

Men	5k			10k				
<b>Overall</b>	Ben MacMillan	13.48	Armagh	2023	Andrew Butchart	28.05	Manchester	2021
	Jamie Crowe	13.53	Armagh	2020	Jamie Crowe	28.48	Barrowford	2020
	Kieran Reilly	14.05	Armagh	2023	Robert Russell	29.16	Manchester	2007
	Cameron Boyek	14.08	Armagh	2015	Alastair Hay	29.59	Stirling	2021
	Alastair Hay	14.11	Armagh	2020	Conan McCaughey	30.13	Leeds	2021
	Tom Graham-Marr	14.17	London (Batter	2022	Cameron Milne	30.16	Stirling	2022
	Hamish Hickey	14.20	Inverness	2021	Hamish Hickey	30.19	Stirling	2022
	Cameron Milne	14.34	Edinburgh	2023	Ross Houston	30.20	Stirling	2011
	Robert Russell	14.34	Glasgow	2007	Alastair Marshall	30.23	Tillicoultry	2021
	Andrew Butchart	14.35	Edinburgh	2013	Ben MacMillan	30.26	Stirling	2021
<b>U17</b>	Connor Bell	14.50	Edinburgh	2023	Connor Bell	31.25	Balfron	2023
	Ben MacMillan	15.09	Edinburgh	2019	Scott McDonald	32.53	Dunfermline	2007
	Scott Green	15.33	Giffnock	2010	Cameron Kerr	32.58	Stirling	2021
	Ross Houston	15.41	Strathclyde Pa	1997	Andrew Butchart	33.19	Stirling	2008
	Cameron Kerr	15.43	Edinburgh	2022	Sean Reilly	33.33	Stirling	2007
<b>U20</b>	Ben MacMillan	14.41	Lochgelly	2020	Alastair Marshall	30.23	Tillicoultry	2021
	Hamish Hickey	15.03	Armagh	2019	Michael Gillespie	31.27	Stirling	2008
	Iain Davies	15.08	Edinburgh	2016	Struan Bennet	31.33	Tillicoultry	2023
	Alexander Hendry	15.12	Giffnock	2010	Alastair Hay	31.49	Stirling	2004
	Cameron Kerr	15.14	Edinburgh	2023	Ben MacMillan	31.50	Stirling	2019
<b>U23</b>	Ben MacMillan	13.48	Armagh	2023	Hamish Hickey	30.19	Stirling	2022
	Cameron Boyek	14.08	Armagh	2015	Ben MacMillan	30.26	Stirling	2021
	Tom Graham-Marr	14.17	London (Batter	2022	Alastair Marshall	30.31	Inverness	2023
	Hamish Hickey	14.20	Inverness	2021	Alastair Hay	30.46	New York, USA	2007
	Jamie Crowe	14.25	Armagh	2017	Calum Phillip	30.50	Stirling	2022
<b>V35</b>	Alastair Hay	14.27	Edinburgh	2022	Alastair Hay	29.59	Stirling	2021
	Lewis Millar	15.32	Edinburgh	2019	Ross Houston	31.22	San Diego, USA	2019
	Alan Hume	17.07	Edinburgh	2016	Lewis Millar	32.37	Paisley	2019
	Christopher McHardy	17.10	Plymouth, USA	2015	Alex Milne	34.13	Dumbarton	2004
	Phil Williams	17.34	Macclesfield	2013	Ewan Jack	34.29	Auchterarder	2011
<b>V40</b>	Scott Brember	16.14	Edinburgh	2017	Scott Brember	33.01	Stirling	2017
	Alex Milne	17.03	Grangemouth	2008	Fred Connor	33.20	Falkirk	1991
	Alan Hume	17.16	Dereham	2017	Colin Logan	33.34	Kilmarnock	2021
	David Eckersley	17.56	Kippen	2007	Gordon Crawford	33.39	Denny	2006
	Donald Shaw	18.14	Edinburgh	2014	Davie Armour	34.46	Nairn	2009
<b>V45</b>	Neil Cameron	17.08	Edinburgh	2016	Scott Brember	31.48	Stirling	2019
	Alex Milne	17.22	Edinburgh	2013	Steve Laing	34.29	Stirling	2003
	Robert Hutchison	17.59	Grangemouth	2008	Davie Armour	35.18	Haddington	2011
	Philip Hendry	18.06	Glasgow	2010	David Eckersley	35.59	Stirling	2008
	Donald Shaw	18.13	Edinburgh	2015	Alex Milne	36.10	Gleneagles	2012
<b>V50</b>	Robin Mussett	18.29	Edinburgh	2016	Scott Brember	34.11	Killin	2023
	Robert Hutchison	18.41	Edinburgh	2016	Ewan Jack	37.24	Thornhill	2022
	Donald Shaw	20.05	Edinburgh	2022	David Eckersley	37.28	Balfron	2015
	John Millar	20.16	Granton	2005	Martin Coyne (senior)	37.30	Grangemouth	1991
	Liam McCabe	20.16	Edinburgh	2012	John Millar	38.03	Clydebank	2002
<b>V55</b>	Charles Graham-Marr	18.26	Edinburgh	2017	Roger Greenaway	37.12	Stirling	2010
	Robin Mussett	19.36	Edinburgh	2018	David Eckersley	38.36	Balfron	2018
	George McHardy	23.13	Edinburgh	2011	Charles Graham-Marr	38.57	Ayr	2016
	Alastair Cunningham	23.16	Edinburgh	2022	Hugh Kerr	41.23	Paisley	2017
	Allan Gall	23.20	Edinburgh	2013	Bill Gault	41.51	Grangemouth	2003
<b>V60</b>	George McHardy	23.46	Cumbernauld	2012	Pete Cartwright	38.16	Stirling	2005
					Roger Greenaway	39.10	Bishopbriggs	2014
					Charles Graham-Marr	39.23	Tillicoultry	2021
					Stuart Watson	40.57	Helensburgh	2022
					Steve Laing	44.38	Edinburgh	2018
<b>V65</b>	Bill Gault	25.29	Edinburgh	2012	Charles Graham-Marr	39.09	Grangemouth	2023
	George McHardy	28.17	Edinburgh	2018	Bill Gault	49.47	Clydebank	2014
					Allan Gall	54.04	Edinburgh	2023
					John Millar	54.28	Aberdeen	2018
<b>V70</b>				Bill Gault	55.54	Tillicoultry	2019	

Men	Half Marathon			Marathon				
<b>Overall</b>	Andrew Butchart	62.15	Greenwich	2023	Ross Houston	2.18.28	Frankfurt, DE	2013
	Jamie Crowe	64.19	Greenwich	2021	Frank Harper	2.19.51	Glasgow	1985
	Robert Russell	65.22	Glasgow	2008	Jamie Crowe	2.22.48	London	2021
	Hamish Hickey	65.46	Inverness	2023	John Newsom	2.24.28	Frankfurt, DE	2012
	Ross Houston	65.50	Lillebaelt, DK	2012	Matthew Sutherland	2.24.49	London	2021
	Luca Fanottoli	66.17	Inverness	2023	Michael Wright	2.25.45	York	2020
	Frank Harper	66.25	Stirling	1986	Cameron Matthews	2.27.01	London	2023
	John Newsom	66.35	Inverness	2013	Robert Russell	2.27.28	Berlin, DE	2008
	Conan McCaughey	66.38	Larne	2020	Alastair Hay	2.27.50	Frankfurt, DE	2023
	Cameron Milne	66.39	Lillebaelt, DK	2017	Luca Fanottoli	2.29.51	Edinburgh	2023
<b>U17</b>	Ross Milne	76.32	Edinburgh	2011				
<b>U20</b>	Tom Graham-Marr	75.59	Stirling	2019				
	Ross Milne	79.09	Glasgow	2011				
	Lewis McComb	80.47	Glasgow	2018				
	Calum Phillip	83.26	Stirling	2019				
	Euan Andrews	89.47	Alloa	2022				
<b>U23</b>	Calum Phillip	67.50	Musselburgh	2022	Mike McQuaid	2.36.59	Glasgow	1985
	Martin Coyne (junior)	68.09	Helensburgh	1989	Cameron Matthews	2.51.17	Paris, FRA	2012
	Cameron Milne	70.46	Alloa	2015	Ruaridh Miller	3.18.03	Stirling	2017
	Paul McArthur	75.39	Grangemouth	1990				
	Jack Kerr	77.31	Edinburgh	2018				
<b>V35</b>	Alastair Hay	67.25	Glasgow	2023	Ross Houston	2.24.13	York	2017
	Ross Houston	67.42	Edinburgh	2017	Alastair Hay	2.27.50	Frankfurt, DE	2023
	Lewis Millar	71.58	Kinross	2019	Colin Logan	2.39.40	London	2016
	Michael Wright	74.27	Bucharest, ROU	2022	Peter Paterson	2.39.59	Fort William	1989
	Peter Paterson	77.31	Helensburgh	1989	Ewan Jack	2.51.23	Fort William	2007
<b>V40</b>	Scott Brember	71.40	Glasgow	2017	Colin Logan	2.38.36	Manchester	2021
	Davie Armour	74.33	Kinloss	2005	Peter Paterson	2.39.23	Fort William	1990
	Colin Logan	74.36	Inverness	2022	Scott Brember	2.40.53	Stirling	2017
	Peter Paterson	75.19	Aberfeldy	1990	Alex Nicol	2.42.18	Fort William	1989
	Alex Nicol	75.35	Bridge of Allan	1990	Ross Houston	2.43.02	Rannoch	2023
<b>V45</b>	Scott Brember	70.44	Inverness	2022	Scott Brember	2.30.15	Manchester	2022
	Davie Armour	76.58	Alloa	2010	Ewan Jack	2.51.20	Stirling	2017
	Neil Cameron	79.23	Alloa	2016	Neil Cameron	2.53.38	Stirling	2018
	Ewan Jack	80.46	Kirkintilloch	2021	Donald Shaw	2.57.54	Stirling	2018
	Jim Evans	83.16	Glasgow	2006	Hugh Kerr	2.58.21	Fort William	2009
<b>V50</b>	Ewan Jack	82.53	Alloa	2022	Hugh Kerr	3.06.04	Edinburgh	2012
	Liam McCabe	85.16	Alloa	2012	Liam McCabe	3.07.29	London	2012
	Gordon Adam	86.38	Alloa	2010	Stuart Watson	3.10.14	Inverness	2013
	Robin Mussett	87.10	Alloa	2015	Robin Mussett	3.37.15	Stirling	2017
	Donald Shaw	88.59	Alloa	2023	Colin Sinclair	4.47.31	Edinburgh	2016
<b>V55</b>	Roger Greenaway	82.25	Helensburgh	2007	Stuart Watson	3.17.44	Frankfurt, DE	2018
	Stuart Watson	89.21	Glasgow	2018	Charles Graham-Marr	3.22.16	Stirling	2017
	Hugh Buchanan	95.07	Edinburgh	2018	Hugh Kerr	3.22.25	Rannoch	2018
	Robin Mussett	95.47	Alloa	2018	Allan Gall	3.44.59	London	2013
	Allan Gall	96.36	Berkhamsted	2013	Alastair Cunningham	3.54.37	Wigton	2023
<b>V60</b>	Roger Greenaway	82.34	Alloa	2012	Roger Greenaway	2.55.40	Fort William	2012
	Stuart Watson	89.44	Inverness	2022	Stuart Watson	3.13.50	Paris, FRA	2022
	Charles Graham-Marr	92.04	Stirling	2018	Allan Gall	3.51.42	Edinburgh	2016
	Hugh Buchanan	1.41.18	Glasgow	2023	Derek Easton	4.53.57	Stirling	2018
	Allan Gall	1.43.35	Alloa	2017				
<b>V65</b>	Bill Gault	1.48.00	Alloa	2015	Allan Gall	4.11.09	Edinburgh	2023
	Allan Gall	1.50.47	Alloa	2022	Bill Gault	5.04.45	London	2015
<b>V70</b>								