



## LAC Leanachan junior 2004

Junior 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.

### **Under 13 Boys**

- 1 Ben Delaney 12:00 Lochaber High 35
- 2 Ross Douglas 12:22 Mallaig High 30
- 3 Christopher Hamilton 13:16 Lochyside Primary 25
- 4 Sean Thomson 14:11 Ballahulish Primary 20
- 5 Ryan Denny 14:27 Banavie Primary 19

### **Under 13 Girls**

- 1 Hazel Dunn 12:02 Ardnamurchan High 35
- 2 Maxine Fraser 12:32 Lochaber High 30
- 3 Cara MacKay 12:42 Lochaber High 25
- 4 Catriona MacKintosh 15:44 Roy Bridge Primary 20

### **Under 11 Boys**

- 1 Rory MacLennan 12:07 St.Mary's Primary 35
- 2 Sean Munro 13:18 St.Matthew's Primary 30
- 3 Kevin Sabiu 14:09 Lochyside Primary 25
- 4 Iain Foggo 14:13 St.Mary's Primary 20
- 5 Connor MacKay 14:14 St.Mary's Primary 19
- 6 Sam Dunn 14:28 Strontian Primary 18
- 7 Andrew Hepburn 15:02 St.Mary's Primary 17

- 8 Finn Munro 15:05 Banavie Primary 16
- 9 James Dunn 15:10 Strontian Primary 15
- 10 Keir Coupland 16:43 Mallaig Primary 14
- 11 Matthew Thomson 23:06 Ballahulish Primary 13

**Under 11 Girls**

- 1 Kelly MacDiarmid 13:38 Invergarry Primary 35
- 2 Kathleen Cameron 14:15 St.Mary's Primary 30
- 3 Isla MacKay 15:08 Banavie Primary 25
- 4 Katie MacLennan 15:17 St.Mary's Primary 20
- 5 Lisa MacPherson 15:49 St.Mary's Primary 19
- 6 Hanna Dougan 17:44 Lochyside Primary 18
- 7 Abbie Fudge 17:54 St. Mary's Primary(Gaelic) 17
- 8 Katie Ann Dougan 18:43 Lochyside Primary 16
- 9 Dara Munro 19:13 St.Matthew's Primary 15
- 9 Dara Munro 19:13 St.Matthew's Primary 15
- 10 Alice Cant 19:26 Fort William Primary 14
- 11 Megan Munro 19:28 Banavie Primary 13
- 12 Laura Wilson 19:38 St.Mary's Primary 12
- 13 Shauna MacPherson 20:11 St.Mary's Primary 11
- 14 Roslyn Oliver 24:22:00 St.Mary's Primary 10
- 15 Natalie Wilson 25:04:00 St.Mary's Primary 9