



Learn About Triathlon at Club Sign-on Day

The successful and growing Carina Leagues Triathlon Club's sign-on day will be held on Saturday 6th September from 8.30 am to 10.00 am at the Clem Jones Centre, Zahel Street, Carina, BBQ area.

Head Coach Warwick Dalziel said Club Patron, Olympic Silver medalist and former world champion, Loretta Jones (nee Harrop) will attend to discuss the fantastic opportunities juniors involved in triathlons can experience.

Dalziel said the Carina Leagues Triathlon Club is for everyone, from beginner to elite athlete.

"We cater for all types of competitors starting with children as young as 9 years old through to our more discerning mature athletes," Dalziel said.

"Our members compete in a broad range of events, from the local short distance courses through to ironman distance.

"We have a lot of fun at the club organising shared accommodation and group outings at iconic races like the Noosa Triathlon.

"We even cater for other multiple discipline sports such as duathlon, aquathlon and x-terra racing."

Dalziel said club members travel all over Australia and overseas, competing in all forms of triathlons at various levels.

The club has a long list of athletes who have represented at regional, state and national level.

Dalziel said the increasingly popular beginner junior triathlon program is a major focus this season and the club is looking for more athletes aged 9 to 13 years.

Parents and aspiring young triathletes can find out more about this program at sign-on day by talking to the coaches.

The junior beginner triathlon program, run by Assistant Coach Jaimie Trotter, teaches fundamental triathlon skills with an emphasis on participation, enjoyment and fitness for newcomers to the sport.

The Carina Leagues Triathlon Club website is www.carinaleaguestriathlonclub.com

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Club Patron: Loretta Jones (*nee Harrop*)