BLAST 5K @ THE MEADOWS, 27.9.22 - RESULTS

| Position | By Category | By Gender | Name | Surname | Category | Club | Lap | Chip Time |
|----------|-------------|-----------|--------|-------------------|-------------|--|----------|-----------|
| 1 | 1 | 1 | David | Murray | Senior Men | Kirkintilloch Olympians | 00:08:25 | 00:16:54 |
| 2 | 2 | 2 | Fraser | Armstrong | Senior Men | Bellahouston Harriers | 00:08:18 | 00:17:13 |
| 3 | 3 | 3 | Niall | Wilkinson | Senior Men | Unaffiliated | 00:09:02 | 00:18:11 |
| 4 | 1 | 4 | Mike | Jones | V40M | Musselburgh and District Athletic Club | 00:09:13 | 00:18:33 |
| 5 | 1 | 5 | Oliver | Stampfl-Macdonald | Junior male | Unaffiliated | 00:08:57 | 00:18:44 |
| 6 | 2 | 6 | Scott | Love | V40M | PH Racing | 00:09:21 | 00:18:52 |
| 7 | 3 | 7 | Rob | Henry | V40M | Musselburgh and District Athletic Club | 00:09:44 | 00:19:55 |
| 8 | 4 | 8 | Nick | Ruane | V40M | Cramond Centurions | 00:10:12 | 00:20:42 |
| 9 | 1 | 9 | Paul | Negri | V60M | Ranleigh Harriers | 00:10:27 | 00:21:07 |
| 10 | 1 | 1 | Gail | Burchill | V40F | Club Atletismo Puerto Torrevieja | 00:10:45 | 00:21:29 |
| 11 | 5 | 10 | Steven | Burchill | V40M | Club Atletismo Puerto Torrevieja | 00:10:45 | 00:21:29 |
| 12 | 1 | 11 | Neil | Thomas | V50M | НВТ | 00:10:48 | 00:21:44 |
| 13 | 2 | 12 | Keiran | Gaffney | V60M | CARNEGIE HARRIERS | 00:10:49 | 00:21:49 |
| 14 | 1 | 2 | Claire | Gilchrist | V50F | Ferranti | 00:11:43 | 00:23:53 |
| 15 | 3 | 13 | Duncan | Baker | V60M | НВТ | 00:11:55 | 00:24:17 |
| 16 | 4 | 14 | George | Sherriffs | V60M | North East Marathon Club | 00:12:35 | 00:25:30 |
| 17 | 2 | 3 | Alison | Binns | V50F | Lasswade AC | 00:12:50 | 00:25:53 |
| 18 | 3 | 4 | Rhona | Penman | V50F | Unaffiliated | 00:12:59 | 00:27:02 |