



Sylviane and Patricia Puntous Twice Gold and Silver Medalists at the Hawaii Ironman, the Puntous Twins Dominated the Triathlon World in the 1980's

Sylviane Puntous is a former Canadian triathlete who won the Hawaii Ironman Triathlon in 1983 and 1984. In her victory, she became the first non-American winner (male or female) of this championship. Twin sister Patricia Puntous placed second on both occasions.

In 1983, Sylviane and Patricia Puntous, two 22 year old twin sisters, finish in first and second place at the prestigious Ironman Triathlon, which takes place annually in Kailua-Kona (Hawaii). The triathlon is a sporting event which combines swimming, cycling and running.

On this occasion, Sylviane completes the 4k swim, the 180k bicycle ride and the 42.2k foot race in 10 hours, 43 minutes and 39 seconds, establishing a new record by 10 or so minutes. Slowed down by a blow out, Patricia crosses the finish line 6 minutes behind Sylviane. The following year, the sisters will once again finish one, two, and Sylviane establishes a new record with a time of 10 hours, 25 minutes and 13 seconds.