

SAL East District Cross Country Relays
Camperdown Park, Dundee
13-October 2012
Young Athletes Female

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (B)	09:34	2	19:15	1	28:42	1
	Ishbel Kate Strathdee (U13)	09:34	Esme Stewart (U15)	09:41	Sara Findlay (U17)	09:27
2 Pitreavie AAC (A)	09:45	4	19:21	2	29:00	2
	Iona Crawford (U13)	09:45	Leah Davie (U15)	09:36	Katey Turner (U17)	09:39
3 Edinburgh AC (A)	09:51	5	19:29	3	29:18	3
	Carolyn Cameron (U13)	09:51	Bethan McGregor (U15)	09:38	Hannah Cameron (U17)	09:49
4 Central AC (A)	09:55	6	20:04	6	30:07	4
	Kate Gallagher (U13)	09:55	Evie Gallagher (U13)	10:09	Eilidh MacCorquodale (U17)	10:03
5 Livingston & District AAC (A)	09:37	3	19:52	5	30:09	5
	Sarah Calvert (U13)	09:37	Taygan Henry (U15)	10:15	Katie Marshall (U15)	10:17
6 Dundee Hawkhill H (A)	10:37	9	20:57	9	30:35	6
	Emily Harrower (U13)	10:37	Maddie Owen (U13)	10:20	Katie Anderson (U15)	09:38
7 Corstorphine AAC (A)	11:28	19	20:53	8	30:42	7
	Sarah Malone (U13)	11:28	Hannah Addison (U15)	09:25	Jessica McClintick (U17)	09:49
8 Gala H (A)	10:50	11	21:20	11	30:47	8
	CARA HOGG (U13)	10:50	Jo Arres (U15)	10:30	Louise Mercer (U17)	09:27
9 Fife AC (A)	11:36	20	21:52	13	31:35	9
	Abbie Steggle (U13)	11:36	Ana Brocklebank (U15)	10:16	Stephanie Pennycook (U17)	09:43
10 Aberdeen AAC (A)	09:17	1	19:32	4	31:37	10
	Rebecca Eggeling (U13)	09:17	Talia Mathers (U13)	10:15	Aimee MacDonald (U17)	12:05
11 Fife AC (B)	11:01	16	21:50	12	32:32	11
	Abby Hay (U13)	11:01	Louise McCullagh (U13)	10:49	Katy Aitken (U15)	10:42
12 Aberdeen AAC (B)	10:54	12	21:07	10	32:39	12
	Jasmine Collett (U13)	10:54	Lise Theron (U15)	10:13	Eve Smith (U17)	11:32
13 Banchory Stonehaven AC (A)	10:59	15	22:27	15	33:23	13
	Frances Sealy (U13)	10:59	Lydia Newman (U15)	11:28	Eve Sealy (U15)	10:56
14 Aberdeen AAC (C)	10:43	10	21:57	14	33:37	14
	Laura Stephen (U13)	10:43	Grace Angus (U15)	11:14	Emma Bridgeford (U15)	11:40
15 Strathearn H (A)	11:16	17	22:48	17	34:26	15
	Catriona Roberts (U13)	11:16	Abigail Johnston (U15)	11:32	Savannah Sweeney (U17)	11:38
16 Dundee Hawkhill H (B)	10:55	14	22:36	16	34:28	16
	Niamh Robertson (U13)	10:55	Molly Hughes (U13)	11:41	Katrina Ballantyne (U17)	11:52
17 Teviotdale H (A)	10:55	13	23:05	19	35:02	17
	Ishbel Inglis (U13)	10:55	Emma Grieve (U13)	12:10	Catherine Mercer (U17)	11:57
18 Dundee Hawkhill H (C)	11:24	18	22:59	18	38:04	18
	Martha Gallacher (U13)	11:24	Hannah George (U15)	11:35	Hayley Allardice (U17)	15:05
Central AC (B)	10:24	7	20:29	7		
	Madeleine Woods (U13)	10:24	Catriona Laing (U13)	10:05		
Banchory Stonehaven AC (B)	10:34	8				
	Rosa Hare (U13)	10:34				

Fastest Times

Rebecca Eggeling (U13)	Aberdeen AAC (A)	9.17
Hannah Addison (U15)	Corstorphine AAC (A)	9.25
Louise Mercer (U17)	Gala H (A)	9.27
Sara Findlay (U17)	Edinburgh AC (B)	9.27
Ishbel Kate Strathdee (U13)	Edinburgh AC (B)	9.34
Leah Davie (U15)	Pitreavie AAC (A)	9.36
Sarah Calvert (U13)	Livingston & District AAC (A)	9.37
Katie Anderson (U15)	Dundee Hawkhill H (A)	9.38
Bethan McGregor (U15)	Edinburgh AC (A)	9.38
Katey Turner (U17)	Pitreavie AAC (A)	9.39
Esme Stewart (U15)	Edinburgh AC (B)	9.41
Stephanie Pennycook (U17)	Fife AC (A)	9.43
Iona Crawford (U13)	Pitreavie AAC (A)	9.45
Jessica McClintick (U17)	Corstorphine AAC (A)	9.49
Hannah Cameron (U17)	Edinburgh AC (A)	9.49
Carolyn Cameron (U13)	Edinburgh AC (A)	9.51
Kate Gallagher (U13)	Central AC (A)	9.55
Eilidh MacCorquodale (U17)	Central AC (A)	10.03
Catriona Laing (U13)	Central AC (B)	10.05
Evie Gallagher (U13)	Central AC (A)	10.09
Lise Theron (U15)	Aberdeen AAC (B)	10.13
Talia Mathers (U13)	Aberdeen AAC (A)	10.15
Taygan Henry (U15)	Livingston & District AAC (A)	10.15
Ana Brocklebank (U15)	Fife AC (A)	10.16
Katie Marshall (U15)	Livingston & District AAC (A)	10.17

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Camperdown Park, Dundee
13-October 2012
Young Athletes Male

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	08:35	2	16:27	1	24:33	1
	Ross Allan (U13)	08:35	Josh Kerr (U15)	07:52	Robert Bough (U17)	08:06
2 Fife AC (A)	08:34	1	17:15	2	25:14	2
	Adam Scott (U13)	08:34	Drew Davidson (U15)	08:41	Bruce Millar (U17)	07:59
3 Gala H (A)	09:17	9	17:32	4	25:47	3
	ANDREW HOGG (U13)	09:17	Nathan Cox (U15)	08:15	Rowan Marr (U17)	08:15
4 Edinburgh AC (B)	08:36	3	17:26	3	25:55	4
	Michael Swinton (U13)	08:36	Paul Ireland (U15)	08:50	Michael Cameron (U17)	08:29
5 Central AC (A)	09:06	7	17:36	5	26:02	5
	Conor Ryan (U13)	09:06	Iain Davies (U15)	08:30	Cameron Harris (U15)	08:26
6 Fife AC (C)	09:01	4	17:56	8	26:15	6
	George Rees (U13)	09:01	Tristan Rees (U15)	08:55	Logan Rees (U17)	08:19
7 Aberdeen AAC (A)	09:04	6	18:09	11	26:19	7
	Finlay Strachan (U13)	09:04	Stewart Millar (U15)	09:05	Jordan Chapman (U17)	08:10
8 Fife AC (B)	09:28	14	17:52	6	26:28	8
	Stuart Aitken (U13)	09:28	Jamie Ingledew (U15)	08:24	Euan Berry (U17)	08:36
9 Pitreavie AAC (B)	09:34	15	18:27	13	26:44	9
	Dylan Thomson (U13)	09:34	Connor Morris (U15)	08:53	Ben Potrykus (U17)	08:17
10 Corstorphine AAC (A)	09:26	12	18:02	10	26:51	10
	Steven Addison (U13)	09:26	Anthony Addison (U15)	08:36	Matthew Young (U17)	08:49
11 Pitreavie AAC (A)	09:57	19	18:46	15	26:53	11
	Ryan Thompson (U13)	09:57	Robbie McLaren (U15)	08:49	Aidan Thompson (U17)	08:07
12 Lasswade AAC (A)	09:02	5	17:55	7	26:55	12
	Magnus Tait (U13)	09:02	Kyle A Mackenzie (U15)	08:53	Callum Clark (U17)	09:00
13 Gala H (B)	09:18	10	18:00	9	27:01	13
	Jamie Logan (U13)	09:18	Gavin Bryson (U15)	08:42	Cameron Burnett (U17)	09:01
14 Banchory Stonehaven AC (A)	09:27	13	18:36	14	27:37	14
	Joseph Wright (U13)	09:27	Ewan Mcmillan (U15)	09:09	Daniel Rees (U17)	09:01
15 Edinburgh AC (C)	09:15	8	18:21	12	27:38	15
	Alex Bates (U13)	09:15	Daniel Cringean (U15)	09:06	Fionnbharr McDonald (U17)	09:17
16 Aberdeen AAC (B)	10:41	31	19:12	16	28:00	16
	Cameron Callow (U13)	10:41	Ben Renton (U15)	08:31	Oliver Hay (U17)	08:48
17 Strathearn H (A)	10:05	23	19:45	20	28:10	17
	James Manners (U13)	10:05	Angus Lindsay (U15)	09:40	Sol Sweeney (U15)	08:25
18 Fife AC (D)	10:44	33	19:54	24	28:23	18
	Aaron Savage (U13)	10:44	Ryan Brocklebank (U15)	09:10	James Pennycook (U17)	08:29
19 Fife AC (E)	09:59	21	19:20	17	28:25	19
	Alexander Thomson (U13)	09:59	James Berry (U15)	09:21	Fergus Ingledew (U17)	09:05
20 Gala H (C)	10:25	26	19:50	22	29:07	20
	Joey Brown (U13)	10:25	Joe Agnew (U15)	09:25	Fraser Wardhaugh (U17)	09:17
21 Fife AC (F)	09:42	16	19:47	21	29:22	21
	Matthew Miller (U13)	09:42	Matthew Mills (U15)	10:05	Cameron Thomson (U17)	09:35
22 Banchory Stonehaven AC (B)	09:53	18	19:37	19	29:26	22
	Luke Graham (U13)	09:53	Cameron Baird (U15)	09:44	Connor Douglas (U15)	09:49
23 Lasswade AAC (B)	10:41	32	20:40	29	29:27	23
	Craig Gallagher (U13)	10:41	Matthew Smith (U15)	09:59	Jamie Cousin (U17)	08:47
24 Aberdeen AAC (C)	10:05	22	20:11	26	29:38	24
	Cameron Stone (U13)	10:05	Matthew Keenan (U15)	10:06	Jamie Dickson (U17)	09:27
25 Dundee Hawkhill H (A)	10:46	34	21:05	30	29:56	25
	Scott Gordon (U13)	10:46	Matthew Tonner (U15)	10:19	Andrew Merry (U15)	08:51
26 Dundee Hawkhill H (B)	10:34	28	20:39	28	29:56	26
	Callum Letham (U13)	10:34	James Donald (U15)	10:05	Fyfe Galbraith (U15)	09:17
27 Central AC (B)	10:31	27	20:38	27	29:58	27
	James Thomson (U13)	10:31	James Price (U15)	10:07	Kieran Potter (U15)	09:20
28 Strathearn H (B)	10:07	24	20:07	25	30:05	28
	Keir McEwan (U13)	10:07	Matthew Manner (U15)	10:00	Andrew Campbell (U15)	09:58
29 Strathearn H (C)	11:11	37	21:15	31	31:04	29
	Andrew MacInnes (U13)	11:11	Christopher Martin (U15)	10:04	dominic mestecky (U15)	09:49
30 Fife AC (G)	10:51	35	21:37	32	31:40	30
	Ty Walker (U13)	10:51	Louis Fox-Barrie (U15)	10:46	Ronan McKinstray (U17)	10:03
31 Teviotdale H (A)	10:35	29	22:30	34	32:00	31
	Jamie Waugh (U13)	10:35	David Mercer (U13)	11:55	James Mercer (U17)	09:30
Aberdeen AAC (D)	10:14	25	19:22	18		
	John Angus (U13)	10:14	Andrew Burnett (U15)	09:08		
Central AC (D)	09:20	11	19:50	23		
	Ross Hutchison (U13)	09:20	Niels Gouw (U13)	10:30		
Aberdeen AAC (E)	09:57	20	21:49	33		

	Bruce Robertson (U13)	09:57	Stuart Bridgeford (U13)	11:52
Corstorphine AAC (B)	09:44	17		
	Finlay Ross (U13)	09:44		
Central AC (C)	10:39	30		
	Daniel Robbins (U13)	10:39		
Banchory Stonehaven AC (C)	11:07	36		
	Ben Taylor (U13)	11:07		
Dundee Hawkhill H (C)	13:18	38		
	Peter Forte (U13)	13:18		

Fastest Times

Josh Kerr (U15)	Edinburgh AC (A)	7.52
Bruce Millar (U17)	Fife AC (A)	7.59
Robert Bough (U17)	Edinburgh AC (A)	8.06
Aidan Thompson (U17)	Pitreavie AAC (A)	8.07
Jordan Chapman (U17)	Aberdeen AAC (A)	8.10
Rowan Marr (U17)	Gala H (A)	8.15
Nathan Cox (U15)	Gala H (A)	8.15
Ben Potrykus (U17)	Pitreavie AAC (B)	8.17
Logan Rees (U17)	Fife AC (C)	8.19
Jamie Ingledew (U15)	Fife AC (B)	8.24
Sol Sweeney (U15)	Strathearn H (A)	8.25
Cameron Harris (U15)	Central AC (A)	8.26
James Pennycook (U17)	Fife AC (D)	8.29
Michael Cameron (U17)	Edinburgh AC (B)	8.29
Iain Davies (U15)	Central AC (A)	8.30
Ben Renton (U15)	Aberdeen AAC (B)	8.31
Adam Scott (U13)	Fife AC (A)	8.34
Ross Allan (U13)	Edinburgh AC (A)	8.35
Anthony Addison (U15)	Corstorphine AAC (A)	8.36
Euan Berry (U17)	Fife AC (B)	8.36
Michael Swinton (U13)	Edinburgh AC (B)	8.36
Drew Davidson (U15)	Fife AC (A)	8.41
Gavin Bryson (U15)	Gala H (B)	8.42
Jamie Cousin (U17)	Lasswade AAC (B)	8.47
Oliver Hay (U17)	Aberdeen AAC (B)	8.48

SAL East District Cross Country Relays
Camperdown Park, Dundee
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Senior/Junior Women

	Stage 1		Stage 2		Stage 3	
1 Central AC (A)	14:38	3	29:27	1	44:02	1
	Jennifer Emsley	14:38	Fiona Thompson	14:49	Lyndsay Morrison	14:35
2 Lothian RC (A)	15:08	5	29:57	3	44:30	2
	Chloe Cox	15:08	Sarah Inglis	14:49	Edel Mooney (V)	14:33
3 Edinburgh AC (B)	15:13	6	30:36	5	45:15	3
	Emma Dunnett (U20)	15:13	Victoria Bailie	15:23	Morgan Murphy	14:39
4 Fife AC (A)	14:31	2	30:05	4	45:51	4
	Halina Rees (U20)	14:31	Megan Crawford	15:34	Alison McGill	15:46
5 Edinburgh Univ H&H (A)	13:47	1	29:55	2	46:15	5
	Rhona Auckland (U20)	13:47	Stephanie Lawrie (U20)	16:08	Georgia Tindley	16:20
6 Fife AC (B)	15:38	7	32:23	7	48:53	6
	Amie McKimmie	15:38	Jennifer Kibble	16:45	Fiona Bracegirdle	16:30
7 Edinburgh Univ H&H (B)	17:59	30	33:59	12	49:39	7
	Emma Prentis	17:59	Kirstin Maxwell	16:00	Rebecca Harding	15:40
8 Fife AC (C)	16:43	14	31:51	6	49:51	8
	Jennifer Cruickshanks (U20)	16:43	Jenny Tan	15:08	Laura Gibson (U20)	18:00
9 Edinburgh AC (C)	17:49	28	34:15	13	49:51	9
	Marieta Beal	17:49	Karla Borland	16:26	Oonagh Dunnett (U20)	15:36
10 Corstorphine AAC (A) (V)	15:50	8	32:50	9	51:01	10
	Gillian Carr (V)	15:50	Stephanie Addison (V)	17:00	Susan Johnston (V)	18:11
11 Corstorphine AAC (B)	16:51	17	33:32	11	51:10	11
	Ruth Gibson	16:51	Megan Smith	16:41	Fiona Drake	17:38
12 Aberdeen AAC (B) (V)	16:44	15	34:20	14	51:13	12
	Sonia Armitage (V)	16:44	Laura Mahady (V)	17:36	Rhona Buchan (V)	16:53
13 Fife AC (D) (V)	16:33	13	33:29	10	52:15	13
	Angela Howe (V)	16:33	Addy Gerrard (V)	16:56	Innes Bracegirdle (V)	18:46
14 Strathearn H (A)	15:59	9	35:20	17	52:25	14
	Wendy Duigan (V)	15:59	Karen Prentice (V)	19:21	Rhian Evans	17:05
15 Carnegie H (C) (V)	17:10	23	35:24	18	52:32	15
	Gail Murdoch (V)	17:10	Kirsty Baird (V)	18:14	Fabienne Thompson (V)	17:08
16 Central AC (B) (V)	17:04	21	35:36	20	52:58	16
	Shona Aiken (V)	17:04	Kate Weldon (V)	18:32	Hazel Dean (V)	17:22
17 Kinross RR (A)	16:22	12	34:53	15	53:32	17
	Jillian Gordon (V)	16:22	Judith Dobson (V)	18:31	Sally Kinsell (V)	18:39
18 Gala H (A)	17:04	20	35:24	19	53:32	18
	Rachel Fagan (V)	17:04	Eileen Nicol (V)	18:20	Fiona Shepherd (V)	18:08
19 Edinburgh AC (A) (V)	16:53	18	36:02	21	53:47	19
	Karen Dobbie (V)	16:53	Hilary Kernaghan (V)	19:09	Sharyn Ramage (V)	17:45
20 Lothian RC (B)	17:20	24	36:31	22	54:34	20
	Lana Turnbull (U20)	17:20	Jill Horsburgh (V)	19:11	Saran Jones (V)	18:03
21 Dundee RR (B)	17:57	29	36:34	23	55:04	21
	Jane Dunlop	17:57	Elaine Omand	18:37	Jennifer Massie	18:30
22 Falkirk Victoria H (A) (V)	17:09	22	35:09	16	55:22	22
	Lorna Kennedy (V)	17:09	Nicola Flynn (V)	18:00	Allison Christie (V)	20:13
23 Ferranti AAC (A)	18:04	31	37:12	26	55:35	23
	Anne Peat (V)	18:04	Pascaline Ruck	19:08	Claire Gilchrist (V)	18:23
24 Hunters Bog T (A)	19:02	36	39:42	30	56:10	24
	Alison McNeillage (V)	19:02	Margaret Spalding	20:40	Morag McCracken	16:28
25 Carnegie H (B)	17:44	27	37:56	28	56:45	25
	Meghann Lafferty	17:44	Morna Fleming (V)	20:12	Alison Whyte (V)	18:49
26 Metro Aberdeen RC (A) (V)	18:20	33	37:41	27	57:39	26
	Ali Mathers (V)	18:20	Claire Smith (V)	19:21	Dawn Jaffrey (V)	19:58
27 Dundee Hawkhill H (A)	16:48	16	36:41	24	58:29	27
	Louise Beveridge	16:48	Bronwen Hughes	19:53	Dianne Harrower (V)	21:48
28 Anster Haddies RC (A) (V)	21:25	41	39:50	31	59:29	28
	Tracy Chalmers (V)	21:25	Hazel Bradley (V)	18:25	Christine Bowie (V)	19:39
29 Dundee RR (A)	18:57	35	37:08	25	1:00:19	29
	Kirsty Gibson	18:57	Michelle Cooper (V)	18:11	Sarah Winter	23:11
30 Fife AC (E)	18:29	34	38:13	29	1:00:20	30
	Lucy Duff (U20)	18:29	Margaret McLaren (V)	19:44	Irene Pennycook (V)	22:07
31 Dundee RR (C) (V)	19:55	38	39:59	32	1:01:14	31
	Gillian Hanlon (V)	19:55	Lorraine Dunbar (V)	20:04	Corinne Garty (V)	21:15
32 Strathearn H (B) (V)	19:26	37	40:42	33	1:01:27	32
	Alison Manners (V)	19:26	Kirsty Mackay (V)	21:16	Elizabeth Mestecky (V)	20:45
33 Carnegie H (A)	20:25	40	41:23	34	1:02:16	33
	Gillian McCracken (V)	20:25	Laura Donaldson	20:58	Samantha Newington (V)	20:53

Aberdeen AAC (A)	16:03	10	32:41	8		
	Ellie Buchan (U20)	16:03	Eden Brown (U20)	16:38		
Dundee Hawkhill H (B)	21:38	42	43:19	35		
	Lorri Mitchell (V)	21:38	suzzie swan (V)	21:41		
Teviotdale H (A) (V)	22:50	43	45:00	36		
	Sylvia Grieve (V)	22:50	Donna Inglis (V)	22:10		
Pitreavie AAC (A)	24:26	44	47:50	37		
	Lisa Mcalpine (U20)	24:26	Serena Jones (V)	23:24		
Falkirk Victoria H (B) (V)	15:04	4				
	Fiona Matheson (V)	15:04				
Edinburgh AC (D)	16:18	11				
	Lauren Stoddart	16:18				
Wee County H (A)	17:01	19				
	Beryl Junnier (V)	17:01				
Central AC (C)	17:26	25				
	Claire Houston	17:26				
Dunfermline & West Fife AC (A)	17:30	26				
	Gemma Nicol	17:30				
Corstorphine AAC (C)	18:20	32				
	Fiona McArte	18:20				
Ferranti AAC (B)	20:15	39				
	Elizabeth Gilchrist (V)	20:15				
Fastest Times						
Rhona Auckland (U20)	Edinburgh Univ H&H (A)	13.47				
Halina Rees (U20)	Fife AC (A)	14.31				
Edel Mooney (V)	Lothian RC (A)	14.33				
Lyndsay Morrison	Central AC (A)	14.35				
Jennifer Emsley	Central AC (A)	14.38				
Morgan Murphy	Edinburgh AC (B)	14.39				
Sarah Inglis	Lothian RC (A)	14.49				
Fiona Thompson	Central AC (A)	14.49				
Fiona Matheson (V)	Falkirk Victoria H (B)	15.04				
Jenny Tan	Fife AC (C)	15.08				
Chloe Cox	Lothian RC (A)	15.08				
Emma Dunnett (U20)	Edinburgh AC (B)	15.13				
Victoria Bailie	Edinburgh AC (B)	15.23				
Megan Crawford	Fife AC (A)	15.34				
Oonagh Dunnett (U20)	Edinburgh AC (C)	15.36				
Amie McKimmie	Fife AC (B)	15.38				
Rebecca Harding	Edinburgh Univ H&H (B)	15.40				
Alison McGill	Fife AC (A)	15.46				
Gillian Carr (V)	Corstorphine AAC (A)	15.50				
Wendy Duigan (V)	Strathearn H (A)	15.59				
Kirstin Maxwell	Edinburgh Univ H&H (B)	16.00				
Ellie Buchan (U20)	Aberdeen AAC (A)	16.03				
Stephanie Lawrie (U20)	Edinburgh Univ H&H (A)	16.08				
Lauren Stoddart	Edinburgh AC (D)	16.18				
Georgia Tindley	Edinburgh Univ H&H (A)	16.20				
Jillian Gordon (V)	Kinross RR (A)	16.22				
Karla Borland	Edinburgh AC (C)	16.26				
Morag McCracken	Hunters Bog T (A)	16.28				
Fiona Bracegirdle	Fife AC (B)	16.30				
Angela Howe (V)	Fife AC (D)	16.33				
Eden Brown (U20)	Aberdeen AAC (A)	16.38				
Megan Smith	Corstorphine AAC (B)	16.41				
Jennifer Cruickshanks (U20)	Fife AC (C)	16.43				
Sonia Armitage (V)	Aberdeen AAC (B)	16.44				
Jennifer Kibble	Fife AC (B)	16.45				
Louise Beveridge	Dundee Hawkhill H (A)	16.48				
Ruth Gibson	Corstorphine AAC (B)	16.51				
Elaine Davies (V)	Edinburgh AC (A)	16.53				
Rhona Buchan (V)	Aberdeen AAC (B)	16.53				
Addy Gerrard (V)	Fife AC (D)	16.56				

SAL East District Cross Country Relays
Camperdown Park, Dundee
13-October 2012
Senior/Junior Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	12:18	1	24:58	1	37:27	1	50:36	1
	Alistair Hay	12:18	Lewis Millar	12:40	Alexander Hendry	12:29	Andrew Butchart	13:09
2 Corstorphine AAC (A)	12:48	3	25:02	2	37:37	2	50:59	2
	Mickey Breen	12:48	Douglas Selman	12:14	Kris Berry	12:35	Bryan Clark	13:22
3 Central AC (B)	13:05	8	26:05	4	38:35	3	52:03	3
	Sean Reilly	13:05	Cameron Milne (U20)	13:00	Scott McDonald	12:30	Michael Wright	13:28
4 Edinburgh AC (A)	12:21	2	25:35	3	39:16	4	52:53	4
	Andrew Crichton	12:21	Bryan Mackie	13:14	Stuart Johnston	13:41	Daniel Clarkson	13:37
5 Corstorphine AAC (B)	13:13	9	26:21	7	39:28	5	53:36	5
	Scott Pilkington	13:13	Andrew Christy (U20)	13:08	Calum McKenzie	13:07	Christopher O'Brien	14:08
6 Corstorphine AAC (C) (V)	13:51	15	27:23	12	40:54	9	53:51	6
	Grant Wilkie (V)	13:51	Ross Milne (V)	13:32	Moray Anderson (V)	13:31	Keith Hood (V)	12:57
7 Dundee Hawkhill H (A)	12:54	4	26:26	8	40:04	7	54:26	7
	Jamie Crowe (U20)	12:54	Neil Gunstone	13:32	Graeme Oudney	13:38	Gordon Barrie (V)	14:22
8 Aberdeen AAC (A)	12:58	6	26:07	5	39:48	6	54:31	8
	Mark Haskett	12:58	James Joy	13:09	Sam Burgess (U20)	13:41	Sean West	14:43
9 Fife AC (A)	13:45	12	27:09	10	40:46	8	54:52	9
	Daniel MacQueen	13:45	David I Bowers	13:24	Zachary Delaney (U20)	13:37	Ewan Paton (U20)	14:06
10 Falkirk Victoria H (A)	13:28	10	26:47	9	41:45	10	55:58	10
	Ben Stevenson (U20)	13:28	Dale Colley (U20)	13:19	Stuart Douglas	14:58	Euan Martin (U20)	14:13
11 Edinburgh AC (B) (V)	13:39	11	27:32	14	42:11	11	57:07	11
	John Blair (V)	13:39	Robert Turner (V)	13:53	Roy Mitchell (V)	14:39	Adam Ward (V)	14:56
12 Edinburgh University H&H (A)	13:00	7	27:16	11	42:12	13	57:08	12
	Patryk Gierjatowicz	13:00	Rick Schulte	14:16	Coll Williamson	14:56	Neil Colquhoun (U20)	14:56
13 Fife AC (C) (V)	13:45	13	27:47	15	42:12	12	57:15	13
	Neil Young (V)	13:45	Stephen Clark (V)	14:02	Brian Thomson (V)	14:25	Hugh D. McKay (V)	15:03
14 Lasswade AAC (A)	13:51	16	26:20	6	42:27	14	57:57	14
	John Murray	13:51	Ross Matheson (U20)	12:29	Ross Finlayson	16:07	Ben Mitchell (V)	15:30
15 Central AC (C)	13:47	14	28:55	19	43:31	16	58:15	15
	Tom Watson (U20)	13:47	Andrew Hood	15:08	Ross Milne (U20)	14:36	Will Hensman	14:44
16 Gala H (A)	14:08	19	28:56	20	43:58	18	58:21	16
	Colin Welsh	14:08	Colin McCall (V)	14:48	Euan Jardine	15:02	Fergus Johnston	14:23
17 Falkirk Victoria H (B) (V)	14:15	20	29:20	21	43:56	17	58:22	17
	Michael McQuaid (V)	14:15	Colin D Thomson (V)	15:05	David Hart (V)	14:36	Andrew Ronald (V)	14:26
18 Corstorphine AAC (D)	13:54	18	28:15	16	42:58	15	58:27	18
	Steven O'Brien	13:54	Adam Priestley	14:21	Callum Smith (U20)	14:43	Ewan Stark	15:29
19 Banchory Stonehaven AC (A)	12:55	5	27:24	13	45:01	23	59:59	19
	Michael Ferguson (U20)	12:55	Andrew Ferguson Jnr	14:29	Andrew Ferguson Snr (V)	17:37	Alan Sealy (V)	14:58
20 Pitreavie AAC (A)	14:45	29	30:00	27	44:15	19	1:00:10	20
	Scott McAlpine (U20)	14:45	Owain Williams	15:15	Benjamin Kurzman (U20)	14:15	Neil MacLachlan	15:55
21 Carnegie H (A) (V)	14:51	31	29:21	22	44:59	22	1:00:15	21
	David Millar (V)	14:51	Ian Stewart (V)	14:30	Paul Keiran (V)	15:38	Steven King (V)	15:16
22 Fife AC (B)	15:24	35	30:55	34	45:24	25	1:00:32	22
	Callum Rennet (U20)	15:24	Daniel Newman (V)	15:31	Daniel Clarke	14:29	Stuart Milne	15:08
23 Edinburgh AC (C)	15:41	40	30:01	28	44:50	20	1:00:34	23
	Darren Blyth (V)	15:41	Adam Jack (U20)	14:20	M Fraser	14:49	Keith Dunlop	15:44
24 Central AC (E) (V)	15:58	42	30:50	33	46:15	29	1:00:39	24
	Jonathan Barlow (V)	15:58	David Eckersley (V)	14:52	Alex Milne (V)	15:25	Philip Williams (V)	14:24
25 Corstorphine AAC (E) (V)	14:43	28	29:45	24	45:56	26	1:00:47	25
	Michael Anderson (V)	14:43	Dean Carr (V)	15:02	Jan-Bert Van Den Berg (V)	16:11	Ian Johnston (V)	14:51
26 Aberdeen AAC (B)	14:31	24	30:22	31	46:35	33	1:01:21	26
	Justin Kangerloo	14:31	Peter Mutch	15:51	Alasdair Love (V)	16:13	Lachlan Calder	14:46
27 Hunters Bog T (A)	15:09	32	30:42	32	45:59	27	1:01:24	27
	Michael Grant	15:09	Stuart Mounce	15:33	James Bowdeb	15:17	Alistair Hindle (V)	15:25
28 Metro Aberdeen RC (A)	16:03	44	31:04	36	46:27	31	1:01:29	28
	Malcolm Beattie	16:03	Barry Gibson	15:01	Mark Johnson (V)	15:23	Ian Urquhart	15:02
29 Gala H (B) (V)	14:35	26	30:07	29	46:33	32	1:01:41	29
	Mark Bryson (V)	14:35	Sinclair Hill (V)	15:32	William McCulloch (V)	16:26	Steven Martin (V)	15:08
30 Ochil HRC (A)	15:28	36	30:17	30	47:06	36	1:01:47	30
	Ross Valance	15:28	Martin Dean (V)	14:49	Ron McCraw (V)	16:49	John Stevenson (V)	14:41
31 Lothian RC (A) (V)	14:19	22	29:48	25	46:01	28	1:01:53	31
	Colin Partridge (V)	14:19	Scott Nelson (V)	15:29	Alan Moffat (V)	16:13	Kenton Jones (V)	15:52
32 Dundee Hawkhill H (B) (V)	14:18	21	29:26	23	46:18	30	1:02:31	32
	Craig Love (V)	14:18	Desmond Crowe (V)	15:08	Fraser Merry (V)	16:52	Paul Leonard (V)	16:13
33 Fife AC (D) (V)	15:35	38	31:15	37	46:56	35	1:03:18	33
	Michael Mitchell (V)	15:35	Roger Rees (V)	15:40	Craig Ross (V)	15:41	Calum Harvie (V)	16:22
34 Kinross RR (A) (V)	15:12	33	31:26	38	47:39	37	1:03:52	34
	Stephen Crawford (V)	15:12	Angus McCulloch (V)	16:14	David Scott (V)	16:13	Nick Rowan (V)	16:13
35 Carnegie H (B)	16:01	43	31:02	35	47:58	38	1:04:32	35
	Calum McGaw	16:01	Fergus McGaw (U20)	15:01	Kevin Davie	16:56	Barry Davie (V)	16:34
36 Central AC (F) (V)	16:37	48	32:54	42	49:01	39	1:05:37	36
	Douglas Findlay (V)	16:37	Gordon Adam (V)	16:17	Liam McCabe (V)	16:07	Stuart Watson (V)	16:36
37 Corstorphine AAC (F)	15:31	37	32:33	41	49:53	40	1:05:40	37
	Nick Vickander	15:31	David Henderson (V)	17:02	Connor Johnston (U20)	17:20	David Amott (V)	15:47
38 Strathearn H (A) (V)	14:23	23	33:20	44	50:31	41	1:06:20	38
	Will Manners (V)	14:23	Alan Laing (V)	18:57	Tony Wayte (V)	17:11	Philip Tipping (V)	15:49
39 Kinross RR (B)	16:32	47	32:59	43	51:58	43	1:07:10	39
	Marinos Calothis (V)	16:32	Graham Kemp	16:27	Douglas Leitch (V)	18:59	Allan Kemp	15:12
40 Dundee Hawkhill H (C) (V)	17:05	50	35:57	54	52:52	46	1:09:05	40
	Philip Forte (V)	17:05	Ken Letham (V)	18:52	David Hanlon (V)	16:55	Nigel Reynolds (V)	16:13
41 Corstorphine AAC (G)	15:17	34	33:49	45	51:17	42	1:09:35	41
	Timothy Norwood	15:17	Shaun Cavens (V)	18:32	Chris Mountford	17:28	Steven Blair (V)	18:18

42 Forfar RR (A) (V)	17:21	51	34:39	48	52:36	44	1:10:02	42
	Ewan Greenhill (V)	17:21	Ronald Milne (V)	17:18	Brian Niblock (V)	17:57	Craig Stewart (V)	17:26
43 Teviotdale H (A)	15:58	41	35:19	52	53:56	48	1:11:56	43
	Alan Inglis (V)	15:58	Bill Knox (V)	19:21	Alan Coltman (V)	18:37	Keith Learmonth (U20)	18:00
44 Carnegie H (C) (V)	17:25	52	35:19	53	54:05	49	1:12:06	44
	Malcolm Smith (V)	17:25	John Crookston (V)	17:54	Stephen Greer (V)	18:46	Phil Smithard (V)	18:01
45 Edinburgh AC (D) (V)	17:55	54	35:17	51	53:44	47	1:12:18	45
	Brian Howie (V)	17:55	David Steele (V)	17:22	A Chmielowski (V)	18:27	Alex MacEwen (V)	18:34
46 Anster Haddies RC (A)	14:41	27	34:00	46	52:38	45	1:13:21	46
	David Burgess (V)	14:41	Allan Gibson (V)	19:19	Richard Shaw (V)	18:38	Richard McKinstry (V)	20:43
47 Fife AC (F) (V)	18:03	55	35:05	50	55:50	50	1:14:29	47
	Brian R Smith (V)	18:03	Mitchell McCreadie (V)	17:02	Robert Thornton (V)	20:45	Frank McLaren (V)	18:39
48 Falkirk Victoria H (C) (V)	20:25	60	37:57	56	56:35	52	1:14:45	48
	John Denholm (V)	20:25	Grant Matheson (V)	17:32	David Bunyan (V)	18:38	Gary Smith	18:10
49 Central AC (G) (V)	17:41	53	36:05	55	56:19	51	1:15:46	49
	Allan Gall (V)	17:41	Cameron Campbell (V)	18:24	George McHardy (V)	20:14	John Millar (V)	19:27
50 Dundee RR AC (A) (V)	18:49	59	39:59	59	1:04:12	53	1:21:51	50
	Gerard Savage (V)	18:49	Ronald Fraser (V)	21:10	Grant Whytock (V)	24:13	Harry Kay (V)	17:39
Central AC (D)	14:35	25	29:57	26	44:54	21		
	Christopher Mchardy	14:35	David Lindsay (U20)	15:22	Sam Fraser (U20)	14:57		
Edinburgh AC (E)	13:54	17	28:36	17	45:15	24		
	R Irving	13:54	J Crawford	14:42	A Latham (V)	16:39		
Gala H (C)	16:06	45	32:20	40	46:47	34		
	David Nightingale (V)	16:06	Derrick Brydon (V)	16:14	Wayne McIntosh (V)	14:27		
Dunfermline & West Fife AC (A)	14:49	30	28:43	18				
	Jamie Kerr Bowie	14:49	Owen Miller	13:54				
Hunters Bog T (B)	16:11	46	31:35	39				
	Peter McClelland	16:11	Daniel Clements	15:24				
Aberdeen AAC (C)	15:38	39	34:19	47				
	James Macgregor (V)	15:38	Bill Skinner	18:41				
Lothian RC (B)	18:05	56	34:59	49				
	Kenny Mearns (V)	18:05	Paul young (V)	16:54				
Dundee Hawkhill H (D)	17:03	49	38:18	57				
	Eddie Holmes (V)	17:03	Allan Kennendy (V)	21:15				
Fife AC (E) (V)	18:11	57	39:20	58				
	Steven Pennycook (V)	18:11	Graham Bennison (V)	21:09				
Lasswade AAC (B)	18:24	58						
	Brian Wilson (V)	18:24						
Falkirk Victoria H (D) (V)	21:03	61						
	William Day (V)	21:03						
Fastest Times								
Douglas Selman	Corstorphine AAC (A)	12.14						
Alistair Hay	Central AC (A)	12.18						
Andrew Crichton	Edinburgh AC (A)	12.21						
Ross Matheson (U20)	Lasswade AAC (A)	12.29						
Alexander Hendry	Central AC (A)	12.29						
Scott McDonald	Central AC (B)	12.30						
Kris Berry	Corstorphine AAC (A)	12.35						
Lewis Millar	Central AC (A)	12.40						
Mickey Breen	Corstorphine AAC (A)	12.48						
Jamie Crowe (U20)	Dundee Hawkhill H (A)	12.54						
Michael Ferguson (U20)	Banchory Stonehaven AC (A)	12.55						
Keith Hood (V)	Corstorphine AAC (C) (V)	12.57						
Mark Haskett	Aberdeen AAC (A)	12.58						
Patryk Gierjatowicz	Edinburgh University H&H (A)	13.00						
Cameron Milne (U20)	Central AC (B)	13.00						
Sean Reilly	Central AC (B)	13.05						
Calum McKenzie	Corstorphine AAC (B)	13.07						
Andrew Christy (U20)	Corstorphine AAC (B)	13.08						
James Joy	Aberdeen AAC (A)	13.09						
Andrew Butchart	Central AC (A)	13.09						
Scott Pilkington	Corstorphine AAC (B)	13.13						
Bryan Mackie	Edinburgh AC (A)	13.14						
Dale Colley (U20)	Falkirk Victoria H (A)	13.19						
Bryan Clark	Corstorphine AAC (A)	13.22						
David I Bowers	Fife AC (A)	13.24						