

2024	Male		Female	
Distance	A Standard (5 shares)	B Standard (2 shares)	A Standard (5 shares)	B Standard (2 shares)
5 km	14:15	14:30	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

2024 Events	A Standard (5 shares)	B Standard (2 shares)	A Standard (5 shares)	B Standard (2 shares)
Inverness Half Marathon		John Bell (65:34) Sean Chalmers (65:44) Michael Ferguson (65:58) Fraser Stewart (66:27) Mike Christoforou (66:58)	Mhairi MacLennan (71:47) Virginie Barrand (72:36) Claire Bruce (75:54)	
Tom Scott 10 Mile	Lewis Hannigan (49:07) Sean Chalmers (49:18) Ryan Thomson (49:35) John Bell (49:46)	Dermot Cummins (50:53)	Annabel Simpson (54:35) Virginie Barrand (55:49)	
London Marathon	Callum Hawkins (2:17:34) Tom Martyn (2:19:56)	Charlie Sandison (2:20:11) Ryan Thomson (2:21:24)	Mhairi MacLennan (2:29:15)	Shona McIntosh (2:46:22)
Silverknowes 5km		Scott Stirling (14:17) Finlay Ross-Davie (14:25) Ben Sandilands (14:25) Lewis Hannigan (14:26)	Stephanie Pennycook (15:52) Morag Millar (16:07) Stefanie Tucker (16:15) Jenny Selman (16:18)	Natasha Phillips (16:20) Kirsty Walker (16:29) Millie McClelland-Brooks (16:32)
Podfather Stirling 10km	Jamie Crowe (29:42) Seyd Taha Ghafari (29:53)	Michael Ferguson (30:21) Lewis Rodgers (30:26)	Fionnuala Ross (33:17) Nancy Scott (33:51) Kirsty Walker 34:14	Millie McClelland-Brooks (34:41)

Total Shares	Male	Female
141	66	75

Prize Money	Male (£2000)	Female (£2000)
	John Bell (7 shares) - £212.12 Sean Chalmers (7 shares) - £212.12 Lewis Hannigan (7 Shares) - £212.12 Ryan Thomson (5 shares) - £151.52 Callum Hawkins (5 shares) - £151.52 Tom Martyn (5 shares) - £151.52 Jamie Crowe (5 shares) - £151.52 Deyd Taha Ghafari (5 shares) - £151.52 Michael Ferguson (4 shares) - £121.21 Fraser Stewart (2 shares) - £60.61 Mike Christoforou (2 shares) - £60.61 Dermot Cummins (2 shares) - £60.61 Charlie Sandison (2 shares) - £60.61 Scott Stirling (2 shares) - £60.61 Finlay Ross-Davie (2 shares) - £60.61 Ben Sandilands (2 shares) - £60.61 Lewis Rodgers (2 shares) - £60.61	Mhairi MacLennan (10 shares) - £266.67 Virginie Barrand (10 shares) - £266.67 Kirsty Walker (7 shares) - £186.67 Claire Bruce (5 shares) - £133.33 Annabel Simpson (5 shares) - £133.33 Stephanie Pennycook (5 shares) - £133.33 Morag Millar (5 shares) - £133.33 Stefanie Tucker (5 shares) - £133.33 Jenny Selman (5 shares) - £133.33 Fionnuala Ross (5 shares) - £133.33 Nancy Scott (5 shares) - £133.33 Millie McClelland-Brooks (4 shares) - £106.67 Shona McIntosh (2 shares) - £53.33 Natasha Philips (2 shares) - £53.33