



LAC Meall an t-Seallaidh male 2004

- Meall an 1 BAILEY, Simon Mercia M 0:27:56
- 2 JEBB, Rob Bingley Harriers M 0:28:20
- 3 AUSTIN, Tim Dark Peak M 0:28:57
- 4 HOPE, Rob Pudsey & Bramley M 0:29:25
- 5 HOPE, Danny Pudsey & Bramley M 0:30:07
- 6 SHARP, Nick Ambleside AC M 0:30:18
- 7 LENNOX, Jethro Shettleston Harriers M 0:30:38
- 8 MARSHAL, Brian Haddington E.L.P. M 0:30:51
- 9 ROBERTS, Mark Borrowdale F. R. Male Vet 40-49 0:31:03
- 10 LISTON, Andrew Fife A C M 0:31:11
- 11 RODGERS, David Lochaber Athletic Club M 0:31:22
- 12 CROWE, Des Shettleston Harriers Male Vet 40-49 0:31:33
- 13 ANTHONY, Alasdair Ochil M 0:31:37
- 14 WHITLIE, Stewart Carnethy Male Vet 40-49 0:31:47
- 15 DENHAM-SMITH, Mark Keswick AC M 0:31:56
- 16 WERREIT, Tim Mercia M 0:32:23
- 17 WARD, Adam Carnethy Male Vet 40-49 0:32:32
- 18 WILKINSON, Garry R Clayton Le Moors H M 0:32:38
- 19 LAMB, Rodger Mercia Male Vet 40-49 0:32:39
- 20 PATERSON, Malcolm Shettleston Harriers Male Vet 40-49 0:32:53
- 21 SPENCE, Nick Borrowdale F. R. Male Vet 40-49 0:33:02
- 22 TAYLOR, Dave Dark Peak M 0:33:03
- 23 LITTLE, Robert Mercia M 0:33:08
- 24 SMITH, Anthony Ambleside AC M 0:33:18
- 25 FOWLER, Malcolm Pennine F R Male Vet 40-49 0:33:24
- 26 JACKSON, Steve Horwich RMI Male Vet 50-59 0:33:29
- 27 LOCKWOOD, Nimrod Keswick AC M 0:33:32

- 28 MACALLISTER, James Highland Hillrunners M 0:33:34
- 29 MCGONIGLE, Dermont Shettleston Harriers Male Vet 40-49 0:33:37
- 30 READE, Chris Bowland F.R. Male Vet 40-49 0:33:44
- 31 GREENWOOD, Ian Clayton Le Moors H Male Vet 40-49 0:33:48
- 32 SMITH, Alan Deeside Runners Male Vet 40-49 0:33:50
- 33 SCOTT, Nigel Westerlands M 0:33:50
- 34 JOHNSTON, Mark Carnethy M 0:33:59
- 35 SMITH, Bruce Standard Life A C Male Vet 40-49 0:34:30
- 36 HOPE, John Pudsey & Bramley Male Vet 50-59 0:34:40
- 37 HARDING, Quentin Bowland F.R. Male Vet 40-49 0:34:58
- 38 WALTON, Brian Horwich RMI Male Vet 50-59 0:35:04
- 39 BEATY, Andy Cumberland A C Male Vet 40-49 0:35:10
- 40 BLAIR-FISH, John Carnethy Male Vet 50-59 0:35:15
- 41 ASHCROFT, Neil Ambleside AC M 0:35:20
- 42 BENNET, Sandy Energy Zone Carnegie Harriers Male Vet 40-49 0:35:27
- 43 SPENCELEY, Andy Carnethy Male Vet 40-49 0:35:33
- 44 PRYCE, Carl Cosmics Hillbashers Male Vet 40-49 0:35:38
- 45 PATERSON, Donald Lochaber Athletic Club M 0:35:47
- 46 HICKS, Stephen G Borrowdale F. R. Male Vet 40-49 0:36:03
- 47 RATTRAY, Ben Shettleston Harriers M 0:36:04
- 48 SCOTT, David Ochil Male Vet 40-49 0:36:21
- 48 SCOTT, David Ochil Male Vet 40-49 0:36:21
- 49 MUNRO, David Lochaber Athletic Club M 0:36:24
- 50 RUMGAY, Ken Lochaber Athletic Club M 0:36:28
- 51 HULME, Martin Corstorphine Male Vet 50-59 0:36:31
- 52 HOWARD, Geoffrey Ilkley Harriers Male Vet 60+ 0:36:37
- 53 MCKENDRICK, Scott-Alevander Irvine AC M 0:36:44
- 54 DAVIS, Clive Bowland F.R. Male Vet 40-49 0:36:49
- 55 MACLEAN, Paul Lochaber Athletic Club M 0:36:52

56 BROWING, Peter Clayton Le Moors H Male Vet 40-49 0:37:03
57 CAIRNS, George Lochaber Athletic Club M 0:37:06
58 SHAW, Richard Lochaber Athletic Club Male Vet 40-49 0:37:08
59 OLIPHANT, Crawford Carnethy M 0:37:13
60 HOUSTON, Terry Bowland F.R. Male Vet 40-49 0:37:33
61 MCGUIRE, Alex Fife A C Male Vet 50-59 0:37:37
62 CLEWES, Matthew Mercia Male Vet 40-49 0:37:40
63 COX, Stephen Bowland F.R. M 0:37:43
64 GOUGH, Geoffrey Clayton Le Moors H Male Vet 40-49 0:37:50
65 CUMMINS, I D Corstorphine Male Vet 50-59 0:37:51
66 REID, Don Westerlands Male Vet 40-49 0:37:56
67 KELLY, Paul Darlington Harriers Male Vet 40-49 0:37:57
68 WORSWICK, Neik Clayton Le Moors H M 0:38:02
69 TAYLOR, Nat Girvan AAC Male Vet 50-59 0:38:11
70 NUTTALL, John R Clayton Le Moors H Male Vet 60+ 0:38:14
71 BEARHOP, Derek Carnethy Male Vet 40-49 0:38:27
72 CARRACHER, Graeme Carnethy Male Vet 40-49 0:38:29
73 UPSON, Chris Westerlands Male Vet 40-49 0:38:37
74 MAITLAND JNR, John Lochaber Athletic Club Male Vet 40-49 0:38:44
75 RICHENS, Trevor Westerlands M 0:38:50
76 GALBRAITH, Jim Giffnock North AAC Male Vet 40-49 0:38:58
77 GILES, Steve Kettering Town Harriers M 0:39:04
78 MITCHELL, Craig UA M 0:39:08
79 LIMBU, Kumar Nepal M 0:39:15
80 MACLEOD, Murdo Westerlands Male Vet 50-59 0:39:19
81 ANDERSON, I Fife A C Male Vet 40-49 0:39:37
82 MUNRO, Graham Lochaber Athletic Club M 0:39:46
83 MYKURA, William Carnethy Male Vet 40-49 0:39:59
84 GORGOS, Steffen Westerlands M 0:40:07

85 MCCALL, Andrew Greenock Glenpark M 0:40:09
86 MCANDREW, Colin Lochaber Athletic Club Male Vet 40-49 0:40:10
87 TURNER, Ronnie Lochaber Athletic Club Male Vet 40-49 0:40:14
88 MANNAN, Terence Lothian Male Vet 40-49 0:40:18
89 CLYDE, Colin Rodney M 0:40:28
90 BRYAN-JONES, Gareth Ochil Male Vet 60+ 0:40:36
91 WILSON, Colin Carnethy Male Vet 40-49 0:40:40
92 MURGATROYD, Ian Dumfries RC Male Vet 40-49 0:40:41
93 BELLARIES, Richard Clayton Le Moors H Male Vet 50-59 0:40:44
94 LOVE, Charlie Dundee Hawkhill Harriers Male Vet 60+ 0:40:48
95 RIDING, Nick Pudsey & Bramley M 0:40:56
96 MITCHELL, Dave Dundee Hawkhill Harriers Male Vet 40-49 0:41:05
97 BOWIE, Tom Energy Zone Carnegie Harriers Male Vet 50-59 0:41:44
98 MACNAB, Graham Lochaber Athletic Club Male Vet 40-49 0:42:07
99 PERCIVAL, Wayne Ambleside AC Male Vet 40-49 0:42:21
100 HIND, Mike Borrowdale F. R. Male Vet 50-59 0:42:28
101 LOVE, Craig Hawkhill Harriers M 0:42:34
102 BOOTH, Bill Keswick AC Male Vet 60+ 0:42:49
103 SMITH, Donald Westerlands Male Vet 50-59 0:42:58
104 FIELDING, Geoffrey Rossendale Male Vet 60+ 0:43:08
105 BOLLAND, Sean Bowland F.R. M 0:43:33
106 BAXTER, Peter Westerlands Male Vet 40-49 0:43:38
106 BAXTER, Peter Westerlands Male Vet 40-49 0:43:38
107 TEMPLEMAN, Simon Ochil M 0:43:48
108 DUGGAN, Peter Lochaber Athletic Club Male Vet 40-49 0:44:38
109 ARMSTRONG, Ian Energy Zone Carnegie Harriers M 0:45:19
110 ROSS, Colin Lochaber Athletic Club M 0:45:22
111 WALMSLEY, Andy Bowland F.R. Male Vet 40-49 0:45:26
112 GORDON, Nick Dumfries RC M 0:45:42

- 113 DIVER, Michael Clydesdale Harriers M 0:46:36
- 114 JOHNSTON, Stephen Milburn Harriers Male Vet 40-49 0:46:45
- 115 HAMPSHIRE, John Hunters Bog Trotters Male Vet 40-49 0:48:14
- 116 POTTIE, John Nairn Road Runners Male Vet 60+ 0:50:45
- 117 GRIMSHAW, Rodger UA Male Vet 60+ 0:51:52
- 118 TURNBULL, Drew Westerlands Male Vet 60+ 0:53:15
- 119 BLENKINSOP, Harry Keswick AC Male Vet 60+ 1:01:28