

Name	TOTAL POINTS	WEEK 1 H/CAP TIME	WEEK POINTS	SCRATCH TIMES	VIRTUAL TRIAL PB
Deborah Hall	100	35:36	100	26:31	26:31
Alan McAra	99	35:44	99	24:59	24:59
Gavin Morris	98	36:00	98	20:40	20:40
Karen McAra	97	36:01	97	30:01	30:01
Steve Leaper	96	36:01	96	19:41	19:41
Alan Walsh	95	36:08	95	22:43	22:43
Victoria Smart	94	36:12	94	28:12	28:12
Louise Pirie	93	36:16	93	23:56	23:56
Louise Simpson	92	36:16	92	24:56	24:56
Pam Cooper	91	36:22	91	26:12	26:12
Steven Garden	90	36:34	90	27:44	27:44
David Gray	89	36:35	89	24:20	24:20
Stroma Duncan	88	36:38	88	28:03	28:03
Mark Gravener	87	36:40	87	22:05	22:05
Andy Cruickshank	86	36:41	86	25:01	25:01
Glen Chalmers	85	36:41	85	19:01	19:01
Andy Traill	84	36:42	84	20:57	20:57
Steven Eunson	83	36:42	83	20:22	20:22
Andy Fenwick	82	36:43	82	19:18	19:18
Ryan Ramsay	81	36:49	81	20:14	20:14
Michelle Baguley	80	36:54	80	29:34	29:34
Chloe Cargill	79	36:55	79	23:50	23:50
Mark Dunn	78	36:56	78	22:06	22:06
Martyn Duncan	77	36:58	77	22:28	22:28
Jason Osbourne	76	37:06	76	19:36	19:36
Kim King	75	37:14	75	22:59	22:59
Angela Robson	74	37:15	74	30:25	30:25
Danny Hazzard	73	37:15	73	20:10	20:10
Mella Slattery	72	37:17	72	21:32	21:32
Dave Milne	71	37:19	71	19:44	19:44
Allan Bartlet	70	37:21	70	19:16	19:16
Mark Walker	69	37:21	69	19:21	19:21
Emma Findlay	68	37:23	68	31:48	31:48
George Keith	67	37:23	67	22:18	22:18
Vince Taylor	66	37:24	66	22:09	22:09
Paul Anderson	65	37:24	65	19:59	19:59
Euan McCallister	64	37:26	64	22:41	22:41
Calum Calder	63	37:28	63	19:48	19:48
Roy Walker	62	37:29	62	21:34	21:34
Caris Strachan	61	37:33	61	22:38	22:38
Carly McNeill	60	37:33	60	21:33	21:33
Corine Jack	59	37:35	59	25:00	25:00
Alasdair McLean	58	37:36	58	27:36	27:36
Tracy Loughhead	57	37:37	57	25:32	25:32
Keith Stewart	56	37:41	56	20:41	20:41
Susan Cumming	55	37:42	55	30:02	30:02
Ryan Christie	54	37:44	54	21:29	21:29
Simon Robson	53	37:46	53	25:16	25:16
Nicola Price	52	37:55	52	27:15	27:15
Alex MacLeod	51	37:56	51	22:51	22:51
Elaine Irvine	50	37:59	50	24:54	24:54
Debs Morgan	49	38:03	49	26:28	26:28
Murray Eunson	48	38:03	48	26:28	26:28
Leigh Duncan	47	38:07	47	29:12	29:12
Steve Gordon	46	38:14	46	25:14	25:14
Jack Low	45	38:22	45	25:52	25:52
Shona Brown	44	38:25	44	29:25	29:25
Jillian Eunson	43	38:37	43	26:42	26:42
Ross Chalmers	42	38:38	42	21:18	21:18
Jeananne Beckett	41	39:12	41	36:32	36:32
Katrina Clark	40	39:16	40	30:46	30:46
Lynn Park	39	39:16	39	28:56	28:56
Diane Milne	38	39:29	38	24:34	24:34
Russell Cannon	37	39:33	37	25:38	25:38
Andrew McNeill	36	39:48	36	31:03	31:03
Alan Downie	35	40:09	35	24:39	24:39
Jack Honey	34	40:19	34	30:59	30:59
Wendy Leaper	33	41:15	33	37:50	37:50
Suzanne Coull	32	42:07	32	35:12	35:12

WELL DONE TO EVERYONE WHO RAN THIS WEEK,
SOME AWESOME EFFORTS, LOOK FORWARD TO
NEXT WEEKS ENTRIES

Overall Points Leaders

- 1/ Deborah Hall
- 2/ Alan McAra
- 3/ Gavin Morris

This weeks top Handicap Times

- 1/ Deborah Hall
- 2/ Alan McAra
- 3/ Gavin Morris

This weeks top Scratch Times Male

- 1/ Glen Chalmers
- 2/ Allan Bartlet
- 3/ Andy Fenwick

This weeks top Scratch Times Female

- 1/ Mella Slattery
- 2/ Carly McNeill
- 3/ Caris Strachan

The Handicap System is based on a 5K time at 12min/m, this would be a Handicap of zero, All runners are graded on past performances and get an add-on based on this, therefore a Handicap Time of 37:17 is level par, if you are below this you have had a good run and will be adjusted down for the following week, if you have ran over par you will get an additional 30secs the following week.