

HEB 3 RESULTS - 2012

	Name	Club	Category	Stornoway	Benbecula	Skye 13.1	Barra	Harris	Heb3	Heb3
1	Greig	Bellahouston Road	M40		01:17:17	01:19:22		01:22:43	03:59:22	Winner and first male
2	Nea MacInnes	Bellahouston Road	M		01:20:38	01:21:28	01:22:04	01:26:48	04:04:10	
3	Alastair Smith		M50	01:30:26	01:27:23	01:28:30		01:31:36	04:26:19	
4	Iain Shaw	Ferranti AAC	M40	01:26:41	01:27:40			01:39:45	04:34:06	
5	Andy McMahon	SRAC	M40		01:29:50	01:30:25		01:33:57	04:34:12	
6	Alastair	NUAAC	M		01:27:02	01:32:47		01:35:35	04:35:24	
7	Alan Inglis	SRAC	M40			01:34:17	01:33:17	01:33:45	04:41:19	
8	Will Brownlie		M	01:35:38	01:32:39			01:37:02	04:45:19	
9	David Chisholm		M40	01:35:44	01:32:45			01:40:13	04:48:42	
10	Craig Munro	Muir of Ord Jog	M40	01:35:15		01:35:12		01:38:43	04:49:10	
11	Ricky Fraser	Portobello Running	M40	01:36:50			01:35:40	01:38:41	04:51:11	
12	Kathy Henly	Portobello Running	F35	01:36:56			01:36:04	01:38:40	04:51:40	First lady
13	Graeme Jervis	HBT	M40	01:36:15	01:38:41	01:44:28		01:37:48	04:52:44	
14	Robin	Mainland Mules	M50		01:36:56	01:39:00		01:40:11	04:56:07	
15	John	Metro Aberdeen	M60		01:40:09	01:41:03	01:43:14	01:46:37	05:04:26	
16	John Sandbach	Bellahouston Road	M40		01:38:23	01:49:41	01:39:16		05:07:20	
17	Paul Hadley	Wrekin Road Runners	M40	01:47:43	01:40:13	01:42:47			05:10:43	
18	Jenny Gane	Uist ladies select	F		01:38:19	01:43:59		01:48:48	05:11:06	
19	Richard Spencer	Shelton Striders	M40		01:40:01		01:45:26	01:47:41	05:13:08	
20	Colin Tucker	SRAC	M60	01:48:08	01:44:56	01:45:51		01:55:07	05:18:55	
21	Simon Axon	HBT	M50			01:52:18	01:43:23	01:43:33	05:19:14	
22	Maureen Mackie	Nairn Road Runners	F45	01:47:46	01:43:55	01:48:20	01:47:40	01:55:53	05:19:21	
23	Hamish	Aberdeen AC	M50			01:46:01	01:45:57	01:51:01	05:22:59	
24	Charlie Stewart	Westside Runners	M40	01:50:12	01:41:15			01:55:25	05:26:52	
25	Chris Spears	NUAAC	M60	01:50:32		01:49:17	01:47:57	01:55:25	05:27:46	
26	Louise Provan	HBT	F35			01:47:45	01:53:36	01:49:08	05:30:29	
27	Paul Crocker		M50			01:57:50	01:56:29	02:02:30	05:56:49	
28	Chris		M50		01:52:54	02:02:26		02:02:32	05:57:52	
29	Ronald John		M40	02:09:06	01:57:18	02:03:11	01:58:55	02:03:05	05:59:18	
30	Ian Walters	North Highland	M40	02:03:50		02:02:05	01:57:37	02:00:39	06:00:21	
31	Eric Dodd	Mainland Mules	M40	02:15:05	01:56:36		02:03:20	02:00:31	06:00:27	
32	Douglas	Skye & Lochalsh RC	M50	02:06:14	01:58:56	02:03:29	01:58:30	02:11:13	06:00:55	
33	Spike McIntosh	SRAC	M40	02:02:29			01:59:52	02:00:48	06:03:09	
34	Lachie MacIsaac	NUAAC	M			02:13:34	01:55:06	01:55:23	06:04:03	
35	Bruce Walker	Troon Tortoises	M60		02:07:12	02:32:17	01:55:37	02:02:01	06:04:50	

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36	Bill Logan		M50	02:18:52		02:07:23	02:04:05	01:55:34	06:07:02	
37	Adele Page	Vatersay Raiders	F35		01:59:12		02:03:48	02:12:12	06:15:12	
38	Maureen	Lucky 2 Be Here	F35	02:07:39		02:04:08		02:04:23	06:16:10	
39	John Curren		M60	02:05:29		02:06:47		02:05:10	06:17:26	
40	Beth Rose		F	02:04:01		02:03:19		02:12:12	06:19:32	
41	Caroline		F35	02:11:53	02:05:54			02:13:45	06:31:32	
42	Fiona Middleton		F45		02:11:42	02:15:58	02:16:52		06:44:32	
43	Lynne Chapman	Shelton Striders	F45		02:14:22		02:16:04	02:20:15	06:50:41	
44	Morag Reid		F45		02:13:21	02:15:38		02:25:30	06:54:29	
45	Catriona Logan		F55	02:26:16	02:14:42	02:22:16	02:18:17	02:25:30	06:55:15	
46	Kym Bridle	Nairn Road Runners	F45	02:16:04		02:26:26	02:13:28		06:55:58	
47	Allan Macleod		M	02:28:59		02:23:36		02:23:24	07:15:59	
48	Zoe Newsam		F		02:23:44	02:36:02		02:33:34	07:33:20	
49	Davie Hearn	SRAC	M70		02:23:11	02:41:36	02:30:05		07:34:52	
50	Sarah Macleod		F	02:37:43		02:33:29		02:36:17	07:47:29	
51	Angus Nicholson		M60	02:38:09		02:51:20	02:43:59		08:13:28	