

19 FEB 2003

Sports-Ironman (Handicapped)

HANDICAPPED TRIATHLETE FINDS LANGKAWI IRONMAN MORE CHALLENGING

LANGKAWI, Feb 19 (Bernama) -- Handicapped triathlete Randy Cadell from The United States (US) admits that the upcoming Ironman Langkawi Triathlon on Sunday will be more challenging compared to the World Ironman championship in Kona Island, Hawaii.

"I love to exercise in Langkawi as the venue is more challenging than Hawaii especially with its windy season now, the routes and especially in the swimming discipline. I feel like the distance is quite far, straight line, although the length is still the same (3.8 km)," he told reporters here today after his training stint.

"My goal is to clock below 12 hours and I'll do my best this year after failing to finish the championship last year in the swimming discipline due to health problems," he added.

Cadell has a personal best time of 11 hours and 39 minutes in the Ironman California in 1997.

The seasoned triathlete, who had participated in 26 Ironman championships and is the only handicapped foreign triathlete, is expected to face competition from another disabled competitor from Malaysia, Mahathir Ejin Dinting from Sarawak.

Cadell, a wheelchair-bound competitor, will be using a special tricycle in the upcoming Ironman championship.

"My best record here is 12 hours and 35 minutes but if I could improve the record in 30 minutes it will be wonderful," he said.

Cadell, who arrived here yesterday, has started training in the three disciplines.

The competition requires a triathlete to swim for 3.8 km, cycle for 180.2km and run a 42.2km in under 17 hours to earn the Ironman tag.

-- BERNAMA

NH AO