

SAL National Road Relays

Livingston

3-April 2016

Senior Women

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	17:42	2	52:09	1	1:10:42	2	1:44:49	1
	Morag MacLarty	17:42	Fiona Thompson	34:27	Lyndsay Morrison	18:33	Jennifer Wetton	34:07
2 Edinburgh AC (A)	18:56	7	53:33	2	1:10:15	1	1:45:25	2
	Amanda Woodrow	18:56	Rachael Dunn	34:37	Madeleine Murray	16:42	Laura Dunn	35:10
3 Aberdeen AAC (A)	19:00	8	53:44	4	1:12:20	4	1:45:56	3
	Ana-Maria Duran-Mingo	19:00	Ellie Buchan	34:44	Gemma Cormack	18:36	Nicola Gauld	33:36
4 Fife AC (A)	17:40	1	54:31	6	1:12:13	3	1:47:24	4
	Annabel Simpson (FU20)	17:40	Angela Richardson	36:51	Stephanie Pennycook (FU20)	17:42	Sheena Logan	35:11
5 Metro Aberdeen RC (A)	19:17	9	55:29	8	1:14:29	5	1:49:03	5
	Katie Bain	19:17	Debbie Moore	36:12	Virginie Barrand	19:00	Fiona Rudkin	34:34
6 Fife AC (B)	19:33	14	55:14	7	1:14:38	6	1:50:39	6
	Amie McKimmie	19:33	Halina Rees	35:41	Katie Jones	19:24	Jennifer Spence	36:01
7 Ron Hill Cambuslang H (A)	18:06	3	54:28	5	1:15:14	7	1:54:55	7
	Eve MacKinnon (FU20)	18:06	Alexandra Lamond	36:22	Kirsty Anderson	20:46	Jennifer Reid (F40)	39:41
8 Gala H (A) (F40)	19:33	12	57:41	11	1:19:05	8	1:55:01	8
	Fiona Dalgleish (F40)	19:33	Kate Jenkins (F40)	38:08	Fiona Shepherd (F45)	21:24	Jennifer Forbes (F40)	35:56
9 Edinburgh AC (B) (F40)	21:17	20	58:57	12	1:21:36	11	1:57:01	9
	Karen Dobbie (F45)	21:17	Janet Dunbar (F45)	37:40	Sharyne Ramage (F50)	22:39	Jennifer MacLean (F40)	35:25
10 Lothian RC (A)	19:29	10	1:00:34	15	1:21:47	12	1:57:51	10
	Lana Turnbull	19:29	Christine MacVarish (F40)	41:05	Mel Zobel	21:13	Edel Mooney (F40)	36:04
11 Glasgow Caledonian University (A)	19:29	11	1:00:08	14	1:21:21	10	2:00:05	11
	Madeline Robinson	19:29	Cliona Ferguson	40:39	Emma Dunnett	21:13	Anna Tait (FU20)	38:44
12 Edinburgh University H&H (A)	20:05	16	57:17	10	1:20:48	9	2:02:00	12
	Sophie Collins (FU20)	20:05	Emily Kearney (FU20)	37:12	Holly Palmer	23:31	Sarah Henderson	41:12
13 Metro Aberdeen RC (B)	22:06	22	1:02:25	17	1:25:31	15	2:03:42	13
	Eithne Kilgallon	22:06	Jill Bonthron	40:19	Kara McCurrach	23:06	Laura Sarkis	38:11
14 Giffnock North AAC (B)	19:54	15	57:15	9	1:22:25	13	2:06:08	14
	Allie Chong (F40)	19:54	Mary McCutcheon (F50)	37:21	Elaine Mulcahy	25:10	Nicola McBeath	43:43
15 Corstorphine AAC (A)	18:50	5	1:02:50	19	1:27:21	18	2:06:15	15
	Kirstian MacRuary	18:50	Janet Grigor (F45)	44:00	Claire Sloan	24:31	Gillian Carr (F40)	38:54
16 Bellahouston RR (A)	23:30	25	1:04:40	22	1:27:03	17	2:06:32	16
	Madeline Smillie (F40)	23:30	Alexandra Young	41:10	Ciara O'Connell	22:23	Claire Wharton (F45)	39:29
17 Bellahouston H (C)	21:52	21	1:06:59	23	1:29:12	20	2:07:45	17
	Katherine Hylands	21:52	Suzanne Boyle	45:07	Janine Dickie	22:13	Lynne McDowall	38:33
18 Bellahouston H (A) (F40)	22:45	24	1:03:01	20	1:29:09	19	2:07:51	18
	Caroline Cochran (F45)	22:45	Erica Christie (F55)	40:16	Katy Smith (F40)	26:08	Bernadette O'Neil (F45)	38:42

19 Kilmarnock H&AC (A)	21:02	19	1:04:38	21	1:25:16	14	2:08:43	19
	Laura Haggarty	21:02	Elizabeth McDerment (F45)	43:36	Colleen Tait	20:38	Kirsteen Salisbury	43:27
20 Garscube H (A)	24:28	28	1:07:17	24	1:31:48	21	2:11:32	20
	Yvonne Green (F50)	24:28	Louise Crilly	42:49	Ann White (F65)	24:31	Mary Senior (F40)	39:44
21 Kirkintilloch Olympians (A)	20:59	18	1:02:05	16	1:26:56	16	2:16:45	21
	Suzanne Shaw	20:59	Elaine Hogg (F45)	41:06	Maxine Bilsland	24:51	Shirley MacNab (F50)	49:49
22 Strathearn H (A)	24:24	27	1:08:25	26	1:35:20	25	2:20:57	22
	Nicola Watson (F45)	24:24	Sonja Mcfadden (F40)	44:01	Lauren Fairweather	26:55	Maddy Watson (FU20)	45:37
23 Falkirk Victoria H (A)	27:16	34	1:15:43	33	1:39:42	29	2:23:47	23
	Claire Barr	27:16	Angela Colley (F45)	48:27	Caroline Lawless (F55)	23:59	Louise Fields	44:05
24 Giffnock North AAC (C)	24:55	29	1:08:50	28	1:35:11	23	2:24:50	24
	Louise Shaw	24:55	Hilary Millar (F50)	43:55	Dawn Zuberi (F50)	26:21	Naomi Pavri (F40)	49:39
25 Bellahouston H (D)	25:14	30	1:11:51	31	1:36:15	27	2:26:27	25
	Robyn Millar	25:14	Lynne Sim	46:37	Emily Jackson	24:24	Jennifer Hoyle	50:12
26 Lothian RC (B)	25:21	31	1:08:03	25	1:35:15	24	2:28:19	26
	Cara McCafferty (FU20)	25:21	Linda Garratty (F40)	42:42	Bethany Nelson (FU20)	27:12	Kirsty McMeechan	53:04
27 Bellahouston H (B) (F40)	27:36	36	1:12:59	32	1:41:08	30	2:32:25	27
	Deirdre Hoyle (F60)	27:36	Nicola Milligan (F45)	45:23	Linda Moffat (F40)	28:09	Carol Keenan (F55)	51:17
28 Metro Aberdeen RC (C)	25:40	32	1:20:56	34	1:48:27	31	2:35:38	28
	Valerie Wilson (F45)	25:40	Claire Bremner	55:16	Claudia Scragg	27:31	Naomi Sharp	47:11
29 Giffnock North AAC (A)	27:41	37	1:24:47	35	1:54:55	32	2:50:48	29
	Susan Marsh	27:41	Angela Hammond (F40)	57:06	Susan Hancock (F60)	30:08	Lesley Hunter (F55)	55:53
Calderglen H (A)	22:37	23	1:02:32	18	1:32:04	22		
	Alison Lessells	22:37	Joanne McEvoy	39:55	Lorraine Buchanan	29:32		
Motherwell AC (A)	20:31	17	1:08:34	27	1:35:24	26		
	Clare Hughes	20:31	Gillian McCaffer	48:03	Barbara Hogg (F45)	26:50		
Kilbarchan AAC (A)	18:38	4	53:36	3				
	Sarah Dempsey (FU20)	18:38	Christina Rankin	34:58				
Fife AC (C)	19:33	13	59:37	13				
	Andrea Burke Rae	19:33	Jennifer Cruickshanks	40:04				
Edinburgh University H&H (B)	26:56	33	1:11:05	30				
	Rachel Stewart (FU20)	26:56	Linn Gjesdal	44:09				
Hunters Bog T (A)	18:54	6						
	Shona McIntosh	18:54						
Kirkintilloch Olympians (B) (F50)	27:35	35						
	Debs Lindsay (F50)	27:35						

W50 Championship

Motherwell AC (B) (F50)	23:57	26	1:09:37	29	1:38:09	28
	Mae McIsaac (F60)	23:57	Phyllis Hands (F60)	45:40	Patricia Allen (F65)	28:32

Fastest Times

Madeleine Murray	Edinburgh AC (A)	16.42 Nicola Gauld	Aberdeen AAC (A)	33.36
Annabel Simpson (FU20)	Fife AC (A)	17.40 Jennifer Wetton	Central AC (A)	34.07
Stephanie Pennycook (FU20)	Fife AC (A)	17.42 Fiona Thompson	Central AC (A)	34.27
Morag MacLarty	Central AC (A)	17.42 Fiona Rudkin	Metro Aberdeen RC (A)	34.34
Eve MacKinnon (FU20)	Ron Hill Cambuslang H (A)	18.06 Rachael Dunn	Edinburgh AC (A)	34.37
Lyndsay Morrison	Central AC (A)	18.33 Ellie Buchan	Aberdeen AAC (A)	34.44
Gemma Cormack	Aberdeen AAC (A)	18.36 Christina Rankin	Kilbarchan AAC (A)	34.58
Sarah Dempsey (FU20)	Kilbarchan AAC (A)	18.38 Laura Dunn	Edinburgh AC (A)	35.10
Kirstian MacRuary	Corstorphine AAC (A)	18.50 Sheena Logan	Fife AC (A)	35.11
Shona McIntosh	Hunters Bog T (A)	18.54 Jennifer MacLean (F40)	Edinburgh AC (B) (F40)	35.25
Amanda Woodrow	Edinburgh AC (A)	18.56 Halina Rees	Fife AC (B)	35.41
Virginie Barrand	Metro Aberdeen RC (A)	19.00 Jennifer Forbes (F40)	Gala H (A) (F40)	35.56
Ana-Maria Duran-Mingo	Aberdeen AAC (A)	19.00 Jennifer Spence	Fife AC (B)	36.01
Katie Bain	Metro Aberdeen RC (A)	19.17 Edel Mooney (F40)	Lothian RC (A)	36.04
Katie Jones	Fife AC (B)	19.24 Debbie Moore	Metro Aberdeen RC (A)	36.12
Madeline Robinson	Glasgow Caledonian University (A)	19.29 Alexandra Lamond	Ron Hill Cambuslang H (A)	36.22
Lana Turnbull	Lothian RC (A)	19.29 Angela Richardson	Fife AC (A)	36.51
Andrea Burke Rae	Fife AC (C)	19.33 Emily Kearney (FU20)	Edinburgh University H&H (A)	37.12
Fiona Dalgleish (F40)	Gala H (A) (F40)	19.33 Mary McCutcheon (F50)	Giffnock North AAC (B)	37.21
Amie McKimmie	Fife AC (B)	19.33 Janet Dunbar (F45)	Edinburgh AC (B) (F40)	37.40
Allie Chong (F40)	Giffnock North AAC (B)	19.54 Kate Jenkins (F40)	Gala H (A)	38.08