



LAC Half Ben 2004

- 1 RODGERS, David Lochaber Athletic Club M 0:55:26
- 2 SMITH, Alan Deeside Runners Male Vet 40-49 0:57:19
- 3 URMSTON, Colin W Clayton Le Moors H Male Vet 40-49 0:59:15
- 4 SHAW, Mark Lochaber Athletic Club M 1:00:36
- 5 LIMBU, Kumar Nepal M 1:01:29
- 6 RUMGAY, Ken Lochaber Athletic Club M 1:01:33
- 7 BENNET, Sandy Energy Zone Carnegie Harriers Male Vet 40-49 1:01:47
- 8 PRYCE, Carl Cosmics Hillbashers Male Vet 40-49 1:02:29
- 9 MUNRO, David Lochaber Athletic Club M 1:02:39
- 10 CUMMING, Mike Highland Hillrunners M 1:02:53
- 11 MACLEAN, Paul Lochaber Athletic Club M 1:03:30
- 12 SHAW, Richard Lochaber Athletic Club Male Vet 40-49 1:03:35
- 13 DELANEY, Kevin Skye & Lochalsh Male Vet 40-49 1:04:15
- 14 CAIRNS, George Lochaber Athletic Club M 1:04:44
- 15 MAITLAND JNR, John Lochaber Athletic Club Male Vet 40-49 1:04:45
- 16 GRAY, Stuart Lochaber Athletic Club Male Vet 40-49 1:05:19
- 17 GILES, Steve Kettering Town Harriers M 1:06:07
- 18 LANCASTER, Nick Skye & Lochalsh Male Vet 50-59 1:06:14
- 19 FUDGE, Steven Lochaber Athletic Club M 1:06:50
- 20 MCKENDRICK, Scott-Alevander Irvine AC M 1:07:14
- 21 TAYLOR, Nat Girvan AAC Male Vet 50-59 1:07:20
- 22 MITCHELL, Craig UA M 1:07:36
- 23 LOVE, Craig Hawkhill Harriers M 1:08:17
- 24 MACBEATH, Niall Lochaber Athletic Club M 1:08:41
- 25 MCANDREW, Colin Lochaber Athletic Club Male Vet 40-49 1:08:52
- 26 MCCALLUM, Tom Lochaber Athletic Club M 1:09:17
- 27 JENKINS, Kate Carnethy M 1:09:29

28 BROOKS, Billy Snr. Lochaber Athletic Club Male Vet 50-59 1:09:54
29 SHIELL, Marbeth Carnethy F 1:09:58
30 TURNER, Ronnie Lochaber Athletic Club Male Vet 40-49 1:10:19
31 EDGE, Glenn Skye & Lochalsh Male Vet 40-49 1:10:55
32 CLYDE, Colin Rodney M 1:11:13
33 MACNAB, Graham Lochaber Athletic Club Male Vet 40-49 1:11:30
34 BROWN, Philip Highgate Harriers Male Vet 50-59 1:11:57
35 LEGGE, Sarah Energy Zone Carnegie Harriers F 1:12:03
36 MCCOLL, Andrew Greenock Glenpark M 1:12:12
37 LOVE, Charlie Dundee Hawkhill Harriers M 1:12:35
38 SHAW, Lyndsey Lochaber Athletic Club F 1:12:51
39 BRANNAN, Tosh Lothian Male Vet 40-49 1:12:59
40 TEMPLEMAN, Simon Ochil M 1:13:20
41 DIVER, Michael Clydesdale Harriers M 1:13:29
42 BOWIE, Tom Energy Zone Carnegie Harriers Male Vet 50-59 1:14:09
43 THORNLEY, Gavin Carnethy M 1:14:38
44 ORR, Ernie Lochaber Athletic Club M 1:15:05
45 SMITH, Donald Westerlands Male Vet 50-59 1:16:13
46 DUGGAN, Peter Lochaber Athletic Club Male Vet 40-49 1:17:04
47 WALL, Dick Hunters Bog Trotters Male Vet 40-49 1:17:09
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48 MENHENNET, Christine Westerlands Female Vet 40-49 1:17:27
49 WILSON, Alan Skye & Lochalsh Male Vet 40-49 1:17:59
50 MURGATROYD, Ian Dumfries RC Male Vet 40-49 1:18:06
51 BROWN, Steven Highgate Harriers M 1:18:26
52 ROSS, Colin Lochaber Athletic Club M 1:18:42
53 CRAIG, Andrew Lochaber Athletic Club M 1:18:43
54 NICHOLSON, Dave Preston Harriers Male Vet 40-49 1:18:53
55 BETHELL, Linda Lochaber Athletic Club F 1:21:01

- 56 GORDON, Nick Dumfries RC M 1:21:40
- 57 MACDONALD, Nicky Lochaber Athletic Club F 1:21:58
- 58 JARDINE, Jimmy Lochaber Athletic Club M 1:22:07
- 59 IRVINE, Raymond UA M 1:22:58
- 60 WALKER, David Lochaber Athletic Club Male Vet 50-59 1:22:59
- 61 ARMSTRONG, Ian Energy Zone Carnegie Harriers M 1:23:32
- 62 GOW, Elizabeath Lochaber Athletic Club F 1:23:40
- 63 MCDONELL, Catherine Lochaber Athletic Club F 1:24:40
- 64 BINDELS, Bert Lochaber Athletic Club Male Vet 50-59 1:26:51
- 65 ADAMS, Russell Energy Zone Carnegie Harriers M 1:27:27
- 66 MACDONALD, Deborah Hunters Bog Trotters Female Vet 40-49 1:27:51
- 67 TURNBULL, Drew Westerlands M 1:28:27
- 68 SHIELL, Dougie Carnethy Male Vet 40-49 1:28:29
- 69 COUPLAND, Fraser UA Male Vet 40-49 1:29:05
- 70 MORRISON, Ellen Lochaber Athletic Club F 1:29:26
- 71 MACLENNAN, Lynn Lochaber Athletic Club F 1:30:42
- 72 FULLARTON, Iain UA Male Vet 50-59 1:30:50
- 73 AITKEN, Morag Lochaber Athletic Club Female Vet 40-49 1:32:50
- 74 RATHJEN, Sandra Hunters Bog Trotters F 1:36:01
- 75 STRACHAN, Douglas Skye & Lochalsh Male Vet 50-59 1:36:12
- 76 WAUGH, Melaine Lochaber Athletic Club Female Vet 40-49 1:38:12
- 77 RUMGAY, Clare Lochaber Athletic Club F 1:42:55
- 78 CANT, Alisa Lochaber Athletic Club F 1:46:54