

Triathlon – World Championship Series Kathy Tremblay At the Foot of the Podium

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Triathlete **Kathy Tremblay** finished fourth in the fourth race of the World Championship Series held Sunday in Kitzbuhel, Austria.

With a time of 1 hr 55 min and 21 s, the Montréaler missed the podium by four seconds. Australian Emma Moffatt (1 hr 54 min 38 s), Nicola Spirig of Switzerland (1 hr 55 min 12 s) and Andrea Hewitt of New Zealand (1 hr 55 min 17 s) took the top three spots.

It was, however, a relief to the Quebecker to be back among the best after two difficult races in the United States in the past few weeks.

The triathlete was well positioned from the start, finishing the swim in the lead peloton. “It’s the first thing I had to accomplish well.



Photo: Delly Carr - www.triathlon.org

“The bike course was very technical, so my goal was to stay at the front as much as possible to avoid losing ground and then having to catch up all the time. It went really well,” continued the Quebecker who then had to draw on her last amount of energy to do just as well in the run. “Above all, I couldn’t look back because the other girls weren’t very far behind. I absolutely couldn’t slow down. I maintained my concentration and stayed in the moment.”

Even though Moffatt’s lead was insurmountable, Tremblay was still in the race for a medal when, along with two other runners, she fought for the last two places on the podium. “Since I’m not a strong sprinter, I had to go for it a little earlier. The other girls were able to keep up with me, and then they were able to sprint to the end.”

“I know that the sprint is my weakness at the moment; it’s something I will work on soon,” she said.

Next Saturday, Tremblay will participate in a Grand Prix de France race in Tours, along with her French team from Montpellier. She will then go to Hamburg, Germany, for the next race in the World Championship Series.

I had to push myself, and it wasn’t as bad this time,” explained Tremblay, who finished the 1 500 m swim in 17 min 56 s.

“I am really satisfied with the way I managed my race,” said the athlete who trains under the supervision of David-James Taché. “It’s a little pat on the back after two more difficult races. Now, this allows me to say to myself that I have to continue my good work, not only physically, but mentally as well.”

The triathlete was well positioned from the start, finishing the swim in the lead peloton. “It’s the first thing I had to accomplish well. I had to push myself, and it wasn’t as bad this time,” explained Tremblay, who finished the 1 500 m swim in 17 min 56 s.

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