

Eilat World Cup Triathlon -

" Happy End of Season for Kathy Tremblay "

Montreal, December 1st, 2007 (Sportcom) - Last Saturday, **Kathy Tremblay** received her best World Cup results of the season after placing 8th in the Eilat triathlon held in Israel, the last step in the 2007 world circuit.

The Montrealer finished 1 minute and 41 seconds behind the winner, Swedish Nicola Spirig, who clocked in at 2 hours, 2 minutes and 42 seconds. Japan's Juri Ide and Australia's Annabel Luxford respectively earned second and third place.

Most important to Tremblay, she won the eighth and last card recognizing excellence of the country's triathletes, both women and men, which entitles them to funding from Sport Canada.

"I came here to keep my card, she admitted. Before the race, I ranked 9th in Canada and they award cards to the first eight. I had to finish among the first 10 [female triathletes] in Israel in order to place ahead of the one ranked 8th."



Getting Right into It

Contrary to other races this season, the 25-year-old athlete was off to an excellent start in the competition, most likely as a result of her efforts in the last weeks.

"Before I started, my swim coach, **Marc Beaudry**, told me, 'Kathy, you just have to get right into it, and there's no reason to miss the group this time'. These days, I've felt comfortable in the water, so I told myself that I couldn't miss the first group."

And that's what happened, with Tremblay maintaining the lead up until the first buoy. "I was the only one in the world and extremely pleased, she said. I lost a couple of places in the last 250 metres, but I was still well-placed in the first group."

In the bike event, the triathlete and native Quebecer did not have it easy. "We had to complete seven laps and we rode up the same hill seven times, which was pretty steep. Also, the circuit was very technical, but I managed just fine."

Incidentally, the Canadian defending champion thanked her cycling training partner, **Kim St-Pierre**, goaltender for the women's national hockey team.

Tremblay then started the running event ranking 16th. She slowly moved up in the rankings. "Every time I overtook a girl, I told myself that I was fighting for a podium finish," she stressed, somewhat embarrassed.

"I finally caught up to a small group toward the end. I ran with four girls. At some point, I decided to give it my all and I overtook them," explained the Quebecer, who was later overtaken by one of them.

"I know that this is the performance level that I must always strive to achieve. This is how I should have competed the entire season," concluded the member of the Tri-O-Lacs club.

From now until the start of the 2008 season, Tremblay will participate in training camps along with French athletes, in January and March.