



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 Cumberae 10 miles (L) 16/9/18 (Ayrshire)	Dumfries Half Marathon (L) 23/9/18 (West)	Marathon Time (April to end Oct)	Total
Paul Markac										11	13				03:35:08	24
Russell Duncan			10					12								22
Michael Corson									9		12					21
Paul Bonfanti						13				8						21
Ross Haswell			9						4		8					21
Ian McAughtrie		7						11	1							19
Mark Lyden	9	5							3							17
John Speirs 2												15				15
Dan Thompson									14							14
James Connelly													14		03:04:10	14
John Tougher	14														03:46:43	14
Matthew Fergusson		6											8			14
Cameron Wilson		13														13
Robert Lindsay									13							13
Alisdair Hood			7						1		4				05:45:50	12
Stephen Emerson													11			11
Stewart McRoberts	11															11
Alasdair Murray									8							8
John Duffy											7					7
Geoff Robertson		4							1							5
Kevin Beck											5					5

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Drew Lambert															03:56:48	0
Gavin Hogarth															03:07:23	0
Mark Alexander															03:21:24	0