

Puffing on a new stage

Jamie First

From rocking out to rigorous competitive exercise, Hunters & Collectors founding band member Jeremy Smith has his sights set on a different stage.

This month, he will be taking part in Melbourne's Asia-Pacific Ironman Championship, his seventh such event.

"I was actually a 25 plus per day smoker until my late 30s ... After I quit smoking, I joined a gym for a while, but quickly became bored with working out," he said.

After seeing the ease of swimmers at a Fitzroy pool, Smith was inspired to try his hand at triathlons, but admits he didn't expect to fare so well.

"It was a result of trial and error which resulted in me discovering I had a bit of a knack for it."

The 226km race includes a 3.8km swim, 180km bike ride and 42.2km run.