



FRIDAY, OCTOBER 20TH, 2023

Triathlon: Knibb Fourth at IRONMAN World Championships



Saturday, October 14th; Kona, Hawaii – The NYAC's **Taylor Knibb** and **Sarah True** finished fourth and eighth, respectively, at the [2023 Ironman World Championships](#) last weekend. Great Britain's Lucy Charles-Barclay won the race in 8:24:31; Germany's Anne Haug (8:27:33) and Laura Philipp (8:32:55), took second and third, respectively. Knibb's fourth placed time was 8:35:56 with splits as follows: 2.4 mile swim in 51:16; 112 mile bike in 4:34:00; 26.2 mile run in 3:05:13. This was Knibb's first full Ironman distance race. True, 41 years old, took eighth with a finish of 8:47:06, clocking a 54:02 swim, a 4:46:15 bike, and a 3:02:09 run. On Knibb's race, John Levison of Tri247 wrote, "Some 1:40 down on gun-to-tape winner Charles-Barclay after the swim, a patient and prudent approach to the day was perhaps evident when [Knibb] took her time in T1 to actually start the 180km ride 2:16 in arrears in seventh position. She moved into second place within 20km, but that was as close as she got, position-wise, to the front of the race. Having had to serve a one-minute penalty for an unintentional littering offense, broadly speaking, LCB and Knibb biked pretty close to the same pace over the 180km (4:32:29, versus 4:34:00 – with that penalty tent stop), the two fastest splits of the day. Often seen and heard chatting to the media crew, Knibb was taking a more patient approach to the bike leg than I think many (myself included) had forecast. If this was a scouting mission for future years, respectful of the demands of the race and her shorter-term goals of Paris 2024, then it showed admirable maturity. It was an approach which saw her hold onto a podium position until the 24-mile mark of the run, when Philipp finally made the pass." [Click here](#) to see video of the women's race and [here](#) for full results from Kona.

Meet Sarah True

Sport: Triathlon **Hometown:** Cooperstown, NY

College: Middlebury College

Achievements: Two-time Olympian (fourth place in 2012; DNF in 2016), 2014 ITU Tri World Championships silver medalist, two-time ITU Tri World Championships bronze medalist (2011, 2015). **Follow Sarah on Instagram** [@sarah.b.true](#)



of the women's race and [here](#) for full results from Kona. • **Sunday, October 15th; Brasilia, Brazil** - In other NYAC triathlon news, the NYAC's **Katie Zaferes** placed second at the [World Triathlon Cup Brasilia](#) in a time of 2:00:15. Italy's Alice Betto won the race in 2:00:05, with Mexico's Rosa Maria Tapia Vidal third in 2:00:27. [Click here](#) for full results.

News

Pan Am Games – Today, Friday, October 20th, the [2023 Pan Am Games](#) kick off in Santiago, Chile. Thirty NYAC elite athletes, including Olympians **Angie Delgado** (judo), **Catie DeLoof** (swimming), **Deanna Price** (track and field) and **Ashleigh Johnson** (water polo), are set to compete in various sports. The Games conclude on Sunday, November 5th. [Click here](#) for all the details.

Upcoming Events

ROWING: Friday, October 20th - Sunday, October 22nd [Head of the Charles Regatta](#) - Boston, Massachusetts [More info](#)

MULTI-SPORT: Friday, October 20th - Sunday, November 5th [2023 Pan American Games](#) - Santiago, Chile - Featuring 30 NYAC athletes across several sports [More info](#)

JUDO: Tuesday, October 24th - Thursday, October 26th [Abu Dhabi Grand Slam](#) - Abu Dhabi, UAE - Jack Yonezuka, Nicolas Yonezuka, Hannah Martin [More info](#)

Links

To see the **NYAC's athletics pages**, [click here](#).

To see the **IOC's Olympic channel**, [click here](#).

For the **Paris 2024** site, [click here](#).

For **NBC Olympics**, [click here](#). For the **Olympic Studies and Research Center**, [click here](#).

For news from the **IOC**, [click here](#).

For news from the **USOPC**, [click here](#).

For the **LA 2028** site, [click here](#).



What's News?

Do you have news or results of NYAC athletes that should be featured in

Athletics News? Let us know by contacting the NYAC's

Sports Information Manager, Laura Walsh, at LauraW@nyac.org

Follow the NYAC on Twitter and Instagram ([@newyorkac](#)) to get the latest results, photos, video highlights and news, as the NYAC's athletes compete around the world.