

Fitter coached athlete Carolyn Smith employed Bevan in March this year for a serious tilt at the World Duathlon champs in Spain. Having been to two previous World Duathlon Champs and securing top 20 results Carolyn wasn't satisfied. Coming from an elite running background Bevan also believed she was underperforming in Duathlon. After reviewing the podium performances from previous World champs in comparison to Carolyn's running and biking ability he thought that she should be competing for a top 5 position. Bevan created a plan which allowed her to rediscover some of her old running speed (which was tested in a very successful NZ cross country season) whilst still having a bike emphasis that could put her in a position to play to her strengths on race day.

After a few trials and tribulations in travelling to the event that would test any athlete (and long suffering husband), race day arrived to find Carolyn in excellent form. True to her rejuvenated run Carolyn was able to stay with the pace in the first 10km leg. She knew she would lose a little time on a technical bike section but the key was to stay close enough to strike on the last 5km run and that's what she did. Turning in the fastest 5km second leg of the day she ran into 2<sup>nd</sup> place and a World Champs silver medal.

A thoroughly deserved World Championship medal and long overdue for an enthusiastic, gutsy and talented performer! Having ticked the box for Duathlon Carolyn is now off to break a few age group track and marathon records but we'll welcome her back when the Long Course Duathlon in Zofingen, Switzerland calls her name ☺



1	<a href="#">Janet Howard</a>	USA	02:14:25	00:41:06	00:01:29	01:07:36	00:02:06	00:22:08
2	<a href="#">Carolyn Smith</a>	NZL	02:20:41	00:43:20	00:01:23	01:12:23	00:02:02	00:21:34
3	<a href="#">Heather Leach</a>	USA	02:20:58	00:45:21	00:01:34	01:08:36	00:02:26	00:23:03