

East District Cross Country Championships - Livingston 5/12/2009 Under 13 Girls Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>		<i>Name</i>	<i>Club</i>	<i>Time</i>
				23	Kirsty M Reynolds	Dundee Hawkhill	15:22
1	Kathryn Gillespie	Central AC	12:58	24	Amy McAlpine	Pitreavie AAC	15:22
2	Katey Turner	Pitreavie AAC	13:11	25	Alison Broadhurst	Harmeny AC	15:31
3	Eilidh MacCorquodale	Central AC	13:13	26	Rachel Watson	Haddington ELP	15:34
4	Alexandra Hunter	Edinburgh AC	13:42	27	Laura Clarke	Central AC	15:40
5	Martha C Wightman	Edinburgh AC	13:51	28	Shannon Macfarlane	Central AC	15:50
6	Emily Strathdee	Edinburgh AC	13:56	29	Abbie Malone	Corstorphine AAC	15:50
7	Katie Anderson	Dundee Hawkhill	13:58	30	Kelly Bissett	Falkirk Victoria H	15:54
8	Rosabel K Kilgour	Fife AC	14:00	31	Amber Robertson	Corstorphine AAC	15:56
9	Eilidh L Reynolds	Dundee Hawkhill	14:00	32	Jo Stapleton	Corstorphine AAC	15:59
10	Hannah Cameron	Edinburgh AC	14:05	33	Bethany Nelson	Lothian RC	16:04
11	Julie Hunter	Falkirk Victoria H	14:20	34	Emma Kenworthy	Corstorphine AAC	16:11
12	Alana Boggan	Falkirk Victoria H	14:22	35	Ailsa Cruickshanks	Fife AC	16:11
13	Roisin Bonucchi	Central AC	14:29	36	Sally Redpath	Lasswade AAC	16:21
14	Alison Brown	Edinburgh AC	14:34	37	Eve Primmer	Fife AC	16:22
15	Tara Walls	Central AC	14:45	38	Sophie Scott	Dundee Hawkhill	16:25
16	Natalie McLeod	Falkirk Victoria H	14:55	39	Georgina Loudon	Edinburgh AC	16:34
17	Hannah Addison	Corstorphine AAC	14:56	40	Brooke Adams	Aberdeen AAC	16:34
18	Keely Wilkinson	Falkirk Victoria H	14:59	41	Alice Horsburgh	Lothian RC	16:39
19	Amy McCulloch	Lothian RC	15:03	42	Eilidh Smyth	Fife AC	16:42
20	Julie Nimmo	Falkirk Victoria H	15:09	43	Becky Cheyne	Aberdeen AAC	16:46
21	Lisa Hardman	Central AC	15:10				
22	Isla Burns	Central AC	15:10				

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Edinburgh AC (15)	4	Alexandra Hunter	13:42
	5	Martha C Wightman	13:51
	6	Emily Strathdee	13:56
2nd Central AC (17)	1	Kathryn Gillespie	12:58
	3	Eilidh MacCorquodale	13:13
	13	Roisin Bonucchi	14:29
3rd Falkirk Victoria H (39)	11	Julie Hunter	14:20
	12	Alana Boggan	14:22
	16	Natalie McLeod	14:55
4th Dundee Hawkhill (39)	7,9,23		
5th Corstorphine AAC (77)	17,29,31		
6th Fife AC (80)	8,35,37		
7th Lothian RC (93)	19,33,41		

East District Cross Country Championships - Livingston 5/12/2009 Under 13 Boys Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>		<i>Name</i>	<i>Club</i>	<i>Time</i>
				23	Kyle A Mackenzie	Lasswade AAC	14:22
1	Robert Bough	Edinburgh AC	12:05	24	Fergus Ingledew	Fife AC	14:24
2	Aidan Thompson	Pitreavie AAC	12:12	25	Ross Prain	Dundee Hawkhill	14:24
3	Josh Kerr	Edinburgh AC	12:18	26	Jamie Dickson	Aberdeen AAC	14:42
4	Logan Rees	Fife AC	12:21	27	Daniel McGhee	Falkirk Victoria H	14:43
5	Matthew Galloway	Corstorphine AAC	12:31	28	Ross McEwan	Lasswade AAC	14:45
6	Michael Hudson	Edinburgh AC	12:38	29	Michael Gillespie	Perth Strathtay	14:53
7	Cameron Gilmour	Edinburgh AC	12:44	30	Cameron Harris	Central AC	14:59
8	Dominic O'Hare	Edinburgh AC	12:53	31	Lewis Black	Lasswade AAC	14:59
9	Paul Henney	Gala Harriers	12:59	32	Simon Jardine	Perth Strathtay	15:07
10	Jamie Cousin	Lasswade AAC	13:07	33	Daniel Mitchell	Edinburgh AC	15:09
11	Iain Davies	Central AC	13:14	34	Tom Marshall	Central AC	15:24
12	Kobe Stevens	Moorfoot Runners	13:19	35	Ewan Strachan	Dundee Hawkhill	15:30
13	Euan Rose	Dundee Hawkhill	13:27	36	Duncan Kuwall	Lothian RC	15:30
14	Alex Connolly	Edinburgh AC	13:35	37	Calum McLean	Livingston & Dist	15:42
15	Ewan Mcmillan	Banchory Stone	13:35	38	Sandy MacDonald	Carnegie H	15:44
16	Michael McCabe	Central AC	13:49	39	Innes Ogilvie	Haddington ELP	15:57
17	Drew Meikle	Falkirk Victoria H	13:52	40	Charlie Swan	Dundee Hawkhill	16:02
18	Cameron Taylor	Central AC	13:54	41	Rory Henderson	Corstorphine AAC	16:14
19	Calum Magowan	Moorfoot Runners	14:06	42	Calum Taylor	Dunfermline & W Fife	16:35
20	Ruairidh Britton	Moorfoot Runners	14:08	43	Daniel Johnston	Corstorphine AAC	16:35
21	Kieran Potter	Central AC	14:12				
22	Rohan Angus	Dundee Hawkhill	14:20				

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Edinburgh AC (10)	1	Robert Bough	12:05
	3	Josh Kerr	12:18
	6	Michael Hudson	12:38
2nd Central AC (45)	11	Iain Davies	13:14
	16	Michael McCabe	13:49
	18	Cameron Taylor	13:54
3rd Moorfoot Runners (51)	12	Kobe Stevens	13:19
	19	Calum Magowan	14:06
	20	Ruairidh Britton	14:08
4th Dundee Hawkhill (60)	13,22,25		
5th Lasswade AAC (61)	10,23,28		
6th Corstorphine AAC (89)	5,41,43		

East District Cross Country Championships - Livingston 5/12/2009 Under 15 Girls Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Emma Dunnett	Edinburgh AC	16:46
2	Rachael Dunn	Edinburgh AC	17:13
3	Eilidh Prise	Aberdeen AAC	17:36
4	Micaela Brown	Pitreavie AAC	17:41
5	Louise Mercer	Teviotdale Harriers	18:11
6	Olivia O'Hare	Edinburgh AC	18:17
7	Oonagh Dunnett	Edinburgh AC	18:21
8	Ailsa Peters	Dundee Hawkhill	18:23
9	Kerry Sandilands	Gala Harriers	18:35
10	Rosanna Stewart	Edinburgh AC	18:37
11	Eilidh Reid	Pitreavie AAC	18:42
12	Anna Hyde	Edinburgh AC	19:14
13	Caitlin Gray	Edinburgh AC	19:24
14	Sophie Collins	Moorfoot Runners	19:31
15	Tatiana Spens	Edinburgh AC	19:43
16	Amy Frankland	Lasswade AAC	19:47
17	Fiona Matheson	Lasswade AAC	19:52
18	Kerry Gibson	Fife AC	19:58
19	Lisa Christy	Corstorphine AAC	20:02
20	Molly Tweedle	Central AC	20:06
21	Hannah Jones	Gala Harriers	20:23
22	Amy Hendry	Central AC	20:29
23	Emily Jones	Gala Harriers	20:33
24	Katherine Mitchell	Falkirk Victoria H	20:37

25	Caitlin Thomson	Falkirk Victoria H	20:37
26	Laura Gibson	Fife AC	20:43
27	Helen Ainslie	Falkirk Victoria H	20:56
28	Jane Ainslie	Falkirk Victoria H	21:08
29	Stacey Hardman	Central AC	21:15
30	Katie Watson	Haddington ELP	21:43
31	Robyn Graham	Fife AC	22:00
32	Kerry Morris	Musselburgh AC	24:56

Under 15 Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Edinburgh AC (9)	1	Emma Dunnett	16:46
	2	Rachael Dunn	17:13
	6	Olivia O'Hare	18:17
2nd Gala Harriers (53)	9	Kerry Sandilands	18:35
	21	Hannah Jones	20:23
	23	Emily Jones	20:33
3rd Central AC (71)	20	Molly Tweedle	20:06
	22	Amy Hendry	20:29
	29	Stacey Hardman	21:15
4th Fife AC (75)	18,26,31		
5th Falkirk Victoria H (76)	24,25,27		

East District Cross Country Championships - Livingston 5/12/2009 Under 17 Women Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Halina Rees	Fife AC	16:44
2	Louisa Stewart	Edinburgh AC	17:02
3	Rhona Auckland	Banchory Stone	17:13
4	Scout Adkin	Moorfoot Runners	17:24
5	Laura Muir	Dunfermline & W Fife	17:26
6	Kathryn Pennel	Pitreavie AAC	17:29
7	Emily Dudgeon	Edinburgh AC	17:34
8	Ellie Buchan	Aberdeen AAC	17:37
9	Iona Brodie	Dundee Hawkhill	17:39
10	Kerry Prise	Aberdeen AAC	17:45
11	Ailsa Bruce	Edinburgh AC	18:30
12	Rachel Smith	Banchory Stone	18:54
13	Sarah Hamilton	Falkirk Victoria H	18:58
14	Lana Turnbull	Lothian RC	19:00
15	Rachel Adamson	Central AC	19:05
16	Rachel Aldridge	Edinburgh AC	19:11
17	Katie Bain	Aberdeen AAC	19:48

18	Jennifer Cruickshanks	Fife AC	20:29
19	Rosie Hastings	Central AC	20:54
20	Hazel Murray	Falkirk Victoria H	20:59
21	Lisa Mcalpine	Pitreavie AAC	28:09

Under 17 Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Edinburgh AC (20)	2	Louisa Stewart	17:02
	7	Emily Dudgeon	17:34
	11	Ailsa Bruce	18:30
2nd Aberdeen AAC (35)	8	Ellie Buchan	17:37
	10	Kerry Prise	17:45
	17	Katie Bain	19:48

East District Cross Country Championships - Livingston 5/12/2009 Under 15 Boys Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>				
				22	Josh Murchie	Central AC	17:43
1	Dale Colley	Falkirk Victoria H	15:41	23	Ewan Paton	Fife AC	17:52
2	Jamie Crowe	Dundee Hawkhill	15:47	24	Scott McAlpine	Pitreavie AAC	17:56
3	Michael Ferguson	Banchory Stone	15:54	25	Sam Fraser	Central AC	18:10
4	Ruaridh Miller	Edinburgh AC	15:58	26	Euan Holmes	Perth Strathtay	18:15
5	Christopher Galloway	Corstorphine AAC	16:01	27	Gavin Weir	Falkirk Victoria H	18:19
6	Ben Potrykus	Pitreavie AAC	16:03	28	Craig Nolan	Corstorphine AAC	18:33
7	Rory Muir	Dunfermline & W Fife	16:08	29	Andrew Forsyth	Perth Strathtay	18:33
8	Conor Kerr	Central AC	16:18	30	Ross Henderson	Lasswade AAC	18:59
9	Rowan Marr	Gala Harriers	16:33	31	Aidan Hilton	Falkirk Victoria H	19:24
10	Jake Kerr	Edinburgh AC	16:50	32	Sandy Robson	Corstorphine AAC	19:36
11	Bruce Millar	Fife AC	16:53	33	Connor Johnston	Corstorphine AAC	19:40
12	Alex Jardine	Perth Strathtay	16:56	34	Gordon Milne	Central AC	19:44
13	Jack Harrison	Edinburgh AC	16:57	35	Calum A MacKenzie	Lasswade AAC	20:15
14	Mark Govan	Falkirk Victoria H	17:10	36	Robin Woods	Haddington ELP	20:57
15	Patrick Gillespie	Perth Strathtay	17:17	37	Robert N Walton	Aberdeen AAC	21:16
16	Michael Addisonn	Corstorphine AAC	17:22	38	Fraser Christie	George Heriots	21:20
17	Alexander Semple	Central AC	17:23	39	Tafadzwa Msengezi	Edinburgh AC	22:27
18	Michael Cameron	Edinburgh AC	17:25	40	Alistair Cranston	George Heriots	22:54
19	Jacob Adkin	Moorfoot Runners	17:31	41	Keith Learmonth	Teviotdale Harriers	23:33
20	Euan Berry	Fife AC	17:35	42	Charlie Marshall	Teviotdale Harriers	30:58
21	Gregor Burns	Edinburgh AC	17:40				

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Edinburgh AC (27)	4	Ruaridh Miller	15:58
	10	Jake Kerr	16:50
	13	Jack Harrison	16:57
2nd Falkirk Victoria H (42)	1	Dale Colley	15:41
	14	Mark Govan	17:10
	27	Gavin Weir	18:19
3rd Central AC (47)	8	Conor Kerr	16:18
	17	Alexander Semple	17:23
	22	Josh Murchie	17:43
4th Corstorphine AAC (49)	5,16,28		
5th Perth Strathtay (53)	12,15,26		
6th Fife AC (54)	11,20,23		

East District Cross Country Championships - Livingston 5/12/2009 Senior Women Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>		<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Emily Stewart (U20)	Edinburgh AC	24:25	54	Jocelyn Moar	Lothian RC	29:37
2	Rosie Smith	Hunters Bog T	24:30	55	Megan Smith	Corstorphine AAC	29:47
3	Emma Raven	Central AC	24:49	56	Yvonne Crilly (F45)	Livingston & Dist	29:53
4	Catriona Buchanan (U20)	Central AC	24:50	57	Alexandra Campbell (U20)	Moorfoot Runners	30:00
5	Sula Young	Hunters Bog T	25:00	58	Jane Waterhouse (F50)	Central AC	30:03
6	Helen Sharpe	Fife AC	25:02	59	Gail Murdoch (F40)	Carnegie H	30:12
7	Jennifer MacLean (F35)	Edinburgh AC	25:08	60	Katie Whitehouse (F40)	Central AC	30:14
8	Niamh Devlin	Edinburgh AC	25:16	61	Megan Wright	Falkirk Victoria H	30:18
9	Fiona Thompson	Central AC	25:20	62	Leanne Haining (F45)	Gala Harriers	30:19
10	Hester Dix	Fife AC	25:40	63	Suzanne Matonti	Lothian RC	30:19
11	Edel Mooney	Lothian RC	25:43	64	Elaine Davies (F35)	Edinburgh AC	30:45
12	Clare Whitehead	Cosmic Hillbashers	26:01	65	Susan Thomson (F40)	Fife AC	30:51
13	Laura Park (U20)	Dundee Hawkhill	26:09	66	Grace Mackenzie	Carnegie H	30:55
14	Morgan Murphy	Fife AC	26:11	67	Helena Sim (F45)	Carnegie H	31:04
15	Megan Crawford	St Andrews Uni	26:29	68	Margaret McLaren (F50)	Fife AC	31:12
16	Susan Ridley (F40)	Edinburgh AC	26:47	69	Linda James (F45)	Carnegie H	31:13
17	Joanne Thom	Edinburgh AC	26:50	70	Jocelyn Scott (F50)	Fife AC	31:23
18	Jacqui Higginbottom (F40)	Carnethy HRC	26:59	71	Eileen Nicol (F40)	Gala Harriers	31:41
19	Lynsey Sharp (U20)	Edinburgh AC	27:07	72	Pamela Whitlie (F35)	Carnethy HRC	31:46
20	Laura Brown	Dundee Hawkhill	27:12	73	Claire Gilchrist (F40)	Ferranti AAC	31:55
21	Eilis McKeachie	Hunters Bog T	27:15	74	Fiona Shepherd (F40)	Gala Harriers	32:08
22	Rhona Buchan (F40)	Aberdeen AAC	27:17	75	Jill Horsburgh (F50)	Lothian RC	32:17
23	Ainsley Normand (F35)	Central AC	27:23	76	Joanne Anderson (F35)	Carnethy HRC	32:19
24	Emma Baxter (U20)	Edinburgh Uni	27:29	77	Yvette Wilson	Carnegie H	32:28
25	Nathalie Christie (F35)	Edinburgh AC	27:31	78	Robyn McDowall	Livingston & Dist	32:28
26	Victoria Lomax	Edinburgh AC	27:31	79	Christina Morgan (F40)	Harmeny AC	32:30
27	Gillian Carr	Corstorphine AAC	27:44	80	Christine Bowie (F45)	Anster Haddies	32:39
28	Hazel Dean (F45)	Central AC	27:48	81	Caroline Strain (F40)	Wee County H	32:49
29	Sonia Armitage (F45)	Aberdeen AAC	27:50	82	Innes Bracegirdle (F50)	Fife AC	32:51
30	Rachel Fagan (F35)	Gala Harriers	28:02	83	Pamela Cruikshanks (F45)	Anster Haddies	32:56
31	Katja Eravisto	Edinburgh AC	28:15	84	Christine Eadie (F45)	Falkirk Victoria H	32:57
32	Fabienne Thompson (F40)	Carnegie H	28:16	85	Morna Fleming (F50)	Carnegie H	32:59
33	Lucy Rowland	Edinburgh Uni	28:18	86	Lorna Broadhurst (F45)	Harmeny AC	33:05
34	Kajsa Risby (U20)	Lothian RC	28:18	87	Kirsty Stoddart (F35)	Harmeny AC	33:08
35	Laura Mahady (F50)	Aberdeen AAC	28:22	88	Abigail Hobill	St Andrews Uni	33:24
36	Amanda Campbell (U20)	Livingston & Dist	28:25	89	Ruth Watson (F40)	Haddington ELP	33:35
37	Rachel Armitage (U20)	Aberdeen AAC	28:26	90	Kate Friend (F40)	Carnethy HRC	33:40
38	Isobel Burnett (F50)	Carnegie H	28:30	91	Catriona M Young (F40)	Teviotdale Harriers	33:45
39	Marietta Beal (F35)	Edinburgh AC	28:30	92	Elizabeth Gilchrist (F60+)	Ferranti AAC	33:53
40	Beryl Junnier (F45)	Wee County H	28:33	93	Fiona Walker (F40)	Fife AC	34:31
41	Claire Houston	Central AC	28:41	94	Sue McDowall (F50)	Livingston & Dist	34:39
42	Sarah Legge (F35)	Fife AC	28:46	95	Julia Drewer	Ferranti AAC	34:47
43	Fionn Nairn (F45)	Hunters Bog T	28:50	96	Lorna Eades (F40)	Lothian RC	34:47
44	Lauren Stoddart (U20)	Edinburgh AC	28:54	97	Fiona Donaldson (F40)	Harmeny AC	34:51
45	Amie McKimmie	Fife AC	29:01	98	Elaine Thomson	Falkirk Victoria H	34:54
46	Alayne Finlay	Ochil Hill Runners	29:03	99	Jessica Neal	Wee County H	35:05
47	Rose Calvo	St Andrews Uni	29:04	100	Alison Whyte (F40)	Carnegie H	35:47
48	Abby White	Hunters Bog T	29:09	101	Siobhan Sellar (F40)	Ferranti AAC	37:28
49	Karen Dobbie (F40)	Edinburgh AC	29:12	102	Donna Inglis (F40)	Teviotdale Harriers	37:52
50	Fiona Kelsall (F35)	Central AC	29:15	103	Tricia Wallace (F40)	Anster Haddies	38:58
51	Kirsty Baird (F35)	Carnegie H	29:21	104	Sylvia Grieve (F40)	Teviotdale Harriers	39:46
52	Louise Crilly	Livingston & Dist	29:23	105	Veronique Oldham (F40)	Aberdeen AAC	41:11
53	Isla Campbell	Central AC	29:25	106	Hilary Ritchie (F45)	Fife AC	42:13
				107	Mehrmaz Campbell (F45)	Carnegie H	43:08

East District Cross Country Championships - Livingston 5/12/2009 Under 17 Men Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Ross Matheson	Lasswade AAC	22:04
2	Scott Green	Central AC	22:34
3	Michael Overend	Dundee Hawkhill	23:18
4	Andrew Christy	Corstorphine AAC	23:37
5	Adam Guthrie	Dundee Hawkhill	23:59
6	Jake Wightman	Edinburgh AC	24:09
7	David Hutchison	Central AC	24:13
8	Howell Craske	Dundee Hawkhill	24:18
9	Scott Stirling	Falkirk Victoria H	24:28
10	Ben Stevenson	Falkirk Victoria H	24:52
11	Tom Watson	Central AC	25:01
12	Ryan McIntosh	Fife AC	25:05

13	Euan Martin	Falkirk Victoria H	25:10
14	Max McNeill	Lothian RC	25:22
15	Ross Milne	Central AC	25:25
16	Callum Smith	Corstorphine AAC	25:27
17	Peter Cameron	Edinburgh AC	25:29
18	Marc Robson	Edinburgh AC	25:32
19	Martyn Paterson	Central AC	26:11
20	Liam Hutson	Fife AC	26:20
21	Christopher Clarke	Central AC	26:25
22	Peter Loudon	Edinburgh AC	26:57
23	David MacKinlay	Central AC	27:01
24	David Lindsay	Central AC	29:44

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Dundee Hawkhill (16)	3	Michael Overend	23:18
	5	Adam Guthrie	23:59
	8	Howell Craske	24:18
2nd Central AC (20)	2	Scott Green	22:34
	7	David Hutchison	24:13
	11	Tom Watson	25:01
3rd Falkirk Victoria H (32)	9	Scott Stirling	24:28
	10	Ben Stevenson	24:52
	13	Euan Martin	25:10
4th Edinburgh AC (41)	6,17,18		

East District Cross Country Championships - Livingston 5/12/2009 Senior Women Team Results

	<i>Club</i>	<i>Positions</i>				<i>Total</i>
1	Edinburgh AC	1	7	8	16	32
2	Central AC	3	4	9	23	39
3	Hunters Bog T	2	5	21	43	71
4	Fife AC	6	10	14	42	72
5	Aberdeen AAC	22	29	35	37	123
6	Lothian RC	11	34	54	63	162
7	Carnegie H	32	38	51	59	180
8	Livingston & Dist	36	52	56	78	222
9	Gala Harriers	30	62	71	74	237
10	Carnethy HRC	18	72	76	90	256
11	Harmeny AC	79	86	87	97	349
12	Ferranti AAC	73	92	95	101	361

East District Cross Country Championships - Livingston 5/12/2009 Senior Men Results

	<i>Name</i>	<i>Club</i>	<i>Time</i>				
1	Alastair Hay	Central AC	31:54	56	Tom Ryan (U20)	Edinburgh AC	37:08
2	Chris Smith	Aberdeen AAC	32:39	57	Lewis Lawson (M45)	Carnegie H	37:10
3	Murray Strain	Hunters Bog T	32:47	58	Richard Meade	Edinburgh AC	37:12
4	Ross Houston	Central AC	32:48	59	James Britton	Edinburgh AC	37:14
5	Michael Gillespie	Edinburgh Uni	32:51	60	Doug Tullie	Edinburgh Uni	37:15
6	John Newsom	Pitreavie AAC	33:10	61	Allan Fotheringham (M40)	Carnegie H	37:15
7	Alasdair Anthony	Central AC	33:16	62	Neil Young (M35)	Fife AC	37:18
8	Niall Sheehan	Lasswade AAC	33:18	63	David Hart (M45)	Falkirk Victoria H	37:20
9	Andrew Symonds	Carnegie H	33:36	64	Colin Welsh	Teviotdale Harriers	37:25
10	Scott McDonald (U20)	Central AC	33:41	65	Adam Ward (M45)	Edinburgh AC	37:31
11	Lewis Millar	Central AC	33:44	66	C Reid	Edinburgh AC	37:33
12	Alexander Hendry (U20)	Central AC	33:58	67	Matthew Strachan (M45)	Dundee Hawkhill	37:35
13	Barney Phillips	Lasswade AAC	34:02	68	Wayne McIntosh	Teviotdale Harriers	37:39
14	Keith Hood (M35)	Corstorphine AAC	34:07	69	Andrew Ronald (M40)	Falkirk Victoria H	37:40
15	Matthew Bell	Edinburgh AC	34:10	70	Brian Cruickshank (M40)	Fife AC	37:42
16	Mark Haskett	Aberdeen AAC	34:11	71	John Lambie (M45)	Carnegie H	37:49
17	Fraser Scott (U20)	Corstorphine AAC	34:21	72	Fergus Johnston	Gala Harriers	37:50
18	Murray MacLarty	Central AC	34:26	73	Stephen Moore (M40)	Falkirk Victoria H	37:55
19	Dermot Cummins	Corstorphine AAC	34:28	74	Iain Taylor (M40)	Carnegie H	37:57
20	Tom Cunningham	St Andrews Uni	34:31	75	Garry Robertson (M45)	Edinburgh AC	37:59
21	Benjamin Hukins	Aberdeen AAC	34:32	76	David Eiser	Central AC	38:01
22	Andrew Crichton (U20)	Edinburgh AC	34:33	77	Russell Hall	St Andrews Uni	38:06
23	David Wright	Hunters Bog T	34:37	78	Charles Haskett (M50)	Dundee Hawkhill	38:12
24	Neil Gunstone	Dundee Hawkhill	34:43	79	Andrew Matheson (M45)	Lasswade AAC	38:20
25	Ross Milne	Lothian RC	34:49	80	Craig Love (M35)	Dundee Hawkhill	38:22
26	Robbie Simpson (U20)	Banchory Stone	34:59	81	Will Hensman	Central AC	38:24
27	Douglas Selman	Corstorphine AAC	35:03	82	Alastair Robertson (U20)	Lothian RC	38:24
28	Ryan O'Hare	Edinburgh AC	35:05	83	Barry Davie	Pitreavie AAC	38:24
29	Andrew Wright (M35)	Carnegie H	35:08	84	Graham Beal (M40)	Edinburgh AC	38:30
30	Duncan Coombs	Edinburgh Uni	35:10	85	Daniel Gay	Hunters Bog T	38:32
31	Michael Wright	Central AC	35:12	86	Lewis Donaldson (U20)	Pitreavie AAC	38:34
32	Graeme Murdoch	Gala Harriers	35:16	87	John Hedley	Pitreavie AAC	38:38
33	Nigel Lamb (M35)	Corstorphine AAC	35:21	88	Andrew Smith (U20)	St Andrews Uni	38:41
34	Tom Ferrington	Corstorphine AAC	35:31	89	Desmond Crowe (M45)	Dundee Hawkhill	38:47
35	James Joy (U20)	Aberdeen AAC	35:32	90	Roy Mitchell (M40)	Edinburgh AC	38:49
36	Stuart Campbell (M40)	Arbroath & Dist	35:43	91	Barry Paterson	Falkirk Victoria H	38:53
37	Jonathan Pawson	Edinburgh Uni	35:45	92	Martin Gore	Lasswade AAC	38:54
38	Cameron Strachan (U20)	Aberdeen AAC	35:48	93	Rory Leslie (U20)	Aberdeen AAC	38:54
39	Matthew Sutherland	Edinburgh Uni	35:52	94	Darren Thomson	Lothian RC	38:57
40	Christopher O'Brien	Corstorphine AAC	35:54	95	Alex Keenan	Carnegie H	38:59
41	Adam Priestley	Edinburgh AC	35:56	96	John Kay (M50)	Fife AC	39:00
42	Thomas Lawrence (M35)	Carnegie H	35:56	97	Graeme Fletcher (M45)	Corstorphine AAC	39:00
43	Ian Stewart (M50)	Carnegie H	35:59	98	Dermot Bailie	Edinburgh AC	39:00
44	Jeff Farquhar (M50)	Pitreavie AAC	36:01	99	David Bowers (U20)	St Andrews Uni	39:07
45	Martin Ferguson (M45)	Edinburgh AC	36:11	100	Mark S Buchan (U20)	Fife AC	39:07
46	Bryan Clark	Corstorphine AAC	36:16	101	Steve Laing (M50)	Central AC	39:11
47	Steven O'Brien	Corstorphine AAC	36:18	102	Tom Scott (M60+)	Fife AC	39:15
48	Alexander Davidson	Falkirk Victoria H	36:20	103	Graham Kirby (M40)	Fife AC	39:27
49	Alistair Hart (M35)	Hunters Bog T	36:24	104	Ian Johnston (M45)	Corstorphine AAC	39:29
50	Raymond Jaffray (M40)	Teviotdale Harriers	36:25	105	Steven King (M35)	Carnegie H	39:29
51	Calum McKenzie	Corstorphine AAC	36:32	106	Stephen Mason (M40)	Dundee Hawkhill	39:34
52	Darren Shinnie	Aberdeen AAC	36:42	107	Iain Williams (M35)	Teviotdale Harriers	39:35
53	Grant Wilkie (M40)	Corstorphine AAC	36:50	108	Huw Jones	Hunters Bog T	39:43
54	David Lindsay	Central AC	36:57	109	Alistair Macdonald (M45)	Dundee Hawkhill	39:46
55	Malcolm Fraser	Edinburgh AC	37:03	110	Richard Connor	Lasswade AAC	39:54
				111	Peter Simpson (M50)	Carnegie H	39:58

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112	Robert Wiseman	Ochil Hill Runners	40:04	168	Steven Horsburgh	Fife AC	44:05
113	David Farnell	St Andrews Uni	40:04	169	Alister Biggar (M35)	Teviotdale Harriers	44:05
114	Anthony Devlin (M40)	Falkirk Victoria H	40:14	170	Christopher Rumbles (U20)	Lothian RC	44:15
115	John Stevenson (M45)	Falkirk Victoria H	40:17	171	Kenny MacDonald (M40)	Carnegie H	44:16
116	Neil Maclachlan	Pitreavie AAC	40:21	172	Peter Buchanan (M50)	Ochil Hill Runners	44:26
117	Ross Christie (U20)	George Heriots	40:21	173	Eric Stevenson (M55)	Edinburgh AC	44:30
118	Brad Connor (M35)	Ochil Hill Runners	40:25	174	Ian Campbell (M40)	Hunters Bog T	44:32
119	Scott Nelson (M40)	Lothian RC	40:27	175	John Malcolm	Lothian RC	44:34
120	Ian McDonald	Central AC	40:31	176	Andrew Le Good (M50)	Pitreavie AAC	44:36
121	Alan Goodson (M45)	Gala Harriers	40:32	177	Trevor Andrews (M50)	Wee County H	44:38
122	Frank Popham (M35)	Fife AC	40:34	178	Robert Milton (M45)	Carnegie H	44:41
123	Darren Steel	Edinburgh AC	40:36	179	Derrick Brydon (M40)	Gala Harriers	44:50
124	David Eades (M40)	Lothian RC	40:42	180	John Denholm (M55)	Falkirk Victoria H	44:57
125	Kevin Graham	Edinburgh AC	40:47	181	Scott Williamson	Corstorphine AAC	45:00
126	Dermot Ferry (M35)	Musselburgh AC	40:48	182	Nicholas Brown	Corstorphine AAC	45:03
127	Alan Inglis (M40)	Teviotdale Harriers	40:48	183	Craig Wilson	Musselburgh AC	45:03
128	Chris Capener	Aberdeen AAC	40:58	184	David Greig (M40)	Carnegie H	45:17
129	Martin Clarke (M50)	Gala Harriers	41:01	185	Eddie Sanders (M60+)	Fife AC	45:19
130	Roger Rees (M40)	Fife AC	41:17	186	Mark Dunnachie (M35)	Falkirk Victoria H	45:38
131	Gordon Adam (M45)	Central AC	41:19	187	David Henderson (M45)	Corstorphine AAC	45:43
132	David Murray (M50)	Falkirk Victoria H	41:24	188	P Reddish (M45)	Edinburgh AC	46:06
133	Stuart Douglas	Falkirk Victoria H	41:28	189	David Shepherd (M45)	Fife AC	46:10
134	Fraser Purves (M35)	Central AC	41:32	190	Brian Howie (M55)	Edinburgh AC	46:10
135	John Christy (M50)	Corstorphine AAC	41:34	191	Allan Brannigan (M45)	Carnegie H	46:16
136	Bruce Malcolm (M45)	Corstorphine AAC	41:38	192	Tony Segall (M45)	Musselburgh AC	46:16
137	Ian Johnston (M50)	Carnegie H	41:38	193	Kieran Morgan (M45)	Carnegie H	46:16
138	George Ashley	Hunters Bog T	41:40	194	Gordon Eadie (M50)	Musselburgh AC	46:28
139	Ron McCraw (M50)	Ochil Hill Runners	41:45	195	Stephen Greer (M50)	Carnegie H	46:30
140	D Clarkson	Edinburgh AC	41:47	196	Graeme MacLean (M50)	Corstorphine AAC	46:32
141	Colin D Thomson (M40)	Falkirk Victoria H	41:49	197	Trevor Ridley (M55)	Ferranti AAC	46:35
142	Richard Hope (M45)	Edinburgh AC	42:01	198	Alan McLeod (M60+)	Fife AC	46:40
143	Ben Mitchell (M35)	Lasswade AAC	42:08	199	Sidney Pask (M60+)	Wee County H	46:50
144	Gavin Orr (M40)	Harmeny AC	42:09	200	Ian Leggett (M60+)	Lothian RC	46:59
145	Keith Dunlop	Edinburgh AC	42:13	201	Geoffrey Mitchell (M50)	Hunters Bog T	47:22
146	Harry Mulholland (M45)	Lothian RC	42:15	202	Keith Nicol (M55)	Ferranti AAC	47:42
147	Liam McCabe (M45)	Central AC	42:17	203	Alex MacEwen (M50)	Edinburgh AC	47:50
148	Keith Charlton (M45)	Aberdeen AAC	42:17	204	David Fulton	Hunters Bog T	47:53
149	Alan McIntosh (M45)	Lothian RC	42:23	205	Mike Lieberman (M55)	Lothian RC	47:55
150	Philip Owens	Portobello RC	42:43	206	Grant Sellar (M45)	Ferranti AAC	47:58
151	Martin Caldwell (M55)	Corstorphine AAC	42:50	207	Paul Arnott (M40)	Carnegie H	48:06
152	Ian McFarlane (M45)	Wee County H	42:52	208	David Bunyan (M55)	Falkirk Victoria H	48:27
153	Anthony Lunn (M40)	Gala Harriers	43:00	209	Thomas White (M50)	Harmeny AC	48:41
154	Nairn McWilliams	Edinburgh Uni	43:00	210	Frederick McCain (M60+)	Haddington ELP	48:47
155	Donald Morrison (M40)	Harmeny AC	43:00	211	Allan Gibson (M55)	Anster Haddies	48:49
156	John Martin (M50)	Falkirk Victoria H	43:03	212	Sandy MacLarty (U20)	Central AC	48:51
157	Scott Innes (M35)	Edinburgh AC	43:13	213	Steven Blair (M45)	Corstorphine AAC	49:02
158	Alexander Oliver (M40)	Musselburgh AC	43:13	214	Nicholas Weir (M40)	Carnegie H	49:38
159	Stephen Reid (M45)	Ferranti AAC	43:30	215	James Alexander (M45)	Lothian RC	49:48
160	Niall Wilson (M35)	Carnegie H	43:37	216	Frank Tooley (M45)	Harmeny AC	49:51
161	James MacEwan (M40)	Ochil Hill Runners	43:37	217	Alan Coltman (M40)	Teviotdale Harriers	49:53
162	John Fulham (M35)	Carnegie H	43:40	218	Alastair McCallum (M45)	Falkirk Victoria H	50:40
163	Gordon McNeil (M40)	Wee County H	43:40	219	Steve Whalley (M40)	Carnegie H	51:14
164	Matt Richardson (M40)	Lothian RC	43:40	220	Neil Campbell (M45)	Carnegie H	51:47
165	Christopher Peggie	Corstorphine AAC	43:52	221	Stewart Davidson (M55)	Fife AC	51:59
166	Philip Hendry (M45)	Central AC	44:01	222	Bill Knox (M55)	Teviotdale Harriers	52:28
167	Alan Manson (M45)	Carnegie H	44:01	223	Brian Smith (M50)	Fife AC	52:36

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224	Edward McDonald (M60+)	Ferranti AAC	53:01
225	Kenneth Mcleod (M35)	Fife AC	53:51
226	Andrew Wright (M60+)	Fife AC	54:17
227	James Drummond (M55)	Central AC	55:28
228	David Francis (M60+)	Fife AC	55:33
229	John Gavin (M55)	Ferranti AAC	56:50
230	Graham Bennison (M60+)	Fife AC	58:52
231	Alastair Robertson (M60+)	Fife AC	1:00:11

Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Central AC (45)	1	Alastair Hay	31:54
	4	Ross Houston	32:48
	7	Alasdair Anthony	33:16
	10	Scott McDonald (U20)	33:41
	11	Lewis Millar	33:44
	12	Alexander Hendry (U20)	33:58
2nd Corstorphine AAC (144)	14	Keith Hood (M35)	34:07
	17	Fraser Scott (U20)	34:21
	19	Dermot Cummins	34:28
	27	Douglas Selman	35:03
	33	Nigel Lamb (M35)	35:21
	34	Tom Ferrington	35:31
3rd Aberdeen AAC (164)	2	Chris Smith	32:39
	16	Mark Haskett	34:11
	21	Benjamin Hukins	34:32
	35	James Joy (U20)	35:32
	38	Cameron Strachan (U20)	35:48
	52	Darren Shinnie	36:42
4th Edinburgh AC (206)	15,22,28,41,45,55		
5th Carnegie H (241)	9,29,42,43,57,61		
6th Edinburgh Uni (325)	5,30,37,39,60,154		
7th Hunters Bog T (406)	3,23,49,85,108,138		
8th Pitreavie AAC (422)	6,44,83,86,87,116		
9th Dundee Hawkhill (444)	24,67,78,80,89,106		
10th Lasswade AAC (445)	8,13,79,92,110,143		
11th Falkirk Victoria H (458)	48,63,69,73,91,114		
12th Fife AC (533)	62,70,96,100,102,103		
13th Teviotdale Harriers (585)	50,64,68,107,127,169		
14th Lothian RC (590)	25,82,94,119,124,146		
15th Gala Harriers (686)	32,72,121,129,153,179		
16th Ferranti AAC (1217)	159,197,202,206,224,229		

Under 20 Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Central AC (20)	1	Scott McDonald (U20)	33:41
	2	Alexander Hendry (U20)	33:58
	17	Sandy MacLarty (U20)	48:51
2nd Aberdeen AAC (25)	6	James Joy (U20)	35:32
	7	Cameron Strachan (U20)	35:48
	12	Rory Leslie (U20)	38:54

Masters Teams

	<i>Pos</i>	<i>Name</i>	<i>Time</i>
1st Carnegie H (13)	2	Andrew Wright (M35)	35:08
	5	Thomas Lawrence (M35)	35:56
	6	Ian Stewart (M50)	35:59
2nd Corstorphine AAC (15)	1	Keith Hood (M35)	34:07
	3	Nigel Lamb (M35)	35:21
	11	Grant Wilkie (M40)	36:50
3rd Edinburgh AC (47)	8	Martin Ferguson (M45)	36:11
	16	Adam Ward (M45)	37:31
	23	Garry Robertson (M45)	37:59
4th Falkirk Victoria H (54)	15,18,21		
5th Fife AC (63)	14,19,30		
6th Dundee Hawkhill (67)	17,24,26		
7th Teviotdale Harriers (97)	10,38,49		
8th Central AC (138)	32,52,54		
9th Lothian RC (154)	44,47,63		
10th Gala Harriers (164)	45,50,69		
11th Ochil Hill Runners (177)	43,58,76		
12th Hunters Bog T (204)	9,86,109		
13th Musselburgh AC (221)	48,73,100		
14th Wee County H (234)	68,78,88		
15th Harmeny AC (248)	62,70,116		
16th Ferranti AAC (289)	74,105,110		