

British Telemark Press Office  
+44 (0)779 930 0140  
jack@harvardtaylor.co.uk



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## Successful Season for Ipswich's World Cup Skier Jasmin Taylor

Jasmin Taylor, British Telemark's No 1 World Cup athlete has returned to Ipswich following her first season racing full-time on the FIS (International Ski Federation) Telemark World Cup circuit.

Based in the picturesque French resort of Les Houches during the winter months, Jasmin trains six days a week alongside the French National Team in the shadows of Mont Blanc. Working with French trainer, Sébastien Mansart, Jasmin started her physical preparation for the 2012/13 World Cup season back in December last year; however a severe chest infection forced her to miss the opening World Cup event in Rauris, Austria.

Jasmin continued training throughout January, in preparation for the Junior World Championships whilst competing and winning podium positions on the French Cup circuit. Jasmin comments, *"After suffering from illness at the start of the season I came back stronger and made my mark on the French Cup circuit, winning three gold's, two silver's and one bronze which gave me the Overall French Championships (which I can't declare because I'm not French)!"*

In February Jasmin competed at the Junior World Championships at her home resort of Les Houches gaining a creditable 5<sup>th</sup> place in the Sprint before beating off Norwegian and German rivals and charging into 4<sup>th</sup> position in the Classic.

Following Jasmin's success in France she followed the World Cup to the Norwegian resorts of Rjukan and Geilo where she achieved consistent top ten results, racing against the world's fastest telemark skiers. Team Manager, Jack Harvard Taylor commented *"Jasmin has come on leaps and bounds this season. Her hard work throughout the season has paid dividends and she has finished the season with some excellent results."*

Jasmin now enjoys some time at home in Ipswich before commencing her arduous summer training programme at *Amelia Walker Personal Training* near Ransomes Park and continuing to seek sponsorship for the 2013/14 season.

- Ends -

### NOTES TO EDITOR

**Telemark skiing** originated in Norway and is considered by many to be the original and purest form of skiing. Racing is very similar to conventional 'downhill' skiing and involves going through a number of 'gates' with red and blue flags. Where telemark varies is the athlete has the extra challenge of negotiating a large jump half way down the slalom course as well as a 'cross-country' skating section towards the end of the course to really test the competitor's endurance.

**Jasmin Taylor**, 20 years old, has been a member of the British Telemark Ski Team since 2011. Jasmin works as a personal training during the summer months and competes on the FIS Telemark World Cup circuit from December through to May. Jasmin is supported by: EdgeRiders, Colchester Physiotherapy, Kneissl UK, TDS SafeGuard and The Mountain Boot Company.