



## LAC Glenachulish 2006

RUNNERS OUT IN FORCE AT GLENNACHULISH - In the second round of Lochaber Athletic Club's popular Winter League race series, there was a record turnout of 48 athletes at Glennachulish. Linda MacEwan and her team again provided a testing, well-organised event.

John Hepburn was first man home again this year in 34:34, a minute ahead of Paul MacLean at 35:37. Neil Arnott ran a personal best of 36:06 to take third position. First lady Amanda Blackhall put in a storming run, finishing 12th overall in 41:29 and a clear three minutes ahead of second lady Nix Forster, 44:44, with Lyndsey Shaw just a second behind.

In the over 50 men, Ken Whyte, 40:42, took maximum points with John Dougan showing continued excellent form taking second in 41:37 – five minutes faster than last year.

Congratulations go to Aileen Duncan who completed her first race since breaking her ankle in the summer – and her first as a veteran lady. Well done, Aileen. Great to have you back.

Credit goes to the runners who completed today's race after the epic conditions they endured at yesterday's Thurso Cross Country – rumour has it they've got bruises from the hail and they were wanting their mummies. All of them.

The next Winter League race is Ben Lora on Sunday 3rd December at 11am at Benderloch.

This is an exchange trip to our Oban cousins who put in a great effort to attend (and sometimes win...) the league last winter. Would be great to see a good turnout. Any questions ask Graham MacNab or Clare Rumgay.

1	John Hepburn	LAC	MV40	34:34
2	Paul MacLean	LAC	M	35:37
3	Neil Arnott	LAC	M	36:06
4	Tom Smith	Oban AC	M	37:08
5	Stephen Cant	LAC	M	38:00
6	Spook Munro	LAC	MV40	38:33
7	Graham MacNab	LAC	MV40	39:35
8	Ronnie Turner	LAC	MV40	40:30
9	Ken Whyte	LAC	MV50	40:42
10	Foss Forster	LAC	M	41:10
11	Ian MacIntyre	LAC	M	41:15
12	Amanda Blackhall	LAC	F	41:29
13	Matthew MacDonald	LAC	M	41:35
14	John Dougan	LAC	MV50	41:37
15	Roger Boswell	Unattached	MV50	43:00
16	Ali Kennedy	LAC	MV40	43:10
17	Gary Davidson	LAC	M	43:41
18	Ernie Orr	LAC	MV60	43:46
19	Colin Denny	LAC	MV40	43:49
20	Jock MacGillivray	LAC	MV40	44:15
21	Nix Forster	LAC	F	44:44
22	Lyndsey Shaw	LAC	F	44:45
23	Ian Adams	LAC	MV40	44:53
24	Andrew Finnimore	LAC	MV50	45:51
25	Jim Treasurer	LAC	MV50	45:55
26	Nicky MacDonald	LAC	F	46:05

27	Ed Daynes	LAC	M	46:54
28	Biff Gow	LAC	F	47:11
29	Susan Jane Ross	LAC	F	47:16
30	Ellen Morrison	LAC	F	50:23