



### LAC Caol 10k 2003

Sunday saw forty three hardy runners turn up for LAC's Caol 10Km road race in less than perfect conditions. First home was Davie Rodgers for the men followed by Stuart Atkinson and Peter Kennedy. Dawn Scott ran a sub 40 min despite the conditions followed by Lyndsay Shaw and Sara Byrne maintaining the strong presence for the girlies amongst the men.

First veteran John Hepburn slowing as the Grey's increase !!! matched Kate Gray in this category, who if the Leisure Centre are looking for good advertisement of their membership scheme should contact. Next race is at Leanachan Forrest, (N.R).

- 1 D Rodgers 32.09
- 2 S Atkinson 33.34
- 3 P Kennedy 35.28
- 4 K Cameron 35.36
- 5 J Hepburn 35.49
- 6 J MacCrae 36.58
- 7 G Cairns 38.30
- 8 R Shaw 39.08
- 9 D Scott 39.17
- 10 K Rungay 39.20
- 11 S Gray 39.29
- 12 P MacLean 39.44
- 13 N MacBeth 41.04
- 14 D Duncan 41.17
- 15 G MacNab 41.23
- 16 L Shaw 41.37
- 17 G Muir 41.47
- 18 R Turner 41.52
- 19 K Blackhall 43.01
- 20 Roger 43.18
- 21 S Byrne 43.23

22 A Blackhall 43.26  
23 J Stewart 43.38  
24 J O'Neil 44.19  
25 N MacDonald 44.24  
26 N Forster 44.50  
27 S.J. Ross 45.59  
28 R Waugh 46.30  
29 M Cameron 46.37  
30 A Hunter 47.45  
31 K Gray 48.29  
32 M Waugh 48.50  
33 R Atkinson 49.30  
34 S MacPhearson 50.56