



**TITANIUM
ENTERPRISES**



MEDIA RELEASE

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COMEBACK WINS FOR TUCKER AND MATTHEWS

After long lay-offs from triathlon Helen Tucker (GBR) and Murwillumbah's Paul Matthews made a stunning return to racing this morning taking out the Titanium Enterprises Caloundra Triathlon at Golden Beach.

The men's field was the best of the series so far and after the 400m swim did little to separate them. A large group emerging as one including Stephen Nicholson (GBR), Swiss pair Lukass Salvisberg and Phillip Koutny, currently based on the Sunshine Coast training with Scott Penny. Also tucked into the lead bunch, Sam Betten, veteran Brad Bevan, Matthews and round four winner and local favourite Tim George.

Once out onto the first of a three lap 15km course the flat conditions made it difficult to make any breaks.

"I did most of the work out on the bike, no one else seemed to want to do anything, but I know I hurt their legs for the run," said Matthews after the race.

Betten, Salvisberg and Matthews dismounted their bikes in quick succession with a 20 sec break over the next bunch, Koutny, Stephen Nicholson and George.

After a three month break from racing Matthews showed his heavy training scheduled paid off as he held off Salvisberg in the run to grab confident win since placing tenth at the 2006 Noosa Triathlon. Betten held off a fast finishing George to round out the podium.

"My training's been going well but I've been concentrating on the long stuff in preparation for Geelong (Australian Olympic distance Championships)," said Matthews.

Matthew will skip the Mooloolaba Triathlon and instead work for USM Events.

"I need to earn some money to keep competing and it'll be good to see how things work from the other side," he added.

In the women's event it was an international affair with Canadian's Carolyn Murray and Lisa Mensink in camp on the Sunshine Coast and late entries.

Tucker, who has not raced for six months with an achilles injury was the first to emerge from the swim closely followed by round four winner Melissa Trims, local Carrie Lester and Skye Nicholas. Ironwoman Melissa Ashton already giving the leaders a good start coming out 30 seconds down but showed her strength on the bike to move into third position behind Tucker and Trims heading into T2.

Tucker showed no effects of her achilles injury as she sped away on the 4km run from the Canadian Murray, currently ranked 37 in the world. Ashton's strength saw her hold down third spot today.

After crossing the line Ashton admitted she feels much more comfortable over a nine hour day that Ironman racing demands.

Tucker was thrilled with the win, now base on the Sunshine Coast with boyfriend Stephen Nicholson and training with Greg and Laura Bennett in preparation for the Mooloolaba ITU World Cup at the end of March.

"I've only been here a week and not quite adjust to the heat yet coming from South Wales in England," said Tucker.

Staying at Coolum, Tucker has been making the trek at her for the past five years.

"I love it out here and it's an important part of my preparation for the ITU World Cup Series," Tucker added.

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.

Triathlon made a record breaking return to Caloundra this morning with 1250 entries. This continues the increase in numbers at every event throughout the series to date. Traditionally the final event at Raby Bay doubling as the Club Championships has maintained this record so will be interesting to see if we can top this on April 22.

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 emphasis was clearly on fun and participation in the LOOK Enticer Triathlon this morning as hundreds took the plunge in completing a 200m swim, 5km cycle and 2km run as an individual or part of a team. The 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 Caloundra Kool Kids Triathlon which catered for kids aged 7-12 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.

Caloundra Tourism Inc president Mike Wilkinson was a guest at the event this morning and reiterated how this event highlighted the region's growing reputation as a sports tourism destination and congratulated Titanium Enterprises for their support of the event and all the competitors that took part.

The final race in the series will head back to Raby Bay for the Club Championships on April 22.

Overall Results

Male

	Suburb	Time
1.	Paul Matthews Murwillumbah	40:59
2.	Lukass Salvisberg Switzerland	41:02
3.	Sam Betten Clear Mountain	41:18
4.	Tim George Buderim	41:45
5.	Brad Beven Paddington	41:51

Females

1.	Helen Tucker Great Britain	44:49
2.	Carolyn Murray Canada	45:42
3.	Melissa Ashton Newtown, NSW	46:06
4.	Melissa Trims Nundah	46:43
5.	Lisa Mensink Canada	46:53

A full set of results is available at www.usmevents.com.au

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