

BERMUDA TRIATHLON
SUMMARY
2023/2024

ELITE ATHLETES

Flora Duffy

- **Olympic Games, Paris:** 5th place finish while defending her Olympic title; led the swim and part of the bike.
 - **World Triathlon Championship Series, Yokohama:** 7th place – her first race back after an 18-month injury layoff.
 - **WTCS, Cagliari:** 8th place – led the bike leg, showed strong form.
 - **T100 Las Vegas:** 3rd place – podium finish in her second 100km race.
 - **T100 Ibiza:** 9th place – debut over the 100km distance.
 - **T100 Abu Dhabi Final:** 4th place – delivered fastest run split, secured a place in 2025 T100 tour.
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Erica Hawley

- **Olympic Games, Paris:** 41st – impressive debut on the world stage.
 - **World Triathlon Cup, Yeongdo:** 3rd place – first World Cup podium.
 - **Americas Triathlon Cup, Montreal:** 1st place – first elite win.
 - **World Triathlon Cup, Huatulco:** 11th – her best World Cup result at the time.
 - **World Triathlon Cup, Samarkand:** 13th – continued strong form internationally.
 - **WTCS, Cagliari:** 42nd in deep field of Olympic contenders.
 - **WTCS, Yokohama:** Consistent performance.
 - **World Triathlon Cup, Brasilia:** 16th
 - **Americas Triathlon Championships, Veracruz:** 10th
 - **Americas Triathlon Cup, Missouri:** 5th
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Tyler Smith

- **Olympic Games, Paris:** 1:51:59 – solid effort in tough field.
- **WTCS Sunderland:** 30th – strong showing in elite sprint.
- **World Triathlon Cup, Huatulco:** 25th – overcame a transition penalty.
- **World Triathlon Cup, Tiszaujvaros:** Made final through repechage; strong European campaign.
- **World Triathlon Cup, Samarkand:** 26th – consistent among elite men.
- **World Triathlon Cup, Brasilia:** 16th
- **Americas Triathlon Championship Series, Santa Marta:** 5th – top result in continental competition.
- **Americas Triathlon Championship, Miami:** 10th – standout 10K run split (32:50) in brutal heat.
- **Americas Triathlon Championships, Veracruz:** 9th
- **African Triathlon Cups:** Three top-ten finishes.
- **Caribbean & Central American Championships, Punta Cana:** 2nd place.

Nick Pilgrim

- **Americas Triathlon Cup, Missouri & Sarasota:** Strong elite performances.
- **Americas Triathlon Cup, Ixtapa:** 16th in elite field of 70.
- **World Triathlon Continental Cup, Long Beach:** 57:09 – top-tier time.
- **Americas Triathlon Championship, Miami (U23):** 8th out of swim; suffered heat stroke during run.
- **CAC Games, San Salvador:** National team representation.
- **BUCS Duathlon Championships:** 15th overall out of 516; helped University of Bath to team win.

OVERSEAS YOUTH EVENTS

CARIFTA Triathlon & Aquathlon Championships

2023 – Nassau, Bahamas

- **Total Medals:** 8 (5 Gold, 2 Silver, 1 Bronze)
- **Triathlon Medalists:** Gold - Jamie Bedford, Jackson Langley, Rory Shepherd

Silver – Fenella Wightman; Bronze – Ollie Hayward

- **Aquathlon:** Gold: Rory Shepherd, Silver: Somers Estwanik
- **Mixed Team Relay:** Gold (Langley, Leclerc, Bedford, Wightman)

2024 – Barbados

- **Total Medals:** 13
 - **Podium Sweeps:**
 - *Boys 13–15:* Gold – Sanchez Smith, Silver – Luca Bortoli, Bronze – Jacob Wright
 - *Girls 11–12:* Gold – Naomi MacGuinness, Silver – Zara Bule, Bronze – Iris Duda
 - **Additional Medals:**
 - *16–19 Boys:* Silver – Jamie Bedford, Bronze – Ollie Hayward
 - *Aquathlon:* Gold – MacGuinness; Silvers – Rory Shepherd (B13–15), Collette Durkin (G11–12)
 - **Mixed Team Relay:** Silver and Bronze teams.
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Clermont Draft Legal Races (USA)

2023

- Jackson Langley: 1st & 3rd in Youth Development Races
- Jacob Wright: 18th; Braxton Cooze: 20th
- Girls: Ella Shepherd (23rd), Tallulah Parkinson (25th)

2024

- Jacob Wright: 5th
- Strong team finishes: Sanchez Smith (8th), Dylan Eiselt (10th), Jens Drea (11th), Rory Shepherd (12th), Gianluca Bortoli (13th)
- Girls: Ella Shepherd led (16th)
- *U25 National Development:* Jamie Bedford (34th), Ollie Hayward (54th)
- Carina Bortoli: 5th (AG Draft Legal Women)

Youth Commonwealth Games (Tobago, 2023)

- *Team*: Jackson Langley, Jamie Bedford, Fenella Wightman, Daria Desmond
 - *Individual Results*: Langley (7th), Wightman (9th), Bedford (15th), Desmond (16th)
 - *Mixed Relay*: Team finished 8th
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Sarasota-Bradenton Triathlon (2023)

- 1st place: Jackson Langley (Youth Elite Male)
 - 6th place: Jacob Wright
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Triathlon Super Series (UK, 2024)

- Bermuda Participants: Nick Pilgrim, Jamie Bedford, Fenella Wightman, Ollie Hayward, Jacob Wright, Ella Shepherd
 - Competed in one of the most competitive junior series in the UK.
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East Coast Triathlon Festival (USA)

- Sanchez Smith: 22nd
 - Makao Butterfield: 57th
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Jenny Lee Tri Cup (USA)

- Jackson Langley: 15th overall after two days of racing in Pennsylvania.
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British National Schools Biathlete Championships

- Jamie Bedford & Jacob Wright: Both placed 4th in their respective age groups.

Americas Triathlon Championship – Miami (Junior Sprint Distance)

- Oliver Hayward and Jackson Langley delivered closely matched performances in the Junior Men's category.
 - Both athletes finished under 1 hour, racing side by side throughout.
 - Langley: 48th place – 59:43
 - Hayward: 49th place – 59:57
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World Triathlon Age-Group Championships 2024 – Torremolinos, Spain

Five Bermuda athletes competed on the world stage:

- Ollie Hayward:
 - 8th place in the Male 16–19 Sprint (1:05:44)
 - Just 1.5 minutes behind the winner in a strong international field of 67.
- Jamie Bedford:
 - 42nd in the same category after a fall exiting the swim.
- Fenella Wightman:
 - 22nd in Female 16–19 Sprint
- Kent Richardson:
 - 53rd in the Male 65–69 Sprint
- Arthur Wightman:
 - 101st in the Male 45–49 Sprint

LONG DISTANCE TRIATHLON

Outstanding Performances and Podiums

- Karen Smith
 - Ironman Cozumel: 1st (F55–59); qualified for Kona World Championships.
 - Ironman Lake Placid: 1st (F55–59) – Total time: 11:29:29.
 - Ironman World Championship, Kona: 2nd (F55–59); 245th overall in 10:50:10.
 - Marie-Lyne Dore
 - Ironman 70.3 Massachusetts: Overall Female Winner – 4:41:59.
 - Ironman 70.3 Indian Wells: 1st (F40–44); 204th overall – 4:49:10.
 - Ironman 70.3 Penn State: 1st (F45–49); 4th female overall.
 - Also claimed titles in Boston Half Ironman, Bermuda National Olympic Sprint Triathlon, and Masters Time Trial.
 - Maddie Durkin
 - Ironman 70.3 Florida: 1st (AG), 2nd overall female – 4:39:22. Fastest run split of the day.
 - Phil Mace
 - Ironman 70.3 Blue Ridge: 1st (AG) – 4:41:46 on a challenging hilly course.
 - Louise Wells
 - Ironman 70.3 Mallorca: 3rd (AG) – 5:38:15.
 - Ironman World Championship, Kona: 5th (F50–54) – 10:47:55; 235th overall.
 - Christine Dailey – 3rd (AG) at Eagleman 70.3.
 - Marie-Lynn Dore – Top finishes at Indian Wells and Massachusetts.
 - Sharon Craig – 5th (AG) at Indian Wells 70.3; her comeback race after injury.
 - Carolyn Conway – 5th (F55–69) at Arizona 70.3 – 7:58:01.
 - Geoff Smith – 16th (M55–59) at Ironman Florida – 11:12:08.
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Other Notable Results

- Alex Waldauer – 5th (AG) at Ironman 70.3 Florida in his debut
- Ashleigh Cooper – 2nd (AG) at Ironman 70.3 Florida
- Steve Smith – Fast bike leg at Ironman 70.3 Springfield
- Mark Robinson – 12th (AG) at Eagleman 70.3.
- Kristen Robinson – 6th (AG) at Eagleman 70.3.
- Dan Samilski, Byron Renken, Leanna Coetsee, Darren Thompson, Ian Henderson, Jeremy Shrubbs, Neil Lupsic – Solid performances across multiple Ironman 70.3 races.
- Will Abbott – Completed first full Ironman (Cascais, Portugal) (106th in M30–34).

LOCAL EVENTS

1. Good Friday, Labour Day & National Heroes Day Events

- Informal community triathlons held at Harrington Sound Dock for all ages, encouraging participation and fun throughout the holiday calendar.
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2. Thursday Night Sprint Series

- A weekly summer series of super sprint races at Clearwater Beach, offering regular competition and training opportunities for triathletes of all levels.
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3. Cambridge Beaches Splash & Dash (2023–2024)

- A swim-run series held in autumn and winter, with races extending into 2024.
 - Known for cooler water temps and a festive, social atmosphere hosted by Cambridge Beaches.
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4. Cambridge Beaches Sprint Triathlon (2024)

- *Senior Winners:* Oliver Hayward (58:04) & Erica Hawley (1:00:19, first race post-Olympics).
 - *Youth Division Winners:*
 - 7–10 Boys: Liam Horrobin
 - 7–10 Girls: Madeleine Friend
 - 11–15 Boys: Dylan Eiselt
 - 11–15 Girls: Naomi MacGuinness
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5. Olympic Distance Qualifier (2023)

- Held at Clearwater to select athletes for Island Games and CARIFTA.
 - *Olympic Distance:* Alex Waldauer & Maddie Durkin led the field.
 - *Junior Super-sprint:* Jackson Langley (Male) & Daria Desmond (Female) topped their divisions.
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6. 2023 Liberty Mutual Bermuda National Sprint Triathlon Championships

- *Champions:* Nicholas Pilgrim (57:51) & Ashley Couper (1:08:12)
 - *Notables:* 14-year-old Jackson Langley (2nd overall), Philip Mace (3rd), Maddie Durkin (2nd female), Karen Smith (3rd female)
 - Over 100 participants across individual, team, and junior categories in Hamilton.
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7. Bermuda National Olympic Distance Triathlon (2024)

- *Men's Champion:* Will Green – 2:17:18
 - *Women's Champion:* Marie Dore – 2:19:38 (2nd overall)
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8. Clarien Ironkids Triathlon (2023)

- Held in September at Clearwater Beach with 190 junior participants.
 - *11–15 Racing Bike Winners:* Jackson Langley (21:58) & Madison Schindel (27:07)
 - *7–10 Racing Bike Winners:* Naomi MacGuinness & Owen Fosker
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9. Clarien Ironkids Triathlon (2024)

- 98 juniors competed in racing and non-racing bike divisions.
 - *11–15 Racing Bike Winners:* Dylan Eiselt (20:55) & Sofia Leclerc (24:41)
 - *7–10 Racing Bike Winners:* Liam Horrobin (14:14) & Madeleine Friend (16:12)
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10. Team Relay National Championships (2024)

- Senior All-Male: Langley & Eiselt – 49:37
- Senior All-Female: Couper & Berry – 59:04
- Senior Mixed: “Double Trouble” (Smith & MacGuinness) – 56:45
- Senior Family: Bortoli Family – 54:50
- Corporate: VT Construction (Drea & Smith) – 55:05

CAMPS

BTA Junior Camps (2023 & 2024)

- Over 30 juniors aged 7–16 participated in week-long summer camps.
 - Focused on swim, bike, run, and transition skills.
 - Culminated in fun races showcasing progress and teamwork.
 - Emphasis on skill development, confidence-building, and friendship.
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Junior Training Camp with Parker Spencer (2024)

- Over 20 juniors trained under elite U.S. coach Parker Spencer.
 - Focus areas included: Endurance development, race tactics and nutrition and preparation
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Junior Training Camp with Michael Harlow (2023)

- Led by Michael Harlow of Endorphin Fitness (USA).
 - Focused on endurance, race strategy, and transitions.
 - Served as final prep for the CARIFTA Triathlon and Mixed Relay Championships in Barbados.
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Neill/Blake Adult Camps (2023 & 2024)

- Week-long training programs for adults, including both beginners and experienced triathletes.
- Run by Canadian pros Mike Neill and Jasper Blake.
- Included race simulations and technique refinement in a supportive, structured setting.