

SAL National Road Relays
Livingston
26 March 2017
Senior Women

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	17:09	1	51:33	1	1:09:54	1	1:43:54	1
	Morag MacLarty	17:09	Fiona Thompson	34:24	Lyndsay Morrison	18:21	Jennifer Wetton	34:00
2 Edinburgh Univ Hare & Hounds (A)	18:27	4	51:51	2	1:11:39	3	1:44:59	2
	Eve MacKinnon (FU20)	18:27	Louise Mercer	33:24	Lydia Blythe (FU20)	19:48	Stephanie Pennycook	33:20
3 Edinburgh AC (A)	18:00	2	52:42	3	1:11:01	2	1:48:08	3
	Emily Dudgeon	18:00	Rachael Dunn	34:42	Rebecca Burns	18:19	Laura Dunn	37:07
4 Lothian Running Club (A)	18:52	6	57:19	8	1:16:44	7	1:49:59	4
	Siobahn Coleman	18:52	Mel Zobel	38:27	Mhairi Inglis	19:25	Sarah Inglis	33:15
5 Fife AC (B)	18:49	5	53:28	4	1:12:56	4	1:50:30	5
	Jennifer Spence	18:49	Helen Sharpe	34:39	Alison McGill	19:28	Halina Rees	37:34
6 Kilbarchan AAC (A)	20:14	16	55:54	6	1:16:18	6	1:50:49	6
	Chloe Simpson (FU20)	20:14	Christina Rankin	35:40	Jennifer Rooney	20:24	Hayley Haining (F45)	34:31
7 Inverness Harriers AAC (A)	21:04	22	55:15	5	1:15:23	5	1:51:24	7
	Julie Wilson (F45)	21:04	Jenny Bannerman	34:11	Caroline Marwick	20:08	Gemma Cormack	36:01
8 Shettleston Harriers (A)	18:22	3	57:43	10	1:17:19	9	1:54:56	8
	Avril Mason (F40)	18:22	Oonagh Dunnett	39:21	Jessica Martin	19:36	Charlene Sophia Manley	37:37
9 Hunters Bog Trotters (A)	20:40	18	57:11	7	1:16:55	8	1:55:06	9
	Amelia Hope-Jones	20:40	Megan Wright (F40)	36:31	Briony Curtis	19:44	Morag McLelland	38:11
10 Metro Aberdeen Running Club (A)	19:04	8	57:27	9	1:19:42	12	1:55:08	10
	Claire Bruce	19:04	Jill Bonthron	38:23	Erin Rendall	22:15	Kayleigh Jarrett	35:26
11 Giffnock North AAC (A)	18:59	7	58:27	11	1:19:36	10	1:56:46	11
	Jill Smylie	18:59	Yvonne McNairn	39:28	Sheila Lewis (F50)	21:09	Mary McCutcheon (F50)	37:10
12 Edinburgh AC (B) (F40)	20:45	19	1:00:23	17	1:20:51	13	1:57:08	12
	Susan Ridley (F50)	20:45	Lyndsey Fraser (F40)	39:38	Sheenagh MacLulich (F40)	20:28	Jennifer MacLean (F40)	36:17
13 Edinburgh Univ Hare & Hounds (B)	20:25	17	59:48	14	1:20:56	14	1:59:02	13
	Rhiannon Kirk (FU20)	20:25	Iona Evans	39:23	Kirstin Bamford (FU20)	21:08	Caroline Jaschke	38:06
14 PH Racing Club (A) (F40)	20:01	14	1:00:11	16	1:21:07	15	1:59:08	14
	Mary Western (F50)	20:01	Suzanne Gray (F40)	40:10	Hannah Devey (F40)	20:56	Alison Whyte (F45)	38:01
15 Gala Harriers (B)	21:39	26	59:56	15	1:24:11	22	1:59:47	15
	Joeleen Mckean	21:39	Sara Green	38:17	Eileen Maxwell (F50)	24:15	Kirstin Maxwell	35:36
16 Cambuslang Harriers (A) (F40)	22:01	30	1:00:42	18	1:22:23	16	2:01:08	16
	Claire Mennie (F40)	22:01	Bernadette O'Neil (F45)	38:41	Erica Christie (F60)	21:41	Jennifer Reid (F40)	38:45
17 Garscube Harriers (A)	21:02	21	1:01:20	23	1:22:45	17	2:02:12	17
	Isabella Sheldon (FU20)	21:02	Lynne McDougall (F50)	40:18	Emma Blair	21:25	Mary Senior (F40)	39:27
18 Gala Harriers (A) (F40)	21:27	23	1:01:00	20	1:23:14	21	2:03:10	18
	Gillian Duncan (F45)	21:27	Fiona Dalgleish (F45)	39:33	Rachel Fagan (F40)	22:14	Kate Jenkins (F40)	39:56
19 Bellahouston Harriers (A)	21:33	24	1:01:04	21	1:23:07	20	2:04:31	19
	Katherine Hylands	21:33	Jayne McNamara (F55)	39:31	Lynne McDowall	22:03	Janine Dickie	41:24

20 Corstorphine AAC (B)	22:23	34	1:02:32	24	1:24:57	24	2:04:57	20
	Megan Smith	22:23	Lisa Christy	40:09	Jilly McKay	22:25	Fiona Goulding	40:00
21 Strathclyde Univ Harriers (A)	23:05	38	1:04:22	32	1:28:08	29	2:07:24	21
	Claire Sloan	23:05	Maddy Watson	41:17	Joanna Reid	23:46	Eilidh Smyth (FU20)	39:16
22 Bellahouston Road Runners (A)	19:09	10	59:39	12	1:22:59	19	2:08:49	22
	Ann Robin	19:09	Claire Wharton (F45)	40:30	Jane McNeilly	23:20	Madeline Smillie (F40)	45:50
23 Edinburgh AC (C)	19:12	11	1:03:39	28	1:25:27	25	2:08:55	23
	Amanda Woodrow	19:12	Elaine Davies (F45)	44:27	Karen Dobbie (F50)	21:48	Sarah Cadenas	43:28
24 Corstorphine AAC (A) (F40)	23:11	39	1:02:40	25	1:28:43	31	2:09:00	24
	Janet Grigor (F45)	23:11	Gillian Carr (F40)	39:29	Fiona Linklater (F40)	26:03	Fiona Carver (F55)	40:17
25 Edinburgh Univ Hare & Hounds (C)	20:59	20	1:03:50	29	1:26:37	27	2:10:10	25
	Jennifer Glass (FU20)	20:59	Linn Gjesdal	42:51	Christine Irvine	22:47	Lise Theron (FU20)	43:33
26 Motherwell AC (A)	20:10	15	1:00:58	19	1:24:45	23	2:10:57	26
	Clare Hughes	20:10	Susan Stewart	40:48	Gillian McCaffer (F40)	23:47	Elaine Jamieson (F45)	46:12
27 Kilmarnock H&AC (A)	19:09	9	1:04:44	33	1:26:00	26	2:12:15	27
	Kara Tait	19:09	Elizabeth McDerment (F45)	45:35	Stephanie Hewitt	21:16	Amanda Bryden	46:15
28 Calderglen Harriers (A)	22:37	35	1:03:50	30	1:30:00	35	2:12:21	28
	Kay Conneff (F40)	22:37	Joanne McEvoy	41:13	Alexandra Hayden	26:10	Frances Maxwell (F50)	42:21
29 Bellahouston Harriers (B)	22:05	32	1:07:50	37	1:29:43	33	2:14:34	29
	Laura Ritchie	22:05	Emily Jackson	45:45	Kristina Greig	21:53	Suzanne Boyle	44:51
30 Airdrie Harriers (A)	21:47	27	1:03:59	31	1:29:49	34	2:15:46	30
	Anne Smith (F50)	21:47	Marie Thse Rodgers (F45)	42:12	Morven Glennie	25:50	Christine McMenemy (F50)	45:57
31 Metro Aberdeen Running Club (B)	22:46	37	1:08:19	38	1:32:49	36	2:17:00	31
	Kara McCurrach	22:46	Vicki Inglis	45:33	Claire Smith (F45)	24:30	Jayne Addie (F40)	44:11
32 Kirkintilloch Olympians (A) (F40)	25:19	46	1:06:52	36	1:33:10	37	2:20:15	32
	Shirley McNab (F50)	25:19	Elaine Hogg (F45)	41:33	Vivien Fraser (F50)	26:18	Pamela Parker (F50)	47:05
33 Ferranti AAC (A)	28:13	50	1:11:16	41	1:39:28	40	2:22:42	33
	Elizabeth Gilchrist (F70)	28:13	Pascaline Mollard	43:03	Alison McDonald (F40)	28:12	Claire Gilchrist (F50)	43:14
34 Carnegie Harriers (A)	27:35	48	1:13:51	43	1:40:52	41	2:39:02	34
	Zuleika Brett	27:35	Kirsty Baird (F45)	46:16	Jane Macleod (F65)	27:01	Sarah Marshall	58:10
Fife AC (C)	22:03	31	59:44	13	1:19:41	11		
	Elise Methven (F40)	22:03	Jennifer Cruickshanks	37:41	Katie Jones	19:57		
Teviotdale Harriers (A)	21:58	28	1:03:32	27	1:28:40	30		
	Lauren Corbett	21:58	Michelle Short	41:34	Kirsty Hughes (F40)	25:08		
Lothian Running Club (B)	22:39	36	1:02:58	26	1:29:41	32		
	Jo Williams	22:39	Christine MacVarish (F45)	40:19	Kirsty McMeechan	26:43		
Metro Aberdeen Running Club (C)	24:53	45	1:13:02	42	1:36:29	39		
	Valerie Wilson (F50)	24:53	Naomi Sharp	48:09	Kathryn Firth	23:27		
Edinburgh Univ Hare & Hounds (D)	26:02	47	1:17:31	44	1:45:18	42		
	Rachel Stewart	26:02	Emily Riddell	51:29	Carla Willars	27:47		
Cambuslang Harriers (B)	22:21	33	1:05:05	34				
	Paula McCabe	22:21	Lesley McArdle	42:44				
Bellahouston Harriers (C)	23:48	40	1:10:57	40				
	Robyn Millar	23:48	Rebecca Simister	47:09				

Aberdeen AAC (A)	19:33	12
	Anisha Badial (FU20)	19:33
Kilbarchan AAC (B)	20:01	13
	Holly Thompson (FU20)	20:01
Garscube Harriers (B)	22:00	29
	Jill O'Neil (F40)	22:00
Falkirk Victoria Harriers (A) (F40)	24:07	42
	Monica Anderson (F45)	24:07
Motherwell AC (B)	24:18	44
	Tracey Lamont (F40)	24:18
Kilmarnock H&AC (B)	29:47	51
	Sandra Dickson (F45)	29:47

W50 Championship

Fife AC (A) (F50)	21:39	25	1:01:12	22	1:22:51	18
	Hilary Ritchie (F50)	21:39	Keren Macpherson (F50)	39:33	Lynne Stephen (F55)	21:39
Central AC (B) (F50)	23:50	41	1:06:47	35	1:28:07	28
	Jane Waterhouse (F60)	23:50	Hazel Dean (F50)	42:57	Patricia Milne (F50)	21:20
Motherwell AC (C) (F50)	24:09	43	1:09:29	39	1:33:41	38
	Mae McIsaac (F60)	24:09	Phyllis Hands (F60)	45:20	Joyce Allardice (F50)	24:12
Bellahouston Harriers (D) (F50)	27:54	49	1:19:15	45	1:47:17	43
	Elizabeth McGrady (F55)	27:54	Deirdre Hoyle (F65)	51:21	Anne Macfie (F50)	28:02

Fastest Times

Morag MacLarty	Central AC (A)	17.09	Sarah Inglis	Lothian Running Club (A)	33.15
Emily Dudgeon	Edinburgh AC (A)	18.00	Stephanie Pennycook	Edinburgh Univ Hare & Hounds (A)	33.20
Rebecca Burns	Edinburgh AC (A)	18.19	Louise Mercer	Edinburgh Univ Hare & Hounds (A)	33.24
Lyndsay Morrison	Central AC (A)	18.21	Jennifer Wetton	Central AC (A)	34.00
Avril Mason (F40)	Shettleston Harriers (A)	18.22	Jenny Bannerman	Inverness Harriers AAC (A)	34.11
Eve MacKinnon (FU20)	Edinburgh Univ Hare & Hounds (A)	18.27	Fiona Thompson	Central AC (A)	34.24
Jennifer Spence	Fife AC (B)	18.49	Hayley Haining (F45)	Kilbarchan AAC (A)	34.31
Siobahn Coleman	Lothian Running Club (A)	18.52	Helen Sharpe	Fife AC (B)	34.39
Jill Smylie	Giffnock North AAC (A)	18.59	Rachael Dunn	Edinburgh AC (A)	34.42
Claire Bruce	Metro Aberdeen Running Club (A)	19.04	Kayleigh Jarrett	Metro Aberdeen Running Club (A)	35.26
Kara Tait	Kilmarnock H&AC (A)	19.09	Kirstin Maxwell	Gala Harriers (B)	35.36
Ann Robin	Bellahouston Road Runners (A)	19.09	Christina Rankin	Kilbarchan AAC (A)	35.40
Amanda Woodrow	Edinburgh AC (C)	19.12	Gemma Cormack	Inverness Harriers AAC (A)	36.01
Mhairi Inglis	Lothian Running Club (A)	19.25	Jennifer MacLean (F40)	Edinburgh AC (B) (F40)	36.17
Alison McGill	Fife AC (B)	19.28	Megan Wright (F40)	Hunters Bog Trotters (A)	36.31
Anisha Badial (FU20)	Aberdeen AAC (A)	19.33	Laura Dunn	Edinburgh AC (A)	37.07
Jessica Martin	Shettleston Harriers (A)	19.36	Mary McCutcheon (F50)	Giffnock North AAC (A)	37.10
Briony Curtis	Hunters Bog Trotters (A)	19.44	Halina Rees	Fife AC (B)	37.34
Lydia Blythe (FU20)	Edinburgh Univ Hare & Hounds (A)	19.48	Charlene Sophia Manley	Shettleston Harriers (A)	37.37
Katie Jones	Fife AC (C)	19.57	Jennifer Cruickshanks	Fife AC (C)	37.41