



Lochaber Athletic Club **LAC Christmas handicap Junior 2003**

Junior Lochaber Athletic Club's junior winter league Christmas Handicap saw a great turnout of 40 youngsters', racing or run/walking for fun over a long course on a cold morning; luckily everyone managed to finish just before the snow came. The under 11 age group runners had a 400m head start on the under 13 runners.

Race winner and first under13 boy in was Scott Johnston of Drumnadrochit High in a time of 13.29 followed by Ben Delaney (Lochaber High-15.21) and 3rd was Duncan Shaw (Ballahulish Primary-15.26). Hazel Dunn of Ardnamurchan High won the under13 girls in 14.40, with Maxine Fraser and Cara MacKay of Lochaber High battling it out for the next 2 places in 15.26 and 15.37.

The first 3 places in the under 11 boys were Rory MacLennan 13.35, Ian Foggo 14.29(both St.Mary's Primary) and Sam Dunn 15.06(Strontian Primary). Kelly MacDiarmid of Invergarry Primary had another win as 1st under 11 girl in 14.35, followed by Roybridge sisters Ruth and Natasha Earnshaw in 16.45 and 17.54.

UNDER 13 BOYS AGE SCHOOL TIME POINTS

- 1 Scott Johnston 12 Drumnadrochit High 13.29 35
- 2 Ben Delaney 11 Lochaber High School 15.21 30
- 3 Duncan Shaw 11 Ballahulish Primary 15.26 25
- 4 Ryan Denny 11 Banavie Primary 17.07 20
- 5 Sean Thomson 11 Ballahulish Primary 17.28 19

UNDER 13 GIRLS AGE SCHOOL TIME POINTS

- 1 Hazel Dunn 12 Ardnamurchan High 14.4 35
- 2 Maxine Fraser 11 Lochaber High School 15.26 30
- 3 Cara MacKay 12 Lochaber High School 15.37 25
- 4 Catriona MacKintosh 11 Roy Bridge Primary 18.12 20
- 5 Lyndsay Michie 11 Ballahulish Primary 18.32 19
- 6 Hannah Earnshaw 12 Lochaber High School 18.58 18

UNDER 11 BOYS AGE SCHOOL TIME POINTS

- 1 Rory MacLennan 10 St.Mary's Primary 13.35 35
- 2 Ian Foggo 10 St.Mary's Primary 14.29 30
- 3 Sam Dunn 9 Strontian Primary 15.06 25
- 4 Finn Munro 6 Banavie Primary 15.54 20

5 Kevin Sabiu 8 Banavie Primary 16.08 19
6 Lewis Bigham 8 St.Columda's 16.16 18
7 Innes Blackhall 5 Caol Primary 16.23 17
8 Andrew Hepburn 9 St.Mary's Primary 16.56 16
9 David watson 10 Banavie Primary 17.29 15
10 James Dunn 5 Strontian Primary 17.42 14
11 Danny Delaney 10 Ballahulish Primary 19.15 13
12 Keir Coupland 6 Mallaig Primary 19.35 12
13 Owen Cairns 5 Fort William Primary 20.32 11
14 Matthew Thomson 9 Ballahulish Primary 29 10

UNDER 11 GIRLS AGE SCHOOL TIME POINTS

1 Kelly MacDiarmid 10 Invergarry Primary 14.35 35
2 Ruth Earnshaw 10 Roybridge Primary 16.45 30
3 Natasha Earnshaw 8 Roybridge Primary 17.54 25
4 Isla MacKay 7 Banavie Primary 18.44 20
5 Abby Fudge 6 St.Mary's Primary 20.07 19
6 Amy Cameron 7 Banavie Primary 20.31 18
7 Katie Ann Dougan 8 Lochyside Primary 21.33 17
8 Claire Arnott 10 Fort William Primary 22.36 16
9 Roisin MacArthur 8 St.Mary's Primary 22.52 15
10 Hanna Dougan 6 Lochyside Primary 24.03 14
11 Megan Munro 8 Banavie Primary 24.27 13
12 Elise Arnott 8 Fort William Primary 29.25 12
13 Eilidh MacArthur 5 St.Mary's Primary 30.31 11
Iona Waugh DNF
Ewan Wilkie DNF