

## HEB 3 2016 - RESULTS

Name	Club	Category	Stornoway	Benbecula	Skye	Barra	Harris	Heb#	HEB3	
1 Ruairidh Campbell	Arbroath Footers	M40+	1:17:08	1:17:28			1:17:40	3	3:52:16	1st Male
2 Michael Bareford	HBT	M40+	1:22:44	1:22:31	1:24:25	1:23:20	1:24:02	5	4:08:35	2nd Male
3 Nea MacInnes	Bellahouston RR	M40+		1:23:53	1:24:27	1:25:26	1:24:38	4	4:12:58	3rd Male
4 Norman Ferguson	SRAC	M	1:21:38			1:28:59	1:27:22	3	4:17:59	Winning Team (SRAC)
5 Miguel Delgado		M			1:24:33	1:28:27	1:25:00	3	4:18:00	
6 Andy McMahan	SRAC	M50+	1:28:27	1:27:41	1:29:13		1:32:33	4	4:25:21	1st MV50 & Winning Team (SRAC)
7 Michael Lancaster	Bellahouston RR	M40+		1:28:21	1:29:26	1:29:26	1:29:34	4	4:27:13	1st MV40
8 Iain Shaw	Ferranti AAC	M50+	1:27:45			1:32:17	1:29:05	3	4:29:07	
9 Ivor Normand	HBT	M50+	1:29:42			1:30:15	1:30:54	3	4:30:51	
10 Angus Murray		M	1:30:12	1:32:50		1:31:29		3	4:34:31	
11 Christopher Graham		M	1:31:58	1:33:16			1:36:22	3	4:41:36	
12 Owen Davies	SRAC	M	1:30:32	1:37:48	1:33:28			3	4:41:48	Winning Team (SRAC)
13 Andrew Aitken	Strathearn Harriers	M	1:33:45	1:34:33	1:38:02	1:35:16	1:35:07	5	4:43:25	
14 Gerry Connelly	SRAC	M40+	1:33:34	1:34:09		1:38:25	1:46:20	4	4:46:08	
15 Gillian Carr	Corstorphine AAC	F35+	1:34:35			1:35:10	1:36:54	3	4:46:39	1st Female
16 Neil Galilee		M40+	1:36:20	1:36:25	1:35:16	1:36:29	1:37:33	5	4:48:01	
17 Calum Maclean	Skye & Lochalsh RC	M	1:36:08	1:38:20	1:39:10	1:39:59		4	4:53:38	
18 Louise Provan	HBT	F35+			1:43:13	1:45:25	1:41:59	3	5:10:37	2nd Female
19 Maureen Mackie	Nairn RR	F45+	1:42:16	1:45:04		1:46:25		3	5:13:45	3rd Female
20 Ewen MacDougall	Skye & Lochalsh RC	M40+		1:48:38	1:43:51	1:46:45	1:56:10	4	5:19:14	
21 Kenny Ralston		M			1:46:22	1:48:13	1:46:20	3	5:20:55	
22 Günter Fuchs	SRAC	M50+	1:48:55	1:46:45	1:47:07			3	5:22:47	
23 Scott Maciver		M	1:48:15	1:44:03			1:52:48	3	5:25:06	
24 Hamish MacDonald	Lynx Pack	M50+			1:48:30	1:52:44	1:47:11	3	5:28:25	
25 Amy MacDonald		F	1:50:32		1:49:06	1:54:20	1:50:31	4	5:30:09	
26 Paul Honey	Inveraray JogScotland	M50+	1:55:16	1:47:49	1:48:34	1:54:54	1:53:53	5	5:30:16	
27 Robert Sinclair	SRAC	M40+	1:46:32		1:51:51	1:54:31		3	5:32:54	
28 David Archibald	RAF Boulmer	M	1:49:34	1:49:51	1:53:39	1:56:15	1:53:53	5	5:33:04	
29 Chris Spears		M50+	1:52:39	1:49:46	1:51:54		1:53:05	4	5:34:19	
30 Bruce Walker	Troon Tortoises AC	M50+	1:52:40	1:51:56	1:54:01	1:56:59	1:59:44	5	5:38:37	
31 David Boag		M40+	1:51:08		1:50:50		1:56:45	3	5:38:43	
32 Raymond Balfour	RAF Boulmer	M40+	1:52:25	2:01:54	1:52:03	1:57:13	1:56:21	5	5:40:49	
33 Angus Ferguson		M50+	1:58:15	1:54:48	1:56:01	1:52:41	1:53:25	5	5:40:54	
34 Nicky Campbell		F45+			1:53:58	1:54:16	1:55:19	3	5:43:33	1st FV45
35 Carolyn Hare	SRAC	F35+	1:58:36	1:53:28	1:56:00	1:56:08	2:06:14	5	5:45:36	1st FV35
36 Andrew Fullwood	Glasgow South RR	M40+			2:00:25	1:52:12	1:54:36	3	5:47:13	
37 Andreas Glatz		M	1:55:29	1:57:40		1:57:25		3	5:50:34	
38 Adrienne Stewart	SRAC	F45+	1:59:31	1:55:33	1:58:05	1:59:01	1:58:55	5	5:52:33	
39 Jim Bruce	SRAC	M50+	1:57:04	1:56:10		2:01:22	2:03:44	4	5:54:36	
40 Neil Nicholson		M40+	2:01:58	1:58:28	1:59:13	1:58:22	2:03:29	5	5:56:03	
41 Dechen Coleman	Benbecula Ladies	F35+	2:02:00	1:56:49	2:03:43	1:59:06	2:00:33	5	5:56:28	
42 Kym Bridle	SRAC	F45+	2:00:03	1:57:30		2:01:47	2:01:54	4	5:59:20	
43 Margaret Rose MacPhee	Lochaber AC	F45+	2:00:05	2:00:57	2:03:09	1:59:12	2:06:03	5	6:00:14	
44 Amy Cunningham	SRAC	F	1:55:50			1:57:27	2:13:57	3	6:07:14	
45 Peter MacInnes	SRAC	M	2:36:55	2:06:23	1:56:55	2:07:36		4	6:10:54	
46 Louise Henderson	SRAC	F35+	2:05:24	2:03:49		2:05:17		3	6:14:30	
47 Susi Crawford		F35+	2:08:20	2:02:59	2:07:08	2:11:22	2:11:35	5	6:18:27	
48 Sarah Jane MacLeod		F	2:05:49	2:05:01	2:07:43	2:19:01	2:19:37	5	6:18:33	
49 Margaret Sinclair		F45+			2:07:13	2:07:20	2:10:18	3	6:24:51	
50 Douglas Strachan	Skye & Lochalsh RC	M50+	2:10:57	2:10:44	2:08:43	2:07:52	2:11:17	5	6:27:19	
51 Tom Hassan		M50+	2:09:51		2:05:48		2:13:29	3	6:29:08	
52 Ronald John Maclean		M50+	2:17:11	2:10:22			2:19:41	3	6:47:14	
53 Anne Marie Breslin		F35+			2:14:53	2:15:59	2:18:02	3	6:48:54	
54 Susan Poole		F	2:16:05	2:21:28	2:23:28	2:13:32	2:25:56	5	6:51:05	
55 Jacqui MacGillivray		F35+	2:17:49		2:13:21	2:22:09	2:23:58	4	6:53:19	
56 Seonaid MacLeod		F45+			2:15:20	2:21:42	2:18:02	3	6:55:04	
57 Sandra Hervo		F45+		2:18:36		2:19:52	2:20:08	3	6:58:36	
58 Sheila Hassan		F45+	2:24:11		2:17:14		2:25:13	3	7:06:38	
59 John Berry		M50+			2:27:14	2:27:17	2:27:38	3	7:22:09	
60 Catriona Hoare	Nairn RR	F35+	2:34:08	2:55:07		3:05:59	2:35:33	4	8:04:48	
61 Robin Thomas	HBT	M50+	4:27:19			2:16:55	2:09:20	3	8:53:34	
62 Angus Nicholson		M50+		3:07:50	3:08:35	3:06:28		3	9:22:53	
63 George Laing	Doncaster AC	M50+		DNF	1:44:40		1:39:06	3	0:00:00	