1999

Triathlon Australia Media Reports

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The St George Tour for the 1998/99 season kicked off at beautiful Scarborough Beach in Perth on December 6 1998. In what was hailed as one of the best Australian triathlon fields to toe the starting line for some time, approximately 400 competitors from all parts of Australia lined up in three different races to make up the first St George Tour event for the season. Appropriately titled The Rendezvous, the event was to be the first national hit-out of the season for most - from age grouper to elite. For some, the goal was to work towards qualifying to represent their country at the 1999 Triathlon World Championship. For others it was to taste the sport for the first time, as was the case for most of the 30 athletes competing in the St George Summer Fun Triathlon.

The official race hotel - The Rendezvous Observation City - hosted all pre race and post race functions, including the Triathlon Australia Age Group Clinic, which catered to over 50 enthusiastic athletes of all levels. Mark Batten, the race director for the 1997 Triathlon World Championships and indeed for the 2000 World Championships in Perth, along with his team, made perfect use of the race venue which provided excellent vantage points for spectators during the event.

The age group event kicked off at 6.45am with a slight drizzle which would continue into the pro race a couple of hours later. The air temperature was in fact perfect for race day and was a welcome change from the 33 degrees recorded on the Friday before the event. On the days preceding the race one of the most talked about aspects of the weather by the eastern state athletes was how windy the city was. After speaking to the locals it was uncovered that Perth is said to be the third windiest city in the world - after Chicago and Wellington. The 1.5km swim was a standard loop course set off the main beach. A run in beach start saw the field negotiate a small beach break before setting out around the course. At the completion of the swim, an 80m run up the beach tested competitors as they made their way to their bikes. The 40km cycle was the same cycle course the pro's would tackle, with 5 x 8km loops around a rectangular, undulating course that would see competitors pass by the transition on each lap. The testing 10km run would see the age groupers finish in time to take in the elite men's and women's events which commenced from 9.30am.

When it was time for the elite men to take to the water one of the big questions on the minds of spectators and fellow competitors alike was how fit is Brad Beven? In what was to be his first Olympic distance race since the 1997 Triathlon World Championships, Brad Beven was an unknown quantity. His first comeback race was a disaster at the ITU World Aquathon Championships on the Sunshine Coast during November where he ended up flat on his back with a dislocated shoulder after being ankle tapped at the start of the run. His achilles injury was said to be nearly 100 per cent but with a 10 month lay off from racing and the next wave of Australia's up and coming talent champing at the bit, there was nowhere to hide once the gun went off.

Apart from Beven, the rest of the field was strong, with another comeback man - Mark Lees - coming off some good race performances. Andrew Johns, now racing for Great Britain, was a last minute entry but didn't think he had the fitness to take the race. Craig Walton and Frenchman Ben Sanson would be looking to do their disappearing act once again during the swim and bike legs. The Reed brothers - Matt and Shane - were said to be on fire, as was Ryan Carter. Add to this the current Australian Champion Greg Bennett, plus the country's top juniors, and you have all the ingredients for a great start to the summer.

The men's elite swim start, like the age groupers, was a beach start and within 50m the dynamic duo of Sanson and Walton had made their intentions clear. The three lap swim course differed from the age group event, which required competitors to run out of the water at the completion of each lap to round a turn 20m out on the beach. After one lap Sanson had 5sec over Walton and 15sec over Luke Harrop. The main group, which contained all of the race contenders, was a further 5sec down. The lead slowly grew to over one minute on the chase pack at the completion of the swim with Sanson exiting 2sec in front of Walton. Out onto the bike and the lead after one lap had been reduced to 45sec. Driving the train was Mark Lees with Beven, Carter, Johns, Luke Harrop, the Reeds, along with juniors Brad Kibblefield and Luke McKenzie among others. After another half lap the rabbits were swallowed up by the chase pack. Unfortunately for Luke Harrop his race came to a premature end after a nasty spill
Tracy Hargreaves exploded into 1999 winning the first two rounds of the tour.

For the women it was a case of Jackie Gallagher having to deal with the 'new wave' of females knocking at the door. Emma Carney was nursing an injury on the sidelines but was still on hand to watch proceedings working as a commentator with Channel 10. Both Joanne King and Loretta Harrop were taking a break and plan to race in the New Year. Rina Hill and Michelle Jones both opted to sit this one out too. Still, the field was full of international experience with the likes of two-time world junior champion Nicole Hackett, local girl Jane Kargotich, former Australian elite team member Nici Andronicus, top junior Melanie Mitchell, plus Tracey Hargreaves fresh from her big win at the Forster Half Ironman. Like the men's race, two would break away at the start of the swim. Mitchell and Hackett took a leaf out of the Sanson/Walton manual and took it out hard. At the completion of the swim it remained Mitchell with 2sec over Hackett on the run up the beach. A group with Melissa Ashton, Kargotich, Nicola Hoyte and juniors Josie Loane and Melissa Godfrey exited 30sec down on the leaders, with Gallagher and Andronicus a further 40sec adrift. Tracey Hargreaves had given the leaders some 2.30 headstart as she ran to her bike. After the first three of five laps, Hackett and Mitchell were holding the lead over the next group but it was what was happening further back that was getting the crowd excited. Gallagher and Andronicus were slowly clawing their way back to the second group while Hargreaves had a powerhouse ride to inch her way up to the leaders. Half way through the final lap a pack of 11 formed as the two leaders were finally caught with the bike run transition in sight.

The moment the ladies feet touched the asphalt it was "see ya later" from Hargreaves who blew the opposition away with an exceptional run. Gallagher could only watch as Hargreaves slowly pulled away. Hackett was a happy 3rd, while Ashton held out Andronicus for 4th.

RESULTS

**Male**

1. Andrew Johns 20:35 58:14 32:12 1:51:01
2. Brad Beven 20:11 58:36 32:20 1:51:07
3. Ryan Carter 20:00 58:39 32:23 1:51:11
4. Craig Walton 18:32 59:28 33:00 1:51:20
5. Shane Reed 20:32 58:27 32:47 1:51:46

**Female**

1. Tracy Hargreaves 23:49 1:06:14 35:35 2:05:38
Brad Bevan emerges from the surf in Perth.
St. George Tour Race

11.5/40/10

The two days leading up to the first St. George Tour race in Perth saw the mercury passing 35°C on both days. The water temperature was 21°C which allowed age groupers to wear their wetsuits with the pros swimming without the aid of wetsuits.

By Ben Webey, Pictorial provided by Sports Shoot Photography

Race morning produced unique summer weather for Perth with rain falling freely in intermittent showers and a light wind which competitors would have to contend with on the bike.

The race directors organised a great course for both the age groupers and the elite. The elite course was a three lap swim with a short beach run between each, then a five lap bike course which was mostly flat with one short hill, followed by seven laps of running over undulating terrain along the Scarborough waterfront.

The race offered the country's juniors the opportunity to race with the open elite, giving our best juniors a unique experience competing against the world's best and seeing what it takes to make it to the top. However, Triathlon Australia had put in place tough qualifying criteria for these juniors and subsequently many of the country's promising juniors were forced to either stay home or race with the age groupers.

Men's Elite

By the time men's elite race was ready to start at 9:30, the rain had eased to light showers and a perfect temperature for racing. The field for the men's elite race consisted of a strong starting line up.

Former World Cup Champion, Brad Beven was lining up for his first classic distance event in 13 months, while Great Britain's Andrew Johns was backing up after a strong overseas season. The beach start also saw top ranked national athletes such as Greg Bennett, Craig Walton and Shane Reed line up against juniors Luke McKenzie and Brad Kehfeldt along with French superfish Ben Sanson.

Right from the gun it was obvious that Sanson and Walton were eager to make the most of their swimming prowess. After only 200 metres, a significant gap had already begun to form over the large main pack which included Beven, Ryan Carter, Marc Lees, Shane Reed and Greg Bennett. As the gap between Sanson, Walton and the main pack grew, it became apparent that Luke Harrop was being left to fend for himself between the two.

As Sanson and Walton exited the water for the long beach run up to transition, the main pack had yet to turn the corner around the last buoy. Harrop hit the beach 50 seconds after the leaders but he had left himself in no man's land and having to wait for the main bunch, which contained many of the pre-race favourites. The pack exited the water 1:25 down on Sanson and Walton and with the latter's cycling ability, the main bunch was going to have to work hard to bridge the gap.

As the pack moved out on the bike, disaster struck for Greg Bennett as he lost his shoe off his bike. This cost him valuable time and resulted in him missing the first pack and being forced onto the front of the second pack.

Once out onto the bike, it was Marc Lees who was driving the pack up to the two leaders, consuming Harrop in the process. It took less than two laps on the bike before Lees had worked the main pack back into contention by dragging them up to cycling powerhouse Walton and Sanson. Unfortunately for Harrop, a mix up in the pack caused a collision between himself and Mark Roland, bringing them both to the tarman. Roland managed to regroup and get back on his bike but had unfortunately missed the lead. Harrop wasn't as lucky and was unable to remount, thus, resulting in the end of his race.

The lead pack now consisted of Walton, Sanson, Ryan Carter, Beven, Lees, Shane Reed, juniors Luke McKenzie and Brad Kehfeldt, and Andrew Johns who had worked extremely hard...
through transition, and in the early stages of the bike, to catch the front runners.

Mid-way through the bike leg and the men’s field had now been divided into three main packs, with the second pack being driven by Greg Bennett and Levi Maxwell and not making ground on the leaders.

The remainder of the bike showed no signs of any breakaways or any chance of Bennett bridging the gap. A lead pack of about ten athletes hit the long transition together but it was Tasmanian Craig Walton who had a flying start into the run after a sizzling transition. Beven was out soon after at the head of a small group which consisted of Johns, Shane Reed, Lees and Ryan Carter.

It didn’t take long before Walton and Lees had started surging and put a small gap on Johns, Beven and Carter. However, by the fourth lap of the run it was Johns who had bridged the lead and was looking comfortable. Ryan Carter and Walton were still running strong as Marc Lees started to fade.

By the end of the fifth lap it was Johns who had put the pressure on and made a small break of about 30 metres over Walton and Carter. However, Beven was now starting to lift and was coming back towards them. Further back, Bennett was running strong and slowly moving through the field. Juniors Luke McKenzie and Brad Kasfeldt were also running well but slowly losing ground to the leaders.

Johns continued to assert his dominance on the run as he continued to increase the gap, however, Beven made a late surge with two laps to go as he moved up beside Walton and Carter.

Johns crossed the line first, having put together a strong run after finding the pace tough early in the run. Beven worked hard late in the run to move up into second, finishing a good race after having a break from racing over the Australian winter. Only four seconds after Beven crossed the line, Ryan Carter finished one of his most impressive races to date. After taking it easy on the bike, Carter put the pressure on his more fancied rivals early in the run before finishing a strong third. Walton crossed the line in fourth after a solid run holding off Shane Reed who took fifth.

Women’s Elite

The women’s elite division produced a solid field with former World Champion Jackie Gallagher lining up against Nici Andronicus, Melissa Ashton, last year’s World Junior Champion Nicole Hackett and fellow junior Melanie Mitchell. Emma Carney was also present but was taking it easy on the sidelines, watching what she was up against this summer.

The starting gun for the women’s race went several minutes after the men’s and in a similar fashion to the men’s, there was a two person breakaway early in the swim. Not surprisingly, it was Melanie Mitchell and Nicole Hackett who were able to establish an early lead after the three lap swim. They were closely followed by another small pack including juniors Melissa Godfrey and Josie Loane, along with Nicola Hayle and Melissa Hoyle.

Following this, 1:20 down on the leaders, was Jackie Gallagher, Nici Andronicus, Marissa Iddon and Jane Kargotich. A large pack followed this group out of the water and included Lisa Yanksa, Fran Higgins, Belinda Cheney and Tracy Hargreaves who was working hard to get on the back.

Once out onto the bike, and the field was strung out with Mitchell and Hackett working hard to keep their lead as Gallagher and Andronicus started pulling in those in front. It took four laps on the bike before Gallagher and Andronicus had done enough work to pull in Mitchell and Hackett. This pack now consisted of seven athletes, but the big surprise was the performance of Tracy Hargreaves on the bike, who did most of her work driving the third bunch up to the lead pack with less than one lap to go.

We now had the majority of the women’s field jumping off the bike together and heading out on to the run as one large group. The stronger runners soon moved to the front of the field. With a lap down, Tracy Hargreaves had already built a slender lead over Gallagher and Jane Kargotich. As Hackett, Godfrey, and Loane, along with Andronicus were slowly starting to slip from contention for overall honours the gap between them and the leaders continued to increase.

Hargreaves continued to stride away from Gallagher and by the five kilometre mark of the run it was Hargreaves with a strong lead over

The St George Dragon high fives Tania Hargreaves.
Gallagher, who was closely followed by Jane Kargolich, and Hockett with Andronicus and Mitchell disappearing off the back, Lisa Vanska who had had jumped off the bike with the leaders and had a slow start to the run was now starting to increase the pace and move up through the field.

As the competitors came past on the last lap of the run Melissa Ashton was making a strong last surge as she moved up towards Gallagher, as Nicole Hackett also lifted the pace in an attempt to get on the podium.

Kargolich had faded and had been overtaken by Ashton, with Hackett now on her heels.

In the last 1500 metres of the run, Gallagher surged away from Ashton, and a fast finishing Nicole Hackett also overtook Ashton but managed to hold off Nic Andronicus who also can past the fading Kargolich.

Tracy Hargreaves broke the tape first, leaving the remainder of the women's field in her wake. She had worked hard on the bike to close a two minute gap on the leaders and then proceeded to put a further two minutes between Jackie Gallagher on the run, crossing the line in 2:05:38. It was Gallagher who crossed next in 2:07:37, with Hackett in third place. Ashton finished off strongly in fourth, closely followed by Andronicus with Jane Kargolich falling off the pace to finish sixth.

Age Group

A 250 strong field set off in the early Perth fishing as the rain came down. The course comprised of a two lap swim, five lap bike course and a two lap run. A long swim allowed ACT junior swim sensation Haddon Bell to gain an early lead over the pack out of the water. However, a small group including German Jan Muhlenburg was not far behind. Once on the bike it was Muhlenburg who went off the front, riding the wet course in just over the hour, and over two minutes quicker than his nearest rival. Although Adam Irving, junior Chris Boyle, and Craig McKenzie came home strong on the run, Muhlenburg's lead was just too big and he crossed the line first in 1:57:18, one minute clear of Adam Irving.

In the female age group race, Danielle Glass lead out of the water before showing her strength on the bike by extending her lead. She finished off this strong performance by out running her nearest rivals, and went on to win by over 2:30. Juniors Kate Boyd, Jane Cashen and Brooke Willis all fought hard for second place after coming out of the water ten seconds behind Glass. It came down to the run where Queensland junior, Boyd was able to out run Cashen and Willis. Cashen crossed the line third, only 30 seconds ahead of Willis.

Perth proved itself as a great triathlon venue, with Scarborough beach showing it would be a great location for the Triathlon World Championships in April 2000. This summer's triathlon season was off to a great start and with the first three tour races doubling as qualifiers for the St. George Formula 1 spots were going to be hard to get.
The Tacoma Trail

1.5/40/10

The second race of the St. George National selection series was held in the small town of Wyong on NSW's central coast. The race offered competitors a salt water swim, rough country roads and a hot open run. All in all, a tough day at the office.

The elite race started at seven o'clock with the men off first and the women close behind. While the age groupers were forced to wait around in the heat after their race start was postponed to 8.30 with the last wave, the juniors heading out at 9:30, just in time to enjoy the heat of the day.

Open Men's

Right from the onset the stronger swimmers out front, Queensland's Luke Harrop and NSW's Levi Maxwell headed straight off the front and started making the most of the open water by extending their lead while the rest of the field was bunched closely, fighting for open water.

By the time Harrop and Maxwell reached dry land they had opened up a 30 second gap over a large pack which included the majority of the field and all the pre race favorites. This pack was large and by the time the tail of it had hit the shore, a little over a minute had passed from when Harrop had gone through transition. As the bunch headed out on the bike it became apparent that Maxwell and Harrop's lead would soon be negated and that the race would, once again, come down to a 10 kilometre foot race.

As expected, Harrop and Maxwell were quickly reeled in by the main bunch while those just off the back of the bunch were working hard to bridge across the gap. Canberra's Simon Thompson led the charge and was able to drag himself, along with a small pack, back to the main bunch which had left 45 seconds earlier.

With temperatures climbing the heat started to take it's toll early, forcing several of the front runners backwards.

With most of the field sitting in the main pack and happy to take it easy, all the runners were licking their lips. Chippy Slater, not content to simply cruise into transition made a late dash on the bike but by the time he had reached transition, this lead was no more than 20 seconds.

The athletes left transition at a cracking pace, with Chippy Slater and Peter Robertson spearheading the group. The lead group now contained Ryan Carter, Marc Lees, Matt Reed, Luke Harrop, Shane Reed, Andrew Johns, duathlete Andrew Noble, along with juniors, Luke McKenzie, Courtney Atkinson and many others.

With temperatures climbing the heat started to take it's toll early, forcing several of the front runners backwards. Chippy Slater and Peter Robertson quickly dropped off the pace leaving several of the stronger runners, who had an easy time of the bike, to push the pace.

It was at the seven kilometre mark where Britain's Andrew Johns started applying the pressure and pulling away from the others. He managed to maintain this lead to the finish where he crossed the line in 1:52:09. Marc Lees followed shortly indicating well and truly he's back in form. Third place went to Matt Reed who ran strongly and managed to hold out Queensland's junior Courtney Atkinson.

The men's race was a real battle of the runners with the stronger swimmers and riders of the field being offered nothing. In the absence of breakaways like Walton and Sanson, the pace was not high enough on the bike and this allowed all the seasoned runners in the field to be fresh going into the final 10 kilometre run.

Women's Open

In stark contrast to the men's race, the women's swim caused a large separation in the field, with all the major contenders spread out over four minutes. It was no surprise to see the young swimmers hit the sand first, with Nicole Hackett, Melanie Mitchell and Leanda Cave leading the way. The next pack was a mere 20 seconds behind and included Melissa Ashton, Louise Soper, and Josie Loane. The big surprise was...
was when Perth tour winner Tracy Hargreaves came to shore with Nici Andronicus, only 40 seconds down on the leaders; she already had a remarkable 1:15 lead over 1996 ITU World Champion, Jackie Gallagher.

The rough, dead, undulating roads allowed the packs to stay split apart, with all packs working hard to improve their position or maintain their advantage along the road. Those who were close behind the leaders out of the water were able to work together and bridge the gap so that by the end of the bike, it was a pack of about 10 who went out onto the run together. This group now included Leonie Cave, Nicole Hackett, Melanie Mitchell, Raeleigh Tennant, Melissa Ashton, Josie Loane and Tracy Hargreaves. Based on recent running form, it was going to be Hargreaves’ race.

The next pack which came in off the bike together included Jackie Gallagher, Nici Andronicus, Rebekah Keat and six others all of whom were going to have to work the run hard if they were to make up the three minute deficit on the lead bunch and force their way into the top ten.

When Tracy Hargreaves broke away from the group early, it was apparent that the race was for second and third. With no other noted runners in the lead bunch, Melissa Ashton made the most of her position and started to take control of second place. However, it was Jackie Gallagher who was running through the field at a rate of knots and mowing down the competition in front of her.

Gallagher soon moved up into third place and was starting to work towards Ashton, but simply ran out of time. Nicole Hackett fought hard to hang onto fourth with junior Josie Loane coming in fifth. Rebekah Keat also had a strong run and managed to move up into eighth after being in the second bunch off the bike.

Age Group

When the age groupers finally got underway, the temperature was high and the sky clear, just right for a midday furnace. With the age groupers spread over four waves, there was a bit of confusion with overall positioning during the race, however it was the junior males who spear headed the swim and then continued to drive the bike and take out the top four positions. Chris Kemp’s strength on the bike followed by the quickest run proved the telling factor in giving him overall victory from strong swim/cycle specialist Ben Buchholz. In the women’s wave a consistent swim, bike, run combination from Marion Hermitage allowed her to take the line honors from Vicky Voysey.

After two races in two weeks, the St. George national selection tour is in full swing for both the elite and the age groupers. The next stop is Devonport which the next edition of Triathlon and Multi Sport will give a full report on. This event should see a real test of multi-sport prowess with the elite race being non drafting on the bikes - look for the swim/bike specialists to have half a chance at this event. T
Race 2
The Tacoma Trail, Wyong NSW

There was only a two week break between races one and two of the St George Tour, with the second event held on the NSW Central Coast at Tacoma Oval in Wyong on December 20. The age group field comprised some of the best talent assembled thus far this season with the who's who of elite age group competition doing battle. Hot and humid conditions greeted 340 age group and 91 elite competitors on the Sunday morning with the elite men setting off just after 7am. Like Perth two weeks previously, a strong field assembled with over 30 elite males taking to the river swim. Brad Beven had decided to sit this one out, as did Greg Bennett, but apart from these two everyone in the Perth elite men's field had backed up to race Wyong. Andrew Johns was back and indeed two weeks fitter, which could mean a lot more pain for his competitors. The course was a more traditional out and back bike over undulating terrain with basically one big loop for the 10km run. After the swim it was Luke Harrop and NSW junior Levi Maxwell that created a small gap going into the bike. At 8km these two were swallowed by a pack of 40 which was rolling along averaging 40km h. At 5km before the turnaround Mark Lees had a gap and was able to gain a 15sec advantage but was soon reel in by Queenslander Mark Roland and NSW junior David Clark which brought the pack with them. About 25km into the bike Chippy Slater had enough of the chat chat and went for home. His lead would hold around 15-20 seconds over the remaining distance. After the race Chippy stated that he had only been back in training for a month after his European sojourn and knew that his running was way below normal. At the bike run transition 43 men started the 10km run as one, with only the strongest runners looking forward to the next 30min. A similar scenario to Perth developed with Johns working his way through the field to just hold out a gallant Mark Lees and Matt Reed with a new found consistency. In fact only 50sec separated the first 10 males with junior Courtney Atkinson taking 4th ahead of Chris Lee. Shane Reed, Ryan Camer, with three Victorian athletes Bryce Quirk, Troy McKinnon and Terry Kerr rounding out the top 10.

The elite female race had 30 competitors with Jackie Gallagher out to make amends for, in her words, "a disappointing" race in Perth. The leaders from the water, Nicole Hackett, Leanda Cave and Melanie Mitchell had a 20sec buffer into the swim/bike transition over Josie Loane, Melissa Ashton, Louise Soper and Melissa Godfrey. Tracey Hargreaves was a further 20sec behind with Gallagher another 1.20 down. There were two main groups on the bike with a group of 10 forming at the front with Hargreaves catching the leaders before the halfway point. The second pack was being driven along by Gallagher, Rebekah Kent, Kargotic, Lisa Vanila and Annabel Luxford. There were no breakaways as in the men's race, the first group coming in just on 3min up on Gallagher. As in the men's event, a similar scenario took place, with Hargreaves cementing another win with some more powerhouse running. Gallagher came from nowhere to run through most of the field but ran out of road to catch Ashton. Rounding out the top 10 were Hackett, Loane, Cave, Soper, Kent, Mitchell and Kargotich. After the event when asked what has been the key to her progression Hargreaves just shrugged her shoulders and said "beats me". Doing the longer racing, and more importantly the training that goes with it, may be starting to come through for this quiet achiever from Sydney.

The age group event, although scheduled for 8am didn't get under way until closer to 9am. By this time the temperature was getting up and the heat would certainly play a big part in the overall times at the end of the race. Judging from the way the season has been thus far it certainly looks as though Australia's age group athletes are indeed producing many world class performances of their own.

RESULTS

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<tbody>
<tr>
<td>1. Andrew Johns</td>
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<tbody>
<tr>
<td>1. Tracey Hargreaves</td>
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<tr>
<td>2. Melissa Ashton</td>
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<td>3. Jackie Gallagher</td>
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<tr>
<td>4. Nicole Hackett</td>
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<td>5. Josie Loane</td>
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RUNAWAY WINNERS

THE ST. GEORGE TOUR SAW FURIOUS RACING IN PERTH AND WYONG.

PICTURES BY SPORTSHOOT

Race 1  
Perth, “The Rendezvous”

By Mark Fewell

There was a strong turnout for the opening event of the St. George Tour, at Scarborough Beach in Perth. A field of 45 pro men and 25 pro women took the start line, intent on making their mark early in the season.

The morning was unseasonably wet, with the tail end of Cyclone Billy dumping rain on the course intermittently. As our luck would have it, the day turned out a sunny day, 34 degrees, with about 20 minutes after the race finished.

With so many entries in the men’s field, there was a great depth of talent, including the first race over the Olympic distance for Brad Beven since the Worlds in 1997.

Other male competitors included Australian Champion Greg Bennett, European Champion Andrew Johns (racing for Great Britain), Craig Walton, Frenchman Ben Sanson, and a rejuvenated Marc Lees. In the women’s field, the favourite was Jackie Gallagher, but it was expected that strong junior swimmers, Mel Mitchell, Nicole Hackett and Josie Loane would be threats. There was also Jane Kargotich, Melissa Ashton and Nici Andronicus.

As usual, the Perth organisers put on a great race, with a large transition area, totally closed looped roads, and a backdrop of the Indian Ocean.

The swim was three laps, and at the end of each lap the competitors ran around a marker on the sand, giving spectators a great view, as well as challenging the competitors’ body surfing and wading skills. As expected, Ben Sanson and Craig Walton led out of the water by 40 seconds, followed by Luke Harrop, and just behind him a large pack of about 20.

Among the women, Mitchell and Hackett had a similar lead over Loane and another junior, Melissa Godfrey. Gallagher was back around 30 seconds.

The bike was a spectator friendly, flat five lap course. The first mishap occurred when Greg Bennett’s shoe came off his pedal, costing him about a minute, and the pack.

Then, just around the corner Harrop (brother of Loretta, and who by all accounts is flying) had his front wheel jammed into a drain, bringing him and Mark Roland down.

After two laps the working group of Lees, Johns and Beven pulled back the leaders, while Bennett rode from the fourth pack to close the gap to 40 seconds, working with Troy McKenna.

The women’s field contained three main groups, until Tracy Hargreaves, a second year pro, rode from about two minutes down out of the swim to the front, bringing everyone else with her.

As usual, it came down to the run. The men’s lead pack of about 15 was ahead of a second pack. For the women, the run pack was around 20 strong.
The run was a seven lap, undulating course along the Scarborough boardwalk. The early leaders were Lees, then Walton, but after lap three Johns took control and surged away to a strong win, ahead of a fast finishing Beven and Ryan Carter third.

Bennett had one of the fastest runs to move from around 22nd out of 72 into 10th.

The women’s run was dominated by Hargreaves, who put 10 seconds into Gallagher on the first lap, increasing it each lap to win by 1:10. World Junior Champ Hackett placed 3rd.

**RESULTS MEN**

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<td></td>
<td>(20:35, 58:14, 32:12)</td>
<td></td>
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<tr>
<td>2</td>
<td>Brad Beven</td>
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**Race 2 Wyong, “The Tacoma Trail”**

By Nick Munting

Andrew Johns and Tracy Hargreaves made it back to back wins at Race 2 of the St.George Tour at Wyong on the central NSW coast.

In perfect race conditions, both Johns and Hargreaves came from behind to take the lead in the early stages of the 10km run.

In the men’s event, a pack of 30 exited the 1.5km swim together with Luke Harrop (QLD) and Levi Maxwell (NSW) taking an early lead on the 40km bike leg.

However it was NSW veteran Chippy Slater who was first back into transition and he sprinted to the front of the field into the run.

Johns, with Marc Lees (QLD), Courtney Atkinson (QLD) and Matt Reed (NZ) were in hot pursuit and quickly caught Slater, who faded in the run.

With 3km to run, Johns took control of the race, surging in a move that split the chase pack and ensured his victory. Lees moved into second with Reed finishing third.

Hargreaves blitzed the women’s category result after the talented athlete made her move on the bike, taking the lead from early race leaders and swim leg leaders, Nicole Hackett and Melanie Mitchell.

It appeared however that it could be anyone’s race with a large pack heading onto the run together from the draft legal bike leg. Hargreaves, though, continued to set the pace.

Former world champion Jackie Gallagher was chasing hard on the run, but from a long way back and Hargreaves remained unchallenged as she strode for the finish line.

Melissa Ashton was the strongest challenger and crossed the line in second with Gallagher blitzing the run leg to take third while early leader Hackett hung in for fourth place.

**RESULTS MEN**

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1999 St. George Triathlon Tour

Race 3 - The Classic, Devonport

By Nick Croft

Race 3 of the St George Tour in Devonport, Tasmania saw a quality field of just over 250 competitors line up for what is undoubtedly one of the country’s finest events.

Appropriately named ‘The Classic’, the race, now in its 15th year, has a reputation for drawing quality fields for the elite and age group categories alike. Past winners of the event read like a who’s who from the Australian Triathlon Hall of Fame - names like Steven Foster, Brad Beven, Ben Bright and Craig Walton - all multiple winners. Heck, even Welch, third on three attempts, couldn’t ‘crack it’.

A testament to Devonport’s ability to attract the best.

The ladies are certainly not to be outdone with Bianca van Oersik, Michelle Jones, Emma Carney and Jackie Gallagher all notching up wins over the last seven years, with Carney and Beven winning on three occasions, and Victoria’s Stephen Foster holding onto four wins.

Royce Fairbrother, a name synonymous with the race, took more of a ‘back seat’ this year, lining up as a starter himself and finishing a fine second in his 50-54 year age category. The race organisation itself is second to none with Devonport always scoring high on competitors’ favourite race lists. A twilight start on Saturday, this year’s proved extremely popular among competitors and ensured an excellent spectator crowd, well in excess of 3,000. A carnival-like atmosphere preceded the main race, with a full program of events to cater for the masses.

The St George Summer Fun Triathlon attracted the largest so far for the Tour with plenty of first timers negotiating the 250m swim, 8km cycle and 2km run event held on Saturday morning. The Women’s Active Forum catered for women of all ages and was conducted by Dr June Canavan and World Long Course Champion, Rina Hill. Preceding this, the Triathlon Australia Coaching Clinic proved popular with over 70 enthusiastic age groupers in attendance to pick up on all the latest tips and tricks.

Pre main event and the activities keep flowing. Penny-farthing races and international cuisine kept the locals interested as the competitors finished off the racking of bikes and last minute fine-tuning. The elite women were given a 12min start in front of the men.

St George Tour Leader - Sydney’s Tracy Hargreaves - was expected once again to have a strong showing, especially with this being the only elite St George race that was non drafting. Hargreaves had, in races 1 and 2, put in exceptional bike legs to claw her way back from mediocre swims. The 18 degree water temperature of the Mersey meant that wetsuits were used for the first time during the Tour for the elites.

At 5pm the elite females hit the water. Negotiating the first 200m to the first buoy of the triangular 1500m course, Raelene Tennant, Leanda Cave and Rina Hill set the pace, with Melissa Ashton and Erin Philip sitting in their wake. Joanne King, making a return to racing after her exceptional 1994, found herself in the last quarter of the field rounding the first buoy and looked to be doing it tough. Missing from the field were Jackie Gallagher, Loretta Harrop and Nicole Hackett, all resting up for the following week’s F1, with Emma Carney recovering from injury.

During the second part of the swim, right up until halfway point, Joanne King was slowly working her through the field to lead the second pack on the turn, 25m behind the leaders. It was here that King, instead of setting a straight course to the swim finish, chose to head directly to the shore and hug the riverbank to escape the current of the incoming tide. It was a risky move, and one which could have backfired, but it turned out to be a brilliant tactical move which brought the first and second packs together 200m from the finish. Once on dry land, King slowly drew away from Cave, Ashton, Tennant and Hill and set about starting 1999 with emphatic victory.

Hargreaves gave King a 1:08 headstart onto the bike, with...
Clare Carney making her first national appearance for a while and giving King 2:20 at the completion of the swim.

At the 20km mark King had a 30sec break over Rebekah Keat and Ashton, with Hargreaves slowly making progress to be one minute down. Cave and Jenny Mann followed soon after, with Hill slowly slipping back in her first race for some time. Into the second transition and King had 30sec over Keat, with Hargreaves at 47sec - a few seconds down on Ashton. The three lap 10km run leg offered excellent spectator viewing. It was at the completion of each of the first two laps that Hargreaves was making significant inroads into King. After the first lap it was down to 30sec - after the second, 15sec. It was one of the first times that King was hunted and she was running scared and at the finish only 11sec separated the two. For King, it was a welcome return to elite competition. For Hargreaves, another step in consolidating the fact that she has indeed moved up to the next level.

The men’s event contained, among others, Tour Leader Andrew Johns, attempting back to back Devonport victories. He certainly wasn’t going to have it all his own way with local hero Craig Walton hungry for a hometown win. Marc Lees, third on three occasions, was looking for his first win after a solid past three months. Bryce Quirk, first year senior and silver medallist at last year’s Worlds in the junior division was hitting his straps after a slow start to the Tour, as were Chippy Slater and Shane Reed.

At 5.12pm the elite men hit the water with Mark Roland from Queensland leading at the first buoy. Five hundred metres into the swim, Craig Walton took over and a group of five formed the lead pack. Walton led out of the swim by 7sec from Roland, Lach Vollmerhause, John Boxall (ACT) and Shane Reed. Five kilometres into the bike and Walton made his intentions clear. In one of the most powerful displays seen recently on the bike, Walton put nearly two minutes into the next fastest cyclist. In almost a repeat of his

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In the weeks leading up to the 15th Devonport Devonport, the third race of the St George National Series, Tasmania’s newspapers had hyped up the rivalry between former Tasmanian Craig Walton, and 1997 World Champion Chris McCormack. Much was made of Devonport’s non-drafting status, and whether McCormack would match it with Walton on the bike.

O n race day, however, McCormack was a no-show, and the papers switched their attention to a two-way tussle between home town favourite Walton and last year’s winner, Andrew Johns. It was not to be. “We didn’t see him (Walton) all day, and you were lucky if you got to see him,” Johns commented after the race.

Walton led the swim, decimating the field with a gutsy solo bike leg into strong cross and head winds, and cemented victory with a scorching run on the crowd pleasing three lap circuit. His splits said it all - 17.44 swim, 55.47 bike and 32.09 run, setting a new course record of 1.45.40.

Walton was on, displaying form similar to that which netted him the non-drafting world triathlon record at Noosa in 1997. “It might have seemed all one sided today,” Walton said after the race, “but I was pretty pumped for this race. I was determined not to let anyone beat me. Everything went to plan, I saved myself during the first 20 kilometres of the bike and didn’t go out too hard, then I held my form in the run.”

Having missed last years race, Walton was keen to pick up from 1997 when he took victory in a sprint finish from 1993 winner Lach Vollmerhouse. There was no sprint finish this year, and leaving nothing to chance, Walton was two and a half minutes clear of second placed Marc Lees, of Queensland, in 1.48.14.

Lees placed third in Devonport three times from 1993 to 1995 and said it was “great to finally go one better.” He also commented that he approved of the new start time, 5pm, as it gave him a chance to sleep in.

The only rider to get near Walton during the bike leg was Queensland’s Mark Roland, a strong cyclist who had finished seventh at the Junior Worlds last year.

Walton led out of the water, with a gap of about 10 seconds to a group of five which included Roland, Vollmerhouse and Johns. Walton and Roland quickly put some time into the chase group of Vollmerhouse, Johns and Shane Ress, with Walton pulling away from Roland by the five kilometre mark. At the 15 kilometre mark, Walton was 50 seconds ahead of Roland and 1.25 ahead of the chase group. Observers on the course said that, although there was a chase group, no drafting violations occurred.

By the 20 kilometre mark, Walton had the tactical advantage of being well out of sight of the rest of the field, with a 1.10 gap to Roland and then a further 50 seconds back to the chase group which now included Marc Lees, Terry Kerr, and Craig Redman. The gap to Roland had increased to 90 seconds by the 38 kilometre mark, and was two minutes when Walton came into transition, with a further 50 seconds from Roland to the chase group.

Once on the run, Walton was never challenged. Boosted by the cheers of an enthusiastic Tasmanian crowd, he almost appeared to cruise and looked fresh at the finish. Marc Lees ran well but could not make up the near three-minute deficit from the bike. Johns was third, 32 seconds behind Lees in 1.48.46, followed by...
Victorians Bryce Quirk and Terry Kerr in fourth and fifth. Redman pleased the crowd by taking tenth overall and the special bonus prize for first resident Tasmanian home.

The women's race was more closely fought, but was also dominated by a single athlete, with Joanne King showing the class that made her world champion, taking the lead early in the bike and holding it to the finish.

A pack of nine women exited the water together, led by Queensland's Leandra Cave and ACT's Rosaleigh Tennant, and included King and world long course champion, Rina Hill. King lost touch with the leaders about halfway through the swim, but used her knowledge of the course (she was second in 1997 and 1998 behind Emma Corney) to manouevre inshore, pick up the current and slot back into the lead group. She admitted later it may have been the move that won her the race.

King took the lead immediately on the bike, hotly pursued by Melissa Ashton, Cave, Tennant, and Erin Philp. Ashton also broke free of the bunch, but couldn't catch King, who said after the race, "I decided to push it as hard as I could on the bike. I really wanted to work that hard and I was happy with what I did."

Rebekah Keat first featured in the bike leaders after the halfway mark, as did Jenny Mann and Tasmanian Louise Davoren, who had moved up through the field with a characteristically strong bike leg. Tracey Hargreaves, the reigning St George Tour leader, having won the opening two races in Perth and Wyong, did not feature in the leaders until the final five kilometres, coming into transition fourth.

By the second lap of the run, the race was between King and Hargreaves, King looking over her shoulder as Hargreaves continued to make up ground. "I didn't have a lot left on the run," King admitted. "I was running scared. I knew Tracey was running pretty well, and I struggled a bit."

King said she was feeling pretty flat coming into the race, having spent three weeks with her Melbourne-based family over Christmas, then a week back training at Jindabyne in 40 degree heat, though Tasmania's cooler climate had freshened her up a bit.

Hargreaves pushed hard, but couldn't catch a determined King, who ran a 35.56 10 kilometres to finish in 1.59.46 and claim the $4000 prize money for first place. King was unassuming about her win. "I managed to hold her off," she said modestly. Hargreaves was 10 seconds back, with Melissa Ashton in third 2.02.00, followed by Keat and...
Cove. Davoren emulated the feat of training partner Craig Redman to take 10th spot overall and first resident Tasmonian.

King said she enjoys short and long stuff but suspects she has a natural tendency towards longer distances. She has chosen to do the Forster Ironman on May 2, instead of the Sydney ITU race, and hopes to go to Hawaii. Nevertheless, she has no plans to specialise in Ironman and will continue to race across the triathlon spectrum, with the F1 Grand Prix, the Australian Sprint Championships, and Long Course Championships all on her calendar for this year.

Currently, a typical week of training for King includes 40 kilometres in the pool, 300 kilometres on the bike, and about 120 kilometres of running. King will increase her bike mileage before Forster, but said, "If I had to go out and do a session I would prefer to do a run".

The 22-year-old has high expectations of herself; in five years time she would like to have another world triathlon title, world titles in Ironman and Duathlon (both long course and short course), plus win the F1 Grand Prix series. But for an ambitious athlete, King is also refreshingly balanced and down to earth. She said she enjoys the elite triathlete’s lifestyle not for the travel or the money but for the thrill of racing.

She congratulated the race organisers on their efficient organisation, and also gave her stamp of approval to the spectator friendly course. “It’s a pleasure to race here,” she said.

Walton, Redmon and Davoren all dedicate their wins to the memory of Bruce Guy, who was tragically killed in the Sydney to Hobart yacht race. Guy was the father of Tasmanian triathlete 1998 Hawaii Ironman finisher Mark Guy, who also competed at Devonport.

Walton said the thoughts of the triathlon community were with the Guy family at a difficult time.
Local hero Craig Walton crosses the line to win last night's Devonport Triathlon in record time and win the hearts of the big crowd.

Picture: LORISSE DART
Legh decides to take a hike after record-breaking tri victory
Overcast skies and still conditions greeted competitors as they lined up for this year's Australian Sprint Championships held at Commonwealth Park, Canberra.

The day before the main event, over 150 competitors participated in the St George Summer Fun Triathlon held over the achievable distances 250m/8km/2km. Many of these athletes were doing their first triathlon and finished the event with plenty of enthusiasm - hopefully ready to tackle another event on the calendar.

As far as the local triathlon scene goes, Canberra has a very tight-knit community. Some excellent training groups and clubs offer members expert coaching with access to some of the best training facilities in the country.

The age group event started at 7am on Sunday morning with the junior females leading the way. The whole women's field departed in the first wave, with the age group men in waves every couple of minutes. At 7:25am the junior men set off to contest the 16-19 year old Australian Junior Triathlon title. Unlike the previous three Tour events, the junior category allowed the juniors to go head to head all in the one category giving the 16-19 junior age groupers the opportunity to race with the junior elites over the Olympic distance.

Towards the completion of the 750m swim in the female event, a group of three juniors broke clear from the rest of the pack. Pip Taylor, Reegan Ellis and Josie Loane exited 20sec ahead of the chase group. The fast out-and-back bike leg was a perfect course for Loane to stamp her authority and gain the break and attempt to grab the title. A tight group of 14 formed behind her and made it difficult to break clear. At the bike-run transition Loane had 20sec over the competition. She held on till 1.5km from home when an unassuming 16-year-old, Annabel Luxford, passed her to claim her first Australian title. Jane Fardell crossed for third, some 28sec behind Luxford.

The junior men blasted away 25 minutes after the females. Matthew Clark, Cameron Anderson, Luke McKenzie and Michael Cupitt slowly inched away from the field. The field of 40 exited all within a minute of each other, and once out onto the cycle a pack of twenty formed and did their best not to draft. Quite a few stop-and-go penalties were handed out, but over the sprint distance no-one gave an inch and competitiveness at times got the better of some. The bike-run transition was, as usual, a frantic affair with the leaders setting a pace that only the best could match.

The race was decided in the last kilometre when NSW junior, Chris Kemp, broke clear from fellow NSW junior and junior elite squad member, Brad Kahlrefeldt, to snatch the title. These two both ran under 16 minutes for 5km. Luke McKenzie claimed the bronze, with 16-year-old Michael Macinn in fourth.

The 12-15 year age group category Australian title was also a solid contest with Pieter Boer in the male division and Melissa Trims taking home the gold, showing that there is no shortage of talent coming through the younger ranks.
At 8:45am the elite female division started. Missing were Michellie Jones and Emma Carney, but with a field that comprised current and former world champions and podium finishers it was difficult to name a clear-cut favourite. The elite course was draft legal and was 5x4km loops on the bike and 2x2.5km out and back on the run. Nicole Hackett and Loretta Harrop broke clear and set up a 30sec buffer by the second lap of the bike. A chase group of eight formed, including Jackie Gallagher, Tracy Hargreaves, Rebekah Kent, Melissa Ashton and Jane Kargotich. This pack was working well in a pace line, but lost some more time by the bike-run transition.

By the 2.5km mark in the run, Hackett and Harrop had their lead slashed to 10sec by a determined Gallagher. Hargreaves was 27sec down. Joanne King missed the main pack and dismounted off the bike out of the top ten. At the finish line, Gallagher was six seconds ahead of Nicole Hackett who had surged away from Harrop over the last 400m. It seems that Gallagher is starting to hit her straps after a slow start to the season. King worked her way to 8th but was, in her own words, "flat on the day".

The men’s race promised to be a speed fest with no real clear-cut favourite, though Andrew Johns was certainly one of the favourites. Chippy Slater was quietly confident, as was Marc Lees after two second-place finishes in the Tour races at Wyong and Devonport. Chris McCormack was hungry to win back a title and Luke Harrop from QLD was hoping to produce some of the form that his training partners, Andrew Johns and Greg Bennett, know he possesses.

Forty-five minutes after the elite females started, the elite males hit the lake. A three-man group led by Luke Harrop set the pace. Chippy Slater was doing his best to sit on Harrop’s feet, who in turn was pulling along Chris McCormack. At the swim finish, Harrop had 8sec on Slater and 18sec over the 1997 World Champion. Back in 4th position was Peter Robinson who has shone in some of the Fi formats, but was still unable to produce anything of real note apart from a surprise 3rd place in Xterra 1997. Unlike the elite female race, no one was able to break clear in the men’s event. A field of 21 athletes made up the elite race, so those who were dropped early were in for a lonely hour of lactate tolerance. A pack of nine formed on the bike and worked well together with Marc Lees continuously attempting to go off the front.
At the second transition, it was a case of catch me if you can as Peter Robinson blew the others away with one of the quickest transition exits seen this season. The first kilometre must have been run at 2.45 pace by Robinson which not too many would have a chance of matching. Coming up to the 5km mark and Andrew John, in his own methodical way, was slowly reeling in Robinson. Harrop was putting together a consistent race to be holding 3rd, just in front of Lees and McCormack. With Robinson sensing the Brit ready to pounce, he accelerated 20m before the 2.5km turnaround and took off once more like a scalded cat. As the finish approached it was an appreciative Canberra crowd who acknowledged Peter Robinson as the new Australian Sprint Champion. A 14.47 5km run split clinched the title and one can only wonder how the 22-year-old might progress over the next 12 months. Johnston raced well for second, with 21 year old Harrop signalling his arrival. An emotional Robinson was lost for words after his win but stated that since stopping full-time work his consistency is improving all the time. It looks as though he has the potential to be a major player if he can transform his short course success to the Olympic distance - time is certainly on his side.

As always, the age group competitors produced some fine racing among themselves with some awesome performances being produced. Triathlon ACT must be congratulated for a well-organised race which provided some great entertainment. The St George Tour has few more stops yet before the season finale in Mooloolaba, but if the racing so far this season is any indication to go by, then Australia is looking good for the World's in Munich later this year.

**RESULTS**

**Open Male**

1. Peter Robinson 52:54
2. Andrew Johns 53:31
4. Marc Lees 53:22
5. Chris McCormack 53:37

**Open Female**

1. Jackie Gallagher 57:33
2. Nicole Hackett 57:39
3. Loretta Harrop 57:46
4. Tracy Hargreaves 58:17
5. Jane Kartogotch 58:38

**Male**

1. BOER, Pieter 1:00:28
2. GINNIYAN, Luke 1:00:38
3. MATTHEWS, Paul 1:01:01

16-19
1. KEMP, Chris 57:25
2. KALHLEFEIDT, Brad 57:42

20-24
1. CHALFER, Jason 1:00:12
2. STORRIER, Bradley 1:01:08
3. MARLAND, Nick 1:01:09

25-39
1. COX, Gregory 1:00:26
2. GATHERCOLE, Dean 1:00:59
3. Bardsley, Stuart 1:01:52

30-34
1. VANOSIO, John 1:03:27
2. POLITI, Steve 1:03:51
3. ALLEN, David 1:03:55

35-39
1. PERGUSON, Kevin 1:01:14
2. FLANNNERY, Shane 1:04:06
3. MOVILLY, Scott 1:05:15

40-44
1. BATTAERT, Hans 1:03:17
2. HICKEY, John 1:07:33
3. LAW, Iain 1:08:35

45-49
1. EMERY, Paul 1:07:40
2. COMPTON, Tony 1:08:48
3. HOOGENBOOM, Eddy 1:09:30

50-54
1. NIXON, Tony 1:10:59
2. SCOTT, Terry 1:11:27
3. FAIRBROTHER, Royce 1:12:30

55-59
1. MARSHALL, Robert 1:12:00
2. THOMAS, Richard 1:14:34
3. HUTNANCE, Ian 1:20:27

60-64
1. LLEWELLYN, Geoff 1:28:01
2. LEWIS, Lachlan 1:42:17
3. CLARKE, Jack 1:19:10

65-69
2. NICHOLSON, Rod 1:25:39
The nation's capital produced a cool morning with a bit of a bitter wind for the fourth race of the St George Triathlon Tour which was to double as the Australian Sprint Distance Championships. Set in Commonwealth Park on the edge of Lake Burley Griffin, race director Ken Uren had produced a well organised race which was to be run over a flat and fast course.

For the elite, the course consisted of a 750 metre swim which followed along the lake's edge, a five lap 20 kilometre bike course and a two lap out and back five kilometre run.

The women's elite race started soon after the age groupers had finished and it was no surprise to see Nicole Hackett, Loretta Harrop and ACT's Raelie Tennant push to a lead in the early stages of the swim.

As the leading women came out of the water, it was obvious the leading three were holding their advantage on the bike in an attempt to increase the distance between them and the chasers so as to have a winning margin going into the run. The swim had allowed Hackett and Tennant to open up a 45 second lead over the main pack which included runners, Jackie Gallagher, Joanne King, Tracey Hargreaves and Rebekah Keat.

Hackett and Harrop were working well together in the early stages of the bike leg and holding those behind at bay. Tennant had felt the pinch early and fell back to the trailing pack where Gallagher and Hargreaves were trying to organise their pack of eight to work together and start pulling in the leaders. The big omission from this pack was Joanne King who had produced a poor transition after coming out of the water on Gallagher's feet.

As laps three and four went by, Hackett and Harrop were still out in front and maintaining their 40 second advantage. The second pack still included Keat, Gallagher, Hargreaves, Melissa Ashton and Jane Kargolich, continued to pull away from those behind.

In the final lap of the bike, Hackett and Harrop lost a small amount of time to the chasing group but still headed into transition with a 35 second lead.

Meanwhile, Michelle Dillon and Clare Carney continued to work their way through the field and managed to catch King and Erin Philip just before jumping off the bike to face a deficit of over two minutes to the leaders.

Hackett and Harrop headed out onto the run at a firm pace, knowing they were now the hares with the hounds to soon be in pursuit. It didn't take long before Gallagher made her intentions known, she was not going to wait, she wanted to pull the leaders in, and do so as quickly as possible. Tour leader, Hargreaves was unable to keep the early pace which Gallagher was setting and slowly faded into fourth.

After two kilometres, Gallagher was within...
striking distance on the leaders. Hackett had pushed to have a lead over Harrop but at the turn around, she was in trouble as Gallagher's presence became known. Hackett led the pace but couldn't hold off Gallagher as she stormed past with about 1500 metres to go. Hackett managed to stay close to Gallagher for the remainder of the run which allowed her to increase her lead over Harrop. So they crossed the line it was Gallagher in sixth seconds ahead of Hackett, claiming second, ahead of Harrop. Hargreaves came in fourth but had been unable to make any time up on the leaders throughout the race.

The Elite men raced off in ideal triathlon conditions, overcast, cool and relatively still throughout the field only containing 21 starters, but the big guns were out hunting the special sprint title. Tour leader Andrew Johns was there to prove his speed over the short distance after a bike crash in the opening round of the F1 the week before, while former world champion Chris McCormack was keen for quality racing. Peter Robertson and Harrop had proved themselves ever-present.
times to also be considered forces over the shorter distances.

The pace was on right from the gun, as Luke Harrop went off the front in the swim with Chippy Slater in close pursuit. The main pack sat 10-20 metres behind and included Peter Robertson, Andrew Johns, Marc Lees, Chris McCormack and local Simon Thompson.

By the time Harrop hit dry land he had dropped Chippy and had established a 25 second advantage over the main bunch containing all the leaders.

Although this was a great swim by Harrop, he now had the option of going off the front alone or simply waiting for the bunch. Seeing the bunch was large and included some of the world’s best athletes, Harrop took the wise option and waited for the pack to reel him in.

The 20 kilometre bike course consisted of a 4 lap of legal, flat, fast course. The lead pack got away after the swim and included Robertson, Slater, Harrop, Johns, Lees and McCormack. A small group behind this included Craig Alexander and Simon Thompson who were going to have to work hard if they wanted to bridge the gap to the lead pack which was being driven at high speed by Marc Lees at the front. To their credit, it only took two laps before Thompson and Alexander had worked hard to bridge the back of the lead bunch.

The bunch now included ten athletes of which several were noted runners. The small bunches behind this group had lost touch with the leaders and from there continued to lose time, putting them too far behind to be in contention for line honors.

As the pack hit the transition area, it was a mad rush to get out for the five kilometre run and it was Peter Robinson who headed out first, closely followed by Thompson and Johns. Robertson set such a cracking pace over the first 500 metres, that all but Johns was dropped off the back very quickly.

Robertson continually surged as he opened up his lead over Johns for the first kilometre. From this position Johns slowly started to reel Robertson back in until he was a mere 10 metres behind. As Robertson turned to head out on the second lap of the run, he put in a strong surge which Johns could not match, and although there was still two kilometres to go, Robertson was looking like the winner. Behind Johns a gap had formed until a strong finishing Harrop started to increase the pace in the later half of the run and slowly started to reel Johns in.

As they crossed the line, Robertson had proved that his continual surging and his run split of 14.47 minutes had forced Johns to drop off the pace, thus giving him his first Australian Sprint Distance title. Johns managed to hold off Harrop, crossing the line just two seconds before him.

**AGE GROUP RACE**

The juniors produced some exciting racing in the age group ranks. As all juniors were forced to race age group, many of the tour’s top elite performers were in the age group category. Although the race was non-drafting, the large junior men’s field found themselves split into two large packs on the bike after Matthew Clark and the ACT’s Michael Cupitt lead out of the water by a narrow margin.

The large packs didn’t allow any of the strong cyclists to get away on the bike and subsequently the race was to be decided by the five kilometre run. In the end it was NSW’s Chris Kemp who was able to hold out Brad Kohlefeldt and Luke McKenzie for the win.

The junior women’s field also included some of the countries best, however, as the field was not as large as the men’s, and the swim had spread the field out the race became a true test of triathlon performance.

Annabel Luxford showed her strength on the bike after trailing by over a minute out of the water, she finished the race with a strong run to win from Josie Loane and Jane Fordell who ran her way up into third position.
Sprint triathlon

Canberra will play host to the 1999 Australian sprint triathlon championships at Commonwealth Park on Sunday week, January 24.

The event will be part of the national triathlon tour. Athletes will compete over a 750m swim 20km cycle and 5km run.

World champion Jo King, and former world champion Jackie Gallagher will be keen to take out the prestigious title.

However, they are likely to be up against an in-form Emma Carney, Loretta Harrop and a fast-improving Tracey Hargreaves.

Similarly, the men's contingency should see a tight race between Craig Walton, Australian champion Greg Bennett and former world champion Chris McCormack.

The elite races will be held separately, with the women starting at 8.45am and the men at 9.30am and including a grand-prix draft legal format.
Ho down in the heartland - a national tale

This is something different, something very tribal,
Even primitive, and something you need to sort out with a rival.
Club colours are used as war paint
And designed largely to intimidate.
Club glory is dreamed about
With club teams designed to go out and do the rout.
Friendly training rivalry gets put to one side
In view of the need to establish club pride.
This is 'Ho Down in the Heartland', where you race side by side.

Names etched in history
Here include Welch, Bentley, Stewart and Jones, names with no mystery Carney, Foster, King and Beven.
These are the names that are constantly talked about in triathlon heaven.
As the sun came up, pre-race day air felt heavy
But the Geelong community cuties, well seasoned, held steady.
Rival clubs rolled into town
Checking out city sidewalks, cafés and a place to put head down.
The inaugural 1999 St George Australian Club Championships was a number of years in the making
But its time had arrived and it was honour here for the taking.
Rumours were flying, rumours were hot.
That raiding parties from around Australia were here for the lot.
From outlying states and territories they came
Looking for glory, a place in history, and a chance to stake their claim.
It was a hushed crowd that stood in the early morn
Saw the open wave take to the water, and the contest was on, without warn.
The club braves were followed in with a splash
By various other club members pumped up for the dash.
First to exit the water, and as a sign of things to come
It was a very quick Cameron Anderson, the Geelong Tri Club young gun.
Anderson was shadowed on the road by Monash University's Terry Kerr.
But the man that made his bike really sing
Was a big bloke from Melbourne named Dean King.
He took time from the leaders on the bike and the run
And held it together as he went on to win.

Meanwhile, as the Open women neared the shore
Heads turned and Bayside's Kim Wilson led out a group of three, maybe more.
But it was Meteors' two-wheeled supremo Maria Kosztovits who took the cycle out of the race.
With Jacinta Worland of Warringah just off the pace.
In the final run Wilson got serious and came into her own.
With the leg speed so quick she kept her winning position all the way home.
The day was not done, as the national club rules would have it.
Because it's the age groupers who decide which Club is not here for the visit.
Southern Vale's Chad Stewart (16-19) and Shane Linger (20-24) cut through the field like a gale.
With Kevin Ferguson (35-39) from West Lakes hot on their tail.
These guys from South Aussie were the ones to fear.
As spinning wheels, and lightning run splits put them in the clear.
One after one, big flames were blown out
But that didn't matter 'cause it is consistency that counts.
That was a strategy that Yarra knew well
And its Club members were out giving hell.
But the best of all was kept to last.
As a young lass from Adelaide finished with a blast.
She knows no give up, nor does she know fear.
No quiet retirement from this talented dear.
On this special Valentines race day, this national club test
Helen Agostini (70+) was named 'Queen of Hearts' up with the best.
As the tailights headed out of Geelong town
On that warm Sunday after club showdown.
It was not a mistake, in fact it was very clear.
That this was different, this was grand.
This was club show-and-tell day, Ho Down in the Triathlon heartland.
results

Geelong Triathlon Club (VIC) 74 Points
Meteors Triathlon Club (SA) 65 Points
Southern Vale Tri Club (SA) 43 Points
Yarra Triathletes Tri Club (VIC) 37 Points
Ballarat Tri Club (VIC) 35 Points
Jones Cycles Tri Club (VIC) 35 Points
Melb Tri Club (VIC) 29 Points
Silves Tri Club (ACT) 27 Points

10 Windtrainers & ASIB Insurance
5 Windtrainers & ASIB Insurance
5 Bike Boxes & ASIB Insurance
5 x Heart Rates & ASIB Insurance
10 TYR Swim Kits & ASIB Insurance

David Weaver leads the charge

San Finlay chose to walk his bike into transition while others choose to carry them.

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Sports Bar - Chocolate coated fruit and cereal bar - 4 flavours.
Energy Source - High carbohydrate drink - 4 flavours.
HydroSource - Electrolyte drink - 2 flavours.
Energy Gel - High carbohydrate gel flask on tub of powder - 3 flavours
Isotonic Electrolyte drink - The ultimate rehydration drink - 2 flavours
Creatine Source - 100g, 200g, 500g creatine monohydrate

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Gallagher grows legs to seal title

By PETER ENGLISH
FAVOURITE Jackie Gallagher sealed her second Australian title and showed she could still match it with the young guns in the St George Mooloolaba Triathlon at Mooloolaba yesterday.

Gallagher set up the win with an improved swim leg and a solid cycle before stamping her dominance on the event with a sensational run.

The 31-year-old Gold Coast competitor broke away from the pack of eight at the start of the final leg and she extended her lead in each of the five two kilometre run laps.

Gallagher missed the World Cup race in Sydney last Sunday with a virus but she shot back to form, winning in a time of 2:05:02.

World champion Joanne King, who came second in the Australian women’s race at the St George Mooloolaba Triathlon yesterday, Mitchell has struggled with an ankle injury and a foot problem.

Gallagher has had problems with her ankle and she extended her dominance on the event with a sensational run.

Gallagher, the 1996 Australian and world champion, was ecstatic with the win and she said her joy by jumping through the finish tape.

“I really wanted to win and I was so psyched and determined,” she said.

“I wanted to prove I was still a contender. An Australian Title is so important and it great to be the Australian champion.”

She said her run leg was the key to the victory.

“I’ve done six months of run mileage which was the first time since 1992 and it is paying off,” she said.

“And I have also been injury free.”

Gallagher ended the swim in sixth position and sat comfortably in the pack during the 40 kilometre cycle before making her race winning move.

Rising stars Nicole Hackett and Loretta Harrop were interested spectators at the event, as were injured sisters Emma and Clare Carney.

Both the girls were on crutches and had their right foot in plaster.
### Triathlon Results

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**CONGRATULATIONS:** Joanna King gets a hug from Jackie Gallagher after the Mooloolaba Triathlon.

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*Image: Joanna King gets a hug from Jackie Gallagher after the Mooloolaba Triathlon.*
ON THE BEACH: Lisa Vanska leaves the beach after the swim leg at the Mooloolaba Triathlon yesterday. Lisa placed 12th in the elite women's race.
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Latest Releases!
New Season Buyers Guide
It's the one everyone's been waiting for, the one event of the year everyone wants to claim, the World Championships. Hosted in Montreal, Canada on the Ile Noire-Dame at the site of the 1976 Olympic Rowing Basin, the event attracted the world's finest athletes, all eager to take out the final crown of the millennium. As is the nature of world championship events, out of the fast, fierce, and adrenaline pumping action, rose champions, not all of them winners, but champions nonetheless...

We've always known Australia fielded a strong team of female triathletes, but no one expected the complete dominance as that displayed at the 1999 World Championships. Five women filling the top five positions, with just over a minute separating first and fifth, will surely go down as one of Australia's greatest sporting moments. Now more than ever, the task of reducing the Australian women's team to three for next years Olympics is as challenging as trying to decide whether you'd want Ian Thorpe or Grant Hackett on the national swimming team.

A stunning season in Europe over winter earned the latest Aussie triathlon queen, Loretta Harrop, their race favourite status. However, a gambling person would have also given short odds on her compatriots, Michelle Jones, Jackie Gallagher, and defending champion, Joanne King. Former world champion, Emma Carney was also returning from a long injury break and can never be factored out of any race. In fact the only thing which could be guaranteed before the race was hard fought action lots of it.

The swim started with a group of six athletes headed by the youngest Australian team member, Nicole Hackett, with Harrop, Lindquist, Jennifer Gutterrez, Magali Messner and German Joelle Franzmann all in close content. Meanwhile, Carney, King, Jones and Gallagher were hidden among the chase packs.

Onto the bike and the leaders stormed, working turns perfectly and in the process, enabling them to stave off any attempt of an early capture by the bike/run specialists. Top two saw chase packs two and three, which contained the Australian runners, join forces in an attempt to bring the leaders back in, but the pack, which contained more than 30 athletes, wasn't as agile as the tight knit group of six working with a common goal around the twisting circuit.

Into transition Harrop put herself to the front and was cut first with Franzmann, Hackett, Lindquist, Gutterrez and Messner hitting the road in rapid succession. Gallagher stormed out of transition 1.24 down on the leaders, immediately putting a gap between herself, King and Jones with Carney just off the back of her compatriots.

In one of the most exciting run legs ever witnessed in triathlon, Gallagher picked off the now splintered lead group one by one. With five kilometres down, King and Jones were still shoulder to shoulder with Carney staging a remarkable comeback after earlier being dropped off the back of this duo. With 2.5 kilometres to go, Harrop's lead had whittled to just 34 seconds ahead of Gallagher while Gutterrez re-joined by Jones and King. Carney was still just off the back of
threesome. Meanwhile, Hackett was struggling to hold a top 20 position. Despite Gallagher's gallant run, she was unable to catch Harrop who became the fifth Australian woman to be crowned an ITU World Champion. The sprint finish between King, Jones and Carney hurt to watch as Emma wound it up with 300 metres to go. King's ironman trained legs couldn't respond but Jones went with Carney right to the line and was just pipped for the final podium position by her compatriot dual World Champion. Hackett dug deep to finish 21st.

The last race of the weekend was the elite men's championships. As the crowd, and indeed some of the athletes feared, it became one big pack race on the bike with the eventual final positions decided by the run.

Laurent Jeanselme lead out of the water with a slight advantage over Kiwi, Hamish Carter. Right from the onset all the main contenders were up there with Aussie Chris McCormack being the worst off, 40 seconds off the pace.

While it looked like it would all come together easily, some of the favourites went into panic mode as Stefan Vuckovic had a lightning fast transition and pushed the pace off the front. This saw a lead pack of eight including Brad Beven, Chris Hill, Miles Stewart and Hamish Carter, breakaway. The notable names missing from the front runners were Simon Lessing, Greg Welch and Greg Bennett who were working frantically to bridge back across. Further back were McCormack and Dimitry Gaag, who had a lot of work to do if they were to put themselves among the medal prospects.

However, it all came together after a mere four kilometres and for the next 30 kilometres, the race became an uninteresting game of cat and mouse with all the favourites watching one another. This gave American Kevin Carter his time in the spotlight as he built a solo breakaway lead of 32 seconds with four kilometres to go on the bike, though none of the main contenders appeared at all phased as his breakaway was reduced to a slender ten seconds into transition.

Onto the run it was clear who was running well as Stewart, Johns, Gaag and Lessing immediately gained a ten metre advantage over a ten man chase pack including Welch, Carter and McCormack. Bennett and Beven, whose run training had been severely hampered by a calf injury in the weeks leading to the titles, were left to make up a 50 metre deficit which only expanded as the race continued. Australia's final contender, Chris Hill was well off the pace and eventually pulled out on the second lap.

Lessing meanwhile played with Stewart, Gaag and Johns until the seven kilometre mark when he unleashed a punishing attack which broke them all. Somehow, Gaag found something, dug deep and with 300 metres to go, sprinted straight past the most feared runner in triathlon to claim his first ever world title. Stewart managed to shake a persistent Johns and secure his second bronze medal in as many years. Martin Krnovek brought the chase group in followed by Reto Hug and local Canadian hero, Simon Whifield. Greg Welch was Australia's next best finisher in 12th, while 1997 World Champion, Chris McCormack took 18th, current Australian champion, Greg Bennett 22nd and Brad Beven 34th.

Juniors

When the Junior Elite Women headed off at 7.00 am their conditions were ideal for racing. Australia has dominated this category for the past four years and looked to be ready to continue their strength. However, the late withdrawal of pre-race favourite, Melanie Mitchell, with a mystery stomach virus would later prove crucial in hindering Australia's chances of ongoing dominance of the event.

Immediately on entering the water, Australia's
Josie Loane took charge and forged a 20 second lead into transition. A chase pack including Melissa Godfrey, Annabel Luxford and Brit, Annelise Heard formed a chase pack. Lap three saw Loane reeled in and this group continued together into transition with a massive 2.20 advantage over a huge pack which was lead by Swiss running sensation Nicola Spirig.

Godfrey, with a fast transition, took a small advantage over the lead bunch on the run, but that soon evaporated and the first two laps saw the lead seesaw between Luxford and Heard. Lap three proved to be decisive as Heard stamped her authority and in so doing took out the 1999 ITU World Junior Championship title. Swiss running machine Spirig ran down the Aussies to claim second with Josie Loane holding good form to snatch third over a tiring Luxford. Godfrey, in her first international race finished a respectable 16th.

Promising young Queenslander Courtney Atkinson spearheaded Australia’s hopes in the elite junior men category, eager to cement his name on the international scene in his final year competing as a junior. Leigh Chapman, Jacob Newell, David Clark and David Dellow also represented strong hopes for Australian medals.

Atkinson wasted no time going about his business. A strong swimmer, he quickly found himself among the lead pack which consisted of about 12 athletes, including fellow Aussies, Dellow, Clark and Newell. However, it was American, Bryan Rather, who managed to build a slender advantage over the main charge, exiting the water with almost a 10 second buffer. The rest of the lead group, led by Kiwi Nathan Richmond, emerged within about seconds of each other, and were quickly able to reel the American in and establish an efficient working group on the bike.

Chapman was further back, exiting the water almost a minute behind Rather, among a group of about five. The same five worked together on the bike, although last a bit more time on the main contenders.

Atkinson entered the bike run transition in a very comfortable position. Clearly a stronger runner than his nearest rivals, it didn’t take him long to drop most of his cycling partners and establish a lead. Only German Christian Weimer was able to stay with him, before Atkinson kicked away to take the 21 second victory. Spaniard Iván Rana recorded the fastest run split to take third.

Chapman ran well to finish eighth, the second Aussie home, just edging out team mates Newell and Clark. Dellow also performed well to finish 14th.

Aussie Age Group Dominance

Just as the elite Aussies made a superb standing, so too did the Australian age group contingent with a number of top five placings:
### 1999 ITU World Triathlon Championships Results

**Men 16-19:**
1. Glenn Bennett 1:52:49
2. Matthew Clark 1:55:39

**Women 16-19:**
1. Loretta Harrop 1:52:49
2. Jackie Gallagher 1:56:00
3. Emma Carney 1:56:19
4. Michelle Jones 1:56:19
5. Joanne King 1:56:36
6. Sian Brice GBR 2:03:33

**Women 20-24:**
1. Lizzy Haughey 1:57:00
2. Jackie Gallagher 1:56:00
3. Nicola Spirig SUI 2:03:46

**Men 25-29:**
1. Dimitry Gaag 1:45:25
2. Craig McKenzie 1:54:49
3. Paul Dodd 1:55:19

**Women 25-29:**
1. Jenny Tönell 2:09:26
2. Jennifer Erskine 2:10:24
3. Emma Carney 1:56:19

**Men 30-34:**
1. Todd Voss 1:52:46
2. Andrew Johns GBR 1:45:56
3. Miles Stewart AUS 1:55:19

**Women 30-34:**
1. Lisa Vanska 2:07:05
2. Jenny Tannerleask 2:25:37

**Men 65-69:**
1. Douglas White 2:33:51

**Women 65-69:**
1. Loretta Harrop 1:55:28
2. Jackie Gallagher 1:56:00
3. Emma Carney 1:56:19

**Junior Women:**
1. Anneliese Heard GBR 2:03:33
2. Nicola Spirig SUI 2:03:46
3. Josie Loane AUS 2:04:05
4. Annabel Luxford AUS 2:04:38
5. Melissa Godfrey, AUS 2:07:31

**Junior Men:**
1. Courtney Atkinson, AUS 1:49:04
3. Ivan Rana, ESP 1:49:41
4. Stuart Hayes, GBR 1:49:57
5. Frederic Beloubere, FRA 1:50:04
6. Leigh Chapman, AUS 1:51:06
7. Jacob Newell, AUS 1:51:07
8. David Clark, AUS 1:51:13
10. Greg Bennett 1:47:07

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**Elagen Sport:**

You don’t get to be World Champion by ignoring the evidence about products that can help you train harder, recover faster and stay healthy.

*That’s why Team New Balance, triathlon’s most dominant team of current, former and future World Champions, uses Elagen Sport.*

Her’s what Team New Balance member and qualified exercise physiologist Jackie Gallagher had to say about Elagen Sport after testing it during her grueling pre-World Champs training schedule:

“I have been using the Elagen Sport product sent to me as part of the New Balance Team sponsorship. I actually think it is very good. I am often sceptical of vitamin and nutritional products - and I get asked to try a lot of them! It is nice to see something that actually has biochemical basis and validity. Thanks, I am using the Elagen Sport a lot.”

We didn’t pay Team New Balance to use Elagen Sport or comment favourably on it. But World Champions generally tend to recognise a competitive edge when they see it. If you’d like to read the studies that made Team New Balance choose Elagen Sport, phone Brett Newton for an Elagen Sport information pack.

**Elagen Sport:** Phone/Fax (07) 3324 9105, 22 Frank St, Norman Park, QLD 4170. Email: brnewt@hotmail.com
Aussie power-pack

Harrop, teammates sweep women's triathlon, giving fair warning for Sydney

Dave Stubb
The Gazette

"Awesome," Loretta Harrop kept saying over and over of Australia's performance at the World Triathlon Championships - Canada.

And, for once, the most overdosed adjective in sport carried weight.

The Australian women's Juggernaut demolished everything in its path on the five-place podium and sending a loud message to the pretenders to its throne a year ago.

Triathlon joins the Olympic Games.

Which of course, just so happens to be in Sydney.

"No distance Australia? No worries. These women are so far in advance of the world, no wonder it's usually too long down there."

Harrop led a field of 61 almost from start to finish to win her first world championship, the 1.5-kilometre swim, 40-kilometre ride and 10-kilometre run in hour 55 minutes 28 seconds.

And what a magnificent field Harrop paced. She was 32 seconds ahead of 1996 world champion Jackie Gallagher, who in turn led two-time world title-winners Emma Carney and Michelle Jones - the latter ranked No. 1 in the world, and Joanne King, the defending world champion.

ALWAYS PUSHING EACH OTHER'

Only the victory in 1996 by American Karen Smyers has broken Australia's domination - because we're always pushing each other to the limit," said Harrop, who began training seriously after failing to make Australia's 1994 Commonwealth Games team.

"This year, Luke, is a been triathlete too, and on Saturday we won the mass-participation citizen wave in the Queensland event.

Harrop was third out of the Olympic field yesterday and over-all was the entire field of 40-kilometre sprint on Circuit Gilles Villeneuve, but it was her steady sprinting that drove her to the finish line, sweeping the top five places and sending a loud message to the pretenders to its throne a year ago.

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Which of course, just so happens to be in Sydney.
Australian triathlete Michellie Jones shows her country's colours yesterday.

"We're not baseball or football," she says of her sport, "but I'm happy to have a nice lifestyle. It would be great to have $10 million in the bank when I retire, but as long as you're happy at what you do, that's the main thing."

"I think I still have another five years in the pros. I haven't gotten any slower yet, and as long as I don't, and I keep enjoying it, I think I'm going to be doing this for a long time."

She's one of the finest role models in triathlon, perhaps as much for her enthusiasm as her sterling record. Jones will tell anyone that the sport is wonderful precisely because it is not a swim, a ride or a run in the park.

"That's why you get so much enjoyment out of it," she says. "Finishing any race is a victory."

Jones's own success is thanks largely to her intelligent approach to training and an appetite for mileage that is not nearly as voracious as some of her competitors. She's big on intensity and plenty of recovery, and lauds Coulson for his willingness to experiment.

"I've learned that what worked last year doesn't work this year," she admits. "You've got to constantly trick your mind and your body. It's a great way to learn about yourself."

This weekend's meet, which has attracted more than 2,000 triathletes for a huge schedule of events, officially began yesterday with a noon-hour parade in Sydney, May 2: 1st. Results: Sydney, May 2: 1st. Kona, Hawaii, June 26: 1st. Corner Brook, Nfld., Aug. 15: 2nd.

SOURCE: INTERNATIONAL TRIATHLON UNION

PIERRE OBENRAUF, GAZETTE

FAST FACTS

MICHELLIE JONES

- Nationality: Australian.
- Residence: Carlsbad, Calif.
- Born: June 9, 1969 (age 30).
- World Ranking: 1st, by 770 points.
- Coach: Peter Coulson.
- Height: 5-foot-1½ inches (182 cm).
- Weight: 136½ pounds (62 kg).
- Hobbies: Reading, restaurant dining, walking her three dogs.
- Sponsors: Reebok, GT, MET-Rx, Campagnolo, Rudy Project.
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SOURCE: INTERNATIONAL TRIATHLON UNION

IN keeping with Jones?

Montreal could spell dog days for Tinkerbelle

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Ontarian earns Olympic berth

In his Pan American Games biographical notes, Simon Whitfield wrote that he wants to be a Canadian adventure guide. Well, the 24-year-old native of Kingston, Ont., is going about the right way. This summer’s Pan Am bronze medalist explored nearby uncharted territory for a Canadian man yesterday, finishing seventh in the ITU Triathlon World Championships elite race. He was ninth in 1997, and only Kingston’s Mark Bates, who was fourth in 1994, has been better. The top-eight worlds finish earned Whitfield pre-selection to Canada’s Olympic team and Sport Canada awarding worth about $850 a month. “My coach (Barrie Shepley) told me, ‘You’re a performer and you’re at home, so just go out and do it,’” said a delighted Whitfield, who lives and trains in Victoria.

Dave Stubbs

Triathlon Notebook

Swimmers hit the Olympic Basin in the elite triathlon event yesterday.

ON THE TUBE

N. Major League Baseball; New York Indies at Toronto Blue Jays, 7 p.m.
E. Monday Night Football: Miami Dolphins at Denver Broncos, 9 p.m.
1982

On 2nd January 1982, the Sn Chimney Marathon Team held the first open triathlon in Queensland. Consisting of a 1.61km swim, a 43.5km cycle, and 15.1km run, the Gold Coast event attracted 15 inexperienced competitors, including Barry Voevodin, who went on to organise many a memorable triathlon. It’s unlikely that, as Voevodin nervously made his way through the cycle leg on an expensive loan from bike shop owner Mike Stout, he would have had visions of himself organising an International Triathlon Union World Championship triathlon on the Gold Coast less than a decade later. Nor would he have realized that while the hard seat tortured his backside, he was passing the future residence of the winner of the 1991 world championships, Gold Coast youth Miles Stewart!

1983-2012

Growing from a modest event of approximately 200 competitors first held in 1983, Noosa Triathlon rapidly transformed into a five day multi-discipline sporting festival. By 1992, the field had grown to 1600. In that year organisers added another event to the program – the Saturday afternoon Noosa Criterium. Long before he was selected to the 1996 Australian Olympic team, and secured three Tour de France green jerseys, a young Robbie McEwen won the inaugural event. It seems appropriate that this year, twenty years later, McEwen came out of retirement to win the Noosa criterium one more time.