

Position	Name	Gross Time	Net Time
1	Jim Buick	84:12	65:12
2	Colin Meek	84:44	57:14
3	Ian Seggie	85:01	61:31
4	Donald Shaw	85:32	60:32
5	Jonny May	85:50	60:50
6	Stuart Logan	85:53	69:53
7	Les Whyte	86:05	72:05
8	Jim Thyne	86:08	65:08
9	Mike Lieberman	86:13	70:13
10	David MacGregor	86:37	73:37
11	Brian Howie	87:00	62:00
12	Murray Robertson	87:39	62:39
13	Dougie Gillespie	88:10	63:10
14	William McPhail	88:31	65:01
15	Martin Henck	89:15	82:45
16	Sandy Jack	89:34	76:34
17	John Simpson	89:37	87:37
18	Trevor Weavers	89:49	76:49
19	Janet Walton	90:12	83:42
20	Alex McEwan	90:18	71:18
21	Susan Campbell	90:42	87:12
22	Andy Barrie	90:59	71:59
23	Martin Leadbetter	91:55	73:25
24	Joyce Salvona	92:37	76:37
25	Jennifer Henck	92:44	92:14
26	Bobby Campbell	93:53	79:53
27	Donna Campbell	98:25	98:25
28	Alistair Milne	100:00	100:00
DNF	Mike Hood		
	Eddie Shiells		

1996

4.2 Mile result

1	Fred Hyman	25:48
2	Darren McDaid	32:19
3	Craig Oswald	32:35
4	Kerry Nicol	33:26
5	Alistair MacKenzie	34:15
6	Darina Cunnane	35:26
7	Helen Gillanders	35:51
8	Margaret Hyman	36:13
9	Leanne Henck	36:25
10	Gillian McFarlane	37:16
10	Elizabeth Smith	37:16
12	Margaret Turnbull	37:46
13	Suse Coon	44:48
13	Carol Johnstone	44:48
13	Mo	44:48