Name	October	November	Best
Adam Hart	33:46.2	32:26.9	32:26.9
Agustin Valdes	38:49.7	36:19.6	36:19.6
Amy Tavendale	50:32.2		50:32.2
Andy Maich	37:05.7		37:05.7
Annie Howden	42:46.7	39:35.1	39:35.1
Arron Small	42:33.4		42:33.4
Boab Thomson	45:18.1		45:18.1
Brian Rodgers		46:13.1	46:13.1
Brian Stewart	46:40.8		46:40.8
Carol Ann Smith	45:21.1		45:21.1
Chris Neilson		41:30.2	41:30.2
Claire Thornton-Granville	46:57.0	46:12.3	46:12.3
Daniel Dutton		39:26.4	39:26.4
David Aitken	42:45.2	39:47.7	39:47.7
David Baird	36:15.4	37:02.1	36:15.4
David Hardy	45:20.7	42:46.9	42:46.9
David Webster		28:37.3	28:37.3
Doug Stirling		45:26.2	45:26.2
Duncan Edward	36:33.9	38:40.3	36:33.9
Emily Hammer		51:50.8	51:50.8
Emma Brydges	40:29.8		40:29.8
Ernesto Bonafe	47:48.9	45:21.1	45:21.1
Gail Rattray	44:59.7	42:47.7	42:47.7
Graeme Christie	41:02.7		41:02.7
Iona McKay		41:49.8	41:49.8
Jackie Heilbronn		45:20.5	45:20.5
Jamie Storey	40:23.5		40:23.5
Josh McKay	51:01.6	45:23.1	45:23.1
Keith Gelly	45:03.5	43:58.9	43:58.9
Lesley Coutts	47:53.4		47:53.4
Lindsay Darling-Brackenridge		45:40.9	45:40.9
Lissa Stewart	48:10.2		48:10.2
Lorraine Dunbar	44:56.5	40:16.5	40:16.5
Lynsey Langlands	47:34.1	46:18.6	46:18.6
Mairi Littleson	33:49.3	32:40.6	32:40.6
Marc Funai	42:24.3	41:48.4	41:48.4
Marcus Sheridan	29:40.3		29:40.3
Martin Rollo	43:22.7	40:14.1	40:14.1
Mel Hayes	51:00.9	49:21.8	49:21.8
Michael Mitchell	41:00.8	37:55.1	37:55.1
Michael Richardson	29:41.6		29:41.6
Morag Martin		39:34.4	39:34.4
Neil Edwards	39:35.6	39:19.0	39:19.0
Nick Bennett		27:22.1	27:22.1
Peter Warland		41:33.3	41:33.3

Phillip Gillespie	44:32.3		44:32.3
Scott Henderson	36:12.3	37:58.8	36:12.3
Scott Stables	39:34.6	38:03.8	38:03.8
Sharon Warland		46:42.3	46:42.3
Shona Candlish		51:50.3	51:50.3
Stephen McGowan		39:29.9	39:29.9
Steven Gale	43:51.7	39:07.9	39:07.9
Steven Lafferty	39:30.3		39:30.3
Steven Maloney		45:48.3	45:48.3