

Name	October	November	Best
Alison McNeilly		35:07.4	35:07.4
Amy Tavendale	49:12.6	47:44.4	47:44.4
Annie Howden	40:04.8		40:04.8
Antonia Parry	50:29.9	50:15.1	50:15.1
Arron Small		38:13.2	38:13.2
Brian Rodgers	44:02.1	43:49.0	43:49.0
Carol Ann Smith	49:16.5	46:14.8	46:14.8
Charlene Junkin	35:49.0		35:49.0
Chris Neilson	36:38.4	38:22.8	36:38.4
Claire Thornton-Granville	49:14.7	46:14.5	46:14.5
Colin Birtwistle	36:07.4		36:07.4
Daniel Dutton	47:38.5		47:38.5
Daniel Fields	46:08.6		46:08.6
David Baird	35:32.8		35:32.8
David Hardy	44:46.6	41:22.0	41:22.0
David Webster	28:22.2	27:45.4	27:45.4
Dominic Hughes	49:16.1	39:24.7	39:24.7
Duncan Edward	36:35.8		36:35.8
Ernesto Bonafe		46:51.6	46:51.6
Eve Martin	36:06.4		36:06.4
Gail Rattray	44:00.6	42:55.3	42:55.3
Gaynor Thomson	36:46.8	36:59.3	36:46.8
Gill Hanlon	46:17.3	46:56.2	46:17.3
Graeme Wallace		34:07.0	34:07.0
Greg Burton		37:50.6	37:50.6
Harry Kay	49:15.1	44:14.4	44:14.4
Iain Luke	50:06.4		50:06.4
Ian Clark	51:41.1		51:41.1
Jackie Heilbronn		45:37.5	45:37.5
Jane Dunlop	38:05.7	37:16.0	37:16.0
Josh McKay		46:37.0	46:37.0
Keith Gelly		44:00.2	44:00.2
Kevin Norman	31:18.6	31:50.7	31:18.6
Kim Russell		47:47.4	47:47.4
Laura Darling-Brackenridge	40:04.5	37:56.6	37:56.6
Lesley Coutts		49:22.9	49:22.9
Linda Rudd		50:00.6	50:00.6
Lindsay Darling-Brackenridge		46:53.6	46:53.6
Lissa Stewart	49:25.0	47:15.3	47:15.3
Lorraine Dunbar	40:38.4	41:20.8	40:38.4
Louise Henderson		38:34.0	38:34.0
Lynsey Langlands	49:15.5	46:36.7	46:36.7
Mairi Littleson	32:09.1		32:09.1
Martin Rollo	40:33.1	43:25.1	40:33.1
Matt Buck	35:26.1	36:07.3	35:26.1

Mel Hayes		50:01.2	50:01.2
Michael Mitchell	35:07.4	33:38.3	33:38.3
Michael Richardson	32:02.7	31:56.8	31:56.8
Morag Martin	38:15.3		38:15.3
Nick Bennett		27:03.0	27:03.0
Olivia Batho-Samblás	40:29.2		40:29.2
Paul Reed	41:42.8		41:42.8
Phillip Gillespie		44:13.7	44:13.7
Rebecca Garside	52:28.7	52:04.9	52:04.9
Rebecca Shenton		49:36.1	49:36.1
Robyn McDonald	41:50.9	40:13.6	40:13.6
Sara Cha	40:12.6	38:04.8	38:04.8
Shannon Polson		46:32.2	46:32.2
Sharon Russell		47:06.4	47:06.4
Shona Candlish	49:23.2	47:23.6	47:23.6
Stephen McGowan	42:42.5	39:20.9	39:20.9
Steven Gale		38:28.0	38:28.0
Susan Smith	47:33.2		47:33.2
Uchechukwu Okoro	40:36.0		40:36.0