

From Hel n Back 2022 Final Results

Postn	Race No	Time	Forename	Surname	Gender	Club	AgeGroup
1	190	00:47:39	Alasdair	Campbell	Male		0 M
2	112	00:50:30	John	Connolly	Male	Dumbarton AAC	M
3	171	00:52:02	Michael	Miller	Male	Clydesdale Harriers	M
4	120	00:52:31	Kevin	Craig	Male	Greenock Glenpark Harriers	MV40
5	191	00:53:30	David	Howells	Male	Helensburgh AAC	MV40
6	168	00:55:18	STUART	PERRY	Male	Helensburgh AAC	MV40
7	13	00:55:48	Kevin	Brown	Male		0 MV40
8	157	00:56:09	Archie	Caldwell	Male	North Ayrshire Athletics Club	M
9	175	00:56:10	Katie	White	Female	Garscube Harriers	FV40
10	180	00:56:25	Paul	Thompson	Male	Cambuslang Harriers	MV60
11	179	00:58:17	Simon	Gardner	Male		0 M
12	174	00:58:37	John	Fox	Male		0 MV40
13	170	00:59:04	Luke	Mahoney	Male	Westerlands Cross Country Cl	M
14	192	00:59:41	Johnstone	Leo	Male		0 M
15	30	01:01:37	David	Wilson	Male	Forfar Road Runners	MV50
16	110	01:01:58	Laura	Gray	Female	Garscube Harriers	FV40
17	188	01:02:36	Elaine	Somerville	Female	Milburn Harriers	FV40
18	164	01:02:46	Steve	Gunn	Male		0 MV60
19	88	01:02:50	Simon	HAMILTON	Male	Helensburgh AAC	MV50
20	173	01:03:51	Stephen	McKeown	Male	Millburn Harriers	MV50
21	177	01:03:55	Lynsey	Lennox	Female	Dumbarton AAC	F
22	156	01:04:17	Stephen	Sharp	Male		0 MV40
23	167	01:04:24	Chris	Johnstone	Male		0 M
24	176	01:04:56	Iain	McGowan	Male		0 MV50
25	178	01:05:19	Fiona	Comrie	Female	North Ayrshire AC	FV40
26	145	01:05:32	Fraser	Duthie	Male		0 MV50
27	181	01:07:40	Alistair	Stenhouse	Male	Millburn Harriers	MV50
28	109	01:08:06	Fraser	Murray	Male		0 MV40
29	163	01:09:18	Sarah	Brown	Female		0 F
30	155	01:09:50	Kirsty	Cameron	Female		0 F
31	58	01:10:08	Alexander	Giasson	Male		0 M
32	143	01:10:29	Ken	Monaghan	Male	Kilmarnock Harrier & Athletic	MV40
33	124	01:11:17	Michael	Ewing	Male	Giffnock North AC	MV50
34	107	01:11:24	Kristina	Greig	Female	Bellahouston Harriers	F
35	186	01:11:37	Ian	Davidson	Male		0 MV60
36	162	01:13:22	Rachel	Hunt	Female		0 FV40
37	154	01:14:03	Andrew	Cameron	Male		0 MV60
38	17	01:14:41	Patrick	Burns	Male	Milburn Harriers	MV60
39	183	01:14:57	Michael	Noble	Male		0 MV50
40	152	01:15:07	Kay	McGreevy	Female		0 FV50
41	79	01:15:08	Peter	McPherson	Male	Helensburgh AAC	MV40
42	165	01:15:19	Iain	Baird	Male		0 M
43	184	01:15:54	Alec	Darroch	Male		0 MV40
44	187	01:15:59	Lucy	Welsh	Female		0 F
45	72	01:16:18	Graham	Mcelwee	Male		0 MV40
46	10	01:17:54	Jamie	Proudfoot	Male	Lonely Goat RC	MV40

47	146	01:18:28	Kate	McCabe	Female		0	FV50
48	189	01:18:53	Jane	Macmillan	Female		0	FV50
49	11	01:19:13	Morag	Casey	Female	Garscube Harriers		FV40
50	159	01:19:50	Brian	Ball	Male		0	M
51	185	01:19:50	louise	bissett	Female		0	FV40
52	126	01:20:10	Carole	Stewart	Female	North Ayrshire Athletics Club		FV40
53	50	01:20:29	Debbie	Pyper	Female		0	FV40
54	47	01:20:39	Blaise	Silipa	Male		0	M
55	38	01:20:39	Casey	Laush	Female		0	F
56	182	01:21:43	Alan	Cameron	Male	Clydesdale Harriers		MV40
57	161	01:22:25	Stuart	Moss	Male		0	M
58	193	01:23:14	Morrison	Emily	Female		0	FV50
59	160	01:23:33	David	Ball	Male		0	M
60	111	01:23:41	William	Valentine	Male		0	MV40
61	166	01:24:38	Andrea	Middleton	Female		0	FV40
62	97	01:25:19	Rhona	Bennie	Female	Westerlands Cross Country Cl		FV50
63	169	01:32:35	Liz	Burns	Female	none		FV50
64	150	01:36:24	Pamela	Parker	Female	Cumbernauld Amateur Athlet		FV50
65	151	01:36:24	Pauline	Younger	Female	Cumbernauld Amateur Athlet		FV50
66	105	01:39:45	Ann	Lister	Female	Glasgow Phoenix Runners		FV70
67	26	01:41:18	Karen	Hyslop	Female		0	FV50
68	172	01:45:42	Sheena	Morrow	Female		0	FV50
69	153	01:49:06	Moir	Smith	Female	Kirkintilloch Olympians		FV50
70	59	02:20:26	Shona	McCormack	Female		0	FV50
71	137	02:20:26	Catherine Lynn	Macnaughton	Female	West End Road Runners		FV40
72	132	02:20:26	Jay Cruz	Semple	Male		0	MV40