

# Triathlon—World Cup in Edmonton

## Best Result of the Year for Kathy Tremblay



Montréal, June 24, 2007 (Sportcom)—Montréal native **Kathy Tremblay** had her best result of the year Sunday, after ranking 14<sup>th</sup> at the World Cup Triathlon in Edmonton.

Australian Emma Moffatt won the race in a time of 1 hour, 57 minutes and 52 seconds, edging out British-Columbian Kirsten Sweetland in a sprint to the finish line. Another Australian, Annabel Luxford, came in third, 18 seconds behind Moffatt.

Tremblay, who came in 16<sup>th</sup> in Des Moines last Sunday, completed the 1 500-metre swim, 40-kilometre bike, and 10-kilometre run in 2 hours, 2 minutes and 32 seconds.

She admits having missed her chance to finish among the top six when she was in the water. “I was pretty close to the best swimmers, but I was not very explosive at the start. It was okay until a big pack formed. I was then unable to give any more (to catch up to the leaders).”

“I was, however, in a good spot to do it,” continued the athlete, 25, who then had to fight hard, faced with several competitors. “It’s always a little more *rough* at the buoy, so you lose time when you’re in a pack.”

Things got even more complicated on the bike. “The girls weren’t working very well. When little Kathy has to go in front, it means that others aren’t doing the work,” she said, laughing.

In the end, the run did not allow Tremblay to catch up. “I felt like I was running fast, even though it was average. I think the technique is there; I just have to work on my speed.”

“I am not disappointed because I came away with several positives,” concluded the Quebecker.

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