

scottishathletics Mens 4K Championships
Sunday 30 January 2005 Bellahouston Park

Pos	No	Name	Cat	Club	Time
1	37	Robert Russell	SEN	Central AC	12:35
2	1	Kevin Sheppard	SEN	Aldershot, Farnham & District	12:43
3	147	Simon Plummer	SEN	Team Solent AC	12:50
4	47	Darren Gauson	SEN	City of Edinburgh AC	12:53
5	107	John Newsom	U20	Pitreavie AAC	12:56
6	92	Mark Pollard	SEN	Inverclyde	12:58
7	99	Robert Quinn	SEN	Kilbarchan AAC	13:00
8	97	Lee Richardson	SEN	Irvine AC	13:00
9	30	John Burke	SEN	Central AC	13:03
10	108	John Brown	VET	Ron Hill Cambuslang Harriers	13:04
11	42	Matthew Bell	SEN	City of Edinburgh AC	13:13
12	49	Juan Mareque	SEN	City of Edinburgh AC	13:14
13	73	James McMullen	SEN	Edinburgh Univ Hare & Houn	13:14
14	131	Ryan Montgomery	SEN	Shettleston Harriers	13:16
15	98	Edward Tonner	SEN	JW Kilmarnock Harriers	13:16
16	137	Kenneth McCoy	SEN	Shettleston Harriers	13:18
17	58	Kris Berry	U20	Corstorphine AAC	13:18
18	105	Scott Fraser	U20	Lothian Running Club	13:18
19	88	Christopher MacKay	SEN	Greenock Glenpark Harriers	13:19
20	51	Scott Thomson	U20	City of Edinburgh AC	13:21
21	95	David Millar	SEN	Irvine AC	13:21
22	135	Adam Lee	U20	Shettleston Harriers	13:23
23	116	David Rodgers	SEN	Ron Hill Cambuslang Harriers	13:27
24	31	Ross Houston	SEN	Central AC	13:27
25	38	Luke Stokes	U20	Central AC (Ind)	13:30
26	119	William Coyle	VET	Shettleston Harriers	13:32
27	110	Robert Gilroy	SEN	Ron Hill Cambuslang Harriers	13:32
28	114	Jasmair Pal	SEN	Ron Hill Cambuslang Harriers	13:35
29	5	Robert Napier	SEN	Ayr Seaforth AAC	13:36
30	124	Andy Little	SEN	Shettleston Harriers	13:38
31	117	Charles Thomson	SEN	Ron Hill Cambuslang Harriers	13:42
32	106	Andrew Clark	U20	Moray Road Runners	13:48
33	59	Bryan Clark	SEN	Corstorphine AAC	13:50
34	128	Ian Johnston	SEN	Shettleston Harriers	13:57
35	113	Ian Munro	SEN	Ron Hill Cambuslang Harriers	13:59
36	134	Donald Macaulay	SEN	Shettleston Harriers	14:01
37	81	Chris Foley	SEN	Fife AC	14:03
38	52	S Wilkinson	SEN	City of Edinburgh AC	14:05
39	9	Iain Stuart	SEN	Bristol & West AC	14:06
40	6	Colin Souter	SEN	Ayr Seaforth AAC	14:08
41	139	A McDonald	SEN	Shettleston Harriers	14:10
42	18	Martin Duthie	VET	Calderglen Harriers	14:12
43	46	Martin Ferguson	SEN	City of Edinburgh AC	14:14
44	80	Andrew Ronald	SEN	Falkirk Victoria Harriers	14:17
45	100	Stephen Allen	SEN	Law & District AC	14:17
46	4	Francis Napier	SEN	Ayr Seaforth AAC	14:18
47	33	Steve Laing	VET	Central AC	14:18
48	36	Murray MacLarty	U20	Central AC	14:20
49	41	Graham Beal	SEN	City of Edinburgh AC	14:24
50	123	Martin Graham	SEN	Shettleston Harriers	14:26
51	35	Alex Milne	SEN	Central AC	14:28
52	61	Scott Pilkington	U20	Corstorphine AAC	14:34
53	34	Lewis Millar	SEN	Central AC	14:35
54	138	Stephen Matthews	U20	Shettleston Harriers	14:36
55	145	Gavin Hogarth	SEN	Stirling University AC	14:38

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56	2	Alex Allardyce	SEN	Ayr Seaforth AAC	14:40
57	78	Alexander Davidson	U20	Falkirk Victoria Harriers	14:40
58	87	David Ovens	SEN	Fife AC	14:41
59	19	Stuart Gibson	SEN	Calderglen Harriers	14:44
60	40	John Blair	SEN	City of Edinburgh AC	14:48
61	45	Andy Fife	SEN	City of Edinburgh AC	14:55
62	101	Jamie McMorrow	SEN	Law & District AC	15:01
63	121	Peter Carton	VET	Shettleston Harriers	15:03
64	66	David J. Condra	VET	East Kilbride A.C.	15:04
65	60	Chris O'Brien	SEN	Corstorphine AC	15:06
66	104	George Cairns	SEN	Lochaber AC	15:07
67	32	Robert Hutchison	VET	Central AC	15:10
68	93	Brian Craig	VET	Irvine AC	15:11
69	53	S Wales	SEN	City of Edinburgh AC	15:17
70	14	Alan Cullie	SEN	Calderglen Harriers	15:21
71	74	Daryl Philip	SEN	Edinburgh Univ Hare & Houn	15:30
72	102	Grant Forrester	U20	Livingston & District AAC	15:32
73	111	John McPake	SEN	Ron Hill Cambuslang Harriers	15:34
74	120	Karl Povey	SEN	Shettleston Harriers	15:36
75	10	Graham Allan	SEN	Calderglen Harriers	15:36
76	68	Will Bailey	SEN	Edinburgh Univ Hare & Houn	15:41
77	39	Kevin Andison	U20	City of Edinburgh AC	15:42
78	197	Joe Chambers	SEN	Springburn Harriers	15:47
79	72	A Marshall	SEN	Edinburgh Univ Hare & Houn	15:48
80	148	Joseph Doyle	VET	Victoria Park AAC	15:49
81	57	Robert Young	VET	Clydesdale Harriers	15:51
82	67	Graeme Haddow	VET	East Kilbride A.C.	15:51
83	15	Kenneth Davidson	SEN	Calderglen Harriers	15:54
84	44	Keith Dunlop	SEN	City of Edinburgh AC	15:54
85	64	Graeme Caskie	U20	East Kilbride A.C.	15:59
86	29	Stuart Waugh	VET	Calderglen Harriers	16:02
87	77	Richard Turner	SEN	Edinburgh University AC	16:06
88	103	Steven Thomson	VET	Livingston & District AAC	16:14
89	142	James Findlay	U20	Shettleston Harriers	16:21
90	24	Jamie McMonagle	SEN	Calderglen Harriers	16:25
91	65	Gordon Colvin	VET	East Kilbride A.C.	16:30
92	130	A McIntyre	VET	Shettleston Harriers	16:35
93	141	John McCall	SEN	Shettleston Harriers	16:45
94	118	Brian McLelland	U20	Ross County AC	16:48
95	20	Andrew Henderson	VET	Calderglen Harriers	16:55
96	23	Gerard Mullen	VET	Calderglen Harriers	17:07
97	112	Thomas McPake	VET	Ron Hill Cambuslang Harriers	17:07
98	27	George Stewart	VET	Calderglen Harriers	17:18
99	196	Jim Holmes	SEN	Calderglen Harriers	17:22
100	25	Edward Reid	VET	Calderglen Harriers	17:37
101	50	Stephen Maniam	SEN	City of Edinburgh AC	17:50
102	13	Russell Couper	SEN	Calderglen Harriers	18:08
103	63	Michael Browne	SEN	East Kilbride A.C.	18:25
104	26	Charles Steven	VET	Calderglen Harriers	18:44
105	11	Colin Banks	SEN	Calderglen Harriers	19:40
106	12	Malcolm Buchanan	VET	Calderglen Harriers	21:11

scottishathletics 4K Championships
Sunday 30 Jnauary 2005 Bellahouston Park

Cat	(All)
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Sum of Pos		
Club	Name	Total
City of Edinburgh AC	Darren Gauson	4
	Matthew Bell	11
	Juan Mareque	12
	Scott Thomson	20
City of Edinburgh AC Total		47
Shettleston Harriers	Ryan Montgomery	14
	Kenneth McCoy	16
	Adam Lee	22
	William Coyle	26
Shettleston Harriers Total		78
Central AC	Robert Russell	1
	John Burke	9
	Ross Houston	24
	Steve Laing	47
Central AC Total		81
Ron Hill Cambuslang Harriers	John Brown	10
	David Rodgers	23
	Robert Gilroy	27
	Jasmair Pal	28
Ron Hill Cambuslang Harriers Total		88
Ayr Seaforth AAC	Robert Napier	29
	Colin Souter	40
	Francis Napier	46
	Alex Allardyce	56
Ayr Seaforth AAC Total		171

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Edinburgh Univ Hare & Hounds	James McMullen	13
	Daryl Philip	71
	Will Bailey	76
	A Marshall	79
Edinburgh Univ Hare & Hounds Total		239
Calderglen Harriers	Martin Duthie	42
	Stuart Gibson	59
	Alan Cullie	70
	Graham Allan	75
Calderglen Harriers Total		246
East Kilbride A.C.	David J. Condra	64
	Graeme Haddow	82
	Graeme Caskie	85
	Gordon Colvin	91
East Kilbride A.C. Total		322

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Pos	No	Name	Cat	Club	Time
1	220	Collette Fagan	SEN	City Of Glasgow AC	14:35
2	236	Sarah Stevenson	SEN	Giffnock North AC	14:46
3	231	Hayley Ovens	SEN	Edinburgh Southern Harriers	14:49
4	211	Lyn Wilson	SEN	Carnethy Hill Racing Club	14:51
5	232	Marbeth Shiell	U20	Edinburgh Southern Harriers	15:24
6	224	Jill Knowles	SEN	City Of Glasgow AC	15:31
7	219	Suzanne Benyan(Owe	SEN	City Of Glasgow AC	15:34
8	237	Dennise Smith	SEN	Kilbarchan AAC	15:37
9	225	Claire McCracken	SEN	City Of Glasgow AC	15:37
10	246	Lesley Chisholm	SEN	Springburn Harriers	15:40
11	203	Helen Stuart	SEN	Bellahouston Road Runners	15:50
12	223	Sarah Kettlewell	SEN	City Of Glasgow AC	15:52
13	234	Shona Hughes	SEN	Giffnock North AC	15:52
14	245	Michelle Sandison	SEN	Shettleston Harriers	16:05
15	239	Kirsteen Young	SEN	City Of Glasgow AC	16:06
16	209	Kate Jenkins	SEN	Carnethy Hill Racing Club	16:26
17	241	Avril Gardner	SEN	Livingston & District AAC	16:29
18	202	Deborah Ferns	SEN	Bellahouston Road Runners	16:34
19	214	Catherine Ferry	SEN	City of Edinburgh AC	16:45
20	217	Claire Ward	SEN	City of Edinburgh AC	16:56
21	235	Helen Stevenson	U20	Giffnock North AC	17:01
22	215	Marietta Vander Linde	SEN	City of Edinburgh AC	17:05
23	212	Jane McCrorie	SEN	Central AC	17:10
24	238	Fiona Gentles	U20	Kirkintilloch Olympians	17:27
25	230	Emily Finnie	U20	Edinburgh Southern Harriers	17:33
26	218	Kirsty Baird	SEN	City Of Glasgow AC	17:38
27	206	Melanie Fraser	SEN	Calderglen Harriers	17:55
28	233	Vickey Clegg	U20	Edinburgh Univ	17:57
29	201	Shona Donnelly	SEN	Bellahouston Road Runners	18:04
30	213	Ruth Chamberlain	SEN	City of Edinburgh AC	18:14
31	242	Sue McDowell	VET	Livingston & District AAC	18:24
32	205	Stacy Anne Erwin	SEN	Calderglen Harriers	18:37
33	208	Frances Maxwell	SEN	Calderglen Harriers	20:36
34	204	Mandy Cullie	SEN	Calderglen Harriers	20:50
35	207	Mary Goldsmith	VET	Calderglen Harriers	21:16
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Cat	(All)
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Sum of Pos		
Club	Name	Total
City Of Glasgow AC	Collette Fagan	1
	Jill Knowles	6
	Suzanne Benyan(Owen)	7
City Of Glasgow AC Total		14
Edinburgh Southern Harrie	Hayley Ovens	3
	Marbeth Shiell	5
	Emily Finnie	25
Edinburgh Southern Harriers Total		33
Giffnock North AC	Sarah Stevenson	2
	Shona Hughes	13
	Helen Stevenson	21
Giffnock North AC Total		36
Bellahouston Road Runner	Helen Stuart	11
	Deborah Ferns	18
	Shona Donnelly	29
Bellahouston Road Runners Total		58
City of Edinburgh AC	Catherine Ferry	19
	Claire Ward	20
	Marietta Vander Linden	22
City of Edinburgh AC Total		61
Calderglen Harriers	Melanie Fraser	27
	Stacy Anne Erwin	32
	Frances Maxwell	33
Calderglen Harriers Total		92