

☐ Know someone else who's interested in running and triathlon?

Send this [Runner's Web Story's URL](#) to a friend. [Comment on this story.](#)

Visit the [FrontPage](#) for the latest news. | [View in Runner's Web Frame](#)

Ironman Triathlon

The Fueling Guide For Triathletes 70,000
copies Downloaded
www.hammernutrition.com.au

TriVillage.com

Tri Superstore Specializing in Shipping to
Australia & New Zealand
www.trivillage.com

Triathlon & Run Coaching

Science based online coaching for runners
and triathletes.
www.endurancetraining.com.au

by Google

[Advertise on this](#)

Posted: June 12, 2006 (abridged)

Triathlon: Snowsill wins in South Africa



SOUTH AFRICA, Richards Bay – A picture-perfect day in Richards Bay, South Africa welcomed the ITU athletes to the seventh stop of the 2006 BG Triathlon World Cup series.

In the women's race, Emma Snowsill from Australia led from the starting horn to the finish line, winning in a time of 2:03:11. The next closest competitor was Anja Dittmer from Germany who finished three minutes and thirty seconds behind with a time of 2:06:41. Vendula Frintova from the Czech Republic finished third.

"I felt really strong out there," said Snowsill. "I was just testing myself. I haven't raced since the Commonwealth Games and I wanted to see where I was at today."

After a two and a half month break after winning the Commonwealth Games, Snowsill was back in full force, blowing the competition away. Emma exited the water with a sixteen second lead over the next group that contained Dittmer, Frintova, Samantha Warriner (NZL), Nicola Sping (SUI) and local favourite Mari Rabie (RSA).

From there Snowsill decided not to wait for anyone else, breaking away on the bike, riding solo for the entire 40 km. A large chase group formed behind Snowsill but continued to lose time to her over each lap, eventually coming into the second transition 3:51 down.

"I couldn't tell how far ahead I was on the bike so I put my head down and went for it," stated Snowsill.

The chasers abandoned trying to catch Snowsill but instead were content to wait until the run and battle for the remaining two spots on the podium.

"Emma is so strong," stated Dittmer. "On the bike we all decided to wait until the run and race for second."

Once the women hit the run course it was a furious race for second place. Dittmer went out like a shot and never look back finishing strong with the fastest run of the day. Frintova was able to hold onto her small lead over Canadian Lauren Groves to claim the last podium spot.

"It was a really good day for me," explained Frintova. "It is really special to be on the podium in the first world cup ever held in Africa."

Canadian Groves had an impressive run to finish in fourth place and Lenka Radova from the Czech Republic rounded out the top five in fifth.

The thousands of local spectators were ecstatic.

The quality of the field was exceptional with the top fourteen athletes finishing within one minute of the winner and fifteen athletes running under thirty-two minutes.

2006 Richards Bay BG Triathlon World Cup results – Elite Women

1. SNOWSILL, Emma (AUS): 2:03:11
2. DITTMER, Anja (GER): 2:06:41
3. FRINTOVA, Vendula (CZE): 2:06:58
4. GROVES, Lauren (CAN): 2:07:05
5. RADOVA, Lenka (CZE): 2:07:38