

Forename	Surname	Gender	Club	Age Cat	Race Number	Time	Pos	Gen Pos	Cat Pos
Chris	Grant Pantrey	Male	Shettleston Harriers	M40	459	00:33:23	1	1	1
Steven	Prentice	Male		M40	482	00:35:18	2	2	2
Chris	Upson	Male	Cambuslang Harriers	M50	443	00:35:36	3	3	1
mark	king	Male	Cambuslang Harriers	M50	463	00:35:48	4	4	2
Callum	Wallace	Male		MS	476	00:37:29	5	5	1
Jean-Marc	Chabrut	Male		M40	495	00:38:30	6	6	3
Fraser	Gray	Male		MS	448	00:38:40	7	7	2
Iain	McLachlan	Male	Cambuslang Harriers	M40	457	00:39:07	8	8	4
Marc	Roper	Male	Westerlands Cross Country Club	M60	460	00:39:37	9	9	1
Georgia	Freeman-Mills	Female	Cambuslang Harriers	FS	464	00:39:52	10	1	1
Stephen	McQuistin	Male	North Ayrshire Athletics Club	MS	488	00:40:02	11	10	3
Richard	Stark	Male	Strathaven Striders	M60	474	00:40:11	12	11	2
John	McCabe	Male	Troon Tortoises AC	M50	461	00:40:58	13	12	3
Richard	McKean	Male		M40	497	00:41:08	14	13	5
arthur	mulholland	Male	East Kilbride Athletics Club	M50	440	00:41:19	15	4	4
Scott	Mcleod	Male	Vegetarian Cycling & AC	M40	487	00:42:21	16	15	6
Jurgita	Buciute	Female		F40	500	00:42:47	17	2	1
Sandy	Orr	Male	Lothian Running Club	M50	436	00:43:52	18	16	5
Kristina	Greig	Female	Bellahouston Harriers	FS	486	00:44:41	19	3	2
Troy	Morgan	Male		M50	456	00:45:10	20	17	6
Ian	Lafferty	Male		MS	475	00:45:23	21	18	4

Sheila	Murray	Female		F40	438	00:46:08	22	4	2
Simon	Parkinson	Male	Bellahouston Harriers	M50	441	00:46:12	23	19	7
Angie	Green	Female		F40	469	00:46:14	24	5	3
Craig	Brown	Male	Garscube Harriers	M50	471	00:46:27	25	20	8
Vladislavs	Zaharovs	Male		MS	479	00:47:03	26	21	5
Alastair	Cunningham	Male	Central Athletics Club	M50	483	00:47:09	27	22	9
Alan	Weir	Male	Lothian Running Club	M50	437	00:47:15	28	23	10
Paul	Liddell	Male		M40	492	00:47:20	29	24	7
Garry	Henderson	Male	Bellahouston Harriers	M50	445	00:47:22	30	25	11
Viki	Boncheva-Henderson	Female		FS	439	00:49:03	31	6	3
Andrew	Pulford	Male		M40	498	00:49:12	32	26	8
Andre	Gilburn	Male	Wee County Harriers	M50	465	00:49:59	33	27	12
Michael	Carr	Male		MS	453	00:50:08	34	28	6
krystin	Macmillan	Female		FS	499	00:50:29	35	7	4
Alan	Bow	Male		M40	455	00:50:41	36	29	9
Emma	Mair	Female		FS	468	00:50:54	37	8	5
Stuart	Macdonald	Male		M50	494	00:51:21	38	30	13
Garry	Smith	Male	Bellahouston Road Runners	M40	327	00:51:23	39	31	10
Sandra	Reid	Female		F40	467	00:51:47	40	9	4
Heather McVie	Branley	Female		F40	470	00:51:52	41	10	5
Arthur	O'Brien	Male		M50	473	00:52:02	42	32	14
Mike	Smith	Male		M70	444	00:52:06	43	33	1
Katy	Tallon	Female		F40	433	00:52:09	44	11	6

Rory	Matheson	Male	Giffnock North AC	MS	301	00:52:15	45	34	7
Gary	Mclinton	Male		M50	303	00:52:33	46	35	15
Pauline	Henderson	Female	Bellahouston Harriers	F50	446	00:52:46	47	12	1
Liz	Duncan	Female	Irvine Running Club	F50	491	00:53:23	48	13	2
Fiona	Roberts	Female		F50	493	00:53:23	49	14	3
Calum	Roach	Male		MS	489	00:54:43	50	36	8
Nell	Vitty	Female		FS	458	00:54:47	51	15	6
Paul	Ellis	Male		M50	435	00:55:25	52	37	16
Gavin	Finbow	Male	Mount Vernon Runners	M40	485	00:55:33	53	38	11
John	Roach	Male		M40	490	00:55:36	54	39	12
Catherine	Macnaughton	Female	West End Road Runners	F40	477	00:55:37	55	16	7
Jennifer	McCann	Female		F40	466	00:55:50	56	17	8
Linda	Cunningham	Female	Central Athletics Club	F50	484	00:55:53	57	18	4
Beth	Lockhart	Female	Strathaven Striders	F40	452	00:55:58	58	19	9
Lorna	Edwards	Female	East Kilbride Athletics Club	F50	478	00:57:06	59	20	5
Pip	Ellis	Female		F50	434	00:59:39	60	21	6
Gillian	McQuistin	Female	North Ayrshire Athletics Club	FS	481	01:01:08	61	22	7
Kirsten	Macleman	Female		FS	472	01:01:44	62	23	8
Gordon	Cunningham	Male		M40	480	01:01:46	63	40	13
Louise	McKean	Female		F40	496	01:03:30	64	24	10
Kirsty	Cunningham	Female		F50	449	01:05:18	65	25	7
Alison	Morton	Female		F40	450	01:05:18	66	26	11
Pauline	Ryan	Female		F50	451	01:05:18	67	27	8

Victoria	Tinney	Female		FS	462	01:06:50	68	28	9
Nathalie	Smith	Female	Greenock Glenpark Harriers	F40	302	DNF			
Aileen	McKnight	Female		FS	447	DNF			
Stephen	Nisbet	Male	North Ayrshire Athletic Club	M40	454	DNF			
Cameron	Bell	Male		M50	442	DNF			