

Kirkcaldy 28/11/2004 Senior Men results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	S.Cairns	Hunters Bog Trotters	32:49
2	D.Naylor	Hunters Bog Trotters	33:11
3	D.Cavers (V)	Teviotdale Harriers	33:36
4	P.Mowbray	Hunters Bog Trotters	33:42
5	K.Berry	Corstorphine AAC	33:45
6	M.Anderson	Corstorphine AAC	33:49
7	A.Hart	Hunters Bog Trotters	34:13
8	D.Shinnie (J)	Aberdeen AAC	34:20
9	D.Knight	Perth Road Runners	34:26
10	E.Jardine	Gala Harriers	34:36
11	R.Houston	Central AC	34:43
12	M.Beattie	Aberdeen AAC	35:12
13	A.Stewart (J)	Falkirk Victoria H	35:30
14	B.Phillips	Lasswade AC	35:35
15	R.Milne	Lothian RC	35:37
16	M.Ferguson (V)	City of Edinburgh AC	35:37
17	M.Wright (J)	Central AC	35:37
18	K.Hood	Corstorphine AAC	35:40
19	S.Cottom	Lothian RC	36:06
20	N.Gunstone	Dundee Hawkhill H	36:11
21	L.Otermuller	City of Edinburgh AC	36:14
22	C.Menzies (J)	Haddington ELP	36:16
23	A.Ronald	Falkirk Victoria H	36:19
24	I.Duguid	Ferranti AAC	36:22
25	B.Clark	Corstorphine AAC	36:26
26	S.Wilkinson	City of Edinburgh AC	36:28
27	K.Johnstone	Falkirk Victoria H	36:30
28	H.McKay (V)	Fife AC	36:30
29	A.Milne	Central AC	36:32
30	R.Wainford	Aberdeen AAC	36:44
31	L.Millar	Central AC	36:46
32	A.Ward (V)	City of Edinburgh AC	36:49
33	J.Blair (V)	City of Edinburgh AC	36:55
34	M.Harvey (V)	Energy Zone Carnegie	37:08
35	S.Laing (V)	Central AC	37:20
36	T.Scott (V)	Fife AC	37:23
37	A.Hunter (V)	Energy Zone Carnegie	37:28
38	S.Taylor	Fife AC	37:30
39	B.Mitchell	Lasswade AC	37:30
40	R.Riddell (V)	City of Edinburgh AC	37:33
41	D.McGougan (V)	Falkirk Victoria H	37:35
42	A.Fife	City of Edinburgh AC	37:35
43	T.Ferrington	Corstorphine AAC	37:35
44	A.Anthony	Central AC	37:35
45	B.Aitken (V)	Fife AC	37:41

46	I.Wellock	Hunters Bog Trotters	37:44
47	C.O'Brien	Corstorphine AAC	37:47
48	D.Howett	Energy Zone Carnegie	37:50
49	B.Thornhill	Aberdeen AAC	37:55
50	I.Steel (V)	City of Edinburgh AC	38:00
51	J.Stevenson (V)	Falkirk Victoria H	38:07
52	J.Murdoch (V)	Fife AC	38:09
53	I.Borthwick	Gala Harriers	38:14
54	G.Lister (J)	Pitreavie AAC	38:20
55	I.Sills	Haddington ELP	38:26
56	G.Robertson (V)	City of Edinburgh AC	38:30
57	N.Young	Fife AC	38:39
58	O.Flage	City of Edinburgh AC	38:41
59	M.Padden	Aberdeen AAC	38:41
60	D.McLean	City of Edinburgh AC	38:45
61	M.McLarty (J)	Central AC	38:49
62	S.Maniam	City of Edinburgh AC	38:49
63	A.Burns	Perth Road Runners	38:49
64	I.Rowlands (V)	Haddington ELP	38:49
65	B.Vivien	Corstorphine AAC	38:52
66	D.Phillips (V)	Perth Road Runners	38:58
67	N.Martin (V)	Fife AC	39:00
68	V.McPherson	Fife AC	39:04
69	A.Lawson (V)	Dundee Road Runners	39:04
70	P.O'Kane (V)	Hunters Bog Trotters	39:07
71	N.Fowler	Fife AC	39:14
72	G.Scullion	Portobello RC	39:14
73	C.Eades	Lothian RC	39:14
74	P.Simpson (V)	Energy Zone Carnegie	39:17
75	J.Cunningham (V)	Fife AC	39:23
76	C.Hutt	City of Edinburgh AC	39:26
77	S.King	Gala Harriers	39:30
78	R.Milton (V)	Energy Zone Carnegie	39:35
79	C.Ross (V)	Dundee Hawkhill H	39:39
80	W.Jarvie (V)	Portobello RC	39:39
81	N.Munro	Hunters Bog Trotters	39:47
82	D.Law (V)	Corstorphine AAC	39:47
83	S.Bennett (V)	Energy Zone Carnegie	39:52
84	M.Hulme (V)	Corstorphine AAC	39:54
85	C.Godfrey	Lothian RC	39:57
86	A.Hulme	Central AC	39:57
87	C.Hunter (V)	Hunters Bog Trotters	40:01
88	W.Higgins (V)	Falkirk Victoria H	40:01
89	M.Caldwell (V)	Corstorphine AAC	40:01
90	P.Humphreys	Energy Zone Carnegie	40:05
91	A.McIntosh (V)	Lothian RC	40:07
92	K.Charlton (V)	Aberdeen AAC	40:10

93	A.Agnew (V)	Lothian RC	40:18
94	R.Hutchison	Central AC	40:21
95	J.Baird (V)	Haddington ELP	40:24
96	G.Wilkie	Corstorphine AAC	40:25
97	M.Ryan (V)	Perth Road Runners	40:27
98	A.Laycock	City of Edinburgh AC	40:30
99	P.Walker	Corstorphine AAC	40:32
100	G.Fletcher (V)	Corstorphine AAC	40:35
101	J.Martin (V)	Falkirk Victoria H	40:36
102	S.Peddie (V)	Aberdeen AAC	40:39
103	C.Cable (V)	City of Edinburgh AC	40:41
104	D.Murray (V)	Falkirk Victoria H	40:46
105	B.Cruickshank	Fife AC	40:48
106	J.McLay (J)	George Heriots CCC	40:49
107	R.Murray (V)	Gala Harriers	40:49
108	H.Mulholland (V)	Lothian RC	40:54
109	K.Jones (V)	Lothian RC	40:56
110	S.Biggar (V)	Fife AC	40:56
111	S.Cassels (V)	Aberdeen AAC	41:00
112	I.Beattie	Central AC	41:04
113	C.Erskine	Dunfermline/West Fife	41:04
114	G.Stewart	Dundee Road Runners	41:04
115	K.Cairns	Penicuik Harriers	41:04
116	J.MCPherson	Fife AC	41:07
117	A.Bagnell (V)	Fife AC	41:10
118	N.Muir (V)	Perth Road Runners	41:10
119	M.Clarke (V)	Gala Harriers	41:17
120	B.Smith	Fife AC	41:26
121	S.Jarvie (V)	Portobello RC	41:26
122	D.Phillips	Lasswade AC	41:32
123	S.Ferguson (V)	Perth Road Runners	41:37
124	C.Northam (V)	Livingston & D AAC	41:37
125	A.Ronaldson	Falkirk Victoria H	41:41
126	S.Kerr (V)	Dundee Hawkhill H	41:49
127	B.Fraser (V)	Teviotdale Harriers	41:55
128	E.Bell-Scott (V)	Central AC	42:00
129	I.Matheson (V)	Forfar Road Runners	42:04
130	E.Donaldson	Falkirk Victoria H	42:04
131	B.Howie (V)	City of Edinburgh AC	42:13
132	R.Docherty	Lothian RC	42:15
133	B.Davie	Pitreavie AAC	42:16
134	I.Normand	Hunters Bog Trotters	42:19
135	T.Ridley (V)	Ferranti AAC	42:19
136	P.McRae (J)	George Heriots CCC	42:19
137	S.Reid (V)	Ferranti AAC	42:22
138	D.Scott (J)	Teviotdale Harriers	42:22
139	A.Cummings	Lasswade AC	42:26

140	A.Johnston (V)	Pitreavie AAC	42:29
141	T.Hepburn (V)	Corstorphine AAC	42:35
142	S.Thomson (V)	Livingston & D AAC	42:44
143	B.McCleery	Pitreavie AAC	42:44
144	A.Jeske	Portobello RC	42:47
145	S.Pask (V)	Wee County Harriers	42:54
146	R.Cranston	Teviotdale Harriers	42:56
147	A.Goodson (V)	Gala Harriers	42:59
148	K.Anthony (V)	Fife AC	43:06
149	A.McLeod (V)	Dundee Road Runners	43:06
150	G.Capper (V)	Gala Harriers	43:09
151	I.Poolman	Fife AC	43:13
152	M.Scobie (V)	Fife AC	43:15
153	R.Anderson (V)	Ferranti AAC	43:19
154	W.Day (V)	Falkirk Victoria H	43:25
155	D.Gunstone (V)	Fife AC	43:28
156	N.Morgan	Lothian RC	43:35
157	I.Legget (V)	Livingston & D AAC	43:41
158	A.Gault (V)	Central AC	43:45
159	J.Whitehead (V)	City of Edinburgh AC	43:47
160	A.Biggarr	Teviotdale Harriers	43:49
161	G.White	Penicuik Harriers	43:49
162	D.Darroch (V)	Gala Harriers	43:53
163	C.Campbell (V)	Central AC	43:58
164	M.Gowans	Gala Harriers	44:01
165	D.Phillips	Lasswade AC	44:01
166	D.Easton (V)	Central AC	44:07
167	R.McKenzie (V)	Wee County Harriers	44:17
168	I.Armstrong	Energy Zone Carnegie	44:17
169	S.Moffatt	Fife AC	44:21
170	G.McPherson (V)	Wee County Harriers	44:21
171	K.Weston (V)	Ferranti AAC	44:26
172	D.Bell (V)	Lothian RC	44:31
173	B.Carr (V)	Haddington ELP	44:38
174	M.Quirke	Hunters Bog Trotters	44:41
175	C.Simpson (V)	Pitreavie AAC	44:52
176	P.Elliot	Lasswade AC	45:05
177	D.Robertson (V)	Fife AC	45:17
178	N.Campbell (V)	Energy Zone Carnegie	45:19
179	E.Greenhill (V)	Forfar Road Runners	45:19
180	H.Kerr	Central AC	45:24
181	A.Jenkins	Perth Road Runners	45:33
182	R.Livingston (V)	Perth Road Runners	45:35
183	T.Lawlor (V)	Energy Zone Carnegie	45:37
184	H.Millar	Lothian RC	45:39
185	T.Andrews (V)	Wee County Harriers	45:40
186	J.Leach	Ferranti AAC	45:42

187	S.Forrester (V)	Pitreavie AAC	45:47
188	D.Hay (V)	Central AC	45:52
189	B.Duff (V)	Energy Zone Carnegie	45:55
190	A.Aitchison	Portobello RC	46:06
191	M.Thomson (V)	Wee County Harriers	46:11
192	A.Bowman (V)	Fife AC	46:13
193	F.McCain (V)	Haddington ELP	46:21
194	S.Cromar (V)	Dundee Hawkhill H	46:24
195	K.Stirling (V)	Forfar Road Runners	46:34
196	R.Cockburn (V)	City of Edinburgh AC	46:36
197	A.McAuley (V)	Energy Zone Carnegie	46:39
198	D.Edgar (V)	Portobello RC	46:43
199	I.Forrest (V)	Penicuik Harriers	46:51
200	T.Seagall (V)	Musselburgh & D AAC	47:04
201	R.Moir	Lothian RC	47:07
202	A.Outred	Wee County Harriers	47:10
203	M.Little	City of Edinburgh AC	47:12
204	R.Halliday (V)	Teviotdale Harriers	47:18
205	B.Thornton (V)	Dundee Hawkhill H	47:29
206	B.Knox (V)	Teviotdale Harriers	47:34
207	S.Greer (V)	Energy Zone Carnegie	47:34
208	L.Kay (V)	City of Edinburgh AC	47:40
209	J.McArthur (V)	Energy Zone Carnegie	47:42
210	G.Eadie (V)	Musselburgh & D AAC	47:47
211	A.Bell (V)	Ferranti AAC	47:57
212	D.Shepherd	Fife AC	48:00
213	J.Taylor (V)	Fife AC	48:08
214	C.Clark (V)	Fife AC	48:15
215	S.Blair (V)	Corstorphine AAC	48:15
216	B.Peachey (V)	Fife AC	48:20
217	G.Armstrong (V)	Haddington ELP	48:43
218	K.Daniels (V)	Energy Zone Carnegie	48:44
219	J.Gavin (V)	Ferranti AAC	48:56
220	G.Steel	City of Edinburgh AC	49:08
221	K.Nicol (V)	Ferranti AAC	49:33
222	D.Wall (V)	Hunters Bog Trotters	49:42
223	?.???? (V)	Anster Haddies	49:50
224	M.McPhee (V)	Fife AC	50:09
225	I.McManus (V)	Hunters Bog Trotters	50:25
226	G.Taylor (V)	Energy Zone Carnegie	50:31
227	P.Smithard (V)	Energy Zone Carnegie	50:42
228	J.Drummond (V)	Central AC	50:58
229	E.McDonald (V)	Ferranti AAC	51:30
230	D.Morrison (V)	Central AC	52:07
231	G.Bennison (V)	Fife AC	52:30
232	S.McFarlane (V)	Perth Road Runners	52:42
233	R.Forrester	Fife AC	53:04

234	E.Stevenson (V)	City of Edinburgh AC	53:43
235	J.Dickson (V)	Central AC	54:11
236	W.Rose	Lasswade AC	54:37
237	M.Browne (V)	Penicuik Harriers	54:41
238	K.McLeod	Dundee Road Runners	58:11

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Kirkcaldy 28/11/2004 Under 11 results

	Name	Club	Time
1	T.Holligan	City of Edinburgh AC	7:10
2	R.Irvine	Central AC	7:10
3	B.Stevenson	Falkirk Victoria H	7:14
4	R.Milne	Central AC	7:14
5	B.Robertson	Corstorphine AAC	7:27
6	C.Smith	Corstorphine AAC	7:30
7	C.Clarke	Alva Schools	7:32
8	R.Cook	Lasswade AC	7:32
9	D.Hepburn	Corstorphine AAC	7:32
10	J.Keane	Corstorphine AAC	7:32
11	C.Kerr	Central AC	7:35
12	M.Mills	Central AC	7:35
13	R.Blair	City of Edinburgh AC	7:35
14	A.Webb	Corstorphine AAC	7:35
15	J.Lindin	Pitreavie AAC	7:40
16	B.McKie	Falkirk Victoria H	7:40
17	C.Goodall	Lasswade AC	7:40
18	L.Bonar	Central AC	7:40
19	E.Robertson	Aberdeen AAC	7:45
20	R.Wilson	Aberdeen AAC	7:46
21	M.Thomson	Livingston & D AAC	7:48
22	S.McDoulan	City of Edinburgh AC	7:48
23	J.Robb	Fife AC	7:50
24	E.Thompson	Pitreavie AAC	7:53
25	N.Cameron	Central AC	7:53
26	J.Anderson	Pitreavie AAC	7:57
27	C.O'Kane	Morrison Academy	7:57
28	A.Cairns	Linlithgow AAC	7:57
29	I.Aitken	Falkirk Victoria H	7:59
30	D.McLaughlan	Lothian RC	8:05
31	R.Waddell	Corstorphine AAC	8:09
32	F.McGaw	Pitreavie AAC	8:09
33	A.Fowden	Fife AC	8:15
34	R.Greig	Linlithgow AAC	8:17
35	R.Brady	Teviotdale Harriers	8:19
36	C.Brodie	Falkirk Victoria H	8:24
37	S.Barrett	Lasswade AC	8:26
38	B.McNulty	Alva Schools	8:30
39	K.McShane	Alva Schools	8:33
40	C.Gibson	Morrison Academy	8:37
41	K.Miller	Morrison Academy	8:37
42	C.Johnston	Corstorphine AAC	8:39
43	G.Milne	Central AC	8:42
44	A.Cameron	Alva Schools	8:42
45	M.Anderson	City of Edinburgh AC	8:42

46	J.Stevenson	Alva Schools	8:48
47	G.Johnston	Falkirk Victoria H	8:48
48	?.????	Corstorphine AAC	8:50
49	K.Baird	Morrison Academy	9:30
50	?.????	Lasswade AC	9:48
51	G.Durant	Linlithgow AAC	9:53
52	?.????	Corstorphine AAC	9:57
53	J.McLaughlan	Lothian RC	9:57
54	G.Ramage	Alva Schools	10:07
55	J.Laird	Morrison Academy	10:14
56	L.Gordon	Fife AC	10:32
57	L.Robertson	Alva Schools	10:39

Under 11 Girls

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	A.Haining	Gala Harriers	7:04
2	M.Stone	Fife AC	7:19
3	E.Ovens	Edinburgh Southern H.	7:21
4	F.Keirwi	City of Edinburgh AC	7:50
5	K.Murdoch	Aberdeen AAC	7:57
6	A.Kemp	Falkirk Victoria H	7:59
7	C.Baxter	Lasswade AC	8:02
8	L.Stewart	Edinburgh Southern H.	8:02
9	H.Rees	Fife AC	8:05
10	L.Rooney	Livingston & D AAC	8:05
11	C.Duncan	Pitreavie AAC	8:05
12	I.Brodie	Dundee Hawkhill H	8:09
13	A.Mellish	Dundee Hawkhill H	8:09
14	O.O'Hare	City of Edinburgh AC	8:10
15	H.Lister	Falkirk Victoria H	8:13
16	M.Ryan	City of Edinburgh AC	8:35
17	M.McFarlane	Carnoustie AAC	8:35
18	R.Rooney	Livingston & D AAC	8:42
19	K.Tan	Fife AC	8:42
20	J.Walton	Edinburgh Southern H.	8:42
21	E.Louden	Pitreavie AAC	8:45
22	M.McNab	Central AC	8:50
23	C.Smith	Fife AC	8:50
24	S.Neville	Fife AC	8:52
25	E.Jordan	Edinburgh Southern H.	8:52
26	T.Spens	Edinburgh Southern H.	8:59
27	L.Robb	Fife AC	8:59
28	K.Pennell	Pitreavie AAC	8:59
29	M.Taskul	Pitreavie AAC	9:02
30	B.Hughes	Fife AC	9:07
31	H.Murray	Falkirk Victoria H	9:10
32	F.Benham	Lasswade AC	9:13

33	H.Meikle	Falkirk Victoria H	9:16
34	B.Warkenton	Alva Schools	9:16
35	A.Manson	Falkirk Victoria H	9:22
36	L.Chime	Corstorphine AAC	9:24
37	M.Brown	Pitreavie AAC	9:32
38	J.Lovegrove	Morrison Academy	9:34
39	R.Easton	Pitreavie AAC	9:38
40	I.McNeil	Alva Schools	9:41
41	A.Robertson	Alva Schools	9:44
42	S.Hamilton	Pitreavie AAC	10:03
43	A.Anderson	Pitreavie AAC	10:05
44	H.Ferguson	Fife AC	10:05
45	L.Stobbs	Fife AC	10:07
46	L.Mitchell	Falkirk Victoria H	10:14
47	S.Fletcher	Corstorphine AAC	10:14
48	R.Houston	Fife AC	10:34
49	L.Fox	Pitreavie AAC	10:37
50	L.Douglas	Linlithgow AAC	10:37

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Kirkcaldy 28/11/2004 Under 13 results

	Name	Club	Time
1	R.Poolman	George Heriots CCC	9:21
2	E.Dudgeon	City of Edinburgh AC	9:23
3	C.Robinson	Pitreavie AAC	9:27
4	R.Anderson	Teviotdale Harriers	9:27
5	C.McDowall	Livingston & D AAC	9:29
6	A.Gillespie	Central AC	9:32
7	A.Osborne	Lasswade AC	9:35
8	A.Young	Pitreavie AAC	9:40
9	G.McEwan	George Heriots CCC	9:41
10	G.McGregor	Falkirk Victoria H	9:41
11	F.Scott	Corstorphine AAC	9:49
12	D.Hutchison	Central AC	9:58
13	J.Stevenson	Falkirk Victoria H	10:07
14	D.Rowan	City of Edinburgh AC	10:07
15	F.Mann	City of Edinburgh AC	10:11
16	M.Downie	Arbroath & D AAC	10:11
17	E.Martin	Falkirk Victoria H	10:11
18	D.Weir	Falkirk Victoria H	10:25
19	T.Ryan	City of Edinburgh AC	10:25
20	A.Fair	Teviotdale Harriers	10:29
21	R.Murdoch	Aberdeen AAC	10:32
22	D.Lyon	Lasswade AC	10:35
23	K.Bailey	Arbroath & D AAC	10:42
24	S.McKemmie	City of Edinburgh AC	10:42
25	Z.Jones	Lothian RC	10:42
26	P.Henderson	Pitreavie AAC	10:42
27	H.Fraser	Corstorphine AAC	10:42
28	J.Morrison	Linlithgow AAC	10:42
29	C.Paulin	City of Edinburgh AC	10:51
30	R.Barret	Lasswade AC	10:54
31	C.Wilson	Pitreavie AAC	10:56
32	A.Christie	Corstorphine AAC	10:59
33	D.Martin	Gala Harriers	10:59
34	L.Brady	Teviotdale Harriers	10:59
35	C.Johnston	Corstorphine AAC	11:04
36	M.Lafferty	Morrison Academy	11:04
37	J.Dewar	Falkirk Victoria H	11:08
38	M.Lindin	Pitreavie AAC	11:14
39	L.Stephen	Aberdeen AAC	11:18
40	P.Johnstone	Morrison Academy	11:28
41	F.Park	Aberdeen AAC	11:28
42	J.Vates	George Heriots CCC	11:31
43	C.McGaw	Pitreavie AAC	11:31
44	P.Loudon	Musselburgh & D AAC	11:31
45	J.McCallum	Morrison Academy	11:43

46	E.Murray	Falkirk Victoria H	11:43
47	I.Savage	Morrison Academy	11:48
48	G.McDonald	Lothian RC	11:49
49	D.Smith	Dundee Hawkhill H	11:49
50	C.Russell	Pitreavie AAC	11:54
51	G.Weder	Pitreavie AAC	12:13
52	G.Faulds	Falkirk Victoria H	12:21
53	R.Jack	Morrison Academy	12:21
54	P.McLachlan	Linlithgow AAC	12:21
55	D.Halley	Morrison Academy	12:48
56	?.????	Pitreavie AAC	12:53
57	R.Denny	Morrison Academy	12:55

Under 13 Girls

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	E.Stewart	Edinburgh Southern H.	9:41
2	M.McLeish	Falkirk Victoria H	9:59
3	L.Cameron	Central AC	10:03
4	F.Bracegirdle	Fife AC	10:11
5	L.Goodson	Gala Harriers	10:11
6	K.Hall	Edinburgh Southern H.	10:17
7	A.Seago	Edinburgh Southern H.	10:17
8	S.Brown	Edinburgh Southern H.	10:28
9	S.Blair	City of Edinburgh AC	10:41
10	C.Florence	Edinburgh Southern H.	10:42
11	E.Froude	Lasswade AC	10:42
12	C.Peacock	Lasswade AC	10:48
13	B.Hay	Central AC	10:55
14	M.Gillespie	Central AC	10:57
15	R.Young	Dundee Hawkhill H	10:59
16	C.Elwis	Dunfermline/West Fife	10:59
17	C.Froude	Lasswade AC	11:04
18	L.McDougal	City of Edinburgh AC	11:24
19	J.Smith	Dunfermline/West Fife	11:25
20	L.Turnbull	Lothian RC	11:31
21	L.Duff	Fife AC	11:31
22	J.Rogers	Livingston & D AAC	11:31
23	C.Ferrie	Carnoustie AAC	11:31
24	D.Clyde	Corstorphine AAC	11:38
25	M.Hynd	Pitreavie AAC	11:49
26	L.Baxter	Lasswade AC	11:49
27	H.Burns	Pitreavie AAC	11:59
28	C.Tunaley	Central AC	12:03
29	A.Lochart	City of Edinburgh AC	12:03
30	C.Litter	Fife AC	12:06
31	G.O'Kane	Morrison Academy	12:07
32	S.Salmond	Dundee Hawkhill H	12:11

33	F.Sinclair	Edinburgh Southern H.	12:13
34	Y.Hodgson	Dundee Hawkhill H	12:13
35	V.Allan	Edinburgh Southern H.	12:13
36	A.Connolly	Dunfermline/West Fife	12:25
37	A.McDonald	Lothian RC	12:27
38	C.Adjelo	Livingston & D AAC	12:35
39	E.Nolan	Corstorphine AAC	12:36
40	D.Brodie	Dundee Hawkhill H	12:38
41	J.Reid	Pitreavie AAC	12:38
42	C.Fox	Dundee Hawkhill H	12:38
43	D.Hynd	Pitreavie AAC	12:41
44	A.Eadie	Musselburgh & D AAC	12:44
45	N.Fox	Pitreavie AAC	12:48
46	K.Thomson	Livingston & D AAC	12:48
47	C.Brogan	Pitreavie AAC	12:55
48	R.Binnington	Fife AC	12:55
49	D.Kerr	Central AC	12:59
50	N.Houston	Fife AC	13:20
51	A.McKechie	Fife AC	13:32
52	A.Niven	Morrison Academy	13:46
53	A.Reid	Corstorphine AAC	15:18
54	R.Murdoch	Morrison Academy	15:21
55	K.Hamilton	Linlithgow AAC	15:24
56	?.????	Fife AC	15:57
57	M.Hepburn	Aberdeen AAC	18:48

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Kirkcaldy 28/11/2004 Under 15 results

	Name	Club	Time
1	M.Gillespie	Central AC	15:00
2	C.O'Hare	City of Edinburgh AC	15:14
3	C.Angus	Dundee Hawkhill H	15:36
4	L.Pavlin	City of Edinburgh AC	15:42
5	J.Joy	Aberdeen AAC	16:14
6	S.Reilly	Central AC	16:40
7	R.Cavers	Teviotdale Harriers	16:44
8	A.Evans	Fife AC	16:49
9	S.Fraser	Teviotdale Harriers	16:58
10	G.Hamilton	Lasswade AC	17:03
11	A.Drysdale	Falkirk Victoria H	17:05
12	C.Hardwick	Arbroath & D AAC	17:11
13	G.Brady	Teviotdale Harriers	17:12
14	M.Baxter	Lasswade AC	17:14
15	R.Ritchie	Fife AC	17:16
16	J.Campbell	Falkirk Victoria H	17:21
17	I.Hardacre	Livingston & D AAC	17:26
18	A.McKenzie	City of Edinburgh AC	17:32
19	J.Thomson	Lasswade AC	17:34
20	M.Brash	Lasswade AC	17:34
21	P.Bouglass	City of Edinburgh AC	17:38
22	F.Scott	Fife AC	17:38
23	N.Waddell	Corstorphine AAC	17:45
24	C.McDonald	Lothian RC	17:57
25	D.Lowe	Pitreavie AAC	18:10
26	J.Thompson	Aberdeen AAC	18:15
27	B.McCullough-Young	George Heriots CCC	18:15
28	T.Joy	Aberdeen AAC	18:59
29	D.Mastochy	Morrison Academy	19:19
30	R.Corbett	Teviotdale Harriers	19:28
31	D.Barlow	Fife AC	19:51
32	L.Just	George Heriots CCC	20:06
33	C.Knowles	Corstorphine AAC	20:38
34	R.Sheppard	Falkirk Victoria H	20:40
35	D.Rutherford	Morrison Academy	20:52
36	T.Downs	Falkirk Victoria H	21:26
37	D.Cameron	George Heriots CCC	22:43
38	S.Robson	Teviotdale Harriers	24:42
39	O.Penny	Morrison Academy	25:05

Under 15 Girls/Under 17 Women

	Name	Club	Time
1	A.Murray (U17)	Pitreavie AAC	15:40
2	S.Coleman (U17)	Pitreavie AAC	16:30

3	J.Kibble	Fife AC	17:53
4	M.Smith (U17)	Corstorphine AAC	17:57
5	E.McLeish	Dundee Hawkhill H	17:59
6	S.Inglis	Lothian RC	18:01
7	A.McGowan	Falkirk Victoria H	18:13
8	R.Burns	Pitreavie AAC	18:15
9	L.Brown (U17)	Dundee Hawkhill H	18:32
10	J.Tan	Fife AC	18:40
11	C.Hall (U17)	Dundee Hawkhill H	18:47
12	L.Stodart	City of Edinburgh AC	18:54
13	M.Inglis	Lothian RC	18:57
14	K.Paterson (U17)	Pitreavie AAC	19:03
15	E.Todd	Fife AC	19:06
16	R.Bell-Scott (U17)	Central AC	19:06
17	P.Davies	Aberdeen AAC	19:06
18	R.Campbell (U17)	Edinburgh Southern H.	19:11
19	M.McConnell	Falkirk Victoria H	19:19
20	L.Hepburn	Aberdeen AAC	19:27
21	R.O'Brien (U17)	Corstorphine AAC	19:30
22	L.Miller	Edinburgh Southern H.	19:33
23	E.Gordon	Lasswade AC	19:40
24	A.Fleming (U17)	Aberdeen AAC	19:47
25	K.McGregor (U17)	Edinburgh Southern H.	19:51
26	K.Brewster	Pitreavie AAC	19:54
27	L.Kernaghan	Falkirk Victoria H	19:56
28	N.McIntosh	Fife AC	19:56
29	A.Louden	Edinburgh Southern H.	20:01
30	S.Ross	Pitreavie AAC	20:03
31	K.Hamilton	Perth Strathtay Harriers	20:07
32	A.Krol	Edinburgh Southern H.	20:16
33	?.????	Fife AC	20:19
34	G.Inglis	Gala Harriers	20:27
35	S.Beltran	Falkirk Victoria H	20:38
36	S.Lindin (U17)	Pitreavie AAC	20:48
37	K.Gibson (U17)	Falkirk Victoria H	21:18
38	T.Marshall	Linlithgow AAC	21:19
39	J.Bradshaw	Linlithgow AAC	21:46
40	S.Thomson	Livingston & D AAC	22:03
41	J.McGrory	Aberdeen AAC	22:07
42	A.Chandler	Teviotdale Harriers	22:13
43	?.????	Falkirk Victoria H	22:49
44	E.Cottom	Lothian RC	22:52
45	A.Alexander	Lasswade AC	23:09
46	L.Thomson	Livingston & D AAC	23:42
47	S.Duffy	Dundee Hawkhill H	25:26

Kirkcaldy 28/11/2004 Under 17 Men/Sen Women results

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	M.Gillespie	Central AC	24:54
2	D.Steel	City of Edinburgh AC	25:21
3	M.Haskett	Aberdeen AAC	25:36
4	E.Simpson	Fife AC	27:08
5	R.Crighton	Aberdeen AAC	27:31
6	S.Aageson	Falkirk Victoria H	27:33
7	C.McCluskie	Linlithgow AAC	27:33
8	G.Smith	Falkirk Victoria H	27:42
9	S.Chisholm	Pitreavie AAC	27:44
10	L.Yates	George Heriots CCC	27:58
11	P.Salter	Fife AC	27:59
12	A.Jones	Fife AC	28:52
13	D.Thomson	Lothian RC	29:05
14	S.Aitken	Dundee Hawkhill H	29:38
15	H.Brechin	George Heriots CCC	29:51
16	K.Wilson	George Heriots CCC	30:12
17	I.Batho	George Heriots CCC	30:22
18	M.Burns	Pitreavie AAC	30:54
19	A.Brookes	Dundee Hawkhill H	31:08
20	G.Harvey	Central AC	31:47
21	N.Gunn	George Heriots CCC	32:03
22	A.Coffey	Morrison Academy	32:19
23	D.Lynch	Pitreavie AAC	32:51
24	N.Robb	Corstorphine AAC	33:18
25	D.Laing	Fife AC	39:34

Senior Women

	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	K.Montador	Central AC	27:40
2	M.Shiell (J)	Edinburgh Southern H.	27:44
3	F.Matheson (V)	Falkirk Victoria H	28:49
4	S.Legge	Energy Zone Carnegie	28:55
5	J.Laing (V)	City of Edinburgh AC	28:58
6	J.Emsley (J)	Central AC	29:01
7	A.Gardiner	Livingston & D AAC	29:10
8	A.Normand	Central AC	29:12
9	H.Brookes (J)	Dundee Hawkhill H	29:42
10	H.Murray (V)	Lothian RC	30:01
11	L.Murray (J)	Dundee Hawkhill H	30:14
12	F.Thomson (V)	Energy Zone Carnegie	30:16
13	C.Gordon	Hunters Bog Trotters	30:36
14	C.Waterhouse	Central AC	30:41
15	S.Barr	Gala Harriers	30:56
16	J.Turner	Energy Zone Carnegie	31:00

17	S.Ramage (V)	City of Edinburgh AC	31:02
18	J.Waterhouse (V)	Central AC	31:04
19	L.Haining	Gala Harriers	31:06
20	C.Sinclair (V)	Fife AC	31:10
21	E.Finnie (J)	Edinburgh Southern H.	31:10
22	E.Hamilton (V)	Perth Road Runners	31:16
23	P.Mitchell (V)	Corstorphine AAC	31:20
24	L.Provan	Fife AC	31:26
25	A.Whyte (V)	Pitreavie AAC	31:28
26	K.Baird	Energy Zone Carnegie	31:41
27	C.Lawless (V)	Falkirk Victoria H	31:43
28	I.Knox	Hunters Bog Trotters	31:55
29	K.Kitchin	Lothian RC	32:06
30	L.Murray (V)	Falkirk Victoria H	32:06
31	S.Jones (V)	Lothian RC	32:12
32	M.McLaren (V)	Fife AC	32:19
33	H.Bradley (V)	Pitreavie AAC	32:27
34	J.Scott (V)	Fife AC	32:30
35	L.Gentleman (V)	Falkirk Victoria H	32:37
36	N.Meikle	Gala Harriers	32:51
37	R.Stenhouse	Fife AC	32:54
38	J.Rosbottpm	Hunters Bog Trotters	33:29
39	G.Cairns	Penicuik Harriers	33:40
40	D.Mellish (V)	Dundee Road Runners	33:53
41	L.Cameron (V)	Forfar Road Runners	33:55
42	C.Thomas	Hunters Bog Trotters	34:09
43	C.Buckley	Hunters Bog Trotters	34:46
44	M.Nicol (V)	Ferranti AAC	34:51
45	S.Hiatt	City of Edinburgh AC	35:02
46	S.Plint	City of Edinburgh AC	35:09
47	S.Jakob	Dundee Road Runners	35:17
48	A.Phillips (V)	Forfar Road Runners	35:22
49	K.McGregor (V)	Fife AC	35:38
50	R.Campbell	Penicuik Harriers	35:44
51	K.Husband	Penicuik Harriers	35:54
52	A.Woodrow (V)	Perth Road Runners	35:59
53	M.Kerr (V)	Central AC	36:08
54	R.Graham (V)	Fife AC	36:32
55	C.Murray (V)	Forfar Road Runners	36:41
56	N.Troy	Hunters Bog Trotters	37:03
57	S.Cullen	Fife AC	37:03
58	A.McConnell	Fife AC	37:13
59	J.Bowman (V)	Fife AC	38:40
60	L.McGinley (V)	Corstorphine AAC	39:39
61	M.Robertson (V)	Dundee Road Runners	39:45
62	L.Brown (V)	Fife AC	40:00
63	K.Pether-Smith (V)	Fife AC	40:38

64	I.Bracegirdle (V)	Fife AC	40:59
65	M.Forrest (V)	Carnethy Hill RC	41:45
66	H.Ritchie (V)	Fife AC	42:32
67	J.Hay (V)	Central AC	44:44
68	M.Campbell (V)	Energy Zone Carnegie	45:19
69	M.Mitchell (V)	Fife AC	45:35
70	N.Kirkbride (V)	Fife AC	46:57
71	L.Harris (V)	Central AC	48:25

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