



## **Canada's Kathy Tremblay Leads Canadian Duo in Triathlon World Cup Opener**

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**MOOLOOLABA, Aus.—Kathy Tremblay led two Canadian women amongst the world's best triathletes who hit the start line on the beaches of Mooloolaba, Australia to kick off the 2010 World Cup on Sunday.**

With pre-race rain bringing intense heat and humidity to Australia's coast, the Montreal resident and 2008 Olympian, maintained pace with the lead pack through the 1.5-kilometre swim and 40-kilometre run, but fell back in the field in the 10-kilometre run portion of the difficult Australian layout to finish in 19th spot at two hours eight minutes seven seconds (2:08:07).

A stiff breeze made for a choppy surf and challenging swim for the elite women triathletes. However, Tremblay and World Cup comrade, Kirsten Sweetland, were among the pack of 30 who came charging out of the waters into the first transition despite struggling in the swim.

After the first of seven laps on the bike, Tremblay took off with the lead group of 18 riders, while Victoria's 21-year-old Sweetland led the chase group of 12 athletes who were nearly two minutes off the pace. Mid-way through the bike, Sweetland – who is the defending champion at the Mooloolaba World Cup – kicked it into another gear with Duathlon World Champion, Vendula Frintova of the Czech Republic, to close the gap within 20 seconds of the leaders and set up a charge for the podium by the time they reached the transition into the run.

“Both girls really had a tough time in the heat and humidity. They are both really strong, however, the mid-day heat really took a toll on them,” said Patrick Kelly, one of the Canadian coaches who travelled with the team to Australia. “Kirsten really affected the outcome of the race today by pulling the second pack racers including Frintova and Japan's Tokomo Sakimota, but anytime you swim in the surf it is a crapshoot and that was the story today.”

Canada's Tremblay dropped back in the field when she was not able to match strides with the leaders who took the pace to a new level in the first lap of the four-loop run.

Sweetland's quest to defend her title also came to a halt in the second lap of the run when she decided to withdraw after experiencing cramping in her lower back.

“It was a tough day at the office and everything that could go wrong, did,” said Sweetland, who has two World Cup titles to her credit. “I wanted to save my legs for Sydney <World Championship Series race>.”

Frintova completed the charge to the top of the podium with an electrifying run to win the first gold medal of the World Cup season with a time of 2:03:16. Japan's Sakimoto finished in second spot at 2:03:27, while Liz Blatchford, of Great Britain, rounded out the women's podium in the bronze medal position after stopping the clock at 2:03:43.

The World Cup series plays a crucial role in the development process of athletes, and is a feeder system for young athletes to earn starting positions in the ITU World Championship Series.

The opening event of the second annual ITU World Championship Series will take place in Sydney, Australia on April 11.

Triathlon Canada is the governing body for triathlon in the country. Recognized as an Olympic medal sport since 2000, Triathlon Canada's mandate is to promote, foster, organize and develop the sport of triathlon, and its related disciplines, in Canada. For more information on Triathlon Canada, please visit us at [www.triathloncanada.com](http://www.triathloncanada.com) on the Internet.

Complete World Cup Results (1.5 km swim, 40 km bike, 10 km run): [www.triathlon.org](http://www.triathlon.org)

Top-Five Women's Results;

1. Vendula Frintova, CZE, 2:03:16; 2. Tomoko Sakimoto, JPN, 2:03:27; 3. Liz Blatchford, GBR, 2:03:43; 4. Kate Roberts, RSA, 2:04:04; 5. Sarah Groff, USA, 2:04:19.

Canadian Results:

19. Kathy Tremblay, Montreal, 2:08:07; DNF. Kirsten Sweetland, Victoria.