



LAC Aonach Mor Uphill 2004

The 2004 hill running season kicked off with the annual new year day Aonach Mor hill race. This years event attracted 54 runners, who were willing to brave the wintery conditions that morning. Snow, ice, freezing slush and poor visibility made for some interesting conditions on the upper slopes of the mountain. True to form David Rodgers took the race on from the start, building a commanding lead which was never to be threatened. The battle for second was raging behind the leader, with Mark Shaw and Peter Kennedy neck and neck all the way until the last 400mtr, Mark edged in front of Peter through the deep snow covered heather to finish nine seconds ahead clinching second place. The first lady home in 29th place overall was Lindsey Shaw, having given birth to a baby boy just two weeks prior, Lindsey showed no signs of weakness and had a strong confident run. Well done to all the runners who took part and a big thank you to Nevis Range for again being so accommodating. Another big thank you goes out to the Marshals and helpers, who had a long cold stand. And finally thanks' to our sponsors this year, West Coast Outdoor, for their continued support of this event and Lochaber Leisure Centre, for supporting us this year.

- 1 David Rodgers LAC 25.11 M
- 2 Mark Shaw LAC 27.01 M
- 3 Peter Kennedy LAC 27.11 M
- 4 Jason Williamson Gairloch R R 27.56 M
- 5 Des Crowe Shettleston 28.02 MV40
- 6 George Cairns LAC 28.07 M
- 7 Colin Hut City E 28.11 M
- 8 Ken Rungay LAC 28.37 M
- 9 Dennis McDonald Cosmic H R 28.55 M
- 10 Donald Paterson LAC 28.57 M
- 11 Glen McNeilly LAC 29.02 M
- 12 Graham Munro UA (Roy Bridge) 30.06 M
- 13 Mike Webb Germany 30.06 M
- 14 Steven Fudge LAC 30.08 M
- 15 Stephen Cant LAC 30.22 M
- 16 Gareth Fudge LAC 31.15 M
- 17 David Munro LAC 31.27 M
- 18 Neil Arnott LAC 31.43 M

19 Graham MacNab LAC 31.48 MV40
20 John R Maitland LAC 31.56 MV40
21 David Orr LAC 32.26 M
22 Damian Forster LAC 32.35 M
23 David Small UA (Edinburgh) 54.32 MV40
24 John O'Neil LAC 32.56 MV40
25 Dave Ford LAC 33.06 MV50
26 Henry Methold LAC 33.46 MV40
27 Andrew Kerr Troon Tortoises 34.08 M
28 Tom Ross Fife AC 34.44 MV50
29 Lindsay Shaw LAC 34.57 L
30 Tom McCallum UA (Roy Bridge) 35.09 M
31 Robert Cant LAC 35.12 MV50
32 Ross Waugh LAC 35.18 Jnr M
33 Iain MacDonald HHR 35.26 MV40
34 Colin Ross UA (Corpach) 35.28 M
34 Colin Ross UA (Corpach) 35.28 M
35 Jim Stewart LAC 35.39 MV50
36 Sara Byrne LAC 36 L
37 Gordon Smith LAC 36.17 MV50
38 Ernie Orr LAC 36.33 MV50
39 Fiona Dahl HHR 36.36 L
40 John Dougan LAC 37.28 MV50
41 Morven Cameron LAC 38.19 L
42 Sarah MacKenzie LAC 38.29 Jnr L
43 Melanie Waugh LAC 38.34 LV
44 Biff Gow LAC 39.49 L
45 Gavin MacDonald UA (Fort William) 40.16 M
46 Nikki MacDonald LAC 41.12 L

- 47 Morag Aitken LAC 41.42 L
- 48 Fraser Coupland LAC 42.32 M
- 49 Jenny Ford LAC 43.32 LV
- 50 Andrew MacDonald UA (Fort William) 43.35 MV40
- 51 Ellen Morrison LAC 44.39 L
- 52 Ailsa Cant LAC 45.22 L
- 53 Alan MacDonald UA (Fort William) 51.08 M
- 54 Donna Anderson UA (Claggan) 55.44 L