

1	Dougie Selman	CAAC	15.16	1st M
2	Neil Renault	EAC	15.18	2nd M
3	Eoin Lennon	Carnethy HR	16.16	3rd M
4	Michael Fullerton	Portobello Rc	17.02	4th M
5	Liam Braby	Carnethy HR	17.05	5th M
6	Sam McNeil	Moorfoot Hill Runners	17.16	6th M
7	John Creamer	Edinburgh Uni Hare & Hounds	17.23	7th M
8	Mike McQuaid	Falkirk VH	17.26	1st MV50
9	Neil Mackay	u/a	17.46	M
10	Mike Anderson	CAAC	18.05	M
11	Ewan Crawford	HBT	18.09	M
12	Aidan Cameron	Central	18.11	M
13	Ken Rankin	Falkirk VH	18.23	2nd MV50
14	Robert Hamilton	EAC	18.46	M
15	Charlotte Garry	EAC	18.48	1st F
16	David Cheseldine	Sarn Helen	18.51	3rd MV50
17	James Rogers	HBT	18.59	M
18	Andrew Laird	EAC	19.15	M
19	Iain Craven	EAC	19.21	M
20	David Worrall	u/a	19.25	M
21	Martin Twigg	HBT	19.36	M
22	Alan Cameron	CAAC	19.40	M
23	Gregory McGovern	CAAC	19.44	M
24	Lynne McGill	Linlithgow AC	20.03	2nd F
25	Ian Beattie	Portobello RC	20.06	M
26	Cath Ferry	EAC	20.15	3rd F
27	Peter Gardner	HBT	20.23	M
28	Martin Veale	u/a	20.27	1st MV60
29	Nick Ruane	Jog Scotland	20.45	M
30	Jenni Owens	Portobello RC	20.52	4th F
31	Ricky Fraser	Portobello RC	20.52	M
32	Karen Duncan	Linlithgow AC	20.59	5th F
33	John Brown	u/a	21.10	M
34	Vince Fraser	Scottish Athletics	21.38	M
35	Ryan Mack	u/a	21.40	M
36	Claire Gilchrist	Ferranti	22.26	6th F
37	Louisa Cockburn	Linlithgow AC	22.28	7th F
38	Julia Loecherbach	Ferranti	22.47	F
39	Eric Stevenson	EAC	22.55	MV60
40	Simon Wilson	HBT	23.07	M
41	Allan Gordon	HBT	23.18	MV60
42	David Smith	u/a	23.28	M

43	Charlie Cameron	CAAC	23.30	M
44	Gordon Cram	u/a	23.35	M
45	Brian Cowan	u/a	23.37	M
46	Mike Adelman	u/a	23.50	MV60
47	Abbie McCreath	u/a	23.54	F
48	Clare McKinlay	u/a	23.55	F
49	Ian Hall	EAC	23.56	MV50
50	Gemma Donohoe	Jog Scotland	24.31	F
51	Jill Swales	Jog Scotland	24.37	1st FV50
52	Fiona Ogilvie	u/a	24.45	F
53	Michael Grant	HBT	24.45	M
54	John McGlynn	u/a	24.50	MV60
55	Jamie Cherrie	Jog Scotland	25.04	MV50
56	Betty Gilchrist	Ferranti	25.18	1st FV70
57	Robin Thomas	HBT	25.19	MV60
58	John Heron	Run 4 It	27.01	M
59	Sue Gyford	Jog Scotland	30.03	F