

## **Scottish 4km Cross Country Championships**

### **Bellahouston Park Glasgow Sunday 1st February 2004**

Pos	No	Name	Cat	Club	Time
1	71	Andrew Lemoncello		Fife AC	12:13
2	101	Robert Quinn		Kilbarchan AAC	12:15
3	111	Michael Morris		Morpeth Harriers	12:22
4	132	Martin Graham		Shettleston Harriers	12:27
5	91	William Richardson		Irvine AC	12:32
6	112	David Gardiner		Phoenix Racers	12:34
7	124	Alan MacPherson		Ron Hill Cambuslang Harriers	12:36
8	38	Darren Gausen		City of Edinburgh AC	12:37
9	81	Ray Ward		Hunters Bog Trotters	12:39
10	126	David Rodgers		Ron Hill Cambuslang Harriers	12:40
11	72	Andrew Liston		Fife AC	12:45
12	147	Simon Plummer		Southampton City AC	12:47
13	1	Iain Donnan	U20	Aberdeen AAC	12:48
14	113	John Brown		Ron Hill Cambuslang Harriers	12:49
15	45	Gael Le Coz		City of Edinburgh AC	12:50
16	70	Daniel Leggate		Fife AC	12:52
17	69	Owen Greene		Fife AC	12:53
18	89	David Millar		Irvine AC	12:53
19	46	Juan Mareque		City of Edinburgh AC	12:55
20	90	Lee Richardson		Irvine AC	12:57
21	50	Mark Rudzinski		Clydesdale Harriers	13:00
22	84	Mark Pollard		Inverclyde AC	13:02
23	123	Iain MacCorquodale		Ron Hill Cambuslang Harriers	13:04
24	137	Andrew Little		Shettleston Harriers	13:08
25	133	Ian Johnson		Shettleston Harriers	13:09
26	57	Taylor Delhagen	U20	Edinburgh University Hare & Hound	13:11
27	127	Andy Renfree		Shaftsbury Barnet Harriers	13:12
28	114	Alistair Campbell	U20	Ron Hill Cambuslang Harriers	13:13
29	117	John Cowan		Ron Hill Cambuslang Harriers	13:14
30	36	Tom Ellacott		City of Edinburgh AC	13:17
31	27	Ian Williamson		Cambridge & Collieridge AC	13:19
32	108	Steven Lawley		Law & District AAC	13:20
33	66	Michael Ross		Falkirk Victoria Harriers	13:21
34	28	Alastair Hay	U20	Central AC	13:22
35	115	Duncan Cochrane		Ron Hill Cambuslang Harriers	13:23
36	128	Adrian Callan		Shettleston Harriers	13:24
37	59	James McMullen		Edinburgh University Hare & Hound	13:24
38	14	Alan Derrick		Calderglen Harriers	13:27
39	138	John MacKay		Shettleston Harriers	13:29
40	37	Martin Ferguson		City of Edinburgh AC	13:30
41	118	Graeme Croll		Ron Hill Cambuslang Harriers	13:31
42	153	Kenneth McCoy		Victoria Park AAC	13:32
43	93	Iain Connell		JW Kilmarnock Harriers	13:33
44	149	Malcolm Bain		Stornoway Running & AC	13:37
45	65	Alasdair Stewart	U20	Falkirk Victoria Harriers	13:38
46	7	Robert Napier		Ayr Seaforth AAC	13:39
47	109	Alaister Russell		Law & District AAC	13:41
48	76	Chris Russell		Fife AC	13:42
49	145	Graham Wight		Shettleston Harriers	13:46
50	48	Grant Stewart		City of Edinburgh AC	13:47
51	8	Colin Souter		Ayr Seaforth AAC	13:48
52	64	Andrew Ronald		Falkirk Victoria Harriers	13:49
53	142	Briogan McGarrity		Shettleston Harriers	13:50
54	88	George Irving		Irvine AC	13:52

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55	51	Chris O'Brien		Corstorphine AAA	13:53
56	96	Keith Haining		JW Kilmarnock Harriers	13:55
57	77	William Spates		Fife AC	13:56
58	100	John McMillan		Kilbarchan AAC	13:57
59	119	David Dymond		Ron Hill Cambuslang Harriers	13:58
60	31	Alex Milne		Central AC	14:00
61	53	Ewan Stark		Corstorphine AAA	14:01
62	74	David Ovens		Fife AC	14:02
63	106	Stephen Allan		Law & District AAC	14:07
64	56	Cameron Burt		Glasgow University	14:09
65	34	David Campbell		City of Edinburgh AC	14:11
66	79	Darren Malin	U20	Giffnock North AAC	14:14
67	95	Stewart Ferguson		JW Kilmarnock Harriers	14:17
68	146	Dennis Williams		Shettleston Harriers	14:18
69	52	Scott Pilkington	U20	Corstorphine AAA	14:19
70	30	Lewis Millar	U20	Central AC	14:20
71	49	Lee Cassidy		Clydesdale Harriers	14:20
72	62	James Williamson		Edinburgh University Hare & Hound	14:20
73	122	Joe Kealey		Ron Hill Cambuslang Harriers	14:22
74	12	Alan Cullie		Calderglen Harriers	14:22
75	10	Graham Allan		Calderglen Harriers	14:22
76	129	Peter Carton		Shettleston Harriers	14:25
77	58	Jonny Henderson	U20	Edinburgh University Hare & Hound	14:28
78	141	Marc Mc Coll		Shettleston Harriers (Individual)	14:36
79	39	Andrew Gibson		City of Edinburgh AC	14:38
80	60	Daryl Philip		Edinburgh University Hare & Hound	14:42
81	86	Brian Craig		Irvine AC	14:42
82	29	Robert Hutchinson		Central AC	14:54
83	121	Bernard Gough		Ron Hill Cambuslang Harriers	14:57
84	97	Stewart McAllister	U20	JW Kilmarnock Harriers	15:03
85	154	Archie Jenkins		RH Cambuslang	15:08
86	92	Graham Cairns		JW Kilmarnock Harriers	15:10
87	82	Campbell Cromar		Inverclyde AC	15:12
88	19	Jamie McMonaghan		Calderglen Harriers	15:22
89	110	Steve Thompson		Livingston & District AAC	15:30
90	99	Michael McGinley		Kilbarchan AAC	15:33
91	83	Robert Gray		Inverclyde AC	15:34
92	26	Stewart Waugh		Calderglen Harriers	15:40
93	120	Sandy Eaglesham		Ron Hill Cambuslang Harriers	15:42
94	13	Kenneth Davidson		Calderglen Harriers	16:01
95	87	Finlay Dowell		Irvine AC	16:32
96	20	Gerry Mullen		Calderglen Harriers	16:35
97	94	Ian Drummond		JW Kilmarnock Harriers	16:51
98	16	Andrew Henderson		Calderglen Harriers	16:57
99	85	Robert Shaw		Inverclyde AC	16:59
100	24	George Stewart		Calderglen Harriers	17:02
101	11	Russell Couper		Calderglen Harriers	17:20
102	21	Eddie Reid		Calderglen Harriers	17:35
103	23	Charles Steven		Calderglen Harriers	18:24
104	18	Stephen Marzella		Calderglen Harriers	19:52
105	151	Alistair Reid		Unattached	22:34
106	150	Alex Duncan		Stornoway Running & AC	32:39
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## **Scottish 4km Cross Country Championships**

### **Bellahouston Park Glasgow Sunday 1st February 2004**

Cat	(All)
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#### Male Teams

Sum of Pos		Total
Club	Name	Total
Fife AC	Andrew Lemoncello	1
	Andrew Liston	11
	Daniel Leggate	16
	Owen Greene	17
Fife AC Total		45
Ron Hill Cambuslang Harriers	Alan MacPherson	7
	David Rodgers	10
	John Brown	14
	Iain MacCorquodale	23
Ron Hill Cambuslang Harriers Total		54
City of Edinburgh AC	Darren Gausen	8
	Gael Le Coz	15
	Juan Mareque	19
	Tom Ellacott	30
City of Edinburgh AC Total		72
Shettleston Harriers	Martin Graham	4
	Andrew Little	24
	Ian Johnson	25
	Adrian Callan	36
Shettleston Harriers Total		89
Irvine AC	William Richardson	5
	David Millar	18
	Lee Richardson	20
	George Irving	54
Irvine AC Total		97
Edinburgh University Hare	Taylor Delhagen	26
	James McMullen	37
	James Williamson	72
	Jonny Henderson	77
Edinburgh University Hare & Hounds Total		212
Central AC	Alastair Hay	34
	Alex Milne	60
	Lewis Millar	70
	Robert Hutchinson	82
Central AC Total		246

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JW Kilmarnock Harriers	Iain Connell	43
	Keith Haining	56
	Stewart Ferguson	67
	Stewart McAllister	84
JW Kilmarnock Harriers Total		250
Calderglen Harriers	Alan Derrick	38
	Alan Cullie	74
	Graham Allan	75
	Jamie McMonaghan	88
Calderglen Harriers Total		275
Inverclyde AC	Mark Pollard	22
	Campbell Cromar	87
	Robert Gray	91
	Robert Shaw	99
Inverclyde AC Total		299

## **Scottish 4km Cross Country Championships**

### **Bellahouston Park Glasgow Sunday 1st February 2004**

Pos	No	Name	Cat	Club	Time
1	232	Freya Murray		Edinburgh Woollen Mill	13:48
2	226	Elizabeth McColgan		Dundee Hawkhill Harriers	13:59
3	233	Hayley Ovens		Edinburgh Woollen Mill	14:27
4	238	Allison Higgins		JW Kilmarnock Harriers	14:40
5	213	Lyn Wilson		Carnethy Hill Racing Club	14:47
6	229	Rosie Smith	U20	Durham City Harriers	14:50
7	222	Eileen Lang		City of Glasgow AC	14:52
8	212	Jill Tait		Carnethy Hill Racing Club	14:59
9	221	Jill Knowles		City of Glasgow AC	15:08
10	215	Toni McIntosh		Central AC	15:15
11	236	Pam Nicholson		Glasgow University	15:20
12	248	Michelle Sandison		Strathclyde University Harriers	15:21
13	231	Vicky Frew		Edinburgh Woollen Mill	15:36
14	203	Deborah Ferns		Bellahouston Road Runners	15:40
15	240	Dennise Smith		Kilbarchan AAC	15:45
16	214	Jane McCrorie		Central AC	15:57
17	211	Kate Jenkins		Carnethy Hill Racing Club	16:02
18	243	Avril Gardiner	U20	Livingston & District AAC	16:10
19	218	Claire Ward		City of Edinburgh AC	16:15
20	246	Claire McCracken		Shettleston Harriers Ladies	16:23
21	219	Kirsty Baird		City of Glasgow AC	16:29
22	237	Helen Morton		Irvine AC	16:35
23	217	Marietta Van der Linder		City of Edinburgh AC	16:40
24	225	Jacqueline Thomson		City of Glasgow AC	16:41
25	247	Clare Gemmell		Springburn Harriers	16:42
26	208	Melanie Fraser		Calderglen Harriers	17:04
27	209	Catriona Kerr		Calderglen Harriers	17:06
28	242	Yvonne Crilly		Livingston & District AAC	17:22
29	207	Stacey Erwin		Calderglen Harriers	17:59
30	245	Lynne Marr		Shettleston Harriers Ladies	18:05
31	244	Sue McDowell		Livingston & District AAC	18:12
32	227	Rachel Pratt		Dunfermline & West Fife AC	18:33
33	241	Ada Stewart		Kirkintilloch Olympians	19:15
34	205	Mandy Cullie		Calderglen Harriers	20:38
35	210	Barbara Sloss		Calderglen Harriers	20:51
36	206	Denise Drysdale		Calderglen Harriers	23:08
37	204	Genevieve Allan		Calderglen Harriers	28:44
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## **Scottish 4km Cross Country Championships**

### **Bellahouston Park Glasgow Sunday 1st February 2004**

Cat	(All)
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#### Female Teams

Sum of Pos		
Club	Name	Total
Edinburgh Woollen Mill	Freya Murray	1
	Hayley Ovens	3
	Vicky Frew	13
Edinburgh Woollen Mill Total		17
Carnethy Hill Racing Club	Lyn Wilson	5
	Jill Tait	8
	Kate Jenkins	17
Carnethy Hill Racing Club Total		30
City of Glasgow AC	Eileen Lang	7
	Jill Knowles	9
	Kirsty Baird	21
City of Glasgow AC Total		37
Livingston & District AAC	Avril Gardiner	18
	Yvonne Crilly	28
	Sue McDowell	31
Livingston & District AAC Total		77
Calderglen Harriers	Melanie Fraser	26
	Catriona Kerr	27
	Stacey Erwin	29
Calderglen Harriers Total		82