

## **MEDIA RELEASE**

Tuesday 13 January 2009



### **ROBINA SPRINTS INTO HUGE TRIATHLON YEAR**

Another bumper field is expected to turn out this Sunday for the first triathlon event of 2009. The fourth race of the Gatorade Queensland Tri Series at Robina held over the internationally recognised Sprint Distance format (750m swim, 20km cycle, 5km run).

The Robina event kicks off a big year for triathlon, especially on the Gold Coast which will host the 2009 ITU Triathlon World Championships in September (9-13<sup>th</sup>).

On March 1 the test event for the world championships will be conducted at the annual Gold Coast Triathlon – Luke Harrop Memorial, doubling as a selection race for Juniors and age group competitors onto the Australian team.

Winners of race three Adam Fitzakerley and Rachael Paxton will be hard to beat but Nerang's Risa Saito is hoping to improve on her third placing in the last event. Palm Beach youngsters Ellen McDonald and Benjamin Shaw are also hoping to be competitive as they venture into the Open category.

Triathlon is definitely not just for the young but also the young at heart and those keen to lead a healthy and active lifestyle.

Two such gentleman prove age is no barrier when it comes to competing in triathlons, 74-year-old Gold Coaster Jolyon Ward will tackle the 750m swim, 20km cycle and 5km run.

If you're not quite as 'spritely' as these two gentleman, there are other distances for you to choose from including teams categories, Mates Wave – race with your mates regardless of age or gender and a first timers category for the kids as an easy introduction.

Whether it is the challenge of conquering three sports in the one go or making a decision to adopt a healthier lifestyle, up to 160,000 Australian's motivate themselves each year to get out there and give it a go.

With the introduction of FREE Gatorade Triathlon Clinics, to provide tips to newcomers, each Saturday prior to the event and categories that include Mates Wave, Clydesdale (weight related) and First Timers for kids, it has made the sport of triathlon less daunting and more appealing to the health conscious and active enthusiasts.

Venue: **Robina Parkway (north from Markeri St)**

Road Closures:

Robina Parkway *from Boowaggan Rd to Gooding Drive (2pm Sat to 1pm Sun)*  
Robina Parkway *from Markeri St to Gooding Drive (6.15am to 10.15am Sun)*  
Boowaggan Rd *6.15am to 10.15am Sun*

Police & event marshals will man all intersections to ensure traffic flows with a minimum of disruption and all triathletes complete the event safely.

Boowaggan Rd (Gooding Dr end) will be opened at approx 9.40am to allow access to Council Refuse Station.

Saturday Diversion From 2.00pm on Saturday, vehicles will be diverted along Boowaggan Rd and along Gooding Drive.

**Distances:**

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

**Saturday 17 January 2009**

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

**Sunday 18 January 2009**

6:15 am Registration closes  
6:45 am KoolKids START  
6:55am NAB Enticer START  
7:05 am Gatorade QTS Triathlon START

**The Program - 2009**

Race 5 10 February – Caloundra  
Race 6 20 April – Raby Bay



For further information or to arrange interviews or photographs contact Lisa Pringle on 0417 005 743  
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