

Triathlon – National Championships
Kathy Tremblay Canadian Vice-Champion



Montréal, August 23, 2009 (Sportcom) - Kathy Tremblay took home the silver medal at the Canadian Triathlon Championships held Sunday in Kelowna, B.C. The athlete, originally from Gatineau, completed the 1.5-km swim, 40-km bike, and 10-km run in 2 hr 05 min 12 s; 12 seconds behind the winner, Lauren Groves of British Columbia. Paula Findlay of Alberta won bronze with a time of 2 h 06 min 27 s.

On the men's side, the national title went to double Olympic medalist, Simon Whitfield.

Tremblay and Groves ran practically the whole race side-by-side, as Tremblay, who was national champion in 2007, explains.

"I knew that the race would be between Lauren and I. I wanted to get ahead of her after 7 km in the run, and she wanted to speed up on the third (of four) lap. So we ended up accelerating at the same time," said Tremblay speaking about her teammate at the Beijing Olympics last summer.



"I didn't know how I was going to keep up, but I kept telling myself 'I'm going to get it, I'm going to get it!' In the end, she was able to accelerate 400 m from the finish line.

I'm disappointed that I didn't win, but it was still the national championships, and I'm happy that I was able to run with her for 10 km. This competition was a warm-up for the World Championships, so what better way to prepare than to run a race?"

The Montrealer, who narrowly missed the podium twice this season in the World Championship Series, knows that she has to improve the end of her races if she wants to be a medal contender on the international scene.

"I have the speed and a final kick, but I'm not always able to integrate it into the end of a 10-km run. That's something I will develop next year," she said.

The World Triathlon Championships will be held on the Gold Coast, Australia, starting September 9.



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