

## Cape Wrath Challenge 2009

### PRIZES

#### **Marathon**

1 <sup>st</sup> Male	Mark Ford		3:00:11
2 <sup>nd</sup> Male	Alan Hall	Serpentine Running Club	3:05:14
3 <sup>rd</sup> Male	Richie Cunningham	Carnegie Harriers	3:08:04

1 <sup>st</sup> Female	Elizabeth Bonnell	Larkfield AC	3:43:42
2 <sup>nd</sup> Female	Michelle Russell	Falkirk Victoria Harriers	3:47:24
3 <sup>rd</sup> Female	Claire Campbell		3:53:01

1 <sup>st</sup> male over 40	Colin Hutt	Team Crypton	3:14:35
1 <sup>st</sup> Female over 40	Teresa Mc Menemy	Lothian Running Club	3:57:09

1 <sup>st</sup> Male over 50	Cederic Clemerson	Heathfield Road Runners	3:15:21
1 <sup>st</sup> Female over 50	Sally Cross	Carnethy Hill Running Club	3:58:27
1 <sup>st</sup> Male over 60	Bob Brown	Perth Road Runners	3:46:30
1 <sup>st</sup> Female over	Janet Burke	Thornbury Running Club	5:41:24

### Relays

2 man Team & Copeland Family memorial Trophy

138	Neil Anderson	Capeside to Lighthouse	01:19:26	
137	Margaret Anderson	Lighthouse to hall	02:01:21	<b>03:20:47</b>

3 Man Team

#### Eton Manor A

52	Stephen Dunn	Ferry to Lighthouse	01:16:30
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75	Paul Cates	Lighthouse to Ferry	01:15:02	
144	Richard Roberts	Ferry to Village Hall	00:28:30	<b>03:00:02</b>

5 Man team

61	1 Ferry to Inshore	Sharon Bollister	00:33:17	
76	2 Inshore to Lighthouse	Zoe Woodward	00:49:40	
53	3 Lighthouse to inshore	Paul Brandon	00:50:00	
90	4 Inshore to Ferry	Glyn Sayer	00:37:58	
183	5 Ferry to Village Hall	Ian Lambert	00:29:49	<b>03:20:44</b>

**First Highland Runner** Sandy Christie Caithness 3:22:3

**Race Directors Trophy** 3 from the 3<sup>rd</sup> battalion Parachute Regiment Darren, Hope Lee Parker and Stephen Larkin 5:39:15