

Scottish Road 5K Championships - Silverknowes 29/4/2015

Full Results at <http://cdn.runandbecome.com/cms/races/Self-Transcendence-5K-290415-V2.pdf>

Place	Name	Club	Gun Time	Chip Time	Category
1	CALLUM HAWKINS	KILBARCHAN AMATEUR ATHLETIC CL	14:17	14:19	M Sen
2	CRAIG RUDDY	INVERCLYDE ATHLETIC CLUB	14:41	14:43	M Sen
3	TEWODLE MENGISTEAB	SHETTLESTON HARRIERS	14:44	14:48	M Sen
4	ALEXANDER HENDRY	CENTRAL AC	14:48	14:50	M Sen
5	ALASTAIR HAY	CENTRAL AC	14:49	14:51	M Sen
6	MURRAY STRAIN	HUNTERS BOG TROTTERS	14:51	14:53	M Sen
7	JONATHAN GLEN	INVERCLYDE ATHLETIC CLUB	14:52	14:54	M U20
8	CAMERON MILNE	CENTRAL AC	14:53	14:55	M Sen
9	SCOTT MCDONALD	CENTRAL AC	14:58	14:57	M Sen
10	BRYAN MACKIE	EDINBURGH ATHLETIC CLUB	15:07		M Sen
11	DOUGIE SELMAN	CORSTORPHINE AAC	15:07		M Sen
12	RYAN BEATTIE	FALKIRK VICTORIA HARRIERS	15:11	15:13	M Sen
13	CALUM MCKENZIE	CORSTORPHINE AAC	15:14	15:17	M Sen
14	ROBERT GILROY	RONHILL CAMBUSLANG HARRIERS	15:17	15:19	M Sen
15	ANDREW LAWLER	EDINBURGH ATHLETIC CLUB	15:18	15:21	M U20
16	STUART GIBSON	RONHILL CAMBUSLANG HARRIERS	15:19	15:21	M Sen
17	ALISTAIR CAMPBELL	RONHILL CAMBUSLANG HARRIERS	15:22	15:26	M Sen
18	KENNY WILSON	MORAY ROAD RUNNERS	15:24	15:27	M Sen
19	PAUL SORRIE	SHETTLESTON HARRIERS	15:25	15:27	M Sen
20	MARK POLLARD	INVERCLYDE ATHLETIC CLUB	15:27	15:29	M Sen
21	BOBBY BRISTOW	RONHILL CAMBUSLANG HARRIERS	15:28	15:30	M Sen
22	KERRY-LIAM WILSON	RONHILL CAMBUSLANG HARRIERS	15:29	15:31	M40
23	MAX MCNEILL	LOTHIAN RUNNING CLUB	15:31	15:34	M Sen
24	DONALD MACAULAY	CORSTORPHINE AAC	15:31		M Sen
25	ALAN HUNTRIDGE	HARMENY ATHLETIC CLUB	15:35	15:37	M Sen

26	CRAIG JARDINE	VICTORIA PARK CITY OF GLASGOW	15:36	15:38	M U20
27	JAMIE CROWE	CENTRAL AC	15:46	15:48	M U20
28	SCOTT PILKINGTON	CORSTORPHINE AAC	15:49	15:51	M Sen
29	DARRELL HASTIE	GALA HARRIERS	15:51	15:53	M Sen
30	HECTOR HAINES	HUNTERS BOG TROTTERS	15:51	15:53	M Sen
31	CAMERON HARRIS	CENTRAL AC	15:55	15:57	M U20
32	MICHAEL GILLESPIE	SHETTLESTON HARRIERS	15:56	16:01	M Sen
33	STEPHEN WYLIE	RONHILL CAMBUSLANG HARRIERS	15:58	16:00	M40
34	JAMES ANGUS DONALD	DUNDEE HAWKHILL HARRIERS	15:59	16:01	M U17
35	RAY WARD	HUNTERS BOG TROTTERS	16:07	16:09	M Sen
36	JAMIE CLEMENTS	EAST KILBRIDE AC	16:08	16:12	M Sen
37	ANDY BUCHANAN	CALDERGLEN HARRIERS	16:09	16:11	M Sen
38	GRANT BOYNE	GLASGOW UNIVERSITY H AND H	16:09	16:12	M Sen
39	DUNCAN COOMBS	HUNTERS BOG TROTTERS	16:12	16:14	M Sen
40	STUART LIVINGSTONE	CORSTORPHINE AAC	16:22	16:24	M Sen
41	LOUIS O'HARE	KIRKINTILLOCH OLYMPIANS	16:23	16:25	M40
42	KENNETH CAMPBELL	CAMPBELTOWN RUNNING CLUB	16:23	16:25	M40
43	JOHN REDDING	LINLITHGOW AC	16:23	16:25	M Sen
44	GORDON CLARKE	CORSTORPHINE AAC	16:25	16:27	M40
45	SARAH INGLIS	LOTHIAN RUNNING CLUB	16:25	16:27	F Sen
46	RYAN GRAY	INVERCLYDE ATHLETIC CLUB	16:30	16:32	M U17
47	GORDON BARRIE	DUNDEE HAWKHILL HARRIERS	16:33	16:35	M40
48	STUART MILNE	METRO ABERDEEN RUNNING CLUB	16:36	16:39	M Sen
49	JOHN BROGAN	FALKIRK VICTORIA HARRIERS	16:39	16:41	M Sen
50	JOHN FERGUSSON	EAST KILBRIDE AC	16:39	16:41	M Sen
51	DAVID HALL	ROYAL AIR FORCE ATHLETICS ASSO	16:43	16:45	M Sen
52	JOSEPHINE MOULTRIE	VICTORIA PARK CITY OF GLASGOW	16:43	16:45	F Sen
53	BARRY GIBSON	METRO ABERDEEN RUNNING CLUB	16:44	16:46	M Sen
54	ALASTAIR BROCKIE	CORSTORPHINE AAC	16:45	16:47	M Sen

55	IAN LIFFEN	DUMFRIES RUNNING CLUB	16:46	16:48	M50
56	GRAHAM MCCABE	KIRKINTILLOCH OLYMPIANS	16:47	16:49	M40
57	GEORGE FOSTER	DUNDEE HAWKHILL HARRIERS	16:50	16:52	M Sen
58	STEPHEN COOKE	INVERCLYDE ATHLETIC CLUB	16:52	16:54	M Sen
59	MALCOLM LANG	LOTHIAN RUNNING CLUB	16:54	16:56	M Sen
60	STEPHEN ALLAN	KIRKINTILLOCH OLYMPIANS	16:56	16:57	M40
61	DEAN WHITEFORD	LAUDERDALE LIMPERS	16:57	16:59	M Sen
62	JAMES HARRISON	CORSTORPHINE AAC	16:57	16:59	M Sen
63	STEPHIE PENNYCOOK	FIFE ATHLETIC CLUB	16:57	16:59	F U20
64	ANTHONY ADDISON	CORSTORPHINE AAC	16:58	17:00	M U17
65	RICHARD COCKBAIN	EDINBURGH ATHLETIC CLUB	16:58		M Sen
66	BRIAN DOUGLAS	BELLAHOUSTON HARRIERS	17:00	17:02	M40
67	CRAIG MCBURNEY	HUNTERS BOG TROTTERS	17:00	17:03	M40
68	CRAIG RENDLE	MOORFOOT RUNNERS	17:02	17:04	M Sen
69	WILLIAM TOWNSEND	HUNTERS BOG TROTTERS	17:02	17:04	M Sen
70	JENNY BANNERMAN	INVERNESS HARRIERS A A C	17:03	17:05	F Sen
71	MICHAEL FULLERTON	PORTOBELLO RUNNING CLUB	17:05	17:07	M40
72	CHARLES THOMSON	RONHILL CAMBUSLANG HARRIERS	17:05	17:07	M40
73	TOM WILSON	CORSTORPHINE AAC	17:05	17:07	M Sen
74	PETER MACKIE	SHETTLESTON HARRIERS	17:07		Sen
75	DAVID TAMBURINI	GREENOCK GLENPARK HARRIERS	17:08	17:10	M40
76	MICHAEL MCQUAID	FALKIRK VICTORIA HARRIERS	17:08	17:10	M50
77	ALAN HUME	CENTRAL AC	17:09	17:11	M Sen
78	GEORGE KO	UNIVERSITY OF ST ANDREWS CROSS	17:10	17:12	M Sen
79	ROSS GRAY	INVERCLYDE ATHLETIC CLUB	17:11	17:13	M U20
80	ANDREW MITCHELL	LIVINGSTON AND DISTRICT AAC	17:12	17:14	M U20
81	JACK HEATHWOOD	BELLAHOUSTON HARRIERS	17:12	17:14	M U17
82	DARRAN BARTON		17:12	17:14	M Sen
83	DARREN MCQUADE	BELLAHOUSTON HARRIERS	17:16	17:18	M Sen

84	REBECCA BURNS	PITREAVIE AAC	17:18	17:20	F Sen
85	BRIAN ROBERTSON	SHETTLESTON HARRIERS	17:20	17:22	M Sen
86	ROBERT MCLENNAN	GARSCUBE HARRIERS	17:20	17:23	M50
87	ANDREW SMITH	CARNEGIE HARRIERS	17:20	17:23	M Sen
88	IWAN SMITH	EDINBURGH UNIVERSITY H andH	17:22	17:24	M Sen
89	KATIE BRISTOW	RONHILL CAMBUSLANG HARRIERS	17:23	17:25	F Sen
90	RONAN MCKINSTRAY	FIFE ATHLETIC CLUB	17:23	17:26	M U20
91	EUAN CRAIG	KIRKINTILLOCH OLYMPIANS	17:24	17:26	M Sen
92	LUKE CHAMBERLAIN	GIFFNOCK NORTH AAC	17:25	17:27	M40
93	NEIL MACKAY		17:26	17:28	M40
94	PAUL KIERAN	CARNEGIE HARRIERS	17:26	17:28	M40
95	MHAIRI MACLENNAN	INVERNESS HARRIERS A A C	17:28	17:30	F U20
96	COLIN FEECHAN	RONHILL CAMBUSLANG HARRIERS	17:29	17:30	M50
97	DAVID SCOTT	KIRKINTILLOCH OLYMPIANS	17:29	17:30	M Sen
98	KARA TAIT	KILMARNOCK H & AC	17:29	17:32	F Sen
99	MICHEAL SWEENEY	HELENSBURGH	17:29		M Sen
100	SAM MACNEIL	MOORFOOT RUNNERS	17:30	17:32	M U20
101	MHAIRI DUFF	DUMFRIES RUNNING CLUB	17:32	17:34	F Sen
102	NIAL CAMPBELL	DUMFRIES RUNNING CLUB	17:34	17:37	M Sen
103	GAVINGAVIN SMITH	HUNTERS BOG TROTTERS	17:36	17:37	M Sen
104	ANDREW KING	LOTHIAN RUNNING CLUB	17:37	17:38	M Sen
105	MIKE ANDERSON	CORSTORPHINE AAC	17:37	17:39	M40
106	NEIL CAMERON	CENTRAL AC	17:37	17:39	M40
107	MADIS OSJAMETS	EDINBURGH ATHLETIC CLUB	17:37	17:41	M Sen
108	HOWARD ELLIOTT	KIRKINTILLOCH OLYMPIANS	17:37	17:40	M40
109	IAIN MACDONALD	EDINBURGH ATHLETIC CLUB	17:38	17:40	M Sen
110	RACHAEL DUNN	EDINBURGH ATHLETIC CLUB	17:38	17:41	F U20
111	WAYNE MCINTOSH	GALA HARRIERS	17:39	17:42	M40
112	DARIN DOUGAL	MOORFOOT RUNNERS	17:41	17:43	M40

113	JOHN MCMANUS	GARSCUBE HARRIERS	17:41	17:43	M Sen
114	LESLEY CHISHOLM	GARSCUBE HARRIERS	17:42	17:44	F40
115	ANNABEL SIMPSON	FIFE ATHLETIC CLUB	17:44	17:46	F U20
115	ALEX LEUTCHFORD	EDINBURGH UNIVERSITY H and H	17:44	17:48	M Sen
116	EDEL MOONEY	LOTHIAN RUNNING CLUB	17:45	17:47	F40
117	JON HOLLINGDALE	FORRES HARRIERS	17:47	17:50	M50
118	KEVIN SCHENK	FORRES HARRIERS	17:47	17:50	M Sen
119	STUART MACKAY	CARNEGIE HARRIERS	17:48	17:50	M Sen
120	CRAIG allan	KIRKINTILLOCH OLYMPIANS	17:48	17:50	M Sen
121	MICHELLE SANDISON	SPRINGBURN HARRIERS	17:49	17:51	F Sen
122	LIAM SLEIGH	FIFE ATHLETIC CLUB	17:49	17:51	M U20
123	NIAL WALKER	EAST KILBRIDE AC	17:49	17:51	M Sen
124	IAN LOGAN	LINLITHGOW AC	17:50	17:52	M Sen
125	OWAIN WILLIAMS	EDINBURGH ATHLETIC CLUB	17:50	17:52	M Sen
126	LEE MCINTOSH	ARMY - 3 RIFLES	17:50	17:52	M Sen
127	DAVID MATTHEWS	HUNTERS BOG TROTTERS	17:50	17:53	M Sen
128	RACHEL HAINES	HUNTERS BOG TROTTERS	17:51	17:53	F Sen
129	TONY MCCUTCHEON	RONHILL CAMBUSLANG HARRIERS	17:51	17:54	M40
130	ANDREW COX	MOORFOOT RUNNERS	17:52	17:54	M Sen
131	PETER GALLANAGH	UNATTACHED	17:53		M40
132	LAUREN WILSON	GLASGOW UNIVERSITY H AND H	17:54	17:55	F Sen
133	ANGELA RICHARDSON	ST ANDREWS	17:54	17:56	F Sen
134	DANIEL LYNCH	UNIVERSITY OF ST ANDREWS CROSS	17:55	17:57	M U20
135	MEGAN DAVIDSON	FALKIRK VICTORIA HARRIERS	17:55	17:57	F Sen
136	DAVID MARSHALL	LINLITHGOW AC	17:56	17:59	M Sen
137	STEVEN PETERS	DUNDEE ROAD RUNNERS AC	17:59	18:01	M Sen
138	IAIN MORRISON	BELLAHOUSTON HARRIERS	18:00	18:02	M50
139	JAMES HEALY	RONHILL CAMBUSLANG HARRIERS	18:03	18:05	M40
140	LAURA DUNN	EDINBURGH ATHLETIC CLUB	18:07	18:09	F Sen

141	KIRSTIN MAXWELL	GALA HARRIERS	18:08	18:10	F Sen
142	AIDAN CAMERON	CENTRAL AC	18:10	18:12	M U20
143	MICHAEL HEALY		18:10	18:12	M Sen
144	JUAN CODERCH	FIFE ATHLETIC CLUB	18:13	18:15	M50
145	DONALD SHAW	CENTRAL AC	18:13	18:17	M40
146	CAROLE SETCHELL	SHETTLESTON HARRIERS	18:14	18:16	F Sen
147	CHRISTOPHER O'BRIEN	CORSTORPHINE AAC	18:14	18:17	M Sen
148	PAUL O'HARE	KIRKINTILLOCH OLYMPIANS	18:16	18:18	M40
149	CRAIG LAMONT	BELLAHOUSTON HARRIERS	18:18	18:20	M Sen
150	MICHAEL GRANT	HUNTERS BOG TROTTERS	18:19	18:21	M Sen
151	EVE MACKINNON	RONHILL CAMBUSLANG HARRIERS	18:19	18:21	F U20
152	BRUCE MALCOLM	CORSTORPHINE AAC	18:20	18:22	M50
153	TONY MARTIN	FALKLAND TRAIL RUNNERS	18:21	18:22	M60
154	ANDREW MCGLONE	LASSWADE ATHLETICS CLUB	18:21	18:23	M40
155	JOHN CASSELLS	CARNEGIE HARRIERS	18:21	18:23	M40
156	HENRY MERRIWEATHER	BELLAHOUSTON ROAD RUNNERS	18:23	18:25	M40
157	MATTHEW PORTEOUS	UNATTACHED	18:23	18:27	M Sen
158	ALAN MOFFAT	LOTHIAN RUNNING CLUB	18:24	18:26	M Sen
159	MALCOLM PARRY	EDINBURGH ATHLETIC CLUB	18:25	18:26	M40
160	KEVIN MCCAIG	DUMFRIES RUNNING CLUB	18:25	18:27	M50
161	DAVID FRASER	EDINBURGH RC	18:26	18:28	M40
162	SCOTT MCDONALD	MOORFOOT RUNNERS	18:30	18:32	M40
163	JAMES DRUMMOND		18:32	18:34	M Sen
164	GARY MORRISON	UNATTACHED	18:35		Sen
165	DANIEL NEWMAN	FIFE ATHLETIC CLUB	18:36	18:38	M40
166	BRENT BRODIE	BELLAHOUSTON HARRIERS	18:36	18:38	M40
167	STEPHEN TODD		18:36	18:38	M40
168	JOHN MURRAY	GARSCUBE HARRIERS	18:38	18:40	M40
169	ANDREW MCNAIR	PITREAVIE AAC	18:39	18:41	M U17

170	ROBIN MUSSETT	CENTRAL AC	18:40		M50
171	ALEXANDER CHISHOLM	GARSCUBE HARRIERS	18:40	18:43	M50
172	BRIAN LEES	FALKIRK VICTORIA HARRIERS	18:42	18:46	M50
173	DANIEL CLEMENTS	HUNTERS BOG TROTTERS	18:43		M Sen
174	GILLIAN SANGSTER	DUNDEE ROAD RUNNERS AC	18:44	18:46	F40
175	ALISON MCGILL	FIFE ATHLETIC CLUB	18:44	18:47	F Sen
176	RAYMOND DUFF		18:45	18:47	M40
177	BRYAN INNES	FALKLAND TRAIL RUNNERS	18:45	18:48	M Sen
178	RYAN GEORGE DONALD	DUNDEE HAWKHILL HARRIERS	18:46	18:48	M U17
179	ALEXANDRA LAMOND	RONHILL CAMBUSLANG HARRIERS	18:47	18:50	F Sen
180	JOHN HYND	CARNEGIE HARRIERS	18:50	18:52	M50
181	IAIN CRAVEN	EDINBURGH ATHLETIC CLUB	18:50	18:52	M Sen
182	GERRY MCARDLE	LINLITHGOW AC	18:52	18:54	M40
183	DOUG MACDONALD	LASSWADE ATHLETICS CLUB	18:53	18:56	M Sen
184	GORDON APPELBE	CENTRAL AC	18:55	18:57	M Sen
185	HILARY MCGRATH	LAW & DISTRICT AAC	18:55	18:57	F50
186	STEVEN HONEYMAN	CARNEGIE HARRIERS	18:55	18:58	M Sen
187	MARK GALLACHER	MOTHERWELL AC	18:57	18:59	M40
188	BRIAN O'DONNELL	BELLAHOUSTON ROAD RUNNERS	18:58	19:00	M Sen
189	SCOTT LOVE	CARNEGIE HARRIERS	19:03	19:05	M Sen
190	PETER JARDINE	VICTORIA PARK CITY OF GLASGOW	19:06	19:08	M40
191	CRAIG STEWART	HARMENY ATHLETIC CLUB	19:06	19:09	M40
192	ANDREW LATHAM	EDINBURGH ATHLETIC CLUB	19:07	19:09	M40
193	ANTONY HENRY		19:07	19:09	M Sen
194	SIMON HARRISON	HUNTERS BOG TROTTERS	19:10	19:12	M Sen
195	MICHAL SROKA	LINLITHGOW AC	19:13	19:15	M Sen
196	PABLO GONZALEZ BAIDEZ		19:15	19:17	M Sen
197	BARRY MCCOMISH	FALKIRK VICTORIA HARRIERS	19:15	19:17	M Sen
198	SCOTT NELSON	LOTHIAN RUNNING CLUB	19:19	19:20	M40

199	ROBERT HUTCHISON	CENTRAL AC	19:20	19:22	M50
200	CHLOE SIMPSON	INVERCLYDE ATHLETIC CLUB	19:22	19:26	F U20
201	JOHN MILL	DUNDEE ROAD RUNNERS AC	19:23	19:25	M50
202	ROBERT TAYLOR	METRO ABERDEEN RUNNING CLUB	19:24	19:26	M50
203	SARAH LAVERTY	GLASGOW UNIVERSITY H AND H	19:25	19:27	F U20
204	ALAN GIBSON	UNATTACHED	19:25	19:28	M50
205	LANA TURNBULL	LOTHIAN RUNNING CLUB	19:29	19:32	F Sen
206	ANDREW LAIRD	EDINBURGH ATHLETIC CLUB	19:30	19:32	M40
207	CRAIG MACKAY	HARMENY ATHLETIC CLUB	19:30	19:32	M Sen
208	PETER MCCLELLAND	HUNTERS BOG TROTTERS	19:31	19:33	M Sen
209	MALCOLM FINLAYSON	FALKIRK VICTORIA HARRIERS	19:31	19:33	M40
210	CHARLENE MCCALLUM	SHETTLESTON HARRIERS	19:33	19:35	F Sen
211	DEREK HOUSTON	DOUBLE D RACING	19:34	19:36	M Sen
212	HANNAH WAUGH	EDINBURGH ATHLETIC CLUB	19:39	19:40	F Sen
213	GAVIN MCLENNAN	METRO ABERDEEN RUNNING CLUB	19:41	19:43	M Sen
214	DUNCAN NG	GLASGOW UNIVERSITY H AND H	19:45		M Sen
215	MHAIRI INGLIS	LOTHIAN RUNNING CLUB	19:47	19:49	F Sen
216	GARY BARKER	FIFE ATHLETIC CLUB	19:49	19:51	M50
217	IAN ROBERT JOHNSTON	CARNEGIE HARRIERS	19:50	19:52	M50
218	MICHAEL FINDLAY	CORSTORPHINE AAC	19:51	19:52	M Sen
219	KRISTIN LOWNIE	CARNEGIE HARRIERS	19:51	19:52	F Sen
220	CALUM ROSS	LOTHIAN RUNNING CLUB	19:51	19:53	M50
221	AILSA CRUICKSHANKS	FIFE ATHLETIC CLUB	19:54	19:58	F U17
222	GAVINGVIN REID	METRO ABERDEEN RUNNING CLUB	19:56	19:58	M40
223	KENNETH HISLOP	CENTRAL AC	19:56	19:59	M Sen
224	BERNADETTE O'NEIL	BELLAHOUSTON HARRIERS	19:59	20:01	F40
225	JONATHAN MILLAR	CARNEGIE HARRIERS	19:59	19:59	M Sen
226	DEREK HANKINSON	FALKIRK VICTORIA HARRIERS	20:00	20:02	M Sen
227	CHRISTINE MILNE	LOTHIAN RUNNING CLUB	20:02	20:04	F40

228	MAIREAD KELLY	HUNTERS BOG TROTTERS	20:02	20:05	F Sen
229	VAN DINH		20:06	20:08	M
230	STEPHEN MCGEOUGH	BELLAHOUSTON HARRIERS	20:08	20:10	M Sen
231	MICHAEL BARNTON	EDINBURGH ATHLETIC CLUB	20:09	20:09	M40
232	LYNNE MCGILL	LINLITHGOW AC	20:11	20:14	F Sen
233	JILLIAN STEPHEN	HUNTERS BOG TROTTERS	20:15	20:18	F Sen
234	CHRIS ROSS		20:16	20:17	M50
235	GAIL MURDOCH	CARNEGIE HARRIERS	20:16	20:18	F40
236	STEVEN LAVERTY	HUNTERS BOG TROTTERS	20:21	20:23	M Sen
237	GRAEME GEMMELL	BELLAHOUSTON HARRIERS	20:22	20:23	M50
238	KIRSTEN CAMERON	EDINBURGH ATHLETIC CLUB	20:24	20:26	F Sen
239	MARTIN VEALE		20:28	20:30	M50
240	LILLIAN MACRUARY	CORSTORPHINE AAC	20:32	20:35	F40
241	MARTIN TWIGG	HUNTERS BOG TROTTERS	20:33	20:35	M40
242	JANETTE STEVENSON	FALKIRK VICTORIA HARRIERS	20:34	20:36	F60
243	KAREN DOBBIE	EDINBURGH ATHLETIC CLUB	20:38	20:40	F40
244	CHRISTOPHER DOAK	BELLAHOUSTON ROAD RUNNERS	20:40	20:42	M Sen
245	PATRICIA MILNE	CENTRAL AC	20:40		F40
246	ALLAN BRANNIGAN	CARNEGIE HARRIERS	20:43	20:45	M50
247	MATTHEW NEWNHAM	EDINBURGH ATHLETIC CLUB	20:46	20:48	M50
248	MIKEY BORTHWICK		20:48	20:50	M Sen
249	MALCOLM WILKINSON	HUNTERS BOG TROTTERS	20:49	20:51	M Sen
250	MALCOLM SMITH	CARNEGIE HARRIERS	20:54	20:56	M50
251	KATHERINE GOLDING	HUNTERS BOG TROTTERS	20:56	20:58	F Sen
252	JOHN OCONNOR	CARNEGIE HARRIERS	20:58	21:00	M50
253	MELANIE SINCLAIR	CARNEGIE HARRIERS	21:01	21:03	F40
254	STEVEN BLAIR	CORSTORPHINE AAC	21:02	21:04	M50
255	CARRIE CRAIG	HUNTERS BOG TROTTERS	21:02	21:06	F Sen
256	DUNCAN BAKER	HUNTERS BOG TROTTERS	21:09	21:11	M50

257	ERICA CHRISTIE	BELLAHOUSTON HARRIERS	21:22	21:24	F50
258	MICHAEL GARDENER		21:23	21:25	M Sen
259	PETER BLACK		21:29	21:31	M Sen
260	RYAN GLASGOW		21:29	21:31	M Sen
261	MARTIN FRANO	UNATTACHED	21:32		M Sen
262	KEITH WESTON	FERRANTI AAC	21:32	21:34	M60
263	ANDREW ANDERSON		21:33	21:35	M Sen
264	CRAIG LUMSDAINE		21:34	21:37	M40
265	JOHN DENHOLM	FALKIRK VICTORIA HARRIERS	21:35	21:37	M60
266	IAN CAMPBELL	HUNTERS BOG TROTTERS	21:37	21:39	M40
267	ANGUS CHARL DSONALD	DUNDEE HAWKHILL HARRIERS	21:48	21:50	M40
268	ALLISON CHRISTIE	FALKIRK VICTORIA HARRIERS	21:49	21:51	F40
269	CALUM MACKINNON		22:01	22:03	M Sen
270	JIM ALEXANDER	LOTHIAN RUNNING CLUB	22:04	22:06	M50
271	DOUGLAS NEILSON		22:05	22:07	M40
272	COLIN WISHART	LOTHIAN RUNNING CLUB	22:10	22:12	M40
273	STEWART CHRISTIE	FALKIRK VICTORIA HARRIERS	22:10	22:12	M40
274	RAYMOND MILNE	CENTRAL AC	22:12	22:14	M50
275	MAC RHIND		22:13	22:15	M U17
276	MOLLY PACE	UNIVERSITY OF ST ANDREWS CROSS	22:14	22:16	F Sen
277	BARRY DAVIE	CARNEGIE HARRIERS	22:18	22:21	M Sen
278	KEITH HOWISON	GREEN LINES	22:30	22:32	M40
279	HAYLEY MCCRORIE	BELLAHOUSTON ROAD RUNNERS	22:31	22:34	F Sen
280	ANDY ARCHER		22:38	22:40	M50
281	BRIAN HOWIE	EDINBURGH ATHLETIC CLUB	22:38	22:40	M60
282	MICHAEL BISSET	CARNEGIE HARRIERS	22:44	22:46	M40
283	JOHN UNDERWOOD		22:46	22:48	M50
284	IAIN BURKE	BELLAHOUSTON HARRIERS	22:49	22:51	M60
285	STEVEN GEORGE		22:50	22:51	M Sen

286	MORNA FLEMING	CARNEGIE HARRIERS	22:54	22:55	F60
287	RACHEL DRUMMOND	LOTHIAN AND BORDERS POLICE AC	22:58	22:59	F Sen
288	MARC GIAMBLANCO		22:59	23:00	M Sen
289	MAGGIE SADLER	UNIVERSITY OF ST ANDREWS CROSS	23:02	23:04	F Sen
290	RICHARD WEBB		23:03	23:05	M Sen
291	MONICA ANDERSON	FALKIRK VICTORIA HARRIERS	23:04	23:06	F40
292	DAVID SAUNDERS	CARNEGIE HARRIERS	23:08	23:10	M50
293	MOIRA NICOL	HARMENY ATHLETIC CLUB	23:12	23:14	F50
294	KEITH STEWART		23:15	23:16	M Sen
295	KIMBERLEY TIMMINS	UNIVERSITY OF ST ANDREWS CROSS	23:24	23:26	F Sen
296	ARISTIDES KIPRAKIS		23:33	23:34	M Sen
297	KATRIN MCDONALD	JOG PEEBLES	23:39	23:41	F Sen
298	JOHN DEVLIN		23:43	23:44	M50
299	MHAIRI SIMPSON		23:50	23:52	F40
300	DAVID SMITH		23:53	23:54	M40
301	MICHAEL ALLISON	FALKIRK VICTORIA HARRIERS	23:57	23:58	M Sen
302	BILL DUFF	CARNEGIE HARRIERS	24:05	24:07	M60
303	JOHN MCGLYNN	UNATTACHED	24:11	24:13	M60
304	TOM KEENAN	BELLAHOUSTON HARRIERS	24:15	24:17	M60
305	DAWN BELL	DOUBLE D RACING	24:42	24:44	F Sen
306	JAMES HEATHERILL		24:50	24:52	M Sen
307	JOHN SMITH	HARMENY ATHLETIC CLUB	24:53	24:55	M50
308	FIONNA OGILVIE		24:54	24:56	F Sen
309	KAREN FORSYTH	CARNEGIE HARRIERS	25:10	25:12	F Sen
310	DAVID BUNYAN	FALKIRK VICTORIA HARRIERS	25:10	25:12	M60
311	SHIONA MCCALLUM		25:23	25:25	F Sen
312	JOYCE DONALD	DUNDEE HAWKHILL HARRIERS	25:41	25:43	F40
313	COLIN STEWART	SHETTLESTON HARRIERS	25:44	25:46	M40
314	ALISON CURRY	CENTRAL AC	25:57	25:59	F40

315	CAROL KEENAN	BELLAHOUSTON HARRIERS	26:08	26:10	F50
316	JOHN SOFTLEY	BELLAHOUSTON HARRIERS	26:11	26:13	M60
317	IAN HALL	EDINBURGH ATHLETIC CLUB	26:14	26:17	M50
318	ELIZABETH HUGILL	HUNTERS BOG TROTTERS	26:17	26:20	F Sen
319	JOHN HERON	RUN 4 IT RUN CLUB	26:32	26:34	M50
320	ZOE KEMP	HUNTERS BOG TROTTERS	26:49	26:52	F40
321	KATA TAR	HUNTERS BOG TROTTERS	26:49	26:54	F Sen
322	FREYA MCSHANE		27:12	27:14	F Sen
323	GRAHAM BENNISON	FIFE ATHLETIC CLUB	27:16	27:18	M60
324	JULIE SPENCE		30:22	30:24	F Sen
325	DANIELA COUTO		30:46	30:48	F Sen
326	SUZANNE EBEL	HUNTERS BOG TROTTERS	31:08	31:10	F40
327	JOHN GAVIN	FERRANTI AAC	33:52	33:52	M60