

**EAST DISTRICT
CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 9th DECEMBER 2017
LIVINGSTON (Deans)**

Referee	Andy Law
Clerk of Course	Ted Finch
Timekeepers	Alan Carruthers (Chief), Ian Mann
Time Recorder	Douglas Carruthers (Chief), Bill Gentleman
Judge	Fred McCluskie
Funnel Control	Ken Morris
Place Recorders	Alan Smith (Chief), Rachel Halliday, Ian Hislop
Officials Report	Barry Craighead
Starter	Barry Craighead
Starter's Assistant	Richard O'Grady
Announcer	John Wands
Declarations	Neil Donachie, Phyllis Law
Results	Ron Morrison, Marjory Cook, Marion Donachie, Moira Reid
Presentations	Sandra Hardacre, Jamie McDonald
Course Marshals	Members of Lothian Running Club
Convenor	Alex Jackson

Scottish Athletics thanks the following for their assistance in running today's event

Lothian Running Club

Staff of Deans Community High School

St Andrews Ambulance

UNDER 20 MEN wear RED NUMBERS

Lindsays scottishathletics East District Cross Country Championships
Deans Community High School, Livingston EH54 8PS
Saturday 9th December 2017

PARKING

Parking at the school will fill up before the 1st race starts. There is ample alternative parking at Middlewood Park (see course map) 5 minutes' walk to the Start. **PLEASE CAR SHARE IF POSSIBLE**

TRAINS

Livingston North Railway Station is 10 minutes' walk from the course

There are 4 trains per hour from Edinburgh Waverley to Livingston North on Saturday 9th December

e.g.

Depart EDB 11:08 EDB 11:21 EDB 11:37 EDB 11:50

Arrive LSN 11:29 LSN 11:44 LSN 11:59 LSN 12:10

Ref: <https://www.buytickets.scotrail.co.uk/>

Up to two children, aged 5-15, can travel free with each adult when you travel off-peak.

DECLARATIONS/CHANGING/TOILETS

At Deans High School. There will also be toilets at the course

NUMBERS

Under 20 Women & Under 17 Women run in the same race with U20 wearing a 20 on the **BACK**

Under 20 Men & Under 17 Men run in the same race but different distances with U20 wearing a 20 on the **BACK**

INDIVIDUAL PRESENTATIONS

All individual awards apart from the Senior Men's will be made after each race near the finish area. Senior Men's awards presentations will be made in the school at approx 3.45pm

TEAM MEDALS

There are team medals for 1st 3 teams in all age groups. These can be collected from declarations in the school throughout the afternoon. It is anticipated that team's results for each race will be announced on the course.

HOST CLUB

Our thanks to Ted Finch and his team at Lothian Running Club for hosting the Championships.

Alex Jackson
East District Secretary
CC and RR Commission

COMPETITION INFORMATION SHEET

Event: East District Cross Country Championships

Venue: Deans Community High School, Eastwood Park, Livingston, EH54 8PS

Registration: Deans Community High School, Eastwood Park, Livingston, EH54 8PS

Date: Saturday 9th December 2017

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2004 to 31/08/2006	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2004 to 31/08/2006	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2002 to 31/08/2004	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2002 to 31/08/2004	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/2000 to 31/08/2002	1210hrs		1240hrs	5000m
U20 Women	U20	01/09/1997 to 31/08/2000				
Senior Women	SEN	BORN BEFORE 01/09/1997	1230hrs		1300hrs	6400m
Masters Women	MAS	Age on Day 40+				
Under 17 Men	U17	01/09/2000 to 31/08/2002	1300hrs		1330hrs	6400m
U20 Men	U20	01/09/1997 to 31/08/2000				8000m
Senior Men	SEN	BORN BEFORE 01/09/1997	1340hrs		1410hrs	10000m
Masters Men	MAS	Age on Day 40+				

Entries Close first post on: **Monday 27th November 2017** **NO LATE ENTRIES**

Postal Address for Entries: Alex Jackson
26 Mortonhall Park Crescent, Edinburgh, EH17 8SY

email address: alex.jackson@ed.ac.uk

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

(1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.

(2) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the East District Championships.

(3) Location map and final instructions will be available on www.scottishathletics.org.uk

(4) This event is the principal race for East athlete selection of Inter District Teams for Edinburgh on 13th January 2018.

(5) All remittances should be crossed and made payable to scottishathletics. Club Affiliation fees **MUST** have been paid to scottishathletics for season 2017/18. Competitors **MUST** wear their club colours in all events.

(6) Unless entry forms are fully completed with all details required, entries will be rejected.

Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.

(7) Rules relating to students in Full time education in Scotland are applicable.

for guidance on these rules please visit the Road Running Commission Website.

Lindsays scottishathletics East District Championships

Saturday 9th December

U13G Start Lists

Livingston

Athletes entered but not shown here should contact the scottishathletics office to ensure their membership is brought up to date ahead of the competition

Forename	Surname	Age Group	Club
Phoebe	Armstrong	(GU13)	Aberdeen AAC
Kirstin	Grant	(GU13)	Aberdeen AAC
Abbie	Crawford	(GU13)	Banchory Stonehaven AC
Cara	Davie	(GU13)	Banchory Stonehaven AC
Ailsa	Long	(GU13)	Banchory Stonehaven AC
Amy	Cully	(GU13)	Central AC
Elise	Graham-Marr	(GU13)	Central AC
Mirren Julie	Henry	(GU13)	Central AC
Catriona	Kane	(GU13)	Central AC
Mary	Kealey	(GU13)	Central AC
Anna	MacKinnon	(GU13)	Central AC
Summer	Maclean	(GU13)	Central AC
Brogan	McMillan	(GU13)	Central AC
Melissa	Turnbull	(GU13)	Central AC
Sophie	Armstrong	(GU13)	Corstorphine AAC
Ailsa	Bagnall	(GU13)	Corstorphine AAC
Olivia	Clarke	(GU13)	Corstorphine AAC
Amy	Crawford	(GU13)	Corstorphine AAC
Carrie	Main	(GU13)	Corstorphine AAC
Cameryn	Barclay	(GU13)	Dundee Hawkhill Harriers
Katie	Clark	(GU13)	Dundee Hawkhill Harriers
Ria	Conacher	(GU13)	Dundee Hawkhill Harriers
Faithe	Duffy	(GU13)	Dundee Hawkhill Harriers
Eva	Duke	(GU13)	Dundee Hawkhill Harriers
Hannah	Kemlo	(GU13)	Dundee Hawkhill Harriers
Grace	Matthews	(GU13)	Dundee Hawkhill Harriers
Lola-Ray	Venditozzi	(GU13)	Dundee Hawkhill Harriers
Megan	Kyle	(GU13)	Dunfermline Track & Field AC
Katie	Johnson	(GU13)	Edinburgh AC
Molly	Kidd	(GU13)	Edinburgh AC
Jessica	Lorimer	(GU13)	Edinburgh AC
Anise	Macaulay Orr	(GU13)	Edinburgh AC
Tallulah	McMorris	(GU13)	Edinburgh AC
Cecily	Millar	(GU13)	Edinburgh AC
Katie	Bennie	(GU13)	Falkirk Victoria Harriers
Caitlyn	Christie	(GU13)	Falkirk Victoria Harriers
Katie	Christie	(GU13)	Falkirk Victoria Harriers
Abbie	Cross	(GU13)	Falkirk Victoria Harriers
Erin	Hendry	(GU13)	Falkirk Victoria Harriers
Abbi	Macleod	(GU13)	Falkirk Victoria Harriers
Molli	Robb	(GU13)	Falkirk Victoria Harriers

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U13G Start Lists

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Forename	Surname	Age Group	Club
Isla	Hedley	(GU13)	Fife AC
Ruby	Methven	(GU13)	Fife AC
Ruby	Russell	(GU13)	Fife AC
Esmee	Thoms	(GU13)	Fife AC
Isla	Thoms	(GU13)	Fife AC
Lucy	Bellamy	(GU13)	George Heriots School
Ailsa	Gibb	(GU13)	George Heriots School
Molly	Kidd	(GU13)	George Heriots School
Tallulah	McMorris	(GU13)	George Heriots School
Sophie	McGillivray	(GU13)	Harmeny AC
Fiona	Eades	(GU13)	Lasswade AAC
Skye	Foster	(GU13)	Lasswade AAC
Niamh	Inglis	(GU13)	Lasswade AAC
Amy	McLaughlin	(GU13)	Lasswade AAC
Olivia	Meikle	(GU13)	Lasswade AAC
Anna	Allison	(GU13)	Livingston AC
Jessica	Heeps	(GU13)	Lothian Running Club
Eilidh	Howard	(GU13)	Lothian Running Club
Kara	Moffat	(GU13)	Lothian Running Club
Madeline	Collins	(GU13)	Moorfoot Runners
Holly	Hobbs	(GU13)	Moorfoot Runners
Esme	Minto	(GU13)	Moorfoot Runners
Chaela	Elder	(GU13)	Perth Strathtay Harriers
Molly	Fairfield	(GU13)	Pitreavie AAC
Erin	Macfarlane	(GU13)	Pitreavie AAC
Ruby	McNair	(GU13)	Pitreavie AAC
Maya	Millar	(GU13)	Pitreavie AAC
Kayleigh	Roy	(GU13)	Pitreavie AAC
Charlotte	Fraser	(GU13)	Strathearn Harriers
Bridget	Harley	(GU13)	Team East Lothian
Zoe	MacDonald	(GU13)	Team East Lothian
Ava	Hughes	(GU13)	Teviotdale Harriers
Iona	Jamieson	(GU13)	Teviotdale Harriers
Kelly	Mckay	(GU13)	Teviotdale Harriers



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Forename	Surname	Age Group	Club
Sam	Baverstock	(BU13)	Aberdeen AAC
Finlay	Cooper	(BU13)	Aberdeen AAC
Kai	Crawford	(BU13)	Aberdeen AAC
Dylan	Dickie	(BU13)	Aberdeen AAC
Theo	Jones	(BU13)	Aberdeen AAC
Aleksander	Jovicic	(BU13)	Aberdeen AAC
Callum	McGregor	(BU13)	Aberdeen AAC
Hamish	McKay	(BU13)	Aberdeen AAC
Samuel	Stephenson	(BU13)	Aberdeen AAC
Matthew	Brown	(BU13)	Banchory Stonehaven AC
Connor	Bell	(BU13)	Central AC
Ruairidh	Burns	(BU13)	Central AC
Euan	Campbell	(BU13)	Central AC
Euan	Docherty	(BU13)	Central AC
Cameron	Kerr	(BU13)	Central AC
Ross	Lawrie	(BU13)	Central AC
Cameron	MacMillan	(BU13)	Central AC
Finlay	Marchant	(BU13)	Central AC
Patrick	Milne	(BU13)	Corstorphine AAC
Brodie	Murray	(BU13)	Corstorphine AAC
Cameron	Ross	(BU13)	Corstorphine AAC
Ronan	Sinclair	(BU13)	Corstorphine AAC
Ryan	Snitjer	(BU13)	Corstorphine AAC
Ben	Struthers	(BU13)	Corstorphine AAC
Jack	Donald	(BU13)	Dundee Hawkhill Harriers
Joel	Faccenda	(BU13)	Dundee Hawkhill Harriers
Calum	Gibson	(BU13)	Dundee Hawkhill Harriers
Warren	Lorente	(BU13)	Dundee Hawkhill Harriers
Joseph	Placentino	(BU13)	Dundee Hawkhill Harriers
Fergus	Scott	(BU13)	Dundee Hawkhill Harriers
Kieran	Simpson	(BU13)	Dundee Hawkhill Harriers
Dean	Chalmers	(BU13)	Dunfermline Track & Field AC
Dominic	Drylie	(BU13)	Dunfermline Track & Field AC

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Forename	Surname	Age Group	Club
Aidan	Bradley	(BU13)	Edinburgh AC
Grant	Daly	(BU13)	Edinburgh AC
Ross	Dewar	(BU13)	Edinburgh AC
Max	Lapeyre	(BU13)	Edinburgh AC
Alasdair	McCorquodale	(BU13)	Edinburgh AC
Cai	McEwan	(BU13)	Edinburgh AC
Robert	Newman	(BU13)	Edinburgh AC
Ruaridh	Woodland-Broome	(BU13)	Edinburgh AC
Harris	Cant	(BU13)	Falkirk Victoria Harriers
Thomas	Fulton	(BU13)	Falkirk Victoria Harriers
Campbell	Mackay	(BU13)	Falkirk Victoria Harriers
Andrew	Armstrong	(BU13)	Fife AC
Struan	Bennet	(BU13)	Fife AC
Jake	Sandilands	(BU13)	Fife AC
Ewan	Christie	(BU13)	Gala Harriers
Cameron	Rankine	(BU13)	Gala Harriers
Reuben	Bright	(BU13)	George Heriots School
Douglas	Frew	(BU13)	George Heriots School
Andrew	Gilbert	(BU13)	George Heriots School
Angus	Ivory	(BU13)	George Heriots School
Joe	McDermott	(BU13)	George Heriots School
Leonardo	Monaco	(BU13)	George Heriots School
Joseph	Sibley	(BU13)	George Heriots School
Tommy	Thin	(BU13)	George Heriots School
Nathan	Denis	(BU13)	Harmeny AC
Freddy	Elliott	(BU13)	Harmeny AC
Tendai	Nyabadza	(BU13)	Harmeny AC
Finlay	Ross	(BU13)	Harmeny AC
Finlay	Stewart	(BU13)	Harmeny AC
Alasdair	Wallace	(BU13)	Harmeny AC
Alasdair	Brown	(BU13)	Lasswade AAC
Matthew	Cartledge	(BU15)	Lasswade AAC
Cameron	Chambers	(BU13)	Lasswade AAC
Dexter	Howard	(BU13)	Lasswade AAC
Alec	Miller	(BU13)	Lasswade AAC
Alastair	Scott	(BU13)	Lasswade AAC
Ross	Wolfenden	(BU13)	Lasswade AAC
Sam	Desalis	(BU13)	Linlithgow AC
Elliot	Frame	(BU13)	Livingston AC
James	Vivian	(BU13)	Livingston AC

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Forename	Surname	Age Group	Club
Ben	Allan	(BU13)	Moorfoot Runners
Patrick	Cannon	(BU13)	Moorfoot Runners
Angus	Carlyle	(BU13)	Moorfoot Runners
Jake	Lockyer	(BU13)	Moorfoot Runners
Ross	Dixon	(BU13)	Perth Strathtay Harriers
Alexander	Douglas	(BU13)	Perth Strathtay Harriers
Archie	McRonaldd	(BU13)	Perth Strathtay Harriers
Cameron	Johnston	(BU13)	Pitreavie AAC
Fergus	MacGilp	(BU13)	Pitreavie AAC
Caleb	McLeod	(BU13)	Pitreavie AAC
Oliver	Rodger	(BU13)	Pitreavie AAC
Evan	Wilson	(BU13)	Pitreavie AAC
Roddy	Johnston	(BU13)	Stirling Triathlon Club
Kyle	Beck	(BU13)	Strathearn Harriers
Aidan	Page	(BU13)	Team East Lothian
Angus	Wright	(BU13)	Team East Lothian
Conan	Harper	(BU13)	Teviotdale Harriers
Liam	Jaffray	(BU13)	Teviotdale Harriers
Robert	Wood	(BU13)	Teviotdale Harriers

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Forename	Surname	Age Group	Club
Eilidh	Dempsey	(GU15)	Aberdeen AAC
Adele	Gillespie	(GU15)	Aberdeen AAC
Iona	McGuire	(GU15)	Aberdeen AAC
Caitlin	Purcell	(GU15)	Aberdeen AAC
Kirsty	Purcell	(GU15)	Aberdeen AAC
Isla	Whitton	(GU15)	Arbroath & District AC
Shannon	Brown	(GU15)	Banchory Stonehaven AC
Isla	Long	(GU15)	Banchory Stonehaven AC
Emma	Swanson	(GU15)	Banchory Stonehaven AC
Carrie	Banks	(GU15)	Central AC
Kyra	Gibb	(GU15)	Central AC
Mhairi	Arnott	(GU15)	Corstorphine AAC
Georgia	Ledingham	(GU15)	Corstorphine AAC
Anna	Lewis	(GU15)	Corstorphine AAC
Katherine	MacLeod	(GU15)	Corstorphine AAC
Nicole	Mullard	(GU15)	Corstorphine AAC
Sophie	Brown	(GU15)	Dundee Hawkhill Harriers
Iona	Esslemont	(GU15)	Dundee Hawkhill Harriers
Isla	Manning	(GU15)	Dundee Hawkhill Harriers
Iara	Manning	(GU15)	Dundee Hawkhill Harriers
Nell	McCoshim	(GU15)	Dundee Hawkhill Harriers
Lesley	Rogers	(GU15)	Dundee Hawkhill Harriers
Sanija	Zumente	(GU15)	Dundee Hawkhill Harriers
Emily	Bond	(GU15)	Dunfermline Track & Field AC
Daisy	Cumming	(GU15)	Dunfermline Track & Field AC
Katie	Lancaster	(GU15)	Dunfermline Track & Field AC
Anna	Burnett	(GU15)	Edinburgh AC
Pippa	Carcas	(GU15)	Edinburgh AC
Phoebe	Friend	(GU15)	Edinburgh AC
Emma	Johnson	(GU15)	Edinburgh AC
Hannah	Little	(GU15)	Edinburgh AC
Beth	Morrow	(GU15)	Edinburgh AC
Rose	Newman	(GU15)	Edinburgh AC
Harriet	Woodland-Broome	(GU15)	Edinburgh AC
Lotte	Jeffrey	(GU15)	Falkirk Victoria Harriers
Abbie	Robb	(GU15)	Falkirk Victoria Harriers
Kerry	Robertson	(GU15)	Falkirk Victoria Harriers

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Forename	Surname	Age Group	Club
Ailsa	Bennet	(GU15)	Fife AC
Grace	Booth	(GU15)	Fife AC
Anna	Dalglish	(GU15)	Fife AC
Anna	Hedley	(GU15)	Fife AC
Chloe	Ritchie	(GU15)	Fife AC
Libby	Smith	(GU15)	Fife AC
Abby	McGlone	(GU15)	Lasswade AAC
Isla	Calvert	(GU15)	Livingston AC
Charlie-Maree	Nolan	(GU15)	Livingston AC
Sophie	Ure	(GU15)	Livingston AC
Robyn	MacDonald	(GU15)	Lothian Running Club
Hannah	Steel	(GU15)	Lothian Running Club
Megan	Hobbs	(GU15)	Moorfoot Runners
Tilly	Leathart	(GU15)	Moorfoot Runners
Eilidh	Mooney	(GU15)	Moorfoot Runners
Charlotte	Morrison	(GU15)	Moorfoot Runners
Rose	Ryan	(GU15)	Perth Strathtay Harriers
Ailsa	Barr	(GU15)	Pitreavie AAC
Lauren	Blair	(GU15)	Pitreavie AAC
Sarah	Coutts	(GU15)	Pitreavie AAC
Skye	Marshall	(GU15)	Pitreavie AAC

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Samuel	Griffin	(BU15)	Aberdeen AAC
Patrick	Lang	(BU15)	Aberdeen AAC
Gaspard	Lecrivain	(BU15)	Aberdeen AAC
Ross	Macmillan	(BU15)	Aberdeen AAC
Craig	Scott	(BU15)	Aberdeen AAC
Lewis	Watt	(BU15)	Aberdeen AAC
Kirk	Hutchison	(BU15)	Banchory Stonehaven AC
Alexander	Rusk	(BU15)	Banchory Stonehaven AC
Daniel	Bruce	(BU15)	Central AC
Lewis	Dow	(BU15)	Central AC
Cameron	Fraser	(BU15)	Central AC
Angus	Henderson	(BU15)	Central AC
Kyle	Howie	(BU15)	Central AC
Ben Angus	Hughes	(BU15)	Central AC
Harris	Milne	(BU15)	Central AC
Finlay	Muir	(BU15)	Central AC
Thomas	Woods	(BU15)	Central AC
David	Addison	(BU15)	Corstorphine AAC
Charlie	Cameron	(BU15)	Corstorphine AAC
Jamie	Eyton-Jones	(BU15)	Corstorphine AAC
Euan	Flett	(BU15)	Corstorphine AAC
Calum	Hall	(BU15)	Corstorphine AAC
Daniel	Saunders	(BU15)	Corstorphine AAC
Cameron	Thores	(BU15)	Corstorphine AAC
Josh	Benton	(BU15)	Deeside Runners
Andrew	MacTavish	(BU15)	Dundee Hawkhill Harriers
Ethan	McColgan	(BU15)	Dundee Hawkhill Harriers
laurence	Petty	(BU15)	Dundee Hawkhill Harriers
Blair	Scott	(BU15)	Dundee Hawkhill Harriers
Tejay	Scott	(BU15)	Dundee Hawkhill Harriers
Aidan	Simpson	(BU15)	Dundee Hawkhill Harriers
Matthew	Tully	(BU15)	Dundee Hawkhill Harriers
Scott	Vigrow	(BU15)	Dundee Hawkhill Harriers
Archie	Yeaman	(BU15)	Dundee Hawkhill Harriers
Malcolm	McLure	(BU15)	Dunfermline Track & Field AC
Cameron	Welsh	(BU15)	East Sutherland AC

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Finlay	Balloch	(BU15)	Edinburgh AC
Connor	Daly	(BU15)	Edinburgh AC
Fabian	Despinoy	(BU15)	Edinburgh AC
John	Leary	(BU15)	Edinburgh AC
Hugh	Morrow	(BU15)	Edinburgh AC
Jay	Stewart	(BU15)	Edinburgh AC
Connor	Thompson	(BU15)	Edinburgh AC
Jonathan	Faulks	(BU15)	Falkirk Victoria Harriers
Adam	Grieve	(BU15)	Falkirk Victoria Harriers
Callan	Hogarth	(BU15)	Falkirk Victoria Harriers
Nathan	Laing	(BU15)	Falkirk Victoria Harriers
Euan	Wond	(BU15)	Falkirk Victoria Harriers
Lewis	Donnelly	(BU15)	Fife AC
Owen	Keddie	(BU15)	Fife AC
Ben	Sandilands	(BU15)	Fife AC
Peter	Scott	(BU15)	Fife AC
Gregor	Collins	(BU15)	Gala Harriers
Evan	McConnell	(BU15)	Gala Harriers
Ewan	Purves	(BU15)	Gala Harriers
Ben	Jamieson	(BU15)	George Heriots School
Tomas	MacDonald	(BU15)	George Heriots School
Amius	Marshall-De'Ath	(BU15)	George Heriots School
Noah	McDermott	(BU15)	George Heriots School
Lachlan	Rowley	(BU15)	George Heriots School
Cameron	Dickson	(BU15)	Lasswade AAC
Harry	Henriksen	(BU15)	Lasswade AAC
Andrew	McGill	(BU15)	Linlithgow AC
Alastair	Marshall	(BU15)	Livingston AC
Jonathan	Marshall	(BU15)	Livingston AC
Fraser	Morris	(BU15)	Livingston AC
Kairn	Brand	(BU15)	Perth Strathtay Harriers
Ben	Henderson	(BU15)	Perth Strathtay Harriers
Lewis	Blair	(BU15)	Pitreavie AAC
Conor	Gourley	(BU15)	Pitreavie AAC
Kyle	Macfarlane	(BU15)	Pitreavie AAC
Robbie	Anderson	(BU15)	Team East Lothian
Thomas	MacAskill	(BU15)	Teviotdale Harriers

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Forename	Surname	Age Group	Club
Elizabeth	McCall	(FU17)	Aberdeen AAC
Laura	McNeil	(FU17)	Aberdeen AAC
Janani	Mohan	(FU17)	Aberdeen AAC
Kirsty	Oldham	(FU17)	Aberdeen AAC
Frances	Sealy	(FU17)	Banchory Stonehaven AC
Rosie	Eckersley	(FU17)	Central AC
Heather	Scott	(FU17)	Central AC
Jessica	MacLeod	(FU17)	Corstorphine AAC
Anna	Bennett	(FU17)	Dundee Hawkhill Harriers
Sophie	Kidd	(FU17)	Dundee Hawkhill Harriers
Iona	Vannet	(FU17)	Dundee Hawkhill Harriers
Alice	Goodall	(FU17)	Edinburgh AC
Jessica	Hoggarth	(FU17)	Edinburgh AC
Lucia	Montgomery	(FU17)	Edinburgh AC
Alice	Robertson	(FU17)	Edinburgh AC
Emily	Simpson	(FU17)	Edinburgh AC
Eloise	Walker	(FU17)	Edinburgh AC
Beatrice	Winkler	(FU17)	Edinburgh AC
Jessica	Christie	(FU17)	Falkirk Victoria Harriers
Katy	McGonigal	(FU17)	Falkirk Victoria Harriers
Olivia	Vareille	(FU17)	Falkirk Victoria Harriers
Hannah	Dow	(FU17)	Fife AC
Rhiannon	Fagan	(FU17)	Gala Harriers
Eilidh	Forbes	(FU17)	Gala Harriers
Susannah	Godfrey-Faussett	(FU17)	Gala Harriers
Katy	Wilkinson	(FU17)	Gala Harriers
Sarah	Tait	(FU17)	Lasswade AAC
Sarah	Calvert	(FU17)	Livingston AC
Katie	Craig	(FU17)	Livingston AC
Holly	White	(FU17)	Livingston AC
Kirsty	Anderson	(FU17)	Metro Aberdeen Running Club
Charlotte	Clare	(FU17)	Moorfoot Runners
Beth	Hobbs	(FU17)	Moorfoot Runners
Mairi	Wallace	(FU17)	Moorfoot Runners
Emma	Jenkins	(FU17)	Perth Strathtay H
Jemma	Jamieson	(FU17)	Pitreavie AAC
Zoe	Nicholson	(FU17)	Pitreavie AAC
Cera	Gemmell	(FU17)	Team East Lothian
Eilidh	Jaffray	(FU17)	Teviotdale Harriers

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Forename	Surname	Age Group	Club
Keaton	Bramwell	(MU17)	Aberdeen AAC
Adam	Brown	(MU17)	Aberdeen AAC
Cameron	Callow	(MU17)	Aberdeen AAC
Jack	Gillespie	(MU17)	Aberdeen AAC
Harry E	Hall	(MU17)	Aberdeen AAC
Adam	Robertson	(MU17)	Aberdeen AAC
Cameron	Stone	(MU17)	Aberdeen AAC
Nicholas	Tierney	(MU17)	Aberdeen AAC
Michael	Watt	(MU17)	Aberdeen AAC
Tom	Graham-Marr	(MU17)	Central AC
Telfer	Gray	(MU17)	Central AC
Sandy	Holl	(MU17)	Central AC
Keir	Howlieson	(MU17)	Central AC
Ben	MacMillan	(MU17)	Central AC
Gregor	McArthur	(MU17)	Central AC
Stephen	Addison	(MU17)	Corstorphine AAC
Jamie	Arnott	(MU17)	Corstorphine AAC
Fergus	Campbell	(MU17)	Corstorphine AAC
Finlay	Ross	(MU17)	Corstorphine AAC
Thomas	Ross	(MU17)	Corstorphine AAC
David	Begg	(MU17)	Dundee Hawkhill Harriers
Ryan	Donald	(MU17)	Dundee Hawkhill Harriers
Bradley	Duff	(MU17)	Dundee Hawkhill Harriers
Kristofer	Hernandez	(MU17)	Dundee Hawkhill Harriers
Kristof	Hornyik	(MU17)	Dundee Hawkhill Harriers
Aidan	Lynch	(MU17)	Dundee Hawkhill Harriers
Ben	MacDermid	(MU17)	Dundee Hawkhill Harriers
Kieran	McColgan	(MU17)	Dundee Hawkhill Harriers
Cameron	Sale	(MU17)	Dundee Hawkhill Harriers
Fraser	Blackie	(MU17)	Edinburgh AC
Iain	Hare	(MU17)	Edinburgh AC
Tom	Ireland	(MU17)	Edinburgh AC
Kane	Elliott	(MU17)	Falkirk Victoria Harriers
Lewis	Pentecost	(MU17)	Falkirk Victoria Harriers
Gavin	McWhinnie	(MU17)	Fife AC
Iain	McWhinnie	(MU17)	Fife AC
Craig	Morris	(MU17)	Fife AC

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Forename	Surname	Age Group	Club
Robert	Sparks	(MU17)	Fife AC
Corri	Campbell	(MU17)	Gala Harriers
Yousuf	Khursheed	(MU17)	Gala Harriers
James	Logan	(MU17)	Gala Harriers
Sam	Mckinnon	(MU17)	Gala Harriers
Jake	Shepherd	(MU17)	Gala Harriers
Lewis	Tharme	(MU17)	Gala Harriers
Isaac	Browning	(MU17)	George Heriots School
Thomas	Brownsort	(MU17)	George Heriots School
Daniel	Holland	(MU17)	George Heriots School
Christian	Graham	(MU17)	Lasswade AAC
Euan	Hood	(MU17)	Lasswade AAC
Daniel	Kelly	(MU17)	Lasswade AAC
Magnus	Tait	(MU17)	Lasswade AAC
Ruari	Bell	(MU17)	Livingston AC
Ryan	Kirkland	(MU17)	Lothian Running Club
Louis	MacDonald	(MU17)	Lothian Running Club
Nathan	Tosh	(MU17)	Metro Aberdeen Running Club
Craig	Angus	(MU17)	Moorfoot Runners
Gregor	Knight	(MU17)	Perth Strath Tay H
Sam	Burton	(MU17)	Stirling Triathlon Club
Duthac	Mardon	(MU17)	Strathearn Harriers
Levi	Sweeney	(MU17)	Strathearn Harriers
Joe	Donnelly	(MU17)	Team East Lothian
Fraser	Kelly	(MU17)	Team East Lothian
Fraser	Clyne	(MU17)	Teviotdale Harriers

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Forename	Surname	Age Group	Club
Anisha	Badial	(FU20)	Aberdeen AAC
Rebecca	Eggeling	(FU20)	Aberdeen AAC
Naomi	Lang	(FU20)	Aberdeen AAC
Hannah	Mutch	(FU20)	Aberdeen AAC
Beradett	Sike	(FU20)	Aberdeen AAC
Clare	Stewart	(FU20)	Banchory Stonehaven AC
Fiona	Davies	(FU20)	Central AC
Kate	Gallagher	(FU20)	Central AC
Eleanor	Hanson	(FU20)	Central AC
Lauren	McCulloch	(FU20)	Central AC
Hannah	Addison	(FU20)	Corstorphine AAC
Caitlin	Arnott	(FU20)	Corstorphine AAC
Danielle	MacDermid	(FU20)	Dundee Hawkhill Harriers
Amy	Mollison	(FU20)	Dundee Hawkhill Harriers
Isabel	Remers	(FU20)	Dundee Hawkhill Harriers
Eilidh L	Reynolds	(FU20)	Dundee Hawkhill Harriers
Zoe	Bates	(FU20)	Edinburgh AC
Lydia	Blythe	(FU20)	Edinburgh Univ Hare & Hounds
Carolyn	Cameron	(FU20)	Edinburgh Univ Hare & Hounds
Jennifer	Glass	(FU20)	Edinburgh Univ Hare & Hounds
Hannah	Havelock-Allan	(FU20)	Edinburgh Univ Hare & Hounds
Arianne	Holland	(FU20)	Edinburgh Univ Hare & Hounds
Laura	King	(FU20)	Edinburgh Univ Hare & Hounds
Rhiannon	Kirk	(FU20)	Edinburgh Univ Hare & Hounds
Katie	Lowery	(FU20)	Edinburgh Univ Hare & Hounds
Anna	MacFadyen	(FU20)	Edinburgh Univ Hare & Hounds
Louise	Mccullagh	(FU20)	Edinburgh Univ Hare & Hounds
Hannah	Morrison	(FU20)	Edinburgh Univ Hare & Hounds
Lindsay	Robertson	(FU20)	Edinburgh Univ Hare & Hounds
Laura	Stark	(FU20)	Edinburgh Univ Hare & Hounds
Toni	Moore	(FU20)	Falkirk Victoria Harriers
Ailsa	Cruickshanks	(FU20)	Fife AC
Louise	Mccullagh	(FU20)	Fife AC
Annabel	Personeni	(FU20)	Fife AC
Zoe	Pflug	(FU20)	Gala Harriers
Katie	Rourke	(FU20)	Gala Harriers
Lauren	Dickson	(FU20)	Lasswade AAC
Ailsa	Innes	(FU20)	Lasswade AAC
Niamh	Shaw	(FU20)	Lasswade AAC
Hannah	Mairs	(FU20)	Livingston AC
Ciara	Bowman	(FU20)	Pitreavie AAC
Emily	Nicholson	(FU20)	Pitreavie AAC

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Forename	Surname	Age Group	Club
Joe	Barton	(MU20)	Aberdeen AAC
Fraser	Cruickshank	(MU20)	Aberdeen AAC
Matthias	Flamenco	(MU20)	Aberdeen AAC
Philip	Neilson	(MU20)	Aberdeen AAC
Aaron	Odentz	(MU20)	Aberdeen AAC
Craig	Smith	(MU20)	Aberdeen AAC
Tyler	White	(MU20)	Aberdeen AAC
Anthony	Addison	(MU20)	Corstorphine AAC
Forbes	Jackson	(MU20)	Corstorphine AAC
Jonathan	Jackson	(MU20)	Corstorphine AAC
James	Donald	(MU20)	Dundee Hawkhill Harriers
Callum	McCormack	(MU20)	Dundee Hawkhill Harriers
Joseph	Arthur	(MU20)	Edinburgh AC
Max	Bloor	(MU20)	Edinburgh AC
Gavin	Bryson	(MU20)	Edinburgh AC
Archie	Hodgson	(MU20)	Edinburgh AC
Paul	Ireland	(MU20)	Edinburgh AC
Matthew	Kennedy	(MU20)	Edinburgh AC
Michael	Swinton	(MU20)	Edinburgh AC
Alex	Carcas	(MU20)	Edinburgh Univ Hare & Hounds
Matthew	Fellbaum	(MU20)	Edinburgh Univ Hare & Hounds
Oskar	Fraser-Krauss	(MU20)	Edinburgh Univ Hare & Hounds
Jack	Leitch	(MU20)	Edinburgh Univ Hare & Hounds
Edward	Narbett	(MU20)	Edinburgh Univ Hare & Hounds
Thomas	Otton	(MU20)	Edinburgh Univ Hare & Hounds
Angus	Pope	(MU20)	Edinburgh Univ Hare & Hounds
Cameron	Young	(MU20)	Edinburgh Univ Hare & Hounds
Sam	Fernando	(MU20)	Fife AC
George	Rees	(MU20)	Fife AC
Tristan	Rees	(MU20)	Fife AC
Robert	Fox	(MU20)	Gala Harriers
Faisal	Khursheed	(MU20)	Gala Harriers
Callum	Tharme	(MU20)	Gala Harriers
Cameron	Douglas	(MU20)	George Heriots School
Jamie	Darling	(MU20)	Lasswade AAC
Alastair	White	(MU20)	Livingston AC
Ben	Greenwood	(MU20)	Perth Strathtay Harriers
James	Adam	(MU20)	Pitreavie AAC
Struan	Ross	(MU20)	Pitreavie AAC
Daniel	Hesp	(MU20)	Stirling Triathlon Club
Cameron	Main	(MU20)	University Of Stirling

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Forename	Surname	Age Group	Club
Isla	Scott-Pearce	(F Sen)	Aberdeen AAC
Lucy	Taylor	(F Sen)	Aberdeen AAC
Veronique	Oldham	(F50)	Aberdeen AAC
Anne	Howie	(F55)	Aberdeen AAC
Elizabeth	Booth	(F Sen)	Carnegie Harriers
Zuleika	Brett	(F Sen)	Carnegie Harriers
Karen	Forsyth	(F Sen)	Carnegie Harriers
Robyn	Morrocco	(F Sen)	Carnegie Harriers
Kirsty	Baird	(F45)	Carnegie Harriers
Aileen	Morton	(F45)	Carnegie Harriers
Jennifer	Smith	(F45)	Carnegie Harriers
Isobel	Burnett	(F60)	Carnegie Harriers
Aisling	Allum	(F Sen)	Carnethy Hill Racing Club
Helen	Bonsor	(F Sen)	Carnethy Hill Racing Club
Ruth	Moss	(F Sen)	Carnethy Hill Racing Club
Rachel	Normand	(F Sen)	Carnethy Hill Racing Club
Charlotte	Morgan	(F40)	Carnethy Hill Racing Club
Fanni	Gyurko	(F Sen)	Central AC
Becky	Hay	(F Sen)	Central AC
Amy	Hendry	(F Sen)	Central AC
Claire	Houston	(F Sen)	Central AC
Morag	MacLarty	(F Sen)	Central AC
Kirsten Samara	McStay	(F Sen)	Central AC
Kimberley	Timmins	(F Sen)	Central AC
Alison	Curry	(F45)	Central AC
Lee	Houghton	(F45)	Central AC
Hazel	Dean	(F50)	Central AC
Patricia	Milne	(F55)	Central AC
Jilly	McKay	(F Sen)	Corstorphine AAC
Mhairi	Bagnall	(F40)	Corstorphine AAC
Gillian	Carr	(F40)	Corstorphine AAC
Janet	Grigor	(F50)	Corstorphine AAC
Fiona	Carver	(F55)	Corstorphine AAC
Jane	Kerridge	(F60)	Deeside Runners
Rhona	Anderson	(F50)	Dunbar Running Club
Kirsty	Reynolds	(F Sen)	Dundee Hawkhill Harriers
Cheryl	Walker	(F Sen)	Dundee Hawkhill Harriers
Catherine	Matthews	(F40)	Dundee Hawkhill Harriers
Diane	Placentino	(F45)	Dundee Hawkhill Harriers
Catriona M	Reynolds	(F50)	Dundee Hawkhill Harriers

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Forename	Surname	Age Group	Club
Victoria	Bailie	(F Sen)	Edinburgh AC
Katie	Bain	(F Sen)	Edinburgh AC
Maria	Boland	(F Sen)	Edinburgh AC
Rebecca	Burns	(F Sen)	Edinburgh AC
Hannah	Cameron	(F Sen)	Edinburgh AC
Chloe	Cox	(F Sen)	Edinburgh AC
Kathleen	Dempsey	(F Sen)	Edinburgh AC
Rachael	Dunn	(F Sen)	Edinburgh AC
Claire	Jellem	(F Sen)	Edinburgh AC
Martha	Keith-Barnett	(F Sen)	Edinburgh AC
Emma	Laverie	(F Sen)	Edinburgh AC
Wendy	Malkin	(F Sen)	Edinburgh AC
Issy	Menzies	(F Sen)	Edinburgh AC
Lauren	Stoddart	(F Sen)	Edinburgh AC
Dee	Watters	(F Sen)	Edinburgh AC
Lauren	Wilson	(F Sen)	Edinburgh AC
Catherine	Ferry	(F40)	Edinburgh AC
Lyndsey	Fraser	(F40)	Edinburgh AC
Jennifer	MacLean	(F40)	Edinburgh AC
Karen	Dobbie	(F50)	Edinburgh AC
Anne	Duncan	(F50)	Edinburgh AC
Jill	Morrow	(F50)	Edinburgh AC
Anne	Peat	(F50)	Edinburgh AC
Susan	Ridley	(F50)	Edinburgh AC
Sharyn	Ramage	(F55)	Edinburgh AC
Kirstin	Bamford	(F Sen)	Edinburgh Univ Hare & Hounds
Sophie	Collins	(F Sen)	Edinburgh Univ Hare & Hounds
Eliza	Cottington	(F Sen)	Edinburgh Univ Hare & Hounds
Catriona	Graves	(F Sen)	Edinburgh Univ Hare & Hounds
Christine	Irvine	(F Sen)	Edinburgh Univ Hare & Hounds
Rebecca	Johnson	(F Sen)	Edinburgh Univ Hare & Hounds
Eilidh	MacQuarrie	(F Sen)	Edinburgh Univ Hare & Hounds
Alexandra	Morgan	(F Sen)	Edinburgh Univ Hare & Hounds
Stephanie	Pennycook	(F Sen)	Edinburgh Univ Hare & Hounds
Fiona	Macfarlane	(F Sen)	Falkirk Victoria Harriers
Claire	Moffett	(F Sen)	Falkirk Victoria Harriers
Roisin	Fulton	(F40)	Falkirk Victoria Harriers
Lorna	Kennedy	(F40)	Falkirk Victoria Harriers
Monica	Anderson	(F45)	Falkirk Victoria Harriers
Nicola	Flynn	(F45)	Falkirk Victoria Harriers
Fiona	Matheson	(F55)	Falkirk Victoria Harriers

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Forename	Surname	Age Group	Club
Alison	Sutherland	(F Sen)	Falkland Trail Runners
Alison	Marven	(F40)	Falkland Trail Runners
Susan	Harley	(F45)	Falkland Trail Runners
Karen	Campbell	(F50)	Falkland Trail Runners
Julia	Loecherbach	(F Sen)	Ferranti AAC
Pascaline	Mollard	(F Sen)	Ferranti AAC
Claire	Gilchrist	(F50)	Ferranti AAC
Siobhan	Sellar	(F50)	Ferranti AAC
Fiona	Bracegirdle	(F Sen)	Fife AC
Megan	Crawford	(F Sen)	Fife AC
Jennifer	Cruickshanks	(F Sen)	Fife AC
Katie	Garner	(F Sen)	Fife AC
Kerry	Gibson	(F Sen)	Fife AC
Laura	Gibson	(F Sen)	Fife AC
Katie	Jones	(F Sen)	Fife AC
Sheena	Logan	(F Sen)	Fife AC
Alison	McGill	(F Sen)	Fife AC
Sophie	Mullins	(F Sen)	Fife AC
Halina	Rees	(F Sen)	Fife AC
Helen	Sharpe	(F Sen)	Fife AC
Annabel	Simpson	(F Sen)	Fife AC
Jennifer	Spence	(F Sen)	Fife AC
Maya	Stone	(F Sen)	Fife AC
Amie	Watt	(F Sen)	Fife AC
Vivienne	Wild	(F Sen)	Fife AC
Morgan	Windram-Geddes	(F Sen)	Fife AC
Louise	Provan	(F40)	Fife AC
Elise	Methven	(F45)	Fife AC
Rhona	van Rensburg	(F45)	Fife AC
Lynne	Stephen	(F55)	Fife AC
Innes	Bracegirdle	(F60)	Fife AC
Jocelyn	Scott	(F60)	Fife AC
Sara	Green	(F Sen)	Gala Harriers
Kirstin	Maxwell	(F Sen)	Gala Harriers
Rachel	Fagan	(F40)	Gala Harriers
Kate	Jenkins	(F40)	Gala Harriers
Fiona	Dalgleish	(F45)	Gala Harriers
Gillian	Duncan	(F45)	Gala Harriers
Jennifer	Forbes	(F45)	Gala Harriers
Eileen	Maxwell	(F50)	Gala Harriers

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Forename	Surname	Age Group	Club
Lucy	Marshall	(F Sen)	Harmeny AC
Kirsty	McBirnie	(F40)	Harmeny AC
Tracy	McGillivray	(F40)	Harmeny AC
Seona	Burnett	(F45)	Harmeny AC
Nicola	Freedman	(F45)	Harmeny AC
Susan	Ross	(F45)	Harmeny AC
Fiona	Zeiner	(F45)	Harmeny AC
Lorna	Broadhurst	(F55)	Harmeny AC
Briony	Curtis	(F Sen)	Hunters Bog Trotters
Rebecca	Harding	(F Sen)	Hunters Bog Trotters
Amy	Jennings	(F Sen)	Hunters Bog Trotters
Cat	Magill	(F Sen)	Hunters Bog Trotters
Shona	McIntosh	(F Sen)	Hunters Bog Trotters
Mairead	McManus	(F Sen)	Hunters Bog Trotters
Sarah	O'Neil	(F Sen)	Hunters Bog Trotters
Laura	Robertson	(F Sen)	Hunters Bog Trotters
Jillian	Stephen	(F Sen)	Hunters Bog Trotters
Georgia	Tindley	(F Sen)	Hunters Bog Trotters
Claire	Gordon	(F40)	Hunters Bog Trotters
Megan	Mowbray	(F40)	Hunters Bog Trotters
Claire	Ward	(F40)	Hunters Bog Trotters
Megan	Wright	(F40)	Hunters Bog Trotters
Phyllis	O'Brien	(F55)	Hunters Bog Trotters
Linden	Nicholson	(F65)	Lasswade AAC
Jill	Horsburgh	(F55)	Linlithgow AC
Frances	Wood	(F55)	Linlithgow AC
Andrea	Cameron	(F Sen)	Lothian Running Club
Kirsty	Gray	(F Sen)	Lothian Running Club
Jo	Williams	(F Sen)	Lothian Running Club
Mel	Zobel	(F Sen)	Lothian Running Club
Christine	MacVarish	(F45)	Lothian Running Club
Christine	Milne	(F45)	Lothian Running Club
Yvonne	Crilly	(F55)	Lothian Running Club
Virginie	Barrand	(F Sen)	Metro Aberdeen Running Club
Fiona	Brian	(F Sen)	Metro Aberdeen Running Club
Claire	Bruce	(F Sen)	Metro Aberdeen Running Club
Petra	Hampton	(F Sen)	Metro Aberdeen Running Club
Julie	Hendry	(F40)	Metro Aberdeen Running Club
Kayleigh	Jarrett	(F Sen)	Metro Aberdeen Running Club
Sarah	Knox	(F45)	Metro Aberdeen Running Club

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Forename	Surname	Age Group	Club
Karen	Kealey	(F45)	Ochil Hill Runners
Fiona	Kelsall	(F45)	Ochil Hill Runners
Sonjia	Crow	(F Sen)	Perth Road Runners
Claire	Douglas	(F45)	Perth Road Runners
Fabienne	Thompson	(F50)	Perth Road Runners
Lesley	Mealing	(F40)	PH Racing Club
Paula	Frame	(F45)	PH Racing Club
Karen	Kennedy	(F45)	PH Racing Club
Alison	Whyte	(F45)	PH Racing Club
Mary	Western	(F55)	PH Racing Club
Louise	Millar	(F40)	Pitreavie AAC
Penny	Hicks	(F50)	Pitreavie AAC
Morna	Fleming	(F60)	Pitreavie AAC
Catriona	Morrison	(F40)	Stirling Triathlon Club
Beth	Scholes	(F40)	Strathearn Harriers
Kerry	Sweeney	(F40)	Strathearn Harriers
Lauren	Corbett	(F Sen)	Teviotdale Harriers
Kirsty	Hughes	(F40)	Teviotdale Harriers
Helene	Jaffray	(F50)	Teviotdale Harriers
Pauline	McAdam	(F60)	Teviotdale Harriers
Marianne	Lang	(F50)	Unattached

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Forename	Surname	Age Group	Club
Lukasz	Czyzycki	(M Sen)	Aberdeen AAC
Broc	Drury	(M Sen)	Aberdeen AAC
Andrew John	Ferguson	(M Sen)	Aberdeen AAC
Michael	Ferguson	(M Sen)	Aberdeen AAC
James	Hoad	(M Sen)	Aberdeen AAC
James	Joy	(M Sen)	Aberdeen AAC
Max	Kreitner	(M Sen)	Aberdeen AAC
Will	Mackay	(M Sen)	Aberdeen AAC
Rory	Muir	(M Sen)	Aberdeen AAC
Steven	Murray	(M Sen)	Aberdeen AAC
Rory	Stead	(M Sen)	Aberdeen AAC
Fearghas	Thomson	(M Sen)	Aberdeen AAC
Euan	Webster	(M Sen)	Aberdeen AAC
Alasdhair	Love	(M40)	Aberdeen AAC
Athol	Burnett	(M55)	Aberdeen AAC
Richard	Shaw	(M60)	Anster Haddies Running Club
Kevin	Davie	(M Sen)	Carnegie Harriers
David	Clark	(M40)	Carnegie Harriers
Barry	Davie	(M40)	Carnegie Harriers
Steven	Honeyman	(M40)	Carnegie Harriers
Paul	Kieran	(M40)	Carnegie Harriers
Alan	Murray	(M45)	Carnegie Harriers
Michael	Bisset	(M45)	Carnegie Harriers
Allan	Brannigan	(M50)	Carnegie Harriers
Neil	McLure	(M50)	Carnegie Harriers
Stephen	Greer	(M60)	Carnegie Harriers
John	Hynd	(M55)	Carnegie Harriers
Kieran	Morgan	(M55)	Carnegie Harriers
Gordon	Somerville	(M60)	Carnegie Harriers
Phil	Smithard	(M70)	Carnegie Harriers

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Forename	Surname	Age Group	Club
John	Busby	(M Sen)	Carnethy Hill Racing Club
Andrew	Fallas	(M Sen)	Carnethy Hill Racing Club
Iain	Gilmore	(M Sen)	Carnethy Hill Racing Club
James	Hardie	(M Sen)	Carnethy Hill Racing Club
Patrick	Harrington	(M Sen)	Carnethy Hill Racing Club
Eoin	Lennon	(M Sen)	Carnethy Hill Racing Club
Jonny	Muir	(M Sen)	Carnethy Hill Racing Club
Dessie	Flanagan	(M40)	Carnethy Hill Racing Club
Michael	Reid	(M40)	Carnethy Hill Racing Club
Mark	Johnston	(M45)	Carnethy Hill Racing Club
Mike	Lynch	(M45)	Carnethy Hill Racing Club
Neil	Gilmore	(M50)	Carnethy Hill Racing Club
Bruce	Smith	(M50)	Carnethy Hill Racing Club
Gordon	Appelbe	(M Sen)	Central AC
Jamie	Crowe	(M Sen)	Central AC
Alastair	Hay	(M Sen)	Central AC
Will	Hensman	(M Sen)	Central AC
Kenneth	Hislop	(M Sen)	Central AC
David	Lindsay	(M Sen)	Central AC
Fraser	Logan	(M Sen)	Central AC
Murray	MacLarty	(M Sen)	Central AC
Scott	McDonald	(M Sen)	Central AC
Lewis	Millar	(M Sen)	Central AC
Ruaridh	Miller	(M Sen)	Central AC
Cameron	Milne	(M Sen)	Central AC
Benjamin	Noad	(M Sen)	Central AC
Matthew	Sutherland	(M Sen)	Central AC
Aidan	Thompson	(M Sen)	Central AC
Michael	Wright	(M Sen)	Central AC
Colin	Alexander	(M40)	Central AC
Scott	Brember	(M45)	Central AC
Mark	Logie	(M45)	Central AC
Fraser	Purves	(M45)	Central AC
Donald	Shaw	(M45)	Central AC
David	Eckersley	(M50)	Central AC
Hugh	Buchanan	(M55)	Central AC
Cameron	Campbell	(M55)	Central AC
Charles	Graham-Marr	(M60)	Central AC
Raymond J	Milne	(M55)	Central AC
Stuart	Watson	(M55)	Central AC
Allan	Gall	(M60)	Central AC

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Forename	Surname	Age Group	Club
Julian	Barrable	(M Sen)	Corstorphine AAC
Peter	Black	(M Sen)	Corstorphine AAC
Alastair	Brockie	(M Sen)	Corstorphine AAC
Ewan	Brown	(M Sen)	Corstorphine AAC
Jonathan	Carpenter	(M Sen)	Corstorphine AAC
Andrew	Christy	(M Sen)	Corstorphine AAC
Bryan	Clark	(M Sen)	Corstorphine AAC
Michael	Crawley	(M Sen)	Corstorphine AAC
Dermot	Cummins	(M Sen)	Corstorphine AAC
Tom	Cunningham	(M Sen)	Corstorphine AAC
Chris	Downie	(M Sen)	Corstorphine AAC
Ben	Draye	(M Sen)	Corstorphine AAC
Mark	Haskett	(M Sen)	Corstorphine AAC
Aaron	Hoyle	(M Sen)	Corstorphine AAC
Stuart	Livingstone	(M Sen)	Corstorphine AAC
Calum	McKenzie	(M Sen)	Corstorphine AAC
Douglas	McKinnon	(M Sen)	Corstorphine AAC
Blair	Montgomery	(M Sen)	Corstorphine AAC
Doug	Murray	(M Sen)	Corstorphine AAC
Timothy	Norwood	(M Sen)	Corstorphine AAC
Steven	O'Brien	(M Sen)	Corstorphine AAC
Scott	Pilkington	(M Sen)	Corstorphine AAC
Chris	Poxton	(M Sen)	Corstorphine AAC
Liam	Sleigh	(M Sen)	Corstorphine AAC
Ewan	Stark	(M Sen)	Corstorphine AAC
Thomas	Wilson	(M Sen)	Corstorphine AAC
Moray	Anderson	(M40)	Corstorphine AAC
Tom	Ferrington	(M40)	Corstorphine AAC
David	Hart	(M40)	Corstorphine AAC
Ross	Milne	(M40)	Corstorphine AAC
Keith	Ovenstone	(M40)	Corstorphine AAC
David	Arnott	(M45)	Corstorphine AAC
Alan	Cameron	(M45)	Corstorphine AAC
Dean	Carr	(M45)	Corstorphine AAC
Victor	Jack	(M45)	Corstorphine AAC
Richard	Lewis	(M45)	Corstorphine AAC
Iain	Macleod	(M45)	Corstorphine AAC

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Forename	Surname	Age Group	Club
Steven	Blair	(M50)	Corstorphine AAC
Stuart	Campbell	(M50)	Corstorphine AAC
Ian	Johnston	(M50)	Corstorphine AAC
Ian	McPherson	(M50)	Corstorphine AAC
Graeme	Fletcher	(M55)	Corstorphine AAC
Jan-Bert	Van Den Berg	(M55)	Corstorphine AAC
Iain	Cumming	(M65)	Corstorphine AAC
Robbie	Simpson	(M Sen)	Deeside Runners
Donald	Kerridge	(M50)	Deeside Runners
Andrew	Anderson	(M50)	Dunbar Running Club
Romain	Borgeal	(M Sen)	Dundee Hawkhill Harriers
Gary	Bruce	(M Sen)	Dundee Hawkhill Harriers
Mike	Herron	(M Sen)	Dundee Hawkhill Harriers
Gareth	Irons	(M Sen)	Dundee Hawkhill Harriers
Kristian	Jones	(M Sen)	Dundee Hawkhill Harriers
Andrew	Leech	(M Sen)	Dundee Hawkhill Harriers
Kenny	Liddell	(M Sen)	Dundee Hawkhill Harriers
Chris	Walsh	(M Sen)	Dundee Hawkhill Harriers
Billy	Gibson	(M40)	Dundee Hawkhill Harriers
Gordon	Barrie	(M45)	Dundee Hawkhill Harriers
Steve	Matthews	(M45)	Dundee Hawkhill Harriers
Bruce	Scott	(M45)	Dundee Hawkhill Harriers
Raymond	Tully	(M45)	Dundee Hawkhill Harriers
Marco	Placentino	(M50)	Dundee Hawkhill Harriers
Matthew	Strachan	(M50)	Dundee Hawkhill Harriers
Nigel	Reynolds	(M55)	Dundee Hawkhill Harriers
Phil	Forte	(M60)	Dundee Hawkhill Harriers
David	Hanlon	(M60)	Dundee Hawkhill Harriers
Guillermo	Hernandez	(M70)	Dundee Hawkhill Harriers
Chris	Earl	(M Sen)	Dundee Road Runners AC
Duncan	Edward	(M Sen)	Dundee Road Runners AC
Lee	O'Connor	(M40)	Dundee Road Runners AC

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Forename	Surname	Age Group	Club
Joshua	Arthur	(M Sen)	Edinburgh AC
Dermot	Bailie	(M Sen)	Edinburgh AC
Daniel	Bryant	(M Sen)	Edinburgh AC
Michael	Cameron	(M Sen)	Edinburgh AC
Iain	Craven	(M Sen)	Edinburgh AC
Keith	Dunlop	(M Sen)	Edinburgh AC
Kevin	Graham	(M Sen)	Edinburgh AC
Kevin	Hamilton	(M Sen)	Edinburgh AC
Christopher	Hartles	(M Sen)	Edinburgh AC
Eoghan	Hoare	(M Sen)	Edinburgh AC
Stuart	Johnston	(M Sen)	Edinburgh AC
John	Lenehan	(M Sen)	Edinburgh AC
Mark	MacDermot	(M Sen)	Edinburgh AC
Iain	Macdonald	(M Sen)	Edinburgh AC
Fionnbharr	McDonald	(M Sen)	Edinburgh AC
John	Mowbray	(M Sen)	Edinburgh AC
Harry	Putnam	(M Sen)	Edinburgh AC
Alexander	Quayle	(M Sen)	Edinburgh AC
Callum	Reid	(M Sen)	Edinburgh AC
Lewis	Renton	(M Sen)	Edinburgh AC
Steven	Watters	(M Sen)	Edinburgh AC
Owain	Williams	(M Sen)	Edinburgh AC
Nicholas	Wolverson	(M Sen)	Edinburgh AC
David	Woods	(M Sen)	Edinburgh AC
Michael	Barton	(M40)	Edinburgh AC
Richard	Clark	(M40)	Edinburgh AC
Leon	Johnson	(M40)	Edinburgh AC
Daniel	Rivera	(M40)	Edinburgh AC
Argy	Rizos	(M40)	Edinburgh AC
Max	Carcas	(M45)	Edinburgh AC
Dave	Clements	(M45)	Edinburgh AC
Lewis	Orr	(M45)	Edinburgh AC
Malcolm	Parry	(M45)	Edinburgh AC
Robert	Turner	(M45)	Edinburgh AC
John	Blair	(M50)	Edinburgh AC
David	Cross	(M50)	Edinburgh AC
Andrew	Latham	(M50)	Edinburgh AC

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Forename	Surname	Age Group	Club
Chris	Creegan	(M55)	Edinburgh AC
Dougie	Gowan	(M55)	Edinburgh AC
Matthew	Newnham	(M55)	Edinburgh AC
Garry	Robertson	(M55)	Edinburgh AC
David	Steele	(M55)	Edinburgh AC
Alex	MacEwen	(M60)	Edinburgh AC
Willie	Gallacher	(M65)	Edinburgh AC
Brian	Howie	(M65)	Edinburgh AC
Eric	Stevenson	(M65)	Edinburgh AC
Jacob	Adkin	(M Sen)	Edinburgh Univ Hare & Hounds
Alexander	Chepelin	(M Sen)	Edinburgh Univ Hare & Hounds
Ewan	Davidson	(M Sen)	Edinburgh Univ Hare & Hounds
Alistair	Masson	(M Sen)	Edinburgh Univ Hare & Hounds
Simon	McLaren	(M Sen)	Edinburgh Univ Hare & Hounds
Tim	Morgan	(M Sen)	Edinburgh Univ Hare & Hounds
Ben	Murphy	(M Sen)	Edinburgh Univ Hare & Hounds
Steven	George	(M Sen)	Falkirk Victoria Harriers
Euan	McCallum	(M Sen)	Falkirk Victoria Harriers
Peter	Moffett	(M Sen)	Falkirk Victoria Harriers
John	Shanks	(M Sen)	Falkirk Victoria Harriers
Scott	Stirling	(M Sen)	Falkirk Victoria Harriers
Robert	Christie	(M40)	Falkirk Victoria Harriers
Peter	Faulks	(M40)	Falkirk Victoria Harriers
Craig	Johnston	(M50)	Falkirk Victoria Harriers
Gordon	Dewar	(M50)	Falkirk Victoria Harriers
Malcolm	Finlayson	(M50)	Falkirk Victoria Harriers
Wallace	Grieve	(M50)	Falkirk Victoria Harriers
Michael	McQuaid	(M50)	Falkirk Victoria Harriers
Neil	Robertson	(M50)	Falkirk Victoria Harriers
Andrew	Ronald	(M50)	Falkirk Victoria Harriers
John	Gladwin	(M55)	Falkirk Victoria Harriers
Grant	Matheson	(M55)	Falkirk Victoria Harriers
Alastair	Mccallum	(M55)	Falkirk Victoria Harriers
James	McLaren	(M55)	Falkirk Victoria Harriers
Mike	Murdoch	(M40)	Falkland Trail Runners
Andy	Cameron	(M45)	Falkland Trail Runners
Gary	Pirie	(M45)	Falkland Trail Runners
Kevin	Murray	(M50)	Falkland Trail Runners
Mark	Western	(M50)	Falkland Trail Runners
Keith	Bonthrone	(M55)	Falkland Trail Runners

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Forename	Surname	Age Group	Club
Paul	Caban	(M50)	Ferranti AAC
Grant	Sellar	(M50)	Ferranti AAC
Alex	Bell	(M55)	Ferranti AAC
Simon	Anetts	(M Sen)	Fife AC
Graeme	Barker	(M Sen)	Fife AC
Kenny	Gorman	(M Sen)	Fife AC
Alistair	Gudgin	(M Sen)	Fife AC
Owen	Miller	(M Sen)	Fife AC
Morgan	Mitchell	(M Sen)	Fife AC
Akira	O'Connor	(M Sen)	Fife AC
Derek	Rae	(M Sen)	Fife AC
Logan	Rees	(M Sen)	Fife AC
Rick	Booth	(M40)	Fife AC
James	Hall	(M40)	Fife AC
Stephen	Clark	(M45)	Fife AC
Jimmy	McIntyre	(M45)	Fife AC
John	McIntyre Snr	(M45)	Fife AC
Hendrik	van Rensburg	(M45)	Fife AC
Sandy	Bell	(M50)	Fife AC
Daniel	Newman	(M50)	Fife AC
David	Sleigh	(M50)	Fife AC
Jeremy	Tomlinson	(M55)	Fife AC
Gary	Barker	(M60)	Fife AC
Marcus	D'Agrosa	(M Sen)	Gala Harriers
Darrell	Hastie	(M Sen)	Gala Harriers
Fergus	Johnston	(M Sen)	Gala Harriers
Tim	Darlow	(M40)	Gala Harriers
Magnus	Inglis	(M40)	Gala Harriers
Craig	Mattocks	(M40)	Gala Harriers
Jamie	McGowan	(M40)	Gala Harriers
Gary	Trewartha	(M40)	Gala Harriers
Derrick	Brydon	(M45)	Gala Harriers
Rory	Campbell	(M45)	Gala Harriers
Yan	Horsburgh	(M50)	Gala Harriers
Anthony	Lunn	(M50)	Gala Harriers
Bob	Johnson	(M55)	Gala Harriers
Ian	Maxwell	(M55)	Gala Harriers
William	Mcculloch	(M55)	Gala Harriers
James	Purves	(M60)	Gala Harriers

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Forename	Surname	Age Group	Club
Ross	Millar	(M40)	Harmeny AC
Damien	O' Looney	(M40)	Harmeny AC
Karl	Zeiner	(M40)	Harmeny AC
Phil	Buckley	(M45)	Harmeny AC
Darren	Cavaroli	(M45)	Harmeny AC
Mark	Jones	(M45)	Harmeny AC
Gavin	Orr	(M45)	Harmeny AC
Craig	Stewart	(M45)	Harmeny AC
Angus	Kay	(M50)	Harmeny AC
Andrew	Ross	(M50)	Harmeny AC
Graeme	Stewart	(M50)	Harmeny AC
Keith	Martin	(M55)	Harmeny AC
George	Ashley	(M Sen)	Hunters Bog Trotters
Oleg	Chepelin	(M Sen)	Hunters Bog Trotters
Ross	Clark	(M Sen)	Hunters Bog Trotters
Ewan	Crawford	(M Sen)	Hunters Bog Trotters
Jonathan	Crickmore	(M Sen)	Hunters Bog Trotters
Andrew	Cummings	(M Sen)	Hunters Bog Trotters
Richard	Dougal	(M Sen)	Hunters Bog Trotters
James	Dunn	(M Sen)	Hunters Bog Trotters
Craig	Freshwater	(M Sen)	Hunters Bog Trotters
Peter	Gardner	(M Sen)	Hunters Bog Trotters
Patryk	Gierjatowicz	(M Sen)	Hunters Bog Trotters
Michael	Grant	(M Sen)	Hunters Bog Trotters
Simon	Harrison	(M Sen)	Hunters Bog Trotters
Huw	Jones	(M Sen)	Hunters Bog Trotters
Alex	Luetchford	(M Sen)	Hunters Bog Trotters
Tom	Martyn	(M Sen)	Hunters Bog Trotters
Peter	McClelland	(M Sen)	Hunters Bog Trotters
John	McManus	(M Sen)	Hunters Bog Trotters
Stuart	Mounce	(M Sen)	Hunters Bog Trotters
William	Townsend	(M Sen)	Hunters Bog Trotters
Doug	Tullie	(M Sen)	Hunters Bog Trotters
Dave	Ward	(M Sen)	Hunters Bog Trotters
Derek	Wilkie	(M Sen)	Hunters Bog Trotters

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Forename	Surname	Age Group	Club
Alasdair	Anthony	(M40)	Hunters Bog Trotters
Michael	Bareford	(M40)	Hunters Bog Trotters
Philip	Mowbray	(M40)	Hunters Bog Trotters
Ray	Ward	(M40)	Hunters Bog Trotters
Donald	Naylor	(M45)	Hunters Bog Trotters
Jon	Rathjen	(M45)	Hunters Bog Trotters
Martin	Twigg	(M45)	Hunters Bog Trotters
Jamie	Thin	(M50)	Hunters Bog Trotters
Neil	Thomas	(M50)	Hunters Bog Trotters
Jim	Thyne	(M60)	Hunters Bog Trotters
Martin	Hill	(M Sen)	Kinross Road Runners
Matt	Newton	(M40)	Kinross Road Runners
Scott	Strachan	(M40)	Kinross Road Runners
Stewart	Nisbet	(M45)	Kinross Road Runners
Billy	Webster	(M45)	Kinross Road Runners
Andrew	Laycock	(M50)	Kinross Road Runners
John	Boyle	(M55)	Kinross Road Runners
David	Scott	(M40)	Lasswade AAC
Scott	Dickson	(M45)	Lasswade AAC
Peter	Ness	(M45)	Lasswade AAC
Andrew	McGlone	(M50)	Lasswade AAC
John	Redding	(M Sen)	Linlithgow AC
Michael	Watts	(M Sen)	Linlithgow AC
Neil	Anderson	(M50)	Linlithgow AC
Jake	Thomas	(M Sen)	Livingston AC
Ryan	White	(M Sen)	Livingston AC
Steven	Thomson	(M55)	Livingston AC

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Forename	Surname	Age Group	Club
Joshua	Dack	(M Sen)	Lothian Running Club
Ryan	Ferguson	(M Sen)	Lothian Running Club
Robert	Kennedy	(M Sen)	Lothian Running Club
Alastair	Murray	(M Sen)	Lothian Running Club
Owen	Williams	(M Sen)	Lothian Running Club
Alan	Knowles	(M40)	Lothian Running Club
Malcolm	Lang	(M40)	Lothian Running Club
Barry	McComish	(M40)	Lothian Running Club
Euan	McInnes	(M40)	Lothian Running Club
William	Moffat	(M40)	Lothian Running Club
Colin	Partridge	(M40)	Lothian Running Club
Alan	Cunningham	(M45)	Lothian Running Club
Stephen	Malcolm	(M45)	Lothian Running Club
Brian	Lees	(M50)	Lothian Running Club
Harry	Mulholland	(M50)	Lothian Running Club
Stig	Walsh	(M50)	Lothian Running Club
Kenny	Mearns	(M55)	Lothian Running Club
Martin	Leadbetter	(M60)	Lothian Running Club
Hamish	Battle	(M Sen)	Metro Aberdeen Running Club
Tom	Brian	(M Sen)	Metro Aberdeen Running Club
Kenny	Garden	(M Sen)	Metro Aberdeen Running Club
Kyle	Greig	(M Sen)	Metro Aberdeen Running Club
Rankin	Lascelles	(M Sen)	Metro Aberdeen Running Club
Iain	Manson	(M Sen)	Metro Aberdeen Running Club
Tom	Martin	(M Sen)	Metro Aberdeen Running Club
Ian	McGregor	(M Sen)	Metro Aberdeen Running Club
Jonny	McIntosh	(M Sen)	Metro Aberdeen Running Club
Gavin	McLennan	(M40)	Metro Aberdeen Running Club
Stuart	Milne	(M Sen)	Metro Aberdeen Running Club
Sam	Milton	(M Sen)	Metro Aberdeen Running Club
Steven	Morrison	(M Sen)	Metro Aberdeen Running Club
Mark	Ramsey	(M Sen)	Metro Aberdeen Running Club
Chris	Richardson	(M Sen)	Metro Aberdeen Running Club
Michael	Simpson	(M Sen)	Metro Aberdeen Running Club
Linton	Tyler	(M Sen)	Metro Aberdeen Running Club
Ben	Ward	(M Sen)	Metro Aberdeen Running Club
Mark	Young	(M Sen)	Metro Aberdeen Running Club

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Forename	Surname	Age Group	Club
Steve	Buchan	(M40)	Metro Aberdeen Running Club
Kevin	Mackie	(M40)	Metro Aberdeen Running Club
Graham	Reid	(M40)	Metro Aberdeen Running Club
Brian	Robb	(M40)	Metro Aberdeen Running Club
Dino	Roussias	(M40)	Metro Aberdeen Running Club
Jim	Tole	(M40)	Metro Aberdeen Running Club
Russell	Willox	(M40)	Metro Aberdeen Running Club
Craig	Anderson	(M45)	Metro Aberdeen Running Club
Tony	McGarva	(M50)	Metro Aberdeen Running Club
Nick	Milovsorov	(M50)	Metro Aberdeen Running Club
Keith	Farquhar	(M55)	Metro Aberdeen Running Club
Phil	Mann	(M55)	Metro Aberdeen Running Club
Andy	Redman	(M55)	Metro Aberdeen Running Club
Robert	Taylor	(M55)	Metro Aberdeen Running Club
Peter	Jennings	(M60)	Metro Aberdeen Running Club
George	McPherson	(M60)	Metro Aberdeen Running Club
Paul	Friend	(M Sen)	Musselburgh & District AC
Christopher	Martin	(M Sen)	Musselburgh & District AC
Mike	Malcolm-Smith	(M50)	Musselburgh & District AC
James	Stevenson	(M Sen)	Ochil Hill Runners
Myles	Bax	(M Sen)	Perth Road Runners
Michael	McConnell	(M Sen)	Perth Road Runners
Kevin	Riddell	(M Sen)	Perth Road Runners
Ronnie	Glen	(M45)	Perth Road Runners
David	Knight	(M45)	Perth Road Runners
Duncan	Ryan	(M45)	Perth Road Runners
Richard	Ward	(M45)	Perth Road Runners
Simon	Grieshaber	(M50)	Perth Road Runners
Alan	Bothwell	(M55)	Perth Road Runners

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Forename	Surname	Age Group	Club
Niall	Balloch	(M Sen)	PH Racing Club
Andrew	Jannetta	(M Sen)	PH Racing Club
Scott	Love	(M Sen)	PH Racing Club
Stuart	Mackay	(M Sen)	PH Racing Club
Daniel	Monaghan	(M Sen)	PH Racing Club
Jonathan	Peebles	(M Sen)	PH Racing Club
Colin	Somerville	(M Sen)	PH Racing Club
Mark	Mackenzie	(M45)	PH Racing Club
Wright	Beveridge	(M45)	PH Racing Club
Tommy	Lawrence	(M45)	PH Racing Club
Peter	Simpson	(M55)	PH Racing Club
Ed	Norton	(M65)	PH Racing Club
Andrew	Wright	(M40)	PH Racing Club (Ind)
David	Henderson	(M Sen)	Pitreavie AAC
Evan	Ross	(M Sen)	Pitreavie AAC
Campbell	Blair	(M40)	Pitreavie AAC
Gordon	MacFarlane	(M40)	Pitreavie AAC
Michael	Barr	(M45)	Pitreavie AAC
Tom	Sludden	(M45)	Pitreavie AAC
Jeff	Farquhar	(M55)	Pitreavie AAC
Derek	Duncan	(M60)	Pitreavie AAC
George	Lupton	(M40)	Portobello Running Club
William	Jarvie	(M55)	Portobello Running Club
Nigel	Roberts	(M55)	Stirling Triathlon Club
Neil	Scholes	(M50)	Strathearn Harriers
Rory	Anderson	(M Sen)	Teviotdale Harriers
Bruce	Hughes	(M Sen)	Teviotdale Harriers
Derek	Scott	(M Sen)	Teviotdale Harriers
Greg	Walker	(M Sen)	Teviotdale Harriers
Christopher	Watson	(M Sen)	Teviotdale Harriers
Alister	Biggar	(M45)	Teviotdale Harriers
Brian	Harper	(M45)	Teviotdale Harriers
Alan	Coltman	(M50)	Teviotdale Harriers
Raymond	Jaffray	(M50)	Teviotdale Harriers
Paul	Lockie	(M50)	Teviotdale Harriers
John	Tullie	(M60)	Teviotdale Harriers
Frank	Birch	(M70)	Teviotdale Harriers

Lindsays East District Cross Country Championships

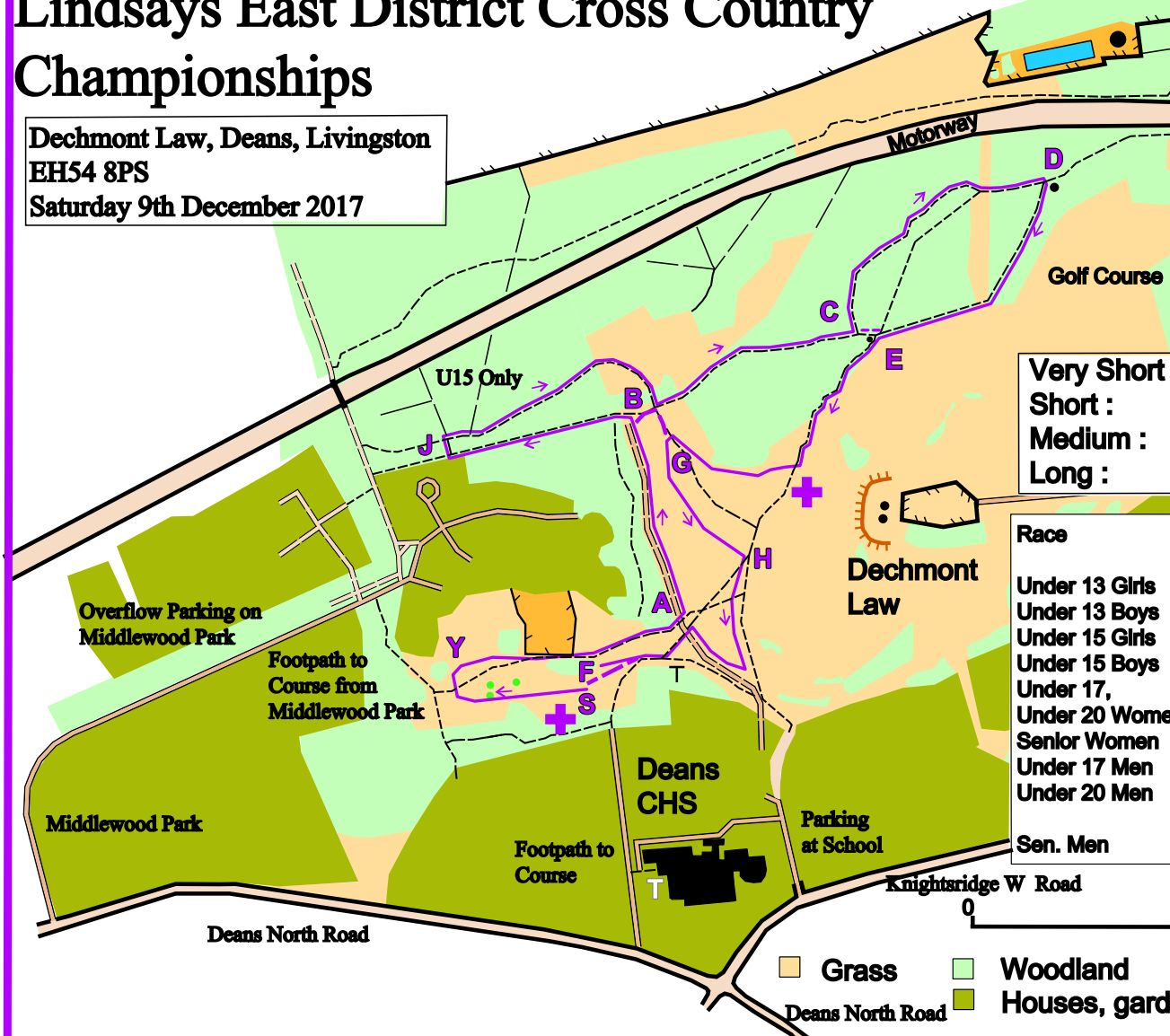
Dechmont Law, Deans, Livingston
EH54 8PS
Saturday 9th December 2017

scottishathletics 

lindsays
**SCOTTISH
CROSSCOUNTRY
SEASON** 

Very Short : S YABGH F
Short : S YABCEGH F
Medium : S YABCDEGH F
Long : S YABJBCDEGH F

Race	Declarations Close	Race Start	Course	Distance~
Under 13 Girls	11:00	11:30	1 x Medium	3200m
Under 13 Boys	11:15	11:45	1 x Medium	3200m
Under 15 Girls	11:30	12:00	1 x Long	3900m
Under 15 Boys	11:50	12:20	1 x Long	3900m
Under 17, Under 20 Women	12:10	12:40	2 x Short	5100m
Senior Women	12:30	13:00	2 x Medium	6400m
Under 17 Men	13:00	13:30	2 x Medium	6400m
Under 20 Men	13:00	13:30	2 x Medium , 8000m	
			1 x V. Short	
Sen. Men	13:30	14:10	3 x Medium	9600m



Grass Woodland Houses, gardens Roads, paths

T Toilets
+ First Aid