

| Pos | Name                | Category | Club                    | Time     |
|-----|---------------------|----------|-------------------------|----------|
| 1   | Finlay Wild         | M        | Lochaber AC             | 00:26:49 |
| 2   | Alasdair McLeod     | M        | Shettleston Harriers    | 00:27:48 |
| 3   | Jamie Crowe         | M        | Central AC              | 00:27:56 |
| 4   | Mark Lamb           | M        | Keswick AC              | 00:28:00 |
| 5   | James Espie         | M        | Deeside Runners         | 00:28:20 |
| 6   | Alexander Chepelin  | M        | Carnethy                | 00:28:30 |
| 7   | Jack Wood           | M        | Ilkley Harriers         | 00:28:38 |
| 8   | Carl Bell           | M        | Keswick AC              | 00:28:45 |
| 9   | Marc Austin         | M        | Howgill Harriers        | 00:28:51 |
| 10  | Tom Martyn          | M        | HBT                     | 00:28:56 |
| 11  | Gareth Hughes       | M        | Mercia                  | 00:29:01 |
| 12  | Robert Simpson      | M        | Shettleston Harriers    | 00:29:03 |
| 13  | Alasdair Campbell   | M        | Matlock AC              | 00:29:13 |
| 14  | Andrew Barrington   | M        | Lochaber AC             | 00:29:20 |
| 15  | Josh Jardino        | M        | Helm Hill Runners       | 00:29:24 |
| 16  | John Battrick       | M        | Keswick AC              | 00:29:27 |
| 17  | Steve Hebblethwaite | M        | Keswick AC              | 00:29:28 |
| 18  | Max Wainwright      | M        | Dark Peak               | 00:29:37 |
| 19  | Josh Williams       | M        | Dark Peak               | 00:29:39 |
| 20  | Andrew Worster      | M        | Todmorden Harriers      | 00:29:41 |
| 21  | Rob Jebb            | M40      | Helm Hill Runners       | 00:29:49 |
| 22  | Sam Stead           | M        | Keswick AC              | 00:29:57 |
| 23  | Tom Saville         | M        | Dark Peak               | 00:30:01 |
| 24  | Adam Osborne        | M40      | Calder Valley           | 00:30:06 |
| 25  | Adam Perry          | M        | Helm Hill Runners       | 00:30:34 |
| 26  | John Yells          | M        | Lochaber AC             | 00:30:37 |
| 27  | Oli Johnson         | M40      | Dark Peak               | 00:30:47 |
| 28  | James Appleton      | M        | Keswick AC              | 00:30:52 |
| 29  | Sam Alexander       | M        | Westerlands             | 00:30:56 |
| 30  | Paul Jones          | M40      | Mercia                  | 00:31:01 |
| 31  | Will Boothman       | M40      | Dark Peak               | 00:31:03 |
| 32  | Lova Chechik        | M        | Dark Peak               | 00:31:03 |
| 33  | Nicholas Barber     | M        | Helm Hill Runners       | 00:31:04 |
| 34  | Ryan Stewart        | M        | Shettleston Harriers    | 00:31:05 |
| 35  | Murray Strain       | M        | HBT                     | 00:31:06 |
| 36  | Huw Davies          | M        | Mercia                  | 00:31:06 |
| 37  | Andrew Gilmore      | M        | Highland Hill Runners   | 00:31:06 |
| 38  | Mark Roberts        | M50      | Borrowdale Fell Runners | 00:31:09 |
| 39  | Richard Roberts     | M40      | Eryri Harriers          | 00:31:10 |
| 40  | Dessie Flanagan     | M40      | Carnethy                | 00:31:17 |
| 41  | Chris Grant-Pantrey | M        | Shettleston Harriers    | 00:31:25 |

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|----|--------------------|-----|-------------------------|----------|
| 42 | Jim Davies         | M50 | Borrowdale Fell Runners | 00:31:35 |
| 43 | Niall McAlinden    | M   | Westerlands             | 00:31:41 |
| 44 | Jack Ward          | M   | Highland Hill Runners   | 00:31:44 |
| 45 | Phil Mowbray       | M40 | HBT                     | 00:31:49 |
| 46 | Justin Carter      | M40 | Cambuslang Harriers     | 00:31:52 |
| 47 | Charlie Lowther    | M40 | Eden Runners            | 00:31:55 |
| 48 | Matthew Sullivan   | M   | Shettleston Harriers    | 00:32:02 |
| 49 | Shaun Godsman      | M40 | Calder Valley           | 00:32:06 |
| 50 | Kieran Hodgson     | M40 | Helm Hill Runners       | 00:32:15 |
| 51 | Graeme Brown       | M40 | Todmorden Harriers      | 00:32:18 |
| 52 | Dave Taylor        | M50 | Dark Peak               | 00:32:19 |
| 53 | John Connaghan     | M40 | Shettleston Harriers    | 00:32:19 |
| 54 | Peter Davies       | M   | Dark Peak               | 00:32:32 |
| 55 | Pete Rigby         | M   | Helm Hill Runners       | 00:32:44 |
| 56 | Stephen Winter     | M40 | Shettleston Harriers    | 00:32:49 |
| 57 | Kelli Roberts      | F   | Helm Hill Runners       | 00:33:01 |
| 58 | Jill Stephen       | F   | HBT                     | 00:33:13 |
| 59 | Michael Fanning    | M50 | Borrowdale Fell Runners | 00:33:18 |
| 60 | Mark Burton        | M40 | Calder Valley           | 00:33:23 |
| 61 | Tom Tipping        | M50 | Helm Hill Runners       | 00:33:25 |
| 62 | Alasdair Anthony   | M40 | Ochil Hill Runners      | 00:33:27 |
| 63 | Sara Willhoit      | F   | Mercia                  | 00:33:29 |
| 64 | Stephen Pyke       | M50 | Dark Peak               | 00:33:33 |
| 65 | Stuart Crutchfield | M   | Lochaber AC             | 00:33:35 |
| 66 | Dominic Moore      | M   |                         | 00:33:37 |
| 67 | Jonathan Wright    | M40 | Todmorden Harriers      | 00:33:53 |
| 68 | Matthew Fortes     | M40 | Eryri Harriers          | 00:33:59 |
| 69 | Mark Taylor        | M40 | Calder Valley           | 00:34:02 |
| 70 | Matthew Macdonald  | M   | Lochaber AC             | 00:34:03 |
| 71 | Rachel Parker      | F   | Mercia                  | 00:34:04 |
| 72 | Dan Gilbert        | M40 | Horwich                 | 00:34:09 |
| 73 | Paul Reilly        | M40 | Helm Hill Runners       | 00:34:18 |
| 74 | Craig Freshwater   | M   | HBT                     | 00:34:29 |
| 75 | Des Crowe          | M50 | Penicuik Harriers       | 00:34:30 |
| 76 | Jamie Thin         | M50 | HBT                     | 00:34:41 |
| 77 | James Callender    | M   | Westerlands             | 00:34:43 |
| 78 | Sharon Taylor      | F   | Helm Hill Runners       | 00:34:50 |
| 79 | Stuart Malcolm     | M50 | Highland Hill Runners   | 00:34:54 |
| 80 | Miranda Grant      | F   | Eryri Harriers          | 00:34:59 |
| 81 | Hannah Russell     | F   | Helm Hill Runners       | 00:35:03 |
| 82 | Martin Askew       | MJ  | Helm Hill Runners       | 00:35:09 |
| 83 | Alasdair MacInnes  | M   | Westerlands             | 00:35:11 |
| 84 | Jon Morgan         | M50 | Dark Peak               | 00:35:11 |
| 85 | Matthew Nichols    | M   | Matlock AC              | 00:35:12 |

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|-----|---------------------------------|-----|-----------------------|----------|
| 86  | Paul Cornock                    | M   | Shettleston Harriers  | 00:35:22 |
| 87  | Adam Anderson                   | M50 | Hartfell HRC          | 00:35:23 |
| 88  | Francisco Javier Cabrera Valdes | M   | Highland Hill Runners | 00:35:27 |
| 89  | Robert Matthews                 | M   | Westerlands           | 00:35:28 |
| 90  | Iain Pender                     | M   | Shettleston Harriers  | 00:35:29 |
| 91  | David Gallie                    | M50 | Highland Hill Runners | 00:35:33 |
| 92  | Fraser MacKenzie                | M   | Lochaber AC           | 00:35:38 |
| 93  | Samuel Williams-Duncan          | M   | Dark Peak             | 00:35:40 |
| 94  | Rod Scott                       | M40 | Helm Hill Runners     | 00:35:42 |
| 95  | Simon Patton                    | M50 | Dark Peak             | 00:35:44 |
| 96  | Steve Angus                     | M50 | Keswick AC            | 00:35:45 |
| 97  | Nick Barber                     | M40 | Todmorden Harriers    | 00:35:46 |
| 98  | Jake Willis                     | M40 | Lochaber AC           | 00:35:48 |
| 99  | Walter Henderson                | M50 | Shettleston Harriers  | 00:35:53 |
| 100 | Adrian Davis                    | M50 | Lomond Hill Runners   | 00:36:03 |
| 101 | Gregor Davidson                 | M   | Lochaber AC           | 00:36:06 |
| 102 | Kevin Peebles                   | M40 | Lomond Hill Runners   | 00:36:08 |
| 103 | Ben Murphy                      | M   | HBT                   | 00:36:11 |
| 104 | Chris Butler                    | M   | Westerlands           | 00:36:14 |
| 105 | Catriona Morrison               | F40 | Highland Hill Runners | 00:36:18 |
| 106 | Kristian Groom                  | M40 | Dark Peak             | 00:36:25 |
| 107 | Eugene Mackie                   | M   | Highland Hill Runners | 00:36:27 |
| 108 | Ruaraidh Mackenzie              | M   | Lochaber AC           | 00:36:28 |
| 109 | Helen Berry                     | F40 | Holmfirth Harriers    | 00:36:30 |
| 110 | Steve Macdonald                 | M   | Lochaber AC           | 00:36:32 |
| 111 | John Busby                      | M   | Carnethy              | 00:36:37 |
| 112 | John Tullie                     | M60 | Teviotdale Harriers   | 00:36:39 |
| 113 | Angela Mudge                    | F40 | Carnethy              | 00:36:43 |
| 114 | Niall Bourke                    | M   | Pudsey & Bramley      | 00:36:51 |
| 115 | Russell Owen                    | M60 | Eryri Harriers        | 00:36:53 |
| 116 | James Barron                    | M50 | Helm Hill Runners     | 00:37:02 |
| 117 | Heather Anderson                | F40 | Fife AC               | 00:37:09 |
| 118 | Darren Tweed                    | M40 | Todmorden Harriers    | 00:37:14 |
| 119 | Milan Misak                     | M   | Carnethy              | 00:37:20 |
| 120 | Rachel Pilling                  | F   | Pudsey & Bramley      | 00:37:24 |
| 121 | Neil McLure                     | M50 | Carnegie Harriers     | 00:37:27 |
| 122 | Bryan Lomas                     | M50 | Congleton Harriers    | 00:37:31 |
| 123 | Donald Lamont                   | M   | Lochaber AC           | 00:37:33 |
| 124 | Mark Walsh                      | M50 | Horwich               | 00:37:36 |
| 125 | Gordon Stewart                  | M60 |                       | 00:37:41 |
| 126 | Bianca Dyer                     | F40 | Helm Hill Runners     | 00:37:43 |
| 127 | Bryan McKenna                   | M40 | Carnethy              | 00:37:43 |
| 128 | Donald McCarthy                 | M40 | BASOC                 | 00:37:44 |
| 129 | Phillipa Gullett                | F   | Highland Hill Runners | 00:37:51 |

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|-----|------------------|-----|-----------------------|----------|
| 130 | Judith Jepson    | F50 | Dark Peak             | 00:38:17 |
| 131 | Alan Renville    | M40 | Carnethy              | 00:38:18 |
| 132 | Frazer Munro     | M   |                       | 00:38:22 |
| 133 | Alan Hogg        | M60 | Carnethy              | 00:38:23 |
| 134 | Kevin Davie      | M   | Carnegie Harriers     | 00:38:25 |
| 135 | Peter Simpson    | M60 | Carnegie Harriers     | 00:38:27 |
| 136 | Veronique Oldham | F50 | Cosmics               | 00:38:28 |
| 137 | William Proctor  | M60 | Helm Hill Runners     | 00:38:33 |
| 138 | Andrew Aitken    | M   |                       | 00:38:33 |
| 139 | Paul Tucker      | M50 | Mynydd Du             | 00:38:34 |
| 140 | Graham Pilling   | M40 | Pudsey & Bramley      | 00:38:41 |
| 141 | Stuart Forrest   | M   | Highland Hill Runners | 00:38:53 |
| 142 | Alastair Pringle | M50 | Shettleston Harriers  | 00:39:09 |
| 143 | Josie Lloyd      | F   | Mercia                | 00:39:12 |
| 144 | Ella Peters      | F   | Westerlands           | 00:39:15 |
| 145 | Neil Burnett     | M50 | Carnethy              | 00:39:22 |
| 146 | Bruce Smith      | M50 | Carnethy              | 00:39:24 |
| 147 | Mark Agnew       | M50 | Mercia                | 00:39:25 |
| 148 | Ellen Paton      | FJ  | Dark Peak             | 00:39:26 |
| 149 | Tom Finch        | M   | Westerlands           | 00:39:26 |
| 150 | Dougie Macdonald | M40 | Highland Hill Runners | 00:39:30 |
| 151 | Helen Wood       | F   | Ilkley Harriers       | 00:39:36 |
| 152 | Chris Wilkinson  | M   | Highland Hill Runners | 00:39:43 |
| 153 | Ali Kennedy      | M50 | Lochaber AC           | 00:39:45 |
| 154 | Manny Gorman     | M50 | Westerlands           | 00:39:49 |
| 155 | Peter German     | M   | Helm Hill Runners     | 00:39:56 |
| 156 | Keith McCarthy   | M40 | RAF                   | 00:40:01 |
| 157 | Robert Taylor    | M70 | Pennine Fell Runners  | 00:40:02 |
| 158 | Michael Mallen   | M60 | Keswick AC            | 00:40:07 |
| 159 | Gordon Pryde     | M60 | Lomond Hill Runners   | 00:40:14 |
| 160 | Geoff Gough      | M60 | Clayton Le Moors      | 00:40:41 |
| 161 | Tim Pott         | M50 | Forres Harriers       | 00:40:48 |
| 162 | James Riley      | M40 | Todmorden Harriers    | 00:40:51 |
| 163 | Joe Law          | M   | Dark Peak             | 00:41:04 |
| 164 | John Stevenson   | M50 | Ochil Hill Runners    | 00:41:07 |
| 165 | Don Reid         | M60 | Westerlands           | 00:41:15 |
| 166 | Richard Jennings | M40 |                       | 00:41:19 |
| 167 | Mairi Gilmour    | F   | Westerlands           | 00:41:22 |
| 168 | Suzy Devey       | F40 | Lochaber AC           | 00:41:30 |
| 169 | Lee Murphy       | M40 | Carnethy              | 00:41:36 |
| 170 | Rebecca Patrick  | F50 | Todmorden Harriers    | 00:41:39 |
| 171 | Nicola Parkin    | F50 | Dark Peak             | 00:41:41 |
| 172 | Georgia Stevens  | F   | Helm Hill Runners     | 00:41:44 |
| 173 | Gerald Angus     | M50 | Keith & District AAC  | 00:41:50 |

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|-----|----------------------|-----|------------------------|----------|
| 174 | Ewan Paterson        | M60 | Highland Hill Runners  | 00:41:58 |
| 175 | Rebecca Law          | F   | Eryri Harriers         | 00:41:59 |
| 176 | Dagmar Borrowman     | F40 | Highland Hill Runners  | 00:42:03 |
| 177 | Alasdair McCallum    | M50 | Norham RC              | 00:42:06 |
| 178 | Johannes Mathis      | M   |                        | 00:42:06 |
| 179 | Lee Holland          | M50 | Carnegie Harriers      | 00:42:14 |
| 180 | Dave Turner          | M40 | Lomond Hill Runners    | 00:42:15 |
| 181 | Jean Brown           | F50 | Clayton Le Moors       | 00:42:16 |
| 182 | Richard Corporaal    | M   |                        | 00:42:16 |
| 183 | Alastair Matthewson  | M50 | Highland Hill Runners  | 00:42:23 |
| 184 | Melanie Blackhurst   | F50 | Todmorden Harriers     | 00:42:26 |
| 185 | Owen Bass            | M50 | Solway                 | 00:42:35 |
| 186 | Kirsty Bryan-Jones   | F40 | Dark Peak              | 00:42:36 |
| 187 | Robert Maclean       | M50 | Lochaber AC            | 00:42:37 |
| 188 | Karen Lyons          | F40 | Highland Hill Runners  | 00:42:42 |
| 189 | David Bryan          | M40 | East Sutherland        | 00:43:02 |
| 190 | Graham Kelly         | M50 | Westerlands            | 00:43:05 |
| 191 | Lorna Askew          | F50 | Helm Hill Runners      | 00:43:07 |
| 192 | Scott Crossett       | M   |                        | 00:43:13 |
| 193 | Steve Wathall        | M60 | Black Combe Runners    | 00:43:18 |
| 194 | Jenn Ruddick         | F   | Westerlands            | 00:43:22 |
| 195 | Rafal Tomaszewski    | M40 |                        | 00:43:28 |
| 196 | Philip Kammer        | M60 | Cosmics                | 00:43:29 |
| 197 | Trevor Shaw          | M50 | Lochtayside            | 00:43:43 |
| 198 | Carrie Gibson        | F40 | Helm Hill Runners      | 00:43:45 |
| 199 | Fiona Kelsall        | F40 | Ochil Hill Runners     | 00:43:47 |
| 200 | Jean Powell          | F50 | Wharfedale Harriers    | 00:44:05 |
| 201 | Rhian Evans          | F   | Strathearn Harriers    | 00:44:10 |
| 202 | Lucy Needham         | F   | Wharfedale Harriers    | 00:44:16 |
| 203 | Angus Bowman         | M60 | Lomond Hill Runners    | 00:44:17 |
| 204 | Saki Nakamura        | F   | Westerlands            | 00:44:34 |
| 205 | Manouk Bakermans     | F   | Highland Hill Runners  | 00:44:47 |
| 206 | Tim Smith            | M40 |                        | 00:45:03 |
| 207 | Roderick Pugh        | M60 | Kilmarnock Harriers    | 00:45:16 |
| 208 | Jo Wilcox            | F50 | Helm Hill Runners      | 00:45:21 |
| 209 | Daniel Grant         | M   |                        | 00:45:30 |
| 210 | Rebecca Fode         | F   | Victoria Park Harriers | 00:45:32 |
| 211 | Hilary Ritchie       | F50 | Fife AC                | 00:45:36 |
| 212 | Christopher Mitchell | M70 |                        | 00:45:37 |
| 213 | Chastain Lairent     | M40 |                        | 00:45:41 |
| 214 | Ronald Rees          | M60 | Pennine Fell Runners   | 00:45:48 |
| 215 | Michael Watson       | M50 |                        | 00:45:48 |
| 216 | Kerry Cunningham     | F   | Westerlands            | 00:45:49 |
| 217 | Rory Simpson         | M50 |                        | 00:45:54 |

|     |                      |     |                        |          |
|-----|----------------------|-----|------------------------|----------|
| 218 | Kate Worthington     | F40 | Eryri Harriers         | 00:45:56 |
| 219 | Alistair Boyer       | M   | Westerlands            | 00:45:58 |
| 220 | Claire Green         | F   | Pudsey & Bramley       | 00:46:03 |
| 221 | Robert Phillips      | M   |                        | 00:46:04 |
| 222 | Duncan Gorman        | M   | Westerlands            | 00:46:06 |
| 223 | John MacEwan         | M50 | Ochil Hill Runners     | 00:46:09 |
| 224 | Dougal Spenceley     | MJ  |                        | 00:46:18 |
| 225 | Richard Goff         | M   | Buxton AC              | 00:46:18 |
| 226 | Kate Mansell         | F40 | Todmorden Harriers     | 00:46:20 |
| 227 | Arianne Holland      | F   | Carnegie Harriers      | 00:46:20 |
| 228 | Andy Chapman         | M40 | Cosmics                | 00:46:21 |
| 229 | Joan Wilson          | F50 | Lomond Hill Runners    | 00:46:23 |
| 230 | Scott Johnston       | M   |                        | 00:46:52 |
| 231 | David Oliver         | M60 | Deeside Runners        | 00:46:59 |
| 232 | Michelle Best        | F40 | Carnegie Harriers      | 00:47:03 |
| 233 | Colin Wilson         | M50 | Lomond Hill Runners    | 00:47:06 |
| 234 | Mark Hartree         | M50 | Carnethy               | 00:47:10 |
| 235 | Colin Ledlie         | M50 | Carnethy               | 00:47:12 |
| 236 | Caroline Harding     | F40 | Pudsey & Bramley       | 00:47:13 |
| 237 | Colin Silver         | M40 |                        | 00:47:16 |
| 238 | Douglas Milligan     | M70 | Solway                 | 00:47:20 |
| 239 | Judy Howells         | F40 | Wharfedale Harriers    | 00:47:27 |
| 240 | Andrew Sim           | M50 | Carnegie Harriers      | 00:47:35 |
| 241 | Colin Reynolds       | M40 | Carnegie Harriers      | 00:47:38 |
| 242 | Stuart McMillan      | M40 | Carnethy               | 00:47:51 |
| 243 | Digby Maass          | M60 | Carnethy               | 00:47:55 |
| 244 | David Duncan         | M60 | Ochil Hill Runners     | 00:47:58 |
| 245 | Anthony Simon        | M40 |                        | 00:48:08 |
| 246 | Andrew Fullwood      | M50 | Westerlands            | 00:48:18 |
| 247 | Nicki Diggins        | F50 | Cairngorm Runners      | 00:48:19 |
| 248 | Rod Webster          | M50 | Highland Hill Runners  | 00:48:54 |
| 249 | Jennifer Bradley     | F40 | Carnethy               | 00:48:58 |
| 250 | Scott Ewan           | M   | Jog Scotland           | 00:49:00 |
| 251 | Alison Whyte         | F40 | Carnegie Harriers      | 00:49:00 |
| 252 | Rupert Williams      | M50 | Cosmics                | 00:49:35 |
| 253 | Beverley Tucker      | F50 | Mynydd Du              | 00:49:49 |
| 254 | Lizzie Cockle        | F   | Maldwyn Harriers       | 00:49:54 |
| 255 | Elizabeth Bloomfield | F50 | Fife AC                | 00:50:02 |
| 256 | Jenny Lister         | F   |                        | 00:50:04 |
| 257 | Susan Jane Ross      | F50 | Lochaber AC            | 00:50:05 |
| 258 | Joanne Thin          | F50 | Carnethy               | 00:50:08 |
| 259 | Iain Thomson         | M70 | Strathearn Harriers    | 00:50:14 |
| 260 | Jocelyn Scott        | F60 | Fife AC                | 00:50:29 |
| 261 | Russ Valentine       | M50 | Falkland Trail Runners | 00:50:37 |

|     |                       |     |                        |          |
|-----|-----------------------|-----|------------------------|----------|
| 262 | Dave Till             | M60 | Skye & Lochalsh RC     | 00:50:43 |
| 263 | Denise Tunstall       | F50 | Durham Fell Runners    | 00:50:47 |
| 264 | Lesley Reynolds       | F50 | Carnegie Harriers      | 00:50:50 |
| 265 | Grace Kelleher        | F   | Dark Peak              | 00:51:12 |
| 266 | Malcolm Easson        | M50 |                        | 00:51:14 |
| 267 | Julie Spenceley       | F40 |                        | 00:51:37 |
| 268 | Roy McLachlan         | M60 | Fife AC                | 00:51:40 |
| 269 | Eleanor Munro         | F50 | Keith & District AAC   | 00:51:43 |
| 270 | Ali Russell           | M40 |                        | 00:51:46 |
| 271 | Ronald Fraser         | M50 | Dundee Road Runners    | 00:52:56 |
| 272 | Bill Duff             | M70 | Falkland Trail Runners | 00:53:04 |
| 273 | Katie Hall            | F   |                        | 00:53:19 |
| 274 | Amy Fisher-MacPherson | F   |                        | 00:53:27 |
| 275 | Annabel King          | F   | Vegan Runners          | 00:53:33 |
| 276 | Hugh McPherson        | M70 | Tinto Hill Runners     | 00:53:39 |
| 277 | Emma Seed             | FJ  | Inverness Harriers     | 00:53:46 |
| 278 | Bev Wright            | F40 | Todmorden Harriers     | 00:53:59 |
| 279 | Stefan Hamill         | M40 |                        | 00:54:08 |
| 280 | Iain Beedie           | M50 | Lomond Hill Runners    | 00:54:28 |
| 281 | Paul Wallace          | M40 |                        | 00:55:16 |
| 282 | Rod Campbell          | M70 | Cosmics                | 00:55:47 |
| 283 | Jane Oliver           | F60 | Deeside Runners        | 00:56:57 |
| 284 | Brian Brennan         | M60 | Westerlands            | 00:57:46 |
| 285 | Elizabeth Adams       | F40 | Helm Hill Runners      | 00:57:59 |
| 286 | Emma Sinclair         | F40 | Cairngorm Runners      | 00:58:22 |
| 287 | Ailsa Hewick          | FJ  | Inverness Harriers     | 00:59:16 |
| 288 | Karen Forsyth         | F   | Carnegie Harriers      | 00:59:49 |
| 289 | John Elrick           | M60 | Jog Scotland           | 01:00:43 |
| 290 | Didier Putzeys        | M50 |                        | 01:01:07 |
| 291 | Douglas Spalding      | M   |                        | 01:01:22 |
| 292 | David Scott           | M60 | Ochil Hill Runners     | 01:01:58 |
| 293 | Douglas McLeod        | M50 |                        | 01:02:36 |
| 294 | Eliza McLachlan       | F60 | Fife AC                | 01:02:42 |
| 295 | Thorsten Ingermann    | M40 |                        | 01:02:43 |
| 296 | Alan Slesser          | M60 | Jarrow & Hebburn AC    | 01:04:28 |
| 297 | Annie Fraser          | F50 | Cairngorm Runners      | 01:05:46 |
| 298 | Stewart Davidson      | M60 | Fife AC                | 01:06:49 |
| 299 | Mark Slesser          | M   | Jarrow & Hebburn AC    | 01:24:21 |
| 300 | Brenda Paul           | F40 | Westerlands            | 01:25:24 |