

Men	5k			10k		
	Ben MacMillan	13.48	Armagh 2023	Andrew Butchart	28.05	Manchester 2021
	Jamie Crowe	13.51	Armagh 2024	Jamie Crowe	28.48	Barrowford 2020
	Kieran Reilly	14.05	Armagh 2023	Robert Russell	29.16	Manchester 2007
	Cameron Boyek	14.08	Armagh 2015	Peter Molloy	29.24	Telford 2024
	Alastair Hay	14.11	Armagh 2020	Alastair Hay	29.59	Stirling 2021
	Tom Graham-Marr	14.17	London (Battersea) 2022	Luca Fanottoli	30.02	Telford 2024
	Hamish Hickey	14.20	Inverness 2021	Kieran Reilly	30.08	Telford 2024
	Luca Fanottoli	14.30	Linlithgow 2024	Conan McCaughey	30.13	Leeds 2021
	Cameron Milne	14.34	Edinburgh 2023	Cameron Milne	30.16	Stirling 2022
	Robert Russell	14.34	Glasgow 2007	Hamish Hickey	30.19	Stirling 2022
U17	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 Park 1997	Andrew Butchart	33.19	Stirling 2008
	Cameron Kerr	15.43	Edinburgh 2022	Sean Reilly	33.33	Stirling 2007
U20	Hamish Hickey	14.20	Inverness 2021	Alastair Marshall	30.23	Tillicoutry 2021
	Cameron Boyek	14.30	Armagh 2014	Ben MacMillan	30.26	Stirling 2021
	Ryan Martin	14.36	Armagh 2024	Michael Gillespie	31.27	Stirling 2008
	Ben MacMillan	14.38	Cardiff 2022	Connor Bell	31.33	Stirling 2024
	Alastair Marshall	14.40	Dunfermline 2023	Struan Bennet	31.33	Tillicoutry 2023
V35	Alastair Hay	14.13	Lochgelly 2020	Alastair Hay	29.59	Stirling 2021
	Lewis Millar	15.32	Edinburgh 2019	Tom Thomson	31.01	Grangemouth 1992
	Alan Hume	17.07	Edinburgh 2016	Ross Houston	31.22	San Diego, USA 2019
	Chris McHardy	17.10	Plymouth, USA 2015	Lewis Millar	32.37	Paisley 2019
	Phil Williams	17.34	Macclesfield 2013	Chris Fullerton	33.46	Stirling 2024
V40	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	Kevin Dawson	34.32	Stirling 2005
V45	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	Alex Nicol	34.55	Grangemouth 1991
	Philip Hendry	18.06	Glasgow 2010	Davie Armour	35.18	Haddington 2011
	Donald Shaw	18.13	Edinburgh 2015	David Eckersley	35.59	Stirling 2008
V50	Gerard Taylor	17.51	Edinburgh 2024	Scott Brember	34.11	Killin 2023
	Robin Mussett	18.29	Edinburgh 2016	Gerard Taylor	37.11	Tillicoutry 2024
	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
V55	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
	Alastair Cunningham	22.06	Edinburgh 2024	Charles Graham-Marr	38.57	Ayr 2016
	George McHardy	23.13	Edinburgh 2011	Hugh Kerr	41.23	Paisley 2017
	Allan Gall	23.20	Edinburgh 2013	Bill Gault	41.51	Grangemouth 2003
V60	Hugh Buchanan	21.42	Edinburgh 2024	Pete Cartwright	38.16	Stirling 2005
	George McHardy	23.46	Cumbernauld 2012	Roger Greenaway	39.10	Bishopbriggs 2014
				Charles Graham-Marr	39.23	Tillicoutry 2021
				Stuart Watson	40.57	Helensburgh 2022
				David Eckersley	41.12	Balfron 2024
V65	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	50.32	Grangemouth 2024
				John Millar	54.28	Aberdeen 2018
				Derek Easton	55.46	Tillicoutry 2024
V70				Bill Gault	55.54	Tillicoutry 2019
Notes	+ - other athletes have same time					

Men	Half Marathon				Marathon			
	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	Copenhagen, DK	2024	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>	Paul McArthur	75.39	Grangemouth	1990				
	Ross Milne	76.32	Edinburgh	2011				
<b>U20</b>	Robert Cameron	72.58	Alloa	1984				
	Tom Graham-Marr	75.59	Stirling	2019				
	Jack Kerr	77.31	Edinburgh	2018				
	Ross Milne	79.09	Glasgow	2011				
	Euan Andrews	79.27	Alloa	2024				
<b>V35</b>	Tom Thomson	67.08	Dundee	1992	Ross Houston	2.24.13	York	2017
	Alastair Hay	67.25	Glasgow	2023	Alastair Hay	2.27.50	Frankfurt, DE	2023
	Ross Houston	67.42	Edinburgh	2017	Dennis McAra	2.36.40	London	1990
	Dennis McAra	71.43	Grangemouth	1990	Colin Logan	2.39.40	London	2016
	Lewis Millar	71.58	Kinross	2019	Peter Paterson	2.39.59	Fort William	1989
<b>V40</b>	Scott Brember	71.40	Glasgow	2017	Ross Houston	2.32.07	Chester	2024
	Gareth Bryan-Jones	72.17	Alloa	1983	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
<b>V45</b>	Scott Brember	70.44	Inverness	2022	Scott Brember	2.30.15	Manchester	2022
	Alex Nicol	75.35	Bridge of Allan	1990	Alex Nicol	2.42.28	Fort William	1991
	Davie Armour	76.58	Alloa	2010	Murdoch McGregor	2.49.49	Glasgow	1986
	Hamish Fleming	77.00	Hawes	1990	Ewan Jack	2.51.20	Stirling	2017
	Neil Cameron	79.23	Alloa	2016	Neil Cameron	2.53.38	Stirling	2018
<b>V50</b>	Ewan Jack	82.53	Alloa	2022	Scott Brember	2.57.27	Manchester	2024
	Roger Greenaway	82.57	Alloa	2002	Gerard Taylor	2.58.56	Richmond	2024
	Martin Coyne (senior)	82.58	Alloa	1989	Hugh Kerr	3.06.04	Edinburgh	2012
	Jim Evans	83.16	Glasgow	2006	Liam McCabe	3.07.29	London	2012
	Gerard Taylor	84.32	Musselburgh	2024	Stuart Watson	3.10.14	Inverness	2013
<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
	Bill Gault	94.43	Alloa	2001	Hugh Kerr	3.22.25	Rannoch	2018
	Hugh Buchanan	95.07	Edinburgh	2018	Allan Gall	3.44.59	London	2013
	Robin Mussett	95.47	Alloa	2018	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
	John Munro	1.41.30	Alloa	2003				
<b>V65</b>	Bill Gault	1.48.00	Alloa	2015	Allan Gall	4.04.46	London	2024
	Allan Gall	1.50.47	Alloa	2022	Bill Gault	5.04.45	London	2015
<b>V70</b>								
<b>Notes</b>	= - athlete has same time at another event							