

**Scottish Road 5K Championships - Silverknowes 16/5/2025**

| Pos | Race No | Name                  | Time  | Chip Time | Category | Cat Pos | Gender | Gen Pos | Club                      |
|-----|---------|-----------------------|-------|-----------|----------|---------|--------|---------|---------------------------|
| 1   | 534     | Logan REES            | 14:04 | 14:04     | Sen      | 1       | Male   | 1       | Fife AC                   |
| 2   | 364     | Jamie MACKINNON       | 14:06 | 14:06     | Sen      | 2       | Male   | 2       | Cambuslang H              |
| 3   | 101     | Sean CHALMERS         | 14:08 | 14:08     | Sen      | 3       | Male   | 3       | Aberdeen AAC              |
| 4   | 612     | Callum THARME         | 14:13 | 14:12     | Sen      | 4       | Male   | 4       | Cambuslang H              |
| 5   | 272     | Hamish HICKEY         | 14:16 | 14:16     | Sen      | 5       | Male   | 5       | Central AC                |
| 6   | 615     | Ryan THOMSON          | 14:16 | 14:16     | Sen      | 6       | Male   | 6       | Cambuslang H              |
| 7   | 72      | Jamie BURNS           | 14:17 | 14:17     | Sen      | 7       | Male   | 7       | Shettleston H             |
| 8   | 555     | Ben SANDILANDS        | 14:21 | 14:21     | Sen      | 8       | Male   | 8       | Fife AC                   |
| 9   | 582     | Angus SMITH           | 14:23 | 14:23     | Sen      | 9       | Male   | 9       | Corstorphine AAC          |
| 10  | 231     | Christian GRAHAM      | 14:25 | 14:25     | Sen      | 10      | Male   | 10      | Lasswade AC               |
| 11  | 3       | James ALEXANDER       | 14:30 | 14:30     | U17      | 1       | Male   | 11      |                           |
| 12  | 691     | Angus WRIGHT          | 14:30 | 14:29     | U20      | 1       | Male   | 12      | Edinburgh University H&H  |
| 13  | 581     | Gavin SMITH           | 14:31 | 14:30     | Sen      | 11      | Male   | 13      | Cambuslang H              |
| 14  | 288     | Noah HOWLETT          | 14:34 | 14:34     | Sen      | 12      | Male   | 14      | Edinburgh AC              |
| 15  | 695     | David WRIGHT          | 14:40 | 14:39     | Sen      | 13      | Male   | 15      | Lothian RC                |
| 16  | 179     | Freddie FEARN         | 14:42 | 14:41     | Sen      | 14      | Male   | 16      | Edinburgh University H&H  |
| 17  | 513     | Calum PHILLIP         | 14:44 | 14:44     | Sen      | 15      | Male   | 17      | Central AC                |
| 18  | 361     | Alex MACKENZIE        | 14:45 | 14:44     | Sen      | 16      | Male   | 18      |                           |
| 19  | 580     | Cameron SMITH         | 14:45 | 14:45     | Sen      | 17      | Male   | 19      | Cambuslang H              |
| 20  | 157     | James DONALD          | 14:47 | 14:47     | Sen      | 18      | Male   | 20      | Dundee Hawkhill H         |
| 21  | 33      | Connor BELL           | 14:50 | 14:50     | U20      | 2       | Male   | 21      | Central AC                |
| 22  | 88      | Andrew CAREY          | 14:51 | 14:51     | Sen      | 19      | Male   | 22      | Cambuslang H              |
| 23  | 462     | Jonathan MOORE        | 14:52 | 14:51     | Sen      | 20      | Male   | 23      | Shettleston H             |
| 24  | 226     | Fraser GILMOUR        | 14:52 | 14:52     | U20      | 3       | Male   | 24      | Kilbarchan AAC            |
| 25  | 177     | Luca FANOTTOLI        | 14:53 | 14:52     | Sen      | 21      | Male   | 25      | Central AC                |
| 26  | 264     | Jack HEATHWOOD        | 14:53 | 14:53     | Sen      | 22      | Male   | 26      | Kilbarchan AAC            |
| 27  | 470     | Rory MUIR             | 14:55 | 14:54     | Sen      | 23      | Male   | 27      | Cambuslang H              |
| 28  | 244     | Sam GURLING           | 14:56 | 14:54     | Sen      | 24      | Male   | 28      | Glasgow University H&H    |
| 29  | 161     | Rory DOWD             | 14:56 | 14:55     | Sen      | 25      | Male   | 29      | Lochaber AC               |
| 30  | 282     | Fraser HOLMAN         | 14:56 | 14:56     | Sen      | 26      | Male   | 30      | Heriot-Watt University AC |
| 31  | 370     | Eoghan MACNAMARA      | 14:56 | 14:55     | Sen      | 27      | Male   | 31      | Aberdeen AAC              |
| 32  | 339     | Stuart LIVINGSTONE    | 14:57 | 14:57     | V40      | 1       | Male   | 32      | Corstorphine AAC          |
| 33  | 319     | Cameron KERR          | 14:58 | 14:57     | U20      | 4       | Male   | 33      | Central AC                |
| 34  | 169     | Alex DUNLOP           | 14:58 | 14:58     | U20      | 5       | Male   | 34      | Central AC                |
| 35  | 330     | Samuel LEITCH         | 14:59 | 14:58     | Sen      | 28      | Male   | 35      | Edinburgh AC              |
| 36  | 679     | James WILSON          | 15:03 | 15:03     | Sen      | 29      | Male   | 36      | Moray Road Runners        |
| 37  | 663     | Robbie WELSH          | 15:04 | 15:03     | U20      | 6       | Male   | 37      | Gala H                    |
| 38  | 609     | Andrew TAYLOR         | 15:06 | 15:04     | Sen      | 30      | Male   | 38      | Shettleston H             |
| 39  | 418     | Harry MCGILL          | 15:07 | 15:06     | Sen      | 31      | Male   | 39      | Glasgow University H&H    |
| 40  | 495     | Sam O'NEILL           | 15:08 | 15:07     | Sen      | 32      | Male   | 40      | Linlithgow AC             |
| 41  | 331     | John LENEHAN          | 15:10 | 15:10     | V40      | 2       | Male   | 41      | Edinburgh AC              |
| 42  | 14      | James BADENOCH        | 15:11 | 15:10     | Sen      | 33      | Male   | 42      | Heriot-Watt University AC |
| 43  | 424     | Calum MCKENZIE        | 15:14 | 15:14     | Sen      | 34      | Male   | 43      | Corstorphine AAC          |
| 44  | 283     | Henry HORIUCHI-SUTTON | 15:15 | 15:14     | Sen      | 35      | Male   | 44      | Glasgow University H&H    |
| 45  | 342     | Ethan LORIMER         | 15:16 | 15:15     | U20      | 7       | Male   | 45      | Edinburgh University H&H  |
| 46  | 332     | Sam LESLEY            | 15:17 | 15:17     | Sen      | 36      | Male   | 46      | Shettleston H             |
| 47  | 553     | Michael SANDERSON     | 15:17 | 15:17     | Sen      | 37      | Male   | 47      | Fife AC                   |
| 48  | 631     | Rory TREHARNE         | 15:18 | 15:17     | U17      | 2       | Male   | 48      | Garscube H                |
| 49  | 356     | Seonaidh MACINNES     | 15:21 | 15:19     | U20      | 8       | Male   | 49      | Glasgow University H&H    |
| 50  | 16      | Ben BAILLIE           | 15:21 | 15:20     | U17      | 3       | Male   | 50      | East Kilbride AC          |
| 51  | 251     | Kieran HARDIE         | 15:22 | 15:22     | U17      | 4       | Male   | 51      | Harmeny AC                |
| 52  | 326     | Pierre-Yves KOENIG    | 15:23 | 15:21     | Sen      | 38      | Male   | 52      | Edinburgh AC              |
| 53  | 302     | Adam JANSEN           | 15:24 | 15:21     | U20      | 9       | Male   | 53      | Falkirk Victoria H        |
| 54  | 518     | Zak POVEY             | 15:24 | 15:22     | Sen      | 39      | Male   | 54      | Glasgow University H&H    |
| 55  | 583     | Fraser SMITH          | 15:25 | 15:23     | Sen      | 40      | Male   | 55      | Corstorphine AAC          |
| 56  | 385     | Euan MARTIN           | 15:26 | 15:25     | Sen      | 41      | Male   | 56      | Falkirk Victoria H        |
| 57  | 402     | Sam MCCARTHY          | 15:26 | 15:26     | U20      | 10      | Male   | 57      | Cambuslang H              |
| 58  | 291     | Callum HUNTER         | 15:27 | 15:26     | Sen      | 42      | Male   | 58      | Corstorphine AAC          |
| 59  | 521     | Lewis PRIEST          | 15:29 | 15:28     | Sen      | 43      | Male   | 59      |                           |
| 60  | 499     | Daniel OWENS          | 15:29 | 15:28     | U17      | 5       | Male   | 60      | Garscube H                |
| 61  | 668     | Iain WHITAKER         | 15:30 | 15:29     | V40      | 3       | Male   | 61      | Edinburgh AC              |
| 62  | 333     | Jamie LESSELS         | 15:33 | 15:31     | Sen      | 44      | Male   | 62      | Fife AC                   |
| 63  | 591     | Adam STARK            | 15:35 | 15:33     | Sen      | 45      | Male   | 63      | Bellahouston H            |

|     |     |                          |       |       |     |    |        |     |                           |
|-----|-----|--------------------------|-------|-------|-----|----|--------|-----|---------------------------|
| 64  | 671 | James WIGGINS            | 15:35 | 15:33 | Sen | 46 | Male   | 64  | Corstorphine AAC          |
| 65  | 398 | Neil MCCABE              | 15:35 | 15:34 | Sen | 47 | Male   | 65  | Lothian RC                |
| 66  | 407 | Lewis MCCOMB             | 15:36 | 15:35 | Sen | 48 | Male   | 66  | Central AC                |
| 67  | 114 | James CLARKE             | 15:36 | 15:34 | Sen | 49 | Male   | 67  | Heriot-Watt University AC |
| 68  | 454 | Ewan MITCHELL            | 15:38 | 15:37 | U17 | 6  | Male   | 68  | Harmony AC                |
| 69  | 455 | Patrick MOCHAN           | 15:39 | 15:37 | Sen | 50 | Male   | 69  | East Kilbride AC          |
| 70  | 235 | James GRANT              | 15:41 | 15:38 | Sen | 51 | Male   | 70  | Stirling University AC    |
| 71  | 208 | Chris FULLERTON          | 15:41 | 15:40 | Sen | 52 | Male   | 71  | Central AC                |
| 72  | 665 | Alex WETHERILL           | 15:44 | 15:42 | Sen | 53 | Male   | 72  |                           |
| 73  | 448 | Max MERES                | 15:45 | 15:43 | Sen | 54 | Male   | 73  | Edinburgh AC              |
| 74  | 112 | Harry CLARK              | 15:45 | 15:43 | Sen | 55 | Male   | 74  | Glasgow University H&H    |
| 75  | 7   | Rory ANDERSON            | 15:47 | 15:45 | Sen | 56 | Male   | 75  | Teviotdale H              |
| 76  | 149 | Kaydan DAY               | 15:47 | 15:45 | U20 | 11 | Male   | 76  | Livingston & District AAC |
| 77  | 613 | Lewis THARME             | 15:47 | 15:43 | Sen | 57 | Male   | 77  | Glasgow University H&H    |
| 78  | 459 | Matthew MONACHELLO       | 15:47 | 15:46 | U20 | 12 | Male   | 78  | Kilmarnock Harrier & AC   |
| 79  | 256 | Calum HARRINGTON-VOGT    | 15:48 | 15:48 | Sen | 58 | Male   | 79  |                           |
| 80  | 261 | Oliver HASTIE            | 15:48 | 15:46 | U17 | 7  | Male   | 80  | Gala H                    |
| 81  | 311 | Ryan KELLOCK             | 15:49 | 15:47 | U20 | 13 | Male   | 81  | Law & District AAC        |
| 82  | 694 | James WRIGHT             | 15:49 | 15:46 | Sen | 59 | Male   | 82  | Lothian RC                |
| 83  | 304 | Stuart JOHNSTON          | 15:49 | 15:48 | V40 | 4  | Male   | 83  | Edinburgh AC              |
| 84  | 315 | Jack KENNEDY             | 15:49 | 15:48 | Sen | 60 | Male   | 84  |                           |
| 85  | 607 | Carter TAYLOR            | 15:50 | 15:49 | Sen | 61 | Male   | 85  | Fife AC                   |
| 86  | 257 | Aidan HARRIS             | 15:50 | 15:48 | Sen | 62 | Male   | 86  | Glasgow University TC     |
| 87  | 268 | Jonathan HENDERSON       | 15:51 | 15:48 | V40 | 5  | Male   | 87  | Edinburgh AC              |
| 88  | 119 | Gary CONSTABLE           | 15:51 | 15:50 | Sen | 63 | Male   | 88  | Edinburgh AC              |
| 89  | 372 | Daniel MACQUEEN          | 15:51 | 15:48 | V40 | 6  | Male   | 89  | Penicuik H                |
| 90  | 633 | Euan TRYNER              | 15:52 | 15:49 | U20 | 14 | Male   | 90  |                           |
| 91  | 320 | Ben KINNINMONTH          | 15:52 | 15:50 | Sen | 64 | Male   | 91  | Fife AC                   |
| 92  | 10  | Fraser ARMSTRONG         | 15:53 | 15:51 | Sen | 65 | Male   | 92  | Bellahouston H            |
| 93  | 681 | Josh WOOD                | 15:53 | 15:51 | Sen | 66 | Male   | 93  | Central AC                |
| 94  | 85  | Connor CAMPBELL          | 15:53 | 15:51 | U15 | 1  | Male   | 94  | Garscube H                |
| 95  | 545 | Euan ROSE                | 15:53 | 15:50 | Sen | 67 | Male   | 95  | East Kilbride AC          |
| 96  | 206 | Elliot FRAME             | 15:53 | 15:51 | U20 | 15 | Male   | 96  | Glasgow University H&H    |
| 97  | 674 | Rhys WILLIAMS            | 15:54 | 15:51 | Sen | 68 | Male   | 97  | Bellahouston H            |
| 98  | 617 | Fearghas THOMSON         | 15:54 | 15:52 | Sen | 69 | Male   | 98  | Corstorphine AAC          |
| 99  | 141 | Marcus D'AGROSA          | 15:54 | 15:52 | Sen | 70 | Male   | 99  | Gala H                    |
| 100 | 434 | Luke MCNEIL              | 15:55 | 15:54 | Sen | 71 | Male   | 100 | PH Racing Club            |
| 101 | 350 | Donnie MACDONALD         | 15:55 | 15:54 | V40 | 7  | Male   | 101 | Inverness H               |
| 102 | 187 | John FERGUSON            | 15:55 | 15:54 | Sen | 72 | Male   | 102 | East Kilbride AC          |
| 103 | 11  | Ali ARMSTRONG            | 15:55 | 15:54 | Sen | 73 | Male   | 103 |                           |
| 104 | 15  | Jim BAILEY               | 15:55 | 15:53 | Sen | 74 | Male   | 104 |                           |
| 105 | 292 | Gregor HUNTER            | 15:56 | 15:53 | U20 | 16 | Male   | 105 | Falkirk Victoria H        |
| 106 | 574 | Marcus SHERIDAN          | 15:56 | 15:53 | Sen | 75 | Male   | 106 | Dundee RR                 |
| 107 | 449 | Morag MILLAR             | 15:57 | 15:54 | Sen | 1  | Female | 1   | Central AC                |
| 108 | 469 | Jonas MUELLER            | 15:57 | 15:54 | Sen | 76 | Male   | 107 | Roadrunners SF&UT  dbaden |
| 109 | 510 | Joseph PERKINS           | 15:58 | 15:56 | Sen | 77 | Male   | 108 | Corstorphine AAC          |
| 110 | 661 | David WEBSTER            | 15:58 | 15:55 | Sen | 78 | Male   | 109 | Dundee RR                 |
| 111 | 194 | Luke FISHER              | 15:59 | 15:57 | Sen | 79 | Male   | 110 | Camethy HRC               |
| 112 | 560 | Nancy SCOTT              | 15:59 | 15:58 | Sen | 2  | Female | 2   | Edinburgh AC              |
| 113 | 284 | Dorian HORSTEN           | 16:00 | 15:58 | Sen | 80 | Male   | 111 |                           |
| 114 | 532 | Cameron RANKINE          | 16:00 | 15:57 | U20 | 17 | Male   | 112 | Gala H                    |
| 115 | 93  | Iain CARROLL             | 16:01 | 15:59 | V40 | 8  | Male   | 113 | Bellahouston H            |
| 116 | 358 | Matthew MACIOCIA         | 16:03 | 15:59 | V40 | 9  | Male   | 114 | Metro Aberdeen RC         |
| 117 | 423 | Lynn MCKENNA             | 16:03 | 16:02 | Sen | 3  | Female | 3   | Shettleston H             |
| 118 | 39  | Christopher BLACK        | 16:04 | 16:02 | U20 | 18 | Male   | 115 | Cambuslang H              |
| 119 | 96  | Andrew CASEY             | 16:05 | 16:01 | Sen | 81 | Male   | 116 | Aberdeen AAC              |
| 120 | 637 | Ruan VAN RENSBURG        | 16:05 | 16:04 | Sen | 82 | Male   | 117 | Fife AC                   |
| 121 | 403 | Millie MCCLELLAND-BROOKS | 16:06 | 16:06 | U20 | 1  | Female | 4   | Inverclyde AC             |
| 122 | 425 | Douglas MCKINNON         | 16:08 | 16:06 | V40 | 10 | Male   | 118 | Corstorphine AAC          |
| 123 | 590 | Alastair STABLES         | 16:08 | 16:05 | Sen | 83 | Male   | 119 | Giffnock North AC         |
| 124 | 205 | Ewan FOUBISTER           | 16:09 | 16:07 | U20 | 19 | Male   | 120 | Edinburgh University H&H  |
| 125 | 669 | Colin WHITBY             | 16:09 | 16:05 | V40 | 11 | Male   | 121 | Garscube H                |
| 126 | 202 | Cameron FORDYCE          | 16:10 | 16:06 | Sen | 84 | Male   | 122 | Glasgow University H&H    |
| 127 | 200 | Danny FLETCHER           | 16:10 | 16:08 | U17 | 8  | Male   | 123 | Lothian RC                |
| 128 | 524 | Darin PRYDE              | 16:11 | 16:07 | Sen | 85 | Male   | 124 | Edinburgh AC              |

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|-----|-----|-----------------------|-------|-------|-----|-----|--------|-----|-------------------------------|
| 129 | 489 | Matthew O'CONNOR      | 16:11 | 16:10 | Sen | 86  | Male   | 125 | Bellahouston H                |
| 130 | 547 | David ROSS            | 16:11 | 16:06 | V40 | 12  | Male   | 126 | East Kilbride AC              |
| 131 | 57  | Andrew BROWN          | 16:11 | 16:08 | V40 | 13  | Male   | 127 | Lasswade AC                   |
| 132 | 69  | James BURNETT         | 16:11 | 16:10 | U20 | 20  | Male   | 128 | Harmeny AC                    |
| 133 | 649 | Owen WALPOLE          | 16:14 | 16:11 | Sen | 87  | Male   | 129 | Kilmarnock Harrier & AC       |
| 134 | 237 | Allistair GRAY        | 16:14 | 16:10 | Sen | 88  | Male   | 130 | Giffnock North AC             |
| 135 | 700 | Mark YOUNG            | 16:16 | 16:11 | Sen | 89  | Male   | 131 | Teviotdale H                  |
| 136 | 404 | Scott MCCLUNG         | 16:16 | 16:13 | Sen | 90  | Male   | 132 | Fife AC                       |
| 137 | 198 | Steven FITZPATRICK    | 16:16 | 16:14 | Sen | 91  | Male   | 133 | Cambuslang H                  |
| 138 | 533 | Finlay RAYNOR         | 16:17 | 16:13 | Sen | 92  | Male   | 134 | Glasgow University H&H        |
| 139 | 51  | Brent BRODIE          | 16:17 | 16:14 | V50 | 1   | Male   | 135 | Bellahouston H                |
| 140 | 355 | Graeme MACGREGOR      | 16:19 | 16:16 | Sen | 93  | Male   | 136 | RTC warriors                  |
| 141 | 209 | Jack FULLERTON        | 16:20 | 16:17 | Sen | 94  | Male   | 137 | Corstorphine AAC              |
| 142 | 481 | Ben NELSON            | 16:20 | 16:19 | Sen | 95  | Male   | 138 | Aberdeen AAC                  |
| 143 | 204 | Andrew FORTEATH       | 16:21 | 16:16 | V40 | 14  | Male   | 139 | East Kilbride AC              |
| 144 | 160 | Ewan DOWD             | 16:22 | 16:21 | U20 | 21  | Male   | 140 | Edinburgh University H&H      |
| 145 | 321 | Ryan KIRKLAND         | 16:23 | 16:20 | Sen | 96  | Male   | 141 | Lothian RC                    |
| 146 | 577 | Annabel SIMPSON       | 16:24 | 16:22 | Sen | 4   | Female | 5   | Fife AC                       |
| 147 | 58  | Andrew BROWN          | 16:25 | 16:20 | Sen | 97  | Male   | 142 | Linlithgow AC                 |
| 148 | 643 | Kirsty WALKER         | 16:27 | 16:26 | Sen | 5   | Female | 6   | Edinburgh AC                  |
| 149 | 588 | Gavin SPENCE          | 16:27 | 16:22 | Sen | 98  | Male   | 143 | Garscube H                    |
| 150 | 645 | Sean WALKER           | 16:29 | 16:26 | Sen | 99  | Male   | 144 | Pitreavie AAC                 |
| 151 | 414 | Luke MCDOWELL         | 16:29 | 16:25 | U20 | 22  | Male   | 145 | Glasgow University H&H        |
| 152 | 310 | Thomas KEILLOR        | 16:30 | 16:25 | U20 | 23  | Male   | 146 | Glasgow University H&H        |
| 153 | 34  | Aaron BENNET          | 16:30 | 16:28 | Sen | 100 | Male   | 147 | PH Racing Club                |
| 154 | 258 | Adam HART             | 16:30 | 16:26 | Sen | 101 | Male   | 148 | Dundee RR                     |
| 155 | 689 | Jamie WORK            | 16:31 | 16:30 | U17 | 9   | Male   | 149 |                               |
| 156 | 432 | Paul MCNAIRN          | 16:33 | 16:29 | V40 | 15  | Male   | 150 | Bellahouston RR               |
| 157 | 570 | Louis SHARP           | 16:35 | 16:32 | Sen | 102 | Male   | 151 |                               |
| 158 | 25  | Glenn BARCLAY         | 16:35 | 16:33 | Sen | 103 | Male   | 152 | Fife AC                       |
| 159 | 76  | Callum BUTTERWORTH    | 16:35 | 16:30 | Sen | 104 | Male   | 153 | Shettleston H                 |
| 160 | 297 | Andrew IRVINE         | 16:35 | 16:34 | Sen | 105 | Male   | 154 | Central AC                    |
| 161 | 110 | Allan CHRISTIE        | 16:36 | 16:32 | V40 | 16  | Male   | 155 | Metro Aberdeen RC             |
| 162 | 213 | Kenny GARDEN          | 16:37 | 16:33 | V40 | 17  | Male   | 156 | Metro Aberdeen RC             |
| 163 | 362 | Cameron MACKIE        | 16:37 | 16:32 | Sen | 106 | Male   | 157 | Victoria Park City Of Glasgow |
| 164 | 260 | Grant HASSAN          | 16:37 | 16:32 | Sen | 107 | Male   | 158 | Inverness H                   |
| 165 | 542 | Michael RICHARDSON    | 16:38 | 16:34 | Sen | 108 | Male   | 159 | Dundee RR                     |
| 166 | 125 | Jamie CRAWFORD        | 16:38 | 16:34 | V40 | 18  | Male   | 160 | Edinburgh AC                  |
| 167 | 529 | Hayden RAFTERY        | 16:39 | 16:36 | Sen | 109 | Male   | 161 | Glasgow University H&H        |
| 168 | 285 | Sam HOSIE             | 16:39 | 16:33 | U20 | 24  | Male   | 162 | East Kilbride AC              |
| 169 | 460 | Daniel MONAGHAN       | 16:39 | 16:36 | Sen | 110 | Male   | 163 | PH Racing Club                |
| 170 | 556 | Connor SCOBIE         | 16:40 | 16:38 | U20 | 25  | Male   | 164 | Kilmarnock Harrier & AC       |
| 171 | 188 | Tom FERRINGTON        | 16:42 | 16:39 | V40 | 19  | Male   | 165 | Corstorphine AAC              |
| 172 | 517 | Greg POTTER           | 16:43 | 16:39 | Sen | 111 | Male   | 166 | Glasgow University H&H        |
| 173 | 388 | Scott MASON           | 16:43 | 16:39 | V40 | 20  | Male   | 167 | Bellahouston H                |
| 174 | 492 | David O'KEEFFE        | 16:43 | 16:38 | Sen | 112 | Male   | 168 |                               |
| 175 | 351 | Christopher MACDONALD | 16:43 | 16:41 | Sen | 113 | Male   | 169 | Motherwell AC                 |
| 176 | 201 | Joe FOLAN             | 16:44 | 16:40 | Sen | 114 | Male   | 170 | Metro Aberdeen RC             |
| 177 | 217 | Blair GEDDES          | 16:45 | 16:44 | Sen | 115 | Male   | 171 | Carnegie H                    |
| 178 | 406 | David MCCOLL          | 16:45 | 16:39 | V40 | 21  | Male   | 172 | Inverness H                   |
| 179 | 623 | Mark THORNTON-SMITH   | 16:45 | 16:42 | V40 | 22  | Male   | 173 | Edinburgh AC                  |
| 180 | 656 | Philip WARING         | 16:47 | 16:44 | Sen | 116 | Male   | 174 | PH Racing Club                |
| 181 | 559 | Kenneth SCOTT         | 16:47 | 16:42 | Sen | 117 | Male   | 175 | East Kilbride AC              |
| 182 | 193 | Ross FINLAYSON        | 16:48 | 16:42 | Sen | 118 | Male   | 176 | Moray Road Runners            |
| 183 | 341 | Archie LOCH           | 16:49 | 16:45 | U15 | 2   | Male   | 177 | Garscube H                    |
| 184 | 212 | Mark GALLACHER        | 16:49 | 16:46 | V50 | 2   | Male   | 178 | Cambuslang H                  |
| 185 | 569 | Cameron SHARP         | 16:50 | 16:47 | Sen | 119 | Male   | 179 | Shettleston H                 |
| 186 | 639 | Yulian VASILEV        | 16:50 | 16:48 | Sen | 120 | Male   | 180 | Fife AC                       |
| 187 | 92  | Aoife CARR            | 16:51 | 16:48 | Sen | 6   | Female | 7   | Shettleston H                 |
| 188 | 147 | Jordan DAVIDSON       | 16:51 | 16:47 | Sen | 121 | Male   | 181 | Bellahouston RR               |
| 189 | 180 | Alice FEARN           | 16:52 | 16:49 | U20 | 2   | Female | 8   | Rotherham H and AC            |
| 190 | 436 | Emily MCNICOL         | 16:52 | 16:48 | Sen | 7   | Female | 9   | Law & District AAC            |
| 191 | 626 | Layla TODD            | 16:54 | 16:53 | U20 | 3   | Female | 10  | Shetland Amateur AC           |
| 192 | 145 | Simon DALTON CELIS    | 16:55 | 16:51 | Sen | 122 | Male   | 182 | Glasgow University H&H        |
| 193 | 207 | Amy FRANKLAND         | 16:55 | 16:51 | Sen | 8   | Female | 11  | Lasswade AC                   |

|     |     |                     |       |       |     |     |        |     |                           |
|-----|-----|---------------------|-------|-------|-----|-----|--------|-----|---------------------------|
| 194 | 347 | Daniel LYNCH        | 16:55 | 16:49 | Sen | 123 | Male   | 183 |                           |
| 195 | 281 | Miles HOLLINSHEAD   | 16:56 | 16:50 | Sen | 124 | Male   | 184 | Giffnock North AC         |
| 196 | 439 | Richard MEADE       | 16:57 | 16:55 | V40 | 23  | Male   | 185 | Edinburgh AC              |
| 197 | 354 | Marcas MACFARLANE   | 16:57 | 16:54 | U17 | 10  | Male   | 186 | Fife AC                   |
| 198 | 473 | Steven MURRAY       | 16:58 | 16:51 | Sen | 125 | Male   | 187 | Aberdeen AAC              |
| 199 | 299 | Neil JACK           | 16:58 | 16:54 | Sen | 126 | Male   | 188 | Edinburgh AC              |
| 200 | 428 | Ryan MCLENNAN       | 16:58 | 16:53 | Sen | 127 | Male   | 189 | Moray Road Runners        |
| 201 | 328 | Owen LEACH          | 17:01 | 16:58 | Sen | 128 | Male   | 190 | Cambuslang H              |
| 202 | 120 | Nancy CORRIE        | 17:02 | 17:01 | U17 | 1   | Female | 12  | Harmeny AC                |
| 203 | 375 | Christopher MAIN    | 17:03 | 16:56 | Sen | 129 | Male   | 191 | Strathclyde University H  |
| 204 | 357 | Reuben MACINTYRE    | 17:03 | 16:57 | Sen | 130 | Male   | 192 | Glasgow University H&H    |
| 205 | 662 | Michael WELDON      | 17:03 | 16:57 | Sen | 131 | Male   | 193 |                           |
| 206 | 360 | Grant MACKENZIE     | 17:03 | 16:59 | Sen | 132 | Male   | 194 | Law & District AAC        |
| 207 | 266 | Caitlyn HEGGIE      | 17:04 | 17:00 | U20 | 4   | Female | 13  | Edinburgh University H&H  |
| 208 | 628 | Frank TOWNLEY       | 17:06 | 17:03 | Sen | 133 | Male   | 195 | Woking AC                 |
| 209 | 255 | Ieuan HARRIES       | 17:06 | 17:02 | Sen | 134 | Male   | 196 | Glasgow University H&H    |
| 210 | 124 | Keir CRAWFORD       | 17:06 | 17:04 | Sen | 135 | Male   | 197 | Cambuslang H              |
| 211 | 324 | Alan KNOWLES        | 17:07 | 17:03 | V50 | 3   | Male   | 198 | Lothian RC                |
| 212 | 267 | Tim HELY            | 17:08 | 17:02 | V50 | 4   | Male   | 199 | Edinburgh AC              |
| 213 | 688 | Matthew WOOLF       | 17:08 | 17:05 | Sen | 136 | Male   | 200 | Edinburgh University H&H  |
| 214 | 94  | Bruce CARSE         | 17:08 | 17:04 | V40 | 24  | Male   | 201 | Bellahouston RR           |
| 215 | 191 | Finlay FINLAY       | 17:10 | 17:05 | V40 | 25  | Male   | 202 | Garscube H                |
| 216 | 363 | Eve MACKINNON       | 17:10 | 17:06 | Sen | 9   | Female | 14  | Cambuslang H              |
| 217 | 100 | Rachel CAVES        | 17:11 | 17:10 | U15 | 1   | Female | 15  |                           |
| 218 | 516 | Robyn PINDER        | 17:11 | 17:04 | Sen | 10  | Female | 16  | Metro Aberdeen RC         |
| 219 | 373 | Alistair MACWILLIAM | 17:11 | 17:05 | Sen | 137 | Male   | 203 | Moray Road Runners        |
| 220 | 322 | Jack KIRWAN         | 17:12 | 17:07 | Sen | 138 | Male   | 204 | East Kilbride AC          |
| 221 | 502 | Jake PAGE           | 17:13 | 17:11 | U17 | 11  | Male   | 205 | Lasswade AC               |
| 222 | 26  | Zoe BATES           | 17:14 | 17:11 | Sen | 11  | Female | 17  | Aberdeen AAC              |
| 223 | 210 | Michael FULLERTON   | 17:14 | 17:10 | V50 | 5   | Male   | 206 | Edinburgh AC              |
| 224 | 359 | Gavin MACKAY        | 17:15 | 17:13 | V40 | 26  | Male   | 207 | Lothian RC                |
| 225 | 224 | Sandy GILHOOLY      | 17:16 | 17:11 | Sen | 139 | Male   | 208 |                           |
| 226 | 293 | Grant HUNTER        | 17:16 | 17:10 | Sen | 140 | Male   | 209 | Linlithgow AC             |
| 227 | 4   | Stephen ALLEN       | 17:17 | 17:14 | V50 | 6   | Male   | 210 | Cumbernauld AAC           |
| 228 | 175 | Sean ENG            | 17:17 | 17:12 | Sen | 141 | Male   | 211 | Edinburgh AC              |
| 229 | 308 | Patryk KASPEREK     | 17:18 | 17:12 | Sen | 142 | Male   | 212 |                           |
| 230 | 113 | Roger CLARK         | 17:18 | 17:12 | V50 | 7   | Male   | 213 | PH Racing Club            |
| 231 | 242 | Ceri GRIFFITHS      | 17:19 | 17:14 | U20 | 5   | Female | 18  | Edinburgh University H&H  |
| 232 | 519 | Grace POW           | 17:20 | 17:15 | Sen | 12  | Female | 19  | Camethy HRC               |
| 233 | 523 | Gordon PRYDE        | 17:21 | 17:15 | V40 | 27  | Male   | 214 | Edinburgh AC              |
| 234 | 275 | Ross HILL           | 17:21 | 17:12 | Sen | 143 | Male   | 215 | Law & District AAC        |
| 235 | 117 | Craig COCHRANE      | 17:23 | 17:17 | Sen | 144 | Male   | 216 | Glasgow University TC     |
| 236 | 335 | Tom LINES           | 17:23 | 17:17 | Sen | 145 | Male   | 217 | Camethy HRC               |
| 237 | 593 | John STEWART        | 17:23 | 17:20 | Sen | 146 | Male   | 218 | Cumbernauld AAC           |
| 238 | 673 | Niall WILKINSON     | 17:23 | 17:18 | Sen | 147 | Male   | 219 | Edinburgh AC              |
| 239 | 464 | Fraser MORRIS       | 17:24 | 17:20 | Sen | 148 | Male   | 220 | Livingston & District AAC |
| 240 | 249 | Kevin HAMILTON      | 17:24 | 17:18 | V40 | 28  | Male   | 221 | Edinburgh AC              |
| 241 | 116 | Katie CLUBB         | 17:25 | 17:22 | Sen | 13  | Female | 20  | Cambuslang H              |
| 242 | 549 | Dino ROUSSIAS       | 17:25 | 17:22 | V50 | 8   | Male   | 222 | Metro Aberdeen RC         |
| 243 | 650 | Ruth WALSH          | 17:26 | 17:21 | U20 | 6   | Female | 21  | Giffnock North AC         |
| 244 | 178 | Kevin FARMER        | 17:26 | 17:20 | Sen | 149 | Male   | 223 | Cambuslang H              |
| 245 | 43  | Finn BOYLAN         | 17:26 | 17:21 | Sen | 150 | Male   | 224 | Glasgow University H&H    |
| 246 | 24  | Jenny BANNERMAN     | 17:26 | 17:21 | Sen | 14  | Female | 22  | Inverness H               |
| 247 | 572 | Oscar SHEPHERD      | 17:27 | 17:20 | Sen | 151 | Male   | 225 | Edinburgh University H&H  |
| 248 | 71  | Matt BURNS          | 17:27 | 17:21 | V40 | 29  | Male   | 226 | Giffnock North AC         |
| 249 | 91  | Richard CARR        | 17:27 | 17:21 | V40 | 30  | Male   | 227 | Cambuslang H              |
| 250 | 490 | Richard O'GRADY     | 17:28 | 17:25 | V40 | 31  | Male   | 228 | Helensburgh AAC           |
| 251 | 234 | Ross GRANGER        | 17:28 | 17:22 | V40 | 32  | Male   | 229 | Kilmarnock Harrier & AC   |
| 252 | 453 | Liam MITCHELL       | 17:28 | 17:23 | Sen | 152 | Male   | 230 | Falkirk Victoria H        |
| 253 | 121 | Hannah COX          | 17:29 | 17:27 | Sen | 15  | Female | 23  | Edinburgh AC              |
| 254 | 227 | Alyth GOLLAN        | 17:30 | 17:25 | Sen | 16  | Female | 24  | Dundee Hawkhill H         |
| 255 | 162 | Grace DRUMMOND      | 17:30 | 17:26 | Sen | 17  | Female | 25  | Cambuslang H              |
| 256 | 219 | Peter GIBSON        | 17:31 | 17:25 | Sen | 153 | Male   | 231 | PH Racing Club            |
| 257 | 66  | Fiona BUNN          | 17:34 | 17:29 | Sen | 18  | Female | 26  | Edinburgh University H&H  |
| 258 | 250 | John HANCOCK        | 17:35 | 17:29 | Sen | 154 | Male   | 232 | Edinburgh AC              |

|     |     |                     |       |       |     |     |        |     |                             |
|-----|-----|---------------------|-------|-------|-----|-----|--------|-----|-----------------------------|
| 259 | 596 | Adam STRANG         | 17:35 | 17:28 | Sen | 155 | Male   | 233 | Musselburgh and District AC |
| 260 | 316 | Driss KERIOUH       | 17:37 | 17:32 | Sen | 156 | Male   | 234 | Lothian RC                  |
| 261 | 75  | Joe BUTLER          | 17:37 | 17:32 | U15 | 3   | Male   | 235 | Garscube H                  |
| 262 | 443 | Stuart MEIKLEJOHN   | 17:37 | 17:33 | V40 | 33  | Male   | 236 | PH Racing Club              |
| 263 | 667 | Grace WHELAN        | 17:38 | 17:35 | Sen | 19  | Female | 27  | Central AC                  |
| 264 | 60  | Louisa BROWN        | 17:38 | 17:35 | U20 | 7   | Female | 28  | Garscube H                  |
| 265 | 181 | Calum FERGUSON      | 17:40 | 17:35 | Sen | 157 | Male   | 237 | Bellahouston H              |
| 266 | 537 | Logan REID          | 17:40 | 17:33 | Sen | 158 | Male   | 238 | Metro Aberdeen RC           |
| 267 | 78  | Ewan CALDER         | 17:42 | 17:38 | Sen | 159 | Male   | 239 | Central AC                  |
| 268 | 2   | Mark ALEXANDER      | 17:43 | 17:36 | V40 | 34  | Male   | 240 | Kilmarnock Harrier & AC     |
| 269 | 478 | Iain MURRAY         | 17:44 | 17:37 | V40 | 35  | Male   | 241 | Linlithgow AC               |
| 270 | 676 | Owen WILLIAMS       | 17:44 | 17:40 | Sen | 160 | Male   | 242 | Lothian RC                  |
| 271 | 371 | Craig MACNAMARA     | 17:45 | 17:38 | Sen | 161 | Male   | 243 | Metro Aberdeen RC           |
| 272 | 618 | Aaron THOMSON       | 17:45 | 17:40 | U20 | 26  | Male   | 244 | East Kilbride AC            |
| 273 | 640 | Karel VESELY        | 17:46 | 17:42 | Sen | 162 | Male   | 245 | Edinburgh AC                |
| 274 | 445 | Joe MELTON          | 17:47 | 17:40 | V50 | 9   | Male   | 246 | Harmony AC                  |
| 275 | 666 | Grant WHEATLEY      | 17:47 | 17:42 | Sen | 163 | Male   | 247 | Cumbernauld AAC             |
| 276 | 621 | Kyle THOMSON        | 17:48 | 17:43 | U17 | 12  | Male   | 248 | Garscube H                  |
| 277 | 686 | Gregory WOODWARD    | 17:50 | 17:41 | Sen | 164 | Male   | 249 | Glasgow University H&H      |
| 278 | 245 | Laura HAGGARTY      | 17:50 | 17:44 | V40 | 1   | Female | 29  | Kilmarnock Harrier & AC     |
| 279 | 40  | Monica BLAIR        | 17:51 | 17:46 | Sen | 20  | Female | 30  | Garscube H                  |
| 280 | 381 | Euan MARSHALL       | 17:51 | 17:44 | Sen | 165 | Male   | 250 | Edinburgh AC                |
| 281 | 605 | Gerard TAYLOR       | 17:53 | 17:50 | V50 | 10  | Male   | 251 | Central AC                  |
| 282 | 83  | Harris CAMERON      | 17:53 | 17:49 | U17 | 13  | Male   | 252 | Lothian RC                  |
| 283 | 252 | Shravan HARISHANKAR | 17:54 | 17:52 | Sen | 166 | Male   | 253 | Glasgow University H&H      |
| 284 | 126 | Megan CRAWFORD      | 17:55 | 17:48 | Sen | 21  | Female | 31  | Fife AC                     |
| 285 | 589 | James SQUIRES       | 17:55 | 17:48 | V40 | 36  | Male   | 254 | Pitreavie AAC               |
| 286 | 431 | Colin MCMORRIN      | 17:55 | 17:53 | Sen | 167 | Male   | 255 |                             |
| 287 | 31  | David BEATTIE       | 17:55 | 17:48 | V40 | 37  | Male   | 256 | Teviotdale H                |
| 288 | 221 | Lillie GIGGLE-BAIN  | 17:56 | 17:51 | Sen | 22  | Female | 32  | Orkney AC                   |
| 289 | 262 | Martin HAWKSEY      | 17:56 | 17:50 | V40 | 38  | Male   | 257 | Linlithgow AC               |
| 290 | 641 | James VIVIAN        | 17:57 | 17:53 | U20 | 27  | Male   | 258 | Corstorphine AAC            |
| 291 | 437 | Saoirse MCNULTY     | 17:58 | 17:55 | U20 | 8   | Female | 33  | Giffnock North AC           |
| 292 | 5   | Kevin AMOS          | 17:59 | 17:51 | Sen | 168 | Male   | 259 | Central AC                  |
| 293 | 115 | Jamie CLEMENTS      | 18:00 | 17:52 | Sen | 169 | Male   | 260 | East Kilbride AC            |
| 294 | 690 | Tuscany WRIGHT      | 18:01 | 17:54 | U20 | 9   | Female | 34  | Central AC                  |
| 295 | 367 | Jessica MACLEOD     | 18:04 | 17:55 | Sen | 23  | Female | 35  | Shettleston H               |
| 296 | 22  | Scott BALLANTINE    | 18:04 | 17:57 | Sen | 170 | Male   | 261 | Falkirk Victoria H          |
| 297 | 543 | Ava RICHARDSON      | 18:06 | 18:01 | U17 | 2   | Female | 36  | Gala H                      |
| 298 | 394 | Jamie MCALDINE      | 18:06 | 18:00 | Sen | 171 | Male   | 262 | Falkirk Victoria H          |
| 299 | 317 | Paul KERNOHAN       | 18:06 | 18:01 | V40 | 39  | Male   | 263 | Cambuslang H                |
| 300 | 457 | Will MOFFAT         | 18:06 | 18:00 | V50 | 11  | Male   | 264 | Lothian RC                  |
| 301 | 652 | Natalie WANGLER     | 18:07 | 18:03 | Sen | 24  | Female | 37  | Roadrunners SF&U  dbaden    |
| 302 | 584 | Matthew SMITH       | 18:07 | 18:00 | Sen | 172 | Male   | 265 | Glasgow University TC       |
| 303 | 468 | Alice MOURAO        | 18:08 | 18:00 | U17 | 3   | Female | 38  | Corstorphine AAC            |
| 304 | 132 | David CROSS         | 18:08 | 18:03 | V60 | 1   | Male   | 266 | Edinburgh AC                |
| 305 | 108 | Katie CHRISTIE      | 18:08 | 18:04 | U20 | 10  | Female | 39  | Falkirk Victoria H          |
| 306 | 693 | Dave WRIGHT         | 18:09 | 18:04 | V40 | 40  | Male   | 267 | Hunters Bog Trotters        |
| 307 | 608 | James TAYLOR        | 18:09 | 18:01 | Sen | 173 | Male   | 268 | Glasgow University H&H      |
| 308 | 301 | Dom JAMES           | 18:10 | 18:03 | Sen | 174 | Male   | 269 |                             |
| 309 | 565 | Calum SCOTT         | 18:11 | 18:05 | Sen | 175 | Male   | 270 |                             |
| 310 | 400 | Euan MCCALLUM       | 18:11 | 18:06 | Sen | 176 | Male   | 271 | Falkirk Victoria H          |
| 311 | 702 | Robbie YULE         | 18:12 | 18:04 | U17 | 14  | Male   | 272 | Garscube H                  |
| 312 | 415 | Francis MCELROY     | 18:12 | 18:06 | V40 | 41  | Male   | 273 | Gala H                      |
| 313 | 527 | Caitlin PURCELL     | 18:12 | 18:06 | Sen | 25  | Female | 40  | Edinburgh University H&H    |
| 314 | 376 | Nikhil MAIR         | 18:13 | 18:11 | Sen | 177 | Male   | 274 | Edinburgh AC                |
| 315 | 578 | Hugh SIMPSON        | 18:15 | 18:08 | V40 | 42  | Male   | 275 |                             |
| 316 | 230 | Amy GOUGH           | 18:17 | 18:09 | U20 | 11  | Female | 41  | Central AC                  |
| 317 | 526 | Kirsty PURCELL      | 18:17 | 18:11 | Sen | 26  | Female | 42  | Edinburgh University H&H    |
| 318 | 433 | Yvonne MCNAIRN      | 18:17 | 18:10 | V40 | 2   | Female | 43  | Giffnock North AC           |
| 319 | 390 | Grant MATHESON      | 18:20 | 18:13 | V60 | 2   | Male   | 276 | Falkirk Victoria H          |
| 320 | 539 | Emily RENFREW       | 18:20 | 18:15 | Sen | 27  | Female | 44  | Bellahouston H              |
| 321 | 546 | Heidi ROSS          | 18:20 | 18:15 | Sen | 28  | Female | 45  | Carnethy HRC                |
| 322 | 307 | Catriona KANE       | 18:21 | 18:12 | U20 | 12  | Female | 46  | Central AC                  |
| 323 | 435 | Alison MCNEILLY     | 18:23 | 18:15 | V40 | 3   | Female | 47  | Dundee RR                   |

|     |     |                    |       |       |     |     |        |     |                               |
|-----|-----|--------------------|-------|-------|-----|-----|--------|-----|-------------------------------|
| 324 | 697 | Margot WYRWOLL     | 18:24 | 18:15 | Sen | 29  | Female | 48  | Edinburgh AC                  |
| 325 | 531 | Kirsty RANKINE     | 18:24 | 18:17 | U17 | 4   | Female | 49  | Gala H                        |
| 326 | 236 | Telfer GRAY        | 18:25 | 18:24 | Sen | 178 | Male   | 277 | Corstorphine AAC              |
| 327 | 638 | Lyle VANDERMOTTEN  | 18:26 | 18:18 | Sen | 179 | Male   | 278 |                               |
| 328 | 21  | Lorna BAIRD        | 18:26 | 18:17 | Sen | 30  | Female | 50  | Kilmarnock Harrier & AC       |
| 329 | 345 | Mark LOVE          | 18:26 | 18:23 | V40 | 43  | Male   | 279 |                               |
| 330 | 391 | Kirstin MAXWELL    | 18:27 | 18:19 | Sen | 31  | Female | 51  | Corstorphine AAC              |
| 331 | 610 | Finlay TAYLOR      | 18:30 | 18:23 | U20 | 28  | Male   | 280 |                               |
| 332 | 571 | Donald SHAW        | 18:30 | 18:26 | V50 | 12  | Male   | 281 | Central AC                    |
| 333 | 122 | Iain CRAVEN        | 18:32 | 18:24 | V40 | 44  | Male   | 282 | Edinburgh AC                  |
| 334 | 450 | Finn MILLIGAN      | 18:34 | 18:26 | Sen | 180 | Male   | 283 | Law & District AAC            |
| 335 | 59  | Colin BROWN        | 18:35 | 18:28 | V40 | 45  | Male   | 284 | RTC warriors                  |
| 336 | 216 | Nicola GAULD       | 18:39 | 18:32 | V40 | 4   | Female | 52  | Metro Aberdeen RC             |
| 337 | 303 | Emma JENKINS       | 18:40 | 18:33 | Sen | 32  | Female | 53  | Aberdeen AAC                  |
| 338 | 515 | Scott PILKINGTON   | 18:40 | 18:36 | Sen | 181 | Male   | 285 | Corstorphine AAC              |
| 339 | 616 | Charles THOMSON    | 18:42 | 18:35 | V50 | 13  | Male   | 286 | Cambuslang H                  |
| 340 | 223 | Hannah GILCHRIST   | 18:42 | 18:34 | Sen | 33  | Female | 54  | Shettleston H                 |
| 341 | 298 | Ewan JACK          | 18:43 | 18:33 | V50 | 14  | Male   | 287 | Central AC                    |
| 342 | 38  | Cliff BINNING      | 18:44 | 18:38 | V40 | 46  | Male   | 288 | Cumbernauld AAC               |
| 343 | 154 | Stephen DICKSON    | 18:44 | 18:36 | V50 | 15  | Male   | 289 | Fife AC                       |
| 344 | 214 | Sandy GARDNER      | 18:45 | 18:39 | V50 | 16  | Male   | 290 | Victoria Park City Of Glasgow |
| 345 | 344 | Scott LOVE         | 18:46 | 18:38 | V40 | 47  | Male   | 291 | PH Racing Club                |
| 346 | 677 | E Rose WILSON      | 18:47 | 18:39 | U17 | 5   | Female | 55  | Garscube H                    |
| 347 | 427 | Mark MCLEAN        | 18:48 | 18:44 | V50 | 17  | Male   | 292 | PH Racing Club                |
| 348 | 134 | Emily CRUSHER      | 18:49 | 18:40 | Sen | 34  | Female | 56  | Corstorphine AAC              |
| 349 | 148 | Barry DAVIE        | 18:49 | 18:41 | V40 | 48  | Male   | 293 | Carnegie H                    |
| 350 | 568 | Barney SHARIFI     | 18:50 | 18:42 | Sen | 182 | Male   | 294 | Glasgow University H&H        |
| 351 | 576 | Peter SIMPSON      | 18:52 | 18:45 | Sen | 183 | Male   | 295 | Edinburgh AC                  |
| 352 | 484 | Ella NICHOLSON     | 18:52 | 18:44 | U20 | 13  | Female | 57  | Glasgow University H&H        |
| 353 | 599 | Garry STURGEON     | 18:52 | 18:44 | V50 | 18  | Male   | 296 | Giffnock North AC             |
| 354 | 118 | Sophie COLLINS     | 18:53 | 18:44 | Sen | 35  | Female | 58  | Corstorphine AAC              |
| 355 | 128 | Emma CREASEY       | 18:53 | 18:45 | Sen | 36  | Female | 59  | Giffnock North AC             |
| 356 | 429 | Lucy MCLEOD        | 18:53 | 18:47 | Sen | 37  | Female | 60  | Metro Aberdeen RC             |
| 357 | 705 | Liam KEMP          | 18:53 | 18:44 | V50 | 19  | Male   | 297 | Gala H                        |
| 358 | 29  | Richard BEATTIE    | 18:54 | 18:47 | V40 | 49  | Male   | 298 | Law & District AAC            |
| 359 | 159 | Martha DOUGLAS     | 18:56 | 18:51 | Sen | 38  | Female | 61  | Gala H                        |
| 360 | 98  | John CASSELLS      | 18:56 | 18:53 | V50 | 20  | Male   | 299 |                               |
| 361 | 474 | Alan MURRAY        | 18:57 | 18:48 | V50 | 21  | Male   | 300 | Carnegie H                    |
| 362 | 419 | Shona MCINTOSH     | 18:57 | 18:51 | V40 | 5   | Female | 62  | Hunters Bog Trotters          |
| 363 | 19  | Pamela BAILLIE     | 18:58 | 18:49 | V50 | 1   | Female | 63  | Gala H                        |
| 364 | 573 | Jonathan SHEPHERD  | 18:58 | 18:50 | V40 | 50  | Male   | 301 | Falkirk Victoria H            |
| 365 | 520 | Andrew PRENTICE    | 18:59 | 18:52 | Sen | 184 | Male   | 302 | Motherwell AC                 |
| 366 | 604 | Graeme SYME        | 18:59 | 18:51 | Sen | 185 | Male   | 303 | Fife AC                       |
| 367 | 389 | Fiona MATHESON     | 19:00 | 18:52 | V60 | 1   | Female | 64  | Falkirk Victoria H            |
| 368 | 84  | Iain CAMERON       | 19:00 | 18:51 | V40 | 51  | Male   | 304 | Lothian RC                    |
| 369 | 410 | Colin MCCREADIE    | 19:01 | 18:56 | V40 | 52  | Male   | 305 | Central AC                    |
| 370 | 274 | Bobby HILL         | 19:02 | 18:54 | Sen | 186 | Male   | 306 | Law & District AAC            |
| 371 | 646 | Tara WALKER        | 19:02 | 18:54 | Sen | 39  | Female | 65  | Shettleston H                 |
| 372 | 150 | Dan DE LUCA        | 19:03 | 18:55 | Sen | 187 | Male   | 307 | Glasgow University H&H        |
| 373 | 53  | Leah BROWN         | 19:04 | 18:57 | U20 | 14  | Female | 66  | Central AC                    |
| 374 | 270 | Flora HENRY        | 19:07 | 18:56 | Sen | 40  | Female | 67  | Glasgow University H&H        |
| 375 | 74  | Martin BUTCHER     | 19:07 | 19:00 | V40 | 53  | Male   | 308 | PH Racing Club                |
| 376 | 465 | Lachlan MORRISON   | 19:09 | 18:59 | Sen | 188 | Male   | 309 | Glasgow University H&H        |
| 377 | 167 | Nathan DUNCAN      | 19:09 | 19:00 | Sen | 189 | Male   | 310 | PH Racing Club                |
| 378 | 472 | Andrew MUNGALL     | 19:10 | 19:03 | Sen | 190 | Male   | 311 | Motherwell AC                 |
| 379 | 486 | Ross NOBLE         | 19:11 | 19:03 | Sen | 191 | Male   | 312 | Cambuslang H                  |
| 380 | 222 | Miriam GILBRIDE    | 19:11 | 19:03 | Sen | 41  | Female | 68  | Glasgow University H&H        |
| 381 | 36  | Wright BEVERIDGE   | 19:13 | 19:05 | V50 | 22  | Male   | 313 | PH Racing Club                |
| 382 | 653 | Lucy WARD          | 19:13 | 19:05 | U15 | 2   | Female | 69  | Lasswade AC                   |
| 383 | 627 | Christopher TORBET | 19:14 | 19:06 | Sen | 192 | Male   | 314 | Falkirk Victoria H            |
| 384 | 485 | Graeme NICHOLSON   | 19:15 | 19:06 | V40 | 54  | Male   | 315 | Musselburgh and District AC   |
| 385 | 254 | Andy HARLEY        | 19:16 | 19:09 | V40 | 55  | Male   | 316 | Fife AC                       |
| 386 | 248 | Colin HALL         | 19:16 | 19:05 | V50 | 23  | Male   | 317 | Forres H                      |
| 387 | 80  | Isla CALVERT       | 19:17 | 19:09 | Sen | 42  | Female | 70  | Edinburgh University H&H      |
| 388 | 441 | Mirabelle MEADE    | 19:18 | 19:14 | U17 | 6   | Female | 71  | Pitreavie AAC                 |

|     |     |                        |       |       |      |     |        |     |                                      |
|-----|-----|------------------------|-------|-------|------|-----|--------|-----|--------------------------------------|
| 389 | 377 | Chrissie MAITLAND      | 19:18 | 19:09 | Sen  | 43  | Female | 72  | Pitreavie AAC                        |
| 390 | 170 | Elaine EADIE           | 19:22 | 19:16 | Sen  | 44  | Female | 73  |                                      |
| 391 | 567 | Mary SENIOR            | 19:22 | 19:14 | V50  | 2   | Female | 74  | Garscube H                           |
| 392 | 622 | Jonny THOMSON          | 19:23 | 19:20 | V50  | 24  | Male   | 318 | Lothian RC                           |
| 393 | 346 | Kristin LOWNIE         | 19:23 | 19:15 | V40  | 6   | Female | 75  | PH Racing Club                       |
| 394 | 701 | Eve YOUNG              | 19:24 | 19:15 | Sen  | 45  | Female | 76  |                                      |
| 395 | 197 | Desmond FITZGERALD     | 19:25 | 19:16 | V50  | 25  | Male   | 319 | Pitreavie AAC                        |
| 396 | 670 | Logan WHITTON          | 19:26 | 19:17 | U20  | 29  | Male   | 320 | Law & District AAC                   |
| 397 | 340 | Emma LIVINGSTONE       | 19:29 | 19:19 | Sen  | 46  | Female | 77  | East Kilbride AC                     |
| 398 | 442 | Kiara MEIKLEJOHN       | 19:29 | 19:21 | U20  | 15  | Female | 78  | Glasgow University H&H               |
| 399 | 103 | Saskia CHAPLIN         | 19:30 | 19:20 | Sen  | 47  | Female | 79  | Edinburgh University H&H             |
| 400 | 456 | Courtney MOFFAT        | 19:30 | 19:24 | Sen  | 48  | Female | 80  | Lothian RC                           |
| 401 | 20  | Catriona BAIN          | 19:31 | 19:21 | Sen  | 49  | Female | 81  | Cambuslang H                         |
| 402 | 54  | Niamh BROWN            | 19:32 | 19:25 | Sen  | 50  | Female | 82  | Falkirk Victoria H                   |
| 403 | 138 | Amber CUNNINGHAM       | 19:34 | 19:30 | U15  | 3   | Female | 83  | Harmony AC                           |
| 404 | 44  | Elaine BOYLE           | 19:36 | 19:27 | V40  | 7   | Female | 84  | Law & District AAC                   |
| 405 | 41  | Mairi BLANKENSTEIN     | 19:38 | 19:29 | V40  | 8   | Female | 85  | Edinburgh AC                         |
| 406 | 140 | Hania CZEBRESZUK       | 19:39 | 19:35 | U17  | 7   | Female | 86  | Aberdeen AAC                         |
| 407 | 447 | Julie MENZIES          | 19:39 | 19:30 | V50  | 3   | Female | 87  | PH Racing Club                       |
| 408 | 440 | Maisey MEADE           | 19:39 | 19:34 | U17  | 8   | Female | 88  | Pitreavie AAC                        |
| 409 | 498 | Lewis ORR              | 19:40 | 19:30 | V50  | 26  | Male   | 321 | Edinburgh AC                         |
| 410 | 636 | Jack TURNER            | 19:40 | 19:29 | Sen  | 193 | Male   | 322 | Glasgow University H&H               |
| 411 | 313 | Iona KELLY             | 19:41 | 19:33 | Sen  | 51  | Female | 89  | University of Glasgow triathlon club |
| 412 | 176 | Jacqueline ETHERINGTON | 19:43 | 19:34 | V40  | 9   | Female | 90  | Cambuslang H                         |
| 413 | 152 | Darren DICK            | 19:43 | 19:33 | V50  | 27  | Male   | 323 | Linlithgow AC                        |
| 414 | 682 | Alison WOOD            | 19:44 | 19:40 | Sen  | 52  | Female | 91  | Garscube H                           |
| 415 | 17  | Kelly BAILLIE          | 19:44 | 19:34 | V40  | 10  | Female | 92  | East Kilbride AC                     |
| 416 | 392 | Ian MAXWELL            | 19:45 | 19:35 | V60  | 3   | Male   | 324 | Gala H                               |
| 417 | 196 | Kenny FISHER           | 19:47 | 19:37 | V40  | 56  | Male   | 325 | Lothian RC                           |
| 418 | 153 | Des DICKSON            | 19:48 | 19:39 | V60  | 4   | Male   | 326 | Cambuslang H                         |
| 419 | 349 | Maximilian MACDONALD   | 19:48 | 19:39 | Sen  | 194 | Male   | 327 | Glasgow University H&H               |
| 420 | 680 | Cathy WOOD             | 19:49 | 19:39 | Sen  | 53  | Female | 93  | Bellahouston RR                      |
| 421 | 155 | Tony DISLEY            | 19:51 | 19:51 | V50  | 28  | Male   | 328 | Central AC                           |
| 422 | 305 | Julia JOHNSTONE        | 19:53 | 19:44 | V50  | 4   | Female | 94  | Gala H                               |
| 423 | 183 | Martin FERGUSON        | 19:54 | 19:52 | V60  | 5   | Male   | 329 | Edinburgh AC                         |
| 424 | 405 | Chloe MCCLUNG          | 19:54 | 19:45 | Sen  | 54  | Female | 95  | Lothian RC                           |
| 425 | 494 | Gerard O'NEIL          | 19:55 | 19:46 | V40  | 57  | Male   | 330 | East Kilbride AC                     |
| 426 | 286 | Claire HOUSTON         | 19:58 | 19:48 | V40  | 11  | Female | 96  | Lasswade AC                          |
| 427 | 632 | Orla TROUP             | 20:03 | 19:53 | Sen  | 55  | Female | 97  |                                      |
| 428 | 174 | Paul EMERY             | 20:04 | 19:53 | V40  | 58  | Male   | 331 | Linlithgow AC                        |
| 429 | 368 | Jennifer MACMAHON      | 20:05 | 19:54 | U17  | 9   | Female | 98  | Garscube H                           |
| 430 | 444 | Carys MELTON           | 20:05 | 20:00 | U15  | 4   | Female | 99  | Harmony AC                           |
| 431 | 417 | Ruby MCGILL            | 20:05 | 19:54 | U20  | 16  | Female | 100 | Glasgow University H&H               |
| 432 | 164 | Janet DUNBAR           | 20:05 | 19:57 | V50  | 5   | Female | 101 | Edinburgh AC                         |
| 433 | 504 | Douglas PATE           | 20:07 | 20:01 | Sen  | 195 | Male   | 332 |                                      |
| 434 | 90  | Arianna CARMICHAEL     | 20:08 | 20:00 | U20  | 17  | Female | 102 |                                      |
| 435 | 503 | Malcolm PARRY          | 20:08 | 19:58 | V50  | 29  | Male   | 333 | Edinburgh AC                         |
| 436 | 480 | Christine NEILL        | 20:11 | 20:02 | Sen  | 56  | Female | 103 | Law & District AAC                   |
| 437 | 48  | Iona BREMNER           | 20:13 | 20:06 | U15  | 5   | Female | 104 | Harmony AC                           |
| 438 | 295 | John HYND              | 20:14 | 20:05 | V60  | 6   | Male   | 334 | Carnegie H                           |
| 439 | 215 | Tara-Tallulah GARIOCH  | 20:21 | 20:10 | Sen  | 57  | Female | 105 | Glasgow University H&H               |
| 440 | 276 | Dougie HILL            | 20:21 | 20:10 | V60  | 7   | Male   | 335 | RTC warriors                         |
| 441 | 337 | Sarah LITTLE           | 20:24 | 20:13 | V40  | 12  | Female | 106 | Linlithgow AC                        |
| 442 | 703 | Bob NOBLE              | 20:24 | 20:20 | Sen  | 196 | Male   | 336 | Gala H                               |
| 443 | 45  | Carla BRAWLEY          | 20:27 | 20:21 | Sen  | 58  | Female | 107 | Motherwell AC                        |
| 444 | 129 | Christopher CREEGAN    | 20:29 | 20:19 | V60  | 8   | Male   | 337 | Edinburgh AC                         |
| 445 | 253 | Paul HARKINS           | 20:29 | 20:21 | V40  | 59  | Male   | 338 | Fife AC                              |
| 446 | 135 | Rob CRUSHER            | 20:35 | 20:27 | V60  | 9   | Male   | 339 | Giffnock North AC                    |
| 447 | 477 | Roisin MURRAY          | 20:36 | 20:25 | V40  | 13  | Female | 108 | Linlithgow AC                        |
| 448 | 500 | Nina PADMANABHAN       | 20:39 | 20:28 | U17  | 10  | Female | 109 | Garscube H                           |
| 449 | 530 | Emily RAMSAY           | 20:42 | 20:31 | V50  | 6   | Female | 110 | Edinburgh AC                         |
| 450 | 35  | Katie BENNIE           | 20:42 | 20:30 | U20  | 18  | Female | 111 | Falkirk Victoria H                   |
| 451 | 28  | Ryan BEATTIE           | 20:44 | 20:35 | Sen  | 197 | Male   | 340 | Falkirk Victoria H                   |
| 452 | 647 | Iain WALLACE           | 20:44 | 20:34 | V50  | 30  | Male   | 341 | Cambuslang H                         |
| 453 | 487 | Ed NORTON              | 20:47 | 20:37 | V70+ | 1   | Male   | 342 | PH Racing Club                       |

|     |     |                    |       |       |      |     |        |     |                         |
|-----|-----|--------------------|-------|-------|------|-----|--------|-----|-------------------------|
| 454 | 528 | Kara RAFFERTY      | 20:49 | 20:45 | V40  | 14  | Female | 112 | Garscube H              |
| 455 | 561 | James SCOTT        | 20:50 | 20:40 | V70+ | 2   | Male   | 343 | Edinburgh AC            |
| 456 | 538 | Katie RENAULT      | 20:51 | 20:38 | Sen  | 59  | Female | 113 |                         |
| 457 | 658 | Oliver WATSON      | 20:56 | 20:47 | Sen  | 198 | Male   | 344 | Glasgow University H&H  |
| 458 | 173 | Scott ELLIOTT      | 20:57 | 20:46 | V60  | 10  | Male   | 345 | Kirkintilloch Olympians |
| 459 | 95  | Hilary CARSWELL    | 20:58 | 20:47 | V50  | 7   | Female | 114 | Giffnock North AC       |
| 460 | 131 | John CROOKSTON     | 20:59 | 20:52 | V60  | 11  | Male   | 346 | PH Racing Club          |
| 461 | 557 | David SCOTT        | 21:01 | 20:49 | V40  | 60  | Male   | 347 | Cambuslang H            |
| 462 | 506 | Sarah PATERSON     | 21:03 | 20:51 | V40  | 15  | Female | 115 | PH Racing Club          |
| 463 | 82  | Andrea CAMERON     | 21:04 | 20:54 | V40  | 16  | Female | 116 | Lothian RC              |
| 464 | 420 | Ewan MCINTYRE      | 21:06 | 20:58 | V50  | 31  | Male   | 348 | Dundee RR               |
| 465 | 451 | Mark MILLIGAN      | 21:09 | 20:59 | V50  | 32  | Male   | 349 | Law & District AAC      |
| 466 | 50  | Minnie BROCKLESBY  | 21:09 | 21:02 | Sen  | 60  | Female | 117 |                         |
| 467 | 438 | Natalie MCWILLIAMS | 21:10 | 21:00 | Sen  | 61  | Female | 118 | Cambuslang H            |
| 468 | 232 | Lesley GRAHAM      | 21:10 | 21:01 | V40  | 17  | Female | 119 | Law & District AAC      |
| 469 | 130 | Sadie CROASDALE    | 21:11 | 21:00 | U20  | 19  | Female | 120 | Glasgow University H&H  |
| 470 | 704 | Kunal KESWAR       | 21:11 | 21:05 | U20  | 30  | Male   | 350 | Glasgow University H&H  |
| 471 | 192 | Malcolm FINLAYSON  | 21:11 | 21:00 | V50  | 33  | Male   | 351 | Falkirk Victoria H      |
| 472 | 699 | Mark YOUNG         | 21:13 | 21:01 | Sen  | 199 | Male   | 352 | Lothian RC              |
| 473 | 535 | Julie REID         | 21:15 | 21:04 | V40  | 18  | Female | 121 | Cambuslang H            |
| 474 | 30  | Andrew BEATTIE     | 21:17 | 21:04 | Sen  | 200 | Male   | 353 | Lothian RC              |
| 475 | 497 | Maria ONEILL       | 21:17 | 21:06 | Sen  | 62  | Female | 122 | Glasgow University H&H  |
| 476 | 127 | Amy CRAWFORD       | 21:23 | 21:11 | U20  | 20  | Female | 123 | Glasgow University H&H  |
| 477 | 269 | Flora HENRY        | 21:27 | 21:14 | Sen  | 63  | Female | 124 | Bellahouston RR         |
| 478 | 353 | Kirsty MACFARLANE  | 21:28 | 21:16 | Sen  | 64  | Female | 125 | Bellahouston RR         |
| 479 | 111 | Richard CLARK      | 21:30 | 21:21 | V40  | 61  | Male   | 354 | Edinburgh AC            |
| 480 | 625 | Vivien THORPE      | 21:33 | 21:20 | V40  | 19  | Female | 126 | East Kilbride AC        |
| 481 | 336 | Graeme LITTLE      | 21:33 | 21:19 | V50  | 34  | Male   | 355 | Garscube H              |
| 482 | 467 | Dave MORTON        | 21:42 | 21:34 | V40  | 62  | Male   | 356 | PH Racing Club          |
| 483 | 56  | Lucy BROWN         | 21:46 | 21:35 | U20  | 21  | Female | 127 | Glasgow University H&H  |
| 484 | 89  | Michael CARLIN     | 21:47 | 21:35 | V40  | 63  | Male   | 357 | East Kilbride AC        |
| 485 | 166 | Kieran DUNCAN      | 21:48 | 21:39 | Sen  | 201 | Male   | 358 | East Kilbride AC        |
| 486 | 660 | Hannah WAUGH       | 21:49 | 21:39 | V40  | 20  | Female | 128 | Edinburgh AC            |
| 487 | 416 | Anthony MCGALE     | 21:53 | 21:44 | V50  | 35  | Male   | 359 | Garscube H              |
| 488 | 263 | Stacey HAY         | 21:55 | 21:46 | Sen  | 65  | Female | 129 | Pitreavie AAC           |
| 489 | 496 | Bernadette ONEIL   | 21:57 | 21:48 | V50  | 8   | Female | 130 | Cambuslang H            |
| 490 | 68  | Isobel BURNETT     | 21:59 | 21:49 | V60  | 2   | Female | 131 | Carnegie H              |
| 491 | 278 | David HIRSCH       | 22:00 | 21:48 | Sen  | 202 | Male   | 360 | Glasgow University H&H  |
| 492 | 426 | Sinead MCLAUGHLIN  | 22:02 | 21:49 | Sen  | 66  | Female | 132 | Garscube H              |
| 493 | 493 | John O'LEARY       | 22:06 | 21:55 | V60  | 12  | Male   | 361 | Law & District AAC      |
| 494 | 280 | Kenneth HISLOP     | 22:09 | 21:57 | V40  | 64  | Male   | 362 | Central AC              |
| 495 | 12  | Lucy ASH           | 22:20 | 22:09 | Sen  | 67  | Female | 133 | Glasgow University H&H  |
| 496 | 598 | Stewart STRATH     | 22:21 | 22:09 | V50  | 36  | Male   | 363 | Lothian RC              |
| 497 | 587 | Andrew SPEIRS      | 22:26 | 22:17 | Sen  | 203 | Male   | 364 | Glasgow University H&H  |
| 498 | 233 | John GRAHAM        | 22:29 | 22:18 | V60  | 13  | Male   | 365 | Penicuik H              |
| 499 | 102 | Graham CHAMBERS    | 22:29 | 22:18 | V40  | 65  | Male   | 366 | Linlithgow AC           |
| 500 | 399 | Gillian MCCAFFER   | 22:33 | 22:23 | V40  | 21  | Female | 134 | Motherwell AC           |
| 501 | 6   | Monica ANDERSON    | 22:37 | 22:27 | V50  | 9   | Female | 135 | Falkirk Victoria H      |
| 502 | 211 | Ian FYFE           | 22:38 | 22:30 | V60  | 14  | Male   | 367 | Linlithgow AC           |
| 503 | 369 | Kenneth MACMAHON   | 22:41 | 22:30 | V50  | 37  | Male   | 368 | Garscube H              |
| 504 | 595 | Diane STEWART      | 22:49 | 22:38 | Sen  | 68  | Female | 136 | Pitreavie AAC           |
| 505 | 123 | Iain CRAWFORD      | 22:55 | 22:43 | V50  | 38  | Male   | 369 | Cambuslang H            |
| 506 | 463 | Charlotte MORAN    | 22:57 | 22:45 | Sen  | 69  | Female | 137 | Linlithgow AC           |
| 507 | 309 | Aliki KAVOUSSANAKI | 23:00 | 22:48 | Sen  | 70  | Female | 138 | Glasgow University H&H  |
| 508 | 104 | Erin CHAPMAN       | 23:01 | 22:50 | U20  | 22  | Female | 139 | East Kilbride AC        |
| 509 | 105 | Andrew CHAPMAN     | 23:02 | 22:50 | V50  | 39  | Male   | 370 | East Kilbride AC        |
| 510 | 325 | Emma KNOX          | 23:03 | 22:53 | Sen  | 71  | Female | 140 | Motherwell AC           |
| 511 | 107 | Erica CHRISTIE     | 23:13 | 23:09 | V60  | 3   | Female | 141 | Cambuslang H            |
| 512 | 172 | Kayleigh EDWARDS   | 23:17 | 23:05 | Sen  | 72  | Female | 142 | Dundee Hawkhill H       |
| 513 | 657 | Esther WATSON      | 23:25 | 23:14 | Sen  | 73  | Female | 143 | Glasgow University H&H  |
| 514 | 550 | Alison RUTHERFORD  | 23:33 | 23:19 | V40  | 22  | Female | 144 | Garscube H              |
| 515 | 199 | Sarah FLEET        | 23:43 | 23:32 | U20  | 23  | Female | 145 | Glasgow University H&H  |
| 516 | 62  | Sophie BRYDEN      | 23:44 | 23:34 | Sen  | 74  | Female | 146 |                         |
| 517 | 408 | Adam MCCORMICK     | 23:44 | 23:31 | V40  | 66  | Male   | 371 | East Kilbride AC        |
| 518 | 685 | Gary WOOD          | 23:50 | 23:40 | V40  | 67  | Male   | 372 | Motherwell AC           |

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| 519 | 271 | Laura HERVAS       | 23:53 | 23:40 | V40  | 23  | Female | 147 | East Kilbride AC |
| 520 | 491 | Lana O'HARA        | 24:09 | 23:58 | V40  | 24  | Female | 148 | Linlithgow AC    |
| 521 | 683 | Frances WOOD       | 24:09 | 23:59 | V60  | 4   | Female | 149 | Linlithgow AC    |
| 522 | 238 | Kirsty GRAY        | 24:11 | 23:57 | V40  | 25  | Female | 150 | Lothian RC       |
| 523 | 279 | Hannah HISLOP      | 24:13 | 24:00 | Sen  | 75  | Female | 151 | Central AC       |
| 524 | 168 | Derek DUNCAN       | 24:18 | 24:07 | V70+ | 3   | Male   | 373 | Pitreavie AAC    |
| 525 | 42  | Alan BOTHWELL      | 24:20 | 24:08 | V60  | 15  | Male   | 374 | Perth RR         |
| 526 | 421 | Josh MCKAY         | 24:35 | 24:22 | Sen  | 204 | Male   | 375 | Dundee RR        |
| 527 | 203 | Karen FORSYTH      | 24:36 | 24:23 | V40  | 26  | Female | 152 | Carnegie H       |
| 528 | 411 | Megan MCCROSSAN    | 25:43 | 25:29 | Sen  | 76  | Female | 153 | Garscube H       |
| 529 | 509 | Kirsten PAUL       | 25:53 | 25:39 | Sen  | 77  | Female | 154 | Lothian RC       |
| 530 | 562 | Jill SCOTT         | 27:33 | 27:22 | V50  | 10  | Female | 155 | JogScotland      |
| 531 | 396 | Kenneth MCALLISTER | 28:49 | 28:36 | V60  | 16  | Male   | 376 | Pitreavie AAC    |