

**CARNEGIE HARRIERS 3 MILE TIME TRIAL**  
**21st JULY 2005**  
**RESULTS**

<b>Pos.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Cat.</b>
1	<b>Tommy Lawrence</b>	<b>Carnegie Harriers</b>	<b>15.10</b>	<b>M CR</b>
2	John Hargreaves	Carnegie Harriers	15.35	MJ
3	Iain Taylor	Carnegie Harriers	16.24	M
4	Robert Milton	Carnegie Harriers	16.33	MV
5	<b>Ros Alexander</b>	<b>Carnegie Harriers</b>	<b>17.09</b>	<b>F CR</b>
6	Davie Millar	Carnegie Harriers	17.21	M
7	Martin Butcher	Carnegie Harriers	17.51	M
8	Andrew Sherry	U/A	18.09	M
9	Andrew Durham	Carnegie Harriers	18.32	M
10	Mary McLung	U/A	18.44	F
11	Alan Cockburn	Carnegie Harriers	19.09	MV
12	Owen Conaghan	Carnegie Harriers	19.30	MV
13	Mick Cowie	Carnegie Harriers	19.33	MSV
14	Paul Arnott	Carnegie Harriers	20.05	M
15	Kevin Mitchell	Carnegie Harriers	20.12	MV
16	Pauline Walker	Carnegie Harriers	20.32	FV
17	Michelle Murphy	Carnegie Harriers	22.12	F
18	Angela Sharp	Carnegie Harriers	22.41	FV
19	David Chalmers	Carnegie Harriers	22.54	M
	<b>CR - COURSE RECORD</b>			