

Tri-Times

McCormack to lead Aussie triathletes through streets of London



Triathlon legend Chris McCormack may well take a line from Ralph McTell's famous 70s song the "Streets of London" when he leads a buoyant Australian contingent into the Olympic city for this weekend's much-awaited Dextro Energy ITU World Championship Series race.

At 38, the former Olympic distance world champion and Ironman king, is on the short course comeback trail and is slowly but surely finding his speed feet in the helter-skelter world of Olympic triathlon.

He lined up but didn't finish in Kitzbuehel in June and then fought hard to get within striking distance with a strong bike leg in Hamburg last month but and despite suffering a penalty ran on strongly to finish an encouraging 26th.



McCormack was quick to lift **Brad Kahlefeldt** into the air after his training partner in the Australian camp in Aix Les Bains in France, chalked up his maiden Hamburg victory and he will be there with him and Victorian rising star **Brendan Sexton** and youngsters **Aaron Royle** and **James Seear** when they attack the flat and fast streets of London on Sunday (10pm AEST) for the men's race.

Maybe with these lyrics buzzing in their iPods: "So how can you tell me you're lonely....and say for you that the sun don't shine?....Let me take you by the hand and lead you through the streets of LondonI'll show you something to make you change your mind," wrote McTell in a song that has been covered by everyone from the Beatles to **Sinead O'Connor**.

And those prolific words could well come true for Australia's prospective Olympians when the world's finest triathletes gather in the streets of London searching for places in next year's London Games.

The course starts with a one-lap 1.5km swim in The Serpentine in Hyde Park, before a seven-lap 40km bike that circles Buckingham Palace and a four-lap, 10km run that finishes in Hyde Park - a perfect preview as the world's best get that priceless chance to conquer the Olympic course.

Every nation has placed its own selection criteria on this benchmark event and Australia is no different: win the race and finish top three on the World Championship pointscore and you're assured of automatic selection.

Triathlon Australia's High Performance team were determined to create a "winning culture" in this squad in the lead up to next year and despite a sluggish start to the World Championship season that winning feeling has emerged, particularly on the back of the spectacular winning performances by Kahlefeldt and the three **Emmas - Moffatt, Jackson and Snowsill** - all on song for a trifecta in Hamburg in round four of the WCS.

And maybe McCormack holds the key to success in those famous streets this weekend.

Australia's National Head Coach **Shaun Stephens** has been impressed with McCormack's dedication and leadership in the Australian camp.

"There is no doubt Macca has gained a lot of confidence from his efforts in Hamburg and has continued to surprise everyone in camp with his athleticism after such a long time out of Olympic distance racing," said Stephens.

"He has had a set-back with a tight hamstring but has recovered well and he is looking forward to improving upon his result in Hamburg.



Australian Government
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CURRENT ITU RANKINGS

With London on this weekend here are the current Australian rankings in the ITU Dextro Energy World Championship Series:

MEN: Brad Kahlefeldt 9th (1386)
Brendan Sexton 15th (881)
Courtney Atkinson 37th (359)
Jamie Huggett 59th (156)
Dan Wilson 63rd (90).

WOMEN: Emma Moffatt 4th (2061)
Erin Densham 12th (965)
Emma Jackson 15th (873)
Emma Snowsill 17th (853)
Felicity Abram 27th (517)
Annabel Luxford 53rd (197).



WELCOME

Welcome to the first edition of Tri Times, a newsletter dedicated to the life and times of our elite triathletes and it is timely that we publish on the eve of what will be a huge weekend for our aspiring Olympians as they converge on London for this benchmark event for 2011.

We will continue to follow the fortunes of all of our triathletes for what will be an intriguing year across all disciplines. We ask everyone in the Triathlon world to contribute to your newsletter, so if you have a story, a photo, a YouTube video or a snippet of news please don't hesitate to drop us a line.

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"He is a terrific competitor and has been great for lifting the team morale."

Stephens said Kahlefeldt had continued to train well post Hamburg as he prepares to take on Britain's in-form **Brownlee** brothers in front of what will be an enormous home town advantage,

"Brad is looking forward to a strong hit-out on the Olympic course. He is in terrific condition and is really keen to test himself against the in-form Brownlee boys," said Stephens, who is equally satisfied the Australian girls are ready to lift the bar again.



Stephens is satisfied that his troops are all on track for what could be some of the most exciting racing of the season, with so much at stake.

"Everyone has trained really well and they are all ready to race. The Hamburg race certainly lifted the team spirits and gave everyone a lot of confidence with the process they are following to peak at the right time of year," said Stephens.

"With Olympic selection on the line for many countries there will be many races within races. We are asking all of athletes to put their best foot forward this weekend in terms of performances and I'm sure they are ready to lift.

"It is our aim to put the pressure on and we are all looking forward to seeing how some of this year's winners handle the pressures of an Olympic qualification race.

"The Australian girls in particular raised the level of the run in Hamburg and it will be fascinating to see who can respond to that challenge.

"Only twice in the last 12 months have the females run within four minutes of the male run times - Emma Snowsill in Budapest last year and the three Emma's in Hamburg three weeks ago.

"Paula Findlay is the proven athlete so far this year, but it will be interesting to see how she handles the pressure."

Apart from the Emma trifecta, Victorian Olympian **Erin Densham**, who along with VIS training partner **Brendan Sexton** won the Canary Wharf Sprint last month, has produced consistent top 10 finishes in Kitzbuehel (eighth) and Hamburg (seventh) and has been set for Saturday's race (5.30pm AEST) by coach **Jono Hall**.

Stephens says Moffatt gained a lot of confidence from Hamburg and has only got stronger with a very solid block of training.

"She is extremely competitive and a big race performer so she is looking forward to racing over the Olympic course," said Stephens.

"All indications from Snowsill (who is in camp with the German team) suggest she has also developed confidence from Hamburg and has also completed another good training block.

"Emma Jackson has continued to train very well and has not allowed her outstanding result in Hamburg to distract her from continuing a terrific season.

"**Felicity Abram** has just completed her best block of solid training all year since Hamburg (where she was 16th but ever present) and will be stronger and fitter for London while Ashleigh Gentle is coming off a terrific year thus far with a win in Edmonton WC.

"This will be her first WCS race. If she is in striking distance after the swim/bike, anything is possible but her real focus is learning from the experience as it is a big step up.

"**Annabel Luxford** continues to get stronger and fitter through the year and she should have a strong presence in the swim and bike."

SHEEDY-RYAN IN BACK-TO BACK-EUROPEAN CUP WINS

Western Australian Felicity Sheedy-Ryan has been in outstanding form on the European Cup circuit.

The 26-year-old has notched back-to-back wins in both the Geneva ITU Triathlon European Cup and the 2011 Banyoles ITU Triathlon Premium European Cup events on successive weekends.

In Banyoles Sheedy-Ryan won comfortably from Russia's **Irina Abysova** and Czech Republic's **Radka Vodickova**, who was second in Geneva.

The Spanish races saw outstanding Australian junior, 19-year-old **Natalie Van Coevorden** finish an encouraging fourth – just 10 seconds away from the podium.

Van Coevorden, along with **Tamsyn Moana-Veale** and **Ashleigh Bailie** (pictured below) will represent Australia in the ITU World Championships in Beijing (September 10,11).

"It was surprising to hear someone like **Radka Vodickova** say to me when I finished that her coach said I was one to watch out for and so many people being shocked about my age," said Van Coevorden.

"This race was a great learning curve again with lots of positives and negatives to come with it and with all of them to take into my future races.

"It helped me to see my competition, especially stepping up to under 23s soon and opportunities that I have with training, age and nutrition to build strength and experience."

In the men's race, won by reigning world champion **Javier Gomez** (ESP), Australia's **Peter Kerr** was a promising seventh with **Jessie Featonby** 17th.



PROFILE

Felicity Sheedy-Ryan



Age: 26
Height: 158.5cm
Sport: Triathlon (ITU Olympic Distance)
Born: Perth, WA
Coach: Grant Landers (swim : Mel Tantrum)
Nicknames: Flick , Flicka, Bean, Machete
Training Base: Perth, WA. France in the Winter
Favourite Discipline: Run
Years in Triathlon: 9
Favourite Foods: Sushi, Gelato, Mangoes and Smoothies!
Hobbies: Definitely the beach! Snorkelling, dancing, a funny dvd, and singing in the shower.
Music: Wide taste -Old school 80's and 90's Alternative, New Australian Bands...So much!
Favourite Races: Probably Busselton WA, and Athlone European Cup in Ireland.
Goals: To represent Australia at the 2012 London Olympics, and podium in the Dextro World Championship Series.
Top 3 Races: 3rd World Duathlon Championships, Scotland 2010; 3rd Tiszaujvaros Triathlon World Cup, Hungary 2009; 1st Athlone European Cup, Ireland 2009

RESULTS 2011

- 2nd Busselton 70.3 Half IM Busselton, Western Australia
- 41st Dextro World Championship Series Sydney, Australia
- 8th Oceania Champs, Wellington, New Zealand
- 3rd Aus, National Sprint Championship Geelong, Australia
- 1st Geneva ITU Triathlon European Cup
- 1st Banyoles ITU Triathlon Premium European Cup

RESULTS 2010

- 3rd World Duathlon Championships Edinburgh, Scotland
- 4th ITU Triathlon World Cup Holten, Netherlands
- 1st National OD Championships Mooloolaba, Australia
- 13th ITU Triathlon World Cup Mooloolaba, Australia
- 21st World Sprint Championship Lausanne, Switzerland
- 28th Dextro World Championship Sydney, Australia

* Profile courtesy SCODY

BEST COMEBACK...BEST FINISH...BEST SWEEP...AND WE SAY...BEST PHOTO!!



Australia has figured prominently in the 2011 Dextro Energy ITU World Championship "Half-Way Report" in the categories of best comeback, best finish and of course best sweep.

But there is no doubt that Australia's very own **Delly Carr** gets our nomination for Best Photo for his podium shot of Snowy pouring the sponsor's product all over Moffy, leaving "little" Emma Jackson to laugh it off.

Delly has been synonymous in the world of Triathlon for the last three decades and continues to portray the sport at its absolute best from behind his lens.

But if Delly gets the best photo nomination, then Snowy gets the "worst aim" award hands down.

Let's hope the girls are dancing around the podium again this weekend.

Here is the ITU's look at the best of.....

Best Comeback:

While it didn't happen in a race, Australia's **Chris McCormack** deserves a mention in this category. Almost 14 years after winning an ITU world title (back in 1997), he's back with an aim to make the Australian Olympic team. Cold and rainy Kitzbühel wasn't kind to Macca in his first race back, but in Hamburg he did a ton of work on the bike chase and finished a respectable 26th.



Best Finish

Sprint finishes happened pretty regularly over the 2009 and 2010 Dextro Energy Triathlon ITU World Championship Series, but waiting a bit longer for one in 2011 probably made the **Brad Kahlefeldt, Will Clarke and David Hauss** battle in Hamburg even more exciting. After going toe-to-toe for the final kilometre, it initially looked like Clarke had it before a final burst from Kahlefeldt sealed his first Hamburg win – after nine years of trying. It was also Kahlefeldt's first Dextro Energy Triathlon Series gold medal, and was the first series win for an Australian athlete in 2011. Honourable mentions to **Helen Jenkins** and **Paula Findlay** in Kitzbühel, Findlay admitted afterwards it was the hardest she'd been pushed this season and to that brotherly hug between the **Brownlees** in Madrid.

Best Sweep

Not only was it the first time in series history that one country had swept the podium, but surely the first time in any ITU triathlon event that three athletes from the same country also shared the same name. But **Emma Moffatt, Emma Jackson** and **Emma Snowsill** managed just that when they completed the all-Australian, all-Emma hat trick in Hamburg. That there was two Emmas wasn't exactly surprising, Snowsill and Moffatt have both dominated the triathlon scene since 2008, but the third shows that podiums might have to make way for another of the same name. Jackson is the current Under23 women's world champion and Hamburg was her best result in the Dextro Energy Triathlon ITU World Championship Series.

AUSSIES IN FORM IN SINGAPORE

Australia were well represented in the 2011 Singapore ITU Triathlon Asia Cup with **Lisa Marangon, Courtney Gilfillan** and **Chloe Turner** scoring a podium trifecta in a small but select women's field.

The more competitive men's race saw 2010 Youth Olympian **Bryce McMaster** take the bronze medal behind Japan's **Harunobu Sato** & Namibia's **Abrahm Louw**.

Chris Rawling was sixth and **Matt Brown**, a member of the under 18 team for the ITU World Championships, was an encouraging ninth, and another under 18, **Michael Gosman** who represented Australia in Budapest last year 11th with **Kane Simpson** 13th.



EventCalendar:

- August 7:**
WSTC Winter Duathlon Series, Altona (VIC)
- August 13/14:**
Tour de Tri, Kawana (QLD)
- August 14:**
Australian Duathlon Series (Race 3) Alice Springs (NT)
- August 14:**
2011 Tiszaujvaros ITU Triathlon World Cup
- August 14:**
2011 Taupo OTU Duathlon Oceania Championships
- August 20/21:**
Wivenhoe Triathlon Festival, Wivenhoe Dam
- August 20/21:**
2011 ITU Elite Sprint Triathlon World Championships; ITU Team Triathlon World Championships, Lausanne
- August 21:**
2011 Karlovy Vary Triathlon European Cup