

Name	October	November	December	January	February	March	Best
Adam Hart	30:14.3	31:34.7	29:18.0		36:04.0	31:45.5	29:18.0
Alex Hallatt	46:11.7				43:16.0		43:16.0
Alfie Millard	38:58.2	37:00.5		37:49.5		37:30.3	37:00.5
Alison McNeilly	33:40.1				33:53.0	32:16.6	32:16.6
Allan Kettles		34:44.4					34:44.4
Amy Tavendale	48:04.3	47:01.3	46:47.0	46:32.7	46:07.0	47:19.8	46:07.0
Andrew Strachan	46:03.5			45:38.9	43:39.3	45:33.8	43:39.3
Andy Weir				46:22.2			46:22.2
Arron Small		35:29.5	33:53.0		33:52.0		33:52.0
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	40:59.4	40:05.4	40:13.5	40:05.4
Charlene Junkin	37:59.7						37:59.7
Claire Thornton-Granville	47:37.5	46:29.5	45:45.0	45:24.3			45:24.3
Daniel Dutton		41:35.7				40:33.3	40:33.3
Daniel Fields	47:24.2	45:25.0		43:34.0	47:27.2	46:37.5	43:34.0
David Baird	38:14.7		37:47.0	36:27.5	36:41.5	37:40.8	36:27.5
David Hardy	40:58.6	39:18.9	40:50.0	40:44.1			39:18.9
David Miller		38:37.0					38:37.0
David Stewart		38:06.9				36:42.0	36:42.0
David Webster		28:32.5		26:50.9	29:14.0		26:50.9
Dominic Hughes	40:52.6	36:26.7		35:05.8			35:05.8
Dominic Williams	33:32.8						33:32.8
Duncan Edward	36:43.9						36:43.9
Emanuel Corduneanu	38:54.9		38:21.0		36:47.5		36:47.5
Emma Mair		40:33.3					40:33.3
Eoin McLaughlin						40:14.0	40:14.0
Ernesto Bonafe		46:31.0	45:22.0	45:02.4	44:05.8	42:58.3	42:58.3
Evan Bowers	31:02.4		30:56.0	34:01.5	29:37.9	32:33.4	29:37.9
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	43:16.7	42:34.0	43:18.6	42:34.0
Gail Stirling	45:59.7	44:52.9					44:52.9
Gaynor Thomson				39:07.2	39:24.6		39:07.2
Graeme Christie			34:38.0				34:38.0
Graeme Wallace	36:29.6	34:30.7		35:57.2			34:30.7
Graham Rena	42:51.8	41:55.8	41:35.0	40:58.6	38:01.9	36:50.2	36:50.2
Grant Whytock		44:44.3			41:49.8		41:49.8
Greg Burton		40:20.3	38:14.0	37:32.1			37:32.1
Harry Kay						42:58.9	42:58.9
Heidi Fettes			42:39.0				42:39.0
Iain Luke		52:27.3	54:34.0	53:08.3	55:11.7	52:55.4	52:27.3
Ian Clark		44:29.1					44:29.1
Iona Smith					37:04.0		37:04.0
Jackie Heilbronn	42:06.2	37:23.9			37:02.7		37:02.7
Jane O'Donnell			37:00.0		36:38.0	37:28.4	36:38.0
John Mill	41:44.3	39:35.5					39:35.5
John Rudd			52:04.0				52:04.0
John Tierney	39:48.3			40:15.9			39:48.3
Keirra Small	48:43.4						48:43.4
Keith Gelly	45:39.2	43:08.1					43:08.1
Kevin Norman				34:17.4		32:36.4	32:36.4
Laura Darling-Brackenridge	40:26.6	42:26.6	38:41.0	38:11.7	38:45.9		38:11.7
Laura McMahon		43:42.7					43:42.7
Leon Fields				52:33.9			52:33.9
Lindsay Darling-Brackenridge	47:38.6	43:30.9	42:31.0	42:29.5	49:18.7	41:54.6	41:54.6
Lissa Stewart					46:21.0	44:59.8	44:59.8
Lorraine Dunbar	44:06.2	40:35.3		40:39.6			40:35.3
Lynsey Langlands	47:38.0	46:30.1	45:45.0	45:24.7	45:58.7	45:17.9	45:17.9
Mairi Littleson			33:11.0	37:07.3	30:33.1		30:33.1
Malcolm Forbes		40:09.0					40:09.0
Manuel Alderete		38:20.0		35:07.2	33:49.0	34:02.1	33:49.0
Marcus Sheridan			30:37.0				30:37.0
Martin Rollo	40:41.2	38:52.7	41:25.0	37:54.9	39:38.0	38:27.9	37:54.9
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			37:06.9	31:14.0	36:31.4	31:14.0
Michael Royden	41:34.8	38:09.9					38:09.9
Nick Bennett			31:24.0	28:09.0		27:55.3	27:55.3
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		43:30.3	43:12.0	43:12.0
Phillip Gillespie		45:22.6		44:45.9	44:36.7		44:36.7
Rebecca Shenton	46:35.7		44:35.0		43:16.1	43:15.1	43:15.1
Robyn McDonald	42:06.5						42:06.5
Sharon Russell	46:27.2	44:03.8			45:45.9	44:57.9	44:03.8
Shona Candlish	47:39.0		46:14.0	46:37.2			46:14.0
Steven Maloney			42:24.0	42:13.1			42:13.1
Ursula Ryder		54:36.3	53:28.0	51:47.0	51:29.2	53:38.5	51:29.2