

Scottish Athletics Federation



**National Cross Country
Relay Championships**
(incorporating Veterans Relays)

For Males and Females

Galashiels Academy

Galashiels

SUNDAY 24th October 1999

RACE	START
Young Females	1.00pm
Young Males	1.35pm
Sen/Jun Females	2.10pm
Sen/Jun Males	3.00pm

Official Programme £1.00

WELCOMES

The Road Running and Cross Country Commission are pleased that this season's National Cross Country Relay Championships are being held in the Borders at Galashiels. I know from previous experiences that we will be warmly welcomed in the town.

Many people are involved in the organisation of this event and our thanks are due to them for their dedication to our sport. I would particularly thank the members of the local club Gala Harriers, the Rector and staff at the Academy, Mr Jim Pate of Mossilee Farm whose fields we are running over and all the officials here to-day.

To all the competitors go our best wishes for 'personal bests' no matter at which end of the results you appear. Enjoy yourselves !

Sandy Robertson
Convenor

Road Running and Cross Country Commission

On behalf of Gala Harriers it gives me great pleasure in welcoming you all to Galashiels for the National Cross Country Relays.

It is five years since we last hosted an SAF Cross Country Relay and I believe through the hard work of our members we have set another demanding and varied course.

Once again I must thank local farmer Jim Pate who has allowed us to use his land to stage this event, we are indebted to his continued support.

Finally I hope the weather is favourable and everyone has an enjoyable day whether competing or spectating.

Alistair Meikle
President
Gala Harriers

SCOTTISH ATHLETICS FEDERATION OFFICE -BEARERS

Hon President	W.M.Campbell CBE QC MP
President	Joan Watt
Chief Executive	David Joy

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Sandy Robertson
Vice Convenor	Marjory Cook
Hon Secretary	Brian Goodwin
Finance Officer	Duncan McLaren

OFFICIALS

Referee	Ron Morrison
Clerk of the Course	Alaistair Meikle
Judges/Funnel Control	Jim Young (Chief) Neil Donachie, Fred McCluskie John Hamilton
Timekeepers	Duncan McLaren (Chief), Graham Sword, Alan Carruthers
Recorders	Sandra Hardacre (Chief), Ian Hislop, Ian Mann, Dave Blues, Sandy Cameron
Starters	Murray Thom
Declarations	Marion Donachie, Ladies of Gala Harriers
Results	Marjory Cook, Sheila Smart, Alan Potts Jen Jackson, Peter Jackson, Heather Jackson
Announcer	Bob Gray
Presentations	Brian Goodwin
First Aid	St. Andrew's Ambulance Brigade.
Press Liaison	Brian Goodwin
Course Marshals	Members of Gala Harriers
Jury of Appeal	Sandy Robertson, Brian Goodwin, Marjory Cook
Convener	Alex Jackson

The last National Cross Country Relay Championships at Galashiels

It was 12 years ago on Saturday 21st October 1987 that the SCCU National Relays took place on a course that started and finished in the grounds of Gala Academy and included the notorious burn crossing , not part of todays course.

These were pre SAF days with males and females having separate championships meaning just 2 races on the day for Senior/ Junior Men and Young Males Athletes.

Results

Senior/ Junior Men

1 st	Cambuslang Harriers	48.21
2 nd	Springburn Harriers	48.33
3 rd	IBM Spango Valley AC	48.51

Young Males

1 st	Clydebank AC	32.00
2 nd	Pitreavie AAC	32.41
3 rd	Pitreavie AAC "B"	33.08

Fastest Laps Senior/Junior Men

Adrian Callan (Springburn)	11.38
Chris Robison (IBM Spango)	11.39
Tommy Murray (Greenock Glenpark H)	11.45

The 3 Senior Men with the fastest laps are 12 years later still amongst the top cross country runners in Scotland. Is this a testament to their longevity or a sign that there is a lack of younger talent coming through ?

In 9th place in the Seniors race were Gala Harriers who were enjoying a successful spell at the time. The following month they competed in the Edinburgh to Glasgow Road Relay for the first time, their 14th place earning them the medals for most meritorious performance.

In the Young Athletes Race Clydebank AC had Glen Stewart bringing them home on the Under 17 lap in a fastest lap time of 9.57.

Alex Jackson

NUMBERS

Mens numbers will be 1st Lap WHITE 2nd Lap WHITE 3rd Lap RED 4th Lap WHITE

In all other races all laps are with WHITE numbers

DECLARATIONS

Team Managers should fill in the declaration form provided on the day. A list of athletes entered will be attached. Only names entered should be declared.

Veteran Male and Female Teams should be clearly marked so on the form. To identify veteran teams, team managers should mark a large "V" beside each running number.

PRESENTATIONS

Medal presentation for Young Female and Male Relays will take place at the finish immediately after each race. Presentations for the Senior Races and Veterans will take place in Gala Academy at 4.30pm approx

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

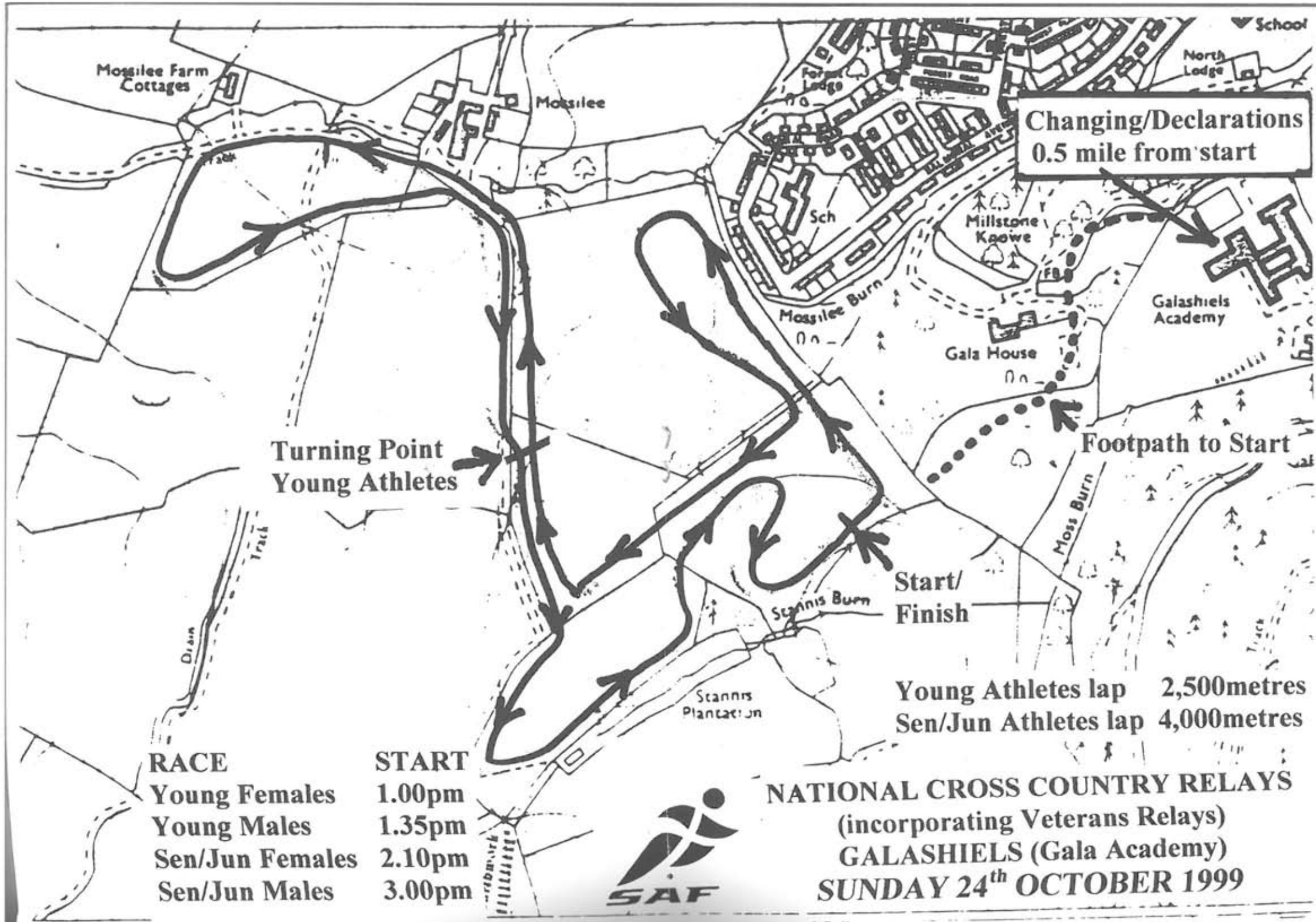
Title Holders- City of Glasgow AC

Race Starts 1:00pm

Declarations Close 12:30pm

Aberdeen AAC Colours: White with 2 red hoops **Teams Nos 65,66**
U13 Jennifer Cowie, Debbie Jennings, Heather McIntosh, Charlotte Forbes, Jennifer McLaren
U15 Kimberley Miles, Jade Christie
U17 Laura Dow, Laura Ann Henderson, Lia Haskett, Marie Dobson.
Ayr Seaforth AAC Colours: White with Red Diagonal Cross **Teams Nos 67,68,69**
U13 Lee Jennifer Dixon, R Higgins, L Kerr, S Logue, D McKeating, S Maxwell
U15 Paula Hainey, J McDowall, Emma Munro, Karyn Simpson, Mandy Stewart
U17 Kathy Eager, Natalie Haran, Kathleen Logue, Rosemary Simpson.
Central AC Colours: Yellow and Blue **Teams Nos 70,71,72**
U13 Fiona Chalmers, Lauren Stuart, Kayley Summerscales, Heather Thompson
U15 Fiona Thompson, Karen Bunyan, Catherine Robbins, Heather Dodds
U17 Emma Waterhouse, Hannah Whitelam, Suzanne Borrowman, Jenny Ainslie.
City of Edinburgh AC Colours: White with one Blue, one Black Hoop **Teams Nos 73**
U13 Megan Wright, Kathy Robb
U15 Elizabeth Mill
U17 Lucy Hancock, Eilidh Wardlaw.
City of Glasgow AC Colours: Royal Blue with Green Panel **Teams Nos 74,75,76**
U13 Laura Macpherson, Joanne Finch, Helen Popple, Charlotte Logan
U15 Danielle Keir, Lorna Stevens, Nicola McCarthy, Lauren Young
U17 Michelle Cameron, Heather Calderwood, Pamela McNellis, Alison Reid, Emma Blackwood, Karen Sturgeon.
Falkirk Victoria Harriers Colours: Black with Gold Band **Teams Nos 77**
U13 Moira Davie, Leanne Thomson
U15 Jayne Clason, Laura Ellis, Wendy Stevenson
U17 Alison Davie, Heather Tatton.
Fife AC Colours: White with Red Band **Teams Nos 78,79**
U13 Fiona Muir, Kim Paterson
U15 Frances Meek, Alison Rowe, Alyson Forbes, Ria Hutchison
U17 Angela Frame, Linsey Allison, Kym Forbes.

Giffnock North AAC Colours: Amber with Royal Blue Hoop **Teams Nos 80,81,82,83,84,85**
U13 Kerry Ann Cox, Jill Roche, Fiona McTaggart, Lucy Milligan, Nicola Chung, Claire Davis, Jennifer Neilson
U15 Helen Stevenson, Gemma Mulvey, Eilidh Dorrian, Yvonne Hamilton, Lynne Beattie, Alison Mackenzie, Jenna Roche, Fiona Noble, Alexa Craig
U17 Sara Al-Kachimi, Rachael Gardner, Angela Leitch, Jennifer Robertson, Sara Stevenson, Hannah Noddings.
Inverclyde AC Colours: Black & White Stripes **Teams Nos 86**
U13 J O'Neill
U15 Leeann McIntosh
U17 Nicola Parker.
Kilbarchan AAC Colours: Gold with Black Hoop **Teams Nos 87,88**
U13 G Kennedy, K McGregor, L Devlin, S Galbraith, K King, F McIntyre
U15 S Inglis, M McLaughlin, F Steel, L Burke, A Galbraith, G McKenzie, K Donnelly
U17 Heather Gordon, J Queen, C Gibson, M MacKintosh, S McGrenaghan, D Smith, K Downie, K Gallacher.
Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops **Teams Nos 89**
U13 Lisa Hutson, Jenna Witchell, Nicola Smith, Lynsey J Bowles, Nicky McKay, Fiona Martin
U15 Lucy Urquhart, Fiona Gentles, Nicola Cassells, Ashley Cassells, Heather Williams
U17 Vicky Ralton, Lindsay Stirling, Greer McGroarty, Laura Brown, Anna Laird, Marion Douglas.
Kwik Fit Corstorphine AAC Colours: White with Black Trim **Teams Nos 90,91**
U13 Rachael Bowman, Rebecca O'Brien
U15 Elizabeth Aitken, Lyndsey Ferguson, Sara-Jane Ferguson, Dee Turner
U17 Cathrine Aitken, Mhairi Macdonald.
Lasswade AAC Colours: White with 2 Blue Bands and Red Band **Teams Nos 92**
U13 Sophie Ferguson, Kayleigh Harkins, Carrie Fraser
U15 Samantha Bruce, Keira Murray, Sarah Robins, Julie Morris
U17 Freya Murray, Amberlee Harkins, Mairi Ann Bailey.
Pitreavie AAC Colours: Navy/Yellow/White **Teams Nos 93,94**
U13 Claire MacAulay, Emily Newsom, Melanie Thomson, Claire Soutar, Eilidh Child, Rebecca Watt
U15 Samantha Marshall, Sharon Lamont, Keleigh Paterson, Nicola McFarlane, Kristine Watt
U17 Erin Barclay, Nikala Thomson, Genna Low, Katy McNeill, Iona Child.
Ron Hill Cambuslang Harriers Colours: Red with White Band **Teams Nos 95,96**
U13 C Duncan, L McDogall, L Reynolds, A Waddell
U15 V Semple, M Turnbull, L McNeish
U17 L Farmer, E McGinlay.



YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Ayr Seaforth AAC

Race Starts 1:35pm

Declarations Close 1:05pm

Aberdeen AAC Colours: White with 2 red hoops

Team Nos 1,2,3,4

U13 Steven Rusling, Paul Henderson, Andrew Cooper, Michael Black, Gary Smith, Ross Fulton, Andrew Watt

U15 Mark Kennedy, Stuart Forbes, Ian Flett, Alan Wales, Adam Watt, Stuart Anderson

U17 Charles Milne, Peter Mutch, Graeme Fulton, Andrew Grant,

Ayr Seaforth AAC Colours: White with Red Diagonal Cross

Team Nos 5,6,7

U13 M Caird, C McGill, S Moodie, Gordon Munro, J Thomson

U15 C Boles, Tommy Boyd, John Clark, Darren Letford

U17 Christopher Bodys, Neil Burnside, D McKeating, S Murdoch, Jonathan Hall,

Central AC Colours: Yellow and Blue

Team Nos 8

U13 Chris Reynolds, Michael Wright, Graeme McDougall

U15 Ryan Summerscales, Alistair Hay, Gregory Evans

U17 Stuart Corr, Derek Houston, David Robertson,

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

Team Nos 9,10,11

U13 Robert McDonald, Dean Wylie, David Kemp, Chris Kjolseth, Kiran Docharty, Adam Whytock

U15 Robin McIntosh, Mark Smith, Brent Dalgleish, Leo Richie, David Mann

U17 Leslie Simpson, Andrew Mill, Darrell Hastie, Kevin Mann, Gordon Rochoy,

Clydesdale Harriers Colours: White with Black "C"

Team Nos 12,13

U13 D Blacker, T Wilson

U15 H Gallacher, L Cassidy

U17 Alistair McDonald,

East Kilbride AAC Colours: Gold with 2 Black hoops

Team Nos 14,15,16

U13 Graeme Caskie, Scott Hone, Paul Smith, James Lamont

U15 Stephen Matthews, Alistair Campbell, Mark McCluskey, Chris Kelly

U17 Colin Henderson, Ross Murray, Steven Toms,

Falkirk Victoria Harriers Colours: Black with Gold Band

Team Nos 17,18,19

U13 Alistair Boyle, Andrew Boyle, Christopher Douglas, Christopher Tatton, Darryl Ford

U15 Paul Brown, David Bouskill, Alasdair Stewart, Donald Todd, Mark Evans

U17 Kerr Johnstone, Ross Munnoch, Craig Russell,

Fife AC Colours: White with Red Band

Team Nos 20,21,22,23

U13 Craig Guzy, Owen McCue, Jeff Watters, John McIntosh, Jonathan Gunstone

U15 Graeme Noble, Michael Taylor, Johnathon Waldie, Graeme Barker, Owen McCue, Andrew Farmer

U17 Graham Bee, Kevin Wallace, Andrew Shanks, Andrew Murphy, Paul Parkinson, Mathew Nelson,

Andrew Lemoncello,

George Heriots CCC Colours: White with Blue Band

Team Nos 24,25,26,27

U13 Richard Simpson, Peter MacRae, Ross McCleary, James McClay, Shaun McPheely, Ross Cable,

Henry Smith, Craig Wilson, Colin Rae, Isaac Black, Luke Yates, Iain Batho, Colin Horne

U15 Philip Purves, Aron Simpson, Dean Owens, James Gibson, Ross Alexander, Alistair Bell

U17 Christian McDermott, Alex Milne, Michael Walker, Douglas Stewart,

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Team Nos 28,29,30,31,32,33

U13 Danny Allan, Norman Galbraith, Calum McLure, Craig McTaggart, Chris Dallas, Neil Wilcock,

Stuart Bale, Russell McGavock, Stephen Kyle

U15 John Walker, Pat McVey, Steven Milligan, Craig McDougall, Graham Thomson, Richard Allan,

Keith Chaplin

U17 Gavin Ross, Robbie Birrell, Grant Mitchell, Mathew Dorrian, Niall Barclay, Iain Campbell,

Barry Weatherston,

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

Team Nos 34,35

U13 Steven Dunn, Stephen Trainer

U15 David Butcher, Greg Dunn

U17 Hugh McGuinness,

Inverclyde AC Colours: Black & White Stripes

Team Nos 36,37,38

U13 Peter McMenamie, Craig Boag, D Barbour, Graham Scott, Liam Wilson

U15 Graham Murdoch, G McLachlan, P Cunningham

U17 Stuart Baxter, Colin Doherty, Mark Doherty,

Kilbarchan AAC Colours: Gold with Black Hoop

Team Nos 39,40,41,42,43

U13 R Toole, K Toole, C Devenney, C McCaffer, S Flynn, J Gribben, S Dempster, J Dempster, G Graham

U15 W Docherty, G Hanson, C Stewart, C Pirrie, S Turner, B McDowall, M Clone, P McDonald, C Callan

U17 G Dobbie, P Arcari, K Downie, G Darroch, C May, C McDowall, K Kerr, S Edgar,

Kwik Fit Corstorphine AAC Colours: White with Black Trim

Team Nos 44

U13 Callum Fletcher, Graeme McDowell, Scott Mitchell

U15 Kris Berry, Alistair McColl, Scott Pilkington, Mike Szymanski

U17 Ruairidh Burns-Finlayson, Ewan Stark,

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

Team Nos 45

U13 Ross Finlayson, Graeme Irving, Craig Gould

U15 Dean Philip, Scott Fraser, Dylan Turnbull

U17 Daryl Philip, Paul Elliot,

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

Team Nos 46,47,48

U13 Richard Porte, Robert French, D Martin, G Martin, S Crone

U15 Brian Docherty, Neil French, Andrew Irving, Alan Forest

U17 Steven Rawley, Thomas Grant, David Campbell, Stephen Porte, Micheal Cullen, Chris McCann,

Stewart McCann,

Team Nos 49,50

Pitreavie AAC Colours: Navy/Yellow/White

U13 Ewan Simpson, James Brown, Sean McQueen

U15 Paul McCloskey, Martin Smye-runsby, Neil Koronka

U17 Derek Simpson, Daniel Hughes,

Ron Hill Cambuslang Harriers Colours: Red with White Band

Team Nos 51,52,53,54,55

U13 Darryl Dochety, David Dochety, S Dunn, C Henry, S McCreadie, A McDonald, Allan Patrick,

Andrew Patrick, M Sharp, S Smith, R Thompson, A Valentine, A Young

U15 M Cassidy, A Gray, C Hendry, D Kelsey, A Scott, J Walker, T Lammont, B Kimmet, G McIntyre,

S Graham, G Carrol, R Graham

U17 M Chisholm, C Duffy, G Malone, T McNally, P McNally, I Munro, M O'Conner, A Steven,

Team Nos 56,57,58,59,60

Shettleston Harriers Colours: Blue with Yellow Band

U13 David Wallace, James Findlay, Mark Boyce, Gordon Phillips, Christopher Jones

U15 Graham Welsh, Adam Lee, Stuart MacDonald, Gareth Hutchison, Gordon Fleming, Brian McLagan,

Richard Pasquali, Ian Alexander, Matthew Colpi-Vance

U17 John McLaren, Thomas MacDonald, Michael Skilling, Gordon Keith, Steven McKenzie, David Duff,

Neil Scott,

Team Nos 61,62

Springburn Harriers Colours: Navy Blue with White Diamond

U13 Chris Chalmers, Michael Corness

U15 Stephen Taggart, G Sohal, R Sohal, David Mitchell

U17 Ian Marshall, Neil Copeland,

Victoria Park AAC Colours: Blue and White Hoops

Team Nos 63

U13 Patrick Dillon, Stuart Todd, C Sinclair, Paul Robinson, G Henry, J Nicoll

U15 Alex Nixon, Michael McCue, Nicholas Tolmie, David Savage

U17 Christopher Watson, Derek Watson, Kristian Forster, C Crawford, Mathew Harvie, Andrew Gibb,

SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS**3x4,000 metres****Title Holders- City of Glasgow AC****Declarations Close 1:40pm****Race Starts 2:10pm**

- Aberdeen AAC Colours:** White with 2 red hoops **Team Nos 110,111,112**
 Sonia Armitage, Sally Ross, Laura Mahady, Carol Smith, Janice Gordon, Claire Miller, Karen Riddell, Christine Mowat, Elizabeth Bracegirdle,
- Central AC Colours:** Yellow and Blue **Team Nos 113**
 Jane McCrorie, Lindsay Douglas, Jane Waterhouse, Dawn Burrow, Lisa Brown, Alexandria McPhee,
- City of Edinburgh AC Colours:** White with one Blue, one Black Hoop **Team Nos 114,115**
 Debra Murray, Sharyn Aitken, Karen Newman, Aileen Wood, Lianne Campbell, Rachael Gibson, Marietta Van Linden, Joyce Ross, Caroline Ross,
- City of Glasgow AC Colours:** Royal Blue with Green Panel **Team Nos 116,117,118,119,120**
 Collette Fagan, Charlotte McFadden, Eileen Cochrane, Susan Finch, Kirsty Baird, Julie McDevitt, Jill Knowles, Gail Walker, Lorna Scott, Alison Potts, Rosalind Clark, Lianne Campbell, Carol-ann Gray, Alix Castro, Myfanwy Taylor, Susan Scott, Sandra Campbell,
- Edinburgh University H&H Colours:** Green with White side Panel **Team Nos 121,122,123,124**
 Kirsty Munro, Becky Yousefian, Sarah Kennedy, Libby Cameron, Kerry Scott, Kirsten Sinclair, Ruth Chamberlain, Charlie Payne, Gillian Palmer, Erika Sinclair, Anna Bloomfield, Kerry McConville,
- Edinburgh Woollen Mill Colours:** White /Blue /Red **Team Nos 125,126**
 Karen E Dobbie, Vicky Frew, Isobel Knox, Victoria Lawrence, Mary McClung, Ruth McKean, Karen Montador, Hayley Parkinson, Susan Ridley, Sue Stockdale, Pauline Thom, Sarah Hood, Katie Wasilenko,
- Fife AC Colours:** White with Red Band **Team Nos 127,128**
 Louis Provan, Phyllis Lemoncello, Louise Burt, Abigail Morison, Eliza McLachlan, Fiona Lothian, Lisa Binnie, Karen Ritchie,
- Gala Harriers Colours:** White with Green Band **Team Nos 129,130,131**
 Laura Howie, Patricia Affleck, Leanne Haining, Suzanne Gilchrist, Nicola Alexander, Karen Renton, Angela Foss, Paulette Ashford-smith, Marion Fuccini, Alison Whitehead,
- Giffnock North AAC Colours:** Amber with Royal Blue Hoop **Team Nos 132,133**
 Doleen Galbraith, Joyce Prytz, Susan Robinson, Susan Mackenzie, Andree Campbell, Viviane Kerr,
- Glasgow University H & H Colours:** Black and Gold **Team Nos 134**
 Shiela Fairweather, Susan Partridge, Sarah Taplin, Emily Weathers, Jane McCullick, Jenny Henderson, Sarah Little,
- Hunters Bog Trotters Colours:** Brown **Team Nos 135,136**
 Morag Campbell, Sally Clive, Angela Dixon, Christine Buckley, Michelle Jeffrey, Debbie MacDonald, Kirsten Simister, Megan Smith, Alison Sutherland, Mari Todd, Sharon Peoples, Anne Buckley, Ali McNeillage,
- Kilbarchan AAC Colours:** Gold with Black Hoop **Team Nos 137,138**
 S Pearson, M Campbell, E Masson, J Moore, M Moore, P Vojnich, S Kennedy, C Murray, K Chapman, E Crockett, V McIntyre, J Davenport, N Fleming, C O'Brien,
- Kirkintilloch Olympians Colours:** Sky Blue with White and Black Hoops **Team Nos 139**
 Carole McInnes, Anne Flynn, Ada Stewart, Karen Stevenson, Laura Johnstone, Julie Calman,
- Kwik Fit Corstorphine AAC Colours:** White with Black Trim **Team Nos 140**
 Sue Aitken, Sharon O'Brien, Gillian Pilkington, Laura Henderson,
- Lasswade AAC Colours:** White with 2 Blue Bands and Red Band **Team Nos 141**
 Nicola Murray, Lorna Rice, Morag Nicholson, Sandra Whitley, Wilma Kerr, Karen Meikle, Jean Neill,
- Livingston & District AAC Colours:** Yellow with Green Stripe **Team Nos 142,143,144**
 Jane Ackland, Violet Blair, Kim Buckley, Susan Campbell, Lorna Eades, Marsie Ewing, Avril Gardner, Gillian Godfree, Teresa McMenemy, Helen Murray, Annika Ostman, Hilary Quick, Christine Rougvie, Joyce Salvona, Hazel Sutherland, Fiona Weir,
- Pitreevie AAC Colours:** Navy/Yellow/White **Team Nos 145,146**
 Lynne Marr, Kim Roberts, Trudi Thomson, Helen Kane, Christine Garvie, Pamela Blyth, Pamela Pattison, Hannah Norman, Gillian McDonald, Margaret Healey,
- Shettleston Harriers Ladies Colours:** Blue with Yellow Band **Team Nos 147,148**
 Susan Carter, Anne-marie Hughes, Elaine Mcbrinn, Elaine Mackay, Pamela McKay, Lindsay Macneill, Eileen Reid,
- Strathclyde University Harriers Colours:** Maroon with Blue and Gold hoops **Team Nos 149**
 Alison Potts, Sara Hill, Naz D' Silva, Lindsay MacNeill,

SENIOR/JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS**4x4,000 metres****Title Holders- Inverclyde AC****Declarations Close 2:30pm****Race Starts 3:00pm**

- Aberdeen AAC- Colours:** White with 2 red hoops **Team Nos 1,2,3,4**
 Neil Murdock, Jonathan Musgrave, David Paterson, Christopher Smith, Dan Whitehead, Thomas Bracegirdle, Stewart Mason, James Pirie, Alistair Leiper, Frank Smith, Peter Christie, Meldrum Edwards, Thomas Litterick, Peter Simm, David Oliver, Barry Maitland, David Armitage, Mark Caird, Alan Fulton, Gordon Ramsay, William Scullion, Ian Williamson, Simon Sinclair,
- Ayr Seaforth AAC- Colours:** White with Red Diagonal Cross **Team Nos 5,6**
 A Allardyce, A Auld, Iain Baird, Bill Boyd, James Caird, D Campbell, Ian Craig, John Fergusson, M Fernandez, Patrick Kelly, A Law, S Mackinnon, T McCulloch, Douglas Munro, Richard Page, David Paul, P Pierotti, J Simpson, C Souter, Alastair Stewart, John Strawhorn, C White, C Garrett, Aaron McDoe, Paul Rogers, C Ross, M Livingston,
- Bellahouston Harriers- Colours:** Dark Blue with Light Blue Cross **Team Nos 7**
 C Scott, Ronald Bruce, H Gallagher, D Bryson, S Stanaway, Graeme Gemmell,
- Calderglen Harriers- Colours:** Amber and Black Vertical Stripes **Team Nos 8**
 Alan Derrick, Martin Duthie, Graham Allan, Jamie McMonagle, Charles Steven, Roderick Shanks, Malcolm Buchanan, Alister Begg, Colin Macdonald, Gerard Mullen,
- Central AC- Colours:** Yellow and Blue **Team Nos 9**
 James McDonald, Robert Russell, William Ross, Paul Whitlam, Ewan Gault, Fraser Mchardy, Martin Crawford, Ross Houston,
- City of Edinburgh AC- Colours:** White with one Blue, one Black Hoop **Team Nos 10,11,12,13,14,15,16**
 John Agnew, David Armour, G Beal, William Begley, D Blackie, Jim Buick, Andrew Brown, Colin Cable, Andrew Donachie, I Duff, Thomas Ellacott, R Elliott, Martin Ferguson, Michael Fulthorpe, Thomas Gavin, R Green, Richard Hope, Brian Howie, F Hooton, Scott Innes, Mark Johnston, Andrew Laird, Andrew Laycock, K Lyall, Alex MacEwen, John Macinnes, W MacIntosh, H McInnes, Kevin McAlpine, David Millar, Timothy Poyser, Jamie Pringle, Jeff Pyrah, Andrew Scott, Alan Shanley, Drew Sharkey, John Steel, Robert Stevenson, Eric Stevenson, Adam Ward, Angus Wardlaw, Aidan Woods, Niall Macdonald,
- Clydesdale Harriers- Colours:** White with Black "C" **Team Nos 17,18,19**
 J Austin, M Govan, Ewan Calvert, Simon O'Connor, K Idessane, Clifford Brown, Michael Diver, Philip Dolan, Brian Edridge, John Hanratty, Gerald Kennedy, Murray McDonald, David Mitchell, I Murphy, Lawrence Pearson, Bobby Rossborough, M. Rudzinski, Peter Rudzinski, Robert Young, Allan Adams,
- Dumfries Running Club- Colours:** White with Maroon and Sky blue Hoops **Team Nos 20,21,22**
 Leslie Hill, Douglas Brown, Duncan Scobie, James Laird, James Grierson, Alastair McDowall, David Batstone, Stephen Mohan, Donald Priest, Peter Clingan,
- Dundee Hawkhill Harriers- Colours:** Blue and White Quarters **Team Nos 23,24**
 Neil Gunstone, Gordon Rennet, Stephen Mason, William Rennie, Craig Ross, David Adam, Brian Cook, James Kerr, Matthew Strachan, Stephen Borland, Eddie Holmes, Charles Haskett,
- East Kilbride AAC- Colours:** Gold with 2 Black hoops **Team Nos 25,26,27**
 David Condra, Gordon Colvin, Grant Baillie, Robert Ronald, Edgar Ramage,
- Edinburgh University H&H- Colours:** Green with White side Panel **Team Nos 28**
 Matt Lewis, Ryan Smith, Paul Turnbull, Ben Roberts, Dave Ward, Matt Bell, Ian Welleck, Olly Jefferis, Hugh Rawlinson, Derek Wans, Neil Mackay, Chris Godfrey, Tom Bracegirdle, Billy Scott, Arnie Thalaisundaram, Grant Stewart,
- Falkirk Victoria Harriers- Colours:** Black with Gold Band **Team Nos 29,30,31,32**
 Mark Arndt, David Beagley, Gary Couper, Neil Dewar, Eric Donaldson, Philip Evans, David Hart, Steven Lawson, Michael McQuaid, Neil Robertson, Andrew Ronald, John Stevenson, Andrew Stevenson, Ritchie McCallum, Douglas Gillespie, William Day, Paul McKerracher, David Murray, John Martin, Douglas McKenzie, Kenneth Rankin,
- Ferranti AAC- Colours:** Yellow with Black letters **Team Nos 33**
 Matt Bankhead, Alex Bell, Walter Fairnie, Edward McDonald, Trevor Ridley, Iain Shaw, James Shaw, William Thomson, Raymond Watters, Keith Weston, Keith Nicol, Stephen Reid, Bruce Kidd, Jim Leach, Paul Caban, John Gavin,

Fife AC- Colours: White with Red Band

Terry Mitchell, John Thomson, Kevin McCue, Martin Laing, Douglas Gunstone, Gary Barker, David Francis, Joe Holden, Andrew Barker, Mel Scobie, Alan Milligan, James Meek, Hugh McKay, John Cunningham, David Bee, Adrian Davies, Bryan McManus, James Watson, Neil Young, Kenneth Anderson, Gordon Mathieson, Jonathan Seeley, Peter Morrison, Graeme Walker, Owen Greene, David Anderson,

Gala Harriers- Colours: White with Green Band

Robin Murray, David Wardman, Neil Renton, Alistair Meikle, Neil Pendrich, George Runciman, Richard Patterson, James Paxton,

George Heriots CCC- Colours: White with Blue Band

Ian Purves, Gavin Steel, Scott Campbell, Calum Smith, Andrew Purves, David Eynon,

Glasgow University H & H- Colours: Black and Gold

Gordon Fuller, Nick Pearson, Ben Brisbois, Paul Frelich,

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

Ernie Currie, Norman Hay, Andrew Morrison, R Shaw, Stephen McLoone, Kenneth Scott,

William McLaughlin, Thomas Knight, Daniel McLaughlin, Richard Davidson, Duncan Mcneil,

Robert Dolan, Robert Docherty, Cameron MacLean, Neil Orr, William Jukes,

Haddington East Lothian Pacemakers- Colours: Red and White Halves

Paddy McDonald, Joseph Forte, James Baird, Charles Bamford, Mere Dickie, Alexander Wallace,

Brian Carr, Alan Proudfoot, Ian Sills, George Armstrong,

Hunters Bog Trotters- Colours: Brown

Bill Blair, Norman Blissett, Rab Brown, Gary Brown, Jim Farquar, Colin Farquarson, Tom Gillispie,

Ian Harkness, Craig Hunter, Alex Keith, Hayden Lorimer, Ian Marshall, Myles Marshall,

Graham Macready, Geoff Mitchell, Phil Mowbray, Donald Naylor, Nor Normand, Pat O'Kane, Pat O'Keefe,

Jim Thyne, Eric Scott, Geof Simpson, Dave Taylor, Neil Thomas, Robin Thomas, Dave Tinker, Dick Wall,

Andrew Wright, Alistair Hart, Roddy Elliot, Keith Gooch, Jim Jarvis, Chris Jenkins, John Keogh,

Aldo Matrundola,

Inverclyde AC- Colours: Black & White Stripes

John Bannister, Daniel Frazer, Gerard Gaffney, Stuart Hodge, Brian Litterick, Craig McAllister,

Stephen McAllister, Thomas Murray, Chris Robison, Cameron Spence, William Tipping, Tom Tracey,

Mark Pollard, George Hagarty, John Bruce, Steven Conaghan, Joseph Conaghan, Robert Gray,

Archie Galbraith, Gordon Davidson, Kevin McKenna, Martin Hicks, James McShane, Kenneth Morrison,

Irvine AC- Colours: Red with Black Trim

Jim Morton, Brian Craig, Colin Miller, James White, William Richardson, Lee Richardson,

Christopher Chaussett, Finlay Dowell, Andrew Rennie, Billy Dale, James Stevenson, John Surgenor,

Andrew Clinton, David Millar, Stephen Nisbet, Fergie Collier,

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

Jim Goldie, James Tonner, Edward Tonner, Stuart Dickson, Ian Connell, Ryan Montgomery,

Graham Cairns, Alasdair Murray, John Gemmell, Tony Finnegan, Ian Gebbie, David Mitchell,

Keith & District AAC- Colours: Red with Black Trim

Ross Arbuckle, Frank Barton, Simon Pride, Brian Law, Mike Turner, William Johnstone,

Kilbarchan AAC- Colours: Gold with Black Hoop

A McLeod, A Muir, John McMillan, T Hearle, J Snodgrass, R Quinn, R Fitzsimmons, A Puckrin,

Robert McCulloch, Ian MacDougall, Steven Hards, George Gibson, Michael McGinley, Tom Anderson,

Alastair McAngus, Gerry Fairley, Dave Mewse, John Klouman, Jim McMillan, John Rodger, A Ross,

D McCormack, B Miller, P Duffy, D Petrie,

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

Colin Burns, William Campbell, Douglas Douglas, William Earnshaw, Stewart Grant, Ewan Jack,

Stuart Kerr, Stephen Lawrie, Kenneth Leitch, Gordon McLean, Gerard McConnell, Edward McLoone,

John McLoone, William McGroarty, Paul Moseley, Chris Stewart, Robert Thayne, Colin Watson,

Robert Brown, John Campbell, Bill McFadden,

Kwik Fit Corstorphine AC - Colours: White with Black Trim

Stuart Addison, Moray Anderson, Stuart Bowman, Scott Bisset, Martin Caldwell, Bryan Clark,

Iain Cumming, David Henderson, David Highton, Keith Hood, Martin Hulme, Rupert Jones,

Simon Langdon, David Law, Michael Malcolm-Smith, Graham McLean, Fred Norwood, Chris O'Brien,

Paul O'Brien, Steven O'Brien, Brian Nicholson, John Ohara, Craig Smith, Martyn Tunstall,

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

John Murray, Ben Mitchell, John Forker, David Veitch, Ross Martin, Graeme Burke, William Rose,

Robert Kettles, David Whitley,

Team Nos 34,35,36

Team Nos 37,38

Team Nos 39

Team Nos 40

Team Nos 41,42,43

Team Nos 44,45

Team Nos 46,47,48,49

Team Nos 50,51,52,53

Team Nos 54,55,56

Team Nos 57,58,59

Team Nos 60

Team Nos 61,62,63

Team Nos 64,65,66

Team Nos 67,68,69,70

Team Nos 71

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

Alistair Russell, Allan Ramage, David Ovens, Stephen McGregor, Pat Kelly, Gordon Douglas, John Frood, Jamie Reid, Jackie Gourlay, Jim Rowley, Darran Muir, Chris McMahon, Russell Cook, Willie Drysdale, John Muir, Iain Murdoch, Kirk Smith, Duncan Scobie, Brian Smart, Paul Tanson,

Livingston & District AAC- Colours: Yellow with Green Stripe

Graeme Ackland, Alec Agnew, Tim Brand, Stephen Dempsey, Peter Dymoke, Colin Eades, John Ewing, George Gilhooley, David Godfree, Andy Kitchin, Martin Leadbetter, Robert Lee, Tim Lenton, Stuart Logan, Alan McIntosh, John May, Colin Meek, Christopher Northam, Ian Seggie, David Simmons, Steven Thomson,

MacDonald's Carnegie Harriers- Colours: Orange and Green

Stevie Cairns, Colin Law, Stevie Ogg, Ian Stewart, Iain Taylor, Martin Monkton, Graham Clark, Bryan Macdonald, Robert Milton, Dennis Howett, Peter Simpson, Michael Harvey,

Maryhill Harriers- Colours: Royal Blue

K Stevenson, S Walker, A Gallagher, A Kinniburgh, J McGill, M McCartney, W McGowan, L McCue, W McGill,

Metro Aberdeen RC- Colours: Black/Yellow Quarters

Keith Varney, Kevin Brooks, Mark Johnston, Fraser Clyne, Keith Farquhar, Peter Jennings, Jackie Stewart, Colin Youngson, Duncan Wood, Nicholas Milovsarov,

Mizuno Racing Club- Colours: Purple

Gregor Booth, Ian Brown, Stuart Campbell, Mike Carroll, Ken Chapman, Scott Cohen, Max Colligan, Martin Coyne, Martin Coyne (sen), Peter Fleming, Peter Ford, David Gardiner, Thomas Hanlon, Carl Heaven, Allister Hutton, Wilson Kitchumba, Brian Kirkwood, Scott McDonald, Ian MacNicol, Alan Robson, John Robson, David Ross, John Ross, Kirk Smith, Glen Stewart, Lachie Stewart, Paul Wilson,

Penicuik Harriers- Colours: Purple with White Panels

Stephen Cant, David Cairns, Robert Walker, Colin Graham, Jan Suarez-Minguez, Kenneth Graham, Ritchie McCrae, Iain Veitch, Mike Brown, David Buchan, Sean Davidson,

Pitreavie AAC - Colours: Navy/Yellow/White

Peter Baxter, Johnston Campbell, Nigel Cunningham, Jeffrey Farquhar, David Farquharson, Stuart Forrester, Glyn Gardiner, Brian Nicolas Gray, Colin Mathieson, Alan Russell, Cameron Watson, David Candlish, James Paterson, Stewart Reid, Scott Koronka, Colin Simpson,

Ron Hill Cambuslang Harriers- Colours: Red with White Band

S Carson, G Ferguson, J Kealy, B King, A McCabe, G Melvin, D Munro, G Robertson, S Shinwell, K Kealy, T McNally, P Whyte, A O'Hagen, J Brooks, J Brown, K Conley, J Cowan, G Croll, C Donnelly, K Downie, M Fairgrieve, I Grant, S Hunter, W McTaggart, M O'Hagen, I Reid, A Robertson, D Rodger, D Runcieman, J Sands, D Thom, C Thomson, N Wilkinson, J Wilson, D Buchanan, F Connor, D Dymond, D Fairweather, B Gough, F Hurley, A Jenkins, C McDougall, T McPake, P Ogden, J Quinn, G Reid,

Shettleston Harriers- Colours: Blue with Yellow Band

Adrian Callan, David Cameron, David Connelly, William Coyle, Desmond Crowe, Anesti Davenhill, John Donnelly, John Duffy, Angus Ferguson, Stuart Gibson, David Gow, Martin Graham, John Hendry, Simon Macintyre, John Mackay, Clyde Marwick, John McCall, Anthony McCall, Kenneth McClean, Brian McGarrity, Dermot McGonigle, Frank McGowen, Malcolm Patterson, Brian Scally, Alan Swann, Stephen Waclawski, Graham Wight, John Wilkinson, Denis Williams, George Kirk, Ken Moloney,

Springburn Harriers- Colours: Navy Blue with White Diamond

John Bell, Andy Callan, Alexander Chalmers, Jim Cooper, Robert Davis, Eddie Dickson, Jamie Harper, James Hendry, Alan Hill, Alexander Lees, Ian Marshall, William McGregor, Alexander McIndoe, John McLaughlan, Danny McVey, Douglas Morton, Daniel O'neil, John Owens, Martin Paton, Duncan Reid, Adam Ross, Robert Soutar, Ian Stark, Frank Thom, Frank Wright, Robert Young,

Standard Life AC- Colours: Blue with Yellow trim

Bruce Smith, Bruce Hall, Alistair Scott, Gordon Mackie, Raymond Buchan, Chris Durn, Bernard Devoy, John Ewing,

Strathclyde University Harriers- Colours: Maroon with Blue and Gold hoops

Stephen Macgregor, Neil Darroch, Martin Finchie, David Gow,

Teviotdale Harriers- Colours: White with Maroon Band

Nichol Maltman, Brian Carlin, Steven Lauder, A Gibson, Francis Cannon, W Knox, John Marsh,

Robert Cranston,

Victoria Park AAC- Colours: Blue and White Hoops

Roger Young, Joseph Doyle, Derek Watson, Kevin Forster, Kenneth McVey, Paul Nicoll, Andrew Nicoll, Peter McGregor, Stuart Barnett, Alastair Douglas, H Morvan, Robert Newton, James Harvie, Kenneth Brown, Angus Clark, Alan Brown, T McAra, T Simpson, G Munro, G Hillior, J Whannel,

Team Nos 77,78

Team Nos 79,80

Team Nos 81,82

Team Nos 83,84,85

Team Nos 86

Team Nos 87,88

Team Nos 89,90,91,92,93

Team Nos 94,95

Team Nos 96,97,98

Team Nos 99

Team Nos 100

Team Nos 101,102

Team Nos 103,104,105,106