Ellie Salthouse - AUS

Gender: Female
Athlete Year of Birth: 1993
Athlete Place of Birth: Brisbane
Athlete Weight: 55kg
Athlete Height: 171cm
Website: www.elliesalthouse.com.au
Current WTS Ranking: No Ranking

Athlete Biography

I first took up triathlon when I was 11, because I enjoyed the Weet-Bix Kids Triathlon. My family has a history of sport; my dad has been active in sailing and cross-country, and my mother in swimming and other athletics. The person who has had the most influence on my sporting career so far has been Warwick Dalziel.

My favorite ITU race has been Hobart, because I enjoy the hills and it's always a wetsuit swim. I currently train at Clem Jones Centre, in Carina, and during an average training week I swim 10 hours, bike five hours, and run for six hours. My personal best run time (10km) is 37:48. My triathlon goal is to compete for Australia at the Olympic Games. The biggest obstacle I have overcome is swimming!

Outside of triathlon, I am proudest of maintaining good grades at school. My goals outside of triathlon are to get a good OP and study at University. In my spare time I enjoy cooking.

Athlete Sponsors: Vorgee, Adidas Eyewear, 2XU, Bicycle Riders Morningside

Athlete Language: English

Athlete Tri Entry Year: 2004

Athlete Education: University of Queensland Student

Athlete Proudest Moment: My proudest moment within triathlon has been when I became a dual silver medalist at the 2010 Youth Olympic Games

Athlete Coach: Warwick Dalziel

Major Games Results

Date	Event Name	Position
14/08/2010	2010 Singapore Youth Olympic Games	2
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Recent World Triathlon Series Results

Date	Event Name	Position
20/10/2012	2012 Barfoot&Thompson World Triathlon Grand Final Auckland (Junior Women)	19

World Championship Medals

Date	Event Name	Position
09/09/2009	2009 Gold Coast ITU Aquathlon World Championships (Junior Women)	1

0 World Cup Wins

This athlete has not any World Cup Podiums