

The **GREAT WILDERNESS  
CHALLENGE**

**2013**



Poolewe

Stepping Out for Charity

Aultbea



**Saturday 24th August**



Dundonnell

# The GREAT WILDERNESS CHALLENGE



**Scottish Athletics Permit Event**  
Organised locally in association with the following estates:  
**EILEAN DARACH TOURNAIG GRUINARD**  
**LETTEREWE INVERAN INVEREWE**

## 2013 Saturday 24th August

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 2013 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 2013

Highland Hospice

CLIC Sargent

MS Therapy Centre Inverness

Crossroads Skye

Carr Gomm Inverness

**Other Supported Charities Include:** Archie Foundation Raigmore Appeal; Leukaemia Research; Maggie's Highlands; Ross-shire Womens Aid; Headway Highland; Skye & Lochalsh Young Carers; Blythswood Care; Riding for the Disabled; Shopmobility Inverness; Gairloch Car Scheme; Lucky2Bhere; C.R.Y.; Children 1st; Debra.



**2012 Donations to Charity £185,000**  
**GWC Total since Inception £2,910,000**

Please consult the website for further information;  
**[www.greatwildernesschallenge.info](http://www.greatwildernesschallenge.info)**  
and feel free to contribute to the site!

**[www.facebook.com/greatwildernesschallenge](http://www.facebook.com/greatwildernesschallenge)**

Photography:

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**Kenny Steele**  
Chief Executive  
Highland Hospice

## SEVENTEEN YEARS ON

I first took part in GWC back in the early 1990s (too long ago to remember the exact year!). Then in 1995 I ran (and won!) the inaugural 7 mile route which has been discontinued since. I think all the 'proper' runners thought it was too easy, and to this day remains my only ever running trophy. I entered my other half, Sarah, in the 13 miler that year and she's never let me forget that I wimped out!



1995

In June 2011, I took up post as Chief Executive for Highland Hospice and was amazed at the amount of money that has been donated over the life of the GWC. Hundreds of thousands have been donated to enable Highland Hospice to deliver services to patients and families across the Highlands. With our services costing more than £40,000 a week to run, this contribution has been a vital income stream for the Hospice.

So after a long break... last year I took part in the 13 miler in great weather and I'll definitely be back this year! It was great to see so many Highland Hospice T-shirts being the favoured attire on the day and I know there are many staff and volunteers at the Hospice who participate each year.

I've taken part in lots of different events over the years but the GWC stands out as being one of the friendliest and well organised and is a great example of a community pulling together for a great cause. The fantastic scenery, pipes playing at the end, the friendly reception and the fantastic spread of food in the hall makes it all really special.

I would like to say a big thank you to everyone who takes part in GWC to raise funds and to all the organisers and volunteers who put in the hard work every year to make it such an enjoyable event. I see some of that hard work first hand through Pat Ross who volunteers at the Hospice and puts in a power of work for GWC.

GWC is a great day out and I now have the privilege of being part of the great work at Highland Hospice which GWC helps to support. It really makes a huge difference to the care and support we can offer to our community.

I look forward to seeing you on the start line in 2013!



2012

# 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

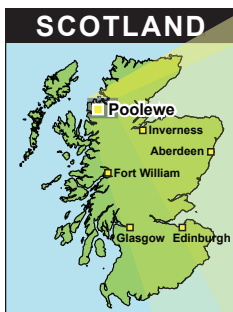
## Dundonnell to Poolewe

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



Lillian Macrae and Alice Snow



#### 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	10.30
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.**



# TOP 200 FUNDRAISERS 2012

1	<b>Alex Mackenzie</b>	Nairn	£10138	51	<b>Jack Matthews</b>	Inverness	£576
2	<b>Trish Macdonald</b>	Cove	£7850	52	<b>Wallace Grant</b>	Strathpeffer	£571
3	<b>Alison Marshall</b>	Laide	£7850	53	<b>Tom Grant</b>	Ullapool	£550
4	<b>Marjory Jagger</b>	Sconser	£6445	54	<b>Isabella Mackenzie</b>	Gairloch	£545
5	<b>Linda Macdonald</b>	Inverness	£6138	55	<b>Lucy Griffin</b>	Avoch	£543
6	<b>Paula McCormack</b>	Inverness	£6138	56	<b>Victor Palmer</b>	Conon Bridge	£531
7	<b>Iain Bartholomew</b>	Aultbea	£5125	57	<b>Lindsey Minton</b>	Dundonnell	£510
8	<b>Jon Erasmus</b>	Inverness	£4490	58	<b>Joan Aitken</b>	Edinburgh	£500
9	<b>John Urquhart</b>	Ullapool	£3360	59	<b>Iain Bannerman</b>	Kildary	£500
10	<b>Neil Ross</b>	Isle of Skye	£3269	60	<b>Ross Bannerman</b>	Tain	£500
11	<b>Joan Munro</b>	Muir of Ord	£2640	61	<b>Ian Cartwright</b>	Invergordon	£500
12	<b>Alistair McPherson</b>	Isle of Skye	£2340	62	<b>Catriona Mackenzie</b>	Gairloch	£500
13	<b>Janet Pringle</b>	Sleat	£1952	63	<b>Helen Maclean</b>	Norway	£500
14	<b>Duncan Mackinnon</b>	Portree	£1839	64	<b>Sandy Maclean</b>	Norway	£500
15	<b>Kenny Steele</b>	Inverness	£1815	65	<b>Kirsti Paterson</b>	Inverness	£500
16	<b>Rebecca Harris</b>	Portree	£1811	66	<b>Anne Sutherland</b>	Inverness	£500
17	<b>Grant Lowe</b>	North Kessock	£1720	67	<b>David Sutherland</b>	Inverness	£500
18	<b>Angus Sutherland</b>	Broadford	£1571	68	<b>Maisie Lyall</b>	Gairloch	£465
19	<b>Louise Mackenzie</b>	Inverness	£1561	69	<b>Chris Macaskill</b>	Inverness	£465
20	<b>Murdo Mackenzie</b>	Inverness	£1561	70	<b>Ruaridh Beaton</b>	Poolewe	£453
21	<b>Alex Gordon</b>	Glendale	£1324	71	<b>Ada Hamilton</b>	Poolewe	£453
22	<b>Jack Bain</b>	Alness	£1311	72	<b>Finn Simpson</b>	Poolewe	£453
23	<b>Peter Logie</b>	Inverness	£1183	73	<b>Calum Macfarlane</b>	Tarbert	£450
24	<b>Ethan Harris</b>	Edinbane	£1143	74	<b>Fiona Stewart</b>	Brora	£450
25	<b>Jennifer Millington</b>	Portree	£1135	75	<b>Marshall Skelly</b>	Dingwall	£445
26	<b>Shona Calder</b>	Inverness	£1067	76	<b>Mairi Mackenzie</b>	Inverness	£441
27	<b>Pat Ross</b>	Dundonnell	£1008	77	<b>Mary McCusker</b>	Edinburgh	£440
28	<b>Lorna Jagger</b>	Sconser	£994	78	<b>Andrew Douglas</b>	Finzean	£430
29	<b>Elizabeth Macrae</b>	Laide	£910	79	<b>Gillian Cairns</b>	Westhill	£425
30	<b>David Hearn</b>	Isle of Skye	£890	80	<b>June MacIennan</b>	Kiltarlity	£420
31	<b>Lynn Anderson</b>	Inverness	£880	81	<b>Tracey Shepherd</b>	Peterhead	£420
32	<b>Douglas Strachan</b>	Isle of Skye	£880	82	<b>Peter McLean</b>	Inverness	£413
33	<b>David Renwick</b>	Dundonnell	£850	83	<b>Mike Rattenbury</b>	Conon Bridge	£410
34	<b>John Beaton</b>	Inverness	£822	84	<b>Yvonne Leonard</b>	Gairloch	£407
35	<b>John Macgregor</b>	Shieldaig	£810	85	<b>Claudia Cunningham</b>	Banchory	£400
36	<b>Andrew Salter</b>	Inverness	£800	86	<b>David Cunningham</b>	Banchory	£400
37	<b>Gerry McPartlin</b>	Applecross	£745	87	<b>Margaret Maclean</b>	Aberdeen	£400
38	<b>Kenneth Macleod</b>	Kyle of Lochalsh	£724	88	<b>Ina Patience</b>	Tain	£400
39	<b>Sarah Macleod</b>	Kyle of Lochalsh	£724	89	<b>Farquhar Renwick</b>	Dundonnell	£400
40	<b>Iain Mackenzie</b>	Edinburgh	£720	90	<b>George Youngson</b>	Aberdeen	£400
41	<b>Duncan Clark</b>	N Kessock	£716	91	<b>Shelly Robertson</b>	Inverness	£391
42	<b>Nicola Curley</b>	Inverness	£705	92	<b>Alan Fraser</b>	Edinburgh	£380
43	<b>Dirk Verbiest</b>	Banff	£680	93	<b>Colin Maclean</b>	Muir of Ord	£375
44	<b>Graeme Campbell</b>	Munlochry	£655	94	<b>Avril Mackenzie</b>	Munlochry	£370
45	<b>Christine MacIennan</b>	Aultbea	£650	95	<b>David Gemmell</b>	Murthly	£360
46	<b>Alan Macleod</b>	Aultbea	£650	96	<b>Angela Urquhart</b>	Inverasdale	£360
47	<b>Lesley Taylor</b>	Broadford	£650	97	<b>Colin Moir</b>	Stonehaven	£355
48	<b>Ian Murray</b>	Wick	£645	98	<b>Helen Macrae</b>	Laide	£350
49	<b>Jill Lloyd</b>	Inverness	£628	99	<b>Ken Murphy</b>	Newcastle	£350
50	<b>George Mackay</b>	Dingwall	£600	100	<b>Carol Rattenbury</b>	Conon Bridge	£350

# TOP 200 FUNDRAISERS 2012

101	<b>Jane Gill</b>	Inverness	£340	151	<b>John Maciver</b>	Inverness	£216
102	<b>Ian Graham</b>	Gairloch	£339	152	<b>Nicola Clark</b>	Pitmedden	£213
103	<b>Linda Hunter</b>	Gairloch	£337	153	<b>Mike Cumming</b>	Orkney	£213
104	<b>Andrew Leaver</b>	Beauly	£335	154	<b>Willie Macrae</b>	Gairloch	£210
105	<b>Ronald Sinclair</b>	Dundonnell	£327	155	<b>Katy McLeman</b>	Aultbea	£210
106	<b>Jennifer Birks</b>	Invergordon	£325	156	<b>Craig Whyte</b>	Inverasdale	£210
107	<b>Evelyn Stewart</b>	Inverness	£323	157	<b>Thomas Widdows</b>	Gairloch	£210
108	<b>Sue Lowe</b>	Inverness	£320	158	<b>Eileen Urquhart</b>	Poolewe	£207
109	<b>Amy Renwick</b>	Lochbroom	£320	159	<b>Tim Bales</b>	Bracknell	£205
110	<b>Alastair Nelson</b>	Rosemarkie	£315	160	<b>Martin Minton</b>	Glasgow	£205
111	<b>Fiona Findlay</b>	Kinloch Rannoch	£310	161	<b>Sarah Banks</b>	Orkney	£200
112	<b>Isabel Mackenzie</b>	Gairloch	£310	162	<b>Kathy Dale</b>	Aboyne	£200
113	<b>Tom Macdonald</b>	Pitlochry	£309	163	<b>Susan Doble</b>	Wellington	£200
114	<b>Philip Blake</b>	Dingwall	£300	164	<b>David Hirst</b>	Aboyne	£200
115	<b>Alex Brett</b>	Dingwall	£300	165	<b>Alec Keith</b>	Inverness	£200
116	<b>Keith Campbell</b>	Inverness	£300	166	<b>Gillian Kirkwood</b>	Inverness	£200
117	<b>Caroline Graham</b>	Beauly	£300	167	<b>Elizabeth Macdonald</b>	Brussels	£200
118	<b>Iain Henderson</b>	Inverness	£300	168	<b>Eoin Macdonald</b>	Gairloch	£200
119	<b>Barbara Macdonald</b>	Inverness	£300	169	<b>Helen Macdonald</b>	Contin	£200
120	<b>Colin MacIennan</b>	Glasgow	£300	170	<b>Franco Piras</b>	Glasgow	£200
121	<b>Jacqueline Noble</b>	Inverness	£300	171	<b>Chris Scott-Park</b>	Alexandria	£200
122	<b>Sadie Tracey</b>	Inverness	£300	172	<b>Andrew Thin</b>	Munlochry	£200
123	<b>Neil Macrury</b>	Isle of Lewis	£297	173	<b>Jane Thomson</b>	Muir of Ord	£200
124	<b>Robert Buick</b>	Ullapool	£295	174	<b>Robert Urquhart</b>	Poolewe	£200
125	<b>Peter Cunningham</b>	Melvaig	£290	175	<b>Andrew Dolby</b>	N Kessock	£196
126	<b>John Tuach</b>	North Kessock	£285	176	<b>John MacIellan</b>	Poolewe	£195
127	<b>Cheryl Forbes</b>	Inverness	£275	177	<b>Kerry Mackenzie</b>	Inverness	£188
128	<b>Pat Mucklow</b>	Kyle of Lochalsh	£275	178	<b>John King</b>	Inverness	£185
129	<b>Alastair Thompson</b>	Auchterarder	£273	179	<b>John Moffat</b>	Inverness	£185
130	<b>Moira Lamont</b>	Nairn	£270	180	<b>Jacqueline McDonnell</b>	Mallaig	£183
131	<b>Angela Stewart</b>	Aultbea	£270	181	<b>Audrey Macrae</b>	North Kessock	£180
132	<b>Robert Macpherson</b>	Inverness	£262	182	<b>Rhoda Tippett</b>	Poolewe	£180
133	<b>Alison Murray</b>	Inverness	£262	183	<b>Bryony Malvenan</b>	Kinross	£178
134	<b>Audrey Sinclair</b>	Kyle of Lochalsh	£260	184	<b>Hamish Malvenan</b>	Kinross	£178
135	<b>Keith Johns</b>	Cheshire	£254	185	<b>Colin Meek</b>	Dundonnell	£175
136	<b>Fiona Ross</b>	Aultbea	£251	186	<b>Sally Banks</b>	Dingwall	£174
137	<b>Alex Macallister</b>	Gairloch	£250	187	<b>Susanna Harris</b>	Plymouth	£165
138	<b>Cath Macallister</b>	Gairloch	£250	188	<b>George Thompson</b>	Galashiels	£165
139	<b>Karen Macallister</b>	Gairloch	£250	189	<b>Simon Di Rollo</b>	Edinburgh	£162
140	<b>Ross Mackay</b>	Inverness	£250	190	<b>Sheila Begbie</b>	Muir of Ord	£160
141	<b>Sandy Mackenzie</b>	Gairloch	£250	191	<b>Sara Deverell</b>	Gloucester	£160
142	<b>David Macleod</b>	Maryburgh	£250	192	<b>Darrell Kaye</b>	Inverness	£160
143	<b>Kelly Bisset</b>	Inverness	£243	193	<b>Irene Kaye</b>	Inverness	£160
144	<b>Russell Keat</b>	Edinburgh	£240	194	<b>Laura Morrison</b>	Inverness	£160
145	<b>Cherie Pumphrey</b>	Edderton	£234	195	<b>Hugh Neagle</b>	Avoch	£160
146	<b>Sheila Ross</b>	Culbokie	£234	196	<b>Barbara Gray</b>	Culbokie	£156
147	<b>Jill Sharp</b>	Barbaraville	£234	197	<b>Katarzyna Jarzymowski</b>	Inverness	£155
148	<b>Shenac Graham</b>	Dingwall	£230	198	<b>Colin Morrison</b>	Gairloch	£155
149	<b>Alan Murray</b>	Inverness	£230	199	<b>Sally Bell</b>	Inverness	£150
150	<b>Angus Urquhart</b>	Ullapool	£225	200	<b>Maggie Chisholm</b>	Inverasdale	£150

# TOP OVERALL FUNDRAISERS 1986-2012

<b>Iain Bartholomew</b>	Aultbea	£48,461
<b>Alex Mackenzie</b>	Nairn	£47,372
<b>Alison Marshall</b>	Laide	£43,428
<b>Trish Macdonald</b>	Cove	£42,203
<b>Anne Sutherland</b>	Inverness	£28,315
<b>Louise Mackenzie</b>	Inverness	£25,476
<b>Lorne Crerar</b>	Glasgow	£25,010
<b>Ian Macdonald</b>	Ullapool	£24,821
<b>Fred Pittman</b>	Evanton	£17,557
<b>John Urquhart</b>	Ullapool	£15,574
<b>David Sutherland</b>	Inverness	£15,267
<b>Grant Lowe</b>	North Kessock	£15,255
<b>Christine MacIennan</b>	Aultbea	£14,307
<b>Peter Weanie</b>	Glasgow	£14,118
<b>Norman MacIennan</b>	Perth	£13,780
<b>Kenny Morrison</b>	Gairloch	£13,599
<b>Ian Pascall</b>	Linlithgow	£12,610
<b>Lynn Anderson</b>	Inverness	£11,830
<b>Kenny Mitchell</b>	Poolewe	£10,526
<b>Dorrie Urquhart</b>	Ullapool	£10,298



Alex Mackenzie & John Urquhart

## SUB 3 HOUR TIMES - 25 MILE RUN 1986-2012

Pos	Time	Runner	Year	Remarks
1	2-48-21	<b>Jonathan Musgrave</b>	1992	CR/PB
2	2-49-06	<b>Jonathan Musgrave</b>	1987	2nd CR
3	2-51-56	<b>Martin Dean</b>	1991	PB
4	2-52-48	<b>Jonathan Musgrave</b>	1997	
5	2-53-54	<b>Kenny Riddle</b>	2004	PB
6	2-54-33	<b>Kenny Riddle</b>	2002	
7	2-54-45	<b>Matt Sullivan</b>	2010	PB
8	2-55-42	<b>Kenny Riddle</b>	2006	V40 Rec
9	2-56-35	<b>Kenny Riddle</b>	2005	
10	2-57-16	<b>Alec Keith</b>	1997	PB=
Eq	2-57-16	<b>Alec Keith</b>	1999	PB=
Eq	2-57-16	<b>Jonathan Musgrave</b>	1999	
13	2-57-22	<b>Jim Doig</b>	1990	PB
14	2-57-23	<b>Martin Dean</b>	1986	1st CR=
Eq	2-57-23	<b>Jonathan Musgrave</b>	1986	1st CR=
16	2-58-21	<b>Martin Dean</b>	1987	
17	2-58-27	<b>Alec Keith</b>	2007	
18	2-58-38	<b>Andy Kitchin</b>	1989	PB
19	2-59-25	<b>Bob Worth</b>	1992	PB
20	2-59-37	<b>Martin Dean</b>	1995	



Kenny Riddle



Alec Keith

Our first GWC excursion was in 2011 with our team completing the Glomach 10 mile walk at Kintail. The description “walk” was used very loosely - we likened it more to a stamina sapping vertical staircase with emotionally draining false summits! ‘Wilderness Challenge’ it was with ‘Great’ applying to the organisation, welcome and refreshments on hand to bring our bodies back to a functioning level.

Last year we ventured up to Poolewe and explored the land of my Grandfather who shepherded many a mile there. The 13 mile ‘walk’ was gentler, weather was kinder and road at the end was much harder – the term last leg certainly came to mind with the unremitting and unforgiving tarmac underfoot! Again the welcome and refreshments came to the rescue, a very clever ploy me thinks to leave such a positive memory immediately following a harrowing one!

As a small team we’ve had tremendous support from our local community and GWC. We received a lifeline and have been lifted out of financial vulnerability so we can now concentrate on delivering services to meet the needs of special young people who give so much of their time in caring for the needs of others.

A huge thank you to everyone connected with The Great Wilderness Challenge for supporting us and our work which benefits so many vulnerable children and young adults in our community. We plan to be back again this year with better socks already purchased to help us reduce the eye watering blistering experience!

Marjory Jagger  
Young Carers Manager  
[www.skyeyoungcarers.co.uk](http://www.skyeyoungcarers.co.uk)

## 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.

# GALLERY - POOLEWE 2012



Tom Grant



Robert Macpherson and Jack Matthews



Pat Ross



Mark MacLennan



Lucy Faulkner, Rory Mair and Gay Faulkner



Dirk Verbiest



John Moffat



Yvonne Leonard



Mairi Gilmour



Sarah Dunn

# GALLERY - POOLEWE 2012



Kirsti Paterson



First 3 in 13 mile race 2012



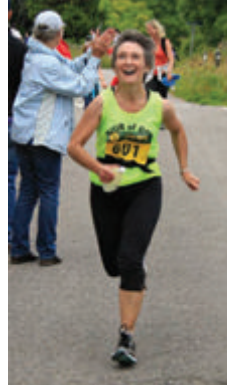
Graham Arthur



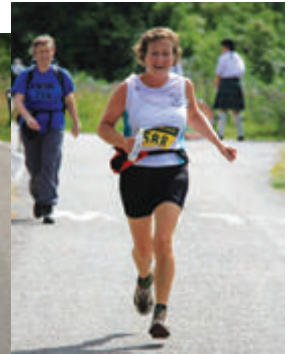
Rebecca Harris & Janet Pringle



David Hirst



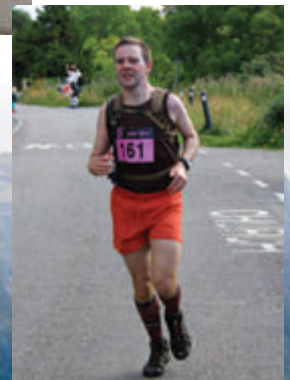
Barbara Chandler



Barbara Sullivan



Christine & Kevin MacLennan



Daniel Beckett

# GWC 25 MILE RACE RESULTS 2012

Pos	Runner	Club	Age	GWCs	Cat	PB	Year	Time
1	<b>Alec Keith</b>	Hunters Bog Trotters	48	17	MV40	02:57:16	97/99	<b>03:01:38</b>
2	<b>Ross Bannerman</b>	Highland Hill Runners	39	8	MS	03:12:30	2012	<b>03:12:30</b>
3	<b>Matt Sullivan</b>	Shettleston Harriers	27	8	MS	02:54:55	2010	<b>03:27:19</b>
4	<b>Claire Gordon</b>	HBT	35	8	FS	03:13:21	2006	<b>03:29:52</b>
5	<b>David Hirst</b>	Deeside Runners	50	17	MV50	03:02:22	1997	<b>03:31:27</b>
6	<b>Mike Cumming</b>	Highland Hill Runners	47	2	MV40	03:38:22	2012	<b>03:38:22</b>
7	<b>Andrew Thin</b>	Unattached	53	17	MV50	03:01:15	1999	<b>03:39:16</b>
8	<b>Colin Meek</b>	Unattached	47	11	MV40	03:35:56	2005	<b>03:46:48</b>
9	<b>John Moffat</b>	Unattached	52	4	MV50	03:50:57	2012	<b>03:50:57</b>
10	<b>Graeme Campbell</b>	Inverness Harriers	45	3	MV40	03:51:35	2012	<b>03:51:35</b>
11	<b>Dirk Verbiest</b>	Keith & District AAC	54	8	MV50	03:48:08	2008	<b>03:54:27</b>
12	<b>Russell Owen</b>	Eryri Harriers	54	1	MV50	03:57:04	2012	<b>03:57:04</b>
13	<b>Jonathan Musgrave</b>	Deeside Runners	50	11	MV50	02:48:21	1992	<b>03:59:10</b>
14	<b>Karl Binns</b>	Unattached	46	1	MV40	04:01:51	2012	<b>04:01:51</b>
15	<b>Alex Brett</b>	Highland Hill Runners	62	24	MV60	03:34:08	2002	<b>04:06:48</b>
16	<b>Neil MacRury</b>	Stornoway RAC	50	4	MV50	04:09:32	2012	<b>04:09:32</b>
17	<b>Sandy Mackenzie</b>	Strath Midnight Runners	47	14	MV40	03:37:35	1997	<b>04:09:34</b>
18	<b>George Douglas</b>	Unattached	46	13	M40	04:13:37	2012	<b>04:13:37</b>
19	<b>Russell McKechnie</b>	Highland Hill Runners	52	2	MV50	04:15:03	2012	<b>04:15:03</b>
20	<b>Graham Arthur</b>	Ilkley Harriers	64	7	MV60	03:36:57	2006	<b>04:18:43</b>
21	<b>Sarah Dunn</b>	Deeside Runners	44	8	FV40	03:44:23	2007	<b>04:19:42</b>
22	<b>Malcolm MacSween</b>	Unattached	38	1	MS	04:21:09	2012	<b>04:21:09</b>
23	<b>Colin Morrison</b>	Unattached	24	5	MS	04:26:38	2012	<b>04:26:38</b>
24	<b>Daniel Beckett</b>	HBT	37	4	MS	04:11:09	2007	<b>04:28:49</b>
25	<b>Ronald Whyte</b>	Highland Hill Runners	31	6	MS	03:57:04	2007	<b>04:31:42</b>
26	<b>Robert Maclean</b>	Unattached	49	2	MV40	04:33:54	2012	<b>04:33:54</b>
27	<b>Andrew Douglas</b>	Unattached	45	1	MV40	04:35:16	2012	<b>04:35:16</b>
28	<b>Jon Erasmus</b>	Unattached	39	2	MS	04:35:28	2012	<b>04:35:28</b>
29	<b>Willie Macrae</b>	Unattached	61	24	MV60	04:01:56	1992	<b>04:43:40</b>
30	<b>Tracey Douglas</b>	Unattached	42	13	FV40	04:48:15	2012	<b>04:48:15</b>
31	<b>Robert Marshall</b>	Unattached	24	12	MS	04:51:49	2012	<b>04:51:49</b>
32	<b>Iain Bartholomew</b>	Unattached	54	14	MV50	04:31:08	2000	<b>04:53:23</b>
33	<b>Jane Gill</b>	Unattached	40	1	FV40	05:03:07	2012	<b>05:03:07</b>
34	<b>Alastair Thompson</b>	Teangue Tortoises	51	17	MV50	03:49:39	2002	<b>05:10:32</b>
35	<b>Rob Shaw</b>	Highland Hill Runners	46	12	MV40	04:48:17	2010	<b>05:16:31</b>
36	<b>Mark Ross</b>	Unattached	39	7	MS	05:17:01	2012	<b>05:17:01</b>
37	<b>Colin MacIennan</b>	Unattached	53	1	MV50	05:17:39	2012	<b>05:17:39</b>
38	<b>Chris Macaskill</b>	Unattached	40	2	MV40	04:37:14	1999	<b>05:17:53</b>
39	<b>Angus Maciver</b>	Unattached	48	9	MV40	04:56:47	2005	<b>05:45:10</b>
40	<b>Marcus Valente</b>	Unattached	42	1	MV40	05:49:38	2012	<b>05:49:38</b>
41	<b>Carol Rattenbury</b>	Unattached	53	7	FV50	06:55:43	2012	<b>06:55:43</b>
42	<b>Andrew Tallach</b>	Unattached	42	25	MV40	04:10:00	1990	<b>DNF</b>

# GWC 13 MILE RACE RESULTS 2012

Pos	Runner	Club or Unattached	Age	GWCs	Cat	Time
1	<b>Tom Grant</b>	Dundee Hawkhill Harriers	19	2	U/21	<b>01:39:27</b>
2	<b>Chris Scott-Park</b>	U/A Gartocharn	21	2	MS	<b>01:44:50</b>
3	<b>Dougie Macdonald</b>	Highland Hill Runners	40	2	MV40	<b>01:47:55</b>
4	<b>Steven Worsley</b>	Highland Hill Runners	49	10	MV40	<b>01:53:44</b>
5	<b>Kenny Steele</b>	U/A Inverness	44	2	MV40	<b>01:54:50</b>
6	<b>Joshua Senior</b>	Barnsley AC	20	1	U/21	<b>01:55:47</b>
7	<b>Colin Gilmour</b>	Ross County Athletics	50	7	MV50	<b>02:04:06</b>
8	<b>Ritchie Macrae</b>	U/A Gairloch	31	7	MS	<b>02:04:31</b>
9	<b>Duncan Macaulay</b>	U/A Laide	53	4	MV50	<b>02:06:51</b>
10	<b>Mairi Gilmour</b>	Ross County Athletics	16	5	U/21	<b>02:07:08</b>
11	<b>Ben Thomas</b>	U/A Gairloch	24	6	MS	<b>02:07:09</b>
12	<b>James Robbins</b>	U/A Durness	18	4	U/21	<b>02:08:27</b>
13	<b>Iain Mackay</b>	Hunters Bog Trotters	53	18	MV50	<b>02:09:39</b>
14	<b>Angus Mackay</b>	U/A Argyll	45	2	MV40	<b>02:10:40</b>
15	<b>Jude Watmough</b>	U/A Inverness	39	3	MS	<b>02:10:40</b>
16	<b>Emmanuel Moine</b>	U/A Inverness	39	1	MS	<b>02:13:59</b>
17	<b>David Sullivan</b>	Deeside Runners	57	10	MV50	<b>02:16:16</b>
18	<b>Paul Senior</b>	Barnsley AC	50	1	MV50	<b>02:17:41</b>
19	<b>Franco Piras</b>	U/A Glasgow	48	1	MV40	<b>02:20:02</b>
20	<b>Ron McGill</b>	Braw Toon Runners	61	15	MV60	<b>02:24:52</b>
21	<b>Sheila Ross</b>	U/A Culbokie	48	15	FV40	<b>02:28:09</b>
22	<b>Kathy Dale</b>	Deeside Runners	47	11	FV40	<b>02:31:25</b>
23	<b>William Ross</b>	Inverness Harriers	56	3	MV50	<b>02:32:46</b>
24	<b>Cherie Pumphrey</b>	U/A Edderton	38	4	FS	<b>02:34:15</b>
25	<b>Bruce Walker</b>	Troon Tortoises	66	22	MV60	<b>02:36:23</b>
26	<b>Douglas Strachan</b>	Skye & Lochalsh RC	59	4	MV50	<b>02:39:06</b>
27	<b>Barbara Chandler</b>	Muir Jog Scotland	54	1	MV50	<b>02:41:47</b>
28	<b>Emma Johnston</b>	Tain Runners	41	14	FV40	<b>02:43:44</b>
29	<b>Yvonne Leonard</b>	U/A Gairloch	42	9	F40	<b>02:46:19</b>
30	<b>Mairi McLellan</b>	U/A Gairloch	38	2	FS	<b>02:49:06</b>
31	<b>Chris Allan</b>	Highland Hill Runners	56	6	MV50	<b>02:49:18</b>
32	<b>Sara Deverell</b>	U/A Gloucester	41	1	FV40	<b>02:50:38</b>
33	<b>Lee Ross</b>	Inverness Harriers	52	2	FV50	<b>02:51:24</b>
34	<b>Alison Strachan</b>	U/A Dundee	61	15	FV60	<b>02:53:56</b>
35	<b>John McNally</b>	Fife AC	75	8	MV70	<b>02:58:05</b>
36	<b>Alison Johnston</b>	Hunters Bog Trotters	50	24	FV50	<b>03:03:53</b>
37	<b>Barbara Sullivan</b>	Deeside Runners	56	4	FV50	<b>03:05:52</b>
38	<b>Jim Peat</b>	U/A Muir of Ord	67	17	MV60	<b>03:06:49</b>
39	<b>Sheila Begbie</b>	Muir Jog Scotland	67	1	FV60	<b>03:08:40</b>
40	<b>Bruce Hutchinson</b>	U/A Invergordon	23	15	MS	<b>03:09:14</b>
41	<b>Ewen McLellan</b>	U/A Gairloch	41	1	MV40	<b>03:09:20</b>
42	<b>Lenn Urquhart</b>	U/A Gairloch	41	16	MV40	<b>03:09:54</b>
43	<b>Elisabeth Sullivan</b>	Deeside Runners	25	5	FS	<b>03:13:08</b>
44	<b>Alex Whyte</b>	Highland Hill Runners	68	23	MV60	<b>03:27:18</b>
45	<b>Hazel Kiero</b>	Muir Jog Scotland	61	2	FV60	<b>03:28:09</b>
46	<b>Joan Munro</b>	Muir Jog Scotland	68	9	FV60	<b>03:30:32</b>

It is hard to believe that this will be my 22nd "25". I ran my first event in 1990 – so that makes 550 miles of stunning scenery.

There's been a new hall, new buses, new footpaths but the same 'old' familiar faces each year – perhaps we are all just growing old gracefully.

It's been a real privilege to have taken part in the event for so long – the important things have never changed; the unique atmosphere, camaraderie, friendly welcome, impressive organisation (despite what the weather throws up, often at the last minute) and of course the main reason for it all, raising money for the Highland Hospice and other charities.

I have always enjoyed being in the hills and in the early 90's was beginning to take part in some hill races. A friend, living in Sheffield, had seen the event advertised in a hill running magazine so we decided to give it a try. Not being a fast runner the terrain sounded perfect to me – rough and boggy! I always felt a bit guilty entering the GWC as it clashes with our local Highland Games and Hill Race so I will always be grateful to the people of Rannoch who so generously sponsor me – I hardly need to ask them anymore.

The Bad Bog lived up to its name in the early years and to me it has never been the same since the path was built! On my first event I remarked to one of the Coastguards manning the checkpoint that he was a bit far from his usual terrain. His reply that they were there to suck us out of the bogs was not far from the truth.

The past 22 years have provided every weather condition imaginable – one year on the 'wet weather alternative' we may as well have been running in a river for the entire course. Other years have seen runners sitting in the River Ewe at the finish to cool off.

One thing is constant though – the midges – I have always thought it should be the checkpoint guys who get the medals for tolerating them hour after hour and still remaining cheery. I am sure the midges bring in far flung relatives on GWC day . . . .

Despite having run the GWC for many years my personal challenge was the 2000 event which I walked having just completed radiotherapy in the June, following a diagnosis of breast cancer. This gave me the confidence to get back into the hills and continue doing all the outdoor activities I had previously enjoyed. I ran several '25's after that but a few years back decided it was time to go down a gear from running to walking. This decision may have been triggered by a comment at the start that year that there were youngsters running that year that had not even started primary school when 'us oldies' did our first GWC!

Walking however has many advantages – no worries before the start about: Eating/drinking too much/too little; Feeling sick on the bus – it doesn't matter quite so much if you are not about to set off running! Not having done enough training; Everyone else looking much fitter etc. etc. The views are spectacular whatever but probably safer to appreciate whilst walking! Being able to enjoy all the goodies on offer at Carnmore and Kernsary – I even remember the year that there were Bonios laid out in rows from large to small for the canine participants

When I started to write this I realised just how many memories of the GWC I have and I am just one participant – maybe that should be another fundraiser for the Highland Hospice – a book of GWC memories!

Hopefully for many more years to come the GWC will be a fixture in my calendar.

See you all in August.



Fiona at Ullapool GWC 2003

## 20 years ago

21st August 1993

8th GWC over **25** and **13** mile routes

Number of entrants: **324** Walkers **223** Runners **101**

Race Winners

### 25 miles

Male: **Martin Dean** Forth Valley Orienteers **3-00-01**

Lady: **Frances Thin** Minolta Black Isle **3-43-02**

### 13 miles

Male: **Alan Murchison** Inverness Harriers **1-15-59**

Lady: **Fiona Russell-Mills** Lochaber AC **1-43-29**

Total Raised **£40,000**

Top 4 Fundraisers **Norman Maclennan**, Pitlochry **£2140**

**Philip H-Grierson**, N Kessock **£2048**

**Dorrie Urquhart**, Ullapool **£1763**

**Ann Black**, Inverness **£1338**



Frances Thin

## 10 years ago

23rd August 2003

18th GWC over **20**, **13** and **10** mile routes (Ullapool)

Number of Entrants: **581** Walkers **434** Runners **147**

Race Winners

### 20 miles

Male: **Jethro Lennox** Shettleston Harriers **2-11-40**

Lady: **Dawn Scott** Lochaber AC **2-41-00**

### 10 miles

Male: **Dave Shepherd** Alloa **1-07-13**

Lady: **Frances Thin** Munlochry **1-18-50**

Total Raised **£141,000**

Top 4 Fundraisers **Iain Bartholomew**, Aultbea **£3090**

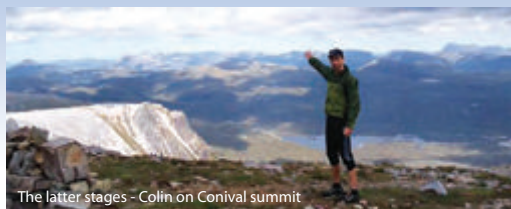
**Lorne Crerar**, Glasgow **£2530**

**Angela Shepherd**, Inverness **£2312**

**Donnie Hossack**, Ullapool **£2000**



Dawn Scott



The latter stages - Colin on Conival summit

Exactly one year before I wrote this article for the 2013 GWC I was running from the edge of the Highlands, over Ben Lomond to the tiny strip of land between Loch Arklet and Loch Katrine. It was my eighth day running since I set off from the border with England and I had covered an average of more than a marathon a day with a ascent of 8,000 meters over the hills of the Southern Uplands, the central belt and Ben Lomond.

At that point I was well over 200 miles into my journey on Scotland's Watershed – the geological feature of high ground that defines whether rain falling on the country runs east to the North Sea or west to the Atlantic. While I felt in reasonable shape on that eighth day, I had no idea how much of the Watershed I could run or even if I could reach its end at Duncansby Head near John O'Groats. But this sense of the unknowing is where I wanted to be. I chose the Watershed as a challenge precisely because I didn't know if I had the finish in me.

My adventure on Scotland's Watershed actually started during the 2010 GWC. Many of those who tackled the 25-mile route that day will remember the relentless head wind. I'd trained fairly hard that year but I was drained even before we'd reached Carnmore – with another 8 miles still to go. I eventually finished a full 30 minutes slower than my best time – but deep down something had changed. During the run I found I was able to tap into a reserve that I didn't know I had. I have run all my life, but it felt like the extra training had opened a door.

After the race, instead of winding down my mileage I ramped it up by tackling longer and harder routes. But while I was having great fun, I had no focus. By some bizarre coincidence, that's when I learned about Scotland's Watershed in Peter Wright's comprehensive study - Ribbon of Wildness. I was gripped by the idea of a mountain route that was defined only by nature. As 2010 wore on, the idea took shape and I resolved to run as much of the Watershed as I could in 30 days.

## A run on Scotland's Watershed

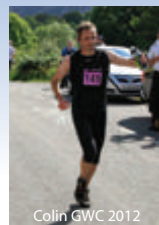
May-June 2012

Distance **1040km (650 miles)**

Total Ascent **32300m (105,971ft)**

Days running **27**

Days rest **3**



Colin GWC 2012

The real training started in January 2011 when I committed all my training to endurance. I pored over ultra marathon training guides and cross-trained with many hours swimming in the pool and open-water. Squeezing the training around a full-time job and family life wasn't easy - I made more than 20 trips working away from home in 2011 alone. But (very) early starts and flexible working times made it manageable. I became used to working early with extra-long runs at the weekend.

I threw myself at the mountains and trails of the Fisherfield wilderness. I criss-crossed the area on trails and trackless hillsides that I would find on the Watershed and built up to hill runs of 30 and 35 miles and beyond. I eventually covered 3,000 miles in the 15 months up to May 2012 when I started the Watershed.

There were many highlights. The 32 miles I ran on my fourth day in the Southern Uplands to reach Coulter. The stunning day over 4 Munros including An Caisteal to Crianlarich with a total ascent of 2,600 meters. But the best days were in the North West when I ran 50 miles from close to Achnasheen to Rhiddoroch near Ullapool over nine Munros with 4,000 meters ascent in two days.

Inevitably, there were difficult moments when I've never felt so tired. One of the hardest was on the Knockfinn Heights in Caithness when I had to navigate through the notorious flow in thick clag on a day I had to cover 35 miles. When I look back, I felt at my weakest when the weather was grim.

I reached Duncansby Head in a continuous journey covering some 650 miles of the route and the welcome I received from friends and family was breathtaking. There is no way I could have managed the journey without their support. This is also a great opportunity to thank the team behind the GWC who organise such a special event in a special place. The people involved create ripples of inspiration and I know I am not the only person who has drawn on the spirit of the GWC to train for other adventures.

# 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; **Ian Cartwright**, Invergordon; **Peter Cunningham**, Melvaig; **Lorraine Geddes**, Inverness; **Charles Jarvie**, Inverness; **Yvonne Leonard**, Gairloch; **Charles Macgregor**, Brussels; **Angus Maciver**, Inverness; **Joan Mackay**, Inverasdale; **Jean Macmillan**, Inverness; **Donald Macrae**, Gairloch; **Megan Macrae**, Gairloch; **Joan Munro**, Muir of Ord; **Ken Murphy**, Newcastle; **Jacqueline Noble**, Inverness; **Hughlene Renwick**, Lochbroom; **David Sutherland**, Inverness; **Eileen Urquhart**, Poolewe.

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.



Gary Williamson & Sheila Ross

## ENTERTAINMENT

**Ullapool & District  
Junior Pipe Band  
& Highland Dancers**



Proceeds to Highland Hospice

**GWC 2013 CEILIDH**  
Dancing to  
**The Ruairidh Maclean Band**  
**Poolewe Hall 8.30 pm**  
**Saturday 24th August**

# OBITUARIES

It is with great sadness that we report the passing of four friends and respected GWC participants, all within the last three months. **Alex Duncan**, Cumbernauld, veteran runner; **Bob McLennan**, Inverness, walker; **Grant Lowe**, North Kessock, walker; and **David Flowerday**, Co Antrim, runner. We appreciate their support and their friendship over many years and we will miss them all. Our condolences go to their loved ones at this sad time.



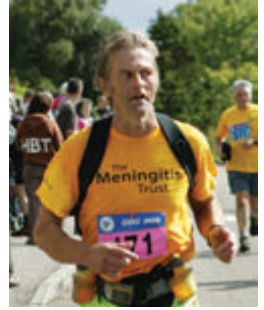
Alex



Bob



Grant



David

## LEGENDS, ALL OF YOU

As organisers we take this opportunity to thank all marshals, helpers and safety teams for your generous and unstinting support each year, a vital aspect of what makes the event such a happy and successful occasion for everyone. Our walkers and runners always enthuse about your cheerful, relaxed but efficient demeanor, and continually remark about seeing the same familiar faces every year at the same places. We do remind them that you do go home again between events!

This consistency of support makes our job a cinch, and a pleasure to organise year on year.  
"Legends" does not even scratch the surface . . . .

**GWC Committee**

## SPECIAL THANKS TO

Barbara and Staff at Letterewe  
Donald and Scott, Tournai Farm  
All providers of 4x4s, scaffolding and trailers etc.  
All who kindly donate food  
The Maclean family, Naast, for donation of the new Maclean Shield  
Gary Williamson, Inverness, for his continued sponsorship of the event,  
aerial photography and presenting the prizes.

## And a special welcome to...

First-timers Alastair Hunter, Beauly (formerly Aultbea) and Derek Macleod, Gairloch. At last!  
Bob Stark, Fife AC - good to see him back running after a serious illness.

# CONGRATULATIONS TO

**Roddy Riddle, Inverness**, who completed the world's toughest footrace, the Marathon des Sables, in April. Roddy, a type one diabetic, had the added problem of managing his condition as well as completing the gruelling 156 mile course, contending with sandstorms and the searing heat of the Sahara desert. In doing so, Roddy has (to date) raised a remarkable £26,000 for Diabetes UK and JDRF (Juvenile Diabetes Research Foundation).

**Alec Keith, HBT**, who won the inaugural Trotternish Ridge Race in Skye in May. Alec has already won the GWC 25 mile race six times, including last year, continuing to keep ahead of Old Father Time as he goes! Who can beat him?

**Allan Grant, Glasgow**, who completed the Ultra-Trail du Mont Blanc race last September, followed by the Highland Fling and his 3rd West Highland Way race earlier this year. Allan will be running his 2nd GWC 25 this year – a winding down exercise, presumably! Allan fundraises for Starfish Asia on his ultras.

**Megan Macrae, Gairloch** and **Graham Bee, Kirkcaldy** who were wed in Inverness on 20th July. Megan will be competing in her 10th Challenge this year, in the 13 mile race.

## Please Note!! Date Change 2014!!

Next year the Challenge will be a week earlier i.e. **Saturday 16th August**. This is to conform with earlier stalking season on the estates. Future years will be the same, thus the event will be held on the Saturday falling between 11th-17th August inclusive.



# ROLLING BACK THE YEARS

A random selection of images from the 80s and 90s, evoking happy memories of earlier GWC days.



1992 – Ben Preece (Deeside Runners)



1986 – Checkpoint 5 - Danny Grant, Kenny Macdonald and Tony Maclean



1997 – Jane Connell from Aberdeen (formerly Aultbea)



1994 – Brothers George and Fred Pittman from Easter Ross



1997 – Jonathan Musgrave and Sarah-Jane McCallum



1998 – Anne Sutherland (Inverness Harriers)



1986 – Donald Maclean from Aultbea setting local 25 mile record



1999 – Andrew Thin, Caroline Tisdall and Paul van Vlissingen



1986 – Stats girls Freda Mackenzie, Aileen Brownlee and Tooty Mackenzie



1999 – 25 mile race start at Dundonnell

## Acknowledgements

Scottish Water  
Harold Beaton  
Geordie Macleod  
Frasers Coaches  
Donald Grant & Sons  
The Bridge Cafe  
Drumchork Lodge Hotel  
Colin Robertson  
Two Lochs Radio  
Ross-shire Journal

## Behind The Scenes



Catering Cuties  
Doreen, Jean Alison, Avril and Moira



Ian Mackenzie, Inverasdale,  
sets out to mow the GWC car parking field

## MAIN SPONSORS

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Any comments, feedback or contributions of photos for our gallery are most welcome.  
For ease and speed of communication, we are building up a GWC e-mail library.

Occasionally, addresses on entry forms can be difficult to read,  
so please help us by e-mailing your address.

We promise not to divulge your details to any 3rd party. Thank you.  
e-mail: [patgwc@onetel.com](mailto:patgwc@onetel.com)



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Visit Highlands  
Dundonnell Mountain Rescue  
Poolewe Village Hall  
Scottish Hill Runners  
Scottish Natural Heritage  
Munro Magic  
Mountain Bothies Association

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