

<b>Position</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>C or R</b>	<b>Time</b>
1	James Melville	M50	Glasgow United C.C.	Cyclist	26:39
2	Jonathon Downey	M20	Kilmarnock H&AC	Runner	28:14
3	James Edwards	M40	Ayr Burners CC	Cyclist	28:48
4	Chris Shields	Msenior	Wallacehill CC	Cyclist	29:56
5	Chris Upson	M60	Cambuslang Harriers	Runner	31:10
6	Bob Cherry	M60	Unattached	Cyclist	31:26
7	Niall McAlinden	M40	Westerlands CCC	Runner	31:51
8	Chris Butler	Msenior	Westerlands CCC	Runner	32:05
9	Ben Forrest	Msenior	Ayr Seaforth	Runner	32:22
10	Brian McCutcheon	M50	Wallacehill CC	Cyclist	32:25
11	Kara McKenzie-Tait	Fsenior	Corstorphine AAC	Runner	32:57
12	John McFarlane	M50	Ayr Burners CC	Cyclist	33:41
13	David Atkinson	Msenior	Unattached	Runner	34:10
14	Andy Willetts	M40	NAAC	Runner	34:29
15	John McCabe	M50	Troon Tortoises	Runner	35:58
16	Sasha Ratcliffe	F40	Unattached	Runner	36:10
17	peter ferrier	M50	Unattached	Runner	36:18
18	Murray McDonald	Msenior	Kilmarnock H&AC	Runner	36:28
19	Gavin Meikle	M50	Unattached	Runner	36:48
20	Stuart Muir	M40	Ayrshire Trail Runners	Runner	37:11
21	Chris Furse	M50	Westerlands CCC	Runner	37:15
22	Caroline Millar	F40	Troon Tortoises	Runner	37:32
23	John Lumley	M60	Walkers Cycling Club	Cyclist	38:38
24	Bobby McGhee	M60	Unattached	Runner	38:39
25	Alasdair Meldrum	M50	Ayr Seaforth	Runner	40:17
26	Timothy Downie	M60	Ayr Seaforth	Runner	40:42
27	Aileen Fisher	F50	Ayr Roads CC	Cyclist	40:57
28	Lindsay McGarvie	M50	Ayrodynamic	Runner	41:07
29	Sylvia Mulholland	F50	Ron's Runners	Runner	41:20
30	David Stakes	M60	Westerlands CCC	Runner	42:16
31	Tom Widdows	M40	Unattached	Runner	42:37
32	Anne Noble	F60	Troon Tortoises	Runner	43:23
33	Pamela Porteous	F50	Ron's Runners	Runner	44:50
34	Morag Casey	F50	Westerlands CCC	Runner	45:42
35	Fiona Walker	F40	Wallacehill CC	Cyclist	48:55