



21<sup>st</sup> February 2009

## **Carina Tri Club Member Comes Second at State Secondary Schools Championships**

Carina Leagues Triathlon Club Member Ellie Salthouse, 15 of Balmoral, was 2<sup>nd</sup> in the U/16 Queensland Secondary Schools Championships on the 20<sup>th</sup> February 2009 at Suttons Beach, Redcliffe.

Coach Warwick Dalziel congratulated Ellie and said his club had a proud record of 12 high school members qualifying for the championship competition.

"The increased representation this year, from under 14 to open categories, was due to new athletes coming through our junior beginner triathlon program held at the Clem Jones Centre in Zahel Street, Carina," Dalziel said.

"This is our second season for the 9 to 13 year old junior beginner triathlon program for children.

"It commenced in September, under the very capable eye of our junior head coach, Jaimie Trotter, with expert assistance from Julio Bara and Jess Smith.

"The popular program resumed in mid January after a break over Christmas and will continue until the end of the junior triathlon season on March 26<sup>th</sup> 2009.

"New members, who may be considering give triathlon a go as a new sport, are still welcome to join the program for the last month of the season," Dalziel said.

"The junior triathlon squad focuses on teaching the fundamental triathlon skills, with a particular emphasis on participation, enjoyment and fitness.

"Our club has a dedicated child protection policy and it is committed to the safety and well-being of all of our young athletes.

"The Carina Leagues Triathlon Club has kept up a proud tradition of having a club member in the Queensland representative team every year since 2002.

"Ellie will now go onto the prestigious National Championships in Tasmania as part of the Queensland team," Dalziel said.

The Carina Leagues Triathlon Club website at [www.carinaleaguestriathlonclub.com](http://www.carinaleaguestriathlonclub.com) has a wealth of information about all club activities and programs.

Dalziel said for the next season the junior beginner triathlon program would begin on Monday 31<sup>st</sup> August 2009.

**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*)