

MEDIA RELEASE

for immediate release

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KATE MAJOR GOES SHORT FOR THE LONG HAUL

2007 Ironman World Championship bronze medallist Kate Major has opted to kick start her training schedule in Australia by competing in the third and final triathlon for 2007 at Raby Bay this Sunday.

Major, recently returned home ahead of her assault on the Panthers Ironman Triathlon Australia event on April 6, 2008.

"I've just started training again last week and need some short racing to sharpen me up," said Major.

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

"These short races hurt more than the longer ones so I'm a little nervous," added Major.

Major's best performance at Ironman Australia was back in 2002 when she finished second to Canadian Lisa Bentley.

Event organisers USM Events are expecting a full field of 1350 competitors this Sunday to take part in the three different distances on offer. The course is capped to this number for competitor safety.

The Gatorade Queensland Tri Series caters for athletes of all ages and abilities and this year introduce the Gatorade Tri Training Clinics, held on the Saturday prior to each race. The clinics are designed to familiarise first time competitors with what to expect and for those who have completed a few triathlons and want a few more tips and progress to the next level.

The Scody Enticer Triathlon is a great option for first timers or weekend warriors with teams categories also offered.

We've also got the kids covered with the Kool Kids Triathlon, covering short distances that any child could manage making it a fun experience.

This race heralds the end of 2007 and the traditional Christmas bash brings out some very creative festival racing outfits. It's a chance for the triathlon community see out 2007 with a final race under their belt followed by the big barbie.

Distances:

QTS Triathlon	750m swim / 20km cycle / 5km run
Scody Enticer	300m swim / 10km cycle / 2.5km run
Kool Kids	100m swim / 2km cycle / 400m run

Saturday 15 December 2007

2:00 pm Gatorade Tri Clinics to begin
2:00 pm Registration and Late Entries for Gatorade QTS opens (if not sold out prior)
4:00 pm Gatorade Tri Clinics to finish
5:00 pm Registration and Late Entries for Gatorade QTS closes

Sunday 16 December 2007

5:15 am Registration/Transitions opens
6:15 am Registration closes
6:45 am KoolKids START
6:55am Scody Enticer START
7:05 am Gatorade QTS Triathlon START

The Program - 2008

Race 4 20 January – Robina
Race 5 10 February – Caloundra
Race 6 20 April – Raby Bay



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