

# Completing swim particularly rewarding for Hutt

• from MISSION on page 23

modest start, even by beginner standards, but one that buoyed her confidence.

After all, this time last year the idea of swimming nearly two-and-a-half miles was way out of reach, even for someone with exceptional conditioning.

"I felt if I could just get out of the water I could do this (complete Ironman), so when I finished the swim it felt great."

While it wasn't entirely smooth sailing from that point on, Hutt overcame some initial stomach cramps to complete the 112-mile bike in an even seven hours and then finished the 26.2-mile (marathon) run in just over five hours. Her overall time of 14:06.01

(transition time included) placed her 71st among the 110 finishers in her women's 35-to-39-year-old age group.

Spending the last three hours of the run in pitch dark was somewhat concerning, but with enough left in the proverbial tank and loads of time before the 17-hour cut-off, Hutt simply kept a conservative pace and closed out the grueling day on a rather strong note.

"The weather was fine but it was quite flat and windy, much different than the conditions I'd trained under around here," explained Hutt. "In a race this long there's going to be stretches that you feel awful, but you've just got to push through them and keep going. It wasn't quite as tough as I'd

imagined it to be, but it was still a lot more intense than anything I'd done before."

Several years on the Adventure Racing circuit have taught her how to stay mentally sharp through such lengthy races, and a fairly strict refueling schedule kept her energy at an optimum level.

"You can really lose track of time in a race like this so I had my watch set go off every 20

minutes so I'd know to eat something. You need to keep powering up."

Also part of the recent Ironman Florida was fellow Miltonian John Bannock, who clocked in at an impressive 10:35.04.

That placed him 299th out of more than 2,300 finishers and 15th among 187 competitors in his men's 50-to-54-year-old age division.

## Macdonald lighting it up in IHL

It's certainly been a memorable fall for Craig Macdonald.

For the second time in just three weeks the 27-year-old Milton forward has been named Player of the Week in the International Hockey League (IHL), earning his latest nod Monday.

Leading the way for the top-seated

Bloomington PrairieThunder, the six-foot, 200-pounder amassed nine points over a hectic three-games-in-three-days weekend — highlighting this stretch with two goals and two assists in a 5-2 win over Quad City Saturday.

He sits tied for second in league scoring with nine goals and 11 assists in 13 games.

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