



2023	Male		Female	
Distance	A Standard (5 shares)	B Standard (2 shares)	A Standard (5 shares)	B Standard (2 shares)
5 km	14:20	14:35	16:20	16:35
10 km	30:00	30:30	34:30	35:00
10 mile	50:00	51:00	56:20	57:20
Half Marathon	65:00	67:00	76:00	78:00
Marathon	2:20:00	2:24:00	2:44:00	2:48:00

2023 Events	A Standard (5 shares)	B Standard (2 shares)	A Standard (5 shares)	B Standard (2 shares)
Inverness Half Marathon		Fraser Stewart (65:24) Lewis Rodgers (65:37) Hamish Hickey (65:46) Luca Fanottoli (66:17) Michael Ferguson (66:23)	Natasha Phillips (71:53) Fionnuala Ross (72:16) Virginie Barrand (74:00)	
Tom Scott 10 Mile	Hamish Hickey (49:11) Fraser Stewart (49:14) John Bell (49:35)	Michael Christoforou (50:15) Kenny Wilson (50:22) Ryan Thomson (50:54)	Natasha Phillips (54:48) Virginie Barrand (54:58)	Naomi Lang (56:48) Sara Green (56:59)
London Marathon	Luke Caldwell (2:13:29) Weynay Ghebresilasie (2:15:41) Fraser Stewart (2:18:34) Charlie Sandison (2:19:22)			Sara Green (2:44:41)
Silverknowes 5km				
Babcock 10km				

Total Shares (so far)	Male	Female
82	51	31

Prize Money	Male (£2000)	Female (£2000)
	Fraser Stewart (12 shares) Hamish Hickey (7 shares) John Bell (5 shares) Luke Caldwell (5 shares) Weynay Ghebresilasie (5 shares) Charlie Sandison (5 shares) Lewis Rodgers (2 shares) Luca Fanottoli (2 shares) Michael Ferguson (2 shares) Michael Christoforou (2 shares) Kenny Wilson (2 shares) Ryan Thomson (2 shares)	Natasha Phillips (10 shares) Virginie Barrand (10 shares) Fionnuala Ross (5 shares) Sara Green (4 shares) Naomi Lang (2 shares)