

## Livingston (Almondvale) Fastest Laps

### Men

#### Short leg (3.15m) - sub 16m

#### Long leg (5.8m) - sub 30.00

|    |                   |                          |      |       |    |                 |                      |      |       |
|----|-------------------|--------------------------|------|-------|----|-----------------|----------------------|------|-------|
| 1  | Steven Cairns     | Hunters Bog T            | 2002 | 14:58 | 1  | Glen Stewart    | Mizuno RC            | 1999 | 27:33 |
| 2  | Ben MacMillan     | Central AC               | 2023 | 14:58 | 2  | Jamie Crowe     | Central AC           | 2026 | 27:54 |
| 3  | Luke Traynor      | Giffnock North AC        | 2019 | 14:59 | 3  | Glen Stewart    | Mizuno RC            | 1998 | 27:57 |
| 4  | Jack Patton       | Kilbarchan AAC           | 2025 | 14:59 | 4  | Derek Hawkins   | Kilbarchan AAC       | 2012 | 27:57 |
| 5  | Adrain Callan     | Shettleston H            | 1999 | 15:00 | 5  | Kevin Sheppard  | Ronhill Cambuslang H | 2005 | 28:00 |
| 6  | Ben MacMillan     | Central AC               | 2024 | 15:02 | 6  | Robert Russell  | Central AC           | 2008 | 28:00 |
| 7  | Philip Mowbray    | Hunters Bog T            | 1999 | 15:03 | 7  | Andrew Butchart | Central AC           | 2014 | 28:03 |
| 8  | Tom-Graham Marr   | Central AC               | 2022 | 15:04 | 8  | Derek Hawkins   | Kilbarchan AAC       | 2013 | 28:03 |
| 9  | Mark Draper       | Lasswade AAC             | 2008 | 15:04 | 9  | Derek Hawkins   | Kilbarchan AAC       | 2015 | 28:08 |
| 10 | Andrew McGill     | Cambuslang H             | 2025 | 15:04 | 10 | Robert Quinn    | Kilbarchan AAC       | 1999 | 28:09 |
| 11 | Robert Quinn      | Kilbarchan AAC           | 1998 | 15:05 | 11 | Scott Stirling  | Falkirk Victoria H   | 2023 | 28:11 |
| 12 | Alastair Hay      | Central AC               | 2013 | 15:06 | 12 | Robert Quinn    | Kilbarchan AAC       | 2000 | 28:16 |
| 13 | Ben Sandilands    | Fife AC                  | 2025 | 15:06 | 13 | Adrain Callan   | Shettleston H        | 1998 | 28:18 |
| 14 | Josh Lily         | Ronhill Cambuslang H     | 2014 | 15:07 | 14 | Guy Amos        | Mizuno RC            | 2001 | 28:18 |
| 15 | Myles Edwards     | Aberdeen AAC             | 2022 | 15:08 | 15 | Robert Russell  | Central AC           | 2007 | 28:25 |
| 16 | Philip Mowbray    | Hunters Bog T            | 2000 | 15:08 | 16 | Robert Quinn    | Kilbarchan AAC       | 2002 | 28:26 |
| 17 | Ross Matheson     | Lasswade AAC             | 2013 | 15:09 | 17 | Allan Adams     | Clydesdale H         | 1999 | 28:27 |
| 18 | Angus Smith       | Corstorphine AAC         | 2025 | 15:09 | 18 | Simon Pride     | Metro Aberdeen RC    | 2002 | 28:29 |
| 19 | Peter Bradshaw    | Edinburgh University H&H | 2026 | 15:09 | 19 | Callum Hawkins  | Kilbarchan AAC       | 2015 | 28:29 |
| 20 | Iain Donnan       | Lothian RC               | 2007 | 15:10 | 20 | Craig Ruddy     | Inverclyde AAC       | 2012 | 28:31 |
| 21 | Noah Howlett      | Edinburgh AC             | 2025 | 15:11 | 21 | Hamish Hickey   | Central AC           | 2026 | 28:31 |
| 22 | Alastair Hay      | Central AC               | 2022 | 15:12 | 22 | Glen Stewart    | RC Edinburgh         | 2003 | 28:32 |
| 23 | Logan Beagley     | Central AC               | 2026 | 15:13 | 23 | Alan Adams      | Clydesdale H         | 2001 | 28:36 |
| 24 | Neil Wilkinson    | Ronhill Cambuslang H     | 2003 | 15:14 | 24 | Daniel Mulhare  | Inverclyde AAC       | 2010 | 28:36 |
| 25 | Alastair Marshall | Central AC               | 2025 | 15:15 | 25 | Callum Hawkins  | Inverclyde AAC       | 2025 | 28:36 |
| 26 | Jamie Mackinnon   | Cambuslang H             | 2023 | 15:16 | 26 | Hamish Hickey   | Central AC           | 2023 | 28:37 |
| 27 | Ben Sandilands    | Fife AC                  | 2024 | 15:16 | 27 | William Coyle   | Shettleston H        | 1999 | 28:39 |
| 28 | David Wright      | Lothian RC               | 2025 | 15:16 | 28 | Derek Hawkins   | Kilbarchan AAC       | 2017 | 28:40 |
| 29 | Robert Russell    | Central AC               | 2012 | 15:18 | 29 | Alan Adams      | Clydesdale H         | 2000 | 28:41 |

|    |                          |                        |      |       |    |                          |                          |      |       |
|----|--------------------------|------------------------|------|-------|----|--------------------------|--------------------------|------|-------|
| 30 | Calum McKenzie           | Corstorphine AAC       | 2022 | 15:20 | 30 | Christopher MacKay       | Inverclyde AAC           | 2009 | 28:41 |
| 31 | Ian Rawlinson            | Ronhill Cambuslang H   | 2014 | 15:20 | 31 | Tsegezab Woldemichael    | Shettleston H            | 2010 | 28:41 |
| 32 | Logan Beagley            | Central AC             | 2025 | 15:20 | 32 | Andrew Douglas           | Inverclyde AAC           | 2016 | 28:41 |
| 33 | Steven Cairns            | Hunters Bog T          | 2001 | 15:21 | 33 | Cameron Milne            | Central AC               | 2017 | 28:42 |
| 34 | Jack Hamilton            | Ronhill Cambuslang H   | 2012 | 15:22 | 34 | John Ross                | Mizuno RC                | 1998 | 28:43 |
| 35 | Gavin Smith              | Cambuslang H           | 2025 | 15:22 | 35 | David Ross               | Mizuno RC                | 1999 | 28:44 |
| 36 | Tewoldeberhan Mengisteab | Shettleston H          | 2009 | 15:23 | 36 | Douglas Runcieman        | Ronhill Cambuslang H     | 2000 | 28:44 |
| 37 | Kieran Reilly            | Central AC             | 2026 | 15:23 | 37 | Jamie Burns              | Glasgow University H&H   | 2023 | 28:44 |
| 38 | Paul Sorrie              | Shettleston H          | 2012 | 15:24 | 38 | Stephen Wylie            | Ronhill Cambuslang H     | 2003 | 28:45 |
| 39 | Laurence Petty           | Dundee Hawkhill H      | 2026 | 15:24 | 39 | Jamie Crowe              | Central AC               | 2022 | 28:46 |
| 40 | Ian Rawlinson            | Ronhill Cambuslang H   | 2010 | 15:25 | 40 | Jamie Crowe              | Central AC               | 2025 | 28:46 |
| 41 | Tom Martin               | Hunters Bog T          | 2014 | 15:25 | 41 | Robert Russell           | Central AC               | 2005 | 28:46 |
| 42 | Gavin McArdle            | Kilbarchan AAC         | 2015 | 15:25 | 42 | Allan Adams              | Clydesdale H             | 2003 | 28:47 |
| 43 | Jamie Reid               | Law & Dist AAC         | 2002 | 15:26 | 43 | Robert Russell           | Central AC               | 2014 | 28:47 |
| 44 | Calum Phillip            | Central AC             | 2026 | 15:26 | 44 | Calum McKenzie           | Corstorphine AAC         | 2014 | 28:47 |
| 45 | Luca Messenger Jones     | Central AC             | 2026 | 15:26 | 45 | Lewis Hannigan           | Glasgow University H&H   | 2023 | 28:47 |
| 46 | Max Colligan             | Mizuno RC              | 1999 | 15:27 | 46 | Billy Jenkins            | Clydesdale H             | 1998 | 28:48 |
| 47 | Frank McGowan            | Shettleston H          | 2000 | 15:27 | 47 | Ross Toole               | Kilbarchan AAC           | 2010 | 28:48 |
| 48 | Jonathan Marshall        | Central AC             | 2025 | 15:27 | 48 | Ross Houston             | Central AC               | 2012 | 28:48 |
| 49 | Fraser Stewart           | Cambuslang H           | 2022 | 15:28 | 49 | Tom Graham–Marr          | Central AC               | 2023 | 28:48 |
| 50 | Robert Fitzimmons        | Kilbarchan AAC         | 1998 | 15:28 | 50 | Harry Henriksen          | Edinburgh University H&H | 2026 | 28:48 |
| 51 | Scott Cohen              | Mizuno RC              | 1998 | 15:29 | 51 | David Ross               | Mizuno RC                | 1998 | 28:49 |
| 52 | Alan Puckrin             | Kilbarchan AAC         | 1998 | 15:29 | 52 | Tewoldeberhan Mengisteab | Shettleston H            | 2010 | 28:50 |
| 53 | Graeme Reid              | Clydesdale H           | 2003 | 15:29 | 53 | Alastair Hay             | Central AC               | 2010 | 28:50 |
| 54 | Sean Reilly              | Central AC             | 2009 | 15:29 | 54 | Stuart Gibson            | Shettleston H            | 1999 | 28:51 |
| 55 | Alan Adams               | Shettleston H          | 2010 | 15:29 | 55 | Andrew Muir              | RC Edinburgh             | 2003 | 28:51 |
| 56 | Andrew Butchart          | Central AC             | 2013 | 15:29 | 56 | Alexander Hendry         | Central AC               | 2014 | 28:51 |
| 57 | Andrew McGill            | Glasgow University H&H | 2023 | 15:29 | 57 | Michael Ferguson         | Aberdeen AAC             | 2023 | 28:51 |
| 58 | Scott McDonald           | Central AC             | 2010 | 15:30 | 58 | Daniel Leggate           | Fife AC                  | 2000 | 28:52 |
| 59 | Craig Ruddy              | Inverclyde AAC         | 2010 | 15:30 | 59 | Jamie Crowe              | Central AC               | 2017 | 28:52 |
| 60 | Scott McDonald           | Central AC             | 2014 | 15:30 | 60 | John Robson              | Mizuno RC                | 1999 | 28:53 |
| 61 | Jonathan Glen            | Inverclyde AC          | 2016 | 15:30 | 61 | Charles Thomson          | Ronhill Cambuslang H     | 2000 | 28:53 |
| 62 | Jamie Mackinnon          | Cambuslang H           | 2025 | 15:30 | 62 | Robert Russell           | Central AC               | 2006 | 28:54 |

|    |                     |                        |      |       |    |                          |                        |      |       |
|----|---------------------|------------------------|------|-------|----|--------------------------|------------------------|------|-------|
| 63 | Peter Bradshaw      | Glasgow University H&H | 2022 | 15:32 | 63 | Daryl Reid               | East Kilbride AC       | 2023 | 28:54 |
| 64 | Ben McMillan        | Central AC             | 2022 | 15:32 | 64 | Angus Smith              | Corstorphine AAC       | 2026 | 28:54 |
| 65 | Amanuel Hagos       | Shettleston H          | 2010 | 15:32 | 65 | Callum Tharme            | Cambuslang H           | 2026 | 28:54 |
| 66 | Joel Lange          | Central AC             | 2024 | 15:32 | 66 | Stuart Gibson            | Cambuslang H           | 2017 | 28:55 |
| 67 | Iain Donnan         | Aberdeen AAC           | 2004 | 15:33 | 67 | Ross Houston             | Central AC             | 2010 | 28:56 |
| 68 | Lewis Miller        | Central AC             | 2012 | 15:34 | 68 | Calum McKenzie           | Corstorphine AAC       | 2019 | 28:56 |
| 69 | Gavin Bryson (MU20) | Edinburgh AC           | 2018 | 15:34 | 69 | Michael Ferguson         | Aberdeen AAC           | 2017 | 28:57 |
| 70 | Owen Miller         | Fife AC                | 2022 | 15:35 | 70 | James Donald             | Dundee Hawkhill H      | 2026 | 28:57 |
| 71 | Michael Gillespie   | Shettleston H          | 2011 | 15:35 | 71 | Tewoldeberhan Mengisteab | Shettleston H          | 2012 | 28:58 |
| 72 | Ewan Brown          | Corstorphine AAC       | 2019 | 15:35 | 72 | Luke Traynor             | Giffnock North AAC     | 2014 | 28:59 |
| 73 | Kieran Reilly       | Central AC             | 2024 | 15:35 | 73 | Josh Lilly               | Ronhill Cambuslang H   | 2013 | 29:00 |
| 74 | Mark Haskett        | Aberdeen AAC           | 2010 | 15:36 | 74 | Kane Elliott             | Falkirk Victoria H     | 2023 | 29:01 |
| 75 | Owen Miller         | Fife AC                | 2024 | 15:36 | 75 | Gavin Smith              | Cambuslang H           | 2023 | 29:01 |
| 76 | Robbie Ferguson     | Kilbarchan AAC         | 2025 | 15:36 | 76 | Aiden Thompson           | Central AC             | 2026 | 29:01 |
| 77 | Fraser Gilmour      | Kilbarchan AAC         | 2025 | 15:36 | 77 | Lewis Hannigan           | Kilbarchan AAC         | 2025 | 29:02 |
| 78 | Warren Lorente      | Dundee Hawkhill H      | 2026 | 15:36 | 78 | Craig Ruddy              | Inverclyde AAC         | 2016 | 29:03 |
| 79 | John Mackay         | Shettleston H          | 1999 | 15:37 | 79 | Noah Howlett             | Edinburgh AC           | 2026 | 29:03 |
| 80 | Scott Cohen         | Mizuno RC              | 1999 | 15:37 | 80 | Andrew Douglas           | Inverclyde AAC         | 2019 | 29:08 |
| 81 | Ross Houston        | Central AC             | 2008 | 15:37 | 81 | Sean Chalmers            | Inverness H AAC        | 2019 | 29:11 |
| 82 | Tsegai Tewelde      | Shettleston H          | 2009 | 15:37 | 82 | Jack Eykelbosch          | Corstorphine AAC       | 2026 | 29:11 |
| 83 | Daryl Reid          | East Kilbride CA       | 2022 | 15:38 | 83 | Michael Christoforou     | Cambuslang H           | 2023 | 29:11 |
| 84 | Brian Scally        | Shettleston H          | 1998 | 15:38 | 84 | Ross Houston             | Central AC             | 2015 | 29:14 |
| 85 | Brian Kirkwood      | Mizuno RC              | 1998 | 15:38 | 85 | Michael Ferguson         | Aberdeen AAC           | 2016 | 29:14 |
| 86 | Andrew Little       | Shettleston H          | 1998 | 15:38 | 86 | Max Milarvie             | VP-Glasgow AC          | 2019 | 29:15 |
| 87 | Fraser Cartnell     | Ronhill Cambuslang H   | 2007 | 15:38 | 87 | Lewis Hannigan           | Glasgow University H&H | 2024 | 29:15 |
| 88 | Christopher Foley   | Dundee Hawkhill H      | 2010 | 15:38 | 88 | Tewoldeberhan Mengisteab | Shettleston H          | 2016 | 29:17 |
| 89 | Iain Davies         | Central AC             | 2019 | 15:38 | 89 | Cameron Strachan         | Metro Aberdeen RC      | 2019 | 29:17 |
| 90 | Robert Quinn        | Kilbarchan AAC         | 2003 | 15:39 | 90 | Neil Renault             | Edinburgh AC           | 2015 | 29:19 |
| 91 | Ross Toole          | Kilbarchan AAC         | 2006 | 15:39 | 91 | Hamish Hickey            | Central AC             | 2022 | 29:20 |
| 92 | Andrew Crichton     | Edinburgh AC           | 2011 | 15:39 | 92 | Calum McKenzie           | Corstorphine AAC       | 2017 | 29:20 |
| 93 | Michael Breen       | Corstorphine AAC       | 2012 | 15:39 | 93 | Stuart Gibson            | Ronhill Cambuslang H   | 2016 | 29:21 |
| 94 | Grant Muir          | Giffnock North AAC     | 2017 | 15:39 | 94 | Darrell Hastie           | Gala H                 | 2023 | 29:21 |
| 95 | Paul Sorrie         | Shettleston H          | 2010 | 15:40 | 95 | Calum Phillip            | Central AC             | 2023 | 29:22 |

|     |                     |                        |      |       |     |                          |                          |      |       |
|-----|---------------------|------------------------|------|-------|-----|--------------------------|--------------------------|------|-------|
| 96  | Lewis Miller        | Central AC             | 2010 | 15:40 | 96  | Scott Stirling           | Falkirk Victoria H       | 2022 | 29:23 |
| 97  | Iain Jordan         | Central AC             | 2026 | 15:40 | 97  | Scott McDonald           | Central AC               | 2015 | 29:23 |
| 98  | Darren Gausen       | City of Edinburgh      | 2006 | 15:41 | 98  | Cameron Milne            | Central AC               | 2016 | 29:23 |
| 99  | Douglas Selman      | Corstorphine AAC       | 2007 | 15:41 | 99  | Tom Martyn               | Corstorphine AAC         | 2024 | 29:23 |
| 100 | Robert Quinn        | Kilbarchan AAC         | 2009 | 15:41 | 100 | Dale Colley              | Central AC               | 2016 | 29:24 |
| 101 | Craig Jardine       | Ronhill Cambuslang H   | 2016 | 15:41 | 101 | Lewis Rodgers            | Fife AC                  | 2025 | 29:24 |
| 102 | Stuart Gibson       | Cambuslang H           | 2019 | 15:41 | 102 | Euan Gillham             | Edinburgh University H&H | 2016 | 29:25 |
| 103 | Martin Bell         | City of Edinburgh      | 2002 | 15:42 | 103 | Luke Traynor             | Giffnock North AAC       | 2015 | 29:28 |
| 104 | Martin Graham       | Shettleston H          | 2002 | 15:42 | 104 | Michael Deason           | Shettleston H            | 2019 | 29:29 |
| 105 | Ben Sandilands      | Fife AC                | 2022 | 15:43 | 105 | Hamish Hickey            | Central AC               | 2025 | 29:29 |
| 106 | Andrew Thomson      | Fife AC                | 2022 | 15:43 | 106 | Ryan Thomson             | Cambuslang H             | 2019 | 29:30 |
| 107 | Francis Barton      | Ronhill Cambuslang H   | 2000 | 15:43 | 107 | Fraser Stewart           | Cambuslang H             | 2026 | 29:30 |
| 108 | Amanuel Hagos       | Shettleston H          | 2009 | 15:43 | 108 | Cameron Milne            | Central AC               | 2018 | 29:31 |
| 109 | Alexander Hendry    | Central AC             | 2010 | 15:43 | 109 | Andrew Fyfe              | Edinburgh AC             | 2024 | 29:31 |
| 110 | Ryan Thomson (MU20) | Ronhill Cambuslang H   | 2016 | 15:43 | 110 | Ewan Brown               | Corstorphine AAC         | 2022 | 29:32 |
| 111 | Dermot Cummings     | Corstorphine AAC       | 2023 | 15:43 | 111 | Alexander Hendry         | Central AC               | 2015 | 29:32 |
| 112 | Keven Harvey        | Cambuslang H           | 2023 | 15:43 | 112 | Lewis Rodgers            | Fife AC                  | 2019 | 29:32 |
| 113 | Jonathan Marshall   | Central AC             | 2024 | 15:43 | 113 | Duncan Robinson          | Giffnock North AC        | 2024 | 29:33 |
| 114 | Hamish Hickey       | Central AC             | 2024 | 15:43 | 114 | Jamie Burns              | Glasgow University H&H   | 2022 | 29:34 |
| 115 | Stephen Addison     | Glasgow University H&H | 2024 | 15:43 | 115 | Ryan Thomson             | Cambuslang H             | 2017 | 29:34 |
| 116 | Kheredine Idessane  | Clydesdale H           | 1998 | 15:44 | 116 | Calum McKenzie           | Corstorphine AAC         | 2016 | 29:35 |
| 117 | Andrew Muir         | Kilbarchan AAC         | 2001 | 15:44 | 117 | Martin Graham            | Shettleston H            | 2004 | 29:36 |
| 118 | Juan Mareque        | City of Edinburgh      | 2005 | 15:44 | 118 | Kyle McLellan            | Ronhill Cambuslang H     | 2016 | 29:36 |
| 119 | Dale Colley         | Central AC             | 2015 | 15:44 | 119 | Murray Strain            | Hunters Bog T            | 2015 | 29:37 |
| 120 | Gavin Bryson        | Edinburgh AC           | 2017 | 15:44 | 120 | Seyd Taha Ghafari        | Shettleston H            | 2025 | 29:37 |
| 121 | Ewan Brown          | Corstorphine AAC       | 2018 | 15:44 | 121 | Ryan Donald              | Dundee Hawkhill H        | 2026 | 29:38 |
| 122 | Grant Muir          | Giffnock North AAC     | 2018 | 15:44 | 122 | Calum McKenzie           | Corstorphine AAC         | 2015 | 29:39 |
| 123 | Jamie Phillips      | Kilmarnock H           | 2024 | 15:44 | 123 | Dermot Cummins           | Corstorphine AAC         | 2017 | 29:39 |
| 124 | Alexander Moss      | Fife AC                | 1999 | 15:45 | 124 | Neil Renault             | Edinburgh AC             | 2017 | 29:40 |
| 125 | Andrew Renfree      | RC Edinburgh           | 2003 | 15:45 | 125 | Lewis Rodgers            | Fife AC                  | 2026 | 29:40 |
| 126 | Steven Cairns       | Hunters Bog T          | 2004 | 15:45 | 126 | Tewoldeberhan Mengisteab | Shettleston H            | 2015 | 29:41 |
| 127 | Barney Phillips     | Lasswade               | 2008 | 15:45 | 127 | Keiran Reilly            | Central AC               | 2022 | 29:44 |
| 128 | Andrew Butchart     | Central AC             | 2011 | 15:45 | 128 | Robert Gilroy            | Ronhill Cambuslang H     | 2016 | 29:44 |

|     |                     |                          |      |       |     |                      |                          |      |       |
|-----|---------------------|--------------------------|------|-------|-----|----------------------|--------------------------|------|-------|
| 129 | Cameron Milne       | Central AC               | 2015 | 15:45 | 129 | Dougie Selman        | Corstorphine AAC         | 2016 | 29:41 |
| 130 | Donald Macaulay     | Corstorphine AAC         | 2016 | 15:45 | 130 | Dougie Selman        | Corstorphine AAC         | 2019 | 29:43 |
| 131 | Jamie Crowe         | Central AC               | 2016 | 15:45 | 131 | John Bell            | Inverclyde AC            | 2019 | 29:44 |
| 132 | Ewan Browns         | Corstorphine AAC         | 2024 | 15:45 | 132 | Ewan Brown           | Corstorphine AAC         | 2023 | 29:44 |
| 133 | Francis Barton      | Ronhill Cambuslang H     | 1999 | 15:46 | 133 | Myles Edwards        | Aberdeen AAC             | 2023 | 29:45 |
| 134 | Andrew Muir         | Kilbarchan AAC           | 1999 | 15:46 | 134 | Ryan Thomson         | Cambuslang H             | 2023 | 29:45 |
| 135 | John Mackay         | Shettleston H            | 2000 | 15:46 | 135 | Jordan Cruickshank   | Aberdeen Metro RC        | 2026 | 29:45 |
| 136 | Martin Graham       | Shettleston H            | 2010 | 15:46 | 136 | Euan Gillham         | Kilbarchan AAC           | 2015 | 29:46 |
| 137 | Mark McKelvie       | Shettleston H            | 2023 | 15:46 | 137 | Michael Deason       | Shettleston H            | 2017 | 29:46 |
| 138 | Kevan Harvey        | Cambuslang H             | 2022 | 15:47 | 138 | Alastair Marshall    | Central AC               | 2022 | 29:47 |
| 139 | Kevin Downie        | Ronhill Cambuslang H     | 1998 | 15:47 | 139 | Calum McKenzie       | Corstorphine AAC         | 2018 | 29:48 |
| 140 | Ross Arbuckle       | Ronhill Cambuslang H     | 2000 | 15:47 | 140 | Tom Morgan           | Edinburgh University H&H | 2019 | 29:48 |
| 141 | Alan Milligan       | Fife AC                  | 2000 | 15:47 | 141 | Angus Wright         | Edinburgh University H&H | 2026 | 29:48 |
| 142 | Mark Haskett        | Aberdeen AAC             | 2011 | 15:47 | 142 | Tom Tyler            | Stirling University AC   | 2026 | 29:48 |
| 143 | Stuart Gibson       | Ronhill Cambuslang H     | 2014 | 15:47 | 143 | John Newsom          | Inverness H AAC          | 2016 | 29:49 |
| 144 | Conan McCaughey     | Central AC               | 2016 | 15:47 | 144 | Michael Christoforou | Edinburgh AC             | 2019 | 29:49 |
| 145 | Aidan Thompson      | Central AC               | 2017 | 15:47 | 145 | James Dunn           | Corstorphine AAC         | 2023 | 29:49 |
| 146 | Aidan Page          | Glasgow University H&H   | 2025 | 15:47 | 146 | Fraser Stewart       | Cambuslang H             | 2019 | 29:50 |
| 147 | Luke Howard         | Shettleston AC           | 2025 | 15:47 | 147 | Stuart Gibson        | Ronhill Cambuslang H     | 2015 | 29:51 |
| 148 | Aaron Cardno        | Edinburgh University H&H | 2025 | 15:47 | 148 | Kyle McLellan        | Ronhill Cambuslang H     | 2015 | 29:52 |
| 149 | Alexander Robertson | Ronhill Cambuslang H     | 2000 | 15:48 | 149 | Robert Gilroy        | Cambuslang Harriers (C)  | 2017 | 29:52 |
| 150 | Rod Leach           | City of Edinburgh        | 2001 | 15:48 | 150 | Dermot Cummins       | Corstorphine AAC         | 2018 | 29:53 |
| 151 | David Gardiner      | RC Edinburgh             | 2003 | 15:48 | 151 | Cameron Milne        | Central AC               | 2024 | 29:53 |
| 152 | Andrew Crighton     | Edinburgh AC             | 2010 | 15:48 | 152 | Daniel Bradford      | Shettleston H            | 2025 | 29:53 |
| 153 | Aaron Hoyle         | Corstorphine AAC         | 2023 | 15:48 | 153 | Henry Silverstein    | Edinburgh University H&H | 2026 | 29:54 |
| 154 | Kevin Downie        | Ronhill Cambuslang H     | 1999 | 15:49 | 154 | Jack Leitch          | Edinburgh University H&H | 2019 | 29:56 |
| 155 | Robert Fitzsimmons  | Kilbarchan AAC           | 2000 | 15:49 | 155 | Lewis Rodgers        | Fife AC                  | 2022 | 29:57 |
| 156 | Adrian Callan       | Shettleston H            | 2002 | 15:49 | 156 | Will Mackay          | Aberdeen AAC (A)         | 2017 | 29:57 |
| 157 | Kenneth Chapman     | Mizuno RC                | 2002 | 15:49 | 157 | Alastair Hay         | Central AC               | 2018 | 29:57 |
| 158 | Drew Pollock (MU20) | Cambuslang H             | 2019 | 15:49 | 158 | Cameron Green        | Giffnock North AC        | 2024 | 29:57 |
| 159 | Drew Sharkey        | City of Edinburgh        | 1998 | 15:50 | 159 | Dermot Cummins       | Corstorphine AAC         | 2016 | 29:58 |
| 160 | John Mackay         | Shettleston H            | 1998 | 15:50 | 160 | Ewan Brown           | Corstorphine AAC         | 2025 | 29:58 |
| 161 | Moray Anderson      | Corstorphine AAC         | 2015 | 15:50 | 161 | Douglas Selman       | Corstorphine AAC         | 2022 | 29:59 |

|                         |                       |      |       |                   |                          |      |       |
|-------------------------|-----------------------|------|-------|-------------------|--------------------------|------|-------|
| 162 Gavin Bryson (MU20) | Edinburgh AC          | 2016 | 15:50 | 162 Ben Stevenson | Edinburgh University H&H | 2015 | 29:59 |
| 163 Peter Avent         | Shettleston H         | 2019 | 15:50 |                   |                          |      |       |
| 164 Alastair Marshall   | Central AC            | 2024 | 15:50 |                   |                          |      |       |
| 165 Alistair Donaldson  | Pitreavie AAC         | 1999 | 15:51 |                   |                          |      |       |
| 166 Ian Williamson      | Ronhill Cambuslang H  | 2000 | 15:51 |                   |                          |      |       |
| 167 Lee Richardson      | Irvine AAC            | 2005 | 15:51 |                   |                          |      |       |
| 168 Douglas Selman      | Corstorphine AAC      | 2008 | 15:51 |                   |                          |      |       |
| 169 Kevin Kane          | Inverclyde AAC        | 2010 | 15:52 |                   |                          |      |       |
| 170 Sean Reilly         | Central AC            | 2014 | 15:52 |                   |                          |      |       |
| 171 Ryan Gray           | Inverclyde AC         | 2024 | 15:52 |                   |                          |      |       |
| 172 Scott Taylor        | Fife AC               | 2000 | 15:53 |                   |                          |      |       |
| 173 John Brown          | Ronhill Cambuslang H  | 2003 | 15:53 |                   |                          |      |       |
| 174 Iain Davies         | Central AC (B)        | 2016 | 15:53 |                   |                          |      |       |
| 175 Angus Smith         | Corstorphine AAC      | 2024 | 15:53 |                   |                          |      |       |
| 176 Nikolai Gajić       | Giffnock North AC     | 2024 | 15:53 |                   |                          |      |       |
| 177 Ryan Thomson        | Ron Hill Cambuslang H | 2015 | 15:54 |                   |                          |      |       |
| 178 Alastair Hoyle      | Corstorphine AAC      | 2023 | 15:54 |                   |                          |      |       |
| 179 Stuart Campbell     | Mizuno RC             | 1998 | 15:55 |                   |                          |      |       |
| 180 Pauk Sorrie         | Shettleston H         | 2009 | 15:55 |                   |                          |      |       |
| 181 Keith Hood          | Corstorphine AAC      | 2013 | 15:55 |                   |                          |      |       |
| 182 Aidan Thompson      | Central AC            | 2016 | 15:55 |                   |                          |      |       |
| 183 Thomas Ellacott     | City of Edinburgh     | 2003 | 15:56 |                   |                          |      |       |
| 184 Moray Anderson      | Corstorphine AAC      | 2012 | 15:56 |                   |                          |      |       |
| 185 Aidan Thompson      | Central AC            | 2015 | 15:56 |                   |                          |      |       |
| 186 Alex Dunlop         | Central AC            | 2025 | 15:56 |                   |                          |      |       |
| 187 Moray Pryde         | Lothian RC            | 2025 | 15:56 |                   |                          |      |       |
| 188 Stewart Orr         | Ronhill Cambuslang H  | 2012 | 15:57 |                   |                          |      |       |
| 189 Tom Watson          | Central AC            | 2015 | 15:57 |                   |                          |      |       |
| 190 Mickey Breen        | Corstorphine AAC      | 2016 | 15:57 |                   |                          |      |       |
| 191 Fraser Stewart      | Cambuslang H          | 2018 | 15:57 |                   |                          |      |       |
| 192 Iain Whitakers      | Edinburgh AC          | 2024 | 15:57 |                   |                          |      |       |
| 193 Calum Young         | Giffnock North AC     | 2024 | 15:57 |                   |                          |      |       |
| 194 Drew Sharkey        | City of Edinburgh     | 1999 | 15:58 |                   |                          |      |       |

|     |                          |                      |      |       |
|-----|--------------------------|----------------------|------|-------|
| 195 | Mark Mitchell            | City of Edinburgh    | 2007 | 15:58 |
| 196 | Juan Mareque             | City of Edinburgh    | 2007 | 15:58 |
| 197 | John McNamarra           | Ronhill Cambuslang H | 2008 | 15:58 |
| 198 | Lauchlan Oates           | Shettleston H        | 2010 | 15:58 |
| 199 | Ryan Beattie             | Falkirk Victoria H   | 2014 | 15:58 |
| 200 | Jonathan Moore           | Shettleston H        | 2025 | 15:58 |
| 201 | Ian Steel                | City of Edinburgh    | 1998 | 15:59 |
| 202 | David Gow                | Shettleston H        | 1999 | 15:59 |
| 203 | Christopher Wilson       | Ronhill Cambuslang H | 2008 | 15:59 |
| 204 | Tewoldeberhan Mengisteab | Shettleston H        | 2013 | 15:59 |
| 205 | Stephen Mackay           | Inverness H AAC      | 2016 | 15:59 |
| 206 | Richard Muir             | Kilmarnock H&AC      | 2019 | 15:59 |
| 207 | Michael Sanderson        | Fife AC              | 2024 | 15:59 |
| 208 | Aaron Hoyle              | Corstorphine AAC     | 2025 | 15:59 |
| 209 | Jamie Connor             | Giffnock North AC    | 2025 | 15:59 |