

QA 5k

Friday 1st August

Race 1

Start Time: 18:10

Race Number	Forename	Surname	Gender	Club
236	Sandra	Aitken	Female	Fife Athletic Club
237	Alan	Anderson	Male	Cambuslang Harriers
238	Fraser	Ballantine	Male	Lothian Running Club
239	Hannah	Bogle	Female	Linlithgow Athletic Club
240	Alan	Bothwell	Male	Perth Road Runners
241	Carla	Brawley	Female	Motherwell AC
242	Matt	Buck	Male	Dundee Road Runners
243	Rachael	Butcher	Female	
244	Andrew	Cain	Male	
245	Leanne	Calder	Female	Edinburgh Athletics Club
246	Andrea	Cameron	Female	Lothian Running Club
247	Fraser	Christie	Male	Vegan Runners UK
248	Thomas	Connelly	Male	Strathaven Striders
249	Christopher	Creegan	Male	Edinburgh Athletics Club
250	Joseph Robert	Donnelly	Male	
251	Catriona	Duncan	Female	Costorphine Athletics
252	Jonathan	Ferry	Male	
253	Catherine	Ferry	Female	Edinburgh Athletics Club
254	Connor	Finlay	Male	Kinross Road Runners
255	Rebecca	Foote	Female	
256	Mark	Gordon	Male	Lothian Running Club
257	Martin	Gower	Male	Falkirk Victoria Harriers
258	Clare	Graham	Female	PH Racing Club
259	Debz	Graham	Female	Falkirk Victoria Harriers
260	Kirsty	Gray	Female	Lothian Running Club
261	Catherine	Harvey	Female	Motherwell AC
262	Ewan	Heeles	Male	Pitreavie AAC
263	Dougie	Hill	Male	RTC Warriors
264	Hannah	Hislop	Female	Central Athletics Club
203	Kenneth	Hislop	Male	Central Athletics Club
265	David	Hoolaghan	Male	Motherwell AC
266	Katherine	Hylands	Female	Bellahouston Harriers
267	Lilly	Jeffery	Female	Motherwell AC
268	Felis	Kanyepi	Female	Motherwell AC
269	Scott	Kelman	Male	Giffnock North AC
270	Karen	Kennedy	Female	
271	Ilona	Kriauzaite	Female	Garscube Harriers
272	Louisa	Lawrie	Female	Metro Aberdeen Running Club
273	Michael	Marshall	Male	Moorfoot Runners
274	Stephanie	McInnes	Female	
275	Julie	McKean	Female	Motherwell AC
276	Lauren	McKinley	Female	Strathclyde Uni Harriers
277	Natalie	McWilliams	Female	Cambuslang Harriers
278	Maisey	Meade	Female	Pitreavie AAC
279	Kirsty	Mitchell	Female	Metro Aberdeen Running Club
280	Stevie	Moir	Male	
281	Emma	Moir	Female	
282	David	Mudie	Male	Kinross Road Runners
283	Janet	Murray	Female	Falkirk Victoria Harriers
284	Sarah	Paterson	Female	PH Racing Club
285	Emma	Peters	Female	Bellahouston Road Runners
286	Janine	Porter	Female	
287	Shaun	Rafferty	Male	The running club 2023
288	Calum	Reid	Male	Kirkcaldy Wizards
289	Caitlin	Robertson	Female	
290	Jonny	Thomson	Male	Lothian Running Club
291	Graeme	Thomson	Male	Falkirk Victoria Harriers
292	Gillian	Wallace	Female	PH Racing Club
293	Richard	Ward	Male	Perth Road Runners
294	Lucy	Ward	Female	Perth Strathtay Harriers
295	Rachel	Wardrope	Female	Cambuslang Harriers
296	Mark	Young	Male	Lothian Running Club



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Race 2

Start Time: 18:45

Race Number	Forename	Surname	Gender	Club
176	Kirsty	Adams	Female	
177	Bryce	Aitken	Male	Fife Athletic Club
178	Catriona	Bain	Female	Cambuslang Harriers
179	Matthew	Beaney	Male	Dundee Road Runners
180	Ryan	Beattie	Male	Falkirk Victoria Harriers
181	Martin	Butcher	Male	PH Racing Club
182	Iain	Cameron	Male	Lothian Running Club
183	Thomas	Carter	Male	Metro Aberdeen Running Club
184	Ruth	Clark	Female	
185	Scott	Clark	Male	Pitreavie AAC
186	Iain	Craven	Male	Edinburgh Athletics Club
187	Ailsa	Cruickshanks	Female	Fife Athletic Club
188	Emily	Crusher	Female	Corstorphine AAC
189	Barry	Davie	Male	Carnegie Harriers
190	Lauren	Doney	Female	
191	Nathan	Duncan	Male	PH Racing Club
192	George	Easdon	Male	Portobello Running Club
193	Ryan	Ferguson	Male	Lothian Running Club
194	Christopher	Fife	Male	Corstorphine AAC
195	Kenny	Fisher	Male	Lothian Running Club
196	Desmond	FitzGerald	Male	Pitreavie AAC
197	Nicola	Gauld	Female	Metro Aberdeen Running Club
198	Chloe	Gray	Female	Metro Aberdeen RC
199	Daniel	Hale	Male	Fife Athletic Club
200	Paul	Harkins	Male	Fife Athletic Club
201	Andy	Harley	Male	Fife Athletic Club
202	David	Henderson	Male	Pitreavie AAC
204	John	Hynd	Male	Carnegie Harriers
205	Ben	Johnstone	Male	
206	Julia	Johnstone	Female	Gala Harriers
207	Liam	Kemp	Male	Gala Harriers
208	Kristin	Lownie	Female	PH Racing Club
209	Grant	Matheson	Male	Falkirk Victoria Harriers
210	Fiona	Matheson	Female	Falkirk Victoria Harriers
211	Scott	McDonald	Male	PH Racing Club
212	Ryan	McIntosh	Male	
213	Ross	McKenzie	Male	
214	Lucy	McLeod	Female	Metro Aberdeen Running Club
215	Alison	McNeilly	Female	Dundee Road Runners
216	Mirabelle	Meade	Female	Pitreavie AAC
217	Julie	Menzies	Female	PH Racing Club
218	Courtney	Moffat	Female	Lothian Running Club
219	Andrew	Mungall	Male	Motherwell AC
220	Alan	Murray	Male	Carnegie Harriers
221	Calvin	Ogg	Male	
222	Alan	Poole	Male	Inverclyde Athletics Club
223	Scott J J P	Powrie	Male	
224	Harley	Shea	Male	
225	Arron	Small	Male	Dundee Road Runners
226	Graeme	Stewart	Male	Portobello Running Club
227	Graeme	Syme	Male	Fife Athletic Club
228	Cara	Thom	Female	Bellahouston Road Runners
229	Jessica	Tovey	Female	Corstorphine AAC
230	Murdo	Traill	Male	Corstorphine AAC
231	Rhona	Van Rensburg	Female	Fife Athletic Club
232	Poppy	Warner	Female	Dunfermline Track & Field Club
233	Mark	Western	Male	PH Racing Club
234	James Nicol	White	Male	Motherwell AC
235	Sophie	Young	Female	Datchet Dashers



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Race 3

Start Time: 19:15

Race Number	Forename	Surname	Gender	Club
116	Scott	Ballantine	Male	Falkirk Victoria Harriers
117	Mark	Beagrie	Male	Peterhead Athletics Club
118	Evan	Bowers	Male	Dundee Road Runners
119	Alastair	Brockie	Male	Corstorphine AAC
120	Matthew	Brown	Male	Bellahouston Harriers
65	Rebecca	Burns	Female	Pitreavie AAC
121	Rory	Butcher	Male	
123	Harris	Cameron	Male	Lothian Running Club
124	Katie	Christie	Female	Falkirk Victoria Harriers
125	Robbie	Crawford	Male	
126	Joshua	Dack	Male	Lothian Running Club
127	Matthew	Davies	Male	Edinburgh AC
128	Fiona	Davies	Female	Corstorphine AAC
129	Joe	Devine	Male	
130	Calum	Ferguson	Male	Bellahouston Harriers
131	Matthew	Fisher	Male	Fife Athletic Club
133	Peter-Pedro	Gibson	Male	PH Racing Club
134	Rikki	Gillespie	Male	Dundee Road Runners
135	Richard	Gilllin	Male	
136	Josie wren	Golder	Female	Stirling University Athletics Club
137	Ian	Gunster	Male	
138	Kevin	Hamilton	Male	Edinburgh Athletic Club
139	Tim	Hely	Male	Edinburgh Athletics Club
140	Matthew	Hodkinson	Male	Metro Aberdeen Running Club
141	Driss	Kerious	Male	Lothian Running Club
142	Max	Kilgour	Male	Lothian Running Club
143	Alan	Knowles	Male	Lothian Running Club
144	Chris	Lewis	Male	
145	Mairi	Littleson	Female	Dundee Road Runners
146	Jessica	MacLeod	Female	Shettleston Harriers
147	Craig	MacNamara	Male	Metro Aberdeen Running Club
148	Alistair	MacWilliam	Male	Moray Road Runners
149	Sunny	Martin	Male	
150	Kirstin	Maxwell	Female	Corstorphine AAC
151	Sandy	McDougall	Female	Dundee Hawkhill Harriers
152	Shona	McIntosh	Female	Hunters Bog Trotters
153	Gary	McKenna	Male	Falkirk Victoria Harriers
154	Kara	McKenzie-Tait	Female	Corstorphine AAC
155	Leighton	McLean	Male	Peterhead Athletics Club
156	Ryan	McLennan	Male	Moray Road Runners
157	Paul	McNellis	Male	Hamilton Harriers
158	Ryan	McRae	Male	Peterhead AAC
159	Lewis	Millar	Male	Central Athletics Club
160	Blair	Montgomery	Male	Corstorphine AAC
161	Steven James	Morrison	Male	Metro Aberdeen Running Club
163	Mark	Porter	Male	
164	Gordon	Pryde	Male	Edinburgh Athletics Club
165	Alex	Reily	Male	Kinross Road Runners
166	Calum	Sinclair	Male	Metro Aberdeen Running Club
167	Martin	Smith	Male	
168	James	Squires	Male	Pitreavie AAC
169	John	Stewart	Male	Cumbernauld Amateur Athletics Club
170	Alasdair	Thomson	Male	Inverness Harriers
171	James	Vivian	Male	Corstorphine AAC
172	Jennifer	Wetton	Female	Central Athletics Club
173	Mark	Wilkins	Male	Metro Aberdeen Running Club
174	Owen	Williams	Male	Lothian Running Club
175	Mark	Young	Male	Bellahouston Road Runners



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Race 4

Start Time: 19:40

Race Number	Forename	Surname	Gender	Club
56	Finn	Allan	Male	
57	Stephen	Allen	Male	Cambuslang Harriers
58	Moray	Anderson	Male	Corstorphine AAC
59	Owen	Anderson	Male	Cambuslang Harriers
60	Glenn	Barclay	Male	Fife Athletic Club
61	Zoe	Bates	Female	Aberdeen AAC
62	Aaron	Bennet	Male	PH Racing Club
63	Millie	Breese	Female	Morpeth Harriers & AC
64	Brent	Brodie	Male	Bellahouston Harriers
122	Max	Callender- Galbraith	Male	Ealing Southall & Middlesex AC
66	Iain	Carroll	Male	Bellahouston Harriers
67	Marcus	D'Agrosa	Male	Gala Harriers
68	Rosa	Donaldson	Female	Bellahouston Harriers
70	Tom	Ferrington	Male	Corstorphine AAC
71	Ross	Finlayson	Male	Moray Road Runners
72	Luke	Fleming	Male	Fife Athletic Club
73	Joe	Folan	Male	Metro Aberdeen Running Club
74	Mark	Forrester	Male	Lothian Running Club
132	Scott	Fowlie	Male	Metro Aberdeen Running Club
75	Mark	Gallacher	Male	Cambuslang Harriers
76	Thomas	Gambino	Male	Fife AC
77	Kenny	Garden	Male	Metro Aberdeen Running Club
78	John	Gibbs	Male	Penicuik Harriers
79	Adam	Hart	Male	Dundee Road Runners AC
80	Grant	Hassan	Male	Inverness Harriers AAC
81	Gareth	Haycroft	Male	Garioch Road Runners
82	Angus	Henderson	Male	Strathclyde University Harriers
83	Miles	Hollinshead	Male	Giffnock North AC
84	Ben	Hukins	Male	PH Racing Club
85	George	Insley	Male	Metro Aberdeen Running Club
86	Stuart	Johnston	Male	Edinburgh Athletic Club
87	Paul	Kieran	Male	PH Racing Club
88	Jack	Kirwan	Male	East Kilbride Athletic Club
89	Donnie	Macdonald	Male	Inverness Harriers
90	Matthew	Maciocia	Male	Metro Aberdeen Running Club
91	Daniel	Macqueen	Male	Penicuik Harriers
92	Scott	McClung	Male	Fife Athletic Club
93	David	McColl	Male	Inverness Harriers
94	David	McDougall	Male	
95	Scott	Mckelvie	Male	Shettleston harriers
96	Douglas	McKinnon	Male	Corstorphine AAC
97	Mario Rui	Menier Pova	Male	Central Athletics Club
98	Aaron	Middleton	Male	Central Athletics Club
99	Morag	Millar	Female	Central Athletics Club
100	Joshua	Mirtle	Male	Strathclyde University Harriers
101	Kieren	Mooney	Male	Shettleston Harriers
102	Ben	Nelson	Male	Aberdeen AAC
162	Martyn	Paterson	Male	
103	Robyn	Pinder	Female	Metro Aberdeen RC
104	Chris	Poxton	Male	Corstorphine AAC
105	Darrin	Pryde	Male	Edinburgh Athletics Club
106	Neil	Renault	Male	Edinburgh Athletics Club
107	Michael	Richardson	Male	Dundee Road Runners
108	Jenny	Selman	Female	Fife Athletic Club
109	Lee	Shaw	Male	Bellahouston Harriers
110	Marcus	Sheridan	Male	Dundee Road Runners
111	Carter	Taylor	Male	Fife Athletic Club
112	Ruan	Van Rensburg	Male	Fife Athletic Club
113	Yulian	Vasilev	Male	Fife AC
114	Grace	Whelan	Female	Central Athletics Club
115	James	Wright	Male	Lothian Running Club



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Race 5

Start Time: 20:05

Race Number	Forename	Surname	Gender	Club
1	Ali	Armstrong	Male	Corstorphine AAC
2	James	Badenoch	Male	Corstorphine AAC
3	Julian	Barrable	Male	Corstorphine AAC
4	Euan	Bell	Male	Strathclyde University Harriers
5	Nick	Bennett	Male	Dundee Road Runners
6	Calum	Borthwick	Male	Bellahouston Road Runners
7	Ewan	Brown	Male	Corstorphine AAC
8	Sean	Chalmers	Male	Aberdeen AAC
9	James	Clarke	Male	Armagh AC
10	Gary	Constable	Male	Edinburgh Athletics Club
300	Jamie	Crowe	Male	Central AC
11	Jordan	Cruickshank	Male	Metro Aberdeen RC
12	Dermot	Cummins	Male	Corstorphine AAC
13	Mark	Doherty	Male	Inverclyde Athletics Club
14	Ryan	Donald	Male	Dundee Hawkhill Harriers
69	Ewan	Duthie	Male	Dundee Road Runners
15	Luca	Fanottoli	Male	Central AC
16	Michael	Ferguson	Male	Aberdeen AAC
17	Andrew	Ferguson	Male	Corstorphine AAC
18	Jack	Fullerton	Male	Corstorphine AAC
19	Fraser	Gilmour	Male	Kilbarchan AAC
20	Telfer	Gray	Male	Corstorphine AAC
21	Alistair	Gudgin	Male	Fife Athletic Club
22	Darrell	Hastie	Male	Gala Harriers
23	Aaron	Hoyle	Male	Corstorphine AAC
24	Iain	Jordan	Male	Perth Road Runners
25	Samuel	Leitch	Male	Edinburgh Athletics Club
26	John	Lenehan	Male	Edinburgh Athletics Club
27	Jamie	Lessels	Male	Fife Athletic Club
28	Fraser	Mackenzie	Male	Metro Aberdeen Running Club
29	Scott	Macleod	Male	Edinburgh Athletics Club
30	Eoghan	MacNamara	Male	Aberdeen AAC
31	Tom	Marr	Male	
32	Neil	McCabe	Male	Lothian Running Club
33	Lewis	Mccomb	Male	Central Athletics Club
34	Calum	McKenzie	Male	Corstorphine AAC
35	Patrick	Mochan	Male	East Kilbride Athletic Club
36	Jonathan	Moore	Male	Shettleston Harriers
37	Rory	Muir	Male	Cambuslang Harriers
38	Aaron	Odentz	Male	Aberdeen AAC
39	Tom	Porter	Male	Shettleston Harriers
40	Chris	Richardson	Male	Metro Aberdeen Running Club
41	Michael	Sanderson	Male	Fife Athletic Club
42	Ben	Seath	Male	Metro Aberdeen Running Club
43	Dougie	Selman	Male	Corstorphine AAC
44	Angus	Smith	Male	Corstorphine AAC
45	Colin	Soppitt	Male	Corstorphine AAC
46	Adam	Stark	Male	Bellahouston Harriers
47	Billy	Sutherland	Male	Ross County Athletics Club
48	Caiden	Thom	Male	Metro Aberdeen Running Club
49	Aidan	Thompson	Male	Central Athletics Club
50	Fearghas	Thomson	Male	Corstorphine AAC
51	James	Waldie	Male	Perth Road Runners
52	David	Webster	Male	Dundee Road Runners
53	James	Wiggins	Male	Corstorphine AAC
54	Josh	Wood	Male	Central AC
55	David	Wright	Male	Lothian Running Club

