

Self Transcendence 5k race, Wednesday 16 May 2012, Silverknowes Esplanade, Edinburgh  
(incorporating the Scottish 5k Road Championship)

1	Ross Houston	Central AC	14.35	1st M
2	Alexander Hendry	Central AC	14.37	2nd M
3	Andrew Douglas	Inverclyde	14.39	3rd M
4	Kris Berry	Corstorphine AAC	14.40	
5	Neil Renault	Edinburgh AC	14.43	
6	Robert Russell	Central AC	14.51	
7	Luke Traynor	Giffnock North	14.54	1st MJ
8	Mark Pollard	Inverclyde	15.01	
9	Lachlan Oates	Shettleston Harriers	15.07	2nd MJ
10	Jack Hamilton	Ronhill Cambuslang	15.11	3rd MJ
11	Grant Sheldon	Ronhill Cambuslang	15.13	MJ
12	Tewelde Mengistab	Shettleston Harriers	15.17	
13	Ben Hukins	Aberdeen AAC	15.18	
14	Mickey Breen	Corstorphine AAC	15.25	
15	Andrew Christy	Corstorphine AAC	15.28	MJ
16	Lewis Millar	Central AC	15.31	
17	Kerry Liam-Wilson	Ronhill Cambuslang	15.37	1stMV40
18	Matthew Sutherland	Central AC	15.39	
19	Chris Devenney	Kilbarchan	15.41	
20	Robert Gilroy	Ronhill Cambuslang	15.42	MV35
21	Russell White	Stirling University AC	15.45	MJ
22	Steve Cairns	Hunters Bog Trotters	15.51	MV40
23	Calum Mckenzie	Corstorphine AAC	15.52	
24	Gordon Robertson	Ronhill Cambuslang	15.53	
25	Ross Milne	Corstorphine AAC	15.54	
26	Dan Clarkson	Edinburgh AC	15.56	
27	Zac Delaney	Fife AC	15.58	MJ
28	Max McNeill	Lothian RC	16.00	MJ
29	Bryan Clarke	Corstorphine AAC	16.01	
30	Colin McGill	Edinburgh AC	16.03	
31	Keiran Docherty	Bellahouston RR	16.03	
32	Richard Meade	Edinburgh AC	16.10	
33	Duncan Macarthur	Central AC	16.11	MJ
34	Neil Thin	Edinburg AC	16.14	1st MV50
35	Ross Milne	Central AC	16.16	MJ
36	Ben Stevenson	Edinburgh University	16.26	MJ
37	Alec Davidson	Falkirk Victoria	16.27	
38	Kevin Downie	East Kilbride	16.30	MV40
39	Paul Roarty	Carnegie H	16.35	MV35
40	Jeff Farquhar	Pitreavie	16.36	MV50
41	Ross Christie	Stirling University AC	16.37	MJ
42	Malcolm Fraser	Edinburgh AC	16.41	
43	Stuart Jphnston	Edinburgh AC	16.41	
44	William Townsend	Hunters Bog Trotters	16.44	
45	Barry Patterson	Falkirk Victoria	16.45	
46	Keira Murray	Lasswade	16.50	1st F
47	Patrick O'Hare	St Andrews Uni AC	16.51	
48	Graeme Taylor	u/a	16.52	

49 Peter Moffet	Falkirk Victoria	16.54
50 Jenny Maclean	Edinburgh AC	16.54 1st FV35
51 Ian Macdonald	Edinburgh AC	16.59
52 Roger Clark	Carnegie H	17.02 MV40
53 Sarah Inglis	Lothian	17.03 3rd F
54 Malcolm Beattie	Metro Aberdeen	17.05
55 Hester Burt	Fife AC	17.08 F
56 Lyndsay Morrison	Central AC	17.10 F
57 Andrew Mackenzie	Ronhill Cambuslang	17.12
58 Huw Jones	Hunters Bog Trotters	17.12
59 John Blair	Edinburgh AC	17.13 MV40
60 Michael Anderson	Corstorphine AAC	17.13 MV40
61 Andy Hume	Carnegie H	17.13 MV40
62 Stephen Allan	Kirkintilloch	17.23 MV35
63 Brian Carrigan	u/a	17.24 MV35
64 Barney Phillips	Lasswade	17.24
65 Jacob Howe	Fife AC	17.24 MV35
66 Jonathon Barlow	Central AC	17.25
67 Callum Smith	Corstorphine AAC	17.27 MJ
68 Chris O'Brien	Corstorphine AAC	17.29
69 Anthony Devlin	Falkirk Victoria	17.29 MV40
70 Eilis McKechanie	Hunters Bog Trotters	17.31 F
71 Joe Perry	Stirling University AC	17.31
72 Victoria Bailie	Edinburgh AC	17.34 F
73 Jill Knowles	Scottish Prison Service	17.36 F
74 Scott McAlpine	Pitreavie	17.37 MJ
75 Richy Connor	Lasswade	17.40
76 Gemma Rankin	Kilbarchan	17.41 F
77 Jennifer Emsley	Central AC	17.42 F
78 Niall Sayers	u/a	17.45
79 Tessa Hill	Hunters Bog Trotters	17.47 F
80 Fiona Thompson	Central AC	17.49 F
81 Kathryn Pennel	Pitreavie	17.52 1st FJ
82 Anthony Edgar	Ronhill Cambuslang	17.55 MJ
83 Stuart Douglas	Falkirk Victoria	17.56
84 Tony Martin	Fife AC	18.04 1st MV60
85 R G McLean	Angus Bike Chain	18.09 MV50
86 Natalie Milne	u/a	18.09 F
87 Sue Ridley	Edinburgh AC	18.09 1st FV40
88 Morgan Windram-Geddes	Fife AC	18.13 F
89 Sara Parkinson	Fife AC	18.15 F
90 Avril Mason	Shettleston Harriers	18.17 FV35
91 Darren Blyth	Edinburgh AC	18.19 MV40
92 Andrew McKechanie	Hunters Bog Trotters	18.20
93 Chris Peggie	Corstorphine AAC	18.24
94 Alistair Hindle	Hunters Bog Trotters	18.27 MV40
95 Michael Buhriz	Edinburgh AC	18.29 MV35
96 Stuart Russell	u/a	18.33
97 Malcolm Parry	Ferranti	18.33 MV40
98 Jacqui Thomson	VP Glasgow	18.35 FV40

99 Claire Moffett	Falkirk Victoria	18.36 F
100 James Breen	Hamilton Harriers	18.37 MV40
101 Amie McKimmie	Fife AC	18.39 F
102 Katy Bristow	Ronhill Cambuslang	18.39 FJ
103 Dan Clements	Hunters Bog Trotters	18.39
104 Iain Shaw	Ferranti	18.41 MV40
105 John Mill	Dundee Road Runners	18.42 MV40
106 David Miller	u/a	18.43 MV40
107 Iain Wallace	Falkirk Victoria	18.44
108 Christopher Payne	Edinburgh AC	18.45
109 Neil Machlachlan	Pitreavie	18.48
110 Louise Hill-Stirling	Strathclyde Uni Harriers	18.51 FJ
111 Jennifer Kibble	u/a	18.52 F
112 Colin Thomson	Falkirk Victoria	18.53 MV40
113 Sarah Scott	Edinburgh AC	18.56 F
114 Mark Bowman	Falkirk Victoria	18.56 MV35
115 Angela Howe	Fife AC	18.59 FV40
116 Kirk Ollason	Edinburgh AC	19.06 MV40
117 Morag McCracken	Hunters Bog Trotters	19.07 F
118 Philip Henry	Central AC	19.08 MV40
119 Jennifer Telford	Scottish Prison Service	19.08 FV40
120 Graeme Wilson	Wee County Harriers	19.10 MV50
121 Sarah MacIsaac	Hunters Bog Trotters	19.17 F
122 Megan Wright	Falkirk Victoria	19.18 F
123 David Hogarth	Falkirk Victoria	19.30
124 Addy Gerrard	Fife AC	19.32 FV50
125 Amelia Lloyd	Hunters Bog Trotters	19.33 F
126 John Owens	u/a	19.34 MV40
127 Gavin Reid	Metro Aberdeen	19.37 MV40
128 Lana Turnbull	Lothian	19.37 FJ
129 Bert Logan		19.43 MV50
130 Gail Murdoch	Carnegie H	19.49 FV40
131 Murray Peebles	Harmeny	19.53
132 Chris Ross	u/a	19.53 MV40
133 Kirsti Sharratt	Fife AC	19.53 FV40
134 Nadine Gill	Corstorphine AAC	19.55 F
135 Jim McLaren	Falkirk Victoria	19.57 MV50
136 Vince Fraser	u/a	20.05 MV40
137 David Henderson	Corstorphine AAC	20.06 MV50
138 Paul Edwards	Portobello	20.06 MV40
139 Stephen Malcolm	Lothian	20.08 MV40
140 Isobel Knox	Hunters Bog Trotters	20.09 F
141 Peter Jardine	VP Glasgow	20.17 MV40
142 Martin Veale	u/a	20.17 MV50
143 Marek Kozakowski	Gyle harriers	20.19
144 Clare Barr	Motherwell	20.21 FV40
145 Jonathon Kirk	Glasgow Tri Club	20.23
146 Hamish Cameron	Forres Harriers	20.23 MV60
147 Jim Alexander	Lothian	20.23 MV50
148 Lilian Macruary	Portobello	20.24 FV40

149 Lorna Kennedy	Falkirk Victoria	20.24 FV35
150 Alan Swan	Footworks	20.31 MV50
151 Mairiad Kelly	Hunters Bog Trotters	20.36 F
152 Kerry Gordon	HELP	20.41 MV60
153 Jane Waterhouse	Central AC	20.43 FV50
154 Duncan Baker	Hunters Bog Trotters	20.46 MV50
155 Sarah Sigsworth	Edinburgh Uni Hare & Hounds	20.50 F
156 Patricia Milne	Central AC	20.51 FV40
157 Keith Weston	Ferranti	20.56 MV60
158 Andrew Griffiths	Garscube H	21.00 MV60
159 David Bunyan	Falkirk Victoria	21.14 MV60
160 William Brown	MAD Team	21.23 MV40
161 Robert Atherton	u/a	21.30 MV60
162 Brian Howie	Edinburgh AC	21.35 MV60
163 Martin Kay	Pitreavie	21.36 MV35
164 Alastair McCallum	Falkirk Victoria	21.38 MV50
165 Andy Archer	u/a	21.42 MV50
166 Claire Gilchrist	Ferranti	21.49 FV40
167 Steven Blair	Corstorphine AAC	21.53 MV40
168 Andrew Turner	u/a	22.00
169 Raymond Milne	Central AC	22.09 MV40
170 James Dalgleish	u/a	22.10 MV40
171 Alison Arnold	Ferranti	22.20 FV35
172 Pascaline Ruck	u/a	22.21 F
173 Michael Bisset	Pitreavie	22.37 MV40
174 Roy Cowan	u/a	22.38 MV40
175 John McGlynn	u/a	22.44 MV50
176 Dave Henderson	Edinburgh Running Network	22.48
177 Keith Young	u/a	22.51 MV50
178 Alex Campbell	Stirling University AC	22.58 F
179 James Hunter	u/a	23.05 MV60
180 Alan Gordon	Hunters Bog Trotters	23.07 MV60
181 Deborah MacDonald	Hunters Bog Trotters	23.17 FV50
182 Mairi MacDonald	Hunters Bog Trotters	23.17 F
183 Kenneth Hislop	Central AC	23.17
184 Ian Leggett	Lothian RC	23.21 1st MV70
185 Michael Allison	Falkirk Victoria	23.50
186 Keith Stewart	u/a	23.51
187 George McHardy	Central AC	23.59 MV60
188 Maggie Spalding	Hunters Bog Trotters	24.05 F
189 Astrid Gill	L G Steeflenztal	24.22 FV40
190 Josie Murray	u/a	24.47 F
191 Leanne Martin	u/a	24.50 FV35
192 Amy McAlpine	Pitreavie	24.52 FJnr
193 Corey Prigmore	u/a	25.12 M Jnr
194 Sheila Beauchop	Ferranti	25.24 FV60
195 Steve Gregory	u/a	26.06 MV35
196 Wendy MacFarlane	Edinburgh Running Network	26.06 FV35
197 Janice Wilson	u/a	27.04 FV40
198 Avril Read	u/a	27.04 FV50

199 Beverley Dodgson	u/a	27.12 FV40
200 Marco Crolla	u/a	27.33 MV40
201 John Richmond	u/a	28.59 MV60
202 Jac Prigmore	u/a	29.02 FV40
203 Alan Prince	u/a	30.31