

WEEK 6 (18th - 24th MAY)	H/CAP TIME	WEEK POINTS	ACTUAL TIME	VIRTUAL TRIAL PB
Wendy Leaper	35:15	100	31:55	31:55
Victoria Smart	36:05	99	27:10	27:10
Andy Fraser	36:25	98	23:20	23:20
Carly McNeil	36:29	97	22:19	21:33
Emma Findlay	36:43	96	30:23	30:23
Karen McAra	36:45	95	27:50	27:50
Steve Leaper	36:51	94	19:51	19:41
Jack Low	36:56	93	23:21	23:21
Stroma Duncan	36:58	92	26:58	26:58
Glen Chalmers	37:01	91	19:21	18:58
Steve Gordon	37:05	90	24:55	24:55
Roy Walker	37:07	88	20:52	20:52
Alan McAra	37:07	89	24:12	24:12
Caris Strachan	37:09	87	21:24	21:24
Mark Gravener	37:11	85	22:11	21:55
Kim King	37:11	86	22:21	21:56
Ryan Christie	37:12	84	20:32	20:32
Mark Dunn	37:13	83	21:13	21:13
Russell Cannon	37:13	82	24:53	24:17
Corine Jack	37:15	81	23:55	23:55
Jason Osbourne	37:16	78	20:31	19:36
George Keith	37:16	79	21:16	21:14
Alan Downie	37:16	80	21:26	21:26
Paul Anderson	37:18	77	19:48	19:48
Steven Garden	37:21	76	25:21	25:16
Andy Cruickshank	37:24	75	24:04	23:56
Calum Calder	37:27	74	19:02	18:44
Gavin Morris	37:30	72	20:00	19:47
Diane Milne	37:30	73	24:45	23:34
Deborah Hall	37:35	71	26:20	26:00
Mark Walker	37:40	69	18:40	18:16
Danny Hazzard	37:40	70	21:25	20:10
Steven Eunson	37:47	68	20:57	20:22
Tracy Loughhead	37:47	67	25:22	24:24
Louise Simpson	37:48	66	24:43	24:14
Andy Fenwick	37:51	65	19:36	19:02
Andy Traill	37:55	64	21:55	20:48
Kirsty Watt	37:56	63	28:16	27:39
Leigh Duncan	37:59	62	27:49	26:35

NAMES - OVERALL	TOTAL POINTS
Karen McAra	502
Stroma Duncan	489
Steven Garden	484
Andy Cruickshank	474
Michelle Baguley	464
Gavin Morris	463
Alan McAra	458
Deborah Hall	457
Emma Findlay	456
Mark Dunn	453
Chloe Cargill	453
Caris Strachan	450
Mark Walker	447
Jack Low	444
Louise Simpson	444
Victoria Smart	440
Mark Gravener	436
Ryan Christie	433
Andy Fenwick	432
George Keith	431
Kim King	430
Roy Walker	428
Leigh Duncan	428
David Gray	427
Calum Calder	424
Paul Anderson	422
Glen Chalmers	412
Steven Eunson	410
Allan Bartlet	410
Alan Downie	409
Susan Cumming	399
Tracy Loughhead	397
Andy Traill	397
Shona Brown	392
Jason Osbourne	388
Steve Gordon	383
Lynn Park	381
Jillian Eunson	380
Ryan Ramsay	375

WELL DONE TO ALL THE RUNNERS WHO WENT OUT THIS WEEK, A FEW DECIDING TO HAVE A WELL EARNED REST, BASED ON THE WIND MAYBE A WISE CHOICE, NONE THE LESS 15 RUNNERS HAD THEIR BEST TIME YET, WENDY BACK UP TO 5K AND SMASHING HER HANDICAP FOR THE 100 POINTS

The ladies were dominating this weeks top positions again, with four of the top five spots, Andy fraser sneaking into third for the lads!!

Getting interesting in the overall table with a real mix of runners, some of the top scratch runners starting to make a move up the table, can they keep going?

Overall Points Leaders

1/	Karen McAra	502
2/	Stroma Duncan	489
3/	Steven Garden	484

This weeks Best Handicap Times

1/	Wendy Leaper	35:15
2/	Victoria Smart	36:05
3/	Andy Fraser	36:25

This weeks Best Scratch Times Male

1/	Mark Walker	18:40
2/	Calum Calder	19:02
3/	Glen Chalmers	19:21

This weeks Best Scratch Times Female

1/	Caris Strachan	21:24
2/	Carly McNeil	22:19
3/	Kim King	22:21

NAMES	NEW H/CAP
Jeananne Beckett	00:40
Suzanne Coull	04:25
Wendy Leaper	05:20
Emma Findlay	06:55
Angela Robson	08:30
Kirsty Watt	09:10
Shona Brown	09:20
Karen McAra	09:25
Susan Cumming	09:30
Leigh Duncan	09:40
Michelle Baguley	09:40
Alasdair McLean	09:40
Lynn Park	09:50
Murray Eunson	09:50
Katrina Clark	10:00
Victoria Smart	10:05
Andrew McNeill	10:05
Jack Honey	10:15
Stroma Duncan	10:20
Nicola Price	10:20
Deborah Hall	10:55
Pam Cooper	11:05
Simon Robson	11:30
Debs Morgan	11:50
Steven Garden	11:55
Tracy Loughhead	11:55
Jillian Eunson	12:15
Steve Gordon	12:20
Russell Cannon	12:25
Diane Milne	12:30
Louise Simpson	12:35
Elaine Irvine	12:35
Louise Pirie	12:35
David Gray	12:55
Alan McAra	13:05
Andy Cruickshank	13:15
Corine Jack	13:20
Andy Fraser	13:55
Jack Low	13:55

Susan Cumming	38:05	61	28:05	26:48
Michelle Baguley	38:08	60	27:58	27:09
Shona Brown	38:10	59	28:20	27:27
Ross Chalmers	38:20	55	21:10	20:09
Chloe Cargill	38:20	58	22:45	21:27
Lynn Park	38:20	57	28:00	26:58
Murray Eunson	38:20	56	28:00	26:28
Jillian Eunson	38:39	54	25:54	24:31
Debs Morgan	38:45	53	26:25	24:55
Allan Bartlet	38:58	52	20:13	18:31
Suzanne Coull	39:07	51	34:12	33:38
David Gray	39:14	50	25:49	23:52
Jeananne Beckett	39:18	49	38:08	35:47
Alan Walsh				22:32
Alasdair McLean				27:36
Alex MacLeod				21:52
Andrew McNeill				26:42
Angela Robson				28:45
Dave Milne				19:44
Elaine Irvine				23:42
Euan McCallister				21:53
Jack Honey				27:01
Katrina Clark				27:18
Keith Stewart				20:41
Louise Pirie				23:56
Mark Cockburn				20:45
Martyn Duncan				22:06
Mella Slattery				21:32
Nicola Price				26:25
Pam Cooper				25:41
Ryan Ramsay				18:34
Simon Robson				24:23
Stuart Clark				21:59
Vince Taylor				22:09

Angela Robson	371
Katrina Clark	370
Steve Leaper	369
Ross Chalmers	354
Pam Cooper	354
Andy Fraser	353
Alan Walsh	346
Euan McCallister	343
Debs Morgan	338
Nicola Price	336
Carly McNeil	334
Russell Cannon	329
Dave Milne	324
Louise Pirie	323
Murray Eunson	322
Corine Jack	307
Diane Milne	307
Stuart Clark	300
Keith Stewart	289
Mark Cockburn	272
Simon Robson	270
Alex MacLeod	265
Wendy Leaper	264
Kirsty Watt	251
Danny Hazzard	233
Elaine Irvine	232
Andrew McNeill	224
Martyn Duncan	218
Suzanne Coull	194
Jeananne Beckett	173
Jack Honey	132
Mella Slattery	114
Vince Taylor	66
Alasdair McLean	58

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