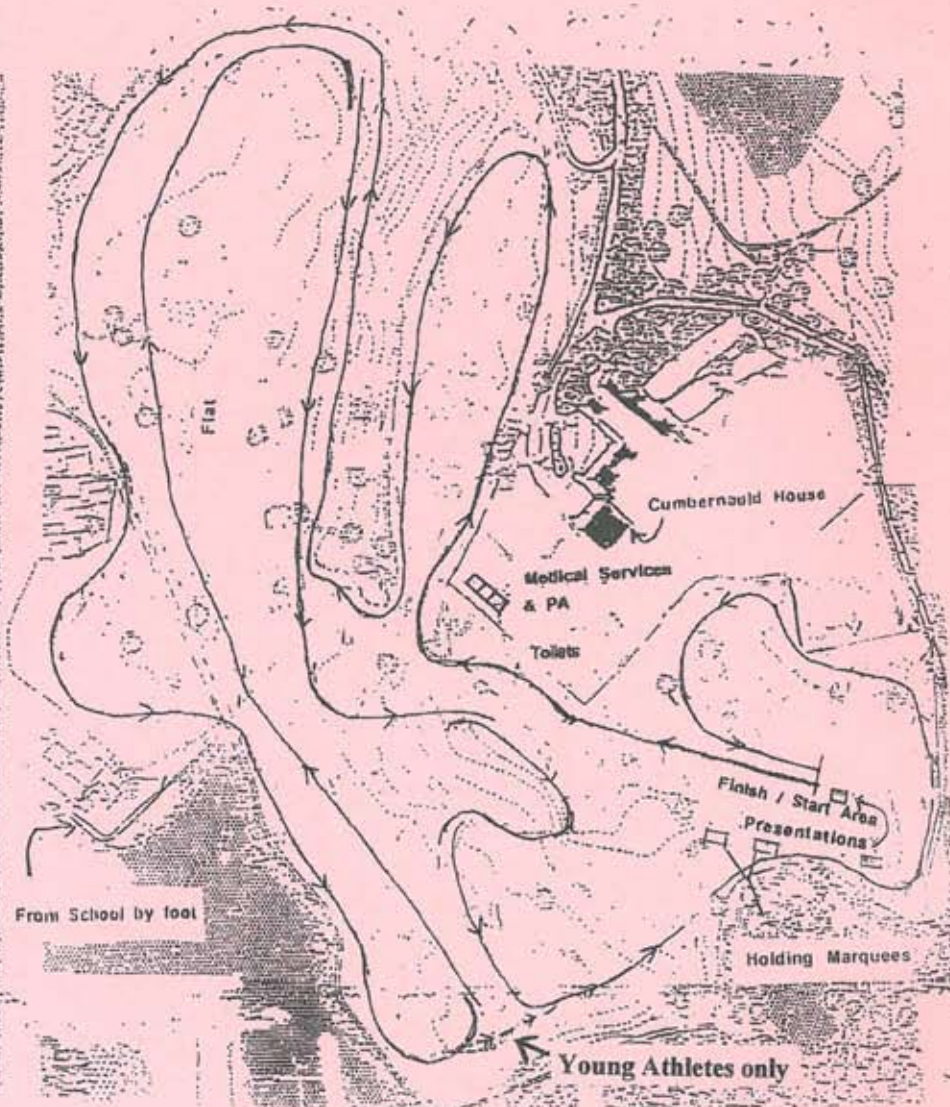


RACE	START	LAPS/DISTANCE
Young Females	12.30	3 X 2,500 metres
Young Males	1.00	3 X 2,500 metres
Sen/Jun Females	1.30	3 X 4,000 metres
Sen/Jun Males	2.30	4 X 4,000 metres



scottishathletics



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

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 22nd October 2005

Sponsored by



RACE	START
Young Females	12.30pm
Young Males	1.00pm
Sen/Jun Females	1.30pm
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.

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir 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	R Morrison
Officials Reception	G Sword, A Jackson
Clerk of Course	R Reid
Course Builders	R Reid, J Young, W A Robertson
Judges / Funnel Control / Change-Overs	K Melville, I Clifton (Chiefs), I Baird, W Gentleman, A Law
Timekeepers/Recorders	D McLaren (Chief), G Sword, S MacDougall, J Bruce
Recorders (Places)	I Hislop (Chief) A Cameron, D Cairns, N Donachie (voice tape)
Starter	W A Robertson
Marksman	R Thomas
Declarations	A Jackson, J Jackson, D McGinley
Results Service	A Jackson, P Jackson, M Donachie, P Law
Announcer	R Gray
Press	B Goodwin, C Broadbent, W Melville
Course Stewards	R Reid, K Phillips, M Ferguson, Members of Cumbernauld AAC
Presentations	M Cook, B Goodwin, R Thomas
Jury of Appeal	M Cook
Medical Officer	
Medical Services	St Andrews Ambulance Association
Reception	M Cook, R Thomas, B Goodwin, G Sword
National Events Manager	P O'Callaghan
Co Conveners	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

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.

Entries for to-days event are well up from last year with Senior Women and Young Females having their biggest fields ever for this 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

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Giffnock North AAC

Race Starts 12.30pm

Declarations Close 12:00pm

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u> Ellie Buchan	Kerry Prise	Emily Legge
<u>U15</u> Sarah Bonar		
<u>U17</u> Natasha Alexander	Rachel Armitage	Christie Noble
<u>U17</u> Hilary Armitage	Laura Hepburn	Anna Fleming
<u>U17</u> Siobhan Prise		

Team Nos 1,2,3,4
Gillian Parker

Paula Davies
Freya Prentice

Ayr Seaforth - Colours: White with Red Diagonal Cross

<u>U13</u> Stephanie Dougan	Gina Van-Ulsen	Rosalind MacDonald
<u>U15</u> Nicola Dunn		
<u>U17</u> Melissa Hewitson	Samantha Russell	Gail Price
<u>U17</u> Heather Ridland	Natasha Boyd	

Team Nos 5
Lauren Goldie

Central AC - Colours: Yellow and Blue

<u>U13</u> Lorna Cameron	Fiona Cameron	Mairi Gillespie
<u>U15</u> Georgia Quinn	Megan McNabb	Katie Campbell
<u>U17</u> Rebecca Hay	Kate Morris	Claire Tunaley
<u>U17</u> Catriona Buchanan	Gemma Milne	Anna Jamieson
<u>U17</u> Dawn Kerr		

Team Nos 6,7,8,9
Rachel Adamson

Rachel Hunter
Eilidh Hargreaves

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

<u>U13</u> Samantha Blair	Nicki Thomson	
<u>U15</u> Megan Gaffney	Jenny MacDougall	
<u>U17</u> Stephanie Lyall		

Team Nos 10

City of Glasgow - Colours: Royal Blue with Green Panel

<u>U13</u> Hollie Young	Michaela Stephen	Susie Nairn
<u>U15</u> Josephine Moultrie	Elizabeth Potter	Rachel McLellan
<u>U17</u> Anna Bruce	Alexandra Conner	
<u>U17</u> Rebecca Finch	Helen Sweeney	Louise Leadbetter

Team Nos 11,12,13,14
Lara Davidson
Karen Glover

Corstorphine AAC - Colours: White with Black Trim

<u>U13</u> Clare Alexander	Jill McCloy	Rosalyn Lawrie
<u>U15</u> Danielle Clyde		
<u>U17</u> Caitlin Wilson	Mhairi Hunter	Alana Henderson
<u>U17</u> Kathleen Dempsey	Jennifer Alexander	Fern Fraser

Team Nos 15,16
Alice Mackenzie

Charlie Bryce
Megan Smith

Dundee Hawkhill - Colours: Blue and White Quarters

<u>U13</u> Rebecca Young	Suzanne Salmond	Claire Fox
<u>U15</u> Yolanda Hodgson		
<u>U17</u> Elizabeth MacLeish	Anna Walker	

Team Nos 17
Louise Webster

East Kilbride AAC - Colours: Gold with 2 Black hoops

<u>U13</u> Rhona Calder	Fiona Borthwick	
<u>U15</u> Beth Duff	Stephanie Wright	
<u>U17</u> Victoria Reid	Deborah Stokoe	

Team Nos 18,19

Edinburgh Southern H - Colours: White /Blue /Red

<u>U13</u> Emily Dudgeon	Emily Owens	Louisa Stewart
<u>U15</u> Fiona Sinclair	Alexandria Moran	Bethany Dodds
<u>U17</u> Laura Goodson	Alice Loudon	Sarah Brown
<u>U17</u> Emily Stewart	Fiona Trew	

Team Nos 20,21,22,23
Claire Florence
Hazel Hall
Kerry Hall

<u>U17</u> Hayley Duncan	Amie Harkins	Katie McGregor
<u>U17</u> Laura Dunn	Eleanor Long	Lorna Miller
<u>U17</u> Louise McLelland		

Roslyn Campbell
Catriona Sinclair

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u> Sarah Hamilton	Abby Kemp	Racael Garwood
<u>U15</u> Louise Kernaghan	Julie Duffy	Suzi McGougan
<u>U17</u> Megan McConnell		

Team Nos 24

Megan McLeish

Fife AC - Colours: White with Red Band

<u>U13</u> Lucy Duff	Kirsty Duncan	Sarah Kelly
<u>U13</u> Karly McDonald	Amy McKechnie	Alice Morrison
<u>U15</u> Halina Rees	Rebecca Robb	Catriona Scott
<u>U15</u> Lisa Stobbs	Maya Stone	Katy Tan
<u>U17</u> Amy Blake		

Team Nos 25,26,27,28

Cassia Littler
Shannon Neville
Caitlin Smith
Polly Wright

<u>U15</u> Fiona Bracegirdle	Karen Cairns	Suzanne Dillon
<u>U15</u> Fiona Duncan	Emma Gordon	Hannah Grant
<u>U15</u> Natasha McIntosh	Christine Paisley	Laura Revell
<u>U17</u> Kiri Stone	Jenny Tan	Sarah Taylor
<u>U17</u> Rachel Callaghan		

Chloe Donaldson
Fiona Kinnear
Aillie Scobie
Emma Todd

<u>U17</u> Lisa Glover	Claire Jarvis	Jennifer Kibble
<u>U17</u> Gillian McLaren	Nicola Trainer	Jade Westwater

Freya Marks
Amanda Woodrow

Gala Harriers - Colours: White with Green Band

<u>U13</u> Stephanie Common	Emily Douglas	
<u>U15</u> Gillian Inglis		

Team Nos 29
Erin Miller

Alice Haining

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 30,31,32,33,34,35,36,37

<u>U13</u> Karin Belch	Abigail Duff	Louise Bainbridge
<u>U15</u> Heather Howie	Paula Houston	Blythe Murphy
<u>U15</u> Catriona Lockie	Nicole McLeod	Rachel McDowall
<u>U17</u> Alison Howie	Rosie Atterton	Claire McAuley
<u>U17</u> Anna Hilley	Effie Gray	Jaymee McConville
<u>U17</u> Mhairi McCluskey		
<u>U17</u> Sarah Phee	Jennifer Conway	Laura Taylor
<u>U17</u> Lauren Hollinshead	Amy Bissland	

Helena Brown
Sarah Small
Katy Gardiner
Joanna Thomson
Caroline Adams

Ruth Joss

Glasgow Sch Sport

<u>U13</u> Katriona Beck	Caitlin Vaughan	Katie McKnight
<u>U15</u> Samantha Kelly		
<u>U17</u> Charlotte McShane		

Team Nos 38

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

<u>U13</u> Katie Gallacher	Julie Lapsley	Sarah Hodge
<u>U15</u> Emma Baxter	Katie Pollock	Emma O'Rourke
<u>U17</u> Natalie Donald		

Team Nos 39,40
Emily Pollock

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u> Nynke Mullholland		
<u>U15</u> Sammi Coyle	Rachael Bushfield	Holly Morrison
<u>U17</u> Debbie Moore		
<u>U17</u> Susanna Spence		

Team Nos 41

Emma Rice

Irvine AC - Colours: Red with Black Trim

<u>U13</u> Victoria Conway	Paige Douglas	Ashley McQueen
<u>U15</u> Sarah Munn	Nicole Bunyan	Fiona Wallace
<u>U17</u> Lauren Collier	Rebecca Edge	

Team Nos 42,43

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u>	Euan Martin	Graeme MacGregor	Darren Weir
	Stephen Lee	Calum Brodie	
<u>U15</u>	Ewan Murray	Jamie Stevenson	Andrew Crone
	Fraser Stirling	Shaun Garwood	
<u>U17</u>	Dean Crawford	Scott Leckie	

Team Nos 136,137
Ben Stevenson

Jonathan Dewar

Fife AC - Colours: White with Red Band

<u>U13</u>	Kenneth Drysdale	Matthew Innes	Team Nos 138,139,140,141
	William Robertson	Cameron Scott	Matthew Morgan
<u>U15</u>	Allan Drysdale	Andrew Evans	Keiran Thompson
	Ian Hendry	Andrew Hood	Neil Gray
	Ryan Ritchie	Iain Ronaldson	Ross Kilvington
	Michael Weir		Cameron Scott
<u>U17</u>	James Carroll	Connor Hill	Kevin Ireland
	Daniel Laing	Jonathon Marks	Duncan McLachlan
	Philip Salter	W. Thomas Salter	Frankie Scott
	Elliot Simpson		

Alexander Prentice
Ryan McIntosh
Connor Hawkis
Hamish Kinnear
Peter SilveraAlex Jones
Scott Ronaldson
Keith Simpson**Gala Harriers - Colours: White with Green Band**

<u>U13</u>	Murray Lemmon
<u>U15</u>	Cameron Fair
<u>U17</u>	Ian Frater

Team Nos 142**George Heriots - Colours: White with Blue Band**

<u>U13</u>	Fraser Gunn		Team Nos 143	
<u>U15</u>	Roger Poolman	Grant McEwan	Ben McCullough-Young	James Mildred
	Mark Shand	Joshua Yates		
<u>U17</u>	Graham Scobie	Hugh Brechin	Jonathan Neville	Nicholas Gunn
	Graham Dickson	Lewis Just		

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 144,145,146,147,148,149,150,151,152

<u>U13</u>	Max Lott	Drew Hollinshead	Alistair McCallum	Sandy Nimmo
	James Gray	Alan Clark	Matthew Cumming	Max Costello
	Scott King	Iain Gardner		
<u>U15</u>	Miles Hollinshead	Steven Gray	Lyle Frank	Matthew Ritchie
	Jamie McGregor	Ewan McCallum	Greg Turner	Greg Lambert
	Paul Bainbridge	Gordon Belch		
<u>U17</u>	James Baird	Douglas Bale	Ross McLearie	Stuart Whiteford
	Jordan Clark	David Walker	Daniel Johnstone	David Fitzsimons
	Craig McCallum	Ian Whiteford		

Glasgow Sch Sport

<u>U13</u>	Andrew Daisley				Team Nos 153
<u>U15</u>	Sean Fontana	Kyle Nicholson			
<u>U17</u>	John Cooke	Stephen Cooke	Kenneth Boyd		Forbes Bryce

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

<u>U13</u>	Liam Campbell	Gavin Houston	Barry Mason	Team Nos 154
<u>U15</u>	Gerard Cooke			Ross Macleod
<u>U17</u>	Michael McLoone Jr	Jamie Cuffe	Craig Williams	

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u>	Paul Currie	Alan Grant	Team Nos 155
<u>U15</u>	Andrew Campbell	Scott Smith	Andrew Ross
<u>U17</u>	Sean Gaffney		

Irvine AC - Colours: Red with Black Trim

<u>U13</u>	Jason Connelly	Niall Kearney	Team Nos 156,157
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<u>U15</u>	Ryan McDonald	Garry Kerr	John Kerr
<u>U17</u>	Daniel Swanson	William Morgan	

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes Team Nos 158,159,160,161,162,163

<u>U13</u>	Craig Robertson	Lewis Cornforth	Euan Driffield-Waddell	Cameron Mackie
	Murray McDonald	Andrew Martin		
<u>U15</u>	Mathew Daley	James Wales	Jamie Hannah	David Clark
	Lewis Porter	David Meikle		
<u>U17</u>	Cameron Wilson	Stuart Munro	Roger Naughton	Ross Gilmour
	Ryan Kennedy			

Kilbarchan AAC - Colours: Gold with Black Hoop

<u>U13</u>	Jack Lochans	Andrew Cunningham	Callum Blair	Christopher McGeoch
	Greg Brown	Gregor Hirst	Nicholas Smith	Paul Moore
	Graham Evans	Connor Henderson	Thomas McDonald	Andrew McLaughlan
<u>U15</u>	Callum Hawkins	Andrew McAlpine	Conor Lynch	Blair Crawford
	Tom Cahn	Scott MacAulay	Jamie Milton	Stuart King
	Ross Williams	Martin Wright	Martin Melvin	Stuart Miller
	Craig MacDonald			
<u>U17</u>	Grant Higgins	Andrew Black	Paul Leck	Stephen McGoldrick
	Scott Hawkins	Gary Downie	Derek Hawkins	Andrew G Gibson
	Graeme Wallace	Martin Lipton	Stuart Brown	

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

<u>U13</u>	Craig McIntyre	Lewis Donald	Scott Lawrie	Team Nos 172,173,174,175
	Alex Cleland	David Morecroft		Christopher Allan
<u>U15</u>	Matthew Graham	Adam Hamilton	Neill Hamilton	Mitchell MacGuire
	Timothy Martin	Callum Pettigrew		
<u>U17</u>	Kevin Comes	Adam Peters	Allan Ramsay	Andrew Gourlay

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

<u>U13</u>	Billy Clarkson	Thomas Lafferty	Donald Fingland	Team Nos 176,177
<u>U15</u>	Ross MacDonald	Allan Jenkins	Scott Livingston	
<u>U17</u>	Gary Grieve	Graeme Baird	Stewart Livingston	

Lothian RC - Colours: Blue with Black letters

<u>U13</u>	Zack Jones	Daniel McLaughlin	Tim Jones	Team Nos 178
<u>U15</u>	Robert Inglis	Colin MacDonald	Grant MacDonald	Andrew Cottom
<u>U17</u>	Darren Thomson			Paul Craig

Moray Road Runners - Colours: Dayglow yellow with Black Trim

<u>U13</u>	Scott Miller	Team Nos 179
<u>U15</u>	Robbie Cammack	
<u>U17</u>	Kenneth Wilson	

Nithsdale AC - Colours: Jade Green/Black/White

<u>U13</u>	Grant Middlemiss	Team Nos 180
<u>U15</u>	Philip Middlemiss	
<u>U17</u>	Ross Hasting	

North Uist AAC - Colours: White

<u>U13</u>	Olan Spears	Andrew Currie	Fraser MacDonald	Team Nos 181,182,183
<u>U15</u>	Eoghann MacIsaac	Vince Gilgallon	Calum MacDonald	Peter Johnson
<u>U17</u>	Ian Francis MacDonald		Angus MacDougall	Stewart Johnson
	Ruairidh Stewart	Iain Townsend		

Pitreavie AAC - Colours: Navy/Yellow/White

<u>U13</u>	Craig Robinson	Anthony Young	Peter Henderson	Team Nos 184,185,186
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<u>U15</u>	Alan Love Calum McGaw	Peter Munnoch	Michael Lindin	Magnus Olafsson
<u>U17</u>	Douglas Newsom	Paul McNellis	Tom Fleming	Dale Carver

Ron Hill Cambus - Colours: Red with White Band

<u>U13</u>	Liam Deeny Stewart Orr	Sean Craig Michael Rankin	Team Nos 187,188,189,190,191 Perrie Gaffney M McNeil	Jack Hamilton C Pearce
<u>U15</u>	Scott Carr Craig Nelson	Andrew Coulter	Andrew Grant	R Millar
<u>U17</u>	Raymond Black Paul McGarry	Ryan Dickson Eamon McMurray	Dominic Deeny Andrew Robertson	Adam Kennedy D Cleary

Shettleston Harriers - Colours: Blue with Yellow Band Team Nos 192,193,194,195

<u>U13</u>	Andrew Dearie Ryan Taylor Alan Stuart	Gary Smith Christopher Barnett Jack Mills	Adam Drummond Ryan Munro Calum Munro	Nicholas Devlin Jack Bishop
<u>U15</u>	Gary McBride Andrew Duffy	Lachlan Oates Martin Burnett	Ruairidh Munro Sean Dimeo	Andrew Clunes Mark Fitzpatrick
<u>U17</u>	Christopher McGarrity Thomas McDermott	Liam McLaughlin	Mark McKelvie Sean Watson	Kristofer McMeekin

Victoria Park AAC - Colours: Blue and White Hoops

<u>U13</u>	Lewis Wilson	Paul MacFarlane	Team Nos 196,197
<u>U15</u>	Gregor Innes	Michael Gray	
<u>U17</u>	Martin Hayes	Stewart Booth	

Whitemoss AAC - Colours: Black and Yellow

<u>U13</u>	Ross McCord	Team Nos 198
<u>U15</u>	Gary Mooney	
<u>U17</u>	David Robertson	

SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

Title Holders- Edinburgh Southern H

Race Starts 1.30pm

Declarations Close 1:00pm

Aberdeen AAC - Colours: White with 2 red hoops

Sonia Armitage Charlotte Forbes	Rhona Buchan	Nicola Gauld	Team Nos 90 Laura Mahady
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Bellahouston RR - Colours: Purple with White Band

Johanna Jefferies Elke Schmidt Eileen Reilly	Emma Birnie Julia Harris Kate Gray	Helen Stuart Jane Wild	Team Nos 91,92,93 Claire Wharton Frances Thompson
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Calderglen H - Colours: Amber and Black Vertical Stripes

Frances Maxwell Katrina Stewart	Mary Goldsmith Genevieve Freeman	Barbara Sloss Dawn Buchanan	Team Nos 94,95 Eileen Reid Mandy Cullie
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Carnegie H - Colours: Orange & Green

Sarah Legge Fabienne Thompson Roselyn Alexander Nicola May	Pauline Walker Catharine Idle Judith Turner Angela Sharp	Emily Hutchison Tracey Stamp Louise McDonough Michelle Murphy	Team Nos 96,97,98 Gail Murdoch Kirsty Baird Mehrmas Campbell Morna Fleming
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Central AC - Colours: Yellow and Blue

Hazel Dean Emma Waterhouse Toni McIntosh Elinor Coombs	Morag MacLarty Jane Waterhouse Mary Kerr	Fiona Thompson Ainsley Normand Rowena Bell-Scott	Team Nos 99,135,136 Claire Waterhouse Jennifer Emsley Jane McCrorie
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City of Edinburgh - Colours: White with one Blue, one Black Hoop Team Nos 137,138,139,140

Debra Murray Jennifer MacLean Carol-Ann Gray	Lianne Harrison Catherine Ferry Kim Threadgall	Eilidh Wardlaw Janet Laing Hazel Sneddon	Joanne Whitehead Susan Hyatt Mandy Calder
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City of Glasgow - Colours: Royal Blue with Green Panel

Collette Fagan Claire Prenter Kelley Wilder	Pamela Nicholson Susan Finch Heather Calderwood	Claire McCracken Stephanie Reynolds	Team Nos 141,142,143 Suzanne Benyon/Owen Susan Partridge
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Clydesdale Harriers - Colours: White with Black "C"

Jolene Ennis Fiona McCue Christine Duncanson	Aileen Scott Catherine Sibley	Pamela McCrossan Heather Calderwood	Team Nos 144,145 Sarah Kinsella Yvonne Green
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Corstorphine AAC - Colours: White with Black Trim

Rebecca O'Brien Linda McGinley	Dee Turner Anne Turner	Gillian Cockerell	Team Nos 146 Susan Waddell
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East Kilbride AAC - Colours: Gold with 2 Black hoops

Kelly Smith	Valerie Martin	Angela Martin	Team Nos 147
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Edinburgh Southern H - Colours: White /Blue /Red

Violet Blair Hayley Ovens Vicky Frew	Karen Dobbie Joanna Ross Kirsty Husband	Sarah Hood Marbeth Shiell	Team Nos 148,149 Freya Murray Susan Ridley
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Edinburgh Uni - Colours: Green with White side Panel

Rosie Smith	Fiona Rudkin	Amy Jones
Lisa Johnston	Rose Nicholson	Julia Lewis
Vicky Clegg	Katherine Wilke	

Team Nos 150,151

Anna Haw
Sarah Hood

Falkirk Victoria H - Colours: Black with Gold Band

Fiona Matheson	Caroline Lawless	Linda Gentlemen
Aisla Brown	Janette Stevenson	

Team Nos 152,153

Lynne Murray

Ferranti AAC - Colours: Yellow with Black letters

Moir Nicol	Flora McArthur	Susana Gonzalez-Sanchez
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Team Nos 154**Fife AC - Colours: White with Red Band**

Sandra Aitken	Innes Bracegirdle	Lorraine Brown	Lorraine Brown
Louise Burt	Sarah Cullen	Catrina Duncan	Kate Fitzpatrick
Carole Fraser	Lisa Gamble	Addy Gerrard	Rhona Graham
Moir Grainger	Margaret Ingledew	Nessie Kirkbride	Phyllis Lemoncello
Fiona Lothian	Kim MacGregor	Eliza McLachlan	Margaret McLaren
Mary Mitchell	Johanna Paananen	Kate Pether-Smith	Fay Pottor
Louise Provan	Carrie Ruxton	Jocelyn Scott	Catharine Sinclair
Rosie Stenhouse	Susan Thomson	Rhona Van-Rensburg	Heather Vermack
Fiona Walker	Elaine Carstairs	Suzie Cleary	Susan Gourlay
Ailsa Hall	Jennifer Henderson	Val Herkes	Margaret Mackie
Irene Pennycook	Lorna Sibbett	Lesley Thirkell	Anne Whiteford
Iona McIntyre			

Team Nos 155,156,157,158,159**Gala Harriers - Colours: White with Green Band**

Katy Anderson	Dianne Lauder	Eileen Nicol
Leanne Haining	Margot Crosbie	Melanie Goodson
Andrea Pogson	Karen Renton	Rosi Capper
Gillian Duncan	Laura Howie	Ruth McCann

Team Nos 160,161,162

Fiona Dalgleish
Angela Foss
Suzanne Carson

Garscube H - Colours: White with Blue Band

Heather Akers	Judith Austin	Lesley Chapman
Gillian Davidson	Carole Gilmour	Elizabeth Grant
Roisin Lynch	Carol Martin	Karen McIlvenna
Anita Neilson	Maureen O'Hara	Jill O'Neil
Moir Young	Alison Winship	

Team Nos 163,164,165

Margaret Douglas
Marion Kelly
Maureen McLeod
Karen-Anne Stevenson

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 166,167,168,169,170

Mary McCutcheon	Mary Anderson	Janette Maley	Sylvia Campbell
Maureen McVey	Jacqueline Nicol	Myfanwy Taylor	Sara Stevenson
Helen Stevenson	Kerry McGee	Catherine Scott	Carol Love
Fiona McKay	Shona Forrest	Frances McCluskey	

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

Alison McCann	Alison King	Margaret MacCabe
Yvonne Prager	Anne Hay	

Team Nos 171,172

Terry Wall

Helensburgh AAC - Colours: Yellow with Red Band

Julia Kennedy	Jennifer Fitzgerald	Michelle Hetherington
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Team Nos 173**Hunters Bog T - Colours: Brown**

Jessica Batterham	Christine Buckley	Megan Clark	Team Nos 174,175,176
Fiona Cruden	Suzanne Ebel	Claire Gordon	Karen Clarke
Alexandra Kilgour	Isobel Knox	Deborah McDonald	Michelle Jeffrey
Sandra Rathjen	Jane Rosbottom	Janice Smith	Mary O'Kane
			Megan Smith

Claire Thomas

Niamh Troy

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes Team Nos 177,178,179,180

Paula Wilson	Kara Tait	Lindsay McMahon	Laura Cairns
Morag Cairns	Jan McLeod	Lesley Phillips	Emma Mackie
Jade Minto	Allison Higgins	Rosemary McMillan	Janet Murray
Susan Fleming	Audrey Gray	Gillian Pryce	

Kilbarchan AAC - Colours: Gold with Black Hoop

Dennise Smith	Claire Gibson	Karen Yule	Team Nos 181,182,183
Kerry Lang	Haley Haining	Kate O'Brien	Nicola Fleming
Cara Bryce	Fiona McIntyre	Claire MacAulay	Cara Sloss
Susan McGrenaghan	Jill Shannon	Carol Murray	Katherine Wilkie
Margaret Moore	Eileen Masson		Sandra Moore

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

Louise Craig	Alison Graham	Lorraine Hepburn	Team Nos 184,185
Lesley Neil	Aida Stewart	Fiona Gentles	Shirley MacNab

Larkhall YMCA - Colours: Red with White Hoops

Christina Whitelaw	Margaret Smith	Irene Morrison	Team Nos 186
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Lothian RC - Colours: Blue with Black letters

Saran Jones	Margaret Turnbull	Edel Mooney	Team Nos 187,188
Laura Sarkis	Helen Murray	Gillian Godfree	Catherine Docherty
Lorna Eades	Suzanne Swann	Margo Welsh	Valerie Dempsey
Christine Milne	Helen MacDonald	Joyce Salvona	Teresa Mcmenemy
Lucy Galloway	Laura Bann		Marsie Ewing

Metro Aberdeen - Colours: Black/Yellow Quarters

Catherine McKay	Sue Carter	Jennifer Cain	Team Nos 189
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Penicuik Harriers - Colours: Purple with White Panels

Christine Anderson	Gillian Cairns	Rachael Campbell	Team Nos 190
Karen Husband			Sarah Blake

Pitreavie AAC - Colours: Navy/Yellow/White

Alison Whyte	Lauren Candlish	Eilidh Child	Team Nos 191,192,193
Sarah Gillespie	Trudi Thomson	Samantha Lindin	Hazel Bradley
Sharon Lamont	Hannah Norman	Linda Law	Kim Paterson
Alison Brown	Laura MacIntosh		Helen Burns

Shettleston H Ladies - Colours: Blue with Yellow Band

Michelle Sandison	Frances Florence	Christine Catterson	Team Nos 194
Lynne Marr	Louise Collins		Bernadette O'Neil

Springburn Harriers - Colours: Navy Blue with White Diamond

Barbara Knox	Lesley Chisholm	Clare Gemmell	Team Nos 195
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Stirling Univ AC - Colours: Green and Yellow

Fiona Ramsay	Anna McRobb	Christine Bertram	Team Nos 196,197
Katie Stewart	Jacqui Neighbour		Begona Julian

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

Muffy Calder	Helen MacPherson	Patricia McLaughlin	Team Nos 198
Elsbeth Scott	Liz Horton		Jane Robertson

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Hunters Bog Trotters

Race Starts 2:30pm

Declarations Close 2:00pm

Ayr Seaforth - Colours: White with Red Diagonal Cross

Alex Allardyce	Iain Baird	Laurence Baker
Peter Laing	David Mathieson	Tom McCulloch
Robert Napier	Colin Souter	Ryan Templeton
Connell Drummond		

Team Nos 1,2

Kevan Fulton
Francis Napier
Paul Turnbull

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Campbell Joss	John McFadyan	Colin Scott
Michael Coia	Jeremy Garnett	Stephen Stone

Team Nos 3

Graeme Gemmell

Bellahouston Road Runners - Colours: Purple with White Band

Matthew Williamson	Kenneth Macbeth	Colin McGill
Paul McNally	Stewart Robertson	Alex McIndoe
Ken Macmahon	Scott Kennedy	Liam Conway
Jonathon Slow	Scott Johnston	Tony Cairns
Kenneth Richmond	Nick Reid	

Team Nos 4,5,6

Russell Whittington
Andrew Birnie
Ian Goudie
Douglas MacGregor

Calderglen H - Colours: Amber and Black Vertical Stripes

Russell Couper	Edward Reid	Graham Allan
Alan Cullie	Alan Derrick	Jim Holmes
George Stewart	Graham Lindsay	Malcolm Buchanan
Andrew Henderson	Brian Carrigan	Martin Duthie
Colin Macdonald	Colin Banks	Colin Jarvie
Chris Brooks	Kenneth Davidson	George Haining
David Searil		

Team Nos 7,8,9,10,11

Kevin Downie
Joseph Rafferty
Roderick Shanks
Stuart Waugh
Gerard Mullen
Scot Hill

Carnegie H - Colours: Orange & Green

Iain Taylor	Robert Milton
Thomas Bowie	Kenneth Daniels
Michael Cowie	Lewis Lawson
Peter Simpson	Andrew Hunter
Tommy Lawlor	Phil Smithard
Alan Cockburn	Nick Smith
Paul Arnott	John Hargreaves
Casper Lewis	Martin Butcher
Andrew Durham	*Robbie McKenzie

Team Nos 12,13,14,15,16

Steven Ogg
Bill Duff
Stephen Greer
Ian Johnston
Paul Hutton
Richie Cunningham
Garry Taylor
Thomas Lawrence
Ruairidh Campbell

Dennis Howett
Ian Stewart
Alexander Nicol
George Murdoch
Neil Campbell
Peter Humphreys
David Millar
Chris Robison

Central AC - Colours: Yellow and Blue

Robert Russell	Alastair Hay
Lewis Millar	Ewan Gault
Alex Milne	Michael Wright
David Armour	John Millar
Hugh Kerr	Alan Gall
Ian Beattie	Gordon McNeil
James Drummond	John Burke
Roger Greenaway	Kyle Cowie
Derek Easton	Craig Walker

Team Nos 17,18,19,20,21,22,23,24

Alasdair Anthony
Philip Williams
Murray MacLarty
Miguel Merayo
Alan Hume
David Hay
Craig Walker
Hugh Buchanan

Ross Houston
Steve Laing
Robert Hutchison
Martin Crawford
Cameron Campbell
George McHardy
Robert Stott
Anthony Quinn

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

Kevin Anderson	John Blair	Matthew Bell	Scott Campbell
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Keith Dunlop
Kris Gauson
Mark Johnston
Alex MacEwen
Robert Morris
S Thomson
Eric Stevenson
Rhuaridh White

Martin Ferguson
Brian Howie
Andrew Laycock
P Middleton
Nigel Munro
Martin Sneddon
Adam Ward

Jonathan Ferry
Scott Innes
Keith Lyle
Mark Mitchell
Lars Ottemoller
John Steel
T Winters

Darren Gauson
Magnus Inglis
Juan Mareque
Stephen Maniam
Robert Riddell
Grant Stewart
Steven Wales

Clydesdale Harriers - Colours: White with Black "C"

James Austin	Cliff Brown	Augustine Cairney
Brian Campbell	Pete Cartwright	Michael Diver
Brian Gallagher	Ronald Hurt	John Kinsella
Laurence Pearson	Prasad Prasad	Iain Robertson
Peter Rudzinski	Mark Rudzinski	James Shields
Zahid Zafar		

Team Nos 31,32,33

Craig Calderwood
John Foley
John McArthur
Bobby Rossborough
Robert Young

Corstorphine AAC - Colours: White with Black Trim

Douglas Selman	Scott Pilkington	Alistair McColl
Ewan Stark	Steven O'Brien	Alex Cumming
Chris O'Brien	Timothy Norwood	Scott Bisset
Moray Anderson	Dean Carr	Ian Watt
Paul Walker	James Felstead	Steven Blair
David Henderson	David Law	John O'Hara
Jan-Bert Van Den Berg	Martin Caldwell	Iain Cumming
Martin Hulme		

Team Nos 34,35,36,37,38

Kris Berry
Bryan Clark
Tom Ferrington
Grant Wilkie
Graeme Fletcher

Jim Bruce

Dundee Hawkhill - Colours: Blue and White Quarters

Stuart Kerr	Matthew Strachan	Neil Gunstone
John Hepburn	Gordon Barrie	David MacDonald
Joe Symonds	David Adam	Craig Ross
Gordon Watson	David Mitchell	John Castle

Team Nos 39,40,41

Pete Fox
David Hanlon
Stephen Mason

East Kilbride AAC - Colours: Gold with 2 Black hoops

Kevin Clark	Grant Baillie	David J. Condra
Gordon Colvin	Graeme Haddow	Mark Smith
Allan Brooks	Michael Browne	Ramsay Sloss

Team Nos 42,43,44

Bud Johnston
Edgar Ramage
Stephen Paris

Edinburgh Uni - Colours: Green with White side Panel

Will Bailey	James McMullen	John Henderson
Robert Kerr	Mikail Vllero	Iain Clarke
James Williamson		

Team Nos 45,46

Dave Fulton
Rupert Nash Ben Cole

Falkirk Victoria H - Colours: Black with Gold Band

Sean Aagesen	William Day	Eric Donaldson
William Higgins	Nicholas Hurren	John Martin
Michael McQuaid	Stephen Moore	David Murray
Neil Robertson	David Robertson	Alasdair Stewart
Alexander Davidson	Gary Smith	Andrew Ronald

Team Nos 47,48,49

Douglas Gillespie
Paul McKerracher
Kenneth Rankin
John Stevenson

Ferranti AAC - Colours: Yellow with Black letters

Walter Fairnie	Trevor Ridley	John Gavin
Edward McDonald	Alex Bell	Malcolm Fraser
Keith Nicol	Stephen Reid	Iain Duguid
Ross Anderson	Iain Shaw	

Team Nos 50,51

Keith Weston
Jim Leach
Mike Connor

Fife AC - Colours: White with Red Band

Bryce Aitken	David Anderson
Andrew Barker	Gary Barker
Graham Bennison	Stewart Biggar
Colin Brown	Chris Clark
Brian Cruickshank	Sandy Cruickshank
Nigel Fowler	David Francis
Douglas Gunstone	Jim Haig
John Keenlyside	Stuart Knowles
Grant Laycock	Stewart Leckie
John MacPherson	Vincent MacPherson
Mitchell McCreadie	Hugh D. McKay
Alan Meiklejohn	Ron Mill
Stephen Moffatt	Ron Morrison
Ian Overton	Brian Peachey
Roger Rees	Leonard Rhone
Douglas Robertson	Christopher Russell
Rory Scott	Tom Scott
David Shepherd	David Sleigh
James Taylor	Scott Taylor
Jez Tomlinson	Rennie Urquhart
Neil Young	Stewart Bracegirdle
Bryan McManus	John McNally
Andrew Wright	

Gala Harriers - Colours: White with Green Band

Bryan Bailey	John Borthwick
David Darroch	Derek Fraser
Euan Jardine	Fergus Johnston
Thomas Knox	Ron Logan
Neil Renton	George Runciman

Garscube H - Colours: White with Blue Band

David Atkin	Jonathan Austin
Lindsay Cunningham	Robert Cuthbertson
Stuart Irvine	Andrew Leck
Benny McLaughlin	Robert McLennan
James Taylor	Mark Turnbull
David Geddes	

George Heriots - Colours: White with Blue Band

Kevin Wilson	Michael Grant
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Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 70,71,72,73,74

Gerard McNamee	Derek Breen	Steven Campbell
Norman Galbraith	David Phee	Derren Thomson
David Logan	Martin Myant	Robin Kyle
Martin O'Donnell	Keith Dunlop	David Williamson
Steven Milligan	Darren Malin	Douglas Rathey

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

Christopher MacKay	Douglas Campbell	Alan O'Rourke
Stephen Peacock	Andrew McCall	Michael McLoone Snr
Stephen McLoone	George Mitchell	Kenneth Scott
Norman Hay	Robert Wilson	Duncan MacNeill
Richard Hodelet	James Sheridan	Andrew McCall
Robert Docherty	David Henderson	

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

Laurence Anderson	Robert Annand
David Bee	Graham Bee
Graham Breslin	Andrew Brierley
Roger Clark	Stephen Clark
Adrian Davis	Steven Doig
John Gilfillan	Owen Greene
Mark Harley	Trevor Jones John Kay
Brian Landels	William Law
Andrew Liston	John Macfarlane
Neil Martin	Gordon Mathieson
Roy McLachlan	Frank McLaren
Michael Mitchell	Terry Mitchell
John Murdoch	David Ovens
Gary Pirie	Ian Poolman
Paul Roarty	Alastair Robertson
Markus Schlosser	David Melville Scobie
Jonathan Seeley	Richard Shaw
Bill Smith	Robert Stark
Gordon Thomson	John Thomson
David Weir	Gary Whitton
Chris Dibben	Alex Jones
Richard Westwater	Ben Wiffen

Team Nos 62,63,64

Martin Clarke
Steven Gillan
Jack Knox
Graham Pogson
Alistair Laurie

Team Nos 65,66,67,68

Stephen Cullen
Ian Eccles
John McMillan
Colin McKay
Andrew Griffiths
Dermot Williamson

Team Nos 69

David Armstrong

Angus MacCormick
Marc Roper
Gordon Thomson
Ian Millar

Team Nos 75,76,77,78

Steven Deane	Neil Orr
Richard Davidson	
James Cuffe	
Thomas Knight	
Christopher McCall	

Hunters Bog T - Colours: Brown

Duncan Baker	Gary Brown	Steven Cairns
Colin Farquharson	Andrew Gillespie	Norman Gould
Alistair Hart	Craig Hunter	Larry Mathews
Neil McKay	Billy Minto	Philip Mowbray
Donald Naylor	Ivor Normand	Patrick O'Kane
Mark Roberts	Geoff Simpson	Neil Thomas
Jamie Thin	Richard Wall	Julian Warman
David Wright		

Inverclyde AC - Colours: Black & White Stripes

John Bannister	Steven Conaghan	Stuart Dalglish
Gerard Gaffney	Robert Gray	Stuart Hodge
David McElhinney	Les McMahon	Gavin Morrison
Thomas Murray	Mark Pollard	Robert Shaw
William Tipping	Tom Tracey	Edward Watt
Denis McCabe	Craig Ruddy	

Irvine AC - Colours: Red with Black Trim

Colin Miller	Stephen Daye	James Sneddon
Imran Ali	David Millar	Iain Fraser
Lee Richardson	William Richardson	George Irving
Scott McKendrick	Tony McKnight	Fergie Collier
James White	Finlay Dowell	

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes

David Mitchell	Steven McNeill	Jim Goldie
Edward Bellomo	Eric Dickson	Stewart McAllister
Alasdair Murray	Keith Haining	Paul McArthur

Kilbarchan AAC - Colours: Gold with Black Hoop

Conor McNulty	Jamie Clark	Nicholas Moore
Andrew Jack	Fraser Williams	Chris Devenney
Craig McCaffer	Calum Morrison	Michael Finlay
John McMillan	David Boal	Thomas Hearle
James Snodgrass	Robert Quinn	Robert Fitzsimmons
Robert Hawkins	Alexander Ross	Ian MacDougall
George Gibson	Robert Connell	Michael McGinley
Donald Petrie	David Mewse	John Macinnes
James McMillan		

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

Stuart Kerr	Edward McLoone	John McLoone
Colin Burns	Alistair Allan	Kenneth McNeil
Ewan Jack	Chris Stewart	Neil McCover
Peter Ramsay	Martin Hamilton	Gordon McLean
Christopher Craig	David Gardiner	Craig MacWilliam
Colin MacLennan		

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

Steven Allan	Steven Lawley	Jamie McMorrough
Patrick Kelly	Alaister Russell	Mark Hand

Lothian RC - Colours: Blue with Black letters

Brian Stewart	Jim Salvage	Graeme Ackland
Murray Robertson	Donald Shaw	Colin Meek

Team Nos 79,80,81,82

Ian Campbell
John Hampshire
Ian Marshall
Niall Munro
Jon Rathjen
Robin Thomas
Ian Wellock

Team Nos 83,84,85

David Dunn
Graeme Hyett
Kenneth Morrison
Cameron Spence
Samuel Way

Team Nos 86,87,88,89

Iain Hamilton
Brian Craig
Ronnie Ballantyne
Andrew Rennie

Team Nos 90,91

Graham Cairns
Edward Tonner
Scott Martin

Team Nos 92,93,94,95

Kyle Toole
Ross Toole
Paul Arcari
William McGuire
Jason Pender
Steven Hards
Thomas Anderson
Robin Scott

Team Nos 96,97,98,99

Jim McLoone
Robert Rogerson
Martin MacGuire
Alan Caldwell
Colin Lynn

Team Nos 100

James MacDonald

Team Nos 101,102,103

Ross Milne
Hugh Miller

Richard Docherty
Scott Balfour
John Ewing
David Godfree
Andy Kitchin
Michael Lieberman
David Simmons

Alan Shanley
Rob Bloor
Robin Galloway
Mike Hood
Steven Lawrie
Tim Linford
Brian Welsh

Richard Moir
Stephen Dempsey
Rodger Goddard
Kenton Jones
Robert Lee
Alan McIntosh
Peter West

Alexander Agnew
David Eades
Chris Godfree
Mark Kassyk
Tim Lenton
Ian Seggie
Peter Weeks

Allan Sneddon
Patrick Walder
Denis Williams

Paul Sorrie
David Wallace Jnr

Robert Soutar
Hugh Watson

Craig Stevenson
Graham Wight

Springburn Harriers - Colours: Navy Blue with White Diamond

Andrew Callan Joseph Chambers Robert Young

Team Nos 125
Alan Hill

Stirling Univ AC - Colours: Green and Yellow

Iain Whittaker Gavin Hogarth Andrew Combe
Stuart Shaw Malchom Harvey Colin Dalziel
Matt Liniker Andy McGregor Daniel Gay

Team Nos 126,127,128
Daniel Mathieson
Ian Greep
Neil Gray

Victoria Park AAC - Colours: Blue and White Hoops

Stuart Barnett Philip Carter Gerard Craig
Alastair Douglas Joseph Doyle Alan Hamilton
Kenneth McVey Kenneth Mitchell Gordon Moore
Andrew Nicoll Duncan Thomson Derek Watson Snr.
Christopher Watson Andy Young Gus Munro

Team Nos 129,130,131
Robert Daly
Thomas McAra
Robert Newton
Derek Watson Jnr.
Crawford Little

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

David Calder Charles Campbell Gibson Fleming
Graeme Orr Don Reid Anthony Ritchie
Chris Upson Andrew Turnbull John Donnelly
Brian Bonnyman Hamilton Semple

Team Nos 132,133,134
Blair Millen
Ian Struthers
Steffen Gorgas

Metro Aberdeen - Colours: Black/Yellow Quarters

William Reid Keith Farquhar Andrew Reid
Mark Johnston Forbes Reid Neil Mitchell
Mick Flynn Stephen Forbes Kevin Tulloch

Team Nos 104,105

David Nugent
Darren Kinsella

Motherwell AC - Colours: Red with White edging

John Hughes Benjamin Hands Brian McLinden
Ben Smith Gordon Murray James Riley
Richard Hughes Graham Hawkins Douglas O'Hare

Team Nos 106,107,108

James Allan Alan Tait
Nicholas Hughes

Penicuik Harriers - Colours: Purple with White Panels

Mike Creamer Graeme Nicholson Michael Brooks
Kenneth Graham Michael Browne John Forrest

Team Nos 109

Kenneth Cairns
Graham White

Perth Road Runners - Colours: Green and White

Neil Muir Stephen Ferguson Derek McIntosh
Derek Phillips Martin Ryan Jim Scanlan
Robin Livingstone

Team Nos 110

David Norrie
Sandy MacFarlane

Pitreevie AAC - Colours: Navy/Yellow/White

John Newsom Paul McCloskey
Stuart Chisholm Michael Burns
Colin Simpson Stuart Forrester
Barry Davie Peter Coleman
Paul Allan Stephen Newsom

Team Nos 111,112,113,114

Stephen Irwin
Sean McQueen
Jiff Farquhar
Barry McCleery
Graeme Lister
Derek Simpson
Archibald Duncan
Stewart Reid
Cameron Watson
Stephen Skene

Ron Hill Cambus - Colours: Red with White Band

David Ward John Brown
Archie Jenkins Iain MacCorquodale
David Rodgers Charles Thomson
Duncan Cochrane Alexander Eaglesham
Kieran McAlinden Ian Munro
Stephen Wylie Jonathan Lafferty
David Fairweather Francis Hurley
Michael O'Hagan Gerry Reid
P McLean Alan MacPherson
Alexander Robertson Ross Arbuckle
Robert Lyon Iain Grant

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

David Dymond Robert Gilroy
Thomas McPake Jasmair Pal
Brian Campbell Stephen Dunn
Ian Gordon Joseph Kealey
Jamie Reid John Simpson
Alistair Campbell Graeme Croll
Chris Brown John McPake
A Steven Andrew Wright
Kevin Sheppard Neil Wilkinson
Frank Barton Edward Stewart
Kevin Kealey James Sands

Shettleston Harriers - Colours: Blue with Yellow Band

William Coyle Peter Carton John Duffy
Martin Graham Andy Little John MacKay
Desmond Crowe Neil Darroch James Findlay
Ian Johnston Adam Lee Raymond Loughran
Neil MacGregor Alex Macdonald Clyde Marwick
John McCall Anthony McCall Kenneth McClean
Kenneth McCoy Brian McGarrity Dermot McGonigle
Mark McKenny Neil McMeekin Ryan Montgomery
Malcolm Patterson Gordon Phillips Karl Povey

Team Nos 121,122,123,124

Stuart Gibson
James Burns
John Hendry
Donald Macaulay
Stephen Matthews
Marc McColl
Andrew McIntyre
Jim Norton
Marcus Scotney

Scottish National Cross Country Relay Championships 1993 to 2005

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) 27	(71) 41	(52) 29	(127) 86	CUMBERNAULD
2004	(54) 30	(72) 38	(53) 36	(128) 93	CUMBERNAULD
2005	(74)	(87)	(74)	(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.