



LAC Half Ben 2003

- 1 RODGERS, David Lochaber Athletic Club M 0:55:47
- 2 CUNNINGHAM, Lindsay Garscube Harriers M 0:58:20
- 3 CAMERON, Kevin Lochaber Athletic Club M 0:58:35
- 4 MACRAE, John Lochaber Athletic Club M 1:01:50
- 5 WHITE, James Irvine AC Vet Male 50 1:02:06
- 6 MACLEAN, Paul Lochaber Athletic Club M 1:04:37
- 7 SCOTT, Jim Portobella Running Club Vet Male 40 1:06:13
- 8 MACNAB, Graham Lochaber Athletic Club Vet Male 40 1:07:25
- 9 FORSTER, Damian Lochaber Athletic Club M 1:07:37
- 10 MUIR, Gregor Lochaber Athletic Club M 1:07:47
- 11 MAITLAND, John Lochaber Athletic Club Vet Male 40 1:07:55
- 12 RUMGAY, Ken Lochaber Athletic Club M 1:08:57
- 13 SMITH, Gordon Lochaber Athletic Club Vet Male 50 1:09:27
- 14 MACBEATH, Niall Lochaber Athletic Club M 1:09:33
- 15 BLACKHALL, Keith Lochaber Athletic Club M 1:10:15
- 16 EDGAR, David Portobella Running Club Vet Male 40 1:10:19
- 17 O`NEILL, John Lochaber Athletic Club Vet Male 40 1:11:23
- 18 BLACKHALL, Amanda Lochaber Athletic Club L 1:11:54
- 19 DOWELL, Findlay Irvine AC Vet Male 40 1:12:39
- 20 BETHWELL, Linda Basingstoke AC Female Vet 35 1:17:43
- 21 ROSS, Susan Jane Lochaber Athletic Club Female Vet 35 1:19:36
- 22 NESS, Jo Lochaber Athletic Club Female Vet 35 1:20:06
- 23 KITSON, Aileen Lochaber Athletic Club Female Vet 35 1:26:04
- 24 DUNCAN, Aileen UA Female Vet 35 1:26:11
- 25 CAMERON, Fiona UA L 1:30:43