

**11 JANUARY 2020
10AM START
KINGS PARK
STIRLING**

11. SKO.01



scottishathletics 



BRITISH
ATHLETICS

BRITISH ATHLETICS CROSS CHALLENGE

WELCOME

It is with great pleasure that I can welcome you all to the first Cross Challenge meeting of 2020 and fourth of the season here in Stirling.

In 2019, we were treated to some incredible performances on the grass and I hope that we will be able to say 2020 will bring more of the same for our endurance athletes.

Looking back at last year's performances, some of the personal highlights for me were Jenny Nesbitt & Adam Hickey winning the Inter County Championships in Loughborough to book their places on the British team for the World Cross Country Championships and the 2019/20 season curtain raiser in Cardiff.

Further afield, the performances by all the Brits at those championships yielded incredible results, with the British team topping the medal table at the European Cross Country Championships with five gold medals and one bronze medal, capping a memorable year on the circuit.

The Cross Challenge is making a welcome return to Scotland and with this afternoon's race incorporating the Scottish Inter-District races and doubling as the Home Nations and Celtic International to make it a real bumper event.

This course is not an unfamiliar one as many will remember the British team donning their spikes

against counterparts from Europe and America last year in the Great Stirling XCountry. With that event not taking place this year, I am delighted we were able to step in and incorporate the event into the Cross Challenge series.

2019 was my first full year overseeing the Cross Challenge series in my role as Interim Domestic Athletics Operations Manager and it has been clear to me that cross country remains a very strong part of the beating heart of athletics in Great Britain.

What really captivated me was the number of parents and fans that were lining the home straight in Loughborough last March to catch even a fleeting glimpse of their sons, daughters, friends and clubmates as they cut the tape at Prestwold Hall.

I would once again like to thank all the volunteers and race officials who ensure that races like this can go ahead and give a further thanks to all spectators and parents that line the course to throw their support behind everyone taking part come rain or shine.

I'd like to wish everyone competing all the very best for 2020 and hope that you achieve all the goals that you set out for the year ahead.

Donna Fraser
Domestic Athletics Operations Manager



#muddybrilliant

WELCOME

FROM JOHN RODGER, CONVENER ROAD & CROSS COUNTRY COMMISSION

On behalf of **scottishathletics** I would like to welcome competitors and spectators from Scotland, England, Ireland, Northern Ireland and Wales to Run Stirling a Festival of Running which is set against the iconic backdrop of Stirling Castle and across the grounds of Stirling Golf Club and historic Kings Park.

There is a feast of cross country running that starts with a 1K race for Primary Schools. This is followed by a series of races that incorporates the Scottish Inter-District Championships featuring representative teams from the North, East, West districts and Scottish Universities, the Celtic Cross Country International featuring teams from Scotland, Wales, Ireland and Northern Ireland and the Home Countries Cross Country International featuring teams from Scotland, England, Northern Ireland and Wales.

We are also delighted to welcome back to Scotland the British Cross Challenge. We last staged a leg of this series in 2004 and we would like to thank UK Athletics for their support in bringing this event to Stirling, with 1150 entries for these races, we would certainly hope the Cross Challenge could return to Scotland on a regular basis.

Vinco will record the race and in addition to their usual highlight videos they will have an 'as live' online broadcast on the evening of the event.

We wish to record our appreciation of the assistance provided by official partners Stirling Council, Event Scotland, and Active Stirling in staging the event. Without the support of partners this event would not be taking place today. We would also like to thank the many officials and volunteers who will make the day a great success.

Finally, to all athletes and spectators at Stirling today please enjoy the challenge of the competition and have an excellent day out.

The history and results of the Scottish Cross Country Championship events can be found at <http://www.salaroadingandcrosscountrymedalists.co.uk/Archive/index.html>.

John Rodger

Convenor Road and Cross Country Commission, **scottishathletics**

Convenor of Stirling Council's Community Planning and Regeneration Committee, Councillor Chris Kane, said: "I have great pleasure, on behalf of Stirling Council, in welcoming you to our city for our New Year festival of running - RunStirling. Stirling has a growing reputation for bringing top class sporting opportunities to the area and I want this event to become as synonymous with the start of the New Year as fireworks and resolutions.

"My thanks to all of the organisers for putting in the hours to get ready for today and whether you are taking part, here to support somebody, watch the amazing elite athletes in action, or simply here to soak up a great sporting atmosphere in spectacular surroundings, I know you will have a great day out. Good luck and enjoy your RunStirling - and if you are looking for your next challenge, there is still time to get training for Stirling's marathon in October."

Vice Convenor of Stirling Council's Community Planning and Regeneration Committee Councillor

Maureen Bennison said: "I would like to wish you all a happy new year and join with Councillor Kane in welcoming you today. It is great to see such a fun and family-friendly event is helping to ring in the New Year at Stirling.

"We believe this is an excellent event which is accessible for the whole community. Good luck to everyone taking part today."



BRITISH ATHLETICS CROSS CHALLENGE

OFFICIALS

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Tony Waterhouse
Starter	Barry Craighead
Marksman	Richard O'Grady
Judge/Finish Area Control	Andy Law, Linden Nicholson
Timekeepers	Ian Mann, Bill Gentleman
Recorders	Ian Hislop, Allan Smith
Declarations/District Teams	Dawn Allan, Carol Robison, Fran Snitjer, Val Murdoch, Marjory Cook, Dawn Armitt, Ross Cairns
Presentations	Sandra Hardacre, Julia McAee, John Rodger, Angela Mudge
Announcers	Bryan Burnett, Connor Henderson, Graham Bennison
UK CC Challenge	Cliff Robinson, Graham Heeley
Results	FR Systems, Alex Jackson
Course Marshals	Central AC
Events Managers	Alasdair Love, Caitlin Watt



11 JANUARY 2020
KINGS PARK

RACE TIMETABLE

Race 1	10:02	Under 11 Girls	1 short lap	1000m
Race 2	10:17	Under 11 Boys	1 short lap	1000m
Race 3	10:32	Under 20 Men Under 20 Women	1 short lap plus 3 long laps	7000m
Race 4	11:02	Under 13 Girls	1 short lap plus 1 long lap	3000m
Race 5	11:17	Under 13 Boys	1 short lap plus 1 long lap	3000m
Race 6	11:32	Under 17 Women	3 long laps	6000m
Race 7	11:57	Under 17 Men	3 long laps	6000m
Race 8	12.22	Under 15 Girls	2 long laps	4000m
Race 9	12.37	Under 15 Boys	2 long laps	4000m
Race 10	12.52	Under 23 Women Senior Women	4 long laps	8000m
Race 11	13.27	Under 23 Men Senior Men	4 long laps	8000m

ACKNOWLEDGEMENTS

British Athletics wish to express their sincere appreciation and thanks to all those who contributed in so many ways to make the staging of this event possible.

For results and final event report, please go to www.britishathletics.org.uk



Look back at 2019

The season as a whole for me has been OK. I started off planning to run a marathon but then got injured and just recovering from injury I was never able to get one in.

I did some 5Ks and 10Ks in the summer, I didn't run any PBs but I was pretty close on both fronts. I did some orienteering in the summer and came second in a world cup race which is as good as I have done before and next year I think that will be a big goal for me.

I'm happy I managed to perform well in that, off not much specific training and then the cross country season I started really late. I did the Leeds Abbey Dash and then pretty much went straight into the Cross Country season and I was really happy to make the team for the Europeans.

I was quite satisfied with how I ran, I think I wanted to run better as an individual but you only have to look at the team scores at the end to see that lots of people struggled on that course.

It isn't typical that you'd win the team gold with such

a high score so I was happy to be in the team for that, run well and come away with a gold medal.

Looking into 2020 I'll switch a lot more of my focus onto the roads rather than the cross country in the next few months.

Round off 2019 with gold

It was really good and it's something I'll look back on fondly. I know that I'd have liked to have run better as an individual but there's no way I'd have swapped a better individual result for a worse team result.

To win another team medal is great and the fact that it was a gold one is even more impressive for me.

Winning off little training

I didn't do too many cross races but I feel that I performed reasonably well at Liverpool. It was really muddy up there and really tough but in the lead up to that I'd been training really well and fitness is fitness at the end of the day.

I've been quite consistent over the last few months which is a really pleasing thing with my performances and I'm glad that I've been able to show that.



Targets for 2020

The main goal for me is the world orienteering champs which are in July and I think I have a decent shot at a medal. I've come fourth at those championships in the past and I won a medal at the European Championships and I want to complete the set as it were and get a medal at the worlds.

In the early part of the year, the Barca half will be the main aim, another little change of focus prior to the orienteering and then there might be the chance to do some more track running which is what I find works for me.

Stirling

I really like that event. I ran the inter-districts for a few years when it was in Edinburgh and the international match last year and I was really pleased to be a part of that team and hopefully with it becoming a cross challenge it can still be a really strong race.

It's a good competition and the Cross Challenge always brings out a strong field. Even as the inter-district race it generally attracts the best athletes in Scotland to test their nerve and I think it'll attract the best from the home nations as well.

Why Scotland

Scottish district running is in really good health at the moment and there's a really good level of competition week-in week-out and it's something that I want to be a part of. I like racing and even though my focus may be elsewhere after Christmas, the fact it's still a really strong race with good competition that's the main thing that draws me to run at Stirling.

Cross Country importance

I just like the variety. I'm more of a jack of all trades rather than a master of anything which I think shows in my performances because there's a good level of

consistency in the races that I do. I think if I were only to run on one surface I'd be worse off for it but they all compliment each other and they all benefit what I'm trying to get out of it.

Being adaptable and able to run on different terrains is vital.



Course

The interesting thing with cross country is that you can have a really good idea of what the course is going to be but the conditions on the day can dramatically alter what you're running on.

I think half the lap is as flat as a pancake and then the other half is quite undulating and that could be super-fast on a dry day or it could end up being like Liverpool and become a real slog really quickly.

It's less of an advantage because the conditions can change things so much.

Racing Butchart

It's a funny one, the field itself looks really strong and coming up against Andrew Butchart will be a funny one.

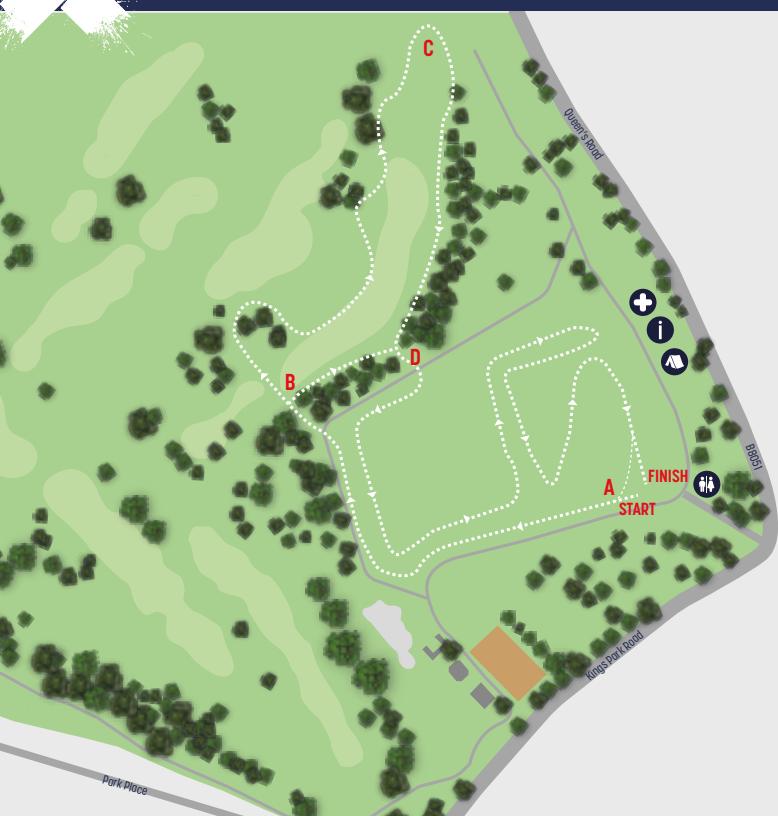
Less than a month ago we were teammates stood on the podium winning team gold and now we're facing off against each other looking to see who comes out on top.

The fact that there's competition from the home nations with the meet doubling as an international will be an interesting battle.

Kris Jones

#muddybrilliant

COURSE DETAILS



COURSE LAPS

Short Lap - A>B>D

Long Lap - A>B>C>D

COURSE DETAILS

U11 Girls & Boys - 1 Short Lap

U13 Girls & Boys - 1 Short Lap and 1 Long Lap

U15 Girls & Boys - 2 Long Laps

U17 Women & Men - 3 Long Laps

U20 Women & Men - 1 Short Lap & 3 Long Laps

U23 / Senior Women - 4 Long Laps

U23 / Senior Men - 4 Long Laps

U23 / Senior Men - 4 Long Laps

SCO

RACE 1 // 1KM // 10.02AM

UNDER 11 GIRLS - FUN RUN

RACE 2 // 1KM // 10.17AM

UNDER 11 BOYS - FUN RUN

RACE 3 // 7KM // 10.32AM

UNDER 20 MEN

901	Will	Barnicoat	England	915	Cameron	Wright	Scotland
902	Thomas	Keen	England	916	Morgan	James	Wales
903	Matthew	Stanier	England	917	Aled	Jones	Wales
904	Dean	Casey	Ireland	918	Nathan	Jones	Wales
905	Miceal	McCaul	Ireland	919	Osián	Perrin	Wales
906	Shay	McEvoy	Ireland	920	Dan	Kimber	Midlands
907	Daniel	Stone	Ireland	921	Sam	Charlton	North of England
908	Adam	Ferris	Northern Ireland	922	Josh	Cowperthwaite	North of England
909	Conor	Maguire	Northern Ireland	923	Josh	Dickinson	North of England
910	Tony	McCambridge	Northern Ireland	924	Alex	Ediker	North of England
911	Conall	McClean	Northern Ireland	925	Adam	Brown	Aberdeen AAC
912	Hamish	Armitt	Scotland	926	Michael	Watt	Aberdeen AAC
913	Christian	Graham	Scotland	927	Oliver	Stewart	Atlantic Athletics Club
914	Kristof	Hornýík	Scotland	928	David	Dow	Cambridge & Coleridge AC
				929	Nicolas	Harhalakis	Cambridge & Coleridge AC
				930	Oliver	Newman	Cambridge & Coleridge AC

RACE 3 // 7KM // 10.32AM cont.

931	Ben	Thomas	Carmarthen and District Harriers	1108	Niamh	O'Mahoney	Ireland
932	Sandy	Holl	Central AC	1109	Niamh	Carr	Northern Ireland
933	Ben	MacMillan	Central AC	1110	Hannah	Gilliland	Northern Ireland
934	Aidan	Shea	Central AC	1111	Aoife	McGreevy	Northern Ireland
935	Ryan	Donald	Dundee Hawkhill Harriers	1112	Ella	Quinn	Northern Ireland
936	Ben	MacDermid	Dundee Hawkhill Harriers	1113	Hannah	Anderson	Scotland
937	Cameron	Sale	Dundee Hawkhill Harriers	1114	Cera	Gemmell	Scotland
938	Joe	Ewing	Edinburgh AC	1115	Megan	Keith	Scotland
939	Joshua	Liddle	Edinburgh Univ Hares and Hounds	1116	Eloise	Walker	Scotland
940	Cameron	McClymont	Garscube Harriers	1117	Nia	Clatworthy	Wales
941	Andrew	Robertson	Giffnock North AC	1118	Mia	Goddard	Wales
942	Ben	Shaw	Giffnock North AC	1119	Somia	Jones	Wales
943	Magnus	Tait	Lasswade AC	1120	Ashleigh	Willis	Wales
944	Nathan	Tosh	Metro Aberdeen RC	1121	Lauren	Charlton	Midlands
945	Daniel	Melling	Morpeth Harriers	1122	Jess	Humphreys	Midlands
946	Joe	Donnelly	Team East Lothian	1123	Bethony	Walker	Midlands
947	Fraser	Kelly	Team East Lothian	1124	Orla	Walker	Midlands
948	Luca	Minale	Victoria Park Harriers & Tower Hamlets AC	1125	Neve	Hardcastle	Northern of England
949	Joseph	Buckley	Warrington AC	1126	Lucy Erin	Hunter	Northern of England

UNDER 20 WOMEN

1101	Olivia	Mason	England	1130	Olivia	Mason	Border Harriers
1102	Amelia	Samuels	England	1131	Jessica	MacLeod	Corstorphine AAC
1103	Freya	Stapleton	England	1132	Charlotte	McKenna	Glasgow University Hares and Hounds
1104	Maya	Todd McIntrye	England	1133	Libby	Sutherland	Kilbarchan AAC
1105	Danielle	Donnegan	Ireland	1134	Sarah	Tait	Lasswade AC
1106	Eimear	Maher	Ireland	1135	Esme	Callander	Team East Lothian
1107	Uno	O'Brien	Ireland	1136	Olivia	McDonald	Worthing & District Harriers

RACE 4 // 3KM // 11.02AM

UNDER 13 GIRLS

501	Lois	Cant	Scotland East	540	Hazel	O'Donoghue	Scotland West
502	Abbie	Foster	Scotland East	541	Iris	Peterson	Scotland West
503	Carys	Gibb	Scotland East	542	Zara	Redmond	Scotland West
504	Leya	Gibb	Scotland East	543	Adele	Street	Scotland West
505	Charlotte	Horne	Scotland East	544	Iona	Stroma Hubbard	Scotland West
506	Elena	Lee	Scotland East	545	Olivia	Warboys	Scotland West
507	Erin	Lee	Scotland East	546	Erica	Baird	Ayr Seaforth AC
508	Abbie	Little	Scotland East	547	Rosie	Anderson	Blackhill Bounders
509	Dashka	MacDonald	Scotland East	548	Robyn Abbie	Mckerracher	Central AC
510	Megan	McKay	Scotland East	549	Zoe	Giblody	Charnwood AC
511	Anna	McNeil	Scotland East	550	Savana	Smith	Charnwood AC
512	Charlotte	McPhie	Scotland East	551	Rebekah	Lawman	Cumbernauld AAC
513	Olivia	Robbins	Scotland East	552	Sophia	Anderson	Dundee Hawkhill Harriers
514	Katie	Sandilands	Scotland East	553	Rhianna	Docherty	East Kilbride AC
515	Lucy	Todd	Scotland East	554	Keyleigh	Pew	East Kilbride AC
516	Freya	Allan	Scotland North	555	Orlaith	Shepherd	Edinburgh AC
517	Rhian	Birnie	Scotland North	556	Freya	Hedley	Fife AC
518	Scarlett	Britain	Scotland North	557	Anna	Suttie	Fife AC
519	Kirsten	Burnett	Scotland North	558	Nina	Padmanabhan	Garscube Harriers
520	Eva	Esslemont	Scotland North	559	Lauren	McPherson	Giffnock North AC
521	Caitlyn	Heggie	Scotland North	560	Gabrielle	Paddison	Giffnock North AC
522	Sophie	Howard	Scotland North	561	Neve	Elliott	Hamilton & District AC
523	Swarah	Maciver	Scotland North	562	Esther	Taylor	Harmeny AC
524	Megan	McLean	Scotland North	563	Molly-Rose	McLoughlin	Kilbarchan AAC
525	Kyra	McMurdo	Scotland North	564	Molly	Hunter	Kilmarnock HCAC
526	Katie	Meek	Scotland North	565	Kirsty	Currie	Law & District AAC
527	Emily	Murray	Scotland North	566	Jessica	Inglis	Law & District AAC
528	Iona	Scott	Scotland North	567	Rachel	Stevenson	Law & District AAC
529	Layla	Todd	Scotland North	568	Beatrice	Todd	Law & District AAC
530	Mihadri	Van Straaten	Scotland North	569	Holly	Chapman	Leicester Coritonian AC
531	Aimee	Anderson	Scotland West	570	Aaliyah	Hollick	Leicester Coritonian AC
532	Ava	Beaton	Scotland West	571	Grace	Stretton	Leicester Coritonian AC
533	Freya	Campbell	Scotland West	572	Grace	Byrne	Mullingar Harriers
534	Katy	Donnelly	Scotland West	573	Adele	Geoghegan	Mullingar Harriers
535	Emme	Gribbon	Scotland West	574	Leah	Geoghegan	Mullingar Harriers
536	Josceleyn	Kennedy	Scotland West	575	Coimhe	Kilmurray	Mullingar Harriers
537	Sophie	McCallum	Scotland West	576	Ariane	Baillie	Pitreavie AAC
538	Mille	McClelland Brooks	Scotland West	577	Katie	Woods	Shettleston Harriers
539	Cara	McMinn	Scotland West	578	Freyd	Murdoch	Stockport Harriers
				579	Ruth	Walsh	VP-Glasgow AC

RACE 5 // 3KM // 11.17AM

UNDER 13 BOYS

401	Rhys	Crawford	Scotland East	441	Sam	Rice	Scotland West
402	Dylan	Daunt	Scotland East	442	Tristan	Robin	Scotland West
403	Jamie	FERRIES	Scotland East	443	Craig	Shennan	Scotland West
404	Zico	Field	Scotland East	444	Rory	Trehorne	Scotland West
405	Kieran	Fulton	Scotland East	445	Jack	Wallace	Scotland West
406	Struan	Gatherer	Scotland East	446	Finlay	McKay	Aberdeen AAC
407	Matthew	Holden	Scotland East	447	Finlay	Roe	Aberdeen AAC
408	Joshua	Kennedy	Scotland East	448	Alasdair	Maclean	Ayr Seaforth AC
409	Dan	McGuire	Scotland East	449	Fraser	McIntyre	Ayr Seaforth AC
410	Andrew	McWilliam	Scotland East	450	Daniel	Walton	Blackhill Bounders
411	Archie	Suttie	Scotland East	451	Alfie	Lamb	Border Harriers
412	Rowan	Taylor	Scotland East	452	Seb	Mason	Border Harriers
413	Irvine	Welsh	Scotland East	453	Alexander	Coles	Carmarthen and District Harriers
414	Rowan	Whitworth	Scotland East	454	Iwan	Thomas	Carmarthen and District Harriers
415	Innes	Wright	Scotland East	455	Jamie	Connor	Central AC
416	Andrew	Baird	Scotland North	456	Alden	Collier	Chiltern Harriers AC
417	Michael	Bishenden	Scotland North	457	William	Ronald	Corby AC
418	Noah	Carson	Scotland North	458	Jonathan	Hunter	East Kilbride AC
419	William	Cook	Scotland North	459	Ryan	McNamara	East Kilbride AC
420	Struan	Ellen	Scotland North	460	Rory	Beaton	Garscube Harriers
421	Angus	Laird	Scotland North	461	Fraser	Donaldson	Garscube Harriers
422	Seumas	MacLain	Scotland North	462	Callum	Mathew	Garscube Harriers
423	Finlay	Macleod	Scotland North	463	Oliver	Bryers	Giffnock North AC
424	Iain	Matheson	Scotland North	464	Ruari	Laskey	Giffnock North AC
425	Michael	Miller	Scotland North	465	Oliver	MacDonald	Giffnock North AC
426	Jordan	Nicolson	Scotland North	466	Charlie	McAllister	Giffnock North AC
427	Sebastian	Nicolson	Scotland North	467	Mitchell	Scott	Giffnock North AC
428	Lewis	Paterson	Scotland North	468	Cormac	Shiels	Giffnock North AC
429	Sorley	Swabey	Scotland North	469	Harris	Watt	Giffnock North AC
430	Finlay	Weir	Scotland North	470	Nathan	Fitzpatrick	Kilbarchan AAC
431	James	Alexander	Scotland West	471	Ryan	Fitzpatrick	Kilbarchan AAC
432	Calan	Chong	Scotland West	472	Ryan	Kellock	Low & District AAC
433	David	Docherty	Scotland West	473	Conor	Liston	Mullingar Harriers
434	Matthew	Gall	Scotland West	474	Luke	O'Leary	Mullingar Harriers
435	Cameron	Harris	Scotland West	475	Conor	Sherwin	Mullingar Harriers
436	Sam	McCarthy	Scotland West	476	Jamie	Wallace	Mullingar Harriers
437	James	Mowat	Scotland West	477	Joshua	Clee	Newark AC
438	Robert	Nicol	Scotland West	478	Harris	McNicol	North Ayrshire AAC
439	Aldasdir	Nugent	Scotland West	479	Ethan	Stark	Perth Strathay Harriers
440	Oliver	Pattan	Scotland West	480	Kian	Dee	Road Runners Club
				481	Matthew	Fox	Shettleston Harriers
				482	Andrew	Grant	Strathearn Harriers

RACE 6 // 6KM // 11.32AM

UNDER 17 WOMEN

1001	Amy	Geoghegan	Ireland	1032	Flora	Henry	Scotland East
1002	Emma	Landers	Ireland	1033	Emma	Johnson	Scotland East
1003	Avril	Millerick	Ireland	1034	Georgia	Ledingham	Scotland East
1004	Gara	Williams	Ireland	1035	Jaden	Lenny	Scotland East
1005	Nuala	Bose	Northern Ireland	1036	Rose	Newman	Scotland East
1006	Kirsty	Foster	Northern Ireland	1037	Caitlin	Purcell	Scotland East
1007	Amy	Greene	Northern Ireland	1038	Kirsty	Purcell	Scotland East
1008	Catherine	Martin	Northern Ireland	1039	Libby	Smith	Scotland East
1009	Roise	Roberts	Northern Ireland	1040	Grace	Tindall	Scotland East
1010	Julia	Cash	Scotland	1041	Ellen	Astley	Scotland North
1011	Anna	Hedley	Scotland	1042	Aylth	Gollan	Scotland North
1012	Anya	MacLean	Scotland	1043	Morag	Hickey	Scotland North
1013	Meredith	Reid	Scotland	1044	Rachel	Ross	Scotland North
1014	Abigail	Davies	Wales	1045	Emma	Seed	Scotland North
1015	Gwenno	Goode	Wales	1046	Ellyn	Smith	Scotland North
1016	Alannah	Hill	Wales	1047	Niamh	Whelan	Scotland North
1017	Moli	Lyons	Wales	1048	Shona	Corey	Scotland West
1018	Phoebe	Bate	DEV Ireland	1049	Helen	Chong	Scotland West
1019	Alice	Hickey	DEV Ireland	1050	Zoe	Flower	Scotland West
1020	Claragh	Keance	DEV Ireland	1051	Charlie	Frew	Scotland West
1021	Neast	Ni Ainifein	DEV Ireland	1052	Abigail	Fyall	Scotland West
1022	Aimee	Callow	DEV Wales	1053	Abi	Hammerman	Scotland West
1023	Bethan	Davies	DEV Wales	1054	Louise	Hastie	Scotland West
1024	Eva	Edwards	DEV Wales	1055	Elsie	Hollywood	Scotland West
1025	Ffion	Higginson	DEV Wales	1056	Morven	Hubbard	Scotland West
1026	Merah	Anderson	Scotland East	1057	Summer	McDonald	Scotland West
1027	Hayley	Brown	Scotland East	1058	Susie	McLaughlin	Scotland West
1028	Isla	Calvert	Scotland East	1059	Rachel	Muir	Scotland West
1029	Pippa	Carcas	Scotland East	1060	Niamh	Murphy	Scotland West
1030	Anna	Dalgleish	Scotland East	1061	Mia	Padmanabhan	Scotland West
1031	Rosie	Davidson	Scotland East	1062	Kate	Richardson	Scotland West
				1063	Lucy	Stanley	Ayr Seaforth AC
				1064	Erin	Bowyer	Blackhill Bounders

RACE 6 // 6KM // 11.32AM cont.

1065	Anna	Mason	Border Harriers	1073	Nicole	Macgilp	Kilbarchan AAC
1066	Katherine	MacLeod	Corstorphine AAC	1074	Faye	O'Hare	Liverpool Harriers
1067	Eden	O'Dea	Deeside Runners	1075	Karla	Cunningham	Mullingar Harriers
1068	Emma	Livingstone	East Kilbride AC	1076	Bea	Drummond	Mullingar Harriers
1069	Ines	Curran	Gateshead Harriers	1077	Meabh	Killalea	Mullingar Harriers
1070	Miriam	Giblidge	Giffnock North AC	1078	Rose	Ryan	Perth Strathtay Harriers
1071	Kirsten	O'Donoghue	Giffnock North AC	1079	Christina	Durbin	St Albans Striders
1072	Sarah	Forbes	Kilbarchan AAC				

RACE 7 // 6KM // 11.57AM

UNDER 17 MEN

801	Joel	Chambers	Ireland	846	Finlay	Raynor	Scotland North
802	Tadhg	Connolly	Ireland	847	Euan	Rollo	Scotland North
803	Dara	Donoghue	Ireland	848	Finlay	Rutter	Scotland North
804	Myles	Hewlett	Ireland	849	David	Scott	Scotland North
805	Lucas	Cairns	Scotland	850	Angus	Smith	Scotland North
806	Sam	Griffin	Scotland	851	Kyle	Sutherland	Scotland North
807	Andrew	McGill	Scotland	852	Brade	Aitken	Scotland West
808	Harris	Patterson	Scotland	853	Hamish	Anderson	Scotland West
809	Dafydd	Jones	Wales	854	Lewis	Barclay	Scotland West
810	Rhys	Llewellyn	Wales	855	Michael	Black	Scotland West
811	Frank	Morgan	Wales	856	Peter	Bradshaw	Scotland West
812	Jacob	Reynolds	Wales	857	Ethan	Carolan	Scotland West
813	Jack	Fenlon	DEV Ireland	858	James	Connelly	Scotland West
814	Jack	McCausland	DEV Ireland	859	Donald	Gilchrist	Scotland West
815	Jake	Stafford	DEV Ireland	860	Lewis	Hannigan	Scotland West
816	David	Williams	DEV Ireland	861	Josh	Law	Scotland West
817	Matthew	Lavery	DEV Northern Ireland	862	Harry	Lloyd McGill	Scotland West
818	Sean	McGinley	DEV Northern Ireland	863	Jacob	Luc	Scotland West
819	Calum	Morgan	DEV Northern Ireland	864	Jack	MacKinnon	Scotland West
820	Oisin	Toye	DEV Northern Ireland	865	Jack	Pattan	Scotland West
821	Finley	Hines	DEV Wales	866	Zak	Povey	Scotland West
822	Ben	Reynolds	DEV Wales	867	Fionntan	Campbell	St Malachys
823	Lloyd	Sheppard	DEV Wales	868	Nathan	McColm	Ayr Seaforth AC
824	Bryn	Woodall	DEV Wales	869	Flynn	Jennings	Bideford AAC
825	David	Addison	Scotland East	870	Duncan	Hughes	Blackhill Bounders
826	Gregor	Collins	Scotland East	871	Johnny	Livingstone	Exeter Harriers
827	Conor	Gourley	Scotland East	872	Finlay	Ross-Davie	Garscube Harriers
828	Ben	Henderson	Scotland East	873	David	Race	Gateshead Harriers
829	Calum	Little	Scotland East	874	Blayne	Wright	Giffnock North AC
830	Ethan	McColgan	Scotland East	875	Will	Bellamy	Houghton Harriers & AC
831	Malcolm	McLure	Scotland East	876	Ciaran	Hogg	Inverclyde AC
832	Hugh	Morrow	Scotland East	877	Thomas	Burnett	Inverness Harriers AAC
833	Laurence	Petty	Scotland East	878	Robert	Gunson	Kilbarchan AAC
834	Michael	Sanderson	Scotland East	879	Harry Lloyd	McGill	Kilbarchan AAC
835	Ben	Sandilands	Scotland East	880	Davie	Houston	Kilmarnock H&AC
836	Aidan	Simpson	Scotland East	881	Harry	Henriksen	Lasswade AC
837	Ryan	Smith	Scotland East	882	Finn	Milligan	Law & District AAC
838	Lewis	Watt	Scotland East	883	Alastair	Marshall	Livingston AC
839	Euan	Ward	Scotland East	884	Jenson	Connell	Mansfield Harriers
840	Alex	Ellen	Scotland North	885	Archie	Lowe	Middlesbrough AC (Mandale)
841	Duncan	MacDonald	Scotland North	886	Ruairi	Fagan	Mullingar Harriers
842	Danny	McPake	Scotland North	887	Lorcan	Mullen	Mullingar Harriers
843	Blair	Milne	Scotland North	888	Colin	Smith	Mullingar Harriers
844	Joshua	Milne	Scotland North	889	Joel	Taylor	Rosendale Harriers
845	Scott	Perry	Scotland North	890	Samuel	Gilson	Rotherham Harriers & AC
				891	Fergus	Reid	Springburn Harriers
				892	Andrew	Smith	Springburn Harriers

RACE 8 // 4KM // 12.22PM

UNDER 15 GIRLS

701	Phoebe	Armstrong	Scotland East	712	Anya	Morrison	Scotland East
702	Caitlyn	Christie	Scotland East	713	Isla	Paterson	Scotland East
703	Katie	Christie	Scotland East	714	Sorcha	Shepherd	Scotland East
704	Olivia	Clarke	Scotland East	715	Isla	Thoms	Scotland East
705	Anna	Fairclough	Scotland East	716	Emily	Bell	Scotland North
706	Bridget	Harley	Scotland East	717	Anna	Cairns	Scotland North
707	Isla	Hedley	Scotland East	718	Mara	Duffy	Scotland North
708	Katie	Johnson	Scotland East	719	Francesca	Greenstock	Scotland North
709	Anise	Macaulay Orr	Scotland East	720	Morag	Lynch	Scotland North
710	Summer	MacLean	Scotland East	721	Grace	MacDonald	Scotland North
711	Olivia	Meikle	Scotland East	722	Rachel	Murray	Scotland North
				723	Zoe	Sharpe	Scotland North
				724	Hannah	Stephen	Scotland North

RACE 8 // 4KM // 12.22PM cont.

725	Nicole	Taylor	Scotland North	757	Megan	Kyle	Dunfermline Track & Field AC
726	Beth	Urguhart	Scotland North	758	Scarlett	Livingstone	Exeter Harriers
727	Abbie	Alelu	Scotland West	759	Ruby	Russell	Fife AC
728	Chloe	Cameron	Scotland West	760	Esmee	Thoms	Fife AC
729	Erin	Ellor	Scotland West	761	Chrissie	Francis	Garscube Harriers
730	Rachel	Giffen	Scotland West	762	Tuscony	Wright	Giffnock North AC
731	Jessie	Gilchrist	Scotland West	763	Ruby	McGill	Greenock Glenpark Harriers
732	Evie	Livingstone	Scotland West	764	Ailsa	Corrigan	Kilbarchan AAC
733	Abbie	McClue	Scotland West	765	Lucy	Hoy	Kilmarnock H&AC
734	Melissa	McIntosh	Scotland West	766	Fiona	Currie	Law & District AAC
735	Amiya	Patel	Scotland West	767	Hannah	Todd	Law & District AAC
736	Kate	Paul	Scotland West	768	Maddison	Griffiths	Maldwyn Harriers
737	Eva	Ritchie	Scotland West	769	Katie	Lowe	Middlesbrough AC (Mondale)
738	Hannah	Ryding	Scotland West	770	Jessica	Cunningham	Mullingar Harriers
739	Isla	Scott	Scotland West	771	Lucy	Donnelly	Mullingar Harriers
740	Katie	Simon	Scotland West	772	Caomhne	Donohue	Mullingar Harriers
741	Valencia	Wright	Scotland West	773	Ellen	Foran	Mullingar Harriers
742	Kirstin	Grant	Aberdeen AAC	774	Shauna	Traynor	Mullingar Harriers
743	Sophie	McColm	Ayr Seaforth AC	775	Aimee	Wallace	Mullingar Harriers
744	Emma	McMillan	Ayr Seaforth AC	776	Skye	Roe	Nithsdale AC
745	Katie	Francis	Birtley AC	777	Kiya	Dee	Road Runners Club
746	Molly	Anderson	Blackhill Bounders	778	Taya	Dee	Road Runners Club
747	Hannah	Bowyer	Blackhill Bounders	779	Evie	Taylor	Rossmore Harriers
748	Joanna	Hughes	Blackhill Bounders	780	Amelia	Topliss	Rotherham Harriers & AC
749	Madison	Mitchell	Blackhill Bounders	781	Sophie	Dunbobbin	Saffron Athletics Club
750	Alix	Walton	Blackhill Bounders	782	Elise	Robinson	Saffron Athletics Club
751	Eve	Riley	Border Harriers	783	Eve	Rowley	Saffron Athletics Club
752	Sarah	Butler	Dooneen AC	784	Jessica	Grant	Shettleston Harriers
753	Anna	Campbell	Dooneen AC	785	Molly	Long	St Senans AC
754	Maria	Campbell	Dooneen AC	786	Caomhne	Phelan	St Senans AC
755	Sarah	Dillon	Dooneen AC	787	Natasha	Myles	Strathearn Harriers
756	Isla	Carroll	Dundee Hawkhill Harriers				

RACE 9 // 4KM // 12.37PM

UNDER 15 BOYS

601	Logan	Beagley	Scotland East	644	Kai	Crawford	Aberdeen AAC
602	Connor	Bell	Scotland East	645	Dylan	Dickie	Aberdeen AAC
603	Struan	Bennet	Scotland East	646	Joshua	Mirtle	Ayr Seaforth AC
604	Corey	Campbell	Scotland East	647	Christopher	Perkins	Birtley AC
605	Ewan	Christie	Scotland East	648	Kai	Hatcher	Border Harriers
606	Conan	Harper	Scotland East	649	Frank	Morgan	Carmarthenshire and District Harriers
607	Cameron	Kerr	Scotland East	650	Ben	Struthers	Corstorphine AAC
608	Warren	Lorente	Scotland East	651	Elliot	Davies-Hayes	Crewe & Nantwich AC
609	Hamish	McKay	Scotland East	652	Jack	Donald	Dundee Hawkhill Harriers
610	Cameron	McMillan	Scotland East	653	Calum	Charters	East Kilbride AC
611	Archie	McRonald	Scotland East	654	Cameron	Rankine	Gala Harriers
612	Patrick	Milne	Scotland East	655	Fergus	Currie	Garscube Harriers
613	Tendai	Nyabodza	Scotland East	656	Alasdair	Padmanabhan	Garscube Harriers
614	Finlay	Ross	Scotland East	657	Charlie	Trehorne	Garscube Harriers
615	Angus	Wright	Scotland East	658	Glen	Griffiths	Giffnock North AC
616	Fraser	Anderson	Scotland North	659	Matthew	Knak	Giffnock North AC
617	Lachlan	Buchanan	Scotland North	660	James	Leaf	Giffnock North AC
618	Sam	Burnett	Scotland North	661	Innes	McPherson	Giffnock North AC
619	Ruaridh	Ellen	Scotland North	662	Michael	Nolan	Giffnock North AC
620	Bruce	Evans	Scotland North	663	Hugh	Shiels	Giffnock North AC
621	Zak	Fearn	Scotland North	664	Ethan	Bond	Gosforth Harriers
622	Jake	Henderson	Scotland North	665	Ethan	Lorimer	Harmeray AC
623	Alex	Jamieson	Scotland North	666	Josh	McKinlay	Kilbarchan AAC
624	Murray	MacDonald	Scotland North	667	Craig	Cherrie	Law & District AAC
625	Seonaidh	MacInnes	Scotland North	668	Logan	Whitton	Law & District AAC
626	Charlie	Morrison	Scotland North	669	Jack	Stretton	Leicester Coritaniac AC
627	Gregor	Naughton	Scotland North	670	Oliver	Jones	Maldwyn Harriers
628	Gregor	Nixon	Scotland North	671	Liam	Proctor	Metro Aberdeen RC
629	Ben	Webster	Scotland North	672	Joe	Dixon	Morpeth Harriers
630	Johnny	Burns	Scotland West	673	Callum	Costello	Mullingar Harriers
631	Euan	Charwood	Scotland West	674	Diarmuid	Fagan	Mullingar Harriers
632	Cameron	Deverill	Scotland West	675	Ross	Killelea	Mullingar Harriers
633	Jonathon	Downey	Scotland West	676	Philip	McCartan	Mullingar Harriers
634	Fraser	Gilmour	Scotland West	677	Conleth	Mullen	Mullingar Harriers
635	Cameron	Green	Scotland West	678	Ben	Ryan	Nairn Area AAC
636	Luke	Lindsay	Scotland West	679	William	Shields	North Ayrshire AAC
637	Oscar	Logan	Scotland West	680	Arran	Taylor	Pitreavie AAC
638	Fearghus	MacGregor	Scotland West	681	Joseph	Ormrod	Rotherham Harriers & AC
639	Reuben	McDonald	Scotland West	682	Noaiose	Gilmartin	St Senans AC
640	Saul	McGlenann	Scotland West	683	Gearoid	Long	St Senans AC
641	Jamie	Phillips	Scotland West	684	Ben	Wallis	St Senans AC
642	Ethan	Polson	Scotland West	685	William	Armstrong	Strathearn Harriers
643	Alex	Robin	Scotland West	686	Harris	Pogett	Strathearn Harriers
				687	Daniel	Galloway	Unattached
				688	Jake	Wilson	Vale Royal Athletics Club

RACE 10 // 8KM // 12.52PM

UNDER 23 AND SENIOR WOMEN

221	Fiona	Brian	Scotland	291	Jessica	Martin	Scotland West
222	Mhairi	MacLennan	Scotland	292	Avril	Mason	Scotland West
223	Nynke	Mulholland	Scotland	293	Yvonne	McNairn	Scotland West
224	Anabel	Simpson	Scotland	294	Kathryn	Pennel	Scotland West
225	Kate	Avery	England	295	Michelle	Sandison	Scotland West
226	Danielle	Chattenton	England	296	Jill	Smylie	Scotland West
227	Abbie	Donnelly	England	297	Kara	Tait	Scotland West
228	Emily	Hosker-Thornhill	England	298	Hannah	Terrance	Scotland West
229	Jasmijn	Lau	Holland	299	Katie	White	Scotland West
230	Jessica	Craig	Northern Ireland	300	Hannah	Addison	Scottish Universities
231	Danielle	Feghn	Northern Ireland	301	Zoe	Bates	Scottish Universities
232	Katie	Moore	Northern Ireland	302	Aoife	Carr	Scottish Universities
233	Fionnuola	Ross	Northern Ireland	303	Jessica	Christie	Scottish Universities
234	Alaw	Beynon-Thomas	Wales	304	Polly	Edwards	Scottish Universities
235	Cari	Hughes	Wales	305	Eilidh	Jaffray	Scottish Universities
236	Jenny	Nesbitt	Wales	306	Rebecca	Johnson	Scottish Universities
237	Bronwen	Owen	Wales	307	Katie	Lowery	Scottish Universities
238	Kelly	Edwards	Midlands	308	Lynn	McKenna	Scottish Universities
239	Lily	Higgins	Midlands	309	Hannah	Morrison	Scottish Universities
240	Hannah	Robinson	Midlands	310	Rhona	Mowat	Scottish Universities
241	Charlotte	Taylor	Midlands	311	Kori	Noelken	Scottish Universities
242	Becky	Briggs	North of England	312	Niamh	Shaw	Scottish Universities
243	Caroline	Lambert	North of England	313	Rona	Tyler	Scottish Universities
244	Georgia	Malir	North of England	314	Izzy	Fry	Newbury AC
245	Amelle	Pettitt	North of England	315	Toni	McIntosh	Ayr Seaforth AC
246	Holly	Little	Scotland	316	Lauren	Young	Blackhill Bounders
247	Kerry	McAngus	Scotland	317	Charlotte	Donnott	Camberley & District AC
248	Constance	Nankivell	Scotland	318	Laura	Wright	Cardiff AAC
249	Zoe	Pflug	Scotland	319	Trish	Milne	Central AC
250	Clare	Faghn	Ireland	320	Sarah	Astin	City of Norwich AC
251	Sorcha	McAllister	Ireland	321	Iona	Lake	City of Norwich AC
252	Aoife	O'Brien	Ireland	322	Danielle	MacDermid	Dundee Hawkhill Harriers
253	Eilish	O'Grady	Ireland	323	Alison	Gelly	Dundee RR
254	Grace	Carson	Northern Ireland	324	Alison	McNeilly	Dundee RR
255	Sarah	Kelly	Northern Ireland	325	Louise	Menzies	Dundee RR
256	Edel	Monaghan	Northern Ireland	326	Janet	Murray	Dundee RR
257	Rebekah	Nixon	Northern Ireland	327	Elaine	Ormond	Dundee RR
258	Heather	Anderson	Scotland East	328	Morag	Toggart	Dundee RR
259	Virginie	Barrand	Scotland East	329	Vivien	Thorpe	East Kilbride AC
260	Claire	Bruce	Scotland East	330	Maria	Boland	Edinburgh AC
261	Chloe	Cox	Scotland East	331	Isla	Scott-Pearce	Edinburgh AC
262	Megan	Crawford	Scotland East	332	Rhianon	Kirk	Edinburgh Univ Hare and Hounds
263	Elaine	Eodie	Scotland East	333	Karen	Campbell	Fife AC
264	Amy	Frankland	Scotland East	334	Jennifer	Cruickshanks	Fife AC
265	Laura	Gibson	Scotland East	335	Siobhan	Evans	Forres Harriers
266	Keira	Gore	Scotland East	336	Lesley	Bell	Garscube Harriers
267	Sara	Green	Scotland East	337	Yvonne	Burgess	Garscube Harriers
268	Kirstin	Maxwell	Scotland East	338	Melanie	Carmichael	Garscube Harriers
269	Lauren	McCullagh	Scotland East	339	Morag	Casey	Garscube Harriers
270	Freya	Ross	Scotland East	340	Laura	Gray	Garscube Harriers
271	Jillian	Stephen	Scotland East	341	Martha	Lovatt	Garscube Harriers
272	Lauren	Wilson	Scotland East	342	Holly	Maciver	Garscube Harriers
273	Emily	Andrew	Scotland North	343	Agnieszka	Magierecka	Garscube Harriers
274	Heather	Campbell	Scotland North	344	Kirsten	Mathew	Garscube Harriers
275	Gemma	Cormack	Scotland North	345	Chloe	McAdam	Garscube Harriers
276	Moira	Davie	Scotland North	346	Catriona	Padmanabhan	Garscube Harriers
277	Catriona	Fraser	Scotland North	347	Kathryn	Scott	Garscube Harriers
278	Sophia	Green	Scotland North	348	Casey	Thompson	Garscube Harriers
279	Amy	Hudson	Scotland North	349	Emily	Tomasso	Garscube Harriers
280	Caroline	Marwick	Scotland North	350	Emma	Waite	Garscube Harriers
281	Catriona	Morrison	Scotland North	351	Ann	White	Garscube Harriers
282	Bethan	Nordin	Scotland North	352	Lorna	Broadhurst	Harmeny AC
283	Iona	Robertson	Scotland North	353	Samantha	Denis	Harmeny AC
284	Emma	Watt	Scotland North	354	Patricia	Hampton	Harmeny AC
285	Becky	Dunphy	Scotland West	355	Nicola	McGuire	Harmeny AC
286	Nicola	Hood	Scotland West	356	Susan	Ross	Harmeny AC
287	Kayleigh	Jarrett	Scotland West	357	Yasmin	Groter	Highgate Harriers
288	Ruth	Joss	Scotland West	358	Hannah	Viner	Highgate Harriers
289	Stephanie	Lawrie	Scotland West	359	Catriona	Bruce	Hunters Bog Trotters
290	Catriona	MacDonald	Scotland West	360	Fiona	Macfarlane	Lothian RC
				361	Nicola	Devine	Rotherham Harriers & AC
				362	Karen	Patel	West End RR

RACE 11 // 8KM // 13.27PM

UNDER 23 AND SENIOR MEN

1	Andrew	Butchart	Scotland	10	Zak	Henna	Northern Ireland
2	Jamie	Crowe	Scotland	11	Neil	Johnston	Northern Ireland
3	Jonny	Glen	Scotland	12	Matthew	Edwards	Wales
4	Lachlan	Oates	Scotland	13	James	Hunt	Wales
5	Ellis	Cross	England	14	Kristian	Jones	Wales
6	Jack	Gray	England	15	Matthew	Willis	Wales
7	Adam	Hickey	England	16	Omar / Conor	Ahmed / Smith	Midlands
8	Tom	Mortimer	England	17	Dominic	James	Midlands
9	Conor	Duffy	Northern Ireland	18	Sam	Johnson	Midlands
				19	Jake	Richardson	Midlands
				20	Cameron	Allan	North of England
				21	Gavin	Hill	North of England

RACE 11 // 8KM // 13.27PM cont.

22	Linton	Taylor	North of England	116	Allan	Gall	Central AC
23	Robert	Warner	North of England	117	Charles	Graham-Marr	Central AC
24	Ben	Greenwood	Scotland	118	Telfer	Gray	Central AC
25	Hamish	Hickey	Scotland	119	Andrew	Irvine	Central AC
26	Jack	Leitch	Scotland	120	Conan	McCaughey	Central AC
27	Max	Milarvie	Scotland	121	Calum	Phillip	Central AC
28	Donal	Devone	Ireland	122	Donald	Shaw	Central AC
29	Daire	Finn	Ireland	123	Jens	Subke	Central AC
30	David	McGlynn	Ireland	124	Tsz Sum	Fung	City of Sheffield AC
31	Thomas	McStay	Ireland	125	Stephen	Addison	Corstorphine AAC
32	Peter	Gracey	Northern Ireland	126	Michael	Crawley	Corstorphine AAC
33	Eoin	Hughes	Northern Ireland	127	Tom	Cunningham	Corstorphine AAC
34	Craig	McMeachan	Northern Ireland	128	Iain	Macleod	Corstorphine AAC
35	Patrick	McNiff	Northern Ireland	129	John	Macleod	Corstorphine AAC
36	Ewan	Brown	Scotland East	130	Stephen	Allan	Cumbernauld AAC
37	Michael	Christoforou	Scotland East	131	Robert	Bartley	Cumbernauld AAC
38	James	Donald	Scotland East	132	Sean	Casey	Cumbernauld AAC
39	Myles	Edwards	Scotland East	133	Robbie	Simpson	Deeside Runners
40	Alastair	Hoy	Scotland East	134	Charlie	Storrie	Dumfries RC
41	James	Hood	Scotland East	135	Euan	MacDermid	Dundee Hawkhill Harriers
42	Eoin	Lennon	Scotland East	136	Munro	Stewart	Dundee Hawkhill Harriers
43	Finn	Lydon	Scotland East	137	Derek	Arthur	Dundee RR
44	Tom	Martyn	Scotland East	138	Richard	Cleary	Dundee RR
45	Alistair	Masson	Scotland East	139	Chris	Earl	Dundee RR
46	Calum	McKenzie	Scotland East	140	Benjamin	Gibson	Dundee RR
47	Lewis	Rodgers	Scotland East	141	Harry	Kay	Dundee RR
48	Cameron	Strachan	Scotland East	142	John	Mill	Dundee RR
49	Matthew	Sutherland	Scotland East	143	Shea	Roddy	Dundee RR
50	Iain	Whitaker	Scotland East	144	John	Tierney	Dundee RR
51	Ally	Beaven	Scotland North	145	Grant	Whytock	Dundee RR
52	Craig	Campbell	Scotland North	146	Keith	Charters	East Kilbride AC
53	Sean	Chalmers	Scotland North	147	Jamie	Clements	East Kilbride AC
54	Ewan	Davidson	Scotland North	148	Arthur	Mulholland	East Kilbride AC
55	Luke	Davidson	Scotland North	149	Iain	Craven	Edinburgh AC
56	Stuart	Gardiner	Scotland North	150	Brian	Howie	Edinburgh AC
57	Ross	Gollan	Scotland North	151	Leon	Johnson	Edinburgh AC
58	Andrew	Johnstone	Scotland North	152	Stuart	Johnston	Edinburgh AC
59	Blair	Mackay	Scotland North	153	Iain	Macdonald	Edinburgh AC
60	Cameron	Main	Scotland North	154	Gavin	Phillip	Edinburgh AC
61	John	Newson	Scotland North	155	Daniel	Ashwood	Edinburgh Univ Hare and Hounds
62	Jack	Ward	Scotland North	156	Alexander	Bell	Edinburgh Univ Hare and Hounds
63	James	Wilson	Scotland North	157	Andrew	Carrick	Edinburgh Univ Hare and Hounds
64	Kenny	Wilson	Scotland North	158	Matthew	Dailey	Edinburgh Univ Hare and Hounds
65	John	Yells	Scotland North	159	Gregor	Malcolm	Edinburgh Univ Hare and Hounds
66	Grant	Baillie	Scotland West	160	Edie	Norbett	Edinburgh Univ Hare and Hounds
67	Jamie	Burns	Scotland West	161	Alistair	Thomas	Edinburgh Univ Hare and Hounds
68	Alasdair	Campbell	Scotland West	162	Euan	Martin	Falkirk Victoria Harriers
69	Lucas	Cheskin	Scotland West	163	Damon	Thoms	Fife AC
70	Michael	Deeson	Scotland West	164	John	Coyle	Garscube Harriers
71	Andy	Douglas	Scotland West	165	Cody	Stevenson	Garscube Harriers
72	John	Fergusson	Scotland West	166	Ted	Gourley	Giffnock North AC
73	Stuart	Gibson	Scotland West	167	Andy	Macdonald	Giffnock North AC
74	James	Gillon	Scotland West	168	David	Woods	Haddington RC
75	Ross	Gray	Scotland West	169	Andrew	Ross	Harmeny AC
76	Ryan	Gray	Scotland West	170	Craig	Stewart	Harmeny AC
77	Connor	MacLean	Scotland West	171	Peter	Townsend	Herts Phoenix AC
78	Daryl	Reid	Scotland West	172	Chris	Rainsford	Hightgate Harriers
79	Fraser	Stewart	Scotland West	173	Graeme	Gotherer	Highland Hill Runners
80	Conor	Thomson	Scotland West	174	Lee	Dover	Houghton and Peterlee
81	Thomas	Berry	Scottish Universities	175	Luke	Pickering	Houghton Harriers & AC
82	Alexander	Chepelin	Scottish Universities	176	Ewan	Crawford	Hunters Bog Trotters
83	Eilsha	De Mello	Scottish Universities	177	James	Woldie	Hunters Bog Trotters
84	James	Dunn	Scottish Universities	178	Mark	Doherty	Inverclyde AC
85	Luca	Fanottali	Scottish Universities	179	Jon	Hammerman	Inverclyde AC
86	Tom	Graham-Marr	Scottish Universities	180	Jack	Letson	Inverclyde AC
87	Craig	Jardine	Scottish Universities	181	David	Tamburini	Inverclyde AC
88	Andrew	MacAngus	Scottish Universities	182	Robin	Burnett	Inverness Harriers AAC
89	Jamie	Mackinon	Scottish Universities	183	Donnie	Macdonald	Inverness Harriers AAC
90	Alex	Muir	Scottish Universities	184	Robbie	Ferguson	Kilbarchan AAC
91	Steven	Murray	Scottish Universities	185	Callum	Matthews	Kilbarchan AAC
92	Cameron	Smith	Scottish Universities	186	Scott	Martin	Kilmarnock HCAC
93	Daniel	Stansfield	Scottish Universities	187	Richard	Beattie	Low & District AAC
94	Calum	Symmons	Scottish Universities	188	Conor	Butters	Low & District AAC
95	Calum	Tharme	Scottish Universities	189	Jonathan	Kennedy	Low & District AAC
96	Kenneth	Neill	Ayr Seaford AC	190	Mark	Milligan	Low & District AAC
97	Brian	Robinson	Ayr Seaford AC	191	Stuart	Morison	Lothian RC
98	Paul	Clawson	Bellahouston Harriers	192	Phil	Mann	Metro Aberdeen RC
99	Miguel	Delgado Sillero	Bellahouston Harriers	193	Tom	Martin	Metro Aberdeen RC
100	Darren	McQuade	Bellahouston Harriers	194	Andy	Redman	Metro Aberdeen RC
101	Stuart	Miller	Bellahouston Harriers	195	Dino	Roussias	Metro Aberdeen RC
102	Greg	Templeton	Bellahouston Harriers	196	Ben	Ward	Metro Aberdeen RC
103	Brian	Anderson	Blackhill Bouncers	197	Robert	Henry	Musselburgh and District AC
104	Jordan	Bell	Blackhill Bouncers	198	William	Bowers	Ochil Hill Runners
105	Steven	Bowyer	Blackhill Bouncers	199	Duncan	Ryan	Perth RR
106	Aidan	Hughes	Blackhill Bouncers	200	Luke	Howard	Stirling University AC
107	Tim	Harrison	Cambridge & Coleridge AC	201	Euan	Campbell	Stormont Running & AC
108	Kenneth	Campbell	Comuslending Harriers	202	Andrew	Brown	Strathearn Harriers
109	Iain	Crawford	Comuslending Harriers	203	Patrick	Roddy	Thames Valley H&H
110	Gordon	Robertson	Comuslending Harriers	204	Oliver	Corner	The Stragglers RC
111	Ewan	Smith	Campbeltown RC	205	Michael	Rimicans	University of St Andrews CC
112	Colin	Alexander	Central AC	206	James	Bowden	Westerlands XC Club
113	Iain	Dunsmore	Central AC	207	James	Callender	Westerlands XC Club
114	Iain	Elliott	Central AC	208	Niall	McAlinden	Westerlands XC Club
115	Neil	Ferrier	Central AC				



BRITISH ATHLETICS CROSS CHALLENGE

2019/20



CDF

SATURDAY 12TH OCTOBER 2019 AT LLANDAFF FIELDS, CARDIFF

Incorporating the Gwent Cross Country League

Men	Masters / Senior / U20 / U17 / U15 / U13 / U11
Women	Masters / Senior / U20 / U17 / U15 / U13 / U11



MK

SATURDAY 19TH NOVEMBER 2019 AT TEAR DROPS LAKE, MILTON KEYNES

Incorporating the Chiltern Cross Country League

Men	Senior / U20 / U17 / U15 / U13 / U11
Women	Senior / U20 / U17 / U15 / U13 / U11



LIV

SATURDAY 23RD NOVEMBER 2019 AT SEFTON PARK, LIVERPOOL

Incorporating European Cross Country Championship Trials, in conjunction with the Mid Lancashire Cross Country League and the Liverpool and District Cross Country League

Men	Senior / U20 / U17 / U15 / U13 / U11
Women	Senior / U20 / U17 / U15 / U13 / U11



SCO

SATURDAY 11TH JANUARY 2020 AT KINGS PARK, STIRLING

Incorporating the Home International and Scottish Districts Cross Country Championships

Men	Senior / U20 / U17 / U15 / U13
Women	Senior / U20 / U17 / U15 / U13



LOU

SATURDAY 7TH MARCH 2020 AT PRESTWOLD HALL, LOUGHBOROUGH

British Athletics Cross Challenge Final and CAU Inter Counties Cross Country Championships

2018 / 2019 CROSS CHALLENGE WINNERS

Senior Men	Mahamed Mahomed	Southampton AC	Under 17 Women	Shannon Flockhart	Cambridge & Coleridge AC
Senior Women	Kate Avery	Shildon Running & AC	Under 15 Boys	Fraser Spraul	Kendal AC
Under 20 Men	Zakariya Mahomed	Southampton AC	Under 15 Girl	Anna Headley	Fife AC
Under 20 Women	Grace Brock	Cornwall AC	Under 13 Boys	William Robjohns	Poole AC
Under 17 Men	Hamish Armitt	Giffnock North AC	Under 13 Girls	Scarlett Livingstone	Exeter Harriers

2020 SEASON

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INDOOR
GRAND PRIX
GLASGOW

15th FEB

EMIRATES
ARENA

SPAR

BRITISH ATHLETICS
INDOOR
CHAMPIONSHIPS

22nd & 23rd FEB

EMIRATES
ARENA

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BRITISH
ATHLETICS
CHAMPIONSHIPS

20th & 21st JUN

MANCHESTER
REGIONAL ARENA

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ANNIVERSARY
GAMES

4th & 5th JUL

LONDON
STADIUM

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GRAND PRIX
GATESHEAD

16th AUG

GATESHEAD
INT. STADIUM



BRITISH
ATHLETICS