

**2009 4K Scottish 4km Championships**  
**Bellahouston Park Glasgow Sunday 25th January 2009**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	94	Tsegai Tewelde	Under 20	Shettleston Harriers	12:33
2	186	Tewoldeberhan Mengis	Senior	Shettleston Harriers	12:35
3	115	Alastair Hay	Senior	Central AC	12:37
4	154	Christopher MacKay	Senior	Inverclyde AC	12:46
5	74	Scott McDonald	Under 20	Central AC	12:50
6	185	Tsegezab Woldemichael	Senior	Shettleston Harriers	12:55
7	119	Robert Russell	Senior	Central AC	12:55
8	169	Daniel Mulhare	Senior	Lasswade AAC	12:57
9	96	Matthew Gillespie	Under 20	Shettleston Harriers	13:09
10	91	Paul Leck	Under 20	Kilbarchan AAC	13:10
11	184	Martin Graham	Senior	Shettleston Harriers	13:14
12	85	Michael Gillespie	Under 20	Edinburgh University	13:15
13	73	Alexander Hendry	Under 20	Central AC	13:17
14	90	Scott Hawkins	Under 20	Kilbarchan AAC	13:19
15	129	Grant Baillie	Senior	East Kilbride A.C.	13:27
16	183	Paul Sorrie	Senior	Shettleston Harriers	13:30
17	75	Sean Reilly	Under 20	Central AC	13:36
18	70	Mark Haskett	Under 20	Aberdeen AAC	13:41
19	146	Ben Cole	Senior	Edinburgh Univ Hare	13:48
20	124	Andrew Connick	Senior	Corstorphine	13:49
21	180	Gordon Phillips	Senior	Shettleston Harriers	13:49
22	171	Barney Phillips	Senior	Lasswade AAC	13:52
23	117	Lewis Millar	Senior	Central AC	13:54
24	140	J Mareque	Vet	Edinburgh AC	13:56
25	86	William Nicholson	Under 20	Edinburgh University	13:58
26	178	Tom Cunningham	Under 20	St Andrews University	14:01
27	103	Stuart Gibson	Senior	Calderglen Harriers	14:02
28	179	Kenneth McCoy	Senior	Shettleston Harriers	14:06
29	142	A Priestley	Senior	Edinburgh AC	14:07
30	125	Bryan Clark	Senior	Corstorphine AAC	14:10
31	151	David Fay	Senior	Glasgow University H	14:12
32	78	Jamie Clements	Under 20	East Kilbride A.C.	14:14
33	88	John Cooke	Under 20	Inverclyde AC	14:15
34	128	Scott Pilkington	Senior	Corstorphine AAC	14:24
35	170	Niall Sheehan	Senior	Lasswade AAC	14:25
36	89	Sean Gaffney	Under 20	Inverclyde AC	14:26
37	92	James Wales	Under 20	Kilmarnock H&AC	14:28
38	98	Frank Boyne	Vet	Aberdeen AAC	14:29
39	137	Neil Calder	Senior	Edinburgh AC	14:32
40	97	Matthew Turner	Under 20	Shettleston Harriers	14:38
41	147	Doug Tullie	Under 20	Edinburgh Univ Hare	14:40
42	69	Ross Fulton	Under 20	Aberdeen AAC	14:41
43	143	Iain Whitaker	Senior	Edinburgh AC	14:49
44	153	Paul Thompson	Vet	Helensburgh AAC	14:54
45	72	Rory Leslie	Under 20	Aberdeen AAC	14:57

**2009 4K Scottish 4km Championships**  
**Bellahouston Park Glasgow Sunday 25th January 2009**

<b>46</b>	188	William Coyle	Vet	Shettleston Harriers	15:01
<b>47</b>	136	Graham Beal	Senior	Edinburgh AC	15:11
<b>48</b>	191	Chris Upton	Vet	Westerlands XC Clut	15:15
<b>49</b>	157	Patrick Cullinane	Senior	Strathclyde Univ Harr	15:31
<b>50</b>	176	Andrew Steven	Senior	Ron Hill Cambuslang	15:35
<b>51</b>	144	Steven Wales	Vet	Edinburgh AC	15:36
<b>52</b>	118	Alex Milne	Vet	Central AC	15:37
<b>53</b>	95	Ruairidh Munro	Under 20	Shettleston Harriers	15:42
<b>54</b>	156	Brian Craig	Vet	Irvine AC	15:43
<b>55</b>	122	Iain Robertson	Senior	Clydesdale Harriers	15:44
<b>56</b>	167	Louis O'Hare	Senior	Kirkintilloch Olympiar	15:48
<b>57</b>	164	Connell Drummond	Senior	Kilmarnock H&AC	15:52
<b>58</b>	77	Ryan Savage	Under 20	Clydesdale Harriers	15:55
<b>59</b>	111	Edward Reid	Vet	Calderglen Harriers	15:59
<b>60</b>	149	Daniel Bradford	Senior	Glasgow University H	16:03
<b>61</b>	133	Graeme Haddow	Vet	East Kilbride A.C.	16:04
<b>62</b>	148	David WDickson	Vet	Garscube Harriers	16:08
<b>63</b>	135	Tom YuillJNR	Senior	East Kilbride A.C.	16:14
<b>64</b>	177	Gary Wallace	Senior	Ron Hill Cambuslang	16:15
<b>65</b>	116	Robert Hutchison	Vet	Central AC	16:17
<b>66</b>	174	Freddy Connor	Vet	Ron Hill Cambuslang	16:24
<b>67</b>	108	Jamie McMonagle	Senior	Calderglen Harriers	16:29
<b>68</b>	138	Keith Dunlop	Senior	Edinburgh AC	16:29
<b>69</b>	120	Gary Dick	Senior	Clydesdale Harriers	16:36
<b>70</b>	109	Stephen Phimister	Senior	Calderglen Harriers	16:40
<b>71</b>	163	Alan Brydon	Senior	Kilmarnock H&AC	16:44
<b>72</b>	145	Will Bailey	Senior	Edinburgh Univ Hare	16:47
<b>73</b>	190	Gary Love	Vet	Strathclyde Fire and I	17:02
<b>74</b>	121	Anthony Jones	Senior	Clydesdale Harriers	17:06
<b>75</b>	132	David J.Condra	Vet	East Kilbride A.C.	17:17
<b>76</b>	158	James Sneddon	Vet	Irvine AC	17:24
<b>77</b>	155	Robert Shaw	Vet	Inverclyde AC	17:29
<b>78</b>	131	Gordon Colvin	Vet	East Kilbride A.C.	17:40
<b>79</b>	161	Donald Kennedy	Senior	Kilbarchan AAC	17:52
<b>80</b>	113	George Stewart	Vet	Calderglen Harriers	17:57
<b>81</b>	105	Jim Holmes	Senior	Calderglen Harriers	18:02
<b>82</b>	76	Ryan Nelson	Under 20	Clydesdale Harriers	18:08
<b>83</b>	104	David Herbertson	Senior	Calderglen Harriers	18:11
<b>84</b>	141	Ryan O'Hare	Senior	Edinburgh AC	18:12
<b>85</b>	165	Kenneth Wales	Vet	Kilmarnock H&AC	18:22
<b>86</b>	107	Graham Lindsay	Vet	Calderglen Harriers	18:30
<b>87</b>	166	Christopher Craig	Senior	Kirkintilloch Olympiar	19:48
<b>88</b>	159	Robert Connell	Vet	Kilbarchan AAC	20:06
<b>89</b>	130	Michael Browne	Senior	East Kilbride A.C.	21:06
<b>90</b>	106	Richard Lawton	Senior	Calderglen Harriers	21:15
<b>91</b>	152	Andrew Stafford	Vet	Helensburgh AAC	22:00

**2009 4K Scottish 4km Championships**  
**Bellahouston Park Glasgow Sunday 25th January 2009**

<b>92</b>	101	Russell Couper	Vet	Calderglen Harriers	22:57
<b>93</b>	160	Brian Graham	Vet	Kilbarchan AAC	23:51
<b>94</b>	172	William Drysdale	Vet	Law & District AAC	24:54

**2009 4K Scottish 4km Championships**  
**Bellahouston Park**  
**Glasgow Sunday 25th January 2009**

Senior Men

Sum of Pos		
Club	Name	Total
Shettleston Harriers	Tsegai Tewelde	1
	Tewoldeberhan Mengisteab	2
	Tsegezab Woldemichael	6
	Matthew Gillespie	9
Shettleston Harriers Total		18
Central AC	Alastair Hay	3
	Scott McDonald	5
	Robert Russell	7
	Alexander Hendry	13
Central AC Total		28
Edinburgh AC	J Mareque	24
	A Priestley	29
	Neil Calder	39
	Iain Whitaker	43
Edinburgh AC Total		135
Aberdeen AAC	Mark Haskett	18
	Frank Boyne	38
	Ross Fulton	42
	Rory Leslie	45
Aberdeen AAC Total		143
Inverclyde AC	Christopher MacKay	4
	John Cooke	33
	Sean Gaffney	36
	Robert Shaw	77
Inverclyde AC Total		150
East Kilbride A.C.	Grant Baillie	15
	Jamie Clements	32
	Graeme Haddow	61
	Tom YuillJNR	63
East Kilbride A.C. Total		171
Kilbarchan AAC	Paul Leck	10
	Scott Hawkins	14
	Donald Kennedy	79
	Robert Connell	88
Kilbarchan AAC Total		191

**2009 4K Scottish 4km Championships**  
**Bellahouston Park**  
**Glasgow Sunday 25th January 2009**

Calderglen Harriers	Stuart Gibson	27
	Edward Reid	59
	Jamie McMonagle	67
	Stephen Phimister	70
Calderglen Harriers Total		223
Kilmarnock H&AC	James Wales	37
	Connell Drummond	57
	Alan Brydon	71
	Kenneth Wales	85
Kilmarnock H&AC Total		250
Clydesdale Harriers	Iain Robertson	55
	Ryan Savage	58
	Gary Dick	69
	Anthony Jones	74
Clydesdale Harriers Total		256

**2009 4K Scottish Championships Races**  
**Sunday 25th January 2009**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	39	Freya Murray	Senior	Edinburgh AC	14:42
2	14	Nicola Hood	Under 20	VP-Glasgow AC	15:09
3	22	Lyn Wilson	Senior	Carnethy Hill Racing Clul	15:20
4	51	Rosie Smith	Senior	Hunters Bog Trotters	15:25
5	25	Toni McIntosh	Senior	Ayr Seaforth AAC	15:33
6	33	Niamh Devlin	Senior	Edinburgh AC	15:38
7	9	Sarah Inglis	Under 20	Lothian Running Club	15:42
8	37	Jennifer MacLean	Senior	Edinburgh AC	15:44
9	24	Alison Docherty	Senior	Central AC	15:45
10	15	Josephine Moultrie	Under 20	VP-Glasgow AC	15:48
11	12	Eilidh MacKenzie	Under 20	Stornoway Running & AC	15:49
12	11	Danielle Brown	Under 20	Springburn Harriers	15:49
13	199	Heather	Senior	Fife AC	15:51
14	28	Emma Waterhouse	Senior	Central AC	15:53
15	7	Elsbeth Curran	Under 20	Kilbarchan AAC	16:00
16	53	Leanne Hamilton	Senior	Kilbarchan AAC	16:13
17	43	Morgan Murphy	Senior	Fife AC	16:14
18	36	Sarah Hood	Senior	Edinburgh AC	16:30
19	68	Donna Finlayson	Senior	VP-Glasgow AC	16:30
20	27	Fiona Thompson	Senior	Central AC	16:35
21	65	Clare Gemmell	Senior	Springburn Harriers	16:40
22	62	Sarah Blake	Senior	Penicuik Harriers	16:42
23	13	Rebecca Finch	Under 20	VP-Glasgow AC	16:47
24	5	Ruth Joss	Under 20	Giffnock North AAC	16:53
25	66	Michelle Sandison	Senior	Springburn Harriers	17:02
26	23	Hazel Dean	Vet	Central AC	17:03
27	40	Joanne Thom	Senior	Edinburgh AC	17:03
28	58	Kara Tait	Under 20	Kilmarnock H&AC	17:09
29	56	Cara Sloss	Senior	Kilbarchan AAC	17:11
30	57	Hannah Waugh	Senior	Kilbarchan AAC	17:31
31	50	Michelle Hetherington	Vet	Helensburgh AAC	17:36
32	41	Briony Curtis	Senior	Edinburgh Univ Hare & F	17:44
33	64	Frances Florence	Vet	Springburn Harriers	17:48
34	45	Alison Winship	Vet	Garscube Harriers	17:53
35	42	Sarah LouiseJohnson	Senior	Edinburgh Univ Hare & F	18:07
36	31	Joanne McEvoy	Senior	East Kilbride A.C.	18:09
37	6	Michelle Bell	Under 20	Kilbarchan AAC	18:32
38	34	Katja Eravisto	Senior	Edinburgh AC	18:43
39	44	Heather McIntosh	Vet	Garscube Harriers	18:45
40	30	Kelly Baillie	Senior	East Kilbride A.C.	18:51
41	59	Paula Wilson	Senior	Kilmarnock H&AC	19:03
42	63	Caroline Brownlie	Senior	Springburn Harriers	19:20
43	60	Ada Stewart	Vet	Kirkintilloch Olympians	19:23
44	46	Janet Fellowes	Vet	Helensburgh AAC	19:32
45	21	Sandra Reid	Vet	Calderglen Harriers	19:37

**2009 4K Scottish Championships Races**  
**Sunday 25th January 2009**

<b>46</b>	29	Marina McCallum	Senior	Clydesdale Harriers	19:42
<b>47</b>	67	Christine Catterson	Vet	VP-Glasgow AC	20:34
<b>48</b>	19	Mary Goldsmith	Vet	Calderglen Harriers	20:53

**2009 4K Scottish Championships Races**  
**Sunday 25th January 2009**

Senior Women

Sum of Pos		
<b>Club</b>	<b>Name</b>	<b>Total</b>
Edinburgh AC	Freya Murray	1
	Niamh Devlin	6
	Jennifer MacLean	8
Edinburgh AC Total		15
VP-Glasgow AC	Nicola Hood	2
	Josephine Moultrie	10
	Donna Finlayson	19
VP-Glasgow AC Total		31
Central AC	Alison Docherty	9
	Emma Waterhouse	14
	Fiona Thompson	20
Central AC Total		43
Springburn Harriers	Danielle Brown	12
	Clare Gemmell	21
	Michelle Sandison	25
Springburn Harriers Total		58
Kilbarchan AAC	Elspeth Curran	15
	Leanne Hamilton	16
	Cara Sloss	29
Kilbarchan AAC Total		60