

MEMBER'S SCRAPBOOK:

Mark Kleanthous

After two decades of competition, Mark has accumulated an outstanding and diverse resume in sport and serves as a valuable inspiration to all who choose to take the challenge. Here are a few moments from his impressive career.

TRIATHLON ACHIEVEMENTS

- 20 Years in Triathlon
- British Elite Triathlon Team 1984/85
- 21 Ironman Triathlons -
[Best time 9hrs41min]
- 2 Double Ironman Triathlons -
[Best performance 5th position in 23hrs51min]
- First Britain to go sub-24hrs for Double Ironman Triathlon
- 1 Triple Ironman Triathlon - Grenoble 1995
11.4km swim, 540km cycle, 126.6km run
[12th position in 45hrs58min]
- Longest Triathlon: London to Paris
[3rd place taking over 3 days]
- 500 Triathlons completed since 1983

CYCLING ACHIEVEMENTS

- Lands End to John O'Groats 1400km (874miles)
[Time of 5 days 4hrs]
- 12 Hour Time Trial - covered 238miles
[Average speed of almost 20mph]
- 100 Mile Time Trial
[Time of 4hrs14min]

RUNNING ACHIEVEMENTS

- 93 Marathons completed
[PB in 1985 London Marathon 2hrs24min40]
- 70 Sub-3hr Marathons completed
- 55 mile London to Brighton
[11th position in 6hrs56min]
- Ran up the BT Tower in London
[600ft, 850 steps in 4min54sec - 3rd fastest time]

MISCELLANEOUS ACHIEVEMENTS

- 1000 push ups in 27min41sec
- Raced like greyhound around Walthamstow Dog Track
[On all fours - finished 3rd]
- 1st in Pizza Hut Eat As Much As You Can
[39 pieces in one sitting]
- Set up Thames Turbo Triathlon Club in 1984
- Swimathon - 2 x 5km swim in one day
[Only 19sec slower in evening session]

TOUGHEST ENDEAVOUR:

- Driving 500miles back from Grenoble the day after the Triple Ironman to get back to work!



'IN ACTION'

Mark's a tower of strength. . .



'3RD TO THE TOP OF THE BT TOWER'



'BRONZE AT LONDON TRIATHLON'



'DEDICATED SUPPORT'



'LONDON MARATHON 1985'



'IN THE MEDALS'

IRONMAN INDEED!

