

## Triathlon – World Championship

# Kathy Tremblay Lacked Energy



Montréal, June 8, 2008 (Sportcom) - **Kathy Tremblay** was unable to secure her spot at the Olympic Games in Beijing, as she finished 21<sup>st</sup> at the Triathlon World Championships held Sunday in Vancouver.

The athlete, originally from Gatineau, was 12<sup>th</sup> with 3 km left to go in the run, but she was unable to maintain her stride, and slipped to 21<sup>st</sup> place. In order to guarantee her spot on the national team that will go to Beijing, she had to place in the top eight.

The good news is that she was the first Canadian woman to cross the finish line. "I felt good, but I lacked energy on the last lap. At least I was the first Canadian woman, which may be my ticket come decision-time for the selection committee," she said.

Caroline Murray, who is also in the running for a spot on the national team, came in 24<sup>th</sup>. The other Canadian woman who is still a contender is Kirsten Sweetland, who placed 38<sup>th</sup>.

It was Helen Tucker of Britain who was the fastest, with a time of 2h 01 min 37.37 s. American Sarah Haskins and Samantha Warriner of New Zealand rounded out the top three.

The female triathletes had to brave the cold to participate in this competition. The temperature was close to 12°C, as it was all week leading up to the race, which made for very cold water.

"Even a fool wouldn't have jumped into the water in those conditions," said Kathy Tremblay. "During the race I didn't feel the cold, but not I am completely frozen."

“Never again will I prepare for this kind of race; it probably only happens once in an athlete’s career,” she said. The Quebecker took cold baths to help prepare for the cold water before heading to British Columbia. In addition, the temperatures over the past weeks allowed her to train in almost winter-like conditions.

### **The countdown is coming to an end**

Since no Canadian women finished in the top eight, the selection committee will have to decide who will complete the Canadian team. Lauren Groves, of Vancouver, has secured her spot in Beijing because of her performance in 2007.

There are now two spots to fill on the Canadian team. At 11 p.m. Sunday, the selection committee will announce the names of the two other women who will make the trip to Beijing. Caroline Murray, Kirsten Sweetland and Kathy Tremblay are anxiously awaiting this announcement.

“I will pray, but I think I’m in a good spot. I have performed well recently, and I think that I have shown that I am good physical shape,” she concluded.

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