



LAC Meall an t-Seallaidh 2009

- 1 Prasad Prasad Clydesdale Harriers M 0:29:31
- 2 Alasdair Anthony Ochil Hill Runners M 0:30:19
- 3 Brian Marshall HELP M 0:32:00
- 4 David Rodgers Lochaber AC M40 0:32:24
- 5 Henry Blake Shettleston M 0:32:40
- 6 Kenny Richmond Bellahouston RR M40 0:33:04
- 7 Adrian Davis Carnethy M40 0:33:27
- 8 Stewart Whitley Carnethy M40 0:33:52
- 9 Ronnie Gallagher Carnethy M40 0:34:03
- 10 Steven Fallon Carnethy M40 0:34:17
- 11 Alan Smith Deeside Runners M40 0:34:46
- 12 Jason Williamson Cosmics M 0:35:18
- 13 Graeme Campbell Highland Hill Runners M 0:35:22
- 14 Martin Laing Fife AC M50 0:35:45
- 15 Sandy Bennet Carnegie Harriers M40 0:36:08
- 16 Ian Butler Shettleston M 0:36:30
- 17 Mark Harris Fife AC M40 0:36:41
- 18 Manny Gorman Westerlands M40 0:36:46
- 19 David Scott Ochil Hill Runners M50 0:36:57
- 20 Andy Birnie Bellahouston RR M40 0:37:05
- 21 Peter Simpson Carnegie Harriers M50 0:37:16
- 22 Stephen Burns Lochaber AC M 0:37:41
- 23 Graham Brooks Lochaber AC M50 0:38:02
- 24 Matthew Macdonald Lochaber AC MU23 0:38:18
- 25 Gordon Pryde Lomond Hill Runners M50 0:38:44
- 26 David Dickson Garscube Harriers M50 0:39:58
- 27 Gregor Heron Carnethy M 0:40:14

- 28 John Donnelly Westerlands M40 0:40:47
- 29 Frank Popham Fife AC M 0:40:58
- 30 Emma Birnie Bellahouston RR F 0:41:01
- 31 Ali Kennedy Lochaber AC M40 0:41:04
- 32 Veronique Oldham Cosmics F40 0:41:07
- 33 Ruth Mackenzie Deeside Runners F40 0:41:10
- 34 Amanda Blackhall Lochaber AC F 0:41:19
- 35 Stewart Wilson Inverness Harriers M40 0:41:26
- 36 John R Maitland Lochaber AC M40 0:41:28
- 37 Douglas Milligan Solway M60 0:41:57
- 38 Graham Nash Unattached M40 0:42:16
- 39 David Duncan Ochil Hill Runners M50 0:42:32
- 40 Colin Larmour Cosmics M40 0:42:37
- 41 Alex Brett Highland Hill Runners M50 0:42:42
- 41 Alex Brett Highland Hill Runners M50 0:42:42
- 42 David Hirst Deeside Runners M40 0:42:54
- 43 Ronnie Turner Lochaber AC M40 0:43:01
- 44 Lyndsey Shaw Lochaber AC F 0:43:10
- 45 Matt Wardner Lochaber AC M40 0:43:33
- 46 Tom Ross Fife AC M60 0:43:47
- 47 Herbie Mclean Lothian M60 0:44:01
- 48 Ray Murdoch Lochaber AC M60 0:44:07
- 49 Graham Macnab Lochaber AC M40 0:44:15
- 50 Steven King Carnegie Harriers M 0:44:53
- 51 Anita Hamilton Cosmics F50 0:44:57
- 52 Joe Beagrie Lochaber AC M40 0:45:29
- 53 Stuart Forrest Highland Hill Runners M 0:45:35
- 54 Sara Byrne Lochaber AC F 0:45:35
- 55 Gus Bowman Beacon Runners M50 0:45:48

- 56 David Macdonald Lochaber AC M 0:46:08
- 57 Iain Macdonald Lochaber AC M40 0:46:12
- 58 Brian Brennan Westerlands M50 0:46:20
- 59 Graham Arthur Ilkley Harriers M60 0:46:39
- 60 Jocelyn Scott Fife AC F50 0:46:57
- 61 Julie Corner Lochaber AC F 0:47:00
- 62 Linda Macewan Lochaber AC F40 0:47:08
- 63 Ernie Orr Lochaber AC M60 0:47:33
- 64 Andrew Sim Carnegie Harriers M40 0:47:53
- 65 Phil Smithard Carnegie Harriers M60 0:48:23
- 66 Sharyn Morgan Lochaber AC F 0:48:43
- 67 Nix Forster Unattached F40 0:49:16
- 68 Lynne Bennet Carnegie Harriers F40 0:49:29
- 69 Fionna Ross Moray Road Runners F 0:49:45
- 70 Lorna Sibbett Fife AC F40 0:49:47
- 71 Alison West Carnegie Harriers F50 0:49:59
- 72 Colin Reid Cosmics M40 0:50:13
- 73 Kate Friend Carnethy F40 0:50:33
- 74 Richard Gatehouse Lomond Hill Runners M50 0:50:48
- 75 Tilly Smith Deeside Runners F40 0:51:07
- 76 Liz Killean Fife AC F40 0:51:27
- 77 Emma Pearce Lochaber AC F40 0:51:35
- 78 Sarah Laing Portobello F 0:52:11
- 79 Bill Scott Lochaber AC M50 0:52:21
- 80 Stephen Johnston Milburn Harriers M40 0:52:28
- 81 Hilary Ritchie Fife AC F40 0:52:30
- 82 Brian Kirkdale Hastings Road Runners M50 0:53:02
- 83 Ursula Bass Deeside Runners F40 0:53:34
- 84 Jo Ness Lochaber AC F40 0:53:42

- 85 David Tomlinson Lochaber AC M60 0:53:43
- 86 Neath Evans Unattached FU23 0:53:50
- 87 Moira Grainger Fife AC F40 0:54:01
- 88 Andrew Finnimore Lochaber AC M50 0:54:27
- 89 Janice Smith HBT F50 0:54:42
- 90 David Francis Fife AC M60 0:55:21
- 91 Colin Ross Lochaber AC M40 0:55:33
- 92 Kirstie Ross Lochaber AC F 0:56:35
- 92 Kirstie Ross Lochaber AC F 0:56:35
- 93 Scott Anderson Highland Hill Runners M 0:56:37
- 94 Iain Mackenzie Deeside Runners M50 0:56:46
- 95 Jane Oliver Deeside Runners F50 0:56:56
- 96 Anita Laidlaw Fife AC F 0:57:36
- 97 Jimmy Jardine Lochaber AC M60 0:59:03
- 98 Lorna Ascroft Carnethy F 1:01:07
- 99 Jean Bowman Beacon Runners F50 1:01:11
- 100 John O'Neill Lochaber AC M40 1:02:52
- 101 Lucy Hailey Carnethy F 1:03:55
- 102 Phyllis Lemoncello Fife AC F60 1:05:34
- 103 Elma Murdoch Lochaber AC F50 1:06:55
- 104 Margaret Rose Macphee Lochaber AC F40 1:10:29
- 105 June Watt Lochaber AC F40 1:12:06
- 106 Sarah O'Sullivan Cosmics F 1:21:10
- 107 Rachel Wilson Springburn Harriers F 1:24:01