

# 'IRONMAN' Triathlon

June 8, 2022

**In news**— Creating a history of sorts, **Shreyas G. Hosur**, became the first officer from the Indian Railways to complete the 'Ironman' Triathlon.

## What is 'Ironman' Triathlon?

- The Ironman Triathlon is considered to be the **toughest single-day sports event in the world** with thousands of athletes flocking to compete in it.
- It is organised by the World Triathlon Corporation (WTC), a sports event promotion company owned by conglomerate Advance Publications, that produces the Ironman Triathlon, Ironman 70.3, the 5150 series of triathlon races, and other sports events.
- It comprises **three loops**:
  - Swimming: 3.8-km.
  - Cycling: 180-km.
  - Running: 42.2-km.
- **The finishers are called 'Ironman' due to the race's gruelling mental and physical demands.**
- Ironman Hamburg in Germany was originally added to the Ironman event schedule in 2017.
- **This year was the race's fifth edition in Hamburg.**
- Shreyas G. Hosur completed the event in 13 hours and 26 minutes on 5th June 2022, in Hamburg, Germany.
- This makes Shreyas also the **first officer from the non-uniformed Civil Services to complete the event.**
- The name "Ironman Triathlon" is also associated with the original Ironman triathlon which is now the Ironman World Championship, held in Kailua-Kona, Hawaii annually since 1978 (with an additional race in 1982).
- Originally taking place in Oahu, the race moved to Kailua-Kona in 1981, where it continues today.

- Other races exist like the Challenge Family series' Challenge Roth and the Norseman Triathlon that are of the same distance as an Ironman triathlon but are not produced, owned, or licensed by the World Triathlon Corporation.