

Editor : Jean-Pierre Boisvert

Triathlon – Canadian Championships



Silver Medalist Kathy Tremblay

MONTREAL, July 2, 2006 (Sportcom) – **Kathy Tremblay**'s progression is constant. After ranking third in May for the Mazatlan World Cup, in Mexico, and first in the Pan-American Championships in June, the 26-year-old from Montréal finished second in the Canadian Triathlon Championships on Sunday, in Brampton, Ontario.

Tremblay, who came in third place last year for the same competition, grabbed the silver medal with a time of two hours, five minutes and ten seconds. Lauren Groves, a Canadian currently training in the United States, placed first (2:04:16).

Tremblay completed the 1 500-m swim in 20 minutes and 17 seconds, the 40-km bike in 1:09:27 and the 10-km run in 35:27.

"I'm here to win the race, obviously, so, I'm somewhat satisfied. It's good progress compared to last year. That's how I have to look at it. I finished the swim in a good position because I wanted to get out of the water with the group to avoid overexerting my legs trying to catch up to others on my bike. I wanted to conserve some energy for the run, otherwise I wouldn't have made it to the podium.

"I stayed behind a little on the bike to save my legs for the run, and that's what happened. The winner, Lauren Groves, had a small lead from the start and stayed ahead until the end," said the Gatineau-native athlete.

"My goal is to compete on the international circuit. This was at a national level. I did well, and it was a push in the right direction, but it's going to take a lot more than that to make it to the Olympics, which is my ultimate goal," she emphasized.

These Canadian Championships were coupled with a Continental Cup, so some Americans were also competing. In fact, American Marybeth Ellis finished in third place while Carolyn Murray, although ranking fourth all-around, claimed third place among the Canadian women.

Kathy Tremblay will compete in the World Cup in Edmonton next week and then will train for the World Championships in Lausanne, Switzerland, on September 2, 2006.

Other results worth mentioning are Samantha McGlone's eighth place finish, Simon Whitfield's win in the men's division and **David-James Taché's** 18th place finish.

