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## **Tremblay Sprints to Triathlon Gold at Pan-Am Cup**

Triathlon Canada release

CLERMONT, Florida—Canadian triathletes celebrated a gold and silver medal in their final tune-up race before the start of the World Cup and World Triathlon Series season on Saturday in Clermont, Florida.

Montreal's **Kathy Tremblay** captured the gold in the women's Pan American Cup sprint race, while Kyle Jones, of Oakville, Ont. continued his quest to qualify for the 2012 Olympic Summer Games with a silver medal performance in the men's competition.

**Tremblay** tactically worked her way through the 750-metre swim, 20-kilometre bike and five-kilometre run course to clock a winning time of 1:01:01.

"The sprint races are so much fun, but they are all about strategy," said **Tremblay**. "I came out of the swim in the lead pack and worked really hard on the bike. I waited until the final one kilometer on the run and then I surged. It is a great feeling to win. That was the goal today, but there is still a lot of work to do before Sydney."

**Tremblay** was joined on the women's podium by two Americans. Kelly Whitley finished nine seconds off the pace in second at 1:01:10, while Sarah Haskins ran to the bronze medal with a time of 1:01:12.

Four other Canadian women also finished in the top-15. Vancouver's Lauren Campbell continued her comeback into elite racing with an eighth-place finish at 1:02:18. Dominika Jamnicky, of Port Hope, Ont., clocked a ninth-place time of 1:02:46. Winnipeg's Sarah-Anne Brault finished 11th at 1:03:01, while Victoria's Kirsten Sweetland grabbed the final spot in the top-15 after punching the clock at 1:03:49.

The Canadian trail to the podium continued in the men's race as Kyle Jones continued his quest to qualify himself, and three Canadian men, for the 2012 Olympic Summer Games.

Wrapping up a five-week camp in Clermont, the 27-year-old Jones, of Oakville, Ont., put down a solid run for his second straight podium finish of 2012, claiming the silver at 56:10. Jones also won the bronze at the Pan American Championships in Argentina two months ago.

"We had a great camp here with awesome weather that has allowed us to put in a good amount of volume. This race offered a nice hard effort to end the camp and prepare me for the races coming up in Australia," said Jones. "Winning would have been ideal, but I'm very pleased to have another podium this year."

Jones maintained pace with Jarrod Shoemaker for most of the race, but the American was too strong on the run and claimed the gold with a time of 56:04. Tommy Zaferes, also of the United States, rounded out the men's podium in third with a time of 56:15.

Andrew Yorke, of Caledon, Ont., was the only other Canadian male in the top-15. Yorke stopped the clock at 56:53 to secure 11th spot.

Many of Canada's elite triathletes will now pack their bags for a World Cup race in Mooloolaba, Australia on March 24, followed by the opening race of the World Triathlon Series, April 14-15.