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
	Grace Whelan	16.38	Linlithgow	2025	Jennifer Wetton	34.07	Stirling	2014
	Emma Raven	16.42	Edinburgh	2011	Fiona Thompson	34.09	Leeds	2013
	Toni McIntosh	17.04	Balmoral	2004	Grace Whelan	34.26	Telford	2025
	Anna Hedley	17.09	Linlithgow	2025	Emma Raven	34.41	Dewsbury	2010
	Lyndsay Morrison-Noon	17.10	Edinburgh	2012	Fanni Gyurko	34.46	Grangemouth	2016
	Alison McDonald	17.19	Glasgow	2008	Anna Hedley	35.18	Tillicoultry	2025
	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
U17	Kate Gallagher	17.34	Edinburgh	2017	Kate Gallagher	37.21	Stirling	2015
	Jane McCrorie	18.50	Strathclyde Park	1998	Catriona Buchanan	39.48	Buchlyvie	2008
	Morag Millar	19.11	Giffnock	2001	Grace Tindall	41.14	Tillicoultry	2019
	Niamh McKinlay	19.14	Berwick	2025	Catriona Kane	41.17	Stirling	2022
	Fiona Thompson	19.33	Giffnock	2001	Mirren Henry	41.26	Thornhill	2023
U20	Tuscany Wright	17.45	Linlithgow	2025	Kate Gallagher	36.21	Stirling	2017
	Amy Gough	18.09	Edinburgh	2025	Grace Tindall	37.38	Tillicoultry	2021
	Lauren McCulloch	18.09	Edinburgh	2019	Lauren McCulloch	37.52	Stirling	2019
	Heather Scott	18.24	Inverness	2021	Catriona Kane	38.20	Tillicoultry	2023
	Leah Brown	18.57	Edinburgh	2025	Tuscany Wright	38.48	Balfron	2025
V35	Morag Millar	15.54	Edinburgh	2025	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	Emma Raven	18.13	Barrowford	2024	Hazel Dean	38.21	Stirling	2004
	Jane Waterhouse	20.18	East Kilbride	1995	Emma Raven	39.43	Port Erin	2024
	Louise Harris	29.26	Edinburgh	2006	Jane Waterhouse	40.17	Helensburgh	1997
					Shona Aiken	40.37	Cumbernauld	2012
					Claire Houston	42.11	Grangemouth	2022
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
	Linda Cunningham	25.14	Edinburgh	2024	Patricia Milne	42.09	Stirling	2018
					Linda Cunningham	53.16	Tillicoultry	2023
					Lesley Greenaway	55.14	Stirling	2010
					Lynn Hogg	57.22	Stirling	2025
V60	Jane Waterhouse	22.09	Douglas	2014	Patricia Milne	44.36	Stirling	2024
					Jane Waterhouse	46.04	Port Erin	2014
					Elspeth Burton	55.32	Tillicoultry	2024
V65	Jane Waterhouse	23.09	Horwich	2019				
V70								
Notes					= - athlete has same time at another event			

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
	Grace Tindall	78.21	Great North Run	2024	Alison McDonald	2.55.10	Toronto, CAN	2010
	Alison McDonald	78.36	Glasgow	2009	Morgan Boyd	2.58.16	Edinburgh	2023
	Fiona Thompson	78.48	Glasgow	2015	Catriona Buchanan	3.01.00	London	2018
	Morgan Boyd	80.09	Edinburgh	2025	Jean Sharp	3.13.20	London	1986
	Catriona Buchanan	81.49	Edinburgh	2018	Isla Williams	3.14.36	Inverness	2009
	Katie Phillips	82.24	Musselburgh	2022	Morag Taggart	3.14.47	Dundee	1987
U17	Jodie Currie	1.43.27	Alloa	2016				
	Leah Brown	1.44.11	Edinburgh	2024				
U20	Grace Tindall	80.24	Gateshead	2024	Rachel Warden	3.50.56	Edinburgh	2025
	Amy Gough	88.24	Kinross	2025				
	Abby Rowley	92.29	Stirling	2019				
	Lesley Gault	1.46.41	Alloa	2004				
	Rachel Warden	1.48.32	Edinburgh	2024				
V35	Jennifer Wetton	78.34	Inverness	2022	Jennifer Wetton	2.52.25	Manchester	2025
	Fanni Gyurko	84.16	Glasgow	2023	Fanni Gyurko	2.57.06	Dublin, IRL	2023
	Linda McIntosh	84.30	Dunoon	1987	Jean Sharp	3.13.20	London	1986
	Emma Raven	87.15	Ilkley	2021	Polly Harrison	3.26.56	Edinburgh	2010
	Isla Williams	88.40	Glasgow	2013	Lynn Buchanan	3.44.36	Edinburgh	2011
V40	Catriona Welsh	84.36	Alloa	2015	Claire Houston	3.27.51	London	2022
	Sybil Lang	87.32	Alloa	2008	Hazel Dean	3.30.48	Inverness	2007
	Jane Waterhouse	88.33	Alloa	1996	Catriona Welsh	3.30.55	London	2015
	Hazel Dean	89.10	Alloa	2007	Sally Gallagher	3.36.31	Copenhagen, DK	2025
	Shona Aiken	91.06	Kirkintilloch	2012	Sue Woods	3.42.32	Inverness	2011
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	Andrina Buchanan	3.48.47	Fort William	2008
V50	Alison Curry	1.54.00	Musselburgh	2021	Jane Robertson	4.25.27	Stirling	2017
	Linda Cunningham	2.01.51	Alloa	2023	Shona Aiken	5.53.25	Edinburgh	2022
	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	2.04.17	Valencia, ESP	2025				
	Lynn Hogg	2.22.54	Amsterdam, NL	2024				
V60								
V65								
V70								
Notes								