



INTERNATIONAL TRIATHLON UNION ATHLETE PROFILE 2009



BRUNO PAIS (POR)

Nickname:

Nationality: Portuguese



Date of Birth: 10 June 1981

Place of Birth: Fundão, Portugal

Residence: Lisbon, Portugal

Height: 5'11" (1.79m)

Weight: 148 lbs (67kg)



**2008 Year-End
Ranking:** 63

Current Coach: Sergio Santos and Antonio Jourdan

Current training location: Fundão e Oeiras, Portugal

Favourite ITU Race & why: Madrid because it's always so competitive.

First Triathlon and reason: A friend first took me to a Triathlon in 1997. He was doing it for a while and I thought I could have a go at it because I was already into sports (cycling).

Proudest Moment: Under23 European Triathlon Champion in 2004, 4th place at Madrid world cup in 2006, 3rd place at Aqaba world cup in 2006, 3rd place at Corner Brook world cup in 2005

Triathlon Goals: Becoming one of the best in the world

Personal Best: Swim (1500m) - 18:11 Bike (40km) - N/A Run (10km) - 31:30

Most influential person in sporting career: Sergio Santos. He's still one of my coaches.

Sponsors: MUNICIPIO DO FUNDÃO, KIWAMI, HED, SAILFISH, HIGH5, SPIUK, SPEEDINC

PERSONAL

Profession: Triathlete **Marital Status:** single

Education: 10th grade

Language(s): Portuguese, English, Spanish, French

Other Sports: Cycling

Biggest Obstacle to Overcome: Overcoming the biggest triathlon handicap: the swim. Not just learning how to swim but learning to swim with the best in the sport.

Goals outside Triathlon: Get married and live forever in harmony and peace.

Website: www.brunopais.net

CAREER

Ranking History:

2008 - 63rd 2007 - 32nd 2006 - 11th 2005 - 38th 2004 - 80th 2003 - 76th
2002 - 156th

World Cup Highlights:

2 World Cup medals
5 World Cup top ten finishes

World Championship Highlights:

2003 Triathlon World Championships - 14th Place (Queenstown, NZL)

Olympics:

2008 Olympic Games - 17th Place (Beijing, CHN)

Other:

2007 Triathlon European Championships - 10th Place (Copenhagen, DEN)

2006 Triathlon European Championships - 6th Place (Autun, FRA)