

Women	5k			10k				
Overall	Morag Millar	15.49	Edinburgh	2019	Morag Millar	33.42	Grangemouth	2019
	Jennifer Wetton	16.34	Edinburgh	2016	Toni McIntosh	34.04	Vale of Leven	2004
	Emma Raven	16.42	Edinburgh	2011	Jennifer Wetton	34.07	Stirling	2014
	Toni McIntosh	17.04	Balmoral	2004	Fiona Thompson	34.09	Leeds	2013
	Lyndsay Morrison-Noon	17.10	Edinburgh	2012	Emma Raven	34.41	Dewsbury	2010
	Alison McDonald	17.19	Glasgow	2008	Fanni Gyurko	34.46	Grangemouth	2016
	Kate Gallagher	17.34	Edinburgh	2017	Lyndsay Morrison-Noon	35.30	Clydebank	2013
	Fiona Thompson	17.35	Glasgow	2010	Alison McDonald	35.48	Stirling	2009
	Natalie Stewart	17.37	Edinburgh	2014	Claire Couper	36.02	Dumbarton	2012
	Kathryn Gillespie	18.01	Clydebank	2011	Kate Gallagher	36.21	Stirling	2017
	U17	Kate Gallagher	17.34	Edinburgh	2017	Kate Gallagher	37.21	Stirling
Jane McCrorie		18.50	Strathclyde Par	1998	Catriona Buchanan	39.48	Buchlyvie	2008
Morag Millar		19.11	Giffnock	2001	Grace Tindall	41.14	Tillicoultry	2019
Fiona Thompson		19.33	Giffnock	2001	Catriona Kane	41.17	Stirling	2022
Catriona Kane		19.49	North Berwick	2023	Mirren Henry	41.26	Thornhill	2023
U20	Lauren McCulloch	18.09	Edinburgh	2019	Kate Gallagher	36.21	Stirling	2017
	Tuscany Wright	18.57	Linlithgow	2023	Grace Tindall	37.38	Tillicoultry	2021
	Fiona Davies	19.26	Douglas	2019	Lauren McCulloch	37.52	Stirling	2019
					Catriona Kane	38.20	Tillicoultry	2023
				Tuscany Wright	38.49	Tillicoultry	2023	
U23	Fiona Thompson	18.07	Glasgow	2008	Fiona Thompson	36.48	Stirling	2008
	Fiona Davies	18.18	Douglas	2022	Fiona Davies	37.38	Port Erin	2022
	Heather Scott	18.24	Inverness	2021	Jennifer Wetton	38.02	Stirling	2007
	Claire Houston	19.14	Granton	2003	Heather Scott	38.43	Tillicoultry	2021
	Rowena Halliday	19.18	Grangemouth	2008	Catriona Buchanan	38.55	Edinburgh	2012
V35	Morag Millar	15.55	Inverness	2021	Morag Millar	34.02	Tillicoultry	2021
	Jennifer Wetton	17.00	Edinburgh	2023	Jennifer Wetton	34.41	Stirling	2022
	Emma Raven	17.24	Barrowford	2018	Claire Couper	36.02	Dumbarton	2012
	Claire Couper	18.30	Glasgow	2012	Emma Raven	37.14	Dewsbury	2020
	Isla Williams	19.25	Macclesfield	2013	Claire Houston	39.11	Stirling	2017
V40	Jane Waterhouse	20.18	East Kilbride	1995	Hazel Dean	38.21	Stirling	2004
	Louise Harris	29.26	Edinburgh	2006	Jane Waterhouse	40.17	Helensburgh	1997
					Shona Aiken	40.37	Cumbernauld	2012
					Claire Houston	42.11	Grangemouth	2022
				Katie Whitehouse	43.28	Dunbar	2009	
V45	Hazel Dean	19.27	Glasgow	2009	Hazel Dean	38.27	Dumbarton	2008
	Mandy Williams	20.32	Barrowford	2021	Jane Waterhouse	41.39	Dunfermline	1998
	Patricia Milne	20.51	Edinburgh	2012	Mandy Williams	42.59	Grangemouth	2022
	Alison Curry	25.12	Edinburgh	2016	Andrina Buchanan	43.06	Stirling	2006
				Patricia Milne	43.28	Stirling	2011	
V50	Patricia Milne	20.22	Edinburgh	2017	Hazel Dean	40.21	Clydebank	2013
	Jane Waterhouse	20.28	Luthrie	2007	Jane Waterhouse	41.28	Leeds	2007
	Linda Cunningham	26.10	Edinburgh	2022	Patricia Milne	41.31	Stirling	2017
					Shona Aiken	48.44	Tillicoultry	2021
				Elspeth Burton	51.39	Stirling	2019	
V55	Jane Waterhouse	20.19	Giffordtown	2009	Jane Waterhouse	41.01	Grangemouth	2008
					Patricia Milne	42.09	Stirling	2018
					Linda Cunningham	53.16	Tillicoultry	2023
					Lesley Greenaway	55.14	Stirling	2010
V60	Jane Waterhouse	22.09	Douglas	2014	Jane Waterhouse	46.04	Port Erin	2014
V65	Jane Waterhouse	23.09	Horwich	2019				

Women	Half Marathon				Marathon			
Overall	Toni McIntosh	76.46	Dunfermline	2004	Fanni Gyurko	2.35.54	Seville, ESP	2020
	Jennifer Wetton	76.51	Alloa	2015	Jennifer Wetton	2.46.06	Inverness	2014
	Morag Millar	76.55	Alloa	2019	Ann Bates	2.52.20	Glasgow	1984
	Fanni Gyurko	77.28	Glasgow	2017	Toni McIntosh	2.53.39	London	2005
	Alison McDonald	78.36	Glasgow	2009	Alison McDonald	2.55.10	Toronto, CAN	2010
	Fiona Thompson	78.48	Glasgow	2015	Morgan Boyd	2.58.16	Edinburgh	2023
	Grace Tindall	81.42	Alloa	2023	Catriona Buchanan	3.01.00	London	2018
	Catriona Buchanan	81.49	Edinburgh	2018	Jean Sharp	3.13.20	London	1986
	Katie Phillips	82.24	Musselburgh	2022	Isla Williams	3.14.46	Inverness	2009
	Rowena Halliday	83.28	Ealing	2013	Morag Taggart	3.14.47	Dundee	1987
	U17	Jodie Currie	1.43.27	Alloa	2016			
U20	Grace Tindall	81.42	Alloa	2023				
	Abby Rowley	92.29	Stirling	2019				
U23	Fiona Thompson	82.51	Great North Run	2008				
	Rosie Eckersley	99.35	Glasgow	2022				
V35	Jennifer Wetton	78.34	Inverness	2022	Fanni Gyurko	2.57.06	Dublin, IRL	2023
	Fanni Gyurko	84.16	Glasgow	2023	Lynn Buchanan	3.44.36	Edinburgh	2011
	Linda McIntosh	84.30	Dunoon	1987				
	Emma Raven	87.15	Ilkley	2021				
	Isla Williams	88.40	Glasgow	2013				
V40	Catriona Welsh	84.36	Alloa	2015	Claire Houston	3.27.51	London	2022
	Hazel Dean	89.10	Alloa	2007	Hazel Dean	3.30.51	Inverness	2007
	Shona Aiken	91.06	Kirkintilloch	2012	Catriona Welsh	3.30.55	London	2015
	Gill Brett	91.25	Alloa	2010	Sue Woods	3.42.32	Inverness	2011
	Jane Waterhouse	92.52	Strathallan	1997	Jane Waterhouse	3.43.00	London	1994
V45	Hazel Dean	87.21	Inverness	2008	Hazel Dean	3.27.36	London	2009
	Patricia Milne	93.43	Alloa	2012	Patricia Milne	3.29.01	London	2012
	Sybil Lang	98.37	Alloa	2014	Sybil Lang	3.38.54	Verona, ITA	2013
	Andrina Buchanan	98.45	Alloa	2008	Elinor Coombs	3.47.17	Stirling	2018
	Elinor Coombs	1.42.03	Alloa	2016	Sue Woods	3.50.13	Edinburgh	2014
V50	Alison Curry	1.54.00	Musselburgh	2021	Shona Aiken	5.53.25	Edinburgh	2022
	Linda Cunningham	2.01.51	Alloa	2023				
	Lesley Greenaway	2.05.38	Alloa	2010				
V55	Patricia Milne	92.04	Stirling	2018	Hazel Dean	3.32.39	Stirling	2018
	Hazel Dean	1.40.34	Edinburgh	2019	Linda Cunningham	4.58.11	Wigton	2023
	Lesley Greenaway	2.03.29	Alloa	2011				
	Linda Cunningham	2.04.37	Musselburgh	2023				
V60								
V65								