

SAL East District Cross Country Relays
Glamis Castle, Angus
14-October 2017
Young Athletes Female

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:45	1	19:31	1	29:09	1
	Katie Johnson (GU13)	09:45	Emma Johnson (GU15)	09:46	Pippa Carcas (GU15)	09:38
2 Fife AC (A)	10:20	8	20:10	4	29:19	2
	Isla Thoms (GU13)	10:20	Anna Dalglish (GU15)	09:50	Anna Hedley (GU15)	09:09
3 Aberdeen AAC (A)	09:49	2	19:47	2	29:34	3
	Phoebe Armstrong (GU13)	09:49	Caitlin Purcell (GU15)	09:58	Kirsty Oldham (FU17)	09:47
4 Team East Lothian (A)	10:33	10	20:34	6	29:42	4
	Zoe MacDonald (GU13)	10:33	Bridget Harley (GU13)	10:01	Cera Gemmell (FU17)	09:08
5 Corstorphine AAC (A)	10:06	3	19:54	3	29:50	5
	Olivia Clarke (GU13)	10:06	Georgia Ledingham (GU15)	09:48	Jessica MacLeod (FU17)	09:56
6 Central AC (A)	10:07	4	20:18	5	30:01	6
Disqualified incorrect course run	Melissa Lumbull (GU13)	10:07	Cairie Banks (GU15)	10:11	Rosie Eckersley (FU17)	09:43
7 Falkirk Victoria Harriers (A)	10:12	6	20:49	7	30:42	7
	Katie Christie (GU13)	10:12	Abbie Robb (GU15)	10:37	Jessica Christie (FU17)	09:53
8 Livingston AC (A)	11:50	25	21:12	10	30:54	8
	Sophie Messenger (GU13)	11:50	Isla Calvert (GU15)	09:22	Sarah Calvert (FU17)	09:42
9 Dunfermline Track & Field AC (A)	10:27	9	22:06	19	31:29	9
	Megan Kyle (GU13)	10:27	Grace Barrie (GU13)	11:39	Daisy Cumming (GU15)	09:23
10 Banchory Stonehaven AC (A)	11:01	16	20:52	8	31:34	10
	Ella Creamer (GU13)	11:01	Emma Swanson (GU15)	09:51	Shannon Brown (GU15)	10:42
11 Edinburgh AC (C)	11:06	18	21:31	13	31:42	11
	Jessica Lorimer (GU13)	11:06	Rose Newman (GU15)	10:25	Jessica Hoggarth (FU17)	10:11
12 Team East Lothian (B)	10:49	14	21:29	12	31:52	12
	Rudie Shearer (GU13)	10:49	Lucy Thomson (GU13)	10:40	Esme Callander (FU17)	10:23
13 Pitreavie AAC (A)	10:58	15	21:54	17	31:56	13
	Erin Macfarlane (GU13)	10:58	Ailsa Barr (GU15)	10:56	Jemma Jamieson (FU17)	10:02
14 Edinburgh AC (B)	10:47	13	21:22	11	32:01	14
	Orr Macaulay (GU13)	10:47	Hannah Little (GU15)	10:35	Beatrice Winkler (FU17)	10:39
15 Edinburgh AC (D)	10:19	7	21:07	9	32:02	15
	Molly Kidd (GU13)	10:19	Harriet Woodland-Broome (GU15)	10:48	Beth Morrow (GU15)	10:55
16 Corstorphine AAC (B)	11:44	22	22:01	18	32:37	16
	Isla Baker (GU13)	11:44	Katherine MacLeod (GU15)	10:17	Mhairi Arnott (GU15)	10:36
17 Fife AC (B)	10:09	5	21:31	14	32:38	17
	Isla Hedley (GU13)	10:09	Esmee Thoms (GU13)	11:22	Libby Smith (GU15)	11:07
18 Falkirk Victoria Harriers (B)	11:06	17	21:44	16	32:45	18
	Molli Robb (GU13)	11:06	Abbie Cross (GU13)	10:38	Kerry Robertson (GU15)	11:01
19 Aberdeen AAC (B)	12:09	33	22:29	23	32:59	19
	Charlotte Narducci (GU13)	12:09	Kirsty Purcell (GU15)	10:20	Laura McNeill (FU17)	10:30
20 Banchory Stonehaven AC (B) (V)	10:35	11	22:18	20	33:21	20
	Cara Davie (GU13)	10:35	Amber Graham (GU15)	11:43	Frances Sealy (FU17)	11:03
21 Gala Harriers (A)	11:50	27	23:10	29	33:42	21
	Anna Fairclough (GU13)	11:50	Mairi Forbes (GU15)	11:20	Eilidh Forbes (FU17)	10:32
22 Dundee Hawkhill Harriers (A)	11:33	20	23:02	28	33:44	22
	Faithe Duffy (GU13)	11:33	Iara Manning (GU15)	11:29	Sanija Zumente (GU15)	10:42
23 Lothian Running Club (A)	12:16	34	22:54	25	34:01	23
	Eilidh Howard (GU13)	12:16	Robyn MacDonald (GU15)	10:38	Hannah Steel (GU15)	11:07
24 Lasswade AAC (A)	12:02	31	22:54	26	34:32	24
	Skye Foster (GU13)	12:02	Abby McGlone (GU15)	10:52	Lauren Meikle (GU15)	11:38
25 Livingston AC (B)	12:17	35	22:47	24	34:35	25
	Anna Allison (GU13)	12:17	Charlie-Maree Nolan (GU15)	10:30	Sophie Ure (GU15)	11:48
26 Dundee Hawkhill Harriers (B)	11:44	23	22:54	27	35:13	26
	Grace Matthews (GU13)	11:44	Isla Manning (GU15)	11:10	Carmen Thomson (FU17)	12:19
27 Fife AC (C)	10:40	12	22:28	22	35:27	27
	Ruby Russell (GU13)	10:40	Chloe Ritchie (GU15)	11:48	Grace Booth (GU15)	12:59
28 Banchory Stonehaven AC (C) (V)	11:54	28	24:13	34	36:11	28
	Freya Stevenson (GU13)	11:54	Rosie Mayer (GU13)	12:19	Kate Hare (GU15)	11:58
29 Dundee Hawkhill Harriers (C)	11:55	29	23:26	31	37:25	29
	Alex Tully (GU13)	11:55	Lesley Rogers (GU15)	11:31	Ciara Roulston (FU17)	13:59
30 Dundee Hawkhill Harriers (D)	11:33	21	24:59	35	41:16	30
	Lola-Ray Venditozzi (GU13)	11:33	Sophie Brown (GU15)	13:26	Chloe Brown (FU17)	16:17
Falkirk Victoria Harriers (C)	11:09	19	21:34	15		
	Erin Hendry (GU13)	11:09	Caitlyn Christie (GU13)	10:25		
Pitreavie AAC (B)	11:48	24	22:26	21		
	Kayleigh Roy (GU13)	11:48	Skye Marshall (GU15)	10:38		
Central AC (B)	12:07	32	23:24	30		
	Mary Kealey (GU13)	12:07	Anna MacKinnon (GU13)	11:17		
Edinburgh AC (E)	11:50	26	23:32	32		

	Megan Barnes (GU13)	11:50	Annabelle Martin (GU15)	11:42
Banchory Stonehaven AC (D)	11:57	30	23:38	33
	Lydia Birch (GU13)	11:57	Anna Birch (GU13)	11:41
Central AC (C)	13:00	36		
	Heather Hale (GU13)	13:00		

Fastest Times

Katie Johnson (GU13)	Edinburgh AC (A)	9.45
Phoebe Armstrong (GU13)	Aberdeen AAC (A)	9.49
Bridget Harley (GU13)	Team East Lothian (A)	10.01
Olivia Clarke (GU13)	Corstorphine AAC (A)	10.06
Melissa Turnbull (GU13)	Central AC (A)	10.07
Isla Hedley (GU13)	Fife AC (B)	10.09
Katie Christie (GU13)	Falkirk Victoria Harriers (A)	10.12
Molly Kidd (GU13)	Edinburgh AC (D)	10.19
Isla Thoms (GU13)	Fife AC (A)	10.20
Caitlyn Christie (GU13)	Falkirk Victoria Harriers (C)	10.25

U15

Anna Hedley (GU15)	Fife AC (A)	9.09
Isla Calvert (GU15)	Livingston AC (A)	9.22
Daisy Cumming (GU15)	Dunfermline Track & Field AC (A)	9.23
Pippa Carcas (GU15)	Edinburgh AC (A)	9.38
Emma Johnson (GU15)	Edinburgh AC (A)	9.46
Georgia Ledingham (GU15)	Corstorphine AAC (A)	9.48
Anna Dalglish (GU15)	Fife AC (A)	9.50
Emma Swanson (GU15)	Banchory Stonehaven AC (A)	9.51
Caitlin Purcell (GU15)	Aberdeen AAC (A)	9.58
Carrie Banks (GU15)	Central AC (A)	10.11

U17

Cera Gemmell (FU17)	Team East Lothian (A)	9.08
Sarah Calvert (FU17)	Livingston AC (A)	9.42
Rosie Eckersley (FU17)	Central AC (A)	9.43
Kirsty Oldham (FU17)	Aberdeen AAC (A)	9.47
Jessica Christie (FU17)	Falkirk Victoria Harriers (A)	9.53
Jessica MacLeod (FU17)	Corstorphine AAC (A)	9.56
Jemma Jamieson (FU17)	Pitreavie AAC (A)	10.02
Jessica Hoggarth (FU17)	Edinburgh AC (C)	10.11
Esme Callander (FU17)	Team East Lothian (B)	10.23
Laura McNeill (FU17)	Aberdeen AAC (B)	10.30

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Young Athletes Male

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:11	1	17:50	1	26:20	1
	Ross Dewar (BU13)	09:11	Hugh Morrow (BU15)	08:39	Joe Ewing (MU17)	08:30
2 Lasswade AAC (A)	09:39	8	18:32	4	26:39	2
	Ross Wolfenden (BU13)	09:39	Harry Henriksen (BU15)	08:53	Christian Graham (MU17)	08:07
3 Aberdeen AAC (A)	09:18	3	18:28	3	27:06	3
	Kai Crawford (BU13)	09:18	Lewis Watt (BU15)	09:10	Jack Gillespie (MU17)	08:38
4 Corstorphine AAC (A)	09:39	7	18:13	2	27:17	4
	Ben Struthers (BU13)	09:39	David Addison (BU15)	08:34	Finlay Ross (MU17)	09:04
5 Gala Harriers (A)	09:16	2	19:09	10	27:42	5
	Ewan Christie (BU13)	09:16	Evan McConnell (BU15)	09:53	Yousuf Khursheed (MU17)	08:33
6 Dundee Hawkhill Harriers (B)	09:32	6	18:49	5	27:44	6
	Warren Lorente (BU13)	09:32	Blair Scott (BU15)	09:17	Ryan Donald (MU17)	08:55
7 Team East Lothian (A)	09:48	10	19:06	9	27:49	7
	Corey Campbell (BU13)	09:48	Angus Wright (BU13)	09:18	Fraser Kelly (MU17)	08:43
8 Corstorphine AAC (B)	09:30	4	19:04	7	28:00	8
	Patrick Milne (BU13)	09:30	Jamie Eyton-Jones (BU15)	09:34	Thomas Ross (MU17)	08:56
9 Dundee Hawkhill Harriers (A)	10:00	13	19:22	12	28:02	9
	Josh Taylor (BU13)	10:00	Aidan Allen (BU13)	09:22	Kristof Hornyik (MU17)	08:40
10 Fife AC (A)	10:32	25	19:04	8	28:09	10
	Liam Wyse (BU13)	10:32	Ben Sandilands (BU15)	08:32	Craig Morris (MU17)	09:05
11 Livingston AC (A)	10:02	47	18:57	6	28:17	11
	James Vivian (BU13)	10:02	Alastair Marshall (BU15)	08:55	Declan Wynne (MU17)	09:20
12 Aberdeen AAC (C)	10:02	15	19:20	11	28:19	12
	Theo Jones (BU13)	10:02	Samuel Griffin (BU15)	09:18	Adam Brown (MU17)	08:59
13 Central AC (A)	10:19	22	19:42	16	28:19	13
	Cameron MacMillan (BU13)	10:19	Finlay Muir (BU15)	09:23	Keir Howlieson (MU17)	08:37
14 Dundee Hawkhill Harriers (C)	10:00	14	19:27	13	28:24	14
	Joseph Placentino (BU13)	10:00	Ethan McColgan (BU15)	09:27	Bradley Duff (MU17)	08:57
15 Edinburgh AC (B)	09:42	9	19:46	17	28:46	15
	Ruaridh Woodland-Broome (BU13)	09:42	Jay Stewart (BU15)	10:04	Fraser Blackie (MU17)	09:00
16 Pitreavie AAC (A)	09:32	5	19:36	15	29:13	16
	Caleb McLeod (BU13)	09:32	Kyle Macfarlane (BU15)	10:04	Lewis Blair (BU15)	09:37
17 Aberdeen AAC (B)	11:16	38	20:26	21	29:23	17
	Finlay Cooper (BU13)	11:16	Gaspard Lecrivain (BU15)	09:10	Michael Watt (MU17)	08:57
18 Lasswade AAC (B)	10:14	21	20:38	26	29:49	18
	Cameron Chambers (BU13)	10:14	Dexter Howard (BU13)	10:24	Euan Hood (MU17)	09:11
19 Corstorphine AAC (C)	10:02	16	19:52	18	30:02	19
	Cameron Thores (BU15)	10:02	Charlie Cameron (BU15)	09:50	Fergus Campbell (MU17)	10:10
20 Team East Lothian (B)	10:41	29	21:07	31	30:05	20
	Jack Renton (BU13)	10:41	Angus Chandler (BU15)	10:26	Joe Donnelly (MU17)	08:58
21 Metro Aberdeen Running Club (A)	11:06	35	20:38	25	30:05	21
	Liam Proctor (BU13)	11:06	Scott Coull (BU15)	09:32	Nathan Tosh (MU17)	09:27
22 Falkirk Victoria Harriers (A)	10:27	24	20:37	24	30:05	22
	Luke Kennedy (BU13)	10:27	Jonathan Faulks (BU15)	10:10	Callum Hill (MU17)	09:28
23 Strathearn Harriers (A)	10:41	28	20:53	29	30:05	23
	Kyle Beck (BU13)	10:41	Fergus Mardon (BU15)	10:12	Duthac Mardon (MU17)	09:12
24 Gala Harriers (B)	10:23	23	20:44	27	30:17	24
	Cameron Rankine (BU13)	10:23	Ewan Purves (BU15)	10:21	James Logan (MU17)	09:33
25 Livingston AC (B)	10:00	12	20:14	19	30:21	25
	Elliot Frame (BU13)	10:00	Fraser Morris (BU15)	10:14	Aidan McKeown (MU17)	10:07
26 Fife AC (B)	10:41	30	20:32	23	30:25	26
	Torres Penacchio (BU13)	10:41	Owen Keddie (BU15)	09:51	Ross Wyse (MU17)	09:53
27 Fife AC (C)	11:06	34	21:31	33	30:30	27
	Andrew Armstrong (BU13)	11:06	Lewis Donnelly (BU15)	10:25	Peter Scott (BU15)	08:59
28 Dundee Hawkhill Harriers (E)	10:56	31	20:53	30	30:30	28
	Kieran Simpson (BU13)	10:56	Tejay Scott (BU15)	09:57	Kristofer Hernandez (MU17)	09:37
29 Dundee Hawkhill Harriers (D)	11:11	37	21:43	35	30:33	29
	Jack Donald (BU13)	11:11	Scott Vigrow (BU15)	10:32	Kieran McColgan (MU17)	08:50
30 Central AC (B)	12:11	42	22:05	37	30:45	30
	Ben Harley (BU13)	12:11	Daniel Bruce (BU15)	09:54	Ben MacMillan (MU17)	08:40
31 Banchory Stonehaven AC (A)	10:13	20	20:32	22	30:54	31
	Matthew Brown (BU13)	10:13	Sam Kenny (BU15)	10:19	Sam Martin (MU17)	10:22
32 Corstorphine AAC (D)	10:37	27	21:15	32	31:29	32
	Archie Hall (BU13)	10:37	Calum Hall (BU15)	10:38	Owen McQueenie (MU17)	10:14
33 Banchory Stonehaven AC (B)	12:03	41	21:58	36	32:02	33
	Rory Baird (BU13)	12:03	Callum Lechatellier (BU15)	09:55	Kane Noble (BU15)	10:04

34 Dundee Hawkhill Harriers (F)	11:22	39	22:19	39	32:40	34
	Joel Faccenda (BU13)	11:22	Archie Yeaman (BU15)	10:57	Ben MacDermid (MU17)	10:21
35 Falkirk Victoria Harriers (B)	11:04	32	22:12	38	32:46	35
	Campbell Mackay (BU13)	11:04	Ivan Ramsay (BU15)	11:08	Nathan Laing (BU15)	10:34
Aberdeen AAC (D)	09:53	11	19:31	14		
	Callum McGregor (BU13)	09:53	Ross Macmillan (BU15)	09:38		
Pitreavie AAC (B)	10:04	18	20:23	20		
	Fergus MacGilp (BU13)	10:04	Ben Johnston (BU15)	10:19		
Corstorphine AAC (E)	10:37	26	20:53	28		
	Rory Ledingham (BU13)	10:37	Euan Flett (BU15)	10:16		
Aberdeen AAC (E)	11:06	36	21:41	34		
	Samuel Stephenson (BU13)	11:06	Patrick Lang (BU15)	10:35		
Central AC (C)	11:06	33	22:22	40		
	Ross Lawrie (BU13)	11:06	Cameron Fraser (BU15)	11:16		
Banchory Stonehaven AC (C)	11:29	40	25:09	41		
	Elliot Rowe (BU13)	11:29	Aodhan Brown (BU15)	13:40		
Edinburgh AC (C)	10:04	19				
	Robert Newman (BU13)	10:04				

Fastest Times

U13

Ross Dewar (BU13)	Edinburgh AC (A)	9.11
Ewan Christie (BU13)	Gala Harriers (A)	9.16
Angus Wright (BU13)	Team East Lothian (A)	9.18
Kai Crawford (BU13)	Aberdeen AAC (A)	9.18
Aidan Allen (BU13)	Dundee Hawkhill Harriers (A)	9.22
Caleb McLeod (BU13)	Pitreavie AAC (A)	9.32
Warren Lorente (BU13)	Dundee Hawkhill Harriers (B)	9.32
Ben Struthers (BU13)	Corstorphine AAC (A)	9.39
Ross Wolfenden (BU13)	Lasswade AAC (A)	9.39
Ruaridh Woodland-Broome (BU13)	Edinburgh AC (B)	9.42

U15

Ben Sandilands (BU15)	Fife AC (A)	8.32
David Addison (BU15)	Corstorphine AAC (A)	8.34
Hugh Morrow (BU15)	Edinburgh AC (A)	8.39
Harry Henriksen (BU15)	Lasswade AAC (A)	8.53
Alastair Marshall (BU15)	Livingston AC (A)	8.55
Peter Scott (BU15)	Fife AC (C)	8.59
Gaspard Lecrivain (BU15)	Aberdeen AAC (B)	9.10
Lewis Watt (BU15)	Aberdeen AAC (A)	9.10
Blair Scott (BU15)	Dundee Hawkhill Harriers (B)	9.17
Samuel Griffin (BU15)	Aberdeen AAC (C)	9.18

U17

Christian Graham (MU17)	Lasswade AAC (A)	8.07
Joe Ewing (MU17)	Edinburgh AC (A)	8.30
Yousuf Khursheed (MU17)	Gala Harriers (A)	8.33
Keir Howlieson (MU17)	Central AC (A)	8.37
Jack Gillespie (MU17)	Aberdeen AAC (A)	8.38
Ben MacMillan (MU17)	Central AC (B)	8.40
Kristof Hornyik (MU17)	Dundee Hawkhill Harriers (A)	8.40
Fraser Kelly (MU17)	Team East Lothian (A)	8.43
Kieran McColgan (MU17)	Dundee Hawkhill Harriers (D)	8.50
Ryan Donald (MU17)	Dundee Hawkhill Harriers (B)	8.55

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Women

	Stage 1		Stage 2		Stage 3	
1 Edinburgh University H & H (A)	14:06	1	28:21	1	42:38	1
	Stephanie Pennycook	14:06	Anna MacFadyen (FU20)	14:15	Mhairi MacIennan	14:17
2 Central AC (A)	14:22	3	29:50	2	44:33	2
	Fanni Gyurko	14:22	Natalie Milne	15:28	Kate Gallagher (FU20)	14:43
3 Fife AC (A)	14:50	6	30:39	4	44:54	3
	Halina Rees	14:50	Alison McGill	15:49	Annabel Simpson	14:15
4 Edinburgh University H & H (B)	15:16	8	30:41	5	45:18	4
	Amy Frankland	15:16	Sophie Collins	15:25	Laura Stark (FU20)	14:37
5 Aberdeen AAC (A)	15:00	7	30:46	6	45:40	5
	Jade MacLaren	15:00	Anisha Badial (FU20)	15:46	Naomi Lang (FU20)	14:54
6 Corstorphine AAC (A)	14:35	5	30:27	3	45:53	6
	Kirstian MacRuary	14:35	Caitlin Arnott (FU20)	15:52	Hannah Addison (FU20)	15:26
7 Edinburgh AC (B)	14:25	4	31:16	8	46:23	7
	Lauren Wilson	14:25	Kathleen Dempsey	16:51	Zoe Bates (FU20)	15:07
8 Gala Harriers (A)	15:21	10	31:06	7	46:39	8
	Kirstin Maxwell	15:21	Zoe Pflug (FU20)	15:45	Sara Green	15:33
9 Fife AC (B)	16:42	21	32:37	12	48:00	9
	Morgan Windram-Geddes	16:42	Jennifer Cruickshanks	15:55	Jennifer Spence	15:23
10 Fife AC (C)	15:50	15	31:25	9	48:04	10
	Katie Jones	15:50	Laura Gibson	15:35	Maya Stone	16:39
11 Central AC (B)	15:20	9	33:02	15	48:31	11
	Claire Houston	15:20	Eleanor Hanson (FU20)	17:42	Lauren McCulloch (FU20)	15:29
12 Dundee Road Runners AC (A)	15:44	12	33:08	16	48:38	12
	Michelle Mackay	15:44	Elaine Omand	17:24	Anwen Darlington	15:30
13 Edinburgh University H & H (D)	15:51	16	32:11	10	48:51	13
	Rhiannon Kirk (FU20)	15:51	Louise McCullagh (FU20)	16:20	Carolyn Cameron (FU20)	16:40
14 Metro Aberdeen Running Club (A)	16:44	22	33:18	17	49:05	14
	Jill Bonthron	16:44	Petra Hampton	16:34	Jennifer Elvin	15:47
15 Gala Harriers (B) (V)	15:45	13	32:50	13	49:06	15
	Jennifer Forbes (F45)	15:45	Gillian Duncan (F45)	17:05	Kate Jenkins (F40)	16:16
16 Falkirk Victoria Harriers (A) (V)	17:03	27	34:57	24	50:11	16
	Lorna Kennedy (F40)	17:03	Nicola Flynn (F45)	17:54	Fiona Matheson (F55)	15:14
17 Edinburgh University H & H (E)	16:36	18	33:22	18	50:19	17
	Iona Evans	16:36	Kirstin Bamford	16:46	Hannah Morrison (FU20)	16:57
18 Hunters Bog Trotters (A) (V)	16:35	17	35:00	25	50:30	18
	Claire Ward (F40)	16:35	Phyllis O'Brien (F55)	18:25	Megan Wright (F40)	15:30
19 Edinburgh University H & H (C)	15:41	11	34:28	23	50:32	19
	Helen Jones	15:41	Lydia Blythe (FU20)	18:47	Rona Tytler (FU20)	16:04
20 Edinburgh AC (C)	17:01	26	33:02	14	50:36	20
	Issy Menzies	17:01	Hannah Cameron	16:01	Hannah Waugh	17:34
21 PH Racing Club (A) (V)	17:23	30	34:02	21	50:36	21
	Karen Kennedy (F45)	17:23	Alison Whyte (F45)	16:39	Mary Western (F55)	16:34
22 Fife AC (D)	15:46	14	32:34	11	50:51	22
	Ailsa Cruickshanks (FU20)	15:46	Amie McKimmie	16:48	Kerry Gibson	18:17
23 University of St Andrews CC (A)	16:38	19	35:22	28	51:48	23
	Giulia Park	16:38	Louisa Bryant	18:44	Chloe Martin (FU20)	16:26
24 Corstorphine AAC (B) (V)	16:59	25	35:01	26	51:50	24
	Gillian Carr (F40)	16:59	Fiona Carver (F55)	18:02	Nicola Ross (F45)	16:49
25 Portobello Running Club (A)	17:16	28	35:51	30	52:03	25
	Dorothy Mathie (F45)	17:16	Fiona Wright (F40)	18:35	Grace Mackenzie	16:12
26 Fife AC (F) (V)	18:15	36	34:09	22	52:09	26
	Hilary Ritchie (F50)	18:15	Rhona vRensburg (F45)	15:54	Addy Gerrard (F55)	18:00
27 Edinburgh AC (A) (V)	16:48	24	36:06	33	52:34	27
	Karen Dobbie (F50)	16:48	Sharyn Ramage (F55)	19:18	Jill Morrow (F50)	16:28
28 Dundee Hawkhill Harriers (A)	17:55	33	35:39	29	52:57	28
	Kirsty Reynolds	17:55	Amy Mollison (FU20)	17:44	Eilidh Reynolds (FU20)	17:18
29 Edinburgh University H & H (F)	18:11	35	35:57	31	54:11	29
	Christine Irvine	18:11	Emma Galloway	17:46	Ciara Newell	18:14
30 Gala Harriers (C) (V)	18:56	42	36:56	38	54:45	30
	Jennifer Forbes (F45)	18:56	Dawn Grant (F45)	18:00	Rachel Fagan (F40)	17:49
31 Central AC (C)	17:51	32	36:39	34	54:53	31
	Amy Hendry	17:51	Shona Aiken (F45)	18:48	Becky Hay	18:14
32 Dundee Hawkhill Harriers (E) (V)	16:42	20	35:10	27	55:06	32
	Diane Placentino (F45)	16:42	Catherine Matthews (F40)	18:28	Nicola Tully (F40)	19:56
33 Lothian Running Club (A)	16:44	23	33:59	20	55:37	33

	Yvonne Crilly (F55)	16:44	Christine Milne (F45)	17:15	Christina Wegelius	21:38
34 Banchory Stonehaven AC (A)	14:12	2	33:56	19	56:00	34
	Clare Stewart (FU20)	14:12	Clare Creamer (F45)	19:44	Megan Hare	22:04
35 Dundee Hawkhill Harriers (B)	18:03	34	36:56	37	56:21	35
	Isabel Remers (FU20)	18:03	Shania King (FU20)	18:53	Danielle MacDermid (FU20)	19:25
36 Corstorphine AAC (C)	17:47	31	36:03	32	56:56	36
	Jilly McKay	17:47	Louise Carey	18:16	Jacqueline Mackay (F45)	20:53
37 Falkirk Victoria Harriers (B)	18:47	40	39:08	41	57:50	37
	Eilidh McCallum (FU20)	18:47	Monica Anderson (F45)	20:21	Toni Moore (FU20)	18:42
38 Fife AC (G) (V)	18:43	39	36:50	35	57:50	38
	Merce Torres (F40)	18:43	Innes Bracegirdle (F60)	18:07	Jocelyn Scott (F60)	21:00
39 Dundee Hawkhill Harriers (D)	18:35	37	38:24	40	57:57	39
	Cheryl Walls	18:35	Jade Cawthray	19:49	Catriona Reynolds (F50)	19:33
40 Carnegie Harriers (A)	21:11	49	40:21	44	58:22	40
	Karen Forsyth	21:11	Kirsty Baird (F45)	19:10	Charlotte Briggs	18:01
41 Metro Aberdeen Running Club (B)	21:51	50	40:35	45	58:33	41
	Valerie Wilson (F50)	21:51	Laura Campbell	18:44	Sarah Knox (F45)	17:58
42 Dundee Road Runners AC (B)	19:30	44	38:08	39	59:50	42
	Sarah Young	19:30	Janet Murray	18:38	Pauline McKay	21:42
43 Edinburgh University H & H (G)	20:16	46	39:27	42	1:00:09	43
	Eve Sealy (FU20)	20:16	Natasha Ashley	19:11	Carla Willars	20:42
44 Dundee Road Runners AC (C)	22:34	51	44:19	49	1:04:20	44
	Dianne MacInnes (F40)	22:34	Lesley Coutts (F55)	21:45	Barbara Sweeney (F50)	20:01
45 Edinburgh University H & H (H)	22:39	53	45:08	50	1:05:04	45
	Rachel Stewart	22:39	Linette Knudsen	22:29	Eilidh MacQuarrie	19:56
46 Ferranti AAC (A) (V)	18:49	41	40:38	46	1:05:05	46
	Claire Gilchrist (F50)	18:49	Siobhan Sellar (F50)	21:49	Elizabeth Gilchrist (F70)	24:27
47 Dundee Hawkhill Harriers (C)	22:37	52	45:43	51	1:10:50	47
	Vicky Brown	22:37	Rhonda Manning (F45)	23:06	Debbie Letham (F45)	25:07
Ochil Hill Runners (A) (V)	18:36	38	36:56	36		
	Karen Kealey (F45)	18:36	Fiona Kelsall (F45)	18:20		
Portobello Running Club (B) (V)	19:39	45	39:29	43		
	Fen Parry (F50)	19:39	Julie Moffat (F45)	19:50		
Fife AC (E)	20:58	48	41:27	47		
	Vivienne Wild	20:58	Megan Briers (FU20)	20:29		
University of St Andrews CC (B)	18:58	43	41:33	48		
	Isabella Chase (FU20)	18:58	Sarah McNeill	22:35		
Pitreavie AAC (A)	17:23	29				
	Ciara Bowman (FU20)	17:23				
PH Racing Club (B) (V)	20:50	47				
	Lesley Mealing (F40)	20:50				

Fastest Times

Stephanie Pennycook	Edinburgh University H & H (A)	14.06
Clare Stewart (FU20)	Banchory Stonehaven AC (A)	14.12
Annabel Simpson	Fife AC (A)	14.15
Anna MacFadyen (FU20)	Edinburgh University H & H (A)	14.15
Mhairi MacLennan	Edinburgh University H & H (A)	14.17
Fanni Gyurko	Central AC (A)	14.22
Lauren Wilson	Edinburgh AC (B)	14.25
Kirstian MacRuary	Corstorphine AAC (A)	14.35
Laura Stark (FU20)	Edinburgh University H & H (B)	14.37
Kate Gallagher (FU20)	Central AC (A)	14.43
Halina Rees	Fife AC (A)	14.50
Naomi Lang (FU20)	Aberdeen AAC (A)	14.54
Jade MacLaren	Aberdeen AAC (A)	15.00
Zoe Bates (FU20)	Edinburgh AC (B)	15.07
Fiona Matheson (F55)	Falkirk Victoria Harriers (A) (V)	15.14
Amy Frankland	Edinburgh University H & H (B)	15.16
Claire Houston	Central AC (B)	15.20
Kirstin Maxwell	Gala Harriers (A)	15.21
Jennifer Spence	Fife AC (B)	15.23
Sophie Collins	Edinburgh University H & H (B)	15.25
Hannah Addison (FU20)	Corstorphine AAC (A)	15.26
Natalie Milne	Central AC (A)	15.28
Lauren McCulloch (FU20)	Central AC (B)	15.29
Megan Wright (F40)	Hunters Bog Trotters (A)	15.30
Anwen Darlington	Dundee Road Runners AC (A)	15.30
Sara Green	Gala Harriers (A)	15.33
Laura Gibson	Fife AC (C)	15.35
Helen Jones	Edinburgh University H & H (C)	15.41
Michelle Mackay	Dundee Road Runners AC (A)	15.44
Jennifer Forbes (F45)	Gala Harriers (B) (V)	15.45
Zoe Pflug (FU20)	Gala Harriers (A)	15.45
Ailsa Cruickshanks (FU20)	Fife AC (D)	15.46
Anisha Badial (FU20)	Aberdeen AAC (A)	15.46
Jennifer Elvin	Metro Aberdeen Running Club (A)	15.47

Alison McGill	Fife AC (A)	15.49
Katie Jones	Fife AC (C)	15.50
Rhiannon Kirk (FU20)	Edinburgh University H & H (D)	15.51
Caitlin Arnott (FU20)	Corstorphine AAC (A)	15.52
Rhona vRensburg (F45)	Fife AC (F) (V)	15.54
Jennifer Cruickshanks	Fife AC (B)	15.55

SAL East District Cross Country Relays
Glamis Castle, Angus
14-October 2017
Men

	Stage 1	Stage 2	Stage 3	Stage 4	
1 Corstorphine AAC (A)	12:42 Anthony Addison (MU20)	5 25:13 Ewan Brown	1 37:32 Calum McKenzie	1 49:59 Dermot Cummins	12:27
2 Aberdeen AAC (A)	12:29 Rory Stead	3 25:19 Will Mackay	2 38:02 James Hoad	2 50:22 Michael Ferguson	12:20
3 Central AC (A)	12:29 Aidan Thompson	2 25:39 Ruaridh Miller	3 38:38 Michael Wright	3 50:58 Alastair Hay	12:20
4 Fife AC (A)	13:10 Sam Fernando (MU20)	8 26:08 Tristan Rees (MU20)	5 39:49 Simon Anetts	5 51:56 Logan Rees	12:07
5 Edinburgh University H & H (A)	12:24 Will Peppercorn (MU20)	1 25:53 Cameron Young (MU20)	4 39:26 Andrew Johnstone (MU20)	4 52:50 Ewan Davidson	13:24
6 Edinburgh AC (A)	13:02 Gavin Bryson (MU20)	6 26:42 Michael Cameron	7 40:09 Leon Johnson (M40)	8 53:41 John Lenehan	13:32
7 Corstorphine AAC (B)	13:49 Alastair Brockie	18 27:12 Bryan Clark	12 40:19 Tom Cunningham	9 54:07 James Harrison	13:48
8 Aberdeen AAC (C)	13:27 Stewart Millar (MU20)	15 27:18 Max Kreitner	13 40:50 Fraser Cruickshank (MU20)	11 54:16 Tyler White (MU20)	13:26
9 Corstorphine AAC (C)	13:15 Julian Barrable	9 26:57 Chris Poxton	8 40:02 Donald Macaulay	7 54:28 Thomas Wilson	14:26
10 Aberdeen AAC (B)	13:42 Steven Murray	17 27:20 Fearghas Thomson	14 40:50 Euan Webster	12 54:36 Andrew Ferguson	13:46
11 Pitreavie AAC (A)	12:32 Ben Potrykus	4 26:28 James Adam (MU20)	6 40:26 Colin Lamont	10 55:01 Ben Grant (MU20)	14:35
12 Gala Harriers (A)	13:04 Darrell Hastie	7 27:05 Andrew Lawrie	9 40:02 Callum Tharme (MU20)	6 55:04 Fergus Johnston	15:02
13 Metro Aberdeen Running Club (A)	13:22 Ian Manson	10 27:06 Paul Knight	10 41:21 Chris Richardson	13 55:16 Ben Ward	13:55
14 PH Racing Club (A)	14:05 Robert Sellar (M40)	24 28:21 Niall Balloch	20 42:12 Colin Somerville	16 56:11 Darren Jubb	13:59
15 Corstorphine AAC (D) (V)	13:27 Tom Ferrington (M40)	13 27:08 Moray Anderson (M40)	11 42:14 Graeme Fletcher (M55)	17 56:15 Ross Milne (M40)	14:01
16 Edinburgh AC (B)	13:59 Iain Macdonald	21 27:39 Tom Blankenstein	16 41:41 Nicholas Wolverson	14 56:17 Kevin Hamilton	14:36
17 Corstorphine AAC (G)	14:02 Jonathan Jackson (MU20)	23 28:11 Forbes Jackson (MU20)	19 42:09 Scott Pilkington	15 57:15 Liam Sleight	15:06
18 Metro Aberdeen Running Club (B) (V)	13:27 Jim Tole (M40)	16 28:34 Cameron Robertson (M40)	22 43:31 Brian Robb (M40)	22 57:25 Steve Buchan (M40)	13:54
19 Lothian Running Club (A) (V)	13:27 Malcolm Lang (M40)	14 28:02 Alan Knowles (M40)	18 43:29 Brian Lees (M50)	21 57:38 Colin Partridge (M40)	14:09
20 Gala Harriers (B) (V)	14:00 Gary Trewartha (M40)	22 28:21 Craig Mattocks (M40)	21 43:16 Rory Campbell (M45)	19 58:05 Jamie McGowan (M40)	14:49
21 Aberdeen AAC (D)	14:40 Aaron Odentz (MU20)	28 28:45 Daniel Hatfield (MU20)	23 44:18 Craig Smith (MU20)	26 58:07 James Joy	13:49
22 Dundee Hawkhill Harriers (A)	15:04 Gary Bruce	38 29:40 Kenny Liddell	27 43:40 Munro Stewart	24 58:16 Chris Walsh	14:36
23 University of St Andrews CC (A)	13:54 Philip Wright	20 30:20 Corey Smith (MU20)	33 44:11 Morgan Mitchell	25 58:45 Stephen McDougall	14:34
24 Metro Aberdeen Running Club (D)	14:52 Stuart Milne	32 29:56 Kenny Garden	28 44:20 Craig Beattie	27 59:03 Andrew Pearson	14:43
25 PH Racing Club (B)	14:52 Wright Beveridge (M45)	31 29:59 John Cassells (M45)	30 44:31 Jonathan Peebles	29 59:16 Stuart Mackay	14:45
26 Edinburgh AC (E)	15:12 Fionn McDonald	39 29:39 Mark MacDermot	26 44:28 Max Bloor (MU20)	28 59:21 Lewis Renton	14:53
27 Central AC (B)	13:27 Fraser Logan	12 27:48 David Lindsay	17 42:57 Will Hensman	18 59:52 Ben Noad	16:55
28 Ochil Hill Runners (A)	14:33 Grant Baxter (M45)	27 29:25 David Millar (M40)	24 43:34 Adam Park	23 1:00:20 John Stevenson (M55)	16:46
29 Corstorphine AAC (E) (V)	14:50 Iain Macleod (M45)	30 31:09 David Arnott (M45)	39 45:54 Richard Lewis (M45)	30 1:00:37 Ian Johnston (M50)	14:43
30 Dundee Hawkhill Harriers (B) (V)	13:24 Gordon Barrie (M45)	11 27:34 Bruce Scott (M45)	15 43:22 Matthew Strachan (M50)	20 1:00:48 Craig Ross (M60)	17:26
31 Edinburgh AC (C) (V)	14:44 John Blair (M50)	29 30:30 Chris Creegan (M55)	34 45:54 Andrew Latham (M50)	31 1:01:00 David Cross (M50)	15:06
32 Metro Aberdeen Running Club (C)	14:58 Rankin Lascelles	33 29:57 Philip Brown	29 46:05 Tom Main	32 1:01:12 Steven Morrison	15:07
33 Falkland Trail Runners (A)	16:52 Kevin Murray (M50)	58 31:55 Iain Thomson	45 47:27 Mike Murdoch (M40)	35 1:02:41 Dave Clark	15:14
34 Central AC (D) (V)	15:14 David Eckersley (M50)	40 31:40 Colin Alexander (M40)	44 47:53 Jens Subke (M45)	37 1:03:29 Charles Graham-Marr (M55)	15:36
35 Gala Harriers (C) (V)	15:17 Yan Horsburgh (M50)	41 31:37 Anthony Lunn (M50)	42 47:56 William McCulloch (M55)	38 1:04:10 Ian Maxwell (M55)	16:14
36 Aberdeen AAC (E)	15:04 Matthias Flamenco (MU20)	36 30:19 Ben Nelson	32 46:21 Athol Burnett (M55)	33 1:04:10 Alasdair Love (M40)	17:49
37 Hunters Bog Trotters (D)	15:40 Callum Campbell (MU20)	47 34:30 Ian Campbell (M50)	56 49:58 Christian Tendeng (M40)	45 1:04:34 Gavin Smith	14:36
38 Falkirk Victoria Harriers (B) (V)	16:11 Grant Matheson (M55)	50 32:57 Robert Christie (M40)	50 50:09 Malcolm Finlayson (M50)	46 1:04:51 Andrew Ronald (M50)	14:42
39 Carnegie Harriers (A)	14:59 Chris Stephenson (M45)	34 31:05 Jonathan Millar	37 47:39 Kevin Davie	36 1:05:07 Alan Murray (M40)	17:28
40 Metro Aberdeen Running Club (E) (V)	16:17 Russell Willox (M40)	51 32:38 Andy Redman (M55)	48 49:16 Keith Farquhar (M55)	41 1:05:26 Craig Anderson (M45)	16:10
41 Portobello Running Club (C) (V)	15:36 Craig Taylor (M40)	45 30:36 William Jarvie (M55)	35 46:54 Richard Hadfield (M45)	34 1:05:34 Jake Harper (M55)	18:40
42 Musselburgh & District AC (A)	15:28 Mike Jones (M40)	43 33:04 Michael Malcolm-Smith (M50)	51 50:20 Jonathan Cunningham (MU20)	48 1:06:10 Doug Fraser (M45)	15:50
43 Portobello Running Club (A)	15:36 Marcin Karpowicz	46 35:46 Adam Small	61 52:35 Oliver Pound	53 1:06:42 David Limmer	14:07
44 PH Racing Club (C) (V)	16:45 Ian Johnston (M60)	57 33:44 Ed Norton (M65)	53 50:36 Peter Simpson (M55)	49 1:06:43 Alan Cockburn (M50)	16:07
45 Fife AC (B) (V)	15:55 Alan Gibson (M55)	48 31:39 Hendrik Van-Rensburg (M45)	43 49:28 Steven Pennycook (M55)	42 1:06:53 Gary Barker (M60)	17:25
46 Banchory Stonehaven AC (A)	15:26 42 31:59	46 49:35	43 1:07:35	46	

	Stuart Ferguson	15:26	Matthew Greig (MU20)	16:33	Snr Ferguson (M55)	17:36	Steve Baird (M45)	18:00
47 Edinburgh AC (D) (V)	16:19	52	32:05	47	48:42	40	1:07:41	47
	Malcolm Parry (M45)	16:19	Max Carcas (M45)	15:46	Dave Clements (M45)	16:37	Alex MacEwen (M60)	18:59
48 Corstorphine AAC (F) (V)	18:19	68	35:16	60	51:08	50	1:07:52	48
	Steven Blair (M50)	18:19	Den Van (M55)	16:57	Jeremy Hall (M45)	15:52	Martin Caldwell (M60)	16:44
49 Falkirk Victoria Harriers (C) (V)	17:04	60	33:53	54	49:40	44	1:08:49	49
	James McLaren (M55)	17:04	John Gladwin (M55)	16:49	Peter Faulks (M40)	15:47	Alastair McCallum (M55)	19:09
50 Dundee Road Runners AC (A)	16:06	49	36:56	63	54:03	55	1:09:37	50
	Duncan Edward	16:06	Brian Stewart	20:50	Paul Reed (M40)	17:07	Lee O'Connor (M40)	15:34
51 Edinburgh AC (F)	14:16	26	31:27	41	50:10	47	1:09:48	51
	Steve Watters	14:16	Richard Clark (M40)	17:11	Eric Stevenson (M65)	18:43	Matthew Newnham (M55)	19:38
52 Teviotdale Harriers (A)	17:07	61	34:09	55	52:35	52	1:11:51	52
	Alistar Biggar (M45)	17:07	Andrew Gibson	17:02	Brian Harper (M45)	18:26	Alan Coltman (M50)	19:16
53 Dundee Hawkhill Harriers (D) (V)	16:38	55	33:07	52	53:22	54	1:12:28	53
	Marco Placentino (M50)	16:38	Nigel Reynolds (M55)	16:29	Guillermo Hernandez (M70)	20:15	Raymond Tully (M45)	19:06
54 Carnegie Harriers (B) (V)	17:54	66	38:16	65	55:33	58	1:12:35	54
	Gordon Barrie (M45)	17:54	Stephen Greer (M55)	20:22	Steve Adam (M50)	17:17	Barry Davie (M40)	17:02
55 Portobello Running Club (B) (V)	17:31	65	34:51	58	55:16	57	1:12:41	55
	Andrew Stavert (M55)	17:31	Sandy MacDonald (M40)	17:20	Mark Fry (M50)	20:25	George Lupton (M40)	17:25
56 Metro Aberdeen Running Club (F)	18:51	69	34:57	59	55:14	56	1:15:43	56
	William Reid (M50)	18:51	Gavin McLennan	16:06	Kevin Mackie (M40)	20:17	Roy Milne	20:29
57 Central AC (E) (V)	17:15	62	36:34	62	57:17	60	1:16:34	57
	Raymond Milne (M55)	17:15	Allan Gall (M60)	19:19	John Millar (M65)	20:43	Cameron Campbell (M55)	19:17
58 Dundee Road Runners AC (B)	18:54	70	37:05	64	57:12	59	1:17:34	58
	Harry Kay (M65)	18:54	Geoff Campbell (M40)	18:11	Erwin Saligumba (M40)	20:07	Josh McKay	20:22
Lothian Running Club (B)	13:54	19	29:29	25	48:27	39		
	Robert Kennedy	13:54	David Eades (M50)	15:35	Stig Walsh (M50)	18:58		
Hunters Bog Trotters (C)	16:38	56	31:09	40	51:51	51		
	Daniel Darwin-Clements	16:38	James Bowden	14:31	Robin Thomas (M60)	20:42		
Lasswade AAC (A)	14:05	25	29:59	31				
	Matthew Smith (MU20)	14:05	Andrew McGlone (M50)	15:54				
Dundee Hawkhill Harriers (C)	15:01	35	30:44	36				
	Gareth Irons	15:01	Steve Matthews (M45)	15:43				
Edinburgh University H & H (B)	15:04	37	31:08	38				
	Ben Murphy	15:04	Darko Perovic	16:04				
Corstorphine AAC (H)	15:34	44	32:44	49				
	Peter Black	15:34	Nicholas Brown (M40)	17:10				
Central AC (C)	16:33	54	34:42	57				
	Hugh Buchanan (M55)	16:33	Colin Sinclair (M50)	18:09				
Ferranti AAC (A) (V)	18:12	67	42:29	66				
	Grant Sellar (M50)	18:12	Edward McDonald (M65)	24:17				
Falkirk Victoria Harriers (A)	16:26	53						
	Euan McCallum	16:26						
Carnegie Harriers (C) (V)	17:04	59						
	Graeme Wilson (M55)	17:04						
Gala Harriers (D) (V)	17:17	63						
	Derrick Brydon (M45)	17:17						
PH Racing Club (D)	17:29	64						
	Niall Balloch	17:29						
Teviotdale Harriers (B)	21:02	71						
	Frank Birch (M70)	21:02						

Fastest Times

Logan Rees	Fife AC (A)	12.07
Calum McKenzie	Corstorphine AAC (A)	12.19
Alastair Hay	Central AC (A)	12.20
Michael Ferguson	Aberdeen AAC (A)	12.20
Will Peppercorn (MU20)	Edinburgh University H & H (A)	12.24
Dermot Cummins	Corstorphine AAC (A)	12.27
Aidan Thompson	Central AC (A)	12.29
Rory Stead	Aberdeen AAC (A)	12.29
Ewan Brown	Corstorphine AAC (A)	12.31
Ben Potrykus	Pitreavie AAC (A)	12.32
Anthony Addison (MU20)	Corstorphine AAC (A)	12.42
James Hoad	Aberdeen AAC (A)	12.43
Will Mackay	Aberdeen AAC (A)	12.50
Callum Tharne (MU20)	Gala Harriers (A)	12.57
Tristan Rees (MU20)	Fife AC (A)	12.58
Michael Wright	Central AC (A)	12.59
Gavin Bryson (MU20)	Edinburgh AC (A)	13.02
Darrell Hastie	Gala Harriers (A)	13.04
Donald Macaulay	Corstorphine AAC (C)	13.05
Tom Cunningham	Corstorphine AAC (B)	13.07
Sam Fernando (MU20)	Fife AC (A)	13.10
Ruaridh Miller	Central AC (A)	13.10
Julian Barrable	Corstorphine AAC (C)	13.15
Ian Manson	Metro Aberdeen Running Club (A)	13.22
Bryan Clark	Corstorphine AAC (B)	13.23
Gordon Barrie (M45)	Dundee Hawkhill Harriers (B) (V)	13.24
Ewan Davidson	Edinburgh University H & H (A)	13.24
Tyler White (MU20)	Aberdeen AAC (C)	13.26
Fraser Logan	Central AC (B)	13.27
Malcolm Lang (M40)	Lothian Running Club (A) (V)	13.27
Jim Tole (M40)	Metro Aberdeen Running Club (B) (V)	13.27
Tom Ferrington (M40)	Corstorphine AAC (D) (V)	13.27
Stewart Millar (MU20)	Aberdeen AAC (C)	13.27
Leon Johnson (M40)	Edinburgh AC (A)	13.27
Cameron Young (MU20)	Edinburgh University H & H (A)	13.29
Euan Webster	Aberdeen AAC (B)	13.30
Fraser Cruickshank (MU20)	Aberdeen AAC (C)	13.32
John Lenehan	Edinburgh AC (A)	13.32
Andrew Johnstone (MU20)	Edinburgh University H & H (A)	13.33
Fearghus Thomson	Aberdeen AAC (B)	13.38
Tom Blankenstein	Edinburgh AC (B)	13.40
Michael Cameron	Edinburgh AC (A)	13.40
Moray Anderson (M40)	Corstorphine AAC (D) (V)	13.41
Simon Anetts	Fife AC (A)	13.41
Steven Murray	Aberdeen AAC (B)	13.42
Chris Poxton	Corstorphine AAC (C)	13.42
Paul Knight	Metro Aberdeen Running Club (A)	13.44
Andrew Ferguson	Aberdeen AAC (B)	13.46
James Harrison	Corstorphine AAC (B)	13.48
James Joy	Aberdeen AAC (D)	13.49
Alastair Brockie	Corstorphine AAC (B)	13.49
Morgan Mitchell	University of St Andrews CC (A)	13.51
Colin Somerville	PH Racing Club (A)	13.51
Max Kreitner	Aberdeen AAC (C)	13.51
Robert Kennedy	Lothian Running Club (B)	13.54
Philip Wright	University of St Andrews CC (A)	13.54
Steve Buchan (M40)	Metro Aberdeen Running Club (B) (V)	13.54
Ben Ward	Metro Aberdeen Running Club (A)	13.55
James Adam (MU20)	Pitreavie AAC (A)	13.56
Scott Pilkington	Corstorphine AAC (G)	13.58
Colin Lamont	Pitreavie AAC (A)	13.58
Iain Macdonald	Edinburgh AC (B)	13.59
Darren Jubb	PH Racing Club (A)	13.59