



2019 – A Breakthrough Season

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2019 - A Breakthrough Season

After enjoying rapid growth for more than 15 years, it was no secret that Triathlon Canada was at a crossroads following the 2016 Olympic and Paralympic Summer Games.

Together, we launched a new era for our sport in Canada with new leadership, committed to rebuilding for an even stronger and more promising future.

Our collective goal is to put more high-performance athletes on the international podium in an effort to inspire Canadians of all ages and abilities to join this great sport. To help us get there, our focus over the last three years has been on transforming our culture to one that settles for nothing short of excellence.

Changing culture does not happen without growing pains. We have gone through many highs and lows, but strong leadership at both the national and provincial levels, alignment, clear communication, strengthened relationships and operating in full transparency have been our guiding principles. Accountability is at the heart of the Triathlon Canada Nation.

Rebuilding our program from the grassroots up, with the ultimate goal of celebrating more medal-winning performances for Canada in all race disciplines, we have laid a solid foundation that is backed by our three key priorities: organizational excellence, pathway and performance.

Working with our sport and funding partners, we are now back on track, moving in a positive direction. Our work to date has helped restore Triathlon Canada's reputation globally.





2019 – A Breakthrough Season

The focus on the field of play in the early stages of this new era has been on building depth in the Paralympic program and getting Canada back on the Olympic podium by 2024. With just seven months to go until Tokyo 2020, we are pleased to report we are making great progress against our Strategic Plan and enjoyed a breakthrough year.

The 2019 season will be remembered for a year of historic medal-winning performances celebrated by multiple Canadian athletes from coast-to-coast at major events including the Grand Final, World Triathlon Series, World Paratriathlon Series, Tokyo Test Event, Pan American Games and at PATCO races around the world.

On the heels of these successes, we also celebrated the launch of our much anticipated, newly updated National Coaching Certification Program that was designed to strengthen and grow the Canadian triathlon community, while creating a safer and more protective training environment for all. Created in partnership with the Coaching Association of Canada, the program enhances certification training at the highest standard in the sport for both age group (Community) and high-performance (Competitive) pathways.

Triathlon Canada is also proud of the significant work invested by the sport leadership community in an engagement process that is focused on building trust, better alignment and efficiencies between the national body, provincial sport organizations and clubs. The process was collaborative and led to the creation of a One Nation Working Group made up of NSO and PSO leaders to help guide the larger discussion.

We are also pleased to welcome four new members to our Board of Directors that will help lead our mission into 2020 and beyond: Peter McCrory (Alberta); Shawn Rempel (Saskatchewan); Peter Kozik (Ontario); and Althea Arsénault (New Brunswick). We also thank Terry Hooper (Saskatchewan); Paul Huyer (Ontario) and Steve Harrigan (Ontario) for their contributions towards the development of our sport across the country.

Staying true to our commitment to excellence, it is time to reflect on our success but realize significant work remains. The year ahead will be the ultimate test.

Our National Coaching Certification Program will be in full swing. Canada has the honour of hosting the 2020 Grand Final in Edmonton, just weeks after our nation's best athletes and coaches achieve their dreams at the Olympic and Paralympic Games, and we will begin planning for a new Strategic Plan that will guide us over the next four years towards Paris 2024.

We look forward to sharing this exciting journey with each of you.



Les Pereira
President, Triathlon Canada



Kim Van Bruggen
Chief Executive Officer, Triathlon Canada



**January
2019**

Triathlon Canada Puts 2019 Focus on National Coaching Certification Program

Triathlon Canada, in partnership with the Coaching Association of Canada, brings awareness to the community its focus in 2019 will be to launch an updated National Coaching Certification Program. The program will be designed to provide positive coaching education and practices amongst Canada's triathlon coaching community through registration, mentorship, education, training and certification.

**February
2019**

Embrace Winter: World Gathers in Quebec for Winter Triathlon

More than 125 athletes from eight countries compete in ITU S3 Winter Triathlon World Cup which featured three distinct challenges: snow running, skating and cross-country skiing. The event was part of the 15th annual Québec Pentathlon des neiges.



February 2019 **Triathlon Canada Nation Engaged in Coaching Strategy**

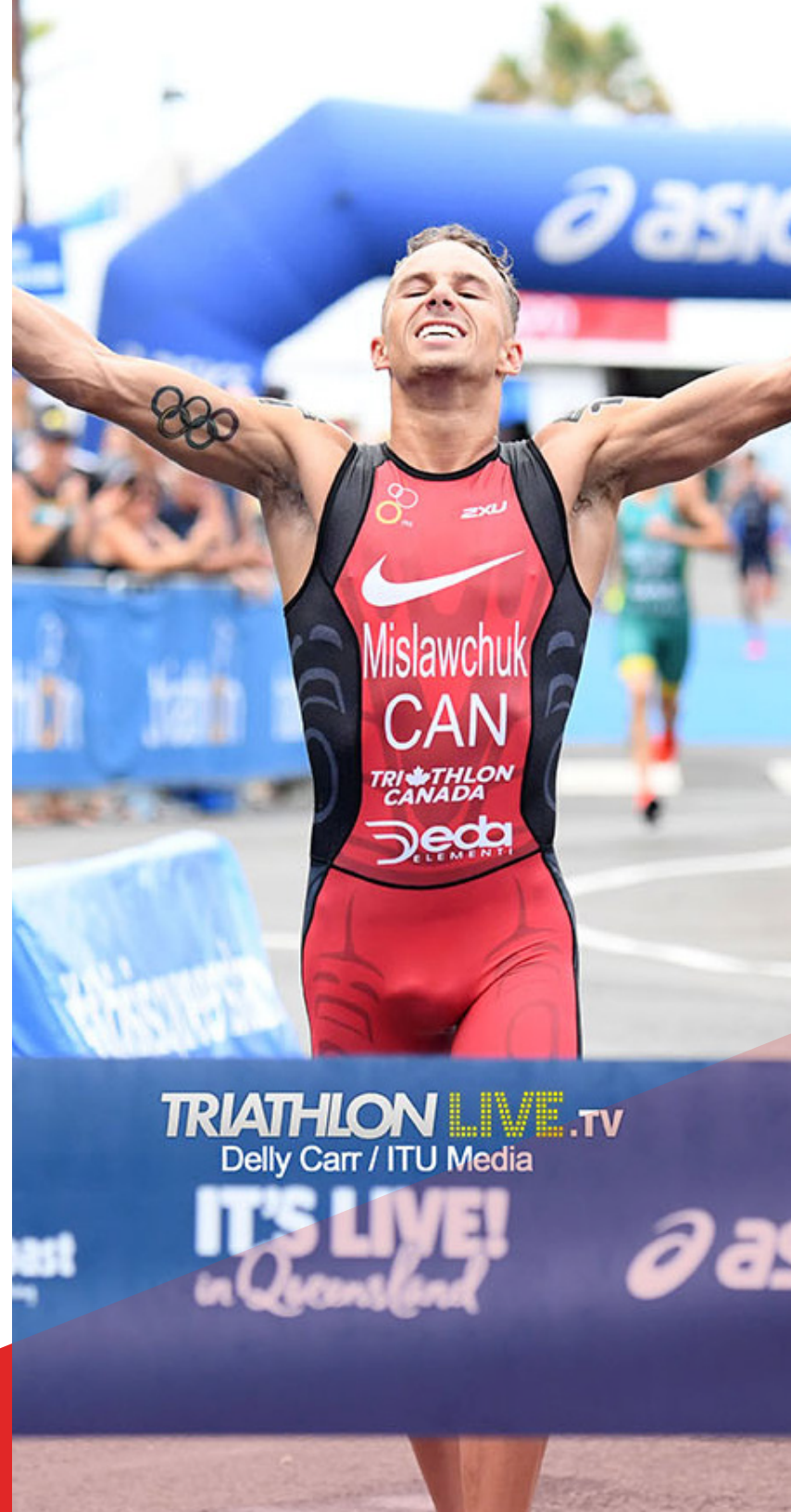
Triathlon Canada asks community to provide input in National Coaching Certification Program through annual survey. Program to be built on Triathlon Canada's values of trust, integrity, excellence, accountability and respect. Community to be updated throughout planning process via letters, social media, pilot workshops and provincial partners.

March 2019 **Tyler Mislawchuk Strikes First Career World Cup Gold in Mooloolaba**

Tyler Mislawchuk became the first Canadian in six years to climb onto the top of the World Cup podium, winning his first career World Cup race against a deep field on one of the toughest courses on the circuit in Mooloolaba, Australia.

"It is an absolute dream come true to have won a World Cup race. Triathlon is not an individual sport. I simply could not be here without the support from a massive network of people. My coach Jono Hall did a great job setting me up to perform this weekend and I'm grateful for that."

-Tyler Mislawchuk



March 2019 **Triathlon Canada Drives into New Era with Subaru Canada**

Subaru Canada and Jim Pattison Subaru Victoria team up with Triathlon Canada. Named the official vehicle partner of the national body, Subaru Canada will provide support to Triathlon Canada's new, non-competitive, KITCan Series and a Subaru Ascent for Triathlon Canada's high-performance program to use for travel during training, camps and domestic competitions.

April 2019 **Canada's Joanna Brown Wins First Career WTS Bronze in Bermuda**

Joanna Brown became just the third Canadian ever to podium on the World Triathlon Series after winning a bronze medal in the pouring rain in Bermuda.

"I've been visualizing this moment forever. I was determined today. I just went for it and got it done."

-Joanna Brown



**April
2019**

Age Group Canadians Enjoy More Qualifying Opportunities for World Championships

Triathlon Canada provides more Age Group World Championship Qualifying opportunities for Age Group athletes to earn spots to represent Canada at the 2019 ITU Multisport World Championship Festival in Pontevedra, Spain and the 2019 ITU Triathlon World Grand Final in Lausanne, Switzerland. Triathlon Canada rolled out a new qualification policy that took effect, January 1. In an effort to ensure the best athletes are representing Canada on the world stage, the vast majority of Team Canada spots went to athletes who placed within the allocated slots at one of the designated qualifying events.

Triathlon Canada Launches National Development Series

In an effort to better prepare more young Canadian triathletes for elite international competition, Triathlon Canada, in cooperation with its provincial sport organizations, launched a 14-event development series. The new race series focused on providing more regional race opportunities for junior and under-23 athletes ages 16-23 who are making the transition into ITU racing through Triathlon Canada's podium pathway.



April **One Nation Working Group is Born**

2019

In an effort to foster strong relationships between the national body, provincial sport organizations and clubs across the country, Triathlon Canada initiated a comprehensive engagement process—led by the Sport Law and Strategy Group (SLSG) – intended to unite the Canadian triathlon community in collaborating towards a shared vision that fosters a culture of excellence while strengthening trust and relationships.

May **Alexis Lepage Adds to Medal Winning May with World Cup Bronze**

2019

Quebec's Alexis Lepage had the race of his life to capture his first career World Cup triathlon medal, sprinting to the bronze in Chengdu, China. The 25-year-old charged to third place with a stellar sprint to the line that ended in a photo finish for the final two spots on the podium in a rare two-day race format. The triumph came shortly after a move to Triathlon Canada's National Performance Centre to work under head coach, Jono Hall.



**May
2019**

Canada's Stefan Daniel Stomps Field in Japan

Stefan Daniel proved he is in the best overall shape of his life after shattering the field to win the gold medal at the World Paratriathlon Series in Yokohama, Japan. The Paralympic silver medallist led wire-to-wire to capture his eighth World Paratriathlon Series title, and second at Yamashita Park in Yokohama.

Triathlon Canada Names Six Athletes to Lima 2019 Pan American Games

A six-pack of Canadian triathletes (three women and three men) were nominated to compete at the Lima 2019 Pan American Games. The team included Alexis Lepage (Gatineau, Que.), Desirae Ridenour (Cowichan Bay, B.C.), Hannah Henry (Victoria, B.C.), Karol Ann Roy (Laval, Que.), Charles Paquet (Port Cartier, Que.), and Taylor Forbes (Hamilton). Triathlon Canada used the multi-sport Games as a development opportunity for its next wave of promising young athletes.



June 2019 **Olympian Sarah-Anne Brault Re-Elected for Second Term on Triathlon Canada's Board of Directors**

Sarah-Anne Brault will be around to help shape the future of Triathlon Canada while serving another two-year term on the organization's Board of Directors. Brault officially retired after representing Canada at the 2016 Olympic Summer Games in Rio. She was originally elected as Athlete Representative on the Board of Directors in 2017. Given it is a voting position, Triathlon Canada changed the title of the athlete seat on the eight-member Board to Athlete Director in an effort to better reflect the role.

"It is a tremendous honour to have the opportunity to bring the athlete voice to the Board of Directors. Over the last two years, I gained incredible insight to the many issues and stakes Triathlon Canada is faced with when it comes to the high-performance program, not to mention the overall governance of the organization: from funding to selection policies and naming teams, the experience I have gained has provided me the opportunity to represent the athlete group while making informed, objective decisions in the best interest of moving the sport of triathlon in Canada forward."

-Sarah-Anne Brault



June 2019 Beaver Mascot Breakout – KITCan Beavers Flood Canadian Triathlons

Thanks to Subaru Canada's support for Triathlon Canada's KITCan Series, beaver stuffies were swimming, biking and running at events across the country. Young Canadians were flocking to get their hands on Subaru Canada branded beaver stuffed animals with bike helmets, swim goggles and running gear on.

Make it Two Golds for Mislawchuk

Ranked number one in the race, Tyler Mislawchuk battles through extreme heat in Huatulco, Mexico to win his second career World Cup title.

Mislawchuk Makes History in Montreal

Tyler Mislawchuk became the first Canadian male in the 10 year history of the prestigious World Triathlon Series to reach the podium. The 23-year-old Olympian took on the heavyweights of the sport in Montreal while sprinting through intense rain to win the bronze medal.



June 2019 **Canada's Paratriathletes Win Gold and Bronze in Montreal**

Canada's Paratriathletes toasted a double-medal day at the World Paratriathlon Series in Montreal. Stefan Daniel won his fourth straight race. Jessica Tuomela and Marianne Hogan won bronze in second race ever together.

July 2019 **King and Queen of Canadian Triathlon Crowned at the Kelowna Apple**

Jeremy Briand (Montreal) and Karol Ann Roy (Laval, Que.) celebrated the first elite Canadian Championship titles of their careers. The National Triathlon Championships were held in conjunction with the two-day PATCO races at the Kelowna Apple Triathlon in the Okanagan Valley.

"It feels unreal, I've had a lot of injuries over the past few seasons so winning Nationals was a big goal of mine, and I am over the moon."

–Jeremy Briand



**July
2019**

Team Canada Wins Silver at Pan American Games

Four youngsters from Triathlon Canada's National Development Team joined forces to capture the nation's first Pan American Games medal in the mixed team relay, winning the silver in thrilling fashion in Lima, Peru. British Columbia's Desirae Ridenour and Hannah Henry teamed up with Quebecers, Charles Paquet and Alexis Lepage to secure their place in the history books as the first Canadians ever to climb onto the mixed relay podium at the Pan American Games.

**August
2019**

Nation's Capital Hosts Super League Triathlon

Many of the world's best triathletes put on a show for Ottawa's triathlon community when the Super League Ottawa stormed into the nation's capital for the first time, August 3-4, at Landsdowne Park.

Canada's Best Stage and Acclimatize in Miyazaki for Tokyo Test Event

Canada's triathletes prepared themselves for the challenging, hot conditions in Tokyo by holding a staging camp in Miyazaki City prior to the Test Event. Each of the top athletes, along with a world-leading support team that included staff from the Canadian Sport Institute Pacific leveraged the opportunity to ensure Team Canada was fully prepared to charge for the podium. The Team will hold a similar camp prior to the 2020 Olympic and Paralympic Games.



**August
2019**

KITCan Series Continues to Grow in Ontario

More than 1,000 little Canucks were swimming, biking and running across the land as part of the second summer of Triathlon Canada's KITCan Series. Using the baby beaver, known as a kit, as the program's mascot, the Kids in Triathlon (KIT) race series was a packaged youth-based race program that will ultimately be used by Triathlon Canada's provincial partners and clubs from coast-to-coast-to-coast. With a focus on having fun, and trying hard, the series targets girls and boys aged 11 and under to hop on a bike or tricycle, jump into a pool and put on a pair of sneakers and run.



August 2019 **Canadians Enjoy Golden Hat Trick at Olympic and Paralympic Test Event in Tokyo**

For the first time in the history of the sport, Canada won three gold medals at the Olympic and Paralympic triathlon test event.

Tyler Mislawchuk became the first Canadian male ever to win an Olympic Test Event after taking down the best names in the sport in Tokyo. Stefan Daniel continued his unbeaten streak in 2019 after winning the men's standing classification. The newly formed duo of Jessica Tuomela and Marianne Hogan teamed up for their first career World Cup victory together in the women's visually impaired race.

"I can't believe it. This is the biggest race outside of the Olympics for me so it is just unbelievable. I just thought coming down the finishing stretch I may never have the chance to win a big race again so I've got to take it now. I wanted it more than anything today."

-Tyler Mislawchuk



**September
2019**

Canada's Paratriathletes Win Gold and Bronze at World Championships in Switzerland

Canada's Paratriathlon team head into the Paralympic year with a lot of confidence following a gold and bronze-medal performance at the 2019 World Championships in Lausanne, Switzerland. Stefan Daniel won his fourth career title in the men's standing division, while Jessica Tuomela and her guide, Marianne Hogan, climbed onto their first World Championship podium after taking the bronze in the women's visually impaired sprint distance race.

Triathlon Canada Welcomes New Board Members at 2019 Annual General Meeting

Four new Board of Directors were elected to help lead our mission into 2020 and beyond. The Board welcomed Peter McCrory (Alberta), Shawn Rempel (Saskatchewan), Peter Kozik (Ontario), and Althea Arsenault (New Brunswick).

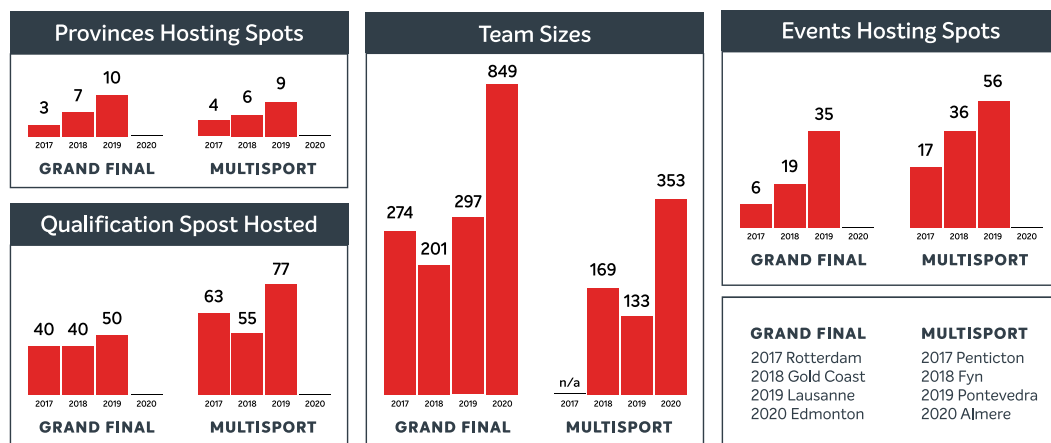
National and Provincial Sport Administrators Review Roles and Responsibilities at Annual General Meeting

Led by the Sport Law and Strategy Group the NSO and PSO leadership roll up their sleeves at a workshop held in conjunction with the Annual General Meeting, to review roles and responsibilities in an effort to build alignment, and create efficiencies between Triathlon Canada, provincial sport organizations and the clubs and provide clarity to the overall sport system.



September 2019 **Team Canada Celebrates Growth of Age Group World Championship Teams**

Increased qualifying opportunities at more events across the country sparked growth in Triathlon Canada's Age Group World Championship Team program in 2019. Triathlon Canada celebrated record numbers in the amount of provinces hosting qualifying spots, the size of the teams, and number of qualification spots hosted.



October 2019 **Ironman World Championships**

Hundreds of Canadian athletes toe the line at the 2019 Ironman World Championships in Kona. Triathlon Canada and its official automobile sponsor, Subaru Canada, were on hand to cheer on Team Canada.



**October
2019**

Triathlon Canada Launches National Coaching Certification Program

Triathlon Canada celebrated National Coaches Week with the launch of a newly updated National Coaching Certification Program designed to strengthen and grow the Canadian triathlon community, while creating a safer and more protective training environment for all. Triathlon Canada and the Coaching Association of Canada have partnered to deliver mandatory certification training at the highest standard in the sport for both age group (Community) and high-performance (Competitive) pathways.

Triathlon Canada Holds Coaching Workshop in Victoria

Thanks to 94 Forward and Triathlon B.C., Triathlon Canada's coaching program coordinator, Lucy Smith, completed a successful Community Coaching Workshop with Randy Zabukovech. Coaching workshops begin getting created across Canada for the National Coaching Certification Program.



October
2019

Simon Whitfield Officially Inducted into Canadian Olympic Hall of Fame

Simon Whitfield sparked the Olympic dream for Canadians in all corners of the country, thanks to his golden triumph in Sydney 2000 and again with a silver medal sprint in Beijing 2008. One of those youngsters inspired by Simon's podium finish in Beijing was Tyler Mislawchuk, who now represents a new generation of Canadian triathletes to have arrived on the international stage and are working relentlessly to follow the path to the podium blazed by their hero. In October, Tyler helped recognize the incredible career of Simon by welcoming him into the Canadian Olympic Hall of Fame at an induction ceremony in Toronto!

"I believe what Simon Whitfield did for Canadians through the sport of triathlon is incredible. He exemplified that hard work and dedication make it possible to turn a dream into a reality. Simon didn't just talk about the relentless pursuit; he lived it, evidenced by his ability to remain at the top of his sport over two decades."

-Tyler Mislawchuk



November
2019

**Carolyn Murray recognized by Petro-Canada with
an Annual Coaching Excellence Award**

Carolyn Murray was one of 82 coaches from 30 sports recognized by Petro-Canada with an annual Coaching Excellence Award. These prestigious awards recognize coaches whose Athlete/Teams have achieved a medal at World Championships, Olympic and Paralympic Games, or the Special Olympics. Petro-Canada has honoured 1,236 coaches with this award since 1986.

“We have a lot of great coaches in the triathlon community who are valuable resources to our athletes so we believe it to be critical to invest in professional development for all of them in Canada to ensure the long-term growth of our program. Regardless of where your start line is in triathlon – be it in pursuit of an Olympic or Paralympic dream, or at the local grassroots events testing your limits – it is our belief that every athlete deserves consistent instruction from a great coach in a safe, healthy environment. We are committed to providing every coach access to the knowledge, skills and tools needed to create that environment.”

–Kim Van Bruggen, chief executive officer, Triathlon Canada



**November
2019**

Triathlon Canada's Leadership Tour

High-performance director, Eugene Liang, and chief executive officer, Kim Van Bruggen travel across the country to meet with coaches, athletes and provincial sport organizations to learn more about programs and better align the development pathway with the ultimate goal of winning more medals on the road to Paris 2024.

**December
2019**

2020 Canadian Triathlon Championships are Headed East to Montreal

Triathlon Canada announced it will celebrate the 20th anniversary of the sport's inclusion in the Olympic Summer Games by holding the 2020 Canadian Triathlon Championships in conjunction with the Groupe Copley World Triathlon Montreal, June 27-28, on the legendary streets of one of the nation's oldest cities. A total of 12 races for competitive and age group athletes will highlight the weekend festival.

Montreal to Host 2022 World Sprint and Team Triathlon Championships

For the first time ever, the World Sprint and Team Triathlon Championships will be coming to Canada in 2022 where they will be staged on the streets of Montreal. The mixed relay will be making its Olympic debut in Tokyo 2020. The event will include Age Group Sprint, Age Group Mixed Relay, Junior Relay, Junior Mixed Relay, Junior/U23 Mixed Relay, Elite Mixed Relay, Super Sprint Semi Final and a World Triathlon Series (WTS) stage.



Congratulations to the following Canadian athletes on their medal-winning performances in 2019

February

| Tyler Mislawchuk (Oak Bluff, Man.) – Silver – Super League Singapore

March

| **Amelie Kretz** (Blainville, Que.) – Gold – PATCO Sprint Triathlon American Cup, Sarasota, Florida

| **Stefan Daniel** (Calgary, Alta.) – Gold – PATCO Sprint Paratriathlon American Cup, Sarasota, Florida

| **Jessica Tuomela** (Sault Ste. Marie, Ont.)/Lauren Babineau (Victoria, B.C.) – Silver – PATCO Sprint Paratriathlon American Cup, Sarasota, Florida

| **Kamylle Frenette** (Dieppe, N.B.) – Silver – PATCO Sprint Paratriathlon American Cup, Sarasota, Florida

April

| **Charles Paquet** (Port Cartier, Que.) – Bronze – PATCO Sprint Triathlon American Cup, Bridgetown, Barbados

| **Karol Ann Roy** (Laval, Que.) – Bronze – PATCO Sprint Triathlon American Cup, Bridgetown, Barbados

May

| **Brock Hoel** (West Kelowna, B.C.) – Gold – PATCO Triathlon American Championships, Monterrey, Mexico

| **Martin Sobey** (Charlottetown, P.E.I.) – Gold – PATCO Triathlon American Cup, Richmond, Virginia

| **Charles Paquet** (Port Cartier, Que.) – Bronze – PATCO Triathlon American Cup, Richmond, Virginia

| **Brent McMahon** (Victoria, B.C.) – Gold – IRONMAN 70.3, Monterrey, Mexico

| **Aiden Longcroft-Harris** (Victoria, B.C.) – Bronze – PATCO Sprint Triathlon American Cup, Ixtapa, Mexico

June

| **Charles Paquet** (Port Cartier, Que.) – Gold – PATCO Sprint Triathlon American Cup

| **Aiden Longcroft-Harris** (Victoria, B.C.) – Bronze – PATCO Sprint Triathlon American Cup

July

| **Kamylle Frenette** (Dieppe, N.B.) – Gold – Paratriathlon World Cup, Magog, Quebec

| **Jessica Tuomela** (Sault Ste. Marie, Ont.)/Marianne Hogan (Montreal, Que.) – Silver – Paratriathlon World Cup, Magog, Quebec.

| **Charles Paquet** (Port Cartier, Que.) – Bronze – PATCO Sprint Triathlon American Cup, Magog, Quebec.

November

| **Lionel Sanders** (Windsor, Ont.) – Gold – IRONMAN 70.3 Los Cabos

December

| **Lionel Sanders** (Windsor, Ont.) – Gold – IRONMAN 70.3 Indian Wells-La Quinta, California

| **Paula Findlay** (Edmonton, Alta.) – Gold – IRONMAN 70.3 Indian Wells-La Quinta, California

Photos by: ITU Media/Nik West/Lucas Oleniuk

