



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

Club Patron: Loretta Jones (*nee Harrop*)

2<sup>nd</sup> July 2007

## **Four Carina Leagues Club Athletes Win Categories at Gold Coast Marathon**

Carina Leagues Club triathlon members had a very successful day at the Gold Coast Marathon last weekend in the Half Marathon distance of 21.1 km and the 10 km.

Cameron Heald, 17, of Carindale won his male division event and Lauren Critchley, 17 of Wynnum West won her female division of the 15-17 years category in time of 1 hour 18 minutes 42 seconds and 1 hour 29 minutes and 51 seconds respectively.

In the 10 km run, Ryan Isaac, 17, of Carindale won the 15-17 years division in 32 minutes and 45 seconds and Ellie Salthouse, 14, of Balmoral won the under 14 years division in 40 minutes and 33 seconds.

Triathlon Coach Warwick Dalziel said he was very pleased with these performances.

"It was great for the Carina Leagues Triathlon Club to have so many winners on the day," Warwick said.

"These athletes are going to race at the Queensland Schools Triathlon Championships on July 19<sup>th</sup> at Townsville where they will strive for selection in the Queensland team.

"Other Carina Leagues Triathlon Club placegetters in the 10 km run included Reece Heald, 17, of Carindale, who was 2<sup>nd</sup> in the 15-17 year age group in 34 minutes and 2 seconds, and, Hannah Riall, 14, of Camp Hill who was 3<sup>rd</sup> in the under 14 age group in a time of 44 minutes and 38 seconds," Dalziel added.

The Carina Leagues Club had 10 club members compete in the 21 km races or 10 km – down a little on last year with a new members suffering from the dreaded flu.

A record number of over 15,000 athletes competed in the very popular Gold Coast Marathon at Southport Broadwater on Sunday 1<sup>st</sup> July 2007.

"Many club members have shown considerable improvement and I am extremely pleased with their performances at this time of the year, as we move towards the triathlon season proper," Dalziel said.

The Carina Leagues Triathlon Club has an excellent website at [www.carinaleaguestriathlonclub.com](http://www.carinaleaguestriathlonclub.com) for further information about training and racing triathlons in Australia.

"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.

"We also have a Junior Beginner triathlon squad starting on the 3<sup>rd</sup> September and we are very actively looking new members for this great sport", Dalziel added.

For more information about the Carina Leagues Triathlon Club please contact Warwick Dalziel on 041 161 5474

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