

Scottish Road 5K Championships - Silverknowes 3/5/2024

Pos	Race No	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos	Club
1	601	Scott STIRLING	14:17	14:17	MSen	1	Male	1	Falkirk Victoria H
2	552	Finlay ROSS-DAVIE	14:25	14:25	MU20	1	Male	2	Edinburgh University H&H
3	560	Ben SANDILANDS	14:25	14:25	MSen	2	Male	3	Fife AC
4	246	Lewis HANNIGAN	14:26	14:25	MSen	3	Male	4	Kilbarchan AAC
5	652	Mohamed WARSAME	14:31	14:31	MSen	4	Male	5	Aberdeen AAC
6	216	Ross GOOD	14:34	14:34	MSen	5	Male	6	Giffnock North AC
7	180	Michael FERGUSON	14:36	14:36	MSen	6	Male	7	Aberdeen AAC
8	361	Jamie MACKINNON	14:40	14:40	MSen	7	Male	8	Cambuslang H
9	385	Tom MARTYN	14:42	14:42	MSen	8	Male	9	Corstorphine AAC
10	174	Luca FANOTTOLI	14:44	14:44	MSen	9	Male	10	Central AC
11	285	Noah HOWLETT	14:49	14:48	MSen	10	Male	11	Edinburgh AC
12	60	Ewan BROWN	14:49	14:49	MSen	11	Male	12	Corstorphine AAC
13	41	Connor BELL	14:52	14:52	MU20	2	Male	13	Central AC
14	220	Conor GOURLEY	14:53	14:52	MU20	3	Male	14	Edinburgh University H&H
15	59	Adam BROWN	14:54	14:53	MSen	12	Male	15	Aberdeen AAC
16	480	Matthew O'CONNOR	14:55	14:54	MSen	13	Male	16	Bellahouston H
17	68	David BUNN	14:55	14:54	MSen	14	Male	17	Edinburgh University H&H
18	559	Michael SANDERSON	14:55	14:54	MSen	15	Male	18	Fife AC
19	8	James ALEXANDER	14:56	14:56	MU17	1	Male	19	Garscube H
20	6	Jacob ADKIN	14:56	14:56	MSen	16	Male	20	Moorfoot Runners
21	591	Angus SMITH	14:56	14:56	MSen	17	Male	21	Corstorphine AAC
22	269	Hamish HICKEY	14:57	14:56	MSen	18	Male	22	Central AC
23	151	Stuart DONNACHIE	14:57	14:56	MSen	19	Male	23	Cambuslang H
24	544	Fergus ROBERTS	14:57	14:57	MSen	20	Male	24	Ochil Hill Runners
25	521	Moray PRYDE	14:59	14:58	MSen	21	Male	25	Lothian Running Club
26	659	Jonny WHAN	14:59	14:59	MSen	22	Male	26	Clonliffe H AC
27	257	Jack HEATHWOOD	15:01	15:00	MSen	23	Male	27	Bellahouston H
28	460	Rory MUIR	15:03	15:02	MSen	24	Male	28	Cambuslang H
29	357	Alex MACKENZIE	15:03	15:01	MSen	25	Male	29	Edinburgh University H&H
30	141	Fred DAVIES	15:06	15:05	MSen	26	Male	30	Shettleston H
31	5	Stephen ADDISON	15:08	15:08	MSen	27	Male	31	Glasgow University H&H
32	339	Stuart LIVINGSTONE	15:09	15:07	M40	1	Male	32	Corstorphine AAC
33	452	Jonathan MOORE	15:09	15:09	MSen	28	Male	33	Motherwell AC
34	172	Jack EYKELBOSCH	15:10	15:09	MSen	29	Male	34	Corstorphine AAC
35	620	Fearghas THOMSON	15:11	15:10	MSen	30	Male	35	Aberdeen AAC
36	154	Theo DORAN	15:11	15:11	MSen	31	Male	36	Aldershot Farnham & District
37	465	Steven MURRAY	15:11	15:10	MSen	32	Male	37	Aberdeen AAC
38	176	Freddie FEARN	15:12	15:10	MSen	33	Male	38	Edinburgh University H&H
39	545	Gordon ROBERTSON	15:12	15:12	M40	2	Male	39	Cambuslang H
40	23	Peter AVENT	15:13	15:13	MSen	34	Male	40	Shettleston H
41	660	Iain WHITAKER	15:13	15:12	M40	3	Male	41	Edinburgh AC
42	509	Calum PHILLIP	15:13	15:13	MSen	35	Male	42	Central AC
43	662	James WILKES	15:14	15:13	MSen	36	Male	43	Garscube H
44	684	David WRIGHT	15:14	15:14	MSen	37	Male	44	Lothian Running Club
45	332	John LENEHAN	15:15	15:13	MSen	38	Male	45	Edinburgh AC
46	425	Calum MCKENZIE	15:17	15:15	MSen	39	Male	46	Corstorphine AAC
47	534	Colin REILLY	15:22	15:20	MSen	40	Male	47	Cambuslang H
48	348	Lewis MACALPINE	15:24	15:23	MSen	41	Male	48	Stornoway Running and AC
49	27	Grant BAILLIE	15:25	15:24	M40	4	Male	49	East Kilbride AC
50	611	Magnus TAIT	15:26	15:25	MSen	42	Male	50	Glasgow University H&H
51	663	Angus WILKINSON	15:26	15:26	MU15	1	Male	51	East Kilbride AC
52	656	Robbie WELSH	15:27	15:25	MU20	4	Male	52	Gala H
53	185	Sam FERNANDO	15:27	15:26	MSen	43	Male	53	Fife AC
54	556	Jacob RUSSELL	15:28	15:25	MSen	44	Male	54	Central AC
55	280	Fraser HOLMAN	15:28	15:28	MSen	45	Male	55	Harmony AC
56	485	Aaron ODENTZ	15:28	15:27	MSen	46	Male	56	Aberdeen AAC
57	581	Grant SHELDON	15:30	15:30	MSen	47	Male	57	Cambuslang H
58	235	Alistair GUDGIN	15:31	15:30	MSen	48	Male	58	Fife AC
59	85	Andrew CAREY	15:33	15:32	MSen	49	Male	59	Cambuslang H
60	484	Sam O'NEILL	15:34	15:32	MSen	50	Male	60	Linlithgow AC
61	396	Neil MCCABE	15:35	15:33	MSen	51	Male	61	Lothian Running Club
62	367	Eoghan MACNAMARA	15:35	15:33	MSen	52	Male	62	Aberdeen AAC
63	355	Joel MACINNES	15:35	15:34	MU20	5	Male	63	Cambuslang H

64	349	Donald MACAULAY	15:36	15:34	MSen	53	Male	64	Corstorphine AAC
65	282	Henry HORIUCHI-SUTTON	15:37	15:35	MSen	54	Male	65	Glasgow University AC
66	403	Lewis MCCOMB	15:37	15:36	MSen	55	Male	66	Central AC
67	411	Harry MCGILL	15:38	15:36	MSen	56	Male	67	Glasgow University H&H
68	109	James CLARKE	15:38	15:36	MSen	57	Male	68	Heriot-Watt University AC
69	489	Daniel OWENS	15:38	15:36	MU17	2	Male	69	Garscube H
70	548	Lewis RODGERS	15:39	15:39	MSen	58	Male	70	Fife AC
71	237	Sam GURLING	15:39	15:38	MSen	59	Male	71	Glasgow University H&H
72	66	Steven BRYCE	15:40	15:39	MSen	60	Male	72	Fife AC
73	158	Matthew DRUMMOND	15:40	15:38	MSen	61	Male	73	Dundee Hawkhill H
74	647	Laurence WARD	15:40	15:39	MU17	3	Male	74	Lasswade AC
75	286	Aaron HOYLE	15:40	15:39	MSen	62	Male	75	Corstorphine AAC
76	619	Lachlan THOMAS	15:41	15:41	MU17	4	Male	76	Ross County AC
77	431	Chris MCLEW	15:42	15:41	MSen	63	Male	77	Cambuslang H
78	97	Cameron CAVES	15:42	15:41	MU17	5	Male	78	Harmony AC
79	362	David MACKINTOSH	15:43	15:40	MSen	64	Male	79	Bellahouston H
80	673	Josh WOOD	15:43	15:41	MSen	65	Male	80	Central AC
81	13	Howie ALLISON	15:44	15:42	MU15	2	Male	81	Lasswade AC
82	654	David WEBSTER	15:44	15:41	MSen	66	Male	82	Dundee RR
83	501	James PAYNE	15:47	15:45	MSen	67	Male	83	Edinburgh AC
84	184	John FERGUSON	15:48	15:46	MSen	68	Male	84	East Kilbride AC
85	247	Kieran HARDIE	15:48	15:47	MU17	6	Male	85	Harmony AC
86	549	Jonathan ROEBUCK	15:49	15:46	MSen	69	Male	86	Inverclyde AC
87	55	Andrew BRIGGS	15:49	15:47	M40	5	Male	87	Army Athletics Association
88	547	Lewis RODDIS	15:51	15:50	MU20	6	Male	88	Cambuslang H
89	569	Alastair SCOTT	15:51	15:50	M40	6	Male	89	Shettleston H
90	26	James BADENOCH	15:51	15:50	MSen	70	Male	90	Heriot Watt University AC
91	422	Jack MCKENNA	15:51	15:49	MSen	71	Male	91	Camethy HRC
92	295	Mark IRVINE	15:52	15:51	MSen	72	Male	92	Glasgow University H&H
93	590	Fraser SMITH	15:53	15:51	MSen	73	Male	93	Corstorphine AAC
94	507	Harris PENTECOST	15:53	15:52	MSen	74	Male	94	Falkirk Victoria H
95	300	Marc JAMESON	15:54	15:52	MSen	75	Male	95	Glasgow University H&H
96	190	Steven FITZPATRICK	15:54	15:53	MSen	76	Male	96	Cambuslang H
97	451	Kieren MOONEY	15:54	15:52	MSen	77	Male	97	Giffnock North AC
98	506	Stephanie PENNYCOOK	15:55	15:52	FSen	1	Female	1	Fife AC
99	333	Jamie LESSELS	15:55	15:52	MU20	7	Male	98	Fife AC
100	680	Jamie WORK	15:56	15:55	MU17	7	Male	99	Kilmarnock Harrier & AC
101	173	Jonathan FAIRGRIEVE	15:57	15:55	MSen	78	Male	100	Stornoway Running and AC
102	168	David ELDER	15:59	15:56	MSen	79	Male	101	
103	407	David MCDUGALL	15:59	15:57	MSen	80	Male	102	
104	519	Darin PRYDE	16:00	15:56	MSen	81	Male	103	Edinburgh AC
105	342	Alex LUETCHFORD	16:00	15:58	MSen	82	Male	104	Hunters Bog Trotters
106	517	Zak POVEY	16:01	16:00	MU20	8	Male	105	Cambuslang H
107	596	Adam STARK	16:04	16:01	MSen	83	Male	106	Bellahouston H
108	134	Archie DALGLIESH	16:06	16:03	MU15	3	Male	107	Gala H
109	294	Andrew IRVINE	16:06	16:04	MSen	84	Male	108	Central AC
110	43	Aaron BENNET	16:06	16:03	MU20	9	Male	109	PH Racing Club
111	196	Andrew FORTEATH	16:06	16:03	M40	7	Male	110	East Kilbride AC
112	308	Fraser KELLY	16:06	16:04	MSen	85	Male	111	Dundee Hawkhill H
113	607	Daniel SUTHERLAND	16:07	16:05	MU20	10	Male	112	Livingston & District AAC
114	303	Stuart JOHNSTON	16:07	16:05	M40	8	Male	113	Edinburgh AC
115	536	Neil RENAULT	16:07	16:06	M40	9	Male	114	Edinburgh AC
116	19	Fraser ARMSTRONG	16:09	16:06	MSen	86	Male	115	Bellahouston H
117	441	Morag MILLAR	16:09	16:07	FSen	2	Female	2	Central AC
118	538	Euan RENNIE	16:09	16:07	MSen	87	Male	116	Lothian Running Club
119	613	Carter TAYLOR	16:10	16:08	MSen	88	Male	117	Fife AC
120	4	David ADDISON	16:10	16:08	MSen	89	Male	118	Glasgow University H&H
121	685	James WRIGHT	16:10	16:08	MSen	90	Male	119	Lothian Running Club
122	96	Andrew CASEY	16:13	16:11	MSen	91	Male	120	Aberdeen AAC
123	316	Ben KINNINMONTH	16:15	16:12	MSen	92	Male	121	Fife AC
124	661	James WIGGINS	16:15	16:11	MSen	93	Male	122	Corstorphine AAC
125	167	Ewan EGAN	16:16	16:12	MSen	94	Male	123	Edinburgh AC
126	530	Finlay RAYNOR	16:18	16:15	MU20	11	Male	124	Glasgow University H&H
127	634	Stefanie TUCKER	16:18	16:15	FSen	3	Female	3	Cambuslang H
128	618	Kaeden THOMAS	16:19	16:16	MU17	8	Male	125	Ross County AC

129	364	Ruairidh MACLEAN	16:19	16:17	M40	10	Male	126	Giffnock North AC
130	64	Stephen BROWN	16:19	16:16	M40	11	Male	127	West End RR
131	143	Kaydan DAY	16:20	16:18	MU17	9	Male	128	Livingston & District AAC
132	320	Jack KIRWAN	16:21	16:18	MSen	95	Male	129	East Kilbride AC
133	574	Jenny SELMAN	16:21	16:18	FSen	4	Female	4	Fife AC
134	105	Allan CHRISTIE	16:22	16:19	M40	12	Male	130	Metro Aberdeen RC
135	511	Natasha PHILLIPS	16:22	16:20	FU20	1	Female	5	Dundee Hawkhill H
136	410	Richard MCGAW	16:24	16:21	MSen	96	Male	131	Metro Aberdeen RC
137	427	Douglas MCKINNON	16:24	16:22	M40	13	Male	132	Corstorphine AAC
138	522	Kieran PUGH	16:24	16:22	MSen	97	Male	133	Law & District AAC
139	304	Kyle JOHNSTONE	16:25	16:23	MU20	12	Male	134	Greenock Glenpark H
140	65	Andrew BROWN	16:27	16:24	M40	14	Male	135	Woodford Green AC with Essex Ladies
141	187	Zico FIELD	16:27	16:24	MU17	10	Male	136	Gala H
142	163	Alex DUNLOP	16:29	16:26	MU17	11	Male	137	Central AC
143	28	Ben BAILLIE	16:29	16:26	MU15	4	Male	138	East Kilbride AC
144	557	Andrew SAN	16:31	16:26	MSen	98	Male	139	Glasgow University Triathlon Club
145	641	Kirsty WALKER	16:32	16:29	FSen	5	Female	6	Edinburgh AC
146	191	Joe FOLAN	16:32	16:28	MSen	99	Male	140	Metro Aberdeen RC
147	112	John COYLE	16:32	16:30	M50	1	Male	141	Garscube H
148	366	James MACLEOD	16:33	16:30	M40	15	Male	142	Garscube H
149	577	Lee SHAW	16:33	16:30	MSen	100	Male	143	Bellahouston H
150	47	Christopher BLACK	16:33	16:32	MU17	12	Male	144	Cambuslang H
151	657	Irvine WELSH	16:34	16:31	MU17	13	Male	145	Gala H
152	399	Millie MCCLELLAND-BROOKS	16:34	16:32	FU17	1	Female	7	Inverclyde AC
153	318	Ryan KIRKLAND	16:35	16:33	MSen	101	Male	146	Lothian Running Club
154	198	Paul FRIEND	16:36	16:33	M40	16	Male	147	Inverclyde AC
155	20	Ali ARMSTRONG	16:39	16:36	MSen	102	Male	148	Heriot-Watt University AC
156	615	Amy TEASDALE	16:40	16:38	FU17	2	Female	8	Kilbarchan AAC
157	253	Aidan HARRIS	16:41	16:36	MSen	103	Male	149	
158	94	Theo CARTER	16:42	16:38	MSen	104	Male	150	Cambuslang H
159	450	Matthew MONACHELLO	16:42	16:39	MU17	14	Male	151	Kilmarnock Harrier & AC
160	307	Robert KEENAN	16:42	16:39	M40	17	Male	152	Cumbemauld AAC
161	241	David HALL	16:43	16:40	M40	18	Male	153	Corstorphine AAC
162	197	Matthew FOX	16:43	16:40	MU17	15	Male	154	Shettleston H
163	93	Justin CARTER	16:43	16:40	M50	2	Male	155	Cambuslang H
164	584	Craig SHIELDS	16:44	16:41	M40	19	Male	156	Garscube H
165	57	Alastair BROCKIE	16:44	16:41	M40	20	Male	157	Corstorphine AAC
166	254	Adam HART	16:45	16:42	MSen	105	Male	158	Dundee RR
167	38	Mark BEAGRIE	16:45	16:41	MSen	106	Male	159	Peterhead AC
168	543	Finlay ROBB	16:45	16:44	MU20	13	Male	160	Cambuslang H
169	635	Peter TUCKER	16:46	16:46	M40	21	Male	161	Inverclyde AC
170	147	Euan DOCHERTY	16:47	16:45	MU20	14	Male	162	Central AC
171	541	Michael RICHARDSON	16:49	16:45	MSen	107	Male	163	Dundee RR
172	423	Gary MCKENNA	16:50	16:47	M40	22	Male	164	Falkirk Victoria H
173	523	Jordan QUEEN	16:50	16:49	MSen	108	Male	165	Garscube H
174	231	Jamie GREIG	16:51	16:47	MSen	109	Male	166	Fife AC
175	326	Graeme LAING	16:51	16:48	M40	23	Male	167	Victoria Park City Of Glasgow
176	461	Nynke MULHOLLAND	16:53	16:51	FSen	6	Female	9	Inverclyde AC
177	186	Tom FERRINGTON	16:54	16:52	M40	24	Male	168	Corstorphine AAC
178	345	Daniel LYNCH	16:54	16:49	MSen	110	Male	169	Manchester University Alehouse
179	244	Kevin HAMILTON	16:54	16:51	MSen	111	Male	170	Edinburgh AC
180	71	Iain BURNS	16:55	16:52	M40	25	Male	171	Shettleston H
181	229	Sara GREEN	16:56	16:52	F40	1	Female	10	Gala H
182	250	Ieuan HARRIES	16:56	16:54	MSen	112	Male	172	Glasgow University H&H
183	260	Caitlyn HEGGIE	16:56	16:52	FU17	3	Female	11	Inverness H
184	73	Lucas CAIRNS	16:56	16:52	MU20	15	Male	173	Edinburgh University H&H
185	454	Fraser MORRIS	16:57	16:55	MSen	113	Male	174	Livingston & District AAC
186	492	Mia PADMANABHAN	16:58	16:54	FSen	7	Female	12	Glasgow University H&H
187	486	Struan OLIVER-JONES	17:00	16:55	MSen	114	Male	175	University of Strathclyde H
188	360	Eve MACKINNON	17:08	17:03	FSen	8	Female	13	Cambuslang H
189	11	Stephen ALLEN	17:08	17:05	M50	3	Male	176	Cumbemauld AAC
190	414	Corri MCGOUGAN	17:08	17:05	FU15	1	Female	14	Falkirk Victoria H
191	645	Kevin WALLACE	17:10	17:07	MSen	115	Male	177	Fife AC
192	83	Ruairidh CAMPBELL	17:10	17:08	MSen	116	Male	178	Victoria Park City Of Glasgow
193	67	Henry BULL	17:11	17:06	MU20	16	Male	179	

194	683	Dave WRIGHT	17:12	17:09	M40	26	Male	180	Hunters Bog Trotters
195	426	Kara MCKENZIE-TAIT	17:12	17:08	FSen	9	Female	15	Corstorphine AAC
196	335	Holly LITTLE	17:13	17:09	FSen	10	Female	16	Cambuslang H
197	211	Sandy GILHOOLY	17:14	17:11	MSen	117	Male	181	Glasgow University H&H
198	504	Gerard PELEGRI	17:14	17:09	MSen	118	Male	182	Shettleston H
199	135	Simon DALTON CELIS	17:15	17:11	MSen	119	Male	183	Glasgow University H&H
200	496	Isla PATERSON	17:15	17:11	FU20	2	Female	17	Gala H
201	212	Phil GILLAN	17:16	17:12	MSen	120	Male	184	
202	359	Cameron MACKIE	17:17	17:14	MSen	121	Male	185	Victoria Park City Of Glasgow
203	189	Martin FITCHIE	17:17	17:15	M40	27	Male	186	Cumbemauld AAC
204	92	Noah CARSON	17:18	17:13	MU17	16	Male	187	Ross County AC
205	62	Ben BROWN	17:18	17:14	MSen	122	Male	188	Glasgow University H&H
206	91	Bruce CARSE	17:19	17:15	M40	28	Male	189	Bellahouston RR
207	258	Isla HEDLEY	17:20	17:16	FU20	3	Female	18	Edinburgh University H&H
208	439	Stuart MEIKLEJOHN	17:20	17:16	M40	29	Male	190	PH Racing Club
209	505	Rose PENFOLD	17:20	17:15	FSen	11	Female	19	Edinburgh AC
210	179	Andrew John FERGUSON	17:20	17:16	MSen	123	Male	191	Aberdeen AAC
211	689	Mark YOUNG	17:21	17:18	MSen	124	Male	192	Metro Aberdeen RC
212	199	Michael FULLERTON	17:21	17:18	M50	4	Male	193	Edinburgh AC
213	261	Tim HELY	17:22	17:18	M50	5	Male	194	Edinburgh AC
214	356	Matthew MACIVER	17:22	17:19	MU17	17	Male	195	Livingston & District AAC
215	363	Anya MACLEAN	17:22	17:18	FU20	4	Female	20	Edinburgh University H&H
216	177	Alice FEARN	17:23	17:19	FU17	4	Female	21	Wreake & Soar Valley
217	234	William GRIFFITHS	17:23	17:19	MSen	125	Male	196	Edinburgh AC
218	554	Dino ROUSSIAS	17:24	17:21	M50	6	Male	197	Metro Aberdeen RC
219	437	Richard MEADE	17:24	17:22	M40	30	Male	198	Edinburgh AC
220	520	Gordon PRYDE	17:25	17:22	M40	31	Male	199	Edinburgh AC
221	637	Chris UPSON	17:25	17:23	M60	1	Male	200	Cambuslang H
222	442	Stuart MILLER	17:25	17:20	MSen	126	Male	201	Bellahouston H
223	233	Andrew GRIEVE	17:26	17:23	MSen	127	Male	202	Glasgow University H&H
224	139	Matthew DAVIES	17:28	17:21	MSen	128	Male	203	Edinburgh AC
225	400	Scott MCCLUNG	17:29	17:25	MSen	129	Male	204	Fife AC
226	35	Jenny BANNERMAN	17:32	17:27	FSen	12	Female	22	Inverness H
227	514	Robyn PINDER	17:33	17:27	FSen	13	Female	23	Metro Aberdeen RC
228	458	Alan MOSS	17:33	17:31	M40	32	Male	205	Bellahouston RR
229	63	Andrew BROWN	17:33	17:28	MSen	130	Male	206	Linlithgow AC
230	665	Owen WILLIAMS	17:35	17:30	MSen	131	Male	207	Lothian Running Club
231	142	Rhian DAWES	17:35	17:33	FSen	14	Female	24	Victoria Park City Of Glasgow
232	638	Karel VESELY	17:38	17:34	MSen	132	Male	208	Edinburgh AC
233	124	David CROSS	17:39	17:34	M50	7	Male	209	Edinburgh AC
234	156	Brian DOUGLAS	17:39	17:35	M50	8	Male	210	Cambuslang H
235	497	Kyle PATERSON	17:40	17:33	MSen	133	Male	211	Kirkintilloch Olympians
236	265	David HENDERSON	17:40	17:36	M40	33	Male	212	Pitreavie AAC
237	598	Callum STEPHEN	17:42	17:36	MSen	134	Male	213	Edinburgh AC
238	165	Dylan EDWARDS	17:42	17:38	MU17	18	Male	214	East Kilbride AC
239	181	Calum FERGUSON	17:43	17:38	MSen	135	Male	215	Bellahouston H
240	440	Joe MELTON	17:43	17:37	M50	9	Male	216	Harmeny AC
241	302	Emma JENKINS	17:44	17:39	FSen	15	Female	25	Aberdeen AAC
242	379	Imogen MARSHALL	17:47	17:44	FU17	5	Female	26	Livingston & District AAC
243	89	Aoife CARR	17:47	17:42	FSen	16	Female	27	Shettleston H
244	604	Adam STRANG	17:48	17:41	MSen	136	Male	217	Musselburgh and District AC
245	118	Emma CREASEY	17:49	17:43	FSen	17	Female	28	Giffnock North AC
246	111	Dale COLLEY	17:49	17:49	MSen	137	Male	218	Central AC
247	331	Adam LEE	17:50	17:45	MSen	138	Male	219	Shettleston H
248	372	Nikhil MAIR	17:50	17:45	MSen	139	Male	220	Edinburgh AC
249	658	Jennifer WETTON	17:50	17:46	FSen	18	Female	29	Central AC
250	245	John HANCOCK	17:51	17:46	MSen	140	Male	221	Edinburgh AC
251	81	Allan CAMERON	17:52	17:49	M50	10	Male	222	Victoria Park City Of Glasgow
252	311	Driss KERIOUH	17:52	17:46	MSen	141	Male	223	Lothian Running Club
253	537	Emily RENFREW	17:52	17:46	FSen	19	Female	30	Bellahouston H
254	686	Margot WYRWOLL	17:58	17:52	FSen	20	Female	31	Edinburgh AC
255	499	Alicia PATON	17:59	17:54	FSen	21	Female	32	Cumbemauld AAC
256	155	Ben DORIS	18:00	17:54	MSen	142	Male	224	
257	528	Cameron RANKINE	18:01	17:58	MU20	17	Male	225	Gala H
258	22	Marc AUCHIE	18:02	17:57	MSen	143	Male	226	Strathclyde University H

259	121	Ellen CROMBIE	18:03	17:58	FSen	22	Female	33	Camethy HRC
260	299	Ed JACKSON	18:05	17:56	MU20	18	Male	227	Glasgow University H&H
261	594	James SQUIRES	18:06	18:00	M40	34	Male	228	Pitreavie AAC
262	239	Laura HAGGARTY	18:06	18:01	FSen	23	Female	34	Kilmarnock Harrier & AC
263	563	Nicholas SAUNDERSON	18:06	17:59	MSen	144	Male	229	Cambuslang H
264	287	Doireann HUGHES	18:06	18:02	FSen	24	Female	35	Edinburgh AC
265	429	Craig MCLEAN	18:07	18:02	MSen	145	Male	230	
266	170	Sean ENG	18:07	18:06	MSen	146	Male	231	Edinburgh AC
267	77	Aimee CALLOW	18:07	18:01	FSen	25	Female	36	Edinburgh University H&H
268	217	Nyall GOODWIN	18:08	18:02	M40	35	Male	232	Cumbemauld AAC
269	346	Gary LYON	18:09	18:05	M40	36	Male	233	Cambuslang H
270	481	Lynsey O'CONNOR	18:10	18:06	F40	2	Female	37	Kilmarnock Harrier & AC
271	418	Graham MCINNES	18:11	18:06	M40	37	Male	234	PH Racing Club
272	183	Ryan FERGUSON	18:11	18:06	MSen	147	Male	235	Lothian Running Club
273	409	Francis MCELROY	18:12	18:06	M40	38	Male	236	Gala H
274	162	Kieran DUNCAN	18:13	18:08	MSen	148	Male	237	East Kilbride AC
275	445	Finn MILLIGAN	18:13	18:11	MSen	149	Male	238	Law & District AAC
276	579	David SHAW	18:13	18:05	M50	11	Male	239	Giffnock North AC
277	312	Paul KERNOHAN	18:14	18:10	M40	39	Male	240	Cambuslang H
278	152	Shane DONNELLAN	18:14	18:10	MSen	150	Male	241	Edinburgh AC
279	242	James HALL	18:14	18:09	M40	40	Male	242	Fife AC
280	33	Scott BALLANTINE	18:15	18:09	MSen	151	Male	243	Falkirk Victoria H
281	455	Hannah MORRISON	18:15	18:10	FSen	26	Female	38	Metro Aberdeen RC
282	576	Barney SHARIFI	18:16	18:07	MU20	19	Male	244	Glasgow University H&H
283	513	Scott PILKINGTON	18:16	18:14	MSen	152	Male	245	Corstorphine AAC
284	160	Grace DRUMMOND	18:17	18:09	FSen	27	Female	39	
285	90	Zoe CARRUTHERS	18:17	18:11	FSen	28	Female	40	
286	639	Lachlan WADDELL	18:17	18:11	MSen	153	Male	246	
287	140	Fiona DAVIES	18:18	18:11	FSen	29	Female	41	Edinburgh AC
288	251	Dougal HARRIS	18:18	18:14	MSen	154	Male	247	Glasgow University H&H
289	512	Jim PHILLIPS	18:19	18:14	M50	12	Male	248	Troon Tortoises
290	61	Louisa BROWN	18:19	18:14	FU20	5	Female	42	Garscube H
291	398	Eamonn MCCLAY	18:20	18:13	MSen	155	Male	249	
292	599	Clare STEWART	18:24	18:17	FSen	30	Female	43	Glasgow University H&H
293	273	Ross HILL	18:25	18:22	MSen	156	Male	250	Law & District AAC
294	566	Elliot SCOTT	18:25	18:18	MSen	157	Male	251	Cumbemauld AAC
295	338	Mairi LITTLESON	18:26	18:18	FSen	31	Female	44	Dundee RR
296	166	John EDWARDS	18:26	18:19	M40	41	Male	252	East Kilbride AC
297	428	Mark MCLEAN	18:26	18:20	M50	13	Male	253	PH Racing Club
298	46	Cliff BINNING	18:27	18:21	MSen	158	Male	254	Cumbemauld AAC
299	532	James REID	18:27	18:21	MSen	159	Male	255	Garscube H
300	587	Hugh SIMPSON	18:29	18:22	M40	42	Male	256	
301	627	Euan THORPE	18:29	18:25	MU15	5	Male	257	East Kilbride AC
302	32	Lorna BAIRD	18:30	18:25	FSen	32	Female	45	Kilmarnock Harrier & AC
303	433	Paul MCMONAGLE	18:31	18:25	M50	14	Male	258	Cumbemauld AAC
304	137	Barry DAVIE	18:32	18:28	M40	43	Male	259	Carnegie H
305	49	Finn BOYLAN	18:32	18:23	MU20	20	Male	260	Glasgow University H&H
306	562	Rory SANDILANDS	18:32	18:24	M40	44	Male	261	Fife AC
307	341	Mark LOVE	18:33	18:27	M40	45	Male	262	
308	388	Grant MATHESON	18:33	18:27	M60	2	Male	263	Falkirk Victoria H
309	631	Jess TOVEY	18:33	18:27	FSen	33	Female	46	Corstorphine AAC
310	585	Peter SIMPSON	18:33	18:27	MSen	160	Male	264	Edinburgh AC
311	571	Isla SCOTT-PEARCE	18:35	18:27	FSen	34	Female	47	Edinburgh AC
312	565	Calum SCOTT	18:35	18:28	MSen	161	Male	265	Cumbemauld AAC
313	114	Iain CRAVEN	18:36	18:31	M40	46	Male	266	Edinburgh AC
314	164	Elaine EADIE	18:36	18:31	FSen	35	Female	48	Edinburgh AC
315	208	Alan GIBSON	18:36	18:29	M60	3	Male	267	Fife AC
316	476	Rachel NORMAND	18:37	18:29	FSen	36	Female	49	Camethy HRC
317	389	Fiona MATHESON	18:39	18:34	F60	1	Female	50	Falkirk Victoria H
318	416	Alan MCGOWAN	18:40	18:35	M40	47	Male	268	PH Racing Club
319	53	William BRADLEY	18:40	18:32	MSen	162	Male	269	Shettleston H
320	201	Kieran GAFFNEY	18:45	18:38	M50	15	Male	270	Musselburgh and District AC
321	14	Kevin AMOS	18:46	18:41	MSen	163	Male	271	Central AC
322	616	Dave THOM	18:48	18:44	M60	4	Male	272	Cambuslang H
323	127	Ailsa CRUICKSHANKS	18:50	18:43	FSen	37	Female	51	Fife AC

324	144	James DENNISON	18:51	18:46	M50	16	Male	273	Gala H
325	310	Scott KELMAN	18:52	18:48	MSen	164	Male	274	Giffnock North AC
326	272	Bobby HILL	18:52	18:47	MSen	165	Male	275	Law & District AAC
327	382	Derek MARTIN	18:52	18:46	M50	17	Male	276	Cumbernauld AAC
328	542	Victoria RIDDELL	18:54	18:46	FSen	38	Female	52	Shettleston H
329	209	Andrew GIBSON	18:55	18:49	M40	48	Male	277	Teviotdale H
330	456	Holly MORRISON	18:56	18:52	FSen	39	Female	53	Shettleston H
331	350	Anise MACAULAY ORR	18:58	18:51	FU20	6	Female	54	Edinburgh AC
332	386	Ronald MASON	18:58	18:51	MSen	166	Male	278	Musselburgh and District AC
333	682	Valencia WRIGHT	19:01	18:56	FU20	7	Female	55	Edinburgh University H&H
334	408	Ross MCEACHERN	19:02	18:55	M50	18	Male	279	Cumbernauld AAC
335	468	Iain MURRAY	19:02	18:55	MSen	167	Male	280	Linlithgow AC
336	525	Jacqueline RAINGER	19:03	18:56	F40	3	Female	56	Edinburgh AC
337	391	Robin MATTHEWS	19:04	18:56	MSen	168	Male	281	Glasgow University Triathlon Club
338	95	Matthew CARTLEDGE	19:05	18:58	MU20	21	Male	282	Heriot Watt University AC
339	207	Kerry GIBSON	19:06	18:58	FSen	40	Female	57	Fife AC
340	679	Jason WOOD	19:07	18:58	MSen	169	Male	283	Newton RR
341	643	Tara WALKER	19:08	19:01	FSen	41	Female	58	Shettleston H
342	288	Kevin HUGHES	19:10	19:03	M50	19	Male	284	PH Racing Club
343	392	James MAYERS	19:10	19:04	M60	5	Male	285	Musselburgh and District AC
344	249	Andy HARLEY	19:11	19:06	M40	49	Male	286	Fife AC
345	488	Lewis ORR	19:11	19:04	M50	20	Male	287	Edinburgh AC
346	133	Michael CUSHLEY	19:12	19:03	M40	50	Male	288	Motherwell AC
347	328	Andrew LATHAM	19:13	19:07	M50	21	Male	289	Edinburgh AC
348	340	Scott LOVE	19:14	19:08	M40	51	Male	290	PH Racing Club
349	373	Chrissie MAITLAND	19:14	19:07	FSen	42	Female	59	Pitreavie AAC
350	670	Dave WILSON	19:15	19:08	MSen	170	Male	291	
351	666	Jo WILLIAMS	19:15	19:08	FSen	43	Female	60	Lothian Running Club
352	575	Mary SENIOR	19:16	19:08	F50	1	Female	61	Garscube H
353	29	Kelly BAILLIE	19:16	19:12	F40	4	Female	62	East Kilbride AC
354	292	Stephen INGLEDEW	19:17	19:11	M60	6	Male	292	Edinburgh AC
355	474	Ella NICHOLSON	19:17	19:11	FU20	8	Female	63	Team East Lothian AC
356	58	Nathalie BROHAN	19:20	19:16	F40	5	Female	64	Cambuslang H
357	76	Danielle CALLAGHAN	19:24	19:15	FSen	44	Female	65	Falkirk Victoria H
358	469	Hazel MURRAY	19:25	19:16	FSen	45	Female	66	Victoria Park City Of Glasgow
359	128	Rob CRUSHER	19:25	19:17	M50	22	Male	293	Giffnock North AC
360	624	John THOMSON	19:27	19:23	M60	7	Male	294	Fife AC
361	343	Miguel LUNA-SANCHEZ	19:28	19:21	MSen	171	Male	295	
362	126	Jennifer CRUICKSHANKS	19:29	19:22	FSen	46	Female	67	Fife AC
363	48	Elliot BOATH	19:29	19:24	MSen	172	Male	296	Glasgow University H&H
364	267	Flora HENRY	19:29	19:22	FU20	9	Female	68	Glasgow University H&H
365	248	Paul HARKINS	19:29	19:23	M40	52	Male	297	Fife AC
366	582	Jonathan SHEPHERD	19:30	19:21	M40	53	Male	298	Falkirk Victoria H
367	218	Mark GORDON	19:33	19:26	M50	23	Male	299	Lothian Running Club
368	122	John CROOKSTON	19:33	19:27	M60	8	Male	300	PH Racing Club
369	371	Alan MAIN	19:34	19:29	MSen	173	Male	301	Motherwell AC
370	475	Ross NOBLE	19:35	19:33	MU20	22	Male	302	Cambuslang H
371	432	Alasdair MCMONAGLE	19:36	19:35	MSen	174	Male	303	Cambuslang H
372	281	Ami HOLTBY-WALL	19:39	19:30	FSen	47	Female	69	Central AC
373	603	Malcolm STONE	19:40	19:34	M50	24	Male	304	Aberdeen AAC
374	84	Ryan CAMPBELL-HODGE	19:40	19:34	MSen	175	Male	305	Fife AC
375	630	Louise TORR	19:40	19:33	FSen	48	Female	70	Central AC
376	101	Andrew CHAPMAN	19:41	19:32	M50	25	Male	306	East Kilbride AC
377	412	Ruby MCGILL	19:42	19:32	FU20	10	Female	71	Glasgow University H&H
378	192	Paul FORBES	19:45	19:38	M60	9	Male	307	Edinburgh AC
379	252	Thomas HARRIS	19:45	19:41	MSen	176	Male	308	Glasgow University H&H
380	401	Chloe MCCLUNG	19:46	19:38	FSen	49	Female	72	Lothian Running Club
381	30	Pamela BAILLIE	19:46	19:41	F40	6	Female	73	Gala H
382	45	Reagan BINNIE	19:47	19:37	FSen	50	Female	74	Law & District AAC
383	471	Christine NEILL	19:48	19:38	FSen	51	Female	75	Law & District AAC
384	448	Courtney MOFFAT	19:50	19:43	FSen	52	Female	76	Lothian Running Club
385	31	Catriona BAIN	19:55	19:47	FSen	53	Female	77	Cambuslang H
386	270	Zara HIGGINS	19:56	19:47	FSen	54	Female	78	Cambuslang H
387	296	Christine IRVINE	19:57	19:48	FSen	55	Female	79	Victoria Park City Of Glasgow
388	297	Adam IRVING	19:57	19:48	MSen	177	Male	309	Harmony AC

389	305	Marie KANE	19:58	19:49	FSen	56	Female	80	Cambuslang H
390	405	Murray MCDONALD	19:58	19:49	MSen	178	Male	310	Kilmarnock Harrier & AC
391	232	Katie GRIEVE	19:59	19:51	FU20	11	Female	81	Glasgow University H&H
392	219	Sophie GORMAN	19:59	19:51	FSen	57	Female	82	Glasgow University H&H
393	298	Graeme JACK	19:59	19:50	M50	26	Male	311	West End RR
394	478	Kirsty O'BRIEN	19:59	19:56	F40	7	Female	83	Cambuslang H
395	271	Dougie HILL	20:09	19:57	M50	27	Male	312	Falkirk Victoria H
396	533	Calum REID	20:12	20:06	MSen	179	Male	313	Kirkcaldy Wizards
397	672	Cathy WOOD	20:13	20:05	FSen	58	Female	84	Bellahouston RR
398	621	Jacqui THOMSON	20:16	20:13	F60	2	Female	85	Cambuslang H
399	352	Maximilian MACDONALD	20:18	20:08	MSen	180	Male	314	Glasgow University H&H
400	306	Mark KEAST	20:18	20:10	M40	54	Male	315	Musselburgh and District AC
401	669	Julie WILSON	20:18	20:09	F50	2	Female	86	Edinburgh AC
402	644	Iain WALLACE	20:20	20:10	M50	28	Male	316	Cambuslang H
403	578	Donald SHAW	20:20	20:11	M50	29	Male	317	Central AC
404	564	Pete SCOLLS	20:21	20:18	M50	30	Male	318	Sweatshop Running Community
405	477	Ed NORTON	20:22	20:16	M70	1	Male	319	PH Racing Club
406	129	Emily CRUSHER	20:23	20:14	FSen	59	Female	87	Giffnock North AC
407	15	Alan ANDERSON	20:24	20:16	M50	31	Male	320	Cambuslang H
408	337	Sarah LITTLE	20:26	20:18	F40	8	Female	88	Linlithgow AC
409	626	Jonny THOMSON	20:29	20:21	M50	32	Male	321	Lothian Running Club
410	420	John MCINTOSH	20:35	20:26	M60	10	Male	322	Edinburgh AC
411	462	Christine MULHOLLAND	20:36	20:25	F50	3	Female	89	Linlithgow AC
412	483	Gerard O'NEIL	20:37	20:28	M40	55	Male	323	East Kilbride AC
413	79	Andrea CAMERON	20:38	20:28	F40	9	Female	90	Lothian Running Club
414	39	Ryan BEATTIE	20:39	20:32	MSen	181	Male	324	Falkirk Victoria H
415	674	Alison WOOD	20:42	20:33	FSen	60	Female	91	Garscube H
416	648	Richard WARD	20:43	20:35	M50	33	Male	325	Perth RR
417	633	Orla TROUP	20:44	20:34	FSen	61	Female	92	Glasgow University H&H
418	107	Richard CLARK	20:45	20:36	M40	56	Male	326	Edinburgh AC
419	86	Michael CARLIN	20:46	20:36	M40	57	Male	327	East Kilbride AC
420	668	Graeme WILSON	20:46	20:36	M60	11	Male	328	Carnegie H
421	430	Carla MCLELLAN	20:47	20:36	FSen	62	Female	93	Cumbernauld AAC
422	309	John KELLY	20:48	20:41	M50	34	Male	329	Newton RR
423	224	Lesley GRAHAM	20:49	20:40	F40	10	Female	94	Law & District AAC
424	206	Nikki GIBSON	20:53	20:46	FSen	63	Female	95	Edinburgh AC
425	498	Sarah PATERSON	20:54	20:48	FSen	64	Female	96	PH Racing Club
426	119	Christopher CREEGAN	20:55	20:44	M60	12	Male	330	Edinburgh AC
427	375	Euan MARNEY	20:57	20:48	MU20	23	Male	331	Glasgow University H&H
428	487	Maria ONEILL	20:58	20:48	FU20	12	Female	97	Glasgow University H&H
429	463	Harry MULHOLLAND	20:58	20:47	M60	13	Male	332	Lothian Running Club
430	595	Charles STABLE	20:59	20:52	M50	35	Male	333	Musselburgh and District AC
431	588	Jason SINCLAIR	21:00	20:51	M50	36	Male	334	Falkirk Victoria H
432	446	Maryann MILNE	21:03	20:52	F40	11	Female	98	Motherwell AC
433	490	Nina PADMANABHAN	21:06	20:56	FU17	6	Female	99	Garscube H
434	395	Jim MCANENY	21:08	20:59	M60	14	Male	335	Garscube H
435	40	Jennifer BEATTIE	21:09	21:00	F40	12	Female	100	Law & District AAC
436	502	Avril PEARSON	21:14	21:07	F50	4	Female	101	Livingston & District AAC
437	653	Hannah WAUGH	21:15	21:07	F40	13	Female	102	Edinburgh AC
438	171	Tony EWEN	21:19	21:11	MSen	182	Male	336	Pitreavie AAC
439	567	James SCOTT	21:20	21:13	M70	2	Male	337	Edinburgh AC
440	419	Jack MCINNES	21:21	21:13	MU17	19	Male	338	Pitreavie AAC
441	444	Mark MILLIGAN	21:22	21:12	M50	37	Male	339	Law & District AAC
442	467	Roisin MURRAY	21:23	21:12	FSen	65	Female	103	Linlithgow AC
443	205	Tara-Tallulah GARIOCH	21:25	21:15	FU20	13	Female	104	Glasgow University H&H
444	600	Karyn STEWART	21:26	21:15	FSen	66	Female	105	Pitreavie AAC
445	466	Erin MURRAY	21:27	21:16	FU20	14	Female	106	Glasgow University H&H
446	457	Dave MORTON	21:27	21:22	M40	58	Male	340	PH Racing Club
447	136	Hamza DAUDALI	21:37	21:27	MSen	183	Male	341	Glasgow University H&H
448	319	Tery KIRKWOOD	21:40	21:31	M40	59	Male	342	Musselburgh and District AC
449	650	Rachel WARDROPE	21:42	21:34	FSen	67	Female	107	Cambuslang H
450	347	Matthieu MENARD	21:43	21:33	MSen	184	Male	343	Lothian Running Club
451	72	Rachael BUTCHER	21:43	21:32	FSen	68	Female	108	
452	482	Bernadette O'NEIL	21:48	21:37	F50	5	Female	109	Cambuslang H
453	317	Harry KIRK	21:49	21:40	MSen	185	Male	344	Heriot-Watt University AC

454	54	Sandra BRANNEY	21:51	21:43	F70	1	Female	110	Victoria Park City Of Glasgow
455	605	Stewart STRATH	21:53	21:45	M40	60	Male	345	Lothian Running Club
456	649	Lucy WARD	21:54	21:45	FU17	7	Female	111	Perth Strathtay H
457	608	Heather SUTHERLAND	21:58	21:49	FU17	8	Female	112	Livingston & District AAC
458	651	David WARDROPE	22:01	21:52	M50	38	Male	346	Cambuslang H
459	56	Amy BRISTOW	22:02	21:52	FSen	69	Female	113	Victoria Park City Of Glasgow
460	354	Zoe MACDONALD	22:08	21:57	FU20	15	Female	114	Portobello Running Club
461	453	Charlotte MORAN	22:08	21:57	FSen	70	Female	115	Linlithgow AC
462	628	Vivien THORPE	22:08	21:59	F40	14	Female	116	East Kilbride AC
463	570	Rhona SCOTT	22:10	22:01	FSen	71	Female	117	
464	146	Karen DOBBIE	22:11	22:01	F50	6	Female	118	Edinburgh AC
465	436	Natalie MCWILLIAMS	22:20	22:11	FSen	72	Female	119	Cambuslang H
466	203	Peter GALLAGHER	22:23	22:21	M50	39	Male	347	Motherwell AC
467	301	Lilly JEFFERY	22:28	22:18	FSen	73	Female	120	Motherwell AC
468	120	Sadie CROASDALE	22:29	22:19	FU20	16	Female	121	Glasgow University H&H
469	397	Gillian MCCAFFER	22:29	22:19	F40	15	Female	122	Motherwell AC
470	374	Mike MALCOLM-SMITH	22:36	22:27	M50	40	Male	348	Musselburgh and District AC
471	145	Scott DICKSON	22:39	22:29	MSen	186	Male	349	Motherwell AC
472	25	Rebecca AVRAAM-MERES	22:45	22:35	FSen	74	Female	123	Edinburgh AC
473	606	Abigail STRATH	22:48	22:41	FU20	17	Female	124	Lothian Running Club
474	568	Liam SCOTT	22:51	22:40	MSen	187	Male	350	Lothian Running Club
475	243	Anne HALLEY BEN-SHABAT	22:53	22:45	F60	3	Female	125	Pitreavie AAC
476	123	Lucy CROOKSTON	22:54	22:43	FSen	75	Female	126	Pitreavie AAC
477	276	Kenneth HISLOP	23:01	22:51	M40	61	Male	351	Central AC
478	99	Innes CHALMERS	23:02	22:49	M50	41	Male	352	Linlithgow AC
479	623	Graeme THOMSON	23:04	22:51	M40	62	Male	353	Falkirk Victoria H
480	493	Karen PAGE	23:10	22:58	F40	16	Female	127	Dunbar RC
481	21	Lucy ASH	23:13	23:03	FSen	76	Female	128	Glasgow University H&H
482	526	Sharyn RAMAGE	23:14	23:08	F60	4	Female	129	Edinburgh AC
483	225	Clare GRAHAM	23:20	23:13	F50	7	Female	130	PH Racing Club
484	24	Georges AVRAAM	23:21	23:10	M60	15	Male	354	Edinburgh AC
485	221	Martin GOWER	23:23	23:12	M50	42	Male	355	Falkirk Victoria H
486	353	Shona MACDONALD	23:25	23:13	F40	17	Female	131	Portobello Running Club
487	204	Colin GARDNER	23:25	23:14	M50	43	Male	356	Motherwell AC
488	625	Jude THOMSON	23:39	23:28	F50	8	Female	132	Lothian Running Club
489	103	Erica CHRISTIE	23:43	23:39	F60	5	Female	133	Cambuslang H
490	102	Erin CHAPMAN	23:47	23:37	FU17	9	Female	134	East Kilbride AC
491	227	Kirsty GRAY	23:53	23:42	F40	18	Female	135	Lothian Running Club
492	16	Andrew ANDERSON	23:54	23:43	M60	16	Male	357	Dunbar RC
493	275	Hope HINCHCLIFFE	23:56	23:47	FU17	10	Female	136	Livingston & District AAC
494	369	Jennifer MAIN	23:58	23:47	FSen	77	Female	137	Glasgow University H&H
495	464	Gail MURDOCH	24:08	23:59	F50	9	Female	138	Carnegie H
496	277	Hannah HISLOP	24:11	24:00	FSen	78	Female	139	Central AC
497	323	Alex KNOTT	24:23	24:16	MU20	24	Male	358	
498	223	Debz GRAHAM	24:24	24:12	F40	19	Female	140	Falkirk Victoria H
499	406	Kenny MCDONALD	24:30	24:30	M40	63	Male	359	Pitreavie AAC
500	195	Karen FORSYTH	24:38	24:29	F40	20	Female	141	Carnegie H
501	515	Stephen POLLOCK	25:10	24:58	M50	44	Male	360	Motherwell AC
502	44	Ross BENNET	25:12	25:00	M50	45	Male	361	PH Racing Club
503	580	Kelly Anne SHAW	25:13	25:03	F40	21	Female	142	Motherwell AC
504	500	Kirsten PAUL	25:13	25:01	FSen	79	Female	143	Lothian Running Club
505	676	Alex WOOD	25:16	25:04	M70	3	Male	362	Linlithgow AC
506	449	Jaclyn MOLLOY	25:23	25:12	F40	22	Female	144	Motherwell AC
507	193	Kim FORBES	25:31	25:24	F60	6	Female	145	Pitreavie AAC
508	617	Huw V H THOMAS	25:50	25:38	M50	46	Male	363	Pitreavie AAC
509	610	Christine SYME	27:04	26:52	F60	7	Female	146	Pitreavie AAC
510	678	Gary WOOD	27:45	27:33	M40	64	Male	364	Motherwell AC
511	529	Blayne RATTER	28:42	28:36	MU20	25	Male	365	Heriot-Watt University AC
512	370	Emma MAIN	28:52	28:40	F50	10	Female	147	Motherwell AC
513	12	Patricia ALLEN	34:04	33:53	F70	2	Female	148	Motherwell AC