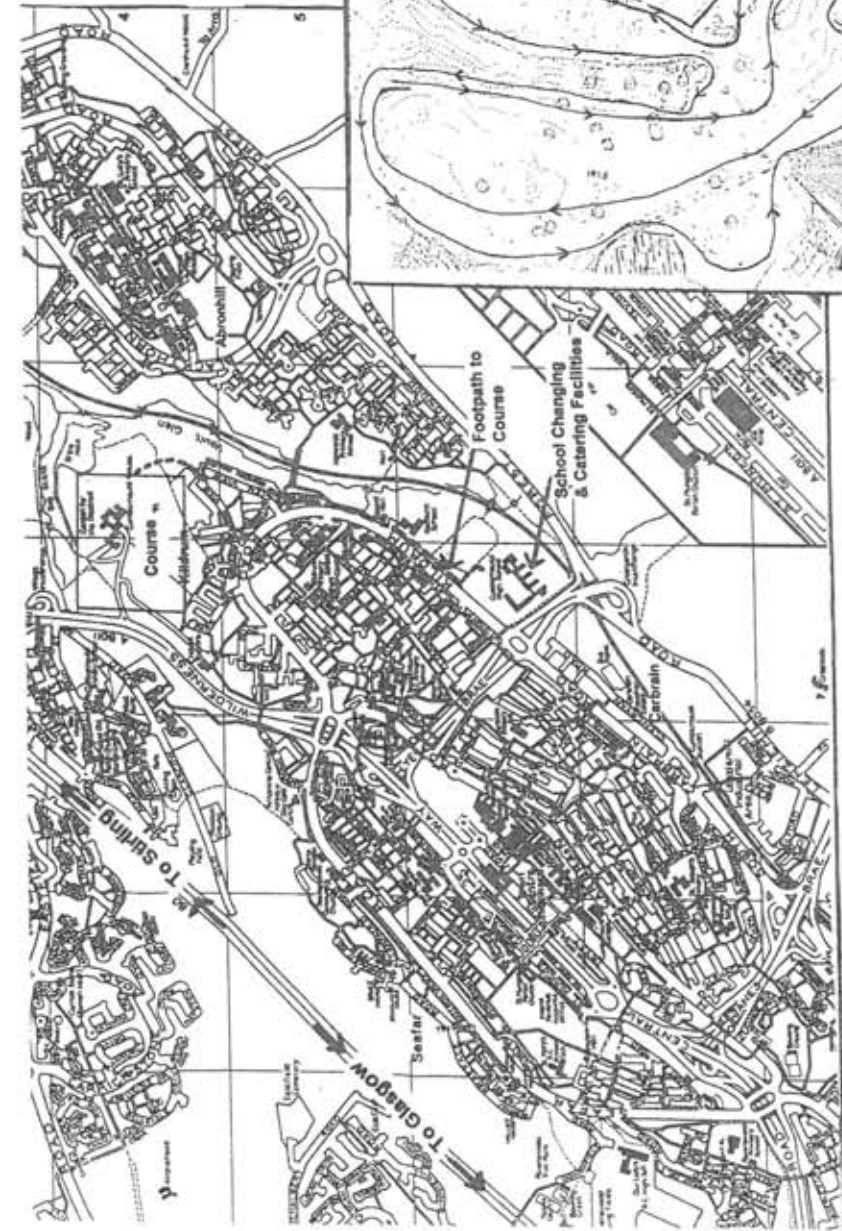
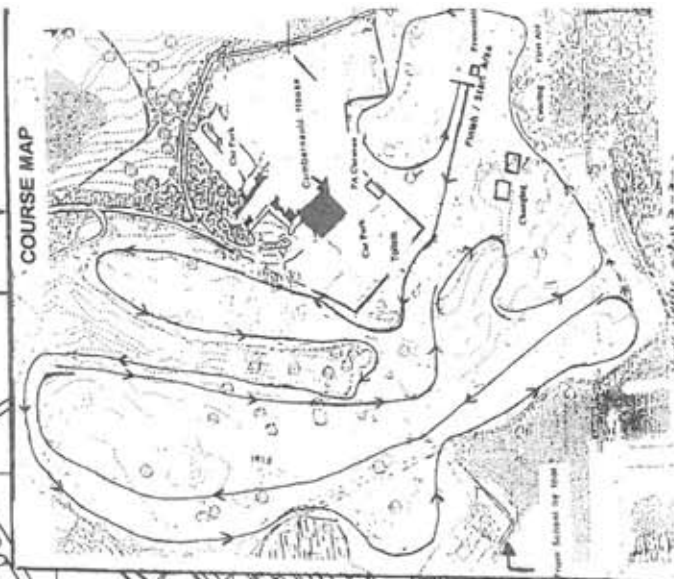




Race Programme

Race	Start	Distance
Young Females	12.30pm	3 x 4000m
Young Males	1.00pm	4 x 4000m
Sen/Jun Females	1.30pm	3 x 2500m
Sen/Jun Males	2.30pm	

NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS (Incorporating Master's Relays)

SATURDAY 25th OCTOBER 2008

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

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 Curly
North Lanarkshire Council

I am very pleased to welcome you all to Cumbernauld for the Scottish National Cross Country Relays Championship 2008, the opening championship event on this year's winter calendar. Thanks must go to North Lanarkshire Council for their continued sponsorship of this event it is greatly appreciated.

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

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

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

Alan Potts
President, scottishathletics

The long-standing, symbiotic relationship between Scottish Athletics and North Lanarkshire Council has yielded an ideal platform for presenting the Scottish National Cross Country Relays. The challenging course is well known to athletes who may compare their individual and team performances. Spectators know how to view the course to best advantage and officials are well rehearsed in ensuring the optimum racing setup and that the races are conducted efficiently.

Thanks are due to North Lanarkshire Council for their continued support for the Championships and also to the many Officials and helpers whose preparation and planning make this event such a success.

Finally, to all the athletes and teams who are competing today, let this be the day that you step up and seize the moment. Most importantly – enjoy the challenge of the competition.

Ron Morrison
Convener, Road Running and Cross Country Commission

2008

National Cross Country Relay Championships-Cumbernauld 2008

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	Ron Morrison (Fife AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	I Clifton
Clerk of Course	R Reid
Course Builders	R Reid, K Martin, N Taylor, M Ferguson, S 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	A Law, E Gunstone
Timekeepers	(Chief) S MacDougall, D McLaren, G Sword, D Gilmore, J Bruce
Recorders (Places)	(Chief), W MacDougall, D Cairns, N Donachie (Voice Tape)
Recorders (Time)	(Chief) M Wilmoth, J Youden
Starter	A Cameron
Marksman	F McCluskie
Declarations	A Jackson, J Jackson, P Law
Results	P Jackson, A Jackson, M Donachie, S Smart, M Cook
Runners/Programmes	A Jackson, J Jackson
Announcer	M McGregor
Press	W Melville
Course Stewards	R Reid, M Ferguson, Members of Cumbernauld AAC
Presentations	M Cook, R Thomas
Jury of Appeal	M Cook, RL McSwein, R Thomas
Medical Officer	M. Jeffrey
Medical Services	St Andrews Ambulance
Reception	R Thomas, G Sword
Events Managers	R Cunningham
Co/conveners:	A Jackson, J Young

Scottish National Cross Country Relay Championships 1993 to 2008

Number of Complete 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) 47	(87) 59	(74) 41	(134) 90	CUMBERNAULD
2006	(100) 59	(109) 68	(91) 64	(146) 94	CUMBERNAULD
2007	(99) 64	(105) 66	(86) 52	(136) 96	CUMBERNAULD
2008	(97) ?	(106) ?	(83) ?	(139) ?	CUMBERNAULD

1-97 98-200 140-222 1-140
200

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.

223-226

100 107 88 142
1-100 101 143-199 1-142
200 235-265
199

227-234

227

58

**Young Female Athletes
3 X 2,500metres
Race Starts 12.30pm**

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u> Becky Cheyne		
<u>U15</u> Kate Murdoch	Abbie Buchan	Katie Bain
<u>U17</u> Ellie Buchan	Rachel Armitage	Rebekah Lowe

Team Nos 1

Ayr Seaforth - Colours: White with Red Diagonal Cross

<u>U13</u> Emma Johnston	Verity MacDonald	Laura Meader
	Emma Vallely	Ainsley Clark
<u>U15</u> Sarah Cassells	Nicola Dunn	Lauren Goldie
	Katie Sprang	Aileen Rennie
<u>U17</u> Stephanie Dougan	Ciara Gracie	Caroline George

Team Nos 2,3

Rheanna Sloss

Jemma McSheffery

Banchory Stonehaven - Colours: Royal Blue with White band

<u>U13</u> Kelsey Stewart
<u>U15</u> Kathryn Christie
<u>U17</u> Kirsty Auckland

Team Nos 4

Central AC - Colours: Yellow and Blue

<u>U13</u> Kathryn Gillespie	Roisin Bonucchi	Tara Walls	
	Emily Greenan	Farren Parkins	Lisa Hardman
<u>U15</u> Julie Cook	Rachel Adamson	Amy Hendry	Shona Buchanan
	Imogen Burnell	Stacey Hardman	Lauren Steele
	Kirsty Buchanan	Heather Smillie	Cairy McNeil
<u>U17</u> Rosie Hastings	Catriona Buchanan	Molly Tweedle	
		Lorna Cameron	

Team Nos 5,6,7,8,9,10,11

Roanna Fraser

Shona Buchanan
Lauren Steele

Clydesdale Harriers - Colours: White with Black "C"

<u>U13</u> Mirren Wright	Chloe Wright	Kirsty Alexander
<u>U15</u> Diane Nicholson	Gillian Nicholson	Kirstie Kelly

Team Nos 12,13

Victoria McCue
Beth Atkinson

Corstorphine AAC - Colours: White with Black Trim

<u>U13</u> Amber Robertson	Shona McNab	Sophie Stewart
<u>U15</u> Lisa Christy	Anna Hume	Isabelle Bough
<u>U17</u> Danielle Clyde	Eilidh Nolan	

Team Nos 14,15

Dundee Hawkhill - Colours: Blue and White Quarters

<u>U13</u> Aneila Mellish	Rosanna Stewart	Kirsty M Reynolds
<u>U15</u> Iona Brodie	Louisa Stewart	Aneila Mellish
<u>U17</u> Sarah Kelly	Emily Stewart	Yolanda Hodgson

Team Nos 16,17,18

Georgina Black

East Kilbride AAC - Colours: Gold with 2 Black hoops

<u>U13</u> Caitlin Hackett	Olivia Steven	Kathryn Johnson
	Megan Stewart	
<u>U15</u> Rachael Thomson	Jacqueline Fergusson	Rhona Calder
	Julia Calder	Hayley Middleton
<u>U17</u> Deborah Stokoe	Fiona Borthwick	Hayley Frier
	Zoe Haddow	

Team Nos 19,20,21,22

Jennifer Stokoe

Laura McLaughlan

Lauren McKelvie

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

<u>U13</u> Anna Hyde	Alexandra Hunter	Millie Brown
	Hannah Cameron	Emily Strathdee
<u>U15</u> Rachael Dunn	Caitlin Gray	Eilidh Thomson
	Laura Robertson	Olivia Mackenzie
<u>U17</u> Samantha Blair	Blair Wood	Emily Owens
	Jenny MacDougall	Emily Dudgeon
		Claire Florence

Team Nos 23,24,25,26

Heide Biberach-Laidlaw
Rosie Wilson
Olivia O'Hare

Laura Goodson

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u> Katherine Mitchell	Julie Nimmo	Helen Ainslie
	Keri Greig	
<u>U15</u> Lucy Mitchell	Caitlin Thomson	Sarah Hamilton
	Amy Manson	Jane Ainslie
	Samantha Gillies	Hollie Lister
<u>U17</u> Laura Martin		

Team Nos 27,28,29,30

Jessica Stevenson

Hazel Murray
Claire Barr

Fife AC - Colours: White with Red Band

<u>U13</u> Shona Doig	Stephanie Pennycook	Freja Connell
	Jill Geyer	
<u>U15</u> Robyn Graham	Grace Collison-Owen	Olivia Collison-Owen
	Flora Ogilvy	
<u>U17</u> Fiona Bracegirdle	Kirsty Hamilton	

Team Nos 31,32,33

Charlotte Lorimer

Halina Rees

Gala Harriers - Colours: White with Green Band

<u>U13</u> Kerry Sandilands	Emily Jones	Hannah Jones
	Alison Brown	
<u>U15</u> Alice Haining	Charlotte Brown	Kerry Bonnar
<u>U17</u> Gillian Inglis	Claire White	Gillian Sandie

Team Nos 34,35,36

Martha Douglas

Lucy Morris

Giffnock North - Colours: Amber with Royal Blue Hoop

Team Nos 37,38,39,40,41,42,43,44

<u>U13</u> Holly Miller	Frances Loneragan	Lorna Beattie
	Orla Wheeler	Monica Lowrie
	Selena Jackson	
<u>U15</u> Stephanie Fairfield	Heather Howie	Madeline Murray
	Petrena Marshall	Olivia Keenan
	Karin Belch	Nikki Manson
<u>U17</u> Catriona Lockie	Claire McAuley	Constance Hope Mackay
		Helena Brown

Chloe Cowan

Anna Gaveinas

Frances Lowrie
Lucy Patrick
April Miller
Kathryn B Griffin

Glasgow Sch Sport -

<u>U13</u> Rebecca Hughes	Jaye McRoberts	Ellidh Clark
<u>U15</u> Sarah Hodge	Amy McCafferty	
<u>U17</u> Samantha Kelly	Jade Barclay	

Team Nos 45,46,47

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

Team Nos 48,49

<u>U13</u> Meghan McDade	Shannon Kangley	Louisa Davis
<u>U15</u> Carly Dalgleish	Eilidh Hamill	
<u>U17</u> Emily Pollock		

Inverclyde AC - Colours: Black & White Stripes

Team Nos 50,51,52,53,54,55

<u>U13</u> Gemma Campbell	Amy Meechan	Evie Semple
	Chloe Simpson	Holly Stinson
<u>U15</u> Sarah Glenny	Lisa MacDonald	Hannah McIntyre
	Emma Meechan	Millissa Montague
<u>U17</u> Rachael Bushfield	Nicole Darroch	Natalie O'Neill
	Deborah Moore	Nynke Mullholland
		Emma Fulton
		Emma Rice

Megan Shelton
Gabrielle Ward
Kerrie McLeod

Jennifer Meechan

Irvine AC - Colours: Red with Black Trim

Team Nos 56

<u>U13</u> Suzanne McManus	Jill Taylor	
<u>U15</u> Paige Douglas	Ashley McQueen	Stephanie Dalgoutte

Kilbarchan AAC - Colours: Gold with Black Hoop

<u>U13</u>	Chloe Hardie	Gwen Gillham
	Catherine McLean	Katya Shankland
	Abigail Reilly	Morven McEwan
<u>U15</u>	Elaine Eadie	Kate Gillies
	Vanessa Hogan	Emma Haddock
	Alison Eadie	Cleo Jackson
<u>U17</u>	Deborah Henderson	Sorcha Lynch
	Rachel Campbell	Ainsley Hards

Team Nos 57,58,59,60,61,62,63

Kirsty Harper	Laura McEwan
Kathryn Lee	Sapphire Lesage
Siobhan Young	
Jennifer Eadie	Katie McAlpine
Cara Butler	Fiona Bowes
Melissa McStay	Jennifer Frew
Samantha Kelly	Charlotte Walker
Amanda Herron	

Kilmarnock H - Colours: Royal Blue with 2 White Stripes**Team Nos 64,65,66,67,68,69**

<u>U13</u>	Brogan Wallace	Fern Wales	Lorne Kerr	Gemma McCutcheon
	Laura Duncan	Jacalyn Dunlop	Kate Mackie	Taylor Ross
	Alana Cameron			
<u>U15</u>	Bethany Ross	Amanda Humes	Eve Kerr	Stephanie Sloan
	Laura Meney	Sarah McDonald	Laura Reilly	Laura Smith
<u>U17</u>	Sarah McNish	Lois Shankland	Mia Tait	Nicole Hamilton
	Stephanie Miller			

Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops**Team Nos 70,71**

<u>U13</u>	Eirin Drummond	Emma Canning	Rebecca Allan
<u>U15</u>	Clare Brown	Rachel Hayes	
<u>U17</u>	Lauren McIntyre	Alexandra Lamond	

Larkhall YMCA - Colours: Red with White Hoops**Team Nos 72,73**

<u>U13</u>	Katie Ord	Pamela Creechan	
<u>U15</u>	Lauren Holden	Evelyn Bryce	Kim Creechan
<u>U17</u>	Mhairi Speedie	Sarah Archibald	

Lasswade AAC - Colours: White with 2 Blue Bands and Red Band**Team Nos 74,75**

<u>U13</u>	Amy Smith	Amy Frankland	Fiona Mathieson
	Megan Fleming		
<u>U15</u>	Madeleine Sweeney-Baird		Joanna Smith
<u>U17</u>	Kathryn Peacock		

Law & District - Colours: Amber with 2 Red Bands and 1 White Band**Team Nos 76,77**

<u>U13</u>	Megan Warnock	Nadene Traynor	Leona Baillie
	Rachel Hands		
<u>U15</u>	Julie Dobbin	Samantha Stevenson	Emma Bhatti
<u>U17</u>	Nicola Lindsay	Abby Currie	Lynn Livesey

Lothian RC - Colours: Blue with Black letters**Team Nos 78**

<u>U13</u>	Marie McLaughlin	Lauren Arbuckle
<u>U17</u>	Lana Turnbull	Rachael McIlwraith

Perth Strathtay - Colours: Orange with Blue Trim**Team Nos 79,80**

<u>U13</u>	Iona Tavendale	Niamh Guest	Holly Crane
	Elspeth Young		
<u>U15</u>	Emily Tait	Erin O'Kane	
<u>U17</u>	Shoni Tavendale	Rachel Clark	Susan Peddie

Pitreavie AAC - Colours: Navy/Yellow/White**Team Nos 81,82,83,84**

<u>U13</u>	Eilidh MacKenzie	Eilidh Reid	Sara Eydmann	Amy McAlpine
	Katey Turner			
<u>U15</u>	Naomi Fox	Micaela Brown	Katie Reid	Kathryn Pennel
	Hannah Solley	Megan Kirk		
<u>U17</u>	Natalie Fox	Lisa McAlpine		

Ron Hill Cambuslang - Colours: Red with White Band

<u>U13</u>	Rebecca Bonomi	Madeleine McKernan	Niamh O'Donnell
	Catriona Wilson		
<u>U15</u>	Mairi Brown	Lucy Deeny	Shereen Smith
	Gemma Connelly	Natalie Shevlin	Emma Williamson
<u>U17</u>	Jennifer Young	Alex Jackson	Charlotte Wylie
	Rebecca Forrest		

Team Nos 85,86

Helen Wilson
Lauren Doherty
Charlotte Patton
Kerrie Miller

Shettleston Harriers - Colours: Blue with Gold Band**Team Nos 87,88,89,90,91,92**

<u>U13</u>	Jemma McQuillan	Myrtie Breckenridge	Kerri Haran	Hannah Heggarty
	Nicola Mackay	Lisa Thomson	Nicole McCann	Brogan Eilidh Watt
	Lisa Walker	Claudia Eusebi		
<u>U15</u>	Amanda Monaghan	Helen Pawelczyk	Rachel Elliot	Sarah Elliot
	Sarah Winters	Stella Winters	Danielle McConway	Rebecca Nicholson
	Shannon McLellan	Hannah Kennedy	Kirstin Wood	Kirsty Bennett

Teviotdale Harriers - Colours: White with Maroon Band**Team Nos 93**

<u>U13</u>	Louise Mercer	Catherine Mercer
<u>U15</u>	Elidh Inglis	

V P Glasgow - Colours: Blue and White Hoops**Team Nos 94,95,96,97**

<u>U13</u>	Rachel Dick	Melanie Chiswell	Eliza Chiswell	Iona Wilson
	Eve Dunlop	Eilidh McEvilly	Mhairi Patience	Georgia Callander
	Anyia Morrison	Katya Morrison	Stephanie Ryan	
<u>U15</u>	Charlotte Chambers	Deborah Hannah	Tatania Quick	Amy MacLellan
<u>U17</u>	Hollie Young	Sarah Potter	Elizabeth Potter	Rhian Dawes
	Jennifer Hannah	Michaela Stephen		

**Young Male Athletes
3 X 2,500metres
Race Starts 1.00pm**

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u>	Alec I Young	Robert Walton	
<u>U15</u>	Craig Wallace	Sigurd Watt	
<u>U17</u>	Ryan Gauld	Lewis Stephen	Tom Brodie

Team Nos 98

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

<u>U13</u>	Joshua Andrews	Darius Graham	Shaun Rennie	Ben Steven
	Mark Wilson	Charlie Zonfrillo		
<u>U15</u>	Andrew Carter	David Carter	Callum Gracie	Aaron Gray
	Finlay Rae	Adam Paul Steven	Angus Johnston	Ben Johnston
	Rory Tait	Jack Zonfrillo		
<u>U17</u>	Thomas Andrews	Jonathan Dunn	Andrew Rae	Callum Aitkenhead
	Jonathan Thompson	Hugh McQueen		

Calderglen H - Colours: Amber and Black Vertical Stripes

<u>U13</u>	Ross Paterson	Ian Rae (Jnr)	Paul Mullen	Ross Barrie
	David McMonagle			
<u>U15</u>	Ewan Murray	Richard Campbell	Daniel Mullen	Stuart Hill
	Kris Stewart	Ryan Gillies		

Central AC - Colours: Yellow and Blue

<u>U13</u>	Malcolm English	Duncan Ross	Nathan Betton	Philip Wright
	Alexander Semple	Michael McCabe	Domenico Angiolini	
<u>U15</u>	Roddy Irvine	Corin Metcalf	Sam Fraser	Logan Bonar
	Tom Watson	Ross Milne	Alexander Coubrough	Gordon Milne
<u>U17</u>	David MacKinlay	Sandy MacLarty	Christopher Clarke	Andrew Butchart
	Scott Green	David Hutchison	David Lindsay	

Team Nos 106,107,108,109,110,111

Clydesdale Harriers - Colours: White with Black "C"

<u>U13</u>	Connor Shields	David Newton		
<u>U15</u>	Tony Dolan	Scott McDade	Keir Martin	Lewis Wood
<u>U17</u>	Peter Bowman	Mark Busby	Andrew Cusick	

Corstorphine AAC - Colours: White with Black Trim

<u>U13</u>	Alexander Wilkie	Daniel Johnston	Rory Henderson	
<u>U15</u>	Christopher Galloway	Dugald Hepburn	Callum Smith	
<u>U17</u>	Andrew Christy	Fraser Scott	Ciaran Johnston	

Dundee Hawkhill - Colours: Blue and White Quarters

<u>U13</u>	Harrison Peterkin	Murray Angus	Harry Ogilvie	
<u>U15</u>	Michael Overend	Jamie Crowe	Shaun Dempsey	
<u>U17</u>	Reuben Toy	Steven Lyall	Howell Craske	

East Kilbride AAC - Colours: Gold with 2 Black hoop Team Nos 120,121,122,123

<u>U13</u>	Jack Kirwan	James Pearson	Duncan Coull	Cameron Scott
<u>U15</u>	Scott Venters	Ross MacDonald	Scott Hernon	Ross McGill
	Ross MacFarlane			
<u>U17</u>	Adam Gatens	Fraser Jamieson	Paul Brooks	Andrew Shaw
	Stephen (Jnr) Paris	Calum McLaughlin		

Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 124,125,126,127,128,129,130,131

<u>U13</u>	Jake Kerr	Robert Bough	Jack Harrison	Michael Cameron
	Dominic O'Hare	Guy Wardrope	Patrick Ryan	Murray Blair
	Lewis A Ross	David Reed	Calum Robertson	Gregor Burns
	Jacob Hunter			
<u>U15</u>	Jake Wightman	Peter Cameron	Ross Blair	Duncan Arnott
	Amil Mair	Tom Holligan	Sam Wightman	Ryan C Ross
	Ruaridh Miller	Rory MacFarlane	Scott MacDougall	Matthew Grundy
	Ciaran Turton			
<u>U17</u>	Marcus Cram	Fraser Mann	Andrew Crichton	Peter Loudon
	Marc Robson	Callum Wilson	Adam Jack	Nikhil Mair
	Lewis Renton	Tom Ryan	Edward Dudgeon	Craig Paulin
	Ben Smith			

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u>	Fraser Baird	Craig Mitchell	Alastair Kirkwood	Team Nos 132,133
<u>U15</u>	Mark Govan	Ben Stevenson	Gavin Weir	Ruari Kirkwood
<u>U17</u>	Euan Martin	Matthew Johnston	Darren Weir	Kieran Skelton

Fife AC - Colours: White with Red Band

<u>U13</u>	Euan Berry	Logan Rees	James Pennycook	Billy Rogerson
	Fergus Ingledew	Niall Curley	James Killeen	Jamie Ritchie
	Calum Mitchell			
<u>U15</u>	Ryan McIntosh	Callum McCracken	Ewan Paton	Adam Harris
	Thomas Knox			
<u>U17</u>	Mark S Buchan	Liam Hutson	Connor Hawkins	Andrew Hood

George Heriots - Colours: White with Blue Band

<u>U13</u>	Alistair Cranston	Ben Phelps	Cameron Jeffrey	Team Nos 138,139,140
	Fraser Christie			Gillies Semple
<u>U15</u>	Sandy Thin	Max Ferguson-Hook	Sam Harrison	
<u>U17</u>	Roger Poolman	William Johnstone	Grant McEwan	Gordon Revolta
	George Poolman	Ross Christie		

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 141,142,143,144,145,146,147,148

<u>U13</u>	Douglas Britton	Rob Gourley	Calum Firth	Patrick Loneragan
	John Joe Loneragan	Darren Martin	Anthony Small	Callum McWilliam
<u>U15</u>	Grant Muir	Max Lott	Jack Walker	Sandy Nimmo
	James Gray	Neil Gourley	Jonathan Tweedie	Lewis Coultas
	Fraser Walker			
<u>U17</u>	Luke Traynor	Martin Fishwick	David Cairns	Alistair McCallum
	Matthew Ritchie	Miles Hollinshead	Greg Turner	

Glasgow Sch Sport -

<u>U13</u>	Ingles Lumguankenda	Joseph Amouzou		Team Nos 149,150
<u>U15</u>	Ciaran Gallagher	Dennis Megdalskiy		
<u>U17</u>	Craig Prior	Lee Wilson		

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

<u>U13</u>	Michael Isaac	Michael Grant	Jack Harrington	Team Nos 151,152
<u>U15</u>	Gerard Smith	Adam McCormick		Cameron Black

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u>	Jonathan Glen	Joshua Houston	Andrew Kelham	Rory Morrison
	Jack Rice	Robert Todd		
<u>U15</u>	Michael Houston	Rory Kelham	Matthew Mitchell	Michael Mulholland
	Matthew Thomson	Greg Williams	Jack Bushfield	Jonathan Hill
<u>U17</u>	Craig Anderson	Andrew Campbell	Paul Currie	

Irvine AC - Colours: Red with Black Trim

<u>U13</u>	Kian Douglas	Gordon Wilson
<u>U17</u>	Conor Whelan	Lee Wilson

Team Nos 159**Kilbarchan AAC - Colours: Gold with Black Hoop****Team Nos 160,161,162,163,164,165,166**

<u>U13</u>	Euan Gillham	Fraser Bone	Alan Sharp	Jack McAlpine
	Callum Matthews	David Richardson	Angus Bell	Gregor Wylie
	Thomas Collins	Rorie Tracey	Nicholas Love	Greg Cunningham
	Andrew Mitchell	Jack Arthur	Christopher McStay	
<u>U15</u>	Calum MacLeod	Matt Wild	Craig Haxton	Andrew Campbell
	Adam Butler	Russell Mountford	Ross Heggie	Adrian Mendez-
McVeigh	Jack Lochans	Paul Brown		
<u>U17</u>	Callum Hawkins	Stephen Flensing	Scott MacAulay	Blair Crawford
	Andrew McAlpine	Thomas McDonald	Graham Evans	Connor Henderson
	David Claes			

Kilmarnock H - Colours: Royal Blue with 2 White Stripes Team Nos 167,168,169,170,171,172

<u>U13</u>	Fergus Morris	Daniel Steele	Angus Cochrane	Adam El Shafei
	Andrew Jones	Rudi Queen		
<u>U15</u>	Cameron Mackie	Evan Cornforth	Ryan White	Roy Shankland
	Joseph Kimmett	Calum McLaughtrie	Cory O'Hara	Craig McLaughtrie
<u>U17</u>	Ross Connelly	Dylan chester	Gregory Leyden	Gregor Devoy
	David Meikle	Jonathan Watters		

Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops**Team Nos 173,174,175**

<u>U13</u>	Aidan Kane	Kieran Pugh	Fraser Connal	Andrew Sykes
	Scott McIntyre	Gavin Alexander		
<u>U15</u>	Christopher Allan	Andrew McCormack	Scott Lawrie	Callum Heirs
<u>U17</u>	Craig McIntyre	Callum Pettigrew	Stephen Marlin	

Larkhall YMCA - Colours: Red with White Hoops**Team Nos 176**

<u>U13</u>	Adam Ryan	
<u>U15</u>	John Lees	Miller McIntosh

Lasswade AAC - Colours: White with 2 Blue Bands and Red Band**Team Nos 177,178,179**

<u>U13</u>	Jamie Cousin	Callum Clark	Gareth Fleming	Ross Henderson
	Calum A MacKenzie			
<u>U15</u>	Adam Lyon	Ryan Cook	Ross Miller	
<u>U17</u>	Zander Lyon	Lindsay Gordon	Ross Mathieson	Ryan Gilhooly

Law & District - Colours: Amber with 2 Red Bands and 1 White Band**Team Nos 180,181,182,183**

<u>U13</u>	Luke Foss	Rory McLaughlan	Calum Lindsay	Jack Warnock
	Stephen Murphy	Jamie Cubis	Stewart John Slamin	
<u>U15</u>	Craig Wellcoat	Ross Hill	Stewart Hall	Daniel Grieve
	Daniel Graham			
<u>U17</u>	Jonathan Velu	Josh Elwood	Bobby Hill	Ross MacDonald
	Douglas Frame	Thomas Lafferty		

Perth Straththay - Colours: Orange with Blue Trim**Team Nos 184,185**

<u>U13</u>	Michael Gillespie	Dean Byrne	Duncan Tait	
<u>U15</u>	Andrew Forsyth	Alex Jardine	Euan Holmes	Andrew Tait
	Cameron Fiskin			
<u>U17</u>	Douglas Lambie	Michael Jardine	Craig Ritchie	Andrew Davidson

Pitreavie AAC - Colours: Navy/Yellow/White

<u>U13</u>	Ben Potrykus	Aidan Thompson	Liam Young	Team Nos 186,187,188
	Daniel Clark			Andrew Burns
<u>U15</u>	Callum McQueen	Scott McAlpine	Joseph Millar	Luke Kelly
<u>U17</u>	Craig Robinson	Anthony Young		

Ron Hill Cambus - Colours: Red with White Band**Team Nos 189,190,191,192,193**

<u>U13</u>	Ryan Thomson	Ross Stephen	Brendan Carey	Keith McIntyre
	David Robertson	Fraser Ebbitt	Colin Blyth	Andrew McLuckie
	Jack MacGregor			
<u>U15</u>	Michael Rankin	Dean McMurran	Stuart Roe	Lewis Howell
	Michael Miller	Matthew McKenna	Connor Gannan	Marco Fugaccia
<u>U17</u>	Stewart Orr	Andrew Coulter	Jack Hamilton	Liam Deeny
	Andrew Wilson	Andrew Hunter	Ryan Harkin	

Shettleston Harriers - Colours: Blue with Gold Band**Team Nos 194,195,196,197**

<u>U13</u>	Murray McGiven	Callum Drummond	Ryan Flanagan	Jock Breckenridge
	Marcus Gault	Conor McGowan	Gavin Glass	Robert Patterson
<u>U15</u>	Nicholas Devlin	Ruaridh Gibson	Liam Grogan	Archie Breckenridge
	Evan Birch	Jack Mills	Brian Stuart	Calum Divers
	Patrick O'Donnell	Jamie Grant	David Taylor	
<u>U17</u>	Gary McBride	Andrew Dearie	Adam Drummond	Lachlan Oates
	David Kane	Jamie Holding	Andrew McColl	

Teviotdale Harriers - Colours: White with Maroon Band**Team Nos 198**

<u>U13</u>	Matthew Mallin
<u>U15</u>	Josh Noble
<u>U17</u>	Mark McEwan

V P Glasgow - Colours: Blue and White Hoops**Team Nos 199,223,224,225,226**

<u>U13</u>	Lewis Boyle	Fraser Barbour	Liam Shaun Turner	James Finlay
	Kieron Rafferty	Murray Sim	Jamie Middleton	Marcus Cooney
	Richard Thomson	Jack Moreland		
<u>U15</u>	Max Aitchison	Hugh Mackenzie	Paul MacFarlane	Lewis Wilson
	Craig Young	Miro Ralston	James Ross	
<u>U17</u>	Stuart Ross	Michael Gray		

Senior/Junior Women
3 X 4,000metres
Race Starts 1.30pm

Aberdeen AAC - Colours: White with 2 red hoops

Sonia Armitage	Rhona Buchan	Laura Mahady
Hilary Armitage (J)		

Team Nos 140

Laura Hepburn (J)

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Erica Christie	Sharon Taylor	Emma Anderson
Michelle Murdoch	Sharon Docherty	Connie Hydes

Team Nos 141,142

Joanne Sharp

Bellahouston RR - Colours: Purple with White Band

Claire Thompson	Julia Harris	Emma Birnie
Jacqueline McGuire	Louise Tarbet	Iona Robertson
Carla Deans		

Team Nos 143,144,145

Jane Simpson
Clare Blue

Calderglen H - Colours: Amber and Black Vertical Stripes

Frances Maxwell	Mary Goldsmith	Sandra Reid
Alison Crooks	Mandy Cullie	Barbara Sloss

Team Nos 146

Claire Brady

Carnegie H - Colours: Orange & Green

Fabienne Thompson	Linda James	Catherine Wilson
Judith Taylor	Fiona Rennie	Gail Murdoch
Lynne Kuz	Sharon Gunn	Susan Cederstrom
Julie Humphreys	Laura Stewart	Morna Fleming

Team Nos 147

Angela Wallace
Valerie MacAulay
Lynne Bennet

Central AC - Colours: Yellow and Blue

Hazel Dean	Ainsley Normand
Morag MacLarty	Emma Waterhouse
Jane Waterhouse	Claire Houston
Kayleigh McGurk (J)	Alayne Finlay
Katie Whitehouse	Mary Kerr

Team Nos 148,149,150,151,152,153

Sarah Wiseman	Fiona Kelsall	Gill Brett
Alison Docherty	Fiona Thompson	
Stephanie Loach	Jennifer Emsley	
Morag Adam	Tracey McNally	
Polly Harrison		

Clydesdale Harriers - Colours: White with Black "C"

Pamela McCrossan	Ann Murray	Marina McCallum
------------------	------------	-----------------

Team Nos 154

Christine Duncanson

Corstorphine AAC - Colours: White with Black Trim

Susan Johnston	Pauline Kell	Megan Smith (J)
Eve Ritchie	Corrie Roberts	Beverley Christy

Team Nos 155,156

Phylis Mitchell
Gillian Carr Jo Kirby

Dundee Hawkhill - Colours: Blue and White Quarters

Laura Brown	Julia Orr	Kelly-Ann Speight
-------------	-----------	-------------------

Team Nos 157

East Kilbride AAC - Colours: Gold with 2 Black hoops

Beth Duff (J)	Joanne McEvoy	Elaine Calder
Karen Miller	Kelly Baillie	

Team Nos 158

Gillian Anderson

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

Lianne Logan	Susan Ridley	Jennifer MacLean	Victoria Lomax
Katja Eravisto	Sharyn Ramage	Joanne Thom	Karen Dobbie
Debra Murray	Hayley Owens	Marietta Beal	

Team Nos 159,160,161,162

Edinburgh Uni - Colours: Green with White side Panel

Louise Crilly	Catriona McCleery	Sarah Louise Johnson
Steph Davis	Briony Curtis	Laura Sharp (J)
Kirsten Hogg	Hannah Edwards	Grace Masumdar

Team Nos 163,164,165

Heidi Nicholson (J)
Claire Jarvis

Falkirk Victoria H - Colours: Black with Gold Band

Janette Stevenson	Christine Eadie	Lorna Dewar
Elaine Thomson	Kirsty Moore	Caroline Lawless

Team Nos 166,167

Michelle Russell
Fiona Matheson

Ferranti AAC - Colours: Yellow with Black letters

Claire Gilchrist	Elizabeth Gilchrist	Moiria Nicol
Siobhan Sellar		

Team Nos 168

Julia Drewer

Fife AC - Colours: White with Red Band

Innes Bracegirdle	Louise Burt
Rhona Graham	Angela Howe
Anita Laidlaw	Sarah Legge
Dorothy McCracken	Varry McCullough-Young
Sophie Mullins	Morgan Murphy
Hilary Ritchie	Jocelyn Scott
Catharine Sinclair	Lynne Stephen
Fiona Walker	

Team Nos 169,170,171,172,173,174

Sarah Cullen	Lisa Gamble
Jennifer Kibble (J)	Liz Killeen
Fiona Lothian	Jennifer MacMaster
Sarah McHugh	Margaret McLaren
Johanna Paananen	Louise Provan
Helen Sharpe	Lorna Sibbett
Jenny Tan (J)	Susan Thomson

Gala Harriers - Colours: White with Green Band

Katy Anderson	Fiona Dalgleish	Gillian Duncan
Angela Foss	Melanie Goodson	Leanne Haining
Gillian Inglis (J)	Kate Jenkins	Dianne Lauder
Eileen Nicol	Andrea Pogson	Karen Renton
Shelagh King	Caroline McDermott	Anne Purves

Team Nos 175,176,177

Rachel Fagan
Karen Haldane
Ruth McCann
Susan Howell

Garscube H - Colours: White with Blue Band

Alison Winship	Kirsty Husband	Mairi Stanley
Jill O'Neil	Lesley Chapman	Ailsa Currie
Kathryn Ellis	Heather McIntosh	

Team Nos 178,179,180

Marion Kelly
Carole Gilmour

Giffnock North - Colours: Amber with Royal Blue Hoop

Yvonne Hamilton	Sara Stevenson	Lauren Baird
Maureen McVey	Sheila Lewis	Jacqueline Cowan
Janette Maley		

Team Nos 181,182,183

Ruth Joss (J)
Anne Lee

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

Yvonne Prager	Lorna Coyle	Dorothy McCormick
Fiona Cushnaghan	Alison King	Emma Baxter (J)

Team Nos 184,185

Terry Wall

Helensburgh AAC - Colours: Yellow with Red Band

Julia Henderson	Michelle Hetherington	Claire Heasman
Janet Fellowes	Emma Cummings	

Team Nos 186,187

Mary Louise MacQuarrie

Hunters Bog T - Colours: Brown

Emma Baker	Jess Batterham	Christine Buckley
Miranda Grant	Jane Hart	Isobel Knox
Deborah MacDonald	Alison C McNeillage	Megan Mowbray
Sandra Rathjen	Janice Smith	Margaret Spalding
Eilidh Wardlaw	Megan Wright	Sula Young

Team Nos 188,189,190

Claire Gordon
Morag McCracken
Eilis O'Neill
Claire Ward
Rose Nicholson

Inverclyde AC - Colours: Black & White Stripes

Rhona Bushfield	Alma Imponeti	Claire Kelly
Susanna Spence (J)		

Team Nos 191

Sarah Kelly

Shettleston Harriers - Colours: Blue with Gold Band

Chichi Guly	Kokob Mehari (J)	Amleset Tewelde
Susan Breckenridge		

Team Nos 214

Avril Mason

Irvine AC - Colours: Red with Black Trim

Helen Morton	Elizabeth McGarry	Mary Miller
--------------	-------------------	-------------

Team Nos 192**Kilbarchan AAC - Colours: Gold with Black Hoop**

Karen Yule	Cara Sloss	Team Nos 193,194,195,196,197,198
Elspeth Curran (J)	Fiona McIntyre	Anneka Galbraith
Karen Glendinning	Wanda Phillips	Leanne Hamilton
Jessica Martin (J)	Michelle Bell (J)	Natalie Sharp (J)
Kate O'Brien	Sandra Hawkins	Lauren Young (J)
Margaret Meehan	Claire Gibson	Lorraine Sharp
Eileen Masson	Annette Fitzpatrick	Dennise Smith
Claire MacAulay	Margaret Moore	Sarah-Jane Barr

Lynsey Curran
Kerry Lang
Christina Rankin (J)
Nicole Treacy (J)
Lucy Coleman
Hannah Waugh
Louise Manson

Springburn Harriers - Colours: Navy Blue with White Diamond

Danielle Brown (J)	Clare Gemmell	Michelle Sandison
Julie Barnett	Frances Florence	Caroline Brownlie
Lorraine Gray	Catrina McNeill	Collette Coyle

Team Nos 215,216

Marlene Hunter
Anne-Marie Hughes

Stonehaven Splash - Colours: Purple

Amy Anderson (J)	Laura Mowatt	Mairi Stewart
Andrinne Craig		

Team Nos 217

Margaret Anderson

Strathclyde Uni - Colours: Maroon with Blue and Gold hoops

Maria Felice	Kirsty Hamilton	Fiona Gentles
Lynsey McNicol		

Team Nos 218

Danielle Brown (J)

Kilmarnock H - Colours: Royal Blue with 2 White Stripes**Team Nos 199,200,201,202**

Kara Tait	Paula Wilson	Elizabeth McDerment
Emma Mackie	Laura Cairns	Kirsty Robertson
Gillian Mullen	Avryl Cornforth	Lindsay McMahon
Lauren Campbell (J)	Morag Cairns	Janet Murray

Marion Burns
Tracy Kerr
Claire Murray
Maire Gorman (J)

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

Ausrine Ward	Annamarie McCaffrey	Ada Stewart
Angela C Stewart	Claire Morgan	Julie Connelly (J)
Susan Addison	Ros OSullivan	Allison Law

Team Nos 203,204,205

Shirley MacNab
Marie McChord

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

Lorna Rice	Margaret Imlah	Nicola Murray
Ashleigh Kennedy	Ann Edgar	Nicola Bird
Johanne Turnbull		

Team Nos 206

Wilma Kerr
Jill Bonthron (J)

Lothian RC - Colours: Blue with Black letters

Saran Jones	Jill Horsburgh	Lucy Galloway
Carol Mabon	Christine Milne	Edel Mooney
Marie Storrer	Rosemary Ewing	Kate Kitchen
Margo Welsh	Margaret Turnbull	Teresa McMenemy
Sarah Inglis (J)		

Team Nos 207,208

Lorna Eades
Helen Murray
Lisa MacGregor
Mhairi Inglis (J)

Motherwell AC - Colours: Red with White edging

Joanne Clark	Jessie Miller	Phyllis Hands
Carole Munro	Elaine Jamieson	

Team Nos 209,210

Laura McTavish

Pitreavie AAC - Colours: Navy/Yellow/White

Rebecca Burns (J)	Louise Dallas	Sharon Lamont
Jayne Clark	Siobhan Coleman (J)	Ashleigh Murray (J)
Alison Whyte	Helen Kane	Sarah Ross (J)
Lauren Candlish	Hazel Bradley	Michelle Campbell

Team Nos 211,212

Pam Gilfillan
Donna Clark
Lynn Clark

Ron Hill Cambus - Colours: Red with White Band

Caitlin Hendry (J)	Danielle Melville (J)	Carol Anne Thomson
Stephanie Wright (J)		

Team Nos 213

Jane Watson

**Senior/Junior Men
4 X 4,000metres
Race Starts 2.30pm**

Aberdeen AAC - Colours: White with 2 red hoops

Ross Fulton (J)	James Joy (J)	Rory Leslie (J)
Myles Edwards (J)	Colin Russell	Benjamin Hukins
Frank Boyne	Neil Manson	Graham Stubbins
David Duguid	Cameron Strachan (J)	Thomas Joy (J)
Colin Taylor		

Team Nos 1,2,3

Mark Haskett (J)
Bob Thornhill
Keith Charlton
Sam Kelway (J)

Ayr Seaforth - Colours: White with Red Diagonal Cross

Laurence Baker	Neil Burnside	Stephen Kay
Peter Laing	Tom McCulloch	Francis Napier
Alex Oliver (J)	Greg Templeton (J)	Ryan Templeton
Colin Garret		

Team Nos 4,5

Alan Cherry (J)
Ian Baird
David Rae

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Campbell Joss	Mark Paterson	Neil Anderson
Stewart Collins	Iain Burke	Anthony Quinn
Brian Douglas	Jeremy Garnett	John McFadyen
J Poole		

Team Nos 6,7,8

Andrew Campbell
Michael Freshour
Graeme Gemmell

Bellahouston RR - Colours: Purple with White Band

Gordon Durnan	Norman Boyle	Alasdair McLeod
Douglas MacGregor	Brian O'Donnell	Greig Glendinning
Nick Reid	Craig Ross	John Milligan
James O'Hara	Stewart Robertson	Marcos Sanz Gomez

Team Nos 9,10,11,12

Raymond Farrell
Andrew Birnie
Ian Goudie
Kenneth MacBeth

Calderglen H - Colours: Amber and Black Vertical Stripes **Team Nos 13,14,15,16,17**

Russell Couper	Malcolm Buchanan	Edward Reid	Colin Banks
Charles Steven	Jim Holmes	Stephen Reilly (J)	George Stewart
Gerry Mullen	Alan Derrick	Ian Rae	Stuart Gibson
David Herbertson	Alan Cullie	Scot Hill	Stuart Waugh
Jamie McMonagle	Graham Lindsay	Graham Allan	Kenny Beattie
Stephen Begg	Martin Duthie	Colin Freeman	Andrew Henderson
Ian Hughes	Colin Jarvie	Paul Kane	John McBride
Stephen Phimister	Benny Rooney	Roderick Shanks	David Watt

Team Nos 18,19,20

Ian Stewart
Andrew Durham
Simon Plummer
Thomas Lawrence
Scott Bradley
Kenneth Daniels
Andrew James
Allan MacAulay

Carnegie H - Colours: Orange & Green

Ian Johnston	Lewis Lawson	David Simpson
Nicholas Weir	Stephen Greer	John Fulham
Robbie McKenzie	Ryan McKenzie	Dennis Howett
Andrew Symonds	Allan Fotheringham	David Greig
Tommy Lawlor	Iain Taylor	Peter Humphreys
Clive Cable	Alan Cockburn	Richard Cunningham
Steve Earl	Mike Harvey	Paul Hutton
Steven King	Andrew Sim	Phil Smithard

Central AC - Colours: Yellow and Blue

Scott McDonald (J)	Alexander Hendry (J)
Ross Houston	Alasdair Anthony
Robert Hutchison	David Hay
Lewis Millar	Philip Hendry
David Lindsay	Ian McDonald
Alan Gall	Philip Sweeney
John Dickson	Gordon Adam
Will Hensman	Robert Wiseman
Philip Williams	Ewan Jack
Jonathan Tolson (J)	Kyle Cowie
Roger Greenaway	William Gault

Team Nos 21,22,23,24,25,26,27,28

Robert Russell	Alastair Hay
Michael Wright	Alex Milne
Cameron Campbell	John Millar
Murray MacLarty	Sean Reilly (J)
Jamie McDonald	Hugh Buchanan
Liam McCabe	Stuart Watson
David Armour	Hugh Kerr
James Drummond	David Eiser
Gavin Noble	Miguel Merayo
Alan Hume	Steve Laing

Clydesdale Harriers - Colours: White with Black "C"

James Austin	Brian J Campbell	Paul Carroll
Pete Cartwright	Gary Dick	Michael Diver
John Foley	Peter Rudzinski	Robert Young
Gerald Kennedy	John McArthur	Gerard Montgomery
Tom Collins	Peter Halpin	Laurence Pearson
Iain Robertson	Ryan Nelson (J)	Anthony Jones

Team Nos 29,30,31,32

David Brown (J)
Ronald Hurt
Prasad Prasad
Mark Collins
David Mitchell

Corstorphine AAC - Colours: White with Black Trim **Team Nos 33,34,35,36,37,38**

Kris Berry	Douglas Selman	Scott Pilkington	Christopher O'Brien
Bryan Clark	David Colman	Keith Hood	Timothy Norwood
Calum McKenzie (J)	Grant Wilkie	Peter Hubbard	Michael Anderson
Tom Ferrington	John Christy	Nicholas Brown	Steven Blair
Michael Anderson	Dean Carr	Jan-Bert Van Den Berg	Alex Cumming
Iain Cumming	Bruce Malcolm	John O'Hara	Andrew MacDonald (J)
Martin Hulme	Graeme Gow	Shaun Cavens	David Law
David Henderson			

Dundee Hawkhill - Colours: Blue and White Quarters

Neil Gunstone	Graeme Oudney	Charles Haskett
John Hepburn	John Castle	Kevin Murray
Ged Keane	Stuart Kerr	Stephen Mason
Michael Galloway	Antony Robinson	Joe Symonds

Team Nos 39,40,41,42

Stephen Borland
Matthew White (J)
David Hanlon
Ritchie Nicols

East Kilbride AAC - Colours: Gold with 2 Black hoops

Jamie Clements (J)	David Gorman (J)	Fraser Morgan (J)
Niall Walker (J)	Grant Baillie	Gordon Colvin
Graeme Haddow	Edgar Ramage	Derek Leitch
Steve Matthews	Kevin Downie	John Fergusson (J)
William Taylor	Chris Stirling	Alan Mitchell

Team Nos 43,44,45,46

Darren Meldrum (J)
David J. Condra
Tom Yuill JNR
Kenny McNamee

Edinburgh AC - Colours: White with one Blue, one Black Hoop **Team Nos 47,48,49,50,51**

Roger Alsop	Dermot Bailie	Graham Beal	Matthew Bell
Neil Calder	Keith Dunlop	Martin Ferguson	Stewart Fraser (J)
M Fraser	William Gallacher	Richard Hope	Brian Howie
Scott Innes	Stephen Lisgo	Andrew Laycock	Keith Lyall
R Mathieson	Alex MacEwen	Mark Mitchell	Nigel Munro
Ryan O'Hare	Lars Ottemoller	Adam Priestley	Garry Robertson
W Rubie	Martin Sneddon	Darren Steel (J)	Eric Stevenson
Neil Thin	Adam Ward	Iain Whitaker	Jonathan Whitehead
S Wales	Cliff Young		

Edinburgh Uni - Colours: Green with White side Panel

Duncan Coombs	Huw Jones	Mark Nixon
Ryan Cox (J)	Scott Wallace (J)	Iain Clark
Ben Cole	George Ashley	Michael Gillespie (J)
Yujiro Iida		

Team Nos 52,53,54

Joe Littlechild
Michael Crawley
Will Hugh Bailey

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

David Henderson	Robert Wilson	Steven Campbell
Michael Follan	Ian Smith	Robert Adams
Iain Rankin	Stephen McLoone	Kenneth Scott
Robert Mitchell	Andrew McCall	Daniel McLaughlin

Team Nos 80,81,82

Alan O'Rourke
Michael McLoone Snr
Robert Wilson

Falkirk Victoria H - Colours: Black with Gold Band

John Denholm	David Bunyan	Colin McCluskie (J)
Andrew Gibson	Mark Picklesley	William Higgins
Alasdair Stewart	John Martin	Alexander Davidson
George Thomson	Colin D Thomson	Brian Casey
Gary Smith	Neil Robertson	Michael McQuaid

Team Nos 55,56,57

Stephen Moore
Andrew Ronald
David Robertson
Kenneth Collins

Helensburgh AAC - Colours: Yellow with Red Band

Kevin Johnson	Kenneth White	Erwin Losekoot
Damien Theaker	Andrew Henderson	

Team Nos 83

Paul Thompson

Ferranti AAC - Colours: Yellow with Black letters

Edward McDonald	Grant Sellar	Keith Weston
Trevor Ridley	Ross Anderson	Robert Miller
Neil Jones	Alan Young	Derek Burgess

Team Nos 58,59

John Gavin
Keith Nicol
Walter Fairnie

Fife AC - Colours: White with Red Band

Bryce Aitken	David Anderson
Graham Bee	Daryl Beggs
George Black	Thomas Bowie
Brian Cruickshank	Stewart Davidson
David Francis	Bill Fairmaner
Graham Kirby	Matthew MacPherson
Kenneth McLeod	Michael Mitchell
Steven Pennycook	Gary Pirie
Roger Rees	Ryan Ritchie (J)
Christopher Russell	Eddie Sanders
David Pugh	Tom Scott
Bill Smith	John Thomson
Andrew Wright	Neil Young

Team Nos 60,61,62,63,64,65,66,67

Alastair Bagnall	Andrew Barker
Graham Bennison	Ken Berry
Andrew Brierley	Colin Brown
Steven Doig	Nigel Fowler
Douglas Gunstone	Jacob Howe
Frank McLaren	Alan McLeod
Terry Mitchell	David Newman
Ian Poolman	Frank Popham
Alastair Robertson	Douglas Robertson
D.Melville Scobie	Craig Ross
Steven Shanks	David Shepherd
David Weir	David Smyth

Hunters Bog T - Colours: Brown

Duncan Baker	Daniel Beckett	Stewart Barrie
Ian Campbell	Colin Farquharson	Dan Gay
John Hampshire	Craig Hunter	Craig A McBurney
John MacPherson	Will Mair	Paul Manson
Billy Minto	Geoffrey Mitchell	Philip Mowbray
Rupert Nash	Donald Naylor	Christopher Oliver
Mark Roberts	Murray Strain	Jamie Thin
James Williamson	David Wright	

Team Nos 84,85,86

Steven Cairns
Allan Gordon
Pete McClelland
Ian Marshall
Doug Murray
Jon Rathjen
Ray Ward

Inverclyde AC - Colours: Black & White Stripes

Mark Pollard	Jude Boulton	Thomas Jamieson
Damien Mallet	Robert Shaw	Tom Tracey
Craig Ruddy	Christopher MacKay	Graeme Hyett
Gerry Gafney	Cameron Spence	Steven Miller
Gavin Morrison	Kenneth Morrison	Robert Gray
David McElhinney	Ian Fisher	Kenny O'Neill
Stuart Hodge	John Cooke (J)	Stephen Cooke (J)
Tommy Murray	AC Muir	

Team Nos 87,88,89,90

Denis McCabe
Sean Gaffney (J)
Kevin Kane
Neil McLaughlin
Edward Watt
George Hegarty
Stuart Dalgleish

Irvine AC - Colours: Red with Black Trim

James Sneddon	James White	David Millar
Jamie Findlay	Brian Craig	Douglas Connery
Alex Allardyce	Ian Berryman	Colin Miller
Mark Livingstone	Andrew Rennie	Ian McManus
Peter Collier	Finlay Dowell	John Moore
David Kerr		

Team Nos 91,92,93,94

Pat Cullinane
George Irving
William Richardson
Lee Richardson
Alastair MacFarlane

Gala Harriers - Colours: White with Green Band

Graeme Murdoch	Euan Jardine	Derrick Brydon
Martin Clarke	Anthony Lunn	Alistair Wright
David Darroch	Magnus Inglis	Alistair Laurie
Graham Pogson	Tony Westbury	Fergus Johnston

Team Nos 68,69,70

Gregor McAneny
Thomas Knox
Will McDermott

Garscube H - Colours: White with Blue Band

Marco Consani	Stephen Cullen	Robert McLennan
David W Dickson	Frank Krieves	Joe McKnight
Athole Smith	Matt Sogbanmu	James Taylor
Euan Mackay	Lindsay Cunningham	Euan Geddes
David Connor	John Dryden	Andrew Griffiths
Kenneth Macanna		

Team Nos 71,72,73,74

Ben Melby
John Murray
Dermot Williamson
Danny Price
Andrew Leck

Giffnock North - Colours: Amber with Royal Blue Hoop

Derek Breen	Hugh Gallagher	Rodger McEleney
David Logan	Martin Myant	Neil Deerey
Graeme Croll	David McNab	Billy Clark
Julian Rose		

Team Nos 75,76,77

Gerard McNamee
Mark Hollinshead
Stewart Walker

Kilbarchan AAC - Colours: Gold with Black Hoop

James Snodgrass	John McMillan	Robert Quinn
Donald Petrie	Steven Hards	Conor McNulty
James Ogilvie	Robert Allison	Scott Hawkins (J)
Paul Leck (J)	Robert Connell	Brian Graham
James McMillan	John Kynaston	David Mewse
Grant Higgins (J)	Andrew Gibson (J)	Fraser Williams
Michael Finlay	Paul Arcari	Andrew Clugston
Robert Snodgrass	Donald Kennedy	Gordon Gallacher
Ian MacDougall	Thomas Anderson	Gordon Gray

Team Nos 95,96,97,98,99,100

Thomas Hearle
Ross Toole
Derek Hawkins (J)
Derek Brines
Nicholas Emsley (J)
Calum Morrison
Neal Gibson
Chris Mcglennan
Max McFarlane

Kilmarnock H - Colours: Royal Blue with 2 White Stripes

Scott Martin	Eddie Tonner	Connell Drummond
Harald Bartl	David Mitchell	Kenneth Wales
Alan Brydon	James Wales (J)	William Duffy
Iain Connell		

Team Nos 101,102,103

Leslie McDermott
Graham Cairns
David White

Glasgow Uni - Colours: Black and Gold

Matthew Gillespie (J)	Steve Gray	Scott Mitchell
Aidan Robson	Ross Fleming	Philip Arthur (J)

Team Nos 78,79

Andrew Douglas
Fred Thomson

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

Alistair Allan	Adrian Dow	Gordon McLean
Edward McLoone	William Heirs	Kevin Cornes (J)
Kenny Grant	David Gardiner	William McFadden
Stephen Allan	Robert Rogerson	Stuart Kerr

Team Nos 104,105,106

Jim McLoone
Christopher Craig
Colin McNair
Neill Hamilton (J)

Larkhall YMCA - Colours: Red with White Hoops

Craig Douglas	Tom Ord	Joe McCa'llum
---------------	---------	---------------

Team Nos 107

John Dalton

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

Ben Mitchell	Barney Phillips	Alan Cummings
David Veitch	Neil Rutherford	Dean Philip
Richard Connor	Martin Gore	Daniel Mulhare
Alan McFadden (J)	David Ramage	Russell Craig
Daryl Philip	Kenny Valentine	Paul Benham (J)
Thomas Hanlon		

Team Nos 108,109

Ross Finlayson
Kirk Smith
Scott Anderson (J)
John Murray
Mark Draper

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

James MacDonald	Jamie McMorrow	Iain Murdoch
Ross Penny	Jim Baird	Gary Grieve (J)

Team Nos 110

Mark Hand

Lothian RC - Colours: Blue with Black letters

Alex Agnew	James Alexander	Steve Dempsey
Neal Drummond	David Eades	John Ewing
Kenton Jones	Mark Kassyk	Andy Kitchen
David Mabon	Alan McIntosh	Ross Milne
Scott Nelson	Jim Salvage	Robert Inglis (J)
Steven Lawrie	Brian Welsh	Richard Moir
Graeme Ackland	David Bell	

Team Nos 111,112

Richard Docherty
Robin Galloway
Mike Lieberman
Harry Mulholland
Darren Thomson (J)
Brian Turner

Motherwell AC - Colours: Red with White edging

Benjamin Hands	Brian McLinden	John Hughes
Michael Hampson	William Martin	Stuart Riley

Team Nos 113,114

Nicholas Hughes
Alan Tait

Perth Road Runners - Colours: Green and White

David Norrie	Colin Campbell	Simon Grieshaber
--------------	----------------	------------------

Team Nos 115

Derek Phillips

Pitreavie AAC - Colours: Navy/Yellow/White

Barry Davie	Neil MacLachlan	Archibald Duncan
John Newsom	Sean McQueen	Paul McCloskey
Graeme Crane	Tom Fleming (J)	Colin Simpson
Craig Robertson	Graeme Lister	

Team Nos 116,117,118

Jeff Farquhar
Kenneth Anderson
Andrew Le Good

Ron Hill Cambus - Colours: Red with White Band

Ross Bark	John Brown	Alistair Campbell
Freddy Connor	Colin Donnelly	Fraser Cartmell
David Fairweather	Corin Gallagher (J)	Robert Gilroy
William Haining	Greg Hastie	Scott Hunter
Joseph Kealey	Iain MacCorquodale	John MacNamara
John McPake	Thomas McPake	Iain Munro
Michael O'Hagan	Gerry Reid	Andrew Robertson (J)
Andrew Steven	Gary Wallace	W. Ian Williamson
Chris Wilson	Kerry Liam Wilson	Stephen Wylie
James Orr	Iain Reid	Jamie Reid

Team Nos 119,120,121,122,123,124

Brian Campbell
Alexander Eaglesham
Barney Gough
Frank Hurley
Alan Macpherson
Jasmair Pal
David Rodgers
Neil Wilkinson
Archie Jenkins

Shettleston Harriers - Colours: Blue with Gold Band

Allan Adams	William Coyle
John Duffy	Martin Graham
Peter Carton	Ian Johnston
Iain McFarlane	John MacKay
Ruairidh Munro (J)	Thomas Owens
Tewoldeberhan Mengisteab	
Karl Povey	Marcus Scotney
Matthew Turner (J)	Tsegai Tewelde (J)
Denis Williams	Tsegegab Woldemichael
Graham Wight	Allan Sneddon
Mark McKenny	Greg Pawelczyk

Team Nos 125,126,127,128

Desmond Crowe	Dave Cummins
Stuart Greenway	Amanuel Hagus
Jethro Lennox	Andy Little
Clyde Marwick	Kenneth McCoy
Matthew Sullivan	
Malcolm Patterson	Gordon Phillips
Paul Sorrie	Robert Soutar
Girmay Tsegai	Sean Watson (J)
Marc McColl	Adam Lee
William Breckenridge	James Burns

Springburn Harriers - Colours: Navy Blue with White Diamond

Emilio Cosimo	Ross McEachern	Joseph Chambers
John Owens	Alan Cairns	Jim Cooper
Douglas Douglas	Willie Munro	Robert Young

Team Nos 129,130

Vince McErlane
Alan Hill
John Bell

Stonehaven Splash - Colours: Purple

Barry Copeland	David Anderson (J)	George Reid
John Robson	Neil Anderson	Neil Robertson

Team Nos 131

John Steel

Strathclyde Uni - Colours: Maroon with Blue and Gold hoops

Darren Steel (J)	Allan Ramsay (J)	Iain Christie (J)
------------------	------------------	-------------------

Team Nos 132

Lewis Donaldson (J)

Teviotdale Harriers - Colours: White with Maroon Band

David Cavers	Craig Grieve	Iain Williams
Alan Colman	Keith Murray	Raymond Jaffray

Team Nos 133,134

Alan Inglis
Norman Taylor

V P Glasgow - Colours: Blue and White Hoops

Mark Ashby	Stuart Barnett
Alastair Douglas	Derek Gibb
Kenneth McVey	Kenneth Mitchell
William Parker	Vernon Phoenix
Derek Watson	Andy Young
Henry Wong	Joseph Doyle

Team Nos 135,136,137,138

Kenneth Brown	Gerard Craig
Alan Hamilton	Martin Hayes (J)
Charles Murray	Andy Nicol
Chris Sheridan	Duncan Thomson
Sean Fontana (J)	Colin Brown

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

David Calder	John Donnelly	Steffen Gorgas
Graeme Orr	Johnston Orr	Daniel Reid
Hamilton Semple	Ian Struthers	Chris Upson

Team Nos 139

Scott McKendrick
David Riach
Gibson Fleming