

Results 2004

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Category</u>	<u>Ranking</u>	<u>Time</u>
March 28	5km - Running	Lasalle, QC	All females	1 st	17 :30
April 25	10 km - Running	St Laurent, QC	All females	1 st	35 :48
May 9	ITU World Championships	Madeira, Portugal	U-23	9th Best Canadian	2 :00 :18
May 22	Early Bird Triathlon	Ottawa, ON	Elite (sprint)	1 st	1 :05 :40
July 11	Quebec Cup	St Lambert, QC	Elite (Sprint)	2 nd	1 :01 :43
July 31	ITU American Continental Cup	Caledon, ON	Elite	4th	2 :17 :10
August 15	Quebec Cup	Drummondville, QC	Elite (supersprint)	1 st	30 :35
September 5	ITU America's Continental Cup and American Championships	Boston, U.S.	Elite	1 st	1:56:33