

Alton's Bob Knuckey tops for his age in ironman

Bob Knuckey, 66, of Alton, captured the world championship in the male 65-69 age group at the 2014 Subaru Ironman 70.3 World Championship triathlon in Mont-Tremblant, Quebec Sept. 7.

Knuckey completed the 70.3 mile endurance event encompassing a 1.2-mile swim in Tremblant Lake, followed by a 56-mile bicycle ride through the Laurentian Mountains and finally a 13.1-mile run that finishes in the Tremblant resorts pedestrian village in 5:10:34 (swim ? 32:17; bike ? 2:44:37; run ? 1:46:18), beating out the top athletes in his age group in an event that featured competitors from 49 U.S. states and 87 countries around the world.

The event attracted more than 2,200 competitors, ranging in age from 18 to 83. The championship event is the culmination of more than 60 global events in the Ironman70.3 Series that brings over 120,000 athletes vying for slots to the world championship.

The event broadcast will air on NBC Sports Network Sept. 30 from 10 to 11 p.m. (check local listings and www.ironman.com for details).

