



LAC Cow hill 2006

- 1 Donald Paterson Lochaber AC M 20:04
- 2 Mark Shaw Lochaber AC MV40 20:30
- 3 Jason Williamson Cosmic Hill Bashers M 20:36
- 4 Alan Smith Deeside Runners MV40 21:00
- 5 Ken Rungay Lochaber AC MV40 21:14
- 6 Tom Smith Oban AC M 21:38
- 7 Ian Smith Lochaber AC M 21:52
- 8 Niall MacBeath Lochaber AC M 22:25
- 9 Dawn Scott Lochaber AC F 22:42
- 10 John R. Maitland Lochaber AC MV40 22:49
- 11 Andrew Craig Lochaber AC MV40 22:55
- 12 William Boa Lochaber AC M 23:51
- 13 Martin MacLean Highland Hill Runners MV40 24:47
- 14 Ruth MacKenzie Deeside Runners FV40 25:05
- 15 Gordon Smith Lochaber AC MV50 25:58
- 16 Raymond Murdoch Lochaber AC MV50 26:09
- 17 Ed Daynes Lochaber AC M 26:22
- 18 Ernie Orr Lochaber AC MV60 26:46
- 19 Nix Forster Lochaber AC F 27:08
- 20 Linda MacEwan Lochaber AC FV40 27:10
- 21 Sarah MacKenzie Lochaber AC F 27:14
- 22 Ian Adams Lochaber AC MV40 27:31
- 23 Iain MacKenzie Deeside Runners MV40 27:48
- 24 Jimmy Stewart Lochaber AC MV50 29:19
- 25 Andrew Finniemore Lochaber AC MV50 28:28
- 26 Susan Jane Ross Lochaber AC F 29:03
- 27 Jimmy Jardine Lochaber AC MV60 29:19

- 28 Ellen Morrison Lochaber AC F 30:21
- 29 Lynne Donoghue Unattached F 30:36
- 30 John O'Kane Unattached MV50 30:45
- 31 Joanna Schreiber Pudsey & Bramley FV40 30:52
- 32 Aileen Kitson Lochaber AC FV50 31:04
- 33 Lynne Bennet Carnegie Harriers F 33:46
- 34 Claire Treasurer Lochaber AC F 35:09
- 35 Mairi Ferguson Lochaber AC FV40 38:23
- 36 June Watt Lochaber AC FV40 43:09