

BEN NEVIS RACE

2025

UP AND DOWN
BRITAIN'S HIGHEST
MOUNTAIN
4413 FEET

RACE STARTER

Mr Tom Uppington (Alvance)



View From Summit

Saturday 6th September
at 1.00pm

Claggan park,
Fort William

scottishathletics 
licensed event

Chairman's Report 2025

Ben Nevis AGM held on 12th March 2025

I would like to welcome everyone to the 2025 Ben Nevis Race AGM.

The 2023 race was once again a success with 420 finishing the event this year

On Saturday 7th Sept 420 athletes took to the start line, ready to undertake one of the most brutal and gruelling Ben Nevis Races ever, as it coincided with the hottest day of the year so far, with high temperatures and absolutely no cooling breeze either low down or higher up on the mountain.

As if the distance and height involved in racing up to the top of Britain's highest mountain and back, wasn't enough, the high temperature was certainly a significant deciding factor on whether this challenge could be completed or not. As a consequence of the searing heat, there were 45 retirees and 375 finishers out of the 420 starters with many realising quite early on that it was not going to be possible to complete the race due to heat, dehydration, fatigue etc. Others managed to cope with the conditions and complete the race but all who completed the race suffered from dehydration, with some requiring to be transferred to hospital due to dehydration/heat stroke.

As the race progressed and the day became hotter, it became clear that providing attention, care, shade and water for the finishers was becoming more and more important. Despite 1,000 bottles of water being provided for the 420 runners, resources became a bit stretched as athletes crossed the line in varying levels of distress. The race organisers would, therefore, like to thank the exceptional work, care and attention that many volunteers and members of the public provided for the runners, as everyone 'rolled their sleeves up and got stuck in' to help manage a challenging and stressful situation.

On the hill, a team of 20 marshals plus mountain rescue personnel supported, encouraged and cared for the runners and their expertise, clear communication and 'professionalism' was invaluable to both the runners and the hundreds of walkers who were also struggling their way up Ben Nevis.

Once again, the resilience of people shone through and 375 runners completed the Ben Nevis Race. Times were probably about 30 minutes slower due to the heat but setting good times are for another day in better conditions, the mere fact that so many completed such an incredible challenge is real credit to their determination and mettle. A huge WELL DONE to all!

The organisers would also like to thank the support and contributions of the following:

Ben Nevis Distillery, Spean Pharmacy (Mhor Health), Nevis Cycles, Cafe Mara, Nevis Bakery
OffBeat Bikes, Campbell Plant Hire, The Hire Centre, Great Glen Creative, MacPherson Welding
Keith Stephens, Highland Industrial Supplies, Brakes Foodservice

Graham MacNab

Chairman

Cut Off Times:

Half Way: 1hr : 15mins

Summit: 2hrs : 15mins

Finish Line: 3hrs : 30mins

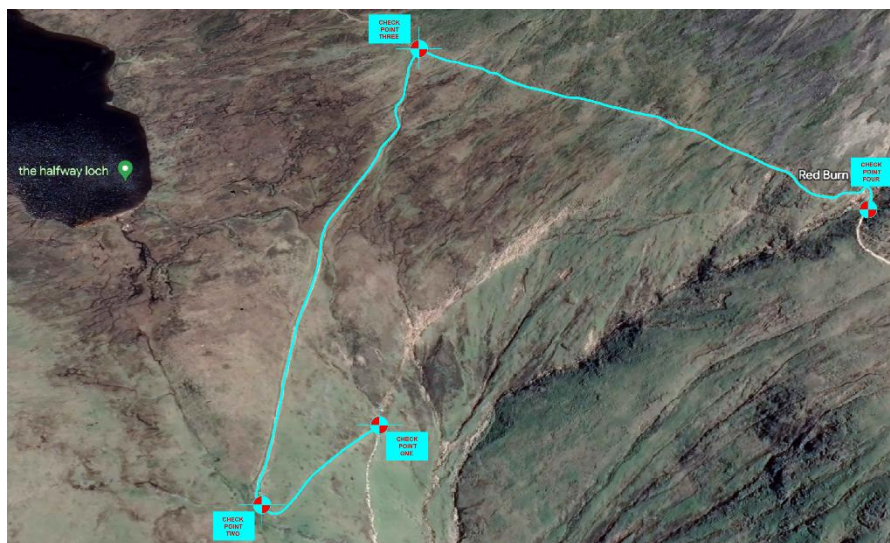
Please Note, In the interest of safety if you don't achieve the cut times you may be turned back or not get an official time.

IMPORTANT NOTICE - ROUTE CHANGES

Runners must no longer use the grassy bank for either ascent or descent during the race. When runners descend to the halfway point they must cross the burn, thereafter descend with

the burn to the runners left. Runners may then proceed down the hill by whatever route they wish. What they must not do is run down the traditional route of the grassy bank. Failure to

obey this rule will result in permanent disqualification from the race as runners descending the traditional grassy bank route are putting the future of the race at risk.



PROGRAMME

&

Things you Need to Know:

9.00am Registration of Runners
(Registration Closes at 12.30pm)

Random Kit Checks in Field

12.45pm Lochaber Pipe Band
will lead the runners to the
start position

Field Entertainments

Lochaber Pipe Band

1.15pm

Football Tournament

2.25pm The winner arrives -
played home by the Lochaber
Pipe Band
approx

7.00pm Prize-giving, In Studio
Hall, at Nevis Centre, An Aird,
with Lochaber Schools Pipe
Band.

**12.58pm Minute Silence for
Sharif "Sauchie" Sulaiman**



Sauchie was a lifelong supporter of the Ben Nevis Race, he helped Marshall and manage on race days , he was also a keen collector of the race T-shirts and Programmes over the years.

Our deepest condolences to all Sauchies family.

1.00pm Start of race Progress
reports will be relayed from the
Ben to the park

1.45pm

Display of Highland Dancing
Amusements and Stalls
Bouncy Castle and Others

3.30pm On field winners
presentation and 200 Club
Draw for £1000
approx .

OFFICIALS

Hon. President	Mr D Cameron Mrs Kathleen MacPherson	Race Admin	Jim Hamilton Graham MacNab Daimian Forster
Chairman	Graham MacNab	Announcer	Mr David Ogg
Secretary	Jim Hamilton	Starter	Mr Tom Uppington
Treasurer	Daimian Forster	Field Organisers	Graham MacNab Bruce Davie Jim Hamilton
Referee	Sharon Taylor	Field Marshals	Alan MacLeod Ian Adams Shonda Macnab Pamela Hamilton Ellen Morrison
Timekeepers	Sharon Taylor Jamie Provan		
Summit Officials	Jamie Chisholm Stevie McAleer James Porter Tommy Chisholm Billy Chisholm		
Half-Way Marshals	Richard MacLeod	Top half of Red Burn	Kirsty Hamilton Linda Johnson
Path Junction to North Face	Sandra Chisholm Evie Chisholm	Bottom half of Red Burn	Corrina Mertens Markus Mertens
Wooden Bridge	David Morrow	Conservation Corner	Marjory Currie Stewart Currie
Achintee	Hazel Currie	Top of first short cut	Ian Adams Aileen Duncan
Registration	Miss E Morrison Mrs P Hamilton Shonda Macnab	Tea Shack	Peter Berrie Emma Britton Dominik Barjaktaric
Engraver	Mr Keith Stephen		

LOCHABER TIMES

BRINGING COMMUNITIES TOGETHER

For advertising opportunities call Nicky Murphy on 01631 568014

LOCHABER TIMES & OBAN TIMES
Thursday 11 August 2022
www.lochabertimes.co.uk

Fort mum's joy at Transplant Games medals
The Lochaber Times stands with the people of Ukraine

Baby joy for Kate
Lochaber MSP and husband welcome daughter, Naomi
Lochaber Fells fun

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The Ben Nevis Race

In 1895 when William Swan, a Fort William barber, set off on the first recorded timed ascent and descent of Britain's tallest mountain he could not have envisaged the modern day Ben Nevis Race which now has a field of 600 runners accepting a challenge which is not for the unfit or faint-hearted.

In the late 19th. and early 20th. centuries a number of races were organised on an ad hoc basis. However it was not until 1951 that the Ben Nevis Race Association was founded with the intention of formalising arrangements for an annual race. Since that first field of 21 runners, the race has grown beyond all recognition and it has been run every year since with the exception of 1980. That year the elements won and, with competitors on the start line, a last minute decision was made to cancel the race for the safety of the runners and officials on the mountain.

Safety of all is paramount for the organisers and the Ben Race should not be treated as a 'fun-run' and therefore entrants have to be experienced hill runners. The BNRA liaises closely with Lochaber Mountain Rescue Team and we are grateful for their and our own volunteer marshals' vital assistance on race day.

The record time for men has stood since 1984 when Kenny Stuart recorded 1h 25m 34s and ladies time was beaten in 2018 when Victoria Wilkinson recorded 1h 43m 01s. In 1989 Kenny ran the Houston Marathon in a then world class time of 2h 11m 36s thus creating a benchmark by which mountain running times and the Ben Race record, in particular, can be judged. It is fair to say that hill/fell running champions are worthy of the respect afforded to top Olympic athletes.

The Ben Race has been variously described with superlatives – oldest race, toughest race, most iconic race, the supreme test of fitness etc. – and whilst these claims are open to challenge, the Ben Nevis Race Association will always defend its status as a very special event. However this is not necessary as runners testify to this on our behalf as evidenced by their remarks on this page.

The Ben exercises a hold over runners and during the winter month they forget the pain and the strain of the first Saturday in September. Thoughts turn to getting another 'Ben' under their belts, especially for those nearing 21 completed runs and a coveted Connochie Plaque. Today the race, which is limited to 600 runners for safety reasons, can be oversubscribed within two days of the entry forms going live in late January. If you qualify (see conditions for entry) and wish to take part, then check our site for the entry opening date.

Some Comments from Runners

"Two and a half hours earlier I was wondering why runners spoke about "The Ben" with such strong feelings of awe and enjoyment whereas now, I no longer wonder why – I don't understand it but I do share the same feelings. This is a very special race, indeed."

"it's a great day out, though I'm still not sure why we do this insane race every year."

"We had a great weekend, not only doing the race itself; the longest climb in the country followed by the longest descent; but the stay in Fort William as well."

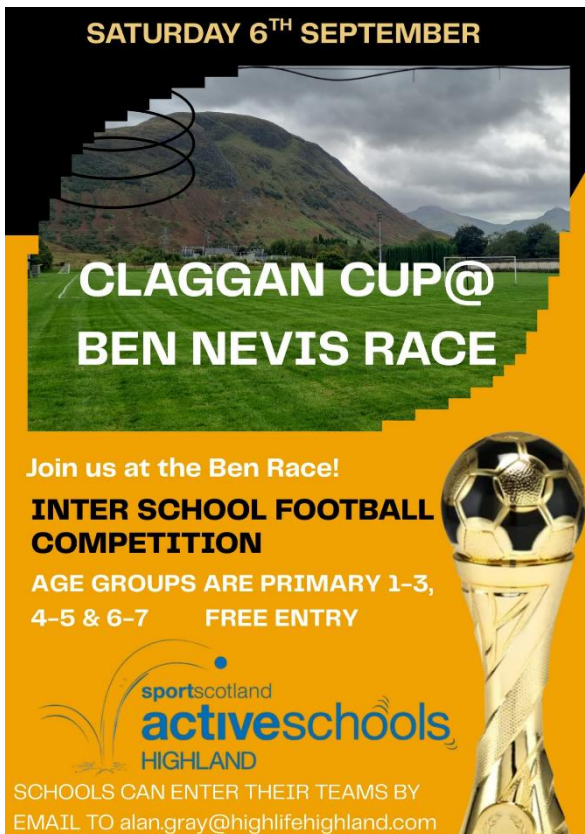
"A great race, the climb was never ending, but getting to the top was only the beginning. Slipping and sliding to the bottom was the really tough part."

In Field

Mowi Salmon Wagon, Brew 52 Coffee, Herchers Burger Van, Mulligans Ice Cream Van, Allenergy, Fort William Bouncy Castle Hire, Pete Bland Stall, Bright Sparks Lochaber Ltd (David Ogg), British Legion Stall, Lochaber Pipe Band (Ian Robertson).

Sadly we were unable to secure a Beer Tent/Bar or Highland Dancers this year.

Fort William Football Club is proud to support the Ben Nevis Race Day on Saturday 6th September 2025 at Claggan Park.



SATURDAY 6TH SEPTEMBER

**CLAGGAN CUP@
BEN NEVIS RACE**

Join us at the Ben Race!

**INTER SCHOOL FOOTBALL
COMPETITION**

**AGE GROUPS ARE PRIMARY 1-3,
4-5 & 6-7 FREE ENTRY**

**sportscotland
activeschools
HIGHLAND**

SCHOOLS CAN ENTER THEIR TEAMS BY
EMAIL TO alan.gray@highlifehighland.com

The Claggan Cup is for up to 3 primary school age groups and is free to enter.

Schools from Lochaber are invited to enter Primary 1-3, 4-5 & 6-7 teams with 5 players a side.

The competition is due to kick off as soon as all the runners have left at 1pm and we encourage everyone to cheer on the boys and girls.

To enter your school team please email alan.gray@highlifehighland.co

TROPHIES

Winner	MacFarlane Cup / Gold Medal
Second.....	George MacFarlane Jnr Quaich / Silver Medal
Third	Jimmy Conn Memorial Trophy / Bronze Medal
Completing 21 Ben Nevis Races	Connochie Plaque
First Male Veteran 70+.....	Ben Nevis Race Trophy
First Male Veteran 60+.....	Locheil Trophy
First Male Veteran 50+	Duncan McIntyre Trophy
First Male Veteran 40+	C.W.S. Steele Cup
First Male To Summit	Lovat Scouts Trophy
First Men's Team	Ben Nevis Race / Three Gold Medals
Second Men's Team	Three Silver Medals
Third Men's Team	Three Bronze Medals
Fastest Local Male Descent	Kathleen Connochie Cup
First Lady	Eddie Campbell Cup / Gold Medal
Second Lady	Sandy Macfarlane Trophy / Silver Medal
Third Lady.....	Leap Trophy/Bronze Medal
First Lady Veteran 70+	George Macpherson Memorial Cup
First Lady Veteran 60+	Ben Nevis Race Association Cup
First Lady Veteran 50+	Eddie Campbell Cup
First Lady Veteran 40+	Nevis Bank Hotel Shield
First Female To Summit	Lochaber District Council Trophy
First Ladies Team	Off-Beat Bikes Shield / Three Gold Medals
Second Ladies Team	Three Silver Medals
Third Ladies Team	Three Bronze Medals
Fastest Local Female Descent	Turnbull Quaich

ALL FINISHERS RECEIVE MEDAL AND CERTIFICATE WITH NAMES AND TIMES


*PLEASE NOTE YOU WILL NOW RECEIVE AN EMAIL
WITH YOUR CERTIFICATE ATTACHED.

Certificates



*This year the certificates will be emailed out
to the runners who completed the race.*

*We will start this on or before Sunday 7th September,
once you have received the email
you will have the opportunity to print out
your own certificate via the attachment.*



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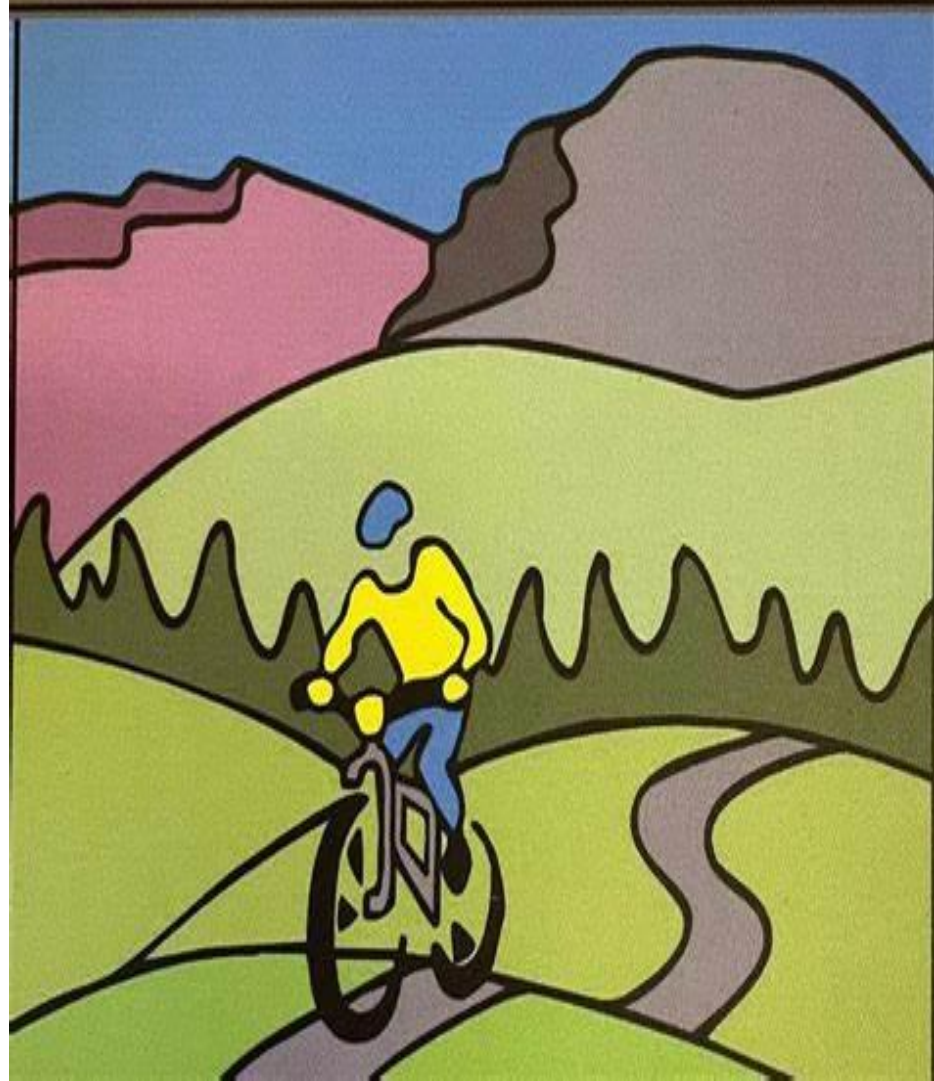
OPENING HOURS Tuesday to Saturday 10am to 5pm

Ben Nevis Distillery





NEVIS CYCLES



The logo for Tavern Restaurant & Bar is an oval with a dark red background and the word "Tavern" in a white, serif font. Above the text is a thin, curved white line.A photograph showing the interior of the Tavern Restaurant & Bar. The room has wood-paneled walls and several tables where patrons are seated. A chalkboard in the background lists menu items like "Soup of the Day" and "Vegetable Bar".

Tavern

Tavern Restaurant & Bar

72 High Street, Fort William

A background image for the middle section of the poster, showing several hands clinking glasses in a toast. The image is slightly blurred and has a warm, golden tone.

GREAT FOOD - BAR - COCKTAILS

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**Good luck to everyone
taking part in today's race**

KINDLY REFRAIN FROM



Telling lies to
gain entry



Running a race without
a number or correct kit



Running in another's
number



Going home if retired
without reporting back
race control

THANK YOU!

THE CONNOCHIE PLAQUE

The Connochie Plaque was instituted in 1972. As the late Eddie Campbell was completing his 21st Ben Nevis that year, Dr Connochie, a well-known local General Practitioner and enthusiastic member of the Ben Race committee, endowed the award of a plaque for him and for future runners who would achieve the same feat. Each runner who completes the Ben Nevis Race is special. Each runner who completes 21 Ben Nevis Races is extra special. Here is our roll of honour.

ALLEMANO, Ralph.....Highgate Harriers ANDERSON, Laurie.....Lomond Hill Runners
 ARMSTRONG, David.....Northumberland Fell Runners BANKS, JohnLAC
 BARR, AndrewMid Argyll AC BATES, PaulLonsdale Fell Runners
 BEATY, AndyCumberland Fell Runners BEATY, KateCumberland Fell Runners
 BELLIS, Peter AllanBolton Harriers BENNET, Sandy.....FRA
 BEVERIDGE, BobLomond Hill Runners BILTCLIFFE, Alan L.....Arbroath Footers
 BLENKINSOP, HarryKeswick AC BOLER, NevilleFRA
 BRANNEN, ToshLothian RC BRETT, AlexanderHighland Hill Runners
 BROWN, RickLochaber AC BROWNING, PeterClayton-le-Moors Harriers
 BROWNLIE, JimCambuslang Harriers BUCHANAN, Peter M.....Ochil Hill Runners
 BYRNE, SaraLAC CAMPBELL, EddieLochaber A
 CAMPBELL, IanLothian & Borders Police ACCARR, KieranClayton-le-Moors Harriers
 CASH, Frederick JohnLoughton AC CHISHOLM, NigelLochaber AC
 COLEMAN, PeterVauxhall Motors RC CORNER, JulieLAC
 CORRIS, PhilLancashire Constabulary CRAIG, AndrewLochaber Athletic Club
 DOBSON, FrankBingley Harriers & AC DOBSON, KevinBingley Harriers
 DOUGAN, John RLochaber AC DOWNIE, ChrisLothian & Borders Police
 DOYLE, John FLonsdale Fell Runners FIRTH, AndrewClayton Le Moors
 FORD, MichaelBingley Harriers FORSTER, DamianLAC
 FORSTER, NicolaLAC GASTON, PaulSteining AC
 GATEHOUSE, RichardLomond Hill Runners GOODYEAR, IanBingley Harriers
 GORMAN, ManuelWesterlands CCC GORMAN, Richard MWesterlands CCC
 GOTH, MandyTodmorden Harrier GRAHAM, AlanLomond Hill Runners
 HARGREAVES, WilliamWest Yorkshire Police HAYLER, MARKLancaster & Morecambe
 HEATON, AlanClayton-le-Moors Harriers HENDERSON John C..... Clayton-le-Moors Harriers
 HEPBURN, JohnLAC HICKS, Stephen GBorrowdale Fell Runners
 HOLDEN, GrahamLancaster & Morecambe HOLMES, IanBingley Harriers
 HOLT, JACKClayton-le-Moors Harriers HORSFALL, AndrewTodmorden Harriers
 HORSFIELD, RichardDark Peak Fell Runners HORSLEY, BrianCalder Valley Fell Runners
 JACKSON, RobertHorwich RMI Harriers JACKSON, SteveHorwich RMI Harriers
 JARDINE, JimmyLochaber AC JEBB, RobHelm Hill Runners
 KIRKDALE, Brian GerardSteining AC LARGE, DerekBarrow-in-Furness AC
 CLAYTON, ArthurVauxhall Motors RC LEE, AndrewRossendale Harriers
 LOVE, CharlesDundee Hawkhill Harriers MACDONALD, IanLochaber Athletic Club
 MACINTOSH, WillieNithsdale AC MACLEOD, Murdo.....Westerlands CCC
 MACNAB, GrahamLAC MACPHERSON, BryanLochaber AC
 MACRAE, John ALochaber Athletic Club MAITLAND, John RLochaber Athletic Club
 MARSH, John PoulsonTeviotdale Harrier MARSTRAND, JohnLochaber Athletic Club
 MCBURNEY, BrianNewcastle District AC MCGUIRE, KennethFife AC
 MILNE, RonaldForfar Road Runners MITCHELL, PaulBingley Harriers
 MITCHELL, Robert WClayton Le Moors MURDOCH, FletcherMaryhill Harriers
 MURRAY, PaulHorwich R M I Harriers NEWELL, MarkCambridge Harriers
 NIELD. DAVIDClayton Le Moors NISBET, ColinLAC
 ORR, ErnieLochaber AC PATERSON, DonaldLAC
 PRYDE, GordonLomond Hill Runners PUGH, RoderickKilmarnock Harriers & AC

RICHARDSON, Colin	North Shields Polytechnic AC	ROBINSON, Andrew	Clayton Le Moors
ROBINSON, Mick	Notts AC	RODGERS, David	Lochaber Athletic Club
SHARPLES, Jon	Clayton Le Moors	SHIELDS, Bobby	Lochaber AC
SMITH, Ian	Bolton United Harriers & AC	S MITH, Jim	Bury & Radcliffe AC
SOPER, Hugo	Vauxhall Motors RC	WHITE, David	Kilmarnock Harrier & Athletic Club
STEWART, James	LAC	WHYTE, Alexander Duthie	BP Black Isle AC
Methold, Henry	Lochaber Athletic Club	WILIAMS, David Noel	Lochaber AC
Bennett, Mark	Wharfedale Harriers	WILSON, Robert	Bellahouston Harrier
Taylor, Neil	Wharfedale Harriers	WRIGHT, Jonathan	Todmorden Harriers
STEWART, John Roy	BNRA	YETTON, David	Portsmouth Joggers
TAIT, Richard	Ambleside AC	YOUNG, Henry Swan	Inverness Harriers
THOMPSON, Harry	Clayton Le Moors	Cannon, Russell	Helm Hill Runners
UNSWORTH, George F	Kendal AC	MacBeath, Niall Alisdair.....	Lochaber Athletic Club
WAKE, Adrian P	Strathearn Harriers	Blackhall, Keith	Lochaber Athletic Club
WALKER, David	Lochaber Athletic Club	Osborn, David	Lomond Hill Runners
WALKER, Norman	Ambleside AC	David Munro	Lochaber Athletic Club
WALMSLEY, Andrew J	Clayton Le Moors	Adrian Walker	Settle Harriers
WALMSLEY, Neil	Ambleside AC	Jonathan Appleby	Highland Hill Runners
WALSH, Martin	Bowland Fell Runners	Ross, Susan-Jane.....	Lochaber Athletic Club
WATSON, Ian	Salford Harriers	Blackhall, Amanda	Lochaber Athletic Club
Rank, Julian	Holmfirth Harriers AC	Smith, Bruce	Lomond Hill Runners

This year's 2025 Connochie Plaque Contenders are:

David Bell.....	Mourne Runners
Drew Lennie.....	Carnethy Hill Running Club
Peter Kennedy.....	Lochaber Athletic Club
Ricky Cowan.....	Mourne Runners
Peter Brittleton	Ambleside AC

RESULTS OF PREVIOUS RACES

* Denotes Existing Record

1895	Aug 2	Old Post Office William Swan, Fort William	2.41.00*
1897		New Post Office Colonel Spencer, Acklom	2.55.00
1898	Aug 2	New Post Office W. MacDonald, Leith	2.27.00
1898		New Post Office T.J.S. Hunter, Edinburgh	2.33.00
1898	Oct 29	New Post Office William Swan, Fort William	2.20.00
1899	June 3	Lochiel Arms Hotel Hugh Kennedy, Banavie	2.41.00*
1899	Aug 29	New Post Office W. MacDonald, Leith	2.18.00
1902		New Post Office Lucy Cameron, Ardechive (Ascent)	2.03.00
1902	Jul 19	New Post Office Elizabeth Tait, Spean Bridge (Ascent)	1.59.30
1903	Sep 28	New Post Office Ewen MacKenzie, Fort William	2.10.06
1909	Sep 14	New Post Office Elizabeth Wilson-Smith, Duns (Ascent)	1.51.00*
1937	Jul 20	New Post Office C.P. Wilson, Kilwinning	2.17.52
1938	Jun 28	New Post Office C.P. Wilson, Kilwinning	2.13.30
1939	Jul 17	New Post Office Daniel Mulholland, Ardeer	2.03.43*
1942	May 20	New Post Office C.P. Wilson, Kilwinning	2.25.49
1943	Jun 23	King George V Park Duncan MacIntyre, Fort William	2.04.30
1944	Jun 21	King George V Park C.P. Wilson, Kilwinning	2.14.19
1951	Aug 15	King George V Park Brian C. Kearney, Fort William	1.51.18
1952	Aug 18	King George V Park Eddie Campbell, Fort William	1.53.46
1953	Jul 25	King George V Park Eddie Campbell, Fort William	1.53.18
1954	Jun 26	King George V Park Brian C. Kearney, Fort William	1.47.04
1955	Sep 3	King George V Park Eddie Campbell, Fort William	1.50.05
1955	Sep 3	King George V Park Kathleen Connochie, Fort William	3.02.00*
1956	Sep 1	King George V Park Pat Moy, Vale of Leven	1.45.55
1957	Sep 7	King George V Park Brian C. Kearney, Fort William	1.46.04
1958	Sep 6	King George V Park David A. Spencer, Barrow-in-Furness AC	1.46.08
1959	Sep 5	King George V Park David A. Spencer, Barrow-in-Furness AC	1.47.53
1960	Sep 3	King George V Park David A. Spencer, Barrow-in-Furness AC	1.52.22
1961	Sep 2	King George V Park Michael P. Davies, Reading AC	1.47.56
1962	Sep 1	King George V Park Peter Hall, Barrow-in-Furness AC	1.45.44
1963	Sep 7	King George V Park Peter Hall, Barrow-in-Furness AC	1.41.45
1964	Sep 5	King George V Park Peter Hall, Barrow-in-Furness AC	1.38.50*
1965	Sep 4	King George V Park Peter Hall, Barrow-in-Furness AC	1.42.19
1966	Sep 3	King George V Park Alan McRae, Lochaber AC	1.43.49
1967	Sep 2	King George V Park Robert Shields, Clydesdale Harriers	1.41.11
1968	Sep 7	King George V Park Michael P. Davies, Reading AC	1.39.29
1969	Sep 6	King George V Park Michael P. Davies, Reading AC	1.43.25

1970	Sep 5	King George V Park Jeff Norman, Altrincham & District AC	1.40.45
1971	Sep 4	New Town Park David Cannon, Kendal AC	1.33.05
1972	Sep 2	New Town Park David Cannon, Kendal AC	1.32.57
1973	Sep 1	New Town Park Harry D. Walker, Blackburn Harriers & AC	1.29.38
1974	Sep 7	New Town Park David Cannon, Kendal AC	1.30.17
1975	Sep 6	New Town Park David Cannon, Kendal AC	1.29.58
1976	Sep 4	New Town Park David Cannon, Gateshead AC	1.26.25
1977	Sep 3	New Town Park Alan MacGee, Keswick AC	1.29.56
1978	Sep 2	New Town Park William Bland, Keswick AC	1.26.56
1978	Sep 2	New Town Park Ros Coates, Lochaber AC	1.53.23
1979	Sep 1	New Town Park Colin K. Donnelly, Cambuslang Harriers	1.31.26
1979	Sep 2	New Town Park Ros Coates, Lochaber AC	1.56.11

1980 RACE CANCELLED BECAUSE OF WEATHER CONDITIONS

1981	Sep 5	New Town Park Robert E. Whitfield, Kendal AC	1.26.57
1981	Sep 5	New Town Park Ros Coates, Lochaber AC	1.44.25
1982	Sep 4	New Town Park Kenneth Stuart, Keswick AC	1.27.12
1982	Sep 4	New Town Park Ros Coates, Lochaber AC	1.49.22
1983	Sep 3	New Town Park John R. Wild, Cumberland Fell Runners	1.25.35
1983	Sep 3	New Town Park Ros Coates, Lochaber AC	1.45.17
1984	Sep 1	New Town Park Kenneth Stuart, Keswick AC	1.25.34*
1984	Sep 1	New Town Park Pauline Haworth, Keswick AC	1.43.25
1985	Sep 7	New Town Park Hugh Symonds, Kendal AC	1.28.00
1985	Sep 7	New Town Park Angela Carson, Rhedwyr Eryri Harriers	1.52.45
1986	Sep 6	New Town Park Colin K. Donnelly, Rhedwyr Eryri Harriers	1.25.48
1986	Sep 6	New Town Park Angela Carson, Rhedwyr Eryri Harriers	1.47.51
1987	Sep 5	New Town Park Michael S. Lindsay, Carnethy HRC	1.29.25
1987	Sep 5	New Town Park Angela Carson, Rhedwyr Eryri Harriers	1.52.57
1988	Sep 2	New Town Park Gary Devine, Pudsey & Bramley AC	1.30.10
1988	Sep 2	New Town Park Sara Taylor, Horsforth Fellandale	2.05.23
1989	Sep 2	New Town Park Keith Anderson, Ambleside AC	1.27.41
1989	Sep 2	New Town Park Beverley Redfern, Carnethy HRC	2.03.10
1990	Sep 1	New Town Park Mark Rigby, Westerlands CCC	1.26.08
1990	Sep 1	New Town Park Lesley Hope, Lochaber AC	1.56.58
1991	Sep 7	New Town Park David Rodgers, Lochaber AC	1.33.33
1991	Sep 7	New Town Park Ros Evans, Lochaber AC	2.03.57
1992	Sep 6	New Town Park Gavin Bland, Borrowdale Fell Runners	1.27.02
1992	Sep 6	New Town Park Carol Greenwood, Calder Valley FR	1.53.25
1993	Sep 4	New Town Park Graeme Bartlett, Forres Harriers	1.33.38
1993	Sep 4	New Town Park Julie Farmer, Lochaber AC	2.02.18
1994	Sep 3	New Town Park Ian Holmes, Bingley Harriers & AC	1.30.17
1994	Sep 3	New Town Park Gill Barnes, Lochaber AC	2.13.22
1995	Sep 2	New Town Park Ian Holmes, Bingley Harriers & AC	1.30.17
1995	Sep 2	New Town Park Ros Evans, Lochaber AC	2.02.27
1996	Sep 7	New Town Park David Rodgers, Lochaber AC	1.31.23
1996	Sep 7	New Town Park Angela Mudge, Carnethy Hill Runners	2.03.08
1997	Sep 6	New Town Park Gavin Bland, Borrowdale FR	1.27.45

1997	Sep 6	New Town Park	Angela Brand-Barker, Keswick AC	1.56.27
1998	Sep 5	New Town Park	John Brooks, Lochaber AC	1.27.24
1998	Sep 5	New Town Park	Kate Beaty, Cumberland Fell Runners	2.09.56
1999	Sep 4	New Town Park	Ian Holmes, Bingley Harriers & AC	1.28.14
1999	Sep 4	New Town Park	Maggie Creber, Carnethy HRC	1.59.21
2000	Sep 2	New Town Park	Ian Holmes, Bingley Harriers & AC	1.28.47
2000	Sep 2	New Town Park	Sarah Rowell, Pudsey & Bramley AC	1.54.31
2001	Sep 1	New Town Park	David Rodgers, Lochaber AC	1.29.24
2001	Sep 1	New Town Park	Tracey Ambler, Ilkley Harriers	1.54.36
2002	Sep 7	New Town Park	Andrew Peace, Bingley Harriers & AC	1.29.41
2002	Sep 7	New Town Park	Andrea Priestley, Ilkley Harriers	1.52.55
2003	Sep 6	New Town Park	Rob Jebb, Bingley Harriers & AC	1.29.32
2003	Sep 6	New Town Park	Kate Beaty, Cumberland Fell Runners	1.54.52
2004	Sep 4	New Town Park	Ian Holmes, Bingley Harriers	1.29.33
2004	Sep 4	New Town Park	Sharon Taylor, Bingley Harriers	1.55.54
2005	Sep 3	New Town Park	Rob Jebb, Bingley Harriers	1.29.22
2005	Sep 3	New Town Park	Sharon Taylor, Bingley Harriers	1.58.15
2006	Sep 2	New Town Park	Rob Jebb, Bingley Harriers	1.29.31
2006	Sep 2	New Town Park	Sharon Taylor, Bingley Harriers	1.57.10
2007	Sep 1	New Town Park	Ian Holmes, Bingley Harriers	1.32.57
2007	Sep 1	New Town Park	Angela Mudge, Carnethy Hill Runners	1.48.28
2008	Sep 5	New Town Park	Agusti Roc, FSA	1.29.12
2008	Sep 5	New Town Park	Angela Mudge, Carnethy Hill Runners	1.47.12
2009	Sep 5	New Town Park	Rob Jebb, Bingley Harriers	1.32.33
2009	Sep 5	New Town Park	Mireia Miro, Catalonia	1.56.46
2010	Sep 4	New Town Park	Finlay Wild, Lochaber	1.35.39
2010	Sep 4	New Town Park	Cecilia Mora, Valetudo	1.56.01
2011	Sep 3	New Town Park	Finlay Wild, Lochaber	1.29.21
2011	Sep 3	New Town Park	Angela Mudge, Carnethy Hill Runners	1.51.14
2012	Sep 1	New Town Park	Finlay Wild, Lochaber	1.29.56
2012	Sep 1	New Town Park	Sharon Taylor, Bingley Harriers	1.59.23
2013	Sep 7	New Town Park	Finlay Wild, Lochaber	1.30.06
2013	Sep 7	New Town Park	Angela Mudge, Carnethy Hill Runners	1.52.40
2014	Sep 6	New Town Park	Finlay Wild, Lochaber	1.34.43
2014	Sep 6	New Town Park	Lindsey Brindle, Horwich RMI AC	1.56.36
2015	Sep 5	New Town Park	Finlay Wild, Lochaber	1.30.56
2015	Sep 5	New Town Park	Diane Wilson, Dromore AC	2.00.41
2016	Sep 3	New Town Park	Finlay Wild, Lochaber	1.28.45
2016	Sep 3	New Town Park	Sophie Horrocks, Rossendale Harriers	1.59.46
2017	Sep 2	New Town Park	Finlay Wild, Lochaber	1.31.37
2017	Sep 2	New Town Park	Diane Wilson, Dromore AC	2.01.21
2018	Sep 1	New Town Park	Finlay Wild, Lochaber	1.27.35
2018	Sep 1	New Town Park	Victoria Wilkinson, Bingley Harriers	1.43.01*
2019	Sep 7	New Town Park	Finlay Wild, Lochaber AC	1.32.05
2019	Sep 7	New Town Park	Sarah Graham, Mourne Runners	2.12.2
2022	Sep 3	New Town Park	Finlay Wild, Lochaber Athletic Club	1:28:15

2022	Sep 3	New Town Park	Sharon Taylor, Helm Hill Runners	2:00:10
2023	Sep 2	New Town Park	Finlay Wild, Lochaber AC	1:35:26
2023	Sep 2	New Town Park	Rose Mather, York Knivesmire Harriers	1:59:52
2024	Sep 7	New Town Park	Alistair Thornton, Ochil Hill Runners	1:51:47
2024	Sep 7	New Town Park	Eve Pannone, Ambleside AC	2:05:25



ALVANCE

ALVANCE British Aluminium



New Ben Nevis Race Medals manufactured in Lochaber.



New Aluminium medals manufactured in Lochaber will be handed out to the 500 hardy hundred runners taking part in the 2025 Ben Nevis Race this weekend.

Regarded as one of the premier mountain races in Britain. Runners from near and far will take on the gruelling ascent from Claggan Park up to the summit of Britains highest mountain and back down. All within the tight cut off time of three hours thirty minutes.

The nine mile route sees runners ascend 4,413 ft to the summit, covering some of the most challenging and varied terrain in mountain running along the way.

It's thought the first official run up and down Ben Nevis took place back in 1894. Thirty five years later, in 1929, the Lochaber smelter at the foot of Ben Nevis would see the first aluminium ingots being produced.

Ben Nevis and the Lochaber smelter are linked in many ways, most notably as the slopes of the Ben forms part of the hydro electric scheme that provides water for the hydroelectric power scheme that powers the energy rich smelting process.

It therefore seemed like a natural collaboration between the race organisers and the Lochaber smelter.

After the 2024 Ben Race, committee team member Bill Cameron teamed up with Alvance, the operators of the Lochaber smelter on who's land a large section of the race is run, to use aluminium from the smelter to manufacture new aluminium medals.

In previous years the Ben Nevis Race medals have been manufactured by a company in another country creating logistic issues and an extensive carbon footprint, as well as the final products having no cultural link to the Lochaber area.

The new Ben Race medals have been manufactured using aluminium samples from the Lochaber smelter that are taken during the smelting process to test the quality of the metal.



The cylindrical aluminium samples are then cut into thinner 8mm thick discs.



The front surface of the discs have been engraved by Caol based company CPC Infinity Designs using a precision laser engraver that creates the surface relief of the distinctive Ben Nevis Race logo comprising of two opposing arrows signifying the ascent and descent of Britains highest mountain, with an image of Ben Nevis in the background and the words Ben Nevis Race.

It's hoped the new Lochaber made medal will celebrate the long- established connections between aluminium production at the foot of Ben Nevis and provide a lasting reminder to the hardy runners who successfully run up and down Britain's highest mountain.

Ben Nevis Race 2025 Runners

Runners Name

Club

Simon Jones	Abbey Runners	Lucy Brown	Barlick Fell
Robert Green	Achille Ratti	Runners	
Climbing Club		Simon McDougall	Bellahouston
Daz Slater	Ambleside AC	Harriers	
Eve Pannone	Ambleside AC	Ally MacDonald	Bellahouston Road
George Baker	Ambleside AC	Runners	
Konrad Koniarczyk	Ambleside AC	Catriona Macdonald	Bellahouston
Matthew Elkington	Ambleside AC	RoadRunners	
Neil Ashcroft	Ambleside AC	Mabel Frost	Beverley Athletics
Peter Brittleton	Ambleside AC	Chris Durkin	Black Combe
Simon Theobald	Ambleside AC	Runners	
Tom Lynch	Ambleside AC	Ethan Furness	Black Combe
Rob Davies	Amman Valley	Runners	
Harriers		Karl Tumelty	Black Combe
Kirstie Smith	Arran Runners	Runners	
Matthew Downes	Ashbourne	Will Silvie	Black Combe
Running Club		Runners	
Will Broad	Ashbourne	John Macgillivray	BNRA
Running Club		Shaun Macleod	BNRA
Jonathan Weir	Ayr Seaforth	Mark Roberts	Borrowdale Fell
Athletic Club		Runners	
James Lappin	Ballydrain Harriers	Liam Taylor	Bowland Fell
Paddy Ritchie	Ballydrain Harriers	Runners	
Duncan Millar	Ballymena		
Runners		Mark Chippendale	Bowland Fell
Andrew Tees	BARF	Runners	
Declan McGrellis	BARF	Ian Warrington	Bury Athletic Club
Finbar Cullinan	BARF	Iain Munro	Cairngorm
Kathleen Monteverde	BARF	Runners	
Luke Tarry	BARF	Helen Buchan	Calder Valley Fell
Niall McCartan	BARF	Runners	
Ronan Davison-Kernan	BARF	Stephen Smithies	Calder Valley Fell
Shirley Farnan	BARF	Runners	
Tim Wilson	BARF	Mark Newell	Cambridge
William Imrie	BARF	Harriers	
David Mirfield	Barlick Fell	Derek Cassells	Carnegie Harriers
Runners		Steven King	Carnegie Harriers
David Poole	Barlick Fell	Alistair Masson	Carnethy Hill
Runners		Racing Club	
Julian Hood	Barlick Fell	Kieran Cooper	Carnethy Hill
Runners		Racing Club	
Karl Robb	Barlick Fell	Liam Riggans	Carnethy Hill
Runners		Racing Club	

Naomi Lang Racing Club	Carnethy Hill	Chris Slessor Barbara Savage	Chorlton Runners Clayton-le-Moors
Neil Gilmore Racing Club	Carnethy Hill	Harriers	
Sasha Chepelin Racing Club	Carnethy Hill	Neil Hardiman Harriers	Clayton-le-Moors
Stewart Whittle Racing Club	Carnethy Hill	Ewan Brown	Corstorphine AAC
Alan Hogg Running Club	Carnethy Hill	Ally Sutherland Clyde Williamson	Cosmic Hillbashers Cosmic Hillbashers
Andrew Cross Running Club	Carnethy Hill	Dennis McDonald Jason Williamson	Cosmic Hillbashers Cosmic Hillbashers
Csoban Balogh Running Club	Carnethy Hill	Rory Macpherson Tom Richmond	Cosmic Hillbashers Cosmic Hillbashers
Drew Lennie Running Club	Carnethy Hill	Andrew Wilson Running Club	Cuillin Dubh
Gareth Wheeler Running Club	Carnethy Hill	Eilidh Towers Running Club	Cuillin Dubh
Iain Gilmore Running Club	Carnethy Hill	Matt Deamer Running Club	Cuillin Dubh
Pat Bartlett Running Club	Carnethy Hill	Matt Hunt Running Club	Cuillin Dubh
Will Mueller Running Club	Carnethy Hill	Rebecca Pease Runners	Cumberland Fell
Matthew Knowles Morecambe	Carnethy/Lancaster and	Sam Bennett Runners	Cumberland Fell
Allan Gall	Central Athletics Club	Adrian Baker	Dark Peak Fell Runners
Clara-Jane Irvine	Deeside Runners	Alan Smith	Deeside
David Oliver	Deeside Runners	Charles Ritchie	Deeside Runners
Donald Kerridge	Deeside Runners	Dominic Hughes Runners	Dundee Road
Harry Bloomfield	Deeside Runners	Dominic Williams Runners	Dundee Road
James Espie	Deeside Runners	Kevin Greig Runners	Dundee Road
Jane Oliver	Deeside Runners	Emma Stewart Runners	Dunoon Hill
Liam Clark	Deeside Runners	Jean MacDonald Runners	Dunoon Hill
Mhairi McInnes	Deeside Runners	Phil Kidman Runners	Dunoon Hill
Richard Bannister	Deeside Runners	Thomas Dobbing Runners	Durham Fell
Stuart Pringle	Dromore AC	Oliver Heaton	Eden Runners
Alan Elwood	Dumfries Running	David Williams	Ellenborough AC
Adam Dickie Club	Dumfries Running	Chris Smith	Eryri Harriers
Sebastian Pflanz Club	Dumfries Running	David Prytherch	Eryri Harriers
Terry McCloskey Club	Dumfries Running	Jordan Stanford	Eryri Harriers
Jamie Thomas	Dunbar Athletics Club	Kasia Osipowicz	Eryri Harriers
Amy Gilligan	Dundee Road Runners		

Suzie Richards	Eryri Harriers	John Marrs	Glens Runners
Jason Phillips	Fareham Running	Jonny Steede	Glens Runners
Club		Chris Jackson	Glossopdale Harriers
Clive Roberts	Fife Athletic Club	Peter Daly	Glossopdale Harriers
Hilary Ritchie	Fife Athletic Club	Mark Hardy	Haddington Running Club
Neill Mitchell	Fife Athletic Club	Adam Anderson	Hartfell Hill Runners
Stephen Dickson	Fife Athletic Club	Ally Wight	Hartfell Hill Runners
Tania Wilson	Fife Athletic Club	Claire Ingram	Hartfell Hill Runners
Julian Boon	Forest of Dean AC	Craig Malcolmson	Hartfell Hill Runners
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Iain Stewart	Gala Harriers	Bianca Dyer	Helm Hill Runners
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Craig Murphy	Girvan Athletic Club	James Parsons	Helm Hill Runners
Colin Brash	Girvan Harriers	Marie Robson	Helm Hill Runners
Ben Flowers	Glens Runners	Nigel Wood	Helm Hill Runners
Dominic McLarnon	Glens Runners	Paul Reilly	Helm Hill Runners
Peter German	Helm Hill Runners	Graham Stevens	Holcombe Harriers
Michael Hemm	Highgate Harriers	Neil Swan	Holcombe Harriers
Andrew Gilmore	Highland Hill Runners	Paul Luijf	Holland Athletics
Arron Sparks	Highland Hill Runners	Andrew Shaw	Holmfirth Harriers AC
Calum Kemp	Highland Hill Runners	Tanya Shepherd	Horsforth Fellandale Club
Calum Murdoch	Highland Hill Runners	Danny Hope	Horwich R M I Harriers
Caroline Marwick	Highland Hill Runners	Robert Sparks	Hunters Bog Trotter
Catriona Mallows	Highland Hill Runners	Alison Ridyard	Hunters Bog Trotters
Chris Wilkinson	Highland Hill Runners	Julian Warman	Hunters Bog Trotters
Dan Walmsley	Highland Hill Runners	Lizzie Wastnedge	Hunters Bog Trotters
Douglas Bartholomew	Highland Hill Runners	Morag McClelland	Hunters Bog Trotters
Eric Duncan	Highland Hill Runners	Steve Worthington	Hyde Park Harriers
Fergus Roberts	Highland Hill Runners	Jennifer Rees-Jenkins	Insch Trail Running Club
Francisco Javier Cabrera Valdes	Highland Hill Runners	Helen Leigh	Inverness Harriers AC
Runners		Tommy Begley	Irvine Running Club
Frederick Swift	Highland Hill Runners	Karen Wilton	Jog Lisburn Running Club
Iain MacLennan	Highland Hill Runners	Calum Tinnion	Keswick AC
Jo Polak	Highland Hill Runners	Chris Smallman	Keswick AC
John Yells	Highland Hill Runners	Katherine Downie	Keswick AC
Kenneth Buchanan	Highland Hill Runners	Matthew Steel	Keswick AC
Lizzie Richardson	Highland Hill Runners	David Mitchell	Kilmarnock Harrier & Athletic Club
Luke Taylor	Highland Hill Runners	David White	Kilmarnock Harrier & Athletic Club
Manouk Wilkinson	Highland Hill Runners	Roderick Pugh	Kilmarnock Harrier & Athletic Club
Matthew Eade	Highland Hill Runners	Alex Reilly	Kinross Road Runners
Philip Vokes	Highland Hill Runners	Billy Webster	Kinross Road Runners
Stewart Wilson	Highland Hill Runners	Matt Newton	Kinross Road Runners
Stuart Malcolm	Highland Hill Runners	David Allsop	Kirkintilloch Olympians
Tom Haynes	Highland Hill Runners	Sinead-Marie Mcallister	LARNE AC

Naomi Dijkman	Lauderdale Limpers Running Club	Iain Foggo	Lochaber Athletic Club
Aiden Page	Lochaber Athletic Club	Darren Quigg	Lochaber Athletic Club
Ailsa Pooleman	Lochaber Athletic Club	David Lamond	Lochaber Athletic Club
Alan Ross	Lochaber Athletic Club	David Neil	Lochaber Athletic Club
Alex Critchfield	Lochaber Athletic Club	David Whyte	Lochaber Athletic Club
Alexander Dent	Lochaber Athletic Club	David Williams	Lochaber Athletic Club
Ali Kennedy	Lochaber Athletic Club	Debbie Lees	Lochaber Athletic Club
Alice Currie	Lochaber Athletic Club	Donald Lamont	Lochaber Athletic Club
Amanda Blackhall	Lochaber Athletic Club	Donna MacDonald	Lochaber Athletic Club
Amy Disher	Lochaber Athletic Club	Drew Broadley	Lochaber Athletic Club
Anamarija Strljic	Lochaber Athletic Club	Ed Daynes	Lochaber Athletic Club
Andrew Mclean	Lochaber Athletic Club	Eilidh Moynihan	Lochaber Athletic Club
Angelina Kennedy	Lochaber Athletic Club	Emma Donald	Lochaber Athletic Club
Angus Cameron	Lochaber Athletic Club	Emma Rodger	Lochaber Athletic Club
Angus Lawrie	Lochaber Athletic Club	Esmond Tresidder	Lochaber Athletic Club
Anna Berardelli	Lochaber Athletic Club	Euan Gray	Lochaber Athletic Club
Barrie MacKinnon	Lochaber Athletic Club	Eugene Mackie	Lochaber Athletic Club
Ben Dodman	Lochaber Athletic Club	Ewan Thorburn	Lochaber Athletic Club
Ben Johnstone	Lochaber Athletic Club	Farquhar MacRae	Lochaber Athletic Club
Ben Wallace	Lochaber Athletic Club	Fergus Berardelli	Lochaber Athletic Club
Brian Campbell	Lochaber Athletic Club	Fiona Tinnion	Lochaber Athletic Club
Bronagh Wishart	Lochaber Athletic Club	Frances Morton	Lochaber Athletic Club
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Catherine Marsh	Lochaber Athletic Club	Fraser MacKenzie	Lochaber Athletic Club
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Jamie Bienfait	Lochaber Athletic Club	Kira MacDonald	Lochaber Athletic Club
Jamie Currie	Lochaber Athletic Club	Laura Simpson	Lochaber Athletic Club
Jamie Hageman	Lochaber Athletic Club	Lewis Fyfe	Lochaber Athletic Club
Jamie Kennedy	Lochaber Athletic Club	Lisette Walter	Lochaber Athletic Club
Jay Macleod	Lochaber Athletic Club	Logan Barker	Lochaber Athletic Club

Louie Johnston	Lochaber Athletic Club	Tom Owens	Lochaber Athletic Club
Lyndsey Shaw	Lochaber Athletic Club	Lisa Blackley	Lochtayside
Mairi Duncan	Lochaber Athletic Club	Bruce Smith	Lomond Hill Runners
Malcolm Easson	Lochaber Athletic Club	Cameron Watson	Lomond Hill Runners
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Ruaraidh MacKenzie	Lochaber Athletic Club	Joshua Mcatee	Mourne Runners
Ruari Watt	Lochaber Athletic Club	Owen Boden	Mourne Runners
Sam Daynes	Lochaber Athletic Club	Peter McEvoy	Mourne Runners
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Mark Baugh	Ochil Hill Runners	Joe Baxter	Pudsey & Bramley AC
Matthew Sweeney	Ochil Hill Runners	Jonathon Freke	Pudsey & Bramley AC
Pat Fitzpatrick	Ochil Hill Runners	Rachel Pilling	Pudsey & Bramley AC
Steve Coey	Red Rose Road Runners	Zoe Barber	Shettleston Harriers
Jon Payn	Reigate Priory AC	Dave Till	Skye & Lochalsh Running Club
Goronwy Hughes	Rhedwyr Hebog Runners	Ian Silvester	Skye & Lochalsh Running Club
Andrew Lee	Rossendale Harriers & AC	Jussi Grut	Southwark Park Running Club
Craig Stansfield	Rossendale Harriers & AC	Adele Tomb	Springwell Running Club
Marcus Preedy	Rossendale Harriers & AC	Carolyn Crawford	Springwell Running Club
Seamus O'Riordan	Rossendale Harriers & AC	James Hughes	Springwell Running Club
Michael Stansfield	Saddleworth Runners Club	Ronnie Turner	Springwell Running Club
Gordon Mackenzie	Scottish Police Athletics	Sarah Milligan	Springwell Running Club
Callum Lambert	Settle Harriers	Ian Hayburn	St Helens Sutton AC
Mark McGoldrick	Settle Harriers	Lachlan Kirk	Stonehaven Running Club
Mark Rogerson	Settle Harriers	Mark Macgillivray	Stonehaven Running Club
Alastair Pringle	Shettleston Harriers	Neil Easton	Stonehaven Running Club
Bill Breckenridge	Shettleston Harriers	Deirdre Sills	Strathearn Harriers
Chris Grant Pantrey	Shettleston Harriers	Hanna McInally	Strathearn Harriers
David Lawson	Shettleston Harriers	Jonathan Turnbull	Strathearn Harriers
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Gemma Griffiths	Shettleston Harriers	Andrew Wrench	Todmorden Harriers
Harry Pulham	Shettleston Harriers	Ash Wright	Todmorden Harriers
Iain Pender	Shettleston Harriers	Chris Kay	Todmorden Harriers
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Kenny Richmond	Shettleston Harriers	Danny Aspinall	Todmorden Harriers
Mark Thistlethwaite	Shettleston Harriers	Gaz Pemberton	Todmorden Harriers
Myrtle Breckenridge	Shettleston Harriers	Jon Wright	Todmorden Harriers
Rodrigo Reis	Shettleston Harrier	Kirk Butler	Trawden AC
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Shona Robertson	Shettleston Harriers	Stephen Burthem	Warrington A C
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Steve Halsall	Shettleston Harriers	Manny Gorman	Westerlands CCC

Alistair Boyer	Westerlands Cross Country Club	Walter Henderson	Westerlands Cross Country Club
Caroline Friel	Westerlands Cross Country Club	Wiebke Lammers	Westerlands Cross Country Club
Chris Furse	Westerlands Cross Country Club	Paul Elwell	Wetherby Runners AC
Don Reid	Westerlands Cross Country Club	Chris Newman	Wharfedale Harriers
Duncan Gorman	Westerlands Cross Country Club	Declan Bulmer	Wharfedale Harriers
Ella Peters	Westerlands Cross Country Club	Kate Newman	Wharfedale Harrier
Felton Humble	Westerlands Cross Country Club	Kent Bailey	Wharfedale Harriers
George Douglas	Westerlands Cross Country Club	Martin Farrar	Wharfedale Harriers
George Phillips	Westerlands Cross Country Club	Sam Watson	Wharfedale Harriers
Graham Kelly	Westerlands Cross Country Club	Stuart Mc Aleavy	Wharfedale Harriers
Kal Sandhu	Westerlands Cross Country Club	Tom Stapleton	Wharfedale Harriers
Paul Ledingham	Westerlands Cross Country Club	Ben Swain	Witham Runners (Lincolnshire)
Rebecca Beveridge	Westerlands Cross Country Club	Robert Shepherd	Wooler Running Club
Scott Henderson	Westerlands Cross Country Club	Christopher Mann	Wrexham AAC
Tom Finch	Westerlands Cross Country Club		

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Last Years Runners & Results

Ben Nevis Race Runners 2024

Ben Nevis Race Results 2024

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Lochaber Pipe Band
Ben Nevis Distillery
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