



SATURDAY 27th OCTOBER 2007

CUMBERNAULD

supported by



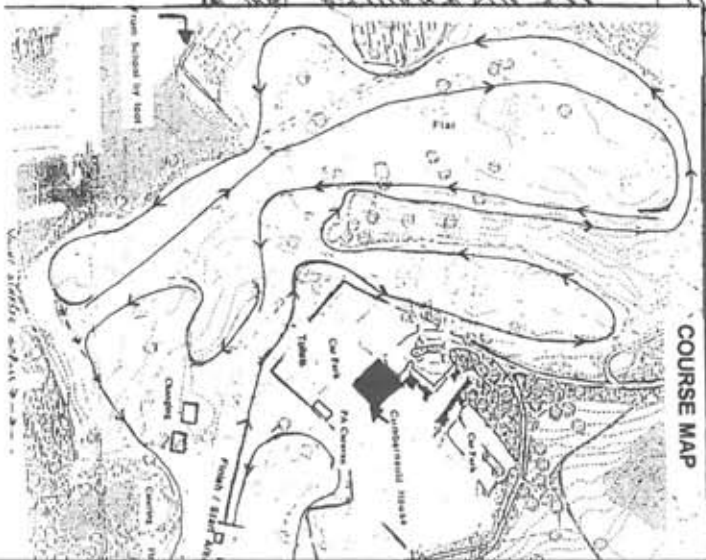
TIMETABLE

Race	Laps	Declarations Close	Race Starts
Young Females	3 x 2,500 metres	12 noon	12.30pm
Young Males	3 x 2,500 metres	12.30pm	1.00pm
Senior/Junior Women	3 x 4,000 metres	1.00pm	1.30pm
Senior/Junior Men	4 x 4,000 metres	2.00pm	2.30pm



**NATIONAL CROSS
COUNTRY RELAY
CHAMPIONSHIPS**

COURSE MAP



Race Programme

Race	Start
Young Females	12.30pm
Young Males	1.00pm
Sen/Jun Females	1.30pm
Sen/Jun Males	2.30pm

Distance

Senior Woman	3 x 400m
Senior Men	4 x 400m
Young Athletes	3 x 250m

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 Tom Curley
North Lanarkshire Council

I am very pleased to welcome you all to Cumbernauld for the Scottish National Cross Country Relay Championships 2007. Scottish Athletics would like to take this opportunity to thank North Lanarkshire Council and their staff for their continued support of this event it is greatly appreciated.

Cumbernauld always supplies us with some very exciting and competitive races and no doubt this year's 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.

To the competitors, the main players in today's proceedings, may I take this opportunity to wish you all a very 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

National Cross Country Relay Championships-Cumbernauld 2007

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Alan Potts
Chairman	Mark Hollinshead
Chief Executive	Geoff Wightman

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Marjory Cook (Edinburgh AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon Secretary	Vacant
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	R Morrison
Clerk of Course	R Reid
Course Builders	R Reid, K Martin, N Taylor, M Ferguson, Members of Cumbernauld AAC
Officials Reception	G Sword, A Jackson
Judges/ Funnel Control	(Chiefs) R L McSwein (M), K Melville (F), I Baird, G Baird
Change over	W Gentleman, A Law, E Gunstone
Timekeepers	(Chief) S MacDougall, D McLaren, G Sword, D Gilmore, M Daly
Recorders (Places)	S Hardacre (Chief), W MacDougall, I Hislop, N Donachie (Voice Tape)
Recorders (Time)	(Chief) M Wilmoth, A McManus, J Youden
Starter	A Cameron
Marksman	F McCluskie
Declarations	A Jackson, J Jackson, P Law
Results	P Jackson, A Jackson, M Donachie
Runners/Programmes	A Jackson, J Jackson
Announcers	(Chief) J Martindale, M McGregor
Press	K Anderson, W Melville
Course Stewards	R Reid, K Phillips, M Ferguson, Members of Cumbernauld AAC
Presentations	A Potts, M Cook, R Thomas
Jury of Appeal	M Cook, I Clifton, R Thomas
Medical Officer	
Medical Services	St Andrews Ambulance
Reception	A Potts, M Cook, R Thomas, G Sword
Events Managers	K Horne, R Cunningham
Co/conveners:	A Jackson, J Young

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Edinburgh Southern Harriers

Race Starts 12:30pm

Aberdeen AAC - Colours: White with 2 red hoops

U13	Abbie Buchan	Louise A Coyle	Team Nos 1,2
U15	Ellie Buchan	Katie Bain	Melodie Paterson
U17	Rachel Armitage	Paula Davies	Sarah Stirling
			Amy Longmuir

Kerry Prise
Katie Taylor

Ayr Seaforth - Colours: White with Red Diagonal Cross

U13	Jemma McSheffery	Sarah Cassells	Rheanna Sloss
U15	Stephanie Dougan	Katie Sprang	Lauren Goldie
	Gina Van-Ulsen	Aileen Rennie	
U17	Melissa Hewitson		

Team Nos 3,4,5
Ainsley Clark
Rosalind MacDonald

Central AC - Colours: Yellow and Blue

U13	Kathryn Gillespie	Kirsty Buchanan	Amy Hendry
	Caray McNeil	Emily Greenan	Stacey Hardman
U15	Rachel Adamson	Lorna Cameron	Rosie Hastings
	Julie Cook	Fiona Cameron	Mairi Gillespie
U17	Catriona Buchanan	Gemma Milne	Rachel Hunter

Team Nos 6,7,8,9,10,11
Katie Adam

Shona Buchanan

Dawn Kerr

Corstorphine AAC - Colours: White with Black Trim

U13	Madie Beautyman		
U15	Lisa Christy	Sophie Clyde	Lara Clyde
	Abby Beautyman	Danielle Clyde	Bronwen Edgar
	Eilidh Nolan	Sarah Watson	
U17	Alana Henderson	Mhairi Hunter	Natasha Price

Team Nos 12,13

Anna Hulme
Alice Mackenzie

Dundee Hawkhill - Colours: Blue and White Quarters

U13	Rosanna Stewart	Aneila Mellish	Beth Fyffe
U15	Louisa Stewart	Iona Brodie	Aeron Mellish
	Madeleine Adamson	Jennifer Armstrong	
U17	Emily Stewart	Helen Coleman	Yolanda Hodgson
	Amy Bryan	Vanita Nathwani	Eilish McColgan

Team Nos 14,15,16

Jordan Evans

Chelsea Watson

East Kilbride AAC - Colours: Gold with 2 Black hoop

	Hayley Middleton	Hannah Milligan	Caitlin Hackett
	Olivia Steven		
U15	Fiona Borthwick	Jennifer Waddell	Rhona Calder
	Julia Calder	Rachael Thomson	Laura McLaughlin
U17	Beth Duff	Deborah Stokoe	Danielle Paris

Team Nos 17,18,19,20,21

Jacqueline Fergusson

Hayley Frier

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

U13	Olivia O'Hare	Olivia Mackenzie	Caitlin Gray
	Anna Hyde	Hannah Baird	
U15	Emily Dudgeon	Claire Florence	Emily Owens
	Samantha Blair	Laura Robertson	
U17	Sarah Brown	Alice Loudon	Laura Goodson
	Jenny MacDougall	Beth Cropley	

Team Nos 22,23,24,25
Rachael Dunn

Fiona Sinclair

Lauren Stoddart

Falkirk Victoria H - Colours: Black with Gold Band

U13	Holly Meikle	Amy Manson	Claire Barr
U15	Helen Edmund	Laura Gwynne	
U17	Megan McLeish	Karen Glover	

Team Nos 26,27

Fife AC - Colours: White with Red Band

Team Nos 28,29,30,31,32

U13	Shona Doig	Charlotte Lorimer	Stephanie Pennycook	Jennina Shannon
U15	Emily Fitzpatrick	Robyn Graham	Maya Stone	Olivia Collison-
U15	Sarah Kelly	Halina Rees	Kirsty Duncan	Kirsty Hamilton
U17	Owen Grace Collison-Owen	Lucy Duff	Kiri Stone	
U17	Fiona Bracegirdle	Jenny Tan		
	Fioma Duncan			

Gala Harriers - Colours: White with Green Band

U13	Kristina Gray	Lucy Morris	Hannah Jones	Team Nos 33,34,35
U15	Martha Douglas	Laura Anderson	Charlotte Brown	
U15	Alice Haining	Harriet Murray	Clare White	
U17	Ashleigh Hedderly	Kerry Bonnar		
	Gillian Inglis			

Garscube H - Colours: White with Blue Band

U13	Lizzi Durnin		Team Nos 36
U15	Sophie Jones	Kirstin Halliday	

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 37,38,39,40,41,42

U13	Peirra Marshall	Frances Lowrie	Stephanie Fairfield	Nikki Munson
U15	Anna Black	Connie MacKay	Holly Miller	Heather McCallum
U15	Heather Howie	Aileen Irvine	Rebecca Hart	Olivia Keenan
U17	April Miller	Bethany Frank	Abigail Duff	Karin Belch
U17	Lucy Patrick	Rebecca Patrick		
	Alex Porteous	Caitiona Lockie		
	Anna Hilley	Joanna Thomson	Claire McAnley	Rachel McDowall
			Caroline Adams	

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

U13	Megan McDade	Shannon Kangley	Team Nos 43,44
U15	Carly Dalgleish	Emily Pollock	
U17	Emma Baxter	Katie Pollock	

Inverclyde AC - Colours: Black & White Stripes

U13	Claire Waugh	Anna Gilles	Team Nos 45,46,47,48,49,50
U15	Sarah Glenn	Melissa Montague	Amy Meechan
U15	Natalie O'Neill	Gabrielle Ward	Lisa MacDonald
U15	Nyrike Mulholland	Emma Meechan	Emma Fulton
U17	Susan Waugh	Lauren Thompson	Deborah Moore
U17	Emma Rice	Rachael Bushfield	Nicole Darragh

Irvine AC - Colours: Red with Black Trim

U13	Emily Munro	Stephanie Dalgonite	Team Nos 51,52
U15	Paige Douglas	Ashley McQueen	
U17	Sarah Munro	Nicole Bunyan	

Kilbarchan AAC - Colours: Gold with Black Hoop

U13	Vanessa Hogan	Kate Gillies	Team Nos 53,54,55,56,57,58
U15	Erin Ferguson	Robyn Lewis	Kerry Keegan
U15	Elaine Eadie	Sorcha Lynch	Morven McEwen
U17	Charlotte Walker	Emily McQuade	Jennifer Eadie
U17	Nile McMillan	Gemma Spence	Kirsty Boswell
U17	Natalie Sharp	Jessica Martin	Sarah Ogilvie
	Michelle Bell	Amanda Herron	Jennifer Frew
	Sally Webster		Samantha Kelly
			Rachel Campbell

Kilmarnock H - Colours: Royal Blue with 2 White Stripes Team Nos 59,60,61,62,63,64,65

U13	Jacelyn Dunlop	Amanda Humes	Eve Kerr	Lorne Kerr
U15	Gemma McCutcheon	Taylor Ross	Fern Wales	Bryan Wallace
U15	Kate Mackie	Laura Smith	Kelly Gilbert	Sarah McDonald
U17	Nicole Hamilton	Sarah McNish	Bethany Ross	Lois Shankland
U17	Stephanie Sloan	Stephanie Miller	Laura Meney	Sally Pugh
U17	Lauren Campbell	Louise Martin	Amy Milliken	Mia Tait

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

U13	Maria Miliken	Rachel Hayes	Clare Brown	Team Nos 66,67,68
U15	Alexandra Lamond	Lauren McInyre	Heather Stewart	
U17	Victoria Conner	Andrea Gaffney		
	Julie Connelly	Christina McDermott		

Larkhall YMCA - Colours: Red with White Hoops

U13	Eilidh McHugh	Evelyn Bryce	Team Nos 69,70
U15	Mhairi Speedie	Elisith McCreadie	
U17	Jodie Frame	Sarah Archibald	

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

U13	Amy Smith	Amy Frankland	Megan Wright	Team Nos 71,72,73
U15	Kimberley Simpson	Madeleine Sweeney-Baird		
U17	Kathryn Peacock	Jill Bonhron		

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

U13	Ashleigh Anderson	Alice McGrath	Samantha Stevenson	Team Nos 74,75,76,77
U15	Erin McLeod	Abby Currie	Julie Dobbin	
U15	Emma Clarkson	Laura Livesey		
U17	Nicola Lindsay	Emma Walker		
	Fiona Parkin			

Lothian RC - Colours: Blue with Black letters

U13	Marie McLaughlin	Ashley Stewart	Sarah Stewart	Team Nos 78
U15	Rachael McIlwraith	Sarah Inglis		
U17	Mhairi Inglis			

Nithsdale AC - Colours: Jade Green/Black/White

U13	Danielle Beattie	Mali MacKenzie	Jessie Liddon	Team Nos 79,80
U15	Katy Brown	Stephanie Barnes		
	Stephanie Lawrie			

Pitreavie AAC - Colours: Navy/Yellow/White

U13	Eilidh Reid	Alix Brewster	Micaela Brown	Kara V J Bradbeer
U15	Catherine-Marie Millar			
U15	Kathy Turner	Bethanie Finlayson	Megan Kirk	Melissa Hynd
U17	Kathryn Parnell	Clare Duncan	Sarah Ross	Stacey Louch
U17	Kristy Armstrong	Levi Young		
	Natalie Fox			
	Lauren McManus			

Ron Hill Campus - Colours: Red with White Band

U13	Gemma Connelly	Lauren Baird	Stephanie Duncan	Team Nos 86,87,88,89
U15	Brittany Graham	Rebecca Bononi	Helen Wilson	Rachel Parker
U15	Mairi Brown	Kerrie Miller		Caitiona Wilson
U17	Iona Maxwell	Claire Waterspoon	Cheryl Anderson	Shereen Smith
U17	Amanda Gebbie	Louise Mason	Lacy Deeny	Danielle Melville
	Chloe Davidson	Stephanie Wright		

Shetland AAC - Colours: White Vests 3 Blue Hoops

U13 Lauren Odie
U15 Katie Bristow Emma Leask

Shettleston Harriers - Colours: Blue with Yellow Band

U13 Amanda Monaghan Kerri Haran Kirstin Wood
 Danielle McConway Hannah Heggarty Alana Pringle
 Nicole McCann Nicola Mackay
U15 Helen Pawelczyk Hannah Kennedy Emma Porteous
U17 Jessica Donaldson

Vic Park C of Glasgow - Colours: Blue and White Hoops Team Nos 94,192,193,197

U13 Iona Wilson Rachel Dick Eilidh McEvilly Eve Dunlop
 Hope Gilmour Johana Brady
U15 Amy MacLellan Deborah Hannah Rebecca Nicholson Michaela Stephen
 Hollie Young Sarah Potter
U17 Rachel McLellan Rhian Dawes Josephine Moultrie Elizabeth Potter
 Jennifer Hannah

Whitemoss AAC - Colours: Black and Yellow

U13 Kirsty Jamieson Stephanie Curran
U15 Lauren Mooney Sarah Millar
U17 Rachel Barlas Laura McCord

Team Nos 90**Team Nos 91,92,93**

Jemma McQuillan
 Brogan Watt

Team Nos 198 199**YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS****3x2,500 metres****1st LAP U13, 2nd LAP U15 or U13, 3rd LAP U17 or U15****Title Holders- Kilbarchan AAC****Race Starts 1:00pm****Aberdeen AAC - Colours: White with 2 red hoops**

U13 David LaFehr Connor Adam Robert Walton Team Nos 95,96,97
U15 Sigurd Watt Ryan Gauld Lewis Stephen Elliot Noble
 Joshua Arrowsmith
U17 James Joy Cameron Strachan Ross Fulton Rory Leslie

Arran Runners - Colours: Black/Yellow

U13 Christopher Jenks Team Nos 98
U15 Cameron Paul
U17 Nicholas Emsley

Ayr Seaforth - Colours: White with Red Diagonal Cross Team Nos 99,100,101,102

U13 Finlay Rae Angus Johnston Ben Johnston Jack Zonfrillo
 Ben Steven Kelvin Walker Andrew Carter
U15 Andrew Rae Thomas Andrews David Carter Adam Paul Steven
 Callum Aitkenhead
U17 Alex Oliver Mark Ferguson Greg Templeton Hugh McQueen
 Jonathan Dunn Aaron Coulter Alan Cherry

Calderglen H - Colours: Amber and Black Vertical Stripes Team Nos 103,104,105,106

U13 Stuart Hill Jack Blair David McMonagle Ian Rae (Jnr)
U15 Richard Campbell Josh Ladds Ewan Murray Daniel Mullen
 Mark Thomson Christopher Wilson
U17 Ben Ferguson Jamie Ferguson Kyle Gatens

Central AC - Colours: Yellow and Blue

U13 Conor Kerr Alexander Coubrough Philip Wright Gordon Milne
 Rory Bain Sam Fraser Callum McLaren
U15 Kelly Carruthers Scott Green Ross Milne Tom Watson
 Martin Hall Logan Bonar Calum Park David MacKinlay
 William Jamieson
U17 Sean Reilly Jonathan Tolson Andrew Butchart Sandy MacLarty
 Scott Martin John Colvin Alexander Hendry

Clydesdale Harriers - Colours: White with Black "C"

U13 Scott McDade Keir Martin Greig Morison Team Nos 113,114
U15 Peter Bowman Connor Shields Cameron McLeod Tony Dolan
U17 David Brown Ryan Nelson Antony Russell Ryan Kenny

Corstorphine AAC - Colours: White with Black Trim

U13 Josh Beautyman Christopher Galloway Nicholas Hutchon Team Nos 115,116,117
 Craig Nolan Connor Johnston
U15 Shaun Burns Andrew Christy Dugald Hepburn Jack Keane
 Timothy Sawrey Duncan Scott Callum Smith
U17 Hamish Hepburn Craig Knowles Andrew MacDonald Declan McTighe
 Fraser Scott

Dundee Hawkhill - Colours: Blue and White Quarters Team Nos 118,119,120,121

U13 Shaun Dempsey Callum Rennet Calum MacDonald Cameron Lockhart
U15 Michael Overend David Finn Howell Craske
U17 Matthew White Gareth Lamb Reuben Toy Paul Dempsey
 Ryan Conway

East Kilbride AAC - Colours: Gold with 2 Black Hoop Team Nos 122,123,124,125,126

<u>U13</u>	Scott Hernon	Nathan Milligan	Fraser Moxey	James Pearson
	Drew Gorol			
<u>U15</u>	Adam Gatens	Paul Brooks	Andrew Shaw	David MacMillan
	Fraser Jamieson	Scott Murray		
<u>U17</u>	David Gorman	Kevin Harvey	John Fergusson	Fraser Morgan

Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 127,128,129,130,131,132

<u>U13</u>	Sam Harrison	Jake Kerr	Rory MacFarlane	Michael Cameron
	Amul Mair	Daniel Holligan	Scott MacDougall	
<u>U15</u>	Marcus Cram	Marc Robson	Nikhil Mair	Edward Dudgeon
	Ross Blair	Peter Cameron		
<u>U17</u>	Chris O'Hare	Jamie Smith	Fraser Mann	Rory Anderson
	Jonathan Wolf	Craig Paulin	Adam MacKenzie	Scott McKean

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u>	Gavin Weir	Mark Govan	Euan McCallum	Team Nos 133,134,135
<u>U15</u>	Darren Weir	Ben Stevenson	Euan Martin	
<u>U17</u>	James Stevenson	Andrew Crone		Graeme MacGregor

Fife AC - Colours: White with Red Band

<u>U13</u>	Jamie Ritchie	Daniel Campbell	Cameron Thomson	Jack Robb
	Euan Berry			
<u>U15</u>	Adam Harris	Ryan McIntosh	Liam Hotson	Alasdair Mudie
<u>U17</u>	Andrew Hood	Connor Hawkins	Mark S Buchan	Ryan Ritchie

Gala Harriers - Colours: White with Green Band

<u>U13</u>	Dylan Howel	Cameron Gowans	Team Nos 140
<u>U15</u>	James Haining	Andrew McCrerrick	
<u>U17</u>	Frazer Anderson		

George Heriots - Colours: White with Blue Band

<u>U13</u>	Sam Harrison	Sandy Thin	Scott MacDougall	Team Nos 141,142
<u>U15</u>	Charlie Roden	William Johnstone		Max Ferguson-Hook
<u>U17</u>	Roger Poolman	Grant McEwan	Ben McCullough-Young	Matthew Haigh
	Douglas Cameron			

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 143,144,145,146,147,148

<u>U13</u>	Neil Gourley	Robert Morrison	Calum Firth	
<u>U15</u>	David Tolland	Gavin Connor	Grant Muir	Max Lott
	Sandy Nimmo	James Gray	Christopher Russell	Alistair McCallum
<u>U17</u>	Gary Williamson	Matthew Ritchie	Jamie MacGregor	Greg Turner
	Ewan McCallum	Lyle Frank	Jamie McAldine	Miles Hollinshead
	Kenneth Love			

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

<u>U13</u>	Cameron Black	Team Nos 149
<u>U15</u>	Adam McCormick	
<u>U17</u>	David McNeil	

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u>	Scott Bellew	Greg Williams	Michael Houston	Jack Rice
	Michael Mullholland	Rory Morrison	Robert Todd	
<u>U15</u>	Paul Currie	Kyle McCabe	Jack Bushfield	Andrew Daisley
<u>U17</u>	Andrew Campbell	Stefan McLean-Toremor	Mathew Deegan	Craig Anderson

Irvine AC - Colours: Red with Black Trim

<u>U13</u>	Kian Douglas	Gordon Wilson	Team Nos 154
<u>U17</u>	Ryan McDonald		

Kilbarchan AAC - Colours: Gold with Black Hoop

<u>U13</u>	Andrew Mitchell	Kieran Hards	Nicholas Love	Josh Penman
	Andrew Campbell	Gregor McEwan	Matt Wild	Paul Brown
	Ross Heggie	Russell Mountford	Adam Butler	Scott Williams
<u>U15</u>	Jack Lochans	Daniel Fullerton	Calum MacLeod	Andrew Quinn
	Ross Fleming	Brett Wild	Graham Evans	Connor Henderson
	Thomas McDonald	David Claes	Stephen Howie	Simon Urie
<u>U17</u>	Callum Hawkins	Andrew McAlpine	Blair Crawford	Scott MacAulay
	Stephen Fleming	Stuart King	Stuart Miller	

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes Team Nos 162,163,164,165,166,167

<u>U13</u>	Evan Cornforth	Angus Cochrane	Fergus Morris	Luke McGill
	Adam Kerr	Cory O'Hara	Daniel Steele	James McGill
	Ryan White	Roy Shankland		
<u>U15</u>	Gregor Devoy	Cameron Mackie	Robert Cochrane	Andrew Martin
	Fraser Hannah	Grant Beattie	Murray McDonald	Callum Mcaughtrie
	Craig Robertson			
<u>U17</u>	James Wales	Gregory Leyden	David Meikle	Jamie Hannah
	Ross Connolly			

Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops Team Nos 168,169,170,171

<u>U13</u>	Scott Molloy	Callum Heirs	Scott McIntyre	Kieran Pugh
	Andrew McCormack	John McCall	Graeme McKinney	
<u>U15</u>	Craig McIntyre	Scott Lawrie	Christopher Allan	
<u>U17</u>	Matthew Graham	Callum Pettigrew	Adam Hamilton	Neill Hamilton

Lasswade AAC - Colours: White with 2 Blue Bands and Red Band Team Nos 172,173,174,175,176

<u>U13</u>	Gregor Burns	Christopher Hackland	Andrew Loudon	Ross Henderson
	George Loudon	Jonathon Simpson		
<u>U15</u>	Peter Loudon	Adam Lyon	Ryan Cook	Ryan Gilhooly
	William Simpson	Ross Matheson	Lindsay Gordon	Zander Lyon
<u>U17</u>	Martin Brash			

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

<u>U13</u>	Stewart Hall	Ross Hill	Calum Lindsay	Team Nos 177,178
<u>U15</u>	Craig Wellcoat	Neil McLeod	Jonathan Velu	Thomas Lafferty
<u>U17</u>	Josh Ellwood	Bobby Hill	Ross MacDonald	

Nithsdale AC - Colours: Jade Green/Black/White

<u>U13</u>	Alastair Barnes	Chris Ponton	Team Nos 179,180
<u>U15</u>	David Vernon	Scott Sloan	
<u>U17</u>	Kyle McLellan	Ronan McLellan	

Perth Strathtay - Colours: Orange with Blue Trim

<u>U13</u>	William Hughes	Alex Jardine	Dean Byrne	Team Nos 181
<u>U15</u>	Douglas Lambie	Michael Jardine	Ben McKinnon	
<u>U17</u>	Andrew Davidson			

Pitreavie AAC - Colours: Navy/Yellow/White

UNICAFE AAC - Colours: Navy/ Yellow/White				Team Nos 182,183
<u>U13</u>	Fergus McGaw			
<u>U15</u>	Ben Potrykus	Craig Robinson	Anthony Young	Ewan Dyer
<u>U17</u>	Scott Weir	Callum McQueen	Calum McGaw	

Ron Hill Cambus - Colours: Red with White Band

<u>U13</u>	Matthew McKenna	Ryan Thomson	Dean McMurran	Ross Stephen
	Colin Blyth	David Murray	Cameron McCann	Callum Allardyce
<u>U15</u>	Liam Deeny	Chris Gebbie	Jack Hamilton	Ryan Harkin
	Lewis Howell	Michael Rankin	Stewart Orr	Andrew Hunter

<u>U17</u> Andrew Coulter	Craig Nelson	Steven Taggart	Connor Gallacher
Jordan Samson	Sean Devlin	Connor McCann	

Shetland AAC - Colours: White Vests 3 Blue Hoops

Team Nos 189

U13 Rory Goodlad
U15 Bobby Bristow
U17 Joshua Morrison

Shettleston Harriers - Colours: Blue with Yellow Band Team Nos 190,191,192,193

<u>U13</u> Callum Drummond	368 Stephen Wallace	Ruaridh Gibson	Christopher Girvan
Brian McLean	Archie Breckenridge	Robert Patterson	Brian Stuart
Euan Birch	Callum Nicol	Paul T Carmichael	
<u>U15</u> Andrew Dearie	Patrick O'Donnell	Jack Mills	John Brogan
Ryan Taylor	Nicholas Devlin	Alan Stuart	David Taylor
<u>U17</u> Adam Drummond	Gary Smith	Lachlan Oates	Gary McBride
Ruaridh Munro	Jamie Holding	David Kane	Andrew Clunes
Aidan Hagan	Andrew McColl	Andrew Glen	Ryan Gill

Vic Park C of Glasgow - Colours: Blue and White Hoops Team Nos 194,195,196,197

<u>U13</u> Max Aitchison	Fraser Barbour	Findlay Parker	Samuel Adams
<u>U15</u> Hugh Mackenzie	Paul MacFarlane	Lewis Wilson	Jack Moulson
<u>U17</u> Max Ralston	Stuart Ross	Michael Gray	Sean Fontana
Gavin Murty			

Whitemoss AAC - Colours: Black and Yellow

Team Nos 198,199

U13 Craig Whyteside Nicholas Phillips
U15 Euan Walker Ross McCord
U17 Stuart Jamieson John Robertson

SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

Title Holders- City of Glasgow AC

Race Starts 1.30pm

Aberdeen AAC - Colours: White with 2 red hoops

Team Nos 59,61

Sonia Armitage	Rhona Buchan	Laura Mahady
Hilary Armitage (J)	Laura Hepburn (J)	Anna Fleming (J)
Natalie Riley		

Nicola Gauld
 Siobhan Prise (J)

Bellahouston RR - Colours: Purple with White Band

Team Nos 62,63,66

Helen Palmer	Claire Thompson	Iona Robertson
Julia Harris	Jacqueline O'Grady	Lynne Andrew
Sandra Irvine		

Lynsey Munro
 Kate Gray

Calderglen H - Colours: Amber and Black Vertical Stripes

Team Nos 67

Frances Maxwell	Emma Louise McGovern	Eileen Reid
-----------------	----------------------	-------------

Mary Goldsmith

Carnegie H - Colours: Orange & Green

Team Nos 68,70

Kate McKinnon	Fabienne Thompson	Nicola May
Gail Murdoch	Cathy Mutwa	Tracey Stamp
Susan Walker	Morna Fleming	Angela Wallace
Helena Sim	Claire Howie	Fiona Rennie
Valerie MacAulay	Marianne Young	Lynne Kuz
Catherine Wilson	Angela Sharp	Susan Lennon
Lesley Thurogood		

Judith Turner
 Lynne Bennet
 Maryanne Lawrence
 Pauline Walker
 Rosalyn Alexander
 Louise McDonough

Central AC - Colours: Yellow and Blue

Team Nos 71,73,75,79,80,81

Claire Waterhouse	Emma Waterhouse	Jane Waterhouse
Jennifer Emsley	Hazel Dean	Morag MacLarty
Fiona Kelsall	Fiona Thompson	Alison Docherty
Polly Harrison	Andrina Buchanan	Morag Adam
Jacque L'Etang	Gillian Gilvear	Louise Harris

Ainsley Normand
 Sarah-Jane Pickett
 Mary Kerr
 Janice Leitch
 Tracey McNally

Clydesdale Harriers - Colours: White with Black "C"

Team Nos 82

Kathryn Scott	Aileen Scott	Marina McCallum
Ann Murray		

Pamela McCrossan

Corstorphine AAC - Colours: White with Black Trim

Team Nos 83,89,91

Beverley Christy	Lesley Ferry	Jillian Hogg
Linda McGinley	Lilian McNab	Phyllis Mitchell
Susan Waddell	Kathleen Dempsey (J)	Margaret McCaig
Corrie Roberts	Megan Smith (J)	Anne Whitehouse (J)

Pauline Kell
 Susan Johnston
 Rebecca O'Brien (J)

Dundee Hawkhill - Colours: Blue and White Quarters

Team Nos 93

Laura Brown (J)	Heather Brookes	Kirsty Scott
-----------------	-----------------	--------------

East Kilbride AAC - Colours: Gold with 2 Black hoops

Team Nos 95

Kelly Smith	Angela Martin	Valerie Martin
-------------	---------------	----------------

Joanne McEvoy

Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 98,124,136,137

Susan Ridley	Debra Murray	Catherine Ferry	Victoria Lomax
Catriona Sinclair (J)	Lianne Harrison	Sharyn Ramage	Lynsey Sharp (J)

Karen Dobbie	Hayley Ovens	Nathalie Christie	Lucy Colquhoun	Eilidh Wardlaw	Aileen Wood	Megan Wright	
Edinburgh Uni - Colours: Green with White side Panel				Inverclyde AC - Colours: Black & White Stripes			Team Nos 168
Claire Jarvis (J)	Catriona McCleery	Katherine Wilkie	Vicky Clegg	Rhona Bushfield	Hazel Boulton	Susanna Spence (J)	Alma Imponeti
Sarah Louise Johnson (J)	Hannah Edwards (J)	Rose Nicholson	Kirsten Hogg	Claire Kelly	Janice Hendrie		
Fiona Rudkin	Rowena Bell-Scott (J)	Anna Haw	Olivia Renshaw				
Stephanie MacGrath							
Falkirk Victoria H - Colours: Black with Gold Band				Kilbarchan AAC - Colours: Gold with Black Hoop		Team Nos 169,170,171,172,173	
Janette Stevenson	Fiona Matheson	Sharron Gunn	Team Nos 142,143	Christina Rankin (J)	Elspeth Curran (J)	Nicole Treacy (J)	Cara Sloss
Lorna Dewar	Lynne Murray	Caroline Lawless	Michelle McCormick	Fiona McIntyre	Lynsey Curran	Claire Gibson	Dennise Smith
				Karen Yule	Sarah Barr	Leanne Hamilton	Kerry Lang
				Hannah Waugh	Kate O'Brien	Jacqueline Lochans	Wanda Phillips
				Carol Murray	Eileen Masson	Margaret Moore	
Ferranti AAC - Colours: Yellow with Black letters				Kilmarnock H - Colours: Royal Blue with 2 White Stripe		Team Nos 174,175,176,177	
Elizabeth Gilchrist	Claire Gilchrist	Susana Gonzalez-Sanchez	Team Nos 144	Paula Wilson	Kara Tait (J)	Avryl Cornforth	Allison Simpson
Julia Drewer			Moirra Nicol	Janet Murray	Marion Burns	Jan Mcleod	Laura Jane Carruthers
				Colleen Tait (J)	Arlene Rowan	Maire Gorman (J)	Emma Mackie
				Elizabeth McDerment	Laura Cairns		
Fife AC - Colours: White with Red Band				Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops			Team Nos 178,179,180
	Leah Griffin	Sandra Aitken	Sarah Bennison	Annmarie McCaffrey	Susan Addison	Pamela Parker	Ada Stewart
Innes Bracegirdle	Jennie Brierley	Lorraine Brown	Louise Burt	Marie McChord	Shirley MacNab	Ausrine Ward	Fiona Gentles
Sarah Cullen	Sarah Dillon	Hester Dix (J)	Catriona Duncan	Elizabeth Hood	Karen Murray	Jacqui Woods	
Susan Filsell	Kate Fitzpatrick	Lisa Gamble	Rhona Graham				
Moirra Grainger	Ailsa Hall	Claire Jarvis (J)	Jennifer Kibble (J)				
Anita Laidlaw	Kristina Lapinova	Sarah Legge	Phyllis Lemoncello				
Anne Lloyd-Evans (J)	Fiona Lothian	Kim MacGregor	Jennifer MacMaster				
Alison McAdam-Smith	Varry McCullough-Young	Margaret McLaren	Mary Mitchell				
Susan Moffatt	Johanna Paananen	Irene Pennycook	Kate Pether-Smith				
Louise Provan	Hilary Ritchie	Wendy Ritchie	Sandra Robertson				
Carrie Ruxton	Jocelyn Scott	Helen Sharp	Lorna Sibbett				
Catharine Sinclair	Susan Thomson	Sandra Tulloch	Mandy Waite				
Fiona Walker	Kathryn White	Maria Dienerowitz					
Gala Harriers - Colours: White with Green Band				Lasswade AAC - Colours: White with 2 Blue Bands and Red Band		Team Nos 181	
Katy Anderson	Rachel Fagan	Kate Jenkins	Team Nos 153,154,155	Kiera Murray	Nicola Murray	Wilma Kerr	Johanne Turnbull
Gillian Duncan	Fiona Dalglish	Melanie Goodson	Karen Renton	Margaret Imlah	Sam Wilson	Lorna Rice	
Eileen Nicol	Dianne Lauder	Angela Foss	Nicola Meikle				
Leanne Haining	Shelagh King	Caroline McDermott	Karen Haldane				
Carol Fortune	Ruth McCann		Andrea Pogson				
Garscube H - Colours: White with Blue Band				Lothian RC - Colours: Blue with Black letters			Team Nos 182,183
Kirsty Husband	Heather McIntosh	Mairi Stanley	Jill O'Neil	Lorna Eades	Rosemary Ewing	Kate Kitchin	Helen MacDonald
Carole Gilmour	Kathryn Ellis	Alison Locke	Debbie Martin	Edel Mooney	Helen Murray	Claire Shanley	Marie Storrie
Diane Clark	Marion Kelly	Lesley Chapman	Sara Montgomery	Margaret Turnbull	Margo Welsh		
Giffnock North - Colours: Amber with Royal Blue Hoop				Motherwell AC - Colours: Red with White edging		Laura McTavish	Team Nos 184
Laura Taylor (J)	Sara Stevenson	Lauren Baird (J)	Team Nos 160,161,162	Jessie Miller	Jill E Strachan		
Mary McCutcheon	Myf Taylor	Susan Anderson	Maureen McVey				
Anne Lee	Sarah Lee (J)		Ruth Joss (J)				
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops				Perth Road Runners - Colours: Green and White		Andrea Cameron	Team Nos 185
Alison King	Terry Wall	Yvonne Prager	Team Nos 163,164	Fiona Manson	Angela Park		
Elizabeth Forbes	Fiona Cushnaghan	Morag Campbell	Natalie Donald (J)				
Hunters Bog T - Colours: Brown				Pitreavie AAC - Colours: Navy/Yellow/White		Jayne Clark	Team Nos 186,187
Jessica Batterham	Karen Clarke	Suzanne Ebel	Team Nos 165,166,167	Alison Whyte	Sarah Gillespie	Louise Dallas	Lauren Candlish
Miranda Grant	Alison Johnston	Alex Kilgour	Claire Gordon	Eilidh Child	Pamela Gilfillan		
Deborah MacDonald	Morag McCracken	Megan Mowbray	Isobel Knox				
Janice Smith	Margaret Spalding	Claire Thomas	Sandra Rathjen				
			Claire Ward				
				Springburn Harriers - Colours: Navy Blue with White Diamond			Team Nos 188,189
				Lesley Chisholm	Frances Florence	Michelle Sandison	Danielle Brown (J)
				Clare Gemmell	Caroline Brownlie	Laura Douglas	Anne-Marie Hughes
				St Andrews Uni - Colours: White with 2 Blue Bands			Team Nos 190,191
				Vikki Knott	Chrisie Borg	Tarah Regen (J)	Sarsh Moreland (J)
				Caroline Cox	Gardner Moore (J)		
				Stirling Univ AC - Colours: Green and Yellow		Christine Bertram	Team Nos 192
				Katie Reece	Sandra Jansson		Ann Parry (J)
				Strathclyde Uni - Colours: Maroon with Blue and Gold hoops			Team Nos 193,194
				Fiona Gentles	Danielle Brown (J)	Kirsty Hamilton (J)	Kirsty Haxby
				Winnie Ho	Catriona Swanson		

Vic Park C of Glasgow - Colours: Blue and White Hoops

Susan Finch	Lindsay MacNeill	Pamela Nicholson
Kirsteen Young	Jacqueline Thomson	Helen Sweeney (J)
Heather Caulderwood	Collette Fagan	Donna Finlayson
Nicola Hood (J)	Lorna Young (J)	

Team Nos 195,196,197

Kirsty Baird
 Claire McCracken
 Rebecca Finch (J)

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

Eileen Homewood	Helen MacPherson	Jane Robertson
Muffy Calder	Pauline McAdam	Catrina Miller
Patricia McLaughlin		

Team Nos 198,199

Christine Menhennet
 Katherine Kirk

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS**4x4,000 metres****Title Holders- Inverclyde AC****Race Starts 2:30pm****Aberdeen AAC - Colours: White with 2 red hoops**

Mark Haskett (J)	Myles Edwards (J)	Benjamin Hukins
Keith Charlton	Frank Boyne	Andrew Ferguson Jnr (J)

Team Nos 1,2

Bereket Hagos (J)
 Alan Wales

Airdrie Harriers - Colours: Grey and sky Blue with 3" Black diag.

Kenny O'Neill	James McCosh	Mark Hutchison
---------------	--------------	----------------

Team Nos 3

Jonathan Sinclair

Ayr Seaforth - Colours: White with Red Diagonal Cross

Ian Baird	Laurence Baker	Neil Burnside
Kevan Fulton	Peter Laing	Adam Law
Francis Napier	Connell Drummond	Calum Webster
Ryan Templeton (J)		

Team Nos 4,5

Brian Dunn
 Tom McCulloch
 Stephen Kay

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Campbell Joss	Iain Burke	Jeremy Garnett
John McFadyan	Graeme Gemmell	Stephen Stone

Team Nos 6,7

Anthony Quinn
 Stewart Collins

Bellahouston RR - Colours: Purple with White Band

Craig Ross	Brendan Moriarty	Nick Reid
Stewart Robertson	Colin McGill	Alasdair McLeod
Scott Kennedy	Russell Whittington	Alex McIndoe

Team Nos 8,9,10

Colin McAlpine
 Kenneth Richmond
 Marcos Sanz Gomez

Calderglen H - Colours: Amber and Black Vertical Stripes

Russell Couper	Charles Steven	Gerard Mullen
Colin Macdonald	Jim Holmes	Colin Banks
Scot Hill	Andrew Henderson	George Stewart
Kenneth Davidson	Alan Cullie	Ian Rae
Stuart Gibson	Stephen Reilly (J)	David Watt
Brian Carrigan	Kenny Beattie (J)	Malcolm Buchanan
Colin Jarvie	Blair Matthew	Paul White

Team Nos 11,12,13,14,15,16

Stuart Waugh
 David Herbertson
 Roderick Shanks
 Graham Lindsay
 Alan Derrick
 Colin Freeman

Carnegie H - Colours: Orange & Green

Ian Johnston	Lewis Lawson	Ian Stewart
Andrew Hunter	Peter Humphreys	Peter Simpson
Steven King	Allan Wilson	Thomas Lawrence
Ryan McKenzie	Roger Clark	John McArthur
Garry Taylor	Mike Harvey	Steven Ogg
Nicholas Weir	Tommy Lawlor	Paul Bundy
Robbie McKenzie	Jeff Burton	Paul Hutton
Alan Cockburn	Andrew Sim	Ruairidh Campbell
Phil Smithard		

Team Nos 17,18,19,20

John Lambie
 Stephen Greer
 Iain Taylor
 Michael Cowie
 Dennis Howett
 John Hargreaves
 Neil Campbell
 Alexander Nicol

Central AC - Colours: Yellow and Blue

Robert Russell	Alastair Hay
Murray MacLarty	Will Hensman
Ross Houston	Alan Hume
Michael Gillespie (J)	Ewan Jack
Hugh Kerr	David Hay
Stuart Watson	Liam McCabe
Philip Hendry	Adrian Loudon

Team Nos 21,22,23,24,25,26,27

Lewis Millar	Kyle Cowie (J)
Alasdair Anthony	Philip Sweeney
Miguel Merayo	Philip Williams (J)
Hugh Buchanan	Robert Wiseman
Cameron Campbell	Alan Gall
Alex Milne	Robert Hutchison
Scott McDonald (J)	Craig Walker

Michael Wright	James Drummond	Gordon Adam	David Lindsay	Keith Nicol James Shaw	Alex Bell	Iain Shaw	Dmitri Alekseevsky
Clydesdale Harriers - Colours: White with Black "C"			Team Nos 28,29,30	Fife AC - Colours: White with Red Band		Team Nos 53,54,55,56,57,58,59,60,61,62	
James Austin	Augustine Cairney	Paul Carroll	Pete Cartwright	Tom Cunningham (J)	Graeme Stewart	Ken Berry	Alan McLeod
Brian J Campbell	Gary Dick	Michael Diver	Peter Rudzinski	Kenny McLeod	Bryce Aitken	Robert Allison	David Anderson
Robert Young	Ian Thomson	Bobby Rossborough	Iain Robertson	Laurence Anderson	Alastair Bagnall	James Baillie	Andrew Barker
John Foley	David Mitchell	Laurence Pearson	Colin Gray	Gary Barker	David Bee	Graham Bee	Graham Bennison
John McArthur				Stewart Biggar	George Black	Thomas Bowie	Andrew Brierley
Corstorphine AAC - Colours: White with Black Trim			Team Nos 31,32,33,34	Colin Brown	John Buchan	Peter Buchan	Allan Cassidy
Steven Blair	Martin Caldwell	Dean Carr	Iain Cumming	Andrew Cassidy	Michel Chateau	Chris Clark	Roger Clark
David Henderson	Keith Hood	Martin Hulme	David Law	Stephen Clark	James R. Close	Brian Cruickshank	Sandy Cruickshank
Bruce Malcolm	John O'Hara	Jan-Bert Van Den Berg	Ian Watt	Stewart Davidson	Adrian Davis	Chris Dibben	Steven Doig
Grant Wilkie	Moray Anderson	Scott Bisset	Nicholas Brown	Thomas Donaldson	Graham Duncan	Martin Farrally	Nigel Fowler
Bryan Clark	David Colman	Alex Cumming	James Cumming	David Francis	Paul Gallacher	John Gilfillan	Sam Gillespie
Tom Ferrington	Calum McKenzie (J)	Gordon McLean	Timothy Norwood	Sam Graves	Owen Greene	Tom Greene	Douglas Gunstone
Christopher O'Brien	Steven O'Brien	Scott Pilkington	Neal Robb (J)	Michael Hannigan	Mark Harris	Ian Hawkins	Ron Hilditch
Douglas Selman (J)	Ewan Stark			Michael Hogg	Joe Holden	Alasdair Hood	Andrew Howett
Dundee Hawkhill - Colours: Blue and White Quarters			Team Nos 35,36	Martin Hutson	Alex Jones (J)	John Kay	John Keenlyside
Matthew Strachan	John Castle	Charles Haskett	Craig Ross	Graham Kirby	Stuart Knowles	Michael Kuzyszyn	Brian Landels
John Hepburn (J)	Stephen Mason	Neil Gunstone	Brian Cook	Stewart Leckie	Andrew Lemoncello	Andrew Liston	George Little
Stuart Kerr	Alistair Macdonald	Craig Angus (J)	Stephen Cromar	John MacFarlane	Malcolm Macfie	Donald MacGregor	Daniel MacQueen
Kevin Murray (J)	Michael Galloway	Stephen Borland	Craig Love	Neil Martin	Colin Mathieson Snr	Hugh D. McKay	Frank McLaren
David Hanlon	Ged Keane			Bryan McManus	Alan Meiklejohn	Christopher Mill	Ron Mill
East Kilbride AAC - Colours: Gold with 2 Black hoops			Team Nos 37,38,39	Andrew Milne	Michael Mitchell	Terry Mitchell	Stephen Moffatt
Grant Baillie	Stephen Matthews	David J. Condra	Derek Leitch	Ronald Morrison	John Murdoch	David Owens	Maurice Paterson
Graeme Haddow	William Taylor	Michael Browne	Alan Mitchell	Geoff Pennycook	Steven Pennycook	Gary Pirie	Ian Poolman
Edgar Ramage	Jamie Clements (J)	Niall Walker (J)	Gordon Colvin	Frank Popham	Roger Rees	Steven Reid	Leonard Rhone
Edinburgh AC - Colours: White with one Blue, one Black Hoop			Team Nos 40,41,42,43	Paul Roarty	Alastair Robertson	Douglas Robertson	Thomas Ross
Roger Alsop	D Bailie	Graham Beal	Matthew Bell	Christopher Russell	Philip Salter (J)	Eddie Sanders	Mel Scobie
C Brown (J)	William Chadwick	Keith Dunlop	Martin Ferguson	Tom Scott	Steven Shanks	Richard Shaw	David Shepherd
Kris Gauson (J)	Andrew Gibson	Alistair Hennessey	Scott Innes	Elliot Simpson (J)	Bill Smith	James Taylor	Scott Taylor
Mark Johnston	Andrew Laycock	Seamus Keely	Keith Lyall	Gordon Thomson	John Thomson	Jez Tomlinson	Rennie Urquhart
Juan Mareque	Alex MacEwen	Ryan O'Hare (J)	Robert Riddell	David Weir	Richard Westwater	Gary Whitton	Jim Woodburn
Garry Robertson	Bill Rubie	Martin Sneddon	Darren Steel (J)	Gala Harriers - Colours: White with Green Band		Team Nos 63,64,65	
Grant Stewart	Eric Stevenson	Neil Thin	Adam Ward	Graeme Murdoch	Euan Jardine	Gregor McAneny	Neil Black
Robert Wiseman	Iain Whittaker	Jonathan Whitehead	Steven Wales	Derrick Brydon	John Paterson	Robert McCrerrick	Robin Murray
Edinburgh Uni - Colours: Green with White side Panel			Team Nos 44,45,46	Anthony Lunn	David Darroch	Thomas Knox	Will McDermott
Robert Kerr	Rupert Nash	Huw Jones	Ben Cole	Alistair Laurie	Graham Pogson	Graham Capper	Graeme Jones
George Ashley	Matthew Donnery	Angus Bell-Scott (J)	Duncan Coombs	Martin Clarke	Iain Bell		
Iain Clark	Oleg Cheplin	Matt Sutherland	Michael Crawley	Garscube H - Colours: White with Blue Band		Team Nos 66,67,68	
Blake Cote	Ben Thistlewood			Marco Consani	Alastair Morrison	Lindsay Cunningham	Euan Mackay
Falkirk Victoria H - Colours: Black with Gold Band			Team Nos 47,48,49,50	Robert McLennan	James Taylor	Andrew Griffiths	Paul Goddard
Colin McCluskie (J)	Gary Smith (J)	David Bunyan	John Denholm	Stephen Cullen	Dermot Williamson	John Dryden	David Geddes
Michael McQuaid	Neil Robertson	John Martin	Andrew Ronald	David Connor	Kenneth Macanna	Stephen Mulrine	Athole Smith
Alexander Davidson	Alasdair Stewart	Alexander Bryce	Kenneth Rankin	Frank Krievis	Iain McLean	Chris Kilshaw	Matthew Sogbanmu
John Stevenson	Stephen Moore	Keith Boardman	David Robertson	George Heriots - Colours: White with Blue Band		Team Nos 69	
Mark Pickley	Kenneth Collins			Jonathan Neville (J)	Graham Dickson (J)	David Armstrong	Charles Brown (J)
Ferranti AAC - Colours: Yellow with Black letters			Team Nos 51,52	Giffnock North - Colours: Amber with Royal Blue Hoop		Team Nos 70,71,72	
Trevor Ridley	Adam Priestley	Keith Weston	John Gavin	Derek Breen	Neil Deerey	Derren Thomson	David McNab
Edward McDonald	Derek Burgess	Walter Fairnie	Grant Sellar	Norman Galbraith	Mark Hollinshead	David Logan	Jordan Clark (J)

Graeme Croll Marc Roper	David Phee Hugh Gallagher	Alan Stewart Rory Cartwright (J)	Derrick Ritchie Steven Milligan	Kenny Grant Gary Mitchell Colin Burns Alan Caldwell Stuart Kerr	Iain Reid Terry Addison Robert Rogerson Martin Hamilton David Gardiner	Gordon McLean Alan Ramsay (J) Edward McLoone Alistair Allan	Peter Ramsay Neil McCover Kevin Cornes (J) Colin Lynn
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops			Team Nos 73,74,75				
Michael McLoone Jnr (J)	Andrew McCall	Alan O'Rourke	Graham Kane				
Stephen McLoone	Daniel McLaughlin	Thomas Knight	James Sheridan				
Richard Hodelet	Robert Wilson	Robert Wilson	Duncan MacNeill				
George Mitchell							
Heriot Watt Univ - Colours: Sky Blue and Gold			Team Nos 76				
Mark Magill	Paul Murphy (J)	Niall Sheehan	Patrick Roux				
Hunters Bog T - Colours: Brown			Team Nos 77,78,79				
Duncan Baker	Tom Barr	Daniel Beckett	Stewart Barrie				
Steven Cairns	Ian Campbell	Colin Farquharson	Daniel Gay				
Norman Gould	Alistair Hart	Craig Hunter	James Jarvis				
Craig A McBurney	Will Mair	Ian Marshall	Billy Minto				
Geoffrey Mitchell	Philip Mowbray	Niall Munro	Don Naylor				
Ivor Normand	Jon Rathjen	Mark Roberts	Geoff Simpson				
Murray Strain	Jamie Thin	James Thyne	Richard Wall				
Ray Ward	Ian Wellock	David Wright					
Inverclyde AC - Colours: Black & White Stripes			Team Nos 80,81,82,83,84				
Mark Pollard	Craig Ruddy (J)	Kevin Kane	AC Muir				
Graeme Hyett	John Cooke	Stephen Cooke	Gavin Morrison				
Gerard Gaffney	John Bannister	Robert Shaw	Stuart Dalgleish				
David Dunn	Ian Fisher	Robert Gray	Stuart Hodge				
David McElhinney	Steven Miller	Kenneth Morrison	Thomas Murray				
George Newman	Cameron Spence	Tom Tracey	Edward Watt				
Samuel Way	Paul Bushfield	John Smillie	Thomas Jamieson				
Jude Boulton	Neil McLaughlin	Denis McCabe	Damien Mallet				
George Hegarty	Sean Gaffney (J)						
Irvine AC - Colours: Red with Black Trim			Team Nos 85,86,87				
David Millar	Alex Allardyce	George Irving	Colin Miller				
William Morgan (J)	Ian Berryman	John Moore	James White				
Andrew Rennie	David Kerr	James Sneddon	Alan Miller				
Jim Stevenson	Finlay Dowell	William Richardson	Lee Richardson				
Kilbarchan AAC - Colours: Gold with Black Hoop			Team Nos 88,89,90,91,92,93				
Grant Higgins (J)	Paul Leck (J)	Stephen McGoldrick (J)	Scott Hawkins (J)				
Derek Hawkins (J)	Andrew Gibson (J)	Conor McNulty (J)	Jorge Chacon-Clark (J)				
Nicholas Moore (J)	Andrew Jack (J)	Fraser Williams (J)	Chris Devenney				
Ross Toole	Calum Morrison	Michael Finlay	Paul Arcari				
Andrew Clugston	John McMillan	Alan J Niven	Donald Kennedy				
Thomas Hearle	James Snodgrass	Robert Quinn	James Ogilvie				
Ian Chisholm	Jason Pender	Stephen Ogilvie	Ian MacDougall				
Steven Hards	Robert Connell	Brian Graham	Thomas Anderson				
Robert Allison	Donald Petrie	David Mewse	Robin Scott				
James McMillan							
Kilmarnock H - Colours: Royal Blue with 2 White Stripes			Team Nos 94,95				
Scott Martin	Eddie Tonner	David Mitchell	Roger Naughton (J)				
Leslie McDerment	Connell Drummond	Iain Connell	Graham Cairns				
Steven McNeill	Ryan Montgomery						
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops			Team Nos 96,97,98,99				

Jethro Lennox
Denis Williams
Dermot McGonigle
Raymond Loughran
Carl Heaven
Marcus Scotney
Matthew Turner (J)
James Burns (J)

Allan Adams
Karl Povey
Malcolm Patterson
Adam Lee
Kenneth McCoy
Allan Sneddon
Sean Waston (J)

Ian Johnston
Marc McColl
Patrick Walder
Stuart Greenway (J)
Mark McKenny (J)
Paul Sorrie
Rennth Boyd (J)

Robert Soutar
Desmond Crowe
Clyde Marwick
Gary Haining (J)
Gordon Phillips
James Findlay
Iain McFarlane

Springburn Harriers - Colours: Navy Blue with White Diamond

Andrew Callan
Alexander Chalmers
Vince McErlane
Duncan Reid

John Bell
Emilio Cosimo
Alan Hill
Robert Young

Damian McAuley
Joseph Chambers
Jonathan Graham (J)

Team Nos 125,126

Ross McEachern
Allan Mackie
Willie Munro

St Andrews Uni - Colours: White with 2 Blue Bands

Tom Cunningham (J)
Richard Harker

Myles Bax
Chris Martin (J)

Rob Woodridge
Andrew Duncan

Team Nos 127,128

Alex Gnanapragasm
Russell Hall

Stirling Univ AC - Colours: Green and Yellow

Colin Dalziel
Thomas Paskins

Andrew MacKenzie (J)
Jed Bartlett (J)

Phil Vernon (J)

Team Nos 129,130

Ewan McCarthy

Strathclyde Uni - Colours: Maroon with Blue and Gold hoops

Darren Steel

Diego Cortizo

Patrick Cullinane (J)

Team Nos 131

Paul McNellis (J)

Vic Park C of Glasgow - Colours: Blue and White Hoops

Mark Ashby
Joseph Doyle
Peter McGregor
Vernon Phoenix
Derek Watson Jnr.

Stuart Barnett
Derek Gibb
Kenneth McVey
Chris Sheridan
Andy Young

Gerard Craig
Alan Hamilton
Kenneth Mitchell
Christopher Watson

Team Nos 132,133,134

Alastair Douglas
Martin Hayes (J)
Charles Murray
Derek Watson Snr.

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

Bill Fisher
Steffen Gorgas
John Donnelly
Andrew Turnbull

Gibson Fleming
Johnston Orr
David Riach
Chris Upson

Daniel Reid
Graeme Orr
Hamilton Semple

Team Nos 135,141

David Calder
Brian Bonnyman
Ian Struthers