

North Berwick Law Race - Wednesday 2nd August 2006

A record 189 runners took part in the North Berwick Law race on a day when the wet weather made the conditions on the hill slippier than usual. The annual event from the harbour to the summit and back is competed for by a range of athletes from international hill runners right through to local children in their first senior race. The record time for the course was set 17 years ago when the round trip took 17mins 53 secs and which is unlikely to be beaten because of the changes in the course to protect from erosion on the steeper slopes. First home was Scott Fraser from Lothian Running Club, 58secs outside the record but still clear of Murray Strain (18:55), Phil Mowbray (19:50) and Don Naylor (20:08) all from Hunters Bog Trotters who also took the team prize. Kate Jenkins (23:02) in 21st place led her clubmate, from Carnethy Hill Runners, Jill Mykrura by 40secs and they were followed in by Edinburgh University's Mhairi Mackenzie (24:04).

A special trophy is awarded to the first North Berwick resident to finish and this year this went to Daniel Gay (20:56) in a very credible 7th place. Youngsters are encouraged to take part in the 3 mile event and prizes are awarded to the first under fifteen year olds. Neil Grant (26:00) in 53rd place overall and Avril Tait (33:53) in 138th place showed many older experienced athletes a clean pair of heels and impressed the large crowd of spectators along the route. Age category prizes went to Adam Ward (20:42) in 6th place and the unattached Audrey McMillan (28:53) in 85th position.

Local clubs were well represented with HELP fielding 12 athletes and being led home by Colin Menzies (23:02) in 20th place and Lesley Nichol (29:30) in 92nd. Seven Dunnbar Running Club members took part with Ian Rowland (22:21) in 12th and Hannah Stevens (29:57) in 101st place having the best runs.

Race organiser Bill Gardiner thanked all athletes, helpers and Pat Burton from North Berwick Community Council who presented the medals and the prizes.