



**National Cross Country
Relay Championships**

(Incorporating Veterans Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 26th October 2002

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, officials, family, friends and supporters to this year's National Cross Country Relay Championships at Cumbernauld Park.

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

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

Provost Barry McCulloch
North Lanarkshire Council

It gives me great pleasure to welcome you all to Cumbernauld to the scottishathletic National Cross Country Relay Championships.

There are always various thanks to be extended at such events. It is a very pleasant duty to say thanks to North Lanarkshire for their valued and continuing support. Also a big thank you to the Road Running and Cross Country Commission who organised this event. All the officials and helpers and scottishathletic staff put in a lot of time and effort and I am delighted to express our thanks to them.

Last but by no means least the clubs, coaches and competitors without whom there could be no such event. Thank you for entering and good competition to all.

Joan Watt
President, scottishathletics

I am pleased to welcome you all to the Scottish Cross Country Relays at Cumbernauld today and I am sure we will witness some exciting races.

I would like to thank the Provost, Councillors and Staff of North Lanarkshire Council for their continued support for scottishathletics and their assistance for our Cross Country events. The courses for all the events today will prove a true test of Cross Country running and offers an excellent course for spectators to support their teams.

I would also like to thank all the officials both on and off the course for their preparation and hard work and I am sure they will ensure the Championships today will run both smoothly and efficiently.

Finally my best wishes to all the competitors for a good and successful day of competition.

Marjory Cook
Convener
Road Running & Cross Country Commission

Scottish National Cross Country Relay Championships 1993 to 2002

Number of Finishing teams Teams Entered in ()

Year	Young Females	Young Males	Women	Men	
1993	(36) 21	(91) 45	(26) 12	(147) 81	HAWICK
1994	(46) 32	(92) 56	(49) 26	(150) 111	IRVINE
1995	(48) 29	(99) 67	(49) 26	(183) 125	PRESTONPANS
1996	(54) 38	(87) 57	(46) 27	(145) 92	IRVINE
1997	(56) 36	(81) 62	(41) 23	(153) 96	DUNDEE
1998	(50) 23	(66) 38	(47) 20	(131) 69	IRVINE
1999	(32) 18	(63) 34	(40) 23	(106) 66	GALASHIELS
2000	(38) 17	(74) 51	(45) 26	(124) 93	FALKIRK
2001	(38) 19	(66) 44	(47) 27	(138) 92	CUMBERNAULD
2002	(54)	(67)	(58)	(134)	CUMBERNAULD

After the formation of the Scottish Athletics Federation in 1992, the National Relays at Hawick in 1993 were the first joint Road Running and Cross Country Championship for Males and Females.

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

Convener	Marjory Cook (City of Edinburgh AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon Secretary	Brian Goodwin (Bellahouston Harriers)
Assistant Secretary	Alan Potts (City of Glasgow AC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	M Wilmoth
Officials Control	G Sword, A Jackson
Clerk of Course	S McCrae
Judges / Funnel Control	R L McSwein (Chief), G Spence, F McCluskie, K Melville, D Wilmoth
Timekeepers	D McLaren (Chief), G Sword, S MacDougall, B Beattie
Recorders (Places)	B Hislop, A McManus
Recorders (Time)	M Daly, I Hislop, N Donachie
Starter	W A Robertson
Marksmen	R Thomas, F McCluskie
Declarations	A Jackson (Chief), G Sword, D McGinley
Results Service	A Jackson (Chief), J Jackson, P Jackson, M Gray, S Smart
Announcer & Communications	R Gray
Press	B Goodwin, K Weiniger
Course Stewards	K Martin, B Reid, Members of Cumbernauld AC
Presentations	B Goodwin, E Young
Jury of Appeal	M Cook, B Goodwin, I Clifton
Medical Officer	Dr B Walker
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence
Reception	M Cook, R Thomas, B Goodwin, 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

Declarations Close 12:30pm

Race Starts 1:00pm

Aberdeen AAC - Colours: White with 2 red hoops

U13 Chantel Clark	Charlotte Rusling	Rebecca Mortimer
U15 Hilary Armitage	Judith Joy	Catrin Dickson
U17 Charlotte Forbes	Jenna Green	Gail Noble

Team Nos 1,2
Eleanor Taylor

Jennifer McLaren

Karen Ward

Team Nos 3

Ayr Seaforth AAC - Colours: White with Red Diagonal Cross

U13 Jennifer Quigley
U15 Susanne Maxwell
U17 Michelle Milligan

Team Nos 4,5

Central AC - Colours: Yellow and Blue

U13 Amy Pearson	Ellen Dean	Victoria Longhurst
U15 Lauren McNab	Rowena Bell-Scott	Karen Bunyan
U17 Morag MacLarty	Fiona Thompson	

Fiona Chalmers

City of Glasgow AC - Colours: Royal Blue with Green Panel

U13 Lucinda Logan	Josephine Moultrie	Veronica Guthrie
Rebecca Finch	Megan Phillips	Laura Mangan
Suzanne Reilly		
U15 Joanne Finch	Tracy Smith	Letitia Blades
Stephanie O'Neill	Karen Prytz	Kirsty Wallace
U17 Jennifer Emsley	Laura MacPherson	Katie Scott
Laura Thomson	Helen Popple	

Team Nos 6,7,8,9,10

Elaine Taggart

Lisa Van Oustram

Louise Leadbetter

Cara McNally

Clydesdale Harriers - Colours: White with Black "C"

U13 Megan Reid
U15 Kirsten Munro
U17 Jolene Ennis

Team Nos 11

Corstorphine AAC - Colours: White with Black Trim

U13 Rachel Osborne	Anne Whitehouse	Anna Murray
U15 Rebecca O'Brien	Megan Smith	Sarah MacDonald
U17 Dee Turner		

Team Nos 12

Corin Wilson

East Kilbride AAC - Colours: Gold with 2 Black hoops

U13 B Duff	Kirsty Hanna
U15 Jenna Low	
U17 Christine McShane	

Team Nos 13

Edinburgh Woollen Mill - Colours: White /Blue /Red

U13 Lynsey Sharp	Catrina Sinclair	Amie Harkins
Beth Greenhill	Jessica Turner	Eleanor Long
Victoria Keddle	Zoe Bain	
U15 Laura Dunn	Chelsea Bate	Rachael Bowman
Sophie Paton	Hayley Duncan	Catherine Falconer
U17 Gayle Dunnett	Kate Hill	Eilidh Hodge
Debbie Ogden	Jennifer McPhail	

Team Nos 14,15,16

Rebecca Allison

Bianca Bennett

Rachael Waugh

Cloe Walker

Claire Kennedy

Giffnock North AAC - Colours: Amber with Royal Blue Hoop

Team Nos 17,18,19,20,21,22,23,24,25,26		
U13 Laura Taylor	Nicole McLeod	Rachel McDowall
Amy Bissland	Kirstie Black	Hannah Russell
Lauren Galbraith	Z Goldstone	
U15 Sarah Phoe	Frances McCluskey	Lauren Baird
Fiona McKay	Helen Sweeney	Carlyn Davie
Kerry McGee	Fiona McTaggart	M McAllan

Francesca Norman

Claire McCluskey

Ruth Joss

Amanda Patterson

Jennifer Conway

U17 Jane Dobson
Kirsty Milne
Gemma Mulvey

Nicola Williams
Eilidh Dorrian
R Thomson

Kelly Rodmell
Amanda Larcombe

Fiona Noble
Jill Roche

Team Nos 27

Glasgow School of Sport

U13 Charlotte McShane
U15 Michaela Hall
U17 Claire MacAulay

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

U13 Kimberley Roy
U15 Debbie Miller

Emma O'Rourke
Hayley Rafferty
Wallis McKendry
Heather McLaughlin

Team Nos 28,29,30

Inverclyde AC - Colours: Black & White Stripes

U13 Ainsley Black
U15 Erinn Falconer

Megan Fleming
Jamie McTiernan
Laura Jack
Susanna Spence

Team Nos 31,32,33,34
Elise McCormick
Danielle Turner

Kilbarchan AAC - Colours: Gold with Black Hoop

U13 Eilidh Menzies
Laura Kennedy
U15 Stephanie Barras
Allyson Alcroft
U17 Kathleen Bryce
Kerryanne Galbraith

Team Nos 35,36,37,38,39
Holly Belch
Jenny Tait
Kirsty Reid
Linzi Milton
Cara Sloss
Gail Kennedy
Hazel Blair
Vhairi Toole
Nicole Treacy

Team Nos 35,36,37,38,39
Hazel Blair
Vhairi Toole
Nicole Treacy

Katherine Wilkie

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

U13 Emma Harrison
Kirsty Yuill
U15 Lauren Waddell
Kirsten Hamilton
U17 Fiona Gentles

Sarah MacLennan
Courtney MacGuire
Samantha Cunningham
Laura Hannah
Sandra Malcolm
Nicky McKay

Team Nos 40,41,42
Julie Connelly

Karen McEwen

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

U13 Rachael Paterson
Claire Boughey
U15 Susan Chalmers
U17 Nikki Christie

Claire Stewart
Lesley Fisher
Lorna Gray
Victoria Gilchrist
Jillian McNeil
Ashley Ross

Team Nos 43,44,45
Clare Connelly

Livingston & District AAC - Colours: Yellow with Green Stripe

U13 Sarah Rosie
U15 Robyn McDowall
U17 Rosanna Mooney

Ailie McGowan
Karen Jarvie
Clare Paterson
Lindsay Nicoll

Team Nos 46,47

Lothian Running Club - Colours: Blue with Black letters

U13 Kathleen Dempsey
U15 Laura Bann
Hazel Turnbull
U17 Ann Gardiner

Team Nos 48,49
Mhairi Inglis
Rebecca French
Sarah Inglis
Ashley Toner

Jade Wright
Jemma Toner

Moray Road Runners - Colours: Dayglow yellow with Black Trim

U13 Laura Sharp
U15 Jennifer Houston
U17 Stephanie Reynolds

Team Nos 50

Pitreavie AAC - Colours: Navy/Yellow/White

U13 Robyn Williamson
Erin Barnes
U15 Siobhan Coleman
U17 Elaine Renouf
Julia Oldham

Sarah Ross
Ellis Barnes
Kim Paterson
Eilidh Child
Claire MacAulay
Claire Simpson
Rebecca Watt
Melanie Thomson

Team Nos 51,52,53
Sylvie Livingstone

Samantha Lindin
Sharon Lamont

Team Nos 54

West Dunbartonshire AC

U13 Natalie McDermott
U15 Iona Campbell
U17 Marie Terese Gardiner

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Aberdeen AAC

Race Starts 1:35pm

Declarations Close 1:05pm

Aberdeen AAC - Colours: White with 2 red hoops

U13 Dean Thoires
Gavin Lavery
U15 Alex Thoires
Mark Haskett
U17 Stuart Anderson
Andrew Cooper

Team Nos 135,136,137,138,139

David Spalding
Kieran Hope
Richard Crichton
Myles Edwards
Andrew Clark
Mark Kennedy
Darren Shinnie
William Duncan

Ayr Seaforth AAC - Colours: White with Red Diagonal Cross

U13 Alan Cherry
U15 Ryan Templeton
U17 Hugh Smith

Team Nos 140

City of Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 143,144,145,146,147,148

U13 Chris O'Hare
Alisdair Steel
U15 Kris Gauson
Harry Connor
Craig McInnes
U17 Jason Thomson
Stephen Liso

Marcus Thomson
William Flemming
Richard McGuire
Tom Connor
Chris Black
Michael Szymanski
Craig Liddle
Shaun Devenney
Darren Lyle
Darren Steel
Adam Whytock
Calum Deans
Mark Smith
Duncan Peacock
Finlay Moffat

Central AC - Colours: Yellow and Blue

U13 Matthew Gillespie
U15 Michael Gillespie
U17 Alastair Hay

Darren Walker
Christopher Andrews
Michael Wright
Robbie McNab
Christopher Reynolds

Team Nos 141,142

Clydesdale Harriers - Colours: White with Black "C"

U13 Craig Young
U15 Craig Gallacher
U17 Daniel Blacker

Bryden Ennis
Stuart Brown
Matthew McSorley
Robert Allison

Team Nos 149,150

Corstorphine AAC - Colours: White with Black Trim

U13 David Roy
U15 Douglas Selman
U17 Scott Pilkington

Niall Waddell
Callum Fletcher
Alistair McColl

Team Nos 151,152

East Kilbride AAC - Colours: Gold with 2 Black hoops

U13 John Fergusson
U15 Sandy Bruce
U17 Graeme Caskie

Jamie Clements
Andrew McLean
James Lamont
Niall Walker

Team Nos 153,154

Falkirk Victoria Harriers - Colours: Black with Gold Band

U13 Philip Douglas
U15 Christopher Douglas
U17 Alasdair H. Stewart

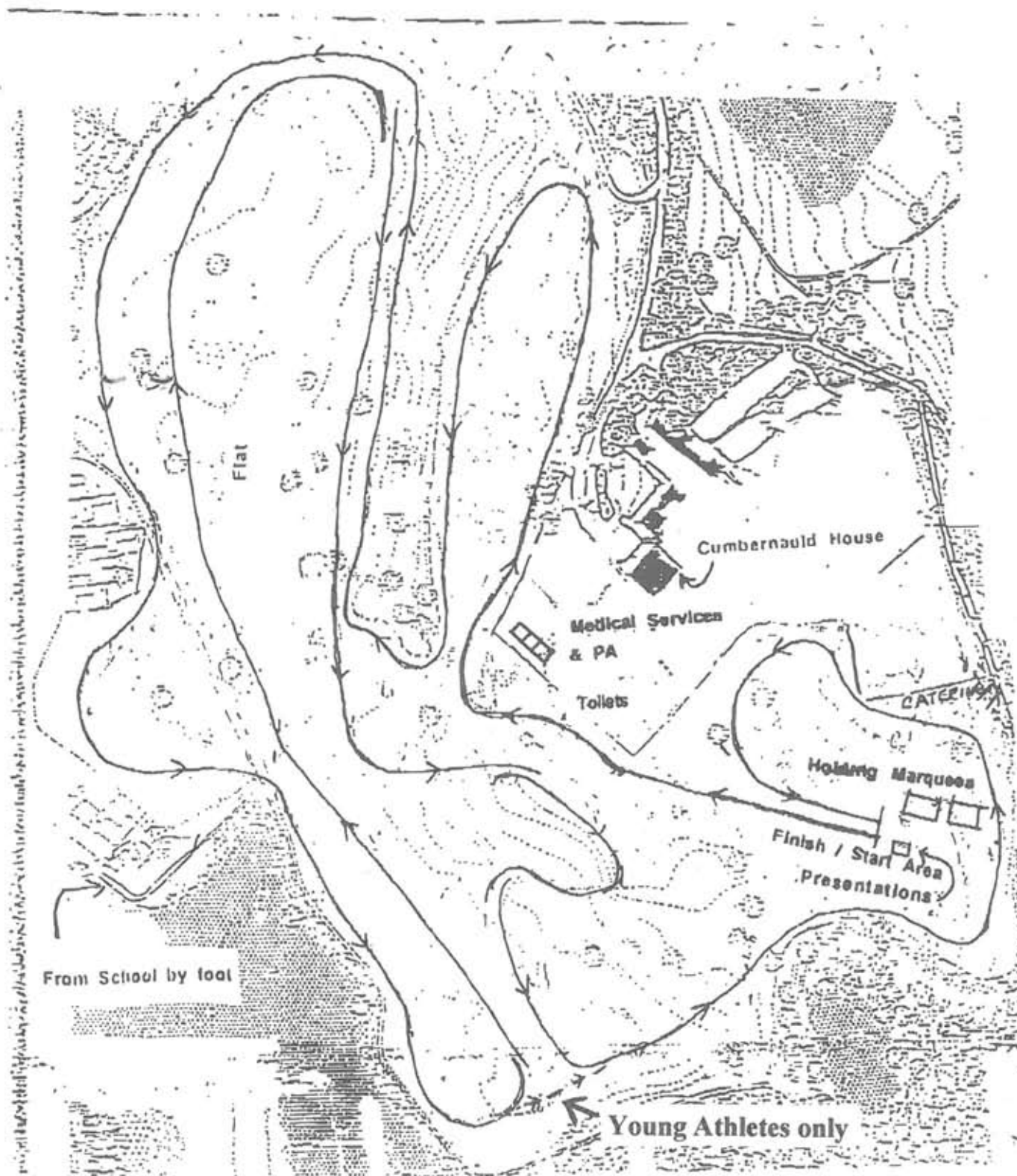
Grant Plenderleith

Team Nos 155

Fife AC - Colours: White with Red Band			Team Nos 156,157	Lasswade AAC - Colours: White with 2 Blue Bands and Red Band			Team Nos 186,187
<u>U13</u> Andrew Evans	Frankie Scott	Neil Gray	Connor Hill	<u>U13</u> Mark Baxter	Jordan Thomson		
	Michael O'Neill			<u>U15</u> Paul Benham	Ross Finlayson		
<u>U15</u> Elliot Simpson	Duncan McLachlan			<u>U17</u> Colin Swan	Dean Philip		
<u>U17</u> John Buchan	Mark Harley	Rory Scott	Mark Dow				
	William Lamb						
Forres Harriers - Colours: Red			Team Nos 158	Law & District AAC - Colours: Amber with 2 Red Bands and 1 White Band			Team Nos 188,189
<u>U13</u> Andrew Rogan				<u>U13</u> Andrew Russell	Craig Wallace	Stephen Clark	Paul Byre
<u>U15</u> Mark Mitchell				<u>U15</u> Craig Strachan	Ryan Wilson	Gary Grieve	
<u>U17</u> Kyle Greig				<u>U17</u> Graham Martin	Ian McClukey		
George Heriots School - Colours: White with Blue Band			Team Nos 159,160,161	Lothian Running Club - Colours: Blue with Black letters			Team Nos 190
<u>U13</u> Graham Scobie	Lewis Just	Graham Dickson	Donald Ross	<u>U13</u> Robert Inglis		Scott Robertson	Travis Sinclair
<u>U15</u> Hashim Ismail	Luke Yates	Rory Downie		<u>U15</u> Alastair Ewing	Philip Kingscott		
<u>U17</u> Craig Wilson	James McLay	Peter MacRae	Alistair Bell		Tyrone Watson		Graeme Shepherd
				<u>U17</u> Angus Armour	Scott Fraser	Fraser Kingscott	
Giffnock North AAC - Colours: Amber with Royal Blue Hoop			Team Nos 162,163,164,165,166,167	Pitreavie AAC - Colours: Navy/Yellow/White			Team Nos 191,192
<u>U13</u> David Fitzsimons	Ian Whiteford	Stuart Whiteford	Steven Gray	<u>U13</u> Douglas Newsom	Alasdair Livingston		
	Daniel Johnstone	Ross Shankly		<u>U15</u> Stuart Chisholm	Grant Fraser	Stephen McManus	Michael Burns
<u>U15</u> James Young	Kieran McCluskey	Finn Wilkie	James Baird	<u>U17</u> Ewan Simpson	Stephen Irwin		
	David Williamson	Douglas Rathey					
<u>U17</u> David Clark	Alistair Booth	Gregor McNeil	Norman Galbraith				
	Andrew Carr	Kameel Kapitaw					
Greenock Glenpark Harriers - Colours: Sky Blue with Royal Blue and Gold Hoops			Team Nos 168,169	Ron Hill Cambuslang Harriers - Colours: Red with White Band			
<u>U13</u> Craig Williams	Chris Murray			Team Nos 193,194,195,196,197,198			
<u>U15</u> Stephen Trainer	Jamie Cuffe			<u>U13</u> Raymond Black	Ross Conroy	Paul McGarry	Liam O'Raw
<u>U17</u> David Butcher	Christopher McCall				Stuart Anderson	David Kilpatrick	Jack Morris
					Andrew Robertson	Craig Fellows	
				<u>U15</u> Ross McLean	Gary Semple	Douglas Brown	Chris Graham
					Richard McGuire	Jamie Murdoch	
				<u>U17</u> David Ward	Stephen Dunn	Ian Lafferty	Derek Martin
					Alistair Campbell	Andrew Greenhaugh	
Harmeny AC - Colours: Red with Green Diagonal			Team Nos 170	Shettleston Harriers - Colours: Blue with Yellow Band			Team Nos 199,200,201
<u>U13</u> Glyn Desport				<u>U13</u> Jay Lang	Steven Spark	Christopher McGarrity	Ryan McConway
<u>U15</u> Thomas Ashby					Steven Reynolds		
<u>U17</u> Shaun Desport				<u>U15</u> Gary Haining	Fraser Johnston		Lyle McKay
					Sean Pollock	Craig Stevenson	
Inverclyde AC - Colours: Black & White Stripes			Team Nos 171,172,173,174,175	<u>U17</u> James Findlay	Mark McKelvie	Gordon Phillips	Graham Welsh
<u>U13</u> Jonathan Bannister	James Black	Dean Girvan	Stephen McAfee		Mark McKenny		
	Ross McWilliams	Scott Smith			David Wallace		
<u>U15</u> Stephen Campbell	John Hampsay	Gary Loughran	Bryan Cassidy		Stuart MacDonald		
	Craig Ruddy	Andrew Anderson					
<u>U17</u> Jason Kane	Graham Murdoch	Colm Macqueen					
Kilbarchan AAC - Colours: Gold with Black Hoop			Team Nos 176,177,178,179,180,181,182				
<u>U13</u> Scott Hawkins	Mark McGovern	Stephen McGoldrick	Robert Cahn				
	Anthony Gordon	Paul McQueen					
<u>U15</u> Derek Hawkins	Andrew G Gibson	Martin Lipton	John Gribben				
	Kyle Toole	Andrew Jack	Fraser Williams				
	Nicholas Moore	Mark Paterson	Andrew Pearson				
<u>U17</u> Ross Toole	Chris Devenney	Graeme Caskie	Andrew Campbell				
	Craig McCaffer	Calum Morrison	Alan Kerr				
Kirkintilloch Olympians - Colours: Sky Blue with White and Black Hoops			Team Nos 183,184,185				
<u>U13</u> Craig MacDonald	Matthew Graham	Craig Thayne	Neill Hamilton				
	Andrew Robins	Kevin Cornes					
<u>U15</u> Connor McNulty	Adam Janeczko	Robert Thayne					
<u>U17</u> Allan Stewart	David Halfpenny	David Lockhart					

NATIONAL CROSS COUNTRY RELAYS
(Incorporating Veterans Relays)
CUMBERNAULD
Saturday 26th OCTOBER 2002

RACE	START	Young Athletes	3 X 2,500 metres
Young Females	1.00pm	Sen/Jun Women	3 X 4,000 metres
Young Males	1.35pm	Sen/Jun Men	4 X 4,000 metres
Sen/Jun Females	2.10pm		
Sen/Jun Males	3.00pm		



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

Sonia Armitage	Catriona Forman	Janice Gordon
Kathryn Mearns	Clare Miller	Sally Ann Ross
Nicola Fraser	Anna Kyle	Rachel Burke

Team Nos 55,56

Laura Mahady
Lynsey Still
Lindsay Green

Carnethy Hill RC - Colours: Yellow with Red letters

Tracey Brindley	Lyn Wilson	Emer Scanlon
Angela Wood	Jill Tait	

Team Nos 57

Hilary Spenceley

Central AC - Colours: Yellow and Blue

Jane McCrorie	Claire Waterhouse	Ainsley Normand
Jane Waterhouse	Sandra Edwards	Mary Kerr

Team Nos 58,59

Hazel Dean

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

Debra Murray	Marietta Vander Linden	Sharyn Ramage
Catherine Ferrie	Natalie Christie	Karen Stevenson
Susan Gray	Claire Williams	Joanne V. Whitehead
Alison Johnson	Lesley McKean	Eilidh Wardlaw

Team Nos 60,61,62,63

Ruth Chamberlain
Valerie Young
Jessica Legaz-Chua

City of Glasgow AC - Colours: Royal Blue with Green Panel Team Nos 64,65,66,67,68

Collette Pagan	Kelley Wilder	Susan Partridge	Suzanne Owen
Kirsty Baird	Julie McDevitt-Barnett	Eileen Cochrane	Susan Finch
Carol-ann Gray	Anne Boyd	Pauline McAdam	Jacqueline Thomson
Pamela Nicholson	Lorna Williamson	Karen Sturgeon	Lorna Stevens

Team Nos 69

Linda McGinley

Corstorphine AAC - Colours: White with Black Trim

Susan Aitken	Susan Waddell	
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Team Nos 70,71

Denise Mellish

Dundee Road Runners - Colours: White with Blue Diagonal

Morag Taggart	Miriam Rennet	Margaret Robertson
Susan Wilson	Jillian Barnett	

Team Nos 72

Carol Sharp
Ruth McKean

Edinburgh Woollen Mill - Colours: White /Blue /Red

Susan Ridley	Karen Dobbie	Violet Blair
Freya Murray	Heather Fairbairn	Mhairi Walker
Hayley Ovens		

Team Nos 73,74

Charlie Payne
E Lloyd-Smith

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

Claire Waterhouse	C Gibson	Eilidh Wardlaw
C MacDonald	J Forrest	R Forrest
S MacDougall		

Team Nos 75

Kirsty Moore

Energy Zone Carnegie - Colours: Orange & Green

Sarah Legge	Carol Lisle	Fabienne Thompson
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Falkirk Victoria Harriers - Colours: Black with Gold Band Team Nos 76

Caroline Lawless	Lynne Murray	Amanda Purser
Michelle McCormick	Lynne Clement	

Team Nos 77,78

Margaret McLaren
Addy Gerrard
Catriona Duncan

Fife AC - Colours: White with Red Band

Jocelyn Scott	Louise Provan	Louise Burt
Phyllis Lemoncello	Kim MacGregor	Eliza McLachlan
Fiona Lothian	Caroline Armstrong	Irene Pennycook

Gala Harriers - Colours: White with Green Band

Angela Foss	Patricia Affleck	Laura Howie
Eileen Nicol	Suzanne Carson	Marion Facchini
Kate Grimdsitch		

Team Nos 79,80,81

Andrea Pogson
Nicola J. Alexander

Garscube Harriers - Colours: White with Blue Band

Heather Akers	Judith Austin	Julia Brosnan
Sara Dunlop	Diane Gallagher	Roisin Lynch
Janet McColl	Maureen MacLeod	Jill O'Neil
Karen Stevenson	Linda Topping	Hazel Watson

Team Nos 82,83,84

Margaret Douglas
Carol Martin
Mairi Stanley
Moira Young

Giffnock North AAC - Colours: Amber with Royal Blue Hoop

Shona Hughes	Maureen McVey	Hilary Millar
Sandra Irvine	Mary Anderson	Jackie Nicole

Team Nos 85,86

Myfanwy Taylor
Patricia McLeod

Glasgow University H & H - Colours: Black and Gold

Jane McCrorie	Lisa Brown	Team Nos 87,88
Ellen Patrick	Kate Rogers	Romy Fisch

Mairiad Black

Hunters Bog Trotters - Colours: Brown

Catriona Caddell	Megan Clark	Suzanne Ebel
Michelle Jeffrey	Isobel Knox	Alison McNeillage
Anne Rosbottom	Jane Rosbottom	Janice Smith
Deborah McDonald		

Team Nos 89,90,91

Christine Buckley
Sally Rolland
Aileen Wood

Irvine AC - Colours: Red with Black Trim

Helen Morton	Mary Miller	Elizabeth McGarry
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Team Nos 92

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

Sally Stelling	Lindsay McMahon	Morven Gemmill
Emma Munro	Janet Murray	Gillian Pryce
Paula Wilson	Fabiola Crawford	Susan Ballantyne
Allison Higgins		

Team Nos 93,94,95

Emma Mackie
Rosemary McMillan
Bridget Robertson

Kilbarchan AAC - Colours: Gold with Black Hoop

Dennise Smith	Claire Gibson	Jill Shannon
Heather Gordon	Susan McGrenaghan	Anneka Galbraith
Kate O'Brien	Sandra Moore	Janice Moore
Margaret Moore	Eileen Masson	Moira Menzies

Team Nos 96,97,98

Hannah Waugh
Helen Lundie
Carol Murray

Livingston & District AAC - Colours: Yellow with Green Stripe

Avril Gardiner	Mhairi Walker
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Team Nos 99

Lothian Running Club - Colours: Blue with Black letters

Jane Ackland	Amy Booth	Team Nos 100,101,102
Lorna Eades	Marsie Ewing	Annette Cunningham
Kate Kitchin	Teresa Mcmenemy	Gillian Godfree
Joyce Salvona	Claire Shanley	Helen Murray
Margo Welsh		Margaret Turnbull

Valerie Dempsey
Saran Jones
Christine Rougvie
Fiona Weir

Perth Road Runners - Colours: Green and White

Arabella Woodrow	Susan Lennan	Cath Livingstone
Karen Walters	Meike Bateman	Margaret Irvine

Team Nos 103,104

Heather Yellowley
Erni Hamilton

Pitreavie AAC - Colours: Navy/Yellow/White

Alison Whyte	Hannah Norman	Mary Lamont
Isabel J Linaker	Hazel Bradley	Helen Kane
Sarah Croucher	Pamela Pattison	Anna Darmody

Team Nos 105,106,107

Pamela Blyth
Trudi Thomson
Katie Fleming

Shettleston Harriers Ladies - Colours: Blue with Yellow Band

Lindsay MacNeill	Frances Florence	Elaine McBrinn
Lynne Marr	Bernadette O'Neil	Pamela McKay
Claire McCracken	Eileen Reid	

Team Nos 108,109,110

Elaine Mackay
Anne-marie Hughes

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

Claire Prenter	Heather Canada	Eilidh Forster
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Team Nos 111

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

Muffy Calder	Helen MacPherson	Patricia McLaughlin
Jane Robertson	Elsbeth Scott	Maureen Scott

Team Nos 112

Christine Menhennet
Liz Horton

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

David Armitage	Malcolm Beattie	Calum Davidson
Mel Edwards	Ken Hogg	Benjamin Hukins
Thomas Litterick	Charles Milne	Neil Murdock
Simon Sinclair	Stephen Smith	Colin Taylor
Richard Wainford	Stuart Forbes	Peter Mutch
Alan Wales	Adam Watt	Colin Larmour

Team Nos 1,2,3,4

David Duguid
Alistair Leiper
Alexander Peddie
Robert Thornhill
Iain Donnan
David Oliver

Ayr Seaforth AAC - Colours: White with Red Diagonal Cross

Alex Allardyce	Robert Napier	Laurence Baker
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Team Nos 5

Colin Souter

Bellahouston Harriers - Colours: Dark Blue with Light Blue Cross

Campbell Joss	Colin Scott	David Boal
Graeme Gemmell	Jeremy Garnett	Iain Burke

Team Nos 6,7

John McFadyen
Anthony Quinn Ian Ross

Calderglen Harriers - Colours: Amber and Black Vertical Stripes

Team Nos 8,9,10,11,12,13

Martin Duthie	Alan Derrick	David Watt
Blair Matthew	Brian Carrigan	Alan Cullie
Roderick Shanks	Jamie McMonagle	Gerard Mullen
Anthony McCafferty	John Freer	David Searil
Charles Steven	Stephen Marzella	Russell Couper
Malcolm Buchanan	Colin Macdonald	Dannie Calder
Allan Douglas	Jeremy Fawbert	Stuart Gibson
Andrew Henderson	Gerry McParland	Joseph McGown
Benny Rooney	Robert Stewart	

Graham Allan
Allan McLellan
Scot Hill
Joseph Rafferty
Colin Banks
Kenneth Davidson
James Graham
Keith Robb

Central AC - Colours: Yellow and Blue

Lewis Millar	Robert Russell	Ross Houston
Alasdair Anthony	James McDonald	Craig Walker
Robert Stott	Gordon Walker	Cameron Campbell
George McHardy	David Hay	James Drummond
Roger Greenaway	Steve Laing	Alan Gall
Derek Easton		

Team Nos 14,15,16,17

Ewan Gault
John Millar
Brian Cowie
Ivor Campbell
William Gault

City of Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 18,19,20,21,22,23

William Begley	Matthew Bell	John Bown	Keith Broadfoot
Colin Cable	Robert Cockburn	Andrew Donachie	Thomas Ellacott
Martin Ferguson	Andy Fife	David Garner	Darren Gauson
Andrew Gibson	Andrew Griffiths	James Guest	Rob Hooton
Brian Howie	Colin Hutt	Scott Innes	Mark Johnston
Keith Lyle	Juan Mareque	Darryl McDonald	Alex MacEwen
Robert McFall	David Millar	Ken Mortimer	Lars Ottemoller
Peter Paterson	Jamie Pringle	Robert Riddell	Stewart Robertson
Garry Robertson	J Saunders	Martin Sneddon	Gordon Steel
John Steel	Grant Stewart	Eric Stevenson	Adam Ward
Rae Ward	Jonathan Whitehead	Angus Wardlaw	Graham Beal

Clydesdale Harriers - Colours: White with Black "C"

Allan Adams	James Austin	M. Rudzinski
John Hanratty	Robert Young	Alistair Meikle
Peter Rudzinski	Gerald Kennedy	Lee Cassidy
Murray McDonald	Derek Halpin	Peter Halpin
John McArthur	Michael Diver	Ronald Hurt
James Shields	Robert McTaggart	Bobby Rossborough

Team Nos 24,25,26

Brian Gallacher
Iain Robertson
Clifford Brown
Ian Murphy
Geoffrey Fawcett

Corstorphine AAC - Colours: White with Black Trim

Moray Anderson	Chris O'Brien	Steven O'Brien
Ewan Stark	Timothy Norwood	Graeme Fletcher
David Law	Scott Bisset	Keith Hood
Tom Ferrington	Kris Berry	Martin Hulme
Iain Cumming		

Team Nos 27,28,29,30

Bryan Clark
Martin Caldwell
David Henderson
Brian Nicholson

Dundee Hawkhill Harriers - Colours: Blue and White Quarters

John Hepburn	Charles Haskett	Peter Fox
Brian Cook	Neill Raitt	Matthew Strachan
Alan Wilson	Billy Rennie	Neil Gunstone
Tim Neill	Gordon Rennet	Gordon Barrie
Gary Crossan	Stuart Kerr	Robert Thornton

Team Nos 31,32

Craig Ross
Stephen Mason
Tim Esler
Graham Mitchell

East Kilbride AAC - Colours: Gold with 2 Black hoops

Graeme Haddow	David J. Condra	Stuart Whitehill
Grant Baillie	Edgar Ramage	Derek Leitch
Mark Smith	Gordon Colvin	Bobby Madden

Team Nos 33,34

Ralph Riach
Stephen Boyce

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

I Wellock	Scott Campbell	Seth Jenny
J Williamson	A Currie	N Lawrence
A Robertson	M Farr	B Duncan

Team Nos 35,36

R Turner
J McMullan
H Cai

Energy Zone Carnegie - Colours: Orange & Green

Ian Stewart	Lewis Lawson	Andrew Hunter
Thomas Bowie	Kevin Clark	Stephen Greer
Mike Harvey	James Lang	Colin Reid
Douglas McGarry	Alexander Nicol	Paul Bundy

Team Nos 37,38,39,40

Peter Simpson
Dennis Howett
Ian Johnston

Falkirk Victoria Harriers - Colours: Black with Gold Band

Alexander Bryce	William Day	Eric Donaldson
Kerr Johnstone	John Martin	Paul McKerracher
Stephen Moore	David Murray	Kenneth Rankin
Michael Ross	Andrew Stevenson	Nicholas Hurren
Alexander Davidson	Andrew Donaldson	Douglas Gillespie

Team Nos 41,42,43

William Higgins
Michael McQuaid
Andrew Ronald
David Hart
John Stevenson

Ferranti AAC - Colours: Yellow with Black letters

Alex Bell	Paul Caban	Walter Fairnie
John Gavin	Alex Jackson	Bruce Kidd
Edward McDonald	Keith Nicol	Stephen Reid
Iain Shaw	James Shaw	Keith Weston

Team Nos 44,45

Malcolm Fraser
Jim Leach
Trevor Ridley

Fife AC - Colours: White with Red Band

Andrew Lemoncello	David Francis
John Thomson	Ian Overton
Hugh D. McKay	John Murdoch
Owen Greene	Daniel Leggate
Terry Mitchell	Scott Taylor
Andrew Barker	Graham Bennison
Alan Meiklejohn	Frank McLaren
David Bee	Roy McLachlan
Adrian Davis	Brian Cruickshank

Forfar Road Runners - Colours: Sky Blue

Ronald Milne	Ewan Greenhill
Sandy McKay	David Douglas
William Douglas	Gordon Sneddon
Stephen Connor	Charles Murdoch
John Gerrard	Angus Beytts

Gala Harriers - Colours: White with Green Band

Neil Renton	Robin Murray
Alistair Laurie	Malcolm Gowans
Martin Clarke	

Garscube Harriers - Colours: White with Blue Band

David Atkin	Paul Clark	Iain Cullen
Lindsay Cunningham	John Dryden	Iain Dunn
Stuart Irvine	Ronald Keith	Charles Kilshaw
Stephen Mulrine	Kenneth Macanna	Peter McGlynn
Mark Turnbull	John Weir	

George Heriots School - Colours: White with Blue Band

Scott Campbell	Philip Purves	Aaron Simpson
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Giffnock North AAC - Colours: Amber with Royal Blue Hoop

Charles Rankin	Alastair MacLachlan	Derek Breen
Gerard McNamee	Alan Stewart	Paul Harte
Alan Wyllie	Marc Roper	George Gilchrist
James Galbraith	Bernard Campbell	George Taylor

Glasgow University H & H - Colours: Black and Gold

Fraser Turner	Cameron Burt	Drew Neill
Chris Holmes	David Goebbels	Joe Cressotti
Alan Quigley	Stuart Gibson	

Greenock Glenpark Harriers - Colours: Sky Blue with Royal Blue and Gold Hoops**Team Nos 64,65,66,67,68**

Samuel McGuinness	Douglas Campbell	Andrew MacLean
Steven Deane	Andy Sturrock	William Jukes
Christopher MacKay	Thomas Knight	John Kerr
Eamonn McCurdy	Stephen McLoone	Robert Dolan
Daniel McLaughlin	Kenneth Scott	

Haddington East Lothian Pacemakers - Colours: Red and White Halves

James Baird	Sandy Wallace	Mure Dickie
George Armstrong		

Team Nos 46,47,48,49,50

Christopher Russell
David Weir
Bryce Aitken
William Law
Paul Gallacher
Gary Barker
James Lamb
Angus McLachlan

Douglas Gunstone
Tom Scott
Graham Bee
Alan Milligan
John Cunningham
Graeme Barker
Alastair Robertson
Mel Scobie

Team Nos 51,52

Craig Stewart
Brian Niblock
Nairn Duguid
Brian Bonnyman

Team Nos 53,54

Jack Knox
Fergus Cochrane

Team Nos 55,56,57

Stephen Cullen
David Geddes
Iain Mennie
Alexander Parker

Team Nos 58

Douglas Stewart

Team Nos 59,60,61

Frank Cooper
Martin Campbell
Ian Millar
Steven Campbell

Team Nos 62,63

Jonathon Steel
Neil Folwell

Stephen Peacock
Duncan MacNeill
Ernest Currie
James Cuffe

Team Nos 69

Ian Sills

Hunters Bog Trotters - Colours: Brown

Duncan Baker	Gary Brown
Iain Gibson	Keith Gooch
James Jarvis	Neil McKay
Philip Mowbray	Donald Naylor
Neil Thomas	Robin Thomas
David Wright	

Inverclyde AC - Colours: Black & White Stripes

John Bannister	Steven Conaghan
David Dunn	Gerard Gaffney
Robert Gray	Gordon Davidson
George King	Robert McDonald
Barry Millar	Kenneth Morrison
Chris Robison	Robert Shaw
William Tipping	Tom Tracey
Stuart Dalglish	John Weston

Irvine AC - Colours: Red with Black Trim

Lee Richardson	William Richardson
Brian Craig	Colin Miller
Joseph McNamee	Peter Collier

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

Paul McArthur	John Gebbie	Jim Goldie
James Tonner	John Docherty	Alasdair Murray
Ian Drummond	Stewart Ferguson	Graham Cairns
Stewart McAllister	Iain Connell	David White
David Mitchell		

Kilbarchan AAC - Colours: Gold with Black Hoop

Robert Quinn	Thomas Hearle	James Snodgrass
Robert Fitzsimmons	Ian MacDougall	Thomas Anderson
Mick Hydes	Robert Hawkins	Jason Pender
Steven Hards	George Gibson	Michael McGinley
Gerard Fairley	David Mewse	James Mcmillan
Peter Mack	Colin May	Gary Darroch
David McCormack	Thomas Lawrence	Gordon Gallacher
Robert Snodgrass	Gordon Tenney	

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

Edward McLoone	John McLoone	Stuart Kerr
Simon Millage	Chris Stewart	Ewan Jack
Robert Rogerson	Alistair McDonald	Colin Burns
Malcolm Hannah	Gordon McLean	Craig MacWilliam
Martin Hamilton		

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

Jamie Reid	Steven Lawley	Stuart Griffin
Patrick Kelly	Alan Ramage	Alaister Russell
Gordon Douglas	James Rowley	John Gourlay
William Drysdale		

Livingston & District AAC - Colours: Yellow with Green Stripe

Steven Thomson	Grant Forrester
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Team Nos 70,71,72,73

Colin Farquharson
John Heap
Myles Marshall
Eric Scott
Richard Wall

Team Nos 74,75,76,77,78

Colin Doherty
Archie Galbraith
George Hegarty
Craig McAllister
Thomas Murray
Cameron Spence
Samuel Way
Denis McCabe

Team Nos 79,80,81

David Millar
James White
Ashley Shedden

Team Nos 82,83,84

Edward Tonner
Scott Russell
Roderick Pugh
Keith Haining

Team Nos 85,86,87

John McMillan
Derek Brines
Alexander Ross
Donald Petrie
William Docherty
Brian Curdie
David Watson

Team Nos 88,89,90

Kenny Leitch
Stewart Grant
Gerard McConnell
William McFadden

Team Nos 91

Steven Macgregor
Mark Hand
Christopher McCann

Team Nos 92

Lothian Running Club - Colours: Blue with Black letters

Graeme Ackland	Alexander Agnew	James Alexander
Steven Cunningham	Stephen Dempsey	Peter Dymoke
George Gilhooley	David Godfree	Andy Kitchin
Ian Leggett	Tim Lenton	Colin Meek
Murray Robertson	Ian Seggie	Alan Shanley
Brian Turner	Kevin Wood	

Metro Aberdeen RC - Colours: Black/Yellow Quarters

Kevin Brooks	Keith Farquhar	Darren Kinsella
Bruce Moroney	Charles Noble	Simon Pride
Robert Taylor	Kevin Tulloch	Keith Varney
Colin Youngson	James Cook	George Jamieson

Mizuno Racing Club - Colours: Purple

Guy Amos	Mark Arndt	David Beagley
Michael Carroll	Ken Chapman	Scott Cohen
David Gardiner	Thomas Hanlon	Carl Heaven
Marc Johnston	Brian Kirkwood	Frank McGowan
Andrew Renfree	Desmond Roache	Alan Robson
David Ross	John Ross	Duncan Scobie
Glen Stewart		

Motherwell AC - Colours: Red with White edging

Patrick Mullen	John Hughes	Brian McLinden
Stan Kavanagh	James Tracey	Colin McAlpine
James Dobbie		

Perth Road Runners - Colours: Green and White

Jamie Gartside	Colin Glencorse	Stephen Ferguson
Stuart Moran	David Nicoll	Robin Livingstone
Adrian Jenkins	David Norrie	

Pitreavie AAC - Colours: Navy/Yellow/White

Stewart Reid	John Newsom	Derek Simpson
Paul McCloskey	Scott McDiarmid	Cameron Watson
David Arnott	Barry Davie	Barry McLeary
Kenny Duncan	Brian McKay	Peter Coleman

Ron Hill Cambuslang Harriers - Colours: Red with White Band

Stephen Wylie	Charles Thomson	Alexander Robertson
John Brown	Alan Macpherson	John Cowan
Joseph Kealey	Kevin Kealey	Iain Grant
Scott Hunter	Kevin Downie	John McPake
Ian MacCorquodale	Jasmair Pal	Stephen Matthews
Ian Munro	Scott McNeil	Jonathan Walker
Mattew Murphy	David Dymond	Gerry Reid
David Marshall	Bernard Gough	Ronald Bruce
Terence Dolan	Ian Gordon	Andrew Hughes
Alexander Eaglesham	Peter Ogden	Ross Arbuckle
Graeme Croll	W. Ian Williamson	Archie Jenkins
Iain Reid		

Team Nos 93,94,95

Tim Brand
David Eades
Robert Lee
Clive Parry
David Simmons

Team Nos 96,97

Gary Matheson
Craig Stewart
Duncan Wood
Mark Masson

Team Nos 98,99,100

Stuart Campbell
Max Colligan
Allister Hutton
Andrew Muir
John Robson
Kirk Smith

Team Nos 101,102

Gordon Murray
Lee Hughes

Team Nos 103,104

Derek McIntosh
Derek Phillips

Nigel Cunningham
David Candlish
Paul White
Peter Baxter

David Rodgers
D Houston
David Ward
Thomas McPake
Andrew Steven
Christopher P Hendry
John Simpson
Frederick Connor
Francis Hurley
Frank Barton
Michael Chisholm

Shettleston Harriers - Colours: Blue with Yellow Band Team Nos 116,117,118,119,120

David Alexander	Adrian Callan	David Cameron	Peter Carton
William Coyle	Desmond Crowe	Dave Cummins	Lewis Duff
John Duffy	Angus Fergusson	Malcolm Finbow	Stuart Gibson
David Gow	Martin Graham	Andy Little	Neil MacGregor
Simon MacIntyre	John Mackay	Clyde Marwick	Dermot McGonigle
Andrew McIntyre	Allan Sneddon	Patrick Walder	Karl Povey
Kenneth McClean	Brian Scally	Stephen Waclawski	Graham Wight
Jethro Lennox	Jim Norton	Graeme Walsh	Peter McMahon
Adam Lee	Ian Johnston	Andrew McKenna	Ian Lewis
Robert Soutar	Ryan Montgomery	Brian McGarrity	John Cairney
Hugh Watson	John Wilkinson	Denis Williams	Chris Cowan
Robert Mooney	Donald Macaulay		

Springburn Harriers - Colours: Navy Blue with White Diamond

Andrew Callan	Robert Young	Edward Dickson	Team Nos 121
			Joseph Chambers

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

Martin Fitchie	Ole Nissen	Scott Golligher	Team Nos 122,123
Chris Adams	Jeff Caldwell	Gueta Francey	Neil Darroch
			Peter Cunningham

Troon Tortoises AC - Colours: Yellow with 2 Black Half hoops

George McGregor	Ian Beattie	Alistair Munn	Team Nos 124
Robert Miller	William Spark	Vincent Daly	Kay Nah
Charles Martin			Gordon Dobbie

Victoria Park AAC - Colours: Blue and White Hoops

Mark Ashby	Stuart Barnett	Kenneth Brown	Team Nos 125,126,127,128,129,130
Alastair Douglas	Kristian Forster	Ian Goode	P Carter
Kenneth McCoy	Peter McGregor	Kenneth McVey	Thomas McAra
Kenneth Mitchell	Gus Munro	Robert Newton	Alastair Mace
Paul Nicoll	Derek Watson Snr.	Andrew Young	Andrew Nicoll
Ian Archibald	Alan M Brown	Iestyn Carr	Roger Young A Ross
Gary Dick	Alan Hamilton	James Harvie	Angus Clark
Gordon Moore	Charles Murray	G Stewart	Alan MacBeth
Derek Watson Jnr.			Christopher Watson

Wee County Harriers - Colours: Navy and Orange

Sandy Dunn	Alexander Gibb	Clark Hamilton	Team Nos 131,132
Dennis Mcara	Gordon McNeil	Sidney Pask	William Holburn
Jonathan Woods	Gordon McPherson		Martin Quinn

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

Keith Adams	Peter Baxter	Brian Bonnyman	Team Nos 133,134
Archie Cameron	Charles Campbell	Gibson Fleming	David Calder
Graeme Orr	Daniel Reid	Anthony Ritchie	Ronald Gallagher
Ian Struthers	Andrew Turnbull	Mark McColl	Gordon Robinson
John Donnelly			Blair Millen