

<b>Name</b>	<b>October</b>	<b>November</b>	<b>December</b>	<b>Best</b>
Adam Hart	30:14.3	31:34.7	29:18.0	29:18.0
Alex Hallatt	46:11.7			46:11.7
Alfie Millard	38:58.2	37:00.5		37:00.5
Alison McNeilly	33:40.1			33:40.1
Allan Kettles		34:44.4		34:44.4
Amy Tavendale	48:04.3	47:01.3	46:47.0	46:47.0
Andrew Strachan	46:03.5			46:03.5
Arron Small		35:29.5	33:53.0	33:53.0
Bethan White	37:41.5			37:41.5
Bob Gray		41:09.0		41:09.0
Brenda Doig	49:00.7	48:34.4	50:32.0	48:34.4
Carol Ann Smith	47:00.2	41:50.8	41:18.0	41:18.0
Charlene Junkin	37:59.7			37:59.7
Claire Thornton-Granvil	47:37.5	46:29.5	45:45.0	45:45.0
Daniel Dutton		41:35.7		41:35.7
Daniel Fields	47:24.2	45:25.0		45:25.0
David Baird	38:14.7		37:47.0	37:47.0
David Hardy	40:58.6	39:18.9	40:50.0	39:18.9
David Miller		38:37.0		38:37.0
David Stewart		38:06.9		38:06.9
David Webster		28:32.5		28:32.5
Dominic Hughes	40:52.6	36:26.7		36:26.7
Dominic Williams	33:32.8			33:32.8
Duncan Edward	36:43.9			36:43.9
Emanuel Corduneanu	38:54.9		38:21.0	38:21.0
Emma Mair		40:33.3		40:33.3
Ernesto Bonafe		46:31.0	45:22.0	45:22.0
Evan Bowers	31:02.4		30:56.0	30:56.0
Eve Martin	39:14.8	36:43.3		36:43.3
Fiona Dutch	46:59.8	44:40.5		44:40.5
Gail Rattray	45:39.2	43:29.7	42:44.0	42:44.0
Gail Stirling	45:59.7	44:52.9		44:52.9
Graeme Christie			34:38.0	34:38.0
Graeme Wallace	36:29.6	34:30.7		34:30.7
Graham Rena	42:51.8	41:55.8	41:35.0	41:35.0
Grant Whytock		44:44.3		44:44.3
Greg Burton		40:20.3	38:14.0	38:14.0
Heidi Fettes			42:39.0	42:39.0
Iain Luke		52:27.3	54:34.0	52:27.3
Ian Clark		44:29.1		44:29.1
Jackie Heilbronn	42:06.2	37:23.9		37:23.9

Jane O'Donnell			37:00.0	37:00.0
John Mill	41:44.3	39:35.5		39:35.5
John Rudd			52:04.0	52:04.0
John Tierney	39:48.3			39:48.3
Keirra Small	48:43.4			48:43.4
Keith Gelly	45:39.2	43:08.1		43:08.1
Laura Darling-Brackenr	40:26.6	42:26.6	38:41.0	38:41.0
Laura McMahon		43:42.7		43:42.7
Lindsay Darling-Bracke	47:38.6	43:30.9	42:31.0	42:31.0
Lorraine Dunbar	44:06.2	40:35.3		40:35.3
Lynsey Langlands	47:38.0	46:30.1	45:45.0	45:45.0
Mairi Littleson			33:11.0	33:11.0
Malcolm Forbes		40:09.0		40:09.0
Manuel Alderete		38:20.0		38:20.0
Marcus Sheridan			30:37.0	30:37.0
Martin Rollo	40:41.2	38:52.7	41:26.0	38:52.7
Matt Buck		34:36.5		34:36.5
Megan Watt		37:59.5		37:59.5
Michael Mitchell		34:31.6		34:31.6
Michael Richardson	33:17.0			33:17.0
Michael Royden	41:34.8	38:09.9		38:09.9
Nick Bennett			31:24.0	31:24.0
Olivia Batho-Samblás		38:19.0		38:19.0
Paul Fettes			40:36.0	40:36.0
Paul Reed		47:35.0	44:30.0	44:30.0
Phillip Gillespie		45:22.6		45:22.6
Rebecca Shenton	46:35.7		44:35.0	44:35.0
Robyn McDonald	42:06.5			42:06.5
Sharon Russell	46:27.2	44:03.8		44:03.8
Shona Candlish	47:39.0		46:14.0	46:14.0
Steven Maloney			42:24.0	42:24.0
Ursula Ryder		54:36.3	53:28.0	53:28.0