

Men	5k				10k			
	Andrew Butchart	13.41	Leicester	2025	Andrew Butchart	28.05	Manchester	2021
	Ben MacMillan	13.48	Armagh	2023	Jamie Crowe	28.47	Tillicoultry	2025
	Jamie Crowe	13.51	Armagh	2024	Robert Russell	29.16	Manchester	2007
	Kieran Reilly	14.05	Armagh	2023	Hamish Hickey	29.21	Telford	2025
	Cameron Boyek	14.08	Armagh	2015	Peter Molloy	29.24	Telford	2024
	Alastair Hay	14.11	Armagh	2020	Alastair Hay	29.59	Stirling	2021
	Hamish Hickey	14.12	Linlithgow	2025	Luca Fanottoli	30.02	Telford	2024
	Tom Graham-Marr	14.12	Linlithgow	2025	Kieran Reilly	30.08	Telford	2024
	Luca Fanottoli	14.30	Linlithgow	2024	Conan McCaughey	30.13	Leeds	2021
	Aidan Thompson	14.32	Dunfermline	2025	Cameron Milne	30.16	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	Tillicoultry	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	Tillicoultry	2023
V35	Alastair Hay	14.13	Lochgelly	2020	Alastair Hay	29.59	Stirling	2021
	Lewis Millar	15.32	Edinburgh	2019	Russell Fleming	30.30	Denny	1992
	Chris Fullerton	15.40	Edinburgh	2025	Tom Thomson	31.01	Grangemouth	1992
	Alan Hume	17.07	Edinburgh	2016	Conan McCaughey	31.06	Leeds	2025
	Chris McHardy	17.10	Plymouth, USA	2015	Ross Houston	31.22	San Diego, USA	2019
V40	Scott Brember	16.14	Edinburgh	2017	Scott Brember	33.01	Stirling	2017
	Mario Menier	16.16	Dunfermline	2025	Fred Connor	33.20	Falkirk	1991
	Lewis Millar	16.53	Dunfermline	2025	Colin Logan	33.34	Kilmarnock	2021
	Alex Milne	17.03	Grangemouth	2008	Gordon Crawford	33.39	Denny	2006
	Andrew Mawer	17.12	Edinburgh	2025	Mario Menier	33.53	Stirling	2025
V45	Neil Cameron	17.08	Edinburgh	2016	Scott Brember	31.48	Stirling	2019
	Alex Milne	17.22	Edinburgh	2013	Ewan Jack	33.24	Denny	2017
	Robert Hutchison	17.59	Grangemouth	2008	Steve Laing	34.29	Stirling	2003
	Philip Hendry	18.06	Glasgow	2010	Alex Nicol	34.55	Grangemouth	1991
	Donald Shaw	18.13	Edinburgh	2015	David Armour	35.18	Haddington	2011
V50	Gerard Taylor	17.50	Edinburgh	2025	Scott Brember	34.11	Killin	2023
	Robin Mussett	18.29	Edinburgh	2016	Gerard Taylor	36.33	Dumbarton	2025
	Ewan Jack	18.33	Edinburgh	2025	Ewan Jack	37.24	Thornhill	2022
	Robert Hutchison	18.41	Edinburgh	2016	David Eckersley	37.28	Balfron	2015
	Tony Disley	19.19	Glasgow	2023	Martin Coyne (senior)	37.30	Grangemouth	1991
V55	Charles Graham-Marr	18.26	Edinburgh	2017	Roger Greenaway	37.12	Stirling	2010
	Donald Shaw	18.26	Edinburgh	2025	Donald Shaw	38.21	Dumbarton	2025
	Robin Mussett	19.36	Edinburgh	2018	David Eckersley	38.36	Balfron	2018
	Danny O'Neill	21.26	Glasgow	2023	Charles Graham-Marr	38.57	Ayr	2016
	Alastair Cunningham	21.43	Edinburgh	2025	Hugh Kerr	41.23	Paisley	2017
V60	Hugh Buchanan	21.42	Edinburgh	2024	Pete Cartwright	38.16	Stirling	2005
	Steve Laing	22.17	Porec, CRO	2018	Roger Greenaway	39.10	Bishopbriggs	2014
	George McHardy	23.46	Cumbernauld	2012	Charles Graham-Marr	39.23	Tillicoultry	2021
					David Eckersley	39.23	Stirling	2025
					Stuart Watson	40.57	Helensburgh	2022
V65	Hugh Buchanan	22.37	Edinburgh	2025	Charles Graham-Marr	39.09	Grangemouth	2023
	Allan Gall	24.33	Glasgow	2023	Bill Gault	49.47	Clydebank	2014
	Bill Gault	25.29	Edinburgh	2012	Allan Gall	50.32	Grangemouth	2024
	George McHardy	28.17	Edinburgh	2018	John Millar	54.28	Aberdeen	2018
					Derek Easton	55.46	Tillicoultry	2024
V70	Allan Gall	25.06	Edinburgh	2025	Allan Gall	49.30	Tillicoultry	2025
					Bill Gault	55.54	Tillicoultry	2019
Notes								

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
	Peter Molloy	66.21	Cambridge	2025	Cameron Matthews	2.27.01	London	2023
	Frank Harper	66.25	Stirling	1986	Robert Russell	2.27.28	Berlin, DE	2008
	John Newsom	66.35	Inverness	2013	Alastair Hay	2.27.50	Frankfurt, DE	2023
	Conan McCaughey	66.38	Larne	2020	Luca Fanottoli	2.29.51	Edinburgh	2023
U17	Paul McArthur	75.39	Grangemouth	1990				
	Ross Milne	76.32	Edinburgh	2011				
U20	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				
V35	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	Chris Fullerton	2.33.41	Valencia, ESP	2025
	Conan McCaughey	68.35	Leuven, BEL	2025	Dennis McAra	2.36.40	London	1990
	Dennis McAra	71.43	Grangemouth	1990	Colin Logan	2.39.40	London	2016
V40	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
	David 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
V45	Scott Brember	70.44	Inverness	2022	Scott Brember	2.30.15	Manchester	2022
	Alex Nicol	75.35	Bridge of Allan	1990	Ross Houston	2.30.57	London	2025
	David Armour	76.58	Alloa	2010	Alex Nicol	2.42.28	Fort William	1991
	Hamish Fleming	77.00	Hawes	1990	Murdoch McGregor	2.49.49	Glasgow	1986
	Neil Cameron	79.23	Alloa	2016	Ewan Jack	2.51.20	Stirling	2017
V50	Gerard Taylor	79.33	Inverness	2025	Scott Brember	2.57.27	Manchester	2024
	Scott Brember	79.35	Inverness	2025	Gerard Taylor	2.58.56	Richmond	2024
	Ewan Jack	82.04	Glasgow	2022	Hugh Kerr	3.06.04	Edinburgh	2012
	Roger Greenaway	82.57	Alloa	2002	Liam McCabe	3.07.29	London	2012
	Martin Coyne (senior)	82.58	Alloa	1989	Stuart Watson	3.10.14	Inverness	2013
V55	Roger Greenaway	82.25	Helensburgh	2007	Roger Greenaway	3.02.32	Inverness	2011
	Stuart Watson	89.21	Glasgow	2018	Stuart Watson	3.17.44	Frankfurt, DE	2018
	Bill Gault	94.43	Alloa	2001	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	Stephen McNally	3.33.57	Inverness	2006
V60	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	3.48.45	London	2017
	Hugh Buchanan	1.41.18	Glasgow	2023	Derek Easton	4.53.57	Stirling	2018
	John Munro	1.41.30	Alloa	2003				
V65	Bill Gault	1.48.00	Alloa	2015	Hugh Buchanan	3.38.38	Inverness	2025
	Allan Gall	1.50.47	Alloa	2022	Allan Gall	4.02.11	London	2021
					Bill Gault	5.04.45	London	2015
V70								
Notes	= - athlete has same time at another event							