

SAL National Cross Country Relays
Cumbernauld
27-October 2012
Young Athlete Female

	Stage 1		Stage 2		Stage 3	
1 Giffnock North AAC (A)	10:21	1	20:41	1	31:16	1
	Erin Wallace (U13)	10:21	Holly Still (U15)	10:20	Laura Penrice (U17)	10:35
2 Kilbarchan AAC (A)	10:44	4	21:09	2	31:47	2
	Rona Tytler (U13)	10:44	Jemma Reekie (U15)	10:25	Sarah Dempsey (U17)	10:38
3 VP-City of Glasgow AC (A)	10:45	5	21:55	5	31:53	3
	Holly Little (U13)	10:45	Robyn Connolly (U15)	11:10	Gillian Black (U15)	09:58
4 Edinburgh AC (B)	10:47	6	21:22	3	32:17	4
	Ishbel Kate Strathdee (U13)	10:47	Hilary Lewin (U15)	10:35	Alexandra Hunter (U17)	10:55
5 Giffnock North AAC (B)	10:50	8	21:39	4	32:24	5
	Danielle Kelly (U13)	10:50	Sarah Olivia Eunson (U15)	10:49	Chloe Cowan (U17)	10:45
6 Edinburgh AC (A)	11:15	12	22:02	6	32:39	6
	Catherine Bough (U13)	11:15	Esme Stewart (U15)	10:47	Rosanna Stewart (U17)	10:37
7 Pitreavie AAC (A)	11:11	11	22:04	7	33:08	7
	Iona Crawford (U13)	11:11	Leah Davie (U15)	10:53	Katey Turner (U17)	11:04
8 Greenock Glenpark H (A)	10:42	3	22:12	9	33:15	8
	Shelby Morrison (U13)	10:42	Megan Rogers (U13)	11:30	Lauren Mulaghton (U15)	11:03
9 Edinburgh AC (C)	11:30	15	22:19	11	33:17	9
	Belinda Neilson (U13)	11:30	Zoe Bates (U15)	10:49	Sara Findlay (U17)	10:58
10 Giffnock North AAC (C)	10:59	9	22:07	8	33:27	10
	Emma Lawton (U13)	10:59	Rebecca Metcalfe (U15)	11:08	Nicole Scott (U17)	11:20
11 Garscube H (A)	11:43	24	23:23	26	33:29	11
	Nicola Brechany (U13)	11:43	Catriona Booth (U15)	11:40	Catriona Graves (U17)	10:06
12 Lasswade AAC (A)	11:34	18	22:48	16	33:32	12
	Sarah Tait (U13)	11:34	Lauren Dickson (U13)	11:14	Amy Frankland (U17)	10:44
13 Central AC (A)	10:49	7	22:22	12	33:39	13
	Kate Gallagher (U13)	10:49	Eilidh Russell (U15)	11:33	Eilidh MacCorquodale (U17)	11:17
14 Giffnock North AAC (D)	10:39	2	22:12	10	33:41	14
	NIKKI MILLER (U13)	10:39	Holly McLelland (U15)	11:33	Eilidh Cook (U15)	11:29
15 Ronhill Cambuslang H (A)	11:32	16	22:34	13	33:57	15
	Olivia Mullholland (U13)	11:32	Niamh Brown (U15)	11:02	Eve MacKinnon (U17)	11:23
16 Edinburgh AC (D)	11:26	13	22:37	15	34:01	16
	Carolyn Cameron (U13)	11:26	Franca Still (U15)	11:11	Hannah Cameron (U17)	11:24
17 Glasgow School of Sport (A)	11:35	19	23:51	32	34:17	17
	Lori Agnew (U13)	11:35	Leanne Findlay (U15)	12:16	Stacie Taylor (U17)	10:26
18 Ayr Seaforth AAC (A)	12:27	47	22:55	17	34:25	18
	Emily Cleer (U13)	12:27	Kirstin Oakley (U15)	10:28	Lisa Rennie (U15)	11:30
19 Gala H (A)	12:02	36	23:50	31	34:27	19
	CARA HOGG (U13)	12:02	Jo Arres (U15)	11:48	Louise Mercer (U17)	10:37
20 Central AC (B)	11:04	10	22:36	14	34:45	20
	Jennifer Walls (U13)	11:04	Evie Gallagher (U13)	11:32	Amy McCabe (U17)	12:09
21 Inverclyde AC (A)	11:52	29	23:02	18	34:47	21
	Sara O'Docherty (U13)	11:52	Emma Mitchell (U15)	11:10	Chloe Simpson (U17)	11:45
22 Inverness H (A)	11:54	30	23:20	25	34:47	22
	Charlotte Hill (U13)	11:54	Lauren Fraser (U15)	11:26	Heather Campbell (U17)	11:27
23 Garscube H (B)	11:52	28	23:42	30	34:57	23
	Eilidh Smith (U13)	11:52	Rachel Busby (U15)	11:50	Georgia Callander (U17)	11:15
24 Kilbarchan AAC (D)	12:17	43	23:04	20	34:58	24
	Sam Smith (U13)	12:17	Natalie Moran (U15)	10:47	Emma Fulton (U15)	11:54
25 Edinburgh AC (E)	11:44	25	23:18	24	35:01	25
	Julia Laughland (U13)	11:44	Rachel Watson (U15)	11:34	Emily Strathdee (U17)	11:43
26 VP-City of Glasgow AC (B)	12:17	42	23:32	28	35:21	26
	Amy Bissett (U13)	12:17	Emma Ferrie (U15)	11:15	Anyia Morrison (U17)	11:49
27 Helensburgh AAC (A)	11:44	26	23:12	22	35:27	27
	Mhairi Cromar (U13)	11:44	Morag Paterson (U15)	11:28	Megan Robertson (U15)	12:15
28 Nairn Area AAC (A)	12:14	40	24:07	34	35:44	28
	Katie Scott (U13)	12:14	Hannah Blackburn (U15)	11:53	Rachael MacLennan (U17)	11:37
29 Aberdeen AAC (A)	12:56	61	25:04	44	35:47	29
	Laura Stephen (U13)	12:56	Talia Mathers (U13)	12:08	Eilidh Prise (U17)	10:43
30 Glasgow School of Sport (C)	12:45	59	25:15	46	36:22	30
	Ava MacLean (U13)	12:45	Abigail McInnes (U15)	12:30	Brogan Wallace (U17)	11:07
31 Dundee Hawkhill H (A)	11:40	22	23:11	21	36:33	31
	Emily Harrower (U13)	11:40	Maddie Owen (U13)	11:31	Katrina Ballantyne (U17)	13:22
32 Glasgow School of Sport (B)	12:41	56	24:54	43	36:35	32
	Neve Littlejohn (U13)	12:41	Charli Shand (U15)	12:13	Elizabeth Edgar (U17)	11:41
33 Fife AC (A)	11:59	33	25:35	50	36:44	33
	Louise McCullagh (U13)	11:59	Ailsa Cruickshanks (U15)	13:36	Stephanie Pennycook (U17)	11:09
34 Giffnock North AAC (E)	11:37	20	24:22	38	36:45	34
	Fern Conway (U13)	11:37	Nicole Ewing (U15)	12:45	Paige McConville (U17)	12:23

35 Helensburgh AAC (B)	12:32	51	24:40	40	36:50	35
	Chloe Murphy (U13)	12:32	Kara Bruce (U13)	12:08	Melissa Robinson (U15)	12:10
36 Clydesdale H (A)	12:12	39	24:20	37	37:00	36
	Iona Allan (U13)	12:12	Emily Paxton (U15)	12:08	Charlotte Ross (U15)	12:40
37 VP-City of Glasgow AC (C)	13:08	66	24:41	41	37:10	37
	Sophie Blaker (U13)	13:08	Tessa Hickey (U15)	11:33	Cara Thom (U15)	12:29
38 Kilmarnock H (A)	11:44	27	25:05	45	37:21	38
	Caitlin McClounie (U13)	11:44	Shona McBean (U15)	13:21	Bronagh Wishart (U17)	12:16
39 Greenock Glenpark H (B)	11:42	23	24:32	39	37:27	39
	Nichola Doohan (U13)	11:42	Anna Barrie (U15)	12:50	Louisa Davis (U17)	12:55
40 Pitreavie AAC (B)	12:08	38	23:14	23	37:55	40
	Sophie Nethery (U13)	12:08	Emily Nicholson (U13)	11:06	Rachel Hunter (U17)	14:41
41 Shettleston H (A)	12:50	60	24:16	35	37:55	41
	Gaia Salandini (U13)	12:50	Amy Harkins (U15)	11:26	Georgia MacDonald (U15)	13:39
42 Law & District AAC (A)	13:15	68	24:41	42	37:57	42
	LUCY CAIRNS (U13)	13:15	Reagan Binnie (U15)	11:26	Aileen Campbell (U17)	13:16
43 Motherwell AC (A)	12:37	52	25:25	47	38:07	43
	Sophie Hall (U13)	12:37	Emma Knox (U15)	12:48	Emma Hunter (U15)	12:42
44 Giffnock North AAC (G)	13:14	67	25:58	56	38:07	44
	Maia Carolan (U13)	13:14	Imogen Molly Cartwright (U15)	12:44	Fiona McArthur (U15)	12:09
45 Kirkintilloch O (A)	15:07	84	26:44	64	38:14	45
	Aimee Smith (U13)	15:07	Perri McCluskey (U15)	11:37	Victoria Robertson (U15)	11:30
46 Kilmarnock H (B)	13:18	71	25:55	55	38:17	46
	Sophie Rowan (U13)	13:18	Claire Orr (U15)	12:37	Lorne Kerr (U17)	12:22
47 Perth Strathtay H (A)	12:19	44	26:36	62	38:22	47
	Nicola Henson (U13)	12:19	Susannah Becher (U13)	14:17	Iona Tavendale (U17)	11:46
48 Kilbarchan AAC (E)	12:27	49	26:37	63	38:32	48
	Emma Johnstone (U13)	12:27	Amy Crawford (U13)	14:10	Ailsa Higgins (U15)	11:55
49 Kilbarchan AAC (F)	13:00	62	25:33	49	38:38	49
	Amy Sneddon (U13)	13:00	Bethany Craig (U13)	12:33	Gail Anderson (U15)	13:05
50 Dundee Hawkhill H (B)	12:38	53	25:41	52	38:49	50
	Danielle MacDermid (U13)	12:38	Molly Hughes (U13)	13:03	Amy Mollison (U15)	13:08
51 Kilmarnock H (C)	13:01	63	26:35	61	38:50	51
	Cara Baillie (U13)	13:01	Lauren Park (U15)	13:34	Amy Donnelly (U15)	12:15
52 Kirkintilloch O (B)	15:04	83	26:56	68	38:51	52
	Kiara Kelly (U13)	15:04	Louise Campbell (U15)	11:52	Jenny Lee (U15)	11:55
53 Lasswade AAC (B)	12:41	58	27:01	69	38:52	53
	Caroline McKinlay (U13)	12:41	Niamh L Fellerger (U13)	14:20	Sophie Miller (U17)	11:51
54 Giffnock North AAC (F)	12:00	34	25:44	53	38:52	54
	Mhairi Sheridan (U13)	12:00	Morgan Wood (U15)	13:44	Kathryn Young (U17)	13:08
55 Ayr Seaforth AAC (B) (V)	12:27	48	26:12	58	39:04	55
	India Birrell (U13)	12:27	Rebecca Martin (U15)	13:45	Louisa Kelly (U17)	12:52
56 East Kilbride A.C. (A)	13:25	74	26:10	57	39:16	56
	Rebecca Russell (U13)	13:25	Mhairi Boyle (U15)	12:45	Georgina Massie (U15)	13:06
57 Teviotdale H (A)	12:30	50	26:24	60	39:30	57
	Ishbel Inglis (U13)	12:30	Emma Grieve (U13)	13:54	Catherine Mercer (U17)	13:06
58 Aberdeen AAC (B)	14:36	80	27:47	72	39:35	58
	Grace Carter (U13)	14:36	Jasmine Collett (U13)	13:11	Lise Theron (U15)	11:48
59 Inverclyde AC (C)	12:41	57	26:54	67	39:38	59
	Cara Hogg (U13)	12:41	Samantha Dunning (U13)	14:13	Evie Semple (U17)	12:44
60 Inverclyde AC (B)	12:02	37	26:46	65	39:45	60
	Gillian Carmichael (U13)	12:02	Samantha Williams (U13)	14:44	Kelly Williams (U17)	12:59
61 Cumbernauld AAC (A)	12:00	35	25:27	48	40:54	61
	Tegan Kerr (U13)	12:00	Louise Docherty (U13)	13:27	Emma Balfour (U15)	15:27
62 Clydesdale H (B)	13:19	72	27:20	71	41:22	62
	Sarah Goggins (U13)	13:19	Natasha Shaw (U13)	14:01	Corrie Haran (U17)	14:02
63 Law & District AAC (B)	13:32	75	25:39	51	41:43	63
	Pamela Newell (U13)	13:32	Emily McNicol (U15)	12:07	Margaret Newell (U17)	16:04
64 Kirkintilloch O (C)	14:52	82	28:14	73	42:12	64
	Jenna Baker (U13)	14:52	Anna Forbes (U15)	13:22	Laura Keay (U15)	13:58
65 Inverclyde AC (D)	12:27	46	28:33	75	42:15	65
	Alyssa McLellan (U13)	12:27	Beth Larkin (U13)	16:06	Dayna MacDonald (U17)	13:42
66 Clydesdale H (C)	13:56	78	30:32	80	46:49	66
	Chloe Allan (U13)	13:56	Karyn Glen (U15)	16:36	Erin Ball (U17)	16:17
67 Clydesdale H (D)	15:12	85	30:37	81	46:51	67
	caitlin stuart (U13)	15:12	Aimee Abbott (U13)	15:25	Louise Steele-Milne (U17)	16:14
Corstorphine AAC (A)	12:39	54	23:04	19		
	Jessica MacLeod (U13)	12:39	Hannah Addison (U15)	10:25		
Kilbarchan AAC (B)	12:16	41	23:30	27		
	Heather Fawcett (U13)	12:16	Kerry MacAngus (U15)	11:14		
Larkhall YMCA H (A)	11:33	17	23:39	29		
	Elle Henderson (U13)	11:33	Louise Murray (U15)	12:06		

Kilbarchan AAC (C)	11:58	32	23:56	33
	Eve Griffiths (U13)	11:58	Rebecca Louise Craig (U15)	11:58
Inverness H (B)	11:57	31	24:18	36
	Connie Campbell (U13)	11:57	Mary Flockhart (U15)	12:21
Giffnock North AAC (H)	12:19	45	25:53	54
	Emily Felth (U13)	12:19	Rachel Montgomery (U15)	13:34
Greenock Glenpark H (C)	14:13	79	26:24	59
	Christie Mulaghton (U13)	14:13	Danielle Hunter (U15)	12:11
Ayr Seaforth AAC (C) (V)	13:19	73	26:53	66
	Caitlin Chilton (U13)	13:19	Rebecca Watson (U15)	13:34
Calderglen H (A)	13:40	77	27:07	70
	Louise Brown (U13)	13:40	Kate Kane (U13)	13:27
VP-City of Glasgow AC (D)	13:17	69	28:37	76
	Eva Lundie (U13)	13:17	Nicole C Waters (U15)	15:20
Calderglen H (C)	14:46	81	28:57	77
	Anna-Rose Fegan (U13)	14:46	Claire Macmillan (U13)	14:11
East Kilbride A.C. (B)	13:33	76	29:24	78
	Laurie May (U13)	13:33	Megan Barrie (U15)	15:51
Greenock Glenpark H (D)	15:44	86	30:23	79
	Catriona Daisley (U13)	15:44	Rachel McFarlane (U13)	14:39
Central AC (D)	11:27	14		
	Madeleine woods (U13)	11:27		
Central AC (C)	11:38	21		
	Heather Scott (U13)	11:38		
Ronhill Cambuslang H (B)	12:40	55		
	Carey Lee Conroy (U13)	12:40		
Kilbarchan AAC (G)	13:03	64		
	Katie Arnold (U13)	13:03		
East Kilbride A.C. (C)	13:05	65		
	Hannah Turnbull (U13)	13:05		
Garscube H (D)	13:18	70		
	Zoe Byron (U13)	13:18		
Clydesdale H (E)	16:11	87		
	Emily McKay (U13)	16:11		

U13 Fastest Times

Erin Wallace (U13)	Giffnock North AAC (A)	10.21
NIKKI MILLER (U13)	Giffnock North AAC (D)	10.39
Shelby Morrison (U13)	Greenock Glenpark H (A)	10.42
Rona Tytler (U13)	Kilbarchan AAC (A)	10.44
Holly Little (U13)	VP-City of Glasgow AC (A)	10.45
Ishbel Kate Strathdee (U13)	Edinburgh AC (B)	10.47
Kate Gallagher (U13)	Central AC (A)	10.49
Danielle Kelly (U13)	Giffnock North AAC (B)	10.50
Emma Lawton (U13)	Giffnock North AAC (C)	10.59
Jennifer Walls (U13)	Central AC (B)	11.04
Emily Nicholson (U13)	Pitreavie AAC (B)	11.06
Iona Crawford (U13)	Pitreavie AAC (A)	11.11
Lauren Dickson (U13)	Lasswade AAC (A)	11.14
Catherine Bough (U13)	Edinburgh AC (A)	11.15
Carolyn Cameron (U13)	Edinburgh AC (D)	11.26
Madeleine woods (U13)	Central AC (D)	11.27
Megan Munro (U13)	Inverness H (A)	11.27
Belinda Neilson (U13)	Edinburgh AC (C)	11.30
Megan Rogers (U13)	Greenock Glenpark H (A)	11.30
Maddie Owen (U13)	Dundee Hawkhill H (A)	11.31
Evie Gallagher (U13)	Central AC (B)	11.32
Olivia Mullholland (U13)	Ronhill Cambuslang H (A)	11.32
Elle Henderson (U13)	Larkhall YMCA H (A)	11.33
Sarah Tait (U13)	Lasswade AAC (A)	11.34
Lori Agnew (U13)	Glasgow School of Sport (A)	11.35

U15 Fastest Times

Gillian Black (U15)	VP-City of Glasgow AC (A)	9.58
Holly Still (U15)	Giffnock North AAC (A)	10.20
Hannah Addison (U15)	Corstorphine AAC (A)	10.25
Jemma Reekie (U15)	Kilbarchan AAC (A)	10.25
Kirstin Oakley (U15)	Ayr Seaforth AAC (A)	10.28
Hilary Lewin (U15)	Edinburgh AC (B)	10.35
Natalie Moran (U15)	Kilbarchan AAC (D)	10.47
Esme Stewart (U15)	Edinburgh AC (A)	10.47
Zoe Bates (U15)	Edinburgh AC (C)	10.49
Sarah Olivia Eunson (U15)	Giffnock North AAC (B)	10.49
Leah Davie (U15)	Pitreavie AAC (A)	10.53
Niamh Brown (U15)	Ronhill Cambuslang H (A)	11.02
Lauren Mulaghton (U15)	Greenock Glenpark H (A)	11.03
Rebecca Metcalfe (U15)	Giffnock North AAC (C)	11.08
Emma Mitchell (U15)	Inverclyde AC (A)	11.10

Robyn Connolly (U15)	VP-City of Glasgow AC (A)	11.10
Franca Still (U15)	Edinburgh AC (D)	11.11
Kerry MacAngus (U15)	Kilbarchan AAC (B)	11.14
Emma Ferrie (U15)	VP-City of Glasgow AC (B)	11.15
Reagan Binnie (U15)	Law & District AAC (A)	11.26
Amy Harkins (U15)	Shettleston H (A)	11.26
Lauren Fraser (U15)	Inverness H (A)	11.26
Morag Paterson (U15)	Helensburgh AAC (A)	11.28
Eilidh Cook (U15)	Giffnock North AAC (D)	11.29
Victoria Robertson (U15)	Kirkintilloch O (A)	11.30

U17 Fastest Times

Catriona Graves (U17)	Garscube H (A)	10.06
Stacie Taylor (U17)	Glasgow School of Sport (A)	10.26
Laura Penrice (U17)	Giffnock North AAC (A)	10.35
Louise Mercer (U17)	Gala H (A)	10.37
Rosanna Stewart (U17)	Edinburgh AC (A)	10.37
Sarah Dempsey (U17)	Kilbarchan AAC (A)	10.38
Eilidh Prise (U17)	Aberdeen AAC (A)	10.43
Amy Frankland (U17)	Lasswade AAC (A)	10.44
Chloe Cowan (U17)	Giffnock North AAC (B)	10.45
Alexandra Hunter (U17)	Edinburgh AC (B)	10.55
Sara Findlay (U17)	Edinburgh AC (C)	10.58
Katey Turner (U17)	Pitreavie AAC (A)	11.04
Brogan Wallace (U17)	Glasgow School of Sport (C)	11.07
Stephanie Pennycook (U17)	Fife AC (A)	11.09
Georgia Callander (U17)	Garscube H (B)	11.15
Eilidh MacCorquodale (U17)	Central AC (A)	11.17
Nicole Scott (U17)	Giffnock North AAC (C)	11.20
Eve MacKinnon (U17)	Ronhill Cambuslang H (A)	11.23
Hannah Cameron (U17)	Edinburgh AC (D)	11.24
Rachael MacLennan (U17)	Nairn Area AAC (A)	11.37
Elizabeth Edgar (U17)	Glasgow School of Sport (B)	11.41
Emily Strathdee (U17)	Edinburgh AC (E)	11.43
Chloe Simpson (U17)	Inverclyde AC (A)	11.45
Iona Tavendale (U17)	Perth Strathtay H (A)	11.46
Anya Morrison (U17)	VP-City of Glasgow AC (B)	11.49

SAL National Cross Country Relays
Cumbernauld
27-October 2012
Young Athlete Male

	Stage 1		Stage 2		Stage 3	
1 Inverclyde AC (A)	09:15	1	18:46	2	27:11	1
	Ryan Gray (U13)	09:15	Ross Gray (U15)	09:31	Jonathan Glen (U17)	08:25
2 VP-City of Glasgow AC (A)	09:28	2	18:39	1	27:21	2
	Aidan Johnson (U13)	09:28	Scott McKay (U15)	09:11	Lewis Boyle (U17)	08:42
3 Kilbarchan AAC (A)	10:05	12	19:20	6	27:57	3
	Andrew MacAngus (U13)	10:05	Euan Trout (U15)	09:15	Callum Matthews (U17)	08:37
4 Edinburgh AC (A)	10:03	9	19:05	4	28:15	4
	Michael Swinton (U13)	10:03	Josh Kerr (U15)	09:02	Robert Bough (U17)	09:10
5 Giffnock North AAC (A)	09:40	3	19:08	5	28:23	5
	Michael Lowrie (U13)	09:40	Christopher Stewart (U15)	09:28	Max Lancaster (U17)	09:15
6 Fife AC (A)	09:52	4	19:35	7	28:24	6
	Adam Scott (U13)	09:52	Drew Davidson (U15)	09:43	Bruce Millar (U17)	08:49
7 Ronhill Cambuslang H (A)	09:53	5	19:44	9	28:29	7
	Struan Paton (U13)	09:53	Sean Reilly (U15)	09:51	Ryan Thomson (U17)	08:45
8 VP-City of Glasgow AC (B)	10:22	17	19:53	11	28:47	8
	Andrew Moreland (U13)	10:22	Euan Urquhart (U15)	09:31	Liam Mcloone (U17)	08:54
9 Kilbarchan AAC (B)	10:37	27	20:15	21	28:48	9
	Josh Hendry (U13)	10:37	Cameron Dickson (U15)	09:38	Euan Gillham (U17)	08:33
10 Edinburgh AC (B)	09:57	6	19:01	3	28:51	10
	Ross Allan (U13)	09:57	Alex Carcas (U15)	09:04	Michael Cameron (U17)	09:50
11 VP-City of Glasgow AC (C)	10:28	21	20:00	15	28:53	11
	Adam Brady (U13)	10:28	Jamie MacKinnon (U15)	09:32	Craig Jardine (U17)	08:53
12 Pitreavie AAC (A)	10:01	8	19:53	12	28:57	12
	James Adam (U13)	10:01	Robbie McLaren (U15)	09:52	Aidan Thompson (U17)	09:04
13 Inverclyde AC (B)	10:00	7	19:43	8	29:04	13
	Cameron Watson (U13)	10:00	Ross Forbes (U15)	09:43	Joshua Houston (U17)	09:21
14 Kilbarchan AAC (C)	10:45	32	20:22	24	29:10	14
	James Toal (U13)	10:45	Euan McKerral (U17)	09:37	Gavin McArdle (U17)	08:48
15 Law & District AAC (A)	10:57	42	20:31	25	29:20	15
	James Gillon (U13)	10:57	Robbie Barr (U15)	09:34	Andrew Lawler (U17)	08:49
16 Gala H (A)	10:36	26	19:57	14	29:20	16
	ANDREW HOGG (U13)	10:36	Nathan Cox (U15)	09:21	Rowan Marr (U17)	09:23
17 Ronhill Cambuslang H (B)	10:11	13	20:17	22	29:27	17
	Ryan Stephen (U13)	10:11	Scott Somerville (U15)	10:06	Ross Stephen (U17)	09:10
18 Law & District AAC (B)	11:00	45	20:45	30	29:41	18
	Matthew Lawler (U13)	11:00	Gregor Gillespie (U15)	09:45	Luke Foss (U17)	08:56
19 Perth Strathtay H (A)	11:09	50	20:11	18	29:43	19
	Hamish Gellatly (U13)	11:09	Ben Greenwood (U15)	09:02	Fraser Gillies (U15)	09:32
20 VP-City of Glasgow AC (D)	11:05	48	20:35	26	29:45	20
	Thomas Connolly (U13)	11:05	Liam McKeown (U15)	09:30	Fraser Glass (U17)	09:10
21 Gala H (B)	10:27	20	20:00	16	29:47	21
	Jamie Logan (U13)	10:27	Thomas Otton (U15)	09:33	Paul Henney (U17)	09:47
22 Central AC (A)	10:17	16	19:48	10	29:49	22
	Conor Ryan (U13)	10:17	Iain Davies (U15)	09:31	Stuart McKinney (U17)	10:01
23 Ronhill Cambuslang H (C)	10:04	10	20:15	20	29:49	23
	Drew Pollock (U13)	10:04	Gavin Smith (U15)	10:11	David Robertson (U17)	09:34
24 Corstorphine AAC (A)	10:54	41	20:19	23	29:52	24
	Finlay Ross (U13)	10:54	John MacLeod (U15)	09:25	Anthony Addison (U15)	09:33
25 Kilbarchan AAC (D)	11:12	51	20:38	28	30:00	25
	Calum Barry (U13)	11:12	David McGuire (U15)	09:26	Tom Murray (U17)	09:22
26 Pitreavie AAC (B)	11:05	49	20:58	37	30:04	26
	Dylan Thomson (U13)	11:05	Connor Morris (U15)	09:53	Ben Potrykus (U17)	09:06
27 Aberdeen AAC (A)	10:25	18	20:43	29	30:06	27
	Finlay Strachan (U13)	10:25	Andrew Burnett (U15)	10:18	Steven Murray (U17)	09:23
28 Lasswade AAC (A)	10:13	15	20:12	19	30:08	28
	Magnus Tait (U13)	10:13	Kyle A Mackenzie (U15)	09:59	Jamie Cousin (U17)	09:56
29 Edinburgh AC (C)	10:31	23	20:36	27	30:10	29
	Freddie Carcas (U13)	10:31	Paul Ireland (U15)	10:05	Dominic O'Hare (U17)	09:34
30 Ayr Seaforth AAC (A)	10:12	14	19:54	13	30:24	30
	Lewis Ross (U13)	10:12	Fraser Stirling (U15)	09:42	Ben Steven (U17)	10:30
31 Fife AC (B)	10:52	39	20:56	35	30:26	31
	George Rees (U13)	10:52	Tristan Rees (U15)	10:04	Logan Rees (U17)	09:30
32 Giffnock North AAC (B)	10:44	30	20:49	32	30:28	32
	Taylor Stewart (U13)	10:44	John McLaughlin (U15)	10:05	Patrick Lonergan (U17)	09:39
33 VP-City of Glasgow AC (E)	11:25	57	21:23	43	30:28	33
	Charlie Milarvie (U13)	11:25	Lewis Serpell (U15)	09:58	Kieron Rafferty (U17)	09:05
34 Inverness H (A)	10:29	22	20:10	17	30:28	34
	Joe Arnaud (U13)	10:29	Scott Lisle (U15)	09:41	Finlay MacLennan (U17)	10:18

35 Fife AC (C)	10:38	29	20:57	36	30:30	35
	Stuart Aitken (U13)	10:38	James Berry (U15)	10:19	Euan Berry (U17)	09:33
36 Ronhill Cambuslang H (D)	10:04	11	20:59	38	30:32	36
	Luke Reilly (U13)	10:04	Euan Millar (U15)	10:55	Joseph Sheridan (U17)	09:33
37 Central AC (B)	11:16	53	20:46	31	30:40	37
	David Nairn (U13)	11:16	Jack Kerr (U15)	09:30	Aidan Cameron (U17)	09:54
38 Glasgow School of Sport (A)	11:00	44	20:55	34	30:43	38
	aidan quinn (U13)	11:00	Paul Harper (U15)	09:55	Liam Dale (U17)	09:48
39 East Kilbride A.C. (A)	11:32	62	21:17	41	30:54	39
	Matthew Kirwan (U13)	11:32	Aidan Gilbride (U15)	09:45	Vincent Hastings (U17)	09:37
40 Giffnock North AAC (C)	10:49	35	20:54	33	30:55	40
	Nicholas Boyle (U13)	10:49	Ross Gray (U15)	10:05	Euan Anderson (U17)	10:01
41 Nithsdale AC (A)	10:48	33	21:11	39	30:56	41
	Robert Ponton (U13)	10:48	Angus Johnstone (U15)	10:23	Kieran Saunders (U17)	09:45
42 Inverclyde AC (C)	10:48	34	21:23	44	31:04	42
	Reece Warnock (U13)	10:48	Matthew MacKinnon (U15)	10:35	Callum Hunter (U17)	09:41
43 Kilbarchan AAC (E)	11:37	67	21:32	47	31:13	43
	Scott Howieson (U13)	11:37	Conor Thomson (U15)	09:55	Cameron Swanson (U17)	09:41
44 Aberdeen AAC (B)	11:21	55	21:50	54	31:19	44
	Andrew Farmer (U13)	11:21	Matthew Keenan (U15)	10:29	Jordan Chapman (U17)	09:29
45 Fife AC (D)	10:38	28	21:12	40	31:27	45
	Matthew Miller (U13)	10:38	Ryan Brocklebank (U15)	10:34	Liam Sleigh (U17)	10:15
46 Gala H (C)	11:33	63	21:28	46	31:35	46
	Joey Brown (U13)	11:33	Jason McIntosh (U15)	09:55	Cameron Burnett (U17)	10:07
47 Ronhill Cambuslang H (E)	10:52	38	21:34	49	31:39	47
	Jamie Alexander (U13)	10:52	Dale Woods (U15)	10:42	Jack MacGregor (U17)	10:05
48 Inverness H (B)	11:30	59	21:26	45	31:39	48
	Ruairidh Fraser (U13)	11:30	James Geddes (U15)	09:56	Andrew Johnstone (U15)	10:13
49 Pitreavie AAC (C)	10:34	25	21:18	42	31:39	49
	Alex Johnston (U13)	10:34	Corey Smith (U15)	10:44	Evan Ross (U17)	10:21
50 VP-City of Glasgow AC (F)	11:51	75	22:12	62	31:51	50
	Finn Johnson (U13)	11:51	john law (U15)	10:21	Liam Johnson (U17)	09:39
51 Dundee Hawkhill H (A)	11:22	56	21:55	55	31:54	51
	Callum Letham (U13)	11:22	James Donald (U15)	10:33	Andrew Merry (U15)	09:59
52 Lasswade AAC (B)	10:52	37	21:58	58	31:59	52
	Thomas Snodgrass (U13)	10:52	Matthew Smith (U15)	11:06	Iain Lawson (U17)	10:01
53 Cumbernauld AAC (A)	11:04	46	21:32	48	32:03	53
	Sean Kennedy (U13)	11:04	Lewis Brown (U15)	10:28	Cameron Richardson (U15)	10:31
54 Pitreavie AAC (D)	11:12	52	21:42	51	32:08	54
	Josh Spence (U13)	11:12	Tyler White (U15)	10:30	Jack Lawrie (U17)	10:26
55 Kilbarchan AAC (F)	11:51	76	22:26	66	32:09	55
	Adam Trout (U13)	11:51	Fraser Auld (U15)	10:35	Dean Kennedy (U17)	09:43
56 East Kilbride A.C. (B)	11:42	69	21:56	56	32:15	56
	Aidan brown (U13)	11:42	Martin Lynas (U15)	10:14	Jack Kirwan (U17)	10:19
57 Kirkintilloch O (A)	11:45	71	21:57	57	32:19	57
	Luke McCaffrey (U13)	11:45	Jack McCabe (U15)	10:12	Kieran Pugh (U17)	10:22
58 Central AC (C)	11:56	79	22:31	70	32:27	58
	Daniel Robins (U13)	11:56	Kieran Potter (U15)	10:35	Cameron Harris (U15)	09:56
59 Helensburgh AAC (A)	10:51	36	21:42	53	32:29	59
	Gregor Chambers (U13)	10:51	Lewis Campbell (U13)	10:51	Calum Wilson (U17)	10:47
60 Greenock Glenpark H (A)	11:51	78	22:53	73	32:35	60
	Euan Stewart (U13)	11:51	Nathan Robinson (U15)	11:02	Gerard Smith (U20)	09:42
61 Giffnock North AAC (E)	11:27	58	22:16	63	32:41	61
	Cameron Smith (U13)	11:27	Callum Murray (U15)	10:49	Euan Brodie (U15)	10:25
62 Perth Straththay H (B)	10:52	40	22:09	61	32:45	62
	Kobe Brand (U13)	10:52	Euan Robertson (U15)	11:17	Robert Henson (U17)	10:36
63 Lasswade AAC (C)	11:57	80	23:05	76	32:55	63
	Craig Gallagher (U13)	11:57	Callum Graham (U15)	11:08	Callum Clark (U17)	09:50
64 Larkhall YMCA H (A)	11:37	66	21:59	59	32:56	64
	Max McKinnon (U13)	11:37	Ross Lytle (U15)	10:22	Stuart Anderson (U17)	10:57
65 Kirkintilloch O (B)	11:33	65	22:29	69	33:09	65
	Christopher Reilly (U13)	11:33	Aidan McCaffrey (U15)	10:56	Aidan Kane (U17)	10:40
66 Clydesdale H (A)	10:33	24	21:37	50	33:10	66
	Lewis Priest (U13)	10:33	Brian Aird (U15)	11:04	Philip Allan (U15)	11:33
67 Fife AC (E)	10:44	31	21:42	52	33:21	67
	Dean Whitton (U13)	10:44	Matthew Mills (U15)	10:58	James Pennycook (U17)	11:39
68 Inverness H (C)	11:30	60	22:17	64	33:30	68
	Craig Wilson (U13)	11:30	Cameron Lisle (U15)	10:47	Gregor MacLennan (U15)	11:13
69 Inverclyde AC (D)	11:42	70	23:45	80	33:39	69
	Sammy Hearl (U13)	11:42	Cameron Purves (U13)	12:03	Robert Todd (U17)	09:54
70 Law & District AAC (C)	13:23	94	23:56	83	33:45	70
	Adam Kelly (U13)	13:23	Evan Jones (U15)	10:33	Jonathan Kennedy (U17)	09:49

71 Garscube H (A)	11:51	77	23:42	79	33:47	71
	Arun Smith (U13)	11:51	Calum Esler (U15)	11:51	Adam Duff (U15)	10:05
72 Motherwell AC (A)	12:05	82	22:27	67	33:55	72
	David Wallace (U13)	12:05	Owen Leach (U15)	10:22	Luca Marcuccilli (U17)	11:28
73 Dundee Hawkhill H (B)	12:09	83	23:14	77	34:36	73
	Scott Gordon (U13)	12:09	Matthew Tonner (U15)	11:05	Alistair Merry (U17)	11:22
74 Kilmarnock H (A)	12:49	91	23:01	75	34:43	74
	Dylan McBean (U13)	12:49	Ben O'Neill (U15)	10:12	Ryan Crolla (U17)	11:42
75 Motherwell AC (B)	11:19	54	22:43	72	35:04	75
	Ruan McKellar (U13)	11:19	Lawrence McCluskey (U15)	11:24	Stuart Wallace (U17)	12:21
76 Clydesdale H (B)	12:00	81	23:49	81	35:09	76
	Ronan Ross (U13)	12:00	Darren Dolan (U15)	11:49	Lewis Hay (U15)	11:20
77 Garscube H (B)	11:50	74	24:10	84	35:19	77
	Jamie Bennett (U13)	11:50	Craig Weston (U13)	12:20	Darren McGowan (U15)	11:09
78 Nairn Area AAC (A)	12:25	88	25:03	85	35:20	78
	Max Provan (U13)	12:25	Kieran Grant (U15)	12:38	Jack Rawlinson (U15)	10:17
79 Cumbernauld AAC (B)	12:25	87	23:50	82	36:00	79
	Hamish Coutts (U13)	12:25	Fraser Gallacher (U15)	11:25	Martin Desta (U17)	12:10
80 Calderglen H (A)	12:37	89	25:40	86	37:24	80
	Jack Houston (U13)	12:37	Drew Gordon (U15)	13:03	Craig Stewart (U15)	11:44
Ayr Seaforth AAC (B)	10:26	19	22:00	60		
	Ewan James McLevy (U13)	10:26	Steven Martin (U13)	11:34		
Central AC (D)	12:21	85	22:23	65		
	Niels Gouw (U13)	12:21	Matthew Crawford (U15)	10:02		
Ronhill Cambuslang H (F)	11:48	72	22:27	68		
	Conor Ross (U13)	11:48	Keir Morton (U15)	10:39		
Helensburgh AAC (B)	10:58	43	22:38	71		
	Michael Miller (U13)	10:58	Cameron Dye (U13)	11:40		
Central AC (E)	12:25	86	22:57	74		
	Matthew McGarva (U13)	12:25	Jamie Paterson (U15)	10:32		
Larkhall YMCA H (B)	11:37	68	23:30	78		
	Alexander Young (U13)	11:37	David Lees (U13)	11:53		
Clydesdale H (C)	12:51	92	25:48	87		
	Aaron Smith (U13)	12:51	Stephen Kane (U13)	12:57		
Ayr Seaforth AAC (C)	11:05	47				
	Daniel Martin (U13)	11:05				
Aberdeen AAC (C)	11:31	61				
	Cameron Stone (U13)	11:31				
Calderglen H (B)	11:33	64				
	Kevin McGurk (U13)	11:33				
Dundee Hawkhill H (C)	11:49	73				
	Jack Anderson (U13)	11:49				
Giffnock North AAC (F)	12:21	84				
	Cameron Smith (U13)	12:21				
Kirkintilloch O (C)	12:42	90				
	Matthew Craig (U13)	12:42				
Teviotdale H (A)	13:06	93				
	David Mercer (U13)	13:06				

U13 Fastest Times

Ryan Gray (U13)	Inverclyde AC (A)	9.15
Aidan Johnson (U13)	VP-City of Glasgow AC (A)	9.28
Michael Lowrie (U13)	Giffnock North AAC (A)	9.40
Adam Scott (U13)	Fife AC (A)	9.52
Struan Paton (U13)	Ronhill Cambuslang H (A)	9.53
Cameron Watson (U13)	Inverclyde AC (B)	10.00
James Adam (U13)	Pitreavie AAC (A)	10.01
Michael Swinton (U13)	Edinburgh AC (A)	10.03
Luke Reilly (U13)	Ronhill Cambuslang H (D)	10.04
Drew Pollock (U13)	Ronhill Cambuslang H (C)	10.04
Andrew MacAngus (U13)	Kilbarchan AAC (A)	10.05
Ryan Stephen (U13)	Ronhill Cambuslang H (B)	10.11
Lewis Ross (U13)	Ayr Seaforth AAC (A)	10.12
Magnus Tait (U13)	Lasswade AAC (A)	10.13
Conor Ryan (U13)	Central AC (A)	10.17
Andrew Moreland (U13)	VP-City of Glasgow AC (B)	10.22
Finlay Strachan (U13)	Aberdeen AAC (A)	10.25
Ewan James McLevy (U13)	Ayr Seaforth AAC (B)	10.26
Jamie Logan (U13)	Gala H (B)	10.27
Adam Brady (U13)	VP-City of Glasgow AC (C)	10.28
Joe Arnaud (U13)	Inverness H (A)	10.29
Freddie Carcas (U13)	Edinburgh AC (C)	10.31
Lewis Priest (U13)	Clydesdale H (A)	10.33
Alex Johnston (U13)	Pitreavie AAC (C)	10.34

SAL National Cross Country Relays
Cumbernauld
27-October 2012
Senior Women

	Stage 1		Stage 2		Stage 3	
1 Central AC (A)	15:22	1	31:00	1	46:21	1
	Jennifer Emsley	15:22	Fiona Thompson	15:38	Lyndsay Morrison	15:21
2 Kilbarchan AAC (A)	16:17	11	31:53	2	46:28	2
	Natalie Sharp	16:17	Christina Rankin	15:36	Elspeth Curran	14:35
3 Edinburgh AC (A)	16:00	5	32:04	4	47:18	3
	Emma Dunnett (U20)	16:00	Jennifer MacLean (V)	16:04	Gillian Palmer	15:14
4 Fife AC (A)	16:14	10	31:59	3	47:40	4
	Jenny Tan	16:14	Helen Sharpe	15:45	Halina Rees (U20)	15:41
5 Hunters Bog T (A)	15:46	3	32:24	5	48:28	5
	Eilis McKechnie	15:46	Megan Wright (V)	16:38	Rosie Smith	16:04
6 Lothian RC (A)	17:28	20	33:25	9	48:38	6
	Lana Turnbull (U20)	17:28	Sarah Inglis	15:57	Edel Mooney (V)	15:13
7 Edinburgh AC (B)	16:03	6	32:40	6	49:21	7
	Victoria Bailie	16:03	Charlotte Firth	16:37	Oonagh Dunnett (U20)	16:41
8 Ronhill Cambuslang H (A)	15:59	4	33:03	7	50:50	8
	Alexandra Lamond (U20)	15:59	Katie Bristow (U20)	17:04	Kirsty Anderson	17:47
9 Edinburgh University H&H (A)	16:12	9	33:20	8	51:17	9
	Jenny Dybeck	16:12	Stephanie Lawrie (U20)	17:08	Rachel Armitage	17:57
10 Fife AC (B)	16:35	13	33:46	11	51:25	10
	Amie McKimmie	16:35	Fiona Bracegirdle	17:11	Jennifer Cruickshanks (U20)	17:39
11 Hunters Bog T (B)	17:19	19	34:15	13	51:51	11
	Morag McCracken	17:19	Sarah Louise MacIsaac	16:56	Amelia Lloyd	17:36
12 Aberdeen AAC (A)	17:29	21	35:42	19	51:55	12
	Ellie Buchan (U20)	17:29	eden brown (U20)	18:13	Gemma Cormack	16:13
13 Garscube H (A)	15:34	2	34:00	12	52:28	13
	Lesley Chisholm (V)	15:34	Diane Clark	18:26	Marian Kelly	18:28
14 VP-City of Glasgow AC (A)	17:03	18	34:51	16	53:10	14
	Jacqui Thomson (V)	17:03	Danielle Beattie (U20)	17:48	Maria Milliken (U20)	18:19
15 Central AC (B)	18:02	32	37:04	26	53:17	15
	Claire Houston	18:02	Isla Campbell	19:02	Catriona Buchanan	16:13
16 Edinburgh AC (C) (V)	18:10	33	37:01	25	53:20	16
	Karen Dobbie (V)	18:10	Sharyn Ramage (V)	18:51	Susan Ridley (V)	16:19
17 Gala H (A) (V)	18:17	35	36:10	21	53:40	17
	Gillian Duncan (V)	18:17	Rachel Fagan (V)	17:53	Fiona Dalglish (V)	17:30
18 Falkirk Victoria H (A) (V)	18:24	39	37:54	38	53:42	18
	Lorna Kennedy (V)	18:24	Nicola Flynn (V)	19:30	Fiona Matheson (V)	15:48
19 Calderglen H (A)	17:37	23	36:26	22	54:09	19
	Julie Beveridge	17:37	Joanne McEvoy	18:49	Karen Allen	17:43
20 Shettleston H (A)	16:28	12	34:22	14	54:44	20
	Jessica Oliver-Bell	16:28	Neah Evans	17:54	Carole Setchell	20:22
21 Springburn H (B)	16:38	14	34:26	15	54:50	21
	Danielle Brown	16:38	Fiona Gentles	17:48	Emma Ryan	20:24
22 Kilmarnock H (A)	16:09	8	35:18	17	55:06	22
	Kara Tait	16:09	Amanda Humes (U20)	19:09	Natalie Boyce	19:48
23 Dunbar RC (A)	18:34	41	37:41	35	55:33	23
	Susan Lyle (V)	18:34	Mary Wood	19:07	Rhona Anderson (V)	17:52
24 Carnegie H (A) (V)	18:02	31	37:15	27	55:33	24
	Gail Murdoch (V)	18:02	Kirsty Baird (V)	19:13	Isobel Burnett (V)	18:18
25 Greenock Glenpark H (A)	17:44	27	36:35	23	55:33	25
	Emma Baxter	17:44	Jacqueline O'Donoghue	18:51	Jillian McNee (V)	18:58
26 Giffnock North AAC (A) (V)	18:57	49	37:31	32	55:35	26
	Doleen Galbraith (V)	18:57	Hilary Millar (V)	18:34	Mary McCutcheon (V)	18:04
27 Central AC (C) (V)	17:43	26	36:53	24	56:33	27
	Hazel Dean (V)	17:43	Patricia Milne (V)	19:10	Kate Weldon (V)	19:40
28 Clydesdale H (A) (V)	17:58	30	37:25	29	56:39	28
	Pamela McCrossan (V)	17:58	Yvonne Green (V)	19:27	Marina McCallum (V)	19:14
29 Pitreavie AAC (A)	16:09	7	33:31	10	56:49	29
	Kathryn Pennel (U20)	16:09	Micaela Brown (U20)	17:22	Kirsty Hutton (U20)	23:18
30 Giffnock North AAC (B)	16:45	16	37:27	31	57:08	30
	Ruth Joss	16:45	Elaine Mulcahy (V)	20:42	Maureen McVey (V)	19:41
31 Portobello RC (A) (V)	19:00	51	39:11	46	57:08	31
	Ruth Johnstone (V)	19:00	Jenni Owens (V)	20:11	Shery Johnston (V)	17:57
32 Helensburgh AAC (A) (V)	18:51	45	38:25	41	57:14	32
	Michelle Hetherington (V)	18:51	Erica Cromar (V)	19:34	Maria Dye (V)	18:49
33 Motherwell AC (A) (V)	19:45	58	37:58	39	57:26	33
	Phyllis Hands (V)	19:45	Alison Gilchrist (V)	18:13	Clare Barr (V)	19:28
34 Edinburgh University H&H (B)	18:59	50	37:37	34	57:46	34
	Emma Prentis	18:59	Hazel Murray (U20)	18:38	Charlotte Williams (U20)	20:09

35 Fife AC (D) (V)	17:40	24	37:24	28	58:29	35
	Angela Howe (V)	17:40	Innes Bracegirdle (V)	19:44	Margaret McLaren (V)	21:05
36 Ferranti AAC (A)	19:03	54	39:26	49	58:39	36
	Anne Peat (V)	19:03	Pascaline Ruck	20:23	Claire Gilchrist (V)	19:13
37 Bellahouston H (B)	18:20	36	37:42	36	58:40	37
	Kristina Greig	18:20	Katherine Hylands	19:22	Suzanne Boyle	20:58
38 Fife AC (C)	19:58	61	40:09	51	58:42	38
	Kerry Gibson (U20)	19:58	Lucy Duff (U20)	20:11	Laura Gibson (U20)	18:33
39 Greenock Glenpark H (B)	18:48	43	39:03	45	59:07	39
	Suzanne Coyle	18:48	Gillian McClure (V)	20:15	Donna Clark	20:04
40 Hunters Bog T (C)	19:01	52	37:32	33	59:09	40
	Phyllis O'Brien (V)	19:01	Sandra Rathjen (V)	18:31	Margaret Spalding	21:37
41 Bellahouston H (A) (V)	18:23	38	39:17	47	59:21	41
	Clare McAteer (V)	18:23	Katy Smith (V)	20:54	Angela Carson (V)	20:04
42 Kirkintilloch O (A) (V)	20:16	63	39:21	48	59:28	42
	Allison Law (V)	20:16	Annmari McCaffrey (V)	19:05	Ada Stewart (V)	20:07
43 Westerlands XC C (A) (V)	20:44	65	39:00	44	59:35	43
	Gaynor Gillespie (V)	20:44	Ellen Homewood (V)	18:16	Sarah Walker (V)	20:35
44 Springburn H (A) (V)	18:13	34	35:46	20	1:00:03	44
	Barbara Knox (V)	18:13	Clare Gemmell (V)	17:33	Lorraine Gray (V)	24:17
45 Bellahouston RR (A) (V)	18:57	48	38:51	43	1:00:21	45
	Louise Ross (V)	18:57	Judith Macgregor (V)	19:54	Lucy Mackay (V)	21:30
46 Carnegie H (C) (V)	19:02	53	40:15	52	1:00:32	46
	Alison Whyte (V)	19:02	Morna Fleming (V)	21:13	Melanie Sinclair (V)	20:17
47 Anster Haddies RC (A) (V)	19:53	59	40:20	53	1:01:16	47
	Hazel Bradley (V)	19:53	Pamela Cruickshanks (V)	20:27	Christine Bowie (V)	20:56
48 Greenock Glenpark H (C)	20:54	66	40:58	54	1:01:35	48
	Susan Slater (V)	20:54	Gillian Forrest (V)	20:04	Elizabeth McAuslan (V)	20:37
49 Falkirk Victoria H (B) (V)	20:09	62	40:07	50	1:01:57	49
	Allison Christie (V)	20:09	Fiona Anderson (V)	19:58	Rhona Penman (V)	21:50
50 Ferranti AAC (B) (V)	19:44	57	41:20	55	1:02:24	50
	Julia Drewer (V)	19:44	Elizabeth Gilchrist (V)	21:36	Alison Arnold (V)	21:04
51 St Andrews University CCC (A)	18:49	44	42:21	57	1:02:27	51
	Kate Taylor (U20)	18:49	Ruth Roberts	23:32	Maggie Sadler (U20)	20:06
52 Helensburgh AAC (B)	22:01	68	43:08	59	1:03:00	52
	Laura Johnston	22:01	Janet Fellowes (V)	21:07	Madeline Robinson (U20)	19:52
53 Kirkintilloch O (B) (V)	20:55	67	43:11	60	1:04:47	53
	Julie Nelson (V)	20:55	Mary Hendry (V)	22:16	Vivien Fraser (V)	21:36
54 Greenock Glenpark H (D)	22:41	71	43:21	61	1:06:40	54
	Fiona Cushnaghan (V)	22:41	Jane MacLean	20:40	Yvonne Prager (V)	23:19
55 Bellahouston H (C)	18:22	37	43:02	58	1:07:12	55
	Bernadette O'Neil (V)	18:22	Sharon Scott (V)	24:40	Carol Keenan (V)	24:10
56 Carnegie H (B) (V)	22:09	70	43:23	62	1:07:44	56
	Gillian McCracken (V)	22:09	Samantha Newington (V)	21:14	Victoria Di Ciacca (V)	24:21
57 Teviotdale H (A)	22:08	69	46:13	64	1:08:20	57
	Catriona Young (V)	22:08	Donna Inglis (V)	24:05	lauren corbett (U20)	22:07
58 Westerlands XC C (B)	19:53	60	44:49	63	1:08:22	58
	claire larravide	19:53	Sharon Taylor (V)	24:56	Helen MacPherson (V)	23:33
59 Kirkintilloch O (C) (V)	23:44	72	46:18	65	1:08:50	59
	Shirley MacNab (V)	23:44	Pamela Parker (V)	22:34	Debbie Jackson (V)	22:32
60 Springburn H (C)	24:01	73	47:12	66	1:12:11	60
	Catherine Connelly	24:01	Paula Stein (V)	23:11	Gillian Wallis (V)	24:59
Edinburgh AC (D)	16:54	17	35:34	18		
	Lauren Stoddart	16:54	Katie Watson (U20)	18:40		
Edinburgh University H&H (C)	18:39	42	37:26	30		
	Emily Pollock	18:39	Rozy Shepherd (U20)	18:47		
VP-City of Glasgow AC (B)	17:52	29	37:48	37		
	Donna Finlayson	17:52	Joanna Sutton	19:56		
Corstorphine AAC (A)	18:29	40	38:15	40		
	Sarah Anderson	18:29	Fiona Drake	19:46		
Dundee Hawkhill H (A)	17:32	22	38:38	42		
	Louise Beveridge	17:32	Bronwen Hughes	21:06		
Kilmarnock H (B)	20:19	64	41:28	56		
	Elizabeth McDerment (V)	20:19	Rosemary McMillan (V)	21:09		
Law & District AAC (A)	16:40	15				
	Hilary McGrath (V)	16:40				
Motherwell AC (B)	17:41	25				
	Clare Hughes	17:41				
Aberdeen AAC (B)	17:46	28				
	Sonia Armitage (V)	17:46				
Calderglen H (B)	18:54	46				
	Frances Maxwell (V)	18:54				

Lothian RC (B)	18:55	47
	Saran Jones (V)	18:55
Central AC (D)	19:21	55
	Jane Waterhouse (V)	19:21
Garscube H (B)	19:39	56
	Charlene McCallum	19:39

Fastest Times

Elsbeth Curran	Kilbarchan AAC (A)	14.35
Edel Mooney (V)	Lothian RC (A)	15.13
Gillian Palmer	Edinburgh AC (A)	15.14
Lyndsay Morrison	Central AC (A)	15.21
Jennifer Emsley	Central AC (A)	15.22
Lesley Chisholm (V)	Garscube H (A)	15.34
Christina Rankin	Kilbarchan AAC (A)	15.36
Fiona Thompson	Central AC (A)	15.38
Halina Rees (U20)	Fife AC (A)	15.41
Helen Sharpe	Fife AC (A)	15.45
Eilis McKechnie	Hunters Bog T (A)	15.46
Fiona Matheson (V)	Falkirk Victoria H (A) (V)	15.48
Sarah Inglis	Lothian RC (A)	15.57
Alexandra Lamond (U20)	Ronhill Cambuslang H (A)	15.59
Emma Dunnett (U20)	Edinburgh AC (A)	16.00
Victoria Bailie	Edinburgh AC (B)	16.03
Rosie Smith	Hunters Bog T (A)	16.04
Jennifer MacLean (V)	Edinburgh AC (A)	16.04
Kathryn Pennel (U20)	Pitreavie AAC (A)	16.09
Kara Tait	Kilmarnock H (A)	16.09
Jenny Dybeck	Edinburgh University H&H (A)	16.12
Catriona Buchanan	Central AC (B)	16.13
Gemma Cormack	Aberdeen AAC (A)	16.13
Jenny Tan	Fife AC (A)	16.14
Natalie Sharp	Kilbarchan AAC (A)	16.17
Susan Ridley (V)	Edinburgh AC (C) (V)	16.19
Jessica Oliver-Bell	Shettleston H (A)	16.28
Amie McKimmie	Fife AC (B)	16.35
Charlotte Firth	Edinburgh AC (B)	16.37
Danielle Brown	Springburn H (B)	16.38
Megan Wright (V)	Hunters Bog T (A)	16.38
Hilary McGrath (V)	Law & District AAC (A)	16.40
Oonagh Dunnett (U20)	Edinburgh AC (B)	16.41
Ruth Joss	Giffnock North AAC (B)	16.45
Lauren Stoddart	Edinburgh AC (D)	16.54
Sarah Louise MacIsaac	Hunters Bog T (B)	16.56
Jacqui Thomson (V)	VP-City of Glasgow AC (A)	17.03
Katie Bristow (U20)	Ronhill Cambuslang H (A)	17.04
Stephanie Lawrie (U20)	Edinburgh University H&H (A)	17.08
Fiona Bracegirdle	Fife AC (B)	17.11
Morag McCracken	Hunters Bog T (B)	17.19
Micaela Brown (U20)	Pitreavie AAC (A)	17.22
Lana Turnbull (U20)	Lothian RC (A)	17.28
Ellie Buchan (U20)	Aberdeen AAC (A)	17.29
Fiona Dalgleish (V)	Gala H (A) (V)	17.30
Louise Beveridge	Dundee Hawkhill H (A)	17.32
Clare Gemmell (V)	Springburn H (A) (V)	17.33
Amelia Lloyd	Hunters Bog T (B)	17.36
Julie Beveridge	Calderglen H (A)	17.37
Jennifer Cruickshanks (U20)	Fife AC (B)	17.39
Angela Howe (V)	Fife AC (D) (V)	17.40

SAL National Cross Country Relays
Cumbernauld
27-October 2012
Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	13:19	6	26:18	2	39:33	1	52:40	1
	Andrew Butchart	13:19	Scott McDonald	12:59	Alexander Hendry	13:15	Alastair Hay	13:07
2 VP-City of Glasgow AC (A)	12:49	1	26:11	1	39:59	3	53:02	2
	David Vernon (U20)	12:49	Ethan Sloan-Dennison (U20)	13:22	Max Ralston	13:48	Sean Fontana	13:03
3 Corstorphine AAC (A)	13:01	2	26:24	3	39:52	2	53:21	3
	Douglas Selman	13:01	Kris Berry	13:23	Andrew Christy (U20)	13:28	Mickey Breen	13:29
4 Ronhill Cambuslang H (A)	13:11	4	26:53	4	40:05	4	53:46	4
	Stuart Gibson	13:11	Iain MacCorquodale	13:42	Wegene Tafese	13:12	Jack Hamilton (U20)	13:41
5 Central AC (B)	13:52	16	27:27	10	40:52	5	54:20	5
	Michael Wright	13:52	Cameron Milne (U20)	13:35	Lewis Millar	13:25	Ross Houston	13:28
6 Shettleston H (A)	13:17	5	26:57	5	41:45	8	55:13	6
	Paul Sorrie	13:17	Michael Deason	13:40	Adam Peters	14:48	Thomas Fay	13:28
7 Kilbarchan AAC (A)	13:39	12	27:12	7	41:37	7	55:19	7
	Andrew Dearie (U20)	13:39	Conor McNulty	13:33	Russell Mountford (U20)	14:25	Chris Devenney	13:42
8 Inverclyde AC (A)	14:12	25	27:08	6	41:49	10	55:20	8
	Greg Williams (U20)	14:12	Chris MacKay	12:56	Sean Gaffney	14:41	Mark Pollard	13:31
9 Corstorphine AAC (B)	14:05	22	28:02	14	41:47	9	55:43	9
	Christopher Galloway (U20)	14:05	Bryan Clark	13:57	Calum McKenzie	13:45	Scott Pilkington	13:56
10 Aberdeen AAC (A)	13:32	9	27:29	11	41:56	11	56:09	10
	Mark Haskett	13:32	James Joy	13:57	Sam Burgess (U20)	14:27	Eoin Durkan	14:13
11 Edinburgh University H&H (A)	13:42	13	27:20	9	41:13	6	56:18	11
	James Bruce Waldie	13:42	Tom Martyn	13:38	Patryk Gierjatowicz	13:53	Daniel Ashworth	15:05
12 Ronhill Cambuslang H (E) (V)	13:55	19	27:52	13	42:23	13	56:21	12
	Charles Thomson (V)	13:55	Robert Gilroy (V)	13:57	Greg Hastie (V)	14:31	Kerry Liam Wilson (V)	13:58
13 Ronhill Cambuslang H (B)	14:17	30	28:08	16	42:06	12	57:16	13
	John MacNamara (V)	14:17	Benjamin Hukins	13:51	David Munro	13:58	Andrew MacKenzie	15:10
14 Corstorphine AAC (C) (V)	14:43	39	28:28	18	43:02	16	57:36	14
	Grant Wilkie (V)	14:43	Moray Anderson (V)	13:45	Tom Ferrington (V)	14:34	Ross Milne (V)	14:34
15 Greenock Glenpark H (A)	13:21	7	27:45	12	42:37	15	57:53	15
	Stephen Trainer	13:21	David Henderson	14:24	Steven Campbell (V)	14:52	Michael McLoone Snr (V)	15:16
16 Strathclyde University H (A)	13:26	8	28:46	21	44:00	20	58:10	16
	Christopher Watson (U20)	13:26	Graham Campbell (U20)	15:20	Nathan Kirley (U20)	15:14	Alessandro Tronconi (U20)	14:10
17 Falkirk Victoria H (A)	14:04	21	28:22	17	43:26	17	58:14	17
	Ben Stevenson (U20)	14:04	Dale Colley (U20)	14:18	Scott Stirling (U20)	15:04	Euan Martin (U20)	14:48
18 Shettleston H (D) (V)	14:27	33	29:09	26	43:29	18	58:16	18
	Kenny Richmond (V)	14:27	William Coyle (V)	14:42	Andy Little (V)	14:20	Ian Johnston (V)	14:47
19 Giffnock North AAC (A)	13:08	3	27:18	8	42:27	14	58:23	19
	Luke Traynor (U20)	13:08	Greg Turner	14:10	Andrew Clark (U20)	15:09	George Taylor (V)	15:56
20 Bellahouston RR (B)	14:07	23	28:50	23	44:08	23	58:57	20
	Kieran Docherty	14:07	Craig Reid	14:43	Bruce Carse	15:18	Bob Reid	14:49
21 Garscube H (A)	13:49	14	28:06	15	43:59	19	59:03	21
	Benjamin Melby	13:49	David Savage	14:17	Matthew Sogbanmu	15:53	John Bell (V)	15:04
22 Ayr Seaforth AAC (A)	13:51	15	28:48	22	44:07	22	59:30	22
	Finlay Rae (U20)	13:51	Steven Reid	14:57	Stephen Kay	15:19	Kenneth Neill	15:23
23 Edinburgh AC (A) (V)	14:25	32	30:01	38	45:07	32	59:33	23
	John Blair (V)	14:25	Roy Mitchell (V)	15:36	Robert Turner (V)	15:06	Colin McGill (V)	14:26
24 Kilmarnock H&AC (A)	14:15	29	28:33	20	44:13	24	59:39	24
	Iain Connell (V)	14:15	Roger Naughton	14:18	Roy Shankland (U20)	15:40	Scott Martin (V)	15:26
25 Westerlands XC C (A)	14:45	42	29:47	34	44:37	27	59:40	25
	Iain Stewart	14:45	gregor stewart	15:02	Chris Upson (V)	14:50	Niall McAlinden	15:03
26 Central AC (C)	14:39	38	29:44	32	44:59	30	59:44	26
	Tom Watson (U20)	14:39	Will Hensman	15:05	Ross Milne (U20)	15:15	Conor Kerr (U20)	14:45
27 Edinburgh AC (B)	13:55	18	28:31	19	44:00	21	59:54	27
	Bryan Mackie	13:55	Ross Irving	14:36	J Crawford	15:29	John Morris	15:54
28 Inverclyde AC (B)	14:14	26	28:52	24	44:20	25	1:00:04	28
	Michael Houston (U20)	14:14	Thomas Jamieson	14:38	Stephen Cooke	15:28	Gerard Gaffney (V)	15:44
29 East Kilbride A.C. (A)	14:14	27	29:14	28	45:06	31	1:00:23	29
	John Fergusson	14:14	Jamie Clements	15:00	David Gorman	15:52	Niall Walker	15:17
30 Garscube H (B) (V)	15:06	48	30:00	37	45:15	34	1:00:23	30
	Nick Heaney (V)	15:06	Joe McKnight (V)	14:54	Stephen Mulrine (V)	15:15	Alexander Chalmers (V)	15:08
31 Falkirk Victoria H (C) (V)	15:05	47	30:26	41	45:39	37	1:00:34	31
	Michael McQuaid (V)	15:05	Anthony Devlin (V)	15:21	Andrew Ronald (V)	15:13	Barry Paterson (V)	14:55
32 Stornoway Running & AC (A)	14:55	43	30:28	43	45:15	35	1:00:37	32
	William MacRury	14:55	Donald Macleod	15:33	Andrew Joyce	14:47	Murdo MacKenzie	15:22
33 Gala H (A)	14:39	37	29:52	35	45:57	41	1:00:42	33
	Colin Welsh	14:39	Wayne McIntosh (V)	15:13	Euan Jardine	16:05	Fergus Johnston	14:45
34 Shettleston H (B)	14:14	28	29:41	31	44:25	26	1:00:43	34
	Kevin Brydon	14:14	Gary Turner (U20)	15:27	Brian McGarrity	14:44	John J Duffy (V)	16:18
35 Bellahouston RR (A) (V)	15:24	53	30:15	39	45:47	38	1:01:04	35
	Russell Whittington (V)	15:24	Mark Johnston (V)	14:51	Greig Glendinning (V)	15:32	Liam Conway (V)	15:17
36 Kilbarchan AAC (B) (V)	13:36	10	29:05	25	45:09	33	1:01:14	36
	Robert Quinn (V)	13:36	James Snodgrass (V)	15:29	John McMillan (V)	16:04	Donald Petrie (V)	16:05
37 Carnegie H (A) (V)	15:13	50	29:55	36	45:56	40	1:01:22	37
	Ian Stewart (V)	15:13	Graeme Campbell (V)	14:42	David Millar (V)	16:01	Andy Hume (V)	15:26
38 Aberdeen AAC (B)	15:43	69	30:27	42	46:07	43	1:01:25	38
	Sean West	15:43	David Smith (U20)	14:44	Justin Kangaroo	15:40	Frank Boyne (V)	15:18
39 Bellahouston H (A)	14:19	31	29:20	30	44:42	28	1:01:26	39
	Thomas McDonald (U20)	14:19	Crispin Walsh (V)	15:01	Tom Lauckner	15:22	Ruairidh Macdonald	16:44
40 St Andrews University CCC (A)	14:03	20	30:31	45	45:47	39	1:01:34	40
	David I Bowers	14:03	Chris Russell (U20)	16:28	Samuel Peach (U20)	15:16	Skylar Lobdell (U20)	15:47
41 Corstorphine AAC (D)	15:50	73	31:40	67	46:39	49	1:01:35	41
	Paddy Jumelle (V)	15:50	Timothy Norwood	15:50	Christopher O'Brien	14:59	Adam Priestley	14:56

42 Greenock Glenpark H (B)	15:38	67	31:23	62	46:48	53	1:01:39	42
	Frank McKnight (V)	15:38	Andrew White (V)	15:45	Robert Adams (V)	15:25	Kevin O'Donoghue	14:51
43 VP-City of Glasgow AC (B)	14:58	46	29:13	27	44:50	29	1:02:09	43
	Callum Heirs (U20)	14:58	Derek Gibb	14:15	Craig Young (U20)	15:37	Tom Ord (V)	17:19
44 Hunters Bog T (A)	15:28	56	30:43	48	46:35	47	1:02:12	44
	Michael Grant	15:28	David Fulton	15:15	George Ashley	15:52	James Bowden	15:37
45 Metro Aberdeen RC (A)	15:26	55	31:08	56	46:27	46	1:02:23	45
	Forbes Reid (V)	15:26	Malcolm Beattie	15:42	Neil Jaffrey	15:19	Ian Urquhart	15:56
46 Motherwell AC (A)	15:38	66	30:47	49	47:01	56	1:02:47	46
	Nicholas Hughes	15:38	Christopher MacDonald	15:09	Andrew Buchanan (V)	16:14	Luke McIlvenna	15:46
47 Law & District AAC (A)	14:29	34	31:02	53	46:57	54	1:03:03	47
	Stephen Allen (V)	14:29	Allan Bryce (V)	16:33	Anthony Higgins (V)	15:55	Daniel Stuart Graham (U20)	16:06
48 Springburn H (B)	15:45	70	31:44	69	47:01	55	1:03:09	48
	Martin Coleman	15:45	Grant Cairns	15:59	Scott Partyka	15:17	Adam Janeczko	16:08
49 Garscube H (C)	15:34	61	31:39	66	47:02	57	1:03:12	49
	Christopher Devine	15:34	Euan Geddes (V)	16:05	Alan Blair	15:23	John McLaughlin (V)	16:10
50 Clydesdale H (A) (V)	14:08	24	29:17	29	46:25	45	1:03:31	50
	Peter Bowman (U20)	14:08	Paul Carroll (V)	15:09	Gerard Montgomery (V)	17:08	Kevin Farmer	17:06
51 Fife AC (A)	14:38	36	29:46	33	46:20	44	1:03:36	51
	Ewan Paton (U20)	14:38	Daniel Clarke	15:08	Daniel Newman (V)	16:34	David Sleight	17:16
52 Pitreavie AAC (A)	15:09	49	30:51	50	47:23	58	1:03:39	52
	Scott McAlpine (U20)	15:09	Owain Williams	15:42	Benjamin Kurzman (U20)	16:32	Neil MacLachlan	16:16
53 Corstorphine AAC (E) (V)	15:30	58	30:54	51	46:45	51	1:04:09	53
	Graeme Fletcher (V)	15:30	Ian Johnston (V)	15:24	Bruce Malcolm (V)	15:51	Derek Ireland (V)	17:24
54 Kirkintilloch O (A) (V)	14:35	35	30:43	47	47:28	60	1:04:20	54
	Stephen Allan (V)	14:35	Gary Mitchell (V)	16:08	Derek Martin (V)	16:45	Robert Rogerson (V)	16:52
55 Central AC (E) (V)	15:22	52	31:04	55	46:39	48	1:04:24	55
	Gordon Crawford (V)	15:22	Alexander Milne (V)	15:42	Ewan Jack (V)	15:35	Douglas Findlay (V)	17:45
56 Bellahouston RR (C)	15:46	71	32:36	78	48:46	71	1:04:41	56
	Kieran Docherty	15:46	Alex Lawther	16:50	Gerard Scullion (V)	16:10	Peter Gallanagh (V)	15:55
57 Ronhill Cambuslang H (F) (V)	16:39	90	32:12	73	48:21	66	1:04:45	57
	Niall Bristow (V)	16:39	Michael O'Hagan (V)	15:33	Francis Hurley (V)	16:09	Scott Hunter (V)	16:24
58 Lothian RC (A)	13:54	17	31:24	63	47:56	63	1:04:46	58
	Max McNeill (U20)	13:54	Harry Mulholland (V)	17:30	Scott Nelson (V)	16:32	Kenton Jones (V)	16:50
59 Hunters Bog T (B)	16:34	88	32:23	74	48:55	73	1:05:00	59
	Simon Harrison	16:34	Doug Murray	15:49	Alistair Hindle (V)	16:32	James Bowden	16:05
60 Kilmarnock H&AC (B)	15:38	65	32:12	72	48:18	65	1:05:07	60
	Ross Connelly	15:38	Connell Drummond (V)	16:34	Stewart McAllister	16:06	Cameron Mackie (U20)	16:49
61 Dunbar RC (A) (V)	15:50	75	31:56	71	48:45	70	1:05:14	61
	Stuart Hay (V)	15:50	Ian Rowland (V)	16:06	Richard Taylor (V)	16:49	Grant Noble (V)	16:29
62 Springburn H (A) (V)	16:13	82	31:17	59	47:41	61	1:05:32	62
	Kevin Ferris (V)	16:13	Graham Crawford (V)	15:04	Andrew Callan (V)	16:24	Jim Cooper (V)	17:51
63 VP-City of Glasgow AC (C)	15:20	51	31:19	60	49:07	75	1:05:35	63
	Crawford Little (V)	15:20	Gerard Craig (V)	15:59	Ralph Connolly (V)	17:48	Duncan Thomson (V)	16:28
64 Ochil HR (A)	15:29	57	30:57	52	46:48	52	1:05:35	64
	John Stevenson (V)	15:29	Martin Dean (V)	15:28	Ross Vallance	15:51	Ron Martin (V)	18:47
65 Falkirk Victoria H (B)	18:27	120	34:31	94	50:31	83	1:05:42	65
	Grant Matheson (V)	18:27	Colin D Thomson (V)	16:04	Stuart Douglas	16:00	Alexander Davidson	15:11
66 Kirkintilloch O (B)	15:50	78	31:22	61	48:42	69	1:06:09	66
	Craig McIntyre (U20)	15:50	Jeffrey Malluck	15:32	Vincent Carroll (V)	17:20	Neil Ramsay (V)	17:27
67 Greenock Glenpark H (C)	16:20	86	32:38	79	49:33	78	1:06:09	67
	Richard Davidson (V)	16:20	Alan O'Rourke (V)	16:18	Steven Watson	16:55	Graham McGrattan (V)	16:36
68 Gala H (B) (V)	15:37	63	33:03	82	50:06	80	1:06:16	68
	Colin McCall (V)	15:37	Derrick Brydon (V)	17:26	David Nightingale (V)	17:03	Sinclair Hill (V)	16:10
69 Inverclyde AC (C)	15:38	64	32:25	75	49:08	77	1:06:35	69
	Graeme Hyett	15:38	Jude Boulton (V)	16:47	Gary McKendrick (V)	16:43	John Smillie (V)	17:27
70 Ronhill Cambuslang H (C)	14:44	41	30:32	46	46:43	50	1:06:43	70
	Stephen (jnr) Paris (U20)	14:44	Anthony Edgar (U20)	15:48	George Pettit	16:11	David Fairweather (V)	20:00
71 Garscube H (D)	15:50	76	33:46	88	50:03	79	1:07:18	71
	Randy Howard Smith Jr	15:50	James McAneny (V)	17:56	David W Dickson (V)	16:17	Athole Smith (V)	17:15
72 Ronhill Cambuslang H (D)	15:32	60	32:33	77	48:50	72	1:07:42	72
	Dean McMurrin (U20)	15:32	Robert Rossborough	17:01	Alick Walkinshaw (V)	16:17	Alexander Edgar (U20)	18:52
73 Kilbarchan AAC (C)	14:44	40	31:10	57	49:04	74	1:08:37	73
	Scott MacAulay	14:44	Alan Craig (V)	16:26	David Mewse (V)	17:54	Steven Hards (V)	19:33
74 Portobello RC (B) (X)	15:25	54	31:16	58	50:19	81	1:08:52	74
	Peter Buchanan (V)	15:25	William Jarvie (V)	15:51	Andrew Stavert (V)	19:03	Derek Elms (V)	18:33
75 Metro Aberdeen RC (B)	15:53	80	31:44	70	50:58	85	1:09:09	75
	Mark Johnson (V)	15:53	Barry Gibson	15:51	Clifford Leith (V)	19:14	Michael Kane (V)	18:11
76 Ayr Seaforth AAC (B)	17:22	103	34:17	91	50:51	84	1:09:22	76
	Peter Laing (V)	17:22	Kevin Bloy (V)	16:55	Laurence Baker (V)	16:34	Tom McCulloch (V)	18:31
77 Bellahouston H (B)	17:02	98	33:55	90	51:21	87	1:09:29	77
	Michael Freshour (V)	17:02	Brian French (V)	16:53	Mark Paterson (V)	17:26	Stewart Mulholland (V)	18:08
78 Calderglen H (C)	17:32	105	35:03	101	53:51	102	1:09:37	78
	Jim Holmes (V)	17:32	David Herbertson (V)	17:31	George Stewart (V)	18:48	Stephen Reilly	15:46
79 Motherwell AC (B) (V)	16:55	95	33:25	85	51:26	88	1:09:41	79
	Hughes John (V)	16:55	Ewen Cameron (V)	16:30	Matthew Purser (V)	18:01	Robert McCourt (V)	18:15
80 Bellahouston RR (D)	17:16	102	34:47	98	51:35	90	1:09:52	80
	John Gilhooly (V)	17:16	Callum MacInnes	17:31	Oliver Scott (V)	16:48	Barry Edwards	18:17
81 Corstorphine AAC (E)	18:22	119	34:49	99	51:31	89	1:09:53	81
	Christopher Mountford	18:22	Ewan Stark	16:27	Nick Vikander	16:42	Connor Johnston (U20)	18:22
82 Greenock Glenpark H (D)	16:36	89	33:18	83	51:39	92	1:09:53	82
	Kevan McCartney (V)	16:36	Duncan Anderson	16:42	Michael Harrington (V)	18:21	Jim Cuffe (V)	18:14
83 Giffnock North AAC (B) (V)	16:32	87	33:44	87	52:06	94	1:09:59	83
	Marc Roper (V)	16:32	David McNab (V)	17:12	Billy Clark (V)	18:22	James Galbraith (V)	17:53
84 Kilmarnock H&AC (C)	17:06	99	34:28	93	52:06	93	1:10:04	84
	Murray McDonald (U20)	17:06	Leslie McDerment (V)	17:22	Graham Cairns (V)	17:38	Brian Darroch (V)	17:58
85 Carnegie H (B) (V)	16:16	85	34:58	100	52:37	96	1:10:29	85

	Paul Kieran (V)	16:16	John Crookston (V)	18:42	Barry Davie (V)	17:39	Alan Cockburn (V)	17:52
86 East Kilbride A.C. (B)	16:15	84	33:47	89	51:10	86	1:10:41	86
	Tom Yuill	16:15	Derek Leitch (V)	17:32	Graeme Haddow (V)	17:23	Gordon Colvin (V)	19:31
87 Clydesdale H (B) (V)	16:46	93	34:33	95	53:34	99	1:10:42	87
	Ryan Nelson	16:46	Augustina Cairney (V)	17:47	Paul McKendry (V)	19:01	Hugh Lavery (V)	17:08
88 Motherwell AC (C)	19:07	126	37:40	121	55:52	109	1:12:32	88
	Steven McCaw	19:07	Robert Pattinson (V)	18:33	Brian McLinden (V)	18:12	Peter Blackmore (V)	16:40
89 Garscube H (E)	17:37	107	36:03	108	55:00	106	1:12:40	89
	Daniel Burns	17:37	Andrew Griffiths (V)	18:26	John Murray (V)	18:57	David Connor (V)	17:40
90 Helensburgh AAC (A)	15:53	79	32:58	81	51:35	91	1:12:59	90
	John Ritchie	15:53	Campbell Fullarton	17:05	Campbell Cromar (V)	18:37	Andrew Stafford (V)	21:24
91 Teviotdale H (A)	16:12	81	32:54	80	53:35	100	1:13:08	91
	Craig Grieve (V)	16:12	Alan Inglis (V)	16:42	Keith Learmonth (U20)	20:41	Alan Coltman (V)	19:33
92 Greenock Glenpark H (E) (V)	17:39	108	35:43	104	54:20	104	1:13:32	92
	Ross Neilson (V)	17:39	George Mitchell (V)	18:04	Ross Slater (V)	18:37	Scott Forrest (V)	19:12
93 Portobello RC (A) (V)	16:51	94	36:23	110	53:47	101	1:13:39	93
	Graeme Dunbar (V)	16:51	Kevin Clark (V)	19:32	Robert Kinnaird (V)	17:24	Mark Fry (V)	19:52
94 Springburn H (C) (V)	18:53	123	36:01	107	56:36	114	1:13:48	94
	Willie Munro (V)	18:53	Ross McEachern (V)	17:08	Anthony J M McGale (V)	20:35	Giovanni D'Alessio (V)	17:12
95 Kirkintilloch O (C) (V)	19:08	127	38:08	124	56:25	113	1:13:59	95
	Christopher Craig (V)	19:08	Terry Addison (V)	19:00	John Pugh (V)	18:17	Robert Watson (V)	17:34
96 Law & District AAC (B)	18:07	115	37:21	119	57:51	117	1:15:29	96
	John McGrath (V)	18:07	Thomas Currie (V)	19:14	Patrick Kelly (V)	20:30	Jim Gillon (V)	17:38
97 Carnegie H (C)	18:20	118	38:05	123	55:54	110	1:16:04	97
	Malcolm Smith (V)	18:20	Stephen Greer (V)	19:45	Kevin Davie	17:49	Phil Smithard (V)	20:10
98 Fife AC (B) (V)	18:58	124	36:59	116	56:21	112	1:17:40	98
	David Sleigh (V)	18:58	Steven Pennycook (V)	18:01	Colin Brown (V)	19:22	Derek Adamson (V)	21:19
99 Falkirk Victoria H (D)	18:46	122	39:21	125	1:01:02	121	1:17:51	99
	Alastair McCallum (V)	18:46	David Bunyan (V)	20:35	Michael Allison	21:41	Alexander Watson (V)	16:49
100 Bellahouston H (C)	17:44	109	37:53	122	59:13	119	1:19:49	100
	Ronnie Mennie	17:44	Robert Carson (V)	20:09	Stephen McGeough	21:20	Iain Burke	20:36
101 Garscube H (F)	20:34	130	43:07	129	1:01:36	124	1:21:32	101
	Kieran McLaughlin	20:34	James Taylor (V)	22:33	Kenneth Macanna (V)	18:29	Tony Hall (V)	19:56
102 Lothian RC (B) (V)	17:02	97	36:33	111	1:00:25	120	1:22:09	102
	Alan Moffat (V)	17:02	Kenny Mearns (V)	19:31	Colin Banham (V)	23:52	Ted Finch (V)	21:44
103 Calderglen H (D) (V)	20:44	131	40:10	128	1:01:36	122	1:22:44	103
	David Wardrope (V)	20:44	Richard Lawton (V)	19:26	John McBride (V)	21:26	Charles Steven (V)	21:08
Edinburgh University H&H (B)	14:56	44	30:23	40	45:59	42		
	Rick Schulte	14:56	Neil Colquhoun (U20)	15:27	Coll Williamson	15:36		
Central AC (D)	15:30	59	31:04	54	47:25	59		
	Christopher Mchardy	15:30	Sam Fraser (U20)	15:34	David Lindsay (U20)	16:21		
Hunters Bog T (C)	16:39	91	33:20	84	48:14	64		
	Peter McClelland	16:39	Huw Jones	16:41	Alistair Hart (V)	14:54		
Westerlands XC C (C)	15:50	77	31:30	64	48:28	67		
	Johnston Orr (V)	15:50	Roderick Fleming	15:40	Ken MacMahon (V)	16:58		
Calderglen H (A) (V)	15:46	72	31:42	68	48:33	68		
	Martin Duthie (V)	15:46	Andrew McCaffery (V)	15:56	Edward Reid (V)	16:51		
Inverclyde AC (D)	18:13	117	36:58	115	52:39	97		
	Robert Gray (V)	18:13	Robert Shaw (V)	18:45	Graeme Forbes (V)	15:41		
Dundee Hawkhill H (A)	15:50	74	36:19	109	53:05	98		
	Mark Lamb	15:50	Neil Anderson	20:29	Bruce Scott	16:46		
Kilmarnock H&AC (D)	19:10	128	37:10	118	56:16	111		
	Darren Young	19:10	Scott Young (U20)	18:00	Kenneth Wales (V)	19:06		
Bellahouston RR (E)	18:11	116	36:55	114	57:03	115		
	Andrew Hardman (V)	18:11	Tony Cairns (V)	18:44	Christopher Doak	20:08		
Clydesdale H (C) (V)	19:01	125	39:53	126	1:01:36	123		
	Gerry Kane (V)	19:01	Watson Jones (V)	20:52	Colin Gray (V)	21:43		
Aberdeen AAC (C)	17:00	96	34:37	96				
	Alasdair Love (V)	17:00	Fraser McGillivray	17:37				
Garscube H (G)	18:33	121	35:38	103				
	Dermot Williamson (V)	18:33	Christopher Kilshaw	17:05				
Gala H (C) (V)	18:00	110	35:57	106				
	Anthony Lunn (V)	18:00	Alistair Laurie (V)	17:57				
Dundee Hawkhill H (B)	17:30	104	36:53	112				
	Fraser Merry (V)	17:30	Kenneth Letham (V)	19:23				
Central AC (F) (V)	20:46	132	40:07	127				
	George McHardy (V)	20:46	Colin Sinclair (V)	19:21				
Bellahouston H (D)	21:09	133	43:41	130				
	Thomas Keenan (V)	21:09	Douglas MacGregor (V)	22:32				
Banchory Stonehaven AC (A)	13:38	11						
	Michael Ferguson (U20)	13:38						
Shettleston H (C)	15:35	62						
	William Breckenridge (V)	15:35						
Edinburgh AC (D)	17:36	106						
	Andrew Latham (V)	17:36						
Teviotdale H (B)	21:10	134						
	Bill Knox (V)	21:10						
Falkirk Victoria H (E)	23:12	135						
	John Denholm (V)	23:12						
Calderglen H (E)	23:12	136						
	Russell Couper (V)	23:12						

Over 50s Championship

1 Ronhill Cambuslang H (G) (X)	14:58	45	30:29	44	45:28	36
	David Thom (V)	14:58	Colin Feechan (V)	15:31	Iain Campbell (V)	14:59
2 Fife AC (C) (X)	15:41	68	31:37	65	47:45	62
	John Thomson (V)	15:41	Hugh D. McKay (V)	15:56	Jeremy Tomlinson (V)	16:08
3 VP-City of Glasgow AC (E) (X)	16:14	83	32:32	76	49:08	76
	Derek Watson Snr. (V)	16:14	Alex Potter (V)	16:18	David McCormack (V)	16:36
4 Central AC (G) (X)	16:43	92	33:35	86	50:27	82
	Hugh Buchanan (V)	16:43	Hugh Kerr (V)	16:52	Liam McCabe (V)	16:52
5 Central AC (H) (X)	17:09	100	34:37	97	52:30	95
	Gordon Adam (V)	17:09	Roger Greenaway (V)	17:28	Stuart Watson (V)	17:53
6 Westerlands XC C (B) (X)	17:10	101	34:17	92	54:08	103
	John Quinn (V)	17:10	Daniel Reid (V)	17:07	Gibson Fleming (V)	19:51
7 Edinburgh AC (C) (X)	18:02	111	37:26	120	54:28	105
	David Steele (V)	18:02	Alex MacEwen (V)	19:24	Garry Robertson (V)	17:02
8 Calderglen H (B) (X)	18:03	113	35:47	105	55:38	107
	Kenny Leinster (V)	18:03	Andrew Henderson (V)	17:44	Stuart Waugh (V)	19:51
9 Corstorphine AAC (G) (X)	18:02	112	35:34	102	55:52	108
	Graham Mclean (V)	18:02	Martin Caldwell (V)	17:32	Kenneth Stewart (V)	20:18
10 Fife AC (D) (X)	20:11	129	36:54	113	57:23	116
	Brian R Smith (V)	20:11	Simon Fox (V)	16:43	Frank McLaren (V)	20:29
11 Central AC (I) (X)	18:03	114	37:09	117	58:38	118
	Allan Gall (V)	18:03	Cameron Campbell (V)	19:06	John Millar (V)	21:29

Fastest Times

David Vernon (U20)	VP-City of Glasgow AC (A)	12.49
Chris MacKay	Inverclyde AC (A)	12.56
Scott McDonald	Central AC (A)	12.59
Douglas Selman	Corstorphine AAC (A)	13.01
Sean Fontana	VP-City of Glasgow AC (A)	13.03
Alastair Hay	Central AC (A)	13.07
Luke Traynor (U20)	Giffnock North AAC (A)	13.08
Stuart Gibson	Ronhill Cambuslang H (A)	13.11
Wegene Tafese	Ronhill Cambuslang H (A)	13.12
Alexander Hendry	Central AC (A)	13.15
Paul Sorrie	Shettleston H (A)	13.17
Andrew Butchart	Central AC (A)	13.19
Stephen Trainer	Greenock Glenpark H (A)	13.21
Ethan Sloan-Dennison (U20)	VP-City of Glasgow AC (A)	13.22
Kris Berry	Corstorphine AAC (A)	13.23
Lewis Millar	Central AC (B)	13.25
Christopher Watson (U20)	Strathclyde University H (A)	13.26
Thomas Fay	Shettleston H (A)	13.28
Ross Houston	Central AC (B)	13.28
Andrew Christy (U20)	Corstorphine AAC (A)	13.28
Mickey Breen	Corstorphine AAC (A)	13.29
Mark Pollard	Inverclyde AC (A)	13.31
Mark Haskett	Aberdeen AAC (A)	13.32
Conor McNulty	Kilbarchan AAC (A)	13.33