

Inter District Championships
Edinburgh 15th January 2005
U13 Girls

Pos	Name	District	Club	Time
1	Emily Stewart	East	Edinburgh Southern H	12:58
2	Emily Dudgeon	East	Edinburgh Southern H	13:05
3	Laura Goodson	East	Gala H	13:06
4	Jennifer Hannah	West	Kirkintilloch Olympians	13:22
5	Gemma Cormack	North	Banff Academy	13:23
6	Lorna Cameron	East	Central AC	13:26
7	Megan McLeish	East	Falkirk Victoria H	13:29
8	Fiona Bracegirdle	East	Fife AC	13:31
9	Amanda Gebbie	West	Ron Hill Cambuslang H	13:41
10	Samantha Blair	East	City of Edinburgh AC	13:52
11	Becky Dunphy	East	Carnoustie AAC	13:59
12	Eleanor Duncan	North	Forres H	14:02
13	Caroline Brewster	East	Pitreavie AAC	14:04
14	Kerry Hall	East	Edinburgh Southern H	14:08
15	Anna Hilley	West	Giffnock North AC	14:14
16	Jodie Frame	West	Larkhall Ymca H	14:18
17	Alexandra Lamond	West	Kirkintilloch Olympians	14:21
18	Anna Seago	East	Edinburgh Southern H	14:26
19	Catriona Lockie	West	Giffnock North AAC	14:27
20	Julie Thompson	North	Inverness H	14:30
21	Sarah Brown	East	Edinburgh Southern H	14:33
22	Emily Pollock	West	Greenock Glenpark H	14:38
23	Hollie Young	West	City of Glasgow AC	14:41
24	Michaela Stephen	West	City of Glasgow AC	14:42
25	Lauren Mooney	West	Larkhall YMCA H	15:02
26	Jane MacIver	North	Inverness H	15:05
27	Vanessa Young	West	Kilbarchan AC	15:11
28	Leanne Tonge	North	Moray Road Runners	15:16
29	Kirsty Rogan	North	Forres H	15:27
30	Laura Macleod	North	Inverness H	16:22

Teams	
East	27
West	80
North	120

Inter District Championships
Edinburgh 15th January 2005
U13 Boys

Pos	Name	District	Club	Time
1	Miles Hollinshead	West	Giffnock North AC	11:45
2	Lachlan Oates	West	Shettleston H	11:49
3	Calum Hawkins	West	Kilbarchan AC	11:59
4	Matthew Ritchie	West	Giffnock North AAC	12:12
5	Roger Poolman	East	George Heriots CCC	12:16
6	Anthony Gillespie	East	Central AC	12:16
7	Edward Dudgeon	East	City of Edinburgh AC	12:23
8	Craig Robinson	East	Pitreavie AAC	12:24
9	Rory Anderson	East	Teviotdale H	12:25
10	Gordon Belch	West	Giffnock North AAC	12:28
11	Robbie Simpson	East	Banchory Stonehaven AAC	12:31
12	Adam Hamilton	West	Kirkintilloch Olympians	12:31
13	Craig McDowall	East	Livingston & District AC	12:32
14	Olan Spears	North	North Uist AAC	12:32
15	Paul Bainbridge	West	Giffnock North AAC	12:35
16	Fraser Scott	East	Corstorphine AAC	12:39
17	Jonathan Wolf	East	City of Edinburgh AC	12:46
18	Stuart Orr	West	Cambuslang H	12:57
19	Michael Gray	West	Victoria Park AAC	12:59
20	Andrew McAlpine	West	Kilbarchan AAC	13:02
21	Grant McEwan	East	George Heriots CCC	13:07
22	Adam Osborne	East	Lasswade AAC	13:14
23	Andrew Rae	West	Ayr Seaforth AAC	13:42
24	Martin Munro	North	Inverness H	14:19
25	Murdo Traill	North	Inverness H	14:25
26	Christopher Fife	North	Inverness H	14:26
27	Mairtainn Sheilds	North	Stornoway	14:31
28	Mark West	North	Banff Academy	14:33
29	Andrew Yates	North	Inverness H	14:40
30	Peter Johnson	North	North Uist AAC	14:59
31	Corrin Mackenzie	North	Inverness H	15:37

Teams	
West	32
East	46
North	144

Inter District Championships
Edinburgh 15th January 2005
U15 Girls

Pos	Name	District	Club	Time
1	Laura McCord	West	Whitemoss AC	12:32
2	Josephine Moultrie	West	City of Glasgow AC	12:37
3	Beth Duff	West	East Kilbridge AC	12:49
4	Julie Whyteside	West	Whitemoss AC	12:56
5	Nicola Hood	West	Nithsdale AC	12:57
6	Laura Sharp	North	Moray Road Runners	12:57
7	Eilish McColgan	East	Dundee Hawkhill H	13:10
8	Jennifer Kibble	East	Fife AC	13:14
9	Sarah Inglis	East	Lothian RC	13:16
10	Stephanie Cameron	West	City of Glasgow AC	13:20
11	Elidh Menzies	West	Kilbarchan AAC	13:21
12	Natalie Sharp	West	Kilbarchan AAC	13:27
13	Laura Cameron	West	City of Glasgow AC	13:32
14	Charlotte McShane	West	Glasgow School of Sport	13:32
15	Elizabeth McLeish	East	Dundee Hawkhill H	13:33
16	Laura Taylor	West	Giffnock North AAC	13:38
17	Mhairi Inglis	East	Lothian RC	13:39
18	Christine Noble	East	Aberdeen AAC	13:45
19	Rebecca Burns	East	Pitreavie AAC	13:48
20	Chantel Clark	North	E AAC	13:56
21	Alice Loudon	East	Falkirk Victoria H	13:56
22	Freya Prentice	East	Aberdeen AAC	14:03
23	Paula Davies	East	Aberdeen AAC	14:10
24	Alexandra Benham	East	Lasswade AAC	14:10
25	Laura Hepburn	East	Aberdeen AAC	14:27
26	Laura Johnson	North	North Uist AAC	15:04
27	Charlotte McArthur	North	Inverness H	15:08
28	Eleidh Mackay	North	Inverness H	15:41
29	Mairi Fenton	North	Inverness H	15:44
30	Natasha Paterson	North	Banff Academy	15:46
31	Rachael Pirie	North	Forres H	15:52

Teams	
East	25
West	74
North	136

Inter District Championships
Edinburgh 15th January 2005
U15 Boys

Pos	Name	District	Club	Time
1	Scott Hawkins	West	Kilbarchan AAC	11:03
2	Matthew Gillespie	East	Central AC	11:04
3	Daniel Swanson	West	Irvine AC	11:19
4	Craig McCallum	West	Giffnock North AAC	11:28
5	Ian Towle	East	Montrose & D AAC	11:31
6	Ross Hastings	West	Nithsdale AC	11:34
7	Stephen Cooke	West	Greenock Glenpark H	11:39
8	Stephen McGoldrick	West	Kilbarchan AC	11:44
9	Lewis Paulin	East	City of Edinburgh AC	11:47
10	Alan Ramsay	West	Kirkintilloch Olympians	11:53
11	John Cooke	West	Greenock Glenpark H	11:56
12	Kenny Boyd	West	Glasgow School of Sport	12:08
13	James Joy	East	Aberdeen AAC	12:14
14	Grant Higgins	West	Kilbarchan AAC	12:15
15	Sean Reilly	East	Central AC	12:18
16	Craig Angus	East	Dundee Hawkhill H	12:25
17	Grant Camerson	North	Forres H	12:27
18	Douglas Newsom	East	Pitreavie AAC	12:33
19	Iain Macdonald	North	North Uist AAC	12:35
20	Ryan Cavers	East	Teviotdale H	12:42
21	Andrew Evans	East	Fife AC	12:44
22	Paul Leck	West	Kilbarchan AAC	12:48
23	Fraser McDonald	East	Aberdeen AAC	12:54
24	Aidan Drysdale	East	Falkirk Victoria H	12:57
25	Cailean McComve	North	Stornoway R&AC	12:57
26	Grant Stewart	North	Stornoway R&AC	13:25
27	Calum Smith	North	Stornoway R&AC	13:36
28	Mathew Hester	North	Forres H	13:42

Teams	
West	29
East	60
North	132

Inter District Championships
Edinburgh 15th January 2005
U17 Women

Pos	Name	District	Club	Time
1	Siobhan Coleman	East	Pitreavie AAC	15:39
2	Eildh Mackenzie	North	Stornoway R&AC	17:33
3	Laura Brown	East	Dundee Hawkhill H	17:45
4	Sara Phee	West	Giffnock North AAC	17:58
5	Ruth Joss	West	Giffnock North AAC	17:59
6	Megan Smith	East	Corstorphine AAC	18:06
7	Roslyn Campbell	East	Edinburgh Southern H	18:13
8	Rowena Bell-Scott	East	Central AC	18:15
9	Elsbeth Curran	West	Kilbarchan AAC	18:24
10	Kim Paterson	East	Pitreavie AAC	18:26
11	Kara Tait	West	JW Kilmarnock H	18:41
12	Emma Cloggie	East	Banchory Stonehaven AAC	18:46
13	Jenniffer Conway	West	Giffnock North AAC	18:46
14	Jenny Sheal	East	Lasswade AAC	18:57
15	Kirsty Reid	West	Kilbarchan AAC	18:59
16	Rebecca O'Brien	East	Corstorphine AAC	19:00
17	Emma Friars	West	Kilbarchan AAC	19:30
18	Catriona Ingram	West	Victoria Park AAC	19:32
19	Kerry McGhee	West	Giffnock North AAC	19:33
20	Claire McNichol	West	Kilbarchan AAC	19:33
21	Fiona McKaye	West	Giffnock North AAC	19:48
22	Elaine Wilson	North	Banff Academy	20:14
23	Christine Grady	North	Inverness H	20:32
24	Morina Macdougall	North	North Uist AAC	20:44

Teams	Inter-District
East	35
West	57

Inter District Championships
Edinburgh 15th January 2005
U17 Men

Pos	Name	District	Club	Time
1	Michael Gillespie	East	Central AC	13:53
2	Kyle Cowie	North	Moray Road Runners	13:56
3	Derek Hawkins	West	Kilbarchan AAC	14:04
4	Craig Ruddy	West	Inverclyde AAC	14:18
5	Alec Thoires	East	Aberdeen AAC	14:29
6	Craig McInnes	East	City Of Edinburgh	14:41
7	Mark Haskett	East	Aberdeen AAC	14:43
8	Stephen Daye	West	Irvine AC	14:49
9	Calum McKenzie	East	Corstorphine AAC	14:52
10	Darren Steel	East	City of Edinburgh AC	14:58
11	Michael McLoone Jnr	West	Greenock Glenpark H	14:59
12	Mark Mitchell	North	Forres H	15:06
13	Fraser Williams	West	Irvine AC	15:08
14	Gary Smith	East	Falkirk Victoria H	15:28
15	Paul Benham	East	Lasswade AAC	15:32
16	Ewan McLeod	West	Ron Hill Cambuslang H	15:35
17	Robert Allison	West	Clydesdale H	15:36
18	Craig Stephenson	West	Shettleston H	15:46
19	Elliot Simpson	East	Fife AC	15:54
20	Chris Brown	West	Ron Hill Cambuslang H	16:01
21	Garry Harris	North	Banff Academy	16:09
22	Richard Crighton	East	Aberdeen AAC	16:14
23	Matthew Sutherland	North	Caithness AAC	16:24
24	Colin Macrae	North	Banff Academy	16:41

Teams	Inter-District
East	38
West	55

International & Inter District Championships
Edinburgh 15th January 2005
Senior/U23/Junior Women

Pos	Name	District	Country/Club	Time
1	Tirunesh Dibaba		Ethiopia	21:35
2	Benita Johnson		Australia	21:36
3	Meselech Melkamu		Ethiopia	21:44
4	Etalemahu Kidane		Ethiopia	21:53
5	Hilda Kibet		Kenya	21:54
6	Susan Chepkemei		Kenya	21:58
7	Ejegayehu Dibaba		Ethiopia	22:25
8	Hayley Yelling		W S E & H	22:28
9	Kathy Butler		W S E & H	22:35
10	Aniko Kaloviks		Hungary	22:49
11	Lornah Kiplagat		Netherlands	23:05
12	Joleyn Bryne		Ireland	23:07
13	Freya Murray	East	Edinburgh Southern H	23:43
14	Grazyna Syrek		Poland	23:49
15	Tara Kryswicki		Charnwood	23:52
16	Sara Stevenson	West	Giffnock North AAC	23:54
17	Anne Knowles		Altrincham AC	23:57
18	Jennifer Pereira			24:10
19	Lucy Hasell		Bristol & Thames	24:14
20	Jade Wright		Shaftesbury Barnet H	24:22
21	Lyn Wilson	East	Carnethy HRC	24:27
22	Lindsay Macneill	West	City of Glasgow A C	24:31
23	Katrina Wootton		Bedford & County	24:39
24	Rosie Smith	Scottish Students	University of Edinburgh	24:54
25	Jill Shannon	West	Kilbarchan AAC	24:59
26	Sue Ridley	East	Edinburgh Southern H	25:09
27	Marbeth Shiell	East	Edinburgh Southern H	25:11
28	Lesley Chisholm	West	Springburn H	25:22
29	Claire Mccracken	West	City of Glasgow AC	25:48
30	Sarah Blakes	Scottish Students	Heriot Watt University	26:00
31	Helen Stuart	West	Bellahouston RR	26:15
32	Hazel Dean	East	Central AC	26:16
33	Sarah Kettlewell	West	City Of Glasgow AC	26:20
34	Jill Mykura	East	Carnethy HR C	26:27
35	Fiona Lothian	East	Fife AC	26:44
36	Sonia Armitage	East	Aberdeen AAC	26:57
37	Ruth Chamberlain	East	City Of Edinburgh AC	27:21
38	Jennifer Emsley	Scottish Students	Stirling University	28:03
39	Jane Barker	North	Moray Road Runners	28:19
40	Fiona Gentles	Scottish Students	Strathclyde University	29:14
41	Christy Macleod	North	Stornoway R&AC	29:19
42	Fiona Rudkin	Scottish Students	University of Edinburgh	29:38

Teams	Inter-District
West	43
East	47

International & Inter District Championships
Edinburgh 15th January 2005
Senior/U23/Junior Men

Pos	Name	District	Country/Club	Time
1	Eliud Kipchoge		Kenya	27:43
2	Dejene Berhanu		Ethiopia	27:44
3	Gebre-Egziabher Gebremariam		Ethiopia	27:45
4	Saif-Saaeed Shaheen		Qatar	28:06
5	Sergiy Lebid		Ukraine	28:08
6	Zersenay Tadesse		Eritrea	28:13
7	Henry Sugut		Kenya	28:46
8	Francis Bowen		Kenya	29:05
9	Craig Mottram		Australia	29:13
10	Tim Broe		U S A	29:27
11	Andrew Letherby		Australia	29:30
12	Gavin Thompson		Crawley AC	29:51
13	Andy Caine		Scotland Tynedale H	30:23
14	Matt O'Dowd		Swindon Harriers	30:25
15	Andi Jones		Salford H	30:29
16	Gareth Raven		Sale H	30:34
17	Huw Lobb		Bedford & County	30:41
18	Killian Lonergan		Clonliffe H	30:44
19	Glynn Tromans		Coventry Godiva	30:48
20	Phillip Hinch		Tipton H	30:52
21	Mark Dalkins		Birchfield H	30:57
22	Alistair Moses		Reigate Priory	31:23
23	John Newson	Scottish Students	Stirling University	31:26
24	Dave Norman		Altrincham AC	31:29
25	Gary O'Hanlon		Clonliffe H	31:34
26	Donald Naylor	East	Hunters Bog Trotters	31:37
27	Steve Cairns	East	Hunters Bog Trotters	31:44
28	Matt Shaw		Tipton H	31:47
29	Andrew Liston	East	Fife AC	31:49
30	Kassa Tadessa		Belgrave H	31:56
31	Jason Ward		Altrincham AC	31:58
32	Jethro Lennox	West	Greenock Glenpark H	31:59
33	Massimo Pegoretti		Italy	32:04
34	Iain Maccorquodale	Scottish Students	Strathclyde University	32:06
35	Gary Hynes		Clonliffe H	32:12
36	Mark Pollard	West	Inverclyde AC	32:15
37	Robert Russell	East	Central AC	32:22
38	Tommy Murray	West	Inverclyde AC	32:28
39	Billy Richardson	West	Irvine AC	32:43
40	Eddie Tonner	West	JW Kilmarnock H	32:50
41	Graham Bee	East	Fife AC	32:51
42	Alasdair Anthony	Scottish Students	University of Edinburgh	32:54
43	Alistair Hart	East	Hunters Bog Trotters	33:08
44	Murray Strain	Scottish Students	University of Edinburgh	33:16
45	Nigel Brunton		Clonliffe H	33:20

46	Robert Gilroy	West	Ron Hill Cambuslang H	33:23
47	Darren Shinnie	East	Aberdeen AC	33:27
48	James Mccullum	Scottish Students	University of Edinburgh	33:32
49	Paulo Doglio		Clonliffe H	33:35
50	Matthew Bell	East	City of Edinburgh AC	33:37
51	Dave Cavers	East	Teviot Dale H	33:42
52	Kyle Greig	North	Forres H	34:14
53	Paul Rogan	North	Forres H	35:21
54	Craig Shearer	North	Orkney Islands AAC	36:02
55	David Adam	North	Forres H	38:23

Teams	Inter-District
East	43
West	56