

SAL National Road Relays

Livingston

30-March 2014

Senior Women

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	17:27	2	53:12	3	1:11:33	1	1:45:07	1
	Morag MacLarty	17:27	Catriona Buchanan	35:45	Lyndsay Morrison	18:21	Jennifer Emsley	33:34
2 Fife AC (A)	18:53	7	52:55	2	1:11:43	2	1:45:18	2
	Abigail Bender (FU20)	18:53	Helen Sharpe	34:02	Stephanie Pennycook (FU20)	18:48	Megan Crawford	33:35
3 Edinburgh University H&H (A)	18:49	6	55:43	5	1:14:49	5	1:50:47	3
	Louise Mercer (FU20)	18:49	Annie Carroll (FU20)	36:54	Rachel Armitage	19:06	Georgia Tindley	35:58
4 Kilbarchan AAC (A)	18:34	5	52:37	1	1:13:28	3	1:52:08	4
	Christina Rankin	18:34	Elsbeth Curran	34:03	Jennifer Rooney	20:51	Leanne Hamilton	38:40
5 Edinburgh AC (A)	17:07	1	53:54	4	1:13:46	4	1:53:37	5
	Laura Dunn	17:07	Amanda Woodrow	36:47	Lauren Stoddart	19:52	Emma Laverie	39:51
6 Fife AC (B)	19:39	13	56:13	7	1:16:59	6	1:54:11	6
	Sophie Mullins	19:39	Amie McKimmie	36:34	Angela Howe (F40)	20:46	Jennifer Kibble	37:12
7 Hunters Bog T (A)	22:00	27	56:19	8	1:17:42	8	1:54:32	7
	Amy Jones	22:00	Shona McIntosh	34:19	Katherine Golding	21:23	Megan Wright (F40)	36:50
8 Lothian RC (A)	20:20	16	59:23	12	1:20:15	10	1:54:48	8
	Lana Turnbull	20:20	Jocelyn Moar	39:03	Christine MacVarish (F40)	20:52	Edel Mooney	34:33
9 Gala H (A) (F40)	19:11	10	58:50	9	1:20:02	9	1:57:48	9
	Jennifer Forbes (F40)	19:11	Rachel Fagan (F40)	39:39	Gillian Duncan (F40)	21:12	Fiona Dalgleish (F40)	37:46
10 Edinburgh AC (B) (F40)	21:24	21	1:02:31	21	1:25:41	24	2:02:28	10
	Anne Peat (F45)	21:24	Sharyn Ramage (F50)	41:07	Marrietta Beal (F40)	23:10	Jennifer MacLean (F40)	36:47
11 Bellahouston H (A) (F40)	19:37	12	1:00:36	15	1:22:33	11	2:02:47	11
	Jennifer Clark (F40)	19:37	Erica Christie (F55)	40:59	Angela Carson (F45)	21:57	Bernadette O'Neil (F45)	40:14
12 Metro Aberdeen RC (A)	18:07	4	1:02:11	17	1:25:13	21	2:03:32	12
	Fiona Rudkin	18:07	Kirsty Robson (F40)	44:04	Claire Smith (F40)	23:02	Kayleigh Jarrett	38:19
13 Motherwell AC (A)	20:22	17	59:22	11	1:23:33	15	2:03:56	13
	Clare Hughes	20:22	Jill E Logan	39:00	Laura McTavish	24:11	Alison Gilchrist (F40)	40:23
14 Corstorphine AAC (A)	20:40	19	59:59	14	1:22:52	14	2:04:07	14
	Kirstian MacRuary	20:40	Megan Smith	39:19	Sarah Anderson	22:53	Fiona Drake	41:15
15 Calderglen H (A)	21:29	23	1:02:36	23	1:25:09	20	2:04:36	15
	Karen Allen	21:29	Alison Lessells	41:07	Frances Maxwell (F45)	22:33	Joanne McEvoy	39:27

16 Edinburgh University H&H (B)	22:09	29	1:04:13	27	1:25:37	23	2:05:20	16
	Sarah Henderson (FU20)	22:09	Rebecca Croney	42:04	Caroline Kimball-Katz	21:24	Bronagh Wishart (FU20)	39:43
17 Bellahouston RR (A) (F40)	21:32	24	1:02:22	18	1:25:43	25	2:05:31	17
	Shona Donnelly (F45)	21:32	Linda Kennedy (F40)	40:50	Madeline Smillie (F40)	23:21	Mary Senior (F40)	39:48
18 Garscube H (A)	21:27	22	1:02:24	19	1:24:41	18	2:08:29	18
	Jill O'Neil	21:27	Marian Kelly	40:57	Emma Blair	22:17	Julie Cope	43:48
19 Central AC (B)	20:34	18	59:19	10	1:24:01	16	2:08:37	19
	Emily Greenan (FU20)	20:34	Ainsley Normand (F40)	38:45	Claire Houston	24:42	Claire Brisbane	44:36
20 Lasswade AAC (A)	19:03	8	59:47	13	1:22:40	12	2:09:32	20
	Amy Frankland (FU20)	19:03	Debra Murray	40:44	Linden Nicholson (F60)	22:53	Karen McKinlay (F50)	46:52
21 Kilmarnock H&AC (A)	17:58	3	1:02:33	22	1:22:48	13	2:10:04	21
	Kara Tait	17:58	Rosemary McMillan (F50)	44:35	Lindsay McMahan (F40)	20:15	Kirstin Dale	47:16
22 Bellahouston H (B)	22:35	31	1:05:26	28	1:27:33	27	2:11:13	22
	Jayne Macnamara (F40)	22:35	Katherine Hylands	42:51	Susan MacRitchie	22:07	Angela Campbell	43:40
23 Kirkintilloch O (A) (F40)	21:50	26	1:01:31	16	1:27:22	26	2:14:17	23
	Elaine Hogg (F40)	21:50	Annmarie McCaffrey (F45)	39:41	Debs Lindsay (F50)	25:51	Pamela Parker (F45)	46:55
24 Bellahouston H (C)	23:38	35	1:08:24	30	1:32:58	30	2:16:43	24
	Kristina Greig	23:38	Suzanne Boyle	44:46	Vicki Hopewell	24:34	Emma Bryce	43:45
25 Strathearn H (A)	28:15	43	1:08:37	31	1:33:25	32	2:19:19	25
	Rowan Dillon (F45)	28:15	Kerry Sweeney	40:22	Fiona McDonald (F50)	24:48	Nicola Watson (F45)	45:54
26 Edinburgh University H&H (C)	23:41	36	1:08:42	32	1:34:05	33	2:19:51	26
	Alexandra Morgan (FU20)	23:41	Jessica Husbands (FU20)	45:01	Mook Attanath (FU20)	25:23	Christine Irvine (FU20)	45:46
27 Bellahouston RR (B)	22:49	32	1:10:12	33	1:33:15	31	2:20:34	27
	Rose McRobert	22:49	Jill Herbert	47:23	Judith Macgregor	23:03	Maree Shepherd	47:19
28 Edinburgh University H&H (D)	23:28	34	1:11:19	34	1:35:27	34	2:21:41	28
	Kathryn Firth (FU20)	23:28	Amy Bristow (FU20)	47:51	Amy Spencer (FU20)	24:08	Fiona Henry (FU20)	46:14
29 Lothian RC (C)	20:53	20	1:03:37	25	1:24:48	19	2:22:47	29
	Suzie Hannah	20:53	Shona Young (F45)	42:44	Mhairi Inglis	21:11	Margaret Turnbull (F55)	57:59
Falkirk Victoria H (A)	19:05	9	56:02	6	1:17:02	7		
	Megan Wright	19:05	Beryl Junnier (F50)	36:57	Robyn Maxtone	21:00		
Gala H (B)	21:32	25	1:02:29	20	1:25:28	22		
	Arlene Botha	21:32	Fiona Shepherd (F45)	40:57	Eileen Maxwell (F50)	22:59		
Motherwell AC (B)	26:01	38	1:11:59	35	1:37:47	35		
	Lesley Ross (F40)	26:01	Phyllis Hands (F55)	45:58	Angela Downie (F45)	25:48		
Bellahouston H (D)	23:58	37	1:15:26	38	1:43:06	36		

	Katy Smith (F40)	23:58	Deirdre Hoyle (F60)	51:28	Carol Keenan (F55)	27:40
Ferranti AAC (A)	26:22	40	1:12:05	36		
	Elizabeth Gilchrist (F65)	26:22	Julia Drewer	45:43		
Metro Aberdeen RC (B)	26:16	39	1:13:14	37		
	Claudia Scragg	26:16	Valerie Wilson (F45)	46:58		
Kirkintilloch O (B)	27:26	42	1:17:55	39		
	Shirley MacNab (F45)	27:26	Heather Fraser	50:29		
Shettleston H (A)	19:13	11				
	Carole Setchell	19:13				
Ron Hill Cambuslang H (A)	19:58	14				
	Caitlin Hendry	19:58				
Livingston & District AAC (A)	20:04	15				
	Yvonne Crilly (F50)	20:04				
Calderglen H (B)	26:46	41				
	Ruth Kelly (F45)	26:46				
Pitreavie AAC (A)	29:08	44				
	Serena Jones (F45)	29:08				

W50 Championship

Central AC (C) (F50)	22:10	30	1:03:09	24	1:24:06	17
	Jane Waterhouse (F60)	22:10	Hazel Dean (F50)	40:59	Patricia Milne (F50)	20:57
Lothian RC (B) (F50)	22:05	28	1:03:52	26	1:29:00	28
	Saran Jones (F50)	22:05	Lynne Murray (F50)	41:47	Jill Horsburgh (F50)	25:08
Fife AC (C) (F50)	23:16	33	1:07:40	29	1:32:42	29
	Innes Bracegirdle (F55)	23:16	Margaret Martin (F55)	44:24	Sandra Aitken (F50)	25:02

Fastest Times

Laura Dunn	Edinburgh AC (A)	17.07	Jennifer Emsley	Central AC (A)	33.34
Morag MacLarty	Central AC (A)	17.27	Megan Crawford	Fife AC (A)	33.35
Kara Tait	Kilmarnock H&AC (A)	17.58	Helen Sharpe	Fife AC (A)	34.02
Fiona Rudkin	Metro Aberdeen RC (A)	18.07	Elspeith Curran	Kilbarchan AAC (A)	34.03
Lyndsay Morrison	Central AC (A)	18.21	Shona McIntosh	Hunters Bog T (A)	34.19
Christina Rankin	Kilbarchan AAC (A)	18.34	Edel Mooney	Lothian RC (A)	34.33
Stephanie Pennycook (FU20)	Fife AC (A)	18.48	Catriona Buchanan	Central AC (A)	35.45
Louise Mercer (FU20)	Edinburgh University H&H (A)	18.49	Georgia Tindley	Edinburgh University H&H (A)	35.58

Abigail Bender (FU20)	Fife AC (A)	18.53	Amie McKimmie	Fife AC (B)	36.34
Amy Frankland (FU20)	Lasswade AAC (A)	19.03	Jennifer MacLean (F40)	Edinburgh AC (B) (F40)	36.47
Megan Wright	Falkirk Victoria H (A)	19.05	Amanda Woodrow	Edinburgh AC (A)	36.47
Rachel Armitage	Edinburgh University H&H (A)	19.06	Megan Wright (F40)	Hunters Bog T (A)	36.50
Jennifer Forbes (F40)	Gala H (A) (F40)	19.11	Annie Carroll (FU20)	Edinburgh University H&H (A)	36.54
Carole Setchell	Shettleston H (A)	19.13	Beryl Junnier (F50)	Falkirk Victoria H (A)	36.57
Jennifer Clark (F40)	Bellahouston H (A) (F40)	19.37	Jennifer Kibble	Fife AC (B)	37.12
Sophie Mullins	Fife AC (B)	19.39	Fiona Dagleish (F40)	Gala H (A) (F40)	37.46
Lauren Stoddart	Edinburgh AC (A)	19.52	Kayleigh Jarrett	Metro Aberdeen RC (A)	38.19

SAL National Road Relays
Livingston
30-March 2014
Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6	
1 Central AC (A)	16:27	4	44:30	1	1:00:00	1	1:28:47	1	1:44:57	1	2:13:48	1
	Dale Colley (MU20)	16:27	Andrew Butchart	28:03	Scott McDonald	15:30	Robert Russell	28:47	Tom Watson (MU20)	16:10	Alexander Hendry	28:51
2 Ron Hill Cambuslang H (A)	15:47	1	44:58	2	1:00:18	2	1:29:59	2	1:45:06	2	2:14:51	2
	Stuart Gibson	15:47	Kyle McLellan	29:11	Ian Rawlinson	15:20	Benjamin Hukins	29:41	Josh Lilly	15:07	Robert Gilroy	29:45
3 Corstorphine AAC (A)	16:59	9	46:52	5	1:03:29	4	1:32:16	3	1:48:20	3	2:18:52	3
	Scott Pilkington	16:59	Keith Hood (M 40)	29:53	Donald Macaulay	16:37	Calum McKenzie	28:47	Moray Anderson	16:04	Dermot Cummins	30:32
4 Central AC (B)	16:10	3	46:17	4	1:03:18	3	1:38:11	7	1:54:03	6	2:25:00	4
	Jamie Crowe (MU20)	16:10	Conan McCaughey	30:07	Scott Green	17:01	Christopher Mchardy	34:53	Sean Reilly	15:52	Lewis Millar	30:57
5 Shettleston H (A)	16:04	2	45:46	3	1:03:52	5	1:35:17	4	1:53:00	5	2:25:17	5
	Michael Deason	16:04	Paul Sorrie	29:42	Kieran Docherty	18:06	Teweldeberhan Mengisteab	31:25	Mark McColl	17:43	Brian McGarrity	32:17
6 Edinburgh AC (A)	17:50	14	48:01	7	1:05:40	8	1:36:21	5	1:52:39	4	2:25:58	6
	Jamie Crawford	17:50	Neil Renault	30:11	Michael Cameron (MU20)	17:39	James Mclay	30:41	Andrew Lawler (MU20)	16:18	Ross Irving	33:19
7 Ron Hill Cambuslang H (B)	16:58	8	49:16	11	1:06:08	9	1:37:26	6	1:55:01	7	2:26:55	7
	Shaun Butler	16:58	Gordon Robertson	32:18	Alistair Campbell	16:52	Bobby Bristow	31:18	John Macnamara	17:35	Kenny O'Neill	31:54
8 Corstorphine AAC (B)	16:32	5	47:45	6	1:05:03	7	1:38:20	8	1:55:56	8	2:27:18	8
	Steven O'Brien	16:32	Bryan Clark	31:13	Paddy Jumelle	17:18	Alastair Brockie	33:17	Ross Milne	17:36	Ryan Riddell	31:22
9 Ron Hill Cambuslang H (D) (M40)	18:03	18	50:06	14	1:08:54	13	1:39:40	9	1:58:16	10	2:31:06	9
	James Healy (M 45)	18:03	Neil Reid (M 40)	32:03	Scott Hunter (M 40)	18:48	Kerry Liam Wilson (M 40)	30:46	Michael O'Hagan (M 45)	18:36	Greg Hastie (M 40)	32:50
10 Kirkintilloch O (A) (M40)	18:07	19	51:08	17	1:09:39	16	1:40:18	10	1:58:07	9	2:31:15	10
	Gary Mitchell (M 45)	18:07	Stephen Allan (M 40)	33:01	Vincent Carroll (M 45)	18:31	David Gardiner (M 40)	30:39	David Hogg (M 40)	17:49	Louis O'Hare (M 40)	33:08
11 Shettleston H (B) (M40)	19:01	33	51:51	19	1:09:53	17	1:40:20	11	1:59:39	11	2:32:50	11
	Denis Williams (M 50)	19:01	Ian Johnston (M 45)	32:50	William Coyle (M 50)	18:02	Scott Kennedy (M 40)	30:27	John Oates (M 50)	19:19	Andy Little (M 50)	33:11
12 Lothian RC (A)	18:21	23	48:57	10	1:07:31	11	1:41:26	13	1:59:51	12	2:33:17	12
	John Malcolm	18:21	Max McNeill	30:36	Owen Williams	18:34	Malcolm Lang	33:55	Daniel McLaughlin (MU20)	18:25	Colin Partridge	33:26
13 Corstorphine AAC (D)	18:57	32	49:57	13	1:08:24	12	1:40:36	12	2:00:21	13	2:35:40	13
	Ian McPherson (M 45)	18:57	Gordon Clarke (M 40)	31:00	Bruce Malcolm (M 45)	18:27	Stuart Campbell (M 45)	32:12	Alan Cameron (M 40)	19:45	Richard Lewis (M 40)	35:19
14 Metro Aberdeen RC (A)	18:14	21	51:27	18	1:10:14	18	1:44:03	17	2:02:52	17	2:35:55	14
	Ian Urquhart	18:14	Tom Brian	33:13	Oliver Eatough	18:47	Alasdair MacMillan	33:49	Takayuki Kurata	18:49	Barry Gibson	33:03
15 Bellahouston H (A)	17:50	13	50:32	15	1:09:19	15	1:42:04	14	2:00:55	14	2:36:17	15
	Gordon Stevenson (M 45)	17:50	Crispin Walsh (M 40)	32:42	David Reynolds	18:47	Craig Lamont	32:45	Francis Gilroy (M 50)	18:51	Paul Clawson	35:22
16 Gala H (A)	18:44	28	50:34	16	1:09:04	14	1:43:14	16	2:02:01	15	2:36:55	16
	Colin Welsh	18:44	Graeme Murdoch	31:50	Wayne McIntosh	18:30	Colin McCall	34:10	Andrew Lawrie (MU20)	18:47	Jamie McGowan	34:54
17 Edinburgh University H & H (A)	18:49	29	54:27	27	1:13:22	23	1:44:34	19	2:04:10	18	2:37:12	17
	Jasper Darrington (MU20)	18:49	Alex Luetchford (MU20)	35:38	Jack Lusecombe (MU20)	18:55	Ben Stevenson (MU20)	31:12	James Bryson (MU20)	19:36	Scott Stirling (MU20)	33:02
18 Bellahouston RR (A)	18:16	22	52:02	20	1:11:31	21	1:44:31	18	2:04:43	19	2:38:58	18
	Gerard Scullion (M 45)	18:16	James Montgomery	33:46	David Lockhart	19:29	Bruce Carse	33:00	John Sandbach (M 45)	20:12	Graeme Paterson	34:15
19 Law & District AAC (A)	17:48	12	53:57	24	1:14:43	31	1:47:36	22	2:05:14	20	2:39:29	19
	Stephen Allen (M 45)	17:48	Alex Hay (M 50)	36:09	Scott Jackson (M 45)	20:46	Mark Hand (M 40)	32:53	Stuart Mcluckie (MU20)	17:38	Darran Muir	34:15
20 Giffnock North AAC (A)	20:34	46	49:33	12	1:10:50	19	1:45:18	20	2:06:34	21	2:42:22	20
	Billy Clark (M 50)	20:34	Luke Traynor	28:59	Rodger McEleney (M 55)	21:17	Luke Chamberlain (M 40)	34:28	Michael Hampson (M 50)	21:16	Chris Greenhalgh (M 40)	35:48
21 Fife AC (A)	18:55	31	57:42	42	1:17:12	39	1:49:32	24	2:08:41	23	2:43:38	21
	Jacob Howe (M 40)	18:55	Andrew Murphy	38:47	Daniel Newman (M 45)	19:30	Scott Cassidy	32:20	Kenneth Anthony (M 50)	19:09	Graham Kirby (M 45)	34:57
22 Motherwell AC (A)	18:23	24	55:14	31	1:14:24	27	1:47:03	21	2:06:56	22	2:44:11	22
	Nicholas Hughes	18:23	Brian McLinden (M 55)	36:51	Benjamin Hands (M 50)	19:10	Christopher MacDonald	32:39	Ross Burton	19:53	Gordon McArthur	37:15
23 Kilmarnock H&AC (A)	16:44	7	54:15	25	1:16:34	36	1:52:15	30	2:12:29	26	2:46:05	23
	Cameron Wilson	16:44	Steven Milligan	37:31	Kenneth Wales (M 45)	22:19	Connell Drummond (M 40)	35:41	Stewart White (M 40)	20:14	Scott Martin (M 45)	33:36
24 VP-Glasgow AC (A)	18:51	30	56:54	40	1:16:27	34	1:51:11	27	2:09:47	25	2:48:02	24
	Kieron Rafferty (MU20)	18:51	Ralph Connolly (M 45)	38:03	Kenneth Mitchell (M 45)	19:33	Duncan Thomson (M 40)	34:44	Crawford Little (M 45)	18:36	Peter Jardine (M 45)	38:15
25 Hunters Bog T (A)	21:43	53	58:23	44	1:13:48	24	1:54:15	36	2:13:26	28	2:50:07	25
	Duncan Baker (M 55)	21:43	David Wright	36:40	Tom Martyn	15:25	Simon Harrison	40:27	Adrian Campbell	19:11	George Ashley	36:41

M50 Championship

Ron Hill Cambuslang H (E) (M50)	18:25	25	55:20	33	1:14:27	28	1:48:26	23
	Ross Arbuckle (M 50)	18:25	David Thom (M 50)	36:55	Francis Hurley (M 60)	19:07	Colin Feechan (M 55)	33:59
Carnegie H (A) (M50)	20:09	42	56:41	39	1:16:29	35	1:51:49	28
	John Crookston (M 55)	20:09	Ian Stewart (M 55)	36:32	John Hynd (M 50)	19:48	Mike Harvey (M 50)	35:20
Central AC (D) (M50)	19:23	35	56:23	37	1:18:26	42	1:54:16	37
	Robin Mussett (M 50)	19:23	Hugh Buchanan (M 50)	37:00	Philip Hendry (M 50)	22:03	David Eckersley (M 50)	35:50
Calderglen H (B) (M50)	20:31	45	59:58	48	1:21:33	46	1:56:05	41
	Edward Reid (M 50)	20:31	Andrew Henderson (M 60)	39:27	Stuart Waugh (M 65)	21:35	David Watt (M 50)	34:32
Lothian RC (C) (M50)	20:03	40	56:36	38	1:18:44	43	1:56:22	42
	Harry Mulholland (M 50)	20:03	Graeme Ackland (M 50)	36:33	Martin Leadbetter (M 55)	22:08	Kenton Jones (M 50)	37:38
Bellahouston RR (C) (M50)	19:42	37	57:36	41	1:18:20	41	1:57:20	43
	Hamish Barbour (M 50)	19:42	Alastair MacLachlan (M 50)	37:54	Robert McEwan (M 55)	20:44	John Gilhooly (M 50)	39:00
Fife AC (B) (M50)	20:53	47	59:37	46	1:20:30	45	2:05:16	51
	Steven Pennycook (M 50)	20:53	Gary Barker (M 55)	38:44	Bryce Aitken (M 50)	20:53	Frank McLaren (M 60)	44:46

Fastest Times

Josh Lilly	Ron Hill Cambuslang H (A)	15.07
Ian Rawlinson	Ron Hill Cambuslang H (A)	15.20
Tom Martyn	Hunters Bog T (A)	15.25
Scott McDonald	Central AC (A)	15.30
Stuart Gibson	Ron Hill Cambuslang H (A)	15.47
Sean Reilly	Central AC (B)	15.52
Ryan Beattie	Falkirk Victoria H (A)	15.58
Michael Deason	Shettleston H (A)	16.04
Moray Anderson	Corstorphine AAC (A)	16.04
Jamie Crowe (MU20)	Central AC (B)	16.10
Tom Watson (MU20)	Central AC (A)	16.10
Andrew Lawler (MU20)	Edinburgh AC (A)	16.18
Dale Colley (MU20)	Central AC (A)	16.27
Steven O'Brien	Corstorphine AAC (B)	16.32
Euan Martin	Falkirk Victoria H (A)	16.34
Donald Macaulay	Corstorphine AAC (A)	16.37
Cameron Wilson	Kilmarnock H&AC (A)	16.44
Alistair Campbell	Ron Hill Cambuslang H (B)	16.52
Shaun Butler	Ron Hill Cambuslang H (B)	16.58
Scott Pilkington	Corstorphine AAC (A)	16.59

Long Leg

Andrew Butchart	Central AC (A)	28.03
Calum McKenzie	Corstorphine AAC (A)	28.47
Robert Russell	Central AC (A)	28.47
Alexander Hendry	Central AC (A)	28.51
Luke Traynor	Giffnock North AAC (A)	28.59
Kyle McLellan	Ron Hill Cambuslang H (A)	29.11
Benjamin Hukins	Ron Hill Cambuslang H (A)	29.41
Paul Sorrie	Shettleston H (A)	29.42
Robert Gilroy	Ron Hill Cambuslang H (A)	29.45
Keith Hood (M 40)	Corstorphine AAC (A)	29.53
Conan McCaughey	Central AC (B)	30.07
Neil Renault	Edinburgh AC (A)	30.11
Dermot Cummins	Corstorphine AAC (A)	30.32
Max McNeill	Lothian RC (A)	30.36
James Mclay	Edinburgh AC (A)	30.41
Kerry Liam Wilson (M 40)	Ron Hill Cambuslang H (D) (M40)	30.46