

## Media Release



**27 March 2009**

### **NOWILL CLAIMS THIRD ASICS TWILIGHT WIN**

Brisbane's Peter Nowill successfully defended his title at the Asics Twilight 5km run this evening, the win handing him his third successive while noted marathon specialist Helen Stanton took out the womens crown.

The six-times 3000m national steeplechase champion set a scorching pace despite from the start to set up the win.

The defending champion looked comfortable the entire race and went through the first of two laps in 7 minutes 20 seconds eventually recording an impressive 14:38 for the 5km, 9 seconds quicker than last year.

Nowill showed his class on the second lap to pull clear of Jaydon Russ and Hintsa Mebrahtu.

"It was an honest pace out there tonight and I just tried to keep some space between me and Jaydon," said Nowill.

Nowill has been based in Europe for the past 12 months and has returned for few domestic races.

"The racing is more competitive in Europe although training through their winter was tough," said Nowill.

Nowill is targeting a spot in the Australian team for the World Championships to be held in Berlin in August.

The race has been a part of Nowill's program over the past few years and he likes the early evening start.

"I love this race and being part of the whole weekend," said Nowill

36-year-old Stanton was delighted with the win and surprised at her form just weeks out from the Canberra Marathon she is focussed on.

"I'm so pleased with that given the hard training I'm in and to win against these young girls," said Stanton.

Returning from a 6 month layoff due to injury Clare Geraghty couldn't hold off the fast finishing Stanton over the final kilometre.

April Stanton had an impressive debut to finish third.

500 keen runners took to the floodlight course cheered on by a parochial crowd that had turned out to watch the first event of the three day sporting spectacular, the Mooloolaba Triathlon Festival.

Tomorrow's action kicks off at 8am with The Courier-Mail Superkidz Triathlon followed by the Mooloolaba 1km Ocean Swim and the Ryders Cycling Grand Prix. On Sunday the highlight of the festival, the Mooloolaba Triathlon will see nearly 4,500 age group athletes take up the challenge followed by 80 of the world's best triathletes in action from 11.30am.

## Results

### Men

1.	Peter Nowill	Newstead	14.38
2.	Jaydon Russ	Norman Park	15.01
3.	Hintsa Mebrahtu	Robertson	15.05

### Women

1.	Helen Stanton	North Lakes	17.18
2.	Clare Geraghty	Camp Hill	17.24
3.	April Sloan	Loganholme	18.05

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