



LAC Glas Bheinn 2004

Glas Bheinn A lovely cool evening greeted the quality field of 16 runners for the annual hill race at Achnasaul, Loch Arkaig.

From the start Ken, George, Spook and Paul set off at a furious pace until Paul got on the wrong side of the branch of a tree and nearly knocked himself out! Undeterred the others ignored him and pressed on. The ladies were having their own battle with Nicki and Emma running strongly.

Ken reached the summit first but couldn't hold off the fast descending George who pipped him within 30 yards of the line.

Both had pushed each other all the way and they both recorded excellent PBs. Another to have a good run was Niall who also got a PB and now says he's ready for a sub 1:55 in the Ben (we'll see!).

Nicki somehow got on the wrong side of the river when approaching the finish line but still just managed to hold off Emma in another close race.

A great little race and training session and finally thanks to Donald P. for marshalling at the summit and removing the flags on his descent.

- 1 George Cairns M 48:53
- 2 Ken Rungay M 48:55
- 3 David Munro M 52:12
- 4 Niall Macbeath M 53:51
- 5 Colin McAndrew MV 54:41
- 6 Steven Fudge M 56:23
- 7 Tom MaCallum M 58:37
- 8 Ronnie Turner M 58:47
- 9 Gordon Smith MV 63:37
- 10 Roger Boswell MV 64:59
- 11 Nicki MacDonald F 68:40
- 12 Emma Pearce F 68:53
- 13 Aileen Kitson FV 72:32
- 14 Lesley Fisher FV 84:24
- 15 Dave Hitchen MV DNF

16 Paul MacClean M DNF