

FOUR superfit SembCorp employees proved themselves kings of the mountains in a muscle-punishing triathlon event in the beautiful English Lake District.

The intrepid four, who all work for SembCorp Utilities UK, cycled 50 miles over a mixture of road and rough mountain terrain, canoed around a 2.5 mile course on Thirlmere reservoir and scaled Helvellyn – at more than 3,000 feet one of England’s largest mountains - to raise more than £2000 for charity.

The ‘Race The Sun Challenge’ takes place every year and involves hundreds of people from all over the UK.

Starting at dawn, Ian Tulloch, Andy Petford, Tony Sivills and Paul Clennan completed the ordeal in ten hours and eight minutes – two hours before dusk - and raised vital funds for Action Medical Research.

“It was the toughest thing I’ve ever done in my life but immensely satisfying to complete,” said Andy.

The team trained for months prior to the event and finished a respectable 28th out of 52 teams. They are now planning to take part in similar events in the coming year.

The pictures below show the four during a training event on Helvellyn prior to the competition. Ian is shown below and (left to right) Paul Clennan, Tony Sivills and Andy Petford in the group photograph.



