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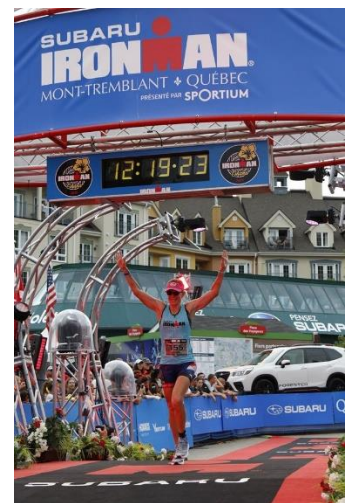
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Judge Cynthia Newton On Track To Compete In The Ironman World Championship

CLEARWATER - Pinellas-Pasco Circuit Judge Cynthia Newton knew she had to get back on track in Ironman racing. Judge Newton, who in her spare time trains for Ironman competitions, was diagnosed with two conditions in her left foot last year, a stress fracture and tendonitis. And these races are no small matter.

An Ironman consists of a 2.4-mile swim, a 112-mile bicycle ride, and a 26.2 mile run. After healing, Judge Newton, 52, started out small this year, comparably speaking. In April, she competed in the St. Anthony's Triathlon in St. Petersburg, with distances that are shorter than those in an Ironman: a .93-mile swim, a 24.8-mile bicycle ride, and a 6.2-mile run. Judge Newton, 52, placed third in her age group. Two months later, she went further, by competing in a half-Ironman in Coeur d'Alene in Idaho, with its 1.2 mile swim, 56-mile bicycle ride, and 13.1 run. Her time for the run was her personal best for a 70.3, also known as the half-Ironman. Two months after that, Judge Newton was back where she wanted to be, in full Ironman mode. She competed in Ironman Mont-Tremblant, in Quebec, Canada. What distinguishes Ironman Mont-Tremblant from some of the others are the different elevations for different parts of the race. The bicycle portion, for instance, entails climbing 5,900 feet; the run portion, 1,500 feet, as the race takes place in the Laurentian Mountains. With a time of 12 hours, five minutes and 46 seconds, she placed 9th, and was one of three Americans in the top ten, the other seven hailing from Canada. Fast forward to this past Saturday, Nov. 2, when Judge Newton competed in Ironman Florida in Panama City Beach. She fared even better than she had in Quebec, placing 7th with a time of 11 hours, 28 minutes and 56 seconds. She had never run faster in an Ironman either, with a time of 4 hours and 13 minutes. "Running a marathon is hard," Judge Newton said. "Running a marathon after a 2.4 mile swim race, followed by a 112 mile bike race is the biggest challenge physically and mentally I've ever encountered in any sport." "It takes proficiency in three different sports, hundreds of hours of practice in each sport, and then there is the art and the science of nutrition, as well as the psychological demands of combining all three into one race," the judge said. "It's the most compelling challenge and test of strength, speed, and endurance, and there is truly nothing else like it," said Judge Newton, who also played Division I collegiate tennis and holds a Southeastern Conference and 2 Metro Conference titles.



The Ironman in Quebec, Canada

What was especially important about Ironman Florida is that it was Judge Newton's twelfth, which means she will secure one of the coveted spots in the Ironman World Championship in Kona, Hawaii. Though Judge Newton is thrilled about that, she has her sights on a race that will occur sooner, Ironman Texas, in The Woodlands, north of Houston, which occurs April 25. There, Judge Newton hopes to beat her overall best time in an Ironman ever. That was in 2018, in the same Texas race, when her time was 11 hours and 17 minutes. "I want to take it to Texas," Judge Newton said. "It'll be my third time there. I know the course. I love it there." You could say Judge Newton is back on track.