

March 15, 2009



WORLD CHAMPS COURSE PUT THROUGH PACES

Beijing Olympian Brad Kahlefeldt led home an Australian clean sweep of the 2009 Gold Coast ITU Oceania Championships in his first race in five months today.

Kahlefeldt edged out Beijing team mate Courtney Atkinson, who recently won the Australian Sprint title and rising star Dan Wilson with Japan's Kiyomi Niwata taking the women's crown ahead of Switzerland's Daniela Ryf and Chilean Barbara Riveros.

Kahlefeldt said he was delighted with the fast and furious course raced today which will be the same used for the 2009 Gold Coast ITU World Triathlon Championships in September.

"It's a good course – flat and fast. I definitely want to win the World Champs and will be working towards that goal during the year," said Kahlefeldt.

Kahlefeldt expressed surprise at the win in the 1.5km swim, 40km cycle and 10km run race, his first outing since hip surgery and 16th placing at the Beijing Games.

"It definitely surprised me. The old sticksy is back."

Kahlefeldt who earned the nickname of 'sticksy' due to his skinny legs, raced aggressively in the final 10km run, breaking way from Atkinson late in the race.

Kahlefeldt is unbeaten on this course, with four wins and must give him a huge confidence boost ahead of the World Championships.

Early race leader Clayton Fettell lead off the front of the bike for the entire 40km and headed into the run with a 45 second lead from the chase group of 45. But after the first lap of the run the heat had decimated the field and it was the Australian trio Kahlefeldt, Atkinson, Wilson and the UK's Stuart Hayes that broke away. Hayes was first to lose touch. Kahlefeldt turned up the intensity in the final lap which no one could match to take an easy victory in the end.

"I was so disappointed after Beijing; I want 2009 to be a big year for me.



“Even though I’m not 100 percent this is a real surprise.

“This is a good course for World’s and will be a very quick run,” said Kahlefeldt.

Kahlefeldt will now turn his focus to the Mooloolaba ITU World Cup on March 29 before heading to Singapore to contest the first Dextro Energy World Championship series on May 10. The seven race series will culminate with the final race at the Gold Coast World Championship.

The women’s event came down to a running race, when Niwata, a noted runner making up serious ground in the final leg to claim victory. However, Sarah Crowley fourth earned her the ITU Oceania Title.

ITU Elite Male

1	Brad Kahlefeldt	Aust	1:50:13
2	Courtney Atkinson	Aust	1:50:25
3	Dan Wilson	Aust	1:50:51
4	Clark Ellice	NZ	1:51:35
5	Ryan Sissons	NZ	1:51:41
6	Stuart Hayes	UK	1:51:41

Female

1	Kiyomi Niwata	Japan	2:00:45
2	Daniela Ryf	SUI	2:01:13
3	Barbara Riveros	Chile	2:01:15
4	Sarah Crowley	Aust	2:02:04
5	Misato Takagi	Japan	2:02:23

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