



scottishathletics

**National Cross Country
Relay Championships**
(Incorporating Masters Relays)

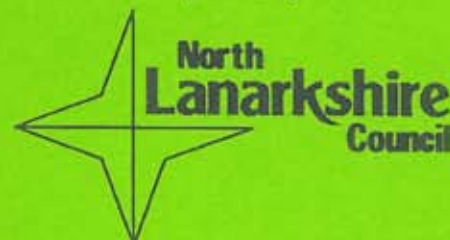
For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 6th December 2003

Sponsored by



RACE	START
Young Females	12.30pm
Young Males	1.05pm
Sen/Jun Females	1.40pm
Sen/Jun Males	2.30pm

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.

Messages of Welcome

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 Pat Connelly
North Lanarkshire Council

I am very pleased to welcome you all to Cumbernauld for the Scottish National Cross Country Relay Championships, the opening championship event on this year's winter calendar. Thanks must go to North Lanarkshire Council for their continued sponsorship of this event, it is greatly appreciated.

Cumbernauld always supplies us with some very exciting and competitive races and no doubt this years event will be no exception.

The event today could not take place without the involvement and dedication of all the organisers, sponsors, technical and Club officials, many thanks for all your efforts.

Best of luck to you all, have an enjoyable and successful day.

Alan Potts
President, scottishathletics

I am delighted to welcome you all here today for the National Cross Country Relay Championships. It is always a pleasure to come to Cumbernauld as the course is a good cross country challenge. The Commission wish to thank North Lanarkshire Council for all the help and support they have given us over many years.

Thanks must also go to all who have been involved with the planning and preparation of this event. Thanks to all the Officials and helpers who make this event such a success.

Finally to all the athletes who are competing today, we wish you every success.

Marjory Cook
Convenor, Road Running and Cross Country Commission

Scottish National Cross Country Relay Championships 1993 to 2003

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) 23	(67) 38	(58) 26	(134) 86	CUMBERNAULD
2003	(53)	(71)	(52)	(127)	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	Alan Potts
Chairman :	Liz McColgan
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)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	RL McSwein
Officials Control	G Sword
Clerk of Course	S McCrae
Judges / Funnel Control	I Baird, G Spence, W Laing
Timekeepers	D McLaren (Chief), G Sword, S MacDougall
Recorders (Places)	A Mc Manus, N Donachie, D Wilmoth, W MacDougall, I Hislop, J Devenny
Recorders (Time)	M Wilmoth (Chief), M Daly, B Hislop
Starter	W A Robertson
Marksman	W Laing
Declarations	A Jackson, J Jackson, D McGinley, K Monaghan
Results Service	A Jackson, P Jackson, S Smart
Announcer & Communications	R Gray
Press	B Goodwin, C Broadbent
Course Stewards	K Martin, B Reid, K Phillips, J Young, Members of Cumbernauld AC
Presentations	B Goodwin, A Potts
Jury of Appeal	M Cook, R Thomas, I Clifton
Medical Officer	Dr J Dunbar
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence
Reception	M Cook, R Thomas, B Goodwin, G Sword
National Events Manager	K Weiniger
Convener	B Goodwin

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 12.30pm

Declarations Close 12:00

Aberdeen AAC	Team Nos 1, 2		
<u>U13</u> Rachel Armitage	Chantel Clark	Chirstie Noble	
<u>U15</u> Hilary Armitage	Anna Fleming	Laura Hepburn	
<u>U17</u> Charlotte Forbes	Shonah Richard		
City of Glasgow	Team Nos 3, 4, 5, 6, 7, 8		
<u>U13</u> Josephine Moultrie	Laura Cameron	Stephanie Cameron	Lucinda Logan
Paula Donnelly	Emma Mills		
<u>U15</u> Rebecca Finch	Louise Leadbetter	Helen Sweeney	Elaine Taggart
Megan Phillips	Stephanie O'Neill		
<u>U17</u> Joanne Finch	Jennifer Emsley	Laura MacPherson	Karen Prytz
Susanne Maxwell	Letitia Blades		
Corstorphine AAC	Team Nos 9		
<u>U13</u> Caitlin Wilson			
<u>U15</u> Megan Smith			
<u>U17</u> Rebecca O'Brien			
East Kilbride AAC	Team Nos 10		
<u>U13</u> Beth Duff			
<u>U15</u> Zoe Martinelli			
Edin Woollen Mill	Team Nos 11, 12, 13		
<u>U13</u> Rebecca Allison	Beth Greenhill	Anna Seago	Amy White
Anne Krol	Alice Loudon	Jessica Turner	Kerry Hall
Emily Stuart			
<u>U15</u> Laura Dunn	Katie McGregor	Lorna Miller	Catriona Sinclair
Tessa Birley	Roslyn Campbell	Hayley Duncan	Eleanor Long
Lynsey Sharp			
<u>U17</u> Rachael Bowman	Eilidh Hodge	Debbie Ogden	Emily Finnie
Fife AC	Team Nos 14, 15		
<u>U13</u> Emma Todd	Kiri Stone		
<u>U15</u> Jennifer Kibble	Caroline Legge		
<u>U17</u> Stephanie Jones	Caron Barker		
Giffnock North	Team Nos 16, 17, 18, 19, 20, 21, 22, 23, 24, 25		
<u>U13</u> Catriona Lockie	Sarah Wilkie	Alison Howie	Rachel McDowall
Nicole McLeod	Lauren Mackin	Francesca Norman	Claire McCluskey
Jaymee McConville	Anna Hilley	Megan Cairns	
<u>U15</u> Ruth Joss	Jennifer Conway	J McPherson	Sarah Phee
Laura Taylor	Amy Bissland	Rachel Pike	Kirstie Black
F McCreadie	Nicky Hughes Hallett	Mariel McAllan	
<u>U17</u> Fiona McTaggart	Laura Caird	Carlyn Davie	Tracy Smith
Kerry McGee	Fiona McKay	Frances McCluskey	Amanda Patterson
Lauren Baird	Emma MacLeod		
Greenock Glenpark	Team Nos 26, 27		
<u>U13</u> Emily Pollock	Katie Pollock		
<u>U15</u> Kimberley Roy	Hayley Rafferty	Heather McLaughlin	

Inverclyde AC
U13 Ainsley Black
U15 Jaimie McTiernan

Team Nos 28, 29, 30
 Sammi Coyle
 Susanna Spence

Holly Morrison
 Gillian McMillan

JW Kilmarnock
U13 Shelby Hollas
U15 Colleen Tate
U17 Emma Mackie

Team Nos 31, 32, 33
 Morgan Harrison
 Kirsty McCulloch
 Kara Tate

Sally Pugh
 Karen Wilson

Mia Tate
 Keri Haddow

Kilbarchan AAC
U13 Kirsty Wilson
 Lauren Young
 Victoria Phillips
 Gemma Cassidy

Team Nos 34, 35, 36, 37, 38, 39, 40

Anna Campbell
 Jordan MacKenzie
 Vhairi Toole

Dani Smith
 Lorna Lamont
 Jennifer Quigley

Michelle Bell
 Hannah Campbell
 Kirsty Nisbet

U15 Eilidh Menzies
 Jillian Allan
 Allyson Alcroft
U17 Cara Sloss
 Samantha Scrimgeour

Kirsty Reid
 Claire McNicol
 Danielle Park
 Katherine Wilkie
 Louise Baxter

Hazel Blair
 Holly Belch
 Rebecca Galbraith
 Fiona McIntyre
 Stephanie Barras

Laura Kennedy
 Nicole Treacy
 Linzi Milton
 Claire MacAulay

Kirkintilloch Oly
U13 Jennifer Hannah
U15 Courtney MacGuire
 Kirsty Yuill
U17 Lynsey Bowles

Team Nos 41, 42
 Julie Connelly
 Sarah MacLennan

Lara Gorman
 Laura Hannah

Rebecca MacLennan
 Karen Ann McEwen

Larkhall YMCA
U13 Sarah Archibald
U15 Lauren Hollinshead
U17 Christina Whitelaw

Team Nos 43, 44
 Jodie Frame
 Marnie Nicol
 Laura Reid

Jenna Witchell

Nicky McKay

Lasswade AAC
U13 Erin Froude
U15 Nicola Chapman
U17 Jenny Sheal

Team Nos 45, 46
 Caitlin Froude
 Alexandra Benham
 Ashleigh Kennedy

Emma Gordon
 Ashley Alexander

Lothian RC
U13 Emma Cottom
U15 Kathleen Dempsey
U17 Laura Bann

Team Nos 47, 48
 Tabitha Ewing
 Jemma Toner
 Rebecca French

Mhairi Inglis
 Jade Wright
 Ann Gardiner

Sarah Inglis

Ashley Toner

Moray Road Runners
U13 Laura Sharp
U15 Rachel Pirie
U17 Jennifer Houston

Team Nos 49

Nithsdale AC
U13 Naomi Smith
U15 Nicola Hood
U17 Victoria Currie

Team Nos 50

Pitreavie AAC
U13 Stacey Louch
 Stephanie Docherty
U15 Siobhan Coleman
U17 Melanie Thomson
 Elaine Renouf

Team Nos 51, 52, 53
 Levi Young
 Stella Birney
 Ashleigh Murray
 Eilidh Child

Sarah Ross

Demi McLaughlin
 Kim Paterson

Robyn Williamson

Rebecca Burns
 Samantha Lindin

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Central AC

Race Starts 1.05pm

Declarations Close 12.35pm

Aberdeen AAC

U13 James Joy
 Stuart McDonald
U15 Mark Haskett
 James Taylor
U17 Steven Rusling

Team Nos 129,130,131

Thomas Joy
 Scott Wilson
 Richard Crighton
 Jamie Thomson
 Darren Shinnie

Ruari Neil

Alex Thoirs

William Duncan

Craig Mackenzie

Myles Edwards

Oleg Chepelin

Calderglen H

U13 Ben Ferguson
U15 William Robertson
U17 Euan Robb

Team Nos 132,133

Jamie Ferguson
 Graeme Robertson
 Steven McNally

Central AC

U13 Matthew Gillespie
U15 Michael Gillespie
U17 Michael Wright

Team Nos 134

Anthony Gillespie
 Calum Johnson
 Christopher Andrews

Sean Reilly

Paul Drysdale

Jamie Cramond

Steven Guscott

City of Edinburgh

U13 Chris O'Hare
 Darren Lyall
U15 Craig McInnes
 Simon McBlain
U17 Jason Thomson
 Calum Deans

Team Nos 135,136,137,138,139

Shaun Devenney
 Stuart McKemmie
 Finlay Moffat

Michael Doneghan

Tom Ryan

Marcus Thomson

Jonathon Wolf

Darren Steel

Roy Dumma

Clydesdale Harriers

U13 David Brown
U15 Craig Young
U17 Robert Allison

Team Nos 140,141

Bryden Ennis
 Matthew McSorley
 Daniel Blacker

Corstorphine AAC

U13 Sean Malcolm
U15 Calum McKenzie
U17 Douglas Selman

Team Nos 142,143

Frazer Scott
 Neal Robb
 Callum Fletcher

Craig Knowles

Niall Waddell

East Kilbride AAC

U13 John Fergusson
U15 Niall Walker
U17 Graeme Caskie

Team Nos 144,145

David Gorman
 Adam Martinelli
 James Lamont

Jamie Clements

Falkirk Victoria H

U13 Alan Love
 Aaron Ritchie
U15 Brian Kay
U17 Christopher Douglas

Team Nos 146,147

Jonathon Dewar
 Grant Plenderleith
 Sandy Duncan
 Alistair Nimmo

Jonathan Campbell

Liam Kane

John Blackhall

Kyle Randalls

Dean Crawford

David Boyd

Fife AC

U13 Andrew Evans
U15 Elliot Simpson
U17 Mark Harley

Team Nos 148,149

Neil Gray
 Frankie Scott
 William Lamb

Duncan McLachlan
 John Buchan

Connor Hill

George Heriots

U13 Roger Poolman
Benjamin Mildred
U15 Graham Scobie
Lewis Just
U17 James McLay
Iain Batho

Team Nos 150,151,152,153,154,155

Ben McCullough-Young Sam Twist
Mark Shand
Hugh Brechin Rory Downie
Graham Dickson
Craig Wilson Luke Yates
Kevin Wilson Peter MacRae

James Mildred
Jonathon Neville
Peter MacRae

Giffnock North

U13 Steven Gray
Andrew Black
U15 Douglas Bale
Ian Whiteford
Ross Shankly
U17 Alistair Booth
Douglas Rathey

Team Nos 156,157,158,159,160,161,162,163

Greg Lambert Paul Bainbridge
Neil Hutchison G Belch
James Baird Ross McLearie
Stuart Whiteford David Stevenson

S Smith
Daniel Johnstone
David Walker

David Clark Norman Galbraith
Andrew Carr Stuart Bale

David Phee
Jamie Young

Greenock Glenpark

U13 Craig Davies
U15 Stephen Cooke
U17 Jason McCall

Team Nos 164,165

Martin Paton
Craig Williams Jamie Cuffe
Andrew McCall Stephen Trainer

Inverclyde AC

U13 Scott Smith
Mark Higgins
U15 Jonathan Bannister
U17 Craig Ruddy

Team Nos 166,167,168

Robert Campbell Christopher McLean
Kevin Rice Dean Girvan
Craig Stevens Craig Johnston

Andrew Ross
Stephen Campbell

Irvine AC

U13 Ryan McDonald
U15 William Morgan
U17 Stephen Daye

Team Nos 169,170

Murray Collier Nicholas Emsley
Daniel Swanson Garry Kerr
Ronnie Ballantyne

JW Kilmarnock

U13 Mathew Dailly
David Clark
U15 Mark McGill
U17 Sean Welsh

Team Nos 171,172,173

David Jarvis Jamie Hannah
David Meikle James Wales
Jamie Martin
Steven Mcneill Stuart Munro
Alan Elsie

Kilbarchan AAC

U13 Tom Cahn
Mark Docherty
Stuart King
U15 Derek Hawkins
Paul Leck
Stuart Brown
U17 Chris Devenney
Kyle Toole
Jorgi Chacon-Clark

Team Nos 174,175,176,177,178,179,180

Scott MacAulay Andrew McAlpine
Jamie Milton Geoff Nisbet
Stephen Woolfrias
Andrew G Gibson Scott Hawkins
Gary Downie Mark McGovern
Robert Cahn Anthony Gordon
Ross Toole Craig McCaffer
Andrew Jack John Gribben
Andrew Wood Andrew Jack

Callum Hawkins
Lewis Hunter
Stephen McGoldrick
Martin Lipton
Stephen Hill
Fraser Williams
Richard McLaughlin
Conor McNulty

Kirkintilloch Oly

U13 Craig MacDonald
John Ruddy
U15 Gavin Clark
Craig Hay
U17 Adam Janeczko

Team Nos 181,182

Cameron Dallas Matthew Graham
Kevin Cornes Alan Ramsay
Robert Thayne

Neill Hamilton
Robby Ritchie

Lasswade AAC

U13 Martin Brash
U15 Scott Anderson
U17 Ross Finlayson

Team Nos 183,184

Graeme Anderson Mark Baxter
Paul Benham Jordon Thomson
Colin Swan

Lothian RC

U13 Robert Inglis
U15 Alastair Ewing
U17 Angus Armour
Graham Wright

Team Nos 185

Colin MacDonald Grant MacDonald
Scott Robertson Philip Kingscott
Callum Gillespie Tyrone Watson

Moray Road Runners

U13 Conor Cowie
U15 Steven Houston
U17 Kyle Cowie

Team Nos 186,187

Josh Davidson Callum MacDonald
Kenneth Wilson
Mark Mitchell

Pitreavie AAC

U13 Darren Lowe
U15 Douglas Newsom
U17 Ewan Simpson

Team Nos 188

Stuart Chisholm

Ron Hill Cambus

U13 Stephen Taggart
Scott McDonald
U15 Raymond Black
David Thomson
U17 Stephen Dunn
Andrew Greenhaugh

Team Nos 189,190,191,192,193

Sean O'hara Craig Fellows A Cuthbert
Paul McGarry Andrew Robertson C Carr Ryan Dickson
Chris Brown Ian Lafferty David Ward
Jonathan Lafferty Sean Convery

Shettleston Harriers

U13 Gary McBride
Andrew Clunes
Michael Cairney
U15 Christopher McGarrity
U17 Gordon Phillips
Gary Haining

Team Nos 194,195,196

Ryan McConway Ruairidh Munro Andrew Duffy
Martin Barnett Stephen McLaughlin Callum McKay
Mark McKelvie Kristofer McMeekin Liam McLaughlin
Craig Stevenson David Wallace Jnr James Findlay
Mark McKenny Paul Grant

Teviotdale Harriers

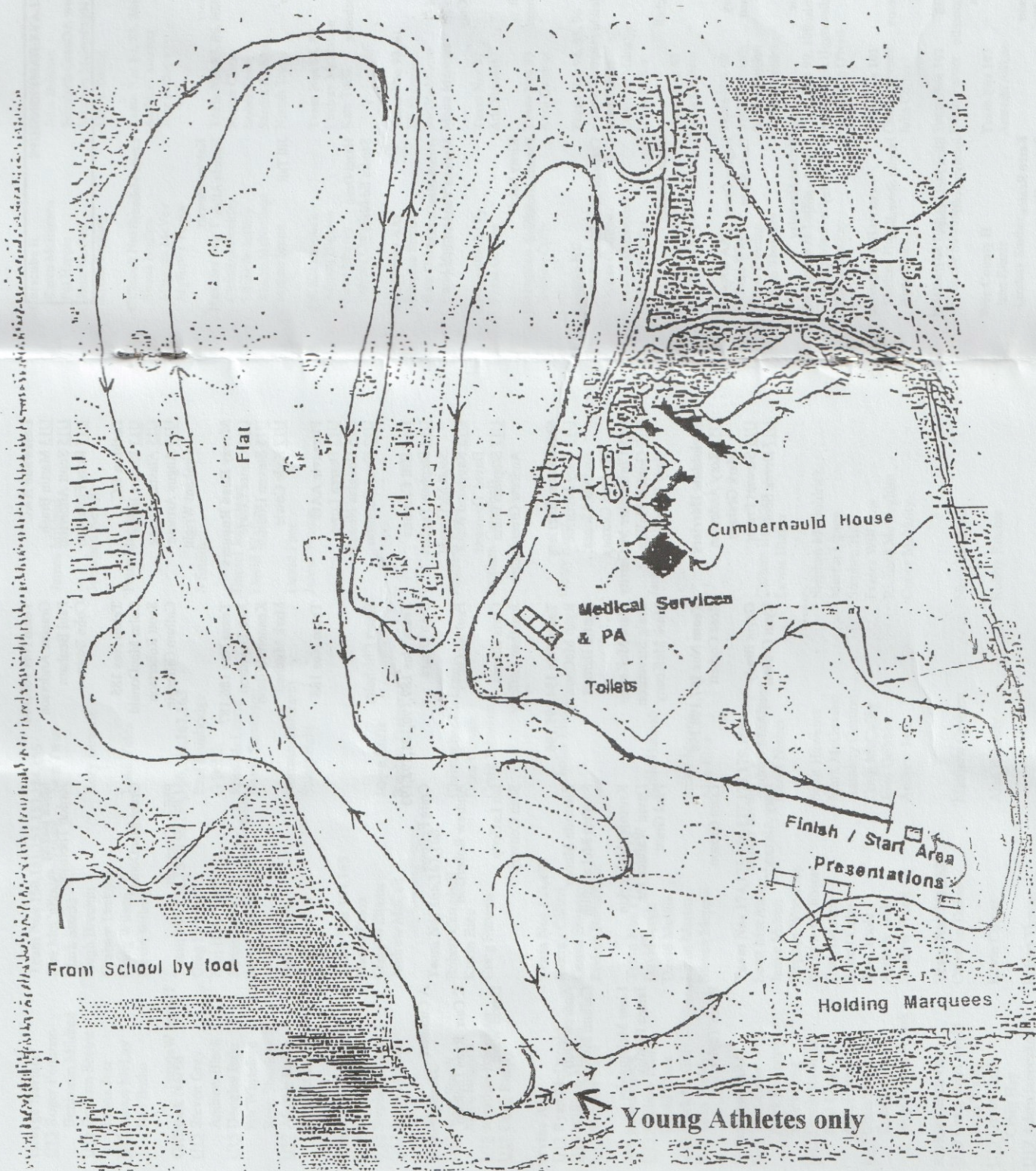
U13 Rory Anderson
Mark Graham
U15 Stewart Fraser
U17 Derek Scott

Team Nos 197,198,199

Ross Corbett Liam Gibson Bruce Taylor
Gavin Brady
Ryan Gibson Steven Laurie
Gary Alexander

NATIONAL CROSS COUNTRY RELAYS (Incorporating the Veterans Relays)

RACE	START	
Young Females	12.30pm	Young Athletes 3 X 2500m
Young Males	1.05pm	Sen/Jun Females 3 X 4000m
Sen/Jun Females	1.40pm	Sen/Jun Males 4 X 4000m
Sen/Jun Males	2.30pm	



SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

Title Holders- City of Glasgow AC

Declarations Close 1:10pm

Race Starts 1.40pm

Aberdeen AAC Sonia Armitage Louise McKenzie	Team Nos 54 Nicola Crawford Lynsey Still	Briony Curtis	Laura Mahady	Garscube H Karen McIlvenna Pat Hepple Janet McColl Linda Topping	Team Nos 80, 81 Julia Brosnan Elizabeth Grant Maureen Mcleod Moira Young	Irene Brown Heather Akers Jill O'Neil	Shirley McLeod Judith Austin Mairi Stanley
Calderglen H Catriona Kerr Denise Drysdale Dawn Buchanan	Team Nos 55, 56, 57 Stacey Anne Erwin Claire Taylor	Melanie Fraser Mandy Cullie	Katrina Stewart Pamela Allan	Giffnock North Shona Hughes Maureen McVey Myfanwy Taylor	Team Nos 82, 83, 84 Andrea Cameron Jane Dobson	Patricia Macleod Hilary Millar	Doleen Galbraith Sylvia Campbell
Carnethy HRC Angela Mudge Kate Jenkins	Team Nos 58 Tracey Brindley Kate Friend	Lyn Wilson	Jill Tait	Hunters Bog T Christine Buckley Michelle Jeffrey Alison McNeillage Megan Smith	Team Nos 85, 86, 87 Megan Clark Isobel Knox Sandra Rathjen Niamh Troy	Suzanne Ebel Jessica Legaz-Clua Jane Rosbottom Aileen Wood	Claire Gordon Deborah McDonald Janice Smith
Central AC Morag MacLarty Helen Winton Ainsley Normand	Team Nos 59, 60 Jane Mccrorie Fiona Thompson Karen Bunyan	Claire Waterhouse Mary Kerr	Hazel Dean Sandra Edwards	JW Kilmarnock Allison Higgins Janet Murray Fabiola Crawford	Team Nos 88, 89 Lindsay McMahon Kate Todd	Paula Wilson Morag Cairns	Rosemary McMillan Lesle Phillips
City of Edinburgh Catherine Ferrie Eilidh Wardlaw Joanne Whitehead	Team Nos 61, 62, 63 Lianne Harrison Gillian Hislop Sharyn Ramage	Claire Ward Natalie Christie Carol-Ann Gray	Alison MacDonald Marietta Vander Linden	Kilbarchan AAC Dennise Smith Kate O'Brien Carol Murray	Team Nos 90, 91 Jill Shannon Sandra Moore Moira Menzies	Karen Yule Janice Moore	Hannah Waugh Eileen Masson
City of Glasgow Eileen Lang Jacqueline Thomson Lorna Williamson	Team Nos 64, 65, 66 Jill Knowles Kirsteen Young Debbie Cox	Susan Finch Laura Thomson	Kirsty Baird Pamela Nicholson	Kirkintilloch Oly Fiona Gentles	Team Nos 92 Ada Stewart	Lindsay Stirling	
Clydesdale Harriers Aileen Scott Jolene Ennis	Team Nos 67 Pamela McCrossan	Nicola J. Meikle	Christine Menhennet	Livingston & Dist Yvonne Crilly	Team Nos 93 Avril Gardner	Sue McDowell	Amie Booth
Corstorphine AAC Susan Aitken Gillian Pilkington	Team Nos 68 Linda McGinley	Phyllis Mitchell	Susan Waddell	Lothian RC Jane Ackland Gillian Godfree Teresa Mcmenemy Claire Shanley	Team Nos 94, 95, 96 Valerie Dempsey Janet Grigor Christine Milne Laura Sarkis	Lorna Eades Saran Jones Helen Murray Margaret Turnbull	Marsie Ewing Kate Kitchin Joyce Salvona Margo Welsh
Edin Woollen Mill Karen Dobbie Susan Ridley	Team Nos 69, 70 Violet Blair Rona MacNiven	Freya Murray Gayle Dunnett	Hayley Ovens Carol Sharp	Penicuik Harriers Rachael Campbell	Team Nos 97 Anna Graham	Christine Anderson	
EZ Carnegie Sarah Legge Lynne Kuz Fabienne Thompson Tracey Stamp	Team Nos 71, 72 Pauline Walker Lesley Thurogood Lynne Bennet	Fiona Rennie Emily Hutchison Catherine Idle	Valerie Macaulay Gail Murdoch Nicola May	Pitreavie AAC Alison Whyte Katie Fleming Claire Thakeray	Team Nos 98 Anna Darmody Sarah Croucher Jackie Farrell	Trudi Thomson Julia Oldham	Pamela Blyth Sharon Lamont
Falkirk Victoria H Caroline Lawless	Team Nos 73 Amanda Purser	Fiona Matheson	Janette Stevenson	Shettleston H Ladies Lindsay MacNeill Elaine Mackay	Team Nos 99, 100 Anne-Marie Hughes Bernadette O'Neil	Claire McCracken	Pamela McKay
Fife AC Louise Burt Sandra Aitken Johanna Panaanen	Team Nos 74, 75, 76 Margaret McLaren Kim Macgregor Cat Basile	Fiona Lothian Phyllis Lemoncello Mel Vickers	Eliza McLachlan Jocelyn Scott	Springburn Harriers Marlene Hunter Anne Bruce	Team Nos 101 Clare Gemmell Julie Corner	Barbara Knox Collette Coyle	Carole McInnes
Gala Harriers Angela Foss Laura Howie Rachael Fagan Ruth McCann	Team Nos 77, 78, 79 Eileen Nicol Patricia Affleck Sally Barr	Katy Anderson Marion Facchini Leanne Haining	Karen Renton Suzanne Carson Nicola J. Meikle	Strathclyde Uni Michelle Sandison	Team Nos 102 Eilidh Forster	Claire Prenter	
				Wee County H Jane Binnie Lindsay Stother	Team Nos 103 Amanda Aitken	Caroline Strain	Hilda Paton
				Westerlands CCC Muffy Calder Jane Robertson	Team Nos 104, 105 Helen MacPherson Elspeth Scott	Patricia McLaughlin Liz Horton	Christine Menhennet

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Mizuno Racing Club

Race Starts 2:30pm

Declarations Close 2:00pm

Aberdeen AAC

Iain Donnan
Calum Davidson
David Duguid
Colin Taylor
Alan Wales
Frank Boyne

Benjamin Hukins
Richard Wainford
David Oliver
Alexander Peddie
Adam Watt

Team Nos, 1, 2, 3

Malcolm Beattie
Michael Paddon
Mel Edwards
Peter Mutch
Neil Murdock

David Burlton
Keith Charlton
Stephen Cassells
Mark Kennedy
David Armitage

Ayr Seaforth

Alex Allardye
Colin Garrett
Alastair Stewart
Cameron White

Colin Souter
Paul Rogers
Adam Mackie
Scott Keenan

Team Nos, 4, 5, 6

Francis Napier
Laurence Baker
Iain Baird
Patrick Kelly

Robert Napier
Peter Laing
Tom McCulloch

Bellahouston H

Campbell Joss
Graeme Gemmell
John McFadyen

Raymond Hughes
Stephen Stone
Jeremy Garnett

Team Nos, 7, 8

Anthony Quinn
Colin Scott

Iain Burke
David Boal

Calderglen H

Russell Couper
Malcolm Buchanan
Martin Duthie
Gerard Mullen
Jamie McMonagle
Roderick Shanks

Charles Steven
Stuart Gibson
Edward Reid
George Haining
Jim Holmes
Andrew Henderson

Team Nos, 9, 10, 11, 12, 13, 14

Graham Allan
Colin Macdonald
Blair Matthew
George Stewart
Chris Brooks
John Freer

Colin Jarvie
Alan Derrick
Brian Carrigan
Alan Cullie
Derek Dick
Stephen Marzella

Central AC

James McDonald
Ross Houston
Steve Laing
Cameron Campbell
Alan Gall
George McHardy

Team Nos, 15, 16, 17, 18

Alastair Hay
Lewis Millar
Robert Hutchison
Derek Easton
William Gault

Ewan Gault
Robert Russell
Robert Stott
David Hay
Craig Walker

Alasdair Anthony
Alex Milne
John Millar
Will Hensman
Roger Greenaway

City of Edinburgh

Graham Beal
Thomas Ellacott
Darren Gauson
Rob Hooton
Steven Lauder
Alex MacEwen
Robert Riddell
John Steel
Gael Le Coz

Team Nos, 19, 20, 21, 22, 23, 24

James Buick
Martin Ferguson
Andrew Gibson
Brian Howie
Andrew Laycock
John MacInnes
Stewart Robertson
Grant Stewart

Colin Cable
Jonathan Ferry
Andrew Griffiths
Scott Innes
Juan Mareque
David MacLean
Garry Robertson
Eric Stevenson

Scott Campbell
William Gallacher
Daniel Green
Mark Johnston
Stuart Lamb
Lars Ottemoller
Andrew Scott
Jonathan Whitehead

Clydesdale Harriers

Allan Adams
Michael Diver
Peter Halpin
Gerry Kane
John McArthur
Peter Rudzinski
James Shields

Team Nos, 25, 26, 27

James Austin
Brian K.E Edridge
Derek Halpin
Alistair Meikle
Graeme Reid
C. Ryan
Robert Young

Cliff Brown
Brian Gallagher
Ronald Hurt
Ian Murphy
Iain Robertson
Alan Rodger
Peter Riley

Pete Cartwright
John Hanratty
Gerald Kennedy
Murray McDonald
Mark Rudzinski
Stephen Sheridan

Corstorphine AAC

Keith Hood
Chris O'Brien
Tom Ferrington
Scott Bisset
Craig Smith

Team Nos, 28, 29, 30, 31

John O'Hara
Steven O'Brien
Kris Berry
Iain Cumming
Michael Malcolm-smith

Bryan Clark
Paul O'Brien
Martin Caldwell
Graeme Fletcher
David Henderson

Moray Anderson
Ewan Stark
Scott Pilkington
Martin Hulme
Billy Braidwood

Dundee Hawkhill

Matthew Strachan
Gordon Barrie
Neil Gunstone
Michael Carroll
Peter McColgan

Team Nos, 32, 33, 34, 35

Joe Symonds
Charles Haskett
Pete Fox
Stephen Borland

John Hepburn
Ian Campbell
Brian Cook
Alan Wilson

Craig Ross
David MacDonald
Stephen Mason
Eddie Holmes

East Kilbride AAC

Gordon Colvin
Edgar Ramage
Brian O'Neill

Team Nos, 36, 37

David J. Condra
Grant Baillie
Mark Smith

Graeme Haddow
Ralph Riach

Derek Leitch
Stuart Whitehill

EZ Carnegie

Iain Taylor
Douglas McGarry
Ian Stewart
Allan MacAulay
Mike Harvey
Francis Harper
Peter Morrison

Team Nos, 38, 39, 40, 41

James Lang
Dennis Howett
Michael Cowie
Andrew Hunter
Ian Johnston
Sandy Bennet
Colin Reid

Robert Milton
Thomas Bowie
Lewis Lawson
Peter Simpson
Derek Simpson
Kevin Clark
John Lambie

Steven Ogg
Kenneth Daniels
Stephen Greer
Ian Armstrong
George Murdoch
Phil Smithard
Neil Campbell

Falkirk Victoria H

Alexander Davidson
John Martin
Robin Mcnelis
Steven Purser
Michael Ross

Team Nos, 42, 43, 44

William Day
Robert McGill
Michael McQuaid
Kenneth Rankin
Alasdair H. Stewart

Eric Donaldson
Duncan McGougan
Stephen Moore
Neil Robertson
Kerr Johnstone

William Higgins
Paul McKerracher
David Murray
Andrew Ronald

Ferranti AAC

Matt Bankhead
Malcolm Fraser
Keith Nicol
Robert Miller

Team Nos, 45, 46

Alex Bell
John Gavin
Stephen Reid
Ian Duguid

Paul Caban
Jim Leach
Trevor Ridley
Mike Connor

Walter Fairnie
Edward McDonald
Keith Weston

Fife AC Quentin Reave William Spates Gordon Thomson James Taylor John Thomson John Murdoch David Francis Andrew Barker Ronald William Mill Jack Lumsden David Owens Martin Farrally	Team Nos, 47, 48, 49, 50, 51, 52, 53 Graham Bee Brian Cruickshank Nigel Fowler Stewart Biggar Terry Mitchell Tom Scott Ron Morrison David Bee Owen Greene Michael Mitchell Alastair Robertson	Andrew Lemoncello Neil Young Ian Poolman Steven Shanks David Anderson Bryce Aitken Frank McLaren Thomas Ross Andrew Liston Chris Foley Daniel Leggate	Christopher Russell Ian Overton Roy McLachlan Bryan McManus Hugh D. McKay Douglas Gunstone Gary Barker John Thomson James Lamb Chris Thorne Chris Clark	Irvine AC Lee Richardson George Irving Tony McKnight Imran Ali	Team Nos, 77, 78, 79, 80 William Richardson Andrew Rennie Colin Miller Peter Collier	Iain Fraser Joseph McNamee Brian Craig Ashley Shedden	David Millar James White Finlay Dowell James Stevenson
Gala Harriers Robin Murray Struan King Neil Renton Fergus Johnston	Team Nos, 54, 55, 56 Martin Clarke Ron Logan George Runciman Fergus Cochrane	Mark Bryson Euan Jardine John Borthwick Alistair Laurie	Graham Capper Graham Pogson Colin Christison Iain Arnott	JW Kilmarnock Graham Cairns Edward Tonner Keith Haining Roderick Pugh	Team Nos, 81, 82, 83 Eric Dickson James Tonner Iain Connell John Docherty	John Gebbie Jim Goldie Ian Drummond	David Mitchell Stewart McAllister Paul McArthur
Garscube H Iain Cullen Robert McLennan David Geddes John Weir Benny McLaughlin	Team Nos, 57, 58, 59, 60 Stephen Cullen Colin McKay Stuart Irvine Alexander Parker Ian Mennie	Lindsay Cunningham John Dryden Peter McGlynn Stephen Mulrine Charles Kilshaw	Euan Mackay Iain Dunn Alan McNeill Brian Lennox Stephen Laurie	Kilbarchan AAC Calum Morrison Robert Snodgrass Thomas Hearle Alexander Ross Michael McGinley James McMillan	Team Nos, 84, 85, 86 Paul Arcari Thomas Lawrence James Snodgrass Ian MacDougall Thomas Anderson	David McCormack Gordon Gallacher Robert Quinn Steven Hards Donald Petrie	John McMillan Kenny McKenzie Robert Fitzsimmons George Gibson David Mewse
Giffnock North Darren Malin Gerard McNamee David Rodgers George Taylor	Team Nos, 61, 62, 63, 64 John Walker Graeme Hoey Alan Stewart Rob Grant	Marc Roper Frank Cooper David Logan Martin Myant	James Galbraith David McNab Alan Wyllie Steven Campbell	Kirkintilloch Oly Edward McLoone Chris Stewart Gordon McLean Martin Macguire William McFadden	Team Nos, 87, 88, 89 John McLoone Craig MacWilliam Jim McLoone Colin MacLennan	Robert Rogerson Neil McCover Colin Burns Gerard McConnell	Stuart Kerr Ewan Jack David Gardiner Alistair McDonald
Greenock Glenpark Stephen McLoone Andrew Morrison Norman Hay Thomas Knight	Team Nos, 65, 66, 67, 68 David Butcher Douglas Campbell C Mackay Richard Hodelet	Daniel McLaughlin Robert Docherty C McCall Kenneth Scott	Ernest Currie Andrew MacLean Alan O'Rourke William Jukes	Lasswade AAC Dean Philip Ben Mitchell	Team Nos, 90 Daryl Philip Neil Rutherford	Paul Elliot	John Murray
Hunters Bog T Duncan Baker Colin Farquharson Craig Hunter Billy Minto Patrick O'Kane Ray Ward	Team Nos, 69, 70, 71, 72 John P. Beech Keith Gooch James Jarvis Philip Mowbray Jon Rathjen Ian Wellock	Steven Cairns Siggy Gould Ian Marshall Niall Munro Neil Thomas David Wright	Ian Campbell Alistair Hart Myles Marshall Ivor Normand Richard Wall	Lothian RC Graeme Ackland David Godfree Ian Leggett Andreas Merdes Murray Robertson Brian Turner	Team Nos, 91, 92, 93 Stephen Dempsey Kenton Jones Tim Lenton Ross Milne Ian Seggie	John Ewing Andy Kitchin Euan McIntosh Harry Mulholland Alan Shanley	Scott Fraser Robert Lee Colin Meek Christopher Northam David Simmons
Inverclyde AC John Bannister Ian Fisher Stuart Hodge Les McMahon Mark Pollard William Tipping Mitchell Guthrie	Team Nos, 73, 74, 75, 76 Steven Conaghan Gerard Gaffney Graeme Hyett Kenneth Morrison Chris Robison Tom Tracey Edward Watt	Stuart Dalglish Robert Gray George King Thomas Murray Robert Shaw John Weston Jason Kane	David Dunn Martin Hicks David McElhinney G Newman Cameron Spence Terry Wilkie David Gray	Metro Aberdeen Keith Farquhar Duncan Wood Alistair Murray Robert Taylor Martin Buchan Jackie Stewart	Team Nos, 94, 95 Peter Jennings Gary John Matheson John Lenehan Donald Whyte George Jamieson	Kevin Tulloch Mike Simpson Mark Masson Neil Jackson Colin Mackay	Gary Walker Craig Stewart Bruce Moroney Colin Youngson Simon Pride
				Motherwell & Dist Patrick Mullen Richard Hughes Brian McLinden	Team Nos, 96, 97 James Dobbie Lee Hughes	John Hughes David McManus	Nicholas Hughes Paul Harkins
				Penicuik Harriers Colin Graham Chris Browne	Team Nos, 98, 99 Kenneth Graham Sean Davidson	Kenneth Cairns Michael Browne	Robert Walker Michael Pearson

Perth Road Runners

Stephen Ferguson
Colin Glencorse
Neil Muir

Team Nos, 100, 101

Derek Phillips
Jim Scanlan
Robin Livingstone

Stuart Moran
Alex Van Der Meer
Adrian Jenkins

Jamie Gartside
David Knight
Derek McIntosh

Pitreavie AAC

John Newsom
Nigel Cunningham
Brian McKay
Peter Baxter
Glyn Gardiner

Team Nos, 102, 103, 104

Stephen Irwin
Barry Davie
Cameron Watson
Colin Mathieson Snr
David Arnott

Paul McCloskey
Archibald Duncan
Peter Coleman
Stuart Forrester
Paul Allan

Derek Simpson
Barry McCleery
Colin Simpson
David Candlish
Douglas Smith

Ron Hill Cambus

John Brown
Alexander Eaglesham
Iain Grant
Joseph Kealey
Gerry Reid
Charles Thomson
Neil Wilkinson
Ian Munro
John McPake
John Cowan
Jonathan McCallum

Team Nos, 105, 106, 107, 108, 109, 110

Frederick Connor
David Fairweather
Derek Houstoun
Kevin Kealey
Alexander Robertson
Andrew Wright
Stephen Wylie
James Doyle
Matthew Murphy
Duncan Cochrane
W. Ian Williamson

Graeme Croll
Ian Gordon
Francis Hurley
Peter Ogden
David Rodgers
Jamie Reid
Iain MacCorquodale
John MacKay
Jonathan Walker
Frank Barton
Colin Donnelly

David Dymond
Bernard Gough
Archie Jenkins
Iain Reid
John Simpson
Jasmair Pal
Alistair Campbell
Ross McCall
James Sands
Ross Arbuckle

Shettleston Harriers

David Alexander
Desmond Crowe
Martin Graham
Clyde Marwick
Graham Wight
Ian Lewis
John Cairney
Jim Norton
Karl Povey
Anthony McCall

Team Nos, 111, 112, 113, 114, 115

Adrian Callan
Lewis Duff
Andy Little
Dermot McGonigle
Jethro Lennox
Robert Soutar
Denis Williams
Kenneth McClean
Andrew McKenna

Peter Carton
John Duffy
Neil MacGregor
Andrew McIntyre
Adam Lee
Ryan Montgomery
Chris Cowan
Hugh Watson
Donald Macaulay

William Coyle
Stuart Gibson
John Mackay
Allan Sneddon
Ian Johnston
Brian Megarrity
Ben Rattray
Dave Cummins
Marc McColl

Springburn Harriers

Andrew Callan
Joseph Farrell
Alec McIndoe
Duncan Reid

Team Nos, 116

Joseph Chambers
John Henderson
Graeme O'Malley
Robert Young

James Cooper
Alan Hill
Thomas O'Reilly

Edward Dickson
Matthew Jackson
John Owens

Standard Life

Bruce Smith
Derek Small

Team Nos, 117

Neil Paton

Bruce Hall

David Gibson

Strathclyde Uni

Kevin Kealey

Team Nos, 118

Iain MacCorquodale

Adam Lee

Martin Fitchie

Teviotdale Harriers

David Cavers
Ged Smith

Team Nos 119

Darrell Hastie

Wayne McIntosh

Colin Welsh

Troon Tortoises AC

George McGregor

Team Nos, 120

Alistair Munn

Ian Beattie

Timothy Downie

Victoria Park AAC

Mark Ashby
Alastair Douglas
Kenneth McVey
Duncan Thomson
Kenneth Brown
James Harvie
Charles Murray
Roger Young

Team Nos, 121, 122, 123, 124

Stuart Barnett
Joseph Doyle
Gordon Moore
Derek Watson Snr.
Gerard Craig
Thomas McAra
Robert Newton
Kristian Forster

Philip Carter
Alan Hamilton
Andrew Nicoll
Derek Watson Jr.
Gary Dick
Alastair Mace
Peter Speirs

Robert Daly
Peter McGregor
Andrew Ross
Christopher Watson
Ian Goode
Kenneth Mitchell
Gordon Stewart

Wee County H

Dennis Mcara
Trevor Andrews
Alexander Dunn

Team Nos, 125, 126

Martin Quinn
Mike Thomson
Kevin Kelly

Sidney Pask
Gordon McNeil
Gordon McPherson

Derek Killin
Peter Dunn
Jonathan Woods

Westerlands CCC

Brian Bonnyman
Sandy McNeil
Anthony Ritchie
Archie Cameron

Team Nos, 127, 128

David Calder
Blair Millen
Ian Struthers

Charles Campbell
Graeme Orr
John Donnelly

Gibson Fleming
Daniel Reid
Marc McColl