



Snowsill confident of breaking Triathlon curse

Reigning world champion triathlete, Emma Snowsill is planning a gentle competition schedule in the build-up to the Melbourne 2006 Commonwealth Games, wary of 'burning-out' and costing herself a chance at Australia's first Triathlon medal.

Following two-months of intensive training, Ms Snowsill believes that she will enter Games competition in optimum condition.

She has not competed since winning her second triathlon World Title in Gamagori, Japan and will only race two events in the lead-up to the Games in March.

"I always feel that by the third race I'm coming good," Ms Snowsill told the Daily Telegraph. She said she'll be "preserving (herself) & learning not to over-race."

Despite placing a Games victory as her number one priority, Ms Snowsill says she will go into it with the attitude that it's "like just another race."

She was a runaway winner in Tasmania at the ITU Hobart Oceania Cup International Triathlon on 19 February.

Ms Snowsill will be joined in the Commonwealth Games triathlon team by fellow Queenslander Felicity Abrams as replacement for Loretta Harrop who has withdrawn due to pregnancy and Annabel Luxford from New South Wales.

The men's team will feature 2005 men's world champion Peter Robertson from Victoria, alongside Simon Thompson of Canberra and Brad Kahefeldt from New South Wales.

Competing on home soil, the Australians are seeking to cement their place as the dominant force in world triathlon and break the curse which has seen them unable to capture gold in either past Commonwealth or Olympic competition.

But they will face a stiff challenge from defending Commonwealth champions Simon Whitfield and Carol Montgomery of Canada, while New Zealand will field a men's team which claimed the top two finishers at the Athens Olympics.



**2005 ITU World Champion
Emma Snowsill.**

“If it’s anything like the Sydney Olympics, I’m guessing there will be a big spectator crowd at the first weekend of the Games. It’s a free event and triathlon is super-competitive in the Commonwealth Games,” said triple world champion Peter Robertson.

The Melbourne 2006 Commonwealth Games Triathlon event will be run on Saturday 18 March at the St Kilda Foreshore. It comprises a 1.5 kilometer ocean swim from St Kilda jetty, followed by a 40 kilometer cycle race through nearby closed streets, followed by a 10 kilometer run along the esplanade.

Triathlon is free and non ticketed.