



National Short Course Cross Country Championships

Bellahouston Park

GLASGOW

Sunday 10th November 2013

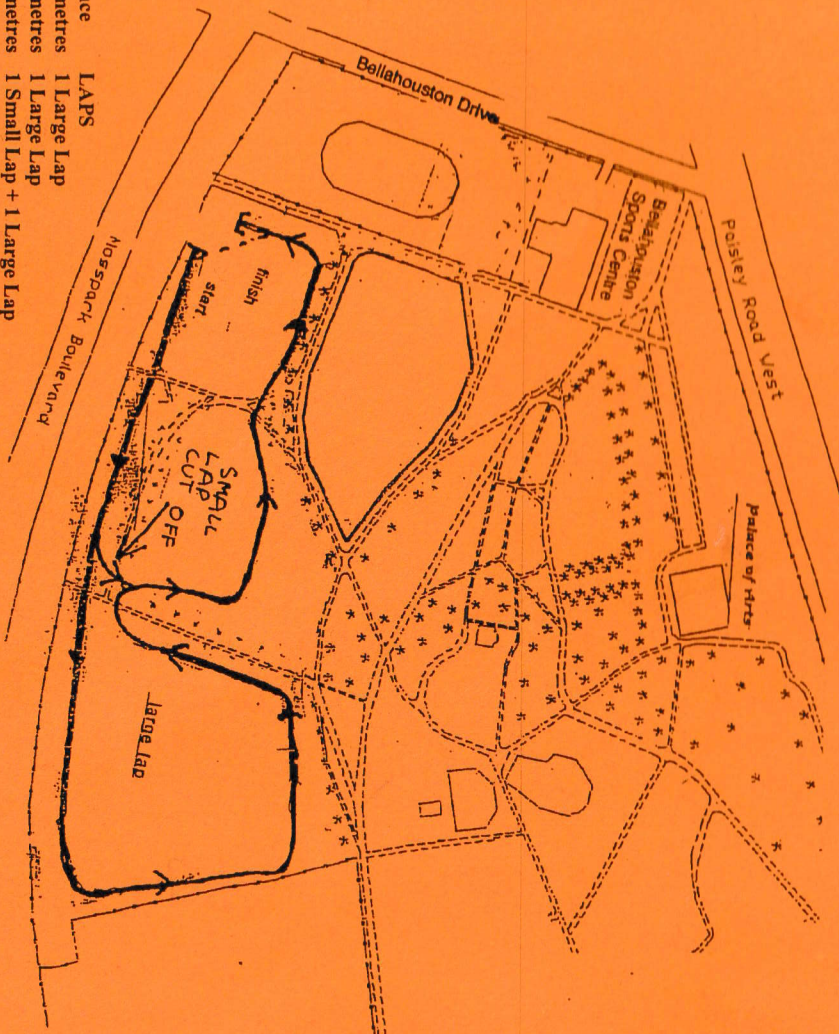
Race	Start	Distance
Under 15 Girls	11.00	2000 metres
Under 15 Boys	11.15	2000 metres
Under 17 Women	11.30	3000 metres
Under 17 Men	11.50	3000 metres
Sen /Jun Women	12.10	4000 metres
Sen / Jun Men	12.35	4000 metres

NATIONAL SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS
SUNDAY 10th November 2013, Bellahouston Park, Glasgow G52 1HH



Race	Start
Under 15 Girls	11.00
Under 15 Boys	11.15
Under 17 Women	11.30
Under 17 Men	11.50
Sen /Jun Women	12.10
Sen / Jun Men	12.35

Distance	LAPS
2000 metres	1 Large Lap
2000 metres	1 Large Lap
3000 metres	1 Small Lap + 1 Large Lap
3000 metres	1 Small Lap + 1 Large Lap
4000 metres	2 Large Laps
4000 metres	2 Large Laps



SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Leslie Roy
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ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Hon Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

OFFICIALS

Referee	Ron Morrison
Clerk of Course	John Rodger
Judge	Dave Cairns
Timekeepers	Joe Bruce
Recorders (Times)	Shelia McDougall
Place Recording (Tape)	Neil Donachie
Starter	Angus Cameron
Declarations	Marjory Cook (Chief), Marion Donachie, Alan Potts, Margaret Daly
De-Chipping	Allan Smith (Chief), Bill McDougall, Alan Potts, Margaret Daly
Results	Interloq
Video Camera	A.N.Other
Announcer	John Wands
Course Stewards	Kilbarchan AAC
Presentations	Leslie Roy, Sandra Hardacre
Jury of Appeal	Alex Jackson, Leslie Roy, Alan Potts
Medical Services	St Andrews Ambulance
Convener	Alex Jackson

NATIONAL SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS

Bellahouston Park, Glasgow
10th November 2013
Incorporating
The Cross Country Team Challenge (Short Course) Final
and
The 1st event of the 2013-14 Cross Country Grand Prix

The 16th running of the National 4K Cross Country Championships returns to Bellahouston Park on Sunday 10th November 2013. All of the 4K Championships have been held in Glasgow with the first two in Pollock Park and since then Bellahouston Park. The continued popularity of the event and venue is reflected by record entries in both the Men's and Women's races.

The history of the 4K Championships can be found at
<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/Cross%20Country/National%204K%20XC/4K%20Results%20Index.html>

History shows that City of Glasgow have dominated the Woman's team race with 7 wins while Shettleston Harriers have 6 wins in the Men's team race. Freya Murray has the most wins in the Women's event (5) and as yet no one has had more than 2 wins in the Men's race.

The 2013-4 Championship sees the introduction of U15 and U17 Championships over 2K and 3K and the renaming of the event as the Short Course Championship.

Finally the Short Course Championship sees the completion of the the Cross Country Team Challenge (Short Course) and the start of the 2013-14 Cross Country Grand Prix.

There is much to play for so enjoy the event.

Ron Morrison
Convener
SAL Road Running and Cross Country Commission

On behalf of scottishathletics I would like to welcome you to Bellahouston Park for the 16th National Short Course Cross Country Championships incorporating the Cross Country Team Challenge and the first event of the 2013-14 Cross Country Grand Prix.

Once again in a Cross Country Championship there is a record entry and it will be no easy task for athletes of all experiences in the soft underfoot conditions due to all the heavy rain over the past few weeks. These conditions should make for some very exciting races.

My thanks go to the Road Running and Cross Country Commission for organising today's Championship and the officials and volunteers who give up their time to help make these events so successful.

Best wishes to all athletes taking part today.

Leslie Roy
President, scottishathletics

U15 GIRLS NATIONAL SHORT COURSE CHAMPIONSHIPS

Race Start: 11.00 2,000 metres

Title Holders – Inaugural Championship

Teams 3 to count

Aberdeen AAC – Colours: White with 2 red hoops

1, Talia Mathers;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

2, Katie McAlpine;

Banchory Stonehaven AC – Colours: Royal Blue with White band

3, Clare Stewart;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

4, Morgan Beaton;

Central AC – Colours: Yellow and Blue

5, Lauryn Turnbull; 6, Eilidh Russell; 7, Kate Gallagher;

Clydesdale Harriers – Colours: White with Black "C"

8, Charlotte Ross; 9, Erinn Denny; 10, Rachel Campbell; 11, Rachel Meehan; 12, Iona Allan; 13, Antonia Breen;

Corstorphine AAC – Colours: White with Black Trim

14, Caitlin Arnott; 15, Heidi Ross;

Edinburgh AC – Colours: White with one Blue, one Black Hoop

16, Carolyn Cameron; 17, Catherine Bough;

Fife AC – Colours: White with Red Band

18, Ana Brocklebank; 19, Louise McCullagh;

Garscube Harriers – Colours: White with Blue Band

20, Eilidh Smith; 21, Lindsay Robertson;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

22, Fern Conway; 23, Sarah Olivia Eunson; 24, Megan Kane; 25, Danielle Kelly; 26, Rebecca Metcalfe; 27, Nikki Miller; 28, Holly Still; 29, Erin Wallace; 30, Rebekah Hemmingsley; 31, Fiona McArthur

Glasgow School of Sport

32, Lori Agnew; 33, Leanne Findlay; 34, Neve Littlejohn; 35, Cara Baillie;

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops

36, Perri McCluskey; 37, Laura Keay;

Larkhall YMCA Harriers – Colours: Red with 2 White Bands

38, Kirsty Miller; 39, Morven Miller; 40, Elle Henderson;

Law & District AAC – Colours: Amber with 2 Red Bands and 1 White Band

41, Evie Robb; 42, Linzi McLaren; 43, Emily Booth; 44, Emily McNicol;

Motherwell AC – Colours: Burgundy with Gold Band

45, Sophie Hall; 46, Emma Knox; 47, Kirsty Ferguson;

Perth Strathtay Harriers – Colours: Orange with Blue Trim

48, Megan Roberts;

Pitreavie AAC – Colours: Navy/Yellow/White

49, Leah Davie; 50, Emily Nicholson; 51, Sophie Nethery;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

52, Niamh Brown; 53, Olivia Mulholland; 54, Lauren Carey;

Shettleston Harriers – Colours: Blue with Gold Band

55, Georgia MacDonald; 56, Natasha Z Mackay; 57, Vivian McAinish; 58, Emma McAinish; 59, Adelina Callan;

Stewartry AC – Colours: Light Blue with Black Diagonal Band

60, Manon Gillon;

VP Glasgow – Colours: Blue and White Hoops

61, Holly Little; 62, Robyn Connolly; 63, Reagan Binnie; 64, Tessa Hickey; 65, Leah Thompson; 66, Lucy Cairns; 67, Jennifer Lewis;

Whitemoss AAC – Colours:

68, Heather Addison; 69, Erin Brown; 70, Heather Michelle Kennedy; 71, Erin Leckie; 72, Gabrielle Williamson; 73, Sophie Hartshorne; 74, Bethan Malley; 75, Lucy Dougal;

U17 WOMEN NATIONAL SHORT COURSE CHAMPIONSHIPS

Race Start: 11.30 3,000 metres

Title Holders – Inaugural Championship

Teams 3 to count

Aberdeen AAC – Colours: White with 2 red hoops

151, Lucy McLeod; 152, Ellen Stickle; 153, Lise Theron;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

154, Kirstin Oakley; 155, Rachael King; 156, Lisa Rennie;

Central AC – Colours: Yellow and Blue

157, Sarah Pearson;

Clydesdale Harriers – Colours: White with Black "C"

158, Abbie Warrington; 159, Emily Paxton; 160, Louise Steele-Milne; 161, Eilidh Sinclair;

Corstorphine AAC – Colours: White with Black Trim

162, Hannah Addison;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

163, Katie Anderson;

Edinburgh AC – Colours: White with one Blue, one Black Hoop

164, Hannah Cameron;

Falkirk Victoria H – Colours: Black with Gold Band

165, Selina Henderson;

Fife AC – Colours: White with Red Band

166, Ailsa Cruickshanks; 167, Annabel Simpson;

Garscube H – Colours: White with Blue Band

168, Rachel Busby; 169, Catriona Graves;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

170, Chloe Cowan; 171, Nicole Scott; 172, Rebecca Saxby; 173, Megan A Amner; 174, Eilidh Cook;

175, Nicole Ewing;

Glasgow School of Sport

176, Abigail McInnes;

Inverclyde AC – Colours: Black & White Stripes

177, Chloe Simpson;

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops

178, Victoria Robertson;

Law & District AAC – Colours: Amber with 2 Red Bands and 1 White Band

179, Pamela McNicol; 180, Hannah Stark; 181, Margaret Newell; 182, Sarah Barrie;

Motherwell AC – Colours: Burgundy with Gold Band

183, Emma Hunter; 184, Kirsty Irwin;

Nairn Area AAC – Colours: Orange

185, Rachael MacLennan;

Perth Strathtay Harriers – Colours: Orange with Blue Trim

186, Zoe Brown;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

187, Eve MacKinnon;

Shettleston Harriers – Colours: Blue with Gold Band

188, Amy Harkins;

Strathearn Harriers – Colours: Blue and White Hoops

189, Madeleine Watson;

VP Glasgow – Colours: Blue and White Hoops

190, Gillian Black; 191, Anya Morrison; 192, Emma Ferrie; 193, Eliza Chiswell; 194, Melanie Chiswell;

Whitemoss AAC – Colours:

195, Amy Mulholland;

U20/SENIOR/MASTERS WOMEN SHORT COURSE CHAMPIONSHIPS

Race Start: 11.40 4,000 metres

Title Holders

U20 Women: Rhona Auckland, Edinburgh University H&H

Senior Women: Rhona Auckland Edinburgh University H&H

Team: Kilbarchan AAC Teams 3 to count

Aberdeen AAC – Colours: White with 2 red hoops

1, Ademide Ademuyewo; 2, Carly McNeil; 3, Sonia Armitage (F50); 4, Veronique Oldham (F45); 5, Eilidh Prise (FU20);

Bellahouston Harriers – Colours: Dark Blue with Light Blue Cross

6, Angela Carson (F45); 7, Erica Christie (F55); 8, Kristina Greig; 9, Bernadette O'Neil (F45); 10, Vicki Hopewell; 11, Julia Harris (F45); 12, Jennifer Clark (F40); 13, Emma Bryce;

Bellahouston RR – Colours: Purple with White Band

14, Ciara Baxter; 15, Carla Molinaro; 16, Camilla Sims;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

17, Julie Beveridge; 18, Joanne McEvoy; 19, Frances Maxwell (F45); 20, Alison Lessells;

Central AC – Colours: Yellow and Blue

21, Jennifer Emsley; 22, Morag MacLarty; 23, Lyndsay Morrison; 24, Emily Greenan (FU20); 25, Jennifer Hutchison; 26, Patricia Milne (F50);

Clydesdale Harriers – Colours: White with Black "C"

27, Pamela McCrossan (F50); 28, Marina McCallum (F40); 29, Christine Duncanson (F50); 30, Yvonne Green (F50); 31, Claire Reid (FU20); 32, Shirley Greig (F40);

Corstorphine AAC – Colours: White with Black Trim

33, Megan Smith; 34, Jessica McClintick (FU20);

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

35, Iona Brodie (FU20); 36, Laura Muir; 37, Louise Beveridge;

East Kilbride AAC – Colours: Gold with 2 Black hoops

38, Kelly Baillie;

Edinburgh AC – Colours: White with one Blue, one Black Hoop

39, Madeleine Murray (FU20); 40, Holly Ennis; 41, Victoria Bailie; 42, Laura Dunn; 43, Susan Ridley (F45); 44, Elaine Davies (F40); 45, Emma Laverie; 46, Karla Borland; 47, Emma Dunnett (FU20); 48, Oonagh Dunnett (FU20); 49, Hilary Kernaghan (F50); 50, Fiona Hegarty; 51, Sharyn Ramage (F50); 52, Karen Dobbie (F45); 53, Catherine Ferry (F40); 54, Hayley Ovens; 55, Berit Inkster; 56, Lyndsey Fraser; 57, Nora Washbourne;

Edinburgh University H&H – Colours: Green with White side Panel

58, Lauren MacAlister (FU20); 59, Amy Spencer (FU20); 60, Mhairi MacLennan (FU20); 61, Rhona Auckland; 62, Sarah Sigsworth; 63, Annie Carroll (FU20); 64, Louise Mercer (FU20); 65, Anna Holzberger (FU20); 66, Rachel Armitage; 67, Georgia Tindley; 68, Sarah Douglas (FU20); 69, Bronagh Wishart (FU20);

Fife AC – Colours: White with Red Band

70, Laura Gibson (FU20); 71, Stephanie Pennycook (FU20); 72, Halina Rees (FU20); 73, Lorraine Brown (F50); 74, Hester Burt; 75, Megan Crawford; 76, Jennifer Kibble; 77, Amie McKimmie; 78, Sophie Mullins; 79, Helen Sharpe; 80, Jenny Tan; 81, Morgan Windram-Geddes; 82, Sheena Logan;

Forres Harriers – Colours: Red

83, Moira Davie;

Garscube Harriers – Colours: White with Blue Band

84, Lesley Chisholm; 85, Laura Devine;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

86, Hilary Millar (F45); 87, Yvonne Hamilton; 88, Elaine Mulcahy;

Glasgow University H&H – Colours: White with Blue Band

89, Alexandra Tavenier; 90, Fiona McGruer; 91, Kathryn Pennel (FU20);

Greenock Glenpark Harriers – Colours: Sky Blue with Royal Blue and Gold Hoops

92, Rhonda White (F40); 93, Gillian Forrest (F40); 94, Marian Monk (F40); 95, Susan Clark (F45); 96, Donna Clark; 97, Jacqueline O'Donoghue; 98, Viki Wilkinson (F40);

Inverclyde AC – Colours: Black & White Stripes

99, Emma Rice (FU20); 100, Rachael Bushfield; 101, Rhona Bushfield (F50);

Kilbarchan AAC – Colours: Gold with Black Hoop

102, Elspeth Curran; 103, Christina Rankin; 104, Natalie Sharp; 105, Jennifer Rooney; 106, Siobhan Inglis; 107, Elaine Eadie (FU20);

Kilmarnock Harriers – Colours: Royal Blue with 2 White Stripes

108, Kara Tait; 109, Kirstin Dale;

Larkhall YMCA Harriers – Colours: Red with 2 White Bands

110, Sarah Archibald; 111, Christina Whitelaw; 112, Lindsay Park; 113, Fiona Mowbray (F50);

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band

114, Amy Frankland (FU20);

Law & District – Colours: Amber with 2 Red Bands and 1 White Band

115, Roisin Meechan; 116, Alison Nichol;

Lothian RC – Colours: Blue with Black letters

117, Jo Hall;

Motherwell AC – Colours: Burgundy with Gold Band

118, Phyllis Hands (F55); 119, Clare Hughes; 120, Clare Barr (F45);

Ochil Hill Runners

121, Karen Kealey (F40);

Perth Straththay Harriers – Colours: Orange with Blue Trim Team

122, Iona Tavendae (FU20);

Portobello RC – Colours: White with Navy and Blue Bands

123, Ann Hood;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

124, Caitie Gorton-Phillips; 125, Kirsty Anderson; 126, Alexandra Lamond; 127, Katie Bristow (FU20); 128, Fionnuala Ross;

Sale Harriers

129, Megan Davies (FU20);

Shettleston Harriers – Colours: Blue with Gold Band

130, Avril Mason; 131, Alison Winship (F40); 132, Joanne Harkins; 133, Neah Evans;

Springburn Harriers – Colours: Navy Blue with White Diamond

134, Barbara Knox (F50); 135, Michelle Sandison; 136, Caroline Brownlie (F40);

Stewartry AC – Colours: Light Blue with Black Diagonal Band

137, Katy Brown (FU20);

Stornoway Running & AC – Colours: Red with Yellow Band

138, Eilidh MacKenzie;

VP Glasgow – Colours: Blue and White Hoops

139, Rhian Dawes; 140, Danielle Beattie (FU20); 141, Sarah Potter; 142, Donna Finlayson; 143, Alison Kerr; 144, Lynn Doherty; 145, Maria Milliken (FU20);

Westerlands CCC – Colours: Yellow with Black "W" on Back

146, Jo Hewitt; 147, Gaynor Gillespie (F45);

U15 BOYS NATIONAL SHORT COURSE CHAMPIONSHIPS

Race Start: 11.15 2,000 metres

Title Holders – Inaugural Championship

Team 3 to count

Aberdeen AAC – Colours: White with 2 red hoops

1, Andrew Farmer; 2, Aaron Odentz; 3, Finlay Strachan;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

4, Lewis Ross; 5, Rhys Sim; 6, Cameron Hay; 7, Euan McIntyre; 8, Jamie Brotherston; 9, Callum Meldrum; 10, Fraser Stirling;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

11, Lewis MacDonald;

Central AC – Colours: Yellow and Blue

12, Rory Strachan; 13, Conor Ryan;

Clydesdale Harriers – Colours: White with Black "C"

14, Lewis Hay; 15, Liam Milligan; 16, Brian Aird; 17, David McRobert; 18, Jack McCue; 19, Stephen Kane; 20, Joe McCready; 21, Darren Carruthers;

Corstorphine AAC – Colours: White with Black Trim

22, Anthony Addison; 23, Forbes Jackson; 24, Jonathan Jackson;

East Kilbride AAC – Colours: Gold with 2 Black hoops

25, Martin Lynas; 26, Ross Malloch;

Edinburgh AC – Colours: White with one Blue, one Black Hoop

27, Michael Swinton; 28, Paul Ireland; 29, Ross Allan; 30, Freddie Carcas; 31, Joseph Arthur; 32, Alex Bates; 33, Calum Brown; 34, Jamie Underwood;

Fife AC – Colours: White with Red Band

35, Euan Boyle; 36, Ryan Brocklebank; 37, Jamie Ingledew; 38, Gregor Malcolm; 39, George Rees; 40, Tristan Rees; 41, Adam Scott;

Garscube Harriers – Colours: White with Blue Band

42, Calum Esler; 43, Ewan McArthur;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

44, Joseph Lowrie; 45, Michael Lowrie; 46, Nicholas Boyle; 47, Keir Carolan; 48, Jamie Sturrock; 49, Calum Marney; 50, Harry Nimmo; 51, Oliver Watson-Sweeney;

Glasgow School of Sport

52, John Law;

Inverclyde AC – Colours: Black & White Stripes

53, Sammy Hearl;

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops

54, Aidan McCaffrey;

Larkhall YMCA Harriers – Colours: Red with 2 White Bands

55, Ross Lytle;

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band

56, Matthew Smith;

Law & District AAC – Colours: Amber with 2 Red Bands and 1 White Band

57, Gregor Gillespie; 58, Ben Fountain; 59, Kieran Cubis; 60, Conor Butters; 61, Adam Kelly; 62, Matthew Lawler;

Motherwell AC – Colours: Burgundy with Gold Band

63, Luke Poutney; 64, David Wallace; 65, Adam Laird

Nithsdale AC – Colours: Jade Green/Black/White

66, Robert Ponton;

Perth Strathtay Harriers – Colours: Orange with Blue Trim

67, Ben Greenwood; 68, Sol Sweeney; 69, Jacob Howgate;

Pitreavie AAC – Colours: Navy/Yellow/White

70, James Adam; 71, Tyler White; 72, Andrew McNair; 73, Dylan Thomson;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

74, Keir Morton; 75, Euan Miller; 76, Gavin Smith; 77, Struan Paton;

Shettleston Harriers – Colours: Blue with Gold Band

78, Benjamin Dalziel; 79, Daniel Muir; 80, Jamie Blackhall;

VP Glasgow – Colours: Blue and White Hoops

81, Lewis Priest; 82, Jamie MacKinnon; 83, Aidan Johnson; 84, John Law; 85, Andrew Moreland; 86, Adam Brady; 87, Euan Rae; 88, Max Milarvie; 89, Charlie Milarvie; 90, Lewis Serpell; 91, Daniel Smith; 92, Simon Fraser;

Whitemoss AAC

93, Andrew O'Donnell; 94, James Cathie; 95, Liam Wynne;

U17 MEN NATIONAL SHORT COURSE CHAMPIONSHIPS

Race Start: 11.50 3,000 metres

Title Holders – Inaugural Championship

Aberdeen AAC – Colours: White with 2 red hoops

311, Andrew Burnett; 312, Jordan Chapman; 313, Gregor Dewhirst; 314, Matthew Kilner; 315, Steven Murray; 316, Callum Symmons;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

317, Matthew Brawley; 318, James Pettigrew;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

319, Derek Scott; 320, Craig Stewart;

Central AC – Colours: Yellow and Blue

321, Jack Kerr; 322, Iain Davies; 323, Stuart McKinney;

Clydesdale Harriers – Colours: White with Black "C"

324, Philip Allan; 325, Darren Dolan;

Corstorphine AAC – Colours: White with Black Trim

326, Matthew Young;

East Kilbride AAC – Colours: Gold with 2 Black hoops

327, Aidan Gilbride; 328, Michael Stewart;

Edinburgh AC – Colours: White with one Blue, one Black Hoop

329, Josh Kerr; 330, Robert Bough; 331, Alex Carcas; 332, Dominic O'Hare; 333, Fraser White; 334, Cameron Gilmour;

Fife AC – Colours: White with Red Band

335, Fergus Ingledew; 336, Ronan McKinstray; 337, Logan Rees;

Garscube Harriers – Colours: White with Blue Band

338, Cameron Russell; 339, Darren McGowan;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

340, Max Lancaster; 341, Dewi Gould; 342, Euan Brodie; 343, Josh McDonald; 344, Ross Gray; 345, John McLaughlin; 346, Christopher Stewart; 347, Euan Penrice;

Glasgow School of Sport

348, Paul Harper;

Inverclyde AC – Colours: Black & White Stripes

349, Ross Forbes; 350, Jonathan Glen; 351, Joshua Houston;

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band

352, Kyle A Mackenzie;

Law & District AAC – Colours: Amber with 2 Red Bands and 1 White Band

353, Stuart Leghorn; 354, Luke Foss; 355, Shaun Burke;

Livingston – Colours: Yellow with Green Stripe

356, Jake Thomas; 357, Andrew Mitchell;

Motherwell AC – Colours: Burgundy with Gold Band

358, Owen Leach; 359, Ibrahim Ammad; 360, Daniel Martin; 361, Luca Marcuccilli; 362, Stuart Wallace;

Nithsdale AC – Colours: Jade Green/Black/White

363, Jordan McGinley; 364, Kieran Saunders; 365, Angus Johnstone;

Perth Strathtay Harriers – Colours: Orange with Blue Trim Team

366, Michael Gillespie; 367, Kierr Miller; 368, Simon Jardine;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

369, David Robertson; 370, Brendan Carey; 371, Jack MacGregor; 372, Scott Somerville; 373, Sean Reilly;

Shettleston Harriers – Colours: Blue with Gold Band

374, Murray McGiven; 375, Ryan Flanagan;

Strathern Harriers – Colours: Colours: Blue and White Hoops

376, Charlie Grimson;

VP Glasgow – Colours: Blue and White Hoops

377, Nathan Merchant; 378, Scott McKay; 379, Fraser Glass; 380, Craig Jardine; 381, Calum McCormack;

382, Liam McKeown; 383, Robbie Barr; 384, Christopher Boyle; 385, Patrick Docherty; 386, Ciaran Kelly;

387, Euan Urquhart;

Whitemoss AAC

388, Greg Mulholland; 389, Ewan Beaton; 390, Stephen Gemmell;

U20/SENIOR/MASTERS MEN SHORT COURSE CHAMPIONSHIPS

Race Start: 12.05 4,000 metres Title Holders

U20 Men: David Vernon, VP Glasgow

Senior Men: Mark Mitchell, Forres H

Team: Central AC .Team 4 to count

Aberdeen AAC – Colours: White with 2 red hoops

1, Sam Burgess (MU20); 2, Gareth Lake (MU20); 3, Fraser McGillivray; 4, James Joy; 5, Lukasz Czyzycki; 6, Mark Haskett; 7, Paul Martial; 8, Frank Boyne (M45);

Banchory Stonehaven AC – Colours: Royal Blue with White band

9, Michael Ferguson (MU20); 10, Andrew Ferguson Jnr; 11, Andrew Ferguson Snr (M50);

Bellahouston Harriers – Colours: Dark Blue with Light Blue Cross Team

12, Robert Carson (M60); 13, Iain Burke (M65); 14, Stuart Macdougall; 15, Craig Lamont; 16, Alastair Scott; 17, Paul Clawson; 18, Darren Murray (M40); 19, John Softley (M60); 20, Stewart Mulholland (M55); 21, Mark Paterson; 22, Stuart Miller; 23, Steven Prentice

Bellahouston RR – Colours: Purple with White Band

24, Hamish Barbour (M50); 25, John Gilhooly (M50); 26, Greig Glendinning (M40); 27, Andrew Hardman (M55); 28, Anthony Lucio Jannetta; 29, Iain O'Donnell; 30, Gerard Scullion (M45); 31, David Stakes (M50); 32, Thomas O'Connell;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

33, Alan Derrick (M45); 34, Russell Couper (M45); 35, Jim Mearns (M45); 36, Jim Holmes (M45); 37, Hugh Simpson (M50); 38, John McBride (M50); 39, David Herbertson (M40); 40, Edward Reid (M50); 41, Andrew Henderson (M60); 42, William Buchanan (M60); 43, Richard Lawton;

Carnethy Hill Running Club – Colours: Red and Yellow

44, Iain Whiteside;

Central AC – Colours: Yellow and Blue

45, Colin Alexander (M40); 46, Simon Barlow (M40); 47, Cameron Boyek (MU20); 48, Andrew Butchart; 49, Gordon Crawford (M45); 50, Dale Colley (MU20); 51, Scott Green; 52, Alastair Hay; 53, Alexander Hendry; 54, Robert Hutchison (M50); 55, David Lindsay; 56, Sandy MacLarty; 57, Conan McCaughey; 58, Lewis Millar; 59, Cameron Milne; 60, Martyn Paterson; 61, Sean Reilly; 62, Robert Russell; 63, Tom Watson (MU20); 64, Stuart Watson (M50);

Clydesdale Harriers – Colours: White with Black "C"

65, Michael Diver (M45); 66, Paul McKendry (M50); 67, Tony Dolan (MU20); 68, Dewar Stewart (M50);

Corstorphine AAC – Colours: White with Black Trim

69, Moray Anderson; 70, Stuart Campbell (M45); 71, Andrew Christy; 72, Bryan Clark; 73, Michael Crawley; 74, Dermot Cummins; 75, Tom Cunningham; 76, Tom Ferrington; 77, Christopher Galloway (MU20); 78, Ewan Stark; 79, Paddy Jumelle; 80, Calum McKenzie; 81, Steven O'Brien; 82, Scott Pilkington; 83, Kris Berry; 84, Alastair Brockie; 85, Christopher O'Brien; 86, Craig Nolan (MU20);

Deeside Runners – Colours: White with jade side panels

87, Robbie Simpson;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

89, Gordon Barrie (M40); 90, Howell Craske; 91, Jamie Crowe (MU20); 92, Graeme Oudney;

East Kilbride AAC – Colours: Gold with 2 Black hoops

93, Grant Baillie; 94, Niall Walker; 95, Derek Leitch (M60); 96, David Thomson; 97, John Fergusson; 98, Jamie Clements; 99, David Gorman; 100, Jack Kirwan (MU20); 101, Vincent Hastings (MU20); 102, Alessandro Tronconi;

Edinburgh AC – Colours: White with one Blue, one Black Hoop

103, Darren Blyth (M40); 104, Gab Bucciarelli; 105, Adam Chmielowski; 106, Andrew Crichton; 107, Daniel Clarkson; 108, Jamie Crawford; 109, Chris Creegan (M50); 110, Jamie Doris; 111, Keith Dunlop; 112, MJ Horne; 113, Ross Irving; 114, Adam Jack; 115, Stuart Johnston; 116, Andrew Lawler (MU20); 117, Bryan Mackie; 118, Ruairidh Miller (MU20); 119, Alex MacEwen (M55); 120, James McLay; 121, Kirk Ollason (M40); 122, Chris Ponton (MU20); 123, Garry Robertson (M50); 124, Graeme Taylor; 125, Robert Turner (M40); 126, Edward Dudgeon;

Edinburgh University H&H – Colours: Green with White side Panel

127, James Bruce Waldie; 128, Caleb Hia; 129, Patryk Gierjatowicz; 130, Neil Colquhoun;

Fife AC – Colours: White with Red Band

131, Bruce Millar (MU20); 132, Daniel Newman (M45); 133, Roger Rees (M45); 134, Jonathan Logan;

Forres Harriers – Colours: Red

135, Mark Mitchell;

Garscube Harriers – Colours: White with Blue Band

136, Daniel Burns; 137, John Murray; 138, John McLaughlin (M45); 139, Robert McLennan (M50); 140, Alan Blair; 141, Kenneth Macanna (M60); 142, Alexander Chisholm (M55); 143, Chris Devine; 144, Donald McPartlin; 145, Craig Brown (M40); 146, John Bell (M40); 147, Euan Geddes (M40); 148, Martin Coyle; 149, Kieran McLaughlin; 150, Ragbir Singh (M65); 151, David Robertson (M45);

Giffnock North AC – Colours: Amber with Royal Blue Hoop

152, Greg Turner; 153, Andrew Clark (MU20); 154, Grant Muir (MU20); 155, Luke Traynor; 156, Jack Walker (MU20); 157, Lee Wilson;

Glasgow University H&H – Colours: White with Blue Band

158, Myles Bax; 159, Andrew Foggo; 160, Adam Stark (MU20); 161, Ben McClellan; 162, Craig Hogg; 163, Chris Clarke; 164, Neal Robb; 165, Christopher Finn; 166, Grant Boyne (MU20); 167, Aishan Patil (MU20); 168, Samuel Davies; 169, Anton Ward (MU20); 170, Cameron Hill (MU20);

Greenock Glenpark Harriers – Colours: Sky Blue with Royal Blue and Gold Hoops

171, Andrew Harkins; 172, Andrew White (M45); 173, Stephen Trainer; 174, Scott Forrest (M45); 175, Graham McGrattan (M55); 176, Shaun Lyon; 177, Kevin O'Donoghue; 178, Michael Harrington (M50); 179, Ross Slater (M45); 180, Ross Neilson; 181, James Campbell; 182, David Henderson; 183, Gordon Morrison (M50); 184, Kevan McCartney;

Hamilton Harriers – Colours: White with Red Trim

185 James Breen (V40);

Inverclyde AC – Colours: Black & White Stripes

186, Dan Mulhare; 187, Graeme Hyett; 188, John Cooke; 189, Michael Houston (MU20); 190, Greg Williams (MU20); 191, Thomas Jamieson; 192, Callum Hunter (MU20); 193, Robert Todd (MU20); 194, Gary McKendrick (M45); 195, Matthew Thomson (MU20); 196, John Smillie (M50); 197, Gavin Morrison (M45); 198, Gerard Gaffney (M55); 199, Graeme Forbes (M40); 200, John Sharp; 201, Duncan Macfadyen (M50);

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

202, Stuart Michael (MU20); 203, Stephen Mackay;

Kilbarchan AAC – Colours: Gold with Black Hoop

204, Scott MacAulay; 205, Steven Hill;

Kilmarnock Harriers – Colours: Royal Blue with 2 White Stripes

206, Graeme Cameron;

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops

207, Stephen Allan (M40); 208, Scott Anderson (M45); 209, Robert Rogerson (M50); 210, Cornel Neil (M50); 211, Paul Reilly (M45);

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band

212, Rowan Marr (MU20); 213, Callum Clark (MU20);

Law & District AAC – Colours: Amber with 2 Red Bands and 1 White Band

214, Jonathan Kennedy (MU20); 215, Darran Muir; 216, Stephen Allen (M45); 217, Ross Hill (MU20); 218, Anthony Higgins (M40); 219, Stuart McLuckie (MU20); 220, Scott Jackson (M40); 221, Patrick Kelly (M65); 222, Eddie McQuillan (M50); 223, William Drysdale (M75);

Lothian RC – Colours: Blue with Black letters

224, Max McNeill; 225, Colin Partridge; 226, Richard Docherty (M45); 227, Owen Williams; 228, Malcolm Lang; 229, Euan McInnes (M40); 230, Stephen Malcolm (M40); 231, Alan Moffat;

Motherwell AC – Colours: Burgundy with Gold Band

232, Ewan Cameron (M35); 233, Scott Dickson; 234, Matthew Purser; 235, Ross Burton; 236, Graham McEwan; 237, Peter Blackmore (M40); 238, John Burns (M50); 239, Richard Leach (M40); 240, Gary Lines (M40); 241, Andrew Scott (M45); 242, Thomas Sneddon; 243, Benjamin Hands (M50); 244, Robert Pattinson (M45); 245, Donald McCaffer (M65); 246, Craig Mackenzie (MU20); 247, Dougie Waddell (M45); 248, Nigel Hetherington (M55); 249, William Martin (M55);

Pitreavie AAC – Colours: Navy/Yellow/White

250, Ben Potrykus (MU20); 251, Scott McAlpine (MU20); 252, Jack Lawrie (MU20); 253, Steven Perrie-Clyde (MU20);

Portobello RC – Colours: White with Navy and Blue Bands

254, Kevin Clark (M50); 255, William Jarvie (M55);

Ron Hill Cambuslang Harriers – Colours: Red with White Band

256, David Thom (M50); 257, Michael O'Hagan (M40); 258, Kerry Liam Wilson (M40); 259, Scott Hunter (M40); 260, Robert Gilroy; 261, Benjamin Hukins; 262, George Pettit; 263, Robert Rossborough; 264, Iain MacCorquodale; 265, Stuart Gibson; 266, Alistair Campbell; 267, Andrew MacKenzie; 268, Owen Walpole; 269, Wegene Tafese; 270, Stewart Orr; 271, Stephen (jnr) Paris; 272, Grant Sheldon (MU20); 273, Ryan Thomson (MU20); 274, John Ball (MU20); 275, Ross Stephen (MU20); 276, Andrew Coulter;

Shettleston Harriers – Colours: Blue with Gold Band

277, Brian McGarrity; 278, Matthew Sullivan; 279, Paul Sorrie; 280, Tetowoldeberhan Mengisteab; 281, Lachlan Oates; 282, Bill Winning (M40); 283, Kevin Brydon; 284, Callum Drummond (MU20); 285, Guilitt Kahilu (MU20); 286, John Oates (M50); 287, Gerard Mason (M50); 288, Garry Mason (MU20); 289, Kieran Docherty;

Springburn Harriers – Colours: Navy Blue with White Diamond

290, Grant Cairns; 291, Tony Northcote; 292, Damian McAuley (M45);

Tynedale Harriers and AC

293, Jonathan Currie (MU20);

VP Glasgow – Colours: Blue and White Hoops

294, Martin Hayes; 295, Lewis Boyle (MU20); 296, Ian Dunn (M40); 297, Sean Fontana; 298, Callum Heirs (MU20); 299, Peter Jardine (M45); 300, Andrew Law (M55); 301, Max Ralston; 302, Ethan Sloan-Dennison (MU20); 303, David Vernon; 304, Derek Watson Snr. (M50);

Westerlands CCC – Colours: Yellow with Black "W" on Back Team Nos 301,302

305, Chris Upson (M50); 306, John Quinn (M50); 307, Jamie Provan;

Whitemoss AAC

308, Craig Whyteside (MU20);