



LAC Glas Bheinn 2006

A great turn out of 21 runners arrived to do battle with this challenging hill of 725m of ascent. From the start a group of five kept close watch on each other with Ken Whyte ascending the best of all to reach the summit first in front of his younger competitors. At the turn Ken Rungay was the first to overtake him and managed to maintain his lead down the steep hill and on to the path eventually coming in a very good time of 49:06 (Davy Rogers has the record set in 2002 of 44:47).

Others worthy of a mention in the mens race are supervet Graham Brooks and junior Mathew MacDonald –both had excellent runs, Graham still on the comeback trail and Mathew on his first hill race.

The ladies race was equally competitive although Amanda led from the start and finished in a comfortable first place in a new women's record time of 58:04. Well done also to Lynn and Donna who also completed their first hill races.

1. Ken Rungay mv 49:06
2. Spook Munro mv 51:14
3. Ian Smith sm 51:30
4. Graham Brooks sv 52:01
5. Niall Macbeath sm 53:02
6. Ken Whyte sv 53:14
7. Steven Cant sm 54:50
8. Mathew MacDonald jm 54:54
9. Graham MacNab mv 54:56
10. Fos Forster sm 58:00
11. Amanda Blackhall f 58:04
12. Gary Davidson sm 61:10
13. Johnny Banks sv 61:27
14. Ed Daynes sm 64:47
15. Biff Gow f 65:55
16. Susan Jane f 68:57
17. Emma Pearce fv 68:58
18. Aileen Kitson fv 75:36

19. Lynn Donoghue f 75:40

20. Aileen Duncan f 82:28

21. Donna MacDonald f 86:07