List of improvers

Place	Name	2025	2026	Improvement
1	David Hardy	44:07.7	39:03.3	11.50%
2	Stephen McGowan	41:22.0	36:57.5	10.66%
3	Brian Lawrence	45:33.3	41:57.8	7.88%
4	Phillip Gillespie	44:02.4	41:35.7	5.55%
5	Daniel Dutton	37:56.3	35:57.9	5.20%
6	Annie Howden	38:01.0	36:30.7	3.96%
7	Michael Richardson	30:05.8	29:12.1	2.97%
8	Steven Maloney	40:55.0	39:56.0	2.40%
9	Michael Royden	36:33.3	35:54.0	1.79%
10	Daniel Fields	42:14.4	41:37.5	1.46%
11	Laura Darling-Brackenridge	36:49.6	36:28.9	0.94%
12	Elaine Shemilt	44:58.2	44:33.1	0.93%
13	David Aitken	30:35.7	30:25.3	0.57%
14	David Baird	35:10.0	35:01.8	0.39%

Full results

Place	Name	Gender	Time	Last year	Improvement
1	Christopher Bedlington	Male	26:43.2		
2	Nick Bennett	Male	28:13.5	27:34.0	-2.39%
3	David Webster	Male	28:16.6		
4	Michael Richardson	Male	29:12.1	30:05.8	2.97%
5	Marcus Sheridan	Male	29:12.6		
6	Stefan O'Grady	Male	29:27.6		
7	David Cole	Male	29:36.3		
8	Scott Graves	Male	30:10.4		
9	David Aitken	Male	30:25.3	30:35.7	0.57%
10	Laura Ogilvie	Female	31:27.1		
11	Andy Maich	Male	31:58.9		
12	Mairi Littleson	Female	32:28.9		
13	Ian McKenna	Male	32:46.9		
14	Dominic Hughes	Male	32:47.6		
15	Padraic Mcconville	Male	32:49.2		
16	Martin Hutchinson	Male	32:50.4		
17	Dominic Williams	Male	32:57.4		
18	Louise Menzies	Female	33:14.3		
19	Scott Henderson	Male	34:24.8		
20	Matt Buck	Male	34:30.8	32:36.0	-5.87%
21	Gordon Milligan	Male	34:54.6		
22	David Baird	Male	35:01.8	35:10.0	0.39%
23	Ben Gibson	Male	35:32.4		
24	Colin Birtwistle	Male	35:32.9		
25	Ewan McIntyre	Male	35:37.4		
26	Michael Royden	Male	35:54.0	36:33.3	1.79%
27	Daniel Dutton	Male	35:57.9	37:56.3	5.20%
28	Scott Stables	Male	36:10.9		
29	Laura Darling-Brackenridge	Female	36:28.9	36:49.6	0.94%
30	Annie Howden	Female	36:30.7	38:01.0	3.96%
31	Gregor Burton	Male	36:43.4		
32	Stephen McGowan	Male	36:57.5	41:22.0	10.66%
33	Duncan Edward	Male	38:00.1		
34	David Hardy	Male	39:03.3	44:07.7	11.50%
35	Keun Joung Lee	Female	39:21.8		
36	Martin Rollo	Male	39:48.5	39:19.4	-1.23%

37	Steven Maloney	Male	39:56.0	40:55.0	2.40%
38	Niel Forbes	Male	40:49.3		
39	Marc Funai	Male	41:02.9		
40	Phillip Gillespie	Male	41:35.7	44:02.4	5.55%
41	Daniel Fields	Male	41:37.5	42:14.4	1.46%
42	Brian Lawrence	Male	41:57.8	45:33.3	7.88%
43	Carol Ann Smith	Female	42:15.8		
44	Lorraine Dunbar	Female	42:20.4		
45	Darren Ford	Male	42:37.7		
46	Brian Rodgers	Male	43:08.1		
47	Claire Thornton-Granville	Female	43:16.4	43:01.7	-0.57%
48	Gail Rattray	Female	43:19.6	42:52.6	-1.05%
49	Andrew Strachan	Male	44:12.1		
50	Harry Kay	Male	44:19.1	41:39.6	-6.38%
51	Elaine Shemilt	Female	44:33.1	44:58.2	0.93%
52	Hilary Brown	Female	45:08.8		
53	Ronnie Wallace	Male	46:16.6		
54	Amy Tavendale	Female	48:25.9	45:50.6	-5.65%
55	Margaret Mackie	Female	48:51.2		