



2026 POTCAKEMAN TRIATHLON

April 19th, 2026 - Jaws Beach, Nassau, The Bahamas - 7:30AM

RACE PROMPT www.raceprompt.com

Bahamas Triathlon Association www.bahamatriathlon.org

SPRINT DISTANCE TRIATHLON AWARDS LIST

OVERALL FEMALE WINNERS - SPRINT DISTANCE TRIATHLON

TIME	BIB#	NAME	AGE
1:20:49	38	SIENNA CULMER-MACKEY	20
1:21:00	57	KAMI ROACH	18
1:22:52	45	ILARIA GERVASINI	47

OVERALL MALE WINNERS - SPRINT DISTANCE TRIATHLON

TIME	BIB#	NAME	AGE
1:00:52	55	MALCOLM MENZIES	18
1:07:35	54	JORGE MARCOS	41
1:07:59	26	AYDEN BAIN	18

MALE 20-29 AGE GROUP WINNERS - SPRINT TRIATHLON

PL	TIME	BIB#	NAME	AGE
1	1:18:23	31	JACK BLANEY	26

FEMALE 20-29 AGE GROUP WINNERS - SPRINT TRIATHLON

PL	TIME	BIB#	NAME	AGE
1	1:37:17	39	ALEXA DEAN	26

MALE 30-39 AGE GROUP WINNERS - SPRINT TRIATHLON

PL	TIME	BIB#	NAME	AGE
1	1:12:23	47	FRANK GRAFFAM	37
2	1:23:42	35	QUENTIN CHIAREL	31
3	1:26:35	25	JASON ALBURY	38

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***** FEMALE 30-39 AGE GROUP WINNERS - SPRINT TRIATHLON *****

PL	TIME	BIB#	NAME	AGE
1	1:25:56	37	BRITT CHRISTENSEN	39

***** MALE 40-49 AGE GROUP WINNERS - SPRINT TRIATHLON *****

PL	TIME	BIB#	NAME	AGE
1	1:14:18	59	MARC SAULNIER	46
2	1:33:04	32	THOMAS BRANNAN	49
3	1:33:11	48	MATHIEU GRENIER	44

***** FEMALE 40-49 AGE GROUP WINNERS - SPRINT TRIATHLON *****

PL	TIME	BIB#	NAME	AGE
1	1:24:45	49	IOLA KNOWLES	44
2	1:25:08	28	MAUDE BEAUCHAMP	44
3	1:31:56	43	JESSICA FUCHS	41

***** MALE 50-59 AGE GROUP WINNERS - SPRINT TRIATHLON *****

PL	TIME	BIB#	NAME	AGE
1	1:08:13	30	SIMONE BERTOLDO	50
2	1:11:11	41	SEAN FARRINGTON	56
3	1:23:25	62	DANIEL WEIGHTMAN	50

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*** FEMALE 50-59 AGE GROUP WINNERS - SPRINT TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	1:36:52	42	SARAH FARRINGTON	56
2	1:48:51	52	ELENI MAILLIS	50

*** MALE 60-69 AGE GROUP WINNERS - SPRINT TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	1:28:12	27	RICHARD BALLANCE	68
2	1:48:40	34	HERMAN CAYABAN	62

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----- | KIDS TRIATHLON AWARDS LIST | -----

*** BOYS 8 & UNDER AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	7:26	1	GEORGE DE CARDENAS	8

*** GIRLS 8 & UNDER AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	7:33	2	SARAH SAULNIER	7

*** BOYS 9 – 10 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	7:54	6	KAI WEIGHTMAN	10
2	7:54	5	ENOK SAULNIER	9
3	8:14	4	SAM SAULNIER	10

*** GIRLS 9 - 10 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	13:04	8	ANNALIESE WILSON	10

*** BOYS 11 – 12 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	21:01	11	MAXIMILIAN VAN DER RIET	12
2	29:16	10	GEBRIAEL MCPHEE	11

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----- | KIDS TRIATHLON AWARDS LIST | -----

*** BOYS 13 - 14 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	35:31	14	LYALL MENZIES	13

*** GIRLS 13 - 14 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	46:58	12	SOPHIE BRUECKNER	13
2	50:44	13	BLUE GRAY	14

*** BOYS 15 - 16 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	34:03	19	LAUHLAN MENZIES	15
2	35:42	20	SIBBY FYNN POTTER	15
3	40:49	17	TRISTAN JOHNSON	16

*** GIRLS 15 - 16 AGE GROUP WINNERS - KIDS TRIATHLON ***

PL	TIME	BIB#	NAME	AGE
1	38:22	24	MIA VAN DER RIET	15
2	41:38	16	ELLA BRUECKNER	15
3	42:09	18	TESSA KNOWLES	15

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-----| SPRINT RELAY DISTANCE TRIATHLON AWARDS LIST |-----

*** ALL MALE TEAM RELAY WINNERS - SPRINT DISTANCE TRIATHLON ***

PL	TIME	RELAY TEAM MEMBERS	TEAM NAME
1	1:01:35	Luke Ferguson / Makaio Johnson / Thomas Fox	Speed Demons
2	1:04:14	Aydan Rolle / Barron Musgrove / Aydan Rolle	A&B
3	1:05:33	Ragh Cordova / Jay Major / Kyro Brown	Tri RJK

*** MIXED TEAM RELAY WINNERS - SPRINT DISTANCE TRIATHLON ***

PL	TIME	RELAY TEAM MEMBERS	TEAM NAME
1	1:09:51	Chris Jenkins / Jamie Johnston / Emma Johnston	Two Johnstons & A Jenk
2	2:11:42	Jennifer Walton / Bill Casale / Beth Hagebeck	Still tri'ing at 64

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-----| SPRINT DISTANCE TRIATHLON OVERALL RESULTS |-----

PL.	TIME	PL/DIF	TOT/DIF	#	NAME	AG	S	PL/TO	DIVSN	PL	SWIM	TR1	PL	BIKE	TR2	PL	RUN
1	1:00:52			55	MALCOLM MENZIES	18	M	1/2	M1721	1	9:36	0:21	2	31:58	0:28	1	18:30
2	1:07:35	6:43	6:43	54	JORGE MARCOS	41	M	1/7	M4049	2	12:06	0:24	4	32:26	0:39	6	22:02
3	1:07:59	0:24	7:07	26	AYDEN BAIN	18	M	2/2	M1721	3	12:08	0:24	5	32:57	0:43	2	21:50
4	1:08:13	0:14	7:21	30	SIMONE BERTOLDO	50	M	1/7	M5059	4	12:08	0:25	3	32:22	1:21	5	22:00
5	1:11:11	2:58	10:19	41	SEAN FARRINGTON	56	M	2/7	M5059	7	13:21	0:44	8	33:52	0:50	7	22:25
6	1:12:23	1:12	11:31	47	FRANK GRAFFAM	37	M	1/5	M3039	10	14:30	1:05	7	33:44	1:10	4	21:56
7	1:14:18	1:55	13:26	59	MARC SAULNIER	46	M	2/7	M4049	15	15:20	1:05	6	33:31	1:13	8	23:11
8	1:18:23	4:05	17:31	31	JACK BLANEY	26	M	1/1	M2229	22	17:28	0:58	9	35:12	1:14	10	23:33
9	1:20:49	2:26	19:57	38	SIENNA CULMER-MACKEY	20	F	1/2	F1721	5	12:24	0:31	16	39:41	0:32	21	27:45
10	1:21:00	0:11	20:08	57	KAMI ROACH	18	F	2/2	F1721	8	13:24	0:25	15	38:47	0:53	20	27:33
11	1:22:52	1:52	22:00	45	ILARIA GERVASINI	47	F	1/4	F4049	19	16:38	0:42	14	37:37	0:53	17	27:05
12	1:23:25	0:33	22:33	62	DANIEL WEIGHTMAN	50	M	3/7	M5059	26	17:40	0:41	13	37:34	1:19	14	26:13
13	1:23:42	0:17	22:50	51	JOSE CECIL MAGNO	50	M	4/7	M5059	27	17:48	1:07	10	36:20	1:09	18	27:20
14	1:23:42	0:00	22:50	35	QUENTIN CHIAREL	31	M	2/5	M3039	18	15:36	2:36	23	42:58	0:42	3	21:53
15	1:23:44	0:02	22:52	58	MARK ROBERTS	59	M	5/7	M5059	11	14:30	1:12	17	40:15	1:01	15	26:48
16	1:24:45	1:01	23:53	49	IOLA KNOWLES	44	F	2/4	F4049	16	15:26	1:26	21	41:59	0:55	11	25:01
17	1:25:08	0:23	24:16	28	MAUDE BEAUCHAMP	44	F	3/4	F4049	24	17:35	1:11					
18	1:25:56	0:48	25:04	37	BRITT CHRISTENSEN	39	F	1/1	F3039	6	13:10	1:32	26	44:27	0:59	12	25:50
19	1:26:35	0:39	25:43	25	JASON ALBURY	38	M	3/5	M3039	9	13:56	2:47	22	42:45	1:03	13	26:05
20	1:27:00	0:25	26:08	33	TJ BURCH	33	M	4/5	M3039	17	15:28	3:24	24	43:51	0:59	9	23:20
21	1:28:12	1:12	27:20	27	RICHARD BALLANCE	68	M	1/2	M6069	30	18:32	3:40	11	36:43	1:23	22	27:56
22	1:29:24	1:12	28:32	46	PHILIPPE GINGRAS	56	M	6/7	M5059	29	18:21	1:01	12	37:31	2:16	29	30:18
23	1:31:56	2:32	31:04	43	JESSICA FUCHS	41	F	4/4	F4049	20	16:58	2:15	27	44:35	1:05	16	27:04
24	1:33:04	1:08	32:12	32	THOMAS BRANNAN	49	M	3/7	M4049	25	17:35	2:49	18	40:35	1:05	30	31:02
25	1:33:11	0:07	32:19	48	MATHIEU GRENIER	44	M	4/7	M4049	28	18:17	2:11	20	41:40	1:05	26	30:00
26	1:34:02	0:51	33:10	44	LUKE FUCHS	42	M	5/7	M4049	31	18:55	2:17	28	44:36	0:55	19	27:22
27	1:35:42	1:40	34:50	61	RORY WALKER	34	M	5/5	M3039	14	15:11	3:41	29	45:44	0:54	27	30:14
28	1:36:52	1:10	36:00	42	SARAH FARRINGTON	56	F	1/2	F5059	21	16:59	1:51	30	48:21	1:03	24	28:40
29	1:37:05	0:13	36:13	40	NICOLAS DURET	50	M	7/7	M5059	34	21:52	4:11	19	41:25	1:02	23	28:37
30	1:37:17	0:12	36:25	39	ALEXA DEAN	26	F	1/1	F2229	12	14:39	1:14	32	50:16	0:55	28	30:15
31	1:37:46	0:29	36:54	50	JERMAINE MACKEY	47	M	6/7	M4049	33	21:14	1:33	25	44:25	1:00	25	29:37
32	1:43:57	6:11	43:05	53	GEORGE MAILLIS	49	M	7/7	M4049	13	15:08	1:18	33	51:04	1:10	33	35:19
33	1:48:40	4:43	47:48	34	HERMAN CAYABAN	62	M	2/2	M6069	32	20:58	1:57	31	49:19	1:17	32	35:12
34	1:48:51	0:11	47:59	52	ELENI MAILLIS	50	F	2/2	F5059	23	17:30	1:48	34	55:11	0:13	31	34:10

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----- | KIDS AQUATHLON/TRIATHLON OVERALL RESULTS | -----

PL	TIME	BIB#	NAME	AGE
1	7:26	1	GEORGE DE CARDENAS	8 M
2	7:33	2	SARAH SAULNIER	7 F

*** OVERALL RESULTS - KIDS 9 - 10 Triathlon (200M Swim /5k Bike/ 1K Run) ***

PL	TIME	BIB#	NAME	AGE
1	7:54	6	KAI WEIGHTMAN	10 M
2	7:54	5	ENOK SAULNIER	9 M
3	8:14	4	SAM SAULNIER	10 M
4	11:11	3	THEO KEMP	9 M
5	13:04	8	ANNALIESE WILSON	10 F

*** OVERALL RESULTS - KIDS 11 - 12 Triathlon (200M Swim /6k Bike/ 1.5K Run) ***

PL.	TIME	PL/DIF	TOT/DIF	#	NAME	AG	S	PL/TO	DIVSN	PL	SWIM	TR1	PL	BIKE	TR2	PL	RUN
1	21:01			11	MAXIMILIAN VAN DER R	12	M	1/2	M1112	1	3:14	0:22	1	10:03	0:21	1	7:02
2	29:16	8:15	8:15	10	GEBRIAEL MCPHEE	11	M	2/2	M1112	2	4:13	0:50	2	12:52	0:25	2	10:58

*** OVERALL RESULTS - KIDS 13 - 14 Triathlon (400M Swim /10k Bike/2.5K Run) ***

PL.	TIME	PL/DIF	TOT/DIF	#	NAME	AG	S	PL/TO	DIVSN	PL	SWIM	TR1	PL	BIKE	TR2	PL	RUN
1	35:31			14	LYALL MENZIES	13	M	1/1	M1314	1	5:37						
2	46:58	11:27	11:27	12	SOPHIE BRUECKNER	13	F	1/2	F1314	2	6:39						
3	50:44	3:46	15:13	13	BLUE GRAY	14	F	2/2	F1314	3	6:52						

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-----| KIDS AQUATHLON/TRIATHLON OVERALL RESULTS |-----

*** OVERALL RESULTS - KIDS 15 - 16 Triathlon (400M Swim /10k Bike/2.5K Run) ***

PL.	TIME	PL/DIF	TOT/DIF	#	NAME	AG	S	PL/TO	DIVSN	PL	SWIM	TR1	PL	BIKE	TR2	PL	RUN
1	34:03			19	LAUCLAN MENZIES	15	M	1/6	M1516	1	5:25						
2	35:42	1:39	1:39	20	SIBBY FYNN POTTER	15	M	2/6	M1516	4	6:19						
3	38:22	2:40	4:19	24	MIA VAN DER RIET	15	F	1/4	F1516	3	6:13						
4	40:49	2:27	6:46	17	TRISTAN JOHNSON	16	M	3/6	M1516	6	6:25						
5	41:21	0:32	7:18	23	QUANT ROLLE	16	M	4/6	M1516	8	6:45						
6	41:38	0:17	7:35	16	ELLA BRUECKNER	15	F	2/4	F1516	5	6:21						
7	42:09	0:31	8:06	18	TESSA KNOWLES	15	F	3/4	F1516	7	6:32						
8	43:05	0:56	9:02	21	TA-NAJ PRATT	16	M	5/6	M1516	2	5:45						
9	50:58	7:53	16:55	22	HAILEY ROBERTS	15	F	4/4	F1516	9	8:30						
10	51:50	0:52	17:47	15	NATHANIEL ADDERLEY	16	M	6/6	M1516	10	9:16						

*** OVERALL RESULTS – SPRINT DISTANCE RELAY TRIATHLON (750m Swim /20k Bike/5K Run) ***

PL.	TIME	#	TEAM MEMBERS	TEAM NAME	PL	SWIM	TR1	PL	BIKE	TR2	PL	RUN	DIV	AGE
1	1:01:35	140	Luke Ferguson / Makaio Johnson / Thomas Fox	Speed Demons	4	10:50	0:29	2	31:41	0:21	2	18:17		
2	1:04:14	73	Aaydn Rolle / Barron Musgrove / Aaydn Rolle	A&B	2	10:33	0:26	4	32:59	0:29	3	19:49		
3	1:05:33	66	Ragh Cordova / Jay Major / Kyro Brown	Tri RJK	5	11:08	0:24	1	31:24	0:21	6	22:18		
4	1:06:48	63	Tyrin Archer / R Jones / Tyrin Archer	Ocean Blazers	6	12:08	0:42	3	31:46	0:20	5	21:53		
5	1:07:53	71	Fraser Menzies / Aaron Horton / Hugo Johnston	Full Speed Ahead	1	10:22	0:44	6	36:02	0:36	4	20:11		
6	1:09:08	72	Blair Thompson / D'Nacko Parker / Blair Thompson	The Conquerors	3	10:34	0:25	8	40:04	0:19	1	17:49		
7	1:09:51	70	Chris Jenkins / Jamie Johnston / Emma Johnston	Two Johnstons & A Jenk	7	12:29	0:28	5	33:57	0:19	7	22:40		
8	1:18:34	142	Drew Bastien / Andrew Hanna / Xavier Dames	DX2	8	12:43	0:29	9	40:54	0:41	8	23:48		
9	1:28:58	65	Christian Garcia / Arturo Jacome-Rebollo / Arturo Brito M	Vegan Chicharron	11	20:44	0:32	7	39:55	0:23	10	27:26		
10	1:48:05	86	Aaron Chea / Noah Hayling / Ragesh Noronha	3 Guys, 1 Race	9	15:21	0:25	10	1:05:33	0:20	9	26:27		
11	2:11:42	67	Jennifer Walton / Bill Casale / Beth Hagebeck	Still tri'ing at 64	10	17:29	1:16	11	1:07:06	0:40	11	45:13		

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