



TRUE GRIT...

...AND DETERMINATION IS WHAT'S NEEDED TO COMPETE IN THE DAKAR RALLY AND TAM SIN JONES, THE YOUNGEST BRITISH WOMAN TO COMPETE IN THE HARDEST MOTORCYCLE RALLY IN THE WORLD, HAS IT IN SPADES.



The gruelling race involved riding for up to 16 hours a day under a scorching South American sun, riding 200 foot dunes, battling against dust, tiredness and the onslaught of super-fast cars and trucks. A true test of endurance and stamina, the 2010 started on January 1st and finished on January 17th of which competitors will have travelled over 9,000 km through Chile and the Atacama desert, thought to be the driest in the world and to the mountains of the Andes.

Sponsored by Weider Nutrition, Tamsin had been

preparing for the race for the past six years and has already competed in countless Enduro's in the UK; she comments "whilst training I've been using Weider's Victory Endurance ISO Energy and Total Recovery – definitely a must in long endurance riding events".

Tamsin has dedicated the proceeds from her venture to the young people and staff of the TRAX Motor Project who have encouraged over 5000 young people to turn their lives around.

For more information on this unique event visit Tamsin's own web site www.tamsinjonesdakar.co.uk or the official Dakar web site www.dakar.com.

For more information about Weider products visit the web site www.weidernutrition.co.uk; trade enquiries call CLF Distribution Limited on 01725 514257. **M&F**