

National 4K Senior /Junior Mens Championships
Glasgow 5th November 2011

Pos	No	Name	Cat	Club	Time
1	219	Matthew Gillespie	Senior	Shettleston Harriers	12:37
2	40	Alexander Hendry	Senior	Central AC	12:38
3	225	Tewoldeberhan Mengisteab	Senior	Shettleston Harriers	12:42
4	252	David Vernon	Under 20	VP-Glasgow AC	12:44
5	220	Michael Gillespie	Senior	Shettleston Harriers	12:47
6	157	Andrew Douglas	Senior	Inverclyde AC	12:49
7	42	Ross Houston	Senior	Central AC	12:51
8	260	Ross Mathieson	Under 20	Lasswade A.C.	12:54
9	61	Dermot Cummins	Senior	Corstorphine AAC	12:56
10	47	John Newsom	Senior	Central AC	12:58
11	151	Mark Pollard	Senior	Inverclyde AC	12:58
12	209	Jack Hamilton	Under 20	Ron Hill Cambuslang Harriers	13:00
13	82	Andrew Crichton	Under 20	Edinburgh AC	13:01
14	200	Stuart Gibson	Senior	Ron Hill Cambuslang Harriers	13:04
15	208	Stewart Orr	Under 20	Ron Hill Cambuslang Harriers	13:05
16	2	Mark Haskett	Senior	Aberdeen AAC	13:07
17	226	Paul Sorrie	Senior	Shettleston Harriers	13:08
18	182	Niall Sheehan	Senior	Lasswade A.C.	13:08
19	222	Lachlan Oates	Under 20	Shettleston Harriers	13:11
20	216	Thomas Fay	Senior	Shettleston Harriers	13:14
21	65	Michael Crawley	Senior	Corstorphine AAC	13:15
22	183	Barney Phillips	Senior	Lasswade A.C.	13:18
23	127	Luke Traynor	Under 20	Giffnock North AAC	13:25
24	217	Michael Deason	Senior	Shettleston Harriers	13:25
25	69	Andrew Christy	Under 20	Corstorphine AAC	13:27
26	251	Ethan Sloan-Dennison	Under 20	VP-Glasgow AC	13:28
27	244	Sean Fontana	Senior	VP-Glasgow AC	13:29
28	68	Mickey Breen	Senior	Corstorphine AAC	13:32
29	196	Jamie Reid	Senior	Ron Hill Cambuslang Harriers	13:34
30	66	Kris Berry	Senior	Corstorphine AAC	13:36
31	39	Scott Green	Under 20	Central AC	13:38
32	198	David Munro	Senior	Ron Hill Cambuslang Harriers	13:38
33	130	Greg Turner	Under 20	Giffnock North AAC	13:40
34	204	Robert Gilroy	Senior	Ron Hill Cambuslang Harriers	13:41
35	206	Andrew Coulter	Under 20	Ron Hill Cambuslang Harriers	13:42

Senior Mens Teams		
Club	Name	Total
Shettleston Harriers		
	Matthew Gillespie	1
	Tewoldeberhan Mengisteab	3
	Michael Gillespie	5
	Paul Sorrie	17
Shettleston Harriers Total		26
Central AC		
	Alexander Hendry	2
	Ross Houston	7
	John Newsom	10
	Scott Green	31
Central AC Total		50
Ron Hill Cambuslang H		
	Jack Hamilton	12
	Stuart Gibson	14
	Stewart Orr	15
	Jamie Reid	29
Ron Hill Cambuslang H Total		70
Corstorphine AAC		
	Dermot Cummins	9
	Michael Crawley	21
	Andrew Christy	25
	Mickey Breen	28
Corstorphine AAC Total		83
VP-Glasgow AC		
	David Vernon	4
	Ethan Sloan-Dennison	26
	Sean Fontana	27
	Derek Gibb	39
VP-Glasgow AC Total		96

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36	212	Grant Sheldon	Under 20	Ron Hill Cambuslang Harriers	13:42
37	185	Max McNeill	Under 20	Lothian Running Club	13:42
38	224	Kerrick Hesse	Under 20	Shettleston Harriers	13:44
39	245	Derek Gibb	Senior	VP-Glasgow AC	13:44
40	93	Jake Wightman	Under 20	Edinburgh AC	13:47
41	63	Adam Priestley	Senior	Corstorphine AAC	13:49
42	145	Stephen Trainer	Senior	Greenock Glenpark Harriers	13:50
43	227	Matthew Turner	Senior	Shettleston Harriers	13:51
44	46	Cameron Milne	Under 20	Central AC	13:53
45	95	Tom Martyn	Senior	Edinburgh Univ Hare & Hounds	13:54
46	109	Kyle Greig	Senior	Forres Harriers	13:54
47	132	Christopher Watson	Under 20	Glasgow School of Sport	13:54
48	35	David Hutchison	Under 20	Central AC	13:56
49	1	Eoin Durkan	Senior	Aberdeen AAC	13:56
50	84	Edward Dudgeon	Under 20	Edinburgh AC	13:59
51	3	Cameron Strachan	Senior	Aberdeen AAC	14:00
52	99	Ben Stevenson	Under 20	Edinburgh Univ Hare & Hounds	14:01
53	70	Calum McKenzie	Senior	Corstorphine AAC	14:01
54	104	Zachary Delaney	Under 20	Fife AC	14:01
55	83	Daniel Clarkson	Senior	Edinburgh AC	14:04
56	144	David Henderson	Senior	Greenock Glenpark Harriers	14:06
57	81	Stewart Chalmers	Senior	Edinburgh AC	14:07
58	169	Iain Connell	Vet	Kilmarnock H&AC	14:07
59	166	Scott MacAULAY	Under 20	Kilbarchan AAC	14:09
60	62	Tom Ferrington	Senior	Corstorphine AAC	14:09
61	135	Adam Peters	Senior	Glasgow Univ Hare & H	14:09
62	54	Peter Bowman	Under 20	Clydesdale Harriers	14:17
63	5	Sam Burgess	Under 20	Aberdeen AAC	14:18
64	241	Marc Austin	Under 20	VP-Glasgow AC	14:18
65	171	Cameron Wilson	Senior	Kilmarnock H&AC	14:20
66	232	Kenny Richmond	Vet	Shettleston Harriers	14:22
67	164	Graham Evans	Under 20	Kilbarchan AAC	14:23
68	71	Bryan Clark	Senior	Corstorphine AAC	14:24
69	37	Ross Milne	Under 20	Central AC	14:26
70	59	Moray Anderson	Senior	Corstorphine AAC	14:26
71	41	Andrew Hood	Under 20	Central AC	14:26

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Edinburgh AC		
	Andrew Crichton	13
	Jake Wightman	40
	Edward Dudgeon	50
	Daniel Clarkson	55
Edinburgh AC Total		158
Inverclyde AC		
	Andrew Douglas	6
	Mark Pollard	11
	Thomas Jamieson	79
	Sean Gaffney	81
Inverclyde AC Total		177
Aberdeen AAC		
	Mark Haskett	16
	Eoin Durkan	49
	Cameron Strachan	51
	Sam Burgess	63
Aberdeen AAC Total		179
Edinburgh Univ H & H		
	Tom Martyn	45
	Ben Stevenson	52
	Patryk Gierjatowicz	72
	Rory Leslie	101
Edinburgh Univ H & H Total		270
Kilmarnock H&AC		
	Iain Connell	58
	Cameron Wilson	65
	James Wales	86
	Scott Martin	103
Kilmarnock H&AC Total		312

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72	97	Patryk Gierjatowicz	Senior	Edinburgh Univ Hare & Hounds	14:26
73	112	Joe McKnight	Senior	Garscube Harriers	14:27
74	119	John Bell	Vet	Garscube Harriers	14:28
75	128	Miles Hollinshead	Senior	Giffnock North AAC	14:28
76	146	Craig Mattocks	Senior	Hunters Bog Trotters	14:28
77	89	Colin McGill	Senior	Edinburgh AC	14:28
78	7	Michael Ferguson	Under 20	Banchory Stonehaven AC	14:31
79	152	Thomas Jamieson	Senior	Inverclyde AC	14:31
80	6	Andoni Illarreamenoi	Senior	Aberdeen AAC	14:31
81	153	Sean Gaffney	Senior	Inverclyde AC	14:32
82	134	David I Houston	Senior	Glasgow Univ Hare & H	14:33
83	60	Christopher O'Brien	Senior	Corstorphine AAC	14:33
84	86	M. Fraser	Senior	Edinburgh AC	14:35
85	19	Russell Whittington	Vet	Bellahouston Road Runners	14:36
86	172	James Wales	Senior	Kilmarnock H&AC	14:38
87	163	Alex Allardyce	Vet	Irvine AC	14:42
88	203	Michael O'Hagan	Vet	Ron Hill Cambuslang Harriers	14:45
89	598	Ross Clark	Senior	Unattached	14:47
90	256	John Denovan	Senior	Westerlands XC Club	14:48
91	14	Greig Glendinning	Vet	Bellahouston Road Runners	14:48
92	259	Matthew Sogbenmu	Senior	Glasgow Univ Hare & H	14:52
93	64	Steven O'Brien	Senior	Corstorphine AAC	14:53
94	102	Euan Martin	Under 20	Falkirk Victoria Harriers	14:55
95	162	Stephen Mackay	Under 20	Inverness Harriers AAC	14:55
96	211	Dean McNaught	Under 20	Ron Hill Cambuslang Harriers	14:57
97	72	Callum Smith	Under 20	Corstorphine AAC	14:57
98	80	P. Cameron	Under 20	Edinburgh AC	14:57
99	254	Chris Upson	Vet	Westerlands XC Club	15:01
100	231	Marc McColl	Vet	Shettleston Harriers	15:01
101	96	Rory Leslie	Senior	Edinburgh Univ Hare & Hounds	15:01
102	229	Denis Williams	Vet	Shettleston Harriers	15:05
103	175	Scott Martin	Vet	Kilmarnock H&AC	15:05
104	158	Gerard Gaffney	Vet	Inverclyde AC	15:05
105	255	Niall McAlinden	Senior	Westerlands XC Club	15:05
106	30	Martin Duthie	Vet	Calderglen Harriers	15:05
107	107	Ryan Ritchie	Senior	Fife AC	15:07

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Greenock Glenpark H		
	Stephen Trainer	42
	David Henderson	56
	Andrew McCall	111
	Stephen McLoone	123
Greenock Glenpark H Total		332
Glasgow Univ Hare & H		
	Adam Peters	61
	David I Houston	82
	Matthew Sogbenmu	92
	Stephen Donoghue	116
Glasgow Univ Hare & H Total		351
Garscube Harriers		
	Joe McKnight	73
	John Bell	74
	Alexander Chisholm	110
	Marco Consani	124
Garscube Harriers Total		381
Kilbarchan AAC		
	Scott MacAULAY	59
	Graham Evans	67
	Nicky Moore	118
	Chris McGlennon	155
Kilbarchan AAC Total		399
Fife AC		
	Zachary Delaney	54
	Ryan Ritchie	107
	Tony Martin	125
	Craig Ross	135
Fife AC Total		421
Bellahouston Road R		

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108	10	Tommy McDonald	Under 20	Bellahouston Harriers	15:07
109	221	Gary Turner	Under 20	Shettleston Harriers	15:07
110	118	Alexander Chisholm	Vet	Garscube Harriers	15:07
111	142	Andrew McCall	Senior	Greenock Glenpark Harriers	15:07
112	236	Martin Coleman	Senior	Springburn Harriers	15:07
113	230	Adam Lee	Senior	Shettleston Harriers	15:13
114	90	David New	Senior	Edinburgh AC	15:15
115	240	Andrew Callan	Vet	Springburn Harriers	15:20
116	136	Stephen Donoghue	Senior	Glasgow Univ Hare & H	15:20
117	205	Shazad Hakeem	Senior	Ron Hill Cambuslang Harriers	15:22
118	165	Nicky Moore	Senior	Kilbarchan AAC	15:22
119	210	Stephen(jnr) Paris	Under 20	Ron Hill Cambuslang Harriers	15:24
120	73	Jamie Clements	Senior	East Kilbride A.C.	15:24
121	87	Peter Loudon	Under 20	Edinburgh AC	15:24
122	8	Andrew Ferguson Jnr	Senior	Banchory Stonehaven AC	15:27
123	141	Stephen McLoone	Vet	Greenock Glenpark Harriers	15:29
124	121	Marco Consani	Senior	Garscube Harriers	15:29
125	105	Tony Martin	Vet	Fife AC	15:29
126	48	Paul Carroll	Vet	Clydesdale Harriers	15:35
127	27	Andrew McCaffery	Vet	Calderglen Harriers	15:37
128	91	Garry Robertson	Vet	Edinburgh AC	15:38
129	197	Scott Hunter	Senior	Ron Hill Cambuslang Harriers	15:40
130	218	John Oates	Vet	Shettleston Harriers	15:46
131	156	James Mcfadden	Senior	Inverclyde AC	15:50
132	75	Niall Walker	Senior	East Kilbride A.C.	15:50
133	94	Ewan Crawford	Under 20	Edinburgh Univ Hare & Hounds	15:50
134	191	Benjamin Hands	Vet	Motherwell AC	15:52
135	108	Craig Ross	Vet	Fife AC	15:52
136	38	Alex Milne	Vet	Central AC	15:52
137	17	Gerard Scullion	Vet	Bellahouston Road Runners	15:54
138	258	Mark Sutherland	Under 20	Glasgow Univ Hare & H	15:58
139	33	Stephen Reilly	Senior	Calderglen Harriers	16:02
140	43	David Lindsay	Under 20	Central AC	16:04
141	15	Raymond Farrell	Vet	Bellahouston Road Runners	16:06
142	214	Anthony Edgar	Under 20	Ron Hill Cambuslang Harriers	16:08
143	78	Darren Blyth	Senior	Edinburgh AC	16:10

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	Russell Whittington	85
	Greig Glendinning	91
	Gerard Scullion	137
	Raymond Farrell	141
	Bellahouston Road R Total	454
	Clydesdale Harriers	
	Peter Bowman	62
	Paul Carroll	126
	Iain Robertson	149
	Ryan Nelson	161
	Clydesdale Harriers Total	498
	Calderglen Harriers	
	Martin Duthie	106
	Andrew McCaffery	127
	Stephen Reilly	139
	Eddie Reid	147
	Calderglen Harriers Total	519
	Springburn Harriers	
	Martin Coleman	112
	Andrew Callan	115
	Grant Cairns	148
	AnthonyJM McGale	175
	Springburn Harriers Total	550
	Lothian Running Club	
	Max McNeill	37
	Ian Leggett	185
	Colin Banham	197
	David Wardman	201
	Lothian Running Club Total	620
	Motherwell AC	
	Benjamin Hands	134

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144	120	Euan Mackay	Vet	Garscube Harriers	16:16
145	180	Tommy McRavey	Senior	Kirkintilloch Olympians	16:18
146	106	Daniel Newman	Vet	Fife AC	16:21
147	31	Eddie Reid	Vet	Calderglen Harriers	16:23
148	238	Grant Cairns	Senior	Springburn Harriers	16:23
149	53	Iain Robertson	Senior	Clydesdale Harriers	16:26
150	123	Scott McPherson	Senior	Garscube Harriers	16:28
151	103	Colin Brown	Vet	Fife AC	16:28
152	189	Andy Law	Vet	Mid Argyll A C	16:29
153	125	John Mc Laughlin	Vet	Garscube Harriers	16:30
154	117	Athole Smith	Vet	Garscube Harriers	16:39
155	168	Chris McGlennon	Vet	Kilbarchan AAC	16:43
156	115	Daniel Burns	Senior	Garscube Harriers	16:49
157	167	Donald Kennedy	Senior	Kilbarchan AAC	16:49
158	148	John Smillie	Vet	Inverclyde AC	16:57
159	32	Andrew Henderson	Vet	Calderglen Harriers	16:59
160	113	John Murray	Senior	Garscube Harriers	17:00
161	55	Ryan Nelson	Senior	Clydesdale Harriers	17:02
162	77	Tom Yuill	Senior	East Kilbride A.C.	17:05
163	194	Matthew Purser	Senior	Motherwell AC	17:09
164	16	John Newlands	Senior	Bellahouston Road Runners	17:09
165	50	Hugh Laverty	Vet	Clydesdale Harriers	17:09
166	178	Neil Ramsay	Senior	Kirkintilloch Olympians	17:16
167	137	Chase T Southwick	Under 20	Glasgow Univ Hare & H	17:18
168	150	Robert Shaw	Vet	Inverclyde AC	17:20
169	23	George Stewart	Vet	Calderglen Harriers	17:24
170	190	Alan Robertson	Senior	Motherwell AC	17:31
171	49	Paul McKendry	Vet	Clydesdale Harriers	17:38
172	24	Jim Holmes	Vet	Calderglen Harriers	17:39
173	199	Robert Rossborough	Senior	Ron Hill Cambuslang Harriers	17:46
174	193	Robert McCourt	Vet	Motherwell AC	17:59
175	239	AnthonyJM McGale	Vet	Springburn Harriers	18:15
176	116	Craig Brown	Senior	Garscube Harriers	18:36
177	192	Robert Pattinson	Vet	Motherwell AC	18:38
178	88	Alex MacEwen	Vet	Edinburgh AC	18:51
179	126	Stephen Wilson	Vet	Garscube Harriers	18:51

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	Matthew Purser	163
	Alan Robertson	170
	Robert McCourt	174
Motherwell AC Total		641

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180	213	Walter Edgar	Senior	Ron Hill Cambuslang Harriers	18:55
181	28	David Wardrope	Vet	Calderglen Harriers	18:55
182	195	David Fairweather	Vet	Ron Hill Cambuslang Harriers	18:59
183	45	Sandy MacLarty	Under 20	Central AC	19:05
184	9	Andrew Ferguson Snr	Vet	Banchory Stonehaven AC	19:17
185	184	Ian Leggett	Vet	Lothian Running Club	19:19
186	29	Colin Banks	Vet	Calderglen Harriers	19:21
187	173	Kenneth Wales	Vet	Kilmarnock H&AC	19:21
188	111	Stephen Cullen	Vet	Garscube Harriers	19:24
189	234	Alan Cairns	Vet	Springburn Harriers	19:37
190	22	Richard Lawton	Senior	Calderglen Harriers	19:40
191	34	Hugh Simpson	Vet	Calderglen Harriers	19:51
192	52	Watson Jones	Vet	Clydesdale Harriers	19:57
193	215	Alexander Edgar	Under 20	Ron Hill Cambuslang Harriers	20:39
194	124	Kieran McLaughlin	Senior	Garscube Harriers	20:46
195	20	Russell Couper	Vet	Calderglen Harriers	21:00
196	147	Tom Tracey	Vet	Inverclyde AC	21:24
197	187	Colin Banham	Vet	Lothian Running Club	21:37
198	228	Robert Porteous	Vet	Shettleston Harriers	21:43
199	122	Raghibir Singh	Vet	Garscube Harriers	22:16
200	18	Scott Telfer	Vet	Bellahouston Road Runners	23:13
201	188	David Wardman	Vet	Lothian Running Club	24:45