

Burt's World Class Performance

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35 year old Lane Cove triathlete, Nick Burt, demonstrated his world class ability by finishing top 20 in his age group at last weekend's premier international event, the Ford Ironman World Championship in Kona, Hawaii.

Tens of thousands around the world seek to qualify for the grueling event each year but only about 1700 qualify – this was Burt's third appearance.

The Sydney financial analyst completed what is widely regarded as one of the biggest challenges the sport has to offer in 9 hours and 27 minutes to come 103rd overall and 19th out the 245 competitors in his 35-40 age group.

It took Burt just over an hour to finish the first leg – a 2.4 mile swim; he took 5 hours and 8 minutes to complete the 112 mile bike ride and another three and a bit hours to finish the 26.2 mile run.

American Chris McCormack won the event followed by Burt's fellow countryman Craig Alexander.

Burt trains with Thompson Swimming at the Lane Cove Aquatic Centre. Head coach, John Thompson, paid tribute to Burt's performance.

"Nick is one of the most focused and dedicated athletes I know. There is no chance involved in his success – he earns it one step at a time".

"I can't be more happier for him" Thompson said.

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