

Portobello Promathon

Fastest Times

Year		Men	Time		Year		Women	Time
1989	Ian Archibald	Edinburgh AC	18.27	1	1987	Yvonne Murray	Edinburgh AC	19.59
1989	Brian Kirkwood	Edinburgh AC	18.30	2	2008	Freya Murray	Chester Le Street	21.05
2019	Grant Sheldon	Cambuslang H	18.35	3	2016	Kate Avery	Shildon Running & AC	21.22
1989	Alan Robson	Edinburgh SH	18.38	4	2014	Nicola Duncan	Portobello RC	21.29
2017	Grant Sheldon	Cambuslang H	18.43	5	1994	Alison Rose	Edinburgh WM	21.38
1989	Adrian Weatherhead	Edinburgh AC	18.44	6	2006	Hayley Ovens	Edinburgh SH	21.46
2017	Andrew Douglas	Inverclyde AC	18.44	7	2000	Trudi Thomson	Pitreavie AAC	22.03
2012	Ross Houston	Central AC	18.53	8	1999	Danny Park	Circencester	22.07
2011	Alistair Hay	Central AC	18.56	9	2017	Rachael Dunn	Edinburgh AC	22.10
2019	Andrew Douglas	Inverclyde AC	18.56	10	2018	Jo Williams	Lothian RC	22.13
2011	Ross Matheson (U20)	Lasswade AAC	18.59	11	1992	Zara Hyde	Leeds/Woking	22.20
1990	Brian Kirkwood	ESPC	19.01	12	2007	Catriona Morrison	Unatt	22.23
2008	John Newsom	Pitreavie AAC	19.01	13	2011	Laura Dunn	Edinburgh AC	22.26
2017	Peter Avent	Shettleston H	19.02	14	1988	Heather McDuff	Edinburgh AC	22.29
2011	Andrew Douglas	Inverclyde AC	19.05	15	1990	Violet Blair	Edinburgh WM	22.30
2014	Andrew Douglas	Inverclyde AC	19.05	16	2013	Nicola Duncan	Portobello RC	22.30
1989	Alex Robertson	Edinburgh SH	19.07	17	2019	Lauren Wilson	Edinburgh AC	22.32
1991	John Sherban	Falkirk VH	19.08	18	1995	Kylie Porter	Australia	22.36
2014	Ross Houston	Central AC	19.08	19	1987	Violet Blair	Edinburgh SH	22.37
1992	John Sherban	Shaftsbury H	19.09	20	2014	Laura Dunn	Edinburgh AC	22.38
2006	Mark Draper	Windsor, S & E	19.10	21	2014	Dawn James	Aldershot & Dist	22.39
1990	Adrian Weatherhead	ESPC	19.11	22	2015	Shona McIntosh	Hunters Bog T	22.40
2018	Dermot Cummings	Corstorphine AAC	19.11	23	1988	Violet Blair	Edinburgh Wollen Mill	22.40
2019	Michael Crawley	Corstorphine AAC	19.11	24	2006	Marbeth Sheil	Edinburgh SH	22.40

1993	Brian Kirkwood	RC Edinburgh	17.41
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1993	Mary Anderson	Edinburgh AC	21.27
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