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BEN NEVIS RACE 2005

Under UKA Rules

UP AND DOWN BRITAIN'S HIGHEST MOUNTAIN - 4406 FEET

SATURDAY 3RD SEPT • 2.00pm
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CHAIRMAN'S REPORT 2005

Welcome to all runners in the 2005 Ben Nevis Race, particularly to those who running the Ben for the first time!

Last year, we saw 364 runners complete the race without serious incident and I first of all, thank all those volunteers on the hill, particularly the summit party, who such an efficient job in circumstances that can be far from comfortable.

This year, I would also like to make special mention of, and express our gratitude to the committee of our association. The ladies and gentlemen of this elite group freely of their time throughout the year (we have monthly meetings) and the rest of the smooth, trouble-free organisation that peaks on the first Saturday of September. We are indebted to each and every one.

This year's best news is that we have as our sponsor the well-known Jack Holt (Rur number 201) of Clayton Le Moors. Jack is contending for a Connachie Plaque (Ben Races Run) this year, and I join with all runners to wish Jack a great run and success on the day. An added boost for Jack will be when Susan, his wife, starts the race to set Jack and the rest of the field off on the big challenge. Many thanks to Jack and Susan.

"A short story of the Ben Race" was our challenge to the school youngsters this year and the winning entries are published herein. Many thanks to Leen Volwerk for organising this and keeping up the children's interest in hill-running for the future.

Sadly, I have to report the death this year of Tom MacKenzie from Inverness. Tom was our time-keeper and referee for something over 50 years and his kindly presence will be missed by us all and also by so many around Scotland's games, athletic events, shinty and events people. Our sympathy goes out to Tom's widow and family.

Finally, my thanks to all who make each Ben Race so memorable, but most of all to you the runners, with the hope that you have, first of all, a safe race and that you surpass the times and targets you set yourselves. Good luck to all.

See you in 2006!

Alexander 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
Field Entertainments
Licensed Marquee
Lochaber Pipe Band
Display of Highland Dancing
Junior Shinty Match: Fort William Select v Lochaber
Amusements & Stalls
- 3.25pm approx. The winner arrives - played home by the Lochaber Pipe Band
- 8.00pm Prizegiving at Nevis Centre, An Aird, by Susan Holt

Progress reports will be relayed from the Ben to the park

OFFICIALS

<i>Hon. President</i>	Walter Whitehead Esq.	<i>Calligrapher</i>	Mr Keith S
<i>Chairman</i>	Mr A. MacFarlane	<i>Announcer</i>	Mr R. Carr
<i>Entries Secretary</i>	Mr G. Anderson	<i>Medical Officer</i>	Doctor from Tweeddale
<i>Hon. Treasurer</i>	Mr Campbell Clark		
<i>Safety Officer</i>	Chief Inspector Bryce	<i>Practice</i>	
<i>Referee</i>	Mr I. Tasker	<i>Red Cross Tent</i>	Mrs P. Les
<i>Timekeepers</i>	Mr I. Tasker	<i>Programme</i>	Mr A. Mac
	Mr S. Moore	<i>Field Organisers</i>	Mr W. Wh
	Mr & Mrs A. Law		Mr M. Wh
<i>Summit Officials</i>	Jamie Chisholm		Mr D. Can
	Alex Graham, Scott Nolan		Mr G. Cai
<i>Recorders</i>	Mr & Mrs M. Johnson		Mr B. Mu
	Mrs S. Richardson		Mr R. Die
<i>Registration</i>	Mr & Mrs Volwerk		Mr S. Sula
<i>Half-way Official</i>	Mr N. Chisholm	<i>Results</i>	Mr & Mrs
<i>Engraver</i>	Mr Kerr Brown	<i>Co-ordinators</i>	

ACKNOWLEDGEMENTS

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



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*Good luck to all runners and we hope to see you tonight
for our live music from 8.30pm*

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Top of the World

by Amy Kirkland

1st

I stood at the starting line. I was excited, determined to make it at least to the top and give my all. I had been training for three years going for a run every day, starting with a mile in half an hour to four miles in half an hour. I never ran a full marathon, and today was the day I had been waiting for. Three years for three hours didn't make sense. I pushed these thoughts to the back of my mind along with the sounds of the crowds ranting and chanting.



"Bang!" the starting pistol fired up into the surrounding air. I remembered the words of an old P.E. teacher and the thought she told me off saying, "If you want to be somebody, if you want to go somewhere, you better wake up and pay attention". As I listened to every word she said and she gave the best advice anyone could have said, "You can only succeed if you try. If you don't try, you don't have any point in being where you are."

I remembered that as I went past Achintee Road, there was a person in front of me and I wasn't bothered too much at the time as he wasn't threatening my attempt to make it to the top of the tourist route. I noticed something or someone emerging from the back of my eye in a fluorescent green costume - I was sure they were coming to get me and in a natural reaction I began to run a little harder even though I had just started up the grassy slope of the scree. I noticed as I reached the top marking point that I was in front of the person who was in front of me when we started the race. I slowed down going down the scree as it seemed that I wasn't going to win. During this time I was able to catch my breath.

I wasn't worried if I didn't win as my aim was to get to the top. I was happy just to have made it there, but I was starting to get this pressing urge in my heart to try to reach the top. My mind was saying "no". I was stuck in the middle of a fight inside my own head. I gave in to my heart and pushed myself into running that little bit harder and could feel my body quickly going numb and weak preparing to collapse anytime. I was at Achintee Road, still in front of the two middle-aged runners who were struggling into the distance. I was at least ten metres away from the finishing line, ten metres from collapsing, ten metres from thinking all this training had been worth it. I pushed myself once again. I knew I had won when I got that feeling of being on top of the world. I stepped over the painted white line and collapsed. I knew I was exhausted. I didn't feel it. Instead I felt genuinely on "Top of the World".

The Ben Race

by Iain Cameron

2nd

My head is pounding and my heart is crying to be delivered from this pain. My feet hit the ground with a cracking jolt and my left foot falls out of place here on the ground, sweat dripping from me like a monsoon. I give up, better back-up to the start of the story and where it all began.

I arrived in Claggan Park and collected my number, 16, and lined up beside the other runners. 15 & 17 were doing warm ups before the gun fired. I stood there dumbfounded asking questions like, 'Why am I here?' and, 'Do you honestly think you can do this?', to myself. I was absent-mindedly up the Ben and then, 'BANG!' came the gunshot. I took off like a rocket. Everyone was flying up the hill and I was right there with them. The trees whizzed by in a spectrum of green.

I looked behind me and noticed my friend, Ali, was not far away from me so I said, 'Beat you to the finish line Ali'?

'Go on then!' he replied.

'See you there', says I and sped off again. I ran merrily over the stones and through the puddles. The cool water refreshed my feet and gave them a new energy. Ahead of me was a bridge and The Zig Zags. By now there was no sign of Ali and only a few competitors fronting me. I reached half way up the Zig Zags and I approached the ground where I now sit. I ran on and fell to the ground, THUD!



Well, here I am, breathless, but glad of the break, even though I'm pretty much out of the race. I sit here with my eyes swimming with what I think is sweat but may actually be tears. I look over the brow of the hill behind me and unless I am very much mistaken, it is ... Ali just along silently treading the stones on the ground. 'Hey, Iain, what are you doing on the ground?'

'I've knackered my left foot'.

'OK well let's get you up'.

'AAAAAAAAAAAAAAA! pain!'

'Sorry'.

Much balancing and complaining later we arrived at the final bend and as we turn the corner we see the finish line that everyone but us has passed. We cross the line with as much happiness as we can muster. We may not have come first but the important thing is that we made it. Two friends. Who cares about the winning?

My friend stopped to help me in my hour of need and that is all that matters.

Thanks to Leen Volwerk and all the pupils at Lochaber High School, who took part in the Ben Race Competition.

TROPHIES AND PRIZE VALUES

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

First Team	<i>Mrs J.W. Hobbs Cup / Three Gold Medals</i>
Second Team	<i>Three Silver Medals</i>
Third Team	<i>Three Bronze Medals</i>
First Lady	<i>Eddie Campbell Cup / Gold Medal</i>
Second Lady	<i>Silver Medal</i>
Third Lady	<i>Bronze Medal</i>
Fourth Lady	<i>Bronze Medal</i>
Fifth Lady	<i>Bronze Medal</i>
First Local Lady	<i>Turnbull Qu</i>
First Lady Veteran	<i>Nevis Bank Hotel Shield</i>
First Ladies' Team	<i>Off-Beat Bikes Shield / Three Gold Medals</i>

ALL FINISHERS RECEIVE CERTIFICATE WITH NAMES AND TIMES

The Lochiel Trophy will be reinstated in 2006 as the Over 60s prize

Secretary's Note

Places for the 2005 race were taken up at an astonishing rate, and we had a waiting list of 70 by our closing date.
We expect the same in 2006.

The 2006 entry form should be on the website

www.bennevisrace.co.uk

at the end of October. Please ensure you complete all sections of the form legibly, in particular, make sure your date of birth, and Class 'A' race sections are completed, put in your telephone number to enable us to clear up small admin problems more quickly.

Huntingtower Lodge

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The Ben Nevis Race Committee acknowledges Jack Holt

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Extract from "Burt's Letters" from the North of Scotland to his friend in London, dated 1754

"As a specimen of the height of those mountains, I shall here take notice of one in Lochaber called Ben Nevis, which, from the level below to that part of the summit only appears to be perpendicular. It has been several times measured by different artists, and found to be three-quarters of a mile of perpendicular height.

It is reckoned seven Scots miles to that part where it begins to be inaccessible. Some English officers took it in their fancy to go to the top, but could not attain it for bogs and perpendicular rocks; and when they were got as high as they could go, they found a change in the quality of the air, saw nothing but the tops of other mountains, and altogether a prospect of one tremendous heath, with here and there some spots of crags and snow.

This wild expedition, in ascending round and round the hills, in finding accessible places, helping one another up the rocks, in disappointments, and their returning to the foot of the mountain, took them up a whole summer's day, from five in the morning. This is according to their own relation. But they were fortunate in an article of the greatest importance to them, i.e. that the mountain happened to be free from clouds while they were in it, which is a thing not very common in that dabbled part of the island, the western hills- I say, if those condensing vapours had passed while they were at any considerable height, and had continued, they would have been no means left for them to find their own way down, and they must have perished with cold, want, and hunger."

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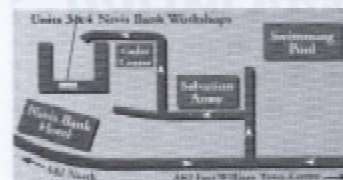
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THE CONNOCHIE PLAQUE

The Connochie Plaque was instituted in 1972. As the late Eddie Campbell, completing his 21st Ben Nevis that year, Dr Connochie, a well-known local General Practitioner and enthusiastic member of the Ben Race committee, endowed 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 Allemano	Highgate Harriers	Fletcher Murdoch	Maryhill Harriers
Alan L. Biltcliffe	Arbroath Footers	Paul Murray	Horwich RMI Harriers
Harry Blenkinsop	Keswick AC	Colin Richardson	North Shields Polytechnic
Jim Brownlie	Cambuslang Harriers	Bobby Shields	Lochaber
Eddie Campbell	Lochaber AC	Jim Smith	Bury & Radcliffe
Ian Campbell	Lothian & Borders Police AC	Norman Walker	Ambleside
Frederick John Cash	Loughton AC	Hugo Soper	Vauxhall Motors
Nigel Chisholm	Lochaber AC	Ian Watson	Salford Harriers
Peter Coleman	Vauxhall Motors RC	Alexander Duthie Whyte	BP Black Isle
Frank Dobson	Bingley Harriers & AC	David Noel Williams	Lochaber
John Robertson Dougan	Lochaber AC	Robert Wilson	Bellahouston Harriers
Paul Gaston	Steyning AC	Henry Swan Young	Inverness Harriers
Richard M. Gorman	Westerlands Cross Country	Harry Thompson	Clayton-le-Moors Harriers
Alan Heaton	Clayton-le-Moors Harriers	George F. Unsworth	Kendal
John C. Henderson	Clayton-le-Moors Harriers	Ernie Orr	Lochaber
Steve Jackson	Horwich RMI Harriers	Alan Graham	Lomond Hill Runners
Jimmy Jardine	Lochaber AC	Alex Brett	Highland Hill Runners
Brian Gerard Kirkdale	Steyning AC	Rick Brown	Lochaber Athletics
Derek Large	Barrow-in-Furness AC	Kevin Dobson	Bingley Harriers
Arthur Layton	Vauxhall Motors RC	Bryan MacPherson	Lochaber Athletics
John Poulson Marsh	Teviotdale Harriers		

This year's Connochie Plaque contenders are:

Graham Holden
Jack Holt
Mark Hayler



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