

Livingston (Almondvale) Fastest Laps

Women

Short leg (3.15m) - sub 19m

1	Madeleine Murray	Edinburgh AC	2016	16:42
2	Morag Miller	Central AC	2022	16:59
3	Morag Miller	Central AC	2019	17:04
4	Lynne McDougall	City of Glasgow	2001	17:06
5	Stephanie Pennycook	Fife AC	2022	17:07
6	Laura Dunn	Edinburgh AC	2014	17:07
7	Lynn McKenna	Shettleston H	2023	17:08
8	Morag MacLarty	Central AC	2010	17:09
9	Morag MacLarty	Central AC	2017	17:09
10	Beth Ansell	Edinburgh AC	2025	17:17
11	Lyn Wilson	Carnethy HRC	2007	17:19
12	Claire Gibson	Kilbarchan AAC	2010	17:20
13	Morag MacLarty	Central AC	2014	17:27
14	Kirsty Walker	Edinburgh AC	2023	17:28
15	Elsbeth Curran	Kilbarchan AAC	2011	17:32
16	Claire Gibson	Kilbarchan AAC	2009	17:33
17	Gillian Palmer	City of Edinburgh	2007	17:34
18	Sarah Tait	Lasswade AC	2022	17:35
19	Lyn Wilson	Carnethy HRC	2005	17:36
20	Laura Dunn	Edinburgh AC	2013	17:39
21	Elsbeth Curran	Kilbarchan AAC	2010	17:40
22	Emma Raven	Central AC	2011	17:40
23	Annabel Simpson	Fife AC	2016	17:40
24	Lyndsay Morrison	Central AC	2012	17:42
25	Stephanie Pennycook	Fife AC	2016	17:42
26	Morag MacLarty	Central AC	2016	17:42
27	Suzanne Owen	City of Glasgow	2002	17:44
28	Victoria Baillie	Edinburgh AC	2012	17:44
29	Sara Stevenson	Glasgow University H & H	2009	17:49
30	Tracey Brindley	Carnethy HRC	2003	17:51
31	Lindsay McNeill	Shettleston H	2009	17:52
32	Niamh Carr	Edinburgh University H&H	2023	17:52

Long leg (5.8m) - sub 35m

1	Hayley Haining	Kilbarchan AAC	2007	31:04
2	Megan Keith	Inverness H	2025	31:59
3	Fionnuala Ross	Shettleston H	2023	32:04
4	Elsbeth Curran	Kilbarchan AAC	2019	32:25
5	Sarah Inglis	Lothian RC	2015	32:36
6	Fionnula Ross	Shettleston H	2019	32:54
7	Tracey Brindley	City of Glasgow	2000	33:01
8	Sarah Hood	Edinburgh AC	2013	33:06
9	Annabel Simpson	Fife AC	2024	33:07
10	Angela Mudge	Carnethy HRC	2000	33:08
11	Sarah Inglis	Lothian RC	2017	33:15
12	Sara Green	Gala H	2023	33:16
13	Stephanie Pennycook	Edinburgh University H&H	2017	33:20
14	Kellie Wilder	City of Glasgow	2002	33:21
15	Collette Fagan	V-P Glasgow	2007	33:21
16	Louise Mercer	Edinburgh University H&H	2017	33:24
17	Jill Shannon	Kilbarchan AAC	2004	33:25
18	Jennifer MacLean	City of Edinburgh	2007	33:25
19	Stephanie Pennycook	Fife AC	2018	33:31
20	Sarah Inglis	Lothian RC	2018	33:32
21	Angela Mudge	Carnethy HRC	2003	33:34
22	Jennifer Emsley	Central AC	2014	33:34
23	Megan Crawford	Fife AC	2014	33:35
24	Nicola Gauld	Aberdeen AAC	2016	33:36
25	Shona McIntosh	Hunters Bog T	2015	33:41
26	Avril Mason (F40)	Shettleston H	2019	33:43
27	Jennifer MacLean	Edinburgh AC	2010	33:44
28	Stefanie Tucker	Aberdeen AAC	2023	33:47
29	Eve MacKinnon	Cambuslang H	2023	33:47
30	Jennifer Emsley	Central AC	2013	33:48
31	Gemma Rankin	Kilbarchan AAC	2015	33:48
32	Jenny Bannerman	Inverness H AC	2015	33:48

33	Beth Ansell	Edinburgh AC	2024	17:53	33	Dianne Lauder	Gala H	2012	33:50
34	Sarah Inglis	Lothian RC	2009	17:54	34	Annabel Simpson	Fife AC	2019	33:51
35	Lesley Chisholm	Garscube H	2013	17:54	35	Zoe Pflug	Edinburgh University H&H	2023	33:51
36	Naomi Lang (FU20)	Edinburgh University H&H	2018	17:54	36	Jennifer MacLean	Edinburgh AC	2013	33:53
37	Stephanie Pennycook	Fife AC	2015	17:55	37	Kirsty Walker	Edinburgh AC	2025	33:56
38	Kara Tait	Kilmarnock H&AC	2014	17:58	38	Jennifer MacLean	City of Edinburgh	2009	33:57
39	Mhairi MacLennan	Inverness H AAC	2015	17:59	39	Lindsay McNeill	Shettleston Ladies	2000	33:58
40	Emily Dudgeon	Edinburgh AC	2017	18:00	40	Megan Crawford	Fife AC	2015	33:58
41	Renecca Burns	Edinburgh AC	2019	18:02	41	Jennifer MacLean	City of Edinburgh	2012	34:00
42	Fiona Thompson	Central AC	2013	18:03	42	Jennifer Wetton	Central AC	2017	34:00
43	Zoe Pflug	Cambuslang H	2025	18:03	43	Dianne Lauder	Gala H	2010	34:02
44	Claire Gibson	Kilbarchan AAC	2008	18:04	44	Helen Sharpe	Fife AC	2014	34:02
45	Eve MacKinnon	Ron Hill Cambuslang H	2016	18:04	45	Kerry McPhee	Central AC	2012	34:03
46	Jenny Selman	Fife AC	2019	18:05	46	Elspeth Curran	Kilbarchan AAC	2014	34:03
47	Sarah Inglis	Lothian RC	2013	18:06	47	Christina Rankin	Kilbarchan AAC	2011	34:04
48	Fiona Rudkin	Metro Aberdeen RC	2014	18:07	48	Hayley Haining	Kilbarchan AAC	2012	34:04
49	Lesley Bell	Garscube H	2023	18:08	49	Edel Mooney	Lothian RC	2013	34:04
50	Hester Dix	Fife AC	2012	18:09	50	Lyndsay Morrison	Central AC	2015	34:06
51	Claire McCracken	City of Glasgow	2005	18:10	51	Jennifer Wetton	Central AC	2016	34:07
52	Lindsay McNeill	City of Glasgow	2005	18:10	52	Jo Williams	Lothian RC	2019	34:07
53	Hannah Edwards	Edinburgh University H&H	2022	18:11	53	Jenny Bannerman	Inverness H	2017	34:11
54	Laura Dunn	Edinburgh AC	2011	18:11	54	Erica Schmidt	Bellahouston RR	2007	34:13
55	Claire Couper	Central AC	2012	18:12	55	Lindsay McMahon	JW Kilmarnock	2000	34:14
56	Zor Pflug	Edinburgh University H&H	2019	18:13	56	Toni McIntosh	Central AC	2005	34:14
57	Caitlyn Heggie	Inverness H	2025	18:14	57	Helen Sharpe	Fife AC	2013	34:14
58	Morag MacLarty	Central AC	2005	18:15	58	Edel Mooney	Lothian RC	2006	34:15
59	Elspeth Curran	Kilbarchan AAC	2009	18:15	59	Morgan Windram-Geddes	Fife AC	2012	34:16
60	Sarah Hood	Edinburgh AC	2011	18:15	60	Fanni Gyurko	Central AC	2019	34:17
61	Lesley Chisholm	Springburn H	2007	18:16	61	Suzanne Owen	City of Glasgow	2005	34:18
62	Allison Higgins	JW Kilmarnock	2005	18:17	62	Shona McIntosh	Hunters Bog T	2014	34:19
63	H Sutherland	Livingston & Dist AC	1999	18:18	63	Helen Stuart	Bellahouston RR	2007	34:23
64	Rebecca Craig (FU20)	Central AC	2019	18:18	64	Fiona Thompson	Central AC	2017	34:24
65	Jan Roxburgh	Irvine AC	2000	18:19	65	Allison Higgins	JW Kilmarnock	2001	34:25
66	Rebecca Burns	Edinburgh AC	2017	18:19	66	Jennifer MacLean	Edinburgh AC	2011	34:25
67	Freya Ross	Edinburgh AC	2015	18:20	67	Jennifer Wetton	Central AC	2023	34:25
68	Julie McDevitt	City of Glasgow	2000	18:21	68	Lyndsay Morrison	Central AC	2013	34:26
69	Lyndsay Morrison	Central AC	2014	18:21	69	Edel Mooney	Lothian RC	2009	34:27

70	Lyndsay Morrison	Central AC	2017	18:21	70	Fiona Thompson	Central AC	2016	34:27
71	Jill Knowles	City of Glasgow	2005	18:22	71	Holly Page (FU20)	Edinburgh University H&H	2019	34:27
72	Avril Mason (F40)	Shettleston H	2017	18:22	72	Lindsay McNeill	Shettleston Ladies	2001	34:28
73	Emma Creasey	Giffnock North AC	2024	18:22	73	Jill Knowles	City of Glasgow	2004	34:30
74	Natalie Sharp	Kilbarchan AAC	2011	18:23	74	Hayley Haining	Kilbarchan AAC	2017	34:31
75	Stefanie Tucker	Glasgow University H&H	2022	18:24	75	Kerry Lang	Kilbarchan AAC	2010	34:32
76	Jill Knowles	City of Glasgow	2002	18:24	76	Mhairi MacLennan	Edinburgh University H&H	2018	34:32
77	Lindsay McNeill	Shettleston H	2011	18:24	77	Edel Mooney	Lothian RC	2014	34:33
78	Annabel Simpson	Fife AC	2015	18:26	78	Trudi Thomson	Pitreavie AAC	2002	34:34
79	Claire Bruce	Metro Aberdeen RC	2018	18:26	79	Dianne Lauder	Gala H	2013	34:34
80	Jenny Bannerman	Inverness H	2025	18:26	80	Fiona Rudkin	Metro Aberdeen RC	2016	34:34
81	Eve MacKinnon (FU20)	Edinburgh University H&H	2017	18:27	81	Jennifer Wetton	Central AC	2022	34:35
82	Jill Knowles	City of Glasgow	2006	18:28	82	Lynn Harding	Shettleston Ladies	2000	34:35
83	Lindsay McMahon	JW Kilmarnock	2006	18:28	83	Rachael Dunn	Edinburgh AC	2016	34:37
84	Margot Julia Wyrwoll	Edinburgh AC	2024	18:28	84	Siobhan Coleman	Pitreavie AAC	2009	34:38
85	Grace Whelan	Central AC	2025	18:28	85	Megan Wright	Hunters Bog T	2009	34:38
86	Claire Ward	Hunters Bog T	2012	18:29	86	Jennifer Emsley	Central AC	2012	34:39
87	Kirsteen Young	City of Glasgow	2005	18:30	87	Helen Sharpe	Fife AC	2017	34:39
88	Fiona Thompson	Central AC	2008	18:30	88	Jo Williams	Lothian RC	2018	34:39
89	Constance Nankivell (FU20)	Edinburgh University H&H	2019	18:30	89	Annabel Simpson	Fife AC	2018	34:39
90	Lyndsay Morrison	Central AC	2016	18:31	90	Megan Clark	Hunters Bog T	2004	34:41
91	Kara Tait	Kilmarnock H&AC	2015	18:33	91	Fiona Thompson	Central AC	2010	34:41
92	Christina Rankin	Kilbarchan AAC	2014	18:34	92	Helen Sharpe	Fife AC	2010	34:41
93	Suzanne Owen	City of Glasgow	2004	18:36	93	Rebecca Johnson	Edinburgh University H&H	2022	34:42
94	Issy Menzies	Edinburgh AC	2010	18:36	94	Rachael Dunn	Edinburgh AC	2017	34:42
95	Gemma Cormack	Aberdeen AAC	2016	18:36	95	Allison Simpson	JW Kilmarnock	2006	34:43
96	Isabel Mansley	Edinburgh University H&H	2025	18:36	96	Jenny Selman	Fife AC	2024	34:43
97	Sarah Dempsey (FU20)	Kilbarchan AAC	2016	18:38	97	Megan Wright	Hunters Bog T	2012	34:44
98	Jill Knowles	V-P Glasgow	2007	18:39	98	Ellie Buchan	Aberdeen AAC	2016	34:44
99	Megan Crawford	Fife AC	2018	18:40	99	Janette Stevenson	Falkirk Victoria H	2001	34:46
100	Halina Rees	Fife AC	2013	18:41	100	Iona Robertson	Bellahouston RR	2006	34:46
101	Helen Sharpe	Fife AC	2018	18:41	101	Edel Mooney	Lothian RC	2007	34:47
102	Kirstian Macaulay	Corstorphine AAC	2023	18:41	102	Sarah Kettlewell	City of Glasgow	2005	34:48
103	Claire Gibson	Kilbarchan AAC	2004	18:42	103	Holly Page	Edinburgh University H&H	2022	34:49
104	Megan Davidson	Falkirk Victoria H	2015	18:42	104	Christina Rankin	Kilbarchan AAC	2012	34:49
105	Julie McDevitt	City of Glasgow	2001	18:43	105	Shona McIntosh	Hunters Bog T	2018	34:49
106	Morag MacLarty	Central AC	2008	18:43	106	Sara Green	Gala H	34:49	34:49

107	Kate Lowery	Edinburgh University H&H	2019	18:43	107	Fiona Matheson	Falkirk Victoria H	2015	34:50
108	Christina Rankin	Kilbarchan AAC	2018	18:44	108	Susan Finch	City of Glasgow	2000	34:51
109	Marbeth Shiell	Edinburgh Southern H	2006	18:45	109	Sarah Inglis	Lothian RC	2012	34:51
110	Alicia Paton	Cumbernauld AAC	2024	18:45	110	Morag Millar	Central AC	2024	34:51
111	Merce Sanchez Oller	Edinburgh AC	2024	18:45	111	Beth Garland	Corstorphine AAC	2022	34:52
112	Tuscany Wright	Central AC	2025	18:45	112	Susan Finch	V-P Glasgow	2007	34:55
113	Kara Tait	Kilmarnock H	2011	18:46	113	Edel Mooney (F40)	Lothian RC	2015	34:55
114	Jenny Selman	Fife AC	2018	18:46	114	Merce Oller	Edinburgh AC	2023	34:57
115	Cara Sloss	Kilbarchan AAC	2010	18:47	115	Amy Gramklin	Lasswade AC	2022	34:58
116	Sarah Russell Brown	Edinburgh AC	2018	18:47	116	Christina Rankin	Kilbarchan AAC	2016	34:58
117	Amy Vincent	Edinburgh AC	2025	18:47					
118	Stephanie Pennycook	Fife AC	2014	18:48					
119	Eve MacKinnon	Ron Hill Cambuslang H	2015	18:48					
120	Caitlin Purcell	Aberdeen AAC	2022	18:49					
121	Claire McCracken	City of Glasgow	2004	18:49					
122	Louise Mercer	Edinburgh University H&H	2014	18:49					
123	Jennifer Spence	Fife AC (B)	2017	18:49					
124	Morag MacLarty	Central AC	2007	18:50					
125	Jo Williams	Lothian RC	2015	18:50					
126	Kirstian MacRuary	Corstorphine AAC	2016	18:50					
127	Pamela Nicholson	City of Glasgow	2006	18:51					
128	Elsbeth Curran	Kilbarchan AAC	2008	18:51					
129	Eileen Cochrane	City of Glasgow	2001	18:52					
130	Siobahn Coleman	Lothian Running Club (A)	2017	18:52					
131	Jennifer Spence	Fife AC	2019	18:52					
132	Abigail Bender	Fife AC	2014	18:53					
133	Kirstin Maxwell	Gale H	2019	18:53					
134	Shona McIntosh	Hunters Bog T	2016	18:54					
135	Kathryn Pennel	Shettleston H	2019	18:54					
136	Avril Mason (F40)	Shettleston H	2022	18:56					
137	Amanda Woodrow	Edinburgh AC	2016	18:56					
138	Grace Pow	Edinburgh University H&H	2022	18:57					
139	Cara Sloss	Kilbarchan AAC	2009	18:57					
140	Jill Knowles	City of Glasgow	2003	18:58					
141	Sarah Louise MacIsaac	Hunters Bog T	2015	18:58					
142	Emily Kilburn	Hunters Bog T	2007	18:59					
143	Joanne Thom	Edinburgh AC	2012	18:59					

144	Jill Smylie	Giffnock North AAC (A)	2017	18:59
145	Katie Bristow	Cambuslang H	2018	18:59
146	Virginie Barrand	Metro Aberdeen RC	2016	19:00
147	Ana-Maria Duran-Mingo	Aberdeen AAC	2016	19:00
148	Kirsty Macaulay	Corstorphine AAC	2025	19:00

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.