

“Lionman” Is A Local



Although - strictly speaking - the Lionman Triathlon isn't a part of the September Celebrations, there was reason enough to celebrate on Sunday as Belizeans dominated the event - which went to Guatemalans for the past three years. Giovanni Choto, with a time of two hours thirty minutes and ten seconds, was named this year's Lionman and Andrea Polanco spoke to him immediately after:

Andrea Polanco

"Tell me what's the feeling like right now?"

Giovanni Choto, 1st Place

"Well right now I feel like I really heavy. I feel like I barely could stand up 'ie mi hard' and sun hot and thing."

Andrea Polanco

"What was the competition like?"

Giovanni Choto, 1st Place

"Yes they have Doc from Cayo that really give me competition you know the man really come good this year."



Andrea Polanco

"During the race we saw you had a puncture right do you think that affected the time you clocked in today?"

Giovanni Choto, 1st Place

"It really affect me because we stay some minutes the change the wheel and then we changed the wheel then spindle burst and we had to change the spindle to and it took us some minutes."

Andrea Polanco

"So when that happen what was going through your mind at that time?"

Giovanni Choto, 1st Place

"I thought I wouldn't be able to catch up with Doc but I just gone hard on my bike and give it my all you know."

That "Doc" is 50 year old Ramon Figueroa who participated in his eleventh Lionman and stunned competitors with his outstanding performance:

Ramon Figueroa, 2nd Place

"For me it's always the run because it's the last event, the sun is already out its quite hot and by that time you're dehydrated you've been riding 24 miles and you been swimming thirty-odd minutes so the last leg the transition between the ride and the run for me is always the most difficult part."



Kaya Cattouse, 2010 Female Lionman



"The swim, the swim was rough and I did the relay as well so I had to try do the swim the best that I could because I had to tag my brother so he could get a good start on the ride but the swim was the roughest."

Jay Essam, 3rd place

"The run was the most challenging because it's so hot and coming from the UK I'm not that used to the conditions as the local guys are and that was a bigger challenge for me."

For some of the big names in today's triathlon preparation started way back but for some there was little or no training for the event:

Giovanni Choto, 2010 Lionman

"We never train for it, I never train not one day."

Andrea Polanco

"So you didn't come out with any strategy? So you didn't prepare for anything today?"

Giovanni Choto, 2010 Lionman

"No, last night my brother told me for us to go run it and then, and then I tell him well 'let's go then' because he really want me to go with him. I don't swim any at all me nor my brother. We just came here and say that we will swim all out. But on the bike I have an advantage so I just give it my best"

Dr. Ramon Figueroa, 2nd Place

"I think it's over time...I started doing the Lionman since the inception I think in 2000. I've done basically almost every year and every year I try to improve. This year I think what I did is train smarter I did combined weight training with the actual swimming, riding and running. I focused again throughout the year in terms of maintaining some level of cardiovascular...I did a marathon in February and that was the platform for me to start the training so I don't actually start training. I always say that I'm 50 years old I am like the old truck if I stop it the engine seizes."

For Kaya Cattouse, the only female participant in the individual event - she did both the team and individual triathlon - all that in her second ever triathlon.

Kaya Cattouse, Female Lionman

"Well its only last night that I decided I was going to do the full thing all the while I was

training for the relay but there were no other females registered so why not take the challenge all I had to do was finish."

In the end, the top finishers who were all pleased with the overall results:

Dr. Ramon Figueroa, 2nd place

"Ah great to finish every time you finish the triathlon it's a great feeling to have completed the triathlon. To finish second actually this is the first time I've finished second; I think the closest I've done is come in 4th. This year I didn't have any expectations in terms of coming 1st , 2nd or 3rd I just wanted to do it enjoy it and I guess it made a difference."

Giovanni Choto, 2010 Lionman

"Thank God you know that we do good and thanks to our family and sponsors. Thanks to everybody. I never know that I was to win. I just thank God for it."

Jay Essam, 3rd Place



"It's a bit overwhelming really I never really anticipated coming in the top ten I was strong on the bike weak on run but was just a matter of keeping and going and doing your best and that's what I did and was really happy with the results."

Kaya Cattouse, 2010 Female Lionman

"Feels great this is the second time I am doing the Triathlon. And it feels great. I want thank everyone who came out here to support me especially my mom Karen Vernon and my family and friends who came out here to support me."

An event that is usually dominated by the Guatemalans, but today they were a no-show, which just may have been a big factor in the final results:

Giovanni Choto, 2010 Lionman

"When the Guatemalans comes it really hard but then I don't know...I think we could win."

Dr. Ramon Figueroa, 2nd place

"The Guatemalans weren't here I don't know how ...I would have done if there were here."

Choto and Cattouse took home \$500, a trophy and a smart package each among other prizes. The other big winners for the day included Spectrum Designs in the Corporate Relay, 63 year old Roy Gillett: the oldest participant and Anthony Leslie the youngest participant.

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