

Preddy ready for Thailand

DARWIN Triathlon Club champion Grant Preddy is off to the Ironman 70.3 Asia Pacific Championships in Thailand after a top-10 finish in the Philippines Ironman 70.3 over the weekend.

The 23-year-old battled intense heat and humidity as he pushed through the 1.9km swim, 90km bike, 21.1km run only a week after contesting the local Finlay's NT Long Course Triathlon.

Preddy was first out of the water for his category in 28 mins and 45 seconds then rode hard during the bike leg to lead the run leg.



Grant Preddy

But Preddy's big week got even bigger when he won his male 18-24 years category in 4:40:38 and snatch overall ninth place. "The race was good but I was cramping up the whole way. It was hot and tough, wasn't at all what I expected," Preddy said.

"Time wise I had a good bike, but didn't seem to get into a rhythm until the 30km mark and was cramping for the last 30km."