



RACE	START	DISTANCE
Young Females	12.30pm	3 X 2500Metres
Young Males	1.05pm	3 X 2500 "
Sen/Jun Women	1.40pm	3 X 4000 "
Sen/Jun Men	2.40pm	4 X 4000 "

Declarations Close 30minutes before each race
Its 1.5miles from declarations to the course.



National Cross Country Relay Championships (Incorporating Masters Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 23rd October 2010

Sponsored by



RACE	START
Young Females	12.30pm
Young Males	1.05pm
Sen/Jun Females	1.40pm
Sen/Jun Males	2.40pm

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.

2011

National Cross Country Relay Championships-Cumbernauld 2010

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Alan Potts
Chairman	Frank Dick
Chief Executive	Nigel Holl

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Hon Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Bob Reid
Course Builders	Bob Reid, Jim Young, Alan Robinson, Members of Kirkintilloch Oly and Cumbernauld AC
Officials Reception	John McDonald
Judges/ Funnel Control	Bob McSwein (Chief),
Change over	Andy Law (Chief) Ian Clifton, Bill Gentleman,
Timekeepers	Sheila MacDougall (Chief) Duncan McLaren, Graham Sword, Des Gilmore, Joe Bruce
Recorders (Places)	Bill MacDougall (Chief) Ian Mann Ian Hislop, Neil Donachie (Tape)
Recorders (Time)	Molly Wilmoth, Margaret Daly
Starter	Angus Cameron
Marksman	Fred McCluskie
Declarations	Jen Jackson, Phyllis Law
Results	Peter Jackson (Chief) Marion Donachie, Sheila Smart, Marjory Cook
Announcers	John Wands, Geoff Wightman
Course Stewards	Bob Reid (Chief) Members of Kirkintilloch Oly. and Cumbernauld AC
Presentations	Alan Potts, Sandra Hardacre
Jury of Appeal	Alan Potts, Bob McSwein, Ian Clifton
Medical Services	St Andrews Ambulance
Events Manager	Ross Cunningham
Co/Conveners:	Alex Jackson, Jim Young

BARRY

ALLAN SMITH
GRAHAM BENNISON
ANNE McMANUS

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 2010 Scottish National Cross Country Relays Championship, 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 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.

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

Alan Potts
President, Scottishathletics

The continued support of North Lanarkshire Council again provides the ideal platform for presenting the Scottish National Cross Country Relays. In these days of austerity the support is greatly appreciated. The popularity of the event and venue is reflected by the athletes with a record number of YAM and YAF teams as well as the 2nd and 3rd highest entries for the women's and men's events respectively.

This is the most technically difficult event in the cross-country calendar for both athletes and officials requiring concentration by all on the takeovers. Thanks are due to the many officials and helpers whose preparation and planning make this event such a success.

To all the athletes and teams who are competing today – enjoy the challenge of the competition and please concentrate at the takeover.

Ron Morrison
Convener, Road Running and Cross Country Commission

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3 x 2,500 metres

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

Title Holders- Edinburgh AC

Race Starts 12:30pm

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u>	Lucy McLeod	Saffron Cummings
<u>U15</u>	Aimee MacDonald	Eilidh Prise
<u>Ayr Seaforth - Colours: White with Red Diagonal Cross</u>		
<u>U13</u>	Kirstin Oakley	Lisa Rennie
	Lara Carey	Amy Palmer
<u>U15</u>	Emma Vallyely	Leigh Catherine McLevy
<u>U17</u>	Sarah Cassells	Katie Sprang
	Nicola Dunn	

Team Nos 2,3,4

Christie Hutton

Carolyn Harvey

Caroline George

Calderglen H - Colours: Amber and Black Vertical Stripes

<u>U13</u>	Megan Brady	Amy Mulholland
	Caitlin Campbell	Becky Valentine
<u>U15</u>	Lisa Stenhouse	Lynn Andrew
<u>U17</u>	Emma Campbell	

Team Nos 5,6,7,8

Lynsey Thomson

Catrina MacKay

Holly Valentine

Central AC - Colours: Yellow and Blue

<u>U13</u>	Isla Burns	Beth Gallagher
	Emma Fitzsimmons	Shannon Macfarlane
	Shamsa Scott-Angell	
<u>U15</u>	Tara Walls	Eilidh MacCorquodale
	Kathryn Gillespie	Lisa Hardman
<u>U17</u>	Amy Hendry	Shona Buchanan
	Stacey Hardman	

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

Bethan Evans

Bevhan Trevis

Roisin Bonucchi

Roanna Fraser

Rachel Adamson

Clydesdale Harriers - Colours: White with Black "C"

<u>U13</u>	Ciara Devaney	Rachel Busby
<u>U15</u>	Roisin McShea	Kirsty Alexander
<u>U17</u>	Claire Reid	Diane Nicholson

Jenny Kerr

Corstorphine AAC - Colours: White with Black Trim

<u>U13</u>	Hannah Addison	Jo Stapleton
<u>U15</u>	Abbie Malone	
<u>U17</u>	Isabelle Bough	

Cumbernauld AAC - Colours: Sky Blue with Maroon Band

<u>U13</u>	Eilidh McCulloch	Emma Balfour
<u>U17</u>	Cliona Ferguson	

Team Nos 20

Dundee Hawkhill - Colours: Blue and White Quarters

<u>U13</u>	Katie Anderson	Eilidh L. Reynolds
	Amy Mollison	
<u>U15</u>	Ailsa Peters	Kirsty M Reynolds
<u>U17</u>	Iona Brodie	Ella Peters

Sophie Scott

Caitlin Dunbar

Rebecca Morris

East Kilbride AAC - Colours: Gold with 2 Black hoops

<u>U13</u>	Mhairi Boyle	Lucy Fairlie
	Emma Hamilton	
<u>U15</u>	Olivia Steven	Catherine Lambie
	Abbie J Stafford	

Team Nos 24,25,26

Rachel Miller

Sophie Smith

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

<u>U13</u>	Amy Armstrong	Hilary Lewin
	Jade Carlyle	Anna Jaap
<u>U15</u>	Rosanna Stewart	Emily Strathdee
	Martha C Wightman	Georgina Loudon
	Isla Pawson	
<u>U17</u>	Louisa Stewart	Emma Dunnett
	Olivia O'Hare	Olivia Mackenzie

Rachel Fairlie

Rachael Thomson

Katie Smith

Olivia Walls

Alexandra Hunter

Heide Biberbach-Laidlaw

Oonagh Dunnett

Ailsa Bruce

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u>	Leia Glading	Kelly Bissett
<u>U15</u>	Julie Hunter	Julie Nimmo

Erin Pringle

Katherine Mitchell

Team Nos 1

Chloe Gillon

Louisa Kelly

Lauren Goldie

Kirstin McDowell

Nicole Sharp

Sarah Pearson

Amy Gullen

Laura Clarke

Chloe Crawford

Julie Cook

Team Nos 15,16,17

Rachel Campbell

Team Nos 18,19

Team Nos 21,22,23

Megan Thomson

Hannah Burke

Megan Stewart

Rachael Thomson

Esme Stewart

Hannah Cameron

Sara Findlay

Rachael Dunn

Team Nos 33,34,35,36

Jennifer Anderson

Helen Ainslie

<u>U17</u>	Abby Kemp	Lucy Mitchell
	Sarah Hamilton	

Fife AC - Colours: White with Red Band

<u>U13</u>	Katy Aitken	Ailsa Doig
	Rachel Kirby	Eve Primmer
<u>U15</u>	Aimee J Barclay	Stephanie Pennycook
<u>U17</u>	Kerry Gibson	Laura Gibson

Gala Harriers - Colours: White with Green Band

<u>U13</u>	Jo Arres	Jennifer Burrows
<u>U15</u>	Kerry Sandilands	Morven Cawthorn
<u>U17</u>	Lucy Henderson-Morris	Laura Anderson

Giffnock North - Colours: Amber with Royal Blue Hoop

<u>U13</u>	Nikki Hutcheson	Eilidh Cook
	Rebecca Conroy	Jude Graham
	Mariha Zuberi	
<u>U15</u>	Chloe Cowan	Helena Davidson
	Holly Miller	Paige McConville
	Megan Adams	Lorna Beattie
<u>U17</u>	Madeleine Murray	Olivia Keenan
	Linzi Cowan	Frances Lowrie
	Katy Brown	

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

<u>U13</u>	Lucy Compston	Lauren Mulaghton
<u>U15</u>	Gabrielle Fisher	Meighan McDade
	Rebecca McDiarmid	
<u>U17</u>	Carly Dalgleish	Eilidh Hamill

Helensburgh AAC - Colours: Yellow with Red Band

<u>U13</u>	Megan Robertson	Melissa Robinson
	Mary Reynard	
<u>U15</u>	Chloe Hassall	Anna Currie
<u>U17</u>	Madeline Robinson	

Shona Webster

Julie Currie

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u>	Emma Mitchell	Olivia Gemmell
	Abbie Fyfe	Maggie Catlin
<u>U15</u>	Kelly Williams	Chloe Simpson
<u>U17</u>	Lisa MacDonald	Emma Meechan

Kilbarchan AAC - Colours: Gold with Black Hoop

<u>U13</u>	Katie Turnbull	Rebecca Craig
	Eilidh Fraser	Laura Stark
	Iona McEntee	Emma Kelly
<u>U15</u>	Gwen Gillham	Chloe Hardie
	Catherine McLean	Eva Sullivan
	Laura McEwan	Rebecca McIlwraith
<u>U17</u>	Kate Gillies	Elaine Eadie
	Mercedes Pender	Cleo Jackson

Kirsty Harper

Jennifer Hanlon

Ainsley McTaggart

Jennifer Eadie

Kilmarnock H - Colours: Royal Blue with 2 White Stripes

<u>U13</u>	Amy Donnelly	Harris Ritchie
	Alanis Brydon	
<u>U15</u>	Brogan Wallace	Bronagh Wishart
	Kate Mackie	Lorne Kerr
<u>U17</u>	Bethany Ross	Amanda Humes
	Christine Irvine	

Amy Mole

Stacie Taylor

Eve Kerr

Louise Campbell

Erin Drummond

Ellis McCluskey

Team Nos 69,70,71

Jenny Lee

Team Nos 72

Kirsty McKinlay

Team Nos 73,74,75,76

Team Nos 37,38,39,40

Anna Kirby

Team Nos 41,42

Team Nos 43,44,45,46,47,48,49,50

Holly Still

Holly McLelland

Selena Jackson

Isabella Murray

Caitlin Faulkner

Joanna Muir

Lucy Patrick

Team Nos 51,52,53

Danielle Hunter

Shannon Kangley

Louisa Davis

Team Nos 54

Caitlin McAllister

Team Nos 55,56,57,58

Kim Simpson

Holly Stinson

Rebecca Munn

Team Nos 59,60,61,62,63

Kerry McAngus

Victoria Cleer

Team Nos 64,65,66,67,68

Hannah Bartl

Emma McGarrity

Laura Nicolson

Team Nos 69,70,71

Jenny Lee

Team Nos 72

Kirsty McKinlay

Team Nos 73,74,75,76

Team Nos 37,38,39,40

Anna Kirby

Team Nos 41,42

Team Nos 43,44,45,46,47,48,49,50

Holly Still

Holly McLelland

Selena Jackson

Isabella Murray

Caitlin Faulkner

Joanna Muir

Lucy Patrick

Team Nos 51,52,53

Danielle Hunter

Shannon Kangley

Louisa Davis

Team Nos 54

Caitlin McAllister

Team Nos 55,56,57,58

Kim Simpson

Holly Stinson

Rebecca Munn

Team Nos 59,60,61,62,63

Kerry McAngus

Victoria Cleer

Team Nos 64,65,66,67,68

Hannah Bartl

Emma McGarrity

Laura Nicolson

Team Nos 69,70,71

Jenny Lee

Team Nos 72

Kirsty McKinlay

Team Nos 73,74,75,76

Team Nos 37,38,39,40

Anna Kirby

Team Nos 41,42

Team Nos 43,44,45,46,47,48,49,50

Holly Still

Holly McLelland

Selena Jackson

Isabella Murray

Caitlin Faulkner

Joanna Muir

Lucy Patrick

Team Nos 51,52,53

Danielle Hunter

Shannon Kangley

Louisa Davis

Team Nos 54

Caitlin McAllister

Team Nos 55,56,57,58

Kim Simpson

Holly Stinson

Rebecca Munn

Team Nos 59,60,61,62,63

Kerry McAngus

Victoria Cleer

Team Nos 64,65,66,67,68

Hannah Bartl

Emma McGarrity

Laura Nicolson

Team Nos 69,70,71

Jenny Lee

Team Nos 72

Kirsty McKinlay

Team Nos 73,74,75,76

Team Nos 37,38,39,40

Anna Kirby

Team Nos 41,42

Team Nos 43,44,45,46,47,48,49,50

<u>U13</u>	Pamela McNicol	Emily McNicol	Reagan Binnie	Hannah Cussick
	Heather Baird	Evie Robb	Anyia Towers	
<u>U15</u>	Alice McGrath	Sherelle Graham	Laura McArdle	Rebecca Watson
	Margaret Newell	Shona Campbell	Nadene Traynor	
<u>U17</u>	Julie Dobbin	Victoria Price	Samantha Stevenson	
Lothian RC - Colours: Blue with Black letters				
<u>U13</u>	Bethany Nelson	Amy McCulloch	Megan Balharrie	
<u>U15</u>	Lauren Arbuckle	Nicola Kellock	Alice Horsburgh	
	Marie McLaughlin	Isla Bruce		
Motherwell AC - Colours: Red with White edging				
<u>U13</u>	Claire Ross	Michaela Hay	Kirsty Irwin	
<u>U17</u>	Gwen Morris	Iona Clark		
Nairn & D AAC - Colours: Orange				
<u>U13</u>		Hannah Blackburn	Rachel McMillan	
<u>U15</u>	Rachael MacLennan			
North Ayrshire AC - Colours: Purple & Gold				
<u>U13</u>	Demi Orr	Halle Stewart	Jenna Gillespie	
<u>U15</u>	Jill Taylor	Shona Blades	Sarah Davis	
<u>U17</u>	Stephanie Dalgoutte			
Perth Strathgry - Colours: Orange with Blue Trim				
<u>U13</u>	Megan Roberts			
<u>U15</u>	Iorna MacLarty	Penny Morton		
<u>U17</u>	Louise Hally	Emily Tait		
Pithead AAC - Colours: Navy/Yellow/White				
<u>U13</u>	Leah Davie	Kirsten Cronie	Vhairi McAtear	
<u>U15</u>	Eilidh Reid	Amy McAlpine	Rachel Hunter	
	Yasmine Ben El Hassan			
<u>U17</u>	Kathryn Pennel	Kirsty Hutton		
Ron Hill Cambus - Colours: Red with White Band				
<u>U13</u>	Niamh Brown	Rachel Black	Lauren Carey	
	Emily Harow	Seline Quigg	Shaunna Elliott	
	Lauryon Raeside	Anna Louise	Taylor Mason	
<u>U15</u>	Rebecca Bonomi	Lisa Ross	Victoria Sutherland	
	Sophie Hayes	Eve MacKinnon	Racheal Mathie	
<u>U17</u>	Mairi Brown	Lauren Doherty	Sarah Millar	
	Katie Bristow	Lucy Deeny		
Shettleston Harriers - Colours: Blue with Gold Band				
<u>U13</u>	Casey Alexander	Amy Harkins	Caitlin Louise Caldwell	
	Jill Cherry	Claire Wallace		
<u>U15</u>	Laura Penrice	Myrtle Breckenridge	Jemma McQuillan	
	Mhairi Hendry			
<u>U17</u>	Stella Winters	Shannon McLellan	Victoria McGloin	
	Amanda Monaghan	Helen Pawelczyk		
Teviotdale Harriers - Colours: White with Maroon Band				
<u>U13</u>	Mhairi Inglis			
<u>U15</u>	Louise Mercer	Catherine Mercer		
<u>U17</u>	Donna Inglis			
V P Glasgow - Colours: Blue and White Hoops				
<u>U13</u>	Gillian Black	Robyn Connolly	Emma Ferrie	
	Millie Cunningham	Abigail McInnes		
<u>U15</u>	Paige Dickson	Millie Boyle	Jude Sloan-Dennison	
	Ellie Hutcheson	Anyia Morrison	Eliza Chiswell	
	Iona Wilson			
<u>U17</u>	Deborah Hannah	Danielle Beattie	Maria Milliken	
	Tatiana E Quick			
West Dunbartonshire - Colours: Green with Navy Blue Stripe				
<u>U13</u>	Emily Paxton	Hannah MacKenzie-Wood		
<u>U15</u>	Emma Boyle			

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3 x 2,500 metres

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

Title Holders Shettleston Harriers

Race Starts 1.05pm

Aberdeen AAC - Colours: White with 2 red hoops				Team Nos 104,105
<u>U13</u>	Ben Renton	Charlie Allardies	Rory Cunningham	Lewis Khan
<u>U15</u>	Oliver Hay	Steven Murray	Alec I Young	Jamie Dickson
<u>U17</u>	Sam Burgess	Gareth Lake	Jeremy O'Neill	David Mann
Ayr Seaforth - Colours: White with Red Diagonal Cross				Team Nos 106,107,108
<u>U13</u>	Jonathan Hendry	Calum Gillespie	Nathan MacAlister	Jamie Roberts
	Ross Steele	Calum Steele	Connor Gracie	Jamie Colquhoun
<u>U15</u>	Andrew Black	James Pettigrew	Ben Steven	Shaun Rennie
	Scott McAnally			
<u>U17</u>	Finlay Rae	David Carter	Andrew Carter	Adam Paul Steven
	Euan Webster			
Banchory Stone - Colours: Royal Blue with White band				Team Nos 109
<u>U13</u>	Ewan Mcmillan			
<u>U15</u>	Daniel Rees			
<u>U17</u>	Michael Ferguson			
Calderglen H - Colours: Amber and Black Vertical Stripes				Team Nos 110,111,112,113
<u>U13</u>	Alistair Crawford	Paul McMonagle	Greg Mulholland	Drew Gordon
	Lewis Miller	Fraser Paul	Andrew Reid	Aaron Sumal
	Jason Kerr	Robert Griffiths	Joe McDermott	Mitchell McLuckie
	Amlar Sumal			
<u>U15</u>	Ross Barrie	Ross Paterson	Ian Rae (Jnr)	Paul Mullen Jack Blair
	Andrew McGurk	Greg Miller	Adam MacDonald	Jack Thomson
<u>U17</u>	Richard Campbell			
Central AC - Colours: Yellow and Blue				Team Nos 114,115,116,117,118,119,120
<u>U13</u>	Iain Davies	Kieran Potter	Gary MacFarlane	Cameron Taylor Jack Kerr
	Scott Balloch	Cameron Harris	Sam Davidson	Matthew Crawford
	Scott Fleming	David Hughes		
<u>U15</u>	Alexander Semple	Domenico Angiolini	Graham Bruce	Lewis Sinclair
	Malcolm English			
<u>U17</u>	Ross Milne	Conor Kerr	Kyle Petrie	Sam Fraser
	Tom Watson	Craig Coull		
Clydesdale Harriers - Colours: White with Black "C"				Team Nos 121,122
<u>U13</u>	Andrew Hunter	Lewis Hay		
<u>U15</u>	Conor Ewing	David Campbell	Chris Kane	
<u>U17</u>	Tony Dolan	Lewis Wood		
Corstorphine AAC - Colours: White with Black Trim				Team Nos 123,124,125,126
<u>U13</u>	Anthony Addison	Callum Campbell	Samuel Galloway	Kenny Wilkie
<u>U15</u>	Matthew Galloway	Michael Addison	Alexander Wilkie	Rory Henderson
<u>U17</u>	Callum Smith	Christopher Galloway	Connor Johnston	Jack Williams
Dundee Hawkhill - Colours: Blue and White Quarters				Team Nos 127,128,129
<u>U13</u>	Rohan Angus	Andrew Merry	Connor Bertie	Euan Strachan
	Charlie Swan			
<u>U15</u>	Murray Angus	Cameron Crowe	Euan Rose	Rory Muir
<u>U17</u>	Jamie Crowe	Shaun Dempsey	Michael Overend	
East Kilbride AAC - Colours: Gold with 2 Black hoops				Team Nos 130,131,132
<u>U13</u>	Aidan Gilbride	Luke Kirwan	Daniel Walsh	Martin Lynas
	Aidan Hunter	Callum Field		
<u>U15</u>	Vincent Hastings	Jack Kirwan	James Pearson	David Sloan
	Kieran Rankin	Kyle Johnston	Matthew Ashelby	
<u>U17</u>	Scott Hernon	Ben Stafford		
Edinburgh AC - Colours: White with one Blue, one Black Hoop				Team Nos 133,134,135,136
<u>U13</u>	Josh Kerr	Sean Stout	Paul Ireland	Fraser Peters
	Joe Riemersma	Brandon Archibald	Jamie Loudon	
<u>U15</u>	Jake Kerr	Robert Bough	Michael Hudson	Michael Cameron
	Dominic O'Hare	Daniel Mitchell	Jack Harrison	Calum Robertson
<u>U17</u>	Jake Wightman	Ruaridh Miller	Amil Mair	Ciaran Turton
	Sam Wightman	Angus Inwood		
Falkirk Victoria H - Colours: Black with Gold Band				Team Nos 137,138,139

<u>U13</u>	Daniel McGhee	Drew Meikle	Cameron Smith	
<u>U15</u>	Aidan Hilton	Craig Mitchell	Alastair Kirkwood	
<u>U17</u>	Scott Stirling	Mark Govan	Ben Stevenson	
Fife AC - Colours: White with Red Band				Team Nos 140,141,142
<u>U13</u>	James Berry	Oskar Fraser-Krauss	Tom Harris	Jamie Ingledew
	David Killean	Tristan Rees	Callum Sleigh	
<u>U15</u>	Euan Berry	Jamie Ferguson	Glen Gardiner	Fergus Ingledew
	James Killean	Bruce Millar	Samuel Nicoll	James Pennycook
	Logan Rees	Liam Sleigh		
<u>U17</u>	Adam Harris	Callum McCracken	Ryan McIntosh	Ewan Paton
Gala Harriers - Colours: White with Green Band				Team Nos 143,144
<u>U13</u>	Alexander Freer	Nathan Cox	Alex Pye	Harry Steele
<u>U15</u>	Paul Henney	Fraser Wardhaugh	Rowan Marr	
<u>U17</u>	Cameron Gowans			
Giffnock North - Colours: Amber with Royal Blue Hoop				Team Nos 145,146,147,148,149,150,151,152,153
<u>U13</u>	Dewi Gould	John McLaughlin	Ross Gray	Euan Brodie
	Chris Hyde	Robbie Barr		Liam McColgan
	Liam Slimon	Lewis Grant		
<u>U15</u>	Douglas Britton	Max Lancaster	Josh Hyde	Jamie Cook
	Rob Gourley	Walker Graham	Calum Murphy	Steven Fleming
	Joseph Sheridan			
<u>U17</u>	Jonathan Tweedie	Jack Walker	Sandy Nimmo	Christopher Russell
	Andrew Clark	Scott Young	Neil Gourley	Max Lott
	Grant Muir	Jack Edward	Ewan Murray	James Gray
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops				Team Nos 154,155,156,157
<u>U13</u>	Gregor Black	Ross Forbes	Alan Grey	Calum Abercrombie
	Evan Warwick	Jack O'Rourke	Michael O'Rourke	Steven Edmond
<u>U15</u>	Gerard Smith	Kieran Munro	Mark Magee	Craig Knight
	Jack Harrington			
<u>U17</u>	David Reay	Sean McCaillan	Chris McDonald	Andrew Fisher
	Martin McGowan	Ross Knight	Adam McCormick	Dylan Moore
Inverclyde AC - Colours: Black & White Stripes				Team Nos 158,159,160,161,162
<u>U13</u>	Matthew Mackinnon	Ross Gray	Jordan Worthington	Adam Stinson
	Niall Smith	Scott Reid	Macaulay McArthur	Craig Bellow
	Matthew Burns	Saul Gibson		
<u>U15</u>	Isaac Dunning	Robert Todd	Joshua Houston	Jack Rice
	Jonathan Glen			
<u>U17</u>	Greg Williams	Michael Houston	Matthew Thomson	Shaun Tonner
	Jonathan Hill			
Kilbarchan AAC - Colours: Gold with Black Hoop				Team Nos 163,164,165,166,167,168,169
<u>U13</u>	Scott McLardie	Owen Bannatyne	Ryan Nesbitt	Campbell Gibson
	Andrew McLean	Ryan Muir	David Collins	Conor Thomson
	Ross Findlay	Euan McKerral	Craig Lavery	Ross Alexander
	Matthew McLaughlin	Robert Mallinder		
<u>U15</u>	Euan Gillham	Charlie Wighton	Gavin McArdle	Kane O'Neil
	Callum Matthews	Nicholas Love	Rorie Tracey	Cameron Swanson
	Fraser Warwick	Gregor Wylie		
<u>U17</u>	Russell Mountford	Jordan Braidie	Craig Haxton	Marc Bonati
	Calum MacLeod	Timothy Gray		
Kilmarnock H - Colours: Royal Blue with 2 White Stripes				Team Nos 170,171,172,173,174
<u>U13</u>	Angus Kerr	Rory Morris	Reed Wiper	Ross Laird
	Michael Dollard			
<u>U15</u>	Fergus Morris	Angus Cochrane	Adam EL Shafei	Terry Mulholland
	Andrew Jones			
<u>U17</u>	Cameron Mackie	Roy Shankland	Luke McGill	Evan Cornforth
	Scott Young			
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops				Team Nos 175,176,177,178
<u>U13</u>	Cameron Mack	Stuart Michie	Andrew Paterson	Jack McCabe
	Justin Hogg			
<u>U15</u>	Aidan Kane	Kieran Pugh	Gavin Alexander	Callum Dewar
<u>U17</u>	Scott Lawrie	Callum Heirs		
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band				Team Nos 179,180

<u>U13</u>	Sean Mullen	Callum Grahame	Fraser Cousin	Kyle A Mackenzie
	Matthew Smith	Lewis Black	Keiran Maskell	
<u>U15</u>	Iain Lawson	Ross McEwan	Jamie Cousin	Callum Clark
	Ross Henderson	David Brooks		
<u>U17</u>	Euan G Bathgate	Adam Lyon		
Law & District - Colours: Amber with 2 Red Bands and 1 White Band				Team Nos 181,182,183,184,185
<u>U13</u>	Robert McGrath	Evan Jones	Richard Watson	Steven McFarlane
	Ben Fountain	Kieran Cubis	Lewis Donnelly	Connor Thomson
<u>U15</u>	Stephen Murphy	Christopher Boyle	Stuart McLuckie	Rory McLaughlan
	Calum Lindsay	Steven Bryce	Andrew Lawler	Jakub Mitas
<u>U17</u>	Craig Welkeat	Christopher Watson	Daniel Stuart Graham	Cameron McCann
	Ross Hill	Joe Devine	Kevin McGhee	
Motherwell AC - Colours: Red with White edging				Team Nos 186
<u>U13</u>	Owen Leach	Lawrence McCluskey		
<u>U17</u>	Craig Mackenzie			
Nithsdale AC - Colours: Jade Green/Black/White				Team Nos 187
<u>U13</u>	Angus Johnstone			
<u>U15</u>	Kieran Saunders			
<u>U17</u>	Chris Ponton			
North Ayrshire AC - Colours: Purple & Gold				Team Nos 188
<u>U13</u>	Iain Wilson	Kyle Jackson		
<u>U15</u>	Gordon Wilson	Fraser Mackie	Christopher Liechti	
Perth Strathay - Colours: Orange with Blue Trim				Team Nos 189,190,191
<u>U13</u>	Ben Greenwood	Finlay Lennie	Lewis Forsyth	Simon Jardine
	Fraser Gillies			
<u>U15</u>	Robert Henson	Jacob Lewis	Michael Gillespie	Duncan Tait
<u>U17</u>	Euan Holmes	Alex Jardine	Andrew Forsyth	Patrick Gillespie
Pitreevie AAC - Colours: Navy/Yellow/White				Team Nos 192,193
<u>U13</u>	Craig Moriarty	Daniel Milligan		
<u>U15</u>	Aidan Thompson	Ben Potrykus	Johnny Pennel	Evan Ross
	Gregor Beatson			
<u>U17</u>	Scott McAlpine	Benjamin Kurzman		
Ron Hill Cambus - Colours: Red with White Band				Team Nos 194,195,196,197,198,199
<u>U13</u>	Luke Reilly	Sean Reilly	Connor McGlinchey	Joseph Pryce
	Jordan Munro	Brett McNaught	Grant McGregor	Lewis Stewart
	Sean Paul Brannan	Sean Gallacher	Callum Morton	
<u>U15</u>	Ryan Thomson	Ross Stephen	Brendan Carey	Keith McIntyre
	David Robertson	Jack MacGregor	Fraser Ebbitt	Joe Brown
	Ryan Miller	Fraser Ross	Kade Thomas	
<u>U17</u>	Dean McMurrin	Stuart Roe	Niall Campbell	Ryan Russell
	Dean McNaught	colin McIntyre	Grant Sheldon	Bryan McLaughlin
	Matthew McKenna			
Shettleston Harriers - Colours: Blue with Gold Band				Team Nos 266,267,268
<u>U13</u>	Daniel A Toland	Christopher Glass	Euan Penrice	Coner Brown
<u>U15</u>	Ahmed Hassan	Callum Drummond	Murray McGiven	Ryan Flanagan
	Jock Breckenridge			
<u>U17</u>	Garry Mason	Jamie Hendry	Archie Breckenridge	Euan Birch
Teviotdale Harriers - Colours: White with Maroon Band				Team Nos 269
<u>U13</u>	Kieran Pringle	Harry Marshall		
<u>U15</u>	Kyle Potts			
<u>U17</u>	Keith Learmonth	Charlie Marshall		
V P Glasgow - Colours: Blue and White Hoops				Team Nos 270,271,272,273,274,275
<u>U13</u>	Euan Urquhart	Callum McCormack	Jamie MacKinnon	Jay Van den Hoven
	Ewan Rae	Scott McKay		
<u>U15</u>	Lewis Boyle	Marc Rooney	Kieron Rafferty	Liam Turner
	Fraser Glass	Jack Moreland	Fraser Barbour	Jamie Middleton
	Nathan Merchant			
<u>U17</u>	Max Aitchison	Ethan Sloan-Dennison	Marc Austin	Hugh Mackenzie
	Andrew McCormack	Paul MacFarlane		
West Dunbartonshire - Colours: Green with Navy Blue Stripe				Team Nos 276
<u>U13</u>	Ruairidh Pollard	Aidan Ball	Liam Rowles	
<u>U15</u>	Fraser Kennedy			

SENIOR/JUNIOR WOMEN NATIONAL RELAY CHAMPIONSHIPS

3 x 4,000 metres

Title Holders- Central AC

Race Starts 1.40pm

Aberdeen AAC - Colours: White with 2 red hoops

Gemma Cormack (J) Bezunesh Deggefa
Ayr Seaforth - Colours: White with Red Diagonal Cross
Toni McIntosh Louise Hill-Stirling (J)
Gillian Gates

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Erica Christie Suzanne McMahon
Melanie Ronald Kristina Greig
Emma Anderson Louise Andrew
Connie Hydes

Bellahouston RR - Colours: Purple with White Band

Shona Donnelly Julia Harris
Carla Telfer Jacqueline McGuire

Calderglen H - Colours: Amber and Black Vertical Stripes

Kirsty Findlater Frances Maxwell
Laura McConnell Alison Crooks

Carnegie H - Colours: Orange & Green

Morna Fleming Fabienne Thompson
Melanie Sinclair Mary Western
Linda James Lesley Halstead
Maryanne Lawrence Lynne Kuz
Julie Humphreys Joanna Wilson

Central AC - Colours: Yellow and Blue

Claire Houston Emma Raven
Fiona Thompson Fiona Kelsall
Polly Harrison Gill Brett
Elaine Coombs Karen Montador

Clydesdale Harriers - Colours: White with Black "C"

Kathryn Scott Pamela McCrossan

Corstorphine AAC - Colours: White with Black Trim

Megan Smith Susan Johnston
Jillian Hogg

Dumfries RC - Colours: White with Maroon and Sky blue Hoops

Lisa Finlay Jousia Zakrzewski
Dawn McDonald Maureen Dickson
Audrey Brown Marian McPhail

Dundee Hawkhill - Colours: Blue and White Quarters

Laura Muir (J) Eilish McColgan (J)
Sarah Kelly (J) Lilly Partridge (J)

East Kilbride AAC - Colours: Gold with 2 Black hoops

Beth Duff (J) Deborah Snook (J)
Victoria Lomax Joanne Thom
Jennifer MacLean Lyndsey Fraser
Marietta Beal Nathalie Christie

Edinburgh Uni - Colours: Green with White side Panel

Frances Cummins Katie Pollock (J)
Emma Baxter (J) Sarah Louise Johnson
Rebecca Hannah (J) Stephanie Davis

Falkirk Victoria H - Colours: Black with Gold Band

Karen Glover (J) Fiona Matheson
Janette Stevenson Nicola Flynn

Ferranti AAC - Colours: Yellow with Black letters

Elizabeth Gilchrist Claire Gilchrist
Alison Arnold

Fife AC - Colours: White with Red Band

Sandra Aitken Fiona Bracegirdle (J)
Megan Crawford Hester Dix
Margaret Ingledew Claire Jarvis
Charlotte Kirby Anita Laidlaw
Amie McKimmie Margaret McLaren
Anna Radons-Harris Aileen Rees
Wendy Ritchie Sandra Robertson
Kirsti Sharratt Lorna Sibbett
Rhona Van Rensburg Morgan Windram-Goddes

Gala Harriers - Colours: White with Green Band

Rachel Fagan Nicola Porterfield
Fiona Dalgleish

Garscube H - Colours: White with Blue Band

Marian Callister Kirsty Husband
Carole Setchell Charlotte Wilson
Anna Walker Emma Ralston

Laura Mahady

Team Nos 3

Laura Wallace

Team Nos 4,5,7

Bernadette O'Neil

Suzanne Boyle

Jessica Gorman

Louise Ross

Madeline Smillie

Team Nos 12,13

Mary Goldsmith

Genevieve Freeman

Helena Sim

Jacqueline MacIntyre

Lesley Landels

Grace Mackenzie

Mehrnaz Campbell

Team Nos 27,28,30,32,34

Hazel Dean

Jane Waterhouse

Lyndsay Morrison

Christine Duncanson

Kerry Porter

Team Nos 153,154,155

Mhairi Duff

Tracy Campbell

Susan Callander

Laura Brown

Team Nos 158

Kelly Baillie

Laura Dunn

Lauren Stoddart (J)

Karen Dobbie

Team Nos 163,164,165,166

Kirsten Hogg

Pamela Morris

Rachel Armitage (J)

Elaine Thomson

Siobhan Seilar

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

Innes Bracegirdle

Moir Grainger

Jennifer Kibble

Sarah Legge

Johanna Paananen

Catharine Sinclair

Jocelyn Scott

Jenny Tan (J)

Dianne Lauder

Team Nos 176,177,178,179,180

Lesley Chisholm

Ailsa Currie

Heather McIntosh

Team Nos 2

Véronique Oldham

Meghan Logue (J)

Yvonne Winchester

Angela Campbell (J)

Deborah Byers

Team Nos 9,11

Jane WildElsie Downham

Sandy Brindley Jane Gali

Joanne McElvoy

Sandra Reid

Team Nos 14,15,16,24

Gillian McCracken

Alison Whyte

Lee Polson

Isobel Burnett

Susan Cederstrom

Alison Docherty

Jennifer Emsley

Dawn Kerr (J)

Team Nos 35

Ann Murray

Team Nos 36,37

Jo Kirby Corrie Roberts

Paula Neill

Shona Payne

Patti Lean

Team Nos 156,157

Kirsty Scott

Julia Orr

Sarah Hood

Emily Stewart (J)

Katja Eravisto

Grace Cooney (J)

Siobhan Price

Heidi Nicholson

Team Nos 167

Christine Eadie

Team Nos 168

Julia Drewer

Lorraine Brown

Angela Howe

Liz Killen

Alison McGill

Irene Pennycook

Hilary Ritchie

Helen Sharpe

Susan Thomaon

Team Nos 175

Fiona Shepherd

Lesley Chapman

Jill O'Neil

Debbie Martin-Consani

Gail Beaton

Laura Devine

Giffnock North - Colours: Amber with Royal Blue Hoop

Jill Smylie

Jacqueline Cowan

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

Yvonne Prager

Anne Anderson

Emma Baxter (J)

Lorna Coyle

Helensburgh AAC - Colours: Yellow with Red Band

Erica Cromar

Michelle Hetherington

Hunters Bog T - Colours: Brown

Emma Baker

Lisa Gamble

Cairiona McCleery

Megan Mowbray

Sarah O'Neill

Margaret Spalding

Megan Wright

Inverclyde AC - Colours: Black & White Stripes

Emma Rice (J)

Nicole Darroch (J)

Kilbarchan AAC - Colours: Gold with Black Hoop

Elspeth Curran

Leanne Hamilton

Michelle Bell (J)

Rhona Martin

Kilmarnock H - Colours: Royal Blue with 2 White Stripes

Elizabeth McDerment

Karen Quinn

Lesley Phillips

Avryl Cornforth

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

Hannah Terrance (J)

Shirley MacNab

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

Nicola Lindsay (J)

Lothian RC - Colours: Blue with Black letters

Edel Mooney

Jocelyn Moar

Alison McQuillen

Marie Storie

Jill Horsburgh

Motherwell AC - Colours: Red with White edging

Clare Barr

Elaine Jamieson

Penicuik Harriers - Colours: Purple with White Panels

Louise McConnell-Trevillion

Frances Jones

Shettleston Harriers - Colours: Blue with Gold Band

Amleset Tewelde

Lindsay MacNeill

Springburn Harriers - Colours: Navy Blue with White Diamond

Danielle Brown

Michelle Sandison

Fiona Gentles

Rachel Wilson

St Andrews Uni - Colours: White with 2 Blue Bands

Jeannie Robertson (J)

Stirling Univ AC - Colours: Green and Yellow

Robyn McDowall

Teviotdale Harriers - Colours: White with Maroon Band

Donna Inglis

Pamela Paxton

V P Glasgow - Colours: Blue and White Hoops

Claire McCracken

Michaela Stephen (J)

Christine Catterson

Wee County H - Colours: Navy and Orange

Jessica Neal

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

Ellen Homewood

Gillian Irvine

Mairi Stanley

with Royal Blue Hoop

Mary McCutcheon

Sheila Lewis

Theresa Wall

Alison King

Emily Pollock (J)

Elizabeth Forbes

Tina Munro

Jan Fellowes

Jessica Batterham

Claire Gordon

Morag McCracken

Fionn Nairn

Sandra Rathjen

Claire Ward

Sula Young

Rhona Bushfield

Emma Fulton (J)

Wanda Phillips

Nynke Mulholland (J)

Hannah Waugh

Paula Wilson

Lorna Sloan

Susan Beattie

Michelle Goldie

Ada Stewart

Lauren McIntyre (J)

Alison Cameron

Black letters

Saran Jones

Lana Turnbull (J)

Christine Milne

Lucy Galloway

Clare Hughes

Carole Munro

Rachael Campbell

Clare Barr

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Clare Hughes

Team Nos 181,182

Ruth Joss

Team Nos 183,184,185

Silke Loehndorf

Katie Pollock (J)

Janet Henderson

Lynne Rogers

SENIOR/JUNIOR MEN NATIONAL RELAY CHAMPIONSHIPS

4x 4,000 metres

Title Holders- Shettleston Harriers

Race Starts 2.40pm

Aberdeen AAC - Colours: White with 2 red hoops

Benjamin Hukins
Cameron Strachan (J)
Frank Boyne
David Duguid

Ayr Seaforth - Colours: White with Red Diagonal Cross

Peter Laing
Stephen Kay
Jonathan Dunn (J)
Tom McCulloch

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Amanuel Zerezhigi
Gary Stewart
Michael Freshour
George Adams
Rudirith MacDonald
William McAllister
Thomas Henery
Derek Shand

Bellahouston RR - Colours: Purple with White Band

Brian O'Donnell
Bruce Carse
David Weatherhead
Matthew Williamson
Hugh Campbell
Liam Conway
Brendan Moriarty
Douglas MacGregor

Calderglen H - Colours: Amber and Black Vertical Stripes

Russell Couper
David Wardrope
Richard Lawton
Jim Holmes
David Dickson
Graham Lindsay
Charlie McDougal
Gerard Mullen
David Searl

Carnegie H - Colours: Orange & Green

Scott Bradley
Allan Fotheringham
Ian Robert Johnston
John Fulham
Andrew Symonds
Dennis Howett
Andrew Wright
Steven King

Central AC - Colours: Yellow and Blue

Gordon Adam
Andrew Butchart (J)
James Drummond
William Gault
Graham Harvey
Will Hensman
David Hutchison (J)
Steve Laing
Sandy MacLarty (J)
Christopher McHardy
Lewis Millar
Martyn Paterson (J)
Colin Sinclair

Clydesdale Harriers - Colours: White with Black "C"

Gary Dick
Ryan Nelson (J)
Robert Young
Hugh Lavery

Corstorphine AAC - Colours: White with Black Trim

Mickey Breen

Ross Fulton (J)

Eoin Durkon

David Blane

Lewis Coffin (J)

Team Nos 4,5

Mayeul Ducrot

Barry Duddy

Alan Cherry (J)

Colin Garret

Team Nos 6,7,8,9,10

Tom Lauckner

Brian Douglas

Alex Short

Steven Prentice

Bryan Lamb

Joseph Poole

David Mooney

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

Alex Lawther

Gordon Clements

Christopher Doak

Kenny Richmond

Peter Devenport

Ewan McDonald

Robert McEwan

Stephen Bell

Team Nos 17,18,19,20

Colin Freeman

Edward Reid

Ian Rae

David Herbertson

Ian Hughes

John McBride

Jamie McMonagle

Graham Ramage

Team Nos 21,22,23

Bryce Aitken

Graham Bee

Alan Cockburn

Jan Berni-Cederstrom

Robbie McKenzie

Peter Simpson

Graeme Campbell

Campbell Hutt

Iain Taylor

Team Nos 24,25,26,27,28,29,30,31,32,33

David Armour

Christopher Clarke (J)

Alan Gall

Roger Greenaway

Alexander Hendry (J)

Ross Houston

Ewan Jack

Adrian Loudon

Ian McDonald

David MacKinlay (J)

Craig Neal

Sean Reilly (J)

Michael Wright

Iain Robertson

Peter Bowman (J)

Gerard Montgomery

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

Dermot Cummins

Team Nos 1,2,3

James Joy (J)

Peter Mutch

Neil Manson

Team Nos 43

John Hayes

Andrew Rae (J)

Neil Burnside

Greg Templeton (J)

Team Nos 44,45,46

Mark Paterson

Graeme Gemmel

Michael Healy

Thomas Keenan

John Softley

Christopher Wilson

Brian Barr

David Mooney

Team Nos 50,51,52,53,54

Neil Calder

Marcus Cram (J)

Malcolm Fraser

Adam Jack (J)

Fraser Mann (J)

James Mittra

Kirk Ollason

James Rusklin

Adam Ward

Team Nos 55,56

Hector Haines

Jack Wood

Team Nos 57,58,59,60

Andrew Williamson (J)

Patryk Gierjatowicz

Stuart Douglas

Euan Martin (J)

Michael McQuaid

Grant Matheson

John Turnbull

Team Nos 61

Derek Burgess

Keith Nicol

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

David Bee

George Black

Brian Cruickshank

Steven Duig

Keith Ferguson

Mark Harris

Liam Hutson (J)

Martin Laing

Alan McLeod

Colin W Mathieson

Maurice Paterson

Frank Popham

Roger Rees

Craig Ross

David Shepherd

John Thomson

Team Nos 68,69,70,71

Anthony Lunn

Derrick Brydon

Alistair Laurie

Colin McCall

Thomas Knox

Team Nos 72,73,74,75,76

Benjamin Melby

Stephen Mulrine

Andrew Griffiths

Robbie Drummond

Team Nos 77,78,79,80

Joe McKnight

Stephen Cullen

Gary Goldie

Gerry Linden

John Bell

Keith Hood
Scott Pilkington
Moray Anderson
Michael Anderson
Ian Johnston
Timothy Norwood

Calum McKenzie
Douglas Selman
Kris Berry
David Law
Graeme Fletcher

Christopher O'Brien
David Simpson
Ewan Stark
Christopher Peggie
David Colman

Steven O'Brien
Grant Wilkie
Bruce Malcolm
Nicholas Brown
David Henderson

Dumfries RC - Colours: White with Maroon and Sky blue Hoops

Paul Hart

Dundee Hawkhill - Colours: Blue and White Quarters

Matthew Strachan
Howell Craske (J)
Anthony Robinson

East Kilbride AAC - Colours: Gold with 2 Black hoops

Gordon Colvin
Edgar Ramage
John Fergusson (J)
Michael Browne
William Taylor

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

Dermot Bailie
Adam Chmielowski
Keith Dunlop
Richard Hope
Peter Loudon (J)
Roy Mitchell
Ken Mortimer
Robert Riddell
David Steele

Edinburgh Uni - Colours: Green with White side Panel

Ross McCall
Max Ralston (J)

Falkirk Victoria H - Colours: Black with Gold Band

Alexander Bryce
Mark Dunnachie
John Martin
Andrew Ronald
Alexander Watson
David Murray

Ferranti AAC - Colours: Yellow with Black letters

Edward McDonald
Walter Fairnie
Robert Miller

Fife AC - Colours: White with Red Band

Bryce Aitken
Graham Bee
Alan Cockburn
Jan Berni-Cederstrom
Robbie McKenzie
Peter Simpson
Graeme Campbell
Campbell Hutt
Iain Taylor

Gala Harriers - Colours: White with Green Band

David Hunter
William McCulloch
Martin Clarke
Magnus Inglis
David Nightingale
Andrew McCrirk (J)

Garscube H - Colours: White with Blue Band

Robert McLennan
Jim McAneny
Euan Geddes
Ross Martin
Stephen Kilpatrick

Giffnock North - Colours: Amber with Royal Blue Hoop

Team Nos 43

Leslie Hill

John Hepburn

Nigel Reynolds

Graeme Oudney

Team Nos 47,48,49

David J. Condra

Andrew Little

Kevin Downie

David Gorman (J)

Team Nos 50,51,52,53,54

Neil Calder

Marcus Cram (J)

Malcolm Fraser

Adam Jack (J)

Fraser Mann (J)

James Mittra

Kirk Ollason

James Rusklin

Adam Ward

Team Nos 55,56

Hector Haines

Jack Wood

Team Nos 57,58,59,60

Andrew Williamson (J)

Patryk Gierjatowicz

Stuart Douglas

Euan Martin (J)

Michael McQuaid

Grant Matheson

John Turnbull

Team Nos 61

Derek Burgess

Keith Nicol

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

David Bee

George Black

Brian Cruickshank

Steven Duig

Keith Ferguson

Mark Harris

Liam Hutson (J)

Martin Laing

Alan McLeod

Colin W Mathieson

Maurice Paterson

Frank Popham

Roger Rees

Craig Ross

David Shepherd

John Thomson

Team Nos 68,69,70,71

Anthony Lunn

Derrick Brydon

Alistair Laurie

Colin McCall

Thomas Knox

Team Nos 72,73,74,75,76

Benjamin Melby

Stephen Mulrine

Andrew Griffiths

Robbie Drummond

Team Nos 77,78,79,80

Joe McKnight

Stephen Cullen

Gary Goldie

Gerry Linden

John Bell

Stuart McBeath Graeme Croil David Logan Luke Traynor (J) Neil Amner	Michael Cross Gary Barnett Neil Deerey Martin Fishwick (J)	Gerard McNamee Derek Breen Alistair McCallum (J) Ross McLeaie	George Taylor David Phee Greg Turner (J) Derren Thomson	James MacDonald Gary Grieve Lothian RC - Colours: Blue with Black letters Alastair Robertson (J) Kenny Mearns Iain Donnan Scott Nelson Graeme Ackland Mike Lieberman Ben Hartman James Alexander	Stephen Allen Max McNeill (J) Mark Kassik Alan McIntosh Harry Mulholland Alex Agnew John Malcolm Robin Galloway John Ewing	Bobby Hill (J)	Jonathan Velu (J)
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops Steven Campbell Michael Follan Thomas Knight Duncan MacNeill Daniel McLaughlin Sam McVicar Robert Wilson Graham McGrattan David Carruthers	Team Nos 81,82,83,84,85,86 Peter Clare Kevin Gill Jack Knowles Andrew McCall William McLaughlin Alan O'Rourke Robert Wilson Bernie Kangley	Richard Davidson Alan Henderson Thomas Loehndorf Kevan McCartney Stephen McLoone Kenneth Pryde Michael Harrington Steven Watson	Robert Dolan David Henderson Shaun Lyon Stephen McDade Michael McLoone Snr Stephen Trainer Ernie Curry Frank McKnight	Metro Aberdeen - Colours: Black/Yellow Quarters Iain Grigor Roddy McLeod Robert Taylor William Reid	Neil Jaffrey Clifford Leith Stephen Forbes	Kenton Jones Ross Milne Colin Banham Steven Laurie Neil Drummond Colin Partridge David Berrill Matt Richardson	Team Nos 116,117,118,119 Robert Inglis (J) Scott Fraser Ian Hall Jozsef Farkas Brian Turner Neal Drummond Robin Morris David Eades
Helensburgh AAC - Colours: Yellow with Red Band Damien Theaker Iain Walker Brian Grant	Paul Thompson Matthew Underwood (J)	Phil Dye Alistair Wylie	Team Nos 87,88 Stephen Bell Andrew Stafford Cai Britton	Motherwell AC - Colours: Red with White edging Alex Barr Benjamin Hands Richard Martin (J) Graeme Kennedy Pithead AAC - Colours: Navy/Yellow/White Barry Davie Andrew Le Good	Christopher Macdonald Brian McLinden Stuart Riley Craig Adams Jeff Farquhar Owain Williams	Donald Simpson Peter Jennings Niku Millott	Team Nos 120,121 Forbes Reid Richard Thomson Mark Poole
Hunters Bog T - Colours: Brown Duncan Baker Jan Campbell David Fulton James Jarvis Peter McClelland Philip Mowbray Jon Rathjen William Townsend	Tom Barr Daniel Clements Allan Gordon Huw Jones Andrew McKechnie Donald Naylor Andy Sims Richard Wall	Team Nos 89,90,91 Jamie Brown Colin Crabbie Alistair Hart John MacPherson Alistair Millan Ivor Normand Murray Strain Ray Ward	Steven Cairns Daniel Fairlie Simon Harrison Will Mair Geoffrey Mitchell Ivor Normand Robin Thomas David Wright	Ron Hill Cambus - Colours: Red with White Band Ross Arbuckle John Brown Colin Donnelly Robert Gilroy Francis Hurley Donald Macaulay David Munro Stephen (jnr) Paris (J) David McKenzie (J) Charles Thomson Kerry Liam Wilson	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	Luke McIlvenna (J) Alex Hay Nicholas Hughes	Team Nos 122,123,124 John Hughes William Martin Derek Wylie
Inverclyde AC - Colours: Black & White Stripes Mark Pollard Christopher MacKay Graeme Hyett John Smillie Damien Mallet James McFadden Kenny O'Neill Kenneth Morrison	Daniel Mulhare Craig Ruddy Robert Gray Robert Shaw George Hegarty Gavin Morrison David McElhinney	Team Nos 92,93,94,95,96,97 Kevin Kane Sean Gaffney Thomas Jamieson Cameron Spence Andrew Campbell (J) Neil McLaughlin Graeme Forbes	Andrew Douglas Ian Fisher Jude Boulton Gerard Gaffney David McKenzie (J) Campbell Cromar Tom Tracey	Shettleston Harriers - Colours: Blue with Gold Band Allan Adams John J Duffy Ian Johnston Clyde Marwick Matthew Sullivan Robert Soutar Tsegeab Woldemichael Thomas Fay Matthew Gillespie (J) Lee Wilson (J) Daniel Bradford Azzidine Zourhi	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	Archibald Duncan Neil MacLachlan	Team Nos 125 Jonathon Hedley
Irvine AC - Colours: Red with Black Trim Jamie Findlay George Irving James Sneddon Thomas Begley	Patrick Cullinane Brian Craig Andrew Rennie James White	Team Nos 98,99 David Millar Ian Berryman Mark Livingstone	Steven Cairns Daniel Fairlie Simon Harrison Will Mair Geoffrey Mitchell Ivor Normand Robin Thomas David Wright	Springburn Harriers - Colours: Navy Blue with White Diamond Emilio Cosimo Alan Cairns James Lewis John Owens	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	Bobby Bristow (J) Brian Campbell Colin Feechan Greg Hastie Iain MacCorquodale John McPake Michael O'Hagan Ian Rawlinson David Rodgers Chris Wilson Gerry Reid	Team Nos 126,127,128,129,130,131 Frank Barton Andrew Coulter (J) Stuart Gibson Scott Hunter John MacNamara Thomas McPake Stewart Orr (J) Alan Ramage David Thom Stephen Wylie
Kilbarchan AAC - Colours: Gold with Black Hoop Robert Quinn James Snodgrass Thomas McDonald (J) Michael Finlay Donald Petrie Nicholas Moore Andrew Clugston Robert Allison Chris McIlvenna	Derek Hawkins John McMillan Stephen Fleming (J) Steven Hards William Masson Thomas Hearle Scott Craig James Robert Ferguson Ian MacDougall	Team Nos 100,101,102,103,104,105,106 Conor McNulty Gary Rankin (J) Chris Devenney Brian Graham Robert Connell James Ogilvie Donald Kennedy James Ferguson David Mewse	Andrew Douglas Ian Fisher Jude Boulton Gerard Gaffney David McKenzie (J) Campbell Cromar Tom Tracey	St Andrews Uni - Colours: White with 2 Blue Bands Russell Hall Philip Wiesberger Stirling Univ AC - Colours: Green and Yellow Ross Christie (J) Thomas Paskins	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	Desmond Crowe Amanuel Hagos Andy Little Ruairidh Munro (J) Malcolm Patterson Tsegai Tewelde Adam Lee Casey Morgan Henry Blake Andrew Duffy (J) Andrew Dearie (J)	Team Nos 132,133,134,135,136 Dave Cummins Peter Carton Iain MacFarlane Thomas Owens Paul Sorrie Denis Williams William Breckenridge John Oates Gary Turner (J) Bob Maxwell Gary McBride (J)
Kilmarnock H - Colours: Royal Blue with 2 White Stripes Connell Drummond Alan Brydon James Wales (J) Alasdair Murray Andy McGhee Steven Currie Eddie Tonner	Leslie McDermott Ross Connolly (J) Iain Connell William Duffy Brian Darroch Grant Beattie (J) Harald Bartl	Team Nos 107,108,109 Scott Martin Tommy Wyper Graham Cairns Ian McLaughlin Michael Corson Murray McDonald (J) Brian McEwan	Andrew Douglas Ian Fisher Jude Boulton Gerard Gaffney David McKenzie (J) Campbell Cromar Tom Tracey	Teitfordale Harriers - Colours: White with Maroon Band Alan Inglis V P Glasgow - Colours: Blue and White Hoops Mark Ashby Alastair Douglas David McCormack Jason Boyle Duncan Thomson Martin Hayes	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	James i Hossack Team Nos 141,142 Rui Principe Harshad Sambamurthy (J) Jed Bartlett Philip Vernon	Team Nos 143,144 Damian McAuley Ross McEachern Kevin Owens Alexander Chalmers Rui Principe Harshad Sambamurthy (J) Jed Bartlett Philip Vernon
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops Christopher Craig Kevin Cornes Damian McLanahan Jim McLoone Edward McLoone	Paul O'Connor Robert Rogerson Kevin Cornes Louis O'Hare	Team Nos 110,111,112,113 Gary Mitchell Michael Peters Colin Langan David Gardiner	William Heirs Adam Peters Craig McIntyre (J) William Reid	Westerlands CCC - Colours: Yellow with Black "W" on Back Chris Upton Ken MacMahon	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	James i Hossack Team Nos 145,146,147,148,149 Peter Dawes Allan Hamilton Drew Nicoll Chris Sheridan Derek Watson Snr.	Team Nos 150 Gordon McNeil
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band Scott Anderson Ross Finlayson Colin Menzies Alan Cumming	Ben Mitchell David Ramage Richard Connor	Barney Phillips Niall Sheehan Douglas Philip	Team Nos 114 John Murray Andrew Matheson Alan McFadden (J)	Team Nos 115 Ross MacDonald (J)	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	James i Hossack Team Nos 151,152 John Denovan Owen O'Neill Brian Bonnyman Steffen Gorgas	Team Nos 153 Gordon McNeil
Law & District - Colours: Amber with 2 Red Bands and 1 White Band James Rowley	William Drysdale	Patrick Kelly	Team Nos 116 Ross MacDonald (J)	Team Nos 117 Ross MacDonald (J)	Robert Anderson Alistair Campbell Alexander Eaglesham Jack Hamilton (J) Joseph Kealey Rory MacLure (J) Ian Munro Bruce Raeside Gordon Robertson Neil Wilkinson David Fairweather	James i Hossack Team Nos 154,155 John Denovan Owen O'Neill Brian Bonnyman Steffen Gorgas	Team Nos 156 Gordon McNeil