



LAC Junior Canal Bank 2003

The first of Lochaber Athletic Club Junior Races took place Sunday morning, 9th November. There was a fantastic turnout of 44 youngsters. It was good to see many faces returning from last year along with lots of new faces. The new youth league for 2003/2004 saw Ross Waugh(15) coming in 1st male, with Michael MacDiarmid(15) 2nd, both Lochaber High and Sarah Mackenzie(15), Kinlochleven High was 1st female youth.

The Under 13 runners were the most competitive, sprinting it out for places towards the finish, which made the timekeepers job quite difficult indeed!! First was Scott Johnstone of Drumadochit High in a new course record of 9.42, 2nd and a second inside the old record was Ross Douglas 9.55 of Mallaig High with Duncan Shaw (Ballahilish Primary;winner of the Under 11 age group last year) in 9.58 and Christopher Hamilton 4th in 10.04.

Under 13 girls winner in a time of 10.05 was Cara MacKay, 2nd Maxine Fraser in 10.18 (both Lochaber High) and 3rd Lyndsey Michie in 12.20 (Ballahulish Primary).

Under 11 Boys saw St.Mary's Primary Rory MacLennan (10.04) and Iain Foggo(10.33), 1st and 2nd respectively with Innes Blackhall, Caol Primary 3rd(11.10) and Kevin Sabiu Lochyside 4th(11.41).

In the Under 11 girls event Kelly MacDiarmid of Invergarry Primary was first in 9.57, setting a new course record for the girls, with Kathleen Cameron St.Marys Primary 2nd(10.34) and Ruth Earnshaw Roy Bridge Primary 3rd(11.04), and Heather Cameron Banavie Primary 4th(13.01).

Position Name Age School Time Points

Male Youth (15-18)

1st Ross Waugh 15 Lochaber High School 29.35 35

2nd Michael MacDiarmid 15 Lochaber High School 36.36 30

Female Youth (15-18)

1st Sarah Mackenzie 15 Kinlochleven High School 29.52 35

Male Under 13

1st Scott Johnstone 12 Drumnadrochit H.S. 9.42 35

2nd Ross Douglas 11 Mallaig H.S. 9.55 30

3rd Duncan Shaw 11 Ballahullish Primary 9.58 25

4th Christopher Hamilton 11 Lochyside 10.04 20

5th Sean Thomson 11 Ballahullish Primary 10.52 19

6th Ryan Denny 11 Banavie Primary 11.05 18

Female Under 13

1st Cara MacKay 12 Lochaber High School 10.05 35

2nd Maxine Fraser 11 Lochaber High School 10.18 30

3rd Lyndsey Michie 11 Ballahulish Primary 12.2 25

4th Hannah Earnshaw 12 Lochaber High School 13.49 20

5th Catriona MacIntrye 11 Roy Bridge Primary 14.39 19

Male Under 11

1st Rory MacLennan 9 St.Mary's Primary 10.04 35

2nd Iain Foggo 10 St.Mary's Primary 10.33 30

3rd Innes Blackhall 5 Caol Primary 11.1 25

4th Kevin Sabin 8 Lochyside 11.41 20

5th Andrew Hepburn 8 St.Mary's Primary 11.44 19

6th Darren Kennedy 9 Inverlochy Primary 11.54 18

7th Craig Stewart 10 Banavie Primary 11.56 17

8th Goerge Mallison 10 Roy Bridge Primary 11.57 16

9th Richard MacLeod 9 St.Mary's Primary 12.14 15

10th Sean Munro 7 St.Matthew's Primary 13 14

11th Finn Munro 6 Banavie Primary 15.33 13

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12th Owen Cairns 5 Fort William Primary 15.36 12

13th Martin Sabiu 10 Lochyside 16.34 11

13th David Watson 10 Banavie Primary 16.34 11

15th Matthew Thomson 9 Ballahulish Primary 17.45 9

16th Sean Campbell 8 Banavie Primary 18.07 8

Female Under 11

1st Kelly McDiarmid 11 Invergarry Primary 9.57 35

2nd Kathleen Cameron 10 St.Mary's Primary 10.34 30

3rd Ruth Earnshaw 10 Roy Bridge Primary 11.04 25

4th Heather Cameron 9 Banavie Primary 13.01 20

5th Ashley O'Neill 10 Inverlochy Primary 13.16 19

6th Megan Munro 8 Banavie Primary 13.31 18

7th Natasha Earnshaw 7 Roy Bridge Primary 14.52 17

8th Katie Ann Dougan 8 Lochyside Primary 14.59 16

9th Hanna Dougan 6 Lochyside Primary 15.16 15

10th Natalie O'Neill 6 Inverlochy Primary 16.08 14

11th Alice Cant 7 Fort William Primary 17.42 13

12th Barbara Campbell 9 Banavie Primary 18.07 12

13th Iona Waugh 5 Banavie Primary 19.05 11

14th Abbie Fudge 6 St.Mary's Primary 19.52 10