

Troon Tortoises 10K Road Race -10th May 2000 (Incorporating SAF West District Champs)

| | <i>Name</i> | <i>Club</i> | <i>Time</i> |
|----|-------------------------|----------------------|-------------|
| 1 | Thomas Murray (M) | Inverclyde | 30.03 |
| 2 | Thomas Herle (M) | Kilbarchan | 31.01 |
| 3 | Steven Conaghan (M) | Inverclyde | 31.10 |
| 4 | Alexander Robertson (M) | Ron Hill Cambuslang | 31.19 |
| 5 | James Laird (M) | Dumfries | 31.40 |
| 6 | David Thom (M40) | Ron Hill Cambuslang | 32.20 |
| 7 | Lee Richardson (M) | Irvine | 32.39 |
| 8 | Robert Napier (M) | Unattached | 32.49 |
| 9 | Ronnie Bruce (M40) | Bellahouston H | 32.57 |
| 10 | Colin Miller (M40) | Irvine | 33.15 |
| 11 | Callum Mckinnon (M40) | Athletics Scotland | 33.23 |
| 12 | Jamie Mcdonald (M) | Central | 33.28 |
| 13 | Brian Craig (M40) | Irvine | 33.30 |
| 14 | Murray Mcdonald (M40) | Clydesdale | 33.33 |
| 15 | Clyde Marwick (M) | Shettleston H | 33.35 |
| 16 | David White (M) | Unattached | 33.37 |
| 17 | Susan Scott (F) | City Of Glasgow | 33.54 |
| 18 | J Snodgrass (M) | Kilbarchan | 33.57 |
| 19 | Gordon Allsop (M) | Arran Runners | 34.00 |
| 20 | Michael Mccartney (M40) | Maryhill | 34.00 |
| 21 | Tommy Lawrence (M) | Ayr Seaforth | 34.00 |
| 22 | Colin Souter (M) | Ayr Seaforth | 34.07 |
| 23 | Martin Duthie (M) | Calderglen H | 34.09 |
| 24 | Joe Burns (M) | Unattached | 34.16 |
| 25 | Alastair Stewart (M40) | Ayr Seaforth | 34.20 |
| 26 | George Irving (M) | Irvine | 34.24 |
| 27 | Derek Dick (M) | East Kilbride | 34.37 |
| 28 | Neil Deerey (M) | Unattached | 34.40 |
| 29 | Jamie Mcmonagle (M) | Calderglen H | 34.49 |
| 30 | Cameron Spence (M40) | Inverclyde | 35.01 |
| 31 | Michael Mginley (M40) | Kilbarchan | 35.06 |
| 32 | Graeme Ferguson (JM) | Irvine | 35.26 |
| 33 | George Taylor (M) | Giffnock North | 35.28 |
| 34 | Campbell Joss (M40) | Bellahouston H | 35.29 |
| 35 | John Bannister (M40) | Inverclyde | 35.30 |
| 36 | Calum Webster (M) | Hunters Bog Trotters | 35.32 |
| 37 | Alison Higgins (F) | JW Kilmarnock H | 35.32 |
| 38 | Martin Campbell (M) | Giffnock North | 35.36 |
| 39 | John Surgenor (M40) | Irvine | 35.47 |
| 40 | Anthony Wilson (M40) | Scottish Veteran H | 35.50 |
| 41 | Jim Stevenson (M40) | Irvine | 35.53 |
| 42 | David Brown (M) | Unattached | 35.55 |
| 43 | Derek Breen (M) | Giffnock North | 35.57 |
| 44 | Douglas Munro (M) | Ayr Seaforth | 35.58 |
| 45 | Manuel Fernandez (M) | Ayr Seaforth | 35.59 |
| 46 | Leo Sho-Silva (M) | Ron Hill Cambuslang | 36.04 |
| 47 | John Gebbie (M50) | JW Kilmarnock H | 36.10 |
| 48 | John Mcmellan (M) | Kilbarchan | 36.13 |
| 49 | Robert Shaw (M40) | Inverclyde | 36.15 |
| 50 | Robert Kenneth (M50) | Red Star | 36.19 |
| 51 | Lindsay Mcmahon (F) | JW Kilmarnock H | 36.24 |
| 52 | Graham Allan (M) | Calderglen H | 36.25 |
| 53 | John Dargie (M) | Glasgow Triathlon | 36.33 |
| 54 | William Mcgill (M40) | Maryhill | 36.36 |
| 55 | Tam Mcpake (M40) | Ron Hill Cambuslang | 36.44 |
| 56 | Alan Mulholland (M40) | Unattached | 36.56 |
| 57 | Robert Snodgrass (M) | Kilbarchan | 37.02 |
| 58 | John Quinn (M40) | Unattached | 37.17 |
| 59 | Andrew Mcnaught (M) | Girvan | 37.20 |
| 60 | Dave Dymond (M) | Ron Hill Cambuslang | 37.21 |
| 61 | Kenneth Corbett (M) | Unattached | 37.22 |
| 62 | Ashley Sneddon (M40) | Irvine | 37.25 |
| 63 | Andrew Laird (M) | City Of Edinburgh | 37.31 |
| 64 | Graham Cairns (M40) | East Kilbride | 37.33 |
| 65 | Dennis Padden (M50) | Arran Runners | 37.39 |

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|-----|-------------------------|-----------------------|-------|
| 66 | Stephen Stanway (M) | Bellahouston H | 37.39 |
| 67 | Frank Evans (M40) | JW Kilmarnock H | 37.43 |
| 68 | Josephe Mccartney (M40) | Maryhill | 37.49 |
| 69 | Iain Fraser (M) | Irvine | 37.50 |
| 70 | Jonathan Trevis (M) | Totley | 37.56 |
| 71 | John Kirkland (M) | Unattached | 38.01 |
| 72 | Christophe Chausset (M) | Irvine | 38.05 |
| 73 | George Campbell (M) | Polmont | 38.07 |
| 74 | Ian Kerr (M40) | Unattached | 38.09 |
| 75 | Ewan Mulhern (M) | Unattached | 38.10 |
| 76 | Scott Armstrong (M) | Wallsend | 38.13 |
| 77 | Kevin Woolfson (M) | Unattached | 38.17 |
| 78 | William Lafferty (M) | Unattached | 38.18 |
| 79 | Graeme Haddon (M) | East Kilbride | 38.23 |
| 80 | Peter Smith (M50) | Unattached | 38.29 |
| 81 | John Gordon (M40) | Kilbarchan | 38.31 |
| 82 | Graham Richardson (M40) | JW Kilmarnock H | 38.34 |
| 83 | Roderick Pugh (M40) | JW Kilmarnock H | 38.36 |
| 84 | William Mccracken (M) | Unattached | 38.39 |
| 85 | Craig Kelly (JM) | Unattached | 38.40 |
| 86 | Mark Willis (M) | Unattached | 38.41 |
| 87 | Ian Airdrie (M40) | Giffnock North | 38.44 |
| 88 | George Kerr (M40) | JW Kilmarnock H | 38.45 |
| 89 | Ian Macdonald (M40) | Inverclyde | 38.46 |
| 90 | Robin Livingston (M40) | Perth Road Runners | 38.47 |
| 91 | Wallace Shedden (M40) | Girvan | 38.51 |
| 92 | David Dunn (M) | Unattached | 38.53 |
| 93 | John Bruce (M) | Inverclyde | 38.55 |
| 94 | Philip Paton (M) | Unattached | 38.58 |
| 95 | Terence Dolan (M50) | Ron Hill Cambuslang | 38.59 |
| 96 | Graeme Stevenson (M) | Unattached | 39.01 |
| 97 | Denis Burns (M50) | Unattached | 39.05 |
| 98 | Stephen Thomson (M40) | Athletics Scotland | 39.06 |
| 99 | James Mcguigan (M) | Athletics Scotland | 39.08 |
| 100 | James Graham (M60+) | Bellahouston H | 39.16 |
| 101 | Jim Brown (M40) | Ayrodynamic Triathlon | 39.18 |
| 102 | Norman Kowalski (M40) | Unattached | 39.20 |
| 103 | Ian Drummond (M40) | JW Kilmarnock H | 39.22 |
| 104 | Alex Wilson (M40) | Unattached | 39.28 |
| 105 | James Taylor (M40) | Polmont | 39.30 |
| 106 | Stuart Dickson (M) | JW Kilmarnock H | 39.33 |
| 107 | Alex Jack (M) | Unattached | 39.35 |
| 108 | Graham Boyd (M) | Unattached | 39.40 |
| 109 | Tom Reid (M40) | Ayrodynamic Triathlon | 39.43 |
| 110 | Roderick Natson (M40) | Unattached | 39.44 |
| 111 | Jock Ferguson (M40) | Unattached | 39.45 |
| 112 | Grant Young (M40) | Ayrodynamic Triathlon | 39.46 |
| 113 | Susie Craig (F) | Ayrodynamic Triathlon | 39.50 |
| 114 | Campbell Elliot (M) | Unattached | 39.52 |
| 115 | Andrew Clapperton (M) | Ayrodynamic Triathlon | 39.58 |
| 116 | Kay Nah (M40) | Unattached | 40.10 |
| 117 | Raymond Murdoch (M50) | Unattached | 40.15 |
| 118 | Ian Berryman (M40) | Irvine | 40.21 |
| 119 | Thomas Mcintyre (M) | Motherwell | 40.21 |
| 120 | Jim Weir (M40) | Unattached | 40.23 |
| 121 | William Mcdicken (M) | Unattached | 40.24 |
| 122 | Blair Millen (M) | Athletics Scotland | 40.26 |
| 123 | Helen Morton (F35) | Irvine | 40.26 |
| 124 | James White (M40) | Irvine | 40.27 |
| 125 | Stuart Macpherson (M50) | Ayr Seaforth | 40.27 |
| 126 | Robert Tedford (M40) | Giffnock North | 40.33 |
| 127 | Neil Lochriad (M40) | Strathclyde Police | 40.34 |
| 128 | Ian Ross (M50) | Bellahouston H | 40.35 |
| 129 | Paul Ablett (M40) | Unattached | 40.36 |
| 130 | Matt Herbertson (M) | Ayrodynamic Triathlon | 40.46 |
| 131 | Gordon Mckechnie (M) | Unattached | 40.47 |

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|-----|---------------------------|-----------------------|-------|
| 132 | Rory Mcleod (M) | Giffnock North | 40.48 |
| 133 | Paul Harkins (JM) | Motherwell | 40.50 |
| 134 | David Paul (M50) | Ayr Seaforth | 40.52 |
| 135 | Andrew White (M) | Unattached | 40.52 |
| 136 | Doleen Galbraith (F35) | Giffnock North | 40.54 |
| 137 | Iain Baird (M40) | Ayr Seaforth | 40.56 |
| 138 | Keith Mcdonald (M) | Unattached | 40.58 |
| 139 | David Borland (M40) | Wee County H | 41.01 |
| 140 | George Farish (M40) | Unattached | 41.07 |
| 141 | Alasdair Murray (M) | JW Kilmarnock H | 41.09 |
| 142 | David Smith (M) | Unattached | 41.10 |
| 143 | John Harkness (M) | Strathaven Striders | 41.11 |
| 144 | Stuart Nickerson (M40) | Girvan | 41.13 |
| 145 | Alison Docherty (F) | Glasgow University | 41.16 |
| 146 | David Strathern (M) | Unattached | 41.17 |
| 147 | Iain Carmichael (M50) | Unattached | 41.19 |
| 148 | Neilson Still (M) | Unattached | 41.21 |
| 149 | Ronnie Capaldi (M40) | Girvan | 41.22 |
| 150 | Ross Bickerstaff (M40) | Hamilton | 41.23 |
| 151 | Katherine Armitage (F35) | Stubbington Green | 41.24 |
| 152 | Robbie Fulker (M) | Scottish Veteran H | 41.25 |
| 153 | Stuart Ritchie (M) | Unattached | 41.26 |
| 154 | Jessie Miller (F35) | Motherwell | 41.32 |
| 155 | Robert Petticrew (M40) | Unattached | 41.37 |
| 156 | Alastair Maclachlan (M40) | Giffnock North | 41.38 |
| 157 | James Galbraith (M40) | Giffnock North | 41.39 |
| 158 | Danny Shearon (M) | Maryhill | 41.40 |
| 159 | Iaian Kerr (M50) | Giffnock North | 41.40 |
| 160 | Max Harris (M) | Ayrodynamic Triathlon | 41.41 |
| 161 | Katie Gibb (F) | City Of Glasgow | 41.42 |
| 162 | Ian Pittams (M) | Unattached | 41.42 |
| 163 | Stan Thompson (M50) | Irvine | 41.43 |
| 164 | John Duffy (M) | JW Kilmarnock H | 41.45 |
| 165 | Dwyne Richmond (M) | JW Kilmarnock H | 41.47 |
| 166 | Jim Robertson (M50) | Giffnock North | 41.49 |
| 167 | Murray Grier (M) | Unattached | 41.50 |
| 168 | Lawson Elliot (M40) | Unattached | 41.52 |
| 169 | Fred Kellest (M) | Beith H | 41.53 |
| 170 | John Espie (M40) | Unattached | 41.54 |
| 171 | Joseph MCGOWN (M) | East Kilbride | 41.58 |
| 172 | William Mccluskie (M) | Unattached | 42.01 |
| 173 | John Kloumann (M50) | Kilbarchan | 42.04 |
| 174 | Alan Hay (M40) | Giffnock North | 42.04 |
| 175 | Des Leslie (M40) | Beith H | 42.05 |
| 176 | David Mitchell (M50) | Clydesdale | 42.08 |
| 177 | Stewart Robertson (M) | Strathaven Striders | 42.09 |
| 178 | James Graham (M) | Unattached | 42.10 |
| 179 | Catriona Caddell (F) | Unattached | 42.11 |
| 180 | Sandra Marwick (F35) | Unattached | 42.18 |
| 181 | Nat Taylor (M40) | Girvan | 42.23 |
| 182 | David Mitchell (M) | JW Kilmarnock H | 42.26 |
| 183 | Simon Osborne (M40) | Unattached | 42.29 |
| 184 | Kenneth Robson (M50) | Unattached | 42.30 |
| 185 | Alison Fry (F35) | Unattached | 42.32 |
| 186 | Robert Stirrat (M40) | Unattached | 42.37 |
| 187 | Stewart Ferguson (M) | JW Kilmarnock H | 42.52 |
| 188 | Steve Wright (M40) | Strathaven Striders | 42.55 |
| 189 | Graeme Binning (M) | Unattached | 42.59 |
| 190 | Patricia Taylor (F35) | Polmont | 42.59 |
| 191 | Linda Wilson (F35) | Unattached | 43.01 |
| 192 | Alan Fitzsimmons (M) | Unattached | 43.02 |
| 193 | Richard Beattie (M40) | Unattached | 43.03 |
| 194 | Elaine Boyle (F) | Dumbarton | 43.04 |
| 195 | Brian Marsland (M) | Dumbarton | 43.05 |
| 196 | Sandy Gibb (M50) | Wee County H | 43.05 |
| 197 | Stephen Lindsay (M) | Strathclyde Police | 43.06 |

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|-----|------------------------|-------------------------|-------|
| 198 | Jackie Byng (F50+) | Irvine | 43.13 |
| 199 | James Mcmenamin (M) | Ron Hill Cambuslang | 43.14 |
| 200 | Alan Keith (M) | Unattached | 43.15 |
| 201 | Jim Gilmour (M) | Unattached | 43.16 |
| 202 | Ronald Mann (M50) | Kilbarchan | 43.17 |
| 203 | Ian Johnston (M40) | Unattached | 43.18 |
| 204 | Alistair Lamont (JM) | Unattached | 43.19 |
| 205 | Tom Wilson (M50) | Strathaven Striders | 43.24 |
| 206 | Brian Dunn (M40) | Unattached | 43.25 |
| 207 | Katrina Mcherson (F35) | Ayrodynamic Triathlon | 43.25 |
| 208 | David Searl (M40) | Unattached | 43.27 |
| 209 | David Bryant (M) | Unattached | 43.35 |
| 210 | Kevin Duffy (M40) | Strathclyde Police | 43.36 |
| 211 | Brian Donaghay (M) | Unattached | 43.37 |
| 212 | Tom Craney (M40) | Unattached | 43.38 |
| 213 | Aileen Scott (F) | Unattached | 43.41 |
| 214 | Martin Fraser (M) | Unattached | 43.42 |
| 215 | Alan Porte (M) | Strathclyde Police | 43.43 |
| 216 | Lynn Girdwood (F) | Unattached | 43.45 |
| 217 | James Mclevy (M) | Maryhill | 43.46 |
| 218 | Colin Macleod (M) | Unattached | 43.47 |
| 219 | John Crombie (M40) | Unattached | 43.48 |
| 220 | Josey Mclanashan (M) | Unattached | 43.51 |
| 221 | Graham Frost (M) | Unattached | 43.52 |
| 222 | Craig Foylan (M) | Unattached | 44.02 |
| 223 | Kenneth Cain (M) | Irvine | 44.04 |
| 224 | Ian Mcnee (M40) | Unattached | 44.04 |
| 225 | David Strain (M) | Unattached | 44.09 |
| 226 | George Laird (M) | Unattached | 44.10 |
| 227 | Kerr Chalmers (M) | Unattached | 44.11 |
| 228 | Craig Holland (M) | Unattached | 44.17 |
| 229 | Bill Cameron (M40) | Unattached | 44.17 |
| 230 | Thomas Bruce (M) | Inverclyde | 44.28 |
| 231 | Alistair Reid (M40) | Scottish Veteran H | 44.31 |
| 232 | Ronnie Sheed (M50) | Unattached | 44.34 |
| 233 | Barbara Cowan (F45) | Unattached | 44.36 |
| 234 | Rhona Edwards (F) | Unattached | 44.37 |
| 235 | Michael Gillman (M) | Unattached | 44.38 |
| 236 | Janet Murray (F) | JW Kilmarnock H | 44.39 |
| 237 | Phillip Howe (M) | Unattached | 44.43 |
| 238 | Christine Reid (F35) | Unattached | 44.46 |
| 239 | Val Brunton (F) | Bellahouston H | 44.47 |
| 240 | Phil Collins (M) | Unattached | 44.48 |
| 241 | Jeff Halliday (M50) | JW Kilmarnock H | 44.51 |
| 242 | Gary Montgomerie (M) | Unattached | 44.52 |
| 243 | Sandy Mcdougal (M40) | Unattached | 44.53 |
| 244 | Graham Short (M40) | JW Kilmarnock H | 44.54 |
| 245 | Fiona Andrews (F) | Unattached | 44.55 |
| 246 | Cheryl Frost (F) | Unattached | 44.56 |
| 247 | Lauren Young (JF) | City Of Glasgow | 44.57 |
| 248 | Robert Scott (M50) | Unattached | 44.58 |
| 249 | Robert Wyllie (M50) | Irvine | 44.59 |
| 250 | Andrew Hay (M) | Unattached | 44.59 |
| 251 | David Lowdon (M40) | Unattached | 45.00 |
| 252 | Andrew Macdonald (M40) | Unattached | 45.00 |
| 253 | Ada Stewart (F35) | Kirkintilloch Olympians | 45.02 |
| 254 | Colin Convery (M) | Unattached | 45.02 |
| 255 | Mark Turnbull (M40) | Unattached | 45.04 |
| 256 | Jackie Strawhorn (F35) | Ayrodynamic Triathlon | 45.05 |
| 257 | William Mcauley (M50) | Unattached | 45.05 |
| 258 | Alex MCGHEE (M40) | Unattached | 45.06 |
| 259 | James Comrie (M) | Unattached | 45.06 |
| 260 | David Renfrew (M40) | Unattached | 45.07 |
| 261 | Alan Wright (M) | Unattached | 45.12 |
| 262 | Fergus Aitken (M) | Unattached | 45.12 |
| 263 | Fiona Simpson (F) | Unattached | 45.14 |

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| | | | |
|-----|-------------------------|-----------------------|-------|
| 264 | Gus Mcleod (M40) | Unattached | 45.16 |
| 265 | David Paton (M) | Unattached | 45.17 |
| 266 | Martin Brawley (M) | Unattached | 45.18 |
| 267 | Alex Mcniven (M) | Unattached | 45.19 |
| 268 | Murray Falconer (M40) | Unattached | 45.23 |
| 269 | Murray Sim (M40) | Kilbarchan | 45.24 |
| 270 | Craig Govan (M) | Unattached | 45.25 |
| 271 | Ian Stirling (M) | Unattached | 45.26 |
| 272 | Marina Mcmillan (F) | Athletics Scotland | 45.27 |
| 273 | Ed Thompson (M) | Unattached | 45.28 |
| 274 | Eric Rice (M50) | Strathaven Striders | 45.29 |
| 275 | Raymond Bruce (M) | Unattached | 45.30 |
| 276 | Fiona Coope (F) | Unattached | 45.32 |
| 277 | George Morton (M40) | JW Kilmarnock H | 45.36 |
| 278 | Alex Graham (M50) | JW Kilmarnock H | 45.38 |
| 279 | Raymond Duffy (M) | Giffnock North | 45.39 |
| 280 | Makhan Singh (M60+) | Unattached | 45.43 |
| 281 | Partick Burns (M60+) | Unattached | 45.47 |
| 282 | Stephen Marzella (M) | Unattached | 45.48 |
| 283 | Alistair Noble (M40) | Girvan | 45.50 |
| 284 | Fiona Hogg (F35) | Unattached | 45.54 |
| 285 | John Kennedy (M) | Unattached | 45.55 |
| 286 | Derek Forsyth (M) | Unattached | 46.00 |
| 287 | Robert Thomson (M40) | Unattached | 46.02 |
| 288 | Laurence Pearson (M50) | Clydesdale | 46.03 |
| 289 | Eilidh Wilson (F) | Unattached | 46.06 |
| 290 | Billy Mccarlie (M40) | Irvine | 46.11 |
| 291 | Morag Cairns (F35) | JW Kilmarnock H | 46.12 |
| 292 | Katie Alexander (F35) | Unattached | 46.13 |
| 293 | Campbell Read (M) | Unattached | 46.13 |
| 294 | Ian Cairo (M40) | Unattached | 46.14 |
| 295 | Lindsay Dick (F) | Shettleston H Ladies | 46.15 |
| 296 | Paul Doak (M) | Unattached | 46.16 |
| 297 | Carol Murray (F35) | Kilbarchan | 46.19 |
| 298 | Catherine Leckie (F) | Helensburgh | 46.21 |
| 299 | Wilson Hamilton (M50) | Helensburgh | 46.21 |
| 300 | Karl Phillips (M40) | Athletics Scotland | 46.22 |
| 301 | Gordon Muir (M50) | Giffnock North | 46.23 |
| 302 | Rishard Donnachie (M40) | Unattached | 46.24 |
| 303 | Joyce Kelly (F35) | Unattached | 46.24 |
| 304 | Ronald Mccormick (M50) | JW Kilmarnock H | 46.25 |
| 305 | Jim Mcfarlane (M) | Unattached | 46.26 |
| 306 | Graeme Shearer (M40) | Unattached | 46.27 |
| 307 | Richard Lindsay (M) | Unattached | 46.27 |
| 308 | Martin Mcgeough (M) | Unattached | 46.28 |
| 309 | Fiona Herberson (F35) | Ayrodynamic Triathlon | 46.31 |
| 310 | Gary Muirhead (M) | Unattached | 46.31 |
| 311 | Russell Couper (M) | Athletics Scotland | 46.31 |
| 312 | Ian Bell (M40) | Unattached | 46.31 |
| 313 | Kenneth Burns (M50) | Giffnock North | 46.32 |
| 314 | Jack Maxwell (M50) | Girvan | 46.32 |
| 315 | Eileen Crocft (F45) | Kilbarchan | 46.32 |
| 316 | Debbie Cox (F) | City Of Glasgow | 46.33 |
| 317 | Neil Bruce (M) | Unattached | 46.33 |
| 318 | Joe Milligan (M) | Unattached | 46.33 |
| 319 | Andrew Mcgarva (M) | Unattached | 46.34 |
| 320 | Angela Caird (F35) | Unattached | 46.38 |
| 321 | Mary Heraghty (F35) | Giffnock North | 46.39 |
| 322 | Richard Ferguson (M) | Unattached | 46.41 |
| 323 | Michael Crawford (M) | Unattached | 46.41 |
| 324 | David Shaw (M) | Unattached | 46.42 |
| 325 | Carrick Henison (M40) | Unattached | 46.42 |
| 326 | Alan Stewart (M50) | Unattached | 46.43 |
| 327 | William Lusk (M60+) | JW Kilmarnock H | 46.44 |
| 328 | P Kerr Duff (M) | Unattached | 46.45 |
| 329 | Trisha Hughes (F35) | Unattached | 46.52 |

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|-----|---------------------------|-----------------------|-------|
| 330 | Tommy Boyle (M40) | Unattached | 47.01 |
| 331 | Campbell Mcdougal (M40) | Unattached | 47.02 |
| 332 | Colin Mcalpine (M) | Motherwell | 47.02 |
| 333 | Kenny Bruce (M) | Unattached | 47.04 |
| 334 | William Drysdale (M60+) | Law & District | 47.06 |
| 335 | Michael Oshare (M) | Unattached | 47.08 |
| 336 | Steven Young (M) | Unattached | 47.10 |
| 337 | Peter Wilson (M40) | Arran Runners | 47.14 |
| 338 | Claire Taylor (F) | Unattached | 47.14 |
| 339 | Rosemary Mcmillan (F35) | Unattached | 47.15 |
| 340 | Malcolm Moffat (M40) | Motherwell | 47.18 |
| 341 | Kathleen Mcwhirter (F35) | Unattached | 47.20 |
| 342 | Neil Kerr (M) | Unattached | 47.24 |
| 343 | Steven Mcwhirter (M) | Unattached | 47.27 |
| 344 | Gordon Macintyre (M) | Unattached | 47.39 |
| 345 | Keith Fullerton (M40) | Unattached | 47.45 |
| 346 | Thomas Sinclair (M) | Unattached | 47.46 |
| 347 | Brian Steele (M) | Athletics Scotland | 47.47 |
| 348 | Patricia Johnston (F) | Unattached | 47.53 |
| 349 | Kenneth Neilson (M) | Unattached | 47.53 |
| 350 | Iain Shaw (M) | Unattached | 47.58 |
| 351 | Elaine Sharpe (F) | Unattached | 48.01 |
| 352 | Graeme Taylor (M) | Unattached | 48.02 |
| 353 | Jamce Mckellar (F35) | Girvan | 48.03 |
| 354 | Mary Miller (F35) | Irvine | 48.04 |
| 355 | Robert Hopkins (M40) | Unattached | 48.05 |
| 356 | Cameron Coulter (M60+) | Giffnock North | 48.06 |
| 357 | Bill Kerr (M40) | Unattached | 48.08 |
| 358 | Lynne Mctaggart (F35) | Unattached | 48.12 |
| 359 | Fiona Still (F35) | Unattached | 48.21 |
| 360 | Euan Robertson (M) | Unattached | 48.24 |
| 361 | John Mcshane (M) | Unattached | 48.27 |
| 362 | Walter Swanston (M) | Unattached | 48.37 |
| 363 | Allan Burt (M) | Unattached | 48.38 |
| 364 | Ewan Bell (M) | Unattached | 48.43 |
| 365 | David Walton (M50) | Unattached | 48.43 |
| 366 | Clifford Stoller (M40) | Unattached | 48.43 |
| 367 | Andrew Freer (M50) | Westerlands | 48.44 |
| 368 | Jon Herd (M) | Strathclyde Police | 48.45 |
| 369 | Pat Standen (F45) | Unattached | 48.46 |
| 370 | Steven Ritchie (M) | Strathclyde Police | 48.48 |
| 371 | Barry Connor (M) | Strathclyde Police | 48.51 |
| 372 | David Vincent (M40) | Unattached | 48.52 |
| 373 | Gordon Mcmillan (M) | Unattached | 48.52 |
| 374 | John Gibson (M) | Unattached | 48.57 |
| 375 | Jouce Haining (F35) | Ayrodynamic Triathlon | 48.58 |
| 376 | Robert Devlin (M40) | Motherwell | 48.59 |
| 377 | Patricia Capaldi (F35) | Girvan | 49.01 |
| 378 | George Deed (M60+) | Unattached | 49.05 |
| 379 | George Dick (M50) | East Kilbride | 49.09 |
| 380 | Greg Benson (M) | Unattached | 49.10 |
| 381 | Jim Mckinley (M40) | Unattached | 49.11 |
| 382 | Nicola Ritchie-Ingram (F) | Unattached | 49.12 |
| 383 | John Maccrimmon (M) | Unattached | 49.15 |
| 384 | David Kerr (M60+) | Irvine | 49.20 |
| 385 | Steven Rooney (M) | Unattached | 49.24 |
| 386 | Glenn Davis (M40) | Unattached | 49.27 |
| 387 | Richard Wyatt (M) | Unattached | 49.31 |
| 388 | Kenny Maxwell (M) | Unattached | 49.34 |
| 389 | John Sharp (M40) | Unattached | 49.39 |
| 390 | Irene Wilson (F45) | Strathaven Striders | 49.40 |
| 391 | Alistair Bruce (M40) | Unattached | 49.41 |
| 392 | David Mcwhirter (M) | Unattached | 49.42 |
| 393 | Craig Allison (M) | Unattached | 49.43 |
| 394 | Donald Black (M40) | Unattached | 49.47 |
| 395 | David Scobie (M) | Unattached | 49.50 |

Troon Tortoises 10K Road Race -10th May 2000 (Incorporating SAF West District Champs)

| | | | |
|-----|---------------------------|-------------------------|-------|
| 396 | Jack Brown (M40) | Giffnock North | 49.51 |
| 397 | Robert Ogilvie (M) | Unattached | 49.51 |
| 398 | Stephen Vallance (M) | Unattached | 49.53 |
| 399 | Graeme Miller (M) | Unattached | 49.54 |
| 400 | Sara Dunlop (F) | Unattached | 49.57 |
| 401 | Anthony Byatt (M) | Unattached | 49.57 |
| 402 | Peter Lawler (M50) | Unattached | 49.58 |
| 403 | Laurence Edwards (M40) | Unattached | 50.01 |
| 404 | Vivianne Kerr (F50+) | Giffnock North | 50.02 |
| 405 | Rose Kennedy (F) | Unattached | 50.03 |
| 406 | Douglas Mackay (M40) | Unattached | 50.04 |
| 407 | Colin Mckerrell (M) | Unattached | 50.22 |
| 408 | George Mcewan (M60+) | Unattached | 50.25 |
| 409 | Andrew Harty (M) | Strathclyde Police | 50.26 |
| 410 | Allan Wright (M40) | Unattached | 50.26 |
| 411 | Lorraine Carmichael (F35) | Unattached | 50.27 |
| 412 | Jenni Irons (F) | Unattached | 50.27 |
| 413 | Andy Callachan (M) | Unattached | 50.28 |
| 414 | Sam Cathcart (M) | Unattached | 50.28 |
| 415 | James Gilmour (M) | Unattached | 50.29 |
| 416 | David Cossar (M50) | Unattached | 50.31 |
| 417 | Colette Mccoll (F) | Unattached | 50.35 |
| 418 | Arlene Dunlop (F35) | Unattached | 50.37 |
| 419 | Margaret Bell (F35) | Unattached | 50.38 |
| 420 | Douglas Cruickshanks (M) | Unattached | 50.41 |
| 421 | Michael Beesley (M40) | Unattached | 50.42 |
| 422 | Anne Wylie (F) | Unattached | 50.50 |
| 423 | Colin Wylie (M) | Unattached | 50.52 |
| 424 | Andrew Minto (M) | Unattached | 50.52 |
| 425 | Jim Roy (M) | Unattached | 50.53 |
| 426 | Craig Sheridan (M) | Unattached | 51.01 |
| 427 | Kartrina Mccormack (F) | Unattached | 51.01 |
| 428 | Graham Dunn (M40) | Giffnock North | 51.04 |
| 429 | David Gray (M40) | Unattached | 51.07 |
| 430 | Pauline Cairns (F35) | Giffnock North | 51.08 |
| 431 | John Pimlott (M40) | Unattached | 51.09 |
| 432 | Fiona Marshall (F45) | Giffnock North | 51.28 |
| 433 | Connie Harley (F) | Kilbarchan | 51.37 |
| 434 | John Lavelle (M50) | Unattached | 51.38 |
| 435 | Francis Hillen (M) | Unattached | 51.43 |
| 436 | Dawn Hamilton (F35) | Red Star | 51.44 |
| 437 | Karen Stevenson (F) | Kirkintilloch Olympians | 51.47 |
| 438 | Audrey Gray (F) | JW Kilmarnock H | 51.48 |
| 439 | Alistair Belford (M40) | Unattached | 51.50 |
| 440 | Eleanor Salmon (F) | Unattached | 51.54 |
| 441 | Marie Downie (F35) | Unattached | 51.55 |
| 442 | Susan Hay (F) | Unattached | 51.56 |
| 443 | Danny Dorrige (M50) | Unattached | 51.57 |
| 444 | Stephen Mcllelland (M) | Unattached | 51.58 |
| 445 | Fiona Greig (F) | Unattached | 51.59 |
| 446 | Andrew Wightman (M) | Unattached | 52.02 |
| 447 | Harry Person (M40) | Strathclyde Police | 52.02 |
| 448 | Fiona Mcnee (F) | Dumbarton | 52.07 |
| 449 | Mark Lochrin (M) | Unattached | 52.11 |
| 450 | Adrian Bark (M50) | Unattached | 52.14 |
| 451 | James Green (M) | Unattached | 52.16 |
| 452 | Donald White (M40) | Unattached | 52.17 |
| 453 | Eilidh Trainer (F) | Unattached | 52.18 |
| 454 | Anna Adamson (F) | Unattached | 52.27 |
| 455 | Carole Prentice (F45) | Giffnock North | 52.28 |
| 456 | Ann Hamilton (F45) | Athletics Scotland | 52.29 |
| 457 | David Cowan (M40) | Motherwell | 52.30 |
| 458 | Jim Mcfarlane (M) | Unattached | 52.41 |
| 459 | Christopher Gmyrek (M) | Unattached | 52.49 |
| 460 | Graeme Gordon (M) | Strathclyde Police | 52.50 |
| 461 | Karen Hutchison (F) | Unattached | 52.52 |

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|-----|--------------------------|---------------------|-------|
| 462 | Fiona Macsween (F) | Unattached | 52.52 |
| 463 | Anne Tannahill (F45) | Unattached | 52.54 |
| 464 | Anne Halliday (F50+) | Unattached | 52.54 |
| 465 | Barry Edwards (M) | Unattached | 52.58 |
| 466 | Robert Mckerracher (M40) | Unattached | 52.59 |
| 467 | Matthew Maley (M) | Unattached | 52.59 |
| 468 | Fiona Mccormack (F) | Unattached | 53.00 |
| 469 | Ann Muir (F35) | Unattached | 53.03 |
| 470 | Steven Grant (M) | Strathclyde Police | 53.08 |
| 471 | Susan Mcisaac (F) | Unattached | 53.08 |
| 472 | Dougie Hercus (M) | Unattached | 53.09 |
| 473 | Jan Mcdermott (F35) | Unattached | 53.14 |
| 474 | William Mckenna (M60+) | Unattached | 53.16 |
| 475 | Pamela Lindsay (F) | Unattached | 53.17 |
| 476 | Carolyn Millie (F) | Unattached | 53.18 |
| 477 | Marlene Hay (F45) | Unattached | 53.22 |
| 478 | George Gilchrist (M40) | Unattached | 53.23 |
| 479 | Margaret Cameron (F35) | Unattached | 53.24 |
| 480 | James Cameron (M40) | Unattached | 53.24 |
| 481 | Claire Whitelaw (F) | Unattached | 53.25 |
| 482 | Derek Mitchell (M40) | Unattached | 53.27 |
| 483 | David Court (M40) | Unattached | 53.30 |
| 484 | Laurent Macguffie (M) | Unattached | 53.31 |
| 485 | Jackie Sim (F35) | Unattached | 53.34 |
| 486 | Marie Southern (F50+) | Giffnock North | 53.34 |
| 487 | Elspeith Mcghee (F35) | Unattached | 53.36 |
| 488 | Christopher Riddle (M) | Unattached | 53.36 |
| 489 | Fiona Brawley (F35) | Unattached | 53.37 |
| 490 | Susan Beattie (F35) | JW Kilmarnock H | 53.38 |
| 491 | Bridget Stevenson (F) | Unattached | 53.39 |
| 492 | Malcolm Rae (M) | Unattached | 53.41 |
| 493 | Paul Gannon (M50) | Unattached | 53.41 |
| 494 | David Sillars (M) | Unattached | 53.42 |
| 495 | Angela Mcdonald (F35) | Unattached | 53.42 |
| 496 | Dorothy Bonham (F35) | Unattached | 53.43 |
| 497 | Gill Cox (F) | Unattached | 53.48 |
| 498 | Ann Bruce (F45) | Unattached | 54.04 |
| 499 | Angela Mcpate (F) | Unattached | 54.08 |
| 500 | Janet Mcfadyen (F35) | Unattached | 54.08 |
| 501 | James Mcpate (M) | Unattached | 54.11 |
| 502 | Helen Elsweiler (F45) | Unattached | 54.12 |
| 503 | Sandy Grant (M) | Unattached | 54.13 |
| 504 | Roger Mccready (M60+) | Scottish Veteran H | 54.15 |
| 505 | David Kennedy (M) | Unattached | 54.16 |
| 506 | Lorna Craig (F35) | Unattached | 54.19 |
| 507 | Graham Steel (M) | Unattached | 54.31 |
| 508 | Leslie Mooney (F35) | Helensburgh | 54.36 |
| 509 | Rose Mcgregor (F35) | Unattached | 54.39 |
| 510 | Margaret Meney (F45) | Unattached | 54.39 |
| 511 | Norman Deeley (M40) | Unattached | 54.41 |
| 512 | Agnes Lucas (F50+) | Girvan | 54.42 |
| 513 | Shirley Mcbride (F35) | Girvan | 54.42 |
| 514 | Helena Kemp (F) | Unattached | 54.43 |
| 515 | Andrew Lyon (M40) | Unattached | 54.44 |
| 516 | Angela Moore (F) | Unattached | 54.45 |
| 517 | Owen Lennon (M) | Unattached | 54.47 |
| 518 | Douglas Allan (M) | Unattached | 54.52 |
| 519 | Hilary Wright (F35) | Strathaven Striders | 54.57 |
| 520 | Rhoda Mcewan (F50+) | Bellahouston H | 55.00 |
| 521 | Alex Anderson (M) | Unattached | 55.04 |
| 522 | Frances Stevens (F35) | Unattached | 55.05 |
| 523 | Calum Watson (M) | Unattached | 55.06 |
| 524 | Colin Mcintyre (M40) | Unattached | 55.11 |
| 525 | Allan Young (M50) | Strathaven Striders | 55.15 |
| 526 | Ian Boyd (M60+) | Unattached | 55.18 |
| 527 | Ken Thomson (M40) | Unattached | 55.40 |

Troon Tortoises 10K Road Race -10th May 2000 (Incorporating SAF West District Champs)

| | | | |
|-----|--------------------------|----------------------|-------|
| 528 | Denis Gilmour (M50) | Unattached | 55.54 |
| 529 | George Walker (M40) | Unattached | 55.57 |
| 530 | Judith Juggan (F) | Unattached | 55.59 |
| 531 | Julia Yelloly (F) | Unattached | 56.19 |
| 532 | Stephen Mcallister (M) | Unattached | 56.29 |
| 533 | Jane Struth (F45) | Strathaven Striders | 56.31 |
| 534 | Jane Driver (F35) | Unattached | 56.33 |
| 535 | Hazel Smith (F) | Unattached | 56.33 |
| 536 | George Thurley (M50) | Athletics Scotland | 56.34 |
| 537 | Janice Beaton (F35) | Unattached | 56.39 |
| 538 | Kirsty Dickie (F) | Unattached | 56.41 |
| 539 | Sandra Moore (F35) | Kilbarchan | 56.44 |
| 540 | Iain Mclellan (M40) | Unattached | 56.46 |
| 541 | Graeme Collin (M) | Unattached | 56.49 |
| 542 | Colin Malone (M) | Unattached | 56.56 |
| 543 | Angela Liddel (F) | Unattached | 57.03 |
| 544 | Joseph Hughes (M) | Strathclyde Police | 57.03 |
| 545 | Josephine Morrison (F35) | Shettleston H Ladies | 57.16 |
| 546 | Brenda Davie (F45) | Shettleston H Ladies | 57.16 |
| 547 | Susan Boyd (F50+) | Unattached | 57.24 |
| 548 | Elaine Mcmillan (F35) | Unattached | 57.24 |
| 549 | Graeme Pollock (M) | Unattached | 57.32 |
| 550 | Libby Blair (F) | Kilbarchan | 57.33 |
| 551 | Euan Short (M) | JW Kilmarnock H | 57.33 |
| 552 | David Robertson (M) | Unattached | 57.42 |
| 553 | Evelyn Hughes (F35) | Unattached | 57.42 |
| 554 | John Keating (M40) | Unattached | 57.51 |
| 555 | Raymond Bruce (M50) | Unattached | 58.01 |
| 556 | Alan Creelman (M60+) | Scottish Veteran H | 58.02 |
| 557 | James Boyle (M40) | Unattached | 58.03 |
| 558 | Jade Anderson (F) | Unattached | 58.09 |
| 559 | David Mcmillan (M40) | Unattached | 58.10 |
| 560 | Richard Whale (M40) | Unattached | 58.11 |
| 561 | Peter Morrison (M40) | Unattached | 58.11 |
| 562 | Jack Merson (M50) | Unattached | 58.18 |
| 563 | Alan Mccullen (M50) | Unattached | 58.20 |
| 564 | Derek Barker (M50) | Kilbarchan | 58.31 |
| 565 | Elaine Murray (F35) | Kilbarchan | 58.31 |
| 566 | Colin Johnston (M) | Unattached | 59.24 |
| 567 | Linda Munn (F35) | Unattached | 59.30 |
| 568 | Diane Halbert (F) | Unattached | 59.30 |
| 569 | Elaine Boyle (F) | Dumbarton | 59.33 |
| 570 | Manmohan Singh (JM) | Unattached | 59.38 |
| 571 | Jean Cook (F35) | Unattached | 59.43 |
| 572 | Agnes Morrison (F35) | Unattached | 59.44 |
| 573 | Thomas Mcvey (M) | Unattached | 59.54 |
| 574 | Paul Mcghee (M) | Unattached | 60.03 |
| 575 | Karen Bridgewater (F) | Unattached | 60.10 |
| 576 | Avril Mcnee (F35) | Unattached | 60.12 |
| 577 | Stephen Snow (M40) | Unattached | 60.41 |
| 578 | Maria Strachan (F50+) | Unattached | 60.46 |
| 579 | Jean Donnie (F50+) | Unattached | 60.59 |
| 580 | Frances Thompson (F35) | Unattached | 60.59 |
| 581 | Renza Fordyce (F50+) | Giffnock North | 61.03 |
| 582 | Irene Binning (F50+) | Unattached | 61.20 |
| 583 | Kirsty McLulich (F) | Unattached | 61.21 |
| 584 | Katie Bryant (F) | Unattached | 61.45 |
| 585 | Christine Smith (F35) | Unattached | 61.56 |
| 586 | Moira Paton (F35) | Unattached | 62.23 |
| 587 | Fergie Mcdonald (M40) | Unattached | 62.23 |
| 588 | Faye Mckay (F) | Unattached | 62.29 |
| 589 | Christine Boyd (F) | Strathclyde Police | 62.46 |
| 590 | Rachel Rowe (F) | Unattached | 62.47 |
| 591 | Sharon Kilgariff (F) | Unattached | 62.58 |
| 592 | John Jenkins (M) | Unattached | 63.38 |
| 593 | Karen Taylor (F35) | Unattached | 63.38 |

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|-----|--------------------------|--------------------|-------|
| 594 | Bridget Robertson (F) | JW Kilmarnock H | 64.14 |
| 595 | Scott Sargent (M) | Unattached | 64.14 |
| 596 | Susan Bailey (F35) | Unattached | 64.37 |
| 597 | William Brown (M50) | Unattached | 65.18 |
| 598 | Alison McGill (F35) | Unattached | 65.57 |
| 599 | John Dumbrew (M40) | Unattached | 66.59 |
| 600 | John Mclean (M50) | Unattached | 66.59 |
| 601 | Alexander Ferguson (M40) | Strathclyde Police | 67.59 |
| 602 | Annette Morrison (F35) | Unattached | 67.59 |
| 603 | Sandy Duncan (M60+) | Scottish Veteran H | 69.25 |
| 604 | George McIntyre (M) | Unattached | 72.20 |
| 605 | Lorna Morrison (F) | Unattached | 72.20 |
| 606 | Anne McIntyre (F35) | Unattached | 72.20 |