



## LAC Ben Lora 2010

- 1 Alex Johnson HHR 27.14 M
- 2 John Binnie LAC 29.11 M40
- 3 Calum Fraser LAC 29.31 J
- 4 Donald Patterson LAC 29.43 M
- 5 Nicola Meekin LAC 29.57 F
- 6 Mike Bossard LAC 30.19 M
- 7 Oliver Bloomfield LAC 30.31 M
- 8 Ben Thompson UA 30.35 M
- 9 Ali Kennedy LAC 30.48 M40
- 10 Jim Elliot UA 31.11 M
- 11 Pete Ward LAC 31.17 M
- 12 Mark Shaw LAC 31.32 M40
- 13 Niall Macbeath LAC 31.52 M40
- 14 Stewart Wilson Inverness Harriers 32.42 M40
- 15 John Grant LAC 32.44 M
- 16 Finlo Coitier UA 33.38 M
- 17 Ronnie Turner LAC 33.41 M40
- 18 Steve Macdonald UA 34.22 M
- 19 Craig Conway Shettleston 34.47 M
- 20 Gordon Binnie UA 34.59 M40
- 21 Foss Forster LAC 35.14 M40
- 22 Sarah Ward LAC 35.21 F
- 23 Brian Campbell LAC 35.24 M50
- 24 Davie Duncan Ochill 35.31 M50
- 25 Nix Forster LAC 35.45 F40
- 26 Allan Lamont UA 35.46 M50
- 27 Bruce Davie LAC 35.51 M40

28 Lyndsey Shaw LAC 36.07 F  
29 Colin Denny LAC 36.13 M40  
30 Alexander Tindel Plockton Runners 36.26 M  
31 Angus Bowman Beacon Runners 36.33 M50  
32 Nick Charlton UA 37.17 M40  
33 Katherine Mackinnon Oban 37.27 F  
34 Mike Tighe LAC 37.57 M60  
35 Ed Daynes LAC 38.08 M40  
36 Ken Macdougall Tinto 38.15 M  
37 Fiona Thompson UA 38.33 F  
38 Susan J Ross LAC 39.03 F40  
39 Emma Pearce LAC 39.18 F40  
40 Andrew Cameron LAC 39.33 M40  
41 Robert Dairow Oban 39.43 M40  
41 Robert Dairow Oban 39.43 M40  
42 Nancy Kennedy LAC 40.01 F50  
43 Lucy Heycock Oban 40.24 F40  
44 Jo Ness LAC 40.45 F40  
45 Bill Scott LAC 40.55 M50  
46 Kathy Tighe LAC 41.38 F40  
47 Biff Gow LAC 41.39 F40  
48 Richard Hunt UA 41.43 M  
49 Sarah Bellshaw LAC 42.07 F  
50 John Dougan LAC 42.13 M50  
51 Jim Hamilton LAC 42.17 M40  
52 Andrew Finniemore LAC 42.19 M40  
53 Josie McGuire UA 42.37 F  
54 Leigh Murray UA 43.02 F50  
55 Alan Tindall Plockton 44.27 M

56 John O'Niel LAC 44.58 M40  
57 Karen Macinnes LAC 45.01 F40  
58 Jean Bowman Beacon 47.02 F50  
59 Siobhan Bradley LAC 47.34 F  
60 Claire Treasurer LAC 48.26 F  
61 Ritchy Collins LAC 50.46 M  
62 Aileen Duncan LAC 51.01 F40  
63 Ellen Morrison LAC 51.02 F40  
64 Brenda Paul Westies 52.11 F  
65 Theresa Mackay LAC 53.44 F40  
66 Christine Dougan LAC 56.11 F40  
67 Margaret Rose Mcphee LAC 59.39 F40  
68 Elvire Fienney LAC 60.01 F40  
69 Amanda Blackhall LAC DNF F