



www.carinaleaguestriathlonclub.com.au

Club Patron: Loretta Harrop

22nd January 2007

Elle Salthouse Wins Her First Triathlon in Gatorade Series Race

Elle Salthouse, 13 of Balmoral won the U/14 girls Enticer Division at Gatorade Series at Robina on 21st January 2007 in 34 minutes and 28 seconds.

She completed the 300 m swim in 4 minutes 42 seconds, the 10 km bike in 20 minutes and the 2.5 km run in 9 minutes 35 secs to win. This was an improvement of 37 seconds from her 3rd placing at her previous attempt over the same distance at previous Gatorade series race in December at Raby Bay.

"It was great to see Elle break through for her first win after showing great potential and having a number of top 3 finishes in her age group this season," Triathlon Coach Warwick Dalziel said.

"I am looking forward to seeing Elle and the 11 other Carina Leagues Triathlon Club junior members vie for selection in the Queensland Secondary Schools Triathlon team at Redcliffe on Friday, February 9th", Warwick added.

"You can find further information about the Carina Leagues Triathlon Club at our new website www.carinaleaguestriathlonclub.com.au"

"There are many triathlon races left in the season and new members are most welcome to join at any stage".

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For more information please contact Warwick Dalziel on 041 161 5474