Forename	Surname	Gender	Club	Age Cat	Race Nu	Time
Alan	Brown	Male	Runrecover	M50	119	00:05:55
Craig	Brown	Male	Garscube Harriers	M50	122	00:06:05
Alan	Strang	Male	Motherwell AC	M40	105	00:06:09
Garry	Henderson	Male	Bellahouston Harriers	M50	63	00:06:42
Marina	McCallum	Female	Kirkintilloch Olympiar	F50	125	00:07:28
John	Softley	Male	Bellahouston Harriers	M70	106	00:10:30
Shona	McCormack	Female		F50	128	00:10:42
Emma	Rogerson	Female	Bellahouston Harriers	F40	DNS	DNS
jaclyn	molloy	Female	Motherwell AC	F40	DNS	DNS
Jay Cruz	Semple	Male		M40	DNS	DNS
Mark	Ford	Male		M40	DNS	DNS