



Scottish Athletics Federation



SCOTTISH NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS

(INCORPORATING VETERANS RELAYS)

SATURDAY 26th OCTOBER, 1996

**THE MAGNUM CENTRE
BEACH PARK, IRVINE**



**NORTH AYRSHIRE
COUNCIL**

COMMUNITY & RECREATIONAL SERVICES



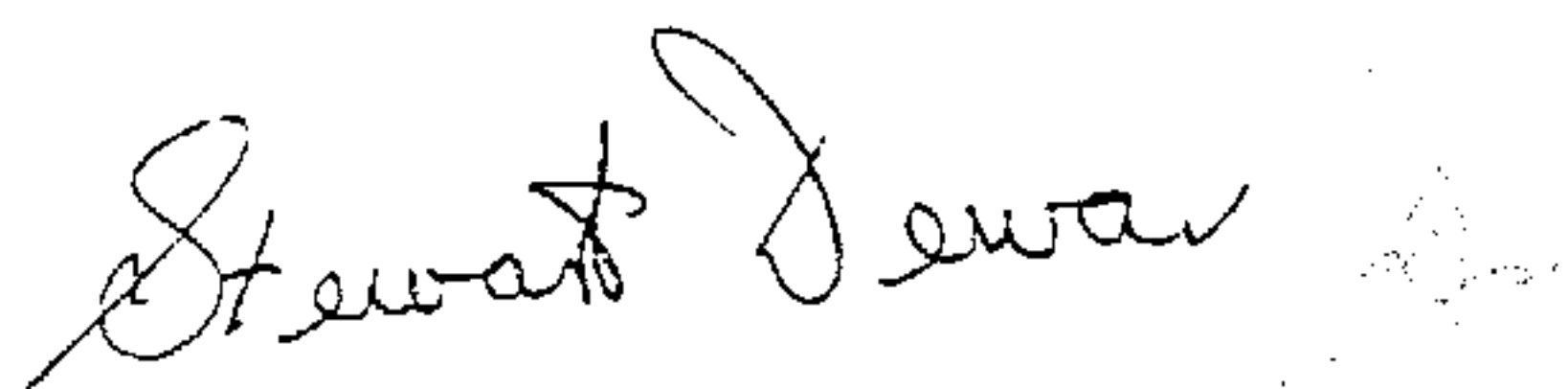
COUNCILLOR STEWART DEWAR'S

WELCOMING ADDRESS

On behalf of North Ayrshire Council I extend a warm welcome to all competitors, spectators and guests to the Magnum/Irvine Beachpark, on the occasion of the 1996 Scottish National Cross Country Relay Championships.

I should like to record the Council's appreciation to all those who have worked hard, both prior to the Championships and on the day itself, to ensure that this event lives up to the high standards expected of a National Championship.

Finally, I wish all competitors every success and hope that you will look back on today's Championships with happy memories and hope that many of you will return to North Ayrshire to race in the future.



Stewart Dewar
Chairman Community and Recreational Services Committee
North Ayrshire Council

It is with the greatest of pleasure to be back at the Magnum Centre, Irvine for the 1996 National Cross Country Relays.

Our thanks go to the members of the Road Running and Cross Country Commission for their help in organising this event and Jim Young, our Championship Convenor for his hard work and effort.

Our grateful thanks go to North Ayrshire Council for their financial assistance and the use of the Magnum Centre.

I wish all competing Clubs a successful Championship.

Peter Carton
President
Scottish Athletics Federation.

SCOTTISH ATHLETICS FEDERATION

HONORARY PRESIDENT:

W.M.Campbell CBE QC MP

PRESIDENT:

Peter Carton Shettleston Harriers
5 Menteith Place
High Burnside
Glasgow. G73 5RG.

VICE PRESIDENT:

Prof. Ron Morrison Fife A.C.
8 Trinity Place
St.Andrews.

GENERAL SECRETARY:

Robert W.Greenoak City of Edinburgh A.C.
41 Greenfield Crescent,
Balerno
Midlothian. EH14 7HD.

TREASURER:

James O.Scott Dundee Hawkhill Harriers
3 Menzieshill Road,
Dundee. DD2 1PS.

ROAD RUNNING AND CROSS COUNTRY COMMISSION

CONVENER:

Mrs.Eleanor Gunstone Fife A.C.
Rungally House
Cupar
Fife. KY15 5SY.

VICE CONVENER:

Charles Haskett Dundee Hawkhill Harriers
104 Newburgh Road,
Bridge of Don
Aberdeen. AB22 8QY.

SECRETARY:

Brian A.Goodwin Bellahouston Harriers
14 St.Vincent Place
Glasgow. G1 2EU.

ASSISTANT SECRETARY:

Allan Potts City of Glasgow A.C.
27 Beechlands
Clarkston
Renfrewshire.

FINANCE OFFICER:

Duncan McLaren Penicuik Harriers
7 Miller Avenue,
Fairlie,
Largs KA29 0EJ.

O F F I C I A L S

Referee: Robert McSwein
Clerk of Course: Jim Morton
Judges/Changeover: Brian Goodwin(Chief), Derek McGinley, Fred McCluskie, Willie Laing, George Spence
Recorders: Molly Wilmoth(Chief), Glen Harrower, Danny Wilmoth, Karen McInnes, A. Potts.
Timekeepers: Duncan McSwein(Chief), Harry Quinn, Duncan McLaren, Graham Sword.
Team Assembly: Fred McCluskie, Willie Laing.
Starter: Jim Young
Officials Report: Betty Young
Announcers: Alex Naylor, Bill Melville
Press Officer: Bill Melville
Declarations: Anne McManus(Chief), Ian McManus, Tom Parker, Bill Simpson, Kath Melville, Frank Hannan, David Campbell, Chic Forbes, Alex Jackson, Jen Jackson, Sandra Hardacre, Ron Morrison.
Results: Bob Reid, Kenny Phillips, Jimmy Bryant, Ben Adams, Nat Taylor.
Stewards/Course Marshalls: Karen McInnes Drugs: George Spence
Programmes: Elizabeth Young
Presentations: Alison McGill, Katie Bryant
Runners: Eleanor Gunstone, Charles Haskett, Brian Goodwin, Duncan McLaren
Reception: Jim Young(Convenor), Derek McGinley, Brian A. Goodwin
Organising Committee:

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The Scottish Athletics Federation Road Running and Cross-Country Commission are grateful to the following for their assistance in the running of today's event

North Ayrshire Council
Magnum Leisure Centre Staff
All Officials and other helpers

Ayrshire Harrier Clubs Association
St. Andrews Ambulance Association

N U M B E R S

In Senior/Junior Men's race
lap colour numbers will be

1st lap Blue Number

2nd lap White Number

3rd lap Blue Number

4th lap White Number

In all other races lap
colours will be

1st lap White Number

2nd lap Blue Number

3rd lap White Number

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YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

1st LAP U13, 2nd LAP U15, 3rd LAP U17

Title Holders- JGB Central AC

Race Starts 1:00pm

Declarations Close 12:30pm

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross Team Nos.1,2,3

U13 J McCormack; K McFarlane; L McGawn; E Graham; K Eager; M Fulton;

U15 E McGahon; N Haran; M Donnelly; R Clark; K Watt;

U17 L Conway; A Church; L McIntosh; T McIntosh; L Thomson

Babcock Pitreavie AAC-Colours: Navy, Yellow, White Team Nos.4,5,6,7

U13 I Child; K Murray; E Barclay; A Robertson; Y Hynd; S Marshall;

U15 N Thomson; L Cooch; C Cannon; L Talyor; M McArthur; L Mitchell;

U17 H Norman; W Gosden; E Webster; M Stewart; J Jack; S Paterson

Cambuslang Harriers-Colours: Red with White Band Team Nos.8,9

U13 L Eaglesham; M Brady; C McCrone; A McDonald; J Latham;

U15 P Dick; R Burns; L Haggerty; R Todd; K Drain; L Farmer;

U17 C Benzie; V Farmer;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop Team Nos.10,11

U13 S Cairns; L Rice;

U15 L Hancock; E Wardlaw;

U17 L Harrison; A Hood; H Moar

City of Glasgow AC-Colours: Royal Blue with Green Panel Team Nos.12,13,14,15,16,17,18

U13 C Forrest; C Graham; A Hardy; J Jamieson; D Keir; D McColl; L Provan; K Scott; L Sharp;
E Blackwood; V Blackwood; L Black;

U15 H Connell; C Fagan; R Jennings; L Macrae; S Maxwell; A Reid; F Reid; S Christie; L Letford;
M Cameron; C Duffy; P Logan; I MacDonald;

U17 A Daly; P Gaffney; D McMorran; K Munro; K Piggot; E Sinclair; K Halliday; C Kerr; C Scott;
C MacDonald; S Erwin; S Kemp; A Kemp

Dundee Hawkhill Harriers-Colours: Blue and White Quarters Team Nos.19,20,21

U13 L Mellon; H MacDonald; N Laing; F Collaco; A Moore;

U15 C Burnett; L Airlie; D Grant; S Scott; L Raj; A Laws;

U17 T Stephens; V Lamb; D Toller; S McCarron

East Kilbride AAC-Colours: Gold with 2 Black hoops Team Nos.22

U13 M Haley;

U15 L Mooney;

U17 L Campbell

Edinburgh Woollen Mill-Colours: White/Blue/Red Team Nos.23,24,25

U13 T McGhee; S Hamidat; N Turner; K Kerr; S Arthur; J Allen; L Dakers; G Niven;

U15 I McIntyre; S Hood; R McNiven; K McPherson; G Myles; H Fairbairn; E Hope; M Murdoch;

U17 L Grossman; A McDonald; K McDonald; S Mackie; P Markham; H Bruff; L Brown

Falkirk Victoria Harriers-Colours: Black with Gold Band Team Nos.26

U13 S Eardley;

U15 C Couper;

U17 D Fraser

Fife AC-Colours: White with Red Band Team Nos.27,28

U13 F Urquart; V Watters; J Williams; G Dalrymple;

U15 K Forbes; A Harrow; K Webster; L Allison; K Lee; A Stewart;

U17 L Anderson; S Laing

John Greig (Builders) Central AC-Colours: Yellow and Blue Team Nos.29,30

U13 S Borrowman; E Falconer; H Dodds; H Whitlam; L Douglas;

U15 J McCrorie; E Waterhouse; L Gault; K McNally; H Stewart;

U17 K Montador; B Murphy; L Nicoll; L Brown; C Waterhouse

Giffnock North AAC-Colours: Amber with Royal Blue Hoop Team Nos.31,32,33

U13 H Stevenson; Y Simpson; H McIntyre; C Smith; A Bennett;

U15 S Stevenson; L Bendoris; S McKenzie; K Shields;

U17 L Mitchell; L Trainor; K Miller; L George

Girvan AAC-Colours: White with Blue & Green Hoops Team Nos.34

U13 C Taylor;

U15 D McCutcheon;

U17 L Murdoch

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos.35

U13 G Bell;

U15 L McLaughlin; G Davidson; L Kelly;

U17 P Andrews

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team Nos.36

U13 L Barlas;

U15 G Woods; P McNelis; D Harris;

U17 C Montgomery

Inverness Harriers-Colours: Gold with Maroon Diagonal Team Nos.37,38

U13 A Cole; J Main; M McKinnon;

U15 R McLean; S Danby; A Watson;

U17 A Campbell; K McKenzie

Irvine AC-Colours: Red with Black Trim Team Nos.39,40

U13 M Gray; F McKay; A Walker; K McGarry; A Traynor; C Hanvey;

U15 L McAuley; D Alderson; Lianne Hanvey; K Bingham; A McGill

U17 Louise Hanvey; K Bryant

Kilbarchan AAC-Colours: Gold with Black Hoop Team Nos.41,42,43

U13 H Gordon; R Stevens; K Ross; M Sellers; K Gallacher; L Yule; J Queen; D Clayton;

U15 S McGrenaghan; J Cloney; C Gibson; J McLay; S Palmer; K Yule; M Scott;

U17 S Cloney; G Turnbull; F Menzies; S Barr; H Townsend; G McGrenaghan

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops Team Nos.44,45

U13 J Barber; C Bavaird; S McKenna; V Ralton; L Urquhart;

U15 Laura Brown; S Johnston; L Stirling; L Syme;

U17 M Adams; Lynsey Brown

Kwik Fit Corstorphine AC-Colours: White with Black Trim Team Nos.46

U13 E Aitken; J Gunn; E Smith;

U15 L Joyce; E Sturrock;

U17 L Henderson; M Sturrock.

Larkhall YMCA-Colours: Red with White Hoops Team Nos.47,48

U13 K Mowbray; F Haig;

U15 J Shearer; A McInnes;

U17 L Fitzpatrick; C Ballantyne

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band Team Nos.49,50,51

U13 L McKay; K Hamilton; D Kyle; M McConnell;

U15 K Laird; M Black; J Sneddon; N McGhee;

U17 C Docherty; J McKay; K Ritchie

Maryhill Harriers-Colours: Royal Blue Team Nos.52

U13 M Tollan;

U15 L Carrigan;

U17 D Gallagher

Skipton & Dist AC-Colours: Sky Blue with Navy Band Team Nos.53

U13 R Hodgkiss; D Waddington;

U15 S Waddington; S Shepherd; N Quinlan; E Cunliffe;

U17 S Dugdale; R Taylor; E Hopkinson

Strathkelvin Ladies A.C.-Colours: Navy Blue Vest/Green Side Trims Team No.54

U13 G. Fullerton; K. Partyka.

U15 M. Dunn; L. Jamieson; C. McKee; D. Twaddle

U17 R. Gallacher

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

1st LAP U13, 2nd LAP U15, 3rd LAP U17

Title Holders- Fife AC

Race Starts 1:35pm

Declarations Close 1:05pm

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross Team Nos. 1,2

U13 D McKeating; L Evans; N Burnside; T McFarlane; C McSorley; C Heathcote;

U15 A McIndoe; K Reid; M Rae; D Bonsor; B McGarva; M Hamilton;

U17 C Garrett; C McDonald; I Gilmour; S Keenan; C Ross; D Ritson

Babcock Pitreavie AAC-Colours: Navy/Yellow/White Team Nos. 3,4,5

U13 P McCloskey; D Simpson; W Bruce; S Dryburgh; N Koronka; I Leith;

U15 A Arneil; B King; J Paterson; N Adam; A Mathieson;

U17 P Armstrong; S McDiarmid; S Cargill; S Koronka; G Mathieson

Cambuslang Harriers-Colours: Red with White Band Team Nos. 6,7,8,9,10,11,12,13

U13 B Fox; K Porter; D Young; J Murphy; I Munro; A Stevens; G Wright; A Scott; D Kelsey;

R Greig; J Pal; A Brady; A Allison; J Taylor;

U15 G Adam; I Colquhoun; A Gearie; P Graham; S McNair; P McNally; K Kealey; D Murray;

N Ritchie; K Robertson; A Shields; D Tait; C Steel; G Malone;

U17 W Bain; S Barber; A Bryers; N Campbell; S Carson; J Clelland; G Ferguson; J Kealey;

A Millar; D Munro; S Ritchie; G Robertson

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop Team Nos. 14,15,16

U13 R Robertson; K Stoddart; J Duthie; R Laird; S Sheppard; K Mann; M Reddin; G Smith;

U15 C Beaton; L Costello; S Kemp; C Ross; K Pattie;

U17 G McGregor; G Croall; G Herd; A Wardlaw; R Cannon; K McGhee; C Stoddart; J Hand

Clydesdale Harriers-Colours: White with Black "C" Team Nos. 17,18,19

U13 W Rossborough; G Wright; S Doherty;

U15 M Rudzinski; S Canning; P Doherty; J Bradley;

U17 R Rossborough; D Gillan; G Kennedy; D Moore

Dundee Hawkhill Harriers-Colours: Blue and White Quarters Team Nos. 20,21,22,23

U13 G Oudney; D Garvie; N Ferguson; G Hay; C Kirkcaldy; P Collaco;

U15 J Nicoll; M Hanlon; D Dowie; D McDonald; I Tkaczyk; C Petrie;

U17 S Brooks; M Stevens; M Cortaisé; R Stanfield; J Lafferty; A Tait

East Kilbride AAC-Colours: Gold with 2 Black hoops Team Nos. 24,25

U13 N Barclay; S Toms;

U15 K McKenna; C Henderson;

U17 S McCracken; H Henderson

Falkirk Victoria Harriers-Colours: Black with Gold Band Team Nos. 26,27,28,29,30

U13 J Brown; D Couper; G Miller; R Munnoch; D Stevenson; D Todd; J Young; D McIntosh;

U15 D Algeo; R Gliniany; N Hurren; K Johnstone; D McLeish; C Russell; M Donaldson; I Wallace;

U17 S Anderson; G Couper; E Donaldson; G Moore; J Shenava; G Douglas

Fife AC-Colours: White with Red Band Team Nos. 31,32,33,34,35

U13 A Murphy; A Shanks; K Wallace; J Anderson; T Ennis;

U15 A Lemoncello; M Nelson; S Cassidy; S Luke; T Greene;

U17 A Cassalls; M Smith; J Seeley; O Hughes; P Fulton; O Greene; C Dalrymple; K Black;
M Patterson; J Stewart

John Greig (Builders) Central AC-Colours: Yellow and Blue Team Nos. 36,37,38

U13 W Muir; C Alexander; D Houston;

U15 J Aitken; P Whitlam; M Prentice;

U17 R Houston; F McHardy; S Whitlam; B Anderson

Giffnock North AAC-Colours: Amber with Royal Blue Hoop Team Nos. 39,40,41,42,43,44

U13 J MacLachlan; G Ross; J Walker; B Weatherston; S Milligan; K Chaplin;

U15 C George; M Crough; R Chaplin; J Cleghorn; S Cassells; G Carroll;

U17 D Devlin; I Melvin; S Gilfeather; G Jolly; C Gemmell; G Sweeney

Girvan AAC-Colours: White with Blue & Green Hoops Team Nos. 45,46

U13 K Berry; C Morland;

U15 E Jardine; D McKellar;

U17 K Taylor; K Livingstone

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos. 47

U13 D Gesby;

U15 R O'Brien; R Mark;

U17 A McShane; R Docherty; G Parker

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team Nos. 48,49,50

U13 R Turbett; G Dougan; D Charles;

U15 C Barlas; M Pollard; A Osborne; S McIntyre;

U17 D Fraser; A Callan; R McKellar

Inverness Harriers-Colours: Gold with Maroon Diagonal Team Nos. 51,52

U13 D Mezals; L Damby; M Davidson;

U15 S McIntyre; B McPhail; A Mezals; R Henderson;

U17 S Ramsay; I McKenzie; T Grainger

Irvine AC-Colours: Red with Black Trim Team Nos. 53,54,55,56

U13 J Preston; S McMillan; A McDonald; K McInnes; G Rose; W Arnott;

U15 C Brown; B Miller; J Smith; B Pettigrew; R Kay; G Nicholson;

U17 S Nisbet; C Burke; S Kay; D Boyd; S Higgins; C Kyle

Kilbarchan AAC-Colours: Gold with Black Hoop Team Nos. 57,58,59

U13 G Allan; J Mann; I Crapnell; R Burns; A Sutherland; K McFall; M Linnie;

U15 D Eccles; P Arcari; A Thomson; A Robertson; N Morrison; C Watson; A Greig;

U17 D McCormack; C Berry; P Dailly

**Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes
Team Nos. 60,61,62**

U13 R Mair; S Livingstone; K Gray; G Telfer;

U15 D Shannon; C Hoy; C Bingham; R McLaughland; G Burns;

U17 A McCutcheon; C Gourley; W McPhail; A Bingham; G Kidd; W Menzies; K Murphy

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops Team Nos. 63,64,65,66

U13 S Davies; A Denham; R Hendrie; S McDowall; J McLoone; R McNeil;

U15 G Alexander; L Campbell; D Gallacher; M Houston; N Thallon;

U17 W Earnshaw; A Gilfillan; E McLoone; J McLoone

Kwik Fit Corstorphine AC- Colours: White with Black Trim Team Nos. 67,68,69

U13 K Berry; F Paterson; P Robertson; G Yorkston;

U15 A Cumming; K Hynd; S O'Brien; E Stark; B Clark;

U17 C Hynd; C O'Brien; A Watson

Larkhall YMCA-Colours: Red with White Hoops Team Nos. 70,71

U13 R Douglas; A Dalton;

U15 D McTaggart; S Wilson;

U17 B Smart; R Struthers

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band Team Nos. 72,73,74

U13 S Reid; S Lawley; S Porte;

U15 S McCann; C McCann; B Murphy;

U17 C McMahan; J Allan; P Todd

Maryhill Harriers-Colours: Royal Blue Team Nos. 75

U13 R Rooney;

U15 C Howe;

U17 J McLeod

Shettleston Harriers-Colours: Blue with Yellow Band Team Nos. 76,77,78

U13 J McLaren; R Colquhoun; M McGrath; D Duff; S McKenzie;

U15 J McFadden; C Thomson; S Wacławski; J Barr; J McLaren;

U17 A McDonald; B McGarrity; M Graham; P Daly; K McIntyre

Springburn Harriers-Colours: Navy Blue with White Diamond Team Nos. 79

U13 F Jamieson; G Spagnoletti; A Muir;

U15 I Marshall; A O'Neil; R Wright; G Warrington;

U17 B Fleming; M O'Neil

Teviotdale Harriers-Colours: White with Maroon Band Team Nos. 80,81

U13 A Maltman; G Taylor;

U15 C Watson; B Marsh; B Hunter;

U17 S Kerr; J Turnbull; A Gibson

Victoria Park AAC-Colours: Blue and White Hoops Team Nos. 82,83,84,85,86,87

U13 C Crawford; I Bertram; C Lavery; M Harvie; C Smith; A Newport; G McKenzie; R Reith;
F Thomson; A Uppal; R McNally;

U15 C Watson; D Watson; C McKichan; R McClachlan; C Shields; C Smith; D Stevens; G Carr;
D Rodgers; L McGinlay;

U17 D McLaren; G Logan; C McLucas; D Eddington; S Boyle; C Munro; S Morrell; G Brownlee;
P Uppal; R Anderson

SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

Title Holders- Edinburgh Woollen Mill

Veteran Title Holders- Giffnock North AC

Race Starts 2:10pm

Declarations Close 1:40pm

Babcock Pitreavie AAC-Colours: Navy, Yellow, White Team Nos 1,2,3,4.

T Thomson; K Fisher; S Aitkin; M Healey; J Wilde; P Pattison; C Garvie; J Ferrari; J Baxter;
H Murdoch; A Paterson; M Jeffrey; J Horn

City of Glasgow -Colours: Royal Blue with Green Panel Team Nos 5,6,7,8,9,10.

K Baird; B Cockburn; L MacDougall; J McDevitt; C McFadden; H Slimon; C Thomson;
J Thomson; G Walker; S Branney; A Harvie; R Kay; E McKinlay; M Sinclair; C Thompson;
L Cairney; J Cox; P Crawley; M Blacker; E Gorman; L Moody; C Morrison; S Scott; J Walker;
M Dearie; A MacPhail

Cumnock & District-Colours: Black with Red Diagonal Band Team Nos 11.

F Andrews; F Herbertson; E Wyllie

Dundee Hawkhill H-Colours: Blue and White Quarters Team Nos 12.

A Carr; M Taggart; Y Reilly; L Cumerford; D Kaye

Edinburgh University H&H -Colours: Green with White sidePanel Team Nos 13,14,15

K Bradley; H Parkinson; I Linaker; D Nixon; E McManus; K Rice; M Smith; J Mein; B Wilson;
A Mudge

Edinburgh Woollen Mill -Colours: White, Blue, Red Team Nos 16.

K Dobbie; J Hastings; K McCallum; S Ridley; C Sharp; S Stockdale; I Knox; M McClung; W Steele;
M Creber

Falkirk Victoria H -Colours: Black with Gold Band Team Nos 17.

A Douglas; J Stevenson; C Lawless

Fife AC -Colours: White with Red Band Team Nos 18.

K Skorupska; P Lemoncello; F Lothian; M McLaren; W Ritchie; A Darmody

FMC Carnegie Harriers - Colours: Orange and Green Team Nos 19,20.

S Welsh; L Kuz; A Vosper; C Lisle; N May; A Whitehead; S Legge

Giffnock North AAC -Colours: Amber with Royal Blue Hoop Team Nos 21,22

M Taylor; J Armstrong; A Carroll; H Miller; J Grassie; S Robinson

Glasgow University H&H -Colours: Black and Gold Team Nos 23,24.

A Mcphail; S Fairweather; S Taplin; S Little; P Robertson; K Patterson; C Morrison

Greenock Glenpark H -Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 25.

A Hay; J Smith; E O'Brien; S Curran; A King; C McWilliams

Hunters Bog Trotters-Colours: Brown Team No. 26

A Buckley; S Clive; C Hampshire; C Hankey; M Jeffrey; D McDonald; A McNeillage; D Nixon;
J Paterson; M Smith

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team No. 27

A McKee; M Blaikie; C Gibson; S McLaughlin

Irvine AC-Colours: Red with Black Trim Team No. 28,29

K Melville; L McGarry; H Morton; M Borke; J Stevenson; M Miller; S McNairney; J Roxburgh;
J Byng

Kilbarchan AAC-Colours: Gold with Black Hoop Team No. 30,31,32

H Anderson; E Masson; M Moore; S Moore; N Fleming; M Campbell; C Murray; S Kennedy;
A Murray; J Murray; S Allan; C Geddes; E McMillan; H Melville; A Richards; P Ronney; E Crocket;
T Gordon; M Menzies

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes Team No. 33

S Youden; N Youden; J Tonner; C Morris; L Cairns; K Todd; S McGregor

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops Team No. 34,35

L Burgess; A Brown; L Brown; J Calman; M Fleming; A Flynn; A Stewart; E Sutherland; P Taylor

Kwik Fit Corstorphine AC-Colours: White with Black Trim Team No. 36

F Braid; M Cameron; C Gunn; C Livingston; G Pilkington; E Sturrock

Larkhall YMCA-Colours: Red with White Hoops Team No. 37

F Mowbray; L Muir; C Tennant

Lucozade Motherwell District AC-Colours: Red with White edging Team No. 38

P Wilson; J Millar; S Steele; S Rashid

Maryhill Harriers-Colours: Royal Blue Team No. 39

A Porteous; M Gallagher; T McCartney; S Porteous

Shettleston Harriers Ladies-Colours: Blue with Yellow Band Team No. 40,41

S Carter; J Gjelseth; J Harvey; A-M Hughes; E McBrinn; L McLung; E Reid; E Scott; K Scobie;
F Florence; P McKay; H Min-Chung

Strathclyde University AC-Colours: Maroon with Blue and Gold hoops Team No. 42,43

J Brown; C Blair; M Linden; A Higgins; C Fairweather; A Carruthers; S Hutt; G Potts

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Leslie Deans RC

Veteran Title Holders- Metro Aberdeen

Race Starts 3:00pm

Declarations Close 2:30pm

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross Team No. 1,2,3

P Allan; L Baker; B Boyd; J Caird; G Cunningham; M Fernandez; F Gillies; A Harris; R Hill; A Mackie;
S MacPherson; R Page; P Pierotti; B Robinson; A Stewart; J Strawhorn; C White; K Neil

Babcock Pitreavie AAC-Colours: Navy, Yellow, White Team No. 4,5

C Mathieson; N Cunningham; J Farquhar; G Gardiner; D Arnott; B Gray; R Wotherspoon; S Chisholm;
S Roy; D Smith; J Garvie; J Davie

Bellahouston Harriers-Colours: Dark Blue with Light Blue Cross Team No. 6,7,8,9

G Bell; I Burke; A Blackley; B Collie; G Dickson; J Garnett; C Joss; G Mercer; M McDonald;
J McFadyen; A Quinn; H Scott; N Scott; C Scott; G Stone; A Smith; J Thallon; P Windle; D Williamson;
D Burt

Cambuslang Harriers-Colours: Red with White Band Team No. 10,11,12,13,14,15,16

M Campbell; P Farmer; S Kennedy; D McRae; I Reid; S South; J Thompson; S Woodward; K Anderson;
R Arbuckle; J Bates; J Brown; J Cowan; J Coyle; G Croll; C Donnelly; K Downie; S Fleming;
M Freshour; M Gill; I Gillespie; M Gormley; M McBeth; W McTaggart; S McVeigh; M O'Hagen;
A Robertson; D Runcieman; P Russell; S Sho-Silva; D Thom; C Thompson; N Wilkinson; S Wylie

Calderglen Harriers-Colours: Amber and Black Vertical Stripes Team No. 17,18,19,20

M Duthie; G Allan; M Buchanan; G Robinson; C McDonald; A Muir; J Rafferty; R Shanks; B Stewart;
C Steven; A Henderson; A Derrick; G McParland; A Begg; T Morton; I Hunter

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop

Team No. 21,22,23,24,25,26,27,28,29

B Begley; J Buick; C Cable; M Crow; A Donachie; M Douglas; W Douglas; I Duff; T Ellacott;
M Fallows; I Findlay; W Gallacher; D Garner; H Glynn; J Graham; B Howie; S Innes; M Johnston;
I Johnston; L Kay; A Laycock; R Leach; B Lynch; N MacDonald; A MacEwan; M Macleod;
W McCaskey; H McInnes; D Millar; H Morrison; A Petretti; J Reid; M Robertson; M Robertson;
D Scott; C Smith; G Steel; I Steel; E Stevenson; A Ward; T Weavers; C Young

Clydesdale Harriers-Colours: White with Black "C" Team No. 30,31,32,33,34

J McArthur; J Austin; E Calvert; M Diver; P Dolan; B Edridge; D Gemmell; M Govan; G Graham;
J Hanratty; J Hendry; K Idessane; G Kane; R McKenzie; D McGinley; R McInroy; R McIntyre;
W Mitchell; I Murphy; L Pearson; G Reid; D Roache; R Rossborough; P Rudzinski; J Shields; J Wright;
R Young; A Adams; D Halpin; G Kennedy

Cumnock & District AC-Colours: Black with Red Diagonal Band Team No. 35,36

J Gemmell; M Willis; P Smith; O Carruthers; M Gemmell; M Herbertson; D Shand; B Mitchell

Dundee Hawkhill Harriers-Colours: Blue and White Quarters Team No. 37,38,39,40

C Haskett; J Hepburn; P McCormack; E Holmes; P McColgan; I Campbell; G Renner; M Strachan;
P Fox; M Carroll; G Mitchell; S Borland; N Gunstone; M Lamb; R McIntosh; J Clark; S Kerr; R Coates;
G Hanlon; R Scott; B Cook; A Birse; N Rait; D Hanlon; T Reid; D Adams; J Kirkland; R Bell; C Phelan

Dumfries Running Club-Colours: White with Maroon and Sky blue Hoops Team No. 41,42

L Hill; B Grieve; W Mason; D Scobie; J Laird; J Ferguson; D Burgess; D Chadderton; M Macpherson;
J McConnachie; D Brown; C Kinnear; M Cole; J Grierson; I Brown; C Little; T Davers; S McKie

FMC Carnegie Harriers-Colours: Orange and Green Team No. 43,44,45,46,47

S Nicholson; S Reid; I Taylor; B MacDonald; R Milton; I MacDonald; P Morrison; S Ogg; B Hanson;
T Killie; J Robb; K Daniels; D Coates; M Ogston; T Litterick; J Graham; N West; I Stewart; P Simpson;
J Kelly; N Vanbeck; A Grieve; L Holand; A Milligan; D Forrest; L Lawson; C Law; S Greer; G Vosper;
B Cowie; R McKenzie; A Nicol; T Thomson; A Macaulay; D Munro; T Bowie; B Millar; P Bundy;
D Armour; T Lowlar; B Duff; D McAra

East Kilbride AAC-Colours: Gold with 2 Black hoops Team No. 48,49,50

E Ramage; G Colvin; E Blue; D Turnbull; D Condra; E Morrison; G Reid; B Ronald; C Clement;
B Madden; G Keddie; A Mitchell

Edinburgh University H&H-Colours: Green with White side Panel Team No. 51,52,53,54

P Mowbray; D Tinker; D Wright; G Stewart; W Grant; C Crouch; J Duncan; D Godfree; J Jarvis;
M Holmes; R Benyon; P O'Keefe; N Marston; D McArthur; G Booth; S Oh-Ishi

Falkirk Victoria Harriers-Colours: Black with Gold Band Team No. 55,56,57,58,59

G Brown; I Johnston; M McQuaid; R McCallum; J Lambie; J Stevenson; D Hart; W Higgins;
P McKerrachen; S Lawson; N Dewar; R Smith; A Shand; M Monctzton; K Stirrat; M Colligan; D Murray;
A Ronald; R Adams; G Robertson; L Dewar; S Wilson; D McMillan; J Dingwall; D Gillespie;
D McKenzie; J Martin; D Lothian; S Norval; A Rodger; T Stenczyk; W Sharp; R Gray; W Brotton

Fife AC-Colours: White with Red Band Team No. 60,61,62

T Mitchell; D McGregor; V McPherson; I Rough; J Rough; S Latimer; S Berry; S Moss; J Cunningham;
C Ross; H McKay; D Leggette; I Wallace; G Bennison; A Cassidy; B Cruickshank; D Gunstone;
M McCreddie; T Martin; D Francis; T Black; R Morrison; T Ross; F Cation; M Scobie; R Mills;
J Leggette; S Graves; A Barker; B Landels; M Laing; J Robertson; P Robertson; A Cassidy; A MacIntosh

Garscube Harriers-Colours: White with Blue Band Team No. 63,64,65

W Cassidy; S Cullen; I Cullen; J Dryden; I Dunn; W Fus; D Geddes; D Heppell; S Irvine; K MacAnna;
P McGlynn; W Marshall; A Parker; S Sheridan; F Wallace; A Lees

Giffnock North AAC-Colours: Amber with Royal Blue Hoop Team No. 66,67,68,69

A MacLachlan; A Stewart; A Watson; C Thomson; I Campbell; A Carroll; A Stewart; I Airdrie;
W Glasgow; C Rankin; D Wardrope; A Hay; J Cameron; I Millar; B Campbell; M Campbell; D Melvin;
R Meffen

Glasgow University H & H-Colours: Black and Gold Team No. 70,71,72

C Moran; S Smith; J Dargie; L Campbell; S French; S Miller; M Werner; C Goddard; E Stewart; A Clark;
S Robertson; T Gallon

**Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops Team
No. 73,74,75,76,77,78,79**

R Shaw; D McNeill; W Jukes; D Guy; J Bennett; W Dunn; A Puckrin; C Morrison; D McLaughlin;
G Mitchell; J Cuffe; K Morrison; J Carruthers; T Knight; T McCallion; P Russell; R Dolan; J Hendry;
S McLoone; N Hay; H Fenion; J McFadyen; W McLaughlin; R Hodelet; J Kerr; N Orr; H Gibson;
N Armsworth; R Davidson; R McDonald; J Smith; K Scott; E Currie

Hunters Bog Trotters-Colours: Brown Team No. 80,81,82,83

S Axon; S Baxter; B Blair; N Blissett; R Brown; A Buckley; M Cumming; R Elliot; J Farquhar;
C Farquharson; P Foy; A Gartside; T Gillespie; K Gooch; W Grant; B Gray; D Greenlee; J Hampshire;
C Hunter; J Jarvis; C Jenkins; P Keightley; A Keith; J Keogh; A Lilliendale; H Lorimer; B Maher;
I Marshall; G Macready; C McCuaig; J McKay; G Mitchell; P Mowbray; P O' Kane; J Pyrah; R Rodgers;
E Scott; P Shaw; G Simpson; D Taylor; M Thomas; R Thomas; M Thompson; J Thynne; A Wardsworth;
D Wall; I Wallace; I Williamson; A Wright; D Wright; S Wright

John Greig (Builders) Central AC-Colours: Yellow and Blue Team No. 84,85,86

J Dickson; J Drummond; R Greenaway; D Thomson; D McEwan; B McNally; A Purdie; A Anthony;
M Crawford; S McArthur; W Gault; A Johnstone; J McDonald

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes

Team No. 87,88,89,90

J Goldie; S Dickson; J Toner; E Tonner; D Campbell; S Murray; C Evans; I Drummond; G Cairns;
D Mitchell; A Ballantyne; R Pugh; W McPhail; G Richardson; G Short; R Ferguson; S Russel; R Dalziel;
G Kerr; I Gebbie; A Graham

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team No. 91,92,93,94

T Tipping; B Broadley; S Hodge; J Connaghan; S Connaghan; C Cromar; S Dalgleish; I MacDonald;
D Martin; R Martin; D McCabe; E McKee; C Spence; T Tracey; D Olding; T Wilkie; M Hicks;
D Munro; C Black; T Murray; P Grant; C Leck; E Smyth; D McElwhinnie; J Gallagher; A Galbraith;
G McNamee

Irvine AC-Colours: Red with Black Trim Team No. 95,96,97,98

B Adam; C Miller; L Richardson; B Richardson; J White; B Craig; R Cheyne; D Kerr; J Stevenson;
J Morton; J McNamee; D Campbell; J Surgeoner; I McManus; T Johnson; F Collier; B Dale; A McInroy

Kinross Road Runners-Colours: Yellow with Royal Blue Band Team No. 99,100

D Anderson; E Bell-Scott; G Cowan; S Crawford; G Graham; W Hargreaves; G Hartley; M Hughes;
B Kemp; B Kent; R McCraw; P Buchanan; M McIntosh; R Shah; T Sweeney; M Graham

Kilbarchan AAC-Colours: Gold with Black Hoop Team No. 101,102,103,104

T Anderson; D Brines; B Byrne; J Davidson; G Fairley; R Fitzsimmons; W Geddes; G Gibson; J Goudie;
S Hards; T Hearle; A Johnstone; P Lunney; A McAngus; D Greig; R McCulloch; I Macdougall;
M McGinley; M McGrenaghan; J McInnes; R McKenna; A McLeod; J McMillan; D Mewse; B Miller;
D Petrie; R Price; R Quinn; J Rodger; A Ross; S Russell; J Snodgrass; G Tenney; P Walder; T McBurnie

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops Team No. 105,106,107

R Brown; R Love; I McGurk; I Campbell; T Breslin; G McConnell; K McNeil; J Little; D Goucher;
M Durman; C Watson; G McLean; S McClean; W Cecil; M Devlin; J Kerr; G Stevenson

Kwik Fit Corstorphine AC-Colours: White with Black Trim Team No. 108,109,110

R Aitchison; M Anderson; S Bisset; G Burns; M Caldwell; N Grubb; D Henderson; K Hood; M Hulme;
D Law; G Mallen; M Malcolm-Smith; P O'Brien; D Pilkington; B Winning; E Ross

Larkhall YMCA-Colours: Red with White Hoops Team No. 111

A Sandilands; P Smart; A McCormack; A McGlennon

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band Team No. 112,113,114

A Russell; A Ramage; J Frood; J Muir; I McFarlane; J Reid; W Weir; M Hand; P Kelly; A Cardwell;
J Rowley; J Gourlay; W Drysdale; S Ellis; R Cook; D Muir

Lucozade Motherwell District AC-Colours: Red with White edging Team No. 115,116

J Hughes; B McLinden; J Dobbie; S Gibson; J McMorrow; J Love; G Murray; L Hughes

Maryhill Harriers-Colours: Royal Blue Team No. 117,118,119,120

K Stevenson; M Gallagher; A Gallagher; J Micoud; J McCartney; M McCartney; L McCue; S Walker;
D Shearon; R Soutar; W McGill; J Sweeney; P Kearney; J McLeavy; D MacDonald; R Mardle;
E Duncan; J Parker; J Houston

Metro Aberdeen RC-Colours: Red Team No. 121,122

C Benzie; F Clyne; K Farquhar; P Graham; P Jennings; G Main; N Milovsorov; J Stewart; I Tack;
R Taylor; K Tulloch; K Varney; S Willox; C Youngson

Mizuno Racing Club-Colours: Purple Team No. 123,124,125,126,127

G Booth; I Brown; S Cairns; S Campbell; K Chapman; S Cohen; M Coyne; M Coyne(Sen); A Currie;
P Fleming; R Frew; D Gardiner; J Graham; T Hanlon; C Heaven; A Hutton; S Kerr; B Kirkwood; K Lyall;
F McGowen; R Mooney; A Riddle; A Robson; J Robson; D Ross; J Ross; K Smith; G Stewart; I Veitch

Penicuik Harriers-Colours: Purple with White Panels Team No. 128,129

S Baird; D Cairns; S Davidson; C Graham; J Jansen; C Patterson; D Smith; R Walker; D Barker;
A Marchant; M Browne

Shettleston Harriers-Colours: Blue with Yellow Band Team No. 130,131,132,133

A Callan; C Bradshaw; D Buchanan; J Cairney; J Duffy; D Cameron; W Coyle; T Coyle; D Crowe;
J Donnelly; J Evans; J Duffy; D Gilmour; J Hendry; G Kirk; A Little; R Loughran; J Mackay; P McDivitt;
D McGonagle; K McClean; N McGregor; G McKie; P McMahan; J McMillan; A McDonald;
B McMonagle; J Morrison; J Norton; C Robison; B Scally; P White; S Whitehill; G Wight; D Connelly;
H Watson; J Wilkinson; D Gow; A McKintyre

Springburn Harriers-Colours: Navy Blue with White Diamond Team No. 134,135,136

P Laing; D Houston; M Paton; E McNair; A Chalmers; E Dickson; J Cooper; J Bell; J Hendry;
G Crawford; A McIndoe; A Callan; J Harper; F Thom; A Mill; H O'Malley; T Fontana; L Crawford

Strathclyde University AC-Colours: Maroon with Blue and Gold hoops Team No. 137,138

M Fitchie; R Simpson; P Normand; D Gow; N Ruane; S Macgregor; K Smith; C Stewart

Teviotdale Harriers-Colours: White with Maroon Band Team No. 139,140

C Nichol; N Maltman; D Cavers; S Watson; S Lauder; A Casson; C Scott; R Halliday

Troon Tortoises AC-Colours: Yellow with 2 Black Half hoops Team No. 141,142

G McGregor; R Miller; V Daly; I Beattie; B McKeating; W Spark; M Cecchini; C Martin; P Wilson;
G Malone; O Light; S Robertson; J Anderton; G McCabe

Victoria Park AAC-Colours: Blue and White Hoops Team No. 143,144,145

A Douglas; S Barnett; C Greenhalgh; G Greenhalgh; C Little; J Doyle; K Brown; M Smith; E Cameron;
P McGregor; A Cairney; T McAra; K McVey; I Crawford; J Moud; M Davies; C Steele; A Femina;
W Parker