

**SAL National Cross Country Relays  
Cumbernauld  
27-October 2012  
Senior Men**

	Stage 1		Stage 2		Stage 3		Stage 4	
1 Central AC (A)	13:19	6	26:18	2	39:33	1	52:40	1
	Andrew Butchart	13:19	Scott McDonald	12:59	Alexander Hendry	13:15	Alastair Hay	13:07
2 VP-City of Glasgow AC (A)	12:49	1	26:11	1	39:59	3	53:02	2
	David Vernon (U20)	12:49	Ethan Sloan-Dennison (U20)	13:22	Max Ralston	13:48	Sean Fontana	13:03
3 Corstorphine AAC (A)	13:01	2	26:24	3	39:52	2	53:21	3
	Douglas Selman	13:01	Kris Berry	13:23	Andrew Christy (U20)	13:28	Mickey Breen	13:29
4 Ronhill Cambuslang H (A)	13:11	4	26:53	4	40:05	4	53:46	4
	Stuart Gibson	13:11	Iain MacCorquodale	13:42	Wegene Tafese	13:12	Jack Hamilton (U20)	13:41
5 Central AC (B)	13:52	16	27:27	10	40:52	5	54:20	5
	Michael Wright	13:52	Cameron Milne (U20)	13:35	Lewis Millar	13:25	Ross Houston	13:28
6 Shettleston H (A)	13:17	5	26:57	5	41:45	8	55:13	6
	Paul Sorrie	13:17	Michael Deason	13:40	Adam Peters	14:48	Thomas Fay	13:28
7 Kilbarchan AAC (A)	13:39	12	27:12	7	41:37	7	55:19	7
	Andrew Dearie (U20)	13:39	Conor McNulty	13:33	Russell Mountford (U20)	14:25	Chris Devenney	13:42
8 Inverclyde AC (A)	14:12	25	27:08	6	41:49	10	55:20	8
	Greg Williams (U20)	14:12	Chris MacKay	12:56	Sean Gaffney	14:41	Mark Pollard	13:31
9 Corstorphine AAC (B)	14:05	22	28:02	14	41:47	9	55:43	9
	Christopher Galloway (U20)	14:05	Bryan Clark	13:57	Calum McKenzie	13:45	Scott Pilkington	13:56
10 Aberdeen AAC (A)	13:32	9	27:29	11	41:56	11	56:09	10
	Mark Haskett	13:32	James Joy	13:57	Sam Burgess (U20)	14:27	Eoin Durkan	14:13
11 Edinburgh University H&H (A)	13:42	13	27:20	9	41:13	6	56:18	11
	James Bruce Waldie	13:42	Tom Martyn	13:38	Patryk Gierjatowicz	13:53	Daniel Ashworth	15:05
12 Ronhill Cambuslang H (E) (V)	13:55	19	27:52	13	42:23	13	56:21	12
	Charles Thomson (V)	13:55	Robert Gilroy (V)	13:57	Greg Hastie (V)	14:31	Kerry Liam Wilson (V)	13:58
13 Ronhill Cambuslang H (B)	14:17	30	28:08	16	42:06	12	57:16	13
	John MacNamara (V)	14:17	Benjamin Hukins	13:51	David Munro	13:58	Andrew MacKenzie	15:10
14 Corstorphine AAC (C) (V)	14:43	39	28:28	18	43:02	16	57:36	14
	Grant Wilkie (V)	14:43	Moray Anderson (V)	13:45	Tom Ferrington (V)	14:34	Ross Milne (V)	14:34
15 Greenock Glenpark H (A)	13:21	7	27:45	12	42:37	15	57:53	15
	Stephen Trainer	13:21	David Henderson	14:24	Steven Campbell (V)	14:52	Michael Meloone Snr (V)	15:16
16 Strathclyde University H (A)	13:26	8	28:46	21	44:00	20	58:10	16
	Christopher Watson (U20)	13:26	Graham Campbell (U20)	15:20	Nathan Kirley (U20)	15:14	Alessandro Tronconi (U20)	14:10
17 Falkirk Victoria H (A)	14:04	21	28:22	17	43:26	17	58:14	17
	Ben Stevenson (U20)	14:04	Dale Colley (U20)	14:18	Scott Stirling (U20)	15:04	Euan Martin (U20)	14:48
18 Shettleston H (D) (V)	14:27	33	29:09	26	43:29	18	58:16	18
	Kenny Richmond (V)	14:27	William Coyle (V)	14:42	Andy Little (V)	14:20	Ian Johnston (V)	14:47
19 Giffnock North AAC (A)	13:08	3	27:18	8	42:27	14	58:23	19
	Luke Traynor (U20)	13:08	Greg Turner	14:10	Andrew Clark (U20)	15:09	George Taylor (V)	15:56
20 Bellahouston RR (B)	14:07	23	28:50	23	44:08	23	58:57	20
	Kieran Docherty	14:07	Craig Reid	14:43	Bruce Carse	15:18	Bob Reid	14:49
21 Garscube H (A)	13:49	14	28:06	15	43:59	19	59:03	21
	Benjamin Melby	13:49	David Savage	14:17	Matthew Sogbanmu	15:53	John Bell (V)	15:04
22 Ayr Seaforth AAC (A)	13:51	15	28:48	22	44:07	22	59:30	22
	Finlay Rae (U20)	13:51	Steven Reid	14:57	Stephen Kay	15:19	Kenneth Neill	15:23
23 Edinburgh AC (A) (V)	14:25	32	30:01	38	45:07	32	59:33	23
	John Blair (V)	14:25	Roy Mitchell (V)	15:36	Robert Turner (V)	15:06	Colin McGill (V)	14:26
24 Kilmarnock H&AC (A)	14:15	29	28:33	20	44:13	24	59:39	24
	Iain Connell (V)	14:15	Roger Naughton	14:18	Roy Shankland (U20)	15:40	Scott Martin (V)	15:26
25 Westerlands X.C. (A)	14:45	42	29:47	34	44:37	27	59:40	25
	Iain Stewart	14:45	gregor stewart	15:02	Chris Upson (V)	14:50	Niall McAinden	15:03
26 Central AC (C)	14:39	38	29:44	32	44:59	30	59:44	26
	Tom Watson (U20)	14:39	Will Hensman	15:05	Ross Milne (U20)	15:15	Conor Kerr (U20)	14:45
27 Edinburgh AC (B)	13:55	18	28:31	19	44:00	21	59:54	27
	Bryan Mackie	13:55	Ross Irving	14:36	J Crawford	15:29	John Morris	15:54
28 Inverclyde AC (B)	14:14	26	28:52	24	44:20	25	1:00:04	28
	Michael Houston (U20)	14:14	Thomas Jamieson	14:38	Stephen Cooke	15:28	Gerard Gaffney (V)	15:44
29 East Kilbride A.C. (A)	14:14	27	29:14	28	45:06	31	1:00:23	29
	John Fergusson	14:14	Jamie Clements	15:00	David Gorman	15:52	Niall Walker	15:17
30 Garscube H (B) (V)	15:06	48	30:00	37	45:15	34	1:00:23	30
	Nick Heaney (V)	15:06	Joe McKnight (V)	14:54	Stephen Mulrine (V)	15:15	Alexander Chalmers (V)	15:08
31 Falkirk Victoria H (C) (V)	15:05	47	30:26	41	45:39	37	1:00:34	31
	Michael McQuaid (V)	15:05	Anthony Devlin (V)	15:21	Andrew Ronald (V)	15:13	Barry Paterson (V)	14:55
32 Stornoway Running & AC (A)	14:55	43	30:28	43	45:15	35	1:00:37	32
	William MacRury	14:55	Donald Macleod	15:33	Andrew Joyce	14:47	Murdo MacKenzie	15:22
33 Gala H (A)	14:39	37	29:52	35	45:57	41	1:00:42	33
	Colin Welsh	14:39	Wayne McIntosh (V)	15:13	Euan Jardine	16:05	Fergus Johnston	14:45
34 Shettleston H (B)	14:14	28	29:41	31	44:25	26	1:00:43	34
	Kevin Brydon	14:14	Gary Turner (U20)	15:27	Brian McGarrity	14:44	John J Duffy (V)	16:18
35 Bellahouston RR (A) (V)	15:24	53	30:15	39	45:47	38	1:01:04	35
	Russell Whittington (V)	15:24	Mark Johnston (V)	14:51	Greig Glendinning (V)	15:32	Liam Conway (V)	15:17
36 Kilbarchan AAC (B) (V)	13:36	10	29:05	25	45:09	33	1:01:14	36
	Robert Quinn (V)	13:36	James Snodgrass (V)	15:29	John McMillan (V)	16:04	Donald Petrie (V)	16:05
37 Carnegie H (A) (V)	15:13	50	29:55	36	45:56	40	1:01:22	37
	Ian Stewart (V)	15:13	Graeme Campbell (V)	14:42	David Millar (V)	16:01	Andy Hume (V)	15:26
38 Aberdeen AAC (B)	15:43	69	30:27	42	46:07	43	1:01:25	38
	Sean West	15:43	David Smith (U20)	14:44	Justin Kangaroo	15:40	Frank Boyne (V)	15:18
39 Bellahouston H (A)	14:19	31	29:20	30	44:42	28	1:01:26	39
	Thomas McDonald (U20)	14:19	Crispin Walsh (V)	15:01	Tom Lauckner	15:22	Ruairidh Macdonald	16:44
40 St Andrews University CCC (A)	14:03	20	30:31	45	45:47	39	1:01:34	40
	David I Bowers	14:03	Chris Russell (U20)	16:28	Samuel Peach (U20)	15:16	Skylar Lobdell (U20)	15:47
41 Corstorphine AAC (D)	15:50	73	31:40	67	46:39	49	1:01:35	41
	Paddy Jumelle (V)	15:50	Timothy Norwood	15:50	Christopher O'Brien	14:59	Adam Priestley	14:56

42 Greenock Glenpark H (B)	15:38	67	31:23	62	46:48	53	1:01:39	42
	Frank McKnight (V)	15:38	Andrew White (V)	15:45	Robert Adams (V)	15:25	Kevin O'Donoghue	14:51
43 VP-City of Glasgow AC (B)	14:58	46	29:13	27	44:50	29	1:02:09	43
	Callum Heirs (U20)	14:58	Derek Gibb	14:15	Craig Young (U20)	15:37	Tom Ord (V)	17:19
44 Hunters Bog T (A)	15:28	56	30:43	48	46:35	47	1:02:12	44
	Michael Grant	15:28	David Fulton	15:15	George Ashley	15:52	James Bowden	15:37
45 Metro Aberdeen RC (A)	15:26	55	31:08	56	46:27	46	1:02:23	45
	Forbes Reid (V)	15:26	Malcolm Beattie	15:42	Neil Jaffrey	15:19	Ian Urquhart	15:56
46 Motherwell AC (A)	15:38	66	30:47	49	47:01	56	1:02:47	46
	Nicholas Hughes	15:38	Christopher MacDonald	15:09	Andrew Buchanan (V)	16:14	Luke McIlvenna	15:46
47 Law & District AAC (A)	14:29	34	31:02	53	46:57	54	1:03:03	47
	Stephen Allen (V)	14:29	Allan Bryce (V)	16:33	Anthony Higgins (V)	15:55	Daniel Stuart Graham (U20)	16:06
48 Springburn H (B)	15:45	70	31:44	69	47:01	55	1:03:09	48
	Martin Coleman	15:45	Grant Cairns	15:59	Scott Partyka	15:17	Adam Janeczko	16:08
49 Garscube H (C)	15:34	61	31:39	66	47:02	57	1:03:12	49
	Christopher Devine	15:34	Euan Geddes (V)	16:05	Alan Blair	15:23	John McLaughlin (V)	16:10
50 Clydesdale H (A) (V)	14:08	24	29:17	29	46:25	45	1:03:31	50
	Peter Bowman (U20)	14:08	Paul Carroll (V)	15:09	Gerard Montgomery (V)	17:08	Kevin Farmer	17:06
51 Fife AC (A)	14:38	36	29:46	33	46:20	44	1:03:36	51
	Ewan Paton (U20)	14:38	David I Bowers	15:08	Daniel Clarke	16:34	Daniel Newman (V)	17:16
52 Pitreavie AAC (A)	15:09	49	30:51	50	47:23	58	1:03:39	52
	Scott McAlpine (U20)	15:09	Owain Williams	15:42	Benjamin Kurzman (U20)	16:32	Neil MacIachlan	16:16
53 Corstorphine AAC (E) (V)	15:30	58	30:54	51	46:45	51	1:04:09	53
	Graeme Fletcher (V)	15:30	Ian Johnston (V)	15:24	Bruce Malcolm (V)	15:51	Derek Ireland (V)	17:24
54 Kirkintilloch O (A) (V)	14:35	35	30:43	47	47:28	60	1:04:20	54
	Stephen Allan (V)	14:35	Gary Mitchell (V)	16:08	Derek Martin (V)	16:45	Robert Rogerson (V)	16:52
55 Central AC (E) (V)	15:22	52	31:04	55	46:39	48	1:04:24	55
	Gordon Crawford (V)	15:22	Alexander Milne (V)	15:42	Ewan Jack (V)	15:35	Douglas Findlay (V)	17:45
56 Bellahouston RR (C)	15:46	71	32:36	78	48:46	71	1:04:41	56
	Kieran Docherty	15:46	Alex Lawther	16:50	Gerard Scullion (V)	16:10	Peter Gallanagh (V)	15:55
57 Ronhill Cambuslang H (F) (V)	16:39	90	32:12	73	48:21	66	1:04:45	57
	Niall Bristow (V)	16:39	Michael O'Hagan (V)	15:33	Francis Hurley (V)	16:09	Scott Hunter (V)	16:24
58 Lothian RC (A)	13:54	17	31:24	63	47:56	63	1:04:46	58
	Max McNeill (U20)	13:54	Harry Mulholland (V)	17:30	Scott Nelson (V)	16:32	Kenton Jones (V)	16:50
59 Hunters Bog T (B)	16:34	88	32:23	74	48:55	73	1:05:00	59
	Simon Harrison	16:34	Doug Murray	15:49	Alistair Hindle (V)	16:32	James Bowden	16:05
60 Kilmarnock H&AC (B)	15:38	65	32:12	72	48:18	65	1:05:07	60
	Ross Connelly	15:38	Connell Drummond (V)	16:34	Stewart McAllister	16:06	Cameron Mackie (U20)	16:49
61 Dunbar RC (A) (V)	15:50	75	31:56	71	48:45	70	1:05:14	61
	Stuart Hay (V)	15:50	Ian Rowland (V)	16:06	Richard Taylor (V)	16:49	Grant Noble (V)	16:29
62 Springburn H (A) (V)	16:13	82	31:17	59	47:41	61	1:05:32	62
	Kevin Ferris (V)	16:13	Graham Crawford (V)	15:04	Andrew Callan (V)	16:24	Jim Cooper (V)	17:51
63 VP-City of Glasgow AC (C)	15:20	51	31:19	60	49:07	75	1:05:35	63
	Crawford Little (V)	15:20	Gerard Craig (V)	15:59	Ralph Connolly (V)	17:48	Duncan Thomson (V)	16:28
64 Ochil HR (A)	15:29	57	30:57	52	46:48	52	1:05:35	64
	John Stevenson (V)	15:29	Martin Dean (V)	15:28	Ross Vallance	15:51	Ron Martin (V)	18:47
65 Falkirk Victoria H (B)	18:27	120	34:31	94	50:31	83	1:05:42	65
	Grant Matheson (V)	18:27	Colin D Thomson (V)	16:04	Stuart Douglas	16:00	Alexander Davidson	15:11
66 Kirkintilloch O (B)	15:50	78	31:22	61	48:42	69	1:06:09	66
	Craig McIntyre (U20)	15:50	Jeffrey Malluck	15:32	Vincent Carroll (V)	17:20	Neil Ramsay (V)	17:27
67 Greenock Glenpark H (C)	16:20	86	32:38	79	49:33	78	1:06:09	67
	Richard Davidson (V)	16:20	Alan O'Rourke (V)	16:18	Steven Watson	16:55	Graham Mcgrattan (V)	16:36
68 Gala H (B) (V)	15:37	63	33:03	82	50:06	80	1:06:16	68
	Colin McCall (V)	15:37	Derrick Brydon (V)	17:26	David Nightingale (V)	17:03	Sinclair Hill (V)	16:10
69 Inverclyde AC (C)	15:38	64	32:25	75	49:08	77	1:06:35	69
	Graeme Hyett	15:38	Jude Boulton (V)	16:47	Gary McKendrick (V)	16:43	John Smillie (V)	17:27
70 Ronhill Cambuslang H (C)	14:44	41	30:32	46	46:43	50	1:06:43	70
	Stephen (jnr) Paris (U20)	14:44	Anthony Edgar (U20)	15:48	George Pettit	16:11	David Fairweather (V)	20:00
71 Garscube H (D)	15:50	76	33:46	88	50:03	79	1:07:18	71
	Randy Howard Smith Jr	15:50	James McAneny (V)	17:56	David W Dickson (V)	16:17	Athole Smith (V)	17:15
72 Ronhill Cambuslang H (D)	15:32	60	32:33	77	48:50	72	1:07:42	72
	Dean McMurran (U20)	15:32	Robert Rossborough	17:01	Alick Walkinshaw (V)	16:17	Alexander Edgar (U20)	18:52
73 Kilbarchan AAC (C)	14:44	40	31:10	57	49:04	74	1:08:37	73
	Scott MacAulay	14:44	Alan Craig (V)	16:26	David Mewse (V)	17:54	Steven Hards (V)	19:33
74 Portobello RC (B) (X)	15:25	54	31:16	58	50:19	81	1:08:52	74
	Peter Buchanan (V)	15:25	William Jarvie (V)	15:51	Andrew Stavert (V)	19:03	Derek Elms (V)	18:33
75 Metro Aberdeen RC (B)	15:53	80	31:44	70	50:58	85	1:09:09	75
	Mark Johnson (V)	15:53	Barry Gibson	15:51	Clifford Leith (V)	19:14	Michael Kane (V)	18:11
76 Ayr Seaforth AAC (B)	17:22	103	34:17	91	50:51	84	1:09:22	76
	Peter Laing (V)	17:22	Kevin Bloy (V)	16:55	Laurence Baker (V)	16:34	Tom McCulloch (V)	18:31
77 Bellahouston H (B)	17:02	98	33:55	90	51:21	87	1:09:29	77
	Michael Freshour (V)	17:02	Brian French (V)	16:53	Mark Paterson (V)	17:26	Stewart Mulholland (V)	18:08
78 Calderglen H (C)	17:32	105	35:03	101	53:51	102	1:09:37	78
	Jim Holmes (V)	17:32	David Herbertson (V)	17:31	George Stewart (V)	18:48	Stephen Reilly	15:46
79 Motherwell AC (B) (V)	16:55	95	33:25	85	51:26	88	1:09:41	79
	Hughes John (V)	16:55	Ewen Cameron (V)	16:30	Matthew Purser (V)	18:01	Robert McCourt (V)	18:15
80 Bellahouston RR (D)	17:16	102	34:47	98	51:35	90	1:09:52	80
	John Gilhooly (V)	17:16	Callum MacInnes	17:31	Oliver Scott (V)	16:48	Barry Edwards	18:17
81 Corstorphine AAC (F)	18:22	119	34:49	99	51:31	89	1:09:53	81
	Christopher Mountford	18:22	Ewan Stark	16:27	Nick Vikander	16:42	Connor Johnston (U20)	18:22
82 Greenock Glenpark H (D)	16:36	89	33:18	83	51:39	92	1:09:53	82
	Kevan McCartney (V)	16:36	Duncan Anderson	16:42	Michael Harrington (V)	18:21	Jim Cuffie (V)	18:14
83 Giffnock North AAC (B) (V)	16:32	87	33:44	87	52:06	94	1:09:59	83
	Marc Roper (V)	16:32	David McNab (V)	17:12	Billy Clark (V)	18:22	James Galbraith (V)	17:53
84 Kilmarnock H&AC (C)	17:06	99	34:28	93	52:06	93	1:10:04	84
	Murray McDonald (U20)	17:06	Leslie McDermont (V)	17:22	Graham Cairns (V)	17:38	Brian Darroch (V)	17:58
85 Carnegie H (B) (V)	16:16	85	34:58	100	52:37	96	1:10:29	85

	Paul Kieran (V)	16:16	John Crookston (V)	18:42	Barry Davie (V)	17:39	Alan Cockburn (V)	17:52
86 East Kilbride A.C. (B)	16:15	84	33:47	89	51:10	86	1:10:41	86
	Tom Yuill	16:15	Derek Leitch (V)	17:32	Graeme Haddow (V)	17:23	Gordon Colvin (V)	19:31
87 Clydesdale H (B) (V)	16:46	93	34:33	95	53:34	99	1:10:42	87
	Ryan Nelson	16:46	Augustina Cairney (V)	17:47	Paul McKendry (V)	19:01	Hugh Laverly (V)	17:08
88 Motherwell AC (C)	19:07	126	37:40	121	55:52	109	1:12:32	88
	Steven McCaw	19:07	Robert Pattinson (V)	18:33	Brian McLinden (V)	18:12	Peter Blackmore (V)	16:40
89 Garscube H (E)	17:37	107	36:03	108	55:00	106	1:12:40	89
	Daniel Burns	17:37	Andrew Griffiths (V)	18:26	John Murray (V)	18:57	David Connor (V)	17:40
90 Helensburgh AAC (A)	15:53	79	32:58	81	51:35	91	1:12:59	90
	John Ritchie	15:53	Campbell Fullarton	17:05	Campbell Cromar (V)	18:37	Andrew Stafford (V)	21:24
91 Teviotdale H (A)	16:12	81	32:54	80	53:35	100	1:13:08	91
	Craig Grieve (V)	16:12	Alan Inglis (V)	16:42	Keith Learmonth (U20)	20:41	Alan Coltman (V)	19:33
92 Greenock Glenpark H (E) (V)	17:39	108	35:43	104	54:20	104	1:13:32	92
	Ross Neilson (V)	17:39	George Mitchell (V)	18:04	Ross Slater (V)	18:37	Scott Forrest (V)	19:12
93 Portobello RC (A) (V)	16:51	94	36:23	110	53:47	101	1:13:39	93
	Graeme Dunbar (V)	16:51	Kevin Clark (V)	19:32	Robert Kinnaird (V)	17:24	Mark Fry (V)	19:52
94 Springburn H (C) (V)	18:53	123	36:01	107	56:36	114	1:13:48	94
	Willie Munro (V)	18:53	Ross McEachern (V)	17:08	Anthony J M McGale (V)	20:35	Giovanni D'Alessio (V)	17:12
95 Kirkintilloch O (C) (V)	19:08	127	38:08	124	56:25	113	1:13:59	95
	Christopher Craig (V)	19:08	Terry Addison (V)	19:00	John Pugh (V)	18:17	Robert Watson (V)	17:34
96 Law & District AAC (B)	18:07	115	37:21	119	57:51	117	1:15:29	96
	John McGrath (V)	18:07	Thomas Currie (V)	19:14	Patrick Kelly (V)	20:30	Jim Gillon (V)	17:38
97 Carnegie H (C)	18:20	118	38:05	123	55:54	110	1:16:04	97
	Malcolm Smith (V)	18:20	Stephen Greer (V)	19:45	Kevin Davie	17:49	Phil Smithard (V)	20:10
98 Fife AC (B) (V)	18:58	124	36:59	116	56:21	112	1:17:40	98
	David Sleigh (V)	18:58	Steven Pennycook (V)	18:01	Colin Brown (V)	19:22	Derek Adamson (V)	21:19
99 Falkirk Victoria H (D)	18:46	122	39:21	125	1:01:02	121	1:17:51	99
	Alastair McCallum (V)	18:46	David Bunyan (V)	20:35	Michael Allison	21:41	Alexander Watson (V)	16:49
100 Bellahouston H (C)	17:44	109	37:53	122	59:13	119	1:19:49	100
	Ronnie Mennie	17:44	Robert Carson (V)	20:09	Stephen McGeough	21:20	Iain Burke	20:36
101 Garscube H (F)	20:34	130	43:07	129	1:01:36	124	1:21:32	101
	Kieran McLaughlin	20:34	James Taylor (V)	22:33	Kenneth Macanna (V)	18:29	Tony Hall (V)	19:56
102 Lothian RC (B) (V)	17:02	97	36:33	111	1:00:25	120	1:22:09	102
	Alan Moffat (V)	17:02	Kenny Mearns (V)	19:31	Colin Banham (V)	23:52	Ted Finch (V)	21:44
103 Calderglen H (D) (V)	20:44	131	40:10	128	1:01:36	122	1:22:44	103
	David Wardrope (V)	20:44	Richard Lawton (V)	19:26	John McBride (V)	21:26	Charles Steven (V)	21:08
Edinburgh University H&H (B)	14:56	44	30:23	40	45:59	42		
	Rick Schulte	14:56	Neil Colquhoun (U20)	15:27	Coll Williamson	15:36		
Central AC (D)	15:30	59	31:04	54	47:25	59		
	Christopher Mchardy	15:30	Sam Fraser (U20)	15:34	David Lindsay (U20)	16:21		
Hunters Bog T (C)	16:39	91	33:20	84	48:14	64		
	Peter McClelland	16:39	Huw Jones	16:41	Alistair Hart (V)	14:54		
Westerlands XC C (C)	15:50	77	31:30	64	48:28	67		
	Johnston Orr (V)	15:50	Roderick Fleming	15:40	Ken MacMahon (V)	16:58		
Calderglen H (A) (V)	15:46	72	31:42	68	48:33	68		
	Martin Duthie (V)	15:46	Andrew McCaffery (V)	15:56	Edward Reid (V)	16:51		
Inverclyde AC (D)	18:13	117	36:58	115	52:39	97		
	Robert Gray (V)	18:13	Robert Shaw (V)	18:45	Graeme Forbes (V)	15:41		
Dundee Hawkhill H (A)	15:50	74	36:19	109	53:05	98		
	Mark Lamb	15:50	Neil Anderson	20:29	Bruce Scott	16:46		
Kilmarnock H&AC (D)	19:10	128	37:10	118	56:16	111		
	Darren Young	19:10	Scott Young (U20)	18:00	Kenneth Wales (V)	19:06		
Bellahouston RR (E)	18:11	116	36:55	114	57:03	115		
	Andrew Hardman (V)	18:11	Tony Cairns (V)	18:44	Christopher Doak	20:08		
Clydesdale H (C) (V)	19:01	125	39:53	126	1:01:36	123		
	Gerry Kane (V)	19:01	Watson Jones (V)	20:52	Colin Gray (V)	21:43		
Aberdeen AAC (C)	17:00	96	34:37	96				
	Alasdair Love (V)	17:00	Fraser McGillivray	17:37				
Garscube H (G)	18:33	121	35:38	103				
	Dermot Williamson (V)	18:33	Christopher Kilshaw	17:05				
Gala H (C) (V)	18:00	110	35:57	106				
	Anthony Lunn (V)	18:00	Alistair Laurie (V)	17:57				
Dundee Hawkhill H (B)	17:30	104	36:53	112				
	Fraser Merry (V)	17:30	Kenneth Letham (V)	19:23				
Central AC (F) (V)	20:46	132	40:07	127				
	George McHardy (V)	20:46	Colin Sinclair (V)	19:21				
Bellahouston H (D)	21:09	133	43:41	130				
	Thomas Keenan (V)	21:09	Douglas MacGregor (V)	22:32				
Banchory Stonehaven AC (A)	13:38	11						
	Michael Ferguson (U20)	13:38						
Shettleston H (C)	15:35	62						
	William Breckenridge (V)	15:35						
Edinburgh AC (D)	17:36	106						
	Andrew Latham (V)	17:36						
Teviotdale H (B)	21:10	134						
	Bill Knox (V)	21:10						
Falkirk Victoria H (E)	23:12	135						
	John Denholm (V)	23:12						
Calderglen H (E)	23:12	136						
	Russell Couper (V)	23:12						

### Over 50s Championship

1 Ronhill Cambuslang H (G) (X)	14:58	45	30:29	44	45:28	36
	David Thom (V)	14:58	Colin Feechan (V)	15:31	Iain Campbell (V)	14:59
2 Fife AC (C) (X)	15:41	68	31:37	65	47:45	62
	John Thomson (V)	15:41	Hugh D. McKay (V)	15:56	Jeremy Tomlinson (V)	16:08
3 VP-City of Glasgow AC (E) (X)	16:14	83	32:32	76	49:08	76
	Derek Watson Snr. (V)	16:14	Alex Potter (V)	16:18	David McCormack (V)	16:36
4 Central AC (G) (X)	16:43	92	33:35	86	50:27	82
	Hugh Buchanan (V)	16:43	Hugh Kerr (V)	16:52	Liam McCabe (V)	16:52
5 Central AC (H) (X)	17:09	100	34:37	97	52:30	95
	Gordon Adam (V)	17:09	Roger Greenaway (V)	17:28	Stuart Watson (V)	17:53
6 Westerlands XC C (B) (X)	17:10	101	34:17	92	54:08	103
	John Quinn (V)	17:10	Daniel Reid (V)	17:07	Gibson Fleming (V)	19:51
7 Edinburgh AC (C) (X)	18:02	111	37:26	120	54:28	105
	David Steele (V)	18:02	Alex MacEwen (V)	19:24	Garry Robertson (V)	17:02
8 Calderglen H (B) (X)	18:03	113	35:47	105	55:38	107
	Kenny Leinster (V)	18:03	Andrew Henderson (V)	17:44	Stuart Waugh (V)	19:51
9 Corstorphine AAC (G) (X)	18:02	112	35:34	102	55:52	108
	Graham Mclean (V)	18:02	Martin Caldwell (V)	17:32	Kenneth Stewart (V)	20:18
10 Fife AC (D) (X)	20:11	129	36:54	113	57:23	116
	Brian R Smith (V)	20:11	Simon Fox (V)	16:43	Frank McLaren (V)	20:29
11 Central AC (I) (X)	18:03	114	37:09	117	58:38	118
	Allan Gall (V)	18:03	Cameron Campbell (V)	19:06	John Millar (V)	21:29

### Fastest Times

David Vernon (U20)	VP-City of Glasgow AC (A)	12.49
Chris MacKay	Inverclyde AC (A)	12.56
Scott McDonald	Central AC (A)	12.59
Douglas Selman	Corstorphine AAC (A)	13.01
Sean Fontana	VP-City of Glasgow AC (A)	13.03
Alastair Hay	Central AC (A)	13.07
Luke Traynor (U20)	Giffnock North AAC (A)	13.08
Stuart Gibson	Ronhill Cambuslang H (A)	13.11
Wegene Tafese	Ronhill Cambuslang H (A)	13.12
Alexander Hendry	Central AC (A)	13.15
Paul Sorrie	Shettleston H (A)	13.17
Andrew Butchart	Central AC (A)	13.19
Stephen Trainer	Greenock Glenpark H (A)	13.21
Ethan Sloan-Dennison (U20)	VP-City of Glasgow AC (A)	13.22
Kris Berry	Corstorphine AAC (A)	13.23
Lewis Millar	Central AC (B)	13.25
Christopher Watson (U20)	Strathclyde University H (A)	13.26
Thomas Fay	Shettleston H (A)	13.28
Ross Houston	Central AC (B)	13.28
Andrew Christy (U20)	Corstorphine AAC (A)	13.28
Mickey Breen	Corstorphine AAC (A)	13.29
Mark Pollard	Inverclyde AC (A)	13.31
Mark Haskett	Aberdeen AAC (A)	13.32
Conor McNulty	Kilbarchan AAC (A)	13.33