

Triathlon – World Cup

Kathy Tremblay Narrowly Misses the Podium in South Africa



Montréal, May 4, 2008 (Sportcom) –

Kathy Tremblay came very close to climbing up on the podium Sunday, finishing fourth at the World Cup triathlon in Richards Bay, South Africa.

The athlete, originally from Gatineau, finished in a time of 2 h 03 min 51 s; 10 seconds behind bronze medalist, Magali Di marco Messmer of Switzerland. Canadian Carolyn Murray won the race with a time of 2 h 03 min 32 s; three seconds faster than Australian Felicity Abram. Tremblay completed the 1.5-km swim in 18 min 44 s; 40-km bike in 1h 08 min 22 s; and the 10-km run in 35 min 28 s (not counting the 1 min 26 s for the transitions).

"I am satisfied with my race; I was in control the whole way. It's just a little frustrating that I missed the podium by so little," she said. "I got taken at the end again, during the sprint at the end of the run. But, it's not because of a lack of trying. I have to work harder on that part of the race. Next time, I think I will speed up on the second-last lap.

"I had a quick start. I stayed on the right side with another swimmer, and we avoided being carried away by the waves. It allowed me to not have to fight until the first buoy. My second lap was faster. I knew that if I had a good swim, the rest would take care of itself. On the bike, we were 40 seconds in front of the second pack. At one point during the run, I was five seconds behind Carolyn (Murray), but I couldn't catch her. I was passed by the Australian who finished second, and the Swiss who finished third. I will have to prepare a strategy for the end of the run; I will have to speed up, and show that I am there to put pressure on the leader," she added.

Kathy Tremblay returns to Quebec tomorrow, and will prepare for the World Championships, which will take place in Vancouver on June 8. She will have to place in the top eight at the Worlds to earn her trip to Beijing, and become the third triathlete from Quebec to participate in the Olympic Games, alongside **Isabelle Turcotte-Baird** and **Samantha McGlone**.

Written by : Jean-Pierre Boisvert

Information : (514) 990-0966 or 1-866-990-0966

Audio clip from the interview available at : www.sportcom.ca/audio.html.