



NEWS RELEASE

28 August 2012



Colleagues' Triathlon Battle Goes to the Wire!

Sprint finish ends in dead heat for Ben and Dave

When colleagues Ben Brunton and Dave Hudson agreed to undertake the Southampton Fast Twitch Triathlon, neither would have claimed to be at the peak of fitness. Ben, who works as a lighting designer at commercial lighting manufacturer, Wirefield Ltd, near Fareham, was a self-confessed couch potato, and colleague Dave, who used to be a personal trainer, had in his own words “let himself go a bit”. However, it was clear from the moment the pair signed up for the event that neither would be content merely to complete the challenge - but were determined to beat one another.

The ‘fast-twitch’ triathlon comprises a 400m swim, a 14.5-mile cycle ride and a 3.5-mile run, each putting demands on completely different muscle groups. “The prospect of spending hours in a gym, and eating more healthily, was completely alien at first,” recalls Ben, “but I ended up loving it, and lost more than two stone in the process!” Not to be outdone, Dave was also taking his preparations seriously. “I think the rivalry spurred us both on” says Dave. “Neither of us wanted to lose, and we both knew the banter that would follow for the one that did, so I trained really hard to get in shape for the event.”

Come the day of the event itself, the pair started in the same 'wave' of competitors, just two lanes apart in the pool, but it was Ben who forged an early lead, taking a near four minute advantage into the changeover to the bikes. Though Dave emerged somewhat adrift of his younger rival, he looked completely unflustered as he took time to dry off properly, and there was definitely a hint of the 'hare and tortoise' in the air as he mounted his cycle to set off in pursuit of Ben.

The 14.5-mile cycling segment followed a circular route from Hythe out to Beaulieu and back, and whilst the hills encountered were hardly of Alpine gradients, Ben's fixed-wheel bike – more suited to use in a velodrome – was proving to be less than ideal, and Dave was steadily closing the gap.

At the second transition, Ben's lead over Dave had been reduced to around two and a half minutes, and the run was rumoured to be Dave's strongest element. Family and friends of both waited nervously near to the finish, wondering which would be first to come into view. And then, with little over 1 hour 40 minutes having elapsed since they entered the pool, the pair turned the last corner, and sprinted for the finishing line. Amazingly, they crossed the line side by side, both trying desperately to secure the bragging rights, but neither prepared to settle for second.

So, with medals around necks and with honours even, they could both look forward to returning to the office on Monday morning, but will they be back next year? Well, despite the aches and pains, that's quite possible, and Ben may have another challenger next year – his dad!

In the meantime, Ben & Dave's efforts have been well rewarded, with sponsorship easily exceeding their fundraising target of £500 for the Smile4Wessex Appeal. Our grateful thanks go to both Ben and Dave, and to all who have so generously supported them.