

MIKE'S MANIC MINI-BLAST

8TH JULY 2009

Nevis Range

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|----|-------------|---------|-------|
| 1. | Ruari Watt | 12 laps | 62:52 |
| 2. | Manic Mike | 10 laps | 61:44 |
| 3. | Stuart Gray | 10 laps | 65:31 |
| 4. | Davie Gunn | 9 laps | 65:02 |
| 5. | Andy Rogers | 8 laps | 60:21 |

Format – 1 hour – trundle round as many laps as you can whilst marvelling at Ruari's speed.