

Scottish Athletics Federation
National Cross Country Relays
Irvive 26/10/96
Young Athletes Female

1	City of Glasgow A	31.34	C Forrest (2)	10.58	C Fagan (1)	10.08	K Munro (1)	10.28
2	Babcock Pitreavie A	33.21	I Child (8)	11.38	N Thomson (10)	11.24	H Norman (2)	10.19
3	JGB Central AC A	33.30	E Falconer (19)	12.16	J McCrorie (7)	10.39	K Montador (3)	10.35
4	Dundee Hawkhill A	33.41	F Collaco (10)	11.40	C Burnett (9)	11.21	A Laws (4)	10.40
5	City of Edinburgh A	33.51	S Cairns (15)	11.59	L Hancock (14)	11.30	L Harrison (5)	10.22
6	Kilbarchan AAC A	34.07	H Gordon (4)	11.17	S McGrenaghan (3)	11.14	S Barr (6)	11.36
7	Inverness Harriers A	34.12	J Main (3)	11.15	R McLean (2)	11.08	A Campbell (7)	11.49
8	Dundee Hawkhill B	34.31	L Mellon (9)	11.40	L Raj (15)	12.01	T Stephens (8)	10.50
9	City of Glasgow B	34.39	D McColl (27)	12.43	S Maxwell (16)	11.03	A Daly (9)	10.53
10	Edinburgh Woolen Mill A	34.44	N Turner (30)	13.00	S Hood (23)	11.36	L Grossman (10)	10.08
11	JGB Central AC B	34.53	S Borrowman (17)	12.06	E Waterhouse (13)	11.20	B Murphy (11)	11.27
12	Giffnock North AAC A	34.58	H Stevenson (12)	11.46	S Stevenson (4)	10.49	L George (12)	12.23
13	Kilbarchan AAC B	35.02	J Queen (16)	12.03	C Gibson (17)	12.05	H Townsend (13)	10.54
14	Irvine AC A	35.21	A Walker (11)	11.43	C McAuley (11)	11.37	Louise Hanvey (14)	12.01
15	Fife AC A	35.34	J Williams (14)	11.58	K Forbes (6)	10.56	S Laing (15)	12.40
16	East Kilbride AC A	35.38	M Haley (21)	12.30	L Mooney (26)	12.26	L Campbell (16)	10.42
17	Kirkintilloch Olympians A	35.41	V Ralton (1)	10.47	L Stirling (5)	12.06	M Adams (17)	12.48
18	Dundee Hawkhill C	35.42	N Laing (13)	11.46	S Scott (8)	11.13	V Lamb (18)	12.43
19	Greenock Glenpark H A	36.13	G Bell (20)	12.27	L Kelly (18)	11.54	P Andrews (19)	11.52
20	Law & District AC A	36.15	K Hamilton (25)	12.39	K Laird (24)	11.58	C Docherty (20)	11.38
21	Babcock Pitreavie B	36.27	E Barclay (31)	13.12	M McArthur (27)	11.53	E Webster (21)	11.22
22	Ayr Seaforth A	36.46	K McFarlane (26)	12.41	M Donnelly (22)	11.52	T McIntosh (22)	12.13
23	Fife AC B	36.50	F Urquart (5)	11.25	L Allison (12)	11.59	S Carstairs (23)	13.26
24	K-F Corstorphine AAC A	36.55	E Smith (6)	11.29	L Joyce (21)	13.02	L Henderson (24)	12.24
25	Cambuslang Harriers A	36.58	C McCrone (23)	12.38	L Farmer (20)	11.48	V Farmer (25)	12.32
26	Irvine AC B	37.05	K McGarry (22)	12.35	D Alderson (19)	11.51	K Bryant (26)	12.39
27	City of Glasgow C	37.32	A Hardy (35)	13.53	L Macrae (32)	11.31	K Piggot (27)	12.08
28	Girvan AAC A	38.05	C Taylor (7)	11.32	D McCutcheon (25)	13.06	L Murdoch (28)	13.27
29	Giffnock North AAC B	38.51	C Smith (33)	13.43	L Bendoris (29)	11.37	K Miller (29)	13.31
30	Ayr Seaforth B	39.00	J McCormack (29)	12.57	N Haran (33)	12.57	L McIntosh (30)	13.06
31	Cambuslang Harriers B	39.35	L Eaglesham (34)	13.45	P Dick (35)	13.11	C Benzie (31)	12.39
32	Kirkintilloch Olympians B	39.35	J Barber (24)	12.39	L Syme (28)	12.38	Laura Brown (32)	14.18
33	Kilbarchan AAC C	40.39	R Stevens (36)	14.17	J McLay (34)	12.29	S Cloney (33)	13.53
34	City of Glasgow D	41.09	C Graham (43)	17.05	M Cameron (42)	12.00	P Gaffney (34)	12.04

35	Babcock Pitreavie C	41.10	K Murray (42)	15.49	L Cooch (40)	12.55	M Stewart (35)	12.26
36	Larkhall YMCA H A	41.10	K Mowbray (32)	13.24	J Shearer (36)	14.05	L Fitzpatrick (36)	13.41
37	City of Glasgow F	41.26	L Black (40)	15.05	C Duffy (39)	13.35	S Erwin (37)	12.46
38	City of Glasgow E	41.51	K Scott (38)	14.20	A Reid (41)	14.43	E Sinclair (38)	12.48
	Larkhall YMCA H B	25.21	F Haig (28)	12.57	A McInnes (30)	12.24		
	Maryhill Harriers A	25.22	M Tollan (18)	12.15	L Carrigan (31)	13.07		
	Giffnock North AAC C	27.38	A Bennett (41)	15.34	S McKenzie (37)	12.04		
	City of Glasgow G	28.15	L Sharp (39)	14.56	H Connell (38)	13.19		
	Law & District AC C	29.17	D Kyle (37) 14.18	J Sneddon (43)	14.59			

Young Athletes Male

1	Fife AC A	27.22	A Murphy (2)	9.43	A Lemoncello (3)	9.05	M Smith (1)	8.34
2	Cambuslang Harriers A	27.34	I Munro (1)	9.33	K Kealey (1)	8.55	G Robertson (2)	9.06
3	Ayr Seaforth A	27.44	D McKeating (4)	9.52	A McIndoe (2)	8.43	C Garrett (3)	9.09
4	K-F Corstorphine AAC A	28.09	K Berry (7)	10.14	S O'Brien (5)	9.13	C O'Brien (4)	8.42
5	Victoria Park AAC A	28.15	C Crawford (5)	9.53	C Watson (4)	9.01	D McLaren (5)	9.21
6	Shettleston Harriers A	28.41	J McLaren (18)	10.34	J McFadden (10)	9.23	A McDonald (6)	8.44
7	Cambuslang Harriers B	28.59	R Greig (9)	10.22	A Shields (6)	9.24	J Kealey (7)	9.13
8	Cambuslang Harriers C	29.12	A Stevens (10)	10.23	A Gearie (9)	9.29	W Bain (8)	9.20
9	Dundee Hawkhill H B	29.22	D Garvie (11)	10.23	J Nicoll (14)	9.55	M Cortaise (9)	9.04
10	Falkirk Victoria H A	29.22	D Couper (34)	10.56	R Gliniany (15)	9.24	G Couper (10)	9.02
11	Victoria Park AAC B	29.27	I Bertram (15)	10.30	D Watson (12)	9.29	P Uppal (11)	9.28
12	John Greig Central AC A	29.33	C Alexander (29)	10.45	P Whitelam (25)	10.05	R Houston (12)	8.43
13	Falkirk Victoria H B	29.36	J Brown (37)	11.08	D Algeo (18)	9.23	S Anderson (13)	9.05
14	IBM Spango Valley A	29.39	D Charles (40)	11.13	M Pollard (16)	9.11	D Fraser (14)	9.15
15	Shettleston Harriers C	29.39	D Duff (14)	10.25	S Wacławski (13)	9.51	B McGarrity (15)	9.23
16	Fife AC B	29.54	A Shanks (12)	10.25	S Cassidy (29)	10.35	A Cassalls (16)	8.54
17	Cambuslang Harriers D	30.00	J Pal (16)	10.31	G Adam (26)	10.24	D Munro (17)	9.05
18	Babcock Pitreavie C	30.05	W Bruce (24)	10.43	J Paterson (17)	9.48	S Koronka (18)	9.34
19	Kilbarchan AAC A	30.06	G Allan (50)	11.31	D Eccles (24)	9.14	C Berry (19)	9.21
20	Babcock Pitreavie B	30.09	D Simpson (22)	10.42	A Arneil (27)	10.14	S McDiarmid (20)	9.13
21	Dundee Hawkhill H A	30.11	G Oudney (17)	10.33	M Hanlon (19)	9.59	S Brooks (21)	9.39
22	East Kilbride AC A	30.12	N Barclay (35)	10.58	K McKenna (11)	9.00	S McCracken (22)	10.14
23	Kilbarchan AAC C	30.17	I Crapnell (25)	10.45	A Thomson (20)	9.49	P Dailly (23)	9.43
24	Shettleston Harriers B	30.20	M McGrath (13)	10.25	J Barr (23)	10.19	M Graham (24)	9.36
25	Maryhill Harriers A	30.25	R Rooney (21)	10.41	C Howe (34)	10.42	J McLeod (25)	9.02
26	JW Kilmarnock H A	30.28	S Livingstone (46)	11.29	D Shannon (43)	10.09	A McCutcheon (26)	8.50
27	Kilbarchan AAC B	30.30	J Mann (48)	11.29	P Arcari (30)	9.38	D McCormack (27)	9.23
28	Inverness Harriers A	30.43	D Mezals (38)	11.08	B McPhail (21)	9.29	I McKenzie (28)	10.06
29	Ayr Seaforth B	30.46	L Evans (19)	10.39	B McGarva (31)	10.29	S Keenan (29)	9.38
30	Larkhall YMCA H A	30.48	R Douglas (31)	10.52	D McTaggart (38)	10.38	B Smart (30)	9.18
31	Fife AC C	30.48	K Wallace (36)	11.01	M Nelson (36)	10.26	O Greene (31)	9.21
32	City of Edinburgh A	30.48	R Robertson (23)	10.43	S Kemp (28)	10.14	R Cannon (32)	9.51
33	Clydesdale Harriers A	30.48	W Rossborough (33)	10.53	M Rudzinski (22)	9.48	R Rossborough (33)	10.07
34	Irvine AC A	30.52	J Preston (41)	11.19	C Brown (32)	9.51	C Burke (34)	9.42
35	Greenock Glenpark H A	30.54	D Gesby (58)	11.57	R Mark (44)	9.42	R Docherty (35)	9.15
36	Girvan AAC A	30.57	K Berry (43)	11.24	E Jardine (35)	9.59	K Taylor (36)	9.34
37	Kirkintilloch Olympians A	31.09	S McDowall (30)	10.52	L Campbell (40)	10.42	E McLoone (37)	9.35
38	Victoria Park AAC C	31.13	C Lavery (28)	10.45	R McLachlan (37)	10.45	G Brownlee (38)	9.43

39	East Kilbride AC B	31.40	S Toms (62)	12.09	C Henderson (42)	9.27	H Henderson (39)	10.04
40	Kirkintilloch Olympians B	31.47	R McNeil (49)	11.31	D Gallacher (52)	10.44	J McLoone (40)	9.32
41	Dundee Hawkhill H C	31.55	N Ferguson (47)	11.29	D McDonald (45)	10.14	R Stanfield (41)	10.12
42	Fife AC D	32.04	T Ennis (53)	11.45	T Greene (51)	10.29	J Seeley (42)	9.50
43	Falkirk Victoria H C	32.16	D Todd (52)	11.43	C Russell (47)	10.16	J Shenava (43)	10.17
44	IBM Spango Valley B	32.22	R Turbett (55)	11.50	A Osborne (50)	10.24	R McKellar (44)	10.08
45	Inverness Harriers B	32.28	L Damby (57)	11.56	A Mezals (53)	10.19	S Ramsay (45)	10.13
46	Teviotdale Harriers A	32.33	A Maltman (44)	11.25	C Watson (41)	10.10	A Gibson (46)	10.58
47	K-F Corstorphine AAC B	32.46	P Robertson (66)	12.49	E Stark (54)	10.03	B Clark (47)	9.54
48	Victoria Park AAC D	32.49	R McNally (42)	11.20	C McKichan (56)	11.35	G Logan (48)	9.54
49	Falkirk Victoria H D	33.13	R Munnoch (56)	11.52	I Wallace (49)	10.20	G Moore (49)	11.01
50	Irvine AC B	33.18	G Rose (65)	12.42	J Smith (55)	10.11	S Higgins (50)	10.25
51	JW Kilmarnock H B	33.18	K Gray (60)	12.03	C Bingham (61)	11.48	C Gourley (51)	9.27
52	Kirkintilloch Olympians C	33.49	S Davies (64)	12.10	M Houston (57)	11.05	W Earnshaw (52)	10.34
53	Kirkintilloch Olympians D	34.11	A Denham (61)	12.03	G Alexander (58)	11.24	A Gilfillan (53)	10.44
54	Dundee Hawkhill H D	35.24	C Kirkcaldy (69)	13.33	D Dowie (60)	10.17	A Tait (54)	11.34
55	Girvan AAC B	35.26	C Morland (54)	11.48	D McKellar (67)	13.37	K Livingstone (55)	10.01
56	Irvine AC C	35.33	S McMillan (71)	14.06	B Miller (65)	11.00	S Kay (56)	10.27
57	JW Kilmarnock H C	36.04	R Mair (59)	11.59	C Hoy (64)	12.06	A Bingham (57)	11.59
	Giffnock North AAC A	19.49	J MacLachlan (6)	9.59	C George (7)	9.50		
	Law & District A	19.51	S Reid (3)	9.48	S McCann (8)	10.03		
	Giffnock North AAC B	21.16	G Ross (26)	10.45	M Crough (33)	10.31		
	Giffnock North AAC C	21.33	J Walker (32)	10.53	G Carroll (39)	10.40		
	Cambuslang Harriers E	21.50	D Young (51)	11.31	P McNally (46)	10.19		
	Victoria Park AAC E	22.09	M Harvie (45)	11.25	C Shields (48)	10.44		
	Larkhall YMCA H B	23.48	A Dalton (67)	13.06	S Wilson (59)	10.42		
	Cambuslang Harriers G	23.55	B Fox (63)	12.10	C Steel (62)	11.45		
	Clydesdale Harriers B	24.04	S Doherty (68)	13.20	J Bradley (63)	10.44		
	Irvine AC D	25.21	W Arnott (72)	14.34	B Pettigrew (66)	10.47		
	Cambuslang Harriers F	25.31	A Brady (70)	14.06	K Robertson (68)	11.25		
	Law & District B	10.15	S Lawley (8)	10.15				
	Law & District C	10.40	S Porte (20)	10.40				
	Cambuslang Harriers H	10.45	A Scott (27)	10.45				
	Victoria Park AAC F	11.08	R Reith (39)	11.08				

Senior Women

1	City of Glasgow A	46.29	C Thomson (2)	15.03	J Thomson (2)	16.20	L MacDougall (1)	15.06
2	Edinburgh University H&H A	47.33	M Smith (8)	16.05	E O'Shea (3)	15.19	H Parkinson (2)	16.09
3	City of Glasgow B	47.42	P Crawley(J) (6)	15.34	K Baird (5)	16.31	J McDevitt (3)	15.37
4	Glasgow University H&H A	49.04	A Mcphail (5)	15.18	C Morrison(J) (1)	15.24	P Robertson (4)	18.22
5	Dundee Hawkhill H A	49.28	A Carr (3)	15.08	M Taggart (6)	17.02	Y Reilly (5)	17.18
6	JW Kilmarnock H A	49.44	L Cairns (1)	14.50	N Youden(J) (7)	17.55	S Youden(J) (6)	16.59
7	Shettleston Harriers Ladies A	50.52	H Min-Chung (4)	15.12	F Florence (4)	16.48	S Carter (7)	18.52
8	Strathclyde University A	51.43	A Higgins (13)	16.30	J Brown(J) (8)	16.45	S Hutt(J) (8)	18.28
9	Babcock Pitreavie AAC A	51.46	K Fisher (7)	16.03	M Healey (9)	17.29	P Pattison (9)	18.14
10	Irvine AC A	52.34	H Morton (12)	16.24	J Byng (12)	18.20	L McGarry (10)	17.50
11	City of Glasgow C	52.35	G Walker (16)	16.51	B Cockburn (14)	18.33	J Cox(J) (11)	17.11
12	Glasgow University H&H B	52.36	K Patterson (14)	16.32	S Little(J) (13)	18.45	S Taplin (12)	17.19
13	Lasswade AAC A	52.44	K Mickle (15)	16.33	L Rice (11)	17.46	C McIntyre (13)	18.25
14	Edinburgh University H&H B	53.58	E McManus (21)	17.45	L Cameron (18)	18.39	S Trowell (14)	17.34
15	Irvine AC B	54.03	J Roxburgh (10)	16.16	J Stevenson (15)	19.10	M Miller (15)	18.37
16	IBM Spango Valley A	54.52	A McKee (11)	16.22	M Blaikie (10)	17.43	S McLaughlin (16)	20.47
17	Giffnock North AAC A	55.30	M Taylor (19)	17.23	A Carroll (21)	20.10	H Miller (17)	17.57
18	City of Glasgow D	55.33	R Kay (26)	18.11	A Harvie (22)	19.46	M Sinclair (18)	17.36
19	Cumnock & District A	55.37	F Andrews (9)	16.15	F Herbertson (16)	19.19	E Wyllie (19)	20.03
20	Babcock Pitreavie AAC B	55.41	S Aitkin (22)	17.57	C Garvie (24)	20.05	M Jeffrey (20)	17.39
21	Lucozade Motherwell A	56.05	J Millar (23)	17.59	S Steele (20)	19.16	P Wilson (21)	18.50
22	FMC Carnegie H A	56.56	C Lisle (27)	18.41	A Vosper (23)	19.19	S Welsh (22)	18.56
23	Edinburgh University H&H D	57.16	D Nixon (17)	16.58	F Berry (19)	19.57	J Udler (23)	20.21
24	Kilbarchan AAC A	58.31	H Anderson(J) (25)	18.07	A Richards (27)	20.25	S Moore (24)	19.59
25	Kilbarchan AAC B	62.08	M Moore (33)	20.52	T Gordon (29)	20.32	M Menzies (25)	20.44
26	Kirkintilloch Olympians A	62.35	J Calman (28)	19.25	A Stewart (25)	18.52	P Taylor (26)	24.18
27	Kirkintilloch Olympians B	66.55	A Flynn (32)	20.52	L Sutherland (30)	21.15	M Fleming (27)	24.48
	Greenock Glenpark H A	36.18	E O'Brien (18)	17.14	A Hay (17)	19.04		
	Edinburgh University H&H C	38.25	K Rice (29)	19.40	B Hoffman (26)	18.45		
	Giffnock North AAC B	40.50	J Grassie (31)	20.17	S Robinson (28)	20.33		
	Fife AC A	17.37	P Lemoncello (20)	17.37				
	City of Glasgow E	18.05	L Cairney(J) (24)	18.05				
	Larkhall YMCA H A	20.10	F Mowbray (30)	20.10				

Fastest Times

L Cairns JW Kilmarnock H A 14.50

C Thomson	City of Glasgow A	15.03
L MacDougall	City of Glasgow A	15.06
A Carr	Dundee Hawkhill H A	15.08
H Min-Chung	Shettleston Harriers Ladies A	15.12
A Mcphail	Glasgow University H&H A	15.18
E O'Shea	Edinburgh University H&H A	15.19
C Morrison(J)	Glasgow University H&H A	15.24
P Crawley(J)	City of Glasgow B	15.34
J McDevitt	City of Glasgow B	15.37
K Fisher	Babcock Pitreavie AAC A	16.03
M Smith	Edinburgh University H&H A	16.05
H Parkinson	Edinburgh University H&H A	16.09
F Andrews	Cumnock & District A	16.15
J Roxburgh	Irvine AC B	16.16
J Thomson	City of Glasgow A	16.20
A McKee	IBM Spango Valley A	16.22
H Morton	Irvine AC A	16.24
A Higgins	Strathclyde University A	16.30
K Baird	City of Glasgow B	16.31
K Patterson	Glasgow University H&H B	16.32
K Mickle	Lasswade AAC A	16.33
J Brown(J)	Strathclyde University A	16.45
F Florence	Shettleston Harriers Ladies A	16.48
G Walker	City of Glasgow C	16.51
D Nixon	Edinburgh University H&H D	16.58

Senior Men

1	Mizuno Racing Club A	49.47	J Robson (3)	12.36	D Ross (2)	12.22	T Hanlon (1)	12.24	G Stewart (1)	12.25
2	Shettleston Harriers A	50.40	A Callan (1)	12.13	W Coyle (1)	12.41	G Wight (2)	12.56	C Robison (2)	12.50
3	Cambuslang Harriers A	51.15	I Reid(J) (11)	13.08	C Thompson (6)	13.02	D Runcieman (4)	12.49	G Croll (3)	12.16
4	Mizuno Racing Club B	51.21	B Kirkwood (8)	12.54	F McGowen (3)	12.47	S Cohen (3)	12.52	J Ross (4)	12.48
5	Kilbarchan AAC A	51.34	G Fairley (20)	13.24	R Fitzsimmons (4)	12.27	I Macdougall (8)	13.23	R Quinn (5)	12.20
6	Edinburgh University H&H A	52.06	W Grant (7)	12.50	G Stewart (16)	14.03	P O'Keefe (9)	12.48	P Mowbray (6)	12.25
7	Greenock Glenpark H A	52.36	T McCallion (5)	12.46	C Morrison (10)	13.37	J McFadyen (5)	12.42	A Puckrin (7)	13.31
8	Victoria Park AAC A	52.50	C Greenhalgh (14)	13.14	A Douglas (5)	12.48	S Barnett (7)	13.12	C Little (8)	13.36
9	Mizuno Racing Club C	53.29	K Smith (13)	13.12	A Hutton (13)	13.20	S Kerr (10)	13.34	D Gardiner (9)	13.23
10	Clydesdale Harriers A	53.36	J Austin (4)	12.40	G Reid(J) (8)	13.40	I Murphy (6)	12.46	M Diver (10)	14.30
11	Irvine AC A	53.37	B Richardson (21)	13.26	T Johnson (7)	12.50	B Craig (11)	13.55	L Richardson (11)	13.26
12	JW Kilmarnock Harriers A	54.04	J Toner (16)	13.19	E Tonner (12)	13.08	S Dickson (12)	13.54	J Goldie (12)	13.43
13	FMC Carnegie Harriers A	54.31	S Ogg (15)	13.17	I Stewart (17)	13.36	I MacDonald (15)	13.50	B MacDonald (13)	13.48
14	Kilbarchan AAC B	54.34	T Hearle (10)	13.06	G Gibson (19)	13.57	J Snodgrass (17)	14.08	T Anderson (14)	13.23
15	City of Edinburgh AC A	54.46	I Johnston (23)	13.37	I Steel (14)	13.08	D Garner (13)	13.49	C Smith (15)	14.12
16	Dundee Hawkhill H A	55.06	E Holmes (9)	13.04	B Cook (21)	14.08	D Adams (16)	13.50	S Borland (16)	14.04
17	IBM Spango Valley AC A	55.11	C Cromar (44)	14.34	S Connaghan (27)	12.59	T Tipping (18)	13.42	C Spence (17)	13.56
18	Falkirk Victoria H B	55.17	M McQuaid (18)	13.21	J Stevenson (15)	13.29	R McCallum (20)	14.30	M Colligan (18)	13.57
19	FMC Carnegie Harriers B	55.19	I Taylor (22)	13.31	S Nicholson (18)	13.26	D Armour (19)	14.21	P Morrison (19)	14.01
20	Springburn Harriers A	55.24	J Hendry(J) (6)	12.50	P Laing (22)	14.28	D Houston(J) (24)	14.26	A Chalmers (20)	13.40
21	Teviotdale Harriers A	55.32	S Watson(J) (26)	13.53	D Cavers (11)	12.34	N Maltman (14)	14.09	C Scott (21)	14.56
22	Shettleston Harriers B	55.47	D Crowe (28)	13.53	J Mackay (20)	13.18	D Gilmour (21)	14.11	J Hendry (22)	14.25
23	Kilbarchan AAC C	55.53	A McAngus (25)	13.52	D Greig(J) (25)	13.38	A McLeod(J) (23)	14.10	M McGinley (23)	14.13
24	Cambuslang Harriers C	55.55	F Hurley (32)	14.08	J Robertson (29)	13.31	J Quinn (26)	14.18	A Jenkins (24)	13.58
25	Glasgow University A	56.35	L Campbell (38)	14.12	J Dargie (30)	13.46	S French (27)	14.14	S Smith (25)	14.23
26	Ayr Seaforth A	56.37	K Neil(J) (30)	14.05	B Boyd (34)	14.17	A Stewart (30)	14.08	L Baker (26)	14.07
27	Dumfries Running Club A	56.45	J Laird (17)	13.19	B Grieve (23)	14.06	L Hill (25)	14.30	W Mason (27)	14.50
28	Edinburgh University H&H B	56.59	D Wright (29)	14.03	D Godfree (28)	13.32	J Duncan (29)	14.47	D Tinker (28)	14.37
29	East Kilbride AC A	57.10	C Clement(J) (39)	14.19	B Madden(J) (40)	14.13	B Ronald (37)	14.22	D Condra (29)	14.16
30	Hunters Bog Trotters B	57.12	J McKay (76)	15.22	N Blissett (49)	13.55	S Wright (32)	13.14	R Thomas (30)	14.41
31	Kwik-Fit Corstorphine A	57.18	P O'Brien (42)	14.27	D Law (36)	14.00	K Hood(J) (31)	14.03	M Malcolm-Smith (31)	14.48
32	Law & District A	57.22	J Reid (12)	13.11	M Hand (35)	15.15	J Frood (34)	14.17	R Cook (32)	14.39
33	Dundee Hawkhill H B	57.26	N Gunstone(J) (37)	14.12	N Rait (37)	14.16	G Mitchell (36)	14.21	R Scott(J) (33)	14.37
34	Falkirk Victoria H C	57.33	D Murray (51)	14.45	D Hart (44)	14.16	M Monctzton (40)	14.12	W Higgins (34)	14.20
35	Cambuslang Harriers B	57.35	J Thompson(J) (41)	14.26	M O'Hagen (39)	14.06	D McRae(J) (41)	14.49	M Gill (35)	14.14
36	Maryhill Harriers A	57.37	R Soutar (49)	14.42	M Gallagher (32)	13.22	S Walker (28)	14.18	A Gallagher (36)	15.15
37	Greenock Glenpark H B	57.39	D McLaughlin (35)	14.09	S McLoone (33)	14.07	H Fenion (35)	14.32	N Orr (37)	14.51
38	Fife AC A	57.41	H McKay (19)	13.23	S Latimer(J) (26)	14.08	I Rough(J) (33)	15.07	D Gunstone (38)	15.03

39	Clydesdale Harriers B	57.55	R Young (46)	14.39	R Rossborough (48)	14.34	D Gemmell (38)	13.42	P Dolan (39)	15.00
40	Irvine AC B	58.21	R Cheyne (63)	15.11	J White (53)	14.20	C Miller (43)	14.06	J Stevenson (40)	14.44
41	Calderglen Harriers A	58.40	M Duthie (27)	13.53	A Derrick (31)	14.11	G Allan (39)	15.06	A Henderson (41)	15.30
42	Falkirk Victoria H A	58.49	A Rodger (70)	15.16	D Gillespie (60)	14.39	J Martin (45)	13.58	D McKenzie (42)	14.56
43	IBM Spango Valley AC B	58.55	I MacDonald (54)	14.49	S Dalgleish (43)	14.12	C Black (48)	15.08	D McElwhinnie (43)	14.46
44	Hunters Bog Trotters A	59.11	J Pyrah (2)	12.16	C Farquharson (9)	14.06	I Marshall (50)	18.25	C Jenkins (44)	14.24
45	Bellahouston H A	59.12	M McDonald (31)	14.05	C Scott (46)	15.04	C Joss (47)	14.50	G Dickson(J) (45)	15.13
46	JW Kilmarnock Harriers B	59.22	D Campbell (36)	14.12	R Dalziel (42)	14.43	I Gebbie (46)	15.01	C Evans (46)	15.26
47	Lucozade Motherwell Dist A	59.26	B McLinden (77)	15.25	S Gibson(J) (45)	13.40	J Hughes (44)	14.44	J McMorro (47)	15.37
48	Cambuslang Harriers D	59.36	D Fairweather (59)	14.52	M McDonald (50)	14.29	F Connor (49)	14.56	P Ogden (48)	15.19
49	Strathclyde University A	59.53	C Stewart (73)	15.20	D Gow(J) (52)	14.05	P Normand (51)	15.23	M Fitchie (49)	15.05
50	Glasgow University B	60.26	C Moran (64)	15.11	C Goddard (58)	14.40	E Stewart (53)	15.14	S Miller (50)	15.21
51	Edinburgh University H&H C	60.51	D McArthur (34)	14.09	J Duncan (61)	15.55	G Booth (69)	16.44	R Benyon (51)	14.03
52	East Kilbride AC B	60.55	A Mitchell(J) (67)	15.14	G Keddie(J) (70)	15.38	E Morrison (61)	15.05	G Colvin (52)	14.58
53	John Greig Central AC A	61.30	M Crawford (61)	15.01	J McDonald(J) (47)	14.12	R Greenaway (52)	15.50	A Purdie (53)	16.27
54	Falkirk Victoria H D	61.37	T Stemczyk (95)	16.18	G Robertson (66)	14.22	P McKerrachen (58)	14.50	R Gray (54)	16.07
55	Kinross Roadrunners B	61.39	R McCraw (53)	14.48	D Anderson (38)	13.41	E Bell-Scott (42)	14.58	B Kent (55)	18.12
56	Greenock Glenpark H E	61.43	W Jukes (57)	14.52	R Shaw (63)	15.23	D McNeill (60)	15.24	R Dolan (56)	16.04
57	Clydesdale Harriers C	61.51	B Edridge (66)	15.13	J Hanratty (56)	14.31	J Shields (54)	15.23	G Kane (57)	16.44
58	City of Edinburgh AC D	62.05	N MacDonald (47)	14.42	B Begley (64)	15.47	J Buick (64)	16.01	A MacEwan (58)	15.35
59	Dumfries Running Club B	62.11	M Macpherson (91)	15.58	D Burgess (78)	15.26	J Grierson (65)	15.07	C Little (59)	15.40
60	Giffnock North AAC A	62.21	I Airdrie (48)	14.42	C Rankin (59)	15.13	W Glasgow (57)	15.28	I Millar (60)	16.58
61	Kilbarchan AAC D	62.40	S Hards (80)	15.38	D Mewse (65)	14.58	J McMillan (59)	14.57	S Russell (61)	17.07
62	Ayr Seaforth B	62.41	J Caird (40)	14.24	J Strawhorn (41)	14.29	I Gillies (55)	16.16	R Page (62)	17.32
63	City of Edinburgh AC E	62.42	B Lynch (71)	15.18	H McInnes(J) (51)	14.06	W Gallacher (62)	16.43	E Stevenson (63)	16.35
64	Bellahouston H B	62.48	G Stone (75)	15.22	J Garnett (81)	16.05	A Quinn (66)	15.13	H Scott (64)	16.08
65	Greenock Glenpark H C	62.50	J Cuffe (69)	15.16	E Currie (72)	15.49	N Hay (72)	16.04	W McLaughlin (65)	15.41
66	IBM Spango Valley AC C	63.00	J Gallagher (65)	15.11	D Munro (69)	15.39	D McCabe (63)	15.23	T Tracey (66)	16.47
67	Dundee Hawkhill H C	63.04	G Hanlon (55)	14.51	M Lamb(J) (54)	14.47	C Phelan (56)	15.36	R McIntosh (67)	17.50
68	Irvine AC C	63.10	J Surgeoner (52)	14.45	A McInroy (74)	16.24	B Dale (68)	15.37	J Morton (68)	16.24
69	Cambuslang Harriers E	63.16	M Freshour (58)	14.52	S South(J) (55)	14.47	T McPake (76)	18.02	S Eaglesham (69)	15.35
70	Victoria Park AAC B	63.19	K McVey (98)	16.24	J Doyle (75)	14.45	G Greenhalgh (70)	15.49	P McGregor (70)	16.21
71	Troon Tortoises AC A	63.32	I Beattie (56)	14.52	V Daly (84)	17.17	C Martin (79)	16.07	B McKeating (71)	15.16
72	Garscube Harriers A	63.34	S Sheridan (84)	15.47	I Cullen (83)	15.58	S Cullen (78)	16.06	D Geddes (72)	15.43
73	Maryhill Harriers B	64.15	J McCartney (92)	16.05	D Shearon (76)	15.15	K Stevenson (74)	16.02	M McCartney (73)	16.53
74	City of Edinburgh AC B	64.21	S Innes (43)	14.27	J Reid (57)	15.22	M Douglas (67)	16.55	M Robertson (74)	17.37
75	Kwik-Fit Corstorphine B	64.34	D Henderson (78)	15.34	G Mallen(J) (67)	15.06	B Winning (71)	16.26	R Aitchison (75)	17.28
76	Penicuik Harriers A	64.40	C Graham (85)	15.47	C Patterson (82)	15.49	A Marchant (86)	18.01	D Cairns (76)	15.03
77	Strathclyde University B	64.52	R Simpson(J) (94)	16.11	N Ruane (90)	17.06	K Smith (82)	15.53	S Macgregor(J) (77)	15.42
78	Lucozade Motherwell Dist B	65.04	J Love (62)	15.09	G Murray (79)	16.15	L Hughes(J) (77)	16.19	J Dobbie (78)	17.21
79	JW Kilmarnock Harriers C	65.15	I Drummond (79)	15.37	A Ballantyne (80)	15.48	G Kerr (75)	16.07	S Russel (79)	17.43

80	Kirkintilloch Olympians A	66.18	G McLean (90)	15.58	K McNeil (89)	16.59	S McClean (81)	15.50	G McConnell (80)	17.31
81	Giffnock North AAC B	66.21	C Thomson (86)	15.49	A Watson (87)	16.49	A Stewart (85)	16.42	A Hay (81)	17.01
82	Edinburgh University H&H D	66.33	J Jarvis (105)	16.52	C Crouch (95)	17.32	M Holmes (93)	17.33	N Marston (82)	14.36
83	Calderglen Harriers B	66.36	J Rafferty (89)	15.57	B Stewart (88)	16.53	G Robinson (83)	16.21	A Muir (83)	17.25
84	City of Edinburgh AC C	67.02	B Howie (45)	14.34	I Findlay (62)	15.37	D Millar (73)	17.00	M Macleod (84)	19.51
85	Glasgow University C	67.32	S Robertson (111)	18.46	T Gallon(J) (101)	16.56	M Werner (92)	15.58	A Clark (85)	15.52
86	Fife AC B	67.52	J Robertson (88)	15.57	P Robertson (85)	16.27	G Bennison (84)	16.51	S Berry(J) (86)	18.37
87	IBM Spango Valley AC D	68.28	B Broadley (99)	16.30	D Olding (96)	17.57	G McNamee (89)	16.20	S Hodge (87)	17.41
88	JW Kilmarnock Harriers D	68.59	R Pugh (103)	16.44	G Cairns (91)	16.37	R Ferguson (88)	17.16	W McPhail (88)	18.22
89	Cumnock & District A	69.13	P Smith (60)	14.55	O Carruthers (73)	16.13	M Herbertson (80)	17.23	D Shand (89)	20.42
90	Greenock Glenpark H F	71.32	R Hodelet (100)	16.36	J Smith (92)	16.59	J Kerr (91)	17.45	T Knight (90)	20.12
91	Giffnock North AAC C	71.45	A Carroll (108)	17.05	A MacLachlan (98)	17.42	I Campbell (94)	19.07	D Wardrope (91)	17.51
92	Troon Tortoises AC B	74.30	R Miller (82)	15.43	O Light (104)	20.58	W Spark (98)	19.52	G Malone (92)	17.57
	Mizuno Racing Club D	41.33	A Robson (33)	14.09	K Lyall (24)	13.19	S Campbell (22)	14.05		
	Victoria Park AAC C	49.44	I Crawford (104)	16.45	A Cairney (94)	17.36	T McAra (87)	15.23		
	Garscube Harriers B	51.12	I Dunn (96)	16.20	S Irvine (93)	17.19	W Marshall (90)	17.33		
	Calderglen Harriers C	54.33	R Shanks (93)	16.07	M Buchanan (97)	18.36	C McDonald (95)	19.50		
	Irvine AC D	55.03	B Adam (112)	18.57	F Collier (102)	16.50	D Kerr (96)	19.16		
	Kirkintilloch Olympians B	56.00	I Campbell (109)	17.10	M Durman (100)	18.14	T Breslin (97)	20.36		
	East Kilbride AC C	57.01	E Ramage (107)	17.04	D Turnbull (105)	19.40	E Blue (99)	20.17		
	Greenock Glenpark H D	30.42	K Morrison (68)	15.14	J Hendry(J) (68)	15.28				
	Larkhall YMCA Harriers A	31.02	A Sandilands(J) (24)	13.41	P Smart(J) (71)	17.21				
	City of Edinburgh AC G	31.21	A Petretti (83)	15.44	T Weavers (77)	15.37				
	Clydesdale Harriers D	32.31	M Govan (50)	14.45	P Rudzinski (86)	17.46				
	Falkirk Victoria H E	35.17	R Smith(J) (102)	16.42	A Shand(J) (99)	18.35				
	Maryhill Harriers C	35.56	J Micoud (106)	17.01	L McCue (103)	18.55				
	Springburn Harriers B	15.18	A Callan (72)	15.18						
	Law & District B	15.20	P Kelly (74)	15.20						
	Shettleston Harriers C	15.41	R Loughran (81)	15.41						
	Cambuslang Harriers F	15.54	P Farmer(J) (87)	15.54						
	B Pitreavie A	16.22	G Gardiner (97)	16.22						
	Ayr Seaforth C	16.38	C White (101)	16.38						
	John Greig Central AC B	18.22	J Dickson (110)	18.22						

Fastest Times

A Callan	Shettleston Harriers A	12.13
J Pyrah	Hunters Bog Trotters A	12.16
G Croll	Cambuslang Harriers A	12.16
R Quinn	Kilbarchan AAC A	12.20
D Ross	Mizuno Racing Club A	12.22

T Hanlon	Mizuno Racing Club A	12.24
P Mowbray	Edinburgh University H&H A	12.25
G Stewart	Mizuno Racing Club A	12.25
R Fitzsimmons	Kilbarchan AAC A	12.27
D Cavers	Teviotdale Harriers A	12.34
J Robson	Mizuno Racing Club A	12.36
J Austin	Clydesdale Harriers A	12.40
W Coyle	Shettleston Harriers A	12.41
J McFadyen	Greenock Glenpark H A	12.42
I Murphy	Clydesdale Harriers A	12.46
T McCallion	Greenock Glenpark H A	12.46
F McGowen	Mizuno Racing Club B	12.47
A Douglas	Victoria Park AAC A	12.48
P O'Keefe	Edinburgh University H&H A	12.48
J Ross	Mizuno Racing Club B	12.48
D Runcieman	Cambuslang Harriers A	12.49
J Hendry(J)	Springburn Harriers A	12.50
T Johnson	Irvine AC A	12.50
W Grant	Edinburgh University H&H A	12.50
C Robison	Shettleston Harriers A	12.50
S Cohen	Mizuno Racing Club B	12.52