LAC Christmas handicap 2004

This years Christmas handicap was run on a clear, crisp and cold Sunday morning and was well attended by 39 runners.

The handicap system was again almost too good with 30 of the 39 runners crossing the line within two minutes of each other, which proved extremely difficult for the marshals at the finish to control. There will be an improved system next year to be able to account for everybody in such a short space of time.

This years good conditions provided some excellent times especially Sarah who won the scratch time for the ladies despite still only being a junior. Amanda and Biff were 2nd and 3rd with only one second separating them.

In the men's race old-stager John was still able to keep Peter and Dave at bay with Mark another second behind. Graham MacNab and Richard Shaw also ran well in the vets competition.

First over the line in the handicap race was Linda MacEwan who got to pick her prize first.

Thanks must go to Dougie MacDonald and Kate Gray for helping at the finish and let's hope LAC have an excellent season ahead.

1 John Hepburn MV 14:41

2 Peter Kennedy M 14:49

3 Dave Bradley M 14:59

4 Mark Shaw M 15:00

5 Paul MacClean M 15:06

6 Donald Paterson M 15:40

7 Graham Munro M 15:42

8 Ken Rumgay M 15:51

9 Graham MacNab MV 15:52

10 Richard Shaw MV 15:58

11 Steven Cant M 16:10

12 David Munro MV 16:14

13 Niall MacBeath M 16:15

14 Tom MacCallum M 16:33

15 Davie Duncan SMV 17:08

16 Ken Whyte SMV 17:17

17 Sarah MacKenzie JF 18:13

18 Jim Treasurer SMV 18:21

19 Roger Boswell SMV 18:24

20 Amanda Blackhall F 18:41

21 Biff Gow F 18:42

22 Linda MacEwan F 18:58

23 Johnny Banks SMV 19:06

24 John O'Neil MV 19:15

25 John Dougan SMV 19:58

26 Emma Pearce F 20.00

26= Robert Cant SMV 20:00

28 Teresa MacKay FV 20:12

29 Aileen Duncan F 20:37

29 Aileen Duncan F 20:37

30 Susan J Ross F 21:07

31 Robert Skinner MV 21:28

32 Morag Aitken F 21:44

33 Clare Rumgay F 21:48

34 Sheila Macartney F 21:50

35 Clare Treasurer F 21:53

36 Dave Ford SMV 23:10

37 Jenny Ford FV 24:31

38 Christine Dougan FV 25:23

39 Hilary Earnshaw F 25:47