



LAC Canal Bank Senior 2005

LADIES DAY AT CANAL BANK RACE

An excellent turnout at LAC's second race of the winter league, with the ladies well outnumbering the men, 35 to 23. Great to see so many new faces. Special bows to the six hardy souls who put in great runs today after doing the tough Meall a' Bhuachaille hill race yesterday. Hope to see you all again on Sunday 4th December, 11am for Glenachulish.

- 1 Peter Kennedy LAC M 24:22
- 2 Tim Brand LAC MV40 24:43
- 3 Tom Smith Oban M 24:53
- 4 John Grant Oban M 25:24
- 5 Pele Munro LAC M 26:03
- 6 Niall MacBeath LAC M 26:57
- 7 Ron Turner LAC MV40 27:08
- 8 Wei Adams LAC MJ 27:32
- 9 Ken Whyte LAC MV50 27:39
- 10 Yan Adams LAC MJ 27:58
- 11 Graham MacNab LAC MV40 28:03
- 12 Jim Treasurer LAC MV50 28:18
- 13 Roger Boswell MV50 28:30
- 14 Lyndsey Shaw LAC F 28:33
- 15 Sara Byrne LAC F 28:45
- 16 Linda MacEwan LAC FV40 28:47
- 17 Nicky MacDonald LAC F 28:54
- 18 Ernie Orr LAC MV60 29:26
- 19 Jim Stewart LAC MV50 29:40
- 20 John O'Neill LAC MV40 29:47
- 21 Peter Duggan LAC MV40 29:50
- 22 Nicky Sharratt LAC F 29:52

23 Andrew Finnimore LAC MV50 30:07
24 John Dougan LAC MV50 30:12
25 Theresa Mackay LAC FV40 30:17
26 Nix Forster LAC F 30:34
27 Emma Pearce LAC FV40 30:42
28 Colin Denny MV40 30:44
29 Susan Jane Ross LAC F 31:04
30 Ed Daynes LAC M 31:38
31 Biff Gow LAC F 31:38
32 Kate Gray LAC FV40 31:52
33 Stuart Gray LAC MV40 31:52
34 Ellen Morrison LAC F 31:53
35 Jo Ness LAC FV40 32:12
35 Jo Ness LAC FV40 32:12
36 Chloe Paterson LAC F 32:36
37 Fiona O'Donnell F 33:03
38 Dave Ford LAC MV50 33:11
39 Frances Smith F 34:20
40 Clare Rungay LAC F 34:28
41 Lynn Donoghue F 34:43
42 Heather Clark F 35:44
43 Jackie McEwan FV40 35:48
44 Elma Murdoch Kilmarnock FV50 35:54
45 Pauline Disher F 37:34
46 Mary Gray F 37:42
47 Christine Dougan LAC FV40 37:42
48 Jenny Ford LAC FV50 37:53
49 Marlana MacLaren F 37:55
50 June Watt LAC F 39:27

51 Siobhan Bradley F 40:59

52 Juliet Evans F 42:06

53 Margaret Rose MacPhee F 42:07

54 Ailsa MacAleer F 42:23

55 Lorna Barbour F 42:40

56 Fiona Neil FV40 43:57

57 Tina Gow F 43:57

58 Rosslyn Stewart FV50 53:45