

MEDIA RELEASE



4 October 2009

## FETTELL AND STEFFEN WIN GOLD COAST HALF IN RECORD TIMES

Alstonville's Clayton Fettell stepped into the winners circle for the first time in recent years taking out the Cannibal Gold Coast Half Ironman today, while Switzerland's Caroline Steffen overcame injury to comfortably take the women's title in record time over the 1.9km swim, 90km cycle and 21.1km run.

Fettell took six minutes off the record previously set by David Dellow and Steffen took three minutes off the women's.

Fettell a renowned swim/bike specialist lead them out of the water with Joseph Lampe, the pair putting two minutes into the next group of seven containing some of the favourites, Tim Berkel, Adam Holborow, Nathan Stewart and James Bowstead.

Fettell then went about decimating the rest of the field and extending his early lead to 3:40min after the first lap of the bike and despite the windy conditions he decided to play to his strengths and put the hammer down over the next two laps to eventually lead by 7min 40sec from Berkel, Whistler, Stewart and Holborow.

Bowstead was the only one to maintain contact with Fettell but was two minutes down. Fettell recorded one of the fastest ever bike splits with 2:07:26.

"I've been doing a good 700km a week by myself so I'm used to doing the k's on my own," said Fettell after the race.

"I got a time check at the 70km mark but was still riding scared with Berkel behind."

Although Fettell hit the wall 14km into the run he worked through it with Bowstead maintaining a good pace behind and Berkel slowly eating away at his lead.

But in the end it was Fettell's day winning by four minutes with Berkel running himself into second place and Bowstead hanging on for third.

Berkel was less than pleased with his race today.

"I didn't feel comfortable out there all day and 30k into the bike I was struggling," he said.

He will now turn his focus to defending his Ironman title at Busselton on December 5.



Fettell is better known as an Olympic distance athlete but confesses while he prefers the ITU non-drafting races he has more success at the longer distances.

Fettell had some success in America this past season racing at Lifetime Fitness, Escape from Alcatraz and some 70.3 races.

"I learnt to ride a bike properly over there and the results are now paying off."

Fettell's next goal is the ITU World Long Course in Perth which he admits he won't win but has another burning ambition to win the Noosa Triathlon.

In the women's race it was an injury riddled Caroline Steffen that easily accounted for the women's field despite carrying scars, swelling and a foot injury after being hit by a car while out training on the Sunshine Coast.

Steffen is living with boyfriend David Dellow at Mooloolaba and was determined to win this race after the accident.

"I really wanted to win this race after what I had been through with the accident and having to get a new bike."

After exiting the swim 50 second behind Sarah Pollett, Steffen went about executing an excellent race although on the first lap of the run looked to Dellow for advise on withdrawing because the plantar faciitis was playing up and she didn't want to risk further injury. The decision to continue on paid dividends.

Pre race favourite Lisa Marangon trailed Steffen for most of the race but it was 25 year old Christie Sym in just her second half ironman race that ran through from sixth place to catch Marangon and Pollett to claim second place.

"It was such a beautiful swim but really hard on the bike because of the wind and I had a bit of trouble on the run," said Steffen.

"It's so great to race here and I'm so happy to finish, also it's my first win."

Sym has made a quick transition from Adventure racing to triathlon and is looking to keep improving and learning ahead of her next challenge, Ironman Western Australia.

"I just wanted to go as hard as I could and I'm stoked, my run has let me down in the past but I gave it everything," added Sym.

In all 1000 competitors took up the half ironman challenge, all with their own personal goals.

Earlier this morning 500 competitors tackled the shorter distance, 1km swim, 33km cycle and 7km run in the Sprintman.



## Results – Half Ironman

### Male

1.	Clayton Fettell	Alstonville	23:06	2:07:26	1:21:39	3:52:11
2.	Tim Berkel	Port Macquarie	25:09	2:14:57	1:16:16	3:56:23
3.	James Bowstead	New Zealand	25:11	2:09:53	1:22:15	3:57:19
4.	Joseph Lampe	Lennox Head	23:04	2:16:37	1:20:55	4:00:37
5.	Ollie Whistler	Erowal Bay	25:06	2:15:08	1:25:23	4:36:44

### Female

1.	Caroline Steffen	Switzerland	26:41	2:27:52	1:32:07	4:26:41
2.	Christie Sym	Collaroy Plateau	29:27	2:33:43	1:30:14	4:33:24
3.	Sarah Pollett	Mooloolaba	25:53	2:32:17	1:35:42	4:33:53
4.	Lisa Marangon	Waterloo	27:04	2:29:20	1:38:09	4:34:34
5.	Rebecca Eveleigh	Narrabeen	32:59	2:32:08	1:31:37	4:36:44

## Results – Sprintman

### Male

1.	Jack Hickey	Gunnedah	1:25:07
2.	Peter Court	Dayboro	1:27:27
3.	Gareth Daniel	Mt Nathan	1:30:09
4.	Daniel Macpherson	Toowoomba	1:30:56
5.	James Trevorrow	Maryborough	1:31:00

### Female

1.	Alison Ryan	Seven Hills	1:37:43
2.	Sharon Greenhill	Ashgrove	1:42:26
3.	Claire Sheridan	Gunnedah	1:43:09
4.	Heather Peal	Ballina	1:44:35
5.	Natasha Gilmour	Boondall	1:44:38

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