

Position	Number	Time	Name	Club	Category
1	375	50.41	Kenny Wilson	Moray Road Runners	M
2	258	54.38	James Wilson	Moray Road Runners	M
3	228	55.12	Ewan Davidson	Moray Road Runners	M
4	406	55.31	Donnie MacDonald	Inverness Harriers	MV40
5	216	55.40	Jason Kelly	Metro Aberdeen Running Club	M
6	372	56.21	Tom Roche	JSK Running Club	MV40
7	54	57.22	Mark McCluskie	JSK Running Club	M
8	357	57.45	Calum Oates		M
9	408	57.58	Paul Rogan	Moray Road Runners	MV40
10	176	58.03	David Marshall		M
11	96	59.06	Rankin Lascelles	Metro Aberdeen Running Club	M
12	249	59.23	Kenny Garden	Metro Aberdeen Running Club	M
13	343	59.51	Jeremy Kibble	Metro Aberdeen Running Club	MV40
14	321	59.53	Jonny MacLeod	Inverness Harriers	MV40
15	255	59.56	Jonathan Buchan	Fraserburgh Running Club	M
16	384	60.01	Hamish Hickey	Central Athletics Club	M
17	285	61.26	Kenny Macgruer	North Highland Harriers	M
18	401	62.04	Scott Adams	Metro Aberdeen Running Club	M
19	115	62.04	Richard Horne	Metro Aberdeen Running Club	MV50
20	140	62.51	Richard Kirk	Garioch Roadrunners	M
21	351	62.52	Euan Wilson	Insch Trail Running Club	M
22	400	63.03	David Weir	Forres Harriers	MV50
23	144	63.06	Ed Dunbar		MV40
24	323	63.18	robbie youngson	Fraserburgh Running Club	MV50
25	355	63.19	Alasdair Campbell	Moray Road Runners	MV40
26	299	63.28	John Anderson	Moray Road Runners	M
27	92	63.32	Martin Reid	JSK Running Club	MV40
28	381	63.40	Thomas Barron	Nairn Road Runners	M
29	352	63.50	Mark Calder	Insch Trail Running Club	M
30	233	63.57	Brian Robb	Metro Aberdeen Running Club	MV40
31	261	64.07	Frankie Barton	Keith & District AAC	MV60
32	409	64.33	Kirstie Rogan	Moray Road Runners	F
33	312	64.40	Neil Gray	Fife Athletic Club	M
34	158	64.53	Ross Finlayson	Lasswade Athletics Club	M
35	20	64.55	David Cornwell	Metro Aberdeen Running Club	MV40
36	5	64.59	Marie Baxter	JSK Running Club	FV40
37	14	65.07	Kevin Stephen	Garioch Road Runners	MV40
38	290	65.35	Graham Stephen	Moray Road Runners	MV40
39	275	65.50	Paul Markac	Kilmarnock Harrier & Athletic Club	M
40	152	65.53	Kevin Morrison		MV40
41	256	65.56	Max Abernethy	Fraserburgh Running Club	M
42	316	65.57	Mark Brown	Fraserburgh	M
43	150	65.57	Kevin Greig	Dundee Road Runners	MV40
44	76	66.02	George McPherson	Metro Aberdeen Running Club	MV60
45	44	66.11	Lisa Allan	Fraserburgh Running Club	FV40
46	395	66.33	ERIC DUNCAN	Highland Hill Runners	MV40
47	309	66.36	Una Britton	Kilcoole AC	F
48	42	66.44	Austin McGuire	Garioch Gazelles	MV40
49	3	66.51	Amy Hudson	Inverness Harriers	F
50	205	67.04	Brian Urquhart	Fraserburgh Running Club	MV60
51	1	67.10	Mark McDonald		M
52	348	67.19	Niall Ross	Highland Hill Runners	M
53	235	67.26	John Duncan	Jog Scotland Meldrum	M
54	398	67.42	Angus Morrison	Garioch Road Runners	MV40
55	371	68.06	Kate Comisso	Highland Hill Runners	FV40

56	108	68.13	Paul Meldrum	Team Forrest	MV40
57	361	68.18	Michelle Slater	Moray Road Runners	FV40
58	78	68.27	Stewart Wilson	Inverness Harriers	MV50
59	374	68.33	Simon MacDonald	Moray Road Runners	MV50
60	280	68.50	cameron grant	Deveron Harriers	M
61	358	68.53	Hazel Wyness	Metro Aberdeen Running Club	FV40
62	202	69.08	Emma Murray	Jog Scotland Kintore RC	F
63	379	69.30	Ryan Christie	Keith & District AAC	MV50
64	203	69.49	Steven Burnside	Highland Hill Runners	MV40
65	227	69.53	Richard Chatburn	Highland Hill Runners	MV40
66	62	69.57	Keith Cowe	JSK Running Club	MV40
67	310	70.15	Alan Riach	Cairngorm Runners	MV50
68	335	70.38	Nick French	Nairn Road Runners	M
69	166	71.03	Malky Murray		MV40
70	113	71.06	Lawrence Wattie	Metro Aberdeen Running Club	MV40
71	291	71.17	Peter Mcnamee	Metro Aberdeen Running Club	MV40
72	362	71.19	Sara Henry	Deeside Runners	FV40
73	82	71.27	Alexander Gordon	Garioch Gazelles	M
74	336	71.30	Ruth Pirie	Turriff Running Club	F
75	377	71.47	Lindsay Grant	Forres Harriers	MV50
76	253	72.01	Stuart Macculloch	Inverness Harriers	M
77	237	72.07	GAVIN LEE	Inverness Harriers	MV50
78	105	72.12	Tony MCGarva	Metro Aberdeen Running Club	MV50
79	186	72.13	Dino Roussias	Metro Aberdeen Running Club	MV40
80	367	72.15	Euan Cantlie	Moray Road Runners	MV40
81	241	72.19	Martin Morrison		MV40
82	101	72.27	Alex Sutherland	Inverness Harriers	MV70
83	297	72.28	Andrew Sykes	Metro Aberdeen Running Club	MV50
84	257	72.31	Duncan Abernethy	Fraserburgh Running Club	MV40
85	325	73.21	Eric Simpson	JSK Running Club	MV50
86	226	73.22	Graeme Lisle	Garioch Gazelles	MV50
87	77	73.22	Alison Wilson	Inverness Harriers	FV40
88	63	73.30	Alison Pilichos	Metro Aberdeen Running Club	F
89	156	73.33	Stuart Dalgarno		M
90	75	73.40	Christine Appel	Garioch Roadrunners	FV40
91	195	73.55	Ruth Jeays		F
92	410	73.57	Elspeth Jenkins	Moray Road Runners	FV40
93	268	74.03	William Goodfellow	Moray Road Runners	MV50
94	99	74.24	Maureen Mackie	Nairn Road Runners	FV50
95	386	74.27	Garry Henderson	Moray Road Runners	MV60
96	11	74.42	Nick McKay	JSK Running Club	M
97	224	74.45	Andrew Alexander	Moray Road Runners	M
98	315	74.45	Scott Baird	Inverness Jog Scotland	M
99	354	74.51	Shaun Walker	Fraserburgh Running Club	M
100	394	75.02	Sandy Grigor	Cairngorm Runners	MV50
101	212	75.05	Calum Ross	Moray Road Runners	M
102	402	75.26	Keith Duncan		MV40
103	30	75.31	Greig Cruickshank	Jog Scotland Kintore Running Club	MV50
104	162	75.46	Scott Miller		M
105	209	75.47	Ruth Wolfe	Metro Aberdeen Running Club	FV50
106	65	75.55	Jessica Haworth	Forres Harriers	F
107	318	76.05	Bruce Sellar		MV40
108	145	76.12	Graeme Clark	Fraserburgh Running Club	MV60
109	276	76.21	Gillian Clark		F
110	177	76.22	Mark Findlay	The warehouse	MV50

111	95	76.36	Morgane Artacho	Cairngorm Runners	FV40
112	407	76.51	Susan Rae	Moray Road Runners	F
113	311	76.53	Angus Donald	Dundee Hawkhill Harriers	MV40
114	81	76.54	James Burkinshaw	Dundee Road Runners	M
115	67	76.55	Colin Anderson		MV40
116	353	76.57	Andrew West	Fraserburgh Running Club	MV40
117	185	76.59	Phil Owens	Garioch Roadrunners	MV50
118	389	77.05	Norma Beaton	Forres Harriers	MV40
119	71	77.07	Jonathan Fleetham	Garioch Roadrunners	MV40
120	213	77.29	Lisa Morrison	Keith & District AAC	F
121	190	78.08	Ingrid Machell	Metro Aberdeen Running Club	FV50
122	208	78.14	Andrew Davidson	Peterhead Athletics Club	MV50
123	155	78.29	Gary Ewen	Spey Runners	M
124	282	78.40	George Sneddon	Highland Hill Runners	MV50
125	307	78.47	Stephen Hart		M
126	60	78.48	Tom Main	Moray Road Runners	MV60
127	124	78.49	Lauren Hart		F
128	136	78.50	Richard McLean		M
129	301	78.51	Jenny Garnham	Garioch Roadrunners	FV50
130	274	78.52	Sonia Fraser	Turriff Running Club	FV40
131	324	78.59	Justine Dunbar	Jogscotland Hazlehead	F
132	287	79.08	Chelsea Cook	Orkney Running Club	F
133	174	79.09	Morag Thompson	Fraserburgh Running Club	FV40
134	388	79.15	Andrew Little	Forres Harriers	MV50
135	57	79.17	Lauren Knowles	JSK Running Club	F
136	31	79.18	Rachel Paterson	Jog Scotland Kintore Running Club	FV40
137	284	79.30	Alan Brown	Metro Aberdeen Running Club	MV60
138	33	79.43	Andy Kidd		MV50
139	187	79.47	Jayne Addie	Metro Aberdeen Running Club	FV40
140	151	79.58	Mark Richford	Moray Road Runners	MV50
141	247	80.02	Craig Kennedy	Garioch Roadrunners	MV40
142	359	80.12	Cecilia Berry	Garioch Roadrunners	F
143	279	80.13	Moira Anderson	Deveron Harriers	F
144	328	80.39	Bob Sim	Jogscotland	MV50
145	41	80.40	Max Shippin		MV50
146	125	80.56	Michael Taylor	Brechin Road Runners	M
147	173	80.59	David Abernethy	Fraserburgh Running Club	MV50
148	21	81.00	Christopher Goodall	Metro Aberdeen Running Club	M
149	118	81.08	Joanne Philip		F
150	142	81.14	Sally Shand	Keith & District AAC	F
151	69	81.25	Quintin Chalmers	Metro Aberdeen Running Club	MV40
152	87	81.40	Alex Mitchell	Spey Runners	MV60
153	172	81.47	martin perry	Fraserburgh Running Club	MV50
154	138	82.02	Martin Kirk	Garioch Roadrunners	MV60
155	373	82.11	Mark Fraser	Moray Road Runners	MV40
156	231	82.37	Amanda Stuart	Jog Scotland Kintore	F
157	267	82.48	Joanne Carrol	Deveron Harriers	F
158	308	82.50	Michael Laing	Moray Firth Triathlon	MV40
159	91	82.53	Niketa Cruickshank	Buckie & Cullen Joggers	F
160	239	83.04	Stephen Wiseman	Nairn Road Runners	MV50
161	339	83.04	David Brown		MV50
162	295	83.30	Peter Coutts		MV50
163	24	83.58	Leanne Kitchener	JSK Running Club	F
164	116	84.02	Craig Taylor	Rebel PT	M
165	283	84.21	Ali Mathers	Metro Aberdeen Running Club	FV40

166	102	84.27	Alison Jardine	Motherwell AC	F
167	286	84.41	Kevin Allan	Spey Runners	M
168	364	84.46	Colin Macaulay	Spey Runners	MV40
169	317	84.51	Joyce Donald	Dundee Hawkhill Harriers	FV50
170	370	84.54	Alexander Duncan	Fraserburgh Running Club	MV50
171	252	85.10	Clare Martin	Deeside Runners	FV50
172	229	85.30	Phill Thompson	Spey Runners	MV60
173	93	85.50	James Ross	Garioch Gazeles	MV50
174	45	85.50	Kylie Gordon	Garioch gazelles	F
175	238	86.07	Jennifer Urquhart	Nairn Road Runners	FV40
176	306	86.10	Helen George	Inverness jog scotland	F
177	392	86.17	Rhona Hadden	Fraserburgh Running Club	F
178	292	86.21	John McRitchie	Garioch Roadrunners	MV60
179	340	86.26	Murray Bryce	Cosmic Hillbashers AAC (aka Cosmics)	MV60
180	245	86.32	Andy Wonnacott	Forres Harriers	MV50
181	193	86.32	Cindy Hanekom	Newmachar Run Group JogScotland	FV40
182	153	86.34	Diane Morrison		FV40
183	383	86.41	Caroline Leslie	Spey Runners	FV50
184	225	86.41	Andrea Canale		F
185	240	87.01	Fiona Morrison	Turriff	FV40
186	378	87.06	Elizabeth Watson	Forres Harriers	FV50
187	266	87.34	Mike Whelan	Moray Road Runners	MV60
188	412	87.51	Rhys Nelson	Cadets	M
189	141	88.05	Iain Donald	JSK Running Club	M
190	330	88.15	Laura Sinclair		F
191	79	88.18	Rosemary Leiper	Metro Aberdeen Running Club	FV60
192	204	88.30	Chris Wilson		MV40
193	390	88.50	Mike Jamieson	Jog Scotland Elgin	MV70
194	251	89.13	Graham Watt		MV40
195	234	89.19	Dawn Thirkell	Moray Road Runners	FV40
196	319	89.46	Dana Robinson		FV40
197	382	90.01	David Mccallum		M
198	47	90.02	Kenneth Bews		MV60
199	405	90.04	Jennifer Blackburn	Moray Road Runners	F
200	254	90.08	Billie Cowie		F
201	248	90.11	Stephen Stewart	Nairn Road Runners	MV40
202	66	90.21	Rennie Simmonds	Moray Road Runners	MV50
203	121	90.41	Samantha Cumming		F
204	120	90.41	Tony Little		MV50
205	277	90.45	Brian Duncan	Triathlon inverness	MV40
206	147	90.49	Eileen Bee		FV40
207	289	91.01	Louise Cooper		FV40
208	109	91.03	Louise Barclay		FV40
209	34	91.18	Jim McCurrach	Metro Aberdeen Running Club	MV60
210	342	91.33	Debbie Halliday	Nairn Road Runners	FV50
211	68	91.35	Fiona Christie		F
212	303	91.37	Kevin Mackie	Metro Aberdeen Running Club	MV40
213	220	91.53	Emma Curry	Dundee Road Runners	F
214	244	92.06	Helen Low		FV40
215	104	92.55	Jo Wilson		F
216	294	92.56	Gemma Downie	Turriff running club	F
217	333	94.05	Calum Main		M
218	27	95.22	Christine Bennett	Jogscotland Hazlehead	FV40
219	200	95.33	Avril BRUCE	Cairngorm Runners	FV50
220	111	95.50	Donna Harper		FV40

221	184	96.18	clare kellas	jog scotland keith	F
222	189	96.25	Carrie Morrison	Spey Runners Fochabers	F
223	15	96.30	John Elrick	Jogscotland Hazlehead	MV60
224	198	96.31	Rhoda Ewing	Jog Scotland Keith	FV60
225	48	96.37	Shona Clarke	Hazlehead Jogscotland	FV40
226	88	96.39	Laura MacTaggart	Inverness Jog Scotland	F
227	98	97.05	Jenny Campbell	Buckie and Cullen Joggers	F
228	222	97.17	Michelle Brearley	Metro Aberdeen Running Club	FV40
229	223	97.18	Alex Rose	Metro Aberdeen Running Club	MV40
230	157	97.21	Natalie Dunscombe	Garioch Gazelles	F
231	175	97.34	Mhari Zglobis		F
232	149	98.15	Kevin Stables	Spey Runners	MV50
233	170	98.17	Shona Keith		F
234	7	98.45	Fiona Sewell	Jogscotland Airyhall	F
235	36	98.55	Alison Ruickbie		FV40
236	356	99.03	Jodie Grimmond	Nairn Road Runners	F
237	337	99.04	Linda Taylor	Nairn Road Runners	FV50
238	112	99.06	Janet May	Moray Road Runners	FV50
239	130	99.11	Karen Homer	Turriff running club	FV50
240	300	99.11	Julie Munro	Spey Runners	FV40
241	399	100.09	Catriona Morrison		FV40
242	22	100.15	Wendy Wallace	Culduthel jog scotland	FV40
243	23	100.15	Shirley Paterson	Culduthel Jog Scotland	FV50
244	365	100.31	Anita Nicol	Nairn Road Runners	FV50
245	181	100.33	Debbie MacDonald		F
246	180	100.34	Sanders MacDonald	North Highland Harriers	M
247	242	100.41	Janet Smith		FV40
248	302	100.54	Sandy Munro		MV50
249	262	101.00	Zoe Diack		FV40
250	221	101.03	Dianne MacInnes	Dundee Road Runners	FV40
251	40	101.13	David MacLennan	Metro Aberdeen Running Club	M
252	168	101.24	Jeannette Meldrum	Cairngorm Runners	FV60
253	167	101.39	Lisa Lawson	Cairngorm Runners	FV50
254	50	101.43	Glenn Denny	Muir Of Ord Jogscotland	MV40
255	73	101.52	Peter Knox	Elgin AAC	M
256	219	102.38	Linda Craddock	Dundee Road Runners	FV50
257	411	103.01	Amber Young		F
258	16	103.03	Morag Gerrard	Jogscotland Hazlehead	FV40
259	131	103.51	Elaine MacDonald		F
260	127	103.51	Alison McGregor		F
261	206	104.17	Joyce Lawson		FV40
262	278	104.19	Angela Barbour	Jog Scotland Culduthel	FV50
263	403	104.50	Joolz Christie	Muir of Ord Jog Scotland	FV40
264	178	105.11	Wilma Robertson	Fleet Feet Triathletes	FV40
265	265	106.08	Yvonne Smith		F
266	94	106.56	Valerie Ross	Garioch Gazeles	FV50
267	139	106.59	Helen Kirk	Turriff Running Club	FV50
268	169	107.41	Martin Wares	Cairngorm Runners	MV50
269	117	108.25	Kat Stables	Spey runners	F
270	313	108.54	Carol Dixon		F
271	132	109.14	Sarah Addison		F
272	293	109.14	Iain Addison		M
273	201	110.00	Emma Whitelaw		F
274	368	111.04	jo burton	Moray Road Runners	FV50
275	148	111.13	Amanda Hedley		FV40

276	49	113.01	John Allen	Muir of Ord Jogscotland	MV50
277	106	113.27	Lorraine McGarry	Fortrose and Rosemarkie	FV40
278	72	113.33	Fiona Barrett	Triathlon Inverness	FV50
279	369	113.45	Lynn Cross		F
280	52	113.53	Niamh Donnelly		F
281	29	114.24	Paul Jamieson	Moray Road Runners	MV50
282	326	119.22	amy barclay		F
283	135	120.55	Clare Thompson		F
284	165	123.51	Jacqueline Russell		FV50
285	137	123.51	Michelle Russell	Moray Road Runners	F
286	230	125.05	Chris Maher	St Cyrus solos	MV60
287	404	129.04	Wenzel Dunnet	Moray Road Runners	MV70
288	246	129.04	Lorna Souden		FV60