

Cape Wrath Challenge

Picture attached - Cape Wrath Challenge start the running week with half marathon – picture Kevin Arrowsmith



The 2007 Cape Wrath Challenge has started with perfect running conditions. On Sunday evening the runners were welcomed to the village with a reception at the village hall and after an introduction from the chairman Graham Bruce and sponsor John Walker new race director Tony Jackson outlined the weeks running events. These started on Monday morning with the option of the Loch Eriboll Half marathon or 10K. Ninety two runners ranging in age from 31 to 75 years old ran in glorious sunshine with a slight breeze as a headwind helping to keep the cool on the lengthy uphill sections.

Tuesday was the Hill run, a shorter event, but again with an optional distance of 4 or 5.5 miles. This is a popular run offering magnificent views from the tracks that ascend Beinn Ceannabeinne. As the week progressed the friendships developed but the build up to the final day of marathon running when participants run to the most north-westerly tip of mainland Britain and back on a run that includes two ferry crossings and scenery of outstanding natural beauty. Interspersed throughout the week are various social events and on Saturday night after the running the final night ceilidh. Full report and results next week.

[Cape Wrath Challenge 10K Results](#)

First man		
Nigel Arnold	Norfolk Gazelles	00.38.5
Richard roberts	Garstang Running Club	00.40.16
Alan Robertson	Lothian Running Club	00.43.22

First Woman		
Jane Chalmers	Gala Harriers	00.44.37
Fiona Manson	Perth Road Runners	00.48.20
Carry Murphy	Yaxley Runners	00.49.08

Cape Wrath Challenge Loch Eriboll half marathon Results

First man		
Scott Ferguson	Portobello Runners	1.26.51
Jonathan Greenwood	Thornbury Running Club	1.27.33
Ian Lambert	Eton manor AC	1.27.57

First Woman

Rachel Ellis	Royal Air Force Athletics	1.34.30
Zoe Woodward	Eton Manor AC	1.37.56
Elizabeth Bonell	Larkfield AC	1.42.17

Cape Wrath Challenge Sangomore Hill Run Long 5.5 miles

First Man	Mark Ford		00.34.01
	Scott Ferguson	Portobello Runners	00.34.26
	Nigel Arnold	Norfolk Gazells	00.34.30
First Woman	Annabelle Stearns	Gravesend RR & Ac	00.35.41
	Rachel Ellis	Royal Air Force Athletics	00.38.58
	Jane Chalmers	Gala Harriers	00.40.00

Cape Wrath Challenge Sangomore Hill Run Short 4.5 miles only 5 runners

First	Carry Murphy	Yaxley runners	00.34.36
Second	Sean Murphy	Yaxley Runners	00.34.49