



ITU Triathlon World Championships Gold Coast, 9 - 13 September 2009

Race Report



World Championships - Olympic Distance Ryan Bailie – World Age Group Champion 1st 18 – 19 yrs

I went into Worlds on the Gold Coast knowing that I had done everything possible on the training track, though was a bit concerned with the lack of race fitness as I had only had a couple of running races in the lead up, which from there results suggested I was on the right track.

Race week went by fairly quick with all the functions and events that happen with a race this size . TEP squad members in Joe, James and Mike stayed at same accommodation and this was great as we were able to do all our last training together and we never went short of a good feed

as we had three cooks in our apartment in Roberta Lori, My mum and my sister. Race eve was no exception and a great pasta dish was served!

Woke up Saturday morning after an ok night sleep and headed down to transition with the rest of the guys, with the great Roberta on drop off duty.

Headed straight to where my bike was in transition and felt the tyres to see the back tyre on my disc had deflated completely great! Lucky for the presence of Jason Shortis along with the Shimano guys they fixed the problem and ensured all was fine.

After a quick little jog for a warm-up it was time to get in the wetsuit and run down to the swim start with the rest of the guys. We were the first male wave off after the last ladies wave. Before I knew it we were away and swimming. After a very average swim for my standards I exited the water over a minute down to the front group and with a fair bit of work to do. I was quite happy to have reached dry land.

Onto the flat fast bike course we went and I finely started to find my legs I had been looking for and started to get into a rhythm. At about 30km into the bike I caught the front guys and entered T2 with the leaders.

A quick transition and into the running shoes and we were away. After 5km into the run I had started to pull away from the rest of the guys and could see them regularly at points on the course. Knowing this I was able to lap up the atmosphere and enjoy the whole experience. With about 500m to go I caught my mum who started 30min in front, and was able to wait and cross the finish line with her which was great.

All in all it was a great experience racing in the Green and Gold and hopefully there are many more to come!

On a final note I would just like to thank TWA and the TEP crew for all their opportunities they have given me last year with racing around the country on the Junior elite series. It's a great Junior development squad that I recommend for juniors wanting to make that next step in triathlon to try out for it. Also to my sponsors in Ryders eyewear and City Cycles Bunbury along with Cannondale thankyou for your support once again.

Ryan Bailie.