

RECORDS SMASHED AT YEPPON

Tim Reed and Lisa Marangon put on a record-breaking show at their return to Yeppoon this year, with both athletes breaking course records.

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UNBEATABLE: Marangon (left) and Reed (right) both won comfortably, smashing course records in the process

It was Reed's blistering run that catapulted him into first, while Marangon demonstrated huge improvements in her run that added to her strong swim/bike combination.

The men's race was definitely up for grabs, with names such as 2009 winner Matty White (2009 winner), Falls Creek Long Course winner Tim Reed, and Matt Bailey from TBB on the start list. Bailey's team, under the direction of coach Brett Sutton, has been on fire this year. Added to that already impressive list were a few short course athletes stepping up to the longer distance for the first time, including ace swim/biker Sam Betten.

Although the women's field was small, the numbers packed a punch. The two stand out favourites were 2009 winner Lisa Marangon and Ironman 70.3 Cairns winner Sarah Crowley. The other women were relatively new to the ranks of professional racing but couldn't be counted out from a potential podium.

With a relaxed start time of 8am, athletes ambled up the beach to the swim start two kilometres away. Conditions were slightly cooler than previous years and the wind had created some chop in the water. Leading from the gun,

Sam Betten's ITU swim speed had the men chasing from the get go. Exiting the water almost 30 seconds ahead of pack, the 24 year old's lightning transition gave him a jump on the others. Joey Lampe and Matt Bailey were the first of the followers, with another chase pack of Lindsey Wall, Nicholas Hull, Matty White, Tim Reed and John Poulson.

Lisa Marangon, a renowned swim/biker, was duking it out with Sydney 2000 Olympian and 2002 Manchester Commonwealth Games bronze medallist Nicole Barry (formerly Hackett), leaving the other women in their wake.

"We were battling each other the whole way. It was a really good swim," Marangon said post race.

Barry had the last little kick at the end of the 1.9km swim, and entered transition just a shade ahead of the 2009 winner. New Zealander Naomi Fergusson was down four minutes with Crowley just behind her, followed by Kristy Hallett, over six

minutes behind the leaders in her debut race as a professional.

The amount of debris catapulted from bikes in the way of bottles, spare tubes and gels was indicative of how bumpy this bike course is. The rule at Yeppoon is: Fasten everything on your bike – then do it again. However, this didn't slow down the storming Betten in his debut appearance at this distance. He got out in front early, put more time into his challengers, and remained there for the bike leg.

"Races like these really showcase if you're a strong swim/biker, that's why I decided to come across and have a stab at the 70.3 distance," Betten explained.

"I wanted to swim hard, ride as hard as I could, then see what I had left to hang on in the run. You know what they say, you have to risk it to get the biscuit."

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FRIENDS AGAIN

TOP FINISHERS SAM BETTEN, TIM REED AND MATTY WHITE SHARE A HUG AFTER SHARING THE PODIUM



NEXT IN LINE: Sarah Crowley held on for second

one lap. Marangon pulled away. By the halfway mark she had extended her lead and continued to do so until she was well on track to smash the course record. Coming down the finishing chute with plenty of room to spare, and 5:28 ahead of the record set by Bek Keat in 2007, Marangon said, "It was such a good feeling coming in. Just knowing how hard I had trained, and how hard I pushed myself today was so rewarding."

Exhausted after the fastest bike split of the day, Crowley held on for second. It was Hallett's dominating run that propelled her from last out of the water into a podium finish in her first race as a professional athlete.

The age group race was packed with Hawaiian Ironman World Championship qualifiers trekking to Yeppoon for a hit out in the warmth. The fastest age group competitor was 24 year old Matt Burton who finished fifth overall. Scraping in just under the four hour mark in 3:59:47, Burton was impressive across all three disciplines and the Kona qualifier finished almost a whopping eight minutes ahead of his nearest age group rival Ben Bell. Emma Miller was the fastest female age grouper of the day (4:39:39), dominating the run to cross the line nearly four minutes ahead of Michelle Boyes. Both women are heading to Kona. **AT**

Needless to say, he nailed his race plan, coming into transition four minutes ahead of the chase pack of White, Reed and Bailey.

Due to a race belt hiccup, it was actually Barry who led out of transition, however it wasn't long until Marangon's strength on the bike pushed her forward and she settled into her own race plan.

"My tactic was to go out hard for the first lap, settle in for the second and third, then build again in the fourth and really drive it hard for the last lap," she said. "I know my strength is the back end of my bike. Over time I get stronger and faster." Meanwhile Crowley was making moves back in the field, ripping the bike course apart to try and make up the time she had lost in the swim. She overtook Fergusson, then Barry. Into transition Marangon had a 3:30 lead over Crowley. Barry was next, followed by Fergusson and Hallett.

Onto the three-lap run course Betten was running strong, but Reed was making up time fast. "I confess I didn't know a lot about Sam and hadn't considered him a threat," said Reed.

"Typically, when younger ITU guys come across their cycling takes a while to build the steady state strength endurance, which also slows down their

running. However, Sam blew that generalisation away. I knew his lead was big, but I wasn't worried. I was out there having fun, and stayed in a calm and focused state."

Reed ended up catching Betten, but he had to run an amazing 1:12:42 to do it. Crossing the line in a new course record, and 33 seconds ahead of Betten, Reed explained how he pulled out a 1:12 half marathon to win the race.

"My running improved dramatically, not from improving my running but from improving my cycling," he said. "To run well in long course racing you have to be fresh off the bike. I would love to be running in the 1:11 range within the next couple of years. As far as I know there are only two guys in the sport who can run that quick regularly and they have both won multiple 70.3 World Championships. I would love to be very competitive for a world title."

White rounded off the podium in third, very happy with a podium finish considering he had a ten day bucks party in Vegas in his lead up.

WOMEN'S RACE

In the women's run, Crowley started out strong trying to catch Marangon but started to fade after

IRONMAN 70.3 YEPPON, QLD

MEN'S RESULTS

1.	Tim REED	AUS	3:49:42
2.	Samuel BETTEN	AUS	3:50:15
3.	Matty WHITE	AUS	3:55:18
4.	John POLSON	AUS	3:56:30
5.	Matt BAILEY	AUS	4:00:03

WOMEN'S RESULTS

1.	Lisa MARANGON	AUS	4:17:27
2.	Sarah CROWLEY	AUS	4:24:21
3.	Kristy HALLETT	AUS	4:30:41
4.	Nicole BARRY	AUS	4:34:45
5.	Naomi FERGUSSON	NZ	4:35:08