

**ENSINGER pays tribute to its very own Ironmen**

Lake Placid, New York, location of the 1932 and 1980 Olympic Games, played host on July 25<sup>th</sup> to Ironman USA.

This extreme event has now been held at Lake Placid six times but this year, ENSINGER had its very own competitors in husband and wife, Steve and Allyson Speirs.

Keen runners, Steve and Allyson have both progressed (for fun!) from half-marathons to full marathons, triathlons and half-ironman competitions before finally taking on their first full Ironman.

Having trained for months and travelled some 700+ miles to the venue from their home in Virginia Beach, Steve and Allyson both stated their aim was to finish, although Steve was hopeful of completing the course in around 13 hours. They both did better than that with exceptional results for first time amateur athletes competing against full time professionals!

Their results are as follows:

	Competitor	Time	Place in Category	Place Overall
Ironman Event 1:				
2.4 mile swim	Steve	1:25:37	296	1636
	Allyson	1:30:00	68	1767
Ironman Event 2:				
112 mile cycle	Steve	6:41:56	259	1246
	Allyson	8:02:55	75	1846
Ironman Event 3:				
26.2 mile run (marathon)	Steve	3:59:52	78	339
	Allyson	5:30:12	59	1509

At the end of the event, Steve crossed the finish line in 12 hours 19 minutes and 58 seconds in position 821 overall (174 out of 344 in his category). Allyson made it in 15 hours 23 minutes and 37 seconds – position 1724 overall (70 out of 86 in her category).

Ironman events are not only a test of physical ability and stamina - they also test you mentally, challenging characteristics such as bravery, courage, determination, willpower and strength of mind.

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**Additional information:**

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*The race begins*