



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

Club Patron: Loretta Jones (nee Harrop)

3<sup>rd</sup> December 2007

## **Carina Leagues Triathlon Club Members Win at Bribie Island**

Three Carina Leagues Triathlon Club members won races at the Bribie Island Triathlon held on Sunday 2<sup>nd</sup> December.

Julio Bara, 18, of Holland Park gained first place in the 18-19 years age group, Elle Salthouse, 14, of Balmoral prevailed in the 12-15 years age range in the short course race and Rhiannon Roberts, 17, of Bulimba also won her race in the female 16-17 age category.

"Julio's win was quite remarkable, as the day before the event; he was cut off by a car as he was cycling. He crashed and was fairly bruised and sore after hitting the road," coach Warwick Dalziel said.

"It was a great effort for Julio just to get to the start line in the 1 km swim 28 km bike and 8 km and then finish with a beautiful time of 1 hour 34 minutes and 14 seconds.

"Elle Salthouse recorded a very creditable 42 minutes 26 seconds over her 300 m swim, 12 km bike and 3 km run in her race.

"Rhiannon Roberts won her race in a wonderful time of 48 minutes and 13 seconds.

"Other club members who had a great day included new club member, Paul Hawkins, who finished third in the male 30 to 34 years age group. Jess Smith came second in the female 16-17 age group, Jenny Downie was second in the female 50-54 age group and Carrie Jaques was third in the Athena's division.

"Oyvind Johannessen, 23, was fourth in the Open Division in a time of 1 hour 25 minutes and 46 seconds in his 1 km swim, 28 km bike and 8 km run event.

"This was very creditable as he had been specialising in much longer and more gruelling races in the last 12 months.

"It was good to see a number of these athletes continuing to improve their race performances.

"I am sure many of them are looking forward to the Raby Bay Gatorade Race 3, just before Christmas on 16<sup>th</sup> December," Dalziel said.

"Anyone interested in joining training, or starting early with a New Years resolution to get fit is welcome to contact the Carina Leagues Triathlon Club to contact, through our website at [www.carinaleaguestriathlonclub.com](http://www.carinaleaguestriathlonclub.com)" Dalziel added.

### **ENDS**

For more information please contact Warwick Dalziel on 041 161 5474