

The most important note is to thank all marshals and helpers who were involved in the event. I have listed them all below. To the everyday competitor and casual reader they are just a list of names, but to me, they are the people that turned the idea of an event into a reality. If you want to realise an idea like this you need people to support and help with their time. Also the sport needs these people. Also, most importantly, in an age where community spirit has been all but fully replaced by consumerism and convenience (maybe I am wrong but think not!), it is great to find people from the locality finding time to be involved in community projects such as this.

Very grateful thanks to (from the community of Cannich and Tomich):-

John Shaw	Lawrence Jones	Anita Shaw
Fay Jones	Ron (Anita's father)	Jim Price
Dave Jinks	Karen Price	Jim MacCauley
Jess Butler	Liz MacCauley	Gary Butler
Ian Mure	Jess Tomes	Seth Jones
Tim Francis,	Glyn Jones	Carrie Masheter
Vivian Jones	Gill Kirkpatrick	Eddie Alldrid
Sandra Reid	Pierre Lebrun	Robin Millar
Arran Redpath	Morgan Redpath	Roni Smith
Liz Balharry	Ryan Balharry	Ross Balharry
Chris Davidson	Alastair Mann	Gail Davidson
John Raymond	John Strachan	Ross Gibson-Knowles
Jane Stokes	Brian Stokes	

From Strathglass shinty club, all of which are also locals:-

Garry Reid	Darren Reid	Robert Geddes
George Phimister	Donald Fraser	Robbie Stokes
Adam Todd	Kieren Melens	Andy Behan

To Jeff Smith and the specialist response team "Remote Mountain Medics", who provide casualty care and casualty evacuation at hill races, ultra marathons etc. Hill/mountain people with a passion for helping people, unique in the fact that they can go high on the hill and carry a heavy load in the support of runners. Some of the team have a medical background eg; NHS Nurse, NHS Paramedic, others BASP (British assoc of Ski Patrollers) 1st aid qualified and others W-EMT ( Wilderness Emergency Medical Technician). For more info contact Jeff on "JeffSmithMM@aol.com"

From Kintail Mountain Rescue:-

Chris Nixon for organising 4 people from the team to support at the river crossing.

From Forestry Commission Scotland:-

Stuart Findlay  
Martin MacDowell  
Roddy

From British Red Cross:-

Ian Rideout and Alan Smith and the team of 9 personnel

From Inverness Raynet Comms group:-

Steve Scanlain and John Grieve & the team of 8 personnel for providing valuable comms

Plus grateful thanks to Forestry Commission Scotland for providing and setting up equipment with me the week before (Marquees, generators, Banners, walkie-talkies and electrical equipment etc)