

SAL National Road Relays
Livingston
26-March 2017
Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6								
1 Central AC (A)	16:25	8 46:54	6 1:03:03	5 1:31:45	3 1:47:32	1 2:16:24	1	Iain Davies (MU20)	16:25	Dale Colley	30:29	Matthew Sutherland	16:09	Cameron Milne	28:42	Aidan Thompson (MU20)	15:47	Jamie Crowe	28:52
2 Cambuslang Harriers (C)	16:07	4 45:02	1 1:01:29	1 1:31:21	1 1:48:53	2 2:18:27	2	Iain Reid	16:07	Stuart Gibson	28:55	Alistair Campbell	16:27	Robert Gilroy (M40)	29:52	Craig Jardine (MU20)	17:32	Ryan Thomson	29:34
3 Corstorphine AAC (A)	16:00	3 45:39	4 1:02:21	4 1:31:41	2 1:48:59	3 2:19:25	3	Howell Craske	16:00	Dermot Cummins	29:39	James Harrison	16:42	Calum McKenzie	29:20	Scott Pilkington	17:18	Douglas Selman	30:26
4 Aberdeen AAC (A)	16:25	10 45:22	2 1:02:15	2 1:33:25	5 1:50:28	5 2:20:25	4	Rory Muir	16:25	Michael Ferguson	28:57	Tyler White (MU20)	16:53	Rory Stead	31:10	Andrew Ferguson Jnr	17:03	Will Mackay	29:57
5 Edinburgh AC (A)	15:44	2 45:24	3 1:02:17	3 1:33:01	4 1:49:43	4 2:22:04	5	Gavin Bryson (MU20)	15:44	Neil Renault	29:40	Richard Meade	16:53	Iain Whitaker	30:44	John Lenehan	16:42	Iain Macdonald	32:21
6 Inverness Harriers AAC (A)	16:17	6 47:17	8 1:03:51	6 1:34:56	7 1:51:40	7 2:23:36	6	Stephen Mackay	16:17	Gordon Lennox	31:00	Donnie Macdonald	16:34	Graham Bee	31:05	Craig Campbell	16:44	Michael O'Donnell	31:56
7 Cambuslang Harriers (D)	17:11	21 48:19	12 1:05:54	12 1:36:51	9 1:54:15	10 2:25:45	7	Scott Somerville (MU20)	17:11	Gordon Robertson	31:08	Jack MacGregor (MU20)	17:35	Benjamin Hukins	30:57	Richard Carr	17:24	Colin Reilly	31:30
8 Bellahouston Harriers (A)	17:01	19 48:47	15 1:06:04	13 1:37:21	11 1:54:40	11 2:25:50	8	Robbie Ferguson (MU20)	17:01	Cris Walsh (M45)	31:46	Stuart Miller	17:17	Gregor Yates	31:17	Darren McQuade	17:19	Colin Thomas	31:10
9 Law & District AAC (A)	16:25	9 46:58	7 1:05:31	11 1:37:33	12 1:54:49	12 2:26:20	9	Ross Macdonald	16:25	Kevin Campbell	30:33	Ross Hill	18:33	Jamie McMorrow	32:02	Riccardo Faccenda	17:16	Darran Muir	31:31
10 Corstorphine AAC (B)	16:21	7 47:43	10 1:04:57	10 1:37:44	14 1:54:53	13 2:27:03	10	Stuart Livingstone	16:21	Alastair Brockie	31:22	Bryan Clark	17:14	David Hall	32:47	Douglas McKinnon	17:09	Chris Poxton	32:10
11 Shettleston Harriers (A)	16:48	14 46:34	5 1:04:26	8 1:34:27	6 1:51:37	6 2:28:22	11	William Bardsley (MU20)	16:48	Michael Deason	29:46	Adriano Bottini	17:52	Paul Sorrie	30:01	Adam Peters	17:10	Tewoldeberhan Mengisteab	36:45
12 Kilbarchan AAC (A)	16:58	18 48:13	11 1:07:02	15 1:35:42	8 1:53:26	8 2:28:52	12	Robert Quinn (M50)	16:58	Scott MacAulay	31:15	Robert McCulloch (M50)	18:49	Derek J Hawkins	28:40	Conor Thomson (MU20)	17:44	Donald Petrie (M55)	35:26
13 Corstorphine AAC (E) (M40)	17:54	30 50:38	24 1:08:49	21 1:39:41	17 1:57:52	19 2:29:23	13	Tom Ferrington (M40)	17:54	Stuart Campbell (M45)	32:44	Graeme Fletcher (M55)	18:11	Gordon Clarke (M40)	30:52	Iain Macleod (M45)	18:11	Keith Hood (M40)	31:31
14 Garscube Harriers (A)	16:55	16 49:56	18 1:07:15	18 1:39:23	16 1:56:18	15 2:29:27	14	Alan Blair	16:55	Stephen Porteous	33:01	Alasdair McMillan	17:19	David Lindsay (M40)	32:08	Del Young	16:55	Alasdair MacIver	33:09
15 East Kilbride A.C. (A)	17:20	23 50:11	20 1:08:08	19 1:39:04	15 1:57:51	18 2:29:52	15	Jamie Clements	17:20	Martin Lynas (MU20)	32:51	Vincent Hastings	17:57	Grant Baillie	30:56	Ross Grant	18:47	John Fergusson	32:01
16 Metro Aberdeen Running Club (A)	17:15	22 47:22	9 1:03:55	7 1:37:08	10 1:56:14	14 2:30:14	16	Tom Brian	17:15	Kyle Greig	30:07	Hamish Battle	16:33	Ben Ward	33:13	Dino Roussias (M40)	19:06	Colin Munday (M40)	34:00
17 Cambuslang Harriers (B) (M40)	18:33	38 51:10	28 1:09:04	25 1:39:50	18 1:57:29	16 2:30:43	17	Paul Kernohan (M40)	18:33	Justin Carter (M40)	32:37	Michael Barker (M40)	17:54	Kerry-Liam Wilson (M45)	30:46	Brian Douglas (M40)	17:39	Frank McGowan (M45)	33:14
18 Aberdeen AAC (B)	16:37	11 49:16	16 1:06:28	14 1:40:04	19 1:57:36	17 2:31:54	18	Stewart Millar (MU20)	16:37	Aaron Odentz (MU20)	32:39	Steven Murray (MU20)	17:12	Euan Webster	33:36	Fearghas Thomson	17:32	James Joy	34:18
19 PH Racing Club (A)	17:02	20 49:29	17 1:07:03	16 1:41:12	20 1:59:14	20 2:32:12	19	Michael Combe	17:02	Darren Jubb	32:27	Jonathan Peebles	17:34	Tommy Lawrence (M45)	34:09	Martin Butcher	18:02	Colin Somerville	32:58
20 Kirkintilloch Olympians (B) (M40)	17:34	28 51:38	32 1:09:43	30 1:43:42	31 2:01:58	24 2:34:01	20	Howard Elliott (M45)	17:34	Graham McCabe (M45)	34:04	Sean Casey (M45)	18:05	Robert Bartley (M40)	33:59	David Hogg (M45)	18:16	Louis O'Hare (M40)	32:03
21 Central AC (B)	17:56	32 50:00	19 1:07:08	17 1:43:34	30 2:01:42	23 2:34:08	21	Lewis Millar	17:56	Fraser Logan	32:04	Ruaridh Miller	17:08	David Lindsay	36:26	Alan Hume (M40)	18:08	Scott Brember (M40)	32:26
22 Lothian Running Club (A)	18:33	39 50:50	26 1:09:06	26 1:42:23	25 2:02:44	28 2:34:34	22	Euan McInnes (M40)	18:33	Malcolm Lang (M40)	32:17	Alan Knowles (M40)	18:16	Colin Partridge (M40)	33:17	Owen Williams	20:21	Joshua Dack	31:50
23 Gala Harriers (A)	17:56	31 48:40	14 1:09:13	27 1:41:35	21 2:00:18	21 2:35:17	23	Colin Welsh	17:56	Darrell Hastie	30:44	Matthew Aplin	20:33	Marcus D'Agrosa	32:22	Damien McNulty	18:43	Andrew Lawrie	34:59
24 Motherwell AC (A) (M40)	17:32	27 50:36	23 1:08:49	22 1:43:23	29 2:02:00	25 2:35:52	24	Allan Cameron (M40)	17:32	Stephen Allen (M45)	33:04	Alan Tait (M40)	18:13	Mark Hand (M40)	34:34	Mark Paterson (M40)	18:37	David Gardiner (M45)	33:52
25 Corstorphine AAC (C)	18:38	42 51:20	31 1:08:53	23 1:42:06	23 2:01:18	22 2:36:31	25	Christopher O'Brien	18:38	Ross Milne	32:42	Aaron Hoyle	17:33	Thomas Wilson	33:13	Steven O'Brien	19:12	Callum Thom	35:13
26 Bellahouston Harriers (B)	17:51	29 51:49	33 1:11:03	34 1:44:30	33 2:03:32	29 2:37:47	26	Craig Lamont	17:51	Paul Clawson	33:58	Calum Ferguson (MU20)	19:14	David Mackintosh	33:27	Fraser Armstrong (MU20)	19:02	Ian Sim	34:15
27 Hunters Bog Trotters (A)	19:01	47 52:32	37 1:10:59	33 1:43:00	27 2:02:02	26 2:38:15	27	George Ashley	19:01	Ewan Crawford	33:31	Simon Harrison	18:27	David Wright (M40)	32:01	David Fulton	19:02	Huw Jones	36:13

28 Giffnock North AAC (A)	15:39	1	50:48	25	1:09:29	28	1:42:16	24	2:02:26	27	2:39:54	28
	Grant Muir	15:39	David Sawyer (M40)	35:09	Luke Chamberlain (M40)	18:41	Andrew Clark	32:47	Michael Hampson (M50)	20:10	Chris Greenhalgh (M40)	37:28
29 Bellahouston Road Runners (A)	17:58	33	50:52	27	1:09:33	29	1:42:38	26	2:05:13	30	2:40:28	29
	Andrew Campbell (M40)	17:58	Russell Whittington (M45)	32:54	Anthony McParland (M45)	18:41	Graeme Paterson (M40)	33:05	Christopher Doak	22:35	Iain Burns	35:15
30 PH Racing Club (B)	18:09	34	53:46	43	1:12:31	39	1:47:36	37	2:06:51	33	2:40:47	30
	Stuart Mackay	18:09	Wallace Mitchell	35:37	Wright Beveridge (M45)	18:45	John Cassells (M45)	35:05	Scott Love	19:15	Robert Sellar (M40)	33:56
31 Teviotdale Harriers (A)	18:50	45	52:09	35	1:12:41	40	1:47:28	36	2:06:41	32	2:42:12	31
	Andrew Goodair (M45)	18:50	Greg Walker	33:19	Kyle Potts	20:32	Bruce Hughes	34:47	Derek Scott	19:13	Alastair Walker (M60)	35:31
32 University of Strathclyde (A)	19:15	50	53:24	41	1:12:18	37	1:47:09	35	2:05:49	31	2:42:47	32
	Toby Corner	19:15	Kieran Pugh	34:09	Craig Nolan	18:54	Harry Pulham	34:51	James Pettigrew (MU20)	18:40	Ian Coghill	36:58
33 Irvine Running Club (A)	20:27	62	54:05	45	1:14:00	43	1:49:10	39	2:09:59	39	2:44:05	33
	James Sneddon (M50)	20:27	Paul Lafferty	33:38	Tommy Begley (M45)	19:55	Mark Livingstone (M45)	35:10	John Miller	20:49	Alex Allardyce (M45)	34:06
34 Gala Harriers (B) (M40)	18:43	44	54:22	48	1:16:36	55	1:51:45	46	2:11:23	41	2:45:29	34
	Jamie McGowan (M40)	18:43	Rory Campbell (M45)	35:39	Derrick Brydon (M45)	22:14	Craig Mattocks (M40)	35:09	Magnus Inglis (M40)	19:38	Gary Trewartha (M40)	34:06
35 Metro Aberdeen Running Club (B)	18:25	35	55:06	50	1:15:04	48	1:49:52	41	2:08:59	36	2:45:29	35
	Andrew Thompson (M40)	18:25	Steven Morrison	36:41	Stuart Milne	19:58	Craig Thornhill	34:48	Phillip Brown	19:07	Rankin Lascelles	36:30
36 Motherwell AC (B)	18:55	46	56:11	54	1:16:15	51	1:49:16	40	2:09:38	38	2:47:08	36
	Ewen Cameron	18:55	Ben Smith (M40)	37:16	Brian McLinden (M60)	20:04	Christopher MacDonald	33:01	Robert Pattinson (M45)	20:22	Neil Richardson (M40)	37:30
37 Kirkintilloch Olympians (C) (M40)	18:31	37	53:40	42	1:13:22	41	1:50:09	42	2:12:57	42	2:50:49	37
	Paul O'Hare (M40)	18:31	Vincent Carroll (M45)	35:09	Alastair Dunlop (M60)	19:42	Derek Martin (M45)	36:47	Colin Simpson (M60)	22:48	Robert Rogerson (M55)	37:52
38 Airdrie Harriers (A)	17:30	26	52:49	39	1:13:31	42	1:53:03	48	2:14:00	43	2:52:54	38
	Ian Davey	17:30	Mark Connelly (M40)	35:19	Iain Chisholm (M50)	20:42	Francis Cullen	39:32	Marc Cummings (M40)	20:57	Steven Phillips	38:54
39 Hunters Bog Trotters (B)	19:04	49	54:12	46	1:16:31	52	1:54:39	52	2:15:38	45	2:53:35	39
	Richard Dougal	19:04	Peter Gardner	35:08	David Hope-Jones	22:19	Ivor Normand (M50)	38:08	Brian Pendreigh (M55)	20:59	Daniel Clements	37:57
40 Strathearn Harriers (A)	20:35	63	58:42	63	1:20:34	62	1:56:39	57	2:18:04	49	2:53:54	40
	Richard Collingwood	20:35	Charles Grimson (MU20)	38:07	Tony Wayte (M55)	21:52	Ben Murphy	36:05	Gary Brock (M45)	21:25	Aaron Dawson	35:50
41 Edinburgh AC (C)	18:38	43	53:05	40	1:11:50	36	1:46:42	34	2:08:38	35	2:54:00	41
	Kevin Hamilton	18:38	Terry Roberts	34:27	Alex Quayle	18:45	Nairn McWilliams	34:52	Michael Barton (M40)	21:56	Matthew Newnham (M55)	45:22
42 Garscube Harriers (B)	21:44	70	56:27	56	1:20:58	64	1:55:27	53	2:17:30	48	2:54:10	42
	Neil Douglas	21:44	Daniel Burns	34:43	David Geddes (M60)	24:31	Craig Shields	34:29	Norman Baillie (M65)	22:03	Barrie Johnstone (M40)	36:40
43 Shettleston Harriers (C) (M40)	19:39	56	54:02	44	1:16:33	53	1:51:30	45	2:15:17	44	2:54:18	43
	John Oates (M55)	19:39	Stephen Winter (M40)	34:23	Anton Manley (M40)	22:31	Denis Williams (M50)	34:57	Gerry Mason (M50)	23:47	John J Duffy (M50)	39:01
44 Bellahouston Harriers (C)	20:22	61	59:10	64	1:20:13	61	1:56:33	56	2:15:55	46	2:55:22	44
	Paul Houston (M45)	20:22	Ian Anscombe (M40)	38:48	Alastair Sinclair (M55)	21:03	Francis Gilroy (M50)	36:20	Mark Porter	19:22	Paul Burningham (M40)	39:27
45 Kilmarnock H&AC (A)	16:14	5	50:33	21	1:08:42	20	1:44:20	32	2:09:30	37	2:56:41	45
	Richard Mair	16:14	Scott Martin (M45)	34:19	James Wales	18:09	Colin Glencorse (M40)	35:38	Douglas Dickson (M50)	25:10	Murray McDonald	47:11
46 Corstorphine AAC (F) (M40)	22:33	73	59:14	65	1:20:48	63	1:59:00	59	2:21:00	51	2:57:24	46
	David Henderson (M55)	22:33	Dean Carr (M40)	36:41	Neill Porterfield (M40)	21:34	Alan Cameron (M45)	38:12	Martin Caldwell (M60)	22:00	Ian McPherson (M45)	36:24
47 Lothian Running Club (B) (M40)	20:42	64	57:52	62	1:19:07	59	1:57:20	58	2:19:42	50	3:02:21	47
	Pol MacDonald (M45)	20:42	Scott Nelson (M45)	37:10	Calum Ross (M50)	21:15	William Moffat (M40)	38:13	Stephen Malcolm (M45)	22:22	Neil Graham (M45)	42:39
VP-Glasgow AC (A)	17:24	25	48:25	13	1:04:45	9	1:37:40	13	1:54:00	9		
	Callum Heirs	17:24	Martin Hayes	31:01	Max Ralston	16:20	Max Milarvie (MU20)	32:55	Kieron Rafferty	16:20		
Cambuslang Harriers (E)	16:42	12	51:59	34	1:11:28	35	1:48:23	38	2:07:45	34		
	Paul Morrison (MU20)	16:42	Simon Gold	35:17	Scott Hunter (M40)	19:29	Michael O'Hagan (M45)	36:55	Daniel O'Connell (M50)	19:22		
Inverclyde AC (A)	16:46	13	50:36	22	1:09:00	24	1:42:00	22	2:10:20	40		
	Ross Gray (MU20)	16:46	Jason Kane	33:50	Stephen Cooke	18:24	Sean Gaffney	33:00	Craig Winter (M45)	28:20		
Falkirk Victoria Harriers (A)	21:33	69	59:42	66	1:19:07	60	1:56:12	55	2:16:07	47		
	Mark Johnstone (M45)	21:33	Wallace Grieve (M50)	38:09	Craig Johnston (M45)	19:25	Andrew Ronald (M45)	37:05	Stewart Douglas	19:55		
Metro Aberdeen Running Club (D)	21:31	67	1:07:24	77	1:30:14	71	2:11:25	63	2:32:57	52		
	Tony McGarva (M50)	21:31	David MacLennan	45:53	Phil Mann (M55)	22:50	Grant Allan	41:11	Michael Kane (M50)	21:32		
Shettleston Harriers (B)	18:33	40	54:20	47	1:15:27	49	1:51:25	43				
	Kevin Slaven	18:33	Duncan McCauley	35:47	Peter Conroy	21:07	Mark McColl	35:58				
Kirkintilloch Olympians (A)	18:25	36	52:35	38	1:12:27	38	1:53:21	49				
	Aidan McCaffrey (MU20)	18:25	Martyn Glancy	34:10	Edward McLoone	19:52	Mark Welsford (M40)	40:54				
Clydesdale Harriers (A)	19:38	55	56:15	55	1:15:00	47	1:54:04	50				
	Tony Dolan	19:38	Iain Robertson	36:37	Graeme Wiseman (M40)	18:45	Ryan Nelson	39:04				
Caldergleng Harriers (B)	23:25	75	1:05:47	74	1:28:16	69	2:24:46	65				
	Gordon McNally (M50)	23:25	Richard Lawton (M40)	42:22	Andrew Henderson (M60)	22:29	Russell Couper (M50)	56:30				
Edinburgh Univ Hare & Hounds (A)	16:57	17	51:12	29	1:09:52	31						
	Gregor Malcolm (MU20)	16:57	Alex Luetchford	34:15	Brendan Hancox (MU20)	18:40						

Central AC (C) (M40)	19:26	53	55:49	53	1:14:21	44
Iain Dunsmore (M45)	19:26	David Eckersley (M50)	36:23	Neil Cameron (M45)	18:32	
Aberdeen AAC (C)	19:17	51	56:35	57	1:14:37	45
Fraser McGillivray	19:17	Matthias Flamenco (MU20)	37:18	Craig Osborne (MU20)	18:02	
Pitreavie AAC (A)	16:49	15	55:35	52	1:14:39	46
Ben Potrykus	16:49	Colin Lamont	38:46	Jeff Farquhar (M55)	19:04	
Corstorphine AAC (D)	20:15	60	57:04	59	1:16:35	54
Chris Peggie	20:15	Gary Morrison	36:49	Peter Black	19:31	
Bellahouston Harriers (D)	23:30	76	1:02:49	72	1:28:48	70
Robert Carson (M65)	23:30	Chris Paton	39:19	Thomas Keenan (M60)	25:59	
Inverness Harriers AAC (B)	17:22	24	52:30	36		
Christopher Fife	17:22	Finlay MacLennan	35:08			
PH Racing Club (C)	19:01	48	54:53	49		
Darren Candlish	19:01	Jonathan Campbell	35:52			
Cambuslang Harriers (F)	22:37	74	1:01:07	68		
David Stirling (M45)	22:37	Shazad Hakeem	38:30			
Law & District AAC (B)	19:36	54	1:02:34	71		
Bobby Hill	19:36	Patrick Kelly (M70)	42:58			
Teviotdale Harriers (B)	21:04	66	1:06:06	75		
Andrew Gibson	21:04	Alan Coltman (M50)	45:02			
Lothian Running Club (C)	23:43	77	1:06:18	76		
Stig Walsh (M45)	23:43	Martin Leadbetter (M60)	42:35			
Ferranti AAC (A)	29:27	81	1:12:06	79		
Edward McDonald (M65)	29:27	Grant Sellar (M50)	42:39			
Fife AC (A)	20:01	58				
Daniel Newman (M45)	20:01					
Airdrie Harriers (B)	24:16	79				
Alan Burns (M40)	24:16					

M50 Championship

Cambuslang Harriers (A) (M50)	18:36	41	51:17	30	1:10:27	32	1:43:21	28
Alick Walkinshaw (M55)	18:36	Peter Fleming (M55)	32:41	Colin Feechan (M55)	19:10	Stan MacKenzie (M50)	32:54	
Metro Aberdeen Running Club (C) (M50)	19:47	57	57:20	60	1:19:03	58	1:51:26	44
Robert Taylor (M55)	19:47	Keith Farquhar (M55)	37:33	Peter Jennings (M60)	21:43	Nick Milovsorov (M50)	32:23	
Calderglen Harriers (A) (M50)	22:07	72	56:59	58	1:18:05	57	1:51:56	47
Charlie McDougall (M65)	22:07	Alan Derrick (M50)	34:52	Edward Reid (M50)	21:06	David Watt (M55)	33:51	
Edinburgh AC (B) (M50)	19:22	52	55:32	51	1:15:50	50	1:54:12	51
Andrew Latham (M50)	19:22	David Cross (M50)	36:10	Garry Robertson (M55)	20:18	Chris Creegan (M55)	38:22	
PH Racing Club (D) (M50)	20:05	59	57:37	61	1:17:48	56	1:55:55	54
Alan Cockburn (M50)	20:05	Martin McNellis (M50)	37:32	Ian Robert Johnston (M55)	20:11	Dennis Howett (M50)	38:07	
Gala Harriers (C) (M50)	24:05	78	1:01:44	69	1:22:47	66	1:59:28	60
William McCulloch (M55)	24:05	Bob Johnson (M55)	37:39	David Nightingale (M60)	21:03	Ian Maxwell (M55)	36:41	
PH Racing Club (E) (M50)	20:43	65	1:00:15	67	1:23:03	67	2:02:32	61
Calum Vallance (M50)	20:43	Peter Simpson (M55)	39:32	Robert Milton (M50)	22:48	Ed Norton (M65)	39:29	
Dumfries Running Club (A) (M50)	21:33	68	1:05:32	73	1:27:15	68	2:07:18	62
Leslie Hill (M55)	21:33	Stephen Mohan (M55)	43:59	David Burns (M55)	21:43	Brian Mohan (M50)	40:03	
Central AC (D) (M50)	26:16	80	1:10:01	78	1:32:11	72	2:12:45	64
John Millar (M65)	26:16	Allan Gall (M60)	43:45	Raymond J Milne (M50)	22:10	Hugh Buchanan (M55)	40:34	
Falkirk Victoria Harriers (B) (M50)	21:50	71	1:02:01	70	1:22:30	65		
Gordon Dewar (M50)	21:50	Grant Matheson (M50)	40:11	Malcolm Finlayson (M50)	20:29			

Fastest Times

Short Leg

Grant Muir	Giffnock North AAC (A)	15.39
Gavin Bryson (MU20)	Edinburgh AC (A)	15.44
Aidan Thompson (MU20)	Central AC (A)	15.47
Howell Craske	Corstorphine AAC (A)	16.00
Iain Reid	Cambuslang Harriers (C)	16.07
Matthew Sutherland	Central AC (A)	16.09
Richard Mair	Kilmarnock H&AC (A)	16.14
Stephen Mackay	Inverness Harriers AAC (A)	16.17
Kieron Rafferty	VP-Glasgow AC (A)	16.20
Max Ralston	VP-Glasgow AC (A)	16.20

Long Leg

Derek J Hawkins	Kilbarchan AAC (A)	28.40
Cameron Milne	Central AC (A)	28.42
Jamie Crowe	Central AC (A)	28.52
Stuart Gibson	Cambuslang Harriers (C)	28.55
Michael Ferguson	Aberdeen AAC (A)	28.57
Calum McKenzie	Corstorphine AAC (A)	29.20
Ryan Thomson	Cambuslang Harriers (C)	29.34
Dermot Cummins	Corstorphine AAC (A)	29.39
Neil Renault	Edinburgh AC (A)	29.40
Michael Deason	Shettleston Harriers (A)	29.46

Stuart Livingstone	Corstorphine AAC (B) (M40)	16.21 Robert Gilroy (M40)	Cambuslang Harriers (C)	29.52
Ross Macdonald	Law & District AAC (A)	16.25 Will Mackay	Aberdeen AAC (A)	29.57
Rory Muir	Aberdeen AAC (A)	16.25 Paul Sorrie	Shettleston Harriers (A)	30.01
Iain Davies (MU20)	Central AC (A)	16.25 Kyle Greig	Metro Aberdeen Running Club (A)	30.07
Alistair Campbell	Cambuslang Harriers (C)	16.27 Douglas Selman	Corstorphine AAC (A)	30.26
Hamish Battle	Metro Aberdeen Running Club (A)	16.33 Dale Colley	Central AC (A)	30.29
Donnie Macdonald	Inverness Harriers AAC (A)	16.34 Kevin Campbell	Law & District AAC (A)	30.33
Stewart Millar (MU20)	Aberdeen AAC (B)	16.37 Darrell Hastie	Gala Harriers (A)	30.44
Paul Morrison (MU20)	Cambuslang Harriers (E)	16.42 Iain Whitaker	Edinburgh AC (A)	30.44
John Lenehan	Edinburgh AC (A)	16.42 Kerry-Liam Wilson (M45)	Cambuslang Harriers (B)	30.46