



World silver for Yvonne in Malaga

Lothian Running Club can now boast a World Championship silver medalist Yvonne won her semi-final in a time of 2:39.29 to reach the final in Malaga of the W55 800m, in the final Yvonne ran a superb 2:30.76 to take Silver behind Virginia Mitchell and making it a GB full sweep in the medals, Christine Anthony



Shona completes all six Marathon Majors

LRC ultra runner Shona Young reached a marathon milestone on Sunday. On finishing the Berlin Marathon, the Lothian runner has now completed all six World Marathon Majors. Prior to Berlin, Shona had run the 26.2 miles events in London, Boston, Tokyo, Chicago and New York. Her time in Berlin was 3 hours 26 minutes 36 seconds.



September Headlines



Cumbernauld 10K

Well done to all the Lothian runners who competed in the Cumbernauld 10K. Of particular note, well done Alan Knowles who came 8th overall, 1st V40 and PB'd with a time of 35:54. Well done also to newest LRC members, father & son combo Ross Williamson and Kyle Williamson - welcome to the Club both!

Ryan leading U-17 with PB run at Inverness

Lothian Running Club were represented in both the big road running events in Inverness. The club had runners in both the River Ness 10k and Loch Ness Marathon. In the 10k event Ryan Kirkland smashed his PB with a tremendous run to be the first U-17 finisher in 36:09 seconds. This bettered his previous best of 38.10 set a couple of weeks earlier in the City of Stirling 10k.

In the marathon Paul Young completed the 26.2 miles in 3 hours 37 minutes 27 seconds closely followed by Stephen Malcolm in 3:39.40.



Scottish Highland Games Association

Congratulations to Hannah Steel on being named young Female athlete of the year by the Scottish Highland Games Association



Jo Williams once again in top ten @ Parkruns UK

WOMEN'S TOP 10

**1) parkrun: Workington**

Tiffany Penfold, 17:41, Copeland AC

**2) parkrun: Livingston**

Jo Williams, 17:48, Lothian RC

**3) parkrun: Gorleston Cliffs**

Colleen Nicole Mukuya, 17:58, Great Yarmouth & District

**4) parkrun: Kirkcaldy**

Annabel Simpson, 17:59, Haraka Kasi





## UPCOMING EVENTS

### District Cross Country Relay Championships

**Glamis Castle – Saturday 13<sup>th</sup> October** – Registration closes 27<sup>th</sup> September, please reply to the Facebook post if interested.

### East District Cross Country league 2018-19 Dates

Date	Venue	Course Map	Host Club
20/10/2018	<a href="#">Stirling University</a>	Stirling	Central AC
24/11/2018	<a href="#">Broxburn (Broxburn Academy)</a>	Broxburn	Corstorphine AAC & Ferranti AAC
19/01/2019	<a href="#">Livingston (Deans High School)</a>	Livingston	Livingston AC & Lothian RC

### LINDSAYS' SCOTTISH ATHLETICS NATIONAL CROSS-COUNTRY RELAY CHAMPIONSHIPS

**Date:** Saturday, October 27 2018

**Contact Phone:** 0131 476 7335

**Venue:** Cumbernauld House Park

**Email:** [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Type:** Cross Country

**Web:** <http://www.scottishathletics.org.uk>



13/10/2018	<b>scottishathletics East District XC Relay Championships</b>	Glamis Castle	XC
20/10/2018	<b>East District Cross Country League 1</b>	Stirling University	XC
27/10/2018	<b>Lindsays' scottishathletics National Cross Country Relay Championships</b>	Cumbernauld House Park	XC
04/11/2018	<b>Lasswade Cross Country Races</b>	Gore Glen	XC
10/11/2018	<b>Lindsays' scottishathletics National Short Course XC Championships</b>	Lanark Equestrian Centre	XC
17/11/2018	<b>Braid Hills Cross Country Race</b>	Braids Hill	XC
17/11/2018	<b>Livingston Open Cross Country Series (2)</b>	Dechmont Law Park	XC
24/11/2018	<b>East District Cross Country League 2</b>	Broxburn	XC
08/12/2018	<b>Lindsays' scottishathletics East District Cross Country Championships</b>	Aberdeen	XC
26/12/2018	<b>Lothian Running Club Festive Frolic &amp; Kids Cockeroy Chaser</b>	Beecraigs	Trail
12/01/2019	<b>scottishathletics Inter-District XC Championships</b>	Stirling	XC
19/01/2019	<b>East District Cross Country League 3</b>	Livingston	XC
02/02/2019	<b>scottishathletics Masters Cross Country Championships</b>	Hawick	XC
23/02/2019	<b>Lindsays' scottishathletics National Cross Country Championships</b>	Callendar Park	XC

RESULTS PAGES



Round up of some Lothian Runners results this Month

### **BEINN RESIPOL HILL RACE**

*Ardnamurchan*

38 John Malcolm 1h 32m 45s.

### **PITLOCHRY 10K**

5 Euan McInnes 36m 47s

228 Finished

### **MEADOWS 2 MILES**

*Edinburgh*

56 Alec Agnew 16m 20s.

### **AROUND CUMBRAE 10K**

*Millport*

32 & 2 M50 Brian Lees 65.19

188 Alan Weir 87.56

294 Finished

### **WORLD MASTERS CHAMPIONSHIPS**

*Malaga/Spain*

F55 800 METRES

Heat1 - Yvonne Crilly 2:39.29

Final - 2 Yvonne Crilly 2:30.76

## CUMBERNAULD 10K

3 & 1M40 Alan Knowles 35.54  
 32 Barry McComish 38.41  
 51 Al Aitken 40.07  
 72 Paul Young 41.50  
 73 Ross Williamson 41.52  
 74 Kyle Williamson 41.52  
 150 Finlay Slane 45.02  
 221 William Francis 47.42

## BERLIN MARATHON

587F & 27 F50 Shona Young 3h 26m 36s

## SCOTTISH MASTERS 8K XC TRIAL

*Tollcross/Glasgow*

8 & 2 M40 Malcolm Lang 25m 58s.

### Parkrun Results

## EDINBURGH PARKRUN

A total of 554 runners took part.

[View full results for Edinburgh parkrun event #461](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<b><a href="#">Unknown ATHLETE</a></b>	<b>Unattached</b>	<b>00:15:33</b>
7	7	<a href="#">Josh DACK</a>	<a href="#">Lothian RC</a>	00:17:24
<b>37</b>	<b>1</b>	<b><a href="#">Julia JOHNSTONE</a></b>	<b>Unattached</b>	<b>00:20:15</b>
80	77	<a href="#">Alan WEIR</a>	<a href="#">Lothian RC</a>	00:21:50
107	102	<a href="#">Euan RENNIE</a>	<a href="#">Lothian RC</a>	00:22:17
246	38	<a href="#">Kirsty GRAY</a>	<a href="#">Lothian RC</a>	00:25:47
344	264	<a href="#">Jonathan BARCLAY</a>	<a href="#">Lothian RC</a>	00:27:55
391	282	<a href="#">Graham PINFIELD</a>	<a href="#">Lothian RC</a>	00:29:18
495	324	<a href="#">Gerard MCCAFFERTY</a>	<a href="#">Lothian RC</a>	00:33:59

## NOBLES PARKRUN

A total of 63 runners took part.

[View full results for Nobles parkrun event #41](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Steven QUAYLE</a>	<a href="#">Let's Run</a>	00:20:09
11	1	<a href="#">Mairi HARRISON</a>	<a href="#">Manx Harriers</a>	00:23:02
35	26	<a href="#">Mahlen FOX</a>	<a href="#">Lothian RC</a>	00:27:49

## VOGRIE PARKRUN

A total of 165 runners took part.

[View full results for Vogrie parkrun event #74](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Paul BODDEY</a>	<a href="#">Eton Manor AC</a>	00:18:18
7	7	<a href="#">David EADES</a>	<a href="#">Lothian RC</a>	00:19:23
28	1	<a href="#">Steph HAYWOOD</a>	<a href="#">Gala Harriers</a>	00:22:11
45	39	<a href="#">Andrew CORRIGAN</a>	<a href="#">Lothian RC</a>	00:23:28
87	21	<a href="#">Lorna EADES</a>	<a href="#">Lothian RC</a>	00:27:39

## LIVINGSTON PARKRUN

A total of 355 runners took part.

[View full results for Livingston parkrun event #141](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Jo WILLIAMS</a>	<a href="#">Lothian RC</a>	00:17:48
2	1	<a href="#">John GLADWIN</a>	Unattached	00:18:05
4	3	<a href="#">Ryan KIRKLAND</a>	<a href="#">Lothian RC</a>	00:18:45
6	5	<a href="#">Owen WILLIAMS</a>	<a href="#">Lothian RC</a>	00:19:18
13	12	<a href="#">Phil EVANS</a>	<a href="#">Lothian RC</a>	00:20:50
18	16	<a href="#">Colin WISHART</a>	<a href="#">Lothian RC</a>	00:21:15
20	18	<a href="#">Harry MULHOLLAND</a>	<a href="#">Lothian RC</a>	00:21:34
31	28	<a href="#">Alastair MURRAY</a>	<a href="#">Lothian RC</a>	00:22:13
51	47	<a href="#">Jim ALEXANDER</a>	<a href="#">Lothian RC</a>	00:23:22

54	50	<a href="#">Stephen MALCOLM</a>	<a href="#">Lothian RC</a>	00:23:35
76	67	<a href="#">Kevin GODFREY</a>	<a href="#">Lothian RC</a>	00:24:29
87	75	<a href="#">Danny FLETCHER</a>	<a href="#">Lothian RC</a>	00:24:56
93	14	<a href="#">Liz BONDI</a>	<a href="#">Lothian RC</a>	00:25:24
95	16	<a href="#">Megan LANG</a>	<a href="#">Lothian RC</a>	00:25:28
100	17	<a href="#">Amber CUNNINGHAM</a>	<a href="#">Lothian RC</a>	00:25:53
101	84	<a href="#">Alan CUNNINGHAM</a>	<a href="#">Lothian RC</a>	00:25:54
103	86	<a href="#">Neil GRAHAM</a>	<a href="#">Lothian RC</a>	00:26:03
110	89	<a href="#">Alex AGNEW</a>	<a href="#">Lothian RC</a>	00:26:16
144	111	<a href="#">Mike MURRAY</a>	<a href="#">Lothian RC</a>	00:28:14
156	117	<a href="#">Phillip JURCZYK</a>	<a href="#">Lothian RC</a>	00:28:58
174	123	<a href="#">Brian William MORRIS</a>	<a href="#">Lothian RC</a>	00:30:15
205	69	<a href="#">Hannah KNOWLES</a>	<a href="#">Lothian RC</a>	00:31:25

## PORTOBELLO PARKRUN, EDINBURGH

A total of 309 runners took part.

[View full results for Portobello parkrun, Edinburgh event #173](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Stuart R JOHNSTON</a>	<a href="#">Edinburgh AC</a>	00:16:28
17	1	<a href="#">Jacqueline RAINGER</a>	<a href="#">Edinburgh AC</a>	00:19:26
49	45	<a href="#">Mike LIEBERMAN</a>	<a href="#">Lothian RC</a>	00:21:33

## CONWY PARKRUN

A total of 262 runners took part.

[View full results for Conwy parkrun event #190](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Chris YORKE</a>	Unattached	00:18:02
23	1	<a href="#">Rhiannon KAMINK</a>	<a href="#">Colwyn Bay AAC</a>	00:21:15
121	88	<a href="#">Andrew MCKENNA</a>	<a href="#">Lothian RC</a>	00:28:45



## FLEETWOOD PROMENADE PARKRUN

A total of 192 runners took part.

[View full results for Fleetwood Promenade parkrun event #7](#)

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
<u>1</u>	<u>1</u>	<u>Steve</u>	<u>LITTLER</u>	<u>Wesham Road Runners AC</u>	<u>00:16:45</u>
<u>14</u>	<u>1</u>	<u>Bey</u>	<u>WRIGHT</u>	<u>Blackpool, Wyre &amp; Fylde AC</u>	<u>00:20:18</u>
<u>34</u>	<u>32</u>	<u>Ryan</u>	<u>FERGUSON</u>	<u>Lothian RC</u>	<u>00:22:45</u>

### **RESULTS**

#### **CHILE PEPPER FESTIVAL**

*Fayetteville/Arkansas*

**Mens 8k XC**

**40 Max McNeil 25.36**

**441 Finished**

#### **GLOBAL ENERGY 10K**

*Rio de Janeiro/Brazil*

**3 Sarah Inglis 35m 00s.**

#### **HAMILTEN 10k**

**76 Harry Mulholland 43.25**

**RIVER NESS 10K**

*Inverness*

**29 & 1 U-17 Ryan Kirkland 36m 09s PB**

**BAXTERS LOCH NESS MARATHON**

*Inverness*

**395 Paul Young 3h 37m 27s**

**437 Stephen Malcolm 3h 39m 40s**

**SCOTTISH 10k**

*Musselburgh*

**42 Al Aitken 39m 24s**

**512 Mike Murray 55m 6s**

**851 Alan Cunningham**

**SCOTTISH HALF MARATHON**

*Musselburgh*

**19 Kei Mak 1h 19m 10s**

**248 Andrew Corrigan 1h 35m 20s**

**301 Mel Zobel 1h 37m 23s**

**EDINBURGH PARKRUN**

**A total of 436 runners took part.**

**[View full results for Edinburgh parkrun event #462](#)**

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
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<b>1</b>	<b>1</b>	<a href="#">Rory SCOTT</a>	<a href="#">Fife AC</a>	<b>00:17:21</b>
7	7	<a href="#">Stephen TODD</a>	<a href="#">Lothian RC</a>	00:18:40
<b>27</b>	<b>1</b>	<a href="#">Bridget HARLEY</a>	<b>Team East Lothian</b>	<b>00:20:19</b>
305	220	<a href="#">Graham PINFIELD</a>	<a href="#">Lothian RC</a>	00:29:37
434	263	<a href="#">Jonathan BARCLAY</a>	<a href="#">Lothian RC</a>	00:52:00

## FALKIRK PARKRUN

A total of 233 runners took part.

[View full results for Falkirk parkrun event #353](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Peter MOFFETT</a>	<a href="#">Falkirk Victoria Harriers</a>	<b>00:16:35</b>
10	10	<a href="#">Brian LEES</a>	<a href="#">Lothian RC</a>	00:20:09
<b>19</b>	<b>1</b>	<a href="#">Katie IRELAND</a>	Unattached	<b>00:21:35</b>

## INVERNESS PARKRUN

A total of 305 runners took part.

[View full results for Inverness parkrun event #365](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Adam HOLLAND</a>	<a href="#">Tavistock AC</a>	<b>00:16:04</b>
6	6	<a href="#">Ryan KIRKLAND</a>	<a href="#">Lothian RC</a>	00:18:39
<b>26</b>	<b>1</b>	<a href="#">Rhona GRANT</a>	Highland Hill Runners	<b>00:21:31</b>

## VOGRIE PARKRUN

A total of 153 runners took part.

[View full results for Vogrie parkrun event #75](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Colin REID</a>	Cani-Sports Fife	00:16:34
6	1	<a href="#">Amy FRANKLAND</a>	<a href="#">Edinburgh University Hare &amp; Hounds</a>	00:19:05
7	6	<a href="#">David EADES</a>	<a href="#">Lothian RC</a>	00:19:18

## SEDGEFIELD PARKRUN

A total of 240 runners took part.

[View full results for Sedgefield parkrun event #338](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Josh DACK</a>	<a href="#">Lothian RC</a>	00:17:15
20	1	<a href="#">Samantha KENYON</a>	Unattached	00:21:04

## LIVINGSTON PARKRUN

A total of 347 runners took part.

[View full results for Livingston parkrun event #142](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Alan KNOWLES</a>	<a href="#">Lothian RC</a>	00:17:49
4	4	<a href="#">Euan MCINNES</a>	<a href="#">Lothian RC</a>	00:18:18
6	6	<a href="#">Euan RENNIE</a>	<a href="#">Lothian RC</a>	00:18:36
7	7	<a href="#">William MOFFAT</a>	<a href="#">Lothian RC</a>	00:18:55
9	9	<a href="#">Ross WILLIAMSON</a>	<a href="#">Lothian RC</a>	00:19:27
10	10	<a href="#">Louis MACDONALD</a>	<a href="#">Lothian RC</a>	00:19:30
18	18	<a href="#">Paul YOUNG</a>	<a href="#">Lothian RC</a>	00:20:14
20	20	<a href="#">Phil EVANS</a>	<a href="#">Lothian RC</a>	00:20:25
25	1	<a href="#">Sarah AOKI</a>	Unattached	00:21:02
27	26	<a href="#">Peter HARKNESS</a>	<a href="#">Lothian RC</a>	00:21:19
29	28	<a href="#">Colin WISHART</a>	<a href="#">Lothian RC</a>	00:21:31
47	44	<a href="#">John ROBERTSON</a>	<a href="#">Lothian RC</a>	00:22:53
58	51	<a href="#">Stewart STRATH</a>	<a href="#">Lothian RC</a>	00:23:44
59	52	<a href="#">Alastair MURRAY</a>	<a href="#">Lothian RC</a>	00:23:45
64	56	<a href="#">Max PICKARD</a>	<a href="#">Lothian RC</a>	00:24:04

78	10	<a href="#">Megan LANG</a>	<a href="#">Lothian RC</a>	00:24:44
80	70	<a href="#">Alan ROBERTSON</a>	<a href="#">Lothian RC</a>	00:24:51
83	12	<a href="#">Amber CUNNINGHAM</a>	<a href="#">Lothian RC</a>	00:25:17
84	72	<a href="#">Alan CUNNINGHAM</a>	<a href="#">Lothian RC</a>	00:25:18
88	75	<a href="#">Mahlen FOX</a>	<a href="#">Lothian RC</a>	00:25:27
94	14	<a href="#">Liz BONDI</a>	<a href="#">Lothian RC</a>	00:25:34
163	126	<a href="#">Phillip JURCZYK</a>	<a href="#">Lothian RC</a>	00:29:08
183	138	<a href="#">Ian LEGGETT</a>	<a href="#">Lothian RC</a>	00:30:20
203	149	<a href="#">Brian William MORRIS</a>	<a href="#">Lothian RC</a>	00:31:09
228	159	<a href="#">Sorley MACDONALD</a>	<a href="#">Lothian RC</a>	00:32:19
229	70	<a href="#">Emily PICKARD</a>	<a href="#">Lothian RC</a>	00:32:19
320	137	<a href="#">Hannah KNOWLES</a>	<a href="#">Lothian RC</a>	00:41:53

## ORMEAU PARKRUN

A total of 331 runners took part.

[View full results for Ormeau parkrun event #268](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Chris MAHER</a>	<a href="#">Liverpool Pembroke &amp; Sefton Harriers &amp; AC</a>	00:16:33
7	1	<a href="#">Julie MURPHY</a>	<a href="#">Lagan Valley AC</a>	00:19:21
171	133	<a href="#">Alan WEIR</a>	<a href="#">Lothian RC</a>	00:28:10

## PORTOBELLO PARKRUN, EDINBURGH

A total of 317 runners took part.

[View full results for Portobello parkrun, Edinburgh event #174](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
1	1	<a href="#">Ryan LUCAS</a>	<a href="#">Kings Heath Running Club</a>	00:17:12
17	1	<a href="#">Flora HENRY</a>	Team East Lothian	00:19:50
43	37	<a href="#">Mike LIEBERMAN</a>	<a href="#">Lothian RC</a>	00:21:40

## LOCHORE MEADOWS PARKRUN

A total of 123 runners took part.

[View full results for Lochore Meadows parkrun event #19](#)



[Position](#) ▾ [Gender Position](#) ▾ [parkrunner](#) ▾ [Club](#) ▾ [Run Time](#) ▾ 1 1 [Bryan INNES Falkland Trail Runners](#) 00:18:01 13 1 [Fiona NISBET Kinross Road Runners](#) 00:21:59 106 44 [Erin MCMEECHAN Lothian RC](#) 00:41:07 107 45 [Kirsty GRAY Lothian RC](#)

### **DUNNOON 50K ULTRA**

18th & 4th M50 Paul Young 5h 10m 30s  
19th & 3rd F & 1st F50 Shona Young 5h 10m 30s  
55th Calum Ross 6h 23m 03s.  
99 Alan Weir 7h 08m 55s.  
134 Michelle Kirkbright 8h 26m 03s.

### **NEIL MCCOMBER MEMORIAL HALF MARATHON**

*Kirkintilloch*

117 Stewart Strath 1h 49m 17s.

### **NUTCRACKER 5.5 miles TRAIL RACE**

*Glenrothes*

49 Mike Murray

### **GOODLIFE FITNESS VICTORIA 8K/5 miles**

*Vancouver Island*

Women's 8k/5 miles  
1 Sarah Inglis 27m 27s.

### **OKLAHOMA BAPTIST INVITATIONAL**

*Shawnee*

Men's 8k XC  
6 Max McNeil 26m 13s  
Team: OCU 1st

### **LINLITHGOW 10K**

4 Malcolm Lang 34.22  
9 Alan Knowles 35.46  
12 Euan Rennie 36.55  
20 Euan McInnes 37.57  
21 Ryan Kirkland 37.58  
29 Will Moffat 38.54  
41 Al Aitken 40.11  
42 Ross Williamson 40.13  
48 Alan Cunningham 40.46  
69 Kyle Williamson 41.56  
79 Mel Zobel 42.25  
88 John Ewing 43.04  
90 Christine MacVarish 43.03  
123 Colin Wishart 44.31  
260 Jim Petrie 49.51  
308 Alan Weir 50.57  
315 Kevin Godfrey 51.46  
465 Linda Garratty 56.07  
575 Ian Leggett 62.15

592 Andrew McKenna 62.36

611 Philip Jurczyk 64.55.

## EDINBURGH PARKRUN

A total of 640 runners took part.

[View full results for Edinburgh parkrun event #464](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Jack LEITCH</a>	<a href="#">Worthing &amp; District Harriers</a>	<b>00:15:43</b>
<b>12</b>	<b>1</b>	<a href="#">Katie BAIN</a>	<a href="#">Edinburgh AC</a>	<b>00:17:57</b>
50	48	<a href="#">Harry MULHOLLAND</a>	<a href="#">Lothian RC</a>	00:20:49
62	58	<a href="#">Andrew CORRIGAN</a>	<a href="#">Lothian RC</a>	00:21:06
262	210	<a href="#">Mahlen FOX</a>	<a href="#">Lothian RC</a>	00:25:30
459	318	<a href="#">Graham PINFIELD</a>	<a href="#">Lothian RC</a>	00:29:31

## PLYMVALLEY PARKRUN

A total of 196 runners took part.

[View full results for Plymvalley parkrun event #318](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Dave BECKENKRAGER</a>	<a href="#">Plymouth Harriers</a>	<b>00:18:28</b>
<b>11</b>	<b>1</b>	<a href="#">Emma LAKE</a>	<a href="#">Erme Valley Harriers</a>	<b>00:20:19</b>
33	31	<a href="#">Ryan FERGUSON</a>	<a href="#">Lothian RC</a>	00:24:15

## FALKIRK PARKRUN

A total of 232 runners took part.

[View full results for Falkirk parkrun event #355](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Callum HILL</a>	<a href="#">Falkirk Victoria Harriers</a>	<b>00:18:14</b>
4	4	<a href="#">Brian LEES</a>	<a href="#">Lothian RC</a>	00:19:36
<b>10</b>	<b>1</b>	<a href="#">Angela IRVING</a>	<a href="#">Stirling Tri Club</a>	<b>00:20:19</b>

## VOGRIE PARKRUN

A total of 203 runners took part.

[View full results for Vogrie parkrun event #77](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Tom MARTYN</a>	<a href="#">Hunters Bog Trotters</a>	<b>00:16:21</b>
<b>11</b>	<b>1</b>	<a href="#">Natalie STEWART</a>	<a href="#">Central AC</a>	<b>00:19:29</b>
119	84	<a href="#">Graham MCINTYRE</a>	<a href="#">Lothian RC</a>	00:28:00

## LIVINGSTON PARKRUN

A total of 337 runners took part.

[View full results for Livingston parkrun event #144](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Sam MCINTOSH</a>	<a href="#">Lothian RC</a>	<b>00:17:20</b>
2	2	<a href="#">Josh DACK</a>	<a href="#">Lothian RC</a>	00:17:25
<b>3</b>	<b>1</b>	<a href="#">Jo WILLIAMS</a>	<a href="#">Lothian RC</a>	<b>00:17:33</b>
10	8	<a href="#">Phil EVANS</a>	<a href="#">Lothian RC</a>	00:20:23
12	3	<a href="#">Hannah STEEL</a>	<a href="#">Lothian RC</a>	00:20:58
13	10	<a href="#">Owen WILLIAMS</a>	<a href="#">Lothian RC</a>	00:20:59
26	21	<a href="#">John ROBERTSON</a>	<a href="#">Lothian RC</a>	00:22:22
27	22	<a href="#">Stephen MALCOLM</a>	<a href="#">Lothian RC</a>	00:22:25
37	31	<a href="#">Max PICKARD</a>	<a href="#">Lothian RC</a>	00:23:46
89	19	<a href="#">Amber CUNNINGHAM</a>	<a href="#">Lothian RC</a>	00:26:44
90	71	<a href="#">Alan CUNNINGHAM</a>	<a href="#">Lothian RC</a>	00:26:45
112	84	<a href="#">William MOFFAT</a>	<a href="#">Lothian RC</a>	00:27:44
139	95	<a href="#">Stewart STRATH</a>	<a href="#">Lothian RC</a>	00:29:11

175	113	<a href="#">Ted FINCH</a>	<a href="#">Lothian RC</a>	00:30:44
181	66	<a href="#">Emily PICKARD</a>	<a href="#">Lothian RC</a>	00:30:57
187	118	<a href="#">Ian LEGGETT</a>	<a href="#">Lothian RC</a>	00:31:12
253	118	<a href="#">Samantha PATERSON</a>	<a href="#">Lothian RC</a>	00:35:45

## TOLLCROSS PARKRUN, GLASGOW

A total of 130 runners took part.

[View full results for Tollcross parkrun, Glasgow event #283](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Richard CARR</a>	<a href="#">Cambuslang Harriers</a>	<b>00:17:06</b>
<b>15</b>	<b>1</b>	<a href="#">Niamh RIGGINS</a>	<a href="#">Cambuslang Harriers</a>	<b>00:20:42</b>
125	74	<a href="#">David WARDMAN</a>	<a href="#">Lothian RC</a>	00:38:47

## YAMBA PARKRUN

A total of 65 runners took part.

[View full results for Yamba parkrun event #178](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Unknown ATHLETE</a>	<a href="#">Unattached</a>	<b>00:19:00</b>
<b>5</b>	<b>1</b>	<a href="#">Maeve DOUGHERTY</a>	<a href="#">Unattached</a>	<b>00:19:58</b>
9	2	<a href="#">Mhairi INGLIS</a>	<a href="#">Lothian RC</a>	00:20:08

## PORTOBELLO PARKRUN, EDINBURGH

A total of 312 runners took part.

[View full results for Portobello parkrun, Edinburgh event #176](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
<b>1</b>	<b>1</b>	<a href="#">Patryk GIERJATOWICZ</a>	<a href="#">Hunters Bog Trotters</a>	<b>00:16:46</b>
<b>8</b>	<b>1</b>	<a href="#">Shona MCINTOSH</a>	<a href="#">Hunters Bog Trotters</a>	<b>00:17:58</b>
49	40	<a href="#">Mike LIEBERMAN</a>	<a href="#">Lothian RC</a>	00:21:39
62	51	<a href="#">Brian REID</a>	<a href="#">Lothian RC</a>	00:22:09
102	84	<a href="#">Scott BALFOUR</a>	<a href="#">Lothian RC</a>	00:24:00

## LOCH LEVEN PARKRUN

A total of 69 runners took part.

[View full results for Loch Leven parkrun event #9](#)

[Position](#) ▼ [Gender Position](#) ▼ [parkrunner](#) ▼ [Club](#) ▼ [Run Time](#) ▼ **1 1** [Scott STRACHAN](#) [Kinross Road Runners](#) **00:18:28** **16 1** [Isla LUCAS](#) [Unattached](#) **00:23:44** 39 29 [Mike MURRAY](#) [Lothian RC](#)  
00:28:00