

# McLeod happy with four silvers

By Greg Harder, Leader-Post - July 8, 2009

Regina's Tiera McLeod was still flying high after she touched down in Ottawa on Tuesday following the Pan American canoe/kayak championships in Rio de Janeiro, Brazil.

McLeod won four silver medals on the weekend, contributing to a 23-medal haul by Canada in the three-day competition (11 gold, 10 silver and two bronze). The 22-year-old recorded second-place finishes in the K-1 500 metres, the K-2 500m (with Hannah Vaughn) and the K-4 200m and 500m (with Nova Scotians Vaughn, Erica Taras and Nicole Brown).

"I was really happy with how the racing went," said McLeod. "I was happy with my K-1 because I hadn't raced K-1 internationally before."

"It's always good to get as many races in as you can at a high level because every race you learn something about yourself and you learn what you need to work on."

McLeod was making her third trip to the Pan Ams. In 2005, she won a silver and a bronze medal while competing as a junior. In 2008, she won a silver.

Next up for McLeod is the Canadian national team trials, slated for July 17-19 in Montreal. That event will also serve as a qualifier for this year's senior world championship, Aug. 12-16 in Halifax.

"That's a big one for me," she said, adding that the world championships haven't been in Canada since 1997. "My goals are to make the A final again and get enough points to make the senior national team."

McLeod, who attends Carleton University in Ottawa, trains in the nation's capital while attending school and spends each summer back home with the Wascana Racing Canoe Club.

Now in her 10th summer as a competitor, McLeod is beginning to set her long-term sights towards the 2012 Olympics.

"I can't imagine my life before (she got involved in the sport) because it's so much a part of my life right now," she added.

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