



BOB SOUTHWELL



In 2004 GLITA looked again to the older competitor ranks and the legendary Bob Southwell, patriarch of the famous Southwell family was considered a very worthy inductee. Bob's wife Aileen sadly passed away some years ago but in the earlier years she was a reporter/Editor of a Triathlon Magazine and often reported on the IRONMAN so it was a truly family affair. Bob did not take up the sport until age 58 and first raced Ironman Australia in 1993 at age 64 years and finished in 12:38 :24.

He was a keen spearfisherman and had a love of speed and owned the first ever stock Thunderbird 90 motorcycle. He was Australian Offshore Powerboat Champion in the 1970s. He broke and held the Sydney Offshore to Brisbane speed boat record which stood for over 30 years.

Bob had an amazing IRONMAN Australia and Kona career and held the 70-74 and 75+ Ironman Australia race records as at 2007 and was a 65-69 Age World Champion at Kona in 1994 in a time of 12:38 breaking the course record. He competed in Kona 10 years later in 2004 winning the 75-79 age division and again broke the course record. Bob had a quiet demeanour, was polite and unassuming with an ageless appearance all of which earnt him the respect of triathletes worldwide. He sadly passed away in 2020 aged 91.

Written by Ken Baggs

	Overall	Swim	Bike	Run
1999	13:43:59	1:11:26	7:18:36	5:13:57
2003	14:21:01	1:14:16	7:15:19	5:38:05
2004	14:22:46	1:23:05	7:10:30	5:49:11
2001	13:47:09	1:11:13	6:52:38	5:43:18
1995	12:37:18	1:14:39	6:21:06	5:01:33
1993	12:38:24	1:04:46	6:17:50	5:15:48
1994	11:49:33	1:06:36	6:07:18	4:35:39

IRONMAN Australia Results

Entered 8 | Finished 7 Fastest Year 11:49:33 in 1994 | Fastest Swim 01:04:46 | Fastest Cycle 06:07:18 | Fastest Run 04:35:39