

## Livingston (Almondvale) Fastest Laps

### Men

#### Short leg (3.15m) - sub 16m

#### Long leg (5.8m) - sub 30.00

1	Steven Cairns	Hunters Bog T	2002	14.58	1	Glen Stewart	Mizuno RC	1999	27.33
2	Ben MacMillan	Central AC	2023	14.58	2	Glen Stewart	Mizuno RC	1998	27.57
3	Luke Traynor	Giffnock North AC	2019	14.59	3	Derek Hawkins	Kilbarchan AAC	2012	27.57
4	Adrain Callan	Shettleston H	1999	15.00	4	Kevin Sheppard	Ronhill Cambuslang H	2005	28.00
5	Ben MacMillan	Central AC	2024	15:02	5	Robert Russell	Central AC	2008	28.00
6	Philip Mowbray	Hunters Bog T	1999	15.03	6	Andrew Butchart	Central AC	2014	28.03
7	Tom-Graham Marr	Central AC	2022	15.04	7	Derek Hawkins	Kilbarchan AAC	2013	28.03
8	Mark Draper	Lasswade AAC	2008	15.04	8	Derek Hawkins	Kilbarchan AAC	2015	28.08
9	Robert Quinn	Kilbarchan AAC	1998	15.05	9	Robert Quinn	Kilbarchan AAC	1999	28.09
10	Alastair Hay	Central AC	2013	15.06	10	Scott Stirling	Falkirk Victoria H	2023	28.11
11	Josh Lily	Ronhill Cambuslang H	2014	15.07	11	Robert Quinn	Kilbarchan AAC	2000	28.16
12	Myles Edwards	Aberdeen AAC	2022	15.08	12	Adrain Callan	Shettleston H	1998	28.18
13	Philip Mowbray	Hunters Bog T	2000	15.08	13	Guy Amos	Mizuno RC	2001	28.18
14	Ross Matheson	Lasswade AAC	2013	15.09	14	Robert Russell	Central AC	2007	28.25
15	Iain Donnan	Lothian RC	2007	15.10	15	Robert Quinn	Kilbarchan AAC	2002	28.26
16	Alastair Hay	Central AC	2022	15.12	16	Allan Adams	Clydesdale H	1999	28.27
17	Neil Wilkinson	Ronhill Cambuslang H	2003	15.14	17	Simon Pride	Metro Aberdeen RC	2002	28.29
18	Jamie Mackinnon	Cambuslang H	2023	15.16	18	Callum Hawkins	Kilbarchan AAC	2015	28.29
19	Ben Sandilands	Fife AC	2024	15:16	19	Craig Ruddy	Inverclyde AAC	2012	28.31
20	Robert Russell	Central AC	2012	15.18	20	Glen Stewart	RC Edinburgh	2003	28.32
21	Calum McKenzie	Corstorphine AAC	2022	15.20	21	Alan Adams	Clydesdale H	2001	28.36
22	Ian Rawlinson	Ronhill Cambuslang H	2014	15.20	22	Daniel Mulhare	Inverclyde AAC	2010	28.36
23	Steven Cairns	Hunters Bog T	2001	15.21	23	Hamish Hickey	Central AC	2023	28.37
24	Jack Hamilton	Ronhill Cambuslang H	2012	15.22	24	William Coyle	Shettleston H	1999	28.39
25	Tewoldeberhan Mengisteab	Shettleston H	2009	15.23	25	Derek Hawkins	Kilbarchan AAC	2017	28.40
26	Paul Sorrie	Shettleston H	2012	15.24	26	Alan Adams	Clydesdale H	2000	28.41
27	Ian Rawlinson	Ronhill Cambuslang H	2010	15.25	27	Christopher MacKay	Inverclyde AAC	2009	28.41
28	Tom Martin	Hunters Bog T	2014	15.25	28	Tsegezab Woldemichael	Shettleston H	2010	28.41
29	Gavin McArdle	Kilbarchan AAC	2015	15.25	29	Andrew Douglas	Inverclyde AAC	2016	28.41

30	Jamie Reid	Law & Dist AAC	2002	15.26	30	Cameron Milne	Central AC	2017	28.42
31	Max Colligan	Mizuno RC	1999	15.27	31	John Ross	Mizuno RC	1998	28.43
32	Frank McGowan	Shettleston H	2000	15.27	32	David Ross	Mizuno RC	1999	28.44
33	Fraser Stewart	Cambuslang H	2022	15.28	33	Douglas Runcieman	Ronhill Cambuslang H	2000	28.44
34	Robert Fitzimmons	Kilbarchan AAC	1998	15.28	34	Jamie Burns	Glasgow University H&H	2023	28.44
35	Scott Cohen	Mizuno RC	1998	15.29	35	Stephen Wylie	Ronhill Cambuslang H	2003	28.45
36	Alan Puckrin	Kilbarchan AAC	1998	15.29	36	Jamie Crowe	Central AC	2022	28.46
37	Graeme Reid	Clydesdale H	2003	15.29	37	Robert Russell	Central AC	2005	28.46
38	Sean Reilly	Central AC	2009	15.29	38	Allan Adams	Clydesdale H	2003	28.47
39	Alan Adams	Shettleston H	2010	15.29	39	Robert Russell	Central AC	2014	28.47
40	Andrew Butchart	Central AC	2013	15.29	40	Calum McKenzie	Corstorphine AAC	2014	28.47
41	Andrew McGill	Glasgow University H&H	2023	15.29	41	Lewis Hannigan	Glasgow University H&H	2023	28.47
42	Scott McDonald	Central AC	2010	15.30	42	Billy Jenkins	Clydesdale H	1998	28.48
43	Craig Ruddy	Inverclyde AAC	2010	15.30	43	Ross Toole	Kilbarchan AAC	2010	28.48
44	Scott McDonald	Central AC	2014	15.30	44	Ross Houston	Central AC	2012	28.48
45	Jonathan Glen	Inverclyde AC	2016	15.30	45	Ton Graham–Marr	Central AC	2023	28.48
46	Peter Bradshaw	Glasgow University H&H	2022	15.32	46	David Ross	Mizuno RC	1998	28.49
47	Ben McMillan	Central AC	2022	15.32	47	Tewoldeberhan Mengisteab	Shettleston H	2010	28.50
48	Amanuel Hagos	Shettleston H	2010	15.32	48	Alastair Hay	Central AC	2010	28.50
49	Joel Lange	Central AC	2024	15:32	49	Stuart Gibson	Shettleston H	1999	28.51
50	Iain Donnan	Aberdeen AAC	2004	15.33	50	Andrew Muir	RC Edinburgh	2003	28.51
51	Lewis Miller	Central AC	2012	15.34	51	Alexander Hendry	Central AC	2014	28.51
52	Gavin Bryson (MU20)	Edinburgh AC	2018	15.34	52	Michael Ferguson	Aberdeen AAC	2023	28.51
53	Owen Miller	Fife AC	2022	15.35	53	Daniel Leggate	Fife AC	2000	28.52
54	Michael Gillespie	Shettleston H	2011	15.35	54	Jamie Crowe	Central AC	2017	28.52
55	Ewan Brown	Corstorphine AAC	2019	15.35	55	John Robson	Mizuno RC	1999	28.53
56	Kieran Reilly	Central AC	2024	15:35	56	Charles Thomson	Ronhill Cambuslang H	2000	28.53
57	Mark Haskett	Aberdeen AAC	2010	15.36	57	Robert Russell	Central AC	2006	28.54
58	Owen Miller	Fife AC	2024	15:36	58	Daryl Reid	East Kilbride AC	2023	28.54
59	John Mackay	Shettleston H	1999	15.37	59	Stuart Gibson	Cambuslang H	2017	28.55
60	Scott Cohen	Mizuno RC	1999	15.37	60	Ross Houston	Central AC	2010	28.56
61	Ross Houston	Central AC	2008	15.37	61	Calum McKenzie	Corstorphine AAC	2019	28.56
62	Tsegai Tewelde	Shettleston H	2009	15.37	62	Michael Ferguson	Aberdeen AAC	2017	28.57

63	Daryl Reid	East Kilbride CA	2022	15.38	63	Tewoldeberhan Mengisteab	Shettleston H	2012	28.58
64	Brian Scally	Shettleston H	1998	15.38	64	Luke Traynor	Giffnock North AAC	2014	28.59
65	Brian Kirkwood	Mizuno RC	1998	15.38	65	Josh Lilly	Ronhill Cambuslang H	2013	29.00
66	Andrew Little	Shettleston H	1998	15.38	66	Kane Elliott	Falkirk Victoria H	2023	29.01
67	Fraser Cartnell	Ronhill Cambuslang H	2007	15.38	67	Gavin Smith	Cambuslang H	2023	29.01
68	Christopher Foley	Dundee Hawkhill H	2010	15.38	68	Craig Ruddy	Inverclyde AAC	2016	29.03
69	Iain Davies	Central AC	2019	15.38	69	Andrew Douglas	Inverclyde AAC	2019	29.08
70	Robert Quinn	Kilbarchan AAC	2003	15.39	70	Sean Chalmers	Inverness H AAC	2019	29.11
71	Ross Toole	Kilbarchan AAC	2006	15.39	71	Michael Christoforou	Cambuslang H	2023	29.11
72	Andrew Crichton	Edinburgh AC	2011	15.39	72	Ross Houston	Central AC	2015	29.14
73	Michael Breen	Corstorphine AAC	2012	15.39	73	Michael Ferguson	Aberdeen AAC	2016	29.14
74	Grant Muir	Giffnock North AAC	2017	15.39	74	Max Milarvie	VP-Glasgow AC	2019	29.15
75	Paul Sorrie	Shettleston H	2010	15.40	75	Lewis Hannigan	Glasgow University H&H	2024	29:15
76	Lewis Miller	Central AC	2010	15.40	76	Tewoldeberhan Mengisteab	Shettleston H	2016	29.17
77	Darren Gausen	City of Edinburgh	2006	15.41	77	Cameron Strachan	Metro Aberdeen RC	2019	29.17
78	Douglas Selman	Corstorphine AAC	2007	15.41	78	Neil Renault	Edinburgh AC	2015	29.19
79	Robert Quinn	Kilbarchan AAC	2009	15.41	79	Hamish Hickey	Central AC	2022	29.20
80	Craig Jardine	Ronhill Cambuslang H	2016	15.41	80	Calum McKenzie	Corstorphine AAC	2017	29.20
81	Stuart Gibson	Cambuslang H	2019	15.41	81	Stuart Gibson	Ronhill Cambuslang H	2016	29.21
82	Martin Bell	City of Edinburgh	2002	15.42	82	Darrell Hastie	Gala H	2023	29.21
83	Martin Graham	Shettleston H	2002	15.42	83	Calum Phillip	Central AC	2023	29.22
84	Ben Sandilands	Fife AC	2022	15.43	84	Scott Stirling	Falkirk Victoria H	2022	29.23
85	Andrew Thomson	Fife AC	2022	15.43	85	Scott McDonald	Central AC	2015	29.23
86	Francis Barton	Ronhill Cambuslang H	2000	15.43	86	Cameron Milne	Central AC	2016	29.23
87	Amanuel Hagos	Shettleston H	2009	15.43	87	Tom Martyn	Corstorphine AAC	2024	29:23
88	Alexander Hendry	Central AC	2010	15.43	88	Dale Colley	Central AC	2016	29.24
89	Ryan Thomson (MU20)	Ronhill Cambuslang H	2016	15.43	89	Euan Gillham	Edinburgh University H&H	2016	29.25
90	Dermot Cummings	Corstorphine AAC	2023	15.43	90	Luke Traynor	Giffnock North AAC	2015	29.28
91	Keven Harvey	Cambuslang H	2023	15.43	91	Michael Deason	Shettleston H	2019	29.29
92	Jonathan Marshall	Central AC	2024	15:43	92	Ryan Thomson	Cambuslang H	2019	29.30
93	Hamish Hickey	Central AC	2024	15:43	93	Cameron Milne	Central AC	2018	29.31
94	Stephen Addison	Glasgow University H&H	2024	15:43	94	Andrew Fyfe	Edinburgh AC	2024	29:31
95	Kheredine Idessane	Clydesdale H	1998	15.44	95	Ewan Brown	Corstorphine AAC	2022	29.32

96	Andrew Muir	Kilbarchan AAC	2001	15.44	96	Alexander Hendry	Central AC	2015	29.32
97	Juan Mareque	City of Edinburgh	2005	15.44	97	Lewis Rodgers	Fife AC	2019	29.32
98	Dale Colley	Central AC	2015	15.44	98	Duncan Robinson	Giffnock North AC	2024	29:33
99	Gavin Bryson	Edinburgh AC	2017	15.44	99	Jamie Burns	Glasgow University H&H	2022	29.34
100	Ewan Brown	Corstorphine AAC	2018	15.44	100	Ryan Thomson	Cambuslang H	2017	29.34
101	Grant Muir	Giffnock North AAC	2018	15.44	101	Calum McKenzie	Corstorphine AAC	2016	29.35
102	Jamie Phillips	Kilmarnock H	2024	15:44	102	Martin Graham	Shettleston H	2004	29.36
103	Alexander Moss	Fife AC	1999	15.45	103	Kyle McLellan	Ronhill Cambuslang H	2016	29.36
104	Andrew Renfree	RC Edinburgh	2003	15.45	104	Murray Strain	Hunters Bog T	2015	29.37
105	Steven Cairns	Hunters Bog T	2004	15.45	105	Calum McKenzie	Corstorphine AAC	2015	29.39
106	Barney Phillips	Lasswade	2008	15.45	106	Dermot Cummins	Corstorphine AAC	2017	29.39
107	Andrew Butchart	Central AC	2011	15.45	107	Neil Renault	Edinburgh AC	2017	29.40
108	Cameron Milne	Central AC	2015	15.45	108	Tewoldeberhan Mengisteab	Shettleston H	2015	29.41
109	Donald Macaulay	Corstorphine AAC	2016	15.45	109	Keiran Reilly	Central AC	2022	29.44
110	Jamie Crowe	Central AC	2016	15.45	110	Robert Gilroy	Ronhill Cambuslang H	2016	29.44
111	Ewan Browns	Corstorphine AAC	2024	15:45	111	Dougie Selman	Corstorphine AAC	2016	29.41
112	Francis Barton	Ronhill Cambuslang H	1999	15.46	112	Dougie Selman	Corstorphine AAC	2019	29.43
113	Andrew Muir	Kilbarchan AAC	1999	15.46	113	John Bell	Inverclyde AC	2019	29.44
114	John Mackay	Shettleston H	2000	15.46	114	Ewan Brown	Corstorphine AAC	2023	29.44
115	Martin Graham	Shettleston H	2010	15.46	115	Myles Edwards	Aberdeen AAC	2023	29.45
116	Mark McKelvie	Shettleston H	2023	15.46	116	Ryan Thomson	Cambuslang H	2023	29.45
117	Kevan Harvey	Cambuslang H	2022	15.47	117	Euan Gillham	Kilbarchan AAC	2015	29.46
118	Kevin Downie	Ronhill Cambuslang H	1998	15.47	118	Michael Deason	Shettleston H	2017	29.46
119	Ross Arbuckle	Ronhill Cambuslang H	2000	15.47	119	Alastair Marshall	Central AC	2022	29.47
120	Alan Milligan	Fife AC	2000	15.47	120	Calum McKenzie	Corstorphine AAC	2018	29.48
121	Mark Haskett	Aberdeen AAC	2011	15.47	121	Tom Morgan	Edinburgh University H&H	2019	29.48
122	Stuart Gibson	Ronhill Cambuslang H	2014	15.47	122	John Newsom	Inverness H AAC	2016	29.49
123	Conan McCaughey	Central AC	2016	15.47	123	Michael Christoforou	Edinburgh AC	2019	29.49
124	Aidan Thompson	Central AC	2017	15.47	124	James Dunn	Corstorphine AAC	2023	29.49
125	Alexander Robertson	Ronhill Cambuslang H	2000	15.48	125	Fraser Stewart	Cambuslang H	2019	29.50
126	Rod Leach	City of Edinburgh	2001	15.48	126	Stuart Gibson	Ronhill Cambuslang H	2015	29.51
127	David Gardiner	RC Edinburgh	2003	15.48	127	Kyle McLellan	Ronhill Cambuslang H	2015	29.52
128	Andrew Crighton	Edinburgh AC	2010	15.48	128	Robert Gilroy	Cambuslang Harriers (C)	2017	29.52

129	Aaron Hoyle	Corstorphine AAC	2023	15.48	129	Dermot Cummins	Corstorphine AAC	2018	29.53
130	Kevin Downie	Ronhill Cambuslang H	1999	15.49	130	Cameron Milne	Central AC	2024	29:53
131	Robert Fitzsimmons	Kilbarchan AAC	2000	15.49	131	Jack Leitch	Edinburgh University H&H	2019	29.56
132	Adrian Callan	Shettleston H	2002	15.49	132	Lewis Rodgers	Fife AC	2022	29.57
133	Kenneth Chapman	Mizuno RC	2002	15.49	133	Will Mackay	Aberdeen AAC (A)	2017	29.57
134	Drew Pollock (MU20)	Cambuslang H	2019	15.49	134	Alastair Hay	Central AC	2018	29.57
135	Drew Sharkey	City of Edinburgh	1998	15.50	135	Cameron Green	Giffnock North AC	2024	29:57
136	John Mackay	Shettleston H	1998	15.50	136	Dermot Cummins	Corstorphine AAC	2016	29.58
137	Moray Anderson	Corstorphine AAC	2015	15.50	137	Douglas Selman	Corstorphine AAC	2022	29.59
138	Gavin Bryson (MU20)	Edinburgh AC	2016	15.50	138	Ben Stevenson	Edinburgh University H&H	2015	29.59
139	Peter Avent	Shettleston H	2019	15.50					
140	Alastair Marshall	Central AC	2024	15:50					
141	Alistair Donaldson	Pitreavie AAC	1999	15.51					
142	Ian Williamson	Ronhill Cambuslang H	2000	15.51					
143	Lee Richardson	Irvine AAC	2005	15.51					
144	Douglas Selman	Corstorphine AAC	2008	15.51					
145	Kevin Kane	Inverclyde AAC	2010	15.52					
146	Sean Reilly	Central AC	2014	15.52					
147	Ryan Gray	Inverclyde AC	2024	15:52					
148	Scott Taylor	Fife AC	2000	15.53					
149	John Brown	Ronhill Cambuslang H	2003	15.53					
150	Iain Davies	Central AC (B)	2016	15.53					
151	Angus Smith	Corstorphine AAC	2024	15:53					
152	Nikolai Gajić	Giffnock North AC	2024	15:53					
153	Ryan Thomson	Ron Hill Cambuslang H	2015	15.54					
154	Alastair Hoyle	Corstorphine AAC	2023	15.54					
155	Stuart Campbell	Mizuno RC	1998	15.55					
156	Pauk Sorrie	Shettleston H	2009	15.55					
157	Keith Hood	Corstorphine AAC	2013	15.55					
158	Aidan Thompson	Central AC	2016	15.55					
159	Thomas Ellacott	City of Edinburgh	2003	15.56					
160	Moray Anderson	Corstorphine AAC	2012	15.56					
161	Aidan Thompson	Central AC	2015	15.56					

162	Stewart Orr	Ronhill Cambuslang H	2012	15.57
163	Tom Watson	Central AC	2015	15.57
164	Mickey Breen	Corstorphine AAC	2016	15.57
165	Fraser Stewart	Cambuslang H	2018	15.57
166	Iain Whitakers	Edinburgh AC	2024	15:57
167	Calum Young	Giffnock North AC	2024	15:57
168	Drew Sharkey	City of Edinburgh	1999	15.58
169	Mark Mitchell	City of Edinburgh	2007	15.58
170	Juan Mareque	City of Edinburgh	2007	15.58
171	John McNamarra	Ronhill Cambuslang H	2008	15.58
172	Lauchlan Oates	Shettleston H	2010	15.58
173	Ryan Beattie	Falkirk Victoria H	2014	15.58
174	Ian Steel	City of Edinburgh	1998	15.59
175	David Gow	Shettleston H	1999	15.59
176	Christopher Wilson	Ronhill Cambuslang H	2008	15.59
177	Tewoldeberhan Mengisteab	Shettleston H	2013	15.59
178	Stephen Mackay	Inverness H AAC	2016	15.59
179	Richard Muir	Kilmarnock H&AC	2019	15.59
180	Michael Sanderson	Fife AC	2024	15:59
181	Graham Bee	Fife AC	2002	16.00
182	Martin Graham	Shettleston H	2003	16.00
183	Howell Craske	Corstorphine AAC	2017	16.00
184	Gavin Smith (MU20)	Cambuslang H	2019	16.00

Long Leg slightly amended from 2008 onwards

is the same distance as previous years for both legs.