

Capital ironman Alan proves his mettle

Edinburgh athlete Alan Bremner is aiming to complete a remarkable double when he travels to Hawaii later this year.

President of Newhaven Harbour Triathlon Club, Alan has reached the World Ironman Championship final in the 65-69 year age-group after a qualifier in Lanzarote.

A decade ago Alan won a World Triathlon Sprint Championship in Chicago.

He said: "Ironman is a very long event whereas the Sprint is much shorter. By winning both versions I might prove some naysayers wrong!"

The Lanzarote course is regarded as one of the hardest on the international circuit given heat and humidity, an ocean swim and a 2,550 feet cycle climb in addition to the running aspect.

First out of 11 contenders in his age-group Alan finished 294th of 805 male participants.

His winning time in sealing the sole qualifying spot was 11 hours, 51:41 secs.

Alan adds: "It will be the pinnacle to get to Kona in Hawaii on Saturday 26 October and the ultimate to win at the long distance."

By way of preparation Alan will be heading in late July to the Alp D'Huez Triathlon where the cycling challenge is similar to that undertaken by competitors in the Tour de France with 21 bends featuring in a massive climb.

A qualified British triathlon coach he also taught judo at Meadowbank around the time he was persuaded to do his first triathlon at Haddington 20 years ago.

Among his prodigies is Sue Kingston, who took up triathlon aged 58 at the Newhaven Harbour Club and, last year, competed in the 70-75 age bracket in three international triathlon events, winning gold and silver medals for Great Britain.



Alan Bremner celebrates his qualification for the World Ironman Championships after winning the Lanzarote qualifier in his age-group



Alan Bremner shows the cycle skill that has made him an ironman winner.