



The
GREAT WILDERNESS CHALLENGE

Saturday 16th August

2014



Stepping Out for Charity

POOLEWE

AULTBEA

DUNDONNELL

GWC 2014

Scottish Athletics Permit Event

Organised locally in association with the following estates:

**EILEAN DARACH TOURNAIG GRUINARD
LETTEREWE INVERAN INVEREWE**

A series of sponsored walks and races in the magnificent mountain hinterland of Poolewe, Aultbea and Dundonnell, with a variety of routes to suit all levels of fitness and ability. Each entrant is expected to raise a minimum £100 sponsorship for the 2014 GWC charities, with no upper limit!

GWC Contacts

All new entries, withdrawals, substitutions, etc.

PAT ROSS:

01445 731516 or 01854 633274

e-mail: patgwc@onetel.com

Alternative Contact

SUSAN KIRKNESS: 01445 781330

e-mail: susan@bruach88.fsnet.co.uk

Main Charities 2014

Highland Hospice; CLIC Sargent; Skye & Lochalsh Young Carers.

Other Supported Charities Include

Headway Highland; Gairloch Age & Mobility Support; Archie Foundation Raigmore Appeal; Highland Senior Citizens Network; Inverness Samaritans; Carr Gomm; British Red Cross; C.R.Y.; Maggie's Highlands; Gairloch Car Scheme; Alzheimer Scotland; Crossroads Skye; Children 1st; Debra.

2013 Donations to Charity £183,000

GWC Total since Inception £3,093,000



Local runner Andrew Tallach
from Badachro at GWC 2013



*Please consult the website for further information;
www.greatwildernesschallenge.info
and feel free to contribute to the site!*

www.facebook.com/greatwildernesschallenge

Photography:

© Colin Robertson, e-mail: colinr5@aol.com © Kenny Mitchell © Donald Mackenzie © Susan Kirkness © Gary Williamson © Cadogans © Susan Kirkness © Alex Mackenzie



THE TIMES THEY ARE A-CHANGING... Pat Ross, GWC Secretary

It is 5 years since I last wrote an article for the newsletter, so this year I thought it would be a good idea to share with you some of the changes we have made and our hopes for the future.

Probably the biggest change has been our introduction of online registration and fundraising. Gone are the days of coding entry forms, folding sponsor sheets, labelling and filling envelopes – not to mention sticking on all those stamps (what a relief when self adhesive stamps appeared!). In the past we used to post out over 700 invites initially – nowadays it's down to around 50.

The online fundraising pages have also proved to be very successful – last year over £16,500 was raised online – and many of you have commented on how much easier it is to contact and get people to sponsor you this way. We certainly hope this is a trend which will continue and increase in the coming years.

Our third change was to put our newsletter online – again to cut down on our printing and postage costs. Unsure of how well this would be received, we also produced a printed copy, but found that, as with the entry forms, only a handful of people requested a printed version. We are conscious, however, that some of our supporters don't have computer access, and so we will continue to produce a printed copy, albeit in considerably smaller quantities.

OVER £3 MILLION RAISED!

We congratulate everybody, past and present, who have contributed to this monumental figure raised for charity by the event since 1986. Well done and more of the same, please!

In the past recruiting entrants has always been a comparatively easy task. Following the success of the first event in 1986, we quickly built up a database of regulars (quite a few of whom are still taking part), and we always had to limit our numbers on the 25 mile route. Inevitably, however, as time goes on, people's circumstances and fitness levels change, and we find ourselves looking for 'new blood'. (Interestingly, last year the 7 mile walk was one of our most popular routes where numbers grew considerably – including several ex-25 milers!!!). This year we have distributed posters around the Highlands to raise awareness of the event.

At the time of writing we have over 100 newcomers, which is very encouraging. HOWEVER, before becoming too complacent, we must remember that the event is primarily a fundraising exercise - and, as such, we rely on everyone to raise sponsorship. So, to our newcomers we would say welcome to the Great Wilderness Challenge; we hope you thoroughly enjoy the event, and 'rise to the challenge' in all senses of the word.

The number of charities we support has grown considerably over the past few years – whilst the Highland Hospice is still our main beneficiary, we are delighted to be able to support many other smaller charities – primarily in the area of healthcare.

As we look to the future – 2015 will be the 30th GWC – we hope that we can continue to evolve and adapt in order to raise as much as we can for our charities, and of course to make the event as enjoyable as possible for everyone taking part.

I look forward to catching up with you all in August.

Equipment - Race Categories under SAF Rules

RUNNERS

ESSENTIAL!

WALKERS

25 Mile Race

Minimum equipment to be carried:

- Full body cover, including cagoule and trousers of waterproof material.
- Map of at least 1:50,000 scale of full area of race.
- Compass and whistle.

13 Mile Race

- Full body cover, waterproof cagoule and trousers, available to wear or carry.
- A decision based on weather conditions will be announced at registration on whether these items must be carried.

ALL RUNNERS FAILING TO COMPLY WITH THESE REQUIREMENTS WILL BE DISQUALIFIED

CHANGING ROUTES

If, due to injury or lack of training, participants feel unable to undertake their chosen route, then it is perfectly admissible to drop down to a shorter route, either walking or running. Please let us know as early as you can, but it is possible to change on the morning of the event itself, if necessary.

FOOTWEAR

All walkers are strongly recommended to use boots for this event. A variety of conditions underfoot will be encountered, and only in extremely dry weather would trainers be adequate for the whole journey.

COUNTRY CODE

Challengers are expected to observe the Country Code at all times. Protect wildlife, avoid any damage and leave no litter.

IF YOU PACK IT IN, PACK IT OUT!

It is absolutely vital to wear or carry adequate protective equipment on this event, given the lack of shelter, inaccessibility by vehicle and possible extreme weather changes inherent in these routes.

All walkers on all 4 routes must carry waterproofs - cagoule and trousers - as a priority. Additional spare items of clothing are obviously advisable, but will be left to the discretion of each individual. equipment checks will be carried out.

FAILURE TO PRODUCE WATERPROOFS WILL LEAD TO DISQUALIFICATION

NO DOGS ON BUSES

Dogs are not allowed on the buses to Aultbea and Dundonnell. Entrants wishing to take their dogs will therefore require to make alternative arrangements to get to their starting point.

ACCIDENT RISK!

- **7 & 13 Mile Circular Walkers - please note:** For safety reasons, please walk in single file on the steep, narrow 40 yard section of path above the west end of Loch Kernsary.
- Parents carrying babies/infants must ensure that they are securely fastened in suitable backpacks.

SAFETY TEAMS

Safety and medical care back-up for the event will be provided by:

- Dundonnell Mountain Rescue Team
- H.M. Coastguard
- PDG Helicopters
- Local Medical Practice
- St. Andrew's First Aid (Easter Ross Branch)
- 832 Wester Ross Squadron ATC

REMEMBER - all participants, runners and walkers, must wear numbers on front

ROUTE DETAILS

25 Mile Route

Dundonnell to Poolewe

- **START - 113852** - Corrie Hallie on A832.
- **Checkpoint 1 - 101824** - Summit of first climb. Just past this checkpoint, the route branches **right** at cairn and continues by rough moorland path to Shenavall Bothy. **Great care must be taken on the steep descent to Shenavall.**
- **Checkpoint 2 - 063807** - Abhainn Strath na Sealga. This river has to be forded, also Abhainn Gleann na Muice 0.75 miles further on. From Larachantivore (054802), the route follows a stalkers' path south along the riverside for 1 mile, then turns **right** (048786) up Gleann na Muice Beag for 2 miles to the next checkpoint.
- **Checkpoint 3 - 026779** - Near highest point of route. Continues over plateau before descending steeply towards Dubh Loch and Carnmore. **Care required.**
- **Checkpoint 4 - 980767** - Carnmore Lodge Gate. Continue over the causeway to the next path junction (968754). Turn **right** and continue to Strathan Buidhe. Turn **right** (945760) at cairn and descend to ford river. Regain path and follow marker flags to next checkpoint.
- **Checkpoint 5 - 928774** - Doubles as checkpoint 2 on 13 mile circular route. Leading runners will meet walkers on this section to Kersary Wood. Follow forest track to next checkpoint.
- **Checkpoint 6 - 897794** - Exit gate of Kersary Wood, where route turns **left** down to Kersary Cottage, then turns **right** at T-junction below the cottage to follow estate road to Inveran and Poolewe.
- **Finish - 859807** - At riverside near Poolewe Bridge.

Strathan Buidhe Bridge: Please note this river is bridged 400 yards upstream.

Please use it if you are unsure about fording the river - or just want to stay dry-shod!

RACE CATEGORIES UNDER SAF RULES Map required - Ordnance Survey 1:50,000 Sheet 19



ROUTE DETAILS

13 & 7 Miles Circulars from Poolewe

- **START - 863814** - Both routes follow a narrow and spectacular path (**Important - see "accident risk", page 3**) alongside Loch Kernsary to Kernsary Cottage (793893). At this point, the 7 Mile route turns **right** and proceeds to Inveran and Poolewe. The 13 Mile route turns **left** up towards Kernsary Wood.
- **Checkpoint 1 - 897794** - Entrance to Kernsary Wood. Continues on forest track then joins path leading to Carnmore. On this section walkers will meet lead runners on 25 Mile route. **Please allow runners right of way as they pass. Also keep dogs on a tight lead.**
- **Checkpoint 2 - 928774** - Route now leaves Carnmore path, turning **right** to join narrow path - superb scenery in all directions - contouring the northern slopes of Beinn Airigh Charr before gradually descending towards Loch Maree.
- **Checkpoint 3 - 894768** - Junction of path and Ardlair/Kernsary road. Turn right and follow road via Kernsary and Inveran to Poolewe.

13 Miles Aultbea to Poolewe

- **START - 879884** - Drumchork. Route proceeds by rough undulating Land-Rover track for 5.5 miles.
- **Checkpoint 1 - 927828** - Fionn Loch end of track. Route now traverses rough ground for 2 miles. **Marker flags must be followed to next checkpoint.**
- **Checkpoint 2 - 923809** - Route turns **right**, joining estate track from Fionn Loch to Poolewe, where, at Kernsary, it merges with other GWC routes for the last 3.5 miles to the finish.

DRINK STATION

Drink Station (all routes) - 881789
- Inveran Bridge 2 miles from finish.

Stay Hydrated.
Use the Water Stations.
They're there for your benefit.



13 mile walkers Dana Griffin and Margaret Macphee from Mallaig, and Carol Forbes from Dunoon at GWC 2013.

CHECK/SAFETY POINT GRID REFERENCES			
13 Aultbea		13 Circular	
Start	879884	Start	863814
1	927828	1	897794
2	923809	2	928774
-	-	3	894768
Drinks	881789	Drinks	881789
Finish	859807	Finish	859807



EVENT TIMETABLE

	25 Walk	25 Run	13 Aultbea	13 Circular	7 Circular
Registration	6.15 - 7.15	8.00 - 9.00	9.00 - 9.50	9.30	10.00
Buses Depart	7.30	9.15	Runners 10.00 Walkers 10.10	n/a	n/a
Start Time	8.30	10.30	10.30	10.30	11.00

- **25 MILE WALKERS** No early starts permitted. All walkers must be officially checked off at 8.30 by marshals.
- **13 AULTBEA** Runners start 10.30 prompt. Walkers follow on immediately after runners.
- **13 CIRCULAR** No early starts permitted. Start time 10.30. Last starters must be over start line by 10.45.
- **7 MILE WALKERS** No early starts permitted. Please do not enter the Hall until your registration time. Start time 11.00. Last starters must be over the start line by 11.15.
- **HEALTH & SAFETY** The above strict timetable rules are designed to increase the safety aspect of the event and adhere to event insurance rules. Accidents and problems have occurred in the past with unchecked early starters.
- **PRIZEGIVING** Starts in Hall at 6.00pm. All participants and marshals welcome.

IDENTIFICATION PROCEDURE

- **All Walkers and Runners will be issued with waterproof, tearproof numbers.**
- **In all cases, numbers must be worn on front, not on rucksacks or bumbags. Please assist the marshals by having numbers exposed at all checkpoints.**



“Cadogans Grousebeaters” team from Glasgow enjoy a brief tea break in Perth en route to the Great Wilderness Challenge 2013, the first for most of them.



Local girls Alison Rushbrooke and Jean Hamilton complete their walk at Poolewe in 2013.

TOP 100 FUNDRAISERS 2013

1	Iain Bartholomew	Aultbea	£6,622	51	Irene Jagger	Aberdeen	£685
2	Marjory Jagger	Sconser	£6326	52	Alison Murray	Inverness	£655
3	Trish Macdonald	Cove	£6290	53	Ian Pascal	Linlithgow	£650
4	Alison Marshall	Ullapool	£6290	54	James Macqueen	Isle of Skye	£646
5	Alex Mackenzie	Nairn	£3250	55	Margaret Rankin	Kyle of Lochalsh	£625
6	Alistair McPherson	Isle of Skye	£3155	56	Marshall Skelly	Dingwall	£613
7	Kenny Steele	Inverness	£3003	57	Tom Macdonald	Pitlochry	£610
8	Calum Barnett	Inverness	£2500	58	David Redshaw	Portree	£600
9	David Lawson	Inverness	£2500	59	Lexie Leaver	Beauly	£599
10	Jack Bain	Alness	£2185	60	June MacIennan	Kiltarlity	£560
11	Angus Sutherland	Broadford	£2175	61	Dirk Verbiest	Banff	£556
12	Gordon Ferguson	Aberdeen	£2035	62	Mark Dale	Contin	£551
13	Lesley Taylor	Broadford	£1997	63	Rachael Grist	Inverness	£550
14	Duncan Mackinnon	Portree	£1981	64	Derek Macleod	Gairloch	£550
15	Dulcie M-Spencer	Dunvegan	£1788	65	Moirra Harris	Achnasheen	£545
16	Murdo Maclean	Glasgow	£1500	66	Bernie Macleod	Inverness	£535
17	Lynn Anderson	Inverness	£1420	67	Victor Palmer	Conon Bridge	£535
18	Jill Lloyd	Inverness	£1369	68	Anne Macleod	Kyle of Lochalsh	£529
19	Alex Gordon	Glendale	£1368	69	Isabella Mackenzie	Gairloch	£520
20	Peter Logie	Inverness	£1319	70	Beatrice Somers	Aultbea	£520
21	Peter Richell	Staffin	£1317	71	Jane Thomson	Muir of Ord	£513
22	Emma Nicol	Munlochry	£1257	72	Jackie Mackintosh	Inverness	£503
23	Jennifer Millington	Portree	£1255	73	Iain Bannerman	Kildary	£500
24	John Urquhart	Ullapool	£1185	74	Ross Bannerman	Tain	£500
25	Mari Todd	Avoch	£1086	75	Claudia Cunningham	Banchory	£500
26	Pat Ross	Dundonnell	£1085	76	David Cunningham	Banchory	£500
27	Alastair Hunter	Beauly	£1082	77	Jimmy Glennie	Inverness	£500
28	Alastair Hunter Jnr	Beauly	£1082	78	Iain Henderson	Inverness	£500
29	Louise Hunter	Beauly	£1082	79	John Leslie	Inverness	£500
30	Jacqueline Smith	Isle of Skye	£1065	80	Victor Leslie	Inverness	£500
31	Karen Crook	Linlithgow	£1016	81	Barbara Macdonald	Inverness	£500
32	Charles Macgregor	Brussels	£1000	82	Ross Mackay	Inverness	£500
33	John Beaton	Inverness	£915	83	Catriona Mackenzie	Gairloch	£500
34	Audrey Sinclair	Kyle of Lochalsh	£903	84	Ken Murphy	Newcastle	£500
35	Alistair Macinnes	Fearn	£887	85	Jacqueline Noble	Inverness	£500
36	David Macleod	Dingwall	£887	86	Nicholas Power	Inverness	£500
37	Jeremy Ross	Aultbea	£887	87	Sadie Tracey	Inverness	£500
38	Richard Ross	Portree	£884	88	Sarah Tracey	Inverness	£500
39	Iain Mackenzie	Edinburgh	£880	89	Tom Tracey	Inverness	£500
40	Fiona Patience	Inverness	£862	90	Gary Wilson	Inverness	£500
41	Kenneth Macleod	Kyle of Lochalsh	£860	91	Shona Calder	Inverness	£468
42	Elizabeth Macrae	Laide	£800	92	Nichola Douglas	Inverness	£463
43	Heather Widdows	Gairloch	£800	93	Wallace Grant	Strathpeffer	£460
44	Christine MacIennan	Aultbea	£767	94	Joan Macgillivray	Inverness	£460
45	Kirsteen Beaton	Skeabost	£750	95	Johnnie Matheson	North Kessock	£460
46	George Youngson	Aberdeen	£750	96	Marion Sutherland	Golspie	£448
47	Shena Findlay	Inverness	£748	97	Alan Macleod	Aultbea	£420
48	Carol Rattenbury	Conon Bridge	£744	98	Eddie Flowerday	Co Antrim	£400
49	Duncan Clark	North Kessock	£740	99	Ruth Forbes	North Kessock	£400
50	John Macgregor	Shieldaig	£700	100	Kirsti Paterson	Inverness	£400



For the last 12 years I have had the pleasure of working as a member of the Highland Hospice fundraising team, our ongoing remit being to raise the necessary funds which maintain and therefore ensure the Hospice is there for our family, friends and colleagues at a most difficult time of life, when specialist support is crucial.

Working for a worthy charity is an experience I would strongly recommend. There are lows as well as highs, but it firmly cements you to what matters most which is people, their lives and how much they mean to us. One of the nicest parts of my job is the people I meet and get to know, from volunteers who all have incredible stories to tell, many bring tears to your eyes, plus some who go to incredible lengths to help the Hospice; to patient relatives who are so grateful for the care their family and loved ones receive from the medical staff at Highland Hospice. I feel honoured to have been a part of this great organisation. I am due to retire in December but will always devote as much time as possible to charitable causes, especially Highland Hospice.

The Great Wilderness Challenge was first established in 1986 to help establish a Hospice in the Highlands. Although it was considered then to be a 'one-off' it became clear very quickly that the panoramic setting and the homely welcome generated enormous enthusiasm, and which continues to this day. Most fundraising events have a shelf life but there are a few in Scotland which have surpassed all expectations, the Great Wilderness Challenge being one of them.

Perhaps what makes it unique is the founder members still remain involved – we all know Alex Macrae, better known as “Topper” and Mairi MacKenzie. I’m sure there are many participants who dedicatedly return each year in the hope they catch up with them. But there is also always a strong organising committee who show they care, plus the ‘too many to mention’ local residents who come out every year, e.g. the magnanimous Isabella MacKenzie who up until recently was still completing the 25 mile route in her ‘70s’!

I feel quite sad I have never made it beyond the 7 mile route, but it comforts me to say each year we have our stalwart participants plus a strong contingent of our staff and former staff who keep our dedicated support flowing, plus they always bring home their stories. As well as being in the top bracket of successful fundraisers, this will be the 20th year our own Lynn Anderson will have participated in the 25 mile Challenge, even conquering the swamp one year when she ended up immersed up to her neck! Think she is threatening to hang up her walking boots, but we will try and persuade her otherwise 😊!

Highland Hospice is proud to have the continued support of this wonderful event. I salute everyone involved, including the vast spread of participants and marshals who have made the Great Wilderness Challenge genuinely ‘Great’.

IMAGES FROM POOLEWE 2013



Murdo Macleod and Nicola Lowry



Nikki Nairn



Louise & Donald Maclean



Alison Johnston



Graham Arthur and Isabel Mackenzie



Karen McNeill and Gerry Brannigan



Cory Jones and Mandy Rush



Alfie Connell and Jean Cameron



Elizabeth, Ranald & Eoin Macdonald

IMAGES FROM POOLEWE 2013



Freya Robinson



Harriet Shaw, Jennifer Leonard,
Lucy Forsyth & Shona Gilmour



Isabella Mackenzie & Eileen Urquhart



Charles Jarvie



Katie McKenna, Collette Millar and Angela Wilson



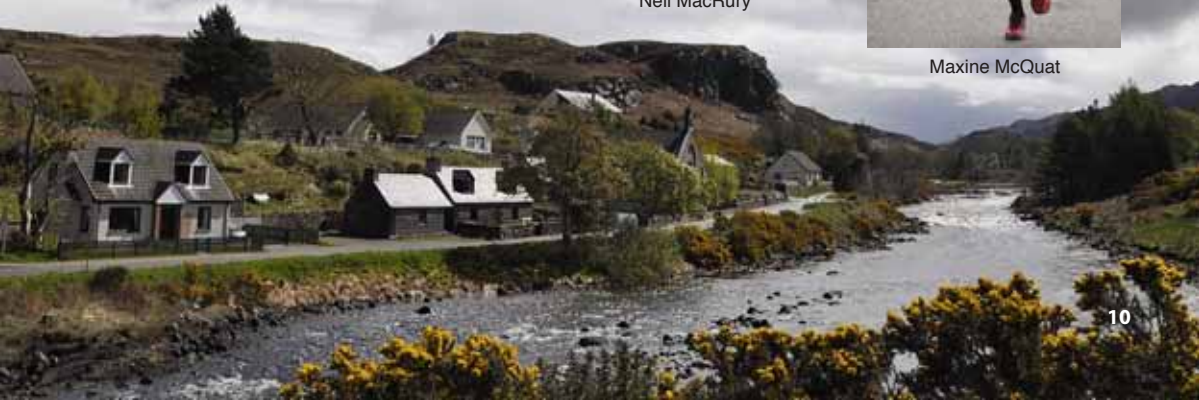
Kenneth Macleod, Marjory Jagger, Donnie Macrae
and Alex Gordon



Neil MacRury



Maxine McQuat



Reminiscences of GWC 2013

Heather Widdows,
Gairloch

My son, Tom, strolled into the Poolewe Hall in 2012 having completed his 9th twenty-five mile walk 'across the bog' and casually suggested I should celebrate his ten year medal by accompanying him in 2013. It was ages away , so I agreed. Before I knew it I had to fulfil my promise. So, having collected a large amount of sponsorship for the Highland Hospice - I suspect many sponsors thought I wouldn't make it - I stepped off the bus at Corrie Hallie into a world of drizzle and midges and set off on my challenge: to prove that, at the age of sixty-eight, I could still do 25 miles across rough country in time to see Tom collect his medal.

Despite the drizzle and midges I found the climb to Checkpoint One - for a cup of 'midge' juice! - easier than I had imagined and arrived at Shenavall still feeling fresh. With my boots swapped for trainers I waded the river and inched across the bog without sinking in any further than my ankles. Having forded the second river I started to change my shoes which needed all my self-control as squadrons of midges moved in for attack. As I headed towards the 'big' hill the first runner 'floated' by and disappeared - he was clearly going to break the record! I have to admit the 'big hill' was a challenge, but Kendal Mint Cake had helped Hilary and Tensing to the top of Everest and didn't fail me either; although Tom's suggestion that now we would overtake people seemed a bit optimistic.

Nevertheless, as I munched my sandwiches, we did just that, and the descent to Carnmore in sunlight, with a glorious view, was accomplished easily. Halfway and I was feeling good, until husband Bob, at the checkpoint, remarked encouragingly that he had thought I would be quicker! Undeterred I headed for Poolewe. I have to say that the scenery isn't quite so attractive for a few miles, but weak sun, and a little breeze meant the midges had lost their grip. At this stage I realised Tom, on his own, would have been in Poolewe already, but he loped along beside me, and at Kernsary he was able to find out the football results, so I didn't feel so bad about detaining him.

From there I knew the road well and I strode on, still overtaking people. With the end in sight, a friend came out to join me , but I was going so well they couldn't keep up! Wilma announcing my arrival and putting the medal over my head was a marvellous feeling . I had done it, and in plenty of time to see Tom collect his ten year medal from his primary teacher. A great walk, through places most people will never see, and many generous sponsors, made it a day to remember, although I have to admit I am down-sizing to the 13 mile walk from Aultbea this year. Hopefully the midges will have a day off!



PRIZEGIVING

RUNNERS PRIZE LIST

25 MILE RACE - 1st, 2nd, 3rd Males
1st, 2nd, 3rd Ladies
1st Veteran, 40/50/60
1st Local

13 MILE RACE - As above, plus 1st U/21

10 COMPLETIONS

The following walkers and runners will receive 10 year medals when they complete this year's GWC:

Joan Aitken, Edinburgh; **Ross Bannerman**, Tain; **Anne Forsyth**, Beauly; **Michael Hogg**, Invergordon; **Fiona Johnston**, Gairloch; **Aileen Kirkwood**, Inverurie; **Seonaidh Laing**, Inverness; **Sue Lowe**, North Kessock; **Maisie Lyall**, Gairloch; **Trish Macdonald**, Cove; **Jean Macmillan**, Inverness; **Nicholas Power**, Inverness; **Matt Sullivan**, Aboyne; **Tom Tracey**, Inverness; **Dirk Verbiest**, Banff.

All winners of above awards are expected to attend prizegiving in the hall at 6pm. If unable to attend, please contact Susan Kirkness in order to receive your trophy earlier.

TROPHIES WILL NOT BE POSTED OUT

VETERAN PRIZES

(25 and 13 Mile Races)

Gents' Veteran prizes will be awarded according to the following criteria:

- **Vet 40** 1st runner in the 40-49 age bracket.
- **Vet 50** 1st runner in the 50-59 age bracket.
- **Vet 60** 1st runner age 60 or over.
- Veterans cannot claim a prize in a veteran category outwith their own age bracket.
- Veterans coming 1st, 2nd or 3rd in a race will keep their vet prize as well as the place prize.



Race Winners 2013

ENTERTAINMENT

**Gairloch & District
Pipe Band**



Proceeds to Gairloch High School Slattadale Project

GWC 2014 CEILIDH

Music by Flowerdale Fog
Poolewe Hall 8pm
Saturday 16th August
Entry £5 Children £2

GWC 25 MILE RACE RESULTS 2013

Pos	Runner	Club/Town	GWCs	Cat	Time
1	Matt Sullivan	Shettleston Harriers	9	MS	2:43:39 Rec
2	Alec Keith	Hunters Bog Trotters	18	MV40	03:11:30
3	Ross Bannerman	Highland Hill Runners	9	MV40	03:11:45
4	David Hirst	Deeside Runners	18	MV50	03:31:30
5	Colin Meek	DMRT	12	MV40	03:33:40
6	Graeme Campbell	Highland Hill Runners	4	MV40	03:47:24
7	John Moffat	Highland Hill Runners	5	MV50	03:55:52
8	Dirk Verbiest	Keith & District AAC	9	MV50	03:56:53
9	Christopher Dyer	Howgill Harriers	1	MV50	03:57:23
10	Steve Popple	Highland Hill Runners	1	MV40	03:57:59
11	David Robertson	U/A Aultbea	4	MS	04:06:23
12	George Douglas	U/A Aberdeen	14	MV40	04:07:09
13	Sandy Mackenzie	Strath Runners	15	MV40	04:09:19
14	Graham Arthur	Ilkley Harriers	8	MV60	04:09:27
15	Neil MacRury	Stornoway RAC	5	MV50	04:18:49
16	Neil Campbell	MAROC	1	MV40	04:19:01
17	Gerard Baptist	U/A Gairloch	6	MV40	04:21:53
18	Jon Erasmus	U/A Inverness	3	MV40	04:22:55
19	Gus Glazebrook	U/A Bridport	1	MV40	04:25:14
20	Aileen Kirkwood	Garioch Road Runners	9	FV40	04:26:39
21	Alex Brett	Highland Hill Runners	25	MV60	04:28:24
22	Nicholas Gubbins	U/A Avoch	7	MV50	04:33:27
23	Andrew Laing	U/A Inverness	1	MV40	04:36:56
24	Colin Gilmour	Ross County AC	8	MV50	04:37:28
25	Alastair Thompson	Teangue Tortoises	18	MV50	04:46:09
26	Iain Bartholomew	U/A Aultbea	15	MV60	04:47:48
27	Tracey Robertson	U/A Massachusetts	1	FV40	04:48:08
28	Imogen Percy-Bell	U/A AIness	1	FV40	04:49:26
29	Isla Graham	U/A Ardross	1	FV40	04:49:27
30	Gordon Ferguson	U/A Aberdeen	4	MV40	04:52:31
31	Tracey Douglas	U/A Aberdeen	14	FV40	04:54:18
32	Colin MacIennan	U/A Glasgow	2	MV50	04:59:24
33	Rob Shaw	Highland Hill Runners	18	MV40	05:03:44
34	Mari Todd	Highland Hill Runners	1	FV40	05:13:57
35	Allan Grant	U/A Glasgow	3	MV50	05:15:21
36	Richard Ross	U/A Portree	1	MS	05:18:35
37	Moira Harris	U/A Achnasheen	1	FV40	05:29:54
38	Andrew Tallach	U/A Port Henderson	27	MV40	05:30:36



Aileen Kirkwood



Graham Arthur



Tracey Douglas

GWC 13 MILE RACE RESULTS 2013

Pos	Runner	Club /Town	GWCs	Cat	Time
1	Ross Campbell	Edinburgh Univ. H & H	1	U/21	01:22:06
2	Thomas Cherry	U/A Poolewe	1	MS	01:33:30
3	Steven Worsley	Highland Hill Runners	11	MV50	01:36:06
4	Kenny Steele	Inverness Harriers	4	MV40	01:36:29
5	Graeme Rae	U/A Edinburgh	1	MV40	01:40:22
6	Megan Bee	Highland Hill Runners	10	FS	01:41:53
7	Ryan Maclean	U/A Poolewe	2	U/21	01:43:25
8	Ross Cox	U/A Aberdeen	5	MS	01:44:49
9	Robert Marshall	U/A Laide	13	MS	01:46:53
10	Iain Mackay	Hunters Bog Trotters	15	MV50	01:49:21
11	Michael Maciver	U/A Avoch	4	MS	01:50:30
12	Murdo Maclean	U/A Glasgow	1	MV50	01:53:40
13	Maxine McQuat	Metro Aberdeen	1	FS	01:54:00
14	Murdo Maclean	U/A Aultbea	18	MV40	01:54:23
15	Duncan Macaulay	U/A Laide	5	MV50	01:56:36
16	Willie Macrae	Highland Hill Runners	25	MV60	01:56:49
17	Gordon Robinson	Westerlands CCC	8	MV60	01:56:56
18	Donald MacLaren	U/A Inverurie	1	MS	02:05:38
19	Laurence Dunn	U/A Glasgow	1	MV50	02:06:44
20	Lenn Urquhart	U/A Gairloch	17	MV40	02:07:01
21	Alice Snow	Highland Hill Runners	11	FV40	02:07:30
22	Stuart Duncan	U/A Glenrothes	1	MV50	02:09:49
23	Fiona Johnston	Jog Scotland	9	FV40	02:09:49
24	Mark Ross	U/A Inverness	8	MV40	02:11:52
25	Cherie Pumphrey	U/A Edderton	5	FS	02:11:52
26	Rod Maclean	U/A Inverness	2	MV40	02:14:40
27	Peter Schooling	U/A Ripley	8	MV50	02:14:58
28	Rebecca O'Hara	U/A Culbokie	3	FS	02:15:52
29	Rachael Grist	U/A Inverness	1	FS	02:20:10
30	Emma Johnston	Tain Runners	15	FV40	02:22:24
31	Yvonne Leonard	U/A Gairloch	10	FV40	02:25:54
32	Eilidh Urquhart	U/A Inverness	7	U/21	02:27:56
33	Jim Urquhart	U/A Lossiemouth	19	MV70	02:27:56
34	Stephen Murphy	U/A Callander	1	MV50	02:27:56
35	Corine Jack	U/A Ellon	1	FV40	02:29:16
36	Kathryn Morton	U/A Gairloch	3	FV50	02:31:21
37	Alison Johnston	Hunters Bog Trotters	25	FV50	02:31:57
38	Charles Jarvie	Inverness Harriers	10	MV60	02:33:05
39	Emma Linn	U/A Inverness	1	FV40	02:33:29
40	Jim Peat	U/A Inverness	18	MV60	02:36:42
41	Elisabeth Grant	U/A Glasgow	3	FV50	02:37:02
42	Jess Ryan	U/A Inverness	1	FS	02:38:11
43	Kayleigh Carruthers	U/A Gairloch	2	FS	02:38:11
44	Bob Stark	Fife AC	5	MV70	02:38:48
45	Margaret Rankin	U/A Kyle of Lochalsh	1	FV40	02:44:08
46	Mark Dale	U/A Contin	6	MV50	02:46:16
47	David Sullivan	Deeside Runners	11	MV50	02:46:18
48	Elisabeth Sullivan	Deeside Runners	6	FS	02:46:18
49	James Wright	Hunters Bog Trotters	4	MV50	02:48:23
50	Nicola Lowry	U/A Edinburgh	1	FS	02:48:54
51	Gillian Mackay	U/A Invergordon	1	FV50	02:51:40
52	Rhona Fraser	Muir Jog Scotland	8	FV50	02:55:31
53	Rhoda Tippett	U/A Gairloch	4	U/21	02:55:45
54	Bernie Macleod	U/A Inverness	2	MV40	03:01:03
55	Joan Munro	Muir Jog Scotland	10	FV60	03:01:31
56	Alex Whyte	Highland Hill Runners	24	MV60	03:21:02
57	Ken Murphy	U/A Newcastle	10	MV80	03:25:43

20 years ago

21st August 1994

9th GWC over **21**, **14** and **7** mile routes (Flowerdale Forest)

Number of entrants: **427** Walkers **306** Runners **121**

Race Winners

21 miles

Male: **Richard Hackett** Carnethy HRC **2-50-54**

Lady: **Susan Low** U/A Dornoch **3-43-57**

14 miles

Male: **Simon Axon** Hunters Bog Trotters **1-43-24**

Lady: **Ruth Mackenzie** Deeside Runners **2-21-39**



Simon Axon

Total Raised

£52,000

Top 4 Fundraisers

Donnie Hossack, Ullapool **£1353**

Philip H-Grierson, N Kessock **£1213**

Bruce Alexander, Gairloch **£1100**

Willie Urquhart, Poolewe **£1000**

10 years ago

20th August 2004

19th GWC over **25**, **13** and **7** mile routes (Poolewe)

Number of Entrants: **550** Walkers **417** Runners **133**

Race Winners

25 miles

Male: **Kenny Riddle** Highland Hill Runners **2-53-54**

Lady: **Claire Gordon** Hunters Bog Trotters **3-42-51**

13 miles

Male: **Ross Munro** Stornoway RAC **1-27-41**

Lady: **Frances Thin** Ross County AC **1-45-40**



Claire Gordon

Total Raised

£170,000

Top 4 Fundraisers

Bari Fischer, Florida **£6500**

Sandra Golightly, Banchory **£3300**

Iain Bartholomew, Aultbea **£3173**

Lorne Crerar, Glasgow **£2445**

SUB 3 HOUR TIMES - 25 Mile Race

Pos	Runner	Time	Year	Remarks
1	Matt Sullivan	2-43-39	2013	4th CR/PB
2	Jonathan Musgrave	2-48-21	1992	3rd CR/PB
3	Jonathan Musgrave	2-49-06	1987	2nd CR
4	Martin Dean	2-51-56	1991	PB
5	Jonathan Musgrave	2-52-48	1997	
6	Kenny Riddle	2-53-54	2004	PB
7	Kenny Riddle	2-54-33	2002	
8	Matt Sullivan	2-54-45	2010	
9	Kenny Riddle	2-55-42	2006	V/40 Rec
10	Kenny Riddle	2-56-35	2005	
11	Alec Keith	2-57-16	1997	PB=
12	Alec Keith	2-57-16	1999	PB=
13	Jonathan Musgrave	2-57-16	1999	
14	Jim Doig	2-57-22	1990	PB
15	Martin Dean	2-57-23	1986	1st CR=
16	Jonathan Musgrave	2-57-23	1986	1st CR=
17	Martin Dean	2-58-21	1987	
18	Alec Keith	2-58-27	2007	
19	Andy Kitchin	2-58-38	1989	PB
20	Bob Worth	2-59-25	1992	PB
21	Martin Dean	2-59-37	1995	



Matt Sullivan (Shettleston Harriers)
setting a new 25 mile course record at
Poolewe in 2013
2 hours, 43 minutes, 39 seconds.
The previous record had lasted 21 years!

SPONSORSHIP - PAYING-IN SYSTEM

Please send sponsorship cheques, payable to **“Great Wilderness Challenge”** to **Pat Ross, GWC secretary, 6 Durnamuck, Dundonnell, Ross-shire IV23 2QZ.**

- 1 Members of specific charity teams should send their sponsorship to their team co-ordinator.
- 2 As the GWC is not a charity, we cannot process charity vouchers e.g. CAF. Such vouchers should therefore be made payable to Highland Hospice, and we will pass them on, while crediting your sponsorship total with their value.
- 3 It is important that all participants submit sponsorship by **end of November**, as all our charities get paid out in early December.
- 4 Before sending, please check that all cheques are still valid. Normal expiry period is 6 months.

MERCHANDISE

T-shirts and polo shirts will be on sale on the day.

Alex tells me that this is going to be my 19th GWC, and as the fount of all GWC esoterica, he should know. That probably covers 18 completions - 2 rain-diverted Challenges, the one in Kintail, one 4-mile walk, and 14 "Big Ones". The main reason for this slightly obsessive behaviour is purely selfish on my part - the view from the beginning of the steep descent to Carnmore is one of the top views in the country for me, as Fionn Loch and Dubh Loch suddenly open up below your feet, with the curtain of Beinn Lair forming the backdrop behind; and the GWC very kindly organises one's transport logistics to simplify a one-day traverse of this amazing through route. But of course there's more to it than that.

As a race route, this is one of the best. Over the years, the path has been improved, leading to a greater element of predictability, and perhaps some of the challenge has been lost in the process. The crux section used to be the gnarly mile or so of untracked bog before the Kernsary wood. The combination of tired legs and omnivorous tussocks very often had a dramatic effect on the race outcome; fresh-limbed young runners would enter it in the lead and emerge, decades older, onto the forest path, many places back, broken, muddied and bloodied. A nice path detours round this section now, so such memories, along with commodities such as tripe and tapioca, are largely the fodder of folklore.



Alec winning 25 mile race in 2012

Many of the recent Challenges have taken place in comparatively benign conditions. But the toughest days for the runners are when the sun shines and the temperature rises. A few folk are built for running on humid late summer days in the Scottish hills; most are not, and if you're one of the nots then you just have to listen to your body and pull the pace back to something that might just be sustainable for the next twenty-odd miles.

Apart from "the View", my strongest memories of the GWC are those arising from a combination of pain and distress. My first event was on a baker of a day; not understanding the subtleties of the route, I shot off, established a lead before Shenavall, blew this by following the river banks to Larachantivore (rather than the more efficient direct bog-trog), buried myself in the heat to catch up with the pack again, and had overcooked completely long before Carnmore. The fact that my next actions were to swim at the causeway says it all. My racing efforts another year were undone by a catastrophic shoe malfunction after about 3 miles, the sole ripping off in a bog and being left attached to its upper at the toe by a thin strip of rubber; it was a long haul to Poolewe that year, made possible only by the generosity of fellow Challengers who freely surrendered their compass-strings and gaiter-laces to allow temporary repairs. And goodness knows the number of times David Hirst and I plunged into "the old Bog" before Kernsary, only to find our racing order redefined by cramp and general physical degradation.

But away from the running is the Challenge as a whole, and there is another layer of memories - the camaraderie of other participants; cold showers in the old Portakabin blocks (long since superseded by the wonderful village hall); the warmth of the welcome and hospitality of the local communities; the continuity and dedication of all who organise/marshal/cater/support and make the event run so smoothly; and the sense of being part of something that is genuine and worthwhile and special and gives to those who most need. Like everything and everyone, the GWC has needed to move with the times, to keep re-inventing itself, to embrace computerisation, and to bring aboard younger participants in the face of numerous other demands; but with characteristics such as these, the GWC's future surely remains bright.

Meantime, bring it on - again!

OBITUARIES

Sadly we announce the passing of four friends since the last Challenge, and we convey our sincere sympathy to their respective families in their loss.

Jimmy Glennie from Inverness, a regular walker in the event as a member of the CLIC Sargent charity team.

Martin Kirk from Ullapool, a new walker last year, accompanying his daughter Rebecca.

Cathy Macdonald from Poolewe, who assisted in the catering department for the first two decades of the Challenge.

Murdo Urquhart from Poolewe, who performed a variety of marshalling duties over all the years.

NEWSROUND

Marriage:

Congratulations to local GWC marshals Jackie Baker and Sandy Macleod who were wed on 19th April.

Running Club Renaissance

This year we welcome back local club Wester Ross Athletics following their recent reformation after a 10 year sabbatical. The original incarnation competed for several years around the turn of the century and achieved some notable performances in GWC races. The club holds midweek evening runs in Gairloch and Ullapool, with longer trail runs at least monthly. Very informal club catering for beginners right through to established trail runners, and new members from across the whole Wester Ross area are welcome to join.

Cadogans Expansion

Returning to Poolewe for the third time, the Glasgow engineering firm have added to their number with an enthusiastic team of 18 taking part this year. Some humorous anecdotes from their earlier exploits can be seen in the "Articles" feature on our website.

Julia's Clock

We are highly indebted to Julia Alexander from Gairloch who gifted an "all-singing all-dancing" timing clock to the Challenge last year. This surprise acquisition is a fantastic coup for the organisers, negating the annual headache of Britain-wide searches for expensive clock hire. Just another example of this lady's wonderful contribution to good causes in the local area.

Darren Macrae Memorial Shield

The first winner of this trophy, awarded annually to the top junior fundraiser (Under 16) was Ethan Harris from Edinbane, Isle of Skye. Ethan, a carer himself, raised the magnificent sum of £1143 for the Skye & Lochalsh Young Carers charity. The shield is in memory of popular local boy Darren, main piper at the Challenge for many years.



Wester Ross Athletics



Ethan Harris

SPONSORS

PDG HELICOPTERS

The Heliport
Dalcross

Tel: 01667 462740

PETER SAGGERS & Co.

**CHARTERED
ACCOUNTANTS**

Achtercairn
Gairloch

Tel: 01445 712409

Poolewe Village Store

Main Street
Poolewe

Tel: 01445 781240

THE WILLIAMSON GROUP LTD.

5 Walker Road
Inverness

Tel: 01463 236600

MACLEOD & MITCHELL

CONTRACTORS LTD.
Unit 4, Clifton
Poolewe

Tel: 01445 781380

KENNETH MORRISON

**BUTCHER, POULTERER
& GAME DEALER**
Strath, Gairloch

Tel: 01445 712485

MACKENZIE & MACLENNAN

The Garage
Gairloch

Tel: 01445 712255

COLIN BELL

**SEAHORSE
AQUACULTURE**
Aultbea

Tel: 01445 731411

Acknowledgements

All Marshals & Helpers
Dundonnell Mountain Rescue
HM Coastguard
St Andrews First Aid
Scottish Water
Geordie Macleod
Frasers Coaches
Harold Beaton
The Bridge Cafe
Donald Grant & Sons
Drumchork Lodge Hotel
Two Lochs Radio
Gairloch & District Times
North Star
Ross-shire Journal
Running Imp International



A Short Break

Colin Robertson (photographer),
Willie Grant (HM Coastguard) and
Michael Thomson (GWC Committee)
enjoy a chinwag in a rare moment of relaxation at GWC 2013.

NEXT GWC

Saturday 15th August 2015

- New individual and group entries welcome.
- See GWC Contacts (Page 1) for entry details

OR

- Website Home Page www.greatwildernesschallenge.info