

2010 REPORT

The seventh Applecross Duathlon took place on Saturday, 18 September. 34 took part with 10 in the Fun Run or Walk and 24 in the Race. All 34 safely completed the 9 mile run and 15 mile cycle over a course, in stunning scenery, that always receives much praise. A regular entrant described it as, “one of the most enjoyable events in the country – it is a winning formula in one of the best parts of Scotland (if not the world!).

Charlie Hornsby continued his impressive form in the event, winning the Mens Open in 2.01.07, whilst Lisa Gamble won the Ladies Open in 2.15.52. Moraig Lyall, daughter of Ann and John Maxwell, Kenmore, won the Ladies Veteran category for the third consecutive year, whilst debutante Jon Purdy, from Yorkshire, won the Mens. Jon is already planning his return for the 2011 Duathlon.

The outstanding performance of the day came from 66 year old Ray Wilby. Ray was fourth overall and his time of 2.13.04 improved the previous record for the Vintage category by nearly 9 minutes.

The most remarkable effort was by Lawrence Phin and his 11 week old daughter, Lela, who helped each other round in a little over 4 hours. Meanwhile mum, Mairi Crawford, was taking third place in the Ladies Open. An impressive family!

After the event, over 50 folk enjoyed a feast of home baking at the Tea in the Hall where Dan MacCowan distributed the prizes.

As always I am indebted to a large number of folk who make possible the smooth running of the Duathlon, in particular, the Applecross Trust, the Venture Trust, the Marshals and other officials, Donald MacCuish for allowing us to use his barn for bike storage, and, most importantly, my wife, Rhona, and the other “tea ladies”. Thanks are also due to our very generous prize donors: Steve MacDonald, Square Wheels, Strathpeffer, Mike Arkley, Mountain & Sea Guides, Judith Fish, Applecross Inn, John and Elaine Glover, Potting Shed Bistro, and last, but by no means least, Roddie “Butcher”!