

Iron Nan!

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Grandma of two set to compete in UK Ironman championships

GRANDMOTHER of two, Jill Dowson, is pushing herself to the limits in a couple of months, by taking part in the UK full distance Ironman championships at the end of July this year.

Already a keen runner and cyclist, she has been regularly visiting Allerthorpe Lake to hone her swimming skills in order to prepare for the open water swim element, and take on the stiff competition.

Over a thousand competitors will be descending on Bolton in this gruelling event that sees Jill and others swimming 2.4 miles before cycling 112 miles and then, as if that wasn't enough, they run a full marathon of 26.2 miles.

Sponsored by local hairdressers, Rockcurl, based in Market Weighton, the proprietors Heidi and Robert Frear said of Jill "We were hugely impressed that Jill wanted to take on such a massive challenge and we were happy to help in any way we could".

Depending on how well Jill does in Bolton, she could possibly go on to compete for the United Kingdom at the Kona Ironman World Championships in Hawaii in 2012.

And, if her tough training schedule is anything to go by, she should make her grandchildren, and Pocklington, proud.

Jill, who works at Pocklington School as a matron, commented: "The only downside to all this training is the pupils at school ribbing me about the amount of lycra I wear!"



Jill Dowson with sponsors Heidi and Robert Frear of Rockcurl Hairdressing for Market Weighton