

Scottish Road 5K Championships - Silverknowes 6/5/2016 - Senior Women

Full Results at http://uk.srichinmoyraces.org/files/result_run_and_become_5k_2016_sheet_1.pdf

	Name	Club	Time
1	Maddie Murray	Edinburgh AC	16:07
2	Morag MacLarty	Central AC	16:31
3	Jennifer Wetton	Central AC	16:34
4	Stephie Pennycook (FU20)	Fife AC	16:34
5	Annabel Simpson (FU20)	Fife AC	16:40
6	Nicola Gauld	Aberdeen AAC	16:47
7	Rachael Dunn	Edinburgh AC	16:56
8	Eilidh Mackenzie	Stornoway R&AC	17:06
9	Gillian Black (FU20)	VP City of Glasgow AC	17:09
10	Laura Dunn	Edinburgh AC	17:19
11	Lesley Chisholm (F40)	Garscube H	17:21
12	Fiona Brian	Metro Aberdeen RC	17:30
13	Virginie Barrand	Metro Aberdeen RC	17:32
14	Alexandra Lamond	Ronhill Cambuslang H	17:39
15	Jenny MacLean (F40)	Edinburgh AC	17:44
16	Michelle Sandison	Springburn H	17:47
17	Lauren Wilson	Edinburgh AC	17:56
18	Natalie Milne	Central AC	18:00
19	Lana Turnbull	Lothian RC	18:01
20	Kirstian MacRuary	Corstorphine AAC	18:03
21	Andrea Burke Rae	Fife AC	18:14
22	Tammy Wilson	Garioch RR	18:16
23	Ailsa Cruickshanks (FU20)	Fife AC	18:21
24	Michelle Mackay	Dundee Road Runners AC	18:22
25	Marie Baxter (F40)	Garioch RR	18:23
26	Catriona Graves (FU20)	Edinburgh University H & H	18:25
27	Kayleigh Jarrett	Metro Aberdeen RC	18:26
28	Kirstin Maxwell	Gala H	18:27
29	Chloe Simpson (FU20)	Inverclyde Athletic Club	18:42
30	Janet Dunbar (F40)	Edinburgh AC	18:47
31	Carolyn Milne (F50)	Garioch RR	18:53
32	Jill Smylie	Giffnock North AAC	18:54
33	Mary Western (F50)	Carnegie H	19:09
34	Mairi Watts		19:13
35	Sarah Stephen		19:15
36	Bernadette O'Neil (F40)	Bellahouston H	19:16
37	Tessa Strain	Hunters Bog Trotters	19:19
38	Sophie Collins (FU20)	Edinburgh University H & H	19:23
39	Claire Bruce	Metro Aberdeen RC	19:24
40	Jennifer Cruickshanks	Fife AC	19:30
41	Iona Evans (FU20)	Edinburgh University H & H	19:37
42	Kathleen Dempsey		19:40
43	Jennifer Robertson	Peterhead AC	19:43
44	Rachael Bushfield	Inverclyde AC	19:44
45	Hannah Taylor	Aberdeen AAC	19:48
46	Angela Howe (F40)	Fife AC	19:50
47	Rachel Drummond	Penicuik H	19:52

	Name	Club	Time
48	Katrina Ballantyne (FU20)	Glasgow University H & H	19:57
49	Jill Bonthron	Metro Aberdeen RC	19:59
50	Ellen Stickle (FU20)	Aberdeen AAC	20:06
51	Erica christie (F50)	Bellahouston H	20:13
52	Lucy Taylor	Aberdeen AAC	20:18
53	Jocelyn Moar	Edinburgh AC	20:24
54	Mairead Kelly	Hunters Bog Trotters	20:25
55	Trish Milne (F50)	Central AC	20:26
56	Beth Hanson (FU20)	Edinburgh University H & H	20:46
57	Linn Gjesdal	Edinburgh University H & H	21:06
58	Kersti Jaager	Edinburgh AC	21:09
59	Emily Cossar (FU20)	Aberdeen AAC	21:13
60	Fiona Macfarlane	Falkirk Victoria H	21:15
61	Justine Vandermotten		21:20
62	Katie Sampson		21:27
63	Marie-Therese Rodgers (F40)	Airdrie H	21:35
64	Kara McCurrach	Metro Aberdeen RC	21:38
65	Zoe Stuart	Carnegie H	21:41
66	Nicola Freedman (F40)	Harmony AC	21:43
67	Maggie Sadler	University of St Andrews CCC	22:03
68	Morna Fleming (F60)	Carnegie H	22:15
69	Elaine Davies (F40)	Edinburgh AC	22:17
70	Alice Florence Orr (FU20)	Edinburgh University H & H	22:24
71	Monica Anderson (F40)	Falkirk Victoria H	23:12
72	Sandra Aitken (F50)	Fife AC	23:18
73	Julia Hector (F60)	Stirling Triathlon Club	23:31
74	Nicola Tully (F40)	Dundee Hawkhill H	23:32
75	Naomi Sharp	Metro Aberdeen RC	23:44
76	Natalie Brown	PH Racing Club	23:54
77	Isla Mitchell		23:56
78	Cara McCafferty (FU20)	Lothian RC	24:01
79	Kathryn Firth	Edinburgh University H & H	24:04
80	Sarah Whalen (F40)	Scottish Prison Service AAC	24:09
81	Angela Malcolm (F40)		24:12
82	Bethany Nelson (FU20)	Lothian RC	24:15
83	Karen Forsyth	Carnegie H	24:16
84	Margaret McLaren (F50)	Fife Athletic Club	24:22
85	Joyce Donald (F40)	Dundee Hawkhill H	24:35
86	Elizabeth Hughes (F50)	Bellahouston RR	24:39
87	Kirsty Arnott (FU20)		24:54
88	Jayne Addie (F40)	Metro Aberdeen RC	24:57
89	Alison Curry (F40)	Central AC	25:12
90	Nikki Hall		25:13
91	Rachel Stewart (FU20)	Edinburgh University H & H	25:34
92	Anne Campbell	Bellahouston RR	26:14
93	Lynda Gilroy (F40)	Musselburgh & District AC	27:40
94	Lindsay McGouldrick	Jog Scotland	31:20

Senior Women Teams				
Pos	Club	Name	Time	Pos
1	Edinburgh AC (18)	Maddie Murray	16:07	1
		Rachael Dunn	16:56	7
		Laura Dunn	17:19	10
2	Central AC (23)	Morag MacLarty	16:31	2
		Jennifer Wetton	16:34	3
		Natalie Milne	18:00	18
3	Fife AC (30)	Stephie Pennycook	16:34	4
		Annabel Simpson	16:40	5
		Andrea Burke Rae	18:14	21

4	Metro Aberdeen RC (36)	8, 9, 19
5	Garioch RR (78)	22, 25, 31
6	Aberdeen AAC (101)	6, 45, 50
7	Edinburgh University H & H (105)	26, 38, 41
8	Carnegie Harriers (166)	33, 65, 68
9	Lothian Running Club (179)	19, 78, 82

U20 Women Teams				
Pos	Club	Name	Time	Pos
1	Fife AC (7)	Stephie Pennycook	16:34	1
		Annabel Simpson	16:40	2
		Ailsa Cruickshanks	18:21	4
2	Edinburgh University H & H (20)	Catriona Graves	18:25	5
		Sophie Collins	19:23	7
		Iona Evans	19:37	8

Scottish Road 5K Championships - Silverknowes 6/5/2016 - Senior Men

	Name	Club	Time
1	Mark Mitchell	Forres H	14:32
2	Dermot Cummins	Corstorphine AAC	14:42
3	Cameron Milne	Central AC	14:44
4	Marc Austin	Victoria Park City of Glasgow	14:49
5	Scott Stirling	Edinburgh University H & H	14:50
6	Jamie crowe	Central AC	14:52
7	Craig Ruddy	Inverclyde AC	14:53
8	Jonathan Glen (MU20)	Inverclyde AC	14:56
9	Neil Renault	Edinburgh AC	14:56
10	Bryan Mackie	Edinburgh AC	14:57
11	Aidan Thompson (MU20)	Central AC	14:59
12	Fergus Roberts	Richmond and Zetland H	15:00
13	Kenny Wilson	Moray RR	15:01
14	Calum McKenzie	Corstorphine AAC	15:01
15	Murray Strain	Hunters Bog Trotters	15:03
16	Elisha de Mello (MU20)	Edinburgh University H & H	15:03
17	dale colley	Central AC	15:08
18	Iain Davies (MU20)	Central AC	15:08
19	Mark Pollard	Inverclyde AC	15:09
20	George Goodwin (MU20)	Stirling University AC	15:12
21	Alistair Campbell	Ronhill Cambuslang H	15:19
22	Peter Avent	Penicuik H	15:19
23	Darrell Hastie	Gala H	15:19
24	Kerry-Liam Wilson (M40)	Ronhill Cambuslang H	15:20
25	Mickey Breen	Corstorphine AAC	15:23
26	Patryk Gierjatowicz	Hunters Bog Trotters	15:24
27	Callum Symmons (MU20)	Edinburgh University H & H	15:25
28	Jonathan Crickmore	Heriot-Watt University AC	15:26
29	Callum Smith	U/A	15:28
30	Donald Macaulay	Corstorphine AAC	15:35
31	Callum Matthews (MU20)	Kilbarchan Amateur AC	15:36
32	Paul Sorrie	Shettleston H	15:36
33	del Young	Garscube H	15:39
34	William MacRury	Ronhill Cambuslang H	15:42
35	Craig Campbell	Edinburgh University H & H	15:44
36	Ross Gray (MU20)	Inverclyde AC	15:44
37	Bobby Bristow	Ronhill Cambuslang H	15:44
38	Scott Pilkington	Corstorphine AAC	15:46
39	Hamish Battle	Metro Aberdeen RC	15:46
40	David Henderson	Inverclyde AC	15:47
41	Stuart Livingstone	Corstorphine AAC	15:47
42	Alistair Masson (MU20)	Edinburgh University H & H	15:47
43	Jonnie Nisbet	Stirling University AC	15:48
44	Gav Bryson (MU20)	Edinburgh AC	15:49
45	Craig Jardine (MU20)	Ronhill Cambuslang H	15:49
46	Matthew O'Connor	University of St Andrews CCC	15:49
47	Grant Boyne	Glasgow University H & H	15:51
48	Iain Whitaker	Edinburgh AC	15:51
49	Peter Moffett	Falkirk Victoria H	15:52
50	Stuart Johnston	Edinburgh AC	15:53
51	Martin Gore	Lasswade Athletics Club	15:53
52	Andrew Woodroffe	Graeme Stewart coaching	15:56
53	Andrew Fallas	Carnethy Hill Racing Club	15:56
54	Gareth Jenkins (M40)	Moray RR	15:57
55	Matthew Rallison	Edinburgh University H & H	16:00
56	Callum Reid	Edinburgh AC	16:01
57	David Brown	Lancaster & Morecambe AC	16:01
58	Ross Macdonald	Law & District AAC	16:02
59	Bryan Clark	Corstorphine AAC	16:02
60	Ryan Lafferty	Fife AC	16:06
61	Bruce Carse	Bellahouston RR	16:07
62	James Harrison	Corstorphine AAC	16:09
63	Alastair Brockie	Corstorphine AAC	16:09
64	Gordon Clarke (M40)	Corstorphine AAC	16:11
65	David Hall	Corstorphine AAC	16:15
66	Euan Brownlie (MU20)	Central AC	16:16
67	William Gardner (MU20)	Oxford City AC	16:19
68	Jake Thomas (MU20)	Livingston and District AAC	16:19
69	Stephen Allan (M40)	Kirkintilloch Olympians	16:20
70	Johnny Lawson (M40)	Portobello RC	16:21
71	Malcolm Lang	Lothian RC	16:21
72	Jamie Crawford	Edinburgh AC	16:22
73	Ross Stephen (MU20)	Ronhill Cambuslang H	16:26
74	Roger Clark (M40)	Carnegie H	16:27
75	Iain Macdonald	Edinburgh AC	16:29
76	Colin McGill (M40)	Edinburgh AC	16:29
77	Graham McCabe (M40)	Kirkintilloch Olympians	16:30
78	Tim Morgan (MU20)	Edinburgh University H & H	16:30
79	Rory Scott	Fife AC	16:31
80	Chris Poxton	Harmeny AC	16:32
81	Stuart Milne	Metro Aberdeen RC	16:34
82	Christopher Macdonald	Motherwell ac	16:34
83	Robbie Kennedy (MU20)	Edinburgh AC	16:36
84	Brian Douglas (M40)	Bellahouston H	16:38
85	Gavin Hogarth		16:38
86	Craig Mackenzie	Motherwell ac	16:38
87	Colin Somerville	PH Racing Club	16:40
88	Allan Cameron (M40)	Motherwell ac	16:41
89	Paul Kieran (M40)	Carnegie H	16:43
90	Neil Walker	Kilmarnock H & AC	16:44
91	Chris Russell	University of St Andrews CCC	16:46
92	Howard Elliott (M40)	Kirkintilloch Olympians	16:47
93	Tom Brian	Metro Aberdeen RC	16:48
94	Steven O'brien	Corstorphine AAC	16:49
95	Iain Burns	Bellahouston RR	16:49
96	Madis Osjajets	Edinburgh AC	16:49
97	Robert Watson (M40)	Musselburgh & District AC	16:50
98	david tamburini (M40)	Inverclyde AC	16:51
99	Tom Wilson	Corstorphine AAC	16:52
100	Stuart Mackay	PH Racing Club	16:53
101	Jeremy Kibble	Metro Aberdeen RC	16:56
102	John McManus	Hunters Bog Trotters	16:57
103	Doug Murray	Corstorphine AAC	16:58
104	Steve Buchan (M40)	Metro Aberdeen RC	16:58

	Name	Club	Time
142	Euan McInnes (M40)	Lothian RC	17:45
143	Gerard Scullion (M50)	Bellahouston RR	17:45
144	Chris Richardson	Metro Aberdeen RC	17:46
145	Christopher O'Brien	Corstorphine AAC	17:47
146	Paul Kemohan	Ronhill Cambuslang H	17:47
147	Scott Henderson	Edinburgh AC	17:48
148	Daniel Lynch	University of St Andrews Cross Country Club	17:48
149	Neil Mackay (M40)		17:49
150	David Hulse	Bellahouston RR	17:50
151	Callam Scott (MU20)	Glasgow University H & H	17:51
152	Kenneth Rankin (M50)	Falkirk Victoria H	17:53
153	Andrew McGlone (M40)	Lasswade Athletics Club	17:54
154	Peter Simpson	Edinburgh AC	17:54
155	David Bull		17:55
156	Bryan Innes	Falkland trail runners	17:56
157	Paul Cross	Hunters Bog Trotters	17:57
158	Jacob Howe (M40)	Fife AC	17:58
159	Stephen Todd (M40)	Hunters Bog Trotters	17:58
160	Aidan McCaffreyUnder 17	Kirkintilloch Olympians	17:59
161	David Thomson	East Kilbride AC	18:01
162	Bruce Malcolm (M50)	Corstorphine AAC	18:06
163	Charlie Hillman (MU20)	University of St Andrews CCC	18:07
164	Dino Roussias (M40)	Metro Aberdeen RC	18:08
165	Mark Gallacher (M40)	Motherwell ac	18:10
166	Alan Gibson (M50)		18:10
167	Chris Stephenson (M40)	Carnegie H	18:12
168	James Drummond		18:12
169	Alan Knowles (M40)	Lothian RC	18:13
170	Mark Forrester		18:15
171	Iain MacLeod (M40)	Corstorphine AAC	18:16
172	David Worrall		18:19
173	Ben Murphy (MU20)	Edinburgh University H & H	18:22
174	Bryce Aitken (M50)	Fife AC	18:22
175	David Chesheldine (M50)		18:23
176	John Paul Murphy		18:25
177	Martin McNellis (M50)		18:26
178	Robin Mussett (M50)	Central AC	18:29
179	Murray Peebles		18:29
180	Andrew Latham (M50)	Edinburgh AC	18:30
181	Stuart Milner	Hunters Bog Trotters	18:32
182	Wallace Mitchell	PH Racing Club	18:33
183	Steven James Morrison	Metro Aberdeen RC	18:33
184	Charles Graham-Marr (M50)	Central AC	18:35
185	Scott Nelson (M40)	Lothian RC	18:36
186	Mike Jones	Musselburgh & District AC	18:36
187	malcolm parry (M40)	Edinburgh AC	18:39
188	Doug MacDonald	Lasswade Athletics Club	18:40
189	Robert Hutchison (M50)	Central AC	18:41
190	Ewen Cameron	Motherwell AC	18:44
191	John Murray (M40)		18:45
192	Andrew Ross (M40)	Harmeny AC	18:48
193	Sean Casey (M40)	Kirkintilloch Olympians	18:49
194	Iain Dunsmore (M40)	Central AC	18:51
195	Stephen Pearson (MU20)	Harmeny AC	18:52
196	John Mill (M50)	Dundee RR AC	18:52
197	Angus Kay (M50)	Harmeny AC	18:53
198	Lewis Bruce	Dundee RR AC	18:53
199	Phil Buckley (M40)	Harmeny AC	18:58
200	Alistair Hindle (M40)	Hunters Bog Trotters	19:02
201	James Bryson	Edinburgh University Hare & Hounds	19:03
202	Alan Cameron (M40)	Corstorphine AAC	19:07
203	Calum Mackinnon		19:10
204	Raymond Tully (M40)	Dundee hawkhill H	19:12
205	Colin Hughes (M50)	Bellahouston RR	19:14
206	Jim White (M40)	Motherwell ac	19:14
207	Craig Stewart (M40)	Harmeny AC	19:16
208	Gavin McLennan	Metro Aberdeen RC	19:18
209	Malcolm Finlayson (M40)	Falkirk Victoria H	19:18
210	Bobby Hill	Law & District AAC	19:18
211	Graeme Wilson (M50)	Wee County H	19:23
212	Donald Shaw (M40)		19:23
213	Ian Robert Johnston (M50)	Carnegie H	19:27
214	Ryan White (MU20)	Livingston and District AAC	19:29
215	Ryan Ferguson	Lothian RC	19:30
216	Nick Ruane (M40)		19:30
217	John McIntyre		19:30
218	Doug Fraser (M40)	Musselburgh & District AC	19:31
219	Damien Moore	VP City of Glasgow AC	19:34
220	Gary Barker (M50)	Fife AC	19:34
221	Christopher Hartles	Edinburgh AC	19:42
222	Peter McClelland	Hunters Bog Trotters	19:45
223	Mark Western (M50)	Carnegie H	19:47
224	Adam Scragg	Metro Aberdeen RC	19:54
225	Robert Pattinson (M40)	Motherwell AC	19:55
226	Steven George		19:59
227	Jonathan Creese	Metro Aberdeen RC	19:59
228	Gavin Reid (M50)	Metro Aberdeen RC	20:02
229	Jim Scott (M60)	Portobello RC	20:03
230	Ed Norton (M60)	PH Racing Club	20:04
231	Mark Mackenzie (M40)	Carnegie H	20:06
232	Callum Douglas	Falkirk Victoria H	20:11
233	Michael Watts	LINLITHGOW AC	20:11
234	Michael Brown (M50)	Edinburgh Triathletes	20:12
235	Paul Young (M40)	Lothian RC	20:17
236	Billy Mitchell (M50)	Central AC	20:24
237	Andrew Jannetta	Meedies RC	20:35
238	Paul McMonagle (M40)		20:40
239	Kieran Morgan (M50)	Carnegie H	20:41
240	Kevin Durnian	Motherwell ac	20:55
241	Stevie Ogg (M40)	PH Racing Club	20:56
242	Stephen Malcolm (M40)	Lothian RC	20:57
243	Michael Bisset (M40)	Carnegie H	21:00
244	Alistair Dalgleish	Livingston and District AAC	21:06
245	Stewart Christie (M40)	Falkirk Victoria H	21:11

105	Wattie mackay (M50)	Strathearn H	16:59
106	David Cross (M50)	Edinburgh AC	17:02
107	James Rae	Fife AC	17:02
108	Michael Geoghegan	Portobello RC	17:03
109	Darren Jubb	PH Racing Club	17:04
110	Michael Diver	Edinburgh University H & H	17:04
111	Chris Walsh	Dundee Hawkhill H	17:05
112	Douglas McKinnon	Corstorphine AAC	17:05
113	Scott Somerville (MU20)	Ronhill Cambuslang H	17:05
114	Alan Hume	Central AC	17:07
115	Owain Williams	Edinburgh AC	17:08
116	Neil Cameron (M40)	Central AC	17:08
117	Michael Healy		17:08
118	John Wilson		17:11
119	James Gallacher (M50)	Kirkintilloch Olympians	17:12
120	Stuart Tite	Fife AC	17:12
121	Mark Paterson (M40)	Motherwell ac	17:13
122	Scott Martin (M40)	Kilmarnock H & AC	17:17
123	Alan Heron	Dumbarton AAC	17:18
124	Liam Sleigh (MU20)	Corstorphine AAC	17:22
125	Ian McGregor	Metro Aberdeen RC	17:23
126	Finlay Finlay	Garscube H	17:24
127	Scott Craighead	Carnethy Hill Racing Club	17:28
128	Darren Cavaroli (M40)	Harmony AC	17:32
129	Fraser Logan	Belgrave H	17:33
130	Ross Mawhinney (MU20)	Stirling University AC	17:33
131	Tony Mccutcheon (M40)	Ronhill Cambuslang H	17:35
132	Kenny Liddell	Dundee Hawkhill H	17:40
133	Matthew Porteous	Portobello RC	17:40
134	Euan Craig	Kirkintilloch Olympians	17:40
135	Stephen Duffy (M40)	HAMILTON H	17:40
136	James McDougall (MU20)	University of St Andrews CCC	17:41
137	John Mowbray	Edinburgh AC	17:41
138	Cameron Robertson (M40)	Metro Aberdeen RC	17:42
139	Tim Martin	Bellahouston RR	17:42
140	Richard Meade	Edinburgh AC	17:43
141	Alastair White (MU20)	Livingston and District AAC	17:43

246	Neil Graham (M40)	Lothian RC	21:13
247	Graham Moar (M40)	Metro Aberdeen RC	21:14
248	Brian Pendreigh (M50)	Hunters Bog Trotters	21:15
249	Barry Davie (M40)	Carnegie H	21:18
250	Nigel Hetherington (M50)	MotherwellAC	21:19
251	Frank McLaren (M60)	Fife AC	21:22
252	Gerry Gallacher (M40)	Scottish Prison Service AAC	21:30
253	Malcolm Hector (M60)	Stirling Triathlon Club	21:31
254	Andrew Stavert (M50)	Portobello RC	21:33
255	Steven Blair (M50)	Corstorphine AAC	21:35
256	Kenny Mason (M50)		21:42
257	Jim Alexander (M50)	Lothian RC	21:45
258	John Denholm (M60)	Falkirk Victoria H	21:50
259	Colin Wishart (M40)	Lothian RC	21:51
260	Malcolm Smith (M50)	Carnegie H	21:54
261	Gordon Dewar (M50)	Falkirk Victoria H	21:56
262	Roy Mitchell (M60)	Perth RR	21:58
263	Alan WEIR (M40)	Run24fitcuk	22:05
264	Jimmy McIntyre (M40)	Fife AC	22:14
265	Raymond Milne (M50)	Central AC	22:18
266	Duncan Baker (M50)	Hunters Bog Trotters	22:31
267	Angus Donald (M40)	Dundee Hawkhill H	22:41
268	George Black (M70)	Fife AC	22:44
269	Colin Stewart (M40)	Shettleston H	22:53
270	Jim Petrie (M60)	Lothian RC	22:58
271	Brian Howie (M60)	Edinburgh AC	23:12
272	Kenny Mearns (M50)	Lothian RC	23:15
273	Stephen Brady (M40)		23:28
274	Niall McCluskey (M40)	Portobello RC	23:38
275	Steven Shottliff		24:15
276	Tom Keenan (M60)	Bellahouston H	24:36
277	James Proffitt (M50)	Motherwell ac	24:43
278	John McGlynn (M60)	Unattached	25:08
279	Ian Hall (M50)	Edinburgh AC	25:19
280	Keith Stewart		25:27
281	Graham Bennisson (M60)	Fife AC	26:04

Senior Men Teams				
Pos	Club	Name	Time	Pos
1	Central AC (20)	Cameron Milne	14:44	3
		Jamie Crowe	14:52	6
		Aidan Thompson	14:59	11
2	Inverclyde AC (34)	Craig Ruddy	14:53	7
		Jonathan Glen	14:56	8
		Mark Pollard	15:09	19
3	Corstorphine AAC (41)	Dermot Cummins	14:42	2
		Calum McKenzie	15:01	14
		Mickey Breen	15:23	25
4	Edinburgh University H & H (48)	5, 16, 27		
5	Edinburgh AC (63)	9, 10, 44		
6	Ronhill Cambuslang H (79)	21, 24, 34		
7	Hunters Bog Trotters (143)	15, 26, 102		

8	Stirling University AC (193)	20, 43, 130
9	Metro Aberdeen RC (213)	39, 81, 93
10	Kirkintilloch Olympians (238)	69, 77, 92
11	Fife AC (246)	60, 79, 107
12	Motherwell AC (256)	82, 86, 88
13	University of St Andrews CCC (273)	46, 91, 136
14	Bellahouston RR (295)	61, 95, 139
15	PH RR (296)	87, 100, 109
16	Portobello RC (311)	70, 108, 133
17	Carnegie H (330)	74, 89, 167
18	Lothian RC (382)	71, 142, 169
19	Lasswade AC (392)	51, 153, 188
20	Harmony AC (400)	80, 128, 192
21	Falkirk Victoria H (410)	49, 152, 209
22	Livingston and District AAC (423)	68, 141, 214
23	Musselburgh & District AC (501)	97, 186, 218
24	Dundee Hawkhill Harriers (603)	132, 204, 267

U20 Men Teams				
Pos	Club	Name	Time	Pos
1	Edinburgh University H & H (18)	Elisha de Mello	15:03	3
		Callum Symmons	15:25	6
		Alistair Masson	15:47	9
2	Central AC (18)	Aidan Thompson	14:59	2
		Iain Davies	15:08	4
		Euan Brownlie	16:16	12
3	Ronhill Cambuslang H (44)	Craig Jardine	15:49	11
		Ross Stephen	16:26	15
		Scott Somerville	17:05	18

4	Livingston and District AAC	14, 22, 27
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