



LAC Cow hill 2008

- 1 DONNELLY, Colin Lochaber Athletic Club Male Vet 40 0:18:34
- 2 RODGERS, David Lochaber Athletic Club Male Vet 40 0:18:41
- 3 MITCHELL, Craig Lochaber Athletic Club 0:20:02
- 4 DAVIS, Adrian Carnethy Hill Runners Male Vet 40 0:20:10
- 5 GORMAN, Manny Westerlands Cross Country Club Male Vet 40 0:20:25
- 6 SMITH, Tom Lochaber Athletic Club 0:20:37
- 7 SMITH, Alan Deeside runners Male Vet 40 0:21:08
- 8 MACBEATH, Niall Lochaber Athletic Club Male Vet 40 0:21:10
- 9 HEPBURN, John Lochaber Athletic Club Male Vet 40 0:21:43
- 10 SHAW, Richard Lochaber Athletic Club Male Vet 40 0:21:55
- 11 SCOTT, Dawn Lochaber Athletic Club 0:22:01
- 12 BENNET, Sandy Carnegie Harriers Male Vet 40 0:22:18
- 13 KENNEDY, Ali Lochaber Athletic Club Male Vet 40 0:22:19
- 14 BOA, Willie Lochaber Athletic Club 0:22:36
- 15 DUNCAN, David Ochil Hill Runners Male vet 50 0:23:31
- 16 VERBIEST, Dirk Keith & District Male vet 50 0:23:36
- 17 BEAGRIE, Joe Lochaber Athletic Club Male Vet 40 0:23:54
- 18 MACNAB, Graham Lochaber Athletic Club Male Vet 40 0:24:30
- 19 BLACKHALL, Amanda Lochaber Athletic Club 0:24:36
- 20 MACKENZIE, Sarah Lochaber Athletic Club 0:25:09
- 21 ADAMS, Ian Lochaber Athletic Club Male vet 50 0:25:33
- 22 SMITH, Gordon Lochaber Athletic Club Male vet 60 0:26:33
- 23 SCOTT, Bill Lochaber Athletic Club Male vet 50 0:26:44
- 24 CORNER, Julie Lochaber Athletic Club 0:26:46
- 25 ORR, Ernie Lochaber Athletic Club Male vet 60 0:26:49
- 26 DUNCAN, David Lochaber Athletic Club 0:26:59
- 27 WILSON, Colin Carnethy Hill Runners Male Vet 40 0:27:16

28 WILSON, Joan Carnethy Hill Runners Female vet 40 0:27:25
29 O'NEILL, John Lochaber Athletic Club Male Vet 40 0:27:29
30 SMITH, Tilly Deeside runners Female vet 40 0:27:48
31 BINDELS, Bert Lochaber Athletic Club Male vet 50 0:27:55
32 MONTIETH, Debbie 0:27:57
33 MORRISON, Michael Lochaber Athletic Club Male Vet 40 0:28:35
34 PEARCE, Emma Lochaber Athletic Club Female vet 40 0:28:50
35 KENNEDY, Nancy Lochaber Athletic Club Female vet 50 0:28:51
36 STAPLEY, Tony Portobello Running Club Male vet 60 0:29:31
36 STAPLEY, Tony Portobello Running Club Male vet 60 0:29:31
37 MORGAN, Sharyn Lochaber Athletic Club 0:29:47
38 SINGLETON, Joanne 0:30:07
39 FINNIMORE, Andrew Lochaber Athletic Club Male vet 50 0:30:26
40 JARDINE, Jimmy Lochaber Athletic Club Male vet 60 0:30:41
41 GRANT, John Lochaber Athletic Club Male Vet 40 0:30:42
42 ANDREWS, James 0:30:55
43 KITSON, Aileen Lochaber Athletic Club Female vet 50 0:32:16
44 DUNCAN, Aileen Lochaber Athletic Club Female vet 40 0:32:39
45 PAUL, Brenda Westerlands Cross Country Club 0:33:09
46 MURDOCH, Elma Lochaber Athletic Club Female vet 50 0:33:49
47 STIRRUP, Cal Lochaber Athletic Club Female vet 40 0:34:06
48 MACPHEE, Margaret Rose Lochaber Athletic Club Female vet 40 0:34:24
49 KENNEDY, Teresa Lochaber Athletic Club Female vet 40 0:36:18
50 WATT, June Lochaber Athletic Club Female vet 40 0:37:23
51 ANDREWS, Rachel 0:38:11
52 CARDA, Matt 0:38:11
53 SMITH, Sharon Lochaber Athletic Club Female vet 40 0:38:26