

Name		Time	Age category	Club
Andrew	Douglas	32.18	M	North Highland Harriers
Craig	Moar	34.09	M	Orkney Athletics Club
Mark	Taylor	36.40	M	North Highland Harriers
Kenny	Macgruer	36.55	MV40	North Highland Harriers
Adam	Critchley	39.54	MV40	North Highland Harriers
David	Stockan	40.51	MV40	North Highland Harriers
Jayne	Klimas	42.36	FV40	North Highland Harriers
David	Orr	42.42	MV40	North Highland Harriers
Bruce	Fairweather	43.13	MV40	North Highland Harriers
Jamie	McCulloch	44.08	MV40	North Highland Harriers
Paul	Macdonald	44.10	MV40	North Highland Harriers
Ian	Manson	44.14	M	Orkney Running Club
Paul	Steven	44.18	MV40	North Highland Harriers
Hannah	Paterson	44.31	F	North Highland Harriers
John	Budge	44.55	MV50	North Highland Harriers
James	Kelman	45.38	MV50	North Highland Harriers
Marnie	Ker	46.00	F	North Highland Harriers
Mary	Coll	46.45	F	North Highland Harriers
Connor	Miller	46.52	M	North Highland Harriers
Julie	Garriock	46.52	F	Orkney Running Club
David	Whitelaw	46.56	M	North Highland Harriers
Malcolm	Lord	48.12	MV40	North Highland Harriers
Michael	Reid	48.19	MV50	North Highland Harriers
Yvonne	Richard	48.47	F	North Highland Harriers
Kerryn	Sieviewright	49.09	M	North Highland Harriers

John	Mackenzie	49.22	MV50	North Highland Harriers
Shaun	Henderson	49.26	MV50	North Highland Harriers
Angus	Mackay	50.14	MV40	North Highland Harriers
Beth	O'Connell	51.03	F	North Highland Harriers
Dean	Bowman	51.41	M	North Highland Harriers
Sean	Wyllie	53.31	M	North Highland Harriers
Graham	Douglas	54.07	MV50	North Highland Harriers
Jodie	Henderson	54.53	FV40	North Highland Harriers
Julianne	Leslie	54.56	FV40	North Highland Harriers
Fiona	Rollo	58.35	F	North Highland Harriers
Jennifer	Bremner	59.21	FV50	North Highland Harriers
Rachael	Gunn	59.22	F	North Highland Harriers
Lynn	Hibbert	63.18	FV40	North Highland Harriers
Mary	Louth	63.36	F	North Highland Harriers
Kerrie	Mackenzie	65.17	FV40	North Highland Harriers
Nia	Bernal	66.56	FV40	North Highland Harriers
David	Longmuir	66.57	MV40	North Highland Harriers