

From Hel n Back Published Results 2020

Overall Posn	Forename	Surname	Run Time	AgeGroup	Club	
1	Brendan	Forrester	00:47:12	M		0
2	Stuart	McGillivray	00:49:27	M	Dumbarton AAC	
3	Del	Young	00:49:49	M	Garscube Harriers	
4	Andrew	McCall	00:50:01	M	Greenock Glenpark Harriers	
5	Kevin	O'Donoghue	00:50:14	MV40	Greenock Glenpark Harriers	
6	Kevin	Craig	00:50:25	MV40	Greenock Glenpark Harriers	
7	Steven	Campbell	00:50:41	MV40	Greenock Glenpark Harriers	
8	Paul	Monaghan	00:51:42	MV40	Greenock Glenpark Harriers	
9	Daniel	Doherty	00:52:17	MV40	Greenock Glenpark Harriers	
10	Michael	Forrester	00:52:59	M		0
11	Catriona	MacDonald	00:53:36	F	Bellahouston Road Runners	
12	Gary	Watt	00:53:57	MV40		0
13	Craig	Walker	00:54:06	MV40		0
14	Ally	Mccoll	00:54:57	MV40	Team Pyllon	
15	David	Downey	00:55:17	MV50	Dunblane Runners	
16	Robbie	Drummond	00:55:22	MV50	Garscube Harriers	
17	Katie	White	00:55:31	F	Garscube Harriers	
18	Andrew	McGillivray	00:56:04	MV40		0
19	Oliver	Reilly	00:56:08	M	Greenock Glenpark Harriers	
20	Gavin	Harvie	00:56:56	MV50	Garscube Harriers	
21	Martin	Nicolson	00:57:23	M		0
22	Gordon	Hepburn	00:57:57	M	Greenock Glenpark Harriers	
23	Mark	Coleman	00:58:18	MV40		0
24	Leo	Johnstone	00:59:15	M		0
25	Kevin	Brown	00:59:23	MV40		0
26	Steven	Leith	00:59:54	M		0
27	Alex	Osborne	01:00:30	MV40	Glasgow South Road Runners	
28	Philip	Knight	01:00:48	MV50	Glasgow South Road Runners	
29	Emma	Wilson	01:00:51	FV40	Helensburgh AAC	
30	Mark	Upward	01:01:36	MV50	Portobello Running Club	
31	Sophie	Canty	01:02:09	F	Lomond Swim & Triathlon Club	
32	Kristina	Greig	01:02:30	F	Bellahouston Harriers	
33	Billy	Wilson	01:02:36	M		0
34	Emma	Stewart	01:02:58	F	Dunoon Hill Runners	
35	James	Prior	01:03:28	MV40	Maryhill Harriers	
36	Eric	Lindsay	01:03:29	MV40	Greenock Glenpark Harriers	
37	Steve	Gunn	01:03:57	MV60		0
38	Lynsey	Parker	01:04:07	FV40	Maryhill Harriers	
39	Fiona	Carmichael	01:04:25	F	Dumbarton AAC	
40	Patrick	Bayliss	01:04:27	MV40		0
41	Kevin	Gill	01:04:48	MV50	Greenock Glenpark Harriers	
42	Scott	Hyslop	01:05:38	MV50	Linlithgow Athletic Club	

43	Roger	Stewart	01:05:55	MV40	Dunoon Hill Runners	
44	Fiona	Macfarlane	01:06:00	FV40	Greenock Glenpark Harriers	
45	Karen	McIntyre	01:06:28	FV40	Be military fit	
46	Graeme	Michie	01:06:46	MV50	Kirkintilloch Olympians	
47	Roberta	Fletcher	01:06:51	F	Milburn Harriers	
48	Wendy	Fraser	01:06:53	FV40	BMF Glasgow	
49	Noa	Amson	01:07:01	F	Kingston Achilles	
50	Martha	Lovatt	01:07:02	F	Garscube Harriers	
51	Jason	McInally	01:07:05	MV40		0
52	Ally	cunningham	01:07:14	MV50	Central AC	
53	Brian	Welsh	01:07:26	MV40		0
54	Hugh	Laverty	01:07:38	MV60	Clydesdale Harriers	
55	James	McFadden	01:07:51	MV40	Greenock Glenpark Harriers	
56	Marc	Blane	01:07:58	MV40	Lonely Goat RC	
57	Sam	Hampton-Smit	01:07:59	MV40	Westerlands Cross Country Club	
58	Chris	Smith	01:08:01	MV50	Giffnock North AC	
59	Stephen	Reid	01:08:02	MV40	Greenock Glenpark Harriers	
60	Mariusz	Figurski	01:08:06	M		0
61	Charlotte	Duncan	01:08:32	FV40		0
62	Jennifer	Steel	01:09:10	FV50		0
63	Gedas	Vaskevicius	01:09:13	MV40		0
64	Nicholas	Dowley	01:09:21	MV50	Glasgow South Road Runners	
65	John	Gordon	01:09:24	MV60	Glasgow South Road Runners	
66	Ruth	Harrison	01:09:39	FV40		0
67	Fraser	Murray	01:09:42	MV40		0
68	Kristan	Alexander	01:09:56	MV40	Garscube Harriers	
69	Andrew	Cruickshank	01:10:28	MV50	Glasgow Triathlon Club	
70	andrew	howell	01:10:58	MV40	Milburn Harriers	
71	Jean	McIennan	01:11:01	FV60	Dunoon Hill Runners	
72	Stuart	Nibloe	01:11:18	M	Kilmarnock H & AC	
73	Matthew	Lawes	01:12:10	M		0
74	Ian	Macdonald	01:12:36	MV40	Springburn Harriers	
75	Hazel	Nicolson	01:13:53	F		0
76	graeme	Crawford	01:14:17	MV40	Greenock Glenpark Harriers	
77	Stuart	Moss	01:14:29	M		0
78	Michael	Ewing	01:15:18	MV50	Giffnock North AC	
79	David	Hamill	01:15:33	MV60	Garscube Harriers	
80	Paul	Fletcher	01:15:33	MV50		0
81	Alison	Downey	01:15:47	FV50	Dunblane Runners	
82	Christophe	Hever	01:16:00	MV50	Maryhill Harriers	
83	Carole	Stewart	01:16:54	FV40	North Ayrshire Athletics Club	
84	Iain	Wilson	01:17:16	MV50		0
85	Steven	Gilligan	01:17:27	MV40		0
86	Heather	Lafferty	01:18:02	FV40	Greenock Glenpark Harriers	
87	Kate	McCabe	01:18:31	FV40		0
88	Lisa	Boonsanong	01:19:17	FV40	Greenock Glenpark Harriers	

89	Joan	Murray	01:20:09	FV70		0
90	Monika	Boyd	01:20:26	FV40	Dunoon Hill Runners	
91	Linda	Cunningham	01:20:44	FV50	Central Athletics Club	
92	Kara	Smith	01:21:07	FV40	Dunoon Hill Runners	
93	Sara	Sullivan	01:22:07	FV50		0
94	Donna	Gillon	01:24:39	FV50	Glasgow south side runners	
95	susan	smith	01:24:54	FV60		0
96	cheryl	gilmour	01:26:20	F	North Ayrshire Athletics Club	
97	Wenda	Crawford	01:28:53	FV40	Greenock Glenpark Harriers	
98	Sharon	Black	01:28:53	FV50	Greenock Glenpark Harriers	
99	Anne	Williamson	01:29:07	FV50	Bellahouston Harriers	
100	Geraldine	Gallagher	01:29:40	FV50	Springburn Harriers	
101	Pamela	Parker	01:30:27	FV50	Cumbernauld AAC	
102	Pauline	Younger	01:30:27	FV50	Cumbernauld AAC	
103	Matthew	Noble	01:34:52	M		0
104	Lucy	Neil	01:35:38	F		0
105	Lorraine	Whitton	01:35:44	FV50	Dunoon Hill Runners	
106	Jacqueline	Glass	01:37:21	FV60	Bellahouston Harriers	
107	June	MacLeod	01:37:25	FV60	Bellahouston Harriers	
108	Lesley	Mackenzie	01:37:48	FV50		0
109	Ann	Lister	01:37:48	FV70	Glasgow Phoenix Runners	
110	Shona	McCormack	01:55:58	FV50		0