

Ex-Swimming Squad Member - Adam Gadenne Completes Ironman

Cotswold226 is a Full Distance Triathlon that is held in the Cotswolds. Contrary to popular belief, the topography of the Cotswolds is actually pretty flat in the southern end of the region as well as housing some of the most stunning countryside and picturesque villages. The bike and run courses take you through the type of scenery that take your mind off tired legs, but keep you largely on the flat to keep your speed up.

All the many years of squad swimming at Hythe Aqua paid off for Adam as he completed the Iron Man distance triathlon, Cotswold 226.

The event was:

Swim 2.4 miles, Bike 112 miles and Run 26.2 miles

Adam started at 5.30am and finished in a time of 15 hours and 10 minutes.

Well Done Adam.

