

Race No	Forename	Surname	Club	AgeGroup	Lochwinnoch	Pos
77	Jamie	Clements	East Kilbride Athletics Club	M25-29	00:27:13	1
34	Kieran	Cooper		M16-19	00:27:32	2
5	Justin	Carter	Cambuslang Harriers	M40-44	00:28:02	4
14	Michael	Healy		M35-39	00:27:56	3
48	Chris	Moses	Helensburgh AAC	M30-34	00:28:18	5
6	Chris	Upton	Cambuslang Harriers	M50-54	00:28:20	6
122	Euan	Carrick	Kilbarchan Amateur Athletic Club	M35-39	00:28:25	7
43	Alex	Allardyce	Irvine Running Club	M45-49	00:28:52	9
40	Colin	Whitby	Irvine Running Club	M35-39	00:28:48	8
119	Alan	Heron	Bellahouston Road Runners	M30-34	00:28:58	10
72	Timothy	Martin	Garscube Harriers	M25-29	00:29:30	11
33	Richard	Cooper		M45-49	00:29:39	12
51	David	Simpson		M40-44	00:29:48	13
120	Ryan	Waldron	Kilbarchan AAC	M35-39	00:30:13	14
37	Sean	Reid		M30-34	00:30:17	15
130	Joe	Chambers	Springburn Harriers	M30-34	00:30:31	16
78	Eddie	Neilson		M40-44	00:30:56	17
79	Ted	gourley	Giffnock North AAC	M50-54	00:31:01	18
60	Alex	Osborne	Westerlands Cross Country Club	M35-39	00:31:22	19
45	michael	kirwan	glasgow south road runners	M50-54	00:31:42	20
127	tony	carroll	Kilbarchan Amateur Athletic Club	M45-49	00:31:47	21
80	Robert	Rogerson	Kirkintilloch Olympians	M55-59	00:32:25	22
68	Craig	White	Maryhill Harriers	M25-29	00:32:37	24
49	Michael	Hampson	Giffnock North AAC	M50-54	00:32:33	23
21	John	Whitener	Bellahouston Harriers	M35-39	00:32:58	25
1	Andrew	Chapman	Strathaven Striders	M40-44	00:33:08	26
19	James	Speakman		M45-49	00:33:10	27
41	Wayne	Barlow	Glasow South Roadrunners	M45-49	00:33:38	30
123	Gavin	Highgate	Kilbarchan AAC	M40-44	00:33:28	29
17	Scott	Coulter	Maryhill Harriers	M25-29	00:33:16	28
16	Gary	Milne		M25-29	00:33:52	32

39	Richard	Carey	MRF	M30-34	00:33:46	31
47	Tom	McGuinness	Glasgow Triathlon Club	M40-44	00:34:00	33
65	David	Ferguson	Bellahouston Road Runners	M35-39	00:34:50	40
71	Fiona	Martin	Garscube Harriers	F25-29	00:34:34	35
50	John	Brown	Keen Amateurs	M45-49	00:34:31	34
64	John	Henderson	Springburn Harriers	M50-54	00:34:43	39
24	Alan	Cox	Strathaven Striders	M55-59	00:34:40	38
54	Joseph	Halley		M30-34	00:34:39	37
67	Garry	Smith		M35-39	00:34:37	36
18	Andrew	Holloway		M25-29	00:35:08	41
30	Suzanne	rae		F30-34	00:35:11	42
125	Allan	Stewart		M30-34	00:35:23	43
9	Christopher	Smith	Giffnock North AAC	M50-54	00:35:24	44
44	maria	doherty	glasgow south road runners	F50-54	00:35:36	47
69	Ian	MacDonald		M45-49	00:35:52	51
4	ROSS	BICKERSTAFF	Hamilton Harriers	M55-59	00:35:27	45
38	Sandra	Houldsworth	Kilbarchan Amateur Athletic Club	F40-44	00:35:38	48
136	Andrew	Bickerstaff	Hamilton Harriers	M20-24	00:35:49	49
8	David	Stirling	Cambuslang Harriers	M45-49	00:35:50	50
74	Kay	Conneff	Calderglen Harriers	F40-44	00:35:31	46
57	Jek	Rankin		M30-34	00:37:00	53
53	Iain	Davidson	Girvan Amateur Athletic Club	M55-59	00:36:56	52
66	Stewart	MacKenzie		M30-34	00:37:06	54
35	Gavin	Milne		M30-34	00:37:13	55
23	Joanne	Gemmell	Glasgow Triathlon Club	F30-34	00:37:38	56
13	Stuart	Macfarlane		M60-64	00:38:24	59
11	Christine	Mcmenemy	Airdrie Harriers	F50-54	00:38:01	57
12	Maria	Hunter	Strathaven Striders	F45-49	00:39:08	63
128	Kenny	Weir		M60-64	00:38:38	60
129	Tracey	Reddy	Kilbarchan Amateur Athletic Club	F45-49	00:38:44	61
133	Tim	Proudlove		M35-39	00:38:50	62
52	Brian	Keenan		M45-49	00:39:27	64
76	Rebecca	MacKenzie		F25-29	00:39:46	65

75	Siobhan	Martin		F30-34	00:40:08	69
15	Elly	McArthur		F25-29	00:40:26	71
29	Katherine	Graham		F45-49	00:39:57	68
70	Conor	McErlean	Glasgow Triathlon Club	M35-39	00:38:17	58
26	Amy	Ferguson		F30-34	00:40:22	70
55	Siobhan	Boyle		F40-44	00:41:46	74
81	Chris	Paton	Bellahouston Harriers	VI Guide	00:39:48	66
126	David	Ridout	Ron's Runners	M65+	00:40:46	72
135	Steve	Proudlove		M35-39	00:41:37	73
61	Jay Cruz	Semple		M35-39	00:39:48	67
7	Dariusz	Ples	Calderglen Harriers	M40-44	00:42:08	75
27	Jillian	Cuthbert		F30-34	00:42:36	76
36	Rod	MacLeod		M35-39	00:43:08	77
132	Viki	Smith	Greenock Glenpark Harriers	F40-44	00:43:19	78
42	Catriona	gourley	Giffnock North AAC	F50-54	00:44:45	79
118	Emma	Reilly		F35-39	00:45:01	80
22	Lilian	Young	Kilbarchan AAC	F45-49	00:45:18	81
10	John	Softley	Bellahouston Harriers	M65+	00:45:40	83
20	Rebecca	Whitener	Bellahouston Harriers	F30-34	00:45:31	82
137	Amie	Connelly		F20-24	00:48:04	84
138	Thomas	Connelly		M50-54	00:48:09	85
3	Lorraine	Mullen	Giffnock North AAC	F40-44	00:49:17	86
134	Paul	Casey		M30-34	00:56:46	87
2	HUGH	MCALOON	Glasgow FrontRunners	M45-49	00:51:10	88

25	Kieran	Dodworth	Glasgow Triathlon Club	M40-44	DNS
28	Ian	Mackie		M30-34	DNS
46	Alison	Mackenzie		F30-34	DNS
59	Colin	Stewart	Bellahouston Road Runners	M45-49	DNS
62	Ian	Kerr	Unattached	M60-64	DNS
73	Michael	Gilroy		M35-39	DNS
121	Jack	Heathwood	Bellahouston Harriers	M16-19	DNS

124	Chris	Bell	Kilbarchan Amateur Athletic Club	M40-44	DNS
131	Oliver	French		M30-34	DNS