




INTERNATIONAL TRIATHLON UNION ATHLETE PROFILE 2009



LAUREN GROVES (CAN)

Nickname: "Gunz", "Grovez", "Grovesy"
Nationality: Canadian 
Date of Birth: 2 September 1981
Place of Birth: Vancouver, British Columbia, Canada
Residence: Victoria, British Columbia, Canada

Height: 5'5" (1.65m)
Weight: 110 lbs (50kg)



**2008 Year-End
Ranking:** 58

Current Coach: Philippe Bertrand
Current training location: Victoria, BC, Canada

**Favourite ITU
Race & why:** Richards Bay because of the monkeys with blue bottoms on the race course

**First Triathlon
and reason:** At the Queen's University Tri Club because I thought Simon Whitfield was cute!

Proudest Moment: 4th place at World Championships and finishing university

Triathlon Goals: Win World Championships and the Olympics

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

Most influential person in sporting career: Coach Siri Lindley

Sponsors: 7 Systems, Blue Seventy, Brooks, Kiwami, Lululemon, PowerBar, Ryders Eyewear, Shimano, Sport Canada, Teck, Trek, Triathlon Canada

PERSONAL

Profession: Triathlete **Marital Status:** single

Education: Psychology degree from Queen's University

Language(s): English **Sibling(s):** one

Father's Occupation: Lawyer **Mother's Occupation:** Homemaker

Biggest Obstacle Overcome in Life: Accepting the fact that I can't get a dog just yet

Goals outside Triathlon: Dog showing

Website: www.laurengroves.com

CAREER

Ranking History:

2008 - 58th 2007 - 26th 2006 - 7th 2005 - 29th 2004 - 58th 2003 - 63rd 2002 - 114th

World Cup Highlights:

2009 Hy-Vee ITU Triathlon Elite Cup - bronze

3 World Series top five finishes

16 World Series top ten finishes

World Championships:

2007 Triathlon World Championships - 14th Place (Hamburg, GER)

2006 Triathlon World Championships - 4th Place (Lausanne, SUI)

2003 Triathlon Under23 World Championships - 4th Place (Queenstown, NZL)

Olympics:

2008 Olympic Games - DNF (Beijing, CHN)

Other:

2007 Pan American Games - Bronze Medallist (Rio, BRA)

2006 Canadian National Champion

2006 Roatan Bay Pan American Cup Winner (Roatan Bay, HON)

2005 Canadian National Championships runner-up