

## **SANDRA BRINGS HOME SILVER FOR AUSTRALIA FROM HER FIRST INTERNATIONAL WORLD CUP TOUR**

**K1 Race Denmark – 8<sup>th</sup> – 28.8km marathon**

Our first meet on the World Cup tour was in Skanderborg, Denmark. Out of the 3 Australian women racing I was the only one to finish the grueling 28.8km marathon. I was very happy with an 8<sup>th</sup> place finish at my first international event. The conditions were a lot rougher than I am used to back home and it was very difficult racing only 6 days after traveling. This wasn't really enough time for my body to get used to a new time zone and perform at its peak. It took 40 hours to get from Sydney, Australia to the Malmo, Sweden training camp, (3 planes, 1 train and a very long walk) so I was still quite tired for this race.

**K2 Race Denmark – 9<sup>th</sup> – 28.8km marathon**

The next day was the K2 doubles race and we had a great start, but unfortunately after 100m the rudder broke and that was basically the end of our race in terms of a medal. We finished in 9<sup>th</sup> place.

**K1 Race Portugal – 2nd, Silver** -much better race – 28.8km marathon

After Denmark, we then moved onto Portugal to race 2 weeks later at the International Crestuma Cup. I was feeling a lot more acclimated by this race and I am very fortunate to have brought home the K1 Silver medal. It was almost gold. I led out from the start quite comfortably but unfortunately a combination of a few wrong decisions and another boat crashing into me, the gold slipped through my fingers. The portages were also quite steep and tough and long. I lost a bit of ground there because the boat I was allocated to race in was a couple of kilos too heavy so it slowed my running down a bit. (Please call me if you want me to explain what portaging is) Racing overseas means you just take pot luck in terms of the equipment you are allocated to use. Being a local European would certainly be a distinct advantage.

I am excited now by the potential for medals at the World championships coming up in September in Gyor, Hungary. I have a lot of work to do between now and then and I can't wait to get there and race my hardest.

This World Cup trip has taught me a lot about racing, things you can only possibly learn by being amongst it at an international event. I now know what to expect, both best and worst case scenarios, and I feel that my preparation for the coming events will be more specific and focused. I have made myself a very long list of things I really need to work on in order to get the gold!

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