

Iron Man Challenge – a tale of three trustees and their determination

On Sunday 26th July, SHAW trustees; Andy, John and James took part in the Iron Challenge in aid of The Royal Marines Charity. An idea born by ex-marine and SHAW patron, Monty Halls, the guys wanted to support the challenge in any way that they could. Breaking the Iron Man down into its component parts; Andy took part in the 2.4mile swim from Blackpool Sands to Slapton Sands. James then rode 112 miles around the South Hams, completed by John undertaking a coastal path marathon ending in Dartmouth.

The day began early for Andy with a 5am call at Blackpool Sands. In the water at 6am, Andy made his way across the water, arriving to a rapturous applause from family and friends at Slapton Sands at 7.10am. By this time, the car park was beginning to fill with family and friends, setting up for the day to support the SHAW trustees and all the others taking part.



At 7.45am James set off on his bike ride – just 4 laps from Slapton Sands, Kingsbridge, out to Totnes Cross and back to Slapton Sands along the coast road! He was clearly made of stronger stuff than the spectators who by this time had grumbling stomachs and set about cooking up a breakfast feast with tea and coffee to keep up morale on the side lines! James was cheered on at every lap of his ride at Slapton Sands by spectators and finished at 3pm to an afternoon crowd who had been blessed with a lovely sunny day.



Shortly after James' departure, John set off on his coastal marathon run. Heading from Slapton Sands to Prawle Point, and back again, then onto Dartmouth along the coastal path, John made his run look easy, cruising past Slapton Sands looking like he was taking every step in his stride! John ended his run in Dartmouth at 1pm for a well-earned pint!



Whilst this event was about those taking part in the Iron Man, it allowed spectators to come together on the side-lines. Chatting over drinks and food it was clear to see how these hardy athletes had brought people together to share in a common goal. Old friendships were re-ignited and new ones formed, most likely with the underlying theme of 'rather them than me' although it was rumoured that someone is keen to give it a go next year should it go ahead!

The SHAW trustees to date have raised £2,485 for The Royal Marines Charity. Overall, a whopping total of £12,565 has been raised by all who took part – a phenomenal amount for a worthwhile charity. If you would like to donate, please go to justgiving.com/fundraising/SHAWrelay