

**2010 Scottish 4km Championships**  
**Sunday 31st January 2010**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	155	Daniel Mulhare	Senior	Inverclyde AC	11:15
2	179	Tewoldeberhan Mengis	Senior	Shettleston Harriers	11:23
3	178	Tsegezab Woldemichael	Senior	Shettleston Harriers	11:28
4	71	Tsegai Tewelde	Under 20	Shettleston Harriers	11:37
5	166	John Newsom	Senior	Pitreavie AAC	11:45
6	156	Mark Pollard	Senior	Inverclyde AC	11:49
7	134	Michael Gillespie	Senior	Edinburgh Univ Hare & Hounds	11:51
8	77	Mark Haskett	Senior	Aberdeen AAC	11:55
9	51	Alexander Hendry	Under 20	Central AC	11:57
10	124	Matthew Bell	Senior	Edinburgh AC	12:00
11	170	Stuart Gibson	Senior	Ron Hill Cambuslang Harriers	12:04
12	163	Niall Sheehan	Senior	Lasswade AAC	12:06
13	111	Murray MacLarty	Senior	Central AC	12:08
14	145	Thomas Fay	Senior	Glasgow University Hare and H	12:12
15	56	Andrew Crichton	Under 20	Edinburgh AC	12:13
16	171	Robert Gilroy	Senior	Ron Hill Cambuslang Harriers	12:14
17	172	John MacNamara	Senior	Ron Hill Cambuslang Harriers	12:17
18	151	Murray Strain	Senior	Hunters Bog Trotters	12:22
19	177	Martin Graham	Senior	Shettleston Harriers	12:23
20	73	Ryan Gibb	Senior	VP-Glasgow AC	12:26
21	48	James Joy	Under 20	Aberdeen AAC	12:29
22	141	Joe McKnight	Senior	Garscube Harriers	12:33
23	135	Ben Cole	Senior	Edinburgh Univ Hare & Hounds	12:35
24	132	Adam Priestley	Senior	Edinburgh AC	12:38
25	153	Kevin Kane	Senior	Inverclyde AC	12:39
26	131	Ryan O'Hare	Senior	Edinburgh AC	12:42
27	144	Michael Deason	Senior	Glasgow University Hare and H	12:45
28	143	Neil Burnside	Senior	Glasgow University Hare and H	12:46
29	69	Cameron Wilson	Under 20	Kilmarnock H&AC	12:48
30	184	John Bell	Vet	Springburn Harriers	12:48
31	72	Sean Fontana	Under 20	VP-Glasgow AC	12:50
32	182	Matthew Turner	Senior	Shettleston Harriers	12:51
33	167	John Brown	Vet	Ron Hill Cambuslang Harriers	12:52
34	142	Daniel Bradford	Senior	Glasgow University Hare and H	12:52
35	133	Callum Reid	Senior	Edinburgh AC	12:54
36	175	Kenneth McCoy	Senior	Shettleston Harriers	12:54
37	54	John Ferguson	Under 20	East Kilbride A.C.	12:55
38	60	Arjuna Sivakumaran	Under 20	Edinburgh Univ Hare & Hounds	12:58
39	138	Matthew Sutherland	Senior	Edinburgh Univ Hare & Hounds	12:59
40	165	Jeff Farquhar	Vet	Pitreavie AAC	13:02
41	50	Cameron Strachan	Under 20	Aberdeen AAC	13:05
42	191	Andy Campbell	Senior	Bellahouston Harriers	13:09
43	53	Jamie Clements	Under 20	East Kilbride A.C.	13:11
44	57	Tom Ryan	Under 20	Edinburgh AC	13:14
45	68	James Wales	Under 20	Kilmarnock H&AC	13:17

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<b>46</b>	150 Paul Thompson	Vet	Helensburgh AAC	13:22
<b>47</b>	128 Kevin Graham	Senior	Edinburgh AC	13:28
<b>48</b>	67 Ross Connelly	Under 20	Kilmarnock H&AC	13:30
<b>49</b>	174 Andrew Steven	Senior	Ron Hill Cambuslang Harriers	13:30
<b>50</b>	84 Bryan Lamb	Senior	Bellahouston Harriers	13:31
<b>51</b>	148 Shabir Ravji	Senior	Glasgow University Hare and H	13:32
<b>52</b>	101 Alan Derrick	Vet	Calderglen Harriers	13:37
<b>53</b>	75 Frank Boyne	Vet	Aberdeen AAC	13:43
<b>54</b>	98 Gerard Scullion	Vet	Bellahouston Road Runners	13:46
<b>55</b>	154 David McElhinney	Vet	Inverclyde AC	13:53
<b>56</b>	147 Bryan McLelland	Senior	Glasgow University Hare and H	13:59
<b>57</b>	129 Dan Hale	Senior	Edinburgh AC	14:00
<b>58</b>	49 Rory Leslie	Under 20	Aberdeen AAC	14:01
<b>59</b>	127 D Clarkson	Senior	Edinburgh AC	14:02
<b>60</b>	76 Christine Capener	Senior	Aberdeen AAC	14:17
<b>61</b>	114 Iain Robertson	Senior	Clydesdale Harriers	14:20
<b>62</b>	149 Neal Robb	Senior	Glasgow University Hare and H	14:26
<b>63</b>	61 Scott Wallace	Under 20	Edinburgh Univ Hare & Hounds	14:30
<b>64</b>	80 Brian Douglas	Senior	Bellahouston Harriers	14:30
<b>65</b>	112 Garry Dick	Senior	Clydesdale Harriers	14:30
<b>66</b>	100 Alan Cullie	Vet	Calderglen Harriers	14:33
<b>67</b>	160 Leslie McDermont	Senior	Kilmarnock H&AC	14:35
<b>68</b>	81 Michael Freshour	Vet	Bellahouston Harriers	14:44
<b>69</b>	52 Owen Miller	Under 20	Dunfermline & West Fife AC	14:45
<b>70</b>	108 Edward Reid	Vet	Calderglen Harriers	14:48
<b>71</b>	122 Graeme Haddow	Vet	East Kilbride A.C.	14:57
<b>72</b>	87 Bryan Burnett	Vet	Bellahouston Road Runners	15:00
<b>73</b>	78 Alasdhair Love	Senior	Aberdeen AAC	15:05
<b>74</b>	390 Ryan Nelson	Under 20	Clydesdale Harriers	15:07
<b>75</b>	85 Hamish Barbour	Vet	Bellahouston Road Runners	15:08
<b>76</b>	91 Grant MacDonald	Senior	Bellahouston Road Runners	15:12
<b>77</b>	96 Stewart Robertson	Senior	Bellahouston Road Runners	15:13
<b>78</b>	82 Graeme Gemmel	Vet	Bellahouston Harriers	15:16
<b>79</b>	92 Stuart Mathieson	Senior	Bellahouston Road Runners	15:32
<b>80</b>	169 Alexander Eaglesham	Vet	Ron Hill Cambuslang Harriers	15:37
<b>81</b>	173 Thomas McPake	Vet	Ron Hill Cambuslang Harriers	15:42
<b>82</b>	103 Andrew Henderson	Vet	Calderglen Harriers	15:44
<b>83</b>	105 Jim Holmes	Vet	Calderglen Harriers	15:46
<b>84</b>	192 Robin Steacy	Senior	Helensburgh AAC	15:48
<b>85</b>	121 David J. Condra	Vet	East Kilbride A.C.	15:49
<b>86</b>	157 Robert Shaw	Vet	Inverclyde AC	16:01
<b>87</b>	113 Pete Cartwright	Vet	Clydesdale Harriers	16:12
<b>88</b>	104 David Herbertson	Senior	Calderglen Harriers	16:14
<b>89</b>	158 John Smillie	Vet	Inverclyde AC	16:22
<b>90</b>	63 Philip Arthur	Under 20	Glasgow University Hare and H	16:26
<b>91</b>	109 George Stewart	Vet	Calderglen Harriers	16:26

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<b>92</b>	130	Alex MacEwen	Vet	Edinburgh AC	16:31
<b>93</b>	107	Graham Lindsay	Vet	Calderglen Harriers	16:38
<b>94</b>	88	Christopher Doak	Senior	Bellahouston Road Runners	16:57
<b>95</b>	83	John Hagemeister	Senior	Bellahouston Harriers	17:12
<b>96</b>	94	John Milligan	Senior	Bellahouston Road Runners	17:35
<b>97</b>	90	Richard Leyton	Senior	Bellahouston Road Runners	17:40
<b>98</b>	110	David Wardrope	Senior	Calderglen Harriers	17:41
<b>99</b>	86	Norman Boyle	Vet	Bellahouston Road Runners	17:46
<b>100</b>	106	Richard Lawton	Senior	Calderglen Harriers	17:54
<b>101</b>	93	Michael McInally	Vet	Bellahouston Road Runners	17:57
<b>102</b>	120	Michael Browne	Senior	East Kilbride A.C.	18:11
<b>103</b>	99	Russell Couper	Vet	Calderglen Harriers	19:55

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Senior Men

Sum of Pos		
Club	Name	Total
Shettleston Harriers	Tewoldeberhan Mengisteab	2
	Tsegezab Woldemichael	3
	Tsegai Tewelde	4
	Martin Graham	19
Shettleston Harriers Total		28
Edinburgh AC	Matthew Bell	10
	Andrew Crichton	15
	Adam Priestley	24
	Ryan O'Hare	26
Edinburgh AC Total		75
Ron Hill Cambuslang Harriers	Stuart Gibson	11
	Robert Gilroy	16
	John MacNamara	17
	John Brown	33
Ron Hill Cambuslang Harriers Total		77
Inverclyde AC	Daniel Mulhare	1
	Mark Pollard	6
	Kevin Kane	25
	David McElhinney	55
Inverclyde AC Total		87
Glasgow University Hare and H	Thomas Fay	14
	Michael Deason	27
	Neil Burnside	28
	Daniel Bradford	34
Glasgow University Hare and H Total		103
Edinburgh Univ Hare & Hounds	Michael Gillespie	7
	Ben Cole	23
	Arjuna Sivakumaran	38
	Matthew Sutherland	39
Edinburgh Univ Hare & Hounds Total		107
Aberdeen AAC	Mark Haskett	8
	James Joy	21
	Cameron Strachan	41
	Frank Boyne	53
Aberdeen AAC Total		123

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Kilmarnock H&AC	Cameron Wilson	29
	James Wales	45
	Ross Connelly	48
	Leslie McDerment	67
Kilmarnock H&AC Total		189
Bellahouston Harriers	Andy Campbell	42
	Bryan Lamb	50
	Brian Douglas	64
	Michael Freshour	68
Bellahouston Harriers Total		224
East Kilbride A.C.	John Ferguson	37
	Jamie Clements	43
	Graeme Haddow	71
	David J. Condra	85
East Kilbride A.C. Total		236
Calderglen Harriers	Alan Derrick	52
	Alan Cullie	66
	Edward Reid	70
	Andrew Henderson	82
Calderglen Harriers Total		270
Bellahouston Road Runners	Gerard Scullion	54
	Bryan Burnett	72
	Hamish Barbour	75
	Grant MacDonald	76
Bellahouston Road Runners Total		277
Clydesdale Harriers	Iain Robertson	61
	Garry Dick	65
	Ryan Nelson	74
	Pete Cartwright	87
Clydesdale Harriers Total		287

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<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	42	Elspeth Curran	Senior	Kilbarchan AAC	13:21
2	24	Jennifer MacLean	Senior	Edinburgh AC	13:32
3	41	Rosie Smith	Senior	Hunters Bog Trotte	13:35
4	28	Hester Dix	Senior	Fife AC	13:43
5	6	Sarah Inglis	Under 20	Lothian Running Cl	13:46
6	23	Sarah Hood	Senior	Edinburgh AC	14:04
7	32	Helen Sharpe	Senior	Fife AC	14:05
8	40	Sula Young	Senior	Hunters Bog Trotte	14:13
9	43	Kerry Lang	Senior	Kilbarchan AAC	14:19
10	17	Alison Docherty	Senior	Central AC	14:19
11	21	Niamh Devlin	Senior	Edinburgh AC	14:31
12	44	Cara Sloss	Senior	Kilbarchan AAC	14:34
13	25	Issy Menzies	Senior	Edinburgh AC	14:39
14	190	Toni McIntosh	Senior	Ayr Seaforth AAC	14:44
15	47	Michelle Sandison	Senior	Springburn Harriers	15:01
16	4	Stephanie Davis	Under 20	Edinburgh Univ Ha	15:04
17	18	Ainsley Normand	Senior	Central AC	15:04
18	3	Emma Baxter	Under 20	Edinburgh Univ Ha	15:06
19	34	Alison Winship	Senior	Garscube Harriers	15:12
20	37	Ruth Joss	Senior	Glasgow University	15:15
21	29	Alison McGill	Senior	Fife AC	15:23
22	7	Rhian Dawes	Under 20	VP-Glasgow AC	15:30
23	30	Amie McKimmie	Senior	Fife AC	15:49
24	14	Claire Thompson	Senior	Bellahouston Road	15:51
25	16	Hazel Dean	Vet	Central AC	15:55
26	36	Yulia Uzunova	Senior	Glasgow University	16:06
27	20	Kelly Baillie	Senior	East Kilbride A.C.	16:26
28	45	Paula Wilson	Vet	Kilmarnock H&AC	16:34
29	35	Jennifer Conway	Senior	Glasgow University	16:44
30	46	Kirsten Ferguson	Senior	Springburn Harriers	17:07
31	15	Frances Maxwell	Vet	Calderglen Harriers	17:20
32	39	Janet Fellowes	Vet	Helensburgh AAC	18:20
33	33	Stephani Keane	Vet	Garscube Harriers	21:22

**2010 Scottish 4km Championships**  
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Senior Women

Sum of Pos		
<b>Club</b>	<b>Name</b>	Total
Edinburgh AC	Jennifer MacLean	2
	Sarah Hood	6
	Niamh Devlin	11
Edinburgh AC Total		19
Kilbarchan AAC	Elsbeth Curran	1
	Kerry Lang	9
	Cara Sloss	12
Kilbarchan AAC Total		22
Fife AC	Hester Dix	4
	Helen Sharpe	7
	Alison McGill	21
Fife AC Total		32
Central AC	Alison Docherty	10
	Ainsley Normand	17
	Hazel Dean	25
Central AC Total		52
Glasgow University Hare and H	Ruth Joss	20
	Yulia Uzunova	26
	Jennifer Conway	29
Glasgow University Hare and H Total		75