

Position	Number	Time	Name	Club	Category
1	144	30.37	Kenny Wilson	Moray Road Runners	Male 18-39
2	150	30.45	Lachlan Oates	Shettleston Harriers	Male 18-39
3	45	30.52	Max Abernethy	Fraserburgh Running Club	Male 18-39
4	120	31.59	James Wilson	Moray Road Runners	Male 18-39
5	104	33.25	Ben Livesey	Moray Road Runners	Male 40-49
6	2	34.01	Rory Scott	Highland Hill Runners	Male 18-39
7	22	34.45	Gareth Haycroft	Garioch Road Runners	Male 18-39
8	151	34.51	Bruce Evans	Forres Harriers	Male 18-39
9	116	35.28	Colin McRae	Moray Road Runners	Male 18-39
10	39	35.55	Rory Brand	Garioch Roadrunners	Male 18-39
11	57	35.58	David Barclay	Garioch Roadrunners	Male 50-59
12	69	35.59	Michael Bishenden	Moray Road Runners	Male 15-17
13	90	36.04	Noah Carson	Ross County Athletics Club	Male 15-17
14	96	36.08	Garrie Nobbs	Nairn Road Runners	Male 18-39
15	51	36.09	David Horne	Peterhead Athletics Club	Male 50-59
16	119	36.10	Harry Hurst	Forres Harriers	Male 18-39
17	21	36.19	Kenny O'Neill	Garioch Road Runners	Male 40-49
18	105	37.01	Jenny Bannerman	Inverness Harriers	Female 18-39
19	19	37.11	Jennifer Donaldson	Aberdeen AAC	Female 18-39
20	130	37.47	Amy Hudson	Vegan Runners UK	Female 18-39
21	94	38.20	Gianluca Alonzi	Inverness Harriers	Male 18-39
22	145	38.23	Paul Rogan	Moray Road Runners	Male 50-59
23	113	38.26	Stuart Prentice	Nairn Road Runners	Male 18-39
24	134	38.39	Graham Stephen	Moray Road Runners	Male 40-49
25	140	38.46	Paul Miller	Inverness Harriers	Male 50-59
26	141	39.06	Kayleigh Oates	Moray Road Runners	Female 18-39
27	118	39.27	Jack Levy		Male 18-39
28	108	39.30	Kevin Morice	Moray Road Runners	Male 40-49
29	31	39.57	Richard Roulson	Metro Aberdeen Running Club	Male 60-69
30	117	39.58	Robert Paterson	Forres harriers	Male 40-49
31	93	40.09	Rachel Alonzi	Inverness Harriers	Female 18-39
32	146	40.15	Warren King		Male 18-39
33	11	40.32	Stephen Simpson	JSK Running Club	Male 18-39
34	106	40.43	Thomas Barron	Nairn Road Runners	Male 40-49
35	133	40.50	Paul Mills	Deveron Harriers	Male 60-69
36	17	41.08	Neil McCoy	Garioch Roadrunners	Male 18-39
37	73	41.20	Tony Bishenden	Forres Harriers	Male 40-49
38	148	41.27	Chloe Macdonald		Female 18-39
39	131	41.44	Brian Urquhart	Fraserburgh Running Club	Male 60-69
40	28	41.50	Malcolm Lang		Male 40-49
41	132	42.14	Steve Doidge-Harrison		Male 50-59
42	46	42.26	Mark Gravener	Newburgh Dunes RC	Male 40-49
43	110	42.31	Jessica Haworth	Moray Road Runners	Female 18-39
44	82	42.40	Michael Savage	Forres Harriers	Male 40-49
45	87	42.42	Thomas O Connor		Male 18-39
46	67	42.53	Paula Wilson		Female 18-39
47	13	42.55	Eric simpson	JSK Running Club	Male 60-69
48	38	43.02	John Devine	Moray Road Runners	Male 18-39
49	27	43.04	Grace Chau	Garioch Roadrunners	Female 50-59
50	137	43.06	Annie Morrison		Female 40-49
51	75	43.10	Jordan Bowler	Forres Harriers	Male 50-59
52	4	43.20	Angus Morrison	Garioch Roadrunners	Male 40-49
53	76	43.25	CRAIG ROWLEY		Male 18-39
54	10	43.29	Zoe Hayward	Moray Road Runners	Female 18-39
55	129	43.40	Simon Dobbs	Forres Harriers	Male 50-59
56	85	43.42	Chris Gransden	Forres Harriers	Male 60-69
57	53	43.59	Kasia Klonowska	Forres Harriers	Female 18-39
58	47	44.04	Joanna Robertson		Female 18-39 T54
59	89	44.08	Alex Sutherland	Inverness Harriers	Male 75+
60	102	44.11	Kevin Douglas	Moray Road Runners	Male 40-49
61	121	44.15	Elspeth Jenkins	Moray Road Runners	Female 50-59
62	71	44.27	Dale Stephen	Forres Harriers	Male 18-39
63	147	44.44	Andrew Stevens		Male 50-59

64	109	45.02	David Goodey	Moray Road Runners	Male 40-49
65	138	45.34	Paula Boon	Forres Harriers	Female 50-59
66	66	45.39	Jackie Nicol	Forres Harriers	Female 60-69
67	112	45.51	Grace Jenkins		Female 18-39
68	101	45.56	William Goodfellow	Moray Road Runners	Male 50-59
69	15	45.57	Steve Donaghy	Moray Road Runners	Male 50-59
70	142	46.03	Sally Bruce	Moray Road Runners	Female 40-49
71	16	46.12	Philip Owens	Garioch Road Runners/Aberdeen AAC	Male 60-69
72	44	46.15	Graham Whyte		Male 60-69
73	98	46.43	Sophie Keddie	Moray Road Runners	Female 18-39
74	88	46.49	Cameron Ferguson	Nairn Road Runners	Male 18-39
75	122	46.51	Robbie Asher		Male 18-39
76	107	47.14	Anne Hewes	Moray Road Runners	Female 50-59
77	79	47.17	Simon King	Moray Road Runners	Male 40-49
78	86	47.32	Keri Cleaver		Female 50-59
79	61	47.33	Fraser Mackintosh	Highland Hill Runners	Male 50-59
80	74	48.03	Sarah Ward		Female 50-59
81	111	48.14	Maureen Mackie	Nairn Road Runners	Female 50-59
82	49	48.33	John Geddes	Metro Aberdeen Running Club	Male 60-69
83	63	50.15	Jim Knowles	Jog Scotland Alford	Male 60-69
84	1	50.30	Gavin Lewis	Keith & District AAC	Male 50-59
85	100	50.41	Gordon T Main	Nairn Road Runners	Male 60-69
86	3	50.44	Stephen Taylor		Male 18-39
87	5	51.00	Fiona Kennedy	Garioch Roadrunners	Female 40-49
88	115	51.11	SHERYL DONALDSON	Garioch Roadrunners	Female 40-49
89	29	51.19	Josephine Thorburn		Female 18-39
90	54	51.28	Mike Whelan		Male 60-69
91	127	52.04	Rob Mitchell		Male 50-59
92	136	52.09	Phill Thompson	Moray Road Runners	Male 70-74
93	99	52.10	Dave Mathers	Moray Road Runners	Male 60-69
94	91	52.40	Melanie Carson	RCAC	Female 40-49
95	143	52.43	Laura Holland		Female 50-59
96	65	52.48	Chris Milne	Nairn Road Runners	Male 40-49
97	9	53.20	Alan Richardson		Male 50-59
98	80	53.41	Anna King	Moray Road Runners	Female 40-49
99	18	54.37	Mark Lambert		Male 40-49
100	81	54.53	clare kellas	jog scotland keith	Female 40-49
101	55	54.53	Vickie Glennie	Keith Jog scotland	Female 18-39
102	139	55.04	Andrew Tassell		Male 50-59
103	123	55.11	Frances Thomson	Garioch Roadrunners	Female 60-69
104	41	56.02	Glenn Denny	Muir Of Ord Jogscotland	Male 40-49
105	92	56.23	Lorna Robinson	Jog Scotland Elgin City	Female 60-69
106	23	56.46	Linda Widdowson		Female 50-59
107	84	58.28	Janice Mackay	Elgin City Jog Scotland	Female 50-59
108	33	59.21	Malcolm Christie	Elgin AAC	Male 60-69
109	135	59.24	Donna Richardson		Female 40-49
110	62	59.41	Kim Riddoch	Spey Runners	Female 18-39
111	125	60.14	Kevin Stables		Male 60-69
112	6	60.53	Andrew Humberstone	Moray Road Runners	Male 50-59
113	114	61.46	JUDY GILMOUR		Female 60-69
114	95	63.14	Claire Munro		Female 18-39
115	8	65.03	Katy Mcleod		Female 40-49
116	40	66.16	John Allen	Muir of Ord Jogscotland	Male 60-69
117	124	67.31	Kat Robertson		Female 18-39
118	72	70.11	Rebecca Kail		Female 50-59