

2010 Scottish 4km Championships
Sunday 31st January 2010

| Pos | No | Name | Cat | Club | Time |
|------------|-----------|-----------------------|------------|-------------------------------|-------------|
| 1 | 155 | Daniel Mulhare | Senior | Inverclyde AC | 11:15 |
| 2 | 179 | Tewoldeberhan Mengis | Senior | Shettleston Harriers | 11:23 |
| 3 | 178 | Tsegezab Woldemichael | Senior | Shettleston Harriers | 11:28 |
| 4 | 71 | Tsegai Tewelde | Under 20 | Shettleston Harriers | 11:37 |
| 5 | 166 | John Newsom | Senior | Pitreavie AAC | 11:45 |
| 6 | 156 | Mark Pollard | Senior | Inverclyde AC | 11:49 |
| 7 | 134 | Michael Gillespie | Senior | Edinburgh Univ Hare & Hounds | 11:51 |
| 8 | 77 | Mark Haskett | Senior | Aberdeen AAC | 11:55 |
| 9 | 51 | Alexander Hendry | Under 20 | Central AC | 11:57 |
| 10 | 124 | Matthew Bell | Senior | Edinburgh AC | 12:00 |
| 11 | 170 | Stuart Gibson | Senior | Ron Hill Cambuslang Harriers | 12:04 |
| 12 | 163 | Niall Sheehan | Senior | Lasswade AAC | 12:06 |
| 13 | 111 | Murray MacLarty | Senior | Central AC | 12:08 |
| 14 | 145 | Thomas Fay | Senior | Glasgow University Hare and H | 12:12 |
| 15 | 56 | Andrew Crichton | Under 20 | Edinburgh AC | 12:13 |
| 16 | 171 | Robert Gilroy | Senior | Ron Hill Cambuslang Harriers | 12:14 |
| 17 | 172 | John MacNamara | Senior | Ron Hill Cambuslang Harriers | 12:17 |
| 18 | 151 | Murray Strain | Senior | Hunters Bog Trotters | 12:22 |
| 19 | 177 | Martin Graham | Senior | Shettleston Harriers | 12:23 |
| 20 | 73 | Ryan Gibb | Senior | VP-Glasgow AC | 12:26 |
| 21 | 48 | James Joy | Under 20 | Aberdeen AAC | 12:29 |
| 22 | 141 | Joe McKnight | Senior | Garscube Harriers | 12:33 |
| 23 | 135 | Ben Cole | Senior | Edinburgh Univ Hare & Hounds | 12:35 |
| 24 | 132 | Adam Priestley | Senior | Edinburgh AC | 12:38 |
| 25 | 153 | Kevin Kane | Senior | Inverclyde AC | 12:39 |
| 26 | 131 | Ryan O'Hare | Senior | Edinburgh AC | 12:42 |
| 27 | 144 | Michael Deason | Senior | Glasgow University Hare and H | 12:45 |
| 28 | 143 | Neil Burnside | Senior | Glasgow University Hare and H | 12:46 |
| 29 | 69 | Cameron Wilson | Under 20 | Kilmarnock H&AC | 12:48 |
| 30 | 184 | John Bell | Vet | Springburn Harriers | 12:48 |
| 31 | 72 | Sean Fontana | Under 20 | VP-Glasgow AC | 12:50 |
| 32 | 182 | Matthew Turner | Senior | Shettleston Harriers | 12:51 |
| 33 | 167 | John Brown | Vet | Ron Hill Cambuslang Harriers | 12:52 |
| 34 | 142 | Daniel Bradford | Senior | Glasgow University Hare and H | 12:52 |
| 35 | 133 | Callum Reid | Senior | Edinburgh AC | 12:54 |
| 36 | 175 | Kenneth McCoy | Senior | Shettleston Harriers | 12:54 |
| 37 | 54 | John Ferguson | Under 20 | East Kilbride A.C. | 12:55 |
| 38 | 60 | Arjuna Sivakumaran | Under 20 | Edinburgh Univ Hare & Hounds | 12:58 |
| 39 | 138 | Matthew Sutherland | Senior | Edinburgh Univ Hare & Hounds | 12:59 |
| 40 | 165 | Jeff Farquhar | Vet | Pitreavie AAC | 13:02 |
| 41 | 50 | Cameron Strachan | Under 20 | Aberdeen AAC | 13:05 |
| 42 | 191 | Andy Campbell | Senior | Bellahouston Harriers | 13:09 |
| 43 | 53 | Jamie Clements | Under 20 | East Kilbride A.C. | 13:11 |
| 44 | 57 | Tom Ryan | Under 20 | Edinburgh AC | 13:14 |
| 45 | 68 | James Wales | Under 20 | Kilmarnock H&AC | 13:17 |

2010 Scottish 4km Championships
Sunday 31st January 2010

| | | | | |
|-----------|-------------------------|----------|-------------------------------|-------|
| 46 | 150 Paul Thompson | Vet | Helensburgh AAC | 13:22 |
| 47 | 128 Kevin Graham | Senior | Edinburgh AC | 13:28 |
| 48 | 67 Ross Connelly | Under 20 | Kilmarnock H&AC | 13:30 |
| 49 | 174 Andrew Steven | Senior | Ron Hill Cambuslang Harriers | 13:30 |
| 50 | 84 Bryan Lamb | Senior | Bellahouston Harriers | 13:31 |
| 51 | 148 Shabir Ravji | Senior | Glasgow University Hare and H | 13:32 |
| 52 | 101 Alan Derrick | Vet | Calderglen Harriers | 13:37 |
| 53 | 75 Frank Boyne | Vet | Aberdeen AAC | 13:43 |
| 54 | 98 Gerard Scullion | Vet | Bellahouston Road Runners | 13:46 |
| 55 | 154 David McElhinney | Vet | Inverclyde AC | 13:53 |
| 56 | 147 Bryan McLelland | Senior | Glasgow University Hare and H | 13:59 |
| 57 | 129 Dan Hale | Senior | Edinburgh AC | 14:00 |
| 58 | 49 Rory Leslie | Under 20 | Aberdeen AAC | 14:01 |
| 59 | 127 D Clarkson | Senior | Edinburgh AC | 14:02 |
| 60 | 76 Christine Capener | Senior | Aberdeen AAC | 14:17 |
| 61 | 114 Iain Robertson | Senior | Clydesdale Harriers | 14:20 |
| 62 | 149 Neal Robb | Senior | Glasgow University Hare and H | 14:26 |
| 63 | 61 Scott Wallace | Under 20 | Edinburgh Univ Hare & Hounds | 14:30 |
| 64 | 80 Brian Douglas | Senior | Bellahouston Harriers | 14:30 |
| 65 | 112 Garry Dick | Senior | Clydesdale Harriers | 14:30 |
| 66 | 100 Alan Cullie | Vet | Calderglen Harriers | 14:33 |
| 67 | 160 Leslie McDermont | Senior | Kilmarnock H&AC | 14:35 |
| 68 | 81 Michael Freshour | Vet | Bellahouston Harriers | 14:44 |
| 69 | 52 Owen Miller | Under 20 | Dunfermline & West Fife AC | 14:45 |
| 70 | 108 Edward Reid | Vet | Calderglen Harriers | 14:48 |
| 71 | 122 Graeme Haddow | Vet | East Kilbride A.C. | 14:57 |
| 72 | 87 Bryan Burnett | Vet | Bellahouston Road Runners | 15:00 |
| 73 | 78 Alasdhair Love | Senior | Aberdeen AAC | 15:05 |
| 74 | 390 Ryan Nelson | Under 20 | Clydesdale Harriers | 15:07 |
| 75 | 85 Hamish Barbour | Vet | Bellahouston Road Runners | 15:08 |
| 76 | 91 Grant MacDonald | Senior | Bellahouston Road Runners | 15:12 |
| 77 | 96 Stewart Robertson | Senior | Bellahouston Road Runners | 15:13 |
| 78 | 82 Graeme Gemmel | Vet | Bellahouston Harriers | 15:16 |
| 79 | 92 Stuart Mathieson | Senior | Bellahouston Road Runners | 15:32 |
| 80 | 169 Alexander Eaglesham | Vet | Ron Hill Cambuslang Harriers | 15:37 |
| 81 | 173 Thomas McPake | Vet | Ron Hill Cambuslang Harriers | 15:42 |
| 82 | 103 Andrew Henderson | Vet | Calderglen Harriers | 15:44 |
| 83 | 105 Jim Holmes | Vet | Calderglen Harriers | 15:46 |
| 84 | 192 Robin Steacy | Senior | Helensburgh AAC | 15:48 |
| 85 | 121 David J. Condra | Vet | East Kilbride A.C. | 15:49 |
| 86 | 157 Robert Shaw | Vet | Inverclyde AC | 16:01 |
| 87 | 113 Pete Cartwright | Vet | Clydesdale Harriers | 16:12 |
| 88 | 104 David Herbertson | Senior | Calderglen Harriers | 16:14 |
| 89 | 158 John Smillie | Vet | Inverclyde AC | 16:22 |
| 90 | 63 Philip Arthur | Under 20 | Glasgow University Hare and H | 16:26 |
| 91 | 109 George Stewart | Vet | Calderglen Harriers | 16:26 |

2010 Scottish 4km Championships
Sunday 31st January 2010

| | | | | | |
|------------|-----|------------------|--------|---------------------------|-------|
| 92 | 130 | Alex MacEwen | Vet | Edinburgh AC | 16:31 |
| 93 | 107 | Graham Lindsay | Vet | Calderglen Harriers | 16:38 |
| 94 | 88 | Christopher Doak | Senior | Bellahouston Road Runners | 16:57 |
| 95 | 83 | John Hagemeister | Senior | Bellahouston Harriers | 17:12 |
| 96 | 94 | John Milligan | Senior | Bellahouston Road Runners | 17:35 |
| 97 | 90 | Richard Leyton | Senior | Bellahouston Road Runners | 17:40 |
| 98 | 110 | David Wardrope | Senior | Calderglen Harriers | 17:41 |
| 99 | 86 | Norman Boyle | Vet | Bellahouston Road Runners | 17:46 |
| 100 | 106 | Richard Lawton | Senior | Calderglen Harriers | 17:54 |
| 101 | 93 | Michael McInally | Vet | Bellahouston Road Runners | 17:57 |
| 102 | 120 | Michael Browne | Senior | East Kilbride A.C. | 18:11 |
| 103 | 99 | Russell Couper | Vet | Calderglen Harriers | 19:55 |

2010 Scottish 4km Championships
Sunday 31st January 2010

Senior Men

| Sum of Pos | | |
|-------------------------------------|--------------------------|-------|
| Club | Name | Total |
| Shettleston Harriers | Tewoldeberhan Mengisteab | 2 |
| | Tsegezab Woldemichael | 3 |
| | Tsegai Tewelde | 4 |
| | Martin Graham | 19 |
| Shettleston Harriers Total | | 28 |
| Edinburgh AC | Matthew Bell | 10 |
| | Andrew Crichton | 15 |
| | Adam Priestley | 24 |
| | Ryan O'Hare | 26 |
| Edinburgh AC Total | | 75 |
| Ron Hill Cambuslang Harriers | Stuart Gibson | 11 |
| | Robert Gilroy | 16 |
| | John MacNamara | 17 |
| | John Brown | 33 |
| Ron Hill Cambuslang Harriers Total | | 77 |
| Inverclyde AC | Daniel Mulhare | 1 |
| | Mark Pollard | 6 |
| | Kevin Kane | 25 |
| | David McElhinney | 55 |
| Inverclyde AC Total | | 87 |
| Glasgow University Hare and H | Thomas Fay | 14 |
| | Michael Deason | 27 |
| | Neil Burnside | 28 |
| | Daniel Bradford | 34 |
| Glasgow University Hare and H Total | | 103 |
| Edinburgh Univ Hare & Hounds | Michael Gillespie | 7 |
| | Ben Cole | 23 |
| | Arjuna Sivakumaran | 38 |
| | Matthew Sutherland | 39 |
| Edinburgh Univ Hare & Hounds Total | | 107 |
| Aberdeen AAC | Mark Haskett | 8 |
| | James Joy | 21 |
| | Cameron Strachan | 41 |
| | Frank Boyne | 53 |
| Aberdeen AAC Total | | 123 |

2010 Scottish 4km Championships
Sunday 31st January 2010

| | | |
|---------------------------------|------------------|-----|
| Kilmarnock H&AC | Cameron Wilson | 29 |
| | James Wales | 45 |
| | Ross Connelly | 48 |
| | Leslie McDerment | 67 |
| Kilmarnock H&AC Total | | 189 |
| | | |
| Bellahouston Harriers | Andy Campbell | 42 |
| | Bryan Lamb | 50 |
| | Brian Douglas | 64 |
| | Michael Freshour | 68 |
| Bellahouston Harriers Total | | 224 |
| | | |
| East Kilbride A.C. | John Ferguson | 37 |
| | Jamie Clements | 43 |
| | Graeme Haddow | 71 |
| | David J. Condra | 85 |
| East Kilbride A.C. Total | | 236 |
| | | |
| Calderglen Harriers | Alan Derrick | 52 |
| | Alan Cullie | 66 |
| | Edward Reid | 70 |
| | Andrew Henderson | 82 |
| Calderglen Harriers Total | | 270 |
| | | |
| Bellahouston Road Runners | Gerard Scullion | 54 |
| | Bryan Burnett | 72 |
| | Hamish Barbour | 75 |
| | Grant MacDonald | 76 |
| Bellahouston Road Runners Total | | 277 |
| | | |
| Clydesdale Harriers | Iain Robertson | 61 |
| | Garry Dick | 65 |
| | Ryan Nelson | 74 |
| | Pete Cartwright | 87 |
| Clydesdale Harriers Total | | 287 |

2010 Scottish 4km Championships
Sunday 31st January 2010

| Pos | No | Name | Cat | Club | Time |
|------------|-----------|-------------------|------------|---------------------|-------------|
| 1 | 42 | Elsbeth Curran | Senior | Kilbarchan AAC | 13:21 |
| 2 | 24 | Jennifer MacLean | Senior | Edinburgh AC | 13:32 |
| 3 | 41 | Rosie Smith | Senior | Hunters Bog Trotte | 13:35 |
| 4 | 28 | Hester Dix | Senior | Fife AC | 13:43 |
| 5 | 6 | Sarah Inglis | Under 20 | Lothian Running Cl | 13:46 |
| 6 | 23 | Sarah Hood | Senior | Edinburgh AC | 14:04 |
| 7 | 32 | Helen Sharpe | Senior | Fife AC | 14:05 |
| 8 | 40 | Sula Young | Senior | Hunters Bog Trotte | 14:13 |
| 9 | 43 | Kerry Lang | Senior | Kilbarchan AAC | 14:19 |
| 10 | 17 | Alison Docherty | Senior | Central AC | 14:19 |
| 11 | 21 | Niamh Devlin | Senior | Edinburgh AC | 14:31 |
| 12 | 44 | Cara Sloss | Senior | Kilbarchan AAC | 14:34 |
| 13 | 25 | Issy Menzies | Senior | Edinburgh AC | 14:39 |
| 14 | 190 | Toni McIntosh | Senior | Ayr Seaforth AAC | 14:44 |
| 15 | 47 | Michelle Sandison | Senior | Springburn Harriers | 15:01 |
| 16 | 4 | Stephanie Davis | Under 20 | Edinburgh Univ Ha | 15:04 |
| 17 | 18 | Ainsley Normand | Senior | Central AC | 15:04 |
| 18 | 3 | Emma Baxter | Under 20 | Edinburgh Univ Ha | 15:06 |
| 19 | 34 | Alison Winship | Senior | Garscube Harriers | 15:12 |
| 20 | 37 | Ruth Joss | Senior | Glasgow University | 15:15 |
| 21 | 29 | Alison McGill | Senior | Fife AC | 15:23 |
| 22 | 7 | Rhian Dawes | Under 20 | VP-Glasgow AC | 15:30 |
| 23 | 30 | Amie McKimmie | Senior | Fife AC | 15:49 |
| 24 | 14 | Claire Thompson | Senior | Bellahouston Road | 15:51 |
| 25 | 16 | Hazel Dean | Vet | Central AC | 15:55 |
| 26 | 36 | Yulia Uzunova | Senior | Glasgow University | 16:06 |
| 27 | 20 | Kelly Baillie | Senior | East Kilbride A.C. | 16:26 |
| 28 | 45 | Paula Wilson | Vet | Kilmarnock H&AC | 16:34 |
| 29 | 35 | Jennifer Conway | Senior | Glasgow University | 16:44 |
| 30 | 46 | Kirsten Ferguson | Senior | Springburn Harriers | 17:07 |
| 31 | 15 | Frances Maxwell | Vet | Calderglen Harriers | 17:20 |
| 32 | 39 | Janet Fellowes | Vet | Helensburgh AAC | 18:20 |
| 33 | 33 | Stephani Keane | Vet | Garscube Harriers | 21:22 |

2010 Scottish 4km Championships
Sunday 31st January 2010

Senior Women

| Sum of Pos | | |
|-------------------------------------|------------------|-------|
| Club | Name | Total |
| Edinburgh AC | Jennifer MacLean | 2 |
| | Sarah Hood | 6 |
| | Niamh Devlin | 11 |
| Edinburgh AC Total | | 19 |
| | | |
| Kilbarchan AAC | Elsbeth Curran | 1 |
| | Kerry Lang | 9 |
| | Cara Sloss | 12 |
| Kilbarchan AAC Total | | 22 |
| | | |
| Fife AC | Hester Dix | 4 |
| | Helen Sharpe | 7 |
| | Alison McGill | 21 |
| Fife AC Total | | 32 |
| Central AC | Alison Docherty | 10 |
| | Ainsley Normand | 17 |
| | Hazel Dean | 25 |
| Central AC Total | | 52 |
| | | |
| Glasgow University Hare and H | Ruth Joss | 20 |
| | Yulia Uzunova | 26 |
| | Jennifer Conway | 29 |
| Glasgow University Hare and H Total | | 75 |

**2010 Glasgow Athletics Development Scheme
Invitation Club 2K Cross Country Development Races
Sunday 31st January 2010**

| Pos | No | Name | Cat | Club | Time |
|------------|-----------|---------------------|------------|------------------------------|-------------|
| 1 | 201 | Chloe Cowan | Under 13 | Giffnock North AAC | 06:58 |
| 2 | 198 | Catriona Graves | Under 13 | Garscube Harriers | 07:17 |
| 3 | 213 | Emma Mitchell | Under 13 | Inverclyde AC | 07:28 |
| 4 | 230 | Gillian Black | Under 13 | VP-Glasgow AC | 07:32 |
| 5 | 203 | nikki hutcheson | Under 13 | Giffnock North AAC | 07:44 |
| 6 | 233 | Millie Boyle | Under 13 | VP-Glasgow AC | 07:57 |
| 7 | 219 | Rachel Black | Under 13 | Ron Hill Cambuslang Harriers | 07:59 |
| 8 | 199 | Iona Robinson | Under 13 | Garscube Harriers | 07:59 |
| 9 | 208 | Alexandra Pope | Under 13 | Giffnock North AAC | 08:00 |
| 10 | 234 | Emma Ferrie | Under 13 | VP-Glasgow AC | 08:05 |
| 11 | 223 | Hannah Robertson | Under 13 | Ron Hill Cambuslang Harriers | 08:05 |
| 12 | 207 | Isabella Murray | Under 13 | Giffnock North AAC | 08:07 |
| 13 | 216 | Chloe Simpson | Under 13 | Inverclyde AC | 08:11 |
| 14 | 226 | Myrtle Breckenridge | Under 13 | Shettleston Harriers | 08:11 |
| 15 | 220 | Sophie Hayes | Under 13 | Ron Hill Cambuslang Harriers | 08:14 |
| 16 | 236 | Kirsty Viera | Under 13 | VP-Glasgow AC | 08:16 |
| 17 | 221 | Lisa Ross | Under 13 | Ron Hill Cambuslang Harriers | 08:22 |
| 18 | 206 | Eilidh Cook | Under 13 | Giffnock North AAC | 08:24 |
| 19 | 217 | Kelly Williams | Under 13 | Inverclyde AC | 08:26 |
| 20 | 202 | Helena Davidson | Under 13 | Giffnock North AAC | 08:30 |
| 21 | 204 | Caitlin Faulkner | Under 13 | Giffnock North AAC | 08:37 |
| 22 | 210 | Lucy Davidson | Under 13 | Giffnock North AAC | 08:41 |
| 23 | 205 | Megan Adams | Under 13 | Giffnock North AAC | 08:57 |
| 24 | 214 | Heather Ramsay | Under 13 | Inverclyde AC | 09:44 |

**2010 Glasgow Athletics Development Scheme
 Invitation Club 2K Cross Country Development Races
 Sunday 31st January 2010**

U13 Girls

| Sum of Pos | | |
|------------------------------------|------------------|-------|
| Club | Name | Total |
| Giffnock North AAC | Chloe Cowan | 1 |
| | nikki hutcheson | 5 |
| | Alexandra Pope | 9 |
| | Isabella Murray | 12 |
| Giffnock North AAC Total | | 27 |
| | | |
| VP-Glasgow AC | Gillian Black | 4 |
| | Millie Boyle | 6 |
| | Emma Ferrie | 10 |
| | Kirsty Viera | 16 |
| VP-Glasgow AC Total | | 36 |
| | | |
| Ron Hill Cambuslang Harriers | Rachel Black | 7 |
| | Hannah Robertson | 11 |
| | Sophie Hayes | 15 |
| | Lisa Ross | 17 |
| Ron Hill Cambuslang Harriers Total | | 50 |
| | | |
| Inverclyde AC | Emma Mitchell | 3 |
| | Chloe Simpson | 13 |
| | Kelly Williams | 19 |
| | Heather Ramsay | 24 |
| Inverclyde AC Total | | 59 |
| | | |

**2010 Glasgow Athletics Development Scheme
Invitation Club 2K Cross Country Development Races
Sunday 31st January 2010**

| Pos | No | Name | Cat | Club | Time |
|------------|-----------|-------------------|------------|------------------------------|-------------|
| 1 | 255 | Max Lancaster | Under 13 | Giffnock North AAC | 06:36 |
| 2 | 282 | Liam Turner | Under 13 | VP-Glasgow AC | 06:44 |
| 3 | 260 | Jonathan Glen | Under 13 | Inverclyde AC | 06:50 |
| 4 | 266 | David Robertson | Under 13 | Ron Hill Cambuslang Harriers | 06:53 |
| 5 | 261 | Ross Gray | Under 13 | Inverclyde AC | 06:55 |
| 6 | 250 | Jamie Cook | Under 13 | Giffnock North AAC | 06:56 |
| 7 | 263 | Andrew Kelham | Under 13 | Inverclyde AC | 06:59 |
| 8 | 267 | Joe Brown | Under 13 | Ron Hill Cambuslang Harriers | 07:03 |
| 9 | 265 | Keith McIntyre | Under 13 | Ron Hill Cambuslang Harriers | 07:06 |
| 10 | 253 | John McLaughlin | Under 13 | Giffnock North AAC | 07:06 |
| 11 | 262 | Joshua Houston | Under 13 | Inverclyde AC | 07:07 |
| 12 | 274 | Murray McGiven | Under 13 | Shettleston Harriers | 07:12 |
| 13 | 252 | Rob Gourley | Under 13 | Giffnock North AAC | 07:25 |
| 14 | 276 | Euan Penrice | Under 13 | Shettleston Harriers | 07:29 |
| 15 | 268 | Brendan Carey | Under 13 | Ron Hill Cambuslang Harriers | 07:29 |
| 16 | 257 | Lewis Grant | Under 13 | Giffnock North AAC | 07:36 |
| 17 | 283 | Jamie Middleton | Under 13 | VP-Glasgow AC | 07:42 |
| 18 | 281 | Jock Breckenridge | Under 13 | Shettleston Harriers | 07:45 |
| 19 | 273 | Louis Britton | Under 13 | Ron Hill Cambuslang Harriers | 07:53 |
| 20 | 258 | Ross Gray | Under 13 | Giffnock North AAC | 07:57 |
| 21 | 271 | Fraser Ebbitt | Under 13 | Ron Hill Cambuslang Harriers | 08:27 |
| 22 | 272 | Euan Davidson | Under 13 | Ron Hill Cambuslang Harriers | 08:33 |
| 23 | 280 | Darren McKay | Under 13 | Shettleston Harriers | 08:40 |
| 24 | 270 | Ryan Miller | Under 13 | Ron Hill Cambuslang Harriers | 08:56 |
| 25 | 278 | Douglas Mason | Under 13 | Shettleston Harriers | 09:46 |

**2010 Glasgow Athletics Development Scheme
 Invitation Club 2K Cross Country Development Races
 Sunday 31st January 2010**

U13 Boys

| Sum of Pos | | |
|------------------------------------|-------------------|--------------|
| Club | Name | Total |
| Inverclyde AC | Jonathan Glen | 3 |
| | Ross Gray | 5 |
| | Andrew Kelham | 7 |
| | Joshua Houston | 11 |
| Inverclyde AC Total | | 26 |
| | | |
| Giffnock North AAC | Max Lancaster | 1 |
| | Jamie Cook | 6 |
| | John McLaughlin | 10 |
| | Rob Gourley | 13 |
| Giffnock North AAC Total | | 30 |
| | | |
| Ron Hill Cambuslang Harriers | David Robertson | 4 |
| | Joe Brown | 8 |
| | Keith McIntyre | 9 |
| | Brendan Carey | 15 |
| Ron Hill Cambuslang Harriers Total | | 36 |
| | | |
| Shettleston Harriers | Murray McGiven | 12 |
| | Euan Penrice | 14 |
| | Jock Breckenridge | 18 |
| | Darren McKay | 23 |
| Shettleston Harriers Total | | 67 |

**2010 Glasgow Athletics Development Scheme
Invitation Club 2K Cross Country Development Races
Sunday 31st January 2010**

| Pos | No | Name | Cat | Club | Time |
|------------|-----------|-------------------|------------|------------------------------|-------------|
| 1 | 300 | Linzi Cowan | Under 15 | Giffnock North AAC | 06:58 |
| 2 | 319 | Stella Winters | Under 15 | Shettleston Harriers | 07:03 |
| 3 | 302 | Selena Jackson | Under 15 | Giffnock North AAC | 07:23 |
| 4 | 323 | Hannah Ferguson | Under 15 | Shettleston Harriers | 07:24 |
| 5 | 303 | Holly Miller | Under 15 | Giffnock North AAC | 07:34 |
| 6 | 310 | Rebecca Munn | Under 15 | Inverclyde AC | 07:38 |
| 7 | 320 | Danielle McConway | Under 15 | Shettleston Harriers | 07:49 |
| 8 | 304 | Frances Lowrie | Under 15 | Giffnock North AAC | 08:05 |
| 9 | 316 | Lauren Doherty | Under 15 | Ron Hill Cambuslang Harriers | 08:13 |
| 10 | 306 | Paige McConville | Under 15 | Giffnock North AAC | 08:53 |
| 11 | 312 | Robyn Wilson | Under 15 | Inverclyde AC | 09:13 |

**2010 Glasgow Athletics Development Scheme
Invitation Club 2K Cross Country Development Races
Sunday 31st January 2010**

U15 Girls

| Sum of Pos | | |
|--------------------------|----------------|--------------|
| Club | Name | Total |
| Giffnock North AAC | Linzi Cowan | 1 |
| | Selena Jackson | 3 |
| | Holly Miller | 5 |
| | Frances Lowrie | 8 |
| Giffnock North AAC Total | | 17 |

**2010 Glasgow Athletics Development Scheme
Invitation Club 2K Cross Country Development Races
Sunday 31st January 2010**

| Pos | No | Name | Cat | Club | Time |
|------------|-----------|------------------|------------|------------------------------|-------------|
| 1 | 381 | Max Aitchison | Under 15 | VP-Glasgow AC | 05:50 |
| 2 | 372 | Ahmed Hassan | Under 15 | Shettleston Harriers | 05:51 |
| 3 | 382 | Lewis Boyle | Under 15 | VP-Glasgow AC | 06:01 |
| 4 | 383 | Craig Young | Under 15 | Garscube Harriers | 06:05 |
| 5 | 350 | Alastair Stanley | Under 15 | Garscube Harriers | 06:08 |
| 6 | 386 | Liam McLoone | Under 15 | VP-Glasgow AC | 06:08 |
| 7 | 353 | Neil Gourley | Under 15 | Giffnock North AAC | 06:21 |
| 8 | 358 | Andrew Clark | Under 15 | Giffnock North AAC | 06:32 |
| 9 | 366 | Matthew McKenna | Under 15 | Ron Hill Cambuslang Harriers | 06:34 |
| 10 | 384 | Marc Rooney | Under 15 | VP-Glasgow AC | 06:40 |
| 11 | 360 | Michael Houston | Under 15 | Inverclyde AC | 06:43 |
| 12 | 351 | Douglas Britton | Under 15 | Giffnock North AAC | 06:46 |
| 13 | 357 | Scott Young | Under 15 | Giffnock North AAC | 06:51 |
| 14 | 362 | Jack Rice | Under 15 | Inverclyde AC | 06:53 |
| 15 | 367 | Ross Stephen | Under 15 | Ron Hill Cambuslang Harriers | 06:58 |
| 16 | 385 | Kieron Rafferty | Under 15 | VP-Glasgow AC | 06:59 |
| 17 | 370 | Alex Miller | Under 15 | Ron Hill Cambuslang Harriers | 07:00 |
| 18 | 388 | Murray Sim | Under 15 | VP-Glasgow AC | 07:14 |
| 19 | 352 | Anthony Deveney | Under 15 | Giffnock North AAC | 07:16 |
| 20 | 387 | Jack Moreland | Under 15 | VP-Glasgow AC | 07:31 |
| 21 | 376 | Garry Mason | Under 15 | Shettleston Harriers | 07:43 |

**2010 Glasgow Athletics Development Scheme
 Invitation Club 2K Cross Country Development Races
 Sunday 31st January 2010**

U15 boys

| Sum of Pos | | |
|--------------------------|-----------------|-------|
| Club | Name | Total |
| VP-Glasgow AC | Max Aitchison | 1 |
| | Lewis Boyle | 3 |
| | Liam McLoone | 6 |
| | Marc Rooney | 10 |
| VP-Glasgow AC Total | | 20 |
| | | |
| Giffnock North AAC | Neil Gourley | 7 |
| | Andrew Clark | 8 |
| | Douglas Britton | 12 |
| | Scott Young | 13 |
| Giffnock North AAC Total | | 40 |
| | | |