



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

**Club Patron: Loretta Jones** (*nee Harrop*)

2<sup>nd</sup> July 2007

## **Oyvind Johannessen Overcomes Adversity and Wins Norwegian Long Course Triathlon Championship**

Norwegian triathlete, Oyvind Johannessen, won his first senior Championship in a National Long Course race held on Sunday 1<sup>st</sup> July at Stavern, in Norway.

Oyvind's achievement was remarkable, as he lost his new CEEPO bike, race wheels, run shoes and wetsuit in transit from Australia to Norway and had to borrow equipment just to compete.

Compounding these difficulties, Oyvind also came down with the flu just two days before the race.

Oyvind's Brisbane, Australia coach, Carina Leagues Club's Warwick Dalziel, said he still managed to get to the start and push through his mental and physical anguishes throughout the race.

"It was truly a wonderful effort, winning a National Championship on borrowed equipment and when he was not feeling well to boot," Dalziel said.

Oyvind's time was 4 hours 16 minutes 30 seconds this year compared with his effort last year when he won the race in a time of 4 hours 31 minutes and 31 seconds.

"This was an improvement of 14 minutes and 59 seconds despite all of his difficulties."

Dalziel said about 100 competitors participated in the 1900m swim, 90km bike and 21.1km run event.

Dalziel said Oyvind specially wanted to thank his Norwegian club Ostmarka IL (<http://n3sport.no/IL/ostmarka>) CEEPO ([www.ceepo.com](http://www.ceepo.com)) and M&M TØMRERSERVICE for their continued support in his blossoming triathlon career.

"I am very pleased for Oyvind being successful in this race, after he had to overcome such a week of troubles.

"This is a great follow-up race for Oyvind after his 8<sup>th</sup> in Ironman Malaysia earlier this year.

"Oyvind now plans to race his next Half Ironman in Singapore on the 3<sup>rd</sup> September this year.

**(MORE....)**



***(OYVIND JOHANNESSEN OVERCOMES ADVERSITY....)***

“He would like to finish in the top five placings in a strong field that is assembling for the race,” Dalziel said.

“Anyone like Oyvind who interested in training in Australia in wonderful facilities, a very conducive climate, and, a supportive, professional environment is most welcome to contact the Carina Leagues Triathlon Club, through the website at [www.carinaleaguestriclub.com](http://www.carinaleaguestriclub.com)” Dalziel added.

**ENDS**