



30th
GREAT WILDERNESS CHALLENGE

Saturday 15th August **2015**



Stepping Out for Charity

POOLEWE

AULTBEA

DUNDONNELL

GWC 2015

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 Charity 2014: Highland Hospice

Other Supported Charities Include:

CLIC Sargent; Skye & Lochalsh Young Carers; DebRA; Headway Highland; Gairloch Car Scheme; Inverness MS Therapy Centre; Highland Senior Citizens Network; Gairloch Age & Mobility Support; Carr Gomm; Cardiac Risk In The Young; Inverness Samaritans.

2014 Donations to Charity £182,000

GWC Total since Inception £3,275,000



25 mile runner
Sinclair Cooper from Edinburgh.



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

www.facebook.com/greatwildernesschallenge

Photography:

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© Susan Kirkness © Alex Mackenzie



29 Years On!

When the organisers and participants gathered early on Saturday 23rd August 1986 to take part in what was to be a “one off” event to raise funds for the yet to be completed Highland Hospice, little did they realise that their effort would be so successful that they would be still doing it 29 years on! Nor did they envisage that the sum of £6,200, of which they were immensely proud, would swell to a total figure now in excess of three million.

Now that we are about to embark on the 30th Great Wilderness Challenge, those who have been involved throughout have every right to reflect on a job well done, but not completed! With more and more demands being made on charitable giving, we recognise the difficult task everyone faces in continuing to raise funds to assist those in our wider community, who are less fortunate and who depend upon the generosity of others.

So how do we now look to the future? Like we did in 1986 by not taking anything or anybody for granted and to keep on with a tried and tested formula, never forgetting our goal and those who will continue to depend on the Challenge for that “something extra” that may make the difference in their lives. It may not seem gracious to praise and thank people on one hand while asking for more with the other, but that is the nature of our business and one that I am sure everyone understands.

So to all participants, fundraisers, local estates, sponsors, marshals, safety teams and the general public who wholeheartedly uphold our event, the organising committee would like to sincerely thank each and every one for their consistent and willing support over the past 29 years.

Thank you.
Eric Thomson, GWC Chairman

FAIRER ALL ROUND

The new 25 mile walk cut-off times being introduced this year (Carnmore 2 pm – Kernsary 4.45 pm – Poolewe 6 pm) is an effort to bring the event to an acceptable, timeous and amicable conclusion for all concerned. In recent years finishes at 7 or 8pm were getting increasingly prevalent, which is unfair on all the marshals and safety teams who really deserve more consideration. We feel allowing a 9.5 hours timescale is generous for a route which can easily be covered in under 8 hours. We therefore recommend that walkers who feel unable to meet these modest targets should consider entering one of the shorter routes available.



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.*

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**

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.*

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.

**ALL RUNNERS FAILING TO COMPLY
WITH THESE REQUIREMENTS
WILL BE DISQUALIFIED**

- Parents carrying babies/infants must ensure that they are securely fastened in suitable backpacks.

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.

SAFETY TEAMS

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

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.

- **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**

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!

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

ROUTE DETAILS

25 Mile Route

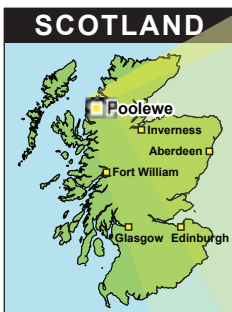
Dundonnell to Poolewe

- **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 Kersnary Wood. Follow forest track to next checkpoint.
- **Checkpoint 6 - 897794** - Exit gate of Kersnary Wood, where route turns **left** down to Kersnary 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



CHECK/SAFETY POINT	GRID REFERENCES
Checkpoint 1	101824
Checkpoint 2	063807
Checkpoint 3	026779
Checkpoint 4	980767
Checkpoint 5	928774
Checkpoint 6	897794



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.

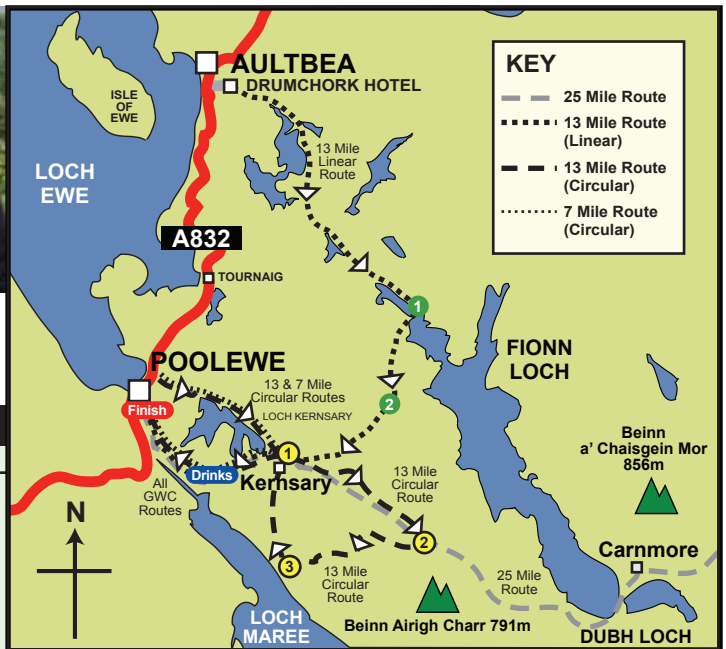
DRINK STATION

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

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



First-time Challengers Dugald and Morag Macpherson from Aultbea reach the finish of the 7 mile walk at Poolewe 2014.



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.**



Catering team in Poolewe Hall on GWC day 2014.
From left: Moira Mills, Jean Alison Keir, Mairi Mackenzie, Doreen Robertson, Siobhan Vickerstaff, Jean Cameron and Catherine Gallie..



Anne Youngman from Dunblane and Alastair Nelson from Rosemarkie walking the 13 mile circular route in 2014 on behalf of Highland Hospice

TOP 100 FUNDRAISERS 2014

1	Marjory Jagger	Sconser	£9,681	51	Peter Richell	Staffin	£679
2	Alison Marshall	Laide	£5,500	52	Margaret Girvan	Glenmoriston	£670
3	Trish Macdonald	Cove	£5,500	53	Angus Ritchie	Aboyne	£640
4	Dulcie M-Spencer	Dunvegan	£5,339	54	Andrew Leaver	Beauly	£633
5	Iain Bartholomew	Aultbea	£5,065	55	Dirk Verbiest	Banff	£633
6	Alex Mackenzie	Nairn	£5,011	56	John Beaton	Inverness	£580
7	John Urquhart	Ullapool	£5,011	57	Alistair Baxter	Norfolk	£570
8	Fiona Johnstone	Portree	£3,973	58	Meg Gillies	Isle of Skye	£570
9	Andy Neison	Isle of Skye	£3,175	59	Shona Calder	Inverness	£567
10	Lesley Taylor	Broadford	£2,807	60	June MacLennan	Kiltarlity	£565
11	Alistair McPherson	Isle of Skye	£2,558	61	Margaret Campbell	Archerfield	£557
12	Daniel Van Wyk	Glasgow	£2,500	62	Samantha Richards	Ullapool	£557
13	Susan Drew	Inverness	£2,264	63	Katherine Weekes	Ullapool	£557
14	Allan McGrath	Edinburgh	£2,135	64	John Macgregor	Shieldaig	£555
15	Crispin Ponder	Edinburgh	£2,035	65	Iain Bannerman	Kildary	£550
16	Mark Bain	Nairn	£1,800	66	Ross Bannerman	Tain	£550
17	John Finlayson	Rosemarkie	£1,745	67	Birgit Joost	Gairloch	£540
18	Guy Seaman	Gairloch	£1,648	68	Heather Widdows	Gairloch	£540
19	Mike McGrath	Peebles	£1,630	69	Victor Palmer	Conon Bridge	£535
20	Sandra McGrath	Peebles	£1,630	70	Ken Murphy	Newcastle	£518
21	Angus Sutherland	Staffin	£1,395	71	Tom Macdonald	Pitlochry	£514
22	Aileen Macleod	Kyle of Lochalsh	£1,293	72	Margaret Rankin	Kyle of Lochalsh	£514
23	Matthew H-Macleod	Inverasdale	£1,208	73	Kevin Connor	Drongan	£500
24	Audrey Sinclair	Kyle of Lochalsh	£1,174	74	Alastair Nelson	Rosemarkie	£500
25	Lachie Gillies	Staffin	£1,161	75	Kirsti Paterson	Inverness	£500
26	Christine Maciver	Isle of Skye	£1,138	76	Alan Macleod	Aultbea	£460
27	John Maciver	Isle of Skye	£1,138	77	Maisie Lyall	Gairloch	£458
28	Jill Lloyd	Inverness	£1,110	78	Pat Mucklow	Kyle of Lochalsh	£450
29	Marlene Grant	Isle of Skye	£1,049	79	Angela Rae	Gairloch	£450
30	Anne Montgomery	Isle of Skye	£1,049	80	Margaret Ryles	Inverness	£450
31	Derek Mallon	Glasgow	£1,020	81	Fiona Phillips	Edinburgh	£446
32	Jim Dickinson	Bodfari	£1,000	82	Jock Gibson	Forres	£441
33	Chris Thyne	Kirknewton	£1,000	83	Rachael Grist	Inverness	£432
34	Pat Ross	Dundonnell	£950	84	Alison Johnston	Newtonmore	£420
35	Richard Ross	Portree	£940	85	Charlie Macrae	Ullapool	£420
36	Irene Mackay	Aberdeen	£930	86	John Osborne	Ullapool	£420
37	Kenna Jagger	Paisley	£910	87	Ryan Maclean	Poolewe	£406
38	Duncan Clark	North Kessock	£900	88	Patricia Cartmell	Inverness	£400
39	Elizabeth Macrae	Laide	£900	89	Ashley Pumphrey	Tain	£400
40	Jackie Wilson	Inverasdale	£886	90	Beatrice Somers	Aultbea	£400
41	Chistine MacLennan	Aultbea	£855	91	Farren Mackenzie	Poolewe	£391
42	Lynn Anderson	Inverness	£800	92	Finn Simpson	Poolewe	£391
43	Roddy Grant	Aultbea	£785	93	Sagar Mackenzie	Glasgow	£383
44	Jennifer Millington	Portree	£783	94	Aisling McGhee	Glasgow	£383
45	Iain Mackenzie	Edinburgh	£761	95	Nichola Douglas	Inverness	£375
46	Nicola Curley	Inverness	£759	96	Elna Lawrie	Gairloch	£375
47	Lorna Lewis	Edinburgh	£745	97	Vanessa Ling	Lairg	£355
48	Kate Somervail	Kinross	£743	98	David Slator	Lairg	£355
49	Katie Adam	Inverness	£715	99	Joan Aitken	Edinburgh	£350
50	Alison Murray	Inverness	£685	100	Alan Fraser	Edinburgh	£350



Peter's Team at GWC 2012

Back in 2002, Paul Deacon, a local CLIC Sargent supporter from Aultbea, approached the GWC to see if the charity could be included in the event. I was a rookie fundraiser at the time and when Paul told me we had been given 12 places I broke into a cold sweat wondering where to find these walkers from! A chance discussion with Sadie Tracey, owner of the Tarry Ile Bar with her husband Tom, resolved the crisis and the bar has since become the mainstay of our team, raising almost £100k for us in the last 13 years. To that team we have been fortunate in adding many more supporters, some of whom had children with cancer, whom we supported, and it has been wonderful to see a child who was once so poorly completing a 7 or 13 mile route on the Challenge.

There have been many memories over the years of pain, laughter, tears, mud, sunshine, wind and rain (no snow that I can recall!) - Paul Deacon with a high water mud mark on his chest - photographing a walker splatting in the mud - my first and only 13 mile run - the Tarry Ile guys cooking their bacon rolls on the sea front at Poolewe - and all the food stops, friendship, pipers and the copious emails with Pat at all times of night and day!

The Challenge has become an integral part of CLIC Sargent's fundraising year in the Highlands, and the friendly volunteers who organise it make it stand out from other 3rd party events. It's flexibility ensures that both serious runners and walkers are challenged, but the more casual ones are not overlooked. It gives me the chance to really get to know supporters as I walk the 13 mile Aultbea route, rather than just the "Hi, sorry I can't stop" conversation of running mode.

Over the 13 years our magnificent walkers and runners have raised a stonking £220,368 for our work with children and young people with cancer in the Highlands, supporting our social workers, nurses, play specialists, grants, teenage services, homes from home and holiday house. Currently both our Glasgow and Edinburgh Homes from Home need to move to be close to the new children's hospitals. We have a £3m appeal running to enable us to provide this vital accommodation, a commodity that will be well used by families from the Highlands, for whom it is a lifeline.

And so to this year's GWC. I introduced a new entrant to the 13 mile run last year and loved her comment in a recent email, "I am waiting to hear back from some friends and family members who I'm trying to convince to run with me this year. I left out information on the bogs and mud so I'm feeling confident that I might get some people to join me!" It certainly didn't put her off and I think once the mud has got under your skin, the event doesn't easily let you go, unless you resort to a detox clinic!

The area is stunning, the folk are welcoming, the fundraising is fantastic, the bog is ... boggyfull roll on 15th August!



Tarry Ile team at GWC 2014

THEY SERVED US WELL

Two important members of the GWC organization have sadly passed away in recent months, and will be greatly missed by us all.



Colin Robertson

Colin would have been well-known to just about everybody involved in the Challenge over the years, not only as our chief photographer but also as an approachable, affable and witty guy who always had time for everybody. His enthusiasm for the event was infectious and a considerable asset to the organisers, from annually snapping all the walkers and runners, mailing off requested photos to individuals, or attending photoshoots at Highland Hospice in Inverness or wherever else GWC were making presentations of cheques or equipment to charities. And like all our volunteers, always at his own expense. As a tribute, all photos on pages 17 and 18 are by Colin, including his last ones in 2014 along with notable ones from previous years.

Lindsey Minton

Lindsey, from Durnamuck, sadly passed away on 14th May following a long battle with cancer. She took part in the Challenge on several occasions in recent years, usually walking with her good friend and neighbour, our secretary Pat. Our condolences go to Rodney, Rachel and Martin at this sad time.



Bill Amos

Bill was another long-term supporter of the Challenge. As a key member of Dundonnell Mountain Rescue team since the start in 1986, he played a vital role in the safety aspect of the event. Along with another DMRT member, Bill headed for an overnight camp on the summit of Ruadh Stac Mor each Friday evening before the event. From there they set up a comms station by which they were able to relay information from/to their base control and all checkpoints about the levels of the Shenavall rivers, first on Friday evening and again at 6 am on Saturday morning when the final decision on safety was taken. This task he performed for over 20 years in all different weather conditions. Read Bill's interesting article "Behind the Scenes" on the GWC website Articles page.

David Ritchie, Dingwall

Sadly we also report the sudden death of Dave on 22nd May. Over the years we had many dealings with him both in his capacity as treasurer of Dundonnell Mountain Rescue, and also as a regular team member at the GWC. Our condolences to Kate and family in their sad and sudden loss.

IMAGES FROM POOLEWE 2014



25 mile runners Katie Henderson and Marie Entwistle on their first GWC.



Matthew Higgins-Macleod, mega fundraiser from Inverasdale.



7 mile walker Jim Brown, Gairloch, completes his 7th Challenge.



George and Tracey Douglas, Aberdeen, waiting for the bus to Dundonnell for the 25 mile race - both their 15th GWC.



13 mile walkers Jillian Fraser, Eilidh McKay and Kerry Adam on their first GWC, as part of the CLIC Sargent charity team.



Kelly Sinclair, Ullapool, and Alice Mackenzie, Achiltibuie, complete their first Challenge on the 13 mile Aultbea route.



13 mile walker Audrey Sinclair, Kyle of Lochalsh.



13 mile runner William Goad from Cupar.



13 mile runner Jim Urquhart, Lossiemouth, passing through Inveran en route to completing his 20th GWC.



25 mile runner Ndurie Abah, Lochgilphead, completes her second GWC.

Brutal Yet Brilliant!

Gus Glazebrook, Dorset



Gus Glazebrook finishing the 25 mile run GWC 2013

It seemed like a good idea, six months before the event, to enter the GWC. When asked if I wanted to walk or run, it seemed easy to say “running”. The first two months of training were easy too, as it consisted of thinking that I really must get out and run a bit, and buying some new shoes. Eventually reality sank in, and the early morning trots round the lanes started in earnest. Only one report of a broken down old man shuffling round the lanes.

As is the way with these things, other members of the team dropped out for various reasons, and I found myself in a team of one. 12 hours of watching the white lines go by (I live in the south-west of England, by the sea), broken by a comfortable night in Perthshire, and I was in Wester Ross, where I have spent holidays for my whole life. I walked up to Loch na Sealga the evening before, to look up the length of it and imagine myself bounding through the heather the next day. Of course it is one of the most beautiful places in the world as well.

Register the next morning (for some reason I find pinning on the number about the hardest part of the day; it always ends up crooked and looking like it has been crumpled up and thrown in the bin), feel very nervous, check kit about twenty times, wonder whether to have a cup of tea (not many trees to nip behind should the need arise), and hope not to feel sick on the bus. Start line – traditional Wester Ross combination of rain and midges, and glad to be off. Run a bit, walk a bit up the long climb to the first check point, and relieved to be somewhere in the middle of the pack, not left far behind. On the brutal track down to Shenavall a good few rock hoppers passed me whilst I carefully avoided breaking my leg on the boulders.

The rivers (my favourite bit) make me laugh out loud because of the sheer absurdity of it; the bog is tough but watching the person in front disappear with a huge splash is always cheering. Across the causeway (always wanted to do that) then the seemingly never ending path to the finish. Daren't stop at the food van in the wood, because my legs will never start again, and run/walk to the welcome sight of the finish line – a big effort to actually run over the line! A brief lie down on the tarmac, then enjoy the huge spread put on in the village hall.

I was unjustifiably proud to be nineteenth out of 38, and after only a fortnight, I could walk quite normally again. It was the spur I needed to run a bit more seriously; since then I have done a few trail marathons, and returned to the GWC in 2014 with plans to put in a quicker time – derailed by the wind.

Huge thanks to all the organisers, and the heroic checkpoint teams who are out in the wind, rain and/or midges for hours on end. And of course the money raised is extraordinary. It is a great event that I thoroughly recommend to anyone.

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

COMPLETION MEDALS

On completion of this year's GWC, the following participants will receive 25 and 10 year medals:

25 Years

Geoff Simpson, Newtonmore; **Annie Warren**, Gairloch

10 Years

Graham Arthur, Kishorn; **Colin Gilmour**, Culbokie; **Ruth Gilmour**, Dingwall; **Sarah Goudie**, Inverness; **Elsbeth Macdonald**, Aultbea; **Margaret MacIennan**, Inverness; **John McNally**, Cupar; **Tina Rae**, Maryburgh; **Gordon Robinson**, Perth; **Paul Rodden**, Inverness; **David Ross**, Inverness; **Mark Ross**, Inverness; **Harriet Shaw**, Evanton; **Robert Urquhart**, Cove; **Kirsty Vickerstaff**, Gairloch.

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.

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.



13 mile runners
Geoff Simpson,
Hunters Bog Trotters,
runner-up and 1st Vet 50,
and **Ryan Maclean**
from Poolewe -
3rd place, 1st Local,
1st Under 21
and recipient of
The Martin Blackley Cup.



Ten Year Medallists 2014



Race Winners 2014

ENTERTAINMENT

**Gairloch & District
Pipe Band**



Proceeds to Gairloch High School Slattadale Project

GWC 2015 CEILIDH

Poolewe Hall 8pm
Saturday 15th August

GWC 25 MILE RACE RESULTS 2014

Pos	Runner	Club/Town	GWCs	Cat	Time
1	Ross Bannerman	Highland Hill Runners	10	MV40	03:14:55
2	Matt Sullivan	Shettleston Harriers	10	MS	03:21:41
3	Alec Keith	Hunters Bog Trotters	19	MV50	03:29:57
4	Alan Ross	Lochaber AC	1	MS	03:31:41
5	Iain Carroll	Glasgow	1	MS	03:35:41
6	Waldemar Krogulec	Inverness	1	MS	03:48:33
7	Brian Marshall	H.E.L.P	1	MV40	03:55:19
8	Alistair Baxter	Norfolk	1	MS	03:56:58
9	Colin Meek	Wester Ross Athletics	13	MV40	03:57:32
10	John Moffat	Highland Hill Runners	6	MV50	03:58:46
11	Graeme Campbell	Inverness Harriers	5	MV40	04:00:19
12	Henry Blake	Highland Hill Runners	8	MS	04:02:40
13	Gavin Beaton	Inverness	4	MS	04:04:04
14	Peter Herd	Aberdeen Cosmics	1	MS	04:14:00
15	Neil MacRury	Isle of Lewis	6	MV50	04:14:01
16	Doug Flint	Strathearn Harriers	1	MV40	04:18:37
17	Colin Gilmour	Ross County Athletics	9	MV50	04:18:55
18	George Douglas	Aberdeen	15	MV40	04:19:08
19	Graham Arthur	Strathcarron	9	MV60	04:21:48
20	Malcolm Dransfield	Strathpeffer	1	MV40	04:26:37
21	Andy Neison	Isle of Skye	1	MS	04:32:56
22	Melanie Gaff	Wester Ross Athletics	1	FS	04:32:57
23	Simon Harrison	North Highland Harriers	2	MV50	04:32:58
24	Gus Glazebrook	Dorset	2	MV40	04:33:26
25	Sandy Grigor	Cairngorm Runners	1	MV50	04:33:54
26	Neil Boyd	Hamilton	1	MS	04:34:12
27	Carol Bulmer	Jog Scotland (Gairloch)	3	FV40	04:34:55
28	Michael Cross	Aberdeen	1	MS	04:38:05
29	Sinclair Cooper	Edinburgh	1	MS	04:39:53
30	James Youren	Aylesbury	1	MS	04:40:03
31	Iain Bartholomew	Aultbea	16	MV50	04:50:51
32	Tracey Douglas	Aberdeen	15	FV40	04:56:29
33	Alex Brett	Highland Hill Runners	26	MV60	04:57:10
34	Russell McKechnie	Highland Hill Runners	3	MV50	04:58:12
35	Dirk Verbiest	Garioch Road Runners	10	MV50	04:59:30
36	Lorna Lewis	Edinburgh	1	FS	04:59:32
37	Cathy Tillbrook	Strathearn Harriers	1	FV40	05:02:07
38	Bob Allison	Fife A C	11	MV50	05:11:57
39	Marie Entwistle	Deeside Runners	1	FV40	05:19:30
40	Katie Henderson	Banchory	1	FS	05:19:30
41	Robbie McIntyre	Glasgow	3	MS	05:21:03
42	Ndurie Abah	Lochgillphead	2	FS	05:25:30
43	Karen MacAllister	Gairloch	8	FS	05:27:20
44	Wendy Mackinnon	INVOG	2	FV50	05:27:59
45	Douglas Bartholomew	Lochgillphead	5	MS	05:40:45
46	Guy Seaman	Wester Ross Athletics	1	MV60	05:48:40
47	Roddy MacSween	Tain	1	MV50	05:51:10
48	Cath McCormick	Inverness	1	FS	05:51:10
49	Samantha Richards	Ullapool RC	1	FV40	06:03:55
50	Katherine Weekes	Wester Ross Athletics	1	FV40	06:15:36
51	Margaret Campbell	East Lothian	1F	V40	06:15:36
52	Andrew Tallach	Gairloch	28	MV40	06:40:28



Race Winner
Ross Bannerman
(Highland Hill Runners)



25 Race start
at Dundonnel



Karen Macallister
(Wester Ross Athletics)

GWC 13 MILE RACE RESULTS 2014

Pos	Runner	Club /Town	GWCs	Cat	Time
1	Chris Scott-Park	Gartocharn	4	MS	01:33:44
2	Geoff Simpson	Hunters Bog Trotters	24	MV50	01:38:02
3	Ryan Maclean	Poolewe	3	U/21	01:40:30
4	Mike Macdonald	Cupar	1	MS	01:40:31
5	Aisling McGhee	Glasgow	1	FS	01:45:26
6	Ruth Duncan	Aviemore	3	FS	01:45:58
7	Brian Fraser	Para Res AC	4	MV40	01:47:42
8	William Goad	Cupar	1	MV40	01:48:56
9	Jon Erasmus	Inverness	4	MV40	01:53:50
10	Rob Shaw	Highland Hill Runners	14	MV40	01:53:50
11	Sagar Mackenzie	Glasgow	1	MS	01:54:54
12	Mairi Gilmour	Ross County AC	6	U/21	01:56:01
13	Colin Sainsbury	Inverness	1	MV40	01:56:18
14	Fiona Wright	Edinburgh	5	FV40	01:56:27
15	Donald MacLaren	Inverurie	2	MS	02:00:21
16	Ryan Johnston	Aberdeen	2	MS	02:00:39
17	Duncan Macaulay	Laide	6	MV50	02:01:16
18	Emmanuel Moine	Inverness	2	MV40	02:03:28
19	Matthew Logie	Inverness	2	MS	02:03:48
20	Laurence Dunn	Glasgow	2	MV50	02:05:01
21	Stephen Murphy	Callander	5	MV50	02:06:00
22	Ron McGill	Braw Toon Runners	16	MV60	02:06:21
23	Matthew Golder	Inverness	1	U/21	02:06:32
24	James Murray	Banchory	11	MV50	02:07:53
25	Andrew Laing	Inverness	2	MV40	02:08:22
26	Jane Borland	Annan & District AC	1	FS	02:08:28
27	William MacLennan	Jog Scotland	1	MV40	02:09:28
28	Emma Johnston	Tain Runners	16	FV40	02:09:31
29	Becky Middleton	Wester Ross AC	1	FS	02:09:59
30	Imogen Percy-Bell	Alness	2	FV40	02:11:50
31	Isla Graham	Ardross	2	FV40	02:11:56
32	Jozsef Turbuly	Inverness	1	MS	02:14:27
33	Alice Snow	Highland Hill Runners	12	FV40	02:15:44
34	Claire Carr	Inverness	1	FS	02:15:44
35	Gareth Roberts	Garelochhead	1	MV40	02:15:51
36	Alison Cameron	Dingwall Jog Scotland	1	FV40	02:16:10
37	Peter Schooling	Ripley	9	MV50	02:16:32
38	Rachel Grist	Inverness	2	FS	02:16:46
39	Allan McGrath	Edinburgh	1	MS	02:16:46
40	Mike McGrath	Peebles	6	MV60	02:16:46
41	Richard Ross	Portree	2	MS	02:18:03
42	Bruce Walker	Troon Tortoises	23	MV60	02:20:14
43	Becky Davies	Inverness	1	FS	02:20:20
44	David Sullivan	Deeside Runners	12	MV50	02:21:03
45	Alison Strachan	New Alyth	16	FV60	02:22:49
46	Mark Ross	Inverness	9	MV40	02:22:52
47	Douglas McKeith	INVOC	3	MV50	02:23:00
48	Angela Rae	Gairloch	1	FS	02:23:26
49	Eilidh Urquhart	Inverness	2	U/21	02:23:36
50	William Ross	Inverness	4	MV50	02:24:16
51	Angus Ritchie	Aboyne	1	MV40	02:26:04
52	Fiona Johnston	Wester Ross AC	10	FV40	02:26:48
53	Lee Ross	Inverness	3	FV50	02:27:22
54	Anna Maciver	Wester Ross AC	16	FV50	02:29:54
55	Susan Baldwin	Balmullo	1	FV40	02:30:16
56	Charles Jarvie	Inverness Harriers	11	MV60	02:30:20
57	Margaret Rankin	Kyle of Lochalsh	2	FV40	02:30:24
58	Helen Meek	Dundonnell	2	FV50	02:30:48
59	Kathryn Morton	Gairloch	4	FV50	02:32:04
60	Helen Ross	Tain Runners	4	FV50	02:32:22
61	Elisabeth Sullivan	Edinburgh	7	FS	02:38:09
62	Christopher Preece	Aboyne	1	MS	02:38:42
63	Lily Dyu	Hay Hot Footers	1	FV40	02:38:42
64	Ben Preece	Deeside Runners	23	MV70	02:41:46
65	Jim Urquhart	Lossiemouth	20	MV70	02:41:56
66	Alison Johnston	Hunters Bog Trotters	26	FV50	02:45:36
67	Lucy Forsyth	Beauly	6	U/21	02:47:27
68	Harriet Shaw	Evanton	9	U/21	02:47:27
69	John McNally	Fife AC	9	MV70	02:52:28
70	Val Machin	Cairngorm Runners	1	FV70	03:02:39
71	Alex Whyte	Highland Hill Runners	25	MV70	03:03:16
72	Ranald Whyte	Highland Hill Runners	7	MS	03:03:16
73	Bob Stark	Fife AC	6	MV70	03:04:37



Aisling McGhee from Glasgow wins the 13 mile ladies race 2014, on her first GWC.



Becky Davies from Inverness nears the finish of her first 13 mile race on behalf of CLIC Sargent.



Andrew Laing from Inverness

20 years ago

19th August 1995

10th GWC over **25**, **13** and **7** mile routes (Poolewe)

Number of entrants: **436** Walkers **321** Runners **115**

Race Winners

25 miles

Male: **Martin Dean** Forth Valley Orienteers **2-59-37**

Lady: **Susan Low** U/A Dornoch **4-13-45**

13 miles

Male: **Alan Murchison** Inverness Harriers **1-20-34**

Lady: **Aileen Kirkwood** Fleet Feet Triathletes **1-50-50**

Total Raised **£72,000**

Top 4 Fundraisers

Brenda Steer , Forres	£1115
Rona Stuart , Dingwall	£1098
Andrew Leaver , Inverness	£961
Donna Urquhart , Ullapool	£608



Martin Dean

10 years ago

20th August 2005

20th GWC over **25**, **13** and **7** mile routes (Poolewe)

Number of Entrants: **558** Walkers **425** Runners **133**

Race Winners

25 miles

Male: **Kenny Riddle** Highland Hill Runners **2-56-35**

Lady: **Claire Gordon** Hunters Bog Trotters **3-39-22**

13 miles

Male: **Matt Sullivan** Deeside Runners **1-28-14**

Lady: **Dawn Scott** Lochaber AC **1-39-54**

Total Raised **£173,000**

Top 4 Fundraisers

David Sutherland , Inverness	£10,500
Alex Mackenzie , Inverness	£5655
Sandra Golightly , Banchory	£5500
David Jenkins , Glasgow	£3645



Alex Mackenzie

BY FERRIES, TRAINS, BUSES – (even a taxi!) Sarah's offbeat challenge just to get to Poolewe each year!



Sarah Banks

My GWC journey began in 1994, on the 14-mile alternative route that was used that year. That year I walked with my parents who lived in Laide and had done the Challenge the previous year. They went on to complete many 13-mile events. I decided however that 13 miles wasn't far enough and that I wanted to have a go at the long one. The following year, 1995, was my first '25'. It was a hot, hot day and what with stopping for leisurely snacks and rests (and being quite unprepared for the rigours of Gleann na Muice Beag) it took me around 10 hours – well over the limit for this year's event! From that first '25' I was hooked. I have been back every year since then, and I think I have a few 25s in me yet.

Since my very first Challenge I have been living on various islands – North Uist, Lewis, Orkney, and now preparing to return to North Uist. So travelling to the Challenge has taken a bit of organising, and a variety of transport involving ferries, buses and occasionally trains. On one occasion I decided the best preparation for the Saturday was to get the ferry from Lochmaddy, the bus across Skye, the train to Achnashellach and then walk across the hills to meet my parents at Loch Clair on the Friday. Unfortunately, the bus was delayed and I missed the train. As this was in the days before everyone had a mobile phone (that long ago!) I had no way of contacting my parents and ended up needing a taxi from Kyle to Achnashellach! One year I was cheeky enough to write to Caledonian MacBrayne asking for sponsorship, to no avail.

So, what keeps me coming back? Firstly, the serious purpose of the event – to raise money for the Highland Hospice and other charities. Second, it's such a wonderful route. I did the alternative routes in Ullapool in 2003 and Kintail in 2011, and although they were interesting for a change it's always a pleasure to come back to the regular route. It really is hard to beat the variety of hill and bog and rivers, and the spectacular view as the path drops down to Carnmore. Finally, I think anyone who has taken part comments on the great organisation and friendliness of the event. The people in the hall when we come to register in the morning who manage to be so cheerful in spite of the early start. Everyone who mans the checkpoints, especially the guys by the river at Shenavall who deserve medals for midge endurance on warm, still days, and the dispensers of soup, food and a fortifying whisky at Carnmore, and also Kernsary. And lastly those who provide the fantastic spread in the hall at the end of the day.

So I look forward to returning for my 22nd Challenge in August, and seeing many familiar faces. And if you are preparing for your first GWC – then be warned, it's addictive!



Sarah at Carnmore 2008



Sarah at Poolewe 2014



Sarah at Kintail 2011

GWC GALLERY

A selection of Photos from past Challenges by the late Colin Robertson







2006 - Melaine Rose and Jean Alison Kier



2003 - Christine Hunter



2013
Kenny Mackenzie,
Carnmore checkpoint



2001 - Alasdair & Sheila Finland



1987 - Freda Mackenzie, Aileen Brownlee, Tooty Mackenzie



1992 - Dougie Cunningham



1999 - Donna Ross and Rachel Minton



2003 Ullapool
Donald Mackenzie
and Strav McDonagh



2014 - Willie Grant, HM Coastguard leader



2011 Kintail - Murdo Mackenzie



1991 – Back: Dougie Cunningham, Ron Mackenzie
Front: Aileen Brownlee, Tooty Mackenzie, Mark Wilson



1989 – Robin Robertson, event doctor



2011 Kintail - Duncan Chisholm



2006 - Brenda Macdonald and Charlotte Mackenzie



1996 – Donald John Macleod



2006 – Darren Macrae



1996 - St Andrews First Aid



2005 - Fergus Mackenzie, George Urquhart, Kenny Macdonald



2005 - Dundonnell Mountain Rescue

Mary – Our Celtman Wonderwoman!

Congratulations to superfit GWC marshal Mary Kiely who completed the 2014 Celtman! Extreme Scottish Triathlon in 14 hrs, 43 mins, 42 secs. Mary, a native of Poolewe, comes home from Edinburgh each year to marshal at Carnmore along with her mother Rachel. The Celtman consists of a 3.8 km swim, 202km cycle and 42 km run!



Mary in Carnmore mode

Carnmore Again!

Our best wishes to Carnmore marshals Liz Wilson and Alex Cameron who got married in Kiltarlity on 14th February.

Everest Base Camp Kilted Challenge

Intrepid Highland Hospice fundraisers Alex Mackenzie and John Urquhart, with two friends, added to their considerable portfolio by trekking to Everest Base Camp (18,370') last November – in their kilts! The 13 day expedition resulted in a massive £12000 being raised for the charity. Alex and John are also multi-GWC entrants and currently feature among the all-time highest fundraisers in the event. Well done, lads.



Alex Mackenzie, John Urquhart, & friends at Everest Base Camp (18,370')

Getting Well

Pleased to hear that GWC regulars Margaret Winwood (Laide), Mick Holmes (DMRT) and Willie Macrae (Gairloch) are now returning to full health following traumatic and potentially fatal illnesses in recent months.

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, hoodies and baseball caps will be on sale on the day.

25 MILE RACE WINNERS 1986-2013

Route Change

Male	Time	Year	Lady	Time
Martin Dean	(2-57-23=	1986	Winky O'Neale	3-44-30
Jon Musgrave	(2-57-23=	" "	" " " "	
Jon Musgrave	2-49-06	1987	Betty Hall	4-01-35
Jim Doig	1-53-20	1988	Hazel Dean	2-32-25
Andy Kitchin	2-52-48	1989	Gillian Paul	4-37-03
Jim Doig	2-57-22	1990	Hazel Dean	3-23-37
Martin Dean	2-51-56	1991	Chris Menhennet	3-46-19
Jon Musgrave	2-48-21	1992	Cathy Mordaunt	4-08-23
Martin Dean	3-00-01	1993	Frances Thin	3-43-02
Richard Hackett	2-50-54	1994	Susan Low	3-43-57
Martin Dean	2-59-37	1995	Susan Low	4-13-45
Alec Keith	3-09-35	1996	Pat Donald	4-06-00
Jon Musgrave	2-52-48	1997	Gillian Kirkwood	3-59-00
Andrew Thin	2-30-52	1998	Gillian Kirkwood	3-24-39
Alec Keith	(2-57-16=	1999	Chris Menhennet	3-21-36
Jon Musgrave	(2-57-16=	" "	" " " "	
Alec Keith	3-10-12	2000	Sarah Pattinson	3-58-02
Adrian Davis	3-05-45	2001	Gay Faulkner	4-35-20
Kenny Riddle	2-54-33	2002	Dawn Scott	3-39-54
Jethro Lennox	2-11-40	2003	Dawn Scott	2-41-00
Kenny Riddle	2-53-54	2004	Claire Gordon	3-42-31
Kenny Riddle	2-56-35	2005	Claire Gordon	3-39-22
Kenny Riddle	2-55-42	2006	Claire Gordon	3-13-21 Rec
Alec Keith	2-58-27	2007	Sarah Dunn	3-44-23
Alec Keith	3-01-28	2008	Claire Gordon	3-28-23
Paul Raistrick	2-34-38	2009	Claire Gordon	3-16-19
Matt Sullivan	2-54-45	2010	Sarah Dunn	4-21-23
Matt Sullivan	2-20-47	2011	Claire Gordon	2-50-03
Alec Keith	3-01-38	2012	Claire Gordon	3-29-52
Matt Sullivan	2-43-39 Rec	2013	Aileen Kirkwood	4-26-39
Ross Bannerman	3-14-55	2014	Melanie Gaff	4-32-57



Jonathan Musgrave 1987



Susan Low 1995



Jethro Lennox 2003



Claire Gordon 2006



Matt Sullivan 2010



Sarah Dunn 2010

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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
Aultbea Free Church
Running Imp International**

23rd August 1986



The Vanguard – First day marshals head into the wilderness. From left: Tony Maclean, Kenny Macdonald, Danny Grant, Rachel Cameron and Dougie Coull. And all still with us!

NEXT GWC
Saturday
13th August 2016

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