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IRON MAN A REAL BATTLER

HE did it the hard way but Vincent Tremaine finally got there in the end.

The Flinders Ports chief executive completed the Ironman Australian Triathlon in Forster-Tuncurry, New South Wales, at the weekend, still tender after busting his hip and ankle in a bike accident while training for the gruelling event.

Vincent finished the 3.8km swim, 180km bike ride and 42.2km run in 11 hours 20 minutes - well under his own 12-hour prediction - finishing 693 out of 1478 participants.

The 45-year-old was recently knocked off his bike while travelling about 40km/h on Henley Beach Rd on his way home from a 60km training loop through the Hills.