

Frogmore Sponsored Alistair Brownlee Wins Back to Back in DC

Al showed he REALLY is the man to beat with his second World Championship Series win in Washington DC today.

4th out the swim with a small gap, Al and four others worked hard on the bike to keep their lead and in fact, extended it to two minutes as they hit T2. Al took to the front on the run and although he was put under pressure, was never seriously challenged, winning by 13 seconds from Gomez.

Another outstanding performance and he rightly goes to No.1 in the World Rankings.



Post Race Press Release

The men got the racing underway shortly after 9am with a 1500m two lap swim in the Potomac River. Heavy rains in the days preceding the race raised the water level and generated some strong currents which the athletes had to contend with.

The early pacesetters were the American pairing of Hunter Kemper and Andy Potts who took the initiative to try and establish a breakaway. Kemper, who has been suffering with a back injury, was hoping to make his move before the run, whilst Potts was an elite swimmer before turning his attention to multisport. They managed to pull along young Alistair Brownlee, the winner of the Madrid leg of the series, Javier Gomez the 2008 World Champion and experience German, Maik Petzold, as the five exited the water with a fifteen second advantage over Olympic gold medallist Jan Frodeno.

The quintet were away and gone on the bike before Frodeno could latch onto the back of them, and working hard the leaders quickly opened up a 40 second gap. The large group of chasers included all of the pre-race favourites, but they could not orchestrate a successful routine to share the workload and pull themselves back into the race. By second transition the advantage was stretched to two minutes and the podium positions were quickly made unassailable as Brownlee, Gomez and Petzold took off in full flight.

Brownlee used the same tactic as Madrid early on as he hammered the opening kilometres to try and break the resolve of his opponents, however the hard working Gomez who only recently returned to action following an ankle injury closer him back down. Petzold remained in close contention throughout as he looked to better his fourth place finish from Madrid.

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Further back home favourite Jarrod Shoemaker headed the charge from the chase pack as they set about closing down the tiring Potts and Kemper. A competitive group including Frodeno, his fellow countryman Steffen Justus, Australia's Brad Kahlefeldt, Britain's Will Clarke and France's Laurent Vidal worked together with the American in lifting the pace.

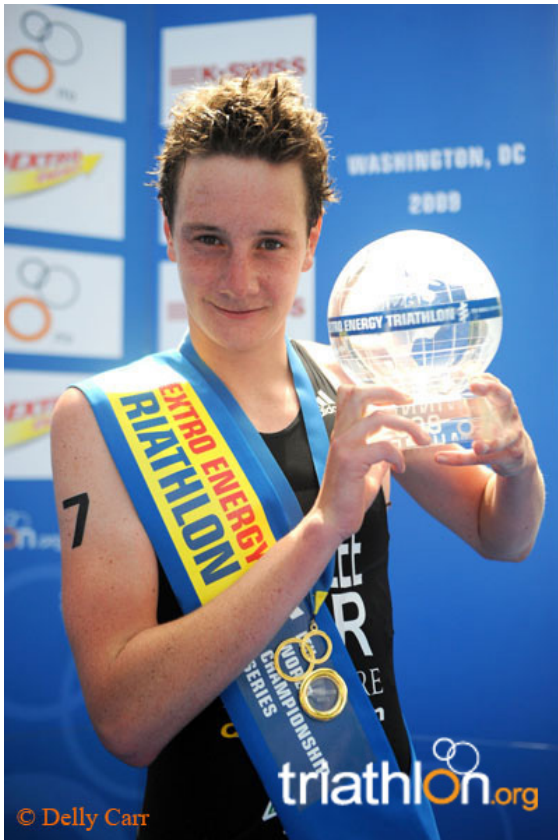
At the front the Brit made his move with one 2.5km lap remaining, surging away from Gomez who in turn was able to drop Petzold. Entering the home stretch the reigning under 23 world champion took in the moment before he crossed the line against the backdrop of the iconic Capitol Building.

Gomez ran through for second with Petzold in fourth whilst Potts and Kemper were able to hold on to complete the top five. Frodeno took sixth ahead of Vidal, Shoemaker, Justus and Clarke.

"It was great to have another good result at a world championship race," a delighted Brownlee told the media. "The venue here in Washington DC is fantastic; it's rare to get the chance to race in a setting like this, it was pretty amazing! It was a hard race, a windy bike and I really had to push on the run to get rid of the other guys. I kept looking behind me on the run and they were still there, and finally on the last lap they weren't."

"I'm getting better with every race, but today it was not enough to catch Alistair. He is in really phenomenal shape," admitted Gomez. "Brownlee went out fast like in Madrid and I focused to stay with him. But on the last lap he pushed again and I couldn't go with him. I was hurting."

"It was an ideal race for me," said a delighted Petzold. "Good swim, the bike was tough and we pushed really hard. I didn't think before the race started that we could break away, but we just put our heads down and gained time. It is always fantastic to get on the podium, it is just my fourth time, so it shows that I am on track and doing a good job with my new coach. This result makes me want to even harder."



2009 Dextro Energy Triathlon - ITU World Championship Rankings After Race Three of Eight

1. Alistair Brownlee (GBR) 1600pts
2. Brad Kahlefeldt (AUS) 1536pts
3. Courtney Atkinson (AUS) 1437pts
4. Javier Gomez (ESP) 1425pts
5. Jarrod Shoemaker (USA) 1372pts

2009 Washington DC Dextro Energy Triathlon - ITU World Championship 1.5km swim, 40km bike, 10km run

Elite Men - Unofficial Results

- Gold – Alistair Brownlee (GBR) 1:48:58
Silver – Javier Gomez (ESP) 1:49:11 +0:13
Bronze – Maik Petzold (GER) 1:49:24 +0:26
4th – Andy Potts (USA) 1:49:51 +0:53
5th – Hunter Kemper (USA) 1:50:24 +1:26
6th – Jan Frodeno (GER) 1:50:32 +1:34
7th – Laurent Vidal (FRA) 1:50:36 +1:38
8th – Jarrod Shoemaker (USA) 1:50:41 +1:43
9th – Steffen Justus (GER) 1:50:52 +1:54
10th – Will Clarke (GBR) 1:50:59 +2:01