

2011 Scottish 4km Championships
Sunday 30th January 2011

Pos	No	Name	Cat	Club	Time
1	182	Elsbeth Curran	Senior	Kilbarchan AAC	13:49
2	187	Sarah Inglis	Under 20	Lothian Running Club	14:11
3	184	Natalie Sharp	Under 20	Kilbarchan AAC	14:12
4	165	Emily Stewart	Under 20	Edinburgh AC	14:15
5	157	Lyndsay Morrison	Senior	Central AC	14:17
6	172	Hester Dix	Senior	Fife AC	14:17
7	183	Christina Rankin	Senior	Kilbarchan AAC	14:27
8	179	Dianne Lauder	Senior	Gala Harriers	14:30
9	189	Sarah McCormack	Senior	Moorfoot Runners	14:32
10	163	Jennifer MacLean	Senior	Edinburgh AC	14:35
11	178	Helen Sharpe	Senior	Fife AC	14:37
12	159	Beth Duff	Under 20	East Kilbride A.C.	14:49
13	185	Kara Tait	Senior	Kilmarnock H&AC	14:54
14	197	Claire McCracken	Senior	VP-Glasgow AC	14:55
15	158	Laura Muir	Under 20	Dundee Hawkhill Harriers	14:58
16	164	Lynsey Sharp	Senior	Edinburgh AC	15:11
17	198	Alexandra Lamond	Under 20	Kirkintilloch Olympians	15:16
18	171	Megan Crawford	Senior	Fife AC	15:18
19	191	Carole Setchell	Senior	Garscube Harriers	15:21
20	174	Jennifer Kibble	Senior	Fife AC	15:29
21	151	Louise Hill-Stirling	Under 20	Ayr Seaforth AAC	15:39
22	175	Alison McGill	Senior	Fife AC	15:51
23	176	Amie McKimmie	Senior	Fife AC	15:56
24	166	Rowena Bell-Scott	Senior	Edinburgh Univ Hare & Hc	16:00
25	188	Scout Adkin	Under 20	Moorfoot Runners	16:15
26	167	Jenny Dybeck	Under 20	Edinburgh Univ Hare & Hc	16:18
27	154	Claire Wharton	Vet	Bellahouston Road Runne	16:21
28	156	Hazel Dean	Vet	Central AC	16:35
29	196	Rhian Dawes	Under 20	VP-Glasgow AC	16:47
30	160	Emily Dudgeon	Under 20	Edinburgh AC	16:58
31	155	Joanne McEvoy	Senior	Calderglen Harriers	17:11
32	152	Kristina Greig	Under 20	Bellahouston Harriers	18:48

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Women

Sum of Pos		
Kilbarchan AAC	Elspeth Curran	1
	Natalie Sharp	3
	Christina Rankin	7
Kilbarchan AAC Total		11
Edinburgh AC		
Edinburgh AC	Emily Stewart	4
	Jennifer MacLean	10
	Lynsey Sharp	16
Edinburgh AC Total		30
Fife AC		
Fife AC	Hester Dix	6
	Helen Sharpe	11
	Megan Crawford	18
Fife AC Total		35

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Pos	No	Name	Cat	Club	Time
1	90	Daniel Mulhare	Senior	Inverclyde AC	11:43
2	16	Alastair Hay	Senior	Central AC	11:49
3	68	Mark Mitchell	Senior	Forres Harriers	12:03
4	20	John Newsom	Senior	Central AC	12:08
5	91	Craig Ruddy	Senior	Inverclyde AC	12:12
6	27	Dermot Cummins	Senior	Corstorphine AAC	12:13
7	88	Andrew Douglas	Senior	Inverclyde AC	12:14
8	112	Stuart Gibson	Senior	Ron Hill Cambuslang Harriers	12:15
9	47	Andrew Crichton	Under 20	Edinburgh AC	12:16
10	3	Mark Haskett	Senior	Aberdeen AAC	12:20
11	121	Paul Sorrie	Senior	Shettleston Harriers	12:21
12	123	Michael Gillespie	Senior	Shettleston Harriers	12:24
13	15	Andrew Butchart	Under 20	Central AC	12:25
14	94	Paul Leck	Senior	Kilbarchan AAC	12:26
15	139	David Vernon	Under 20	VP-Glasgow AC	12:27
16	96	Robert Quinn	Vet	Kilbarchan AAC	12:30
17	18	David McNamee	Senior	Central AC	12:31
18	133	Jethro Lennox	Senior	Shettleston Harriers	12:35
19	17	Alexander Hendry	Under 20	Central AC	12:36
20	115	John MacNamara	Senior	Ron Hill Cambuslang Harriers	12:37
21	19	Lewis Millar	Senior	Central AC	12:39
22	117	Stewart Orr	Under 20	Ron Hill Cambuslang Harriers	12:43
23	118	Tsegai Tewelde	Senior	Shettleston Harriers	12:46
24	138	Allan Ramsay	Senior	VP-Glasgow AC	12:49
25	53	Bryan Mackie	Senior	Edinburgh AC	12:52
26	104	Niall Sheehan	Senior	Lasswade AAC	12:53
27	45	Owain Bristow	Senior	Edinburgh AC	12:55
28	113	Robert Gilroy	Senior	Ron Hill Cambuslang Harriers	12:56
29	134	Matthew Sullivan	Senior	Shettleston Harriers	12:59
30	61	Max Ralston	Under 20	Edinburgh Univ Hare & Hound	12:59
31	62	Arjuna Sivakumaran	Senior	Edinburgh Univ Hare & Hound	13:00
32	48	Daniel Clarkson	Senior	Edinburgh AC	13:01
33	145	Joe McKnight	Senior	Garscube Harriers	13:01
34	34	John Fergusson	Under 20	East Kilbride A.C.	13:05
35	125	Lee Wilson	Under 20	Shettleston Harriers	13:05
36	146	Luke Traynor	Under 20	Giffnock North AAC	13:10
37	2	Eoin Durkan	Senior	Aberdeen AAC	13:12
38	4	James Joy	Under 20	Aberdeen AAC	13:12
39	65	Tom Martyn	Senior	Edinburgh Univ Hare & Hound	13:13
40	144	Scott Pilkington	Senior	Corstorphine AAC	13:13
41	137	Sean Fontana	Under 20	VP-Glasgow AC	13:13
42	44	Neil Calder	Senior	Edinburgh AC	13:15
43	23	Peter Bowman	Under 20	Clydesdale Harriers	13:18
44	86	Chris Barlas	Senior	Inverclyde AC	13:18
45	28	Christopher O'Brien	Senior	Corstorphine AAC	13:18

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46	116	David Munro	Senior	Ron Hill Cambuslang Harriers	13:19
47	110	Bobby Bristow	Under 20	Ron Hill Cambuslang Harriers	13:23
48	97	Gary Rankin	Under 20	Kilbarchan AAC	13:24
49	26	Bryan Clark	Senior	Corstorphine AAC	13:28
50	93	Stepen Fleming	Senior	Kilbarchan AAC	13:29
51	111	Andrew Coulter	Under 20	Ron Hill Cambuslang Harriers	13:30
52	131	Kerrick Hesse	Under 20	Shettleston Harriers	13:30
53	74	David Henderson	Senior	Greenock Glenpark Harriers	13:32
54	60	Patryk Gierjatowicz	Senior	Edinburgh Univ Hare & Hound	13:33
55	135	Andrew MacKenzie	Senior	Stirling University AC	13:43
56	128	Gary Turner	Under 20	Shettleston Harriers	13:44
57	87	Andrew Campbell	Under 20	Inverclyde AC	13:48
58	141	Chris Upson	Vet	Westerlands XC Club	13:49
59	109	Jeff Farquhar	Vet	Pitreavie AAC	13:50
60	105	Max McNeill	Under 20	Lothian Running Club	13:51
61	31	Jamie Clements	Senior	East Kilbride A.C.	13:57
62	76	Andrew McCall	Senior	Greenock Glenpark Harriers	13:58
63	54	Gregor Maxwell	Under 20	Edinburgh AC	14:01
64	51	D> Halliday	Senior	Edinburgh AC	14:04
65	11	Steven Prentice	Senior	Bellahouston Harriers	14:07
66	89	Sean Gaffney	Senior	Inverclyde AC	14:10
67	49	Keith Dunlop	Senior	Edinburgh AC	14:12
68	95	John McMillan	Senior	Kilbarchan AAC	14:16
69	63	Rory Leslie	Under 20	Edinburgh Univ Hare & Hound	14:21
70	142	Ross Clark	Senior	Unattached	14:25
71	57	Steven Wales	Senior	Edinburgh AC	14:31
72	98	Kevin Cornes	Senior	Kirkintilloch Olympians	14:33
73	9	Tom Lauckner	Senior	Bellahouston Harriers	14:33
74	30	Owen Miller	Under 20	Dunfermline & West Fife AC	14:33
75	56	Iain Whitaker	Senior	Edinburgh AC	14:39
76	100	Colin Langan	Senior	Kirkintilloch Olympians	14:39
77	43	Paul Brennan	Senior	Edinburgh AC	14:41
78	1	Frank Boyne	Vet	Aberdeen AAC	14:42
79	79	Daniel McLaughlin	Vet	Greenock Glenpark Harriers	14:44
80	50	Kevin Graham	Senior	Edinburgh AC	14:45
81	6	Matthew Brown	Under 20	Bellahouston Harriers	14:47
82	22	Paul Carroll	Vet	Clydesdale Harriers	14:47
83	84	Christopher Moses	Senior	Helensburgh AAC	14:55
84	78	Frank McKnight	Senior	Greenock Glenpark Harriers	15:16
85	7	Brian Douglas	Senior	Bellahouston Harriers	15:18
86	21	Iain Robertson	Senior	Clydesdale Harriers	15:18
87	24	Ryan Nelson	Under 20	Clydesdale Harriers	15:24
88	136	Phillip Vernon	Senior	Stirling University AC	15:24
89	40	William Taylor	Vet	East Kilbride A.C.	15:31
90	66	Ross McCall	Senior	Edinburgh Univ Hare & Hound	15:35
91	69	John Murray	Senior	Garscube Harriers	15:43

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92	38	Derek Leitch	Vet	East Kilbride A.C.	15:51
93	58	Ryan Cox	Senior	Edinburgh Univ Hare & Hound	15:54
94	101	Craig McIntyre	Under 20	Kirkintilloch Olympians	15:56
95	82	Alan O'Rourke	Vet	Greenock Glenpark Harriers	16:00
96	41	Niall Walker	Senior	East Kilbride A.C.	16:01
97	8	Martin Johnson	Vet	Bellahouston Harriers	16:09
98	140	John Quinn	Vet	Westerlands XC Club	16:13
99	72	Michael Harrington	Vet	Greenock Glenpark Harriers	16:14
100	5	Alasdhair Love	Senior	Aberdeen AAC	16:18
101	77	Kevan McCartney	Senior	Greenock Glenpark Harriers	16:19
102	81	Sam McVicar	Vet	Greenock Glenpark Harriers	16:34
103	12	Christopher Doak	Senior	Bellahouston Road Runners	16:39
104	92	Robert Shaw	Vet	Inverclyde AC	16:50
105	10	Stewart Mulholland	Vet	Bellahouston Harriers	17:16
106	46	Adam Chmieloski	Senior	Edinburgh AC	17:23
107	143	Iain Kennedy	Vet	Unattached	17:45

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Men

Sum of Pos		
Club	Name	Total
Central AC	Alastair Hay	2
	John Newsom	4
	Andrew Butchart	13
	David McNamee	17
Central AC Total		36
Inverclyde AC	Daniel Mulhare	1
	Craig Ruddy	5
	Andrew Douglas	7
	Chris Barlas	44
Inverclyde AC Total		57
Shettleston Harriers	Paul Sorrie	11
	Michael Gillespie	12
	Jethro Lennox	18
	Tsegai Tewelde	23
Shettleston Harriers Total		64
Ron Hill Cambuslang Harriers	Stuart Gibson	8
	John MacNamara	20
	Stewart Orr	22
	Robert Gilroy	28
Ron Hill Cambuslang Harriers Total		78
Edinburgh AC	Andrew Crichton	9
	Bryan Mackie	25
	Owain Bristow	27
	Daniel Clarkson	32
Edinburgh AC Total		93
Kilbarchan AAC	Paul Leck	14
	Robert Quinn	16
	Gary Rankin	48
	Stepen Fleming	50
Kilbarchan AAC Total		128
Corstorphine AAC	Dermot Cummins	6
	Scott Pilkington	40
	Christopher O'Brien	45
	Bryan Clark	49
Corstorphine AAC Total		140
Edinburgh Univ Hare & Hounds	Max Ralston	30

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Edinburgh Univ Hare & Hounds	Arjuna Sivakumaran	31
	Tom Martyn	39
	Patryk Gierjatowicz	54
Edinburgh Univ Hare & Hounds Total		154
Aberdeen AAC	Mark Haskett	10
	Eoin Durkan	37
	James Joy	38
	Frank Boyne	78
Aberdeen AAC Total		163
East Kilbride A.C.	John Fergusson	34
	Jamie Clements	61
	William Taylor	89
	Derek Leitch	92
East Kilbride A.C. Total		276
Greenock Glenpark Harriers	David Henderson	53
	Andrew McCall	62
	Daniel McLaughlin	79
	Frank McKnight	84
Greenock Glenpark Harriers Total		278
Clydesdale Harriers	Peter Bowman	43
	Paul Carroll	82
	Iain Robertson	86
	Ryan Nelson	87
Clydesdale Harriers Total		298
Bellahouston Harriers	Steven Prentice	65
	Tom Lauckner	73
	Matthew Brown	81
	Brian Douglas	85
Bellahouston Harriers Total		304