



LAC Cow hill 2005

- 1 Gatignol Vincent MV40 0.20.53
- 2 MacLean Paul LAC M 0.21.17
- 3 Williamson Jason Cosmic M 0.21.18
- 4 BENNET, Sandy Energy Zone Carnegie Harriers Male Vet 40-49 0.21.21
- 5 MacBeath Niall LAC M 0.21.24
- 6 Burns Stephen M 0.21.39
- 7 Bradley Dave LAC M 0.22.01
- 8 Bamber Graeme LAC M 0.22.28
- 9 Rungay Ken LAC MV40 0.22.32
- 10 Craig Andrew Lochaber Athletic Club M 0.22.39
- 11 Maitland John R Lochaber Athletic Club MV40 0.22.51
- 12 Arnott Neil Lochaber Athletic Club M 0.23.08
- 13 Forster Damian LAC M 0.25.12
- 14 Smith Gordon Lochaber Athletic Club MV50 0.26.13
- 15 Waugh Ross Lochaber Athletic Club Junior Man 0.26.26
- 16 Ross Colin LAC M 0.26.28
- 17 McCallum Lochaber Athletic Club M 0.26.39
- 18 O'Neill John Lochaber Athletic Club MV40 0.26.59
- 19 Orr Ernie Lochaber Athletic Club MV50 0.27.08
- 20 Ford Dave Lochaber Athletic Club MV50 0.27.50
- 21 Pearce Emma LAC FV40 0.27.57
- 22 MacKenzie Sarah LAC Junior Lady 0.28.24
- 23 Anderson Charlie 0.29.23
- 24 O'Kane John MV40 0.29.47
- 25 Murdoch Raymond MV50 0.29.55
- 26 MacEwan Linda Lochaber Athletic Club F 0.30.09
- 27 MacDiarmid Arlene LAC F 0.31.07

- 28 Morrison Ellen Lochaber Athletic Club F 0.31.29
- 29 Galbraith Andrew Lochaber Athletic Club M 0.32.05
- 30 Aitken Morag Lochaber Athletic Club FV40 0:32:23
- 31 Duncan Aileen Lochaber Athletic Club F 0.35.13
- 32 MacDonald Samantha LAC F 0.35.23
- 33 Waugh Melanie Lochaber Athletic Club FV40 0.35.23