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For Immediate Release

THE GREAT ABACO FAMILY FITNESS WEEKEND 2012 Results and Report

The 2012 Great Abaco Family Fitness Weekend took place from Friday March 23rd to Sunday March 25th. Competitors from across the nation and from countries as far away as the UK and including Canada and the United States were in attendance.

The first event, a one mile open water swim in the serene waters of Treasure Cay Beach, kicked off on Friday at 5pm. Seven competitors participated from Abaco and the UK. The winner, with a time of 24:07, was Peter Wagner of Nassau, Bahamas, who decided 5 minutes before the start to participate. Gina Wilcox, a Treasure Cay second-home owner from the UK, won the women's division. Wilcox is associated with an open water swim club in the UK and was very impressed with the swim event.

The main events of the weekend, the triathlons, started early Saturday morning. At 7:30am the gun went off and the swimmers entered the again tranquil waters of Treasure Cay Beach. The Olympic competitors swam 1500m, biked 40 km, and ran 10km. Greg Lowe of Nassau won the event with a time of 2:53:25, with Peter Wagner and Carlo Chee-A-Tow taking second and third. The Sprint participants swam 500m, biked 20km, and ran 5km. Dale Hill from Marsh Harbour won the men's division in 1:14:33 followed by Brent Cartwright and Dorian Roach. Vicki Stafford of Freeport won the women's division in 1:22:23 followed by Judy Albury and Judith Smith.

Two relay teams competed in the events: the men's team from Nassau consisting of Adam Isaac, Rob Rothwell, and Phil Cumming completed the Olympic distance in 2:39:01. The all women's team of Lindsey McCoy, Nakia Wong, and Kristin Williams finished the Sprint distance in 1:36:53.

The final event of the day was one of the most entertaining and fun: a kid's 1-mile fun run. The youngsters and their friends and family enjoyed a one mile run within Treasure Cay, and each received an event shirt and finisher's medal, great keepsakes to commemorate their first race.

The day's events ended with a Bahamian style dinner at the Coco Beach bar and grill, where awards and prizes were handed out.

The final day of racing on Sunday consisted of a 5k/10k fun run/walk. Many competitors were preregistered and many more signed up during the weekend's festivities. In total almost 50 people competed. The race started promptly at 8:00am. The first finisher was the male 5k winner, Justin



Fureich, a 15 year old from Monticello, IL with a time of 20:41. Rob Rothwell and Jeff Centerino finished the 5k in second and third. The first female was Allie Centerino of St Louis, Missouri. The thirteen year old completed the 5k (3.1 miles) in 24:48 followed by Layna Cartwright and Leazona Richard. The 10k (6.2 miles) run was a close finish, with Adrian Whyllly of Marsh Harbour (19) edging out Greg Lowe (57, Olympic triathlon winner) of Nassau. Whyllly finished in 48:59, with Lowe four seconds behind, and Phil Cumming finishing in third. The women's division had an even more exciting finish, with two seconds dividing first and second. Stacy Jandreau of Caribou, Maine finished first in 56:56 and Vicki Stafford, the Sprint triathlon winner, finished in 56:58, followed in third by Heather Moore, of Little Harbour, Abaco.

The Great Abaco Family Fitness Weekend would not have happened without the fantastic support of Treasure Cay, the Ministry of Tourism, Damianos Realty, The Bahamas Out Island Promotion Board, and many other sponsors. The volunteer turnout and support from the community was very appreciated by the organization.

The Chronotrack electronic timing system was successfully used on all events, provided by Wildside Online. Results and pictures are posted on www.GAFFW.com The Royal Bahamas Police Force and the Treasure Cay Fire Department provided support throughout the event and allowed for a safe, fun-filled weekend. Treasure Cay was well received as the host of the event, with the competitors raving about the beautiful beach and swim waters, the smooth, fast Abaco roads, and the great run within the Treasure Cay boundaries.

The inaugural Great Abaco Family Fitness Weekend event was a great success benefiting both the Rotary Club of Abaco and Friends of the Environment. The 2013 event dates will be announced soon.

Awards:

Peter Wagner – 1 Mile Open Water Swim Male Winner – Roundtrip Ticket on Bahamasair
Gina Wilcox - 1 Mile Open Water Swim Female Winner – Roundtrip Ticket on Bahamasair
Greg Lowe – Olympic Triathlon Male Winner – Luminox Watch from John Bull
Vicki Stafford – Sprint Triathlon Female Winner – Luminox Watch from John Bull
Dale Hill – Sprint Triathlon Male Winner – ½ Day Fishing Charter by A Salt Weapon, Hope Town
Justin Fureich – 5k Male Winner - \$100 Gift Certificate to Cracker P's, Lubber's Quarters
Allie Centerino – 5k Female Winner – Massage courtesy of Jolika's Spa, Hope Town
Adrian Whyllly – 10k Male Winner - \$100 Gift Certificate to Cracker P's, Lubber's Quarters
Stacy Jandreau – 10k Female Winner – Weekend Stay at Dolphin Beach Resort, Guana Cay
Vicki Stafford – Raffle Winner – Jamis Citizen Bike, provided by Cycles Unlimited, Nassau
Ruth – Raffle Winner – kayak rental for two from Abaco Eco, Hope Town