



LAC Caol 10k 2004

- 1 DAVIE RODGERS SM 33.41
- 2 PETER KENNEDY SM 35.00
- 3 KEVIN CAMERON SM 35.19
- 4 GLEN MACNEILLY SM 35.56
- 5 JOHN MACRAE MV 36.18
- 6 KEN RUMGAY SM 37.07
- 7 PAUL MACLEAN SM 38.33
- 8 RICHARD SHAW SM 38.40
- 9 DAMIEN FORSTER SM 39.32
- 10 STUART GRAY MV 39.38
- 11 GRAHAM MACNAB MV 39.59
- 12 DONALD PATERSON SM 40.14
- 13 DAVIE FORD SV 40.21
- 14 NIALL MACBEATH SM 40.49
- 15 JOHN O'NEIL MV 42.10
- 16 AMANDA BLACKHALL L 42.22
- 17 ERNIE ORR SV 43.11
- 18 GORDON SMITH SV 43.38
- 19 NLKKI MACDONALD L 44.14
- 20 MELANIE WAUGH LV 44.23
- 21 BIFF GOW L 44.34
- 22 RON TURNER MV 44.43
- 23 LINDA MACEWAN L 45.25
- 24 LYNDSAY SHAW L 46.16
- 25 TERESA MACKAY LV 47.25
- 26 GREGOR MUIR SM 47.48
- 27 ELLEN MORRISON L 48.00

28 AILEEN DUNCAN LV 48.58

29 ROSHEEN TAYLOR L 49.35

30 HEATHER CLARK L 54.08

31 JAMES HIGGINSON SM 59.04