

	Name + Category	Club	Time
1	Andrews Davis MV40	Ochil HR	32.06
2	Angus Rodney MS	Dundee RR	32.20
3	Russell Hall MS	Fife AC	32.47
4	Sam Fernando MS	Fife AC	32.50
5	Ben Kinninmonth MS	Fife AC	34.22
6	Samuel Thom MS	St Andrews Uni	35.30
7	James Ashworthe MV50	Ochil HR	35.41
8	Ian Logan MV40	Linlithgow	36.03
9	Steve Matthews MV50	Dundee HH	36.07
10	Glenn Barclay MS	Fife AC	36.18
11	Shea Roddy MS	Dundee RR	36.21
12	Heather Anderson FV40	Fife AC	36.29
13	James Barnet MS	Dundee RR	36.34
14	Craig Wilson MS	U/A	36.52
15	Iain Wallace MV40	Leven Las Vegas	38.18
16	Jamie Stewart MV40	Dundee RR	38.50
17	Michael Page MS	U/A	39.05
18	Craig Stewart MV50	Forfar RR	39.25
19	Mark W MV40	PH Racing	39.27
20	Hannah Mcinally FS	U/A	39.28
21	Kevin Murray MV50	Falkland Trail Runners	39.36
22	Jamal Abas MS	Dundee RR	39.55
23	Gifford Kerr MV60	Tri Bridges	40.02
24	Hannah Tippetts FS	Dundee RR	40.14
25	Andy Harley MS	Falkland Trail Runners	40.17
26	Kieran Matthews MU20	Dundee HH	40.18
27	Rachel Callaghan FS	Dundee RR	40.36
28	Michael Mitchell MV50	Dundee RR	40.39
29	Adam Hart MS	Dundee RR	41.04
30	John MacPherson MV40	Fife AC	41.13
31	Jim Morton MV50	Dundee RR	41.14
32	Fiona Canavan FS	Dundee RR	41.32
33	Abigail Mason FS	Falkland Trail Runners	41.35
34	Ian Poolman MV40	Glenrothes Tri	41.55
35	Eleanor Smith FV40	Fife AC	42.10
36	Susanne Lumsden FV40	Falkland Trail Runners	42.34
37	David Miller MV50	Dundee RR	42.40
38	Stephen Dickson MV40	Fife AC	42.53
39	Alex Jarratt MV40	Fife AC	42.56
40	Philippa de Villiers FV40	Dundee HH	43.01
41	Gordon Pryde MV60	Lomond HR	43.17
42	Malcolm Forbes MV60	Dundee RR	43.24
43	Hilary Ritchie FV50	Fife AC	43.27
44	Arthur Mulholland MV50	East Kilbride AC	43.49
45	Victoria Stone FS	East Fife Tri	43.55
46	Brian R. Smith MV60	Fife AC	44.03
47	David Duncan MV60	Ochil HR	44.25
48	Jimmy Keenan MV60	Forfar RR	44.32
49	Paul Harkins MV40	Forfar RR	44.34

50	Collette Ashworthe FV40	Ochil HR	44.44
51	Robyn Graham FS	Falkland Trail Runners	45.00
52	Graeme Watson MV60	Forfar RR	45.10
53	Jonathan Millar MS	Carnegie H	45.24
54	Richard Cleary MV50	Dundee RR	45.24
55	Mercè Torres FV40	Fife AC	45.25
56	Lee Cessford MV40	Falkland Trail Runners	45.26
57	Nigel Fowler MV50	U/A	45.32
58	Peter Darbyshire MV60	Fife AC	45.47
59	Innes Bracegirdle FV60	Fife AC	45.59
60	Fiona Callaghan FS	Dundee RR	46.34
61	Jane Dunlop FS	Dundee RR	46.57
62	Richard Shaw MV60	Falkland Trail Runners	47.07
63	Gary Barker MV60	Fife AC	47.37
64	Martin Rollo MV50	Dundee RR	48.58
65	David Baird MS	Dundee RR	49.14
66	Zoe Wheel FS	U/A	49.35
67	Gary Charlton MV50	U/A	49.45
68	Jocelyn Scott FV60	Fife AC	49.58
69	David Prase MV50	Falkland Trail Runners	50.05
70	Paul Wallace MV40	Falkland Trail Runners	51.06
71	Ron Milne MV60	Forfar RR	51.14
72	Elizabeth Milne FV50	Forfar RR	51.31
73	Karen Forsyth FS	Carnegie H	51.55
74	Dave Place MV50	Fife AC	51.57
75	Matt Holden MV50	Leven Las Vegas	51.57
76	Paul Sutherland MV70	Fife AC	53.06
77	David Andrews MS	U/A	54.07
78	Sarah Clark FV40	Forfar RR	56.48
79	Phil Smithard MV70	Carnegie H	57.02
80	David Craig MS	Bellahouston Harriers	59.02
81	Geoff Alexander MV70	U/A	60.05
82	Alex Florence MS	U/A	60.08
83	Jude Alcur FV60	Falkland Trail Runners	69.32
84	Sandra Gardner FV50	Falkland Trail Runners	74.23
85	Fiona McCallum FV40	Dundee RR	76.55
86	Linda Carrick FV50	Dundee RR	76.56
87	Eleanor Lowrie FV50	Dundee RR	76.57
88	Barbara Brown FV60	Dundee RR	77.05
89	Elizabeth Law FV50	Dundee RR	77.06
90	Karen Spence FV50	Falkland Trail Runners	81.00