

2007 Orkney Middle Distance Triathlon

The second Orkney Half Iron Man took on place Saturday 8th September. The weather was not as kind to the competitors as the previous year with a stiff westerly breeze. This made for a choppy 1.9 km swim in Scapa Bay. The swim course differed slightly from the previous year, involving two circuits in the water, with the triathletes leaving the water onto the beach after the first lap. Bobby Oag produced the fastest swim time of just over 30 minutes, which was very good given the conditions.

The first two thirds of the 56 mile cycle around the Orkney Mainland was very tough as the competitors battled against the wind. The last third was very fast due to wind assistance. The course took in many of the iconic Orkney landmarks including the Ring of Brodgar and passed through the outskirts of Stromness. Jake Vellacott of Three Peaks Triathletes was the fastest by two minutes from Oag on the bike at 2:44.

The half marathon distance run at the end of the race consisting of four circuits between Kirkwall and Scapa Bay was less affected by the wind. The fastest run time by an individual was 1:27 by Greg Muir.

Bobby Oag a promising young athlete from Orkney won the event in a time of 4 hours 49 minutes. The fastest female competitor for the second year running was Susan Gray of in a time of 6:10. Thurso Amateur Swimming Club's David Spencer improved his time by five minutes over 2006 by finishing in 5 hours 30 minutes with a very respectable run time of 1:35, a ten minute improvement. Five teams and twenty individuals took part in this well organised event.

Do you want to try triathlon? Then have a look at <http://www.thursoasc.org.uk/triathlon.html> for information on TASC and links to the other local triathlon clubs.

