



LAC X Country 2008

X-UNDER 11 GIRLS

1 Laura MacPhee Inverness Harriers 5.31	Team 1 Inverness 297
2 Gillian Gordon Inverness Harriers 5.41	2 Caithness 286
3 Beth Kemp Inverness Harriers 5.48	3 Lochaber 262
4 Stephanie Andrew Caithness 5.49	
5 Megan MacKay Caithness 5.54	
6 Molly Lyle Inverness Harriers 5.55	
7 Mary Flockhart Inverness Harriers 5.55	
8 Rebecca Bryan Caithness 5.58	
9 Abby Ferguson Inverness Harriers 6.04	
10 Rhiannon Kirk Caithness 6.04	
11 Keira MacLeod Inverness Harriers 6.18	
12 Kirsten Smith Lochaber AC 6.19	
13 Cara Fraser Inverness Harriers 6.32	
14 Francis Oliver Lochaber AC 6.39	
15 Rachael Melrose Lochaber AC 6.44	
16 Fiona Cameron Nairn 6.53	
17 Eilidh MacArthur Lochaber AC 6.54	
18 Natasha Bryan Caithness 6.55	
19 Erin Davie Lochaber AC 6.57	
20 Heather Bain Caithness 7.22	

UNDER 11 BOYS

1 Ruridh Gollan Caithness 4.53	Team 1 Caithness 293
2 Lewis Holmes Caithness 4.56	2 Lochaber 289
3 Innes Blackhall Lochaber AC 4.57	3 Inverness 279
4 Jack Linguard Inverness Harriers 5.22	
5 Keiren McIver Lochaber AC 5.26	

- 6 Bruce MacLean Lochaber AC 5.29
- 7 Murray MacKay Caithness 5.36
- 8 William MacKenzie Inverness Harriers 5.37
- 9 Marco Brian Caithness 5.46
- 10 Cully Hutchison East Sutherland 5.47
- 11 Ewan MacLean Lochaber AC 5.53
- 12 Christopher Graham Inverness Harriers 6.01
- 13 Daniel Kirk Caithness 6.02
- 14 Struan Tweedie Inverness Harriers 6.02
- 15 Niall Urquhart Inverness Harriers 6.05
- 16 Niall Hawco Moray RR 6.12
- 17 Logan Matheson Ross County 6.14
- 18 Lewis Miller Inverness Harriers 6.15
- 19 Daniel Nicolson Ross County 6.16
- 20 Findlay Donegan Moray RR 6.3
- 21 Steven Burns Lochaber AC 6.45
- 22 Robbie Hall Lochaber AC 6.55
- 23 Jack Sinclair Nairn 7.15

UNDER 13 GIRLS

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| 1 Bethany Irvine Inverness Harriers 11.58 | Team 1 Inverness 295 |
| 2 Heather Campbell Inverness Harriers 11.59 | 2 Caithness 287 |
| 3 Erin MacKay Caithness 12.46 | 3 Lochaber 271 |
| 4 Isla MacKay Lochaber AC 13.21 | |
| 5 Rachael Cameron Inverness Harriers 13.29 | |
| 6 Sarah Henderson Caithness 13.31 | |
| 7 Hannah Macleod Caithness 13.50 | |
| 8 Lauren Lafferty Caithness 13.53 | |
| 9 Isobel Macleod Caithness 13.57 | |
| 10 Kayleigh Boyd Inverness Harriers 14.28 | |

- 11 Rhiannon Melrose Lochaber AC 14.56
- 12 Molly Donegan Moray RR 15.01
- 13 Eilidh Mac Rae East Sutherland 15.10
- 14 Sharon MacKay Caithness 15.13
- 15 Martha Garbe Caithness 15.26
- 16 Kirsty Shand Moray RR 15.30
- 17 Leah Davie Lochaber AC 15.53
- 18 Moraig Iyall Forres Harriers 16.23
- 19 Hannah Rogan Forres Harriers 16.39
- 20 Kirsteen Niell Lochaber AC 18.22
- 21 Hanna Dougan Lochaber AC 18.54

UNDER 13 BOYS

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| 1 Ross Gollan Caithness 11.01 | Team 1 Caithness 287 |
| 2 Callum Fraser Lochaber AC 11.35 | 2 Inverness 286 |
| 3 Alistair Cooper Caithness 11.41 | 3 East Sutherland 267 |
| 4 Harvy Burton Inverness Harriers 12.36 | |
| 5 Adam Nicholson Forres Harriers 12.37 | |
| 6 Connell MacDonald Inverness Harriers 12.40 | |
| 7 Chris Mollison Inverness Harriers 12.42 | |
| 8 Jack Christy Moray RR 12.55 | |
| 9 Thomas Luxton East Sutherland 13.10 | |
| 10 Lewis Sim Moray RR 13.12 | |
| 11 Sean Currie East Sutherland 13.36 | |
| 12 Liam MacArdie Caithness 13.50 | |
| 13 Dean Britton Caithness 14.01 | |
| 14 Craig MacLean Lochaber AC 14.02 | |
| 15 Michael MacLean Nairn 14.13 | |
| 16 Andrew Thompson East Sutherland 14.15 | |
| 17 Ian Gallagher Caithness 14.39 | |

UNDER 15, UNDER 17 GIRLS

1 Gemma Cormack Moray RR U17 13.41	Team - u15	1 Inverness 289
2 Murray MacLennan Inverness Harriers U15 14.00		2 Caithness 283
3 Elanor Duncan Forres U17 14.10		
4 Bethany Wilson Moray RR U15 14.30		
5 Oonagh Dunnett Caithness U15 14.35		
6 Kirsty Rogan Forres U17 15.04		
7 Jade Currie East Sutherland U15 15.17		
8 Storm Fraser Forres U15 15.31		
9 Paula Gass Inverness Harriers U15 15.37		
10 Yuka Gallagher Inverness Harriers U15 15.43		
11 Eilidh Black Inverness Harriers U17 15.58		
12 Sarah MacLennan Caithness U15 16.00		
13 Nikki MacDonald Caithness U15 16.18		
14 Rebecca Taylor Keith & District U15 16.21		
15 Keara Jordon Caithness U15 16.39		
16 Katie MacLennan Lochaber AC U15 16.59		
17 Leanne Evers Caithness U15 17.30		
18 Elaine Murdoch Inverness Harriers U15 17.50		
19 Alice Gordon Inverness Harriers U15 18.07		
20 Rhea Garbe Caithness U15 19.19		
21 Lauren Mathieson Ross County U15 21.27		
21 Lauren Mathieson Ross County U15 21.27		

UNDER 15 BOYS

1 Murray Goodfellow Moray RR 12.45	Team	1 Inverness 284.5
2 Patrick Urquhart Inverness Harriers 13.12		2 Moray RR 279
3 Cameron Melrose Lochaber AC 13.17		3 Ross County 272.5
4 David Gardner Caithness 13.23		
5 Rob Murdoch Caithness 13.28		

- 6 Callum Shand Moray RR 14.19
- 7 Alexander Thorne Inverness Harriers 14.30
- 8 Thomas Davy Ross County 14.34
- 9= Ross Fraser Inverness Harriers 14.46
- 9= Stuart Michael Ross County 14.46
- 11 Keiren Cowie Buckie High 15.05
- 12 Lewis Lyall Forres 15.17
- 13 Keiren Godley Ross County 15.38
- 14 Peter MacLusky Buckie High 15.51
- 15 Niall Ross Inverness Harriers 15.54
- 16 Glen Murray East Sutherland 16.18
- 17 David Hawco Moray RR 18.58

UNDER 17 MEN

- 1 Donald Shand Moray RR 20.49
- 2 John Gillespie Forres 22.04
- 3 Duncan Paterson Caithness 23.2
- 4 Cameron Botd Caithness 32.21

SENIOR/JUNIOR WOMEN

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| 1 Dawn Scott Lochaber AC V35 22.42 | Team 1 Inverness 290 |
| 2 Melissa White Inverness Harriers V40 23.21 | 2 Lochaber 289 |
| 3 Karen MacLeod Inverness Harriers V35 24.17 | 3 Forres 275 |
| 4 Amanda Blackhall Lochaber AC V35 24.20 | 4 Keith 270 |
| 5 Kirsty MacLeod Stornoway 24.28 | 5 Moray 259 |
| 6 Rosmary Slack Keith & District 25.25 | |
| 7 Carrie Ward Forres 25.40 | |
| 8 Doreen Campbell Inverness Harriers V40 26.12 | |
| 9 Jo Schrieber Lochaber AC V40 26.36 | |
| 10 Moraig Lyall Forres V40 27.47 | |
| 11 Jackie Nicol Forres V45 28.35 | |

- 21 Matthew Sutherland Caithness U20 40.05
- 22 Norrie Lyall Forres V40 40.40
- 23 Steven Gill Keith & District V35 41.15
- 24 Damien Forster Lochaber AC V40 41.28
- 25 Andrew Morgan Forres U20 41.32
- 26 Bobby MacDonald Inverness Harriers V50 41.38
- 27 Ken Rungay Lochaber AC V40 42.07
- 28 Gerald Angus Keith & District V45 42.26
- 29 Ray Aitken Buckie High V55 42.40
- 30 Keith MacArthur Moray RR V40 43.14
- 31 Bert Bindells Lochaber AC V50 44.00
- 32 Thomas Mathieson Ross County V45 46.30
- 33 Dave Tomlinson Lochaber AC V60 46.31
- 34 Mike Morrison Lochaber AC V40 47.57
- 35 Mike Milmoe Forres V50 48.11
- 36 Malcom Christie Elgin V50 49.25
- 37 Ron Wild Keith & District V50 54.40