

SprINTelope 3 – 6 July 2016 – Swan Spring – Results

Long Course

1	Conor Short	EUOC	M21	26:57
2	Alex Carcas	INT	M18	27:07
3	Scott Fraser	INT	M21	27:16
4	Alex McVey		M21	28:54
5	Laura Robertson	ESOC	W21	30:31
6	Graeme Ackland	INT	M50	31:28
7	Claire Ward	ESOC	W35	32:21
8	Max Carcas	INT	M45	33:13
9	Ian Maxwell	RR	M55	34:21
10	Kirstin Maxwell	RR	W21	35:57
11	Rona Lindsay	ESOC	W21	36:11
12	Martin Caldwell	ESOC	M60	37:36
13	Paul Clatworthy	ESOC	M21	38:00
14	Graham Haley	INT	M50	39:34
15	Ewart Scott	ESOC	M65	41:35
16	Ian Rowland	ELO	M50	41.47
17	Robin Strain	ELO	M65	45:31
18	Sheila Strain	ELO	W65	45:59
19	Tim Harding	ELO	M50	46:34
20	Les Dalgleish	ESOC	M65	49:20
21	Margaret Dalgleish	ESOC	W60	53:45
22	Mark Kassyk	ESOC	M55	57:18
	Helen Bridle	ESOC	W35	DNF

Short Course

1	Terry Johnstone	ESOC	M50	22:52
2	Ron Nolan	ESOC	M45	24:00
3	Ann Haley	INT	W50	24:46
4	Jane Ackland	INT	W50	26:08
5	Helena Nolan	ESOC	W50	26:13
6	Roger Scrutton	ESOC	M65	26:21
7	Colin Inverarity	INT	M60	28:15
8	Brian Miller	ESOC	M60	36:11
9	Janet Clark	ESOC	W75	37:27
10	Bill Gauld	ESOC	M80	55:55
	Jackie Caldwell	ESOC	W60	No time taken