

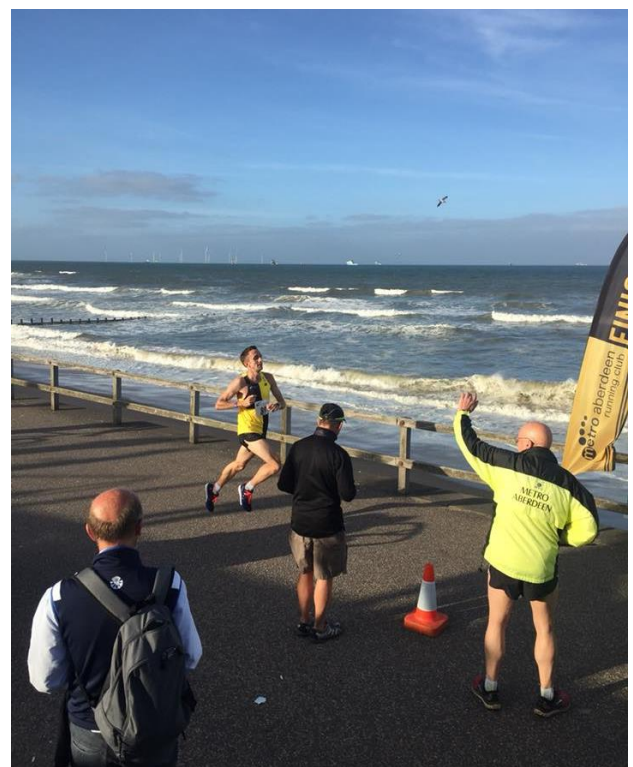


The Metro Aberdeen Beach 10k flat takes place at the Beach Esplanade, Aberdeen. The course is run on the upper and lower promenade and is flat, accurately measured, with no road crossings. Perfect for fast times and PBs!

The 2019 event takes place on Friday 7th June 2019 at 7:00pm. The race will be fully chip timed and promoted under Scottish Athletics rules. Online entries only via [https://www.entrycentral.com/Metro Aberdeen Beach 10K](https://www.entrycentral.com/Metro_Aberdeen_Beach_10K). No entries will be taken on the night. Cost for entry is £13.00 SAL registered or £15 non SAL. Place prizes will be given to the first 3 male and female runners, with lots of spot prizes at the finish line.

The Aberdeen Beach 10k was first run back in 1985 and has always been held on the same course. A big thank you goes to Fraser Clyne for providing details on the historical winners and where known the top 3 males and females. To emphasise the point that the course does lend itself to fast times, it was interesting to read in Fraser's notes that 1988 saw 600 runners taking part; 8 ladies were under 40 minutes and 10 men were under 32 minutes, with 3rd place clocking 30:02. Oocha!

Metro Aberdeen took over the running of the Aberdeen Beach 10k race in 2014, before then obtaining full race results is a little tricky! So the fastest league tables at the back of the report are for the Metro Aberdeen races only. **Get signed up!**



All Time Beach 10k - Female Podiums

Year	Name	Club	Time	Name	Club	Time	Name	Club	Time
1985	Bain, Lynda	AAAC	34:03						
1986	Bain, Lynda	AAAC	37:42						
1987	Pollard, Ginny	FFT	36:29	Muir, Muriel	Dundee RR	36:48	Lamb, Susan	AAAC	38:22
1988	Bain, Lynda	AAAC	34:42	Pollard, Ginny	FFT	35:46	Simpson, Uli	AAAC	37:34
1989	Pollard, Ginny	FFT	36:08	Simpson, Uli	AAAC	38:24			
1990	Lanham, Sue	AAAC	38:53	Bain, Lynda	AAAC	39:11	Grams, Jillian	AAAC	39:56
1991	Shand, Jacqui	FFT	37:32	Porter, Debbie	AAAC	38:05	Schmidt, C	Leipzig	38:22
1992	<i>No Race</i>								
1993	<i>No Race</i>								
1994	Paton, Katrina	Metro	38:12	Lamb, Susan	AAAC	38:16	Grant, Helen	AAAC	38:22
1995	McLaren, Carol		40:47	White, J		41:10	Orme, Annette	AAAC	43:35
1996	Pollard, Ginny	FFT	40:37	Wilson, Ros	Metro	42:29	Donald, Pat	Deeside	42:30
1997	Duthie, Marie	Fraserburgh	38:39	McLaren, Carol	Splash n Dash	40:49	Wilson, Ros	Metro	42:16
1998	McDonald, Isobel	AAAC	43:38	Farrar, Shelley		47:58	Farnham, M		49:46
1999	Mahady, Laura	HHH	41:27	Courtney, Scarlett	Garioch	42:54	May, Betty	AAAC	46:51
2000	McKean, Ruth	Aberdeen Uni.	36:57	McLaren, Carol	Splash n Dash	39:49	Mouat, Christine	Cosmic	42:54
2001	<i>No Race</i>								
2002	Hepburn, Angela	AAAC	42:41	Mackie, Maureen	Duff House	44:24	McDonald, Izzie	AAAC	44:50
2003	Robertson, Jenny		38:12	Williams, Fiona		38:39	Whyte, Elaine	Fraserburgh	42:36
2004	Hepburn, Angela	AAAC	41:58	Bates, Kerri	Metro	42:02	Robinson, Lucy	Metro	43:15
2005	Stuart, Elizabeth	Aberdeen Uni.	38:38	Dunn, Sarah	Deeside	40:46	Hepburn, Angela	AAAC	41:47
2006	Wallis, Sally		41:54	Tosh, Pamela	AAAC	42:39	Milne, Carolyn		43:00
2007	Wood, Caroline		41:46	Parkinson, Lynne	Metro	43:28	Sutherland, Marion	Metro	43:57
2008	MacLeod, Carolyn		39:33	Henderson, L		40:49	Beveridge, Louise	Metro	41:01
2009	Tosh, Pamela	AAAC	38:23	Wallis, Sally		41:25	Moir, Natasha		43:03
2010	Rudkin, Fiona		40:19	Moir, Natasha	AAAC	40:50	Milne, Carolyn		40:54
2011	Styles, Sarah	Metro	40:08	Milne, Carolyn		40:56	Baxter, Marie		42:19
2012	Rudkin, Fiona	Metro	39:33	Simpson, Sarah		40:20	Henderson, Lyn	Forfar	40:26
2013	Milne, Carolyn		40:02	Baxter, Marie		40:52	Machell, Ingrid	Metro	43:02
2014	Baxter, Marie	Garioch	39:11	Milne, Carolyn	Garioch	40:43	Hepburn, Angela	AAAC	42:22
2015	Gauld, Nicola	AAAC	36:21	Wilson, Tammy	Garioch	38:00	Jarrett, Kayleigh	Metro	39:46
2016	Gauld, Nicola	AAAC	35:03	Elvin, Jennifer		38:09	Jarrett, Kayleigh	Metro	38:09
2017	Gauld, Nicola	AAAC	35:20	Brian, Fiona	Metro	35:20	Bruce, Claire	Metro	38:29
2018	Gauld, Nicola	Metro	38:07	Stewart, Clare	Stonehaven	39:10	Cartmell, Louise	Moray	40:09

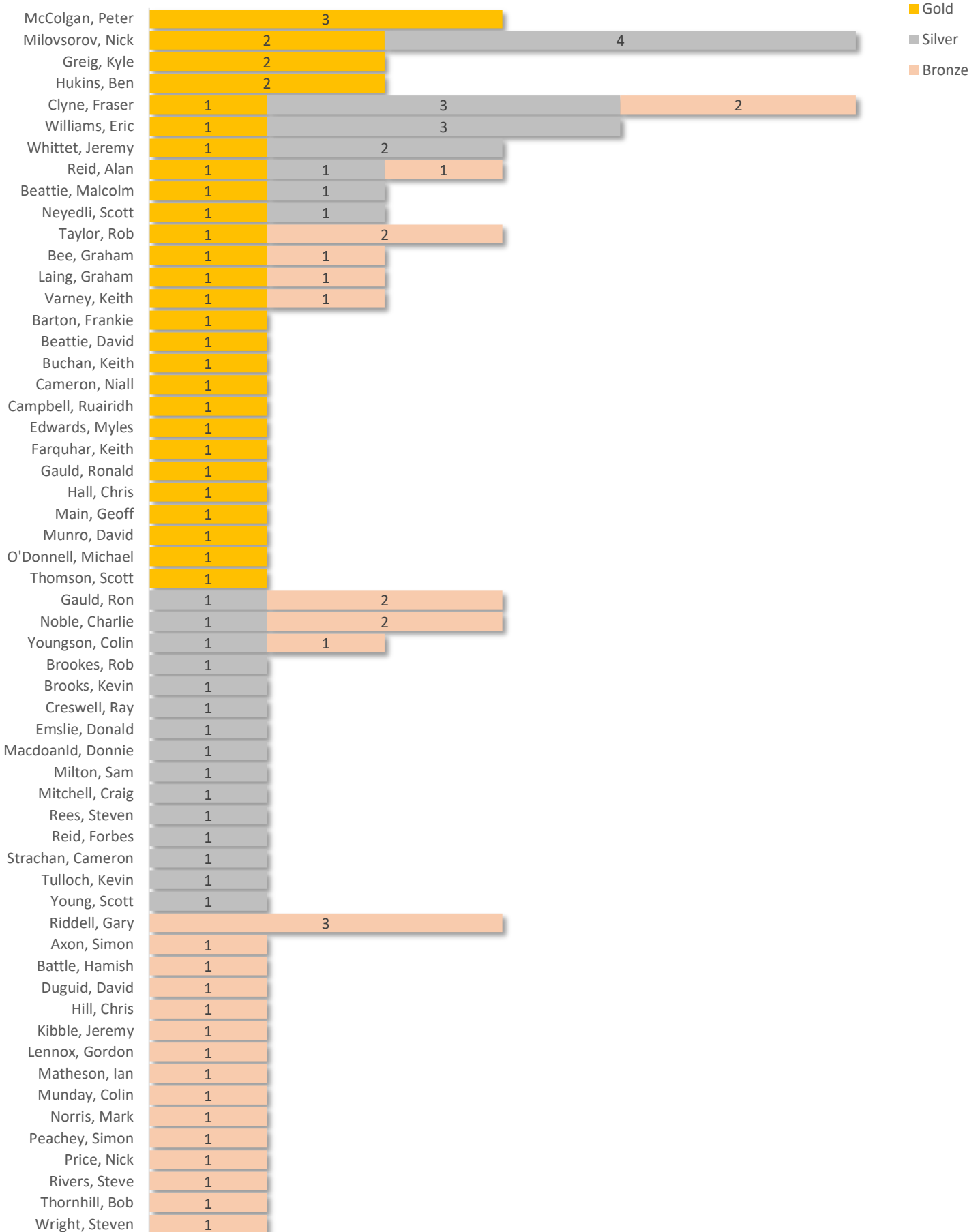
All Time Beach 10k - Male Podiums

Year	Name	Club	Time	Name	Club	Time	Name	Club	Time
1985	Williams, Eric	Sale	30:05	Clyne, Fraser	AAAC	30:07	Laing, Graham	AAAC	30:08
1986	Laing, Graham	AAAC	29:59	Williams, Eric	Sale	30:00	Clyne, Fraser	AAAC	30:07
1987	Clyne, Fraser	AAAC	30:04	Williams, Eric	Sale	30:11	Axon, Simon		30:29
1988	McColgan, Peter	Dundee HH	29:39	Clyne, Fraser	AAAC	29:55	Matheson, Ian	AAAC	30:02
1989	McColgan, Peter	Dundee HH	30:40	Clyne, Fraser	AAAC	30:44			
1990	Beattie, David	Dundee HH	30:45	Williams, Eric	Sale	30:47	Clyne, Fraser	Metro	30:50
1991	Hall, Chris	Dundee HH	30:53	Reid, Alan	Peterhead	30:53	Wright, Steven	AAAC	31:21
1992									
1993									
1994	Main, Geoff	Metro	33:12	Youngson, Colin	Metro	33:17	Varney, Keith	Metro	33:25
1995	McColgan, Peter	Dundee HH	30:16	Milovsorov, Nick	Metro	32:28	Taylor, Rob	Metro	32:59
1996	Taylor, Rob	Metro	32:50	Creswell, Ray	AAAC	32:57	Noble, Charlie	Fraserburgh	34:24
1997	Barton, Frankie	Keith	31:49	Milovsorov, Nick	Metro	32:04	Youngson, Colin	Metro	34:00
1998	Cameron, Niall	Aberdeen Uni.	34:01	Noble, Charlie	Fraserburgh	34:16	Price, Nick	Ellon	35:52
1999	Milovsorov, Nick	Metro	32:44	Varney, Keith	Metro	32:44	Duguid, David	AAAC	34:17
2000	Reid, Alan	Peterhead	31:47	Tulloch, Kevin	Metro	34:19	Rivers, Steve	Cosmic	34:55
2001									
2002	Farquhar, Keith	Metro	33:25	Whittet, Jeremy	Keith	34:06	Taylor, Rob	Metro	35:10
2003	Whittet, Jeremy	Keith	33:57	Brooks, Kevin	Fraserburgh	35:15	Noble, Charlie	Fraserburgh	35:32
2004	Beattie, Malcolm	AAAC	34:15	Whittet, Jeremy	Keith	34:45	Riddell, Gary	AAAC	35:42
2005	Bee, Graham	Aberdeen Uni.	32:20	Beattie, Malcolm	AAAC	34:19	Riddell, Gary	AAAC	35:00
2006	Milovsorov, Nick	Metro	34:10	Young, Scott		34:39	Norris, Mark	Metro	35:48
2007	Greig, Kyle	Forres	34:16	Neyedli, Scott	Metro	34:42	Bee, Graham	Aberdeen Uni.	35:00
2008	Buchan, Keith	Fraserburgh	34:14	Emslie, Donald		34:58	Riddell, Gary	AAAC	35:19
2009	Neyedli, Scott	Metro	34:53	Mitchell, Craig	Lochaber	34:58	Reid, Alan	Peterhead	35:05
2010	Gauld, Ronald		36:25	Reid, Forbes	Metro	36:30	Thornhill, Bob		36:42
2011	Thomson, Scott		34:30	Milovsorov, Nick		34:45	Munday, Colin	Metro	35:22
2012	Hukins, Ben		31:48	Brookes, Rob	Cosmic	35:00	Gauld, Ron		35:35
2013	Munro, David	Cambuslang	33:49	Milovsorov, Nick		34:13	Gauld, Ron		34:31
2014	Hukins, Ben		31:50	Gauld, Ron		34:45	Peachey, Simon	Cosmic	34:48
2015	Greig, Kyle	Forres	33:07	Rees, Steven	Neath	33:35	Hill, Chris	Cosmic	35:25
2016	Campbell, Ruairidh	Arbroath	34:10	Milton, Sam	Metro	34:36	Kibble, Jeremy	Metro	35:04
2017	O'Donnell, Michael	Inverness	32:47	Macdonald, Donnie	Inverness	33:12	Battle, Hamish	Metro	33:16
2018	Edwards, Myles	AAAC	32:34	Strachan, Cameron	Metro	33:03	Lennox, Gordon	Inverness	33:09

All Time Beach 10k - Female Medal Table

Name	Gold	Silver	Bronze
Gauld, Nicola	4	0	0
Bain, Lynda	3	1	0
Pollard, Ginny	3	1	0
Hepburn, Angela	2	0	2
Rudkin, Fiona	2	0	0
Milne, Carolyn	1	2	2
McClaren, Carol	1	2	0
Baxter, Marie	1	1	1
Tosh, Pamela	1	1	0
Wallis, Sally	1	1	0
Duthie, Marie	1	0	0
Lanham, Sue	1	0	0
MacLeod, Carolyn	1	0	0
Mahady, Laura	1	0	0
McDonald, Isobel	1	0	0
McKean, Ruth	1	0	0
Paton, Katrina	1	0	0
Robertson, Jenny	1	0	0
Shand, Jaqui	1	0	0
Stuart, Elizabeth	1	0	0
Styles, Sarah	1	0	0
Wood, Caroline	1	0	0
Lamb, Susan	0	1	1
Moir, Natasha	0	1	1
Simpson, Uli	0	1	1
Wilson, Ros	0	1	1
Bates, Kerri	0	1	0
Brian, Fiona	0	1	0
Courtney, Scarlett	0	1	0
Dunn, Sarah	0	1	0
Elvin, Jennifer	0	1	0
Farrar, Shelley	0	1	0
Henderson, L	0	1	0
Mackie, Maureen	0	1	0
Muir, Muriel	0	1	0
Parkinson, Lynne	0	1	0
Porter, Debbie	0	1	0
Simpson, Sarah	0	1	0
Stewart, Clare	0	1	0
White, J	0	1	0
Williams, Fiona	0	1	0
Wilson, Tammy	0	1	0
Jarrett, Kayleigh	0	0	2
Beveridge, Louise	0	1	0
Bruce, Claire	0	1	0
Cartmell, Louise	0	1	0
Donald, Pat	0	1	0
Farnham, M	0	1	0
Grams, Jillian	0	1	0
Grant, Helen	0	1	0
Henderson, Lyn	0	1	0
Machell, Ingrid	0	1	0
May, Betty	0	1	0
McDonald, Izzie	0	1	0
Mouat, Christine	0	1	0
Orme, Annette	0	1	0
Robinson, Lucy	0	1	0
Schmidt, C	0	1	0
Sutherland, Marion	0	1	0
Whyte, Elaine	0	1	0

All Time Beach 10k - Male Medal Table



2014-2018 Beach 10k - The Fifty Fastest Females

	Name	Category	Club	Year	Time
1	Nicola Gauld		Aberdeen	2016	35:03
2	Fiona Brian		Metro Aberdeen	2017	35:20
3	Tammy Wilson		Garioch	2015	38:00
4	Jennifer Elvin		Clapham Chasers	2016	38:09
4	Kayleigh Jarrett		Metro Aberdeen	2016	38:09
6	Claire Bruce		Metro Aberdeen	2017	38:29
7	Katie Bain		Metro Aberdeen	2016	38:49
8	Sally Wallis		Deeside Runners	2017	39:09
9	Clare Stewart		Banchory Stonehaven	2018	39:10
10	Marie Baxter	V40	Garioch	2014	39:13
11	Louise Cartmell		Moray	2018	40:09
12	Jill Bonthron		Metro Aberdeen	2017	40:13
13	Hazel Wyness		Metro Aberdeen	2017	40:32
14	Ashley Pearson	V40		2015	40:42
15	Carolyn Milne	V55	Garioch	2014	40:43
16	Lynn Henderson	V45	Forfar	2018	40:51
17	Claire Barrie		Metro Aberdeen	2015	40:52
18	Hannah Morrison		Metro Aberdeen	2018	40:58
19	Ann Gallon	V40	Stonehaven Running Club	2016	41:42
20	Jennifer Robertson		Peterhead Athletics Club	2016	41:48
21	Julie Thomson		Metro Aberdeen	2018	41:50
22	Jenny Stanning		Metro Aberdeen	2018	42:00
23	Laura Sarkis		Metro Aberdeen	2015	42:11
24	Fiona McDonald		Cosmic Hillbashers AAC	2017	42:14
25	Petra Hampton		Metro Aberdeen	2017	42:17
26	Angela Hepburn	V40	Aberdeen	2014	42:22
27	Erin Rendall		Metro Aberdeen	2018	42:23
28	Rebecca Bryce		Stonehaven Running Club	2016	42:31
29	Karen Simpson		Thistle Fitness	2018	42:32
30	Alison Pilichos		Metro Aberdeen	2015	42:33
31	Virginie Barrant		Metro Aberdeen	2015	42:37
32	Emma Watt		Jog Scotland Kintore	2018	42:39
33	Sarah Knox		Metro Aberdeen	2016	42:48
34	Emma Matheson		Victoria Park City of Glasgow	2017	42:56
35	Elspeth Aspinall	V40	Elswick	2018	43:07
36	Linda McGee	V40	Peterhead	2017	43:12
37	Clare Russell	V40	Metro Aberdeen	2017	43:15
38	Mella Slattery		Aberdeen	2016	43:17
39	Helen Cookson			2017	43:19
40	Holly Morrison			2016	43:20
41	Ruth Wolfe	V50	Metro Aberdeen	2014	43:29
42	Vivienne Bruce		Metro Aberdeen	2016	43:38
43	Dee Watters		Stonehaven Running Club	2016	43:39
44	Sarah Richards		Metro Aberdeen	2015	43:41
45	Kay Davies		Jog Scotland Kintore	2016	43:47
46	Sarah Milne		Metro Aberdeen	2015	43:56
47	Carol Massie	V50	Fraserburgh	2015	43:59
47	Olivia Robertson		Metro Aberdeen	2016	43:59
49	Katherine Hylands		Bellahouston Harriers	2014	44:00
50	Claire Macaskill			2018	44:03

2014-2018 Beach 10k - The Fifteen Fastest Masters Females

Female V40		Category	Club	Year	Time
1	Marie Baxter	V40	Garioch	2014	39:13
2	Ashley Pearson	V40		2015	40:42
3	Lynn Henderson	V45	Forfar	2018	40:51
4	Jennifer Robertson	V40	Peterhead	2017	41:14
5	Hazel Wyness	V40	Metro Aberdeen	2018	41:23
6	Ann Gallon	V40	Stonehaven Running Club	2016	41:42
7	Angela Hepburn	V40	Aberdeen	2014	42:22
8	Sarah Knox	V45	Metro Aberdeen	2017	42:54
9	Elspeth Aspinall	V40	Elswick	2018	43:07
10	Linda McGee	V40	Peterhead	2017	43:12
11	Clare Russell	V40	Metro Aberdeen	2017	43:15
12	Gillian Strachan	V40	Fraserburgh	2018	44:15
13	Susan Strachan	V40	Peterhead	2017	44:18
14	Laura Stephen	V40		2014	44:47
15	Nicola Smith	V40	Metro Aberdeen	2015	45:10

Female V50		Category	Club	Year	Time
1	Carolyn Milne	V55	Garioch	2014	40:43
2	Ruth Wolfe	V50	Metro Aberdeen	2014	43:29
3	Carol Massie	V50	Fraserburgh	2015	43:59
4	Louise Kelly	V50	Stonehaven Running Club	2017	44:29
5	Ingrid Machell	V50	Metro Aberdeen	2017	45:49
6	Tracey Goodwin	V50		2014	47:35
7	Gill Gourlay	V50	Aberdeen AAC	2014	48:11
8	Izzie McDonald	V50	Metro Aberdeen	2016	48:11
9	Rosemary Leiper	V55		2014	48:29
10	Wendy Cruickshank	V55	Metro Aberdeen	2015	48:38
11	Claire Macaskill	V50		2014	48:40
12	Susan Maciver	V50	Inverurie Elite Running Club	2014	48:46
13	Elaine Crawford	V50	Stonehaven Running Club	2018	49:42
14	Eleanor Hunter	V50	jogscotland	2015	50:15
15	Janice Forsyth	V55	Aberdeen	2014	51:29

Female V60+		Category	Club	Year	Time
1	Susan McKay	V60		2016	50:42
2	Rosemary Leiper	V60	Metro Aberdeen	2018	51:19
3	Elly McKay	V60	Metro Aberdeen	2016	52:59
4	June Buchan	V65	Metro Aberdeen	2015	55:18
5	Janice Forsyth	V60	Aberdeen	2017	55:50
6	Lana Hadden	V60	Jog Scotland Hazelhead	2018	56:05
7	Jane Macaskill	V60	Metro Aberdeen	2016	56:51
8	Sheila Gauld	V60	Jog Scotland	2018	57:25
9	Carol Simmonds	V60		2018	58:04
10	Margaret Turner	V60		2017	61:51
11	Katrine Sharp	V60		2018	62:03
12	June Burr	V60		2016	68:00
13					
14					
15					

2014-2018 Beach 10k - The Fifty Fastest Men

	Name	Category	Club	Year	Time
1	Ben Hukins		Cambuslang	2014	31:50
2	Myles Edwards		Aberdeen	2018	32:34
3	Michael O'Donnell		Inverness	2017	32:47
4	Cameron Strachan		Metro Aberdeen	2018	33:03
5	Kyle Greig		Forres	2015	33:07
6	Gordon Lennox		Inverness	2018	33:09
7	Donnie Macdonald		Inverness	2017	33:12
8	Hamish Battle		Metro Aberdeen	2017	33:16
9	Jason Kelly		Stonehaven Running Club	2018	33:23
10	Steven Rees		Neath	2015	33:35
11	Graham Bee		Inverness	2018	33:51
12	Ruairidh Campbell	V45	Arbroath Footers	2016	34:10
13	Ben Ward		Metro Aberdeen	2018	34:14
14	Tom Brian		Metro Aberdeen	2018	34:15
15	James Adamson			2018	34:27
16	Sam Milton		Metro Aberdeen	2016	34:36
17	Iain Manson		Metro Aberdeen	2017	34:40
18	Ronald Gauld		Stonehaven Running Club	2014	34:45
19	Simon Peachey		Cosmic/Edinburgh Uni	2014	34:48
20	Jim Tole	V40	Metro Aberdeen	2018	34:53
21	Jeremy Kibble		Metro Aberdeen	2016	35:04
22	John Matheson	V50	Metro Aberdeen	2017	35:19
23	David Langan			2016	35:22
24	Chris Hill		Cosmic	2015	35:25
25	Colin Munday	V40	Metro Aberdeen	2017	35:30
26	Alasdair Macmillan		Metro Aberdeen	2015	35:32
27	Stan Mackenzie	V50	Cambuslang	2017	35:35
28	Michael Barker	V40	Stonehaven Running Club	2017	35:36
29	Andrew Williams	V40	Metro Aberdeen	2016	35:38
30	Nick Milovsorov	V50	Metro Aberdeen	2014	35:39
30	Paul Massie			2018	35:39
32	Andy Williams	V40	Metro Aberdeen	2015	35:43
33	Richard Strachan		Jog Scotland Kintore	2018	35:47
34	Matthew Milne		Robert Gordon Uni	2018	35:57
34	Paul Knight		Metro Aberdeen	2017	35:57
36	Keith Buchan	V40	Fraserburgh	2017	35:59
37	Stuart Milne		Metro Aberdeen	2018	36:02
38	Chris Richardson		Metro Aberdeen	2018	36:06
39	Andrew Blackhall	V40	Fraserburgh	2016	36:09
39	Daniel Hatfield		Aberdeen	2018	36:09
39	Kevin Harper		Metro Aberdeen	2014	36:09
42	Jamie Ross	V40	Deeside Runners	2018	36:11
43	Craig Beattie		Metro Aberdeen	2018	36:14
44	David Marshall		Cosmic	2015	36:15
45	Jonathan Strachan		Peterhead	2017	36:16
45	Steve Buchan		Metro Aberdeen	2015	36:16
47	Andy Reid		Metro Aberdeen	2018	36:17
48	David Jamieson		Metro Aberdeen	2018	36:17
49	Jonathan Cordiner			2015	36:19
50	Takayuki Kurata		Metro Aberdeen	2015	36:20

2014-2018 Beach 10k - The Fifteen Fastest Masters Men

Male V40		Category	Club	Year	Time
1	Ruairidh Campbell	V45	Arbroath Footers	2016	34:10
2	Jim Tole	V40	Metro Aberdeen	2018	34:53
3	Colin Munday	V40	Metro Aberdeen	2017	35:30
4	Michael Barker	V40	Stonehaven Running Club	2017	35:36
5	Andy Williams	V40	Metro Aberdeen	2016	35:38
6	Keith Buchan	V40	Fraserburgh	2017	35:59
7	Andrew Blackhall	V40	Fraserburgh	2016	36:09
8	Jamie Ross	V40	Deeside Runners	2018	36:11
9	Dino Roussias	V40	Metro Aberdeen	2017	36:41
10	Colin Dempster	V40	Deeside Runners	2016	36:46
11	Jamie Coventry	V40		2017	36:54
12	Stuart Mutch	V40	Fraserburgh	2015	37:10
13	Graham Mcfarlane	V40	Metro Aberdeen	2015	37:30
14	Dave Andrews	V40	Metro Aberdeen	2016	37:31
15	Andrew H Thompson	V40	Metro Aberdeen	2016	37:56

Male V50		Category	Club	Year	Time
1	John Matheson	V50	Metro Aberdeen	2017	35:19
2	Stan Mackenzie	V50	Cambuslang	2017	35:35
3	Nick Milovsorov	V50	Metro Aberdeen	2014	35:39
4	David Ewen	V50		2014	37:21
5	George McPherson	V55	Metro Aberdeen	2017	38:38
6	John Mill	V50	Dundee RR	2016	39:36
7	Richard Roulson	V55	Metro Aberdeen	2017	39:43
8	Keith Stewart	V50	Stonehaven Running Club	2018	40:33
9	Frank Smith	V50		2015	40:54
10	Gavin Reid	V50	Metro Aberdeen	2016	41:12
11	Stephen Clark	V50		2015	41:27
12	David Brown	V50		2014	42:05
13	Colin Burnett	V50		2018	42:13
14	John A Steel	V50		2015	42:16
15	Peter Jennings	V55	Metro Aberdeen	2015	42:19

Male V60+		Category	Club	Year	Time
1	George McPherson	V60	Metro Aberdeen	2018	39:58
2	Philip Cowie	V60	Metro Aberdeen	2016	40:15
3	Graeme Clark	V60	Fraserburgh	2016	40:59
4	Murray Bryce	V60	Cosmic	2014	45:46
5	Graham Watson	V60	Metro Aberdeen	2017	45:51
6	Derek Dunn	V65	Metro Aberdeen	2018	46:19
7	Alan Brown	V60	Metro Aberdeen	2016	47:05
8	Ian Thom	V60		2018	47:12
9	John Geddes	V60	Metro Aberdeen	2018	47:21
10	John Duff	V65	Metro Aberdeen	2017	47:56
11	John Elrick	V60	Jogscotland Hazlehead	2017	48:13
12	Leslie Nicol	V75	Metro Aberdeen	2014	48:45
13	Peter Smith	V60		2018	49:23
14	Jim McCurrach	V60	Metro Aberdeen	2016	50:07
15	Ian Cran	V60	Garioch Roadrunners	2016	50:22