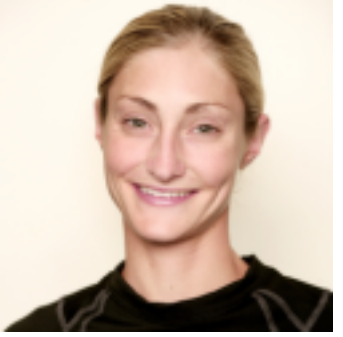
Lauren Groves - CAN



Gender: Female
Athlete Year of Birth: 1981
Athlete Place of Birth: Canada
Athlete Weight: 112 lbs
Athlete Height: 5'6"
Athlete Lives: Victoria, B.C. Array
Website: http://www.laurengroves.blogspot.com/
Current WTS Ranking: No Ranking

Athlete Biography

Lauren was first introduced to the sport of triathlon while at Queen's University in Kingston, Ontario. She joined the Queen's Triathlon Club and realized she was a natural at the sport when she was named the team's Athlete of the Year and won the university race series. After qualifying for the 2001 Canadian Junior National Team, an Olympic dream was born for Lauren.

To further this aspiration, Lauren moved to Victoria, BC where she now trains through Pacific Sport at the National Triathlon Training Centre, with coach Lance Watson. Spending 30 to 40 hours a week training with some of the world's top athletes has paid off. After her first year of competition she was ranked as one of Canada's top triathletes. In her second year, she improved on her past successes by finishing 4th overall at Elite Nationals, becoming the Under 23 National Champion, finished 1st in the Veracruz ITU Triathlon and was the top North American finish at U23 World Championships. Not surprisingly, Lauren accomplished every goal she set for herself for 2004, including achieving an Olympic standard for the 2004 Summer Games.

Lauren has another demanding training and race schedule ahead this season.
Recent Achievements & Highlights
1st - 2004 Seattle Half Marathon
1st - Women Under 24 - 2004 Vancouver Triathlon
1st - U23/4th Canadian Elite - 2003 Victoria ITU and Canadian National Championships
2nd - 2004 Murakami ITU Asian Continental Cup Triathlon
2nd - 2004 Hong Kong ITU Asian Continental Cup Triathlon
2nd - 2004 San Juan ITU Women's Only Triathlon, Puerto Rico
4th - 2003 World Under 23 Triathlon Championships, Queenstown, New Zealand (top North American)
6th - 2004 Tempe ITU America's Continental Cup Triathlon
6th - 2003 Cancun World Cup, Cancun, Mexico
10th - 2004 Tongyeong World Cup, Korea
19th - 2004 Edmonton World Cup, Edmonton

Athlete Sponsors: Ryders Eyewear, Udo's Oil, Trek, Shimano, Blue Seventy, Kiwami, 7Systems, NormaTec, Triathlon Canada

Athlete Language: English

Athlete Tri Entry Year: 2001

Athlete Education: Bachelor of Arts (Psychology)

Athlete Hobbies: Dog showing, pottery, cooking, archery

Athlete Sports Hero: Paula Radcliffe

Athlete Proudest Moment: Representing Canada at the 2008 Olympic Games.

Athlete Coach: Philippe Bertrand

Major Games Results

Date	Event Name	Position
18/08/2008	2008 Beijing Olympic Games	DNF
15/07/2007	2007 Rio de Janeiro Pan American Games	3

Recent World Triathlon Series Results

Date	Event Name	Position
20/10/2012	2012 Barfoot&Thompson World Triathlon Grand Final Auckland (Elite Women)	21
25/08/2012	2012 ITU World Triathlon Stockholm (Elite Women)	26
25/08/2012	2012 ITU World Triathlon Stockholm (4xMixed Relay)	16
26/05/2012	2012 ITU World Triathlon Madrid (Elite Women)	DNF
10/05/2012	2012 ITU World Triathlon San Diego (Elite Women)	25
14/04/2012	2012 Dextro Energy World Triathlon Sydney (Elite Women)	24
18/06/2011	2011 Dextro Energy Triathlon - ITU World Championship Series Kitzbuehel (Elite Women)	DNF
09/04/2011	2011 Dextro Energy Triathlon - ITU World Championship Series Sydney (Elite Women)	10

World Championship Medals

Date	Event Name	Position
28/06/2009	2009 Hy-Vee ITU Triathlon Team World Championships (4xMixed Relay)	3

1 World Cup Wins

2 Total World Cup Podiums

Date	Event Name	Position
06/07/2012	2012 Edmonton ITU Triathlon World Cup	1