

## 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.

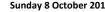
Special mention to the 'mother and daughter' team Kate Hughes and Helen Wesley completing the Super Sprint in 1:15:36 - a super family performance.

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 .

## Ana Leaf Sprint and Super Sprint Gorey Sunday 8 October 2017







Name	M/F	Swim	_	T1	_	Bike+T2		Run1		Run2		Run3	_	Run4		Run5		Run6		Run		Total	
Daniel Halksworth (47)	М	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	1
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	00:02:30	10	00:20:05	5	01:11:57	2
Doug Gorman (17)	M	00:14:15	5	00:00:42	4	00:37:00	3	00:03:28	8	00:03:32	8	00:03:22	8	00:03:25	7	00:03:24	6	00:03:19	5	00:20:32	8	01:12:29	3
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	4
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	5
William Atkinson (121)	M	00:13:53	3	No T1 Tim		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	e
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	7
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	8
Scott Docherty (28)	м	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	g
Darren Le Masurier (26)	м	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	01:20:20	1
James Goode (38)	м			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	1
David Silva (45)	м	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	1
Steven De Sousa (59)	м	00:21:22	26	00:01:32	18	00:36:00	2	00:03:38	15	00:03:50	18	00:03:50	17	00:03:41	12	00:03:44	13	00:03:36	15	00:22:19	15	01:21:13	1
Mark Le Mottee (30)	м											ing Chip										01:21:50	1
Damian Maher (35)	м	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	1
Andy Hull (25)	м	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	1
Tristan Maultby (40)	м	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	1
Dan Garrido and Terri O'donoghue (49)	TEAM	00:19:54	22	No T1 Tim	e	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	1
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	1
Greig Higgens (22)	м	00:18:45	14	No T1 Tim	e	00:43:31	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	2
Daniel De La Cour (52)	М	00:20:46	24	No T1 Tim	e	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	2
Christian Hilton (46)	М	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	2
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	2
Peter Joy (58)	М	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	2
Jon Silvester (36)	М	00:22:40	32	No T1 Tim	e	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	2
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	2
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	2
Becky Steens (14)	F	00:23:24	33	No T1 Tim	e	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	2
Sean Butler (57)	М	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	2
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	3
Anthony Tobin (20)	М	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	3
Howard O'toole (18)	м	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	3
Kate Roberts (54)	F	00:22:10	31	No T1 Tim	e	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	3
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	3
Jason Baines (19)	М	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	3
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	3
Christy Fitzmaurice (53)	F											DNS											
Clifford Frazier (39)	м											DNS											
Christian Hidalgo (51)	м										D	NS - Apology	receive	ed									
Mark Le Mottee (30)	м											DNS											
Hannah Mitchell (12)	F										D	NS - Apology	receive	ed									
Matthew Morel (56)	м											DNS											
Michael Steens (13)	м											DNS - Marsh	alled										
Richard Tanguy (32)	м		DNS																				

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

Ana Leaf Sprint and Super Sprint Gorey



Sunday 8 October 2017



## SUPER SPRINT 400m SWIM/11km BIKE/2.5km RUN

Name	M/F	Swim		T1		Bike+T2		Run1		Run2		Run3		Run		Total	
Ryno Nothnagel (133)	М	00:10:28	7	00:01:26	5	00:21:52	1	00:04:02	3	00:04:06	6	00:03:50	3	00:11:57	3	00:45:43	1
Kelly Cutting (112)	F	00:10:29	8	00:00:54	1	00:22:24	3	00:04:09	6	00:04:06	5	00:03:46	2	00:12:00	5	00:45:47	2
James Thomson (117)	М	00:11:36	11	00:01:26	6	00:22:12	2	00:03:54	2	00:03:55	2	00:03:33	1	00:11:22	1	00:46:37	3
Claire Gibson (119)	F	00:09:24	3	00:01:29	8	00:23:28	5	00:04:14	7	00:04:18	7	00:04:01	7	00:12:33	7	00:46:54	4
Lynette Ferguson (118)	F	00:10:55	9	No T1 Tim	ne	00:24:05	7	00:04:04	5	00:04:02	3	00:03:59	5	00:12:05	6	00:47:06	5
Zach Foy (124)	М	00:11:41	12	00:01:39	14	00:22:32	4	00:03:39	1	00:03:50	1	00:04:00	6	00:11:29	2	00:47:21	6
Anthony Cabot (131)	Μ	00:08:46	2	00:01:03	2	00:24:05	6	00:04:39	13	00:04:34	11	00:04:27	10	00:13:40	11	00:47:34	7
Michelle Carter (105)	F	00:08:31	1	00:01:18	4	00:26:05	12	00:04:33	11	00:04:48	14	00:04:49	16	00:14:10	14	00:50:04	8
Neil Fairclough (120)	М	00:12:04	14	00:01:30	9	00:24:24	10	00:04:16	8	00:04:24	9	00:04:08	8	00:12:49	8	00:50:47	9
Jenna Johnson Rayner (137)	F	00:10:25	6	00:01:30	10	00:25:03	11	00:04:59	17	00:05:06	17	00:04:53	18	00:14:58	18	00:51:57	10
Emma Pallot (128)	F	00:13:49	18	No T1 Tim	ne	00:26:46	13	00:04:18	9	00:04:19	8	00:04:13	9	00:12:51	9	00:53:25	11
Llywelyn Morgan (101)	М	00:12:29	15	00:02:13	18	00:24:22	8	00:04:50	15	00:05:15	18	00:04:50	17	00:14:56	17	00:53:59	12
Kate Horsley (130)	F	00:11:21	10	00:03:37	21	00:27:20	15	00:04:03	4	00:04:02	4	00:03:54	4	00:11:59	4	00:54:18	13
Caroline Finch (125)	F	00:12:35	16	00:01:27	7	00:26:59	14	00:05:27	20	00:05:19	19	00:05:08	19	00:15:54	19	00:56:56	14
Chris Rayner (114)	М	00:17:13	21	00:01:35	13	00:24:23	9	00:04:37	12	00:04:47	13	00:04:41	14	00:14:05	13	00:57:16	15
Jo Carpenter (29)	F	00:11:53	13	00:02:19	19	00:28:49	18	00:05:02	18	00:05:00	16	00:04:45	15	00:14:47	16	00:57:48	16
Katharine Hairon (102)	F	00:10:18	5	00:01:35	12	00:29:54	20	00:05:32	21	00:05:37	21	00:05:27	22	00:16:36	22	00:58:23	17
Triona Baines (127)	М	00:15:48	19	00:02:01	17	00:27:27	16	00:04:27	10	00:04:30	10	00:04:32	12	00:13:29	10	00:58:44	18
Julie Fairclough (106)	F	00:17:06	20	00:01:31	11	00:29:23	19	00:04:55	16	00:04:55	15	00:04:38	13	00:14:28	15	01:02:28	19
Gavin Bartlett (107)	М	00:12:51	17	00:03:05	20	00:30:02	21	00:05:35	22	00:05:39	22	00:05:18	21	00:16:32	21	01:02:31	20
Alivar Abreu (15)	М	00:21:34	25	00:01:57	16	00:28:01	17	00:04:44	14	00:04:36	12	00:04:31	11	00:13:51	12	01:05:23	21
Julie Dandridge (134)	F	00:20:17	22	00:01:51	15	00:31:26	22	00:05:18	19	00:05:31	20	00:05:11	20	00:16:01	20	01:09:35	22
Helen Wesley (123)	F	00:21:10	24	00:04:00	23	00:33:05	23	00:05:57	24	00:05:47	23	00:05:37	23	00:17:21	23	01:15:36	23
Kate Hughes (122)	F	00:21:09	23	00:03:59	22	00:33:07	24	00:05:57	23	00:05:47	24	00:05:38	24	00:17:21	24	01:15:36	24
Alasdair Gordon-hall (116)	М	00:09:50	4	00:01:06	3						DI	NF					
Janice Callander (109)	F								DI								
Sarah Corcoran (129)	F							DN	IS - Ma	arshalled							
Karen Depledge (136)	F							DNS - J	Apolo	gyy received							
Lyndon Farnham (132)	М							DNS - J	Apolo	gyy received							
Alex Frankham (126)	F								DI	NS							
Gillian O'brady-henry (111)	F								DI	NS							
lan Pallot (108)	М								DI	NS							
Kathryn Porter (104)	F							DN	IS - Ma	arshalled							
Katie Ridley (103)	F							DN	IS - Ma	arshalled							
Jim Ritchie (115)	М	DNS															
Jennifer Smith (135)	F	DNS															
Rowan Willman (110)	М								DI	NS							