



scottishathletics

National Cross Country

Relay Championships

(Incorporating Veterans Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 27th October 2001

Sponsored by



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

NUMBERS

Men's 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.



WELCOMES

On behalf of North Lanarkshire Council, it is my pleasure to extend a warm welcome to all athletes, coaches and officials participating in this year's National Cross Country Relay Championships at Cumbernauld Park.

North Lanarkshire Council is delighted to continue their longstanding relationship with Scottish Athletics and would wish to thank them for their continued support in bringing prestigious events to North Lanarkshire.

This year is the first time that we have hosted the Cross Country Relay Championships here in Cumbernauld and we look forward to doing so over the course of the next 3 years.

I would take this opportunity to wish all of the athletes competing every success and I look forward to some high caliber competition throughout the course of the day.

Provost Barry McCulloch
North Lanarkshire Council

For many years we have had an excellent relationship with North Lanarkshire Council for our cross country events held at Cumbernauld Park. This park provides testing courses for runners and good viewing for spectators.

With the generous help of the Council it has been possible to provide good facilities for runners, officials and spectators. October 2001 brings our National Relay Championships to Cumbernauld Park for the first time and we look forward to exciting races.

My thanks to the Provost, Councilors and Staff for their help to us. Also our officials will be there to ensure that the races are smoothly and efficiently run and I am sure that all competitors will remember to thank them for their presence today and the work put in by many of them over the preceding weeks.

Finally my best wishes to all the competitors. I wish that each one of you will have a good run on your particular leg and that you feel that you have run your best.

Sandy Robertson Convener,
Road Running and Cross Country Commission.

SCOTTISH ATHLETICS 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 (Troon Tortoises)
Vice Convenor	Marjory Cook (City of Edinburgh AC)
Hon Secretary	Brian Goodwin (Bellahouston Harriers)
Assistant Secretary	Alan Potts (City of Glasgow AC)

OFFICIALS

Referee	R.Morrison
Officials Control	G.Sword, A.Jackson
Clerk of the Course	S.McRae
Judges/Funnel Control	R.McSwein (Chief) G.Spence, K.Melville, K.Phillips, J.Youden
Timekeepers	D. McLaren (Chief), G.Sword, S.McDougall
Recorders (Place)	S.Hardacre (Chief), B. Hislop, A.Potts
Recorders (Time)	L.Hislop
Starter	W.A Robertson
Marksman	R.Thomas
Declarations	A.Jackson (Chief) G. Sword, D. McGinley
Results	P. Jackson, M.Cook, J. Jackson, A.Jackson
Announcers	R. Gray, W.Melville
Presentations	B. Goodwin, E.Young
Medical Services	St. Andrew's Ambulance Brigade.
Press	B. Goodwin, K.Weiniger
Course Marshals	K.Martin, B.Reid, K.Phillips, Members of Cumbernauld AC
Jury of Appeal	S. Robertson, B. Goodwin, P.Carton
Reception	W.A.Robertson, M.Cook, B.Goodwin, P.Carton, A.Potts
Convener	J.Young

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Pitreavie AAC

Race Starts 1:00pm

Declarations Close 12:30pm

Banchory Stonehaven AC - Colours: Royal Blue with White band	Team Nos 1,2
<u>U13</u> Hazel Wright	Helen Currie
Iona Ingram	
<u>U15</u> Catherine Paterson	Stephanie Brodie
Emma Cloggie	
<u>U17</u> Briony Curtis	
Rachel Spencer	
Central AC - Colours: Yellow and Blue	Team Nos 3,4
<u>U13</u> Amy Pearson	Kirsty MacLarty
<u>U15</u> Dionne Milne	Lauren McNab
Rowena Bell-Scott	
<u>U17</u> Fiona Thompson	
Leanne Bridgeman	
Fiona Chalmers	
Mary Dougherty	
Karen Bunyan	
Amanda Reynolds	
Jessica Watt	
Jennifer Campbell	
Christina Moncreiff	
City of Edinburgh AC - Colours: White with one Blue, one Black Hoop	Team Nos 5
<u>U13</u> Bryony Stewart	
<u>U15</u> Nicola McManus	Danielle Kane
<u>U17</u> Valerie Young	
City of Glasgow AC - Colours: Royal Blue with Green Panel	Team Nos 6
<u>U13</u> Rebecca Finch	Elaine Taggart
<u>U15</u> Jennifer Emsley	Tracy Smith
<u>U17</u> Cara McNally	
Corstorphine AAC - Colours: White with Black Trim	Team Nos 7
<u>U13</u> Megan Smith	Sarah Macdonald
<u>U15</u> Rachael Bowman	
<u>U17</u> Dee Turner	
Corin Wilson	
Rebecca O'Brien	
Emma O'Brien	
Dundee Hawkhill Harriers - Colours: Blue and White Quarters	Team Nos 8,9,10
<u>U13</u> Fiona Ashford	L. Lang
<u>U15</u> Lindsay Murray	Rebecca Wallace
<u>U17</u> Karen McCabe	Heather Brookes
Linzie Aiken	
Jennifer Bell	
Edinburgh Woollen Mill - Colours: White /Blue /Red	Team Nos 11,12
<u>U13</u> Lynsey Sharp	Cloe Walker
Hayley Duncan	
<u>U15</u> Eilidh Hodge	Kayley Summerscales
Jennifer McPhail	
<u>U17</u> Mairi Hodge	Claire Kennedy
Alison McCarthy	
Gayle Dunnett	
Fife AC - Colours: White with Red Band	Team Nos 13,14
<u>U13</u> Sarina Kidd	Carrie Marshall
<u>U15</u> Fiona Muir	
<u>U17</u> Frances Meek	
Caitlin Lyons	
Kim Paterson	
Alison Rowe	
Giffnock North AAC - Colours: Amber with Royal Blue Hoop Team Nos 15,16,17,18,19,20,21	
<u>U13</u> Sarah Phee	Ruth Joss
Laura Taylor	Amy Bisland
<u>U15</u> Lauren Baird	Fiona McTaggart
Kerry McGee	Lucy Milligan
Claire Davis	
<u>U17</u> Helen Stevenson	Jane Dobson
Nicola Williams	Gemma Mulvey
Lynne Beattie	
Kelly Rodmell	
	Eilidh Dorrian
	Amanda Larcombe

Gleniffer High School - Colours: Red/Black/Sky Blue

U13 Linzi McGregor
U15 Kathleen Bryce
U17 Lynn Pattison

J Allan
Jacqueline Elliot

Team Nos 22

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

U13 Hayley Rafferty
U15 Debbie Miller

Kimberley Ray

Heather McLaughlin

Team Nos 23,24,25

Harmeny AC - Colours: Red with Green Diagonal

U13 Stephanie Lyall
U15 Amy-jo Shiell
U17 Marbeth Shiell

Colette Shiell
Louise Gillespie
Anna Chrystal

Claire Carmichael
Laura Blamire

Team Nos 26

Kirsty Dewar

Irvine AC - Colours: Red with Black Trim

U13 Rebecca Edge
U15 V Ferguson
U17 Nicola Collins

Lauren Collier
Jennifer Scobie
Rebecca Green

Louise Doig
Caroline Ferns
Kelly Payne

Team Nos 27,28

Kilbarchan AAC - Colours: Gold with Black Hoop

U13 Eilidh Menzies
Nicola Nelson
Charlotte Nicholl
U15 Kathleen Bryce
Gail Kennedy
U17 Anneka Galbraith
Fiona Steel

Laura Kennedy
Jenny Tait
Jenny Nolan
Stephanie Barras
Jenny McKeown
Gillian Mackenzie
Kerryanne Galbraith

Holly Belch
Samantha Carter
Lauren McMurray
Emma McCartney
Lyndsey Burke
Vicky Gormley

Team Nos 29,30,31,32

Nicole Treacy
Alison Alcroft

Fiona McIntyre
Cara Sloss
Rachel Jamieson
Siobhan Inglis

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

U13 Emma Harrison
U15 Sandra Malcolm
U17 Fiona Gentles

Fiona Berry
Nicky McKay
Heather Williams

Natalie Colston
Lisa Hutson

Team Nos 33

Sarah MacLennan

Larkhall YMCA - Colours: Red with White Hoops

U13 Lauren Hollinshead
U15 Christina Whitelaw
U17 Lesley Haig

Harriet Hill

Samantha Douglas

Team Nos 34

Lothian Running Club - Colours: Blue with Black letters

U13 Kathleen Dempsey
Hazel Turnbull
U15 Katie Edwards
Linsey Lewis
Ashley Toner
U17 Lorna Gibb

Laura Henck
Rebecca French
Kerrie Mulheron
Stephanie Meek

Hannah Main
Ann Gardiner
Sarah Smillie

Team Nos 35

Jemma Toner

Gillian Gillespie
Genna Spiers

Pitreavie AAC - Colours: Navy/Yellow/White

U13 Demi McLaughlin
Georgina Laing
U15 Claire MacAulay
Rebecca Watt
U17 Samantha Marshall
Katie Fleming

Siobhan Coleman
Eilidh Child
Anna Wombwell

Team Nos 36,37,38
Eilis Barnes
Elaine Renouff
Keleigh Paterson

Ciara Barnes

Melanie Thomson

Julia Oldham

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Giffnock North AAC

Race Starts 1:35pm

Declarations Close 1:05pm

Aberdeen AAC - Colours: White with 2 red hoops

U13 Myles Edwards
U15 Steven Rusling
U17 Alan Wales
Stuart Anderson

Mark Haskett
Oleg Chepelin
Adam Watt

Rowan Alexander
Andrew Watt
Stuart Forbes

Team Nos 39,40,41

Andrew Cooper
Mark Kennedy

Central AC - Colours: Yellow and Blue

U13 Michael Gillespie
U15 Michael Wright
U17 Alastair Hay

Darren Walker
Angus Scot-Bell
Ryan Summerscales

Team Nos 42

City of Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 43,44,45,46,47,48

U13 Darren Steel
Marcus Thomson
U15 Kris Gauson
Roy Duma
U17 Mark Smith
Stephen Frame

Tom Connor
William Flemming
Adam Whytock
Dean Wyllie
Leo Ritchie
Scott Thomson

Harry Connor
Jason Thomson
Brett Dalgleish

Callum Milne

Jamie Hood

Michael Szymanski

Clydesdale Harriers - Colours: White with Black "C"

U13 Craig Gallacher
U15 Lawrence Blair
U17 Lee Cassidy

Team Nos 49

Corstorphine AAC - Colours: White with Black Trim

U13 Calum McKenzie
U15 Douglas Selman
U17 Kris Berry

Neal Robb
Callum Fletcher
Scott Pilkington

Matthew Hannay
Stewart Turner
Alistair McColl

Team Nos 50,51

Dundee Hawkhill Harriers - Colours: Blue and White Quarters

U13 Hathum Abubaker
U15 Kevin Murray
U17 Craig Brown

Daren Gow
Andrew Brooks
Errol Johnston

Team Nos 52,53

East Kilbride AAC - Colours: Gold with 2 Black hoops

U13 Jamie Clements
U15 Graeme Caskie
U17 Alistair Campbell

Team Nos 54

Falkirk Victoria Harriers - Colours: Black with Gold Band

U13 Scott Campbell
U15 Alan Johnstone
U17 Alasdair Stewart

Daniel Pike
Christopher Douglas
Alex Davidson

Stephen Downie
Stephen Williams

Team Nos 55,56

Fife AC - Colours: White with Red Band

U13 Frankie Scott
C Hill
U15 Craig Guzy
Jonathan Gunstone
U17 Graeme Noble
P Uffer

E Simpson
J Innis
John Buchan
Rory Scott

Andrew Reade
Duncan McLachlan
Graeme Barker

Team Nos 57,58
Michael Fedo

John McIntosh

Angus McLachlan

George Heriots School - Colours: White with Blue Band

<u>U13</u> Hugh Brechin	Graham Scobie	Steven Glass
Donald Revolta	Rory Downie	
<u>U15</u> Craig Wilson	Peter MacRae	James McLay
Hashim Ismail	Shaun McPheely	Kevin Wilson
<u>U17</u> Philip Purves	Aaron Simpson	Alistair Bell

Team Nos 59,60,61

Charles Ibett

Pablo Cardenas

Giffnock North AAC - Colours: Amber with Royal Blue Hoop Team Nos 62,63,64,65,66,67

<u>U13</u> James Baird	Jonathan Roche	David Stevenson	Finn Wilkie
D Johnston	M Kelly	C McKenzie	
<u>U15</u> David Clark	Daniel Allan	David Phee	D Booth
A Carr	A Watters	Craig McTaggart	
<u>U17</u> John Walker	Steven Milligan	P McVey	Andrew McLeod
R Allan	J McKenzie	Craig McDougall	

Greenock Glenpark Harriers - Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 68,69,70,71,72

<u>U13</u> David Elliott	Jamie Cuffe	Gary Malone	Andrew Webb
Craig Williams			
<u>U15</u> Jason McCall	Stephen Trainer	Andrew McCall	Andrew More
Alan McCall	James Bradley		
<u>U17</u> David Butcher	Christopher McCall	Paul Bryson	Samuel McGuinness
Patrick Trainer	Brian McDiarmid		

Harmony AC - Colours: Red with Green Diagonal

<u>U13</u> Michael Smith	
<u>U15</u> Neil Christison	Shaun Desport
<u>U17</u> Paul McDougall	Scott Nicholson

Team Nos 73**Inverclyde AC - Colours: Black & White Stripes**

<u>U13</u> Stephen Campbell	Jonathan Bannister	Craig Archdeacon	Team Nos 74,75,76
Craig Stevens	Mark Black	James Black	John Hampsey
<u>U15</u> Colm Maqueen	Craig Ruddy	Liam Wilson	
Steven Rush			Darryn Barbour
<u>U17</u> Jason Kane	Graham Murdoch	Scott Newman	

Irvine AC - Colours: Red with Black Trim

<u>U13</u> William Morgan	Stevan Telfer
<u>U15</u> Tom Young	Adam Pieroni
<u>U17</u> Kevin Aitken	

Team Nos 77**Kilbarchan AAC - Colours: Gold with Black Hoop Team Nos 78,79,80,81,82,83,84**

<u>U13</u> Andrew Gibson	Derek Hawkins	Mark Paterson	Robert Cahn
Mark McGovern	William Holmes	Martin Lipton	Haddon McPherson
Scott Hawkins	Ross Brackenbridge	Paul McQueen	Patrick Scholes
<u>U15</u> Ross Toole	Chris Devenney	Kyle Toole	John Gribben
Fraser Williams	Craig McCaffer	Thomas McHaffie	Andrew Jack
Andrew Jack	Matthew Hendry	Andrew Campbell	Gavin McNeil
Michael Phelps			
<u>U17</u> William Docherty	Calum Morrison	Peter Mack	Sean Wight
Gordon Tenney	Craig Stewart	Keith Higgins	Jason Aitken
Garry Hanson			

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

<u>U13</u> Fraser Murray	Craig Thayne	Robby Ritchie
<u>U15</u> Scott Partyka	Adam Janeczko	Robert Thayne
<u>U17</u> Allan Stewart	David McEwen	

Team Nos 85,86

Gareth Boyd

Johnathon Lockhart

Lothian Running Club - Colours: Blue with Black letters

<u>U13</u> Alastair Ewing	Scott Robertson	
<u>U15</u> Angus Armour	Callum Gillespie	Philip Kingscott
<u>U17</u> Fraser Kingscott	Graeme Shepherd	

Team Nos 87,88

Travis Sinclair

Pitreavie AAC - Colours: Navy/Yellow/White

<u>U13</u> Douglas Newsom	Michael Wombwell	Team Nos 89,90,91
Dale Carver	Alasdair Livingston	Michael McQueen
<u>U15</u> Ewan Simpson	Sean McQueen	Grant Fraser
Stuart McDonald		
<u>U17</u> John Newsom	Paul McCloskey	Stephen Irwin

Stephen McManus

Michael Burns

Ron Hill Cambuslang Harriers - Colours: Red with White Band Team Nos 92,93,94,95,96,97

<u>U13</u> Jack Hendry	David Gorman	Jamie McGregor	Scott Baird
Martin Clarke	Jay McLeod	Ross Bloomer	Douglas Brown
<u>U15</u> Ross McLean	Graham Cuthbert	Stephen Dunn	Stewart Kirk
David Ward	Ian Lafferty	Gary Semple	
<u>U17</u> Andrew Carachi	Christopher Hendry	Jonathan Walker	Darren Kelsey
Thomas Lammont	Derek Martin	Scott McNeil	Mattew Murphy
Stephen Matthews	Mark Chisholm		

Shettleston Harriers - Colours: Blue with Yellow Band Team Nos 98,99,140,141

<u>U13</u> Christopher McGarrity	Mark McKelvie	Barry McKelvie	Steven Spark
Sean O'Leary	Allan MacKay		
<u>U15</u> David Wallace	James Findlay	Gary Haining	Gordon Phillips
Craig Stevenson	Michael Montague		
<u>U17</u> Adam Lee	Chris Cowan	Stuart McDonald	Graham Welsh
Anthony Coyle	Brian MacLagan		

Victoria Park AAC - Colours: Blue and White Hoops

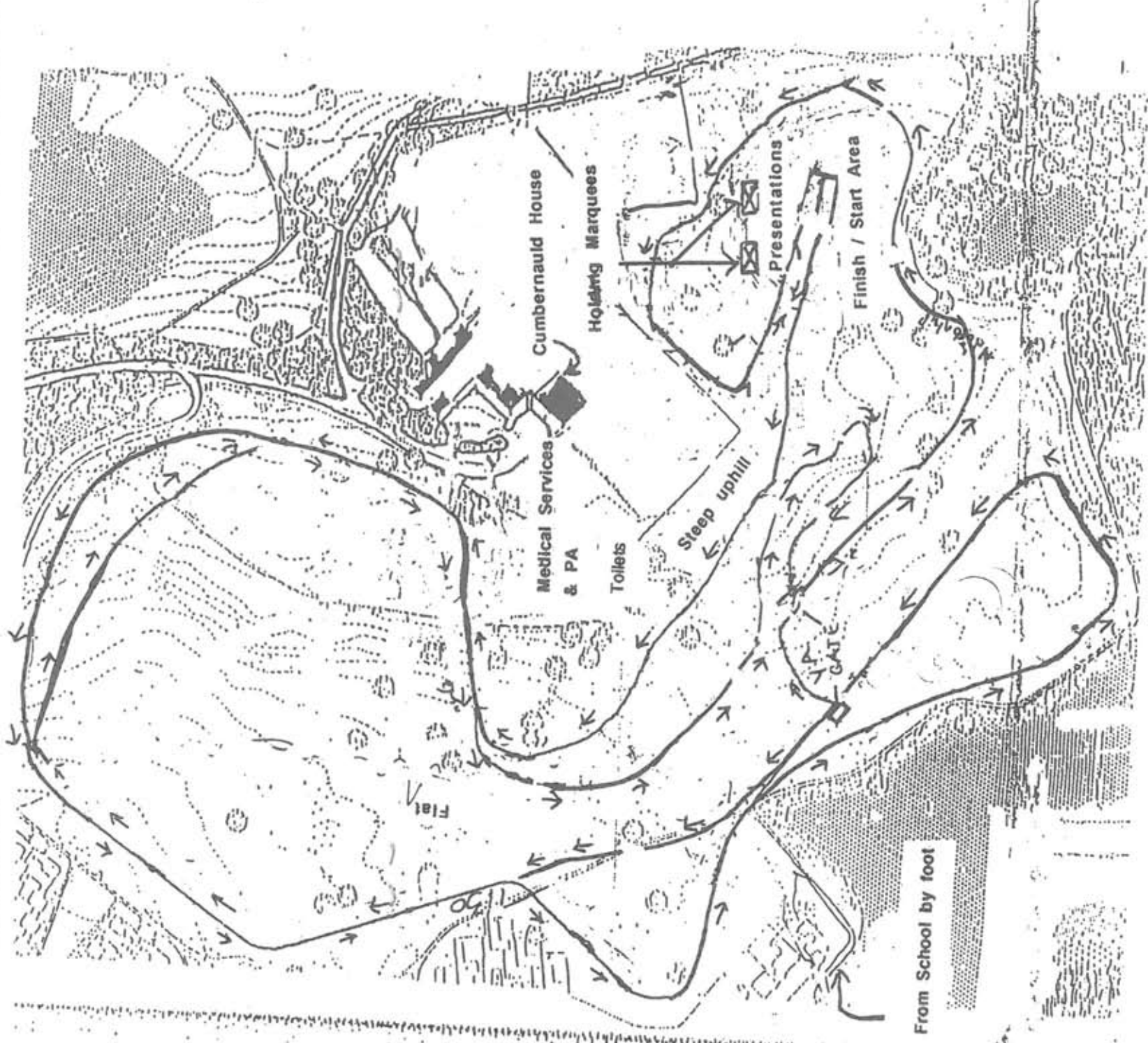
<u>U13</u> Ross Yates	Niall Murray	Andrew Morton	Team Nos 142,143,144
<u>U15</u> Craig Johnstone	Colin Sinclair	Michael Docherty	Christopher Smith
Ryan Burns			Richard McPhee
<u>U17</u> Gary Baines	Pierce McGinlay	Peter Speirs	Kevin Farmer

NATIONAL CROSS COUNTRY RELAYS
CUMBERNAULD -27 OCT 01

SENIOR WOMEN - 3 X 4000m
SENIOR MEN - 4 X 4000m -
YOUNG ATHLETES - 3 x 2500m

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

COURSE MAP



SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

Title Holders- City of Glasgow AC

Race Starts 2:10pm

Declarations Close 1:40pm

Aberdeen AAC - Colours: White with 2 red hoops

Clare Miller	Susan Smith	Lindsay Still
Lindsay Green	Anna Kyle	Laura Mahady

Team Nos 150,151

Hannah Smith
Sally Ross (J)

Carnethy Hill RC - Colours: Yellow with Red letters

Tracey Brindley	Karen Kealey	Kate Jenkins
Liz Hawkins	Karen Powell	Alison Powell
Maggie Creber		

Team Nos 152

Janice Smith
Alison Laws

Central AC - Colours: Yellow and Blue

Michelle Sandison	Ainsley Normand	Hazel Dean
Claire Waterhouse	Suzanne Borrowman (J)	Jane Waterhouse

Team Nos 153

Jane McCrorie

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

Marietta Vander Linden	Debra Murray	Justine Hewson
Sharyn Aitken	Caroline Wallace	Ruth Chamberlain
Ann Hood	Alison Johnson	Joanne Whitehead

Team Nos 154,155,156

Joyce Donachie
Eilidh Wardlaw (J)

City of Glasgow AC - Colours: Royal Blue with Green Panel Team Nos 157,158,159,160

Lynne Macdougall	Pamela McNellis (J)	Roslyn Clark (J)	Emma Blackwood (J)
Jill Knowles	Susan Finch	Eileen Cochrane	Joyce Prytz
Helen Lees	Kelley Wilder	Kirsty Baird	Collette Fagan (J)
Pauline McAdam	Sarah McAdam (J)		

Corstorphine AAC - Colours: White with Black Trim

Susan Aitken	Phyllis Mitchell	Gillian Pilkington
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Team Nos 161

Kirsty Stewart

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

Eilidh Wardlaw (J)	Toni McIntosh	Hannah Norman
Kirsty Munro	Mary Shoen	Olivia Straw
Terg Grinstead		

Team Nos 162,163,164

Gillian Palmer
Charlie Payne

Edinburgh Woollen Mill - Colours: White /Blue /Red

Violet Blair	Karen Dobbie	Hayley Parkinson-Ovens
Freya Murray (J)	Carol Sharp	

Team Nos 165

Susan Ridley

Energy Zone Carnegie - Colours: Orange & Green

Fabienne Thompson	Sarah Legge	Deborah Vanstone
Pauline Walker	Fiona Rennie	Nicola May

Team Nos 166

Emily Hutchison (J)

Falkirk Victoria Harriers - Colours: Black with Gold Band

Caroline Lawless	Janette Stevenson	Lynne Murray
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Team Nos 167

Fife AC - Colours: White with Red Band

Fiona Lothian	Louise Burt	Louise Provan
Jocelyn Scott	Angela Frame (J)	Margaret McLaren
Kim Macgregor	Ilona Cater	Irene Pennycook

Team Nos 168,169

Addy Gerrard
Eliza McLachlan
Sheila Barbour

Gala Harriers - Colours: White with Green Band

Karen Renton	Laura Howie	Nicola Alexander
Patricia Affleck	Eileen Nicol	Suzanne Carson
Suzanne Gilchrist	Ruth McCann	Anna White

Team Nos 170,171,172

Leanne Haining
Angela Foss

Garscube Harriers - Colours: White with Blue Band

Judith Austin	Julia Brosnan	Sara Dunlop
Jill O'Neil	Hazel Watson	

Team Nos 173,174

Janet McColl

Giffnock North AAC - Colours: Amber with Royal Blue Hoop

Doleen Galbraith	Maureen McVey	Sara Stevenson (J)
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Team Nos 175

Hunters Bog Trotters - Colours: Brown

Catriona Caddell	Megan Clark	Suzanne Ebel
Michelle Jeffrey	Deborah McDonald	Isobel Knox
Alison McNeillage	Sharon Peoples	Anne Rosbottom
Alison Sutherland	Sally Rolland	Megan Smith

Team Nos 176,177,178

Christine Buckley
Anne Buckley
Jane Rosbottom
Kirsten Simister

Irvine AC - Colours: Red with Black Trim

Jan Roxburgh	Helen Morton	Elizabeth McGarry
Mary Miller	Morag Burke	Linda Wilson
N Grey	Alison Scott	

Team Nos 179,180

Tracey Telfer
Anne Miller

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

Marlene Hunter	Allison Higgins	Lindsay McMahon
Clare Gemmell	Janet Murray	Morag Cairns
Fabiola Crawford	Bridget Robertson	

Team Nos 181,182

Laura Cairns (J)
Elaine Sharpe

Kilbarchan AAC - Colours: Gold with Black Hoop

Heather Gordon (J)	Helen Lundie	Susan McGrenaghan (J)
Janice Moore	Maria Psatha	Dennise Smith (J)
Clare Gibson (J)	Julie Duffy	Hannah Waugh
Jill Shannon (J)	Susan Pearson	Carol Murray

Team Nos 183,184,185

Eileen Masson
Karen Yule (J)
Kate O'Brien

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

Ada Stewart	Anne Flynn	Karen Stevenson
Laura Johnstone		

Team Nos 186

Carole McInnes

Lothian Running Club - Colours: Blue with Black letters

Susan Campbell	Valerie Dempsey	Marsie Ewing
Kate Hoffmann	Saran Jones	Gillian McFarlane
Teresa Mcmenemy	Abigail Morrison	Christine Rougvie
Claire Shanley	Margaret Turnbull	Margo Welsh

Team Nos 187,188

Gillian Godfree
Lesley McGiffen
Joyce Salvona

Pitreavie AAC - Colours: Navy/Yellow/White

Lynne Marr	Trudi Thomson	Anna Darnody
Sarah Paterson	Helen Kane	Jacqueline Baxter
Alison Whyte	Emma Reid	Susan Scott (J)

Team Nos 189,190

Sarah Croucher
Pamela Pattison

Shettleston Harriers Ladies - Colours: Blue with Yellow Band

Lindsay Macneill	Bernadette O'Neil	Anne-marie Hughes
Pamela McKay	Frances Florence	Elaine Mcbrinn

Team Nos 191,192

Elaine Mackay
Sandra Edwards

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

Pauline Logue	Clair Prenta	Mhairi Squair
Marie Gallagher		

Team Nos 193

Charlotte Fortune

Wee County Harriers - Colours: Navy and Orange

Mandy MacAulay	Diane Grieve	Julie Kolosoeski
Hilda Paton	Amanda Aitken	Louise Harding
Lindsay Douglas (J)	Deborah Douglas	

Team Nos 194

Lynda Woods
Sabine Timmins

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

Muffy Calder	Patricia McLaughlin	Christine Menhennet
Jane Robertson	Elspeth Scott	Maureen Scott

Team Nos 195,196

Christine Patterson

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Mizuno Racing Club

Race Starts 3:00pm

Declarations Close 2:30pm

Aberdeen AAC - Colours: White with 2 red hoops

Mark Caird	Malcolm Beattie	Francis Duguid
Michael Greaves	Benjamin Hukins	Alistair Leiper
David Oliver	Steve Peddie	Peter Sim
Charles Milne (J)	Stephen Smith	Colin Taylor
Mike Padden	Peter Mutch (J)	Thomas Litterick
Ian Edwards	Grant Smith	

Team Nos 1,2,3,4

Mel Edwards
Jonathan Musgrave
Simon Sinclair
Richard Wainford
Christopher Simpson

Ayr Seaforth AAC - Colours: White with Red Diagonal Cross

Alex Allardyce	Laurence Baker	James Caird
Patrick Kelly	Adam Mackie	Francis Napier
Paul Rogers (J)	Colin Souter	Alastair Stewart

Team Nos 5

Colin Garrett
Robert Napier
John Strawhorn

Bellahouston Harriers - Colours: Dark Blue with Light Blue Cross

Campbell Joss	Graeme Gemmell	Gordon Watson
Colin Scott	Howard Scott	Ian Ross
Anthony Quinn	Stewart Collins	S Stone
I Burke	Samuel Allison	

Team Nos 6,7

John McFadyen
Jeremy Garnett
J Corbett

Calderglen Harriers - Colours: Amber and Black Vertical Stripes Team Nos 8,9,10,11,12,13

Charles Steven	Graham Allan	David Watt	Russell Couper
Blair Matthew	Jeremy Fawbert	Martin Duthie	Alan Derrick
Brian Carrigan	Roderick Shanks	Anthony McCafferty	Alan Cullie
James Graham	Malcolm Buchanan	Jamie McMonagle	Stuart Gibson (J)
Gerard Mullen	Jim Holmes	A McClellan	Andrew Henderson
Stephen Marzella	Keith Robb	Scott Hill	Benny Rooney
Alister Begg	Alfred Forbes		

Central AC - Colours: Yellow and Blue

Will Hensman	Lewis Millar (J)
Robert Stott	Cameron Campbell
William Gault	Ewan Gault
John Millar	Ivor Campbell
John Dickson	Glen Bridgeman
Craig Walker	Wallace McEwan

Team Nos 14,15,16,17,18,19

James McDonald
Gordon Walker
David Hay
Robert Russell (J)
Gregor Dingwall
Steven Burgess
Ross Houston
George Mchardy
Derek Easton
James Drummond
Alasdair Anthony
Roger Greenaway

City of Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 20,21,22,23,24,25,26,27,28

John Agnew	David Armour	Graham Beal	Thurstein Bostard
James Buick	Keith Broadfoot	Colin Cable	Sandy Cavaghan
Andrew Donachie	Thomas Ellacott	Martin Ferguson	Owen Flage
Darren Gauson (J)	Andrew Gibson	James Guest	Richard Hope
Brian Howie	Scott Innes	Mark Johnston	Rod Leach
Steven Lauder	Andrew Laycock	Rowan Leonard	Keith Lyle
Darryl McDonald	Alex McEwan	John Macinnes	H McInnes
Raymond McMenamin	David Millar	Richard Patterson	Nick Pollock (J)
Jamie Pringle	Robert Riddell	Stuart Robertson	Andrew Scott
Grant Stewart	Charles Smith	M Sneddon	Gordon Steel
John Steel	Eric Stevenson	A Woods	A Fife

Clydesdale Harriers - Colours: White with Black "C"

J Austin	Brian Edridge	M Rudzinski (J)
Murray McDonald	John Hanratty	Peter Rudzinski
Clifford Brown	I Robertson	James Shields
P Halpin	Bobby Rossborough	Laurence Pearson
G Fawcett	B McTaggart	Mark Govan

Team Nos 29,30,31,32

Robert Young
Derek Halpin
John McArthur
B Gallagher

Corstorphine AAC - Colours: White with Black Trim

Scott Bisset	Moray Anderson	Chris O'Brien
Paul O'Brien	Brian Nicholson	Keith Hood
Ewan Stark (J)	David Henderson	Martin Caldwell
Graeme Fletcher	Stuart Clarke	Iain Cumming
Michael Malcolm-smith	John Ohara	Craig Smith

Team Nos 33,34,35,36

David Law
Bryan Clark
Martin Hulme
Simon Langdon
Martyn Tunstall

Dundee Hawkhill Harriers - Colours: Blue and White Quarters

Neil Gunstone	Neill Raitt	Matthew Strachan
Gordon Watson	Charles Haskett	Tim Neill
Garry Crossan	John Hepburn	Ian Campbell
Gordon Barrie	Gordon Rennet	David MacDonald (J)
Brian Cook	Jonathan Whitehead	Stephen McCardie
Paul McCormack		

Team Nos 37,38,39,40

Stuart Kerr
Tim Esler
Craig Ross
William Rennie
Stephen Mason

East Kilbride AAC - Colours: Gold with 2 Black hoops

Brian O'Neill	Graeme Haddow	Edgar Ramage
Gordon Colvin	Grant Baillie	R Madden
K McKenna	R Ronald	

Team Nos 41,42

David Condra
Mark Smith

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

Neil McKay	Thomas Bracegirdle	Dominic Lunt
David McDonald (J)	Iain Gibson	Martin Huber (J)
Ed Simmons	Scott Campbell (J)	Charles Hutchinson

Team Nos 43,44,45

Josh Smith
Adrian Savage
Remi Tissa

Energy Zone Carnegie - Colours: Orange & Green

Ian Stewart	Lewis Lawson	Peter Morrison
Mike Harvey	Ian Johnstone	Douglas McGarry
Iain Taylor	Frank Harper	Kevin Clark
Derek Simpson	Robert Milton	Dennis Howett

Team Nos 46,47,48

James Lang
Ian Armstrong
Andrew Hunter

Falkirk Victoria Harriers - Colours: Black with Gold Band

John Martin	David Hart	John Stevenson
Michael McQuaid	Stephen Moore	Andrew Ronald
Michael Ross	William Day	Nicholas Hurren (J)
Kenneth Rankin	Paul McKerracher	Neil Robertson
Andrew Donaldson	David Murray	Barry Paterson

Team Nos 49,50,51,52

Eric Donaldson
Kerr Johnstone (J)
Alexander Bryce
Munro Christie

Ferranti AAC - Colours: Yellow with Black letters

Matt Bankhead	Alex Bell	Paul Caban
Malcolm Fraser	John Gavin	Alex Jackson
Jim Leach	Edward McDonald	Keith Nicol
Trevor Ridley	Iain Shaw	James Shaw
Keith Weston		

Team Nos 53,54

Walter Fairnie
Bruce Kidd
Stephen Reid
William Thomson

Fife AC - Colours: White with Red Band

David Adam	Bryce Aitken
Laurence Anderson	Graham Bee (J)
John Cunningham	Adrian Davis
Joe Holden	Euan Jardine (J)
Daniel Leggate	Andrew Lemoncello (J)
Alan Milligan	Terry Mitchell
Scott Pryde (J)	Christopher Russell
John Thomson	David Weir

David Anderson
Graham Bennison
Thomas Greene (J)
Martin Laing
Bryan McManus
Alexander Moss
Tom Scott
Neil Young

Team Nos 55,56,57

Kenneth Anderson
Brian Cruickshank
Douglas Gunstone
William Law
Gordon Mathieson
Ian Overton
Scott Taylor

Forfar Road Runners - Colours: Sky Blue

Ken Stirling	Ewan Greenhill
Brian Niblock	Freddie Murdoch
Sandy McKay	

David Douglas
William Douglas

Team Nos 58,59

Sam Connelly
Ronald Milne

Gala Harriers - Colours: White with Green Band

Neil Renton	Robin Murray
Graham Capper	Colin Christison
Jack Knox	Alistair Laurie
Iain Arnott	Malcolm Gowans

Ron Logan
George Runciman
Mike McGovern
Fergus Cochrane

Team Nos 60,61

Rob McCrerrick
Mark Bryson
William Hynd
John Wilson

Garscube Harriers - Colours: White with Blue Band

Jonathan Austin	Paul Clark
John Dryden	Iain Dunn
David Heppell	Stuart Irvine
Stephen Mulrine	Kenneth Macanna

Iain Cullen
William Fus
Ronald Keith
Peter McGlynn

Team Nos 62,63,64

Stephen Cullen
David Geddes
William Marshall

Giffnock North AAC - Colours: Amber with Royal Blue Hoop

Charles Rankin	George Taylor
Alan Stewart	Paul Harte
William Robertson	Gerard McNamee
Iain Millar	George Gilchrist

Martin Campbell
Marc Roper
Derek Breen
Bernard Campbell

Team Nos 65,66,67,68

Scott Goldie (J)
Frank Cooper
Martin Goldie
Alastair MacLachlan

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

Ernest Currie	Stephen McLoone
John Kerr	Andrew Morrison
Kenneth Scott	C McKay (J)

Alan O'Rourke
Richard Hodelet
Norman Hay

Team Nos 69,70,71

Daniel McLaughlin
Eamonn McCurdy
Richard Davidson

Haddington East Lothian Pacemakers - Colours: Red and White Halves

Mure Dickie	James Baird
Ian Sills	Frederick McCain

Sandy Wallace
Paddy McDonald

Team Nos 72,73

Brian Carr
Stanley Slyth

Hunters Bog Trotters - Colours: Brown

Duncan Baker	Gary Brown
Colin Farquharson	Iain Gibson
Calum Gordon	Ian Harkness
Craig Hunter	James Jarvis
John Keogh	Hayden Lorimer
Myles Marshall	Philip Mowbray
Eric Scott	Geoff Simpson
Neil Thomas	James Thyne

Robert Brown
Tom Gillespie
Alistair Hart
Peter Keightley
John McKay
Donald Naylor
Pat O'Kane
Richard Wall

Team Nos 74,75,76,77

Steven Cairns
Keith Gooch
John Heap
Iain Kelly
Ian Marshall
Ivor Normand
Dave Taylor
David Wright

Inverclyde AC - Colours: Black & White Stripes

John Bannister	Steven Conaghan
Colin Doherty (J)	Gerard Gaffney
Stuart Hodge	George King
Stephen McAllister	Craig McAllister
Les McMahan	Thomas Murray
Cameron Spence	William Tipping
David Gray	Daniel Frazer
T McCalliom	I McKenna

Team Nos 78,79,80,81,82

Joseph Conaghan
Robert Gray
Brian Litterick
D McCabe
Mark Pollard (J)
Tom Tracey
Martin Hicks
Chris Robison

Stuart Dalgleish
George Hagarty
R Martin
D McElhinney
Robert Shaw
John Weston
Robert McDonald

Irvine AC - Colours: Red with Black Trim

William Richardson	Lee Richardson
Brian Craig	G Irving
Andrew Rennie	F Collier
William Dale	Iain Fraser
Ian McManus	John Surgenor

David Millar
Graeme Ferguson (J)
James White
Ashley Shedden
James Stevenson

Team Nos 83,84,85,86

Colin Miller
Joseph McNamee
Jim Morton
Finlay Dowell
John McGarry

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

Iain Connell	Eric Dickson
Alistair Kerr	David Mitchell
Edward Tonner	James Tonner
Stuart Dickson	Paul McArthur
George Morton	

John Gebbie
Alasdair Murray
Ryan Montgomery
Ian Drummond

Team Nos 87,88,89

Jim Goldie
Scott Russell
Bryan McEwan
Wilson McPhail

Kilbarchan AAC - Colours: Gold with Black Hoop

Thomas Anderson	Derek Brines
Gerard Fairley	Robert Fitzsimmons
Steven Hards	Robert Hawkins
Ian MacDougall	Colin May (J)
John McMillan	Andrew Muir
Alexander Ross	James Snodgrass
David Watson (J)	Mick Hydes
Donald Petrie	John Gordon
John Kloumann	John Macinnes

Gary Darroch (J)
George Gibson
Thomas Hearle
Michael McGinley
Alan Puckrin
Robert Snodgrass
David McCormack
Ronald Mann

Team Nos 90,91,92,93

Graeme Dobbie (J)
Richard Girvan
Thomas Lawrence
James Mcmillan
Robert Quinn
Gordon Tenney
David Mewse
Robert McCulloch

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

Colin Burns	Stuart Kerr
Ewan Jack	Kenneth Leitch
Robert Thayne	Gordon McLean
William McFadden	Ross McNeil (J)

John McLoone
Chris Stewart
Grant Graham
Gerard McConnell

Team Nos 94,95,96

Edward McLoone
Alistair McDonald
Kenneth McNeil
Martin Hyndman

Larkhall YMCA - Colours: Red with White Hoops

Ross Douglas (J)	Brian Smart	Paul O'Neill
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Team Nos 97

Allan McCormack

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

Steven Lawley (J)	Alaister Russell	Steven Macgregor
Stuart Griffin (J)	Patrick Kelly	Alan Ramage
Steven Allan	Stephen Porte (J)	John Gourlay

Team Nos 98,99

James Reid
David Owens
Paul l'Anson

Lothian Running Club - Colours: Blue with Black letters

Alexander Agnew	James Alexander	Scott Balfour
Tim Brand	David Charles	Calvin Crane
Stephen Dempsey	Peter Dymoke	David Eades
George Gilhooley	David Godfree	Alan Grierson
Andy Kitchin	Martin Leadbetter	Robert Lee
Stuart Logan	Euan McIntosh	Colin Meek
Christopher Northam	Murray Robertson	Ian Seggie
Brian Turner	Peter Weeks	

Maryhill Harriers - Colours: Royal Blue

Larry McCue	William McGill	Michael McCartney
Nirmal Singh	John Reid	

Metro Aberdeen RC - Colours: Black/Yellow Quarters

Kevin Brooks	Fraser Clyne	Keith Farquhar
James Cook	George Jamieson	Peter Jennings
Nicholas Milovsorov	Bruce Moroney	Charles Noble
Alan Reid	Craig Stewart	Jackie Stewart
Kevin Tulloch	Keith Varney	Andrew White
Colin Youngson		

Mizuno Racing Club - Colours: Purple

Guy Amos	Mark Arndt	David Beagley
Ian Brown	Stuart Campbell	Michael Carroll
Scott Cohen	Max Colligan	Martin Coyne
David Gardiner	Thomas Hutton	Carl Heaven
Marc Johnston (J)	Wilson Kietchumba	Brian Kirkwood
Ian MacNicol	Andrew Reufree	Alan Robson
David Ross	John Ross	Duncan Scobie
Glen Stewart	Lachie Stewart	Paul Wilson

Pitreavie AAC - Colours: Navy/Yellow/White

Stewart Reid	Cameron Watson	Nigel Cunningham
Colin Mathieson	Douglas Smith	Stephen Wombwell
David Candlish (J)	Brian McKay	Glyn Gardiner
Colin Simpson	Stephen Newsom	Alistair Williamson
Jeffrey Farquhar	Scott Koronka	Brian Gray

Ron Hill Cambuslang Harriers - Colours: Red with White Band Team Nos 114,115,116,117,118,119

Michael Chisolm (J)	Ian MacCorquodale (J)	Andrew Steven (J)	Jasmair Pal (J)
Joseph Kealey	Ronald Bruce	David Thom	David Dymond
Gerry Reid	Charles McDougall	Frederick Connor	Francis Hurley
Terence Dolan	David Fairweather	Peter Ogden	David Rodgers
Billy Rodgers	Graeme Croll	Charles Thomson	Douglas Runcieman
Alexander Robertson	Mark Fairgrieve	John Brown	John Cowan
Kevin Downie	David Macrae	Kieran McAlinden	Stephen Wylie
David Marshall	Archie Jenkins	Ian Munro (J)	Thomas McPake
Bernard Gough	Kevin Kealey (J)	Frank Barton	Ross Arbuckle
Alan Macpherson	Pat Arthur	Iain Grant	Scott Hunter
Wilson McTaggart	William Williamson	Neil Wilkinson	James Sands

Team Nos 100,101,102

Paul Blanc
Kenneth Cruikshank
John Ewing
Mark Kassyk
Ian Leggett
Andreas Merdes
David Simmons

Team Nos 103

Kenneth Stevenson

Team Nos 104,105,106

William Fraser
Mark Johnston
Simon Pride
Robert Taylor
Duncan Wood

Team Nos 107,108,109

Gregor Booth
Ken Chapman
Peter Ford
Allister Hutton
Scott McDonald
John Robson
Kirk Smith

Team Nos 110,111,112,113

Derek Simpson (J)
David Farquharson
Barry Davie
Alan MacKintosh
Doug Gray

Shettleston Harriers - Colours: Blue with Yellow Band Team Nos 120,121,122,123

David Alexander	Adrian Callan	Peter Carton
Desmond Crowe	Dave Cummins	Anesti Davenport
Kingsley Fajan	Angus Ferguson	Malcolm Finbow
Martin Graham	Neil MacGregor	Simon MacIntyre (J)
Robert Mooney	Hugh Watson	George Kirk
Clyde Marwick	Brian McGarrity	Dermot McGonigle
Kenneth McClean	Frank McGowan	Malcolm Patterson
Brian Scally	Lewis Duff	Ian Lewis
James Norton	Alan Swann	Anthony Wacławski
Graham Wight	John Wilkinson	Denis Williams
Andrew Ward	Allan Sneddon	Peter Wight
William McBrinn	Andrew McIntyre	Richard Simpson

Springburn Harriers - Colours: Navy Blue with White Diamond

John Bell	Andy Callan	Graham Crawford
James Cooper	Edward Dickson	Jamie Hendry
Derek Houston	Alexander Lees	William McGregor
John McLaughlin	Danny McVey	Douglas Morton
Daniel O'Neill	John Owens	Duncan Reid
Frank Thom	Frank Wright	

Standard Life AC - Colours: Blue with Yellow trim

Bill Ferrari	Chris Durn
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Team Nos 126

Bruce Smith

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

Steven Macgregor	Martin Fitchie	Simon Willie
Craig McAllister	John Lessells	Angus Black
Andy Spandy	Stefan Martin	Chao Wy

Team Nos 127

Joe Kealey
Anthony McFadden
Brian Brooking

Victoria Park AAC - Colours: Blue and White Hoops

Mark Ashby	Stuart Barnett
Joseph Doyle	Kristian Forster (J)
Kenneth McCoy	Peter McGregor
Robert Newton	Andrew Nicoll
Christopher Watson (J)	Derek Watson
Gary Dick	Alan MacBeth
Mark McColl	Alan Brown
Neil Campbell	Iestyn Carr
Kevin Forster	Alastair Mace
Kenneth Mitchell	Paul Nicoll

Team Nos 128,129,130,131,132,133,134

Augustine Cairney	Angus Clark
Ian Goode	Alan Hamilton
Kenneth McVey	Gus Munro
William Parker	James Parker
Derek Watson (J)	Roger Young
Andrew Young	Ian Archibald
Kenneth Brown	Ewen Cameron
Robert Daly	Alastair Douglas
Thomas McAra	Ken Macmahon
Roddy Yarr	

Wee County Harriers - Colours: Navy and Orange

Alexander Gibb	Dennis Mcara	Charles Seaman
Alexander Dunn	Kenny Leitch	Fraser Shanks
Sid Pask	David Borland	Trevor Andrews
Gordon McPherson	Gordon McNeil	Robbie McKenzie
Sandy Hunter	Peter Dunn	Graham Timmins
Christopher Harding	James Douglas	Mike Thomson

Team Nos 135,136

William Holburn
Martin Quinn
Jonathan Woods
Alan Grieve
Ross Clark (J)

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

Keith Adams	Peter Baxter	Brian Bonnyman
Charles Campbell	Gibson Fleming	Ronald Gallagher
Daniel Reid	Mark Rigby	Anthony Ritchie
Chris Upson	Andrew Turnbull	Crispen Flower

Team Nos 137,138

David Calder
Graeme Orr
Ian Struthers