

Scottish Road 5K Road All-Time List

Men

1	13:34	Nat Muir	Shettleston H	12-Mar, 1958	Newcastle	3	27-Mar, 1985
2	13:36	John Robson	Edinburgh Southern H	31-Jan, 1967	Newcastle	5	27-Mar, 1985
3	13:58	Glen Stewart	Mizuno RC	07-Dec, 1970	Clydebank	1	23-Mar, 2002
4	14:00	Andrew Lemoncello	Fife AC	12-Oct, 1982	Providence, USA	9	02-May, 2009
5	14:04	Ian Gillespie	Birchfield H	18-May, 1970	Portland USA	1	09-Apr, 2000
6	14.07	Derek Hawkins	Kilbarchan AAC	29-Apr, 1989	Armagh	8	19-Feb, 2015
7	14.08	Cameron Boyek	Central AC	09-Oct, 1993	Armagh	11	19-Feb, 2015
8	14:12	Tom Hanlon	Mizuno RC	20-May, 1967	Chiba, Japan	7	24-Nov, 2000
9	14.14	Luke Caldwell	Dorking and Mole Valley	02-Aug, 1991	Carlsbad, USA	11	29-Mar, 2015
10	14:15	Robert Quinn	Kilbarchan AAC	10-Dec, 1965	Clydebank	2	23-Mar, 2002
11	14:17	Martin Williams	Tipton H	27-Sep, 1977	Himley Hall	1	10-Jul, 2008
11	14:17	Ross Toole	Kilbarchan AAC	08-Oct, 1986	Armagh	15	25-Feb, 2010
11	14.17	Callum Hawkins	Kilbarchan AAC	22-Jun, 1992	Edinburgh	1	29-Apr, 2015
14	14.20	Matthew Gillespie	Shettleston H	04-Nov, 1990	Clydebank	1	17-Mar, 2012
15	14.21	Jake Wightman	Edinburgh AC	11-Jul, 2004	Armagh	18	19-Feb, 2015
16	14:22	Chris Robison	Spango Valley AC	16-Mar, 1961	Solihull	+	06-Oct, 1996
17	14:23	Chris Mackay	Greenock Glenpark H	26-Aug, 1984	Glasgow	1	19-Jun, 2007
18	14.25	Robbie Simpson	Deeside Runners	14-Nov, 1991	Armagh	24	19-Feb, 2015
19	14:28	Malcolm Campbell	Cambuslang H	03-Jan, 1971	Marrieta, USA	1	17-Aug, 2003
20	14:30	Graham Croll	Cambuslang H	01-Feb, 1966	East Kilbride	1	04-Jun, 1996
20	14:30	Andrew Caine	Tyneside AC	17-Jun, 1977	Manchester	1	12-Jun, 2003

Women

1	14:57	Elizabeth McColgan	Dundee Hawkhill H	24-May, 1964	Chicago, USA	1	27-Oct, 1991
2	15:20	Yvonne Murray	Edinburgh AC	04-Oct, 1964	Aberdeen	1	22-May, 1993
3	15:32	Stephanie Twell	Aldershot, Farnham & Dist	17-Aug, 1989	London	3	05-Sep, 2010
4	15:36	Kathy Butler	Windsor, Slough & Eton	22-Oct, 1973	Carlsbad, USA	6	07-Apr, 2002
5	15:42	Freya Murray	Edinburgh AC	29-Sep, 1983	London	1	13-Sep, 2009
6	15:43	Susan Partridge	VP City of Glasgow	04-Jan, 1980	Onati, Spain	3	12-Jun, 2004
7	15:47	Sheila Fairweather	City of Glasgow	24-Nov, 1977	Glasgow	1	11-Jun, 2000
8	15:49	Hayley Haining	Kilbarchan AAC	06-Mar, 1972	Edinburgh	1	14-Mar, 1998
9	15:50	Gillian Palmer	Edinburgh University H&H	30-Dec, 1980	Clydebank	1	23-Mar, 2003
10	15:53	Morag MacLarty	Central AC	10-Dec, 1986	Edinburgh	1	03-May, 2019
11	15:54	Rhona Auckland	Banchory Stonehaven AAC	11-May, 1993	Balmoral	1	26-Apr, 2014
12	15:57	Eilish McColgan	Dundee Hawkhill H	25-Nov, 1990	Barrowford	1	05-Mar, 2016
13	16:00	Mhairi MacLennan	Inverness H		Edinburgh	2	03-May, 2019
14	16:07	Madalaine Murray	Edinburgh AC	19-Oct, 1993	Edinburgh	1	05-May, 2016
15	16:20	Karen Hardgrave	Nantes	23-Sep, 1965	Challans, France	1	08-Dec, 1996
16	16:22	Vikki McPherson	City of Glasgow	01-Jun, 1971	Edinburgh	7	18-Oct, 1997
17	16:22	Collette Fagan	City of Glasgow	06-Jun, 1982	London	11	05-Sep, 2004
18	16:25	Sarah Inglis	Lothian RC	28-Aug, 1991	Edinburgh	1	29-Apr, 2015
19	16:25	Annabel Simpson	Fife AC	30-Apr, 1997	Edinburgh	1	04-May, 2018
20	16:27	Elsbeth Curran	Kilbarchan AAC	27-Jul, 1989	Edinburgh	1	01-May, 2013