

SAL National Road Relays
Livingston
29-March 2015
Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6	
1 Kilbarchan AAC (A)	16:12	5	44:20	1	59:45	1	1:29:31	1	1:46:29	2	2:14:58	1
	Callum Matthews (MU20)	16:12	Derek J Hawkins	28:08	Gavin McArdle (MU20)	15:25	Euan Gillham (MU20)	29:46	Scott MacAulay (MU20)	16:58	Callum Hawkins	28:29
2 Central AC (A)	15:44	1	45:07	2	1:01:03	2	1:30:35	2	1:46:20	1	2:15:34	2
	Dale Colley (MU20)	15:44	Scott McDonald	29:23	Aidan Thompson (MU20)	15:56	Alexander Hendry	29:32	Cameron Milne	15:45	Ross Houston	29:14
3 Ron Hill Cambuslang H (A)	16:08	4	46:30	7	1:02:24	4	1:32:15	3	1:48:28	3	2:18:20	3
	Alistair Campbell	16:08	Robert Gilroy	30:22	Ryan Thomson (MU20)	15:54	Stuart Gibson	29:51	Bobby Bristow	16:13	Kyle McLellan	29:52
4 Corstorphine AAC (A)	15:50	2	45:29	3	1:01:50	3	1:32:20	4	1:48:42	4	2:19:38	4
	Moray Anderson	15:50	Calum McKenzie	29:39	Scott Pilkington	16:21	Keith Hood (M 40)	30:30	Donald Macaulay	16:22	Howell Craske	30:56
5 Edinburgh University H&H (A)	16:22	6	46:21	6	1:02:53	5	1:33:47	5	1:50:47	5	2:21:17	5
	Timothy Gibney	16:22	Ben Stevenson	29:59	James Dunn (MU20)	16:32	Scott Stirling	30:54	Calum Murray	17:00	Andrew Lawler (MU20)	30:30
6 Shettleston H (A)	16:36	8	47:06	9	1:04:29	8	1:34:10	6	1:51:12	6	2:21:28	6
	Brian McGarrity	16:36	Michael Deason	30:30	Brian Robertson	17:23	Tewoldeberhan Mengisteab	29:41	Martin Graham	17:02	Paul Sorrie	30:17
7 Aberdeen AAC (A)	16:26	7	47:09	10	1:05:07	11	1:37:21	8	1:54:30	8	2:25:21	7
	James Joy	16:26	Michael Ferguson (MU20)	30:43	Euan Webster (MU20)	17:58	Callum Symmons (MU20)	32:14	Jordan Chapman (MU20)	17:09	William Mackay	30:51
8 Central AC (B)	15:57	3	46:59	8	1:04:43	10	1:36:12	7	1:53:59	7	2:26:18	8
	Tom Watson	15:57	Jamie Crowe (MU20)	31:02	David MacKinlay	17:44	Scott Green	31:29	Ewan Gault	17:47	Lewis Millar	32:19
9 Corstorphine AAC (B)	16:57	15	48:10	12	1:05:42	12	1:37:48	9	1:55:10	9	2:27:09	9
	Tom Ferrington	16:57	Bryan Clark	31:13	Alastair Brockie	17:32	Ross Milne	32:06	James Harrison	17:22	Tom Cunningham	31:59
10 Ron Hill Cambuslang H (C) (M40)	17:03	16	48:14	13	1:06:14	13	1:40:08	11	1:58:21	12	2:29:30	10
	Jamie Reid (M 40)	17:03	Kerry-Liam Wilson (M 40)	31:11	Craig Harrow (M 40)	18:00	Greg Hastie (M 45)	33:54	Michael O'Hagan (M 45)	18:13	Steve Wylie (M 40)	31:09
11 Giffnock North AAC (A)	16:44	9	46:12	5	1:04:41	9	1:40:28	13	1:57:18	11	2:29:54	11
	Jack Walker	16:44	Luke Traynor	29:28	Keir Geatrell	18:29	Ted Gourley (M 50)	35:47	Andrew Clark (MU20)	16:50	Chris Greenhalgh (M 40)	32:36
12 Edinburgh AC (A)	16:48	10	46:07	4	1:03:54	6	1:38:56	10	1:56:12	10	2:30:54	12
	Cameron Gilmour (MU20)	16:48	Neil Renault	29:19	Dean Cooper-Cunningham	17:47	David Sidebottom	35:02	Michael Cameron (MU20)	17:16	Owain Williams	34:42
13 Corstorphine AAC (C)	17:42	23	51:10	21	1:09:53	20	1:44:22	21	2:01:55	20	2:32:14	13
	Thomas Wilson	17:42	Jonathan Carpenter	33:28	Christopher O'Brien	18:43	Paddy Jumelle	34:29	Stuart Livingstone	17:33	Andrew Christy	30:19
14 Bellahouston RR (A)	16:51	12	49:08	15	1:07:03	14	1:40:16	12	1:58:46	13	2:32:26	14
	Graeme Paterson (M 40)	16:51	Ciaran Doueherty	32:17	Iain Burns	17:55	Bob Reid	33:13	Timothy Martin	18:30	Andrew Campbell (M 40)	33:40
15 Hunters Bog T (A)	17:35	21	47:12	11	1:04:16	7	1:40:47	15	1:58:53	14	2:33:55	15
	Dave Ward	17:35	Murray Strain	29:37	Duncan Coombs	17:04	James Rogers	36:31	Stuart Mounce	18:06	Steven Laverty	35:02
16 Kirkintilloch O (B) (M40)	17:39	22	50:24	18	1:09:01	18	1:43:20	19	2:01:32	17	2:34:14	16
	Graham McCabe (M 40)	17:39	Stephen Allan (M 40)	32:45	Derek Martin (M 45)	18:37	David Hogg (M 40)	34:19	Howard Elliott (M 45)	18:12	Louis O'Hare (M 40)	32:42
17 Metro Aberdeen RC (A)	18:00	27	51:24	23	1:10:02	21	1:43:11	18	2:01:31	16	2:34:31	17
	Steve Buchan	18:00	Alasdair MacMillan	33:24	Graham McFarlane (M 40)	18:38	Barry Gibson	33:09	Andrew Thompson	18:20	Stuart Milne	33:00
18 Bellahouston H (A)	17:57	26	53:16	30	1:11:14	25	1:43:43	20	2:01:43	18	2:36:04	18
	Darren McQuade	17:57	Stuart Macdougall	35:19	David Reynolds	17:58	Colin Thomas	32:29	Brian Douglas (M 40)	18:00	Cris Walsh (M 40)	34:21
19 East Kilbride A.C. (A)	17:04	17	48:26	14	1:07:36	15	1:41:10	17	2:01:05	15	2:36:27	19
	Jamie Clements	17:04	Grant Baillie	31:22	Jack Kirwan (MU20)	19:10	John Fergusson	33:34	Brian O'Neill (M 40)	19:55	Vincent Hastings (MU20)	35:22
20 Edinburgh University H&H (B)	16:54	13	54:02	34	1:11:21	26	1:45:47	24	2:03:44	23	2:37:54	20
	Ewan Davidson (MU20)	16:54	Jack Luscombe	37:08	Christopher Fife	17:19	Fraser Drummond (MU20)	34:26	James Thomas (MU20)	17:57	Caleb Hia	34:10
21 Gala H (A)	18:12	30	50:09	17	1:10:11	22	1:44:52	22	2:03:38	22	2:38:20	21
	Wayne McIntosh (M 40)	18:12	Graeme Murdoch	31:57	Derrick Brydon (M 45)	20:02	Andrew Lawrie	34:41	David Moffat (M 40)	18:46	Steven Martin (M 40)	34:42
22 Falkirk Victoria H (A)	16:50	11	49:37	16	1:08:04	17	1:41:02	16	2:01:49	19	2:40:34	22
	Peter Moffett	16:50	John Brogan	32:47	Stuart Douglas	18:27	Steve Feltbower	32:58	Malcolm Finlayson (M 45)	20:47	Kenny Gray	38:45
23 Shettleston H (C) (M40)	19:40	46	52:51	26	1:13:02	32	1:48:33	30	2:07:48	28	2:40:59	23
	John Oates (M 55)	19:40	Ian Johnston (M 45)	33:11	David Murphy (M 40)	20:11	Denis Williams (M 50)	35:31	Walter Henderson (M 45)	19:15	Andy Little (M 50)	33:11
24 Lothian RC (A)	17:44	24	53:20	31	1:12:25	27	1:47:41	27	2:07:30	26	2:41:19	24
	Malcolm Lang	17:44	Daniel McLaughlin	35:36	Alan Moffat	19:05	Andrew King	35:16	Pol MacDonald (M 45)	19:49	Colin Partridge	33:49
25 Irvine RC (A) (M40)	22:11	65	56:07	49	1:16:07	46	1:47:11	26	2:06:13	25	2:41:37	25
	James Sneddon (M 45)	22:11	Alex Allardyce (M 40)	33:56	Colin Miller (M 55)	20:00	David Millar (M 45)	31:04	George Irving (M 50)	19:02	Mark Livingstone (M40)	35:24
26 Strathearn H (A)	19:36	45	53:56	33	1:13:24	34	1:48:38	32	2:08:05	29	2:41:41	26

	Andrew Greaves (M 40)	19:36	Wattie Mackay (M 50)	34:20	Chris Clarke	19:28	Charlie Grimson (MU20)	35:14	Alexander Storey	19:27	Roger Goddard (M 40)	33:36
27 Edinburgh AC (B)	18:46	36	52:55	27	1:12:40	29	1:46:49	25	2:04:48	24	2:41:49	27
	John Mowbray	18:46	Keith Dunlop	34:09	Eoghan Maguire	19:45	Joshua Arthur	34:09	Ian Hall (M 50)	17:59	Nicholas Wolverson	37:01
28 Ron Hill Cambuslang H (D) (M40)	18:42	34	53:35	32	1:12:32	28	1:48:39	33	2:08:08	30	2:43:08	28
	Daniel O'Connell (M 45)	18:42	James Healy (M 45)	34:53	Tony Mccutcheon (M 45)	18:57	Alick Walkinshaw (M 50)	36:07	Des Dickson (M 55)	19:29	Brian Campbell (M 40)	35:00
29 Ron Hill Cambuslang H (B)	17:13	20	51:01	20	1:07:36	16	1:40:38	14	2:02:59	21	2:43:30	29
	Ross Stephen (MU20)	17:13	George Pettit	33:48	Benjamin Hukins	16:35	Alasdair Campbell	33:02	Iain Crawford (M 45)	22:21	Edward Carr (M 55)	40:31
30 Fife AC (A)	18:40	33	52:18	24	1:11:11	24	1:49:37	35	2:08:59	33	2:44:07	30
	Ronan McKinstray (MU20)	18:40	Chris Russell	33:38	Keith Taylor	18:53	Calum Harvie (M 40)	38:26	Daniel Newman (M 45)	19:22	Graham Kirby (M 45)	35:08
31 Kirkintilloch O (A)	18:09	29	54:21	35	1:12:49	30	1:48:12	29	2:07:38	27	2:44:16	31
	David Scott	18:09	Euan Craig	36:12	Kieran Pugh (MU20)	18:28	Vincent Carroll (M 45)	35:23	Craig Allan	19:26	Robert Bartley	36:38
32 Central AC (C) (M40)	20:16	52	55:25	45	1:14:12	37	1:50:27	38	2:10:05	34	2:45:01	32
	Simon Barlow (M 45)	20:16	Robert Steel (M 45)	35:09	Neil Cameron (M 45)	18:47	Donald Shaw (M 45)	36:15	Stuart Watson (M50)	19:38	Ewan Jack (M 40)	34:56
33 Teviotdale H (A)	19:33	44	52:58	28	1:14:24	40	1:49:25	34	2:10:37	35	2:45:35	33
	Kyle Potts (MU20)	19:33	Rory Anderson	33:25	Ged Smith (M 50)	21:26	Stewart Fraser	35:01	Alex Corbett (M 45)	21:12	Bruce Hughes	34:58
34 Motherwell AC (A)	17:55	25	54:29	38	1:14:14	38	1:51:04	42	2:10:55	36	2:45:50	34
	Nicholas Hughes	17:55	Andrew Buchanan (M 40)	36:34	Mark Gallacher (M 40)	19:45	Brian McLinden (M 60)	36:50	Ross Burton	19:51	Christopher MacDonald	34:55
35 Bellahouston H (B)	19:06	39	54:27	37	1:12:58	31	1:50:07	36	2:08:44	31	2:46:37	35
	Ian Sim	19:06	Paul Clawson	35:21	Stuart Miller	18:31	Brent Brodie (M 40)	37:09	Thomas Smith	18:37	Darren Murray (M 40)	37:53
36 Kilbarchan AAC (B)	21:16	59	55:05	42	1:15:19	45	1:48:37	31	2:08:46	32	2:49:22	36
	Steven Hill	21:16	Bastian Gloeden (M 50)	33:49	Ryan Waldron	20:14	Gary Downey	33:18	Donald Petrie	20:09	Gianni Pagliocca	40:36
37 Inverclyde AC (A)	21:14	57	55:12	43	1:14:20	39	1:48:00	28	2:12:41	38	2:49:42	37
	Craig Winter (M 45)	21:14	Michael Houston (MU20)	33:58	Matthew Thomson	19:08	Stephen Cooke	33:40	John Bannister (M 55)	24:41	Gerard Gaffney (M 55)	37:01
38 Kirkintilloch O (C) (M40)	18:35	32	56:49	50	1:16:43	47	1:53:39	45	2:13:04	39	2:50:40	38
	Paul O'Hare (M 40)	18:35	Gary Shaw (M 40)	38:14	Gordon Humphreys (M 40)	19:54	Sean Casey (M 45)	36:56	Mark Welsford (M 40)	19:25	Robert Rogerson (M 50)	37:36
39 Kilmarnock H&AC (A)	19:21	41	53:03	29	1:14:59	43	1:50:23	37	2:15:02	40	2:51:26	39
	John Parker (M 50)	19:21	Scott Martin (M 45)	33:42	Alister Neil	21:56	Anthony Rodden	35:24	Brian Darroch (M 40)	24:39	Connell Drummond (M 40)	36:24
40 Garscube H (A)	24:16	70	57:00	51	1:21:45	56	1:57:31	51	2:16:09	41	2:53:28	40
	David Geddes (M 55)	24:16	Howard Smith	32:44	Stephen Cullen (M 55)	24:45	Barry Queen	35:46	Andrew Robert Gibson	18:38	David Dickson (M 55)	37:19
41 Pitreavie AAC (A)	18:06	28	55:27	46	1:14:01	36	1:56:48	50	2:17:38	42	2:53:48	41
	Ben Potrykus (MU20)	18:06	Jeff Farquhar (M 55)	37:21	Scott McAlpine (MU20)	18:34	Brian Murray (M 65)	42:47	Graeme Crane	20:50	Colin Lamont	36:10
42 Corstorphine AAC (D)	20:08	50	55:17	44	1:17:48	49	1:54:5	47	2:18:10	44	2:53:55	42
	Cathal McCarthy	20:08	David Dorward	35:09	Nicholas Brown	22:31	Alan Cameron (M 45)	36:17	Ronald Nolan (M 45)	24:05	Ian McPherson (M 45)	35:45
43 VP-Glasgow AC (A)	19:47	48	57:35	54	1:18:08	51	1:56:16	49	2:18:04	43	2:55:02	43
	Ralph Connolly (M 50)	19:47	Andrew Law (M 55)	37:48	Damien Moore	20:33	Ian Dunnn (M 45)	38:08	Tom Ord (M 55)	21:48	Duncan Thomson (M 40)	36:58
44 Clydesdale H (A)	20:06	49	54:52	40	1:14:57	42	1:50:36	39	2:11:25	37	2:55:33	44
	Iain Robertson	20:06	Craig Prior	34:46	Tony Dolan (MU20)	20:05	Michael Diver (M 45)	35:39	Ryan Nelson	20:49	Peter Rudzinski (M 60)	44:08
45 Metro Aberdeen RC (B)	22:35	67	1:01:09	60	1:22:14	58	1:57:37	52	2:18:42	45	2:56:33	45
	Jeremy Kibble	22:35	Gavin McLennan	38:34	William Gavin Reid (M 45)	21:05	Callum Walker	35:23	Christopher Hanton	21:05	Ian Urquhart	37:51
46 Carnegie H (A)	19:25	42	59:16	58	1:21:48	57	2:02:23	56	2:25:06	46	3:08:02	46
	Scott Love	19:25	Calum Vallance (M 45)	39:51	Malcolm Smith (M 50)	22:32	Jonathan Millar	40:35	Barry Davie	22:43	John Fulham (M 40)	42:56
47 Lothian RC (B) (M40)	22:1	64	1:05:44	66	1:27:08	61	2:05:02	57	2:28:09	48	3:08:15	47
	Neil Graham (M 45)	22:1	Colin Wishart (M 40)	43:43	Calum Ross (M 50)	21:24	Scott Nelson (M 45)	37:54	Martin Leadbetter (M 55)	23:07	Finlay Slane (M 55)	40:06
48 Bellahouston H (C)	21:29	62	1:04:33	64	1:27:30	62	2:06:02	58	2:27:17	47	3:14:21	48
	Stephen Mcgeough	21:29	Ian Goudie (M 55)	43:04	Robert Carson (M 60)	22:57	Donald Kennedy (M 40)	38:32	Gordon Gallacher (M 40)	21:15	Gordon Stevenson (M 45)	47:04
49 Motherwell AC (B)	21:49	63	1:02:47	63	1:25:35	60	2:09:59	60	2:33:40	49	3:33:49	49
	Kevin Durnian	21:49	Robert Pattinson (M 45)	40:58	Peter Blackmore (M 40)	22:48	John Burns (M 50)	44:24	Thomas Sneddon (M 40)	23:41	James Proffitt (M 50)	60:09
Bellahouston H (E) (M40)	24:21	71	1:13:03	69	1:37:00	66	2:27:29	63	2:55:01	50		
	Gerry Tralongo (M 45)	24:21	Thomas Keenan (M 60)	48:42	Iain burke (M 65)	23:57	John Softley (M 65)	50:29	Colin Clews (M 45)	27:32		
Shettleston H (B)	16:56	14	51:20	22	1:09:22	19	1:51:42	43				
	Clement Eliot	16:56	Michael Paxton	34:24	Mark McColl	18:02	Another	42:20				
Edinburgh AC (C) (M40)	23:04	68	58:23	56	1:18:00	50	1:56:02	48				
	Matthew Newnham (M 55)	23:04	Martin Ferguson (M 50)	35:19	Robert Hamilton (M 40)	19:37	Malcolm Parry (M 40)	38:02				
Calderglen H (A)	17:09	19	1:01:35	61	1:25:19	59	2:07:05	59				
	Andy Buchanan	17:09	Geo Ferguson (M 55)	44:26	Colin Banks	23:44	William Buchanan (M 60)	41:46				

Aberdeen AAC (B)	21:12	56	55:57	48	1:13:36	35
	Alasdhair Love	21:12	Andrew Ferguson Jnr	34:45	Matthew Kilner (MU20)	17:39
Bellahouston RR (B)	19:29	43	54:25	36	1:14:52	41
	Brian O'Donnell	19:29	Anthony McParland (M 45)	34:56	Gerry Hanlon (M 50)	20:27
Ron Hill Cambuslang H (F)	18:43	35	1:05:18	65	1:29:34	63
	John Ball (MU20)	18:43	John McCluskey (M 45)	46:35	David Stirling (M 40)	24:16
Law & District AAC (A)	17:07	18	50:24	19		
	Stephen Allen (M 45)	17:07	Darran Muir	33:17		
Gala H (B)	19:45	47	58:49	57		
	Ian Maxwell (M 50)	19:45	Magnus Ingles	39:04		
Falkirk Victoria H (B)	22:15	66	1:02:14	62		
	John Denholm (M 60)	22:15	Barry McComish	39:59		
Calderglen H (C)	21:25	60	1:15:57	70		
	Jim Holmes (M 45)	21:25	Russell Couper (M 50)	54:32		
Central AC (F)	20:56	55				
	Kenneth Hislop	20:56				
Motherwell AC (C)	23:35	69				
	Gary Wood	23:35				

M50 Championship

Ron Hill Cambuslang H (E) (M50)	18:28	31	52:27	25	1:10:58	23	1:45:26	23
	David Thom (M 50)	18:28	Paul Thompson (M 55)	33:59	Chris Upson (M 50)	18:31	Colin Feechan (M 55)	34:28
Bellahouston H (D) (M50)	18:56	37	54:35	39	1:13:24	33	1:50:40	40
	Alastair Sinclair (M 55)	18:56	Francis Gilroy (M 50)	35:39	Iain Morrison (M 50)	18:49	Michael Freshour (M 50)	37:16
Central AC (D) (M50)	20:13	51	55:28	47	1:15:15	44	1:50:57	41
	Robert Hutchison (M 50)	20:13	Gordon Crawford (M 50)	35:15	Robin Mussett (M 50)	19:47	David Eckersley (M 50)	35:42
Corstorphine AAC (E) (M50)	20:18	53	54:55	41	1:16:49	48	1:52:18	44
	Martin Caldwell (M 60)	20:18	Graeme Fletcher (M 50)	34:37	Steven Blair (M 50)	21:54	Ian Johnston (M 50)	35:29
Dundee Hawkhill H (A) (M50)	19:19	40	57:29	53	1:18:30	53	1:54:03	46
	Matthew Strachan (M 50)	19:19	Charles Haskett (M 55)	38:10	Nigel Reynolds (M 50)	21:01	Des Crowe (M 50)	35:33
Metro Aberdeen RC (C) (M50)	21:14	58	59:32	59	1:20:30	55	1:57:55	53
	Michael Kane (M 50)	21:14	Robert Taylor (M 55)	38:18	Phil Mann (M 55)	20:58	George McPherson (M 55)	37:25
Carnegie H (B) (M50)	19:00	38	57:53	55	1:18:30	52	1:59:21	54
	Ian Stewart (M 55)	19:00	Alan Cockburn (M 50)	38:53	Ian Robert Johnston (M 55)	20:37	John O'Connor (M 55)	40:51
Calderglen H (B) (M50)	20:29	54	57:13	52	1:18:57	54	2:01:01	55
	Edward Reid (M 50)	20:29	Andrew McCaffery (M 50)	36:44	Kenny Leinster (M 55)	21:44	Gerard Mullen (M 55)	42:04
Kirkintilloch O (D) (M50)	21:27	61	1:06:27	67	1:31:20	64	2:16:45	61
	William McNeill (M 60)	21:27	Cornel Neil (M 50)	45:00	Colin Simpson (M 55)	24:53	William Baird (M 50)	45:25
Central AC (E) (M50)	25:02	72	1:08:13	68	1:32:26	65	2:18:22	62
	John Millar (M 60)	25:02	Allan Gall (M 55)	43:11	Cameron Campbell (M 55)	24:13	Raymond J Milne (M 50)	45:56

Short Leg

Gavin McArdle (MU20)	Kilbarchan AAC (A)	15.25
Dale Colley (MU20)	Central AC (A)	15.44
Cameron Milne	Central AC (A)	15.45
Moray Anderson	Corstorphine AAC (A)	15.50
Ryan Thomson (MU20)	Ron Hill Cambuslang H (A)	15.54
Aidan Thompson (MU20)	Central AC (A)	15.56
Tom Watson	Central AC (B)	15.57
Alistair Campbell	Ron Hill Cambuslang H (A)	16.08
Callum Matthews (MU20)	Kilbarchan AAC (A)	16.12
Bobby Bristow	Ron Hill Cambuslang H (A)	16.13
Scott Pilkington	Corstorphine AAC (A)	16.21
Timothy Gibney	Edinburgh University H&H (A)	16.22
Donald Macaulay	Corstorphine AAC (A)	16.22
James Joy	Aberdeen AAC (A)	16.26
James Dunn (MU20)	Edinburgh University H&H (A)	16.32
Benjamin Hukins	Ron Hill Cambuslang H (B)	16.35
Brian McGarrity	Shettleston H (A)	16.36
Jack Walker	Giffnock North AAC (A)	16.44
Cameron Gilmour (MU20)	Edinburgh AC (A)	16.48

Long Leg

Derek J Hawkins	Kilbarchan AAC (A)	28.08
Callum Hawkins	Kilbarchan AAC (A)	28.29
Ross Houston	Central AC (A)	29.14
Neil Renault	Edinburgh AC (A)	29.19
Scott McDonald	Central AC (A)	29.23
Luke Traynor	Giffnock North AAC (A)	29.28
Alexander Hendry	Central AC (A)	29.32
Murray Strain	Hunters Bog T (A)	29.37
Calum McKenzie	Corstorphine AAC (A)	29.39
Tewoldeberhan Mengisteab	Shettleston H (A)	29.41
Euan Gillham (MU20)	Kilbarchan AAC (A)	29.46
Stuart Gibson	Ron Hill Cambuslang H (A)	29.51
Kyle McLellan	Ron Hill Cambuslang H (A)	29.52
Ben Stevenson	Edinburgh University H&H (A)	29.59
Paul Sorrie	Shettleston H (A)	30.17
Andrew Christy	Corstorphine AAC (C)	30.19
Robert Gilroy	Ron Hill Cambuslang H (A)	30.22

Michael Deason	Shettleston H (A)	30.30
Andrew Lawler (MU20)	Edinburgh University H&H (A)	30.30
Michael Ferguson (MU20)	Aberdeen AAC (A)	30.43
William Mackay	Aberdeen AAC (A)	30.51