



LAC Canal Bank Senior 2003

SUNDAY SAW THE FIRST OF LOCHABER ATHLETIC CLUB'S WINTER LEAGUE RACES – THE CANAL BANK . THERE WAS AN EXCELLENT TURNOUT OF 40 RUNNERS. 1ST HOME IN AN EXCELLENT TIME OF 23.47 WAS PETER KENNEDY, 2ND IN 24.17 WAS GEORGE CAIRNS SETTING HIMSELF A STANDARD TO FOLLOW AND 3RD WAS KEN RUMGAY IN 24.21 WHOSE FORM IMPROVES GREATLY AS THE WEEKS PASS.

IN THE LADIES RACE 1ST WAS AMANDA BLACKHALL IN 28.10 FOLLOWED BY NICKY MACDONALD IN 29.28. 3RD LADY WAS ARLENE MACDIARMID IN 29.50.

1ST VET IN 26.33 WAS STUART GRAY, 1ST SUPER VET WAS JIM STEWART IN 27.55 AND 1ST LADY VET WAS NEWCOMER TERESA MCKAY IN 32.50.

- 1 PETER KENNEDY SM LAC 23.47
- 2 GEORGE CAIRNS SM LAC 24.17
- 3 KEN RUMGAY SM LAC 24.21
- 4 PAUL MACLEAN SM LAC 25.19
- 5 RICHARD SHAW SM LAC 25.30
- 6 GRAHAM MUNRO SM . 25.57
- 7 STEPHEN CANT SM LAC 26.17
- 8 STUART GRAY VET 40 LAC 26.33
- 9 DAVID ORR SM LAC 26.46
- 10 NEIL ARNOTT SM LAC 26.49
- 11 RON TURNER VET 40 LAC 27.18
- 12 COLIN MACANDREW VET 40 LAC 27.24
- 13 DAVID MUNRO SM LAC 27.29
- 14 JIM STEWART VET 50 LAC 27.55
- 15 JOHN DOUGAN VET 50 LAC 28.00
- 16 AMANDA BLACKHALL LADY LAC 28.10
- 17 ALAN MCCAFFREY SM . 28.20
- 18 ERNIE ORR VET 50 LAC 28.28
- 19 GARETH FUDGE SM LAC 28.36
- 20 JOHNNY BANKS VET 50 LAC 28.38

- 21 GREGOR MUIR SM LAC 29.18
- 22 NICKY MACDONALD LADY LAC 29.28
- 23 ROSS WAUGH YOUTH LAC 29.35
- 24 DAVE FORD VET 50 LAC 29.42
- 25 ARLENE MACDIARMID LADY LAC 29.50
- 26 SARA MACKENZIE YOUTH LAC 29.52
- 27 LINDA MACEWAN LADY LAC 29.57
- 28 ED DAYNES SM LAC 30.42
- 29 MORVEN CAMERON LADY LAC 31.14
- 30 ELLEN MORRISON LADY LAC 32.25
- 31 TERESA MCKAY L.VET 40 . 32.50
- 32 ELIZABETH GOW LADY LAC 33.36
- 33 HILARY EARNSHAW L.VET 40 LAC 33.38
- 34 MORAG AITKEN LADY LAC 34.38
- 35 FIONA CAMERON LADY . 34.40
- 36 JENNY FORD L.VET 40 LAC 34.52
- 37 HEATHER CLARK LADY . 35.36
- 38 MICHAEL MACDIARMID YOUTH . 36.36
- 39 MARY GRAY LADY . 36.42
- 40 PAULINE DISHER LADY . 40.22