



## Ben Lora 2011

James Tullie	Shettleston	25:50	M (rec)
Colin Donnelly	LAC	27:34	m50
Stephen Rawlinson	Tayside	27:46	m
Tim Brand	LAC	27:59	m40
Craig Mithchell	Shettleston	28:22	m
Peter Devenport	Bella RR	28:59	m
Donald Paterson	LAC	29:09	m
John Hepburn	LAC	29:12	m50
Ben Thompson	LAC	29:20	m
John Binnie	LAC	29:37	m40
Micheal Bossard	LAC	29:38	m
Chris Bell	u/a	30:17	m
Nicola Meekin	LAC	30:27	F
Andy Dale	LAC	30:30	m40
Ali Kennedy	LAC	30:54	m40
Pete Ward	LAC	31:19	m
Steve Macdonald	LAC	31:28	m
Stephen Whiston	Mid argyll Tri	32:40	m40
Naill Macbeath	LAC	33:07	m40
Dan Watson	Tayside	33:11	m40
Mathew Martin	LAC	33:13	m
Gordon Binnie	u/a	34:05	m40
Trevor Shaw	Tayside	34:06	m40
Jonathan Weir	u/a	34:10	m
Amanda Blackhall	LAC	34:14	f40
Ronnie Turner	LAC	34:44	m40
Angus Bowman	Lomond	34:57	m50
Sean Bens	u/a	35:26	m40
John Dale	Mid Argyll Tri	35:46	m40
Julia Connor	Moorfoot	36:01	f
Lyndsey Shaw	LAC	36:04	f
Graham Macnab	LAC	36:09	m40
Andy Newis	u/a	36:14	m40
Tom Wilding	u/a	37:49	m40
	Westerlands		
Jo McGuire	CCC	38:19	f
Fiona Thompson	LAC	38:22	f
Herbie Maclean	Tayside	38:25	m60
Susan J Ross	LAC	38:46	f
Nick Charlton	u/a	38:53	m40
Phil Thompson	LAC	38:54	v40
Julie Corner	LAC	39:03	f
Andrew Cameron	LAC	39:08	m40
Jim Hamilton	LAC	39:12	m40
Lucy Prinns	LAC	39:27	f40
Robert Dairon	u/a	39:30	m40

Emma Pearce	LAC	39:50	f40
Victoria Leiper	u/a	39:58	f
Helen Karlsson	u/a	40:12	f
Richard Gatehouse	Lomond	40:30	m50
Ken MacDougall	Tinto HR	40:58	m
Kyla Orr	u/a	41:32	f
Sharon Morgan	LAC	41:41	f
Rebeca Helliwell	Mid Argyll Tri	41:49	f
Dave Ford	LAC	42:01	m60
Jean Bowman	Lomond	43:00	f50
Jonathan Hart	LAC	43:48	m40
Angie Kennedy	Jog Scot	45:09	f
Suzane Duncan	Jog Scot	45:26	f40
Marie Macallum	Jog Scot	45:35	f
Andrew Finniemore	Jog Scot	45:53	m50
Aileen Duncan	LAC	46:53	f40
Kate Foster	Tayside	48:23	f40
Claire Treasurer	LAC	50:48	f
Margret R Macphee	LAC	51:24	f40
Pamela Hamilton	Jog Scot	51:30	f40
June Watt	LAC	55:52	f40
Hazel Whiston	Mid Argyll Tri	56:49	f40