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## Judge Cynthia Newton Is First In Her Age Group Statewide In Ironman

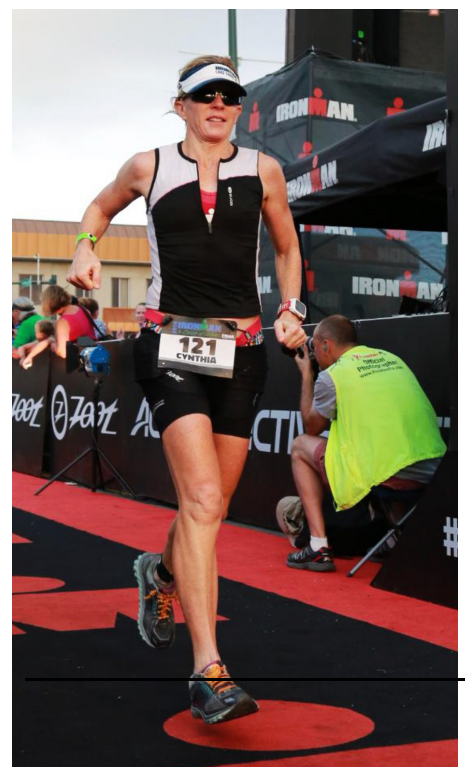
CLEARWATER - Cynthia Newton is no stranger to being first.

She was the first and only girl on her Little League team while growing up in California — for three years.

Later, after her family moved to St. Petersburg, she was ranked first on her high school tennis team at St. Petersburg High School during the only year the school won the state championship.

Now, Newton, a 50-year-old Pinellas-Pasco Circuit Court Judge, is first again, in the Ironman world.

Since she started racing in Ironman competitions in 2014, her times and rankings have consistently improved — from her 15-hour-52-minute performance in her first Ironman, in Coeur d'Alene, Idaho, in June, 2014, to her 12-hour-44-minute time at Coeur d'Alene this year.



Pinellas Circuit Judge  
 Cynthia Newton at the finish  
 line this year in Coeur d'Alene



Judge Newton With  
 A Special Plaque For  
 The Top Five.

Then, just 11 weeks later, with no rest in between, she did even better, with a time of 12 hours and 37 minutes at Ironman Florida in Panama City.

On Dec. 2, Judge Newton received an email informing her of where she stood when compared with other women in the 50-54 age group.

Judge Newton ranks 65th in the world, 29th in the United States and first in the State of Florida. She is in the top four percent of competitors in her group world-wide.

The news is just her latest accomplishment in Ironman competitions.

Because she was in the top five, in the bracket for women 50 to 54 years old, in this year's Coeur d'Alene competition, she received a special plaque. And she did so well in her two Ironman competitions in 2014, she was named an Ironman All World Athlete, a designation awarded only to those who finish in the top ten percent of competitors in their age group.

She was also designated an All World Athlete, for two races in 2015, that put her in the top 5 percent.

The Ironman is a grueling, if often scenic, race.

The one in Coeur D'Alene entails a 112-mile bicycle ride, a 26.2 mile run through a scenic patch of the Pacific Northwest, and a 2.4-mile swim in Lake Coeur d'Alene.

Judge Newton attributes her Ironman success to, in a word, determination, the desire to improve in each and every race. She trains on average two to three hours on a weekday, combining two of three routines — swimming, running and bicycling — in the morning before she hits the bench, presiding over civil cases in the courthouse in downtown St. Petersburg. After work, she's at the gym lifting weights.

Weekends are even more strenuous, with eight hours put aside Saturday for training and often including an 112-mile bicycle ride.