

National CC Relays 23rd October 2010 -Young Female Results

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC "A"	Esme Stewart (U13)	9	Alexandra Hunter (U15)	5	Emma Dunnett (U17)	1
	11:06	11:06	21:56	10:50	31:59	10:03
2 V P Glasgow "A"	Robyn Connolly (U13)	4	Paige Dickson (U15)	1	Deborah Hannah (U17)	2
	10:46	10:46	21:20	10:34	32:25	11:05
3 Dundee Hawkhill "A"	Katie Anderson (U13)	6	Ailsa Peters (U15)	4	Iona Brodie (U17)	3
	10:55	10:55	21:54	10:59	32:40	10:46
4 Shettleston Harriers "A"	Amy Harkins (U13)	12	Laura Penrice (U15)	10	Stella Winters (U17)	4
	11:16	11:16	22:28	11:12	32:43	10:15
5 Giffnock North "A"	Holly Still (U13)	19	Chloe Cowan (U15)	2	Madeleine Murray (U17)	5
	11:20	11:20	21:47	10:27	32:52	11:05
6 Falkirk Victoria H "A"	Leia Glading (U13)	2	Julie Hunter (U15)	6	Lucy Mitchell (U17)	6
	10:29	10:29	22:03	11:34	32:53	10:50
7 Kilbarchan AAC "A"	Katie Turnbull (U13)	7	Gwen Gillham (U15)	3	Kate Gillies (U17)	7
	11:00	11:00	21:49	10:49	32:57	11:08
8 Edinburgh AC "C"	Amy Armstrong (U13)	24	Sara Findlay (U15)	19	Louisa Stewart (U17)	8
	11:40	11:40	22:57	11:17	32:57	10:00
9 Edinburgh AC "B"	Hilary Lewin (U13)	17	Rosanna Stewart (U15)	13	Rachael Dunn (U17)	9
	11:18	11:18	22:36	11:18	32:57	10:21
10 Central AC "A"	Isla Burns (U13)	22	Laura Clarke (U15)	17	Eilidh MacCorquodale (U15)	10
	11:37	11:37	22:52	11:15	33:15	10:23
11 Ron Hill Cambus "A"	Niamh Brown (U13)	5	Rebecca Bonomi (U15)	9	Katie Bristow (U17)	11
	10:47	10:47	22:27	11:40	33:15	10:48
12 V P Glasgow "B"	Emma Ferrie (U13)	14	Anya Morrison (U15)	12	Danielle Beattie (U17)	12
	11:16	11:16	22:35	11:19	33:40	11:05
13 Kilmarnock H "A"	Amy Donnelly (U13)	15	Bronagh Wishart (U15)	11	Eve Kerr (U17)	13
	11:18	11:18	22:28	11:10	33:46	11:18
14 Kilbarchan AAC "B"	Rebecca Craig (U13)	8	Kirsty Harper (U15)	18	Elaine Eadie (U17)	14
	11:04	11:04	22:54	11:50	33:53	10:59
15 Law & District "A"	Pamela McNicol (U13)	11	Alice McGrath (U15)	7	Sherelle Graham (U15)	15
	11:13	11:13	22:17	11:04	34:02	11:45
16 Gala Harriers "A"	Jo Arres (U13)	30	Kerry Sandilands (U15)	20	Lucy Henderson-Morris (U17)	16
	11:58	11:58	23:01	11:03	34:12	11:11
17 Kilmarnock H "B"	Hannah Bartl (U13)	28	Emma McGarrity (U15)	21	Amanda Humes (U17)	17
	11:52	11:52	23:13	11:21	34:15	11:02
18 Giffnock North "B"	Eilidh Cook (U13)	21	Selena Jackson (U15)	16	Linzi Cowan (U17)	18
	11:35	11:35	22:43	11:08	34:16	11:33
19 Edinburgh AC "D"	Katie Smith (U13)	37	Emily Strathdee (U15)	26	Olivia O'Hare (U17)	19
	12:09	12:09	23:35	11:26	34:18	10:43
20 Ayr Seaforth "A"	Kirstin Oakley (U13)	1	Emma Vallely (U15)	8	Sarah Cassells (U17)	20
	10:13	10:13	22:20	12:07	34:21	12:01
21 Ron Hill Cambus "B"	Lauren Carey (U13)	35	Eve MacKinnon (U15)	22	Mairi Brown (U17)	21
	12:07	12:07	23:16	11:09	34:36	11:20
22 Falkirk Victoria H "B"	Kelly Bissett (U13)	31	Julie Nimmo (U15)	23	Hazel Murray (U17)	22
	11:58	11:58	23:25	11:27	34:52	11:27
23 Kirkintilloch Oly "A"	Perri McCluskey (U13)	20	Victoria Robertson (U13)	25	Emma Canning (U15)	23
	11:34	11:34	23:29	11:55	35:16	11:47
24 Lasswade AAC "A"	Rachel Hutchison (U13)	42	Fiona Matheson (U15)	33	Amy Frankland (U15)	24
	12:24	12:24	24:06	11:42	35:27	11:21
25 Ayr Seaforth "B"	Lisa Rennie (U13)	13	Louisa Kelly (U15)	27	Katie Sprang (U17)	25
	11:16	11:16	23:42	12:26	35:35	11:53
26 Fife AC "A"	Katy Aitken (U13)	16	Rosabel K Kilgour (U13)	14	Stephanie Pennycook (U15)	26
	11:18	11:18	22:38	11:20	35:36	12:58
27 Law & District "B"	Reagan Binnie (U13)	23	Emily McNicol (U13)	24	Victoria Price (U17)	27
	11:38	11:38	23:29	11:51	35:46	12:17
28 Inverclyde AC "A"	Emma Mitchell (U13)	3	Chloe Simpson (U15)	15	Emma Meechan (U17)	28
	10:40	10:40	22:40	12:00	35:48	13:08
29 V P Glasgow "C"	Abigail McInnes (U13)	43	Ellie Hutcheson (U15)	38	Maria Milliken (U17)	29
	12:25	12:25	24:33	12:08	35:49	11:16
30 Ron Hill Cambus "C"	Seline Quigg (U13)	46	Sophie Hayes (U15)	35	Lucy Deeny (U17)	30
	12:28	12:28	24:23	11:55	35:52	11:29
31 Aberdeen AAC "A"	Lucy McLeod (U13)	41	Aimee MacDonald (U15)	50	Eilidh Prise (U15)	31
	12:20	12:20	25:30	13:10	35:58	10:28
32 Greenock Glenpark "A"	Lauren Mulaghton (U13)	26	Meighan McDade (U15)	30	Shannon Kangley (U15)	32
	11:48	11:48	23:52	12:04	36:04	12:12

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	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC "A"	Esme Stewart (U13)	9	Alexandra Hunter (U15)	5	Emma Dunnett (U17)	1
	11:06	11:06	21:56	10:50	31:59	10:03
2 V P Glasgow "A"	Robyn Connolly (U13)	4	Paige Dickson (U15)	1	Deborah Hannah (U17)	2
	10:46	10:46	21:20	10:34	32:25	11:05
3 Dundee Hawkhill "A"	Katie Anderson (U13)	6	Ailsa Peters (U15)	4	Iona Brodie (U17)	3
	10:55	10:55	21:54	10:59	32:40	10:46
4 Shettleston Harriers "A"	Amy Harkins (U13)	12	Laura Penrice (U15)	10	Stella Winters (U17)	4
	11:16	11:16	22:28	11:12	32:43	10:15
5 Giffnock North "A"	Holly Still (U13)	19	Chloe Cowan (U15)	2	Madeleine Murray (U17)	5
	11:20	11:20	21:47	10:27	32:52	11:05
6 Falkirk Victoria H "A"	Leia Glading (U13)	2	Julie Hunter (U15)	6	Lucy Mitchell (U17)	6
	10:29	10:29	22:03	11:34	32:53	10:50
7 Kilbarchan AAC "A"	Katie Turnbull (U13)	7	Gwen Gillham (U15)	3	Kate Gillies (U17)	7
	11:00	11:00	21:49	10:49	32:57	11:08
8 Edinburgh AC "C"	Amy Armstrong (U13)	24	Sara Findlay (U15)	19	Louisa Stewart (U17)	8
	11:40	11:40	22:57	11:17	32:57	10:00
9 Edinburgh AC "B"	Hilary Lewin (U13)	17	Rosanna Stewart (U15)	13	Rachael Dunn (U17)	9
	11:18	11:18	22:36	11:18	32:57	10:21
10 Central AC "A"	Isla Burns (U13)	22	Laura Clarke (U15)	17	Eilidh MacCorquodale (U15)	10
	11:37	11:37	22:52	11:15	33:15	10:23
11 Ron Hill Cambus "A"	Niamh Brown (U13)	5	Rebecca Bonomi (U15)	9	Katie Bristow (U17)	11
	10:47	10:47	22:27	11:40	33:15	10:48
12 V P Glasgow "B"	Emma Ferrie (U13)	14	Anya Morrison (U15)	12	Danielle Beattie (U17)	12
	11:16	11:16	22:35	11:19	33:40	11:05
13 Kilmarnock H "A"	Amy Donnelly (U13)	15	Bronagh Wishart (U15)	11	Eve Kerr (U17)	13
	11:18	11:18	22:28	11:10	33:46	11:18
14 Kilbarchan AAC "B"	Rebecca Craig (U13)	8	Kirsty Harper (U15)	18	Elaine Eadie (U17)	14
	11:04	11:04	22:54	11:50	33:53	10:59
15 Law & District "A"	Pamela McNicol (U13)	11	Alice McGrath (U15)	7	Sherelle Graham (U15)	15
	11:13	11:13	22:17	11:04	34:02	11:45
16 Gala Harriers "A"	Jo Arres (U13)	30	Kerry Sandilands (U15)	20	Lucy Henderson-Morris (U17)	16
	11:58	11:58	23:01	11:03	34:12	11:11
17 Kilmarnock H "B"	Hannah Bartl (U13)	28	Emma McGarrity (U15)	21	Amanda Humes (U17)	17
	11:52	11:52	23:13	11:21	34:15	11:02
18 Giffnock North "B"	Eilidh Cook (U13)	21	Selena Jackson (U15)	16	Linzi Cowan (U17)	18
	11:35	11:35	22:43	11:08	34:16	11:33
19 Edinburgh AC "D"	Katie Smith (U13)	37	Emily Strathdee (U15)	26	Olivia O'Hare (U17)	19
	12:09	12:09	23:35	11:26	34:18	10:43
20 Ayr Seaforth "A"	Kirstin Oakley (U13)	1	Emma Vallely (U15)	8	Sarah Cassells (U17)	20
	10:13	10:13	22:20	12:07	34:21	12:01
21 Ron Hill Cambus "B"	Lauren Carey (U13)	35	Eve MacKinnon (U15)	22	Mairi Brown (U17)	21
	12:07	12:07	23:16	11:09	34:36	11:20
22 Falkirk Victoria H "B"	Kelly Bissett (U13)	31	Julie Nimmo (U15)	23	Hazel Murray (U17)	22
	11:58	11:58	23:25	11:27	34:52	11:27
23 Kirkintilloch Oly "A"	Perri McCluskey (U13)	20	Victoria Robertson (U13)	25	Emma Canning (U15)	23
	11:34	11:34	23:29	11:55	35:16	11:47
24 Lasswade AAC "A"	Rachel Hutchison (U13)	42	Fiona Matheson (U15)	33	Amy Frankland (U15)	24
	12:24	12:24	24:06	11:42	35:27	11:21
25 Ayr Seaforth "B"	Lisa Rennie (U13)	13	Louisa Kelly (U15)	27	Katie Sprang (U17)	25
	11:16	11:16	23:42	12:26	35:35	11:53
26 Fife AC "A"	Katy Aitken (U13)	16	Rosabel K Kilgour (U13)	14	Stephanie Pennycook (U15)	26
	11:18	11:18	22:38	11:20	35:36	12:58
27 Law & District "B"	Reagan Binnie (U13)	23	Emily McNicol (U13)	24	Victoria Price (U17)	27
	11:38	11:38	23:29	11:51	35:46	12:17
28 Inverclyde AC "A"	Emma Mitchell (U13)	3	Chloe Simpson (U15)	15	Emma Meechan (U17)	28
	10:40	10:40	22:40	12:00	35:48	13:08
29 V P Glasgow "C"	Abigail McInnes (U13)	43	Ellie Hutcheson (U15)	38	Maria Milliken (U17)	29
	12:25	12:25	24:33	12:08	35:49	11:16
30 Ron Hill Cambus "C"	Seline Quigg (U13)	46	Sophie Hayes (U15)	35	Lucy Deeny (U17)	30
	12:28	12:28	24:23	11:55	35:52	11:29
31 Aberdeen AAC "A"	Lucy McLeod (U13)	41	Aimee MacDonald (U15)	50	Eilidh Prise (U15)	31
	12:20	12:20	25:30	13:10	35:58	10:28
32 Greenock Glenpark "A"	Lauren Mulaghton (U13)	26	Meighan McDade (U15)	30	Shannon Kangley (U15)	32
	11:48	11:48	23:52	12:04	36:04	12:12

National CC Relays 23rd October 2010 -Young Female Results

33 Cumbernauld AAC "A"	Eilidh McCulloch (U13)	40	Emma Balfour (U13)	42	Cliona Ferguson (U17)	33
	12:15	12:15	24:58	12:43	36:09	11:11
34 Shettleston Harriers "B"	Jill Cherry (U13)	25	Mhairi Hendry (U15)	31	Victoria McGloin (U17)	34
	11:47	11:47	24:02	12:15	36:11	12:09
35 Inverclyde AC "B"	Olivia Gemmell (U13)	27	Evie Semple (U15)	29	Kelly Williams (U15)	35
	11:51	11:51	23:45	11:54	36:15	12:30
36 Central AC "B"	Shamsa Scott-Angell (U13)	29	Shannon Macfarlane (U13)	34	Rachel Adamson (U17)	36
	11:54	11:54	24:23	12:29	36:20	11:57
37 Kilmarnock H "C"	Amy Mole (U13)	33	Stacie Taylor (U15)	32	Bethany Ross (U17)	37
	12:03	12:03	24:06	12:03	36:29	12:23
38 Dundee Hawkhill "B"	Eilidh L Reynolds (U13)	10	Kirsty M Reynolds (U15)	41	Ella Peters (U17)	38
	11:09	11:09	24:53	13:44	36:36	11:43
39 V P Glasgow "E"	Millie Cunningham (U13)	63	Millie Boyle (U15)	47	Tatiana E Quick (U17)	39
	13:19	13:19	25:21	12:02	36:40	11:19
40 Kilbarchan AAC "C"	Kerry McAngus (U13)	38	Kathryn Lee (U15)	28	Jennifer Hanlon (U15)	40
	12:12	12:12	23:44	11:32	36:49	13:05
41 Falkirk Victoria H "C"	Jennifer Anderson (U13)	54	Katherine Mitchell (U15)	46	Abby Kemp (U17)	41
	12:55	12:55	25:18	12:23	36:49	11:31
42 Clydesdale Harriers "A"	Rachel Busby (U13)	51	Roisin McShea (U15)	36	Claire Reid (U17)	42
	12:45	12:45	24:28	11:43	36:52	12:24
43 Edinburgh AC "E"	Anna Jaap (U13)	70	Hannah Cameron (U15)	61	Oonagh Dunnett (U17)	43
	15:02	15:02	26:15	11:13	36:54	10:39
44 Giffnock North "C"	Rebecca Conroy (U13)	34	Holly Miller (U15)	37	Frances Lowrie (U17)	44
	12:03	12:03	24:31	12:28	37:05	12:34
45 Motherwell AC "A"	Claire Ross (U13)	32	Isla Bruce (U15)	39	Ilona Clark (U17)	45
	12:00	12:00	24:43	12:43	37:24	12:41
46 Corstorphine AAC "A"	Hannah Addison (U13)	18	Abbie Malone (U15)	49	Isabelle Bough (U17)	46
	11:20	11:20	25:27	14:07	37:26	11:59
47 Central AC "C"	Emma Fitzsimmons (U13)	67	Tara Walls (U15)	53	Amy Hendry (U17)	47
	13:37	13:37	25:51	12:14	37:27	11:36
48 Teviotdale Harriers "A"	Mhairi Inglis (U13)	72	Catherine Mercer (U15)	67	Louise Mercer (U15)	48
	15:45	15:45	27:14	11:29	37:28	10:14
49 Motherwell AC "B"	Emma Hunter (U13)	47	Kirsty Irwin (U13)	48	Gwen Morris (U17)	49
	12:34	12:34	25:22	12:48	37:31	12:09
50 V P Glasgow "D"	Nicole C Waters (U13)	58	Kirsty Viera (U15)	56	Amy MacLellan (U17)	50
	13:00	13:00	26:05	13:05	37:32	11:27
51 Ron Hill Cambus "D"	Daniella Webster (U13)	56	Lisa Ross (U15)	54	Sarah Millar (U17)	51
	12:58	12:58	25:54	12:56	38:00	12:06
52 Ron Hill Cambus "E"	Emily Harow (U13)	48	Racheal Mathle (U15)	40	Lauren Doherty (U17)	52
	12:35	12:35	24:48	12:13	38:01	13:13
53 East Kilbride AAC "A"	Rachel Miller (U13)	50	Catherine Lambie (U15)	51	Rachael Thomson (U17)	53
	12:39	12:39	25:38	12:59	38:02	12:24
54 Nairn & D AAC "A"	Hannah Blackburn (U13)	44	Rachel McMillan (U13)	43	Rachael MacLennan (U15)	54
	12:27	12:27	24:59	12:32	38:23	13:24
55 East Kilbride AAC "B"	Mhairi Boyle (U13)	53	Olivia Steven (U15)	59	Rachel Fairlie (U17)	55
	12:50	12:50	26:13	13:23	38:27	12:14
56 Kirkintilloch Oly "B"	Louise Campbell (U13)	36	Jenny Lee (U13)	44	Kathleen Quigley (U15)	56
	12:09	12:09	25:06	12:57	38:33	13:27
57 Helensburgh AAC "A"	Caitlin McAllister (U13)	59	Megan Robertson (U13)	45	Anna Currie (U15)	57
	13:02	13:02	25:07	12:05	38:36	13:29
58 Giffnock North "D"	Jude Graham (U13)	61	Paige McConville (U15)	58	April Miller (U17)	58
	13:09	13:09	26:12	13:03	38:36	12:24
59 Lothian RC "A"	Bethany Nelson (U13)	52	Nicola Kellock (U15)	60	Lauren Arbuckle (U15)	59
	12:48	12:48	26:15	13:27	38:46	12:31
60 Law & District "C"	Hannah Cussick (U13)	45	Rebecca Watson (U15)	55	Samantha Stevenson (U17)	60
	12:28	12:28	26:03	13:35	39:01	12:58
61 Kilmarnock H "D"	Alanis Brydon (U13)	60	Lorne Kerr (U15)	52	Laura Nicolson (U17)	61
	13:05	13:05	25:49	12:44	39:12	13:23
62 West Dunbartonshire "A"	Hannah MacKenzie-Wood (U13)	62	Emily Paxton (U13)	64	Emma Boyle (U15)	62
	13:17	13:17	26:37	13:20	39:30	12:53
63 Greenock Glenpark "B"	Danielle Hunter (U13)	65	Louisa Davis (U15)	62	Eilidh Hamill (U17)	63
	13:23	13:23	26:26	13:03	39:33	13:07
64 Central AC "D"	Beth Gallagher (U13)	49	Amy Gullen (U13)	65	Shona Buchanan (U17)	64
	12:39	12:39	26:42	14:03	39:34	12:52
65 Kilmarnock H "E"	Harris Ritchie (U13)	69	Kate Mackie (U15)	57	Christine Irvine (U17)	65
	13:50	13:50	26:10	12:20	39:38	13:28

National CC Relays 23rd October 2010 -Young Female Results

66 Perth Strathtay "A"	Megan Roberts (U13)	64	Louise Hally (U17)	66	Penny Morton (U15)	66
	13:21	13:21	26:51	13:30	39:46	12:55
67 Calderglen H "A"	Amy Mulholland (U13)	55	Lisa Stenhouse (U15)	63	Emma Campbell (U17)	67
	12:56	12:56	26:36	13:40	40:08	13:32
68 Law & District "D"	Evie Robb (U13)	68	Heather Baird (U13)	69	Margaret Newell (U15)	68
	13:44	13:44	27:39	13:55	43:21	15:42
Inverclyde AC "C"	Maggie Catlin (U13)	39	Kim Simpson (U13)	68		
	12:14	12:14	27:14	15:00		
Inverclyde AC "C"	Maggie Catlin (U13)	39	Kim Simpson (U13)	68		
	12:14	12:14	27:14	15:00		
Clydesdale Harriers "B"	Ciara Devaney (U13)	66	Jenny Kerr (U13)	70		
	13:34	13:34	28:19	14:45		
Kilbarchan AAC "D"	Emma Kelly (U13)	57				
	12:58	12:58				
East Kilbride AAC "C"	Lucy Fairlie (U13)	71				
	15:11	15:11				

National CC Relays 23rd October 2010 - Young Male Results

	Stage 1		Stage 2		Stage 3	
1 V P Glasgow "A"	Euan Urquhart (U13)	1	Lewis Boyle (U15)	1	Max Aitchison (U17)	1
	9:45	9:45	18:34	8:49	26:59	8:25
2 Kilbarchan AAC "A"	Scott McLardie (U13)	6	Callum Matthews (U15)	2	Russell Mountford (U17)	2
	9:54	9:54	18:54	9:00	27:54	9:00
3 Giffnock North "A"	Dewi Gould (U13)	9	Douglas Britton (U15)	6	Grant Muir (U17)	3
	10:03	10:03	19:49	9:46	28:15	8:26
4 V P Glasgow "B"	Callum McCormack (U13)	3	Marc Rooney (U15)	4	Ethan Sloan-Dennison (U17)	4
	9:47	9:47	19:27	9:40	28:29	9:02
5 Giffnock North "B"	John McLaughlin (U13)	14	Max Lancaster (U15)	8	Jack Walker (U17)	5
	10:16	10:16	20:00	9:44	28:38	8:38
6 Central AC "A"	Iain Davies (U13)	2	Alexander Semple (U15)	5	Tom Watson (U17)	6
	9:47	9:47	19:33	9:46	28:48	9:15
7 Ron Hill Cambus "A"	Sean Reilly (U13)	12	Ryan Thomson (U15)	3	Stuart Roe (U17)	7
	10:13	10:13	19:18	9:05	28:54	9:36
8 Corstorphine AAC "A"	Anthony Addison (U13)	5	Matthew Galloway (U15)	7	Scott McAnally (U15)	8
	9:52	9:52	19:53	10:01	28:58	9:05
9 Law & District "A"	Robert McGrath (U13)	28	Stuart McLuckie (U15)	10	Craig Wellcoat (U17)	9
	10:55	10:55	20:03	9:08	28:58	8:55
10 Law & District "B"	Evan Jones (U13)	27	Andrew Lawler (U15)	14	Christopher Watson (U17)	10
	10:51	10:51	20:15	9:24	29:08	8:53
11 V P Glasgow "C"	Scott McKay (U13)	16	Fraser Glass (U15)	12	Marc Austin (U17)	11
	10:18	10:18	20:05	9:47	29:25	9:20
12 Inverclyde AC "A"	Ross Gray (U13)	7	Joshua Houston (U15)	13	Greg Williams (U17)	12
	10:02	10:02	20:12	10:10	29:25	9:13
13 Kilbarchan AAC "B"	Owen Bannatyne (U13)	41	Euan Gillham (U15)	15	Craig Haxton (U17)	13
	11:08	11:08	20:16	9:08	29:42	9:26
14 Nithsdale AC "A"	Angus Johnstone (U13)	18	Kieran Saunders (U15)	17	Chris Ponton (U17)	14
	10:35	10:35	20:28	9:53	29:44	9:16
15 Edinburgh AC "A"	Josh Kerr (U13)	44	Jake Kerr (U15)	19	Jake Wightman (U17)	15
	11:10	11:10	20:37	9:27	29:50	9:13
16 Kirkintilloch Oly "A"	Jack McCabe (U13)	25	Gavin Alexander (U15)	18	Scott Lawrie (U17)	16
	10:47	10:47	20:32	9:45	29:53	9:21
17 Greenock Glenpark "A"	Ross Forbes (U13)	17	Gerard Smith (U15)	11	Sean McCallion (U17)	17
	10:33	10:33	20:03	9:30	30:06	10:03
18 Shettleston Harriers "A"	Euan Penrice (U13)	20	Ryan Flanagan (U15)	20	Callum Drummond (U15)	18
	10:36	10:36	20:38	10:02	30:07	9:29
19 Edinburgh AC "B"	Sean Stout (U13)	43	Robert Bough (U15)	22	Ruaridh Miller (U17)	19
	11:10	11:10	20:50	9:40	30:12	9:22
20 Aberdeen AAC "A"	Charlie Allardes (U13)	38	Oliver Hay (U15)	29	Sam Burgess (U17)	20
	11:06	11:06	21:13	10:07	30:13	9:00
21 Central AC "F"	Jack Kerr (U13)	11	Cameron Harris (U13)	23	Conor Kerr (U17)	21
	10:10	10:10	20:53	10:43	30:22	9:29
22 Falkirk Victoria H "A"	Drew Meikle (U13)	34	Alastair Kirkwood (U15)	36	Ben Stevenson (U17)	22
	11:03	11:03	21:28	10:25	30:25	8:57
23 Central AC "B"	Sam Davidson (U13)	8	Gary MacFarlane (U13)	31	Ross Milne (U17)	23
	10:03	10:03	21:16	11:13	30:30	9:14
24 Dundee Hawkhill "A"	Rohan Angus (U13)	39	Cameron Crowe (U15)	39	Jamie Crowe (U17)	24
	11:06	11:06	21:36	10:30	30:34	8:58
25 Giffnock North "C"	Euan Brodie (U13)	37	Josh Hyde (U15)	28	Sandy Nimmo (U17)	25
	11:04	11:04	21:09	10:05	30:39	9:30
26 V P Glasgow "D"	Jay Van den Hoven (U13)	4	Kieron Rafferty (U15)	9	Hugh Mackenzie (U17)	26
	9:49	9:49	20:02	10:13	30:52	10:50
27 Banchory Stone "A"	Ewan Mcmillan (U13)	13	Daniel Rees (U15)	34	Michael Ferguson (U17)	27
	10:16	10:16	21:25	11:09	30:52	9:27
28 Pitreavie AAC "A"	Daniel Milligan (U13)	51	Aidan Thompson (U15)	24	Scott McAlpine (U17)	28
	11:28	11:28	21:00	9:32	30:55	9:55

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29 Giffnock North "D"	Ross Gray (U13)	59	Jamie Cook (U15)	44	Neil Gourley (U17)	29
	11:38	11:38	21:46	10:08	30:57	9:11
30 Inverclyde AC "B"	Matthew Mackinnon (U13)	47	Jack Rice (U15)	33	Michael Houston (U17)	30
	11:19	11:19	21:22	10:03	30:59	9:37
31 Ron Hill Cambus "B"	Grant McGregor (U13)	46	Ross Stephen (U15)	25	Dean McNaught (U17)	31
	11:15	11:15	21:00	9:45	31:02	10:02
32 Gala Harriers "A"	Nathan Cox (U13)	24	Rowan Marr (U15)	16	Cameron Gowans (U17)	32
	10:44	10:44	20:16	9:32	31:04	10:48
33 Ayr Seaforth "A"	Jonathan Hendry (U13)	65	Andrew Black (U15)	57	Finlay Rae (U17)	33
	11:52	11:52	22:28	10:36	31:15	8:47
34 East Kilbride AAC "A"	Luke Kirwan (U13)	23	Vincent Hastings (U15)	21	Scott Hernon (U17)	34
	10:43	10:43	20:49	10:06	31:25	10:36
35 North Ayrshire AC "A"	Iain Wilson (U13)	10	Gordon Wilson (U15)	35	Christopher Liechti (U15)	35
	10:06	10:06	21:27	11:21	31:29	10:02
36 Law & District "C"	Richard Watson (U13)	30	Rory McLaughlan (U15)	46	Daniel Stuart Graham (U17)	36
	10:59	10:59	21:59	11:00	31:31	9:32
37 Giffnock North "E"	Liam Slimmon (U13)	60	Steven Fleming (U15)	56	Jonathan Tweedie (U17)	37
	11:38	11:38	22:26	10:48	31:35	9:09
38 Inverclyde AC "C"	Scott Reid (U13)	61	Robert Todd (U15)	43	Matthew Thomson (U17)	38
	11:42	11:42	21:45	10:03	31:35	9:50
39 Greenock Glenpark "B"	Evan Warwick (U13)	21	Kieran Munro (U15)	27	Andrew Fisher (U17)	39
	10:37	10:37	21:06	10:29	31:42	10:36
40 Kilmarnock H "A"	Angus Kerr (U13)	40	Fergus Morris (U15)	38	Cameron Mackie (U17)	40
	11:06	11:06	21:34	10:28	31:44	10:10
41 Ron Hill Cambus "C"	Luke Reilly (U13)	48	Jack MacGregor (U15)	41	Dean McMurran (U17)	41
	11:22	11:22	21:38	10:16	31:48	10:10
42 Lasswade AAC "B"	Kyle A Mackenzie (U13)	45	Jamie Cousin (U15)	40	Euan G Bathgate (U17)	42
	11:14	11:14	21:38	10:24	31:50	10:12
43 Aberdeen AAC "B"	Ben Renton (U13)	33	Steven Murray (U15)	45	Gareth Lake (U17)	43
	11:02	11:02	21:57	10:55	31:58	10:01
44 Shettleston Harriers "B"	Daniel A Toland (U13)	19	Murray McGiven (U15)	26	Garry Mason (U17)	44
	10:36	10:36	21:03	10:27	32:03	11:00
45 Kirkintilloch Oly "B"	Cameron Mack (U13)	67	Callum Dewar (U15)	55	Callum Heirs (U17)	45
	11:54	11:54	22:24	10:30	32:09	9:45
46 Central AC "D"	Matthew Crawford (U13)	26	Malcolm English (U15)	52	Sam Fraser (U17)	46
	10:47	10:47	22:20	11:33	32:25	10:05
47 Falkirk Victoria H "B"	Daniel McGhee (U13)	35	Aidan Hilton (U15)	37	Craig Mitchell (U15)	47
	11:04	11:04	21:29	10:25	32:30	11:01
48 Gala Harriers "B"	Alexander Freer (U13)	50	Paul Henney (U15)	48	Fraser Wardhaugh (U15)	48
	11:24	11:24	22:06	10:42	32:30	10:24
49 East Kilbride AAC "B"	Aidan Gilbride (U13)	29	Kyle Johnston (U15)	47	Jack Kirwan (U15)	49
	10:58	10:58	22:06	11:08	32:49	10:43
50 Pitreavie AAC "B"	Craig Moriarty (U13)	73	Gregor Beatson (U15)	67	Ben Potrykus (U15)	50
	12:04	12:04	23:19	11:15	32:50	9:31
51 Ron Hill Cambus "D"	Connor McGlinchey (U13)	70	Keith McIntyre (U15)	59	Joe Brown (U15)	51
	11:58	11:58	22:39	10:41	32:54	10:15
52 Ron Hill Cambus "E"	Brett McNaught (U13)	32	Brendan Carey (U15)	50	Ryan Russell (U17)	52
	11:02	11:02	22:15	11:13	32:54	10:39
53 Motherwell AC "A"	Lawrence McCluskey (U13)	52	Owen Leach (U13)	58	Craig Mackenzie (U17)	53
	11:28	11:28	22:36	11:08	33:07	10:31
54 Kilmarnock H "C"	Reed Wyper (U13)	69	Adam EL Shafei (U15)	62	Luke McGill (U17)	54
	11:55	11:55	22:55	11:00	33:07	10:12
55 Greenock Glenpark "C"	Michael O'Rourke (U13)	64	Mark Magee (U15)	63	Adam McCormick (U17)	55
	11:48	11:48	23:03	11:15	33:12	10:09
56 Lasswade AAC "A"	Sean Mullen (U13)	75	Iain Lawson (U15)	61	Ross Henderson (U15)	56
	12:12	12:12	22:54	10:42	33:12	10:18
57 Kilmarnock H "B"	Rory Morris (U13)	68	Angus Cochrane (U15)	64	Evan Cornforth (U17)	57
	11:55	11:55	23:03	11:08	33:16	10:13

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58 Corstorphine AAC "B"	Samuel Galloway (U13)	79	Michael Addison (U15)	65	Callum Smith (U17)	58
	12:42	12:42	23:11	10:29	33:18	10:07
59 Kilbarchan AAC "D"	Conor Thomson (U13)	53	Charlie Wighton (U15)	49	Timothy Gray (U17)	59
	11:30	11:30	22:13	10:43	33:19	11:06
60 Ayr Seaforth "B"	Nathan MacAlister (U13)	76	Shaun Rennie (U15)	66	Euan Webster (U17)	60
	12:27	12:27	23:19	10:52	33:20	10:01
61 Central AC "C"	David Hughes (U13)	56	Kieran Potter (U13)	60	Craig Coull (U17)	61
	11:36	11:36	22:45	11:09	33:41	10:56
62 Kirkintilloch Oly "C"	Stuart Michie (U13)	54	Kieran Pugh (U15)	54	Aidan Kane (U15)	62
	11:30	11:30	22:24	10:54	33:45	11:21
63 Clydesdale Harriers "A"	Lewis Hay (U13)	74	David Campbell (U15)	68	Conor Ewing (U15)	63
	12:12	12:12	23:35	11:23	33:59	10:24
64 Calderglen H "A"	Alistair Crawford (U13)	66	Andrew McGurk (U15)	70	Richard Campbell (U17)	64
	11:52	11:52	23:59	12:07	34:43	10:44
65 Perth Strathtay "A"	Finlay Lennie (U13)	77	Ben Greenwood (U13)	72	Euan Holmes (U17)	65
	12:36	12:36	24:15	11:39	35:12	10:57
66 Inverclyde AC "D"	Craig Bellow (U13)	58	Jonathan Glen (U15)	42	Isaac Dunning (U15)	66
	11:38	11:38	21:39	10:01	35:20	13:41
67 Kilbarchan AAC "C"	Ryan Nesbitt (U13)	31	Cameron Swanson (U15)	71	Gavin McArdle (U15)	67
	10:59	10:59	24:13	13:14	35:54	11:41
68 Kilmarnock H "D"	Michael Dollard (U13)	83	Terry Mulholland (U15)	76	Roy Shankland (U17)	68
	14:34	14:34	26:27	11:53	37:05	10:38
69 Corstorphine AAC "C"	Callum Campbell (U13)	84	Alexander Wilkie (U15)	78	Jack Williams (U17)	69
	14:52	14:52	27:24	12:32	38:34	11:10
Kilmarnock H "E"	Ross Laird (U13)	85	Andrew Jones (U15)	79	Scott Young (U17)	70
	15:31	15:31	27:32	12:01	39:28	11:56
Calderglen H "B"	Greg Mulholland (U13)	80	Drew Gordon (U13)	75	Jack Thomson (U15)	71
	12:55	12:55	26:14	13:19	40:02	13:48
West Dunbartonshire "A"	Liam Rowles (U13)	82	Ruairidh Pollard (U13)	80	Fraser Kennedy (U15)	72
	14:01	14:01	28:35	14:34	41:55	13:20
Giffnock North "F"	Liam McColgan (U13)	63	Walker Graham (U15)	30		
	11:46	11:46	21:14	9:28		
Edinburgh AC "C"	Fraser Peters (U13)	36	Dominic O'Hare (U15)	32		
	11:04	11:04	21:20	10:16		
East Kilbride AAC "C"	Martin Lynas (U13)	49	James Pearson (U15)	51		
	11:24	11:24	22:17	10:53		
Law & District "D"	Steven McFarlane (U13)	55	Christopher Boyle (U15)	53		
	11:35	11:35	22:24	10:49		
Law & District "E"	Ben Fountain (U13)	71	Stephen Murphy (U15)	69		
	12:01	12:01	23:44	11:43		
Ron Hill Cambus "F"	Jordon Munro (U13)	78	Ryan Miller (U15)	73		
	12:42	12:42	24:52	12:10		
Central AC "E"	Scott Fleming (U13)	57	Graham Bruce (U15)	74		
	11:36	11:36	25:41	14:05		
Calderglen H "C"	Paul McMonagle (U13)	86	Ian Rae (Jnr) (U15)	77		
	15:40	15:40	26:48	11:08		
V P Glasgow "E"	Jamie MacKinnon (U13)	15				
	10:18	10:18				
Dundee Hawkhill "B"	Andrew Merry (U13)	22				
	10:40	10:40				
Fife AC "A"	David Killeen (U13)	42				
	11:10	11:10				
Kilbarchan AAC "E"	Campbell Gibson (U13)	62				
	11:44	11:44				
Falkirk Victoria H "C"	Cameron Smith (U13)	72				
	12:04	12:04				
Greenock Glenpark "D"	Jack O'Rourke (U13)	81				
	13:49	13:49				

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	Stage 1		Stage 2		Stage 3	
1 Dundee Hawkhill "A"	Sarah Kelly (J)	7	Eilish McColgan (J)	3	Lilly Partridge (J)	1
	15:56	15:56	31:10	15:14	45:47	14:37
2 Kilbarchan AAC "A"	Natalie Sharp (J)	10	Christina Rankin	5	Elspeth Curran	2
	16:09	16:09	31:42	15:33	46:04	14:22
3 Fife AC "A"	Megan Crawford	1	Hester Dix	1	Helen Sharpe	3
	15:22	15:22	30:31	15:09	46:16	15:45
4 Edinburgh AC "A"	Sarah Hood	2	Laura Dunn	2	Jennifer MacLean	4
	15:27	15:27	30:59	15:32	46:21	15:22
5 Lothian RC "A"	Mhairi Inglis (J)	13	Edel Mooney	4	Sarah Inglis (J)	5
	16:22	16:22	31:35	15:13	46:46	15:11
6 Springburn Harriers "A"	Fiona Gentles	4	Michelle Sandison	6	Danielle Brown	6
	15:39	15:39	32:03	16:24	47:10	15:07
7 Hunters Bog T "A"	Kate Jenkins	14	Megan Wright	8	Rosie Smith	7
	16:23	16:23	32:18	15:55	47:12	14:54
8 Central AC "A"	Alison Docherty	20	Lyndsay Morrison	9	Fiona Thompson	8
	16:30	16:30	32:28	15:58	48:12	15:44
9 Hunters Bog T "B"	Eilis McKechanie	18	Isobel Knox	10	Claire Gordon	9
	16:30	16:30	32:31	16:01	49:07	16:36
10 Garscube H "A"	Kirsty Husband	8	Lesley Chisholm	7	Charlotte Wilson	10
	16:02	16:02	32:16	16:14	49:16	17:00
11 Dumfries RC "A"	Lisa Finlay	19	Joasia Zakrzewski	15	Mhairi Duff	11
	16:30	16:30	33:27	16:57	49:20	15:53
12 Kilbarchan AAC "B"	Cara Sloss	11	Nynke Mulholland (J)	11	Leanne Hamilton	12
	16:10	16:10	33:00	16:50	49:33	16:33
13 Edinburgh AC "B"	Katja Eravisto	22	Victoria Lomax	16	Joanne Thom	13
	16:40	16:40	33:28	16:48	50:10	16:42
14 V P Glasgow "A"	Josephine Moultrie (J)	6	Claire Thompson	19	Claire McCracken	14
	15:53	15:53	33:59	18:06	50:18	16:19
15 Aberdeen AAC "A"	Gemma Cormack (J)	5	Laura Mahady	20	Bezuneshe Deggefa	15
	15:42	15:42	34:05	18:23	50:40	16:35
16 Edinburgh Uni "A"	Rebecca Hannah (J)	23	Stephanie Davis	12	Sarah Louise Johnson	16
	16:45	16:45	33:03	16:18	50:50	17:47
17 Giffnock North "A"	Ruth Joss	9	Mary McCutcheon	17	Jill Smylie	17
	16:04	16:04	33:38	17:34	51:30	17:52
18 Edinburgh AC "C"	Lyndsey Fraser	37	Lauren Stoddart (J)	27	Nathalie Christie	18
	18:03	18:03	35:12	17:09	51:40	16:28
19 Dundee Hawkhill "B"	Laura Muir (J)	16	Laura Brown	13	Kirsty Scott	19
	16:25	16:25	33:08	16:43	51:53	18:45
20 Fife AC "B"	Jenny Tan (J)	25	Alison McGill	23	Angela Howe	20
	17:00	17:00	34:45	17:45	51:58	17:13
21 Edinburgh Uni "B"	Frances Cummins	29	Emma Baxter (J)	26	Heidi Nicholson	21
	17:18	17:18	35:06	17:48	52:28	17:22
22 Corstorphine AAC "A"	Jo Kirby	26	Megan Smith	24	Corrie Roberts	22
	17:04	17:04	34:49	17:45	53:21	18:32
23 Garscube H "B"	Carole Setchell	27	Laura Devine	22	Ailsa Currie	23
	17:10	17:10	34:42	17:32	53:22	18:40
24 V P Glasgow "B"	Sarah Potter (J)	36	Jacqueline Thomson	28	Kirsty Baird	24
	18:00	18:00	35:20	17:20	53:38	18:18
25 Central AC "C" (V)	Jane Waterhouse	41	Fiona Kelsall	31	Hazel Dean	25
	18:16	18:16	36:26	18:10	53:38	17:12
26 Kilmarnock H "A"	Kara Tait	15	Paula Wilson	21	Elizabeth McDerment	26
	16:25	16:25	34:19	17:54	53:58	19:39
27 Edinburgh Uni "C"	Pamela Morris	39	Siobhan Prise	29	Rachel Armitage (J)	27
	18:08	18:08	35:57	17:49	54:13	18:16
28 Gala Harriers "A"	Fiona Dalglish	35	Rachel Fagan	25	Fiona Shepherd	28
	17:55	17:55	35:00	17:05	54:29	19:29

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29 Central AC "B"	Karen Montador	21	Claire Houston	18	Dawn Kerr (J)	29
	16:37	16:37	33:55	17:18	55:01	21:06
30 Fife AC "C"	Amie McKimmie	24	Susan Thomson	30	Lorna Sibbett	30
	16:50	16:50	36:24	19:34	55:08	18:44
31 Helensburgh AAC "A" (V)	Michelle Hetherington	31	Maria Dye	32	Erica Cromar	31
	17:25	17:25	36:31	19:06	55:50	19:19
32 Giffnock North "B"	Jacqueline Cowan	50	Sheila Lewis	42	Yvonne Hamilton	32
	18:59	18:59	38:21	19:22	56:35	18:14
33 Bellahouston H "A" (V)	Bernadette O'Neil	44	Erica Christie	35	Yvonne Winchester	33
	18:27	18:27	37:06	18:39	56:41	19:35
34 Calderglen H "A"	Joanne McEvoy	43	Mary Goldsmith	40	Frances Maxwell	34
	18:21	18:21	38:09	19:48	56:49	18:40
35 Garscube H "C"	Marian Kelly	45	Jill O'Neil	39	Heather McIntosh	35
	18:34	18:34	37:40	19:06	56:53	19:13
36 Carnegie H "A" (V)	Fabienne Thompson	34	Linda James	36	Morna Fleming	36
	17:37	17:37	37:08	19:31	57:10	20:02
37 Bellahouston RR "B"	Elsie Downham	47	Jane Galt	46	Louise Ross	37
	18:43	18:43	39:19	20:36	58:02	18:43
38 Fife AC "D"	Fiona Bracegirdle (J)	28	Margaret McLaren	33	Sandra Aitken	38
	17:12	17:12	36:36	19:24	58:03	21:27
39 Bellahouston RR "A" (V)	Shona Donnelly	38	Jane Wild	41	Julia Harris	39
	18:06	18:06	38:18	20:12	58:11	19:53
40 Westerlands CCC "A"	Ellen Homewood	30	Ana Talbot	45	Catriona Miller	40
	17:21	17:21	39:09	21:48	58:24	19:15
41 Springburn Harriers "B"	Marlene Hunter	46	Caroline Brownlie	54	Clare Gemmell	41
	18:42	18:42	41:04	22:22	58:55	17:51
42 Lothian RC "B"	Jocelyn Moar	32	Saran Jones	34	Alison McQuillen	42
	17:29	17:29	36:54	19:25	59:00	22:06
43 Falkirk Victoria H "A"	Fiona Matheson	3	Nicola Flynn	37	Elaine Thomson	43
	15:39	15:39	37:17	21:38	59:00	21:43
44 Motherwell AC "A" (V)	Clare Barr	49	Elaine Jamieson	43	Phyllis Hands	44
	18:50	18:50	39:02	20:12	59:46	20:44
45 Wee County H "A"	Jessica Neal	62	Caroline Strain	58	Beryl Junnier	45
	20:50	20:50	41:47	20:57	1:00:06	18:19
46 Garscube H "D"	Emma Ralston	57	Anna Walker	49	Debbie Martin-Consani	46
	20:09	20:09	40:26	20:17	1:00:49	20:23
47 Corstorphine AAC "B"	Kerry Porter	42	Jillian Hogg	52	Susan Johnston	47
	18:19	18:19	40:46	22:27	1:01:29	20:43
48 Kirkintilloch Oly "A"	Hannah Terrance (J)	40	Vivien Fraser	44	Shirley MacNab	48
	18:11	18:11	39:08	20:57	1:01:37	22:29
49 Greenock Glenpark "B" (V)	Heather Kangley	61	Elizabeth Forbes	56	Silke Loehndorf	49
	20:42	20:42	41:13	20:31	1:02:17	21:04
50 Greenock Glenpark "A" (V)	Theresa Wall	54	Susan Clark	51	Fiona Cushnaghan	50
	19:54	19:54	40:33	20:39	1:02:28	21:55
51 Law & District "A"	Nicola Lindsay (J)	33	Alison Cameron	47	Pamela O'Connor	51
	17:30	17:30	39:32	22:02	1:02:37	23:05
52 Helensburgh AAC "B"	Sarah Walker	51	Jan Fellowes	48	Tina Munro	52
	19:01	19:01	40:16	21:15	1:02:43	22:27
53 Ferranti AAC "A" (V)	Elizabeth Gilchrist	59	Siobhan Sellar	62	Claire Gilchrist	53
	20:20	20:20	44:01	23:41	1:03:00	18:59
54 Stirling Univ AC "A"	Ann-Marie Parry	63	Carissa Samways	60	Robyn McDowall	54
	21:37	21:37	42:12	20:35	1:03:33	21:21
55 Bellahouston H "B"	Kristina Greig	52	Angela Campbell (J)	55	Suzanne Boyle	55
	19:40	19:40	41:10	21:30	1:03:53	22:43
56 Dumfries RC "B" (V)	Maureen Dickson	60	Paula Neill	59	Dawn McDonald	56
	20:22	20:22	41:58	21:36	1:04:25	22:27

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57 Hunters Bog T "C"	Sandra Rathjen	55	Carrie Craig	61	Rose Nicholson	57
	19:54	19:54	43:16	23:22	1:07:45	24:29
58 Penicuik Harriers "A"	Louyse McConnell-Trevillion	74	Kirsty Loudon	67	Rachael Campbell	58
	24:52	24:52	48:10	23:18	1:10:11	22:01
Inverclyde AC "A"	Emma Rice (J)	12	Rhona Bushfield	14		
	16:15	16:15	33:13	16:58		
Motherwell AC "B"	Jill E Logan	48	Clare Hughes	38		
	18:44	18:44	37:35	18:51		
Westerlands CCC "B"	Pauline McAdam	53	Muffy Calder	50		
	19:48	19:48	40:30	20:42		
Springburn Harriers "C"	Barbara Knox	56	Lesley Stickle	53		
	19:57	19:57	40:51	20:54		
Edinburgh Uni "D"	Katie Pollock (J)	64	Kirsten Hogg	57		
	21:52	21:52	41:45	19:53		
St Andrews Uni "A"	Catherine Jeffrey	67	Rhiannon Dougall	63		
	22:39	22:39	45:45	23:06		
Calderglen H "B"	Kirsty Findlater	66	Laura McConnel	64		
	22:36	22:36	45:49	23:13		
Teviotdale Harriers "A" (V)	Donna Inglis	71	Sylvia Grieve	65		
	23:04	23:04	47:07	24:03		
Greenock Glenpark "C"	Yvonne Prager	69	Janet Henderson	66		
	22:52	22:52	47:32	24:40		
Ayr Seaforth "A"	Louise Hill-Stirling (J)	17				
	16:30	16:30				
V P Glasgow "C"	Christine Catterson	58				
	20:13	20:13				
Carnegie H "B"	Gillian McCracken	65				
	22:07	22:07				
Bellahouston H "C"	Connie Hydes	68				
	22:46	22:46				
Dumfries RC "C" (V)	Audrey Brown	70				
	23:00	23:00				
Inverclyde AC "B"	Emma Fulton (J)	72				
	23:06	23:06				
Springburn Harriers "D"	Lorraine Gray	73				
	23:47	23:47				

Fastest Laps

1	Elspeth Curran - Kilbarchan AAC "A"	14:22
2	Lilly Partridge (J) - Dundee Hawkhill "A"	14:37
3	Rosie Smith - Hunters Bog T "A"	14:54
4	Danielle Brown - Springburn Harriers "A"	15:07
5	Hester Dix - Fife AC "A"	15:09
6	Sarah Inglis (J) - Lothian RC "A"	15:11
7	Edel Mooney - Lothian RC "A"	15:13
8	Eilish McColgan (J) - Dundee Hawkhill "A"	15:14
9	Megan Crawford - Fife AC "A"	15:22
10	Jennifer MacLean - Edinburgh AC "A"	15:22
11	Sarah Hood - Edinburgh AC "A"	15:27
12	Laura Dunn - Edinburgh AC "A"	15:32

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	Stage 1		Stage 2		Stage 3		Stage 4	
1 Inverclyde AC "A"	Andrew Douglas	2	Mark Pollard	1	Craig Ruddy	1	Daniel Mulhare	1
	12:56	12:56	26:04	13:08	38:51	12:47	51:18	12:27
2 Shettleston Harriers "A"	Amanuel Hagos	6	Matthew Gillespie (J)	2	Paul Sorrie	2	Teweldeberhan Mengisteab	2
	13:19	13:19	26:07	12:48	39:07	13:00	51:45	12:38
3 Central AC "A"	Andrew Butchart (J)	4	Robert Russell	3	John Newsom	3	Ross Houston	3
	13:10	13:10	26:08	12:58	39:21	13:13	52:43	13:22
4 Central AC "B"	Sean Reilly (J)	16	Alexander Hendry (J)	10	David McNamee	5	Lewis Millar	4
	13:42	13:42	26:55	13:13	40:33	13:38	54:02	13:29
5 Ron Hill Cambus "A"	Stewart Orr (J)	9	Stephen Wylie	11	Robert Gilroy	6	Iain MacCorquodale	5
	13:24	13:24	26:58	13:34	40:38	13:40	54:11	13:33
6 Corstorphine AAC "A"	Douglas Selman	3	Dermot Cummins	4	Christopher O'Brien	4	David Simpson	6
	13:08	13:08	26:24	13:16	40:33	14:09	54:35	14:02
7 Ron Hill Cambus "B"	Jack Hamilton (J)	13	Stuart Gibson	9	Bobby Bristow (J)	10	Jamie Reid	7
	13:32	13:32	26:50	13:18	40:58	14:08	54:39	13:41
8 Shettleston Harriers "B"	Michael Deason	15	Lachlan Oates (J)	12	Kerrick Hesse (J)	9	Azzidine Zourhi	8
	13:39	13:39	27:25	13:46	40:57	13:32	54:49	13:52
9 Edinburgh Uni "A"	Max Ralston (J)	12	Michael Gillespie	6	Patryk Gierjatowicz	7	Hector Haines	9
	13:32	13:32	26:42	13:10	40:45	14:03	54:55	14:10
10 Aberdeen AAC "A"	Mark Haskett	10	Benjamin Hukins	8	Eoin Durkon	12	James Joy (J)	10
	13:24	13:24	26:48	13:24	41:04	14:16	55:12	14:08
11 Dundee Hawkhill "A"	Chris Foley	5	Graeme Oudney	16	Matthew White (J)	13	Howell Craske (J)	11
	13:15	13:15	27:57	14:42	41:35	13:38	55:20	13:45
12 Inverclyde AC "B"	Christopher MacKay	1	Graeme Hyett	5	Andrew Campbell (J)	11	Sean Gaffney	12
	12:43	12:43	26:32	13:49	41:00	14:28	55:25	14:25
13 V P Glasgow "A"	David Vernon (J)	8	Allan Ramsay	15	Derek Gibb	14	Sean Fontana (J)	13
	13:23	13:23	27:55	14:32	41:37	13:42	55:29	13:52
14 Kilbarchan AAC "A"	Paul Leck	7	Conor McNulty	7	Stephen Fleming (J)	8	John McMillan	14
	13:21	13:21	26:47	13:26	40:47	14:00	55:46	14:59
15 Edinburgh AC "B"	Neil Calder	24	Bryan Mackie	18	Owain Bristow	15	Adam Priestley	15
	14:14	14:14	28:16	14:02	41:51	13:35	55:56	14:05
16 Lothian RC "A"	Alastair Robertson (J)	51	Ross Milne	26	Max McNeill (J)	20	Iain Donnan	16
	14:57	14:57	28:51	13:54	43:05	14:14	55:58	12:53
17 Giffnock North "A"	David Phee	14	Greg Turner (J)	17	Martin Fishwick (J)	18	Luke Traynor (J)	17
	13:35	13:35	28:10	14:35	42:18	14:08	56:05	13:47
18 Bellahouston RR "A"	Peter Devenport	11	Matthew Williamson	13	Mark Johnston	16	Kenny Richmond	18
	13:29	13:29	27:47	14:18	42:51	15:04	56:43	13:52
19 Central AC "C"	David Hutchison (J)	21	Alasdair Anthony	14	Michael Wright	17	Craig Neal	19
	14:13	14:13	27:49	13:36	42:11	14:22	57:09	14:58
20 Kilbarchan AAC "D"	Graham Evans (J)	18	Gary Rankin (J)	20	Scott MacAulay (J)	19	Thomas McDonald (J)	20
	14:01	14:01	28:21	14:20	42:29	14:08	57:21	14:52
21 Greenock Glenpark "A"	Andrew McCall	33	Stephen Trainer	22	Michael Mcloone Snr	23	David Henderson	21
	14:31	14:31	28:36	14:05	43:28	14:52	58:10	14:42
22 Corstorphine AAC "B"	Scott Pilkington	38	Steven O'Brien	25	Tom Ferrington	24	Bryan Clark	22
	14:39	14:39	28:49	14:10	44:04	15:15	58:17	14:13
23 Shettleston Harriers "C"	Adam Drummond (J)	37	Matthew Turner	19	Gary Turner (J)	22	Marc McColl	23
	14:35	14:35	28:18	13:43	43:27	15:09	58:18	14:51
24 Ron Hill Cambus "C"	Alistair Campbell	56	Chris Wilson	23	David Munro	21	Brian Campbell	24
	15:07	15:07	28:38	13:31	43:11	14:33	58:58	15:47
25 Kirkintilloch Oly "A"	Kevin Cornes	45	Paul O'Connor	32	Adam Peters	29	David Gardiner	25
	14:51	14:51	29:26	14:35	44:49	15:23	59:06	14:17
26 Bellahouston RR "B"	Ciaran Dougherty	23	Bruce Carse	35	Craig Ross	27	Nick Reid	26
	14:13	14:13	29:31	15:18	44:27	14:56	59:16	14:49
27 Edinburgh AC "C"	Tom Ryan (J)	29	Paul Brennan	28	Dermot Bailie	26	Adam Jack (J)	27
	14:25	14:25	29:04	14:39	44:23	15:19	59:23	15:00
28 Shettleston Harriers "E" (V)	Ian Johnston	27	William Coyle	24	John Oates	28	Denis Williams	28
	14:20	14:20	28:47	14:27	44:43	15:56	1:00:02	15:19
29 Lasswade AAC "A"	Barney Phillips	49	Colin Menzies	57	Ben Mitchell	51	Ross Finlayson	29
	14:54	14:54	30:53	15:59	46:25	15:32	1:00:25	14:00
30 Dundee Hawkhill "B"	Gordon Barrie	46	Antony Robinson	48	Matthew Strachan	40	Neil Gunstone	30
	14:51	14:51	30:30	15:39	45:47	15:17	1:00:29	14:42
31 Garscube H "B"	Joe McKnight	17	Benjamin Melby	37	Euan Geddes	33	Marco Consani	31
	14:00	14:00	29:35	15:35	45:17	15:42	1:00:34	15:17
32 Corstorphine AAC "E" (V)	Grant Wilkie	34	Michael Anderson	47	Ian Johnston	32	Graeme Fletcher	32
	14:31	14:31	30:24	15:53	45:14	14:50	1:00:41	15:27
33 Fife AC "B" (V)	Christopher Russell	20	Graham Kirby	29	Andrew Brierley	30	John Thomson	33
	14:11	14:11	29:10	14:59	44:54	15:44	1:00:53	15:59
34 Calderglen H "A" (V)	David Watt	31	Edward Reid	61	Martin Duthie	52	Alan Derrick	34
	14:27	14:27	31:01	16:34	46:27	15:26	1:01:03	14:36
35 Bellahouston H "A"	Amanuel Zerezhghi	48	Andrew Campbell	39	Tom Lauckner	31	Brian Douglas	35
	14:54	14:54	29:40	14:46	45:12	15:32	1:01:05	15:53

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36 Garscube H "A" (V)	John Bell	36	Stephen Mulrine	34	Robert McLennan	34	Euan Mackay	36
	14:33	14:33	29:30	14:57	45:27	15:57	1:01:10	15:43
37 Falkirk Victoria H "A"	Alexander Davidson	28	Barry Paterson	30	John Turnbull	41	Gary Smith	37
	14:22	14:22	29:15	14:53	45:49	16:34	1:01:14	15:25
38 Westerlands CCC "A"	Chris Upson	40	Brian Bonnyman	42	Ken MacMahon	39	Scott Mitchell	38
	14:45	14:45	30:04	15:19	45:45	15:41	1:01:15	15:30
39 Kilmarnock H "A"	Ross Connelly (J)	53	Cameron Wilson	40	Grant Beattie (J)	37	Scott Martin	39
	15:07	15:07	29:49	14:42	45:42	15:53	1:01:16	15:34
40 Gala Harriers "A"	Mark Bryson	60	Graeme Murdoch	33	Paul Daly	44	Fergus Johnston	40
	15:23	15:23	29:28	14:05	45:57	16:29	1:01:26	15:29
41 Kilbarchan AAC "B" (V)	James Snodgrass	44	Robert Quinn	21	Donald Petrie	25	Donald Kennedy	41
	14:49	14:49	28:31	13:42	44:14	15:43	1:01:32	17:18
42 Aberdeen AAC "B"	Ross Fulton (J)	26	Rory Leslie (J)	27	Keith Charlton	36	David Blane	42
	14:18	14:18	29:04	14:46	45:38	16:34	1:01:45	16:07
43 Carnegie H "A" (V)	Andy Hume	55	Ian Robert Johnston	71	Ian Stewart	62	Allan Fotheringham	43
	15:07	15:07	31:41	16:34	47:06	15:25	1:01:46	14:40
44 Corstorphine AAC "C"	Moray Anderson	59	Bruce Malcolm	67	Calum McKenzie	49	Timothy Norwood	44
	15:20	15:20	31:28	16:08	46:15	14:47	1:01:47	15:32
45 Metro Aberdeen "A"	Iain Grigor	71	Forbes Reid	66	Donald Simpson	56	Neil Jaffrey	45
	15:44	15:44	31:25	15:41	46:54	15:29	1:01:49	14:55
46 Inverclyde AC "C"	Thomas Jamieson	52	Neil McLaughlin	46	Jude Boulton	38	Graeme Forbes	46
	15:01	15:01	30:19	15:18	45:43	15:24	1:01:54	16:11
47 Ron Hill Cambus "E" (V)	Greg Hastie	32	Michael O'Hagan	36	Colin Feechan	45	Francis Hurley	47
	14:29	14:29	29:34	15:05	45:57	16:23	1:01:55	15:58
48 St Andrews Uni "A"	Russell Hall	47	Andrew Smith (J)	38	Rui Principe	46	Chris Martin	48
	14:51	14:51	29:36	14:45	46:02	16:26	1:02:00	15:58
49 East Kilbride AAC "A"	John Fergusson (J)	25	Andrew Shaw (J)	41	Niall Walker	53	Jamie Clements	49
	14:17	14:17	29:57	15:40	46:43	16:46	1:02:01	15:18
50 Pitreavie AAC "A"	Jeff Farquhar	41	Jonathon Hedley	56	Neil MacLachlan	50	Barry Davie	50
	14:45	14:45	30:50	16:05	46:23	15:33	1:02:06	15:43
51 Falkirk Victoria H "B" (V)	Andrew Ronald	50	Craig Johnston	69	Anthony Devlin	55	David Hart	51
	14:57	14:57	31:35	16:38	46:53	15:18	1:02:10	15:17
52 Greenock Glenpark "B"	Alan Henderson	42	Kevin Gill	45	Steven Campbell	43	Alan O'Rourke	52
	14:48	14:48	30:13	15:25	45:55	15:42	1:02:12	16:17
53 Edinburgh Uni "B"	Jack Wood	19	Andrew Williamson (J)	63	Rory Leslie (J)	47	Ross McCall	53
	14:05	14:05	31:07	17:02	46:06	14:59	1:02:40	16:34
54 Clydesdale Harriers "A"	Peter Bowman (J)	30	Paul Carroll	43	Iain Robertson	59	Gary Dick	54
	14:25	14:25	30:08	15:43	46:59	16:51	1:02:42	15:43
55 Central AC "D"	Ian McDonald	73	David Eckersley	62	Fraser Purves	67	Will Hensman	55
	15:48	15:48	31:04	15:16	47:40	16:36	1:02:57	15:17
56 Kirkintilloch Oly "B"	Gary Mitchell	64	Colin Langan	50	Craig McIntyre (J)	60	Robert Rogerson	56
	15:32	15:32	30:37	15:05	47:02	16:25	1:03:22	16:20
57 Motherwell AC "A"	Stuart Riley	69	Christopher Macdonald	55	TBC		Nicholas Hughes	57
	15:42	15:42	30:49	15:07			1:03:35	
58 Ayr Seaforth "A"	Neil Burnside	22	Mayeul Ducrot	31	Laurence Baker	35	Tom McCulloch	58
	14:13	14:13	29:21	15:08	45:29	16:08	1:03:44	18:15
59 Giffnock North "B" (V)	Neil Deerey	80	Graeme Croll	72	George Taylor	57	Derek Breen	59
	16:04	16:04	31:45	15:41	46:54	15:09	1:03:50	16:56
60 Helensburgh AAC "A"	Iain Walker	74	Damien Theaker	70	Paul Thompson	54	Stephen Bell	60
	15:48	15:48	31:38	15:50	46:47	15:09	1:03:54	17:07
61 Bellahouston RR "C"	Russell Whittington	58	David Weatherhead	59	Grant MacDonald	65	Barry Edwards	61
	15:13	15:13	30:59	15:46	47:24	16:25	1:03:55	16:31
62 Ron Hill Cambus "D"	Stephen (jnr) Paris (J)	62	Donald Macaulay	44	Scott Hunter	48	Thomas McPake	62
	15:28	15:28	30:09	14:41	46:12	16:03	1:03:56	17:44
63 Hunters Bog T "B"	Huw Jones	39	David Fulton	60	Simon Harrison	66	Daniel Clements	63
	14:41	14:41	30:59	16:18	47:28	16:29	1:03:57	16:29
64 Springburn Harriers "A" (V)	Damian McAuley	43	Andrew Callan	52	Ross McEachern	61	John Owens	64
	14:48	14:48	30:42	15:54	47:04	16:22	1:04:04	17:00
65 Irvine AC "A"	Patrick Cullinane	35	Brian Craig	51	James Sneddon	64	Andrew Rennie	65
	14:31	14:31	30:38	16:07	47:15	16:37	1:04:10	16:55
66 V P Glasgow "B" (V)	Derek Watson Snr.	66	Gerard Craig	65	David McCormack	58	Ralph Connolly	66
	15:36	15:36	31:23	15:47	46:59	15:36	1:04:16	17:17
67 Edinburgh AC "A" (V)	David Steele	88	Garry Robertson	82	Martin Ferguson	70	Keith Lyall	67
	16:40	16:40	32:44	16:04	48:04	15:20	1:04:21	16:17
68 Dumfries RC "A" (V)	Douglas Brown	78	Graeme Cross	76	Leslie Hill	72	Paul Hart	68
	16:02	16:02	31:59	15:57	48:25	16:26	1:04:30	16:05
69 Motherwell AC "B" (V)	Alex HAY	77	John Hughes	77	Benjamin Hands	69	Brian McLinden	69
	15:52	15:52	32:21	16:29	47:46	15:25	1:05:04	17:18
70 Springburn Harriers "B"	Emilio Cosimo	79	Scott Partyka	75	Martin Coleman	68	Joseph Junior Chambers	70
	16:04	16:04	31:58	15:54	47:43	15:45	1:05:24	17:41

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71 Westerlands CCC "B"	Owen O'Neill	61	John Denovan	54	Steffen Gorgas	74	Daniel Reid	71
	15:27	15:27	30:47	15:20	48:37	17:50	1:05:36	16:59
72 Bellahouston RR "D"	Robert McEwan	89	Brendan Moriarty	78	Raymond Farrell	79	Brian O'Donnell	72
	16:42	16:42	32:33	15:51	49:17	16:44	1:05:39	16:22
73 Giffnock North "C"	Gary Barnett	67	Michael Cross	49	Alistair McCallum (J)	71	Gerard McNamee	73
	15:38	15:38	30:35	14:57	48:15	17:40	1:05:51	17:36
74 Fife AC "A"	Bryce Aitken	70	Jacob Howe	64	Steven Pennycook	75	Tony Martin	74
	15:44	15:44	31:21	15:37	48:40	17:19	1:06:03	17:23
75 Bellahouston H "B"	Mark Paterson	86	George Adams	86	Brian French	81	Gary Stewart	75
	16:23	16:23	33:06	16:43	49:49	16:43	1:06:05	16:16
76 V P Glasgow "C"	Tom Ord	101	Jason Boyle	80	Kenneth Mitchell	73	Peter Ramsay	76
	17:15	17:15	32:35	15:20	48:27	15:52	1:06:11	17:44
77 Hunters Bog T "A" (V)	Colin Crabbie	75	Jon Rathjen	74	James Jarvis	63	Ian Campbell	77
	15:52	15:52	31:53	16:01	47:08	15:15	1:06:22	19:14
78 East Kilbride AAC "B" (V)	Derek Leitch	90	David J. Condra	88	William Taylor	83	Graeme Haddow	78
	16:52	16:52	33:33	16:41	50:05	16:32	1:07:11	17:06
79 Greenock Glenpark "C"	Frank McKnight	82	Michael Harrington	87	Steven Watson	85	Graham McGrattan	79
	16:09	16:09	33:31	17:22	50:34	17:03	1:08:12	17:38
80 Kilmarnock H "B"	Connell Drummond	72	Leslie McDerment	73	Murray McDonald (J)	77	Graham Cairns	80
	15:46	15:46	31:47	16:01	49:10	17:23	1:08:20	19:10
81 Inverclyde AC "D"	James Mcfadden	87	Campbell Cromar	85	Robert Shaw	84	John Smillie	81
	16:35	16:35	33:05	16:30	50:08	17:03	1:08:29	18:21
82 Edinburgh AC "D"	Stuart Johnston	63	Keith Dunlop	58	Eric Stevenson	82	Alex MacEwen	82
	15:30	15:30	30:55	15:25	49:53	18:58	1:09:02	19:09
83 Central AC "F" (V)	Hugh Buchanan	94	Stuart Watson	93	Roger Greenaway	87	Hugh Kerr	83
	17:04	17:04	34:18	17:14	51:00	16:42	1:09:04	18:04
84 Metro Aberdeen "B" (V)	Roddy McLeod	117	Peter Jennings	108	Robert Taylor	96	Clifford Leith	84
	18:32	18:32	35:51	17:19	52:23	16:32	1:09:07	16:44
85 Lothian RC "B" (V)	Scott Nelson	85	Alan McIntosh	84	Kenton Jones	78	Kenny Mearns	85
	16:16	16:16	33:05	16:49	49:17	16:12	1:09:16	19:59
86 Calderglen H "B" (V)	Jim Holmes	96	Stuart Waugh	100	Scot Hill	93	David Herbertson	86
	17:05	17:05	34:59	17:54	51:41	16:42	1:09:18	17:37
87 Carnegie H "B"	Mark Johnstone	120	Calum McGaw (J)	96	Kevin Mathie	89	Robbie McKenzie	87
	18:42	18:42	34:44	16:02	51:18	16:34	1:09:28	18:10
88 Falkirk Victoria H "C"	Stuart Douglas	103	Mark Dunnachie	103	Colin D Thomson	90	John Denholm	88
	17:24	17:24	35:16	17:52	51:23	16:07	1:09:40	18:17
89 Corstorphine AAC "D"	Christopher Peggie	83	Nicholas Brown	89	David Colman	97	David Law	89
	16:13	16:13	33:42	17:29	52:33	18:51	1:10:13	17:40
90 Motherwell AC "C"	Derek Wylie	68	Alex Barr	92	Richard Martin (J)	92	William Martin	90
	15:40	15:40	34:12	18:32	51:38	17:26	1:10:32	18:54
91 Garscube H "C"	Stephen Kilpatrick	109	John Murray	102	Ross Martin	94	Gary Goldie	91
	18:16	18:16	35:15	16:59	51:56	16:41	1:10:36	18:40
92 Teviotdale Harriers "A"	Craig Grieve	54	Alan Inglis	68	Alan Coltman	86	Iain Williams	92
	15:07	15:07	31:33	16:26	50:45	19:12	1:10:48	20:03
93 Bellahouston RR "E"	Stewart Robertson	92	Ewan McDonald	97	Gordon Clements	88	Norman Boyle	93
	16:54	16:54	34:51	17:57	51:18	16:27	1:11:14	19:56
94 Gala Harriers "B" (V)	William McCulloch	91	Thomas Knox	104	Alistair Laurie	101	Malcolm Gowans	94
	16:54	16:54	35:28	18:34	53:29	18:01	1:11:21	17:52
95 Clydesdale Harriers "B"	Pete Cartwright	112	Ryan Nelson (J)	99	Hugh Laverty	95	Robert Young	95
	18:21	18:21	34:57	16:36	52:15	17:18	1:11:34	19:19
96 Kirkintilloch Oly "C"	William Reid	102	Michael Peters	110	Christopher Craig	107	Jim McLoone	96
	17:17	17:17	36:19	19:02	54:28	18:09	1:11:43	17:15
97 Greenock Glenpark "D"	Kenneth Pryde	107	Bernie Kangley	107	Kevan McCartney	103	Stephen McDade	97
	17:43	17:43	35:49	18:06	53:42	17:53	1:11:58	18:16
98 Bellahouston H "C"	David Mooney	108	Graeme Gemmel	98	Rudiridh MacDonald	99	Derek Shand	98
	17:51	17:51	34:55	17:04	52:41	17:46	1:12:10	19:29
99 Greenock Glenpark "E" (V)	Daniel McLaughlin	81	Sam McVicar	91	Thomas Knight	113	Stephen McLoone	99
	16:07	16:07	33:54	17:47	57:24	23:30	1:14:01	16:37
100 Kilmarnock H "C" (V)	Harald Bartl	95	Ian Goudie	106	John McClarty	109	Kenneth Wales	100
	17:05	17:05	35:39	18:34	54:48	19:09	1:14:10	19:22
101 Carnegie H "C"	Malcolm Smith	111	Stephen Greer	111	Craig Lindsay	110	Alan Cockburn	101
	18:19	18:19	36:29	18:10	55:04	18:35	1:14:14	19:10
102 Fife AC "C" (V)	Alan McLeod	116	David Shepherd	113	Allan Harley	104	David Smyth	102
	18:30	18:30	36:50	18:20	53:49	16:59	1:14:50	21:01
103 Calderglen H "C"	Ian Rae	104	Richard Lawton	118	David Wardrope	111	George Stewart	103
	17:30	17:30	37:32	20:02	56:45	19:13	1:15:19	18:34
104 Helensburgh AAC "B"	Andrew Stafford	128	Matthew Underwood (J)	122	Alistair Wylie	114	Cai Britton	104
	21:29	21:29	38:35	17:06	57:50	19:15	1:15:42	17:52
105 Bellahouston RR "F"	Peter Burton	115	Christopher Doak	112	Alex Lawther	106	Stephen Bell	105
	18:29	18:29	36:38	18:09	54:26	17:48	1:15:56	21:30
106 Central AC "G" (V)	Colin Sinclair	124	John Millar	125	Alan Gall	117	Cameron Campbell	106

National CC Relays 23rd October 2010 - Senior Male Results

	19:16	19:16	40:07	20:51	58:53	18:46	1:17:34	18:41
107 Bellahouston H "D"	Thomas Keenan	125	Michael Healy	120	ian taggart	115	Darren Murray	107
	19:27	19:27	37:57	18:30	58:06	20:09	1:19:28	21:22
108 Falkirk Victoria H "D"	Grant Matheson	123	David Bunyan	121	Willie Day	119	Alastair McCallum	108
	19:14	19:14	38:33	19:19	59:36	21:03	1:20:05	20:29
109 Garscube H "D"	Andrew Griffiths	113	Stephen Cullen	116	Gerry Linden	121	Robbie Drummond	109
	18:25	18:25	37:23	18:58	1:04:15	26:52	1:20:44	16:29
Shettleston Harriers "D"	Kenneth McCoy	57	Andrew Duffy (J)	81	John J Duffy	76		
	15:11	15:11	32:41	17:30	48:55	16:14		
Stirling Univ AC "B"	Thomas Paskins	84	Philip Vernon	79	Kevin Schenk (J)	80		
	16:15	16:15	32:34	16:19	49:17	16:43		
St Andrews Uni "B"	Harshad Sambamurthy (J)	119	Eoin Fitzpatrick	95	Dimitri McMillen (J)	91		
	18:42	18:42	34:35	15:53	51:33	16:58		
Law & District "A"	Bobby Hill (J)	65	James MacDonald	94	Stephen Allen	98		
	15:34	15:34	34:29	18:55	52:39	18:10		
Inverclyde AC "E"	Robert Gray	99	Damien Mallet	101	David McKenzie (J)	100		
	17:10	17:10	35:03	17:53	53:01	17:58		
Central AC "E"	Sandy MacLarty (J)	105	Kenneth Hislop	117	David Lindsay	102		
	17:35	17:35	37:27	19:52	53:38	16:11		
Kilbarchan AAC "C"	Steven Hards	98	David Mewse	90	Robert Connell	105		
	17:08	17:08	33:50	16:42	54:15	20:25		
V P Glasgow "D"	Duncan Thomson	100	Peter Dawes	105	Kenneth McVey	108		
	17:14	17:14	35:33	18:19	54:31	18:58		
Springburn Harriers "C"	John Owens	93	Robert Young	114	Alan Cairns	112		
	16:54	16:54	37:04	20:10	56:57	19:53		
Ferranti AAC "A" (V)	Keith Weston	118	Grant Sellar	115	Edward McDonald	116		
	18:36	18:36	37:09	18:33	58:18	21:09		
Fife AC "E" (V)	Brian R Smith	121	Eddie Sanders	123	Andrew Barker	118		
	18:42	18:42	38:37	19:55	59:02	20:25		
Fife AC "D"	Kenneth Mcleod	126	Alastair Robertson	128	Frank McLaren	122		
	20:05	20:05	44:07	24:02	1:04:00	19:53		
Motherwell AC "A"	Stuart Riley	69	Christopher Macdonald	55				
	15:42	15:42	30:49	15:07				
Dundee Hawkhill "C"	Nigel Reynolds	97	Charles Haskett	83				
	17:07	17:07	33:03	15:56				
Gala Harriers "C"	David Hunter	110	David Nightingale	109				
	18:16	18:16	36:06	17:50				
Giffnock North "D"	David Logan	122	Stuart McBeath	119				
	19:07	19:07	37:51	18:44				
Corstorphine AAC "F"	Ewan Stark	114	David Henderson	124				
	18:28	18:28	39:04	20:36				
Clydesdale Harriers "C"	Colin Gray	129	Brian J Campbell	126				
	22:08	22:08	41:02	18:54				
Calderglen H "D"	Russell Couper	127	Chas Steven	127				
	20:54	20:54	42:08	21:14				
Wee County H "A"	Gordon McNeil	106						
	17:35	17:35						

Fastest Laps

1	Daniel Mulhare - Inverclyde AC "A"	12:27
2	Tewoldeberhan Mengisteab - Shettleston Harriers "A"	12:38
3	Christopher MacKay - Inverclyde AC "B"	12:43
4	Craig Ruddy - Inverclyde AC "A"	12:47
5	Matthew Gillespie (J) - Shettleston Harriers "A"	12:48
6	Iain Donnan - Lothian RC "A"	12:53
7	Andrew Douglas - Inverclyde AC "A"	12:56
8	Robert Russell - Central AC "A"	12:58
9	Paul Sorrie - Shettleston Harriers "A"	13:00
10	Douglas Selman - Corstorphine AAC "A"	13:08
11	Mark Pollard - Inverclyde AC "A"	13:08
12	Andrew Butchart (J) - Central AC "A"	13:10
13	Michael Gillespie - Edinburgh Uni "A"	13:10
14	Alexander Hendry (J) - Central AC "B"	13:13
15	John Newsom - Central AC "A"	13:13
16	Chris Foley - Dundee Hawkhill "A"	13:15
17	Dermot Cummins - Corstorphine AAC "A"	13:16
18	Stuart Gibson - Ron Hill Cambus "B"	13:18
19	Amanuel Hagos - Shettleston Harriers "A"	13:19
20	Paul Leck - Kilbarchan AAC "A"	13:21