

A podium for Kathy Tremblay “Triathlon de Dunkerque / Grand Prix Lyonnaise des Eaux”

May 23 2010 - It was the first Grand Prix race of the season, and I am always amazed to see how fast the race is run. I proudly finished in third. More than 20 of the 60 girls on the starting line were fellow competitors in the World Cup Series, which added some heat to the competition.

I had a very fast start, which allowed me to get into a good position right from the beginning, and I was able to come out of the water among the leaders. The transitions in a race like this will determine how the rest of the race will unfold.



In my case, it allowed me to get away from the pack with six other girls and I eventually managed to have a 1-minute lead at the end of the bike. Nearly 54 athletes were chasing us and it was impressive to see the other packs going in the opposite direction.

The technical aspect of the course was definitely in our favour because a small group is easier to manage in the turns. Before starting the run, my team asked me to take off at full speed to tire out the other girls.



So my transition was lighting-fast and I passed three of the six girls. I gave it my all right up until the end, but the efforts made by the two other competitors got me. I was happy with my third-place finish, especially following the long rest I had after the races in Australia and my lack of training up to now. In two weeks I will be racing the World Cup Series race in Madrid and I am very happy to have had such a good race before the real test. We'll see what the future holds in two weeks!