Hawaiian Ironman!

Owner / Manager of Nepean Swim and Fitness, Alan Bentley, recently returned from Kona, where he conquered the famous Hawaiian Ironman World Championship Triathlon. On the 12th October, Alan's dream became reality when he competed in what is regarded as the most enduring and physically demanding triathlon in the world. While the swim, cycle and run leg is the same distance as every other Ironman challenge Alan's competed in, the climate and harsh natural elements of the Hawaiian course tested his mental and physical abilities. Alan was off to an astonishing start in the swim leg! He was the first one out of the water in his age group ~ Which makes him no. #1 in the world in his age group for the swim leg of an Ironman triathlon! Incredible! Alan finished the course in a time of 10 hours, 24 minutes and 41 seconds. Well done Alan! An absolutely amazing achievement!

