



## Additional Information for Competitors

Event: scottishathletics National Masters Cross Country Championships

Date: Saturday 3<sup>rd</sup> February 2018

Venue: Visitor Centre, Dean Castle Country Park, Dean Road, Kilmarnock, KA3 1XB

### Introduction

This year's event is based in the historic and beautiful Dean Castle Country Park (A park map highlighting some of the features can be found on the [scottishathletics event website](#)).

Administration and changing will take place in the Visitor / Treehouse Residential Centre and the races will take place in the fields on the south east edge of the park.



### Directions

The park is easily reached from the M77/A77. If travelling from / via Glasgow, take the second exit for Kilmarnock off the motorway, signposted "New Farm Loch". Visitors from other directions should head north on the A77 and leave the dual carriageway at the "New Farm Loch" exit. Thereafter head downhill toward the town and take the 3<sup>rd</sup> right (excluding motorway slip rd) in front of the church, then the 3<sup>rd</sup> right once more. The park entrance is on the right.



### Parking

There are 80 parking spaces in the main car park. Overflow parking is also available in the football clubhouse area opposite the entrance (no. of spaces will depend on matches taking place but a steward will advise). There is also ample parking near the start in Silverwood Primary School. We would expect most competitors to make their way to the start on foot through the park. However officials / teams with tents or anyone looking for a quick getaway might wish to use this facility.

### Declarations

Declarations will take place in the general purpose area of the Treehouse Residential Centre.

### Changing

The 10 x 4 bunk bedrooms in the residential centre are available for changing. There are no lockers but although the visitor centre is open to the public, the race has exclusive use of the residential centre. Please remove muddy shoes before entering the Visitor / Residential Centre

### Toilets / Showers

There are 2 x toilet / shower rooms in the residential centre each with 5 WCs and 5 showers. There are addition toilets in the Visitor Centre wing of the building and there is a public toilet block behind the castle (en route to the start). Finally there will be 4 x Portaloos in the immediate vicinity of the Start



#### **Warming-up / Course Access**

It is a pleasant 5 minute jog / 10 minute walk to the start through the park. It does include a 'steepish' hill so the vehicle route is recommended for anyone carrying equipment. There will be tents available in the start area to leave bags / shoes etc if you do not have your own club tent

#### **Course**

The course is a 'traditional' cross country course over rough fields and woodland, featuring a mildly challenging downhill / uphill section on each full lap. It is likely to be wet and muddy in some sections and spikes are recommended

#### **Catering**

The Visitor Centre has a well stocked café serving a range of hot and cold snacks and drinks. Officials should use their T ticket in the café. There will also be a catering van on the road adjacent to the start.

#### **Club Tents**

There is ample space for club tents in the open areas around the start and in the woods behind. Please be aware of the Scottish Athletics Tent and Gazebo Guidelines.

#### **First Aid**

First Aid will be located near the Start/Finish area.

#### **Results**

Results will be posted on Saturday evening on Kilmarnock Harriers website – [www.kilmarnockharriers.com](http://www.kilmarnockharriers.com) and asap thereafter on Scottish Athletics Events page

## COMPETITION INFORMATION SHEET

Event: scottishathletics National Masters Cross Country Championships

Venue: Dean Castle Country Park, Dean Road, Kilmarnock, KA3 1XB

Registration: Visitor Centre, Deans Castle Country Park, Dean Road, Kilmarnock, KA3 1XB

Date: Saturday 3rd February 2018

Race	Age Group	BORN DURING	Declarations		
			Close	Race Starts	Distance
Women (Over 40) Men M65 and over	W40+ M65+	Age on Race Day	1230hrs	1300hrs	6000m
Men (Over 40) Up to M60	M40+ -M65	Age on Race Day	1315hrs	1345hrs	8000m

Entries Close first post on:

**Monday 22nd January**

**NO LATE ENTRIES**

Postal Address for Entries:

Masters XC

scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address:

[events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

### Important Notes

(1) The Women's Races and the Men's 65 and over races will be run together.

(2) Teams are Women 3 to score, Men 4 to score or 3 dependent on age

Team medals will be awarded for teams of 4 in Men's Age Groups M40, M45

Team medals will be awarded for teams of 3 in Men's Age Groups M50, M55, M60+

Team medals will be awarded for teams of 3 in Women's Age Groups W40, W45

Team medals will be awarded for teams of 3 in Women's Age Groups W50, W55, W60+

Additional Information for Masters teams can be found here -

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Content/Rules%20for%20Championships/MastersXCInfo.pdf>

(3) Age category medals (1st, 2nd and 3rd) will be awarded in each age category regardless of number of athletes entered or competing.

(4) Dates of Birth must be accurate and clear on entry forms for age category results.

(5) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete in the Masters Championships.

(6) An entered athlete must not be substituted by a non-entered athlete at any time.

(7) See [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk) for further information and course maps.

## National Masters Cross Country Championships

Dean Castle Country Park, Kilmarnock, Saturday 3 February 2018

### OFFICIALS

Race Referee	John Rodger
Officials Co-ordinator	Dawn Armitt
Declarations	Dave Campbell Ron Cheyne Carrol Finlay
Announcer	Alex Jackson
Starter/Marksman	George Newman/Bill Simpson
Line Judge Timekeepers Time Recorders Place Recorders Funnel Management	Dave Cairns Joe Doyle Jim Galbraith Cyril McPherson Jean Youden Clare Barr Dave Campbell Ron Cheyne Sharon Crombie Carrol Finlay Paul McCallum Kilmarnock Harriers volunteers
Video operator	Kilmarnock Harriers volunteers
Results Runners/cyclists	Kilmarnock Harriers volunteers
Results	Alasdair Murray, Brian Darroch
Presentations	John Rodger Sandra Hunter 1 x volunteer from Kilmarnock Harriers
Convenor	Clare Barr

**TBC Des Gilmore  
Ian McWatt**



**Athletes entered but not shown here should contact the scottishathletics office to ensure their membership is brought up to date ahead of the competition**

Forename	Surname	Age Group	Club
Anne	Howie	(W55)	Aberdeen AAC
Veronique	Oldham	(W50)	Aberdeen AAC
Kirsty	Green	(W45)	Ayr Seaforth AC
Susie	Hubbard	(W45)	Ayr Seaforth AC
Ruth	Kirk	(W45)	Ayr Seaforth AC
Angela	Carson	(W50)	Bellahouston Harriers
Gillian	Glass	(W40)	Bellahouston Harriers
Jacqueline	Glass	(W60)	Bellahouston Harriers
June	MacLeod	(W55)	Bellahouston Harriers
Jayne	Macnamara	(W45)	Bellahouston Harriers
Claire	McCormick	(W45)	Bellahouston Harriers
Susan	Haddow	(W65)	Bellahouston Road Runners
Frances	Ferguson	(W50)	Calderglen Harriers
Allison	Johnston	(W50)	Calderglen Harriers
Erica	Christie	(W60)	Cambuslang Harriers
Bernadete	O'Neil	(W50)	Cambuslang Harriers
Jennifer	Reid	(W45)	Cambuslang Harriers
Kirsty	Baird	(W45)	Carnegie Harriers
Isobel	Burnett	(W60)	Carnegie Harriers
Aileen	Morton	(W45)	Carnegie Harriers
Michelle	Hetherington	(W50)	Carnethy Hill Racing Club
Charlotte	Morgan	(W40)	Carnethy Hill Racing Club
Angela	Mudge	(W45)	Carnethy Hill Racing Club
Alison	Curry	(W45)	Central AC
Hazel	Dean	(W50)	Central AC
Lee	Houghton	(W45)	Central AC
Christine	Duncanson	(W55)	Clydesdale Harriers
Pamela	McCrossan	(W55)	Clydesdale Harriers
Gillian	Carr	(W40)	Corstorphine AAC
Fiona	Carver	(W55)	Corstorphine AAC
Moira	Findlay	(W45)	Corstorphine AAC
Janet	Grigor	(W50)	Corstorphine AAC
Melissa	Wylie	(W50)	Dumbarton AAC
Rhona	Anderson	(W50)	Dunbar Running Club
Diane	Placentino	(W45)	Dundee Hawkhill Harriers
Catriona M	Reynolds	(W50)	Dundee Hawkhill Harriers
Margaret	Robertson	(W70)	Dundee Road Runners AC
Gillian	Sangster	(W45)	Dundee Road Runners AC
Morag	Taggart	(W55)	Dundee Road Runners AC
Sheila	Gollan	(W50)	East Sutherland AC
Victoria	Bailie	(W40)	Edinburgh AC
Rosemary	Byde	(W40)	Edinburgh AC
Karen	Dobbie	(W50)	Edinburgh AC
Jennifer	MacLean	(W40)	Edinburgh AC
Jill	Morrow	(W50)	Edinburgh AC
Sharyn	Ramage	(W55)	Edinburgh AC
Susan	Ridley	(W50)	Edinburgh AC
Monica	Anderson	(W45)	Falkirk Victoria Harriers
Allison	Christie	(W40)	Falkirk Victoria Harriers
Nicola	Flynn	(W45)	Falkirk Victoria Harriers
Linda	Lucey	(W50)	Falkirk Victoria Harriers
Innes	Bracegirdle	(W60)	Fife AC
Keren	Macpherson	(W50)	Fife AC
Margaret	Martin	(W60)	Fife AC
Hilary	Ritchie	(W55)	Fife AC
Jocelyn	Scott	(W60)	Fife AC
Susan	McRitchie	(W40)	Forres Harriers
Fiona	Dalgleish	(W45)	Gala Harriers
Gillian	Duncan	(W45)	Gala Harriers
Rachel	Fagan	(W40)	Gala Harriers

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Forename	Surname	Age Group	Club
Jennifer	Forbes	(W45)	Gala Harriers
Dawn	Grant	(W45)	Gala Harriers
Morag	Casey	(W40)	Garscube Harriers
Lesley	Chisholm	(W40)	Garscube Harriers
Alison	Condie	(W50)	Garscube Harriers
Arlene	Lewis	(W40)	Garscube Harriers
Kathryn	Scott	(W55)	Garscube Harriers
Liz	Short	(W45)	Garscube Harriers
Nighean	Stevenson	(W45)	Garscube Harriers
Ann	White	(W65)	Garscube Harriers
Allie	Chong	(W45)	Giffnock North AC
Catriona	Gourley	(W50)	Giffnock North AC
Sheila	Lewis	(W50)	Giffnock North AC
Stephanie	Lillie	(W40)	Giffnock North AC
Mary	McCutcheon	(W50)	Giffnock North AC
Jatinder	Sumal	(W40)	Giffnock North AC
Lorna	Coyle	(W55)	Greenock Glenpark Harriers
Marianne	Mckay	(W40)	Greenock Glenpark Harriers
Marian	Monk	(W45)	Greenock Glenpark Harriers
Nathalie	Smith	(W40)	Greenock Glenpark Harriers
Fiona	Zeiner	(W45)	Harmeny AC
Carole	Barrie	(W50)	Helensburgh AAC
Maria	Dye	(W50)	Helensburgh AAC
Janet	Fellowes	(W60)	Helensburgh AAC
Karen	Lyons	(W45)	Highland Hill Runners
Claire	Gordon	(W40)	Hunters Bog Trotters
Alison	McNeillage	(W45)	Hunters Bog Trotters
Phyllis	O'Brien	(W55)	Hunters Bog Trotters
Alice	Paterson	(W40)	Hunters Bog Trotters
Sheila	Strain	(W65)	Hunters Bog Trotters
Claire	Ward	(W40)	Hunters Bog Trotters
Megan	Wright	(W40)	Hunters Bog Trotters
Doreen	Campbell	(W45)	Inverness Harriers AAC
Susan	Rhodes	(W55)	Irvine Running Club
Kirsty	Alexander	(W45)	Kilmarnock H&AC
Sandra	Dickson	(W50)	Kilmarnock H&AC
Kirsty	McNulty	(W40)	Kilmarnock H&AC
Vivien	Fraser	(W50)	Kirkintilloch Olympians
Elaine	Hogg	(W45)	Kirkintilloch Olympians
Allison	Law	(W55)	Kirkintilloch Olympians
Shirley	MacNab	(W50)	Kirkintilloch Olympians
Marie	McChord	(W55)	Kirkintilloch Olympians
Moira	Smith	(W50)	Kirkintilloch Olympians
Ada	Stewart	(W50)	Kirkintilloch Olympians
Linden	Nicholson	(W65)	Lasswade AAC
Jill	Horsburgh	(W55)	Linlithgow AC
Frances	Wood	(W55)	Linlithgow AC
Michelle	Brearley	(W40)	Metro Aberdeen Running Club
Julie	Hendry	(W40)	Metro Aberdeen Running Club
Sarah	Knox	(W45)	Metro Aberdeen Running Club
Amy	Mackie	(W45)	Metro Aberdeen Running Club
Valerie	Wilson	(W50)	Metro Aberdeen Running Club
Amanda	Strang	(W45)	Moray Road Runners
Joyce	Allardice	(W50)	Motherwell AC
Phyllis	Hands	(W60)	Motherwell AC
Fabienne	Thompson	(W50)	Perth Road Runners
Karen	Kennedy	(W45)	PH Racing Club
Mary	Western	(W55)	PH Racing Club
Alison	Whyte	(W45)	PH Racing Club
Fiona	Wright	(W45)	Portobello Running Club
Susan	Linklater	(W60)	Shetland AAC

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Forename	Surname	Age Group	Club
Shona	Robertson	(W45)	Shuttleston Harriers
Lesley	Corr	(W45)	Springburn Harriers
Carole	Craig	(W50)	Springburn Harriers
Jeanette	Craig	(W65)	Springburn Harriers
Barbara	Knox	(W50)	Springburn Harriers
Carol	Mahon McCaughley	(W50)	Springburn Harriers
Gillian	McGale	(W40)	Springburn Harriers
Catriona	Morrison	(W40)	Stirling Triathlon Club
Ann	Aitken	(W45)	Teviotdale Harriers
Donna	Inglis	(W50)	Teviotdale Harriers
Helene	Jaffray	(W50)	Teviotdale Harriers
Pauline	McAdam	(W60)	Teviotdale Harriers
Joan	Howe	(W60)	Trafford AC
Caroline	Millar	(W40)	Troon Tortoises AC
Anne	Noble	(W55)	Troon Tortoises AC
Kim	Forbes	(W60)	Unattached
Sylvia	Mulholland	(W45)	Unattached
Louise	Gibson	(W45)	VP-Glasgow AC
Helen	MacPherson	(W60)	Westerlands XC Club
Lorna	Mahoney	(W50)	Westerlands XC Club
Sharon	Taylor	(W55)	Westerlands XC Club

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Forename	Surname	Age Group	Club
Francis	Hurley	(M65)	Cambuslang Harriers
Phil	Smithard	(M70)	Carnegie Harriers
Pete	Cartwright	(M75)	Clydesdale Harriers
Peter	Rudzinski	(M65)	Clydesdale Harriers
Robert	Young	(M70)	Clydesdale Harriers
Iain	Cumming	(M65)	Corstorphine AAC
Stephen	Cromar	(M75)	Dundee Hawkhill Harriers
Guillermo	Hernandez	(M70)	Dundee Hawkhill Harriers
Brian	Howie	(M65)	Edinburgh AC
Eric	Stevenson	(M65)	Edinburgh AC
Tony	Martin	(M65)	Falkland Trail Runners
George	Black	(M75)	Fife AC
Colin	Youngson	(M70)	Forres Harriers
Norman	Baillie	(M70)	Garscube Harriers
Frank	McMahon	(M65)	Greenock Glenpark Harriers
Sandy	Wallace	(M65)	Haddington Running Club
Andrew	McLinden	(M65)	Hamilton Harriers
Alex	Sutherland	(M70)	Inverness Harriers AAC
Michael	Flinn	(M65)	Irvine Running Club
Andrew	Rennie	(M65)	Irvine Running Club
Peter	Taylor	(M65)	Irvine Running Club
Brian	Kirkwood	(M65)	Lasswade AC
William	Drysdale	(M80)	Law & District AAC
Ian	Leggett	(M75)	Lothian Running Club
John	Duff	(M65)	Metro Aberdeen Running Club
Ed	Norton	(M65)	PH Racing Club
Iain	Thomson	(M65)	Strathearn Harriers
Frank	Birch	(M70)	Teviotdale Harriers
Bill	Knox	(M65)	Teviotdale Harriers
James	Pittillo	(M80)	Teviotdale Harriers
Bruce	Walker	(M70)	Troon Tortoises AC
Iain	Campbell	(M65)	Unattached
Mike	Goddard	(M65)	Unattached
Arnott	Kidd	(M80)	Unattached
David	Ridout	(M65)	Unattached
Kenny	Weir	(M65)	Unattached
Graeme	Orr	(M70)	Westerlands XC Club

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Forename	Surname	Age Group	Club
Laurence	Baker	(M55)	Ayr Seaforth AC
Timothy	Downie	(M60)	Ayr Seaforth AC
John	Hannah	(M40)	Ayr Seaforth AC
Stuart	McColm	(M45)	Ayr Seaforth AC
Stephen	McCrorie	(M45)	Ayr Seaforth AC
Alasdair	Meldrum	(M45)	Ayr Seaforth AC
Ian	Morrison	(M50)	Ayr Seaforth AC
Iain	Pettigrew	(M45)	Ayr Seaforth AC
Brian	Robinson	(M40)	Ayr Seaforth AC
Ian	Young	(M40)	Ayr Seaforth AC
Brent	Brodie	(M45)	Bellahouston Harriers
Francis	Gilroy	(M50)	Bellahouston Harriers
Paul	Houston	(M45)	Bellahouston Harriers
Stuart	Macdonald	(M50)	Bellahouston Harriers
Iain	Morrison	(M50)	Bellahouston Harriers
Crispin	Walsh	(M45)	Bellahouston Harriers
Tom	Ferris	(M45)	Bellahouston Road Runners
Andrew	Haddow	(M60)	Bellahouston Road Runners
Anthony	McParland	(M45)	Bellahouston Road Runners
Graeme	Paterson	(M40)	Bellahouston Road Runners
Gerard	Scullion	(M50)	Bellahouston Road Runners
John	Boyd	(M55)	Calderglen Harriers
Russell	Couper	(M50)	Calderglen Harriers
Alan	Cullie	(M50)	Calderglen Harriers
Alan	Derrick	(M50)	Calderglen Harriers
Martin	Duthie	(M55)	Calderglen Harriers
Geo	Ferguson	(M55)	Calderglen Harriers
Martin	Howell	(M45)	Calderglen Harriers
Richard	Lawton	(M40)	Calderglen Harriers
Kenny	Leinster	(M55)	Calderglen Harriers
Gordon	McInally	(M50)	Calderglen Harriers
Allan	Mclellan	(M60)	Calderglen Harriers
Stephen	Phimister	(M45)	Calderglen Harriers
Charles	Steven	(M55)	Calderglen Harriers
Justin	Carter	(M45)	Cambuslang Harriers
Iain	Crawford	(M45)	Cambuslang Harriers
Des	Dickson	(M55)	Cambuslang Harriers
Colin	Donnelly	(M55)	Cambuslang Harriers
Brian	Douglas	(M45)	Cambuslang Harriers
William	Fairley	(M45)	Cambuslang Harriers
Scott	Hunter	(M40)	Cambuslang Harriers
Stan	MacKenzie	(M55)	Cambuslang Harriers
John	Macnamara	(M40)	Cambuslang Harriers
Tony	Mccutcheon	(M45)	Cambuslang Harriers
Frank	McGowan	(M45)	Cambuslang Harriers
Iain	Nicholl	(M40)	Cambuslang Harriers
Daniel	O'Connell	(M50)	Cambuslang Harriers
Michael	O'Hagan	(M45)	Cambuslang Harriers
Iain	Reid	(M40)	Cambuslang Harriers
Edward	Stewart	(M60)	Cambuslang Harriers
Paul	Thompson	(M60)	Cambuslang Harriers
Chris	Upson	(M50)	Cambuslang Harriers
Alick	Walkinshaw	(M55)	Cambuslang Harriers
Stephen	Wylie	(M45)	Cambuslang Harriers
Alan	Wyllie	(M55)	Cambuslang Harriers
Barry	Davie	(M40)	Carnegie Harriers
John	Hynd	(M55)	Carnegie Harriers
Paul	Kieran	(M40)	Carnegie Harriers
Neil	McLure	(M45)	Carnegie Harriers
Graeme	Wilson	(M55)	Carnegie Harriers
Scott	Craighead	(M40)	Carnethy Hill Runners

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Forename	Surname	Age Group	Club
Scott	Brember	(M45)	Central AC
Hugh	Buchanan	(M55)	Central AC
Neil	Cameron	(M45)	Central AC
Iain	Dunsmore	(M45)	Central AC
David	Eckersley	(M50)	Central AC
Charles	Graham-Marr	(M60)	Central AC
Ewan	Jack	(M45)	Central AC
Robin	Mussett	(M50)	Central AC
Donald	Shaw	(M45)	Central AC
Tom	Collins	(M60)	Clydesdale Harriers
Michael	Diver	(M50)	Clydesdale Harriers
Hugh	Laverty	(M60)	Clydesdale Harriers
Moray	Anderson	(M40)	Corstorphine AAC
David	Arnott	(M45)	Corstorphine AAC
Steven	Blair	(M50)	Corstorphine AAC
Alan	Cameron	(M45)	Corstorphine AAC
Stuart	Campbell	(M45)	Corstorphine AAC
Dean	Carr	(M45)	Corstorphine AAC
Tom	Ferrington	(M40)	Corstorphine AAC
Michael	Findlay	(M40)	Corstorphine AAC
Graeme	Fletcher	(M55)	Corstorphine AAC
David	Hart	(M40)	Corstorphine AAC
David	Henderson	(M55)	Corstorphine AAC
Victor	Jack	(M45)	Corstorphine AAC
Iain	Macleod	(M45)	Corstorphine AAC
Graham	Mclean	(M60)	Corstorphine AAC
Ross	Milne	(M40)	Corstorphine AAC
Timothy	Norwood	(M40)	Corstorphine AAC
Keith	Ovenstone	(M40)	Corstorphine AAC
Neill	Porterfield	(M40)	Corstorphine AAC
Ken	Speirs	(M45)	Corstorphine AAC
Kenneth	Stewart	(M55)	Corstorphine AAC
Jan-Bert	Van Den Berg	(M55)	Corstorphine AAC
Greig	Glendinning	(M45)	Cumbernauld AAC
Ross	McEachern	(M50)	Cumbernauld AAC
Paul	McMonagle	(M45)	Cumbernauld AAC
Jim	Buchanan	(M50)	Dumfries Running Club
Jonathan	Dale	(M50)	Dumfries Running Club
Leslie	Hill	(M60)	Dumfries Running Club
Kevin	McQueen	(M45)	Dumfries Running Club
Andrew	Anderson	(M50)	Dunbar Running Club
Phil	Forte	(M60)	Dundee Hawkhill Harriers
Billy	Gibson	(M40)	Dundee Hawkhill Harriers
David	Hanlon	(M60)	Dundee Hawkhill Harriers
Charles	Haskett	(M60)	Dundee Hawkhill Harriers
Marco	Placentino	(M45)	Dundee Hawkhill Harriers
Nigel	Reynolds	(M55)	Dundee Hawkhill Harriers
Craig	Ross	(M60)	Dundee Hawkhill Harriers
Graeme	Haddow	(M55)	East Kilbride A.C.
Dermot	Bailie	(M40)	Edinburgh AC
Michael	Barton	(M40)	Edinburgh AC
John	Blair	(M50)	Edinburgh AC
Max	Carcas	(M45)	Edinburgh AC
Dave	Clements	(M45)	Edinburgh AC
Chris	Creegan	(M55)	Edinburgh AC
David	Cross	(M50)	Edinburgh AC
Martin	Ferguson	(M50)	Edinburgh AC
Dougie	Gowan	(M55)	Edinburgh AC
Scott	Henderson	(M40)	Edinburgh AC
Leon	Johnson	(M40)	Edinburgh AC
Andrew	Latham	(M50)	Edinburgh AC

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Forename	Surname	Age Group	Club
Alex	MacEwen	(M60)	Edinburgh AC
Lewis	Orr	(M45)	Edinburgh AC
Daniel	Rivera	(M50)	Edinburgh AC
David	Steele	(M55)	Edinburgh AC
Robert	Turner	(M45)	Edinburgh AC
Ian	Williamson	(M55)	Edinburgh AC
Robert	Christie	(M40)	Falkirk Victoria Harriers
Malcolm	Finlayson	(M50)	Falkirk Victoria Harriers
John	Gladwin	(M55)	Falkirk Victoria Harriers
Simon	Johnston	(M40)	Falkirk Victoria Harriers
Alastair	Mccallum	(M55)	Falkirk Victoria Harriers
James	McLaren	(M55)	Falkirk Victoria Harriers
Michael	McQuaid	(M50)	Falkirk Victoria Harriers
Neil	Roberton	(M50)	Falkirk Victoria Harriers
Gary	Pirie	(M45)	Falkland Trail Runners
Mark	Western	(M50)	Falkland Trail Runners
Paul	Caban	(M50)	Ferranti AAC
Sandy	Bell	(M50)	Fife AC
Stewart	Dillon	(M55)	Fife AC
Colin	Hall	(M50)	Forres Harriers
Colin	Knox	(M40)	Forres Harriers
Matthew	Aplin	(M40)	Gala Harriers
Derrick	Brydon	(M45)	Gala Harriers
Yan	Horsburgh	(M50)	Gala Harriers
Bob	Johnson	(M55)	Gala Harriers
Anthony	Lunn	(M50)	Gala Harriers
Gary	Trewartha	(M40)	Gala Harriers
James	Boyle	(M45)	Garscube Harriers
Alexander	Chalmers	(M45)	Garscube Harriers
Alexander	Chisholm	(M60)	Garscube Harriers
David	Connor	(M45)	Garscube Harriers
John	Coyle	(M45)	Garscube Harriers
Ade	Kearns	(M55)	Garscube Harriers
James	McAneny	(M55)	Garscube Harriers
Robert	McLennan	(M55)	Garscube Harriers
John	Murray	(M40)	Garscube Harriers
Luke	Chamberlain	(M40)	Giffnock North AC
Ted	Gourley	(M55)	Giffnock North AC
Michael	Hampson	(M50)	Giffnock North AC
David	Sawyer	(M45)	Giffnock North AC
Jason	Steele	(M40)	Giffnock North AC
Mark	Sutherland	(M40)	Giffnock North AC
Scott	Wilson	(M40)	Giffnock North AC
Paul	Beaton	(M40)	Greenock Glenpark Harriers
Steven	Campbell	(M40)	Greenock Glenpark Harriers
Kevin James	Gill	(M50)	Greenock Glenpark Harriers
Michael	Mcloone Snr	(M50)	Greenock Glenpark Harriers
Paul	Monaghan	(M45)	Greenock Glenpark Harriers
Andrew	White	(M45)	Greenock Glenpark Harriers
James	Breen	(M50)	Hamilton Harriers
Stephen	Duffy	(M40)	Hamilton Harriers
Karl	Zeiner	(M40)	Harmeny AC
Alasdair	Anthony	(M40)	Hunters Bog Trotters
Ian	Campbell	(M50)	Hunters Bog Trotters
Nick	Freer	(M45)	Hunters Bog Trotters
Alistair	Hindle	(M45)	Hunters Bog Trotters
Jon	Rathjen	(M45)	Hunters Bog Trotters
Jamie	Thin	(M45)	Hunters Bog Trotters
Neil	Thomas	(M45)	Hunters Bog Trotters
Martin	Twigg	(M45)	Hunters Bog Trotters
Ray	Ward	(M40)	Hunters Bog Trotters

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Forename	Surname	Age Group	Club
David	Tamburini	(M40)	Inverclyde AC
Robin	Burnett	(M45)	Inverness Harriers AAC
Steven	Worsley	(M50)	Inverness Harriers AAC
George	Irving	(M50)	Irvine Running Club
Mark	Livingstone	(M45)	Irvine Running Club
Graeme	Macfarlane	(M40)	Irvine Running Club
William	Richardson	(M45)	Irvine Running Club
James	Sneddon	(M50)	Irvine Running Club
Martin	Dougall	(M50)	Kilbarchan AAC
Donald	Petrie	(M60)	Kilbarchan AAC
Connell	Drummond	(M45)	Kilmarnock H&AC
Colin	Glencorse	(M40)	Kilmarnock H&AC
David	McGill	(M40)	Kilmarnock H&AC
John	Tougher	(M40)	Kilmarnock H&AC
Alastair	Dunlop	(M60)	Kirkintilloch Olympians
Gavin	Harvie	(M45)	Kirkintilloch Olympians
Norman	Mcneill	(M40)	Kirkintilloch Olympians
Robert	Rogerson	(M55)	Kirkintilloch Olympians
Colin	Simpson	(M60)	Kirkintilloch Olympians
Martin	Kay	(M40)	Law & District AAC
James	Scullion	(M40)	Law & District AAC
Alan	Knowles	(M40)	Lothian Running Club
Malcolm	Lang	(M40)	Lothian Running Club
Martin	Leadbetter	(M60)	Lothian Running Club
Brian	Lees	(M50)	Lothian Running Club
Barry	McComish	(M40)	Lothian Running Club
Kenny	Mearns	(M55)	Lothian Running Club
Colin	Partridge	(M40)	Lothian Running Club
Steve	Buchan	(M40)	Metro Aberdeen Running Club
Peter	Jennings	(M60)	Metro Aberdeen Running Club
Alasdair	Maciver	(M50)	Metro Aberdeen Running Club
Richard	Masson	(M40)	Metro Aberdeen Running Club
Tony	McGarva	(M50)	Metro Aberdeen Running Club
Gavin	McLennan	(M40)	Metro Aberdeen Running Club
George	McPherson	(M60)	Metro Aberdeen Running Club
Nick	Milovsorov	(M50)	Metro Aberdeen Running Club
Andy	Redman	(M55)	Metro Aberdeen Running Club
Richard	Roulson	(M55)	Metro Aberdeen Running Club
Alan	Smith	(M45)	Metro Aberdeen Running Club
Andrew	Sykes	(M45)	Metro Aberdeen Running Club
Robert	Taylor	(M55)	Metro Aberdeen Running Club
Jim	Tole	(M40)	Metro Aberdeen Running Club
Graham	Watson	(M60)	Metro Aberdeen Running Club
Russell	Willox	(M40)	Metro Aberdeen Running Club
Andy	Alexander	(M45)	Moray Road Runners
Robert	Bruce	(M50)	Moray Road Runners
Alasdair	Campbell	(M45)	Moray Road Runners
Wayne	Dashper	(M40)	Moray Road Runners
Colin	Green	(M45)	Moray Road Runners
Gareth	Jenkins	(M45)	Moray Road Runners
Paul	Rogan	(M45)	Moray Road Runners
Allan	Cameron	(M45)	Motherwell AC
David	Gardiner	(M45)	Motherwell AC
Mark	Hand	(M45)	Motherwell AC
Alan	Tait	(M40)	Motherwell AC
Alan	Donachy	(M45)	North Ayrshire AC
Alasdair	McCallum	(M50)	North Ayrshire AC
Ian	Mcilwraith	(M40)	North Ayrshire AC
David	Millar	(M40)	Ochil Hill Runners
Duncan E	Ball	(M55)	Penicuik Harriers
Des	Crowe	(M55)	Penicuik Harriers

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Forename	Surname	Age Group	Club
Alan	Bothwell	(M55)	Perth Road Runners
Mark	Crawford	(M45)	Perth Road Runners
Ronnie	Glen	(M45)	Perth Road Runners
Simon	Grieshaber	(M50)	Perth Road Runners
David	Knight	(M45)	Perth Road Runners
Robin	Livingstone	(M60)	Perth Road Runners
Stuart	Robertson	(M45)	Perth Road Runners
Duncan	Ryan	(M45)	Perth Road Runners
Richard	Ward	(M45)	Perth Road Runners
Ian Robert	Johnston	(M60)	PH Racing Club
Tommy	Lawrence	(M45)	PH Racing Club
Peter	Simpson	(M55)	PH Racing Club
Ian	Stewart	(M60)	PH Racing Club
Jeff	Farquhar	(M55)	Pitreavie AAC
Richard	Hadfield	(M45)	Portobello Running Club
William	Jarvie	(M55)	Portobello Running Club
Allan	Latona	(M45)	Portobello Running Club
Johnny	Lawson	(M40)	Portobello Running Club
George	Lupton	(M40)	Portobello Running Club
Eoin	Coull	(M40)	Ross County Athletic Club
Thomas	Mathieson	(M55)	Ross County Athletic Club
Nasser	Babazede	(M50)	Shuttleston Harriers
William	Breckenridge	(M50)	Shuttleston Harriers
John	Connaghan	(M45)	Shuttleston Harriers
William	Coyle	(M55)	Shuttleston Harriers
John J	Duffy	(M50)	Shuttleston Harriers
Walter	Henderson	(M45)	Shuttleston Harriers
Andrew	Kirkhope	(M55)	Shuttleston Harriers
Jethro	Lennox	(M40)	Shuttleston Harriers
Andy	Little	(M50)	Shuttleston Harriers
Peter	Mackie	(M40)	Shuttleston Harriers
Denis	Williams	(M50)	Shuttleston Harriers
Stephen	Winter	(M40)	Shuttleston Harriers
Anthony J M	McGale	(M45)	Springburn Harriers
John	Owens	(M60)	Springburn Harriers
Robert	White	(M45)	Springburn Harriers
Nigel	Roberts	(M55)	Stirling Triathlon Club
Alister	Biggar	(M45)	Teviotdale Harriers
Alan	Coltman	(M50)	Teviotdale Harriers
Craig	Grieve	(M45)	Teviotdale Harriers
Alan	Inglis	(M45)	Teviotdale Harriers
Raymond	Jaffray	(M50)	Teviotdale Harriers
Paul	Lockie	(M50)	Teviotdale Harriers
John	Tullie	(M60)	Teviotdale Harriers
Alastair	Walker	(M60)	Teviotdale Harriers
Robert	Carrol	(M40)	Troon Tortoises AC
Gordon	McBain	(M45)	Troon Tortoises AC
John	McCabe	(M50)	Troon Tortoises AC
Graeme	McKenzie	(M40)	Troon Tortoises AC
Fraser	McPhail	(M45)	Troon Tortoises AC
Matt	Pearce	(M40)	Troon Tortoises AC
David	Ruthven	(M50)	Troon Tortoises AC
Paul	Forbes	(M60)	Unattached
Stephen	Golder	(M55)	Unattached
Brian	Hughes	(M60)	Unattached
Colin	Miller	(M60)	Unattached
Gordon	Simpson	(M50)	Unattached
Sandy	Gardner	(M45)	VP-Glasgow AC
Peter	Jardine	(M50)	VP-Glasgow AC
Crawford	Little	(M50)	VP-Glasgow AC
Tom	Ord	(M60)	VP-Glasgow AC
Duncan	Thomson	(M45)	VP-Glasgow AC

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Forename	Surname	Age Group	Club
Allen	Campbell	(M40)	West End Road Runners
David	Calder	(M55)	Westerlands XC Club
Andrew	Fullwood	(M45)	Westerlands XC Club
Chris	Furse	(M45)	Westerlands XC Club
Gordon	McCaffrey	(M60)	Westerlands XC Club
John	Quinn	(M55)	Westerlands XC Club
Daniel	Reid	(M55)	Westerlands XC Club
Ian	Thurlbeck	(M50)	Westerlands XC Club