



## LAC Aonach Mor Uphill 2006

This years race had a record entry, hence the late start. Well done to all the runners who took part and a big thankyou to Nix for taking over the organising this year, honest I had no idea this number would appear!

David Rodgers broke his own record in conditions well suited to fast times. Nicola Meekin, Oban AC continued her good form to take first in the ladies race in a time of 30.31.

- 1 David Rodgers LAC M 22:42
- 2 John Hepburn LAC MV40 25:03
- 3 Manuel Gorman Westerlands CCC M 25:26
- 4 Tim Brand Oban AC MV40 25:38
- 5 Tom Smith Oban AC M 25:52
- 6 Peter Kennedy LAC M 25:59
- 7 Jason Williamson Cosmic Hillbashers M 26:05
- 8 Paul Currant M 26:08
- 9 Chris Near Eyri Harriers M 26:24
- 10 Sam Wilson Oban AC M 26:30
- 11 Graeme Campbell M 26:35
- 12 Alex Johnston Oban AC M 26:46
- 13 Ken Whyte LAC MV50 27:09
- 14 Ruari Watt M 27:15
- 15 George Cairns LAC M 27:18
- 16 Paul Mitchell S. London Harriers MV40 27:27
- 17 John Ashcroft M 27:41
- 18 Jim Brown BARF MV40 27:43
- 19 Michael Bossard Oban AC M 27:48
- 20 Stephen Cant LAC M 27:53
- 21 Ken Rungay LAC MV40 28:05
- 22 Pele Munro LAC M 28:10

- 23 Spook Munro LAC MV40 28:25
- 24 Lee Bennet M 29:11
- 25 Ivor Normand HBT MV40 29:27
- 26 Seb Phillips BBM M 29:31
- 27 John R. Maitland LAC MV40 29:37
- 28 John Grant Oban AC M 29:42
- 29 John Anderson Mid Argyll MV40 30:12
- 30 Roger Boswell MV50 30:21
- 31 Nicola Meekin Oban AC F 30:31
- 32 Graham MacNab LAC MV40 31:11
- 33 Graham Brooks LAC MV50 31:21
- 34 Bom Mackay HBT M 31:33
- 35 Julia Henderson Helensburgh F 31:36
- 36 Nix Forster LAC F 31:46
- 37 Pilar Near Eyri Harriers F 32:09
- 38 Naomi Phillips Oswestry F 32:42
- 39 Davie Austin MV40 32:49
- 40 Linda MacEwan LAC FV40 32:50
- 41 Alec Kitson MV50 33:10
- 42 Raymond Murdoch LAC MV50 33:20
- 43 Foss Forster LAC M 33:28
- 44 David Small MV40 33:30
- 45 Gary Connelly M 33:37
- 46 Chloe Patterson LAC F 33:45
- 47 Claire Treasurer LAC F 33:48
- 48 Dave Ford LAC MV50 33:59
- 49 Davy Duncan Ochil Hill Runners MV50 34:01
- 50 Ronnie Turner LAC MV40 34:22
- 51 Colin Wilson Carnethy MV40 34:27

52 Ernie Orr LAC MV60 34:39  
53 Lyndsey Shaw LAC F 34:55  
54 Nicky Sharratt LAC F 34:58  
55 John Borrill MV40 35:03  
56 Emma Pearce LAC FV40 35:13  
57 Jim Stewart LAC MV50 35:19  
58 Amanda Henderson F 35:21  
59 Jason Clark Clee M 35:30  
60 John Dougan LAC MV50 35:47  
61 Biff Gow LAC F 35:51  
62 Bruce Sharratt LAC MV40 36:00  
63 Gavin MacDonald Swindon M 36:10  
64 Johnny Banks LAC MV50 36:21  
65 Finlay Dowell Irvine MV40 36:29  
66 Ed Daynes LAC M 36:33  
67 John O'Neill LAC MV40 36:51  
68 Joan Wilson Carnethy FV40 36:56  
69 Graeme Glover M 37:48  
70 Susan Jane Ross LAC F 37:52  
71 Andrew Finnimore LAC MV50 38:07  
72 Tom McCallum LAC M 38:26  
73 Martin MacDonald M 38:57  
74 Sue Patterson Australia FV40 39:02  
75 Aileen Duncan LAC F 39:05  
76 Angela Philip Forfar FV40 39:07  
77 Robert Cant LAC MV50 39:32  
78 Morag Aitken LAC FV40 39:49  
79 Theresa Mackay LAC FV40 40:05  
80 Ailsa Cant LAC F 40:29

- 81 Ellen Morrison LAC F 40:45
- 82 Gavin Murphy M 41:17
- 83 Aileen Kitson LAC FV40 41:19
- 84 Clare Rungay LAC F 41:22
- 85 Jenny Ford LAC FV50 42:02
- 86 Keith Hoole LAC V50 44:44
- 87 Ian Strachan MV40 44:46
- 88 Malcolm Cowell MV50 46:15
- 89 Joanna Hynd LAC F 46:28
- 90 Laura Young F 47:02
- 91 Siobhan Bradley F 47:06
- 92 Elma Murdoch LAC FV50 47:12
- 93 Christine Dougan LAC FV40 50:00
- 94 Donna MacDonald F 50:45