

National 4K Senior / Junior Women's Championship Glasgow 5th November 2011

Pos	No	Name	Cat	Club	Time		Senior Women Teams			
1	498	Morag MacLarty	Senior	Central AC	14:28					
2	562	Rosie Smith	Senior	Hunters Bog Trotters	14:31		Club	Name	Total	
3	513	Emily Stewart	Under 20	Edinburgh AC	14:43	1	Edinburgh AC	Emily Stewart	3	
4	509	Laura Muir	Under 20	Dundee Hawkhill Harriers	15:06				Louisa Stewart	6
5	521	Rhona Auckland	Under 20	Edinburgh Univ Hare & Hounds	15:07				Jennifer MacLean	8
6	514	Louisa Stewart	Under 20	Edinburgh AC	15:13			Edinburgh AC Total		17
7	528	Fiona Matheson	Vet	Falkirk Victoria Harriers	15:14					
8	512	Jennifer MacLean	Senior	Edinburgh AC	15:17	2	Fife AC	Helen Sharpe	12	
9	571	Natalie Sharp	Senior	Kilbarchan AAC	15:22				Halina Rees	14
10	515	Gillian Palmer	Senior	Edinburgh AC	15:23				Megan Crawford	17
11	596	Sarah Potter	Under 20	VP-Glasgow AC	15:24			Fife AC Total		43
12	539	Helen Sharpe	Senior	Fife AC	15:26					
13	541	Lesley Chisholm	Senior	Garscube Harriers	15:31	3	Garscube Harriers	Lesley Chisholm	13	
14	538	Halina Rees	Under 20	Fife AC	15:34				Katie White	16
15	516	Laura Dunn	Senior	Edinburgh AC	15:34				Kirsty Husband	22
16	540	Katie White	Senior	Garscube Harriers	15:36			Garscube Harriers Total		51
17	531	Megan Crawford	Senior	Fife AC	15:45					
18	595	Hollie Young	Under 20	VP-Glasgow AC	15:50	4	VP-Glasgow AC	Sarah Potter	11	
19	570	Christina Rankin	Senior	Kilbarchan AAC	16:00				Hollie Young	18
20	520	Becky Hannah	Senior	Edinburgh Univ Hare & Hounds	16:16				Aisling McGhee	27
21	547	Ruth Joss	Senior	Giffnock North AAC	16:16			VP-Glasgow AC Total		56
22	542	Kirsty Husband	Vet	Garscube Harriers	16:22					
23	480	Gemma Cormack	Under 20	Aberdeen AAC	16:24	5	Kilbarchan AAC	Natalie Sharp	9	
24	517	Vicky Frew	Senior	Edinburgh AC	16:26				Christina Rankin	19
25	564	Julie Gordon	Senior	Inverclyde AC	16:28				Nynke Mulholland	32
26	510	Iona Brodie	Under 20	Dundee Hawkhill Harriers	16:36			Kilbarchan AAC Total		60
27	593	Aisling McGhee	Senior	VP-Glasgow AC	16:40					
28	563	Kate Maddocks	Vet	Hunters Bog Trotters	16:41	6	Edinburgh Univ H & H	Rhona Auckland	5	
29	530	Fiona Bracegirdle	Under 20	Fife AC	16:43				Becky Hannah	20
30	536	Amie McKimmie	Senior	Fife AC	16:46				Heather Langham	44
31	551	Jessica Oliver-Bell	Senior	Glasgow Univ Hare & H	16:50			Edinburgh Univ H & H Total		69
32	569	Nynke Mulholland	Under 20	Kilbarchan AAC	16:56					
33	497	Karen Glover	Under 20	Central AC	17:02	7	Central AC	Morag MacLarty	1	
34	543	Alison Winship	Vet	Garscube Harriers	17:04				Karen Glover	33
35	544	Laura Devine	Senior	Garscube Harriers	17:07				Kerry MacPhee	41
36	576	Alexandra Lamond	Under 20	Kirkintilloch Olympians	17:12			Central AC Total		75

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37	584	Katie Bristow	Under 20	Ron Hill Cambuslang Harriers	17:13					
38	483	Becky Dunphy	Under 20	Arbroath & District AC	17:14	8	Dundee Hawkhill H	Laura Muir	4	
39	532	Jennifer Cruickshanks	Under 20	Fife AC	17:19				Iona Brodie	26
40	568	Elaine Eadie	Under 20	Kilbarchan AAC	17:21				Kirsty Scott	56
41	499	Kerry MacPhee	Senior	Central AC	17:23			Dundee Hawkhill H Total		86
42	566	Emma Atkinson	Under 20	Inverness Harriers AAC	17:31					
43	550	Mary McCutcheon	Vet	Giffnock North AAC	17:32	9	Giffnock North AAC	Ruth Joss	21	
44	523	Heather Langham	Senior	Edinburgh Univ Hare & Hounds	17:33				Mary McCutcheon	43
45	578	Christina Whitelaw	Senior	Larkhall YMCA Harriers	17:35				Nicole McLeod	51
46	508	Ann Murray	Vet	Clydesdale Harriers	17:35			Giffnock North AAC Total		115
47	581	Clare Barr	Vet	Motherwell AC	17:36					
48	495	Julie Beveridge	Senior	Calderglen Harriers	17:37	10	Falkirk Victoria H	Fiona Matheson	7	
49	534	Jennifer Kibble	Senior	Fife AC	17:38				Megan Wright	64
50	582	JillE Logan	Senior	Motherwell AC	17:41				Hazel Murray	72
51	549	Nicole McLeod	Senior	Giffnock North AAC	17:52			Falkirk Victoria H Total		143
52	555	Michelle Hetherington	Vet	Helensburgh AAC	17:53					
53	575	Paula Wilson	Vet	Kilmarnock H&AC	17:59	11	Motherwell AC	Clare Barr	47	
54	586	Carole Setchell	Senior	Shettleston Harriers	18:09				JillE Logan	50
55	588	Barbara Knox	Vet	Springburn Harriers	18:12				Phyllis Hands	73
56	511	Kirsty Scott	Senior	Dundee Hawkhill Harriers	18:13			Motherwell AC Total		170
57	552	Tess Hokin	Under 20	Glasgow Univ Hare & H	18:13					
58	486	Jennifer Clark	Vet	Bellahouston Harriers	18:17	12	Glasgow Univ H & H	Jessica Oliver-Bell	31	
59	491	Julie Fitzpatrick	Senior	Bellahouston Road Runners	18:19				Tess Hokin	57
60	507	Marina McCallum	Vet	Clydesdale Harriers	18:20				Courtney Gunn	84
61	493	Frances Maxwell	Vet	Calderglen Harriers	18:22			Glasgow Univ H & H Total		172
62	485	Kristina Greig	Senior	Bellahouston Harriers	18:22					
63	554	Suzanne Coyle	Senior	Greenock Glenpark Harriers	18:25	13	Clydesdale Harriers	Ann Murray	46	
64	529	Megan Wright	Senior	Falkirk Victoria Harriers	18:29				Marina McCallum	60
65	556	Maria Dye	Vet	Helensburgh AAC	18:29				Fiona McCue	68
66	482	Laura Mahady	Vet	Aberdeen AAC	18:30			Clydesdale Harriers Total		174
67	489	Julia Harris	Vet	Bellahouston Road Runners	18:34					
68	506	Fiona McCue	Vet	Clydesdale Harriers	18:35	14	Calderglen Harriers	Julie Beveridge	48	
69	496	Karen Sturgeon	Senior	Calderglen Harriers	18:36				Frances Maxwell	61
70	490	Shona Donnelly	Vet	Bellahouston Road Runners	18:40				Karen Sturgeon	69
71	494	Joanne McEvoy	Senior	Calderglen Harriers	18:49			Calderglen Harriers Total		178
72	526	Hazel Murray	Under 20	Falkirk Victoria Harriers	19:03					

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73	580	Phyllis Hands	Vet	Motherwell AC	19:10	15	Bellahouston Road R	Julie Fitzpatrick	59	
74	545	Diane Clark	Senior	Garscube Harriers	19:11				Julia Harris	67
75	519	Elaine Davies	Vet	Edinburgh AC	19:49				Shona Donnelly	70
76	572	Rhona Martin	Senior	Kilbarchan AAC	19:51			Bellahouston Road R Total		196
77	484	Yvonne Winchester	Vet	Bellahouston Harriers	19:54	16				
78	505	Yvonne Green	Vet	Clydesdale Harriers	19:57			Bellahouston Harriers	Jennifer Clark	58
79	573	Angela Carson	Vet	Kilbarchan AAC	19:59				Kristina Greig	62
80	559	Gail Thomas	Vet	Helensburgh AAC	20:39				Yvonne Winchester	77
81	492	Matty Sutton	Senior	Bellahouston Road Runners	20:52	17				
82	589	Collette Coyle	Senior	Springburn Harriers	21:00					
83	527	Rhona Penman	Vet	Falkirk Victoria Harriers	21:17			Helensburgh AAC	Michelle Hetherington	52
84	553	Courtney Gunn	Senior	Glasgow Univ Hare & H	21:25				Maria Dye	65
85	560	Mary Connolly	Vet	Helensburgh AAC	22:37	17				
86	488	Natalie Reid	Senior	Bellahouston Road Runners	23:21				Gail Thomas	80
87	487	ChiMy Ta	Senior	Bellahouston Road Runners	24:44					
88	577	Carolyn Michie	Vet	Kirkintilloch Olympians	25:52			Helensburgh AAC Total		197

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Pos	No	Name	Cat	Club	Time
1	219	Matthew Gillespie	Senior	Shettleston Harriers	12:37
2	40	Alexander Hendry	Senior	Central AC	12:38
3	225	Tewoldeberhan Mengisteab	Senior	Shettleston Harriers	12:42
4	252	David Vernon	Under 20	VP-Glasgow AC	12:44
5	220	Michael Gillespie	Senior	Shettleston Harriers	12:47
6	157	Andrew Douglas	Senior	Inverclyde AC	12:49
7	42	Ross Houston	Senior	Central AC	12:51
8	260	Ross Mathieson	Under 20	Lasswade A.C.	12:54
9	61	Dermot Cummins	Senior	Corstorphine AAC	12:56
10	47	John Newsom	Senior	Central AC	12:58
11	151	Mark Pollard	Senior	Inverclyde AC	12:58
12	209	Jack Hamilton	Under 20	Ron Hill Cambuslang Harriers	13:00
13	82	Andrew Crichton	Under 20	Edinburgh AC	13:01
14	200	Stuart Gibson	Senior	Ron Hill Cambuslang Harriers	13:04
15	208	Stewart Orr	Under 20	Ron Hill Cambuslang Harriers	13:05
16	2	Mark Haskett	Senior	Aberdeen AAC	13:07
17	226	Paul Sorrie	Senior	Shettleston Harriers	13:08
18	182	Niall Sheehan	Senior	Lasswade A.C.	13:08
19	222	Lachlan Oates	Under 20	Shettleston Harriers	13:11
20	216	Thomas Fay	Senior	Shettleston Harriers	13:14
21	65	Michael Crawley	Senior	Corstorphine AAC	13:15
22	183	Barney Phillips	Senior	Lasswade A.C.	13:18
23	127	Luke Traynor	Under 20	Giffnock North AAC	13:25
24	217	Michael Deason	Senior	Shettleston Harriers	13:25
25	69	Andrew Christy	Under 20	Corstorphine AAC	13:27
26	251	Ethan Sloan-Dennison	Under 20	VP-Glasgow AC	13:28
27	244	Sean Fontana	Senior	VP-Glasgow AC	13:29
28	68	Mickey Breen	Senior	Corstorphine AAC	13:32
29	196	Jamie Reid	Senior	Ron Hill Cambuslang Harriers	13:34
30	66	Kris Berry	Senior	Corstorphine AAC	13:36
31	39	Scott Green	Under 20	Central AC	13:38
32	198	David Munro	Senior	Ron Hill Cambuslang Harriers	13:38
33	130	Greg Turner	Under 20	Giffnock North AAC	13:40
34	204	Robert Gilroy	Senior	Ron Hill Cambuslang Harriers	13:41
35	206	Andrew Coulter	Under 20	Ron Hill Cambuslang Harriers	13:42

Senior Mens Teams		
Club	Name	Total
Shettleston Harriers		
	Matthew Gillespie	1
	Tewoldeberhan Mengisteab	3
	Michael Gillespie	5
	Paul Sorrie	17
Shettleston Harriers Total		26
Central AC		
	Alexander Hendry	2
	Ross Houston	7
	John Newsom	10
	Scott Green	31
Central AC Total		50
Ron Hill Cambuslang H		
	Jack Hamilton	12
	Stuart Gibson	14
	Stewart Orr	15
	Jamie Reid	29
Ron Hill Cambuslang H Total		70
Corstorphine AAC		
	Dermot Cummins	9
	Michael Crawley	21
	Andrew Christy	25
	Mickey Breen	28
Corstorphine AAC Total		83
VP-Glasgow AC		
	David Vernon	4
	Ethan Sloan-Dennison	26
	Sean Fontana	27
	Derek Gibb	39
VP-Glasgow AC Total		96

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36	212	Grant Sheldon	Under 20	Ron Hill Cambuslang Harriers	13:42
37	185	Max McNeill	Under 20	Lothian Running Club	13:42
38	224	Kerrick Hesse	Under 20	Shettleston Harriers	13:44
39	245	Derek Gibb	Senior	VP-Glasgow AC	13:44
40	93	Jake Wightman	Under 20	Edinburgh AC	13:47
41	63	Adam Priestley	Senior	Corstorphine AAC	13:49
42	145	Stephen Trainer	Senior	Greenock Glenpark Harriers	13:50
43	227	Matthew Turner	Senior	Shettleston Harriers	13:51
44	46	Cameron Milne	Under 20	Central AC	13:53
45	95	Tom Martyn	Senior	Edinburgh Univ Hare & Hounds	13:54
46	109	Kyle Greig	Senior	Forres Harriers	13:54
47	132	Christopher Watson	Under 20	Glasgow School of Sport	13:54
48	35	David Hutchison	Under 20	Central AC	13:56
49	1	Eoin Durkan	Senior	Aberdeen AAC	13:56
50	84	Edward Dudgeon	Under 20	Edinburgh AC	13:59
51	3	Cameron Strachan	Senior	Aberdeen AAC	14:00
52	99	Ben Stevenson	Under 20	Edinburgh Univ Hare & Hounds	14:01
53	70	Calum McKenzie	Senior	Corstorphine AAC	14:01
54	104	Zachary Delaney	Under 20	Fife AC	14:01
55	83	Daniel Clarkson	Senior	Edinburgh AC	14:04
56	144	David Henderson	Senior	Greenock Glenpark Harriers	14:06
57	81	Stewart Chalmers	Senior	Edinburgh AC	14:07
58	169	Iain Connell	Vet	Kilmarnock H&AC	14:07
59	166	Scott MacAULAY	Under 20	Kilbarchan AAC	14:09
60	62	Tom Ferrington	Senior	Corstorphine AAC	14:09
61	135	Adam Peters	Senior	Glasgow Univ Hare & H	14:09
62	54	Peter Bowman	Under 20	Clydesdale Harriers	14:17
63	5	Sam Burgess	Under 20	Aberdeen AAC	14:18
64	241	Marc Austin	Under 20	VP-Glasgow AC	14:18
65	171	Cameron Wilson	Senior	Kilmarnock H&AC	14:20
66	232	Kenny Richmond	Vet	Shettleston Harriers	14:22
67	164	Graham Evans	Under 20	Kilbarchan AAC	14:23
68	71	Bryan Clark	Senior	Corstorphine AAC	14:24
69	37	Ross Milne	Under 20	Central AC	14:26
70	59	Moray Anderson	Senior	Corstorphine AAC	14:26
71	41	Andrew Hood	Under 20	Central AC	14:26

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Edinburgh AC		
	Andrew Crichton	13
	Jake Wightman	40
	Edward Dudgeon	50
	Daniel Clarkson	55
Edinburgh AC Total		158
Inverclyde AC		
	Andrew Douglas	6
	Mark Pollard	11
	Thomas Jamieson	79
	Sean Gaffney	81
Inverclyde AC Total		177
Aberdeen AAC		
	Mark Haskett	16
	Eoin Durkan	49
	Cameron Strachan	51
	Sam Burgess	63
Aberdeen AAC Total		179
Edinburgh Univ H & H		
	Tom Martyn	45
	Ben Stevenson	52
	Patryk Gierjatowicz	72
	Rory Leslie	101
Edinburgh Univ H & H Total		270
Kilmarnock H&AC		
	Iain Connell	58
	Cameron Wilson	65
	James Wales	86
	Scott Martin	103
Kilmarnock H&AC Total		312

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72	97	Patryk Gierjatowicz	Senior	Edinburgh Univ Hare & Hounds	14:26
73	112	Joe McKnight	Senior	Garscube Harriers	14:27
74	119	John Bell	Vet	Garscube Harriers	14:28
75	128	Miles Hollinshead	Senior	Giffnock North AAC	14:28
76	146	Craig Mattocks	Senior	Hunters Bog Trotters	14:28
77	89	Colin McGill	Senior	Edinburgh AC	14:28
78	7	Michael Ferguson	Under 20	Banchory Stonehaven AC	14:31
79	152	Thomas Jamieson	Senior	Inverclyde AC	14:31
80	6	Andoni Illarreamenoi	Senior	Aberdeen AAC	14:31
81	153	Sean Gaffney	Senior	Inverclyde AC	14:32
82	134	David I Houston	Senior	Glasgow Univ Hare & H	14:33
83	60	Christopher O'Brien	Senior	Corstorphine AAC	14:33
84	86	M. Fraser	Senior	Edinburgh AC	14:35
85	19	Russell Whittington	Vet	Bellahouston Road Runners	14:36
86	172	James Wales	Senior	Kilmarnock H&AC	14:38
87	163	Alex Allardyce	Vet	Irvine AC	14:42
88	203	Michael O'Hagan	Vet	Ron Hill Cambuslang Harriers	14:45
89	598	Ross Clark	Senior	Unattached	14:47
90	256	John Denovan	Senior	Westerlands XC Club	14:48
91	14	Greig Glendinning	Vet	Bellahouston Road Runners	14:48
92	259	Matthew Sogbenmu	Senior	Glasgow Univ Hare & H	14:52
93	64	Steven O'Brien	Senior	Corstorphine AAC	14:53
94	102	Euan Martin	Under 20	Falkirk Victoria Harriers	14:55
95	162	Stephen Mackay	Under 20	Inverness Harriers AAC	14:55
96	211	Dean McNaught	Under 20	Ron Hill Cambuslang Harriers	14:57
97	72	Callum Smith	Under 20	Corstorphine AAC	14:57
98	80	P. Cameron	Under 20	Edinburgh AC	14:57
99	254	Chris Upson	Vet	Westerlands XC Club	15:01
100	231	Marc McColl	Vet	Shettleston Harriers	15:01
101	96	Rory Leslie	Senior	Edinburgh Univ Hare & Hounds	15:01
102	229	Denis Williams	Vet	Shettleston Harriers	15:05
103	175	Scott Martin	Vet	Kilmarnock H&AC	15:05
104	158	Gerard Gaffney	Vet	Inverclyde AC	15:05
105	255	Niall McAlinden	Senior	Westerlands XC Club	15:05
106	30	Martin Duthie	Vet	Calderglen Harriers	15:05
107	107	Ryan Ritchie	Senior	Fife AC	15:07

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Greenock Glenpark H		
	Stephen Trainer	42
	David Henderson	56
	Andrew McCall	111
	Stephen McLoone	123
Greenock Glenpark H Total		332
Glasgow Univ Hare & H		
	Adam Peters	61
	David I Houston	82
	Matthew Sogbenmu	92
	Stephen Donoghue	116
Glasgow Univ Hare & H Total		351
Garscube Harriers		
	Joe McKnight	73
	John Bell	74
	Alexander Chisholm	110
	Marco Consani	124
Garscube Harriers Total		381
Kilbarchan AAC		
	Scott MacAULAY	59
	Graham Evans	67
	Nicky Moore	118
	Chris McGlennon	155
Kilbarchan AAC Total		399
Fife AC		
	Zachary Delaney	54
	Ryan Ritchie	107
	Tony Martin	125
	Craig Ross	135
Fife AC Total		421
Bellahouston Road R		

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108	10	Tommy McDonald	Under 20	Bellahouston Harriers	15:07
109	221	Gary Turner	Under 20	Shettleston Harriers	15:07
110	118	Alexander Chisholm	Vet	Garscube Harriers	15:07
111	142	Andrew McCall	Senior	Greenock Glenpark Harriers	15:07
112	236	Martin Coleman	Senior	Springburn Harriers	15:07
113	230	Adam Lee	Senior	Shettleston Harriers	15:13
114	90	David New	Senior	Edinburgh AC	15:15
115	240	Andrew Callan	Vet	Springburn Harriers	15:20
116	136	Stephen Donoghue	Senior	Glasgow Univ Hare & H	15:20
117	205	Shazad Hakeem	Senior	Ron Hill Cambuslang Harriers	15:22
118	165	Nicky Moore	Senior	Kilbarchan AAC	15:22
119	210	Stephen(jnr) Paris	Under 20	Ron Hill Cambuslang Harriers	15:24
120	73	Jamie Clements	Senior	East Kilbride A.C.	15:24
121	87	Peter Loudon	Under 20	Edinburgh AC	15:24
122	8	Andrew Ferguson Jnr	Senior	Banchory Stonehaven AC	15:27
123	141	Stephen McLoone	Vet	Greenock Glenpark Harriers	15:29
124	121	Marco Consani	Senior	Garscube Harriers	15:29
125	105	Tony Martin	Vet	Fife AC	15:29
126	48	Paul Carroll	Vet	Clydesdale Harriers	15:35
127	27	Andrew McCaffery	Vet	Calderglen Harriers	15:37
128	91	Garry Robertson	Vet	Edinburgh AC	15:38
129	197	Scott Hunter	Senior	Ron Hill Cambuslang Harriers	15:40
130	218	John Oates	Vet	Shettleston Harriers	15:46
131	156	James Mcfadden	Senior	Inverclyde AC	15:50
132	75	Niall Walker	Senior	East Kilbride A.C.	15:50
133	94	Ewan Crawford	Under 20	Edinburgh Univ Hare & Hounds	15:50
134	191	Benjamin Hands	Vet	Motherwell AC	15:52
135	108	Craig Ross	Vet	Fife AC	15:52
136	38	Alex Milne	Vet	Central AC	15:52
137	17	Gerard Scullion	Vet	Bellahouston Road Runners	15:54
138	258	Mark Sutherland	Under 20	Glasgow Univ Hare & H	15:58
139	33	Stephen Reilly	Senior	Calderglen Harriers	16:02
140	43	David Lindsay	Under 20	Central AC	16:04
141	15	Raymond Farrell	Vet	Bellahouston Road Runners	16:06
142	214	Anthony Edgar	Under 20	Ron Hill Cambuslang Harriers	16:08
143	78	Darren Blyth	Senior	Edinburgh AC	16:10

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	Russell Whittington	85
	Greig Glendinning	91
	Gerard Scullion	137
	Raymond Farrell	141
	Bellahouston Road R Total	454
	Clydesdale Harriers	
	Peter Bowman	62
	Paul Carroll	126
	Iain Robertson	149
	Ryan Nelson	161
	Clydesdale Harriers Total	498
	Calderglen Harriers	
	Martin Duthie	106
	Andrew McCaffery	127
	Stephen Reilly	139
	Eddie Reid	147
	Calderglen Harriers Total	519
	Springburn Harriers	
	Martin Coleman	112
	Andrew Callan	115
	Grant Cairns	148
	AnthonyJM McGale	175
	Springburn Harriers Total	550
	Lothian Running Club	
	Max McNeill	37
	Ian Leggett	185
	Colin Banham	197
	David Wardman	201
	Lothian Running Club Total	620
	Motherwell AC	
	Benjamin Hands	134

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144	120	Euan Mackay	Vet	Garscube Harriers	16:16
145	180	Tommy McRavey	Senior	Kirkintilloch Olympians	16:18
146	106	Daniel Newman	Vet	Fife AC	16:21
147	31	Eddie Reid	Vet	Calderglen Harriers	16:23
148	238	Grant Cairns	Senior	Springburn Harriers	16:23
149	53	Iain Robertson	Senior	Clydesdale Harriers	16:26
150	123	Scott McPherson	Senior	Garscube Harriers	16:28
151	103	Colin Brown	Vet	Fife AC	16:28
152	189	Andy Law	Vet	Mid Argyll A C	16:29
153	125	John Mc Laughlin	Vet	Garscube Harriers	16:30
154	117	Athole Smith	Vet	Garscube Harriers	16:39
155	168	Chris McGlennon	Vet	Kilbarchan AAC	16:43
156	115	Daniel Burns	Senior	Garscube Harriers	16:49
157	167	Donald Kennedy	Senior	Kilbarchan AAC	16:49
158	148	John Smillie	Vet	Inverclyde AC	16:57
159	32	Andrew Henderson	Vet	Calderglen Harriers	16:59
160	113	John Murray	Senior	Garscube Harriers	17:00
161	55	Ryan Nelson	Senior	Clydesdale Harriers	17:02
162	77	Tom Yuill	Senior	East Kilbride A.C.	17:05
163	194	Matthew Purser	Senior	Motherwell AC	17:09
164	16	John Newlands	Senior	Bellahouston Road Runners	17:09
165	50	Hugh Laverty	Vet	Clydesdale Harriers	17:09
166	178	Neil Ramsay	Senior	Kirkintilloch Olympians	17:16
167	137	Chase T Southwick	Under 20	Glasgow Univ Hare & H	17:18
168	150	Robert Shaw	Vet	Inverclyde AC	17:20
169	23	George Stewart	Vet	Calderglen Harriers	17:24
170	190	Alan Robertson	Senior	Motherwell AC	17:31
171	49	Paul McKendry	Vet	Clydesdale Harriers	17:38
172	24	Jim Holmes	Vet	Calderglen Harriers	17:39
173	199	Robert Rossborough	Senior	Ron Hill Cambuslang Harriers	17:46
174	193	Robert McCourt	Vet	Motherwell AC	17:59
175	239	AnthonyJM McGale	Vet	Springburn Harriers	18:15
176	116	Craig Brown	Senior	Garscube Harriers	18:36
177	192	Robert Pattinson	Vet	Motherwell AC	18:38
178	88	Alex MacEwen	Vet	Edinburgh AC	18:51
179	126	Stephen Wilson	Vet	Garscube Harriers	18:51

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	Matthew Purser	163
	Alan Robertson	170
	Robert McCourt	174
Motherwell AC Total		641

National 4K Senior /Junior Mens Championships
Glasgow 5th November 2011

180	213	Walter Edgar	Senior	Ron Hill Cambuslang Harriers	18:55
181	28	David Wardrope	Vet	Calderglen Harriers	18:55
182	195	David Fairweather	Vet	Ron Hill Cambuslang Harriers	18:59
183	45	Sandy MacLarty	Under 20	Central AC	19:05
184	9	Andrew Ferguson Snr	Vet	Banchory Stonehaven AC	19:17
185	184	Ian Leggett	Vet	Lothian Running Club	19:19
186	29	Colin Banks	Vet	Calderglen Harriers	19:21
187	173	Kenneth Wales	Vet	Kilmarnock H&AC	19:21
188	111	Stephen Cullen	Vet	Garscube Harriers	19:24
189	234	Alan Cairns	Vet	Springburn Harriers	19:37
190	22	Richard Lawton	Senior	Calderglen Harriers	19:40
191	34	Hugh Simpson	Vet	Calderglen Harriers	19:51
192	52	Watson Jones	Vet	Clydesdale Harriers	19:57
193	215	Alexander Edgar	Under 20	Ron Hill Cambuslang Harriers	20:39
194	124	Kieran McLaughlin	Senior	Garscube Harriers	20:46
195	20	Russell Couper	Vet	Calderglen Harriers	21:00
196	147	Tom Tracey	Vet	Inverclyde AC	21:24
197	187	Colin Banham	Vet	Lothian Running Club	21:37
198	228	Robert Porteous	Vet	Shettleston Harriers	21:43
199	122	Raghibir Singh	Vet	Garscube Harriers	22:16
200	18	Scott Telfer	Vet	Bellahouston Road Runners	23:13
201	188	David Wardman	Vet	Lothian Running Club	24:45