

- Beijing World Cup

## Beijing World Cup 18th September 2005

Following her excellent result at the Salford World Cup as reported in issue 4 Helen Tucker the fast rising star of British Women's Triathlon again showed how far she has developed under the guidance of Chris Jones at the Swansea Performance Centre.

Having been disappointed with her performance at the World Championships in Gamagori, Japan the previous weekend; due to the insufficient acclimatisation time which the British Team were given prior to the Championships; she was determined to race well in Beijing.

In a field stacked full of quality athletes the pattern for the day was set when a group of three Americans including Sheila Taormina pushed the pace and gained 30 seconds over a large pack including Tucker Leanda Cave and Portugal's Vanessa Fernandes.

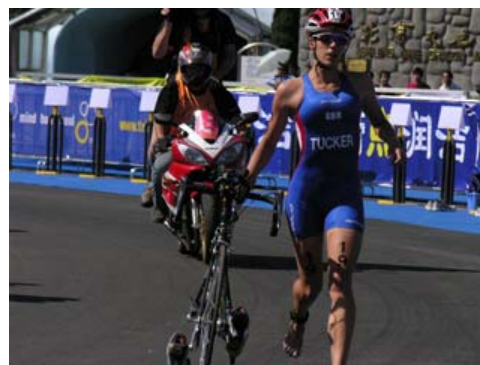
The Americans pushed the pace on the bike and were only caught by the chase pack towards the end of the ride. Fernandes made a break just before the transition and gained 15 seconds on the group.

Once on to the run Fernandes piled on the pressure and ran away from the chase pack and increased her lead lap by lap. Behind was a battle royal for the remaining podium slots.

Taormina demonstrated her class by gaining another podium in her last ever World Cup race. She now makes the change to Modern Pentathlon in an attempt to make three USA Olympic Teams in three different Sports.

Tucker showing the form she has in training put in a solid run and maintained her top 3 position throughout the run and consolidated her position in the final lap to finish in third place and 1st British and Commonwealth athlete.

Cave faded on the fun to finish in 18th



Helen Tucker  
Third Beijing World Cup 18th September 2005

place.

Of the remaining British Athletes Whitcombe finished in 5th Place and Blatchford in 9th Place.

Yet again the Welsh programme that Chris Jones is putting together in Swansea is delivering the goods on the World stage.

This performance by Tucker and her World Cup debut at Salford must move her in to a position where she will make the British World Class Performance Squad. Apart from Blatchford and Whitcombe no other British athlete has had the consistency of placing in World Cup races.

The future for Welsh and British Triathlon is secure in the hands of these three women and medals at the Melbourne are not beyond the bounds of possibility.

Results:

1	Vanessa Fernandes	Portugal
2	Sheila Taormina	USA
3	Helen Tucker	GB