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Club Patron: Loretta Harrop

Oyvind Records a Great Time to Become the Fourth Fastest Norwegian Ironman

Oyvind Johannessen performed beyond his own high expectations, and also that of his Brisbane coach, to join some elite company in becoming the fourth fastest Norwegian triathlete of all time.

Oyvind, 23 of Norway, came eighth out of more than 500 competitors who started the famous Ironman Malaysia Triathlon in Langkawi, Malaysia, on Saturday 24th February 2007.

Oyvind's time was a very creditable 9 hours 13 minutes 36 seconds for the gruelling distance which made up the event that included a 3.8 km swim, a 180 km bike ride and a 42 km run.

Oyvind decided to train at the Carina Leagues Triathlon Club in Brisbane, Australia, some 20 months ago to further his triathlon career.

He can certainly be very pleased that his hard work in training is starting to pay such great dividends.

Oyvind completed the arduous 3.8 km swim leg in 53 minutes 53 seconds, the 180 km cycle trip in 4 hours 43 minutes 55 seconds, and, the marathon 42 km run in 3 hours 31 minutes and 36 seconds.

"It was the biggest and strongest field of professional athletes at Ironman Malaysia with many well-credentialed people competing including people such as Lothar Leder, Bryan Rhodes and Andrew Johns," Oyvind said.

"I felt great on the swim section and performed above my expectations on the bike leg.

"Unfortunately, I got a little dehydrated in the extreme heat that prevailed on the run segment.

"I was happy I was able to consume some more fuel and fluid in the final run leg and finish the last 8 km very strongly, after feeling pretty average I can tell you for a while," Oyvind said.

Oyvind's Coach Warwick Dalziel said: "Oyvind's first up Ironman race was a very good performance considering all those people who finished in front of him were experienced athletes 27 years of age or older.

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(OYVIND RECORDS A GREAT TIME.....)

"Most competitors were in their 30s whereas Oyvind is only very young as an Ironman athlete at 23 years of age.

"He has quite a deal of potential to develop further in the sport in the years ahead.

"Throughout training we concentrated on improving Oyvind's capacity to race in the heat, as most of the world's famed triathlons are held in very hot and humid conditions.

"The average temperatures in Oslo, Norway on Saturday, the day Oyvind competed, were minus 2 to 4 degrees Celcius.

"A big disadvantage he had to overcome in the Malaysian event was that the race temperature in Langkawi, Malaysia, ranged from 27 to 34 degrees – a huge difference in anyone's language to the Norway conditions.

"Continuing to develop Oyvind's capacity to deal with very hot conditions is all part of his training regime.

"Together with improving other aspects of his technique, we hope Oyvind will one day be competitive in the Ironman World Championships," Warwick said.

"He certainly has an opportunity to build on a very solid platform with the Malaysian experience under his belt," Warwick added.

The Carina Leagues Triathlon Club has an excellent website at www.carinaleaguestriathlonclub.com.au if anyone would like further information about training and racing triathlons in Australia.

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