



Congratulations  
**Helen ALDERSON**  
on completing the

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

You completed in a time of  
**01:07:33 (chip) / 01:08:15 (gun)**  
for an overall position of 458  
and category position of 39.