

KELLY & ASHLEIGH WIN FUN-FILLED POTCAKEMAN TRIATHLON!



●KING KELLY: Winner Kelly Kramp



●WELL DONE: Olympian Ramon Miller with the 1st and 2nd place winners in the girls aged 8 and under division



●FIRST LADY: Female Champion Ashleigh O'Mahony crosses the finish line

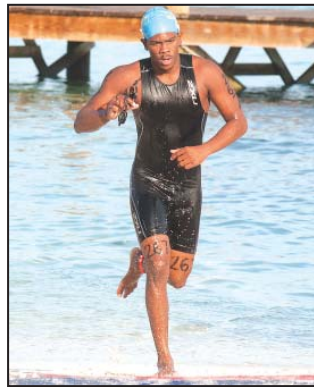
★ THE second annual Potcakeman Triathlon was a thrilling morning at Jaws Beach. Over 200 participants took part in the 750-metre swim, 21K bike and 5K run, or the shorter distanced "puppy tri".
Featuring chip timing sponsored by Purina, the first person over the finish line was part of the Freeport-based team, "Executive Marine". Kelly Kramp was crowned overall men's winner finishing in 1:12:08. And newcomer Ashleigh O'Mahony won the women's division in 1:19:20. The new champions were present-

ed with dog-bone shaped trophies plus an Ironman Watch donated from John Bull and a Kenneth Cole leather bag from The Shoe Village.
"We were so happy the weather was kinder to us this year. It was great conditions for racing," said race director Sarah Kennedy.
The party swung into action as finishers got to enjoy a refreshing Sands Light beer and kids a Dairy Queen dilly bar while they were entertained by paddleboard demonstrations at the beach.
Event sponsors also included

Albany, Think Simple, ClubOne, Bell Island, Subway, PapaSurf, BEC, Golden Wings Charter and Mario Carey Realty.
Thanks to their generosity 100 per cent of athletes' entry fees will be put towards Baark's spay/neuter and education programs.
"Golden Knight" 400m Olympian Ramon Miller presented the awards, noting how proud he was to support and be a part of local sporting events like these. And he may even consider a triathlon himself at some point.
Photos by: JEFF MAJOR & BAHAMA SPORTS



●HUNKY LINE-UP: Some of the male athletes ready to start the second annual Potcakeman Triathlon at Jaws Beach



●SPEEDY SWIMMER: Fastest swimmer Meshach Roberts exits the water



●SUPER SWIMMER: Mikala swims 100 metres in the Puppy Tri event



●WINNERS: Tri 2014 Champions Ashleigh O'Mahony and Kelly Kramp receiving their awards from 'Golden Knight' Ramon Miller



●DYNAMIC DAVIES: Mark Davies wins the 50-59 age group



●CUTE KIDS: Kids ready for the Puppy Tri event



●TERRIFIC TYNES: Peter Tynes



●MARVELOUS MELISSA: 'Fat Tire' division winner Melissa Rayburn, sponsored by PapaSurf, is pictured with a friend



●CYCLING TO VICTORY: Mens 30-39 winner Cameron Roach



●MIGHTY MACKKEY: Men's 'Fat Tire' division winner Jermaine Mackey



●DOC'S TONIC: Dr Stephen Truszkowski from Pure Health Bahamas with a GNC rep at the Triathlon



●SIMON CYCLES: Simon Lowe, overall second place finisher



●GOOD TIME: Volunteer Jodi & Will Gilbert from sponsor Think Simple having a good time



●TOP YOUTH: Mitchell Blacquiere, 15, youngest finisher in adults race



●CYCLE-MEN: Members of the Bahamas Cycle Association at the Potcakeman Triathlon



●FAB FOURSOME: Men's top three finishers with 'Golden Knight' Olympian Ramon Miller



●TAKING A BREATH: Relay swimmer Chris Jenkins competes in the Potcakeman Triathlon at Jaws Beach