

SAL National Road Relays
Livingston
3-April 2016
Senior Men

	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5		Stage 6	
1 Ron Hill Cambuslang H (A)	16:10	8	45:31	4	1:01:12	3	1:30:53	1	1:46:36	1	2:16:12	1
	Iain Reid	16:10	Stuart Gibson	29:21	Craig Jardine (MU20)	15:41	Robert Gilroy	29:41	Ryan Thomson (MU20)	15:43	Kyle McLellan	29:36
2 Central AC (A)	15:55	4	45:18	1	1:01:05	2	1:31:27	4	1:47:12	2	2:16:36	2
	Aidan Thompson (MU20)	15:55	Cameron Milne	29:23	Conan McCaughey	15:47	Scott Green	30:22	Jamie Crowe	15:45	Dale Colley	29:24
3 Inverclyde AC (A)	16:30	10	45:33	5	1:01:03	1	1:31:26	3	1:48:13	4	2:16:54	3
	Michael Houston	16:30	Craig Ruddy	29:03	Jonathan Glen (MU20)	15:30	Mark Pollard	30:23	Ross Gray (MU20)	16:47	Andrew Douglas	28:41
4 Corstorphine AAC (A)	15:45	1	45:29	3	1:01:26	4	1:31:01	2	1:47:15	3	2:17:13	4
	Donald Macaulay	15:45	Dougie Selman	29:44	Mickey Breen	15:57	Calum McKenzie	29:35	Mark Haskett	16:14	Dermot Cummins	29:58
5 Shettleston H (A)	16:08	7	45:25	2	1:02:11	5	1:32:33	5	1:50:57	5	2:21:11	5
	Matthew Sullivan	16:08	Tewoldeberhan Mengisteab	29:17	Brian McGarrity	16:46	Michael Deason	30:22	Kevin Slaven	86:24	Paul Sorrie	30:14
6 Hunters Bog T (A)	16:35	12	47:24	9	1:04:24	8	1:34:50	8	1:51:08	6	2:21:35	6
	Doug Tullie	16:35	Duncan Coombs	30:49	Dave Ward	17:00	Murray Strain	30:26	Alasdair Anthony	16:18	Patryk Gierjatowicz	30:27
7 Aberdeen AAC (A)	16:49	18	46:03	7	1:03:34	7	1:33:58	7	1:51:10	7	2:22:17	7
	Rory Stead (MU20)	16:49	Michael Ferguson	29:14	Steven Murray (MU20)	17:31	Broc Drury (MU20)	30:24	Euan Webster	17:12	Will Mackay	31:07
8 Central AC (B)	15:53	3	48:25	12	1:05:54	12	1:36:24	9	1:52:56	9	2:24:27	8
	Iain Davies (MU20)	15:53	Colin Logan	32:32	Euan Brownlie (MU20)	17:29	Michael Wright	30:30	Robert Russell	16:32	Lewis Millar	31:31
9 Inverness H AAC (A)	15:59	5	45:48	6	1:02:38	6	1:33:50	6	1:51:15	8	2:24:31	9
	Stephen Mackay	15:59	John Newsom	29:49	Eoghan MacNamara	16:50	Gordon Lennox	31:12	Christopher Fife	17:25	Craig Campbell	33:16
10 Corstorphine AAC (B)	16:44	16	48:15	10	1:05:28	10	1:37:54	10	1:54:40	10	2:27:37	10
	Scott Pilkington	16:44	Bryan Clark	31:31	James Harrison	17:13	Alastair Brockie	32:26	Julian Barrable	16:46	Stuart Livingstone	32:57
11 Bellahouston H (A)	16:42	15	49:22	17	1:07:02	14	1:38:53	11	1:55:52	11	2:27:54	11
	David Mackintosh	16:42	Cris Walsh (M 40)	32:40	Brian Douglas (M 40)	17:40	Colin Thomas	31:51	Gregor Yates	16:59	Jack Arnold	32:02
12 Ron Hill Cambuslang H (B) (M40)	18:17	29	49:45	19	1:08:48	21	1:39:44	13	1:58:18	14	2:30:09	12
	Tony McCutcheon (M 45)	18:17	Jamie Reid (M 40)	31:28	Alick Walkinshaw (M 55)	19:03	Kerry-Liam Wilson (M 45)	30:56	Michael O'Hagan (M 45)	18:34	Kenneth Campbell (M 40)	31:51
13 Metro Aberdeen RC (A)	16:41	14	49:35	18	1:07:11	16	1:40:24	15	1:57:47	12	2:30:17	13
	Stuart Milne	16:41	Tom Brian	32:54	Jeremy Kibble	17:36	Philip Edgley	33:13	Jamie Birse	17:23	Hamish Battle	32:30
14 Kilbarchan AAC (A)	16:05	6	50:46	23	1:07:50	18	1:41:41	18	1:58:27	15	2:32:30	14
	Callum Matthews (MU20)	16:05	Ewan McKerral (MU20)	34:41	Robert Quinn (M 50)	17:04	Euan Trout (MU20)	33:51	Scott MacAulay	16:46	Euan Carrick	34:03
15 Edinburgh AC (A)	15:50	2	49:10	15	1:06:02	13	1:40:21	14	1:58:31	16	2:33:38	15
	Gavin Bryson (MU20)	15:50	Madis Osjaments	33:20	Peter Cameron	16:52	Owain Williams	34:19	David Cross (M 50)	18:10	Tom Blankenstein	35:07
16 Law & District AAC (A)	16:38	13	48:49	20	1:08:35	20	1:42:11	19	2:00:40	20	2:33:48	16
	Ross Macdonald	16:38	Luke Foss (MU20)	32:11	Anthony Higgins (M 45)	19:46	Mark Hand (M 40)	33:36	Ross Hill	18:29	Darran Muir	33:08
17 Kirkintilloch Olympians (B) (M40)	18:33	33	51:11	24	1:09:12	22	1:43:07	23	2:01:08	22	2:33:50	17
	Paul O'Hare (M 40)	18:33	Stephen Allan (M 40)	32:38	Howard Elliott (M 45)	18:01	David Hogg (M 45)	33:55	James Gallacher (M 55)	18:01	Louis O'Hare (M 40)	32:42
18 Bellahouston RR (A) (M40)	17:35	22	50:39	22	1:09:35	23	1:43:04	22	2:01:08	21	2:34:06	18
	Robbie Hayman (M 45)	17:35	Russell Whittington (M 40)	33:04	Peter Gallanagh (M 45)	18:56	Graeme Paterson (M 40)	33:29	Alastair Ewen (M 40)	18:04	Greig Glendinning (M 45)	32:58
19 Gala H (A)	16:33	11	47:15	8	1:05:45	11	1:39:20	12	1:58:16	13	2:34:14	19
	Thomas Otton (MU20)	16:33	Darrell Hastie	30:42	Colin Welsh	18:30	Marcus D'Agrosa	33:35	Fergus Johnston	18:56	Andrew Lawrie	35:58
20 Edinburgh University H& H (A)	18:52	39	48:17	11	1:07:02	15	1:41:33	17	2:03:38	24	2:34:53	20
	Michael Diver	18:52	Euan Gillham (MU20)	29:25	Euan Smith (MU20)	18:45	Alex Luetchford	34:31	James Bryson	22:05	Andrew Lawler (MU20)	31:15
21 Ron Hill Cambuslang H (D)	17:38	23	49:08	14	1:05:17	9	1:40:56	16	1:58:54	17	2:35:17	21
	Ross Stephen (MU20)	17:38	Alasdair Campbell	31:30	Alistair Campbell	16:09	Simon Gold	35:39	Scott Somerville (MU20)	17:58	Daniel O'Connell (M 50)	36:23
22 Lothian RC (A)	19:10	43	52:19	28	1:10:55	26	1:44:23	24	2:02:28	23	2:35:37	22
	Alan Knowles (M 40)	19:10	Joshua Dack	33:09	Euan McInnes (M 40)	18:36	Malcolm Lang	33:28	Owen Williams	18:05	Colin Partridge	33:09
23 Corstorphine AAC (C)	16:58	19	50:13	21	1:07:44	17	1:42:15	20	1:59:38	18	2:36:47	23
	Moray Anderson	16:58	David Hall	33:15	Stuart Campbell (M 45)	17:31	Douglas McKinnon	34:31	Jonathan Carpenter	17:23	Gary Morrison	37:09
24 Inverclyde AC (B)	16:26	9	50:02	20	1:08:08	19	1:42:18	21	2:00:13	19	2:37:37	24
	John Bell	16:26	David Tamburini (M 40)	33:36	Callum Hunter (MU20)	18:06	Jason Kane	34:10	Duncan Macfadyen (M 55)	17:55	Matthew Thomson	37:24
25 Fife AC (A)	17:00	20	53:05	33	1:11:08	28	1:46:09	29	2:04:33	25	2:37:43	25
	Owen Miller	17:00	Ronan McKinstry (MU20)	36:05	Stuart Tite	18:03	Chris Russell	35:01	James Rae	18:24	Ryan Lafferty	33:10

26 Bellahouston H (B)	19:04	42	53:20	35	1:11:22	29	1:45:48	26	2:04:38	26	2:40:13	26
	Calum Ferguson (MU20)	19:04	Ian Sim	34:16	Stuart Miller	18:02	Paul Clawson	34:26	Fraser Armstrong (MU20)	18:50	Darren McQuade	35:35
27 Metro Aberdeen RC (B)	19:52	57	55:02	43	1:14:12	39	1:48:41	34	2:06:58	32	2:41:09	27
	Edward McCluskey	19:52	Ian McGregor	35:10	Dino Roussias (M 40)	19:10	Andrew Williams (M 40)	34:29	Andrew Thompson (M 40)	18:17	Cameron Robertson (M 40)	34:11
28 Teviotdale H (A)	18:38	35	52:52	30	1:13:10	35	1:46:42	30	2:06:28	29	2:41:14	28
	Andrew Goodair (M 45)	18:38	Rory Anderson	34:14	Derek Scott	20:18	Greg Walker	33:32	Alan Inglis (M 45)	19:46	Bruce Hughes	34:46
29 Aberdeen AAC (B)	19:39	52	53:37	37	1:14:43	40	1:49:33	37	2:06:44	31	2:42:34	29
	Fraser McGillivray	19:39	Fearghas Thomson	33:58	Alasdhair Love	21:06	Matthew Kilner (MU20)	34:50	James Joy	17:11	Andrew Ferguson Jnr	35:50
30 Motherwell AC (A)	17:42	26	54:00	39	1:12:18	31	1:48:57	36	2:09:00	34	2:42:37	30
	Allan Cameron (M 40)	17:42	Ben Smith	36:18	Nicholas Hughes	18:18	Alan Tait (M 40)	36:39	Scott Dickson	20:03	Craig Mackenzie	33:37
31 Gala H (B) (M40)	17:42	25	52:37	29	1:10:50	25	1:47:15	32	2:06:38	30	2:42:47	31
	Craig Mattocks (M 40)	17:42	Tim Darlow (M 40)	34:55	Wayne McIntosh (M 40)	18:13	Jamie McGowan (M 40)	36:25	Steven Martin (M 40)	19:23	Rory Campbell (M 45)	36:09
32 Kilmarnock H&AC (A)	17:38	24	51:19	25	1:11:00	27	1:45:11	25	2:08:29	33	2:42:51	32
	Ross Connelly	17:38	Neil Walker	33:41	Stewart McAllister	19:41	Scott Martin (M 45)	34:11	Kenneth Wales (M 45)	23:18	Connell Drummond (M 40)	34:22
33 Bellahouston RR (B)	18:29	32	51:51	26	1:15:55	42	1:50:56	40	2:09:17	35	2:45:05	33
	Alan Moss	18:29	James Montgomery	33:22	Will McLennan	24:04	Iain Burns	35:01	Anthony McParland (M 45)	18:21	Stuart McMillan	35:48
34 VP-Glasgow AC (A)	18:05	28	53:02	32	1:12:42	32	1:47:53	33	2:06:23	28	2:46:13	34
	Steven Bryce (MU20)	18:05	Ian Dunn (M 45)	34:57	Josh McDonald (MU20)	19:40	Gerard Craig (M 45)	35:11	Calum McCormack (MU20)	18:30	Damien Moore	39:50
35 Giffnock North AAC (A)	20:49	68	56:19	49	1:16:30	48	1:51:55	42	2:10:44	36	2:46:17	35
	Garry Sturgeon (M 40)	20:49	Jason Steele (M 40)	35:30	Michael Hampson (M 50)	20:11	Ted Gourley (M 50)	35:25	Keir Geatrell	18:49	Chris Marsh	35:33
36 Central AC (D) (M40)	19:20	46	59:20	66	1:19:12	60	1:53:29	46	2:13:04	40	2:47:41	36
	Iain Dunsmore (M 45)	19:20	Simon Barlow (M 45)	40:00	Jens Subke (M 40)	19:52	Scott Brember (M 40)	34:17	Charles Graham-Marr (M 55)	19:35	Neil Cameron (M 45)	34:37
37 Falkirk Victoria H (B) (M40)	19:50	56	55:02	44	1:16:45	49	1:53:12	45	2:12:22	39	2:49:25	37
	Don Myles (M 45)	19:50	James Beattie (M 40)	35:12	Malcolm Finlayson (M 45)	21:43	Barry McComish (M 40)	36:27	Brian Lees (M 50)	19:10	Alan Mackay (M 40)	37:03
38 East Kilbride AC (A)	19:39	53	56:52	54	1:16:20	44	1:52:44	43	2:13:48	41	2:50:00	38
	Andrew Carroll	19:39	David Thomson	37:13	Luke Kirwan (MU20)	19:28	Ross Grant	36:24	Graeme Haddow (M 50)	21:02	Niall Walker	36:12
39 Strathearn H (A)	19:47	55	57:26	57	1:17:50	55	1:56:46	57	2:15:52	44	2:50:33	39
	Ben Murphy (MU20)	19:47	Philip Tipping (M 50)	37:39	Phil Mestecky (M 45)	20:24	Charlie Grimson (MU20)	38:56	Aaron Dawson	19:06	Wattie Mackay (M 50)	34:41
40 Edinburgh AC (B)	18:54	40	53:07	34	1:13:20	38	1:50:10	39	2:11:29	37	2:51:52	40
	Iain Craven	18:54	Colin McGill (M 40)	34:13	Chris Creegan (M 55)	20:13	Peter Simpson	36:50	Matthew Newnham (M 55)	21:19	Michael Barton (M 40)	40:23
41 Fife AC (B) (M40)	19:17	45	56:43	53	1:17:08	51	1:54:06	49	2:16:52	46	2:52:08	41
	Daniel Newman (M 45)	19:17	Colin Brown (M 50)	37:26	Gary Barker (M 55)	20:25	Graham Kirby (M 45)	36:58	D.Melville Scobie (M 65)	22:46	Roger Rees (M 45)	35:16
42 Corstorphine AAC (E) (M40)	20:03	59	55:34	46	1:18:07	56	1:54:41	51	2:19:47	48	2:53:06	42
	Alan Cameron (M 45)	20:03	Keith Ovenstone (M 40)	35:31	Neill Porterfield (M 40)	22:33	Dean Carr (M 40)	36:34	Alan Dalton (M 40)	25:06	Michael Anderson (M 45)	33:19
43 Carnegie H (A)	20:45	66	58:38	64	1:16:20	45	1:55:12	52	2:17:02	47	2:53:14	43
	Mark Mackenzie (M 40)	20:45	Joe Donnelly	37:53	Paul Kieran (M 40)	17:42	Barry Davie (M 40)	38:52	Alan Murray (M 40)	21:50	Steven King (M 40)	36:12
44 Kirkintilloch Olympians (C) (M40)	18:38	36	55:38	47	1:16:11	43	1:55:52	56	2:15:40	43	2:53:34	44
	Vincent Carroll (M 45)	18:38	Sean Casey (M 45)	37:00	Gary Shaw (M 40)	20:33	Robert Rogerson (M 55)	39:41	Derek Martin (M 45)	19:48	Mark Welsford (M 40)	37:54
45 Hunters Bog T (B)	19:39	50	53:31	36	1:13:07	34	1:51:15	41	2:12:10	38	2:53:42	45
	James Rogers	19:39	Alistair Hart (M 40)	33:52	Ivor Normand (M 50)	19:36	George Ashley	38:08	Huw Jones	21:55	Simon Harrison	41:51
46 Metro Aberdeen RC (C)	20:11	60	55:26	45	1:16:54	50	1:55:20	53	2:16:15	45	2:55:29	46
	Mark Waldron (M 45)	20:11	Callum Walker	35:15	Ross Leitch	21:28	Steven Morrison	38:26	Adam Scragg	20:45	Ian Urquart	39:14
47 Ron Hill Cambuslang H (E)	20:00	58	57:36	60	1:17:34	54	1:57:49	58	2:21:59	52	2:58:56	47
	Steven Phillips	20:00	Michael Barker (M 40)	37:36	Iain Nicholl (M 40)	19:58	David Scott	40:15	David Stirling (M 40)	22:11	Paul Kernohan	38:55
48 Clydesdale H (A)	18:33	34	53:39	38	1:13:05	33	1:54:17	50	2:14:22	42	3:00:23	48
	Iain Robertson	18:33	Paul Carroll (M 45)	35:06	Tony Dolan	19:26	Robert Young (M 70)	41:12	Ryan Nelson	20:05	Peter Rudzinski (M 65)	45:01
49 Lothian RC (B) (M40)	21:14	72	58:06	63	1:20:10	64	1:58:22	60	2:20:56	51	3:00:23	49
	Calum Ross (M 50)	21:14	Scott Nelson (M 45)	36:52	Stephen Malcolm (M 45)	22:04	Pol MacDonald (M 45)	38:12	James Alexander (M 50)	22:34	Paul Young (M 45)	39:27
50 Teviotdale H (B)	19:43	54	57:50	62	1:18:44	58	2:00:34	61	2:00:03	50	3:02:23	50
	Kyle Potts (MU20)	19:43	Ryan Law	38:07	Alex Corbett (M 45)	20:54	Andrew Gibson	41:50	Scott Watson	20:06	Alister Biggar (M 45)	41:43
51 Bellahouston H (D) (M40)	20:16	62	58:38	65	1:22:17	67	2:07:25	70	2:26:51	57	3:02:31	51
	Paul Houston (M 45)	20:16	Donald Kennedy (M 45)	38:22	Brian Macfarlane (M 45)	23:39	Andrew Cochran (M 40)	45:08	Brent Brodie (M 40)	19:26	Gordon Stevenson (M 45)	35:40
52 Falkirk Victoria H (A)	22:09	75	1:01:42	70	1:24:24	69	2:03:24	67	2:26:38	56	3:02:53	52
	Mark Johnstone (M 45)	22:09	Gordon McCann	39:33	John Denholm (M 60)	22:42	Douglas Hill (M 50)	39:00	Gordon Dewar (M 50)	23:14	Stuart Douglas	36:15
53 Motherwell AC (B)	19:02	41	57:04	56	1:19:29	62	2:03:06	66	2:26:29	55	3:06:42	53
	Mark Gallacher (M 45)	19:02	Jim White (M 40)	38:02	Thomas Sneddon (M 40)	22:25	John Burns (M 50)	43:37	Peter Blackmore (M 40)	23:23	Robert Pattinson (M 45)	40:13

54 Linlithgow AC (A)	20:24	64	1:05:53	75	1:24:55	71	2:09:14	71	2:32:35	59	3:07:08	54
	Gerry McArdle (M 40)	20:24	Bryan Grome	45:29	John Smith (M 45)	19:02	Brian Couper (M 40)	44:19	Darren Dick (M 45)	23:21	David Marshall	34:33
55 Law & District AAC (B)	20:45	65	59:20	67	1:19:47	63	2:02:46	65	2:26:00	54	3:12:00	55
	Stuart Leghorn (MU20)	20:45	Jim Gillon (M 50)	38:35	Bobby Hill	20:27	Shaun Burke (MU20)	42:59	Pat Kelly M 65)	23:14	William Scoular (M 65)	46:12
Kirkintilloch Olympians (A)	17:27	21	51:57	27	1:10:44	24	1:47:00	31	2:05:42	27		
	Kieran Pugh (MU20)	17:27	Euan Craig	34:30	Martyn Glancy	18:47	Scott Bradley	36:16	Edward McLoone	18:42		
Central AC (C)	18:20	30	52:53	31	1:15:17	41	1:55:50	55	1:19:47	49		
	Christopher McHardy	18:20	Fraser Logan	34:33	Kenneth Hislop	22:24	Liam McCabe (M 55)	40:33	Cameron Campbell (M 55)	23:57		
Shettleston H (B)	21:26	73	1:01:17	69	1:24:30	70	2:02:19	64	2:22:54	53		
	Stephen Clark	21:26	Michael Blair	39:51	Gerry Mason (M 40)	23:13	Walter Henderson (M 45)	37:49	John J Duffy (M 50)	20:35		
Calderglen H (B)	23:09	79	1:00:03	68	1:23:32	79	2:04:24	68	2:31:25	58		
	Colin Banks (M 40)	23:09	Andrew Buchanan	36:54	Richard Lawton (M 40)	23:29	Jim Holmes (M 45)	40:52	Russell Couper (M 50)	27:01		
Bellahouston H (C)	19:39	51	1:06:55	76	1:31:24	75	2:09:43	72	2:36:23	60		
	David Mitchell	19:39	James McMillan (M 70)	47:16	Iain Burke (M 65)	24:29	Kenneth Taylor	38:19	John Beckett (M 65)	26:40		
Corstorphine AAC (D)	16:47	17	49:17	16	1:11:55	30	1:49:44	38				
	Steven O'Brien	16:47	Thomas Wilson	32:30	Nick Gellatly	22:38	Jonathan Redhead	37:49				
Gala H (C) (M40)	19:22	47	57:36	59	1:18:16	57	1:55:45	54				
	Bob Johnson (M 55)	19:22	Colin McCall (M 40)	38:14	William McCulloch (M 55)	20:40	Magnus Inglis (M 40)	37:29				
Garscube H (A)	20:24	63	54:54	41	1:21:46	66	2:06:02	69				
	Kieran McLaughlin	20:24	Craig Shields	34:30	Stephen Cullen (M 55)	26:52	David Geddes (M 55)	44:16				
Bellahouston RR (C)	22:10	76	1:01:59	71	1:24:59	72						
	Kenny McDonald (M 40)	22:10	Frans Roelofse (M 55)	39:49	Christopher Doak	23:00						
Metro Aberdeen RC (E)	21:02	71	1:03:04	73	1:25:56	73						
	William Gavin Reid (M 50)	21:02	David MacLennan	42:02	Michael Kane (M 50)	22:52						
Kilbarchan AAC (B)	20:13	61	1:02:47	72								
	Ryan Waldron	20:13	Steven Hill	42:34								
Lothian RC (C)	23:52	81	1:10:02	77								
	Stig Walsh (M 45)	23:52	Martin Leadbetter (M 55)	46:10								
Edinburgh AC (C)	22:43	77	1:15:19	78								
	Eric Stevenson (M 65)	22:43	Ian Hall (M 55)	52:36								
Inverness H AAC (B)	18:05	27										
	Andrew Johnstone (MU20)	18:05										
Inverclyde AC (C)	18:22	31										
	Jude Boulton (M 40)	18:22										
Pitreavie AAC (A)	18:43	37										
	Jeff Farquhar (M 55)	18:43										

M50 Championship

Ron Hill Cambuslang H (C) (M50)	18:48	38	54:41	40	1:13:15	37	1:45:51	27
	Paul Thompson (M 55)	18:48	Chris Upson (M 50)	35:53	Colin Feechan (M 55)	18:34	Stan MacKenzie (M 50)	32:36
Shettleston H (C) (M50)	19:33	49	55:00	42	1:13:13	36	1:45:55	28
	John Oates (M 55)	19:33	Denis Williams (M 50)	35:27	William Coyle (M 50)	18:13	Andy Little (M 50)	32:42
Metro Aberdeen RC (D) (M50)	20:57	69	56:53	55	1:16:23	46	1:48:52	35
	Peter Jennings (M 60)	20:57	John Matheson (M 50)	35:56	Keith Farquhar (M 50)	19:30	Nick Milovsorov (M 50)	32:29
Central AC (E) (M50)	19:24	48	57:31	58	1:17:30	53	1:52:53	44
	Robert Hutchison (M 50)	19:24	Hugh Buchanan (M 55)	38:07	Robin Mussett (M 50)	19:59	David Eckersley (M 50)	35:23
VP-Glasgow AC (B) (M50)	19:13	44	56:36	52	1:17:12	52	1:53:51	47
	Ralph Connolly (M 50)	19:13	Alex Potter (M 55)	37:23	Tom Ord (M 55)	20:36	Peter Jardine (M 50)	36:39
Bellahouston H (E) (M50)	20:49	67	56:22	50	1:16:28	47	1:54:01	48
	Graeme Gemmell (M 50)	20:49	Francis Gilroy (M 50)	35:33	Michael Freshour (M 50)	20:06	Alastair Sinclair (M 55)	37:33
Carnegie H (B) (M50)	21:00	70	56:24	51	1:19:14	61	1:58:12	59
	John O'Connor (M 55)	21:00	John Hynd (M 55)	35:24	Malcolm Smith (M 50)	22:50	Ian Robert Johnston (M 55)	38:58
Corstorphine AAC (F) (M50)	21:50	74	55:59	48	1:18:56	59	2:00:38	62
	David Henderson (M 50)	21:50	Graeme Fletcher (M 50)	34:09	Michael Connelly (M 50)	22:57	Iain Cumming (M 60)	41:42
Calderglen H (A) (M50)	22:55	78	57:47	61	1:21:40	65	2:01:49	63
	George Stewart (M 50)	22:55	Martin Duthie (M 50)	34:52	Gordon McNally (M 50)	23:53	Edward Reid (M 50)	40:09

VP-Glasgow AC (C) (M50)	23:38	80	1:05:37	74	1:31:21	74
	Gordon Murray (M 60)	23:38	Peter Ramsay (M 55)	41:59	Kenneth McVey (M 65)	25:44
Edinburgh AC (C)	22:43	77	1:15:19	78		
	Eric Stevenson (M 65)	22:43	Ian Hall (M 55)	52:36		

Fastest Times

Short Leg

Jonathan Glen (MU20)	Inverclyde AC (A)	15.30
Craig Jardine (MU20)	Ron Hill Cambuslang H (A)	15.41
Ryan Thomson (MU20)	Ron Hill Cambuslang H (A)	15.43
Donald Macaulay	Corstorphine AAC (A)	15.45
Jamie Crowe	Central AC (A)	15.45
Conan McCaughey	Central AC (A)	15.47
Gavin Bryson (MU20)	Edinburgh AC (A)	15.50
Iain Davies (MU20)	Central AC (B)	15.53
Aidan Thompson (MU20)	Central AC (A)	15.55
Mickey Breen	Corstorphine AAC (A)	15.57
Stephen Mackay	Inverness H AAC (A)	15.59
Callum Matthews (MU20)	Kilbarchan AAC (A)	16.05
Matthew Sullivan	Shettleston H (A)	16.08
Alistair Campbell	Ron Hill Cambuslang H (D)	16.09
Iain Reid	Ron Hill Cambuslang H (A)	16.10
Mark Haskett	Corstorphine AAC (A)	16.14
Alasdair Anthony	Hunters Bog T (A)	16.18
Kevin Slaven	Shettleston H (A)	16.24
John Bell	Inverclyde AC (B)	16.26
Michael Houston	Inverclyde AC (A)	16.30

Long Leg

Andrew Douglas	Inverclyde AC (A)	28.41
Craig Ruddy	Inverclyde AC (A)	29.03
Michael Ferguson	Aberdeen AAC (A)	29.14
Tewoldeberhan Mengisteab	Shettleston H (A)	29.17
Stuart Gibson	Ron Hill Cambuslang H (A)	29.21
Cameron Milne	Central AC (A)	29.23
Dale Colley	Central AC (A)	29.24
Euan Gillham (MU20)	Edinburgh University H& H (A)	29.25
Calum McKenzie	Corstorphine AAC (A)	29.35
Kyle McLellan	Ron Hill Cambuslang H (A)	29.36
Robert Gilroy	Ron Hill Cambuslang H (A)	29.41
Dougie Selman	Corstorphine AAC (A)	29.44
John Newsom	Inverness H AAC (A)	29.49
Dermot Cummins	Corstorphine AAC (A)	29.58
Michael Deason	Shettleston H (A)	30.22
Scott Green	Central AC (A)	30.22
Mark Pollard	Inverclyde AC (A)	30.23
Broc Drury (MU20)	Aberdeen AAC (A)	30.24
Murray Strain	Hunters Bog T (A)	30.26
Patryk Gierjatowicz	Hunters Bog T (A)	30.27