



3rd July 2006

Clem Jones Centre Triathletes Run Well at Gold Coast Marathon

Three seasons of intensive training at the Clem Jones Centre Triathlon Club have brought a huge reward for Brad Chittick, 15, of Carina in the 10 km run event at the recent Gold Coast Marathon.

Club Coach Warwick Dalziel said Brad's time improved substantially from 48 minutes 9 seconds in 2004, to 43 minutes 29 seconds in 2005, to 38 minutes and 28 seconds this year.

"Brad's improvement meant he finished in second place overall in the 14-15 year age group.

"Other Clem Jones Club place getters in the 10 km run included Ryan Isaac, 16, of Carindale, who was second in the 15-17 year age group (33 minutes and 41 seconds) and Ellie Salthouse, 13, of Balmoral who was third in the under 15 age group (41 minutes and 27 seconds).

"Elisabeth Topham completed her first marathon in a very creditable 3 hours 26 minutes 10 seconds.

"Many other club members had personal best times in the 10 km or Half Marathon run," Warwick said.

The Clem Jones Club had 21 club members compete in the four km, the ten km, or 21 km races or marathon event - up from ten members last year.

A record number of over 13,000 athletes competed in the very popular Gold Coast Marathon at Southport Broadwater on Sunday 2nd July 2006.

"Many club members have shown considerable improvement and I am extremely pleased with their performances at this time of the year," Warwick said.

"It is important to have running practice before athletes prepare for duathlon events, to be held soon, and triathlon events, later in the year.

"Anyone interested in joining training is welcome to contact the Clem Jones Centre Triathlon Club, through the website at www.clemjonescentretriathlonclub.com.au"

"Athletes of all levels are welcome. It is a perfect time to start preparing for the Noosa Triathlon held in the last week of October", Warwick said.

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For more information please contact Warwick Dalziel on 041 161 5474

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