

**2009 4K Scottish 4km Championships  
Bellahouston Park Glasgow Sunday 25th January 2009**

**Senior/U20 Men**

| <b>Pos</b> | <b>No</b> | <b>Name</b>             | <b>Cat</b> | <b>Club</b>           | <b>Time</b> |
|------------|-----------|-------------------------|------------|-----------------------|-------------|
| 1          | 94        | Tsegai Tewelde          | Under 20   | Shettleston Harriers  | 12:33       |
| 2          | 186       | Teweldeberhan Mengistab | Senior     | Shettleston Harriers  | 12:35       |
| 3          | 115       | Alastair Hay            | Senior     | Central AC            | 12:37       |
| 4          | 154       | Christopher MacKay      | Senior     | Inverclyde AC         | 12:46       |
| 5          | 74        | Scott McDonald          | Under 20   | Central AC            | 12:50       |
| 6          | 185       | Tsegezab Woldemichael   | Senior     | Shettleston Harriers  | 12:55       |
| 7          | 119       | Robert Russell          | Senior     | Central AC            | 12:55       |
| 8          | 169       | Daniel Mulhare          | Senior     | Lasswade AAC          | 12:57       |
| 9          | 96        | Matthew Gillespie       | Under 20   | Shettleston Harriers  | 13:09       |
| 10         | 91        | Paul Leck               | Under 20   | Kilbarchan AAC        | 13:10       |
| 11         | 184       | Martin Graham           | Senior     | Shettleston Harriers  | 13:14       |
| 12         | 85        | Michael Gillespie       | Under 20   | Edinburgh University  | 13:15       |
| 13         | 73        | Alexander Hendry        | Under 20   | Central AC            | 13:17       |
| 14         | 90        | Scott Hawkins           | Under 20   | Kilbarchan AAC        | 13:19       |
| 15         | 129       | Grant Baillie           | Senior     | East Kilbride AC      | 13:27       |
| 16         | 183       | Paul Sorrie             | Senior     | Shettleston Harriers  | 13:30       |
| 17         | 75        | Sean Reilly             | Under 20   | Central AC            | 13:36       |
| 18         | 70        | Mark Haskett            | Under 20   | Aberdeen AAC          | 13:41       |
| 19         | 146       | Ben Cole                | Senior     | Edinburgh Univ Hare   | 13:48       |
| 20         | 124       | Andrew Connick          | Senior     | Corstorphine          | 13:49       |
| 21         | 180       | Gordon Phillips         | Senior     | Shettleston Harriers  | 13:49       |
| 22         | 171       | Barney Phillips         | Senior     | Lasswade AAC          | 13:52       |
| 23         | 117       | Lewis Millar            | Senior     | Central AC            | 13:54       |
| 24         | 140       | J Mareque               | Vet        | Edinburgh AC          | 13:56       |
| 25         | 86        | William Nicholson       | Under 20   | Edinburgh University  | 13:58       |
| 26         | 178       | Tom Cunningham          | Under 20   | St Andrews University | 14:01       |
| 27         | 103       | Stuart Gibson           | Senior     | Calderglen Harriers   | 14:02       |
| 28         | 179       | Kenneth McCoy           | Senior     | Shettleston Harriers  | 14:06       |
| 29         | 142       | Adam Priestley          | Senior     | Edinburgh AC          | 14:07       |
| 30         | 125       | Bryan Clark             | Senior     | Corstorphine AAC      | 14:10       |
| 31         | 151       | David Fay               | Senior     | Glasgow University H  | 14:12       |
| 32         | 78        | Jamie Clements          | Under 20   | East Kilbride AC      | 14:14       |
| 33         | 88        | John Cooke              | Under 20   | Inverclyde AC         | 14:15       |
| 34         | 128       | Scott Pilkington        | Senior     | Corstorphine AAC      | 14:24       |
| 35         | 170       | Niall Sheehan           | Senior     | Lasswade AAC          | 14:25       |
| 36         | 89        | Sean Gaffney            | Under 20   | Inverclyde AC         | 14:26       |
| 37         | 92        | James Wales             | Under 20   | Kilmarnock H&AC       | 14:28       |
| 38         | 98        | Frank Boyne             | Vet        | Aberdeen AAC          | 14:29       |
| 39         | 137       | Neil Calder             | Senior     | Edinburgh AC          | 14:32       |
| 40         | 97        | Matthew Turner          | Under 20   | Shettleston Harriers  | 14:38       |

|    |     |                   |          |                        |       |
|----|-----|-------------------|----------|------------------------|-------|
| 41 | 147 | Doug Tullie       | Under 20 | Edinburgh Univ Hare    | 14:40 |
| 42 | 69  | Ross Fulton       | Under 20 | Aberdeen AAC           | 14:41 |
| 43 | 143 | Iain Whitaker     | Senior   | Edinburgh AC           | 14:49 |
| 44 | 153 | Paul Thompson     | Vet      | Helensburgh AAC        | 14:54 |
| 45 | 72  | Rory Leslie       | Under 20 | Aberdeen AAC           | 14:57 |
| 46 | 188 | William Coyle     | Vet      | Shettleston Harriers   | 15:01 |
| 47 | 136 | Graham Beal       | Senior   | Edinburgh AC           | 15:11 |
| 48 | 191 | Chris Upson       | Vet      | Westerlands XC Club    | 15:15 |
| 49 | 157 | Patrick Cullinane | Senior   | Strathclyde Univ       | 15:31 |
| 50 | 176 | Andrew Steven     | Senior   | Ron Hill Cambuslang    | 15:35 |
| 51 | 144 | Steven Wales      | Vet      | Edinburgh AC           | 15:36 |
| 52 | 118 | Alex Milne        | Vet      | Central AC             | 15:37 |
| 53 | 95  | Ruairidh Munro    | Under 20 | Shettleston Harriers   | 15:42 |
| 54 | 156 | Brian Craig       | Vet      | Irvine AC              | 15:43 |
| 55 | 122 | Iain Robertson    | Senior   | Clydesdale Harriers    | 15:44 |
| 56 | 167 | Louis O'Hare      | Senior   | Kirkintilloch Olympian | 15:48 |
| 57 | 164 | Connell Drummond  | Senior   | Kilmarnock H&AC        | 15:52 |
| 58 | 77  | Ryan Savage       | Under 20 | Clydesdale Harriers    | 15:55 |
| 59 | 111 | Edward Reid       | Vet      | Calderglen Harriers    | 15:59 |
| 60 | 149 | Daniel Bradford   | Senior   | Glasgow University H   | 16:03 |
| 61 | 133 | Graeme Haddow     | Vet      | East Kilbride AC       | 16:04 |
| 62 | 148 | David W Dickson   | Vet      | Garscube Harriers      | 16:08 |
| 63 | 135 | Tom Yuill JNR     | Senior   | East Kilbride AC       | 16:14 |
| 64 | 177 | Gary Wallace      | Senior   | Ron Hill Cambuslang    | 16:15 |
| 65 | 116 | Robert Hutchison  | Vet      | Central AC             | 16:17 |
| 66 | 174 | Freddy Connor     | Vet      | Ron Hill Cambuslang    | 16:24 |
| 67 | 108 | Jamie McMonagle   | Senior   | Calderglen Harriers    | 16:29 |
| 68 | 138 | Keith Dunlop      | Senior   | Edinburgh AC           | 16:29 |
| 69 | 120 | Gary Dick         | Senior   | Clydesdale Harriers    | 16:36 |
| 70 | 109 | Stephen Phimister | Senior   | Calderglen Harriers    | 16:40 |
| 71 | 163 | Alan Brydon       | Senior   | Kilmarnock H&AC        | 16:44 |
| 72 | 145 | Will Bailey       | Senior   | Edinburgh Univ Hare    | 16:47 |
| 73 | 190 | Gary Love         | Vet      | Strathclyde Fire and   | 17:02 |
| 74 | 121 | Anthony Jones     | Senior   | Clydesdale Harriers    | 17:06 |
| 75 | 132 | David J Condra    | Vet      | East Kilbride AC       | 17:17 |
| 76 | 158 | James Sneddon     | Vet      | Irvine AC              | 17:24 |
| 77 | 155 | Robert Shaw       | Vet      | Inverclyde AC          | 17:29 |
| 78 | 131 | Gordon Colvin     | Vet      | East Kilbride AC       | 17:40 |
| 79 | 161 | Donald Kennedy    | Senior   | Kilbarchan AAC         | 17:52 |
| 80 | 113 | George Stewart    | Vet      | Calderglen Harriers    | 17:57 |
| 81 | 105 | Jim Holmes        | Senior   | Calderglen Harriers    | 18:02 |
| 82 | 76  | Ryan Nelson       | Under 20 | Clydesdale Harriers    | 18:08 |
| 83 | 104 | David Herbertson  | Senior   | Calderglen Harriers    | 18:11 |
| 84 | 141 | Ryan O'Hare       | Senior   | Edinburgh AC           | 18:12 |
| 85 | 165 | Kenneth Wales     | Vet      | Kilmarnock H&AC        | 18:22 |
| 86 | 107 | Graham Lindsay    | Vet      | Calderglen Harriers    | 18:30 |

|           |     |                   |        |                        |       |
|-----------|-----|-------------------|--------|------------------------|-------|
| <b>87</b> | 166 | Christopher Craig | Senior | Kirkintilloch Olympian | 19:48 |
| <b>88</b> | 159 | Robert Connell    | Vet    | Kilbarchan AAC         | 20:06 |
| <b>89</b> | 130 | Michael Browne    | Senior | East Kilbride AC       | 21:06 |
| <b>90</b> | 106 | Richard Lawton    | Senior | Calderglen Harriers    | 21:15 |
| <b>91</b> | 152 | Andrew Stafford   | Vet    | Helensburgh AAC        | 22:00 |
| <b>92</b> | 101 | Russell Couper    | Vet    | Calderglen Harriers    | 22:57 |
| <b>93</b> | 160 | Brian Graham      | Vet    | Kilbarchan AAC         | 23:51 |
| <b>94</b> | 172 | William Drysdale  | Vet    | Law & District AAC     | 24:54 |

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**Senior/U20 Women**

| <b>Pos</b> | <b>No</b> | <b>Name</b>           | <b>Cat</b> | <b>Club</b>               | <b>Time</b> |
|------------|-----------|-----------------------|------------|---------------------------|-------------|
| 1          | 39        | Freya Murray          | Senior     | Edinburgh AC              | 14:42       |
| 2          | 14        | Nicola Hood           | Under 20   | VP-Glasgow AC             | 15:09       |
| 3          | 22        | Lyn Wilson            | Senior     | Carnethy Hill Racing Club | 15:20       |
| 4          | 51        | Rosie Smith           | Senior     | Hunters Bog Trotters      | 15:25       |
| 5          | 25        | Toni McIntosh         | Senior     | Ayr Seaforth AAC          | 15:33       |
| 6          | 33        | Niamh Devlin          | Senior     | Edinburgh AC              | 15:38       |
| 7          | 9         | Sarah Inglis          | Under 20   | Lothian Running Club      | 15:42       |
| 8          | 37        | Jennifer MacLean      | Senior     | Edinburgh AC              | 15:44       |
| 9          | 24        | Alison Docherty       | Senior     | Central AC                | 15:45       |
| 10         | 15        | Josephine Moultrie    | Under 20   | VP-Glasgow AC             | 15:48       |
| 11         | 12        | Eilidh MacKenzie      | Under 20   | Stornoway Running & A     | 15:49       |
| 12         | 11        | Danielle Brown        | Under 20   | Springburn Harriers       | 15:49       |
| 13         | 199       | Helen Sharpe          | Senior     | Fife AC                   | 15:51       |
| 14         | 28        | Emma Waterhouse       | Senior     | Central AC                | 15:53       |
| 15         | 7         | Elsbeth Curran        | Under 20   | Kilbarchan AAC            | 16:00       |
| 16         | 53        | Leanne Hamilton       | Senior     | Kilbarchan AAC            | 16:13       |
| 17         | 43        | Morgan Murphy         | Senior     | Fife AC                   | 16:14       |
| 18         | 36        | Sarah Hood            | Senior     | Edinburgh AC              | 16:30       |
| 19         | 68        | Donna Finlayson       | Senior     | VP-Glasgow AC             | 16:30       |
| 20         | 27        | Fiona Thompson        | Senior     | Central AC                | 16:35       |
| 21         | 65        | Clare Gemmell         | Senior     | Springburn Harriers       | 16:40       |
| 22         | 62        | Sarah Blake           | Senior     | Penicuik Harriers         | 16:42       |
| 23         | 13        | Rebecca Finch         | Under 20   | VP-Glasgow AC             | 16:47       |
| 24         | 5         | Ruth Joss             | Under 20   | Giffnock North AAC        | 16:53       |
| 25         | 66        | Michelle Sandison     | Senior     | Springburn Harriers       | 17:02       |
| 26         | 23        | Hazel Dean            | Vet        | Central AC                | 17:03       |
| 27         | 40        | Joanne Thom           | Senior     | Edinburgh AC              | 17:03       |
| 28         | 58        | Kara Tait             | Under 20   | Kilmarnock H&AC           | 17:09       |
| 29         | 56        | Cara Sloss            | Senior     | Kilbarchan AAC            | 17:11       |
| 30         | 57        | Hannah Waugh          | Senior     | Kilbarchan AAC            | 17:31       |
| 31         | 50        | Michelle Hetherington | Vet        | Helensburgh AAC           | 17:36       |
| 32         | 41        | Briony Curtis         | Senior     | Edinburgh Univ H & H      | 17:44       |
| 33         | 64        | Frances Florence      | Vet        | Springburn Harriers       | 17:48       |
| 34         | 45        | Alison Winship        | Vet        | Garscube Harriers         | 17:53       |
| 35         | 42        | Sarah Louise Johnson  | Senior     | Edinburgh Univ H & H      | 18:07       |
| 36         | 31        | Joanne McEvoy         | Senior     | East Kilbride A.C.        | 18:09       |
| 37         | 6         | Michelle Bell         | Under 20   | Kilbarchan AAC            | 18:32       |
| 38         | 34        | Katja Eravisto        | Senior     | Edinburgh AC              | 18:43       |
| 39         | 44        | Heather McIntosh      | Vet        | Garscube Harriers         | 18:45       |
| 40         | 30        | Kelly Baillie         | Senior     | East Kilbride A.C.        | 18:51       |

|           |    |                     |        |                         |       |
|-----------|----|---------------------|--------|-------------------------|-------|
| <b>41</b> | 59 | Paula Wilson        | Senior | Kilmarnock H&AC         | 19:03 |
| <b>42</b> | 63 | Caroline Brownlie   | Senior | Springburn Harriers     | 19:20 |
| <b>43</b> | 60 | Ada Stewart         | Vet    | Kirkintilloch Olympians | 19:23 |
| <b>44</b> | 46 | Janet Fellowes      | Vet    | Helensburgh AAC         | 19:32 |
| <b>45</b> | 21 | Sandra Reid         | Vet    | Calderglen Harriers     | 19:37 |
| <b>46</b> | 29 | Marina McCallum     | Senior | Clydesdale Harriers     | 19:42 |
| <b>47</b> | 67 | Christine Catterson | Vet    | VP-Glasgow AC           | 20:34 |
| <b>48</b> | 19 | Mary Goldsmith      | Vet    | Calderglen Harriers     | 20:53 |

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**Senior/U20 Men**

| <b>Club</b>                    | <b>Name</b>              | <b>Total</b> |
|--------------------------------|--------------------------|--------------|
| Shettleston Harriers           | Tsegai Tewelde           | 1            |
|                                | Tewoldeberhan Mengisteab | 2            |
|                                | Tsegezab Woldemichael    | 6            |
|                                | Matthew Gillespie        | 9            |
| Shettleston Harriers Total     |                          | 18           |
| Central AC                     | Alastair Hay             | 3            |
|                                | Scott McDonald           | 5            |
|                                | Robert Russell           | 7            |
|                                | Alexander Hendry         | 13           |
| Central AC Total               |                          | 28           |
| Edinburgh University H&H       | Michael Gillespie        | 12           |
|                                | Ben Cole                 | 19           |
|                                | William Nicholson        | 25           |
|                                | Doug Tullie              | 41           |
| Edinburgh University H&H Total |                          | 87           |
| Edinburgh AC                   | J Mareque                | 24           |
|                                | Adam Priestley           | 29           |
|                                | Neil Calder              | 39           |
|                                | Iain Whitaker            | 43           |
| Edinburgh AC Total             |                          | 135          |
| Aberdeen AAC                   | Mark Haskett             | 18           |
|                                | Frank Boyne              | 38           |
|                                | Ross Fulton              | 42           |
|                                | Rory Leslie              | 45           |
| Aberdeen AAC Total             |                          | 143          |
| Inverclyde AC                  | Christopher MacKay       | 4            |
|                                | John Cooke               | 33           |
|                                | Sean Gaffney             | 36           |
|                                | Robert Shaw              | 77           |
| Inverclyde AC Total            |                          | 150          |

|                          |                |     |
|--------------------------|----------------|-----|
| East Kilbride A.C.       | Grant Baillie  | 15  |
|                          | Jamie Clements | 32  |
|                          | Graeme Haddow  | 61  |
|                          | Tom YuillJNR   | 63  |
| East Kilbride A.C. Total |                | 171 |
|                          |                |     |

|                           |                   |     |
|---------------------------|-------------------|-----|
| Kilbarchan AAC            | Paul Leck         | 10  |
|                           | Scott Hawkins     | 14  |
|                           | Donald Kennedy    | 79  |
|                           | Robert Connell    | 88  |
| Kilbarchan AAC Total      |                   | 191 |
|                           |                   |     |
| Calderglen Harriers       | Stuart Gibson     | 27  |
|                           | Edward Reid       | 59  |
|                           | Jamie McMonagle   | 67  |
|                           | Stephen Phimister | 70  |
| Calderglen Harriers Total |                   | 223 |
|                           |                   |     |

|                       |                  |     |
|-----------------------|------------------|-----|
| Kilmarnock H&AC       | James Wales      | 37  |
|                       | Connell Drummond | 57  |
|                       | Alan Brydon      | 71  |
|                       | Kenneth Wales    | 85  |
| Kilmarnock H&AC Total |                  | 250 |
|                       |                  |     |

|                           |                |     |
|---------------------------|----------------|-----|
| Clydesdale Harriers       | Iain Robertson | 55  |
|                           | Ryan Savage    | 58  |
|                           | Gary Dick      | 69  |
|                           | Anthony Jones  | 74  |
| Clydesdale Harriers Total |                | 256 |

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**Senior/U20 Women**

| <b>Club</b>               | <b>Name</b>        | <b>Total</b> |
|---------------------------|--------------------|--------------|
| Edinburgh AC              | Freya Murray       | 1            |
|                           | Niamh Devlin       | 6            |
|                           | Jennifer MacLean   | 8            |
| Edinburgh AC Total        |                    | 15           |
| VP-Glasgow AC             | Nicola Hood        | 2            |
|                           | Josephine Moultrie | 10           |
|                           | Donna Finlayson    | 19           |
| VP-Glasgow AC Total       |                    | 31           |
| Central AC                | Alison Docherty    | 9            |
|                           | Emma Waterhouse    | 14           |
|                           | Fiona Thompson     | 20           |
| Central AC Total          |                    | 43           |
| Springburn Harriers       | Danielle Brown     | 12           |
|                           | Clare Gemmell      | 21           |
|                           | Michelle Sandison  | 25           |
| Springburn Harriers Total |                    | 58           |
| Kilbarchan AAC            | Elsbeth Curran     | 15           |
|                           | Leanne Hamilton    | 16           |
|                           | Cara Sloss         | 29           |
| Kilbarchan AAC Total      |                    | 60           |