



### LAC Christmas Handicap 2003

A bright but cold morning greeted the 33 runners for this years Christmas handicap. As ever there were no complaints about the excellent handicapping system that permitted most of the field to cross the finish line within two minutes of each other.

The runners left Claggan park and sprinted up to the Braveheart carpark and along to the track opposite the peat track. Down through the trees and across the road into the visitor centre and then over the bridge to the river bank path. Trying then to keep their feet in the muddy conditions they then pushed on back up to the Achintee road before the final sprint to the finish at Claggan.

There were some very good runs especially from the older juniors who showed they are getting stronger with age. Our new friends from New Zealand also had fast runs with Marian winning the ladies scratch prize. The scratch male prize was extremely close with Peter winning by four hundredths of a second. (stick your chest out next time John!). However, as John is in a different category to Peter both gained maximum points.

I would like to thank all the marshals out on the course but especially Jo and Kate at the finish line who managed to keep everybody in order with their accurate timekeeping.

- 1 Peter Kennedy M 6.50 21.53.32 15.03.32
- 2 John Hepburn MV 7.30 22.33.36 15.03.36
- 3 Paul Maclean M 6.10 22.29 15.19
- 4 Glen MacNeilly M 6.10 21.46 15.36
- 5 Neil MacBeath M 5.30 22.07 16.37
- 6 Steven Cant M 5.30 22.12 16.42
- 7 Neil Arnott M 5.10 22.03 16.53
- 8 Stuart Gray MV 5.20 22.18 16.58
- 9 John O'Neill MV 5.10 22.16 17.06
- 10 Graham MacNab MV 5.10 22.25 17.15
- 11 David Munro M 6.00 23.44 17.44
- 12 Marian MacNeilly F 4.10 22.02 17.52
- 13 Roger Boswell MSV 5.00 23.18 18.18
- 14 Amanda Blackhall F 3.50 22.09 18.19
- 15 Ross Waugh JNR 2.20 20.49 18.29
- 16 Robert Cant MSV 4.10 22.53 18.43

17 Nicky MacDonald F 3.30 22.20 18.50  
18 Wei Adams JNR 1.50 20.56.09 19.06.09  
19 John Dougan MSV 3.40 22.46.68 19.06.68  
20 Sarah MacKenzie JNRF 1.50 20.57 19.07  
21 Alistair Coleman JNR 3.40 22.55 19.15  
22 Arlene MacDermid F 3.20 22.40 19.20  
23 Biff Gow F 1.40 21.21 19.41  
24 Melanie Waugh FV 1.10 21.06 19.56  
25 Johnny Banks MSV 3.30 23.34 20.04  
26 Linda MacEwan F 1.40 22.01 20.21  
27 Emma Pearce F 2.20 23.01 20.41  
28 Michael McDiarmid JNR 2.00 22.50 20.50  
29 Ellen Morrison F 1.20 22.45 21.25  
30 Teresa MacKay FV 1.40 23.06 21.26  
30 Teresa MacKay FV 1.40 23.06 21.26  
31 Nicola Forster F 3.10 24.42 21.32  
32 Hilary Earnshaw F 1.20 24.30 23.10  
33 Alison Heger FV 0.10 24.52 24.42