

SAL National Cross Country Relays
Cumbernauld
26-October 2013
Young Athlete Female

	Stage 1		Stage 2		Stage 3	
1 Central AC (A)	10:40	8	20:47	5	30:07	1
	Jennifer Walls (U13)	10:40	Kate Gallagher (U15)	10:07	Kathryn Gillespie (U17)	09:20
2 Giffnock North AAC (A)	10:12	2	20:14	1	30:31	2
	Emma Lawton (U13)	10:12	Holly Still (U15)	10:02	Chloe Cowan (U17)	10:17
3 Pitreavie AAC (A)	10:19	3	20:52	6	30:54	3
	Iona Crawford (U13)	10:19	Emily Nicholson (U15)	10:33	Leah Davie (U15)	10:02
4 Giffnock North AAC (B)	10:30	6	20:40	3	31:02	4
	Annabel Ballantyne (U13)	10:30	Danielle Kelly (U15)	10:10	Sarah Olivia Eunson (U15)	10:22
5 VP-Glasgow AC (A)	10:50	11	21:35	12	31:10	5
	Emma Gilmour (U13)	10:50	Holly Little (U15)	10:45	Gillian Black (U17)	09:35
6 Kilbarchan AAC (A)	11:08	15	20:59	7	31:27	6
	Rachel Curry (U13)	11:08	Laura Stark (U15)	09:51	Jemma Reekie (U17)	10:28
7 Edinburgh AC (A)	10:23	5	20:34	2	31:37	7
	Eloise Walker (U13)	10:23	Zoe Bates (U15)	10:11	Bethan McGregor (U17)	11:03
8 Corstorphine AAC (A)	11:15	19	21:29	11	31:41	8
	Jessica MacLeod (U13)	11:15	Caitlin Arnott (U15)	10:14	Hannah Addison (U17)	10:12
9 Edinburgh AC (B)	10:45	10	21:00	8	31:45	9
	Ishbel Kate Strathdee (U13)	10:45	Hilary Lewin (U15)	10:15	Esme Stewart (U15)	10:45
10 VP-Glasgow AC (B)	10:40	9	21:22	9	31:49	10
	Adrienne Murray (U13)	10:40	Robyn Connolly (U15)	10:42	Tessa Hickey (U15)	10:27
11 Ayr Seaforth AC (A) (V)	10:07	1	21:54	14	31:50	11
	Emma Frew (U13)	10:07	India Birrell (U15)	11:47	Kirstin Oakley (U17)	09:56
12 Kilbarchan AAC (B)	11:55	39	22:13	16	32:08	12
	Bethany Craig (U13)	11:55	Rona Tytler (U15)	10:18	Gwen Gillham (U17)	09:55
13 Giffnock North AAC (C)	11:05	14	21:26	10	32:23	13
	Emily Crusher (U13)	11:05	Rebecca Metcalfe (U15)	10:21	Nicole Scott (U17)	10:57
14 Fife AC (A)	11:25	26	22:22	22	32:25	14
	Sam McInnes (U13)	11:25	Louise Mccullagh (U15)	10:57	Annabel Simpson (U17)	10:03
15 Inverclyde AC (A)	10:34	7	21:41	13	32:43	15
	Nuala McCheyne (U13)	10:34	Cliona McCheyne (U13)	11:07	Chloe Simpson (U17)	11:02
16 Kilbarchan AAC (D)	11:27	27	22:32	26	32:48	16
	Eve Griffiths (U13)	11:27	Emma Fulton (U15)	11:05	Natalie Moran (U15)	10:16
17 Kilbarchan AAC (C)	11:57	42	22:22	20	32:55	17
	Rachel Bannatyne (U13)	11:57	Kerry MacAngus (U15)	10:25	Sarah Dempsey (U17)	10:33
18 Helensburgh AAC (A)	11:19	23	22:13	17	33:08	18
	Jessica Noble (U13)	11:19	Mhairi Cromar (U15)	10:54	Melissa Robinson (U15)	10:55
19 Lasswade AAC (A)	10:23	4	20:46	4	33:20	19
	Sarah Tait (U13)	10:23	Lauren Dickson (U15)	10:23	Sophie Miller (U17)	12:34
20 Central AC (B)	11:02	12	22:22	21	33:25	20
	Heather Scott (U13)	11:02	Madeleine woods (U15)	11:20	Eilidh Russell (U15)	11:03
21 Kirkintilloch O (A)	11:13	18	22:20	18	33:26	21
	Hannah Paton (U13)	11:13	Perri McCluskey (U15)	11:07	Victoria Robertson (U17)	11:06
22 Law & District AAC (A)	11:50	34	22:35	27	33:29	22
	Dion Ingram (U13)	11:50	Emily McNicol (U15)	10:45	Pamela McNicol (U17)	10:54
23 Glasgow School of Sport (A)	11:15	20	22:22	19	33:38	23
	Kirsten Forster (U13)	11:15	Lori Agnew (U15)	11:07	Leanne Findlay (U15)	11:16
24 Garscube H (A)	12:13	51	23:42	42	33:41	24
	Claire McGonigle (U13)	12:13	Eilidh Smith (U15)	11:29	Catriona Graves (U17)	09:59
25 Central AC (C)	11:12	17	22:48	29	33:52	25
	Elizabeth Thompson (U13)	11:12	Lauryl Turnbull (U15)	11:36	Jodie Currie (U15)	11:04
26 Dundee Hawkhill H (A)	13:06	72	23:39	41	33:54	26
	Niamh Robertson (U13)	13:06	Maddie Owen (U15)	10:33	Katie Anderson (U17)	10:15
27 Falkirk Victoria H (A)	11:52	37	22:59	31	33:55	27
	Chloe McClung (U13)	11:52	Jessica Christie (U13)	11:07	Julie Nimmo (U17)	10:56
28 Edinburgh AC (C)	11:37	32	22:40	28	33:56	28
	Lindsey Gilchrist (U13)	11:37	Anna Gilchrist (U15)	11:03	Rachel Watson (U17)	11:16
29 Helensburgh AAC (B)	11:19	22	22:26	24	34:01	29
	Charlie Bridges (U13)	11:19	Kara Bruce (U15)	11:07	Megan Robertson (U17)	11:35
30 Aberdeen AAC (A)	11:22	24	23:28	36	34:11	30
	Kirsty Oldham (U13)	11:22	Talia Mathers (U15)	12:06	Ellen Stickle (U17)	10:43
31 Giffnock North AAC (D)	11:11	16	22:04	15	34:22	31
	Orla Lang (U13)	11:11	Megan Kane (U15)	10:53	Megan A Amner (U17)	12:18
32 VP-Glasgow AC (C)	12:08	48	22:30	25	34:32	32
	Eilidh Boyd (U13)	12:08	Reagan Binnie (U15)	10:22	Melanie Chiswell (U17)	12:02
33 Shettleston H (A)	12:02	47	23:29	37	34:40	33
	Gaia Salandini (U13)	12:02	Natasha Mackay (U15)	11:27	Amy Harkins (U17)	11:11
34 Kilbarchan AAC (E)	12:10	50	23:37	39	34:46	34
	Katrina Miller (U13)	12:10	Emma Johnstone (U15)	11:27	Emma Kelly (U17)	11:09

35 Ayr Seaforth AC (B) (V)	11:35	31	23:30	38	34:49	35
	Lucy Davidson (U13)	11:35	Mia Cullis (U15)	11:55	Lisa Rennie (U17)	11:19
36 Pitreavie AAC (B)	11:05	13	22:24	23	34:50	36
	Zoe Nicholson (U13)	11:05	Sophie Nethery (U15)	11:19	Vhairi McAtear (U17)	12:26
37 Giffnock North AAC (E)	11:22	25	22:49	30	34:52	37
	Eve Denholm (U13)	11:22	Fern Conway (U15)	11:27	Nicole Ewing (U17)	12:03
38 Edinburgh AC (D)	12:16	54	23:07	33	35:04	38
	Caitlin Thompson (U13)	12:16	Franca Still (U15)	10:51	Alison Broadhurst (U17)	11:57
39 Greenock Glenpark H (A)	12:38	63	23:57	45	35:15	39
	Sarah Pugh (U13)	12:38	Nichola Doohan (U15)	11:19	Lauren Mulaghton (U15)	11:18
40 Ron Hill Cambuslang H (A)	13:48	84	25:24	64	35:26	40
	Charlotte Moss (U13)	13:48	Olivia Mulholland (U15)	11:36	Eve MacKinnon (U17)	10:02
41 Kirkintilloch O (B)	11:51	35	23:01	32	35:31	41
	Emma Mahon (U13)	11:51	Alicia Paton (U15)	11:10	Jenny Lee (U17)	12:30
42 Ayr Seaforth AC (C)	11:32	29	24:20	49	35:38	42
	Caitlin Chilton (U13)	11:32	Rebecca Martin (U15)	12:48	Bethany MacRae (U17)	11:18
43 East Kilbride A.C. (A)	11:17	21	23:22	35	36:13	43
	Sarah Connolly (U13)	11:17	Lucy Muirhead (U13)	12:05	Mhairi Boyle (U17)	12:51
44 Glasgow School of Sport (B)	11:57	40	23:54	44	36:21	44
	Emily Louise MacDonald (U13)	11:57	Cara Baillie (U15)	11:57	Abbigail McInnes (U17)	12:27
45 Nairn Area AAC (A)	12:13	52	25:17	62	36:37	45
	Hannah Rawlinson (U13)	12:13	Kloe Gibson (U15)	13:04	Hannah Blackburn (U17)	11:20
46 Greenock Glenpark H (C)	12:38	62	24:19	48	36:38	46
	Emily Pugh (U13)	12:38	Megan Rogers (U15)	11:41	Louisa Davis (U17)	12:19
47 Ayr Seaforth AC (E)	12:02	46	24:38	51	36:41	47
	Melissa Miller (U13)	12:02	Beth Littlejohn (U15)	12:36	Christie Hutton (U17)	12:03
48 Kilbarchan AAC (F)	12:40	66	24:58	54	36:41	48
	Lily Fowler (U13)	12:40	Amy Sneddon (U15)	12:18	Lucy McKellar (U15)	11:43
49 Perth Strathtay H (A)	11:55	38	25:31	67	36:42	49
	Ashleigh Greenwood (U13)	11:55	Megan Roberts (U15)	13:36	Zoe Brown (U17)	11:11
50 Aberdeen AAC (B)	12:13	53	25:13	60	36:42	50
	Jasmine Collett (U13)	12:13	Laurie Allardes (U15)	13:00	Lise Theron (U17)	11:29
51 Fife AC (B)	13:55	86	25:24	66	36:45	51
	Sarani Fernando (U13)	13:55	Katy Aitken (U15)	11:29	Ailsa Cruickshanks (U17)	11:21
52 Garscube H (B)	13:20	76	25:08	59	36:49	52
	Sophie Lathan (U13)	13:20	Iona Fraser (U15)	11:48	Rachel Busby (U17)	11:41
53 Central AC (D)	13:50	85	25:08	58	37:13	53
	Hannah Blance (U13)	13:50	Anna Cameron (U13)	11:18	Eleanor Hanson (U15)	12:05
54 Clydesdale H (A)	12:32	60	25:02	56	37:18	54
	Natasha Shaw (U13)	12:32	Tiegan Breen (U13)	12:30	Abbie Warrington (U17)	12:16
55 Greenock Glenpark H (B)	13:15	75	26:07	71	37:25	55
	Beth McKenna (U13)	13:15	Mia Forrest (U15)	12:52	Shelby Morrison (U15)	11:18
56 Cumbernauld AAC (C)	11:29	28	24:55	52	37:27	56
	Tegan Kerr (U13)	11:29	Beth Gilmour (U15)	13:26	Hannah Scott (U15)	12:32
57 Kilmarnock H&AC (B)	13:12	74	25:41	70	37:32	57
	Erin Pastulovic (U13)	13:12	Phoebe McCutcheon (U13)	12:29	Claire Orr (U15)	11:51
58 Banchory Stonehaven AC (A)	13:06	70	25:35	69	37:36	58
	Eva Sneddon (U13)	13:06	Claire McGarvey (U13)	12:29	Jennifer Glass (U17)	12:01
59 Ayr Seaforth AC (D)	11:40	33	24:17	47	37:46	59
	Emma Low (U13)	11:40	Megan Short (U15)	12:37	Amy Palmer (U17)	13:29
60 Shettleston H (B)	13:35	81	26:49	78	38:29	60
	Melissa Adams (U13)	13:35	Georgia MacDonald (U15)	13:14	Adelina Callan (U15)	11:40
61 Teviotdale H (A)	13:06	71	26:50	79	38:31	61
	Connie Lothian (U13)	13:06	Carly Blaikie (U13)	13:44	Ishbel Inglis (U15)	11:41
62 Giffnock North AAC (G)	13:06	69	26:09	72	38:52	62
	Rachel Norrie (U13)	13:06	Zoe Jamieson (U13)	13:03	Morna Weir (U17)	12:43
63 Ayr Seaforth AC (F)	12:55	67	26:09	73	38:55	63
	Charlotte McDowall (U13)	12:55	Kate Alexander (U15)	13:14	Georgia Brawley (U15)	12:46
64 Pitreavie AAC (C)	12:08	49	25:08	57	39:01	64
	Fabiana Mancini (U13)	12:08	Alana Sneddon (U15)	13:00	Alexandra Jane Cook (U17)	13:53
65 Giffnock North AAC (F)	12:40	65	24:35	50	39:01	65
	Lauren Saxby (U13)	12:40	Jenny Dougall (U13)	11:55	Rebekah Hemmingsley (U15)	14:26
66 Kirkintilloch O (C)	12:32	58	24:57	53	39:10	66
	Stephanie Lindsay (U13)	12:32	Anna Forbes (U15)	12:25	Katie Glen (U17)	14:13
67 Clydesdale H (B)	12:21	56	25:24	65	39:23	67
	Jade Steele-Milne (U13)	12:21	Antonia Breen (U15)	13:03	Eilidh Sinclair (U17)	13:59
68 Kilmarnock H&AC (C)	15:25	95	27:57	85	39:32	68
	Erin Barbour (U13)	15:25	Sophie Rowan (U13)	12:32	Caitlin McClounie (U15)	11:35
69 East Kilbride A.C. (B)	12:40	64	26:38	77	39:37	69
	Aimee Docherty (U13)	12:40	Jessica Hagan (U13)	13:58	Rebecca Russell (U15)	12:59
70 Cumbernauld AAC (A)	12:35	61	25:35	68	39:47	70
	Emma Brown (U13)	12:35	Emma Balfour (U15)	13:00	Emily McMahon (U15)	14:12
71 Garscube H (C)	13:33	79	27:39	84	39:54	71

	Emily Sillars (U13)	13:33	Eilidh Gordon (U15)	14:06	Nicola Sharpe (U17)	12:15
72 VP-Glasgow AC (D)	12:57	68	27:13	80	39:54	72
	Kirsty Boyd (U13)	12:57	Jenna Boyd (U15)	14:16	Eliza Chiswell (U17)	12:41
73 Corstorphine AAC (B)	12:19	55	25:15	61	40:15	73
	Rachel Dee (U13)	12:19	Heidi Ross (U15)	12:56	Tamzin McQueenie (U15)	15:00
74 Teviotdale H (B)	14:13	89	27:21	81	40:23	74
	Lucy Ash (U13)	14:13	Skye Patterson (U13)	13:08	Emma Grieve (U15)	13:02
75 Kilmarnock H&AC (A)	15:08	94	28:42	89	40:59	75
	Erin Connelly (U13)	15:08	Olivia Cochrane (U15)	13:34	Lorne Kerr (U17)	12:17
76 Pitreavie AAC (D)	13:25	77	26:29	76	41:14	76
	Jemma Jamieson (U13)	13:25	Aimee Scott (U15)	13:04	Annie Nelson (U17)	14:45
77 Kilmarnock H&AC (D)	14:17	90	28:13	86	41:15	77
	Natalie Sharp (U13)	14:17	Leonie McCutcheon (U13)	13:56	Shona McBean (U15)	13:02
78 Greenock Glenpark H (E)	14:39	93	28:40	88	41:25	78
	Rachel Mulaghton (U13)	14:39	Lucy McFarlane (U13)	14:01	Kate Kilpatrick (U15)	12:45
79 Kirkintilloch O (D)	14:06	88	28:15	87	41:39	79
	Iona Smith (U13)	14:06	Meg Tomkins (U15)	14:09	Laura Keay (U15)	13:24
80 Greenock Glenpark H (D)	14:23	91	29:22	90	41:51	80
	Christie Mulaghton (U13)	14:23	Catriona Daisley (U15)	14:59	Laura Hamill (U17)	12:29
81 Clydesdale H (C)	13:33	80	27:30	83	42:26	81
	caitlin stuart (U13)	13:33	Rachel Campbell (U15)	13:57	Louise Steele-Milne (U17)	14:56
Inverclyde AC (B)	11:57	41	23:17	34		
	Georgia Morrison (U13)	11:57	Jennifer Lyne (U13)	11:20		
Helensburgh AAC (C)	11:52	36	23:38	40		
	Sorcha Hicks (U13)	11:52	Morag Paterson (U15)	11:46		
Inverclyde AC (D)	11:35	30	23:49	43		
	Sara O'Docherty (U13)	11:35	Niyah Gillen (U13)	12:14		
Inverclyde AC (C)	12:01	45	24:00	46		
	Gillian Carmichael (U13)	12:01	Clara Pollock (U13)	11:59		
Ron Hill Cambuslang H (B)	14:03	87	25:00	55		
	Kate Moss (U13)	14:03	Niamh Brown (U15)	10:57		
Ayr Seaforth AC (G)	12:01	43	25:22	63		
	Alexandra Smiley (U13)	12:01	Rebecca Watson (U15)	13:21		
Central AC (E)	13:11	73	26:24	74		
	Lucy Smith (U13)	13:11	Ellen Curry (U13)	13:13		
Kilmarnock H&AC (E)	13:38	83	26:28	75		
	Kayleigh Duff (U13)	13:38	Lauren Greig (U13)	12:50		
Clydesdale H (D)	13:38	82	27:25	82		
	Chloe Allan (U13)	13:38	Sarah Goggins (U13)	13:47		
Cumbernauld AAC (B)	12:01	44				
	Holly Bell (U13)	12:01				
Ayr Seaforth AC (H)	12:29	57				
	Jena Anderson (U13)	12:29				
Ayr Seaforth AC (I)	12:32	59				
	Emma Palmer (U13)	12:32				
Inverclyde AC (E)	13:27	78				
	Samantha Dunning (U13)	13:27				
Pitreavie AAC (E)	14:34	92				
	Kym McAlpine (U13)	14:34				
Kirkintilloch O (E)	16:41	96				
	Aimee Smith (U13)	16:41				

U13 Fastest Times

Emma Frew (U13)	Ayr Seaforth AC (A) (V)	10.07
Emma Lawton (U13)	Giffnock North AAC (A)	10.12
Iona Crawford (U13)	Pitreavie AAC (A)	10.19
Sarah Tait (U13)	Lasswade AAC (A)	10.23
Eloise Walker (U13)	Edinburgh AC (A)	10.23
Annabel Ballantyne (U13)	Giffnock North AAC (B)	10.30
Nuala McCheyne (U13)	Inverclyde AC (A)	10.34
Adrienne Murray (U13)	VP-Glasgow AC (B)	10.40
Jennifer Walls (U13)	Central AC (A)	10.40
Ishbel Kate Strathdee (U13)	Edinburgh AC (B)	10.45
Emma Gilmour (U13)	VP-Glasgow AC (A)	10.50
Heather Scott (U13)	Central AC (B)	11.02
Zoe Nicholson (U13)	Pitreavie AAC (B)	11.05
Emily Crusher (U13)	Giffnock North AAC (C)	11.05
Jessica Christie (U13)	Falkirk Victoria H (A)	11.07

U15 Fastest Times

Laura Stark (U15)	Kilbarchan AAC (A)	9.51
Leah Davie (U15)	Pitreavie AAC (A)	10.02
Holly Still (U15)	Giffnock North AAC (A)	10.02
Kate Gallagher (U15)	Central AC (A)	10.07
Danielle Kelly (U15)	Giffnock North AAC (B)	10.10
Zoe Bates (U15)	Edinburgh AC (A)	10.11

Caitlin Arnott (U15)	Corstorphine AAC (A)	10.14
Hilary Lewin (U15)	Edinburgh AC (B)	10.15
Natalie Moran (U15)	Kilbarchan AAC (D)	10.16
Rona Tytler (U15)	Kilbarchan AAC (B)	10.18
Rebecca Metcalfe (U15)	Giffnock North AAC (C)	10.21
Reagan Binnie (U15)	VP-Glasgow AC (C)	10.22
Sarah Olivia Eunson (U15)	Giffnock North AAC (B)	10.22
Lauren Dickson (U15)	Lasswade AAC (A)	10.23
Kerry MacAngus (U15)	Kilbarchan AAC (C)	10.25

U17 Fastest Times

Kathryn Gillespie (U17)	Central AC (A)	9.20
Gillian Black (U17)	VP-Glasgow AC (A)	9.35
Gwen Gillham (U17)	Kilbarchan AAC (B)	9.55
Kirstin Oakley (U17)	Ayr Seaforth AC (A) (V)	9.56
Catriona Graves (U17)	Garscube H (A)	9.59
Eve MacKinnon (U17)	Ron Hill Cambuslang H (A)	10.02
Annabel Simpson (U17)	Fife AC (A)	10.03
Hannah Addison (U17)	Corstorphine AAC (A)	10.12
Katie Anderson (U17)	Dundee Hawkhill H (A)	10.15
Chloe Cowan (U17)	Giffnock North AAC (A)	10.17
Jemma Reekie (U17)	Kilbarchan AAC (A)	10.28
Sarah Dempsey (U17)	Kilbarchan AAC (C)	10.33
Ellen Stickle (U17)	Aberdeen AAC (A)	10.43
Pamela McNicol (U17)	Law & District AAC (A)	10.54
Julie Nimmo (U17)	Falkirk Victoria H (A)	10.56

SAL National Cross Country Relays
Cumbernauld
26-October 2013
Young Athlete Male

	Stage 1		Stage 2		Stage 3	
1 Inverclyde AC (A)	09:24	1	18:32	1	26:56	1
	Cameron Watson (U13)	09:24	Ryan Gray (U15)	09:08	Jonathan Glen (U17)	08:24
2 Kilbarchan AAC (A)	09:54	7	18:58	3	27:07	2
	Andrew MacAngus (U13)	09:54	Conor Thomson (U15)	09:04	Euan Gillham (U17)	08:09
3 Law & District AAC (A)	10:04	15	18:55	2	27:27	3
	James Gillon (U13)	10:04	Gregor Gillespie (U15)	08:51	Luke Foss (U17)	08:32
4 Pitreavie AAC (A)	09:54	6	19:17	9	27:38	4
	Alex Johnston (U13)	09:54	James Adam (U15)	09:23	Aidan Thompson (U17)	08:21
5 Edinburgh AC (A)	10:02	10	19:18	10	27:39	5
	Fraser Blackie (U13)	10:02	Michael Swinton (U15)	09:16	Josh Kerr (U17)	08:21
6 Giffnock North AAC (A)	09:49	3	19:10	6	27:59	6
	Hamish Armit (U13)	09:49	Michael Lowrie (U15)	09:21	Max Lancaster (U17)	08:49
7 Ron Hill Cambuslang H (A)	09:50	4	19:03	5	28:10	7
	Drew Pollock (U13)	09:50	Struan Paton (U15)	09:13	David Robertson (U17)	09:07
8 VP-Glasgow AC (A)	10:28	32	19:46	18	28:15	8
	Fraser McDonald (U13)	10:28	Jamie MacKinnon (U15)	09:18	Scott McKay (U17)	08:29
9 Corstorphine AAC (A)	10:00	9	19:03	4	28:16	9
	Finlay Ross (U13)	10:00	Anthony Addison (U15)	09:03	Matthew Young (U17)	09:13
10 Kilbarchan AAC (B)	10:04	12	19:37	14	28:17	10
	Craig Kennedy (U13)	10:04	Sam McNair (U15)	09:33	Euan Trout (U17)	08:40
11 Ayr Seaforth AC (A)	10:04	14	19:16	8	28:22	11
	Daniel Martin (U13)	10:04	Fraser Stirling (U15)	09:12	James Pettigrew (U17)	09:06
12 Giffnock North AAC (B)	10:04	18	19:32	12	28:30	12
	Jack Bell (U13)	10:04	Oliver Watson-Sweeney (U15)	09:28	Christopher Stewart (U17)	08:58
13 Kilbarchan AAC (C)	09:52	5	19:34	13	28:31	13
	Cameron Corrigan (U13)	09:52	Josh Hendry (U15)	09:42	Euan McKerral (U17)	08:57
14 Perth Strathtay H (A)	10:50	51	19:44	17	28:41	14
	Taylor Neill (U13)	10:50	Ben Greenwood (U15)	08:54	Michael Gillespie (U17)	08:57
15 Central AC (A)	10:02	11	19:40	15	28:44	15
	Alexander Holl (U13)	10:02	Rory Strachan (U15)	09:38	Iain Davies (U17)	09:04
16 Glasgow School of Sport (A)	10:10	20	19:29	11	28:52	16
	Kipp McTavish (U13)	10:10	John Law (U15)	09:19	Paul Harper (U17)	09:23
17 East Kilbride A.C. (A)	10:57	57	20:11	24	29:07	17
	Calum Hopkins (U13)	10:57	Martin Lynas (U15)	09:14	Aidan Gilbride (U17)	08:56
18 VP-Glasgow AC (D)	11:00	63	20:25	28	29:08	18
	Calum Brown (U13)	11:00	Lewis Serpell (U15)	09:25	Craig Jardine (U17)	08:43
19 Ron Hill Cambuslang H (B)	10:04	16	19:55	19	29:09	19
	Christopher McLew (U13)	10:04	Gavin Smith (U15)	09:51	Scott Somerville (U17)	09:14
20 Fife AC (A)	10:28	33	20:10	23	29:11	20
	Craig Morris (U13)	10:28	Euan Boyle (U15)	09:42	Adam Scott (U15)	09:01
21 Edinburgh AC (B)	10:57	59	20:28	32	29:13	21
	Iain Hare (U13)	10:57	Paul Ireland (U15)	09:31	Alex Carcas (U17)	08:45
22 Giffnock North AAC (C)	10:10	19	19:57	20	29:13	22
	Taylor Stewart (U13)	10:10	Joseph Lowrie (U15)	09:47	John McLaughlin (U17)	09:16
23 Lasswade AAC (A)	09:36	2	19:12	7	29:20	23
	Magnus Tait (U13)	09:36	Cameron Steven (U15)	09:36	Kyle A Mackenzie (U17)	10:08
24 VP-Glasgow AC (B)	10:57	56	20:05	22	29:22	24
	Thomas Connolly (U13)	10:57	Aidan Johnson (U15)	09:08	Euan Urquhart (U17)	09:17
25 Shettleston H (A)	10:23	26	20:15	26	29:23	25
	Lewis Raeburn (U13)	10:23	Benjamin Dalziel (U15)	09:52	Ryan Flanagan (U17)	09:08
26 Aberdeen AAC (A)	11:00	62	20:28	33	29:27	26
	Adam Robertson (U13)	11:00	Aaron Odentz (U15)	09:28	Steven Murray (U17)	08:59
27 Ron Hill Cambuslang H (C)	10:04	17	20:03	21	29:29	27
	Luke Reilly (U13)	10:04	Euan Miller (U15)	09:59	Sean Reilly (U17)	09:26
28 Inverclyde AC (B)	10:50	53	20:25	29	29:35	28
	Max Rice (U13)	10:50	Matthew MacKinnon (U15)	09:35	Ross Forbes (U17)	09:10
29 Ayr Seaforth AC (B)	10:00	8	19:42	16	29:37	29
	Scott Sprang (U13)	10:00	Lewis Ross (U15)	09:42	Rhys Sim (U15)	09:55
30 VP-Glasgow AC (C)	10:57	60	20:51	39	29:48	30
	Edan Webb (U13)	10:57	Andrew Moreland (U15)	09:54	Fraser Glass (U17)	08:57
31 Central AC (B)	10:26	28	20:59	44	29:54	31
	Tom Graham-Marr (U13)	10:26	David Nairn (U15)	10:33	Jack Kerr (U17)	08:55
32 Gala H (A)	10:28	30	20:54	42	29:55	32
	Corri Campbell (U13)	10:28	Joe Wilson (U15)	10:26	Thomas Otton (U17)	09:01
33 Kilbarchan AAC (D)	10:41	40	21:13	48	29:55	33
	Scott Ritchie (U13)	10:41	James Toal (U15)	10:32	Tom Murray (U17)	08:42
34 Giffnock North AAC (D)	10:28	29	20:11	25	30:07	34
	Ben Shaw (U13)	10:28	Harry Nimmo (U15)	09:43	Euan Penrice (U17)	09:56

35 Dundee Hawkhill H (A)	10:50	52	20:25	30	30:07	35
	David Begg (U13)	10:50	James Donald (U15)	09:35	Matthew Tonner (U15)	09:42
36 Corstorphine AAC (B)	10:50	50	20:42	37	30:07	36
	Thomas Ross (U13)	10:50	Forbes Jackson (U15)	09:52	Jonathan Jackson (U15)	09:25
37 Helensburgh AAC (A)	10:16	22	20:25	31	30:14	37
	Michael Miller (U13)	10:16	Gregor Chambers (U15)	10:09	Fin Ritchie (U17)	09:49
38 Aberdeen AAC (B)	11:17	73	21:25	52	30:15	38
	Cameron Stone (U13)	11:17	Ben Renton (U15)	10:08	Jordan Chapman (U17)	08:50
39 Kilbarchan AAC (E)	10:48	47	21:27	54	30:28	39
	Harry Walton (U13)	10:48	Ross Wallace (U15)	10:39	Cameron Dickson (U17)	09:01
40 Cumbernauld AAC (A)	11:00	64	21:08	46	30:29	40
	Sam Glen (U13)	11:00	Hamish Coutts (U15)	10:08	Cameron Richardson (U17)	09:21
41 Banchory Stonehaven AC (A)	10:41	39	20:35	35	30:30	41
	Joseph Wright (U13)	10:41	Charlie Beeson (U15)	09:54	Ewan McMillan (U17)	09:55
42 Giffnock North AAC (E)	11:06	68	20:54	40	30:34	42
	Andrew Robertson (U13)	11:06	Jamie Sturrock (U15)	09:48	Euan Brodie (U17)	09:40
43 Kilbarchan AAC (G)	10:19	23	20:59	43	30:37	43
	Jordan Gilchrist (U13)	10:19	Jake Scott (U15)	10:40	Charlie Wighton (U17)	09:38
44 Ron Hill Cambuslang H (D)	10:44	43	20:17	27	30:38	44
	Johnathan Christie (U13)	10:44	Keir Morton (U15)	09:33	Brendan Carey (U17)	10:21
45 VP-Glasgow AC (E)	10:55	54	21:38	57	30:54	45
	Tom Keeley (U13)	10:55	Adam Brady (U15)	10:43	Calum McCormack (U17)	09:16
46 Kilbarchan AAC (F)	10:57	58	21:29	55	31:01	46
	Michael Simson (U13)	10:57	Jamie Eatock (U15)	10:32	Scott McLardie (U17)	09:32
47 Ayr Seaforth AC (C)	10:28	31	21:17	49	31:04	47
	Steven Martin (U13)	10:28	Greig Oakley (U13)	10:49	Matthew Brawley (U17)	09:47
48 Inverclyde AC (C)	11:34	82	22:14	68	31:04	48
	Robert Wilson (U13)	11:34	Sammy Hearl (U15)	10:40	Joshua Houston (U17)	08:50
49 VP-Glasgow AC (F)	11:18	76	21:22	50	31:10	49
	Andrew Robinson (U13)	11:18	Charlie Milarvie (U15)	10:04	Max Milarvie (U15)	09:48
50 Garscube H (A)	10:14	21	20:40	36	31:12	50
	Jack Trainer (U13)	10:14	Jack Cuthbertson (U13)	10:26	Darren McGowan (U17)	10:32
51 Perth Strathay H (B)	11:06	66	20:33	34	31:19	51
	Hamish Gellatly (U13)	11:06	Sol Sweeney (U15)	09:27	Simon Jardine (U17)	10:46
52 Giffnock North AAC (G)	11:00	61	21:25	53	31:23	52
	Corey Greenhaugh (U13)	11:00	Nicholas Boyle (U15)	10:25	Dewi Gould (U17)	09:58
53 Clydesdale H (A)	10:48	45	20:54	41	31:27	53
	Robert Whittick (U13)	10:48	Brian Aird (U15)	10:06	Lewis Hay (U15)	10:33
54 Banchory Stonehaven AC (B)	10:50	49	21:43	60	31:35	54
	Luke Graham (U13)	10:50	Cameron Baird (U15)	10:53	Daniel Rees (U17)	09:52
55 Garscube H (B)	10:23	25	20:47	38	31:40	55
	James Cathro (U13)	10:23	Ross Chapman (U13)	10:24	Calum Esler (U15)	10:53
56 Gala H (B)	12:21	97	21:41	58	31:42	56
	Mark Purves (U13)	12:21	Joey Brown (U13)	09:20	James Mercer (U17)	10:01
57 Giffnock North AAC (F)	11:40	84	21:45	62	31:45	57
	Euan Chalmers (U13)	11:40	Keir Carolan (U15)	10:05	Ross Gray (U17)	10:00
58 Lasswade AAC (B)	10:42	41	21:11	47	31:49	58
	Lawrie Wilson (U13)	10:42	Thomas Snodgrass (U15)	10:29	Jamie Darling (U15)	10:38
59 East Kilbride A.C. (B)	11:24	78	21:43	61	32:03	59
	Matthew Kirwan (U13)	11:24	Ross Malloch (U15)	10:19	Michael Stewart (U17)	10:20
60 Kilmarnock H&AC (A)	10:34	36	22:01	63	32:12	60
	David Stark (U13)	10:34	Tom Nichol (U15)	11:27	Stuart McClarty (U17)	10:11
61 Fife AC (B)	10:36	38	22:01	64	32:15	61
	Gavin McWhinnie (U13)	10:36	Stuart Aitken (U13)	11:25	Sam Fernando (U17)	10:14
62 Garscube H (C)	10:04	13	21:22	51	32:25	62
	Arun Smith (U13)	10:04	Jamie Bennett (U15)	11:18	Ewan McArthur (U15)	11:03
63 Pitreavie AAC (B)	12:11	96	22:22	70	32:29	63
	Conor Allan (U13)	12:11	Dylan Thomson (U15)	10:11	Corey Smith (U17)	10:07
64 Central AC (C)	10:23	24	23:25	80	32:32	64
	Craig Palmer (U13)	10:23	Michael Hewitt (U15)	13:02	Cameron Harris (U17)	09:07
65 Pitreavie AAC (D)	11:06	65	21:34	56	32:34	65
	Josh Spence (U13)	11:06	Andrew McNair (U15)	10:28	Cameron Sinclair (U17)	11:00
66 Ayr Seaforth AC (D)	10:44	42	22:06	67	32:38	66
	Logan Cotter (U13)	10:44	Aidan Copland (U13)	11:22	Callum Meldrum (U15)	10:32
67 Shettleston H (B)	11:41	85	23:08	77	32:53	67
	Jordan Dolan (U13)	11:41	Daniel Muir (U15)	11:27	Murray McGiven (U17)	09:45
68 Central AC (F)	10:48	46	22:06	65	32:53	68
	Keir Howlieson (U13)	10:48	Matthew Chandler (U13)	11:18	Daniel Stansfield (U17)	10:47
69 Kirkintilloch Olympians (A)	10:23	27	22:48	74	32:58	69
	Luke McCaffrey (U13)	10:23	Harry Lamond (U15)	12:25	Logan Sirel (U17)	10:10
70 Fife AC (C)	11:27	80	22:59	76	33:12	70
	Iain McWhinnie (U13)	11:27	Jake Middleton (U15)	11:32	Ronan McKinstry (U17)	10:13
71 Central AC (D)	11:20	77	23:32	81	33:39	71

	Euan Smith (U13)	11:20	Elliot Harris (U15)	12:12	Stuart McKinney (U17)	10:07
72 Cumbernauld AAC (C)	11:09	70	22:40	73	33:43	72
	Arran Kennedy (U13)	11:09	Sean Kennedy (U15)	11:31	Daniel Winning (U15)	11:03
73 Kilmarnock H&AC (B)	10:31	34	23:52	85	33:45	73
	Aidan Hessett (U13)	10:31	Sarin Campbell (U15)	13:21	Angus Kerr (U17)	09:53
74 Pitreavie AAC (C)	11:59	89	22:22	71	33:56	74
	Arran Robertson (U13)	11:59	William Cain (U15)	10:23	Kyle Henderson (U17)	11:34
75 Clydesdale H (B)	11:18	75	22:38	72	34:07	75
	Ronan Ross (U13)	11:18	Liam Milligan (U15)	11:20	Darren Dolan (U17)	11:29
76 Law & District AAC (C)	12:49	107	23:23	79	34:13	76
	David McCormack (U13)	12:49	Adam Kelly (U15)	10:34	Shaun Burke (U17)	10:50
77 Kirkintilloch Olympians (B)	11:13	71	23:43	83	34:20	77
	Matthew Craig (U13)	11:13	Jonathan Bryce (U15)	12:30	Jack McCabe (U17)	10:37
78 Teviotdale H (A)	10:32	35	21:41	59	34:23	78
	Fraser Clyne (U13)	10:32	Jamie Waugh (U15)	11:09	Joseph Tottman (U15)	12:42
79 Perth Strathay H (C)	13:02	108	23:55	87	34:34	79
	Alastair Cormack (U13)	13:02	Findlay Lennie (U15)	10:53	Caleb Simpson (U17)	10:39
80 Greenock Glenpark H (A)	12:01	91	22:06	66	34:44	80
	Tom Forrest (U13)	12:01	Nathan Robinson (U15)	10:05	Joshua Ruddy (U15)	12:38
81 Clydesdale H (C)	12:06	94	23:43	82	34:45	81
	Cairn Wallace (U13)	12:06	Darren Carruthers (U15)	11:37	Philip Allan (U17)	11:02
82 Dundee Hawkhill H (B)	12:29	99	23:20	78	34:49	82
	Ryan Donald (U13)	12:29	Michael Tarnawsky (U15)	10:51	Connor Bertie (U17)	11:29
83 Law & District AAC (B)	11:42	86	23:52	84	34:54	83
	Matthew Gillon (U13)	11:42	Conor Butters (U15)	12:10	Stuart Leghorn (U17)	11:02
84 Cumbernauld AAC (B)	12:24	98	24:42	91	35:08	84
	Jacob Brown (U13)	12:24	Cameron MacLean (U13)	12:18	Lewis Brown (U15)	10:26
85 Ron Hill Cambuslang H (E)	11:31	81	24:29	90	35:08	85
	Aaron Lohie (U13)	11:31	Eamon Carr (U15)	12:58	Sam Shilliday (U17)	10:39
86 Corstorphine AAC (C)	12:06	93	24:04	89	35:10	86
	Owen McQueenie (U13)	12:06	Fergus Campbell (U13)	11:58	Callum Campbell (U15)	11:06
87 Greenock Glenpark H (B)	11:13	72	23:59	88	36:53	87
	Alan Mollins (U13)	11:13	Jonathan Slater (U13)	12:46	Euan Stewart (U15)	12:54
88 Kilmarnock H&AC (C)	11:18	74	24:45	92	37:11	88
	Jamie Neilson (U13)	11:18	Dylan McBean (U15)	13:27	Michael Bolard (U17)	12:26
89 Clydesdale H (D)	12:32	101	24:59	93	38:31	89
	Luke Lindup (U13)	12:32	Stephen Kane (U15)	12:27	Joe McCreadie (U15)	13:32
90 Calderglen H (A)	12:11	95	25:53	96	38:35	90
	Calum MacDonald (U13)	12:11	Lewis MacDonald (U15)	13:42	Drew Gordon (U15)	12:42
Kilbarchan AAC (H)	11:06	69	21:06	45		
	Hamish Loudon (U13)	11:06	John Hughes (U15)	10:00		
Inverclyde AC (D)	10:34	37	22:14	69		
	Reece Warnock (U13)	10:34	Reef Gillan (U15)	11:40		
Pitreavie AAC (E)	12:03	92	22:58	75		
	Liam Gillam (U13)	12:03	Ben Grant (U15)	10:55		
Helensburgh AAC (B)	10:55	55	23:55	86		
	Bryn Davies (U13)	10:55	Finlay Gray (U13)	13:00		
Garscube H (D)	12:41	105	25:06	94		
	Fraser Gordon (U13)	12:41	Craig Weston (U15)	12:25		
Clydesdale H (E)	11:46	88	25:38	95		
	Harry Borthwick (U13)	11:46	Kieran Goggins (U13)	13:52		
Central AC (E)	10:44	44				
	Thomas Hanson (U13)	10:44				
Giffnock North AAC (H)	10:50	48				
	Scott Jenkins (U13)	10:50				
Giffnock North AAC (J)	11:06	67				
	Eoghan O'Donnell (U13)	11:06				
Ayr Seaforth AC (F)	11:26	79				
	Blair Smillie (U13)	11:26				
Giffnock North AAC (I)	11:35	83				
	Austin Thomson (U13)	11:35				
Shettleston H (C)	11:44	87				
	Daniel McGreechin (U13)	11:44				
Kilmarnock H&AC (D)	12:00	90				
	Finlay Walker (U13)	12:00				
Inverclyde AC (F)	12:30	100				
	Leo Rice (U13)	12:30				
Inverclyde AC (E)	12:34	102				
	Ben Nicholl (U13)	12:34				
Central AC (G)	12:35	103				
	Ross Coombs (U13)	12:35				
Clydesdale H (F)	12:37	104				
	Thomas Hearn (U13)	12:37				
Ayr Seaforth AC (G)	12:49	106				

Ben Smyth (U13)	12:49
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U13 Fastest Times

Joey Brown (U13)	Gala H (B)	9.20
Cameron Watson (U13)	Inverclyde AC (A)	9.24
Magnus Tait (U13)	Lasswade AAC (A)	9.36
Hamish Armit (U13)	Giffnock North AAC (A)	9.49
Drew Pollock (U13)	Ron Hill Cambuslang H (A)	9.50
Cameron Corrigan (U13)	Kilbarchan AAC (C)	9.52
Alex Johnston (U13)	Pitreavie AAC (A)	9.54
Andrew MacAngus (U13)	Kilbarchan AAC (A)	9.54
Scott Sprang (U13)	Ayr Seaforth AC (B)	10.00
Finlay Ross (U13)	Corstorphine AAC (A)	10.00
Alexander Holl (U13)	Central AC (A)	10.02
Fraser Blackie (U13)	Edinburgh AC (A)	10.02
Arun Smith (U13)	Garscube H (C)	10.04
Luke Reilly (U13)	Ron Hill Cambuslang H (C)	10.04
Christopher McLew (U13)	Ron Hill Cambuslang H (B)	10.04
Jack Bell (U13)	Giffnock North AAC (B)	10.04
Daniel Martin (U13)	Ayr Seaforth AC (A)	10.04
Craig Kennedy (U13)	Kilbarchan AAC (B)	10.04
James Gillon (U13)	Law & District AAC (A)	10.04

U15 Fastest Times

Gregor Gillespie (U15)	Law & District AAC (A)	8.51
Ben Greenwood (U15)	Perth Strathtay H (A)	8.54
Adam Scott (U15)	Fife AC (A)	9.01
Anthony Addison (U15)	Corstorphine AAC (A)	9.03
Conor Thomson (U15)	Kilbarchan AAC (A)	9.04
Aidan Johnson (U15)	VP-Glasgow AC (B)	9.08
Ryan Gray (U15)	Inverclyde AC (A)	9.08
Fraser Stirling (U15)	Ayr Seaforth AC (A)	9.12
Struan Paton (U15)	Ron Hill Cambuslang H (A)	9.13
Martin Lynas (U15)	East Kilbride A.C. (A)	9.14
Michael Swinton (U15)	Edinburgh AC (A)	9.16
Jamie MacKinnon (U15)	VP-Glasgow AC (A)	9.18
John Law (U15)	Glasgow School of Sport (A)	9.19
Michael Lowrie (U15)	Giffnock North AAC (A)	9.21
James Adam (U15)	Pitreavie AAC (A)	9.23

U17 Fastest Times

Euan Gillham (U17)	Kilbarchan AAC (A)	8.09
Josh Kerr (U17)	Edinburgh AC (A)	8.21
Aidan Thompson (U17)	Pitreavie AAC (A)	8.21
Jonathan Glen (U17)	Inverclyde AC (A)	8.24
Scott McKay (U17)	VP-Glasgow AC (A)	8.29
Luke Foss (U17)	Law & District AAC (A)	8.32
Euan Trout (U17)	Kilbarchan AAC (B)	8.40
Tom Murray (U17)	Kilbarchan AAC (D)	8.42
Craig Jardine (U17)	VP-Glasgow AC (D)	8.43
Alex Carcas (U17)	Edinburgh AC (B)	8.45
Max Lancaster (U17)	Giffnock North AAC (A)	8.49
Joshua Houston (U17)	Inverclyde AC (C)	8.50
Jordan Chapman (U17)	Aberdeen AAC (B)	8.50
Jack Kerr (U17)	Central AC (B)	8.55
Aidan Gilbride (U17)	East Kilbride A.C. (A)	8.56

SAL National Cross Country Relays
Cumbernauld
26-October 2013
Senior Women

	Stage 1		Stage 2		Stage 3	
1 Central AC (A)	13:54	1	28:35	1	42:43	1
	Morag MacLarty	13:54	Jennifer Emsley	14:41	Fiona Thompson	14:08
2 Edinburgh AC (A)	15:11	2	29:08	2	43:37	2
	Emma Dunnett (U20)	15:11	Madeleine Murray (U20)	13:57	Laura Dunn	14:29
3 Kilbarchan AAC (A)	14:32	2	29:39	4	43:40	3
	Christina Rankin	14:32	Natalie Sharp	15:07	Elsbeth Curran	14:01
4 Fife AC (A)	15:04	7	29:39	3	44:06	4
	Stephanie Pennycook (U20)	15:04	Helen Sharpe	14:35	Megan Crawford	14:27
5 Shettleston H (A)	14:55	5	29:58	5	45:36	5
	Jessica Oliver-Bell	14:55	Kathryn Pennel (U20)	15:03	shona robertson (V40)	15:38
6 Garscube H (A)	14:41	3	30:51	7	46:34	6
	Lesley Chisholm	14:41	Laura Devine	16:10	Katie White	15:43
7 VP-Glasgow AC (A)	15:17	11	31:14	8	46:49	7
	Sarah Potter	15:17	Jacqui Thomson (V50)	15:57	Danielle Beattie (U20)	15:35
8 Edinburgh University H&H (A)	15:39	13	31:41	11	46:49	8
	Kirstin Maxwell	15:39	Charlotte Watson (U20)	16:02	Mhairi MacIannan (U20)	15:08
9 Lothian RC (A)	15:51	15	32:18	15	46:59	9
	Jo Hall	15:51	Lana Turnbull	16:27	Edel Mooney	14:41
10 Inverclyde AC (A)	15:35	12	32:05	14	47:36	10
	Rachael Bushfield	15:35	Emma Rice	16:30	Julie Gordon	15:31
11 Ron Hill Cambuslang H (A)	15:10	8	30:26	6	47:56	11
	Alexandra Lamond	15:10	Katie Bristow (U20)	15:16	Kirsty Anderson	17:30
12 Edinburgh University H&H (B)	15:53	16	32:32	17	48:16	12
	Georgia Tindley	15:53	Sarah Sigsworth	16:39	Louise Mercer (U20)	15:44
13 Giffnock North AAC (B)	15:01	6	31:45	12	48:27	13
	Ruth Joss	15:01	Mary McCutcheon (V40)	16:44	Yvonne Hamilton	16:42
14 Kilbarchan AAC (B)	15:56	17	32:49	20	48:28	14
	Elaine Eadie (U20)	15:56	Hannah Waugh	16:53	Jessica Martin	15:39
15 Edinburgh AC (B)	16:10	23	32:44	19	48:41	15
	Oonagh Dunnett (U20)	16:10	Victoria Bailie	16:34	Lyndsey Fraser	15:57
16 Springburn H (A)	14:53	4	31:35	9	48:47	16
	Michelle Sandison	14:53	Hannah Terrance	16:42	Barbara Knox (V50)	17:12
17 Dumbarton AAC (A)	16:25	26	32:54	22	49:10	17
	Melissa Wylie (V40)	16:25	Charlene Kelly	16:29	Lynsey Lennox	16:16
18 Kilmarnock H&AC (A)	15:14	10	31:38	10	49:22	18
	Kara Tait	15:14	Colleen Tait	16:24	Paula Wilson (V40)	17:44
19 Bellahouston RR (A)	16:17	25	33:56	27	49:25	19
	Romy Beard	16:17	Ciara Baxter	17:39	Carla Molinaro	15:29
20 Corstorphine AAC (A)	16:28	27	32:52	21	49:29	20
	Gillian Carr	16:28	Julie Malko	16:24	Jessica McClintick (U20)	16:37
21 Fife AC (B)	16:02	19	32:40	18	49:41	21
	Amie McKimmie	16:02	Jennifer Cruickshanks (U20)	16:38	Laura Gibson (U20)	17:01
22 Gala H (A) (V)	16:10	22	33:36	24	49:50	22
	Fiona Dalgleish (V40)	16:10	Gillian Duncan (V40)	17:26	Jennifer Forbes (V40)	16:14
23 Falkirk Victoria H (A) (V)	16:49	33	34:45	32	49:58	23
	Beryl Junnier (V50)	16:49	Nicola Flynn (V40)	17:56	Fiona Matheson (V50)	15:13
24 Edinburgh AC (C)	16:07	20	32:23	16	50:11	24
	Lauren Stoddart	16:07	Amanda Woodrow	16:16	Fiona Hegarty	17:48
25 Glasgow University H&H (A)	18:03	51	31:48	13	50:47	25
	Orla Chapman	18:03	Laura Muir	13:45	Cassie Paterson (U20)	18:59
26 Westerlands XC Club (A)	16:07	21	33:19	23	51:26	26
	Ellen Homewood	16:07	Cat Fisher	17:12	Elizabeth Adams	18:07
27 Central AC (B)	15:48	14	33:54	25	51:33	27
	Isla Campbell	15:48	Kate Weldon (V40)	18:06	Patricia Milne (V50)	17:39
28 Gala H (B)	16:37	28	34:18	28	51:49	28
	Rachel Fagan	16:37	Nicola Porterfield	17:41	Anya Campbell (V40)	17:31
29 Edinburgh AC (D) (V)	17:00	35	34:40	31	51:59	29
	Karen Dobbie (V40)	17:00	Elaine Davies (V40)	17:40	Anne Peat (V40)	17:19
30 Helensburgh AAC (A)	16:44	30	35:03	34	52:07	30
	Michelle Hetherington (V40)	16:44	Helen Crooks	18:19	Rebecca Parry	17:04
31 Clydesdale H (A)	16:41	29	34:25	29	52:17	31
	Pamela McCrossan (V50)	16:41	Ann Murray (V40)	17:44	Marina McCallum (V40)	17:52
32 Calderglen H (A)	16:53	34	34:37	30	52:22	32
	Julie Beveridge	16:53	Alison Lessells	17:44	Joanne McEvoy	17:45
33 Falkirk Victoria H (B)	17:02	36	35:52	39	52:38	33
	Lorna Kennedy	17:02	Alison Marven	18:50	Megan Wright	16:46
34 Lasswade AAC (A)	16:00	18	33:55	26	52:45	34
	Amy Frankland (U20)	16:00	Debbie Murray	17:55	Linden Nicholson (V50)	18:50

35 Bellahouston H (A) (V)	17:15	39	35:20	35	53:07	35
	Bernadette O'Neil (V40)	17:15	Erica Christie (V50)	18:05	Angela Carson (V40)	17:47
36 Greenock Glenpark H (A)	17:42	46	34:57	33	53:32	36
	Suzanne Coyle	17:42	Jacqueline O'Donoghue	17:15	Gillian Forrest (V40)	18:35
37 Carnegie H (A) (V)	18:01	50	35:47	37	53:36	37
	Gail Murdoch (V40)	18:01	Kirsty Baird (V40)	17:46	Melanie Sinclair (V40)	17:49
38 Ferranti AAC (A)	18:19	53	36:14	41	54:11	38
	Julia Drewer	18:19	Elisabeth Mockli	17:55	Claire Gilchrist (V40)	17:57
39 Corstorphine AAC (B)	17:31	43	35:55	40	54:45	39
	Megan Smith	17:31	Fiona Drake	18:24	Sarah Anderson	18:50
40 Giffnock North AAC (A) (X)	17:56	48	36:26	43	54:54	40
	Doleen Galbraith (V50)	17:56	Maureen McVey (V50)	18:30	Anne Lee (V50)	18:28
41 Motherwell AC (A)	19:20	62	38:13	52	55:02	41
	Phyllis Hands (V50)	19:20	Clare Barr (V40)	18:53	Clare Hughes	16:49
42 Hunters Bog T (A)	17:29	41	36:25	42	55:06	42
	Mairead Kelly	17:29	Kara Tar	18:56	Amy Jones	18:41
43 Edinburgh University H&H (C)	17:30	42	36:58	48	55:17	43
	Bronagh Wishart (U20)	17:30	Alexandra Morgan (U20)	19:28	Sarah Henderson	18:19
44 Kirkintilloch O (A) (V)	17:13	38	35:38	36	55:23	44
	Annmari McCaffrey (V40)	17:13	Ada Stewart (V50)	18:25	Allison Law (V50)	19:45
45 Fife AC (D) (X)	17:10	37	36:27	44	55:43	45
	Lorraine Brown (V50)	17:10	Innes Bracegirdle (V50)	19:17	Margaret Martin (V50)	19:16
46 Anster Haddies RC (A) (V)	18:31	55	38:15	53	56:26	46
	Hazel Bradley (V50)	18:31	Christine Bowie (V40)	19:44	Pamela Cruickshanks (V40)	18:11
47 Edinburgh University H&H (D)	19:49	66	38:30	57	56:59	47
	Lauren MacAlister (U20)	19:49	Amy Bristow (U20)	18:41	Katy Thomson	18:29
48 Portobello RC (A)	18:15	52	37:17	49	57:15	48
	Ruth Johnstone	18:15	Shery Johnston (V40)	19:02	Jenni Owens	19:58
49 Kirkintilloch O (B) (V)	19:03	59	38:26	54	57:23	49
	Julie Nelson (V40)	19:03	Claire Mitchell	19:23	Margaret Wilson (V40)	18:57
50 Falkirk Victoria H (C)	19:26	64	38:27	55	57:26	50
	Fiona Anderson (V40)	19:26	Allison Christie	19:01	Gill Inglis (V40)	18:59
51 Bellahouston RR (B)	19:04	60	38:29	56	57:42	51
	Julia MacDonald	19:04	Rose McRobert	19:25	Matty Sutton	19:13
52 Bellahouston H (B)	17:34	44	37:27	50	57:46	52
	Kristina Greig	17:34	Vicki Hopewell	19:53	Suzanne Boyle	20:19
53 Metro Aberdeen RC (A)	19:54	67	38:49	59	58:17	53
	Alison Pirie	19:54	Ali Mathers (V40)	18:55	Valerie Wilson (V40)	19:28
54 Greenock Glenpark H (B)	19:24	63	39:38	60	58:28	54
	Donna Clark	19:24	Marian Monk (V40)	20:14	Rhonda White (V40)	18:50
55 Calderglen H (B)	18:20	54	36:32	45	59:02	55
	Frances Maxwell (V40)	18:20	Karen Allen	18:12	Ruth Kelly (V40)	22:30
56 Anster Haddies RC (B)	18:35	56	40:11	62	1:00:48	56
	Elise Methven (V40)	18:35	Yvonne Dehn	21:36	Fiona Cruickshanks (V40)	20:37
57 Teviotdale H (A)	18:01	49	39:59	61	1:01:24	57
	Catherine Mercer (U20)	18:01	Catriona M Young (V40)	21:58	lauren corbett (U20)	21:25
58 Greenock Glenpark H (C)	20:57	72	41:45	65	1:01:44	58
	Viki Wilkinson (V40)	20:57	Jane MacLean	20:48	Kirstin Arthur	19:59
59 Kirkintilloch O (C) (V)	19:54	68	42:02	66	1:01:44	59
	Vivien Fraser (V40)	19:54	Maxine Bilsland	22:08	Sheila Traynor (V40)	19:42
60 Bellahouston RR (C)	19:02	58	42:18	67	1:02:22	60
	christine little	19:02	Jillian Herbert	23:16	Maree Shepherd	20:04
61 Kirkintilloch O (D) (V)	22:33	74	44:15	68	1:06:52	61
	Shirley MacNab (V40)	22:33	Debs Lindsay (V50)	21:42	Moir Smith (V40)	22:37
62 Westerlands XC Club (B)	19:59	70	44:30	69	1:16:43	62
	Gaynor Gillespie (V40)	19:59	Claire Larravide	24:31	Sharon Taylor (V50)	32:13
Garscube H (B)	17:27	40	35:48	38		
	Marian Kelly	17:27	Emma Blair	18:21		
Bellahouston RR (D)	19:01	57	36:33	46		
	Judith Macgregor	19:01	Louise Ross	17:32		
Fife AC (C)	16:47	31	36:33	47		
	Jennifer Kibble	16:47	Margaret McLaren (V50)	19:46		
Shettleston H (B)	16:49	32	37:28	51		
	Claire McArthur	16:49	Joanne Harkins	20:39		
Glasgow University H&H (B)	19:15	61	38:41	58		
	Jacqueline Kandsberger	19:15	Korolina Kivimaki	19:26		
VP-Glasgow AC (B)	16:10	24	41:19	63		
	Donna Finlayson	16:10	Julie Dobbins (U20)	25:09		
Corstorphine AAC (C)	23:25	77	41:29	64		
	Claire Sloan (U20)	23:25	Susan Johnston (V40)	18:04		
Greenock Glenpark H (D)	23:20	76	45:38	70		
	Lisa Ruddy	23:20	Susan Clark (V40)	22:18		
Lothian RC (B)	17:37	45				

	Lynne Murray (V50)	17:37
Central AC (C)	17:53	47
	Jane Waterhouse (V50)	17:53
Clydesdale H (B)	19:44	65
	Claire Reid (U20)	19:44
Bellahouston H (C)	19:59	69
	Katy Smith (V40)	19:59
Ferranti AAC (B)	20:51	71
	Elizabeth Gilchrist (V50)	20:51
Teviotdale H (B)	21:07	73
	Donna Inglis (V40)	21:07
Edinburgh University H&H (E)	22:50	75
	Rebecca MacDougall	22:50

Fastest Times

Laura Muir	Glasgow University H&H (A)	13.45
Morag MacLarty	Central AC (A)	13.54
Madeleine Murray (U20)	Edinburgh AC (A)	13.57
Elspeith Curran	Kilbarchan AAC (A)	14.01
Fiona Thompson	Central AC (A)	14.08
Megan Crawford	Fife AC (A)	14.27
Laura Dunn	Edinburgh AC (A)	14.29
Christina Rankin	Kilbarchan AAC (A)	14.32
Helen Sharpe	Fife AC (A)	14.35
Edel Mooney	Lothian RC (A)	14.41
Lesley Chisholm	Garscube H (A)	14.41
Jennifer Emsley	Central AC (A)	14.41
Michelle Sandison	Springburn H (A)	14.53
Jessica Oliver-Bell	Shettleston H (A)	14.55
Ruth Joss	Giffnock North AAC (B)	15.01
Kathryn Pennel (U20)	Shettleston H (A)	15.03
Stephanie Pennycook (U20)	Fife AC (A)	15.04
Natalie Sharp	Kilbarchan AAC (A)	15.07
Mhairi MacLennan (U20)	Edinburgh University H&H (A)	15.08
Alexandra Lamond	Ron Hill Cambuslang H (A)	15.10
Emma Dunnett (U20)	Edinburgh AC (A)	15.11
Fiona Matheson (V50)	Falkirk Victoria H (A) (V)	15.13
Kara Tait	Kilmarnock H&AC (A)	15.14
Katie Bristow (U20)	Ron Hill Cambuslang H (A)	15.16
Sarah Potter	VP-Glasgow AC (A)	15.17

SAL National Cross Country Relays
Cumbernauld
26-October 2013
Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	11:53	1 24:16	1 24:16	1 36:27	1 48:28	1		
	Andrew Butchart	11:53	Alexander Hendry	12:23	Robert Russell	12:11	Alastair Hay	12:01
2 Shettleston H (A)	11:57	2 24:49	2 24:49	2 37:01	2 49:28	2		
	Lachlan Oates	11:57	Matthew Sullivan	12:52	Tewoldeberhan Mengisteab	12:12	Paul Sorrie	12:27
3 Inverclyde AC (A)	12:22	5 25:04	3 25:04	3 37:35	3 49:44	3		
	Andrew Douglas	12:22	Mark Pollard	12:42	Craig Ruddy	12:31	Dan Mulhare	12:09
4 Corstorphine AAC (A)	12:34	9 25:05	4 25:05	4 38:26	5 50:54	4		
	Andrew Christy	12:34	Calum McKenzie	12:31	Bryan Clark	13:21	Dermot Cummins	12:28
5 Ron Hill Cambuslang H (A)	12:48	12 25:45	5 25:45	8 38:29	7 51:08	5		
	Ryan Thomson (U20)	12:48	Iain MacCorquodale	12:57	Robert Gilroy	12:44	Benjamin Hukins	12:39
6 VP-Glasgow AC (A)	12:32	8 25:28	6 25:28	7 38:27	6 51:14	6		
	David Vernon	12:32	Lewis Boyle (U20)	12:56	Ethan Sloan-Dennison (U20)	12:59	Max Ralston	12:47
7 Edinburgh University H&H (A)	12:19	4 25:17	7 25:17	6 38:17	4 51:22	7		
	Kyle McLellan	12:19	James Dunn (U20)	12:58	Patryk Gierjatowicz	13:00	Ben Stevenson (U20)	13:05
8 Edinburgh AC (B)	13:09	19 26:16	12 26:16	12 39:17	9 52:35	8		
	Chris Ponton (U20)	13:09	Bryan Mackie	13:07	Andrew Lawler (U20)	13:01	Stuart Johnston	13:18
9 Central AC (B)	12:30	7 25:09	7 25:09	5 38:48	8 52:42	9		
	Sean Reilly	12:30	Tom Watson (U20)	12:39	Scott Green	13:39	Lewis Millar	13:54
10 Kilbarchan AAC (A)	12:54	14 26:32	14 26:32	14 39:24	10 52:49	10		
	Robert Quinn (V40)	12:54	Scott MacAulay	13:38	Callum Matthews (U20)	12:52	Andrew Dearie	13:25
11 Dundee Hawkhill H (A)	12:58	15 26:02	10 26:02	10 39:39	12 53:52	11		
	Jamie Crowe (U20)	12:58	Howell Craske	13:04	Gordon Barrie (V40)	13:37	Neil Gunstone	14:13
12 Ron Hill Cambuslang H (B)	13:00	16 27:26	16 27:26	21 40:44	17 53:58	12		
	Owen Walpole	13:00	Ross Stephen (U20)	14:26	John Macnamara	13:18	Stewart Orr	13:14
13 Corstorphine AAC (B)	13:02	17 27:05	17 27:05	16 40:17	14 54:04	13		
	Christopher Galloway (U20)	13:02	Scott Pilkington	14:03	Tom Cunningham	13:12	Steven O'Brien	13:47
14 Aberdeen AAC (A)	13:17	21 26:42	15 26:42	15 40:38	16 54:13	14		
	Mark Haskett	13:17	Sam Burgess (U20)	13:25	Gareth Lake (U20)	13:56	James Joy	13:35
15 Inverclyde AC (B)	13:46	34 27:49	34 27:49	30 41:00	20 54:20	15		
	Greg Williams (U20)	13:46	Graeme Hyett	14:03	John Cooke	13:11	Michael Houston (U20)	13:20
16 Kilmarnock H&AC (A)	12:28	6 26:06	6 26:06	11 40:03	13 54:25	16		
	Graeme Cameron	12:28	Cameron Wilson	13:38	Roger Naughton	13:57	Neil Walker	14:22
17 Edinburgh AC (C)	13:22	24 27:15	19 27:15	19 40:51	18 54:26	17		
	Gabbie Bucciarelo	13:22	Adam Jack	13:53	Ruaridh Miller (U20)	13:36	Jamie Doris	13:35
18 Shettleston H (B)	13:17	22 27:13	22 27:13	18 41:07	22 54:47	18		
	Brian McGarrity	13:17	Callum Drummond (U20)	13:56	Adam Peters	13:54	Kieran Docherty	13:40
19 Falkirk Victoria H (A)	14:15	54 27:28	23 27:28	23 40:57	19 54:50	19		
	Peter Moffett	14:15	Ryan Beattie	13:13	Alexander Davidson	13:29	Barry Paterson	13:53
20 Glasgow University H&H (A)	13:19	23 27:27	22 27:27	22 41:02	21 54:52	20		
	Peter Bowman	13:19	Ruben Lopez	14:08	Grant Boyne (U20)	13:35	Myles Bax	13:50
21 Hunters Bog T (A)	12:04	3 26:28	3 26:28	13 40:30	15 54:56	21		
	Murray Strain	12:04	Dave Ward	14:24	Ross Clark	14:02	Alistair Hart (V40)	14:26
22 East Kilbride A.C (A)	14:21	57 28:37	41 28:37	41 41:55	27 55:20	22		
	Jack Kirwan (U20)	14:21	Vincent Hastings (U20)	14:16	Grant Baillie	13:18	Alessandro Tronconi	13:25
23 Greenock Glenpark H (A)	13:42	31 27:30	24 27:30	24 41:18	23 55:39	23		
	Kevin O'Donoghue	13:42	Andrew Harkins	13:48	Steven Campbell	13:48	Shaun Lyon	14:21
24 Bellahouston RR (A)	14:02	43 27:32	43 27:32	25 41:45	25 55:48	24		
	Ciaran Dougherty	14:02	Craig Reid	13:30	Iain Burns	14:13	Bob Reid	14:03
25 Strathclyde University H (A)	13:09	18 27:20	20 27:20	20 41:21	24 55:52	25		
	Calum MacLeod	13:09	Callum Roberts (U20)	14:11	Callum Fraser (U20)	14:01	Nathan Kirley (U20)	14:31
26 Giffnock North AAC (A)	12:48	11 25:52	9 25:52	9 39:38	11 55:57	26		
	David Phee	12:48	Luke Traynor	13:04	chris GREENHALGH (V40)	13:46	Colin Wylie (V40)	16:19
27 Ron Hill Cambuslang H (E) (V)	14:56	74 28:42	45 28:42	45 41:49	26 56:07	27		
	Scott Hunter (V40)	14:56	Jamie Reid (V40)	13:46	Kerry Liam Wilson (V40)	13:07	Greg Hastie (V40)	14:18
28 Law & District AAC (A)	13:43	32 27:46	29 27:46	29 42:00	28 56:24	28		
	Darran Muir	13:43	Stephen Allen (V40)	14:03	Ross Macdonald	14:14	Jonathan Kennedy (U20)	14:24
29 Gala H (A)	13:41	30 28:19	30 28:19	37 42:55	36 56:32	29		
	Fergus Johnston	13:41	Colin McCall	14:38	Graham Manczak	14:36	Graeme Murdoch	13:37
30 Garscube H (A)	13:59	41 27:54	41 27:54	31 42:07	29 56:50	30		
	Donald McPartlin	13:59	Alan Blair	13:55	John Bell (V40)	14:13	Marco Consani	14:43
31 Corstorphine AAC (C)	13:58	39 28:39	39 28:39	43 42:41	32 57:07	31		
	Christopher O'Brien	13:58	Ewan Stark	14:41	Alastair Brockie	14:02	Paddy Jumelle	14:26
32 Central AC (C)	13:58	40 27:40	40 27:40	27 42:42	33 57:34	32		
	Will Hensman	13:58	Martyn Paterson	13:42	Colin Alexander	15:02	Philip Williams	14:52
33 Edinburgh University H&H (B)	13:37	28 28:31	28 28:31	39 42:37	31 57:40	33		
	Scott Stirling (U20)	13:37	Patrick Gillespie (U20)	14:54	Jack Baker	14:06	Callum Murray (U20)	15:03
34 Bellahouston H (A)	13:51	36 27:39	36 27:39	26 42:50	34 57:53	34		
	Andrew Campbell	13:51	Alistair Scott	13:48	Ruaridh Macdonald	15:11	Matthew Brown	15:03
35 Inverclyde AC (C)	14:01	42 28:01	42 28:01	32 43:24	39 58:01	35		
	Robert Todd (U20)	14:01	Callum Hunter (U20)	14:00	Jude Boulton (V40)	15:23	Thomas Jamieson	14:37
36 Lasswade AAC (A)	13:30	26 27:12	26 27:12	17 42:52	35 58:04	36		
	Peter Avent	13:30	Rowan Marr (U20)	13:42	Ross Finlayson	15:40	Callum Clark (U20)	15:12
37 Ron Hill Cambuslang H (C)	14:07	46 28:43	46 28:43	46 43:26	40 58:07	37		
	Liam Dale (U20)	14:07	John Ball (U20)	14:36	Andrew Morgan	14:43	George Pettit	14:41
38 Stirling University AC (A)	13:31	27 28:04	27 28:04	33 43:18	37 58:10	38		
	Russell White	13:31	Jonathan Adam (U20)	14:33	Andrew Hood	15:14	Kevin Schenk	14:52
39 Bellahouston RR (B)	14:11	50 28:41	50 28:41	44 43:37	46 58:18	39		
	Grant MacDonald	14:11	Graeme Paterson	14:30	Andrew Birnie (V40)	14:56	Bruce Carse	14:41
40 Pitreavie AAC (A)	13:14	20 28:52	20 28:52	48 43:22	38 58:21	40		
	Ben Potrykus (U20)	13:14	Jeff Farquhar (V50)	15:38	Scott McAlpine (U20)	14:30	Owain Williams	14:59
41 Westerlands XC Club (A)	13:45	33 28:05	33 28:05	34 42:09	30 58:26	41		
	John Denovan	13:45	Chris Upson (V50)	14:20	Niall McAlinden	14:04	Hamilton Semple (V50)	16:17
42 Falkirk Victoria H (B)	13:25	25 28:16	25 28:16	36 43:36	45 58:46	42		

	Euan Martin	13:25	John Brogan	14:51	Colin D Thomson (V40)	15:20	Anthony Devlin (V40)	15:10
43 Glasgow University H&H (B)	14:07	45	28:24	38	43:30	44	58:54	43
	Aishan Patil (U20)	14:07	Chris Clarke	14:17	Adam Stark (U20)	15:06	Mark Sutherland	15:24
44 Lothian RC (A)	12:37	10	28:38	42	44:15	51	58:56	44
	Max McNeill	12:37	Alan Moffat	16:01	Andrew Fish	15:37	Paul young (V40)	14:41
45 Corstorphine AAC (D) (V)	14:05	44	28:57	49	44:02	50	59:10	45
	Stuart Campbell (V40)	14:05	Richard Lewis (V40)	14:52	Bruce Malcolm (V40)	15:05	Graeme Fletcher (V50)	15:08
46 Dumbarton AAC (A)	15:24	82	29:46	60	44:01	49	59:18	46
	Paul Burns (V40)	15:24	James Waters (V40)	14:22	Craig Prior	14:15	Neil Prior (V50)	15:17
47 Bellahouston RR (C) (V)	14:13	51	29:39	58	45:06	58	59:23	47
	Greig Glendinning (V40)	14:13	Gerard Scullion (V40)	15:26	Liam Conway (V40)	15:27	Russell Whittington (V40)	14:17
48 Kilmarnock H&AC (B)	14:10	49	28:46	47	43:27	42	59:33	48
	Scott Martin (V40)	14:10	James Wales	14:36	Stewart Ferguson (V40)	14:41	Connell Drummond (V40)	16:06
49 Edinburgh University H&H (C)	14:13	52	29:22	52	43:44	48	59:59	49
	James Thomas (U20)	14:13	Jack Luscombe (U20)	15:09	Jasper Darrington (U20)	14:22	Fraser Drummond (U20)	16:15
50 Strathclyde University H (B)	14:22	59	28:31	40	43:26	41	1:00:01	50
	Toby Corner (U20)	14:22	Joshua Dudley (U20)	14:09	Calanach MacDonnell Finlayson (U20)	14:55	Andrew Noble (U20)	16:35
51 Garscube H (B)	14:07	47	29:29	54	44:22	52	1:00:09	51
	Christopher Devine	14:07	Euan Geddes (V40)	15:22	Daniel Burns	14:53	John McLaughlin (V40)	15:47
52 Springburn H (A)	14:46	67	30:22	69	44:52	57	1:00:41	52
	Martin Coleman	14:46	Damian McAuley (V40)	15:36	Emilio Cosimo	14:30	Graham Crawford (V50)	15:49
53 Hunters Bog T (B)	15:39	89	30:29	72	45:14	61	1:00:42	53
	Simon Harrison	15:39	Andrew Sims	14:50	Michael Taylor	14:45	James Jarvis (V40)	15:28
54 Clydesdale H (A)	14:26	61	30:59	83	45:49	64	1:01:07	54
	Paul Carroll (V40)	14:26	Ryan Nelson	16:33	Michael Diver (V40)	14:50	Iain Robertson	15:18
55 Portobello RC (A)	15:58	98	32:02	95	47:05	76	1:01:10	55
	Steven Crane (V50)	15:58	Angus McLean (V40)	16:04	William Jarvie (V50)	15:03	David Limmer	14:05
56 Inverclyde AC (D) (V)	15:44	95	30:34	73	46:09	66	1:01:10	56
	Gavin Morrison (V40)	15:44	Gary McKendrick (V40)	14:50	Gerard Gaffney (V50)	15:35	Graeme Forbes (V40)	15:01
57 Carnegie H (A)	14:44	66	29:37	57	45:27	62	1:01:10	57
	David Millar	14:44	Scott Bradley	14:53	Barry Davie	15:50	Nick Weir (V40)	15:43
58 Harmeny AC (A)	14:36	64	29:44	59	45:09	59	1:01:12	58
	Ross Millar	14:36	Andrew King	15:08	Murray Peebles	15:25	Gavin Orr (V40)	16:03
59 VP-Glasgow AC (C) (V)	14:10	48	29:35	56	45:12	60	1:01:17	59
	Crawford Little (V40)	14:10	Duncan Thomson (V40)	15:25	Gerard Craig (V40)	15:37	Andrew Mackinnon (V40)	16:05
60 Greenock Glenpark H (B)	15:12	78	30:22	71	46:30	69	1:01:29	60
	Alan Henderson	15:12	Kevan McCartney	15:10	Ross Neilson	16:08	Andrew White (V40)	14:59
61 Gala H (B) (V)	14:41	65	30:21	68	46:58	75	1:01:34	61
	Mark Bryson (V40)	14:41	David Nightingale (V50)	15:40	William McCulloch (V50)	16:37	Sinclair Hill (V40)	14:36
62 Kirkintilloch O (B) (V)	13:51	37	29:55	61	44:43	55	1:01:39	62
	Stephen Allan (V40)	13:51	Robert Rogerson (V50)	16:04	Gary Mitchell (V40)	14:48	Cornel Neil (V50)	16:56
63 Shettleston H (C)	14:14	53	29:07	51	43:42	47	1:01:51	63
	Gary Turner	14:14	Michael Paxton	14:53	Mark McColl	14:35	Garry Mason (U20)	18:09
64 Motherwell AC (A)	13:56	38	29:02	50	46:23	68	1:02:03	64
	Christopher MacDonald	13:56	Nicholas Hughes	15:06	Graham McEwan	17:21	Ewen Cameron	15:40
65 Corstorphine AAC (H)	14:51	70	30:20	67	47:14	78	1:02:29	65
	Dean Carr (V40)	14:51	Alan Cameron (V40)	15:29	Derek Ireland (V40)	16:54	Alex Cumming	15:15
66 Ayr Seaforth AC (A)	14:17	56	30:19	66	45:34	63	1:02:38	66
	Kenneth Neill	14:17	Martin McCrorie	16:02	Craig Brown	15:15	Andrew Crichton	17:04
67 Ochil HR (A)	13:38	29	28:15	35	44:41	54	1:02:55	67
	Graeme Campbell	13:38	John Stevenson (V50)	14:37	Ron McCraw (V50)	16:26	Ron Martin (V40)	18:14
68 Hunters Bog T (C)	16:11	101	32:00	94	47:48	86	1:03:10	68
	James Williamson	16:11	James Bowden	15:49	Will Mair	15:48	Huw Jones	15:22
69 Calderglen H (A) (V)	16:17	102	31:42	92	46:40	71	1:03:17	69
	David Herberson (V40)	16:17	Andrew McCaffery (V40)	15:25	Alan Derrick (V40)	14:58	Jim Holmes (V40)	16:37
70 Corstorphine AAC (F)	14:51	71	32:35	100	48:35	95	1:03:19	70
	Callum Smith (U20)	14:51	Craig Nolan (V40)	17:44	Graham Henderson	16:00	Connor Johnston (U20)	14:44
71 Bellahouston RR (D)	15:42	93	30:48	78	47:33	83	1:03:19	71
	Anthony Lucio Jannetta	15:42	Christopher Doak	15:06	Iain O'Donnell	16:45	Peter Goodwin (V40)	15:46
72 Springburn H (B)	15:12	77	30:56	81	46:34	70	1:03:21	72
	Grant Cairns	15:12	Joseph Junior Chambers	15:44	Tony Northcote	15:38	Ross McEachern (V40)	16:47
73 Edinburgh AC (D)	14:51	72	33:25	112	48:29	94	1:03:33	73
	Ross Irving	14:51	Matthew Newnham (V50)	18:34	Jamie Crawford	15:04	Keith Dunlop	15:04
74 East Kilbride A.C (B)	14:24	60	30:03	62	46:52	73	1:03:38	74
	Niall Walker	14:24	David Thomson	15:39	Derek Leitch (V50)	16:49	Graeme Haddow (V50)	16:46
75 Motherwell AC (B) (V)	15:08	75	30:46	77	47:35	84	1:03:54	75
	Graeme Kennedy (V40)	15:08	Benjamin Hands (V50)	15:38	Robert Pattinson (V40)	16:49	John Hughes (V50)	16:19
76 Law & District AAC (B)	13:51	35	29:32	55	44:48	56	1:04:10	76
	Stuart McLuckie (U20)	13:51	Anthony Higgins (V40)	15:41	Ross Hill (U20)	15:16	Patrick Kelly (V50)	19:22
77 VP-Glasgow AC (B)	14:17	55	31:34	89	50:46	115	1:04:11	77
	Callum Heirs (U20)	14:17	Ralph Connolly (V40)	17:17	Kenneth McVey (V50)	19:12	Martin Hayes	13:25
78 Hamilton H (A)	18:03	132	33:28	113	49:01	101	1:04:18	78
	Steven Donnelly	18:03	Stephen Duffy	15:25	James Breen (V40)	15:33	Neil Robbins (V50)	15:17
79 Ron Hill Cambuslang H (D) (V)	14:48	68	30:22	70	45:59	65	1:04:22	79
	Michael O'Hagan (V40)	14:48	Francis Hurley (V50)	15:34	Niall Bristow (V40)	15:37	Robert Anderson (V50)	18:23
80 Carnegie H (B) (V)	15:47	96	31:05	85	46:58	74	1:04:28	80
	Peter Humphreys (V40)	15:47	Steven King (V40)	15:18	John Fulham (V40)	15:53	Callum Vallance (V40)	17:30
81 Kilbarchan AAC (B)	15:39	90	33:10	108	48:29	93	1:04:41	81
	Tony Carroll (V40)	15:39	Steven Hill	17:31	Donald Petrie (V50)	15:19	Alan Craig (V40)	16:12
82 Metro Aberdeen RC (A)	17:02	120	34:15	119	49:53	108	1:05:00	82
	Alexander Bain	17:02	Jeremy Kibble	17:13	Mark Johnson (V50)	15:38	Ian Urquhart	15:07
83 Dumbarton AAC (B)	15:39	91	31:29	87	47:58	88	1:05:03	83
	Kieran McQuade	15:39	Simon Lennox	15:50	Peter Walsh	16:29	Peter Walsh (V50)	17:05
84 Kirkintilloch O (A)	16:32	109	31:05	86	48:49	99	1:05:06	84
	Robert Bartley	16:32	Edward McLoone	14:33	Gary Shaw	17:44	Neil Ramsay	16:17
85 Greenock Glenpark H (C) (V)	15:31	85	30:48	79	47:38	85	1:05:18	85
	Sam McViear (V40)	15:31	Robert Adams (V40)	15:17	Ross Slater (V40)	16:50	Scott Forrest (V40)	17:40

86 Bellahouston RR (E)	15:56	97	32:05	96	48:15	90	1:05:18	86
	Stewart Robertson	15:56	Barry Edwards	16:09	Gordon Clements (V40)	16:10	David Boag (V40)	17:03
87 Bellahouston H (B)	14:34	63	30:09	63	47:26	79	1:05:33	87
	Francis Gilroy (U20)	14:34	Paul Clowson	15:35	Ian Taggart (V50)	17:17	Stewart Mulholland (V50)	18:07
88 Pitreavie AAC (B)	17:11	124	33:23	110	49:14	102	1:05:42	88
	Iain Robertson (V40)	17:11	Jack Lawrie (U20)	16:12	Colin Lamont	15:51	Steven Perrie-Clyde (U20)	16:28
89 Fife AC (A) (V)	16:26	107	32:54	105	48:38	96	1:06:18	89
	Colin Brown (V40)	16:26	Ruwan Fernando (V40)	16:28	Daniel Newman (V40)	15:44	Andrew Milne (V40)	17:40
90 Dunbar RC (A)	14:51	69	32:23	98	48:23	91	1:06:32	90
	Stuart Hay (V50)	14:51	Andrew Sheldrick (V40)	17:32	Grant Noble (V50)	16:00	Andrew Anderson (V40)	18:09
91 Shettleston H (E) (V)	15:22	81	30:54	80	47:31	82	1:06:43	91
	John J Duffy (V40)	15:22	John Oates	15:32	Bill Winning (V40)	16:37	Gerard Mason (V50)	19:12
92 Falkirk Victoria H (C)	16:48	117	31:49	93	49:33	105	1:07:27	92
	Alexander Watson (V50)	16:48	Stuart Douglas	15:01	Alastair McCallum (V50)	17:44	John Martin (V50)	17:54
93 Westerlands XC Club (B)	16:36	113	33:25	111	50:38	113	1:07:41	93
	Grant Thomson	16:36	John Quinn (V50)	16:49	Daniel Reid (V50)	17:13	David Calder (V50)	17:03
94 Giffnock North AAC (B) (V)	15:42	94	32:35	99	50:03	110	1:07:54	94
	Derren Thomson (V40)	15:42	Billy Clark (V50)	16:53	Rodger McEleney (V50)	17:28	Michael Hampson (V40)	17:51
95 Gala H (C)	16:22	105	32:48	104	48:26	92	1:08:06	95
	Derrick Brydon (V40)	16:22	Rory Campbell (V40)	16:26	Andrew Lawrie (U20)	15:38	James Purves (V50)	19:40
96 Teviotdale H (A) (V)	15:17	80	30:56	82	48:47	98	1:08:10	96
	Craig Grieve (V40)	15:17	Alan Inglis (V40)	15:39	Alex Corbett (V40)	17:51	Alan Coltman (V40)	19:23
97 Central AC (D)	15:15	79	30:42	75	50:31	112	1:08:42	97
	David Lindsay	15:15	Richard Coombs (V40)	15:27	Sandy MacLarty	19:49	Gordon Appelbe	18:11
98 Dundee Hawkhill H (B)	14:30	62	30:14	65	48:55	100	1:08:57	98
	Billy Gibson	14:30	Mark Lamb	15:44	Craig Bertie (V40)	18:41	Kenneth Letham (V50)	20:02
99 Kirkintilloch O (C) (V)	15:08	76	33:38	115	50:52	116	1:10:14	99
	Derek Martin (V40)	15:08	Christopher Craig (V40)	18:30	John Pugh (V40)	17:14	Paul Reilly (V40)	19:22
100 Bellahouston RR (F)	16:22	104	36:44	134	54:15	127	1:12:12	100
	Jim Robinson (V50)	16:22	Mark McGoldrick (V40)	20:22	Kenny McDonald (V40)	17:31	Brian O'Donnell	17:57
101 Corstorphine AAC (G)	18:08	133	36:03	132	52:43	121	1:12:34	101
	John Christy (V50)	18:08	Kenneth Stewart (V50)	17:55	Nick Brown	16:40	Ronald Nolan (V40)	19:51
102 Bellahouston H (C)	17:18	126	36:01	130	54:01	126	1:14:12	102
	Darren Murray (V40)	17:18	Robert Carson (V50)	18:43	Ian Richie (U20)	18:00	Allan Allison (V50)	20:11
103 Motherwell AC (C)	17:07	121	35:45	128	53:38	123	1:17:02	103
	Matthew Purser	17:07	Thomas Sneddon	18:38	John Burns (V50)	17:53	Peter Blackmore (V40)	23:24
104 Lothian RC (B) (V)	15:35	88	38:38	137	59:19	132	1:18:23	104
	Donald Shaw (V40)	15:35	Stuart Kennedy (V40)	23:03	Ted Finch (V50)	20:41	Kenny Mearns (V50)	19:04
105 Calderglen H (B)	18:18	134	36:24	133	55:53	130	1:18:23	133
	Jim Mearns (V40)	18:18	Richard Lawton	18:06	Hugh Simpson (V50)	19:29	Russell Couper (V40)	22:30
Glasgow University H&H (C)	14:22	58	29:28	53	44:39	53		
	Lewis Renton	14:22	Alistair Thurlbeck (U20)	15:06	Ben McClellan	15:11		
Edinburgh University H&H (D)	15:31	86	31:05	84	46:20	67		
	Huw Cameron-Stradling	15:31	Neil Colquhoun	15:34	Ethan DeWitt	15:15		
Aberdeen AAC (B)	16:36	112	33:04	106	47:30	81		
	Fraser McGillivray	16:36	Peter Mutch	16:28	David Smith	14:26		
Shettleston H (D) (V)	18:45	138	32:43	102	47:56	87		
	William Coyle (V50)	18:45	Ian Johnston (V40)	13:58	Denis Williams (V50)	15:13		
Edinburgh AC (E)	16:45	115	32:42	101	49:22	103		
	Kirk Ollason (V40)	16:45	Max Carcas (V40)	15:57	Andrew Latham (V40)	16:40		
Kilmarnock H&AC (C)	16:47	116	32:17	97	49:35	106		
	Murray McDonald	16:47	David Mcleod (V40)	15:30	William Duffy (V40)	17:18		
Harmeny AC (B)	16:34	110	33:35	114	49:56	109		
	Angus Kay (V40)	16:34	Ian Beattie (V40)	17:01	Kenny Tindall	16:21		
Kirkintilloch O (D)	16:21	103	34:31	121	51:52	117		
	Scott Anderson (V40)	16:21	Colin Simpson (V50)	18:10	Terry Addison (V50)	17:21		
Portobello RC (B)	18:28	136	35:21	122	53:34	122		
	Kevin Clark (V50)	18:28	Richard Hadfield (V40)	16:53	Andrew Stavert (V50)	18:13		
Garscube H (C)	16:04	100	35:52	129	54:58	128		
	John Murray	16:04	Stephen Cullen (V50)	19:48	Tony Hall (V50)	19:06		
Banchory Stonehaven AC (A)	12:52	13	27:42	28				
	Michael Ferguson (U20)	12:52	Andrew Ferguson Jnr	14:50				
Springburn H (C)	17:09	123	33:44	116				
	Willie Munro (V50)	17:09	Matt Jackson	16:35				
Ayr Seaforth AC (B)	16:24	106	35:23	123				
	Laurence Baker (V50)	16:24	Tom McCulloch (V50)	18:59				
Central AC (G) (X)	17:39	128	35:32	126				
	Cameron Campbell (V50)	17:39	Allan Gall (V50)	17:53				
Hunters Bog T (D)	17:09	122	36:01	131				
	Michael Grant	17:09	Daniel Clements	18:52				
Falkirk Victoria H (D)	18:53	139	40:52	138				
	John Denholm (V50)	18:53	David Bunyan (V50)	21:59				
Bellahouston H (D)	19:46	141	43:31	139				
	Thomas Keenan (V50)	19:46	John Softley (V50)	23:45				
Metro Aberdeen RC (B)	17:55	130						
	William Gavin Reid (V40)	17:55						
Teviotdale H (B) (V)	19:43	140						
	Paul Lockie (V40)	19:43						

Over 50s Championship

1 Ron Hill Cambuslang H (F) (X)	15:24	83	30:09	64	43:30	73		
	Alick Walkinshaw (V50)	15:24	Colin Feechan (V50)	14:45	Colin Donnelly (V50)	13:21		
2 Central AC (E) (X)	15:42	92	31:30	88	46:49	72		
	Hugh Kerr (V50)	15:42	Liam McCabe (V50)	15:48	Robert Hutchison (V50)	15:19		
3 VP-Glasgow AC (D) (X)	15:33	87	30:42	76	47:12	77		
	Derek Watson (V50)	15:33	David McCormack (V50)	15:09	Tom Ord (V50)	16:30		
4 Dundee Hawkhill H (C) (X)	14:51	73	30:41	74	47:28	80		
	Matthew Strachan (V50)	14:51	Charles Haskett (V50)	15:50	Nigel Reynolds (V50)	16:47		

5 Central AC (F) (X)	15:59	99	31:35	90	48:00	89
	Stuart Watson (V50)	15:59	Hugh Buchanan (V50)	15:36	Roger Greenaway (V50)	16:25
6 Carnegie H (C) (X)	16:34	111	31:35	91	48:42	97
	John Crookston (V50)	16:34	Ian Stewart (V50)	15:01	John Hynd (V50)	17:07
7 Clydesdale H (B)	16:30	108	33:17	109	49:30	104
	Hugh Laverty (V50)	16:30	Paul McKendry (V50)	16:47	Gerard Montgomery (V50)	16:13
8 Greenock Glenpark H (D) (X)	17:14	125	34:08	118	49:41	107
	Michael Harrington (V50)	17:14	Michael Dunn (V50)	16:54	Graham Mcgrattan (V50)	15:33
9 Fife AC (B) (X)	15:26	84	32:45	103	50:14	111
	Kenneth Anthony (V50)	15:26	D.Melville Scobie (V50)	17:19	Brian R Smith (V50)	17:29
10 Garscube H (D) (X)	16:41	114	33:05	107	50:42	114
	Alexander Chisholm (V50)	16:41	Athole Smith (V50)	16:24	Andy Griffiths (V50)	17:37
11 Calderglen H (C) (X)	18:38	137	35:25	125	51:55	118
	John McBride (V50)	18:38	Andrew Henderson (V50)	16:47	Edward Reid (V50)	16:30
12 Corstorphine AAC (E) (X)	16:56	119	34:24	120	52:06	119
	Martin Caldwell (V50)	16:56	Graham Melean (V50)	17:28	Iain Cumming (V50)	17:42
13 Edinburgh AC (A) (X)	16:54	118	33:49	117	52:29	120
	Chris Creegan (V50)	16:54	David Steele (V50)	16:55	Alex MacEwen (V50)	18:40
14 Clydesdale H (C)	17:48	129	35:23	124	53:43	124
	Pete Cartwright (V50)	17:48	Dewar Stewart (V50)	17:35	Robert Young (V50)	18:20
15 Carnegie H (D) (X)	17:24	127	35:36	127	53:57	125
	Ian Robert Johnston (V50)	17:24	John O'Connor (V50)	18:12	Kieran Morgan (V50)	18:21
16 Fife AC (C) (X)	18:01	131	37:56	135	55:37	129
	Steven Pennycook (V50)	18:01	Eddie Sanders (V50)	19:55	Frank McLaren (V50)	17:41
17 Clydesdale H (D)	18:25	135	38:14	136	58:08	131
	Gerry Kane (V50)	18:25	Watson Jones (V50)	19:49	Peter Rudzinski (V50)	19:54

Fastest Times

Andrew Butchart	Central AC (A)	11.53
Lachlan Oates	Shettleston H (A)	11.57
Alastair Hay	Central AC (A)	12.01
Murray Strain	Hunters Bog T (A)	12.04
Dan Mulhare	Inverclyde AC (A)	12.09
Robert Russell	Central AC (A)	12.11
Tewoldeberhan Mengisteab	Shettleston H (A)	12.12
Kyle McLellan	Edinburgh University H&H (A)	12.19
Andrew Douglas	Inverclyde AC (A)	12.22
Alexander Hendry	Central AC (A)	12.23
Paul Sorrie	Shettleston H (A)	12.27
Graeme Cameron	Kilmarnock H&AC (A)	12.28
Dermot Cummins	Corstorphine AAC (A)	12.28
Sean Reilly	Central AC (B)	12.30
Calum McKenzie	Corstorphine AAC (A)	12.31
Craig Ruddy	Inverclyde AC (A)	12.31
David Vernon	VP-Glasgow AC (A)	12.32
Andrew Christy	Corstorphine AAC (A)	12.34
Max McNeill	Lothian RC (A)	12.37
Tom Watson (U20)	Central AC (B)	12.39
Benjamin Hukins	Ron Hill Cambuslang H (A)	12.39
Mark Pollard	Inverclyde AC (A)	12.42
Robert Gilroy	Ron Hill Cambuslang H (A)	12.44
Max Ralston	VP-Glasgow AC (A)	12.47
David Phee	Giffnock North AAC (A)	12.48