

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**U13 Girls**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Kathryn Gillespie	East	Central AC	11:32
2	Chloe Cowan	West	Giffnock North AAC	11:50
3	Gwen Gillham	West	Kilbarchan AAC	12:01
4	Catriona Graves	West	Garscube H	12:04
5	Katey Turner	East	Pitreavie AAC	12:06
6	Gillian Black	West	VP City of Glasgow	12:21
7	Heather Campbell	North	Inverness H	12:33
8	Emily Strathdee	East	Edinburgh AC	12:37
9	Alexandra Hunter	East	Edinburgh AC	12:40
10	Eilidh McCorquodale	East	Central AC	12:40
11	Julie Hunter	East	Falkirk Victoria H	12:40
12	Emma Canning	West	Kirkintilloch O	12:40
13	Katie Anderson	East	Dundee Hawkhill H	12:44
14	Myrtle Breckenridge	West	Shettleston H	12:49
15	Kirstin Oakley	West	Ayr Seaforth AAC	12:54
16	Martha C Wightman	East	Edinburgh AC	13:01
17	Roisin McShea	West	Clydesdale H	13:07
18	Eilidh Reynolds	East	Dundee Hawkhill H	13:10
19	Katie Turnbull	West	Kilbarchan AAC	13:14
20	Emma Mitchell	West	Inverclyde AC	13:14
21	Caitlin McStay	West	Kilbarchan AAC	13:22
22	Rosabel Kilgour	East	Fife AC	13:34
23	Stephanie Andrew	North	East Sutherland AAC	13:35
24	Hannah Cameron	East	Edinburgh AC	13:44
25	Dionne Milne	North	Moray RR	13:57

<b>Inter-District</b>	
West	38
East	47

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**U13 Boys**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Liam Turner	West	VP City of Glasgow	10:39
2	Euan Gillham	West	Kilbarchan AAC	10:42
3	Gavin McArdle	West	Kilbarchan AAC	10:45
4	Max Lancaster	West	Giffnock North AAC	10:46
5	Robert Bough	East	Edinburgh AC	10:51
6	Josh Kerr	East	Edinburgh AC	10:54
7	Ross Gray	West	Inverclyde AC	10:56
8	Jonathan Glen	West	Inverclyde AC	11:02
9	Ross Gollan	North	East Sutherland AAC	11:07
10	Craig Ferguson	West	Calderglen H	11:08
11	Michael Hudson	East	Edinburgh AC	11:08
12	Aidan Thompson	East	Pitreavie AAC	11:14
13	Andrew Black	West	Ayr Seaforth AAC	11:17
14	Matthew Galloway	East	Corstorphine AAC	11:18
15	Cameron Gilmour	East	Edinburgh AC	11:19
16	Jack MacGregor	West	Ron Hill Cambuslang H	11:28
17	Logan Rees	East	Fife AC	11:32
18	Dewi Gould	West	Giffnock North AAC	11:33
19	Scott McLardie	West	Kilbarchan AAC	11:38
20	Dominic O'Hare	East	Edinburgh AC	11:41
21	John McLaughlin	West	Giffnock North AAC	11:47
22	Paul Henney	East	Gala H	11:52
23	Innes Blackhall	North	Lochaber AAC	11:53
24	Alasdair Coupar	North	East Sutherland AAC	11:57
25	Jamie Sullivan	North	Stornoway AAC	12:00
26	Jamie Cousin	East	Lasswade AAC	12:05
27	Connor McKenzie	East	Unatt	12:13
28	Connor Maclean	North	Stornoway AAC	12:19
29	Ruairidh Gollan	North	East Sutherland AAC	12:32
30	Scott Balloch	East	Central AC	12:41
31	Lewis Sim	North	Moray RR	12:58

<b>Inter-District</b>	
East	25
West	63
North	128

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**U15 Girls**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Rachael Dunn	East	Edinburgh AC	11:09
2	Louise Mercer	East	Teviotdale H	11:11
3	Emma Dunnett	East	Edinburgh AC	11:13
4	Danielle Beattie	West	Nithsdale AAC	11:35
5	Olivia MacKenzie	East	Edinburgh AC	11:43
6	Eilidh Prise	East	Aberdeen AAC	11:45
7	Stella Winters	West	Shettleston H	11:51
8	Olivia O'Hare	East	Edinburgh AC	11:55
9	Linzi Cowan	West	Giffnock North AAC	12:00
10	Rosanna Stewart	East	Edinburgh AC	12:05
11	Brogan Wallace	West	Glasgow Sch of Sport	12:08
12	Selena Jackson	West	Giffnock North AAC	12:11
13	Jennifer Eadie	West	Kilbarchan AAC	12:12
14	Micaela Brown	East	Pitreavie AAC	12:14
15	Oonagh Dunnett	East	Edinburgh AC	12:15
16	Kirsty Harper	West	Kilbarchan AAC	12:19
17	Ailsa Peters	East	Dundee Hawkhill H	12:24
18	Eilidh Reid	East	Pitreavie AAC	12:27
19	Bethany Wilson	North	Moray RR	12:37
20	Danielle McConville	West	Shettleston H	12:40
21	Rhian MacKay	North	Orkney AC	12:41
22	Kerry Sandilands	East	Gala H	12:52
23	Erin MacKay	North	East Sutherland AAC	12:55
24	Rebecca Munro	North	Stornoway AAC	13:02
25	Bethan Nadin	North	East Sutherland AAC	13:02
26	Bronagh Wishart	West	Kilmarnock H	13:02
27	Sophie Smith	West	East Kilbride AAC	13:11
28	Jade Currie	North	East Sutherland AAC	13:28
29	Lauren Odie	North	Shetland AC	13:30

<b>Inter-District</b>	
East	25
West	56
North	140

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**U15 Boys**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Dale Colley	East	Falkirk	09:43
2	Max Aitchison	West	VP City of Glasgow	09:49
3	Jamie Crowe	East	Dundee Hawkhill H	09:55
4	Neil Gourley	West	Giffnock North AAC	10:00
5	Russell Mountford	West	Kilbarchan AAC	10:03
6	Lewis Boyle	West	VP City of Glasgow	10:08
7	Ruaridh Miller	East	Edinburgh AC	10:13
8	Christopher Galloway	East	Corstorphine AAC	10:16
9	Michael Ferguson	East	Banchory Stonehaven	10:23
10	Conor Kerr	East	Central AC	10:24
11	Alastair Stanley	West	Garscube H	10:26
12	Ahmed Hassan	West	Shettleston H	10:29
13	Rowan Marr	East	Gala H	10:34
14	Greg Williams	West	Inverclyde AAC	10:39
15	Ben Potrykus	East	Pitreavie AAC	10:40
16	Ryan Thomson	West	Ron Hill Cambuslang H	10:41
17	Rory Muir	East	Dunfermline & West Fife AC	10:42
18	Callum Matthews	West	Kilbarchan AAC	10:42
19	Matthew McKenna	West	Ron Hill Cambuslang H	10:44
20	Jake Kerr	East	Edinburgh AC	10:58
21	Bruce Millar	East	Fife AC	11:13
22	Alex Jardine	East	Perth Strathhtay H	11:23
23	Craig Campbell	North	Inverness H	11:31
24	Blair Little	North	Moray RR	11:41
25	Callum Fraser	North	Lochaber AAC	12:02
26	Finlay Murray	North	East Sutherland AAC	12:04

<b>Inter-District</b>	
West	25
East	63
North	128

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**U17 Women**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Rhona Auckland	East	Banchory Stonehaven	17:07
2	Halina Rees	East	Fife AC	17:14
3	Kathryn Pennel	East	Pitreavie AAC	17:16
4	Louisa Stewart	East	Edinburgh AC	17:22
5	Hollie Young	West	VP City of Glasgow	17:24
6	Alice Haining	East	Gala H	17:26
7	Iona Brodie	East	Dundee Hawkhill H	17:30
8	Deborah Hannah	West	VP City of Glasgow	17:46
9	Ailsa Bruce	East	Edinburgh AC	17:48
10	Scout Adkin	East	Moorfoot R	17:53
11	Ellie Buchan	East	Aberdeen AAC	17:55
12	Madeleine Murray	West	Giffnock North AAC	18:03
13	Emily Dudgeon	East	Edinburgh AC	18:09
14	Nynke Mulholland	West	Inverclyde AC	18:17
15	Alexandra Lamond	West	Kirkintilloch O	18:26
16	Emily Pollock	West	Greenock Glenpark H	18:31
17	Katie Bristow	North	Shetland AC	18:37
18	Louise Stirling	West	Ayr Seaforth AAC	18:38
19	Laura Muir	East	Dunfermline & West Fife AC	18:47
20	Sarah Potter	West	VP City of Glasgow	18:51
21	Rebecca Patrick	West	Giffnock North AAC	18:59
22	Elaine Eadie	West	Kilbarchan AAC	19:18
23	Kirstie Rogan	North	Forres H	19:45

<b>Inter-District</b>	
East	23
West	70

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**U17 Men**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Ross Matheson	East	Lasswade AAC	14:06
2	Jack Hamilton	West	Ron Hill Cambuslang H	14:16
3	Craig Wellcoat	West	Law & District AAC	14:27
4	Scott Green	East	Central AC	14:30
5	Grant Muir	West	Giffnock North AAC	14:34
6	Michael Overend	East	Dundee Hawkhill H	14:39
7	Luke Traynor	West	Giffnock North AAC	14:44
8	Max Lott	West	Giffnock North AAC	14:51
9	Ewan Murray	West	Giffnock North AAC	14:57
10	David Hutchison	East	Central AC	15:00
11	Peter Bowman	West	Clydesdale H	15:05
12	Andrew Christy	East	Corstorphine	15:14
13	Jack Walker	West	Giffnock North AAC	15:19
14	Martin Fishwick	West	Giffnock North AAC	15:23
15	Graham Evans	West	Kilbarchan AAC	15:24
16	Adam Guthrie	East	Dundee Hawkhill H	15:31
17	Calum MacLeod	North	Inverness H	15:40
18	Ben Stevenson	East	Falkirk Victoria H	15:43
19	Howell Craske	East	Dundee Hawkhill H	15:44
20	Jake Wightman	East	Edinburgh AC	16:02
21	Ryan McIntosh	East	Fife AC	16:03
22	Robert Jones	North	Stornoway AC	16:07
23	Bobby Bristow	West	Ron Hill Cambuslang H	16:15
24	Scott Stirling	East	Falkirk Victoria H	16:19
25	Donald Shand	North	Moray RR	16:25

<b>Teams</b>	
West	34
East	49

**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**Senior/Junior Women**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Time</b>
1	Tirunesh Dibaba		Ethiopia	21:37
2	Vivian Cheruiyot		Kenya	21:47
3	Kalkidan Gezahegn		Ethiopia	21:48
4	Hayley Higham		Windsor Slough Eton & Hounslow	21:51
5	Stephanie Twell		Aldershot, Farnham & District	21:51
6	Milcah Chemos		Kenya	21:51
7	Jessica Sparke		Woodford Green Essex Ladies	22:02
8	Freya Ross	East	Chester-le-Street	22:19
9	Jessica Augusto		Portugal	22:54
10	Lauren Deadman		Havering	22:59
11	Stevie Stockton		Vale Royal	23:07
12	Lisa Dobriskey		Ashford A	23:12
13	Julia Bleasdale		Hillingdon	23:30
14	Hollie Rowland		City of Norwich	23:47
15	Rosie Smith	East	Hunters Bog Trotters	23:54
16	Elsbeth Curran	Scottish Students	University of Glasgow	23:55
17	Lucy O'Gorman		Sale H	24:04
18	Sula Young	East	Hunters Bog Trotters	24:13
19	Sarah Hood	Scottish Students	University of Edinburgh	24:19
20	Nicola Hood	West	VP City of Glasgow	24:26
21	Melissa Whyte	North	Inverness H	24:27
22	Fiona Gentles	Scottish Students	University of Strathclyde	24:28
23	Helen Sharpe	East	Fife AC	24:46
24	Catriona Buchanan	East	Central AC	24:53
25	Hester Dix	Scottish Students	University of St Andrews	24:57
26	Jennifer Maclean	East	Edinburgh AC	24:58
27	Morgan Murphy	East	Fife AC	24:58
28	Rebecca Finch	Scottish Students	VP City of Glasgow	25:01
29	Alison McDonald	East	Central AC	25:45
30	Danielle Brown	Scottish Students	University of Strathclyde	25:46
31	Beth Duff	West	East Kilbride AAC	25:50
32	Megan Crawford	Scottish Students	University of St Andrews	25:51
33	Cara Sloss	West	Kilbarchan AAC	25:53
34	Niamh Devlin	Scottish Students	Queen Margaret University	25:53
35	Clare Whitehead	East	Cosmic B B	25:58
36	Toni McIntosh	West	Ayr Seaforth AAC	26:04
37	Fiona Thompson	East	Central AC	26:10
38	Julia Henderson	West	Helensburgh AAC	26:12
39	Sheila Gollan	North	Inverness H	26:15
40	Moira Davie	North	Forres H	26:18
41	Emma Rice	West	Inverclyde AC	26:31
42	Christina Rankin	Scottish Students	University of Edinburgh	26:32
43	Alison Winship	West	Garscube H	27:01
44	Ruth Joss	West	Giffnock North AAC	27:05

Inter-District	
East	38
Scottish Students	57
West	115



**Inter District Championships**  
**Holyrood Park 9<sup>th</sup> January 2010**  
**Senior/Junior/Men**

<b>Pos</b>	<b>Name</b>	<b>District</b>	<b>Club</b>	<b>Age</b>	<b>Time</b>
1	Joseph Ebuya		Kenya	U23	28:41
2	Titus Mbishei		Kenya	U20	28:43
3	Eliud Kipchoge		Kenya		29:04
4	Kenenisa Bekele		Ethiopia		29:17
5	Juan Luis Barrios		Mex		29:25
6	Sergiy Lebid		Ukraine		29:51
7	Chris Thompson		Aldershot, Farnham & District		29:52
8	Michael Skinner		Blackheath & Bromley		30:01
9	Ryan McLeod		Tipton		30:19
10	Lee Merrien		Newham & Essex Beagles		30:22
11	Tsegai Tewelde	West	Shettleston H	U20	30:24
12	Tewoldeberhan Mengisteab	West	Shettleston H		30:26
13	Dan Mulhare	Scottish Students	Napier University		31:18
14	John Newsom	East	Pitreavie AAC		31:22
15	Matthew Gillespie	Scottish Students	University of Glasgow	U20	31:24
16	Dave Norman		Altrincham		31:25
17	Ashley Harrell		City of Norwich	U23	31:29
18	Derek Hawkins	Scottish Students	University of Glasgow	U23	31:37
19	Scott Fraser	Scottish Students	University of Edinburgh		31:44
20	Gareth Raven		Sale Harriers	V35	31:50
21	Murray Strain	East	Hunters Bog Trotters		31:51
22	Jethro Lennox	West	Shettleston H		31:59
23	Tsegezab Woldemichael	West	Shettleston H		32:00
24	Ross Houston	East	Central AC		32:05
25	Adam Hortian		Canada		32:14
26	Michael Gillespie	Scottish Students	University of Edinburgh	U23	32:29
27	Andrew Liston	East	Fife AC		32:47
28	Alasdair Anthony	East	Central AC		32:47
29	David Millar	West	Irvine AC	V40	32:57
30	Craig Ruddy	Scottish Students	Glasgow Caledonian University	U23	33:03
31	Alexander Hendry	East	Central AC	U20	33:10
32	Lachlan Oates	West	Shettleston H	U20	33:18
33	Martin Graham	Scottish Students	University of Strathclyde		33:27
34	John MacNamara	West	Ron Hill Cambuslang H		33:30
35	Niall Sheehan	East	Lasswade AAC		33:32
36	Kerry-Liam Wilson	West	Ron Hill Cambuslang H	V35	33:34
37	Mark Haskett	Scottish Students	University of Edinburgh	U23	33:36
38	Thomas Fay	West	Shettleston H	U23	33:39
39	Paul Sorrie	West	Shettleston H		33:51
40	Robert Gilroy	West	Ron Hill Cambuslang H		33:55
41	Andy Symonds	East	Carnegie H		34:01
42	Lewis Millar	East	Central AC		34:03
43	Kenny Richmond	West	Bellahouston RR	V40	34:09
44	Hector Haines	Scottish Students	University of Edinburgh	U23	34:13
45	Mangi Patou		COD		35:39

<b>Inter-District</b>	
Scottish Students	49
West	55
East	67