

SCOTTISH 5000 metres CHAMPIONSHIPS 2005

Open Women's Championship

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Carol Thain	Heart of Midlothian	01:02:16	0:12:30	0:25:10 (12:41)	0:37:33 (12:23)	0:49:55 (12:22)	1:02:16 (12:21)
2	Sinead Doherty	City of Glasgow	01:04:07	0:12:33	0:25:18 (12:45)	0:38:17 (12:59)	0:51:09 (12:52)	1:04:07 (12:58)
3	Joanne McGarvey	REN 96	01:04:31	0:12:28	0:25:08 (12:40)	0:38:05 (12:57)	0:51:09 (13:04)	1:04:31 (13:22)
4	Barbara Thompson	Glasgow Western Masters	01:34:56	0:18:16	0:37:01 (18:45)	0:56:05 (19:04)	1:15:27 (19:22)	1:34:56 (19:29)
	Susan Black	City of Glasgow	DNF					
	Sian Sloan-Dennison	City of Glasgow	Withdrawn					

Open Men's Championship

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	John Owen	Heart of Midlothian	01:00:04	0:11:34	0:23:31 (11:57)	0:35:31 (12:00)	0:47:50 (12:19)	1:00:04 (12:14)
2	Jamie Forrest	City of Glasgow	01:00:08	0:11:39	0:23:40 (12:01)	0:35:45 (12:05)	0:48:01 (12:16)	1:00:08 (12:07)
3	Martin Kerr	City of Glasgow	01:06:22	0:12:25	0:25:24 (12:59)	0:38:24 (13:00)	0:52:03 (13:39)	1:06:22 (14:19)
4	Andrew Hutchinson	Heart of Midlothian	01:07:03	0:12:55	0:26:10 (13:15)	0:39:46 (13:36)	0:53:24 (13:38)	1:07:03 (13:39)

Category Championships

Women's 14 & Under

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Marnie Stewart	Warrender Baths	01:05:46	0:12:45	0:25:55 (13:10)	0:39:03 (13:08)	0:52:31 (13:28)	1:05:46 (13:15)
2	Sian Sloan-Dennison	City of Glasgow	01:09:27	0:13:17	0:27:08 (13:51)	0:41:08 (14:00)	0:55:21 (14:13)	1:09:27 (14:06)
3	Lisa-Jane Naidoo	Cumbernauld	01:10:54	0:13:54	0:27:50 (13:56)	0:41:57 (14:07)	0:56:22 (14:25)	1:10:54 (14:32)
4	Lousie Hamilton	Cumbernauld	01:12:26	0:14:26	0:28:56 (14:30)	0:43:21 (14:25)	0:58:04 (14:43)	1:12:26 (14:22)
5	Wionna Fox	Lanark ASC	01:15:47	0:14:57	0:30:16 (15:19)	0:45:30 (15:14)	1:00:35 (15:05)	1:15:47 (15:12)
6	Emma Long	Kirkintilloch	01:19:15	0:15:41	0:31:33 (15:52)	0:47:35 (16:02)	1:03:41 (16:06)	1:19:15 (15:34)
7	Catriona Neil	Kirkintilloch	01:19:15	0:15:34	0:31:19 (15:45)	0:47:21 (16:02)	1:03:35 (16:14)	1:19:15 (15:40)
8	Ishbel Rodger	Fauldhouse Penguins	01:21:10	0:16:03	0:32:29 (16:26)	0:48:34 (16:05)	1:06:14 (17:40)	1:21:10 (14:56)
9	Eilidh Scott	Fauldhouse Penguins	01:22:48	0:16:04	0:32:36 (16:32)	0:49:27 (16:51)	1:06:19 (16:52)	1:22:48 (16:29)
10	Gemma Veale	Fauldhouse Penguins	01:22:54	0:16:15	0:33:01 (16:46)	0:50:38 (17:37)	1:06:41 (16:03)	1:22:54 (16:13)
11	Lucy Abercrombie	Cumbernauld	01:23:11	0:15:01	0:31:04 (16:03)	0:47:49 (16:45)	1:05:30 (17:41)	1:23:11 (17:41)
12	Katie Locke	Kirkintilloch	01:29:14	0:17:17	0:34:48 (17:31)	0:52:57 (18:09)	1:11:06 (18:09)	1:29:14 (18:08)
13	Erin McLeod	Fauldhouse Penguins	01:35:19	0:17:51	0:37:05 (19:14)	0:57:14 (20:09)	1:16:21 (19:07)	1:35:19 (18:58)
14	Amy Robertson	Kirkintilloch	01:35:47	0:17:13	0:36:08 (18:55)	0:56:07 (19:59)	1:16:55 (20:48)	1:35:47 (18:52)

Men's 14 & Under

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Calum McGhee	Cumbernauld	01:04:49	0:13:02	0:26:12 (13:10)	0:39:07 (12:55)	0:52:05 (12:58)	1:04:49 (12:44)
2	Oliver Hairs	Warrender Baths	01:05:45	0:12:37	0:25:44 (13:07)	0:38:41 (12:57)	0:51:58 (13:17)	1:05:45 (13:47)
3	Shaun Falconer	City of Glasgow	01:07:10	0:13:19	0:26:54 (13:35)	0:40:26 (13:32)	0:53:53 (13:27)	1:07:10 (13:17)
4	Jamie Coulter	Fauldhouse Penguins	01:08:18	0:13:43	0:27:25 (13:42)	0:41:17 (13:52)	0:54:55 (13:38)	1:08:18 (13:23)
5	Ben McCulloch-Young	Warrender Baths	01:08:21	0:13:07	0:26:46 (13:39)	0:40:20 (13:34)	0:54:19 (13:59)	1:08:21 (14:02)
6	Graeme Officer	City of Glasgow	01:16:27	0:15:00	0:30:21 (15:21)	0:45:46 (15:25)	1:01:15 (15:29)	1:16:27 (15:12)
7	Sean Campsie	Fauldhouse Penguins	01:17:08	0:15:07	0:30:42 (15:35)	0:46:07 (15:25)	1:01:33 (15:26)	1:17:08 (15:35)
8	Alexander Stewart	Fauldhouse Penguins	01:17:47	0:15:28	0:31:01 (15:33)	0:46:59 (15:58)	1:02:41 (15:42)	1:17:47 (15:06)
9	Mark Deans	City of Glasgow	01:18:01	0:14:42	0:29:56 (15:14)	0:45:41 (15:45)	1:02:02 (16:21)	1:18:01 (15:59)
10	Ross Fleming	Fauldhouse Penguins	01:18:17	0:15:20	0:30:53 (15:33)	0:46:55 (16:02)	1:02:39 (15:44)	1:18:17 (15:38)
11	Paul McGuire	Fauldhouse Penguins	01:20:43	0:15:33	0:31:12 (15:39)	0:47:11 (15:59)	1:03:36 (16:25)	1:20:43 (17:07)
12	Gregor Muir	Kilmarnock	01:21:50	0:15:43	0:31:18 (15:35)	0:47:54 (16:36)	1:04:49 (16:55)	1:21:50 (17:01)
13	Niall McLeod	Fauldhouse Penguins	01:25:16	0:15:17	0:31:48 (16:31)	0:50:45 (18:57)	1:08:54 (18:09)	1:25:16 (16:22)
14	Andrew Hosie	Fauldhouse Penguins	01:28:43	0:17:30	0:35:20 (17:50)	0:53:17 (17:57)	1:11:45 (18:28)	1:28:43 (16:58)
15	Ostin Farrell	Fauldhouse Penguins	Withdrawn					

Women's 15-16 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Ailie McGowan	Fauldhouse Penguins	01:05:34	0:12:50	0:25:47 (12:57)	0:38:51 (13:04)	0:52:20 (13:29)	1:05:34 (13:14)
2	Alexis Smith	City of Glasgow	01:09:34	0:13:43	0:27:29 (13:46)	0:41:26 (13:57)	0:55:26 (14:00)	1:09:34 (14:08)
3	Jane O'Toole	Cumbernauld	01:09:43	0:13:40	0:27:23 (13:43)	0:41:15 (13:52)	0:55:30 (14:15)	1:09:43 (14:13)
4	Lynn Watson	Fauldhouse Penguins	01:11:26	0:13:47	0:27:56 (14:09)	0:42:12 (14:16)	0:56:44 (14:32)	1:11:26 (14:42)
5	Susan Taylor	Fauldhouse Penguins	01:14:31	0:14:21	0:29:18 (14:57)	0:44:36 (15:18)	0:59:16 (14:40)	1:14:31 (15:15)
6	Ailsa Whitelaw	Warrender Baths	Withdrawn					

Men's 15-16 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Ross Douglas	Cumbernauld	01:01:33	0:11:58	0:24:06 (12:08)	0:36:30 (12:24)	0:48:57 (12:27)	1:01:33 (12:36)
2	Callum Prentice	Fauldhouse Penguins	01:02:30	0:12:24	0:23:54 (11:30)	0:36:47 (12:53)	0:49:36 (12:49)	1:02:30 (12:54)
3	Martin Doherty	City of Glasgow	01:05:45	0:12:42	0:25:58 (13:16)	0:39:11 (13:13)	0:52:15 (13:04)	1:05:45 (13:30)
4	Phillip Kelly	Incas	01:06:20	0:12:52	0:25:55 (13:03)	0:39:28 (13:33)	0:52:55 (13:27)	1:06:20 (13:25)
5	Andrew Dickson	Lanark ASC	01:06:50	0:12:56	0:26:31 (13:35)	0:39:59 (13:28)	0:53:29 (13:30)	1:06:50 (13:21)
6	Martin Kerr	City of Glasgow	01:09:16	0:12:44	0:25:53 (13:09)	0:40:54 (15:01)	0:54:48 (13:54)	1:09:16 (14:28)
7	Michael Lynch	City of Glasgow	01:09:47	0:13:07	0:26:52 (13:45)	0:41:01 (14:09)	0:55:18 (14:17)	1:09:47 (14:29)
8	Martin Taylor	Kirkintilloch	01:13:08	0:13:56	0:27:45 (13:49)	0:42:13 (14:28)	0:57:25 (15:12)	1:13:08 (15:43)
9	Aatif Alhiatly	City of Glasgow	Withdrawn					

Women's 17-19 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Laurie McFarlane	City of Glasgow	01:09:21	0:13:31	0:27:22 (13:51)	0:41:14 (13:52)	0:55:14 (14:00)	1:09:21 (14:07)
2	Laura Mathewson	Menzieshill Whitelaw	01:15:32	0:14:22	0:29:34 (15:12)	0:44:50 (15:16)	1:00:19 (15:29)	1:15:32 (15:13)
3	Fiona Gavin	REN 96	01:16:40	0:15:13	0:30:45 (15:32)	0:46:18 (15:33)	1:01:34 (15:16)	1:16:40 (15:06)
4	Jennie McKie	Scotia	Withdrawn					

Men's 17-19 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Jamie Forrest	City of Glasgow	00:59:53	0:11:27	0:23:23 (11:56)	0:35:21 (11:58)	0:47:35 (12:14)	0:59:53 (12:18)
2	Rory Methven	Gala ASC	01:08:17	0:13:05	0:26:29 (13:24)	0:40:17 (13:48)	0:54:11 (13:54)	1:08:17 (14:06)
3	Chris Cunningham	City of Glasgow	01:13:55	0:14:01	0:28:40 (14:39)	0:43:36 (14:56)	0:58:41 (15:05)	1:13:55 (15:14)
4	Ross Coyne	Kirkintilloch	Withdrawn					

Men's 20-29 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	John Owen	Heart of Midlothian	00:57:55	0:11:17	0:22:49 (11:32)	0:34:11 (11:22)	0:46:01 (11:50)	0:57:55 (11:54)
2	Gordon Prentice	Fauldhouse Penguins	01:07:00	0:13:18	0:26:48 (13:30)	0:40:13 (13:25)	0:53:40 (13:27)	1:07:00 (13:20)
3	Kenneth Jeffrey	Renfrew Baths	01:08:59	0:13:37	0:27:14 (13:37)	0:41:11 (13:57)	0:54:59 (13:48)	1:08:59 (14:00)
4	Mark O'Connor	Silver City Blues Masters	01:10:11	0:13:15	0:27:09 (13:54)	0:40:55 (13:46)	0:55:23 (14:28)	1:10:11 (14:48)
5	Barry Moncrieth	Kirkintilloch	Withdrawn					

Women's 30-39 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Ursula Schulz	City of Glasgow	01:12:34	0:14:12	0:28:43 (14:31)	0:43:24 (14:41)	0:57:56 (14:32)	1:12:34 (14:38)
2	Nicki Gorvin	Alloa ASC	01:17:24	0:15:00	0:30:22 (15:22)	0:45:56 (15:34)	1:01:39 (15:43)	1:17:24 (15:45)
3	Simona Ielo	Inverclyde masters	01:34:27	0:17:58	0:36:30 (18:32)	0:55:10 (18:40)	1:14:33 (19:23)	1:34:27 (19:54)
4	Heather Allan	City of Glasgow	DNF					

Men's 30-39 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Keith Dunnnett	Silver City Blues Masters	01:09:40	0:13:48	0:27:24 (13:36)	0:41:23 (13:59)	0:55:26 (14:03)	1:09:40 (14:14)
2	Chris Gorman	Glasgow Nomads	01:14:57	0:14:58	0:29:59 (15:01)	0:44:54 (14:55)	0:59:56 (15:02)	1:14:57 (15:01)
3	Graeme Bell	REN 96	01:23:13	0:15:49	0:32:11 (16:22)	0:48:54 (16:43)	1:05:52 (16:58)	1:23:13 (17:21)

Women's 40-49 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Wendy Cumming	Glenrothes	01:20:14	0:15:53	0:31:55 (16:02)	0:48:01 (16:06)	1:04:02 (16:01)	1:20:14 (16:12)
2	Daphne McCulloch	Glasgow Western Masters	01:30:41	0:17:08	0:34:55 (17:47)	0:52:48 (17:53)	1:11:29 (18:41)	1:30:41 (19:12)
3	Moira Atkinson	Newcastle	01:40:34	0:19:25	0:39:35 (20:10)	0:59:56 (20:21)	1:20:23 (20:27)	1:40:34 (20:11)
4	Andrea Gellan	Incas	DNF					

Men's 40-49 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Duncan Munro	Inverclyde masters	01:18:11	0:14:56	0:30:35 (15:39)	0:46:32 (15:57)	1:02:24 (15:52)	1:18:11 (15:47)
2	Donald Tosh	City of Glasgow	01:24:37	0:15:56	0:32:23 (16:27)	0:49:26 (17:03)	1:06:48 (17:22)	1:24:37 (17:49)
3	Douglas Munro	Kilmarnock	01:24:37	0:16:22	0:33:07 (16:45)	0:50:24 (17:17)	1:07:29 (17:05)	1:24:37 (17:08)
4	Gordon Wallace	REN 96	01:24:40	0:16:25	0:33:12 (16:47)	0:50:22 (17:10)	1:07:17 (16:55)	1:24:40 (17:23)
5	Martin Jamieson	REN 96	01:24:49	0:16:10	0:32:37 (16:27)	0:49:38 (17:01)	1:07:08 (17:30)	1:24:49 (17:41)
6	Gerard Malone	Inverclyde masters	01:25:05	0:16:09	0:32:52 (16:43)	0:50:01 (17:09)	1:07:20 (17:19)	1:25:05 (17:45)
7	David Long	Kirkintilloch	01:25:26	0:16:02	0:32:45 (16:43)	0:49:32 (16:47)	1:07:03 (17:31)	1:25:26 (18:23)
8	Brian Bain	Silver City Blues Masters	DNF					
9	David Auchie	Kilmarnock	Withdrawn					

Men's 50-59 years

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Robert Wilmot	REN 96	01:31:39	0:17:14	0:35:22 (18:08)	0:54:00 (18:38)	1:12:42 (18:42)	1:31:39 (18:57)
2	Robert Telford	Glasgow Western Masters	01:42:23	0:19:34	0:39:45 (20:11)	1:00:15 (20:30)	1:21:18 (21:03)	1:42:23 (21:05)

Women's 60 years & over

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Irene Allan	City of Glasgow	01:59:20	0:22:16	0:45:45 (23:29)	1:10:01 (24:16)	1:34:37 (24:36)	1:59:20 (24:43)

Men's 60 years & over

Position	Name	Club	Time	Splits				
				1000	2000	3000	4000	5000
1	Jim Robertson	East Kilbride	01:50:33	0:21:34	0:43:18 (21:44)	1:05:04 (21:46)	1:27:37 (22:33)	1:50:33 (22:56)