

HEB 3 2015 - RESULTS

	First Name	Surname	Club	Category	Stornoway	Benbecula	Skye	Barra	Harris	H3#	Heb 3	
1	Johnny	Lawson	Portobello	M40+	01:17:55	01:18:54		01:17:37	01:21:54	4	03:54:26	Overall Male Winner
2	Greig	Glendinning	Bellahouston Road Runners	M40+		01:21:00		01:23:09	01:26:23	3	04:10:32	2nd Male
3	John	McManus	Garscube Harriers	M			01:24:51	01:24:02	01:24:20	3	04:13:13	3rd Male
4	Nea	Macinnes	Bellahouston Road Runners	M40+		01:24:54	01:23:45	01:25:25	01:28:01	4	04:14:04	1st MV40
5	Andy	Mcmahon	SRAC	M40+	01:27:46	01:27:54		01:30:01		3	04:25:41	
6	Jon	Rathjen	HBT	M40+			01:26:29	01:29:43	01:30:02	3	04:26:14	Winning Team (HBT)
7	Ivor	Normand	HBT	M50+	01:28:34	01:27:28			01:30:26	3	04:26:28	1st MV50 & Winning Team (HBT)
8	Ellis	Mckechnie	HBT	F35+	01:30:40			01:30:59	01:35:40	3	04:37:19	Overall Female Winner & Winning Team (HBT)
9	Yana	Thandrayen	Portobello	F35+	01:31:59	01:33:27		01:32:47	01:36:41	4	04:38:13	2nd Female
10	Norman	Ferguson	SRAC	M		01:37:22	01:29:43	01:34:10	01:34:30	4	04:38:23	
11	Bert	Van Tuijl	Lynx Pack	M50+			01:31:34	01:33:07	01:35:56	3	04:40:37	
12	David	Calder	Westerlands Cross Country Club	M50+	01:33:19			01:34:44	01:34:25	3	04:42:28	
13	Alasdair	Smith		M50+	01:30:15	01:33:11	01:41:32			3	04:44:58	
14	Robin	Livingstone	HBT	M50+	01:36:00	01:37:00	01:35:07		02:16:57	4	04:48:07	
15	Allan	Macdonald		M	01:30:27			01:40:46	01:40:06	3	04:51:19	
16	Owen	Davies		M	01:34:30	01:35:29			01:44:12	3	04:54:11	
17	Ewen	Macdougall	Skye & Lochalsh Running & AC	M40+		01:41:15	01:35:10		01:40:22	3	04:56:47	
18	Alan	Proudfoot	Haddington Running Club	M50+	01:36:39		01:36:42		01:44:23	3	04:57:44	
19	Louise	Provan	HBT	F35+			01:38:25	01:39:12	01:43:08	3	05:00:45	3rd Female
20	David	Christie		M	01:44:40	01:37:34			01:38:58	3	05:01:12	
21	Mairead	Kelly	HBT	F			01:38:03	01:44:12	01:39:01	3	05:01:16	
22	Andrew	McKechanie	HBT	M	01:39:09			01:40:14	01:42:32	3	05:01:55	
23	Gerard	Connelly	SRAC	M40+		01:41:35	01:40:58	01:43:06		3	05:05:39	
24	Simon	Axon	HBT	M50+			01:36:29	01:48:33	01:43:34	3	05:08:36	
25	Scott	Dunn		M40+	01:45:40		01:41:51		01:44:52	3	05:12:23	
26	Andrew	Robson		M50+	01:45:57		01:41:19		01:47:15	3	05:14:31	
27	Allan	Morrison	Westside Runners	M40+		01:46:59	01:44:29	01:43:41		3	05:15:09	
28	Hamish	Macdonald	Aberdeen AAC	M50+	01:45:47	01:48:24	01:44:49	01:45:53	01:56:15	5	05:16:29	
29	Emma	Robson		F	01:44:24		01:46:44		01:47:29	3	05:18:37	
30	Lorraine	Morrison	Westside Runners	F35+	01:52:28	01:48:30	01:50:13	01:49:55	01:50:10	5	05:28:35	1st FV35
31	Hamish	Budge	SRAC	M40+	01:48:21	01:46:57			01:54:21	3	05:29:39	
32	David	Archibald		M	01:55:51	01:45:26			01:50:46	3	05:32:03	
33	Michael	Beveridge		M40+	01:52:29	01:51:50	01:52:47	01:50:46	02:00:51	5	05:35:05	
34	Chris	Spears	North Uist AAC	M50+	01:54:15	01:50:55		01:54:03		3	05:39:13	
35	Tim	Harper	Goole Viking Striders	M50+	01:48:57			01:55:40	02:02:04	3	05:46:41	
36	Bruce	Walker	Troon Tortoises AC	M50+	02:01:38	01:57:52	01:54:56		02:03:03	4	05:54:26	
37	Adrienne	Stewart	SRAC	F45+	02:05:00	02:06:14	01:57:32	01:57:57	02:00:19	5	05:55:48	1st FV45
38	Ruth	Morgan		F			01:56:32	01:59:28	02:01:18	3	05:57:18	
39	Alison	Macleod	SRAC	F35+	02:00:15			02:00:15	01:58:12	3	05:58:42	
40	Amy	Cunningham	SRAC	F	02:00:46			02:00:15	01:58:11	3	05:59:12	
41	Dechen	Coleman	Benbecula Ladies	F35+	02:01:07	01:57:40	02:04:22	02:02:28	02:00:55	5	05:59:42	
42	Karen	Harper	Goole Viking Striders	F45+	01:58:19			02:00:26	02:01:27	3	06:00:12	
43	Hilary	Heggie	SRAC	F35+	02:03:29	01:57:48			01:59:49	3	06:01:06	
44	Peter	Ritchie	Perth Road Runners	M50+	02:00:08		01:59:50		02:03:56	3	06:03:54	
45	Lachie	MacLellan		M40+		01:57:38	02:00:29	02:05:59		3	06:04:06	
46	Karen	Willocks	SRAC	F	02:01:23	01:56:40			02:06:38	3	06:04:41	

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47	Louise	Henderson	SRAC	F35+	02:03:09	02:00:22	02:02:57	02:08:38	02:07:51	5	06:06:28	
48	John	Curren	Skye & Lochalsh Running & AC	M50+	02:03:54	01:59:31	02:04:48	02:06:19	02:08:43	5	06:08:13	
49	Barbara	Chandler	Jog Scotland Muir of Ord	F45+		02:00:20	01:58:50	02:09:24		3	06:08:34	
50	Gillian	Calder		F		01:53:44	02:00:43		02:15:31	3	06:09:58	
51	Jennifer	Munro		F		01:53:44	02:00:43		02:15:31	3	06:09:58	
52	Susan	Poole		F	02:03:30	01:58:14			02:13:26	3	06:15:10	
53	Alison	Robertson	Kinross Road Runners	F45+	02:01:54		02:04:08		02:11:28	3	06:17:30	
54	Douglas	Strachan	Skye & Lochalsh Running & AC	M50+	02:12:22	02:07:07	02:05:57	02:08:12	02:10:54	5	06:21:16	
55	Neil	Nicholson		M40+		02:06:08	02:07:46		02:08:17	3	06:22:11	
56	Carolyn	Hare	Cosmic Hillbashers AAC	F35+		02:06:18	02:04:57	02:11:08		3	06:22:23	
57	Angela	Monk	Benbecula Ladies	F35+	02:09:14	02:05:37	02:08:58	02:12:43	02:21:59	5	06:23:49	
58	Alison	Hanlon		F35+			02:11:47	02:09:22	02:04:57	3	06:26:06	
59	Margaret	Macleod		F35+	02:15:29			02:06:27	02:04:44	3	06:26:40	
60	Lorna	Thomson		F	02:08:18	02:08:29			02:12:42	3	06:29:29	
61	Sarah Jane	Macleod	Benbecula Ladies	F	02:02:22	TNR	02:08:57		02:20:21	4	06:31:40	
62	Ronald John	Maclean	North Uist AAC	M40+		02:17:22		02:08:38	02:08:18	3	06:34:18	
63	Georgina	Ward	Stonehaven Running Club	F35+			02:19:01	02:08:00	02:12:39	3	06:39:40	
64	Trish	Gorely		F45+			02:13:27	02:17:02	02:13:53	3	06:44:22	
65	Jacqui	Macgillivray	Benbecula Ladies	F35+	02:13:44	02:20:22	02:11:51	02:18:55		4	06:44:30	
66	Jim	Bruce	SRAC	M50+	02:17:16			02:15:19	02:12:17	3	06:44:52	
67	Cath	Livingstone	HBT	F45+	02:18:41		02:10:33		02:16:56	3	06:46:10	
68	Margaret	Douglas		F45+	02:15:29			02:21:10	02:10:21	3	06:47:00	
69	Eilidh	McCaig		F45+			02:20:43	02:16:58	02:22:44	3	07:00:25	
70	Catriona	Hoare	Nairn Road Runners	F35+	02:22:01	02:22:37	02:21:08		02:25:52	4	07:05:46	
71	Peter	Macinnes	SRAC	M	02:21:26	02:27:18	02:22:05	02:41:08		4	07:10:49	
72	Debbie	Hall		F	02:11:38		02:29:17		02:32:04	3	07:12:59	
73	Fiona	Macdonald	Benbecula Ladies	F35+	02:41:08	02:38:36	02:33:30	02:40:26	02:43:59	5	07:52:32	
74	Spike	McIntosh	SRAC	M40+	02:45:00	02:27:18		02:41:09	02:45:34	4	07:53:27	
75	Angus	Nicholson		M50+		TNR	03:20:07	03:23:37		3	00:00:00	