



MEDIA RELEASE

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CAMPBELL COMPLETES DOUBLE

**Long Distance Triathlon – Double 'Iron' Challenge
Swim 7.6 km – Bike 360 km – Run 84.4 km**

Jamie Campbell of Rotorua completed a double 'iron' in Taupo on 28 February 2008.

Believed to be the first person in New Zealand to achieve this amazing feat, Campbell completed the challenge in 30 hours 12 minutes.

Having designed the course himself he completed the swim in 2.25 hours, the bike in 15.5 hours and the run in 12 hours. The remaining time was taken up in various stages of transition. Campbell was supported by a team of 16 friends, family and fellow athletes.

He said the swim went far better than expected even in the rough conditions. "My kayak support had trouble maintaining a safe distance while staying in vision," he said. "We collided once however the impact was minor."

On the bike leg consisting of four laps from Taupo to Reporoa and back, Campbell said the first two were on time. "However on the third lap I suffered and had nutrition problems, losing all my energy. Fortunately I was able to change my standard nutrition intake and recovered well in the fourth lap which allowed me to feel fresh for the start of the run."

Campbell said the run was always going to be the really hard part of the challenge. "At the start all I could think of was that I had such a long way to go. I had expected to walk some sections of the run but found I was both strong enough and had enough energy to run the whole way."

Campbell's weight was monitored on every lap to check that his hydration was at the right level. "Overall I lost 1.1 kilograms over the 30 hours of exercise. I also had medical checks before, during and after the race to ensure that there were no health problems at any time."

Campbell said it was a really amazing time. "Some of the real positives were the amazing support that I received: the comments from the athletes that ran or rode with me for a while; the guy that ran across the road to give me a high five in the middle of the day; the Canadian woman out for her last nervous jog before taking part in the *Bonita Ironman New Zealand* (on 1 March 2008), who said "do you mind if I cuss" and then went on to explain in her own encouraging words what she thought of what I was doing; a top *Ironman* age grouper who rode beside me while I was running just trying to understand how I could even think about doing something like this."

"And especially the last 5 kilometres when people came out of their homes and motels, while others stopped their cars on the roadside to cheer me on, and the awesome crowd there at the finish. It was the easiest 5 kilometres I have ever run! The support was so fantastic that I was able to pick up my pace considerably. It felt like I could have done it over again!" Campbell said.

Remarkably, Campbell was walking around quite freely the next day. "I was a little stiff if I sat down for a while but otherwise I was fine. I was even able to take my wife out for dinner on Friday night! I had no problem staying on to watch and support my friends and fellow athletes who had helped me through my challenge, as they competed in their own (*Ironman*) on Saturday. Mind you, it will take several weeks to get over the tiredness and recover fully," he said.

Campbell is already planning his next challenge which is to swim Cook Strait in 2009.

Ends

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