

SAL National Road Relays

Livingston

31-March 2013

Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6	
1 Central AC (A)	15:06	1	44:19	1	1:00:24	1	1:29:38	1	1:45:07	1	2:14:42	1
	Alastair Hay	15:06	Alexander Hendry	29:13	Lewis Millar	16:05	Scott McDonald	29:14	Andrew Butchart	15:29	Ross Houston	29:35
2 Corstorphine AAC (A)	15:55	2	45:18	2	1:01:42	3	1:31:11	2	1:47:15	2	2:16:52	2
	Keith Hood (M40)	15:55	Dermot Cummins	29:23	Scott Pilkington	16:24	Michael Crawley	29:29	Moray Anderson (M35)	16:04	Douglas Selman	29:37
3 Ron Hill Cambuslang H (A)	16:17	5	45:17	3	1:01:51	4	1:32:18	4	1:48:50	3	2:18:35	3
	Jack Hamilton (MU20)	16:17	Josh Lilly	29:00	Alistair Campbell	16:34	Benjamin Hukins	30:27	David Munro	16:32	Stuart Gibson	29:45
4 Kilbarchan AAC (A)	16:20	7	44:23	2	1:00:52	2	1:31:55	3	1:53:04	4	2:24:50	4
	Russell Mountford (MU20)	16:20	Derek J Hawkins	28:03	Scott MacAulay	16:29	Paul Leck	31:03	Steven Hill	21:09	Andrew Dearie (MU20)	31:46
5 Corstorphine AAC (B)	16:06	4	48:06	5	1:04:44	5	1:36:30	5	1:54:27	5	2:24:56	5
	Andrew Christy (MU20)	16:06	Ryan Riddell	32:00	Steven O'Brien	16:38	Jonathan Carpenter	31:46	Christopher O'Brien	17:57	Bryan Clark	30:29
6 Ron Hill Cambuslang H (C) (V)	19:06	28	51:44	15	1:09:03	13	1:39:13	8	1:58:15	9	2:28:57	6
	Alan Ramage (M40)	19:06	Greg Hastie (M40)	32:38	Jamie Reid (M35)	17:19	Kerry Liam Wilson (M40)	30:10	Michael O'Hagan (M40)	19:02	Robert Gilroy (M35)	30:42
7 Edinburgh AC (A)	17:46	17	48:45	8	1:06:29	7	1:39:00	7	1:56:35	6	2:30:47	7
	Lukasz Cwiklewski	17:46	Bryan Mackie	30:59	Peter Cameron (MU20)	17:44	Daniel Clarkson	32:31	Ross Irving	17:35	Martin Ferguson (M45)	34:12
8 Lasswade AAC (A)	19:20	29	50:16	11	1:05:25	6	1:38:21	6	1:57:20	7	2:31:49	8
	Ross Finlayson	19:20	Barney Phillips	30:56	Ross Matheson (MU20)	15:09	Martin Gore	32:56	Ben Mitchell (M40)	18:59	John Murray	34:29
9 Shettleston H (A)	15:59	3	48:31	6	1:06:59	9	1:43:02	12	2:02:26	11	2:32:02	9
	Teweldeberhan Mengisteab	15:59	Brian McGarrity	32:32	John J Duffy (M45)	18:28	Michael Paxton	36:03	Denis Williams (M50)	19:24	Paul Sorrie	29:36
10 Inverclyde AC (A)	16:46	8	50:44	12	1:07:46	10	1:40:31	10	1:57:41	8	2:33:26	10
	Michael Houston (MU20)	16:46	Adam McLean	33:58	John Cooke	17:02	Sean Gaffney	32:45	Greg Williams (MU20)	17:10	Gerard Gaffney (M55)	35:45
11 Kilmarnock H&AC (A)	17:52	18	48:55	9	1:06:54	8	1:39:52	9	2:00:12	10	2:34:49	11
	David Murray (M40)	17:52	Graeme Cameron	31:03	James Wales	17:59	Scott Martin (M40)	32:58	Murray McDonald (MU20)	20:20	Stewart Ferguson (M40)	34:37
12 Irvine AC (A) (V)	20:34	38	53:29	21	1:12:24	18	1:44:50	14	2:03:28	13	2:34:52	12
	James Sneddon (M45)	20:34	Alex Allardyce (M40)	32:55	Colin Miller (M55)	18:55	Jamie Findlay (M35)	32:26	Mark Livingstone (M40)	18:38	William Richardson (M40)	31:24
13 Gala H (A)	17:38	15	52:20	17	1:10:11	16	1:45:04	15	2:03:07	12	2:36:17	13
	Graeme Murdoch (M35)	17:38	Colin McCall (M35)	34:42	Graham Manczak (M35)	17:51	Mark Bryson (M45)	34:53	Wayne McIntosh (M35)	18:03	Colin Welsh	33:10
14 Falkirk Victoria H (A)	17:06	11	48:38	7	1:08:16	12	1:40:33	11	2:04:12	15	2:37:20	14
	Gary Smith	17:06	Dale Colley (MU20)	31:32	Peter Martin (MU20)	19:38	Peter Moffett	32:17	David Bunyan (M60)	23:39	Brian Turner (M35)	33:08
15 Corstorphine AAC (D) (V)	16:49	9	56:37	31	1:15:53	30	1:49:23	23	2:07:48	18	2:41:00	15
	Stuart Campbell (M45)	16:49	Jan-Bert Van Den Berg (M50)	39:48	Graeme Gow (M45)	19:16	Paddy Jumelle (M35)	33:30	Graeme Fletcher (M50)	18:25	Grant Wilkie (M40)	33:12
16 Lothian RC (A)	16:19	6	49:12	10	1:08:00	11	1:44:09	13	2:03:58	14	2:41:54	16
	Max McNeill (MU20)	16:19	Colin Partridge (M35)	32:53	John Malcolm (M40)	18:48	Scott Nelson (M45)	36:09	Alan Moffat (M35)	19:49	Donald Shaw (M40)	37:56
17 Carnegie H (A) (V)	18:31	24	53:15	19	1:13:00	20	1:48:01	21	2:07:20	17	2:42:03	17
	Alex Keenan (M35)	18:31	Ian Stewart (M55)	34:44	Lewis Lawson (M50)	19:45	Andy Hume (M40)	35:01	John Fulham (M40)	19:19	Mike Harvey (M45)	34:43
18 Metro Aberdeen RC (A)	18:22	22	55:21	27	1:14:02	26	1:49:51	24	2:08:35	21	2:42:13	18
	Michael Barker (M35)	18:22	Takayuki Kurata	36:59	Jeremy Kibble	18:41	Ian Urquhart	35:49	Robert Taylor (M55)	18:44	Neil Jaffrey	33:38
19 Motherwell AC (A)	18:38	25	54:51	26	1:13:49	23	1:47:43	18	2:08:26	20	2:43:53	19
	Benjamin Hands (M50)	18:38	Brian McLinden (M45)	36:13	Craig Mackenzie (MU20)	18:58	Christopher MacDonald	33:54	John Hughes (M55)	20:43	Graeme Kennedy (M55)	35:27
20 Ayr Seaforth AAC (A)	18:48	27	51:42	14	1:10:47	17	1:47:50	20	2:08:05	19	2:44:34	20
	Craig Brown	18:48	Steven Reid	32:54	Euan Webster (MU20)	19:05	Kevin Bloy (M45)	37:03	Stuart Brockie (M35)	20:15	David Hughes (M40)	36:29
21 Bellahouston H (A)	17:23	13	54:41	25	1:13:09	21	1:51:32	29	2:12:54	24	2:45:07	21
	Andrew Campbell (M35)	17:23	Paul Clawson	37:18	Craig Lamont	18:28	Alastair Sinclair (M50)	38:23	Gordon Gallacher (M40)	21:22	Crispin Walsh (M40)	32:13
22 Kirkintilloch O (A) (V)	21:57	45	56:49	33	1:15:46	29	1:50:11	25	2:09:09	22	2:46:44	22
	Christopher Craig (M40)	21:57	Adrian Dow (M45)	34:52	Gary Mitchell (M45)	18:57	Howard Elliott (M45)	34:25	David Hogg (M40)	18:58	Robert Rogerson (M50)	37:35
23 Corstorphine AAC (C)	17:55	19	53:43	22	1:13:54	24	1:47:46	19	2:06:51	16	2:49:27	23
	Ewan Stark	17:55	Scott McDowall	35:48	Brent Vivian (M45)	20:11	Alastair Brockie	33:52	Stuart Livingstone	19:05	Steven Blair (M45)	42:36
24 Hunters Bog T (A)	21:11	42	56:20	30	1:15:38	28	1:51:18	28	2:13:05	25	2:50:38	24
	Duncan Baker (M50)	21:11	George Ashley	35:09	James Bowden	19:18	Mark Rhynes	35:40	David Fulton	21:47	Andrew McKeachie	37:33
25 Pitreavie AAC (A)	18:20	21	57:48	39	1:15:56	31	1:52:29	30	2:14:50	27	2:50:49	25
	Scott McAlpine (MU20)	18:20	Iain Robertson (M45)	39:28	Ben Kurzman (MU20)	18:08	Neil MacLachlan	36:33	Michael Bisset (M40)	22:21	Owain Williams	35:59

26 VP-Glasgow AC (A) (V)	19:35	30 56:14	29 1:18:30	33 1:54:08	31 2:13:15	26 2:51:37	26
	Ralph Connolly (M45)	19:35 Ian Dunn (M40)	36:39 Kenneth McVey (M60)	22:16 Duncan Thomson (M40)	35:38 David McCormack (M50)	19:07 Tom Ord (M55)	38:22
27 Central AC (B)	17:06	10 51:39	13 1:09:24	14 1:50:21	26 2:10:03	23 2:54:40	27
	Attila Emmer (M35)	17:06 Alexander Milne (M45)	34:33 Iain Townsend	17:45 Colin Alexander (M35)	40:57 David Lindsay (MU20)	19:42 Kenneth Hislop	44:37
28 Carnegie H (B) (V)	21:08	41 57:09	35 1:20:09	36 1:59:39	34 2:19:47	28 2:57:47	28
	John Crookston (M55)	21:08 Paul Kieran (M35)	36:01 Malcolm Smith (M45)	23:00 John Hynd (M50)	39:30 Barry Davie (M35)	20:08 Ian Robert Johnston (M55)	38:00
29 Calderglen H (B) (V)	21:32	44 57:19	37 1:21:07	38 2:00:54	35 2:22:24	30 3:02:36	29
	George Stewart (M50)	21:32 Alan Derrick (M45)	35:47 Richard Lawton (M35)	23:48 Gerry Mullen (M50)	39:47 William Buchanan (M60)	21:30 Jim Holmes (M45)	40:12
30 Lothian RC (B) (A)	20:35	39 1:01:20	42 1:26:03	41 2:08:34	40 2:32:43	33 3:11:27	30
	Pol McDonald (M40)	20:35 Peter West (M55)	40:45 Ian Leggett (M70)	24:43 James Alexander (M50)	42:31 Clifford Dicker (M65)	24:09 Paul young (M40)	38:44
31 Fife AC (B)	20:34	37 54:39	24 1:18:45	34 2:03:26	37 2:31:28	32 3:11:29	31
	Daniel Newman (M45)	20:34 Andrew Murphy	34:05 Frank McLaren (M60)	24:06 D.Melville Scobie (M65)	44:41 Jim Woodburn (M45)	28:02 Brian Thomson (M40)	40:01
32 Giffnock North AAC (A) (V)	20:03	35 1:03:47	44 1:31:08	46 2:11:38	43 2:37:34	36 3:15:18	32
	Derek Breen (M50)	20:03 David Logan (M55)	43:44 George Gilchrist (M55)	27:21 Rodger McEleney (M55)	40:30 Alan Stewart (M60)	25:56 Neil Deerey (M45)	37:44
33 Metro Aberdeen RC (C)	20:48	40 1:02:33	43 1:24:22	40 2:15:33	46 2:38:36	37 3:21:54	33
	William Gavin Reid (M45)	20:48 Peter Jennings (M55)	41:45 Roddy McLeod (M45)	21:49 Phil Mann (M50)	51:11 Richard Douglas	23:03 Mark Robertson	43:18
34 Bellahouston H (B)	23:17	48 1:06:38	48 1:29:33	45 2:12:08	44 2:36:40	35 3:29:44	34
	Robert Carson (M60)	23:17 Ian Anscombe (M35)	43:21 Iain Burke (M60)	22:55 Ruairidh Macdonald	42:35 Thomas Keenan (M55)	24:32 stephen mcgeough (M35)	53:04
Metro Aberdeen RC (B)	21:21	43 1:00:00	41 1:20:24	37 1:58:24	33 2:20:10	29	
	Clifford Leith (M45)	21:21 George Proctor (M35)	38:39 Ian McGregor	20:24 Graham McFarlane (M35)	38:00 Michael Kane (M45)	21:46	
Motherwell AC (B)	22:50	47 1:05:01	45 1:28:09	43 2:06:03	39 2:27:16	31	
	William Martin (M55)	22:50 John Burns (M50)	42:11 Thomas Sneddon (M35)	23:08 Matthew Purser (M35)	37:54 Peter Blackmore (M40)	21:13	
Garscube H (A)	22:27	46 57:15	36 1:22:04	39 2:10:27	42 2:36:31	34	
	Christopher Devine	22:27 Andy Griffiths (M60)	34:48 Stephen Cullen (M55)	24:49 Kieran McLaughlin	48:23 Raghbir Singh (M60)	26:04	
Pitreavie AAC (B)	26:18	52 1:09:15	49 1:35:00	48 2:16:23	47 3:01:33	38	
	Frank Coyle (M65)	26:18 Laurence Leask (M60)	42:57 Donald Macleod (M55)	25:45 Colin Lamont	41:23 Bruce Buchanan (M40)	45:10	
Ron Hill Cambuslang H (B)	17:08	12 52:54	18 1:10:05	15 1:47:12	17		
	Donald Macaulay	17:08 Shazad Hakeem	35:46 Bobby Bristow (MU20)	17:11 Daniel O'Connell (M45)	37:07		
Shettleston H (B)	20:01	34 56:43	32 1:17:25	32 2:02:05	36		
	Garry Mason (MU20)	20:01 John Oates (M50)	36:42 David Murphy (M40)	20:42 Gerard Mason (M50)	44:40		
Kilmarnock H&AC (B)	24:09	50 1:05:50	46 1:27:48	42 2:10:14	41		
	Darren Young	24:09 Brian Darroch (M40)	41:41 Graham Cairns (M55)	21:58 Stewart McAllister	42:26		
Ferranti AAC (A)	25:05	51 1:09:20	50 1:32:50	47 2:12:30	45		
	Alex Jackson (M65)	25:05 Robert Miller (M50)	44:15 Keith Nicol (M60)	23:30 Paul Caban (M40)	39:40		
East Kilbride AC (A)	17:34	14 57:05	34 1:15:19	27			
	John Fergusson	17:34 David Thomson	39:31 Niall Walker	18:14			
Edinburgh AC (B)	20:22	36 55:47	28				
	S McKenzie	20:22 S Walters (M50)	35:25				
Gala H (B)	19:44	32 57:22	38				
	Derrick Brydon (M40)	19:44 Paul Daly (M45)	37:38				
Calderglen H (C)	23:24	49 1:13:06	51				
	Colin Banks (M35)	23:24 Russell Couper (M45)	49:42				
Inverclyde AC (B)	19:59	33					
	Gary McKendrick (M45)	19:59					
Bellahouston H (C)	30:14	53					
	David Hay (M55)	30:14					

M50 Championship

1 Ron Hill Cambuslang H (D) (X)	17:44	16	53:24	20	1:12:35	19	1:46:07	16
	W. Ian Williamson (M50)	17:44	Colin Feechan (M50)	35:40	Alick Walkinshaw (M50)	19:11	David Thom (M50)	33:32
2 Fife AC (A) (X)	18:16	20	54:38	23	1:13:55	25	1:49:02	22
	John Thomson (M50)	18:16	Bryce Aitken (M50)	36:22	Kenneth Anthony (M50)	19:17	John Kay (M50)	35:07
3 Calderglen H (A) (X)	18:24	23	52:11	16	1:13:44	22	1:50:24	27
	Martin Duthie (M50)	18:24	David Watt (M50)	33:47	Andrew Henderson (M55)	21:33	Charles McDougall (M60)	36:40
4 Central AC (C) (X)	18:43	26	58:25	40	1:19:44	35	1:56:52	32
	Robert Hutchison (M50)	18:43	Stuart Watson (M50)	39:42	Allan Gall (M55)	21:19	Hugh Buchanan (M50)	37:08
5 Ayr Seaforth AAC (B) (X)	19:41	31	1:06:31	47	1:29:15	44	2:05:50	38
	Peter Laing (M50)	19:41	Ross Green (M50)	46:50	Tom McCulloch (M60)	22:44	Laurence Baker (M50)	36:35

Fastest Times

Alastair Hay	Central AC (A)	15.06
Ross Matheson (MU20)	Lasswade AAC (A)	15.09
Andrew Butchart	Central AC (A)	15.29
Keith Hood (M40)	Corstorphine AAC (A)	15.55
Tewoldeberhan Mengisteab	Shettleston H (A)	15.59
Moray Anderson (M35)	Corstorphine AAC (A)	16.04
Lewis Millar	Central AC (A)	16.05
Andrew Christy (MU20)	Corstorphine AAC (B)	16.06
Jack Hamilton (MU20)	Ron Hill Cambuslang H (A)	16.17
Max McNeill (MU20)	Lothian RC (A) (V)	16.19
Russell Mountford (MU20)	Kilbarchan AAC (A)	16.20
Scott Pilkington	Corstorphine AAC (A)	16.24
Scott MacAulay	Kilbarchan AAC (A)	16.29
David Munro	Ron Hill Cambuslang H (A)	16.32
Alistair Campbell	Ron Hill Cambuslang H (A)	16.34
Steven O'Brien	Corstorphine AAC (B)	16.38
Michael Houston (MU20)	Inverclyde AC (A)	16.46
Stuart Campbell (M45)	Corstorphine AAC (D) (V)	16.49

Long Leg

Derek J Hawkins	Kilbarchan AAC (A)	28.03
Josh Lilly	Ron Hill Cambuslang H (A)	29.00
Alexander Hendry	Central AC (A)	29.13
Scott McDonald	Central AC (A)	29.14
Dermot Cummins	Corstorphine AAC (A)	29.23
Michael Crawley	Corstorphine AAC (A)	29.29
Ross Houston	Central AC (A)	29.35
Paul Sorrie	Shettleston H (A)	29.36
Douglas Selman	Corstorphine AAC (A)	29.37
Stuart Gibson	Ron Hill Cambuslang H (A)	29.45
Kerry Liam Wilson (M40)	Ron Hill Cambuslang H (C) (V)	30.10
Benjamin Hukins	Ron Hill Cambuslang H (A)	30.27
Bryan Clark	Corstorphine AAC (B)	30.29
Robert Gilroy (M35)	Ron Hill Cambuslang H (C) (V)	30.42
Barney Phillips	Lasswade AAC (A)	30.56
Bryan Mackie	Edinburgh AC (A)	30.59