

## Chrissie Wellington breaks another Ironman Record

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Alumna Chrissie Wellington has rewritten the record books once again as she put in another impressive performance to win the Spec-Savers Ironman triathlon held in Port Elizabeth, South Africa on Sunday, April 10.

Triple World Ironman Champion Chrissie completed the race in 8:33:56, which is now the all-time fastest women's time for a sanctioned Ironman event, smashing her own record set in Arizona last year by two minutes and 17 seconds.

Her time meant the 34-year old not only placed first amongst the women and eighth overall, but also bettered the course record by a whopping 42:36.



Chrissie Wellington

The 1998 Geography graduate began the race by exiting the water in 51:40, put in a fantastic performance on the bike, increasing her lead with each stroke of her pedals and finally recorded a 2.52.54 marathon time – the fastest run split of the day for both the men and the women.

It was not the only triumph for an UBSport alumna in this race as Chrissie was followed 35 minutes later by fellow University of Birmingham swimming club member, 32-year old Rachel Joyce.

The 2000 Law and Politics graduate bettered the course time by seven minutes.

Speaking after her race Chrissie said: 'I am so incredibly thrilled with the result of the Spec-Savers Ironman South Africa. To get the victory, and break the World Ironman Record gives me a huge amount of pride and satisfaction.

'More importantly it causes me to rethink what is humanly possible for both myself, and others in endurance sports. And to share the podium with a fellow University of Birmingham graduate and close friend, Rachel Joyce, was just the icing on the cake!'

She added: 'Having spent the last two months training in the wonderful town of Stellenbosch, near Cape Town, I have had the opportunity to experience the rich South African culture, fantastic scenery, great food incredible hospitality and passion - and this made racing here all the more special. I am so happy I could give everyone a show to remember!'

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