

HEB 3 RESULTS - 2011

	Name	Club	Category	Stornoway	Benbecula	Skye 13.1	Barra	Harris	Heb3
1	Keith Hood	Corstorphine AAC	M	01:12:24		01:12:14	01:18:16	01:14:44	03:39:22
2	Greig Glendinning	Bellahouston Road Runners	MV40	01:17:08	01:16:21		01:19:33	01:18:18	03:51:47
3	Andy McMahon	SRAC	MV40	01:24:25	01:23:34		01:29:36	01:25:02	04:13:01
4	Colin Crabbie	HBT	MV40	01:22:31		01:25:25	01:25:57		04:13:53
5	Bert Van Tuijl	Lynx Pack	MV50			01:26:05	01:27:55	01:25:13	04:19:13
6	Ivor Normand	HBT	MV40	01:26:41		01:28:00		01:25:34	04:20:15
7	Nea MacInnes	None	M	01:27:57	01:25:49		01:29:59	01:29:05	04:22:51
8	Dean Carr	Corstorphine AAC	M	01:27:43		01:29:20	01:28:37	01:27:31	04:23:51
9	Colin Feechan	Ron Hill Cambuslang	MV50	01:25:44	01:27:19		01:33:24		04:26:27
10	Alastair Lockett	SRAC	MV40	01:28:31		01:30:52		01:29:55	04:29:18
11	Iain Shaw	Ferranti AAC	MV40		01:28:56		01:31:47	01:28:39	04:29:22
12	Gillian Carr	Corstorphine AAC	FV35	01:29:56		01:31:12	01:31:36	01:30:58	04:32:06
13	John Mackaskill	None	MV40	01:32:39		01:31:15		01:29:04	04:32:58
14	Graeme Jervis	HBT / Mainland Mules	MV40	01:32:50	01:30:02	01:37:46		01:33:47	04:36:39
15	Cedric Charrier	None	M	01:30:20		01:31:47		01:34:39	04:36:46
16	Alan Inglis	SRAC	MV40			01:32:21	01:33:09	01:31:33	04:37:03
17	Sandy Grigor	Cairngorm Runners	MV50	01:35:43	01:32:27	01:33:40			04:41:50
18	Craig Munro	Muir of Ord jog Scotland	MV40	01:33:07		01:35:25		01:36:07	04:44:39

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19	Michelle Heatherington	Helensburgh AC	FV45	01:34:15			01:37:41	01:35:05	04:47:01
20	Alastair Macdonald	None	M		01:35:00	01:37:19		01:37:10	04:49:29
21	Simon Axon	HBT	MV50			01:35:53	01:40:55	01:35:44	04:52:32
22	Karen Lyons	Highland hill runners	FV35	01:38:12	01:36:11		01:38:48		04:53:11
23	Shona Morrison	North Uist AAC	FV45	01:38:25	01:36:34			01:39:35	04:54:34
24	Louise Provan	HBT	F			01:39:25	01:37:12	01:39:44	04:56:21
25	John Macpherson	Metro Aberdeen RC	MV60	01:37:16		01:39:06	01:42:00		04:58:22
26	Janet Smith	None	FV45	01:44:32	01:40:56	01:39:43		01:39:48	05:00:27
27	John Murray	None	M		01:38:35	01:39:57	01:42:58		05:01:30
28	Hugh Mcpherson	Tinto Hill Runners	MV60	01:40:35		01:41:17		01:41:47	05:03:39
29	Chris Spears	North Uist AAC	MV60	01:42:49		01:42:37	01:43:10	01:40:47	05:06:13
30	Sheenagh MacLulich	None	F			01:54:45	01:38:15	01:34:57	05:07:57
31	John Macgregor	Moray Road Runners	MV60	01:41:42	01:40:30	01:46:22			05:08:34
32	Douglas Band	None	MV40	01:37:54	01:40:24	01:50:33			05:08:51
33	Hamish Macdonald	Aberdeen AAC/ Mainland Mules	MV50	01:44:47	01:40:13	01:45:18	01:47:38	01:45:40	05:10:18
34	John Sandbach	Bellahouston Road Runners	MV40			01:46:52	01:43:15	01:42:34	05:12:41
35	Murdo Macrae	None	MV40	01:46:59	01:42:53	01:47:44		01:45:56	05:15:48
36	Bruce K Walker	Troon Tortoises	MV60	01:44:29	01:47:00	01:46:37	01:50:09	01:48:45	05:18:06

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37	John Macinnes	Airport Fire Service	MV50	01:42:37	01:47:53			01:48:17	05:18:47
38	Janet Fellowes	Helensburgh AC	FV55	01:48:08			01:48:22	01:44:09	05:20:39
39	Jim Bruce	SRAC	MV60	01:52:26	01:44:22	01:46:16			05:23:04
40	Ali McNeillage	HBT	FV35	01:46:14		01:47:05	01:50:50		05:24:09
41	Chris Macinnes	None	MV40	01:48:44		01:49:33		01:49:55	05:28:12
42	Kevin Stevenson	Gala Harriers	MV40	01:47:51		01:51:27	01:53:19		05:32:37
43	John Macleod	None	MV40	01:58:23			01:58:15	01:36:04	05:32:42
44	Adrienne Stewart	SRAC	FV45	01:52:45	01:52:24	01:53:19		02:02:37	05:38:28
45	Sandra Houldsworth	Bellahouston Road Runners	F			01:53:19	01:53:33	01:54:29	05:41:21
46	Iain Walters	None	MV40	01:55:23		01:58:28		01:56:37	05:50:28
47	Cath Bodrell	None	FV45	01:57:51	01:56:37	02:02:29	02:01:21	01:57:00	05:51:28
48	Douglas Strachan	Skye and Lochalsh AC	MV50	02:05:51	01:58:50	01:58:21	02:00:27	02:02:50	05:57:38
49	Rob Clarke	None	MV40			01:57:00	02:02:02	02:01:41	06:00:43
50	Ian (Spike) Mackintosh	SRAC	MV40	01:51:10	01:58:50			02:19:52	06:09:52
51	Carolyn Hare	None	FV35		02:01:32	02:07:25		02:07:43	06:16:40
52	Hannah Smith	None	F	02:20:40	02:32:48	02:33:28	02:01:21	01:57:00	06:19:01
53	Ronald John Maclean	None	MV40		02:01:04		02:04:22	02:16:32	06:21:58
54	Donald Macleod	None	M	02:13:43		02:08:12		02:10:13	06:32:08

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55	Andy O Grady	Skye & Lochalsh AC	MV50	02:15:56	02:07:43	02:15:34	02:14:23	02:17:10	06:37:40
56	Catriona Logan	None	FV55	02:17:59		02:15:14	02:17:19	02:13:13	06:45:46
57	Steve Morris	None	MV40	02:10:09		02:22:10		02:13:49	06:46:08
58	Donald Macaulay	Diabetes UK	M		02:12:12		02:19:01	02:16:13	06:47:26
59	Morag Reid	None	FV35	02:17:59	02:15:27	02:17:29		02:29:35	06:50:55
60	Calum Macleod	Airport Fire Service	MV40	02:09:31		02:21:58		02:19:35	06:51:04
61	Maurice Beaton	Airport Fire Service	M	02:06:49		02:23:59		02:22:39	06:53:27
62	Fiona Middleton	None	FV45		02:17:59	02:20:39	02:19:55		06:58:33
63	Sandra Steele	None	F		02:29:53	02:26:54	02:19:00		07:15:47
64	Angus Nicholson	Scottish Vets	MV60	02:39:32	02:34:53	02:30:43	02:31:42	02:41:38	07:37:18
65	Claire Bagley	None	F		02:55:13		03:37:55	03:16:17	09:49:25
66	Sharon Downie	Diabetes UK	F		02:55:44		03:37:55	03:16:17	09:49:56