

Name	October	November	December	Best
Adam Hart			32:17.9	32:17.9
Alison McNeilly		35:07.4	34:15.1	34:15.1
Allan Kettles			37:11.0	37:11.0
Amy Tavendale	49:12.6	47:44.4	47:25.1	47:25.1
Annie Howden	40:04.8			40:04.8
Antonia Parry	50:29.9	50:15.1		50:15.1
Arron Small		38:13.2	34:43.3	34:43.3
Brian Lawrence			49:42.8	49:42.8
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	43:51.1	43:51.1
Colin Birtwistle	36:07.4			36:07.4
Daniel Dutton	47:38.5			47:38.5
Daniel Fields	46:08.6		43:30.4	43:30.4
David Baird	35:32.8			35:32.8
David Hardy	44:46.6	41:22.0	40:56.3	40:56.3
David Webster	28:22.2	27:45.4		27:45.4
Dominic Hughes	49:16.1	39:24.7	36:11.1	36:11.1
Duncan Edward	36:35.8			36:35.8
Emma Brydges			39:03.0	39:03.0
Ernesto Bonafe		46:51.6	40:45.5	40:45.5
Eve Martin	36:06.4			36:06.4
Gail Rattray	44:00.6	42:55.3	42:56.5	42:55.3
Gaynor Thomson	36:46.8	36:59.3	36:53.7	36:46.8
Gill Hanlon	46:17.3	46:56.2	46:53.4	46:17.3
Graeme Wallace		34:07.0	34:13.1	34:07.0
Greg Burton		37:50.6	36:13.3	36:13.3
Harry Kay	49:15.1	44:14.4		44:14.4
Iain Luke	50:06.4		55:07.5	50:06.4
Ian Clark	51:41.1		47:01.6	47:01.6
Jackie Heilbronn		45:37.5	40:31.3	40:31.3
Jacqueline McCulloch			44:25.0	44:25.0
Jane Dunlop	38:05.7	37:16.0	36:18.8	36:18.8
Josh McKay		46:37.0	49:33.4	46:37.0
Keirra Small			43:48.0	43:48.0
Keith Gelly		44:00.2	42:07.4	42:07.4
Kevin Norman	31:18.6	31:50.7	30:02.6	30:02.6
Kim Russell		47:47.4	47:10.2	47:10.2
Laura Darling-Brackenridge	40:04.5	37:56.6	38:27.6	37:56.6
Lesley Coutts		49:22.9	45:43.2	45:43.2
Linda Rudd		50:00.6		50:00.6
Lindsay Darling-Brackenridge		46:53.6	44:13.0	44:13.0
Lissa Stewart	49:25.0	47:15.3		47:15.3
Lorraine Dunbar	40:38.4	41:20.8	40:50.5	40:38.4
Louise Henderson		38:34.0	38:49.1	38:34.0

Lynsey Langlands	49:15.5	46:36.7	45:14.3	45:14.3
Mairi Littleson	32:09.1		32:52.5	32:09.1
Martin Rollo	40:33.1	43:25.1	39:07.4	39:07.4
Matt Buck	35:26.1	36:07.3	33:01.0	33:01.0
Mel Hayes		50:01.2	47:43.2	47:43.2
Michael Mitchell	35:07.4	33:38.3		33:38.3
Michael Richardson	32:02.7	31:56.8	29:26.1	29:26.1
Morag Martin	38:15.3		35:45.7	35:45.7
Nick Bennett		27:03.0	29:10.0	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	42:12.1	42:12.1
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	40:48.1	40:48.1
Sharon Russell		47:06.4	47:16.1	47:06.4
Shona Barry			56:39.6	56:39.6
Shona Candlish	49:23.2	47:23.6	46:59.8	46:59.8
Stephen McGowan	42:42.5	39:20.9	38:01.0	38:01.0
Steven Gale		38:28.0	37:32.4	37:32.4
Susan Smith	47:33.2			47:33.2
Uchechukwu Okoro	40:36.0		39:44.0	39:44.0