

2015 REPORT

This year's Applecross Duathlon again enjoyed excellent conditions although a slight headwind on the cycle was responsible for the lack of new records. 141 competitors took part ranging in age from 13 to 78. 85 entered the Race and 56 the Challenge which covers the same course but starts 1 hour earlier.

Ewan Taylor, Army, 1.49.15, won the Mens' Open for the second consecutive year whilst Claire Gordon, Hunters Bog Trotters, 2.07.40, repeated her win of 2013 in the Ladies Open. Congratulations to Claire on winning the 8 day Gore-Tex Transalpine run which ended on 5 September. One of the day's outstanding performances was by Cameron Young, Inverness Harriers. Cameron is just 17 but his time of 1.53.36 was the third fastest on the day. The second fastest and the first male veteran, was Paul Miller, also Inverness Harriers, in 1.51.21.

The first ladies veteran, completing three wins in a row, was Jill Morrow, Portobello, 2.12.34. The Morrows are a talented family. The youngest competitor at 13 years and one day, was Beth Morrow, whose superb time of 2.33.35 was the fastest by a junior. Two other families, the Keiths quartet and the Knoxs quintet, did conspicuously well. Dad, Alec Keith, was second male super veteran, 2.00.56, mum, Gilly, modestly entered the Challenge, but her time of 2.51.32 would have earned her second place in the ladies super veteran category, whilst daughters, Rachel, 15, and Megan, 13, both produced excellent times of 2.49.43 and 2.51.31 respectively. Jonny and Tracy Knox won prizes in the super veteran category: Jonny was third male in 2.01.53, whilst Tracy was second lady in 2.52.36.

The "vintage" winners were Alison Strachan, 3.03.00, and Ron McGill, 2.37.13. A new event this year was the "Mountain Rescue Challenge" between Lochaber and Torridon Mountain Rescue Teams The prize, a bottle of whisky, was won convincingly by Lochaber. Their quartet of Donald Paterson, John MacRae, Keith and Amanda Blackhall, all performed impressively with times of 2.03.05, 2.12.15, 2.15.13 and 2.23.00. The trophies for the fastest Applecross locals were won by Gregor Watson and Megan MacInnes.

After the event the prize giving, in the Community Hall, was accompanied by an excellent Tea enjoyed by well over 100 folk. Grateful thanks are due to the "Tea Ladies" and to the 30 volunteers who did the registration and time keeping and acted as marshals, photographers and last but not least, piper at the start and finish. Much effort goes in to providing first aid cover around the course but mercifully there were no significant injuries to be dealt with. Thanks also to the Applecross Inn and Walled Garden bistro for contributing prizes and, particularly to Square Wheels bike shop, Strathpeffer, for their continued generous support of the event.

For about 50 competitors and helpers a great day was completed with dinner in Jon and Elaine Glovers' Walled Garden bistro where, in spite of completing his first Duathlon in the impressive time of 2.55.41, Jon was busy in the kitchen.

Finally my profound apologies are due to Beth Morrow. Through confusion over which Juniors were in the Challenge and which were in the Race, I inappropriately added an

hour to her time and therefore failed to acknowledge her superb performance, the best ever by a girl in the Applecross Duathlon, at the prize giving.

Gerry McP.