

SAL East District Cross Country Relays
Deans Community School, Livingston
13-October 2013
Young Athletes Female

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (B)	09:45	2	19:27	2	29:18	1
	Eloise Walker (U13)	09:45	Zoe Bates (U15)	09:42	Alexandra Hunter (U17)	09:51
2 Edinburgh AC (A)	10:02	4	19:58	3	29:35	2
	Ishbel Kate Strathdee (U13)	10:02	Hilary Lewin (U15)	09:56	Phoebe Crosthwaite (U17)	09:37
3 Corstorphine AAC (A)	10:51	8	20:34	4	29:57	3
	Jessica MacLeod (U13)	10:51	Caitlin Arnott (U15)	09:43	Hannah Addison (U17)	09:23
4 Central AC (A)	10:40	6	20:57	5	30:02	4
	Heather Scott (U13)	10:40	Jennifer Walls (U13)	10:17	Kathryn Gillespie (U17)	09:05
5 Lasswade AAC (A)	09:34	1	19:10	1	30:44	5
	Sarah Tait (U13)	09:34	Lauren Dickson (U15)	09:36	Sophie Miller (U17)	11:34
6 Fife AC (A)	10:55	10	21:44	12	31:19	6
	Abbie Steggle (U13)	10:55	Katy Aitken (U15)	10:49	Annabel Simpson (U17)	09:35
7 Edinburgh AC (C)	11:05	13	21:05	6	31:36	7
	Lindsey Gilchrist (U13)	11:05	Esme Stewart (U15)	10:00	Erin Boddie (U17)	10:31
8 Moorfoot R (A)	10:36	5	21:35	11	31:39	8
	Mairi Wallace (U13)	10:36	Ailsa Innes (U15)	10:59	Zaynah Aziz (U15)	10:04
9 Edinburgh AC (D)	11:05	12	21:27	9	31:46	9
	Anna Boyd (U13)	11:05	Catherine Bough (U15)	10:22	Bethan McGregor (U17)	10:19
10 Central AC (B)	11:15	15	21:56	13	32:13	10
	Skye Henderson (U13)	11:15	Elizabeth Thompson (U13)	10:41	Eilidh Russell (U15)	10:17
11 Livingston & District AAC (A)	09:57	3	21:13	7	32:17	11
	Sarah Calvert (U13)	09:57	Hannah Mairs (U15)	11:16	Taygan Henry (U15)	11:04
12 Pitreavie AAC (A)	12:04	21	21:34	10	32:19	12
	Jemma Jamieson (U13)	12:04	Leah Davie (U15)	09:30	Vhairi McAtear (U17)	10:45
13 Dundee Hawkhill H (A)	11:13	14	21:21	8	33:06	13
	Emily Harrower (U13)	11:13	Maddie Owen (U15)	10:08	Katrina Ballantyne (U17)	11:45
14 Banchory Stonehaven AC (A)	11:02	11	22:13	15	33:23	14
	Claire McGarvey (U13)	11:02	Frances Sealy (U13)	11:11	Eve Sealy (U17)	11:10
15 Aberdeen AAC (A)	10:48	7	23:38	19	34:09	15
	Kirsty Oldham (U13)	10:48	Grace Carter (U15)	12:50	Lucy McLeod (U17)	10:31
16 Fife AC (B)	12:59	27	23:43	20	34:12	16
	Sarani Fernando (U13)	12:59	Ana Brocklebank (U15)	10:44	Ailsa Cruickshanks (U17)	10:29
17 Aberdeen AAC (B)	11:29	16	23:19	17	34:19	17
	Jasmine Collett (U13)	11:29	Hannah Mutch (U15)	11:50	Abby Riddell (U15)	11:00
18 Strathearn H (A)	12:11	24	24:22	22	35:15	18
	Alabama Hall (U13)	12:11	Catriona Roberts (U15)	12:11	Madeleine Watson (U17)	10:53
19 Livingston & District AAC (B)	10:52	9	22:21	16	35:28	19
	Rachel Gibb (U13)	10:52	Nicole Kinghorn (U15)	11:29	Katie Marshall (U17)	13:07
20 Fife AC (C)	12:41	26	23:26	18	35:33	20
	Sam McInnes (U13)	12:41	Louise McCullagh (U15)	10:45	Sarah Paterson (U17)	12:07
21 Teviotdale H (A)	12:05	22	24:28	23	35:39	21
	Carly Blaikie (U13)	12:05	Emma Grieve (U15)	12:23	Ishbel Inglis (U15)	11:11
22 Pitreavie AAC (B)	11:39	17	22:10	14	35:41	22
	Fabiana Mancini (U13)	11:39	Sophie Nethery (U15)	10:31	Emily Main (U15)	13:31
23 Dundee Hawkhill H (B)	11:49	18	24:35	24	36:08	23
	Emily Paul (U13)	11:49	Isobel Reimers (U15)	12:46	Eleanor Begg (U17)	11:33
24 Lothian RC (A)	11:52	19	25:11	25	38:02	24
	Meg Wishart (U13)	11:52	Lucy Kennedy (U15)	13:19	Bethany Nelson (U17)	12:51
25 Lothian RC (B)	14:09	28	27:31	26	40:22	25
	Alex Moffat (U13)	14:09	Erin Steel (U13)	13:22	Cara McCafferty (U17)	12:51
Gala H (A)	12:25	25	24:06	21		
	Christie Rout (U13)	12:25	Rhiannon Fagan (U13)	11:41		
Dundee Hawkhill H (C)	11:57	20				
	Nicole Melville (U13)	11:57				
Teviotdale H (B)	12:11	23				
	Connie Lothian (U13)	12:11				

Fastest Times

U13

Sarah Tait (U13)	Lasswade AAC (A)	9.34
Eloise Walker (U13)	Edinburgh AC (B)	9.45
Sarah Calvert (U13)	Livingston & District AAC (A)	9.57
Ishbel Kate Strathdee (U13)	Edinburgh AC (A)	10.02
Jennifer Walls (U13)	Central AC (A)	10.17
Mairi Wallace (U13)	Moorfoot R (A)	10.36
Heather Scott (U13)	Central AC (A)	10.40
Elizabeth Thompson (U13)	Central AC (B)	10.41
Kirsty Oldham (U13)	Aberdeen AAC (A)	10.48

Jessica MacLeod (U13)	Corstorphine AAC (A)	10.51
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U15

Leah Davie (U15)	Pitreavie AAC (A)	9.30
Lauren Dickson (U15)	Lasswade AAC (A)	9.36
Zoe Bates (U15)	Edinburgh AC (B)	9.42
Caitlin Arnott (U15)	Corstorphine AAC (A)	9.43
Hilary Lewin (U15)	Edinburgh AC (A)	9.56
Esme Stewart (U15)	Edinburgh AC (C)	10.00
Zaynah Aziz (U15)	Moorfoot R (A)	10.04
Maddie Owen (U15)	Dundee Hawkhill H (A)	10.08
Eilidh Russell (U15)	Central AC (B)	10.17

U17

Kathryn Gillespie (U17)	Central AC (A)	9.05
Hannah Addison (U17)	Corstorphine AAC (A)	9.23
Annabel Simpson (U17)	Fife AC (A)	9.35
Phoebe Crosthwaite (U17)	Edinburgh AC (A)	9.37
Alexandra Hunter (U17)	Edinburgh AC (B)	9.51
Bethan McGregor (U17)	Edinburgh AC (D)	10.19
Ailsa Cruickshanks (U17)	Fife AC (B)	10.29
Lucy McLeod (U17)	Aberdeen AAC (A)	10.31
Erin Boddie (U17)	Edinburgh AC (C)	10.31
Vhairi McAtear (U17)	Pitreavie AAC (A)	10.45

SAL East District Cross Country Relays
Deans Community School, Livingston
13-October 2013
Young Athletes Male

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC (A)	09:31	3	18:06	2	25:53	1
	Fraser Blackie (U13)	09:31	Michael Swinton (U15)	08:35	Josh Kerr (U17)	07:47
2 Pitreavie AAC (A)	09:26	2	18:26	3	26:36	2
	Alex Johnston (U13)	09:26	James Adam (U15)	09:00	Aidan Thompson (U17)	08:10
3 Fife AC (A)	09:55	10	18:26	4	26:42	3
	Stuart Aitken (U13)	09:55	Adam Scott (U15)	08:31	Logan Rees (U17)	08:16
4 Lasswade AAC (A)	09:14	1	18:03	1	26:54	4
	Magnus Tait (U13)	09:14	Cameron Steven (U15)	08:49	Iain Lawson (U17)	08:51
5 Edinburgh AC (B)	10:18	19	19:20	10	27:09	5
	Iain Hare (U13)	10:18	Paul Ireland (U15)	09:02	Robert Bough (U17)	07:49
6 Central AC (A)	09:36	5	18:47	8	27:23	6
	Alexander Holl (U13)	09:36	Conor Ryan (U15)	09:11	Iain Davies (U17)	08:36
7 Fife AC (B)	09:42	6	18:36	6	27:25	7
	Craig Morris (U13)	09:42	Jamie Ingledew (U15)	08:54	Fergus Ingledew (U17)	08:49
8 Moorfoot R (A)	09:33	4	18:33	5	27:31	8
	Euan Hood (U13)	09:33	Colin Kaljee (U15)	09:00	Jack Stanners (U17)	08:58
9 Edinburgh AC (C)	10:23	23	19:39	16	27:43	9
	Cameron Smith (U13)	10:23	Freddie Carcas (U15)	09:16	Alex Carcas (U17)	08:04
10 Fife AC (C)	10:21	21	19:06	9	28:08	10
	Alexander Thomson (U13)	10:21	Tristan Rees (U15)	08:45	Drew Davidson (U17)	09:02
11 Aberdeen AAC (A)	10:26	24	19:55	19	28:14	11
	Cameron Callow (U13)	10:26	Matthew Keenan (U15)	09:29	Steven Murray (U17)	08:19
12 Gala H (A)	10:04	12	19:51	18	28:14	12
	Jamie Kinghorn (U13)	10:04	Jamie Logan (U13)	09:47	Broc Drury (U17)	08:23
13 Dundee Hawkhill H (A)	10:14	17	19:20	11	28:19	13
	Davey Begg (U13)	10:14	James Donald (U15)	09:06	Fyfe Galbraith (U17)	08:59
14 Aberdeen AAC (C)	10:19	20	19:28	13	28:19	14
	Oliver Nash (U13)	10:19	Aaron Odentz (U15)	09:09	Matthew Kilner (U17)	08:51
15 Fife AC (D)	09:52	8	18:42	7	28:23	15
	Gavin McWhinnie (U13)	09:52	Gregor Malcolm (U15)	08:50	Sam Fernando (U17)	09:41
16 Strathearn H (A)	10:04	13	19:33	14	28:24	16
	Levi Sweeney (U13)	10:04	Lewis Forsyth (U15)	09:29	Charlie Grimson (U17)	08:51
17 Aberdeen AAC (B)	10:26	25	20:02	20	28:37	17
	Cameron Stone (U13)	10:26	Finlay Strachan (U15)	09:36	Jordan Chapman (U17)	08:35
18 Corstorphine AAC (A)	10:51	27	20:28	22	29:08	18
	Fergus Campbell (U13)	10:51	Steven Addison (U13)	09:37	Anthony Addison (U15)	08:40
19 Fife AC (E)	10:23	22	19:39	15	29:17	19
	Iain McWhinnie (U13)	10:23	George Rees (U15)	09:16	Ronan McKinstry (U17)	09:38
20 Aberdeen AAC (E) (V)	10:07	14	20:06	21	29:20	20
	Adam Brown (U13)	10:07	Nicholas Tierney (U13)	09:59	Andrew Burnett (U17)	09:14
21 Livingston & District AAC (A)	11:05	30	20:49	25	29:22	21
	Aidan Brady (U13)	11:05	Nathan Campbell (U15)	09:44	Andrew Mitchell (U17)	08:33
22 Lasswade AAC (B)	09:55	9	19:48	17	29:35	22
	Lawrie Wilson (U13)	09:55	Jamie Darling (U15)	09:53	Kyle A Mackenzie (U17)	09:47
23 Pitreavie AAC (B)	11:38	35	20:46	24	30:33	23
	Liam Gillam (U13)	11:38	Tyler White (U15)	09:08	Corey Smith (U17)	09:47
24 Fife AC (G)	10:15	18	19:28	12	30:38	24
	Louis Crickmar (U13)	10:15	Ryan Brocklebank (U15)	09:13	Fionnlagh McGlashan (U17)	11:10
25 Pitreavie AAC (D)	11:02	29	20:56	27	30:48	25
	Arran Robertson (U13)	11:02	Andrew McNair (U15)	09:54	Ben Grant (U15)	09:52
26 Pitreavie AAC (C)	11:21	33	21:09	28	30:50	26
	Cameron Pearson (U13)	11:21	Dylan Thomson (U15)	09:48	William Cain (U15)	09:41
27 Strathearn H (B)	10:13	15	21:16	29	31:06	27
	Keir McEwan (U13)	10:13	Andrew MacInnes (U15)	11:03	Angus Lindsay (U17)	09:50
28 Teviotdale H (A)	09:52	7	21:29	31	31:19	28
	Fraser Clyne (U13)	09:52	Jamie Waugh (U15)	11:37	Harry Marshall (U17)	09:50
29 Dundee Hawkhill H (B)	11:20	32	21:27	30	31:31	29
	Ryan George Donald (U13)	11:20	Michael Tarnawsky (U15)	10:07	Robbie Ewen (U17)	10:04
30 Livingston & District AAC (B)	10:49	26	21:43	32	31:33	30
	Arron Black (U13)	10:49	Oliver Threlfall (U15)	10:54	Calum McLean (U17)	09:50
31 Team East Lothian AC (A)	09:58	11	20:41	23	31:51	31
	Evan Friery (U13)	09:58	Charlie Hamilton (U13)	10:43	Kyle Dunlop (U17)	11:10
32 Fife AC (F)	10:56	28	21:45	33	32:44	32
	Connor Almond (U13)	10:56	Euan Mitchell (U15)	10:49	Calum Mitchell (U17)	10:59
Central AC (B)	10:14	16	20:54	26		
	Euan Smith (U13)	10:14	David Nairn (U15)	10:40		
Corstorphine AAC (B)	11:29	34	21:52	34		

	Benjamin Yang (U13)	11:29	Anthony Addison (U15)	10:23
Lothian RC (A)	11:08	31		
	Louis MacDonald (U13)	11:08		
Dundee Hawkhill H (C)	11:39	36		
	Peter Forte (U13)	11:39		

Fastest Times

U13

Magnus Tait (U13)	Lasswade AAC (A)	9.14
Alex Johnston (U13)	Pitreavie AAC (A)	9.26
Fraser Blackie (U13)	Edinburgh AC (A)	9.31
Euan Hood (U13)	Moorfoot R (A)	9.33
Alexander Holl (U13)	Central AC (A)	9.36
Steven Addison (U13)	Corstorphine AAC (A)	9.37
Craig Morris (U13)	Fife AC (B)	9.42
Jamie Logan (U13)	Gala H (A)	9.47
Fraser Clyne (U13)	Teviotdale H (A)	9.52
Gavin McWhinnie (U13)	Fife AC (D)	9.52
Lawrie Wilson (U13)	Lasswade AAC (B)	9.55
Stuart Aitken (U13)	Fife AC (A)	9.55
Evan Friery (U13)	Team East Lothian AC (A)	9.58
Nicholas Tierney (U13)	Aberdeen AAC (E) (V)	9.59
Levi Sweeney (U13)	Strathearn H (A)	10.04
Jamie Kinghorn (U13)	Gala H (A)	10.04
Adam Brown (U13)	Aberdeen AAC (E) (V)	10.07
Keir McEwan (U13)	Strathearn H (B)	10.13
Euan Smith (U13)	Central AC (B)	10.14
Davey Begg (U13)	Dundee Hawkhill H (A)	10.14

U15

Adam Scott (U15)	Fife AC (A)	8.31
Michael Swinton (U15)	Edinburgh AC (A)	8.35
Anthony Addison (U15)	Corstorphine AAC (A)	8.40
Tristan Rees (U15)	Fife AC (C)	8.45
Cameron Steven (U15)	Lasswade AAC (A)	8.49
Gregor Malcolm (U15)	Fife AC (D)	8.50
Jamie Ingledew (U15)	Fife AC (B)	8.54
Colin Kaljee (U15)	Moorfoot R (A)	9.00
James Adam (U15)	Pitreavie AAC (A)	9.00
Paul Ireland (U15)	Edinburgh AC (B)	9.02
James Donald (U15)	Dundee Hawkhill H (A)	9.06
Tyler White (U15)	Pitreavie AAC (B)	9.08
Aaron Odentz (U15)	Aberdeen AAC (C)	9.09
Conor Ryan (U15)	Central AC (A)	9.11
Ryan Brocklebank (U15)	Fife AC (G)	9.13
George Rees (U15)	Fife AC (E)	9.16
Freddie Carcas (U15)	Edinburgh AC (C)	9.16
Lewis Forsyth (U15)	Strathearn H (A)	9.29
Matthew Keenan (U15)	Aberdeen AAC (A)	9.29
Finlay Strachan (U15)	Aberdeen AAC (B)	9.36

U17

Josh Kerr (U17)	Edinburgh AC (A)	7.47
Robert Bough (U17)	Edinburgh AC (B)	7.49
Alex Carcas (U17)	Edinburgh AC (C)	8.04
Aidan Thompson (U17)	Pitreavie AAC (A)	8.10
Logan Rees (U17)	Fife AC (A)	8.16
Steven Murray (U17)	Aberdeen AAC (A)	8.19
Broc Drury (U17)	Gala H (A)	8.23
Andrew Mitchell (U17)	Livingston & District AAC (A)	8.33
Jordan Chapman (U17)	Aberdeen AAC (B)	8.35
Iain Davies (U17)	Central AC (A)	8.36
Fergus Ingledew (U17)	Fife AC (B)	8.49
Charlie Grimson (U17)	Strathearn H (A)	8.51
Matthew Kilner (U17)	Aberdeen AAC (C)	8.51
Iain Lawson (U17)	Lasswade AAC (A)	8.51
Jack Stanners (U17)	Moorfoot R (A)	8.58
Fyfe Galbraith (U17)	Dundee Hawkhill H (A)	8.59
Drew Davidson (U17)	Fife AC (C)	9.02
Andrew Burnett (U17)	Aberdeen AAC (E) (V)	9.14
Ronan McKinstray (U17)	Fife AC (E)	9.38
Sam Fernando (U17)	Fife AC (D)	9.41

SAL East District Cross Country Relays
Deans Community School, Livingston
13-October 2013
Senior/Junior Women

	Stage 1		Stage 2		Stage 3	
1 Central AC (A)	14:01	1	29:02	1	43:25	1
	Morag MacLarty	14:01	Jennifer Emsley	15:01	Fiona Thompson	14:23
2 Edinburgh AC (A)	15:18	3	30:52	3	45:15	2
	Emma Dunnett (U20)	15:18	Susan Ridley (V)	15:34	Laura Dunn	14:23
3 Edinburgh University H & H (A)	15:16	2	30:51	2	46:17	3
	Kirsten Maxwell	15:16	Louise Mercer (U20)	15:35	Mhairi MacLennan (U20)	15:26
4 Fife AC (A)	15:43	6	32:46	9	47:48	4
	Stephanie Pennycook (U20)	15:43	Jennifer Kibble	17:03	Halina Rees (U20)	15:02
5 Central AC (B)	15:54	8	32:06	6	47:51	5
	Isla Campbell	15:54	Emily Greenan (U20)	16:12	Jennifer Hutchison	15:45
6 Hunters Bog T (A)	15:40	4	32:19	7	47:51	6
	Morag McCracken	15:40	Eilidh Wardlaw	16:39	Claire Gordon	15:32
7 Aberdeen AAC (A)	15:47	7	32:48	10	48:21	7
	Gemma Cormack	15:47	Siobhan Prise	17:01	Carly McNeil	15:33
8 Falkirk Victoria H (C) (V)	15:54	9	33:27	14	48:31	8
	Beryl Junnier (V)	15:54	Nicola Flynn (V)	17:33	Fiona Matheson (V)	15:04
9 Edinburgh University H & H (B)	15:40	5	31:49	4	48:35	9
	Georgia Tindley	15:40	Rachel Armitage	16:09	Bronagh Wishart (U20)	16:46
10 Edinburgh AC (B)	16:05	12	31:52	5	48:38	10
	Oonagh Dunnett (U20)	16:05	Victoria Bailie	15:47	Amanda Woodrow	16:46
11 Falkirk Victoria H (A)	16:11	15	32:59	11	49:25	11
	Megan Wright	16:11	Lorna Kennedy	16:48	Robyn Maxtone	16:26
12 Gala H (A) (V)	16:05	11	33:27	15	49:25	12
	Fiona Dagleish (V)	16:05	Gillian Duncan (V)	17:22	Jennifer Forbes (V)	15:58
13 Corstorphine AAC (A)	16:00	10	33:29	17	49:57	13
	Julie Malko	16:00	Megan Smith	17:29	Jessica McClintick (U20)	16:28
14 Fife AC (B)	16:44	20	33:21	13	50:07	14
	Jennifer Cruickshanks (U20)	16:44	Sophie Mullins	16:37	Laura Gibson (U20)	16:46
15 Edinburgh AC (C)	16:19	16	33:03	12	50:17	15
	Lauren Stoddart	16:19	Emma Laverie	16:44	Fiona Hegarty	17:14
16 Lothian RC (A)	17:20	25	34:37	21	50:38	16
	Mel Zobel	17:20	Mhairi Inglis	17:17	Jo Hall	16:01
17 Gala H (B)	17:16	24	33:29	16	51:21	17
	Kerry Sandilands (U20)	17:16	Rachel Fagan	16:13	Nicola Porterfield	17:52
18 Hunters Bog T (B)	17:02	21	34:47	23	51:59	18
	Mairiad Kelly	17:02	Phyllis O'Brien (V)	17:45	Jessica Dewar	17:12
19 Central AC (C) (V)	16:34	18	34:28	19	52:18	19
	Ainsley Normand (V)	16:34	Jane Waterhouse (V)	17:54	Kate Weldon (V)	17:50
20 Carnegie H (A) (V)	17:23	26	34:37	22	52:22	20
	Fabienne Thompson (V)	17:23	Kirsty Baird (V)	17:14	Melanie Sinclair (V)	17:45
21 Dundee Hawkhill H (A)	16:08	13	37:20	30	53:55	21
	Iona Brodie (U20)	16:08	Lucy Fyffe (V)	21:12	Louise Beveridge	16:35
22 Corstorphine AAC (C)	16:27	17	34:36	20	54:20	22
	Gillian Carr	16:27	Sarah Anderson	18:09	Helena Nolan (V)	19:44
23 Edinburgh University H & H (C)	16:09	14	32:29	8	55:01	23
	Kate Lane (U20)	16:09	Sarah Sigsworth	16:20	Rebecca MacDougall	22:32
24 Lothian RC (B) (V)	18:32	33	37:54	33	55:04	24
	Shona Young (V)	18:32	Jill Horsburgh (V)	19:22	Christine MacVarish (V)	17:10
25 Edinburgh AC (D) (V)	16:40	19	33:48	18	55:06	25
	Karen Dobbie (V)	16:40	Elaine Davies (V)	17:08	Hilary Kernaghan (V)	21:18
26 Anster Haddies RC (A) (V)	17:58	30	36:11	27	55:19	26
	Pamela Cruickshanks (V)	17:58	Hazel Bradley (V)	18:13	Christine Bowie (V)	19:08
27 Corstorphine AAC (B) (V)	17:55	29	35:36	25	55:33	27
	Susan Johnston (V)	17:55	Stephanie Addison (V)	17:41	Lucie St. John (V)	19:57
28 Strathearn H (A)	17:08	22	36:42	28	56:01	28
	Emily Greaves	17:08	Fiona McDonald (V)	19:34	Nicola Watson (V)	19:19
29 Hunters Bog T (C)	17:12	23	35:51	26	56:16	29
	Katherine Wilkie	17:12	Kara Tar	18:39	Margaret Spalding	20:25
30 Ferranti AAC (A)	17:30	27	38:26	34	56:22	30
	Elisabeth Mockli	17:30	Elizabeth Gilchrist (V)	20:56	Claire Gilchrist (V)	17:56
31 Fife AC (C) (V)	18:41	35	37:51	32	56:35	31
	Miriam Rennet (V)	18:41	Innes Bracegirdle (V)	19:10	Janet McWhinnie (V)	18:44
32 Lasswade AAC (A)	18:06	32	35:19	24	56:54	32
	Linden Nicholson (V)	18:06	Debra Murray	17:13	Sarah Robertson (V)	21:35
33 Carnegie H (B)	18:03	31	37:35	31	58:25	33
	Helena Sim (V)	18:03	Morna Fleming (V)	19:32	Laura Donaldson	20:50
Falkirk Victoria H (B)	18:41	34	37:18	29		

	Alison Marven	18:41	Gill Inglis (V)	18:37		
Gala H (C)	19:54	36	38:36	35		
	Dawn Grant (V)	19:54	Anne Weir (V)	18:42		
Carnegie H (C) (V)	20:55	38	39:58	36		
	Gillian McCracken (V)	20:55	Alison Whyte (V)	19:03		
Central AC (D)	17:38	28				
	Amy Hendry (U20)	17:38				
Teviotdale H (A)	20:12	37				
	Donna Inglis (V)	20:12				

Fastest Times

Morag MacLarty	Central AC (A)	14.01
Laura Dunn	Edinburgh AC (A)	14.23
Fiona Thompson	Central AC (A)	14.23
Jennifer Emsley	Central AC (A)	15.01
Halina Rees (U20)	Fife AC (A)	15.02
Fiona Matheson (V)	Falkirk Victoria H (C) (V)	15.04
Kirsten Maxwell	Edinburgh University H & H (A)	15.16
Emma Dunnett (U20)	Edinburgh AC (A)	15.18
Mhairi MacLennan (U20)	Edinburgh University H & H (A)	15.26
Claire Gordon	Hunters Bog T (A)	15.32
Carly McNeil	Aberdeen AAC (A)	15.33
Susan Ridley (V)	Edinburgh AC (A)	15.34
Louise Mercer (U20)	Edinburgh University H & H (A)	15.35
Georgia Tindley	Edinburgh University H & H (B)	15.40
Morag McCracken	Hunters Bog T (A)	15.40
Stephanie Pennycook (U20)	Fife AC (A)	15.43
Jennifer Hutchison	Central AC (B)	15.45
Victoria Bailie	Edinburgh AC (B)	15.47
Gemma Cormack	Aberdeen AAC (A)	15.47
Beryl Junnier (V)	Falkirk Victoria H (C) (V)	15.54
Isla Campbell	Central AC (B)	15.54
Jennifer Forbes (V)	Gala H (A) (V)	15.58
Julie Malko	Corstorphine AAC (A)	16.00
Jo Hall	Lothian RC (A)	16.01
Fiona Dagleish (V)	Gala H (A) (V)	16.05
Oonagh Dunnett (U20)	Edinburgh AC (B)	16.05
Iona Brodie (U20)	Dundee Hawkhill H (A)	16.08
Kate Lane (U20)	Edinburgh University H & H (C)	16.09
Rachel Armitage	Edinburgh University H & H (B)	16.09
Megan Wright	Falkirk Victoria H (A)	16.11
Emily Greenan (U20)	Central AC (B)	16.12

SAL East District Cross Country Relays
Deans Community School, Livingston
13-October 2013
Senior/Junior Men

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	12:34	2	24:33	1	37:15	1	49:25	1
	Sean Reilly	12:34	Robert Russell	11:59	Andrew Butchart	12:42	Alastair Hay	12:10
2 Corstorphine AAC (A)	12:20	1	24:59	2	38:12	2	50:48	2
	Dermot Cummins	12:20	Calum McKenzie	12:39	Moray Anderson	13:13	Keith Hood (V)	12:36
3 Central AC (B)	12:45	3	26:22	5	38:52	3	51:35	3
	Tom Watson (U20)	12:45	Scott Green	13:37	Alexander Hendry	12:30	Conan McCaughey	12:43
4 Edinburgh University H & H (A)	13:12	8	26:10	3	39:17	4	51:48	4
	James Dunn (U20)	13:12	Patryk Gierjatowicz	12:58	Ben Stevenson (U20)	13:07	Kyle McLellan	12:31
5 Edinburgh AC (E)	13:08	6	26:22	4	39:30	5	53:30	5
	Bryan Mackie	13:08	Stuart Johnston	13:14	Andrew Lawler (U20)	13:08	Daniel Clarkson	14:00
6 Aberdeen AAC (A)	13:20	11	26:40	7	41:08	8	54:00	6
	James Joy	13:20	Sam Burgess (U20)	13:20	Gareth Lake (U20)	14:28	Mark Haskett	12:52
7 Edinburgh AC (B)	13:12	9	26:38	6	40:04	6	54:09	7
	Chris Ponton (U20)	13:12	Adam Jack	13:26	Jamie Doris	13:26	J Crawford	14:05
8 Corstorphine AAC (B)	14:36	25	28:05	13	41:22	9	55:06	8
	Ewan Stark	14:36	Bryan Clark	13:29	Christopher Galloway (U20)	13:17	Scott Pilkington	13:44
9 Falkirk Victoria H (A)	13:12	7	26:40	8	40:38	7	55:55	9
	Dale Colley (U20)	13:12	Alexander Davidson	13:28	Euan Martin	13:58	Stuart Douglas	15:17
10 Gala H (A)	14:34	23	28:18	15	42:45	15	56:12	10
	Colin Welsh	14:34	Fergus Johnston	13:44	Colin McCall	14:27	Graeme Murdoch	13:27
11 Lasswade AAC (A)	13:15	10	27:19	10	41:53	11	56:59	11
	Peter Avent	13:15	Rowan Marr (U20)	14:04	John Murray	14:34	Paul Bellamy	15:06
12 Central AC (C)	13:42	17	27:28	11	42:01	12	56:59	12
	Martyn Paterson	13:42	Lewis Millar	13:46	Philip Williams	14:33	Christopher Mchardy	14:58
13 Lothian RC (A)	13:01	5	27:01	9	41:32	10	57:15	13
	Max McNeill	13:01	Colin Meek (V)	14:00	Malcolm Lang	14:31	Euan McInnes (V)	15:43
14 Dundee Hawkhill H (A)	12:52	4	28:21	16	43:56	19	57:32	14
	Jamie Crowe (U20)	12:52	Craig Ross (V)	15:29	Colin McNally (V)	15:35	Gordon Barrie (V)	13:36
15 Edinburgh AC (A) (V)	13:27	12	28:31	18	42:31	14	57:54	15
	Robert Turner (V)	13:27	S Calder	15:04	John Blair (V)	14:00	Garry Robertson (V)	15:23
16 Corstorphine AAC (C)	14:07	18	28:36	19	42:45	16	57:57	16
	Christopher O'Brien	14:07	Paddy Jumelle	14:29	Alastair Brockie	14:09	Alex Cumming	15:12
17 Edinburgh University H & H (B)	13:33	13	29:02	22	43:22	17	58:15	17
	Scott Stirling (U20)	13:33	Neil Colquhoun	15:29	Patrick Gillespie (U20)	14:20	Jasper Darrington (U20)	14:53
18 Metro Aberdeen RC (A)	14:32	22	28:59	21	43:58	21	58:18	18
	Barry Gibson	14:32	Alasdair MacMillan	14:27	Neil Jaffrey	14:59	Tom Brian	14:20
19 Pitreavie AAC (A)	13:35	15	29:06	23	43:56	20	58:49	19
	Ben Potrykus (U20)	13:35	Neil MacLachlan	15:31	Scott McAlpine (U20)	14:50	Owain Williams	14:53
20 Corstorphine AAC (D) (V)	13:35	16	28:54	20	43:59	22	59:06	20
	Stuart Campbell (V)	13:35	Michael Anderson (V)	15:19	Dean Carr (V)	15:05	Ian McPherson (V)	15:07
21 Dunbar RC (A)	15:16	35	30:11	29	45:19	25	1:00:00	21
	Grant Noble (V)	15:16	Stuart Hay (V)	14:55	Nicholas Williamson	15:08	Ian Rowland (V)	14:41
22 Hunters Bog T (C)	15:02	30	29:58	27	44:44	24	1:00:08	22
	George Ashley	15:02	James Bowden	14:56	Mark Rhynes	14:46	Michael Taylor	15:24
23 Ochil HR (A)	13:35	14	28:15	14	43:55	18	1:00:23	23
	Graeme Campbell	13:35	John Stevenson (V)	14:40	Ross Vallance	15:40	Ron McCraw (V)	16:28
24 Hunters Bog T (B)	15:45	41	31:17	38	47:30	35	1:01:05	24
	Simon Harrison	15:45	Daniel Clements	15:32	Adrian Campbell	16:13	Murray Strain	13:35
25 Edinburgh AC (C)	14:29	20	29:14	24	44:27	23	1:01:21	25
	Ross Irving	14:29	Keith Dunlop	14:45	S Calder	15:13	Kirk Ollason (V)	16:54
26 Gala H (C) (V)	15:06	31	29:40	26	45:40	26	1:01:50	26
	Mark Bryson (V)	15:06	Sinclair Hill (V)	14:34	Derrick Brydon (V)	16:00	William McCulloch (V)	16:10
27 Fife AC (B) (V)	16:13	45	31:01	36	46:13	29	1:02:03	27
	Ruwan Fernando (V)	16:13	Graham Kirby (V)	14:48	Roger Rees (V)	15:12	Daniel Newman (V)	15:50
28 Gala H (B)	14:39	26	30:40	32	47:28	34	1:02:11	28
	David Moffat	14:39	Anthony Lunn (V)	16:01	Alan Johnston (V)	16:48	Wayne McIntosh	14:43
29 Central AC (E) (V)	15:00	28	30:59	35	47:21	33	1:02:31	29
	Robert Hutchison (V)	15:00	Hugh Buchanan (V)	15:59	Roger Greenaway (V)	16:22	David Eckersley (V)	15:10
30 Teviotdale H (A)	15:13	33	30:45	34	47:16	32	1:02:36	30
	Craig Grieve (V)	15:13	Alan Inglis (V)	15:32	Kyle Potts (U20)	16:31	Derek Scott	15:20
31 Carnegie H (A) (V)	15:34	38	30:41	33	46:29	30	1:02:51	31
	Peter Humphreys (V)	15:34	Ian Stewart (V)	15:07	Nick Weir (V)	15:48	John Hynd (V)	16:22
32 Lothian RC (B)	15:40	39	32:06	41	48:15	36	1:03:24	32
	Alan Moffat	15:40	Gerard McCafferty (V)	16:26	Andrew Fish	16:09	Colin Partridge	15:09
33 Falkirk Victoria H (C)	14:32	21	29:33	25	46:51	31	1:03:49	33
	Michael McQuaid (V)	14:32	Colin D Thomson (V)	15:01	John Martin (V)	17:18	Alexander Watson (V)	16:58
34 Central AC (D)	15:15	34	30:19	30	45:58	27	1:03:59	34
	David Lindsay	15:15	Colin Alexander	15:04	Stuart Watson (V)	15:39	Allan Gall (V)	18:01
35 Fife AC (A)	15:44	40	28:24	17	42:15	13	1:04:44	35
DQ Illegal Takeover leg 1-2	Liam Sleigh (U20)	15:44	Andrew Murphy	12:40	Scott Cassidy	13:51	Graham Bennison (V)	22:29
36 Corstorphine AAC (E) (V)	15:49	43	32:43	42	48:29	38	1:05:09	36
	Shaun Clark (V)	15:49	Derek Ireland (V)	16:54	Alan Cameron (V)	15:46	David Arnott (V)	16:40
37 Pitreavie AAC (B)	15:29	36	31:57	39	48:25	37	1:05:23	37
	Jeff Farquhar (V)	15:29	Jack Lawrie (U20)	16:28	Steven Perrie-Clyde (U20)	16:28	Iain Robertson (V)	16:58
38 Hunters Bog T (A) (V)	15:02	29	30:07	28	48:50	40	1:07:07	38
	James Jarvis (V)	15:02	Alistair Hindle (V)	15:05	Ian Campbell (V)	18:43	Mark Warner (V)	18:17
39 Linlithgow AC (A) (V)	16:18	46	32:57	44	51:28	43	1:08:36	39
	Scott Hyslop (V)	16:18	Johan Meintjies (V)	16:39	Darren Dick (V)	18:31	Paul Dudchenko (V)	17:08
40 Lothian RC (C) (V)	15:48	42	32:45	43	51:51	44	1:08:49	40
	Richard Docherty (V)	15:48	Finlay Slane (V)	16:57	Ian Hall (V)	19:06	Stephen Malcolm (V)	16:58
41 Fife AC (C) (V)	15:31	37	35:30	49	52:24	46	1:09:53	41
	Bryce Aitken (V)	15:31	Andrew Barker (V)	19:59	Brian R Smith (V)	16:54	D.Melville Scobie (V)	17:29

42 Edinburgh AC (D)	16:23	47 33:25	45 52:08	45 1:10:21	42			
	Max Carcas (V)	16:23	Chris Creegan (V)	17:02	Eric Stevenson (V)	18:43	Alex MacEwen (V)	18:13
43 Carnegie H (B)	18:30	53 35:17	48 52:37	47 1:10:38	43			
	Iain Thomson (V)	18:30	John Crookston (V)	16:47	Kevin Davie	17:20	Stephen Greer (V)	18:01
44 Falkirk Victoria H (B)	14:34	24 32:04	40 51:28	42 1:10:45	44			
	John Brogan	14:34	Alastair McCallum (V)	17:30	David Bunyan (V)	19:24	John Denholm (V)	19:17
45 Corstorphine AAC (F) (V)	17:23	50 34:46	46 53:08	48 1:11:53	45			
	Jan-Bert Van Den Berg (V)	17:23	Graham Mclean (V)	17:23	Keith Copland (V)	18:22	Ronald Nolan (V)	18:45
46 Lothian RC (D) (V)	22:27	56 39:12	52 55:31	49 1:16:18	46			
	Stuart Kennedy (V)	22:27	Kenny Mearns (V)	16:45	Paul young (V)	16:19	Pol MacDonald (V)	20:47
47 Ferranti AAC (A)	17:47	52 35:11	47 56:11	50 1:20:15	47			
	Keith Weston (V)	17:47	Ross Anderson (V)	17:24	Edward McDonald (V)	21:00	John Gavin (V)	24:04
Edinburgh University H & H (C)	15:11	32 30:36	31 46:05	28				
	Jasper Darrington (U20)	15:11	James Bryson (U20)	15:25	Jack Luscombe (U20)	15:29		
Corstorphine AAC (G)	14:56	27 31:01	37 48:40	39				
	Craig Nolan (U20)	14:56	Christopher Peggie	16:05	Cathal McCarthy	17:39		
Aberdeen AAC (B)	19:35	55 35:50	51 51:28	41				
	Alan Fulton (V)	19:35	Peter Mutch	16:15	Alasdhair Love	15:38		
Banchory Stonehaven AC (A)	14:27	19 27:55	12					
	Andrew Ferguson Jnr	14:27	Michael Ferguson (U20)	13:28				
Teviotdale H (B)	16:53	49 35:47	50					
	Alister Biggar (V)	16:53	Alan Coltman (V)	18:54				
Carnegie H (C)	16:00	44						
	Barry Davie	16:00						
Falkirk Victoria H (D)	16:31	48						
	Andrew Gibson	16:31						
Central AC (F) (V)	17:47	51						
	Cameron Campbell (V)	17:47						
Edinburgh AC (F)	18:39	54						
	Matthew Newnham (V)	18:39						
Fastest Times								
Robert Russell	Central AC (A)	11.59						
Alastair Hay	Central AC (A)	12.10						
Dermot Cummins	Corstorphine AAC (A)	12.20						
Alexander Hendry	Central AC (B)	12.30						
Kyle McLellan	Edinburgh University H & H (A)	12.31						
Sean Reilly	Central AC (A)	12.34						
Keith Hood (V)	Corstorphine AAC (A)	12.36						
Calum McKenzie	Corstorphine AAC (A)	12.39						
Andrew Murphy	Fife AC (A)	12.40						
Andrew Butchart	Central AC (A)	12.42						
Conan McCaughey	Central AC (B)	12.43						
Tom Watson (U20)	Central AC (B)	12.45						
Jamie Crowe (U20)	Dundee Hawkhill H (A)	12.52						
Mark Haskett	Aberdeen AAC (A)	12.52						
Patryk Gierjatowicz	Edinburgh University H & H (A)	12.58						
Max McNeill	Lothian RC (A)	13.01						
Ben Stevenson (U20)	Edinburgh University H & H (A)	13.07						
Andrew Lawler (U20)	Edinburgh AC (E)	13.08						
Bryan Mackie	Edinburgh AC (E)	13.08						
Dale Colley (U20)	Falkirk Victoria H (A)	13.12						
Chris Ponton (U20)	Edinburgh AC (B)	13.12						
James Dunn (U20)	Edinburgh University H & H (A)	13.12						
Moray Anderson	Corstorphine AAC (A)	13.13						
Stuart Johnston	Edinburgh AC (E)	13.14						
Peter Avent	Lasswade AAC (A)	13.15						
Christopher Galloway (U20)	Corstorphine AAC (B)	13.17						
Sam Burgess (U20)	Aberdeen AAC (A)	13.20						
James Joy	Aberdeen AAC (A)	13.20						
Jamie Doris	Edinburgh AC (B)	13.26						
Adam Jack	Edinburgh AC (B)	13.26						
Robert Turner (V)	Edinburgh AC (A) (V)	13.27						

Correct time 13.15

Correct time 13.15