



20<sup>th</sup> October 2008

## **Josh Maeder Finishes Well at The First Triathlon this Season**

Returning from a very successful 9<sup>th</sup> placing in the U/23 World Championships, Josh Maeder, 20, of Cannon Hill came second in first Gatorade Series Triathlon Race held at Raby Bay on Sunday 18<sup>th</sup> October.

The first Australian to finish in Vancouver, Canada, in July, Josh's competed with a very creditable 40 minutes and 53 seconds for the 400 m swim 15 km bike and 4 km run event. He was faster than last year's winning time of 42 minutes and 9 seconds.

"This second placing was an excellent reward for all the work Josh put into training after having a break from last season, his coach Warwick Dalziel said. "Josh has now raced overseas in China, Singapore, Japan and Canada at the World Championships, but also in Australia at Canberra, Hobart and in SE Queensland.

"Josh's preparation is very much on track for him to compete in the professional division at this year's Noosa Triathlon where we are aiming for a top six finish," Dalziel said.

"Ellie Salthouse, who came 4<sup>th</sup> in the female open division in a time of 48 minutes and 13 seconds, was another good performer for the Carina Leagues Triathlon Club based at Zahel Street, Carina.

"In the age group race, new club member Roslyn Ford won the female 50-54 category in a time of 54 minutes and 41 seconds. Rhiannon Roberts was 3<sup>rd</sup> in the female 16-19 years division in 51 minutes and 26 seconds.

"In the 200 m swim/5km bike/2km run enticer triathlon, and the cool kids 100 m swim, 2 km cycle and 400 m run, we had 12 members complete their first triathlon. Many were introduced to the sport from the Carina Leagues junior beginner triathlon program.

"It was great to see these club members show improvement and I am extremely pleased with their performances at this stage of the season," Dalziel said.

Juniors interested in joining the 9-13 years junior beginner training programs are welcome to contact the Carina Leagues Triathlon Club through the website at [www.carinaleaguestriathlonclub.com](http://www.carinaleaguestriathlonclub.com)

Next weekend (25 October) many club members are participating at the State Aquathlon Championships at Pandanus Beach, Wynnum and everyone is looking forward to another week of great racing," Dalziel said.

## **ENDS**

For more information please contact Warwick Dalziel on 041 161 5474

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

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