



## LAC Ben Lora 2008

- 1 Manny Gorman Westies M 27:49
- 2 John Hepburn LAC MV40 28:06
- 3 Tom Smith LAC M 28:35
- 4 Peter Ward LAC M 28:57
- 5 Tark Gunn LAC M 29:52
- 6 Andy Dale Unattached M 30:29
- 7 Richard Shaw LAC MV40 30:36
- 8 Craig Mitchell LAC M 31:13
- 9 Niall MacBeath LAC M 31:18
- 10 Tom Wilding M 31:21
- 11 Bruce Poll LAC M 31:41
- 12 Ali Kennedy LAC MV40 31:51
- 13 John Grant(Oban) LAC M 32:35
- 14 Graham Brooks LAC MV50 32:52
- 15 Ken Rungay LAC MV40 34:06
- 16 Colin MacAndrew LAC MV50 34:07
- 17 Jim Treasurer LAC MV50 34:08
- 18 Amanda Blackhall LAC F 34:27
- 19 Ronnie Turner LAC MV40 34:31
- 20 Peter Duggan LAC MV40 34:45
- 21 Stephen Teape M 34:53
- 22 Neil Waslidge MV40 35:06
- 23 Nix Forster LAC FV40 35:09
- 24 Lizzie Rose F 36:10
- 25 Sarah MacKenzie LAC F 36:22
- 26 Linda MacEwan LAC FV40 36:48
- 27 Emma Pearce LAC FV40 37:05

28 Mark Shaw LAC MV40 37:21  
29 Ray Murdoch LAC MV50 37:41  
30 Ian Adams LAC MV40 37:42  
31 Biff Gow LAC F 38:00  
32 Andrew Finnimore LAC MV50 38:06  
33 Chloe Paterson LAC F 38:11  
34 Bert Bindels LAC MV50 38:27  
35 Robert Cant LAC MV50 38:33  
36 Sara Byrne LAC F 38:54  
37 Ernie Orr LAC MV60 39:03  
38 Dave Bleazard MV40 39:05  
39 Ed Daynes LAC MV40 39:29  
40 Dave Ford LAC MV60 40:54  
41 Lucy Heycock FV40 41:57  
41 Lucy Heycock FV40 41:57  
42 Morag Aitken LAC FV40 42:27  
43 Nancy Kennedy LAC FV50 42:54  
44 John O’Kane MV40 43:17  
45 Aileen Kitson LAC FV50 43:21  
46 Clare Rungay LAC F 43:28  
47 Teresa Mackay LAC FV40 43:38  
48 Claire Treasurer LAC F 44:17  
49 Elma Murdoch LAC FV50 44:47  
50 Emma Smith F 44:48  
51 Andy Reynolds MV40 45:17  
52 Jackie Hepburn LAC FV40 46:46  
53 Ellen Morrison LAC F 46:48  
54 Brenda Paul Westies F 46:55  
55 Jenny Ford LAC FV50 49:46

- 56 Nicola Hunter FV40 50:42  
57 Teresa Kennedy LAC FV40 53:04  
58 Marieka Steuben F 53:15  
59 Christine Dougan LAC FV40 56:43  
60 Tim Brand LAC MV40 DNF