

Our Golden Girl!



Photo courtesy of Delly Carr – Sportshoot

Gold Coasts own **Commonwealth Gold Medalist, Emma Snowsill** is back in town and still on a high! She fills us in on the race and her journey to Gold!

by **Maggie Wilde**

and it took me quite a lot to get going initially. I usually try to run out pretty hard, so I was quite nervous that I had so many people around me at the 5km mark. I couldn't feel my feet properly so I felt quite uncoordinated.

Once I got going I was happy I could make my mark and didn't have to do a hard finish, I don't like to leave it late.

MW: Was there any point where you thought 'Can I really do this?' or 'I've got this in the bag?'

ES: I don't really think those sorts of things. I never usually turn around to see where my competitors are during a race. This was actually the first time I did do it.

I was a couple of hundred metres out from the finish line and I decided to enjoy the moment with the spectators and the roar of the crowd. It was great to slow down and acknowledge everybody.

It was a big buzz for me personally to do that, to soak up the atmosphere and enjoy that last minute before I crossed the finish line. I still get goose bumps thinking about it.

MW: Do you get to keep the medal, or does it go to the institute?

ES: Yes, we get to keep the medal thank goodness. It feels so solid and real. It's gorgeous.

MW: Besides winning, were there other highlights of the Games you remember? Did you get to see much?

ES: Yes, I went to a few events after mine, the swimming and athletics.

I watched the last night of the swimming. It was amazing to be part of that atmosphere. We never normally get to see others compete and it's just as big a buzz to watch your fellow countrymen and women compete and feel the excitement. Melbourne was so much fun; I had such a good time.

MW: Did any of your team mates or friends

have success in events as well?

ES: Yes, in the men's we got a Gold and a Bronze and another girl got 5th in the women's so we had the most successful day we've ever had in Triathlon at a major competition. To get two Gold medals and a Bronze was something this sport has needed.

It was great for our Governing Body to do this at such high profile Games in our home country.

MW: So what now for you?

ES: I've been back in training and looking at what's next.

I'll probably head away at the end of June for two or three months to America, Canada and then Europe.

There are World Cups and other options. I'm drawing the itinerary up at the moment. I'll get into racing again straight away.

MW: When do you really start to focus towards the Olympics?

ES: It seems so far away. But later on in the year, around September there is a race on the actual course in Beijing. So I will head over to look at conditions then. We've already got team managers going over to look at conditions and make us aware of what to be ready for.

There's still a long way to go, we've got to make the actual team yet, but it's all part of the preparation and planning. For me personally to do the race in September on the actual circuit will be a good opportunity to see what it will be like.

MW: Once again Emma, congratulations and lots of luck and support for the International season.

ES: Thank you.

MW: Emma, on behalf of H&H Readers and the Gold Coast... Congratulations on the Gold!

ES: Thank you. It was amazing!

So much fun!

MW: What did it feel like standing on that podium?

ES: I try to think about it a lot. It's one of those feelings you may never replicate. It almost seems hard to remember, it seems so surreal. I look at pictures and try to feel what it was like. It was over and done with so quick, it was an amazing feeling. We had so much home town support; I still can't find the right words, even now.

MW: We are very pleased for you and wanted to say a big, big thank you and congratulations from the Gold Coast. Was your dad at the finish line, were there lots of tears?

ES: Oh yes. I think they were all quite gob-smacked as well. I saw my dad before the finish line. I actually stopped and saw him. I was pretty cold during the race