

# \$25,000 RAISED FOR BAARK AT POWERADE POTCAKEMAN TRIATHLON



●LET'S GO: Ladies waiting to start the Powerade Potcakeman Triathlon



●CHAMPS: 'Golden Knight' Ramon Miller presents trophy to winner Simon Lowe

★ A RECORD number of participants turned out for the third Powerade Potcakeman Triathlon at Jaws Beach, now firmly established as the biggest triathlon in The Bahamas. Featuring chip timing sponsored by Purina, the first person over the finish line was O'Neill Williams representing team Rusty Nuts in a course record of 1:00:24. Simon Lowe and Julie Salas became the new individual male and female champions in times of 1:11:15 and 1:16:20 respectively. Following the adult event were two kids' races with different distances

for children aged five to 14. The after-party swung into action as finishers got to enjoy a refreshing Sands Light beer and Dunkin' Donuts. And the Rotary Club of East Nassau donated either a burger or hot dog to all participants in support of the cause. "Golden Knight" 400m athlete Ramon Miller presented the awards to the winners. And a raffle draw concluded proceedings with the top prize of a Jamis cruiser bike donated by Cycles Unlimited. Additional event sponsors included Albany, Think Simple, Subway, Solomon's Fresh Markets,

PappaSurf, Club One, Golden Wings Charter, Damianos Sotheby's Realty, Higgs & Johnson, Senior Frogs, Asa H Pritchard and Scotiabank. Thanks to their generosity, 100 per cent of the entry fees will go towards Baark! (Bahamas Alliance for Animal Rights and Kindness), bringing the total raised from the event to over \$25,000. Race director Sarah Kennedy said the money will go towards Baark's spay/neuter and education programs all over The Bahamas. Photos by: TIM AYLEN, BVS; TERREL CAREY and JEFF MAJOR PHOTOGRAPHY



●THUMBS UP: Pia looks comfortable on her way to winning the 20-29 division



●WINNING TEAM: O'Neill Williams of team Rusty Nails is first across finish line



●FIRST-TIMER: Ryan Bethel having a good time as he competes in his first triathlon



●RUNNING: Kids on the run course



●GO-GETTER GREG: Men's 30-39 winner Greg Michellier, representing sponsor 'Think Simple', exits the water



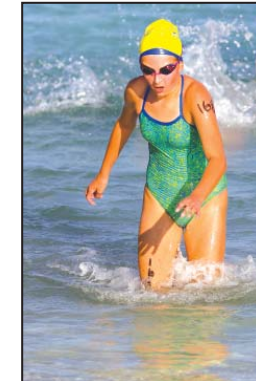
●HARD-WORKERS: Some of the volunteers who helped to make the Powerade Potcakeman Triathlon a super success



●TRIATHLETE: Mario Carey competes



●KING KAMI: Kami Roach sets off on his bike



●SUPER SWIMMER: Anya MacPhail, first relay swimmer



●MIGHTY MAYNARD: Jason Maynard



●AND HE'S OFF: Patrick Ronveaux in transition



●SUPER SUBWAY: Dorian Roach, representing Subway, starts on the run course



●GUY-GANG: Some of the Powerade Potcakeman Triathlon competitors pose for a photo



●STRIDING: The Men's Under-19 winner Mitchell Blacchiere representing Scotiabank



●BUSY BIKERS: Cyclists on the bike course



●SPEEDY SWIMMER: Jorge Marcus Aballi is the first to exit the swim portion



●WINNERS: Men's winners accept their awards



●WELL DONE: 8-&-Under girls are awarded



●GOOD TIME: Antonia Burrows and two friends enjoying the after-party



●BUDDIES: Guys having a good time at the triathlon fund-raiser for Baark!



●TOP BOYS: Boys 8-&-Under top triathlon finishers



●POWER-WOMEN: Ladies' top 3 finishers