



Media Release

Brits Grab Gold and Silver at 2009 ITU Triathlon U23 World Championships

Great Britain's Hollie Avil lead home Jodie Stimpson at the ITU Triathlon U23 World Championships on Australia's Gold Coast as the British Triathlon Federation enjoyed a great start to their weekend campaign.

The British team of three exited the 1500m open water swim in the front pack of eight and worked hard with their fellow competitors to establish a commanding lead over the 40km cycling course. With a three minute advantage over the chasers coming off the bike, including Yuliya Sapunova from the Ukraine, Canada's Paula Findlay and three British athletes immediately hit the front, pushing the pace and running strongly.

With 2.5km to go Avil and Stimpson surged hard and dropped Findlay who in turn got the better of the other Brit, Vicky Holland. With Avil opening up a gap late on to ensure the gold, Stimpson was able to hold off Findlay to take silver with Holland in fourth to place three Brits in the top four.

Adding the 2009 U23 title to her 2007 junior world championship victory, Avil was delighted with her performance. "When you win a race the like that, working hard and really pushing the bike for the whole 40km and then getting off and nailing 10km of running, it feels great," she said. "With three of us in the top four it just proves how much talent there is coming through and how well our world class programme is working, you can't really ask for much more. With one junior world title, and now an under 23 world title, I guess the senior one comes next, but that might take a few years."

"I knew my tactics had to be slightly different to the Dextro Energy Triathlon - ITU World Championship race in London where I hit a brick wall on the run, and I didn't want it to happen today," said Stimpson. "To get second to Hollie is great, the best girl won on the day and congratulations to her."

"I've been injured all year and I was kind of doubting myself, but I ran through strongly and it was wonderful, I'm really happy," said Findlay. "We were working really well on the bike to stay away and put time of the chase pack. It was pretty relaxed for the first couple of run laps, but then the Brits put a surge in and I just couldn't respond, but I held on to third and I'm delighted."



2009 Gold Coast U23 ITU Triathlon World Championship Results
1.5km swim, 40km cycle, 10km run.

Official Results

1. Hollie Avil, GBR. 1:56:38
2. Jodie Stimpson, GBR. 1:57:01 +0:23
3. Paula Findlay, CAN. 1:57:15 +0:37
4. Vicky Holland, GBR. 1:57:30 +0:52
5. Yuliya Sapunova, UKR. 1:59:48 +3:10

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