

## BellaHouston Harriers Race Summary

**Date**                04/04/2009  
**Race**                National 6 & 4 Stage Relays  
**Location**        Livingston

<b>Race</b>	3.15 & 5.85 Mile Relays
Winning Mens Team	Shettleston Harriers    2:16:04
Winning Ladies Team	Kilbarchen AAC        1:47:28
Number of Male teams	50
Number of Female teams	32

Name		Leg	Position	Time	Min/Mile
Bryan	Lamb	Short	26	18:12	05:46
Campbell	Joss	Long	40	37:40	06:26
Mark	Paterson	Short	39	19:51	06:18
John	Hagemeister	Long	42	41:56	07:10
Iain	Burke	Short	40	21:44	06:53
Michael	Freshour	Long	39	40:32	06:55
				2:59:55	

Name			Position	Time	Min/Mile
Bernadette	O'Neill	Short	30	23:01	07:18
Erica	Christie	Long	19	38:36	06:35
Gemma	Beattie	Short	27	27:33	08:44
Yvonne	Winchester	Long	27	45:03	07:42
				2:14:13	