



Acker never missed a stroke

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The triathlon season is in full swing after the first of three Stroke & Stride races was completed at Sunset House last week.

Not surprisingly, it was turbo-charged Marius Acker who cantered home first after a 400 metre swim and two-mile swim. There seems no let up for the lanky South African who despite his advancing years - nearly 39 - barely seems to be slowing.

The defending champion won in 18 minutes and 3 seconds, 55 seconds ahead of second placed Team Mamber - Amber Myrie and Mark Hogan. Andrew Smiley was the fastest swimmer and with Bill Edwards he formed the Cajun Hounds. They bounded home wagging their tails in third in 19:22.

Scott Brittain, fastest runner on the island, seems to have developed webbed feet because he was fourth overall and the second placed solo competitor in 19:33. Johann Heath pushed him all the way, finishing six seconds behind. Brittain could win this series if he turns up for the other two because Acker is going to miss at least one. Over 120 people entered, including the Governor Duncan Taylor who still swims like an eel and runs like an Olympic candidate at 51.

The Russell Cal team of Russell Coleman and Catriona McRae were sixth in 19:50. Caroline Cahill was first woman home, in 20th place in 23:12.

The second and third races in the series are on Wednesdays 18 and 25 August, also from Sunset House in South Sound, both starting at 5.45pm. The next swim is 600m and the third one 800m. Runs are both two miles again.

Sponsored by Ogier and organised by the Cayman Islands Triathlon Association, the Stroke & Stride series is a charity fund raiser, and participants are encouraged to raise sponsorship money if possible.

This year's receiving charity is CARE - Cayman Animal Rescue Enthusiasts. CARE is a group of dedicated volunteers, who assist the Cayman Islands Humane Society by volunteering time to exercising and care for the many pets abandoned at the shelter and assist in the education of spay and neuter within the community: www.caymancare.ky.

* For the other two Stroke & Strides, registering can be done online: www.caymanactive.com or from 4.30pm at My Bar at Sunset House. Entry is \$10 per race - individuals and teams. Minimum age on race day is 13 and participants under the age of 16 must be accompanied by a parent or legal guardian.

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