

SAL National Road Relays

Livingston

30-March 2014

Senior Women

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	17:27	2	53:12	3	1:11:33	1	1:45:07	1
	Morag MacLarty	17:27	Catriona Buchanan	35:45	Lyndsay Morrison	18:21	Jennifer Emsley	33:34
2 Fife AC (A)	18:53	7	52:55	2	1:11:43	2	1:45:18	2
	Abigail Bender (FU20)	18:53	Helen Sharpe	34:02	Stephanie Pennycook (FU20)	18:48	Megan Crawford	33:35
3 Edinburgh University H&H (A)	18:49	6	55:43	5	1:14:49	5	1:50:47	3
	Louise Mercer (FU20)	18:49	Annie Carroll (FU20)	36:54	Rachel Armitage	19:06	Georgia Tindley	35:58
4 Kilbarchan AAC (A)	18:34	5	52:37	1	1:13:28	3	1:52:08	4
	Christina Rankin	18:34	Elsbeth Curran	34:03	Jennifer Rooney	20:51	Leanne Hamilton	38:40
5 Edinburgh AC (A)	17:07	1	53:54	4	1:13:46	4	1:53:37	5
	Laura Dunn	17:07	Amanda Woodrow	36:47	Lauren Stoddart	19:52	Emma Laverie	39:51
6 Fife AC (B)	19:39	13	56:13	7	1:16:59	6	1:54:11	6
	Sophie Mullins	19:39	Amie McKimmie	36:34	Angela Howe (F40)	20:46	Jennifer Kibble	37:12
7 Hunters Bog T (A)	22:00	27	56:19	8	1:17:42	8	1:54:32	7
	Amy Jones	22:00	Shona McIntosh	34:19	Katherine Golding	21:23	Megan Wright (F40)	36:50
8 Lothian RC (A)	20:20	16	59:23	12	1:20:15	10	1:54:48	8
	Lana Turnbull	20:20	Jocelyn Moar	39:03	Christine MacVarish (F40)	20:52	Edel Mooney	34:33
9 Gala H (A) (F40)	19:11	10	58:50	9	1:20:02	9	1:57:48	9
	Jennifer Forbes (F40)	19:11	Rachel Fagan (F40)	39:39	Gillian Duncan (F40)	21:12	Fiona Dalgleish (F40)	37:46
10 Edinburgh AC (B) (F40)	21:24	21	1:02:31	21	1:25:41	24	2:02:28	10
	Anne Peat (F45)	21:24	Sharyn Ramage (F50)	41:07	Marrietta Beal (F40)	23:10	Jennifer MacLean (F40)	36:47
11 Bellahouston H (A) (F40)	19:37	12	1:00:36	15	1:22:33	11	2:02:47	11
	Jennifer Clark (F40)	19:37	Erica Christie (F55)	40:59	Angela Carson (F45)	21:57	Bernadette O'Neil (F45)	40:14
12 Metro Aberdeen RC (A)	18:07	4	1:02:11	17	1:25:13	21	2:03:32	12
	Fiona Rudkin	18:07	Kirsty Robson (F40)	44:04	Claire Smith (F40)	23:02	Kayleigh Jarrett	38:19
13 Motherwell AC (A)	20:22	17	59:22	11	1:23:33	15	2:03:56	13
	Clare Hughes	20:22	Jill E Logan	39:00	Laura Mctavish	24:11	Alison Gilchrist (F40)	40:23
14 Corstorphine AAC (A)	20:40	19	59:59	14	1:22:52	14	2:04:07	14
	Kirstian MacRuary	20:40	Megan Smith	39:19	Sarah Anderson	22:53	Fiona Drake	41:15
15 Calderglen H (A)	21:29	23	1:02:36	23	1:25:09	20	2:04:36	15
	Karen Allen	21:29	Alison Lessells	41:07	Frances Maxwell (F45)	22:33	Joanne McEvoy	39:27

16 Edinburgh University H&H (B)	22:09	29	1:04:13	27	1:25:37	23	2:05:20	16
	Sarah Henderson (FU20)	22:09	Rebecca Croney	42:04	Caroline Kimball-Katz	21:24	Bronagh Wishart (FU20)	39:43
17 Bellahouston RR (A) (F40)	21:32	24	1:02:22	18	1:25:43	25	2:05:31	17
	Shona Donnelly (F45)	21:32	Linda Kennedy (F40)	40:50	Madeline Smillie (F40)	23:21	Mary Senior (F40)	39:48
18 Garscube H (A)	21:27	22	1:02:24	19	1:24:41	18	2:08:29	18
	Jill O'Neil	21:27	Marian Kelly	40:57	Emma Blair	22:17	Julie Cope	43:48
19 Central AC (B)	20:34	18	59:19	10	1:24:01	16	2:08:37	19
	Emily Greenan (FU20)	20:34	Ainsley Normand (F40)	38:45	Claire Houston	24:42	Claire Brisbane	44:36
20 Lasswade AAC (A)	19:03	8	59:47	13	1:22:40	12	2:09:32	20
	Amy Frankland (FU20)	19:03	Debra Murray	40:44	Linden Nicholson (F60)	22:53	Karen McKinlay (F50)	46:52
21 Kilmarnock H&AC (A)	17:58	3	1:02:33	22	1:22:48	13	2:10:04	21
	Kara Tait	17:58	Rosemary McMillan (F50)	44:35	Lindsay McMahon (F40)	20:15	Kirstin Dale	47:16
22 Bellahouston H (B)	22:35	31	1:05:26	28	1:27:33	27	2:11:13	22
	Jayne Macnamara (F40)	22:35	Katherine Hylands	42:51	Susan MacRitchie	22:07	Angela Campbell	43:40
23 Kirkintilloch O (A) (F40)	21:50	26	1:01:31	16	1:27:22	26	2:14:17	23
	Elaine Hogg (F40)	21:50	Annmarie McCaffrey (F45)	39:41	Debs Lindsay (F50)	25:51	Pamela Parker (F45)	46:55
24 Bellahouston H (C)	23:38	35	1:08:24	30	1:32:58	30	2:16:43	24
	Kristina Greig	23:38	Suzanne Boyle	44:46	Vicki Hopewell	24:34	Emma Bryce	43:45
25 Strathearn H (A)	28:15	43	1:08:37	31	1:33:25	32	2:19:19	25
	Rowan Dillon (F45)	28:15	Kerry Sweeney	40:22	Fiona McDonald (F50)	24:48	Nicola Watson (F45)	45:54
26 Edinburgh University H&H (C)	23:41	36	1:08:42	32	1:34:05	33	2:19:51	26
	Alexandra Morgan (FU20)	23:41	Jessica Husbands (FU20)	45:01	Mook Attanath (FU20)	25:23	Christine Irvine (FU20)	45:46
27 Bellahouston RR (B)	22:49	32	1:10:12	33	1:33:15	31	2:20:34	27
	Rose McRobert	22:49	Jill Herbert	47:23	Judith Macgregor	23:03	Maree Shepherd	47:19
28 Edinburgh University H&H (D)	23:28	34	1:11:19	34	1:35:27	34	2:21:41	28
	Kathryn Firth (FU20)	23:28	Amy Bristow (FU20)	47:51	Amy Spencer (FU20)	24:08	Fiona Henry (FU20)	46:14
29 Lothian RC (C)	20:53	20	1:03:37	25	1:24:48	19	2:22:47	29
	Suzie Hannah	20:53	Shona Young (F45)	42:44	Mhairi Inglis	21:11	Margaret Turnbull (F55)	57:59
Falkirk Victoria H (A)	19:05	9	56:02	6	1:17:02	7		
	Megan Wright	19:05	Beryl Junnier (F50)	36:57	Robyn Maxtone	21:00		
Gala H (B)	21:32	25	1:02:29	20	1:25:28	22		
	Arlene Botha	21:32	Fiona Shepherd (F45)	40:57	Eileen Maxwell (F50)	22:59		
Motherwell AC (B)	26:01	38	1:11:59	35	1:37:47	35		
	Lesley Ross (F40)	26:01	Phyllis Hands (F55)	45:58	Angela Downie (F45)	25:48		
Bellahouston H (D)	23:58	37	1:15:26	38	1:43:06	36		

	Katy Smith (F40)	23:58	Deirdre Hoyle (F60)	51:28	Carol Keenan (F55)	27:40
Ferranti AAC (A)	26:22	40	1:12:05	36		
	Elizabeth Gilchrist (F65)	26:22	Julia Drewer	45:43		
Metro Aberdeen RC (B)	26:16	39	1:13:14	37		
	Claudia Scragg	26:16	Valerie Wilson (F45)	46:58		
Kirkintilloch O (B)	27:26	42	1:17:55	39		
	Shirley MacNab (F45)	27:26	Heather Fraser	50:29		
Shettleston H (A)	19:13	11				
	Carole Setchell	19:13				
Ron Hill Cambuslang H (A)	19:58	14				
	Caitlin Hendry	19:58				
Livingston & District AAC (A)	20:04	15				
	Yvonne Crilly (F50)	20:04				
Calderglen H (B)	26:46	41				
	Ruth Kelly (F45)	26:46				
Pitreavie AAC (A)	29:08	44				
	Serena Jones (F45)	29:08				

W50 Championship

Central AC (C) (F50)	22:10	30	1:03:09	24	1:24:06	17
	Jane Waterhouse (F60)	22:10	Hazel Dean (F50)	40:59	Patricia Milne (F50)	20:57
Lothian RC (B) (F50)	22:05	28	1:03:52	26	1:29:00	28
	Saran Jones (F50)	22:05	Lynne Murray (F50)	41:47	Jill Horsburgh (F50)	25:08
Fife AC (C) (F50)	23:16	33	1:07:40	29	1:32:42	29
	Innes Bracegirdle (F55)	23:16	Margaret Martin (F55)	44:24	Sandra Aitken (F50)	25:02

Fastest Times

Laura Dunn	Edinburgh AC (A)	17.07	Jennifer Emsley	Central AC (A)	33.34
Morag MacLarty	Central AC (A)	17.27	Megan Crawford	Fife AC (A)	33.35
Kara Tait	Kilmarnock H&AC (A)	17.58	Helen Sharpe	Fife AC (A)	34.02
Fiona Rudkin	Metro Aberdeen RC (A)	18.07	Elspeth Curran	Kilbarchan AAC (A)	34.03
Lyndsay Morrison	Central AC (A)	18.21	Shona McIntosh	Hunters Bog T (A)	34.19
Christina Rankin	Kilbarchan AAC (A)	18.34	Edel Mooney	Lothian RC (A)	34.33
Stephanie Pennycook (FU20)	Fife AC (A)	18.48	Catriona Buchanan	Central AC (A)	35.45
Louise Mercer (FU20)	Edinburgh University H&H (A)	18.49	Georgia Tindley	Edinburgh University H&H (A)	35.58

Abigail Bender (FU20)	Fife AC (A)	18.53	Amie McKimmie	Fife AC (B)	36.34
Amy Frankland (FU20)	Lasswade AAC (A)	19.03	Jennifer MacLean (F40)	Edinburgh AC (B) (F40)	36.47
Megan Wright	Falkirk Victoria H (A)	19.05	Amanda Woodrow	Edinburgh AC (A)	36.47
Rachel Armitage	Edinburgh University H&H (A)	19.06	Megan Wright (F40)	Hunters Bog T (A)	36.50
Jennifer Forbes (F40)	Gala H (A) (F40)	19.11	Annie Carroll (FU20)	Edinburgh University H&H (A)	36.54
Carole Setchell	Shettleston H (A)	19.13	Beryl Junnier (F50)	Falkirk Victoria H (A)	36.57
Jennifer Clark (F40)	Bellahouston H (A) (F40)	19.37	Jennifer Kibble	Fife AC (B)	37.12
Sophie Mullins	Fife AC (B)	19.39	Fiona Dalglish (F40)	Gala H (A) (F40)	37.46
Lauren Stoddart	Edinburgh AC (A)	19.52	Kayleigh Jarrett	Metro Aberdeen RC (A)	38.19