

<u>Position</u>	<u>Bib No.</u>	<u>First Name</u>	<u>Last Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	179	Finlay	Wild	Male	Lochaber Athletic Club	0:17:44
2	108	Es	Tresidder	Male	Lochaber Athletic Club	0:19:28
3	191	Steven	Traill	Male	Lochaber Athletic Club	0:19:33
4	169	Richard	Macleod	Male	Lochaber Athletic Club	0:19:48
5	178	Andrew	Shaw	Male	Unattached	0:20:08
6	196	Tom	Smith	Male Vet 40	Lochaber Athletic Club	0:20:16
7	141	Stephen	Monk	Male	Lochaber Athletic Club	0:21:43
8	154	Donald	Paterson	Male Vet 40	Lochaber Athletic Club	0:21:58
9	142	Alan	Smith	Male Vet 50	Deeside runners	0:22:00
10	134	Stuart	Forrest	Male	Highland Hill Runners	0:22:03
11	166	Gavin	Macmillan	Male	Lochaber Athletic Club	0:22:14
12	135	Stewart	Wilson	Male Vet 50	Inverness Harriers	0:22:22
13	122	Liam	Hutson	Male	Unattached	0:22:38
14	173	Gregor	Davidson	Male	A Coy 4 Para	0:22:43
15	158	Craig	Forbes	Male	Lochaber Athletic Club	0:22:59
16	183	Matthew	Heger	Male	Lochaber Athletic Club	0:23:17
17	148	Mark	Shaw	Male Vet 50	Lochaber Athletic Club	0:23:18
18	164	Barrie	Mackinnon	Male	Lochaber Athletic Club	0:23:30
19	123	Caroline	Marwick	Female	Inverness Harriers	0:23:34
20	126	Don	Reid	Male Vet 50	Westerlands Cross Country Club	0:23:41
21	165	Alan	Lamont	Male	Lochaber Athletic Club	0:24:03
22	147	Geoff	Simpson	Male Vet 50	Hunters Bog Trotters	0:24:10
23	189	Brian	Macdonald	Male	Lochaber Athletic Club	0:24:25
24	143	Nathan	Martin	Male Vet 40	Lochaber Athletic Club	0:24:29
25	171	Ryan	Stewart	Male	Lochaber Athletic Club	0:24:43
26	117	Niall	Macbeath	Male Vet 40	Lochaber Athletic Club	0:24:46
27	175	Robert	Maclean	Male Vet 40	Lochaber Athletic Club	0:25:09
28	77	Liam	Jordon	Male	Lochaber Athletic Club	0:25:23
29	167	Michael	Slezas	Male	Lochaber Athletic Club	0:25:53
30	150	Sarah	Macdonald	Female	Lochaber Athletic Club	0:26:05
31	193	Rick	Mitchell	Male Vet 40	Unattached	0:26:11
32	116	Jonathan	Weir	Male Vet 40	Unattached	0:26:42
33	188	Kenny	Lang	Male Vet 50	Lochaber Athletic Club	0:26:47
34	194	Marie	Meldrum	Female Vet 40	Lochaber Athletic Club	0:26:54
35	152	Graham	Macnab	Male Vet 50	Lochaber Athletic Club	0:27:00
36	133	John	Orrell	Male Vet 50	Blackburn Harriers	0:27:05
37	172	Peter	Carmichael	Male	Unattached	0:27:12
38	136	David	Duncan	Male vet 60	Ochil Hill Runners	0:27:47
39	160	George	Douglas	Male Vet 50	Westerlands Cross Country Club	0:28:16
40	145	Lisa	Conlon	Female	Lochaber Athletic Club	0:28:30
41	124	Hugh	Marwick	Male Vet 50	Unattached	0:28:57
42	130	James	Hamilton	Male Vet 50	Lochaber Athletic Club	0:29:03
43	146	Emma	Britton	Female	Lochaber Athletic Club	0:29:18



44	186	Louise	Pescod	Female Vet 40	Lochaber Athletic Club	0:30:02
45	170	Susan Jane	Ross	Female Vet 50	Lochaber Athletic Club	0:30:03
46	157	Gordon	Smith	Male vet 60	Lochaber Athletic Club	0:32:29
47	153	William	Macdonald	Male vet 60	Lochaber Athletic Club	0:33:51
48	187	Fiona	Gardiner	Female Vet 40	Lochaber Athletic Club	0:34:08
49	195	Catriona	Maclean	Female Vet 40	Lochaber Athletic Club	0:34:40
50	176	Emma	Pearce	Female Vet 50	Lochaber Athletic Club	0:34:56
51	184	Klara	Campbell	Female Vet 40	Lochaber Athletic Club	0:35:19
52	110	Hannah	Sutherland	Female	Lochaber Athletic Club	0:35:19
53	132	Brian	Kirkdale	Male Vet 50	Hastings Road Runners	0:36:39
54	131	Pamela	Hamilton	Female Vet 40	Lochaber Athletic Club	0:37:40
55	161	Brenda	Paul	Female	Westerlands Cross Country Club	0:38:24