

WEEK 4 (4th - 10th MAY)	H/CAP TIME	WEEK POINTS	ACTUAL TIME	VIRTUAL TRIAL PB
Shona Brown	35:42	100	28:07	28:07
Steven Garden	35:47	99	25:22	25:22
Chloe Cargill	36:07	98	21:27	21:27
Ross Chalmers	36:10	97	20:20	20:20
Susan Cumming	36:18	96	26:48	26:48
Katrina Clark	36:21	95	27:21	27:21
Paul Anderson	36:35	94	19:55	19:55
Deborah Hall	36:41	93	26:36	26:31
Alex MacLeod	36:42	92	21:52	21:52
Andy Traill	36:43	91	20:48	20:48
George Keith	36:44	90	21:14	21:14
Leigh Duncan	36:45	89	26:35	26:35
Mark Walker	36:47	88	18:27	18:27
Michelle Baguley	36:47	87	28:42	28:42
Ryan Ramsay	36:49	86	18:34	18:34
Andy Fraser	36:49	85	23:44	23:44
Andy Cruickshank	36:51	84	24:01	24:01
Steven Eunson	36:52	83	20:22	20:22
Nicola Price	36:55	82	26:25	26:25
Jason Osbourne	36:56	81	20:01	19:36
Keith Stewart	36:56	80	21:21	20:41
Allan Bartlet	36:57	79	19:07	18:57
Andy Fenwick	37:00	78	19:05	19:05
Ryan Christie	37:00	75	20:50	20:50
Jack Low	37:00	76	23:25	23:25
Emma Findlay	37:00	77	31:40	31:40
Caris Strachan	37:02	74	22:07	22:07
David Gray	37:06	73	24:21	24:20
Gavin Morris	37:08	72	19:48	19:48
Louise Pirie	37:08	71	24:48	23:56
Tracy Loughhead	37:09	70	24:24	24:24
Stuart Clark	37:09	69	21:59	21:59
Debs Morgan	37:10	68	24:55	24:55
Murray Eunson	37:12	67	27:07	26:28
Stroma Duncan	37:13	66	27:18	27:18
Calum Calder	37:14	65	18:44	18:44
Alan Downie	37:15	64	21:35	21:35
Steve Gordon	37:15	62	25:10	25:10
Kirsty Watt	37:15	63	28:00	28:00
Alan McAra	37:16	61	24:21	24:21

NAMES	TOTAL POINTS
Chloe Cargill	341
Karen McAra	340
Stroma Duncan	335
Steven Garden	333
Gavin Morris	326
Andy Cruickshank	325
Ryan Ramsay	320
Leigh Duncan	319
Alan McAra	306
Michelle Baguley	304
Katrina Clark	299
Mark Walker	299
Victoria Smart	297
Nicola Price	296
Deborah Hall	295
Jack Low	295
Louise Simpson	295
Andy Fenwick	294
George Keith	293
Calum Calder	293
Alan Walsh	293
Andy Traill	290
David Gray	290
Susan Cumming	289
Pam Cooper	288
Debs Morgan	285
Tracy Loughhead	284
Mark Dunn	284
Steven Eunson	281
Glen Chalmers	280
Kim King	280
Mark Gravener	279
Steve Leaper	275
Caris Strachan	273
Angela Robson	272
Allan Bartlet	269
Paul Anderson	268
Ryan Christie	268
Emma Findlay	266
Jason Osbourne	260

WELL DONE EVERYONE ON ANOTHER IMPRESSIVE WEEK, ESPECIALLY THE PEOPLE WHO LEFT IT LATE AND HAD TO BATTLE THE WIND AND HAIL TO GET THEIR TIMES IN, 35 RUNNERS HAD THEIR BEST TIME THIS WEEK, WITH SHONA & STEVEN SMASHING THEIR HANDICAPS BY OVER A MINUTE

Congratulations to Chloe who smashed the 22 min barrier with an outstanding run grabbing top scratch, third best handicap and moving to the top of the overall points board, also Mark Walker feeling inspired ran a sub 18:30 to snatch the Best Scratch from Ryan

1/ Chloe Cargill	341
2/ Karen McAra	340
3/ Stroma Duncan	335

This weeks Best Handicap Times

1/ Shona Brown	35:42
2/ Steven Garden	35:47
3/ Chloe Cargill	36:07

This weeks Best Scratch Times Male

1/ Mark Walker	18:27
2/ Ryan Ramsay	18:34
3/ Calum Calder	18:44

This weeks Best Scratch Times Female

1/ Chloe Cargill	21:27
2/ Caris Strachan	22:07
3/ Kim King	23:12

NAMES	NEW H/CAP
Jeananne Beckett	01:40
Wendy Leaper	02:25
Suzanne Coull	04:55
Emma Findlay	05:35
Angela Robson	07:10
Michelle Baguley	08:35
Karen McAra	08:55
Shona Brown	09:10
Kirsty Watt	09:15
Victoria Smart	09:25
Alasdair McLean	09:40
Katrina Clark	09:55
Stroma Duncan	10:00
Lynn Park	10:00
Andrew McNeill	10:05
Murray Eunson	10:10
Jack Honey	10:15
Susan Cumming	10:30
Deborah Hall	10:40
Leigh Duncan	10:40
Nicola Price	10:50
Pam Cooper	11:05
Jillian Eunson	11:40
Steven Garden	11:55
Simon Robson	11:55
Steve Gordon	12:05
Debs Morgan	12:20
Louise Pirie	12:30
Louise Simpson	12:45
Russell Cannon	12:50
David Gray	12:55
Tracy Loughhead	12:55
Alan McAra	12:55
Elaine Irvine	13:05
Andy Cruickshank	13:15
Diane Milne	13:15
Corine Jack	13:20
Andy Fraser	13:35
Jack Low	13:50
Carly McNeil	14:15

Karen McAra	37:17	60	28:22	28:22
Victoria Smart	37:23	59	27:53	27:36
Alan Walsh	37:24	58	22:39	22:32
Glen Chalmers	37:27	57	19:07	18:58
Russell Cannon	37:27	56	24:27	24:17
Louise Simpson	37:28	55	24:33	24:20
Lynn Park	37:30	54	27:15	27:00
Jillian Eunson	37:34	53	25:39	24:58
Dave Milne	37:36	52	20:31	19:44
Roy Walker	37:37	51	21:37	21:17
Mark Cockburn	37:40	50	21:10	20:45
Mark Gravener	37:42	49	22:22	21:55
Mark Dunn	37:49	48	21:49	21:17
Pam Cooper	37:53	47	26:18	25:41
Carly McNeil	38:01	46	23:16	21:33
Angela Robson	38:03	45	30:23	29:31
Diane Milne	38:18	44	24:33	23:34
Euan McCallister	38:19	43	23:19	21:59
Steve Leaper	38:24	42	20:54	19:41
Simon Robson	38:25	41	26:00	24:23
Kim King	38:32	40	23:12	21:56
Suzanne Coull	39:03	39	33:38	33:38
Andrew McNeill	42:43	38	32:08	26:42
Alasdair McLean				27:36
Corine Jack				23:59
Danny Hazzard				20:10
Elaine Irvine				23:42
Jack Honey				27:01
Jeananne Beckett				35:47
Martyn Duncan				22:28
Mella Slattery				21:32
Vince Taylor				22:09
Wendy Leaper				37:50

Louise Pirie	253
Alan Downie	253
Roy Walker	252
Euan McCallister	246
Stuart Clark	242
Shona Brown	241
Lynn Park	240
Dave Milne	231
Jillian Eunson	228
Corine Jack	226
Steve Gordon	224
Andrew McNeill	224
Alex MacLeod	223
Keith Stewart	221
Ross Chalmers	219
Simon Robson	218
Andy Fraser	210
Russell Cannon	208
Mark Cockburn	190
Murray Eunson	188
Elaine Irvine	184
Diane Milne	183
Carly McNeil	177
Suzanne Coull	143
Jack Honey	132
Danny Hazzard	125
Martyn Duncan	123
Mella Slattery	114
Kirsty Watt	103
Jeananne Beckett	87
Wendy Leaper	68
Vince Taylor	66
Alasdair McLean	58

Martyn Duncan	14:20
Euan McCallister	14:30
Alan Walsh	14:40
Kim King	14:50
Mark Gravener	14:55
Caris Strachan	15:10
Vince Taylor	15:10
Mella Slattery	15:15
Stuart Clark	15:20
Alex MacLeod	15:25
Mark Dunn	15:30
Alan Downie	15:40
Roy Walker	15:40
Chloe Cargill	15:50
Keith Stewart	15:55
George Keith	16:05
Mark Cockburn	16:05
Ryan Christie	16:25
Andy Traill	16:30
Dave Milne	16:45
Danny Hazzard	16:45
Ross Chalmers	16:55
Steven Eunson	16:55
Steve Leaper	17:00
Jason Osbourne	17:15
Paul Anderson	17:20
Gavin Morris	17:30
Allan Bartlet	18:10
Andy Fenwick	18:10
Glen Chalmers	18:10
Calum Calder	18:35
Ryan Ramsay	18:45
Mark Walker	18:50