

Cow Hill Race 2018 (Winter League)

Forty one runners took part in Lochaber Athletics Club penultimate winter league race on Sunday in beautiful February sunshine , Lochabers John Yells lead from the start and maintained his lead throughout on this short but tough cow hill circuit to finish in a time of 36.28, Denis Prikuns Vegan runners finished second in a time of 37.17 , Tom Smith , Lochaber was third in a time of 38.28, the Ladies race was won by Lochabers Lisette Walter in a time of 44.50, second place went to Inverness harriers Caroline Marwick in a time of 47.53 ,third was Lochabers Vickki MacKinnons in a time of 48.32 ,thank you to all the helpers ,Ellen ,Bruce , Debbie, Ray, Willie and Andrew for timing and marshalling