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No pain, no gain

TRAINING for the Australian Ironman Championships just became a lot harder for Flinders Ports chief executive Vincent Tremaine.

If it wasn't already tough enough, the 45-year-old is now trying to run 60km each week, pedal 300km and swim 10km, all with an injured ankle and hip.

He recently was knocked off his bike travelling about 40km/h on Henley Beach Rd on his way home from a 60km loop through the hills.

``The sun was behind me and a car coming the other way, looking into the sun, did a right hand turn in front of me.

``I can remember flying through the air with my eyes closed hoping I didn't land on anything too hard."

After catching a ride home with the motorist, Vincent waited for his wife to drop their kids off at school before she took him to casualty where he was ``stitched up".

``I've barely had an accident in all the years I've been bike riding so I've done pretty well, really," he says.