



LAC Cow hill 2004

- 1 RODGERS, David Lochaber Athletic Club M 0:18:54
- 2 SMITH, Alan Deeside Runners Male Vet 40-49 0:19:25
- 3 BURNS, STEPHEN UA M 0:19:47
- 4 BENNET, Sandy Energy Zone Carnegie Harriers Male Vet 40-49 0:21:03
- 5 PRYCE, Carl Cosmics Hillbashers Male Vet 40-49 0:21:05
- 6 MUNRO, David Lochaber Athletic Club Male Vet 40-49 0:21:07
- 7 SHAW, Richard Lochaber Athletic Club Male Vet 40-49 0:21:09
- 8 RUMGAY, Ken Lochaber Athletic Club M 0:21:10
- 9 FUDGE, Steven Lochaber Athletic Club M 0:21:33
- 10 MACBEATH, Niall Lochaber Athletic Club M 0:21:54
- 11 MACLEAN, Paul Lochaber Athletic Club M 0:22:02
- 12 TURNER, Ronnie Lochaber Athletic Club Male Vet 40-49 0:22:13
- 13 JENKINS, Kate Carnethy F 0:22:22
- 14 MCCALLUM, Tom Lochaber Athletic Club M 0:22:42
- 15 MAITLAND JNR, John Lochaber Athletic Club Male Vet 40-49 0:22:51
- 16 CLYDE, Colin Rodney M 0:22:59
- 17 MCANDREW, Colin Lochaber Athletic Club Male Vet 40-49 0:23:03
- 18 BROWN, David Lochaber Athletic Club M 0:23:27
- 19 MACNAB, Graham Lochaber Athletic Club Male Vet 40-49 0:23:34
- 20 CAIRNS, George Lochaber Athletic Club M 0:24:15
- 21 O`CONNOR, Fergal UA M 0:24:31
- 22 DUGGAN, Peter Lochaber Athletic Club Male Vet 40-49 0:24:50
- 23 ORR, Ernie Lochaber Athletic Club Male Vet 60+ 0:25:07
- 24 SHAW, Lyndsey Lochaber Athletic Club F 0:25:22
- 25 BOWIE, Tom Energy Zone Carnegie Harriers Male Vet 50-59 0:25:50
- 26 ROSS, Colin Lochaber Athletic Club M 0:26:01
- 27 LEGGE, Sarah Energy Zone Carnegie Harriers F 0:26:47

- 28 WAUGH, Ross Lochaber Athletic Club LNR MAN 0:27:54
- 29 MACDONALD, Nicky Lochaber Athletic Club F 0:28:12
- 30 GOW, Elizabeth Lochaber Athletic Club F 0:28:17
- 31 MACKENZIE, Sarah Lochaber Athletic Club JNR LADY 0:28:18
- 32 STAINES, Mick castle Point joggers Male Vet 50-59 0:31:54
- 33 MACLENNAN, Lynn Lochaber Athletic Club F 0:32:03
- 34 MARTIN, Ian Wimbledon Windmilers Male Vet 40-49 0:32:50
- 35 PEARCE, Emma Lochaber Athletic Club F 0:32:57