



Ironman 70.3 Goa, India.  
Poonam Joshy & Brigadier Rajesh Joshy, from Harda, Madhya Pradesh jointly successfully completed the gruelling event on 20 Oct 2019.  
\*IronMan 70.3 triathlon race is considered one of the toughest endurance races in the world which

involves swimming 1.9 kms within 1hr 10 mins, cycling 90 kms - both swimming and cycling within 5 hrs 30 min and thereafter running 21.1 kms. All to be finished in same sequence within a stipulated time of 8 hrs 30 mins.

Approximately 1000 participants from India and 27 different countries, participated.

Organised by the World Triathlon Corporation since 1978, the Ironman challenge is considered one of the toughest one-day sporting events in the world. The event was brought to Goa by Yoska, India.

Brigadier Rajesh Joshy is a retired Infantry Officer from the GARHWAL RIFLES.

Both he and his wife Poonam have successfully completed the endurance

event making them the

#FIRST 50+ IRONMAN COUPLE of India

#FIRST IRONMAN COUPLE of Madhya Pradesh

#FIRST IRONMAN COUPLE of the Indian Army

#FIRST WOMAN IRONMAN of Madhya Pradesh

#FIRST WOMAN IRONMAN - Army officer's wife.

#Second IRONMAN COUPLE of India.

