

Scottish Road 5K Championships - Silverknowes 7/5/2014

Full Results at <http://www.runandbecome.com/event/edinburgh-race-5k-070514>

Place	Name	Club	Time	Category
1	Tewelde Mengisteab	Shettleston Harriers	14.40	1st M/1st SA Champ
2	Grant Sheldon	RH Cambuslang H	14.46	2nd M/1st MU20/2nd SA champ/ 1st SA MU20 champ
3	Ross Houston	Central AC	14.48	3rd M/3rd SA champ
4	Murray Strain	HBT	14.55	M
5	Alexander Henry	Central AC	14.59	M
6	Ben Hukins	RH Cambuslang H	15.01	M
7	Stuart Gibson	RH Cambuslang H	15.02	M
8	Max McNeill	Lothian RC	15.08	M
9	Neil Renault	EAC	15.10	M
10	Lachlan Oates	Shettleston Harriers	15.12	M
11	Bryan Mackie	EAC	15.14	M
12	Calum McKenzie	Corstorphine AAC	15.16	M
13	Kerry-Liam Wilson	RH Cambuslang H	15.16	1st MV40/1st SA MV40 champ
14	Robert Gilroy	RH Cambuslang H	15.18	M
15	Patryk Gierjatowicz	Ed Uni Hare & Hounds	15.21	M
16	Luke Traynor	Giffnock North	15.23	M
17	Paul Sorrie	Shettleston Harriers	15.26	M
18	Conan McCaughey	Central AC	15.29	M
19	Ryan Thomson	RH Cambuslang H	15.30	2nd SA U20 champ
20	Andrew Lawler	EAC	15.31	3rd SA U20 champ
21	Keith Hood	Corstorphine AAC	15.31	2nd SA MV40 champ
22	Bobby Bristow	RH Cambuslang H	15.51	M
23	Donald Macauley	Corstorphine AAC	15.59	M
24	Bryan Clark	Corstorphine AAC	16.01	M
25	Ben Johnson	Shettleston Harriers	16.02	M
26	Scott Kennedy	Shettleston Harriers	16.06	3rd SA MV40 champ

27	Dean Cunningham	Inverness H	16.13	M
28	Morag MacLarty	Central AC	16.14	1st F/1st F SA champ
29	Barney Phillips	Lasswade AC	16.15	M
30	Craig Reid	Bellahouston RR	16.17	M
31	Peter Moffett	Falkirk VH	16.18	M
32	Malcolm Fraser	EAC	16.22	M
33	Jack Kerr	Central AC	16.24	M
34	Stuart Campbell	Corstorphine AAC	16.26	MV40
35	John Redding	Linlithgow AC	16.29	M
36	Adam Rouse	EAC	16.31	MV40
37	Gordon Barrie	Dundee HH	16.31	MV40
38	Leon Johnson	EAC	16.33	M
39	Paddy Jumelle	Corstorphine AAC	16.33	M
40	Michael Fullerton	Portobello RC	16.36	MV40
41	Derek Rae	Anster Haddies	16.38	M
42	Jamie Crawford	EAC	16.41	M
43	Ben Potrykus	Pitreavie AC	16.43	M Jnr
44	Barry Gibson	Metro Aberdeen	16.44	M
45	Malcolm Lang	Lothian RC	16.46	M
46	Steve Clark	Fife AC	16.46	MV40
47	Barry Paterson	Falkirk VH	16.46	M
48	Martin Gore	Lasswade AC	16.52	M
49	Stuart Livingstone	Corstorphine AAC	16.52	M
50	Stephen Allan	Kirkintilloch O	16.55	MV40
51	Tom Brian	Metro Aberdeen	16.55	M
52	Laura Dunn	EAC	16.55	2nd F/2nd F SA champ
52	James Angus Donald	Dundee HH	16.55	M
54	Iain Burns	Bellahouston RR	16.58	M
55	George Pettit	RH Cambuslang H	16.58	M
56	Colin Partridge	Lothian RC	16.58	M

57	Greg Simpson	Perth RR	16.58	M
58	Callum Clark	Lasswade AC	17.02	M Jnr
59	Tom Wilson	u/a	17.07	M
60	Roddy Horne	Perth Tri	17.10	M Jnr
61	Johnny McBain	Dundee HH	17.11	M
62	Stephen Allen	Law & District	17.11	MV40
63	Alasdair MacMillan	Metro Aberdeen	17.11	M
64	Colin McGill	EAC	17.13	M
65	Doug Murray	HBT	17.13	M
66	Shona McIntosh	HBT	17.16	3rd F/3rd SA champ
67	Gillian Palmer	EAC	17.16	F
68	Jenny Bannerman	Inverness H	17.16	F
69	John Brogan	Falkirk VH	17.16	M
70	Fraser Logan	Belgrave H	17.19	M
71	Michael McQuaid	Falkirk VH	17.19	1st MV50
72	Christopher McHardy	Central AC	17.19	M
73	Neil Mackay	u/a	17.19	MV40
74	Lyndsay Morrison	Central AC	17.22	F
75	Billy Gibson	Dundee HH	17.22	M
76	Euan Martin	Falkirk VH	17.22	M
77	Bruce Scott	Dundee HH	17.26	MV40
78	Dean Kane	Inverness H	17.26	M
79	Michael Hannam	u/a	17.26	MV40
80	Mark McColl	Shettleston Harriers	17.29	M
81	Will Townsend	HBT	17.33	M
82	Jessica Oliver-Bell	Shettleston Harriers	17.33	F
83	Alan Hume	Central AC	17.33	M
84	Kenneth Rankin	Falkirk VH	17.33	MV50
85	Peter Merritt	Southampton	17.37	M
86	Matthew Strachan	Dundee HH	17.37	MV50

87	Natalie Milne	Central AC	17.37	F
88	Alexandra Lamond	RH Cambuslang H	17.37	F
89	Jennifer Emsley	Central AC	17.37	F
90	Ian Logan	Linlithgow AC	17.42	M
91	Owain Williams	EAC	17.44	M
92	Fiona Rudkin	Metro Aberdeen	17.47	F
93	James Mittra	EAC	17.47	MV40
94	Gary Downey	Kilbarchan AAC	17.49	M
95	Jennifer MacLean	EAC	17.49	1st FV40/1st FV40 SA champ
96	Owen Williams	Lothian RC	17.50	M
97	Lisa Finlay	Dumfries RC	17.50	2nd FV40 SA champ
98	David Clark	Carnegie H	17.53	M
99	Grant Noble	Dunbar RC	17.53	MV50
100	Amanda Woodrow	EAC	17.53	F
101	Tessa Hill	HBT	17.56	F
102	Coll Williamson	HBT	17.56	M
103	Keira Murray	Lasswade AC	18.00	F
104	John Mill	Dundee RR	18.03	MV50
105	Michael Anderson	Corstorphine AAC	18.03	MV40
106	Gavin Smith	HBT	18.06	M
107	Bruce Malcolm	Corstorphine AAC	18.06	MV40
108	Colin Thomson	Falkirk VH	18.09	MV40
109	Catriona Graves	Garscube H	18.11	1st FJnr
110	Niall Campbell	Dumfries RC	18.11	M
111	Carole Setchell	Shettleston Harriers	18.14	F
112	Carla Molinaro	Bellahouston RR	18.14	F
113	Donald Shaw	Lothian RC	18.14	MV40
114	Ronan McKinstry	Fife AC	18.16	M
115	Murray Peebles	Harmeny AC	18.19	M
116	Janet Dunbar	EAC	18.19	3rd FV40 SA champ

117	Denis Williams	Shettleston Harriers	18.19	MV50
118	Gillian Sangster	Dundee RR	18.19	FV40
119	Kenneth Anthony	Fife AC	18.19	MV50
120	Alastair Brockie	Corstorphine AAC	18.26	M
121	Avril Mason	Shettleston Harriers	18.32	FV40
122	Megan Wright	Falkirk VH	18.32	F
123	Christopher Hartles	EAC	18.36	M
124	James Breen	Hamilton H	18.38	MV40
125	Daniel Newman	Fife AC	18.41	MV40
126	Alan Moffat	Lothian RC	18.41	M
127	Jocelyn Payne	u/a	18.44	F
128	Amy Frankland	Lasswade AC	18.44	!st FU20 SA champ
129	Daniel Monaghan	u/a	18.47	M
130	Claire Ward	HBT	18.47	F
131	Kirsten Maxwell	Ed Uni Hare & Hounds	18.50	F
132	Barry Davie	Carnegie H	18.50	M
133	Tony Martin	Fife AC	18.50	!st MV60
134	Alan Cameron	Corstorphine AAC	18.52	MV40
135	Kenny Gray	Falkirk VH	18.52	M
136	Sarah Louise MacIsaac	HBT	18.55	F
137	Jessica Martin	Kilbarchan AAC	18.55	F
138	Gerry McArdle	Linlithgow AC	18.58	MV40
139	Neil MacLachlan	Pitreavie AC	18.58	M
140	Graeme Rae	Edinburgh Tri Club	19.01	MV40
141	Alistair Hindle	HBT	19.01	MV40
142	Lyndsay Fraser	EAC	19.01	F
143	Susan Ridley	EAC	19.04	FV40
144	Gordon Appelby	Central AC	19.11	M
145	Christopher Creegan	EAC	19.17	MV50
146	John Hynd	Carnegie H	19.17	MV50

147	Bryce Aitken	Fife AC	19.20	MV50
148	Bobby Scully	HBT	19.20	M
149	Don Myles	Falkirk VH	19.20	MV40
150	Stuart Mackay	Carnegie H	19.22	M
151	Craig Stewart	Harmeny AC	19.24	MV40
152	Alana Levy	Ed Uni Hare & Hounds	19.26	F
153	Martin Twigg	HBT	19.26	MV40
154	Peter Jardine	Victoria Park	19.30	MV40
155	Alan Gibson	u/a	19.30	MV50
156	Caitlin Hendry	RH Cambuslang H	19.33	F
157	Ailsa Cruickshanks	Fife AC	19.35	F
158	Yana Thandrayen	Portobello RC	19.35	FV40
159	Yvonne Crilly	Livingston & District	19.35	1st FV50
160	Barry McComish	Falkirk VH	19.37	M
161	Gary Barker	Fife AC	19.41	MV50
162	David Matthews	HBT	19.41	M
163	Scott Balfour	Lothian RC	19.44	MV60
164	Rachel Smirthwaite	HBT	19.44	F
165	Callum Douglas	Falkirk VH	19.46	M
166	Louise BEVERIDGE	Dundee HH	19.50	F
167	Amelia Lloyd	HBT	19.52	F
168	Graeme Wilson	Wee County	19.54	MV50
169	Jennifer Kibble	Fife AC	19.55	F
170	Lorna Kennedy	Falkirk VH	19.55	F
171	David Hope-Jones	HBT	19.58	M
172	Angela Howe	Fife AC	20.00	FV40
173	Scott Love	u/a	20.00	M
174	Simon Barlow	Central AC	20.03	MV40
175	Keziah Higgins	Harmeny AC	20.04	F
176	Michael Geddes	u/a	20.08	M

177	Gavin Calder	Edinburgh Tri Club	20.08	MV40
178	Johnathan Guild	u/a	20.08	M
179	Hannah Devey	u/a	20.08	F
180	Jocelyn Moar	Lothian RC	20.08	F
181	Gavn Liddle	u/a	20.09	MV40
182	Matthew Newnham	EAC	20.13	MV50
183	Chris Ross	u/a	20.15	MV40
184	Kirsten Cameron	Edinburgh Tri Club	20.17	F
185	Isla Mackay	Ed Uni Hare & Hounds	20.22	2nd FU20 SA champ
186	Ann Peat	EAC	20.22	FV40
187	Sarah King	Ed Uni Hare & Hounds	20.31	3rd FU20 SA champ
188	Patricia Milne	Central AC	20.33	FV50
189	Phil Terras	Run4it	20.34	M
190	Mitch McCreadie	Fife AC	20.35	MV60
191	Stephen Malcolm	Lothian RC	20.38	MV40
192	Sinead O'Malley	HBT	20.40	F
193	Jan Stevenson	Falkirk VH	20.40	1st FV60
194	Mary Senior	Bellahouston RR	20.44	FV40
195	Gary Love	Falkirk VH	20.46	M
196	John Martin	Falkirk VH	20.48	MV50
197	Kieran Morgan	Carnegie H	20.51	MV50
198	Duncan Baker	HBT	21.15	MV50
199	Jenni Owens	Portobello RC	21.17	F
200	Elise Methven	Anster Haddies	21.17	FV40
201	Carrie Craig	HBT	21.17	F
202	David Norrie	Fife AC	21.20	MV50
203	Steven Blair	Corstorphine AAC	21.20	MV40
204	Colin Wishart	Lothian RC	21.24	MV40
205	Neil Graham	Lothian RC	21.24	MV40
206	Ian Beattie	Portobello RC	21.24	MV40

207	Amy Jennings	HBT	21.26	F
208	Alan Forbes	Pitreavie AC	21.26	MV40
209	Graham McLean	Corstorphine AAC	21.29	MV50
210	Gavin McLennan	Metro Aberdeen	21.33	M
211	Raymond Milne	Central AC	21.43	MV50
212	Kirsten Turnbull	u/a	21.43	FJnr
213	Linda Kennedy	Bellahouston RR	21.43	FV40
214	Jim Alexander	Lothian RC	21.45	MV50
215	Nicola May	Scottish Prison Service	21.49	FV40
216	Paul Burnett	u/a	21.54	M
217	Mariusz Siewiera	u/a	21.54	M
218	Allan Armstrong	Edinburgh Running Net	21.58	M
219	Nicola Freedman	Pentland Tri Club	21.58	FV40
220	David Hamilton	Dundee HH	22.02	MV60
221	Allison Christie	Falkirk VH	22.02	FV40
222	Fiona Thomson	Falkirk VH	22.04	FV40
223	John Underwood	u/a	22.08	MV40
224	Andy Archer	u/a	22.10	MV50
225	Claire Brisbane	Central AC	22.10	F
226	Angus Charles Donald	u/a	22.13	MV40
227	Patrick Leask	Beacon Runners	22.20	MV40
228	James Baillie	Anster Haddies	22.20	MV50
229	Katherine Mitchell	Falkirk VH	22.23	FJnr
230	Margaret Martin	Fife AC	22.30	FV50
231	Mercy Kershner	u/a	22.30	F
232	Michael Allison	Falkirk VH	22.33	M
233	Caroline Lawless	Falkirk VH	22.33	FV50
234	Cameron Campbell	Central AC	22.33	Mv50
235	Seona Burnett	Harmeny AC	22.45	FV40
236	Brian Howie	EAC	22.47	MV60

237	Kevin Guy	Ackworth RR	22.53	MV40
238	David Bunyan	Falkirk VH	22.57	MV60
239	Daniel Kershaw	u/a	23.05	M
240	Abby White	HBT	23.08	F
241	Shelagh McLeish	Portobello RC	23.12	FV50
242	Alison Marven	Falkirk VH	23.17	F
243	Kenny Mearns	Lothian RC	23.23	MV50
244	Ian Hall	Lothian RC	23.25	MV50
245	Kenny Gunn-Russell	Run4it	23.41	MV50
246	Sandra Aitken	Fife AC	23.56	FV50
247	Michael Bissett	Pitreavie AC	24.00	MV40
248	John McGlynn	u/a	24.02	MV50
249	John Forker	Portobello RC	24.06	MV50
250	Keith Stewart	Harmeny AC	24.14	M
251	Colin Spivey	u/a	24.16	MV40
252	Katy Macdonald	u/a	24.38	F
253	Richard Heinser	u/a	24.45	MV60
254	Donald MacLeod	Pitreavie AC	24.47	MV50
255	Jean Jumelle	Carnethy HR	24.59	MV60
256	Archie Denny	u/a	25.21	MV40
257	Kenneth McLeod	Fife AC	25.26	M
258	Alan McLeod	Fife AC	25.26	MV60
259	Rosemary Lee	Fife AC	25.39	FV50
260	Piotr Bula	u/a	25.42	M
261	Eddie McDonald	Ferranti	26.00	MV60
262	Bethany Nelson	u/a	26.06	F
263	Ali McLaren	Carnegie H	26.30	MV40
264	Graham Bennison	Fife AC	26.44	MV60
265	Courtney Conyers	u/a	27.13	F
266	Scott Gingell	u/a	27.13	MV40

267	Jane Oliver	Deeside Runners	27.33	FV50
268	Tracey Cameron	Jog Scotland	28.56	FV40
269	John Lee	u/a	29.02	MV50
270	Kirsty McIntosh	u/a	30.27	FV40
271	Sheena Togher	u/a	32.46	FV40