

# 20th Ultra Fun and Games

The Tayinloan to Campbeltown section of the Kintyre Way has been completed 7 times before and on this 8th event, we were delighted to welcome 102 competitors from the UK, France, the Netherlands, Germany and Australia, 21 of whom were tackling their first ever ultra.

The middle section which we ran this year is mainly on forest road and tarmac, which may have made it less daunting to first timers used to road running. We also offered to transport a change of shoes to checkpoints and generally do anything we can to help runners achieve their goals. The two checkpoints and 5 water stations were kept busy... though as you can see, some of our marshals had a more relaxing day than others.

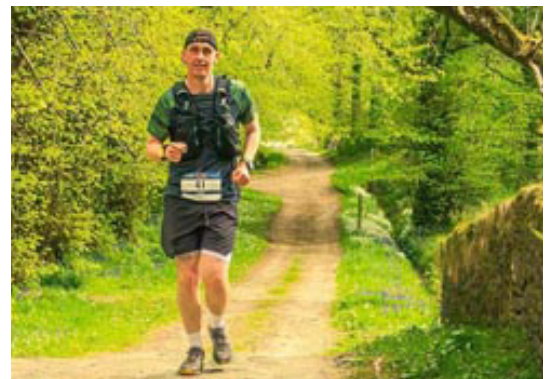


Queueing for a slice of Tan Black's amazing cake



The first section involved a jog along the beach before the first climb on forest tracks, crossing the peninsula and descending to sea level again at Carradale. From there runners faced a scramble over the rocky shore, followed by an ascent through the grounds of Torrisdale estate and more windfarms.

After some more undulations, including an offroad steep descent through the trees to Ifferdale, the runners faced a pleasant jog to the second checkpoint at Lussa Loch from where it was (almost) all downhill.



Local lad Tarbert's Craig Johnstone passing through scenic Torrisdale Estate



The winner, Glasgow's Donald Mcpartlin led from the start and built up a steadily increasing lead throughout the day.

The women's race was won by Pippa Dew from Sheffield, who placed third overall reeling in runners who didn't pace themselves as well. Pippa said she planned to spend her 30th birthday on a family holiday



**Above: Esther Hakvoort leaving the Lussa Checkpoint while Right: Jessica Wise and Louise Hughes were delighted to reach the Carradale checkpoint**

nearby with her legs destroyed by Kintyre, but judging by the way she was jiggling and reeling in the evening, her legs had plenty more in them! Pippa was awarded the Ultra cake decoration for her own birthday on Monday.

It was our pleasure to recognise Kali Heaney as the fastest woman over all three races in 23 hours and 45 seconds. The men's 3 fastest times was unchanged.

As many runners have had fun collecting a set of three coasters, we are now starting them off collecting patches to sew on their KWU tote bag.



Following the prize-giving, we tucked into a unique birthday cake provided by Tan Black and for the first time in many years enjoyed music and ceilidh dancing until the sun disappeared from the courtyard.

### Race Results

Men sponsored by Kintyre Gin and prizes presented by Niall Macalister Hall.

- 1 Donald McPartlin 4:51:42
- 2 Calum Greenlees 5:03:04
- 3 Ian McMullan 5:35:04

Women, sponsored by Kilkerran Single Malt and prizes presented by David Allan

- 1 Phillippa Dew 5:31:24
- 2 Venetia Lindsay 6:02:34
- 3 Isabel Beveridge 6:07:05

Relay, sponsored by Fyne Ales

- 1 The Mountain Trolls (Alison Paterson, Scott Templeman, Shirley Rate) 6:10:19
- 2 G&S UNI OTC (Luke Guthrie-Appleyard, Amy Weir, Amy Weir) 6:14:38
- 3 The Mountain Goats (Nadia Gardner, Erica Peters, Graziella Welsh) 7:41:47

Male V50+ Chris Tillapaugh 5:51:46 Female V50+ Michelle Hetherington 6:19:50

We would like to thank our fabulous sponsors: Glengyle Distillery for the use of their lovely courtyard and showers for the finish as well as Kilkerran Single Malt for the collectable miniatures.

Campbeltown Backpackers Hostel for accommodation for far flung volunteers.

sse Renewables for a substantial contribution towards the meals.

Campbeltown Common Good Fund enabled us to provide a few extras – kids' entertainment and the very welcome massage.

East and West Kintyre Windfarm Trusts have contributed towards having our mobile medics available throughout the race.

*Finally Rob, Gordon, Lisa, John and I hope to welcome you back to another Kintyre Way Ultra next year on the 8th of May, when we will visit the northern third from Tayinloan to Tarbert, via Clachan and Skipness.*

Thanks to John Coffield, KG photography, Carl Laver and Steve McKeown for photographs.

Full results links on the website

<https://www.kintyrewayultra.org/felicitations/>

