

SAL National Cross Country Relays

Livingston

31-March 2013

Senior Women

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Edinburgh AC (A)	19:27	5	53:20	1	1:12:30	2	1:45:36	1
	Rachael Dunn (FU20)	19:27	Jennifer MacLean (F35)	33:53	Susan Ridley (F45)	19:10	Sarah Hood	33:06
2 Central AC (A)	19:28	6	53:54	2	1:11:57	1	1:45:45	2
	Claire Houston	19:28	Lyndsay Morrison	34:26	Fiona Thompson	18:03	Jennifer Emsley	33:48
3 Lothian RC (A)	20:48	11	56:15	5	1:14:19	4	1:48:23	3
	Jocelyn Moar	20:48	Chloe Cox	35:27	Sarah Inglis	18:04	Edel Mooney (F35)	34:04
4 Fife AC (A)	18:41	3	55:56	4	1:16:12	5	1:50:26	4
	Halina Rees (FU20)	18:41	Amie McKimmie	37:15	Jennifer Kibble	20:16	Helen Sharpe	34:14
5 Edinburgh AC (C)	17:39	1	54:28	3	1:13:59	3	1:51:40	5
	Laura Dunn	17:39	Emma Dunnett (FU20)	36:49	Lauren Stoddart	19:31	Oonagh Dunnett (FU20)	37:41
6 Gala H (A) (V)	20:05	8	58:29	8	1:19:07	8	1:53:41	6
	Jennifer Forbes (F40)	20:05	Fiona Dalglish (F40)	38:24	Rachel Fagan (F35)	20:38	Dianne Lauder (F35)	34:34
7 Garscube H (A)	17:54	2	57:29	7	1:18:48	7	1:57:38	7
	Lesley Chisholm (F35)	17:54	Jill O'Neil (F35)	39:35	Diane Clark	21:19	Laura Devine	38:50
8 Lasswade AAC (A)	21:28	16	59:20	10	1:22:00	9	1:57:43	8
	Debra Murray (F35)	21:28	Nicola Murray	37:52	Linden Nicholson (F60)	22:40	Keira Murray	35:43
9 Edinburgh AC (B) (V)	21:23	15	1:00:46	11	1:22:32	10	1:59:41	9
	Karen Dobbie (F45)	21:23	Nathalie Christie (F35)	39:23	Sharyn Ramage (F50)	21:46	Victoria Bailie (F35)	37:09
10 Kilmarnock H&AC (A)	21:06	13	56:54	6	1:18:08	6	2:00:36	10
	Lindsay McMahon (F40)	21:06	Kara Tait	35:48	Colleen Tait	21:14	Paula Wilson (F45)	42:28
11 Motherwell AC (A)	23:22	23	1:04:00	18	1:25:27	13	2:05:02	11
	Phyllis Hands (F55)	23:22	Joanne Clark (F35)	40:38	Clare Hughes	21:27	Jill E Logan	39:35
12 Central AC (B) (V)	20:32	10	1:00:57	13	1:23:12	11	2:05:43	12
	Ainsley Normand (F40)	20:32	Patricia Milne (F50)	40:25	Jane Waterhouse (F60)	22:15	Kate Weldon (F40)	42:31
13 Lothian RC (B) (V)	21:38	17	1:05:02	20	1:26:42	14	2:07:02	13
	Lynne Murray (F45)	21:38	Shona Young (F45)	43:24	Saran Jones (F45)	21:40	Christine MacVarish (F40)	40:20
14 Bellahouston H (A)	22:15	19	1:05:23	21	1:28:11	18	2:08:17	14
	Kristina Greig	22:15	Erica Christie (F55)	43:08	Katherine Hylands	22:48	Bernadette O'Neil (F45)	40:06
15 Hunters Bog T (A)	24:02	28	1:02:08	14	1:27:17	15	2:09:39	15
	Sinead O'Malley	24:02	Claire Gordon (F35)	38:06	Margaret Spalding	25:09	Mairead Kelly	42:22

16 Metro Aberdeen RC (B)	23:06	22	1:06:48	22	1:29:45	22	2:10:18	16
	Dawn Jaffrey (F35)	23:06	Tara Fairley (F35)	43:42	Ali Mathers (F35)	22:57	Lauren Smith	40:33
17 Kirkintilloch O (A) (V)	23:28	26	1:03:48	17	1:27:37	16	2:11:21	17
	Julie Nelson (F45)	23:28	Annmarie McCaffrey (F40)	40:20	Ada Stewart (F45)	23:49	Susan Addison (F50)	43:44
18 Helensburgh AAC (A)	23:41	27	1:02:24	15	1:27:55	17	2:13:28	18
	Karen Wallace (F35)	23:41	Michelle Hetherington (F45)	38:43	Laura Johnstone	25:31	Janet Fellowes (F55)	45:33
19 Metro Aberdeen RC (A)	23:24	24	1:06:54	23	1:31:51	23	2:14:21	19
	Claire Smith (F40)	23:24	Alison Pirie (F35)	43:30	Jacqui Wallace (F35)	24:57	Helen Crichton (F40)	42:30
20 Bellahouston H (B)	24:57	31	1:12:35	27	1:37:05	25	2:24:21	20
	Katy Smith (F40)	24:57	Michelle O'Shea	47:38	Suzanne Boyle	24:30	Vicki Hopewell	47:16
21 Pitreavie AAC (A)	27:04	33	1:15:15	29	1:42:25	27	2:27:54	21
	Louise Hewison (F40)	27:04	Jane Macleod (F60)	48:11	Serena Jones (F45)	27:10	Amanda McInnes	45:29
22 Kirkintilloch O (B) (V)	24:15	29	1:14:05	28	1:37:31	26	2:28:44	22
	Vivien Fraser (F45)	24:15	Pamela Parker (F45)	49:50	Debs Lindsay (F45)	23:26	Shirley MacNab (F45)	51:13
23 Kilmarnock H&AC (B)	22:57	21	1:04:41	19	1:28:21	19	2:30:21	23
	Natalie Boyce	22:57	Maire Gorman	41:44	Rosemary McMillan (F50)	23:40	Janice Millar (F55)	1:02:00
Livingston & District AAC (A)	20:05	9	1:00:51	12	1:25:14	12		
	Yvonne Crilly (F50)	20:05	Louise Crilly	40:46	Robyn McDowall	24:23		
Metro Aberdeen RC (C)	22:42	20	1:07:40	25	1:28:55	20		
	Nicola Smith (F40)	22:42	Karin Morrice (F35)	44:58	Lynne Parkinson (F35)	21:15		
Ferranti AAC (A)	21:54	18	1:03:13	16	1:29:12	21		
	Anne Peat (F45)	21:54	Claire Gilchrist (F45)	41:19	Alison Arnold (F35)	25:59		
Pitreavie AAC (B)	26:50	32	1:20:20	30	1:51:24	28		
	Irene Miller (F50)	26:50	Frances Donnelly (F45)	53:30	Alison Barton	31:04		
Lothian RC (C)	21:04	12	58:34	9				
	Lana Turnbull (FU20)	21:04	Jo Hall	37:30				
Hunters Bog T (B)	21:09	14	1:07:22	24				
	Katherine Wilkie	21:09	Emma Baker (F40)	46:13				
Ron Hill Cambuslang H (A)	19:15	4						
	Katie Bristow (FU20)	19:15						
Fife AC (B)	19:51	7						
	Abigail Bender (FU20)	19:51						
Lasswade AAC (B)	24:33	30						
	Lorna Rice (F40)	24:33						

W50 Championship

1 Fife AC (C) (X)	23:26	25	1:10:19	26	1:35:12	24
	Innes Bracegirdle (F55)	23:26	Sandra Aitken (F50)	46:53	Margaret McLaren (F55)	24:53

Fastest Times

Laura Dunn	Edinburgh AC (C)	17.39	Sarah Hood	Edinburgh AC (A)	33.06
Lesley Chisholm (F35)	Garscube H (A)	17.54	Jennifer Emsley	Central AC (A)	33.48
Fiona Thompson	Central AC (A)	18.03	Jennifer MacLean (F35)	Edinburgh AC (A)	33.53
Sarah Inglis	Lothian RC (A)	18.04	Edel Mooney (F35)	Lothian RC (A)	34.04
Halina Rees (FU20)	Fife AC (A)	18.41	Helen Sharpe	Fife AC (A)	34.14
Susan Ridley (F45)	Edinburgh AC (A)	19.10	Lyndsay Morrison	Central AC (A)	34.26
Katie Bristow (FU20)	Ron Hill Cambuslang H (A)	19.15	Dianne Lauder (F35)	Gala H (A) (V)	34.34
Rachael Dunn (FU20)	Edinburgh AC (A)	19.27	Chloe Cox	Lothian RC (A)	35.27
Claire Houston	Central AC (A)	19.28	Keira Murray	Lasswade AAC (A)	35.43
Lauren Stoddart	Edinburgh AC (C)	19.31	Kara Tait	Kilmarnock H&AC (A)	35.48
Abigail Bender (FU20)	Fife AC (B)	19.51	Emma Dunnett (FU20)	Edinburgh AC (C)	36.49
Yvonne Crilly (F50)	Livingston & District AAC (A)	20.05	Victoria Bailie (F35)	Edinburgh AC (B)	37.09
Jennifer Forbes (F40)	Gala H (A) (V)	20.05	Amie McKimmie	Fife AC (A)	37.15
Jennifer Kibble	Fife AC (A)	20.16	Jo Hall	Lothian RC (C)	37.30
Ainsley Normand (F40)	Central AC (B) (V)	20.32	Oonagh Dunnett (FU20)	Edinburgh AC (C)	37.41
Rachel Fagan (F35)	Gala H (A) (V)	20.38	Nicola Murray	Lasswade AAC (A)	37.52
Jocelyn Moar	Lothian RC (A)	20.48	Claire Gordon (F35)	Hunters Bog T (A)	38.06

SAL National Cross Country 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	Euan 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	Stephen 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

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