



LAC Cow hill 2009

- 1 Tom Smith Lochaber AC M 0:19:08
- 2 Michael Bossard Lochaber AC M 0:19:42
- 3 Jason Williamson Cosmics M 0:20:02
- 4 Alan Smith Deeside Runners M40 0:20:26
- 5 Matthew Macdonald Lochaber AC M 0:21:22
- 6 Oliver Blomfield Lochaber AC M 0:21:24
- 7 Wull Hynd Moorfoot Runners M40 0:22:06
- 8 Niall Macbeath Lochaber AC M40 0:22:40
- 9 Blair Macrauld Unattached M 0:23:04
- 10 Amanda Blackhall Lochaber AC F 0:23:21
- 11 Graham Brooks Lochaber AC M50 0:23:31
- 12 David Duncan Ochil Hill Runners M50 0:23:33
- 13 Steven Mactavish Unattached M 0:23:39
- 14 John R Maitland Lochaber AC M40 0:23:56
- 15 Joe Beagrie Lochaber AC M40 0:23:57
- 16 Graham Macnab Lochaber AC M40 0:24:09
- 17 Lyndsey Shaw Lochaber AC F 0:24:13
- 18 Alex Brett Highland Hill Runners M50 0:24:31
- 19 Iain Henderson Lochaber AC M 0:24:35
- 20 Iain Macdonald Lochaber AC M40 0:24:51
- 21 Sara Byrne Lochaber AC F 0:25:03
- 22 Ruth Mackenzie Deeside Runners F40 0:25:28
- 23 Nix Forster Lochaber AC F40 0:26:01
- 24 Scott Langan Lochaber AC M 0:27:07
- 25 Julie Corner Lochaber AC F 0:27:15
- 26 Bill Scott Lochaber AC M50 0:27:38
- 27 Lynne Bennet Carnegie Harriers F40 0:27:45

- 28 Ernie Orr Lochaber AC M60 0:27:52
- 29 Sharyn Morgan Lochaber AC F 0:27:57
- 30 Iain Mackenzie Deeside Runners M50 0:27:58
- 31 Tilly Smith Deeside Runners F40 0:27:58
- 32 Ursula Bass Deeside Runners F40 0:28:05
- 33 Andrew Finnimore Lochaber AC M50 0:28:09
- 34 Emma Pearce Lochaber AC F40 0:28:16
- 35 John O'Neill Lochaber AC M40 0:28:30
- 36 Nancy Kennedy Lochaber AC F50 0:28:39
- 37 Kirstie Ross Lochaber AC F 0:30:17
- 38 Jo Ness Lochaber AC F40 0:30:28
- 39 Colin Ross Lochaber AC M40 0:30:46
- 40 Laura Barbour Lochaber AC F 0:30:50
- 41 Brian Kirkdale Hastings Road Runners M50 0:30:59
- 41 Brian Kirkdale Hastings Road Runners M50 0:30:59
- 42 Jimmy Jardine Lochaber AC M60 0:32:02
- 43 Jane Oliver Deeside Runners F50 0:32:04
- 44 Susan Jane Ross Lochaber AC F40 0:32:06
- 45 Ritchie Collins Lochaber AC M40 0:34:46
- 46 Elma Murdoch Lochaber AC F50 0:34:50
- 47 June Watt Lochaber AC F40 0:39:40