



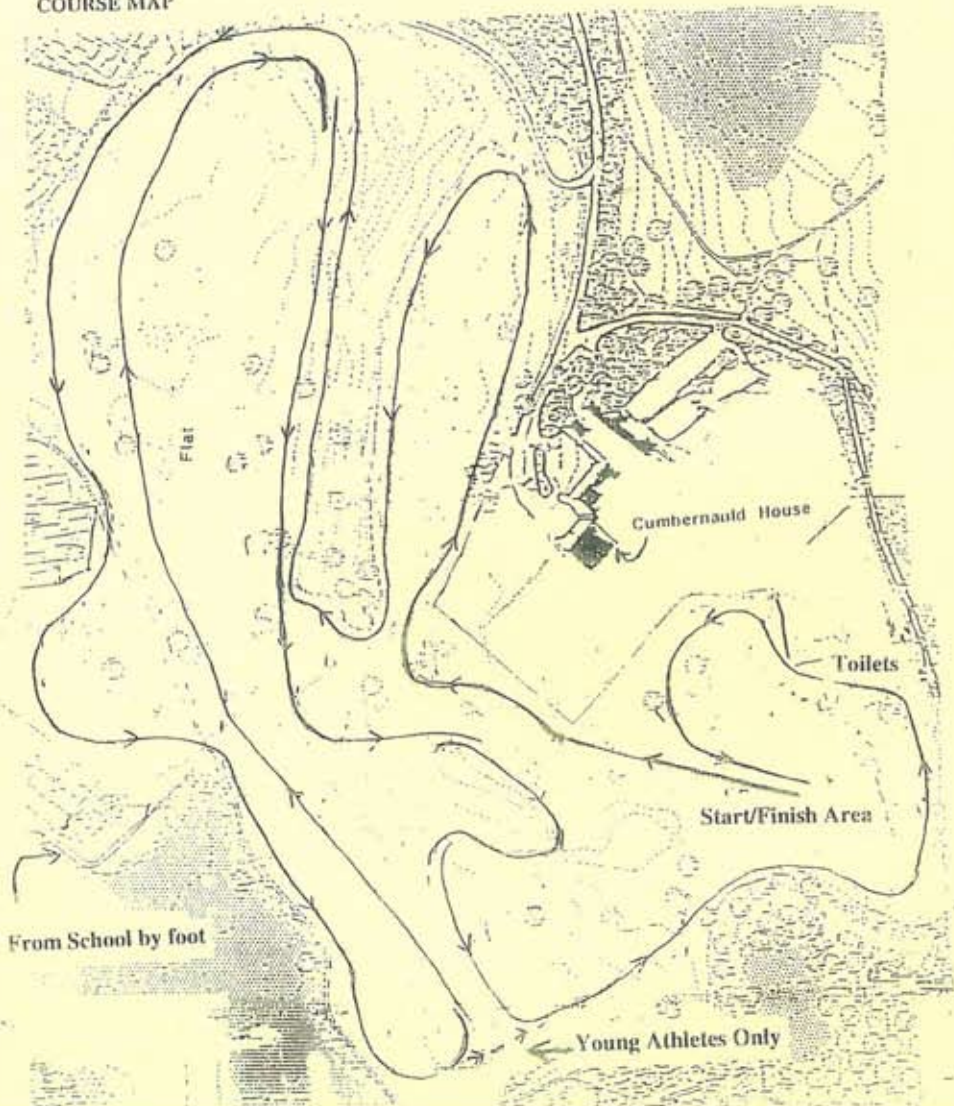
scottishathletics



**National Cross Country Relays
Cumbernauld
Saturday 22nd October 2011**

Race	Declarations Close	Race Starts	Laps
Young Females	12.00noon	12.30pm	3 x 2,500m
Young Males	12.35pm	1.05pm	3 x 2,500m
Sen/Jun Females	1.10pm	1.40pm	3 x 4,000m
Sen/Jun Males	2.10pm	2.40pm	4 x 4,000m

COURSE MAP



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

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 22nd October 2011

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.

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

Why do the Scottish Cross Country Relay Championships continue to be so popular? Part of the reason is that we return every year to the same challenging course that is familiar to athletes, spectators and officials alike allowing efficient racing tactics, viewing strategies and optimum course design respectively. This has only been possible with the continued support of North Lanarkshire Council for the last 11 years. In these days of austerity that support is greatly appreciated.

Again this year the popularity of the event and venue is reflected by the entries with a record number of Senior Women teams as well as the 2nd highest entries for the Senior Men since 1995. See

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>

The most difficult part of these Championships is the take-overs. Over the years we have devised a method of separating the incoming and outgoing athletes. This allows efficient recording and avoids the two sets of athletes getting in each other's way. However the method requires both officials and athletes to be aware of the system and alert in order to operate correctly.

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 – *Carpe Diem* (seize the moment) – enjoy the challenge of the competition and please concentrate at the takeover.

Ron Morrison
Convener, Road Running and Cross Country Commission

National Cross Country Relay Championships-Cumbernauld 22/10/2011

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Leslie Roy
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	Ian Clifton (Chief) Sandy Cameron, Jim Semple
Changeover	Andy Law (Chief) Angus Cameron
Timekeepers	Joe Bruce (Chief) Duncan McLaren, Graham Sword, Anna Poulton
Recorders (Places)	Ian Hislop (Chief) Ian Mann, Jean Youden Allan Smith, Neil Donachie (Tape)
Recorders (Time)	Molly Wilmoth, Margaret Daly
Starter	Barry Craighead
Marksman	Fred McCluskie
Declarations	Jen Jackson, Phyllis Law
Results	Peter Jackson (Chief) Marion Donachie, Sheila Smart, Marjory Cook
Announcers	John Wands, Alan Potts
Course Stewards	Bob Reid (Chief) Members of Kirkintilloch Oly. and Cumbernauld AC
Presentations	Alan Potts
Jury of Appeal	Alan Potts, Ian Clifton, Alex Jackson
Medical Officer	
Medical Services	St Andrews Ambulance
Events Manager	Ross Cunningham
Co/Conveners:	Alex Jackson, Jim Young

Scottish National Cross Country Relay Championships 1993 to 2011

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) 59	(106) 66	(83) 48	(139) 89	CUMBERNAULD
2009	(100) 61	(107) 73	(88) 63	(143) 100	CUMBERNAULD
2010	(103) 68	(107) 72	(90) 58	(152) 109	CUMBERNAULD
2011	(91)	(97)	(106)	(156)	

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.

Archive of Scottish Cross Country and Road Running Championships at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>

Also at the above website the following athletics magazines

Scots Athlete 1946 to 1957

Scotland's Runner 1986 to 1993

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3 x 2,500 metres

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

Title Holders - Edinburgh AC

Race Starts 12:30pm

Aberdeen AAC - Colours: White with 2 red hoops Team Nos 1,2

U13 Grace Carter Kate MacKay Grace Angus Anna McErlean
U15 Lucy McLeod Eve Smith

U17 Eilidh Prise Stephanie A Little

Ayr Seaforth - Colours: White with Red Diagonal Cross Team Nos 3,4,5

U13 Lara Carey Natasha Martin Amy Topping Becca Topping

U15 Siobhan Rae Casey McAllister Louisa Kelly Christie Hutton

U17 Kirstin Oakley Lisa Rennie Amy Palmer

U17 Emma Valley

Central AC - Colours: Yellow and Blue Team Nos 6,7,8

U13 Kate Gallagher Evie Gallagher Eilidh Russell Catriona Lang

U15 Eilidh MacCorquodale Shannon MacFarlane Beth Gallagher

U17 Emily Greenan Amy Hendry Amy McCabe

Clydesdale Harriers - Colours: White with Black "C" Team Nos 9,10,11

U13 Iona Allan Ciara Devaney Aimee Abbott Rachel Campbell

U15 Jenny Kerr Charlotte Ross Rosin McShea Kirsty Alexander

U17 Erin Ball Emily Paxton

U17 Claire Reid Diane Nicholson

Corstorphine AAC - Colours: White with Black Trim Team Nos 12,13

U13 Caitlin Arnott Robyn Coates Eilidh Thores

U15 Hannah Addison Jo Stapleton

U17 Lisa Christy

Cumbernauld AAC - Colours: Sky Blue with Maroon Band Team Nos 14

U13 Louise Docherty Kayla Divers Kirsten Wylie

U15 Emma Balfour Eilidh McCulloch Elise Wylie

U17 Cleona Ferguson

Dundee Hawkhill - Colours: Blue and White Quarters Team Nos 15,16,17,18,19

U13 Maddie Owen Molly Hughes Katharine Leonard

U15 Danielle MacDermid Shane McCabe Amy Mollison Seonaid Durston

U17 Katie Anderson Eilidh L Reynolds Kirsty M Reynolds Caitlin Dunbar

U17 Derry Wilkinson Keira Durston Katie Patullo Vicky Mitchell

U17 Hayley Allardice Liberty Brown

East Kilbride AAC - Colours: Gold with 2 Black hoops Team Nos 20,21

U13 Rebecca Russell Emma Roberts Katie McDonald Rachael McCusker

U15 Sarah McCusker

U17 Mhairi Boyle Lucy Fairlie Rebecca Ballantyne Alisha Montgomery

U17 Catherine Lambie

U17 Rachel Fairlie Emma Fairlie

Edinburgh AC - Colours: White with one Blue, one Black Hoop Team Nos 22,23,24,25,26

U13 Amy Armstrong Hilary Lewin Jade Carlyle Franca Still

U15 Esme Stewart Carolyn Cameron Julia Laughland Catherine Bough

U17 Julia Johnstone Smith Charlotte Wright

U15 Alexandra Hunter Hannah Cameron Rosie Wilson Heide Biberbach

U17 Laidlaw Phoebe Crosthwaite Emily Strathdee Martha C Wightman

U17 Sara Findlay Erin Cant Erin Boddie Rachel Watson

U17 Bethan McGregor

U17 Emma Dunnett Oonagh Dunnett Rachael Dunn Katie Watson

U17 Rosanna Stewart Olivia Mackenzie Caitlin Gray Blair Wood

U17 Anna Hyde

Falkirk Victoria H - Colours: Black with Gold Band Team Nos 27,28

U13 Erin Pringle Ciara Goldie Nicole McIntyre

U15 Kelly Bissett Lauren Dunnachie Leia Glading

U17 Claire Barr

Fife AC - Colours: White with Red Band Team Nos 29,30,31,32

U13 Katy Aitken Ana Brocklebank Rachel A Hamilton Abby Hay

U15 Gemma Hamilton

U15 Eve Primmer Rosabel K Kilgour Eilidh Smyth Ailsa Cruickshanks

U17 Ailsa Doig

U17 Stephanie Pennycook Corryn Maree Christie Fiona Cruickshanks Robyn Graham

U17 Kerry Gibson Laura Gibson

Gala Harriers - Colours: White with Green Band Team Nos 33,34

U13 Bethany Wardhaugh Jenny Wright

U15 Jo Arres Jennifer Burrows Morven Cawthorn

U17 Becki Couch Martha Douglas Lucy Henderson-Morris Isla King

U17 Kerry Sandilands

Garscube H - Colours: White with Blue Band Team Nos 35,36,37

U13 Eilidh Smith Kirsty Donaldson Courtney Trotter

U15 Catriona Booth Rachel Busby Catriona Graves Eleanor Smith

U17 Caitlin Trotter

U17 Frances Brown

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 38,39,40,41,42,43,44

U13 Holly Still Erin Wallace Danielle Kelly Rebecca Conroy

U15 Sarah Olivia Eanson Grainne Parkinson Rachel Montgomery Lori Agnew

U15 Rebecca Metcalfe Imogen Molly Cartwright Fern Conway

U15 Chloe Cowan Nicole Ewing Megan A Amner

U17 Isabella Murray Morna Weir

U17 Selena Jackson Holly Miller Frances Lowrie Kathryn Young

U17 Paige McConville Kirsty Gray

Glasgow Sch Sport - Team Nos 45,46

U13 Casey Alexander Charli Shand Jordyn Phillips Leanne Findlay

U15 Sueryia Aziz

U15 Amy Donnelly Abigail McInnes Hannah Bartl

U17 Brogan Wallace Stacie Taylor Elizabeth Edgar

Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 47,48,49,50

U13 Alison McArthur Lauren Mulaghton Danielle Hunter Shelby Morrison

U15 Francesa Fisher Nichola Doohan Mia Forrest Kate Kilpatrick

U15 Rachel McFarlane Sophie McLoone Megan Rogers

U15 Louisa Davis Mairi Shaw Saskia Cooper

U15 Lucy Compston Katie McLean Deborah Staher

U17 Gabrielle Fisher Meighan McDade Shannon Kangley

Helensburgh AAC - Colours: Yellow with Red Band Team Nos 51,52

U13 Kara Bruce Katherin Slaughter Mhairi Cromar Madalcine Joseph

U15 Melissa Robinson Morag Paterson

U17 Caitlin McAllister Megan Robertson

U17 Madeline Robinson

Inverclyde AC - Colours: Black & White Stripes Team Nos 53,54,55,56

U13 Olivia Gemmell Ashleigh Lewis Jill McGachy Robyn Kelly

U15 Kim Simpson

U15 Emma Mitchell Chloe Simpson Evie Semple Kelly Williams Jill Kelly

U17 Robyn McGhee Maggie Catlin

U17 Rebecca Munn

Kilbarchan AAC - Colours: Gold with Black Hoop Team Nos 57,58,59,60,61,62

U13 Molly Cuthbertson Molly Bower Maisie Huey

U15 Rona Tytler Laura Stark Catriona Allan Heather Fawcett

U15 Kerry MacAngus Rebecca Louise Craig Eilidh Fraser Iona Miller

U15 Emma Kelly Jemma Reekie Chloe Baillie Jessica Curry

U15 Emma Arnold Sarah Dempsey Gwen Gillham Katie Turnbull

U15 Cara Pedley Rebecca McIlwraith Georgia Squire Catherine McLean

U17	Kirsty Mort	Kirsty Harper	Jennifer Eadie	Cleo Jackson
	Kate Gillies			
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops				
U13	Perri McCluskey	Anna Forbes	Laura Keay	Team Nos 63,64,65
U15	Victoria Robertson	Louise Campbell	Jenny Lee	Erin Robertson
	Emma Canning			Suzanne Quigley
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band				
U13	Rachel Hutchison	Lauren Dickson	Lauren Wilkie	Team Nos 66,67,68
U15	Sophie Miller	Kirsty McKinlay	Sally Redpath	
U17	Amy Smith	Fiona Matheson	Katie Logan	
Law & District - Colours: Amber with 2 Red Bands and 1 White Band				
U13	Reagan Binnie	Emily McNicol	Lucy Cairns	Team Nos 69,70
	Kirstin Cherrie			Evie Robb
U15	Pamela McNicol	Aileen Campbell	Olivia Quinn	Rebecca Watson
	Michaela Hay	Margaret Newell		
U17	Alice McGrath	Sherelle Graham	Laura McArdle	
Lothian RC - Colours: Blue with Black letters				
U13	Tara Walsh	Lara Dow		Team Nos 71,72
U15	Keri Greig	Bethany Nelson	Alice Horsburgh	
U17	Lara Steel			Cara McCafferty
Nairn A AAC - Colours: Orange				
U13	Katie Scott	Ella Conolly		Team Nos 73,74
U15	Hannah Blackburn	Fiona J Cameron	Kloe Gibson	
U17	Rachael MacLennan	Shannon Sutherland		
Perth Strathgry - Colours: Orange with Blue Trim				
U13	Megan Roberts			Team Nos 75
U15	Jessica Zajda	Martha Grieves		
U17	Iona Tavendale			
Pitreavie AAC - Colours: Navy/Yellow/White				
U13	Leah Davie	Emily Nicholson	Sophie Nethery	Team Nos 76,77
U15	Katey Turner	Amy McAlpine	Yasmine Ben El Hassan	
U17	Michaela Brown	Rachel Hunter		Zara Connolly
Ron Hill Cambus - Colours: Red with White Band				
U13	Niamh Brown	Lauren Carey	Celine Quigg	Team Nos 78,79,80,81
	Olivia Mullholland			Georgia Comisky
U15	Eve MacKinnon	Sophie Hayes	Rachel Black	
U17	Sarah Millar	Lauren Doherty	Rebecca Bonomi	Danielle Webster
	Hannah Robertson			Rachel Fraser
Shettleston Harriers - Colours: Blue with Gold Band				
U13	Casey Alexander	Claire Mason	Adelina Callan	Team Nos 82,83,84
	Natasha Z Mackay	Zoe McGurn	Ava MacLean	
U15	Amy Harkins	Myrtle Breckenridge	Jill Cherry	
	Ciar Gallagher			Ainsley Marie Stern
U17	Stella Winters	Laura Penrice	Mhairi Hendry	
	Victoria McGloin	Leona Logan		Caitlin Hackett
Stewartry AC - Colours: Sky Blue with Black diag Band				
U13	Alice Bell	Gemma Craig		Team Nos 85,86
U15	Sarah Bell	Megan Heuchan		
U17	Lauren Craig			
Teviotdale Harriers - Colours: White with Maroon Band				
U13	Ishbel Inglis	Emma Grieve		Team Nos 87
U17	Louise Mercer			
V P Glasgow - Colours: Blue and White Hoops				
U13	Robyn Connolly	Holly Little		Team Nos 88,89,90,91
	Kirsty MacDonald			Cara Thom
U15	Gillian Black	Emma Ferrie	Anya Morrison	
	Eliza Chiswell	Iona Robinson	Ellie Hutcheson	Cari Kiddie
U17	Danielle Beattie	Paige Dickson	Maria Milliken	Melanie Chiswell
				Rachel Dick

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- VP City of Glasgow AC

Race Starts 1.05pm

Aberdeen AAC - Colours: White with 2 red hoops				
U13	Stewart Millar	Ben Renton	Team Nos 92,93,94	
U15	Steven Murray	Matthew Kilner	Harry Kilner	Finlay Strachan
U17	Oliver Hay		Tom Merry	Stuart Gomes
Ayr Seaforth - Colours: White with Red Diagonal Cross				
U13	Cameron W Black	Ewan James McLevy	Lewis Ross	Team Nos 95,96
U15	Andrew Black	Miklos Csiky	Connor Gracie	Fraser Stirling
U17	Finlay Rae	Euan Webster	Ben Steven	
Banchory Stone - Colours: Royal Blue with White band				
U13	Charlie Beeson			Team Nos 97
U15	Ewan Mcmillan			
U17	Michael Ferguson			
Central AC - Colours: Yellow and Blue				
U13	Scott Fleming	Matthew Crawford	Team Nos 98,99,100,101,102,103	
	Niels Garvin	James Price	George Stanger	Anthony Quinn
U15	Jack Kerr	Jamie Paterson	Iain Davies	Aidan Cameron
	Kieran Potter	Domenico Angiolini	Sam Davidson REF!	
36	Gary MacFarlane	Stuart McKinney	Malcolm English	
U17	Conor Kerr	Sam Fraser	Alexander Semple	Lewis Sinclair
	Lewis Hetman			
Clydesdale Harriers - Colours: White with Black "C"				
U13	Lewis Hay	Stephen Kane	Team Nos 104,105	
	Lewis Brown		Brian Aird	Kyle Higgins
U15	David Campbell	Conner McDade	Andrew Hunter	
U17	Tony Dolan	Conor Ewing		
Corstorphine AAC - Colours: White with Black Trim				
U13	Anthony Addison	Callum Campbell	Team Nos 106,107,108	
U15	Matthew Young	Matthew Murray	Kenny Wilkie	
U17	Michael Addison	Connor Johnston	Alexander Wilkie	
			Sandy Robson	
Cumbernauld AAC - Colours: Sky Blue with Maroon Band				
U13	Hamish Coutts		Team Nos 109	
U15	Martin Desta			
U17	Cameron Richardson			
Dundee Hawkhill - Colours: Blue and White Quarters				
U13	Andrew Merry	Aiden Hannan-McCulloch	Team Nos 110,111,112,113,114	
	Euan Boyle	Ben Fettes	Callum Letham	Jack Anderson
U15	Alistair Merry	Charlie Swan	Rory Johnston	
	Ewan Strachan	Cameron Crowe	Euan Rose	Connor Bertie
U17	Jamie Crowe	Jamie McIntosh	Lewis Murphy	
			Paul Flavell	Rory Muir
East Kilbride AAC - Colours: Gold with 2 Black hoops				
U13	Ryan Hamilton	Martin Lynas	Team Nos 115,116	
	Callum Field		Ross Malloch	Aidan Brown
U15	Jai Lawson	Luke Kirwan		
	Aidan Gilbride		Kyle Johnston	Paul Wilson
U17	Jack Kirwan	vincent hastings	Kieran Rankin	
Edinburgh AC - Colours: White with one Blue, one Black Hoop				
			Team Nos 117,118,119,120	
U13	Paul Ireland	Calum Brown	Joseph Arthur	Michael Swinton
	Ross Allan	Jacob C Lineen	Jamie Boyd	Jamie Underwood
U15	Josh Kerr	Robert Bough	Cameron Gilmour	Michael Hudson
	Alex Carcas	Sean Stout	Duncan Darling	
U17	Chris Ponton	Jake Kerr	Michael Cameron	Ciaran Turton
	Ruaridh Miller	George Hairs	Sam Ramsahoye	Scott MacDougall
	Gregor Burns	Lachlan Waddell		

Falkirk Victoria H - Colours: Black with Gold Band				Team Nos 121,122	
<u>U13</u>	Scott Wilson	Steven Stone		Thomas Jaques	
<u>U15</u>	Baillie McRoberts				
<u>U17</u>	Mark Govan	Dale Colley		Aidan Hilton	
Fife AC - Colours: White with Red Band				Team Nos 123,124,125,126,127,128,129	
<u>U13</u>	George Rees	Tristan Rees		Aaron Savage	Adam Scott
	Callum Sleigh	Jamie Ingledew		Ryan Brocklebank	Sruan Christie
<u>U15</u>	Drew Davidson	Logan Rees		Tom Harris	Fergus Ingledew
	Oskar Fraser-Krauss	James Pennycook		Scott Bernard	
<u>U17</u>	Euan Berry	Bruce Millar		Ewan Paton	Liam Sleigh
	Cameron Thomson	Niall Curley		Connor Eyre	
Gala Harriers - Colours: White with Green Band				Team Nos 130,131	
<u>U13</u>	Joe Fairgrieve	Ross Falconer		Fergus Godfrey-Faucett	Alex Hastings
	Anton Kobus	Andrew Neil		Callum Rudkin	
<u>U15</u>	Thomas Otton	Gavin Bryson		Dylan Fagan	Ross Gillan
	Paul Henney	Nathan Cox			
<u>U17</u>	Rowan Marr	Fraser Wardhaugh		Cameron Burnett	Max Hastings
Garscube H - Colours: White with Blue Band				Team Nos 132,133	
<u>U13</u>	Ewan McArthur	Calum Esler			
<u>U15</u>	Adam Duff	James Robertson			
Giffnock North - Colours: Amber with Royal Blue Hoop				Team Nos 134,135,136,137,138,139,140	
<u>U13</u>	Michael Lowrie	Joseph Lowrie		Harry Nimmo	Josh Bicknell
	Benjamin Bicknell	Keir Carolan		Andrew Kilpatrick	S Johnston N Boyle
<u>U15</u>	Max Lancaster	Rob Gourley		Euan Anderson	Chris Hyde
	Ross Gray	John McLaughlin		Dewi Gould	Andrew Vettrano
	Euan Brodie	David Currie		C Johnston	S Ireland
<u>U17</u>	Neil Gourley	Jonathan Tweedie		Andrew Clark	Josh Hyde
	Declan McGallaghy	Scott Young			
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops				Team Nos 141,142	
<u>U13</u>	Evan Warwick	Jack O'Rourke		Michael O'Rourke	Joshua Ruddy
<u>U15</u>	Ross Forbes	Jack Harrington		Steven Edmond	
<u>U17</u>	Gerard Smith	Kieran Munro		Mark Magee	
Helensburgh AAC - Colours: Yellow with Red Band				Team Nos 143	
<u>U13</u>	Gregor Chambers	Lewis Campbell		Euan Mair	Bruce Cromar
	Calum Caskie	Calum Dye			
<u>U17</u>	Calum Wilson				
Inverclyde AC - Colours: Black & White Stripes				Team Nos 144,145,146,147,148,149	
<u>U13</u>	Ryan Gray	Matthew MacKinnon		MacAulay McArthur	Scott Reid
	Niall Smith	Craig Bellew		Adam Stinson	Sammy Hearl
	Matthew Burns	Tom Semple			
<u>U15</u>	Ross Gray	Jonathan Glen		Joshua Houston	Isaac Dunning
	Filip Palaszynski				
<u>U17</u>	Greg Williams	Michael Houston		Robert Todd	Jack Rice
	Callum Hunter				
Kilbarchan AAC - Colours: Gold with Black Hoop				Team Nos 150,151,152,153,154,155	
<u>U13</u>	James Toal	Ruaridh McVie		Jamie Eatock	James McTaggart
	Danny Mulholland	Matthew McLaughlin		Christopher Rooney	Conor Thomson
	Ross McCrorie	Aidan Comerford		Bradley Rae	Ryan Nesbitt
<u>U15</u>	Euan McKerral	Owen Bannatync		Euan Trout	Kyle Cameron
	Kieran Maule	Scott McLardie		David Collins	Euan Gillham
	Charlie Wighton	Lewis Doak		Mark Hounsell	Gavin McArdle
	Nigel Muyaba	Tom Murray			
<u>U17</u>	Fraser Warwick	Thomas Collins		Cameron Swanson	Callum Matthews
	Rorie Tracey	Russell Mountford			
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops				Team Nos 156,157,158,159	
<u>U13</u>	Grant Michie	Harry Lamond		Brandon Lennox	Aidan McCaffrey
	Scott Connal	John Scanlon			

<u>U15</u>	Stuart Michie	Jack McCabe	Aidan Kane	Andrew Paterson
	Callum Dewar	Ross McLean		
<u>U17</u>	Callum Heirs	Gavin Alexander	Kieran Pugh	
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band				Team Nos 160,161,162
<u>U13</u>	Matthew Smith	Thomas Snodgrass	Cameron Steven	Fraser Cousin
	Ronan J Clelland			
<u>U15</u>	Iain Lawson	Kyle A Mackenzie	Callum Graham	Sean Mullen
	Jamie Cousin			
<u>U17</u>	Ross Henderson	Ewan G Bathgate	Callum Clark	
Law & District - Colours: Amber with 2 Red Bands and 1 White Band				Team Nos 163,164
<u>U13</u>	Gregor Gillespie	Adam Kelly	Matthew Lawler	Ben Fountain
<u>U15</u>	Christopher Boyle	Stephen Murphy	Connor Thomson	Evan Jones
	Robert McGrath	Lewis Donnelly		
<u>U17</u>	Andrew Lawler	Stuart McLuckie	Steven Bryce	Jonathon Doyle
Nairn A AAC - Colours: Orange				Team Nos 165
<u>U13</u>	Hamish Baker			
<u>U15</u>	Keiran Gibson			
<u>U17</u>	Jack Rawlinson	Robert Henshaw		
Perth Strathtay - Colours: Orange with Blue Trim				Team Nos 166,167
<u>U13</u>	Ben Greenwood	Finlay Lennie	Fraser Gillies	
<u>U15</u>	Jacob Lewis	Michael Gillespie	Kierr Miller	
<u>U17</u>	Patrick Gillespie	Andrew Forsyth		
Pitreevie AAC - Colours: Navy/Yellow/White				Team Nos 168,169,170
<u>U13</u>	Connor Morris	Robbie McLaren	Ryan Thompson	Dylan Thomson
	Sruan Ross			
<u>U15</u>	Aidan Thompson	Gregor Beatson	Corey Smith	Evan Ross
<u>U17</u>	Ben Potrykus	Benjamin Kurzman	Scott McAlpine	
Ron Hill Cambus - Colours: Red with White Band				Team Nos 171,172,173,174,175,176
<u>U13</u>	Sruan Paton	Tyrone Ryan	Adam Hamilton	Jordon Munro
	Callum Morton	Grant MacGregor	David Robertson	
<u>U15</u>	Joe Brown	Jack MacGregor	Keith McIntyre	Sean Reilly
	Brendan Carey			
<u>U17</u>	Ryan Thomson	Stuart Roe	Matthew McKenna	Ross Stephen
	Dean McMurran	Colin McIntyre		
Shettleston Harriers - Colours: Blue with Gold Band				Team Nos 177,178,179
<u>U13</u>	Lewis Collins	David McDowall	Niall Turner	Craig Penrice
	Nicolas Zorawski			
<u>U15</u>	Daniel O'Hear	Daniel A Toland	Murray McGiven	Ryan Flanagan
	Euan Penrice	Jock Breckenridge		
<u>U17</u>	Callum Drummond	Ahmed Hassan	Garry Mason	Dean Stevenson
	Archie Breckenridge			
Stewartry AC - Colours: Sky Blue with Black diag Band				Team Nos 180
<u>U13</u>	Farrel O'Sullivan			
<u>U15</u>	Alexander Craig	Norman Blain		
<u>U17</u>	Alastair Clements-Paton			
Teviotdale Harriers - Colours: White with Maroon Band				Team Nos 181
<u>U13</u>	David Mercer			
<u>U15</u>	James Mercer			
<u>U17</u>	Keith Learmonth	Charlie Marshall		
V P Glasgow - Colours: Blue and White Hoops				Team Nos 182,183,184,185,186,187,188
<u>U13</u>	Jamie MacKinnon	Aidan Johnson	Andrew Moreland	Ewan Rae
	Adam Brady	Guy Evans Haggerty	Lewis Serpell	Simon Fraser
<u>U15</u>	Liam Turner	Fraser Glass	Scott McKay	Euan Urquhart
	Calum McCormack	Craig Jardine	Paul Harper	Liam McKeown
	Ritchie Austin			
<u>U17</u>	Max Aitchison	Lewis Boyle	Kieron Rafferty	Liam McLoone
	Andrew McCormack	Craig Young	Liam Johnson	Jack Moreland

SENIOR/JUNIOR WOMEN NATIONAL RELAY CHAMPIONSHIPS

3 x 4,000 metres

Title Holder: Dundee Hawkhill Harriers

Race Starts 1.40pm

Aberdeen AAC - Colours: White with 2 red hoops Team Nos 157,158,159

Gemma Cornuck (J) Bezunesh Deggefa Marie Dobson
Rachel Armitage (J) Kate Fowle (J) Laura Mahady
Rhona Buchan Sonia Armitage

Anster Haddies - Colours: Yellow Vest Team Nos 160

Catherine Richardson Elise Methven Yvonne Dehn

Ayr Seaforth - Colours: White with Red Diagonal Cross Team Nos 161

Louise Hill-Stirling (J) Katie Sprang (J) Laura Wallace

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Team Nos 162,163,164,165

Suzanne McMahon Katy Smith Suzanne Boyle
Kathleen MacLeod Linda MacLean Claire Lamont
Bernadette O'Neil Erica Christie Emily Gilleece
Jennifer Clark Laura Murray Katie Alexander

Bellahouston RR - Colours: Purple with White Band Team Nos 166,167,168,169

Chi My Ta Julia Harris Sandra Hooldsworth
Elsie Downham Emma Bryson Katie Padgham
Sarah Gillies Madeline Smillie Ciara Baxter
Claire Wharton Carla Telfer Jane Wild

Calderglen H - Colours: Amber and Black Vertical Stripes

Julie Beveridge Joanne McEvoy Frances Maxwell
Mary Goldsmith Genevieve Freeman

Carnegie H - Colours: Orange & Green

Kirsty Baird Isobel Burnett Susan Cedersstrom
Morna Fleming Lesley Halstead Linda James
Jacqueline MacIntyre Grace Mackenzie Gillian McCracken
Samantha Newington Helena Sim Melanie Sinclair
Mary Western Alison Whyte Joanna Wilson

Central AC - Colours: Yellow and Blue

Jennifer Emsley Emma Raven Team Nos 175,176,177,178
Morag MacLarty Jane Waterhouse Fiona Kelsall
Karen Montador Karen Glover (J) Lyndsay Morrison
Elinor Coombs Sue Woods Patricia Milne

Clydesdale Harriers - Colours: White with Black "C"

Pamela McCrossan Ann Murray Team Nos 179,180
Yvonne Green Marie Rippon Marina McCallum
Fiona McCue

Corstorphine AAC - Colours: White with Black Trim

Megan Smith Corrie Roberts Team Nos 181,182,183
Sarah Anderson Rachel Brockie Ruth Gibson
Fiona Drake

Dundee Hawkhill - Colours: Blue and White Quarters

Laura Brown Kirsty Scott Team Nos 184,185,186
Sarah Kelly (J) Lyn Hanlon Iona Brodie (J)
Lucy Fyffe Lorri Mitchell Suzzie Swan
Catriona M Reynolds

Dundee Road R - Colours: White with Blue Diagonal

Morag Taggart Sarah Winter Team Nos 187,188
Deborah Dickinson Steph McAdam Jennifer Massie
Elaine Ormand

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

Team Nos 189,190,191,192,193

Marietta Beal Elaine Davies Karen Dobbie
Hilary Kernaghan Sharyn Ramage Susan Ridley
Niamh Devlin Laura Dunn Katja Eravisto
Catherine Ferry Sheena Forrest Vicky Frew
Sarah Hood Isobel Joiner Emma Laverie
Victoria Lomax Emma Lowry Jennifer MacLean

Ellie Buchan (J)
Veronique Oldham

Gillian Geates

Angela Campbell
Yvonne Winchester
Kristina Greig

Pauline Wright
Catherine McKelvie
Shona Donnelly
Jane Galt

Team Nos 170,171
Karen Sturgeon

Judith Dobson
Maryanne Lawrence
Marianne McLevy
Fabienne Thompson

Alison Docherty
Shona Aiken
Lyndsey Aitken

Christine Duncanson
Shirley Greig

Susan Johnston
Kerry Porter Jo Kirby

Laura Muir (J)
Dianne Harrower

Kirsty Gibson

Jane Jackson
Nathalie Christie
Lyndsey Fraser
Louise Helyer
Lianne Logan
Debra Murray

Gillian Palmer Joanne Phillips Sarah Scott Lynsey Sharp
Emily Stewart (J) Lauren Stoddart Joanne Thom Kitty Walsh
Emily Dudgeon (J) Louisa Stewart (J) Kim Threadgall

Edinburgh Uni - Colours: Green with White side Panel Team Nos 194,195,196,197

Frances Cummins Stephanie Lawrie (J) Jenny Dybeck (J) Rebecca Harding
Emily Pollock (J) Sarah Sigsworth Louise Jones Mary Clark
Ruth Barker Rachel Armitage (J) Becky Hannah Grace Conroy (J)

Falkirk Victoria H - Colours: Black with Gold Band Team Nos 198,199,200

Lorna Kennedy Elaine Paterson Robyn Maxtone (J) Hazel Murray (J)
Lucy Mitchell (J) Rhona Penman Claire Moffett Christine Eadie

Ferranti AAC - Colours: Yellow with Black letters Team Nos 201,202

Claire Gilchrist Elizabeth Gilchrist Alison Arnold Sheila Bauchop
Julia Drewer Anne Peat Siobhan Sellar

Fife AC - Colours: White with Red Band Team Nos 203,204,205,206,207,208,209,210

Sandra Aitken Fiona Bracegirdle (J) Innes Bracegirdle Lorraine Brown
Louise Burt Megan Crawford Jennifer Cruikshanks (J) Hester Dix
Lucy Duff (J) Jenny Gibbs Ailsa Hall Kirsty Hamilton (J)
Sheena Jack Hilary Lalande Jennifer Kibbly Anita Laidlaw
Sarah Legge Angela Howe Margaret Martin Alison McGill
Annie McKimmie Margaret McLaren Janet McWhinnie Sophie Mullins
Johanna Paananen Irene Pennycook Halina Rees (J) Hilary Ritchie
Sandra Robertson Helen Sharpe Kirsti Sharratt Lynne Stephen
Jenny Tan Susan Thomson Sandra Tulloch Morgan Windram-Geddes

Gala Harriers - Colours: White with Green Band Team Nos 211,212

Gillian Duncan Rachel Fagan Dianne Lauder Eileen Nicol
Rae Mireille Captieux Fiona Shepherd Gina Allen

Garscube H - Colours: White with Blue Band Team Nos 213,214,215

Kirsty Husband Lesley Chisholm Katie White Jill O'Neil
Marian Kelly Diane Clark Kathryn Scott Alison Winship
Lesley Chapman Laura Devine Mairi Stanley Gail Beaton

Giffnock North - Colours: Amber with Royal Blue Hoop Team Nos 216,217

Ruth Joss Lauren Hollinshead Maureen McVey Catriona Lockie (J)
Doleen Galbraith April Miller (J) Olivia Keenan (J)

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

Team Nos 218,219,220,221

Anne Anderson Emma Baxter Susan Clark Nichola Collins
Lorna Coyle Suzanne Coyle Fiona Cushnaghan Carly Dalglish (J)
Eilidh Hamill (J) Janet Henderson Heather Kungley Alison King
Silke Loehndorf Dorothy McCormick Irene McDade Elizabeth Mitchell
Emma O'Rourke Emily Pollock (J) Katie Pollock Yvonne Prager
Lynne Rogers Theresa Wall Shona Webster (J) Elizabeth McAuslan
Lauren O'Donnell Gillian Forrest Vicki Wilinon Jane McLean

Helensburgh AAC - Colours: Yellow with Red Band Team Nos 222,223,224

Janet Felloes Michelle Hetherington Erica Cromar Maria Dye
Jennifer Fitzgerald Sarah Walker Laura Johnstone Julia Henderson

Hunters Bog T - Colours: Brown Team Nos 225,226,227,228

Briony Curtis Maxine Czarnicka Emma Baker Kristy Chambers
Carrie Craig Jessica Batterham Aileen Fletcher Claire Gordon Jane Hart
Rachel Heathcote Tessa Hill Elizabeth Huggill Isobel Knox
Deborah MacDonald Kate Jenkins Morag McCracken Shona McIntosh
Eilis McKechnie Alison C McNeillage Megan Mowbray Rose Nicholson
Phyllis O'Brien Sarah O'Neil Louise Provan Sandra Rathjen
Rachel Smirtheite Rosie Smith Margaret Spalding Claire Ward
Eilidh Wardlaw Abigail White Megan Wright

Inverclyde AC - Colours: Black & White Stripes Team Nos 229

Emma Rice (J) Rachael Bushfield (J) Emma Fulton (J) Nicole Darroch (J)
Hazel Boulton Susanna Spence

Kilbarchan AAC - Colours: Gold with Black Hoop Team Nos 230,231,232,233

Emma Haddock (J)	Elaine Eadie (J)	Nynke Mulholland (J)
Christina Rankin	Elspeth Curran	Rhona Martin
Gemma Rankin	Lynsey Curran	Catherine Stewart
Elaine Muirhead	Leanne Hamilton	Kerry Lang
Hayley Haining	Lesley McKerral	Angela Carson
Jackie Campbell	Wanda Phillips	Eileen Masson

Kilmarnock H - Colours: Royal Blue with 2 White Stripes

Kara Tait	Paula Wilson	Bethany Ross (J)
Kate Todd	Maire Gorman	

Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops**Team Nos 236,237,238,239**

Ada Stewart	Pamela Parker	Shirley MacNab
Hannah Terrance (J)	Ros O'Sullivan	Alfison Law
Marie McChord	Carolyn Michie	Alexandra Lamond (J)
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band		
Lorna Rice	Wilma Kerr	Keira Murray
Karen McKinlay		

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

Hilary McGrath	Pamela O'Connor	Alison Cameron
Sally Burns	Hailey McEwan	

Lothian RC - Colours: Blue with Black letters

Jill Horsburgh	Sarah Inglis	Edel Mooney
Saran Jones	Jocelyn Moar	Rosemary Ewing
Christine Milne	Lynne Murray	Marie Storrice
Sarah Styles	Pamela Morris	Ali Mathers

Motherwell AC - Colours: Burgundy with Gold Band.

Jill E Logan	Phyllis Hands	Clare Barr
Joanne Clark	Elaine Jamieson	

Portobello RC - Colours: White with Navy and Blue Bands

Mary Hunter	Amanda Henderson	Jenni Owens
-------------	------------------	-------------

Ron Hill Cambus - Colours: Red with White Band

Jacqueline Coulter	Elaine MacGregor	Jacqueline McLew
Victoria Semple	Nataliya Polozhentseva	Caitlin Hendry
Katie Bristow (J)	Mairi Brown (J)	Arlene Bristow
Carol Ann Thomson	Pamela Stephen	Pamela Crawley

Shettleston Harriers - Colours: Blue with Gold Band

Lindsay MacNeill	Carole Setchell	Christine Patterson
Susan Breckenridge	Clara Ursitti	Iona Robertson
Avril Mason		

Springburn Harriers - Colours: Navy Blue with White Diamond

Catherine Connelly	Danielle Brown	Barbara Knox
Lorraine Gray	Rachel Wilson	Kirsten Petrie
Pamela Michie	Caroline Brownlie	Anne Bruce

St Andrews Uni - Colours: White with 2 Blue Bands

Elizabeth Farrow	Lauren Squires	Rylee Sommers-Flanagan
Rhiannon Dougall	Freya Von Bismark	

Teviotdale Harriers - Colours: White with Maroon Band

Donna Inglis	Sylvia Grieve	Pamela Paxton
--------------	---------------	---------------

V P Glasgow - Colours: Blue and White Hoops

Rhian Dawes (J)	Hollie Young (J)	Claire McCracken
Sarah Potter (J)	Amy MacLellan (J)	Louise Warren
Jennifer Hannah (J)	Aisling McGhee	Joanna Sutton

Wee County H - Colours: Navy and Orange

Beryl Junnier	Lynn Irvine	Caroline Strain
Karen Thomson	Carina Convery	Judith Sullivan

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

Helen MacPherson	Gillian Irvine	Christine Menhennet
------------------	----------------	---------------------

Natalie Sharp
Claire Gibson
Hannah Waugh
Karen Glendinning
Lynne McPhee
Cara Sloss
Team Nos 234,235
Elizabeth McDerment

Annmarie McCaffrey
Vivien Fraser
Gillian Brown
Team Nos 240
Margaret Imlah

Team Nos 241,242
Shona Girdwood

Chloe Cox
Mhairi Inglis
Leanne Webster

Carole Munro

Team Nos 247

Kirsty Grant
Lucy Deeny (J)
Maud McIntyre

Shannon McLellan (J)
Fiona Maxwell

Team Nos 250,251,252
Fiona Gentles
Collette Coyle

Rebecca Levitt

Claire Thompson
Deborah Hannah (J)
Donna Finlayson

Jane Binnie
Emily Burt

Team Nos 262

SENIOR/JUNIOR MEN NATIONAL RELAY CHAMPIONSHIPS

4x 4,000 metres

Title Holders: Inverclyde AC

Race Starts 2.40pm

Aberdeen AAC - Colours: White with 2 red hoops

Fraser McGillivray	Sam Burgess (J)
Mark Haskett	Eoin Durkan
Alasdair Love	Peter Mutch
James Macgregor	Richard Ward

Anster Haddies - Colours: Yellow Vest

Alexander Anderson	Stuart McKenzie
--------------------	-----------------

Ayr Seaforth - Colours: White with Red Diagonal Cross

Steven Reid	Stephen Kay
Peter Laing	Tom McCulloch
Barry Duddy	Andrew McElwee
Colin Garret	

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Thomas Keenan	Paul McNally
Graeme Gemmell	Brian Douglas
William McAllister	Ruaridh Macdonald
Brian French	Stewart Mulholland
Kenneth MacBeth	

Bellahouston RR - Colours: Purple with White Band

Brian O'Donnell	Thomas O'Connell
Stewart Robertson	Russell Whittington
Alex Lawther	Craig Reid
John Newlands	Robbie Hayman
Nick Reid	Andrew Birnie
Brendan Moriarty	Marcos Sanz Gomez
John Sandbach	Craig Ross

Calderglen H - Colours: Amber and Black Vertical Stripes

Russell Couper	Alan Derrick
Edward Reid	Graham Lindsay
Hugh Simpson	George Stewart
David Wardrope	Gerard Mullen
Colin Bain	Andrew McCaffery
Alan Hughes	Colin Jarvie
Brian McDougall	Charles McDougall
Stephen Phinister	Graham Ramage
Stuart Waugh	Richard Lawton

Carnegie H - Colours: Orange & Green

Jan Berni-Cederstrom	Thomas Bowie
Paul Campbell	Ross Carrie
Alan Cockburn	Barry Davie
Robert Fullick	Stephen Greer
Andy Hume	Peter Humphreys
Ian Robert Johnston	Mark Johnstone
John Lambie	Thomas Lawrence
Calum McGaw (J)	Robert Milton
Colin Reid	Peter Simpson
Ian Stewart	Iain Thomson

Central AC - Colours: Yellow and Blue

Gordon Adam	Brendan Adams
David Armour	Hugh Buchanan
Richard Coombs	James Drummond
Ewan Gault	Scott Green (J)
Alastair Hay	Alexander Hendry
Kenneth Hislop	Andrew Hood (J)
David Hutchison (J)	Ewan Jack
David Lindsay (J)	David MacKinlay (J)
Liam McCabe	Ian McDonald
George McHardy	John Millar
Cameron Milne (J)	Ross Milne (J)

Team Nos 1,2,3

David Smith (J)
Cameron Strachan
Thomas Newton
Paul Eggeling

Team Nos 4

Duncan Hall

Team Nos 5

Laurence Baker
Greg Templeton
Paul Turnbull

Team Nos 6,7,8,9

Mark Paterson
Tom Grace
Michael Freshour
Craig Lamont

Team Nos 10,11,12,13,14

Bruce Carse
Gordon Clements
Liam Conway
Kieran Docherty
Stuart Mathieson
Chris Brotherton

Team Nos 15,16,17,18,19

David Herberston
Scot Hill
Colin Banks
David Watt
Colin Freeman
Kenny Leinster
Ian McKenzie
David Searil

Team Nos 20,21,22,23,24

Scott Bradley
David Clark
Allan Fotheringham
David Greig
Ronnie Hunter-Blair
Alex Keenan
Lewis Lawson
Kieran Morgan
Andrew Smith
Nicholas Weir

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

Colin Alexander
Andrew Butchart (J)
David Eckersley
Roger Greenaway
Philip Hendry
Ross Houston
Hugh Kerr
Sandy MacLarty (J)
Jamie McDonald
Lewis Millar
Simon Nash

James Joy
Ross Fulton
Frank Boyne
Gavin Price

Derek Rae

Neil Burnside
Kevin Bloy
David Rae

Iain Burke
Tom Lauckner
James McMillan
Thomas McDonald (J)

Christopher Doak
Mark Johnston
Grant MacDonald
Greig Glendinning
Andrew Hardman
Peter Burton

Jim Holmes Ian Rae
Stephen Reilly
Andrew Henderson
Martin Duthie
Neil Green
John McBride
Jamie McMonagle
Charles Steven

Graeme Campbell
Roger Clark
John Fulham
Mike Harvey
Campbell Hunt
Steven King
Chris McCall
Simon Plummer
Malcolm Smith
Andrew Wright

Alasdair Anthony
Cameron Campbell
Alan Gall
Allister Hargreaves
Will Hensman
Alan Hume
Steve Laing
David McNamee
Christopher McHardy
Alex Milne
Craig Neal

John Newsom	Gavin Noble	Muriyn Paterson (J)	Fraser Purves	Robert Thornton	Jeremy Tomlinson	Gary Whitson	Jim Woodburn
Robert Russell	Colin Sinclair	Stuart Watson	Tom Watson (J)	Neil Young			
Philip Williams	Michael Wright			Gala Harriers - Colours: White with Green Band		Team Nos 71,72,73,74	
Clydesdale Harriers - Colours: White with Black "C"		Team Nos 34,35,36,37		Derrick Brydon	Paul Daly	Anthony Lunn	Alistair Laurie
Paul Carroll	Watson Jones	Robert Young	Pete Cartwright	William McCulloch	Graeme Murdoch	Euan Jardine	Fergus Johnston
Peter Bowman (J)	Ryan Nelson	Kevin Farmer	Michael Diver	Sinclair Hill	Colin McCall	Mark Bryson	Steven Martin
Peter Halpin	Gerard Montgomery	Iain Robertson	Colin Gray	Graham Manczak	Magnus Inglis	Malcolm Gowans	David Moffat
Augustina Cairney	Brian J Campbell	Derek Halpin	Martin King	Thomas Knox	Martin Clarke	David Nightingale	
Hugh Lavery	Paul McKendry	Brian Gallagher	Mark Barrow	Garscube H - Colours: White with Blue Band		Team Nos 75,76,77,78,79,80	
Corstorphine AAC - Colours: White with Black Trim		Team Nos 38,39,40,41,42,43,44		James Taylor	Stephen Mulrine	Jim McAneny	Robbie Drummond
Moray Anderson	Tom Ferrington	Bryan Clark	Christopher O'Brien	Stephen Cullen	Stephen Kilpatrick	Niall Broomfield	Christopher Kilshaw
Steven O'Brien	Kris Berry	Adam Priestley	Scott Pilkington	David W Dickson	Ragbir Singh	Benjamin Melby	Gary Goldie
Calum McKenzie	Andrew Christy (J)	Mickey Breen	Grant Wilkie	Alexander Chisholm	Euan Geddes	John Bell	Alexander Chalmers
Dermot Cummins	Michael Crawley	Shaun Cavens	Iain Cumming	John McLaughlin	Kieran McLaughlin	Athole Smith	Scott McPherson
Graham McLean	Chris Ashe	Nicholas Brown	Michael Anderson	Robert McLennan	Marco Consani	John Murray	Joe McKnight
John Christy	Graeme Fletcher	Ian Johnston	Bruce Malcolm Jan-	Campbell Roxburgh			
Bert Van Den Berg	Nigel Lamb	Callum Smith (J)	Ian McPherson	Giffnock North - Colours: Amber with Royal Blue Hoop		Team Nos 81,82,83,84,85	
Derek Ireland	Alex Cumming			David Phee	David Logan	George Taylor	James Galbraith
Dundee Hawkhill - Colours: Blue and White Quarters		Team Nos 45,46		Miles Hollinshead (J)	Derek Breen	Luke Traynor (J)	Jack Walker (J)
Matthew Strachan	Howell Craske (J)	Graeme Oudney	Matthew White	Max Lott (J)	Christopher Russell (J)	Rodger McElaney	Grant Muir (J)
Nigel Reynolds	Edward Holmes	Stephen Mason	Chris Foley	James O'Hagan	Douglas Rathay	Stephen Waters	James Cameron
Roger van Gompel	Gordon Barrie	John Hepburn		George Gilchrist	Martin Myant	Greg Turner (J)	Jamie MacGregor
East Kilbride AAC - Colours: Gold with 2 Black hoops		Team Nos 47,48		Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops			
Gordon Colvin	Grant Baillie	David J. Condra	Edgar Ramage	Team Nos 86,87,88,89,90,91,92			
Tom Yuill JNR	Derek Leitch	Kevin Downie	Adam Gatens (J)	Robert Adams	Steven Campbell	David Carruthers	Robert Docherty
Michael Browne	Jamie Clements	David Gorman	Niall Walker	Robert Dolan	Andrew Eynon	Andrew Fisher (J)	Michael Follan
John Fergusson				Kevin Gill	Michael Harrington	Alan Henderson	David Henderson
Edinburgh AC - Colours: White with one Blue, one Black Hoop				Richard Hodelet	Bernard Kangley	Thomas Knight	Thomas Loehndorf
Team Nos 49,50,51,52,53,54				Shaun Lyon	Duncan MacNeill	Andrew McCall	Andrew McCall (Sr)
Dermot Baillie	Graham Beal	Darren Blyth	E Burgess	Sean McCallion (J)	Kevan McCartney	Adam McCormick (J)	Stephen McDade
Paul Brennan	Neil Calder	Owain Bristow	Adam Chmielewski	Chris McDonald (J)	Graham McGrattan	Frank McKnight	Daniel McLaughlin
Andrew Clifton (J)	Daniel Clarkson	Marcus Cram (J)	George Dudgeon (J)	William McLaughlin	Michael McLoone Snr	Stephen McLoone	Sam McVicar
Keith Dunlop	Malcolm Fraser	Kevin Graham	Brian Howie	George Mitchell	Robert Mitchell	Alan O'Rourke	Kenneth Pryde
Stuart Johnston	Scott Logan	A Latham	Keith Lyall	EEyn Rankin	Kenneth Scott	James Sheridan	Finlay Smith
Peter Loudon (J)	Alex MacEwen	Colin McGill	Roy Mitchell	Stephen Trainer	James Watson	Steven Watson	Robert Wilson
James Mitra	David New	Christopher Payne	Garry Robertson	Robin Wilson	Ross Neilson	Liam Smart	Ross McDonald
Tom Ryan (J)	David Steele	Eric Stevenson	Jake Wightman (J)	Andrew Harkins		Michael Dunn	
Edinburgh Uni - Colours: Green with White side Panel		Team Nos 55,56,57		Helensburgh AAC - Colours: Yellow with Red Band		Team Nos 93,94	
Scott Wallace	Max Ralston	James Stevenson (J)	Mike Diver	Damien Theaker	Paul Thompson	Stephen Bell	Phil Dye
Patryk Gierjatowicz	Ewan Crawford (J)	Ross McCall	Coli Williamson	Brian Grant	Alistair Wylie	Gordon Howat	Andrew Stafford
Rory Leslie	Iain Whiteside	Tom Martyn	Kieran Smith	Kenneth White	Iain Walker	Matthew Mackie	
Daniel Ashworth				Hunters Bog T - Colours: Brown		Team Nos 95,96,97,98	
Falkirk Victoria H - Colours: Black with Gold Band		Team Nos 58,59,60		George Ashley	Will Hugh Bailey	Duncan Baker	Tom Barr
Alexander Davidson	David Bunyan	Ben Stevenson (J)	John Denholm	Jamie Brown	Steven Cairns	Ian Campbell	Daniel Clements
Anthony Devlin	Euan Martin (J)	David Hart	Andrew Ronald	Colin Crabbie	David Fulton	Daniel Gay	Allan Gordon
John Martin	Gary Smith	Michael McQuaid	Andrew Gibson	Michael Grant	Alistair Hart	Charles Hutchinson	James Jarvis
Mark Dunnachie	Russell McAdam	Alexander Watson		Huw Jones	Will Mair	Patrick O'Kane	Ian Marshall
Ferranti AAC - Colours: Yellow with Black letters		Team Nos 61		Craig Mattocks	Peter McClelland	Philip Mowbray	Doug Murray
John Gavin	Malcolm Parry	Grant Sellar	Edward McDonald	Donald Naylor	Christopher Oliver	Jon Rathjen	Andrew Sims
Robert Miller	Stephen Reid	Iain Shaw	Keith Nicol	Murray Strain	Joe Symonds	William Townsend	Richard Wall
Fife AC - Colours: White with Red Band		Team Nos 62,63,64,65,66,67,68,69,70		Julian Warman	David Wright		Matt Sims
Derek Adamson	Bryce Aitken	Gary Barker	Ken Berry	Inverclyde AC - Colours: Black & White Stripes		Team Nos 99,100,101,102,103	
Andrew Brierley	Colin Brown	Mark S Buchan (J)	Stephen Clark	Jude Boulton	Andrew Campbell (J)	Gerard Gaffney	Seam Gaffney
David Cowan	Adrian Davis	Stefan Elertowicz	Keith Ferguson	Robert Gray	George Hegarty	Graeme Hyeit	Thomas Jamieson
Zachary Delaney (J)	Bill Fairmaner	Douglas Gunstone	Allan Harley	Kevin Kane	Christopher MacKay	Damien Mallet	Kenny O'Neill
Adam Harris (J)	Mark Harris	Calum Harvie	Eric Lalonde	Mark Pollard	Craig Ruddy	Robert Shaw	John Smillie
Jacob Howe	Graham Kirby	Martin Laing	Tony Martin	Tom Tracey	James McFadden	Daniel Mulhare	Andrew Douglas
Mitchell McCreadie	Hugh D. McKay	John McKean	Frank McLaren	Graeme Forbes	Kenneth Morrison	Gary McKendrick	George Newman
Neil Millar	Andrew Milne	Michael Mitchell	John Mill	Chris Barlas (J)	Joe Crawford (J)	Neil McLaughlin	
Alan McLeod	Kenneth McLeod	Terry Mitchell	Andrew Murphy	Irvine AC - Colours: Red with Black Trim		Team Nos 104,105	
Daniel Newman	Geoff Pennycook	Steven Pennycook	Frank Popham	David Millar	William Richardson	Colin Miller	James White
Roger Rees	Craig Ross	Christopher Russell	D Melville Scobie	Andrew Rennie	Jamie Findlay	Patrick Cullinane	Alex Allardye
David Shepherd	David Sleight	Brian R Smith	John Thomson				

