

SAL National Road Relays

Livingston

30-March 2014

Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6	
1 Central AC (A)	16:27	4	44:30	1	1:00:00	1	1:28:47	1	1:44:57	1	2:13:48	1
	Dale Colley (MU20)	16:27	Andrew Butchart	28:03	Scott McDonald	15:30	Robert Russell	28:47	Tom Watson (MU20)	16:10	Alexander Hendry	28:51
2 Ron Hill Cambuslang H (A)	15:47	1	44:58	2	1:00:18	2	1:29:59	2	1:45:06	2	2:14:51	2
	Stuart Gibson	15:47	Kyle McLellan	29:11	Ian Rawlinson	15:20	Benjamin Hukins	29:41	Josh Lilly	15:07	Robert Gilroy	29:45
3 Corstorphine AAC (A)	16:59	9	46:52	5	1:03:29	4	1:32:16	3	1:48:20	3	2:18:52	3
	Scott Pilkington	16:59	Keith Hood (M 40)	29:53	Donald Macaulay	16:37	Calum McKenzie	28:47	Moray Anderson	16:04	Dermot Cummins	30:32
4 Central AC (B)	16:10	3	46:17	4	1:03:18	3	1:38:11	7	1:54:03	6	2:25:00	4
	Jamie Crowe (MU20)	16:10	Conan McCaughey	30:07	Scott Green	17:01	Christopher Mchardy	34:53	Sean Reilly	15:52	Lewis Millar	30:57
5 Shettleston H (A)	16:04	2	45:46	3	1:03:52	5	1:35:17	4	1:53:00	5	2:25:17	5
	Michael Deason	16:04	Paul Sorrie	29:42	Kieran Docherty	18:06	Teweldeberhan Mengisteab	31:25	Mark McColl	17:43	Brian McGarrity	32:17
6 Edinburgh AC (A)	17:50	14	48:01	7	1:05:40	8	1:36:21	5	1:52:39	4	2:25:58	6
	Jamie Crawford	17:50	Neil Renault	30:11	Michael Cameron (MU20)	17:39	James McIay	30:41	Andrew Lawler (MU20)	16:18	Ross Irving	33:19
7 Ron Hill Cambuslang H (B)	16:58	8	49:16	11	1:06:08	9	1:37:26	6	1:55:01	7	2:26:55	7
	Shaun Butler	16:58	Gordon Robertson	32:18	Alistair Campbell	16:52	Bobby Bristow	31:18	John Macnamara	17:35	Kenny O'Neill	31:54
8 Corstorphine AAC (B)	16:32	5	47:45	6	1:05:03	7	1:38:20	8	1:55:56	8	2:27:18	8
	Steven O'Brien	16:32	Bryan Clark	31:13	Paddy Jumelle	17:18	Alastair Brockie	33:17	Ross Milne	17:36	Ryan Riddell	31:22
9 Ron Hill Cambuslang H (D) (M40)	18:03	18	50:06	14	1:08:54	13	1:39:40	9	1:58:16	10	2:31:06	9
	James Healy (M 45)	18:03	Jamie Reid (M 40)	32:03	Scott Hunter (M 40)	18:48	Kerry Liam Wilson (M 40)	30:46	Michael O'Hagan (M 45)	18:36	Greg Hastie (M 40)	32:50
10 Kirkintilloch O (A) (M40)	18:07	19	51:08	17	1:09:39	16	1:40:18	10	1:58:07	9	2:31:15	10
	Gary Mitchell (M 45)	18:07	Stephen Allan (M 40)	33:01	Vincent Carroll (M 45)	18:31	David Gardiner (M 40)	30:39	David Hogg (M 40)	17:49	Louis O'Hare (M 40)	33:08
11 Shettleston H (B) (M40)	19:01	33	51:51	19	1:09:53	17	1:40:20	11	1:59:39	11	2:32:50	11
	Denis Williams (M 50)	19:01	Ian Johnston (M 45)	32:50	William Coyle (M 50)	18:02	Scott Kennedy (M 40)	30:27	John Oates (M 50)	19:19	Andy Little (M 50)	33:11
12 Lothian RC (A)	18:21	23	48:57	10	1:07:31	11	1:41:26	13	1:59:51	12	2:33:17	12
	John Malcolm	18:21	Max McNeill	30:36	Owen Williams	18:34	Malcolm Lang	33:55	Daniel McLaughlin (MU20)	18:25	Colin Partridge	33:26
13 Corstorphine AAC (D)	18:57	32	49:57	13	1:08:24	12	1:40:36	12	2:00:21	13	2:35:40	13
	Ian McPherson (M 45)	18:57	Gordon Clarke (M 40)	31:00	Bruce Malcolm (M 45)	18:27	Stuart Campbell (M 45)	32:12	Alan Cameron (M 40)	19:45	Richard Lewis (M 40)	35:19
14 Metro Aberdeen RC (A)	18:14	21	51:27	18	1:10:14	18	1:44:03	17	2:02:52	17	2:35:55	14
	Ian Urquhart	18:14	Tom Brian	33:13	Oliver Eatough	18:47	Alasdair MacMillan	33:49	Takayuki Kurata	18:49	Barry Gibson	33:03
15 Bellahouston H (A)	17:50	13	50:32	15	1:09:19	15	1:42:04	14	2:00:55	14	2:36:17	15
	Gordon Stevenson (M 45)	17:50	Crispin Walsh (M 40)	32:42	David Reynolds	18:47	Craig Lamont	32:45	Francis Gilroy (M 50)	18:51	Paul Clawson	35:22
16 Gala H (A)	18:44	28	50:34	16	1:09:04	14	1:43:14	16	2:02:01	15	2:36:55	16
	Colin Welsh	18:44	Graeme Murdoch	31:50	Wayne McIntosh	18:30	Colin McCall	34:10	Andrew Lawrie (MU20)	18:47	Jamie McGowan	34:54
17 Edinburgh University H & H (A)	18:49	29	54:27	27	1:13:22	23	1:44:34	19	2:04:10	18	2:37:12	17
	Jasper Darrington (MU20)	18:49	Alex Luetchford (MU20)	35:38	Jack Luscombe (MU20)	18:55	Ben Stevenson (MU20)	31:12	James Bryson (MU20)	19:36	Scott Stirling (MU20)	33:02
18 Bellahouston RR (A)	18:16	22	52:02	20	1:11:31	21	1:44:31	18	2:04:43	19	2:38:58	18
	Gerard Scullion (M 45)	18:16	James Montgomery	33:46	David Lockhart	19:29	Bruce Carse	33:00	John Sandbach (M 45)	20:12	Graeme Paterson	34:15
19 Law & District AAC (A)	17:48	12	53:57	24	1:14:43	31	1:47:36	22	2:05:14	20	2:39:29	19
	Stephen Allen (M 45)	17:48	Alex Hay (M 50)	36:09	Scott Jackson (M 45)	20:46	Mark Hand (M 40)	32:53	Stuart McLuckie (MU20)	17:38	Darran Muir	34:15
20 Giffnock North AAC (A)	20:34	46	49:33	12	1:10:50	19	1:45:18	20	2:06:34	21	2:42:22	20
	Billy Clark (M 50)	20:34	Luke Traynor	28:59	Rodger McEleney (M 55)	21:17	Luke Chamberlain (M 40)	34:28	Michael Hampson (M 50)	21:16	Chris Greenhalgh (M 40)	35:48
21 Fife AC (A)	18:55	31	57:42	42	1:17:12	39	1:49:32	24	2:08:41	23	2:43:38	21
	Jacob Howe (M 40)	18:55	Andrew Murphy	38:47	Daniel Newman (M 45)	19:30	Scott Cassidy	32:20	Kenneth Anthony (M 50)	19:09	Graham Kirby (M 45)	34:57
22 Motherwell AC (A)	18:23	24	55:14	31	1:14:24	27	1:47:03	21	2:06:56	22	2:44:11	22
	Nicholas Hughes	18:23	Brian McLinden (M 55)	36:51	Benjamin Hands (M 50)	19:10	Christopher MacDonald	32:39	Ross Burton	19:53	Gordon McArthur	37:15
23 Kilmarnock H&AC (A)	16:44	7	54:15	25	1:16:34	36	1:52:15	30	2:12:29	26	2:46:05	23
	Cameron Wilson	16:44	Steven Milligan	37:31	Kenneth Wales (M 45)	22:19	Connell Drummond (M 40)	35:41	Stewart White (M 40)	20:14	Scott Martin (M 45)	33:36
24 VP-Glasgow AC (A)	18:51	30	56:54	40	1:16:27	34	1:51:11	27	2:09:47	25	2:48:02	24
	Kieron Rafferty (MU20)	18:51	Ralph Connolly (M 45)	38:03	Kenneth Mitchell (M 45)	19:33	Duncan Thomson (M 40)	34:44	Crawford Little (M 45)	18:36	Peter Jardine (M 45)	38:15
25 Hunters Bog T (A)	21:43	53	58:23	44	1:13:48	24	1:54:15	36	2:13:26	28	2:50:07	25
	Duncan Baker (M 55)	21:43	David Wright	36:40	Tom Martyn	15:25	Simon Harrison	40:27	Adrian Campbell	19:11	George Ashley	36:41

26	Corstorphine AAC (C)	17:58	17	53:22	22	1:13:49	25	1:55:09	39	2:18:23	34	2:52:55	26
		Timothy Norwood	17:58	Christopher O'Brien	35:24	Greg Symons	20:27	Steven Blair (M 45)	41:20	Keith Copland (M 45)	23:14	Stuart Livingstone	34:32
27	Gala H (B) (M40)	19:43	38	54:32	28	1:16:56	37	1:52:00	29	2:15:22	32	2:53:26	27
		Derrick Brydon (M 40)	19:43	Steven Martin (M 40)	34:49	Alistair Laurie (M 50)	22:24	Sinclair Hill (M 45)	35:04	James Purves (M 55)	23:22	David Nightingale (M 55)	38:04
28	Lothian RC (B)	19:26	36	55:17	32	1:14:29	29	1:53:36	35	2:13:58	29	2:54:35	28
		Alan Moffat	19:26	Donald Shaw (M 40)	35:51	David Berrill	19:12	Scott Nelson (M 45)	39:07	Pol MacDonald (M 40)	20:22	Neil Graham (M 45)	40:37
29	Kirkintilloch O (B)	18:13	20	54:23	26	1:16:25	33	1:55:10	40	2:16:39	33	2:55:11	29
		Mark Welsford (M 40)	18:13	Robert Rogerson (M 50)	36:10	Colin Simpson (M 55)	22:02	Sean Casey (M 45)	38:45	Cornel Neil (M 50)	21:29	Neil Ramsay	38:32
30	Metro Aberdeen RC (B)	21:21	52	59:44	47	1:21:50	47	1:58:54	44	2:18:25	35	2:56:07	31
		William Gavin Reid (M 45)	21:21	Adam Scragg	38:23	William Davies (M 45)	22:06	Andrew Thompson	37:04	Robert Taylor (M 55)	19:31	Steven Forbes (M 45)	37:42
31	Carnegie H (B)	17:52	15	52:07	21	1:11:12	20	1:52:57	33	2:13:02	27	2:56:14	32
		Paul Kieran	17:52	David Millar	34:15	Peter Humphreys (M 45)	19:05	John O'Connor (M 55)	41:45	Barry Davie	20:05	Malcolm Smith (M 50)	43:12
32	Calderglen H (A) (M40)	17:54	16	55:57	35	1:17:05	38	1:52:53	32	2:14:41	31	2:56:24	33
		Alan Derrick (M 45)	17:54	Stephen Phimister (M 40)	38:03	Jim Holmes (M 45)	21:08	Andrew McCaffery (M 45)	35:48	Jim Mearns (M 45)	21:48	Kenny Leinster (M 50)	41:43
33	Edinburgh AC (B)	20:07	41	57:48	43	1:24:43	49	1:59:20	45	2:21:18	37	2:55:14	30
		Kirk Ollason (M 40)	20:07	Chris Creegan (M 50)	37:41	Adam Jack	26:55	Owain Williams	34:37	Matthew Newnham (M 55)	21:58	Martin Ferguson (M 45)	33:56
34	Garscube H (A)	20:15	43	54:35	29	1:14:14	26	1:52:35	31	2:14:29	30	2:57:51	34
		Daniel Burns	20:15	John McManus	34:20	Duncan McKellar	19:39	John McLaughlin (M 45)	38:21	Alistair Cuthbertson (M 45)	21:54	Andy Griffiths (M 60)	43:22
35	Pitreavie AAC (A)	18:36	27	1:02:01	51	1:26:00	50	2:02:59	48	2:22:52	38	3:00:14	35
		Jeff Farquhar (M 55)	18:36	Mark Zuidewind	43:25	Laurence Leask (M 60)	23:59	Alan Forbes (M 45)	36:59	Colin Lamont	19:53	Neil MacIachlan	37:22
36	Ayr Seaforth AC (A)	18:27	26	56:09	36	1:14:34	30	2:01:17	47	2:24:59	39	3:03:31	36
		Craig Brown	18:27	Kevin Bloy (M 45)	37:42	Kenneth Neill	18:25	Neil Nisbet (M 50)	46:43	Tom McCulloch (M 60)	23:42	Laurence Baker (M 55)	38:32
37	Bellahouston RR (B)	21:15	51	1:00:26	50	1:24:35	48	2:04:05	49	2:25:16	40	3:07:26	37
		Keith Gibb (M 50)	21:15	Kevin Queenan (M 40)	39:11	David Weatherhead	24:09	Henry Merriweather (M 40)	39:30	Gerry Hanlon (M 50)	21:11	David Boag (M 45)	42:10
38	Lothian RC (D) (M40)	21:45	54	1:03:03	52	1:27:21	53	2:06:25	52	2:32:18	42	3:16:27	38
		James Alexander (M 50)	21:45	Calum Ross (M 50)	41:18	Ian Hall (M 50)	24:18	Paul Young (M 45)	39:04	Ted Finch (M 60)	25:53	Kenny Mearns (M 50)	44:11
39	Ferranti AAC (A)	22:41	57	1:00:01	49	1:26:24	51	2:04:29	50	2:28:07	41	3:25:25	39
		Keith Weston (M 65)	22:41	Malcolm Parry (M 40)	37:20	Edward McDonald (M 65)	26:23	Paul Caban (M 45)	38:05	Ross Anderson (M 50)	23:38	Alex Bell (M 55)	57:18
	East Kilbride AC (A)	17:18	11	48:34	8	1:06:28	10	1:42:49	15	2:02:22		16	
		Jamie Clements	17:18	Grant Baillie	31:16	Niall Walker	17:54	David Gorman	36:21	David Thomson	19:33		
	Falkirk Victoria H (A)	16:34	6	48:47	9	1:04:45	6	1:51:07	26	2:08:52		24	
		Euan Martin	16:34	Brian Turner (M 40)	32:13	Ryan Beattie	15:58	David Bunyan (M 60)	46:22	Alexander Davidson	17:45		
	Inverclyde AC (A)	17:14	10	53:24	23	1:12:51	22	2:00:32	46	2:19:45		36	
		Michael Houston (MU20)	17:14	Gerard Gaffney (M 55)	36:10	Callum Hunter (MU20)	19:27	Tom Tracey (M 60)	47:41	Robert Todd (MU20)	19:13		
	Motherwell AC (B)	19:52	39	1:03:23	53	1:27:00	52	2:15:53	54	2:41:09		43	
		John Hughes (M 55)	19:52	Thomas Sneddon	43:31	Kevin Durnian	23:37	John Burns (M 50)	48:53	William Martin (M 55)	25:16		
	Bellahouston H (C)	21:11	50	1:05:10	56	1:33:42	55	2:21:13	56	2:51:58		44	
		Darren Murray (M 40)	21:11	Iain Burke (M 65)	43:59	Dougie MacGregor (M 55)	28:32	John Softley (M 60)	47:31	John Robertson (M 55)	30:45		
	Central AC (C)	21:00	49	55:13	30	1:15:02	32	1:51:03		25			
		Billy Mitchell (M 50)	21:00	Colin Alexander (M 40)	34:13	Gordon Appelbe	19:49	David Lindsay	36:01				
	Ron Hill Cambuslang H (C)	20:27	44	55:23	34	1:18:10	40	1:53:28		34			
		Bernard Gough (M 60)	20:27	Shazad Hakeem	34:56	David Cooney (M 60)	22:47	Robert Rossborough	35:18				
	Bellahouston H (B)	20:59	48	58:45	45	1:19:03	44	1:54:46		38			
		Gordon Gallacher (M 40)	20:59	Mike Freshmour (M 50)	37:46	Alastair Sinclair (M 50)	20:18	Stuart Miller	35:43				
	Central AC (E) (M50)	22:18	56	1:04:09	54	1:28:09	54	2:12:27		53			
		Raymond J Milne (M 50)	22:18	Cameron Campbell (M 55)	41:51	John Millar (M 60)	24:00	Allan Gall (M 55)	44:18				
	Garscube H (B)	23:16	59	1:14:58	58	1:36:58	56	2:19:56		55			
		Stephen Cullen (M 55)	23:16	Raghbir Singh (M 65)	51:42	Kieran McLaughlin	22:00	Kenneth Macanna (M 60)	42:58				
	Calderglen H (C)	22:03	55	1:04:54		55							
		Colin Banks	22:03	Richard Lawton	42:51								
	Corstorphine AAC (E)	22:53	58	1:08:05		57							
		Graham Mclean (M 55)	22:53	Martin Caldwell (M 60)	45:12								
	Shettleston H (C)	19:19		34									
		John J Duffy (M 50)	19:19										
	Motherwell AC (C)	26:01		60									
		Andrew Scott (M 45)	26:01										

M50 Championship

Ron Hill Cambuslang H (E) (M50)	18:25	25	55:20	33	1:14:27	28	1:48:26	23
	Ross Arbuckle (M 50)	18:25	David Thom (M 50)	36:55	Francis Hurley (M 60)	19:07	Colin Feechan (M 55)	33:59
Carnegie H (A) (M50)	20:09	42	56:41	39	1:16:29	35	1:51:49	28
	John Crookston (M 55)	20:09	Ian Stewart (M 55)	36:32	John Hynd (M 50)	19:48	Mike Harvey (M 50)	35:20
Central AC (D) (M50)	19:23	35	56:23	37	1:18:26	42	1:54:16	37
	Robin Mussett (M 50)	19:23	Hugh Buchanan (M 50)	37:00	Philip Hendry (M 50)	22:03	David Eckersley (M 50)	35:50
Calderglen H (B) (M50)	20:31	45	59:58	48	1:21:33	46	1:56:05	41
	Edward Reid (M 50)	20:31	Andrew Henderson (M 60)	39:27	Stuart Waugh (M 65)	21:35	David Watt (M 50)	34:32
Lothian RC (C) (M50)	20:03	40	56:36	38	1:18:44	43	1:56:22	42
	Harry Mulholland (M 50)	20:03	Graeme Ackland (M 50)	36:33	Martin Leadbetter (M 55)	22:08	Kenton Jones (M 50)	37:38
Bellahouston RR (C) (M50)	19:42	37	57:36	41	1:18:20	41	1:57:20	43
	Hamish Barbour (M 50)	19:42	Alastair MacLachlan (M 50)	37:54	Robert McEwan (M 55)	20:44	John Gilhooly (M 50)	39:00
Fife AC (B) (M50)	20:53	47	59:37	46	1:20:30	45	2:05:16	51
	Steven Pennycook (M 50)	20:53	Gary Barker (M 55)	38:44	Bryce Aitken (M 50)	20:53	Frank McLaren (M 60)	44:46

Fastest Times

Josh Lilly	Ron Hill Cambuslang H (A)	15.07
Ian Rawlinson	Ron Hill Cambuslang H (A)	15.20
Tom Martyn	Hunters Bog T (A)	15.25
Scott McDonald	Central AC (A)	15.30
Stuart Gibson	Ron Hill Cambuslang H (A)	15.47
Sean Reilly	Central AC (B)	15.52
Ryan Beattie	Falkirk Victoria H (A)	15.58
Michael Deason	Shettleston H (A)	16.04
Moray Anderson	Corstorphine AAC (A)	16.04
Jamie Crowe (MU20)	Central AC (B)	16.10
Tom Watson (MU20)	Central AC (A)	16.10
Andrew Lawler (MU20)	Edinburgh AC (A)	16.18
Dale Colley (MU20)	Central AC (A)	16.27
Steven O'Brien	Corstorphine AAC (B)	16.32
Euan Martin	Falkirk Victoria H (A)	16.34
Donald Macaulay	Corstorphine AAC (A)	16.37
Cameron Wilson	Kilmarnock H&AC (A)	16.44
Alistair Campbell	Ron Hill Cambuslang H (B)	16.52
Shaun Butler	Ron Hill Cambuslang H (B)	16.58
Scott Pilkington	Corstorphine AAC (A)	16.59

Long Leg

Andrew Butchart	Central AC (A)	28.03
Calum McKenzie	Corstorphine AAC (A)	28.47
Robert Russell	Central AC (A)	28.47
Alexander Hendry	Central AC (A)	28.51
Luke Traynor	Giffnock North AAC (A)	28.59
Kyle McLellan	Ron Hill Cambuslang H (A)	29.11
Benjamin Hukins	Ron Hill Cambuslang H (A)	29.41
Paul Sorrie	Shettleston H (A)	29.42
Robert Gilroy	Ron Hill Cambuslang H (A)	29.45
Keith Hood (M 40)	Corstorphine AAC (A)	29.53
Conan McCaughey	Central AC (B)	30.07
Neil Renault	Edinburgh AC (A)	30.11
Dermot Cummins	Corstorphine AAC (A)	30.32
Max McNeill	Lothian RC (A)	30.36
James Mclay	Edinburgh AC (A)	30.41
Kerry Liam Wilson (M 40)	Ron Hill Cambuslang H (D) (M40)	30.46