



LAC Glen 10 2004

A fine dry day welcomed the small field to the start of the Glen Nevis 10 mile road race on Sunday.

Paul took an early lead closely followed by George and old man John O'Neill. George soon got into his running and powered into first place after two miles, which he maintained for the rest of the race. A real tough battle was developing for third place between the two Neils. MacBeath finally getting the better of Arnott after nine miles.

In the ladies race Amanda was out on her own from the start and finished strongly in a good time. Melanie had a very good race in preparation for her marathon while finishing second.

Thanks go to Dougie for timekeeping and Jo for marshalling at half way.

- 1 George Cairns Lochaber Athletic Club M 62.23
- 2 Paul MacClean Lochaber Athletic Club M 63.46
- 3 Niall MacBeath Lochaber Athletic Club M 65.16
- 4 Neil Arnott Lochaber Athletic Club M 65.36
- 5 Steven Cant Lochaber AC M 66.48
- 6 Tom Smythe Lochaber Athletic Club M 68.26
- 7 John O'Neill Lochaber Athletic Club Vet Male 40 68.34
- 8 Foss Forster Lochaber Athletic Club M 71.10
- 9 Ken Whyte Lochaber Athletic Club MV50 72.33
- 10 Amanda Blackhall Lochaber Athletic Club L 72.56
- 11 Ernie Orr Lochaber Athletic Club Vet Male 50 73.23
- 12 Melanie Waugh Lochaber Athletic Club LV 76.06
- 13 Emma Pearce Lochaber Athletic Club L 77.47
- 14 Kate Tuer Lochaber Athletic Club L 78.08
- 15 Teresa MacKay Lochaber Athletic Club LV 78.35
- 16 Linda McEwan Portobella Running Club L 82.05
- 17 Aileen Duncan Lochaber Athletic Club L 85.33