

WEEK 7 (25th - 31st MAY)	H/CAP TIME	WEEK POINTS	ACTUAL TIME	VIRTUAL TRIAL PB
Chloe Cargill	36:24	100	21:19	21:19
Tracy Loughhead	36:29	99	24:34	24:24
Carly McNeil	36:34	98	21:34	21:33
Diane Milne	36:34	97	24:04	23:34
Murray Eunson	36:34	96	26:44	26:28
Wendy Leaper	36:38	95	31:18	31:18
Allan Bartlet	36:40	94	18:25	18:25
Andy Traill	36:40	93	21:10	20:48
Nicola Price	36:41	92	26:21	26:21
Gavin Morris	36:44	91	19:29	19:29
Steven Garden	36:44	90	24:49	24:49
Katrina Clark	36:45	89	26:45	26:45
Leigh Duncan	36:50	88	27:10	26:35
Pam Cooper	36:53	87	25:48	25:41
Lynn Park	36:53	86	27:03	26:58
Andy Fenwick	36:56	85	19:11	19:02
Steven Eunson	37:02	83	20:42	20:22
Caris Strachan	37:02	84	21:07	21:07
Shona Brown	37:06	82	27:46	27:27
Euan McCallister	37:10	81	21:45	21:45
Andy Fraser	37:11	80	23:16	23:16
Deborah Hall	37:20	79	26:25	26:00
Mark Walker	37:24	78	18:49	18:16
Steve Gordon	37:29	77	25:09	24:55
Jillian Eunson	37:30	75	25:15	24:31
Alasdair McLean	37:30	76	27:50	27:36
Paul Anderson	37:33	74	20:03	19:48
Louise Pirie	37:34	73	24:59	23:56
Alan Downie	37:35	72	21:45	21:26
Glen Chalmers	37:39	71	19:44	18:58
George Keith	37:43	69	21:43	21:14
Mark Gravener	37:43	68	22:38	21:55
Andy Cruickshank	37:43	70	24:28	23:56
Kim King	37:48	67	22:53	21:56
Russell Cannon	37:48	66	25:23	24:17
Alan McAra	37:58	65	24:53	24:12
Karen McAra	37:59	64	28:34	27:50
Elaine Irvine	38:07	63	25:32	23:42
Corine Jack	38:09	62	24:49	23:55
Louise Simpson	38:09	61	25:34	24:14

NAMES - OVERALL	TOTAL POINTS
Steven Garden	574
Karen McAra	566
Gavin Morris	554
Chloe Cargill	553
Andy Cruickshank	544
Deborah Hall	536
Caris Strachan	534
Mark Walker	525
Alan McAra	523
Andy Fenwick	517
Leigh Duncan	516
Louise Simpson	505
Mark Gravener	504
Allan Bartlet	504
Jack Low	500
George Keith	500
Kim King	497
Paul Anderson	496
Tracy Loughhead	496
Steven Eunson	493
Andy Traill	490
Stroma Duncan	489
Glen Chalmers	483
Alan Downie	481
Shona Brown	474
Lynn Park	467
Michelle Baguley	464
Steve Gordon	460
Katrina Clark	459
Emma Findlay	456
Jillian Eunson	455
Mark Dunn	453
Pam Cooper	441
Victoria Smart	440
Ryan Christie	433
Andy Fraser	433
Carly McNeil	432
Angela Robson	430
Roy Walker	428
Nicola Price	428

WELL DONE TO EVERYONE WHO MADE THE EFFORT IN THE HEAT THIS WEEK, 45 RUNNERS POSTED A TIME WITH 11 PEOPLE HAVING THEIR BEST RUN, INCLUDING PB'S FROM CARIS, CHLOE, KATRINA, ALLAN & GAVIN

The sun has been affecting some people this week, or maybe just the BBQ's and drinking that goes with it, familiar story with the ladies fighting for the top spots again, Murray making up the top five with a great time after completeing his 5k a day in May streak.

#### Overall Points Leaders

1/ Steven Garden	574
2/ Karen McAra	566
3/ Gavin Morris	554

#### This weeks Best Handicap Times

1/ Chloe Cargill	36:24
2/ Tracy Loughhead	36:29
3/ Carly McNeil	36:34

#### This weeks Best Scratch Times Male

1/ Allan Bartlet	18:25
2/ Mark Walker	18:49
3/ Andy Fenwick	19:11

#### This weeks Best Scratch Times Female

1/ Caris Strachan	21:07
2/ Chloe Cargill	21:19
3/ Carly McNeil	21:34

NAMES	NEW H/CAP
Jeananne Beckett	00:40
Suzanne Coull	04:25
Wendy Leaper	06:00
Emma Findlay	06:55
Angela Robson	08:00
Karen McAra	08:55
Kirsty Watt	09:10
Alasdair McLean	09:25
Shona Brown	09:30
Susan Cumming	09:30
Michelle Baguley	09:40
Leigh Duncan	10:05
Andrew McNeill	10:05
Victoria Smart	10:05
Lynn Park	10:15
Jack Honey	10:15
Stroma Duncan	10:20
Katrina Clark	10:30
Murray Eunson	10:35
Deborah Hall	10:50
Nicola Price	10:55
Pam Cooper	11:30
Simon Robson	11:30
Debs Morgan	11:50
Russell Cannon	11:55
Jillian Eunson	12:00
Elaine Irvine	12:05
Louise Simpson	12:05
Steve Gordon	12:10
Louise Pirie	12:20
Steven Garden	12:30
Alan McAra	12:35
Tracy Loughhead	12:45
Andy Cruickshank	12:50
Corine Jack	12:50
David Gray	12:55
Diane Milne	13:15
Jack Low	13:25
Andy Fraser	14:00
Alan Walsh	14:20

Dave Milne	38:14	60	20:44	19:44
Angela Robson	38:27	59	29:57	28:45
Stuart Clark	38:42	58	23:32	21:59
Ross Chalmers	38:53	57	22:13	20:09
Jack Low	39:04	56	25:09	23:21
Alan Walsh				22:32
Alex MacLeod				21:52
Andrew McNeill				26:42
Calum Calder				18:44
Danny Hazzard				20:10
David Gray				23:52
Debs Morgan				24:55
Emma Findlay				30:23
Jack Honey				27:01
Jason Osbourne				19:36
Jeananne Beckett				35:47
Keith Stewart				20:41
Kirsty Watt				27:39
Mark Cockburn				20:45
Mark Dunn				21:13
Martyn Duncan				22:06
Mella Slattery				21:32
Michelle Baguley				27:09
Roy Walker				20:52
Ryan Christie				20:32
Ryan Ramsay				18:34
Simon Robson				24:23
Steve Leaper				19:41
Stroma Duncan				26:58
Susan Cumming				26:48
Suzanne Coull				33:38
Victoria Smart				27:10
Vince Taylor				22:09

David Gray	427
Calum Calder	424
Euan McCallister	424
Murray Eunson	418
Ross Chalmers	411
Diane Milne	404
Susan Cumming	399
Louise Pirie	396
Russell Cannon	395
Jason Osbourne	388
Dave Milne	384
Ryan Ramsay	375
Steve Leaper	369
Corine Jack	369
Wendy Leaper	359
Stuart Clark	358
Alan Walsh	346
Debs Morgan	338
Elaine Irvine	295
Keith Stewart	289
Mark Cockburn	272
Simon Robson	270
Alex MacLeod	265
Kirsty Watt	251
Danny Hazzard	233
Andrew McNeill	224
Martyn Duncan	218
Suzanne Coull	194
Jeananne Beckett	173
Alasdair McLean	134
Jack Honey	132
Mella Slattery	114
Vince Taylor	66

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