



## LAC Vitrified Fort 2006

Cold clear conditions saw 40 runners set out for the penultimate LAC Winter League race. John Hepburn took almost one and a half minutes off the record to win convincingly in 32:22. Ken Rungay continued a consistent season, finishing 2nd in 35:14. Oban's John Grant finished over four minutes faster than last year, just 6 seconds behind Ken. In a day full of personal bests and fast times, Stephen Cant ran an excellent fourth place, only 8 seconds behind John.

Among the ladies, Nicola Meekin ran an astonishing five minutes faster to a clear win in 38:37. Lyndsey Shaw was 2nd in 39:56, with Chloe Patterson continuing her return to form, finishing 3rd in 41:31.

In the over 50 men, Ken Whyte continued his unbeaten season, winning in 38:13 and finishing 8th overall.

Roger Boswell, recently named 2005 Scottish Hill Runner of the Year, was 2nd in 40:46. 3rd place Dave Ford put in a cracking run of 40:49, 4 minutes faster than his previous time.

Thanks to Ellen and her team of helpers for a great race, well organised.

The last Winter League race is the Lairig Mor, on Saturday 11th March. Register from 10am – 10.30 at Lochaber Leisure Centre. Race starts at the Mamore Lodge at Kinlochleven at 12 noon. Contact Emma Pearce on 01397 712508.

- 1 John Hepburn LAC MV40 32:22(REC)
- 2 Ken Rungay LAC MV40 35:14
- 3 John Grant Oban AC M 35:20
- 4 Stephen Cant LAC M 35:28
- 5 Pele Munro LAC M 35:44
- 6 Neil Waslidge Oban AC M 37:51
- 7 Stuart Gray LAC MV40 38:03
- 8 Ken Whyte LAC MV50 38:13
- 9 Spook Munro LAC MV40 38:25
- 10 Graham MacNab LAC MV40 38:28
- 11 William Boa LAC M 38:31
- 12 Ronnie Turner LAC MV40 38:34
- 13 Nicola Meekin Oban AC F 38:37
- 14 Peter Duggan LAC MV40 39:29
- 15 Lyndsey Shaw LAC F 39:56
- 16 Roger Boswell MV50 40:46
- 17 Dave Ford LAC MV50 40:49
- 18 Jim Treasurer LAC MV50 41:14
- 19 Chloe Patterson LAC F 41:31
- 20 Nix Forster LAC F 41:43
- 21 Jim Stewart LAC MV50 42:25

22 Raymond Murdoch LAC MV50 42:39  
23 Sara Byrne LAC F 43:12  
24 John Dougan LAC MV50 43:17  
25 Andrew Finniemore LAC MV50 43:29  
26 Colin Denny LAC MV40 43:37  
27 Ernie Orr LAC MV60 44:46  
28 Amanda Blackhall LAC F 44:47  
29 Theresa Mackay LAC FV40 47:08  
30 Ian Adams MV40 49:13  
31 Clare Rungay LAC F 50:21  
32 Martine Cooper FV40 52:09  
33 Fiona O'Donnell FV40 52:13  
34 Aileen Kitson LAC FV40 52:36  
35 Morag Aitken LAC FV40 52:57  
36 Lynne Donoghue F 53:29  
37 Christine Dougan LAC FV40 56:05  
38 Elma Murdoch LAC FV50 56:59  
39 June Watt LAC FV40 59:01  
40 Mairi Ferguson LAC F 60:59