

# SAL National Road Relays

Livingston

31-March 2013

Senior Women

|                        | Stage 1               |       | Stage 2                 |       | Stage 3                |       | Stage 4                   |       |
|------------------------|-----------------------|-------|-------------------------|-------|------------------------|-------|---------------------------|-------|
| 1 Edinburgh AC (A)     | 19:27                 | 5     | 53:20                   | 1     | 1:12:30                | 2     | 1:45:36                   | 1     |
|                        | Rachael Dunn (FU20)   | 19:27 | Jennifer MacLean (F35)  | 33:53 | Susan Ridley (F45)     | 19:10 | Sarah Hood                | 33:06 |
| 2 Central AC (A)       | 19:28                 | 6     | 53:54                   | 2     | 1:11:57                | 1     | 1:45:45                   | 2     |
|                        | Claire Houston        | 19:28 | Lyndsay Morrison        | 34:26 | Fiona Thompson         | 18:03 | Jennifer Emsley           | 33:48 |
| 3 Lothian RC (A)       | 20:48                 | 11    | 56:15                   | 5     | 1:14:19                | 4     | 1:48:23                   | 3     |
|                        | Jocelyn Moar          | 20:48 | Chloe Cox               | 35:27 | Sarah Inglis           | 18:04 | Edel Mooney (F35)         | 34:04 |
| 4 Fife AC (A)          | 18:41                 | 3     | 55:56                   | 4     | 1:16:12                | 5     | 1:50:26                   | 4     |
|                        | Halina Rees (FU20)    | 18:41 | Amie McKimmie           | 37:15 | Jennifer Kibble        | 20:16 | Helen Sharpe              | 34:14 |
| 5 Edinburgh AC (C)     | 17:39                 | 1     | 54:28                   | 3     | 1:13:59                | 3     | 1:51:40                   | 5     |
|                        | Laura Dunn            | 17:39 | Emma Dunnett (FU20)     | 36:49 | Lauren Stoddart        | 19:31 | Oonagh Dunnett (FU20)     | 37:41 |
| 6 Gala H (A) (V)       | 20:05                 | 8     | 58:29                   | 8     | 1:19:07                | 8     | 1:53:41                   | 6     |
|                        | Jennifer Forbes (F40) | 20:05 | Fiona Dalglish (F40)    | 38:24 | Rachel Fagan (F35)     | 20:38 | Dianne Lauder (F35)       | 34:34 |
| 7 Garscube H (A)       | 17:54                 | 2     | 57:29                   | 7     | 1:18:48                | 7     | 1:57:38                   | 7     |
|                        | Lesley Chisholm (F35) | 17:54 | Jill O'Neil (F35)       | 39:35 | Diane Clark            | 21:19 | Laura Devine              | 38:50 |
| 8 Lasswade AAC (A)     | 21:28                 | 16    | 59:20                   | 10    | 1:22:00                | 9     | 1:57:43                   | 8     |
|                        | Debra Murray (F35)    | 21:28 | Nicola Murray           | 37:52 | Linden Nicholson (F60) | 22:40 | Keira Murray              | 35:43 |
| 9 Edinburgh AC (B) (V) | 21:23                 | 15    | 1:00:46                 | 11    | 1:22:32                | 10    | 1:59:41                   | 9     |
|                        | Karen Dobbie (F45)    | 21:23 | Nathalie Christie (F35) | 39:23 | Sharyn Ramage (F50)    | 21:46 | Victoria Bailie (F35)     | 37:09 |
| 10 Kilmarnock H&AC (A) | 21:06                 | 13    | 56:54                   | 6     | 1:18:08                | 6     | 2:00:36                   | 10    |
|                        | Lindsay McMahon (F40) | 21:06 | Kara Tait               | 35:48 | Colleen Tait           | 21:14 | Paula Wilson (F45)        | 42:28 |
| 11 Motherwell AC (A)   | 23:22                 | 23    | 1:04:00                 | 18    | 1:25:27                | 13    | 2:05:02                   | 11    |
|                        | Phyllis Hands (F55)   | 23:22 | Joanne Clark (F35)      | 40:38 | Clare Hughes           | 21:27 | Jill E Logan              | 39:35 |
| 12 Central AC (B) (V)  | 20:32                 | 10    | 1:00:57                 | 13    | 1:23:12                | 11    | 2:05:43                   | 12    |
|                        | Ainsley Normand (F40) | 20:32 | Patricia Milne (F50)    | 40:25 | Jane Waterhouse (F60)  | 22:15 | Kate Weldon (F40)         | 42:31 |
| 13 Lothian RC (B) (V)  | 21:38                 | 17    | 1:05:02                 | 20    | 1:26:42                | 14    | 2:07:02                   | 13    |
|                        | Lynne Murray (F45)    | 21:38 | Shona Young (F45)       | 43:24 | Saran Jones (F45)      | 21:40 | Christine MacVarish (F40) | 40:20 |
| 14 Bellahouston H (A)  | 22:15                 | 19    | 1:05:23                 | 21    | 1:28:11                | 18    | 2:08:17                   | 14    |
|                        | Kristina Greig        | 22:15 | Erica Christie (F55)    | 43:08 | Katherine Hylands      | 22:48 | Bernadette O'Neil (F45)   | 40:06 |
| 15 Hunters Bog T (A)   | 24:02                 | 28    | 1:02:08                 | 14    | 1:27:17                | 15    | 2:09:39                   | 15    |
|                        | Sinead O'Malley       | 24:02 | Claire Gordon (F35)     | 38:06 | Margaret Spalding      | 25:09 | Mairead Kelly             | 42:22 |

|                               |                       |       |                             |       |                         |       |                      |         |
|-------------------------------|-----------------------|-------|-----------------------------|-------|-------------------------|-------|----------------------|---------|
| 16 Metro Aberdeen RC (B)      | 23:06                 | 22    | 1:06:48                     | 22    | 1:29:45                 | 22    | 2:10:18              | 16      |
|                               | Dawn Jaffrey (F35)    | 23:06 | Tara Fairley (F35)          | 43:42 | Ali Mathers (F35)       | 22:57 | Lauren Smith         | 40:33   |
| 17 Kirkintilloch O (A) (V)    | 23:28                 | 26    | 1:03:48                     | 17    | 1:27:37                 | 16    | 2:11:21              | 17      |
|                               | Julie Nelson (F45)    | 23:28 | Annmarie McCaffrey (F40)    | 40:20 | Ada Stewart (F45)       | 23:49 | Susan Addison (F50)  | 43:44   |
| 18 Helensburgh AAC (A)        | 23:41                 | 27    | 1:02:24                     | 15    | 1:27:55                 | 17    | 2:13:28              | 18      |
|                               | Karen Wallace (F35)   | 23:41 | Michelle Hetherington (F45) | 38:43 | Laura Johnstone         | 25:31 | Janet Fellowes (F55) | 45:33   |
| 19 Metro Aberdeen RC (A)      | 23:24                 | 24    | 1:06:54                     | 23    | 1:31:51                 | 23    | 2:14:21              | 19      |
|                               | Claire Smith (F40)    | 23:24 | Alison Pirie (F35)          | 43:30 | Jacqui Wallace (F35)    | 24:57 | Helen Crichton (F40) | 42:30   |
| 20 Bellahouston H (B)         | 24:57                 | 31    | 1:12:35                     | 27    | 1:37:05                 | 25    | 2:24:21              | 20      |
|                               | Katy Smith (F40)      | 24:57 | Michelle O'Shea             | 47:38 | Suzanne Boyle           | 24:30 | Vicki Hopewell       | 47:16   |
| 21 Pitreavie AAC (A)          | 27:04                 | 33    | 1:15:15                     | 29    | 1:42:25                 | 27    | 2:27:54              | 21      |
|                               | Louise Hewison (F40)  | 27:04 | Jane Macleod (F60)          | 48:11 | Serena Jones (F45)      | 27:10 | Amanda McInnes       | 45:29   |
| 22 Kirkintilloch O (B) (V)    | 24:15                 | 29    | 1:14:05                     | 28    | 1:37:31                 | 26    | 2:28:44              | 22      |
|                               | Vivien Fraser (F45)   | 24:15 | Pamela Parker (F45)         | 49:50 | Debs Lindsay (F45)      | 23:26 | Shirley MacNab (F45) | 51:13   |
| 23 Kilmarnock H&AC (B)        | 22:57                 | 21    | 1:04:41                     | 19    | 1:28:21                 | 19    | 2:30:21              | 23      |
|                               | Natalie Boyce         | 22:57 | Maire Gorman                | 41:44 | Rosemary McMillan (F50) | 23:40 | Janice Millar (F55)  | 1:02:00 |
| Livingston & District AAC (A) | 20:05                 | 9     | 1:00:51                     | 12    | 1:25:14                 | 12    |                      |         |
|                               | Yvonne Crilly (F50)   | 20:05 | Louise Crilly               | 40:46 | Robyn McDowall          | 24:23 |                      |         |
| Metro Aberdeen RC (C)         | 22:42                 | 20    | 1:07:40                     | 25    | 1:28:55                 | 20    |                      |         |
|                               | Nicola Smith (F40)    | 22:42 | Karin Morrice (F35)         | 44:58 | Lynne Parkinson (F35)   | 21:15 |                      |         |
| Ferranti AAC (A)              | 21:54                 | 18    | 1:03:13                     | 16    | 1:29:12                 | 21    |                      |         |
|                               | Anne Peat (F45)       | 21:54 | Claire Gilchrist (F45)      | 41:19 | Alison Arnold (F35)     | 25:59 |                      |         |
| Pitreavie AAC (B)             | 26:50                 | 32    | 1:20:20                     | 30    | 1:51:24                 | 28    |                      |         |
|                               | Irene Miller (F50)    | 26:50 | Frances Donnelly (F45)      | 53:30 | Alison Barton           | 31:04 |                      |         |
| Lothian RC (C)                | 21:04                 | 12    | 58:34                       | 9     |                         |       |                      |         |
|                               | Lana Turnbull (FU20)  | 21:04 | Jo Hall                     | 37:30 |                         |       |                      |         |
| Hunters Bog T (B)             | 21:09                 | 14    | 1:07:22                     | 24    |                         |       |                      |         |
|                               | Katherine Wilkie      | 21:09 | Emma Baker (F40)            | 46:13 |                         |       |                      |         |
| Ron Hill Cambuslang H (A)     | 19:15                 | 4     |                             |       |                         |       |                      |         |
|                               | Katie Bristow (FU20)  | 19:15 |                             |       |                         |       |                      |         |
| Fife AC (B)                   | 19:51                 | 7     |                             |       |                         |       |                      |         |
|                               | Abigail Bender (FU20) | 19:51 |                             |       |                         |       |                      |         |
| Lasswade AAC (B)              | 24:33                 | 30    |                             |       |                         |       |                      |         |
|                               | Lorna Rice (F40)      | 24:33 |                             |       |                         |       |                      |         |

**W50 Championship**

|                   |                         |       |                     |       |                        |       |
|-------------------|-------------------------|-------|---------------------|-------|------------------------|-------|
| 1 Fife AC (C) (X) | 23:26                   | 25    | 1:10:19             | 26    | 1:35:12                | 24    |
|                   | Innes Bracegirdle (F55) | 23:26 | Sandra Aitken (F50) | 46:53 | Margaret McLaren (F55) | 24:53 |

**Fastest Times**

|                       |                               |       |                        |                     |       |
|-----------------------|-------------------------------|-------|------------------------|---------------------|-------|
| Laura Dunn            | Edinburgh AC (C)              | 17.39 | Sarah Hood             | Edinburgh AC (A)    | 33.06 |
| Lesley Chisholm (F35) | Garscube H (A)                | 17.54 | Jennifer Emsley        | Central AC (A)      | 33.48 |
| Fiona Thompson        | Central AC (A)                | 18.03 | Jennifer MacLean (F35) | Edinburgh AC (A)    | 33.53 |
| Sarah Inglis          | Lothian RC (A)                | 18.04 | Edel Mooney (F35)      | Lothian RC (A)      | 34.04 |
| Halina Rees (FU20)    | Fife AC (A)                   | 18.41 | Helen Sharpe           | Fife AC (A)         | 34.14 |
| Susan Ridley (F45)    | Edinburgh AC (A)              | 19.10 | Lyndsay Morrison       | Central AC (A)      | 34.26 |
| Katie Bristow (FU20)  | Ron Hill Cambuslang H (A)     | 19.15 | Dianne Lauder (F35)    | Gala H (A) (V)      | 34.34 |
| Rachael Dunn (FU20)   | Edinburgh AC (A)              | 19.27 | Chloe Cox              | Lothian RC (A)      | 35.27 |
| Claire Houston        | Central AC (A)                | 19.28 | Keira Murray           | Lasswade AAC (A)    | 35.43 |
| Lauren Stoddart       | Edinburgh AC (C)              | 19.31 | Kara Tait              | Kilmarnock H&AC (A) | 35.48 |
| Abigail Bender (FU20) | Fife AC (B)                   | 19.51 | Emma Dunnett (FU20)    | Edinburgh AC (C)    | 36.49 |
| Yvonne Crilly (F50)   | Livingston & District AAC (A) | 20.05 | Victoria Bailie (F35)  | Edinburgh AC (B)    | 37.09 |
| Jennifer Forbes (F40) | Gala H (A) (V)                | 20.05 | Amie McKimmie          | Fife AC (A)         | 37.15 |
| Jennifer Kibble       | Fife AC (A)                   | 20.16 | Jo Hall                | Lothian RC (C)      | 37.30 |
| Ainsley Normand (F40) | Central AC (B) (V)            | 20.32 | Oonagh Dunnett (FU20)  | Edinburgh AC (C)    | 37.41 |
| Rachel Fagan (F35)    | Gala H (A) (V)                | 20.38 | Nicola Murray          | Lasswade AAC (A)    | 37.52 |
| Jocelyn Moar          | Lothian RC (A)                | 20.48 | Claire Gordon (F35)    | Hunters Bog T (A)   | 38.06 |