

## Sydney Dextro Energy Triathlon ITU World Championships

Sydney has once again displayed its charms to the world with round one of the Dextro Energy Triathlon ITU World Championships Series blasting out of the starting blocks on Sunday. The races had it all; sunshine, rain and wind along with spills and thrills to ensure the huge spectators scattered around course and the millions that watched the event live as it was beamed into countries such as Germany, Great Britain and New Zealand were on the edge of their seats all day!

Sydney was the venue back in 2000 that kick started triathlon's meteoric rise on the Olympic program. With the Sydney Opera House and Sydney Harbour Bridge as the back drop who could not be forgiven for having a touch of nostalgia as the athletes prepared for the 2011 international race season.

### WOMENS RACE

In the women's race it was USA veteran Laura Bennett that led the field out of the choppy waters of Sydney Harbour and onto the tough bike course. The main pack came together with Australian athletes Felicity Abram driving the first chase pack up to the leaders including last years winner Barbara Riveros (CHI), Emma Moffatt (AUS), Liz Blatchford (GBR), Andrea Hewitt (NZL), Paula Findlay (CAN), Carol Peon (FRA) and Tomoko Sakimoto (JPN). Annabel Luxford was prominent on the bike and attempted a number of breakways before being reeled in by the pack.

The most notable athlete missing from the main pack was Olympic Gold medallist Emma Snowsill. Her event started poorly with a below par effort in the swim leg and she battled to regain touch with the leading pack throughout the bike and run legs. Snowsill was left shattered – both physically and emotionally after the race. In fact it was some time after the race before she was able to speak to the media, and when she did, she was still shaking off the after effects of a gut-busting performance. "I'm just completely empty," she said. "I don't know what happened in the swim. It was really really choppy which made it hard but I thought I was going alright. I must have been a little off-course or something because I just found myself at the back of the pack," she added. While not making excuses, Snowsill revealed she had been battling a heavy cold in the past fortnight that may have taken its toll in the lead up to her first race of the season. "The first race is always the hardest but I was really flat. I did put a lot of pressure on myself competing in Sydney but I'm really not sure what happened. Snowsill was that lethargic she even contemplated pulling out of the event at various stages.

The lead pack stormed off the bike and onto the run where an elite group of 5-6 athletes kept pushing the pace. Laura Bennett was the first athlete to test out the leaders on the long hill back

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up to Hyde Park. Then Barabra Riveros threw in some surges on the hill the next time around along with New Zealander Andrew Hewitt. Race favourite Emma Moffatt lead for a short time early on the run but then faded. It was Canada's Paula Findlay who surprised everyone, especially herself by surging ahead in the final 200 metres of the run leg to defeat defending champion Barbara Riveros in a time of 2:01:21 with New Zealand's Andrea Hewitt in third.

Emma Moffatt completing the journey in 13<sup>th</sup> place whilst Beijing Olympic champion Emma Snowsill was well back in 42<sup>nd</sup>. Despite a supportive home crowd, the 'two Emmas' Moffatt and Snowsill, were never really in contention. Moffatt was briefly in the leading pack at the start of the run leg however she quickly faded. "I got a stitch and found it really hard," Moffatt recalled. "It all comes down to the run leg in these races and I just couldn't go. I started to get a bit of pain towards the end of the bike leg but it doesn't matter so much on the bike. When I started running it was clearly going to be a problem.

"Maybe it was a bit of fatigue from Mooloolaba, I'm not sure," she added. Moffatt has been competing at the elite level for long enough to know that there is a positive to be found in every performance. "It's clear I have to improve on that if I want to go well in the series," she said. "It was not the result I wanted, especially at home where you naturally want to go well."

Of the other Aussies, Felicity Abram was 15<sup>th</sup>, Emma Jackson 24<sup>th</sup>, Felicity Sheedy-Ryan 41<sup>st</sup> and Annabel Luxford 43<sup>rd</sup>.

## RESULTS

NAME		FINISH	SWIM	CYCLE	RUN
1. Paula Findlay	CAN	02:01:21	22:13	01:03:12	34:43
2. Barbara Riveros Diaz	CHI	02:01:24	22:21	01:02:59	34:54
3. Andrea Hewitt	NZL	02:01:29	22:05	01:03:18	35:00
4. Carole Peon	FRA	02:01:39	22:18	01:03:05	35:04
5. Tomoko Sakimoto	JPN	02:01:40	22:16	01:03:10	35:01
6. Laura Bennett	USA	02:01:59	21:55	01:03:28	35:27
7. Ai Ueda	JPN	02:02:02	22:45	01:02:39	35:25
8. Liz Blatchford	GBR	02:02:32	22:00	01:03:22	35:56
9. Lisa Norden	SWE	02:02:36	22:18	01:03:06	36:05
10. Lauren Campbell	CAN	02:02:43	22:28	01:02:59	36:10

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## MENS RACE

While the women's races was bathed in sunshine, at the beginning the clouds started to gather in and by the time the men hit the water heavy rain began falling that lasted throughout the entire race. The bike leg in particular became a case of staying upright rather than charging through the field, as rider after rider came to grief in the treacherous conditions. While it made racing incredibly difficult for the elite performers, those spectators who braved the heavy rain were greeted to some spectacular, if not very painful crashes that even extended to the run leg.

In the end it was the World Champion Javier Gomez that mastered horrible conditions best to take out the Dextro Energy Triathlon ITU World Championship Series opener in Sydney despite falling himself during the cycling leg. The two-time world champion Spaniard overcame a nasty fall on the bike leg to power away in the final stages of the run leg to post a comfortable victory over Great Britain's Jonathan Brownlee in a time of 1:50:22, with Swiss star Sven Riederer taking the final place on the podium.

In great news for the local contingent, Australian Brendan Sexton claimed fourth position to signal his arrival amongst the world's elite. Sexton performed admirably in the run leg to latch on to the breakaway pack of three, but Gomez was biding his time before racing to what was a comfortable victory. That leg provided a bitter-sweet moment for second placed Brownlee who watched his brother Alistair slip and crash to the bitumen while at the front of the lead group in the run. Casting aside the anguish of seeing his brother not only out of contention but clearly injured as well, Jonathan did a remarkable job to regain his composure to finish second. Despite his gallant attempt, Alistair could not regain his place in the lead group and faded to finish 29<sup>th</sup>.

Sexton, the popular Australian was over the moon with his performance and agreed this result could be a turning point. "I'm pretty amazed with what I did out there. Gomez was amazing, he's a freak, but I'm just over the moon," he said. "I've taken a big step and in the company I was in that was just incredible for me. Today has given me more than I could do in any training session, and it's a bigger step psychologically than physically."

Despite his career high, Sexton isn't satisfied and wants to go one, and eventually more steps better. "You've always got to keep aiming and this was three places from the top so I'm always going to keep moving," Sexton said. Fellow Australian Courtney Atkinson finished 13<sup>th</sup> while Brad Kahlefeldt did not complete the course after retiring after the bike leg.

## RESULTS

NAME		FINISH	SWIM	CYCLE	RUN
1. Javier Gomez	ESP	01:50:22	19:35	59:31	30:09

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2. Jonathan Brownlee	GBR	01:50:29	19:32	59:26	30:31
3. Sven Riederer	SUI	01:50:34	19:40	59:16	30:32
4. Brendan Sexton	AUS	01:50:40	19:57	59:01	30:39
5. David Hauss	FRA	01:50:49	19:25	59:32	30:49
6. Tim Don	GBR	01:50:58	20:03	58:52	30:52
7. Jonathan Zipf	GER	01:51:04	19:57	59:04	31:00
8. Joao Silva	POR	01:51:17	19:59	58:57	31:15
9. William Clarke	GBR	01:51:20	19:39	59:18	31:16
10. Dimtry Polyansky	RUS	01:51:26	19:32	59:32	31:10

### AGE GROUP RACE

The day kicked off in the early hours with the Age Group race that tackled the unique new course that included Cahill Express way, Sydney harbour Bridge and the Macquarie Street Hill on the bike while an exciting multi-lap run course through the CBD. In the age group race Sydney's David Clarke took the spoils on the inaugural Sydney course with a blistering time of 1:56:47 followed by young Tasmanian junior James Hodge (1:57:04) with Mitchell Kibby (1:57:55) taking 3<sup>rd</sup> place overall on the day.

### AGE GROUP MEN TOP 15 OVERALL

Pos	Name	Time	Category	Swim	Cycle	Run
1	<u>David CLARKE</u>	01:56:47	Open	00:21:23	00:59:07	00:35:12
2	<u>James HODGE</u>	01:57:04	15-19	00:18:55	00:56:34	00:39:08
3	<u>Mitchell KIBBY</u>	01:57:55	Open	00:21:13	00:59:26	00:36:21
4	<u>Dom AUNGLES</u>	01:57:59	Open	00:21:14	00:59:19	00:36:20
5	<u>Michael FOX</u>	01:58:04	Open	00:20:28	00:59:19	00:37:16
6	<u>Lindsey WALL</u>	01:58:17	Open	00:21:08	00:59:30	00:36:38
7	<u>Sam DOUGLAS</u>	01:58:52	Open	00:20:40	00:59:51	00:37:15

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8	<u>Matthew PELLOW</u>	01:59:21	Open	00:20:46	00:59:44	00:37:41
9	<u>Troy DRINAN</u>	02:00:02	Open	00:21:26	00:59:03	00:38:21
10	<u>Leigh CHAPMAN</u>	02:00:16	Open	00:21:26	01:01:36	00:36:02
11	<u>Gareth DANIEL</u>	02:00:16	Open	00:21:28	01:00:03	00:37:25
12	<u>Nathan BARRY</u>	02:00:36	20-24	00:19:27	01:00:23	00:38:48
13	<u>Troy O'SHEA</u>	02:00:58	25-29	00:20:32	01:01:00	00:37:59
14	<u>Brodie GARDNER</u>	02:01:02	Open	00:22:24	00:59:48	00:37:47
15	<u>Matt PALMER</u>	02:01:03	Open	00:21:32	01:00:08	00:38:10

In the women's race it was German athlete Marion Summerer in 2:08:37 who took the honours followed by Lisa Marangon (2:09:35) and Matilda Reynolds in a close third place with a time of 2:09:56.

#### AGE GROUP WOMEN TOP 15 OVERALL

Pos	Name	Time	Category	Swim	Cycle	Run
1	<u>Marion SUMMERER</u>	02:08:31	Open	00:22:14	01:02:23	00:42:42
2	<u>Lisa MARANGON</u>	02:09:35	Open	00:21:43	01:05:12	00:41:24
3	<u>Matilda RAYNOLDS</u>	02:09:56	Open	00:23:07	01:04:59	00:40:38
4	<u>Margo MACKINTOSH</u>	02:10:38	25-29	00:24:15	01:04:40	00:40:05
5	<u>Kym JAENKE</u>	02:11:02	Open	00:21:54	01:06:21	00:41:31
6	<u>Laura SIDDALL</u>	02:11:38	30-34	00:22:43	01:03:07	00:43:17
7	<u>Natalie DELLOW</u>	02:13:09	Open	00:22:18	01:05:57	00:43:40
8	<u>Lauren FITZGERALD</u>	02:13:21	25-29	00:23:38	01:03:41	00:44:17
9	<u>Alison RYAN</u>	02:14:19	30-34	00:22:09	01:06:02	00:43:36
10	<u>Janet NIELSEN</u>	02:16:00	Open	00:23:12	01:11:24	00:39:47
11	<u>Natalie SILVESTRO</u>	02:16:24	25-29	00:24:18	01:07:56	00:41:30

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12	<u>Alissa WILLIAMS</u>	02:16:43	20-24	00:21:35	01:09:00	00:44:03
13	<u>Lucie RICHARDS</u>	02:16:55	30-34	00:24:26	01:06:07	00:43:42
14	<u>Amanda BOTT</u>	02:17:14	20-24	00:22:23	01:07:41	00:45:33
15	<u>Jenelle WEBSTER</u>	02:17:35	30-34	00:22:44	01:08:08	00:44:19

### Australian National Triathlon Championship Series

As the final race of our inaugural Australian National Triathlon Championship Series - the three-race premier series for Triathlon Australia members – it was the decider of our Age Group National Series Champions.

**We would like to extend special congratulations to our 2010/2011 Age Group National Series Champions:**

Age Group	Male	Female
Open	Mitchell Kibby	Matilda Raynolds
15-19	James Hodge	Annalise Jefferies
20-24	Andrew Elshaw	Alissa Williams
25-29	Troy O'Shea	Clara Brown/Kelly Spottiswood
30-34	Peter Court	Jenelle Webster
35-39	Simon Nash	Cyrma Hearn
40-44	Troy Ibbott	Sara Finch
45-49	Jeff Collier	Linda O'Connor
50-54	John Hill	Sue Luckhurst/Louise McNulty/Alison Appleton
55-59	Geoffrey Taylor	Monica Stewart
60-64	Martin Brigden	Christine Walker
65-69	Brian Alderman	
70-74	Bernard Crowe	
75-59	Jolyon Ward	

**For the full series point score, go to [www.triathlon.org.au](http://www.triathlon.org.au)**

**For further information contact:**

Triathlon Australia  
[info@triathlon.org.au](mailto:info@triathlon.org.au)

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+61 (02) 9972 7999

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