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Jill Dowson shows her  
Ironman medal to sponsor  
Heidi of Rockcurl  
Hairdressers



## Iron-Nan Jill's triumph

WELL done to "IronNan" Jill Dowson who, after months of gruelling training, completed her UK Ironman Challenge in Bolton in July, completing the course in an amazing 11 hours and 40 minutes (and 4 seconds).

Third in her age group (and second British lady home), Jill completed the 2.5 mile swim in one hour 14 minutes; the 112-mile bike ride in six hours 23 minutes and the full marathon, incredibly, in three hours 57 minutes.

Her sponsors, Heidi and Robert of Rockcurl Hairdressers in Market Weighton, said: "We are so proud of Jill and, by way of congratulations, have promised her a full beauty treatment now that we have expanded the business to cover beauty.

"We may even treat her boyfriend Kevin to a hair cut in Rockcurl Men for putting up with the hours she was gone training."

You would think that Jill will be hanging up her trainers for a while and having a well-earned rest but, instead, she's looking to do her next challenge - IronMan Wales - as an unusual way of celebrating her 50th birthday. Most of us prefer cake, but Jill is obviously made of sterner stuff.