

East District CC Relays 9th October 2010 - Young Females Results

| | Stage 1 | | Stage 2 | | Stage 3 | |
|----------------------------|---------------------------|-------|-------------------------------|-------|-----------------------------|-------|
| 1 Pitreavie AAC "A" | Leah Davie (U13) | 2 | Katey Turner (U15) | 1 | Kathryn Pennel (U17) | 1 |
| | 10:38 | 10:38 | 21:01 | 10:23 | 31:13 | 10:12 |
| 2 Edinburgh AC "A" | Esme Stewart (U13) | 3 | Rosanna Stewart (U15) | 2 | Emma Dunnett (U17) | 2 |
| | 10:43 | 10:43 | 21:32 | 10:49 | 31:18 | 9:46 |
| 3 Central AC "A" | Isla Burns (U13) | 10 | Eilidh MacCorquodale (U15) | 3 | Kathryn Gillespie (U15) | 3 |
| | 11:22 | 11:22 | 21:46 | 10:24 | 31:56 | 10:10 |
| 4 Edinburgh AC "B" | Jade Carlyle (U13) | 12 | Alexandra Hunter (U15) | 4 | Rachael Dunn (U17) | 4 |
| | 11:26 | 11:26 | 21:57 | 10:31 | 32:14 | 10:17 |
| 5 Dundee Hawkhill "A" | Katie Anderson (U13) | 5 | Ailsa Peters (U15) | 6 | Iona Brodie (U17) | 5 |
| | 11:10 | 11:10 | 22:07 | 10:57 | 32:25 | 10:18 |
| 6 Falkirk Victoria H "A" | Leia Glading (U13) | 1 | Julie Hunter (U15) | 5 | Katherine Mitchell (U15) | 6 |
| | 10:31 | 10:31 | 22:02 | 11:31 | 32:27 | 10:25 |
| 7 Edinburgh AC "C" | Hilary Lewin (U13) | 4 | Emily Strathdee (U15) | 7 | Oonagh Dunnett (U17) | 7 |
| | 10:50 | 10:50 | 22:18 | 11:28 | 32:38 | 10:20 |
| 8 Edinburgh AC "D" | Amy Armstrong (U13) | 9 | Anna Hyde (U15) | 9 | Olivia O'Hare (U17) | 8 |
| | 11:21 | 11:21 | 22:37 | 11:16 | 32:55 | 10:18 |
| 9 Falkirk Victoria H "B" | Kelly Bissett (U13) | 6 | Julie Nimmo (U15) | 11 | Hazel Murray (U17) | 9 |
| | 11:13 | 11:13 | 22:46 | 11:33 | 33:40 | 10:54 |
| 10 Central AC "B" | Shamsa Scott-Angell (U13) | 11 | Laura Clarke (U15) | 8 | Amy Hendry (U17) | 10 |
| | 11:22 | 11:22 | 22:25 | 11:03 | 33:43 | 11:18 |
| 11 Gala Harriers "A" | Jo Arres (U13) | 14 | Kerry Sandilands (U15) | 10 | Isla King (U17) | 11 |
| | 11:45 | 11:45 | 22:37 | 10:52 | 34:16 | 11:39 |
| 12 Banchory Stone "A" | Polly Christie (U13) | 16 | Eve Sealy (U13) | 16 | Rachel Smith (U17) | 12 |
| | 11:52 | 11:52 | 24:02 | 12:10 | 34:30 | 10:28 |
| 13 Fife AC "A" | Katy Aitken (U13) | 8 | Stephanie Pennycook (U15) | 12 | Jennifer Cruickshanks (U17) | 13 |
| | 11:17 | 11:17 | 23:19 | 12:02 | 34:33 | 11:14 |
| 14 Aberdeen AAC "A" | Lucy McLeod (U13) | 15 | Aimee MacDonald (U15) | 17 | Eilidh Prise (U17) | 14 |
| | 11:48 | 11:48 | 24:08 | 12:20 | 34:42 | 10:34 |
| 15 Haddington ELP "A" | Rachel Watson (U13) | 20 | Bethan McGregor (U13) | 13 | Katie Watson (U17) | 15 |
| | 12:04 | 12:04 | 23:32 | 11:28 | 34:44 | 11:12 |
| 16 Edinburgh AC "E" | Olivia Walls (U13) | 24 | Hannah Cameron (U15) | 14 | Caitlin Gray (U17) | 16 |
| | 12:44 | 12:44 | 23:50 | 11:06 | 34:50 | 11:00 |
| 17 Corstorphine AAC "A" | Hannah Addison (U13) | 7 | Abbie Malone (U15) | 20 | Isabelle Bough (U17) | 17 |
| | 11:13 | 11:13 | 24:18 | 13:05 | 35:43 | 11:25 |
| 18 Lasswade AAC "A" | Rachel Hutchison (U13) | 19 | Sally Redpath (U15) | 22 | Amy Frankland (U15) | 18 |
| | 12:03 | 12:03 | 24:51 | 12:48 | 35:46 | 10:55 |
| 19 Fife AC "C" | Ailsa Cruickshanks (U13) | 13 | Ailsa Doig (U13) | 19 | Kerry Gibson (U17) | 19 |
| | 11:43 | 11:43 | 24:08 | 12:25 | 35:47 | 11:39 |
| 20 Fife AC "B" | Eilidh Smyth (U13) | 21 | Aimee J Barclay (U15) | 21 | Laura Gibson (U17) | 20 |
| | 12:15 | 12:15 | 24:31 | 12:16 | 36:19 | 11:48 |
| 21 Lothian RC "A" | Bethany Nelson (U13) | 17 | Lauren Arbuckle (U15) | 15 | Nicola Kellock (U15) | 21 |
| | 11:57 | 11:57 | 23:52 | 11:55 | 36:21 | 12:29 |
| 22 Teviotdale Harriers "A" | Mhairi Inglis (U13) | 29 | Catherine Mercer (U15) | 27 | Louise Mercer (U15) | 22 |
| | 15:09 | 15:09 | 26:17 | 11:08 | 36:21 | 10:04 |
| 23 Corstorphine AAC "B" | Hannah Addison (U13) | 18 | Abbie Malone (U15) | 23 | Isabelle Bough (U17) | 23 |
| | 12:01 | 12:01 | 24:57 | 12:56 | 36:21 | 11:24 |
| 24 Haddington ELP "B" | Anna Pate (U13) | 22 | Naomi Rogers (U13) | 25 | Rhiannon Dearie (U17) | 24 |
| | 12:22 | 12:22 | 26:12 | 13:50 | 39:02 | 12:50 |
| Edinburgh AC "F" | Anna Jaap (U13) | 28 | Heide Biberbach-Laidlaw (U15) | 18 | | |
| | 13:07 | 13:07 | 24:08 | 11:01 | | |
| Central AC "D" | Emma Fitzsimmons (U13) | 25 | Tara Walls (U15) | 24 | | |
| | 12:49 | 12:49 | 25:13 | 12:24 | | |
| Gala Harriers "B" | Jennifer Burrows (U13) | 27 | Morven Cawthorn (U15) | 26 | | |
| | 12:53 | 12:53 | 26:17 | 13:24 | | |
| Central AC "E" | Helen Mitchell (U13) | 23 | | | | |
| | 12:31 | 12:31 | | | | |
| Central AC "C" | Beth Gallagher (U13) | 26 | | | | |
| | 12:52 | 12:52 | | | | |

East District CC Relays 9th October 2010 - Young Males Results

| | Stage 1 | | Stage 2 | | Stage 3 | |
|----------------------------|------------------------|-------|------------------------|-------|----------------------------|-------|
| 1 Edinburgh AC "A" | Josh Kerr (U13) | 1 | Jake Kerr (U15) | 1 | Jake Wightman (U17) | 1 |
| | 9:25 | 9:25 | 18:42 | 9:17 | 27:40 | 8:58 |
| 2 Central AC "A" | Iain Davies (U13) | 2 | Alexander Semple (U15) | 2 | Tom Watson (U17) | 2 |
| | 9:36 | 9:36 | 19:13 | 9:37 | 28:09 | 8:56 |
| 3 Corstorphine AAC "A" | Anthony Addison (U13) | 3 | Matthew Galloway (U15) | 3 | Christopher Galloway (U17) | 3 |
| | 9:37 | 9:37 | 19:18 | 9:41 | 28:25 | 9:07 |
| 4 Edinburgh AC "B" | Fraser Peters (U13) | 6 | Robert Bough (U15) | 5 | Ruaridh Miller (U17) | 4 |
| | 10:31 | 10:31 | 19:54 | 9:23 | 28:53 | 8:59 |
| 5 Fife AC "A" | Tristan Rees (U13) | 4 | Bruce Millar (U15) | 4 | Ryan McIntosh (U17) | 5 |
| | 10:10 | 10:10 | 19:40 | 9:30 | 28:59 | 9:19 |
| 6 Aberdeen AAC "A" | Ben Renton (U13) | 12 | Oliver Hay (U15) | 6 | Sam Burgess (U17) | 6 |
| | 10:56 | 10:56 | 20:35 | 9:39 | 29:30 | 8:55 |
| 7 Central AC "B" | Kieran Potter (U13) | 8 | Graham Bruce (U15) | 7 | Ross Milne (U17) | 7 |
| | 10:42 | 10:42 | 20:47 | 10:05 | 30:14 | 9:27 |
| 8 Corstorphine AAC "B" | Matthew Murray (U13) | 13 | Michael Addison (U15) | 10 | Callum Smith (U17) | 8 |
| | 11:01 | 11:01 | 21:21 | 10:20 | 30:38 | 9:17 |
| 9 Aberdeen AAC "B" | Charlie Allardes (U13) | 7 | Steven Murray (U15) | 9 | Gareth Lake (U17) | 9 |
| | 10:31 | 10:31 | 21:15 | 10:44 | 30:51 | 9:36 |
| 10 Edinburgh AC "C" | Paul Ireland (U13) | 15 | Cameron Gilmour (U15) | 8 | Peter Cameron (U17) | 10 |
| | 11:08 | 11:08 | 21:05 | 9:57 | 31:01 | 9:56 |
| 11 Fife AC "B" | Jamie Ingledew (U13) | 5 | James Pennycook (U15) | 11 | Logan Rees (U15) | 11 |
| | 10:28 | 10:28 | 21:24 | 10:56 | 31:22 | 9:58 |
| 12 Banchory Stone "A" | Kieran Strachan (U13) | 17 | Daniel Rees (U15) | 17 | Michael Ferguson (U17) | 12 |
| | 11:20 | 11:20 | 22:26 | 11:06 | 31:39 | 9:13 |
| 13 Edinburgh AC "D" | Joe Riemersma (U13) | 20 | Michael Cameron (U15) | 12 | Ciaran Turton (U17) | 13 |
| | 11:50 | 11:50 | 21:42 | 9:52 | 31:49 | 10:07 |
| 14 Aberdeen AAC "C" | Rory Cunningham (U13) | 16 | Jamie Dickson (U15) | 16 | Jeremy O'Neill (U17) | 14 |
| | 11:18 | 11:18 | 22:15 | 10:57 | 31:53 | 9:38 |
| 15 Lasswade AAC "A" | Callum Grahame (U13) | 11 | Callum Clark (U15) | 13 | Euan G Bathgate (U17) | 15 |
| | 10:54 | 10:54 | 21:46 | 10:52 | 31:54 | 10:08 |
| 16 Lasswade AAC "B" | Sean Mullen (U13) | 10 | Ross Henderson (U15) | 14 | Iain Lawson (U15) | 16 |
| | 10:51 | 10:51 | 21:53 | 11:02 | 32:07 | 10:14 |
| 17 Corstorphine AAC "C" | Callum Campbell (U13) | 21 | Sandy Robson (U15) | 18 | Jack Williams (U17) | 17 |
| | 11:58 | 11:58 | 23:02 | 11:04 | 33:18 | 10:16 |
| 18 Teviotdale Harriers "A" | Harry Marshall (U13) | 18 | Kyle Potts (U15) | 15 | Keith Learmonth (U17) | 18 |
| | 11:22 | 11:22 | 21:59 | 10:37 | 33:39 | 11:40 |
| 19 Edinburgh AC "E" | Jamie Loudon (U13) | 22 | Daniel Mitchell (U15) | 20 | Dominic O'Hare (U15) | 19 |
| | 12:05 | 12:05 | 23:22 | 11:17 | 33:45 | 10:23 |
| 20 Haddington ELP "A" | Lewis Mitchell (U13) | 19 | Kyle Dunlop (U15) | 19 | Innes Ogilvie (U15) | 20 |
| | 11:41 | 11:41 | 23:20 | 11:39 | 34:31 | 11:11 |
| 21 Central AC "C" | Cameron Taylor (U13) | 9 | Lewis Sinclair (U15) | 22 | Kyle Petrie (U17) | 21 |
| | 10:49 | 10:49 | 24:38 | 13:49 | 34:31 | 9:53 |
| 22 Harmeny AC "A" | Calum Kennedy (U13) | 24 | Callum Campbell (U15) | 21 | Matthew Donaldson (U17) | 22 |
| | 12:50 | 12:50 | 24:14 | 11:24 | 35:30 | 11:16 |
| 23 Corstorphine AAC "D" | Kenny Wilkie (U13) | 27 | Alexander Wilkie (U15) | 23 | Connor Johnston (U17) | 23 |
| | 13:28 | 13:28 | 25:41 | 12:13 | 36:27 | 10:46 |
| 24 Teviotdale Harriers "B" | Kieran Pringle (U13) | 26 | Matthew Mallin (U15) | 24 | Charlie Marshall (U17) | 24 |
| | 13:12 | 13:12 | 26:47 | 13:35 | 42:22 | 15:35 |
| Central AC "D" | Scott Fleming (U13) | 14 | | | | |
| | 11:08 | 11:08 | | | | |
| Lasswade AAC "C" | Fraser Cousin (U13) | 23 | | | | |
| | 12:15 | 12:15 | | | | |
| Lothian RC "A" | Andrew Brady (U13) | 25 | | | | |
| | 12:57 | 12:57 | | | | |

East District CC Relays 9th October 2010 - Senior Female Results

| | Stage 1 | | Stage 2 | | Stage 3 | |
|--------------------------|-----------------------|-------|-------------------|-------|-------------------|-------|
| 1 Dundee Hawkhill "A" | Eilish McColgan | 2 | Sarah Kelly | 2 | Lilly Partridge | 1 |
| | 14:30 | 14:30 | 29:19 | 14:49 | 43:11 | 13:52 |
| 2 Lothian RC "A" | Mhairi Inglis | 8 | Edel Mooney | 3 | Sarah Inglis | 2 |
| | 15:20 | 15:20 | 29:38 | 14:18 | 43:40 | 14:02 |
| 3 Fife AC "A" | Morgan Windram-Geddes | 5 | Helen Sharpe | 4 | Hester Dix | 3 |
| | 14:58 | 14:58 | 29:58 | 15:00 | 44:11 | 14:13 |
| 4 Central AC "A" | Fiona Thompson | 1 | Lyndsay Morrison | 1 | Catriona Buchanan | 4 |
| | 14:18 | 14:18 | 29:05 | 14:47 | 44:15 | 15:10 |
| 5 Edinburgh AC "A" | Laura Dunn | 3 | Katja Eravisto | 6 | Sarah Hood | 5 |
| | 14:49 | 14:49 | 30:43 | 15:54 | 45:50 | 15:07 |
| 6 Hunters Bog T "A" | Eilis McKechanie | 6 | Claire Ward | 7 | Megan Wright | 6 |
| | 15:12 | 15:12 | 30:57 | 15:45 | 45:55 | 14:58 |
| 7 Gala Harriers "A" | Rachel Fagan | 15 | Georgia Nesbitt | 9 | Dianne Lauder | 7 |
| | 16:08 | 16:08 | 31:37 | 15:29 | 46:18 | 14:41 |
| 8 Dundee Hawkhill "B" | Julia Orr | 4 | Laura Muir | 5 | Laura Brown | 8 |
| | 14:56 | 14:56 | 30:26 | 15:30 | 46:30 | 16:04 |
| 9 Fife AC "B" | Jenny Tan | 11 | Angela Howe | 12 | Megan Crawford | 9 |
| | 15:46 | 15:46 | 32:08 | 16:22 | 47:12 | 15:04 |
| 10 Aberdeen AAC "A" | Bezunesh Deggefa | 10 | Laura Mahady | 13 | Gemma Cormack | 10 |
| | 15:43 | 15:43 | 32:38 | 16:55 | 47:35 | 14:57 |
| 11 Edinburgh AC "B" | Lynsey Sharp | 7 | Victoria Lomax | 8 | Lauren Stoddart | 11 |
| | 15:18 | 15:18 | 31:25 | 16:07 | 48:20 | 16:55 |
| 12 Central AC "B" | Jennifer Emsley | 9 | Claire Houston | 10 | Polly Harrison | 12 |
| | 15:23 | 15:23 | 31:39 | 16:16 | 48:34 | 16:55 |
| 13 Corstorphine AAC "A" | Gillian Carr | 13 | Jo Kirby | 11 | Megan Smith | 13 |
| | 15:57 | 15:57 | 31:58 | 16:01 | 49:13 | 17:15 |
| 14 Edinburgh AC "C" (V) | Karen Dobbie | 22 | Sharyn Ramage | 18 | Susan Ridley | 14 |
| | 17:15 | 17:15 | 34:44 | 17:29 | 50:08 | 15:24 |
| 15 Livingston & Dist "A" | Amanda Campbell | 14 | Louise Crilly | 15 | Yvonne Crilly | 15 |
| | 16:01 | 16:01 | 33:30 | 17:29 | 50:14 | 16:44 |
| 16 Fife AC "C" | Amie McKimmie | 17 | Fiona Bracegirdle | 14 | Susan Thomson | 16 |
| | 16:22 | 16:22 | 32:47 | 16:25 | 50:43 | 17:56 |
| 17 Central AC "C" (V) | Jane Waterhouse | 20 | Fiona Kelsall | 16 | Hazel Dean | 17 |
| | 17:06 | 17:06 | 34:13 | 17:07 | 51:04 | 16:51 |
| 18 Hunters Bog T "B" | Sandra Rathjen | 29 | Jessica Batterham | 22 | Isobel Knox | 18 |
| | 18:41 | 18:41 | 36:07 | 17:26 | 52:51 | 16:44 |
| 19 Lothian RC "B" | Jocelyn Moar | 16 | Saran Jones | 17 | Jill Horsburgh | 19 |
| | 16:13 | 16:13 | 34:24 | 18:11 | 53:05 | 18:41 |
| 20 Corstorphine AAC "B" | Kerry Porter | 21 | Eve Ritchie | 21 | Jillian Hogg | 20 |
| | 17:13 | 17:13 | 35:56 | 18:43 | 53:16 | 17:20 |
| 21 Carnegie H "B" (V) | Isobel Burnett | 23 | Mary Western | 19 | Morna Fleming | 21 |
| | 17:19 | 17:19 | 35:20 | 18:01 | 53:29 | 18:09 |
| 22 Carnegie H "A" | Joanna Wilson | 18 | Grace Mackenzie | 20 | Alison Whyte | 22 |
| | 16:27 | 16:27 | 35:29 | 19:02 | 54:25 | 18:56 |

East District CC Relays 9th October 2010 - Senior Female Results

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|----------------------------|---------------------|-------|--------------------|-------|------------------|-------|
| 23 Gala Harriers "B" | Gillian Bryson | 30 | Fiona Shepherd | 26 | Fiona Dalglish | 23 |
| | 19:11 | 19:11 | 37:35 | 18:24 | 54:33 | 16:58 |
| 24 Anster Haddies "A" (V) | Hazel Bradley | 27 | Pamela Cruikshanks | 23 | Christine Bowie | 24 |
| | 18:23 | 18:23 | 36:42 | 18:19 | 55:27 | 18:45 |
| 25 Penicuik Harriers "A" | Alison Hilton | 31 | Frances Jones | 31 | Susan Harper | 25 |
| | 19:14 | 19:14 | 39:47 | 20:33 | 58:11 | 18:24 |
| 26 Haddington ELP "A" (V) | Julie Oswald | 19 | Ruth Watson | 24 | Claire Simpson | 26 |
| | 16:53 | 16:53 | 36:59 | 20:06 | 58:22 | 21:23 |
| 27 Carnegie H "C" (V) | Lynne Kuz | 33 | Gillian McCracken | 30 | Helena Sim | 27 |
| | 19:27 | 19:27 | 39:40 | 20:13 | 58:25 | 18:45 |
| 28 Fife AC "E" (V) | Margaret McLaren | 26 | Johanna Paananen | 27 | Irene Pennycook | 28 |
| | 18:06 | 18:06 | 37:44 | 19:38 | 58:30 | 20:46 |
| 29 Teviotdale Harriers "A" | Pamela Paxton | 25 | Zoe Williams | 28 | Donna Inglis | 29 |
| | 17:40 | 17:40 | 37:44 | 20:04 | 58:43 | 20:59 |
| 30 Ferranti AAC "A" (V) | Elizabeth Gilchrist | 32 | Siobhan Sellar | 33 | Claire Gilchrist | 30 |
| | 19:15 | 19:15 | 41:07 | 21:52 | 58:51 | 17:44 |
| 31 Fife AC "D" | Sandra Aitken | 36 | Liz Killean | 32 | Claire Jarvis | 31 |
| | 19:42 | 19:42 | 39:49 | 20:07 | 59:42 | 19:53 |
| Ferranti AAC "B" | Julia Drewer | 24 | Alison Arnold | 25 | | |
| | 17:23 | 17:23 | 37:16 | 19:53 | | |
| Dunbar R C "A" | Anne Hay | 35 | Jane Timms | 29 | | |
| | 19:35 | 19:35 | 39:24 | 19:49 | | |
| Teviotdale Harriers "B" | Sylvia Grieve | 37 | Jessie Learmonth | 34 | | |
| | 23:10 | 23:10 | 49:47 | 26:37 | | |
| Edinburgh AC "D" | Joanne Thom | 12 | | | | |
| | 15:46 | 15:46 | | | | |
| Hunters Bog T "C" | Debbie McDonald | 28 | | | | |
| | 18:35 | 18:35 | | | | |
| Central AC "D" | Eilidh Hetman | 34 | | | | |
| | 19:28 | 19:28 | | | | |
| Carnegie H "D" (V) | Julie Humphreys | 38 | | | | |
| | 23:28 | 23:28 | | | | |

Fastest Laps

| | | |
|----|---------------------------------------|-------|
| 1 | Lilly Partridge - Dundee Hawkhill "A" | 13:52 |
| 2 | Sarah Inglis - Lothian RC "A" | 14:02 |
| 3 | Hester Dix - Fife AC "A" | 14:13 |
| 4 | Edel Mooney - Lothian RC "A" | 14:18 |
| 5 | Fiona Thompson - Central AC "A" | 14:18 |
| 6 | Eilish McColgan - Dundee Hawkhill "A" | 14:30 |
| 7 | Dianne Lauder - Gala Harriers "A" | 14:41 |
| 8 | Lyndsay Morrison - Central AC "A" | 14:47 |
| 9 | Sarah Kelly - Dundee Hawkhill "A" | 14:49 |
| 10 | Laura Dunn - Edinburgh AC "A" | 14:49 |
| 11 | Julia Orr - Dundee Hawkhill "B" | 14:56 |
| 12 | Gemma Cormack - Aberdeen AAC "A" | 14:57 |

East District CC Relays 9th October 2010 - Senior Male Results

| | Stage 1 | | Stage 2 | | Stage 3 | | Stage 4 | |
|-----------------------------|--------------------|-------------|---------------------|-------------|---------------------|-------------|--------------------|-------------|
| 1 Central AC "E" | Lewis Millar | 6 12:46 | John Newsom | 4 12:26 | Robert Russell | 1 12:15 | Ross Houston | 1 12:26 |
| 2 Central AC "D" | Andrew Butchart | 1 12:20 | Alexander Hendry | 3 12:35 | Scott Green | 2 12:54 | Sean Reilly | 2 12:27 |
| 3 Corstorphine AAC "A" | Dermot Cummins | 2 12:33 | Douglas Selman | 1 12:17 | Steven O'Brien | 3 13:29 | Keith Hood | 3 12:39 |
| 4 Dundee Hawkhill "A" | Howell Craske | 7 12:50 | Matthew White | 5 12:50 | Graeme Oudney | 8 13:55 | Chris Foley | 4 12:12 |
| 5 Edinburgh AC "A" | Colin McGill | 11 13:11 | Neil Calder | 9 13:16 | Owain Bristow | 6 12:51 | Jonas Zweck | 5 12:34 |
| 6 Aberdeen AAC "A" | James Joy | 15 13:20 | Mark Haskett | 6 12:44 | Ross Fulton | 7 13:27 | Benjamin Hukins | 6 12:54 |
| 7 Central AC "C" | David Hutchison | 16 13:27 | Michael Wright | 11 13:36 | Alasdair Anthony | 9 13:03 | David McNamee | 7 12:51 |
| 8 Hunters Bog T "A" | Steven Cairns | 5 12:44 | Murray Strain | 2 12:11 | David Wright | 5 14:06 | Huw Jones | 8 14:05 |
| 9 Lothian RC "A" | Robert Inglis | 9 13:07 | Ross Milne | 7 13:04 | Scott Nelson | 11 15:18 | Iain Donnan | 9 11:51 |
| 10 Corstorphine AAC "B" | Scott Pilkington | 13 13:16 | Christopher O'Brien | 10 13:20 | Ewan Stark | 10 13:47 | Bryan Clark | 10 13:29 |
| 11 Lasswade AAC "A" | Niall Sheehan | 8 12:59 | Colin Menzies | 8 13:26 | Ross Matheson | 4 12:16 | Ross Finlayson | 11 15:21 |
| 12 Edinburgh AC "D" | Callum Reid | 20 13:38 | Stuart Johnston | 17 14:27 | Paul Brennan | 14 13:49 | Tom Ryan | 12 14:09 |
| 13 Corstorphine AAC "C" | Mickey Breen | 17 13:29 | Nigel Lamb | 15 14:03 | Calum McKenzie | 15 14:38 | Tom Ferrington | 13 14:12 |
| 14 Edinburgh AC "G" | James Mittra | 26 14:09 | James Ruskin | 18 14:01 | Fraser Mann | 18 14:25 | Steven Wales | 14 14:03 |
| 15 Teviotdale Harriers "A" | Colin Welsh | 24 13:46 | Raymond Jaffray | 14 13:44 | Wayne McIntosh | 13 14:05 | Iain Williams | 15 15:12 |
| 16 Corstorphine AAC "E" (V) | Grant Wilkie | 21 13:40 | Michael Anderson | 20 14:46 | Ian Johnston | 16 13:52 | Graeme Fletcher | 16 14:37 |
| 17 Central AC "B" | Craig Neal | 22 13:41 | Christopher McHardy | 23 14:53 | Ian McDonald | 22 15:03 | Will Hensman | 17 14:03 |
| 18 Pitreavie AAC "A" | Jeff Farquhar | 19 13:34 | Jonathon Hedley | 19 14:49 | Neil Maclachlan | 19 14:24 | Barry Davie | 18 15:01 |
| 19 Falkirk Victoria H "A" | Alexander Davidson | 18 13:30 | Euan Martin | 12 13:50 | Mark Dunnachie | 20 15:51 | Alexander Bryce | 19 14:40 |
| 20 Edinburgh AC "C" | Edward Dudgeon | 27 14:12 | Peter Loudon | 21 14:18 | Keith Dunlop | 21 14:53 | Iain Whitaker | 20 14:31 |
| 21 Carnegie H "B" (V) | Andy Hume | 25 14:08 | Ian Robert Johnston | 30 15:41 | Peter Humphreys | 26 14:28 | Allan Fotheringham | 21 13:38 |
| 22 Stirling Univ AC "A" | Jed Bartlett | 12 13:14 | Andrew Gibson | 22 15:17 | Andrew MacKenzie | 17 13:59 | Ross Christie | 22 15:46 |
| 23 Gala Harriers "A" | Graeme Murdoch | 10 13:10 | Mark Bryson | 13 14:12 | Euan Jardine | 12 14:08 | Fergus Johnston | 23 16:52 |
| 24 Carnegie H "A" | Scott Bradley | 23 13:43 | Derek Cassells | 24 15:15 | Calum McGaw | 25 15:15 | Andrew Smith | 24 14:15 |
| 25 Edinburgh AC "B" (V) | Garry Robertson | 42 15:16 | Adam Ward | 29 14:27 | Martin Ferguson | 27 14:42 | Keith Lyall | 25 14:54 |
| 26 Dunbar R C "A" | Ian Sills | 29 14:19 | Stuart Hay | 26 14:48 | Ian Rowland | 23 14:34 | Stuart Symington | 26 15:46 |
| 27 Lasswade AAC "B" | Andrew Matheson | 38 14:53 | Richard Connor | 28 14:36 | Ben Mitchell | 24 14:27 | David Ramage | 27 15:34 |
| 28 Banchory Stone "A" | Robbie Simpson | 3 12:35 | Andrew Ferguson Jnr | 16 15:07 | Andrew Ferguson Snr | 31 17:36 | Alan Sealy | 28 14:23 |
| 29 Corstorphine AAC "D" | Moray Anderson | 33 14:35 | David Patton | 27 14:35 | Scott Williamson | 28 15:19 | Alex Cumming | 29 15:21 |
| 30 Aberdeen AAC "B" | Eoin Durkon | 14 13:20 | Alasdhair Love | 25 15:47 | Peter Mutch | 32 16:52 | Rory Leslie | 30 14:06 |

East District CC Relays 9th October 2010 - Senior Male Results

| | | | | | | | | |
|-------------------------------|--------------------|-------|------------------|-------|-----------------------|-------|--------------------|-------|
| 31 Fife AC "A" | Bryce Aitken | 37 | Frank Popham | 35 | Roger Rees | 30 | Daniel Newman | 31 |
| | 14:53 | 14:53 | 30:14 | 15:21 | 45:10 | 14:56 | 1:00:30 | 15:20 |
| 32 Edinburgh AC "E" | Dermot Bailie | 30 | Kirk Ollason | 38 | Darren Steel | 33 | Roy Mitchell | 32 |
| | 14:24 | 14:24 | 30:33 | 16:09 | 46:06 | 15:33 | 1:01:02 | 14:56 |
| 33 Lothian RC "B" | Alastair Robertson | 28 | Alan McIntosh | 32 | Graeme Ackland | 29 | Harry Mulholland | 33 |
| | 14:15 | 14:15 | 29:52 | 15:37 | 45:09 | 15:17 | 1:01:19 | 16:10 |
| 34 Falkirk Victoria H "B" (V) | Craig Johnston | 44 | Anthony Devlin | 31 | Grant Matheson | 40 | Andrew Ronald | 34 |
| | 15:25 | 15:25 | 29:52 | 14:27 | 47:35 | 17:43 | 1:01:45 | 14:10 |
| 35 Hunters Bog T "B" | Simon Harrison | 46 | Peter McClelland | 43 | Colin Crabbie | 36 | Daniel Clements | 35 |
| | 15:42 | 15:42 | 31:27 | 15:45 | 47:09 | 15:42 | 1:02:15 | 15:06 |
| 36 Central AC "A" | Christopher Clarke | 36 | David MacKinlay | 33 | Sandy MacLarty | 34 | David Lindsay | 36 |
| | 14:51 | 14:51 | 29:54 | 15:03 | 46:29 | 16:35 | 1:02:23 | 15:54 |
| 37 Gala Harriers "B" | Gregor McAneny | 39 | Magnus Inglis | 39 | Malcolm Gowans | 38 | David Moffat | 37 |
| | 14:59 | 14:59 | 30:48 | 15:49 | 47:26 | 16:38 | 1:02:23 | 14:57 |
| 38 Hunters Bog T "C" | James Jarvis | 31 | Jamie Brown | 36 | Ian Campbell | 39 | Craig Hunter | 38 |
| | 14:26 | 14:26 | 30:17 | 15:51 | 47:26 | 17:09 | 1:02:31 | 15:05 |
| 39 Corstorphine AAC "F" (V) | Bruce Malcolm | 41 | John Christy | 40 | Jan-Bert Van Den Berg | 37 | Martin Caldwell | 39 |
| | 15:09 | 15:09 | 31:11 | 16:02 | 47:19 | 16:08 | 1:02:49 | 15:30 |
| 40 Musselburgh AC "A" | Dermot Ferry | 34 | Alexander Oliver | 34 | Graeme Busfield | 35 | Craig Wilson | 40 |
| | 14:48 | 14:48 | 30:09 | 15:21 | 46:33 | 16:24 | 1:03:01 | 16:28 |
| 41 Gala Harriers "C" (V) | Robert Marshall | 49 | Derrick Brydon | 46 | William McCulloch | 41 | Alan Goodson | 41 |
| | 16:03 | 16:03 | 32:08 | 16:05 | 47:59 | 15:51 | 1:03:05 | 15:06 |
| 42 Haddington ELP "A" | Edward Dunbar | 45 | Frank McPartland | 45 | Sandy Wallace | 43 | William Watson | 42 |
| | 15:34 | 15:34 | 32:04 | 16:30 | 48:13 | 16:09 | 1:03:38 | 15:25 |
| 43 Carnegie H "D" | Alan Cockburn | 48 | John Fulham | 44 | Kieran Morgan | 42 | Alan Manson | 43 |
| | 15:57 | 15:57 | 31:53 | 15:56 | 48:10 | 16:17 | 1:04:41 | 16:31 |
| 44 Central AC "F" (V) | David Eckersley | 32 | Philip Hendry | 37 | Alan Gall | 44 | Colin Sinclair | 44 |
| | 14:30 | 14:30 | 30:21 | 15:51 | 48:28 | 18:07 | 1:07:17 | 18:49 |
| 45 Ferranti AAC "A" (V) | Derek Burgess | 52 | Iain Shaw | 48 | Keith Weston | 48 | Grant Sellar | 45 |
| | 16:23 | 16:23 | 32:38 | 16:15 | 50:16 | 17:38 | 1:08:06 | 17:50 |
| 46 Teviotdale Harriers "B" | Alan Inglis | 43 | Alister Biggar | 42 | Alan Coltman | 46 | Craig Grieve | 46 |
| | 15:20 | 15:20 | 31:27 | 16:07 | 49:31 | 18:04 | 1:08:34 | 19:03 |
| 47 Carnegie H "C" | Craig Lindsay | 55 | Malcolm Smith | 53 | Jan Bernt-Cederstrom | 50 | Stephen Greer | 47 |
| | 17:37 | 17:37 | 35:08 | 17:31 | 51:24 | 16:16 | 1:08:40 | 17:16 |
| 48 Falkirk Victoria H "C" (V) | Alexander Watson | 53 | David Bunyan | 55 | John Denholm | 52 | John Martin | 48 |
| | 16:47 | 16:47 | 35:23 | 18:36 | 52:45 | 17:22 | 1:09:32 | 16:47 |
| 49 Fife AC "B" (V) | Steven Pennycook | 51 | Gary Barker | 47 | Brian R Smith | 47 | Alastair Robertson | 49 |
| | 16:17 | 16:17 | 32:29 | 16:12 | 49:40 | 17:11 | 1:11:43 | 22:03 |
| 50 Musselburgh AC "B" (V) | Tony Segall | 56 | Stephen Pattison | 54 | Jamie Cherrie | 55 | Mike Malcolm-Smith | 50 |
| | 17:38 | 17:38 | 35:23 | 17:45 | 57:49 | 22:26 | 1:14:41 | 16:52 |
| 51 Lothian RC "C" (V) | Kenton Jones | 40 | Colin Banham | 52 | Kenny Mearns | 53 | Mark Kassyk | 51 |
| | 15:07 | 15:07 | 34:50 | 19:43 | 52:59 | 18:09 | 1:15:51 | 22:52 |
| 52 Fife AC "C" (V) | Keith Ferguson | 59 | Stewart Davidson | 57 | Graham Bennison | 56 | Frank McLaren | 52 |
| | 18:35 | 18:35 | 36:50 | 18:15 | 58:30 | 21:40 | 1:17:11 | 18:41 |
| Portobello RC "A" (V) | Willie Jarvie | 35 | James Hamilton | 41 | Kevin Clark | 45 | | |
| | 14:48 | 14:48 | 31:24 | 16:36 | 49:17 | 17:53 | | |
| Corstorphine AAC "G" (V) | David Colman | 54 | Shaun Cavens | 50 | David Henderson | 49 | | |
| | 17:22 | 17:22 | 34:11 | 16:49 | 51:17 | 17:06 | | |
| Edinburgh AC "F" | Eric Stevenson | 57 | Walter McCaskey | 51 | Alex MacEwen | 51 | | |
| | 18:05 | 18:05 | 34:28 | 16:23 | 51:54 | 17:26 | | |
| Hunters Bog T "D" | Allan Gordon | 58 | Andrew McKeachie | 56 | Daniel Fairlie | 54 | | |
| | 18:28 | 18:28 | 35:23 | 16:55 | 54:25 | 19:02 | | |
| Ferranti AAC "B" (V) | John Gavin | 61 | Edward McDonald | 58 | Ross Anderson | 57 | | |
| | 21:33 | 21:33 | 41:35 | 20:02 | 1:05:36 | 24:01 | | |
| Corstorphine AAC "H" | Dean Carr | 47 | Nicholas Brown | 49 | | | | |
| | 15:46 | 15:46 | 33:07 | 17:21 | | | | |
| St Andrews Uni "A" | Tom Cunningham | 4 | | | | | | |
| | 12:42 | 12:42 | | | | | | |
| Gala Harriers "D" | Anthony Lunn | 50 | | | | | | |
| | 16:11 | 16:11 | | | | | | |
| Central AC "G" | George McHardy | 60 | | | | | | |
| | 19:11 | 19:11 | | | | | | |

East District CC Relays 9th October 2010 - Senior Male Results

Fastest Laps

| | | |
|----|---------------------------------------|-------|
| 1 | Iain Donnan - Lothian RC "A" | 11:51 |
| 2 | Murray Strain - Hunters Bog T "A" | 12:11 |
| 3 | Chris Foley - Dundee Hawkhill "A" | 12:12 |
| 4 | Robert Russell - Central AC "E" | 12:15 |
| 5 | Ross Matheson - Lasswade AAC "A" | 12:16 |
| 6 | Douglas Selman - Corstorphine AAC "A" | 12:17 |
| 7 | Andrew Butchart - Central AC "D" | 12:20 |
| 8 | Ross Houston - Central AC "E" | 12:26 |
| 9 | John Newsom - Central AC "E" | 12:26 |
| 10 | Sean Reilly - Central AC "D" | 12:27 |
| 11 | Dermot Cummins - Corstorphine AAC "A" | 12:33 |
| 12 | Jonas Zweck - Edinburgh AC "A" | 12:34 |
| 13 | Robbie Simpson - Banchory Stone "A" | 12:35 |
| 14 | Alexander Hendry - Central AC "D" | 12:35 |
| 15 | Keith Hood - Corstorphine AAC "A" | 12:39 |
| 16 | Tom Cunningham - St Andrews Uni "A" | 12:42 |
| 17 | Steven Cairns - Hunters Bog T "A" | 12:44 |
| 18 | Mark Haskett - Aberdeen AAC "A" | 12:44 |
| 19 | Lewis Millar - Central AC "E" | 12:46 |
| 20 | Howell Craske - Dundee Hawkhill "A" | 12:50 |
| 21 | Matthew White - Dundee Hawkhill "A" | 12:50 |
| 22 | Owain Bristow - Edinburgh AC "A" | 12:51 |
| 23 | David McNamee - Central AC "C" | 12:51 |
| 24 | Benjamin Hukins - Aberdeen AAC "A" | 12:54 |
| 25 | Scott Green - Central AC "D" | 12:54 |
| 26 | Niall Sheehan - Lasswade AAC "A" | 12:59 |
| 27 | Alasdair Anthony - Central AC "C" | 13:03 |
| 28 | Ross Milne - Lothian RC "A" | 13:04 |
| 29 | Robert Inglis - Lothian RC "A" | 13:07 |
| 30 | Graeme Murdoch - Gala Harriers "A" | 13:10 |