

# Teacher/triathlete off to worlds

By JIM ROBINSON  
Staff

Most people with 10 days to spend in New Zealand would be trying to see all the gorgeous scenery — but not Lisa Bentley.

For the 26-year-old computer and science teacher at St. Francis Xavier Secondary School, her one reason for going down under is to win at the World Triathlon Championships, being held Nov. 27.

Bentley is a member of the 1994 Elite Canadian National Triathlon team. She is one of six women and six men on the team. It contains the cream of the crop from the 6,000 men and 4,000 women in Canada who are triathletes.

On her last day at school before flying out last Thursday, Bentley was constantly stopped in the hallways by teachers and students who wished her good luck.

"I'm so torn by this," she said. "I want to go so badly, but I'm going to miss all my fellow teachers and especially all my kids, who I love because they are so wonderful.

"For the past week everyone has been so supportive. This is a great school. The atmosphere and the good wishes are something I'll be taking with me on the plane."

Bentley, who grew up in Etobicoke, started running to keep in shape while at the University of Waterloo. She gradu-

ated in 1992 with a Bachelor's degree in mathematics, with a co-op teaching option. She later earned a Bachelor of Education degree from the University of Western Ontario. During that time, in 1990, she began competing in duathlons and triathlons. In 1992 she won six races. In 1993 she was named Ontario Duathlete of the Year and Ontario Triathlete of the Year.

## Undefeated this year

So far this year she is undefeated in Ontario triathlons and finished first in the Ontario Pro Series. She has finished among the top five at all Canadian races and in the top 10 in all international events.

She's already being touted as a member of the Pan-American Team that will compete in Argentina in March of 1995.

"Right now I'm focusing myself on New Zealand," she said. "I'm going there to win and I will compete like I always do — flat out the whole way."

Bentley's charging style has made her a tenacious competitor.

"My worst event is the swim. After that, I race to the front.

"I don't pace myself, or listen to my heart rate. I go for it all the way, all the time. I am there to win," she said.

She won't have much time to cel-

brate any success because she's due back in class Monday morning.

"The race is Saturday in New Zealand and we fly out right after,"

she said. "That means I get back on Sunday and I go back to school on Monday."

Bentley said she realizes the best

triathletes in the world will be competing in New Zealand. While she holds no illusions, she still intends to give it her best.



Staff photo by Rob Beintema

Lisa Bentley, a math and computer teacher at St. Francis Xavier Secondary School, is a member of the Elite Canadian National Triathlon Team competing at the world championships in New Zealand.