



LAC Riverbank race 2004

The River Only 36 runners this year, hopefully if numbers keep dropping we can get rid of this event once and for all!! don't get me wrong, I love x-country, a good hill run and a bit of rough, this race falls into none of these categories. Ok, moaning aside, looking through the results, I think some runners excelled in these conditions, and some like myself just did'ny get going at'ah! David Rodgers was first home, but not by a big margin, Peter Kennedy was a mere 9 seconds adrift, both runners well clear of the rest of the field. Richard Shaw and John MacRae were both running well and battling for third over most of the first half of the course, rumour was that Richard and Ken had spent weeks clearing a route and hope was spreading that with Richards contacts, he may have decided to go the whole hog and tarmac! Next year eh!

Lyndsay Shaw meantime, had moved ahead of Amanda Blackhall, and they were to stay that way to the finish, with Nicki MacDonald taking third. Well done to everyone who took part, please don't let this put you off running!

- 1 David Rodgers LAC M 27.26
- 2 Peter Kennedy LAC M 27.35
- 3 John Hepburn LAC MV40 28.36
- 4 George Cairns LAC M 28.51
- 5 John MacRae LAC MV40 29.18
- 6 Richard Shaw LAC M 29.21
- 7 Ken Rungay LAC M 30.09
- 8 Graham Munro Lochaber M 30.36
- 9 Paul MacLean LAC M 31.13
- 10 Glen McNeilly LAC M 31.13
- 11 Neil Arnott LAC M 31.31
- 12 Stuart Gray LAC MV40 32.04
- 13 Damien Forster LAC M 32.57
- 14 Graham McNab LAC MV40 33.08
- 15 David Orr LAC M 33.35
- 16 Lyndsay Shaw LAC L 33.45
- 17 Roger Boswell LAC MV50 34.04
- 18 Dave Ford LAC MV50 34.24

- 19 Ernie Orr LAC MV50 35.15
- 20 Amanda Blackhall LAC L 35.24
- 21 Robert Cant LAC MV50 35.31
- 22 John R Maitland LAC MV40 35.37
- 23 Jim Stewart LAC MV50 36.04
- 24 Ross Waugh LAC M/JNR 37.03
- 25 John Banks LAC MV50 37.48
- 26 Nicki MacDonald LAC L 37.59
- 27 Sarah MacKenzie LAC L/JNR 38.09
- 28 Biff Gow LAC L 38.45
- 29 John Dougan LAC MV50 39.22
- 30 Linda MacEwan LAC L 39.34
- 31 David Walker LAC MV50 39.39
- 32 Melanie Waugh LAC LV 39.51
- 33 Arlene MacDiarmid LAC L 40.11
- 34 Michael MacDiarmid LAC M/JNR 45.39
- 35 Morven Cameron LAC L 57.09
- 36 Jackie MacEwan LAC L 57.09