

## National CC Relays 24th October 2009 - Young Female Results

	Stage 1		Stage 2		Stage 3	
1 Edinburgh AC "A"	Emily Strathdee (U13)	8	Emma Dunnett (U15)	1	Emily Dudgeon (U17)	1
	11:17	11:17	21:17	10:00	31:29	10:12
2 Pitreavie AAC "A"	Katey Turner (U13)	2	Micaela Brown (U15)	3	Kathryn Pennel (U17)	2
	10:51	10:51	21:36	10:45	31:55	10:19
3 Giffnock North "A"	Chloe Cowan (U13)	3	Linzi Cowan (U15)	4	Joanna Muir (U17)	3
	10:53	10:53	21:57	11:04	32:16	10:19
4 Edinburgh AC "B"	Alexandra Hunter (U13)	13	Rachael Dunn (U15)	5	Louisa Stewart (U17)	4
	11:30	11:30	21:59	10:29	32:16	10:17
5 Shettleston Harriers "A"	Myrtle Breckenridge (U13)	5	Stella Winters (U15)	2	Shannon McLellan (U17)	5
	11:09	11:09	21:25	10:16	32:25	11:00
6 V P Glasgow "A"	Gillian Black (U13)	4	Maria Milliken (U15)	7	Hollie Young (U17)	6
	11:04	11:04	22:24	11:20	32:51	10:27
7 Edinburgh AC "C"	Hannah Cameron (U13)	12	Rosanna Stewart (U15)	6	Ailsa Bruce (U17)	7
	11:25	11:25	22:15	10:50	33:06	10:51
8 Kilbarchan AAC "A"	Gwen Gillham (U13)	10	Jennifer Eadie (U15)	8	Kate Gillies (U15)	8
	11:24	11:24	22:27	11:03	33:22	10:55
9 Dundee Hawkhill "A"	Katie Anderson (U13)	9	Aneila Mellish (U15)	11	Iona Brodie (U17)	9
	11:23	11:23	22:50	11:27	33:29	10:39
10 Giffnock North "B"	Nikki Hutcheson (U13)	6	Selena Jackson (U15)	9	Madeleine Murray (U17)	10
	11:12	11:12	22:29	11:17	33:44	11:15
11 Central AC "A"	Roisin Bonucchi (U13)	14	Eilidh MacCorquodale (U13)	10	Rachel Adamson (U17)	11
	11:32	11:32	22:44	11:12	33:47	11:03
12 Aberdeen AAC "A"	Lucy McLeod (U13)	52	Eilidh Prise (U15)	17	Ellie Buchan (U17)	12
	13:04	13:04	23:32	10:28	34:14	10:42
13 Law & District "A"	Pamela McNicol (U13)	17	Sherelle Graham (U15)	22	Nicola Lindsay (U17)	13
	11:41	11:41	23:49	12:08	34:31	10:42
14 Ayr Seaforth "A"	Kirstin Oakley (U13)	1	Jemma McSheffery (U15)	12	Emma Vallely (U15)	14
	10:49	10:49	22:58	12:09	34:33	11:35
15 Dundee Hawkhill "B"	Eilidh L Reynolds (U13)	25	Ailsa Peters (U15)	13	Ella Peters (U17)	15
	12:02	12:02	23:07	11:05	34:48	11:41
16 V P Glasgow "C"	Emma Ferrie (U13)	19	Eilidh McEvilly (U15)	19	Sarah Potter (U17)	16
	11:46	11:46	23:36	11:50	34:56	11:20
17 Giffnock North "C"	Helena Davidson (U13)	18	Holly Miller (U15)	18	Rebecca Patrick (U17)	17
	11:46	11:46	23:33	11:47	34:58	11:25
18 Kilbarchan AAC "B"	Caitlin McStay (U13)	20	Kirsty Harper (U15)	14	Elaine Eadie (U17)	18
	11:48	11:48	23:12	11:24	35:00	11:48
19 Shettleston Harriers "B"	Jill Cherry (U13)	28	Laura Penrice (U15)	16	Hannah Ferguson (U15)	19
	12:13	12:13	23:29	11:16	35:05	11:36
20 Falkirk Victoria H "A"	Julie Hunter (U13)	7	Katherine Mitchell (U15)	15	Sarah Hamilton (U17)	20
	11:15	11:15	23:28	12:13	35:08	11:40
21 Kilmarnock H "A"	Lorne Kerr (U13)	55	Brogan Wallace (U15)	23	Bethany Ross (U17)	21
	13:07	13:07	23:59	10:52	35:17	11:18
22 Edinburgh AC "D"	Rosie Wilson (U13)	22	Nicole Baxter (U15)	24	Olivia Mackenzie (U15)	22
	11:58	11:58	24:06	12:08	35:19	11:13
23 Inverclyde AC "A"	Evie Semple (U13)	43	Rebecca Munn (U15)	29	Nynke Mulholland (U17)	23
	12:45	12:45	24:19	11:34	35:30	11:11
24 V P Glasgow "B"	Millie Boyle (U13)	26	Rachel Dick (U15)	30	Deborah Hannah (U17)	24
	12:02	12:02	24:31	12:29	35:32	11:01
25 V P Glasgow "D"	Eliza Chiswell (U13)	29	Iona Wilson (U15)	32	Michaela Stephen (U17)	25
	12:13	12:13	24:40	12:27	35:43	11:03
26 Central AC "B"	Isla Burns (U13)	47	Roanna Fraser (U13)	28	Rosie Hastings (U17)	26
	12:56	12:56	24:15	11:19	36:07	11:52
27 Giffnock North "D"	Eilidh Cook (U13)	35	Stephanie Fairfield (U15)	31	Lucy Patrick (U17)	27
	12:27	12:27	24:38	12:11	36:08	11:30
28 Kilbarchan AAC "C"	Kathryn Lee (U13)	33	Laura McEwan (U15)	27	Emma Haddock (U17)	28
	12:16	12:16	24:10	11:54	36:10	12:00
29 Pitreavie AAC "B"	Yasmine Ben El Hassan (U13)	32	Amy McAlpine (U13)	37	Eilidh Reid (U15)	29
	12:16	12:16	24:50	12:34	36:15	11:25
30 Fife AC "A"	Rosabel K Kilgour (U13)	11	Kerry Gibson (U15)	20	Robyn Graham (U15)	30
	11:25	11:25	23:36	12:11	36:20	12:44

## National CC Relays 24th October 2009 - Young Female Results

31 Shettleston Harriers "C"	Lisa Walker (U13)	41	Mhairi Hendry (U15)	36	Jemma McQuillan (U15)	31
	12:42	12:42	24:50	12:08	36:26	11:36
32 Edinburgh AC "E"	Georgina Loudon (U13)	67	Blair Wood (U15)	50	Oonagh Dunnett (U15)	32
	14:05	14:05	26:01	11:56	36:43	10:42
33 Falkirk Victoria H "B"	Julie Nimmo (U13)	23	Caitlin Thomson (U15)	26	Hazel Murray (U17)	33
	12:00	12:00	24:10	12:10	36:51	12:41
34 Falkirk Victoria H "C"	Keely Wilkinson (U13)	16	Helen Ainslie (U15)	25	Jane Ainslie (U15)	34
	11:39	11:39	24:08	12:29	37:01	12:53
35 Kirkintilloch Oly "A"	Louise Campbell (U13)	49	Rachel Hayes (U15)	43	Alexandra Lamond (U17)	35
	12:59	12:59	25:38	12:39	37:05	11:27
36 Shettleston Harriers "E"	Ainsley Marie Stern (U13)	59	Kerri Haran (U15)	38	Rebecca Nicholson (U17)	36
	13:15	13:15	25:08	11:53	37:06	11:58
37 Lothian RC "A"	Bethany Nelson (U13)	56	Lauren Arbuckle (U13)	48	Lana Turnbull (U17)	37
	13:09	13:09	25:53	12:44	37:09	11:16
38 Giffnock North "E"	Monica Lowrie (U13)	45	Aliyah Zuberi (U15)	35	Frances Lowrie (U15)	38
	12:49	12:49	24:49	12:00	37:12	12:23
39 Kilmarnock H "B"	Amy Mole (U13)	48	Fern Wales (U15)	47	Eve Kerr (U15)	39
	12:58	12:58	25:52	12:54	37:16	11:24
40 Central AC "D"	Tara Walls (U13)	21	Farren Parkins (U15)	39	Emily Greenan (U15)	40
	11:55	11:55	25:17	13:22	37:27	12:10
41 Law & District "B"	Heather Baird (U13)	36	Alice McGrath (U15)	33	Julie Dobbin (U17)	41
	12:32	12:32	24:45	12:13	37:35	12:50
42 Clydesdale Harriers "A"	Rosin McShea (U13)	24	Rachel Busby (U13)	40	Claire Reid (U15)	42
	12:01	12:01	25:22	13:21	37:49	12:27
43 Shettleston Harriers "D"	Samantha Fern (U13)	71	Danielle McConway (U15)	51	Helen Pawelczyk (U17)	43
	14:27	14:27	26:05	11:38	38:16	12:11
44 Teviotdale Harriers "A"	Mhairi Inglis (U13)	73	Louise Mercer (U15)	49	Catherine Mercer (U15)	44
	14:51	14:51	25:53	11:02	38:21	12:28
45 Greenock Glenpark "A"	Louisa Davis (U13)	76	Meighan McDade (U15)	62	Emily Pollock (U17)	45
	15:16	15:16	27:20	12:04	38:24	11:04
46 Kilbarchan AAC "D"	Emma Arnold (U13)	34	Catherine McLean (U13)	42	Erin Campbell (U15)	46
	12:20	12:20	25:34	13:14	38:27	12:53
47 Fife AC "B"	Ailsa Cruickshanks (U13)	53	Laura Gibson (U15)	44	Fiona Cruickshanks (U15)	47
	13:05	13:05	25:42	12:37	38:28	12:46
48 Kilmarnock H "C"	Hannah Bartl (U13)	37	Kate Mackie (U15)	41	Sarah McDonald (U15)	48
	12:33	12:33	25:26	12:53	38:34	13:08
49 Lasswade AAC "A"	Sally Redpath (U13)	65	Fiona Matheson (U15)	46	Rachel Wyse (U15)	49
	13:54	13:54	25:46	11:52	38:35	12:49
50 Central AC "C"	Amy Gullen (U13)	51	Laura Clarke (U13)	52	Imogen Burnell (U15)	50
	13:01	13:01	26:10	13:09	38:36	12:26
51 Giffnock North "F"	Megan Adams (U13)	62	Paige McConville (U15)	59	April Miller (U17)	51
	13:42	13:42	26:50	13:08	38:36	11:46
52 East Kilbride AAC "A"	Mhairi Boyle (U13)	68	Sophie Smith (U15)	45	Rachael Thomson (U17)	52
	14:18	14:18	25:46	11:28	38:48	13:02
53 Central AC "E"	Shannon Macfarlane (U13)	39	Christina Fairley (U15)	53	Shona Buchanan (U17)	53
	12:36	12:36	26:10	13:34	39:15	13:05
54 East Kilbride AAC "B"	Lucy Fairlie (U13)	63	Rachel Fairlie (U15)	57	Laura McLaughlan (U17)	54
	13:43	13:43	26:36	12:53	39:22	12:46
55 Corstorphine AAC "A"	Hannah Addison (U13)	27	Lisa Christy (U15)	21	Eilidh Nolan (U17)	55
	12:07	12:07	23:45	11:38	39:31	15:46
56 Lothian RC "B"	Alice Horsburgh (U13)	60	Nicola Kellock (U15)	58	Lara Steel (U15)	56
	13:27	13:27	26:42	13:15	39:40	12:58
57 Kirkintilloch Oly "B"	Victoria Robertson (U13)	46	Erin Drummond (U15)	55	Lauren McIntyre (U17)	57
	12:53	12:53	26:24	13:31	39:47	13:23
58 Law & District "C"	Margaret Newell (U13)	69	Samantha Stevenson (U15)	56	Victoria Price (U17)	58
	14:21	14:21	26:28	12:07	40:41	14:13
59 Ayr Seaforth "B"	Lisa Rennie (U13)	30	Laura Meader (U13)	66	Katie Sprang (U17)	59
	12:13	12:13	28:30	16:17	41:14	12:44
60 Clydesdale Harriers "B"	Kirsty Alexander (U13)	44	Diane Nicholson (U15)	61	Kirstie Kelly (U17)	60
	12:49	12:49	27:05	14:16	41:41	14:36

## National CC Relays 24th October 2009 - Young Female Results

61 Greenock Glenpark "B"	Rebecca McDiarmid (U13)	72	Gabrielle Fisher (U15)	67	Eilidh Hamill (U17)	61
	14:41	14:41	28:51	14:10	42:28	13:37
Inverclyde AC "B"	Chloe Simpson (U13)	50	Lisa MacDonald (U15)	34		
	13:01	13:01	24:47	11:46		
Inverclyde AC "C"	Megan Shelton (U13)	58	Kelly Williams (U13)	54		
	13:13	13:13	26:18	13:05		
East Kilbride AAC "C"	Rachel Miller (U13)	64	Emma Fairlie (U15)	60		
	13:44	13:44	27:00	13:16		
Central AC "F"	Charlotte Tilley (U13)	54	Molly Tweedle (U15)	63		
	13:07	13:07	27:45	14:38		
Kilmarnock H "D"	Alanis Brydon (U13)	74	Christine Irvine (U15)	64		
	15:02	15:02	27:56	12:54		
Garscube H "A"	Catriona Booth (U13)	40	Amy Watson (U13)	65		
	12:40	12:40	28:16	15:36		
Kirkintilloch Oly "C"	Ellis McCluskey (U13)	15				
	11:34	11:34				
V P Glasgow "E"	Melanie Chiswell (U13)	31				
	12:15	12:15				
Kilmarnock H "F"	Emma Garrity (U13)	38				
	12:33	12:33				
Corstorphine AAC "B"	Abbie Malone (U13)	42				
	12:43	12:43				
Kilmarnock H "E"	Alana Cameron (U13)	57				
	13:11	13:11				
Garscube H "B"	Kaitlin Trotter (U13)	61				
	13:30	13:30				
Central AC "G"	Jennifer Downie (U13)	66				
	13:56	13:56				
Greenock Glenpark "C"	Lucy Compston (U13)	70				
	14:21	14:21				
Kilmarnock H "G"	Lara Ferels (U13)	75				
	15:08	15:08				
Giffnock North "G"	Isabella Murray (U13)	77				
	15:26	15:26				

## National CC Relays 24th October 2009 - Young Male Results

	Stage 1		Stage 2		Stage 3	
1 Shettleston Harriers "A"	Murray McGiven (U13)	19	Ahmed Hassan (U15)	3	Andrew Dearie (U17)	1
	10:24	10:24	19:04	8:40	27:50	8:46
2 Giffnock North "A"	Dewi Gould (U13)	7	Jonathan Tweedie (U15)	5	Grant Muir (U17)	2
	10:04	10:04	19:20	9:16	27:54	8:34
3 Kilbarchan AAC "A"	Gavin McArdle (U13)	1	Russell Mountford (U15)	2	Graham Evans (U17)	3
	9:34	9:34	18:53	9:19	28:01	9:08
4 V P Glasgow "A"	Liam Turner (U13)	2	Max Aitchison (U15)	1	Ethan Sloan-Dennison (U17)	4
	9:41	9:41	18:46	9:05	28:11	9:25
5 Ayr Seaforth "A"	Andrew Black (U13)	15	Finlay Rae (U15)	4	Andrew Rae (U17)	5
	10:18	10:18	19:09	8:51	28:17	9:08
6 Central AC "A"	Scott Balloch (U13)	13	Conor Kerr (U15)	12	Scott Green (U17)	6
	10:14	10:14	20:02	9:48	28:42	8:40
7 Pitreavie AAC "A"	Aidan Thompson (U13)	3	Ben Potrykus (U15)	7	Christopher Rennison (U17)	7
	9:43	9:43	19:31	9:48	28:51	9:20
8 Ron Hill Cambus "A"	Keith McIntyre (U13)	22	Ryan Thomson (U15)	17	Jack Hamilton (U17)	8
	10:38	10:38	20:13	9:35	28:59	8:46
9 Law & District "A"	Rory McLaughlan (U13)	9	Ross Hill (U15)	11	Craig Wellcoat (U17)	9
	10:09	10:09	20:00	9:51	29:15	9:15
10 Giffnock North "E"	Jamie Cook (U13)	12	Jack Edward (U15)	20	Christopher Russell (U17)	10
	10:12	10:12	20:22	10:10	29:18	8:56
11 Giffnock North "C"	John McLaughlin (U13)	18	Lewis Coultas (U15)	19	Jack Walker (U17)	11
	10:21	10:21	20:18	9:57	29:18	9:00
12 Edinburgh AC "A"	Josh Kerr (U13)	5	Jake Kerr (U15)	6	Marc Robson (U17)	12
	9:54	9:54	19:29	9:35	29:23	9:54
13 Inverclyde AC "A"	Ross Gray (U13)	14	Rory Kelham (U15)	9	Paul Currie (U17)	13
	10:14	10:14	19:48	9:34	29:29	9:41
14 Shettleston Harriers "B"	Ryan Flanagan (U13)	16	Callum Drummond (U15)	18	Lee Wilson (U17)	14
	10:19	10:19	20:15	9:56	29:32	9:17
15 Falkirk Victoria H "A"	Baillie McRoberts (U13)	45	Dale Colley (U15)	16	Ben Stevenson (U17)	15
	11:05	11:05	20:11	9:06	29:33	9:22
16 Kirkintilloch Oly "A"	Callum McCormack (U13)	20	Gavin Alexander (U15)	14	Craig McIntyre (U17)	16
	10:33	10:33	20:03	9:30	29:39	9:36
17 Kilbarchan AAC "B"	Euan Gillham (U13)	4	Christopher McStay (U15)	8	Craig Haxton (U17)	17
	9:45	9:45	19:43	9:58	29:48	10:05
18 Giffnock North "B"	Max Lancaster (U13)	25	Andrew Clark (U15)	26	Luke Traynor (U17)	18
	10:39	10:39	20:51	10:12	29:50	8:59
19 Inverclyde AC "C"	Jonathan Glen (U13)	6	Michael Houston (U15)	10	Jonathan Hill (U17)	19
	10:00	10:00	19:59	9:59	29:53	9:54
20 V P Glasgow "B"	Jamie Middleton (U13)	32	Lewis Boyle (U15)	15	Marc Austin (U17)	20
	10:56	10:56	20:11	9:15	29:54	9:43
21 Lasswade AAC "A"	Iain Lawson (U13)	23	Jamie Cousin (U13)	30	Ross Matheson (U17)	21
	10:38	10:38	21:21	10:43	29:55	8:34
22 Law & District "B"	Luke Foss (U13)	21	Calum Lindsay (U15)	21	Christopher Watson (U17)	22
	10:36	10:36	20:35	9:59	30:10	9:35
23 Edinburgh AC "B"	Robert Bough (U13)	8	Michael Cameron (U15)	23	Adam Jack (U17)	23
	10:07	10:07	20:42	10:35	30:11	9:29
24 Kilbarchan AAC "C"	Scott McLardie (U13)	17	Callum Matthews (U15)	13	Calum MacLeod (U17)	24
	10:21	10:21	20:03	9:42	30:20	10:17
25 Central AC "B"	Jack Kerr (U13)	30	Josh Murchie (U15)	28	David Hutchison (U17)	25
	10:51	10:51	21:11	10:20	30:28	9:17
26 Giffnock North "F"	Walker Graham (U13)	26	Josh Hyde (U15)	29	Ewan Murray (U17)	26
	10:41	10:41	21:20	10:39	30:29	9:09
27 Central AC "C"	Michael McCabe (U13)	35	Alexander Semple (U15)	27	Martyn Paterson (U17)	27
	11:00	11:00	21:06	10:06	30:39	9:33
28 Falkirk Victoria H "B"	Drew Meikle (U13)	46	Gavin Weir (U15)	34	Euan Martin (U17)	28
	11:08	11:08	21:28	10:20	30:39	9:11
29 Giffnock North "D"	Rob Gourley (U13)	49	Douglas Britton (U15)	32	Alistair McCallum (U17)	29
	11:15	11:15	21:25	10:10	30:41	9:16

## National CC Relays 24th October 2009 - Young Male Results

30 V P Glasgow "C"	Damon Rafferty (U13)	48	Craig Young (U15)	24	Hugh Mackenzie (U17)	30
	11:15	11:15	20:45	9:30	31:06	10:21
31 Kilbarchan AAC "D"	David Collins (U13)	36	Matt Wild (U15)	40	Thomas McDonald (U17)	31
	11:00	11:00	21:38	10:38	31:12	9:34
32 Central AC "F"	Domenico Angiolini (U13)	34	Sam Fraser (U15)	42	Tom Watson (U17)	32
	10:59	10:59	21:47	10:48	31:14	9:27
33 Kirkintilloch Oly "B"	Jack McCabe (U13)	38	Andrew McCormack (U15)	37	Scott Lawrie (U17)	33
	11:02	11:02	21:29	10:27	31:16	9:47
34 Greenock Glenpark "A"	Gregor Black (U13)	39	Gerard Smith (U15)	36	David Reay (U17)	34
	11:02	11:02	21:29	10:27	31:18	9:49
35 Ron Hill Cambus "B"	Sean Paul Brannan (U13)	31	Matthew McKenna (U15)	22	Ross Stephen (U15)	35
	10:52	10:52	20:36	9:44	31:22	10:46
36 Central AC "D"	Kieran Potter (U13)	44	Gordon Milne (U15)	31	Christopher Clarke (U17)	36
	11:05	11:05	21:25	10:20	31:26	10:01
37 Inverclyde AC "B"	Andrew Kelham (U13)	40	Greg Williams (U15)	25	Matthew Thomson (U17)	37
	11:02	11:02	20:50	9:48	31:36	10:46
38 Fife AC "A"	Oskar Fraser-Krauss (U13)	68	Bruce Millar (U15)	46	Ryan McIntosh (U17)	38
	12:00	12:00	21:57	9:57	31:42	9:45
39 Central AC "E"	Cameron Harris (U13)	67	Alexander Coubrough (U15)	49	Ross Milne (U17)	39
	11:56	11:56	22:04	10:08	31:46	9:42
40 East Kilbride AAC "A"	Luke Kirwan (U13)	42	Scott Herson (U15)	50	Adam Gatens (U17)	40
	11:05	11:05	22:11	11:06	31:46	9:35
41 Kilbarchan AAC "E"	Charlie Wighton (U13)	53	Thomas Collins (U15)	48	Gary Rankin (U17)	41
	11:22	11:22	22:04	10:42	32:02	9:58
42 Kilmarnock H "A"	Angus Kerr (U13)	63	Luke McGill (U15)	45	Cameron Mackie (U17)	42
	11:38	11:38	21:55	10:17	32:05	10:10
43 East Kilbride AAC "B"	Aidan Gilbride (U13)	58	Drew Gorol (U15)	43	Andrew Shaw (U17)	43
	11:27	11:27	21:49	10:22	32:05	10:16
44 Perth Strathtay "A"	Cameron Ritchie (U13)	61	Alex Jardine (U15)	33	Craig Ritchie (U17)	44
	11:34	11:34	21:27	9:53	32:07	10:40
45 Falkirk Victoria H "C"	Daniel McGhee (U13)	59	Mark Govan (U15)	52	Scott Stirling (U17)	45
	11:27	11:27	22:18	10:51	32:14	9:56
46 V P Glasgow "D"	Ross Galbraith (U13)	50	Marc Rooney (U15)	44	Paul MacFarlane (U17)	46
	11:15	11:15	21:53	10:38	32:34	10:41
47 Kirkintilloch Oly "C"	Christopher MacDonald (U13)	28	Kieran Pugh (U15)	54	Callum Heirs (U15)	47
	10:49	10:49	22:22	11:33	32:36	10:14
48 Perth Strathtay "B"	Michael Gillespie (U13)	57	Patrick Gillespie (U15)	39	Andrew Forsyth (U15)	48
	11:25	11:25	21:35	10:10	32:41	11:06
49 Clydesdale Harriers "A"	David Campbell (U13)	71	Tony Dolan (U15)	62	Peter Bowman (U17)	49
	12:30	12:30	23:19	10:49	32:43	9:24
50 Corstorphine AAC "A"	Alexander Wilkie (U13)	77	Michael Addison (U15)	64	Andrew Christy (U17)	50
	12:50	12:50	23:22	10:32	32:43	9:21
51 Fife AC "B"	Glen Gardiner (U13)	66	Euan Berry (U15)	55	Liam Hutson (U17)	51
	11:56	11:56	22:35	10:39	32:47	10:12
52 Ayr Seaforth "C"	Jamie Colquhoun (U13)	41	Euan Webster (U15)	47	Calum Moultrie (U17)	52
	11:02	11:02	21:58	10:56	32:51	10:53
53 Giffnock North "G"	Robbie Barr (U13)	24	Scott Smith (U15)	38	Sandy Nimmo (U17)	53
	10:39	10:39	21:32	10:53	33:07	11:35
54 Shettleston Harriers "C"	Euan Penrice (U13)	43	Marcus Gault (U15)	35	Jamie Hendry (U17)	54
	11:05	11:05	21:29	10:24	33:11	11:42
55 Kilmarnock H "C"	Rory Morris (U13)	69	Fergus Morris (U15)	57	Evan Cornforth (U15)	55
	12:09	12:09	22:42	10:33	33:13	10:31
56 Kilmarnock H "B"	Terry Mulholland (U13)	72	Roy Shankland (U15)	60	Grant Beattie (U17)	56
	12:31	12:31	23:06	10:35	33:17	10:11
57 Greenock Glenpark "B"	Jack Harrington (U13)	60	Michael Grant (U15)	51	Andrew Fisher (U17)	57
	11:33	11:33	22:17	10:44	33:34	11:17
58 Law & District "C"	Evan Jones (U13)	62	Robert McGrath (U13)	67	Cameron McCann (U17)	58
	11:35	11:35	23:55	12:20	33:40	9:45
59 Central AC "G"	Graham Bruce (U13)	56	Craig Coull (U15)	56	David Lindsay (U17)	59
	11:25	11:25	22:39	11:14	33:51	11:12

## National CC Relays 24th October 2009 - Young Male Results

60 Law & District "D"	Stephen Murphy (U13)	70	Christopher Boyle (U13)	68	Daniel Stuart Graham (U17)	60
	12:12	12:12	24:07	11:55	34:12	10:05
61 Aberdeen AAC "A"	Jamie Dickson (U13)	75	Alec I Young (U15)	63	Lewis Coffin (U17)	61
	12:45	12:45	23:22	10:37	34:15	10:53
62 Kilbarchan AAC "F"	Owen Bannatyne (U13)	64	Kane O'Neil (U13)	59	Jordan Braidie (U17)	62
	11:47	11:47	22:56	11:09	34:19	11:23
63 Ayr Seaforth "B"	Robbie Henderson (U13)	74	Kelvin Walker (U15)	65	David Carter (U17)	63
	12:43	12:43	23:50	11:07	34:21	10:31
64 East Kilbride AAC "C"	Kyle Johnston (U13)	47	Kieran Rankin (U15)	66	Fraser Jamieson (U17)	64
	11:14	11:14	23:51	12:37	35:15	11:24
65 Greenock Glenpark "C"	Michael Isaac (U13)	10	Cameron Black (U15)	58	Martin McGowan (U17)	65
	10:11	10:11	22:53	12:42	35:24	12:31
66 Corstorphine AAC "B"	Rory Henderson (U13)	82	Connor Johnston (U15)	73	Callum Smith (U17)	66
	13:25	13:25	24:53	11:28	35:27	10:34
67 Kilmarnock H "D"	Hesham EL Shafei (U13)	79	Andrew Jones (U13)	75	Murray McDonald (U17)	67
	12:57	12:57	25:08	12:11	36:31	11:23
68 Lasswade AAC "B"	Callum Grahame (U13)	51	Ross McEwan (U13)	69	Ross Henderson (U15)	68
	11:20	11:20	24:20	13:00	36:38	12:18
69 Corstorphine AAC "C"	Daniel Johnston (U13)	83	Craig Nolan (U15)	74	Jack Williams (U17)	69
	13:30	13:30	25:02	11:32	36:43	11:41
70 Edinburgh AC "C"	Michael Hudson (U13)	11	Euan Pettigrew (U15)	79	Peter Cameron (U17)	70
	10:12	10:12	26:46	16:34	36:50	10:04
71 Central AC "H"	Malcolm English (U13)	81	Philip Wright (U15)	77	Roddy Irvine (U17)	71
	13:16	13:16	26:18	13:02	38:01	11:43
72 Edinburgh AC "D"	Dominic O'Hare (U13)	27	Cameron Gilmour (U13)	78	Tafadzwa Msengezi (U15)	72
	10:44	10:44	26:32	15:48	39:15	12:43
73 Central AC "I"	Gary MacFarlane (U13)	55	Lewis Sinclair (U15)	76	Kyle Henderson (U17)	73
	11:22	11:22	25:32	14:10	39:21	13:49
Inverclyde AC "D"	Joshua Houston (U13)	29	Jack Rice (U15)	41		
	10:51	10:51	21:44	10:53		
Ayr Seaforth "D"	Connor Gracie (U13)	52	Ben Steven (U15)	53		
	11:20	11:20	22:21	11:01		
Giffnock North "I"	Stuart Thomsom (U13)	54	Euan Brodie (U13)	61		
	11:22	11:22	23:16	11:54		
Clydesdale Harriers "B"	Darren Halpin (U13)	78	Lewis Wood (U15)	70		
	12:55	12:55	24:32	11:37		
Giffnock North "H"	Liam McColgan (U13)	33	Liam Slimmon (U13)	71		
	10:57	10:57	24:46	13:49		
Kirkintilloch Oly "D"	Stuart Michie (U13)	76	Fraser Connal (U13)	72		
	12:45	12:45	24:53	12:08		
East Kilbride AAC "D"	Scott Bowie (U13)	37				
	11:02	11:02				
Central AC "K"	Tom Clarke (U13)	65				
	11:52	11:52				
Central AC "J"	Andrew MacNally (U13)	73				
	12:33	12:33				
Giffnock North "J"	Antony Duggan (U13)	80				
	13:11	13:11				
Edinburgh AC "E"	Calum Robertson (U13)	84				
	13:45	13:45				

## National CC Relays 24th October 2009 - Senior Female Results

	Stage 1		Stage 2		Stage 3	
1 Central AC "A"	Morag MacLarty	1 14:47	Fiona Thompson	1 30:42	Catriona Buchanan (J)	1 46:08
2 Kilbarchan AAC "A"	Elsbeth Curran	4 15:24	Cara Sloss	2 31:39	Kerry Lang	2 48:05
3 Hunters Bog T "A"	Rosie Smith	3 15:20	Claire Gordon	3 31:58	Sula Young	3 48:27
4 Springburn Harriers "A"	Michelle Sandison	7 16:28	Fiona Gentles	5 32:39	Clare Gemmell	4 49:31
5 Gala Harriers "A"	Katy Anderson	12 16:49	Rachel Fagan	12 34:23	Dianne Lauder	5 50:07
6 Edinburgh Uni "A"	Briony Curtis	16 17:17	Stephanie Davis (J)	8 33:47	Hannah Edwards	6 50:16
7 Hunters Bog T "B"	Megan Mowbray	8 16:31	Morag McCracken	11 34:21	Shona McIntosh	7 50:22
8 Edinburgh AC "A"	Joanne Thom	25 17:50	Susan Ridley	13 34:27	Sarah Hood	8 50:32
9 Fife AC "A"	Helen Sharpe	6 16:26	Angela Howe	14 34:28	Morgan Murphy	9 50:45
10 V P Glasgow "A"	Nicola Hood (J)	5 15:39	Kirsty Baird	7 33:43	Rhian Dawes (J)	10 50:47
11 Aberdeen AAC "A" (V)	Sonia Armitage	23 17:30	Rhona Buchan	15 34:38	Veronique Oldham	11 51:06
12 Kilbarchan AAC "B"	Natalie Sharp (J)	15 17:13	Jessica Martin (J)	9 34:06	Leanne Hamilton	12 51:12
13 Bellahouston RR "A"	Claire Thompson	17 17:18	Emma Birnie	10 34:10	Jane Simpson	13 51:30
14 Lothian RC "A"	Louise Crilly	39 18:44	Mhairi Inglis (J)	20 35:53	Edel Mooney	14 51:37
15 Central AC "B" (V)	Hazel Dean	9 16:41	Fiona Kelsall	16 34:52	Ainsley Normand	15 51:44
16 Shettleston Harriers "A"	Fiona Maxwell	10 16:44	Chichi Guly	6 33:32	Avril Mason	16 52:09
17 Garscube H "A" (V)	Alison Winship	21 17:25	Heather McIntosh	23 35:58	Kirsty Husband	17 52:31
18 Edinburgh AC "B"	Victoria Lomax	14 17:01	Elaine Davies	22 35:55	Laura Goodson (J)	18 52:35
19 Edinburgh Uni "B"	Yvonne Catherine Hastie (J)	20 17:25	Frances Cummins	19 35:30	Emma Baxter (J)	19 53:05
20 Fife AC "B"	Sarah McHugh	13 16:55	Sophie Mullins	17 35:18	Amie McKimmie	20 53:23
21 Central AC "C"	Jane Waterhouse	38 18:30	Claire Houston	25 36:16	Jennifer Emsley	21 53:28
22 Garscube H "B"	Marion Kelly	30 18:04	Carole Gilmour	21 35:54	Ailsa Currie	22 54:14
23 Inverclyde AC "A"	Deborah Moore (J)	60 20:24	Emma Rice (J)	33 37:41	Rhona Bushfield	23 54:16
24 Giffnock North "A"	Joanne Leslie	37 18:24	Mary McCutcheon	24 36:09	Jill Smylie	24 54:33
25 Kilbarchan AAC "C"	Christina Rankin (J)	11 16:47	Michelle Bell (J)	18 35:26	Deborah Henderson (J)	25 55:22
26 Kirkintilloch Oly "A"	Hannah Terrance (J)	22 17:29	Annmarie McCaffrey	26 36:32	Ada Stewart	26 55:56
27 Carnegie H "A" (V)	Fabienne Thompson	28 17:57	Gail Murdoch	28 37:13	Alison Whyte	27 55:57

## National CC Relays 24th October 2009 - Senior Female Results

28 Wee County H "A"	Beryl Junnier 17:57	27 17:57	Caroline Strain 37:46	35 19:49	Jessica Neal 55:59	28 18:13
29 Corstorphine AAC "A"	Jo Kirby 18:53	42 18:53	Megan Smith 37:36	32 18:43	Susan Johnston 56:31	29 18:55
30 Fife AC "C" (V)	Sarah Legge 18:05	32 18:05	Margaret McLaren 37:30	31 19:25	Jocelyn Scott 56:54	30 19:24
31 Motherwell AC "A" (V)	Joanne Clark 18:05	31 18:05	Carole Munro 37:43	34 19:38	Clare Barr 57:05	31 19:22
32 Lothian RC "B" (V)	Lynne Murray 18:21	35 18:21	Jill Horsburgh 38:14	36 19:53	Saran Jones 57:47	32 19:33
33 Portobello RC "A"	Lynn Morrice 17:41	24 17:41	Rachel Berry 37:20	29 19:39	Lynn Hanley 58:24	33 21:04
34 Aberdeen AAC "B"	Carly Hall 18:59	44 18:59	Jade Halket 40:56	56 21:57	Rachel Armitage (J) 59:04	34 18:08
35 Motherwell AC "B"	Laura McTavish 20:11	55 20:11	Elaine Jamieson 40:01	45 19:50	Phyllis Hands 59:08	35 19:07
36 Bellahouston H "A" (V)	Sharon Taylor 20:54	64 20:54	Erica Christie 39:02	40 18:08	Yvonne Winchester 59:10	36 20:08
37 Garscube H "C"	Jill O'Neil 19:36	47 19:36	Lesley Chapman 39:12	42 19:36	Emma Ralston 59:12	37 20:00
38 Carnegie H "B"	Helena Sim 20:03	53 20:03	Linda James 40:06	46 20:03	Grace Mackenzie 59:25	38 19:19
39 Edinburgh Uni "D"	Pamela Morris (J) 19:52	51 19:52	Kirsten Hogg 40:24	49 20:32	Natalie Griffiths 59:25	39 19:01
40 Edinburgh Uni "C"	Sarah Louise Johnson 18:48	41 18:48	Hannah Cornish 38:17	37 19:29	Katie Pollock (J) 59:25	40 21:08
41 Greenock Glenpark "A"	Fiona Cushnaghan 20:08	54 20:08	Theresa Wall 39:51	44 19:43	Silke Loehndorf 59:46	41 19:55
42 Bellahouston RR "B" (V)	Jane Wild 20:20	57 20:20	Jacqueline McGuire 40:30	50 20:10	Julia Harris 59:51	42 19:21
43 Falkirk Victoria H "A"	Lorna Dewar 18:46	40 18:46	Elaine Thomson 40:14	47 21:28	Megan Wright 59:56	43 19:42
44 Lothian RC "C"	Jocelyn Moar 18:03	29 18:03	Lorna Eades 39:34	43 21:31	Rosemary Ewing 1:00:00	44 20:26
45 Hunters Bog T "C"	Margaret Spalding 21:16	66 21:16	Aileen Fletcher 40:46	54 19:30	Rose Nicholson 1:00:08	45 19:22
46 Gala Harriers "B" (V)	Eileen Nicol 20:18	56 20:18	Fiona Shepherd 40:46	53 20:28	Angela Foss 1:00:30	46 19:44
47 Ferranti AAC "A"	Julia Drewer 19:57	52 19:57	Alison Arnold 40:46	52 20:49	Claire Gilchrist 1:00:37	47 19:51
48 St Andrews Uni "A"	Rose Calvo 18:22	36 18:22	Rachael Smith (J) 39:05	41 20:43	Hannah Mitchell 1:00:48	48 21:43
49 Corstorphine AAC "B"	Kerry Porter 19:24	46 19:24	Helana Nolan 38:23	38 18:59	Jillian Hogg 1:01:16	49 22:53
50 St Andrews Uni "B"	Abigal Hobill (J) 20:45	63 20:45	Emma Haigh 42:19	60 21:34	Gardner Moore 1:01:49	50 19:30
51 Central AC "D"	Dawn Kerr (J) 21:42	70 21:42	Polly Harrison 40:16	48 18:34	Jenny Fleming 1:01:55	51 21:39
52 Kirkintilloch Oly "B" (V)	Vivien Fraser 20:33	62 20:33	Ros OSullivan 41:33	57 21:00	Mary Hendry 1:02:05	52 20:32
53 Anster Haddies "A" (V)	Hazel Bradley 20:21	59 20:21	Pamela Cruikshanks 40:53	55 20:32	Alice Hall 1:02:21	53 21:28
54 Westerlands CCC "A"	Pauline McAdam 20:21	58 20:21	Patricia McLaughlin 43:46	65 23:25	Catriona Miller 1:02:27	54 18:41
55 Stirling Univ AC "A"	Robyn McDowall 19:39	48 19:39	Megan Stirling 41:57	58 22:18	Ann-Marie Parry 1:02:55	55 20:58

## National CC Relays 24th October 2009 - Senior Female Results

56 Fife AC "D" (V)	Sandra Aitken	68	Fiona Walker	62	Innes Bracegirdle	56
	21:27	21:27	42:44	21:17	1:04:34	21:50
57 Greenock Glenpark "B" (V)	Dorothy McCormick	67	Susan Clark	59	Yvonne Prager	57
	21:24	21:24	42:10	20:46	1:05:12	23:02
58 Central AC "E"	Tracey McInally	74	Morag Adam	67	Linda Sneddon	58
	24:36	24:36	45:32	20:56	1:07:29	21:57
59 Kirkintilloch Oly "C" (V)	Shirley MacNab	71	Pamela Parker	63	Lindsay Branston	59
	21:49	21:49	42:58	21:09	1:07:39	24:41
60 Springburn Harriers "B" (V)	Caroline Brownlie	45	Rachel Wilson	61	Lorraine Gray	60
	19:22	19:22	42:44	23:22	1:07:47	25:03
61 Garscube H "D"	Megan Craft	61	Karen-Anne McLennan	66	Patricia Roxburgh	61
	20:27	20:27	44:39	24:12	1:08:02	23:23
62 Carnegie H "C" (V)	Gillian McCracken	49	Lesley Halstead	64	Mehrmaz Campbell	62
	19:40	19:40	43:00	23:20	1:09:40	26:40
63 Bellahouston H "B"	Gemma Beattie	72	Joanne Sharp	68	Connie Hydes	63
	22:21	22:21	46:20	23:59	1:09:55	23:35
Dundee Hawkhill "A"	Lily Partridge (J)	2	Laura Brown	4		
	15:13	15:13	32:36	17:23		
Kilmarnock H "A"	Lauren Campbell (J)	18	Elizabeth McDerment	27		
	17:22	17:22	36:54	19:32		
Giffnock North "B"	Yvonne Hamilton	43	Maureen McVey	30		
	18:54	18:54	37:22	18:28		
Springburn Harriers "C"	Kirsten Ferguson	50	Pamela Michie	39		
	19:42	19:42	38:50	19:08		
Calderglen H "A"	Mary Goldsmith	69	Frances Maxwell	51		
	21:27	21:27	40:39	19:12		
East Kilbride AAC "A"	Deborah Stokoe (J)	19				
	17:25	17:25				
Helensburgh AAC "A"	Jennifer Fitzgerald	26				
	17:55	17:55				
Westerlands CCC "B"	Ellen Homewood	33				
	18:08	18:08				
Clydesdale Harriers "A"	Marina McCallum	34				
	18:15	18:15				
Ferranti AAC "B"	Elizabeth Gilchrist	65				
	21:01	21:01				
Teviotdale Harriers "A" (V)	Donna Inglis	73				
	23:28	23:28				

### Fastest Laps

1	Morag MacLarty - Central AC "A"	14:47
2	Lily Partridge (J) - Dundee Hawkhill "A"	15:13
3	Rosie Smith - Hunters Bog T "A"	15:20
4	Elspeth Curran - Kilbarchan AAC "A"	15:24
5	Catriona Buchanan (J) - Central AC "A"	15:26
6	Nicola Hood (J) - V P Glasgow "A"	15:39
7	Dianne Lauder - Gala Harriers "A"	15:44
8	Edel Mooney - Lothian RC "A"	15:44
9	Fiona Thompson - Central AC "A"	15:55
10	Shona McIntosh - Hunters Bog T "B"	16:01
11	Sarah Hood - Edinburgh AC "A"	16:05
12	Fiona Gentles - Springburn Harriers "A"	16:11

National CC Relays 24th October 2009 - Senior Male Results

	Stage 1		Stage 2		Stage 3		Stage 4		
1 Shettleston Harriers "A"	Tsegezab Woldemichael	1 12:52	Tewoldeberhan Mengisteab	1 25:38	Amanuel Hagos	1 39:08	Tsegai Tewelde (J)	1 51:51	12:43
2 Central AC "A"	Sean Reilly (J)	6 13:26	Ross Houston	3 26:57	Robert Russell	3 40:21	Alastair Hay	2 53:10	12:49
3 Kilbarchan AAC "A"	Callum Hawkins (J)	2 13:12	Conor McNulty	2 26:35	Derek Hawkins	2 39:35	Paul Leck (J)	3 53:13	13:38
4 Central AC "B"	Andrew Butchart (J)	9 13:42	Alexander Hendry (J)	4 27:05	Lewis Millar	4 40:56	Scott McDonald (J)	4 54:20	13:24
5 Corstorphine AAC "A"	Douglas Selman	3 13:22	David Simpson	5 27:11	Dermot Cummins	5 41:15	Keith Hood	5 54:59	13:44
6 Shettleston Harriers "B"	Lachlan Oates (J)	4 13:25	Matthew Turner	7 27:32	Martin Graham	7 41:38	Paul Sorrie	6 55:02	13:24
7 Ron Hill Cambus "A"	Robert Gilroy	16 14:00	Andrew Coulter (J)	15 28:33	Chris Wilson	7 42:13	Stuart Gibson	7 56:49	14:36
8 Aberdeen AAC "A"	Mark Haskett	5 13:26	Cameron Strachan (J)	12 28:11	Darren Shinnie	11 43:03	James Joy (J)	8 57:18	14:15
9 Edinburgh Uni "A"	Ben Cole	22 14:13	Jonathan Pawson	14 28:31	Duncan Coombs	10 43:01	Max Ralston (J)	9 57:26	14:25
10 Edinburgh AC "A"	Andrew Crichton (J)	8 13:34	Adam Priestley	6 27:28	J Benavent	9 42:37	Tom Ryan (J)	10 57:41	15:04
11 Pitreavie AAC "A"	Alasdair Donaldson	11 13:49	Craig Robertson	8 27:44	Jeff Farquhar	8 42:33	Barry Davie	8 57:53	15:20
12 V P Glasgow "A"	Sean Fontana (J)	18 14:06	Derek Watson Snr.	22 29:30	Derek Gibb	13 43:26	Allan Ramsay (J)	12 58:05	14:39
13 Carnegie H "B" (V)	Andrew Wright	12 13:52	Ian Stewart	16 28:36	Allan Fotheringham	17 44:05	Thomas Lawrence	13 58:28	14:23
14 Inverclyde AC "A"	Sean Gaffney	31 14:45	Craig Ruddy	10 27:53	Andrew Campbell (J)	14 43:32	Kenny O'Neill	14 58:44	15:12
15 Dundee Hawkhill "A"	Matthew White (J)	17 14:00	Chris Foley	9 27:45	Matthew Strachan	12 43:08	Charles Haskett	15 58:54	15:46
16 Kilbarchan AAC "C"	Stephen Fleming (J)	23 14:22	Scott Hawkins (J)	11 28:05	Alistair MacAngus	15 43:50	David Mackintosh	16 59:23	15:33
17 Irvine AC "A"	Patrick Cullinane	24 14:30	Alex Allardyce	20 29:18	Colin Miller	22 44:49	William Richardson	17 59:38	14:49
18 Corstorphine AAC "B"	Calum McKenzie	35 14:48	Kris Berry	32 30:10	Steven O'Brien	29 45:05	Christopher O'Brien	18 59:50	14:45
19 Bellahouston RR "A"	Alasdair McLeod	39 14:58	Marcos Sanz Gomez	34 30:24	Matthew Williamson	28 45:05	Liam Conway	19 1:00:00	14:55
20 Greenock Glenpark "A"	Michael Follan	34 14:48	Stephen McLoone	26 29:45	David Henderson	20 44:44	Andrew McCall	20 1:00:04	15:20
21 Edinburgh AC "B" (V)	Adam Ward	54 15:38	Roger Alsop	30 30:02	Keith Lyall	33 45:28	Martin Ferguson	21 1:00:08	14:40
22 St Andrews Uni "A"	Tom Cunningham	13 13:53	Russell Hall	19 29:01	Juraj Sabul (J)	25 44:58	Myles Bax	22 1:00:12	15:14
23 Lothian RC "A"	Robert Inglis (J)	21 14:10	Brian Turner	18 28:54	Graeme Ackland	31 45:12	Alastair Robertson (J)	23 1:00:18	15:06
24 Garscube H "A"	Benjamin Melby	15 13:56	Stephen Mulrine	25 29:39	Joe McKnight	18 44:31	Alan Blair	24 1:00:24	15:53
25 Kilbarchan AAC "B" (V)	Donald Petrie	58 15:51	Thomas Hearle	29 30:01	James Snodgrass	23 44:52	John McMillan	25 1:00:34	15:42
26 Ron Hill Cambus "B" (V)	Greg Hastie	30 14:45	Colin Feechan	36 30:29	Kerry Liam Wilson	21 44:49	Michael O'Hagan	26 1:00:38	15:49
27 Shettleston Harriers "D" (V)	Denis Williams	47 15:15	William Coyle	31 30:10	Ian Johnston	19 44:38	John Oates	27 1:00:43	16:05
28 Ron Hill Cambus "C"	John MacNamara	19 14:09	Gordon Robertson	21 29:26	Andrew Steven	30 45:11	Brian Campbell	28 1:00:49	15:38
29 Central AC "C"	Alasdair Anthony	10 13:42	Michael Wright	13 28:25	Will Hensman	16 44:03	Philip Hendry	29 1:01:01	16:58
30 Corstorphine AAC "D" (V)	Grant Wilkie	41 15:01	Nigel Lamb	24 29:34	Graeme Fletcher	27 45:04	Ian Johnston	30 1:01:06	16:02
31 Bellahouston RR "B"	Neil Farnell	44 15:10	Grant Edmondson	40 30:46	Craig Ross	34 45:54	Russell Whittington	31 1:01:10	15:16
32 Falkirk Victoria H "A"	Anthony Devlin	56 15:44	Alexander Davidson	35 30:27	Barry Paterson	35 45:55	Stephen Moore	32 1:01:25	15:30
33 Teviotdale Harriers "A"	Raymond Jaffray	36 14:50	Colin Welsh	27 29:49	Wayne McIntosh	26 45:00	Alan Inglis	33 1:01:33	16:33
34 Hunters Bog T "A"	Huw Jones	64 16:03	Philip Mowbray	28 29:52	William Townsend	32 45:26	Daniel Fairlie	34 1:01:44	16:18

## National CC Relays 24th October 2009 - Senior Male Results

35 Giffnock North "A"	David Phee	7	Greg Turner (J)	17	Derek Breen	24	Marc Roper	35
	13:30	13:30	28:50	15:20	44:54	16:04	1:01:47	16:53
36 Aberdeen AAC "B"	Frank Boyne	27	Neil Manson	38	Keith Charlton	39	Rory Leslie (J)	36
	14:40	14:40	30:33	15:53	46:47	16:14	1:01:52	15:05
37 Corstorphine AAC "C"	Mickey Breen	42	Ewan Stark	37	Timothy Norwood	41	Bryan Clark	37
	15:05	15:05	30:31	15:26	47:03	16:32	1:01:57	14:54
38 Clydesdale Harriers "A"	Prasad Prasad	14	Michael Diver	23	Ryan Savage (J)	36	Paul Carroll	38
	13:55	13:55	29:34	15:39	46:00	16:26	1:01:59	15:59
39 Fife AC "C" (V)	Christopher Russell	26	Bryce Aitken	39	Tom Scott	38	Craig Ross	39
	14:37	14:37	30:40	16:03	46:40	16:00	1:02:21	15:41
40 Edinburgh AC "C"	Iain Whitaker	28	Dermot Bailie	43	Malcolm Fraser	37	Keith Dunlop	40
	14:42	14:42	30:53	16:11	46:16	15:23	1:02:40	16:24
41 Kilmarnock H "A"	James Wales (J)	33	Iain Connell	50	Ross Connelly (J)	42	Scott Martin	41
	14:48	14:48	31:43	16:55	47:08	15:25	1:02:56	15:48
42 Central AC "D" (V)	David Eckersley	52	Alex Milne	49	David Armour	44	Philip Williams	42
	15:32	15:32	31:38	16:06	47:22	15:44	1:03:02	15:40
43 Carnegie H "C" (V)	Mike Harvey	59	Lewis Lawson	47	Steven Ogg	43	Steven King	43
	15:53	15:53	31:18	15:25	47:16	15:58	1:03:12	15:56
44 Kirkintilloch Oly "A"	Stephen Allan	49	Louis O'Hare	42	Kevin Cornes (J)	40	Stuart Kerr	44
	15:27	15:27	30:51	15:24	47:01	16:10	1:03:15	16:14
45 Springburn Harriers "A"	Jonathan Graham (J)	45	Emilio Cosimo	45	John Bell	46	Kevin Owens	45
	15:10	15:10	31:06	15:56	47:35	16:29	1:03:33	15:58
46 Calderglen H "A" (V)	Alan Cullie	69	Edward Reid	63	Martin Duthie	51	Alan Derrick	46
	16:19	16:19	32:45	16:26	48:03	15:18	1:03:37	15:34
47 Westerlands CCC "A" (V)	Chris Upson	37	Daniel Reid	44	Steffen Gorgas	52	David Riach	47
	14:52	14:52	30:57	16:05	48:28	17:31	1:03:47	15:19
48 Bellahouston RR "C"	Brian O'Donnell	60	David Weatherhead	51	Andrew Birnie	47	Brendan Moriarty	48
	15:55	15:55	31:48	15:53	47:42	15:54	1:03:50	16:08
49 St Andrews Uni "B"	Neil Graham	50	Andrew Steele (J)	52	Chris Martin	48	David Farnell	49
	15:28	15:28	31:52	16:24	47:55	16:03	1:03:54	15:59
50 East Kilbride AAC "A"	Grant Baillie	20	David Gorman (J)	33	Derek Leitch	45	David J. Condra	50
	14:10	14:10	30:21	16:11	47:23	17:02	1:04:30	17:07
51 Carnegie H "A"	Peter Humphreys	61	Calum McGaw (J)	56	John Lambie	50	Ian Robert Johnston	51
	15:56	15:56	32:19	16:23	48:02	15:43	1:04:55	16:53
52 Shettleston Harriers "C"	Adam Lee	48	Andrew Duffy (J)	69	Marc McColl	54	John Duffy	52
	15:21	15:21	33:01	17:40	48:31	15:30	1:05:26	16:55
53 Motherwell AC "C"	Stuart Riley	72	Nicholas Hughes	68	James Smith (J)	63	Alex Barr	53
	16:29	16:29	32:58	16:29	49:27	16:29	1:05:45	16:18
54 Kirkintilloch Oly "B"	David McCormack	81	Gary Mitchell	71	Robert Rogerson	62	Adrian Dow	54
	16:52	16:52	33:03	16:11	49:18	16:15	1:05:52	16:34
55 Bellahouston H "A"	Andrew Campbell	46	Michael Freshour	62	Brian Douglas	57	Mark Paterson	55
	15:12	15:12	32:35	17:23	49:03	16:28	1:06:05	17:02
56 Dundee Hawkhill "B" (V)	Stuart Kerr	102	John Hepburn	73	Ged Keane	70	Stephen Mason	56
	17:50	17:50	33:27	15:37	50:11	16:44	1:06:12	16:01
57 Gala Harriers "A"	Gregor McAneny	67	Derrick Brydon	76	Alan Goodson	72	Fergus Johnston	57
	16:12	16:12	33:38	17:26	50:32	16:54	1:06:18	15:46
58 Fife AC "A"	Mark S Buchan (J)	32	Colin Brown	53	Ken Berry	58	Daryl Beggs	58
	14:46	14:46	31:52	17:06	49:05	17:13	1:06:22	17:17
59 Greenock Glenpark "B"	Alan O'Rourke	53	Michael Mcloone Snr	55	Robert Wilson	60	Robert Adams	59
	15:38	15:38	32:11	16:33	49:17	17:06	1:06:22	17:05
60 Inverclyde AC "B"	Gerard Gaffney	51	Jude Boulton	48	Robert Gray	56	Robert Shaw	60
	15:30	15:30	31:34	16:04	49:01	17:27	1:06:30	17:29
61 Kilmarnock H "B"	Steven Currie	66	Leslie McDerment	66	Graham Cairns	65	Alan Brydon	61
	16:09	16:09	32:54	16:45	49:46	16:52	1:06:31	16:45
62 Garscube H "B"	Euan Geddes	62	Mike O'Hara	60	David W Dickson	53	James Taylor	62
	16:02	16:02	32:31	16:29	48:28	15:57	1:06:37	18:09
63 Motherwell AC "B" (V)	Benjamin Hands	65	John Hughes	58	Brian McLinden	59	Michael Wedlock	63
	16:07	16:07	32:25	16:18	49:08	16:43	1:06:43	17:35
64 Ayr Seaforth "A"	Laurence Baker	75	Jonathan Dunn (J)	72	Shaun Phillips	68	Ryan Muir (J)	64
	16:34	16:34	33:13	16:39	50:01	16:48	1:06:50	16:49
65 Strathclyde Uni "A"	Lewis Donaldson (J)	57	Neil McDonald (J)	59	Darren Steel	64	Martin Coleman	65
	15:46	15:46	32:28	16:42	49:33	17:05	1:06:57	17:24
66 Giffnock North "B"	George Taylor	74	David Logan	64	Philip Coupar	61	David McNab	66
	16:32	16:32	32:50	16:18	49:18	16:28	1:07:07	17:49
67 Ron Hill Cambus "D"	Alistair Campbell	40	Thomas McPake	57	Scott Hunter	69	John McPake	67
	15:00	15:00	32:21	17:21	50:06	17:45	1:07:20	17:14
68 Helensburgh AAC "A"	Kenneth White	97	Gordon Howat	83	Iain Walker	76	Damien Theaker	68
	17:35	17:35	34:44	17:09	51:18	16:34	1:07:28	16:10
69 Falkirk Victoria H "B"	John Stevenson	70	Alexander Bryce	75	Stuart Douglas	66	Craig Johnston	69
	16:24	16:24	33:35	17:11	49:53	16:18	1:07:37	17:44

## National CC Relays 24th October 2009 - Senior Male Results

70 Kilmarnock H "C"	Harald Bartl	95	Alasdair Murray	81	John McClarty	71	Brian Darroch	70
	17:31	17:31	34:37	17:06	50:23	15:46	1:07:40	17:17
71 Central AC "E" (V)	Stuart Watson	90	Hugh Buchanan	80	Hugh Kerr	75	Robert Hutchison	71
	17:16	17:16	34:32	17:16	51:17	16:45	1:08:00	16:43
72 V P Glasgow "B" (V)	Mark Ashby	77	Gerard Craig	65	Duncan Thomson	67	Tom Ord	72
	16:44	16:44	32:50	16:06	49:58	17:08	1:08:10	18:12
73 Clydesdale Harriers "B"	John Foley	79	Gerard Montgomery	86	Iain Robertson	79	Robert Young	73
	16:48	16:48	34:51	18:03	51:58	17:07	1:08:34	16:36
74 Hunters Bog T "B"	Daniel Gay	83	Peter McClelland	78	Ian Marshall	74	Ian Campbell	74
	16:55	16:55	34:18	17:23	51:04	16:46	1:09:40	18:36
75 Kirkintilloch Oly "C"	Howard Elliott	86	Christopher Craig	94	David Hogg	84	William Heirs	75
	16:58	16:58	35:42	18:44	52:44	17:02	1:09:56	17:12
76 Springburn Harriers "B"	Andrew Callan	63	Alan Cairns	92	Robert Young	80	Joseph Chambers	76
	16:03	16:03	35:20	19:17	52:03	16:43	1:10:08	18:05
77 Bellahouston RR "D"	Peter Goodwin	76	Robert McEwan	70	Ewan McDonald	78	Ian Goudie	77
	16:34	16:34	33:03	16:29	51:34	18:31	1:10:23	18:49
78 Shettleston Harriers "E"	William Maxwell	84	William Breckenridge	67	Malcolm Patterson	73	Karl Povey	78
	16:57	16:57	32:56	15:59	50:42	17:46	1:10:24	19:42
79 Falkirk Victoria H "C"	David Murray	85	John Martin	79	Mark Dunnachie	81	Alexander Watson	79
	16:58	16:58	34:22	17:24	52:24	18:02	1:10:49	18:25
80 Irvine AC "B" (V)	Ian Berryman	111	Steven Connell	95	James White	89	Andrew Rennie	80
	18:36	18:36	36:01	17:25	54:07	18:06	1:11:03	16:56
81 Greenock Glenpark "C"	Robert Mitchell	87	Robert Wilson	77	Kenneth Scott	85	Daniel McLaughlin	81
	17:00	17:00	34:06	17:06	53:16	19:10	1:11:09	17:53
82 Motherwell AC "D"	Luke McIlvenna (J)	71	Alan Tait	74	Stephen Riley (J)	83	Richard Martin (J)	82
	16:27	16:27	33:27	17:00	52:40	19:13	1:11:18	18:38
83 Calderglen H "B"	Jim Holmes	98	David Wardrope	102	Andrew Henderson	92	Colin Freeman	83
	17:39	17:39	37:07	19:28	54:50	17:43	1:11:27	16:37
84 Bellahouston H "B"	Graeme Gemmel	91	Stewart Collins	82	Campbell Joss	86	John Hagemeister	84
	17:19	17:19	34:39	17:20	53:22	18:43	1:12:19	18:57
85 Garscube H "C"	John Murray	99	Jim McAneny	91	Andrew Griffiths	88	Stephen Cullen	85
	17:48	17:48	35:17	17:29	53:57	18:40	1:13:24	19:27
86 Motherwell AC "A" (V)	Derek Wylie	68	Roderick Quinn	85	William Martin	87	Jim Tracey	86
	16:16	16:16	34:47	18:31	53:55	19:08	1:13:35	19:40
87 Carnegie H "D" (V)	Niall Wilson	88	Paul Arnott	99	Stephen Greer	94	John Fulham	87
	17:04	17:04	36:21	19:17	55:42	19:21	1:13:37	17:55
88 Giffnock North "C"	Rodger McEleney	96	Gerard McNamee	100	David McNab	91	Jamie MacGregor (J)	88
	17:35	17:35	36:53	19:18	54:23	17:30	1:13:53	19:30
89 Corstorphine AAC "E" (V)	Michael Anderson	78	Bruce Malcolm	96	David Henderson	90	David Colman	89
	16:46	16:46	36:04	19:18	54:17	18:13	1:13:55	19:38
90 Lothian RC "B"	Joseph Robertson (J)	93	Christopher Rumbles (J)	84	David Eades	77	Ian Hall	90
	17:23	17:23	34:44	17:21	51:29	16:45	1:14:32	23:03
91 Corstorphine AAC "F"	Christopher Peggie	103	Scott Williamson	107	Nicholas Brown	96	Shaun Cavens	91
	17:50	17:50	38:01	20:11	55:53	17:52	1:15:10	19:17
92 Fife AC "B"	Kenneth Mcleod	116	Steven Pennycook	105	Alan McLeod	97	Frank McLaren	92
	19:39	19:39	37:37	17:58	56:34	18:57	1:15:53	19:19
93 Clydesdale Harriers "C"	Pete Cartwright	101	Brian J Campbell	103	Peter Rudzinski	103	James Austin	93
	17:50	17:50	37:14	19:24	58:29	21:15	1:16:54	18:25
94 Lothian RC "C"	Alan McIntosh	82	Kenton Jones	97	Scott Nelson	82	Mark Kassyk	94
	16:52	16:52	36:09	19:17	52:32	16:23	1:18:35	26:03
95 Falkirk Victoria H "D" (V)	John Denholm	105	David Bunyan	106	Alastair McCallum	102	David Hart	95
	17:56	17:56	37:59	20:03	57:55	19:56	1:19:15	21:20
96 East Kilbride AAC "B"	Graeme Haddow	92	Gordon Colvin	93	Michael Browne	99	Edgar Ramage	96
	17:21	17:21	35:26	18:05	56:56	21:30	1:19:27	22:31
97 Kilbarchan AAC "D" (V)	Donald Kennedy	104	Steven Hards	87	Robert Connell	95	Brian Graham	97
	17:50	17:50	34:53	17:03	55:43	20:50	1:19:53	24:10
98 Central AC "F"	Cameron Campbell	114	Sandy MacLarty (J)	110	Alan Gall	101	James Drummond	98
	19:08	19:08	38:35	19:27	57:41	19:06	1:20:01	22:20
99 Bellahouston H "C"	Jeremy Garnett	115	Iain Burke	113	Anthony Quinn	104	John McFadyen	99
	19:31	19:31	40:34	21:03	59:41	19:07	1:20:11	20:30
100 Fife AC "D" (V)	Andrew Milne	106	David Shepherd	98	Stewart Davidson	98	Alastair Robertson	100
	18:05	18:05	36:19	18:14	56:39	20:20	1:20:33	23:54
Lasswade AAC "A"	Scott Anderson (J)	55	Ross Finlayson	54	Andrew Matheson	49		
	15:44	15:44	32:01	16:17	48:00	15:59		
Stirling Univ AC "A"	Jed Bartlett	38	Andrew MacKenzie	41	David Reynolds	55		
	14:54	14:54	30:50	15:56	48:51	18:01		
Inverclyde AC "C"	Damien Mallet	110	John Smillie	101	George Hegarty	93		
	18:20	18:20	37:02	18:42	55:37	18:35		
Greenock Glenpark "D"	Thomas Knight	112	Patrick Duffy	109	E E Yin Rankin	100		
	18:58	18:58	38:33	19:35	57:21	18:48		

National CC Relays 24th October 2009 - Senior Male Results

Bellahouston RR "E"	Norman Boyle	118	Douglas MacGregor	114	Mike Devlin	105
	19:53	19:53	40:39	20:46	1:03:48	23:09
Edinburgh AC "D" (V)	Robert Riddell	43	Steven Wales	46	Mike Devlin	107
	15:08	15:08	31:14	16:06	1:03:48	23:09
Law & District "A"	Gary Grieve	29	Bobby Hill (J)	61		
	14:43	14:43	32:33	17:50		
V P Glasgow "C"	Iain Townsend (J)	73	Kenneth Brown	88		
	16:32	16:32	34:59	18:27		
Pitreavie AAC "B"	Sean McQueen	80	Andrew Le Good	89		
	16:50	16:50	35:07	18:17		
Westerlands CCC "B"	Johnston Orr	100	David Calder	90		
	17:48	17:48	35:11	17:23		
Ayr Seaforth "B"	Tom McCulloch	109	Brian Dunn	104		
	18:14	18:14	37:34	19:20		
Hunters Bog T "C"	Jon Rathjen	89	Mark Roberts	108		
	17:08	17:08	38:13	21:05		
Central AC "G"	Robert Steel	113	Richard Coombs	111		
	19:00	19:00	38:49	19:49		
Garscube H "D"	Tony Hall	117	David Geddes	112		
	19:47	19:47	39:53	20:06		
Teviotdale Harriers "B"	Alan Coltman	119	Norman Taylor	115		
	20:16	20:16	44:19	24:03		
Gala Harriers "B"	Graeme Murdoch	25				
	14:34	14:34				
Edinburgh Uni "B"	Joseph Littlechild	94				
	17:29	17:29				
Calderglen H "C"	David Herbertson	107				
	18:06	18:06				
Ron Hill Cambus "E"	David Fairweather	108				
	18:11	18:11				
Ferranti AAC "A"	Edward McDonald	120				
	21:21	21:21				
Calderglen H "D"	Russell Couper	121				
	23:50	23:50				

**Fastest Laps**

1	Tsegai Tewelde (J) - Shettleston Harriers "A"	12:43
2	Tewoldeberhan Mengisteab - Shettleston Harriers "A"	12:46
3	Alastair Hay - Central AC "A"	12:49
4	Tsegegab Woldemichael - Shettleston Harriers "A"	12:52
5	Derek Hawkins - Kilbarchan AAC "A"	13:00
6	Craig Ruddy - Inverclyde AC "A"	13:08
7	Callum Hawkins (J) - Kilbarchan AAC "A"	13:12
8	Douglas Selman - Corstorphine AAC "A"	13:22
9	Conor McNulty - Kilbarchan AAC "A"	13:23
10	Alexander Hendry (J) - Central AC "B"	13:23
11	Paul Sorrie - Shettleston Harriers "B"	13:24
12	Robert Russell - Central AC "A"	13:24
13	Scott McDonald (J) - Central AC "B"	13:24
14	Lachlan Oates (J) - Shettleston Harriers "B"	13:25
15	Mark Haskett - Aberdeen AAC "A"	13:26
16	Sean Reilly (J) - Central AC "A"	13:26
17	David Phee - Giffnock North "A"	13:30
18	Amanuel Hagos - Shettleston Harriers "A"	13:30
19	Ross Houston - Central AC "A"	13:31
20	Andrew Crichton (J) - Edinburgh AC "A"	13:34