

A BIG THANKYOU

To all those members of the community who helped with the running of the 2006
Glen Affric Duathlon

The whole event is entirely voluntary, with no one getting paid. Marshalling can be hard. It was originally instigated by some positive attitudes from some of the community, and continues because of the positive attitude of those people generous enough to volunteer their help on the day – I believe that is true community spirit.

The run marshals, who were out on both runs for hours before being able to get to refreshments. This was a hard job, and maybe a marshal rota needs to be considered for future years. They were:-

John Strachan
Gary Butler
Alistair MacAdams
Seth Jones
Liz Balharry

Richard Ferguson
Jim Price
Bill MacKenzie
Alistair Mann
David Balharry

Cycle marshals – again, a lonely job but absolutely necessary:-

Nigel Tulloch
Robin Miller
Tim Francis
Vivian Jones
Pierre Lebrun

Ian Mure
Gary Lawrence
Gill Kirkpatrick
Dan Tomes
Glyn Jones

Registration & Timekeeping. Organisation is the key to this one, thanks very much:-

Steve Harvey

Stuart Harvey

Transition – hub of the event, where runners were very impressed by friendly service

Roni Smith
Jess Butler
Jess Tomes
Ross Balharry
Fay Jones

Lawrence Jones
Ryan Balharry
Arran Redpath
Morgan Redpath

Café tent – an invaluable service to help make a day of it for the competitors:-

Jane Stokes - gaffer

Brian Stokes - waiter

And a huge thanks to the following organisations who had a presence on the day, without whose help I would never have slept at night:-

Jeff and Stuart from **Forest Enterprise**

John Grieve and team from **Inverness Raynet comms** for invaluable comms out to all parts of the course

Ian Rideout and team from **Red Cross** for dealing with 2-3 casualties and being mobile to all parts of course

Chris Nixon and team from **Kintail Mountain Rescue** for providing much needed rope support for river crossing on first run.

And GRATEFUL THANKS to our sponsors:-

FIONNAR NATURAL MINERAL WATER – Drumnadrochit
FORESTRY COMMISSION SCOTLAND – Fort Augustus district
JILL & Co – quality sportswear – Strathpeffer
SQUARE WHEELS cycle shop - Strathpeffer
GREGORY PLANT HIRE – Cannich
CANNICH VILLAGE STORES - Cannich