



Congratulations  
**Shona MCINTOSH**  
on completing the

Cumbernauld 10K and 3K 2015  
**10 K Run**  
Sep 20th 2015

You completed in a time of  
**00:54:58 (chip) / 00:55:19 (gun)**  
for an overall position of 302  
and category position of 10.