

SAL East District Cross Country Relays

Livingston

12-October 2019

Young Athletes Female

	Stage 1		Stage 2		Stage 3	
1 Fife AC (A)	10:33	6	20:10	5	29:23	1
	Katie Sandilands (GU13)	10:33	Isla Thoms (GU15)	09:37	Anna Hedley (FU17)	09:13
2 Aberdeen AAC (A)	10:19	2	20:04	1	29:38	2
	Anna McNeill (GU13)	10:19	Phoebe Armstrong (GU15)	09:45	Kirsty Purcell (FU17)	09:34
3 Edinburgh AC (A)	10:17	1	20:06	2	29:44	3
	Megan McKay (GU13)	10:17	Sorcha Shepherd (GU15)	09:49	Katie Johnson (GU15)	09:38
4 Corstorphine AAC (A)	10:53	12	20:44	6	30:02	4
	Alice Mourao (GU13)	10:53	Olivia Clarke (GU15)	09:51	Georgia Ledingham (FU17)	09:18
5 Edinburgh AC (B)	10:19	4	20:08	4	30:06	5
	Jessica Taylor (GU13)	10:19	Anise Macaulay Orr (GU15)	09:49	Rose Newman (FU17)	09:58
6 Team East Lothian (A)	10:19	3	20:07	3	30:23	6
	Olivia Robbins (GU13)	10:19	Bridget Harley (GU15)	09:48	Flora Henry (FU17)	10:16
7 Falkirk Victoria H (A)	10:40	7	20:58	8	30:55	7
	Katie Hedges (GU13)	10:40	Caitlyn Christie (GU15)	10:18	Katie Christie (GU15)	09:57
8 Fife AC (B)	10:55	13	20:47	7	30:58	8
	Holly Ovens (GU13)	10:55	Ruby Russell (GU15)	09:52	Isla Hedley (GU15)	10:11
9 Aberdeen AAC (B)	10:50	11	21:02	9	31:02	9
	Abby Farquhar (GU13)	10:50	Kirstin Grant (GU15)	10:12	Caitlin Purcell (FU17)	10:00
10 Gala H (A)	11:42	23	21:40	12	32:10	10
	Erin Gray (GU13)	11:42	Isla Paterson (GU15)	09:58	Anna Fairclough (GU15)	10:30
11 Lasswade AC (A)	10:56	14	21:54	13	32:23	11
	Abbie Foster (GU13)	10:56	Amy McLaughlin (GU15)	10:58	Olivia Meikle (GU15)	10:29
12 Fife AC (C)	11:22	21	22:12	14	32:33	12
	Freya Hedley (GU13)	11:22	Esmee Thoms (GU15)	10:50	Libby Smith (FU17)	10:21

13 Dundee Hawkhill H (B)	10:47	10	21:25	11	33:06	13
	Iris Nicoll (GU13)	10:47	Eva Duke (GU15)	10:38	Lara Manning (FU17)	11:41
14 Falkirk Victoria H (B)	11:11	18	22:59	18	33:22	14
	Carys Forgie (GU13)	11:11	Arwen Kennedy (GU15)	11:48	Merah Anderson (FU17)	10:23
15 Central AC (A) (V)	10:46	9	23:01	19	33:24	15
	Carys Gibb (GU13)	10:46	Scarlett Roy (GU15)	12:15	Carrie Banks (FU17)	10:23
16 Central AC (B) (V)	11:04	16	23:17	20	33:38	16
	Leya Gibb (GU13)	11:04	Brogan McMillan (GU15)	12:13	Kyra Gibb (FU17)	10:21
17 Edinburgh AC (C)	10:28	5	21:13	10	33:39	17
	Dashka MacDonald (GU13)	10:28	Anna Cruden (GU13)	10:45	Keira Mooney (GU15)	12:26
18 Livingston AC (A)	10:42	8	24:36	26	34:06	18
	Mia Sokoluk (GU13)	10:42	Anna Allison (GU15)	13:54	Isla Calvert (FU17)	09:30
19 Dunfermline T&F AC (A)	11:21	20	23:41	23	34:12	19
	Ellie Candlish (GU13)	11:21	Megan Turnbull (GU15)	12:20	Daisy Cumming (FU17)	10:31
20 Edinburgh AC (D)	12:08	26	23:19	21	34:12	20
	Ellie Lorimer (GU13)	12:08	Freya Pryce (GU13)	11:11	Cecily Millar (GU15)	10:53
21 Lasswade AC (B)	11:08	17	23:24	22	34:14	21
	Eloise Scott (GU13)	11:08	Skye Foster (GU15)	12:16	Abby McGlone (FU17)	10:50
22 Dundee Hawkhill H (A)	11:34	22	22:44	17	34:28	22
	Ruth De Villiers (GU13)	11:34	Faithe Duffy (GU15)	11:10	Frankie Duncan-Morris (FU17)	11:44
23 Dundee Hawkhill H (C)	13:07	28	23:51	24	36:00	23
	Louise Boyd-Thorpe (GU13)	13:07	Beth Collins (GU13)	10:44	Isla Manning (FU17)	12:09
24 Teviotdale H (A)	14:24	31	25:35	28	36:07	24
	Sarah Macleod (GU13)	14:24	Ava Hughes (GU15)	11:11	Iona Jamieson (GU15)	10:32
25 Dundee Hawkhill H (E)	13:50	29	25:57	29	38:45	25
	Coco Jones (GU13)	13:50	Willow Scott (GU13)	12:07	Iona Esslemont (FU17)	12:48

Pitreavie AAC (A)	10:58	15	22:20	15
	Katie Thomson (GU13)	10:58	Ariane Baillie (GU13)	11:22
Aberdeen AAC (C)	11:54	24	22:31	16
	Ellis Rochford (GU13)	11:54	Lucy Todd (GU13)	10:37
Fife AC (D)	12:06	25	24:17	25
	Anna Suttie (GU13)	12:06	Niamh Cumming (GU13)	12:11
Team East Lothian (B)	12:39	27	24:49	27
	Cristina Elliot (GU13)	12:39	Jessica Bullen (GU15)	12:10
Dundee Hawkhill H (D)	14:10	30	26:09	30
	Tilly McLardy (GU13)	14:10	Grace Matthews (GU15)	11:59
Falkirk Victoria H (C)	11:19	19		
	Dearbhla Fulton (GU13)	11:19		

Fastest Times

U13

Megan McKay (GU13)	Edinburgh AC (A)	10.17
Olivia Robbins (GU13)	Team East Lothian (A)	10.19
Jessica Taylor (GU13)	Edinburgh AC (B)	10.19
Anna McNeill (GU13)	Aberdeen AAC (A)	10.19
Dashka MacDonald (GU13)	Edinburgh AC (C)	10.28
Katie Sandilands (GU13)	Fife AC (A)	10.33
Lucy Todd (GU13)	Aberdeen AAC (C)	10.37
Katie Hedges (GU13)	Falkirk Victoria H (A)	10.40
Mia Sokoluk (GU13)	Livingston AC (A)	10.42
Beth Collins (GU13)	Dundee Hawkhill H (C)	10.44

U15

Isla Thoms (GU15)	Fife AC (A)	9.37
Katie Johnson (GU15)	Edinburgh AC (A)	9.38
Phoebe Armstrong (GU15)	Aberdeen AAC (A)	9.45
Bridget Harley (GU15)	Team East Lothian (A)	9.48
Anise Macaulay Orr (GU15)	Edinburgh AC (B)	9.49
Sorcha Shepherd (GU15)	Edinburgh AC (A)	9.49
Olivia Clarke (GU15)	Corstorphine AAC (A)	9.51
Ruby Russell (GU15)	Fife AC (B)	9.52
Katie Christie (GU15)	Falkirk Victoria H (A)	9.57
Isla Paterson (GU15)	Gala H (A)	9.58

U17

Anna Hedley (FU17)	Fife AC (A)	9.13
Georgia Ledingham (FU17)	Corstorphine AAC (A)	9.18
Isla Calvert (FU17)	Livingston AC (A)	9.30
Kirsty Purcell (FU17)	Aberdeen AAC (A)	9.34
Rose Newman (FU17)	Edinburgh AC (B)	9.58
Caitlin Purcell (FU17)	Aberdeen AAC (B)	10.00
Flora Henry (FU17)	Team East Lothian (A)	10.16
Kyra Gibb (FU17)	Central AC (B) (V)	10.21
Libby Smith (FU17)	Fife AC (C)	10.21
Carrie Banks (FU17)	Central AC (A) (V)	10.23

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Livingston

12-October 2019

Young Athletes Male

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:22	1	18:05	2	26:27	1
	Patrick Barnes (BU13)	09:22	Ross Dewar (BU15)	08:43	Hugh Morrow (MU17)	08:22
2 Aberdeen AAC (A)	09:33	6	17:58	1	26:39	2
	Rhys Crawford (BU13)	09:33	Kai Crawford (BU15)	08:25	Lewis Watt (MU17)	08:41
3 Team East Lothian (A)	09:24	2	18:36	3	27:31	3
	Innes Wright (BU13)	09:24	Corey Campbell (BU15)	09:12	Angus Wright (BU15)	08:55
4 Teviotdale H (A)	09:44	8	18:41	4	28:01	4
	Irvine Welsh (BU13)	09:44	Conan Harper (BU15)	08:57	Calum Renwick (BU15)	09:20
5 Harmeny AC (A)	09:30	4	19:22	6	28:08	5
	Matthew Holden (BU13)	09:30	Ethan Lorimer (BU15)	09:52	Tendai Nyabadza (BU15)	08:46
6 Fife AC (A)	09:36	7	19:52	12	28:23	6
	Archie Suttie (BU13)	09:36	Guillem Penacchio Torres (BU15)	10:16	Ben Sandilands (MU17)	08:31
7 Team East Lothian (B)	09:50	10	19:14	5	28:39	7
	Finlay Milne (BU13)	09:50	Aidan Page (BU15)	09:24	Robbie Anderson (MU17)	09:25
8 Aberdeen AAC (B)	10:48	23	19:43	10	28:44	8
	Finlay McKay (BU13)	10:48	Hamish McKay (BU15)	08:55	Ross MacMillan (MU17)	09:01
9 Corstorphine AAC (A)	10:45	21	19:54	13	28:49	9
	Caelan Rose (BU13)	10:45	Patrick Milne (BU15)	09:09	Daniel Saunders (MU17)	08:55
10 Edinburgh AC (B)	10:02	13	19:46	11	29:11	10
	Lachlan Kunath (BU13)	10:02	Finlay McWilliam (BU15)	09:44	Muir Gillespie (MU17)	09:25
11 Strathearn H (A)	09:57	12	19:33	8	29:15	11
	Andrew Grant (BU13)	09:57	William Armstrong (BU15)	09:36	Fergus Mardon (MU17)	09:42
12 Dundee Hawkhill H (A)	11:04	26	20:20	16	29:21	12
	Kieran Matthews (BU13)	11:04	Warren Lorente (BU15)	09:16	Laurence Petty (MU17)	09:01

13 Livingston AC (A)	10:33	18	19:32	7	29:30	13
	Moray Butler (BU13)	10:33	Logan Beagley (BU15)	08:59	Fraser Morris (MU17)	09:58
14 Lasswade AC (A)	09:44	9	19:38	9	29:32	14
	Rowan Taylor (BU13)	09:44	Ross Wolfenden (BU15)	09:54	Alastair Scott (BU15)	09:54
15 Banchory Stonehaven AC (A)	10:05	14	20:11	15	29:35	15
	Felix Crawford (BU13)	10:05	Luc Macleod (BU13)	10:06	Kane Noble (MU17)	09:24
16 Edinburgh AC (C)	09:57	11	19:58	14	29:36	16
	Fergus Pim (BU13)	09:57	Alasdair McCorquodale (BU15)	10:01	Robert Newman (BU15)	09:38
17 Central AC (A)	09:27	3	21:06	22	30:01	17
	Aaron Middleton (BU13)	09:27	Jamie Connor (BU13)	11:39	Cameron Kerr (BU15)	08:55
18 Falkirk Victoria H (A)	11:18	28	20:54	20	30:05	18
	Adam Kennedy (BU13)	11:18	Luke Kennedy (BU15)	09:36	Euan Wond (MU17)	09:11
19 Pitreavie AAC (A)	10:32	17	20:44	18	30:08	19
	Calum R Hall (BU13)	10:32	Oliver Rodger (BU15)	10:12	Caleb McLeod (BU15)	09:24
20 Fife AC (B)	10:37	20	21:13	24	30:16	20
	Andrew Sanderson (BU13)	10:37	Christopher Sanderson (BU15)	10:36	Michael Sanderson (MU17)	09:03
21 Corstorphine AAC (B)	11:22	30	20:57	21	30:17	21
	Lewis Harrison (BU13)	11:22	Ben Struthers (BU15)	09:35	Adam Wetton (BU15)	09:20
22 Central AC (B)	09:32	5	20:43	17	30:22	22
	Joshua Kennedy (BU13)	09:32	Owen Eckersley (BU13)	11:11	Euan Docherty (BU15)	09:39
23 Corstorphine AAC (C)	11:37	34	21:10	23	30:48	23
	Benji Eyton-Jones (BU13)	11:37	Ruairidh Williams (BU15)	09:33	Jamie Eyton-Jones (MU17)	09:38
24 Edinburgh AC (D)	10:23	16	20:50	19	30:54	24
	Ben Turtle (BU13)	10:23	Jamie Duncan (BU13)	10:27	Ruaridh Woodland-Broome (BU15)	10:04
25 Dunfermline T&F AC (A)	10:48	22	22:06	29	31:25	25
	David Cuthbert (BU13)	10:48	James Cuthbert (BU15)	11:18	Malcolm McLure (MU17)	09:19
26 Dundee Hawkhill H (C)	11:14	27	22:16	31	31:49	26
	Murdo Hastie (BU13)	11:14	Joseph Placentino (BU15)	11:02	Tejay Scott (MU17)	09:33
27 Falkirk Victoria H (B)	11:37	33	21:34	26	31:51	27
	Zackary Jackson (BU13)	11:37	Campbell Mackay (BU15)	09:57	Nathan Laing (MU17)	10:17

28 Team East Lothian (C)	10:36	19	21:45	28	32:07	28
	Finn Middleton (BU13)	10:36	Connor Lupton (BU13)	11:09	Jack Renton (BU15)	10:22
29 Edinburgh AC (E)	11:29	32	22:10	30	32:30	29
	Murray Gillespie (BU13)	11:29	Wilbur Mansell (BU15)	10:41	Jay Stewart (MU17)	10:20
30 Dundee Hawkhill H (B)	11:54	37	23:36	34	32:34	30
	Flynn Carmichael (BU13)	11:54	Henry Colquhoun (BU13)	11:42	Ryan Smith (MU17)	08:58
31 Dundee Hawkhill H (D)	11:50	36	22:43	32	32:36	31
	Daniel McFadyen (BU13)	11:50	Francis Jones (BU15)	10:53	Matthew Tully (MU17)	09:53
32 Teviotdale H (B)	11:24	31	21:25	25	32:49	32
	Glen Jamieson (BU13)	11:24	Robbie Welsh (BU15)	10:01	Robert Wood (BU15)	11:24
33 Lothian RC (A)	10:16	15	23:51	36	33:11	33
	Jonathan Collings (BU13)	10:16	Sorley MacDonald (BU13)	13:35	Murray Close (BU15)	09:20
34 Dundee Hawkhill H (E)	12:31	38	23:41	35	34:06	34
	Andrei Morrison (BU13)	12:31	Jack Downie (BU15)	11:10	Ryan Fox (MU17)	10:25
Musselburgh & Dist AC (A)	11:21	29	21:42	27		
	Sandy Henry (BU13)	11:21	Jim Henry (BU13)	10:21		
Central AC (C)	11:02	25	22:55	33		
	Henry Crossley (BU13)	11:02	Douglas Fleming (BU15)	11:53		
Fife AC (C)	11:02	24				
	Fraser Stewart (BU13)	11:02				
Teviotdale H (C)	11:40	35				
	Zac Stewart (BU13)	11:40				
Dundee Hawkhill H (F)	12:44	39				
	Chisom David Ugwoke (BU13)	12:44				

Fastest Times

U13

Patrick Barnes (BU13)	Edinburgh AC (A)	9.22
Innes Wright (BU13)	Team East Lothian (A)	9.24
Aaron Middleton (BU13)	Central AC (A)	9.27
Matthew Holden (BU13)	Harmeny AC (A)	9.30
Joshua Kennedy (BU13)	Central AC (B)	9.32
Rhys Crawford (BU13)	Aberdeen AAC (A)	9.33
Archie Suttie (BU13)	Fife AC (A)	9.36
Rowan Taylor (BU13)	Lasswade AC (A)	9.44
Irvine Welsh (BU13)	Teviotdale H (A)	9.44
Finlay Milne (BU13)	Team East Lothian (B)	9.50

U15

Kai Crawford (BU15)	Aberdeen AAC (A)	8.25
Ross Dewar (BU15)	Edinburgh AC (A)	8.43
Tendai Nyabadza (BU15)	Harmeny AC (A)	8.46
Cameron Kerr (BU15)	Central AC (A)	8.55
Hamish McKay (BU15)	Aberdeen AAC (B)	8.55
Angus Wright (BU15)	Team East Lothian (A)	8.55
Conan Harper (BU15)	Teviotdale H (A)	8.57
Logan Beagley (BU15)	Livingston AC (A)	8.59
Patrick Milne (BU15)	Corstorphine AAC (A)	9.09
Corey Campbell (BU15)	Team East Lothian (A)	9.12

U17

Hugh Morrow (MU17)	Edinburgh AC (A)	8.22
Ben Sandilands (MU17)	Fife AC (A)	8.31
Lewis Watt (MU17)	Aberdeen AAC (A)	8.41
Daniel Saunders (MU17)	Corstorphine AAC (A)	8.55
Ryan Smith (MU17)	Dundee Hawkhill H (B)	8.58
Laurence Petty (MU17)	Dundee Hawkhill H (A)	9.01
Ross MacMillan (MU17)	Aberdeen AAC (B)	9.01
Michael Sanderson (MU17)	Fife AC (B)	9.03
Euan Wond (MU17)	Falkirk Victoria H (A)	9.11
Malcolm McLure (MU17)	Dunfermline T&F AC (A)	9.19

SAL East District Cross Country Relays

Livingston

12-October 2019

Women

	Stage 1		Stage 2		Stage 3	
1 Fife AC (A)	14:40	1	30:30	3	44:45	1
	Jenny Selman (F Sen)	14:40	Laura Gibson (F Sen)	15:50	Annabel Simpson (F Sen)	14:15
2 Edinburgh Univ H&H (A)	14:45	2	30:03	1	45:09	2
	Holly Page (FU20)	14:45	Zoe Pflug (FU20)	15:18	Rebecca Johnson (F Sen)	15:06
3 Lasswade AC (A)	14:49	3	30:25	2	45:45	3
	Amy Frankland (F Sen)	14:49	Keira Gore (F Sen)	15:36	Sarah Tait (FU20)	15:20
4 Edinburgh Univ H&H (B)	15:10	5	30:45	5	45:56	4
	Eilidh Jaffray (FU20)	15:10	Laura Stark (F Sen)	15:35	Constance Nankivell (FU20)	15:11
5 Edinburgh AC (A)	14:55	4	30:34	4	46:16	5
	Lauren Wilson (F Sen)	14:55	Rebecca Frake (F Sen)	15:39	Hazel MacCormick (F Sen)	15:42
6 Edinburgh AC (B)	15:17	7	30:54	6	46:39	6
	Zoe Bates (F Sen)	15:17	Isla Scott-Pearce (F Sen)	15:37	Hannah Cameron (F Sen)	15:45
7 Falkirk Victoria Harriers (A)	15:24	8	31:04	7	47:15	7
	Freya Ross (F Sen)	15:24	Jessica Christie (FU20)	15:40	Fiona Matheson (F55)	16:11
8 Edinburgh Univ H&H (C)	15:58	11	31:35	9	47:40	8
	Hannah Morrison (FU20)	15:58	Polly Edwards (F Sen)	15:37	Rhiannon Kirk (F Sen)	16:05
9 Central AC (A)	15:46	9	32:33	14	47:55	9
	Lauren McCulloch (FU20)	15:46	Claire Houston (F Sen)	16:47	Fanni Gyurko (F Sen)	15:22
10 Fife AC (B)	16:27	16	32:23	13	48:46	10
	Amie Watt (F Sen)	16:27	Halina Rees (F Sen)	15:56	Jennifer Cruickshanks (F Sen)	16:23
11 Aberdeen AAC (A)	16:17	14	32:22	12	49:04	11
	Nuala McCheyne (FU20)	16:17	Jennifer Harrison (F Sen)	16:05	Holly Morrison (F Sen)	16:42
12 Edinburgh AC (C)	16:07	13	32:08	11	49:16	12
	Nikki Gibson (F Sen)	16:07	Elaine Eadie (F Sen)	16:01	Maria Boland (F Sen)	17:08
13 PH Racing Club (A)	16:19	15	33:09	17	49:27	13
	Kristin Lownie (F Sen)	16:19	Julie Menzies (F45)	16:50	Alison McGill (F Sen)	16:18
14 Corstorphine AAC (A)	16:07	12	32:53	16	49:32	14
	Hannah Addison (F Sen)	16:07	Jessica MacLeod (FU20)	16:46	Caitlin Arnott (F Sen)	16:39
15 Edinburgh Univ H&H (E)	16:35	18	33:16	18	49:41	15
	Abi Plowman (F Sen)	16:35	Catriona Allan (F Sen)	16:41	Carolyn Cameron (FU20)	16:25

16 Edinburgh Univ H&H (D)	17:00	23	32:36	15	50:13	16
	Lydia Blythe (F Sen)	17:00	Katie Lowery (F Sen)	15:36	Rosina Graham (FU20)	17:37
17 Hunters Bog Trotters (A)	15:12	6	31:51	10	50:34	17
	Jillian Stephen (F Sen)	15:12	Rebecca Harding (F Sen)	16:39	Jessica Husbands (F Sen)	18:43
18 Lasswade AC (B)	16:50	20	34:09	21	50:40	18
	Ailsa Innes (FU20)	16:50	Amy Smith (F Sen)	17:19	Niamh Shaw (F Sen)	16:31
19 Edinburgh Univ H&H (F)	16:46	19	34:21	22	51:31	19
	Elodie Chatel (F Sen)	16:46	Helen Ockenden (F Sen)	17:35	Katie Hall (F Sen)	17:10
20 University of St. Andrews CC (A)	17:19	26	34:08	20	51:54	20
	Capri Mancini (FU20)	17:19	Allison Miller (F Sen)	16:49	Esme Callander (FU20)	17:46
21 Hunters Bog Trotters (B) (V)	17:22	27	36:20	30	52:53	21
	Catriona Bruce (F40)	17:22	Phyllis O'Brien (F60)	18:58	Megan Wright (F45)	16:33
22 Portobello RC (A)	16:28	17	33:49	19	53:29	22
	Laura Blazey (F Sen)	16:28	Jennifer Holden (F Sen)	17:21	Monica Flanagan (F45)	19:40
23 Fife AC (D) (V)	16:52	22	35:58	28	54:07	23
	Michaela McLean (F40)	16:52	Innes Bracegirdle (F60)	19:06	Mary Western (F55)	18:09
24 Lothian RC (C) (V)	17:53	33	35:46	26	54:13	24
	Yvonne Crilly (F55)	17:53	Christine MacVarish (F45)	17:53	Andrea Cameron (F40)	18:27
25 Edinburgh AC (D) (V)	16:52	21	36:52	34	54:18	25
	Susan Ridley (F50)	16:52	Shona Adam (F50)	20:00	Lucy Marshall (F40)	17:26
26 Central AC (B)	18:22	37	36:16	29	54:40	26
	Heather Scott (FU20)	18:22	Rosie Eckersley (FU20)	17:54	Elizabeth Thompson (FU20)	18:24
27 Kinross RR (A)	17:36	29	35:22	23	54:58	27
	Susanna Sly (F Sen)	17:36	Fiona Nisbet (F40)	17:46	Judith Dobson (F60)	19:36
28 Gala Harriers (B) (V)	17:11	24	35:43	25	54:58	28
	Julia Johnstone (F45)	17:11	Lindsay Dun (F50)	18:32	Eileen Maxwell (F55)	19:15
29 Edinburgh Univ H&H (G)	19:10	45	37:16	36	55:04	29
	Caterina Mrose (F Sen)	19:10	Ellie Enichen (F Sen)	18:06	Eliza Cottington (F Sen)	17:48
30 Dundee RR (A)	17:26	28	35:41	24	56:05	30
	Fiona Callaghan (F Sen)	17:26	Joanne Clancy (F Sen)	18:15	Janet Murray (F Sen)	20:24
31 Dunbar RC (A) (V)	17:48	31	38:26	41	56:07	31
	Penny Gardiner (F50)	17:48	Karen Page (F40)	20:38	Rhona Anderson (F55)	17:41
32 Metro Aberdeen RC (A)	17:59	35	36:38	32	56:08	32
	Jill Bonthron (F Sen)	17:59	Lisa Michie (F Sen)	18:39	Illona Kriauzaite (F Sen)	19:30
33 Falkirk Victoria Harriers (C) (V)	18:24	38	37:54	40	56:22	33
	Lorna Kennedy (F40)	18:24	Nicola Flynn (F45)	19:30	Roisin Fulton (F40)	18:28

34 Dundee Hawkhill Harriers (A)	18:46	39	37:37	39	57:20	34
	Shania King (FU20)	18:46	Catherine Matthews (F45)	18:51	Danielle MacDermid (FU20)	19:43
35 Falkirk Victoria Harriers (B)	18:48	41	37:22	37	57:57	35
	Claire Campbell-Swan (F Sen)	18:48	Eilidh McCallum (FU20)	18:34	Monica Anderson (F50)	20:35
36 Harmeny AC (A)	17:17	25	37:29	38	58:02	36
	Fiona Zeiner (F45)	17:17	Susan Ross (F50)	20:12	Lorna Broadhurst (F55)	20:33
37 Linlithgow AC (A) (V)	19:10	46	39:17	44	58:49	37
	Frances Wood (F60)	19:10	Jill Horsburgh (F60)	20:07	Jennifer Newton (F50)	19:32
38 University of St. Andrews CC (B)	19:44	50	41:16	50	59:36	38
	Isabel Remers (F Sen)	19:44	Rachel Nixon (FU20)	21:32	Anne Ryan (F Sen)	18:20
39 Carnegie Harriers (A)	19:14	47	40:46	48	59:58	39
	Michelle Best (F40)	19:14	Gail Beveridge (F55)	21:32	Joy Gudgin (F55)	19:12
40 Corstorphine AAC (C) (V)	20:00	52	39:30	45	1:00:13	40
	Sarah Ledingham (F50)	20:00	Janet Grigor (F50)	19:30	MCC Cemborain (F50)	20:43
41 Fife AC (E) (V)	19:18	48	38:54	42	1:01:03	41
	Margaret Martin (F60)	19:18	Elizabeth Bloomfield (F50)	19:36	Jocelyn Scott (F65)	22:09
42 Penicuik Harriers (A)	21:58	59	41:50	55	1:01:10	42
	Susie Maxwell (F45)	21:58	Tracy Philp (F45)	19:52	Jan Dawson (F40)	19:20
43 Ferranti AAC (B) (V)	18:49	42	41:20	52	1:01:44	43
	Julia Drewer (F40)	18:49	Siobhan Sellar (F50)	22:31	Claire Gilchrist (F50)	20:24
44 Corstorphine AAC (B)	18:00	36	39:52	46	1:03:01	44
	Jilly McKay (F Sen)	18:00	Kira Mourao (F40)	21:52	Fiona Linklater (F45)	23:09
45 Pitreavie AAC (A)	19:22	49	41:19	51	1:03:39	45
	Lauren Gordon (F Sen)	19:22	Leona Doherty (F40)	21:57	Lesley Mealing (F40)	22:20
46 Perth RR (B) (V)	18:51	43	43:27	56	1:04:06	46
	Fabienne Thompson (F50)	18:51	Katrina Leese (F45)	24:36	Fiona Manson (F50)	20:39
47 Harmeny AC (B)	20:46	55	44:33	58	1:05:21	47
	Samantha Denis (F45)	20:46	Elaine Sandeman (F60)	23:47	Wendy Cunningham (F50)	20:48
48 Perth RR (A)	21:43	56	45:40	60	1:05:26	48
	Harriet Shaw (F Sen)	21:43	Bothwell Bothwell (F60)	23:57	Olivia Streatfeild-James (F Sen)	19:46
49 Dundee Hawkhill Harriers (B) (V)	21:43	57	41:48	54	1:05:39	49
	Nicola Tully (F45)	21:43	Catriona M Reynolds (F50)	20:05	Gillian Hernandez (F50)	23:51
50 Teviotdale Harriers (A)	22:12	60	44:12	57	1:05:47	50
	Pauline McAdam (F60)	22:12	Ishbel Inglis (FU20)	22:00	Kirsty Hughes (F40)	21:35
51 Lothian RC (B) (V)	21:54	58	45:50	61	1:06:17	51
	Teresa Lynch (F50)	21:54	Claire Cunningham (F40)	23:56	Andrea Seabrook (F45)	20:27

52 Lothian RC (A)	22:49	62	45:37	59	1:07:14	52
	Kirsty Gray (F Sen)	22:49	Dawn Watson (F50)	22:48	Judith Thomson (F45)	21:37
53 Pitreavie AAC (B) (V)	20:21	54	41:46	53	1:07:55	53
	Morna Fleming (F65)	20:21	Nicola Moriarty (F45)	21:25	Deborah Cooper (F60)	26:09
Gala Harriers (A)	15:56	10	31:32	8		
	Sara Green (F Sen)	15:56	Kirstin Maxwell (F Sen)	15:36		
Aberdeen AAC (B)	17:50	32	35:54	27		
	Cliona McCheyne (FU20)	17:50	Anne Howie (F55)	18:04		
Fife AC (C)	18:55	44	36:28	31		
	Kerry Gibson (F Sen)	18:55	Katie Jones (F Sen)	17:33		
Central AC (C)	18:48	40	36:39	33		
	Julia McAfee (F45)	18:48	Kirsten Samara McStay (F Sen)	17:51		
Lasswade AC (C)	17:57	34	37:05	35		
	Catherine Dickson (F45)	17:57	Rachel Fagan (F45)	19:08		
Edinburgh AC (E)	17:46	30	38:56	43		
	Lucia Montgomery (FU20)	17:46	Anne Duncan (F55)	21:10		
Musselburgh and District AC (A) (V)	19:54	51	40:21	47		
	Rachael Pollitt (F45)	19:54	Suzanne Beattie (F50)	20:27		
Edinburgh Univ H&H (H)	20:21	53	41:03	49		
		20:21	Jenny Hall (FU20)	20:42		
Ferranti AAC (A)	22:33	61	46:45	62		
	Julia Loecherbach (F Sen)	22:33	Elizabeth Gilchrist (F75)	24:12		
Teviotdale Harriers (B)	24:03	63				
	Ann Aitken (F50)	24:03				

Fastest Times

Annabel Simpson (F Sen)	Fife AC (A)	14.15
Jenny Selman (F Sen)	Fife AC (A)	14.40
Holly Page (FU20)	Edinburgh Univ H&H (A)	14.45
Amy Frankland (F Sen)	Lasswade AC (A)	14.49
Lauren Wilson (F Sen)	Edinburgh AC (A)	14.55
Rebecca Johnson (F Sen)	Edinburgh Univ H&H (A)	15.06
Eilidh Jaffray (FU20)	Edinburgh Univ H&H (B)	15.10
Constance Nankivell (FU20)	Edinburgh Univ H&H (B)	15.11
Jillian Stephen (F Sen)	Hunters Bog Trotters (A)	15.12
Zoe Bates (F Sen)	Edinburgh AC (B)	15.17
Zoe Pflug (FU20)	Edinburgh Univ H&H (A)	15.18
Sarah Tait (FU20)	Lasswade AC (A)	15.20
Fanni Gyurko (F Sen)	Central AC (A)	15.22
Freya Ross (F Sen)	Falkirk Victoria Harriers (A)	15.24
Laura Stark (F Sen)	Edinburgh Univ H&H (B)	15.35
Kirstin Maxwell (F Sen)	Gala Harriers (A)	15.36
Katie Lowery (F Sen)	Edinburgh Univ H&H (D)	15.36
Keira Gore (F Sen)	Lasswade AC (A)	15.36
Polly Edwards (F Sen)	Edinburgh Univ H&H (C)	15.37
Isla Scott-Pearce (F Sen)	Edinburgh AC (B)	15.37
Rebecca Frake (F Sen)	Edinburgh AC (A)	15.39
Jessica Christie (FU20)	Falkirk Victoria Harriers (A)	15.40
Hazel MacCormick (F Sen)	Edinburgh AC (A)	15.42
Hannah Cameron (F Sen)	Edinburgh AC (B)	15.45
Lauren McCulloch (FU20)	Central AC (A)	15.46
Laura Gibson (F Sen)	Fife AC (A)	15.50
Sara Green (F Sen)	Gala Harriers (A)	15.56
Halina Rees (F Sen)	Fife AC (B)	15.56
Hannah Morrison (FU20)	Edinburgh Univ H&H (C)	15.58

SAL East District Cross Country Relays

Livingston

12-October 2019

Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Edinburgh Univ H&H (A)	12:45	1	25:26	1	38:10	1	50:50	1
	Elisha De Mello (M Sen)	12:45	Alex Carcas (M Sen)	12:41	Max Milarvie (M Sen)	12:44	Jack Leitch (M Sen)	12:40
2 Central AC (A)	12:58	2	26:00	3	38:12	2	51:07	2
	Ben MacMillan (MU20)	12:58	Michael Wright (M Sen)	13:02	Jamie Crowe (M Sen)	12:12	Alastair Hay (M Sen)	12:55
3 Fife AC (A)	13:20	7	25:55	2	39:08	3	51:54	3
	Ryan Lafferty (M Sen)	13:20	Tristan Rees (M Sen)	12:35	Derek Rae (M Sen)	13:13	Kevin Wood (M Sen)	12:46
4 Corstorphine AAC (A)	13:02	3	26:23	5	39:15	4	52:05	4
	James Dunn (M Sen)	13:02	Stuart Livingstone (M Sen)	13:21	Dougie Selman (M Sen)	12:52	Calum McKenzie (M Sen)	12:50
5 Aberdeen AAC (A)	13:37	13	27:21	10	40:00	6	53:30	5
	Steven Murray (M Sen)	13:37	Aaron Odentz (M Sen)	13:44	Michael Ferguson (M Sen)	12:39	Sunny Mcgrath (MU20)	13:30
6 Edinburgh Univ H&H (B)	13:09	4	26:19	4	39:49	5	53:35	6
	Daniel Stansfield (M Sen)	13:09	Callum Tharme (MU20)	13:10	Max Bloor (MU20)	13:30	Gregor Malcolm (M Sen)	13:46
7 Metro Aberdeen RC (A)	13:57	21	27:30	12	41:07	7	54:05	7
	Chris Richardson (M Sen)	13:57	Hamish Battle (M Sen)	13:33	Ben Ward (M Sen)	13:37	Cameron Strachan (M Sen)	12:58
8 Stirling University AC (A)	13:14	6	26:56	8	41:21	8	54:38	8
	Aidan Shea (MU20)	13:14	Calum Phillip (MU20)	13:42	Josh Wood (M Sen)	14:25	Hamish Hickey (MU20)	13:17
9 Edinburgh AC (A)	13:44	15	27:25	11	41:33	9	54:51	9
	Myles Bax (M Sen)	13:44	Leon Johnson (M40)	13:41	Iain Macdonald (M Sen)	14:08	Iain Whitaker (M Sen)	13:18
10 Central AC (B)	14:07	25	27:41	15	41:40	11	55:02	10
	Fraser Logan (M Sen)	14:07	Dale Colley (M Sen)	13:34	Sandy Holl (MU20)	13:59	Tom Graham-Marr (MU20)	13:22
11 Dundee Hawkhill H (A)	13:50	17	26:55	7	41:34	10	55:19	11
	Cameron Sale (MU20)	13:50	Kristof Hornyik (MU20)	13:05	Callum McCormack (MU20)	14:39	James Adam (MU20)	13:45
12 Hunters Bog Trotters (A)	14:25	33	28:20	20	42:26	17	55:34	12
	Ben Murphy (M Sen)	14:25	Alex Luetchford (M Sen)	13:55	Ewan Crawford (M Sen)	14:06	Scott Fraser (M Sen)	13:08
13 Edinburgh Univ H&H (C)	14:10	27	27:58	18	42:05	14	55:52	13
	Robert Sparks (MU20)	14:10	Paul Morrison (M Sen)	13:48	Ifan Gruff Oldfield (MU20)	14:07	Alastair Thomas (MU20)	13:47
14 Fife AC (B)	13:35	12	27:38	14	41:44	12	55:58	14
	Alistair Gudgin (M Sen)	13:35	Rory Scott (M Sen)	14:03	Russell Hall (M Sen)	14:06	Adam Scott (MU20)	14:14
15 Corstorphine AAC (C) (V)	13:53	19	27:54	17	42:09	15	56:21	15
	Malcolm Lang (M40)	13:53	Moray Anderson (M40)	14:01	Tom Ferrington (M40)	14:15	Ross Milne (M40)	14:12
16 Edinburgh Univ H&H (D)	13:57	20	28:30	23	42:37	19	56:42	16
	Andrew Johnstone (M Sen)	13:57	Matthew Dailey (MU20)	14:33	Alasdair Pedley (M Sen)	14:07	Joshua Liddle (MU20)	14:05

17 University of St Andrews CC (A)	13:20	8	27:53	16	42:49	20	56:49	17
	Ross Broomfield (M Sen)	13:20	Andrew Taylor (M Sen)	14:33	Alex Robinson (MU20)	14:56	Kieran Cooper (MU20)	14:00
18 Aberdeen AAC (B)	13:35	10	28:29	22	42:14	16	56:53	18
	Adam Brown (MU20)	13:35	Ben Nelson (M Sen)	14:54	Philip Neilson (M Sen)	13:45	Andrew John Ferguson (M Sen)	14:39
19 Corstorphine AAC (B)	14:23	31	28:34	25	42:34	18	57:12	19
	Donald Gavine (M Sen)	14:23	Aaron Hoyle (M Sen)	14:11	John Macleod (M Sen)	14:00	Donald Macaulay (M Sen)	14:38
20 Metro Aberdeen RC (B)	14:05	24	28:34	24	43:01	22	57:45	20
	Kenny Garden (M Sen)	14:05	Michael Simpson (M Sen)	14:29	Nathan Tosh (MU20)	14:27	Calum Crawford (M Sen)	14:44
21 Lasswade AC (A)	13:22	9	26:31	6	41:50	13	57:55	21
	Magnus Tait (MU20)	13:22	Christian Graham (MU20)	13:09	Euan Hood (MU20)	15:19	Andrew McGlone (M50)	16:05
22 Fife AC (C)	15:11	42	29:08	27	43:43	23	57:57	22
	Ben Kinninmonth (M Sen)	15:11	Iain McWhinnie (MU20)	13:57	Gavin McWhinnie (MU20)	14:35	Craig Morris (MU20)	14:14
23 Edinburgh Univ H&H (E)	13:53	18	28:41	26	42:57	21	58:03	23
	Kai Hugtenburg (M Sen)	13:53	Jackson Woodruff (M Sen)	14:48	Conor O'Riordan (M Sen)	14:16	Oliver Teenan (M Sen)	15:06
24 Metro Aberdeen RC (C) (V)	14:49	39	29:46	33	43:57	26	58:18	24
	Jeremy Kibble (M40)	14:49	Steve Buchan (M40)	14:57	Jim Tole (M40)	14:11	Ruairidh Campbell (M45)	14:21
25 PH Racing Club (A)	14:02	23	28:23	21	43:46	25	58:40	25
	Michael McConnell (M Sen)	14:02	Robert Sellar (M40)	14:21	Stuart Tite (M Sen)	15:23	Paul Kieran (M40)	14:54
26 Edinburgh AC (D)	13:50	16	27:33	13	44:20	27	59:29	26
	Mark MacDermot (M Sen)	13:50	Robin Kyle (M Sen)	13:43	Peter Graham (M Sen)	16:47	Kevin Hamilton (M Sen)	15:09
27 Lothian RC (A)	15:29	48	29:46	35	44:40	28	59:35	27
	Samuel McIntosh (M Sen)	15:29	Robert Kennedy (M Sen)	14:17	Ryan Kirkland (MU20)	14:54	Joshua Dack (M Sen)	14:55
28 Stirling University AC (B)	14:39	37	30:15	39	45:15	31	1:00:00	28
	Oliver Greenstein (M Sen)	14:39	Andrew Irvine (M Sen)	15:36	Martin McColgan (MU20)	15:00	Lewis McComb (M Sen)	14:45
29 Gala H (A)	13:10	5	27:07	9	43:45	24	1:00:22	29
	Darrell Hastie (M Sen)	13:10	Lewis Tharme (MU20)	13:57	Ian Maxwell (M55)	16:38	Fergus Johnston (M Sen)	16:37
30 Gala H (B) (V)	14:56	40	29:59	36	46:00	35	1:00:23	30
	Brian Aitchison (M40)	14:56	Tim Darlow (M40)	15:03	Jamie McGowan (M40)	16:01	Gary Trewartha (M40)	14:23
31 Falkirk Victoria H (B)	16:01	53	31:57	49	47:08	41	1:00:39	31
	Euan McCallum (M Sen)	16:01	Michael Ross (M Sen)	15:56	Steven George (M Sen)	15:11	Euan Martin (M Sen)	13:31
32 Perth RR (A) (V)	14:32	35	30:34	41	45:51	34	1:00:55	32
	David Knight (M50)	14:32	Eddie Torrie (M50)	16:02	Mark Crawford (M45)	15:17	Duncan Ryan (M50)	15:04
33 Portobello RC (A)	13:58	22	30:30	40	46:43	38	1:01:08	33
	Matt Bird (M Sen)	13:58	Neil Park (M50)	16:32	David Worrall (M40)	16:13	David Limmer (M Sen)	14:25
34 Teviotdale H (A)	13:42	14	29:33	29	44:58	30	1:01:17	34
	Rory Anderson (M Sen)	13:42	Colin Welsh (M Sen)	15:51	Raymond Jaffray (M50)	15:25	Andrew Gibson (M Sen)	16:19
35 Team East Lothian (A)	14:35	36	29:46	34	46:38	37	1:01:26	35
	Fraser Kelly (MU20)	14:35	Joe Donnelly (MU20)	15:11	James Fraser (MU20)	16:52	Cameron Bullen (MU20)	14:48

36 Corstorphine AAC (D) (V)	15:05	41	29:44	32	45:28	33	1:01:29	36
	Stuart Campbell (M50)	15:05	Alastair Brockie (M40)	14:39	Graeme Fletcher (M55)	15:44	Ian Johnston (M55)	16:01
37 Dundee Hawkhill H (C)	14:25	32	29:37	30	45:24	32	1:01:30	37
	Munro Stewart (M Sen)	14:25	Kristofer Hernandez (MU20)	15:12	Romain Borgeal (M Sen)	15:47	Ben MacDermid (MU20)	16:06
38 Edinburgh AC (B) (V)	15:44	51	31:07	44	46:43	39	1:01:32	38
	Iain Craven (M40)	15:44	Daniel Rivera (M50)	15:23	Dermot Bailie (M40)	15:36	Richard Meade (M40)	14:49
39 Musselburgh and District AC (A) (V)	15:16	46	30:58	42	47:04	40	1:02:04	39
	Robert Henry (M40)	15:16	Paul Slifer (M45)	15:42	James Mayers (M55)	16:06	Robert Watson (M50)	15:00
40 Penicuik H (A)	14:12	28	30:04	38	47:22	42	1:02:07	40
	Adam Gray (M Sen)	14:12	Chris Falconer (M Sen)	15:52	Allan Dunbar (M40)	17:18	Daniel Macqueen (M Sen)	14:45
41 Dundee RR (A)	14:16	29	29:14	28	46:05	36	1:02:39	41
	Chris Earl (M Sen)	14:16	George McKinley (M45)	14:58	Michael Mitchell (M50)	16:51	Arnaud Richard (M Sen)	16:34
42 Lothian RC (C) (V)	16:10	54	31:30	46	47:38	44	1:03:05	42
	Ross Williamson (M45)	16:10	Euan McInnes (M45)	15:20	Barry McComish (M40)	16:08	James Beattie (M45)	15:27
43 Central AC (D) (V)	16:45	64	31:47	48	48:07	46	1:03:41	43
	Ewan Jack (M45)	16:45	Will Hensman (M40)	15:02	Jens Subke (M45)	16:20	David Eckersley (M55)	15:34
44 Dundee Hawkhill H (B) (V)	14:08	26	30:04	37	47:53	45	1:03:50	44
	Gordon Barrie (M45)	14:08	Ciaron Collins (M45)	15:56	Raymond Tully (M45)	17:49	Steve Matthews (M45)	15:57
45 Central AC (C)	13:35	11	30:58	43	49:17	50	1:04:46	45
	Telfer Gray (MU20)	13:35	Gordon Appelbe (M Sen)	17:23	Benjamin Noad (M Sen)	18:19	Sam Burton (MU20)	15:29
46 PH Racing Club (B)	15:11	44	32:09	52	49:00	48	1:05:07	46
	Philip Waring (M Sen)	15:11	Billy Stewart (M Sen)	16:58	Michael Lindsay (M Sen)	16:51	Wright Beveridge (M45)	16:07
47 Metro Aberdeen RC (D)	16:22	56	33:48	61	50:35	54	1:06:27	47
	Craig Anderson (M45)	16:22	Andy Redman (M55)	17:26	Kevin Buchan (M40)	16:47	Mark Young (M Sen)	15:52
48 Falkirk Victoria H (C) (V)	15:11	45	32:01	50	49:47	52	1:06:31	48
	Michael McQuaid (M55)	15:11	Douglaa Hill (M55)	16:50	Craig Johnston (M50)	17:46	Andrew Ronald (M50)	16:44
49 Edinburgh Univ H&H (F)	15:36	50	33:12	57	51:14	59	1:06:37	49
	Angus Pope (M Sen)	15:36	Ethan Fiallo (M Sen)	17:36	Roy Griffiths (M Sen)	18:02	Harry McCaughey (M Sen)	15:23
50 Pitreavie AAC (A)	15:59	52	32:41	54	48:55	47	1:06:52	50
	Jeff Farquhar (M60)	15:59	Craig Chisholm (M40)	16:42	Graham Gordon (M40)	16:14	Gavin Major (M Sen)	17:57
51 Harmeny AC (A) (V)	16:57	67	33:55	62	50:54	55	1:07:22	51
	David Alexander (M50)	16:57	Karl Zeiner (M45)	16:58	Andrew Ross (M50)	16:59	Jason McGillivray (M45)	16:28
52 Hunters Bog Trotters (B)	16:47	65	35:21	67	51:03	56	1:07:29	52
	Michael Grant (M Sen)	16:47	David Fulton (M Sen)	18:34	Huw Jones (M Sen)	15:42	Simon Harrison (M Sen)	16:26
53 Dunbar RC (A) (V)	14:45	38	32:29	53	49:42	51	1:08:17	53
	Nicholas Williamson (M40)	14:45	Iain Pugh (M40)	17:44	Paul Moseley (M45)	17:13	Andrew Anderson (M55)	18:35
54 Portobello RC (B) (V)	16:12	55	32:05	51	50:10	53	1:08:29	54
	William Jarvie (M60)	16:12	Craig Taylor (M40)	15:53	Richie Hallinan (M45)	18:05	Richard Stewart (M55)	18:19

55 PH Racing Club (C)	16:34	62	33:06	56	51:08	58	1:08:48	55
	Graham McInnes (M Sen)	16:34	Alan Cockburn (M50)	16:32	Allen Marr (M60)	18:02	Mark Mclean (M50)	17:40
56 Edinburgh AC (F)	15:25	47	31:40	47	52:41	63	1:08:52	56
	Terry Roberts (M Sen)	15:25	Richard Clark (M40)	16:15	Alex MacEwen (M60)	21:01	Thomas Leeman (M Sen)	16:11
57 Carnegie H (A)	16:32	60	34:09	63	51:42	60	1:09:14	57
	Jonathan Millar (M Sen)	16:32	Peter Simpson (M60)	17:37	John Hynd (M55)	17:33	David Morton (M40)	17:32
58 Lasswade AC (B) (V)	16:27	57	33:39	59	51:04	57	1:10:24	58
	Scott Dickson (M45)	16:27	David Scott (M40)	17:12	Peter Ness (M50)	17:25	Derrick Brydon (M45)	19:20
59 Lothian RC (D) (V)	18:23	78	36:13	71	53:41	67	1:11:17	59
	Scott Nelson (M50)	18:23	Andrew Corrigan (M50)	17:50	Kenton Jones (M55)	17:28	George Gilhooley (M55)	17:36
60 Gala H (C) (V)	17:02	68	35:03	65	53:04	65	1:11:41	60
	Graeme Hendry (M45)	17:02	David Nightingale (M60)	18:01	William Mcculloch (M60)	18:01	Tim Brus (M55)	18:37
61 Edinburgh AC (E) (V)	16:32	59	33:42	60	53:27	66	1:12:35	61
	Gavin Phillip (M50)	16:32	Dougie Gowan (M55)	17:10	Eric Stevenson (M65)	19:45	David Steele (M55)	19:08
62 Lothian RC (B)	16:38	63	40:55	80	56:34	73	1:12:46	62
	Kyle Williamson (MU20)	16:38	David Meek (M50)	24:17	Gavin Mackay (M40)	15:39	Owen Williams (M Sen)	16:12
63 Kinross RR (A) (V)	18:26	79	35:27	68	52:58	64	1:13:29	63
	Stewart Nisbet (M45)	18:26	Billy Webster (M45)	17:01	Gavin Orr (M50)	17:31	Graeme Malcolm (M55)	20:31
64 Dundee RR (B)	17:37	74	35:53	70	55:52	72	1:14:34	64
	Benjamin Gibson (M Sen)	17:37	Derek Arthur (M45)	18:16	Stewart Macleod (M40)	19:59	John Mill (M55)	18:42
65 Harmeny AC (B) (V)	19:08	82	38:50	76	58:09	74	1:15:23	65
	Keith Martin (M55)	19:08	Mark Jones (M45)	19:42	Mike Taylor (M45)	19:19	Jon Denis (M45)	17:14
66 Dundee Hawkhill H (D) (V)	17:43	75	37:37	74	54:43	70	1:15:29	66
	Antony Nicoll (M45)	17:43	Euan MacDermid (M55)	19:54	Nigel Reynolds (M55)	17:06	Kenneth Letham (M55)	20:46
67 Falkirk Victoria H (A) (V)	17:31	72	37:10	73	58:22	75	1:16:47	67
	Malcolm Finlayson (M50)	17:31	Alastair Mccallum (M55)	19:39	Stephen Baird (M45)	21:12	James McLaren (M55)	18:25
68 Perth RR (B) (V)	19:14	83	41:30	82	1:00:21	77	1:17:37	68
	Mike Dales (M60)	19:14	Alan Bothwell (M60)	22:16	David Stokoe (M45)	18:51	Simon Grieshaber (M50)	17:16
69 Portobello RC (C)	18:40	81	38:43	75	1:00:35	78	1:18:57	69
	Alan Innes (M Sen)	18:40	Richie Hallinan (M45)	20:03	Robert MacDonald (M65)	21:52	George Lupton (M40)	18:22
70 Lothian RC (E) (V)	20:23	85	40:39	79	1:01:32	79	1:22:05	70
	Kenny Mearns (M60)	20:23	Martin Leadbetter (M60)	20:16	Stig Walsh (M50)	20:53	Ewart Scott (M65)	20:33
71 Fife AC (D) (V)	17:05	69	41:16	81	1:01:52	80	1:22:12	71
	Shaun Paterson (M Sen)	17:05	John McIntyre Snr (M50)	24:11	Mark Gowans (M60)	20:36	Paul Sutherland (M65)	20:20
72 Central AC (F) (V)	22:42	86	40:36	78	1:00:03	76	1:22:35	72
	Cameron Campbell (M60)	22:42	Colin Sinclair (M50)	17:54	Allan Gall (M60)	19:27	John Millar (M65)	22:32

Aberdeen AAC (C)	14:23	30	29:44	31	44:44	29
	Eoghan MacNamara (M Sen)	14:23	Harry E Hall (MU20)	15:21	James Joy (M Sen)	15:00
Fife AC (E)	15:34	49	31:10	45	47:30	43
	James Hall (M40)	15:34	Paul Webb (M45)	15:36	Jimmy McIntyre (M45)	16:20
Edinburgh AC (C) (V)	16:32	61	33:00	55	49:10	49
	Malcolm Parry (M45)	16:32	Andrew Latham (M50)	16:28	David Cross (M55)	16:10
Falkirk Victoria H (D)	16:32	58	33:27	58	51:43	61
	Stuart Douglas (M Sen)	16:32	Grant Matheson (M55)	16:55	Mark Johnstone (M45)	18:16
Hunters Bog Trotters (C) (V)	14:27	34	28:17	19	52:05	62
	Michael Bareford (M45)	14:27	Ray Ward (M40)	13:50	Neil Thomas (M50)	23:48
Teviotdale H (B)	17:12	70	35:19	66	54:13	68
	Alan Inglis (M50)	17:12	Brian Harper (M45)	18:07	Alister Biggar (M45)	18:54
Musselburgh and District AC (B)	17:35	73	37:01	72	54:15	69
	David Surtees (M Sen)	17:35	Mike Malcolm-Smith (M50)	19:26	Ronald Mason (M Sen)	17:14
Corstorphine AAC (E)	17:52	76	34:37	64	55:43	71
	Scott Pilkington (M Sen)	17:52	David Hart (M40)	16:45	Peter Selman (M60)	21:06
Ferranti AAC (A)	16:53	66	35:41	69	1:02:32	81
	Paul Caban (M50)	16:53	Grant Sellar (M55)	18:48	Eddie McDonald (M70)	26:51
Ferranti AAC (B)	18:35	80	41:52	83	1:04:41	82
	Calum MacDonald (M Sen)	18:35	Andreas Drewer (M40)	23:17	Keith Weston (M70)	22:49
Pitreavie AAC (B)	18:13	77	39:13	77		
	Andrew Miller (M Sen)	18:13	Craig Shield (M Sen)	21:00		
University of St Andrews CC (B)	15:11	43				
	Samuel Thom (MU20)	15:11				
Banchory Stonehaven AC (A)	17:25	71				
	Andrew Ferguson Snr (M55)	17:25				
Central AC (E)	19:33	84				
	Charles Graham-Marr (M60)	19:33				
Dundee Hawkhill H (E)	22:57	87				
	Guillermo Hernandez (M70)	22:57				

Fastest Times

Jamie Crowe (M Sen)	Central AC (A)	12.12
Tristan Rees (M Sen)	Fife AC (A)	12.35
Michael Ferguson (M Sen)	Aberdeen AAC (A)	12.39
Jack Leitch (M Sen)	Edinburgh Univ H&H (A)	12.40
Alex Carcas (M Sen)	Edinburgh Univ H&H (A)	12.41
Max Milarvie (M Sen)	Edinburgh Univ H&H (A)	12.44
Elisha De Mello (M Sen)	Edinburgh Univ H&H (A)	12.45
Kevin Wood (M Sen)	Fife AC (A)	12.46
Calum McKenzie (M Sen)	Corstorphine AAC (A)	12.50
Dougie Selman (M Sen)	Corstorphine AAC (A)	12.52
Alastair Hay (M Sen)	Central AC (A)	12.55
Cameron Strachan (M Sen)	Metro Aberdeen RC (A)	12.58
Ben MacMillan (MU20)	Central AC (A)	12.58
James Dunn (M Sen)	Corstorphine AAC (A)	13.02
Michael Wright (M Sen)	Central AC (A)	13.02
Kristof Hornyik (MU20)	Dundee Hawkhill H (A)	13.05
Scott Fraser (M Sen)	Hunters Bog Trotters (A)	13.08
Christian Graham (MU20)	Lasswade AC (A)	13.09
Daniel Stansfield (M Sen)	Edinburgh Univ H&H (B)	13.09
Darrell Hastie (M Sen)	Gala H (A)	13.10
Callum Tharme (MU20)	Edinburgh Univ H&H (B)	13.10
Derek Rae (M Sen)	Fife AC (A)	13.13
Aidan Shea (MU20)	Stirling University AC (A)	13.14
Hamish Hickey (MU20)	Stirling University AC (A)	13.17
Iain Whitaker (M Sen)	Edinburgh AC (A)	13.18
Ross Broomfield (M Sen)	University of St Andrews CC (A)	13.20
Ryan Lafferty (M Sen)	Fife AC (A)	13.20
Stuart Livingstone (M Sen)	Corstorphine AAC (A)	13.21
Magnus Tait (MU20)	Lasswade AC (A)	13.22
Tom Graham-Marr (MU20)	Central AC (B)	13.22
Max Bloor (MU20)	Edinburgh Univ H&H (B)	13.30
Sunny Mcgrath (MU20)	Aberdeen AAC (A)	13.30
Euan Martin (M Sen)	Falkirk Victoria H (B)	13.31
Hamish Battle (M Sen)	Metro Aberdeen RC (A)	13.33
Dale Colley (M Sen)	Central AC (B)	13.34
Telfer Gray (MU20)	Central AC (C)	13.35
Adam Brown (MU20)	Aberdeen AAC (B)	13.35
Alistair Gudgin (M Sen)	Fife AC (B)	13.35
Ben Ward (M Sen)	Metro Aberdeen RC (A)	13.37
Steven Murray (M Sen)	Aberdeen AAC (A)	13.37
Leon Johnson (M40)	Edinburgh AC (A)	13.41