

Potcakeman Triathlon raises \$30,000 for BAARK!



●CHAMPIONS: Olympic-distance champs Anna Zywiolk & Simone Bertoldo receiving their Island House Triathlon invitations



●HE'S A WINNER: Cameron Roach is the new Sprint-distance champion



●RELAY TEAM: Mixed Team Relay winners (Photos: BAH VISUAL SERVICES)



Some people love to be seen

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★ It was a swim, bike, run Saturday as over 215 competitors took part in the fourth annual Powerade Potcakeman Triathlon, BAARK! fund-raiser at Jaws Beach.

Due to the growth of the event and by popular demand, an Olympic distance race was added to the traditional Sprint, making the competition even more exciting.

Some 19 Olympic-distance athletes kicked things off by completing a 1,500m swim, 42k bike and 10k run.

The men's race was closely fought with a change of leader several times throughout the race. In the last kilometre of the run, it was Simone Bertoldo who pulled away for victory in 2:35:31 closely followed by last year's sprint winner Simon Lowe and Mark Holwesko in third.

In the women's event, former Sprint champion Anna Zywiolk dominated from the start to finish and convincingly took the title in 2:43:21.

Both Simone and Anna won the chance to compete in *The Island House Invitational Triathlon's Fittest CEO Challenge on October 29th*. They are both extremely excited to compete and represent The Bahamas against some of the top triathletes in the world.

The Sprint racers covered half the Olympic distances with two new winners emerging. Cameron Roach took the men's title in 1:10:51. And reigning Conchman titleholder Elizabeth Shaddock came home for the victory in the women's race in 1:25:54.

Some 25 teams battled it out in the relay, with Freeport-based team "Executive Marine" able to reclaim their title, which they had won in 2014.

"The day couldn't have gone better," race director Sarah Kennedy commented. "The addition of the Olympic distance was a success, we saw exciting races and rivalries, we crowned four new champions and saw more than 20 people complete their first ever triathlon.

"The Potcakeman is proud to be part of the very special triathlon community here in The Bahamas. Everyone is encouraging of one another and our common goal is to grow the popularity of the sport.

"We wish Simone and Anna the best of luck in The Island House Tri

and hope everyone will come out to support them."

Following the conclusion of the adult events, the much-anticipated kids "Puppy Tri" began. There was a shortened swim/bike/run course for children aged six to 14. "It is really important for us to include the whole family in our event and promote the sport for up-and-coming athletes," added Kennedy.

Post-race celebrations continued with adult racers receiving a Heineken and kids tucking into Dunkin' Donuts. The Rotary Club of East Nassau was on hand with their famous burger van and donated one to all participants in support of the cause. A raffle draw concluded proceedings with the top prize of a Jamis XR Trail bike donated by Cycles Unlimited.

On behalf of presenting sponsor Powerade, Cara Douglas, marketing manager at Caribbean Bottling Company said: "Caribbean Bottling is committed to supporting local athletics. And the Potcakeman Triathlon is a great avenue for us to fulfil this.

"For the past three years we have seen this event grow to the largest tri event in The Bahamas, and seen their good work continue to grow as a result. For these reasons we are proud to support them and wish to congratulate them on another successful event."

In addition to Powerade, the event was sponsored by Purina PRO PLAN, Albany, Subway, Think Simple, PappaSurf, Higgs & Johnson, The Pet Food Institute, Damianos Sothebys International Realty, Heineken, Club One Fitness Centre and Golden Wings Charter.

Swim course support was taken care of by BASRA, Pappa Surf and Wolf's Kayaking Club.

Race director Lori Roach added: "Thanks to our sponsors' generosity, 100 per cent of athletes' entry fees will go towards Baark (Bahamas Alliance for Animal Rights and Kindness), bringing the total raised from the event to \$30,000!

"This is an incredible amount. And we are very proud of how the event has grown over the last four years. It's a wonderful feeling when everyone's hard work pays off.

"Our volunteers also deserve a special mention. They went above and beyond and were essential to the event's success."