

MEDIA RELEASE
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CRUISEY WINS FOR BETTEN AND MENSINK

Local athlete Sam Betten upset a quality men's field to win race 5 of the Gatorade Queensland Tri Series at Caloundra this morning, while Lisa Mensink from the Nederland's outclassed the open women's category.

20 year old Betten finished third at this event last year and was happy with his performance today, securing his first win of the series.

Betten set his race up from the start leading out of the 400m swim, quickly asserting his dominance on the 15km bike leg. Finally the chase packed formed after the first lap on the bike which included Tim George, Adam Fitzakerely, Nigel Cropter, Josh McHugh and a handful of juniors. Despite the group forming no one was willing to work and the juniors lacked the experience to 'take a turn' on the bike to bridge the gap to Betten.

This gave Betten a clear path heading out onto the 5km run. The contest was for second and third as George and Fitzakerely finally decided to make a race of it ending with a sprint to the line. George just edging out Fitzakerely.

"It's great to finally notch up a win in the series up again such talented athletes," said Betten.

For this trio they will now turn their attention to competing at the Mooloolaba Triathlon on March 30.

It was a similar contest in the women's event with Mensik showing her class and dominating the women's field from the start.

Again the battle for the final two podium places came down to series stalwarts Melissa Trims and Kym Jaenke. Trims hasn't featured in the results since the first event at Raby Bay when she won.

Mensik is currently preparing for the upcoming ITU World Cup race at Mooloolaba on March 30.

"This is a great hitout for me to see where my training is at ahead of the World Cup," said Mensink.

Caloundra provides a unique course and ideal location in terms of safety for competitors with minimal disruption to residents.

There are three different distances to choose from all aimed at participation. With such an inviting program the event is well placed to promote the sport to all segments of the triathlon and general sporting community.

1250 triathletes from kids to grandparents took part this morning, and increase on last year.

The increase in numbers is across the board – over all distances including the kid's event which is a healthy indication for the sport.

The final race in the series which doubles as the Club Championships will be held at Raby Bay on April 20.

Overall Results

Male

	Suburb	Time
1. Sam Betten	Clear Mountain	35:55
2. Tim George	Buderim	36:41
3. Adam Fitzakerley	Paddington	36:44

Females

1. Lisa Mensink	Nederland's	40.46
2. Melissa Trims	Nundah	42.24
3. Kim Jaenke	Brisbane	43.28



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