

SAL East District Cross Country Relays
Glamis Castle, Angus
13-October 2018
Young Athletes Female

	Stage 1		Stage 2		Stage 3	
1 Fife AC (A)	09:49	1	19:53	1	29:18	1
	Isla Thoms (GU13)	09:49	Isla Hedley (GU15)	10:04	Anna Hedley (GU15)	09:25
2 Edinburgh AC (A)	10:21	4	20:28	3	30:03	2
	Connie Roxburgh (GU13)	10:21	Katie Johnson (GU15)	10:07	Alice Goodall (FU17)	09:35
3 Corstorphine AAC (A)	10:13	2	20:45	4	31:27	3
	Olivia Clarke (GU13)	10:13	Katherine MacLeod (GU15)	10:32	Georgia Ledingham (FU17)	10:42
4 Edinburgh AC (B)	11:31	14	21:42	8	31:35	4
	Anna Cruden (GU13)	11:31	Rose Newman (GU15)	10:11	Pippa Carcas (FU17)	09:53
5 Fife AC (B)	10:39	7	21:37	7	31:48	5
	Katie Sandilands (GU13)	10:39	Libby Smith (GU15)	10:58	Anna Dalglish (GU15)	10:11
6 Aberdeen AAC (A)	10:48	9	21:47	9	31:50	6
	Phoebe Armstrong (GU13)	10:48	Iona McGuire (GU15)	10:59	Caitlin Purcell (FU17)	10:03
7 Falkirk Victoria Harriers (A)	10:18	3	20:21	2	32:01	7
	Caitlyn Christie (GU13)	10:18	Katie Christie (GU15)	10:03	Abbie Robb (FU17)	11:40
8 Central AC (B)	11:00	12	22:40	15	33:01	8
	Mirren Julie Henry (GU13)	11:00	Naomi Howlieson (GU15)	11:40	Carrie Banks (FU17)	10:21
9 Pitreavie AAC (A)	10:57	11	22:10	13	33:08	9
	Ariane Baillie (GU13)	10:57	Erin Macfarlane (GU13)	11:13	Jemma Jamieson (FU17)	10:58
10 Corstorphine AAC (B)	10:44	8	21:21	6	33:14	10
	Eva Cameron (GU13)	10:44	Mhairi Arnott (GU15)	10:37	Nicole Mullard (FU17)	11:53
11 Pitreavie AAC (C)	11:37	16	22:00	11	33:18	11
	Katie Thomson (GU13)	11:37	Anya Morrison (GU13)	10:23	Skye Marshall (FU17)	11:18
12 Central AC (A)	11:41	19	22:54	18	33:26	12
	Brogan McMillan (GU13)	11:41	Anna MacKinnon (GU15)	11:13	Rosie Eckersley (FU17)	10:32
13 Aberdeen AAC (B)	11:40	18	23:13	20	33:26	13
	Abby Farquhar (GU13)	11:40	Charlotte Narducci (GU15)	11:33	Kirsty Purcell (FU17)	10:13
14 Livingston AC (A)	11:41	20	23:44	25	33:30	14
	Mia Sokoluk (GU13)	11:41	Sophie Ure (GU15)	12:03	Isla Calvert (FU17)	09:46
15 Edinburgh AC (E)	11:38	17	22:10	14	33:32	15
	Freya Pryce (GU13)	11:38	Molly Kidd (GU15)	10:32	Lucia Montgomery (FU17)	11:22

	Stage 1		Stage 2		Stage 3	
16 Edinburgh AC (C)	12:36	32	23:13	19	33:32	16
	Alannah Macaulay Orr (GU13)	12:36	Anise Macaulay Orr (GU15)	10:37	Beatrice Winkler (FU17)	10:19
17 Dundee Hawkhill Harriers (A)	10:51	10	21:55	10	33:36	17
	Beth Collins (GU13)	10:51	Iara Manning (GU15)	11:04	Anna Bennett (FU17)	11:41
18 Fife AC (C)	10:28	5	21:20	5	34:00	18
	Ruby Russell (GU13)	10:28	Esmee Thoms (GU15)	10:52	Kiera Lorimer (GU15)	12:40
19 Central AC (C)	11:43	21	23:33	23	34:10	19
	Mary Kealey (GU13)	11:43	Allie Buchanan (GU13)	11:50	Kyra Gibb (FU17)	10:37
20 Lasswade AAC (A)	11:45	22	22:48	17	34:16	20
	Skye Foster (GU13)	11:45	Olivia Meikle (GU13)	11:03	Abby McGlone (FU17)	11:28
21 Banchory Stonehaven AC (B)	10:30	6	22:05	12	34:26	21
	Millie McClelland-Brooks (GU13)	10:30	Abbie Crawford (GU15)	11:35	Kate Hare (FU17)	12:21
22 Pitreavie AAC (B)	11:19	13	22:41	16	34:35	22
	Lily Simon (GU13)	11:19	Maya Millar (GU15)	11:22	Lauren Blair (FU17)	11:54
23 Metro Aberdeen Running Club (A)	11:52	24	23:17	21	35:05	23
	Daisy Waite (GU13)	11:52	Charlotte Mackenzie (GU15)	11:25	Kirsty Anderson (FU17)	11:48
24 Banchory Stonehaven AC (A)	11:49	23	23:46	26	35:11	24
	Charlotte Anderson (GU13)	11:49	Anna Birch (GU15)	11:57	Cara Davie (GU15)	11:25
25 Edinburgh AC (D)	14:42	34	25:44	31	36:01	25
	Mairi Cochrane (GU13)	14:42	Harriet Woodland-Broome (GU15)	11:02	Jessica Hoggarth (FU17)	10:17
26 Fife AC (D)	11:53	25	23:26	22	36:06	26
	Holly Ovens (GU13)	11:53	Jaden Lenny (GU15)	11:33	Chloe Ritchie (FU17)	12:40
27 Dundee Hawkhill Harriers (C)	12:11	28	24:21	27	36:52	27
	Cora McMaster (GU13)	12:11	Faith Duffy (GU15)	12:10	Katie Clark (GU15)	12:31
28 Dundee Hawkhill Harriers (B)	12:18	29	23:37	24	36:59	28
	Eva Duke (GU13)	12:18	Isla Manning (GU15)	11:19	Nell McCoshim (FU17)	13:22
29 Arbroath & District AC (A)	12:21	30	24:27	28	37:31	29
	Heidi Smith (GU13)	12:21	Maiya Hill (GU13)	12:06	Isla Whitton (GU15)	13:04
30 Dundee Hawkhill Harriers (D)	12:04	26	24:47	29	38:16	30
	Aimee Link (GU13)	12:04	Grace Matthews (GU15)	12:43	Frankie Duncan-Morris (FU17)	13:29
Dundee Hawkhill Harriers (E)	12:34	31	25:31	30		
	Libby Cochrane (GU13)	12:34	Alex Tully (GU15)	12:57		
Fife AC (E)	11:31	15				
	Freya Hedley (GU13)	11:31				
Falkirk Victoria Harriers (B)	12:06	27				
	Emily Fawkes (GU13)	12:06				
Livingston AC (B)	12:46	33				
	Roxanne Hardie (GU13)	12:46				

Fastest Times

Isla Thoms (GU13)	Fife AC (A)	9.49
Olivia Clarke (GU13)	Corstorphine AAC (A)	10.13
Caitlyn Christie (GU13)	Falkirk Victoria Harriers (A)	10.18
Connie Roxburgh (GU13)	Edinburgh AC (A)	10.21
Anya Morrison (GU13)	Pitreavie AAC (C)	10.23
Ruby Russell (GU13)	Fife AC (C)	10.28
Millie McClelland-Brooks (GU13)	Banchory Stonehaven AC (B)	10.30
Katie Sandilands (GU13)	Fife AC (B)	10.39
Eva Cameron (GU13)	Corstorphine AAC (B)	10.44
Phoebe Armstrong (GU13)	Aberdeen AAC (A)	10.48

U15

Anna Hedley (GU15)	Fife AC (A)	9.25
Katie Christie (GU15)	Falkirk Victoria Harriers (A)	10.03
Isla Hedley (GU15)	Fife AC (A)	10.04
Katie Johnson (GU15)	Edinburgh AC (A)	10.07
Anna DalGLISH (GU15)	Fife AC (B)	10.11
Rose Newman (GU15)	Edinburgh AC (B)	10.11
Molly Kidd (GU15)	Edinburgh AC (E)	10.32
Katherine MacLeod (GU15)	Corstorphine AAC (A)	10.32
Anise Macaulay Orr (GU15)	Edinburgh AC (C)	10.37
Mhairi Arnott (GU15)	Corstorphine AAC (B)	10.37

U17

Alice Goodall (FU17)	Edinburgh AC (A)	9.35
Isla Calvert (FU17)	Livingston AC (A)	9.46
Pippa Carcas (FU17)	Edinburgh AC (B)	9.53
Caitlin Purcell (FU17)	Aberdeen AAC (A)	10.03
Kirsty Purcell (FU17)	Aberdeen AAC (B)	10.13
Jessica Hoggarth (FU17)	Edinburgh AC (D)	10.17
Beatrice Winkler (FU17)	Edinburgh AC (C)	10.19
Carrie Banks (FU17)	Central AC (B)	10.21
Rosie Eckersley (FU17)	Central AC (A)	10.32
Kyra Gibb (FU17)	Central AC (C)	10.37

SAL East District Cross Country Relays
Glamis Castle, Angus
13-October 2018
Young Athletes Male

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:53	5	18:58	1	27:56	1
	Ruaridh Woodland-Broome (BU13)	09:53	Ross Dewar (BU15)	09:05	Joe Ewing (MU17)	08:58
2 Team East Lothian (A)	09:35	2	18:59	2	28:05	2
	Corey Campbell (BU13)	09:35	Angus Wright (BU15)	09:24	Cameron Bullen (MU17)	09:06
3 Aberdeen AAC (A)	09:59	6	19:19	5	28:20	3
	Aleksandar Jovcic (BU13)	09:59	Kai Crawford (BU15)	09:20	Adam Brown (MU17)	09:01
4 Central AC (A)	10:05	9	19:49	6	28:35	4
	Joshua Kennedy (BU13)	10:05	Finlay Muir (BU15)	09:44	Ben MacMillan (MU17)	08:46
5 Gala Harriers (A)	09:32	1	18:59	3	28:42	5
	Cameron Rankine (BU13)	09:32	Ewan Christie (BU15)	09:27	Ewan Purves (BU15)	09:43
6 Pitreavie AAC (A)	09:52	4	19:05	4	29:00	6
	Caleb McLeod (BU13)	09:52	Conor Gourley (BU15)	09:13	Billy Doyle (MU17)	09:55
7 Team East Lothian (B)	10:02	7	19:52	7	29:05	7
	Innes Wright (BU13)	10:02	Angus Chandler (BU15)	09:50	Joe Donnelly (MU17)	09:13
8 Aberdeen AAC (C)	09:47	3	20:14	10	29:08	8
	Hamish McKay (BU13)	09:47	Dylan Dickie (BU15)	10:27	Harry E Hall (MU17)	08:54
9 Lasswade AAC (A)	10:17	12	20:10	9	29:13	9
	Alasdair Brown (BU13)	10:17	Ross Wolfenden (BU13)	09:53	Harry Henriksen (BU15)	09:03
10 Corstorphine AAC (A)	10:43	18	20:19	11	29:15	10
	Munro Lawrie (BU13)	10:43	Jamie Eyton-Jones (BU15)	09:36	David Addison (MU17)	08:56
11 Dundee Hawkhill Harriers (A)	11:07	23	20:33	14	29:40	11
	Calum Gibson (BU13)	11:07	laurence Petty (BU15)	09:26	Keiren McColgan (MU17)	09:07
12 Central AC (B)	10:37	14	19:55	8	29:49	12
	Owen Eckersley (BU13)	10:37	Cameron MacMillan (BU15)	09:18	Kyle Howie (MU17)	09:54
13 Edinburgh AC (B)	11:26	25	20:59	17	29:50	13
	Grant Daly (BU13)	11:26	Muir Gillespie (BU15)	09:33	Tom Ireland (MU17)	08:51

	Stage 1		Stage 2		Stage 3	
14 Dundee Hawkhill Harriers (B)	11:34	27	21:12	19	29:52	14
	Joel Faccenda (BU13)	11:34	Tejay Scott (BU15)	09:38	Kristof Hornyik (MU17)	08:40
15 Fife AC (A)	10:56	20	21:22	22	30:12	15
	Marti Penacchio Torres (BU13)	10:56	Guillem Penacchio Torres (BU13)	10:26	Ben Sandilands (MU17)	08:50
16 Livingston AC (A)	10:39	15	21:26	23	30:14	16
	Jonathan Collings (BU13)	10:39	Euan Maciver (BU15)	10:47	Alastair Marshall (MU17)	08:48
17 Team East Lothian (C)	10:15	11	20:20	12	30:24	17
	Jack Renton (BU13)	10:15	Aidan Page (BU13)	10:05	Robbie Anderson (MU17)	10:04
18 Dundee Hawkhill Harriers (C)	11:32	26	21:27	24	30:31	18
	Kieran Simpson (BU13)	11:32	Warren Lorente (BU15)	09:55	Cameron Sale (MU17)	09:04
19 Aberdeen AAC (D)	10:34	13	21:20	21	30:37	19
	Finn Bryce (BU13)	10:34	Caleb Brock (BU13)	10:46	Ross Macmillan (MU17)	09:17
20 Pitreavie AAC (B)	10:13	10	20:29	13	30:44	20
	Oliver Rodger (BU13)	10:13	Kyle Macfarlane (BU15)	10:16	Patrick Doyle (MU17)	10:15
21 Corstorphine AAC (C)	10:55	19	20:35	15	30:50	21
	Caelan Rose (BU13)	10:55	Patrick Milne (BU15)	09:40	Cameron Thores (MU17)	10:15
22 Fife AC (B)	11:02	21	21:11	18	30:51	22
	Hjalmar Struck (BU13)	11:02	Lewis Donnelly (BU15)	10:09	Michael Sanderson (MU17)	09:40
23 Teviotdale Harriers (A)	11:19	24	21:50	27	30:55	23
	Robert Wood (BU13)	11:19	Thomas MacAskill (BU15)	10:31	Fraser Clyne (MU17)	09:05
24 Central AC (C)	10:42	17	21:41	25	31:17	24
	Tom Campbell (BU13)	10:42	Jack Campbell (BU15)	10:59	Sam Burton (MU17)	09:36
25 Corstorphine AAC (B)	11:35	28	21:16	20	31:29	25
	Lewis Thores (BU13)	11:35	Ben Struthers (BU15)	09:41	Charlie Cameron (MU17)	10:13
26 Dundee Hawkhill Harriers (D)	11:39	29	22:08	29	31:37	26
	Noah Langslow (BU13)	11:39	Joseph Placentino (BU15)	10:29	Blair Scott (MU17)	09:29
27 Pitreavie AAC (C)	11:04	22	20:55	16	31:45	27
	Danny Kinninmonth (BU13)	11:04	Fergus MacGilp (BU15)	09:51	Lewis Blair (MU17)	10:50
28 Falkirk Victoria Harriers (A)	12:47	35	23:02	33	32:14	28
	Callum Hendry (BU13)	12:47	Jonathan Faulks (BU15)	10:15	Calum Little (MU17)	09:12
29 Falkirk Victoria Harriers (B)	11:53	31	22:56	31	32:24	29
	Sam Redwood (BU13)	11:53	Andrew Baird (BU15)	11:03	Euan Wond (MU17)	09:28

	Stage 1		Stage 2		Stage 3	
30 Arbroath & District AC (A)	10:40	16	21:48	26	32:27	30
	Brodie Cameron (BU13)	10:40	Lewis Forfar (BU13)	11:08	Corey Hill (BU15)	10:39
31 Central AC (D)	11:43	30	22:03	28	32:52	31
	Henry Crossley (BU13)	11:43	Euan Campbell (BU15)	10:20	Oliver Holden (MU17)	10:49
32 George Heriots School (A)	12:29	34	22:51	30	33:00	32
	David Ivory (BU13)	12:29	Tommy Thin (BU15)	10:22	Lachlan Rowley (MU17)	10:09
33 Gala Harriers (B)	12:23	33	22:58	32	33:05	33
	Lennon Scollon (BU13)	12:23	McKenzie Power (BU15)	10:35	Jake Shepherd (MU17)	10:07
34 Dundee Hawkhill Harriers (E)	11:56	32	23:45	35	33:15	34
	Kieran Matthews (BU13)	11:56	Josh Taylor (BU15)	11:49	Ethan McColgan (MU17)	09:30
35 George Heriots School (B)	13:44	39	23:33	34	33:49	35
	James Headon (BU13)	13:44	Angus Ivory (BU15)	09:49	Callum Murison (MU17)	10:16
36 Dundee Hawkhill Harriers (F)	13:15	37	24:44	37	34:50	36
	Andrei Morrison (BU13)	13:15	Matthew Joss (BU15)	11:29	Ben MacDermid (MU17)	10:06
37 Banchory Stonehaven AC (A)	14:41	41	24:50	39	34:59	37
	Harry Sim (BU13)	14:41	Callum Lechatellier (BU15)	10:09	Kane Noble (BU15)	10:09
38 Fife AC (C)	12:52	36	24:46	38	35:09	38
	Fraser Stewart (BU13)	12:52	Angus Graham (BU13)	11:54	Owen Keddie (MU17)	10:23
39 Central AC (E)	13:52	40	25:52	40	36:07	39
	Angus Kennedy	13:52	Ross Lawrie (BU15)	12:00	Daniel Bruce (MU17)	10:15
Corstorphine AAC (D)	13:34	38	24:20	36		
	Oliver Finlayson-Russell (BU13)	13:34	Euan Flett (BU15)	10:46		
Aberdeen AAC (B)	10:03	8				
	Rhys Crawford (BU13)	10:03				

Fastest Times**U13**

Cameron Rankine (BU13)	Gala Harriers (A)	9.32
Corey Campbell (BU13)	Team East Lothian (A)	9.35
Hamish McKay (BU13)	Aberdeen AAC (C)	9.47
Caleb McLeod (BU13)	Pitreavie AAC (A)	9.52
Ross Wolfenden (BU13)	Lasswade AAC (A)	9.53
Ruaridh Woodland-Broome (BU13)	Edinburgh AC (A)	9.53
Innes Wright (BU13)	Team East Lothian (B)	10.02
Rhys Crawford (BU13)	Aberdeen AAC (B)	10.03
Aidan Page (BU13)	Team East Lothian (C)	10.05
Joshua Kennedy (BU13)	Central AC (A)	10.05

U15

Harry Henriksen (BU15)	Lasswade AAC (A)	9.03
Ross Dewar (BU15)	Edinburgh AC (A)	9.05
Conor Gourley (BU15)	Pitreavie AAC (A)	9.13
Cameron MacMillan (BU15)	Central AC (B)	9.18
Kai Crawford (BU15)	Aberdeen AAC (A)	9.20
Angus Wright (BU15)	Team East Lothian (A)	9.24
laurence Petty (BU15)	Dundee Hawkhill Harriers (A)	9.26
Ewan Christie (BU15)	Gala Harriers (A)	9.27
Muir Gillespie (BU15)	Edinburgh AC (B)	9.33
Jamie Eyton-Jones (BU15)	Corstorphine AAC (A)	9.36

U17

Kristof Hornyik (MU17)	Dundee Hawkhill Harriers (B)	8.40
Ben MacMillan (MU17)	Central AC (A)	8.46
Alastair Marshall (MU17)	Livingston AC (A)	8.48
Ben Sandilands (MU17)	Fife AC (A)	8.50
Tom Ireland (MU17)	Edinburgh AC (B)	8.51
Harry E Hall (MU17)	Aberdeen AAC (C)	8.54
David Addison (MU17)	Corstorphine AAC (A)	8.56
Joe Ewing (MU17)	Edinburgh AC (A)	8.58
Adam Brown (MU17)	Aberdeen AAC (A)	9.01
Cameron Sale (MU17)	Dundee Hawkhill Harriers (C)	9.04

SAL East District Cross Country Relays
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Women

	Stage 1		Stage 2		Stage 3	
1 Edinburgh Univ Hare & Hounds (A)	14:43	1	29:54	1	44:42	1
	Holly Page (FU20)	14:43	Amy Frankland	15:11	Stephanie Pennycook	14:48
2 Edinburgh AC (A)	15:00	4	30:21	2	45:31	2
	Rebecca Burns	15:00	Katie Bain	15:21	Zoe Bates (FU20)	15:10
3 Central AC (A)	16:21	12	32:06	8	46:08	3
	Kate Gallagher (FU20)	16:21	Lauren McCulloch (FU20)	15:45	Morag Millar	14:02
4 Edinburgh Univ Hare & Hounds (B)	14:56	3	30:59	4	46:18	4
	Constance Nankivell (FU20)	14:56	Hannah Morrison (FU20)	16:03	Zoe Pflug (FU20)	15:19
5 Fife AC (B)	15:39	8	31:04	5	47:01	5
	Halina Rees	15:39	Megan Crawford	15:25	Jennifer Spence	15:57
6 Edinburgh AC (B)	14:56	2	30:49	3	47:11	6
	Lauren Wilson	14:56	Isla Scott-Pearce	15:53	Hannah Cameron	16:22
7 Fife AC (A)	15:16	5	31:18	6	47:15	7
	Jenny Selman	15:16	Jennifer Cruickshanks	16:02	Helen Sharpe	15:57
8 Falkirk Victoria Harriers (C)	15:37	7	31:34	7	47:23	8
	Freya Ross	15:37	Jessica Christie (FU20)	15:57	Fiona Matheson (F55)	15:49
9 Gala Harriers (A)	15:49	9	32:26	10	48:46	9
	Sara Green	15:49	Lizzie Macleish	16:37	Kirstin Maxwell	16:20
10 Corstorphine AAC (A)	16:45	16	32:37	11	49:17	10
	Hannah Addison	16:45	Jessica MacLeod (FU20)	15:52	Caitlin Arnott (FU20)	16:40
11 Lasswade AAC (A)	16:11	11	32:20	9	49:20	11
	Keira Gore	16:11	Sarah Tait (FU20)	16:09	Niamh Shaw	17:00
12 Hunters Bog Trotters (A) (V)	16:37	14	32:39	12	49:27	12
	Eilis McKechnie (F40)	16:37	Claire Gordon (F40)	16:02	Megan Wright (F45)	16:48
13 Central AC (B)	16:58	18	35:17	18	50:56	13
	Claire Houston	16:58	Julia McAfee (F45)	18:19	Rebecca Louise Craig (FU20)	15:39

	Stage 1		Stage 2		Stage 3	
14 Edinburgh AC (C)	16:26	13	34:22	14	51:15	14
	Jocelyn Moar	16:26	Kate Lindsay	17:56	Amanda Woodrow	16:53
15 Fife AC (C)	16:45	17	33:58	13	51:35	15
	Ailsa Cruickshanks	16:45	Amie Watt	17:13	Katie Jones	17:37
16 Edinburgh AC (D) (V)	17:18	20	34:46	15	51:40	16
	Susan Ridley (F50)	17:18	Karen Dobbie (F50)	17:28	Jacqueline Rainger (F40)	16:54
17 Aberdeen AAC (A)	17:25	22	35:11	16	51:43	17
	Kelsey Stewart	17:25	Anne Howie (F55)	17:46	Holly Morrison	16:32
18 Edinburgh Univ Hare & Hounds (C)	18:36	30	35:47	19	52:27	18
	Maddy Austin	18:36	Katie Hall (FU20)	17:11	Polly Edwards	16:40
19 Metro Aberdeen Running Club (A)	15:34	6	35:14	17	52:49	19
	Claire Bruce	15:34	Lisa Michie	19:40	Kirsty Mitchell	17:35
20 Edinburgh Univ Hare & Hounds (D)	18:44	33	37:50	32	54:45	20
	Hannah Havelock-Allan	18:44	Arianne Holland (FU20)	19:06	Carolyn Cameron (FU20)	16:55
21 Edinburgh Univ Hare & Hounds (E)	18:03	23	37:13	26	54:48	21
	Rosina Graham (FU20)	18:03	Amy Brown	19:10	Georgia Freeman-Mills	17:35
22 Central AC (C)	18:37	32	36:15	20	55:04	22
	Becky Hay	18:37	Amy Hendry	17:38	Heather Scott (FU20)	18:49
23 Falkirk Victoria Harriers (D)	18:13	25	36:24	22	55:30	23
	Fiona Macfarlane	18:13	Eilidh McCallum (FU20)	18:11	Leia Glading	19:06
24 Hunters Bog Trotters (C)	15:49	10	36:19	21	55:48	24
	Laura Robertson	15:49	Alison McNeillage (F45)	20:30	Eilidh MacQuarrie	19:29
25 Dundee Hawkhill Harriers (B) (V)	17:15	19	36:51	24	55:53	25
	Diane Placentino (F45)	17:15	Rhonda Manning (F50)	19:36	Catherine Matthews (F45)	19:02
26 Fife AC (E) (V)	18:46	36	38:23	36	55:58	26
	Merce Torres (F40)	18:46	Innes Bracegirdle (F60)	19:37	Louise Provan (F40)	17:35
27 Dundee Hawkhill Harriers (A)	18:36	31	36:36	23	55:58	27
	Amy Mollison (FU20)	18:36	Eilidh L Reynolds	18:00	Isabel Remers (FU20)	19:22
28 Falkirk Victoria Harriers (A) (V)	19:30	43	38:17	35	56:29	28
	Linda Lucey (F55)	19:30	Nicola Flynn (F45)	18:47	Roisin Fulton (F40)	18:12

	Stage 1		Stage 2		Stage 3	
29 Gala Harriers (B) (V)	19:10	39	37:47	31	56:34	29
	Eileen Maxwell (F55)	19:10	Carole Fortune (F55)	18:37	Lindsay Dun (F50)	18:47
30 Corstorphine AAC (B) (V)	18:46	37	38:16	34	57:21	30
	Janet Grigor (F50)	18:46	Sarah Ledingham (F45)	19:30	Moira Findlay (F50)	19:05
31 Ochil Hill Runners (A)	18:29	28	37:08	25	57:33	31
	Fiona Kelsall (F45)	18:29	Sandra Tulloch (F40)	18:39	Karen Kealey (F45)	20:25
32 Carnegie Harriers (A) (V)	18:26	26	40:41	42	58:38	32
	Michelle Best (F40)	18:26	Michelle Smart (F40)	22:15	Kirsty Baird (F45)	17:57
33 Fife AC (F) (V)	18:29	29	37:26	28	58:57	33
	Gillian Smith (F45)	18:29	Elise Methven (F45)	18:57	Jocelyn Scott (F65)	21:31
34 Strathearn Harriers (A)	20:29	48	41:30	44	59:07	34
	Lynne Aitken	20:29	Rachel Gallagher (F45)	21:01	Kerry Sweeney (F40)	17:37
35 Dundee Hawkhill Harriers (C)	20:02	46	39:02	37	59:13	35
	Catriona M Reynolds (F50)	20:02	Danielle MacDermid (FU20)	19:00	Fiona Gibson (F40)	20:11
36 Falkirk Victoria Harriers (B) (V)	19:31	44	39:54	39	59:40	36
	Allison Christie (F40)	19:31	Monica Anderson (F45)	20:23	Lissie Faulks (F40)	19:46
37 Pitreavie AAC (A)	20:08	47	40:16	40	59:59	37
	Elaine Renouf	20:08	Melanie Sinclair (F45)	20:08	Gillian Fullerton	19:43
38 Falkland Trail Runners (A) (V)	18:29	27	37:31	29	1:00:40	38
	Susanne Lumsden (F40)	18:29	Susan Harley (F45)	19:02	Alison Marven (F40)	23:09
39 Corstorphine AAC (C)	18:07	24	37:36	30	1:02:26	39
	Jilly McKay	18:07	Catriona Finlayson	19:29	Lindsay Seywright (F55)	24:50

	Stage 1		Stage 2		Stage 3	
40 Ferranti AAC (A)	19:20	41	42:05	45	1:02:53	40
	Claire Gilchrist (F50)	19:20	Siobhan Sellar (F50)	22:45	Julia Loecherbach	20:48
41 Pitreavie AAC (B) (V)	20:58	49	42:59	46	1:04:39	41
	Morna Fleming (F65)	20:58	Clare Macfarlane (F40)	22:01	Gillian Marshall (F50)	21:40
42 Hunters Bog Trotters (B) (V)	18:45	34	40:59	43	1:05:10	42
	Phyllis O'Brien (F55)	18:45	Janice Smith (F60)	22:14	Sheila Strain (F70)	24:11
43 Pitreavie AAC (C) (V)	21:17	51	43:42	47	1:07:37	43
	Nicola Moriarty (F45)	21:17	Gillian Philp (F45)	22:25	Gail Adams (F50)	23:55
44 Dundee Road Runners AC (A)	21:22	52	46:22	48	1:09:36	44
	Emma Curry	21:22	Linda Craddock (F50)	25:00	Dianne MacInnes (F40)	23:14
45 Metro Aberdeen Running Club (B)	24:54	55	47:00	49	1:09:54	45
	Amy Mackie (F45)	24:54	Kim Menzies	22:06	Valerie Wilson (F50)	22:54
46 Pitreavie AAC (D)	23:55	53	48:19	50	1:14:26	46
	Allison Beattie	23:55	Heather Gordon	24:24	Deborah Cooper (F55)	26:07
Anster Haddies Running Club (A)	18:46	35	37:16	27		
	Pamela Cruickshanks (F50)	18:46	Jazmin Hay	18:30		
Lasswade AAC (B)	19:05	38	38:05	33		
	Rachel Fagan (F40)	19:05	Debra Urquhart	19:00		
Edinburgh AC (E) (V)	19:16	40	39:54	38		
	Shona Adam (F50)	19:16	Anne Duncan (F55)	20:38		
Fife AC (D)	19:45	45	40:33	41		
	Sarah Easterby-Smith	19:45	Katie Garner	20:48		
Lothian Running Club (A)	16:39	15				
	Siobhan Coleman	16:39				
PH Racing Club (A)	17:23	21				
	Robyn Morrocco	17:23				
Ochil Hill Runners (B)	19:25	42				
	Mairi Mcintosh (F50)	19:25				
Carnegie Harriers (B)	21:04	50				
	Alison Sutherland	21:04				
Teviotdale Harriers (A)	24:38	54				
	Ishbel Inglis (FU20)	24:38				

Fastest Times

Morag Millar	Central AC (A)	14.02
Holly Page (FU20)	Edinburgh Univ Hare & Hounds (A)	14.43
Stephanie Pennycook	Edinburgh Univ Hare & Hounds (A)	14.48
Lauren Wilson	Edinburgh AC (B)	14.56
Constance Nankivell (FU20)	Edinburgh Univ Hare & Hounds (B)	14.56
Rebecca Burns	Edinburgh AC (A)	15.00
Zoe Bates (FU20)	Edinburgh AC (A)	15.10
Amy Frankland	Edinburgh Univ Hare & Hounds (A)	15.11
Jenny Selman	Fife AC (A)	15.16
Zoe Pflug (FU20)	Edinburgh Univ Hare & Hounds (B)	15.19
Katie Bain	Edinburgh AC (A)	15.21
Megan Crawford	Fife AC (B)	15.25
Claire Bruce	Metro Aberdeen Running Club (A)	15.34
Freya Ross	Falkirk Victoria Harriers (C)	15.37
Rebecca Louise Craig (FU20)	Central AC (B)	15.39
Halina Rees	Fife AC (B)	15.39
Lauren McCulloch (FU20)	Central AC (A)	15.45
Laura Robertson	Hunters Bog Trotters (C)	15.49
Sara Green	Gala Harriers (A)	15.49
Fiona Matheson (F55)	Falkirk Victoria Harriers (C)	15.49
Jessica MacLeod (FU20)	Corstorphine AAC (A)	15.52
Isla Scott-Pearce	Edinburgh AC (B)	15.53
Jessica Christie (FU20)	Falkirk Victoria Harriers (C)	15.57
Helen Sharpe	Fife AC (A)	15.57
Jennifer Spence	Fife AC (B)	15.57
Claire Gordon (F40)	Hunters Bog Trotters (A) (V)	16.02
Jennifer Cruickshanks	Fife AC (A)	16.02

SAL East District Cross Country Relays
Glamis Castle, Angus
13-October 2018
Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	13:17	4	26:29	1	39:37	1	52:27	1
	Murray MacLarty	13:17	Lewis Millar	13:12	Michael Wright	13:08	Alastair Hay	12:50
2 Edinburgh Univ Hare & Hounds (A)	13:11	2	26:49	2	39:44	2	53:02	2
	Cameron Young	13:11	Oskar Fraser-Krauss	13:38	Alex Carcas	12:55	Jack Leitch	13:18
3 Hunters Bog Trotters (A)	14:05	20	27:32	9	40:31	4	53:10	3
	Ewan Crawford	14:05	Peter Hodgkinson	13:27	Jonathan Crickmore	12:59	Scott Fraser	12:39
4 Aberdeen AAC (A)	13:53	12	27:00	5	40:33	5	53:17	4
	Philip Neilson (MU20)	13:53	Tyler White (MU20)	13:07	Will Mackay	13:33	Michael Ferguson	12:44
5 Corstorphine AAC (A)	13:42	7	27:24	7	40:27	3	53:32	5
	Stephen Addison (MU20)	13:42	Stuart Livingstone	13:42	Dougie Selman	13:03	Calum McKenzie	13:05
6 Central AC (B)	12:55	1	27:24	8	41:15	6	54:42	6
	Matthew Sutherland	12:55	Telfer Gray (MU20)	14:29	Sandy Holl (MU20)	13:51	Jack Kerr	13:27
7 Metro Aberdeen Running Club (A)	14:07	21	26:55	3	41:19	7	55:05	7
	Chris Richardson	14:07	Cameron Strachan	12:48	Michael Simpson	14:24	Ben Ward	13:46
8 Edinburgh Univ Hare & Hounds (B)	13:52	10	27:23	6	41:27	8	55:29	8
	Fraser Roach (MU20)	13:52	Gregor Malcolm (MU20)	13:31	Paul Frohn	14:04	Joe Battershill (MU20)	14:02
9 Lasswade AAC (A)	13:13	3	26:58	4	41:52	9	55:57	9
	Matthew Smith (MU20)	13:13	Magnus Tait (MU20)	13:45	Euan Hood (MU20)	14:54	Christian Graham (MU20)	14:05
10 Edinburgh AC (A)	13:36	5	27:53	10	42:45	11	56:18	10
	John Lenehan	13:36	Iain Whitaker	14:17	Mark MacDermot	14:52	Neil Renault	13:33
11 Aberdeen AAC (B)	13:42	9	28:18	13	42:33	10	57:02	11
	Aaron Odentz (MU20)	13:42	Eoghan MacNamara	14:36	Euan Webster	14:15	Owain Bristow	14:29
12 Corstorphine AAC (D) (V)	13:56	14	27:56	12	43:05	14	57:25	12
	Tom Ferrington (M40)	13:56	Moray Anderson (M40)	14:00	Stuart Campbell (M50)	15:09	Ross Milne (M40)	14:20
13 Dundee Hawkhill Harriers (E)	13:59	15	28:48	16	43:19	16	57:33	13
	James Adam (MU20)	13:59	Johnny McBain	14:49	Mike Herron	14:31	Munro Stewart	14:14
14 Edinburgh Univ Hare & Hounds (C)	14:36	26	28:39	15	43:03	13	57:40	14
	Patryk Gierjatowicz	14:36	Alexander Bell (MU20)	14:03	Alasdair Pedley (MU20)	14:24	Oliver Langselius	14:37
15 PH Racing Club (A)	14:04	18	28:32	14	43:05	15	57:47	15
	Darren Jubb	14:04	Jonathan Peebles (M40)	14:28	Ewan Taylor	14:33	Colin Somerville	14:42

	Stage 1		Stage 2		Stage 3		Stage 4		
16 Aberdeen AAC (C)	14:04	19	28:52	17	43:35	18	57:58	16	
	Joe Barton (MU20)	14:04	Ben Nelson	14:48	Nicholas Tierney (MU20)	14:43	Jack Gillespie (MU20)	14:23	
17 Corstorphine AAC (B)	13:52	11	29:10	18	43:19	17	58:12	17	
	Aaron Hoyle	13:52	Finlay Ross (MU20)	15:18	Chris Poxton	14:09	Jonathan Carpenter	14:53	
18 Gala Harriers (A) (V)	15:09	32	30:16	27	45:27	24	59:07	18	
	Gary Trewartha (M40)	15:09	Simon Adamson (M40)	15:07	Jamie McGowan (M40)	15:11	Graeme Murdoch (M40)	13:40	
19 Dundee Hawkhill Harriers (A) (V)	14:02	16	30:03	25	44:44	19	59:20	19	
	Gordon Barrie (M45)	14:02	Steve Matthews (M45)	16:01	Bruce Scott (M45)	14:41	Billy Gibson (M40)	14:36	
20 Metro Aberdeen Running Club (C)	14:45	29	29:30	20	45:00	21	59:22	20	
	Rankin Lascelles	14:45	Calum Crawford	14:45	Christopher Endress	15:30	Craig Beattie	14:22	
21 Fife AC (A)	13:42	8	27:56	11	43:01	12	59:29	21	
	Sam Fernando	13:42	Craig Morris (MU20)	14:14	Akira O'Connor	15:05	Hendrik van Rensburg (M45)	16:28	
22 Edinburgh AC (B)	14:27	24	29:31	21	45:03	22	59:39	22	
	Iain Macdonald	14:27	Owain Williams	15:04	Kevin Hamilton	15:32	Nicholas Wolverson	14:36	
23 PH Racing Club (B) (V)	14:41	28	30:15	26	45:44	25	59:47	23	
	Robert Sellar (M40)	14:41	Iain Taylor (M50)	15:34	Wright Beveridge (M45)	15:29	Andrew Wright (M40)	14:03	
24 Fife AC (B)	14:04	17	29:53	23	45:07	23	1:00:05	24	
	Simon Anetts	14:04	Kenny Gorman	15:49	James Pennycook	15:14	Ben Kinninmonth	14:58	
25 Stirling University AC (A)	16:14	44	31:38	35	46:17	26	1:01:16	25	
	Andrew Irvine	16:14	Calum Phillip (MU20)	15:24	Oliver Greenstein (MU20)	14:39	Denver Stretesky (MU20)	14:59	
26 Dundee Hawkhill Harriers (B)	15:29	37	31:33	34	47:31	32	1:01:29	26	
	Scott Dyer	15:29	Andrew Leech	16:04	Gareth Irons	15:58	Callum McCormack (MU20)	13:58	
27 Metro Aberdeen Running Club (B) (V)	14:57	31	30:34	28	46:44	28	1:01:31	27	
	Jeremy Kibble (M40)	14:57	Brian Robb (M40)	15:37	Craig Anderson (M45)	16:10	Steve Buchan (M40)	14:47	
28 Central AC (D) (V)	15:18	34	31:08	30	47:55	34	1:01:33	28	
	David Eckersley (M55)	15:18	Donald Shaw (M45)	15:50	Charles Graham-Marr (M60)	16:47	Scott Brember (M45)	13:38	
29 Edinburgh AC (C)	15:29	38	31:12	31	47:26	31	1:02:40	29	
	Lewis Renton	15:29	Lewis Orr (M45)	15:43	Iain Craven	16:14	Steven Watters	15:14	
30 Pitreavie AAC (A)	14:57	30	29:14	19	44:53	20	1:02:57	30	
	Ewan Dyer	14:57	Evan Ross	14:17	Colin Lamont	15:39	Taylor Roy (MU20)	18:04	
31 Corstorphine AAC (E) (V)	15:19	35	31:05	29	48:00	35	1:04:14	31	
	Iain Macleod (M45)	15:19	Ian Johnston (M50)	15:46	Jan-Bert Van Den Berg (M55)	16:55	Alan Cameron (M45)	16:14	
32 Edinburgh AC (D)	15:14	33	31:52	38	48:01	36	1:04:16	32	
	Fionnbharr McDonald	15:14	Andrew Latham (M50)	16:38	Sean Ang	16:09	Keith Dunlop	16:15	
33 Metro Aberdeen Running Club (D)	15:29	39	32:26	41	50:09	43	1:04:44	33	
	Steven Morrison	15:29	Scott Robb	16:57	Stewart Maxwell	17:43	Scott Macleod	14:35	
34 Teviotdale Harriers (A)	14:31	25	32:05	39	47:18	29	1:04:49	34	
	Greg Walker	14:31	Alan Inglis (M50)	17:34	Alastair Walker (M60)	15:13	Andrew Gibson	17:31	

	Stage 1		Stage 2		Stage 3		Stage 4	
35 PH Racing Club (C)	16:06	42	32:36	42	48:47	37	1:05:06	35
	Andrew Jannetta	16:06	Alan Cockburn (M50)	16:30	Philip Waring	16:11	John Crookston (M60)	16:19
36 Metro Aberdeen Running Club (E) (V)	16:40	51	33:42	47	50:28	46	1:05:47	36
	Russell Willox (M40)	16:40	Robert Taylor (M60)	17:02	George McPherson (M60)	16:46	Richard Horne (M50)	15:19
37 Lasswade AAC (B)	14:13	22	31:20	32	47:50	33	1:06:11	37
	Martin Gore	14:13	Peter Ness (M45)	17:07	Andrew McGlone (M50)	16:30	Derrick Brydon (M45)	18:21
38 Corstorphine AAC (C)	18:19	60	33:02	43	49:29	38	1:06:27	38
	Jamie Arnott (MU20)	18:19	Alastair Brockie	14:43	Ewan Stark	16:27	Jeremy Hall (M45)	16:58
39 Falkirk Victoria Harriers (A)	13:40	6	29:55	24	49:49	41	1:06:50	39
	Lewis Pentecost (MU20)	13:40	Euan McCallum	16:15	Alastair Mccallum (M55)	19:54	Malcolm Finlayson (M50)	17:01
40 Gala Harriers (B) (V)	16:46	53	34:09	52	50:17	45	1:06:56	40
	Bob Johnson (M60)	16:46	William Mcculloch (M55)	17:23	Yan Horsburgh (M50)	16:08	Magnus Inglis (M40)	16:39
41 Carnegie Harriers (A) (V)	15:54	41	32:19	40	49:49	42	1:07:11	41
	Alan McGowan (M40)	15:54	Neil McLure (M50)	16:25	Graeme Wilson (M55)	17:30	Derek Mcdonald (M40)	17:22
42 Musselburgh & District AC (A) (V)	14:17	23	31:44	36	50:52	47	1:07:21	42
	Robert Watson (M50)	14:17	Andrew Duncan (M45)	17:27	Mike Malcolm-Smith (M50)	19:08	Doug Fraser (M45)	16:29
43 Kinross Road Runners (A) (V)	19:02	63	36:04	61	52:03	54	1:07:35	43
	Stewart Nisbet (M45)	19:02	Alistair Sinclair (M50)	17:02	John Beveridge (M45)	15:59	Scott Strachan (M45)	15:32
44 Dundee Road Runners AC (A)	16:34	49	34:37	56	51:21	50	1:07:57	44
	Matthew Hooper	16:34	John Tierney (M40)	18:03	Jim Morton (M50)	16:44	Kevin Greig (M40)	16:36
45 PH Racing Club (D)	16:52	54	34:54	58	51:33	52	1:08:18	45
	Graham McInnes	16:52	Allen Marr (M60)	18:02	Scott Blyth	16:39	Arron Leitch	16:45
46 Central AC (C)	13:53	13	29:34	22	47:25	30	1:08:58	46
	Tom Graham-Marr (MU20)	13:53	David Lindsay	15:41	Benjamin Noad	17:51	Kenneth Hislop	21:33
47 Fife AC (C)	18:08	59	34:17	54	50:59	49	1:09:35	47
	Gary Barker (M60)	18:08	Gordon Lawson (M40)	16:09	Jimmy McIntyre (M45)	16:42	Steven Pennycook (M55)	18:36
48 Musselburgh & District AC (B)	15:25	36	33:04	44	52:11	55	1:09:35	48
	Paul Friend	15:25	Ronald Mason	17:39	David Surtees	19:07	Christopher Martin	17:24
49 Central AC (E) (V)	17:04	56	33:35	46	50:55	48	1:10:51	49
	Hugh Buchanan (M55)	17:04	Iain Dunsmore (M45)	16:31	Colin Alexander (M40)	17:20	Allan Gall (M60)	19:56
50 Banchory Stonehaven AC (A)	15:49	40	33:29	45	51:56	53	1:12:13	50
	Stuart Ferguson	15:49	Andrew Ferguson Snr (M55)	17:40	Steve Baird (M50)	18:27	Simon Hare (M50)	20:17
51 Hunters Bog Trotters (B)	17:01	55	34:09	51	50:09	44	1:12:46	51
	Richard Dougal	17:01	Alistair Hindle (M45)	17:08	David Wright (M40)	16:00	Robin Thomas (M60)	22:37
52 Edinburgh AC (E)	16:34	48	34:00	50	53:51	60	1:14:00	52
	Malcolm Parry (M45)	16:34	Scott Henderson (M40)	17:26	Matthew Newnham (M60)	19:51	David Steele (M55)	20:09
53 Dundee Hawkhill Harriers (C) (V)	19:47	66	37:45	63	57:26	64	1:14:04	53
	Euan MacDermid (M55)	19:47	Marco Placentino (M50)	17:58	Kenneth Letham (M55)	19:41	Gordon Simpson M50)	16:38

	Stage 1		Stage 2		Stage 3		Stage 4	
54 Pitreavie AAC (B)	17:23	57	35:15	59	53:50	59	1:14:23	54
	Paul Allan (M45)	17:23	Campbell Blair (M40)	17:52	Gordon MacFarlane (M45)	18:35	Craig Shield	20:33
55 Metro Aberdeen Running Club (F) (V)	17:36	58	35:18	60	55:21	62	1:15:23	55
	Andy Redman (M55)	17:36	Phil Mann (M55)	17:42	Alan Smith (M50)	20:03	Murray Dewar	20:02
56 Dundee Road Runners AC (B)	18:45	62	36:14	62	55:08	61	1:15:41	56
	Harry Kay (M65)	18:45	Craig Beattie	17:29	Martin Rollo (M50)	18:54	Alexander Jarrett (M55)	20:33
57 Ferranti AAC (A)	16:11	43	34:47	57	53:45	58	1:19:37	57
	Paul Caban (M50)	16:11	Alex Bell (M60)	18:36	Grant Sellar (M50)	18:58	Edward McDonald (M70)	25:52
58 Fife AC (D)	19:44	65	39:51	65	1:02:00	65	1:24:35	58
	Bryce Aitken (M55)	19:44	Colin Brown (M50)	20:07	Keith Traill (M60)	22:09	John McIntyre Snr (M50)	22:35
Aberdeen AAC (D)	16:24	46	31:23	33	46:35	27		
	Fraser McGillivray	16:24	James Joy	14:59	Andrew John Ferguson	15:12		
Edinburgh Univ Hare & Hounds (D)	14:40	27	31:49	37	49:34	39		
	Andrew Lawler	14:40	Callum Butterworth	17:09	John McDowell	17:45		
Falkirk Victoria Harriers (B) (V)	16:32	47	34:14	53	49:43	40		
	Grant Matheson (M55)	16:32	Robert Christie (M40)	17:42	Andrew Ronald (M50)	15:29		
PH Racing Club (E)	16:43	52	33:46	48	51:33	51		
	Ian Robert Johnston (M60)	16:43	Peter Simpson (M55)	17:03	Niall Balloch	17:47		
Carnegie Harriers (B)	16:37	50	33:56	49	52:53	56		
	Jonathan Millar	16:37	Derek Fish (M40)	17:19	Gordon Barrie (M45)	18:57		
Dundee Hawkhill Harriers (D) (V)	16:23	45	34:23	55	53:43	57		
	Ciaran Collins (M45)	16:23	Antony Nicoll (M45)	18:00	Craig Bertie (M45)	19:20		
Edinburgh AC (F)	19:57	67	39:59	66	57:15	63		
	Eric Stevenson (M65)	19:57	Alex MacEwen (M60)	20:02	Garry Robertson (M55)	17:16		
Teviotdale Harriers (B)	18:41	61	39:05	64				
	Alister Biggar (M45)	18:41	Alan Coltman (M50)	20:24				
Central AC (F) (V)	19:10	64	41:05	67				
	Cameron Campbell (M60)	19:10	John Millar (M65)	21:55				
Corstorphine AAC (F)	20:33	68						
	Neil Semple (M55)	20:33						

Fastest Times

Scott Fraser	Hunters Bog Trotters (A)	12.39
Michael Ferguson	Aberdeen AAC (A)	12.44
Cameron Strachan	Metro Aberdeen Running Club (A)	12.48
Alastair Hay	Central AC (A)	12.50
Matthew Sutherland	Central AC (B)	12.55
Alex Carcas	Edinburgh Univ Hare & Hounds (A)	12.55
Jonathan Crickmore	Hunters Bog Trotters (A)	12.59
Dougie Selman	Corstorphine AAC (A)	13.03
Calum McKenzie	Corstorphine AAC (A)	13.05
Tyler White (MU20)	Aberdeen AAC (A)	13.07
Michael Wright	Central AC (A)	13.08
Cameron Young	Edinburgh Univ Hare & Hounds (A)	13.11
Lewis Millar	Central AC (A)	13.12
Matthew Smith (MU20)	Lasswade AAC (A)	13.13
Murray MacLarty	Central AC (A)	13.17
Jack Leitch	Edinburgh Univ Hare & Hounds (A)	13.18
Jack Kerr	Central AC (B)	13.27
Peter Hodgkinson	Hunters Bog Trotters (A)	13.27
Gregor Malcolm (MU20)	Edinburgh Univ Hare & Hounds (B)	13.31
Neil Renault	Edinburgh AC (A)	13.33
Will Mackay	Aberdeen AAC (A)	13.33
John Lenehan	Edinburgh AC (A)	13.36
Scott Brember (M45)	Central AC (D) (V)	13.38
Oskar Fraser-Krauss	Edinburgh Univ Hare & Hounds (A)	13.38
Lewis Pentecost (MU20)	Falkirk Victoria Harriers (A)	13.40
Graeme Murdoch (M40)	Gala Harriers (A) (V)	13.40
Sam Fernando	Fife AC (A)	13.42
Aaron Odentz (MU20)	Aberdeen AAC (B)	13.42
Stuart Livingstone	Corstorphine AAC (A)	13.42
Stephen Addison (MU20)	Corstorphine AAC (A)	13.42
Magnus Tait (MU20)	Lasswade AAC (A)	13.45
Ben Ward	Metro Aberdeen Running Club (A)	13.46
Sandy Holl (MU20)	Central AC (B)	13.51
Aaron Hoyle	Corstorphine AAC (B)	13.52
Fraser Roach (MU20)	Edinburgh Univ Hare & Hounds (B)	13.52
Tom Graham-Marr (MU20)	Central AC (C)	13.53
Philip Neilson (MU20)	Aberdeen AAC (A)	13.53
Tom Ferrington (M40)	Corstorphine AAC (D) (V)	13.56
Callum McCormack (MU20)	Dundee Hawkhill Harriers (B)	13.58
James Adam (MU20)	Dundee Hawkhill Harriers (E)	13.59
Moray Anderson (M40)	Corstorphine AAC (D) (V)	14.00
Gordon Barrie (M45)	Dundee Hawkhill Harriers (A) (V)	14.02
Joe Battershill (MU20)	Edinburgh Univ Hare & Hounds (B)	14.02