

Scottish Road 5K Championships - Silverknowes - 4/5/2018
Full Results at <https://www.stuweb.co.uk/race/1SO>

Women

Pos	Name	Cat	Club	Chip	Gun
1	Annabel Simpson	SEN	Fife Athletic Club	16:25	16:26
2	Jenny Bannerman	SEN	Inverness Harriers	16:48	16:49
3	Jo Williams	SEN	Lothian Running Club	16:55	16:57
4	Anna Macfadyen	U20	Edinburgh University Hare and Hounds	17:01	17:04
5	Cera Gemmell	U17	Team East Lothian AC	17:04	17:05
6	Ella Revitt	U20	Edinburgh Athletics Club	17:07	17:10
7	Amy Frankland	SEN	Edinburgh University Hare and Hounds	17:14	17:18
8	MICHELLE Sandison	SEN	Springburn Harriers	17:16	17:18
9	Rebecca Johnson	SEN	Edinburgh University Hare and Hounds	17:16	17:20
10	Katie Bristow	SEN	Cambuslang Harriers	17:20	17:22
11	Elsbeth Curran	SEN	Kilbarchan AAC	17:23	17:24
12	Lauren Wilson	SEN	Edinburgh Athletics Club	17:21	17:26
13	Tessa Strain	SEN	Hunters Bog Trotters	17:23	17:27
14	Claire Moffett	SEN	Falkirk Victoria Harriers	17:24	17:28
15	Kayleigh Jarrrtt	SEN	METRO ABERDEEN RUNNING CLUB	17:31	17:32
16	Jenny Selman	SEN	Fife Athletic Club	17:35	17:39
17	Claire Bruce	SEN	METRO ABERDEEN RUNNING CLUB	17:48	17:50
18	Halina Rees	SEN	Fife Athletic Club	18:01	18:04
19	Natalie Stewart	SEN	Central Athletic Club	18:10	18:15
20	Emma Jackson	SEN	Lothian Running Club	18:24	18:29
21	Katrina Ballantyne	SEN	Glasgow University Hares And Hounds	18:24	18:32
22	Jennifer Martin	SEN	Campbeltown Running Club	18:28	18:33
23	Debbie Greig	SEN	METRO ABERDEEN RUNNING CLUB	18:31	18:33
24	Zoe Pflug	U20	Gala Harriers	18:28	18:36
25	Heather Addison	U20	East Kilbride Athletics Club	18:34	18:40
26	Megan Wright	V40	Hunters Bog Trotters	18:36	18:43
27	Jennifer H.D Forbes	V40	Gala Harriers	18:40	18:49
28	Karen Kennedy	V40	PH racing club	18:46	18:51
29	Rhiannon Kirk	U20	Edinburgh University Hare and Hounds	18:46	18:51
30	LOUISE Ross	V40	BELLAHOUSTON ROAD RUNNERS	18:48	18:59
31	Jessica Macleod	U17	CORSTORPHINE AAC	18:53	19:00
32	Isla Scott-pearce	SEN	Edinburgh Athletics Club	18:53	19:02
33	Nikki Gibson	SEN	Edinburgh Athletics Club	18:57	19:04
34	Claire Thompson	V40	Victoria Park City of Glasgow	19:03	19:10
35	Morgan Blevins	SEN	Edinburgh University Hare and Hounds	19:06	19:12
36	Claire Ward	V40	Hunters Bog Trotters	19:05	19:12
37	Jacqueline Rainger	V40	Edinburgh Athletics Club	19:08	19:17
38	Clare Hughes	SEN	Motherwell AC	19:16	19:20
39	Jill Bonthron	SEN	METRO ABERDEEN RUNNING CLUB	19:17	19:23

40	Lyndsey Fraser	V40	Edinburgh Athletics Club	19:16	19:26
41	Jennifer Cruickshanks	SEN	Fife Athletic Club	19:16	19:27
42	YVONNE Crilly	V50	Lothian Running Club	19:23	19:33
43	Tara Donnelly	V40		19:23	19:37
44	Jennifer Glass	U20	Edinburgh University Hare and Hounds	19:30	19:38
45	Megan Davidson	SEN		19:41	19:47
46	Grace Mackenzie	SEN	PORTOBELLO RUNNING CLUB	19:50	19:54
47	Hannah Morrison	U20	Edinburgh University Hare and Hounds	19:45	19:54
48	Kathleen Dempsey	SEN	Edinburgh Athletics Club	19:53	19:58
49	Mel Zobel	SEN	Lothian Running Club	19:51	20:01
50	Mairead Mcmanus	SEN	Hunters Bog Trotters	19:53	20:03
51	Jessica Husbands	SEN	Hunters Bog Trotters	19:57	20:06
52	Karen Simpson	SEN		19:52	20:09
53	Lydia Blythe	U20	Edinburgh University Hare and Hounds	20:05	20:14
54	Angela Sandilands	V40	carnegie Harriers	20:09	20:15
55	Julia Johnstone	V40	Gala Harriers	20:12	20:22
56	Zoe Nicholson	U17	Pitreavie AAC	20:18	20:23
57	Hannah Waugh	SEN	Edinburgh Athletics Club	20:18	20:27
58	Kerstin Hunter	SEN	METRO ABERDEEN RUNNING CLUB	20:20	20:29
59	Maddy Watson	SEN	Strathclyde University Harriers	20:21	20:29
60	Katie Sampson	SEN	Edinburgh Athletics Club	20:18	20:29
61	Polly Edwards	U20	Edinburgh University Hare and Hounds	20:26	20:35
62	Rhoen Fiutak	SEN	University of St. Andrews Cross Country	20:29	20:39
63	Karen Dobbie	V50	Edinburgh Athletics Club	20:31	20:41
64	Sarah Shanks	SEN	VALLEY STRIDERS AC	20:31	20:45
65	Katherine Golding	SEN	Hunters Bog Trotters	20:37	20:45
66	Isabelle Rayner	U20	Glasgow University Hares And Hounds	20:39	20:46
67	Isobel Burnett	V60	carnegie Harriers	20:44	20:50
68	Zoey Johnston	V40	Falkland Trail Runners	20:43	20:56
69	Roisin Therese Fulton	V40	Falkirk Victoria Harriers	20:52	21:00
70	Lucy Marshall	SEN	HARMENY AC	20:51	21:01
71	ALISON Wood	SEN	GARSCUBE HARRIERS	21:05	21:18
72	Emma Laverie	SEN	Edinburgh Athletics Club	21:15	21:25
73	Mel Ellis	SEN	Tweed striders	21:15	21:33
74	Lesley Mcardle	SEN	Cambuslang Harriers	21:24	21:35
75	Gabi Frank	U20	University of St. Andrews Cross Country	21:24	21:38
76	Eilidh Macquarrie	SEN	Edinburgh University Hare and Hounds	21:29	21:39
77	Lauren Sallade	SEN	Edinburgh University Hare and Hounds	21:31	21:41
78	Leanne Calder	SEN	Edinburgh Athletics Club	21:48	21:54
79	Fiona Jan Macfarlane	SEN	Falkirk Victoria Harriers	21:47	21:55
80	Georgia Freeman-mills	SEN	Edinburgh University Hare and Hounds	22:00	22:09
81	INNES Bracegirdle	V60	Fife Athletic Club	22:05	22:16
82	Harriet Allan	U20	University of St. Andrews Cross Country	22:07	22:17
83	Joyce Allardice	V50	Motherwell AC	22:08	22:18
84	Casey Thompson	SEN	GARSCUBE HARRIERS	22:03	22:19

85	Lauren Edward	SEN	Strathclyde University Harriers	22:17	22:28
86	Genevieve McMahon	SEN	Edinburgh University Hare and Hounds	22:19	22:28
87	Aileen Ross	V50	PORTOBELLO RUNNING CLUB	22:10	22:29
88	Tracey Lamont	V40	Motherwell AC	22:23	22:33
89	MORAG Casey	V40	GARSCUBE HARRIERS	22:18	22:34
90	Arianne Holland	U20	Edinburgh University Hare and Hounds	22:25	22:35
91	Kirsty Watson	SEN	Edinburgh Athletics Club	22:30	22:48
92	Laura Hughes	SEN	PORTOBELLO RUNNING CLUB	22:32	22:51
93	Lorna Simpson	V40	Linlithgow Athletic Club	22:33	22:53
94	Alicia Miller	SEN	Strathclyde University Harriers	22:50	23:00
95	Lucy Cameron	U20		23:11	23:22
96	Margaret McLaren	V60	Fife Athletic Club	23:21	23:33
97	Alison Mcneillage	V40	Hunters Bog Trotters	23:20	23:34
98	Ailsa Barker	SEN	Stonehaven Running Club	23:17	23:35
99	Claire Mitchell	SEN	Edinburgh Athletics Club	23:19	23:37
100	GILLIAN McCaffery	V40	Motherwell AC	23:24	23:38
101	Fen Parry	V50	PORTOBELLO RUNNING CLUB	23:24	23:44
102	Hannah Pedone	U20	University of St. Andrews Cross Country	23:38	23:52
103	Sandra Aitken	V50	Fife Athletic Club	23:44	23:57
104	Cara McCafferty	U20	Shettleston Harriers	23:49	24:01
105	Mari Lawson	SEN		23:51	24:02
106	JOYCE Donald	V50	Dundee Hawkhill Harriers	23:57	24:13
107	Solmaz Eradat	SEN	Edinburgh Athletics Club	24:03	24:22
108	Kate McDonald	U17		24:10	24:24
109	Linette Knudsen	SEN	Edinburgh University Hare and Hounds	24:10	24:25
110	Penny Hicks	V50	Pitreavie AAC	24:08	24:25
111	Margaret Christina Newell	SEN	Law & District Aac	24:24	24:26
112	Ruth Saint	SEN	Edinburgh Athletics Club	24:09	24:27
113	Angela Malcolm	V40	Motherwell AC	24:35	24:49
114	Fionna Ogilvie	SEN	Hunters Bog Trotters	24:49	25:08
115	Rachel Stewart	SEN	Edinburgh University Hare and Hounds	25:07	25:22
116	Lisa Claire Hutton	SEN		25:09	25:28
117	Laura Finlay	SEN	Linlithgow Athletic Club	25:25	25:45
118	Lesley Jane Mealing	V40	PH racing club	26:16	26:27
119	Bethany Nelson	U20	Lothian Running Club	26:22	26:33
120	Gail Adams	V50	Pitreavie AAC	26:42	27:03
121	Jane Oliver	V50	Deeside Runners	26:55	27:15
122	Nicola Moriarty	V40	Pitreavie AAC	27:35	27:55
123	Lindsay Seywright	V50	CORSTORPHINE AAC	27:45	28:04
124	Nicola Freedman	V40	Pentland Triathletes	27:50	28:08
125	Diane Ring	V60	Jog Scotland Edinburgh	32:50	33:12
126	Claire Fairbairn	SEN	Pitreavie AAC	37:12	37:33
127	Lauren Blair	U17	Pitreavie AAC	46:03	46:11

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Men

Pos	Name	Cat	Club	Chip	Gun
1	Lachlan Oates	SEN	Shettleston Harriers	14:36	14:37
2	Logan Rees	SEN	Fife Athletic Club	14:38	14:38
3	Michael Christoforou	SEN	Edinburgh Athletics Club	14:40	14:40
4	Ewan Brown	SEN	CORSTORPHINE AAC	14:47	14:47
5	Tom Martyn	SEN	Hunters Bog Trotters	14:47	14:47
6	Calum Mckenzie	SEN	CORSTORPHINE AAC	14:51	14:51
7	Callum Symmons	SEN	Aberdeen AAC	15:07	15:07
8	Darrell Hastie	SEN	Gala Harriers	15:08	15:09
9	Jack Leitch	U20	Edinburgh University Hare and Hounds	15:08	15:09
10	Murray Strain	SEN	Hunters Bog Trotters	15:10	15:11
11	Stephen Mackay	SEN	Inverness Harriers	15:17	15:17
12	Scott Macaulay	SEN	Kilbarchan AAC	15:18	15:18
13	Jonathan Crickmore	SEN	Hunters Bog Trotters	15:18	15:18
14	NEIL Renault	SEN	Edinburgh Athletics Club	15:18	15:19
15	Gavyn Chalmers	SEN	Glasgow University Hares And Hounds	15:19	15:20
16	Kevan Harvey	SEN	Cambuslang Harriers	15:21	15:21
17	Jamie Mackinnon	U20	Cambuslang Harriers	15:21	15:22
18	Alex Carcas	U20	Edinburgh University Hare and Hounds	15:23	15:24
19	Andrew Rolland	U17		15:27	15:27
20	Morgan Mitchell	SEN	Fife Athletic Club	15:27	15:28
21	Gavin Smith	U20	Cambuslang Harriers	15:29	15:29
22	tristan Rees	U20	Fife Athletic Club	15:29	15:30
23	Simon Anetts	SEN	Fife Athletic Club	15:34	15:35
24	Cameron Watson	U17	Inverclyde Athletics Club	15:37	15:38
25	Stuart Livingstone	SEN	CORSTORPHINE AAC	15:37	15:39
26	Alastair Thurlbeck	SEN	Shettleston Harriers	15:38	15:40
27	James Wilson	SEN	Moray Road Runners	15:40	15:41
28	michael Carroll	V40	PERTH ROAD RUNNERS	15:39	15:41
29	Alistair Masson	SEN	Edinburgh University Hare and Hounds	15:40	15:41
30	Owen Miller	SEN	Fife Athletic Club	15:39	15:41
31	Murray Maclarty	SEN	Central Athletic Club	15:42	15:43
32	Fraser Logan	SEN	Central Athletic Club	15:42	15:43
33	Max Milarvie	U20	Edinburgh University Hare and Hounds	15:45	15:45
34	Ross Gray	U20	Inverclyde Athletics Club	15:46	15:46
35	Colin Reilly	SEN	Cambuslang Harriers	15:43	15:47
36	Kerry-Liam Wilson	V40	Cambuslang Harriers	15:48	15:49
37	Alistair Gudgin	SEN	Fife Athletic Club	15:48	15:49
38	Stephen Addison	U17	CORSTORPHINE AAC	15:48	15:50
39	Peter Moffett	SEN	Falkirk Victoria Harriers	15:49	15:51
40	Sam Fernando	U20	Fife Athletic Club	15:52	15:53
41	GORDON Robertson	SEN	Cambuslang Harriers	15:53	15:53

42	Richard Carr	SEN	Cambuslang Harriers	15:52	15:54
43	Moray Anderson	V40	CORSTORPHINE AAC	15:52	15:55
44	Leon Johnson	V40	Edinburgh Athletics Club	15:54	15:56
45	Jamie Clements	SEN	East Kilbride Athletics Club	15:55	15:57
46	Darran Muir	V40	Law & District Aac	15:57	15:58
47	Ben Macmillan	U17	Central Athletic Club	15:58	15:58
48	Gareth Jenkins	V40	Moray Road Runners	16:00	16:02
49	Gregor Malcolm	U20	FIFE AC	16:02	16:03
50	Robbie Kennedy	SEN	Lothian Running Club	16:01	16:04
51	David Brown	SEN	Lancaster & Morecambe AC	16:03	16:04
52	John Fergusson	SEN	East Kilbride Athletics Club	16:06	16:07
53	Eddie Narbett	U20		16:06	16:07
54	Thomas Berry	U20	GARSCUBE HARRIERS	16:07	16:08
55	Neil Wilson	SEN	Glasgow University Hares And Hounds	16:05	16:08
56	Lucas Cheskin	SEN	Shettleston Harriers	16:06	16:08
57	David Limmer	SEN	PORTOBELLO RUNNING CLUB	16:06	16:09
58	Stuart Johnston	SEN	Edinburgh Athletics Club	16:08	16:09
59	Allan Cameron	V40	Motherwell AC	16:09	16:10
60	James Gillon	U17	Law & District Aac	16:10	16:11
61	Alastair Brockie	SEN	CORSTORPHINE AAC	16:10	16:13
62	Callum Tharme	U20	Gala Harriers	16:06	16:14
63	Christopher Fife	SEN	Inverness Harriers	16:13	16:14
64	Darren Jubb	SEN	PH racing club	16:13	16:15
65	Myles Bax	SEN	PERTH ROAD RUNNERS	16:15	16:16
66	Ryan Donald	U17	Dundee Hawkhill Harriers	16:15	16:16
67	Vitalijs Brejevs	SEN	Glasgow University Hares And Hounds	16:13	16:16
68	Tim Morgan	SEN	Edinburgh University Hare and Hounds	16:15	16:17
69	Ryan Gray	U20	Inverclyde Athletics Club	16:18	16:18
70	Malcolm Thomas Lang	V40	Lothian Running Club	16:17	16:19
71	Ray Ward	V40	Hunters Bog Trotters	16:18	16:21
72	Fraser Kelly	U17	Team East Lothian AC	16:24	16:26
73	Jason Kelly	SEN	Stonehaven Running Club	16:23	16:26
74	Iain Macdonald	SEN	Edinburgh Athletics Club	16:23	16:26
75	Grant Baillie	SEN	East Kilbride Athletics Club	16:26	16:27
76	Michael Mcconnell	SEN	PERTH ROAD RUNNERS	16:26	16:28
77	Alex Luetchford	SEN	Hunters Bog Trotters	16:25	16:28
78	James Adam	U20	Dundee Hawkhill Harriers	16:26	16:29
79	daniel Stansfield	SEN		16:29	16:30
80	Peter Ross Fleming	V50	Cambuslang Harriers	16:31	16:32
81	Ewan Crawford	SEN	Hunters Bog Trotters	16:31	16:33
82	JOHN Blair	V50	Edinburgh Athletics Club	16:31	16:34
83	Nick Freer	V40	Hunters Bog Trotters	16:31	16:34
84	Paul Kieran	V40	carnegie Harriers	16:30	16:34
85	Matthew Fellbaum	U20	Edinburgh University Hare and Hounds	16:33	16:34
86	Euan Rennie	SEN	Lothian Running Club	16:32	16:35
87	CRAIG Prior	SEN	Kilbarchan AAC	16:33	16:37
88	Steven Asquith	SEN	Gateshead Harriers & Ac	16:35	16:38
89	Christopher Macdonald	SEN	Motherwell AC	16:37	16:38

90	Stephen Mcdougall	SEN	University of St. Andrews Cross Country	16:36	16:39
91	scott Mcdonald	V50	Moorfoot Runners	16:37	16:39
92	Ruaridh Mon-williams	U20	Edinburgh University Hare and Hounds	16:38	16:39
93	Andrew John Ferguson	SEN	Aberdeen AAC	16:38	16:40
94	Robert Turner	V40	Edinburgh Athletics Club	16:38	16:40
95	Colin Somerville	SEN	PH racing club	16:38	16:42
96	Justin Carter	V40	Cambuslang Harriers	16:40	16:42
97	Robbie Ferguson	U20	Kilbarchan AAC	16:41	16:42
98	Drew Dutton	SEN	Campbeltown Running Club	16:39	16:44
99	Aidan Mccaffrey	U20	Cumbernauld Amateur Athletics Club	16:42	16:44
100	Kevin Schenk	SEN	Forres Harriers	16:42	16:44
101	Martyn Glancy	SEN	Kirkintilloch Olympians	16:45	16:48
102	Douglas Mckinnon	SEN	CORSTORPHINE AAC	16:47	16:49
103	Andrew Clark	SEN	Giffnock North AC	16:49	16:51
104	Craig Beattie	SEN	METRO ABERDEEN RUNNING CLUB	16:50	16:54
105	Stephen Allan	V40	Cumbernauld Amateur Athletics Club	16:53	16:54
106	Mark Doherty	SEN	Musselburgh and District Athletics Club	16:54	16:56
107	Paul Rogan	V40	Moray Road Runners	16:56	16:58
108	Andrew Merry	U20	Glasgow University Hares And Hounds	16:57	16:59
109	Craig Ross	SEN	Glasgow Triathlon Club	16:55	16:59
110	GRAHAM McCabe	V40	Kirkintilloch Olympians	16:58	17:00
111	DAVID Jamieson	SEN	METRO ABERDEEN RUNNING CLUB	16:55	17:00
112	Robert Watson	V50	Musselburgh and District Athletics Club	16:59	17:01
113	Ritchie Thomson	SEN	Penicuik Harriers	16:58	17:02
114	John Shanks	SEN	VALLEY STRIDERS AC	17:00	17:03
115	Andrew Cummings	SEN	Hunters Bog Trotters	17:00	17:04
116	Michael Fullerton	V40	Edinburgh Athletics Club	17:01	17:04
117	Alan Knowles	V40	Lothian Running Club	17:02	17:05
118	Paul Jon Hadden	SEN		17:02	17:05
119	ROBERT Sellar	V40	PH racing club	17:02	17:06
120	Darren Deas	SEN	PH racing club	17:03	17:09
121	Aaron Hoyle	SEN	CORSTORPHINE AAC	17:07	17:11
122	Greig Glendinning	V40	Cumbernauld Amateur Athletics Club	17:06	17:11
123	William Bryant	SEN	Glasgow University Hares And Hounds	17:09	17:11
124	Stuart Kerr	SEN	Kilbarchan AAC	17:10	17:12
125	Daniel Marshall Cross	SEN		17:06	17:12
126	Oliver Kane	SEN		17:08	17:14
127	Peter Bowman	SEN	Glasgow University Hares And Hounds	17:11	17:14
128	David Bull	SEN		17:09	17:17
129	Jamie Ross	V40	Deeside Runners	17:14	17:17
130	Craig Morris	U17	Fife Athletic Club	17:15	17:17
131	Craig Mackenzie	SEN	Motherwell AC	17:16	17:18
132	Ben Kinninmonth	SEN	Fife Athletic Club	17:15	17:19
133	Harry McGill	U17	Greenock Glenpark Harriers	17:16	17:20
134	John Wilson	SEN		17:15	17:20
135	Jim White	V40	Motherwell AC	17:15	17:21
136	HOWARD Elliott	V50	Cumbernauld Amateur Athletics Club	17:18	17:21
137	Andrew Macrae	V40		17:17	17:21

138	Keith Ovenstone	V40	CORSTORPHINE AAC	17:19	17:23
139	Rankin Lascelles	SEN	METRO ABERDEEN RUNNING CLUB	17:22	17:24
140	OWEN Williams	SEN		17:21	17:25
141	DAVID Hogg	V40		17:22	17:26
142	robert Riddell	V50	Edinburgh Athletics Club	17:23	17:28
143	Ewan Stark	SEN	CORSTORPHINE AAC	17:24	17:28
144	Ross Hill	SEN	Law & District Aac	17:28	17:30
145	steve Buchan	V40	METRO ABERDEEN RUNNING CLUB	17:29	17:30
146	David Begbie	SEN	Carnethy Hill Racing Club	17:23	17:31
147	MICHAEL Mcquaid	V50	Falkirk Victoria Harriers	17:28	17:31
148	Kevin Hamilton	SEN	Edinburgh Athletics Club	17:27	17:32
149	Luke Chamberlain	V40	Giffnock North AC	17:29	17:32
150	David Scott	V40	KINROSS ROAD RUNNERS	17:25	17:33
151	John Paul Murphy	V40	Cambuslang Harriers	17:28	17:33
152	BRIAN Hughes	V60	Cambuslang Harriers	17:30	17:33
153	Patrick Gibbons	V40	GARSCUBE HARRIERS	17:30	17:34
154	Bryan Innes	SEN	Falkland Trail Runners	17:30	17:35
155	Adam Rouse	V40	Edinburgh Athletics Club	17:34	17:37
156	Graeme Laing	SEN		17:33	17:37
157	Ben Murphy	SEN	Edinburgh University Hare and Hounds	17:34	17:38
158	Stephen Allen	V50	Motherwell AC	17:36	17:38
159	Jack Mckenna	SEN	Strathclyde University Harriers	17:33	17:39
160	Ross Stevenson	SEN		17:34	17:41
161	Colin Partridge	V40	Lothian Running Club	17:40	17:45
162	Darren Robert Candlish	SEN	PH racing club	17:40	17:45
163	Nicholas Gemmell	V40	Inverclyde Athletics Club	17:42	17:47
164	Kenny Gorman	SEN	Fife Athletic Club	17:42	17:48
165	Scott Steven	SEN	Glasgow University Hares And Hounds	17:45	17:48
166	cameron Bullen	U17	Team East Lothian AC	17:46	17:49
167	Stephen Duffy	V40	Hamilton Harriers	17:43	17:50
168	Peter Simpson	SEN	Edinburgh Athletics Club	17:46	17:51
169	SCOTT Strachan	V40	KINROSS ROAD RUNNERS	17:43	17:52
170	Ian Logan	SEN	Linlithgow Athletic Club	17:49	17:53
171	Mark Gallacher	V40	Motherwell AC	17:48	17:54
172	Jon Hollingdale	V50	Highland Hill Runners	17:51	17:55
173	Alastair Marshall	U17	Livingston & District AAC	17:53	17:55
174	Billy Colvin	V40	Penicuik Harriers	17:51	17:55
175	Bryan McLaren	SEN	LEVEN LAS VEGAS	17:49	17:58
176	Ewan Laidlaw	SEN	Glasgow University Triathlon Club	17:52	17:59
177	EUAN Craig	SEN	Kirkintilloch Olympians	17:55	18:00
178	Donald Macrae	V40		17:58	18:01
179	David Cross	V50	Edinburgh Athletics Club	17:57	18:02
180	Scott Love	SEN	PH racing club	17:57	18:02
181	Thomas Ross	U17	CORSTORPHINE AAC	17:59	18:03
182	Sam Macneil	SEN	Moorfoot Runners	18:00	18:03
183	Alisdair Steel	SEN	Stonehaven Running Club	17:56	18:03
184	David Ross	SEN	East Kilbride Athletics Club	17:57	18:04
185	John Cassells	V40	PH racing club	18:03	18:07

186	Chris Stephenson	V40	carnegie Harriers	17:59	18:07
187	Euan Mcinnes	V40	Lothian Running Club	18:04	18:09
188	Paul Moseley	V40	Dunbar running club	18:02	18:10
189	Huw Jones	SEN	Hunters Bog Trotters	18:06	18:11
190	Mark Forrester	SEN		18:04	18:11
191	Scott Henderson	V40	Edinburgh Athletics Club	18:07	18:12
192	Derek Newport	V50	Penicuik Harriers	18:06	18:13
193	William Jarvie	V50	PORTOBELLO RUNNING CLUB	18:06	18:13
194	Craig Taylor	V40	PORTOBELLO RUNNING CLUB	18:06	18:14
195	P M	V40	Cumbernauld Amateur Athletics Club	18:08	18:15
196	Owain Williams	SEN	Edinburgh Athletics Club	18:10	18:16
197	Neil Mackay	V50		18:16	18:19
198	Ryan Kirkland	U17	Lothian Running Club	18:17	18:21
199	Bryce Aitken	V50	Fife Athletic Club	18:15	18:22
200	Murray Peebles	SEN	Dunbar running club	18:17	18:24
201	Michael Rimicans	U20	University of St. Andrews Cross Country	18:20	18:24
202	DEREK Martin	V40	Kirkintilloch Olympians	18:19	18:26
203	David Cheseldine	V50		18:19	18:28
204	Marc Proudfoot	SEN		18:24	18:29
205	Mike Jones	V40	Musselburgh and District Athletics Club	18:19	18:29
206	Richard Jonathan Ward	V40	PERTH ROAD RUNNERS	18:21	18:30
207	Wright Beveridge	V40	PH racing club	18:27	18:30
208	Grant Noble	V50	Dunbar running club	18:23	18:31
209	SEAN Casey	V50	Cumbernauld Amateur Athletics Club	18:28	18:33
210	Craig Hughes	SEN		18:24	18:33
211	Lewis Orr	V40	Edinburgh Athletics Club	18:25	18:34
212	Andrew Latham	V50	Edinburgh Athletics Club	18:29	18:34
213	Hugh Simpson	V40		18:33	18:37
214	Jimmy McIntyre	V40	Fife Athletic Club	18:30	18:41
215	Iain Taylor	V40	PH racing club	18:37	18:41
216	Dino Roussias	V40	METRO ABERDEEN RUNNING CLUB	18:35	18:42
217	James Breen	V50	Hamilton Harriers	18:34	18:42
218	Robbie Anderson	U17	Team East Lothian AC	18:36	18:44
219	Daniel Newman	V50	Fife Athletic Club	18:39	18:44
220	Charles Haskett	V60	Dundee Hawkhill Harriers	18:43	18:46
221	Darran Barton	SEN	CORSTORPHINE AAC	18:37	18:49
222	David Worrall	V40	PORTOBELLO RUNNING CLUB	18:35	18:50
223	DAVID Thomson	SEN	East Kilbride Athletics Club	18:46	18:52
224	Alan Cunningham	V40		18:43	18:53
225	Malcolm Parry	V40	Edinburgh Athletics Club	18:47	18:54
226	Alan Cockburn	V50	PH racing club	18:49	18:55
227	Gordon Lawson	V40	Fife Athletic Club	18:51	18:58
228	Paul Friend	SEN	Musselburgh and District Athletics Club	18:46	18:59
229	Finlay Ross	U17	CORSTORPHINE AAC	18:57	19:00
230	James Drummond	SEN		18:57	19:01
231	Christopher Hartles	SEN	Edinburgh Athletics Club	18:54	19:01
232	Stuart Mounce	SEN	Hunters Bog Trotters	18:55	19:01
233	Paul Forbes	V60	Edinburgh Athletics Club	19:02	19:04

234	Neil Park	V40	PORTOBELLO RUNNING CLUB	18:49	19:04
235	KENNETH Rankin	V60		19:04	19:07
236	David Lyall Henderson	SEN	Pitreavie AAC	19:02	19:08
237	BRIAN Lees	V50	Lothian Running Club	19:01	19:09
238	scott taylor Nelson	V50	Lothian Running Club	19:04	19:09
239	Peter Jardine	V50	Victoria Park City of Glasgow	19:02	19:10
240	Andrew Mc Linden	V60	Hamilton Harriers	19:03	19:11
241	Jordan Orr	U20	Giffnock North AC	19:04	19:11
242	Gavin McLennan	V40	METRO ABERDEEN RUNNING CLUB	19:06	19:13
243	Simon McLaren	SEN	Edinburgh University Hare and Hounds	19:03	19:15
244	Paul Chowdhry	V40	EDINBURGH TRIATHLETES	19:08	19:25
245	John Crookston	V60	PH racing club	19:18	19:26
246	Graeme Wilson	V50	carnegie Harriers	19:28	19:35
247	Steven Phillips	SEN	airdrie harriers	19:27	19:35
248	Kieren Mooney	U20	Giffnock North AC	19:26	19:35
249	Robert Taylor	V60	METRO ABERDEEN RUNNING CLUB	19:30	19:37
250	Doug Fraser	V40	Musselburgh and District Athletics Club	19:25	19:38
251	Alistair Hindle	V40	Hunters Bog Trotters	19:35	19:42
252	Robin Mussett	V50	Central Athletic Club	19:36	19:43
253	Derek Fish	V40	carnegie Harriers	19:31	19:43
254	Niall Balloch	SEN	PH racing club	19:37	19:43
255	Keith Vandermotten	V50	PH racing club	19:38	19:44
256	Alan Strang	V40	Motherwell AC	19:34	19:46
257	GRAEME Gemmell	V50	Bellahouston Harriers	19:41	19:47
258	Cameron Warner	V40	Pitreavie AAC	19:35	19:47
259	Alec Davidson	SEN	Falkirk Victoria Harriers	19:42	19:48
260	Michael Findlay	V40	CORSTORPHINE AAC	19:37	19:49
261	John Cotton	V40	Pitreavie AAC	19:34	19:49
262	Mark Upward	V50	PORTOBELLO RUNNING CLUB	19:36	19:50
263	Gavin Dunn	SEN		19:45	19:51
264	James Shirlaw	V40	BELLAHOUSTON ROAD RUNNERS	19:45	19:51
265	Richard Dougal	SEN	Hunters Bog Trotters	19:43	19:52
266	Jonathan Creese	SEN	METRO ABERDEEN RUNNING CLUB	19:49	19:57
267	Ed John Norton	V60	PH racing club	19:46	19:58
268	Jason Buttery	V40	PH racing club	19:55	20:01
269	Lewis Blair	U17	Pitreavie AAC	19:54	20:01
270	Al Aitken	SEN	Lothian Running Club	19:56	20:04
271	Ryan Ferguson	SEN	Lothian Running Club	19:56	20:05
272	Graeme Barker	SEN	Fife Athletic Club	19:54	20:05
273	Dave Morton	SEN		19:54	20:06
274	Steve Adam	V50	carnegie Harriers	19:58	20:10
275	Craig Chisholm	SEN	Pitreavie AAC	19:56	20:12
276	Craig Milligan	SEN	carnegie Harriers	20:00	20:13
277	Ade Kearns	V50	GARSCUBE HARRIERS	20:06	20:17
278	David Dickson	V60	GARSCUBE HARRIERS	20:09	20:21
279	Campbell Blair	V40	Pitreavie AAC	20:10	20:22
280	Arthur Edward Zen Duggan	V40	Motherwell AC	20:13	20:24
281	Calum Macdonald	SEN		20:09	20:28

282	Michael Bisset	V40	carnegie Harriers	20:18	20:29
283	Mark Davidson	SEN	PORTOBELLO RUNNING CLUB	20:16	20:30
284	Kevin Gilfillan	SEN	Garscube Harriers	20:22	20:33
285	Raymond J A Tully	V40	Dundee Hawkhill Harriers	20:29	20:33
286	Norman Brown	V50	EDINBURGH RUNNING NETWORK	20:21	20:35
287	Gary Barker	V60	Fife Athletic Club	20:33	20:43
288	Ted Midthun	SEN	University of St. Andrews Cross Country	20:33	20:43
289	Paul Allan	V40	Pitreavie AAC	20:35	20:48
290	Gordon Dewar	V50	Falkirk Victoria Harriers	20:37	20:50
291	Paul Love	SEN	carnegie Harriers	20:48	20:54
292	Callum Douglas	SEN	Falkirk Victoria Harriers	20:52	20:59
293	Kevin Durnian	SEN	Motherwell AC	20:50	20:59
294	Alastair Murray	SEN	Lothian Running Club	20:53	21:07
295	Terry Kirkwood	V40	PORTOBELLO RUNNING CLUB	20:56	21:12
296	Andrew Gibson	SEN	Teviotdale Harriers	21:06	21:13
297	Stephen Malcolm	V40	Lothian Running Club	21:15	21:26
298	Robin Hall	V40	Penicuik Harriers	21:13	21:29
299	Francis McLaren	V60	Fife Athletic Club	21:21	21:33
300	Martin Andrew Kay	V40	Law & District Aac	21:18	21:35
301	Aristides Kiprakis	V40	EDINBURGH RUNNING NETWORK	21:26	21:41
302	Angus Charles Donald	V40	Dundee Hawkhill Harriers	21:35	21:43
303	Roy Griffiths	U20	Edinburgh University Hare and Hounds	21:40	21:52
304	David Hoolaghan	SEN	Motherwell AC	21:46	21:55
305	OLIVER Pound	SEN	PORTOBELLO RUNNING CLUB	21:40	21:58
306	Derek Duncan	V60	Pitreavie AAC	21:50	22:06
307	Ian Forrest	V60	Penicuik Harriers	21:58	22:16
308	Andrew Stavert	V50	PORTOBELLO RUNNING CLUB	21:58	22:17
309	Laurence Leask	V60	Pitreavie AAC	22:07	22:23
310	Jim Alexander	V50	Lothian Running Club	22:09	22:23
311	Simon Richard Johnston	V40	Falkirk Victoria Harriers	22:17	22:26
312	Charlie Crawford	SEN	Penicuik Harriers	22:11	22:27
313	John McIntyre	SEN	Fife Athletic Club	22:20	22:29
314	Martin Leadbetter	V60	Lothian Running Club	22:17	22:33
315	William Kennedy Scott	V40	carnegie Harriers	22:20	22:34
316	Chris Arnott	SEN		22:29	22:46
317	Jim Boyle	V40	GARSCUBE HARRIERS	22:32	22:47
318	Andrew Williamson	SEN		22:47	23:07
319	NIGEL Hetherington	V60	Motherwell AC	23:05	23:19
320	David Surtees	SEN		23:05	23:24
321	David Oliver	V50	Deeside Runners	23:03	23:26
322	Thomas Sneddon	V40	Motherwell AC	23:16	23:31
323	Stig Walsh	V50	Lothian Running Club	23:18	23:39
324	Gordon Campbell	SEN	Penicuik Harriers	23:37	23:44
325	Richard Cox	V40		23:26	23:44
326	David MacLennan	SEN	METRO ABERDEEN RUNNING CLUB	23:48	24:07
327	Alan Simpson	V60	PORTOBELLO RUNNING CLUB	23:52	24:10
328	SEAN McQueen	V40	Motherwell AC	23:57	24:14
329	Gary Wood	SEN	Motherwell AC	24:09	24:26

330	ALLAN Gordon	V70	Hunters Bog Trotters	24:51	24:57
331	karl Zaczek	V40	carnegie Harriers	25:26	25:44
332	Ian Gillian	V60		26:19	26:27
333	Andrew Aird	V40	KINROSS ROAD RUNNERS	26:19	26:40
334	Douglas Anderson	V60	Annan & District AC	26:22	26:43
335	Mike Murray	V60	Lothian Running Club	26:40	27:02
336	Ian Hall	V50	Edinburgh Athletics Club	27:12	27:28
337	Clive Cable	V60	carnegie Harriers	29:35	29:55