



LAC Riverbank Race 2003

The River Talk about being up to your neck in it! a kayak may have been more use today. The rain over the last few days had made the riverbank very muddy and slippery, with large areas of water logged ground. This didn't deter 45 runners from taking the plunge and slogging their way down Glen Nevis for some vital league points. Luckily Donald Paterson had allowed his daughter Lilly to tie his shoelaces and his time with the leading group lasted only as long as his shoes stayed on, about half a mile!

1 P Kennedy LAC M 28.21

2 John Hepburn LAC M40 28.50

3 M Shaw LAC M 28.51

4 K Cameron LAC M 28.59

5 T Brand Lothian M40 30.13

6 D Paterson LAC M 30.13

7 C Barnaby LAC M 30.27

8 B Poll Borrowdale M 31.07

9 P MacLean LAC M 31.25

10 G Munro LAC M 31.28

11 D Munro LAC M 31.38

12 S Cant LAC M 32.26

13 S Gray LAC M40 32.29

14 N MacBeath LAC M 32.35

15 G McNab LAC M40 32.39

16 D McColl M 32.51

17 G Muir LAC M 33.25

18 K Rungay LAC M 33.42

19 K Dignan LAC M 34.35

20 L Shaw LAC L 34.42

21 G Fudge LAC M 35.15

22 R Cant LAC M50 35.40

23 A Blackhall LAC L 35.45

24 D Ford LAC M50 35.53
25 I Murray LAC M 35.56
26 J Stewart LAC M50 36.13
27 Ross Waugh LAC M 37.47
28 S J Ross LAC L 37.48
29 E Daynes LAC M 37.52
30 D Austin M 37.56
31 A McDiarmid LAC L 38.21
32 N Forster LAC L 38.42
33 N MacDonald LAC L 39.08
34 E Pearce LAC L 40.48
35 E Morrison LAC L 43.01
36 S MacPherson L 43.15
37 D Walker LAC M50 44.13
37 D Walker LAC M50 44.13
38 H Barnes L 45.14
39 M Waugh L 45.21
40 J Ness LAC L 45.28
41 C Dougan LV 48.21
42 J McEwen L 49.08
43 C Rungay LAC L 51.53
44 A Mellor LV 53.45
R Boswell M50 36.45