

WESTERLANDS CCC

NEWSLETTER OCT/NOV 1996

Club Dinner

This year's club dinner will be at **Wickets Hotel**, Peel Street, Partick on **Friday 15th November** and not at Tratoria Trevi as previously stated.

AGM

The AGM will take place on **Wednesday 13th November** at Westerlands - 6pm for 6.30 start.

Race Reports Dinghy 3 Peaks

26th May 1996

Belated congratulations to Steve for a great run to win the 4th Dinghy Peaks race. Pre-race favourite was Fife AC's Tom Ross who was last years winner and who was in the faster boat. Steve stayed in front from start to finish to win in 2:37:51, with Tom Ross 4 minutes behind. However this was cut by a two minute penalty on Steve for boarding his dinghy without putting on his life jacket - in a normal sailing race he would have been disqualified!

Ronnie claimed third place in 2:48:49 and blew the chance of a better placing by taking a bum route on the first hill. The bold Kevin hauled himself back from being fully 15 minutes behind at the first hill to bravely avoid the wooden spoon. Epic descending on the last hill and a superb sprint finish in the dinghies saw him catch the Fife pair of Gordon Greig and Chris Fox to take 6th place in 3:13:57.

If you want to try next year get in early because there is only a limited number of local boats available. Other than that, find yourself a yachty person who will sail you around in a Wayfarer dinghy.

M. Gorman

Glen Rosa Horseshoe

15th June 1996

Westie runners were involved in a sparsely-publicised 'clean sweep' at the Glen Rosa Horseshoe race on Arran on 15th June.

George, Ronnie, Jen and I headed across the water for an enjoyable event and also to escape the England-Scotland football hype. Graham Benny and Chris Osmond swelled our ranks on the ferry; a nice surprise. I was spied on the ferry by John Gallagher and the Ochil crew, pot-hunters all, looking forward to a team win. They hadn't heard of Ronnie, and so their confidence was undiminished, especially when, five minutes before departure he still hadn't appeared. Then I spotted him arguing with a quayside bureaucrat having left his wallet in Helensburgh. Luckily my own wallet, aimed from the top deck, made its mark, and the ferry steamed off with its full complement of Westies.

The race itself was run in heat wave conditions. Less than 50 starters, many like Ronnie sporting head gear the French foreign legion would be proud of, trotted off up the glen and round the circuit of Beinn a' Chliabhain, Cir Mhor, and Goatfell. There's a spectacular flagged drop back into the glen to avoid the even more spectacular A'Chir ridge, and also an out-and-back route up Cir Mhor at the halfway point, which gave the opportunity for encouraging cries of 'Westies' to echo round the hills as we passed each other. Route choice back to the finish from Goatfell is in plentiful supply, resulting in many, like me, running the last couple of miles alone and unaware of their position.

I got back first and watched the others run in. George just lost a sprint with two Ochils runners and their third man was not far behind. But nor was Ronnie, and the team prize was safe. Graham and Chris succumbed in the heat but had a great day anyway. Jen meanwhile was escorting a new friend on yet another route off Goatfell, on her way to victory. He and his Saltwell team mates had come all the way from Tyneside FOR THE DAY ('the missus says we've to be back by midnight...').

So a clean sweep for the Westies; the Ochil ego was bruised as deep a purple as their vests! Plenty of prize whisky made its way back to Glasgow courtesy of the race sponsors. Who's going across to defend the title next year - it's a great event.

- 1 Mark Rigby (W) 2.20.02
- 2 Rob Jebb (Bingley) 2.26.08
- 3=John Coyle (Carnethy)
- + Joe Blackett (Mandale) 2.26.53
- 10 George Reid (W) 2.49.39
- 17 Ronnie Gallagher (W) 3.04.25
- 23 + 1 Jennifer Rae (W) 3.16.24
- 30 + 2 Sue Hodgeson (Ambleside) 3.32.39
- 39 + 3 Julie Anderson (Lochaber) 4.24.15

- 1 Team Westies (8h 14m total or 28 points)
- 2 Team Ochil (8h 34m total or 30 points)

M. Rigby

Twelve Trig Trog

20/21st July 1996

Manny would like to thank all who took part in this years Twelve Trig Trog and congratulations to those who completed a course that turned out to be even tougher than first envisaged. A superb ten Westies started off but with three dropping out. (All three still had two great days out on the hills - and a good night relaxing in the pub). Best result was Keith in second

place, from Lomond's Neil Martin, in a time of 10hrs 15mins 3sec. Pete was 2nd Westie in 11:42:21 with a great run by Captain Archie taking third in 13:30:40. Elsie was first wumin only two minutes behind Archie followed by Alisdair, 14:39:31, Isobell and Tony both on 15:10:10 (what were they doing at the back?).

Conditions were hot, with bracken and flies for company. Parts of the route were not as kind as I had thought and no access areas proved awkward. Moreover next year (Alisdair) the race will be earlier in June, and negotiation with landowners may make life a lot easier for the second day. A route change to the summit of Cairnoch Hill is also being implemented to avoid 'that' fire break.

Only Lesley and myself marshalled and time kept, with Kevin sweeping on the first day. Hopefully some running members can volunteer for such duties next year and make life a bit more pleasant for me! A big thanks to all who gave advice and support when things were grim during the planning stage.

A more detailed, more painful account of the race will be in the next Hill Runners' Mag. Once again, well done Westies!

M. Gorman

Low Alpine Mountain Marathon

17th/18th August 1996

Lochaber was the setting for this years LAMM and saw 323 teams (two and a half of which Westies) competing over the spectacular terrain of the Nevis Range. Continuing the LAMM tradition of unusual transport to the start, the Friday night campsite was at 2000ft reached by the Aonach Mor gondola - midge free but a bit of a hassle as overnight gear had to be transported back down to the carpark in the morning.

Saturday brought rain, mist, and interesting navigation as the courses (Elite, A,B,C and D) contoured their way around the

side of the Aonachs, across Glen Nevis, and up onto the Mamores, the wet rock making some of the scrambling descents rather tricky. Overnight camp was by the scenic (if midge infected) Meananach Bothy, where John Donnelly and myself met up with Pete and Keith who were on the elite course. There was no sign, however, of the other Westie team of Stevie Bell and Dave Rogers, and we discovered later that they'd had to drop out after Stevie's dodgy ankle had swollen up.

Sunday was mist-free and the routes headed north, converging on the Larig Leacach allowing for the longest runnable section of the weekend, before a relentless climb up onto the Grey Corries ridge just below Stob Coire na Gaibhre. From here it was a question of route choice whether to go round or over the Corries, before a steep descent off Stob Coire Easain leading down into more runnable terrain, and a fast finish (for some) along the disused railway line back to the Aonach Mor carpark.

Congratulations to Keith and Pete who finished the Elite course in 12hrs 46.16 to win the vet's prize.

Elite (50k)
1 Dan Parker/Mark Seddon 10.31.16
7 Keith Adams/Peter Baxter 12.46.16

A Course (44k)
1 Andrew Patience/Garry MacInnes 10.18.27
14 John Donnelly/Brian Bonnyman 13.01.17

B Course (39k)
1 Dean Field/John Mayo 08.47.30

C Course (33k)
1 Brian Cook/Thomas Greig 08.09.13

D Course (29k)
1 Paul & Rose Murray 08.03.52

B. Bonnyman

For Sale - Tents

Manny and Lesley have at last moved in together after a year of marriage and the result is an accumulation of five tents! Therefore the available tents following are priced to 'go fast'. First come, first served.

Vango Force Ten - 3 persons - offers

Vango Solo - 1person - £80

Saundors Jetpacker - 2 good friends, ultra light for mountain marathons - £140

Phone - 01236 822928

Forthcoming Events

2 Nov - Meall A' Bhuachaille HR
Glenmore Lodge 13.00

9 Nov - SHRA Tinto Hill Race
Symington 14.00

- Glasgow Uni Road Race
Westerlands

16 Nov - Braid Hill CC Races
Braid Hills, Edinburgh

24 Nov - Elrick Eightsome Relay
South Kirkhall, Aberdeen

30 Nov - West District CC
Chapionships, Cumnock

7 Dec - Renfrewshire AAA County
Road Race Championships
Spango Valley, Greenock

Thanks

to Mark and Manny for the race reports. If anyone would like to write anything for the newsletter - race reports, news items, notices etc - please send them to me, Brian, as I have taken over newsletter duties from the over-worked Pat.

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