



4th July 2006

Oyvind Johannessen Wins Seigman Longcourse Triathlon

Norwegian triathlete, Oyvind Johannessen, who trained at the Clem Jones Centre Triathlon Club in Brisbane, Australia, for 18 months, has recorded his first win in the Seigman Longcourse Triathlon.

Oyvind was very pleased to record his first open race win in this prestigious event. He won the race in a time of 4 hours 31 minutes and 31 seconds, with a 26.34 swim, a 2.58.55 bike and 1.31.33 run.

The race took place on Sunday 2nd July at Stavern, in Norway. The Seigman triathlon is the only competition over the Half Ironman Distance held in Norway. About 50 competitors participated in the 1900m swim, 90km bike and 21.1km run event.

Twenty-two year old Oyvind said: "The bike course was a little bit long, at 94 km, and windy, compared with the Australian training conditions to which I had become accustomed.

"The run was a repeat 'out and back course' taking place over a hill. This hill was approximately 1 km long and competitors repeated the distance 10 times in the total 21.1 km run."

Oyvind thanked his club Ostmarka IL (<http://n3sport.no/IL/ostmarka>) in Norway and Spectre (www.spectre-bike.com) for their continued support in his fledgling triathlon career.

Clem Jones Centre Triathlon Club Coach Warwick Dalziel said: "I am very pleased to see Oyvind be successful in this race.

"He has given up a lot in his life to move to Australia and train with other athletes at the club to chase his dream of one day becoming a full-time, professional triathlete.

"This is just one small step along the way and everybody at the club in Brisbane was delighted to hear of his success," Warwick said.

"Anyone interested in training in Australia in wonderful facilities, a very conducive climate and supportive environment is most welcome to contact the Clem Jones Centre Triathlon Club, through the website at www.clemjonescentreclub.com.au, "Warwick added.

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For more information please contact Warwick Dalziel on 0411 615 474

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