

10K-Series-2010-Men							
	Name	Club	Age Category	N&D	MRR	FH	Total
1	Paul Rogan	Forres Harriers	MV	34.13	34.46	35.21	104.20
2	Lloyd Gallantree	Forres Harriers	MV	35.18	35.04	35.26	105.48
3	Nick Brown	Keith & District	MV	36.17	36.03	36.11	108.31
4	Ross Nixon	Inverness Harriers	M	35.44	36.28	37.02	109.14
5	John Goodall	Keith & District	MSV	36.38	36.15	36.47	110.00
6	George Sim	Moray road runners	MSV	36.38	36.50	37.07	110.35
7	Tomothy Cooke	None	MV	36.51	37.30	38.23	112.44
8	Colin Green	Moray road runners	M	38.58	36.59	37.35	113.32
9	Paul Murdoch	None	M	38.14	37.58	37.52	114.02
10	John Little	Moray road runners	M	37.45	37.37	39.12	114.34
11	Andrew Morgan	Forres Harriers	M	38.38	38.40	38.33	115.51
12	David Langan	None	M	38.54	38.03	39.25	116.22
13	Harley Davidson	None	M	38.08	39.03	40.02	117.13
14	Gerald Angus	Keith & District	MV	39.16	39.16	39.18	117.50
15	Andrew Little	None	MV	41.31	41.36	41.16	124.23
16	Colin MacGregor	Nairn Road Runners	M	42.43	42.06	40.40	125.29
17	Gordon Cowie	Moray road runners	MSV	42.18	43.03	43.00	128.21
18	Brian Milne	Moray road runners	MV	43.36	42.50	42.51	130.17
19	Gordon Main	Nairn Road Runners	MSV	41.35	47.02	42.34	131.11
20	Kevin Schenk	Forres Harriers	M	45.00	43.55	43.34	132.29
21	Keith Webster	Jog Scotland Keith	MV	45.45	43.27	43.26	132.38
22	Graham Coull	Forres Harriers	MV	42.16	42.31	49.18	134.05
23	Kevin Campbell	None	MV	44.59	43.42	45.38	134.19
24	Michael Coulson	None	M	45.03	44.40	44.56	134.39
25	David Webster	Nairn Road Runners	MSV	45.30	45.08	46.56	137.34
26	Eric Simpson	Garioch Gazelles	MSV	46.25	46.22	47.10	139.57
27	Roy MacDonald	None	MV	48.53	46.21	46.44	141.58
28	Denis Lefevre	Nairn Road Runners	MSV	48.21	47.01	47.21	142.43
29	Colin Forbes	Noq	M	49.36	47.16	48.35	145.27
30	Bill Garden	None	MSV	50.36	49.15	48.24	148.15
31	Billy Taylor	Nairn Road Runners	M	47.02	56.48	46.46	150.36
32	Stew Burn	Forres Harriers	MSV	49.54	50.24	51.43	152.01
33	Ron Wild	Keith & District	MV	50.50	53.24	49.42	153.56
34	Greg Riddle	None	M	54.05	50.54	49.01	154.00
35	Allan Martin	None	M	52.39	51.21	52.52	156.52
36	Robert Lean	None	M	53.15	51.05	52.34	156.54
37	Martin Bell	None	MV	52.28	52.51	52.14	157.33
38	William Merchant	None	MV	53.09	53.03	52.34	158.46
39	Doug Hartley	Jog Scotland Forres	MSV	54.11	51.34	53.57	159.42
40	Peter Knox	EAAC	M	53.42	53.26	53.53	161.01
41	Stewart McBean	None	M	57.12	54.11	55.40	167.03
42	Jim Connelly	Nairn Road Runners	MSV	56.52	55.15	58.34	170.41
43	Julian Turner	None	M	63.33	53.20	54.31	171.24
44	Wenzel Dunnett	Buckie JS	MSV	58.11	58.27	56.49	173.27
45	Alex Benvie	Jog Scotland Duffown	MSV	57.16	55.52	62.44	175.42