

**30th ANNUAL GBPA CONCHMAN TRIATHLON**  
**OLYMPIC 1500M Swim / 40K Bike / 10K Run**  
**SPRINT 750M Swim / 20K Bike / 5K Run**  
**Nov 5, 2016**  
**Timing by PROMPT**  
**www.RacePROMPT.com**

**MALE SPRINT OVERALL CHAMPION AND RUNNERS UP**

| Place | No. | Name            | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|-----------------|-----|---------|-------|------|-------|------|-------|
| 1     | 24  | Stefan Laursen  | 46  | 1:05:58 | 11:17 | 0:37 | 33:30 | 1:01 | 19:35 |
| 2     | 22  | Mark Davies     | 56  | 1:15:20 | 12:47 | 0:44 | 35:55 | 0:55 | 25:01 |
| 3     | 29  | Sean Farrington | 46  | 1:15:53 | 14:03 | 0:35 | 35:56 | 1:00 | 24:22 |

**SPRINT TRIATHLON AGE-GROUP RESULTS**

**MALE AGE GROUP: 1 - 16**

| Place | No. | Name              | Age | Time    | Swim  | T1   | Bike    | T2   | Run   |
|-------|-----|-------------------|-----|---------|-------|------|---------|------|-------|
| 1     | 15  | Rommel Ferguson   | 13  | 1:29:13 | 11:03 | 1:14 | 52:37   | 0:38 | 23:44 |
| 2     | 8   | Trent Albury      | 14  | 1:29:20 | 10:45 | 1:55 | 52:15   | 0:41 | 23:47 |
| 3     | 21  | Lamar Taylor      | 13  | 1:33:07 | 10:42 | 1:20 | 52:50   | 0:40 | 27:39 |
| 4     | 7   | Tristan Rampersad | 15  | 1:42:59 | 15:39 | 1:29 | 55:42   | 0:28 | 29:43 |
| 5     | 30  | Jamal Knowles     | 16  | 1:43:59 | 12:07 | 1:08 | 1:00:50 | 0:48 | 29:07 |

**MALE AGE GROUP: 17 - 29**

| Place | No. | Name         | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|--------------|-----|---------|-------|------|-------|------|-------|
| 1     | 31  | Justin Lewis | 22  | 1:25:52 | 14:34 | 2:05 | 45:16 | 0:23 | 23:36 |

**MALE AGE GROUP: 30 - 39**

| Place | No. | Name       | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|------------|-----|---------|-------|------|-------|------|-------|
| 1     | 144 | Ryan Perez | 36  | 1:56:41 | 20:42 | 2:33 | 49:42 | 1:58 | 41:48 |

**MALE AGE GROUP: 50 - 59**

| Place | No. | Name        | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|-------------|-----|---------|-------|------|-------|------|-------|
| 1     | 25  | Mario Carey | 58  | 1:16:34 | 12:48 | 0:51 | 36:52 | 1:00 | 25:05 |
| 2     | 14  | Peter Tynes | 56  | 1:29:10 | 20:06 | 1:46 | 44:15 | 1:00 | 22:04 |

**MALE AGE GROUP: 60 - 69**

| Place | No. | Name              | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|-------------------|-----|---------|-------|------|-------|------|-------|
| 1     | 16  | Ulrich Filser     | 69  | 1:32:42 | 19:15 | 1:10 | 39:01 | 1:13 | 32:05 |
| 2     | 11  | Jeffrey Robertson | 64  | 1:33:28 | 18:44 | 0:56 | 39:45 | 0:58 | 33:07 |
| 3     | 6   | Godfrey Waugh     | 60  | 1:36:44 | 17:25 | 2:18 | 45:54 | 0:53 | 30:16 |
| 4     | 146 | Tb Craici         | 65  | 1:51:09 | 20:11 | 2:59 | 56:48 | 1:01 | 30:12 |

**MALE AGE GROUP: 70 - 99**

| Place | No. | Name | Age | Time | Swim | T1 | Bike | T2 | Run |
|-------|-----|------|-----|------|------|----|------|----|-----|
|-------|-----|------|-----|------|------|----|------|----|-----|

|   |    |                   |    |         |       |      |       |      |       |
|---|----|-------------------|----|---------|-------|------|-------|------|-------|
| 1 | 4  | Christopher Baker | 71 | 1:41:36 | 22:41 | 1:39 | 46:44 | 0:51 | 29:42 |
| 2 | 19 | John Mayer        | 80 | 2:16:53 | 23:05 | 1:26 | 56:30 | 2:53 | 53:01 |

## FEMALE SPRINT OVERALL CHAMPION AND RUNNERS UP

| Place | No. | Name               | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|--------------------|-----|---------|-------|------|-------|------|-------|
| 1     | 23  | Elizabeth Shaddock | 36  | 1:23:15 | 16:04 | 0:37 | 41:37 | 0:56 | 24:03 |
| 2     | 18  | Wima Steganutti    | 35  | 1:26:13 | 15:03 | 1:28 | 42:04 | 1:14 | 26:25 |
| 3     | 2   | Vicki Stafford     | 50  | 1:28:23 | 17:41 | 0:55 | 39:49 | 0:33 | 29:27 |

## SPRINT TRIATHLON AGE-GROUP RESULTS

### FEMALE AGE GROUP: 40 - 49

| Place | No. | Name             | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|------------------|-----|---------|-------|------|-------|------|-------|
| 1     | 28  | Sarah Farrington | 46  | 1:37:11 | 17:57 | 2:32 | 47:34 | 0:54 | 28:15 |

### FEMALE AGE GROUP: 50 - 59

| Place | No. | Name         | Age | Time    | Swim  | T1   | Bike    | T2   | Run   |
|-------|-----|--------------|-----|---------|-------|------|---------|------|-------|
| 1     | 13  | Deborah Reid | 54  | 1:31:52 | 15:50 | 1:49 | 45:18   | 0:54 | 28:02 |
| 2     | 9   | Ina La Blanc | 57  | 1:39:33 | 16:04 | 1:30 | 51:22   | 0:43 | 29:56 |
| 3     | 20  | Lisa Brewer  | 55  | 1:44:23 | 20:56 | 1:51 | 43:28   | 2:06 | 36:03 |
| 4     | 27  | Carol Fox    | 59  | 2:09:12 | 33:52 | 1:01 | 1:00:33 | 1:30 | 32:17 |

### FEMALE AGE GROUP: 60 - 69

| Place | No. | Name            | Age | Time    | Swim  | T1   | Bike  | T2   | Run   |
|-------|-----|-----------------|-----|---------|-------|------|-------|------|-------|
| 1     | 5   | Donna Idol      | 64  | 1:40:46 | 20:41 | 1:34 | 46:34 | 1:33 | 30:25 |
| 2     | 3   | Sharie Benoit   | 60  | 1:47:59 | 17:33 | 2:00 | 52:05 | 0:58 | 35:26 |
| 3     | 26  | Beverley Clarke | 67  | 1:57:44 | 19:25 | 2:47 | 50:57 | 1:24 | 43:12 |
| 4     | 1   | Moya Thompson   | 61  | 1:57:46 | 21:28 | 1:42 | 52:38 | 1:02 | 40:58 |

## SPRINT TRIATHLON RELAY RESULTS

### MALE OPEN RELAY

| Place | No. | Team Name         | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer        | Biker        | Runner         |
|-------|-----|-------------------|---------|-------|------|-------|------|-------|----------------|--------------|----------------|
| 1     | 117 | Executive Marine  | 1:02:25 | 11:19 | 0:33 | 32:21 | 0:23 | 17:51 | Joshua Rigby   | David Mellor | Delory Booth   |
| 2     | 135 | Davies & Lang Inc | 1:13:59 |       |      |       |      |       | Mark Davies    | Mark Davies  | Donald Laing   |
| 3     | 113 | Lis Staff         | 1:36:11 | 23:12 | 0:41 | 49:55 | 0:25 | 22:00 | Michael Lowery | Nicholas May | Andrew Moeller |

### FEMALE OPEN RELAY

| Place | No. | Team Name      | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer          | Biker           | Runner          |
|-------|-----|----------------|---------|-------|------|-------|------|-------|------------------|-----------------|-----------------|
| 1     | 134 | McBrayer Girls | 1:28:02 | 19:38 | 0:39 | 39:37 | 0:36 | 27:33 | Shannon McBrayer | Shanon McBrayer | Carlie McBrayer |
| 2     | 112 | Bad Ass Girls  | 1:32:33 | 16:01 | 0:45 | 46:50 | 0:31 | 28:27 | Tara Doherty     | Cath Hindley    | Ina Leblanc     |

### MIXED OPEN RELAY

| Place | No. | Team Name    | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer    | Biker        | Runner     |
|-------|-----|--------------|---------|-------|------|-------|------|-------|------------|--------------|------------|
| 1     | 101 | Team Captain | 1:28:45 | 23:50 | 0:50 | 37:35 | 0:31 | 26:01 | Paula Moss | Kim Thompson | Paula Moss |

### 135+ COMBINED RELAY

| Place | No. | Team Name                | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer       | Biker          | Runner        |
|-------|-----|--------------------------|---------|-------|------|-------|------|-------|---------------|----------------|---------------|
| 1     | 107 | Major Effort (to Finish) | 1:16:35 | 17:25 | 0:38 | 37:20 | 0:22 | 20:52 | Godfrey Waugh | Gavin Stratton | Ricardo Major |

### 165+ COMBINED RELAY

| Place | No. | Team Name    | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer           | Biker        | Runner       |
|-------|-----|--------------|---------|-------|------|-------|------|-------|-------------------|--------------|--------------|
| 1     | 103 | Masters      | 1:24:30 | 20:53 | 0:53 | 37:43 | 0:41 | 24:21 | Antoni Kirk       |              |              |
| 2     | 100 | Mudda Conchs | 1:27:00 | 21:01 | 1:04 | 39:40 | 0:35 | 24:42 | Dave Warren       | Ken Thompson | Ryan Carroll |
| 3     | 104 | Oldies       | 1:37:30 | 22:36 | 0:45 | 42:36 | 7:28 | 24:07 | Christopher Baker | Vic Skinner  | Erica Paine  |

### FAMILY RELAY

| Place | No. | Team Name          | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer       | Biker        | Runner         |
|-------|-----|--------------------|---------|-------|------|-------|------|-------|---------------|--------------|----------------|
| 1     | 173 | Team Bowe          | 1:19:08 | 10:42 | 0:30 | 44:34 | 0:39 | 22:45 |               |              |                |
| 2     | 133 | Butler Family      | 1:28:59 | 12:49 | 0:31 | 49:16 | 0:35 | 25:50 | Robbie Butler | Chris Butler | Jeff Butler Jr |
| 3     | 137 | Pretty Boy Savages | 1:29:12 | 13:43 | 0:42 | 45:57 | 0:30 | 28:21 | Ocean Smith   | Kyle Smith   | Ocean Smith    |
| 4     | 136 | Team Lewis         | 1:30:06 | 14:33 | 2:05 | 45:22 | 6:37 | 21:30 | Justin Lewis  | Justin Lewis | Colleen Lewis  |

### CORPORATE CHALLENGE RELAY

| Place | No. | Team Name           | Time    | Swim  | T1   | Bike    | T2   | Run   | Swimmer         | Biker          | Runner              |
|-------|-----|---------------------|---------|-------|------|---------|------|-------|-----------------|----------------|---------------------|
| 1     | 143 | Btvi                | 1:06:15 | 10:39 | 0:31 | 33:00   | 0:20 | 21:46 |                 |                |                     |
| 2     | 145 | Sanitation Services | 1:17:49 | 20:46 | 0:41 | 39:10   | 0:25 | 16:48 |                 |                |                     |
| 3     | 131 | Sharks              | 1:18:17 | 15:01 | 0:41 | 37:55   | 0:31 | 24:11 | Wima Stephentis | Maceo Wood     | Bemord Rolle        |
| 4     | 122 | Higgs & Johnson     | 1:26:41 | 17:38 | 0:34 | 44:35   | 0:30 | 23:26 | Vicky Stafford  | James Goodrum  | Christopher Gouthro |
| 5     | 130 | Gbpa                | 1:35:26 | 10:42 | 1:18 | 52:51   | 6:04 | 24:34 | Lamar Taylor    | Lamar Taylor   | Terrance Roberts    |
| 6     | 102 | Gbpa #1             | 1:35:55 | 19:43 | 0:39 | 49:35   | 0:42 | 25:18 | Kim Ferguson    | Deanna Kennedy | Maybell Bridgewater |
| 7     | 121 | Gbpa Team #3        | 1:40:40 | 17:48 | 1:47 | 51:39   | 0:34 | 28:53 | Sarah St George | Fatima Kaboub  | Cosetta Hall        |
| 8     | 123 | Team "ecg"          | 1:42:23 | 11:41 | 0:37 | 58:39   | 0:27 | 31:02 | Ethan Moxey     | Chavez Johnson | Gwenique Musgrove   |
| 9     | 116 | Pharma Chem #1      | 1:45:33 | 9:16  | 0:39 | 1:03:50 | 0:32 | 31:18 | Analysea Sturup | Megan Stuart   | Phillip Kemp        |

### SCHOOL COMPETITION RELAY

| Place | No. | Team Name | Time    | Swim  | T1   | Bike  | T2   | Run   | Swimmer      | Biker             | Runner        |
|-------|-----|-----------|---------|-------|------|-------|------|-------|--------------|-------------------|---------------|
| 1     | 126 | Jaguars 2 | 1:17:01 | 10:29 | 0:30 | 45:41 | 0:24 | 19:58 | Darren Laing | Deangelo Robinson | Reynon Hudson |

|    |     |                             |         |       |      |         |      |       |                  |                   |                  |
|----|-----|-----------------------------|---------|-------|------|---------|------|-------|------------------|-------------------|------------------|
| 2  | 106 | Savage Squad                | 1:22:26 | 10:50 | 0:41 | 43:58   | 0:30 | 26:28 | Dikembe Johnson  | Austin Long       | Shimon Lopez     |
| 3  | 111 | Tabernacle #3               | 1:31:31 | 22:39 | 0:27 | 47:14   | 0:20 | 20:53 | Shamel Green     | Jonathan Smith    | Devonte Smith    |
| 4  | 109 | Tabernacle #1               | 1:38:24 | 24:14 | 0:31 | 54:00   | 0:31 | 19:11 | Raine Higgs      | Shaquiel Higgs    | Trevino Williams |
| 5  | 127 | Jaguars 3                   | 1:38:53 | 12:39 | 0:34 | 59:24   | 0:41 | 25:37 | Darren Williams  | Nathan Morley     | Askell Robinson  |
| 6  | 125 | Jaguars #1                  | 1:39:15 | 15:07 | 0:40 | 1:02:19 | 0:27 | 20:44 | Adam Treco       | Edward Jones      | Dexter Hall      |
| 7  | 114 | Lucaya International School | 1:44:09 | 18:13 | 0:31 | 59:47   | 0:35 | 25:05 | Noah Bethel      | Tenniya Martin    | Olivia Wilson    |
| 8  | 140 | Sunland Baptist             | 1:45:07 | 11:35 | 0:32 | 1:14:21 | 0:18 | 18:24 |                  |                   |                  |
| 9  | 115 | Lis #2                      | 1:45:33 | 22:28 | 0:40 | 42:22   | 0:32 | 39:32 | Tenniva Martin   | Philip Stoevesand | Uri Williams     |
| 10 | 119 | Sea Kings                   | 1:45:52 | 23:20 | 0:56 | 53:45   | 0:33 | 27:21 | Dudley Gilbert   | Jeremiah Saunders | Kristen Pratt    |
| 11 | 128 | Jaguars 4                   | 1:49:26 | 22:00 | 0:46 | 1:00:50 | 0:28 | 25:25 | Renaldo Carey    | Prescott Wallace  | Mateo King       |
| 12 | 142 | Sunland Baptist             | 1:54:38 | 19:29 | 0:41 | 1:13:01 | 0:25 | 21:04 |                  |                   |                  |
| 13 | 110 | Tabernacle #2               | 1:59:43 | 18:39 | 0:50 | 1:15:11 | 0:33 | 24:32 | Tatyana Lockhart | Michael Williams  | Holland Martin   |
| 14 | 138 | Sunland Baptist 1           | 1:59:47 | 14:20 | 0:34 | 1:18:33 | 0:26 | 25:56 |                  |                   |                  |
| 15 | 139 | Sunland Baptist 2           | 2:04:40 | 10:52 | 0:51 | 1:23:27 | 0:44 | 28:48 |                  |                   |                  |
| 16 | 118 | Fisherman                   | 2:07:17 | 34:24 | 0:34 | 1:08:10 | 0:32 | 23:38 | Tyler Bain       | Nathaniel King    | Veron Johnson    |