



Name	Tom Scott 10 Miles (L) 1/4/18 (West)	Ron's Runners 5km (S) 25/4/18	Land O' Burns 10km (M) 23/5/18 (Ayrshire)	Kirkmichael 10km (M) 26/5/18	Babcock Shettleston 10km (M) 27/5/18 (West)	Brian Goodwin 10km (M) 15/6/18	Isle of Arran Half Marathon (L) 1/7/18 (Ayrshire)	Garscube 5 Miles (S) 12/7/18	Kilmaurs 5km (S) 25/7/18	Dundonald 10km (M) 8/8/18	Jim Young Marymass 10km (M) 22/8/18	North Ayrshire 10km (M) 2/9/18	Round Cumbrae 10 miles (L) 16/9/18 (Ayrshire)	Dumfries Half Marathon (L) 23/9/18 (West)	Marathon Time (April to end Oct)	Total
Stephanie Dale		10														10
Karen Robertson			9													9