



## LAC Leanachan 2004

Lochaber Athletic Club's Leanachan Forest race took place on Sunday 22nd, with over 70 runners competing. This was the final round of the Junior Winter League, which was won by under 13 runner Ben Delaney (Lochaber High) in a time of 12minutes, he was closely followed by under 13 girls winner Hazel Dunn (Ardnamurchan High) in 12:02. Ross Douglas (Mallaig High) was 2nd under 13 boy in 12:22 and this means he's the overall under 13 league winner, with Christopher Hamilton running 13:16 for 3rd place. Maxine Fraser ran 3 minutes faster than last year to finish 2nd under 13 girl in 12:32 and Cara MacKay 2 minutes faster running 12:42 (both Lochaber High) to take 3rd. Kelly MacDiarmid (Invergarry) was 1<sup>st</sup> under 11 girl in 13:38, Kathleen Cameron (St.Mary's) 2nd in 14:15 and Isla MacKay (Banavie) was 3rd in 15:08. Rory MacLennan (St.Mary's) was the clear winner of the under 11 boys in 12:07, with Sean Munro (Glasgow) 2nd 13:18 and Kevin Sabiu (Lochyside) 3rd in 14:09.

Meanwhile the senior and youth race produced some good running with just 1 league race to go. Michael MacDiarmid was the 1st runner in with a time of 22.29 and won the youth race. Peter Kennedy was 1st male over the new course in a time of 29.27, followed by 1st male vet 40 John Hepburn in 29.49. Tim Brand was 2nd male in 30.05 and George Cairns 3<sup>rd</sup> in 31minutes dead. Half a second split the next two male vet 40's, Stuart Gray(32.44) and Graham MacNab (32.44:50). Billy Brooks came in 1st male vet 50 in 35.30 with just 6 seconds splitting next super vets Gordon smith (37.13) and Ernie Orr (37.19). Super vet Davy Ford took an unfortunate fall at the start of the race to dislocate his finger, but he says, "it was just to give the others a chance!"

Lyndsay Shaw was the female winner in 35.35, Amanda Blackhall was 2nd(36.42), Nicky MacDonald 3rd in 37.50 and Melanie Waugh 1st female vet 40 in 39.09.

- 1 Peter Kennedy 29:27:00 male
- 2 John Hepburn 29:49:00 male vet 40
- 3 Tim Brand 30:05:00 male vet 40
- 4 George Cairns 31:00:00 male
- 5 Ken Rungay 31:13:00 male
- 6 Paul MacLean 31:44:00 male
- 7 Donald Paterson 32:26:00 male
- 8 Graham Munro 32:26:00 male
- 9 Stuart Gray 32:44:00 male vet 40
- 10 Graham MacNab 32:44:50 male vet 40
- 11 Stephen Cant 32:48:00 male
- 12 Sam Wilson 33:04:00 male

13 Neil Arnott 33:15:00 male  
14 Iain MacKellaig 33:25:00 male  
15 David Munro 34:53:00 male  
16 Niall MacBeath 35:26:00 male  
17 Billy Brooks 35:30:00 male vet 50  
18 Lyndsay Shaw 35:35:00 female  
19 David Brown 36:18:00 male  
20 Amanda Blackhall 36:42:00 female  
21 Gordon Smith 37:13:00 male vet 50  
21 Gordon Smith 37:13:00 50  
22 Ernie Orr 37:19:00 male vet 50  
23 Nicky MacDonald 37:50:00 female  
24 Jim Treasurer 37:59:00 male  
25 Robert Cant 38:29:00 male vet 50  
26 Melanie Waugh 39:09:00 female vet 40  
27 Kate Turner 39:33:00 female  
28 Biff Gow 39:40:00 female  
30 Arlene MacDiarmid 41:15:00 female  
31 John Dougan 41:54:00 male vet 50  
32 Lucy Heycock 42:11:00 female  
33 Emma Pearce 42:22:00 female  
34 Aileen Duncan 43:44:00 female  
35 Theresa MacKay 52:23:00 female vet 40 Dave Ford DNF

### **Youth Results**

1 Michael MacDiarmid 22:29:00 male