



▲ Triathlete Boyd Cornick - a big future ahead.

Johns proves his Origin rep claims

If anyone was seriously

Newcastle's form overall

Redhead fireman aims for top 10

Top triathlete runs red hot

by JILLIAN HODGINS

★ Although he has only been involved in triathlon for three years, Boyd Cornick is making headway for a strong future in the sport.

The 24-year-old fireman from Redhead is realistic in his goals. But he's also extremely dedicated and determined when it comes to achieving them.

The former lifeguard has but one race left - The Byron Bay Tournament on Saturday - before the end of what he says has been a good season.

The event should attract a large number of competitors, including a strong contingent of top triathletes, all chasing the generous sum of prize money up for grabs.

Boyd is no stranger to the race, having finished it in eighth place last year and fifth place in 1997.

This year, he says, he aims to finish in the top five mark.

"Somewhere around there would be great," said Boyd.

He admits he will probably be up

against some stiff competition, however it's nothing he hasn't faced before.

On Sunday, Boyd went up against some of the biggest names in professional Australian triathlon, including Greg Welsh, Brad Bevan and Chris McCormack, in the prestigious Australian Olympic Distance Title held in Murwillumbah, Queensland.

There Boyd, who said he had been hoping to place in the top 15, finished 19th after cramping badly in the run leg.

Before leaving for Queensland last week, Boyd said he had been looking to go well in the race and believed his aim was realistic considering the level of difficulty of the event.

The race, like the upcoming Byron Bay Tournament, involves a 1.5 kilometre swim, a 40 kilometre bike ride and a 10 kilometre run.

Boyd, who is currently without a coach, said in the lead-up to the two events, he had been concentrating on developing his power and speed.

"It's like a frenzy, the start of the

swim. There's a lot of punches thrown... There's a bit of mayhem out there really. You've got to be aggressive.

"It's really important to have a good swim," he said.

Following the tournament, Boyd said he planned to have a good rest before the start of the next season in October, when he aims to place in the top 10 in the next annual St George Tour.

"I think it's realistic. I've only been in the sport a couple of years. Even each month I can feel myself improving. Each year I set myself new goals.

"I don't think I'm going to peak till about three or four years."

He said he was pleased with his progress this season.

"I've had a good season. I've won seven races... I've been going alright... On the important type races I've been going okay, a couple of top five places," he said. Boyd said he was also considering going overseas to Asia to compete later in the year.