

Good results put Reynolds back in contention

BUNBURY BMX ace Lauren Reynolds has stabilised her 2012 London Olympics selection campaign with a promising showing at the recent World Championships in South Africa.

The 19-year-old South West Academy of Sport scholarship holder has been punching above her weight in recent months and competing against many older, more experienced riders.

She came back from the event cautiously optimistic about what the future may hold for her after storming into the tournament's semi-finals.

Earlier in the year, poor results on a European tour left Reynolds searching for answers as equipment failure and bad luck combined to leave her on the outer at international level.

In South Africa, a first placing and two seconds in her heats meant that Reynolds announced a return to form and a semi-final berth in stunning fashion, backed by imposing times that saw her seeded second and with a competitive lane position.

However she was left to wonder what could have been after leaving too much room on her inside at the second corner in that race — a decision that eventually saw her finish fifth and exit the competition.

"Training wise, mentally and physically everything's where it should be, I'm much happier than what I was earlier on in the year," Reynolds said.

"Things weren't where they should have been but I've stepped things up a little, and I've got more experience under my belt now.

"I didn't get the result on paper that I feel I should have and proved that I could have with the times that I got.

"But I've got heaps of confidence to take out of the races."

Olympic selection is a lengthy string of different events that sprawl all over the world where competitors accrue points depending on their placing.

It is very much a marathon, with Australian representatives not expected to be finalised for at least another 18 months.

Reynolds will spend the next month preparing for races in the USA, France and New Zealand.

"I think I'm going to finish the year off a lot stronger than what I started," she said.

"I went into this year's world championships with a lot more confidence that what I had in the World Cups earlier on in the year."



Teenaged BMX sensation Lauren Reynolds believes her best results are yet to come on the world stage. PICTURE DAVID BAILEY