



LAC Lochaber Marathon 2003

Lochaber There was 297 runners on the start line for the 20th Lochaber marathon on Sunday and from the start Valentino Caravaggio from Italy set the pace with John Duffy Shettleston Harriers close behind but by half way John was in the lead and went on to win in 2.41.22 to win the Nevisport cup and a week-end break courtesy of the Milton Hotels with Jason Smith Aberfeldy 2nd in a new personal best time of 2.43.22 taken more than 9 minutes of his previous best and Valentino finishing 3rd 2.43.03 having suffered a hamstring problem Winning the best first marathon prize was Roddy Riddle from Inverness Harriers to finish 7th in 2.51.13. In the ladies Kate Jenkins Carnethy won in 3.05.44 to take the Nevisport trophy and a weekend break courtesy of Milton Hotels. In 2nd place was Dhavala Stott Sri Chimney club in Edinburgh and 3rd Denise Muir from Kilbrachan now staying in Italy 3.12.00.

First local home was Niall MacBeth in a new personal best time of 2.28.44 having run London two weeks previous. 2nd was Ken Rungay running with his wife Claire who were both doing there first marathon Claire finishing in 4.31.33 and Ken 4.31.34. and Neil Arnott finished in 4.29.01 In the ladies Alison Donald from Invergarry took 18 minutes of her previous best time finishing in 3.37.42 2nd was Jo Ness taking 23 minutes of her previous best time to finish in 3.57.21 and 3rd was Melaine Waugh 3.59.40 and 4th running her first was Susan Fyfe 4.28.12. The Oban Times Cup for the 1st male team went to Armdale 2nd Metro Aberdeen and 3rd Fraserburgh.

The Team Strides trophy for the winning ladies team went to Energy Zone Carnegie 2nd City Of Bath and 3rd Lochaber. Race convenor would like to thank Fort William Boy's Brigade Kilmallie Scouts Kilmallie Shinty Club Lochaber Rugby Club, Boss Office, the Juniors of Lochaber Athletic club and there parents, St Andrews Ambulance, Nevis Centre, Fort William police and many other volunteers who helped and all our sponsors.

- 1 DUFFY, John J m 2:41:22
- 2 SMITH, Jason m 2:43:22
- 3 CARAVAGGIO, Valentino m 2:45:03
- 4 WARREN, Rupert m 2:47:44
- 5 MCCOLL, Marc m 2:50:09
- 6 MCDUGALL, Alastair Thomas m 2:50:27
- 7 RIDDLE, Roddy m 2:51:13
- 8 WATKINSON, Richard Alan m 2:51:50
- 9 YEOMAN, Frank Male Vet 55-59 2:52:21
- 10 CRUICKSHANK, Andrew m 2:52:54
- 11 DIVER, Michael m 2:53:34

12 NILSSON, Dag Male Vet 45-49 2:54:01
13 NOBLE, Charles Male Vet 50-54 2:54:06
14 ROBERTSON, Derek Male Vet 40-44 2:54:41
15 DOWSE, Ian Male Vet 45-49 2:55:31
16 RODDEN, Paul m 2:55:45
17 DAVIDSON, Richard Male Vet 45-49 2:55:51
18 BROOKS, Kevin Male Vet 45-49 2:57:16
19 MCLENNAN, Rob Male Vet 40-44 2:57:33
20 MITCHELL, George Male Vet 40-44 2:57:36
21 POUNDER, Michael Male Vet 40-44 2:58:21
22 PHILLIPS, Derek Male Vet 40-44 2:59:00
23 THYNE, Jim Male Vet 45-49 3:00:04
24 CAIN, Christopher Male Vet 40-44 3:00:20
25 SINCLAIR, Malcolm Male Vet 40-44 3:00:44
26 WATT, James m 3:01:17
27 LLOYD, William m 3:01:49
27 LLOYD, William m 3:01:49
28 MACPHERSON, George Male Vet 45-49 3:02:20
29 GEBBIE, John Male Vet 50-54 3:02:30
30 MACGREGOR, Ewen m 3:02:51
31 DYET, William Male Vet 40-44 3:03:28
32 WHITE, Andrew m 3:03:48
33 FARMER, Mike Male Vet 45-49 3:05:06
34 LAWSON, Alan Male Vet 55-59 3:05:08
35 JENKINS, Kate f 3:05:44
36 FEENEY, Thomas Male Vet 50-54 3:06:04
37 ROWLEY, James Male Vet 55-59 3:06:53
38 DICKSON, David Male Vet 45-49 3:07:04
39 GALLAGHER, Hugh Male Vet 45-49 3:07:41

40 STOTT, Dhavala f 3:08:48
41 FIADONE, Giannino Male Vet 40-44 3:11:59
42 MUIR, Denise f 3:12:00
43 HINDLEY, David m 3:12:04
44 MYANT, Martin Male Vet 50-54 3:12:17
45 GIBSON, Claire f 3:13:17
46 HUTCHISON, Tom Male Vet 45-49 3:13:55
47 MCFAULDS, Stephen m 3:14:02
48 MACGREGOR, John Male Vet 50-54 3:14:12
49 WILSON, Ronnie Male Vet 60-64 3:14:19
50 WHITEHEAD, Jonathan Male Vet 45-49 3:15:08
51 STEELE, Douglas Male Vet 40-44 3:15:35
52 DOGGETT, Neal Male Vet 40-44 3:15:36
53 FRASER, Jack Male Vet 40-44 3:15:38
54 RITCHIE, Donald Male Vet 55-59 3:15:42
55 BEATTIE, Ian Male Vet 40-44 3:15:45
56 LLOYD, Brioney Female Vet 35-39 3:16:05
57 WELSH, Hugh m 3:16:38
58 PORTEOUS, Harry Male Vet 40-44 3:17:21
59 HEINSAR, Richard Male Vet 55-59 3:17:46
60 JOHNSON, Mary Female Vet 35-39 3:18:19
61 CARTER, Phil Male Vet 45-49 3:18:33
62 GLASGOW, William Male Vet 40-44 3:19:00
63 RODGERS, David Male Vet 40-44 3:19:40
64 MCLEOD, Billy m 3:19:43
65 CHAPPLE, Ian m 3:19:53
66 CADGER, Frank Male Vet 50-54 3:20:27
67 THISTLEWAITE, Tony Male Vet 50-54 3:20:35
68 KUZ, Lynne Female Vet 40-44 3:20:45

69 FRASER, Keith Male Vet 45-49 3:21:04
70 SNEDDON, John Male Vet 40-44 3:22:29
71 SALTER, Neil m 3:22:39
72 THOMSON, Duncan m 3:22:43
73 GRIFFITHS, Dave m 3:23:04
74 COOK, James Male Vet 45-49 3:23:20
75 CALDER, Elaine Female Vet 40-44 3:23:21
76 WALSH, Mark m 3:23:39
77 SPEIGHT, Neil m 3:23:48
78 HALL, Jonathan m 3:23:53
78 HALL, Jonathan m 3:23:53
79 YOUNG, Robin Male Vet 40-44 3:24:52
80 BENHAM, Frank Male Vet 60-64 3:25:29
81 MEXTED, Jackie f 3:25:39
82 GREEN, David Male Vet 40-44 3:26:01
83 WOOD, Derek m 3:26:12
84 REID, Alan m 3:26:25
85 MCCRAE, Ritchie m 3:26:33
86 ROWETT, Pauline Female Vet 40-44 3:26:41
87 HAMILTON, Erni Female Vet 35-39 3:27:18
88 BROWN, Bob Male Vet 55-59 3:27:18
89 MUDIE, Dougie m 3:27:21
90 MCILHATTON, James m 3:27:42
91 AUSTIN, Jonathan Male Vet 45-49 3:27:44
92 HAMILTON, Allan m 3:27:48
93 MCCRAE, Lori f 3:27:54
94 AKERS, Heather Female Vet 40-44 3:27:55
95 DICK, Michael Male Vet 40-44 3:28:25
96 DICK, Patricia Female Vet 40-44 3:28:25

97 MACBEATH, Niall m 3:28:44
98 ROGAN, Peter Male Vet 40-44 3:29:19
99 BRANGAN, Emer f 3:29:25
100 BAKER, Laurence Male Vet 40-44 3:29:34
101 LOFTHOUSE, Michael Male Vet 45-49 3:29:35
102 CADGER, Carol Female Vet 50-54 3:31:26
103 WALKER, Pauline Female Vet 40-44 3:31:28
104 WRIGHT, Peter Male Vet 45-49 3:31:42
105 MCEWEN, Iain m 3:32:09
106 WRIGHT, Colin m 3:32:11
107 MCLEOD, Roddy m 3:32:33
108 NUNN, Anne Female Vet 45-49 3:32:49
109 RANKIN, Eeyin Male Vet 40-44 3:33:04
110 HOWES, Mark Male Vet 40-44 3:33:17
111 LAWSON, Ronald Male Vet 40-44 3:33:31
112 BOYLE, Elaine Female Vet 35-39 3:33:45
113 FIELD, Ivan m 3:34:26
114 HALL, Alun Male Vet 40-44 3:34:55
115 HOWIE, Laura Female Vet 35-39 3:34:59
116 COPELAND, Barry Male Vet 40-44 3:35:12
117 MURDOCH, Fletcher Male Vet 50-54 3:35:23
118 WHITTY, Ian Andrew m 3:35:27
119 ARMSTRONG, George Male Vet 60-64 3:35:52
120 CORBETT, Liz Female Vet 55-59 3:36:01
121 LAYTON, Roz Female Vet 50-54 3:36:01
122 DONALDSON, Alan m 3:36:15
123 STOTT, Shyamala f 3:36:28
124 SIDEBOTTOM, Eric Male Vet 60-64 3:37:01
125 DONALD, Alison Yan f 3:37:42

126 MCMANUS, Anthony Male Vet 40-44 3:37:50
127 GOLDHAWK, David Male Vet 45-49 3:37:56
128 TAYLOR, Bill Male Vet 40-44 3:37:58
129 PYLE, Michael Male Vet 55-59 3:38:08
130 MCCONNELL, Tony Male Vet 45-49 3:38:15
130 MCCONNELL, Tony Male Vet 45-49 3:38:15
131 KEMPSTER, Liz Female Vet 40-44 3:38:20
132 MCLAUGHLIN, John Male Vet 40-44 3:38:20
133 CUMMING, Bill Male Vet 40-44 3:39:15
134 SMITH, Alan Male Vet 60-64 3:41:26
135 KINSELLA, John Male Vet 45-49 3:41:34
136 BOOTH, Malcolm Male Vet 40-44 3:41:34
137 RITCHIE, Peter Male Vet 40-44 3:41:43
138 HAMMOND, Rob m 3:41:44
139 DUNN, Michael Male Vet 45-49 3:41:47
140 PADGHAM, Melanie Female Vet 40-44 3:41:48
141 BATES, Helen Female Vet 35-39 3:42:10
142 HAMILL, William Male Vet 70+ 3:42:49
143 MEXTED, Vaile f 3:43:06
144 ALLISON, Bob Male Vet 40-44 3:43:10
145 TURNER, Jenny f 3:44:00
146 BURNS, Patrick Male Vet 45-49 3:44:02
147 FAIRBAIRN, Margaret Female Vet 45-49 3:44:50
148 BRADSHAW, Chris Male Vet 40-44 3:45:15
149 ROBERTS, Debora Female Vet 40-44 3:45:22
150 CHRISTIE, Allan Male Vet 45-49 3:45:42
151 MCLAFFERTY, Beth Female Vet 50-54 3:45:55
152 MCCASKEY, Walter Male Vet 65-69 3:46:07
153 BALLOCH, Jill Female Vet 35-39 3:46:10

154 GRANT, Peter m 3:46:10
155 THOMPSON, John Robert Male Vet 45-49 3:46:11
156 MAGUIRE, Fiona f 3:46:21
157 STEWART, Kenneth Male Vet 50-54 3:46:44
158 MILMOE, Michael Male Vet 50-54 3:46:55
159 WHEELDON, Mark m 3:47:06
160 FAIRBAIRN, Stuart Male Vet 55-59 3:47:09
161 MCCALLUM, Marina f 3:47:26
162 OTTAWAY, Sean m 3:47:27
163 MATHERS, Frank Male Vet 45-49 3:48:14
164 RENNIE, Fiona Female Vet 40-44 3:48:35
165 HAIG, Derek m 3:49:18
166 GIBSON, Dawn f 3:49:21
167 KINLOCH, Charles Male Vet 45-49 3:49:47
168 ASHWORTH, Paul m 3:50:04
169 WATSON, Niall Male Vet 40-44 3:50:19
170 WILSON, Anthony Male Vet 45-49 3:50:46
171 FIALA, Jiri f 3:50:58
172 O`NEILL, Deirdre f 3:51:29
173 ANDREW, Sam m 3:51:29
174 WELSH, Phil m 3:52:22
175 SALISBURY, Martin Male Vet 40-44 3:52:44
176 GRAY, Bruce m 3:53:00
177 PATERSON, John Male Vet 40-44 3:53:13
178 INGLIS, George Male Vet 60-64 3:53:47
179 TONGE, Jason m 3:53:48
180 DEMPSTER, Tim Male Vet 40-44 3:53:49
181 DOGGETT, Andy Male Vet 40-44 3:54:23
181 DOGGETT, Andy Male Vet 40-44 3:54:23

182 FRULLON, Clare Female Vet 35-39 3:55:03
183 KERR, Stephen m 3:55:10
184 LLOYD, Amelia f 3:55:26
185 HOLMQUIST, Goran Male Vet 70+ 3:55:47
186 KING, John Male Vet 50-54 3:56:33
187 MORGAN, Stan Male Vet 40-44 3:56:38
188 LEVER, Tony Male Vet 50-54 3:56:39
189 NESS, Jo Female Vet 40-44 3:57:21
190 BRIER, Chris Male Vet 45-49 3:57:22
191 PRIEST, Gillian Ruth Female Vet 40-44 3:57:59
192 THORNE, Christine Female Vet 50-54 3:58:02
193 DALE, Lynn Female Vet 40-44 3:59:26
194 KEENAN, Jeanette Female Vet 45-49 3:59:27
195 WAUGH, Melaine Female Vet 40-44 3:59:40
196 LYNCH, Duncan m 3:59:50
197 DAVIS, Robert Male Vet 45-49 3:59:52
198 KETCHEN, Paul m 4:00:25
199 ROBERTSON, Bridget Female Vet 35-39 4:00:47
200 DRIVER, Sally May Female Vet 40-44 4:00:48
201 SIMCOCK, Mary- Ellen f 4:00:51
202 WILLMOTT, Nigel Male Vet 40-44 4:01:03
203 FRASER, David m 4:01:19
204 MILLER, Robert Male Vet 50-54 4:02:48
205 DINWODDIE, Niall m 4:03:38
206 WALSHAW, John Male Vet 55-59 4:03:52
207 MCDOWALL, Alan m 4:05:24
208 PACE, Lydia Female Vet 40-44 4:05:59
209 HARBRON, Michael Male Vet 60-64 4:06:08
210 WILSON, Marcus m 4:06:08

211 KEOGH, John Male Vet 50-54 4:06:18
212 LENNON, Susan Female Vet 35-39 4:07:34
213 WIGGLESWORTH, Ben Male Vet 50-54 4:08:46
214 DUNBAR, Lorraine Female Vet 40-44 4:09:07
215 CURRIE, Geraldine f 4:10:41
216 CUFFIE, Nicholas Male Vet 40-44 4:10:49
217 MILL, Martha Female Vet 45-49 4:11:07
218 SANDERS, Sarah f 4:11:15
219 HENDERSON, David m 4:11:26
220 OWENS, William Male Vet 40-44 4:11:38
221 MUNT, Linda Female Vet 45-49 4:12:14
222 BRADLEY, Jo f 4:13:09
223 WILD, Trevor Male Vet 45-49 4:13:09
224 RAITHBY, Christopher m 4:13:10
225 ANDERSON, Robert Male Vet 45-49 4:14:30
226 GRIFFIN, Richard Male Vet 50-54 4:15:18
227 WHYTE, Angus Male Vet 60-64 4:15:28
228 WILSON, Geoffrey m 4:15:39
229 BEATTIE, Alan Male Vet 55-59 4:16:58
230 GAY, Alison Female Vet 35-39 4:18:45
231 BUTCHER, Peter Male Vet 55-59 4:19:57
232 HERBERTSON, Fiona Female Vet 35-39 4:20:22
233 EGAN, John Male Vet 40-44 4:21:49
234 MAUDSLEY, Mark m 4:21:59
235 SVENSSON, Christer m 4:22:56
236 MURDOCH, Steven m 4:22:56
237 FINNIGAN, Pat Male Vet 40-44 4:23:20
238 WINSTANLEY, Gary m 4:24:09
239 SPARKS, Scott m 4:24:56

240 WILSON, Thomas Male Vet 55-59 4:25:44
241 WEBB, Edmund Male Vet 40-44 4:25:59
242 MOWAT, Raymond Male Vet 50-54 4:26:02
243 TURNER, Helen f 4:26:31
244 CLOUGH, Hazel Female Vet 45-49 4:27:48
245 WATTS, Heather Female Vet 35-39 4:27:48
246 WILSON, Irene Female Vet 50-54 4:27:55
247 FYFE, Susan Female Vet 40-44 4:28:12
248 DUNBAR, Brian Male Vet 45-49 4:28:30
249 ARNOTT, Neil m 4:29:01
250 DAVIDSON, Wilma Male Vet 50-54 4:30:03
251 RUMGAY, Clare Female Vet 35-39 4:31:33
252 RUMGAY, Ken m 4:31:34
253 DOAR, Kerry f 4:32:11
254 HOWE, John Male Vet 65-69 4:32:39
255 COOKE, Frances Female Vet 45-49 4:34:01
256 MCGEE, Stephen m 4:35:29
257 KAVANAGH, Mike Male Vet 40-44 4:37:37
258 CULLEN, Iain Male Vet 40-44 4:37:39
259 HARBRON, Joyce Female Vet 55-59 4:39:41
260 THORSSELL, Maud Female Vet 55-59 4:40:44
261 ORMEROD, George m 4:44:46
262 MACDONALD, Andrew m 4:44:49
263 SPARROW, Julie Female Vet 45-49 4:47:22
264 MACTAGGART, Jim Male Vet 60-64 4:47:23
265 ROBERTSON, William Male Vet 70+ 4:47:28
266 SMITH, Alfie Male Vet 45-49 4:51:10
267 WATT, Michael m 4:51:15
268 MUNRO, Kenneth Male Vet 70+ 4:54:27

269 MCEWAN, Malcolm m 4:54:32
270 STEWART, Margaret f 4:54:42
271 WATERS, James R. Male Vet 60-64 4:58:07
272 MACLEAN, Stephen Male Vet 40-44 4:58:07
273 TAYLOR, Charles Male Vet 55-59 5:00:58
274 SIDELKA, Gillian Female Vet 40-44 5:02:33
275 LAVELLE, Carol Female Vet 40-44 5:02:33
276 STRUTHERS, Dyllan m 5:02:34
277 VAUGHAN, David Male Vet 55-59 5:16:05
278 VAUGHAN, Amanda f 5:16:05
279 COLLINS, Simone f 5:18:19
280 NEWLANDS, David Male Vet 45-49 5:19:00
281 SMITH, Stewart Male Vet 50-54 5:19:11
282 JACK, David Alastair Male Vet 65-69 5:23:30
283 SERRAIOCCO, Erri Male Vet 45-49 5:28:50
284 MORGAN, Pauline Female Vet 40-44 5:30:52