

31st Troon 10K 4th May 2016 7.30pm under SAL regulation



on-line entry available at www.bookitzone.com

- pre Entry by April 29th or when the limit of 1,100 competitors is reached
- please enter early to avoid disappointment. **Strictly no entries on the night .**
- chipped Timing – timing devices & race numbers will be mailed to entrants one week prior to the race

Postal / telephone entries to John McKinlay, 6 Solway Place Troon KA10 7EJ
All competitors must be at least 15 years old on the day of the race.

Race will start at 7.30pm with fun runs for under 12's at 6:45pm and under 8's at 6:50pm.

Fun runners enter on the night – entry £1

Forename			Surname		
Address					
Postcode			Telephone		
E-Mail			Date of Birth		
Club			SAL No		
Gender	M / F	T-Shirt size	Entry Fee	SAL Member £12	Non SAL Member £14
			(Please circle amount enclosed)		
Signature			Date		

Previous Troon 10K Winners

MALE (* COURSE RECORD)

1986	GORDON TENNEY	LINWOOD PENTASTAR	32:33
1987	KENNETH RANKIN	EDINBURGH AC	31:15
1988	KENNETH RANKIN	FALKIRK VICTORIA	31:52
1989	ALEX GILMOUR	CAMBUSLANG	30:27
1990	ALEX GILMOUR	CAMBUSLANG	31:34
1991	SW GIBSON	HUNTERS B0G TROTTERS	30:58
1992	CHRIS ROBISON	SPANGO VALLEY	31:06
1993	STEPHEN WYLIE	CAMBUSLANG	29:49
1994	TOMMY MURRAY	SPANGO VALLEY	29:51
1995	TOMMY MURRAY	SPANGO VALLEY	30:59
*1996	TOMMY MURRAY	SPANGO VALLEY	29:17
1997	TOMMY MURRAY	SPANGO VALLEY	29:37
1998	TOMMY MURRAY	SPANGO VALLEY	29:42
1999	PAUL WILSON	U/A	29:28
2000	TOMMY MURRAY	INVERCLYDE	30:03
2001	TOMMY MURRAY	INVERCLYDE	30:12
2002	TOMMY MURRAY	INVERCLYDE	30:31
2003	ALAN ADAMS	CLYDESDALE	31:44
2004	STEPHEN WYLIE	CAMBUSLANG	30:24
2005	EDDIE TONNER	KILMARNOCK JW	30:48
2006	GLEN STEWART	W/DUNBARTON	30:50
2007	DAVID MILLAR	SCOTTISH ATHLETICS	31:19
2008	A . WOLDESELIASSIE	SHETTLESTON	29:46
2009	T TEWELDE	SHETTLESTON	30:43
2010	DAVID MILLAR	IRVINE AC	31:29
2011	DAVID MILLAR	IRVINE AC	31:30
2012	MICHAEL DEASON	SHETTLESTON HARRIERS	31:41
2013	STUART GIBSON	RON HILL CAMBUSLANG	31:35
2014	MICHAEL DEASON	SHETTLESTON HARRIERS	32:18
2015	STUART GIBSON	RON HILL CAMBUSLANG	31:48

FEMALE (** COURSE RECORD)

KATE TODD	LOUDON RUNNERS	39:37
ISOBEL FRASER	AYR SEAFORTH	40:18
JANE ROBERTSON	AYR SEAFORTH	38:06
JANE ROBERTSON	AYR SEAFORTH	36:31
SANDRA BRANNEY	GLASGOW AC	35:33
ELEANOR O'BRIEN	GREENOCK G/PK	39:26
ELAINE MCBRINN	SHETTLESTON	36:42
JANET MCCOLL	BLAYDON	37:02
TRUDI THOMPSON	PITREAVIE	35:45
VICKI MCPHERSON	CITY OF GLASGOW	33:57
EILEEN MASSON	KILBARCHAN	37:00
ALLISON HIGGINS	LOUDON RUNNERS	37:37
SUSAN SCOTT	CITY OF GLASGOW	35:18
SUSAN SCOTT	CITY OF GLASGOW	34:45
**SUSAN SCOTT	CITY OF GLASGOW	33:54
LINDSAY MCNEIL	SHETTLESTON LADIES	35:42
LINDSAY MCMAHON	KILMARNOCK JW	37:17
JILL KNOWLES	CITY OF GLASGOW	37:45
DEBORAH FERNS	BELLAHOUSTON	37:36
DEBORAH FERNS	BELLAHOUSTON	36:20
ALISON SIMPSON	KILMARNOCK JW	35:40
KERRY LANG	KILBARCHAN AC	37:02
TONI MCINTOSH	AYR SEAFORTH	37:24
TONI MCINTOSH	AYR SEAFORTH	36:03
LESLEY CHISHOLM	GARSCUBE HARRIERS	37:51
JILL KNOWLES	SCOTTISH PSAC	36:42
JILL KNOWLES	SCOTTISH PSAC	36:34
KARA TAIT	KILMARNOCK HARRIERS	37:12
KARA TAIT	KILMARNOCK HARRIERS	36:29
KARA TAIT	KILMARNOCK HARRIERS	36:31

Prize Money: £1,500 total prize fund including £100 to any male or female runner creating a new course record. Male and female 1st, 2nd and 3rd prizes will be awarded on the night and all other prizes will be distributed by post. All results will be posted on the Troon Tortoises WEB SITE: WWW.TROONTORTOISES.ORG.UK