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The anecdote is typical of Brunt's Mr Bean-like slide into the world of amateur athletics, which he has documented in the book *Accidental Ironman: How Triathlon Ruined My Life*. Brunt was 35 and...

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Accidental IronMan

But she also knew nothing in triathlon was a given. In order to get her Kona spot, she would not only need to finish the race, but to do it in a shortened time frame. Unlike most Ironman races, which have a time cap of 17 hours, Ironman Vitoria-Gasteiz had a limit of 15 hours and 40 minutes.

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I have competed in the Honolulu Marathon, Waikiki Rough Water Swim, and the Ironman Triathlon in Hawaii and Canada. I very much like to read and acquire new knowledge and skills.

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