



LAC Junior Canal Bank 2004

The usual route along the Canal bank and through the tunnel was covered in lethal black ice! So a quick change of plan - laps on the grass for the juniors and a non-competitive run for seniors along the road, as this was still icy.

It's the first time a winter league has been cancelled with no alternative found. A bit disappointing for all those who turned up, but it was extremely unusual weather.

Well done to all the juniors in particular who ran the very wet cold field. I just wish we could have had Hot Chocolate available at the finish. An amazing 51 youngsters raced despite the awful weather, hopefully all their toes and fingers have thawed out. In the under 11 races Sean Munro was the boys winner and Isla MacKay (Banavie) the girls.

Ben Delaney and Krystin Moynihan (both Lochaber High) were the under 13 winners. Whilst David Duncan(Lochaber High) was 1st under 15 boy and Hazel Dunn(Ardnamurchan High) 1st under 15 girl. Hopefully the next league race will see much better conditions.

Position Name Age School Time Points

Under 15 Boys

1st David Duncan 14 Lochaber High School 20.07 35

Under 15 Girls

1st Hazel Dunn 13 Ardnamurchan High 16.46 35

2nd Cara MacKay 13 Lochaber High 17.27 31

3rd Hannah Earnshaw 13 Lochaber High 21.03 28

Under 13 Boys

1st Ben Delaney 12 Lochaber High 10.06 35

2nd Jamie Murray 12 Lochaber High 10.39 31

3rd Iain Foggo 11 Lochaber High 11.00 28

4th Koni Johnson 12 Lochaber High 11.20 26

5th Ryan Denny 12 Lochaber High 11.10 25

6th George Mallison 11 Roy Bridge Primary 12.03 24

7th Sandy Malcom 11 Fort William Primary 13.16 23

Under 13 Girls

1st Krystin Moynihan 12 Lochaber High 10.13 35

2nd Claire Kennedy 11 Mallaig High 10.28 31
3rd Maxine Fraser 12 Lochaber High 10.53 28
4th Kelly MacDiarmid 11 Lochaber High 11.20 26
5th Ruth Earnshaw 11 Roy Bridge Primary 11.59 25
6th Dominique Conn 12 Lochaber High 12.44 24
7th Naomi Duncan 12 Lochaber High 13.54 23
8th Catriona MacKintosh 11 Lochaber High 14.33 22
9th Cody Williamson 11 Inverloch Primary 16.01 20.5
9th Shauni Tomlin 11 Inverloch Primary 16.01 20.5

Under 11 Boys

1st Sean Munro 8 Glasgow 7.01 35
2nd Sam Dunn 10 Strontian Primary 7.06 31
3rd Thomas Kennedy 6 Mallaig Primary 9.05 28
4th James Tomlin 10 Inverloch Primary 9.22 26
5th James Dunn 6 Strontian Primary 9.24 25
6th Andrew Hepburn 10 St.Mary's Primary 9.25 24
7th Jamie Hail 9 Banavie Primary 9.43 23
8th Finn Munro 7 Banavie Primary 10.19 22
9th Steven Burns 7 Inverloch Primary 10.37 21
10th Michael Johnson 9 Fort William Primary 11.32 20
11th Eoghan MacArthur (2laps) St.Mary's Primary 13.12 20

Under 11 Girls

1st Isla MacKay 8 Banavie Primary 8.13 35
2nd Mairead MacPhee 9 St.Mary's Primary (Gaelic) 8.38 31
3rd Natasha Earnshaw 8 Roy Bridge Primary 9.20 28
4th Kirsty Burns 9 Inverloch Primary 9.41 26
5th Abbie Fudge 7 Fort William Primary 10.03 25
6th Roisin MacArthur 9 St.Mary's Primary (Gaelic) 10.32 24
7th Kirsty MacQueen 10 Inverloch Primary 11.14 23

8th Sarah Johnson 8 Fort William Primary 11.25 22
9th Dara Munro 6 Glasgow 11.28 21
10th Mhairi Godsman 9 Glasgow 11.29 20
11th Katie Dougan 9 Lochyside Primary 11.40 20
12th Eilidh Moynihan 6 Lochyside Primary 11.54 20
13th Eilidh MacArthur 6 St.Mary's Primary (Gaelic) 12.04 20
14th Hanna Dougan 7 Lochyside Primary 12.07 20
15th Carly Fudge 5 Fort William Primary 12.19 20
16th Mairi MacArthur 5 St.Mary's Primary (Gaelic) 14.41 20
3 DNF because of the terrible weather