

Mason can give you further data. . . If you're ever looking for something new and different to do with a Saturday, you might do what **Ian Emberson** did Saturday, the 18th of February. At 7:20 a.m. he began a 2.4 mile open ocean swim. Next he hopped on a bicycle and pedalled 112 miles around Oahu. Then he donned his running shoes and ran a Marathon. Not a bad workout to emulate if you're one who has to confine his/her exercise to weekends. Ian finished at 7:20 p.m. for a fourth overall out of 15 entries in the Iron Man Triathlon. Winner **Gordon Haller** completed the course well before sunset in 11 hours, 46 minutes.