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## Portugal's João Silva, one of the world's greatest young triathletes, joins BH

October 28, 2011 Foothill Ranch, CA - The **BH Triathlon** family is growing with the incorporation of one of the best **triathletes** in the world: **João Silva** from Portugal. He is very young (b. 1989), but his achievements are remarkable. In 2011, he won the **Garmin Barcelona Triathlon** and the **Dextro Energy Triathlon Series** in Yokohama.

In 2010, the Portuguese triathlete won the **Vila Nova de Gaia ETU Triathlon European U23 and Junior Championships** and the **Monterrey ITU Triathlon World Cup**. Two years before, he had taken the **Pulpi ETU Duathlon European U23 and Junior Championships** and in 2007, the **Edinburgh ETU Duathlon European Junior Championships**.

[Silva](#) took up **triathlon** in 2005 and he soon showed how talented he was as a junior **triathlete**, earning medals in European and World Championships.

In 2007, he became **Duathlon European Junior Champion**. That same year, the Portuguese Olympic Committee named him "Young Promise of the Year." One year later, he was nominated for "Gillette Future Champions" and added the **Triathlon European U23 Championship** and the **Triathlon and Duathlon Portuguese National Junior Championships**.

In 2009, the Portuguese **triathlete** was part of the Cross Country European U23 Team, and in 2010 he was able to show he was no longer a promise but a reality winning the **Monterrey ITU Triathlon World Cup** and the ETU **Triathlon European U23 Championship**, and the Portuguese National **Triathlon U23 Championship** and occupying the third place in the Olympic Qualification World Ranking. An amazing season that earned him Portuguese awards for Best Athlete in an Olympic Sport and Best Male Athlete of the Year.

2011 was a great season too, as Silva won the **National Long Distance Cross Country U23 Championship** and the [Garmin Barcelona Triathlon](#) and got his first victory at the [Dextro Series in Yokohama](#). The year continued to be very good for Silva, as he was included in the Gold Group 2011, a select group made of 20 male and female elite athletes, actually the best athletes the world.

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And now, determined keep growing in this sport and collect more medals, João Silva has decided to sign with [the BH Triathlon family](#). And he has an eye set on the biggest event next year: the London Olympics 2012.

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BH Fitness is a multi-national company within the BH Group, headquartered in Spain. Built on a legacy of more than 100 years of producing high quality, user-focused fitness equipment for the home, light commercial and full commercial settings. BH Fitness manufactures and distributes treadmills, ellipticals, upright bicycles, recumbent bicycles, indoor training cycles, whole body vibration platforms and strength circuits. With distribution and operations in North America, Spain, Mexico, Asia, UK, Portugal and Germany, BH Fitness products can be found in more than 65 countries worldwide, making BH Fitness one of the most trusted and widely used fitness brands available today.

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