



## LAC Half Ben 2005

- 1 Alan Smith Deeside Runners MV40 0.58.10
- 2 Dave Cummins Shetelston Harriers M 0.59.26
- 3 Bruce Smith Standard Life MV40 1.00.09
- 4 Paul MacLean Lochaber Athletic Club M 1.00.44
- 5 John MacRae LAC MV40 1.02.12
- 6 Neil Arnott LAC M 1.02.26
- 7 Jason Williamson Cosmic M 1.02.30
- 8 Sandy Bennet Carnegie MV40 1.02.40
- 9 Donald Paterson LAC M 1.03.00
- 10 Niall MacBeath LAC M 1.05.08
- 11 John R Maitland LAC MV40 1.05.40
- 12 Ken Rungay LAC MV40 1.08.12
- 13 Damien Forster LAC M 1.08.33
- 14 William Boa UA M 1.09.09
- 15 Gorgas Steffen Westerlands M 1.09.27
- 16 Alasdair Murray Kilmarnock M 1.09.35
- 17 Andrew Craig LAC M 1.10.41
- 18 Sarah Legge Carnegie Lady 1.13.31
- 19 Dirk Verbiest Keith & District MV40 1.13.53
- 20 Tom Bowie Carnegie MV50 1.14.39
- 21 Stephen Cant LAC M 1.14.55
- 22 Dave Ford LAC MV50 1.18.15
- 23 Raymond Irvine UA M 1.18.52
- 24 Dougie Sheill Carnethy MV40 1.19.29
- 25 Andrew Finnimore LAC MV50 1.21.15
- 26 Jimmy Jardine LAC MV60 1.21.16
- 27 Ernie Orr LAC MV60 1.21.22

- 28 Colin Ross LAC M 1.22.19
- 29 Gavin Thornley Carnethy M 1.22.50
- 30 David Walker LAC MV50 1.22.59
- 31 Emma Pearce LAC Lady V40 1.23.14
- 32 Nix Forster LAC Lady 1.26.01
- 33 Nicky MacDonald LAC Lady 1.26.35
- 34 Tony Stapley Portobello Running Club MV60 1.27.11
- 35 Caroline Cassidy LAC Lady 1.28.57
- 36 Linda MacEwan LAC Lady 1.29.00
- 37 Jo Ness LAC Lady V40 1.29.20
- 38 Andrew Galbraith LAC M 1.35.24
- 39 Lyndsey Shaw LAC Pregnant Lady 1.35.31
- 40 Keith Hoole LAC MV50 1.36.20
- 41 Claire Treasurer LAC Lady 1.36.32
- 42 Willie MacIntosh Nithsdale AC MV50 1.37.47
- 43 Morag Aitken LAC Lady V40 1.42.12
- 44 Samantha MacDonald LAC Lady 1.42.59
- 45 Arlene MacDiarmid LAC Lady 1.45.52
- 46 Aileen Duncan LAC Lady 1.48.12
- 47 James Higginson LAC M 1.49.27
- 48 Ross Waugh LAC M 1.56.51
- 48 Ross Waugh LAC M 1.56.51
- 49 Melanie Waugh LAC Lady V40 1.56.51
- 50 Iain Fullarton UA MV50 2.03.27
- 51 Ellen Morrison LAC Lady 2.06.52