

Barry Alldread completes his first IM distance:

I'm alive! What a day of mixed emotions...had an amazing swim, horrendous bike, nearly being forced to quit at 25 miles with a snapped spoke - ripped it off, pulled the brakes off and preyed that the wheel would last another 90 plus miles, took a wrong turn at mile 40 for 5 miles which took far too much strength out of my legs for the run. But who cares to hear those famous words running down the carpet BARRY YOU ARE AN IRONMAN are just incredible! Now time for food and RR.

Nick Teige has to dig deep in Bolton. Nick has previously produced amazing IM distance performances, and whilst this may not have been his best day at the races, he showed what it is to be a multiple Ironman:

Absolute shocker of a race and a personal worst by about 90 minutes. Never hated a race so much and can honestly say I didn't enjoy a second of it BUT I've never been prouder to finish. Wasn't in the right frame of mind after the first lap of the swim and came very close to quitting before the second lap. Couldn't keep any nutrition down after about 50 miles on the bike and just felt like I was going backwards. Everything I took just came straight back up. Had some very dark moments on the course and had to really force myself to keep going. Actually got off the bike on a couple of occasions ready to call it a day and had to give myself a real talking to to keep going. Run wasn't much better either. All I stomach was a few pretzels at the aid stations but after 60 miles with no fuel and then trying to run the marathon I just had nothing in my legs and was literally running on empty. All I can say is that it was one of the worst experiences in my life and I have never suffered that much or had to dig that deep before. It was a long time to do battle in your head and without the support of family, friends and the whole of Bolton I'm not sure I would have made it. Hearing my name read out as I crossed the line was emotional and looking back I'm sure I'll actually class this as one of my biggest achievements irrespective of my finish time. I didn't quit and worked bloody hard to be able to call myself a 3x Ironman. Thank you and here's to next year when I WILL be back on my A game!