

Triathlon – World Cup in Ishigaki, Japan Kathy Tremblay One Step Closer to the Games in Beijing After Placing 5th

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Kathy Tremblay has completed half of the process leading to her selection for the Olympic Team in Beijing.

Indeed, the Gatineau native finished in fifth place on Sunday at the World Cup race held in Ishigaki, Japan, thus meeting the first selection criteria, which consisted of placing in the top eight at a World Cup event before the World Championships, which will be held on June 8 in Vancouver. She now has to place in the top eight at the World Championships in Vancouver in order to become the third female triathlete from Quebec to participate in the Olympic Games, joining **Isabelle Turcotte-Baird** and **Samantha McGlone**.



Kathy Tremblay clocked a time of 2 h 5 min 57 s; she was 2 min 46 s behind the winner, Australian Emma Snowsill. Tremblay completed the 5-km swim in 19 min 2 s, the 43-km bike portion in 1 h 10 min 52 s, and the 10-km run in 36 min 3 s.

"It's mission accomplished! A lot of weight has been lifted from my shoulders. Now I just have to concentrate on the World Championships in Vancouver," she told Sportcom.

"After placing 25th in New-Zealand last week, I was having doubts. Yet, I was telling myself that my times during training were among my personal best, and I had to remain confident. I realize now that I needed two weeks to recuperate from my training camp. I was very tired; I couldn't even jog. When I arrived here (in Japan), I was really stressed. My boyfriend travelled to Japan, and I really appreciated having him here. Before the race, we talked about a strategy, and I stuck to the plan, which was to keep up with a good swimmer for the first 100 meters, letting her pull, and then start to sprint when most of the others were starting to slow down. I ended up among the three best swimmers in the first lap. At the end of the second lap, a few girls had left the water about 10 seconds ahead of me," explained the 25-year-old athlete.

Once on the bike, the Quebecker only needed two laps to catch up to the lead pack. "I was totally in control of the situation. On the hills, I was still able to stay seated. In the end, my bike portion was solid.

We did 43 km instead of 40. As for the run, I was battling for a spot on the podium up until the last 9 km. I was running with Avril, who finished third, and a woman from Japan, who finished fourth. I was ahead, but I was afraid of not making the top eight. I am a little disappointed that I didn't have more self-confidence.

"When I crossed the finish line, I was so happy that I started crying in my boyfriend's arms. I said to myself, that's it; it's done. I am very proud of placing fifth, and of all the work I've done in my training. I was able to prove that I am one of the best, and I am thankful for all those who support me, including my parents," she confided.

Even if she doesn't meet the second selection criteria for the Olympic Team, Kathy Tremblay can still hope to be picked by the Triathlon Canada selection committee. The Canadian Olympic Team will consist of six representatives in Beijing—three men and three women. Simon Whitfield and Lauren Groves are the only ones who have been selected so far. "This performance will really help me if it comes down to a discretionary choice," she pointed out. Another Australian, Erin Densham (2h 03min 40s) finished second, and Hollie Avril (2h 05min 24s), of Britain, rounded out the top three.