



NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

**Camperdown Park
Dundee**

SATURDAY 28th JANUARY 2017

Women & Men M65⁺	6,000 Metres	1.00pm
Men up to M60	8,000 Metres	1.45pm

SCOTTISH ATHLETICS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Leslie Roy
Chief Executive	Mark Munro
Chair	Ian Beattie

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	John Rodger (Kilbarchan AAC)
Hon. Secretary	Julie Henderson (Helensburgh AAC)

OFFICIALS

Referee	Ron Morrison
Clerk of Course	Dave Hanlon
Assistant Referee	Dave Cairns
Timekeeper	Joe Bruce
Time Recorder	Elsie Oberg
Judges/Funnel Control	Andy Law (Chief), Phyllis Law, Alasdair Robertson, Alison McNeilly
Recorders (Places)	Allan Smith (Chief), Ian Mann, Sandy Cameron
Starter	Ron Morrison
Declarations	Lyn Hanlon, Pam Scott
Announcer	Alex Jackson
Results	Stuart Hay
Course Stewards	Dundee Hawkhill Harriers
First Aid	British Red Cross
Convenor	Alex Jackson

Scottish Athletics thanks everyone who has contributed to the success of today's event

Messages

On behalf of Scottish Athletics I would like to welcome you all to the Scottish Masters Cross Country Championship. This is the first time this championship has been held in Dundee

There is an excellent entry with 160 women and 431 men throughout the various age groups from age 40, so we look forward to some good battles.

My thanks go to the officials and volunteers who give up so much of their time to make events like this happen. Our thanks to Dave Hanlon and his team at Dundee Hawkhill Harriers for hosting the event.

To everyone competing today, enjoy the event and hopefully the ground will not be too soft underfoot.

Leslie Roy, President Scottishathletics

It is a great privilege to bring these championship to Dundee for the first time in the long history of this event.

Every year now there seems to be a debate about the Masters age groups especially if the should start at 35 or 40. In 2011 the I.A.A.F. re-introduced the W35 and M35 as Masters age groups and the SAL followed immediately. In 2013 after representation by individuals and clubs, the RR&CC Commission decided to consult the member clubs on their preference for the SAL Championships.

The result was pretty comprehensive for making a change. 73 out of 138 SAL clubs replied with 86% voting for Men starting at 40 and 70% voting for women starting at 40. Consequently from 2014 the SAL championships did not have a W35 or M35 race. This is not a change to the I.A.A.F. rules but a change to the championships that SAL present.

The results and Champions, of past years, have and will be recorded in the SAL RR&CC Commission's results Archive that may be viewed at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

At present the Archive is incomplete and we have very little record of the early women's results or the complete results before 1983-4 for these championships. If you have missing results, data or corrections that you wish to contribute, please contact Ron Morrison at ron@st-andrews.ac.uk with details.

The entries for today's Championships are very healthy with a Women's entry of 160 and a Men's entry of 431. The numbers make the Championships a true test of the strength of the age groups.

Finally I would like to wish everyone a most enjoyable day's competition be it at the front, middle or back of the races. We all know that the true joy in cross country running is beating you mates. Go get them.

John Rodger, Convener, SAL Road Running and Cross Country Commission

M65+ Men Start 1.00pm with Women
Age Category Number worn on the BACK

1	Allan	Gibson	Anster Haddies RC	(M65)	23	William	Macrae	Highland Hill Runners	(M65)
2	Stuart	Waugh	Caldergleng Harriers	(M65)	24	Douglas	Lamont	Inverness Harriers AAC	(M65)
3	Iain	Burke	Cambuslang Harriers	(M65)	25	Andrew	Rennie	Irvine Running Club	(M65)
4	Peter	Ogden	Cambuslang Harriers	(M65)	26	James	White	Irvine Running Club	(M65)
5	Phil	Smithard	Carnegie Harriers	(M65)	27	William	Drysdale	Law & District AAC	(M80)
6	Peter	Rudzinski	Clydesdale Harriers	(M65)	28	James	Rowley	Law & District AAC	(M65)
7	Robert	Young	Clydesdale Harriers	(M70)	29	Patrick	Kelly	Law & District AAC	(M70)
8	Stephen	Cromar	Dundee Hawkhill Harriers	(M75)	30	Ewart	Scott	Lothian Running Club	(M65)
9	Harry	Kay	Dundee Road Runners	(M65)	31	John	Duff	Metro Aberdeen RC	(M65)
10	Brian	Howie	Edinburgh AC	(M65)	32	George	Sim	Moray Road Runners	(M65)
11	Walter	McCaskey	Edinburgh AC	(M80)	33	Robert	Marshall	Morpeth Harriers	(M65)
12	Eric	Stevenson	Edinburgh AC	(M65)	34	James	Shemilt	Ochil Hill Runners	(M65)
13	Frank	McLaren	Fife AC	(M65)	35	Ed	Norton	PH Racing Club	(M65)
14	Kenneth	Morris	Fife AC	(M65)	36	Terry	Quigley	Ross County AC	(M65)
15	Tom	Scott	Fife AC	(M65)	37	Iain	Thomson	Strathearn Harriers	(M65)
16	Graham	Bennison	Fife AC	(M70)	38	Bill	Knox	Teviotdale Harriers	(M65)
17	Colin	Youngson	Forres Harriers	(M65)	39	James	Pittillo	Teviotdale Harriers	(M80)
18	Charles	Noble	Fraserburgh Running Club	(M65)	40	Frank	Birch	Teviotdale Harriers	(M70)
19	Norman	Baillie	Garscube Harriers	(M65)	41	Francis	Cannon	Teviotdale Harriers	(M65)
20	Frederick	McCain	Haddington Running Club	(M65)	42	Arnott	Kidd	Unattached	(M80)
21	Andrew	McLinden	Hamilton Harriers	(M65)	43	Graeme	Orr	Westerlands XC Club	(M65)
22	Alex	Sutherland	Highland Hill Runners	(M65)	44	Gibson	Fleming	Westerlands XC Club	(M70)

Women. Start 1.00pm with M65+ Men
Age Category Number worn on the BACK

436	Veronique	Oldham	Aberdeen AAC	(W50)	491	Susanne	Lumsden	Falkland Trail Runners	(W40)
437	Sonia	Armitage	Aberdeen AAC	(W55)	492	Carole	Mowbray	Falkland Trail Runners	(W50)
438	Kathleen	Fraser	Banchory Stonehaven AC	(W40)	493	Elizabeth	Gilchrist	Ferranti AAC	(W70)
439	Deirdre	Hoyle	Bellahouston Harriers	(W65)	494	Claire	Gilchrist	Ferranti AAC	(W50)
440	Shona	Donnelly	Bellahouston Road Runners	(W50)	495	Siobhan	Sellar	Ferranti AAC	(W45)
441	Erica	Christie	Cambuslang Harriers	(W60)	496	Jane	Askey	Fife AC	(W75)
442	Bernadette	O'Neil	Cambuslang Harriers	(W45)	497	Innes	Bracegirdle	Fife AC	(W60)
443	Jennifer	Reid	Cambuslang Harriers	(W40)	498	Addy	Gerrard	Fife AC	(W55)
444	Claire	Mennie	Cambuslang Harriers	(W40)	499	Keren	Macpherson	Fife AC	(W50)
445	Kirsty	Baird	Carnegie Harriers	(W45)	500	Margaret	Martin	Fife AC	(W60)
446	Isobel	Burnett	Carnegie Harriers	(W60)	501	Hilary	Ritchie	Fife AC	(W50)
447	Morna	Fleming	Carnegie Harriers	(W60)	502	Jocelyn	Scott	Fife AC	(W60)
448	Fabienne	Thompson	Carnegie Harriers	(W50)	503	Lynne	Stephen	Fife AC	(W55)
449	Charlotte	Morgan	Carnethy Hill Racing Club	(W40)	504	Sandra	Tulloch	Fife AC	(W40)
450	Hazel	Dean	Central AC	(W50)	505	Rhona	Van Rensburg	Fife AC	(W40)
451	Fiona	King	Clydesdale Harriers	(W45)	506	Elizabeth	Milne	Forfar Road Runners	(W40)
452	Marina	McCallum	Clydesdale Harriers	(W45)	507	Deborah	Kenward	Forfar Road Runners	(W55)
453	Pamela	McCossan	Clydesdale Harriers	(W55)	508	Anne	Docherty	Forres Harriers	(W70)
454	Christine	Duncanson	Clydesdale Harriers	(W55)	509	Jackie	Nicol	Forres Harriers	(W55)
455	Gillian	Carr	Corstorphine AAC	(W40)	510	Susan	McRitchie	Forres Harriers	(W40)
456	Fiona	Carver	Corstorphine AAC	(W55)	511	Carol	Massie	Fraserburgh Running Club	(W50)
457	Audrey	Graham	Corstorphine AAC	(W40)	512	Morag	Thompson	Fraserburgh Running Club	(W40)
458	Janet	Grigor	Corstorphine AAC	(W45)	513	Gillian	Cardno-Strachan	Fraserburgh Running Club	(W40)
459	Susan	Johnston	Corstorphine AAC	(W50)	514	Fiona	Dalgleish	Gala Harriers	(W45)
460	Fiona	Linklater	Corstorphine AAC	(W40)	515	Rachel	Fagan	Gala Harriers	(W40)
461	Nicola	Ross	Corstorphine AAC	(W45)	516	Kate	Jenkins	Gala Harriers	(W40)
462	Jane	Kerridge	Deeside Runners	(W60)	517	Jennifer	Forbes	Gala Harriers	(W45)
463	Joasia	Zakrzewski	Dumfries Running Club	(W40)	518	Anya	Campbell	Gala Harriers	(W45)
464	Sian	Finlay	Dumfries Running Club	(W45)	519	Fiona	Shepherd	Gala Harriers	(W45)
465	Anne	Macfarlane	Dumfries Running Club	(W50)	520	Dawn	Grant	Gala Harriers	(W45)
466	Rhona	Anderson	Dunbar Running Club	(W50)	521	Dianne	Lauder	Gala Harriers	(W40)
467	Anne	Hay	Dunbar Running Club	(W50)	522	Eileen	Nicol	Gala Harriers	(W50)
468	Diane	Placentino	Dundee Hawkhill Harriers	(W40)	523	Eileen	Maxwell	Gala Harriers	(W50)
469	Nicola	Tully	Dundee Hawkhill Harriers	(W40)	524	Lindsay	Dun	Gala Harriers	(W50)
470	Catherine	Matthews	Dundee Hawkhill Harriers	(W40)	525	Gillian	Duncan	Gala Harriers	(W45)
471	Catriona M	Reynolds	Dundee Hawkhill Harriers	(W45)	526	Morag	Casey	Garscube Harriers	(W40)
472	Morag	Taggart	Dundee Road Runners AC	(W55)	527	Lesley	Chisholm	Garscube Harriers	(W40)
473	Jacqueline	Heilbronn	Dundee Road Runners AC	(W50)	528	Arlene	Lewis	Garscube Harriers	(W40)
474	Margaret	Gamble	Dundee Road Runners AC	(W50)	529	Allie	Chong	Giffnock North AAC	(W45)
475	Linda	Craddock	Dundee Road Runners AC	(W45)	530	Sheila	Lewis	Giffnock North AAC	(W50)
476	Gillian	Sangster	Dundee Road Runners AC	(W45)	531	Catriona	Gourley	Giffnock North AAC	(W50)
477	Barbara	Sweeney	Dundee Road Runners AC	(W50)	532	Allison	Mathews	Giffnock North AAC	(W50)
478	Susan	Ridley	Edinburgh AC	(W50)	533	Marian	Monk	Greenock Glenpark Harriers	(W40)
479	Anne	Peat	Edinburgh AC	(W50)	534	Fiona	Milligan	Harmeny AC	(W40)
480	Jennifer	MacLean	Edinburgh AC	(W40)	535	Janet	Fellowes	Helensburgh AAC	(W60)
481	Janet	Dunbar	Edinburgh AC	(W45)	536	Karen	Lyons	Highland Hill Runners	(W45)
482	Karen	Dobbie	Edinburgh AC	(W50)	537	Megan	Wright	Hunters Bog Trotters	(W40)
483	Sharyn	Ramage	Edinburgh AC	(W50)	538	Louise	Provan	Hunters Bog Trotters	(W40)
484	Jill	Morrow	Edinburgh AC	(W50)	539	Phyllis	O'Brien	Hunters Bog Trotters	(W55)
485	Elaine	Davies	Edinburgh AC	(W45)	540	Claire	Gordon	Hunters Bog Trotters	(W40)
486	Fiona	Matheson	Falkirk Victoria Harriers	(W55)	541	Doreen	Campbell	Inverness Harriers AAC	(W45)
487	Monica	Anderson	Falkirk Victoria Harriers	(W45)	542	Lorna	Fife	Inverness Harriers AAC	(W45)
488	Lorna	Kennedy	Falkirk Victoria Harriers	(W40)	543	Liz	Forbes	Inverness Harriers AAC	(W60)
489	Nicola	Flynn	Falkirk Victoria Harriers	(W40)	544	Liz	Gray	Inverness Harriers AAC	(W65)
490	Susan	Harley	Falkland Trail Runners	(W45)	545	Fiona	Mackay	Inverness Harriers AAC	(W50)

546	Jackie	Mair	Inverness Harriers AAC	(W50)	571	Lorna	Mahoney	Milburn Harriers	(W50)
547	Roma	Shepherd	Inverness Harriers AAC	(W40)	572	Karen	Norvell	Moray Road Runners	(W45)
548	Ann	Smart	Inverness Harriers AAC	(W50)	573	Linda	Smith	Moray Road Runners	(W50)
549	Julie	Wilson	Inverness Harriers AAC	(W45)	574	Phyllis	Hands	Motherwell AC	(W60)
550	Averil	Lamont	Inverness Harriers AAC	(W60)	575	Karen	Kealey	Ochil Hill Runners	(W45)
551	Susan	Rhodes	Irvine Running Club	(W55)	576	Tessa	Ward	Perth Road Runners	(W45)
552	Elizabeth	Colquhoun	Irvine Running Club	(W45)	577	Fiona	Manson	Perth Road Runners	(W45)
553	Kirsteen	Alexander	Kilmarnock H&AC	(W45)	578	Linda	O'Neill	Perth Road Runners	(W50)
554	Ada	Stewart	Kirkintilloch Olympians	(W50)	579	Mary	Western	PH Racing Club	(W50)
555	Shirley	MacNab	Kirkintilloch Olympians	(W50)	580	Alison	Whyte	PH Racing Club	(W45)
556	Vivien	Fraser	Kirkintilloch Olympians	(W50)	581	Karen	Kennedy	PH Racing Club	(W45)
557	Marie	McChord	Kirkintilloch Olympians	(W55)	582	Fiona	Wright	Portobello Running Club	(W40)
558	Linden	Nicholson	Lasswade AAC	(W60)	583	Yana	Thandrayen	Portobello Running Club	(W40)
559	Jill	Horsburgh	Linlithgow AC	(W55)	584	Monica	Flanagan	Portobello Running Club	(W40)
560	Rosemary	Gallagher	Linlithgow AC	(W45)	585	Susan	Linklater	Shetland AAC	(W60)
561	Lorna	Simpson	Linlithgow AC	(W40)	586	Shona	Robertson	Shettleston Harriers	(W45)
562	Claire	Smith	Metro Aberdeen RC	(W45)	587	Catriona	Morrison	Stirling Triathlon Club	(W40)
563	Ali	Mathers	Metro Aberdeen RC	(W40)	588	Julia	Hector	Stirling Triathlon Club	(W60)
564	Sarah	Knox	Metro Aberdeen RC	(W45)	589	Donna	Inglis	Teviotdale Harriers	(W50)
565	Amy	Mackie	Metro Aberdeen RC	(W45)	590	Louise	Potter	VP-Glasgow AC	(W45)
566	Tara	Fairley	Metro Aberdeen RC	(W40)	591	Suzanne	Gilmour	VP-Glasgow AC	(W40)
567	Lisa	McShea	Metro Aberdeen RC	(W40)	592	Linda	Lucey	Wee County Harriers	(W50)
568	Ruth	Wolfe	Metro Aberdeen RC	(W50)	593	Helen	MacPherson	Westerlands XC Club	(W60)
569	Valerie	Wilson	Metro Aberdeen RC	(W50)	594	Valerie	Houston	Westerlands XC Club	(W50)
570	Anita	Torr	Metro Aberdeen RC	(W40)	595	Christine	Menhennet	Westerlands XC Club	(W60)

Men's to M60 Race Starts 1.45pm

Age Category Number worn on the BACK

45	Athol	Burnett	Aberdeen AAC	(M55)	121	Stuart	Campbell	Corstorphine AAC	(M45)
46	Neil	Smith	Anster Haddies RC	(M40)	122	Dean	Carr	Corstorphine AAC	(M40)
47	Alasdair	Meldrum	Ayr Seaforth AC	(M45)	123	Gordon	Clarke	Corstorphine AAC	(M40)
48	Iain	Pettigrew	Ayr Seaforth AC	(M45)	124	Keith	Copland	Corstorphine AAC	(M45)
49	Timothy	Downie	Ayr Seaforth AC	(M60)	125	Iain	Cumming	Corstorphine AAC	(M60)
50	John	Hannah	Ayr Seaforth AC	(M40)	126	Tom	Ferrington	Corstorphine AAC	(M40)
51	Laurence	Baker	Ayr Seaforth AC	(M55)	127	Graeme	Fletcher	Corstorphine AAC	(M50)
52	Robert	Auckland	Banchory Stonehaven AC	(M55)	128	Jeremy	Hall	Corstorphine AAC	(M40)
53	Andrew	Ferguson Snr	Banchory Stonehaven AC	(M55)	129	David	Henderson	Corstorphine AAC	(M50)
54	Steve	Baird	Banchory Stonehaven AC	(M45)	130	Keith	Hood	Corstorphine AAC	(M40)
55	Crispin	Walsh	Bellahouston Harriers	(M45)	131	Victor	Jack	Corstorphine AAC	(M45)
56	Mark	Wallace	Bellahouston Harriers	(M45)	132	Ian	Johnston	Corstorphine AAC	(M50)
57	Paul	Houston	Bellahouston Harriers	(M45)	133	David	Law	Corstorphine AAC	(M55)
58	Francis	Gilroy	Bellahouston Harriers	(M50)	134	Iain	Macleod	Corstorphine AAC	(M45)
59	Iain	Morrison	Bellahouston Harriers	(M50)	135	Bruce	Malcolm	Corstorphine AAC	(M50)
60	Brent	Brodie	Bellahouston Harriers	(M40)	136	Graham	McLean	Corstorphine AAC	(M60)
61	Graeme	Paterson	Bellahouston Road Runners	(M40)	137	Ian	McPherson	Corstorphine AAC	(M45)
62	Greig	Glendinning	Bellahouston Road Runners	(M45)	138	Keith	Ovenstone	Corstorphine AAC	(M40)
63	Bruce	Carmichael	Bellahouston Road Runners	(M40)	139	Neill	Porterfield	Corstorphine AAC	(M40)
64	Russell	Couper	Calderglen Harriers	(M50)	140	Ken	Speirs	Corstorphine AAC	(M45)
65	Alan	Derrick	Calderglen Harriers	(M50)	141	Jan-Bert	Van Den Berg	Corstorphine AAC	(M55)
66	Gordon	McInally	Calderglen Harriers	(M50)	142	Stan	Whitaker	Corstorphine AAC	(M40)
67	Francis	Hurley	Cambuslang Harriers	(M60)	143	Chris	Tomlin	Cosmic Hillbashers AAC	(M45)
68	Frankie	Barton	Cambuslang Harriers	(M60)	144	Sam	Long	Deeside Runners	(M40)
69	Paul	Thompson	Cambuslang Harriers	(M60)	145	Andrew	Anderson	Dunbar Running Club	(M50)
70	Edward	Stewart	Cambuslang Harriers	(M60)	146	Gordon	Barrie	Dundee Hawkhill Harriers	(M40)
71	Colin	Feechan	Cambuslang Harriers	(M55)	147	Philip	Forte	Dundee Hawkhill Harriers	(M60)
72	Des	Dickson	Cambuslang Harriers	(M55)	148	Raymond	Tully	Dundee Hawkhill Harriers	(M45)
73	Colin	Donnelly	Cambuslang Harriers	(M55)	149	Ian	McNulty	Dundee Hawkhill Harriers	(M45)
74	David	Thom	Cambuslang Harriers	(M55)	150	Steve	Matthews	Dundee Hawkhill Harriers	(M40)
75	Alick	Walkinshaw	Cambuslang Harriers	(M55)	151	Billy	Gibson	Dundee Hawkhill Harriers	(M40)
76	Stan	MacKenzie	Cambuslang Harriers	(M50)	152	Bruce	Scott	Dundee Hawkhill Harriers	(M45)
77	Chris	Upson	Cambuslang Harriers	(M50)	153	Nigel	Reynolds	Dundee Hawkhill Harriers	(M55)
78	Ken	McInnes	Cambuslang Harriers	(M45)	154	Grant	Duke	Dundee Hawkhill Harriers	(M40)
79	Michael	O'Hagan	Cambuslang Harriers	(M45)	155	Alan	Vigrow	Dundee Hawkhill Harriers	(M50)
80	Tony	Mccutcheon	Cambuslang Harriers	(M45)	156	Andrew	Bennett	Dundee Hawkhill Harriers	(M45)
81	Frank	McGowan	Cambuslang Harriers	(M45)	157	Matthew	Strachan	Dundee Hawkhill Harriers	(M50)
82	Kerry-Liam	Wilson	Cambuslang Harriers	(M45)	158	Craig	Ross	Dundee Hawkhill Harriers	(M60)
83	Justin	Carter	Cambuslang Harriers	(M40)	159	John	Mill	Dundee Road Runners AC	(M50)
84	Jamie	Reid	Cambuslang Harriers	(M40)	160	Richard	Toller	Dundee Road Runners AC	(M60)
85	Scott	Hunter	Cambuslang Harriers	(M40)	161	Ronald	Fraser	Dundee Road Runners AC	(M50)
86	Brian	Douglas	Cambuslang Harriers	(M40)	162	Simon	Knox	Dundee Road Runners AC	(M50)
87	Michael	Barker	Cambuslang Harriers	(M40)	163	Lee	O'Connor	Dundee Road Runners AC	(M40)
88	Kenneth	Campbell	Cambuslang Harriers	(M40)	164	Brett	La Hay	Dundee Road Runners AC	(M55)
89	John	Macnamara	Cambuslang Harriers	(M40)	165	John	McIntosh	Dundee Road Runners AC	(M50)
90	Robert	Gilroy	Cambuslang Harriers	(M40)	166	Michael	Royden	Dundee Road Runners AC	(M45)
91	Barry	Davie	Carnegie Harriers	(M40)	167	Peter	Connolly	Dundee Road Runners AC	(M55)
92	John	Fulham	Carnegie Harriers	(M40)	168	David	Stewart	Dundee Road Runners AC	(M50)
93	Stephen	Greer	Carnegie Harriers	(M55)	169	Graeme	Haddow	East Kilbride A.C.	(M50)
94	John	Hynd	Carnegie Harriers	(M55)	170	Brian	O'Neill	East Kilbride A.C.	(M45)
95	Steven	King	Carnegie Harriers	(M45)	171	Michael	Barton	Edinburgh AC	(M40)
96	Neil	McLure	Carnegie Harriers	(M45)	172	John	Blair	Edinburgh AC	(M50)
97	Neil	Gilmore	Carnethy Hill Racing Club	(M50)	173	Max	Carcas	Edinburgh AC	(M45)
98	Bruce	Smith	Carnethy Hill Racing Club	(M50)	174	Richard	Clark	Edinburgh AC	(M40)

99	Simon	Barlow	Central AC	(M45)	175	Dave	Clements	Edinburgh AC	(M45)
100	Scott	Brember	Central AC	(M40)	176	David	Cross	Edinburgh AC	(M50)
101	Hugh	Buchanan	Central AC	(M55)	177	Chris	Creegan	Edinburgh AC	(M55)
102	Neil	Cameron	Central AC	(M45)	178	Martin	Ferguson	Edinburgh AC	(M50)
103	Cameron	Campbell	Central AC	(M55)	179	Robert	Hamilton	Edinburgh AC	(M40)
104	Iain	Dunsmore	Central AC	(M45)	180	Scott	Henderson	Edinburgh AC	(M40)
105	David	Eckersley	Central AC	(M50)	181	Scott	Innes	Edinburgh AC	(M45)
106	Allan	Gall	Central AC	(M60)	182	Andrew	Latham	Edinburgh AC	(M50)
107	Charles	Graham-Marr	Central AC	(M55)	183	Alex	MacEwen	Edinburgh AC	(M60)
108	Ewan	Jack	Central AC	(M45)	184	Matthew	Newnham	Edinburgh AC	(M55)
109	Liam	McCabe	Central AC	(M55)	185	Malcolm	Parry	Edinburgh AC	(M40)
110	Robin	Mussett	Central AC	(M50)	186	Garry	Robertson	Edinburgh AC	(M50)
111	Jens	Subke	Central AC	(M45)	187	David	Steele	Edinburgh AC	(M55)
112	Martin	King	Clydesdale Harriers	(M40)	188	Robert	Turner	Edinburgh AC	(M40)
113	Tom	Collins	Clydesdale Harriers	(M60)	189	John	Denholm	Falkirk Victoria Harriers	(M60)
114	Michael	Diver	Clydesdale Harriers	(M50)	190	John	Martin	Falkirk Victoria Harriers	(M60)
115	Hugh	Laverty	Clydesdale Harriers	(M60)	191	Malcolm	Finlayson	Falkirk Victoria Harriers	(M45)
116	Graeme	Wiseman	Clydesdale Harriers	(M40)	192	Gordon	Crawford	Falkirk Victoria Harriers	(M50)
117	Moray	Anderson	Corstorphine AAC	(M40)	193	Mark	Johnstone	Falkirk Victoria Harriers	(M45)
118	Steven	Blair	Corstorphine AAC	(M50)	194	Wallace	Grieve	Falkirk Victoria Harriers	(M50)
119	Martin	Caldwell	Corstorphine AAC	(M60)	195	Stewart	Christie	Falkirk Victoria Harriers	(M50)
120	Alan	Cameron	Corstorphine AAC	(M45)	196	Craig	Johnston	Falkirk Victoria Harriers	(M45)

197	Neil	Roberton	Falkirk Victoria Harriers	(M50)	273	Damian	O'Looney	Harmeny AC	(M40)
198	Michael	McQuaid	Falkirk Victoria Harriers	(M50)	274	Graeme	Stewart	Harmeny AC	(M50)
199	Tom	Purves	Falkirk Victoria Harriers	(M45)	275	Andrew	Ross	Harmeny AC	(M50)
200	James	McLaren	Falkirk Victoria Harriers	(M55)	276	James	Wright	Hunters Bog Trotters	(M60)
201	Graeme	Brown	Falkirk Victoria Harriers	(M40)	277	David	Wright	Hunters Bog Trotters	(M40)
202	Andrew	Ronald	Falkirk Victoria Harriers	(M45)	278	Ray	Ward	Hunters Bog Trotters	(M40)
203	Derek	McDonald	Falkland Trail Runners	(M40)	279	Robin	Thomas	Hunters Bog Trotters	(M60)
204	Keith	Bonthrone	Falkland Trail Runners	(M55)	280	Christian	Tendeng	Hunters Bog Trotters	(M40)
205	Chris	Russell	Falkland Trail Runners	(M45)	281	Jon	Rathjen	Hunters Bog Trotters	(M45)
206	Mark	Western	Falkland Trail Runners	(M50)	282	Ivor	Normand	Hunters Bog Trotters	(M50)
207	Tony	Martin	Falkland Trail Runners	(M60)	283	Donald	Naylor	Hunters Bog Trotters	(M45)
208	Paul	Caban	Ferranti AAC	(M50)	284	Phillip	Mowbray	Hunters Bog Trotters	(M40)
209	Grant	Sellar	Ferranti AAC	(M50)	285	James	Jarvis	Hunters Bog Trotters	(M45)
210	Bryce	Aitken	Fife AC	(M55)	286	Craig	Hunter	Hunters Bog Trotters	(M55)
211	Kenneth	Anthony	Fife AC	(M55)	287	Nick	Freer	Hunters Bog Trotters	(M40)
212	Gary	Barker	Fife AC	(M60)	288	Michael	Bareford	Hunters Bog Trotters	(M40)
213	Rick	Booth	Fife AC	(M40)	289	Gavin	Morrison	Inverclyde AC	(M45)
214	Colin	Brown	Fife AC	(M50)	290	Jude	Boulton	Inverclyde AC	(M40)
215	Stephen	Clark	Fife AC	(M40)	291	Gerard	Gaffney	Inverclyde AC	(M60)
216	Juan	Coderch	Fife AC	(M50)	292	Craig	Winter	Inverclyde AC	(M45)
217	David	Cowan	Fife AC	(M50)	293	Paul	Miller	Inverness Harriers AAC	(M45)
218	Alan	Gibson	Fife AC	(M55)	294	Graeme	Campbell	Inverness Harriers AAC	(M45)
219	Ian	Hawkins	Fife AC	(M50)	295	Steven	Worsley	Inverness Harriers AAC	(M50)
220	John	Kay	Fife AC	(M55)	296	Mark	Livingstone	Irvine Running Club	(M45)
221	Stewart	Leckie	Fife AC	(M55)	297	Alex	Allardyce	Irvine Running Club	(M45)
222	Neil	Millar	Fife AC	(M45)	298	William	Richardson	Irvine Running Club	(M45)
223	Daniel	Newman	Fife AC	(M45)	299	Douglas	Connery	Irvine Running Club	(M50)
224	Steven	Pennycook	Fife AC	(M55)	300	Donald	Petrie	Kilbarchan AAC	(M55)
225	Robert	Thornton	Fife AC	(M60)	301	Robert	McCulloch	Kilbarchan AAC	(M50)
226	Jeremy	Tomlinson	Fife AC	(M55)	302	Robert	Quinn	Kilbarchan AAC	(M50)
227	Paul	Webb	Fife AC	(M40)	303	Connell	Drummond	Kilmarnock H&AC	(M40)
228	Ronald	Milne	Forfar Road Runners	(M60)	304	Robert	Lindsay	Kilmarnock H&AC	(M40)
229	Douglas	Cowie	Forres Harriers	(M60)	305	Colin	Glencorse	Kilmarnock H&AC	(M40)
230	Gary	Macfadyen	Forres Harriers	(M50)	306	William	Duffy	Kilmarnock H&AC	(M50)
231	stuart	Mutch	Fraserburgh Running Club	(M40)	307	Scott	Martin	Kilmarnock H&AC	(M45)
232	Keith	Buchan	Fraserburgh Running Club	(M40)	308	Brian	Cowan	Kinross Road Runners	(M45)
233	Andrew	Higgins	Fraserburgh Running Club	(M60)	309	Scott	Strachan	Kinross Road Runners	(M40)
234	Graeme	Clark	Fraserburgh Running Club	(M60)	310	Nick	Rowan	Kinross Road Runners	(M40)
235	Peter	Hall	Fraserburgh Running Club	(M50)	311	Gary	Mitchell	Kirkintilloch Olympians	(M45)
236	Duncan	Abernethy	Fraserburgh Running Club	(M45)	312	Sean	Casey	Kirkintilloch Olympians	(M45)
237	Michael	Strachan	Fraserburgh Running Club	(M45)	313	Robert	Bartley	Kirkintilloch Olympians	(M40)
238	Craig	Mattocks	Gala Harriers	(M40)	314	Howard	Elliott	Kirkintilloch Olympians	(M45)
239	Bob	Johnson	Gala Harriers	(M55)	315	Paul	O'Hare	Kirkintilloch Olympians	(M40)
240	Wayne	McIntosh	Gala Harriers	(M40)	316	David	Hogg	Kirkintilloch Olympians	(M45)
241	Ian	Maxwell	Gala Harriers	(M55)	317	Robert	Rogerson	Kirkintilloch Olympians	(M55)
242	Derrick	Brydon	Gala Harriers	(M45)	318	Stephen	Allan	Kirkintilloch Olympians	(M40)
243	Rory	Campbell	Gala Harriers	(M45)	319	Colin	Simpson	Kirkintilloch Olympians	(M60)
244	David	Nightingale	Gala Harriers	(M60)	320	Andrew	McGlone	Lasswade AAC	(M45)
245	Magnus	Inglis	Gala Harriers	(M40)	321	Scott	Dickson	Lasswade AAC	(M45)
246	Patrick	Gibbons	Garscube Harriers	(M40)	322	Peter	Ness	Lasswade AAC	(M45)
247	Robert	McLennan	Garscube Harriers	(M55)	323	Stephen	Brown	Lasswade AAC	(M45)
248	David	Dickson	Garscube Harriers	(M55)	324	Scott	Hyslop	Linlithgow AC	(M50)
249	Alexander	Chisholm	Garscube Harriers	(M60)	325	Steven	Thomson	Livingston AC	(M55)
250	Ted	Gourley	Giffnock North AAC	(M50)	326	Colin	Partridge	Lothian Running Club	(M40)
251	David	Sawyer	Giffnock North AAC	(M40)	327	Stig	Walsh	Lothian Running Club	(M45)
252	Jason	Steele	Giffnock North AAC	(M40)	328	Scott	Nelson	Lothian Running Club	(M45)
253	Scott	Wilson	Giffnock North AAC	(M40)	329	Alan	Moffat	Lothian Running Club	(M40)
254	Chris	Greenhalgh	Giffnock North AAC	(M40)	330	Euan	McInnes	Lothian Running Club	(M40)
255	Luke	Chamberlain	Giffnock North AAC	(M40)	331	Alan	Knowles	Lothian Running Club	(M40)
256	Graeme	Croll	Giffnock North AAC	(M50)	332	Kenny	Mearns	Lothian Running Club	(M55)
257	Colin	Wylie	Giffnock North AAC	(M45)	333	Martin	Leadbetter	Lothian Running Club	(M60)
258	Steven	Campbell	Greenock Glenpark Harriers	(M40)	334	Jim	Alexander	Lothian Running Club	(M50)
259	Paul	Monaghan	Greenock Glenpark Harriers	(M45)	335	Nick	Milovsorov	Metro Aberdeen RC	(M50)
260	Alan	O'Rourke	Greenock Glenpark Harriers	(M45)	336	Andrew	Thompson	Metro Aberdeen RC	(M40)
261	Andrew	White	Greenock Glenpark Harriers	(M45)	337	Peter	Jennings	Metro Aberdeen RC	(M60)
262	Michael	McLoone Snr	Greenock Glenpark Harriers	(M50)	338	Robert	Taylor	Metro Aberdeen RC	(M55)
263	Stephen	McLoone	Greenock Glenpark Harriers	(M50)	339	George	McPherson	Metro Aberdeen RC	(M55)
264	Daniel	McLaughlin	Greenock Glenpark Harriers	(M55)	340	Roddy	McLeod	Metro Aberdeen RC	(M45)
265	Graham	Mcgrattan	Greenock Glenpark Harriers	(M60)	341	Graham	Moar	Metro Aberdeen RC	(M40)
266	Michael	Dunn	Greenock Glenpark Harriers	(M60)	342	Kevin	Mackie	Metro Aberdeen RC	(M40)
267	Neil	Robbins	Hamilton Harriers	(M50)	343	Colin	Munday	Metro Aberdeen RC	(M40)
268	Gavin	Orr	Harmeny AC	(M45)	344	Russell	Willox	Metro Aberdeen RC	(M40)
269	Phil	Buckley	Harmeny AC	(M40)	345	Andrew	Sykes	Metro Aberdeen RC	(M45)
270	Craig	Stewart	Harmeny AC	(M40)	346	Dino	Roussias	Metro Aberdeen RC	(M40)
271	Keith	Martin	Harmeny AC	(M55)	347	Steve	Buchan	Metro Aberdeen RC	(M40)
272	Karl	Zeiner	Harmeny AC	(M40)	348	Graham	Watson	Metro Aberdeen RC	(M60)

349	Mark	Waldron	Metro Aberdeen RC	(M45)	391	mark	kennedy	Portobello Running Club	(M50)
350	Phil	Mann	Metro Aberdeen RC	(M55)	392	William	Jarvie	Portobello Running Club	(M55)
351	William Gavin	Reid	Metro Aberdeen RC	(M50)	393	Johnny	Lawson	Portobello Running Club	(M40)
352	Keith	Farquhar	Metro Aberdeen RC	(M55)	394	Andrew	Stavert	Portobello Running Club	(M55)
353	Keith	Duncan	Metro Aberdeen RC	(M40)	395	Thomas	Mathieson	Ross County Athletic Club	(M55)
354	Tony	McGarva	Metro Aberdeen RC	(M50)	396	Eoin	Coull	Ross County Athletic Club	(M40)
355	Dave	More	Metro Aberdeen RC	(M40)	397	John	Oates	Shettleston Harriers	(M55)
356	Craig	Anderson	Metro Aberdeen RC	(M45)	398	Andrew	Kirkhope	Shettleston Harriers	(M55)
357	John	Matheson	Metro Aberdeen RC	(M50)	399	Denis	Williams	Shettleston Harriers	(M50)
358	Ruairidh	Campbell	Montrose & District	(M45)	400	John	Connaghan	Shettleston Harriers	(M45)
359	Colin	Green	Moray Road Runners	(M45)	401	Andy	Little	Shettleston Harriers	(M50)
360	Gareth	Jenkins	Moray Road Runners	(M45)	402	Stephen	Winter	Shettleston Harriers	(M40)
361	Neil	Purdie	Moray Road Runners	(M45)	403	Scott	Kennedy	Shettleston Harriers	(M45)
362	Nigel	Williams	Moray Road Runners	(M50)	404	Jethro	Lennox	Shettleston Harriers	(M40)
363	Alasdair	Campbell	Moray Road Runners	(M45)	405	John J	Duffy	Shettleston Harriers	(M50)
364	Garry	Henderson	Moray Road Runners	(M55)	406	Walter	Henderson	Shettleston Harriers	(M45)
365	Martin	Bain	Moray Road Runners	(M40)	407	Ross	McEachern	Springburn Harriers	(M50)
366	John	Burns	Motherwell AC	(M50)	408	Damian	McAuley	Springburn Harriers	(M50)
367	Allan	Cameron	Motherwell AC	(M40)	409	Andrew	Callan	Springburn Harriers	(M45)
368	Robert	Pattinson	Motherwell AC	(M45)	410	Colin	Watson	Springburn Harriers	(M55)
369	Jim	White	Motherwell AC	(M40)	411	Malcolm	Hector	Stirling Triathlon Club	(M60)
370	Mark	Hand	Motherwell AC	(M40)	412	Alastair	Dunlop	Stornoway Running & AC	(M60)
371	Stephen	Allen	Motherwell AC	(M45)	413	Roger	Goddard	Strathearn Harriers	(M40)
372	David	Wallace	Ochil Hill Runners	(M40)	414	Wattie	Mackay	Strathearn Harriers	(M50)
373	Ron	Martin	Ochil Hill Runners	(M50)	415	Mark	Dillon	Strathearn Harriers	(M50)
374	John	Stevenson	Ochil Hill Runners	(M55)	416	Will	Manners	Strathearn Harriers	(M50)
375	Grant	Baxter	Ochil Hill Runners	(M45)	417	Patrick	O'Kane	Strathearn Harriers	(M55)
376	Simon	Grieshaber	Perth Road Runners	(M50)	418	Gordon	Morrison	Strathearn Harriers	(M60)
377	Michael	Carroll	Perth Road Runners	(M45)	419	Gary	Brock	Strathearn Harriers	(M45)
378	Duncan	Ryan	Perth Road Runners	(M45)	420	Alan	Inglis	Teviotdale Harriers	(M45)
379	Kevin	Rogers	Perth Road Runners	(M40)	421	Paul	Lockie	Teviotdale Harriers	(M50)
380	Richard	Ward	Perth Road Runners	(M45)	422	Alan	Coltman	Teviotdale Harriers	(M50)
381	Grant	Wooler	Perth Road Runners	(M55)	423	Alastair	Walker	Teviotdale Harriers	(M60)
382	David	Knight	Perth Road Runners	(M45)	424	Alister	Biggar	Teviotdale Harriers	(M45)
383	Mark	Crawford	Perth Road Runners	(M45)	425	Ged	Smith	Teviotdale Harriers	(M50)
384	Mike	Dales	Perth Road Runners	(M55)	426	David	Bell	Teviotdale Harriers	(M45)
385	Stuart	Robertson	Perth Road Runners	(M45)	427	Andrew	Goodair	Teviotdale Harriers	(M45)
386	Alan	Reid	Peterhead AC	(M50)	428	Craig	Grieve	Teviotdale Harriers	(M45)
387	John	Robertson	Peterhead AC	(M55)	429	David	Calder	Westerlands XC Club	(M55)
388	Roger	Clark	PH Racing Club	(M45)	430	Daniel	Reid	Westerlands XC Club	(M55)
389	Peter	Simpson	PH Racing Club	(M55)	431	Brian	Bonnyman	Westerlands XC Club	(M45)
390	Jeff	Farquhar	Pitreavie AAC	(M55)					

Additional Competitor Information

Event: **Scottish Athletics National Masters Cross Country Championships**

Date: **Saturday 28th January 2017**

Venue: **Camperdown Country Park, A923 Coupar Angus Road, Dundee DD2 4TF**

Registration / Declarations

Declarations are in the Ardler Community Complex, Turnberry Avenue, Ardler Village, Dundee, DD2 3TP. Tel: 01382 436442 from 11:00am. Please remove all muddy footwear before entering. Course maps and race details will be available at Registration. Registration will be in the front area of Ardler Community Complex with access from the main entrance. Athletes entering the complex after the race must use the manned rear door into the changing areas. For competitors and spectators with children, film shows will be available during the day in the complex's cinema.

Race Numbers

In addition to wearing normal numbers on the front, athletes will also be issued with an age group number i.e. 40, 45, 50 etc. This number is to be worn on the **back**. This number is intended to assist athletes in assessing where they are placed in their own 5 year age group category during the race.

Changing

There are male and female changing rooms each equipped with multiple showers at the Ardler Centre. No lockers are available.

Toilets

There are toilets at the Ardler Centre. There are also public toilets in Camperdown Park at Camperdown House and also in the pavilion at the adventure park. These are not guaranteed to be open on the day.

Warming Up / Course Access

Please keep clear of the football pitches. To gain access to the Start/Finish area and Team Tent area, you are required to cross the top part of the course. Please obey course Marshal instructions and watch out for runners. Please do not lift course marking tape or stakes. There is ample area in the centre of the park to warm up and warm down. Alternatively you can warm up and warm down by jogging between the course and the Ardler Centre (approx. 1 mile).

Course

The course is a mixture of parkland, field and pathways inside the wooded area where there are exposed tree roots in places. There are small sections of gravelly path but the course is suitable for spikes.

First Aid

First Aid will be available near the start/finish area.

Club Tents/Shelters

There is ample area for club tents and shelters in the centre area of the park. Please erect tents well away from the marked course area (see attached maps).

Catering

Catering will be provided by Dundee Hawkhill Harriers at Ardler Community Centre and there will also be hot drinks available in Camperdown Park during the race

Parking

Parking is available at Registration and also at two main locations inside Camperdown Park. The small car park on the left hand side of the park as you enter is for officials only. Please see map for competitor parking areas. Additionally there is a large public car park outside the park in front of Dundee Ice Arena and the Cineworld complex; a short walk from the course. Please do not park on the driveway into Camperdown Park. If using public roads around the Community Centre, please do not obstruct private driveways.

There are no coach parking facilities at Ardler, please use coach bays at Dundee Ice Arena

Directions:

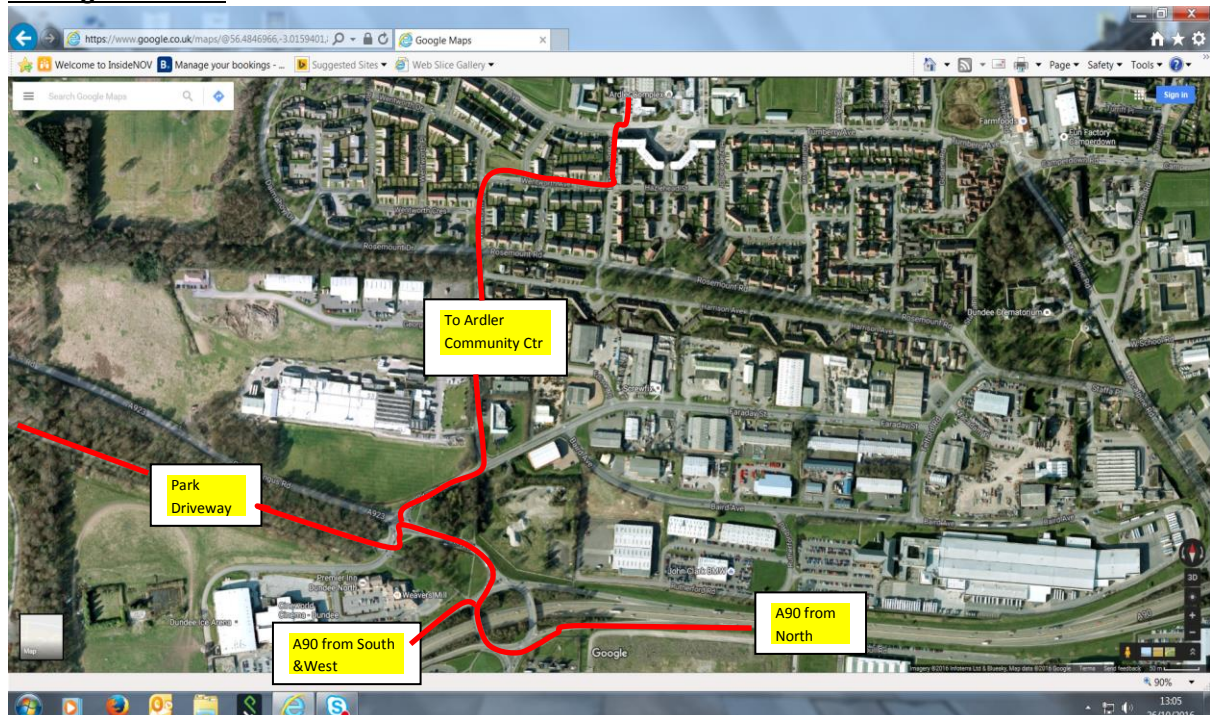
From all directions into Dundee follow the A90 and turn off onto the slip roads signposted A923 Birkhill/Lochee/City Centre/Coupar Angus. Once on the A923, at the first roundabout, turn 1st left for the Park or take the 3rd exit (Faraday St) for Ardler Community Centre. See Maps for details

Queries:

On the day, please address queries about the race to the Referee or Chief Timekeeper.

Many thanks to all the officials for their invaluable and much-appreciated help, and to Dundee Hawkhill Harriers for hosting the event. Results will be posted on the Scottish Athletics website.

Driving Directions



Race Course: Women and M65+ 6Km A-B-C-D-E-F-G-A-B-C-D-E-F-G-H.

Men 8Km A-B-C-X-D-E-F-G-A-B-C-X-D-E-F-G-H



Camperdown Country Park Parking



Ardler Community Complex Parking

