

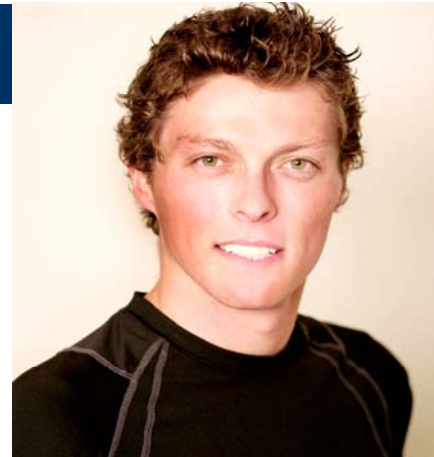


INTERNATIONAL TRIATHLON UNION ATHLETE PROFILE 2009



PAUL TICHELAR (CAN)

Nickname: "Tish"
Nationality: Canadian
Date of Birth: 13 November 1982
Place of Birth: Edmonton, Alberta, Canada
Residence: Edmonton, Alberta, Canada



Height: 6'1" (1.84m)
Weight: 168 lbs (76kg)

**2008 Year-End
Ranking:** 16

Current Coach: Glen Playfair

Current training location: Edmonton, Alberta, Canada

Favourite ITU Race & why: Edmonton World Cup for the hometown crowd

First Triathlon and reason: I used to be a swimmer. When I quit, my neighbour encouraged me to take up cycling. I tried a triathlon in 1998 and loved it.

Proudest Moment: 5th place finish at the 2001 Junior World Championships in my hometown of Edmonton, AB. 8th place finish at the 2006 Commonwealth Games in Melbourne, Australia

Triathlon Goals: Qualify for the 2008 Olympic Games

Personal Best: Swim (1500m) - 17:30 Bike (40km) - 58:00 Run (10km) - 32:15

Most influential person in sporting career: Sid McKinney, my neighbour who encouraged me to try cycling

Sponsors: Magna IV Engineering, Cervelo, WayPastFast, 2XU

PERSONAL

Profession: Electrical Engineer **Marital Status:** single

Education: Degree in electrical engineering from the University of Alberta in 2005

Language(s): English, un peu de Francais **Sibling(s):** one

Father's Occupation: electrical engineer **Mother's Occupation:** Librarian

Other Sports: Cross country skiing

Biggest Obstacle Overcome in Life: Broken jaw in 2002

Goals outside Triathlon: Get married, raise kids, buy house, retire

CAREER

Ranking History:

2008 - 16th 2007 - 19th 2006 - 53rd 2005 - 105th 2004 - 111th 2003 - 190th
2002 - 132nd 2001 - 124th

Rankings unavailable prior to 2000

World Cup Highlights:

1 World Cup medal
7 World Cup top ten finishes

World Championship Highlights:

2008 Triathlon World Championships - 9th Place (Vancouver, CAN)
2007 Triathlon World Championships - 24th Place (Hamburg, GER)
2006 Triathlon World Championships - 23rd Place (Lausanne, SUI)
2001 Triathlon Junior World Championships - 5th Place (Edmonton, CAN)

Olympics:

2008 Olympic Games - 28th Place (Beijing, CHN)

Other:

2007 Canadian National Champion
2007 Kelowna Pan American Cup winner (Kelowna, CAN)
2006 Kelowna Pan American Cup winner (Kelowna, CAN)
2006 Triathlon Pan American Champion (Brasilia, BRA)
2006 Commonwealth Games - 8th Place (Melbourne, AUS)