

# scottishathletics

road race grand prix



2019	Male		Female	
	A Standard 5 shares	B Standard 2 shares	A Standard 5 shares	B Standard 2 shares
Tom Scott 10 Miler	50:00	51:00	56:20	57:00
Stirling Marathon	2:20:00	2:24:00	2:44:00	2:48:00
Silverknowes 5k	14:30	14:45	16:20	16:35
Stirling 10k	30:00	30:30	34:30	35:00
Glasgow Half Marathon	65:00	67:00	76:00	78:00

2019	Male (5 shares)	Male (2 shares)	Female (5 share)	Female (2 shares)
Tom Scott 10 Miler	Lachlan Oates (49:15) Michael Crawley (49:56)	Craig Ruddy (50:02) Michael Christoforou (50:30) John Bell (50:30)	Elsbeth Curran (56:00)	Fiona Brian (56:35)
Stirling Marathon	N/A	N/A	N/A	N/A
Silverknowes 5k	Kristian Jones (14:26)	James Donald (14:31) Lachlan Oates (14:39) Hamish Armit (14:41) Cameron Strachan (14:41) Michael Christoforou (14:41)	Morag Miller (15:49) Mhairi MacLennan (15:55) Fionnuala Ross (16:18)	N/A
Stirling 10k	Grant Sheldon (29:27) Jamie Crowe (29:49)	Alastair Hay (30:10) Cameron Strachan (30:12) James Donald (30:12) Max Milarvie (30:14) Kenny Wilson (30:22) Jack Leitch (30:25) Conan McCaughey (30:28) Kevin Wood (30:28)	Fionnuala Ross (33:34)	
Glasgow Half Marathon				

Total Shares 2019	Male	Female

Prize Money 2019	Male (£2000)	Female (£2000)

WOMEN		Tom Scott 10 miles		Stirling Marathon		Self Transcendence 5km		Stirling 10km		Great Scottish Run Half Marathon		T O T A L
		1st April		29th April		4th May		10th September		30th September		
NAME	CLUB	A	B	A	B	A	B	A	B	A	B	
		Sub 57:00	Sub 58:00	Sub 2:44:00	Sub 2:48:00	Sub 16:20	Sub 16:35	Sub 34:30	Sub 35:00	Sub 76:00	Sub 78:00	
1	Fionnuala Ross	Shettleston Harriers					5		5			10
2	Elsbeth Curran	Kilbarchan AAC	5									5
3	Morag Miller	Central AC					5					5
4	Mhairi MacLennan	Inverness Harriers					5					5
5	Fiona Brian	Metro Aberdeen		2								2
6												
7												
8												
9												
10												
11												
12												
13												

Total Shares (currently) = 27  
One Share (currently) = £ 74

MEN		Tom Scott 10 miles		Stirling Marathon		Self Transcendence 5km		Stirling 10km		Great Scottish Run Half Marathon		T O T A L
		1st April		29th April		4th May		10th September		30th September		
NAME	CLUB	A	B	A	B	A	B	A	B	A	B	
		Sub 50:00	Sub 51:00	Sub 2:20:00	Sub 2:24:00	Sub 14:30	Sub 14:45	Sub 30:00	Sub 30:30	Sub 65:00	Sub 67:00	
1	Lachlan Oates	Shettleston Harriers	5				2					7
2	Michael Crawley	Costorphine AAC	5									5
3	Kristian Jones	Dundee Hawkhill Harriers					5					5
4	Grant Sheldon	Cambuslang Harriers						5				5
5	Jamie Crowe	Central AC						5				5
6	Michael Christoforou	Edinburgh AC		2			2					4
7	James Donald	Dundee Hawkhill Harriers					2		2			4
8	Cameron Strachan	Metro Aberdeen					2		2			4
9	Craig Ruddy	Inverclyde AC		2								2
10	John Bell	Inverclyde AC		2								2
11	Hamish Armit	Giffnock North AAC					2					2
12	Max Milarvie	Victoria Park City of Glasgow							2			2
13	Jack Leitch	Edinburgh University							2			2
14	Alastair Hay	Central AC							2			2
15	Kevin Wood	Fife AC							2			2
16	Kenny Wilson	Moray RR							2			2
17	Conan McCaughey	Central AC							2			2

Total Shares (currently) = 57

One Share (currently) = £ 35