

### Heb 3 2023 Results

Forename	Surname		Cat	Club	Stornoway	Skye	Harris	Heb 3	
Donald	Macaskill		M40+	Stornoway Running & Athletics Club	01:24:42	01:29:33	01:26:10	04:20:25	1st Male
Colin	Hughes		M50+	Bellahouston Road Runners	01:24:53	01:27:30	01:31:33	04:23:56	2nd Male
Sarah	Attwood		F40+	Skye and lochalsh	01:24:46	01:33:19	01:34:37	04:32:42	1st Female
Paul	Parker		M50+	Skye & Lochalsh Running Club	01:26:55	01:39:46	01:38:12	04:44:53	3rd Male
David	Macdonald		M50+	Stornoway Running & Athletics Club	01:27:32	01:39:49	01:45:42	04:53:03	1st Male V50
Jordan	Bull		M		01:33:05	01:46:43	01:46:54	05:06:42	
Gemma	Ferguson		F	North Uist AAC	01:48:03	01:58:49	01:55:40	05:42:32	2nd Female
Shannon	MacLeod		F		01:43:17	01:59:20	02:09:36	05:52:13	3rd Female
Bert	van Tuijl		M60+	Lynx Pack	01:53:58	02:10:10	01:59:46	06:03:54	1st Male V60
Fiona	Milne		F40+		01:58:19	02:12:03	02:02:44	06:13:06	1st Female V40
Gavin	MacBeath		M		01:51:32	02:09:17	02:19:43	06:20:32	
Tim	Warner		M60+	Moorfoot Runners	02:00:11	02:13:02	02:09:02	06:22:15	
Lachie	Maclellan		M50+		02:02:04	02:17:01	02:09:38	06:28:43	
Georgia	MacIennan		F		02:09:57	02:28:53	02:19:59	06:58:49	
Margaret	Jones		F60+	Nairn Road Runners	02:05:50	02:33:29	02:25:56	07:05:15	1st Female V60
Neil	Barker		M60+	Isle Jog	02:47:00	03:41:41	03:19:39	09:48:20	