

# BEN NEVIS RACE 2004

Under UKA Rules

UP AND DOWN BRITAIN'S HIGHEST MOUNTAIN - 4406 FEET

**SATURDAY 4<sup>TH</sup> SEPTEMBER 2004**

**CLAGGAN PARK, FORT WILLIAM - 2.00pm**

KENNY & PAULINE STUART - CURRENT RECORD HOLDERS OF MEN'S AND LADIES' EVENTS



**£2**

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*Restaurant & Cocktail Bar*

**J**oin us in our Lower Falls Restaurant or Cocktail Bar after the race and experience traditional Scottish Fayre served in an interesting and imaginative way, which is sure to whet your appetite. Be it a quick snack or a more formal meal you are guaranteed the best of fresh local produce presented to the highest standards.



## CHAIRMAN'S FOREWORD

Welcome to all in the 2004 Ben Nevis Race!

The 2003 Race saw 379 runners start and finish without serious incident. Our entry into the electronic age has paid dividends for us. The wrist tagging was a great success with minor problems – it is still too expensive an exercise for us to have as standard. The committee now know, however, what is involved after last year's experiment and is keeping a close eye on developments of this kind for the future.

Thanks to Entries Sec George and Web wizard Aitken Scott, our website is up and running and, I believe, has cut down on snail mail, thus making life a lot easier for all involved. The sincere thanks of the committee and myself go out to Alex Brett (running number 21) who is competing this year for a Connachie Plaque (21 completed races). To mark this occasion Alex's firm has sponsored this year's race which has allowed us to enhance this printed booklet and have some other novel improvements besides giving our treasurer some extra uninterrupted sleep.

This year we are delighted to welcome back to the Race Kenny Stuart and Pauline Haworth of Keswick AC, the current holders of the Ben Nevis Race records. Kenny and Pauline, now married, have held these records since 1984. It is great to mark the twentieth anniversary by having Kenny and Pauline as our guests to start the race and present the prizes in the Nevis centre at 8pm (same venue as last year). To mark this occasion and to highlight this record achievement, a bounty prize of £1000 for breaking either record has been tendered. So, there is no excuse—the path on the Ben has been improved since Kenny and Pauline's day and even the road to Achintee has been resurfaced!

Sadly, I have to report on the deaths during the year of three important Ben Race personalities. The two runners Brian Kearney and Jimmy Conn will have been known to many runners here today and both leave a legacy of dedication to and enthusiasm for hill-running that has been the inspiration of so many young local runners. Jimmy's family have kindly donated a trophy in his memory which will be awarded annually to the third placed runner which, incidentally was Jimmy's best placing. Our third sad loss this year was that of Honorary President Charlie Fitzsimons. Charlie was an institution on the B.N.R.A. committee and is being sadly missed. An appreciation of these three great characters appears elsewhere in this booklet.

You may notice that we have some poetry in this issue. This has been organised by our own indefatigable Leen, the purpose of which is to generate interest within the younger school community in the Ben and racing thereon. This it certainly has done — perhaps the prize of a free entry to the race (to be used if/when the winner qualifies) — was the incentive for such fine efforts. Finally, may I wish you all a great run, especially those doing their first Ben Nevis and those from overseas. Thank you all for entering as it is you, the runners, who make this race a great race and a memorable day.

Haste ye back to 2005!

**A MacFarlane, Chairman**

## PROGRAMME

11.00am	Registration of Runners
1.45pm	Lochaber Pipe Band will lead the runners to the start position
2.00pm	Start of Race
	<b><u>Field Entertainments</u></b>
	Licensed Marquee
	Lochaber Pipe Band
	Display of Highland Dancing
	Lochaber Athletics Junior Races
	Amusements & Stalls
3.25pm approx.	The winner arrives - played home by the Lochaber Pipe Band
8.00pm	Prizegiving at Nevis Centre, An Aird

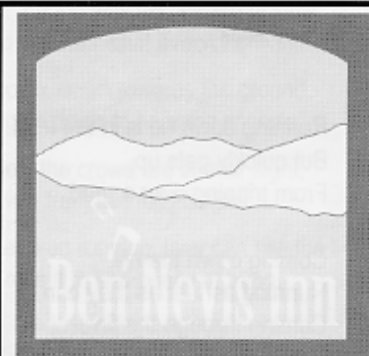
**Progress reports will be relayed from the Ben to the park**

## OFFICIALS

<i>Hon. Presidents</i>	Walter Whitehead Esq.	<i>Announcer</i>	Mr R. Cameron
<i>Chairman</i>	Mr A. MacFarlane	<i>Safety Recorder</i>	Mrs K. Macpherson
<i>Entries Secretary</i>	Mr G. Anderson	<i>Medical Officer</i>	Doctor from
<i>Hon. Treasurer</i>	Mr Campbell Clark		Tweeddale Practice
<i>Safety Officer</i>	Chief Inspector Bryce	<i>Red Cross Tent</i>	Mrs P. Leslie
<i>Referee</i>	Mr I. Tasker	<i>Programme</i>	Mr A. MacFarlane
<i>Timekeepers</i>	Mr I. Tasker	<i>Field Organisers</i>	Mr W. Whitehead
	Mr S. Moore		Mr M. Whitehead
	Mr & Mrs A. Law		Mr D. Cameron
<i>Summit Officials</i>	Jamie Chisholm		Mr G. Cairns
	Alex Graham, Scott Nolan		Mr B. Murphy
<i>Recorders</i>	Mrs M. Johnson		Mr R. Dick
	Mrs S. Richardson		Mr S. Sulaiman
<i>Registration</i>	Mr & Mrs Volwerk	<i>Electrician</i>	Mr M. Fitzsimons
<i>Half-way Official</i>	Mr H. Campbell	<i>Results Co-ordinators</i>	Mr & Mrs Volwerk
<i>Engraver</i>	Mr Kerr Brown		
<i>Calligrapher</i>	Mr Keith Stephen		

## ACKNOWLEDGEMENTS

Lochaber Pipe Band	Scottish Water
Ben Nevis Distillery	MacPherson Welders
Bank of Scotland	Nevis Bank Hotel
Northern Constabulary	Mr D. MacPhee W.S.
Lochaber Mountain Rescue Team	Mrs J. Ferguson, Mrs C. Whitehead
Highland Raynet Group	(teas & refreshments)
Scottish Red Cross Society (Lochaber Division)	Tweeddale Medical Practice
Scottish Athletics Ltd	PrintSmith Lochaber Ltd
Nevis Bakery	2nd Fort William Boys Brigade
Hugh Fitzsimons & Son Electricians	Highland Country Buses
	Highland Council, Lochaber Area Committee



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Ben Nevis path*

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*Good luck to all runners and we hope to see you tonight  
for our live music - 'Jacob's Pillow' from 8.30pm*

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£30

## THE BEN NEVIS RACE

by Hannah Linton

We gather ourselves at the start of the race  
And my heart is pounding at such a brisk pace;  
Stretching and bending we fight off the cold;  
A race such as this is for none but the bold.

The old and young all start together,  
Dodging the rocks and running through the heather,  
Slowly but surely we clamber uphill,  
The task ahead will challenge my will.

Then I glimpse a runner from the corner of my eye,  
Can I find the strength to stop them passing me by?  
Gasping for breath and my legs feeling weak,  
My eyes gaze upward looking for the peak.

Now through the clouds the summit's in sight,  
Quickening my pace as I see the light;  
I can hardly believe I'm nearing the top,  
The pain I am feeling must surely stop.

Turning at the summit,  
no time to waste,  
I must get down the mountain  
now with great haste;  
As I come down my legs start  
to ease,  
But gathering speed the pain  
moves to my knees.

Faster and fast running like mad,  
Coming down with a speed I never  
knew I had;  
Suddenly I pass a familiar face,  
And as I cross the line-I've Won The Race!



## THE BEN RACE

by Kirsty MacLennan

Coming from round the world,  
Competitors of all ages.  
Helpers giving out brochures,  
Colourful pictures on all pages.

Horns and bangs are set off,  
Feet trample over mud and stones.  
Halfway up the hill,  
Grit sprays up on working bones.

People are getting competitive,  
The rain pours down.  
Volunteers are setting up,  
A celebration in the town.

Up on the mountains,  
The mountain aches.  
It gets a painful shock,  
As a footstep breaks.  
The first man reaches the top,

2nd  
£20



Running down he is in the lead.  
But quickly gets up,  
From tripping over a reed.

Coming down the hill,  
Running as fast as they can.  
Coming through the finish,  
The winner is a man.

Spectators galore,  
With good marks and water.  
Praised the man,  
When he hugged his daughter.

The man was awarded,  
He left with a grin.  
That's it over for another year,  
I wonder who will win?

## The Ben Race Poem

by Iain Cameron and Elisabeth Cottier

The sun rose on the morning of the race;  
The buttermilk light on the Ben's face.

They did not get up until they realized.  
The special day had arrived!

Get up; get up! Get in the car,  
It's so close, but it seems so far.

Cannot wait for the gunshot to sound,  
So up the hill I can bound.

Standing waiting on the line,  
In and out of the wavy pine.

The gunshot rang throughout the Glen,  
Up, up and up the side of the Ben.

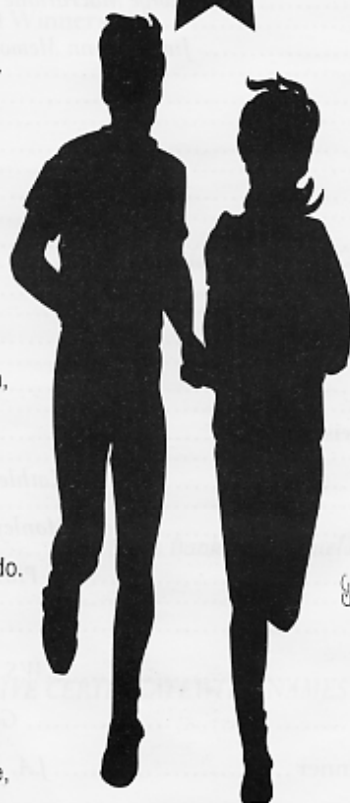
Higher and higher they did climb,  
Trying hard to get a good time.

At the top was an excellent view,  
To win was what everyone wanted to do.

Down, down towards the ground,  
Down down to hear the sounds.

Now the crowd are in their sight,  
Even from this lofty height.

Keep on running, they can see the line,  
Cross it to find peace of mind.



3rd  
£10

Thanks to  
Leen Uolwerk  
and all the  
pupils at  
Lochaber High  
School, who  
took part in  
the Poetry  
Competition



## Oh No - the Ben Race Again

'OH NO' it's that time of year again,  
You know it's hard work being a mountain!

Each year I have people running up me,  
I would much rather break free!

People running up and down,  
My smile is turning into a frown.

Mankind pounding up my ancient face,  
Taking part in this silly annual race.

When they cross the finishing line,  
I then have the climbers starting to climb!

I just really want to be left alone,  
I am a very old extinct volcano

4th  
£5

by Natalie Cottier

## TROPHIES AND PRIZE VALUES

Winner .....	MacFarlane Cup / Gold Medal / £50
Second .....	George MacFarlane Jnr Quaich / Silver Medal / £40
Third .....	Jimmy Conn Memorial Trophy / Bronze Medal / £40
Fourth .....	Bronze Medal / £30
Fifth .....	Bronze Medal / £30
Sixth .....	Bronze Medal / £30
Seventh .....	Bronze Medal / £20
Eighth .....	Bronze Medal / £20
Ninth .....	Bronze Medal / £20
Tenth .....	Bronze Medal / £20
Completing 21 Ben Nevis Races .....	Connachie Plaque
Best under 23 .....	Kathleen Connachie Cup / Bronze Medal
Best Local under 23 .....	Victor Manley Memorial Trophy / Bronze Medal
Best Veteran 50+ .....	Plus 50 Trophy / Bronze Medal / £20
Best Local Veteran 50+ .....	Eddie Campbell Memorial Trophy
Best Veteran 40+ .....	C.W.S. Steele Cup / Bronze Medal / £20
Best Local Veteran 40+ .....	George MacPherson Memorial Trophy
Best Newcomer not Winner .....	J.A. MacPherson Shield / Bronze Medal
Best Visitor not Winner .....	N.B.T. Hotels Jubilee Trophy / Bronze Medal
Best Local not Winner .....	Co-op Society Shield / Bronze medal
Best H.M Forces Runner .....	Volunteer Arms Cup
Best Police Runner .....	Wallace Plaque
Best Ambulance Service Runner .....	Scottish Ambulance Service Shield
Best Fire Brigade Runner .....	Fire Brigades Union Trophy
First to Summit .....	Lovat Scouts Trophy
First Local to Summit .....	Lochaber District Council Trophy
100th Place .....	"Livy" Prize
National Team .....	Duncan MacIntyre International Trophy

First Team .....	Mrs J. W. Hobbs Cup / Three Gold Medals
Second Team .....	Three Silver Medals
Third Team .....	Three Bronze Medals
Best Southern Counties Team not Winners .....	Reading AC Trophy
Best Veteran Two-Man Team 40+ .....	Heaton Trophy
Best H.M. Forces Team .....	Lochiel Cup
Best Police Team .....	MacLure Trophy
Best Fire Brigade Team .....	Fire Brigade Trophy
First Lady .....	Eddie Campbell Cup / Gold Medal / £40
Second Lady .....	Silver Medal / £30
Third Lady .....	Bronze Medal / £20
Fourth Lady .....	Bronze Medal / £20
Fifth Lady .....	Bronze Medal / £20
First Local Lady .....	Turnbull Quaich
First Lady Veteran .....	Nevis Bank Hotel Shield / Bronze Medal / £20
First Ladies' Team .....	Off-Beat Bikes Shield

ALL FINISHERS RECEIVE CERTIFICATE WITH NAMES AND TIMES

### Secretary's Notes

A gentle reminder to all competitors to submit their entry forms for 2005 as soon as possible. The 500 places for this year were filled by the end of June and we operated a waiting list, some 40 runners unfortunately did not get a run. Our website at [www.bennevisrace.co.uk](http://www.bennevisrace.co.uk) will have downloadable entry forms in late October.

Please take care in completing race categories and most importantly write legibly. We will ask next year for telephone numbers so that any minor queries can be resolved more quickly. This year's programme, issued free to all runners, also has a free draw, for the 500 runners, with the remainder of the programmes going on sale to the general public. The prize draw for £250 will take place on Race Day.

Thanks to Leen Volwerk for assisting the Entries Secretary throughout the year, and for organising the Poetry competition, the winning entries are published at the start of the programme.

# Alexander Brett

Building Contractor

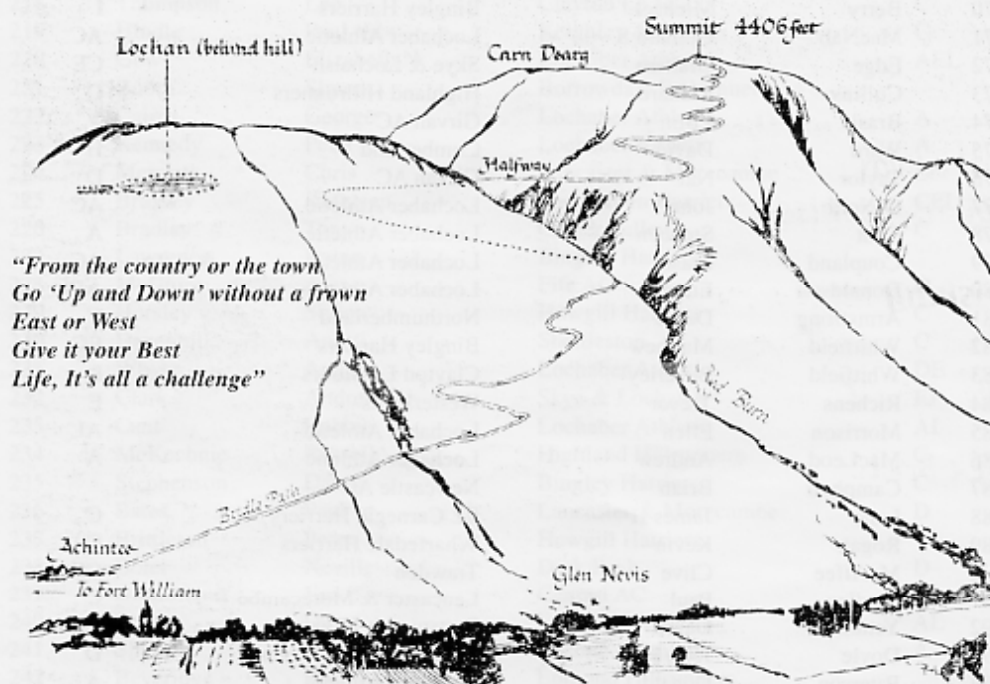


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*"From the country or the town  
Go 'Up and Down' without a frown  
East or West  
Give it your Best  
Life, It's all a challenge"*



**W**hen first asked if I would like to try the 'Ben'? by my running friends Alex Whyte and David Watt, I jumped at the challenge.

*The day was one of excitement and pain, but also enjoyment, as I came back for more.*

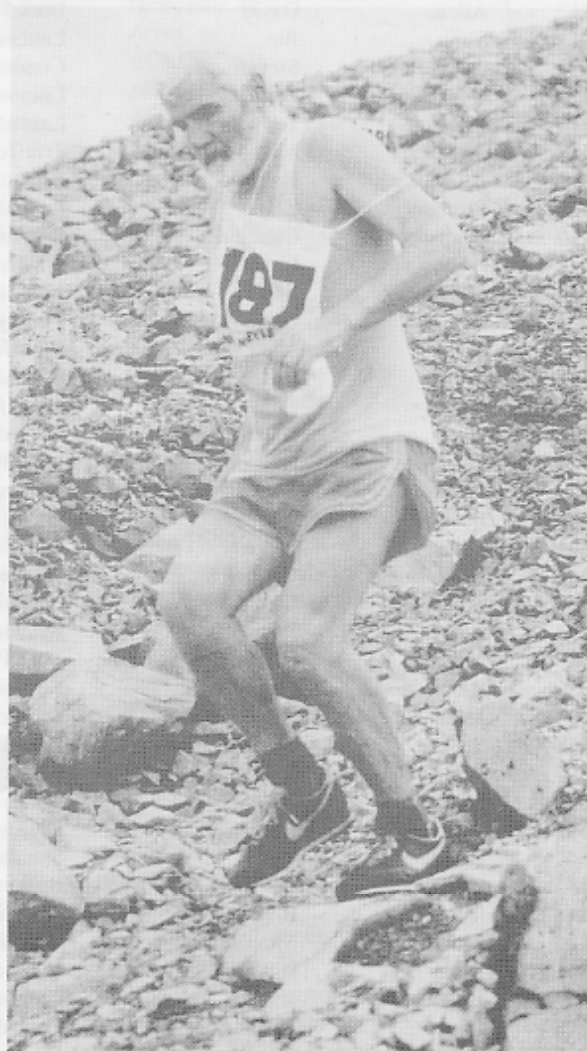
*For me, the 'Ben' is not just about the mountain, but meeting old friends, Leen & Pamela, Billy Brooks, John Dougan and the late Eddie Campbell to name but a few.*

*I will never be able to match Eddie's total, but for a great day out in excellent company and organisation, the 'Ben' will always be a race not to be missed.*

*Wishing all the runners the very best of luck today.*

**Alex Brett**

*"From top to bottom  
You'll never be forgotten"*



## OBITUARIES

As we arrive at the 53<sup>rd</sup> Anniversary of The Ben Nevis Race Association it is inevitable that the characters who, from the early days, helped to make 'The Ben Race' the institution that it has become, pass on from our midst. That inevitability does not soften the blow of the race losing three great friends during the past 12 months.

**BRIAN KEARNEY** Brian was the winner of the first race of the modern era in 1951. A supreme athlete, Brian Kearney's name will forever be linked with 'The Ben Race' but perhaps surprisingly he only ran four races. However the local favourite, whose strength lay in his fearless descents, won three of those races and, but for a genuine hard luck story, he could have had a 100% record. When descending in 1956 one of Brian's famous baseball boots burst open. He carried on barefooted until borrowing a pair of tackety boots from a spectator to finish in a creditable fourth place. Stung by the fact that the first prize had gone out of Lochaber for the first time, Brian returned in 1957 to annihilate a, then, record entry with an eight minute winning margin. Brian was the holder of many hill – racing records, not least 'The Three Peaks' His advice, freely given, was sought by many runners over the years.

**JIMMY CONN** Jimmy was possibly the most consistent performer in the race during the 1950s. From 1952 until 1960 he has seven top 10 finishes, with his best position being third in 1952 and 1960. It is appropriate that the Conn family has donated a trophy in Jimmy's memory which will be presented each year to the third-placed runner. Jimmy was a valuable member of Lochaber Athletic Club and it was due to his excellent runs allied to the high positions of Brian Kearney and Eddie Campbell that secured many team victories for the local club. In his latter years ill health prevented Jimmy from attending race day but he remained a staunch friend of the event and was always keen to hear news of the race.

**CHARLIE FITZSIMONS** Charlie was an institution within The Ben Race Association and his involvement went back to 1951 when as a young man he was a willing helper on the field and at the post-race marquee dances which raised much needed income. He soon became a valued committee member and during 52 years of unbroken service Charlie built up an encyclopaedic memory of events and personalities surrounding the race. Over a post meeting dram, and Charlie must have attended nearly 500 in his time, his anecdotes would make attendance worthwhile and certainly shortened the winter. At future AGMs it will fall to somebody else to open up 'other competent business' on the agenda with "Has the park been booked for this year's race?" Charlie will be missed for his pawky humour and today's field organisers will miss his arrival on the park to check that the start-line is, to the centimetre, in the correct place. With £1000 of the Association's money at stake for the record to be broken, Charlie may have already checked the line for us.

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all today's runners  
the best of luck!*

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*You get entry in the Christmas Draw for £500*

*and*

*You get entry into today's Race Draw of £1000*

*\*You must complete a mandate form today to arrange direct debit instructions to be deducted from your bank account in September 2005*

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## THE CONNOCHIE PLAQUE

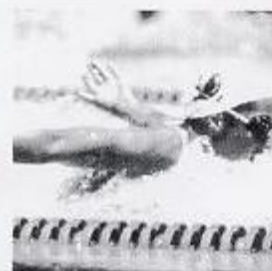
The Connochie Plaque was instituted in 1972. As the late Eddie Campbell was completing his 21st Ben Nevis that year, Dr Connochie, a well-known local General Practitioner and enthusiastic member of the Ben Race committee, endowed the award of a plaque for him and for future runners who would achieve the same feat. Each runner who completes the Ben Nevis Race is special. Each runner who completes 21 Ben Nevis Races is extra special. Here is our roll of honour.

Ralph Allemanno ..... Highgate Harriers  
 Alan L. Biltcliffe ..... Arbroath Footers  
 Harry Blenkinsop ..... Keswick AC  
 Jim Brownlie ..... Cambuslang Harriers  
 Eddie Campbell ..... Lochaber AC  
 Ian Campbell ..... Lothian & Borders Police AC  
 Frederick John Cash ..... Loughton AC  
 Nigel Chisholm ..... Lochaber AC  
 Peter Coleman ..... Vauxhall Motors RC  
 Frank Dobson ..... Bingley Harriers & AC  
 John Robertson Dougan ..... Lochaber AC  
 Paul Gaston ..... Steyning AC  
 Richard M. Gorman ..... Westerlands Cross Country  
 Alan Heaton ..... Clayton-le-Moors Harriers  
 John C. Henderson ..... Clayton-le-Moors Harriers  
 Steve Jackson ..... Horwich RMI Harriers  
 Jimmy Jardine ..... Lochaber AC  
 Brian Gerard Kirkdale ..... Steyning AC  
 Derek Large ..... Barrow-in-Furness AC

Arthur Layton ..... Vauxhall Motors RC  
 John Poulson Marsh ..... Teviotdale Harriers  
 Fletcher Murdoch ..... Maryhill Harriers  
 Paul Murray ..... Horwich RMI Harriers  
 Colin Richardson ..... North Shields Polytechnic AC  
 Bobby Shields ..... Lochaber AC  
 Jim Smith ..... Bury & Radcliffe AC  
 Norman Walker ..... Ambleside AC  
 Hugo Soper ..... Vauxhall Motors RC  
 Ian Watson ..... Salford Harriers  
 Alexander Duthie Whyte ..... BP Black Isle AC  
 David Noel Williams ..... Lochaber AC  
 Robert Wilson ..... Bellahouston Harriers  
 Henry Swan Young ..... Inverness Harriers  
 Harry Thompson ..... Clayton-le-Moors Harriers  
 George F. Unsworth ..... Kendal AC  
 Ernie Orr ..... Lochaber AC  
 Alan Graham ..... Lomond Hill Runners

**This year's Connochie Plaque contenders are:**

Alex Brett   Rick Brown   Kevin Dobson   Bryan MacPherson



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