



## LAC Cow hill 2010

- 1 SMITH, Tom Lochaber AC Male Vet 35-39 0:18:45
- 2 MITCHELL, Craig Lochaber AC Male Vet 35-39 0:19:42
- 3 SMITH, Alan Deeside Male Vet 50-59 0:20:15
- 4 POLL, Bruce Lochaber AC Male Vet 35-39 0:20:20
- 5 BOSSARD, Michael Lochaber AC 0:21:01
- 6 BINNIE, JOHN Lochaber AC Male Vet 40-49 0:21:04
- 7 PATERSON, Donald Lochaber AC Male Vet 35-39 0:21:22
- 8 BASS, Owen Deeside Male Vet 40-49 0:22:12
- 9 MACDONALD, David Lochaber AC 0:22:18
- 10 BLOMFIELD, OLIVER Lochaber AC Male Vet 35-39 0:22:24
- 11 BLACKHALL, Keith Lochaber AC Male Vet 40-49 0:22:30
- 12 FORBES, Craig Lochaber AC 0:22:35
- 13 MACALISTAIR, Kenny Lochaber AC Male Vet 35-39 0:22:44
- 14 MACBEATH, Niall Lochaber AC Male Vet 40-49 0:22:46
- 15 BELL, Michael Lochaber AC Male Vet 40-49 0:22:51
- 16 MACDONALD, Gary Lochaber AC 0:23:03
- 17 BEAGRIE, JOE Lochaber AC Male Vet 40-49 0:23:12
- 18 FORSTER, Damian Lochaber AC Male Vet 40-49 0:23:32
- 19 STEWART, John Lochaber AC Male Vet 40-49 0:23:41
- 20 HAGUE, Peter Cairngorm Runners Male Vet 40-49 0:23:53
- 21 SHAW, Lyndsey Lochaber AC 0:23:56
- 22 DUNCAN, David Ochil Hill Runners Male Vet 50-59 0:24:14
- 23 WEIR, Jonathan 0:24:15
- 24 MAITLAND JNR, John Lochaber AC Male Vet 40-49 0:24:40
- 25 CAMPBELL, Brian Lochaber AC Male Vet 50-59 0:25:42
- 26 FORSTER, Nicola Lochaber AC Female Vet 40-49 0:25:47
- 27 MURDOCH, Raymond Lochaber AC Male Vet 60-69 0:26:00

28 GRAHAM, Lieigh 0:27:11  
29 STEWART, Jim Lochaber AC Male Vet 60-69 0:27:22  
30 SMITH, Tilly Deeside Female Vet 50-59 0:27:35  
31 CAMERON, Andrew Jog Scotland Male Vet 40-49 0:27:52  
32 MORGAN, Sharyn Lochaber AC 0:27:55  
33 ROSS, Susan Jane Lochaber AC Female Vet 40-49 0:28:06  
34 ORR, Ernie Lochaber AC Male Vet 60-69 0:28:24  
35 KENNEDY, Nancy Lochaber AC Female Vet 50-59 0:28:39  
36 BASS, Ursula Deeside Female Vet 40-49 0:28:48  
37 HAMILTON, JAMES Lochaber AC Male Vet 40-49 0:29:38  
37 HAMILTON, JAMES Lochaber AC Male Vet 40-49 0:29:38  
38 DOWNEY, Colin Mercia Fell Runners Male Vet 50-59 0:29:42  
39 TIGHE, KATHARINE Lochaber AC Female Vet 40-49 0:29:42  
40 MILMOE, Michael Forres Harriers Male Vet 50-59 0:30:08  
41 STEELE, Stuart Lochaber AC Male Vet 35-39 0:30:44  
42 JARDINE, Jimmy Lochaber AC 0:30:47  
43 MACINNES, Karen Lochaber AC Female Vet 40-49 0:31:19  
44 GARDNER, Fiona Lochaber AC Female Vet 40-49 0:31:34  
45 KITSON, Aileen Lochaber AC Female Vet 50-59 0:31:52  
46 KIRKDALE, Brian Hastings Road Runners Male Vet 50-59 0:32:23  
47 PAUL, Brenda Westerlands 0:39:13