

scottishathletics



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

Cumbernauld Park

CUMBERNAULD

Saturday 23rd October 2004



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.

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Menzies Campbell CBE QC MP
President	Alan Potts
Chairman :	Liz McColgan
Chief Executive	Geoff Wightman

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 C.Forbes
Clerk of Course	R Reid
Course Builders	R Reid, J Young, M Ferguson
Judges / Funnel Control / Change-Overs	I Clifton (Chief), W Laing,, A Law
Timekeepers	D McLaren (Chief), G Sword, S MacDougall, D Gilmore
Recorders (Places)	S Hardacre (Chief), I Hislop, I Baird, W MacDougall,
Recorders (Time)	M Wilmoth (Chief), M Daly, B Hislop
Starter	W A Robertson
Marksman	W Laing
Declarations	A Jackson, J Jackson, K Monaghan, D.McGinley
Results Service	A Jackson, P Jackson, P.Law
Announcer	R Gray
Press	B Goodwin, C Broadbent, W Melville
Course Stewards	R Reid, M Ferguson, K.Phillips Members of Cumbernauld AAC
Presentations	B Goodwin, C Forbes
Jury of Appeal	M Cook, R Thomas, I Clifton
Medical Officer	Dr B Walker
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence
Reception	M Cook, R Thomas, B Goodwin, G Sword
National Events Manager	A Rodgers
Co Convener	B Goodwin, J Young

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. Thanks must go to North Lanarkshire Council for their continued sponsorship of this event, it is greatly appreciated and I am delighted to announce will run for a further 3 years from 2005.

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.

This event is only a success because of the hard work and dedication off all the volunteers, stewards and officials who give their time to ensure the smooth running of the event.

Finally best of luck to 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 2004

Number of Finishing teams
Teams Entered in ()

Year	Young Females	Young Males	Women	Men	Venue
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) 27	(71) 41	(52) 29	(127) 86	CUMBERNAULD
2004	(54)	(72)	(53)	(128)	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.

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- City of Glasgow

Race Starts 1:00pm

Declarations Close 12:30pm

Aberdeen AAC - Colours: White with 2 red hoops

Team Nos 1,2,3

U13	Rachel Armitage	Lucy Buchan	Kerry Prise
U15	Paula Davies	Christie Noble	Laura Hepburn
U17	Hilary Armitage		

Ruth Stephen

Central AC - Colours: Yellow and Blue

Team Nos 4
Mairi Gillespie

U13	Lorna Cameron	Georgia Quinn	Rebecca Hay
	Kate Morris	Hilary Warkentin	
U15	Rachel Hunter		
U17	Lauren McNab		

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

Team Nos 5,6

U13	Samantha Blair	Broghan Hay	Jenny MacDougall
U15	Isobell Scott-Moncrieff		Lauren Stoddart
	Charlotte Cremer	Lorissa Forbes	
U17	Iona Cousland		

Mhairi Hunter

City of Glasgow - Colours: Royal Blue with Green Panel

Team Nos 7

U13	Hollie Young	Nicola Moultrie	
U15	Rebecca Finch		
U17	Helen Sweeney		

Corstorphine AAC - Colours: White with Black Trim

Team Nos 8,9

U13	Natalie Farquhar	Jill McCloy	Alison Reid
	Eilidh Nolan	Caitlin Wilson	
U15	Emma Ferry	Alana Henderson	Charlie Bryce
	Fern Fraser		
U17	Megan Smith	Sarah MacDonald	Rebecca O'Brien

Danielle Clyde

Jennifer Alexander

Dundee Hawkhill - Colours: Blue and White Quarters

Team Nos 10

U13	Rebecca Young	Claire Fox	Susan Salmond
U15	Eilish McColgan	Elizabeth MacLeish	
U17	Laura Brown	Carly Hall	

East Kilbride AAC - Colours: Gold with 2 Black hoops

Team Nos 11,12

U13	Ailis Clements	R Whitelaw	
U15	Beth Duff	Stephanie Wright	

Edinburgh Southern H - Colours: White /Blue /Red

Team Nos 13,14
Ellie Florence
Anna Seago

U13	Sarah Brown	Kerry Hall	Claire Florence
	Fiona Sinclair	Emily Dudgeon	Jennifer Lannon
	Emily Stewart		
U15	Amie Harkins	Tessa Birley	Anne Krol
	Lorna Miller	Claire Davidson	Alice Loudon
U17	Hayley Duncan	Katie McGregor	Roslyn Campbell
	Eleanor Long		Laura Dunn

Fife AC - Colours: White with Red Band Team Nos 15,16

<u>U13</u>	Kiri Stone	Fiona Bracegirdle	Sarah Kelly	
<u>U15</u>	Jennifer Kibble	Emma Todd	Jenny Tan	Aillie Scobie
	Natasha McIntosh			
<u>U17</u>	Caroline Legge	Amanda Woodrow		

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 17,18,19,20,21,22,23,24,25

<u>U13</u>	Catriona Lockie	Anna Hilley	Mhairi McCluskey	Joanna Thomson
	Lauren Mackin	Jaymee McConville	Blyth Murphy	Claire Murphy
	Emma Cochrane			
<u>U15</u>	Nicole McLeod	Laura Taylor	Rachel McDowall	Amy Bissland
	Lauren Hollinshead	Claire McCluskey	Caroline Adams	Alison Howie
	Celeste Breen			
<u>U17</u>	Sarah Phee	Frances McCluskey	Kerry McGee	Fiona McKay
	Jennifer Conway	Ruth Joss	Lucy Milligan	Laura Connelly
	Lauren Malin			

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u>	Holly Morrison	Nynke Mullholland	Rachael Bushfield	
<u>U15</u>	Sammi Coyle	Ainsley Black	Gillian McMillan	
<u>U17</u>	Susanna Spence			

Irvine AC - Colours: Red with Black Trim

<u>U13</u>	Sarah Munn			
<u>U15</u>	Nicole Bunyan			
<u>U17</u>	Lauren Collier			

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes Team Nos 30,31,32,33,34

<u>U13</u>	Shelby Hollas	Sarah McNish	Louise Martin	Mia Tait
	Stephanie Miller	Sally Pugh		
<u>U15</u>	Colleen Tait	Amy Milliken	Lauren Campbell	Yvonne Richmond
<u>U17</u>	Kara Tait	Kirsty McCulloch	Heather Hall	

Kilbarchan AAC - Colours: Gold with Black Hoop Team Nos 35,36,37,38,39,40,41,42

<u>U13</u>	Kirsty Wilson	Jordan MacKenzie	Rachel Ferguson	Jade McCafferty
	Kirsty Porteous	Judith McNicol	Nile McMillan	Hannah Boyd
	Samantha Kelly	Vanessa Young	Clarisse Park	Cara Drummond
<u>U15</u>	Natalie Sharp	Jillian Allan	Anna Campbell	Hazel Blair
	Holly Belch	Michelle Bell	Eilidh Menzies	Laura Kennedy
	Lauren Young	Victoria Phillips	Louise MacDonald	Claire McMillan
	Jessica Martin			
<u>U17</u>	Kirsty Reid	Claire McNicol	Nicole Treacy	Linzi Milton
	Samantha Scrimgeour	Louise Baxter	Elspeth Curran	Stephanie Barras
	Allyson Alcroft			

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

<u>U13</u>	Rebecca MacLennan	Lauren McIntyre	Amy Brogan	
	Victoria Conner	Diane Carmichael	Rachel Campbell	Jennifer Hannah
	Sasha MacNab	Ashley Lamond		Diane Ramsay
<u>U15</u>	Julie Connelly	Sarah MacLennan	Laura McKie	Helen Boot
<u>U17</u>	Fiona Berry	Karen McEwen	Laura Hannah	

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

<u>U13</u>	Caitlin Froude	Erin Froude	Kathryn Peacock	
	Rebekah Tod			Laura Baxter
<u>U15</u>	Alexandra Benham	Emma Gordon	Ashley Alexander	Karla Cook
<u>U17</u>	Ashleigh Kennedy	Jenny Sheal		

Lothian RC - Colours: Blue with Black letters

<u>U13</u>	Alison MacDonald	Lana Turnbull	Eilsa Pollock	Team Nos 48,49
<u>U15</u>	Emma Cottom	Kathleen Dempsey	Tabitha Ewing	Mhairi Inglis
	Sarah Inglis			
<u>U17</u>	Laura Bann	Sarah Harkin	Jemma Toner	

Nithsdale AC - Colours: Jade Green/Black/White

<u>U13</u>	Corinne Smith			Team Nos 50
<u>U15</u>	Nicola Hood			
<u>U17</u>	Victoria Currie			

Pitreavie AAC - Colours: Navy/Yellow/White

<u>U13</u>	Natalie Fox	Melissa Hynd	Danielle Hynd	Team Nos 51,52
<u>U15</u>	Rebecca Burns	Sarah Ross	Stacey Louch	Stephanie Docherty
	Rachel Pack			
<u>U17</u>	Siobhan Coleman	Ashleigh Murray	Kim Paterson	Samantha Lindin

Ron Hill Cambus - Colours: Red with White Band

<u>U13</u>	Amanda Gebbie	R Wells	Laura Jackson	Team Nos 53,54
	C Wallace			Jenny Drummond
<u>U15</u>	Erin Campbell	Danielle Melville	Caitlin Hendry	Chloe Davidson

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders - Central AC

Race Starts 1:35pm Declarations Close 1:05pm

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u>	Finlay Park	Scott Wilson	Cameron Gourlay	Team Nos 129,130
	Sam Lyon	Daniel Osugo		Richard Murdoch
<u>U15</u>	James Joy	Thomas Joy	Ruari Neil	Craig Mackenzie
	Jamie Thomson			
<u>U17</u>	Steven Rusling	Mark Haskett	Richard Crighton	Alex Thoires
	Myles Edwards			

Calderglen H - Colours: Amber and Black Vertical Stripes

<u>U13</u>	Adam Gatens	Grant Ferguson		Team Nos 131,132
<u>U15</u>	Jamie Ferguson	Graeme Robertson	Ben Ferguson	Kenny Corbett
<u>U17</u>	William Robertson	Euan Robb		

Central AC - Colours: Yellow and Blue

<u>U13</u>	Anthony Gillespie	David Hutchison	Alan Bennie	Team Nos 133,134,135
	Christopher Clarke			Martyn Paterson
<u>U15</u>	Matthew Gillespie	Sean Reilly	Darren Walker	
<u>U17</u>	Michael Gillespie	Graham Harvey	Craig Lawson	

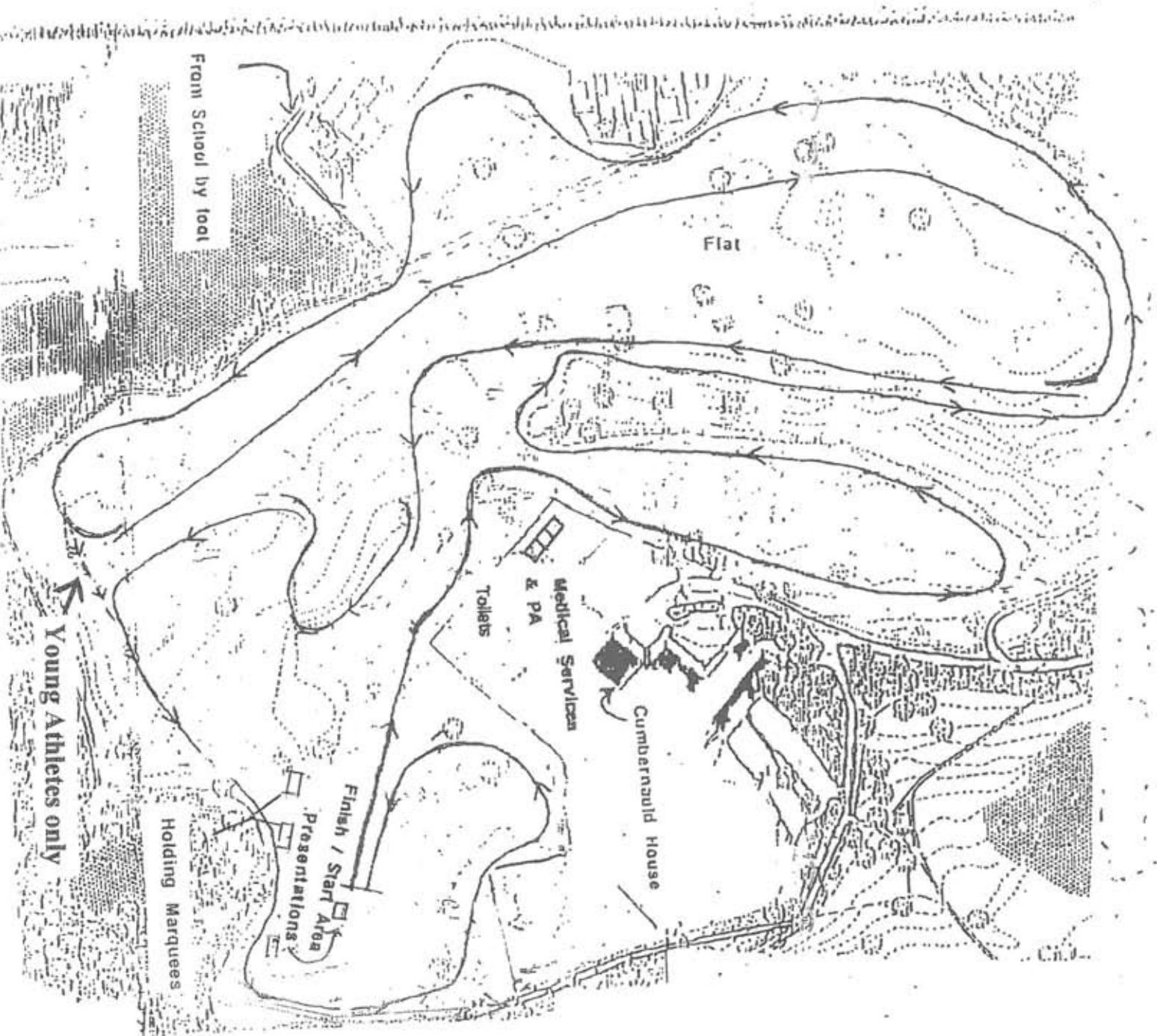
City of Edinburgh - Colours: White with one Blue, one Black Hoop Team Nos 136,137,138,139

<u>U13</u>	Jonathan Wolf	Fraser Mann	Stuart McKemmie	David Rowan
	Tom Ryan	Martin McInnes		
<u>U15</u>	Chris O'Hare	Shaun Devenney	Michael Donegan	Adam Mackenzie
	Jamie Smith	Charles Brown	Simon McBlain	Marcus Thomson
<u>U17</u>	Kris Gauson	Craig McInnes	Darren Steel	Richard McGuire
	Adam Nicol	Ryan Gibson	Blair Milne	

Corstorphine AAC - Colours: White with Black Trim			
<u>U13</u>	Craig Nicholson Alastair Price	Andrew Christie Fraser Scott	Team Nos 140,141,142 Thomas Bryce Hamish Hepburn
<u>U15</u>	Niall Waddell	Marc Smith	Craig Knowles
<u>U17</u>	Neal Robb Callum Fletcher	Calum McKenzie	Douglas Selman
Dundee Hawkhill - Colours: Blue and White Quarters			
<u>U13</u>	James Smith	David Smith	Team Nos 143 Ross Gourley
<u>U15</u>	Craig Angus		
<u>U17</u>	Kevin Murray		
East Kilbride AAC - Colours: Gold with 2 Black hoops			
<u>U13</u>	Stephen Paris(jnr)	Andrew Wardrop	Team Nos 144,145
<u>U15</u>	Jamie Clements	Niall Walker	
Falkirk Victoria H - Colours: Black with Gold Band			
<u>U13</u>	Euan Martin Matthew Johnston Ray Matheson	Graeme MacGregor Stephen Lee Johnathan Dewar	Team Nos 146,147,148 Andrew Spears Ellis Main
<u>U15</u>	Alan Love Daniel Kirkbright	Jonathan Campbell Thomas Downs	Grant Plenderleith Aaron Ritchie
<u>U17</u>	Christopher Douglas	Dean Crawford	Gary Smith
Fife AC - Colours: White with Red Band			
<u>U13</u>	Kevin Harley	Matthew Innes	Team Nos 149,150
<u>U15</u>	Andrew Evans Ryan Ritchie	Neil Gray	Frankie Scott Connor Hill
<u>U17</u>	Elliot Simpson	Philip Salter	Thomas Salter
George Heriots - Colours: White with Blue Band			
<u>U13</u>	Roger Poolman Gordon Revolta	Grant McEwan Freddy Rayner	Team Nos 151,152,153,154,155,156 Rory Scothorne
<u>U15</u>	Jonathon Neville Graham Dickson	James Mildred Lewis Just	Benjamin Mildred Ben McCullough-Young
<u>U17</u>	Luke Yates Kevin Wilson	Hugh Brechin Nicholas Gunn	Rory Downie Iain Batho
Giffnock North - Colours: Amber with Royal Blue Hoop			
<u>U13</u>	Paul Bainbridge Mathew Ritchie	Gordon Belch Greg Turner	Team Nos 157,158,159,160, 161,162 Miles Hollinshead
<u>U15</u>	Craig McCallum Ian Whiteford	David Walker Stuart Whiteford	Ross McLeaie Ian MacDonald
<u>U17</u>	James Baird Chris Zhou	Douglas Bale Jonathon Clark	Douglas Rathay Kieran McCluskey
Inverclyde AC - Colours: Black & White Stripes			
<u>U13</u>	Paul Currie	Andrew Daisley	Team Nos 163,164,165 Mathew Henry Scott Smith
<u>U15</u>	Andrew Ross	Jonathan Bannister	
<u>U17</u>	Craig Ruddy	Sean Gaffney	
Irvine AC - Colours: Red with Black Trim			
<u>U13</u>	Sam Ballantyne	Gary Daye	Team Nos 166,167
<u>U15</u>	Daniel Swanson	Ryan McDonald	
<u>U17</u>	Stephen Daye	William Morgan	
JW Kilmarnock - Colours: Royal Blue with 2 White Stripes			
<u>U13</u>	Gregor Devoy Craig Robertson	Mark Gilmour	Team Nos 168,169,170,171 Lewis Cornforth David Meikle

<u>U15</u>	Matthew Daly Jamie Hannah	Alasdair Forsythe David Clark	Ewan Martin	Jamie Martin
<u>U17</u>	Ryan Kennedy			
Kilbarchan AAC - Colours: Gold with Black Hoop				
<u>U13</u>	Scott MacAulay Connor Stevenson Andrew McLaughlin	Tom Cahn Connor Henderson Lewis Ferguson	Team Nos 172,173,174,175,176,177,178,179,180 Callum Hawkins Callum Blair John Pearson	Andrew McAlpine Jamie Milton
<u>U15</u>	Scott Hawkins Stuart King Martin Walsh	Stephen McGoldrick Andrew Black Andrew Lamont	Craig MacDonald Mark McGovern Martin Wright	Paul Leck Gary Downie
<u>U17</u>	Conor McNulty Fraser Williams Jorgi Chacon-Clark	Derek Hawkins Martin Lipton Graham Wallace	Nicholas Moore Andrew Jack Joe Scott	Andrew G Gibson Kyle Toole Stuart Brown
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops				
<u>U13</u>	Cameron Dallas Thomas Davidson	Craig McIntyre Christopher Skinner	Mitchell MacGuire	Team Nos 181,182,183 Cameron Henderson
<u>U15</u>	Michael Brogan Alan Ramsay	Kevin Cornes Christopher Rice	Matthew Graham John Ruddy	Neill Hamilton
<u>U17</u>	Gavin Clark	Adam Janeczko	Craig Hay	
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band				
<u>U13</u>	Mark Perfect Neil Lovett	Greg Loudon Graeme Anderson	James Goodfellow Adam Osbourne Jordan Thomson	Team Nos 184,185,186 Zander Lyon Jordan Niven Martin Brash
<u>U15</u>	Scott Anderson Mark Baxter	Gary Hamilton Martyn Anderson		
<u>U17</u>	Ross Finlayson	Paul Benham	Andrew Jack	
Lothian RC - Colours: Blue with Black letters				
<u>U13</u>	Zack Jones	Grant MacDonald		Team Nos 187,188
<u>U15</u>	Alastair Ewing	Robert Inglis	Colin MacDonald	
<u>U17</u>	Philip Kingscott	Sean Summers	Darren Thomson	
Nithsdale AC - Colours: Jade Green/Black/White				
<u>U13</u>	Benjamin Hood			Team Nos 189
<u>U15</u>	Philip Middlemiss			
<u>U17</u>	Michael McKay			
Pitreavie AAC - Colours: Navy/Yellow/White				
<u>U13</u>	Craig Robinson	Anthony Young	Alistair Deacon	Team Nos 190,191,192 Michael Linden
<u>U15</u>	Douglas Newsom	Tom Fleming	Darren Lowe	Paul McNellis
<u>U17</u>	Michael Burns	Dale Carver	Stuart Chisholm	Sean McQueen
Ron Hill Cambus - Colours: Red with White Band				
<u>U13</u>	K Murphy C Thomson	K Price Stuart McDonald	Team Nos 193,194,195,196 K Brown K Alexander Steven Taggart	S Orr C Nelson C Brown David Thomson
<u>U15</u>	Raymond Black Scott Carr	Paul McGarry Andrew Robertson		
<u>U17</u>	Ryan Dickson Ian Lafferty	C Brown Ewan McLeod	C Carr	Ross McLean
Shettleston Harriers - Colours: Blue with Yellow Band				
<u>U13</u>	Gary McBride Davide White	Martin Barnett Adam Drummond	Team Nos 197,198,199,200 Andrew Duffy Mark Fitzpatrick Liam McLaughlin	Andrew Clunes Kristofer McMeekin
<u>U15</u>	Ruairidh Munro Ryan McConway	Christopher McGarrity Sean Watson		
<u>U17</u>	Craig Stevenson Liam McGarrity	Mark McKelvie Ben Mathieson	Gary Haining Mark McKenny	Paul Grant Iain MacDonald

RACE	START	LAPS/DISTANCES
Young Females	1.00pm	3 x 2,500 metres
Young Males	1.35pm	3 x 2,500 metres
Sen/Jun Females	2.10pm	3 x 4,000 metres
Sen/Jun Males	3.00pm	4 x 4,000 metres



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

Sonia Armitage Charlotte Forbes Nicola Gauld

Team Nos 52

Bellahouston RR - Colours: Purple with White Band

Deborah Ferns Aileen Reilly Joanne Berry
Claire Wharton Alison Kerr

Team Nos 53,54
Helen Stuart

Carnethy HRC - Colours: Yellow with Red letters

Kate Jenkins Lyn Wilson Tracey Brindley
Jill Tait/Mykura

Team Nos 55
Hilary Spenceley

Central AC - Colours: Yellow and Blue

Morag MacLarty Fiona Thompson Claire Waterhouse
Hazel Dean Emma Waterhouse Toni McIntosh
Mary Kerr Jane McCrorie Karen Montador

Team Nos 56,57
Ainsley Normand
Jane Waterhouse

City of Edinburgh - Colours: White with one Blue, one Black Hoop Team Nos 58,59,60,61,62

Catherine Ferry Alison MacDonald Jennifer MacLean Lianne Harrison
Eilidh Wardlaw Ruth Chamberlain Gillian Cairns Caroline Toshack
Debra Murray Claire Ward Natalie Christie Joanne Whitehead
Janet Laing Marietta Vander Linden Kirsten MacDonald

City of Glasgow - Colours: Royal Blue with Green Panel

Susan Finch Claire McCracken Jacqueline Thomson
Kirsteen Young Laura Thomson Judith Work
Lindsay MacNeill Stephanie Reynolds Kirsty Baird

Team Nos 63,64,65
Sarah Kettlewell
Jill Knowles

Corstorphine AAC - Colours: White with Black Trim Team Nos 66

Susan Aitken Gillian Cockerell Linda McGinley

Susan Waddell

Dumbarton AAC - Colours: Black with Red Band

Patricia Anderson Elaine Boyle Yvonne Boyle

Edinburgh Southern H - Colours: White /Blue /Red

Emily Finnie Marbeth Shiell Violet Blair
Karen Dobbie Freya Murray Susan Ridley

Team Nos 68,69
Hayley Owens
Rona MacNiven

EZ Carnegie - Colours: Orange & Green

Fabienne Thompson Tracey Stamp Judith Turner
Roselyn Alexander Gail Murdoch Vivien Hutchison
Pauline Walker Lynne Kuz Fiona Rennie
Carol Lisle Catharine Idle Nicola May

Team Nos 70,71
Sarah Legge
Lesley Thurogood
Valerie MacAulay

Falkirk Victoria H - Colours: Black with Gold Band

Caroline Lawless Fiona Matheson Lynne Murray

Team Nos 72
Aisla Brown

Fife AC - Colours: White with Red Band

Sandra Aitken Meike Bateman
Louise Burt Elaine Carstairs
Catriona Duncan Addy Gerrard
Fiona Lothian Kim MacGregor
Johanna Paananen Irene Pennycook
Lorna Sibbett Catharine Sinclair

Team Nos 73,74,75,76,77

Lisa Binnie
R.Elizabeth Cornwell
Rhona Graham
Eliza McLachlan
Louise Provan
Rosie Stenhouse

Lorraine Brown
Sarah Cullen
Nessie Kirkbride
Margaret McLaren
Jocelyn Scott
Ann McConnell

Gala Harriers - Colours: White with Green Band

Angela Foss Eileen Nicol
Leanne Haining Nicola J. Meikle

Katy Anderson
Karen Renton

Team Nos 78,79
F Dalgleish
Suzanne Carson

Garscube H - Colours: White with Blue Band

Judith Austin Gillian Davidson Margaret Douglas
Roisin Lynch Carol Martin Anita Neilson
Jill O'Neil Karen Stevenson Alison Winship
Lesley Chapman Diane Clark Janet McColl

Team Nos 80,81
Carole Gilmour
Maureen O'Hara
Moira Young

Giffnock North - Colours: Amber with Royal Blue Hoop

Maureen McVey Sara Stevenson Shona Hughes
Patricia Macleod Jill Smylie Nicola Williams
Myfanwy Taylor

Team Nos 82,83
Mary McCutcheon
Sandra Irvine

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

Anne Hay Suzanne Hay Alison King

Team Nos 84

Hunters Bog T - Colours: Brown

Christine Buckley Fiona Cruden Suzanne Ebel
Michelle Jeffrey Alexandra Kilgour Isobel Knox
Deborah McDonald Sandra Rathjen Alexandria Richmond
Jane Rosbottom Megan Smith Claire Thomas
Aileen Wood

Team Nos 85,86,87
Claire Gordon
Jessica Legaz-Clua
Anne Rosbottom
Niamh Troy

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes

Janet Murray Morag Cairns Lesley Phillips
Susan Fleming Allison Higgins Lindsay McMahon
Rosemary McMillan Helen Chittenden

Team Nos 88,89
Jan Mcleod
Emma Mackie

Kilbarchan AAC - Colours: Gold with Black Hoop

Claire Gibson Jill Shannon Dennise Smith
Kerry Lang Eileen Masson Kathleen Bryce
Katherine Wilkie Fiona McIntyre Claire MacAulay
Kate O'Brien Sandra Moore Margaret Moore
Janice Moore

Team Nos 90,91,92
Karen Yule
Cara Sloss
Susan McGrenaghan
Hannah Waugh

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

Aida Stewart Louise Craig Lindsay Stirling

Team Nos 93
Shirley MacNab

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

Wilma Kerr Lorna Rice Nicola Murray

Team Nos 94
Hilary Smith

Lothian RC - Colours: Blue with Black letters

Valerie Dempsey Lorna Eades Marsie Ewing
Lucy Galloway Isabella Gardiner Gillian Godfree
Saran Jones Kate Kitchin Teresa Mcmenemy
Helen Murray Joyce Salvona Laura Sarkis
Margaret Turnbull Margo Welsh

Team Nos 95,96,97
Evelyn Freney
Mary Inglis
Christine Milne
Julie Toner

Perth Road Runners - Colours: Green and White

Andrea Cameron	Susan Lennon	Erni Hamilton
Joan Wilson		

Pitreavie AAC - Colours: Navy/Yellow/White

Elaine Renouf	Eilidh Child	Alison Whyte
Carol MacFarlane	Trudi Thomson	Julie McCulloch

Shettleston H Ladies - Colours: Blue with Yellow Band

Elaine McBrinn	Celia Thompson	Anne-Marie Hughes
Frances Florence	Louise Collins	

Springburn Harriers - Colours: Navy Blue with White Diamond

Carole McInnes	Lesley Chisholm	Barbara Knox
Jennifer Emsley		

Team Nos 98

Sheila Bauchop

Team Nos 99,100

Sarah Croucher
Lauren Candlish

Team Nos 101,102

Michelle Sandison

Team Nos 103

Justine Carter

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Ron Hill Cambuslang H

Race Starts 3:00pm

Declarations Close 2:30pm

Aberdeen AAC - Colours: White with 2 red hoops

Benjamin Hukins	Malcolm Beattie	Michael Paddon
Richard Wainford	Mel Edwards	Frank Smith
Alexander Peddie	Mark Kennedy	Adam Watt
Frank Boyne	Calum Davidson	Darren Shinnie
Alan Wales	William Scullion	Thomas Litterick

Team Nos 1,2,3

Keith Charlton
Stephen Cassells
David Armitage
David Duguid
Robert Thornhill

Ayr Seaforth - Colours: White with Red Diagonal Cross

Alex Allardyce	Francis Napier	Robert Napier
Laurence Baker	Peter Laing	Kenny Neill
Tom McCulloch	Alastair Stewart	Adam Mackie

Team Nos 4,5

Colin Souter
Kevan Fulton
Iain Baird

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Campbell Joss	Graeme Gemmell	Greg Hastie
Anthony Quinn	Jeremy Garnett	Colin Scott
Stephen Stone	Iain Burke	

Team Nos 6,7

John McFadyan
Raymond Hughes

Bellahouston RR - Colours: Purple with White Band

Grant Kennedy	Ken Macmahon	Nick Kelly
Kenneth Richmond	Tony Keddie	Matthew Williamson
Alex McIndoe	Stewart Robertson	

Team Nos 8,9

William Tallan
Bryan Burnett

Calderglen H - Colours: Amber and Black Vertical Stripes

Stuart Waugh	Charles Steven	George Stewart
Alan Derrick	Andrew Henderson	Stuart Gibson
George Haining	Colin Macdonald	Jamie McMonagle
Edward Reid	Colin Banks	Colin Jarvie
Kenneth Davidson	Martin Duthie	Scott Hill
Roderick Shanks		

Team Nos 10,11,12,13

David Watt
Jim Holmes
Martin MacDonald
Brian Carrigan
Blair Matthew

Central AC - Colours: Yellow and Blue

Robert Russell	Alastair Hay
James McDonald	Lewis Millar
John Millar	Michael Wright
Derek Easton	David Hay
Craig Walker	Cameron Campbell
Philip Williams	John Burke
William Gault	Murray MacLarty

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

Ross Houston	Alasdair Anthony
David Armour	Alex Milne
Steve Laing	Robert Hutchison
Roger Greenaway	Robert Stott
Douglas Flynn	Ian Beattie
James Drummond	Alan Gall

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

Kevin Anderson	John Blair	Graham Beal	Matthew Bell
Colin Cable	Shaun Desport	Ian Duff	T Darlow
Keith Dunlop	Andy Fife	Martin Ferguson	Jonathan Ferry
Darren Gauson	Andrew Gibson	Jim Golder	Andrew Griffiths
James Guest	Rob Hooton	Brian Howie	Colin Hutt
Mark Johnston	Andrew Laird	Andrew Laycock	Keith Lyle
Juan Mareque	Robert Mair	Stephen Maniam	Ronald Nolan
Robert Riddell	Garry Robertson	A Rousse	Hugo Shannon
Scott Thomson	John Steel	Eric Stevenson	Adam Ward
S Wilkinson	Jonathan Whitehead	S Wales	Scott Innes
Martin Sneddon	Gordon Steel	Rhuaridh White	

Clydesdale Harriers - Colours: White with Black "C" Team Nos 26,27,28

Allan Adams	Lee Cassidy	Mark Rudzinski	Graeme Reid
Ian Murphy	Michael Diver	James Austin	John Hanratty
John McArthur	Brian Gallagher	Derek Halpin	Robert Young
Pete Cartwright	Brian Campbell	Cliff Brown	James Shields
Laurence Pearson	Iain Robertson	John Foley	Ronald Hurt
Peter Rudzinski			

Corstorphine AAC - Colours: White with Black Trim

Moray Anderson	Kris Berry	Scott Bisset
Stuart Bowman	Billy Braidwood	Martin Caldwell
Stuart Clarke	Graeme Fletcher	David Henderson
Martin Hulme	David Law	Brian Nicholson
Paul O'Brien	Scott Pilkington	Craig Smith
Brent Viven	Paul Walker	Mark Walsh

Team Nos 29,30,31,32

Steven Blair
Bryan Clark
Keith Hood
Chris O'Brien
Ewan Stark
Grant Wilkie

Dumbarton AAC - Colours: Black with Red Band

Peter Walsh	Steven Somerville	Gordon Hanley
David Marsland	Brian Marsland	Brian Clarke

Team Nos 33,34

Frank Yeoman
B Stewart

Dundee Hawkhill - Colours: Blue and White Quarters

Matthew Strachan	David MacDonald	Joe Symonds
Neil Gunstone	Gordon Barrie	John Castle
Stephen Mason	Craig Ross	John Hepburn
Brian Cook	Stephen Borland	Peter McColgan
Eddie Holmes	David Hanlon	Michael Carroll

Team Nos 35,36,37,38

David Adams
Allan Wilson
Charles Haskett Pete Fox
Ian Campbell

East Kilbride AAC - Colours: Gold with 2 Black hoops

Grant Baillie	Graeme Caskie	Gordon Colvin
Graeme Haddow	Derek Leitch	Edgar Ramage

Team Nos 39,40

David J. Condra
Mark Smith

Edinburgh Uni - Colours: Green with White side Panel

James Williamson	David Fulton	Daryl Philip
Richard Turner	Jonathan Henderson	Huw Jones
James McMullan		

Team Nos 41,42

Chris Satow
Ben Cole

EZ Carnegie - Colours: Orange & Green

Lewis Lawson	Ian Stewart
Robert Milton	Mike Harvey
Ian Johnston	Stephen Greer
Peter Simpson	Iain Taylor
Alexander Nicol	James Lang
Allan MacAulay	

Falkirk Victoria H - Colours: Black with Gold Band

Duncan McGougan	Andrew Ronald
Kerr Johnstone	Michael McQuaid
John Stevenson	Paul McKerracher
David Murray	Eric Donaldson

Ferranti AAC - Colours: Yellow with Black letters

Paul Caban	Alex Bell
Jim Leach	Matt Bankhead
Stephen Reid	Robert Miller
Ross Bankhead	Ross Anderson

Fife AC - Colours: White with Red Band

Robert Allison	David Anderson
Graham Bennison	Graham Breslin
Chris Clark	Sandy Cruickshank
Nigel Fowler	David Francis
Jim Haig	Mark Harley
Stuart Knowles	Michael Kuzyszyn
Andrew Liston	John Macfarlane
Hugh D. McKay	Roy McLachlan
Murray McNaught	Alan Meiklejohn
Michael Mitchell	Terry Mitchell
Ian Overton	Gary Pirie
Alastair Robertson	Douglas Robertson
Mel Scobie	Tom Scott
William Spates	James Taylor
Chris Thorne	Ben Wiffen
Andrew Barker	Gary Barker
Owen Greene	Adrian Davis

Gala Harriers - Colours: White with Green Band

John Paterson	Euan Jardine
Robin Murray	Ron Logan
Malcolm Gowans	Fergus Johnston
Graham Capper	Struan King
Neil Renton	George Runciman

Garscube H - Colours: White with Blue Band

David Atkin	Iain Cullen
Iain Dunn	David Geddes
Ian Mennie	John Murray
Peter McGlynn	Colin McKay
Robert McLennan	Alexander Parker
John Weir	

Andrew Hunter
Dennis Howett
Phil Smithard
Douglas McGarry
Colin Reid

Michael Ross
Neil Robertson
William Higgins

Trevor Ridley
Walter Fairnie
Ian Duguid
Edward McDonald

Team Nos 51,52,53,54,55,56,57,58,59,60,61,62,63

Laurence Anderson	Graham Bee
John Buchan	Andrew Cassidy
John Cunningham	Chris Foley
John Gilfillan	Douglas Gunstone
Ron Hilditch	John Keenlyside
Martin Laing	William Law
Malcolm MacFie	Alexander McGuire
Frank McLaren	John MacPherson
Ron Mill	Alan Milligan
John Murdoch	David Owens
Brian Peachey	Ian Poolman
Thomas Ross	Christopher Russell
Richard Shaw	Bill Smith
John Thomson	Gordon Thomson
Ross Wright	Neil Young
Alastair Bagnall	Stephen Moffatt

Team Nos 64,65,66

John Borthwick
Alistair Laurie
Derek Fraser
Tony Lunn
Mike Young

Team Nos 67,68,69,70

Stephen Cullen
Charles Kilshaw
Adam McAneny
Euan Mackay
James Taylor

Team Nos 43,44,45

Steven Ogg
Peter Morrison
Garry Taylor
John Milton
Kevin Clark

Team Nos 46,47,48

Alasdair H. Stewart
Alexander Davidson
John Martin

Team Nos 49,50

Keith Weston
John Gavin
Mike Connor

George Heriots - Colours: White with Blue Band

James McLay	Peter MacRae	Philip Purves
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Giffnock North - Colours: Amber with Royal Blue Hoop

Alan Stewart	Derek Breen	Martin Myant
Billy Clark	Norman Galbraith	David Phee

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

Norman Hay	Daniel McLaughlin	Richard Hodelet
Andrew MacLean	Stephen McLoone	James Bradley
Douglas Campbell	James Cuffe	Steven Deane
Robert Dolan	Thomas Knight	Christopher MacKay
Christopher McCall	Andrew McCall	George Mitchell
Robert Wilson	Kenneth Scott	John Kerr

Haddington ELP - Colours: Red and White Halves

Paddy McDonald	Sandy Wallace	Patrice Jumelle
Brian Carr	James Baird	George Armstrong

Hunters Bog T - Colours: Brown

Simon Axon	John P. Beech	Gary Brown
Steven Cairns	Ian Campbell	Colin Farquharson
Norman Gould	John Hampshire	Alistair Hart
Craig Hunter	James Jarvis	Pablo Legaz-Clug
John McKay	Billy Minto	Geoffrey Mitchell
Niall Munro	Donald Naylor	Patrick O'Kane
Mark Roberts	Geoff Simpson	Neil Thomas
Richard Wall	Ray Ward	Ian Wellock

Inverclyde AC - Colours: Black & White Stripes

Mark Pollard	Gerard Gaffney	Team Nos 82,83,84,85,86
Cameron Spence	Robert Gray	Stuart Hodge
Robert Shaw	Tom Tracey	Graeme Hyett
Thomas Murray	Steven Conaghan	David McElhinney
Les McMahon	David Dunn	William Tipping
Edward Watt		Gordon Davidson

Irvine AC - Colours: Red with Black Trim

Lee Richardson	William Richardson	David Millar
Brian Craig	Colin Miller	Andrew Rennie
James White	Ian Hamilton	Finlay Dowell

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes

Edward Tonner	James Tonner	John Docherty
David Mitchell	Alasdair Murray	Jim Goldie
Keith Haining	Scott Martin	Steven Mcneill

Kilbarchan AAC - Colours: Gold with Black Hoop

James Snodgrass	Robert Quinn	Thomas Hearle
Chris Devenney	Craig McCaffery	Calum Morrison
John McMillan	David Boal	Robert Fitzsimmons
Michael McGinley	Thomas Anderson	Donald Petrie
Steven Hards	Richard McLaughlin	Michael Finlay
David McCormack	William McGuire	Gordon Gallacher
Alan Fleming	John Macinnes	James McMillan
John Macinnes	James McMillan	

Team Nos 71

David Armstrong

Team Nos 72,73

Gerard McNamee
Angus MacCormick

Team Nos 74,75,76,77

Alan O'Rourke	Neil Orr
David Butcher	
Robert Docherty	
Duncan MacNeill	
Iain Rankin	
Jason McCall	

Team Nos 78

Steven Docherty

Team Nos 79,80,81

Duncan Baker
Andrew Gillespie
John Heap
Ian Marshall
Philip Mowbray
Jon Rathjen
Robin Thomas
David Wright

Team Nos 82,83,84,85,86

Mitchell Guthrie
John Bannister
Chris Robison
Kenneth Morrison
Samuel Way

Team Nos 87,88,89

George Irving
Tony McKnight
Joseph McNamee

Team Nos 90,91

Graham Cairns
Sean Welsh
Eric Dickson

Team Nos 92,93,94,95

Ross Toole
Paul Arcari
Alexander Ross
David Mewse
Thomas Lawrence
John McLaughlin
Gordon Tenney

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

Colin Burns	Ewan Jack	Stuart Kerr
John McLoone	Robert Rogerson	Jim McLoone
Martin Hamilton	Colin MacLennan	Martin MacGuire
Craig MacWilliam	Gordon McLean	Peter Chung
David Hodson	Colin Lynn	Gerard McConnell

Team Nos 96,97,98

Chris Stewart
David Gardiner
Neil McCover
Christopher Craig
William McFadden

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

Daryl Philip	John Murray	Paul Elliot
Derek Robertson	Colin Wilson	William Rose
Dean Philip	Colin Swan	

Team Nos 99

Ben Mitchell
Alan Cummings

Lothian RC - Colours: Blue with Black letters

Scott Fraser	Fraser Kingscott	Graeme Ackland
James Alexander	Stephen Cottom	Stephen Dempsey
David Eades	Robin Galloway	Pierre Garnaud
David Godfree	Kenton Jones	Andy Kitchin
Tim Lenton	Alan McIntosh	Euan McIntosh
Hugh Miller	Richard Moir	Harry Mulholland
Donald Shaw	David Simmons	Brian Turner
Colin Meek		

Team Nos 100,101,102,103

Alexander Agnew
Richard Docherty
Chris Godfree
Steven Lawrie
Andreas Merdes
Jim Salvage
Ross Milne

Metro Aberdeen - Colours: Black/Yellow Quarters

Keith Farquhar	Darren Kinsella	Peter Jennings
Duncan Beales	Kevin Tulloch	Craig Stewart
Donald Whyte	Nicholas Milovsorov	George Jamieson
James Cook	David Nugent	Forbes Reid
Sam Andrew	Bruce Moroney	

Team Nos 104,105

Alistair Murray
Gary Walker
Duncan Wood
Stuart Henderson

Motherwell AC - Colours: Red with White edging

John Hughes	Richard Hughes	Nicholas Hughes
Lee Hughes	Kenneth Muir	Brian McLinden
Gordon Murray	James Tracey	Benjamin Hands

Team Nos 106,107,108

Paul Harkins
Graham Hawkins
Ben Smith

Penicuik Harriers - Colours: Purple with White Panels

Eric Riddle	Peter Freeman	Mike Creamer
Kenneth Cairns	Kenneth Graham	Michael Browne
Ritchie McCrae	Michael Pearson	Colin Graham

Team Nos 109

Graeme Nicholson
John Forrest

Perth Road Runners - Colours: Green and White

Stephen Ferguson	Jamie Gartside	Derek Phillips
David Knight	Neil Muir	David Norrie
Martin Ryan	Jim Scanlan	Angus Hunter
Sandy MacFarlane	Adrian Jenkins	

Team Nos 110,111

Stuart Moran
Robin Livingstone
David Nicoll

Pitreavie AAC - Colours: Navy/Yellow/White

John Newsom	Derek Simpson	Paul McCloskey
Nigel Cunningham	Paul Allan	Peter Coleman
Archibald Duncan	Stuart Forrester	Barry McCleery
Colin Simpson	Cameron Watson	

Team Nos 112,113

Stephen Irwin
Barry Davie
Colin Mathieson Snr

Ron Hill Cambus - Colours: Red with White Band

David Ward	Stephen Dunn
Matthew Murphy	Andrew Carachi
John Cowan	Graeme Croll
Graham Ferguson	Bernard Gough
Robert Gilroy	Francis Hurley
Iain MacCorquodale	David Marshall
Matthew Murphy	Michael O'Hagan
Jamie Reid	Alexander Robertson
David Rodgers	Charles Thomson
Andrew Wright	Ross Arbuckle
Archie Jenkins	W. Ian Williamson

Team Nos 114,115,116,117,118,119,120

Andrew Greenhaugh	Alistair Campbell
Robert Lyon	Mark McBeth
Duncan Cochrane	Alexander Eaglesham
Derek Houstoun	Scott Hunter
Joseph Kealey	Kevin Kealey
John McPake	Ian Munro
Jasmair Pal	Gerry Reid
John Simpson	Andrew Stephen
David Ward	Stephen Wylie
Frank Barton	Colin Donnelly

Shettleston Harriers - Colours: Blue with Yellow Band Team Nos 121,122,123,124

William Coyle	Peter Carton	John Duffy	Stuart Gibson
Martin Graham	Andy Little	John MacKay	Andrew McIntyre
Graham Wight	Jethro Lennox	Ian Johnston	Ian Lewis
Lewis Duff	Robert Soutar	Ryan Montgomery	Brian McGarrity
Denis Williams	David Connelly	Kenneth McClean	Ben Rattrey
Karl Povey	Marc McColl	Desmond Crowe	Dermot McGonigle
Malcolm Patterson	Patrick Walder	Clyde Marwick	Raymond Loughran
Adam Lee	Donald Macaulay	Stephen Matthews	Andrew McKenna
Gordon Phillips	James Findlay	David Wallace Jnr	Neil MacGregor
John McCall	Neil Darroch	Hugh Watson	Allan Sneddon
David Cameron	A Macdonald		

Stirling Univ AC - Colours: Green and Yellow

Iain Whitaker	Andy Combe	Gavin Hogarth
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Team Nos 125

Iain Yates

Teviotdale Harriers - Colours: White with Maroon Band

Darrell Hastie	Colin Welsh	Wayne McIntosh
Alan Colman	David Cavers	

Team Nos 126

Alister Biggar

Wee County H - Colours: Navy and Orange

Sidney Pask	Trevor Andrews	Mike Thomson
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Team Nos 127

Clark Hamilton

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

Brian Bonnyman	David Calder	Gibson Fleming
Matt Ogston	Gordon Robinson	Jon Slowe
Andrew Turnbull	Daniel Reid	

Team Nos 128

Blair Millen
Ian Struthers