

The New Zealand Herald

Ironman: 'Gruelling but awesome' race

By [Gary Hamilton-Irvine](#) @thedailypost

8:20 AM Monday Mar 7, 2016

Rotorua's Grant Utteridge has conquered his first Ironman New Zealand event which he says was gruelling but awesome.

The endurance race in Taupo includes a 3.8km swim, 180km bike ride and 42km run.

Utteridge finished the race in under 12 hours on Saturday – well inside the cut-off time of 17 hours.

"It was gruelling ... but it is an awesome feeling to tick it off – I have scratched that itch," he said. "I had a great swim and had a really decent ride, and I had a pretty steady run, so I can't complain. I'm over the moon."

Utteridge – the current Sport Bay of Plenty chairman – has been training for the event since June last year.

He has completed plenty of Half-Ironman races over the years but had never completed a full Ironman until Saturday.

He said running through the Taupo township was a real highlight of the race with heaps of supporters and spectators lining the streets: "When you run back into town, it is just awesome."

More than 1300 participants from 52 countries took part in the 32nd staging of the event.

By [Gary Hamilton-Irvine](#) @thedailypost

– [Rotorua Daily Post](#)



Rotorua's Grant Utteridge has completed his first Ironman. Photo / Stephen Parker

Copyright ©2016, NZME. Publishing Limited