

SAL East District Cross Country Relays
Deans Community High School, Livingston
8-October 2016
Young Athletes Female

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:38	3	18:59	2	28:01	1
	Emma Johnson (GU13)	09:38	Pippa Carcas (GU15)	09:21	Eloise Walker (FU17)	09:02
2 Banchory Stonehaven AC (A)	09:38	2	20:10	8	28:57	2
	Emma Swanson (GU13)	09:38	Shannon Brown (GU15)	10:32	Clare Stewart (FU17)	08:47
3 Corstorphine AAC (A)	09:49	4	19:53	5	29:02	3
	Katherine MacLeod (GU13)	09:49	Georgia Ledingham (GU15)	10:04	Jessica MacLeod (FU17)	09:09
4 Team East Lothian (A)	09:55	5	19:02	3	29:35	4
	Bridget Harley (GU13)	09:55	Cera Gemmell (GU15)	09:07	Esme Callander (GU15)	10:33
5 Edinburgh AC (B)	10:01	6	20:02	6	29:53	5
	Katie Johnson (GU13)	10:01	Alixie Phillips (GU15)	10:01	Ishbel Strathdee (FU17)	09:51
6 Livingston AC (A)	10:05	8	19:41	4	29:53	6
	Charlie-Maree Nolan (GU13)	10:05	Isla Calvert (GU15)	09:36	Courtney Moffat (FU17)	10:12
7 Pitreavie AAC (A)	10:40	14	20:06	7	30:02	7
	Maya Millar (GU13)	10:40	Sarah Coutts (GU15)	09:26	Zoe Nicholson (FU17)	09:56
8 Central AC (A)	10:39	12	20:18	10	30:14	8
	Jessica Turnbull (GU13)	10:39	Kyra Gibb (GU15)	09:39	Lauren McCulloch (FU17)	09:56
9 Falkirk Victoria H (A)	10:36	10	20:14	9	30:16	9
	Molli Robb (GU13)	10:36	Chloe McClung (GU15)	09:38	Olivia Vareille (FU17)	10:02
10 Fife AC (A)	09:04	1	18:52	1	30:18	10
	Anna Hedley (GU13)	09:04	Anna Dalglish (GU13)	09:48	Megan Briers (FU17)	11:26
11 Edinburgh AC (C)	10:13	9	20:38	12	30:20	11
	Phoebe Friend (GU13)	10:13	Hannah Little (GU15)	10:25	Beatrice Winkler (GU15)	09:42
12 Central AC (B)	10:50	18	20:27	11	30:22	12
	Grace Tindall (GU13)	10:50	Rosie Eckersley (GU15)	09:37	Lauryn Turnbull (FU17)	09:55
13 Lasswade AAC (A)	11:43	27	22:13	21	31:08	13
	Carla Latto (GU13)	11:43	Lauren Meikle (GU15)	10:30	Lauren Dickson (FU17)	08:55
14 Gala H (A)	10:38	11	21:08	14	31:12	14
	Mairi Forbes (GU13)	10:38	Eilidh Forbes (GU15)	10:30	Zoe Pflug (FU17)	10:04
15 Corstorphine AAC (B)	10:40	13	20:38	13	31:14	15
	Mhairi Arnott (GU13)	10:40	Mia Linklater (GU13)	09:58	Nicole Mullard (GU15)	10:36
16 Edinburgh AC (E)	10:45	17	21:15	16	31:51	16
	Chloe Petrie (GU13)	10:45	Rose Newman (GU13)	10:30	Emily Simpson (GU15)	10:36
17 Central AC (C)	10:42	15	21:10	15	32:11	17
	Anna MacKinnon (GU13)	10:42	Elizabeth Thompson (GU15)	10:28	Heather Scott (FU17)	11:01
18 Pitreavie AAC (B)	11:25	22	21:34	17	32:17	18
	Riane Cooper (GU13)	11:25	Lauren Blair (GU15)	10:09	Hannah Dow (FU17)	10:43
19 Lasswade AAC (B)	12:34	31	23:05	23	32:56	19
	Niamh Inglis (GU13)	12:34	Abby McGlone (GU15)	10:31	Sarah Tait (FU17)	09:51
20 Edinburgh AC (D)	11:37	25	22:11	20	33:37	20
	Jessica Lorimer (GU13)	11:37	Beth Morrow (GU15)	10:34	Amy Panton (FU17)	11:26
21 Dundee Hawkhill H (A)	11:39	26	21:38	18	33:41	21
	Alex Tully (GU13)	11:39	Anna Bennett (GU15)	09:59	Shona King (FU17)	12:03
22 Banchory Stonehaven AC (B)	11:21	21	22:02	19	34:03	22
	Isla Long (GU13)	11:21	Isabella Thomson (GU13)	10:41	Frances Sealy (FU17)	12:01
23 Livingston AC (B)	11:10	20	22:13	22	34:09	23
	Sophie Ure (GU13)	11:10	Katie Craig (GU15)	11:03	Nicole Kinghorn (FU17)	11:56
24 Central AC (D)	12:54	32	24:28	28	34:43	24
	Amy Kirkpatrick (GU13)	12:54	Naomi Howlieson (GU13)	11:34	Madeleine Woods (FU17)	10:15
25 Teviotdale H (A)	11:43	28	23:14	26	34:47	25
	Maisie Ballantyne (GU13)	11:43	Lucy Ash (GU15)	11:31	Ishbel Inglis (FU17)	11:33
26 Team East Lothian (B)	11:27	24	23:07	24	35:27	26
	Amy Paul (GU13)	11:27	Esme Balfour (GU15)	11:40	Marissa Kelly (GU15)	12:20
27 Lothian RC (A)	10:50	19	23:13	25	36:08	27
	Hannah Steel (GU13)	10:50	Shannon Prevost (GU13)	12:23	Robyn MacDonald (GU13)	12:55
28 Falkirk Victoria H (B)	13:26	34	24:33	29	36:11	28
	Darcy Brown (GU13)	13:26	Phoebe Angus (GU15)	11:07	Katy McGonigal (FU17)	11:38
29 Dundee Hawkhill H (B)	11:27	23	24:35	30	37:34	29
	Lola-Ray Venditozzi (GU13)	11:27	Sophie Brown (GU13)	13:08	Katie McCluskey (FU17)	12:59
30 Banchory Stonehaven AC (C)	15:15	35	26:55	31	38:48	30
	Katie Fletcher (GU13)	15:15	Cara Davie (GU13)	11:40	Anna Fletcher (GU15)	11:53
Edinburgh AC (F)	11:55	29	24:06	27		
	Iona Harrison (GU13)	11:55	Lily Arrundale (GU13)	12:11		
Fife AC (B)	10:03	7				
	Isla Hedley (GU13)	10:03				
Corstorphine AAC (C)	10:45	16				
	Sophie Watt (GU13)	10:45				
Dundee Hawkhill H (C)	12:20	30				

	Chloe Lyons (GU13)	12:20				
Lasswade AAC (C)	13:15	33				
	Fiona Eades (GU13)	13:15				

Fastest Times

Anna Hedley (GU13)	Fife AC (A)	9.04
Emma Swanson (GU13)	Banchory Stonehaven AC (A)	9.38
Emma Johnson (GU13)	Edinburgh AC (A)	9.38
Anna Dalglish (GU13)	Fife AC (A)	9.48
Katherine MacLeod (GU13)	Corstorphine AAC (A)	9.49
Bridget Harley (GU13)	Team East Lothian (A)	9.55
Mia Linklater (GU13)	Corstorphine AAC (B)	9.58
Katie Johnson (GU13)	Edinburgh AC (B)	10.01
Isla Hedley (GU13)	Fife AC (B)	10.03
Charlie-Maree Nolan (GU13)	Livingston AC (A)	10.05

U15

Cera Gemmell (GU15)	Team East Lothian (A)	9.07
Pippa Carcas (GU15)	Edinburgh AC (A)	9.21
Sarah Coutts (GU15)	Pitreavie AAC (A)	9.26
Isla Calvert (GU15)	Livingston AC (A)	9.36
Rosie Eckersley (GU15)	Central AC (B)	9.37
Chloe McClung (GU15)	Falkirk Victoria H (A)	9.38
Kyra Gibb (GU15)	Central AC (A)	9.39
Beatrice Winkler (GU15)	Edinburgh AC (C)	9.42
Anna Bennett (GU15)	Dundee Hawkhill H (A)	9.59
Alix Phillips (GU15)	Edinburgh AC (B)	10.01

U17

Clare Stewart (FU17)	Banchory Stonehaven AC (A)	8.47
Lauren Dickson (FU17)	Lasswade AAC (A)	8.55
Eloise Walker (FU17)	Edinburgh AC (A)	9.02
Jessica MacLeod (FU17)	Corstorphine AAC (A)	9.09
Sarah Tait (FU17)	Lasswade AAC (B)	9.51
Ishbel Strathdee (FU17)	Edinburgh AC (B)	9.51
Lauryn Turnbull (FU17)	Central AC (B)	9.55
Lauren McCulloch (FU17)	Central AC (A)	9.56
Zoe Nicholson (FU17)	Pitreavie AAC (A)	9.56
Olivia Vareille (FU17)	Falkirk Victoria H (A)	10.02

SAL East District Cross Country Relays
Deans Community High School, Livingston
8-October 2016
Young Athletes Male

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:24	6	17:43	2	26:02	1
	Jay Stewart (MU13)	09:24	Joe Ewing (MU15)	08:19	Michael Swinton (MU17)	08:19
2 Aberdeen AAC (A)	09:01	2	17:23	1	26:09	2
	Samuel Griffin (MU13)	09:01	Harry E Hall (MU15)	08:22	Edouard Lecrivain (MU17)	08:46
3 Lasswade AAC (A)	08:32	1	17:47	3	26:11	3
	Harry Henriksen (MU13)	08:32	Jamie Kinghorn (MU15)	09:15	Magnus Tait (MU17)	08:24
4 Edinburgh AC (B)	09:22	5	18:07	4	26:25	4
	Muir Gillespie (MU13)	09:22	Tom Ireland (MU15)	08:45	Sam Brown (MU17)	08:18
5 Corstorphine AAC (E)	09:31	8	18:19	5	26:53	5
	Jamie Eyton-Jones (MU13)	09:31	Thomas Ross (MU15)	08:48	Jonathan Jackson (MU17)	08:34
6 Central AC (A)	10:01	19	18:34	8	26:55	6
	Euan Campbell (MU13)	10:01	Ben MacMillan (MU15)	08:33	Keir Howlieson (MU17)	08:21
7 Corstorphine AAC (C)	09:57	17	18:30	7	26:58	7
	Archie Kemp (MU13)	09:57	David Addison (MU15)	08:33	Stephen Addison (MU17)	08:28
8 Team East Lothian (A)	09:10	4	18:28	6	27:08	8
	Angus Wright (MU13)	09:10	Joe Donnelly (MU15)	09:18	Fraser Kelly (MU17)	08:40
9 Falkirk Victoria H (B)	09:45	13	18:37	9	27:17	9
	Ivan Ramsay (MU13)	09:45	Kane Elliott (MU15)	08:52	Harris Pentecost (MU17)	08:40
10 Falkirk Victoria H (A)	10:41	32	19:16	13	27:40	10
	Michael McGarvey (MU13)	10:41	Cameron Taylor-Cameron (MU15)	08:35	Lewis Pentecost (MU17)	08:24
11 Corstorphine AAC (A)	09:41	11	18:55	12	27:45	11
	Cameron Ross (MU13)	09:41	Daniel Saunders (MU15)	09:14	Forbes Jackson (MU17)	08:50
12 Dundee Hawkhill H (A)	09:38	10	18:55	11	28:06	12
	Scott Vigrow (MU13)	09:38	Blair Scott (MU15)	09:17	Ryan Donald (MU15)	09:11
13 Edinburgh AC (C)	10:04	21	19:22	14	28:11	13
	Connor Daly (MU13)	10:04	Iain Hare (MU15)	09:18	Fraser Blackie (MU17)	08:49
14 Dundee Hawkhill H (B)	10:00	18	19:26	16	28:15	14
	Josh Taylor (MU13)	10:00	Aidan Simpson (MU15)	09:26	Jack Anderson (MU17)	08:49
15 Pitreavie AAC (A)	09:06	3	19:30	18	28:15	15
	Conor Gourley (MU13)	09:06	Arran Robertson (MU15)	10:24	James Adam (MU17)	08:45
16 Fife AC (A)	10:06	23	19:28	17	28:18	16
	Jake Williamson (MU13)	10:06	Owen Keddie (MU15)	09:22	Craig Morris (MU17)	08:50
17 Gala H (B)	09:35	9	19:48	20	28:39	17
	Ewan Christie (MU13)	09:35	Jack Shepherd (MU15)	10:13	Yousuf Khursheed (MU17)	08:51
18 Gala H (A)	11:13	39	20:21	24	28:55	18
	Evan McConnell (MU13)	11:13	Gregor Collins (MU13)	09:08	Faisal Khursheed (MU17)	08:34
19 Central AC (B)	09:27	7	18:53	10	29:19	19
	Cameron Kerr (MU13)	09:27	Daniel Bruce (MU15)	09:26	Cameron Fraser (MU15)	10:26
20 Livingston AC (A)	09:50	14	19:26	15	29:30	20
	Elliot Frame (MU13)	09:50	Alastair Marshall (MU15)	09:36	Aidan Brady (MU15)	10:04
21 Strathearn H (A)	10:06	22	20:19	23	29:35	21
	Fergus Mardon (MU13)	10:06	Dominic Snellgrove (MU15)	10:13	Duthac Mardon (MU15)	09:16
22 Corstorphine AAC (B)	09:43	12	19:33	19	29:48	22
	Ben Struthers (MU13)	09:43	Fergus Campbell (MU15)	09:50	Owen McQueenie (MU15)	10:15
23 Livingston AC (B)	10:12	25	20:16	22	29:50	23
	James Vivian (MU13)	10:12	Fraser Morris (MU15)	10:04	Rhys Findlay (MU17)	09:34
24 George Heriots School (A)	10:35	29	20:35	27	29:53	24
	Angus Ivory (MU13)	10:35	Archie Weetch (MU15)	10:00	Cameron Magill (MU17)	09:18
25 Team East Lothian (B)	10:15	26	20:45	28	29:55	25
	Angus Chandler (MU13)	10:15	Cameron Pirie (MU13)	10:30	Eric Gallagher (MU17)	09:10
26 Lasswade AAC (B)	11:15	40	21:03	32	30:07	26
	Cameron Dawson (MU13)	11:15	Rory Ferguson (MU15)	09:48	Euan Hood (MU17)	09:04
27 Falkirk Victoria H (C)	09:54	15	20:23	25	30:17	27
	Jonathan Faulks (MU13)	09:54	Luke Kennedy (MU13)	10:29	Callan Hogarth (MU15)	09:54
28 Falkirk Victoria H (D)	10:37	30	20:56	30	30:45	28
	Nathan Laing (MU13)	10:37	Ben Charles Sutherland (MU13)	10:19	Euan Wond (MU15)	09:49
29 Dundee Hawkhill H (C)	10:48	34	21:03	31	30:51	29
	Gino Brock (MU13)	10:48	Luca Venditozzi (MU15)	10:15	Jamie Simpson (MU17)	09:48
30 Lasswade AAC (C)	11:15	41	22:06	37	31:05	30
	Alastair Scott (MU13)	11:15	Matthew Cartledge (MU13)	10:51	Jamie Darling (MU17)	08:59
31 George Heriots School (B)	10:56	36	21:24	34	31:14	31
	Ben Jamieson (MU13)	10:56	Lachlan Rowley (MU15)	10:28	Cameron Douglas (MU17)	09:50
32 Corstorphine AAC (D)	10:25	28	20:45	29	32:00	32
	Ronan Sinclair (MU13)	10:25	Charlie Cameron (MU15)	10:20	Jamie Arnott (MU17)	11:15
33 Dundee Hawkhill H (D)	10:10	24	20:25	26	32:32	33
	Joseph Placentino (MU13)	10:10	Tejay Scott (MU13)	10:15	Callum Letham (MU17)	12:07

34 Team East Lothian (C)	11:10	38	21:31	35	32:34	34
	Andrew Latto (MU13)	11:10	Lewis Allan-Brown (MU13)	10:21	Cameron Smith (MU17)	11:03
35 George Heriots School (C)	10:56	35	22:20	38	33:24	35
	Tommy Thin (MU13)	10:56	Tomas MacDonald (MU13)	11:24	Thomas Brownsort (MU15)	11:04
36 Lasswade AAC (D)	11:19	42	25:29	40	34:17	36
	Cameron Dickson (MU13)	11:19	Rory Fletcher (MU13)	14:10	Christian Graham (MU17)	08:48
37 George Heriots School (D)	13:06	44	24:27	39	37:41	37
	Leonardo Monaco (MU13)	13:06	Amius Marshal-De'Ath (MU13)	11:21	Daniel Holland (MU15)	13:14
Team East Lothian (D)	10:04	20	20:03	21		
	Callum Queen (MU13)	10:04	Thomas Leitch (MU15)	09:59		
Edinburgh AC (E)	10:41	33	21:14	33		
	Connor Thompson (MU13)	10:41	John Leary (MU13)	10:33		
Central AC (C)	10:39	31	21:37	36		
	Cameron MacMillan (MU13)	10:39	Sandy Buchanan (MU13)	10:58		
Edinburgh AC (D)	09:56	16				
	Sam Glass (MU13)	09:56				
Corstorphine AAC (F)	10:18	27				
	Archie Hall (MU13)	10:18				
Banchory Stonehaven AC (A)	11:09	37				
	Rory Baird (MU13)	11:09				
Teviotdale H (A)	11:43	43				
	Harrison Hughes (MU13)	11:43				

Fastest Times

U13

Harry Henriksen (MU13)	Lasswade AAC (A)	8.32
Samuel Griffin (MU13)	Aberdeen AAC (A)	9.01
Conor Gourley (MU13)	Pitreavie AAC (A)	9.06
Gregor Collins (MU13)	Gala H (A)	9.08
Angus Wright (MU13)	Team East Lothian (A)	9.10
Muir Gillespie (MU13)	Edinburgh AC (B)	9.22
Jay Stewart (MU13)	Edinburgh AC (A)	9.24
Cameron Kerr (MU13)	Central AC (B)	9.27
Jamie Eytton-Jones (MU13)	Corstorphine AAC (E)	9.31
Ewan Christie (MU13)	Gala H (B)	9.35

U15

Joe Ewing (MU15)	Edinburgh AC (A)	8.19
Harry E Hall (MU15)	Aberdeen AAC (A)	8.22
David Addison (MU15)	Corstorphine AAC (C)	8.33
Ben MacMillan (MU15)	Central AC (A)	8.33
Cameron Taylor-Cameron (MU15)	Falkirk Victoria H (A)	8.35
Tom Ireland (MU15)	Edinburgh AC (B)	8.45
Thomas Ross (MU15)	Corstorphine AAC (E)	8.48
Kane Elliott (MU15)	Falkirk Victoria H (B)	8.52
Ryan Donald (MU15)	Dundee Hawkhill H (A)	9.11
Daniel Saunders (MU15)	Corstorphine AAC (A)	9.14

U17

Sam Brown (MU17)	Edinburgh AC (B)	8.18
Michael Swinton (MU17)	Edinburgh AC (A)	8.19
Keir Howlieson (MU17)	Central AC (A)	8.21
Lewis Pentecost (MU17)	Falkirk Victoria H (A)	8.24
Magnus Tait (MU17)	Lasswade AAC (A)	8.24
Stephen Addison (MU17)	Corstorphine AAC (C)	8.28
Faisal Khurshed (MU17)	Gala H (A)	8.34
Jonathan Jackson (MU17)	Corstorphine AAC (E)	8.34
Harris Pentecost (MU17)	Falkirk Victoria H (B)	8.40
Fraser Kelly (MU17)	Team East Lothian (A)	8.40

SAL East District Cross Country Relays
Deans Community High School, Livingston
8-October 2016
Women

	Stage 1		Stage 2		Stage 3	
1 Central AC (A)	14:12	3	28:57	2	42:54	1
	Jennifer Wetton	14:12	Fiona Thompson	14:45	Morag MacLarty	13:57
2 Edinburgh University H & H (A)	14:01	2	28:48	1	43:02	2
	Stephanie Pennycook	14:01	Catriona Graves (FU20)	14:47	Louise Mercer	14:14
3 Fife AC (A)	14:29	4	29:38	3	44:27	3
	Annabel Simpson (FU20)	14:29	Jennifer Spence	15:09	Halina Rees	14:49
4 Edinburgh AC (A)	14:54	5	30:06	4	44:41	4
	Lauren Stoddart	14:54	Lauren Wilson	15:12	Rachael Dunn	14:35
5 Metro Aberdeen RC (A)	15:31	8	31:33	6	46:38	5
	Virginie Barrand	15:31	Claire Bruce	16:02	Kayleigh Jarrett	15:05
6 Lothian RC (A)	13:51	1	30:24	5	47:24	6
	Sarah Inglis	13:51	Mhairi Inglis	16:33	Lana Turnbull	17:00
7 Aberdeen AAC (A)	15:24	6	32:55	10	47:39	7
	Anisha Badial (FU20)	15:24	Rhona Buchan (F50)	17:31	Ellie Buchan	14:44
8 Edinburgh AC (D) (V)	16:22	15	33:26	14	48:35	8
	Jill Morrow (F50)	16:22	Susan Ridley (F50)	17:04	Jennifer MacLean (F40)	15:09
9 Edinburgh AC (B)	15:47	11	33:19	13	48:39	9
	Zoe Bates (FU20)	15:47	Hannah Waugh	17:32	Katie Bain	15:20
10 Gala H (A) (V)	15:51	12	32:40	9	48:57	10
	Fiona Dalgleish (F45)	15:51	Fiona Shepherd (F45)	16:49	Kate Jenkins (F40)	16:17
11 Edinburgh University H & H (B)	15:37	9	33:05	11	49:14	11
	Sophie Collins	15:37	Katie Hall (FU20)	17:28	Sarah Douglas	16:09
12 Falkirk Victoria H (A)	15:27	7	32:30	8	49:27	12
	Fiona Matheson (F55)	15:27	Fiona Macfarlane	17:03	Lorna Kennedy (F40)	16:57
13 Gala H (B)	16:32	18	33:47	15	49:42	13
	Sarah Green	16:32	Rachel Fagan (F40)	17:15	Kirstin Maxwell	15:55
14 PH Racing Club (A)	16:41	20	33:09	12	50:20	14
	Mary Western (F50)	16:41	Alison Whyte (F45)	16:28	Hannah Devey	17:11
15 Fife AC (B)	15:39	10	32:05	7	50:33	15
	Andrea Burke Rae	15:39	Ailsa Cruickshanks (FU20)	16:26	Katy Aitken (FU20)	18:28
16 Hunters Bog T (A)	17:34	23	35:25	21	51:12	16
	Sarah O'Neil	17:34	Katherine Golding	17:51	Megan Wright (F40)	15:47
17 Corstorphine AAC (B) (V)	16:26	16	34:11	16	51:32	17
	Gillian Carr (F40)	16:26	Susan Johnston (F50)	17:45	Fiona Carver (F55)	17:21
18 Metro Aberdeen RC (B)	16:58	22	35:18	20	51:57	18
	Jill Bonthron	16:58	Sarah Knox (F45)	18:20	Hazel Wyness	16:39
19 Dundee Hawkhill H (A)	16:13	13	34:23	17	52:44	19
	Portia Brown	16:13	Eilidh L Reynolds (FU20)	18:10	Kirsty Reynolds (FU20)	18:21
20 Edinburgh University H & H (C)	16:48	21	36:08	25	52:48	20
	Iona Evans	16:48	Lise Theron (FU20)	19:20	Helen Jones (FU20)	16:40
21 Carnegie H (C)	16:36	19	36:38	28	52:52	21
	Kristin Lownie	16:36	Zuleika Brett	20:02	Joanna Murphy	16:14
22 Edinburgh University H & H (E)	18:05	31	35:25	22	53:11	22
	Eleanor Mocatta (FU20)	18:05	Rosie Wright (FU20)	17:20	Christine Irvine	17:46
23 Ochil HR (A)	17:47	27	35:58	23	53:29	23
	Karen Kealey (F45)	17:47	Katy Baxter (F45)	18:11	Fiona Kelsall (F45)	17:31
24 Carnegie H (B) (V)	19:11	39	36:08	26	53:51	24
	Morna Fleming (F60)	19:11	Fabienne Thompson (F50)	16:57	Isobel Burnett (F55)	17:43
25 Harmeny AC (A) (V)	18:45	33	38:15	34	55:12	25
	Nicky Freedman (F45)	18:45	Susan Ross (F45)	19:30	Fiona Milligan (F40)	16:57
26 Gala H (C)	18:42	32	37:12	29	55:30	26
	Mairi Struthers	18:42	Eileen Maxwell (F50)	18:30	Dawn Grant (F45)	18:18
27 Anster Haddies RC (A)	19:09	38	37:48	31	56:05	27
	Fiona Cruickshanks	19:09	Jazmin Hay	18:39	Pamela Cruickshanks (F50)	18:17
28 Edinburgh University H & H (F)	18:54	35	37:24	30	56:41	28
	Ciara Newell (FU20)	18:54	Leda Olia	18:30	Rosie Wright (FU20)	19:17
29 Corstorphine AAC (A)	17:47	26	36:04	24	56:50	29
	Lisa Christy	17:47	Jilly McKay	18:17	Audrey Graham (F40)	20:46
30 Edinburgh AC (C)	20:51	45	38:59	37	57:02	30
	Holly Ennis	20:51	Emma Laverie	18:08	Mairi Blankenstein	18:03
31 Edinburgh University H & H (G)	19:57	43	38:09	32	57:50	31
	Eilidh MacQuarrie (FU20)	19:57	Eve Sealy (FU20)	18:12	Josie Lewis (FU20)	19:41
32 Metro Aberdeen RC (C)	19:05	36	39:13	38	58:27	32
	Lauren Smith	19:05	Valerie Wilson (F45)	20:08	Anita Torr (F40)	19:14
33 Carnegie H (A)	20:53	46	39:53	40	58:32	33
	Karen Forsyth	20:53	Kirsty Baird (F45)	19:00	Melanie Sinclair (F40)	18:39

34 Linlithgow AC (A) (V)	19:42	41	39:43	39	58:34	34
	Jill Horsburgh (F55)	19:42	Rosemary Gallagher (F45)	20:01	Frances Wood (F55)	18:51
35 Teviotdale H (A)	17:54	28	38:14	33	59:33	35
	Lauren Corbett	17:54	Kirsty Hughes (F40)	20:20	Donna Inglis (F50)	21:19
36 Lothian RC (B)	18:00	30	38:27	35	59:47	36
	Christine Milne	18:00	Kirsty McMeechan	20:27	Melanie Kennedy (F40)	21:20
37 Ferranti AAC (A)	20:00	44	41:39	41	59:49	37
	Julia Drewer	20:00	Elizabeth Gilchrist (F70)	21:39	Pascaline Mollard	18:10
38 Dundee Hawkhill H (B)	17:56	29	38:48	36	1:00:14	38
	Louise Beveridge	17:56	Nicola Tully (F40)	20:52	Vicky Brown	21:26
39 Ferranti AAC (B)	18:51	34	41:49	42	1:01:05	39
	Julia Loecherbach	18:51	Siobhan Sellar (F45)	22:58	Claire Gilchrist (F50)	19:16
40 Musselburgh & District AC (A)	19:17	40	42:52	43	1:01:33	40
	Jacqueline Bogan (F50)	19:17	Lynda Gilroy (F45)	23:35	Sarah Healy	18:41
41 Metro Aberdeen RC (D)	27:12	47	50:58	44	1:09:47	41
	Amy Mackie (F40)	27:12	Suzy Thompson	23:46	Claudia Scragg	18:49
Edinburgh University H & H (D)	17:36	24	34:49	18		
	Alexandra Tandler (FU20)	17:36	Anna Vesaluoma	17:13		
St Andrews University CCC (A)	16:29	17	34:58	19		
	Chloe Louise Martin (FU20)	16:29	Louisa Bryant (FU20)	18:29		
Edinburgh University H & H (H)	19:50	42	36:23	27		
	Amy Bristow	19:50	Amy Frankland	16:33		
Edinburgh AC (E)	16:16	14				
	Nikki Gibson	16:16				
Central AC (B)	17:40	25				
	Claire Houston	17:40				
Pitreavie AAC (A)	19:06	37				
	Sarah Ross	19:06				

Fastest Times

Sarah Inglis	Lothian RC (A)	13.51
Morag MacLarty	Central AC (A)	13.57
Stephanie Pennycook	Edinburgh University H & H (A)	14.01
Jennifer Wetton	Central AC (A)	14.12
Louise Mercer	Edinburgh University H & H (A)	14.14
Annabel Simpson (FU20)	Fife AC (A)	14.29
Rachael Dunn	Edinburgh AC (A)	14.35
Ellie Buchan	Aberdeen AAC (A)	14.44
Fiona Thompson	Central AC (A)	14.45
Catriona Graves (FU20)	Edinburgh University H & H (A)	14.47
Halina Rees	Fife AC (A)	14.49
Lauren Stoddart	Edinburgh AC (A)	14.54
Kayleigh Jarrett	Metro Aberdeen RC (A)	15.05
Jennifer MacLean (F40)	Edinburgh AC (D) (V)	15.09
Jennifer Spence	Fife AC (A)	15.09
Lauren Wilson	Edinburgh AC (A)	15.12
Katie Bain	Edinburgh AC (B)	15.20
Anisha Badial (FU20)	Aberdeen AAC (A)	15.24
Fiona Matheson (F55)	Falkirk Victoria H (A)	15.27
Virginie Barrand	Metro Aberdeen RC (A)	15.31
Sophie Collins	Edinburgh University H & H (B)	15.37
Andrea Burke Rae	Fife AC (B)	15.39
Megan Wright (F40)	Hunters Bog T (A)	15.47
Zoe Bates (FU20)	Edinburgh AC (B)	15.47
Fiona Dalgleish (F45)	Gala H (A) (V)	15.51
Kirstin Maxwell	Gala H (B)	15.55
Claire Bruce	Metro Aberdeen RC (A)	16.02
Sarah Douglas	Edinburgh University H & H (B)	16.09
Portia Brown	Dundee Hawkhill H (A)	16.13
Joanna Murphy	Carnegie H (C)	16.14
Nikki Gibson	Edinburgh AC (E)	16.16
Kate Jenkins (F40)	Gala H (A) (V)	16.17
Jill Morrow (F50)	Edinburgh AC (D) (V)	16.22
Gillian Carr (F40)	Corstorphine AAC (B) (V)	16.26
Ailsa Cruickshanks (FU20)	Fife AC (B)	16.26
Alison Whyte (F45)	PH Racing Club (A)	16.28
Chloe Louise Martin (FU20)	St Andrews University CCC (A)	16.29
Sarah Green	Gala H (B)	16.32
Amy Frankland	Edinburgh University H & H (H) (V)	16.33
Mhairi Inglis	Lothian RC (A)	16.33
Kristin Lownie	Carnegie H (C)	16.36
Hazel Wyness	Metro Aberdeen RC (B)	16.39
Helen Jones (FU20)	Edinburgh University H & H (C)	16.40
Mary Western (F50)	PH Racing Club (A)	16.41
Iona Evans	Edinburgh University H & H (C)	16.48
Fiona Shepherd (F45)	Gala H (A) (V)	16.49
Fiona Milligan (F40)	Harmeny AC (A) (V)	16.57
Fabienne Thompson (F50)	Carnegie H (B) (V)	16.57
Lorna Kennedy (F40)	Falkirk Victoria H (A)	16.57
Jill Bonthron	Metro Aberdeen RC (B)	16.58

SAL East District Cross Country Relays
Deans Community High School, Livingston
8-October 2016
Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Edinburgh University H&H (A)	12:09	1	24:28	1	37:00	1	49:29	1
	Scott Stirling	12:09	Logan Rees (MU20)	12:19	Michael Christoforou	12:32	Euan Gillham (MU20)	12:29
2 Central AC (A)	12:13	3	24:42	2	37:17	2	49:48	2
	Aidan Thompson (MU20)	12:13	Michael Wright	12:29	Cameron Milne	12:35	Ross Houston	12:31
3 Edinburgh University H&H (B)	12:15	4	24:59	4	38:09	4	50:44	3
	Elisha de Mello	12:15	Callum Symmons (MU20)	12:44	James Dunn	13:10	Andrew Lawler	12:35
4 Aberdeen AAC (A)	12:12	2	24:56	3	38:00	3	51:09	4
	Michael Ferguson	12:12	Rory Muir	12:44	Eoghan MacNamara	13:04	Rory Stead	13:09
5 Central AC (B)	12:39	7	25:36	7	38:13	5	51:38	5
	Tom Watson	12:39	Ruaridh Miller	12:57	Chris Smithard	12:37	Scott Green	13:25
6 Edinburgh AC (A)	12:44	8	25:43	8	39:16	7	51:55	6
	Joseph Arthur (MU20)	12:44	Bryan Mackie	12:59	Peter Cameron	13:33	Iain Whitaker	12:39
7 Corstorphine AAC (F)	12:25	5	25:20	6	38:47	6	51:58	7
	Calum McKenzie	12:25	Donald Macaulay	12:55	Scott Pilkington	13:27	Bryan Clark	13:11
8 Edinburgh University H&H (C)	14:17	27	27:14	16	40:27	11	53:37	8
	Ben Remnant (MU20)	14:17	Alexander Chepin (MU20)	12:57	Ewan Davidson	13:13	Alistair Masson (MU20)	13:10
9 Fife AC (A)	13:25	14	26:11	9	39:31	9	53:42	9
	Sam Fernando (MU20)	13:25	Tristan Rees (MU20)	12:46	Harvey Rankin (MU20)	13:20	Chris Russell	14:11
10 Corstorphine AAC (G)	12:50	9	26:22	10	40:10	10	54:04	10
	Anthony Addison (MU20)	12:50	Stuart Livingstone	13:32	Alastair Brockie	13:48	David Hall	13:54
11 Corstorphine AAC (A) (V)	13:17	13	26:56	13	41:00	13	54:24	11
	Gordon Clarke (M40)	13:17	Moray Anderson (M40)	13:39	Tom Ferrington (M40)	14:04	Keith Hood (M40)	13:24
12 Hunters Bog T (A)	12:34	6	27:00	14	40:36	12	54:42	12
	Murray Strain	12:34	David Fulton	14:26	Ewan Crawford	13:36	Michael Diver	14:06
13 Lasswade AAC (A)	13:08	11	25:18	5	39:21	8	55:42	13
	Matthew Smith (MU20)	13:08	Ross Matheson	12:10	Cameron Steven (MU20)	14:03	Kyle A Mackenzie (MU20)	16:21
14 Gala H (A)	13:12	12	26:44	11	41:11	14	55:55	14
	Darrell Hastie	13:12	Graeme Murdoch	13:32	Andrew Lawrie	14:27	Fergus Johnston	14:44
15 PH Racing Club (A)	14:17	28	28:21	23	42:17	17	55:59	15
	Andrew Smith	14:17	Darren Jubb	14:04	Michael Combe	13:56	Colin Somerville	13:42
16 Corstorphine AAC (H)	13:31	15	27:12	15	41:44	15	56:08	16
	James Harrison	13:31	Thomas Wilson	13:41	Douglas McKinnon	14:32	Blair Montgomery	14:24
17 Aberdeen AAC (B)	13:55	21	27:43	19	42:09	16	56:24	17
	Aaron Odentz (MU20)	13:55	Fearghas Thomson	13:48	Fraser Cruickshank (MU20)	14:26	Euan Webster	14:15
18 Lothian RC (A)	13:35	17	27:31	17	42:36	20	56:34	18
	Malcolm Lang	13:35	Joshua Dack	13:56	Owen Williams	15:05	Andrew King	13:58
19 Central AC (C)	14:03	24	29:00	25	42:36	19	57:02	19
	Fraser Logan	14:03	David Lindsay	14:57	Euan Brownlie (MU20)	13:36	Will Hensman	14:26
20 Corstorphine AAC (J)	13:52	20	27:35	18	42:58	22	57:17	20
	Ewan Stark	13:52	Mickey Breen	13:43	Christopher O'Brien	15:23	Liam Sleigh	14:19
21 St Andrews University CCC (A)	14:06	26	28:19	22	42:34	18	57:46	21
	Stephen McDougall	14:06	Phillip Wright (MU20)	14:13	Andrew Taylor (MU20)	14:15	Calum MacGregor	15:12
22 Edinburgh AC (B)	14:01	23	28:18	21	43:27	24	57:48	22
	Joshua Arthur	14:01	Madis Osjajets	14:17	Nairn McWilliams	15:09	Robin Hamilton (M40)	14:21
23 Metro Aberdeen RC (A)	14:57	36	29:55	32	44:08	27	58:20	23
	Jonny McIntosh	14:57	Andrew Pearson	14:58	Steve Buchan (M40)	14:13	Nick Milovsorov (M50)	14:12
24 Pitreavie AAC (A)	12:50	10	26:52	12	42:53	21	58:22	24
	Tyler White (MU20)	12:50	Evan Ross (MU20)	14:02	Colin Lamont	16:01	Andrew McNair (MU20)	15:29
25 Fife AC (B)	13:58	22	28:02	20	43:11	23	58:33	25
	Gregor Malcolm (MU20)	13:58	James Rae	14:04	Andrew Murphy	15:09	Bryce Aitken (M55)	15:22
26 Edinburgh AC (C) (V)	14:51	34	30:17	37	45:18	31	59:41	26
	John Blair (M50)	14:51	Andrew Latham (M50)	15:26	David Cross (M50)	15:01	Adam Chmielowski (M40)	14:23
27 Metro Aberdeen RC (B)	15:12	39	29:38	28	45:18	32	59:52	27
	Andrew Thompson (M40)	15:12	Jeremy Kibble	14:26	Craig Anderson (M45)	15:40	Chris Richardson	14:34
28 Corstorphine AAC (B) (V)	14:47	32	29:42	29	44:32	28	1:00:00	28
	Dean Carr (M40)	14:47	Ken Speirs (M45)	14:55	Ian Johnston (M50)	14:50	Ian McPherson (M45)	15:28
29 Hunters Bog T (C) (V)	14:29	29	30:25	38	44:02	25	1:00:17	29
	David Wright (M40)	14:29	Michael Bareford (M40)	15:56	Ray Ward (M40)	13:37	James Jarvis (M45)	16:15
30 Edinburgh University H&H (D)	14:37	30	29:42	30	44:05	26	1:00:23	30
	Ben Murphy	14:37	Jack Luscombe	15:05	Alex Luetchford	14:23	Lyle Griffin	16:18
31 Hunters Bog T (B)	15:17	42	30:38	39	45:22	33	1:00:28	31
	Peter Gardner	15:17	James Rogers	15:21	George Ashley	14:44	Huw Jones	15:06
32 Lothian RC (B) (V)	15:31	47	30:54	42	46:11	35	1:00:32	32
	Alan Moffat (M40)	15:31	Euan McInnes (M40)	15:23	Scott Nelson (M45)	15:17	Colin Partridge (M40)	14:21
33 Portobello RC (A) (V)	15:10	38	30:48	40	46:21	36	1:00:34	33
	Alex Hilliam (M40)	15:10	Craig Taylor (M40)	15:38	Peter Buchanan (M50)	15:33	Johnny Lawson (M40)	14:13
34 Teviotdale H (A)	14:05	25	28:55	24	44:42	29	1:00:58	34
	Greg Walker	14:05	Scott Watson	14:50	Andrew Goodair (M45)	15:47	Alan Inglis (M45)	16:16
35 Corstorphine AAC (I)	15:06	37	29:38	27	45:56	34	1:01:30	35
	Callum Campbell (MU20)	15:06	Craig Nolan	14:32	Peter Black	16:18	Gary Morrison	15:34
36 Musselburgh & District AC (A)	13:44	18	29:46	31	46:51	37	1:02:12	36
	Robert Watson (M45)	13:44	Doug Fraser (M45)	16:02	Michael Malcolm-Smith (M45)	17:05	Mike Jones	15:21
37 Central AC (E) (V)	16:07	55	31:34	47	48:56	48	1:02:55	37
	Hugh Buchanan (M55)	16:07	Charles Graham-Marr (M55)	15:27	Stuart Watson (M50)	17:22	Scott Brember (M40)	13:59
38 Falkirk Victoria H (A)	13:33	16	30:51	41	47:59	40	1:03:45	38
	Alexander Davidson	13:33	John Martin (M60)	17:18	Mark Johnstone (M45)	17:08	Stuart Douglas	15:46
39 Corstorphine AAC (C) (V)	15:57	53	31:53	48	48:43	44	1:03:56	39
	Alan Cameron (M45)	15:57	Stan Whitaker (M40)	15:56	Martin Caldwell (M60)	16:50	Bruce Malcolm (M50)	15:13
40 Falkland Trail R (A)	16:36	58	33:20	56	49:21	51	1:04:09	40
	Derek McDonald (M40)	16:36	Mark Western (M50)	16:44	Alexander Jarrett	16:01	Bill Gillan (M65)	14:48
41 Edinburgh AC (E)	14:54	35	29:27	26	47:15	38	1:04:09	41
	David Sidebottom	14:54	Dermot Baillie	14:33	Richard Clark (M40)	17:48	Eoghain Hoare	16:54

42 Linlithgow AC (A)	15:29	46	32:46	51	49:38	53	1:04:25	42
	David Marshall	15:29	Graham Chambers	17:17	Jude Moir	16:52	Scott Cockburn	14:47
43 Carnegie H (A) (V)	17:33	62	32:36	50	48:45	45	1:04:35	43
	Alan Murray (M40)	17:33	Chris Stephenson (M45)	15:03	John Fulham (M40)	16:09	John Hynd (M55)	15:50
44 Dundee Road Runners AC (A)	15:14	41	31:27	45	48:14	42	1:04:54	44
	Lee O'Connor (M40)	15:14	Andrew Black (M40)	16:13	Duncan Edward	16:47	John Mill (M50)	16:40
45 Gala H (B) (V)	15:26	45	33:09	54	49:14	49	1:05:37	45
	Bob Johnson (M55)	15:26	Derrick Brydon (M45)	17:43	Ian Maxwell (M55)	16:05	Magnus Inglis (M40)	16:23
46 Portobello RC (B)	17:45	65	34:33	58	51:14	57	1:05:37	46
	Oliver Pound	17:45	William Jarvie (M55)	16:48	Gavin Brown (M45)	16:41	Michael Geoghegan	14:23
47 Fife AC (C) (V)	15:36	48	31:32	46	48:30	43	1:06:34	47
	Daniel Newman (M45)	15:36	Colin Brown (M50)	15:56	Tom Hedley (M45)	16:58	Brian R Smith (M55)	18:04
48 Anster Haddies RC (A) (V)	16:02	54	33:14	55	50:26	54	1:07:20	48
	Bill Hutchison (M60)	16:02	James Baillie (M55)	17:12	Allen Marr (M60)	17:12	Richard Shaw (M60)	16:54
49 Edinburgh AC (F)	13:48	19	30:00	33	48:48	47	1:07:49	49
	Iain Macdonald	13:48	Garry Robertson (M50)	16:12	Eric Stevenson (M65)	18:48	Alex MacEwen (M60)	19:01
50 Metro Aberdeen RC (C)	16:38	59	34:42	60	50:54	55	1:07:52	50
	Adam Scragg	16:38	William Gavin Reid (M50)	18:04	Graham Moar (M40)	16:12	Dave More (M40)	16:58
51 Banchory Stonehaven AC (A) (V)	14:49	33	30:17	36	48:46	46	1:08:20	51
	Sam Long (M40)	14:49	Alan Sealey (M50)	15:28	Andrew Ferguson Snr (M55)	18:29	Robert Auckland (M55)	19:34
52 Edinburgh AC (D) (V)	17:51	66	35:40	63	51:57	58	1:08:31	52
	Matthew Newnham (M55)	17:51	David Steele (M55)	17:49	Chris Creegan (M55)	16:17	Max Carcas (M45)	16:34
53 Lothian RC (C) (V)	15:38	49	33:00	53	49:26	52	1:09:01	53
	Kenton Jones (M50)	15:38	Martin Leadbetter (M55)	17:22	Pol MacDonald (M45)	16:26	Kenny Mearns (M55)	19:35
54 Carnegie H (B)	16:21	57	32:50	52	52:25	59	1:09:12	54
	Steven Honeyman	16:21	Kevin Davie	16:29	Stephen Greer (M55)	19:35	Barry Davie (M40)	16:47
55 Corstorphine AAC (D) (V)	17:45	64	35:22	62	53:43	60	1:09:22	55
	Jan-Bert Van Den Berg (M55)	17:45	Neill Porterfield (M40)	17:37	Graham Mclean (M60)	18:21	Steven Blair (M50)	15:39
56 Ferranti AAC (A)	15:52	52	34:08	57	58:51	63	1:22:01	56
	Paul Caban (M50)	15:52	Grant Sellar (M50)	18:16	Edward McDonald (M65)	24:43	Alex Bell (M55)	23:10
PH Racing Club (B)	15:23	43	30:08	34	45:07	30		
	Scott Love	15:23	Jonathan Campbell	14:45	Daniel Smith (MU20)	14:59		
Lasswade AAC (B)	16:12	56	31:08	43	47:32	39		
	Scott Dickson (M40)	16:12	Andrew McGlone (M45)	14:56	David Scott (M40)	16:24		
Central AC (D)	15:14	40	30:11	35	48:14	41		
	Fraser MacPherson (MU20)	15:14	Jamie Wastling (MU20)	14:57	Kenneth Hislop	18:03		
Dundee Hawkhill H (A) (V)	15:23	44	32:27	49	49:15	50		
	John Castle (M45)	15:23	Raymond Tully (M45)	17:04	Nigel Reynolds (M55)	16:48		
Corstorphine AAC (E)	17:38	63	34:46	61	51:12	56		
	Michael Connelly (M55)	17:38	David Henderson (M50)	17:08	Barry Shields	16:26		
Metro Aberdeen RC (D)	15:42	50	37:32	65	54:59	61		
	Steven Morrison	15:42	Kevin Mackie (M40)	21:50	Phil Mann (M55)	17:27		
Central AC (F) (V)	18:30	68	37:37	66	56:36	62		
	Allan Gall (M60)	18:30	Mark Logie (M45)	19:07	Cameron Campbell (M55)	18:59		
Harmeny AC (A)	15:49	51	31:15	44				
	Karl Zeiner (M40)	15:49	Kenny Tindall	15:26				
Teviotdale H (B)	17:27	61	34:38	59				
	Andrew Gibson	17:27	Alister Biggar (M45)	17:11				
Falkirk Victoria H (B) (V)	18:41	69	36:32	64				
	John Denholm (M60)	18:41	Gordon Dewar (M50)	17:51				
Hunters Bog T (D)	20:23	70	37:53	67				
	Peter McClelland	20:23	Ian Campbell (M50)	17:30				
Carnegie H (C) (V)	18:07	67	39:07	68				
	Malcolm Smith (M50)	18:07	Phil Smithard (M65)	21:00				
Corstorphine AAC (K)	14:43	31						
	Doug Murray	14:43						
Edinburgh AC (G)	16:56	60						
	Scott Innes (M45)	16:56						
Fife AC (D)	21:19	71						
	Graham Bennison (M70)	21:19						

Fastest Times

Scott Stirling	Edinburgh University H&H (A)	12.09
Ross Matheson	Lasswade AAC (A)	12.10
Michael Ferguson	Aberdeen AAC (A)	12.12
Aidan Thompson (MU20)	Central AC (A)	12.13
Elisha de Mello	Edinburgh University H&H (B)	12.15
Logan Rees (MU20)	Edinburgh University H&H (A)	12.19
Calum McKenzie	Corstorphine AAC (F)	12.25
Michael Wright	Central AC (A)	12.29
Euan Gillham (MU20)	Edinburgh University H&H (A)	12.29
Ross Houston	Central AC (A)	12.31
Michael Christoforou	Edinburgh University H&H (A)	12.32
Murray Strain	Hunters Bog T (A)	12.34
Andrew Lawler	Edinburgh University H&H (B)	12.35
Cameron Milne	Central AC (A)	12.35
Chris Smithard	Central AC (B)	12.37
Iain Whitaker	Edinburgh AC (A)	12.39
Tom Watson	Central AC (B)	12.39
Joseph Arthur (MU20)	Edinburgh AC (A)	12.44
Rory Muir	Aberdeen AAC (A)	12.44
Callum Symmons (MU20)	Edinburgh University H&H (B)	12.44
Tristan Rees (MU20)	Fife AC (A)	12.46
Tyler White (MU20)	Pitreavie AAC (A)	12.50
Anthony Addison (MU20)	Corstorphine AAC (G)	12.50
Donald Macaulay	Corstorphine AAC (F)	12.55
Alexander Chepelin (MU20)	Edinburgh University H&H (C)	12.57
Ruaridh Miller	Central AC (B)	12.57
Bryan Mackie	Edinburgh AC (A)	12.59
Eoghan MacNamara	Aberdeen AAC (A)	13.04
Matthew Smith (MU20)	Lasswade AAC (A)	13.08
Rory Stead	Aberdeen AAC (A)	13.09
Alistair Masson (MU20)	Edinburgh University H&H (C)	13.10
James Dunn	Edinburgh University H&H (B)	13.10
Bryan Clark	Corstorphine AAC (F)	13.11
Darrell Hastie	Gala H (A)	13.12
Ewan Davidson	Edinburgh University H&H (C)	13.13
Gordon Clarke (M40)	Corstorphine AAC (A) (V)	13.17
Harvey Rankin (MU20)	Fife AC (A)	13.20
Keith Hood (M40)	Corstorphine AAC (A) (V)	13.24
Sam Fernando (MU20)	Fife AC (A)	13.25
Scott Green	Central AC (B)	13.25
Scott Pilkington	Corstorphine AAC (F)	13.27
James Harrison	Corstorphine AAC (H)	13.31
Graeme Murdoch	Gala H (A)	13.32
Stuart Livingstone	Corstorphine AAC (G)	13.32
Alexander Davidson	Falkirk Victoria H (A)	13.33
Peter Cameron	Edinburgh AC (A)	13.33
Malcolm Lang	Lothian RC (A)	13.35
Euan Brownlie (MU20)	Central AC (C)	13.36
Ewan Crawford	Hunters Bog T (A)	13.36
Ray Ward (M40)	Hunters Bog T (C) (V)	13.37
Moray Anderson (M40)	Corstorphine AAC (A) (V)	13.39
Thomas Wilson	Corstorphine AAC (H)	13.41
Colin Somerville	PH Racing Club (A)	13.42
Mickey Breen	Corstorphine AAC (J)	13.43
Robert Watson (M45)	Musselburgh & District AC (A)	13.44
Iain Macdonald	Edinburgh AC (F)	13.48
Fearghas Thomson	Aberdeen AAC (B)	13.48
Alastair Brockie	Corstorphine AAC (G)	13.48
Ewan Stark	Corstorphine AAC (J)	13.52
David Hall	Corstorphine AAC (G)	13.54
Aaron Odentz (MU20)	Aberdeen AAC (B)	13.55
Joshua Dack	Lothian RC (A)	13.56
Michael Combe	PH Racing Club (A)	13.56
Gregor Malcolm (MU20)	Fife AC (B)	13.58
Andrew King	Lothian RC (A)	13.58
Scott Brember (M40)	Central AC (E) (V)	13.59
Joshua Arthur	Edinburgh AC (B)	14.01
Evan Ross (MU20)	Pitreavie AAC (A)	14.02
Fraser Logan	Central AC (C)	14.03
Cameron Steven (MU20)	Lasswade AAC (A)	14.03
James Rae	Fife AC (B)	14.04
Darren Jubb	PH Racing Club (A)	14.04
Tom Ferrington (M40)	Corstorphine AAC (A) (V)	14.04
Greg Walker	Teviotdale H (A)	14.05
Stephen McDougall	St Andrews University CCC (A)	14.06
Michael Diver	Hunters Bog T (A)	14.06
Chris Russell	Fife AC (A)	14.11
Nick Milovsorov (M50)	Metro Aberdeen RC (A)	14.12
Johnny Lawson (M40)	Portobello RC (A) (V)	14.13
Steve Buchan (M40)	Metro Aberdeen RC (A)	14.13
Phillip Wright (MU20)	St Andrews University CCC (A)	14.13
Andrew Taylor (MU20)	St Andrews University CCC (A)	14.15
Euan Webster	Aberdeen AAC (B)	14.15
Madis Osjamets	Edinburgh AC (B)	14.17
Andrew Smith	PH Racing Club (A)	14.17
Ben Remnant (MU20)	Edinburgh University H&H (C)	14.17
Liam Sleigh	Corstorphine AAC (J)	14.19
Colin Partridge (M40)	Lothian RC (B) (V)	14.21
Robin Hamilton (M40)	Edinburgh AC (B)	14.21
Michael Geoghegan	Portobello RC (B)	14.23
Alex Luetchford	Edinburgh University H&H (D)	14.23
Adam Chmielewski (M40)	Edinburgh AC (C) (V)	14.23
Blair Montgomery	Corstorphine AAC (H)	14.24
Jeremy Kibble	Metro Aberdeen RC (B)	14.26
Will Hensman	Central AC (C)	14.26
Fraser Cruickshank (MU20)	Aberdeen AAC (B)	14.26
David Fulton	Hunters Bog T (A)	14.26
Andrew Lawrie	Gala H (A)	14.27

David Wright (M40)	Hunters Bog T (C) (V)	14.29
Craig Nolan	Corstorphine AAC (I)	14.32
Douglas McKinnon	Corstorphine AAC (H)	14.32
Dermot Baillie	Edinburgh AC (E)	14.33
Chris Richardson	Metro Aberdeen RC (B)	14.34
Ben Murphy	Edinburgh University H&H (D)	14.37
Doug Murray	Corstorphine AAC (K)	14.43
George Ashley	Hunters Bog T (B)	14.44
Fergus Johnston	Gala H (A)	14.44
Jonathan Campbell	PH Racing Club (B)	14.45
Scott Cockburn	Linlithgow AC (A)	14.47
Dean Carr (M40)	Corstorphine AAC (B) (V)	14.47
Bill Gillan (M65)	Falkland Trail R (A)	14.48
Sam Long (M40)	Banchory Stonehaven AC (A) (V)	14.49
Scott Watson	Teviotdale H (A)	14.50
Ian Johnston (M50)	Corstorphine AAC (B) (V)	14.50
John Blair (M50)	Edinburgh AC (C) (V)	14.51
David Sidebottom	Edinburgh AC (E)	14.54
Ken Speirs (M45)	Corstorphine AAC (B) (V)	14.55
Andrew McGilone (M45)	Lasswade AAC (B)	14.56
Jamie Wastling (MU20)	Central AC (D)	14.57
Jonny McIntosh	Metro Aberdeen RC (A)	14.57
David Lindsay	Central AC (C)	14.57
Andrew Pearson	Metro Aberdeen RC (A)	14.58
Daniel Smith (MU20)	PH Racing Club (B)	14.59