



[www.carinaleaguestriathlonclub.com.au](http://www.carinaleaguestriathlonclub.com.au)

Club Patron: Loretta Harrop

## **Brisbane-based Athlete fifth in 'the Hell of the West' Triathlon**

Oyvind Johannessen, 23 of Norway, who trains at the Carina Leagues Triathlon Club in Brisbane, finished fifth out of 500 competitors who started the 17<sup>th</sup> Hell of the West Triathlon at Goondiwindi in Queensland, Australia.

Oyvind won the male 20-24 division of the race in 3 hours 53 minutes and 16 seconds on 5<sup>th</sup> February.

He completed the arduous 2 km swim in 31 minutes 54 seconds, the 80 km cycle in 2 hours 3 minutes 19 seconds and the 20 km run in 1 hour 18 minutes and 2 seconds.

Oyvind said he was very happy to win his age group and be fifth overall.

"It was a very good field of competitors with many well-credentialed athletes competing," Oyvind said.

"Importantly, I felt comfortable and confident out on the course in the hot conditions.

"The competition should stand me in very good stead for the Ironman Malaysia race which is on the 24<sup>th</sup> February."

Oyvind's Coach Warwick Dalziel said: "Oyvind's performances have improved greatly as he continues to build towards Ironman Malaysia in three weeks time.

"Preparing for Olympic distance events and longcourse events such as the Hell of the West to Ironman races involves a very different training program.

"He is coping very well with the increased training load via the extra mental and physical stresses being placed on his body.

"He and the club are looking forward with anticipation and excitement to his next triathlon which is Ironman Malaysia

"The Carina Leagues Triathlon Club has a website at [www.carinaleaguestriathlonclub.com.au](http://www.carinaleaguestriathlonclub.com.au) if anyone would like further information about training in Carina, Brisbane, Australia" Warwick Dalziel added.