

BMAF Cross Country Championships Forres**17th March 2018****Race 1 - Women and Men Over 65**

| Posn | Name | Surname | Club | Cat | Pos | Time |
|------|----------------|-------------|---------------------------|-----|-----|-------|
| 1 | Kerry | Marchant | Staffs Moorlands AC | W40 | 1 | 22:12 |
| 2 | Jennifer | MacLean | Edinburgh AC | W40 | 2 | 22:14 |
| 3 | Mary | James | South London Harriers | W40 | 3 | 22:18 |
| 4 | Fiona | Matheson | Falkirk Victoria Harriers | W55 | 1 | 22:23 |
| 5 | Sara | Green | Gala Harriers | W35 | 1 | 22:30 |
| 6 | Anthony | Martin | Falkland Trail Runners | M65 | 1 | 22:43 |
| 7 | Kathryn | Bailey | Winchester & District AC | W45 | 1 | 22:52 |
| 8 | Rebecca | Luxton | Chelmsford AC | W35 | 2 | 22:57 |
| 9 | Megan | Wright | Hunters Bog Trotters | W40 | 4 | 23:04 |
| 10 | Frank | Hurley | Cambuslang Harriers | M65 | 2 | 23:13 |
| 11 | Marie | Baxter | Garioch Road Runners | W40 | 5 | 23:20 |
| 12 | Stanley | Owen | Salford Harriers & AC | M65 | 3 | 23:21 |
| 13 | Karen | Rushton | Winchester & District AC | W50 | 1 | 23:47 |
| 14 | Julie | Hendry | Metro Aberdeen RRC | W40 | 6 | 23:48 |
| 15 | Kath | Aspin | New Marske Harriers Club | W50 | 2 | 23:54 |
| 16 | Wendy | King | Chelmsford AC | W45 | 2 | 23:58 |
| 17 | Michelle | Slater | Moray Road Runners | W35 | 3 | 24:08 |
| 18 | Rachel | Mccuaig | Nairn Road Runners | W50 | 3 | 24:19 |
| 19 | Lesley | Watson | Bingley Harriers & AC | W45 | 3 | 24:20 |
| 20 | Susan | Ridley | Edinburgh AC | W50 | 4 | 24:25 |
| 21 | Caroline | Wood | Arena 80 AC | W50 | 5 | 24:27 |
| 22 | Rhona | Anderson | Dunbar RC | W50 | 6 | 24:36 |
| 23 | Anne | Howie | Aberdeen AAC | W55 | 2 | 24:37 |
| 24 | Claire | Smith | Heanor Running Club | W40 | 7 | 24:40 |
| 25 | Debbie | Matchett | Ballydrain Harriers | W50 | 7 | 24:45 |
| 26 | Ruth | Hutton | South London Harriers | W50 | 8 | 24:47 |
| 27 | Alex | Sutherland | Inverness Harriers AAC | M70 | 1 | 24:53 |
| 28 | Julie | Wilson | Inverness Harriers AAC | W50 | 9 | 24:54 |
| 29 | Margaret Susan | Cooper | Wirral AC | W50 | 10 | 24:56 |
| 30 | Arthur | Daley | Gloucester AC | M65 | 4 | 24:57 |
| 31 | Hilary | Cameron | Forres Harriers | W45 | 4 | 25:00 |
| 32 | Karen | Dobbie | Edinburgh AC | W50 | 11 | 25:15 |
| 33 | Susan | McRitchie | Forres Harriers | W40 | 8 | 25:32 |
| 34 | Alison | Wilson | Inverness Harriers AAC | W45 | 5 | 25:50 |
| 35 | Heather | Gardiner | Inverness Harriers AAC | W50 | 12 | 25:54 |
| 36 | Doreen | Campbell | Inverness Harriers AAC | W45 | 6 | 26:10 |
| 37 | Mary | Craig | Wolds Veteran RC | W50 | 13 | 26:22 |
| 38 | Kate | Williams | Kent AC | W50 | 14 | 26:33 |
| 39 | Frances | Britain | Forres Harriers | W45 | 7 | 26:34 |
| 40 | Paul | Blakeney | Sheffield RC | M65 | 5 | 26:35 |
| 41 | Barnie | Gough | Cambuslang Harriers | M65 | 6 | 26:38 |
| 42 | Elsbeth | Jenkins | Moray Road Runners | W45 | 8 | 26:44 |
| 43 | Karen | Norvell | Moray Road Runners | W45 | 9 | 26:45 |
| 44 | Tracey | Gibson | Wolds Veteran RC | W50 | 15 | 26:45 |
| 45 | Dave | Beattie | Crawley AC | M70 | 2 | 26:58 |
| 46 | Linden | Nicholson | Lasswade AC | W65 | 1 | 26:59 |
| 47 | Ruth | Wolfe | Metro Aberdeen RRC | W50 | 16 | 27:03 |
| 48 | Timothy | Kirk | Inverness Harriers AAC | M70 | 3 | 27:04 |
| 49 | Kate | FitzGibbon | Vegan Runners UK | W55 | 3 | 27:12 |
| 50 | Marian | Hesketh | Preston Harriers | W60 | 1 | 27:19 |
| 51 | Innes | Bracegirdle | Fife AC | W60 | 2 | 27:23 |
| 52 | Jim | Newberry | North Belfast Harriers | M65 | 7 | 27:27 |
| 53 | Sarah | Knox | Metro Aberdeen RRC | W45 | 10 | 27:37 |
| 54 | Margaret | Martin | Fife AC | W60 | 3 | 27:44 |
| 55 | Colin | Youngson | Forres Harriers | M70 | 4 | 27:46 |
| 56 | Ray | Aiken | Keith & District AAC | M65 | 8 | 27:53 |
| 57 | Sharyn | Ramage | Edinburgh AC | W55 | 4 | 28:07 |
| 58 | Robert | Young | Clydesdale Harriers | M70 | 5 | 28:11 |

BMAF Cross Country Championships Forres**17th March 2018****Race 1 - Women and Men Over 65**

| Posn | Name | Surname | Club | Cat | Pos | Time |
|------|-----------|--------------|-----------------------------|-----|-----|-------|
| 59 | Jackie | Nicol | Forres Harriers | W55 | 5 | 28:13 |
| 60 | Helen | Webster | Forres Harriers | W40 | 9 | 28:27 |
| 61 | Morag | Thompson | Fraserburgh RC | W40 | 10 | 28:28 |
| 62 | Terry | Quigley | Ross County AC | M70 | 6 | 28:29 |
| 63 | Ian | Thomson | Inverness Harriers AAC | M70 | 7 | 28:36 |
| 64 | Susan | Linklater | Shetland AAC | W60 | 4 | 28:53 |
| 65 | Ada | Stewart | Kirkintilloch Olympians | W50 | 17 | 29:17 |
| 66 | Fiona | Wilson | Richmond & Zetland Harriers | W45 | 11 | 29:33 |
| 67 | Rosalind | Wright | Forres Harriers | W55 | 6 | 29:49 |
| 68 | Barbara | Brown | Wolds Veteran RC | W65 | 2 | 30:01 |
| 69 | Carol | Massie | Fraserburgh RC | W50 | 18 | 30:04 |
| 70 | Amanda | Strang | Moray Road Runners | W45 | 12 | 30:06 |
| 71 | Shirley | MacNab | Kirkintilloch Olympians | W50 | 19 | 30:07 |
| 72 | Peter | Cartwright | Clydesdale Harriers | M75 | 1 | 30:10 |
| 73 | Pauline | Davies | Vale Royal AC | W65 | 3 | 30:31 |
| 74 | Clare | Nicholas | Forres Harriers | W50 | 20 | 30:33 |
| 75 | David | Cooney | Cambuslang Harriers | M65 | 9 | 30:39 |
| 76 | Michele | O'Neill-Hall | North East Veterans AC | W50 | 21 | 30:45 |
| 77 | Kimberley | Clark | Moray Road Runners | W35 | 4 | 30:56 |
| 78 | Barbara | Bowie | Moray Road Runners | W65 | 4 | 31:32 |
| 79 | Angela | Wilson | South London Harriers | W35 | 5 | 31:34 |
| 80 | Catriona | Gourley | Giffnock North AAC | W50 | 22 | 31:52 |
| 81 | Alison | Ruickbie | Moray Road Runners | W45 | 13 | 31:56 |
| 82 | Phill | Thompson | Spey Runners | M65 | 10 | 32:24 |
| 83 | Janet | May | Moray Road Runners | W50 | 23 | 32:43 |
| 84 | Leslie | Nicol | Metro Aberdeen RRC | M80 | 1 | 32:47 |
| 85 | Frances | Russell | Forres Harriers | W50 | 24 | 33:04 |
| 86 | Anne | Docherty | Forres Harriers | W70 | 1 | 33:17 |
| 87 | Lesley | Bowcott | Wimbledon Windmilers | W70 | 2 | 33:29 |
| 88 | Steve | James | Southport Waterloo AC | M80 | 2 | 33:57 |
| 89 | Frederick | McCain | Haddington RC | M65 | 11 | 33:58 |
| 90 | Carol | Murphy | Forres Harriers | W60 | 5 | 34:48 |
| 91 | Ken | Black | Spectrum Striders | M70 | 8 | 35:08 |
| 92 | Shona | Spencer | Forres Harriers | W50 | 25 | 35:40 |
| 93 | Walter | Ryder | Morpeth Harriers & AC | M80 | 3 | 36:46 |
| 94 | Gillian | Goodwin | Winchester & District AC | W65 | 5 | 37:35 |
| 95 | Reg | Checkley | Heaton Harriers & AC | M80 | 4 | 38:04 |
| 96 | Jennifer | Coelho | Moray Road Runners | W45 | 14 | 38:48 |
| 97 | Peter | Rudzinski | Clydesdale Harriers | M65 | 12 | 40:02 |
| 98 | George | Routledge | Heaton Harriers & AC | M70 | 9 | 41:03 |
| 99 | Frances | Wardhaugh | Moray Road Runners | W60 | 6 | 42:18 |
| 100 | William | Drysdale | Law & District AAC | M80 | 5 | 55:49 |

BMAF Cross Country Championships Forres**17th March 2018****Race 2 - Men 35 to 64**

| Posn | Name | Surname | Club | Cat | Pos | Time |
|------|------------------|----------------|---|-----|-----|-------|
| 1 | Donnie | Macdonald | Inverness Harriers AAC | M35 | 1 | 27:35 |
| 2 | Mike | Burrett | Leeds City Athletic Club | M40 | 1 | 27:50 |
| 3 | Martin | Shore | Thames Hare & Hounds | M40 | 2 | 27:55 |
| 4 | Robbie | Paterson | Moray Road Runners | M35 | 2 | 28:18 |
| 5 | Leon | Johnson | Edinburgh AC | M40 | 3 | 28:21 |
| 6 | Simon | Baines | Thames Hare & Hounds | M45 | 1 | 28:28 |
| 7 | Moray | Anderson | Corstorphine AAC | M40 | 4 | 28:30 |
| 8 | Steve | Cairns | Tyne Bridge Harriers | M50 | 1 | 28:35 |
| 9 | Justin | Carter | Cambuslang Harriers | M45 | 2 | 28:47 |
| 10 | Ben | Reynolds | Thames Hare & Hounds | M50 | 2 | 28:48 |
| 11 | Andy | Morgan-Lee | Southampton Athletic Club | M45 | 3 | 28:50 |
| 12 | Philip | Leybourne | Salford Harriers & AC | M50 | 3 | 28:53 |
| 13 | William | Richardson | Irvine RC | M45 | 4 | 28:53 |
| 14 | Ross | Milne | Corstorphine AAC | M40 | 5 | 28:55 |
| 15 | Colin | Donnelly | Cambuslang Harriers | M55 | 1 | 29:01 |
| 16 | Paul | Cheetham | Thames Hare & Hounds | M45 | 5 | 29:03 |
| 17 | Gareth | Jenkins | Moray Road Runners | M45 | 6 | 29:07 |
| 18 | Mike | Stewart | Keith & District AAC | M50 | 4 | 29:13 |
| 19 | Neil | Smith | Anster Haddies RC | M45 | 7 | 29:18 |
| 20 | Tony | Macdowall | Victoria Park Harriers and Tower Hamlets AC | M35 | 3 | 29:20 |
| 21 | James | Smith | Southampton Athletic Club | M45 | 8 | 29:24 |
| 22 | Tony | Golabek | Inverness Harriers AAC | M35 | 4 | 29:30 |
| 23 | Richard | Tomlinson | Medway and Maidstone AC | M50 | 5 | 29:48 |
| 24 | Ifan | Lloyd | Swansea Harriers AC | M55 | 2 | 29:51 |
| 25 | Andy | Tindall | South London Harriers | M55 | 3 | 29:54 |
| 26 | Alec | Woods | South West Veterans AC | M50 | 6 | 30:00 |
| 27 | Ross | McEachern | Cumbernauld AAC | M50 | 7 | 30:07 |
| 28 | Anthony | Roper | Bristol and West AC | M50 | 8 | 30:09 |
| 29 | Nicky | Napier | ANI Unattached | M40 | 6 | 30:10 |
| 30 | David | Hudson | Salford Harriers & AC | M40 | 7 | 30:14 |
| 31 | Peter | Mackie | Shettleston Harriers | M40 | 8 | 30:19 |
| 32 | Stephen | Watmough | Warrington A C | M55 | 4 | 30:23 |
| 33 | Guy | Woods | South West Veterans AC | M55 | 5 | 30:29 |
| 34 | Francisco Javier | Cabrera Valdes | Highland Hill Runners | M35 | 5 | 30:39 |
| 35 | Peter | Knight | Midland Masters AC | M55 | 6 | 30:40 |
| 36 | John | Lloyd | Salford Harriers & AC | M40 | 9 | 30:41 |
| 37 | Dave | Alexander | West Cheshire Athletic Club | M45 | 9 | 30:43 |
| 38 | David | Lockett | Salford Harriers & AC | M50 | 9 | 31:14 |
| 39 | Mark | Cursons | Harrow AC | M55 | 7 | 31:19 |
| 40 | Steven | Worsley | Inverness Harriers AAC | M50 | 10 | 31:28 |
| 41 | Colin | Green | Moray Road Runners | M45 | 10 | 31:32 |
| 42 | David | Ogden | South London Harriers | M55 | 8 | 31:35 |
| 43 | Martin | Fitchie | Cumbernauld AAC | M40 | 10 | 31:41 |
| 44 | Denis | Williams | Shettleston Harriers | M55 | 9 | 31:44 |
| 45 | Derek | Crewe | Salford Harriers & AC | M55 | 10 | 31:46 |
| 46 | Michael | Bridgeland | Chelmsford AC | M60 | 1 | 31:53 |
| 47 | Ed | Wilson | Trentham RC | M35 | 6 | 32:03 |
| 48 | Peter | Costley | Southampton Athletic Club | M50 | 11 | 32:04 |
| 49 | Laurence | Johnston | North Belfast Harriers | M55 | 11 | 32:05 |
| 50 | Alick | Walkinshaw | Cambuslang Harriers | M55 | 12 | 32:07 |
| 51 | Dean | Kane | Inverness Harriers AAC | M35 | 7 | 32:11 |
| 52 | Ted | Gourley | Giffnock North AAC | M55 | 13 | 32:14 |
| 53 | Martin | Bain | Moray Road Runners | M40 | 11 | 32:24 |
| 54 | Tim | Cooke | Inverness Harriers AAC | M50 | 12 | 32:26 |
| 55 | Connell | Drummond | Kilmarnock Harriers & AC | M45 | 11 | 32:29 |
| 56 | Jeff | Farquhar | Pitreavie AAC | M55 | 14 | 32:32 |
| 57 | Clive | Thornton | New Marske Harriers Club | M50 | 13 | 32:39 |
| 58 | Willie | Jarvie | Portobello RC | M55 | 15 | 32:55 |

BMAF Cross Country Championships Forres**17th March 2018****Race 2 - Men 35 to 64**

| Posn | Name | Surname | Club | Cat | Pos | Time |
|------|-------------|------------|----------------------------------|-----|-----|-------|
| 59 | Donald | Petrie | Kilbarchan AAC | M60 | 2 | 32:56 |
| 60 | David | Norman | Warrington A C | M55 | 16 | 32:58 |
| 61 | John | Duffy | Shettleston Harriers | M50 | 14 | 33:04 |
| 62 | Alasdair | Campbell | Moray Road Runners | M45 | 12 | 33:06 |
| 63 | Richard | Longley | Trentham RC | M40 | 12 | 33:09 |
| 64 | Frankie | Barton | Cambuslang Harriers | M60 | 3 | 33:14 |
| 65 | Chris | Creegan | Edinburgh AC | M55 | 17 | 33:15 |
| 66 | Alexander | Chisholm | Garscube Harriers | M60 | 4 | 33:21 |
| 67 | Martin | Ferguson | Edinburgh AC | M50 | 15 | 33:26 |
| 68 | Brian | McKee | Dromore AC | M50 | 16 | 33:28 |
| 69 | David | Gill | Warrington A C | M60 | 5 | 33:34 |
| 70 | Chris | Gunstone | South Derbyshire Road Runners | M55 | 18 | 33:39 |
| 71 | John | Oates | Shettleston Harriers | M55 | 19 | 33:51 |
| 72 | Bill | Arnold | South London Harriers | M55 | 20 | 34:12 |
| 73 | Mark | Page | Forres Harriers | M40 | 13 | 34:21 |
| 74 | Iain | Macdonald | Moray Road Runners | M50 | 17 | 34:43 |
| 75 | Paul | Forbes | Unattached | M60 | 6 | 34:44 |
| 76 | Bob | Fursey | Medway and Maidstone AC | M55 | 21 | 35:20 |
| 77 | Simon | Dobbs | Moray Road Runners | M50 | 18 | 35:21 |
| 78 | Alex | Rowe | Wesham Road Runners & AC | M60 | 7 | 35:21 |
| 79 | Steve | Oliver | Winchester & District AC | M55 | 22 | 35:24 |
| 80 | Kevin | Hesketh | Preston Harriers | M60 | 8 | 35:27 |
| 81 | Karl | Dines | Willowfield Harriers | M55 | 23 | 35:31 |
| 82 | Tom | Ord | Victoria Park City Of Glasgow AC | M60 | 9 | 35:50 |
| 83 | Christopher | Smith | Moray Road Runners | M40 | 14 | 35:58 |
| 84 | Lindsay | Grant | Forres Harriers | M55 | 24 | 36:02 |
| 85 | Barry | Attwell | South London Harriers | M60 | 10 | 36:14 |
| 86 | Colin | Hall | Forres Harriers | M50 | 19 | 36:28 |
| 87 | Simon | Macdonald | Moray Road Runners | M55 | 25 | 36:47 |
| 88 | Robert | Bruce | Moray Road Runners | M50 | 20 | 36:56 |
| 89 | Euan | Cantlie | Moray Road Runners | M45 | 13 | 37:03 |
| 90 | Graeme | Clark | Fraserburgh RC | M60 | 11 | 37:23 |
| 91 | Michael | Chappell | South London Harriers | M50 | 21 | 37:31 |
| 92 | Jim | Meehan | Highland Hill Runners | M50 | 22 | 37:45 |
| 93 | Matt | Saunders | South London Harriers | M60 | 12 | 38:31 |
| 94 | John | Patience | North Belfast Harriers | M55 | 26 | 38:41 |
| 95 | Stephen | Goodwin | Winchester & District AC | M60 | 13 | 38:45 |
| 96 | Grant | Stewart | Nairn Road Runners | M45 | 14 | 38:52 |
| 97 | Paul | Hughes | Forres Harriers | M50 | 23 | 40:33 |
| 98 | Steve | Rigby | South London Harriers | M55 | 27 | 44:52 |
| 99 | Russell | Couper | Calderglen Harriers | M50 | 24 | 46:13 |
| 100 | Toks | Osunrinade | Moray Road Runners | M45 | 15 | 48:03 |
| 101 | Ross | MacDonald | Inverness Harriers AAC | M60 | 14 | 49:27 |
| 102 | Malcolm | Christie | Elgin AAC | M55 | 28 | 51:39 |

**BMAF Cross Country Championships Forres
Age Categories****17th March 2018**

| M35 | | | | |
|------------|------------------|----------------|---|-------|
| Posn | Name | Surname | Club | Time |
| 1 | Donnie | Macdonald | Inverness Harriers AAC | 27:35 |
| 2 | Robbie | Paterson | Moray Road Runners | 28:18 |
| 3 | Tony | Macdowall | Victoria Park Harriers and Tower Hamlets AC | 29:20 |
| 4 | Tony | Golabek | Inverness Harriers AAC | 29:30 |
| 5 | Francisco Javier | Cabrera Valdes | Highland Hill Runners | 30:39 |
| 6 | Ed | Wilson | Trentham RC | 32:03 |
| 7 | Dean | Kane | Inverness Harriers AAC | 32:11 |

| M40 | | | | |
|------------|-------------|----------|--------------------------|-------|
| Posn | Name | Surname | Club | Time |
| 1 | Mike | Burrett | Leeds City Athletic Club | 27:50 |
| 2 | Martin | Shore | Thames Hare & Hounds | 27:55 |
| 3 | Leon | Johnson | Edinburgh AC | 28:21 |
| 4 | Moray | Anderson | Corstorphine AAC | 28:30 |
| 5 | Ross | Milne | Corstorphine AAC | 28:55 |
| 6 | Nicky | Napier | ANI Unattached | 30:10 |
| 7 | David | Hudson | Salford Harriers & AC | 30:14 |
| 31 | Peter | Mackie | Shettleston Harriers | 30:19 |
| 36 | John | Lloyd | Salford Harriers & AC | 30:41 |
| 43 | Martin | Fitchie | Cumbernauld AAC | 31:41 |
| 53 | Martin | Bain | Moray Road Runners | 32:24 |
| 63 | Richard | Longley | Trentham RC | 33:09 |
| 73 | Mark | Page | Forres Harriers | 34:21 |
| 83 | Christopher | Smith | Moray Road Runners | 35:58 |

| M45 | | | | |
|------------|----------|------------|-----------------------------|-------|
| Posn | Name | Surname | Club | Time |
| 1 | Simon | Baines | Thames Hare & Hounds | 28:28 |
| 2 | Justin | Carter | Cambuslang Harriers | 28:47 |
| 3 | Andy | Morgan-Lee | Southampton Athletic Club | 28:50 |
| 4 | William | Richardson | Irvine RC | 28:53 |
| 5 | Paul | Cheetham | Thames Hare & Hounds | 29:03 |
| 6 | Gareth | Jenkins | Moray Road Runners | 29:07 |
| 7 | Neil | Smith | Anster Haddies RC | 29:18 |
| 8 | James | Smith | Southampton Athletic Club | 29:24 |
| 9 | Dave | Alexander | West Cheshire Athletic Club | 30:43 |
| 10 | Colin | Green | Moray Road Runners | 31:32 |
| 11 | Connell | Drummond | Kilmarnock Harriers & AC | 32:29 |
| 12 | Alasdair | Campbell | Moray Road Runners | 33:06 |
| 13 | Euan | Cantlie | Moray Road Runners | 37:03 |
| 14 | Grant | Stewart | Nairn Road Runners | 38:52 |
| 15 | Toks | Osunrinade | Moray Road Runners | 48:03 |

| M50 | | | | |
|------------|---------|-----------|---------------------------|-------|
| Posn | Name | Surname | Club | Time |
| 1 | Steve | Cairns | Tyne Bridge Harriers | 28:35 |
| 2 | Ben | Reynolds | Thames Hare & Hounds | 28:48 |
| 3 | Philip | Leybourne | Salford Harriers & AC | 28:53 |
| 4 | Mike | Stewart | Keith & District AAC | 29:13 |
| 5 | Richard | Tomlinson | Medway and Maidstone AC | 29:48 |
| 6 | Alec | Woods | South West Veterans AC | 30:00 |
| 7 | Ross | McEachern | Cumbernauld AAC | 30:07 |
| 8 | Anthony | Roper | Bristol and West AC | 30:09 |
| 9 | David | Lockett | Salford Harriers & AC | 31:14 |
| 10 | Steven | Worsley | Inverness Harriers AAC | 31:28 |
| 11 | Peter | Costley | Southampton Athletic Club | 32:04 |

BMAF Cross Country Championships Forres**17th March 2018****Age Categories**

| | | | | |
|----|---------|-----------|--------------------------|-------|
| 12 | Tim | Cooke | Inverness Harriers AAC | 32:26 |
| 13 | Clive | Thornton | New Marske Harriers Club | 32:39 |
| 14 | John | Duffy | Shettleston Harriers | 33:04 |
| 15 | Martin | Ferguson | Edinburgh AC | 33:26 |
| 16 | Brian | McKee | Dromore AC | 33:28 |
| 17 | Iain | Macdonald | Moray Road Runners | 34:43 |
| 18 | Simon | Dobbs | Moray Road Runners | 35:21 |
| 19 | Colin | Hall | Forres Harriers | 36:28 |
| 20 | Robert | Bruce | Moray Road Runners | 36:56 |
| 21 | Michael | Chappell | South London Harriers | 37:31 |
| 22 | Jim | Meehan | Highland Hill Runners | 37:45 |
| 23 | Paul | Hughes | Forres Harriers | 40:33 |
| 24 | Russell | Couper | Calderglen Harriers | 46:13 |

M55

| Posn | Name | Surname | Club | Time |
|------|----------|------------|-------------------------------|-------|
| 1 | Colin | Donnelly | Cambuslang Harriers | 29:01 |
| 2 | Ifan | Lloyd | Swansea Harriers AC | 29:51 |
| 3 | Andy | Tindall | South London Harriers | 29:54 |
| 4 | Stephen | Watmough | Warrington A C | 30:23 |
| 5 | Guy | Woods | South West Veterans AC | 30:29 |
| 6 | Peter | Knight | Midland Masters AC | 30:40 |
| 7 | Mark | Cursons | Harrow AC | 31:19 |
| 8 | David | Ogden | South London Harriers | 31:35 |
| 9 | Denis | Williams | Shettleston Harriers | 31:44 |
| 10 | Derek | Crewe | Salford Harriers & AC | 31:46 |
| 11 | Laurence | Johnston | North Belfast Harriers | 32:05 |
| 12 | Alick | Walkinshaw | Cambuslang Harriers | 32:07 |
| 13 | Ted | Gourley | Giffnock North AAC | 32:14 |
| 14 | Jeff | Farquhar | Pitreavie AAC | 32:32 |
| 15 | Willie | Jarvie | Portobello RC | 32:55 |
| 16 | David | Norman | Warrington A C | 32:58 |
| 17 | Chris | Creegan | Edinburgh AC | 33:15 |
| 18 | Chris | Gunstone | South Derbyshire Road Runners | 33:39 |
| 19 | John | Oates | Shettleston Harriers | 33:51 |
| 20 | Bill | Arnold | South London Harriers | 34:12 |
| 21 | Bob | Fursey | Medway and Maidstone AC | 35:20 |
| 22 | Steve | Oliver | Winchester & District AC | 35:24 |
| 23 | Karl | Dines | Willowfield Harriers | 35:31 |
| 24 | Lindsay | Grant | Forres Harriers | 36:02 |
| 25 | Simon | Macdonald | Moray Road Runners | 36:47 |
| 26 | John | Patience | North Belfast Harriers | 38:41 |
| 27 | Steve | Rigby | South London Harriers | 44:52 |
| 28 | Malcolm | Christie | Elgin AAC | 51:39 |

M60

| Posn | Name | Surname | Club | Time |
|------|-----------|------------|----------------------------------|-------|
| 1 | Michael | Bridgeland | Chelmsford AC | 31:53 |
| 2 | Donald | Petrie | Kilbarchan AAC | 32:56 |
| 3 | Frankie | Barton | Cambuslang Harriers | 33:14 |
| 4 | Alexander | Chisholm | Garscube Harriers | 33:21 |
| 5 | David | Gill | Warrington A C | 33:34 |
| 6 | Paul | Forbes | Unattached | 34:44 |
| 7 | Alex | Rowe | Wesham Road Runners & AC | 35:21 |
| 8 | Kevin | Hesketh | Preston Harriers | 35:27 |
| 9 | Tom | Ord | Victoria Park City Of Glasgow AC | 35:50 |
| 10 | Barry | Attwell | South London Harriers | 36:14 |
| 11 | Graeme | Clark | Fraserburgh RC | 37:23 |
| 12 | Matt | Saunders | South London Harriers | 38:31 |

**BMAF Cross Country Championships Forres
Age Categories****17th March 2018**

| | | | | |
|----|---------|-----------|--------------------------|-------|
| 13 | Stephen | Goodwin | Winchester & District AC | 38:45 |
| 14 | Ross | MacDonald | Inverness Harriers AAC | 49:27 |

M65

| Posn | Name | Surname | Club | Time |
|------|-----------|-----------|------------------------|-------|
| 1 | Anthony | Martin | Falkland Trail Runners | 22:43 |
| 2 | Frank | Hurley | Cambuslang Harriers | 23:13 |
| 3 | Stanley | Owen | Salford Harriers & AC | 23:21 |
| 4 | Arthur | Daley | Gloucester AC | 24:57 |
| 5 | Paul | Blakeney | Sheffield RC | 26:35 |
| 6 | Barnie | Gough | Cambuslang Harriers | 26:38 |
| 7 | Jim | Newberry | North Belfast Harriers | 27:27 |
| 8 | Ray | Aiken | Keith & District AAC | 27:53 |
| 9 | David | Cooney | Cambuslang Harriers | 30:39 |
| 10 | Phill | Thompson | Spey Runners | 32:24 |
| 11 | Frederick | McCain | Haddington RC | 33:58 |
| 12 | Peter | Rudzinski | Clydesdale Harriers | 40:02 |

M70

| Posn | Name | Surname | Club | Time |
|------|---------|------------|------------------------|-------|
| 1 | Alex | Sutherland | Inverness Harriers AAC | 24:53 |
| 2 | Dave | Beattie | Crawley AC | 26:58 |
| 3 | Timothy | Kirk | Inverness Harriers AAC | 27:04 |
| 4 | Colin | Youngson | Forres Harriers | 27:46 |
| 5 | Robert | Young | Clydesdale Harriers | 28:11 |
| 6 | Terry | Quigley | Ross County AC | 28:29 |
| 7 | Ian | Thomson | Inverness Harriers AAC | 28:36 |
| 8 | Ken | Black | Spectrum Striders | 35:08 |
| 9 | George | Routledge | Heaton Harriers & AC | 41:03 |

M75

| Posn | Name | Surname | Club | Time |
|------|-------|------------|---------------------|-------|
| 1 | Peter | Cartwright | Clydesdale Harriers | 30:10 |

M80

| Posn | Name | Surname | Club | Time |
|------|---------|----------|-----------------------|-------|
| 1 | Leslie | Nicol | Metro Aberdeen RRC | 32:47 |
| 2 | Steve | James | Southport Waterloo AC | 33:57 |
| 3 | Walter | Ryder | Morpeth Harriers & AC | 36:46 |
| 4 | Reg | Checkley | Heaton Harriers & AC | 38:04 |
| 5 | William | Drysdale | Law & District AAC | 55:49 |

W35

| Posn | Name | Surname | Club | Time |
|------|-----------|---------|-----------------------|-------|
| 1 | Sara | Green | Gala Harriers | 22:30 |
| 2 | Rebecca | Luxton | Chelmsford AC | 22:57 |
| 3 | Michelle | Slater | Moray Road Runners | 24:08 |
| 4 | Kimberley | Clark | Moray Road Runners | 30:56 |
| 5 | Angela | Wilson | South London Harriers | 31:34 |

W40

| Posn | Name | Surname | Club | Time |
|------|----------|----------|-----------------------|-------|
| 1 | Kerry | Marchant | Staffs Moorlands AC | 22:12 |
| 2 | Jennifer | MacLean | Edinburgh AC | 22:14 |
| 3 | Mary | James | South London Harriers | 22:18 |
| 4 | Megan | Wright | Hunters Bog Trotters | 23:04 |
| 5 | Marie | Baxter | Garioch Road Runners | 23:20 |
| 6 | Julie | Hendry | Metro Aberdeen RRC | 23:48 |
| 7 | Claire | Smith | Heanor Running Club | 24:40 |

BMAF Cross Country Championships Forres**17th March 2018****Age Categories**

| | | | | |
|----|-------|-----------|-----------------|-------|
| 8 | Susan | McRitchie | Forres Harriers | 25:32 |
| 9 | Helen | Webster | Forres Harriers | 28:27 |
| 10 | Morag | Thompson | Fraserburgh RC | 28:28 |

W45

| Posn | Name | Surname | Club | Time |
|------|----------|----------|-----------------------------|-------|
| 1 | Kathryn | Bailey | Winchester & District AC | 22:52 |
| 2 | Wendy | King | Chelmsford AC | 23:58 |
| 3 | Lesley | Watson | Bingley Harriers & AC | 24:20 |
| 4 | Hilary | Cameron | Forres Harriers | 25:00 |
| 5 | Alison | Wilson | Inverness Harriers AAC | 25:50 |
| 6 | Doreen | Campbell | Inverness Harriers AAC | 26:10 |
| 7 | Frances | Britain | Forres Harriers | 26:34 |
| 8 | Elspeth | Jenkins | Moray Road Runners | 26:44 |
| 9 | Karen | Norvell | Moray Road Runners | 26:45 |
| 10 | Sarah | Knox | Metro Aberdeen RRC | 27:37 |
| 11 | Fiona | Wilson | Richmond & Zetland Harriers | 29:33 |
| 12 | Amanda | Strang | Moray Road Runners | 30:06 |
| 13 | Alison | Ruickbie | Moray Road Runners | 31:56 |
| 14 | Jennifer | Coelho | Moray Road Runners | 38:48 |

W50

| Posn | Name | Surname | Club | Time |
|------|----------------|--------------|--------------------------|-------|
| 1 | Karen | Rushton | Winchester & District AC | 23:47 |
| 2 | Kath | Aspin | New Marske Harriers Club | 23:54 |
| 3 | Rachel | Mccuaig | Nairn Road Runners | 24:19 |
| 4 | Susan | Ridley | Edinburgh AC | 24:25 |
| 5 | Caroline | Wood | Arena 80 AC | 24:27 |
| 6 | Rhona | Anderson | Dunbar RC | 24:36 |
| 7 | Debbie | Matchett | Ballydrain Harriers | 24:45 |
| 8 | Ruth | Hutton | South London Harriers | 24:47 |
| 9 | Julie | Wilson | Inverness Harriers AAC | 24:54 |
| 10 | Margaret Susan | Cooper | Wirral AC | 24:56 |
| 11 | Karen | Dobbie | Edinburgh AC | 25:15 |
| 12 | Heather | Gardiner | Inverness Harriers AAC | 25:54 |
| 13 | Mary | Craig | Wolds Veteran RC | 26:22 |
| 14 | Kate | Williams | Kent AC | 26:33 |
| 15 | Tracey | Gibson | Wolds Veteran RC | 26:45 |
| 16 | Ruth | Wolfe | Metro Aberdeen RRC | 27:03 |
| 17 | Ada | Stewart | Kirkintilloch Olympians | 29:17 |
| 18 | Carol | Massie | Fraserburgh RC | 30:04 |
| 19 | Shirley | MacNab | Kirkintilloch Olympians | 30:07 |
| 20 | Clare | Nicholas | Forres Harriers | 30:33 |
| 21 | Michele | O'Neill-Hall | North East Veterans AC | 30:45 |
| 22 | Catriona | Gourley | Giffnock North AAC | 31:52 |
| 23 | Janet | May | Moray Road Runners | 32:43 |
| 24 | Frances | Russell | Forres Harriers | 33:04 |
| 25 | Shona | Spencer | Forres Harriers | 35:40 |

W55

| Posn | Name | Surname | Club | Time |
|------|----------|------------|---------------------------|-------|
| 1 | Fiona | Matheson | Falkirk Victoria Harriers | 22:23 |
| 2 | Anne | Howie | Aberdeen AAC | 24:37 |
| 3 | Kate | FitzGibbon | Vegan Runners UK | 27:12 |
| 4 | Sharyn | Ramage | Edinburgh AC | 28:07 |
| 5 | Jackie | Nicol | Forres Harriers | 28:13 |
| 6 | Rosalind | Wright | Forres Harriers | 29:49 |

**BMAF Cross Country Championships Forres
Age Categories**

17th March 2018

W60

| Posn | Name | Surname | Club | Time |
|------|----------|-------------|--------------------|-------|
| 1 | Marian | Hesketh | Preston Harriers | 27:19 |
| 2 | Innes | Bracegirdle | Fife AC | 27:23 |
| 3 | Margaret | Martin | Fife AC | 27:44 |
| 4 | Susan | Linklater | Shetland AAC | 28:53 |
| 5 | Carol | Murphy | Forres Harriers | 34:48 |
| 6 | Frances | Wardhaugh | Moray Road Runners | 42:18 |

W65

| Posn | Name | Surname | Club | Time |
|------|---------|-----------|--------------------------|-------|
| 1 | Linden | Nicholson | Lasswade AC | 26:59 |
| 2 | Barbara | Brown | Wolds Veteran RC | 30:01 |
| 3 | Pauline | Davies | Vale Royal AC | 30:31 |
| 4 | Barbara | Bowie | Moray Road Runners | 31:32 |
| 5 | Gillian | Goodwin | Winchester & District AC | 37:35 |

W70

| Posn | Name | Surname | Club | Time |
|------|--------|----------|----------------------|-------|
| 1 | Anne | Docherty | Forres Harriers | 33:17 |
| 2 | Lesley | Bowcott | Wimbledon Windmilers | 33:29 |

Teams

M35 Teams

| | | |
|------------|-------------------------------|----------------|
| 1st | Inverness Harriers AAC | 1:29:16 |
| | Donnie Macdonald | 27:35 |
| | Tony Golabek | 29:30 |
| | Dean Kane | 32:11 |
| 2nd | Edinburgh AC | 1:35:02 |
| | Leon Johnson | 28:21 |
| | Chris Creegan | 33:15 |
| | Martin Ferguson | 33:26 |
| 3rd | Moray Road Runners | 1:36:40 |
| | Robbie Paterson | 28:18 |
| | Martin Bain | 32:24 |
| | Christopher Smith | 35:58 |
| 4th | Forres Harriers | 1:46:51 |
| | Mark Page | 34:21 |
| | Lindsay Grant | 36:02 |
| | Colin Hall | 36:28 |

M45 Teams

| | | |
|------------|----------------------------------|----------------|
| 1st | Thames Hare & Hounds | 1:26:19 |
| | Simon Baines | 28:28 |
| | Ben Reynolds | 28:48 |
| | Paul Cheetham | 29:03 |
| 2nd | Southampton Athletic Club | 1:30:18 |
| | Andy Morgan-Lee | 28:50 |
| | James Smith | 29:24 |
| | Peter Costley | 32:04 |
| 3rd | Salford Harriers & AC | 1:31:53 |
| | Philip Leybourne | 28:53 |
| | David Lockett | 31:14 |
| | Derek Crewe | 31:46 |
| 4th | Moray Road Runners | 1:33:45 |
| | Gareth Jenkins | 29:07 |
| | Colin Green | 31:32 |
| | Alasdair Campbell | 33:06 |
| 5th | Shettleston Harriers | 1:38:39 |
| | Denis Williams | 31:44 |
| | John Duffy | 33:04 |
| | John Oates | 33:51 |
| 6th | Moray Road Runners "B" | 1:47:00 |
| | Iain Macdonald | 34:43 |
| | Simon Dobbs | 35:21 |
| | Robert Bruce | 36:56 |

M55 Teams

| | | |
|------------|------------------------------|----------------|
| 1st | Cambuslang Harriers | 1:34:22 |
| | Colin Donnelly | 29:01 |
| | Alick Walkinshaw | 32:07 |
| | Frankie Barton | 33:14 |
| 2nd | South London Harriers | 1:35:41 |
| | Andy Tindall | 29:54 |
| | David Ogden | 31:35 |
| | Bill Arnold | 34:12 |
| 3rd | Warrington A C | 1:36:55 |
| | Stephen Watmough | 30:23 |
| | David Norman | 32:58 |
| | David Gill | 33:34 |

Teams

| | | |
|------------|----------------------------------|----------------|
| 4th | South London Harriers "B" | 1:59:37 |
| | Barry Attwell | 36:14 |
| | Matt Saunders | 38:31 |
| | Steve Rigby | 44:52 |

M65 Teams

| | | |
|------------|-------------------------------|----------------|
| 1st | Cambuslang Harriers | 1:20:30 |
| | Frank Hurley | 23:13 |
| | Barnie Gough | 26:38 |
| | David Cooney | 30:39 |
| 2nd | Inverness Harriers AAC | 1:20:33 |
| | Alex Sutherland | 24:53 |
| | Timothy Kirk | 27:04 |
| | Ian Thomson | 28:36 |
| 3rd | Clydesdale Harriers | 1:38:23 |
| | Robert Young | 28:11 |
| | Peter Cartwright | 30:10 |
| | Peter Rudzinski | 40:02 |

Teams

W35

| | | |
|------------|------------------------------|----------------|
| 1st | Metro Aberdeen RRC | 1:18:28 |
| | Julie Hendry | 23:48 |
| | Ruth Wolfe | 27:03 |
| | Sarah Knox | 27:37 |
| 2nd | South London Harriers | 1:18:39 |
| | Mary James | 22:18 |
| | Ruth Hutton | 24:47 |
| | Angela Wilson | 31:34 |
| 3rd | Forres Harriers | 1:18:59 |
| | Hilary Cameron | 25:00 |
| | Susan McRitchie | 25:32 |
| | Helen Webster | 28:27 |
| 4th | Moray Road Runners | 1:27:00 |
| | Michelle Slater | 24:08 |
| | Kimberley Clark | 30:56 |
| | Alison Ruickbie | 31:56 |

W45

| | | |
|------------|-------------------------------------|----------------|
| 1st | Inverness Harriers AAC | 1:16:38 |
| | Julie Wilson | 24:54 |
| | Alison Wilson | 25:50 |
| | Heather Gardiner | 25:54 |
| 2nd | Edinburgh AC | 1:17:47 |
| | Susan Ridley | 24:25 |
| | Karen Dobbie | 25:15 |
| | Sharyn Ramage | 28:07 |
| 3rd | Wolds Veteran RC | 1:23:08 |
| | Mary Craig | 26:22 |
| | Tracey Gibson | 26:45 |
| | Barbara Brown | 30:01 |
| 4th | Moray Road Runners | 1:23:35 |
| | Elsbeth Jenkins | 26:44 |
| | Karen Norvell | 26:45 |
| | Amanda Strang | 30:06 |
| 5th | Winchester & District AC | 1:24:14 |
| | Kathryn Bailey | 22:52 |
| | Karen Rushton | 23:47 |
| | Gillian Goodwin | 37:35 |
| 6th | Forres Harriers | 1:30:11 |
| | Frances Britain | 26:34 |
| | Clare Nicholas | 30:33 |
| | Frances Russell | 33:04 |

W55

| | | |
|------------|------------------------|----------------|
| 1st | Forres Harriers | 1:31:19 |
| | Jackie Nicol | 28:13 |
| | Rosalind Wright | 29:49 |
| | Anne Docherty | 33:17 |