

SCOTTISH ATHLETICS FEDERATION



**NATIONAL VETERANS
CROSS COUNTRY
CHAMPIONSHIPS**

**MAYNE FARM
NEW ELGIN**

SATURDAY, 24th FEBRUARY, 1996

**Women 6,400 Metres 1.30pm
Men 10,000 Metres 2.15pm**

Programme 50p

SCOTTISH ATHLETICS FEDERATION

Hon President W. M. Campbell C.B.E. Q.C. M.P.
 President Peter Carton
 Vice-President Prof. Ron Morrison
 General Secretary Robert W. Greenoak
 Treasurer James D. Scott

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener Robert L. McSwein
 Vice-Convener Mrs Eleanor Gunstone
 Secretary Brian Goodwin
 Finance Officer Duncan V. McLaren

OFFICIALS

Referee Harry Lakeland
 Judges/Funnel Stewards Jim Young (Chief): Danny Wilmoth:
 Andy Law: Jim Mundie: Roger Wilkinson:
 Graham Whyte: Walter Banks
 Recorders Molly Wilmoth (Chief): Liz Forbes:
 Marie Wheeler: Sylvia Murphy:
 John Findlayson
 Timekeepers Duncan McLaren (Chief):
 Duncan Davidson: Sandra Mundie: Yvonne Wilcox
 Declarations and Results Anne Sim (Chief): Joy Sim:
 Liz Scott: Wilma Milne:
 Ann MacLean: Linda Falconer
 Starter Alan Hards
 Athletes Assembly Alan Hards: John Crossman
 Clerk of Course George Sim
 Course Marshalls Members of Moray Roadrunners
 Championship Conveners Anne Sim: Walter Banks:
 Francis Scott



A MESSAGE FROM THE PRESIDENT OF THE SCOTTISH ATHLETICS FEDERATION

May I on behalf of the Federation welcome you all to these S.A.F. Veteran Cross Country Championships at Elgin.

As part of our policy of locating Championship events in all districts we are delighted to be in the North for this very popular event.

Our grateful thanks go to the North District Committee, the Championship Convener and all the Officials for their help in organising this event.

Our thanks also to Moray District Licensing Trading Association and Moray, Badenoch and Strathspey Enterprise for their assistance in making these Championships the success, I'm sure they will be.

Peter Carton
 President, Scottish Athletics Federation



A MESSAGE FROM OUR SPONSORS

On behalf of The Moray Licensed Trade Association, may I say how delighted we are to be sponsoring the Scottish Veterans Cross Country Championships.

We have a long and close association with Moray Roadrunners and congratulate them on their efforts in organising today's event.

We extend a warm welcome to all competitors, guests and officials and take this opportunity of wishing everyone a successful and enjoyable day.

Mr Ken Asher
 Secretary/Treasurer
 The Moray District Licensed Trade Association

VETERAN WOMEN

Declarations Close: 1.00 p.m.

Race Starts: 1.30 p.m.

1995 Winner: Trudi Thomson (BT Pitreavie)

1995 Team Winner: Livingston & District AAC

Aberdeen - Colour: White with 2 Red Hoops

261 ARMITAGE, S (35); 262 MEARN, K (35); 263 RAMSAY, A (45);

264 McKINNON, N (40); 265 KERR, B (40); 266 SIMPSON, U (40).

Caithness AAC - Colour: White Vest with Blue Diagonal

267 FARQUHAR, F (45).

Deeside Runners - Colour: Jade Green

268 DONALD, P (40); 269 BLYTH, C (40); 270 JOHNSTONE, L (35).

Dundee Roadrunners - Colour: White with Blue Diagonal

271 ROBERTSON, M (45); 272 WESTGATE, S (35); 273 STRACHAN, A (40);

274 CARTER, S (40); 275 MCGILL, L (40).

Falkirk Victoria Harriers - Colour: Black with Gold Band

276 STEVENSON, J (45); 277 DOUGLAS, A (35); 278 LAWLESS, C (35).

Fife AC - Colour: White with Red Band

279 LEMONCELLO, P (45)

Fraserburgh R.C. - Colour: Black Vest

280 DUTHIE, M (35)

Giffnock North - Colour: Amber Blue

281 RICHARDS, A (45)

City of Glasgow - Colour: Royal Blue with Green Panel

282 THOMPSON, C (35)

Inverness Harriers - Colour: Gold/Maroon

283 GRAY, L (40); 284 MacLEAN, A (35); 285 WOODHOUSE, M (45)

Irvine A.C. - Colour: Red with Black trim

286 MORTON, H (35); 287 McGARRY, L (40)

Kilbarchan AAC - Colour: Gold with Black Hoop

288 MOORE, M (60)

Kirkintilloch Olympians - Colour: Sky Blue with White/Black Hoops

289 BROWN, L (45); 290 SUTHERLAND, L (40)

Lochaber A.C. - Colour: White with Two Blue Hoops

291 SEARLE, H (35)

Loudon Runners - Colour: Royal Blue with 3 Horizontal Yellow Bands

292 MONTEITH, D (40)

Maryhill Harriers - Colour: Royal Blue

293 PORTEOUS, S (35); 294 PORTEOUS, A (45); 295 GALLACHER, M (55)

Minolta Black Isle AC - Colour: Black with Red Diagonal Stripe

296 McLARDY, L (40)

Moray Roadrunners - Colour: Dayglow Yellow with Black Trim

297 WARDHAUGH, F (40); 298 MITCHELL, P (35); 299 HENDERSON, S (35);

300 CULEY, S (45); 301 STEWART, M (35)

Livingston & District AC - Colour: Yellow with Green Stripe

302 DEMPSEY, V (40); 303 ROTHER, P (35); 304 SALVONA, J (35)

Penicuik Harriers - Colour: Purple with White Panels

305 SMITH, J (35)

Shettleston Harriers - Colour: Blue with Yellow Band

306 REID, E (35); 307 DALY, M (40)

Teviotdale Harriers - Colour: White with Maroon Band

308 KNOX, L (35)

VETERAN MEN

Declarations Close: 1.45 p.m.

Race Start: 2.15 p.m.

1995 Winner: Brian Kirkwood (Leslie Deans RC)

1995 Team: Dumbarton AAC

Aberdeen AAC - Colour: White with 2 Red Hoops

1 ARMITAGE, D (45); 2 CASSELLS, S (40); 3 DUGUID, F (45);

4 EDWARDS, M (50); 5 FULTON, A (45); 6 JOHNSTON, B (40);

7 JOLLIFFE, I (50); 8 McFARQUHAR, R (50); 9 RAMSAY, G (40);

10 ROBSON, J (55); 11 SMITH, M (45); 12 DUNSTER, E (65);

13 KERR, T (45); 14 SCULLION, W (50); 15 CASELY, G (50);

16 SIMPSON, C (45)

Bellahouston Harriers - Colour: Dark Blue with Light Blue Cross

17 JOSS, C (40)

Babcock Pitreavie AAC - Colour: White, Navy, Gold

18 RUSSELL, A (40); 19 LINAKER, J (55); 20 MATHIESON, C (40);

21 DUNCAN, A (50)

Cambuslang Harriers - Colour: Red with White Band

22 ANDERSON, R (45); 23 BURNS, E (60); 24 GOUGH, B (40);

25 HENDERSON, D (45); 26 HURLEY, F (40); 27 JENKINS, A (40);

28 JOHNSTONE, M (45); 29 MARSHALL, W (65);

30 McDONALD, W (40); 31 McDOUGALL, C (45); 32 QUINN, J (40);

33 ROBERTSON, J (40); 34 CONNOR, F (40); 35 DOLAN, T (50);

36 McPAKE, T (45)

Carnethy HRC - Colour: Yellow with Red Letters

37 BLAIR-FISH, J (40); 38 PRITCHARD, C (50); 39 TURNBULL, L (40);

40 WALDIE, B (50); 41 BURNS, K (50); 42 WHITE, R (40)

Clydesdale Harriers - Colour: White with Black "C"

43 GEMMELL, D (45); 44 HANRATTY, J (40); 45 YOUNG, R (50);

46 ROSSBOROUGH, R (40); 47 SHIELDS, J (50); 48 EDRIDGE, B (50);

49 RUDZINSKI, P (45); 50 DOLAN, P (40); 51 KANE, G (40)

Deeside Runners - Colour: Jade Green

52 PREECE, B (50); 53 DOUGHERTY, M (40); 54 DUGUID, F (40);

55 DONALD, B (40); 56 MOWAT, R (40)

Dumbarton AAC - Colour: Black with Red Band

57 MARTIN, C (45); 58 ADAMS, A (50); 59 HARRISON, J (40);

60 CALDWELL, F (40); 61 HARRISON, D (40); 62 WALSH, P (40);

63 FLETCHER, D (40)

Dundee Hawkhill Harriers - Colour: Blue and White Quarters

64 ANGUS, G (55); 65 BIRSE, A (45); 66 BURNETT, P (40);

67 HANLON, G (40); 68 KILCULLEN, T (55); 69 LOVE, C (50);

70 LINDSAY, D (45); 71 MORGAN, D (60); 72 MACAULAY, N (55);

73 MCGREGOR, J (45); 74 PROVAN, D (45); 75 STEWART, A (45);

258 CROMAR, S (55); 259 DURWIN, J (40)

Dundee Roadrunners - Colour: White with Blue Diagonal

76 CONNOLLY, S (60); 77 McLEOD, A (45); 78 HUNTER, A (40);

79 MCGILL, R (45)

East Kilbride AAC - Colour: Gold with 2 Black Hoops

80 FULTON, R (40); 81 TURNBULL, D (50); 82 McKIRDY, D (55)

Edinburgh AC - Colour: White with 2 Black Diagonal Stripes

83 McCASKEY, W (60); 84 MORRISON, H (60); 85 SCOTT, A (40);
86 MacEWAN, A (40); 87 BANKOWSKI, Z (45); 88 SMITH, C (45);
89 STEVENSON, E (45); 90 KAY, L (45)

Edinburgh Southern Harriers - Colour: White with Double Blue Hoops

91 BEGLEY, B (45); 92 CAMERON, S (55); 93 GALLACHER, W (45);
94 GRIFFITHS, A (40); 95 HOWIE, B (45); 96 McFALL, R (60);
97 MacGREGOR, J (40); 98 ROBERTSON, M (45); 99 TURNER, J (45);
100 WEAVERS, T (40)

Falkirk Victoria Harriers - Colour: Black with Gold Band

101 GILLESPIE, D (40); 102 LOTHIAN, D (40); 103 McKENZIE, D (45);
104 DAY, W (45); 105 NORVAL, S (40); 106 RODGER, A (45);
107 STEMPCZYK, T (40); 108 CARTWRIGHT, P (50); 109 GRAY, R (50)

Ferranti AAC - Colour: Yellow with Black Letters

110 JACKSON, A (45); 111 SHAW, J (55); 112 THOMSON, W (45)

Fife AC - Colour: White with Red Band

113 ROSS, C (40); 114 GUNSTONE, D (45); 115 McREADIE, M (40);
116 BENNISON, G (45); 117 CASSIDY, A (40); 118 FRANCIS, D (45);
119 LUNSDEN, J (40); 120 MORRISON, R (45); 121 ROUGH, J (40);
122 MARTIN, T (40); 123 BARKER, A (45); 124 HOLDEN, J (50);
125 KNOWLES, S (40)

Forfar Roadrunners - Colour: Sky Blue Best/Navy Shorts

126 MILNE, R (40); 127 WOOD, D (55)

Forres Harriers - Colour: Red

128 McROBBIE, D (45); 129 CAMERON, H (45); 130 THOMPSON, S (45);
131 MITCHELL, H (40); 132 COWIE, D (40); 133 McDONALD, A (45);
134 NEALE, D (45); 135 FARQUHAR, R (40)

Fraserburgh Running Club - Colour: Black Vest with White

136 BEEDIE, G (45); 137 NOBLE, C (45); 138 CLARK, G (40);
139 BROWN, S (40); 140 BUCHAN, S (40); 141 MacDONALD, R (45);
142 HIGGINS, A (40)

Garscube Harriers - Colour: White with Blue Band

143 DONALD, R (65); 144 DOWNIE, R (45); 145 DRYDEN, J (45);
146 DUNN, I (40); 147 HEPPELL, D (45); 148 IRVINE, S (45);
149 McGLYNN, P (45); 150 PARKER, A (45)

Giffnock North A.C. - Colour: Amber/Blue

151 WATSON, A (40); 152 McSWEIN, R (60)

Greenock Wellpark Harriers - Colour: White with Black Hoop

153 GAFFNEY, G (40)

Hamilton Harriers - Colour: White with Red Facings

154 GIBSON, H (60); 155 HAMILL, W (60); 156 CAMPBELL, B (50);
157 GALLACHER, B (45); 158 McLINDEN, A (40);
159 LONGWORTH, P (40); 160 HUGHES, B (40)

Hunters Bog Trotters - Colour: Brown

161 BAXTER, S (40); 162 THOMAS, R (40); 163 HUGHES, B (45);
164 KEOGH, J (45); 165 MARSHALL, I (45); 166 SCOTT, E (45)

Inverness Harriers - Colour: Gold/Maroon

167 BANNERMAN, C (40); 168 BEATON, G (40); 169 BLACK, N (45);
170 BOX, G (50); 171 CHESTER, R (45); 172 CROWE, P (45);
173 DAVIDSON, J (50); 174 EWAN, D (45); 175 FERGUSON, P (45);
176 FLETCHER, P (40); 177 FORBES, C (40); 178 JARVIE, C (50);
179 JOHNSTONE, I (40); 180 MacLENNAN, R (45); 181 MITCHELL, G (50);
182 REDFERN, L (45); 183 McDONALD, R (40); 184 THOMAS, I (50);
185 WHEELER, I (40);

Irvine AC - Colour: Red with Black Trim

186 WHITE, J (40); 187 CHEYNE, R (45); 188 NEWBIGGINS, J (60)

Keith & District AAC - Colour: Maroon & Sky Blue

189 BARTON, F (40); 190 GILLIES, D (40); 191 LONGMORE, B (50);
192 JAMIESON, M (45)

Kilbarchan AAC - Colour: Gold with Black Hoop

193 GOUDIE, J (40)

Kirkintilloch Olympians - Colour: Sky Blue with White & Black Hoops

194 BROWN, R (45); 195 CAMPBELL, I (40); 196 McLEAN, G (45)

Law & District AAC - Colour: Amber with 2 Red Bands & 1 White Band

197 ADKIN, J (40); 198 DRYSDALE, W (60); 199 GOURLAY, J (50)

Leslie Deans RC - Colour: Cobalt Blue

200 KIRKWOOD, B (40)

Lochaber AC - Colour: White with 2 Blue Hoops

201 MACDONALD, D (50); 202 CANT, R (45); 203 TREASURER, J (40);
204 CAMPBELL, E (60)

Maryhill Harriers - Colour: Royal Blue

205 PORTEOUS, G (Over 75 years)

Metro Aberdeen RC - Colour: Red

206 BENZIES, C (40); 207 CLYNE, F (40); 208 GRAHAM, P (40);
209 JENNINGS, P (40); 210 STEWART, J (40); 211 TACK, I (40);
212 VARNEY, K (40); 213 WILLIAMSON, I (40); 214 YOUNGSON, C (45)

Minolta Black Isle - Colour: Black with Red Diagonal Stripe

215 BETHUNE, G (40); 216 BRETT, A (45); 217 FALCONER, C (50);
218 GARNER, P (40); 219 MacMILLAN, J (45); 220 RICHMOND, J (40);
221 WILBY, R (50)

Moray Roadrunners - Colour: Dayglow Yellow with Black Trim

222 PATERSON, E (40); 223 MILNE, G (45); 224 MacGREGOR, J (45);
225 SIM G, (45); 226 SCOTT, F (45); 227 WISHART, J (45);
228 STEWART, D (45); 229 HIRD, R (40); 230 RITCHIE, D (50);
231 MORRISON, D (40); 232 McGETTRICK, J (45); 260 MARRIOT, E (50)

Perth Straththay Harriers - Colour: Orange with Blue Trim

233 PAXTON, M (40); 234 McCABE, S (40); 235 WATSON, G (40);
236 CADGER, F (40)

Peterhead AAC - Colour: Sky Blue

237 HASTIE, S (40)

Springburn Harriers - Colour: Navy Blue with White Diamond

238 FARRELL, W (60); 239 MORTON, D (50); 240 O'REILLY, T (60);
241 OWENS, J (40)

Teviotdale Harriers - Colour: White with Maroon Band

242 McCLURE, M (40); 243 REID, A (40); 244 MALTMAN, N (40);
245 ELLIOT, I (45); 246 EMMERSON, B (45); 247 MARSH, J (40);
248 RAE, R (45); 249 SHANKIE, A (45); 250 SPENCE, B (40);
251 CANNON, F (45); 252 SAMUEL A (45);
253 KNOX, J (45)

Victoria Park AAC - Colour: Blue and White Hoops

254 DOYLE, J (40); 255 McGREGOR, P (45); 256 PARSONS, F (65)

Individual

257 GABB, T (40)

PREVIOUS MENS VETERAN CHAMPIONS

M40		M60	
1972	W. Stoddart (Greenock Wellpark H.)	1972	J. E. Farrell (Maryhill H.)
1973	W. Stoddart (Greenock Wellpark H.)	1973	H. Smith (Maryhill H.)
1974	C. McAllinden (Paisley H.)	1974	J. E. Farrell (Maryhill H.)
1975	C. McAllinden (Paisley H.)	1975	G. Porteous (Maryhill H.)
1976	C. McAllinden (Paisley H.)	1976	G. Porteous (Maryhill H.)
1977	W. Stoddart (Greenock Wellpark H.)	1977	G. Porteous (Maryhill H.)
1978	W. Stoddart (Greenock Wellpark H.)	1978	A. Forbes (Victoria Park AAC)
1979	W. Stoddart (Greenock Wellpark H.)	1979	J. E. Farrell (Maryhill H.)
1980	D. McGregor (Fife AC)	1980	A. Forbes (Victoria Park AAC)
1981	M. Craven (Edinburgh Southern H.)	1981	D. Morrison (Shettleston H.)
1982	A. Brown (Clyde Valley AC)	1982	G. Porteous (Maryhill H.)
1983	D. McGregor (Fife AC)	1983	J. Clark (Clyde Valley AC)
1984	R. Hodelet (Greenock Glenpark H.)	1984	J. Kelly (Shettleston H.)
1985	R. Hodelet (Greenock Glenpark H.)	1985	J. Clark (Clyde Valley AC)
1986	B. Scobie (Maryhill H.)	1986	M. Scott (Haddington ELP)
1987	B. Scobie (Maryhill H.)	1987	W. Temple (Unattached)
1988	C. Youngson (Aberdeen AAC)	1988	W. Marshall (Motherwell YMCA)
1989	C. Youngson (Aberdeen AAC)	1989	W. Marshall (Motherwell YMCA)
1990	G. Meredith (Victoria Park AAC)	1990	W. Marshall (Motherwell YMCA)
1991	L. Elliot (Teviotdale H.)	1991	W. Marshall (Motherwell YMCA)
1992	L. Elliot (Teviotdale H.)	1992	W. Stoddart (Greenock Wellpark H.)
1993	B. Kirkwood (Racing Club Edinburgh)	1993	A. Brown (Law & District AAC)
1994	B. Kirkwood (Racing Club Edinburgh)	1994	A. Brown (Law & District AAC)
1995	B. Kirkwood (Leslie Deans RC)	1995	B. Gauld (Carnethy HRC)
M45		M65	
1989	A. Adams (Dumbarton AAC)	1989	T. Harrison (Maryhill H.)
1990	A. Adams (Dumbarton AAC)	1991	H. McGinley (Falkirk Victoria H.)
1991	A. Adams (Dumbarton AAC)	1992	W. Gillespie (Falkirk Victoria H.)
1992	A. Adams (Dumbarton AAC)	1993	W. Marshall (Scottish Veteran H.)
1993	C. Youngson (Aberdeen AAC)	1994	W. Marshall (Cambuslang H.)
1994	B. Emmerson (Teviotdale H.)	1995	W. Marshall (Cambuslang H.)
1995	B. Emmerson (Teviotdale H.)		
M50		M70	
1972	A. Forbes (Victoria Park AAC)	1991	T. Harrison (Maryhill H.)
1973	W. J. Ross (Garscube H.)	1992	T. Harrison (Maryhill H.)
1974	G. Martin (Springburn H.)		
1975	T. Harrison (Maryhill H.)	M75	
1976	C. O'Boyle (Clydesdale H.)	1989	D. Morrison (Shettleston H.)
1977	R. Kane (Victoria Park AAC)	1992	G. Porteous (Maryhill H.)
1978	W. Marshall (Clyde Valley H.)	1995	A. Duncan (Individual)
1979	H. Mitchell (Shettleston H.)		
1980	W. Marshall (Motherwell YMCA)	TEAMS	
1981	W. Marshall (Motherwell YMCA)	1972	Greenock Wellpark H.
1982	W. Stoddart (Greenock Wellpark H.)	1973	Springburn H.
1983	A. Wood (Aberdeen AAC)	1974	Springburn H.
1984	W. Stoddart (Greenock Wellpark H.)	1975	Springburn H.
1985	W. Stoddart (Greenock Wellpark H.)	1976	Springburn H.
1986	W. Stoddart (Greenock Wellpark H.)	1977	Edinburgh AC
1987	J. Irvine (Bellahouston H.)	1978	Springburn H.
1988	W. Stoddart (Greenock Wellpark H.)	1979	Edinburgh Southern H.
1989	J. Maitland (Lochaber AC)	1980	Edinburgh Southern H.
1990	J. Linaker (Pitreevie AAC)	1981	Clyde Valley AC
1991	D. McGregor (Fife AC)	1982	Clyde Valley AC
1992	G. Armstrong (Haddington ELP)	1983	Edinburgh Southern H.
1993	D. McGregor (Fife AC)	1984	Shettleston H.
1994	A. Adams (Dumbarton AAC)	1985	Shettleston H.
1995	A. Adams (Dumbarton AAC)	1986	Pitreevie AAC
		1987	Pitreevie AAC
M55		1988	Aberdeen AAC
1989	H. Gibson (Hamilton H.)	1989	Aberdeen AAC
1990	H. Rankin (JW Kilmarnock AC)	1990	Aberdeen AAC
1991	W. Gauld (Carnethy HRC)	1991	Teviotdale H.
1992	H. Rankin (JW Kilmarnock AC)	1992	Aberdeen AAC
1993	W. Gauld (Carnethy HRC)	1993	Teviotdale H.
1994	H. Morrison (Edinburgh AC)	1994	Teviotdale H.
1995	J. Linaker (BT Pitreevie AAC)	1995	Dumbarton AAC

PREVIOUS WOMEN VETERAN CHAMPIONS

W35		W50	
1993	S. Branney (City of Glasgow)	1993	S. Roger (Dundee Roadrunners)
1994	T. Thomson (BT Pitreevie AAC)	1994	J. Phillips (Lasswade AC)
1995	T. Thomson (BT Pitreevie AAC)	1995	J. Byng (Irvine AC)
W40		W55	
1993	J. Stevenson (Falkirk Victoria H.)	1993	M. Moore (Kilbarchan AAC)
1994	J. Stevenson (Falkirk Victoria H.)	1994	M. Moore (Kilbarchan AAC)
1995	G. Hanlon (Dundee Hawkhill H.)	1995	M. Moore (Kilbarchan AAC)
W45		TEAMS	
1993	M. Robertson (Dundee Roadrunners)	1993	Fife AC
1994	P. Lemoncello (Fife AC)	1994	Fife AC
1995	M. Robertson (Dundee Roadrunners)	1995	Livingston & District AAC

NATIONAL VETS VENUES

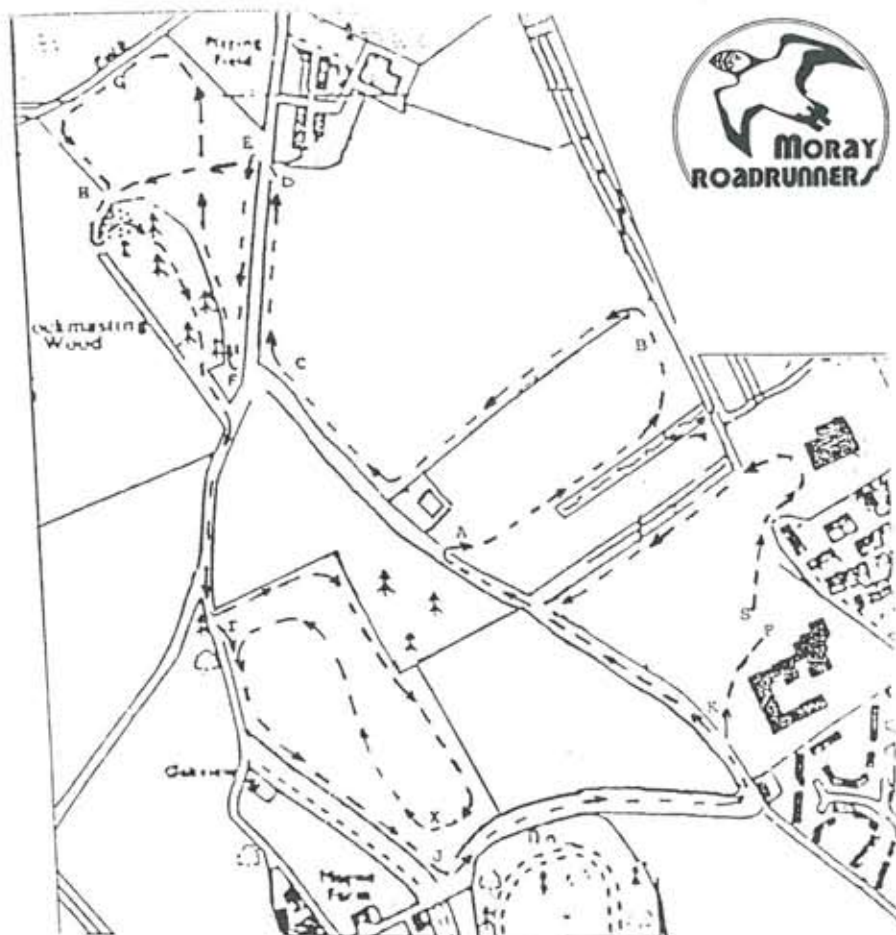
1996	NEW ELGIN
1995	HAWICK
1994	TROON
1993	ST. ANDREWS
1992	TROON
1991	LINLITHGOW
1990	DUMFRIES
1989	DUMFRIES
1988	ABERDEEN
1987	CLYDEBANK
1986	MUSSELBURGH
	BISHOPBRIGGS

On behalf of Moray Roadrunners I welcome you to today's National Veterans Cross Country Championships. For many of you today's course will be a new one but I am sure one that you will find demanding but fair and hopefully enjoyable. We are indebted to Mr Dean Anderson of Mayne Farm for the use of his land and to Elgin High School for changing facilities and showers etc.

May I wish you good luck with your run and I hope you all enjoy your visit to Elgin.

Francis Scott
Chairman, Moray Roadrunners





NATIONAL VETERANS CROSS COUNTRY CHAMPIONSHIPS
NEW ELGIN HIGH SCHOOL AND MAYNE FARM
SATURDAY 24 FEBRUARY 1996

WOMEN'S RACE - START - 1.30p.m. - MEN'S RACE START - 2.15 p.m.

WOMEN start > ABCDEHIJK straight to ABCDEHIJK > finish (6,400m)
MEN start > ABCDEFGHIXJK through start > ABCDEFGHIXJK > finish (10,000m)

Programme Sponsored by:
Moray, Badenoch & Strathspey Enterprise