



Ana Leaf Sprint and Super Sprint Gorey

Sunday 8 October 2017



The Final triathlon of the year- The Ana Leaf Sprint and Super Sprint Triathlon Gorey

After the excitement of the recent Super league, 61 individuals and 1 team, braved the dark early morning start for the final triathlon of the year. They were all rewarded as they made it across to the swim start in time to see a wonderful sunrise, and deceptively calm waters.

The 375 metres swim loop had competitors heading straight off into the sun, making navigating the first buoy a little tricky. Conditions were made slightly tougher on the return with the incoming current causing some swimmers to take a slightly longer route in !!

Michelle Carter was first out of the water for the Super Sprint, quickly followed by Anthony Cabot, whose swift transition saw him leave T1 in the lead . Dan Halksworth's recent Super League racing ensured he came out of T1 with a healthy lead in the Sprint event, followed by Demri Mitchell and then first lady, Lucy Gossage, just ahead of Doug Gorman.

The leading pack, had a sigh of relief when they saw Lucy, (twice European duathlon champion, and winner of multiple Ironman Triathlon events), pick up her borrowed Mountain Bike to complete the 2 loop , 21km bike loop to St Catherine and back.

With all competitors safely around the bike course the Super Sprinters had 3 laps of Gorey common to run , with the sprint competitors tacking 6 laps (5km).

Roth Nothnagel triumphed in the Super Sprint in a time of 45 minutes 43 seconds, with first lady, Kelly Cutting hot on his heels in 45 minutes 47 seconds.

Dan finished strong, finishing the Sprint in 1:06:32 ahead of Demri Mitchell in second 1:11:57 and Doug Gorman third in 1:12:29.

William Atkinson -showed strength and speed across all disciplines to finish fifth overall and first under 18 in 1:16:39.

Lucy Gossage was first lady in 1:17:02.

Special mention to the 'mother and daughter' team Kate Hughes and Helen Wesley completing the Super Sprint in 1:15:36 - a super family performance.

A big thank you to all the marshals and helpers, with expert water cover from Gorey Watersports and medical cover from Normandy Rescue. Special thanks go to our Tri Club 'Pride of Jersey' Dougie Smith, organiser supreme, and to Sarah Corcoran who always goes beyond the call of duty to help .

Next event will be the Ana Leaf Grosnez 2UP Duathlon on the 5th November .



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SPRINT 750m SWIM/21km BIKE/5km RUN

Name	M/F	Swim	T1	Bike+T2	Run1	Run2	Run3	Run4	Run5	Run6	Run	Total
Daniel Halksworth (47)	M	00:11:45	1 00:00:37	2 00:35:44	1 00:03:07	1 00:03:09	1 00:03:08	1 00:03:03	1 00:03:03	1 00:02:56	1 00:18:26	1 01:06:32
Demri Mitchell (33)	M	00:13:14	2 00:00:41	3 00:37:57	5 00:03:09	2 00:03:19	5 00:03:22	5 00:03:21	5 00:03:27	8 00:03:28	10 00:20:05	5 01:11:57
Doug Gorman (17)	M	00:14:15	5 00:00:42	4 00:37:00	3 00:03:28	8 00:03:32	8 00:03:24	8 00:03:25	7 00:03:24	6 00:03:19	5 00:20:32	8 01:12:29
Renny Gould (48)	M	00:14:50	6 00:01:01	8 00:38:36	6 00:03:18	4 00:03:20	6 00:03:22	6 00:03:23	6 00:03:26	7 00:03:22	7 00:20:12	6 01:14:39
Mark Syvret (11)	M	00:17:28	12 00:00:55	6 00:37:18	4 00:03:18	5 00:03:18	4 00:03:18	4 00:03:19	4 00:03:16	3 00:03:16	3 00:19:45	3 01:15:26
William Atkinson (121)	M	00:13:53	3 No T1 Time	00:42:56	20 00:03:12	3 00:03:15	3 00:03:15	3 00:03:18	3 00:03:23	4 00:03:27	8 00:19:50	4 01:16:39
Lucy Gossage (41)	F	00:14:13	4 00:01:23	14 00:41:50	15 00:03:36	11 00:03:13	2 00:03:13	2 00:03:12	2 00:03:12	2 00:03:10	2 00:19:35	2 01:17:02
Jason Wyatt (44)	M	00:16:19	10 00:00:36	1 00:38:49	7 00:03:40	16 00:03:44	14 00:03:39	13 00:03:40	10 00:03:40	10 00:03:30	11 00:21:53	11 01:17:37
Scott Docherty (28)	M	00:15:52	8 00:00:45	5 00:40:07	9 00:03:31	9 00:03:44	13 00:03:44	15 00:03:46	16 00:03:45	14 00:03:30	12 00:21:59	12 01:18:43
Darren Le Masurier (26)	M	00:15:42	7 00:01:23	13 00:41:16	13 00:03:33	10 00:03:34	11 00:03:37	11 00:03:47	18 00:03:47	16 00:03:42	16 00:22:00	13 01:20:10
James Goode (38)	M		00:59:32		00:03:28	7 00:03:32	9 00:03:32	9 00:03:31	9 00:03:31	9 00:03:27	9 00:21:01	9 01:20:34
David Silva (45)	M	00:17:57	13 00:01:02	9 00:39:31	8 00:04:11	30 00:03:48	16 00:03:42	14 00:03:41	11 00:03:44	12 00:03:31	13 00:22:38	16 01:21:08
Steven De Sousa (59)	M	00:21:22	26 00:01:32	18 00:36:00	2 00:03:38	15 00:03:50	17 00:03:50	17 00:03:41	12 00:03:44	13 00:03:36	15 00:22:19	15 01:21:13
Mark Le Mottee (30)	M											01:21:50
Damian Maher (35)	M	00:20:21	23 00:00:59	7 00:40:14	10 00:03:26	6 00:03:29	7 00:03:23	7 00:03:27	8 00:03:23	5 00:03:22	6 00:20:31	7 01:22:06
Andy Hull (25)	M	00:19:23	19 00:01:55	23 00:40:21	11 00:03:37	13 00:03:41	12 00:03:38	12 00:03:44	14 00:03:50	17 00:03:43	18 00:22:12	14 01:23:51
Tristan Maultby (40)	M	00:19:23	20 00:01:24	15 00:40:55	12 00:03:50	18 00:03:56	20 00:03:49	16 00:03:49	19 00:03:51	19 00:03:43	19 00:22:59	19 01:24:42
Dan Garrido and Terri O'donoghue (49)	TEAM	00:19:54	22 No T1 Time	00:41:24	14 00:04:00	24 00:04:09	27 00:04:11	30 00:04:10	29 00:04:14	30 00:03:58	29 00:24:42	29 01:25:59
Rosie Adamson (21)	F	00:16:18	9 00:01:08	11 00:45:18	26 00:03:51	20 00:03:58	22 00:03:54	21 00:03:56	22 00:03:54	21 00:03:47	23 00:23:20	20 01:26:03
Greig Higgins (22)	M	00:18:45	14 No T1 Time	00:43:12	24 00:04:04	26 00:04:15	29 00:04:07	28 00:04:00	24 00:04:00	24 00:03:42	17 00:24:06	26 01:26:22
Daniel De La Cour (52)	M	00:20:46	24 No T1 Time	00:43:12	21 00:03:46	17 00:03:48	17 00:03:51	18 00:03:44	15 00:03:51	18 00:03:44	20 00:22:45	17 01:26:43
Christian Hilton (46)	M	00:19:21	18 00:01:06	10 00:45:36	28 00:03:38	14 00:03:33	10 00:03:33	10 00:03:42	13 00:03:40	11 00:03:17	4 00:21:24	10 01:27:27
Jessica Langtree (27)	F	00:18:50	15 00:01:48	22 00:43:14	22 00:03:51	19 00:03:54	19 00:03:58	25 00:04:06	28 00:04:00	25 00:03:46	22 00:23:36	22 01:27:28
Peter Joy (58)	M	00:19:42	21 00:01:28	16 00:42:44	19 00:03:56	22 00:03:59	23 00:03:58	26 00:03:59	23 00:03:57	22 00:03:50	25 00:23:39	23 01:27:34
Jon Silvester (36)	M	00:22:40	32 No T1 Time	00:42:12	18 00:03:36	12 00:03:47	15 00:03:51	19 00:03:55	21 00:03:57	23 00:03:45	21 00:22:51	18 01:27:44
Kat Guillemot (16)	F	00:21:23	27 00:01:44	21 00:42:10	17 00:03:56	23 00:03:56	21 00:03:57	22 00:03:52	20 00:03:54	20 00:03:50	24 00:23:26	21 01:28:42
Rachel Maher (34)	F	00:19:13	17 00:01:30	17 00:43:25	23 00:04:07	29 00:04:10	28 00:04:10	29 00:04:13	30 00:04:10	29 00:03:54	27 00:24:44	30 01:28:53
Becky Steens (14)	F	00:23:24	33 No T1 Time	00:41:54	16 00:04:06	28 00:04:17	31 00:04:22	31 00:04:23	31 00:04:19	31 00:04:10	32 00:25:37	32 01:30:55
Sean Butler (57)	M	00:18:51	16 00:02:10	25 00:45:19	27 00:04:23	32 00:04:30	33 00:04:34	34 00:04:32	34 00:04:33	34 00:04:17	34 00:26:49	34 01:33:09
Kate Menzies (37)	F	00:17:21	11 00:01:41	19 00:47:55	29 00:04:25	34 00:04:28	32 00:04:28	33 00:04:25	33 00:04:22	33 00:04:16	33 00:26:23	33 01:33:19
Anthony Tobin (20)	M	00:24:38	34 00:01:44	20 00:43:44	25 00:04:04	27 00:04:05	24 00:03:58	23 00:04:03	26 00:04:08	28 00:03:59	30 00:24:17	27 01:34:23
Howard O'toole (18)	M	00:21:36	28 00:01:22	12 00:48:03	30 00:04:23	33 00:04:38	34 00:03:52	20 00:03:47	17 00:03:46	15 00:03:32	14 00:23:58	25 01:34:59
Kate Roberts (54)	F	00:22:10	31 No T1 Time	00:50:54	33 00:04:02	25 00:04:06	26 00:04:06	27 00:04:06	27 00:04:08	27 00:04:02	31 00:24:29	28 01:37:34
Cindy Wanless (42)	F	00:21:37	29 00:02:21	26 00:50:32	32 00:04:14	31 00:04:15	30 00:04:24	32 00:04:23	32 00:04:21	32 00:03:57	28 00:25:35	31 01:40:04
Jason Baines (19)	M	00:20:55	25 00:02:09	24 00:48:39	31 00:04:31	35 00:04:54	35 00:04:48	35 00:04:52	35 00:04:50	35 00:04:34	35 00:28:29	35 01:40:11
Michael Bateman (24)	M	00:21:39	30 00:04:15	27 00:53:18	34 00:03:55	21 00:04:06	25 00:03:58	24 00:04:01	25 00:04:01	26 00:03:52	26 00:23:53	24 01:43:04
Christy Fitzmaurice (53)	F											DNS
Clifford Frazier (39)	M											DNS
Christian Hidalgo (51)	M											DNS - Apology received
Mark Le Mottee (30)	M											DNS
Hannah Mitchell (12)	F											DNS - Apology received
Matthew Morel (56)	M											DNS
Michael Steens (13)	M											DNS - Marshalled
Richard Tanguy (32)	M											DNS

Missing Swim and T1 times
12:00 penalty - short swim

