

**MEDIA RELEASE**  
*for immediate release*  
Sunday 21 January 2007



## **GEORGE, TRIMS SPRINT TO FIRST SEASON WINS**

Sunshine Coast athlete Tim George made a welcome return to the sport of triathlon winning round four of the Gatorade Queensland Tri Series this morning at Robina, Gold Coast. Brisbane's Melissa Trims took out the female division for her breakthrough win in the series over the 750m swim, 20km cycle and 5km sprint distance race in steamy conditions.

A full field of 1200 athletes took part in the first race of the season today, some sticking by New Year resolutions in leading a healthier and more active lifestyle.

After an eight month lay-off from the sport last year and a third place in the last round of the series George had a strong run to come from behind after missing the leading group out of the swim.

"I'm normally a minute behind the lead bunch but was on 20sec down today," said George.

A group of seven led out by young swim specialist Brett McKeown followed by a stream of athletes including David Dellow, veteran's Brad Beven and Levi Maxwell then Dane Robinson, Matt Lance and Englishman James Cotton.

The recently resealed roads and upgrades along Robina Parkway made for a smooth ride over the four lap course for competitors.

The only change on the lead group throughout the 20km cycle was George attaching himself to the pack.

At the changeover it was 38-year-old Beven who led the charge into transition ahead of Robinson then the peloton – George, Maxwell, Dellow, Lance and McKeown.

A disastrous transition for Beven who turned up with two left shoes to race this morning saw him lose valuable time.

Robinson, a QAS member capitalized on a good transition to lead out onto the run and managed to move away from George and Dellow on the first lap but would need to keep pace with the pair in hot pursuit.

For Robinson it was not to be expending too much on the first lap fading to finish fourth.

In the final stages of the run Maxwell put on a surge to test Dellow and George but they quickly reacted, Dellow first then George a former world cross country representative sitting on his shoulder before perfectly timing his sprint to the line to win by 7 seconds from Dellow. Beven recovered to finish a credible fifth.

"This is really exciting for me beating a quality field, I worked hard to make up time from the swim and to run down these guys was great," said George.

In the women's event it was 15-year-old state 5km open water champion Danielle De Francesca emerging first with a gap of 30 seconds over Melissa Trims and a further minute back to Jessica Large who finished second junior at Noosa Triathlon.

It didn't take long before Trims asserted herself on the bike leg and a controlled run to beat De Francesca home.

It's the first win in the series for Trims who finished eighth at Noosa last year and hoping it's a good omen for the season ahead.

De Francesca a member of the QAS Squad is only in her second year of triathlon and picked up the Australian Schools Triathlon Title last year. The Gold Coaster recently posted a 35min 10km run time recently and looks set for a prosperous future in the sport.

"Danielle is such a talent and at such a young age but we're taking it slowly with her progression and not too much pressure on her," said Coach Jenny Alcorn.

The emphasis was clearly on fun and participation in the LOOK Enticer Triathlon this morning as hundreds took the plunge in completing a 300m swim, 10km cycle and 2.5km run as an individual or part of a team. This distance offers first timers a chance to experience the fun of triathlon and our weekend warriors who enjoy having a hit out or challenging their mates.

The first race to get underway today was the Kool Kids Triathlon which catered for kids under 12 years. The aim is to create a fun and safe atmosphere for the kids to participate. A big field of kids took up the challenge and completed a 100m swim, 2km cycle and 400m run.

### Overall Results

Male	Suburb	Time
1. Tim George	Buderim	58:19
2. David Dellow	Bruce, ACT	58:26
3. Levi Maxwell	Brisbane	58:28
4. Dane Robinson	Brisbane	58:36
5. Brad Beven	Paddington	59:19

  

Females	Suburb	Time
1. Melissa Trims	Nundah	1:04:33
2. Danielle De Francesca	Miami	1:05:58
3. Jessica Large	Helensvale	1:06:24

A full set of results is available at [www.usmevents.com.au](http://www.usmevents.com.au)

### 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.



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

[lisa@usmevents.com.au](mailto:lisa@usmevents.com.au)    [www.usmevents.com.au](http://www.usmevents.com.au)