

Event 101 Women 5000 m Women

Name	Year Team	Finals
Heat 1		
1 Nynke Mulholland	Inverclyde AC	17:49.06
2 Kara McKenzie-Tait	Kilmarnock H&Ac	18:02.03
3 Kirstian Macaulay	Corstorphine Aac	18:28.84
4 Fiona Matheson V60	Falkirk Vict	18:38.75
5 Aimee Claire Anderson	Inverclyde AC	20:09.72
6 Siobhan Evans V45	Forres Harriers	20:11.45
7 Jennifer Beattie V35	Kilmarnock H&Ac	20:18.64
8 Susan Ridley V55	Edinburgh AC	21:01.83
9 Mandy Williams V45	Central AC	21:19.00
10 Jennie Jackson V60	Irvine RC	21:45.17
11 Sharyn Ramage V55	Edinburgh AC	22:29.85
12 Jeanette Craig V70	Springburn Harriers	22:58.99
13 Marina McCallum V50	Kirkintilloch	24:43.92

Event 102 Men 5000 m <16min

Name	Year Team	Finals
1 Callum Tharme	Gala Harriers	14:49.96
2 Lewis Rodgers	Fife AC	14:53.28
3 Peter Avent V35	Shettleston	15:11.41
4 James Dunn	Corstorphine Aac	15:12.85
5 Andrew Thomson	PH Racing Club	15:22.82
6 Ross Gray	Inverclyde AC	15:44.40
7 Ross Macdonald	Law & District Aac	15:44.96
8 Gordon Robertson V40	Cambuslang Harriers	15:53.46
9 Lewis Barclay	Kilbarchan Aac	15:57.43
10 Stuart Johnston V40	Edinburgh AC	16:04.39
11 Christopher McGarrity	Shettleston	16:16.23
12 Kerry-Liam Wilson V50	Cambuslang Harriers	16:16.37
13 Shaun Lyon	Greenock Gle	16:22.84
14 Donald Macaulay V35	Corstorphine Aac	16:39.05
15 Kenny O'Neill V40	Unattached	16:52.63
16 Adam Peters	Shettleston	17:51.63

Event 103 Mixed 5000 m Wheelchair

Name	Year Team	Finals
1 Sean Frame T54	M Red Star AC	11:21.10
2 Kayleigh Haggo Rr2	W Red Star AC	20:08.94
-- Kylemichael Brotherton T	M Red Star AC	DNF

Event 104 Men 5000 m <17:25

Name	Year Team	Finals
1 Stephen Allen V50	Cumbernauld Aac	16:13.98
2 Iain Carroll V40	Giffnock North AC	16:21.55
3 Steve Daye	Irvine RC	16:23.50
4 Dylan Crawford	Inverclyde AC	16:26.23
5 James MacLeod V40	Garscube Harriers	16:36.43
6 Brian Robinson V45	Ayr Seaforth Aac	16:40.06
7 John Coyle V45	Garscube Harriers	16:42.56
8 Paul Kieran V45	PH Racing Club	16:43.38
9 Scott Mason V40	Bellahouston	16:47.66
10 Andrew Johnston V40	Springburn Harriers	16:55.82
11 Alastair Walker V65	Teviotdale Harriers	17:03.10
12 Max Colligan V50	Corstorphine Aac	17:13.35
13 Oliver Reilly	Greenock Gle	17:15.35
14 Duncan Ryan V50	Perth RR	17:39.17
15 Richard Meade V40	Edinburgh AC	17:54.12
16 Stephen Brown V40	West End RR	18:04.56
17 Chris Upson V55	Cambuslang Harriers	18:54.61

Event 105 Men 5000 m <19min

Name	Year Team	Finals
1 Martin Fitchie V45	Cumbernauld Aac	17:40.39
2 Andrew Carrick	Edinburgh Un	18:17.20
3 Martin Strachan V40	West End RR	18:19.72
4 Jeff Farquhar V60	Pitreavie Aac	18:23.27
5 Derek Martin V50	Cumbernauld Aac	18:23.51
6 Jonathon Pritchard V50	Stornoway Ru	18:36.62
7 Andrew Latham V55	Edinburgh AC	18:45.60
8 Lewis Orr V50	Edinburgh AC	18:55.59
9 George McPherson V60	Metro Aberdeen RC	19:03.93
10 Ross McEachern V55	Cumbernauld Aac	19:12.91
11 Ronnie Glen V50	Perth RR	19:26.22
12 Alan Poole	Greenock Gle	19:27.92
13 David Thom V60	Cambuslang Harriers	19:32.16
14 Grant Matheson V55	Falkirk Vict	19:42.93
-- Iain Craven V40	Edinburgh AC	DNF
-- Mark Beagrie V35	Peterhead AC	DNF

Event 106 Men 5000 m >19min

Name	Year Team	Finals
1 Stevie Cairns V50	Hunters Bog	16:50.57
2 Gavin Phillip V50	Edinburgh AC	19:36.81
3 Colin Feechan V60	Cambuslang Harriers	19:38.33
4 Keith Charters V55	East Kilbride AC	19:58.19
5 John Robertson V60	Peterhead AC	20:13.28
6 Graeme Jack V55	West End RR	20:20.23
7 Grant Wooler V60	Perth RR	20:28.84
8 Richard Clark V45	Edinburgh AC	20:31.82
9 Arthur Mulholland V55	East Kilbride AC	20:44.28
10 Roger Homyer V65	Highland Hil	22:10.88
11 Alan Hill V70	Springburn Harriers	23:15.46
12 Robert Young V75	Clydesdale Harriers	23:19.41
13 Russell Couper V55	Calderglen Harriers	28:15.70

Name	Year	Team	Finals	Wind		
Pool 1						
1 Kate Seenan		W Giffnock North AC	4.86m	1.5		
	4.46m(2.1)	4.51m(2.1)	4.57m(1.2)	4.61m(1.7)	4.71m(0.9)	4.86m(1.5)
2 Ross Mitchell		M Kilmarnock H&Ac	4.62m	2.0		
	4.62m(2.0)	4.57m(2.2)	4.47m(1.1)	4.41m(2.4)	4.46m(2.7)	4.53m(1.7)
3 Holly Slater		W Giffnock North AC	4.52m	2.2		
	4.15m(3.2)	4.49m(1.1)	4.52m(2.2)	4.20m(2.5)	4.21m(2.0)	4.43m(1.2)
4 Emily Happell		W Ayr Seaforth Aac	4.38m	2.1		
	0.60m(1.5)	4.12m(0.8)	4.32m(2.3)	4.02m(1.7)	4.38m(2.1)	4.11m(+0.0)
5 Emily Fawkes		W Falkirk Vict	4.33m	1.7		
	4.33m(1.7)	4.15m(1.5)	4.23m(1.3)	4.10m(2.5)	FOUL(2.0)	4.12m(1.2)
6 Jodie McMail		W Stirling Uni	4.27m	0.6		
	4.21m(0.5)	4.02m(3.0)	4.14m(3.6)	4.02m(0.5)	4.09m(3.1)	4.27m(0.6)
7 Erin Mcauley		W Larkhall Ymc	4.13m	+0.0		
	FOUL(1.7)	4.13m(+0.0)	3.77m(1.8)	4.00m(2.2)	3.78m(0.9)	FOUL(+0.0)
8 Eilidh Sproule		W Team East Lothian	4.04m	1.8		
	FOUL(1.1)	3.39m(1.9)	3.57m(0.7)	3.61m(2.5)	4.04m(1.8)	3.73m(+0.0)
9 Innes McNicol		M Kilmarnock H&Ac	3.91m	1.1		
	3.65m(1.5)	FOUL(1.0)	FOUL(1.5)	3.91m(1.1)	3.58m(2.8)	3.91m(+0.0)
10 Aneesah King Oubacha		W Vp-Glasgow AC	3.80m	2.1		
	3.67m(1.2)	3.44m(2.1)	3.52m(1.7)	3.52m(1.3)	3.80m(2.1)	FOUL(3.0)
11 Ricco Begnor		M Ayr Seaforth Aac	3.74m	1.2		
	3.74m(1.2)	FOUL(2.3)	3.69m(1.5)	FOUL(1.9)	3.13m(2.7)	FOUL(2.5)
12 Rachel Barnett		W Dunfermline	3.72m	1.4		
	3.59m(1.8)	3.67m(1.7)	3.65m(2.0)	3.71m(2.0)	FOUL(1.5)	3.72m(1.4)
13 Rose Scott		W Hamilton & D	3.71m	1.0		
	3.55m(2.9)	3.41m(1.2)	3.42m(2.2)	3.31m(2.1)	3.71m(1.0)	3.51m(1.2)
14 Matthew Cox		M Ayr Seaforth Aac	3.64m	1.9		
	3.64m(1.9)	3.33m(1.5)	3.44m(1.8)	1.39m(2.2)	3.39m(1.8)	3.45m(2.0)
15 Emily Allison		W Cumbernauld Aac	3.60m	1.9		
	3.50m(1.7)	3.58m(0.1)	3.48m(2.4)	2.99m(+0.0)	3.60m(1.9)	0.33m(2.1)

Event 202 Mixed High Jump Pool 2

Name	Year	Team	Finals
1 Ryan Davie		M Giffnock North AC	1.63m
1.43 1.48 1.53 1.58 1.63 1.66			
O O O O XXO XXX			
1 Max Linklater		M Orkney AC	1.63m
1.43 1.48 1.53 1.58 1.63 1.66			
O O O O O XXX			
1 Branden Dunlop		M Ayr Seaforth Aac	1.63m
1.53 1.58 1.63 1.66			
XO XXP O XXX			
4 Ben Heron		M North Ayrshire AC	1.58m
1.48 1.53 1.58 1.63			
O XO O XXX			
4 Darcie Black		W Dunfermline	1.58m
1.43 1.48 1.53 1.58			
O O XXO XXO			
4 Emily Stratton		W Falkirk Vict	1.58m
1.48 1.53 1.58 1.63			
O XO O XXX			
4 Oliver Morrison		M Dunfermline	1.58m
1.43 1.48 1.53 1.58 1.63			
O XO XO O XXX			
8 Isla Ross		W Giffnock North AC	1.53m
1.38 1.43 1.48 1.53 1.58			
O XO O XO XXX			
8 Ellie Candlish		W Dunfermline	1.53m
1.43 1.48 1.53 1.58			
O O O XXX			
10 Cara Slater		W Giffnock North AC	1.48m
1.43 1.48 1.53			
O XXO XXX			
11 Eden Duff		M Kilbarchan Aac	1.38m
1.38 1.43			
O XXX			
11 Emma McMillan		W Ayr Seaforth Aac	1.38m
1.38 1.43			
XO XXX			

Event 203 Mixed Triple Jump Pool 2

Name	Year Team	Finals	Wind
1 Carolyn Harvey	W Ayr Seaforth Aac	11.62m	+0.0
11.40m(2.2) FOUL(1.0) FOUL(1.2) 11.62m(+0.0) FOUL(0.8) 11.43m(2.3)			
2 Libby White	W Ayr Seaforth Aac	11.51m	+0.0
FOUL(0.9) FOUL(0.1) 11.51m(+0.0) FOUL(+0.0) 11.37m(+0.0) 9.81m(2.1)			
3 Imogen Lewis	W Lasswade AC	11.49m	1.0
11.30m(+0.0) 11.49m(1.0) 11.16m(2.0) 10.88m(+0.0) FOUL(2.1) 11.28m(+0.0)			
4 Kate Harvie	W Edinburgh AC	11.48m	+0.0
FOUL(0.8) FOUL(2.6) 11.48m(+0.0) FOUL(+0.0) 10.05m(+0.0) 11.19m(1.4)			
5 Rachel Callan	W Giffnock North AC	11.36m	1.2
10.99m(+0.0) 10.65m(1.1) 10.78m(1.1) 11.12m(2.0) 11.36m(1.2) 11.34m(+0.0)			
6 Lucy Davison	W Edinburgh AC	11.15m	+0.0
FOUL(+0.0) 10.91m(1.8) FOUL(2.5) 10.96m(+0.0) 10.76m(2.2) 11.15m(+0.0)			
7 Morgan Findlay	W Glasgow Scho	11.12m	0.5
FOUL(1.9) 10.88m(2.5) 11.12m(0.5) 9.66m(1.2) 10.86m(0.8) 10.95m(+0.0)			
8 Erin Hall	W Team East Lothian	11.02m	2.7
10.92m(+0.0) FOUL(0.1) 11.02m(2.7) 10.78m(1.3) 10.56m(1.6) FOUL(+0.0)			
9 Laura Buchan	W Team East Lothian	10.56m	0.2
10.56m(0.2) FOUL(1.7) FOUL(0.9) FOUL(1.1) PASS PASS			

Event 204 Mixed High Jump Pool 3

Name	Year Team	Finals
1 Fergus Muir	M Ayr Seaforth Aac	1.52m
1.43 1.48 1.50 1.52 1.54 O XO P XO XXX		
2 Innes McNicol	M Kilmarnock H&Ac	1.50m
1.33 1.38 1.43 1.48 1.50 1.52 O O O XXO XO XXX		
3 Ross Mitchell	M Kilmarnock H&Ac	1.43m
1.33 1.38 1.43 1.48 O XO XO XXX		
4 Holly Slater	W Giffnock North AC	1.38m
1.33 1.38 1.43 O O XXX		
5 Grace McKenzie	W Giffnock North AC	1.33m
1.23 1.28 1.33 1.38 O O XO XXX		
5 Ricco Begnor	M Ayr Seaforth Aac	1.33m
1.23 1.28 1.33 1.38 XO XXO O XXX		
5 Dara Clark	W Central AC	1.33m
1.08 1.13 1.18 1.23 1.28 1.33 1.38 O O O O O O XXX		
8 Rachel Barnett	W Dunfermline	1.18m
1.13 1.18 1.23 O XXO XXX		
-- Zoe McKell	W Giffnock North AC	NH
1.28 XXX		

Event 205 Mixed Triple Jump Pool 1

Name	Year Team	Finals	Wind
1 Kieran Halliday	M Cumbernauld Aac	12.92m	1.7
12.64m(1.5) 12.86m(2.5) 12.58m(+0.0) 12.30m(0.5)		FOUL(3.2)	12.92m(1.7)
2 Branden Dunlop	M Ayr Seaforth Aac	10.49m	1.6
10.29m(1.7) 9.47m(1.9) 9.70m(0.8) 10.21m(1.7)		10.49m(1.6)	FOUL(+0.0)
3 Ryan Davie	M Giffnock North AC	10.12m	2.3
FOUL(1.7) 9.77m(1.6) 9.69m(+0.0) 9.79m(1.3)		10.12m(2.3)	10.00m(1.1)
4 Cara Kirkwood	W Vp-Glasgow AC	9.76m	1.8
9.76m(1.8) 9.61m(0.7) 9.59m(+0.0) 9.62m(1.4)		FOUL(1.4)	7.21m(1.4)
5 Emily Happell	W Ayr Seaforth Aac	9.64m	0.9
9.52m(2.8) FOUL(1.5) 9.32m(+0.0) FOUL(0.3)		9.64m(0.9)	9.56m(+0.0)

Event 206 Mixed High Jump Pool 1

Name	Year Team	Finals
1 Murray Fotheringham	M Giffnock North AC	1.98m
1.83 1.88 1.93 1.98 2.02		
O O XO O XXX		
2 Callum Newby	M Edinburgh AC	1.93m
1.78 1.83 1.88 1.93 1.98		
O O XO XXO XXX		
3 Amit Kumar	M East Kilbride AC	1.88m
1.78 1.83 1.88 1.93		
O O XO XXX		
4 Ryan Woods	M Pitreavie Aac	1.83m
1.73 1.78 1.83 1.88		
O P XO XXX		
5 Claire McGarvey	W Banchory Sto	1.73m
1.53 1.58 1.63 1.68 1.73 1.78		
O O O O XO XXX		
6 Sam Bartlett	M Edinburgh AC	1.68m
1.58 1.63 1.68 1.73		
O O XO XXX		
7 Amy Kennedy	W Cumbernauld Aac	1.63m
1.53 1.58 1.63 1.68		
O O XXO XXX		
8 Amy Gullen	W Central AC	1.58m
1.53 1.58 1.63		
O O XXX		
9 Kate Harvie	W Edinburgh AC	1.53m
1.48 1.53 1.58		
O XO XXX		
9 Christie McSkimming	W Whitemoss Aac	1.53m
1.43 1.48 1.53 1.58		
O XO O XXX		
9 Heather Baird	W Vp-Glasgow AC	1.53m
1.48 1.53 1.58		
O OX XXX		
-- Emma Thompson	W Vp-Glasgow AC	NH
1.48		
XXX		

Name	Year Team	Finals	Wind
1 Ally Mitchell	M Kilmarnock H&Ac	5.84m	0.3
		5.84m(0.3) 5.73m(0.6) 5.68m(1.5) 5.62m(0.2) 5.63m(1.3) 4.69m(2.4)	
2 Ben Heron	M North Ayrshire AC	5.50m	0.1
		5.50m(0.1) 5.32m(3.0) 5.35m(0.6) 5.33m(1.1) 5.10m(+0.0) 5.38m(-0.1)	
3 Rachel Callan	W Giffnock North AC	5.49m	-0.9
		5.16m(1.9) 5.40m(2.1) 4.99m(1.9) 5.30m(1.3) 5.49m(-0.9) 5.24m(-1.0)	
4 Amy Kennedy	W Cumbernauld Aac	5.13m	1.0
		FOUL(2.3) 5.13m(1.0) 4.82m(1.4) FOUL(+0.0) 3.13m(-0.2) 5.11m(-0.7)	
5 Eden Duff	M Kilbarchan Aac	5.07m	1.9
		4.93m(0.7) 5.07m(1.9) 4.59m(0.1) FOUL(+0.0) 4.76m(-1.1) 4.75m(-0.2)	
6 Henry Colquhoun	M Dundee Hawk	5.06m	+0.0
		5.06m(+0.0) 4.92m(0.7) FOUL(1.4) 4.95m(1.2) 4.86m(+0.0) 3.46m(2.1)	
7 Darcie Black	W Dunfermline	5.05m	0.5
		4.80m(1.7) 5.05m(0.5) 5.03m(1.2) 4.84m(0.1) FOUL(-0.9) 4.86m(+0.0)	
8 Laura Buchan	W Team East Lothian	4.99m	1.3
		4.86m(+0.0) FOUL(1.8) 4.92m(1.4) FOUL(+0.0) 4.99m(1.3) 4.84m(+0.0)	
9 Emily Stratton	W Falkirk Vict	4.90m	1.0
		FOUL(1.2) FOUL(3.0) 4.67m(1.0) 4.90m(1.0) 4.66m(+0.0) 4.85m(-0.3)	
10 Erin Hall	W Team East Lothian	4.88m	+0.0
		FOUL(0.3) FOUL(3.1) FOUL(1.0) 2.46m(+0.0) 4.88m(+0.0) 4.53m(1.2)	
11 Samantha McClune	W Vp-Glasgow AC	4.77m	1.9
		4.44m(+0.0) 4.45m(+0.0) 4.59m(+0.0) 4.77m(1.9) 4.64m(0.9) 4.56m(+0.0)	
12 Kaitlyn Clark	W Larkhall Ymc	4.73m	+0.0
		4.67m(1.9) 4.64m(2.2) 4.64m(0.1) 4.69m(+0.0) 4.73m(+0.0) 4.55m(-0.3)	
13 Hannah Begg	W Moorfoot Runners	4.70m	0.7
		PASS(1.0) 4.70m(0.7) 4.58m(2.0) 4.29m(1.4) 4.35m(2.1) 4.26m(+0.0)	
14 Emma Clark	W Larkhall Ymc	4.46m	0.9
		4.35m(+0.0) 4.23m(0.5) 4.15m(+0.0) 4.46m(0.9) 4.04m(+0.0) 4.04m(+0.0)	

Event 208 Mixed Pole Vault Pool 1

Name	Year Team	Finals
1 Howard Bell 3.91 4.01 O XXX	M Kilbarchan Aac	3.91m
2 Hannah Lawler 3.11 3.21 3.31 3.41 O P O XXX	W Glasgow Pole Vault	3.31m
3 Daniel Martin 2.91 3.01 3.11 3.21 3.31 O O XXO O XXX	M Giffnock North AC	3.21m
3 Sara Barbour 2.81 2.91 3.01 3.11 3.21 3.31 O P O O XO XXX	W Kilmarnock H&Ac	3.21m
5 Ron Todd 3.11 3.21 3.31 O P XXX	M Central AC	3.11m
6 Mark Herbert-Ruiz 3.01 3.11 XO XXX	M Giffnock North AC	3.01m
7 Grace Brennan 2.81 2.91 3.01 XO XO XXX	W Team East Lothian	2.91m
8 Isla Fotheringham 2.41 2.51 XO XXX	W Giffnock North AC	2.41m
-- Dougie Graham 3.91 XXX	M Arbroath & D	NH

Event 209 Mixed Long Jump Pool 1

Name	Year Team	Finals	Wind
1 Alessandro Schenini 7.55m(2.0) 7.49m(2.0) 7.20m(0.4) FOUL(0.1) 7.28m(1.4) FOUL(1.0)	M Giffnock North AC	7.55m	2.0
2 Bera Ajala 7.03m(+0.0) FOUL(1.7) 6.93m(+0.0) 2.92m(0.2) 6.84m(0.1) 7.00m(0.8)	M Edinburgh AC	7.03m	+0.0
3 Howard Bell 6.68m(+0.0) FOUL(0.9) 6.90m(+0.0) PASS PASS PASS	M Kilbarchan Aac	6.90m	+0.0
4 Callum Newby 6.70m(1.4) 6.58m(+0.0) 6.58m(+0.0) 6.85m(1.3) 6.87m(2.0) FOUL(1.3)	M Edinburgh AC	6.87m	2.0
5 Samuel Kane 6.60m(2.1) 6.80m(0.1) 6.74m(+0.0) 6.72m(0.2) PASS 6.55m(+0.0)	M Falkirk Vict	6.80m	0.1
6 Euan Urquhart 6.39m(1.9) 6.48m(1.6) 6.34m(0.9) 6.34m(0.4) 6.27m(+0.0) 6.56m(1.8)	M Vp-Glasgow AC	6.56m	1.8
7 Molly Reville FOUL(+0.0) 5.60m(+0.0) 5.89m(+0.0) FOUL(1.2) 5.58m(1.5) 2.55m(0.6)	W Edinburgh AC	5.89m	+0.0
8 Nikki Manson FOUL(0.6) FOUL(1.3) 5.40m(+0.0) FOUL(1.5) FOUL(2.8) 5.79m(2.9)	W Giffnock North AC	5.79m	2.9
9 Jamie O'Connor 5.20m(1.2) FOUL(0.2) FOUL(+0.0) 5.43m(0.4) 5.54m(1.3) 5.60m(0.4)	M Vp-Glasgow AC	5.60m	0.4
10 Anna Cameron 5.11m(0.4) 5.45m(+0.0) 5.12m(+0.0) 5.27m(1.8) FOUL(+0.0) 5.31m(0.6)	W Vp-Glasgow AC	5.45m	+0.0
11 Anna Forbes 4.81m(1.5) FOUL(0.5) FOUL(0.8) FOUL(1.1) FOUL(2.3) 5.09m(1.2)	W Vp-Glasgow AC	5.09m	1.2

Event 500 Men 5000 m All

Name	Year Team	Finals	Place
Finals			
1 Callum Tharme	Gala Harriers	14:49.96	
2 Lewis Rodgers	Fife AC	14:53.28	
3 Peter Avent V35	Shettleston	15:11.41	1
4 James Dunn	Corstorphine Aac	15:12.85	
5 Andrew Thomson	PH Racing Club	15:22.82	
6 Ross Gray	Inverclyde AC	15:44.40	
7 Ross Macdonald	Law & District Aac	15:44.96	
8 Gordon Robertson V40	Cambuslang Harriers	15:53.46	1
9 Lewis Barclay	Kilbarchan Aac	15:57.43	
10 Stuart Johnston V40	Edinburgh AC	16:04.39	2
11 Stephen Allen V50	Cumbernauld Aac	16:13.98	1
12 Christopher McGarrity	Shettleston	16:16.23	
13 Kerry-Liam Wilson V50	Cambuslang Harriers	16:16.37	2
14 Iain Carrroll V40	Giffnock North AC	16:21.55	3
15 Shaun Lyon	Greenock Gle	16:22.84	
16 Steve Daye	Irvine RC	16:23.50	
17 Dylan Crawford	Inverclyde AC	16:26.23	
18 James MacLeod V40	Garscube Harriers	16:36.43	-
19 Donald Macaulay V35	Corstorphine Aac	16:39.05	2
20 Brian Robinson V45	Ayr Seaforth Aac	16:40.06	1
21 John Coyle V45	Garscube Harriers	16:42.56	2
22 Paul Kieran V45	PH Racing Club	16:43.38	3
23 Scott Mason V40	Bellahouston	16:47.66	-
24 Stevie Cairns V50	Hunters Bog	16:50.57	3
25 Kenny O'Neill V40	Unattached	16:52.63	-
26 Andrew Johnston V40	Springburn Harriers	16:55.82	-
27 Alastair Walker V65	Teviotdale Harriers	17:03.10	1
28 Max Colligan V50	Corstorphine Aac	17:13.35	-
29 Oliver Reilly	Greenock Gle	17:15.35	-
30 Duncan Ryan V50	Perth RR	17:39.17	-
31 Martin Fitchie V45	Cumbernauld Aac	17:40.39	-
32 Adam Peters	Shettleston	17:51.63	-
33 Richard Meade V40	Edinburgh AC	17:54.12	-
34 Stephen Brown V40	West End RR	18:04.56	-
35 Andrew Carrick	Edinburgh Un	18:17.20	-
36 Martin Strachan V40	West End RR	18:19.72	-
37 Jeff Farquhar V60	Pitreavie Aac	18:23.27	1
38 Derek Martin V50	Cumbernauld Aac	18:23.51	-
39 Jonathon Pritchard V50	Stornoway Ru	18:36.62	-
40 Andrew Latham V55	Edinburgh AC	18:45.60	1
41 Chris Upson V55	Cambuslang Harriers	18:54.61	2
42 Lewis Orr V50	Edinburgh AC	18:55.59	-
43 George McPherson V60	Metro Aberdeen RC	19:03.93	2
44 Ross McEachern V55	Cumbernauld Aac	19:12.91	2
45 Ronnie Glen V50	Perth RR	19:26.22	-
46 Alan Poole	Greenock Gle	19:27.92	-
47 David Thom V60	Cambuslang Harriers	19:32.16	3
48 Gavin Phillip V50	Edinburgh AC	19:36.81	-
49 Colin Feechan V60	Cambuslang Harriers	19:38.33	-
50 Grant Matheson V55	Falkirk Vict	19:42.93	3
51 Keith Chartiers V55	East Kilbride AC	19:58.19	-
52 John Robertson V60	Peterhead AC	20:13.28	-
53 Graeme Jack V55	West End RR	20:20.23	-
54 Grant Wooler V60	Perth RR	20:28.84	-
55 Richard Clark V45	Edinburgh AC	20:31.82	-
56 Arthur Mulholland V55	East Kilbride AC	20:44.28	-
57 Roger Homyer V65	Highland Hil	22:10.88	2
58 Alan Hill V70	Springburn Harriers	23:15.46	1
59 Robert Young V75	Clydesdale Harriers	23:19.41	1
60 Russell Couper V55	Calderglen Harriers	28:15.70	-
-- Iain Craven V40	Edinburgh AC	DNF	
-- Mark Beagrie V35	Peterhead AC	DNF	