



Michelle and David Boyes showed their mettle in the gruelling Ironman World Championships. Picture: Jon Hewson d340298

Iron couple impress

■ TRIATHLON

MANDURAH iron couple Michelle and David Boyes have returned from the 2010 Ironman World Championships in Hawaii having completed the gruelling day-long swimming, cycling and running marathon in around 10 hours.

Michelle, competing in her third Hawaiian event, finished fourth in 10hr 16min 30sec in the women's 40-44 age group, beating last year's time by about 45 minutes.

David came 26th in the men's 45-49 age group in 9hr 59min 08sec, managing to achieve his goal of finishing the iconic event in less than 10 hours, about 20 minutes slower than last year owing to foot problems.

In fourth position, Michelle was recognised on the top-five podium and received a wooden bowl with engraved plaque for her efforts, adding it to two David received in previous events for finishing in the first five, expanding their exclusive range of "salad bowls".

Michelle, a City of Mandurah fitness instructor, said she was "over the moon" with her finish time and after hoping to do well in the 180km bike ride managed to finish second in her age group in 5hr 22min 11sec with an average speed of 33.57km/h.

Along with several other local entrants, the pair is now preparing for the Busselton Ironman event in December.

Both Michelle and David came first in their age groups last year and hope to improve their times in this year's event.