

**EAST DISTRICT CROSS COUNTRY RELAY
CHAMPIONSHIPS
SATURDAY 9th OCTOBER 2010
PRESTONPANS (Meadowmill)**

Referee	Dave Cairns
Assistant Referee	Ron Morrison
Clerk of Course	Henry Muchamore
Changeovers/Judges	Andy Law (Chief), Ian Clifton, Bill Grant
Timekeepers	Joe Bruce (Chief), Fred McCluskie
Recorder (Time)	Ian Mann, Sandy Cameron
Recorder (Places)	Alan Smith (Chief), Rachael Halliday, John Brash
Starter	Barry Craighead
Declarations/Results	Peter Jackson, Phyllis Law Marjory Cook, Jen Jackson, Sheila Smart
Presentations	Sandra Hardacre
Announcer	John Wands
Officials Report	Barry Craighead
Course Marshals	Haddington ELP, Musselburgh AC, Portobello RC
Convenor	Alex Jackson

Scottish Athletics thanks the following for their assistance in running to-days event

**East Lothian Council
The Athletics Clubs of East Lothian & Portobello RC
Staff of Meadowmill Sports Centre
British Red Cross**

RACE	START
Young Females	12.30pm
Young Male	1.05pm
Sen/Jun Females	1.40pm
Sen/Jun Males	2.40pm

NUMBERS
Women All laps RED numbers
Men 3rd Lap RED Numbers all other laps WHITE
All others races all laps white numbers

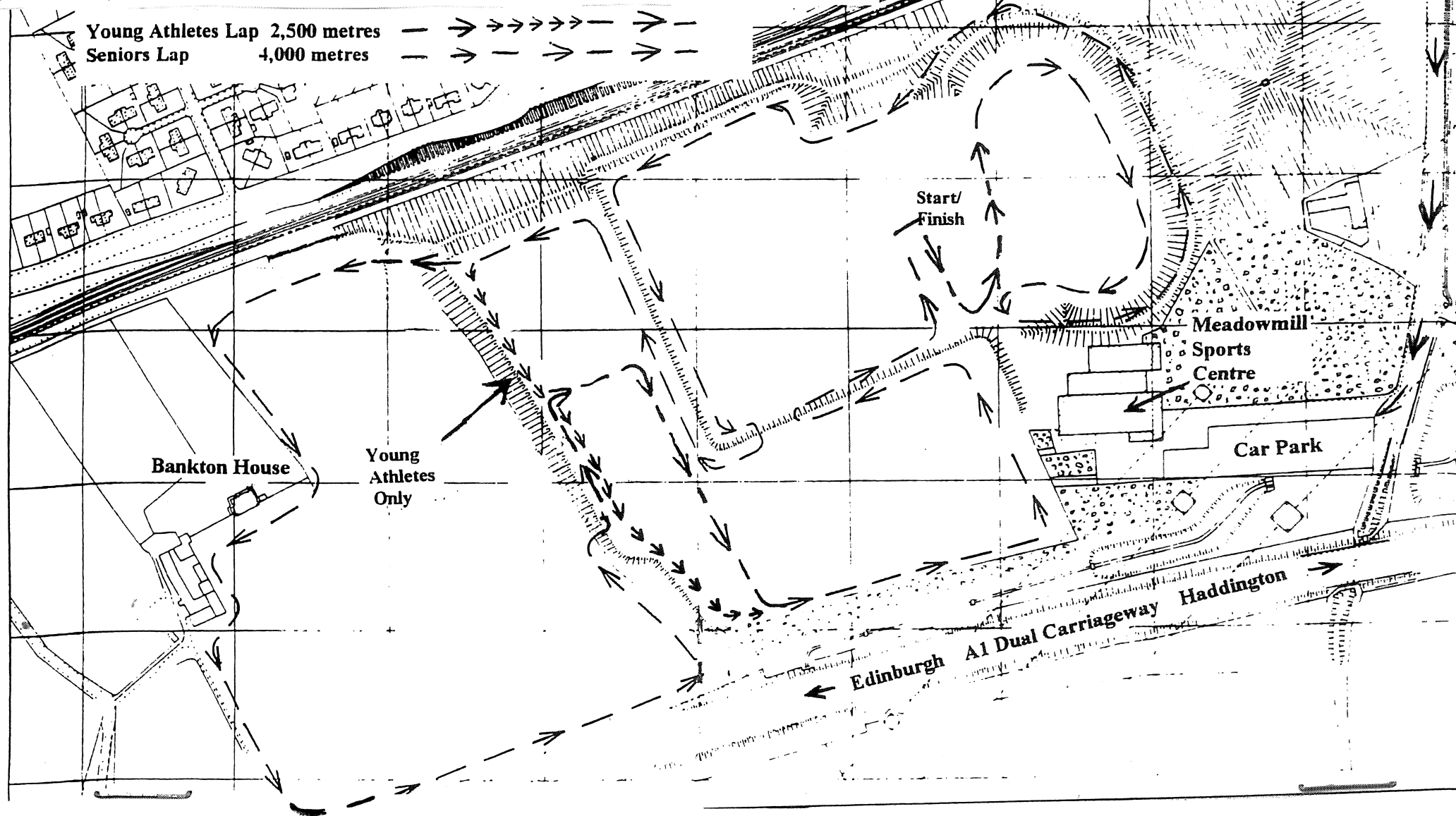
East District Cross Country Relays
Meadowmill Sports Centre, Prestonpans
Saturday 9th October 2010

scottishathletics 


East Lothian
 Council

Race	Declarations Close	Start
Young Females	12.00 noon	12.30 pm
Young Males	12.35 pm	1.05 pm
Sen/Jun Females (inc Masters)	1.10 pm	1.40 pm
Sen/Jun Males (inc Masters)	2.10 pm	2.40 pm

Young Athletes Lap 2,500 metres
 Seniors Lap 4,000 metres



**Young Female Athletes
3 X 2,500metres
Race Starts 12.30pm**

Aberdeen AAC

U13 Lucy McLeod
U15 Aimee MacDonald
U17 Eilidh Prise

Saffron Cummings
Eve Smith
Abbie Buchan

Stephanie A Little
Kate Fowlie

Team Nos 64,65

Banchory Stone

U13 Polly Christie
U17 Rachel Smith

Eve Sealy

Team Nos 66

Central AC

U13 Isla Burns
Jennifer Downie
U15 Tara Walls
Kathryn Gillespie
U17 Rachel Adamson

Bevhan Trevis
Emma Fitzsimmons
Eilidh MacCorquodale
Lisa Hardman
Stacey Hardman

Shannon Macfarlane
Beth Gallagher
Roisin Bonucchi
Roanna Fraser
Amy Hendry

Team Nos 67,68,69,70,71

Helen Mitchell
Shamsa Scott-Angell
Laura Clarke

Julie Cook

Corstorphine AAC

U13 Hannah Addison
U15 Emma Kenworthy
U17 Isabelle Bough

Jo Stapleton
Abbie Malone
Lisa Christy

Team Nos 72,73

Dundee Hawkhill

U13 Katie Anderson
U15 Ailsa Peters
U17 Iona Brodie

Ella Peters

Team Nos 74

Edinburgh AC

U13 Amy Armstrong
Anna Jaap
U15 Rosanna Stewart
Martha C Wightman
Heide Biberbach-Laidlaw
U17 Caitlin Gray
Olivia Mackenzie

Hilary Lewin
Franca Still
Emily Strathdee
Isla Pawson
Emma Dunnett
Ailsa Bruce

Katie Smith
Olivia Walls
Alexandra Hunter
Anna Hyde

Oonagh Dunnett

Team Nos 75,76,77,78,79,80

Esme Stewart Jade Carlyle

Hannah Cameron
Georgina Loudon

Rachael Dunn Olivia O'Hare

Falkirk Victoria H

U13 Leia Glading
U15 Julie Hunter
Helen Ainslie
U17 Lucy Mitchell

Kelly Bissett
Julie Nimmo
Hazel Murray

Erin Pringle
Keely Wilkinson
Claire Barr

Team Nos 81,82,83

Katherine Mitchell

Sarah Hamilton

Fife AC

U13 Katy Aitken
Eve Primmer
U15 Aimee J Barclay
U17 Fiona Cruickshanks

Ailsa Cruickshanks
Eilidh Smyth
Stephanie Pennycook
Jennifer Cruickshanks

Rosabel K Kilgour
Kerry Gibson

Team Nos 84,85,86,87

Anna Kirby Rachel Kirby

Laura Gibson

Robyn Graham

Gala Harriers

<u>U13</u>	Ailsa Doig	Jo Arres	Jennifer Burrows
<u>U15</u>	Morven Cawthorn	Kerry Sandilands	
<u>U17</u>	Laura Anderson	Martha Douglas	Hannah Jones

Team Nos 88,89

Emily Jones Isla King

Haddington ELP

<u>U13</u>	Anna Pate	Naomi Rogers	Bethan McGregor
<u>U15</u>	Emily Baxter		
<u>U17</u>	Rhiannon Dearie	Katie Watson	

Team Nos 90,91

Rachel Watson

Lasswade AAC

<u>U13</u>	Rachel Hutchison	Megan Devlin	Caroline McKinlay
<u>U15</u>	Amy Frankland	Sally Redpath	Kirsty McKinlay
<u>U17</u>	Rachel Wyse	Katie Logan	
<u>U15</u>	Fiona Matheson		

Team Nos 92,93

Sophie Miller

Lothian RC

<u>U13</u>	Bethany Nelson	Amy McCulloch	Megan Balharrie
<u>U15</u>	Lauren Arbuckle	Alice Horsburgh	Lara Steel
	Nicola Kellock	Isla Bruce	

Team Nos 94,95,96

Marie McLaughlin

Pitreavie AAC

<u>U13</u>	Leah Davie	Kirsten Cronie	Vhairi McAtear
<u>U15</u>	Eilidh Reid	Amy McAlpine	Rachel Hunter
	Yasmine Ben El Hassan		
<u>U17</u>	Kathryn Pennel	Kirsty Hutton	

Team Nos 97,98

Katey Turner

Teviotdale Harriers

<u>U13</u>	Mhairi Inglis	
<u>U15</u>	Louise Mercer	Catherine Mercer
<u>U17</u>	Eilidh Inglis	

Team Nos 99

**Young Male Athletes
3 X 2,500metres
Race Starts 1.05pm**

Aberdeen AAC

<u>U13</u>	Ben Renton	Charlie Allardes	Rory Cunningham
<u>U15</u>	Oliver Hay	Steven Murray	Alec I Young
	Matthew Kilner	Christopher Legge	
<u>U17</u>	Gareth Lake	Jeremy O'Neill	Hamish McIntyre
	Sam Burgess		

Team Nos 167,168,169,170

Lewis Khan
Jamie Dickson

David Mann Ryan Legge

Banchory Stone

U13 Kieran Strachan

Team Nos 171

U15 Daniel Rees
U17 Michael Ferguson

Central AC

<u>U13</u> Iain Davies	Jack Kerr
Cameron Taylor	Scott Fleming
Tom Chandler	Keiran Ballard
<u>U15</u> Alexander Semple	Domenico Angiolini
<u>U17</u> Ross Milne	Sam Fraser
Conor Kerr	

Team Nos 172,173,174,175,176,177

Kieran Potter	Scott Balloch
Andrew Shaw	Callum Presland
Graham Bruce	Lewis Sinclair
Tom Watson	Kyle Petrie

Corstorphine AAC

<u>U13</u> Anthony Addison	Callum Campbell
Samuel Galloway	
<u>U15</u> Matthew Galloway	Sandy Robson
Rory Henderson	
<u>U17</u> Callum Smith	Christopher Galloway

Matthew Murray

Alexander Wilkie

Connor Johnston

Team Nos 178,179,180,181

Kenny Wilkie

Michael Addison

Jack Williams

Dundee Hawkhill

U13 Rohan Angus
U15 Murray Angus
U17 Michael Overend

Team Nos 182

Edinburgh AC

<u>U13</u> Josh Kerr	Sean Stout
Joe Riemersma	Brandon Archibald
Jamie Underwood	
<u>U15</u> Jake Kerr	Robert Bough
Michael Cameron	Dominic O'Hare
Calum Robertson	Daniel Mitchell
<u>U17</u> Jake Wightman	Ruaridh Miller
Amil Mair	Ciaran Turton

Team Nos 183,184,185,186,187,188

Paul Ireland	Fraser Peters
Jamie Loudon	Cal McLennan
Michael Hudson	Cameron Gilmour
Gregor Burns	Jack Harrison
Tafadzwa Msengezi	
Peter Cameron	Sam Wightman
Angus Inwood	

Fife AC

<u>U13</u> James Berry	Oskar Fraser-Krauss
David Killean	Tristan Rees
<u>U15</u> Euan Berry	Jamie Ferguson
James Killean	Bruce Millar
Logan Rees	Liam Sleigh
<u>U17</u> Adam Harris	Callum McCracken

Tom Harris
Callum Sleigh
Glen Gardiner
Samuel Nicoll

Ryan McIntosh

Team Nos 189,190,191

Jamie Ingledew

Fergus Ingledew
James Pennycook

Ewan Paton

Haddington ELP

<u>U13</u> Hamish Wilson	Lewis Mitchell
<u>U15</u> Kyle Dunlop	Innes Ogilvie

Team Nos 192

Harmeny AC

<u>U13</u> Calum Kennedy	Ross Cairns
<u>U15</u> Callum Campbell	
<u>U17</u> Sam MacNab	Matthew Donaldson

Team Nos 193

Lasswade AACU13 Sean Mullen
Lewis BlackU15 Ross McEwan
Ross HendersonU17 Euan G BathgateCallum Grahame
Keiran MaskellIain Lawson
David Brooks

Fraser Cousin

Jamie Cousin

Team Nos 194,195,196

Kyle A Mackenzie

Callum Clark

Lothian RCU13 Andrew BradyU17 Daniel McLaughlin

Sam Jones

Joe McLaughlin

Team Nos 197**Teviotdale Harriers**U13 Harry MarshallU15 Matthew MallinU17 Charlie Marshall

Kieran Pringle

Kyle Potts

Keith Learmonth

Team Nos 198,199**Senior/Junior Women
3 X 4,000metres*****Race Starts 1.40pm*****Aberdeen AAC**

Gemma Cormack

Bezunesh Deggefa Laura Mahady

Team Nos 153

Ellie Buchan

Rhona Buchan

Anster Haddies

Hazel Bradley

Pamela CruikshanksChristine Bowie

Team Nos 154**Carnegie H**

Morna Fleming

Lesley Landels

Lynne Kuz

Helena Sim

Melanie Sinclair

Vivien Ogg

Maryanne Lawrence

Joanna Wilson

Julie Humphreys

Team Nos 155,156,157,158

Gillian McCracken

Isobel Burnett

Mary Western

Alison Whyte

Lee Polson

Grace Mackenzie

Central AC

Emma Raven

Fiona Thompson

Catriona Buchanan

Claire Houston

Fiona Kelsall

Gill Brett

Hazel Dean

Jane Waterhouse

Lyndsay Morrison

Team Nos 159,160,161,162,163

Alison Docherty

Ainsley Normand

Jennifer Emsley

Polly Harrison

Rosie Hastings

Eilidh Hetman

Corstorphine AAC

Gillian Carr

Jillian Hogg

Jo Kirby

Megan Smith

Team Nos 164,165

Kerry Porter

Eve Ritchie

Dunbar R C

Anne Hay

Jane Timms

Theresa Leslie

Team Nos 166**Dundee Hawkhill****Team Nos 167,168**

Eilish McColgan Julia Orr	Laura Brown Laura Muir	Sarah Kelly	Kirsty Scott	Lilly Partridge
Dundee Road R Elaine Omand	Zoe Tristram	Laura Hunter	Team Nos 169	
Edinburgh AC Victoria Lomax Susan Ridley Lauren Stoddart	Joanne Thom Marietta Beal Sarah Hood	Karen Dobbie Lynsey Sharp Lyndsey Fraser	Team Nos 170,171,172,173 Sharyn Ramage Laura Dunn Joanne Whitehead	Katja Eravisto Nathalie Christie
Falkirk Victoria H Karen Glover	Fiona Matheson	Elaine Thomson	Team Nos 174	
Ferranti AAC Elizabeth Gilchrist Davina Downie	Claire Gilchrist Moirra Nicol	Siobhan Sellar	Team Nos 175,176 Julia Drewer	Alison Arnold
Fife AC Sandra Aitken Hester Dix Liz Killeen Margaret McLaren Jocelyn Scott Rhona Van Rensburg	Fiona Bracegirdle Angela Howe Charlotte Kirby Johanna Paananen Helen Sharpe Morgan Windram-Geddes	Innes Bracegirdle Margaret Ingledew Anita Laidlaw Irene Pennycook Kirsti Sharratt	Team Nos 177,178,179,180,181 Lorraine Brown Claire Jarvis Sarah Legge Anna Radons-Harris Jenny Tan	Megan Crawford Jennifer Kibble Amie McKimmie Aileen Rees Susan Thomson
Gala Harriers Margot Crosbie Eileen Nicol	Rachel Fagan Gillian Bryson	Dianne Lauder Dawn Grant	Team Nos 182,183,184 Fiona Shepherd Fiona Dalgleish	Georgia Nesbitt Katy Anderson
Haddington ELP Julie Oswald	Claire Simpson	Ruth Watson	Team Nos 185	
Hunters Bog T Emma Baker Claire Gordon Morag McCracken Rose Nicholson Rosie Smith Megan Wright	Carrie Craig Miranda Grant Shona McIntosh Phyllis Mitchell Margaret Spalding Debbie McDonald	Briony Curtis Kate Jenkins Eilisi McKechanie Sarah O'Neill Claire Ward	Team Nos 186,187,188 Jessica Batterham Isobel Knox Megan Mowbray Sandra Rathjen Eilidh Wardlaw	Lisa Gamble Catriona McCleery Fionn Nairn Janice Smith Abigail White
Lasswade AAC Wilma Kerr	Lorna Rice	Karen McKinlay	Team Nos 189 Nicola Bird	Heather Hughes
Livingston & Dist Yvonne Crilly	Louise Crilly	Sue McDowall	Team Nos 190 Amanda Campbell	
Lothian RC Edel Mooney	Jill Horsburgh	Saran Jones	Team Nos 191,192,193 Chloe Cox	Jocelyn Moar

Sarah Inglis
Kate Kitchin
Marie Storrie

Mhairi Inglis
Alison McQuillen
Margaret Turnbull

Lorna Eades
Christine Milne
Lana Turnbull

Rosemary Ewing
Helen Murray

Lucy Galloway
Lynne Murray

Penicuik Harriers

Susan Harper

Rachael Campbell Alison Hilton

Team Nos 194

Frances Jones

Teviotdale Harriers

Donna Inglis

Pamela Paxton Sylvia Grieve

Team Nos 195,196

Jessie Learmonth Zoe Williams

Senior/Junior Men

4 X 4,000metres

Race Starts 2.40pm

Aberdeen AAC

Benjamin Hukins
Rory Leslie
Alasdhair Love
Ian Morrice

Mark Haskett
Peter Mutch
Lewis Coffin
Darren Shinnie

Ross Fulton
Frank Boyne
Myles Edwards

Team Nos 1,2,3

James Joy
Keith Charlton
David Blane
Cameron Strachan
Eoin Durkon
David Duguid

Banchory Stone

Robbie Simpson

Andrew Ferguson Jnr Alan Sealy

Team Nos 4

Andrew Ferguson Snr

Carnegie H

Thomas Lawrence
Graeme Campbell
Robert Milton
Phil Smithard
Andrew Symonds
Allan Brannigan
Calum McGaw
Cederstrom

Allan Fotheringham
Scott Bradley
Dennis Howett
Alan Cockburn
John Fulham
Alan Manson
Malcolm Smith
Andy Hume
John Lambie
Roger Clark
Michael Cowie
Richard Cunningham
Kevin Mathie
Derek Cassells
Craig Lindsay

Team Nos 5,6,7,8

Ian Stewart
Ian Robert Johnston
Stephen Greer
Peter Humphreys
Kieran Morgan
Campbell Hutt
Andrew Smith
Andrew Wright
Iain Taylor
Peter Simpson
Nicholas Weir
Niall Wilson
Ross Carrie
Jan Bernt-

Central AC

Gordon Adam
Cameron Campbell
Alan Gall
Allister Hargreaves
Will Hensman
Robert Hutchison
Liam McCabe
Christopher McHardy
Lewis Millar
Sean Reilly

Alasdair Anthony
Christopher Clarke
Ewan Gault
Graham Harvey
Kenneth Hislop
Hugh Kerr
Sandy MacLarty
George McHardy
Alex Milne
Robert Russell
David Armour
Richard Coombs
William Gault
Alastair Hay
Ross Houston
Steve Laing
Jamie McDonald
David MacKinlay
Craig Neal
Colin Sinclair

Team Nos 9,10,11,12,13,14,15,16,17,18

Hugh Buchanan
James Drummond
Scott Green
Alexander Hendry
Alan Hume
David Lindsay
Ian McDonald
David McNamee
John Newsom
Stuart Watson
Andrew Butchart
David Eckersley
Roger Greenaway
Philip Hendry
David Hutchison
Adrian Loudon
Scott McDonald
John Millar
Fraser Purves
Michael Wright

Corstorphine AAC

Moray Anderson
Bryan Clark
Dean Carr

Grant Wilkie
Christopher O'Brien
Douglas Selman
Keith Hood
Steven O'Brien
Nigel Lamb

Team Nos 19,20,21,22,23,24,25,26

Scott Pilkington
Dermot Cummins
Bruce Malcolm
Tom Ferrington
Mickey Breen
Michael Anderson

David Law	John Christy	Nicholas Brown	Scott Williamson	Shaun Cavens
Alex Cumming	Martin Caldwell	Calum McKenzie	David Patton	Ian Johnston
Graeme Fletcher	David Colman	David Henderson	Jan-Bert Van Den Berg	Martin Hulme
Iain Cumming	Fraser Scott	Derek Ireland	Ewan Stark	Kris Berry

Dunbar R C

Stuart Hay
Brian Davidson

Ian Sills

Ian Rowland

Team Nos 27

Stuart Symington Grant Noble

Dundee Hawkhill

Gordon Barrie
Graeme Oudney

John Castle
Antony Robinson

Howell Craske
Matthew White

Team Nos 28

Chris Foley Craig Love

Edinburgh AC

Dermot Bailie
C Black
Edward Dudgeon
Malcolm Fraser
Keith Lyall
Roy Mitchell
Ryan O'Hare
Garry Robertson
W Smith
Jonas Zweck

Graham Beal
Owain Bristow
N Dickson
Kevin Graham
Peter Loudon
Walter McCaskey
Kirk Ollason
James Ruskin
Eric Stevenson

Paul Brennan
Adam Chmieloski
Keith Dunlop
Richard Hope
Fraser Mann
James Mittra
Lewis Renton
Tom Ryan
Adam Ward

Team Nos 29,30,31,32,33,34,35,36,37

John Benavent Neil Calder
Daniel Clarkson Marcus Cram
Martin Ferguson M Flanigan
Adam Jack Stuart Johnston
Alex MacEwen Colin McGill
Stephen Maniam Nigel Munro
Callum Reid Robert Riddell
A Schakel Darren Steel
Iain Whitaker Steven Wales

Falkirk Victoria H

Alexander Bryce
David Hart
Andrew Ronald
Barry Paterson

Alexander Davidson
Craig Johnston
Gary Smith
David Bunyan

Anthony Devlin
Euan Martin
Colin D Thomson
John Denholm

Team Nos 38,39,40,41

Stuart Douglas Mark Dunnachie
John Martin Michael McQuaid
Grant Matheson Alexander Watson
Kenneth Rankin

Ferranti AAC

Edward McDonald
Ross Anderson
Keith Nicol

John Gavin
Derek Burgess
Robert Miller

Grant Sellar
Iain Shaw

Team Nos 42,43

Keith Weston Alex Bell
Walter Fairnie Trevor Ridley

Fife AC

Bryce Aitken
Ken Berry
Brian Cruickshank
Keith Ferguson
Jacob Howe
Donald MacGregor
Geoff Pennycook
Steven Reid
David Shepherd
Hendrik Van Rensburg

Gary Barker
George Black
Stewart Davidson
Allan Harley
Liam Hutson
Hugh D. McKay
Steven Pennycook
Alastair Robertson
David Sleight

David Bee
Colin Brown
Adrian Davis
Mark Harris
Martin Hutson
Frank McLaren
Gary Pirie
Craig Ross
Brian R Smith
Neil Young

Team Nos 44,45,46,47,48

Graham Bee Graham Bennison
Mark S Buchan James R. Close
Steven Doig Stefan Elertowicz
Alasdair Hood Andrew Hood
John Keenlyside Graham Kirby
Daniel Newman Maurice Paterson
Frank Popham Roger Rees
Christopher Russell Tom Scott
John Thomson Jeremy Tomlinson

Gala Harriers

Gregor McAneny
David Moffat
Alistair Laurie
Colin McCall

Euan Jardine
Mark Bryson
Paul Daly
David Nightingale

Graeme Murdoch
Derrick Brydon
Magnus Inglis
Malcolm Gowans

Team Nos 49,50,51,52

Anthony Lunn
Martin Clarke
Robert Marshall
Scott Forsyth

William McCulloch
Fergus Johnston
Alan Goodson
Thomas Knox

Haddington ELP

Paddy McDonald
Edward Dunbar

Sandy Wallace

Frank McPartland

Team Nos 53

James Baird

William Watson

Hunters Bog T

Duncan Baker
Steven Cairns
Daniel Fairlie
Craig Hunter
Peter McClelland
Donald Naylor
Joe Symonds
David Wright

Tom Barr
Stewart Caithness
Daniel Gay
James Jarvis
Andrew McKechnie
Ivor Normand
Jamie Thin

Stewart Barrie
Ian Campbell
Allan Gordon
Huw Jones
Alisdair Millan
Christopher Oliver
William Townsend

Team Nos 54,55,56,57

Daniel Beckett
Daniel Clements
Alistair Hart
John MacPherson
Geoffrey Mitchell
Matt Sims
Richard Wall

Jamie Brown
Colin Crabbie
Simon Harrison
Will Mair
Philip Mowbray
Murray Strain
Ray Ward

Lasswade AAC

Ross Finlayson
Martin Gore
Richard Connor

Ross Matheson
Ben Mitchell

Niall Sheehan
David Ramage

Team Nos 58,59

Colin Menzies
Brian Kirkwood

Andrew Matheson
Alan McFadden

Lothian RC

Mark Kassyk
Kenton Jones
Kenny Mearns
David Eades
Andy Kitchin
Ross Milne

Colin Banham
Graeme Ackland
Alex Agnew
Ted Finch
Mike Lieberman
Robin Morris

Scott Nelson
Alan McIntosh
David Berrill
Scott Fraser
John Malcolm
Brian Turner

Team Nos 60,61,62

Alastair Robertson
Ian Hall
Steve Dempsey
Robin Galloway
Craig McDowall
Iain Donnan

Harry Mulholland
Robert Inglis
Neal Drummond
Ben Hartman
Max McNeill
Zack Jones

Musselburgh AC

Dermot Ferry
Stephen Pattison

Alexander Oliver
Jamie Cherrie

Graeme Busfield
Mike Malcolm-Smith

Team Nos 63,64

Craig Wilson

Tony Segall

Pitreavie AAC

Barry Davie
Owain Williams

Jeff Farquhar
Neil Maclachlan

Archibald Duncan

Team Nos 65

Jonathon Hedley

Andrew Le Good

Portobello RC

Tony Stapley

Willie Jarvie

Scott Jarvie

Team Nos 66

Kevin Clark

James Hamilton

St Andrews Uni

Tom Cunningham

Team Nos 67

Stirling Univ AC

Andrew MacKenzie

Andrew Gibson

Jed Bartlett

Team Nos 68

Ross Christie

Teviotdale Harriers

Alan Inglis

Alan Coltman

Alister Biggar

Wayne McIntosh

Colin Welsh

Craig Grieve

Team Nos 69,70

Iain Williams

Raymond Jaffray