

PROVISIONAL Results Blast Running November 5K @ The Meadows 14/11/23"

| Position | By Gender | By Category | Name     | Surname      | Club                      | Category     | Split    | Chip Time | PB |
|----------|-----------|-------------|----------|--------------|---------------------------|--------------|----------|-----------|----|
| 1        | 1         | 1           | Brent    | Brodie       | Bellahouston Harriers     | V50M         | 00:08:30 | 00:17:14  |    |
| 2        |           | 2           | Gary     | Mckenna      | Falkirk Victoria Harriers | V40M         | 00:08:32 | 00:17:20  |    |
| 3        |           | 3           | Aidan    | Thomson      | Unattached                | Senior Men   | 00:08:40 | 00:17:47  |    |
| 4        |           | 4           | Darren   | Cavaroli     | Harmeny AC                | V50M         | 00:08:57 | 00:18:03  |    |
| 5        |           | 5           | Colin    | Brodie       | Harmeny AC                | V40M         | 00:09:43 | 00:19:33  | PB |
| 6        |           | 6           | Malcolm  | Wildgoose    | Unattached                | Senior Men   | 00:09:30 | 00:19:35  |    |
| 7        |           | 7           | Alastair | Andrew       | Haddington Running Club   | V40M         | 00:09:53 | 00:20:02  |    |
| 8        |           | 1           | Eilidh   | Mccallum     | Falkirk Victoria Harriers | Senior Women | 00:10:16 | 00:20:44  | PB |
| 9        |           | 8           | Jonathan | Herring      | Unattached                | V40M         | 00:10:14 | 00:20:56  |    |
| 10       |           | 9           | John     | Murray       | Garscube Harriers         | V40M         | 00:10:32 | 00:21:07  |    |
| 11       |           | 10          | Graeme   | Wilson       | Carnegie Harriers         | V60M         | 00:10:34 | 00:21:16  |    |
| 12       |           | 11          | John     | Tough        | Portobello Running Club   | Senior Men   | 00:10:34 | 00:21:18  |    |
| 13       |           | 12          | Neil     | Thomas       | HBT                       | V50M         | 00:10:36 | 00:21:24  |    |
| 14       |           | 2           | Helen    | Gibson       | Carnethy HRC              | V40F         | 00:10:50 | 00:21:32  | PB |
| 15       |           | 13          | Christos | Vasiladiotis | Unattached                | V40M         | 00:10:46 | 00:22:07  |    |
| 16       |           | 3           | Daisy    | Winskell     | Unattached                | Senior Women | 00:11:03 | 00:22:15  |    |
| 17       |           | 4           | Seona    | Burnett      | Harmeny AC                | V50F         | 00:11:03 | 00:22:18  |    |
| 18       |           | 14          | Kieran   | Morgan       | Carnegie Harriers         | V60M         | 00:11:19 | 00:22:51  |    |
| 19       |           | 15          | Stephen  | Ross         | Unattached                | V60M         | 00:11:48 | 00:23:59  |    |
| 20       |           | 16          | Will     | Hoffmann     | Unattached                | Senior Men   | 00:12:02 | 00:24:27  |    |
| 21       |           | 17          | Miguel   | Ferrand      | Unattached                | V50M         | 00:12:13 | 00:24:44  |    |
| 22       |           | 5           | Nicola   | Church       | Unattached                | V40F         | 00:12:23 | 00:24:50  |    |
| 23       |           | 6           | Jenny    | Long         | Unattached                | V40F         | 00:12:35 | 00:25:19  |    |
| 24       |           | 18          | Kenzie   | Gardner      | Shetland Athletics        | Senior Men   | 00:10:14 | 00:25:23  |    |
| 25       |           | 19          | Alastair | Mccallum     | Falkirk Victoria Harriers | V60M         | 00:12:39 | 00:25:26  |    |
| 26       |           | 7           | Laura    | Powell       | Wee county harriers       | V40F         | 00:12:44 | 00:25:31  |    |
| 27       |           | 8           | Alison   | Mcneillage   | HBT                       | V50F         | 00:12:46 | 00:25:59  |    |
| 28       |           | 20          | John     | Church       | Unattached                | V50M         | 00:12:34 | 00:26:44  |    |
| 29       |           | 21          | Ryan     | Hamilton     | Unattached                | Senior Men   | 00:12:52 | 00:27:15  |    |
| 30       |           | 9           | Kerri    | Hutchison    | Wee county harriers       | V40F         | 00:13:23 | 00:27:22  |    |
| 31       |           | 22          | Ali      | Murphy       | Unattached                | Senior Men   | 00:14:01 | 00:29:20  |    |
| 32       |           | 23          | Fergus   | Christie     | Unattached                | V60M         | 00:15:12 | 00:30:39  |    |