

Pour diffusion immédiate

## Candy for Kathy Tremblay

Triathlon –World Team Championships

### Canadians Win Bronze at the World Team Championships

Montréal, June 28, 2009 (Sportcom) – Triathlete **Kathy Tremblay** will leave Iowa on a positive note. After her disappointing 28<sup>th</sup> place finish in the World Championship Series on Saturday, the Montrealer and her teammates Lauren Groves, Brent McMahon and Simon Whitfield climbed onto the third step of the podium, Sunday, at the World Team Championships, also held in Des Moines.



With a time of 1 hr 21 min 31 s, the Canadian quartet finished 35 seconds behind the Swiss, who won gold, and 26 seconds behind the Australian team, who took silver.

“It’s candy, but we’ll take it. It’s a good position to defend, looking to next year’s World Team Championships,” said Tremblay, who also said she was satisfied with her race. “It was a really fast race. The peloton was very tight.”

The triathlete, who was the third relay runner, felt she had it in the swim. “I had a good swim, and that helped me with the rest of the race. On the bike, I was with the Swiss athlete at first, but she was very strong. I managed to keep up with her on the first lap, and then she passed everyone,” explained the athlete, who is coached by **David-James Taché**.

When Tremblay started the run, the team was pretty much guaranteed a place on the podium. “I tried to maintain our spot, which I was able to do. The speed was there!”

Each athlete had to swim 300 m, bike 8 km, and run 2 km.

Kathy Tremblay will now return home before leaving for Austria for the fourth race in the World Championship Series, which will be held in Kitzbuhel, on July 12.

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