

**EAST DISTRICT
CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 3rd DECEMBER 2016
ABERDEEN (Balgownie)**

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Peter Jennings
Judges	Andy Law (Chief), Andrew Ferguson
Funnel Control	Philip Brown, Derek Dunn, Donald Macleod
Recorders	Ian Hislop (Chief), Marc Ritchie, Marianne Lang
Officials Report	Alex Jackson
Timekeepers	Alan Bews (Chief), Linda Dobbie,
Starter	Alister Cameron
Announcer	Graham Bennison
Declarations	Claire Smith, Alison Pirie
Team Medals	Phyllis Law, Karen Duguid, Louise Wright
Results	Jackie Stewart (Chief), Marjory Cook, Kirsty Robson
Presentations	Sandra Hardacre
Course Marshals	Members of Metro Aberdeen RC, Aberdeen AAC & JogScotland
Convenor	Alex Jackson

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

Metro Aberdeen RC

Aberdeen AAC

Staff of Aberdeen Sports Village

(First Aid) North East Services and Training

First Race 11.30am

Under 20 Men and Women wear RED numbers

**East District Cross Country Championships
Balgownie Playing Fields, Aberdeen AB22 8GT
Saturday 3rd December 2016**

PARKING

Aberdeen Innovation Park (see MAP)

DECLARATIONS / CHANGING

Balgownie Pavilion

TEAS/FOOD

A catering vehicle will be parked close to the pavilion, there is no catering in the pavilion

TIMETABLE	Declarations Close	Race Starts
Under 13 Girls	11.00	11.30
Under 13 Boys	11.15	11.45
Under 15 Girls	11.30	12.00
Under 15 Boys	11.50	12.20
Under 17 & Under 20 Women	12.10	12.40
Senior Women	12.30	1.00
Under 17 & Under 20 Men	1.00	1.30
Sen/Jun Men	1.30	2.00

Under 20 Women & Under 17 Women run in the same race with U20 wearing a 20 on the **BACK**
Under 20 Women wear RED numbers

Under 20 Men & Under 17 Men run in the same race but different distances with U20 wearing a 20
on the **BACK**. Under 20 Men wear RED numbers

INDIVIDUAL PRESENTATIONS

All individual awards apart from the Senior Men's will be made after each race near the finish area.
Senior Men's awards presentations will be made in the Balgownie Pavilion at approx 3.45pm

TEAM MEDALS

There are team medals for 1st 3 teams in all age groups. These can be collected from declarations in
the pavilion throughout the afternoon when results are known..

HOST CLUB

Our thanks to Jackie Stewart and Peter Jennings and all at Metro Aberdeen Running Club for hosting
the Championships

Alex Jackson
East District Secretary
CC and RR Commission

UNDER 13 GIRLS START 11.30

1	Adele Gillespie (GU13)	Aberdeen AAC
2	Catriona Lang (GU13)	Aberdeen AAC
3	Charlotte Narducci (GU13)	Aberdeen AAC
4	Ellie Sinclair (GU13)	Aberdeen AAC
5	Iona McGuire (GU13)	Aberdeen AAC
6	Zoe Edward (GU13)	Aberdeen AAC
7	Isla Whitton (GU13)	Arbroath & District AC
8	Emma Swanson (GU13)	Banchory Stonehaven AC
9	Isla Long (GU13)	Banchory Stonehaven AC
10	Isabella Thomson (GU13)	Banchory Stonehaven AC
11	Jessica Turnbull (GU13)	Central AC
12	Amy Cully (GU13)	Central AC
13	Mhairi Arnott (GU13)	Corstorphine AAC
14	Mia Linklater (GU13)	Corstorphine AAC
15	Katherine MacLeod (GU13)	Corstorphine AAC
16	Katie Clark (GU13)	Dundee Hawkhill Harriers
17	Sophie Brown (GU13)	Dundee Hawkhill Harriers
18	Lesley Rogers (GU13)	Dundee Hawkhill Harriers
19	Alex Tully (GU13)	Dundee Hawkhill Harriers
20	Cameryn Barclay (GU13)	Dundee Hawkhill Harriers
21	Chloe Lyons (GU13)	Dundee Hawkhill Harriers
22	Lola-Ray Venditozzi (GU13)	Dundee Hawkhill Harriers
23	Grace Matthews (GU13)	Dundee Hawkhill Harriers
24	Faith Duffy (GU13)	Dundee Hawkhill Harriers
25	Emma Johnson (GU13)	Edinburgh AC
26	Katie Johnson (GU13)	Edinburgh AC
27	Phoebe Friend (GU13)	Edinburgh AC
28	Chloe Petrie (GU13)	Edinburgh AC
29	Rose Newman (GU13)	Edinburgh AC
30	Harriet Woodland-Broome (GU13)	Edinburgh AC
31	Molli Robb (GU13)	Falkirk Victoria Harriers
32	Katie Christie (GU13)	Falkirk Victoria Harriers
33	Lauren Barclay (GU13)	Falkirk Victoria Harriers
34	Anna Dalglish (GU13)	Fife AC
35	Anna Hedley (GU13)	Fife AC

UNDER 15 GIRLS START 12.00

53	Eilidh Dempsey (GU15)	Aberdeen AAC
54	Elizabeth McCall (GU15)	Aberdeen AAC
55	Kirsty Oldham (GU15)	Aberdeen AAC
56	Laura McNeill (GU15)	Aberdeen AAC
57	Shannon Brown (GU15)	Banchory Stonehaven AC
58	Carrie Banks (GU15)	Central AC
59	Kyra Gibb (GU15)	Central AC
60	Rosie Eckersley (GU15)	Central AC
61	Georgia Ledingham (GU15)	Corstorphine AAC
62	Nicole Mullard (GU15)	Corstorphine AAC
63	Anna Bennett (GU15)	Dundee Hawkhill Harriers
64	Carmen Thomson (GU15)	Dundee Hawkhill Harriers
65	Iona Vannet (GU15)	Dundee Hawkhill Harriers
66	Natalie Curran (GU15)	Dundee Hawkhill Harriers
67	Daisy Cumming (GU15)	Dunfermline Track & Field AC
68	Hannah Little (GU15)	Edinburgh AC
69	Beatrice Winkler (GU15)	Edinburgh AC
70	Pippa Carcas (GU15)	Edinburgh AC
71	Lucia Montgomery (GU15)	Edinburgh AC
72	Beth Morrow (GU15)	Edinburgh AC
73	Abbie Robb (GU15)	Falkirk Victoria Harriers
74	Chloe McClung (GU15)	Falkirk Victoria Harriers
75	Kerry Robertson (GU15)	Falkirk Victoria Harriers
76	Rhiannon Fagan (GU15)	Gala Harriers
77	Eilidh Forbes (GU15)	Gala Harriers
78	Maddie Thomson (GU15)	Gala Harriers
79	Molly Morris (GU15)	Gala Harriers
80	Abby McGlone (GU15)	Lasswade AAC
81	Isla Calvert (GU15)	Livingston AC
82	Kirsty Anderson (GU15)	Metro Aberdeen Running Club
83	Mia Lovie (GU15)	Metro Aberdeen Running Club
84	Charlotte Clare (GU15)	Moorfoot Runners
85	Beth Hobbs (GU15)	Moorfoot Runners
86	Eilidh Mooney (GU15)	Moorfoot Runners
87	Charlotte Morrison (GU15)	Moorfoot Runners

36	Isla Hedley (GU13)	Fife AC	88	Emma Jenkins (GU15)	Perth Strathtay Harriers
37	Mairi Forbes (GU13)	Gala Harriers	89	Kym McAlpine (GU15)	Pitreavie AAC
38	Molly Kidd (GU13)	George Heriots School	90	Ailsa Barr (GU15)	Pitreavie AAC
39	Fiona Eades (GU13)	Lasswade AAC	91	Molly Richley (GU15)	Pitreavie AAC
40	Charlie-Maree Nolan (GU13)	Livingston AC	92	Sarah Coutts (GU15)	Pitreavie AAC
41	Hannah Steel (GU13)	Lothian Running Club	93	Jemma Jamieson (GU15)	Pitreavie AAC
42	Emily McIntosh (GU13)	Metro Aberdeen Running Club	94	Lauren Blair (GU15)	Pitreavie AAC
43	Rebecca Noble (GU13)	Metro Aberdeen Running Club	95	Jennifer Brydon (GU15)	Pitreavie AAC
44	Molly McLeod (GU13)	Metro Aberdeen Running Club	96	Cera Gemmell (GU15)	Team East Lothian
45	Madeline Collins (GU13)	Moorfoot Runners	97	Kirsty Purcell (GU15)	Unattached
46	Rose Ryan (GU13)	Perth Strathtay Harriers	98	Caitlin Purcell (GU15)	Unattached
47	Mia Hamilton (GU13)	Perth Strathtay Harriers			
48	Lara Hamilton (GU13)	Perth Strathtay Harriers			
49	Maya Millar (GU13)	Pitreavie AAC			
50	Molly Fairfield (GU13)	Pitreavie AAC			
51	Bridget Harley (GU13)	Team East Lothian			
52	Nadine Elder (GU13)	Teviotdale Harriers			

UNDER 17 WOMEN START 12.40

140 Naomi Lang (FU17)	Aberdeen AAC
141 Rebecca Eggeling (FU17)	Aberdeen AAC
142 Clare Stewart (FU17)	Banchory Stonehaven AC
143 Frances Sealy (FU17)	Banchory Stonehaven AC
144 Rosa Hare (FU17)	Banchory Stonehaven AC
145 Lauren McCulloch (FU17)	Central AC
146 Laurn Turnbull (FU17)	Central AC
147 Kate Gallagher (FU17)	Central AC
148 Heather Scott (FU17)	Central AC
149 Madeleine Woods (FU17)	Central AC
150 Jessica MacLeod (FU17)	Corstorphine AAC
151 Martha Gallacher (FU17)	Dundee Hawkhill Harriers
152 Katie McCluskey (FU17)	Dundee Hawkhill Harriers
153 Shania King (FU17)	Dundee Hawkhill Harriers
154 Eloise Walker (FU17)	Edinburgh AC
155 Carolyn Cameron (FU17)	Edinburgh AC
156 Olivia Varelle (FU17)	Falkirk Victoria Harriers
157 Jessica Christie (FU17)	Falkirk Victoria Harriers
158 Katy McGonigal (FU17)	Falkirk Victoria Harriers
159 Eilidh McCallum (FU17)	Falkirk Victoria Harriers
160 Alice Robertson (FU17)	Falkirk Victoria Harriers
161 Louise McCullagh (FU17)	Fife AC
162 Elena Heger (FU17)	Gala Harriers
163 Katie Rourke (FU17)	Gala Harriers
164 Zoe Pflug (FU17)	Gala Harriers
165 Katy Wilkinson (FU17)	Gala Harriers
166 Lindsay Jack (FU17)	Gala Harriers
167 Susannah Godfrey-Faussett (FU17)	Gala Harriers
168 Ellana Gilbert (FU17)	George Heriots School
169 Lauren Dickson (FU17)	Lasswade AAC
170 Sarah Tait (FU17)	Lasswade AAC
171 Ailsa Innes (FU17)	Lasswade AAC
172 Sarah Calvert (FU17)	Livingston AC
173 Hannah Mairs (FU17)	Livingston AC

UNDER 20 WOMEN START 12.40**RED Numbers with 20 on back**

50 Anisha Badial (FU20)	Aberdeen AAC
51 Emily Cossar (FU20)	Aberdeen AAC
52 Kirsteen MacKay (FU20)	Aberdeen AAC
53 Eleanor Hanson (FU20)	Central AC
54 Hannah Addison (FU20)	Corstorphine AAC
55 Caitlin Arnott (FU20)	Corstorphine AAC
56 Isabel Remers (FU20)	Dundee Hawkhill Harriers
57 Kirsty Reynolds (FU20)	Dundee Hawkhill Harriers
58 Eilidh L Reynolds (FU20)	Dundee Hawkhill Harriers
59 Sarah Lavery (FU20)	Edinburgh AC
60 Zoe Bates (FU20)	Edinburgh AC
61 Hannah Cameron (FU20)	Edinburgh AC
62 Jennifer Ricketts (FU20)	Edinburgh Univ Hare & Hounds
63 Fay Walsh (FU20)	Edinburgh Univ Hare & Hounds
64 Lydia Blythe (FU20)	Edinburgh Univ Hare & Hounds
65 Polly Edwards (FU20)	Edinburgh Univ Hare & Hounds
66 Lise Theron (FU20)	Edinburgh Univ Hare & Hounds
67 Georgia Freeman-Mills (FU20)	Edinburgh Univ Hare & Hounds
68 Ailsa Cruickshanks (FU20)	Fife AC
69 Annabel Simpson (FU20)	Fife AC
70 Gwen Gillham (FU20)	Kilbarchan AAC
71 Niamh Shaw (FU20)	Lasswade AAC

174 Hannah Morrison (FU17)	Metro Aberdeen Running Club
175 Cammie Fraser-Mackie (FU17)	Metro Aberdeen Running Club
176 Mairi Wallace (FU17)	Moorfoot Runners
177 Fiona Grant (FU17)	Moorfoot Runners
178 Ciara Bowman (FU17)	Pitreavie AAC
179 Hannah Dow (FU17)	Pitreavie AAC
180 Emily Nicholson (FU17)	Pitreavie AAC
181 Zoe Nicholson (FU17)	Pitreavie AAC
182 Ishbel Inglis (FU17)	Teviotdale Harriers

SENIOR WOMEN START 13.00

1	Rhona Buchan (F50)	Aberdeen AAC	71	Fiona Dalglish (F45)	Gala Harriers
2	Veronique Oldham (F50)	Aberdeen AAC	72	Jennifer Forbes (F45)	Gala Harriers
3	Carly McNeil (F Sen)	Aberdeen AAC	73	Dianne Lauder (F40)	Gala Harriers
4	Charlotte Stirton (F Sen)	Aberdeen AAC	74	Dawn Grant (F45)	Gala Harriers
5	Ellie Buchan (F Sen)	Aberdeen AAC	75	Fiona Shepherd (F45)	Gala Harriers
6	Gemma Cormack (F Sen)	Aberdeen AAC	76	Kate Jenkins (F40)	Gala Harriers
7	Lucy Taylor (F Sen)	Aberdeen AAC	77	Anya Campbell (F45)	Gala Harriers
8	Rebecca Wain (F Sen)	Aberdeen AAC	78	Kirstin Maxwell (F Sen)	Gala Harriers
9	Isobel Burnett (F55)	Carnegie Harriers	79	Rachel Fagan (F40)	Gala Harriers
10	Morna Fleming (F60)	Carnegie Harriers	80	Kirsty Wood (F Sen)	Gala Harriers
11	Karen Forsyth (F Sen)	Carnegie Harriers	81	Katherine Golding (F Sen)	Hunters Bog Trotters
12	Kristin Lownie (F Sen)	Carnegie Harriers	82	Claire Gordon (F Sen)	Hunters Bog Trotters
13	Jane Macleod (F60)	Carnegie Harriers	83	Alison McNeillage (F45)	Hunters Bog Trotters
14	Joanna Murphy (F Sen)	Carnegie Harriers	84	Megan Mowbray (F40)	Hunters Bog Trotters
15	Helen Bonsor (F Sen)	Carnethy Hill Racing Club	85	Sarah O'Neil (F Sen)	Hunters Bog Trotters
16	Sarah Sigsworth (F Sen)	Carnethy Hill Racing Club	86	Louise Provan (F40)	Hunters Bog Trotters
17	Charlotte Morgan (F40)	Carnethy Hill Racing Club	87	Jillian Stephen (F Sen)	Hunters Bog Trotters
18	Morag MacLarty (F Sen)	Central AC	88	Georgia Tindley (F Sen)	Hunters Bog Trotters
19	Jennifer Wetton (F Sen)	Central AC	89	Megan Wright (F40)	Hunters Bog Trotters
20	Fanni Gyurko (F Sen)	Central AC	90	Catherine Dickson (F45)	Lasswade AAC
21	Kimberley Timmins (F Sen)	Central AC	91	Linden Nicholson (F60)	Lasswade AAC
22	Fiona Carver (F55)	Corstorphine AAC	92	Sarah Inglis (F Sen)	Lothian Running Club
23	Fiona Linklater (F40)	Corstorphine AAC	93	Joanna Geddes (F Sen)	Metro Aberdeen Running Club
24	Kirstian MacRuary (F Sen)	Corstorphine AAC	94	Anita Torr (F40)	Metro Aberdeen Running Club
25	Jilly McKay (F Sen)	Corstorphine AAC	95	Claire Bremner (F Sen)	Metro Aberdeen Running Club
26	Nicola Ross (F45)	Corstorphine AAC	96	Claudia Scragg (F Sen)	Metro Aberdeen Running Club
27	Mandy Scott (F50)	Corstorphine AAC	97	Vicki Inglis (F Sen)	Metro Aberdeen Running Club
28	Jane Oliver (F55)	Deeside Runners	98	Fiona Brian (F Sen)	Metro Aberdeen Running Club
29	Rhona Anderson (F50)	Dunbar Running Club	99	Kayleigh Jarrett (F Sen)	Metro Aberdeen Running Club
30	Nicola Tully (F40)	Dundee Hawkhill Harriers	100	Sarah Knox (F45)	Metro Aberdeen Running Club
31	Louise Beveridge (F Sen)	Dundee Hawkhill Harriers	101	Michelle Brearley (F40)	Metro Aberdeen Running Club
32	Vicky Brown (F Sen)	Dundee Hawkhill Harriers	102	Petra Hampton (F Sen)	Metro Aberdeen Running Club
33	Portia Brown (F Sen)	Dundee Hawkhill Harriers	103	Sarah Milne (F Sen)	Metro Aberdeen Running Club
34	Catherine Matthews (F40)	Dundee Hawkhill Harriers	104	Ali Mathers (F40)	Metro Aberdeen Running Club
35	Cheryl Walls (F Sen)	Dundee Hawkhill Harriers	105	Hazel Wyness (F Sen)	Metro Aberdeen Running Club

36	Diane Placentino (F40)	Dundee Hawkhill Harriers	106	Vivienne Bruce (F Sen)	Metro Aberdeen Running Club
37	Jade Lauren Cawthray (F Sen)	Dundee Hawkhill Harriers	107	Rebecca Ward (F Sen)	Metro Aberdeen Running Club
38	Catriona M Reynolds (F45)	Dundee Hawkhill Harriers	108	Erin Rendall (F Sen)	Metro Aberdeen Running Club
39	Morag Taggart (F55)	Dundee Road Runners AC	109	Lauren Smith (F Sen)	Metro Aberdeen Running Club
40	Gillian Sangster (F45)	Dundee Road Runners AC	110	Jayne Addie (F40)	Metro Aberdeen Running Club
41	Janet Murray (F Sen)	Dundee Road Runners AC	111	Alison Milne (F50)	Metro Aberdeen Running Club
42	Alison McNeilly (F Sen)	Dundee Road Runners AC	112	Jill Bonthron (F Sen)	Metro Aberdeen Running Club
43	Rachael Dunn (F Sen)	Edinburgh AC	113	Katie May (F Sen)	Metro Aberdeen Running Club
44	Gillian Palmer (F Sen)	Edinburgh AC	114	Kathryn Firth (F Sen)	Metro Aberdeen Running Club
45	Janet Dunbar (F45)	Edinburgh AC	115	Valerie Wilson (F50)	Metro Aberdeen Running Club
46	Rebecca Burns (F Sen)	Edinburgh AC	116	Amy Mackie (F40)	Metro Aberdeen Running Club
47	Katie Bain (F Sen)	Edinburgh AC	117	Claire Bruce (F Sen)	Metro Aberdeen Running Club
48	Lauren Wilson (F Sen)	Edinburgh AC	118	Tina McLeod (F40)	Metro Aberdeen Running Club
49	Hannah Waugh (F Sen)	Edinburgh AC	119	Claire Smith (F45)	Metro Aberdeen Running Club
50	Stephanie Pennycook (F Sen)	Edinburgh Univ Hare & Hounds	120	Virginie Barrand (F Sen)	Metro Aberdeen Running Club
51	Rachel Stewart (F Sen)	Edinburgh Univ Hare & Hounds	121	Karen Kealey (F45)	Ochil Hill Runners
52	Louise Mercer (F Sen)	Edinburgh Univ Hare & Hounds	122	Claire Douglas (F40)	Perth Road Runners
53	Mhairi MacIennan (F Sen)	Edinburgh Univ Hare & Hounds	123	Sonjia Crow (F Sen)	Perth Road Runners
54	Sophie Collins (F Sen)	Edinburgh Univ Hare & Hounds	124	Fiona Manson (F45)	Perth Road Runners
55	Amy Frankland (F Sen)	Edinburgh Univ Hare & Hounds	125	Nina Roberts (F Sen)	Perth Road Runners
56	Monica Anderson (F45)	Falkirk Victoria Harriers	126	Alison Whyte (F45)	PH Racing Club
57	Elizabeth Gilchrist (F70)	Ferranti AAC	127	Mary Western (F50)	PH Racing Club
58	Claire Gilchrist (F50)	Ferranti AAC	128	Louise Millar (F40)	Pitreavie AAC
59	Julia Loecherbach (F Sen)	Ferranti AAC	129	Penny Hicks (F50)	Pitreavie AAC
60	Fiona Bracegirdle (F Sen)	Fife AC	130	Kerry Sweeney (F40)	Strathearn Harriers
61	Innes Bracegirdle (F60)	Fife AC			
62	Megan Crawford (F Sen)	Fife AC			
63	Jennifer Cruickshanks (F Sen)	Fife AC			
64	Katie Jones (F Sen)	Fife AC			
65	Alison McGill (F Sen)	Fife AC			
66	Sophie Mullins (F Sen)	Fife AC			
67	Halina Rees (F Sen)	Fife AC			
68	Helen Sharpe (F Sen)	Fife AC			
69	Jennifer Spence (F Sen)	Fife AC			
70	Morgan Windram-Geddes (F Sen)	Fife AC			

UNDER 13 BOYS START 11.45

1	Callum McGregor (BU13)	Aberdeen AAC
2	Cameron Cowell (BU13)	Aberdeen AAC
3	Finlay Cooper (BU13)	Aberdeen AAC
4	Gaspard Lecrivain (BU13)	Aberdeen AAC
5	Kai Crawford (BU13)	Aberdeen AAC
6	Lewis Watt (BU13)	Aberdeen AAC
7	Samuel Griffin (BU13)	Aberdeen AAC
8	Matthew Mair (BU13)	Banchory Stonehaven AC
9	Jack Manley (BU13)	Banchory Stonehaven AC
10	Rory Baird (BU13)	Banchory Stonehaven AC
11	Cameron Kerr (BU13)	Central AC
12	Euan Campbell (BU13)	Central AC
13	Jamie Eyton-Jones (BU13)	Corstorphine AAC
14	Archie Hall (BU13)	Corstorphine AAC
15	Archie Kemp (BU13)	Corstorphine AAC
16	Cameron Ross (BU13)	Corstorphine AAC
17	Ronan Sinclair (BU13)	Corstorphine AAC
18	Oliver Stein (BU13)	Corstorphine AAC
19	Ben Struthers (BU13)	Corstorphine AAC
20	Ruairidh Williams (BU13)	Corstorphine AAC
21	laurence Petty (BU13)	Dundee Hawkhill Harriers
22	Josh Taylor (BU13)	Dundee Hawkhill Harriers
23	Josh Gallacher (BU13)	Dundee Hawkhill Harriers
24	Scott Vigrow (BU13)	Dundee Hawkhill Harriers
25	Joseph Placentino (BU13)	Dundee Hawkhill Harriers
26	Tejay Scott (BU13)	Dundee Hawkhill Harriers
27	Connor Daly (BU13)	Edinburgh AC
28	Muir Gillespie (BU13)	Edinburgh AC
29	Sam Glass (BU13)	Edinburgh AC
30	John Leary (BU13)	Edinburgh AC
31	Jay Stewart (BU13)	Edinburgh AC
32	Connor Thompson (BU13)	Edinburgh AC
33	Michael Gillespie (BU13)	Edinburgh AC
34	Michael McGarvey (BU13)	Falkirk Victoria Harriers
35	Ivan Ramsay (BU13)	Falkirk Victoria Harriers

UNDER 15 BOYS START 12.20

60	Adam Brown (BU15)	Aberdeen AAC
61	Adam Robertson (BU15)	Aberdeen AAC
62	Hamish Brown (BU15)	Aberdeen AAC
63	Harry E Hall (BU15)	Aberdeen AAC
64	Michael Watt (BU15)	Aberdeen AAC
65	Patrick Ashdown (BU15)	Aberdeen AAC
66	Ross Macmillan (BU15)	Aberdeen AAC
67	Josh Benton (BU15)	Banchory Stonehaven AC
68	Ben MacMillan (BU15)	Central AC
69	Daniel Bruce (BU15)	Central AC
70	Thomas Woods (BU15)	Central AC
71	David Addison (BU15)	Corstorphine AAC
72	Calum Hall (BU15)	Corstorphine AAC
73	Thomas Ross (BU15)	Corstorphine AAC
74	Daniel Saunders (BU15)	Corstorphine AAC
75	Charlie Cameron (BU15)	Corstorphine AAC
76	Aidan Simpson (BU15)	Dundee Hawkhill Harriers
77	Matthew Tully (BU15)	Dundee Hawkhill Harriers
78	Blair Scott (BU15)	Dundee Hawkhill Harriers
79	Ryan Donald (BU15)	Dundee Hawkhill Harriers
80	Jack Dalgety (BU15)	Dundee Hawkhill Harriers
81	Luca Venditozzi (BU15)	Dundee Hawkhill Harriers
82	Eòin Simpson (BU15)	Dundee Hawkhill Harriers
83	Ethan McColgan (BU15)	Dundee Hawkhill Harriers
84	Ben MacDermid (BU15)	Dundee Hawkhill Harriers
85	Malcolm McLure (BU15)	Dunfermline Track & Field AC
86	Joe Ewing (BU15)	Edinburgh AC
87	Coinneach Petrie (BU15)	Edinburgh AC
88	Tom Ireland (BU15)	Edinburgh AC
89	Iain Hare (BU15)	Edinburgh AC
90	Fabian Despinoy (BU15)	Edinburgh AC
91	Luca librizzi (BU15)	Edinburgh AC
92	Hugh Morrow (BU15)	Edinburgh AC
93	Euan Wond (BU15)	Falkirk Victoria Harriers
94	Cameron Taylor-Cameron (BU15)	Falkirk Victoria Harriers

36	Nathan Laing (BU13)	Falkirk Victoria Harriers	95	Kane Elliott (BU15)	Falkirk Victoria Harriers
37	Campbell Mackay (BU13)	Falkirk Victoria Harriers	96	Max Rintoul (BU15)	Falkirk Victoria Harriers
38	Jonathan Faulks (BU13)	Falkirk Victoria Harriers	97	Findlay Baillie (BU15)	Fife AC
39	Adam Grieve (BU13)	Falkirk Victoria Harriers	98	Owen Keddie (BU15)	Fife AC
40	Gregor Collins (BU13)	Gala Harriers	99	Gavin McWhinnie (BU15)	Fife AC
41	Evan McConnell (BU13)	Gala Harriers	100	Iain McWhinnie (BU15)	Fife AC
42	Cailean Campbell (BU13)	Gala Harriers	101	Ben Sandilands (BU15)	Fife AC
43	Leonardo Monaco (BU13)	George Heriots School	102	Peter Scott (BU15)	Fife AC
44	Tommy Thin (BU13)	George Heriots School	103	Jack McDonald (BU15)	Gala Harriers
45	Amius Marshall-De'Ath (BU13)	George Heriots School	104	Lewis Tharme (BU15)	Gala Harriers
46	Ben Jamieson (BU13)	George Heriots School	105	Innes Campbell (BU15)	Gala Harriers
47	Joe Brochie (BU13)	George Heriots School	106	Archie Weetch (BU15)	George Heriots School
48	Andrew Gilbert (BU13)	George Heriots School	107	Jamie Kinghorn (BU15)	Lasswade AAC
49	Harry Henriksen (BU13)	Lasswade AAC	108	Alastair Marshall (BU15)	Livingston AC
50	Alastair Scott (BU13)	Lasswade AAC	109	Fraser Morris (BU15)	Livingston AC
51	Cameron Dickson (BU13)	Lasswade AAC	110	Craig Scott (BU15)	Metro Aberdeen Running Club
52	Scott Coull (BU13)	Metro Aberdeen Running Club	111	Nathan Tosh (BU15)	Metro Aberdeen Running Club
53	Ben McGregor (BU13)	Metro Aberdeen Running Club	112	Ben Mackie (BU15)	Metro Aberdeen Running Club

54	Alexander Douglas (BU13)	Perth Strathtay Harriers	113	Ethan Elder (BU15)	Moorfoot Runners
55	Conor Gourley (BU13)	Pitreavie AAC	114	Craig Angus (BU15)	Moorfoot Runners
56	Kyle Macfarlane (BU13)	Pitreavie AAC	115	Kairn Brand (BU15)	Perth Strathtay Harriers
57	Louis Christie (BU13)	Pitreavie AAC	116	Gregor Knight (BU15)	Perth Strathtay Harriers
58	Angus Wright (BU13)	Team East Lothian	117	Euan Johnstone (BU15)	Pitreavie AAC
			118	Lewis Blair (BU15)	Pitreavie AAC
			119	Lewis Dow (BU15)	Pitreavie AAC
			120	Duthac Mardon (BU15)	Strathearn Harriers
			121	Joe Donnelly (BU15)	Team East Lothian
			122	Robbie Anderson (BU15)	Team East Lothian
			123	Fraser Clyne (BU15)	Teviotdale Harriers
			124	Kieran McColgan (BU15)	Unattached
			125	Andrew Stirling (BU15)	Unattached
			126	Euan Cromar (BU15)	Unattached

UNDER 17 MEN START 13.30

130 Cameron Callow (MU17)	Aberdeen AAC
131 Cameron Stone (MU17)	Aberdeen AAC
132 Craig Smith (MU17)	Aberdeen AAC
133 Daniel Hatfield (MU17)	Aberdeen AAC
134 Edouard Lecrivain (MU17)	Aberdeen AAC
135 Finlay Strachan (MU17)	Aberdeen AAC
136 Jack Gillespie (MU17)	Aberdeen AAC
137 Nicholas Tierney (MU17)	Aberdeen AAC
138 Joseph Wright (MU17)	Banchory Stonehaven AC
139 Ben Taylor (MU17)	Banchory Stonehaven AC
140 Matthew Greig (MU17)	Banchory Stonehaven AC
141 Keir Howlieson (MU17)	Central AC
142 Sandy Holl (MU17)	Central AC
143 Tom Graham-Marr (MU17)	Central AC
144 Jamie Arnott (MU17)	Corstorphine AAC
145 Stephen Addison (MU17)	Corstorphine AAC
146 Forbes Jackson (MU17)	Corstorphine AAC
147 Jonathan Jackson (MU17)	Corstorphine AAC
148 Finlay Ross (MU17)	Corstorphine AAC
149 Jamie Simpson (MU17)	Dundee Hawkhill Harriers
150 Jack Anderson (MU17)	Dundee Hawkhill Harriers
151 Kristofer Hernandez (MU17)	Dundee Hawkhill Harriers
152 David Wood (MU17)	Dundee Hawkhill Harriers
153 Bradley Duff (MU17)	Dundee Hawkhill Harriers
154 Callum McCormack (MU17)	Dundee Hawkhill Harriers
155 Freddie Carcas (MU17)	Edinburgh AC
156 Sam Brown (MU17)	Edinburgh AC
157 Matthew Kennedy (MU17)	Edinburgh AC
158 Fraser Blackie (MU17)	Edinburgh AC
159 Michael Swinton (MU17)	Edinburgh AC
160 Jack Ross-Thompson (MU17)	Ellon AAC
161 Lewis Pentecost (MU17)	Falkirk Victoria Harriers
162 Harris Pentecost (MU17)	Falkirk Victoria Harriers
163 Euan Boyle (MU17)	Fife AC
164 Craig Morris (MU17)	Fife AC

UNDER 20 MEN START 13.30**RED Numbers with 20 on back**

1 Aaron Odentz (MU20)	Aberdeen AAC
2 Fraser Cruickshank (MU20)	Aberdeen AAC
3 Steven Murray (MU20)	Aberdeen AAC
4 Broc Drury (MU20)	Aberdeen AAC
5 Craig Osborne (MU20)	Aberdeen AAC
6 Calum Kitching (MU20)	Banchory Stonehaven AC
7 Euan Brownlie (MU20)	Central AC
8 Iain Davies (MU20)	Central AC
9 Fraser MacPherson (MU20)	Central AC
10 Bradley Scott (MU20)	Central AC
11 Aidan Thompson (MU20)	Central AC
12 Aidan Cameron (MU20)	Central AC
13 Anthony Addison (MU20)	Corstorphine AAC
14 James Donald (MU20)	Dundee Hawkhill Harriers
15 Andrew Merry (MU20)	Dundee Hawkhill Harriers
16 Declan Gall (MU20)	Dundee Hawkhill Harriers
17 Rowan Downie (MU20)	Dundee Hawkhill Harriers
18 Joseph Arthur (MU20)	Edinburgh AC
19 Gavin Bryson (MU20)	Edinburgh AC
20 Archie Hodgson (MU20)	Edinburgh AC
21 Paul Ireland (MU20)	Edinburgh AC
22 Thomas Otton (MU20)	Edinburgh Univ Hare & Hounds
23 Alexander Chepelin (MU20)	Edinburgh Univ Hare & Hounds
24 Ben Williamson (MU20)	Edinburgh Univ Hare & Hounds
25 Alex Carcas (MU20)	Edinburgh Univ Hare & Hounds
26 Callum Symmons (MU20)	Edinburgh Univ Hare & Hounds
27 Jack Leitch (MU20)	Edinburgh Univ Hare & Hounds
28 Sam Fernando (MU20)	Fife AC
29 Harvey Rankin (MU20)	Fife AC
30 Logan Rees (MU20)	Fife AC
31 Tristan Rees (MU20)	Fife AC
32 Matthew Smith (MU20)	Lasswade AAC
33 Cameron Steven (MU20)	Lasswade AAC
34 Andrew Mitchell (MU20)	Livingston AC

165	George Rees (MU17)	Fife AC	35	Kobe Stevens (MU20)	Moorfoot Runners
166	Adam Scott (MU17)	Fife AC	36	Anton Kobus (MU20)	Moorfoot Runners
167	Robert Sparks (MU17)	Fife AC	37	Ben Greenwood (MU20)	Perth Strathtay Harriers
168	Corri Campbell (MU17)	Gala Harriers	38	Sol Sweeney (MU20)	Perth Strathtay Harriers
169	Yousuf Khursheed (MU17)	Gala Harriers	39	Connor Collins (MU20)	Perth Strathtay Harriers

170 Faisal Khursheed (MU17)	Gala Harriers
171 Callum Tharme (MU17)	Gala Harriers
172 Cameron Douglas (MU17)	George Heriots School
173 Magnus Tait (MU17)	Lasswade AAC
174 Euan Hood (MU17)	Lasswade AAC
175 Jamie Darling (MU17)	Lasswade AAC
176 Christian Graham (MU17)	Lasswade AAC
177 Daniel Kelly (MU17)	Lasswade AAC
178 Alex Johnston (MU17)	Pitreavie AAC
179 James Adam (MU17)	Pitreavie AAC
180 Ben Grant (MU17)	Pitreavie AAC
181 Levi Sweeney (MU17)	Strathearn Harriers

40 Daniel Smith (MU20)	PH Racing Club
41 Tyler White (MU20)	Pitreavie AAC
42 Andrew McNair (MU20)	Pitreavie AAC
43 Corey Smith (MU20)	Pitreavie AAC
44 Kyle Henderson (MU20)	Pitreavie AAC
45 Samuel David (MU20)	Unattached

SENIOR MEN START 14.00

1	Alan Fulton (M65)	Aberdeen AAC	36	Hugh Buchanan (M55)	Central AC
2	Alasdhair Love (M Sen)	Aberdeen AAC	37	Andrew Butchart (M Sen)	Central AC
3	Athol Burnett (M55)	Aberdeen AAC	38	Dale Colley (M Sen)	Central AC
4	John McGregor (M55)	Aberdeen AAC	39	Jamie Crowe (M Sen)	Central AC
5	Paul Eggeling (M45)	Aberdeen AAC	40	Iain Dunsmore (M45)	Central AC
6	Andrew Ferguson Jnr (M Sen)	Aberdeen AAC	41	David Eckersley (M50)	Central AC
7	Eloi Gispert Llandrich (M Sen)	Aberdeen AAC	42	Allan Gall (M60)	Central AC
8	Euan Webster (M Sen)	Aberdeen AAC	43	Charles Graham-Marr (M55)	Central AC
9	Fearghas Thomson (M Sen)	Aberdeen AAC	44	Scott Green (M Sen)	Central AC
10	James Gray (M Sen)	Aberdeen AAC	45	Alastair Hay (M Sen)	Central AC
11	James Joy (M Sen)	Aberdeen AAC	46	Alexander Hendry (M Sen)	Central AC
12	Michael Ferguson (M Sen)	Aberdeen AAC	47	Will Hensman (M Sen)	Central AC
13	Rory Stead (M Sen)	Aberdeen AAC	48	Ross Houston (M Sen)	Central AC
14	Will Mackay (M Sen)	Aberdeen AAC	49	David Lindsay (M Sen)	Central AC
15	Alan Sealy (M50)	Banchory Stonehaven AC	50	Ruaridh Miller (M Sen)	Central AC
16	Robert Auckland (M55)	Banchory Stonehaven AC	51	Cameron Milne (M Sen)	Central AC
17	Michael Bisset (M45)	Carnegie Harriers	52	Chris Smithard (M Sen)	Central AC
18	Barry Davie (M40)	Carnegie Harriers	53	Tom Watson (M Sen)	Central AC
19	Kevin Davie (M Sen)	Carnegie Harriers	54	Michael Wright (M Sen)	Central AC
20	Stephen Greer (M55)	Carnegie Harriers	55	Moray Anderson (M40)	Corstorphine AAC
21	Benjamim Groves (M Sen)	Carnegie Harriers	56	Julian Barrable (M Sen)	Corstorphine AAC
22	Steven Honeyman (M Sen)	Carnegie Harriers	57	Mickey Breen (M Sen)	Corstorphine AAC
23	John Hynd (M55)	Carnegie Harriers	58	Alastair Brockie (M Sen)	Corstorphine AAC
24	Paul Kieran (M40)	Carnegie Harriers	59	Ewan Brown (M Sen)	Corstorphine AAC
25	Steven King (M45)	Carnegie Harriers	60	Stuart Campbell (M45)	Corstorphine AAC
26	Neil McLure (M45)	Carnegie Harriers	61	Bryan Clark (M Sen)	Corstorphine AAC
27	Jonathan Millar (M Sen)	Carnegie Harriers	62	Howell Craske (M Sen)	Corstorphine AAC
28	Phil Smithard (M65)	Carnegie Harriers	63	Tom Cunningham (M Sen)	Corstorphine AAC
29	Mike Lynch (M45)	Carnethy Hill Racing Club	64	Tom Ferrington (M40)	Corstorphine AAC
30	Michael Reid (M40)	Carnethy Hill Racing Club	65	James Harrison (M Sen)	Corstorphine AAC
31	James Waldie (M Sen)	Carnethy Hill Racing Club	66	Mark Haskett (M Sen)	Corstorphine AAC
32	Andrew Fallas (M Sen)	Carnethy Hill Racing Club	67	Keith Hood (M40)	Corstorphine AAC
33	Neil Gilmore (M50)	Carnethy Hill Racing Club	68	Donald Macaulay (M Sen)	Corstorphine AAC
34	Colin Alexander (M40)	Central AC	69	Calum McKenzie (M Sen)	Corstorphine AAC
35	Scott Brember (M40)	Central AC	70	Ross Milne (M Sen)	Corstorphine AAC

71	Scott Pilkington (M Sen)	Corstorphine AAC	108	Michael Barton (M40)	Edinburgh AC
72	Chris Poxton (M Sen)	Corstorphine AAC	109	Max Carcas (M45)	Edinburgh AC
73	Dougie Selman (M Sen)	Corstorphine AAC	110	Richard Clark (M40)	Edinburgh AC
74	Ewan Stark (M Sen)	Corstorphine AAC	111	Michael Christoforou (M Sen)	Edinburgh AC
75	Thomas Wilson (M Sen)	Corstorphine AAC	112	Dave Clements (M45)	Edinburgh AC
76	Bruce Malcolm (M50)	Corstorphine AAC	113	David Cross (M50)	Edinburgh AC
77	Peter Black (M Sen)	Corstorphine AAC	114	Chris Creegan (M55)	Edinburgh AC
78	Alan Cameron (M45)	Corstorphine AAC	115	Keith Dunlop (M Sen)	Edinburgh AC
79	Graeme Fletcher (M50)	Corstorphine AAC	116	Martin Ferguson (M50)	Edinburgh AC
80	David Henderson (M50)	Corstorphine AAC	117	Kevin Hamilton (M Sen)	Edinburgh AC
81	Ian Johnston (M50)	Corstorphine AAC	118	Scott Henderson (M40)	Edinburgh AC
82	Iain Macleod (M45)	Corstorphine AAC	119	Brian Howie (M65)	Edinburgh AC
83	Douglas McKinnon (M Sen)	Corstorphine AAC	120	Leon Johnson (M Sen)	Edinburgh AC
84	Ian McPherson (M45)	Corstorphine AAC	121	Andrew Latham (M50)	Edinburgh AC
85	Blair Montgomery (M Sen)	Corstorphine AAC	122	John Lenehan (M Sen)	Edinburgh AC
86	Keith Ovenstone (M40)	Corstorphine AAC	123	Nikhil Mair (M Sen)	Edinburgh AC
87	Neill Porterfield (M40)	Corstorphine AAC	124	Richard Meade (M Sen)	Edinburgh AC
88	Callum Thom (M Sen)	Corstorphine AAC	125	Alex MacEwen (M60)	Edinburgh AC
89	Jan-Bert Van Den Berg (M55)	Corstorphine AAC	126	Nairn McWilliams (M Sen)	Edinburgh AC
90	Stan Whitaker (M40)	Corstorphine AAC	127	Iain Macdonald (M Sen)	Edinburgh AC
91	Stuart Hunter (M50)	Cosmic Hillbashers AAC	128	Matthew Newnham (M55)	Edinburgh AC
92	Chris Walsh (M Sen)	Dundee Hawkhill Harriers	129	Garry Robertson (M50)	Edinburgh AC
93	Gordon Barrie (M40)	Dundee Hawkhill Harriers	130	Terry Roberts (M Sen)	Edinburgh AC
94	Johnny McBain (M Sen)	Dundee Hawkhill Harriers	131	Eric Stevenson (M65)	Edinburgh AC
95	Munro Stewart (M Sen)	Dundee Hawkhill Harriers	132	Iain Whitaker (M Sen)	Edinburgh AC
96	Raymond Tully (M45)	Dundee Hawkhill Harriers	133	Jacob Adkin (M Sen)	Edinburgh Univ Hare & Hounds
97	Billy Gibson (M40)	Dundee Hawkhill Harriers	134	Ewan Davidson (M Sen)	Edinburgh Univ Hare & Hounds
98	Kenny Liddell (M Sen)	Dundee Hawkhill Harriers	135	James Dunn (M Sen)	Edinburgh Univ Hare & Hounds
99	Gary Bruce (M Sen)	Dundee Hawkhill Harriers	136	Alex Luetchford (M Sen)	Edinburgh Univ Hare & Hounds
100	Kristian Jones (M Sen)	Dundee Hawkhill Harriers	137	Luke McCrave (M Sen)	Edinburgh Univ Hare & Hounds
101	Steve Matthews (M40)	Dundee Hawkhill Harriers	138	Euan Martin (M Sen)	Falkirk Victoria Harriers
102	Philip Forte (M60)	Dundee Hawkhill Harriers	139	John Denholm (M60)	Falkirk Victoria Harriers
103	Nigel Reynolds (M55)	Dundee Hawkhill Harriers	140	John Martin (M60)	Falkirk Victoria Harriers
104	John Mill (M50)	Dundee Road Runners AC	141	Wallace Grieve (M50)	Falkirk Victoria Harriers
105	Duncan Edward (M Sen)	Dundee Road Runners AC	142	Scott Stirling (M Sen)	Falkirk Victoria Harriers
106	Andrew Taylor (M Sen)	Dundee Road Runners AC	143	Malcolm Finlayson (M45)	Falkirk Victoria Harriers
107	Joshua Arthur (M Sen)	Edinburgh AC	144	Andrew MacKenzie (M Sen)	Falkirk Victoria Harriers

145 Stuart Douglas (M Sen)	Falkirk Victoria Harriers	182 Doug Tullie (M Sen)	Hunters Bog Trotters
146 James Stevenson (M Sen)	Falkirk Victoria Harriers	183 Dave Ward (M Sen)	Hunters Bog Trotters
147 Andrew Lawler (M Sen)	Falkirk Victoria Harriers	184 David Wright (M40)	Hunters Bog Trotters
148 Ben Stevenson (M Sen)	Falkirk Victoria Harriers	185 John Boyle (M55)	Kinross Road Runners
149 Jerome Vareille (M40)	Falkirk Victoria Harriers	186 Andrew McGlone (M45)	Lasswade AAC
150 Mark Western (M50)	Falkland Trail Runners	187 David Scott (M40)	Lasswade AAC
151 Paul Caban (M50)	Ferranti AAC	188 Scott Thomson (M Sen)	Lasswade AAC
152 Kenneth Morris (M65)	Fife AC	189 Scott Dickson (M45)	Lasswade AAC
153 Daniel Newman (M45)	Fife AC	190 Colin Partridge (M40)	Lothian Running Club
154 Derek Rae (M Sen)	Fife AC	191 Andrew King (M Sen)	Lothian Running Club
155 Fergus Johnston (M Sen)	Gala Harriers	192 Scott Nelson (M45)	Lothian Running Club
156 Derrick Brydon (M45)	Gala Harriers	193 Tom Brian (M Sen)	Metro Aberdeen Running Club
157 Rory Campbell (M45)	Gala Harriers	194 Chris Richardson (M Sen)	Metro Aberdeen Running Club
158 Darrell Hastie (M Sen)	Gala Harriers	195 Ben Ward (M Sen)	Metro Aberdeen Running Club
159 Craig Mattocks (M40)	Gala Harriers	196 Steven Morrison (M Sen)	Metro Aberdeen Running Club
160 Magnus Inglis (M40)	Gala Harriers	197 Andrew Sykes (M45)	Metro Aberdeen Running Club
161 Bob Johnson (M55)	Gala Harriers	198 Adam Scragg (M Sen)	Metro Aberdeen Running Club
162 Alasdair Anthony (M Sen)	Hunters Bog Trotters	199 Steve Buchan (M40)	Metro Aberdeen Running Club
163 George Ashley (M Sen)	Hunters Bog Trotters	200 Hamish Battle (M Sen)	Metro Aberdeen Running Club
164 James Bowden (M Sen)	Hunters Bog Trotters	201 William Gavin Reid (M50)	Metro Aberdeen Running Club
165 Ewan Crawford (M Sen)	Hunters Bog Trotters	202 Graham Moar (M40)	Metro Aberdeen Running Club
166 Paul Cross (M Sen)	Hunters Bog Trotters	203 Jonny McIntosh (M Sen)	Metro Aberdeen Running Club
167 Michael Diver (M Sen)	Hunters Bog Trotters	204 Jeremy Kibble (M Sen)	Metro Aberdeen Running Club
168 Scott Fraser (M Sen)	Hunters Bog Trotters	205 Linton Tyler (M Sen)	Metro Aberdeen Running Club
169 David Fulton (M Sen)	Hunters Bog Trotters	206 Kyle Henderson (M Sen)	Metro Aberdeen Running Club
170 Patryk Gierjadowicz (M Sen)	Hunters Bog Trotters	207 David MacIennan (M Sen)	Metro Aberdeen Running Club
171 Peter Gardner (M Sen)	Hunters Bog Trotters	208 Kenny Garden (M Sen)	Metro Aberdeen Running Club
172 Simon Harrison (M Sen)	Hunters Bog Trotters	209 Stuart Milne (M Sen)	Metro Aberdeen Running Club
173 Jonathan Henderson (M Sen)	Hunters Bog Trotters	210 Phil Mann (M55)	Metro Aberdeen Running Club
174 Peter Hodgkinson (M Sen)	Hunters Bog Trotters	211 Kevin Mackie (M40)	Metro Aberdeen Running Club
175 James Jarvis (M45)	Hunters Bog Trotters	212 George McPherson (M55)	Metro Aberdeen Running Club
176 Huw Jones (M Sen)	Hunters Bog Trotters	213 Robert Taylor (M55)	Metro Aberdeen Running Club
177 Tom Martyn (M Sen)	Hunters Bog Trotters	214 Jim Tole (M40)	Metro Aberdeen Running Club
178 Ivor Normand (M50)	Hunters Bog Trotters	215 Dino Roussias (M40)	Metro Aberdeen Running Club
179 Brian Pendreigh (M55)	Hunters Bog Trotters	216 John Matheson (M50)	Metro Aberdeen Running Club
180 Murray Strain (M Sen)	Hunters Bog Trotters	217 Roddy McLeod (M45)	Metro Aberdeen Running Club
181 Robin Thomas (M60)	Hunters Bog Trotters	218 Andrew Pearson (M Sen)	Metro Aberdeen Running Club

219 Andrew Thompson (M40)	Metro Aberdeen Running Club	244 Alan Elder (M50)	Moorfoot Runners
220 Russell Willox (M40)	Metro Aberdeen Running Club	245 Matthew Sutherland (M Sen)	North Highland Harriers
221 Barry Gibson (M Sen)	Metro Aberdeen Running Club	246 Simon Grieshaber (M45)	Perth Road Runners
222 Nick Milovsorov (M50)	Metro Aberdeen Running Club	247 David Wood (M60)	Perth Road Runners
223 Keith Farquhar (M50)	Metro Aberdeen Running Club	248 David Knight (M45)	Perth Road Runners
224 Andy Reid (M Sen)	Metro Aberdeen Running Club	249 Duncan Ryan (M45)	Perth Road Runners
225 Brian Robb (M Sen)	Metro Aberdeen Running Club	250 Dave Sinclair (M Sen)	Perth Road Runners
226 Gavin McLennan (M Sen)	Metro Aberdeen Running Club	251 Mark Crawford (M45)	Perth Road Runners
227 Ian McGregor (M Sen)	Metro Aberdeen Running Club	252 Myles Bax (M Sen)	Perth Road Runners
228 Colin Munday (M40)	Metro Aberdeen Running Club	253 Michael McConnell (M Sen)	Perth Road Runners
229 Alastair Findlay (M50)	Metro Aberdeen Running Club	254 Mike Dales (M55)	Perth Road Runners
230 William Milne (M55)	Metro Aberdeen Running Club	255 Darren Jubb (M Sen)	PH Racing Club
231 Paul Knight (M Sen)	Metro Aberdeen Running Club	256 Peter Simpson (M55)	PH Racing Club
232 Craig Anderson (M45)	Metro Aberdeen Running Club	257 Jeff Farquhar (M55)	Pitreavie AAC
233 Dwayne Batt (M Sen)	Metro Aberdeen Running Club	258 Neil Maclachlan (M Sen)	Pitreavie AAC
234 Kyle Greig (M Sen)	Metro Aberdeen Running Club	259 Campbell Blair (M40)	Pitreavie AAC
235 Campbell Hayden (M40)	Metro Aberdeen Running Club	260 Colin Lamont (M Sen)	Pitreavie AAC
236 Peter McNamee (M40)	Metro Aberdeen Running Club	261 William Jarvie (M55)	Portobello Running Club
237 Michael Kane (M50)	Metro Aberdeen Running Club	262 Iain Thomson (M65)	Strathearn Harriers
238 Barry Woods (M Sen)	Metro Aberdeen Running Club	263 Andrew Aitken (M Sen)	Strathearn Harriers
239 Graham Reid (M40)	Metro Aberdeen Running Club	264 Alan Inglis (M45)	Teviotdale Harriers
240 Andrew Williams (M40)	Metro Aberdeen Running Club	265 Alan Coltman (M45)	Teviotdale Harriers
241 James Cruickshank (M Sen)	Metro Aberdeen Running Club	266 Scott Watson (M Sen)	Teviotdale Harriers
242 Mads Trolborg (M Sen)	Metro Aberdeen Running Club		
243 Barry Maguire (M Sen)	Metro Aberdeen Running Club		

CROSS COUNTRY CHAMPIONSHIPS IN ABERDEEN

EVENT	DATE	VENUE
SCCU East Relays	Nov-76	Sheddocksley Playing Fields
SCCU National Relays	Oct-79	Tullos Recreation Park
SCCU National Veterans	Feb-89	Balgownie
SWCCU National Champs	Feb-90	Westfield Park
SCCU East Champs	Jan-91	Balgownie
SAL East Champs	Jan-95	Westfield Park
Scottish Univs Champs	Jan-96	Balgownie
SAL East Champs	Nov-96	Westfield Park
SAL National Masters	Feb-01	Balgownie
Scottish Univs Champs	Dec-01	Balgownie
SAL East Champs	Dec-05	Westfield Park
SAL East Champs	Dec-11	Balgownie
SAL East Champs	Dec-16	Balgownie

Before 1992 Male and Female Cross Country in Scotland was organised by separate governing bodies

SCCU for Males and SWCCU for Females

Gradually from 1992 after the formation of Scottish Athletics (SAL) events were run jointly for Males & Females

Information from Fraser Clyne (mainly) and Alex Jackson

CC and RR Archive now includes East Cross Country Relays at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>

Results for missing years in the archives always welcome

Email ron@st-andrews.ac.uk

scottishathletics East District XC Championships 2016

Balgownie Playing Fields, Aberdeen

COURSE INFORMATION

- Declarations will be at Balgownie Pavillion
- First race is at 11:30
- Declarations open at 10 AM

Race	Course	Distance	Start
U13 Girls	Start – A-B-C-F-G-H-I-A- Finish	3,100m	11:30
U13 Boys	Start – A-B-C-F-G-H-I-A- Finish	3,100m	11:45
U15 Girls	Start – A-B-C-F-A (x 2) - Finish	4,000m	12:00
U15 Boys	Start – A-B-C-F-A (x 2) - Finish	4,000m	12:20
U17 Women	Start – A-B-C-F-A-B-C-F-G-H-I-A- Finish	4,900m	12:40
U20 Women			
Senior Women	Start - A-B-C-D-E-C-F-G-H-I-A (x 2) – Finish	6,600m	13:00
U17 Men	Start - A-B-C-D-E-C-F-G-H-I-A (x 2) – Finish	6,600m	13:30
U20 Men	Start - [A-B-C-D-E-C-F-G-H-I-A] (x2) - [A-B-C-F-A] — Finish	8,400m	
Senior Men	Start - A-B-C-D-E-C-F-G-H-I-A (x 3) – Finish	9,700m	14:00



Start/Finish straight only run at start and end of each race, not between laps

lindsays
SCOTTISH
CROSSCOUNTRY
SEASON

scottishathletics

ABERDEEN
AA
C

metro aberdeen
 running club

scottishathletics East District XC Championships 2016

Balgownie Playing Fields, Aberdeen

INFORMATION & PARKING



PARKING

- Limited parking is available at Balgownie Playing Fields (AB22 8LX) – priority will be given to coaches and officials
- Additional parking is available at Aberdeen Innovation Park (AB22 8GT) from where there is an access path to the playing fields
- Access to all parking off Balgownie Road

TOILETS & FACILITIES

- Toilets, showering and changing facilities available all day at Balgownie Pavillion
- Food will be available for purchase at Balgownie Pavilion

lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



scottishathletics



ABERDEEN
A&A
C

metro aberdeen
running club

scottishathletics Club Tents and Gazebos

Club Tents and Gazebo's not only give club members and officials a suitable place to meet, prepare and recover from races they also enhance the atmosphere and spectacle of events. **scottishathletics** actively encourage clubs to bring tents, gazebos or other coverings to events however these must be erected safely and correctly for the enjoyment, safety and comfort of all concerned. All clubs should make themselves aware of and consider the following **DO's** and **DON'TS**.

DO – Bring along your club tent or gazebo to provide shelter for your athletes

DO – Bring along the tent to create a great atmosphere at the event

DO – Pitch your tent in an easily identifiable location

DO – Bring a ground sheet for extra comfort

DO – Secure your tent properly using adequate pegs and guy ropes especially in windy conditions

DO – Assess the weather conditions for safety of others and your tent – Check the Forecast!

DO – Ensure your site does not create a hazard for athletes/officials or spectators

DO – Ensure sight lines for the event referee and officials are not affected

DO – Bring a bin bag for any rubbish

DO – Help one another to put up and take down your tent

DON'T – Pitch your tent on the Start/Finish Line

DON'T – Pitch your tent on the course

DON'T – Allow your tent to be unsecured against the wind/elements

DON'T – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

DON'T – Leave rubbish behind – please tidy up

- ALWAYS CONSIDER THE SAFETY OF OTHERS WHEN ERECTING YOUR TENT
- TENTS MUST BE SECURED EFFECTIVELY AGAINST THE WEATHER
- IF IN DOUBT DO NOT ERECT YOUR TENT