

**SAL 4K Cross Country Championships**  
**Bellahouston Park, Glasgow**  
**11–November, 2012**  
**Senior/Junior Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	269	Rhona Auckland	Under 20	Edinburgh Uni Hares & Hounds	13:57
2	292	Elsbeth Curran	Senior	Kilbarchan AAC	14:15
3	259	Laura Muir	Under 20	Dundee Hawkhill Harriers	14:29
4	260	Gillian Palmer	Senior	Edinburgh AC	14:32
5	252	Jennifer Emsley	Senior	Central AC	14:45
6	290	Eilis McKeachie	Senior	Hunters Bog Trotters	14:53
7	294	Christina Rankin	Senior	Kilbarchan AAC	14:54
8	275	Helen Sharpe	Senior	Fife AC	14:57
9	261	Jennifer MacLean	Master	Edinburgh AC	15:08
10	264	Emma Dunnett	Under 20	Edinburgh AC	15:11
11	241	Gemma Cormack	Senior	Aberdeen AAC	15:13
12	293	Natalie Sharp	Senior	Kilbarchan AAC	15:21
13	282	Kathryn Pennel	Under 20	Glasgow Uni Hares & Hounds	15:22
14	296	Kara Tait	Senior	Kilmarnock H&AC	15:25
15	313	Michelle Sandison	Senior	Springburn Harriers	15:29
16	319	Sarah Potter	Under20	VP-Glasgow AC	15:31
17	305	Alexandra Lamond	Under 20	Ron Hill Cambuslang Harriers	15:33
18	263	Oonagh Dunnett	Under20	Edinburgh AC	15:35
19	312	Jessica Oliver-Bell	Senior	Shettleston Harriers	15:40
20	316	Katy Brown	Under 20	Stewartry AC	15:41
21	276	Jenny Tan	Senior	Fife AC	15:43
22	277	Megan Crawford	Senior	Fife AC	15:51
23	274	Halina Rees	Under 20	Fife AC	15:57
24	325	Natalie Milne	Senior		15:58
25	278	Moira Davie	Senior	Forres Harriers	16:05
26	306	Katie Bristow	Under 20	Ron Hill Cambuslang Harriers	16:08
27	322	Jade MacLaren	Senior	VP-Glasgow AC	16:09
28	273	Amie McKimmie	Senior	Fife AC	16:19
29	320	Jennifer Hannah	Senior	VP-Glasgow AC	16:54
30	317	Donna Finlayson	Senior	VP-Glasgow AC	17:01
31	311	Carole Setchell	Senior	Shettleston Harriers	17:06
32	254	Claire Houston	Senior	Central AC	17:09
33	250	Julie Beveridge	Senior	Calderglen Harriers	17:23
34	244	Kristina Greig	Senior	Bellahouston Harriers	17:45
35	255	Patricia Milne	Master	Central AC	17:51
36	242	Laura Mahady	Master	Aberdeen AAC	18:05
37	271	Laura Gibson	Under 20	Fife AC	18:09
38	301	Clare Barr	Master	Motherwell AC	18:13
39	288	Suzanne Coyle	Senior	Greenock Glenpark Harriers	18:17
40	299	Ausrine Ward	Master	Kirkintilloch Olympians	18:25

<b>41</b>	249	Joanne McEvoy	Senior	Calderglen Harriers	18:31
<b>42</b>	303	Fiona Wright	Master	Portobello Running Club	18:33
<b>43</b>	285	Lorna Coyle	Master	Greenock Glenpark Harriers	19:36
<b>44</b>	287	Lynne Rogers	Senior	Greenock Glenpark Harriers	18:39
<b>45</b>	323	Joanna Sutton	Senior	VP-Glasgow AC	18:45
<b>46</b>	308	Sarah Millar	Under 20	Ron Hill Cambuslang Harriers	18:49
<b>47</b>	257	Marina McCallum	Master	Clydesdale Harriers	18:52
<b>48</b>	251	Frances Maxwell	Master	Calderglen Harriers	18:53
<b>49</b>	302	Jenni Owens	Master	Portobello Running Club	18:58
<b>50</b>	289	Gillian McClure	Master	Greenock Glenpark Harriers	19:09
<b>51</b>	248	Rose McRobert	Master	Bellahouston Road Runners	19:18
<b>52</b>	247	Louise Ross	Master	Bellahouston Road Runners	19:19
<b>53</b>	245	Judith Macgregor	Master	Bellahouston Road Runners	19:20
<b>54</b>	284	Donna Clark	Senior	Greenock Glenpark Harriers	19:21
<b>55</b>	279	Natallia Mulrine	Senior	Garscube Harriers	19:40
<b>56</b>	256	Yvonne Green	Master	Clydesdale Harriers	19:43
<b>57</b>	324	Gaynor Gillespie	Master	Westerlands XC Club	19:54
<b>58</b>	309	Joanne Harkins	Senior	Shettleston Harriers	20:22
<b>59</b>	297	Debs Lindsay	Master	Kirkintilloch Olympians	21:46
<b>60</b>	258	Claire Reid	Under 20	Clydesdale Harriers	22:23

Kilbarchan AAC	Elspeth Curran	2
	Christina Rankin	7
	Natalie Sharp	12
Kilbarchan AAC Total		21
Edinburgh AC	Gillian Palmer	4
	Jennifer MacLean	9
	Emma Dunnett	10
Edinburgh AC Total		23
Fife AC	Helen Sharpe	8
	Jenny Tan	21
	Megan Crawford	22
Fife AC Total		51
VP-Glasgow AC	Sarah Potter	16
	Jade MacLaren	27
	Jennifer Hannah	29
VP-Glasgow AC Total		72
Central AC	Jennifer Emsley	5
	Claire Houston	32
	Patricia Milne	35
Central AC Total		72
Ron Hill Cambuslang Harriers	Alexandra Lamon	17
	Katie Bristow	26
	Sarah Millar	46
Ron Hill Cambuslang Harriers Total		89
Shettleston Harriers	Jessica Oliver-Bell	19
	Carole Setchell	31
	Joanne Harkins	58
Shettleston Harriers Total		108
Calderglen Harriers	Julie Beveridge	33
	Joanne McEvoy	41
	Frances Maxwell	48
Calderglen Harriers Total		122
Greenock Glenpark Harriers	Suzanne Coyle	39
	Lorna Coyle	43
	Lynne Rogers	44
Greenock Glenpark Harriers Total		126

Bellahouston Road Runners	Rose McRobert	51
	Louise Ross	52
	Judith Macgregor	53
Bellahouston Road Runners Total		156
Clydesdale Harriers	Marina McCallum	47
	Yvonne Green	56
	Claire Reid	60
Clydesdale Harriers Total		163

## **SAL 4K Cross Country Championships**

**Bellahouston Park, Glasgow**

**11–November, 2012**

**Senior/Junior Men**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	119	Mark Mitchell	Senior	Forres Harriers	12:18
2	229	David Vernon	Under 20	VP-Glasgow AC	12:19
3	45	Ross Houston	Senior	Central AC	12:21
4	44	Alexander Hendry	Senior	Central AC	12:24
5	47	Scott McDonald	Senior	Central AC	12:25
6	137	Luke Traynor	Under 20	Giffnock North AAC	12:26
7	63	Michael Crawley	Senior	Corstorphine AAC	12:30
8	135	Neil Gourley	Under 20	Giffnock North AAC	12:35
9	59	Douglas Selman	Senior	Corstorphine AAC	12:36
10	198	Stuart Gibson	Senior	Ron Hill Cambuslang Harriers	12:37
11	202	Wegene Tafese	Senior	Ron Hill Cambuslang Harriers	12:40
12	139	Stephen Trainer	Senior	Greenock Glenpark Harriers	12:43
13	212	Cameron Boyek	Under 20	Shildon Running & Athletic	12:49
14	48	Lewis Millar	Senior	Central AC	12:49
15	133	Kerrick Hesse	Senior	Glasgow Uni Hares & Hounds	12:51
16	206	Paul Sorrie	Senior	Shettleston Harriers	12:52
17	227	Max Ralston	Senior	VP-Glasgow AC	12:54
18	194	Benjamin Hukins	Senior	Ron Hill Cambuslang Harriers	12:55
19	196	David Munro	Senior	Ron Hill Cambuslang Harriers	12:58
20	197	Iain MacCorquodale	Senior	Ron Hill Cambuslang Harriers	13:00
21	77	Jamie Crowe	Under 20	Dundee Hawkhill Harriers	13:03
22	2	James Joy	Senior	Aberdeen AAC	13:04
23	203	Jack Hamilton	Under 20	Ron Hill Cambuslang Harriers	13:06
24	62	Calum McKenzie	Senior	Corstorphine AAC	13:08
25	73	Howell Craske	Under 20	Dundee Hawkhill Harriers	13:09
26	113	Patryk Gierjatowicz	Senior	Edinburgh Uni Hares & Hounds	13:10
27	10	Myles Edwards	Senior	Aberdeen AAC	13:11
28	164	Conor McNulty	Senior	Kilbarchan AAC	13:15
29	138	Greg Turner	Senior	Giffnock North AAC	13:16
30	97	Bryan Mackie	Senior	Edinburgh AC	13:17
31	180	Max McNeil	Under 20	Lothian Running Club	13:18
32	163	Mark Pollard	Senior	Inverclyde AC	13:22
33	64	Moray Anderson	Master	Corstorphine AAC	13:22
34	49	Sean Reilly	Senior	Central AC	13:25
35	114	Zachary Delaney	Under 20	Fife AC	13:25
36	204	Brian McGarrity	Senior	Shettleston Harriers	13:25
37	219	Adam Magowan	Under 20	Stirling University AC	13:27
38	71	Ewan Stark	Senior	Corstorphine AAC	13:27
39	4	Eoin Durkan	Senior	Aberdeen AAC	13:31
40	134	Adam Peters	Senior	Glasgow Uni Hares & Hounds	13:32
41	12	Michael Ferguson	Under 20	Banchory Stonehaven AC	13:33

<b>42</b>	154	Greg Williams	Under 20	Inverclyde AC	13:33
<b>43</b>	65	Bryan Clark	Senior	Corstorphine AAC	13:35
<b>44</b>	155	Michael Houston	Under 20	Inverclyde AC	13:35
<b>45</b>	111	Jake Wightman	Under 20	Edinburgh AC	13:37
<b>46</b>	107	Chris Ponton	Under 20	Edinburgh AC	13:38
<b>47</b>	90	Daniel Clarkson	Senior	Edinburgh AC	13:41
<b>48</b>	228	Ethan Sloan-Dennison	Under 20	VP-Glasgow AC	13:41
<b>49</b>	207	Kevin Brydon	Senior	Shettleston Harriers	13:41
<b>50</b>	131	Peter Bowman	Under 20	Glasgow Uni Hares & Hounds	13:41
<b>51</b>	100	Colin McGill	Master	Edinburgh AC	13:45
<b>52</b>	160	John Cooke	Senior	Inverclyde AC	13:46
<b>53</b>	199	Alistair Campbell	Senior	Ron Hill Cambuslang Harriers	13:47
<b>54</b>	66	Tom Ferrington	Master	Corstorphine AAC	13:47
<b>55</b>	165	Scott MacAulay	Senior	Kilbarchan AAC	13:49
<b>56</b>	136	Andrew Clark	Under 20	Giffnock North AAC	13:51
<b>57</b>	61	Andrew Christie	Under 20	Corstorphine AAC	13:51
<b>58</b>	80	John Fergusson	Senior	East Kilbride A.C.	13:51
<b>59</b>	176	Stephen Allen	Master	Law & District AAC	13:52
<b>60</b>	3	Sam Burgess	Under 20	Aberdeen AAC	13:55
<b>61</b>	142	Shaun Lyon	Senior	Greenock Glenpark Harriers	13:57
<b>62</b>	86	Neil Calder	Senior	Edinburgh AC	13:57
<b>63</b>	140	David Henderson	Senior	Greenock Glenpark Harriers	14:01
<b>64</b>	50	Tom Watson	Under 20	Central AC	14:03
<b>65</b>	69	Scott Pilkington	Senior	Corstorphine AAC	14:09
<b>66</b>	74	Gordon Barrie	Master	Dundee Hawkhill Harriers	14:14
<b>67</b>	68	Adam Priestley	Senior	Corstorphine AAC	14:16
<b>68</b>	79	Jamie Clements	Senior	East Kilbride A.C.	14:16
<b>69</b>	81	Niall Walker	Senior	East Kilbride A.C.	14:19
<b>70</b>	143	Steven Campbell	Master	Greenock Glenpark Harriers	14:22
<b>71</b>	157	Thomas Jamieson	Senior	Inverclyde AC	14:26
<b>72</b>	76	Graeme J. Oudney	Senior	Dundee Hawkhill Harriers	14:31
<b>73</b>	132	Chris Clarke	Senior	Glasgow Uni Hares & Hounds	14:33
<b>74</b>	129	Stephen Mulrine	Master	Garscube Harriers	14:36
<b>75</b>	116	Ewan Paton	Under 20	Fife AC	14:38
<b>76</b>	146	Andrew Harkins	Senior	Greenock Glenpark Harriers	14:38
<b>77</b>	70	Christopher O'Brien	Senior	Corstorphine AAC	14:41
<b>78</b>	232	Gregor Stewart	Senior	Westerlands XC Club	14:42
<b>79</b>	216	Brian Mackie	Master	Springburn Harriers	14:43
<b>80</b>	5	Sean West	Under 20	Aberdeen AAC	14:43
<b>81</b>	182	Neil Jaffrey	Senior	Metro Aberdeen Running Club	14:43
<b>82</b>	189	Christopher MacDonald	Senior	Motherwell AC	14:45
<b>83</b>	121	Christopher Devine	Senior	Garscube Harriers	14:50
<b>84</b>	17	Tom Lauckner	Senior	Bellahouston Harriers	14:54
<b>85</b>	152	Graeme Forbes	Master	Inverclyde AC	14:54
<b>86</b>	224	Callum Heirs	Under 20	VP-Glasgow AC	14:54
<b>87</b>	104	John Morris	Senior	Edinburgh AC	14:56
<b>88</b>	33	Andrew McCaffery	Master	Calderglen Harriers	14:56
<b>89</b>	11	Justin Kangarloo	Senior	Aberdeen AAC	14:58
<b>90</b>	195	George Pettit	Senior	Ron Hill Cambuslang Harriers	15:01
<b>91</b>	193	Scott Hunter	Master	Ron Hill Cambuslang Harriers	15:04

<b>92</b>	172	Roy Shankland	Under 20	Kilmarnock H&AC	15:05
<b>93</b>	9	Lukasz Czyzycki	Senior	Aberdeen AAC	15:05
<b>94</b>	23	Gerard Scullion	Master	Bellahouston Road Runners	15:05
<b>95</b>	171	Ross Connelly	Senior	Kilmarnock H&AC	15:05
<b>96</b>	173	Howard Elliott	Master	Kirkintilloch Olympians	15:08
<b>97</b>	125	Randy Howard Smith Jr	Senior	Garscube Harriers	15:08
<b>98</b>	192	Alick Walkinshaw	Master	Ron Hill Cambuslang Harriers	15:08
<b>99</b>	39	Martin Duthie	Master	Calderglen Harriers	15:09
<b>100</b>	190	Nick Hughes	Senior	Motherwell AC	15:11
<b>101</b>	145	Andrew White	Master	Greenock Glenpark Harriers	15:15
<b>102</b>	82	David Gorman	Senior	East Kilbride A.C.	15:15
<b>103</b>	103	Ken Mortimer	Master	Edinburgh AC	15:17
<b>104</b>	230	Derek Watson Snr.	Master	VP-Glasgow AC	15:17
<b>105</b>	46	David Lindsay	Under 20	Central AC	15:17
<b>106</b>	191	Ross Vallance	Senior	Ochil Hill Runners	15:19
<b>107</b>	179	Ross Hill	Under 20	Law & District AAC	15:21
<b>108</b>	149	Richard Davidson	Master	Greenock Glenpark Harriers	15:22
<b>109</b>	38	Stephen Reilly	Senior	Calderglen Harriers	15:24
<b>110</b>	115	Daniel Newman	Master	Fife AC	15:26
<b>111</b>	210	Michael Paxton	Senior	Shettleston Harriers	15:30
<b>112</b>	177	Anthony Higgins	Master	Law & District AAC	15:34
<b>113</b>	217	Grant Cairns	Senior	Springburn Harriers	15:36
<b>114</b>	234	James Callender	Senior	Westerlands XC Club	15:42
<b>115</b>	235	Steve Porteous	Senior	Garscube Harriers	15:42
<b>116</b>	84	David Thomson	Senior	East Kilbride A.C.	15:44
<b>117</b>	20	Craig Lamont	Senior	Bellahouston Harriers	15:50
<b>118</b>	41	Simon Barlow	Master	Central AC	15:56
<b>119</b>	158	Gary McKendrick	Master	Inverclyde AC	15:58
<b>120</b>	170	Cameron Mackie	Under 20	Kilmarnock H&AC	15:58
<b>121</b>	26	Alan McRae	Senior	Bellahouston Road Runners	15:58
<b>122</b>	150	Kevan McCartney	Master	Greenock Glenpark Harriers	16:01
<b>123</b>	42	Jonathan Barlow	Master	Central AC	16:02
<b>124</b>	124	Daniel Burns	Senior	Garscube Harriers	16:05
<b>125</b>	29	Edward Reid	Master	Calderglen Harriers	16:09
<b>126</b>	15	Ruairidh Macdonald	Senior	Bellahouston Harriers	16:10
<b>127</b>	24	Oliver Scott	Master	Bellahouston Road Runners	16:14
<b>128</b>	148	Duncan Anderson	Senior	Greenock Glenpark Harriers	16:19
<b>129</b>	8	Fraser McGillivray	Senior	Aberdeen AAC	16:23
<b>130</b>	51	Stuart Watson	Master	Central AC	16:33
<b>131</b>	201	Robert Rossborough	Senior	Ron Hill Cambuslang Harriers	16:34
<b>132</b>	7	Alasdair Love	Master	Aberdeen AAC	16:39
<b>133</b>	233	John Quinn	Master	Westerlands XC Club	16:39
<b>134</b>	175	Scott Anderson	Master	Kirkintilloch Olympians	16:41
<b>135</b>	161	John Smillie	Master	Inverclyde AC	16:43
<b>136</b>	40	Andrew Henderson	Master	Calderglen Harriers	16:43
<b>137</b>	14	Stewart Mulholland	Master	Bellahouston Harriers	16:46
<b>138</b>	28	Jim Holmes	Master	Calderglen Harriers	16:47
<b>139</b>	218	Anthony J M McGale	Master	Springburn Harriers	16:49
<b>140</b>	186	Matthew Purser	Master	Motherwell AC	17:02
<b>141</b>	37	David Herbertson	Master	Calderglen Harriers	17:09

<b>142</b>	56	Paul McKendry	Master	Clydesdale Harriers	17:11
<b>143</b>	215	Joseph Junior Chambers	Senior	Springburn Harriers	17:11
<b>144</b>	13	Andrew Ferguson Jnr	Senior	Banchory Stonehaven AC	17:14
<b>145</b>	127	John Murray	Master	Garscube Harriers	17:27
<b>146</b>	187	Robert Pattinson	Master	Motherwell AC	17:30
<b>147</b>	32	George Stewart	Master	Calderglen Harriers	17:42
<b>148</b>	208	Garry Mason	Under 20	Shettleston Harriers	17:45
<b>149</b>	188	Steven McCaw	Senior	Motherwell AC	17:49
<b>150</b>	185	Peter Blackmore	Master	Motherwell AC	17:57
<b>151</b>	174	Colin Simpson	Master	Kirkintilloch Olympians	17:59
<b>152</b>	141	Scott Forrest	Master	Greenock Glenpark Harriers	18:09
<b>153</b>	123	Chris Kilshaw	Senior	Garscube Harriers	18:14
<b>154</b>	55	Gerry Kane	Master	Clydesdale Harriers	18:21
<b>155</b>	99	Alex MacEwen	Master	Edinburgh AC	18:39
<b>156</b>	213	Michael McGill	Master	Springburn Harriers	18:56
<b>157</b>	30	Richard Lawton	Master	Calderglen Harriers	19:07
<b>158</b>	35	David Wardrope	Master	Calderglen Harriers	19:14
<b>159</b>	34	John McBride	Master	Calderglen Harriers	19:22
<b>160</b>	31	Hugh Simpson	Master	Calderglen Harriers	19:53
<b>161</b>	27	Russell Couper	Master	Calderglen Harriers	22:43
<b>162</b>	178	William Drysdale	Master	Law & District AAC	28:03



Central AC	Ross Houston	3
	Alexander Hendry	4
	Scott McDonald	5
	Lewis Millar	14
Central AC Total		26
Ron Hill Cambuslang Harriers	Stuart Gibson	10
	Wegene Tafese	11
	Benjamin Hukins	18
	David Munro	19
Ron Hill Cambuslang Harriers Total		58
Corstorphine AAC	Michael Crawley	7
	Douglas Selman	9
	Calum McKenzie	24
	Moray Anderson	33
Corstorphine AAC Total		73
Giffnock North AAC	Luke Traynor	6
	Neil Gourley	8
	Greg Turner	29
	Andrew Clark	56
Giffnock North AAC		99
Aberdeen AAC	James Joy	22
	Myles Edwards	27
	Eoin Durkan	39
	Sam Burgess	59
Aberdeen AAC Total		147
VP-Glasgow AC	David Vernon	2
	Max Ralston	17
	Ethan Sloan-Dennison	48
	Callum Heirs	85
VP-Glasgow AC Total		152
Edinburgh AC	Bryan Mackie	30
	Jake Wightman	45
	Chris Ponton	46
	Daniel Clarkson	47
Edinburgh AC Total		168
Inverclyde AC	Mark Pollard	32
	Greg Williams	42
	Michael Houston	44
	John Cooke	52
Inverclyde AC Total		170

Glasgow Uni Hares & Hounds	Kerrick Hesse	15
	Adam Peters	40
	Peter Bowman	50
	Chris Clarke	72
Glasgow Uni Hares & Hounds Total		177

Dundee Hawkhill Harriers	Jamie Crowe	21
	Howell Craske	25
	Gordon Barrie	65
	Graeme J. Oudney	71
Dundee Hawkhill Harriers Total		182

Greenock Glenpark Harriers	Stephen Trainer	12
	Shaun Lyon	60
	David Henderson	62
	Steven Campbell	69
Greenock Glenpark Harriers Total		203