



## LAC Half Ben 2009

- 1 David Rodgers Lochaber AC M40 0:56:54
- 2 Kenny Richmond Bellahouston RR M40 0:57:11
- 3 Craig Mitchell Lochaber AC M 0:59:30
- 4 Donald Paterson Lochaber AC M 1:00:14
- 5 Jason Williamson Cosmics M 1:00:33
- 6 John Macrae Lochaber AC M40 1:01:01
- 7 Alan Smith Deeside Runners M40 1:01:09
- 8 Mark Harris Fife AC M40 1:01:38
- 9 George Cairns Lochaber AC M40 1:02:20
- 10 Paul Maclean Lochaber AC M 1:02:34
- 11 Richard Shaw Lochaber AC M40 1:02:41
- 12 David Gallie Inverness Harriers M40 1:03:04
- 13 Andy Birnie Bellahouston RR M40 1:04:00
- 14 Oliver Blomfield Lochaber AC M 1:04:09
- 15 Andrew Craig Lochaber AC M40 1:04:22
- 16 Bruce Smith Carnethy M40 1:04:33
- 17 Matthew Macdonald Lochaber AC M 1:05:00
- 18 Stuart Simpson Ochil Hill Runners M40 1:06:10
- 19 Graham Brooks Lochaber AC M50 1:07:25
- 20 Niall Macbeath Lochaber AC M40 1:07:37
- 21 Alan Dent Lochaber AC M50 1:08:01
- 22 John R Maitland Lochaber AC M40 1:08:03
- 23 Graham Whyte Unattached M50 1:09:40
- 24 Steven Mactavish Unattached M 1:10:08
- 25 Amanda Blackhall Lochaber AC F35 1:10:56
- 26 David Duncan Ochil Hill Runners M50 1:12:04
- 27 Dirk Verbiest Keith & District M50 1:12:21

- 28 Steven King Carnegie Harriers M 1:13:15
- 29 Joe Beagrie Lochaber AC M40 1:13:54
- 30 Douglas Macdonald Inverness Harriers M 1:13:58
- 31 Roxy Bannerman Highland Hill Runners F 1:14:02
- 32 Ruth Mackenzie Deeside Runners F40 1:14:29
- 33 Sara Byrne Lochaber AC F35 1:14:45
- 34 Graham Macnab Lochaber AC M40 1:15:11
- 35 Alan Hunter Ochil Hill Runners M40 1:15:15
- 36 Alex Brett Highland Hill Runners M50 1:15:59
- 37 Ray Murdoch Lochaber AC M60 1:16:48
- 38 Julie Corner Lochaber AC F35 1:17:03
- 39 Sarah Mackenzie Lochaber AC F 1:17:23
- 40 Peter Simpson Carnegie Harriers M50 1:17:35
- 41 Nix Forster Lochaber AC F40 1:17:56
- 41 Nix Forster Lochaber AC F40 1:17:56
- 42 Iain Henderson Lochaber AC M 1:17:59
- 43 Lyndsey Shaw Lochaber AC F 1:18:19
- 44 Emma Birnie Bellahouston RR F35 1:19:40
- 45 Iain Macdonald Lochaber AC M40 1:19:40
- 46 Brian Campbell Lochaber AC M40 1:19:46
- 47 Christina Rankin Kilbarchan FJ 1:20:40
- 48 Richard Shaw Anster Haddies M50 1:20:43
- 49 Iain Smith Highland Hill Runners M 1:20:48
- 50 Ewen Campbell Lochaber AC M 1:22:04
- 51 Sharyn Morgan Lochaber AC F35 1:22:33
- 52 Sarah Walker Helensburgh F 1:22:37
- 53 Jimmy Stewart Lochaber AC M50 1:22:58
- 54 Ernie Orr Lochaber AC M60 1:23:08
- 55 Andrew Finnimore Lochaber AC M50 1:23:24

- 56 Scott Langan Lochaber AC M 1:24:43
- 57 Emma Pearce Lochaber AC F40 1:25:00
- 58 Tilly Smith Deeside Runners F40 1:26:16
- 59 Lynne Bennet Carnegie Harriers F40 1:27:03
- 60 John O'Neill Lochaber AC M40 1:27:09
- 61 Brian Kirkdale Hastings Road Runners M50 1:28:44
- 62 Jo Ness Lochaber AC F40 1:29:02
- 63 David Oliver Deeside Runners M50 1:29:26
- 64 Colin Reid Cosmics M40 1:29:39
- 65 Ursula Bass Deeside Runners F40 1:29:58
- 66 Bill Scott Lochaber AC M50 1:30:25
- 67 Andrew Sim Carnegie Harriers M40 1:30:46
- 68 Susan Jane Ross Lochaber AC F40 1:31:35
- 69 John Dougan Lochaber AC M50 1:31:37
- 70 Derek Henderson Unattached M40 1:32:04
- 71 Kirstie Ross Lochaber AC F 1:33:00
- 72 John Grant Lochaber AC M40 1:33:42
- 73 Laura Barbour Lochaber AC F 1:33:55
- 74 Colin Ross Lochaber AC M40 1:38:44
- 75 Iain Fullarton Unattached M60 1:45:04
- 76 Jimmy Jardine Lochaber AC M60 1:45:59
- 77 Elma Murdoch Lochaber AC F50 1:52:27
- 78 Jane Oliver Deeside Runners F50 1:53:07
- 79 June Watt Lochaber AC F40 1:56:40
- 80 Margaret Rose Macphee Lochaber AC F40 1:58:08
- 81 Rachel Wilson Springburn Harriers F35 2:09:22