

RESULTS SHEET

Posn	Race No	Name	Club	Cat	Time
1	104	Graham Bee	Inverness Harriers	M	32.30
2	180	Gordon Lennox	Forres Harriers	M	32.57
3	185	Dean Cunningham	Inverness Harriers	M	33.00
4	121	Donnie MacDonald	Inverness Harriers	M	33.55
5	153	Kenny Wilson	Moray Road Runners	M	34.22
6	323	Paul Miller	Inverness Harriers	M40	34.49
7	348	Alan Reid	Peterhead	M40	34.54
8	164	Andrew Blackhall	Fraserburgh RC	M	35.52
9	166	Steven Hamilton	Forres Harriers	M	36.13
10	189	Steve Reeve	Moray Road Runners	M40	36.20
11	173	Stan Mackenzie	Forres Harriers	M50	36.34
12	158	Ross Nixon	Inverness Harriers	M40	36.35
13	145	Stephen Carmichael	Moray Road Runners	M40	36.44
14	113	Ray Creswell	Aberdeen AAC	M50	36.46
15	117	Colin Green	Moray Road Runners	M40	36.54
16	341	Austin Caulfield	Army	M	36.55
17	152	Michael Geoghegan	Fraserburgh RC	M	36.59
18	132	Taylor Paul	Moray Road Runners	M	37.02
19	179	Alasdair Campbell	Moray Road Runners	M40	37.08
20	324	John Goodall	Keith and District AAC	M50	37.09
21	167	Tim Cooke	Inverness Harriers	M40	37.10
22	198	Kevin Ewing	Keith and District AAC	M40	37.11
23	69	Jenny Bannerman	Inverness Harriers	F	38.08
24	193	Richard Vail	Unattached	M	38.24
25	144	Andrew Morgan	Forres Harriers	M	39.13
26	168	Ed Dunbar	Moray Road Runners	M	39.13
27	184	Robert Paterson	Forres Harriers	M	39.14
28	112	Douglas Cowie	Forres Harriers	M60	39.15
29	165	Ally Mathers	Fraserburgh RC	M40	39.41
30	330	Frankie Barron	Keith and District AAC	M40	39.52
31	178	Gary Grant	Unattached	M40	39.59
32	114	Calum Crighton	Unattached	M	40.18
33	335	Stephen Fraser	Nairn Road Runners	M40	40.44
34	181	Richard Roberts	Highland Hill Runners	M50	40.54
35	340	Ross Montgomery	Unattached	M	40.55
36	163	Simon Garland	Unattached	M40	40.58
37	56	Catriona Fraser	Inverness Harriers	F	40.59
38	325	Lindsay Grant	Forres Harriers	M50	41.20
39	183	Alan Johnstone	Forres Harriers	M40	41.24
40	101	Ray Aiken	Keith & District AAC	M60	41.26
41	109	Darrin Cameron	Unattached	M	41.38
42	199	Keith Webster	Keith and District AAC	M50	41.48
43	171	Phil Dawson	Garioch Road Runners	M50	41.55
44	162	Lachlan Cowie	Jogscotland Inverness	M	41.57

45	336	Danny Bow	Nairn Road Runners	M60	42.02
46	347	Hamish Cameron	Forres Harriers	M60	42.02
47	63	Roma Shepherd	Inverness Harriers	F	42.06
48	40	Hilary Cameron	Forres Harriers	F40	42.16
49	151	Colin Youngson	Forres Harriers	M60	42.19
50	155	David Raeburn	Unattached	M40	42.23
51	143	Nigel Williams	Moray Road Runners	M40	42.24
52	169	Scott Russell	Ayrodynamics Tri Club	M40	42.33
53	103	Tim Baxter	Forres Harriers	M40	42.41
54	116	Nigel Grant	Muir of Ord Jogscotland	M40	42.48
55	105	Alistair James Blain	Unattached	M40	42.51
56	154	Richard Thorne	Unattached	M	43.11
57	345	Ben Fiddes	Inverness Jogscotland	M	43.13
58	125	Dave Mathers	Keith and District AAC	M50	43.19
59	177	Bruce Taylor	Garioch Road Runners	M40	43.22
60	3	Frances Britain	Forres Harriers	F40	43.24
61	18	Jackie Mair	Inverness Harriers	F40	43.28
62	187	Philip Lawson	Rosemount Jogscotland	M40	43.29
63	137	Iain Thorburn	Unattached	M50	43.37
64	136	Steven Symon	Galsuoy	M	43.50
65	133	Gordon Paul	Galsuoy	M	43.52
66	190	Garry Henderson	Unattached	M50	43.53
67	191	Ewan Huc	Muir of Ord Jogscotland	M40	43.54
68	29	Laura Poole	Unattached	F	43.59
69	120	Douglas Paul	Galsuoy	M	44.09
70	126	John McCook	Unattached	M	44.37
71	149	Stephen Thomas	Forres Harriers	M40	44.40
72	51	Nicola Redgewell	Garioch Road Runners	F40	44.52
73	48	Paula Wilson	Kilmarnoch Harriers	F40	45.02
74	128	Gordon Munro	Unattached	M50	45.12
75	157	Neil Buchan	Keith Jogscotland	M	45.22
76	36	Marie Third	Keith & District AAC	F	45.28
77	188	Neil McWilliam	Elgin Jogscotland	M40	45.28
78	123	William Macrae	Highland Hill Runners	M60	45.29
79	8	Jenny Dickie	Forres Harriers	F	45.36
80	194	Gordon Main	Nairn Road Runners	M50	45.37
81	118	Paul Hughes	Forres Harriers	M40	45.38
82	28	Karen Norvell	Moray Road Runners	F40	45.41
83	161	Jamie Stewart	Jogscotland	M	46.00
84	15	Helen Low	Moray Road Runners	F40	46.01
85	27	Jackie Nicol	Forres Harriers	F50	46.13
86	343	Stuart Ross	Nairn Athletics Club	M	46.25
87	344	Ricky Allan	Nairn Road Runners	M40	46.28
88	337	George Sneddon	Inverness Jogscotland	M40	46.29
89	108	Murray Bryce	Cosmic Hillbashers AAC	M60	46.33
90	71	Sarah Houston	Moray Road Runners	F50	46.45
91	176	Ross Perry	Muir of Ord Jogscotland	M	47.00
92	102	Martin Bain	Dufftown JogScotland	M	47.04

93	110	Craig Christie	Unattached	M40	47.05
94	174	John Dean	Unattached	M50	47.19
95	64	Ros Wright	Forres Harriers	F50	47.21
96	127	Stephen McDonald	Unattached	M	47.24
97	2	Elizabeth Barr	Forres Harriers	F40	47.25
98	45	Amanda Buchan	Keith & District AAC	F	47.29
99	329	David Nicoll	Nairn Road Runners	M40	47.39
100	150	John Holloway	Forres Harriers	M50	47.48
101	160	Ian Cran	Garioch Road Runners	M50	47.50
102	147	Michael Milmoe	Forres Harriers	M60	47.56
103	124	Rory MacRae	Unattached	M	48.05
104	197	Colin Ross	Unattached	M50	48.07
105	115	Mike Gage	Muir of Ord Jogscotland	M60	48.07
106	4	Sally Bruce	Moray Road Runners	F40	48.22
107	39	Elizabeth Watson	Forres Harriers	F50	48.32
108	141	James Watson	Forres Harriers	M50	48.36
109	172	Innes Dickinson	Unattached	M40	48.47
110	41	Clare Nicholas	Forres Harriers	F40	48.49
111	60	Jenny Saunders	Nairn Road Runners	F	49.02
112	19	Lynn Masson	Forres Jog Scotland	F	49.12
113	332	Peter Ralph	Nairn Road Runners	M40	49.15
114	107	Robert Bruce	Moray Road Runners	M40	49.20
115	148	Norman Cameron	Unattached	M50	49.24
116	182	John Vincent	Unattached	M40	49.27
117	326	Mel Foley	Unattached	M40	49.35
118	142	Ron Wild	Keith & District AAC	M50	49.41
119	342	Donald Ross	Nairn Road Runners	M60	50.06
120	195	Tom Tregellas	Unattached	M	50.35
121	131	Toks Osunrinade	Unattached	M40	50.41
122	55	Lynda Anderson	Unattached	F40	50.48
123	65	Sara Huc	Muir of Ord Jogscotland	F40	50.51
124	42	Frances Russell	Forres Harriers	F50	50.56
125	17	Amy Macrae	Unattached	F	51.05
126	77	Sandra McCrudden	Unattached	F40	51.08
127	24	Lucy Moseley	Unattached	F	51.09
128	146	Michael Duncan	Unattached	M40	51.10
129	70	Donna Bannerman	Unattached	F	51.11
130	67	Isabel Maclennan	Muir of Ord Jogscotland	F60	51.13
131	23	Amanda Morrison	Unattached	F40	51.15
132	119	David Ingleby	Moray Road Runners	M60	51.15
133	106	Christopher Brown	Unattached	M	51.17
134	31	Claire Smith	Moray Road Runners	F	51.18
135	196	Ian Cargill	Unattached	M40	51.24
136	338	Jim Nicholas	Unattached	M50	51.27
137	35	Amanda Strang	Moray Road Runners	F40	51.33
138	10	Anne Docherty	Forres Harriers	F60	51.36
139	175	Nicholas Rock	Unattached	M	51.45

140	76	Sharon Royan	Elgin jogscotland	F40	51.49
141	47	Lee Ross	Inverness Harriers	F50	51.56
142	46	Gillian Watt	Garioch Road Runners	F50	52.13
143	33	Shona Spencer	Forres Harriers	F40	52.16
144	322	Jason Duncan	Unattached	M	52.46
145	22	Angela Mitchell	Unattached	F40	52.56
146	334	Greg Robertson	Unattached	M	53.01
147	74	Nadine Williams	Forres Harriers	F40	53.12
148	30	Elaine Schiavone	Forres Harriers	F50	53.12
149	52	Lauren Inglis	Unattached	F	53.14
150	57	Anni Johnstone	Forres Harriers	F50	53.22
151	58	Milly Johnstone	Forres Harriers	F	53.22
152	156	Jim Graham	Nairn Road Runners	M60	54.20
153	346	Ross Fraser	Unattached	M	54.37
154	62	Suzanne Gray	Keith Jogscotland	F	54.48
155	9	Kirstine Dinnes	Forres Jog Scotland	F40	54.53
156	186	Paul Simpson	Unattached	M	55.09
157	66	Donna McLean	Unattached	F40	55.15
158	6	Louise Carson	Unattached	F	55.49
159	327	Eric Foley	Elgin Jogscotland	M50	55.55
160	26	Nicky Nash	Jog Scotland	F40	55.59
161	339	Keith Brian	Unattached	M40	56.06
162	44	Cliona Steel	Unattached	F	56.25
163	16	Marion MacLennan	Nairn Road Runners	F40	56.45
164	75	Martina Bubenkova	Unattached	F	57.01
165	61	Loretta Gray	Keith & District AAC	F40	57.48
166	59	Mairi Nicholson	Unattached	F40	58.29
167	200	Fraser Christie	Unattached	M	58.39
168	68	Mairi Main	Unattached	F	59.13
169	1	Stephanie Adlinton	Inverness Leisure Jog Sc	F	59.21
170	43	Paul Milne	Unattached	F	60.12
171	331	John Gellatly	Unattached	M50	60.25
172	140	Ewen Watson	Forres Jog Scotland	M	60.27
173	11	Lynsey Easton	Nairn Road Runners	F	60.29
174	14	Karen Johnston	Unattached	F	60.50
175	73	Aileen Paterson	Nairn Road Runners	F50	60.55
176	32	Margaret Smith	Nairn Road Runners	F40	60.57
177	134	John Rushforth	Nairn Road Runners	M60	60.58
178	170	Andrew Paterson	Nairn Road Runners	M40	61.33
179	37	Jackie Verner	Unattached	F40	61.50
180	50	Alison Fraser	Nairn Road Runners	F40	62.58
181	12	Val Gage	Muir of Ord Jogscotland	F60	63.08
182	13	Kirsty Gallagher	Unattached	F	63.11
183	54	Jeanne Boyd	Unattached	F40	64.24
183	159	Donald Prentice	Forres Harriers	M60	65.18
184	328	Jeff Mackintosh	Unattached	M	67.53
185	72	Gemma Low	Unattached	F	68.04
186	321	Greg Christie	Unattached	M	69.12

187	5	June Burr	Buns On The Run	F50	69.21
188	34	Ann Stephen	JogScotland Hazlehead	F40	69.50
189	138	Michael Thornton	Unattached	M	72.09
190	20	Amy McCrudden	Nairn Road Runners	F	74.09
191	333	David Bruce	Inverness Jogscotland	M40	75.25
192	21	Kellie Mclachlan	Nairn Road Runners	F	75.45
193	53	Susan Smith	Nairn Road Runners	F60	75.47
194	49	Wendy Arnott	Nairn Road Runners	F40	76.51
195	135	Malcolm Smith	Keith & District AAC	M50	77.35
196	129	George B Murray	Blackheath and Bromley	M80	77.35