

Livingston (Almondvale) Fastest Laps

Men

Short leg (3.15m) - sub 16m

1	Steven Cairns	Hunters Bog T	2002	14:58
2	Ben MacMillan	Central AC	2023	14:58
3	Luke Traynor	Giffnock North AC	2019	14:59
4	Jack Patton	Kilbarchan AAC	2025	14:59
5	Adrain Callan	Shettleston H	1999	15:00
6	Ben MacMillan	Central AC	2024	15:02
7	Philip Mowbray	Hunters Bog T	1999	15:03
8	Tom-Graham Marr	Central AC	2022	15:04
9	Mark Draper	Lasswade AAC	2008	15:04
10	Andrew McGill	Cambuslang H	2025	15:04
11	Robert Quinn	Kilbarchan AAC	1998	15:05
12	Alastair Hay	Central AC	2013	15:06
13	Ben Sandilands	Fife AC	2025	15:06
14	Josh Lily	Ronhill Cambuslang H	2014	15:07
15	Myles Edwards	Aberdeen AAC	2022	15:08
16	Philip Mowbray	Hunters Bog T	2000	15:08
17	Ross Matheson	Lasswade AAC	2013	15:09
18	Angus Smith	Corstorphine AAC	2025	15:09
19	Iain Donnan	Lothian RC	2007	15:10
20	Noah Howlett	Edinburgh AC	2025	15:11
21	Alastair Hay	Central AC	2022	15:12
22	Neil Wilkinson	Ronhill Cambuslang H	2003	15:14
23	Alastair Marshall	Central AC	2025	15:15
24	Jamie Mackinnon	Cambuslang H	2023	15:16
25	Ben Sandilands	Fife AC	2024	15:16
26	David Wright	Lothian RC	2025	15:16
27	Robert Russell	Central AC	2012	15:18
28	Calum McKenzie	Corstorphine AAC	2022	15:20
29	Ian Rawlinson	Ronhill Cambuslang H	2014	15:20

Long leg (5.8m) - sub 30.00

1	Glen Stewart	Mizuno RC	1999	27:33
2	Glen Stewart	Mizuno RC	1998	27:57
3	Derek Hawkins	Kilbarchan AAC	2012	27:57
4	Kevin Sheppard	Ronhill Cambuslang H	2005	28:00
5	Robert Russell	Central AC	2008	28:00
6	Andrew Butchart	Central AC	2014	28:03
7	Derek Hawkins	Kilbarchan AAC	2013	28:03
8	Derek Hawkins	Kilbarchan AAC	2015	28:08
9	Robert Quinn	Kilbarchan AAC	1999	28:09
10	Scott Stirling	Falkirk Victoria H	2023	28:11
11	Robert Quinn	Kilbarchan AAC	2000	28:16
12	Adrain Callan	Shettleston H	1998	28:18
13	Guy Amos	Mizuno RC	2001	28:18
14	Robert Russell	Central AC	2007	28:25
15	Robert Quinn	Kilbarchan AAC	2002	28:26
16	Allan Adams	Clydesdale H	1999	28:27
17	Simon Pride	Metro Aberdeen RC	2002	28:29
18	Callum Hawkins	Kilbarchan AAC	2015	28:29
19	Craig Ruddy	Inverclyde AAC	2012	28:31
20	Glen Stewart	RC Edinburgh	2003	28:32
21	Alan Adams	Clydesdale H	2001	28:36
22	Daniel Mulhare	Inverclyde AAC	2010	28:36
23	Callum Hawkins	Inverclyde AAC	2025	28:36
24	Hamish Hickey	Central AC	2023	28:37
25	William Coyle	Shettleston H	1999	28:39
26	Derek Hawkins	Kilbarchan AAC	2017	28:40
27	Alan Adams	Clydesdale H	2000	28:41
28	Christopher MacKay	Inverclyde AAC	2009	28:41
29	Tsegezab Woldemichael	Shettleston H	2010	28:41

30	Logan Beagley	Central AC	2025	15:20	30	Andrew Douglas	Inverclyde AAC	2016	28:41
31	Steven Cairns	Hunters Bog T	2001	15:21	31	Cameron Milne	Central AC	2017	28:42
32	Jack Hamilton	Ronhill Cambuslang H	2012	15:22	32	John Ross	Mizuno RC	1998	28:43
33	Gavin Smith	Cambuslang H	2025	15:22	33	David Ross	Mizuno RC	1999	28:44
34	Tewoldeberhan Mengisteab	Shettleston H	2009	15:23	34	Douglas Runcieman	Ronhill Cambuslang H	2000	28:44
35	Paul Sorrie	Shettleston H	2012	15:24	35	Jamie Burns	Glasgow University H&H	2023	28:44
36	Ian Rawlinson	Ronhill Cambuslang H	2010	15:25	36	Stephen Wylie	Ronhill Cambuslang H	2003	28:45
37	Tom Martin	Hunters Bog T	2014	15:25	37	Jamie Crowe	Central AC	2022	28:46
38	Gavin McArdle	Kilbarchan AAC	2015	15:25	38	Robert Russell	Central AC	2005	28:46
39	Jamie Reid	Law & Dist AAC	2002	15:26	39	Allan Adams	Clydesdale H	2003	28:47
40	Max Colligan	Mizuno RC	1999	15:27	40	Robert Russell	Central AC	2014	28:47
41	Frank McGowan	Shettleston H	2000	15:27	41	Calum McKenzie	Corstorphine AAC	2014	28:47
42	Jonathan Marshall	Central AC	2025	15:27	42	Lewis Hannigan	Glasgow University H&H	2023	28:47
43	Fraser Stewart	Cambuslang H	2022	15:28	43	Billy Jenkins	Clydesdale H	1998	28:48
44	Robert Fitzimmons	Kilbarchan AAC	1998	15:28	44	Ross Toole	Kilbarchan AAC	2010	28:48
45	Scott Cohen	Mizuno RC	1998	15:29	45	Ross Houston	Central AC	2012	28:48
46	Alan Puckrin	Kilbarchan AAC	1998	15:29	46	Ton Graham-Marr	Central AC	2023	28:48
47	Graeme Reid	Clydesdale H	2003	15:29	47	Jamie Crowe	Central AC	2025	28:46
48	Sean Reilly	Central AC	2009	15:29	48	David Ross	Mizuno RC	1998	28:49
49	Alan Adams	Shettleston H	2010	15:29	49	Tewoldeberhan Mengisteab	Shettleston H	2010	28:50
50	Andrew Butchart	Central AC	2013	15:29	50	Alastair Hay	Central AC	2010	28:50
51	Andrew McGill	Glasgow University H&H	2023	15:29	51	Stuart Gibson	Shettleston H	1999	28:51
52	Scott McDonald	Central AC	2010	15:30	52	Andrew Muir	RC Edinburgh	2003	28:51
53	Craig Ruddy	Inverclyde AAC	2010	15:30	53	Alexander Hendry	Central AC	2014	28:51
54	Scott McDonald	Central AC	2014	15:30	54	Michael Ferguson	Aberdeen AAC	2023	28:51
55	Jonathan Glen	Inverclyde AC	2016	15:30	55	Daniel Leggate	Fife AC	2000	28:52
56	Jamie Mackinnon	Cambuslang H	2025	15:30	56	Jamie Crowe	Central AC	2017	28:52
57	Peter Bradshaw	Glasgow University H&H	2022	15:32	57	John Robson	Mizuno RC	1999	28:53
58	Ben McMillan	Central AC	2022	15:32	58	Charles Thomson	Ronhill Cambuslang H	2000	28:53
59	Amanuel Hagos	Shettleston H	2010	15:32	59	Robert Russell	Central AC	2006	28:54
60	Joel Lange	Central AC	2024	15:32	60	Daryl Reid	East Kilbride AC	2023	28:54
61	Iain Donnan	Aberdeen AAC	2004	15:33	61	Stuart Gibson	Cambuslang H	2017	28:55
62	Lewis Miller	Central AC	2012	15:34	62	Ross Houston	Central AC	2010	28:56

63	Gavin Bryson (MU20)	Edinburgh AC	2018	15:34	63	Calum McKenzie	Corstorphine AAC	2019	28:56
64	Owen Miller	Fife AC	2022	15:35	64	Michael Ferguson	Aberdeen AAC	2017	28:57
65	Michael Gillespie	Shettleston H	2011	15:35	65	Tewoldeberhan Mengisteab	Shettleston H	2012	28:58
66	Ewan Brown	Corstorphine AAC	2019	15:35	66	Luke Traynor	Giffnock North AAC	2014	28:59
67	Kieran Reilly	Central AC	2024	15:35	67	Josh Lilly	Ronhill Cambuslang H	2013	29:00
68	Mark Haskett	Aberdeen AAC	2010	15:36	68	Kane Elliott	Falkirk Victoria H	2023	29:01
69	Owen Miller	Fife AC	2024	15:36	69	Gavin Smith	Cambuslang H	2023	29:01
70	Robbie Ferguson	Kilbarchan AAC	2025	15:36	70	Lewis Hannigan	Kilbarchan AAC	2025	29:02
71	Fraser Gilmour	Kilbarchan AAC	2025	15:36	71	Craig Ruddy	Inverclyde AAC	2016	29:03
72	John Mackay	Shettleston H	1999	15:37	72	Andrew Douglas	Inverclyde AAC	2019	29:08
73	Scott Cohen	Mizuno RC	1999	15:37	73	Sean Chalmers	Inverness H AAC	2019	29:11
74	Ross Houston	Central AC	2008	15:37	74	Michael Christoforou	Cambuslang H	2023	29:11
75	Tsegai Tewelde	Shettleston H	2009	15:37	75	Ross Houston	Central AC	2015	29:14
76	Daryl Reid	East Kilbride CA	2022	15:38	76	Michael Ferguson	Aberdeen AAC	2016	29:14
77	Brian Scally	Shettleston H	1998	15:38	77	Max Milarvie	VP-Glasgow AC	2019	29:15
78	Brian Kirkwood	Mizuno RC	1998	15:38	78	Lewis Hannigan	Glasgow University H&H	2024	29:15
79	Andrew Little	Shettleston H	1998	15:38	79	Tewoldeberhan Mengisteab	Shettleston H	2016	29:17
80	Fraser Cartnell	Ronhill Cambuslang H	2007	15:38	80	Cameron Strachan	Metro Aberdeen RC	2019	29:17
81	Christopher Foley	Dundee Hawkhill H	2010	15:38	81	Neil Renault	Edinburgh AC	2015	29:19
82	Iain Davies	Central AC	2019	15:38	82	Hamish Hickey	Central AC	2022	29:20
83	Robert Quinn	Kilbarchan AAC	2003	15:39	83	Calum McKenzie	Corstorphine AAC	2017	29:20
84	Ross Toole	Kilbarchan AAC	2006	15:39	84	Stuart Gibson	Ronhill Cambuslang H	2016	29:21
85	Andrew Crichton	Edinburgh AC	2011	15:39	85	Darrell Hastie	Gala H	2023	29:21
86	Michael Breen	Corstorphine AAC	2012	15:39	86	Calum Phillip	Central AC	2023	29:22
87	Grant Muir	Giffnock North AAC	2017	15:39	87	Scott Stirling	Falkirk Victoria H	2022	29:23
88	Paul Sorrie	Shettleston H	2010	15:40	88	Scott McDonald	Central AC	2015	29:23
89	Lewis Miller	Central AC	2010	15:40	89	Cameron Milne	Central AC	2016	29:23
90	Darren Gausen	City of Edinburgh	2006	15:41	90	Tom Martyn	Corstorphine AAC	2024	29:23
91	Douglas Selman	Corstorphine AAC	2007	15:41	91	Dale Colley	Central AC	2016	29:24
92	Robert Quinn	Kilbarchan AAC	2009	15:41	92	Lewis Rodgers	Fife AC	2025	29:24
93	Craig Jardine	Ronhill Cambuslang H	2016	15:41	93	Euan Gillham	Edinburgh University H&H	2016	29:25
94	Stuart Gibson	Cambuslang H	2019	15:41	94	Luke Traynor	Giffnock North AAC	2015	29:28
95	Martin Bell	City of Edinburgh	2002	15:42	95	Michael Deason	Shettleston H	2019	29:29

96	Martin Graham	Shettleston H	2002	15:42	96	Hamish Hickey	Central AC	2025	29:29
97	Ben Sandilands	Fife AC	2022	15:43	97	Ryan Thomson	Cambuslang H	2019	29:30
98	Andrew Thomson	Fife AC	2022	15:43	98	Cameron Milne	Central AC	2018	29:31
99	Francis Barton	Ronhill Cambuslang H	2000	15:43	99	Andrew Fyfe	Edinburgh AC	2024	29:31
100	Amanuel Hagos	Shettleston H	2009	15:43	100	Ewan Brown	Corstorphine AAC	2022	29:32
101	Alexander Hendry	Central AC	2010	15:43	101	Alexander Hendry	Central AC	2015	29:32
102	Ryan Thomson (MU20)	Ronhill Cambuslang H	2016	15:43	102	Lewis Rodgers	Fife AC	2019	29:32
103	Dermot Cummings	Corstorphine AAC	2023	15:43	103	Duncan Robinson	Giffnock North AC	2024	29:33
104	Keven Harvey	Cambuslang H	2023	15:43	104	Jamie Burns	Glasgow University H&H	2022	29:34
105	Jonathan Marshall	Central AC	2024	15:43	105	Ryan Thomson	Cambuslang H	2017	29:34
106	Hamish Hickey	Central AC	2024	15:43	106	Calum McKenzie	Corstorphine AAC	2016	29:35
107	Stephen Addison	Glasgow University H&H	2024	15:43	107	Martin Graham	Shettleston H	2004	29:36
108	Kheredine Idessane	Clydesdale H	1998	15:44	108	Kyle McLellan	Ronhill Cambuslang H	2016	29:36
109	Andrew Muir	Kilbarchan AAC	2001	15:44	109	Murray Strain	Hunters Bog T	2015	29:37
110	Juan Mareque	City of Edinburgh	2005	15:44	110	Seyd Taha Ghafari	Shettleston H	2025	29:37
111	Dale Colley	Central AC	2015	15:44	111	Calum McKenzie	Corstorphine AAC	2015	29:39
112	Gavin Bryson	Edinburgh AC	2017	15:44	112	Dermot Cummins	Corstorphine AAC	2017	29:39
113	Ewan Brown	Corstorphine AAC	2018	15:44	113	Neil Renault	Edinburgh AC	2017	29:40
114	Grant Muir	Giffnock North AAC	2018	15:44	114	Tewoldeberhan Mengisteab	Shettleston H	2015	29:41
115	Jamie Phillips	Kilmarnock H	2024	15:44	115	Keiran Reilly	Central AC	2022	29:44
116	Alexander Moss	Fife AC	1999	15:45	116	Robert Gilroy	Ronhill Cambuslang H	2016	29:44
117	Andrew Renfree	RC Edinburgh	2003	15:45	117	Dougie Selman	Corstorphine AAC	2016	29:41
118	Steven Cairns	Hunters Bog T	2004	15:45	118	Dougie Selman	Corstorphine AAC	2019	29:43
119	Barney Phillips	Lasswade	2008	15:45	119	John Bell	Inverclyde AC	2019	29:44
120	Andrew Butchart	Central AC	2011	15:45	120	Ewan Brown	Corstorphine AAC	2023	29:44
121	Cameron Milne	Central AC	2015	15:45	121	Myles Edwards	Aberdeen AAC	2023	29:45
122	Donald Macaulay	Corstorphine AAC	2016	15:45	122	Ryan Thomson	Cambuslang H	2023	29:45
123	Jamie Crowe	Central AC	2016	15:45	123	Euan Gillham	Kilbarchan AAC	2015	29:46
124	Ewan Browns	Corstorphine AAC	2024	15:45	124	Michael Deason	Shettleston H	2017	29:46
125	Francis Barton	Ronhill Cambuslang H	1999	15:46	125	Alastair Marshall	Central AC	2022	29:47
126	Andrew Muir	Kilbarchan AAC	1999	15:46	126	Calum McKenzie	Corstorphine AAC	2018	29:48
127	John Mackay	Shettleston H	2000	15:46	127	Tom Morgan	Edinburgh University H&H	2019	29:48
128	Martin Graham	Shettleston H	2010	15:46	128	John Newsom	Inverness H AAC	2016	29:49

129	Mark McKelvie	Shettleston H	2023	15:46	129	Michael Christoforou	Edinburgh AC	2019	29:49
130	Kevan Harvey	Cambuslang H	2022	15:47	130	James Dunn	Corstorphine AAC	2023	29:49
131	Kevin Downie	Ronhill Cambuslang H	1998	15:47	131	Fraser Stewart	Cambuslang H	2019	29:50
132	Ross Arbuckle	Ronhill Cambuslang H	2000	15:47	132	Stuart Gibson	Ronhill Cambuslang H	2015	29:51
133	Alan Milligan	Fife AC	2000	15:47	133	Kyle McLellan	Ronhill Cambuslang H	2015	29:52
134	Mark Haskett	Aberdeen AAC	2011	15:47	134	Robert Gilroy	Cambuslang Harriers (C)	2017	29:52
135	Stuart Gibson	Ronhill Cambuslang H	2014	15:47	135	Dermot Cummins	Corstorphine AAC	2018	29:53
136	Conan McCaughey	Central AC	2016	15:47	136	Cameron Milne	Central AC	2024	29:53
137	Aidan Thompson	Central AC	2017	15:47	137	Daniel Bradford	Shettleston H	2025	29:53
138	Aidan Page	Glasgow University H&H	2025	15:47	138	Jack Leitch	Edinburgh University H&H	2019	29:56
139	Luke Howard	Shettleston AC	2025	15:47	139	Lewis Rodgers	Fife AC	2022	29:57
140	Aaron Cardno	Edinburgh University H&H	2025	15:47	140	Will Mackay	Aberdeen AAC (A)	2017	29:57
141	Alexander Robertson	Ronhill Cambuslang H	2000	15:48	141	Alastair Hay	Central AC	2018	29:57
142	Rod Leach	City of Edinburgh	2001	15:48	142	Cameron Green	Giffnock North AC	2024	29:57
143	David Gardiner	RC Edinburgh	2003	15:48	143	Dermot Cummins	Corstorphine AAC	2016	29:58
144	Andrew Crighton	Edinburgh AC	2010	15:48	144	Ewan Brown	Corstorphine AAC	2025	29:58
145	Aaron Hoyle	Corstorphine AAC	2023	15:48	145	Douglas Selman	Corstorphine AAC	2022	29:59
146	Kevin Downie	Ronhill Cambuslang H	1999	15:49	146	Ben Stevenson	Edinburgh University H&H	2015	29:59
147	Robert Fitzsimmons	Kilbarchan AAC	2000	15:49					
148	Adrian Callan	Shettleston H	2002	15:49					
149	Kenneth Chapman	Mizuno RC	2002	15:49					
150	Drew Pollock (MU20)	Cambuslang H	2019	15:49					
151	Drew Sharkey	City of Edinburgh	1998	15:50					
152	John Mackay	Shettleston H	1998	15:50					
153	Moray Anderson	Corstorphine AAC	2015	15:50					
154	Gavin Bryson (MU20)	Edinburgh AC	2016	15:50					
155	Peter Avent	Shettleston H	2019	15:50					
156	Alastair Marshall	Central AC	2024	15:50					
157	Alistair Donaldson	Pitreavie AAC	1999	15:51					
158	Ian Williamson	Ronhill Cambuslang H	2000	15:51					
159	Lee Richardson	Irvine AAC	2005	15:51					
160	Douglas Selman	Corstorphine AAC	2008	15:51					
161	Kevin Kane	Inverclyde AAC	2010	15:52					

162	Sean Reilly	Central AC	2014	15:52
163	Ryan Gray	Inverclyde AC	2024	15:52
164	Scott Taylor	Fife AC	2000	15:53
165	John Brown	Ronhill Cambuslang H	2003	15:53
166	Iain Davies	Central AC (B)	2016	15:53
167	Angus Smith	Corstorphine AAC	2024	15:53
168	Nikolai Gajić	Giffnock North AC	2024	15:53
169	Ryan Thomson	Ron Hill Cambuslang H	2015	15:54
170	Alastair Hoyle	Corstorphine AAC	2023	15:54
171	Stuart Campbell	Mizuno RC	1998	15:55
172	Pauk Sorrie	Shettleston H	2009	15:55
173	Keith Hood	Corstorphine AAC	2013	15:55
174	Aidan Thompson	Central AC	2016	15:55
175	Thomas Ellacott	City of Edinburgh	2003	15:56
176	Moray Anderson	Corstorphine AAC	2012	15:56
177	Aidan Thompson	Central AC	2015	15:56
178	Alex Dunlop	Central AC	2025	15:56
179	Moray Pryde	Lothian RC	2025	15:56
180	Stewart Orr	Ronhill Cambuslang H	2012	15:57
181	Tom Watson	Central AC	2015	15:57
182	Mickey Breen	Corstorphine AAC	2016	15:57
183	Fraser Stewart	Cambuslang H	2018	15:57
184	Iain Whitakers	Edinburgh AC	2024	15:57
185	Calum Young	Giffnock North AC	2024	15:57
186	Drew Sharkey	City of Edinburgh	1999	15:58
187	Mark Mitchell	City of Edinburgh	2007	15:58
188	Juan Mareque	City of Edinburgh	2007	15:58
189	John McNamarra	Ronhill Cambuslang H	2008	15:58
190	Lauchlan Oates	Shettleston H	2010	15:58
191	Ryan Beattie	Falkirk Victoria H	2014	15:58
192	Jonathan Moore	Shettleston H	2025	15:58
193	Ian Steel	City of Edinburgh	1998	15:59
194	David Gow	Shettleston H	1999	15:59

195	Christopher Wilson	Ronhill Cambuslang H	2008	15:59
196	Tewoldeberhan Mengisteab	Shettleston H	2013	15:59
197	Stephen Mackay	Inverness H AAC	2016	15:59
198	Richard Muir	Kilmarnock H&AC	2019	15:59
199	Michael Sanderson	Fife AC	2024	15:59
200	Aaron Hoyle	Corstorphine AAC	2025	15:59
201	Jamie Connor	Giffnock North AC	2025	15:59
202	Graham Bee	Fife AC	2002	16:00
203	Martin Graham	Shettleston H	2003	16:00
204	Howell Craske	Corstorphine AAC	2017	16:00
205	Gavin Smith	Cambuslang H	2019	16:00

Over the years at the Almondvale venue, the long leg route has changed many times due to traffic changes, new buildings etc. These changes are recorded in the event programmes.

The short leg has remained stable throughout the years as it has changed very little.

In comparing team and individual leg times it is only accurate to compare times within the same year.