

Scottish Road 5K Championships - Silverknowes 11/5/2011

Full Results at <http://uk.srichinmoyraces.org/results-self-transcendence-5k-race-wed-11-may-2011-silverknowes-edinburgh>

1	Chris Mackay	Inverclyde	14.35	1st M
2	Teweldeberhan Mengistenab	Shettleston Harriers	14.38	2nd M
3	Ross Houston	Central AC	14.39	3rd M
4	Alexander Hendry	Central AC	14.50	
5	Tsegai Tewelde	Shettleston Harriers	14.53	
6	Allan Adams	Shettleston Harriers	14.59	
7	Ben Hukins	Aberdeen AAC	14.59	
8	Murray Strain	Hunters Bog Trotters	15.01	
9	Andrew Butchart	Central AC	15.02	1st MJ
10	Lewis Millar	Central AC	15.02	
11	Michael Gillespie	Shettleston Harriers	15.05	
12	Paul Sorrie	Shettleston Harriers	15.16	
13	Ray Ward	Hunters Bog Trotters	15.20	
14	Kerry-Liam Wilson	Cambuslang H	15.22	1st MV40
15	Bryan Mackie	Edinburgh AC	15.31	
16	Michael Crawley	Edinburgh Uni Hare & Hounds	15.39	
17	Mark Haskett	Aberdeen AAC	15.40	
18	Cameron Milne	Central AC	15.40	MJ
19	Steve Cairns	Hunters Bog Trotters	15.44	2nd MV40
20	Steven O'Brien	Corstorphine AAC	15.45	
21	Robert Gilroy	Cambuslang H	15.47	
22	Matthew Sims	Hunters Bog Trotters	15.52	
23	Graeme Murdoch	Gala Harriers	15.57	
24	Scott Pilkington	Corstorphine AAC	15.59	
25	Bryan Clarke	Corstorphine AAC	16.04	
26	Colin McGill	Edinburgh AC	16.05	
27	Barney Phillips	Lasswade AC	16.07	
28	Martin Gore	Lasswade AC	16.07	
29	Kevin Downie	East Kilbride AC	16.15	3rd MV40
30	Barry Patersonb	Falkirk Victoria	16.20	
31	Max McNeill	Lothian RC	16.21	MJ
32	Alec Davidson	Falkirk Victoria	16.22	
33	Andrew Mackenzie	Stirling University AC	16.23	
34	Grant Wilkie	Corstorphine AAC	16.26	MV40
35	David Hutchisonb	Central AC	16.27	MJ
36	Craig Neal	Central AC	16.29	
37	Adam Priestley	u/a	16.35	
38	Ross Clark	u/a	16.37	
39	Ross Milne	Central AC	16.38	MJ
40	Richard Meade	Edinburgh AC	16.42	
41	Paul Roarty	Carnegie H	16.42	

42	Emma Raven	Central AC	16.42	1st F
43	James Mittra	Edinburgh AC	16.47	
44	Laura Dunn	Edinburgh AC	16.47	2nd F
45	Craig Mattocks	Hunters Bog Trotters	16.49	
46	William Townsend	Hunters Bog Trotters	16.51	
47	Hester Dix	Fife AC	16.54	3rd F
48	Roger Clark	Carnegie H	17.10	MV40
49	Jeff Farquhar	Pitreavie	17.12	1st MV50
50	Huw Jones	Hunters Bog Trotters	17.12	
51	Russell McAdam	Falkirk Victoria	17.13	
52	Stuart Johnston	Edinburgh AC	17.15	
53	Christina Rankin	Kilbarchan	17.17	F
54	Keith Dunlop	Edinburgh AC	17.17	
55	Jennifer Maclean	Edinburgh Ac	17.19	F
56	Scott McAlpine	Pitreavie	17.20	MJ
57	Ross Christie	Stirling University AC	17.21	MJ
58	Megan Crawford	Fife AC	17.21	F
59	Barry Davie	Carnegie H	17.26	
60	Martin Ferguson	Edinburgh AC	17.26	MV40
61	Michael Anderson	Corstorphine AAC	17.28	MV40
62	Ken Rankin	Falkirk Victoria	17.29	2nd MV50
63	Halina Rees	Fife AC	17.29	1st FJ
64	Steve Wales	Edinburgh AC	17.35	
65	Christopher McHardy	Central AC	17.36	
66	Alison Docherty	Central AC	17.36	F
67	Kerry Macphee	Stirling Tri Club	17.39	F
68	Joe Perry	Stirling University AC	17.41	
69	Jill Knowles	Scottish Prison Service	17.47	F
70	Lyndsay Morrison	Central AC	17.49	F
71	Richard Morton	u/a	17.50	
72	Susan Ridley	Edinburgh AC	17.51	1stFV40
73	Fiona Thompson	Central AC	17.56	F
74	Ian Goode	Portobello RC	18.02	MV40
75	Carole Setchell	Shettleston Harriers	18.04	F
76	Stuart Douglas	Falkirk Victoria	18.05	
77	Gemma Rankin	Kilbarchan	18.07	F
78	Bruce Malcolm	Corstorphine AAC	18.11	MV40
79	Alan Mackay	Falkirk Victoria	18.17	
80	Thomas Paskins	Stirling University AC	18.17	
81	James Breen	Hamilton Harriers	18.17	MV40
82	Darren Blyth	Edinburgh AC	18.18	
83	Claire Couper	u/a	18.18	F
84	Chris Peggie	Corstorphine AAC	18.20	
85	John Mill	Dundee RR	18.29	MV40
86	Jennifer Kibble	Fife AC	18.30	F
87	Victoria Lomax	Edinburgh AC	18.31	F
88	Mitchell Fraser	Edinburgh Road Club	18.36	
89	Frazer Munro	Carnegie H	18.42	MV40

90	Claire McCracken	Victoria Park	18.42	F
91	Kathryn Pennel	Pitreavie	18.43	FJ
92	Amie McKinnie	Fife AC	18.43	F
93	Kirk Ollason	Edinburgh AC	18.47	MV40
94	Vincent Jumelle	u/a	18.48	
95	Simon Harrison	Hunters Bog Trotters	18.48	
96	Scott Henderson	Lothian Borders Police	18.56	
97	Luis Rendon	u/a	18.56	
98	Philip Hendry	Central AC	18.58	MV40
99	Ruaridh Miller	Edinburgh AC	18.58	MJ
100	Claire Moffett	Falkirk Victoria	18.58	F
101	Kate Jenkins	Hunters Bog Trotters	19.05	F
102	Graeme Wilson	Wee County Harriers	19.05	MV40
103	Louise Beveridge	Dundee Hawkhill	19.08	F
104	David Hogarth	Falkirk Victoria	19.09	
105	Mark Bowman	Falkirk Victoria	19.10	
106	Alison McGill	Fife AC	19.16	F
107	Sarah Watson	Edinburgh Uni Hare & Hounds	19.17	F
108	John Martin	Falkirk Victoria	19.29	3rd MV50
109	Jennifer Telford	Scottish Prison Service	19.30	FV40
110	Robert Marshall	Gala Harriers	19.32	1st MV60
111	Claire Thompson	Victoria Park	19.37	F
112	Alex Oliver	Musselburgh	19.38	MV40
113	Charlotte Fortune	u/a	19.43	F
114	Claire Houston	Central AC	19.46	F
115	Hazel Dean	Central AC	19.47	FV40
116	Megan Wright	Falkirk Victoria	19.52	F
117	George Morrison	u/a	19.59	MV40
118	Colin Thomson	Falkirk Victoria	20.00	MV40
119	Janet McWhinnie	Fife AC	20.02	FV40
120	Craig Mackay	u/a	20.02	
121	Jim McLaren	Falkirk Victoria	20.02	MV40
122	Mark Dunnachie	Falkirk Victoria	20.06	
123	David Fortune	u/a	20.09	
124	Alexandra Campbell	Stirling University AC	20.10	F
125	Rebecca Harding	Edinburgh Uni Hare & Hounds	20.10	F
126	Catriona McCracken	Carnegie H	20.17	F
127	Lana Turnbull	Lothian RC	20.22	FJ
128	Martin Veale	u/a	20.24	MV50
129	Jane Waterhouse	Central AC	20.25	1st FV50
130	Dan Murray	u/a	20.42	
131	Hazel Murray	Falkirk Victoria	20.46	FJ
132	Murray Peebles	u/a	20.47	
133	Lorna Kennedy	Falkirk Victoria	20.49	F
134	Kieron Morgan	Carnegie H	20.50	MV50
135	Isobel Knox	Hunters Bog Trotters	20.54	F
136	Claire Gilchrist	Ferranti	20.59	FV40
137	Stephen Malcolm	Lothian RC	21.01	MV40

138	Brian Howie	Edinburgh AC	21.12	2nd MV60
139	David Henderson	Corstorphine AAC	21.19	MV40
140	Julia Cunningham	Edinburgh Triathletes	21.20	F
141	Andrew Griffiths	Garscube H	21.21	3rd MV60
142	David Bunyan	Falkirk Victoria	21.26	MV50
143	Amy Hendry	Central AC	21.28	FJ
144	Christian Bruce	u/a	21.31	
145	Hamish Cameron	Forres Harriers	21.37	MV60
146	Martin Kay	Pitreavie	21.49	
147	Sharyn Ramage	Edinburgh AC	21.59	FV40
148	Kenneth Hislop	Central AC	22.02	
149	Alastair Scott	Harmeny	22.13	MV50
150	Jean Jumelle	Carnethy Hill Runners	22.15	MV50
151	Alastair McCallum	Falkirk Victoria	22.21	MV50
152	Lucy Proud	Edinburgh Road Club	22.23	F
153	John McGlynn	u/a	22.26	
154	Pamela Whitlie	Carnethy Hill Runners	22.31	F
155	Elaine Paterson	Falkirk Victoria	22.37	F
156	Deborah Macdonald	Hunters Bog Trotters	23.04	FV50
157	Ian Leggett	Lothian RC	23.07	1st MV70
158	Corey Prigmore	u/a	23.09	
159	Thomas Keenan	Bellahouston H	23.11	MV50
160	Elizabeth Gilchrist	Ferranti	23.12	1st FV60
161	George McHardy	Central AC	23.13	MV50
162	Maggie Spalding	Hunters Bog Trotters	23.20	F
163	Robert Aitken	u/a	23.24	MV50
164	Neil Park	u/a	23.48	MV40
165	Roy Cowan	u/a	24.26	MV40
166	Mark Davis	u/a	25.03	MV40
167	Christina Courtier	u/a	26.29	FV60
168	Liz Wishart	Pentland Joggers	26.32	FV40
169	Anna McLeod	Pentland Joggers	26.50	F
170	Maxine Wincott	Pentland Joggers	28.06	FV60
171	Mirren Vanko	Pentland Joggers	28.10	F
172	Jac Prigmore	u/a	30.08	FV40
173	Elaine Clark	Pentland Joggers	30.09	FV50
174	Cheryl Allan	Jog Scotland	31.08	F
175	unknown runner		31.08	
176	Alison Ward	Pentland Joggers	31.32	FV60
177	Heather Morris	Pentland Joggers	31.36	F
178	Elaine Adams	Pentland Joggers	32.42	FV50
179	Carol Munro	Pentland Joggers	33.38	FV40
180	Lorraine Thomson	u/a	33.40	FV40
181	Kaye Innes	Pentland Joggers	33.47	FV40
182	Jennie Anderson	u/a	34.59	FV50
183	Mary Hanson	Pentland Joggers	35.05	FV60
184	Fraser Gaunt	Jog Scotland	35.33	MV50
185	Julie Gunn	Pentland Joggers	37.44	FV50

186	Alison Miller	Pentland Joggers	37.44	FV40
187	Sue Ballantyne	Pentland Joggers	37.44	FV50