Runner	Gender	Top 10 Best Races	GP Race Points [All Races]	PB/Adjustment Points	No of Races	Polaroid Dumbarton			Kirkintilloch 10K			Club Hill Race			Dunoon Half			Isle of Bute 10k			George Cummings Road Relays			Glasgow ½ Marathon			Glasgow 10k			Lanarkshire XC Championships			West District XC Championships			Club Xmas Handicap			Nigel Barge 10k			National XC Championships 8k			National XC Championships 12k		
						26/05/2016			11/06/2016			21/07/2016			06/08/2016			20/08/2016			26/09/2016			02/10/2016			02/10/2016			14/11/2016			04/12/2016			10/12/2016			20/08/2016			20/08/2016			20/08/2016		
						Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Time	GPPts	PB/Adjust	Number Raced	GPPts	PB/Adjust	Number Raced	GPPts	PB/Adjust
Pauline Doherty	Female	**153**	153	-10	4	00:45:21	**36**	0	00:46:23	**36**	0	00:10:58	**46**	-10				00:46:45	**35**																												
Janice Clement	Female	**106**	106	0	3				00:53:03	**36**	0				01:58:42	**35**	0							01:58:06	**35**	0																				
Carol McCaughley	Female	**104**	104	0	3	00:48:17	**35**	0	00:49:04	**35**	0													01:49:03	**34**	0																				
Barbara Knox	Female	**75**	75	0	2	00:47:20	**38**	0	00:48:34	**37**	0																																			
Geraldine Gallagher	Female	**54**	54	0	2				01:05:55	**26**	0																01:03:03	**28**	0																			
Collette Coyle	Female	**37**	37	-10	1							00:12:57	**37**	-10																																
Hannah Terrance	Female	**37**	37	0	1																						00:41:10	**37**	0																			
Christine Hadfield	Female	**33**	33	0	1																			01:41:42	**33**	0																				
Eileen Brown	Female	**32**	32	0	1	00:55:12	**32**	0																																						
Lynsey Currie	Female	**32**	32	0	1													00:47:35	**32**																												
Karen Gallacher	Female	**31**	31	0	1	00:53:55	**31**	0																																						
Gillian McGale	Female	**31**	31	0	1													00:51:15	**31**	0																												
Pauline McDaid	Female	**29**	29	0	1				00:58:30	**29**	0																																					
Erica Dickson	Female	**27**	27	0	1													00:55:56	**27**	0																												
Fiona Peat	Female	**27**	27	0	1				00:57:56	**27**	0																																					
Sharon Reilly	Female	**0**	0	0	0																																									
Siobhain Mchugh	Female	**0**	0	0	0																																									
Adrienne Haggerty	Female	**0**	0	0	0																																									
Ann Lindsay	Female	**0**	0	0	0																																									
Anna Bogucki	Female	**0**	0	0	0																																									
Anne-Marie Hughes	Female	**0**	0	0	0																																									
Caroline Brownlie	Female	**0**	0	0	0																																									
Catherine Connelly	Female	**0**	0	0	0																																									
Clare Gemmell	Female	**0**	0	0	0																																									
Clare Gillooly	Female	**0**	0	0	0																																									
Jeanette Gillooly	Female	**0**	0	0	0																																									
Joan Brand	Female	**0**	0	0	0																																									
Lauren Bell	Female	**0**	0	0	0																																									
Lesley Corr	Female	**0**	0	0	0																																									
Linda Hill	Female	**0**	0	0	0																																									
Lorraine Gray	Female	**0**	0	0	0																																									
Marie McCready	Female	**0**	0	0	0																																									
Marlene Hunter	Female	**0**	0	0	0																																									
mary gemmell	Female	**0**	0	0	0																																									
Michelle Sandison	Female	**0**	0	0	0																																									
Molly Wilmoth	Female	**0**	0	0	0																																									
Paula Stein	Female	**0**	0	0	0																																									
Rachel Wilson	Female	**0**	0	0	0																																									
Joe Chambers	Male	**202**	202	2	6	00:39:55	**34**	2				00:14:26	**28**	0	01:30:59	**32**	0	00:39:24	**34**	0	00:15:54	**39**	0	01:24:19	**35**	0																							
Robert White	Male	**136**	136	0	4	00:42:09	**35**	0				00:15:26	**29**	0				00:43:08	**34**			**38**																										
Alan Hill	Male	**110**	110	0	3				00:46:20	**37**	0				01:43:58	**36**	0	00:46:53	**37**	0																												
Donnie Inglis	Male	**101**	101	0	3	00:46:33	**32**	0										00:47:15	**32**	0	00:18:27	**37**	0																										
Colin Mclean	Male	**79**	79	0	2							00:13:51	**33**	0							00:15:26	**46**	0																										
Alistair Thomson	Male	**61**	61	0	2				00:45:13	**31**	0				01:40:17	**30**	0																														
Andy Callan	Male	**43**	43	0	1																00:15:31	**43**	0																								
Damian McAuley	Male	**41**	41	0	1																00:16:55	**41**	0																								
Ross McEachern	Male	**40**	40	0	1				00:37:06	**40**	0																																				
James Lewis	Male	**37**	37	0	1																00:17:44	**37**	0																								
Colin Langan	Male	**36**	36	0	1																			01:21:34	**36**	0																				
John Henderson	Male	**35**	35	0	1				00:43:00	**35**	0																																				
Scot Hill	Male	**35**	35	0	1										01:42:08			00:42:00	**35**																												
Anthony McGale	Male	**34**	34	0	1													00:42:12	**34**	0																												
David McCauley	Male	**33**	33	0	1																			01:34:18	**33**	0																				
Michael McGill	Male	**33**	33	0	1																	**33**																								
George Inglis	Male	**31**	31	0	1				01:03:44	**31**	0																																				
Alistair Peat	Male	**29**	29	0	1													00:46:39	**29**	0																												
Matt Stanley	Male	**27**	27	0	1							00:14:33	**27**	0																																
Scott Partyka	Male	**0**	0	0	0																																									
Sean Gillin	Male	**0**	0	0	0																																									
Stephen Begen	Male	**0**	0	0	0																																									
Thomas O'Reilly	Male	**0**	0	0	0																																									
Alistair MacFarlane	Male	**0**	0	0	0																																									
Clem Clement	Male	**0**	0	0	0																																									
David Dinnie	Male	**0**	0	0	0																																									
David Donnet	Male	**0**	0	0	0																																									
Duncan Reid	Male	**0**	0	0	0																																									
Emilio Cosimo	Male	**0**	0	0	0																																									
Frank Rafferty	Male	**0**	0	0	0																																									
Frank Wright	Male	**0**	0	0	0																																									
Graham Crawford	Male	**0**	0	0	0																																									
Graham Lamont	Male	**0**	0	0	0																																									
Graham Munro	Male	**0**	0	0	0																																									
Graham Williamson	Male	**0**	0	0	0																																									
Grant Cairns	Male	**0**	0	0	0																																									
Harry Gorman	Male	**0**	0	0	0																																									
Jim Cooper	Male	**0**	0	0	0																																									
John Gillooly	Male	**0**	0	0	0																																									
Keith MacLeod	Male	**0**	0	0	0																																									
Martin Coleman	Male	**0**	0	0	0																																									
Matt Jackson	Male	**0**	0	0	0																																									
Michael Mc Fadden	Male	**0**	0	0	0																																									
Robert Gemmell	Male	**0**	0	0	0																																									
Robert Phin	Male	**0**	0	0	0																																									
Robert young	Male	**0**	0	0	0																																									