

Scottish Athletics Federation
National Cross Country Relays
Prestonpans 28/10/95
Young Athletes Female

1	J.G.B. Central AC C	28.28	E Waterhouse (8)	10.01	K Montador (3)	9.23	K Montador (1)	9.04
2	Edinburgh AC A	29.12	E Wardlaw (7)	9.57	H Moar (6)	9.47	L Harrison (2)	9.28
3	Dundee Hawkhill H A	29.16	I McIntyre (1)	9.39	T Stephen (1)	9.34	J Learmonth (3)	10.03
4	J.G.B. Central AC B	29.36	S Borrowman (16)	10.20	J McCrorie (5)	9.21	B Murphy (4)	9.55
5	Lasswade AC A	29.48	F Murray (19)	10.24	N Murray (15)	9.53	D Murray (5)	9.31
6	Edinburgh Woollen Mill A	29.54	G Myles (15)	10.18	S Hood (14)	9.57	L Grossman (6)	9.39
7	Edinburgh AC B	30.00	L Hancock (5)	9.50	M Cairns (10)	10.17	A Hood (7)	9.53
8	Irvine AC A	30.09	L McAvley (3)	9.47	K Bryant (17)	10.42	S McNairney (8)	9.40
9	Inverness Harriers A	30.09	E Cole (21)	10.37	R MacLean (16)	9.48	K MacKay (9)	9.44
10	Glenniffer High School A	30.23	D Kerr (2)	9.46	A Aitchison (9)	10.21	N Smith (10)	10.16
11	Falkirk Victoria H A	30.24	S Eardley (11)	10.11	C Couper (11)	9.57	E Neill (11)	10.16
12	City of Glasgow AC A	30.30	L Letford (14)	10.16	K Munro (4)	9.19	C Kerr (12)	10.55
13	Lasswade AC B	30.38	A Harkins (9)	10.08	A Dunlop (13)	10.04	J Boorhill (13)	10.26
14	Dundee Hawkhill H B	30.47	L Airlie (6)	9.54	J Millar (12)	10.16	S McCarron (14)	10.37
15	City of Glasgow AC B	30.53	C Forrest (13)	10.15	A Daly (7)	9.41	E Sinclair (15)	10.57
16	Fife AC A	31.18	K Forbes (4)	9.48	L Anderson (8)	10.15	C Dewey (16)	11.15
17	IBM Spango Valley A	31.33	P McNelis (20)	10.24	D Harris (20)	10.57	H Banks (17)	10.12
18	Maryhill Harriers A	31.33	M Tollan (10)	10.09	L Carrigan (23)	11.31	D Gallacher (18)	9.53
19	J.G.B. Central AC A	32.12	H Stewart (25)	10.51	K McNally (21)	10.35	B Skinner (19)	10.46
20	East Kilbride AAC A	32.21	L McDonald (32)	11.32	R Todd (30)	11.01	L Campbell (20)	9.48
21	TSB Corstorphine AAC A	32.44	E Smith (33)	11.44	L Henderson (29)	10.25	F Braid (21)	10.35
22	Edinburgh Woollen Mill B	32.49	S Hamidat (27)	11.07	R McNiven (26)	10.40	A McDonald (22)	11.02
23	TSB Corstorphine AAC B	33.12	E Sturrock (26)	10.57	M Sturrock (18)	10.08	L Gowens (23)	12.07
24	Giffnock North AAC A	33.27	L Bendoris (23)	10.47	S McKenzie (22)	10.51	P Currie (24)	11.49
25	Giffnock North AAC B	33.31	J Kirk (22)	10.42	L Kirk (25)	11.04	P Hewson (25)	11.45
26	City of Glasgow AC C	33.44	S Christie (29)	11.18	P Gaffney (28)	10.47	C MacDonald (26)	11.39
27	IBM Spango Valley B	34.00	G Woods (24)	10.49	M Spence (32)	12.20	S Smith (27)	10.51
28	Falkirk Victoria H B	34.24	J Roberts (28)	11.16	D Fraser (27)	10.33	C Graham (28)	12.35
29	City of Glasgow AC D	37.23	L Hearn (34)	13.20	A Kemp (33)	11.53	R Kerr (29)	12.10
	Babcock Pitreavie AAC A	19.14	N Thomson (17)	10.22	H Norman (2)	8.52		
	Babcock Pitreavie AAC B	21.18	C Cannnon (18)	10.22	S Paterson (19)	10.56		
	Inverness Harriers B	21.43	V O'Brien (30)	11.21	L Clarkson (24)	10.22		
	Giffnock North AAC C	23.09	D Wilson (31)	11.30	A Turner (31)	11.39		
	Dundee Hawkhill H C	10.14	R Taylor (12)	10.14				

Young Athletes Male

1	Fife AC A	25.27	A Lemoncello (1)	8.46	A Cassalls (1)	8.18	I Rough (1)	8.23
2	Kilbarchan AAC A	25.42	P Arcari (6)	9.09	P Daily (5)	8.38	D Greig (2)	7.55
3	Cambuslang Harriers A	25.47	D Cleugh (27)	9.46	J Kealy (8)	8.08	G Ferguson (3)	7.53
4	Ayr Seaforth Ac A	25.57	D McKeating (8)	9.10	A McIndoe (2)	8.23	C Garrett (4)	8.24
5	Giffnock North AAC A	26.00	J MacLachlan (11)	9.18	G Jolly (3)	8.21	M Coleman (5)	8.21
6	TSB Corstorphine AAC A	26.02	E Stark (7)	9.09	S O'Brien (7)	8.41	C O'Brien (6)	8.12
7	Cambuslang Harriers B	26.19	G Adam (22)	9.41	S Carson (10)	8.30	D McRae (7)	8.08
8	Cambuslang Harriers C	26.23	P McNally (14)	9.34	S Barber (9)	8.34	G Lyon (8)	8.15
9	East Kilbride AAC A	26.30	C Henderson (3)	8.59	K McKenna (4)	8.46	B Madden (9)	8.45
10	Falkirk Victoria Harriers A	26.33	K Johnstone (10)	9.17	S Anderson (6)	8.31	S Lawson (10)	8.45
11	Springburn Harriers A	26.34	C Jamieson (28)	9.46	B Fleming (23)	9.05	J Hendry (11)	7.43
12	Dundee Hawkhill H A	26.34	D McDonald (2)	8.56	M Hanlon (15)	9.34	R Coats (12)	8.04
13	Cambuslang Harriers D	26.39	N Ritchie (23)	9.41	A Shields (12)	8.38	G Robertson (13)	8.20
14	Greenock Glenpark H A	26.59	A Johnstone (21)	9.41	A McShane (14)	8.43	C McLean (14)	8.35
15	Giffnock North AAC B	27.01	G Garroll (19)	9.39	I Melvin (21)	9.08	R Meffen (15)	8.14
16	Fife AC B	27.06	A Murphy (5)	9.08	C Dalrymple (16)	9.24	S Latimore (16)	8.34
17	Cambuslang Harriers F	27.10	S McNair (18)	9.39	K Kealy (17)	8.55	J Clelland (17)	8.36
18	JG Central AC A	27.10	K McNally (35)	9.54	E Gault (31)	9.15	R Houston (18)	8.01
19	Cambuslang Harriers E	27.10	K Robertson (24)	9.44	N Campbell (22)	9.03	W Bain (19)	8.23
20	Dundee Hawkhill H B	27.17	I Tkaczyk (17)	9.37	D Dowie (29)	9.32	R Stewart (20)	8.08
21	Kilbarchan AAC C	27.21	S Crapnell (40)	10.01	A Ramsay (26)	9.01	C McDerment (21)	8.19
22	Teviotdale Harriers A	27.24	B Marsh (12)	9.29	G Walker (27)	9.35	S Hogg (22)	8.20
23	Kilbarchan AAC B	27.24	R McGuire (45)	10.13	A Thomson (36)	9.11	T Yule (23)	8.00
24	Ayr Seaforth Ac B	27.26	S Christie (30)	9.50	C McDonald (19)	8.55	D Cox (24)	8.41
25	Dundee Hawkhill H C	27.27	P Shepherd (37)	9.56	S Milne (28)	9.11	N Gunstone (25)	8.20
26	Edinburgh Southern H A	27.33	S Kemp (13)	9.30	J Ellerby (35)	9.54	T Poyser (26)	8.09
27	Victoria Park AC A	27.36	C Crawford (15)	9.35	S Boyle (24)	9.21	J Letford (27)	8.40
28	Inverness Harriers A	27.37	A Cliff (25)	9.44	I MacKenzie (18)	8.54	S Ramsay (28)	8.59
29	Victoria Park AC C	27.38	D Stevens (39)	10.01	G Brownlee (30)	9.08	C McLucas (29)	8.29
30	Giffnock North AAC C	27.43	R Chaplin (43)	10.08	C Thomson (25)	8.54	D Melvin (30)	8.41
31	Fraserburgh RC A	27.54	K MacIntyre (9)	9.10	B Irvine (13)	9.12	A Watson (31)	9.32
32	Law & District AC A	28.00	S Lawley (36)	9.54	C McMahan (11)	8.19	P Fair (32)	9.47
33	Kirkintilloch Olympians A	28.02	S McDowall (29)	9.46	W Earnshaw (33)	9.34	J McLoone (33)	8.42
34	Victoria Park AC B	28.04	C McKichan (41)	10.04	C Munro (32)	9.14	P Uppal (34)	8.46
35	Clydesdale Harriers A	28.06	P Doherty (51)	10.25	C Wright (44)	9.30	D Moore (35)	8.11
36	George Heriot's CCC A	28.10	C McDermot (31)	9.50	S Campbell (38)	9.42	A Purves (36)	8.38
37	Clydesdale Harriers B	28.13	W Rossborough (57)	10.33	M Rudzinski (49)	9.39	G Reid (37)	8.01
38	Edinburgh Southern H B	28.17	R Roberston (44)	10.11	C McGhee (37)	9.17	K McGhee (38)	8.49
39	Teviotdale Harriers C	28.18	C Lammie (52)	10.27	R Lauder (41)	9.16	J Turnbull (39)	8.35
40	IBM Spango Valley A	28.25	J Simpson (61)	10.46	D Frazer (39)	8.46	A Callan (40)	8.53
41	Maryhill Harriers A	28.25	C Howe (34)	9.54	J Dodd (45)	10.05	J McLeod (41)	8.26
42	IBM Spango Valley B	28.31	A Osborne (20)	9.39	C Barlas (20)	9.06	A Roe (42)	9.46

43	Springburn Harriers B	28.32	I Marshall (38)	9.59	S McLaughlan (50)	10.18	M Paton (43)	8.15
44	Giffnock North AAC D	28.38	G Fawkes (48)	10.20	C George (42)	9.29	M Dawson (44)	8.49
45	Kilbarchan AAC D	28.38	C Black (65)	11.01	A Greig (51)	9.16	A McLeod (45)	8.21
46	Falkirk Victoria Harriers B	28.45	D Stevenson (58)	10.37	J Shenava (40)	9.03	M Bailey (46)	9.05
47	Teviotdale Harriers B	28.45	N Walker (46)	10.16	C Watson (46)	9.46	S Lauder (47)	8.43
48	JG Central AC B	28.55	R Jackson (59)	10.41	P Whitelam (55)	9.46	B Anderson (48)	8.28
49	Irvine AC A	29.05	B Curdie (32)	9.50	R Collins (43)	9.59	D Hannah (49)	9.16
50	George Heriot's CCC B	29.10	A Milne (33)	9.52	D Eynon (47)	10.13	C McMillan (50)	9.05
51	JG Central AC C	29.14	M Booth (64)	10.50	C Finlay (56)	9.43	S Whitelam (51)	8.41
52	TSB Corstorphine AAC B	29.23	N Henderson (53)	10.27	C Hynd (59)	10.15	G Mallen (52)	8.41
53	Lasswade AC A	29.33	D Philip (16)	9.37	R Martin (57)	10.56	D Veitch (53)	9.00
54	Giffnock North AAC E	29.36	G Ross (56)	10.29	J Cleghorn (52)	9.51	E More (54)	9.16
55	Babcock Pitreavie AAC A	29.41	S Dryburgh (66)	11.24	A Arneil (61)	9.26	S Koronka (55)	8.51
56	Kirkintilloch Olympians B	29.43	R McNeil (54)	10.27	A Gilfillan (58)	10.11	E McLoone (56)	9.05
57	George Heriot's CCC C	29.51	T McLaren (49)	10.20	O Boyce (62)	10.32	K Stevens (57)	8.59
58	TSB Corstorphine AAC C	29.53	K Law (60)	10.43	A Cumming (60)	10.03	B Clark (58)	9.07
59	Falkirk Victoria Harriers C	29.55	P McTavish (47)	10.16	R Gliniany (34)	9.06	D Craig (59)	10.33
60	Victoria Park AC D	30.05	G Carr (55)	10.29	C Shields (53)	9.51	C Calway (60)	9.45
61	Teviotdale Harriers D	30.09	M Trobe (67)	11.25	A Gibson (64)	10.01	S Kerr (61)	8.43
62	Dundee Hawkhill H D	30.21	G Hanlon (63)	10.48	C Petrie (63)	10.21	M Lamb (62)	9.12
63	Fife AC C	30.34	A Shanks (42)	10.07	S Cassidy (48)	10.03	M Redelings (63)	10.24
64	Springburn Harriers C	30.57	C Coll (68)	11.48	M O'Neill (67)	9.55	R Hill (64)	9.14
65	George Heriot's CCC D	31.15	D Veddle (26)	9.44	A Cochrie (65)	11.46	S Wrightson (65)	9.45
66	George Heriot's CCC E	32.01	M Rae (50)	10.24	H Ogilvie (66)	11.09	P Cormack (66)	10.28
67	Kirkintilloch Olympians C	34.13						
	S Davies (71)	11.55	M Houston (69)	12.07	J Kane (67)	10.11		
	Clydesdale Harriers C	20.24	G Wright (62)	10.48	R Rossborough (54)	9.36		
	Clydesdale Harriers D	21.46	D McNally (70)	11.55	G Kennedy (68)	9.51		
	IBM Spango Valley C	9.02	M Pollard (4)	9.02				
	George Heriot's CCC F	11.53	J Hamilton (69)	11.53				

Senior Women

1	Edinburgh Woollen Mill A	41.58	S Gollan (1)	13.20	C Sharp (3)	14.54	M McClung (1)	13.44
2	Aberdeen AAC A	42.23	D Kilner (2)	13.22	S Lamb (1)	14.48	H Grant (2)	14.13
3	City of Glasgow AC A	42.30	E Gorman (J) (10)	14.18	J Thomson (5)	14.28	S Branney (3)	13.44
4	Livingston & District B	43.07	M Coleman (7)	13.59	V Blair (4)	14.45	J Henders (4)	14.23
5	Edinburgh University H A	43.31	D Nixon (13)	14.55	S Garrett (8)	14.38	H Parkinson (J) (5)	13.58
6	City of Glasgow AC B	43.36	J McDevitt (9)	14.17	P Crawley (J) (6)	14.42	A Potts (6)	14.37
7	Dundee Hawkhill H A	43.59	A Carr (6)	13.54	Y Reilly (2)	14.17	G Hanlon (7)	15.48
8	Westerlands CCC A	44.39	H Diamantides (8)	14.16	E Scott (9)	15.25	J Robertson (8)	14.58
9	Strathclyde University A	45.07	E Evans (11)	14.30	M Linden (10)	15.39	C Blair (9)	14.58
10	Glasgow University A	45.50	S Fairweather (5)	13.51	C Caddell (7)	15.31	L MacIntyre (10)	16.28
11	St Andrews University A	46.59	S Smith (12)	14.41	L Cameron (14)	17.00	J Inman (11)	15.18
12	Giffnock North AAC A VETS	47.21	J Armstrong (19)	15.46	C Workman (17)	16.10	M Taylor (12)	15.25
13	Strathclyde University B	48.57	J Brown (J) (14)	15.17	A Higgins (11)	15.56	G Potts (J) (13)	17.44
14	Falkirk Victoria Harriers A	48.57	L Murray (23)	16.49	A Douglas (18)	15.41	C Lawless (14)	16.27
15	Lasswade AC A	49.30	B Veitch (28)	17.38	F McKinnon (24)	16.45	K Meikle (15)	15.07
16	Glasgow University B	49.46	E Weathers (27)	17.17	M Jeffrey (22)	16.32	P Robertson (16)	15.57
17	Carnethy HRC A	50.01	A Mudge (3)	13.25	G Paul (12)	17.53	P Drouet (17)	18.43
18	Dundee Hawkhill H B	50.11	L Rice (22)	16.31	L Provan (J) (21)	17.18	C Smith (18)	16.22
19	Teviotdale Harriers A	50.22	J Jack (15)	15.18	M Keogh (19)	17.38	I Chlopas (19)	17.26
20	Lasswade AC B VETS	50.39	D McDonald (21)	15.54	L Bright (15)	15.54	J Neil (20)	18.51
21	Giffnock North AAC B	51.46	K Kirk (18)	15.42	J Grassie (20)	18.06	A Carroll (21)	17.58
22	Livingston & District C	52.00	L Eades (20)	15.48	D Cunnane (23)	18.24	J Walton (22)	17.48
23	St Andrews University C	52.12	C Hudson (24)	16.58	C Sizemore (26)	17.50	A Brewin (23)	17.24
24	St Andrews University B	53.28	K Eisenbeis (25)	17.07	C Rost (25)	17.22	C Plant (24)	18.59
25	FMC Carnegie Harriers A	53.40	S Legge (26)	17.10	L Kuz (27)	18.23	C Lisle (25)	18.07
26	Giffnock North AAC C VETS	57.56	A Richards (30)	18.13	R Fordyce (29)	21.47	S Robinson (26)	17.56
	Hunters Bog Trotters A	31.30	A Buckley (4)	13.33	C Hankey (13)	17.57		
	Greenock Glenpark H A	31.55	E O'Brien (16)	15.19	A King (16)	16.36		
	Glasgow University C	39.15	E Reid (29)	18.08	S Taplin (28)	21.07		
	City of Glasgow AC C	15.24	J Cox (J) (17)	15.24				
	IBM Spango Valley A	21.06	D Buntine (31)	21.06				
	St Andrews University D	21.38	A Dargie (32)	21.38				

Senior Men

1	Leslie Deans RC A	45.10	I Brown (1)	11.13	S Cairns (1)	11.27	D Ross (1)	11.16	T Hanlon (1)	11.14
2	Shettleston Harriers A	45.26	D Cameron (3)	11.27	W Coyle (2)	11.29	A Callan (2)	11.16	G Wight (2)	11.14
3	Cambuslang Harriers A	45.27	A Robertson (4)	11.28	C Thomson (6)	11.36	G Croll (3)	11.16	S Wylie (3)	11.07
4	Dundee Hawkhill Harriers A	46.12	M Strachan (7)	11.40	T Reid (3)	11.20	C Haskett (4)	11.43	I Campbell (4)	11.29
5	Clydesdale Harriers A	46.18	S Daly (10)	11.42	D Roache (J) (5)	11.20	J Austin (6)	11.51	K Idessane (5)	11.25
6	Kilbarchan AAC A	46.33	R Fitzsimmons (11)	11.44	T Anderson (13)	12.03	T Hearle (8)	11.36	R Quinn (6)	11.10
7	Leslie Deans RC B	46.36	K Chapman (2)	11.23	B Kirkwood (7)	11.52	K Smith (7)	11.54	F McGowan (7)	11.27
8	Leslie Deans RC C	47.12	D Gardiner (6)	11.40	K Lyall (9)	11.50	R Mooney (11)	12.14	S Cohen (8)	11.28
9	Teviotdale Harriers A	47.14	D Barr (9)	11.42	D Cavers (4)	11.19	A Walker (5)	11.46	C Nichol (9)	12.27
10	Falkirk Victoria Harriers A	47.19	M McQuaid (13)	11.49	I Johnston (8)	11.29	J Stevenson (9)	12.11	G Brown (10)	11.50
11	IBM Spango Valley A	47.20	S Hodge (19)	11.54	S Connaghan (11)	11.43	T Tipping (18)	12.31	T Murray (11)	11.12
12	Edinburgh Univ H&H A	47.42	O Edwards (14)	11.49	W Grant (J) (12)	11.57	G Stewart (J) (14)	12.14	R Beynon (12)	11.42
13	FMC Carnegie Harriers A	47.44	A Milligan (J) (8)	11.42	C Nikolaidis (14)	12.06	I Stewart (13)	12.11	M Turner (13)	11.45
14	Greenock Glenpark H A	47.55	C Morrison (48)	12.24	N Armsworth (32)	12.15	A Puckrin (15)	11.23	J McFadyen (14)	11.53
15	Victoria Park AAC A	47.58	C Little (20)	11.57	A Douglas (15)	11.52	S Basnett (12)	11.56	C Greenhalgh (15)	12.13
16	Cambuslang Harriers B	48.21	S Kennedy (J) (23)	12.05	S Fleming (21)	11.56	W McTaggart (16)	12.01	J Brown (16)	12.19
17	Fife AC A	48.28	J Cunningham (36)	12.15	T Mitchell (18)	11.38	H McKay (17)	12.09	D McGregor (J) (17)	12.26
18	Irvine AC A	48.29	L Richardson (25)	12.09	B Richardson (16)	11.40	C Miller (19)	12.20	B Craig (18)	12.20
19	Shettleston Harriers B	48.41	B Scally (38)	12.15	A Little (24)	12.00	J Wilkinson (20)	12.02	A Coyle (19)	12.24
20	Ayr Seaforth AC A	48.43	O Jones (21)	12.00	B Robinson (25)	12.15	P Allan (22)	12.14	L Baker (20)	12.14
21	Livingston & District A	48.45	T Brand (26)	12.09	W McPhail (47)	13.00	G Ackland (29)	12.00	P Dymoke (21)	11.36
22	FMC Carnegie Harriers B	48.52	P Morrison (39)	12.15	S Ogg (30)	12.17	I Taylor (25)	12.13	D Adam (22)	12.07
23	Edinburgh AC A	48.54	M Ferguson (5)	11.39	M Fallows (10)	11.53	R Riddell (21)	12.47	A Donnachie (23)	12.35
24	Metro Aberdeen RC C VETS	49.07	P Graham (85)	13.09	C Youngson (44)	11.48	F Clyne (28)	12.04	K Varney (24)	12.06
25	Metro Aberdeen RC A	49.33	M Johnson (33)	12.15	G Main (27)	12.10	S Willox (40)	13.19	N Milovsorov (25)	11.49
26	Cambuslang Harriers D VETS	49.34	F Connor (47)	12.23	J Robertson (29)	12.09	B Gough (31)	12.43	C McDougall (26)	12.19
27	Edinburgh Southern H A	49.37	W Douglas (34)	12.15	I Steel (17)	11.36	M Flynn (23)	12.51	B Howie (27)	12.55
28	Kilbarchan AAC B	49.39	A McAngus (45)	12.23	M McGinley (38)	12.23	RMcCulloch (27)	12.12	G Gibson (28)	12.41
29	Teviotdale Harriers E VETS	49.44	B Emerson (17)	11.52	N Maltman (26)	12.32	A Reid (32)	12.52	I Elliot (29)	12.28
30	Dumfries RC A	49.47	J Laird (12)	11.47	C Heaven (23)	12.22	J Fergusson (24)	12.34	L Hill (30)	13.04
31	Springburn Harriers A	49.49	A McIndoe (54)	12.35	J Cooper (34)	12.06	E McNair (30)	12.30	D Houston (31)	12.38
32	Carnethy HRC A	50.04	A Spencecey (67)	12.45	J Thin (55)	12.50	J Coyle (33)	11.43	B Connor (32)	12.46
33	Greenock Glenpark H B	50.12	R McDonald (59)	12.37	P Duffy (48)	12.35	C Hendry (J) (37)	12.20	D McLaughlin (33)	12.40
34	Maryhill Harriers A	50.14	J Houston (16)	11.52	M Gallacher (20)	12.06	M McCartney (26)	12.59	K Stevenson (34)	13.17
35	Falkirk Victoria Harriers B	50.16	J Lambie (51)	12.28	R McCallum (33)	12.11	W Higgins (34)	12.47	D Hart (35)	12.50
36	Haddington ELP A	50.20	D Bell (42)	12.21	B Marshal (39)	12.25	T Harley (39)	12.57	D McGuinness (36)	12.37
37	JW Kilmarnock Harriers A	50.36	E Tonner (18)	11.54	J Tonner (35)	12.49	S Murray (36)	12.49	S Dickson (37)	13.04
38	FMC Carnegie Harriers C	50.40	S Reid (43)	12.23	T Thomson (41)	12.30	R Milton (42)	12.56	I Macdonald (38)	12.51
39	Glasgow University A	50.44	M Bain (J) (15)	11.52	A Mace (40)	12.59	M Farrell (41)	12.55	K Corbett (39)	12.58
40	Cambuslang Harriers C	50.57	I Reid (J) (35)	12.15	P Russell (22)	11.54	S South (J) (38)	13.29	R Anderson (40)	13.19
41	Strathclyde University A	50.59	I Tierney (31)	12.13	J Brown (45)	12.45	A Muir (44)	13.11	M Gehin (41)	12.50
42	Clydesdale Harriers B	51.01	D Halpin (37)	12.15	R McIntyre (31)	12.23	M Govan (43)	13.30	M Diver (42)	12.53

43	East Kilbride AAC A	51.17	A McLellan (28)	12.09	D Condra (58)	13.30	B Ronald (48)	12.43	G Colvin (43)	12.55
44	Shettleston Harriers C	51.34	D Buchanan (71)	12.50	D Crowe (56)	12.45	C Bradshaw (56)	13.18	J Hendry (44)	12.41
45	Bellahouston Harriers A	51.34	C Scott (57)	12.37	D Williamson (54)	12.56	G Dickson (52)	13.13	G Bell (45)	12.48
46	Falkirk Victoria Harriers D VETS	51.37	D McKenzie (46)	12.23	D Lothian (46)	12.38	W Day (49)	13.31	P Cartwright (46)	13.05
47	TSB Corstorphine AAC B	51.44	G McLean (106)	13.45	S Bisset (J) (82)	12.50	K Hood (70)	12.53	D Law (47)	12.16
48	Ayr Seaforth AC B	51.45	A Stewart (62)	12.42	J Strawhorn (65)	13.13	B Boyd (54)	12.53	J Caird (48)	12.57
49	Irvine AC B	51.48	J White (53)	12.30	R Cheyne (59)	13.15	J Stevenson (55)	13.05	J McNamee (49)	12.58
50	Lasswade AC A	51.48	S Murray (J) (29)	12.09	J Murray (J) (43)	12.44	D Campbell(J) (47)	13.27	R Wallace (50)	13.28
51	Victoria Park AAC B	51.48	M Smith (50)	12.28	S Gilmour (36)	12.16	M Pate (J) (45)	13.27	P McGregor (51)	13.37
52	Law & District AC A	52.07	J Muir (40)	12.19	J Frood (42)	12.34	I McFarlane (35)	12.36	A Cardwell (52)	14.38
53	Edinburgh AC B	52.10	B Aitken (93)	13.20	F Arnot (70)	12.46	H Innes (61)	12.56	J Agnew (53)	13.08
54	Edinburgh AC C	52.12	A Ford (J) (63)	12.42	A McConnachie (63)	13.13	A Shanley (64)	13.14	M Munro (J) (54)	13.03
55	Livingston & District C VETS	52.17	P West (82)	13.05	S Dempsey (64)	12.50	I Seggie (63)	13.10	S Balfour (55)	13.12
56	Kinross Roadrunners A	52.19	D Anderson (27)	12.09	R McCraw (51)	13.17	T Quigley (59)	13.36	E Bell-Scott (56)	13.17
57	Glasgow University B	52.22	S Smith (88)	13.13	G Barrie (71)	12.57	P Ashworth (58)	12.50	E Jack (57)	13.22
58	Calderglen Harriers A	52.25	M Duthie (61)	12.40	A Derrick (49)	12.34	A Henderson (50)	13.20	R Shanks (58)	13.51
59	IBM Spango Valley B	52.26	P Grant (79)	13.04	C Spence (53)	12.26	T Wilkie (53)	13.17	I MacDonald (59)	13.39
60	Metro Aberdeen RC B VETS	52.26	I Williamson (94)	13.23	I Tack (84)	13.19	J Stewart (76)	12.56	P Jennings (60)	12.48
61	Dundee Hawkhill Harriers C VETS	52.29	R Bell (24)	12.08	J Durnin (50)	13.13	D Hanlon (46)	12.54	A Lamb (61)	14.14
62	Cambuslang Harriers E VETS	52.40	M McDonald (58)	12.37	J Bates (60)	13.14	S Eaglesham (72)	13.39	D Fairweather (62)	13.10
63	Babcock Pitreavie AAC A	52.43	C Watson (30)	12.12	J Farquhar (37)	12.34	G Gardiner (60)	14.16	N Cunningham (63)	13.41
64	JW Kilmarnock Harriers B	52.43	R Dalziel (89)	13.17	F Evans (80)	13.16	J Goldie (71)	12.55	S Russel (64)	13.15
65	Bellahouston Harriers B	52.54	I Ross (76)	12.57	A Smith (77)	13.31	C Joss (74)	13.07	A Quinn (65)	13.19
66	Greenock Glenpark H D VETS	53.00	P Russell (60)	12.37	D McNeill (61)	13.16	W Jukes (62)	13.09	D Guy (66)	13.58
67	Edinburgh Southern H B	53.06	C Cable (86)	13.09	S Innes (72)	13.03	N McDonald (67)	13.11	M Cooper (67)	13.43
68	Lucozade Motherwell D A	53.06	B McAlinden (70)	12.50	S Gibson (J) (75)	13.30	J Hughes (73)	13.12	J Brockett (68)	13.34
69	Fife AC B VETS	53.10	M McReadie (84)	13.08	J Holden (78)	13.21	J Rough (77)	13.15	D Gunstone (69)	13.26
70	Edinburgh AC D VETS	53.19	A Scott (96)	13.27	Z Bankowski (83)	13.11	C Smith (65)	12.34	A McEwen (70)	14.07
71	Babcock Pitreavie AAC B VETS	53.35	K Duncan (52)	12.30	C Mathieson (66)	13.25	A Russell (78)	14.05	D Harkess (71)	13.35
72	Clydesdale Harriers D VETS	53.43	R Young (75)	12.55	J Hanratty (57)	12.40	B Edridge (69)	13.50	J Shields (72)	14.18
73	Annan & District AC A	53.53	C McCann (41)	12.21	R O'Hara (89)	14.49	B Davies (85)	13.37	C Borthwick (73)	13.06
74	Maryhill Harriers B	53.57	J McCartney (111)	13.53	D Shearon (88)	13.15	M Kettle (80)	13.15	P Kearney (74)	13.34
75	Greenock Glenpark H C	54.02	J Hendry (102)	13.33	K Morrison (94)	14.01	S McLoone (81)	12.53	H Fenion (75)	13.35
76	Dumfries RC B	54.02	D Brown (92)	13.20	M McPherson (87)	13.42	N Kerr (83)	13.40	D Chadderton (76)	13.20
77	Teviotdale Harriers B	54.30	A Fair (44)	12.23	F Cannon (103)	15.33	S Watson (J) (82)	12.44	P Douglas (77)	13.50
78	Cambuslang Harriers F	55.08	J Thomson (J) (87)	13.09	T McPake (97)	14.32	P Ogden (89)	13.22	J Bates (78)	14.05
79	Standard Life AC A	55.11	B Smith (90)	13.17	C Durn (81)	13.18	P Shaw (95)	15.00	J Ewing (79)	13.36
80	Haddington ELP B	55.27	R Hope (77)	12.59	J Baird (76)	13.29	C Banford (92)	14.50	M Dickie (80)	14.09
81	Hunters Bog T B	55.35	J Hampshire (81)	13.05	N Blissett (52)	12.21	P Keightley (57)	13.28	R Brown (81)	16.41
82	Springburn Harriers B	55.44	P Laing (78)	13.01	A Callan (74)	13.15	E Dickson (79)	13.54	C Fleming (82)	15.34
83	IBM Spango Valley C	55.54	E McKee (114)	14.05	D McCabe (109)	14.06	D Munro (97)	13.52	C Black (83)	13.51
84	FMC Carnegie Harriers D	56.01	B Macdonald (74)	12.52	T Lawlor (100)	14.58	T Litterick (98)	14.14	J Robb (84)	13.57
85	Livingston & District B	56.10	C Eades (119)	14.18	A Agnew (104)	13.43	D Simmons (88)	12.59	I McAdam (85)	15.10
86	Fife AC C	56.12	B Cruickshank (68)	12.47	A Davies (67)	13.12	P Robertson (84)	14.46	J Robertson (86)	15.27

87	Penicuik Harriers A	56.23	J Jansen (55)	12.35	C Graham (91)	14.42	C Patterson (105)	15.26	D Cairns (87)	13.40
88	Ayr Seaforth AC C	56.37	K Neil (J) (65)	12.45	C White (73)	13.29	D Paul (91)	15.02	R Page (88)	15.21
89	Garscube Harriers A	56.48	S Sheridan (107)	13.48	S Cullen (98)	13.57	F Wallace (96)	14.04	S Irvine (89)	14.59
90	Giffnock North AAC B VETS	56.51	C Thomson (109)	13.51	B Nolan (108)	14.15	A Stewart (107)	14.49	A Watson (90)	13.56
91	Edinburgh Univ H&H C	56.52	S Brown (116)	14.06	S Oh-Ishi (105)	13.55	P Perry (118)	16.16	J Jarvis (91)	12.35
92	Linlithgow AC A VETS	56.58	R Shaw (112)	13.53	G Burrows (117)	14.55	C Hutcheon (103)	13.50	G Forrest (92)	14.20
93	TSB Corstorphine AAC C	57.09	M Malcolm-Smith (98)	13.30	D Henderson (96)	14.09	S Ferrier (J) (94)	13.46	N Grubb (93)	15.44
94	Teviotdale Harriers C	57.12	R Halliday (117)	14.12	C Scott (107)	13.51	A Coltman (108)	14.55	G Henry (94)	14.14
95	Edinburgh Univ H&H B	57.14	D Wright (J) (66)	12.45	D Tinker (J) (68)	13.14	J Wiggett (66)	13.22	M Holmes (95)	17.53
96	Edinburgh Southern H D VETS	57.20	B Begley (101)	13.33	A Griffiths (101)	14.23	J Turner (101)	14.32	T Weavers (96)	14.52
97	Glasgow University C	57.24	J Dargie (91)	13.17	C Moran (116)	15.26	T McHugh (106)	14.11	L Stone (97)	14.30
98	Haddington ELP C VETS	57.39	A Wallace (118)	14.15	P McDonald (113)	14.16	R Harris (110)	14.29	G Armstong (98)	14.39
99	Troon Tortoises AC A	57.42	G McGregor (108)	13.48	B McKeating (95)	13.46	I Beattie (93)	13.46	S Robertson (99)	16.22
100	Kinross Roadrunners B	57.43	M Hughes (141)	15.29	E Hartley (125)	14.03	G Graham (124)	15.43	W Kent (100)	12.28
101	Lucozade Motherwell D B	57.43	D Fallows (113)	14.04	J Love (93)	13.22	G Murray (104)	15.17	A Ferguson (101)	15.00
102	George Heriot's CCC A	58.06	S Goddard (115)	14.06	G Lawrie (J) (127)	15.36	K Sharif (122)	15.14	M Fitchett(J) (102)	13.10
103	Dundee Hawkhill Harriers D VETS	58.07	A Birse (121)	14.20	P Burnett (111)	14.00	N McAvley (109)	14.40	S Cromar (103)	15.07
104	Annan & District AC B	58.09	R Carey (100)	13.30	C Thomson (110)	14.41	N Priestley (113)	15.14	E Barnfather (104)	14.44
105	St Andrews University A	58.13	P Grogan (73)	12.52	P Conner (118)	16.26	O Millingham (117)	14.40	D Kirkpatrick (105)	14.15
106	Bellahouston Harriers C	58.19	T Dickie (103)	13.37	D Branney (112)	14.46	J Harkness (114)	15.28	G Mercer (106)	14.28
107	Giffnock North AAC A	58.31	I Airdrie (99)	13.30	C Rankin (92)	13.56	A Hay (100)	14.56	F Galbraith (107)	16.09
108	Hunters Bog T A	58.44	E Scott (142)	15.31	R Thomas (123)	13.57	B Hughes (120)	15.00	D Taylor (108)	14.16
109	Heriot Watt University A	59.15	P Leonard (129)	14.43	S Bolland (99)	13.02	B Thompson (111)	15.21	T Ellis (109)	16.09
110	Springburn Harriers C VETS	59.16	W McGregor (131)	14.51	F Thom (129)	15.07	H O'Malley (121)	14.33	A Hill (110)	14.45
111	Edinburgh AC E	59.29	P Hutton (126)	14.37	A Laird (115)	13.59	C Young (125)	16.41	G Lightwood (111)	14.12
112	IBM Spango Valley D	59.49	J Connaghan (130)	14.49	T Tracey (121)	14.32	D Campbell (116)	14.33	E Smyth (112)	15.55
113	Greenock Glenpark H E	59.51	R Hodelet (125)	14.37	K Scott (128)	15.05	R Shaw (115)	14.12	S Way (113)	15.57
114	Edinburgh Southern H E	59.56	W Gallacher (136)	15.12	M Robertson (134)	15.14	J Macgregor (129)	15.31	G Turton (114)	13.59
115	Falkirk Victoria Harriers E VETS	60.00	A Rodger (104)	13.37	T Stempeczyk (102)	14.19	C Vassie (102)	14.42	R Gray (115)	17.22
116	Fife AC D	60.03	J Close (49)	12.24	D Francis (90)	14.53	T Black (112)	16.00	M Kuzyszyn (116)	16.46
117	Dundee Hawkhill Harriers E	60.27	S Kerr (69)	12.47	D Morgan (119)	16.31	R McIntosh (127)	16.08	G Mitchell (117)	15.01
118	TSB Corstorphine AAC A VETS	60.32	M Hulme (110)	13.53	I Cumming (106)	14.10	R Jones (119)	16.17	J Hynd (118)	16.12
119	East Kilbride AAC B	60.39	E Morrison (105)	13.42	D Turnbull (120)	15.39	E Blue (128)	16.06	G Reid (119)	15.12
120	Kirkintilloch Olympians B VETS	61.12	K McNeil (134)	14.57	N Gallacher (124)	14.35	I Campbell (123)	15.26	M Durman (120)	16.14
121	Clydesdale Harriers E VETS	61.33	G Kane (127)	14.39	P Rudzinski (132)	15.33	P Dolan (134)	16.44	D Rothin (121)	14.37
122	Irvine AC C	62.04	D Campbell (140)	15.25	J Morton (139)	16.08	B Adam (135)	16.48	D Brown (122)	13.43
123	Edinburgh Southern H C	62.06	M Sneddon (124)	14.32	P Paterson (130)	15.26	A Laird (133)	16.58	G Steel (123)	15.10
124	JGB Central AC B	62.18	M Crawford (97)	13.27	J Dickson (135)	17.02	G Redpath (J) (132)	16.18	K Whitelam (124)	15.31
125	Calderglen Harriers B	63.12	K Boag (123)	14.25	B Stewart (131)	15.41	C Steven (131)	16.31	M Buchanan (125)	16.35
126	Ferranti AAC A	64.18	J Gavin VETS (122)	14.20	K Weston (114)	14.13	J Potter (130)	17.56	J Cooney (126)	17.49
127	Ferranti AAC B	65.21	A Bell (128)	14.39	I Shaw (122)	14.42	R Watter (126)	15.56	B Thomson (127)	20.04
	Leslie Deans RC D	35.30	A Hutton (22)	12.03	A Robson (19)	11.53	G Booth (10)	11.34		
	Kirkintilloch Olympians A	38.42	C Burns (56)	12.35	K Leitch (28)	11.52	G McLean (51)	14.15		
	Strathclyde University B	39.23	G Richards (72)	12.52	P Kippelen (62)	13.01	A Phillips (J) (68)	13.30		

	Falkirk Victoria Harriers C	39.37	D McMillan (80)	13.05	A Ronald (69)	13.01	D Gillespie (75)	13.31		
	Lasswade AC B	40.50	M Hamlin (J) (95)	13.23	R Aitken (86)	13.32	A McIntosh (86)	13.55		
	Cambuslang Harriers G	40.55	M O'Hagen (64)	12.42	A Hughes (85)	14.00	R Brennan (87)	14.13		
	Kilbarchan AAC C	41.09	J Snodgrass (83)	13.05	D Mense (79)	13.24	R Miller (90)	14.40		
	Dundee Hawkhill Harriers B	42.19	G Rennett (32)	12.13	H Glynn (126)	17.24	D Sullivan (99)	12.42		
	Teviotdale Harriers D	30.22	A Casson (132)	14.51	M McClure (133)	15.31				
	Springburn Harriers D VETS	30.45	J Owens (137)	15.14	D Morton (136)	15.31				
	Victoria Park AAC C	31.10	K McVey (133)	14.57	A Cairney (137)	16.13				
	Maryhill Harriers C	31.22	J Micoud (138)	15.19	L McCue (138)	16.03				
	IBM Spango Valley E	32.56	A Galbraith (144)	16.25	J Lewis (140)	16.31				
	Clydesdale Harriers C	14.18	J Wright (120)	14.18						
	Garscube Harriers B	15.07	W Marshall (135)	15.07						
	JGB Central AC A VETS	15.22	A Johnstone (139)	15.22						
	Annan & District AC C	16.06	J Sloan (143)	16.06						
	Calderglen Harriers C	16.32	C McDonald (145)	16.32						

Fastest Times

S Wylie	Cambuslang Harriers A	11.07
R Quinn	Kilbarchan AAC A	11.10
T Murray	IBM Spango Valley A	11.12
I Brown	Leslie Deans RC A	11.13
G Wight	Shettleston Harriers A	11.14
T Hanlon	Leslie Deans RC A	11.14
G Croll	Cambuslang Harriers A	11.16
A Callan	Shettleston Harriers A	11.16
D Ross	Leslie Deans RC A	11.16
D Cavers	Teviotdale Harriers A	11.19
D Roache (J)	Clydesdale Harriers A	11.20
T Reid	Dundee Hawkhill Harriers A	11.20
A Puckrin	Greenock Glenpark H A	11.23
K Chapman	Leslie Deans RC B	11.23
K Idessane	Clydesdale Harriers A	11.25
F McGowan	Leslie Deans RC B	11.27
D Cameron	Shettleston Harriers A	11.27
S Cairns	Leslie Deans RC A	11.27
S Cohen	Leslie Deans RC C	11.28
A Robertson	Cambuslang Harriers A	11.28
I Johnston	Falkirk Victoria Harriers A	11.29
I Campbell	Dundee Hawkhill Harriers A	11.29
W Coyle	Shettleston Harriers A	11.29
G Booth	Leslie Deans RC D	11.34
I Steel	Edinburgh Southern H A	11.36
P Dymoke	Livingston & District A	11.36