

East District Cross Country Championships - Falkirk 10/1/2004 Under 13 Girls Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Sarah Inglis	Lothian RC	11:58
2	Chirstie Noble	Aberdeen AAC	12:03
3	Alice Loudon	Edinburgh Southern H	12:05
4	Fiona Bracegirdle	Fife AC	12:11
5	Megan McLeish	Falkirk Victoria H	12:13
6	Stacey Louch	Pitreavie AAC	12:15
7	Ailie McGowan	Falkirk Victoria H	12:17
8	Megan McConnell	Falkirk Victoria H	12:19
9	Kiri Stone	Fife AC	12:21
10	Emma Todd	Fife AC	12:27
11	Erin Froude	Lasswade AAC	12:29
12	Jill Brooks	Falkirk Victoria H	12:32
13	Suzi McGougan	Falkirk Victoria H	12:36
14	Mhairi Inglis	Lothian RC	12:36
15	Rachel Armitage	Aberdeen AAC	12:39
16	Mhairi Hunter	City of Edinburgh	12:39
17	Chantel Clark	Aberdeen AAC	12:39
18	Jayde Hamilton	Falkirk Victoria H	12:47
19	Kerry Hall	Edinburgh Southern H	12:52
20	Emma Gordon	Lasswade AAC	13:03
21	Jenny Tan	Fife AC	13:08
22	Levi Young	Pitreavie AAC	13:08
23	Beth Greenhill	Edinburgh Southern H	13:09
24	Sophia Ruiz-Beltran	Falkirk Victoria H	13:09
25	Jennifer Bradshaw	Linlithgow AAC	13:13
26	Tanya Marshall	Linlithgow AAC	13:18
27	Caitlin Froude	Lasswade AAC	13:22
28	Sarah Ross	Pitreavie AAC	13:34
29	Rebecca Hay	Central AC	13:41
30	Louise Kernaghan	Falkirk Victoria H	13:43
31	Jennifer Hutchison	Central AC	13:46
32	Gemma Brown	Montrose & Dist	13:46
33	Jennifer Rogers	Livingston & Dist	13:46
34	Emily Stewart	Edinburgh Southern H	13:46
35	Gemma Dolan	Dundee Hawkhill	14:34
36	Mairi Grewar	Montrose & Dist	15:04
37	Aileen Connelly	Dunfermline & W Fife	15:28
38	Gwen Wakeling	Montrose & Dist	15:33
39	Gemma Milne	Central AC	17:14

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Falkirk Victoria H (20)	5	Megan McLeish	12:13
	7	Ailie McGowan	12:17
	8	Megan McConnell	12:19
2nd Fife AC (23)	4	Fiona Bracegirdle	12:11
	9	Kiri Stone	12:21
	10	Emma Todd	12:27
3rd Aberdeen AAC (34)	2	Chirstie Noble	12:03
	15	Rachel Armitage	12:39
	17	Chantel Clark	12:39
4th Edinburgh Southern H (45)	3,19,23		
5th Pitreavie AAC (56)	6,22,28		
6th Lasswade AAC (58)	11,20,27		
7th Central AC (99)	29,31,39		
8th Montrose & Dist (106)	32,36,38		

East District Cross Country Championships - Falkirk 10/1/2004 Under 13 Boys Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Matthew Gillespie	Central AC	11:12
2	Andrew Evans	Fife AC	11:45
3	Jonathan Wolf	City of Edinburgh	11:49
4	Robert Inglis	Lothian RC	11:50
5	Jonathan Campbell	Falkirk Victoria H	11:52
6	Craig McDowall	Livingston & Dist	12:15
7	Anthony Gillespie	Central AC	12:16
8	Roger Poolman	George Heriots	12:18
9	Shaun Devenney	City of Edinburgh	12:20
10	Sean Reilly	Central AC	12:24
11	James Joy	Aberdeen AAC	12:29
12	Fraser Scott	Corstorphine AAC	12:30
13	Grant Plenderleith	Falkirk Victoria H	12:36
14	Stuart McKemmie	City of Edinburgh	12:42
15	Darren Lowe	Pitreavie AAC	12:53
16	Alan Love	Falkirk Victoria H	12:55
17	Niall Waddell	Corstorphine AAC	12:57
18	Adam Osbourne	Lasswade AAC	13:04
19	Martin Brash	Lasswade AAC	13:13
20	Rory Anderson	Teviotdale Harriers	13:18
21	Ben McCullough-Young	George Heriots	13:20
22	Iain Hardacre	Livingston & Dist	13:23
23	Liam Gibson	Teviotdale Harriers	13:29
24	Fraser Mann	City of Edinburgh	13:31
25	Adam Mackenzie	City of Edinburgh	13:38
26	Tom Ryan	City of Edinburgh	13:40
27	James Mildred	George Heriots	13:44
28	Ruari Neil	Aberdeen AAC	13:49
29	Colin MacDonald	Lothian RC	13:52
30	Sean Malcolm	Corstorphine AAC	13:54
31	R Corbett	Teviotdale Harriers	13:54
32	Michael Doneghan	City of Edinburgh	14:03
33	Andrew Simpson	Montrose & Dist	14:17
34	Neil Gray	Fife AC	14:19
35	Jonathan Dewar	Falkirk Victoria H	14:20
36	Craig Knowles	Corstorphine AAC	14:25
37	Calum McGaw	Pitreavie AAC	14:27
38	Ewan Murray	Falkirk Victoria H	14:30
39	John Leiper	Montrose & Dist	14:36
40	Graeme Anderson	Lasswade AAC	14:41
41	Thomas Joy	Aberdeen AAC	14:43
42	Hamish Hepburn	Corstorphine AAC	14:43
43	Greg Shea	Falkirk Victoria H	14:50
44	Kyle Randalls	Falkirk Victoria H	14:53
45	Lewis Grant	Falkirk Victoria H	15:04
46	Benjamin Mildred	George Heriots	15:08
47	Rory Scothorn	George Heriots	15:08
48	Craig Mackenzie	Aberdeen AAC	15:25
49	Laurie Black	George Heriots	15:33
50	Joshua Yates	George Heriots	15:49
51	Ellis Main	Falkirk Victoria H	15:56
52	Grant MacDonald	Lothian RC	16:06
53	Alistair Grant	George Heriots	18:44

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Central AC (18)	1	Matthew Gillespie	11:12
	7	Anthony Gillespie	12:16
	10	Sean Reilly	12:24
2nd City of Edinburgh (26)	3	Jonathan Wolf	11:49
	9	Shaun Devenney	12:20
	14	Stuart McKemmie	12:42
3rd Falkirk Victoria H (34)	5	Jonathan Campbell	11:52
	13	Grant Plenderleith	12:36
	16	Alan Love	12:55
4th George Heriots (56)	8,21,27		
5th Corstorphine AAC (59)	12,17,30		
6th Teviotdale Harriers (74)	20,23,31		
7th Lasswade AAC (77)	18,19,40		
8th Aberdeen AAC (80)	11,28,41		
9th Lothian RC (85)	4,29,52		

East District Cross Country Championships - Falkirk 10/1/2004 Under 15 Girls Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Siobhan Coleman	Pitreavie AAC	17:25
2	Jemma Toner	Lothian RC	17:59
3	Elizabeth MacLeish	Dundee Hawkhill	18:06
4	Catriona Sinclair	Edinburgh Southern H	18:18
5	Jennifer Kibble	Fife AC	18:35
6	Roslyn Campbell	Edinburgh Southern H	18:53
7	Laura Dunn	Edinburgh Southern H	18:58
8	Laura Hepburn	Aberdeen AAC	19:12
9	Megan Smith	Corstorphine AAC	19:17
10	Carly Hall	Dundee Hawkhill	19:19
11	Hilary Armitage	Aberdeen AAC	19:25
12	Alexandra Benham	Lasswade AAC	19:28
13	Sarah Mathers	Gala Harriers	19:34
14	Tessa Birley	Edinburgh Southern H	20:05
15	Anna Fleming	Aberdeen AAC	20:17
16	Caroline Legge	Fife AC	20:19
17	Ruth Stephen	Aberdeen AAC	20:22
18	Katie McGregor	Edinburgh Southern H	20:49
19	Gayle Lindsay	Perth Strathtay	21:00
20	Katrina Lindsay	Perth Strathtay	21:28
21	Kirstie Thomson	Gala Harriers	21:31
22	Lauren Mellish	Dundee Hawkhill	21:32
23	Eleanor Long	Edinburgh Southern H	21:45
24	Ashley Alexander	Lasswade AAC	22:04
25	Kathleen Dempsey	Lothian RC	22:51
26	Danielle Barr	Falkirk Victoria H	23:16
27	Lorna Miller	Edinburgh Southern H	23:47

Under 15 Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Edinburgh Southern H (17)	4	Catriona Sinclair	18:18
	6	Roslyn Campbell	18:53
	7	Laura Dunn	18:58
2nd Aberdeen AAC (34)	8	Laura Hepburn	19:12
	11	Hilary Armitage	19:25
	15	Anna Fleming	20:17
3rd Dundee Hawkhill (35)	3	Elizabeth MacLeish	18:06
	10	Carly Hall	19:19
	22	Lauren Mellish	21:32

East District Cross Country Championships - Falkirk 10/1/2004 Under 17 Women Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Laura Bann	Lothian RC	17:55
2	Charlotte Forbes	Aberdeen AAC	18:20
3	Heather Brookes	Dundee Hawkhill	18:30
4	Eilidh Child	Pitreavie AAC	18:37
5	Lynsey Murray	Dundee Hawkhill	18:39
6	Emily Finnie	Edinburgh Southern H	18:41
7	Rowena Bell-Scott	Central AC	19:12
8	Jenny Sheal	Lasswade AAC	19:13
9	Rebecca O'Brien	Corstorphine AAC	19:48
10	Lauren McNab	Central AC	19:51
11	Debbie Ogden	Edinburgh Southern H	20:17
12	Lyndsey Aitken	Dundee Hawkhill	22:12
13	Ashleigh Kennedy	Lasswade AAC	22:54
14	Hailey Bell	Montrose & Dist	23:26

Under 17 Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Dundee Hawkhill (20)	3	Heather Brookes	18:30
	5	Lynsey Murray	18:39
	12	Lyndsey Aitken	22:12

East District Cross Country Championships - Falkirk 10/1/2004 Under 15 Boys Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Michael Gillespie	Central AC	15:07
2	Alex Thoirs	Aberdeen AAC	15:34
3	Mark Haskett	Aberdeen AAC	15:44
4	Darren Steel	City of Edinburgh	15:53
5	Calum McKenzie	Corstorphine AAC	16:04
6	James Taylor	Aberdeen AAC	16:06
7	Graham Scobie	George Heriots	16:07
8	Douglas Newsom	Pitreavie AAC	16:10
9	Richard Crighton	Aberdeen AAC	16:22
10	Colin McCluskie	Linlithgow AAC	16:50
11	Ewan Glassey	Dundee Hawkhill	17:04
12	Paul Benham	Lasswade AAC	17:07
13	Craig Angus	Dundee Hawkhill	17:31
14	Nicholas Hobday	Montrose & Dist	17:33
15	Andrew Brookes	Dundee Hawkhill	17:42
16	Michael Taylor	Montrose & Dist	17:50
17	Mark Ibbotson	Aberdeen AAC	17:53
18	Gavin Brady	Teviotdale Harriers	18:04
19	Mark Guyan	Aberdeen AAC	18:08
20	Benjamin Mellish	Dundee Hawkhill	18:12
21	Bryan Kay	Falkirk Victoria H	18:23
22	Graeme Gibson	Dunfermline & W Fife	18:26
23	Ian Towle	Montrose & Dist	18:54
24	Jamie Thomson	Aberdeen AAC	18:59
25	Scott Leckie	Falkirk Victoria H	19:01
26	Jonathon Neville	George Heriots	19:13
27	Jordon Thomson	Lasswade AAC	19:21
28	Scott Anderson	Lasswade AAC	19:24
29	Neal Robb	Corstorphine AAC	19:28
30	David Anderson	Montrose & Dist	19:36
31	Stewart Fraser	Teviotdale Harriers	19:54
32	Graham Dickson	George Heriots	21:25
33	Nicholas Gunn	George Heriots	21:32
34	Mark Tough	Montrose & Dist	21:42
35	Lewis Just	George Heriots	21:42
36	Declan Pang	George Heriots	27:26

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Aberdeen AAC (11)	2	Alex Thoirs	15:34
	3	Mark Haskett	15:44
	6	James Taylor	16:06
2nd Dundee Hawkhill (39)	11	Ewan Glassey	17:04
	13	Craig Angus	17:31
	15	Andrew Brookes	17:42
3rd Montrose & Dist (53)	14	Nicholas Hobday	17:33
	16	Michael Taylor	17:50
	23	Ian Towle	18:54
4th George Heriots (65)	7,26,32		
5th Lasswade AAC (67)	12,27,28		

East District Cross Country Championships - Falkirk 10/1/2004 Senior Women Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Liz McColgan (F35)	Dundee Hawkhill	21:58
2	Angela Mudge	Carnethy HRC	22:53
3	Lyn Wilson	Carnethy HRC	23:21
4	Susan Ridley (F35)	Edinburgh Southern H	23:37
5	Megan Clark	Hunters Bog T	23:38
6	Jill Tait	Carnethy HRC	23:39
7	Kate Jenkins	Carnethy HRC	24:05
8	Christine Milne	Lothian RC	24:30
9	Jane Mccrorie	Central AC	24:34
10	Hazel Dean (F40)	Central AC	24:36
11	Mary McIntyre	Dundee Road R	24:42
12	Vicky Frew	Edinburgh Southern H	24:58
13	Fiona Matheson (F40)	Falkirk Victoria H	25:01
14	Catherine Ferrie	City of Edinburgh	25:10
15	Andrea Cameron (F35)	Perth Road Runners	25:12
16	Fiona Lampkin	Montrose & Dist	25:19
17	Helen Murray (F40)	Lothian RC	25:20
18	Eilidh Wardlaw	City of Edinburgh	25:22
19	Claire Ward	City of Edinburgh	25:24
20	Alison Whyte	Pitreavie AAC	25:30
21	Fiona Thompson (U20)	Central AC	25:42
22	Avril Gardner	Livingston & Dist	25:48
23	Claire Gordon	Hunters Bog T	25:50
24	Alison MacDonald (U20)	City of Edinburgh	25:52
25	Rachel Fagan	Gala Harriers	25:54
26	Fabienne Thompson (F35)	EZ Carnegie	25:55
27	Joanne Whitehead (F35)	City of Edinburgh	26:02
28	Claire Waterhouse	Central AC	26:04
29	Ainsley Normand	Central AC	26:12
30	Sarah Legge	EZ Carnegie	26:18
31	Ruth Chamberlain	City of Edinburgh	26:19
32	Toni Boa (F40)	Harborough AC	26:20
33	Gillian Godfree	Lothian RC	26:24
34	Laura Howie (F35)	Gala Harriers	26:26
35	Jane Waterhouse (F50)	Central AC	26:39
36	Kerri Bates	Metro Aberdeen	26:39
37	Andrea Pogson (F45)	Gala Harriers	26:47
38	Nicola May	EZ Carnegie	26:54
39	Lianne Harrison	City of Edinburgh	26:57
40	Karen Dobbie (F35)	Edinburgh Southern H	27:00
41	Caroline Lawless (F40)	Falkirk Victoria H	27:03
42	Meike Bateman	Perth Road Runners	27:07
43	Yvonne Crilly (F40)	Livingston & Dist	27:09
44	Phyllis Mitchell (F40)	Corstorphine AAC	27:17
45	Jane Rosbottom	Hunters Bog T	27:20
46	Katy Anderson	Gala Harriers	27:30
47	Anne Heap	Hunters Bog T	27:32
48	Rona MacNiven	Edinburgh Southern H	27:53
49	Margaret McLaren (F45)	Fife AC	27:53
50	Helen Winton (F35)	Central AC	27:56
51	Hazel Bradley (F50)	Pitreavie AAC	27:56
52	Gillian Cairns	City of Edinburgh	28:04
53	Anna Darmody (F35)	Pitreavie AAC	28:09
54	Eileen Nicol (F35)	Gala Harriers	28:09
55	Ingrid Machell (F35)	Metro Aberdeen	28:13
56	Violet Blair (F45)	Edinburgh Southern H	28:17
57	Deborah McDonald (F40)	Hunters Bog T	28:17
58	Lucy Robinson (F35)	Metro Aberdeen	28:24

59	Laura Sarkis	Lothian RC	28:33
60	Angela Foss	Gala Harriers	28:36
61	Joan Wilson (F40)	Perth Road Runners	28:41
62	Christine Buckley	Hunters Bog T	28:42
63	Gillian Hislop	City of Edinburgh	28:44
64	Sue Carter (F40)	Metro Aberdeen	28:54
65	Gillian Hanlon (F45)	Dundee Road R	29:00
66	Judith Findley	Edinburgh Uni	29:12
67	Saran Jones (F40)	Lothian RC	29:25
68	Sarah Croucher	Pitreavie AAC	29:25
69	Mary Kerr (F35)	Central AC	29:25
70	Christine Anderson (F40)	Penicuik Harriers	29:35
71	Lori McCrae	Penicuik Harriers	29:41
72	Lorna Eades (F35)	Lothian RC	29:56
73	Moira Nicol (F40)	Ferranti AAC	30:09
74	Sue McDowell (F45)	Livingston & Dist	30:16
75	Lindsay Stother	Wee County H	30:27
76	Janice Smith (F45)	Hunters Bog T	30:37
77	Sandra Rathjen	Hunters Bog T	30:43
78	Rachael Campbell	Penicuik Harriers	30:56
79	Margaret Turnbull (F45)	Lothian RC	31:07
80	Sandra Aitken (F40)	Fife AC	32:01
81	Julia Oldham (U20)	Pitreavie AAC	32:21
82	Linda McGinley (F45)	Corstorphine AAC	33:49
83	Susan Waddell (F40)	Corstorphine AAC	34:25

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Carnethy HRC (11)	2	Angela Mudge	22:53
	3	Lyn Wilson	23:21
	6	Jill Tait	23:39
2nd Central AC (40)	9	Jane Mccrorie	24:34
	10	Hazel Dean (F40)	24:36
	21	Fiona Thompson (U20)	25:42
3rd City of Edinburgh (51)	14	Catherine Ferrie	25:10
	18	Eilidh Wardlaw	25:22
	19	Claire Ward	25:24
4th Edinburgh Southern H (56)	4,12,40		
5th Lothian RC (58)	8,17,33		
6th Hunters Bog T (73)	5,23,45		
7th EZ Carnegie (94)	26,30,38		
8th Gala Harriers (96)	25,34,37		
9th Perth Road Runners (118)	15,42,61		
10th Pitreavie AAC (124)	20,51,53		
11th Livingston & Dist (139)	22,43,74		
12th Metro Aberdeen (149)	36,55,58		
13th Corstorphine AAC (209)	44,82,83		
14th Penicuik Harriers (219)	70,71,78		

East District Cross Country Championships - Falkirk 10/1/2004 Under 17 Men Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Darren Shinnie	Aberdeen AAC	20:22
2	William Duncan	Aberdeen AAC	20:32
3	Kris Gauson	City of Edinburgh	21:36
4	Shaun Desport	Harmeny AC	21:59
5	Ritchie Nicholls	Montrose & Dist	22:03
6	Douglas Selman	Corstorphine AAC	22:10
7	Ryan Gibson	Teviotdale Harriers	22:22
8	Kevin Murray	Dundee Hawkhill	22:30
9	Steven Rusling	Aberdeen AAC	22:33
10	Michael Wright	Central AC	22:49
11	Stuart Chisholm	Pitreavie AAC	23:15
12	Joss Hay	Perth Strathtay	23:23
13	John Buchan	Fife AC	23:23
14	Ross Finlayson	Lasswade AAC	23:42
15	Callum Fletcher	Corstorphine AAC	24:05
16	Hugo Shannon	City of Edinburgh	24:18
17	Alistair Marshall	Linlithgow AAC	24:52
18	Tyrone Watson	Lothian RC	24:56
19	Derek Scott	Teviotdale Harriers	25:00
20	Gary Alexander	Teviotdale Harriers	25:12
21	Kevin Andison	City of Edinburgh	25:54
22	Steven Guscott	Central AC	26:10
23	Colin Swan	Lasswade AAC	26:51
24	Philip Kingscott	Lothian RC	30:05

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Aberdeen AAC (12)	1	Darren Shinnie	20:22
	2	William Duncan	20:32
	9	Steven Rusling	22:33
2nd City of Edinburgh (40)	3	Kris Gauson	21:36
	16	Hugo Shannon	24:18
	21	Kevin Andison	25:54
3rd Teviotdale Harriers (46)	7	Ryan Gibson	22:22
	19	Derek Scott	25:00
	20	Gary Alexander	25:12

East District Cross Country Championships - Falkirk 10/1/2004 Senior Men Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Andrew Lemoncello	Fife AC	31:34
2	Philip Mowbray	Hunters Bog T	32:08
3	Iain Donnan (U20)	Aberdeen AAC	32:11
4	Michael Carroll	Dundee Hawkhill	32:19
5	John Heap	Hunters Bog T	32:22
6	Alistair Hart	Hunters Bog T	32:35
7	David Gardiner	Phoenix Racers	32:43
8	Ray Ward	Hunters Bog T	32:59
9	Darren Gauson	City of Edinburgh	33:07
10	Alan Wales (U20)	Aberdeen AAC	33:26
11	Alasdair Anthony	Central AC	33:30
12	Juan Mareque	City of Edinburgh	33:35
13	Alastair Hay (U20)	Central AC	33:46
14	David Knight	Perth Road Runners	33:58
15	David Cavers (M40)	Teviotdale Harriers	34:06
16	John Murray	Lasswade AAC	34:08
17	Benjamin Hukins	Aberdeen AAC	34:09
18	Martin Ferguson	City of Edinburgh	34:11
19	Malcolm Beattie	Aberdeen AAC	34:13
20	Kris Berry (U20)	Corstorphine AAC	34:13
21	Murray Strain	Edinburgh Uni	34:14
22	Ross Houston	Central AC	34:14
23	Michael Ross	Falkirk Victoria H	34:17
24	Graham Bee (U20)	Fife AC	34:22
25	Matthew Strachan (M40)	Dundee Hawkhill	34:31
26	Moray Anderson	Corstorphine AAC	34:38
27	Graham Beal	City of Edinburgh	34:42
28	Keith Farquhar (M40)	Metro Aberdeen	34:45
29	Michael McQuaid (M40)	Falkirk Victoria H	34:45
30	Ewan Gault	Central AC	34:48
31	John Castle	Dundee Hawkhill	34:57
32	Andrew Ronald	Falkirk Victoria H	34:57
33	Euan Jardine	Gala Harriers	35:00
34	Graeme Ackland (M40)	Lothian RC	35:06
35	Christopher Russell	Fife AC	35:08
36	Ross Milne	Lothian RC	35:12
37	Ian Duguid	Ferranti AAC	35:15
38	Grant Stewart	City of Edinburgh	35:22
39	Ian Stewart (M45)	EZ Carnegie	35:25
40	Nicholas Milovsorov	Metro Aberdeen	35:27
41	James McMullan (U20)	Edinburgh Uni	35:29
42	Bryan Clark	Corstorphine AAC	35:32
43	Keith Hood	Corstorphine AAC	35:32
44	Neil Gunstone	Dundee Hawkhill	35:40
45	Tom Ferrington	Corstorphine AAC	35:42
46	Alasdair H. Stewart (U20)	Falkirk Victoria H	35:43
47	Lars Ottemoller	City of Edinburgh	35:43
48	Steve Laing (M45)	Central AC	35:45
49	Adam Ward (M40)	City of Edinburgh	35:47
50	Charles Haskett (M45)	Dundee Hawkhill	35:48
51	Alex Milne	Central AC	35:53
52	Fergus Cochrane (M40)	Gala Harriers	35:54
53	Andreas Merdes	Lothian RC	35:57
54	Ewan Stark	Corstorphine AAC	36:04
55	Michael Paddon	Aberdeen AAC	36:04
56	Steven Ogg	EZ Carnegie	36:06
57	Nigel Cunningham	Pitreavie AAC	36:06
58	Lewis Millar (U20)	Central AC	36:09
59	Darrell Hastie	Teviotdale Harriers	36:16
60	Ian Overton	Fife AC	36:24
61	Dennis Howett	EZ Carnegie	36:29
62	Duncan McGougan	Falkirk Victoria H	36:31
63	Tom Scott (M50)	Fife AC	36:35
64	Michael Geoghegan (U20)	Dundee Road R	36:39
65	Chris O'Brien	Corstorphine AAC	36:39
66	Garry MacInnes	Carnethy HRC	36:42
67	David Godfree	Lothian RC	36:45
68	Mike Harvey (M40)	EZ Carnegie	36:50
69	Richard Wainford	Aberdeen AAC	36:55
70	John Borthwick	Gala Harriers	37:00
71	Bryce Aitken (M40)	Fife AC	37:03
72	David Candlish	Pitreavie AAC	37:05
73	Kevin Clark	EZ Carnegie	37:05
74	Stephen Mason	Dundee Hawkhill	37:10
75	Garry Robertson (M40)	City of Edinburgh	37:10
76	Fergus Johnston	Gala Harriers	37:15
77	Calum Davidson	Aberdeen AAC	37:17
78	Alistair Murray (M50)	Metro Aberdeen	37:19
79	Jim Scanlan	Perth Road Runners	37:22
80	Neil Robertson	Falkirk Victoria H	37:22
81	William Jarvie (M45)	Portobello RC	37:25
82	Eric Donaldson	Falkirk Victoria H	37:27
83	Daryl Philip	Lasswade AAC	37:28
84	Stuart Moran	Perth Road Runners	37:28
85	Duncan Wood (M40)	Metro Aberdeen	37:28
86	Pete Fox (M40)	Dundee Hawkhill	37:31
87	Andrew Hunter (M40)	EZ Carnegie	37:31
88	Ben Mitchell	Lasswade AAC	37:36
89	Colin Farquharson (M40)	Hunters Bog T	37:46
90	Bruce Smith	Standard Life	37:48
91	Iain Taylor	EZ Carnegie	37:53
92	Kyle Gouck (U20)	Montrose & Dist	37:53
93	Ian Johnston (M45)	EZ Carnegie	38:01
94	Graeme Oudney (U20)	Pitreavie AAC	38:04
95	Ron Logan	Gala Harriers	38:06
96	David Anderson (M40)	Fife AC	38:08
97	Will Hensman	Central AC	38:14
98	Colin Taylor (M40)	Aberdeen AAC	38:18
99	James Williamson	Edinburgh Uni	38:22
100	Richard Turner (U20)	Edinburgh Uni	38:24
101	David Gibson (M40)	Standard Life	38:24
102	Colin Cable (M40)	City of Edinburgh	38:30
103	Ian Paterson	EZ Carnegie	38:32
104	James Lang (M45)	EZ Carnegie	38:35
105	Alexander Peddie (M40)	Aberdeen AAC	38:35
106	Gerard Scullion	Portobello RC	38:38
107	Stephen Dempsey (M50)	Lothian RC	38:38
108	Douglas McGarry (M40)	EZ Carnegie	38:38
109	Brian Cruickshank	Fife AC	38:38
110	Scott Watson	Teviotdale Harriers	38:43
111	David Eades	Lothian RC	38:45
112	Chris Durn (M40)	Standard Life	38:47
113	Barry Davie	Pitreavie AAC	38:49
114	Alan Wilson	Dundee Hawkhill	38:56
115	David Nightingale (M45)	Gala Harriers	39:05
116	Steven Thomson (M40)	Livingston & Dist	39:07
117	Bill Ferrari	Standard Life	39:10

East District Cross Country Championships - Falkirk 10/1/2004 Senior Men Results

118	Richard Kennedy (M40)	Dundee Road R	39:11	177	Tony Segall (M40)	Musselburgh AC	43:22
119	Alan Lawson (M55)	Dundee Road R	39:11	178	Keith Weston (M55)	Ferranti AAC	43:27
120	Robert Hutchison (M40)	Central AC	39:14	179	Robin Morris (M50)	Carnethy HRC	43:31
121	David Ovens	Fife AC	39:14	180	William Day (M55)	Falkirk Victoria H	43:31
122	Trevor Ridley (M50)	Ferranti AAC	39:18	181	George Murdoch	EZ Carnegie	43:31
123	Martin Caldwell (M50)	Corstorphine AAC	39:23	182	Trevor Andrews (M45)	Wee County H	43:36
124	Angus Hunter	Perth Road Runners	39:29	183	Malcolm Gowans	Gala Harriers	43:40
125	John Martin (M45)	Falkirk Victoria H	39:29	184	Phil Smithard (M55)	EZ Carnegie	43:48
126	Jonathon Henderson (U20)	Edinburgh Uni	39:32	185	Andrew Barker (M55)	Fife AC	43:52
127	Derek Phillips (M40)	Perth Road Runners	39:34	186	Eddie Holmes	Dundee Hawkhill	43:59
128	Mike Connor	Ferranti AAC	39:34	187	Douglas Gunstone (M50)	Fife AC	44:00
129	David Armitage (M50)	Aberdeen AAC	39:39	188	Neil Murdock (M55)	Aberdeen AAC	44:08
130	Brian Nicholson	Corstorphine AAC	39:45	189	Colin Christie	Montrose & Dist	44:13
131	Sidney Pask (M50)	Wee County H	39:48	190	Kevin Kelly	Wee County H	44:14
132	Bruce Hall	Standard Life	39:50	191	William Gallacher (M50)	City of Edinburgh	44:16
133	Graham Henry	Portobello RC	39:52	192	Graham Reid (M60+)	Montrose & Dist	44:19
134	Jon Rathjen	Hunters Bog T	39:54	193	James Alexander (M40)	Lothian RC	44:22
135	Scott Jarvie (M45)	Portobello RC	40:05	194	Mel Edwards (M60+)	Aberdeen AAC	44:33
136	Scott Fraser (U20)	Lothian RC	40:05	195	Michael Cowie (M50)	EZ Carnegie	44:45
137	Iain Cumming (M50)	Corstorphine AAC	40:12	196	William Gault (M55)	Central AC	44:53
138	Stephen Ferguson (M45)	Perth Road Runners	40:17	197	Alan Gall (M45)	Central AC	44:57
139	Douglas Gray (M40)	Pitreavie AAC	40:19	198	Eric Stevenson (M50)	City of Edinburgh	45:03
140	John Lenehan (U20)	Metro Aberdeen	40:20	199	John Gavin (M50)	Ferranti AAC	45:05
141	Christopher Gowans	Corstorphine AAC	40:22	200	Mike Thomson (M50)	Wee County H	45:18
142	Laurence Anderson (M40)	Fife AC	40:24	201	John Milton (M60+)	EZ Carnegie	45:20
143	Steven Docherty	Haddington ELP	40:31	202	Gordon Eadie (M45)	Musselburgh AC	45:32
144	Robin Livingstone (M45)	Perth Road Runners	40:33	203	Walter Mccaskey (M60+)	City of Edinburgh	45:35
145	Ian Beattie	Central (Ind)	40:36	204	Allan Davie (M45)	EZ Carnegie	45:52
146	Keith Charlton (M40)	Aberdeen AAC	40:36	205	Andrew Scott (M50)	City of Edinburgh	45:52
147	Walter Fairnie (M40)	Ferranti AAC	40:43	206	Adrian Davis (M40)	Fife AC	45:57
148	Scott Innes	City of Edinburgh	40:46	207	James Taylor (M45)	Fife AC	46:01
149	Ricky Fraser (M40)	Portobello RC	40:53	208	Colin Graham (M50)	Penicuik Harriers	46:01
150	William Higgins (M45)	Falkirk Victoria H	41:02	209	Paul Elliot (U20)	Lasswade AAC	46:04
151	Charlie Bruce (M45)	Dundee Road R	41:04	210	Kenneth Mcleod	Dundee Road R	46:04
152	Brian Howie (M50)	City of Edinburgh	41:06	211	Alan McLeod (M55)	Dundee Road R	46:04
153	Robin Murray (M45)	Gala Harriers	41:06	212	Stuart Forrester (M45)	Pitreavie AAC	46:12
154	Andrew Donaldson	Falkirk Victoria H	41:11	213	Jude Boulton	Musselburgh AC	46:16
155	Huw Jones	Edinburgh Uni	41:15	214	Alan Meiklejohn (M55)	Fife AC	46:21
156	Neil Thomas	Hunters Bog T	41:15	215	David Fulton	Edinburgh Uni	46:24
157	Andy Kilgour (M45)	Dundee Road R	41:33	216	Steve Patterson (M45)	Musselburgh AC	46:33
158	D Murdie	Teviotdale Harriers	41:43	217	John O'Hara (M40)	Corstorphine AAC	46:35
159	Jonathan Whitehead (M45)	City of Edinburgh	41:48	218	George Armstrong (M60+)	Haddington ELP	47:04
160	Cameron Campbell (M45)	Central AC	41:52	219	Stewart Biggar	Fife AC	47:10
161	Frank McLaren (M50)	Fife AC	41:52	220	Ian Wellock	Hunters Bog T	47:15
162	G Smith (M40)	Teviotdale Harriers	41:55	221	Gordon McNeil	Wee County H	47:22
163	John Lambie (M40)	EZ Carnegie	41:57	222	Richard Wall (M45)	Hunters Bog T	47:33
164	Brian Carr (M50)	Haddington ELP	42:02	223	Neil Paton (M45)	Standard Life	47:40
165	Barry McCleery	Pitreavie AAC	42:04	224	Frederick McCain (M55)	Haddington ELP	47:55
166	Alex MacEwen (M45)	City of Edinburgh	42:07	225	Matt Bankhead (M50)	Ferranti AAC	48:03
167	Ian Armstrong	EZ Carnegie	42:10	226	Keith Nicol (M50)	Ferranti AAC	48:06
168	Kenton Jones (M40)	Lothian RC	42:21	227	Stephen Greer (M45)	EZ Carnegie	48:21
169	Willie MacDonald	Lothian RC	42:32	228	Alan Grierson	Lothian RC	48:30
170	David Henderson (M40)	Corstorphine AAC	42:43	229	Blane McConnell	Falkirk Victoria H	48:44
171	Gordon McPherson (M50)	Wee County H	42:43	230	David Hay (M45)	Central AC	48:48
172	Derek Killin (M50)	Wee County H	43:04	231	John Cunningham (M40)	Fife AC	48:49
173	Dean Philip (U20)	Lasswade AAC	43:06	232	Alex Bell (M45)	Ferranti AAC	49:25
174	Paul Caban	Ferranti AAC	43:08	233	Michael Browne (M55)	Penicuik Harriers	49:33
175	Stuart Goodall	Musselburgh AC	43:15	234	David Francis (M55)	Fife AC	49:39
176	Robert Miller (M40)	Ferranti AAC	43:22	235	Peter Dunn (M55)	Wee County H	49:56

East District Cross Country Championships - Falkirk 10/1/2004 Senior Men Results

236	Alastair Robertson (M60+)	Fife AC	50:14
237	Kenneth Daniels (M60+)	EZ Carnegie	50:26
238	Jonathan Woods (M40)	Wee County H	50:52
239	James Drummond (M50)	Central AC	53:14
240	Ian Marshall (M50)	Hunters Bog T	53:32
241	David Nugent (M40)	Metro Aberdeen	53:57
242	Ross Bankhead	Ferranti AAC	54:05

Teams

	<i>Club</i>	<i>Positions</i>						<i>Total</i>
1	City of Edinburgh	9	12	18	27	38	47	151
2	Aberdeen AAC	3	10	17	19	55	69	173
3	Central AC	11	13	22	30	48	51	175
4	Dundee Hawkhill	4	25	31	44	50	74	228
5	Corstorphine AAC	20	26	42	43	45	54	230
6	Hunters Bog T	2	5	6	8	89	134	244
7	Fife AC	1	24	35	60	63	71	254
8	Falkirk Victoria H	23	29	32	46	62	80	272
9	EZ Carnegie	39	56	61	68	73	87	384
10	Lothian RC	34	36	53	67	107	111	408
11	Gala Harriers	33	52	70	76	95	115	441
12	Edinburgh Uni	21	41	99	100	126	155	542
13	Perth Road Runners	14	79	84	124	127	138	566
14	Metro Aberdeen	28	40	78	85	140	241	612
15	Pitreavie AAC	57	72	94	113	139	165	640
16	Standard Life	90	101	112	117	132	223	775
17	Ferranti AAC	37	122	128	147	174	176	784
18	Dundee Road R	64	118	119	151	157	210	819
19	Wee County H	131	171	172	182	190	200	1046

Under 20 Teams

	<i>Club</i>	<i>Positions</i>			<i>Total</i>
1	Edinburgh Uni	6	12	13	31

Veterans Teams

	<i>Club</i>	<i>Positions</i>			<i>Total</i>
1	Dundee Hawkhill	2	9	18	29
2	Metro Aberdeen	3	15	17	35
3	EZ Carnegie	6	12	19	37
4	Fife AC	11	13	22	46
5	City of Edinburgh	8	14	25	47
6	Aberdeen AAC	23	27	40	90
7	Falkirk Victoria H	4	38	51	93
8	Gala Harriers	10	31	54	95
9	Lothian RC	5	28	63	96
10	Central AC	7	35	57	99
11	Portobello RC	16	42	50	108
12	Dundee Road R	33	34	52	119
13	Perth Road Runners	39	44	47	130
14	Corstorphine AAC	37	43	64	144
15	Ferranti AAC	36	49	67	152
16	Standard Life	24	30	102	156
17	Wee County H	41	65	66	172
18	Hunters Bog T	20	101	117	238
19	Musselburgh AC	68	88	98	254
20	Haddington ELP	61	100	103	264