



**TITANIUM  
ENTERPRISES**



## **MEDIA RELEASE**

Wednesday 31 January 2007

### **IRONWOMAN RETURNS TO SHORT STUFF**

Ironwoman Melissa Ashton will make her debut in the Gatorade Queensland Tri Series, round five, Titanium Enterprises Caloundra Triathlon on Sunday 11 February. Nearly 1400 athletes are expected to tackle the three different distances on offer.

Ashton, a former short course athlete who represented Australia at four world championships, was Rookie of the year in 1999 and Oceania Champion in 2000 switched to the longer distances with instant success. In her Ironman debut at the 2005 Ironman Australia Triathlon in April (3.8km swim, 180km cycle, 42.2km run) she finished second, first Australian. Ashton then went onto place an incredible 10<sup>th</sup> place at the Ironman Triathlon World Championships in Hawaii.

In 2006 Ashton finished third at the Panthers Ironman Australian Triathlon and followed up with a 9<sup>th</sup> place in Hawaii.

"I'm up here for the weekend with my husband and it's not often we get the chance to compete together or I get to do a shorter race.

Ashton's husband Brendan Gerard, a former Kookaburra who claimed an Olympic bronze medal in 1997 will also take part in this Sunday's triathlon.

"Brendan is working in Brisbane at the moment then coming up to Caloundra to visit his father, I couldn't believe my luck when there was an event on," said Ashton

"It's really too short for me but it will be a lot of fun to just get back to the grass roots," added Ashton.

In her busy schedule Ashton also is an ambassador for the MS Society and the Red Cross 'Good Start Breakfast Club' (a charity which helps educate children on the importance of a healthy breakfast in order to try to reduce the incidence of childhood obesity).

Ashton's talents aren't just the sporting kind, she is currently finishing a Master of Law & Legal Practise and already has a Bachelor of Commerce degree. She is also a member of the Australian and New Zealand Sports Law Association and a director of Triathlon Australia.

The event gets underway from 6:45am, Woorim Park, Golden Beach.

#### **Distances:**

QTS Triathlon	400m swim / 15km cycle / 4km run
LOOK Enticer	200m swim / 5km cycle / 2km run
Kool Kids	100m swim / 2km cycle / 400m run

The **LOOK Enticer Triathlon** is the ideal distance for the novice to compete individually, be part of a team or just a fun way to spend a Sunday.

The program caters for the kids - **Kool Kids Triathlon**, with achievable short distances that any child could manage making it a fun experience.

### **Saturday Schedule**

2:00pm Gatorade Tri Clinics commence  
2:15pm Registration and Late Entries open  
3:30pm Gatorade Clinics finish  
5:30pm Registration and Late Entries close

### **Sunday Schedule**

5:15am Registration/Transition opens (cycle check in, numbering)  
6:30am Registration Closes  
6:45am Kool Kids Start  
6:55am LOOK Enticer Start  
7:05am QTS Triathlon Start

### **Upcoming races in the series**

Race 5 11 February – Caloundra

Race 6 22 April – Raby Bay

Get into the fun of it this summer. Entries and detailed information available at [www.usmevents.com.au](http://www.usmevents.com.au) or for other enquiries phone (07) 5449 0711.



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