

Open Race - Individual Results

Men's 10K

| | <i>Name</i> | <i>Club</i> | <i>Time</i> |
|----|------------------------|--------------------|-------------|
| 1 | Tommy Murray (M40) | Inverclyde | 31:55 |
| 2 | Kenneth Moss (M50) | Northern Vets AC | 32:19 |
| 3 | Patrick McIlroy (M40) | Finn Valley | 32:40 |
| 4 | David Hart (M40) | Falkirk Victoria H | 32:49 |
| 5 | Eugene Coppinger (M40) | Clonliffe H | 33:35 |
| 6 | John Hanratty (M40) | Clydesdale H | 33:43 |
| 7 | Philip Jones (M40) | Milton Keanes | 33:49 |
| 8 | Martin Kelly (M40) | Dundruay | 34:00 |
| 9 | George Gilhooley (M40) | Lothian RC | 34:03 |
| 10 | Peter Jennings (M40) | Metro Aberdeen | 34:11 |
| 11 | Jimmy Bell (M50) | Elswick Harriers | 34:23 |
| 12 | Gerry Reid (M40) | Ron Hill Cam | 34:34 |
| 13 | Robert Wilson (M40) | Willowfield H | 34:35 |
| 14 | Alex Bryce (M40) | Falkirk Victoria H | 34:51 |
| 15 | John Agnew (M40) | Cit of Edinburgh | 35:03 |
| 16 | Campbell Joss (M40) | Bellahouston H | 35:16 |
| 17 | Billy Fraser (M40) | Teviotdale H | 35:27 |
| 18 | Jim Dingwall (M50) | Falkirk Victoria H | 35:39 |
| 19 | Joseph Doyle (M40) | Victoria Park | 35:47 |
| 20 | John Martin (M40) | Falkirk Victoria H | 35:54 |
| 21 | Paul Allen (M50) | Halesowen | 35:56 |
| 22 | Robert Wilson (M40) | Greenock Glenpark | 36:13 |
| 23 | Sandy Wallace (M50) | Haddington ELP | 36:22 |
| 24 | Jim Newberry (M40) | North Belfast | 36:25 |
| 25 | Alexander Parker (M50) | Garscube H | 36:30 |
| 26 | Colin Bradley (M40) | Lliswerry Runners | 36:33 |
| 27 | Tony Jefferies (M50) | Westbury H | 36:47 |
| 28 | Willie Day (M50) | Falkirk Victoria H | 36:56 |
| 29 | David Adams (M50) | Hamilton H | 37:16 |
| 30 | Willie Higgins (M40) | Falkirk Victoria H | 37:18 |
| 31 | James Shields (M50) | Clydesdale H | 37:36 |
| 32 | Roger Greenaway (M40) | Central AC | 37:40 |
| 33 | Andy Murray (M40) | Dulwich Runners | 37:56 |
| 34 | Dave Taylor (M50) | Hunters Bog | 38:00 |
| 35 | Seamus Greenan (M40) | Fingallians | 38:03 |
| 36 | Francis Cannon (M50) | Teviotdale H | 38:03 |
| 37 | David Rees (M50) | Neath Harriers | 38:08 |
| 38 | Graham Clark (M40) | EZ Carnegie | 38:11 |
| 39 | Paul McKerracher (M40) | Falkirk Victoria H | 38:20 |
| 40 | Robert Rae (M50) | Teviotdale H | 38:29 |
| 41 | Gordon Walker (M40) | Central AC | 38:40 |
| 42 | Alex MacEwan (M40) | City of Edin | 39:18 |
| 43 | John Berry (M40) | Unatt | 39:39 |
| 44 | Alan Samuel (M50) | Teviotdale H | 39:48 |
| 45 | Joe Sydney (M40) | City of Edin | 40:23 |
| 46 | Charles Murdoch (M50) | Forfar RR | 40:26 |
| 47 | Andrew Griffiths (M50) | Cit of Edinburgh | 40:32 |
| 48 | James Taylor (M40) | Unatt | 41:13 |
| 49 | Frank Scanlan (M50) | Scottish Vets | 41:39 |
| 50 | David Hay (M40) | Central AC | 41:42 |
| 51 | Joe Farrell (M50) | Unatt | 42:08 |
| 52 | Les Kay (M50) | Cit of Edinburgh | 42:14 |
| 53 | Douglas Brodie (M40) | Cit of Edinburgh | 43:00 |

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| 54 | George McHardy (M50) | Central AC | 43:33 |
| 55 | Dave Walsh (M50) | Les Croupiers | 43:48 |
| 56 | Graham Bennison (M50) | Fife AC | 44:15 |
| 57 | John Dickson (M50) | Central AC | 45:18 |
| 58 | Ian McManus (M50) | Irvine | 46:02 |
| 59 | Pat O'Driscoll (M50) | North Down | 47:06 |
| 60 | Robert Ball (M50) | Central AC | 47:53 |
| 61 | Ken Hardcastle (M50) | Winchester & D | 50:32 |

Women's 5K

| | <i>Name</i> | <i>Club</i> | <i>Time</i> |
|----|---------------------------|--------------------|-------------|
| 1 | Andrea Dennison (F35) | Bradford Airedare | 18:23 |
| 2 | Jo Anne Prowse (F50) | Keighley & Craven | 18:46 |
| 3 | Sandra Edwards (F35) | Shettleston L | 19:11 |
| 4 | Hazel Dean (F35) | Central AC | 19:27 |
| 5 | Bernadette Kavanagh(F35) | Donore H | 19:30 |
| 6 | Angela Jones (F35) | Griffith Town | 19:35 |
| 7 | Susan Walsh (F35) | Donore H | 19:38 |
| 8 | Sandra Irvine (F35) | Bellahouston RR | 19:47 |
| 9 | Lynne Marr (F35) | Pitreavie | 20:00 |
| 10 | Carole Fereday (F50) | Newport | 20:18 |
| 11 | Ros Tabor (F50) | Dulwich Runners | 20:21 |
| 12 | Barbara Casey (F35) | Donore H | 20:23 |
| 13 | Linda New (F35) | City of Salisbury | 20:46 |
| 14 | Caroline Lawless (F35) | Falkirk Victoria H | 20:54 |
| 15 | Joan McTerivan (F35) | Unatt | 21:40 |
| 16 | Sue Neal (F50) | Les Croupiers | 21:55 |
| 17 | Pamela Jones (F60) | Ilford AC | 22:17 |
| 18 | Anita Howells (F50) | Aberdare V AAC | 22:35 |
| 19 | Sheila Brown (F50) | Unatt | 22:51 |
| 20 | Elizabeth Clark (F50) | Les Croupiers | 23:07 |
| 21 | Angela Neal (F50) | Les Croupiers | 24:43 |
| 22 | Jill York (F60) | Lliswerry Runners | 25:18 |
| 23 | Jennifer McLaughlin (F50) | City of Edinburgh | 26:36 |
| 24 | Darren Bradley (F60) | Exmouth Harriers | 32:45 |

Men's Over 60 5K

| | <i>Name</i> | <i>Club</i> | <i>Time</i> |
|----|------------------------|--------------------|-------------|
| 1 | Phil Lancaster (M60) | North Shields Poly | 17:31 |
| 2 | Eric Hughes (M60) | Unatt | 19:25 |
| 3 | David Spencer (M60) | Barrow & Furness | 19:32 |
| 4 | Carwyn Hughes (M60) | Havant AC | 19:42 |
| 5 | Jim Hyins (M60) | Finn Valley | 19:45 |
| 6 | David Naylor (M60) | Swansea H | 19:55 |
| 7 | Ian Barnes (M60) | Darlington H | 19:58 |
| 8 | Geoffrey Oliver (M60) | 100K Assoc | 20:20 |
| 9 | William Hamill (M60) | Hamilton H | 21:12 |
| 10 | Allan Smith (M60) | 3MS Gorseinom | 21:17 |
| 11 | Arthur Phillips (M60) | Neath Harriers | 21:24 |
| 12 | John Taylor (M60) | Bellahouston H | 21:38 |
| 13 | James Parker (M60) | Victoria Park | 21:52 |
| 14 | Lawrence Kilkenny(M60) | Cannock & Staff | 22:10 |
| 15 | Hugh McGinlay (M60) | Falkirk Victoria H | 24:13 |
| 16 | Jim Metcalfe (M60) | Unatt | 25:29 |
| 17 | Roy Peel (M60) | Bro Dysynni | 26:46 |
| 18 | John McKeag (M60) | Ballydrain H | 28:08 |