

scottishathletics



**National Cross Country
Relay Championships**

(Incorporating Masters Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 25th October 2014



lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



National Cross Country Relay Championships – Cumbernauld 25/10/2014
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SCOTTISH ATHLETICS OFFICE BEARERS	
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Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Leslie Roy
Chairman	Ian Beattie
Chief Executive	Nigel Holl

ROAD RUNNING AND CROSS COUNTRY COMMISSION	
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Convener	John Rodger (Kilbarchan AAC)
Hon Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS	
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Referee	Ron Morrison
Clerk of Course	Donald Pegrum
Course Builders	Members of Cumbernauld AC & Kirkintilloch Oly
Officials Reception	Graham Sword
Changeovers	Dave Cairns (Chief), Sandy Cameron, Fred McCluskie , Ian Mann
Recorders (Places)	Neil Donachie (tape)
De-Chipping Control	Ian Hislop (Chief) Bob McSwein, Ian Clifton
Starter	Angus Cameron
Declarations	Claire Archbold (Chief), Marjory Cook, Marion Donachie, Graham Sword, Alex Jackson
Announcers	John Wands, Graham Bennison
Press Officer	Peter Jardine
Course Stewards	Donald Pegrum (Chief), Members of Kirkintilloch Olympians & Cumbernauld AC
Presentations	Alex Jackson, Leslie Roy
Jury of Appeal	Bob McSwein, Ian Clifton, Alex Jackson
North Lanarkshire Event Manager	Kat Heron
Medical Services	St Andrews Ambulance
Event Manager	Stewart Caithness
Convener	Alex Jackson

Messages of Welcome

We are delighted once again to be working in partnership with Scottish Athletics , North Lanarkshire Council and our resident Cumbernauld Athletics Club to host this prestigious annual event in the athletics calendar. The Cumbernauld House Park provides an excellent, gruelling and challenging course and I would encourage anyone who is interested in athletics and cross country running to come along and lend their support to the athletes.'

Each year, the event has an excellent carnival-like atmosphere, as the visiting clubs pitch their club tents. If you intend to come along please make sure that you are well wrapped up with warm and waterproof clothing and stout footwear.

Blane Dodds

Chief Executive, North Lanarkshire Leisure

On behalf of scottishathletics I would like to welcome you to Cumbernauld for the Scottish National Cross Country Relay Championships. I would like to take this opportunity to thank North Lanarkshire Council and their Leisure Trust who have once again allowed us to use this wonderful facility at Cumbernauld Park .

The entry overall today is a record with 538 teams taking part up 25 from last year with 312 male teams and 226 female teams entered and it will be no easy task in what is expected to be soft underfoot conditions. This will also be the first time that 'chip timing' has been used at the National Cross Country Relays

My thanks go to the Road Running and Cross Country Commission for organising today's Championship, Cumbernauld AC and Kirkintilloch Olympians for helping with the course building and stewarding of today's event, the officials and volunteers who give up their time to help make events like these so successful.

Best wishes to all athletes taking part today and although muddy underfoot hopefully it will be dry overhead.

Leslie Roy

President, Scottish Athletics

The popularity of the Scottish Cross Country Relay Championships continues with a record entry of 523 teams and 2241 competitors. A first class course with varied terrain, normally mixed underfoot conditions and excellent viewing offers competitors and spectators alike an excellent day of endurance athletics. Our thanks once again to North Lanarkshire Council and North Lanarkshire Leisure Trust for their continued support in staging the event.

This year, for the first time, the event will be chip timed with declarations on course. This, hopefully, will speed up the availability of the results and once again the races can be viewed on You Tube via the link on the Scottish Athletics website.

Thanks are due to the many officials and helpers whose preparation and planning make this event such a success with particular thanks to Cumbernauld AC and Kirkintilloch Olympians

Finally to all of the athletes, teams and spectators at Cumbernauld today please enjoy the challenge of the competition and have an excellent day out.

The history and results of this race dating back to 1974 can be found at <http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>.

John Rodger

Convener Road and Cross Country Commission

Young Females
Start 12.30pm
Holders Central AC

	Teams	Races Nums
Aberdeen AAC	2	451 - 452
Ayr Seaforth AC	9	453 - 461
Calderglen Harriers	2	462 - 463
Central AC	5	464 - 468
Clydesdale Harriers	4	469 - 472
Corstorphine AAC	2	473 - 474
Cumbernauld AAC	4	475 - 478
Dundee Hawkhill H	3	479 - 481
East Kilbride A.C.	2	482 - 483
Edinburgh AC	7	484 - 490
Falkirk Victoria Harriers	3	491 - 493
Fife AC	2	494 - 496
Gala Harriers	2	497 - 498
Garscube Harriers	3	499 - 502
Giffnock North AAC	11	503 - 513
Glasgow School of Sport	3	514 - 516
Helensburgh AAC	3	517 - 519
Inverclyde AC	6	520 - 525
Kilbarchan AAC	5	526 - 530
Kilmarnock H&AC	3	531 - 533
Kirkintilloch Olympians	4	534 - 537
Lasswade AAC	3	538 - 542
Law & District AAC	5	543 - 547
Lothian Running Club	1	548
Perth Strathtay Harriers	1	549
Pitreavie AAC	4	550 - 553
Ron Hill Cambuslang H	3	554 - 556
Shettleston Harriers	2	557 - 558
Springburn Harriers	1	559
Teviotdale Harriers	2	560 - 561
VP-Glasgow AC	8	562 - 569
Greenock Glenpark	3	570 - 572
Motherwell AC	3	573 - 575
TOTAL	121	

Young Males
Start 1.05pm
Holders Inverclyde AC

	Teams	Race Nums
Aberdeen AAC	2	301 - 302
Ayr Seaforth AC	4	303 - 306
Banchory Stonehaven AC	1	307
Calderglen Harriers	1	308
Central AC	8	309 - 316
Clydesdale Harriers	5	317 - 321
Corstorphine AAC	4	322 - 325
Cumbernauld AAC	6	326 - 331
Dundee Hawkhill H	3	332 - 334
East Kilbride A.C.	4	335 - 338
Edinburgh AC	5	339 - 343
Falkirk Victoria Harriers	6	344 - 349
Fife AC	4	350 - 353
Gala Harriers	4	354 - 357
Garscube Harriers	5	358 - 362
Garscube Harriers	5	363 - 367
Giffnock North AAC	10	368 - 377
Glasgow School of Sport	2	378 - 379
Helensburgh AAC	3	380 - 382
Inverclyde AC	5	383 - 387
Kilbarchan AAC	10	388 - 397
Kilmarnock H&AC	1	398
Kirkintilloch Olympians	3	399 - 401
Lasswade AAC	5	402 - 406
Law & District	2	407 - 408
Perth Strathtay Harriers	3	409 - 411
Pitreavie AAC	4	412 - 415
Ron Hill Cambuslang H	6	416 - 421
Shettleston Harriers	2	422 - 423
Springburn Harriers	5	424 - 429
Teviotdale Harriers	2	430 - 431
VP-Glasgow AC	6	432 - 437
Greenock Glenpark	3	438 - 440
Motherwell AC	3	441 - 443
TOTAL	142	

Senior /Junior Women
Start 1.40pm
Holders Central AC, Masters Falkirk Victoria H

	Teams	Races Nums
Aberdeen AAC	2	201,202
Anster Haddies Rc	1	203
Ayr Seaforth AC	2	204,205
Bellahouston Harriers	5	206-210
Bellahouston Road r	3	211-213
Carnegie Harriers	4	214-217
Central AC	4	218-221
Clydesdale Harriers	1	222
Corstorphine AAC	2	223,224
Dumbarton AAC	1	225
Dundee Road Runners	1	226
Edinburgh AC	8	227-234
Edinburgh Univ H & H	4	235-238
Falkirk Victoria Harriers	2	239,240
Fife AC	5	241-245
Gala Harriers	5	246-250
Giffnock North AAC	3	251-253
Glasgow University H &H	3	254-256
Hamilton Harriers	1	257
Helensburgh AAC	2	258,259
Hunters Bog Trotters	5	260-264
Inverclyde AC	2	265,266
Inverness Harriers AAC	1	267
Kilbarchan AAC	4	268-271
Kilmarnock H&AC	2	272,273
Kirkintilloch Olympians	3	274-476
Lasswade AAC	1	277
Law & District AAC	1	278
Lothian Running Club	2	279,280
Metro Aberdeen RC	3	281-283
Motherwell AC	2	284,285
Ochil Hill Runners	1	286
Pitreavie AAC	1	287
Portobello Running Club	2	288,289
Ron Hill Cambuslang H	1	290
Shettleston Harriers	3	291-293
Springburn Harriers	2	294,295
Teviotdale Harriers	1	296
University of St Andrews	1	297
VP-Glasgow AC	2	298,299
Westerlands XC Club	2	595 - 596
Greenock Glenpark H	4	597 -600
Garscube Harriers	3	576 - 578
TOTAL	108	

Senior /Junior Men
Start 2.40pm
Holders Central AC, Masters RH Cambuslang

	Teams	Races Nums
Aberdeen AAC	3	1-3
Ayr Seaforth AC	3	4-6
Banchory Stonehaven AC	1	7
Bellahouston Harriers	4	160-163
Bellahouston Road R	6	8-13
Calderglen Harriers	4	14-17
Carnegie Harriers	3	18-20
Carnethy Hill Racing Club	2	21,22
Central AC	9	23-31
Clydesdale Harriers	4	32-35
Corstorphine AAC	9	36-44
Dumbarton AAC	2	45,46
Dundee Hawkhill H	2	47,48
Dundee Road Runners	1	49
East Kilbride A.C.	2	50,51
Edinburgh AC	8	52-59
Edinburgh Univ H & H	2	60,61
Falkirk Victoria Harriers	2	62,63
Fife AC	5	64-68
Gala Harriers	5	69-73
Garscube Harriers	6	74-79
Giffnock North AAC	3	80-82
Glasgow University H & H	2	83,84
Hamilton Harriers	3	85-87
Helensburgh AAC	1	88
Hunters Bog Trotters	5	89-93
Inverclyde AC	5	94-98
Inverness Harriers AAC	1	99
Irvine Running Club	1	100
Kilbarchan AAC	3	101-103
Kilmarnock H&AC	4	104-107
Kirkintilloch Olympians	4	108-111
Lasswade AAC	2	112,113
Law & District AAC	3	114-116
Lothian Running Club	4	117-120
Metro Aberdeen RC	2	121,122
Motherwell AC	6	123-128
Ochil Hill Runners	1	129
Pitreavie AAC	1	130
Portobello Running Club	3	131-133
Ron Hill Cambuslang H	7	134-140
Shettleston Harriers	5	141-145
Springburn Harriers	2	146,147
Teviotdale Harriers	3	148-150
University of St Andrews	1	151
VP-Glasgow AC	6	152-157
Westerlands XC Club	2	158,159
Greenock Glenpark H	7	164 - 170
TOTAL	170	

Young Athletes Female

Programme Name	Club	Programme Name	Club
Laura McNeill (GU13)	Aberdeen AAC	Charlie Bridges (GU13)	Helensburgh AAC
Kirsty Oldham (GU13)	Aberdeen AAC	Katie Flett (GU13)	Helensburgh AAC
Elizabeth McCall (GU13)	Aberdeen AAC	Catie MacGillivray (GU13)	Helensburgh AAC
Talia Mathers (GU15)	Aberdeen AAC	Antonia Burns (GU13)	Helensburgh AAC
Laurie Allardes (GU15)	Aberdeen AAC	Charlotte Caskie (GU13)	Helensburgh AAC
Naomi Lang (GU15)	Aberdeen AAC	Jessica Noble (GU15)	Helensburgh AAC
Kirsteen MacKay (FU17)	Aberdeen AAC	Kara Bruce (GU15)	Helensburgh AAC
Lise Theron (FU17)	Aberdeen AAC	Chloe Murphy (GU15)	Helensburgh AAC
Alexandra Smiley (GU13)	Ayr Seaforth AC	Melissa Robinson (FU17)	Helensburgh AAC
Nadine Sturgeon (GU13)	Ayr Seaforth AC	Alexandra Burns (FU17)	Helensburgh AAC
Kelly Cunningham (GU13)	Ayr Seaforth AC	Leah Cameron (GU13)	Inverclyde AC
Emma Palmer (GU13)	Ayr Seaforth AC	Nyah Gillan (GU13)	Inverclyde AC
Erin McCutcheon (GU13)	Ayr Seaforth AC	Cliona McCheyne (GU13)	Inverclyde AC
Emma Hart (GU13)	Ayr Seaforth AC	Nuala McCheyne (GU13)	Inverclyde AC
Alison King (GU15)	Ayr Seaforth AC	Morgan McCole (GU13)	Inverclyde AC
Beth Littlejohn (GU15)	Ayr Seaforth AC	Hannah McGeehan (GU13)	Inverclyde AC
Christie Hutton (FU17)	Ayr Seaforth AC	Gillian Carmichael (GU15)	Inverclyde AC
Amy Palmer (FU17)	Ayr Seaforth AC	Samantha Dunning (GU15)	Inverclyde AC
Hannah Birrell (FU17)	Ayr Seaforth AC	Robyn Kelly (GU15)	Inverclyde AC
Victoria Smith (FU17)	Ayr Seaforth AC	Ashleigh Lewis (GU15)	Inverclyde AC
Emma Frew (GU13)	Ayr Seaforth AC	Jennifer Lyne (GU15)	Inverclyde AC
Charlotte McDowall (GU13)	Ayr Seaforth AC	Alyssa McLellan (GU15)	Inverclyde AC
Rosie Davidson (GU13)	Ayr Seaforth AC	Emma Mitchell (FU17)	Inverclyde AC
Sophie McKay (GU13)	Ayr Seaforth AC	Georgia Morrison (GU13)	Inverclyde AC
Lucy Davidson (GU15)	Ayr Seaforth AC	Clara Pollock (GU13)	Inverclyde AC
India Birrell (GU15)	Ayr Seaforth AC	Niamh Ramage (GU13)	Inverclyde AC
Mia Cullis (GU15)	Ayr Seaforth AC	Daisy Wilson (GU13)	Inverclyde AC
Caitlin Chilton (GU15)	Ayr Seaforth AC	Amy Morrison (GU13)	Inverclyde AC
Courtney McCorkell (GU15)	Ayr Seaforth AC	Sara O'Docherty (GU15)	Inverclyde AC
Holly Coughtrie (GU15)	Ayr Seaforth AC	Hazel Robertson (GU13)	Kilbarchan AAC
Rebecca Martin (FU17)	Ayr Seaforth AC	Jessica Sanderson (GU13)	Kilbarchan AAC
Lisa Rennie (FU17)	Ayr Seaforth AC	Kimberley Gilchrist (GU13)	Kilbarchan AAC
Jacqueline Gibson (FU17)	Ayr Seaforth AC	Alisha Sivell (GU13)	Kilbarchan AAC
Bethany MacRae (FU17)	Ayr Seaforth AC	Kirsty Loudon (GU13)	Kilbarchan AAC
Georgia Brawley (FU17)	Ayr Seaforth AC	Eilidh Gibson (GU13)	Kilbarchan AAC
Evie Mackay (GU13)	Ayr Seaforth AC	Leona Murray (GU13)	Kilbarchan AAC
Kirstin Oakley (FU17)	Ayr Seaforth AC	Eve Griffiths (GU15)	Kilbarchan AAC
Lucy Saez (GU13)	Calderglen Harriers	Bethany Craig (GU15)	Kilbarchan AAC
Haleigh Muir (GU13)	Calderglen Harriers	Rachel Bannatyne (GU15)	Kilbarchan AAC
Louise Brown (GU15)	Calderglen Harriers	Rachael Curry (GU15)	Kilbarchan AAC
Helen Anderson (GU15)	Calderglen Harriers	Amy Sneddon (GU15)	Kilbarchan AAC
Megan Anderson (GU15)	Calderglen Harriers	Katharine McGinn (GU15)	Kilbarchan AAC
Morgan Beaton (FU17)	Calderglen Harriers	Emma Johnstone (GU15)	Kilbarchan AAC
Kyra Gibb (GU13)	Central AC	Rona Tytler (GU15)	Kilbarchan AAC
Ciorstaidh Ainsworth (GU13)	Central AC	Emma Fulton (FU17)	Kilbarchan AAC
Lucy More (GU13)	Central AC	Laura Stark (FU17)	Kilbarchan AAC
Darcy Baxter (GU13)	Central AC	Lucy McKellar (FU17)	Kilbarchan AAC
Rosie Eckersley (GU13)	Central AC	Iona Miller (FU17)	Kilbarchan AAC
Skye Henderson (GU13)	Central AC	Kerry MacAngus (FU17)	Kilbarchan AAC
Jennifer Walls (GU15)	Central AC	Rebecca Louise Craig (FU17)	Kilbarchan AAC
Kate Gallagher (GU15)	Central AC	Natalie Moran (FU17)	Kilbarchan AAC
Heather Scott (GU15)	Central AC	Jemma Reekie (FU17)	Kilbarchan AAC
Laurn Turnbull (GU15)	Central AC	Katie Turnbull (FU17)	Kilbarchan AAC
Eilidh Russell (FU17)	Central AC	Ellie McCrory (GU13)	Kilbarchan AAC
Eleanor Hanson (FU17)	Central AC	Megan McCrory (GU13)	Kilbarchan AAC
Jodie Currie (FU17)	Central AC	Erin Pastulovic (GU13)	Kilmarnock H&AC
Abby Rowley (GU15)	Central AC	Molly Murray (GU13)	Kilmarnock H&AC
Emma-Louise Blair (GU13)	Clydesdale Harriers	Natalie Sharp (GU13)	Kilmarnock H&AC
Tiegan Breen (GU13)	Clydesdale Harriers	Phoebe McCutcheon (GU13)	Kilmarnock H&AC
Anna McCracken (GU13)	Clydesdale Harriers	Leonie McCutcheon (GU13)	Kilmarnock H&AC
Rhianna McQuillan (GU13)	Clydesdale Harriers	Caitlin McClounie (GU15)	Kilmarnock H&AC
Courtney Eadie (GU13)	Clydesdale Harriers	Iona Charles (GU15)	Kilmarnock H&AC
Jade Steele-Milne (GU13)	Clydesdale Harriers	Morgan Mcburnie (GU15)	Kilmarnock H&AC
Chloe Allan (GU15)	Clydesdale Harriers	Lauren Park (FU17)	Kilmarnock H&AC
Antonia Breen (GU15)	Clydesdale Harriers	Claire Orr (FU17)	Kilmarnock H&AC
Cara Jordan (GU15)	Clydesdale Harriers	Niamh Summers (GU13)	Kirkintilloch Olympians
Natasha Shaw (GU15)	Clydesdale Harriers	Iona Smith (GU13)	Kirkintilloch Olympians
Caitlin Stuart (GU15)	Clydesdale Harriers	Hannah Paton (GU13)	Kirkintilloch Olympians
Rachel Campbell (FU17)	Clydesdale Harriers	Ailish Docherty (GU13)	Kirkintilloch Olympians
Emily Paxton (FU17)	Clydesdale Harriers	Mhairi Quinn (GU13)	Kirkintilloch Olympians
Charlotte Ross (FU17)	Clydesdale Harriers	Alex Dow (GU15)	Kirkintilloch Olympians
Hannah McAlpine (GU13)	Corstorphine AAC	Taylor Porteous (GU15)	Kirkintilloch Olympians
Katy Coats (GU13)	Corstorphine AAC	Meg Tomkins (GU15)	Kirkintilloch Olympians
Jessica MacLeod (GU15)	Corstorphine AAC	Eilidh Sirel (GU15)	Kirkintilloch Olympians
Heidi Ross (GU15)	Corstorphine AAC	Jenna Baker (GU15)	Kirkintilloch Olympians
Hannah Addison (FU17)	Corstorphine AAC	Perri McCluskey (FU17)	Kirkintilloch Olympians
Caitlin Arnott (FU17)	Corstorphine AAC	Laura Keay (FU17)	Kirkintilloch Olympians
Jessica Craig (FU17)	Corstorphine AAC	Alicia Paton (FU17)	Kirkintilloch Olympians
Hannah Wallace (GU13)	Cumbernauld AAC	Victoria Robertson (FU17)	Kirkintilloch Olympians
Aimie Hendry (GU13)	Cumbernauld AAC	Jennifer Muir (GU15)	Kirkintilloch Olympians
Tegan Kerr (GU15)	Cumbernauld AAC	Charlotte Morrison (GU13)	Lasswade AAC
Holly Bell (GU15)	Cumbernauld AAC	Ellie Baxter (GU13)	Lasswade AAC
Emma Brown (GU15)	Cumbernauld AAC	Louise Hamilton (GU13)	Lasswade AAC
Sophie Crimmin (GU15)	Cumbernauld AAC	Katy Martin (GU13)	Lasswade AAC
Emily McMahon (GU15)	Cumbernauld AAC	Rachel Mair (GU13)	Lasswade AAC

Beth Gilmour (GU15)	Cumbernauld AAC	Lauren Dickson (GU15)	Lasswade AAC
Emma Balfour (FU17)	Cumbernauld AAC	Sarah Tait (GU15)	Lasswade AAC
Rebekah Dunese (FU17)	Cumbernauld AAC	Caroline McKinlay (GU15)	Lasswade AAC
Claire Roberts (GU13)	Dundee Hawkhill Harriers	Eilidh Brown (GU15)	Lasswade AAC
Nicole Melville (GU13)	Dundee Hawkhill Harriers	Lauren Wilkie (GU15)	Lasswade AAC
Iona Vannet (GU13)	Dundee Hawkhill Harriers	Keanna MacInnes (GU15)	Lasswade AAC
Anna Bennett (GU13)	Dundee Hawkhill Harriers	Imogen Wilson (FU17)	Lasswade AAC
Carmen Thomson (GU13)	Dundee Hawkhill Harriers	Layla Edmond (GU13)	Lasswade AAC
Amy Sturrock (GU13)	Dundee Hawkhill Harriers	Katie Foss (GU13)	Law & District AAC
Maddie Owen (GU15)	Dundee Hawkhill Harriers	Ciara Scullion (GU13)	Law & District AAC
Danielle MacDermid (GU15)	Dundee Hawkhill Harriers	Zara Higgins (GU13)	Law & District AAC
Emily Harrower (GU15)	Dundee Hawkhill Harriers	Charlotte MacKenzie (GU13)	Law & District AAC
Martha Gallacher (GU15)	Dundee Hawkhill Harriers	Alexandria Aitchison (GU13)	Law & District AAC
Shania King (GU15)	Dundee Hawkhill Harriers	Lorna Jackson (GU13)	Law & District AAC
Hannah George (FU17)	Dundee Hawkhill Harriers	Ruth Currie (GU15)	Law & District AAC
Isabel Remers (FU17)	Dundee Hawkhill Harriers	Heather Jackson (GU15)	Law & District AAC
Amy Mollison (FU17)	Dundee Hawkhill Harriers	Pamela Newell (GU15)	Law & District AAC
Phebe Moncur (GU15)	Dundee Hawkhill Harriers	Dion Ingram (GU15)	Law & District AAC
Sarah Connolly (GU13)	East Kilbride A.C.	Abigail Gillespie (GU15)	Law & District AAC
Lucy Muirhead (GU13)	East Kilbride A.C.	Mirran Struthers (GU15)	Law & District AAC
Hannah Anderson (GU13)	East Kilbride A.C.	Emily McNicol (FU17)	Law & District AAC
Rebekah Sykes (GU13)	East Kilbride A.C.	Pamela McNicol (FU17)	Law & District AAC
Robyn Peacock (GU15)	East Kilbride A.C.	Leah Keisler (GU13)	Law & District AAC
Heather Addison (FU17)	East Kilbride A.C.	Erin Snow (GU13)	Law & District AAC
Megan Barrie (FU17)	East Kilbride A.C.	Rachel Donnelly (GU13)	Law & District AAC
Beth Morrow (GU13)	Edinburgh AC	Caitlin Thomson (GU13)	Law & District AAC
Emmeline Grier (GU13)	Edinburgh AC	Lauren Allen (GU13)	Law & District AAC
Lauren Anderson (GU13)	Edinburgh AC	Elle Henderson (GU15)	Law & District AAC
Anna Jamieson (GU13)	Edinburgh AC	Eve MacDonald (GU15)	Law & District AAC
Pippa Carcas (GU13)	Edinburgh AC	Claire Cowan (GU15)	Law & District AAC
Eloise Walker (GU15)	Edinburgh AC	Erin Steel (GU13)	Lothian Running Club
Ishbel Strathdee (GU15)	Edinburgh AC	Nicole Dredge (GU13)	Lothian Running Club
Belinda Neilson (GU15)	Edinburgh AC	Meg Wishart (GU13)	Lothian Running Club
Iona Millington (GU15)	Edinburgh AC	Ellie Muirhead (GU13)	Lothian Running Club
Catherine Bough (GU15)	Edinburgh AC	Natalie Miller (GU13)	Lothian Running Club
Anna Boyd (GU15)	Edinburgh AC	Erin McComisky (GU13)	Lothian Running Club
Zoe Bates (FU17)	Edinburgh AC	Ellie McDonough (GU13)	Lothian Running Club
Morven Ferguson (FU17)	Edinburgh AC	Amy Begbie (GU15)	Lothian Running Club
Esme Stewart (FU17)	Edinburgh AC	Mairi Eades (GU15)	Lothian Running Club
Amy Armstrong (FU17)	Edinburgh AC	Lucy Kennedy (GU15)	Lothian Running Club
Bethan McGregor (FU17)	Edinburgh AC	Emma Mackie (GU15)	Lothian Running Club
Jessica Hoggarth (GU13)	Edinburgh AC	Bethany Nelson (FU17)	Lothian Running Club
Lucia Montgomery (GU13)	Edinburgh AC	Lois Garland (GU13)	Perth Strathtay Harriers
Alice Goodall (GU13)	Edinburgh AC	Roma Fraser (GU13)	Perth Strathtay Harriers
Pippa Carcas (GU13)	Edinburgh AC	Nina Mowatt (GU13)	Perth Strathtay Harriers
Bo Willis (GU13)	Edinburgh AC	Nicola Henson (GU15)	Perth Strathtay Harriers
Niamh Edgar (GU13)	Edinburgh AC	Zoe Morton (GU15)	Perth Strathtay Harriers
Katie Smith (FU17)	Edinburgh AC	Zoe Brown (FU17)	Perth Strathtay Harriers
Charlotte Wright (FU17)	Edinburgh AC	Taylor Ward (FU17)	Perth Strathtay Harriers
Beatrice Winkler (GU13)	Edinburgh AC	Erin Stevenson (FU17)	Perth Strathtay Harriers
Rachel Watson (FU17)	Edinburgh AC	Leeanne McKenzie (FU17)	Perth Strathtay Harriers
Chloe McClung (GU13)	Falkirk Victoria Harriers	Ashleigh Greenwood (BU13)	Perth Strathtay Harriers
Phoebe Angus (GU13)	Falkirk Victoria Harriers	Jenny Gillanders (GU13)	Pitreavie AAC
Shannon McAleer (GU13)	Falkirk Victoria Harriers	Sarah Coutts (GU13)	Pitreavie AAC
Flora Johnston (GU15)	Falkirk Victoria Harriers	Jennifer Brydon (GU13)	Pitreavie AAC
Olivia Vareille (GU15)	Falkirk Victoria Harriers	Jemma Jamieson (GU13)	Pitreavie AAC
Olivia Taylor (GU15)	Falkirk Victoria Harriers	Iona Crawford (GU15)	Pitreavie AAC
Alice Robertson (GU15)	Falkirk Victoria Harriers	Sophie Telfer (GU15)	Pitreavie AAC
Rhona Milne (GU15)	Falkirk Victoria Harriers	Sophie Nethery (GU15)	Pitreavie AAC
Nicole McIntyre (GU15)	Falkirk Victoria Harriers	Ciara Bowman (GU15)	Pitreavie AAC
Isla Bell (GU13)	Fife AC	Alana Sneddon (GU15)	Pitreavie AAC
Sylvie Guild (GU13)	Fife AC	Evie Coyle (GU15)	Pitreavie AAC
Sam McInnes (GU13)	Fife AC	Leah Davie (FU17)	Pitreavie AAC
Issy Olsen (GU13)	Fife AC	Emily Main (FU17)	Pitreavie AAC
Sarani Nando (GU15)	Fife AC	Sarah Coutts (GU13)	Pitreavie AAC
Rosa Guild (GU15)	Fife AC	Jenny Gillanders (GU13)	Pitreavie AAC
Cleodie Kilgour (GU15)	Fife AC	Jennifer Brydon (GU13)	Pitreavie AAC
Louise Mccullagh (GU15)	Fife AC	Jemma Jamieson (GU13)	Pitreavie AAC
Ailsa Cruickshanks (FU17)	Fife AC	Iona Crawford (GU15)	Pitreavie AAC
Rhiannon Fagan (GU13)	Gala Harriers	Sophie Telfer (GU15)	Pitreavie AAC
Eilidh Forbes (GU13)	Gala Harriers	Sophie Nethery (GU15)	Pitreavie AAC
Holly Shepherd (GU13)	Gala Harriers	Ciara Bowman (GU15)	Pitreavie AAC
Elena Heger (GU15)	Gala Harriers	Alana Sneddon (GU15)	Pitreavie AAC
Katie Rourke (GU15)	Gala Harriers	Evie Coyle (GU15)	Pitreavie AAC
Susannah Godfrey-Faussett (GU15)	Gala Harriers	Leah Davie (FU17)	Pitreavie AAC
Lindsay Jackson (FU17)	Gala Harriers	Emily Main (FU17)	Pitreavie AAC
Nicola Berry (GU13)	Garscube Harriers	Brooke Silver (GU13)	Ron Hill Cambuslang Harriers
Eilidh Smith (GU15)	Garscube Harriers	Christie Dagleish (GU13)	Ron Hill Cambuslang Harriers
Sophie Lathan (GU15)	Garscube Harriers	Brooke Nicol (GU13)	Ron Hill Cambuslang Harriers
Lindsay Robertson (GU15)	Garscube Harriers	Lauren McEwan (GU13)	Ron Hill Cambuslang Harriers
Claire McGonigle (GU15)	Garscube Harriers	Chloe Burton (GU13)	Ron Hill Cambuslang Harriers
Emma Wilson (FU17)	Garscube Harriers	Ciara McKeown (GU13)	Ron Hill Cambuslang Harriers
Iona Fraser (FU17)	Garscube Harriers	Olivia Mulholland (GU15)	Ron Hill Cambuslang Harriers
Alice Wilson (GU13)	Garscube Harriers	Carey - Lee Conroy (GU15)	Ron Hill Cambuslang Harriers
Ellen Cameron (GU13)	Garscube Harriers	Keira Watson (GU15)	Ron Hill Cambuslang Harriers
Annabel Ballantyne (GU13)	Giffnock North AAC	Joanne Gibson (GU15)	Ron Hill Cambuslang Harriers
Heather Barnes (GU13)	Giffnock North AAC	Katie Moss (GU15)	Ron Hill Cambuslang Harriers

Emma Chamberlain (GU13)	Giffnock North AAC	Charlotte Moss (GU15)	Ron Hill Cambuslang Harriers
Zoe Coyne (GU13)	Giffnock North AAC	Rachel Black (FU17)	Ron Hill Cambuslang Harriers
Francesca Davidson (GU13)	Giffnock North AAC	Lauren Carey (FU17)	Ron Hill Cambuslang Harriers
Eve Denholm (GU13)	Giffnock North AAC	Niamh Brown (FU17)	Ron Hill Cambuslang Harriers
Maia Carolan (GU15)	Giffnock North AAC	Kelly Mccutcheon (GU13)	Ron Hill Cambuslang Harriers
Sarah Chamberlain (GU15)	Giffnock North AAC	Dayna Coyle (FU17)	Ron Hill Cambuslang Harriers
Fern Conway (GU15)	Giffnock North AAC	Lauren O'Neil (GU13)	Shettleston Harriers
Emily Crusher (GU15)	Giffnock North AAC	Morgan Hannah (GU13)	Shettleston Harriers
Zoe Jamieson (GU15)	Giffnock North AAC	Sarah McCormick (GU13)	Shettleston Harriers
Danielle Kelly (GU15)	Giffnock North AAC	Kaitlin Mackay (GU13)	Shettleston Harriers
Sarah Olivia Eunson (FU17)	Giffnock North AAC	Gaia Salandini (GU15)	Shettleston Harriers
Nicole Ewing (FU17)	Giffnock North AAC	Natasha Z Mackay (GU15)	Shettleston Harriers
Rebekah Hemmingsley (FU17)	Giffnock North AAC	Emma Purdie (GU15)	Shettleston Harriers
Rebecca Saxby (FU17)	Giffnock North AAC	Sophie O'Hare (GU15)	Shettleston Harriers
Holly Still (FU17)	Giffnock North AAC	Georgia MacDonald (FU17)	Shettleston Harriers
Rachel Storey (FU17)	Giffnock North AAC	Amy Harkins (FU17)	Shettleston Harriers
Jenny Dougall (GU13)	Giffnock North AAC	Eilidh MacLeod (GU13)	Springburn Harriers
Sofia Kirkpatrick (GU13)	Giffnock North AAC	Lucy Ash (GU13)	Teviotdale Harriers
Orla Lang (GU13)	Giffnock North AAC	Macy Cropper (GU13)	Teviotdale Harriers
Rosie McKay (GU13)	Giffnock North AAC	Carly Blaikie (GU13)	Teviotdale Harriers
Hannah Miller (GU13)	Giffnock North AAC	Ishbel Inglis (GU15)	Teviotdale Harriers
Lisa Miller (GU13)	Giffnock North AAC	Emma Gilmour (GU13)	VP-Glasgow AC
Emma Lawton (GU15)	Giffnock North AAC	Lily Jane Evans- Haggerty (GU13)	VP-Glasgow AC
Charlotte McKenna (GU15)	Giffnock North AAC	Jenna Little (GU13)	VP-Glasgow AC
Lynn McKenna (GU15)	Giffnock North AAC	Niamh Hay (GU13)	VP-Glasgow AC
Nikki Miller (GU15)	Giffnock North AAC	Grace Hamilton (GU13)	VP-Glasgow AC
Erin Wallace (GU15)	Giffnock North AAC	Grace Thompson (GU13)	VP-Glasgow AC
Lauren Paterson (GU13)	Giffnock North AAC	Rhian Callan (GU13)	VP-Glasgow AC
Kate Richardson (GU13)	Giffnock North AAC	Cara McCauley (GU13)	VP-Glasgow AC
Megan Keith (GU13)	Giffnock North AAC	Holly Little (GU15)	VP-Glasgow AC
Laura Ferguson (GU13)	Glasgow School of Sport	Adrienne Murray (GU15)	VP-Glasgow AC
Neve McGuire (GU13)	Glasgow School of Sport	Beth Gibbons (GU15)	VP-Glasgow AC
Emily Louise MacDonald (GU13)	Glasgow School of Sport	Amy Bissett (GU15)	VP-Glasgow AC
Lori Agnew (GU15)	Glasgow School of Sport	Eilidh Boyd (GU15)	VP-Glasgow AC
Neve Littlejohn (GU15)	Glasgow School of Sport	Kirsty Boyd (GU15)	VP-Glasgow AC
Kirsten Forster (GU15)	Glasgow School of Sport	Jenna Boyd (GU15)	VP-Glasgow AC
Jennifer Bichan (FU17)	Glasgow School of Sport	Gillian Black (FU17)	VP-Glasgow AC
Leanne Findlay (FU17)	Glasgow School of Sport	Tessa Hickey (FU17)	VP-Glasgow AC
Abbigail McInnes (FU17)	Glasgow School of Sport	Reagan Binnie (FU17)	VP-Glasgow AC
Lisa Hanlon (GU13)	Greenock Glenpark Harriers	Robyn Connolly (FU17)	VP-Glasgow AC
Zoe Renfrew (GU13)	Greenock Glenpark Harriers	Adelina Callan (FU17)	VP-Glasgow AC
Lucy McFarlane (GU13)	Greenock Glenpark Harriers	Abbie Leanord (GU13)	VP-Glasgow AC
Sarah Pugh (GU13)	Greenock Glenpark Harriers	Ursula Landwehr-Traxler (GU13)	VP-Glasgow AC
Beth McKenna (GU13)	Greenock Glenpark Harriers		
Christie Mulaghton (GU15)	Greenock Glenpark Harriers		
Rachel Mulaghton (GU15)	Greenock Glenpark Harriers		
Olivia Steele (GU15)	Greenock Glenpark Harriers		
Emily Pugh (GU15)	Greenock Glenpark Harriers		
Catriona Daisley (GU15)	Greenock Glenpark Harriers		
Nichola Doohan (GU15)	Greenock Glenpark Harriers		
Megan Rogers (GU15)	Greenock Glenpark Harriers		
Mia Forrest (GU15)	Greenock Glenpark Harriers		
Rachel McFarlane (GU15)	Greenock Glenpark Harriers		
Shelby Morrison (GU15)	Greenock Glenpark Harriers		
Danielle Hunter (FU17)	Greenock Glenpark Harriers		
Lauren Mulaghton (FU17)	Greenock Glenpark Harriers		
Laura Hamill (FU17)	Greenock Glenpark Harriers		

Young Athletes Male

Programme Name	Club	Programme Name	Club
Adam Brown (BU13)	Aberdeen AAC	Connor Black (BU13)	Greenock Glenpark Harriers
Ross Stone (BU13)	Aberdeen AAC	Ewan Ferguson (BU13)	Greenock Glenpark Harriers
Murray Addison (BU13)	Aberdeen AAC	Jack McDaid (BU13)	Greenock Glenpark Harriers
Adam Robertson (BU13)	Aberdeen AAC	Craig White (BU13)	Greenock Glenpark Harriers
Thomas Robertson (BU13)	Aberdeen AAC	Andrew McCluskey (BU13)	Greenock Glenpark Harriers
Hamish Brown (BU13)	Aberdeen AAC	Alan Mollins (BU13)	Greenock Glenpark Harriers
Cameron Stone (BU15)	Aberdeen AAC	Tom Forrest (BU13)	Greenock Glenpark Harriers
Craig Smith (BU15)	Aberdeen AAC	Jonathan Slater (BU15)	Greenock Glenpark Harriers
Liam Clark (BU15)	Aberdeen AAC	Ryan Brown (BU15)	Greenock Glenpark Harriers
Cameron Callow (BU15)	Aberdeen AAC	Robert Peterson (BU15)	Greenock Glenpark Harriers
Finlay Strachan (BU15)	Aberdeen AAC	Joshua Ruddy (BU15)	Greenock Glenpark Harriers
Andrew Burnett (MU17)	Aberdeen AAC	Euan Stewart (BU15)	Greenock Glenpark Harriers
Aaron Odentz (MU17)	Aberdeen AAC	Nathan Robinson (MU17)	Greenock Glenpark Harriers
Stewart Millar (MU17)	Aberdeen AAC	Joe Barton (MU17)	Helensburgh AAC
Matthew Keenan (MU17)	Aberdeen AAC	Calum MacGillivray (BU13)	Helensburgh AC
Conor O'Riordan (MU17)	Aberdeen AAC	Hamish Paterson (BU13)	Helensburgh AC
Scott Sprang (BU13)	Ayr Seaforth AC	Keir Lang (BU13)	Helensburgh AC
Greig Oakley (BU13)	Ayr Seaforth AC	Michael Miller (BU15)	Helensburgh AC
Joshua Cooke (BU13)	Ayr Seaforth AC	Finlay Gray (BU15)	Helensburgh AC
Logan Cotter (BU13)	Ayr Seaforth AC	Ross Davidson (BU13)	Inverclyde AC
Max McLean (BU13)	Ayr Seaforth AC	Josh Law (BU13)	Inverclyde AC
Aidan Copland (BU15)	Ayr Seaforth AC	Lewis Morrison (BU13)	Inverclyde AC
Lewis Ross (BU15)	Ayr Seaforth AC	Jack Stuart (BU13)	Inverclyde AC
Ross Nicolson (BU15)	Ayr Seaforth AC	James Watt (BU13)	Inverclyde AC
Blair Smillie (BU15)	Ayr Seaforth AC	Andrew Winter (BU13)	Inverclyde AC
Steven Martin (BU15)	Ayr Seaforth AC	Ryan Gray (BU15)	Inverclyde AC
Daniel Martin (BU15)	Ayr Seaforth AC	Sammy Hearl (BU15)	Inverclyde AC
Rhys Sim (MU17)	Ayr Seaforth AC	Reece Warnock (BU15)	Inverclyde AC
Fraser Stirling (MU17)	Ayr Seaforth AC	Cameron Watson (BU15)	Inverclyde AC
Jamie McCorkell (MU17)	Ayr Seaforth AC	Robert Wilson (BU15)	Inverclyde AC
Josh Benton (BU13)	Banchory Stonehaven AC	Ross Forbes (MU17)	Inverclyde AC
Joseph Wright (BU15)	Banchory Stonehaven AC	Ross Gray (MU17)	Inverclyde AC
Ewan McMillan (MU17)	Banchory Stonehaven AC	Matthew MacKinnon (MU17)	Inverclyde AC
Marc McQuade (BU13)	Caldergleng Harriers	Andrew Watt (MU17)	Inverclyde AC
Jack MacBain (BU15)	Caldergleng Harriers	Jack Patton (BU13)	Kilbarchan AAC
Christopher McCarron (BU15)	Caldergleng Harriers	Niall MacLean (BU13)	Kilbarchan AAC
Finlay Penderis (BU13)	Central AC	Andrew devine (BU13)	Kilbarchan AAC
Daniel Bruce (BU13)	Central AC	Fraser Scott (BU13)	Kilbarchan AAC
Thomas Hanson (BU15)	Central AC	Cameron Hunter (BU13)	Kilbarchan AAC
Cameron Fraser (BU13)	Central AC	James Orr (BU13)	Kilbarchan AAC
Ben Angus Hughes (BU13)	Central AC	Andrew MacAngus (BU15)	Kilbarchan AAC
James Curry (BU13)	Central AC	Cameron Corrigan (BU15)	Kilbarchan AAC
Tom Graham-Marr (BU15)	Central AC	Michael Simson (BU15)	Kilbarchan AAC
Keir Howlieson (BU15)	Central AC	Craig Kennedy (BU15)	Kilbarchan AAC
Craig Palmer (BU15)	Central AC	James Toal (BU15)	Kilbarchan AAC
Anthony Eckersley (BU15)	Central AC	Jake Scott (BU15)	Kilbarchan AAC
Matthew Chandler (BU15)	Central AC	Euan Trout (MU17)	Kilbarchan AAC
Euan Brownlie (MU17)	Central AC	Euan McKerral (MU17)	Kilbarchan AAC
Bradley Scott (MU17)	Central AC	Cameron Dickson (MU17)	Kilbarchan AAC
Iain Davies (MU17)	Central AC	Scott McLardie (MU17)	Kilbarchan AAC
Jack Kerr (MU17)	Central AC	Conor Thomson (MU17)	Kilbarchan AAC
Cameron Harris (MU17)	Central AC	Aidan Comerford (MU17)	Kilbarchan AAC
Rory Strachan (MU17)	Central AC	Finn Fowler (BU13)	Kilbarchan AAC
Michael Hewitt (BU15)	Central AC	Harry Orr (BU13)	Kilbarchan AAC
David Cunningham (BU13)	Central AC	David McNair (BU13)	Kilbarchan AAC
Comhnall Ferguson (BU13)	Central AC	Hunter Daws (BU13)	Kilbarchan AAC
Callum Robertson (BU13)	Central AC	Aidan Clark (BU15)	Kilbarchan AAC
Sandy Holl (BU15)	Central AC	Michael McGeoch (BU13)	Kilbarchan AAC
Campbell McNicol (MU17)	Central AC	Max Hendry (BU13)	Kilbarchan AAC
Kalim McDonagh (MU17)	Central AC	Jamie Eatock (BU15)	Kilbarchan AAC
Robert Whittick (BU13)	Clydesdale Harriers	Ross Wallace (BU15)	Kilbarchan AAC
Jack Dolan (BU13)	Clydesdale Harriers	Harry Walton (BU15)	Kilbarchan AAC
Cairn Wallace (BU13)	Clydesdale Harriers	Jordan Gilchrist (BU15)	Kilbarchan AAC
Stuart Aird (BU13)	Clydesdale Harriers	David Martin (BU15)	Kilbarchan AAC
Aaron Belkevitz (BU13)	Clydesdale Harriers	Josh Hendry (BU15)	Kilbarchan AAC
Evan Currie (BU13)	Clydesdale Harriers	Scott Ritchie (BU15)	Kilbarchan AAC
Stephen Kane (BU15)	Clydesdale Harriers	Fraser Auld (MU17)	Kilbarchan AAC
Craig Hannan (BU15)	Clydesdale Harriers	Sam McNair (MU17)	Kilbarchan AAC
Ronan Ross (BU15)	Clydesdale Harriers	Jamie McGoldrick (BU15)	Kilbarchan AAC
Joe McCready (MU17)	Clydesdale Harriers	Adam Love (BU15)	Kilbarchan AAC
Alistair Aikman (BU15)	Clydesdale Harriers	Ruhdari Johnson (BU13)	Kilbarchan AAC
Michael Dunn (BU15)	Clydesdale Harriers	Scott Irvine (BU13)	Kilbarchan AAC
Brian Aird (MU17)	Clydesdale Harriers	Quinn Murphy (BU13)	Kilbarchan AAC
Philip Allan (MU17)	Clydesdale Harriers	Matthew McIlree (BU15)	Kilbarchan AAC
Darren Dolan (MU17)	Clydesdale Harriers	Andrew Baird (BU13)	Kilmarnock H&AC
Lewis Hay (MU17)	Clydesdale Harriers	Jonathan Houson (BU13)	Kilmarnock H&AC
Charlie Cameron (BU13)	Corstorphine AAC	Scott Caldwell (BU15)	Kilmarnock H&AC
Fergus Campbell (BU13)	Corstorphine AAC	Ryan Devlin (MU17)	Kilmarnock H&AC
David Addison (BU13)	Corstorphine AAC	Dylan Elliott (BU13)	Kirkintilloch Olympians
Thomas Ross (BU13)	Corstorphine AAC	Liam Casey (BU13)	Kirkintilloch Olympians
Steven Addison (BU15)	Corstorphine AAC	Calum McGregor (BU13)	Kirkintilloch Olympians
Forbes Jackson (BU15)	Corstorphine AAC	Ross Hamilton (BU13)	Kirkintilloch Olympians
Jonathan Jackson (BU15)	Corstorphine AAC	Luke Mallon (BU13)	Kirkintilloch Olympians
Finlay Ross (BU15)	Corstorphine AAC	Luke McCaffrey (BU15)	Kirkintilloch Olympians
Jamie Arnott (BU15)	Corstorphine AAC	Harry Lamond (BU15)	Kirkintilloch Olympians

Anthony Addison (MU17)	Corstorphine AAC	Daniel Reilly (BU15)	Kirkintilloch Olympians
Callum Campbell (MU17)	Corstorphine AAC	Aidan McCaffrey (MU17)	Kirkintilloch Olympians
Samuel Galloway (MU17)	Corstorphine AAC	Martin Byrne (MU17)	Kirkintilloch Olympians
Calum Mackay (MU17)	Corstorphine AAC	Jack McCabe (MU17)	Kirkintilloch Olympians
Calum Little (BU13)	Cumbernauld AAC	James Chandler (MU17)	Kirkintilloch Olympians
Alasdair McMonagle (BU13)	Cumbernauld AAC	Rory Ferguson (BU13)	Lasswade AAC
Michael Flynn (BU13)	Cumbernauld AAC	Kurt Robertson (BU13)	Lasswade AAC
Calum Pettigrew-Smith (BU13)	Cumbernauld AAC	Josh Howard (BU13)	Lasswade AAC
Arran Kennedy (BU13)	Cumbernauld AAC	Callum Alexander (BU13)	Lasswade AAC
Hamish Coutts (BU15)	Cumbernauld AAC	Christopher Statham (BU13)	Lasswade AAC
Sean Kennedy (BU15)	Cumbernauld AAC	Lawrie Wilson (BU13)	Lasswade AAC
Connor Richardson (BU15)	Cumbernauld AAC	Magnus Tait (BU15)	Lasswade AAC
Lewis Wallace (BU15)	Cumbernauld AAC	Jamie Darling (BU15)	Lasswade AAC
Cameron Richardson (MU17)	Cumbernauld AAC	Ben Keay (BU15)	Lasswade AAC
Lewis Brown (MU17)	Cumbernauld AAC	Euan McAlister (BU15)	Lasswade AAC
Daniel Winning (MU17)	Cumbernauld AAC	Thomas Snodgrass (BU15)	Lasswade AAC
Fraser Gallagher (MU17)	Cumbernauld AAC	Euan McKay (BU15)	Lasswade AAC
Ross Govan (BU13)	Cumbernauld AAC	Cameron Steven (MU17)	Lasswade AAC
Euan Munro (BU13)	Cumbernauld AAC	Matthew Smith (MU17)	Lasswade AAC
Blair Scott (BU13)	Dundee Hawkhill Harriers	Kyle A Mackenzie (MU17)	Lasswade AAC
Aidan Simpson (BU13)	Dundee Hawkhill Harriers	Oliver Snoogress (BU13)	Lasswade AAC
Ryan George Donald (BU13)	Dundee Hawkhill Harriers	Angus Cousin	Lasswade AAC
Ben MacDermid (BU13)	Dundee Hawkhill Harriers	Fraser Cousin (MU17)	Lasswade AAC
Chuka Akunna (BU13)	Dundee Hawkhill Harriers	Trygg Hansen (BU13)	Lasswade AAC
David Begg (BU15)	Dundee Hawkhill Harriers	Matthew Gillon (BU13)	Law & District AAC
Calum McCormack (MU17)	Dundee Hawkhill Harriers	David McCormack (BU13)	Law & District AAC
Jack Anderson (BU15)	Dundee Hawkhill Harriers	Alan McCulloch (BU13)	Law & District AAC
Jamie Simpson (BU15)	Dundee Hawkhill Harriers	David Yue (BU13)	Law & District AAC
Callum Letham (BU15)	Dundee Hawkhill Harriers	James Gillon (BU15)	Law & District AAC
David Wood (BU15)	Dundee Hawkhill Harriers	Adam Kelly (BU15)	Law & District AAC
James Donald (MU17)	Dundee Hawkhill Harriers	Conor Butters (MU17)	Law & District AAC
Andrew Merry (MU17)	Dundee Hawkhill Harriers	Gregor Gillespie (MU17)	Law & District AAC
Matthew Tonner (MU17)	Dundee Hawkhill Harriers	Shaun Burke (MU17)	Law & District AAC
Eoin Simpson (BU13)	Dundee Hawkhill Harriers	Ben Fountain (MU17)	Law & District AAC
David McGiven (BU13)	East Kilbride A.C.	Kieran Cubis (MU17)	Law & District AAC
Owen Selfridge (BU13)	East Kilbride A.C.	Sam Elliott (BU13)	Perth Strathtay Harriers
Elliot Bain (BU13)	East Kilbride A.C.	Benjamin Roberts (BU13)	Perth Strathtay Harriers
Thomas McCourt (BU13)	East Kilbride A.C.	Hamish Gellatly (BU15)	Perth Strathtay Harriers
Hamish Anderson (BU13)	East Kilbride A.C.	Taylor Neill (BU15)	Perth Strathtay Harriers
Joseph Hagan (BU13)	East Kilbride A.C.	Benjamin Wightman (BU15)	Perth Strathtay Harriers
Ewan Barrie (BU13)	East Kilbride A.C.	Jacob Howgate (BU15)	Perth Strathtay Harriers
Matthew Kirwan (BU15)	East Kilbride A.C.	Ben Greenwood (MU17)	Perth Strathtay Harriers
Aidan Gilbride (MU17)	East Kilbride A.C.	Sol Sweeney (MU17)	Perth Strathtay Harriers
Martin Lynas (MU17)	East Kilbride A.C.	Tommy Henson (MU17)	Perth Strathtay Harriers
Ross Malloch (MU17)	East Kilbride A.C.	Simon Jardine (MU17)	Perth Strathtay Harriers
Amit Kumar (MU17)	East Kilbride A.C.	Gregor Ryan (BU13)	Perth Strathtay Harriers
Tom Ireland (BU13)	Edinburgh AC	Angus Drimmie (BU13)	Perth Strathtay Harriers
Luca librizzi (BU13)	Edinburgh AC	Levi Sweeney (BU15)	Perth Strathtay Harriers
Iain Hare (BU13)	Edinburgh AC	Lewis Blair (BU13)	Pitreavie AAC
Hugh Morrow (BU13)	Edinburgh AC	Lewis Dow (BU13)	Pitreavie AAC
Fabian Despinoy (BU13)	Edinburgh AC	Euan Johnston (BU13)	Pitreavie AAC
Sol McLennan (BU13)	Edinburgh AC	Billy Doyle (BU13)	Pitreavie AAC
Michael Swinton (BU15)	Edinburgh AC	Conor Allan (BU13)	Pitreavie AAC
Ross Allan (BU15)	Edinburgh AC	James Adam (BU15)	Pitreavie AAC
Alex Bates (BU15)	Edinburgh AC	Alex Johnston (BU15)	Pitreavie AAC
Fraser Blackie (BU15)	Edinburgh AC	William Cain (BU15)	Pitreavie AAC
Alex Carcas (MU17)	Edinburgh AC	Ben Grant (BU15)	Pitreavie AAC
Lewis Herd (BU15)	Edinburgh AC	Dylan Thomson (BU15)	Pitreavie AAC
Josh Kerr (MU17)	Edinburgh AC	Tyler White (MU17)	Pitreavie AAC
Alex Carcas (MU17)	Edinburgh AC	Corey Smith (MU17)	Pitreavie AAC
Joseph Arthur (MU17)	Edinburgh AC	Kyle Henderson (MU17)	Pitreavie AAC
Paul Ireland (MU17)	Edinburgh AC	Andrew McNair (MU17)	Pitreavie AAC
Andrew Taylor (MU17)	Edinburgh AC	Lewis Blair (BU13)	Pitreavie AAC
Archie Hodgson (MU17)	Edinburgh AC	Lewis Dow (BU13)	Pitreavie AAC
Kane Elliott (BU13)	Falkirk Victoria Harriers	Euan Johnston (BU13)	Pitreavie AAC
Cameron Taylor-Cameron (BU13)	Falkirk Victoria Harriers	Billy Doyle (BU13)	Pitreavie AAC
Leo Weldon (BU13)	Falkirk Victoria Harriers	Conor Allan (BU13)	Pitreavie AAC
Muharrem Dilek (BU13)	Falkirk Victoria Harriers	James Adam (BU15)	Pitreavie AAC
Lewis Anderson (BU13)	Falkirk Victoria Harriers	Alex Johnston (BU15)	Pitreavie AAC
Aiden Johnston (BU13)	Falkirk Victoria Harriers	William Cain (BU15)	Pitreavie AAC
Lewis Pentecost (BU15)	Falkirk Victoria Harriers	Ben Grant (BU15)	Pitreavie AAC
Harris Pentecost (BU15)	Falkirk Victoria Harriers	Dylan Thomson (BU15)	Pitreavie AAC
Steven Stone (BU15)	Falkirk Victoria Harriers	Tyler White (MU17)	Pitreavie AAC
Robbie Dougall (BU15)	Falkirk Victoria Harriers	Corey Smith (MU17)	Pitreavie AAC
Cameron Miller (BU15)	Falkirk Victoria Harriers	Kyle Henderson (MU17)	Pitreavie AAC
Matthew Stevenson (MU17)	Falkirk Victoria Harriers	Andrew McNair (MU17)	Pitreavie AAC
Scott McIntyre (MU17)	Falkirk Victoria Harriers	Christopher McLew (BU13)	Ron Hill Cambuslang Harriers
Gavin McWhinnie (BU13)	Fife AC	Aaron Lonie (BU13)	Ron Hill Cambuslang Harriers
Iain McWhinnie (BU13)	Fife AC	Keir Crawford (BU13)	Ron Hill Cambuslang Harriers
Peter Scott (BU13)	Fife AC	Adam Welsh (BU13)	Ron Hill Cambuslang Harriers
Ben Cowan (BU13)	Fife AC	Ruairidh MacGregor (BU13)	Ron Hill Cambuslang Harriers
Ross Wyse (BU13)	Fife AC	Max Monteith (BU13)	Ron Hill Cambuslang Harriers
Euan Boyle (BU15)	Fife AC	Dominic Gallagher (BU13)	Ron Hill Cambuslang Harriers
Craig Morris (BU15)	Fife AC	Ben Greenhill (BU13)	Ron Hill Cambuslang Harriers
George Rees (BU15)	Fife AC	Euan McLew (BU13)	Ron Hill Cambuslang Harriers
Adam Scott (BU15)	Fife AC	Arron Grew (BU13)	Ron Hill Cambuslang Harriers
Inness Campbell (BU13)	Gala Harriers	Sean Dickie (BU13)	Ron Hill Cambuslang Harriers

Jack McDonald (BU13)	Gala Harriers	Struan Paton (BU15)	Ron Hill Cambuslang Harriers
Kieran Bryson (BU13)	Gala Harriers	Jonathan Anderson (BU15)	Ron Hill Cambuslang Harriers
Corri Campbell (BU15)	Gala Harriers	Eamon Carr (BU15)	Ron Hill Cambuslang Harriers
James Logan (BU15)	Gala Harriers	Joshua Boyle (BU15)	Ron Hill Cambuslang Harriers
Mark Purves (BU15)	Gala Harriers	James Duffy (BU15)	Ron Hill Cambuslang Harriers
Callum Tharme (BU15)	Gala Harriers	Lewis Tracey (BU15)	Ron Hill Cambuslang Harriers
Yousuf Khursheed (BU15)	Gala Harriers	Leodhais MacPherson (BU15)	Ron Hill Cambuslang Harriers
Faisal Khursheed (BU15)	Gala Harriers	Ryan Stephen (BU15)	Ron Hill Cambuslang Harriers
Thomas Otton (MU17)	Gala Harriers	Drew Pollock (BU15)	Ron Hill Cambuslang Harriers
Jason McIntosh (MU17)	Gala Harriers	Scott Somerville (MU17)	Ron Hill Cambuslang Harriers
Gavin Bryson (MU17)	Gala Harriers	Craig Lennox (MU17)	Ron Hill Cambuslang Harriers
Murray Wilson (BU13)	Gala Harriers	Keir Morton (MU17)	Ron Hill Cambuslang Harriers
Elliot Duff (BU13)	Garscube Harriers	Callum Morton (MU17)	Ron Hill Cambuslang Harriers
James Cathro (BU13)	Garscube Harriers	Euan Miller (MU17)	Ron Hill Cambuslang Harriers
Mackenzie Haldane (BU13)	Garscube Harriers	Gavin Smith (MU17)	Ron Hill Cambuslang Harriers
Stuart Reid (BU13)	Garscube Harriers	Ethan Wilson (BU13)	Shettleston Harriers
Jack Trainer (BU13)	Garscube Harriers	Kasey Fraser (BU13)	Shettleston Harriers
Rory McMillan (BU13)	Garscube Harriers	Daniel McGreechin (BU13)	Shettleston Harriers
Arun Smith (BU15)	Garscube Harriers	Liam Hughes (BU13)	Shettleston Harriers
Jack Cuthbertson (BU15)	Garscube Harriers	Jamie Burns (BU15)	Shettleston Harriers
Cody Stevenson (BU15)	Garscube Harriers	Lewis Raeburn (BU15)	Shettleston Harriers
Daniel McGarrie BU15	Garscube Harriers	Jordan Dolan (BU15)	Shettleston Harriers
Darren McGowan (MU17)	Garscube Harriers	Daniel Muir (BU15)	Shettleston Harriers
Callum McKay (MU17)	Garscube Harriers	Niall Turner (BU15)	Shettleston Harriers
Hamish Armitt (BU13)	Giffnock North AAC	Benjamin Dalziel (MU17)	Shettleston Harriers
Ethan Carolan (BU13)	Giffnock North AAC	Neil McBride (BU13)	Springburn Harriers
Euan Chalmers (BU13)	Giffnock North AAC	Kieran Ballard (BU13)	Springburn Harriers
Adam Deeney (BU13)	Giffnock North AAC	Millar Wilson (BU13)	Springburn Harriers
James Dolan (BU13)	Giffnock North AAC	Liam Nelson (BU13)	Springburn Harriers
Murray Fotheringham (BU13)	Giffnock North AAC	Stephen Emordy (BU13)	Springburn Harriers
Lewis Bond (BU15)	Giffnock North AAC	Connor Emordy (BU13)	Springburn Harriers
Nicholas Boyle (BU15)	Giffnock North AAC	Ben Atkin (BU13)	Springburn Harriers
Andrew Love (BU15)	Giffnock North AAC	Ryan McLoughlin (BU13)	Springburn Harriers
Michael Lowrie (BU15)	Giffnock North AAC	Pat Callary (BU13)	Springburn Harriers
Joseph Lowrie (BU15)	Giffnock North AAC	Connor Gilmour (BU13)	Springburn Harriers
Harry Nimmo (BU15)	Giffnock North AAC	Fraser Clyne (BU13)	Teviotdale Harriers
Calum Marney (MU17)	Giffnock North AAC	Johnlee Elder (BU13)	Teviotdale Harriers
Euan Penrice (MU17)	Giffnock North AAC	Jai Patterson (BU13)	Teviotdale Harriers
Fraser Ross (MU17)	Giffnock North AAC	Jamie Waugh (BU15)	Teviotdale Harriers
Kalil Shahd (MU17)	Giffnock North AAC	Blayne Wright (BU13)	VP-Glasgow AC
Christopher Stewart (MU17)	Giffnock North AAC	Edan Webb (BU13)	VP-Glasgow AC
Oliver Watson-Sweeney (MU17)	Giffnock North AAC	Rogan Kelly (BU13)	VP-Glasgow AC
Austin Thomson (BU13)	Giffnock North AAC	Calum Brown (BU15)	VP-Glasgow AC
Christopher Watson -Sweeney (BU13)	Giffnock North AAC	Jack MacKinnon (BU13)	VP-Glasgow AC
Jack Bell (BU13)	Giffnock North AAC	Niall Macdonald (BU13)	VP-Glasgow AC
Corey Greenhalgh (BU13)	Giffnock North AAC	Andrew Moreland (BU15)	VP-Glasgow AC
Scott Jenkins (BU13)	Giffnock North AAC	Lewis Priest (BU15)	VP-Glasgow AC
Donald Maclean (BU13)	Giffnock North AAC	Charlie Milarvie (BU15)	VP-Glasgow AC
Eoghan O'Donnell (BU13)	Giffnock North AAC	Adam Brady (BU15)	VP-Glasgow AC
Andrew Robertson (BU13)	Giffnock North AAC	Aidan Johnson (BU15)	VP-Glasgow AC
Ben Shaw (BU15)	Giffnock North AAC	Fraser McDonald (BU15)	VP-Glasgow AC
Taylor Stewart (BU15)	Giffnock North AAC	Scott McKay (MU17)	VP-Glasgow AC
Jamie Sturrock (BU15)	Giffnock North AAC	Jamie MacKinnon (MU17)	VP-Glasgow AC
Florian Wiese (MU17)	Giffnock North AAC	Liam McKeown (MU17)	VP-Glasgow AC
Jamie Stewart (BU13)	Giffnock North AAC	Max Milarvie (MU17)	VP-Glasgow AC
Gary McPake (BU13)	Glasgow School of Sport	Ewan Rae (MU17)	VP-Glasgow AC
Kipp McTavish (BU13)	Glasgow School of Sport	Euan Urquhart (MU17)	VP-Glasgow AC
Aidan Quinn (BU15)	Glasgow School of Sport	Thomas Connolly (BU15)	VP-Glasgow AC
Paul Harper (MU17)	Glasgow School of Sport	Tom Keeley (BU15)	VP-Glasgow AC
John Law (MU17)	Glasgow School of Sport	Robbie Barr (MU17)	VP-Glasgow AC
Lewis Elliot (BU13)	Glasgow School of Sport	Calum McCormack (MU17)	VP-Glasgow AC
Duncan Crawford (BU13)	Glasgow School of Sport	Danny Smith (MU17)	VP-Glasgow AC
		Lewis Serpell (MU17)	VP-Glasgow AC

Senior/Junior Women			
Programme Name	Club	Programme Name	Club
Gemma Cormack (F Sen)	Aberdeen AAC	Katie McAuslan (FU20)	Greenock Glenpark Harriers
Ellen Stickle (FU20)	Aberdeen AAC	Emma Baxter (F Sen)	Greenock Glenpark Harriers
Katie Watson (FU20)	Aberdeen AAC	Suzanne Coyle (F Sen)	Greenock Glenpark Harriers
Emma Rice (F Sen)	Aberdeen AAC	Jacqueline O'Donoghue (F Sen)	Greenock Glenpark Harriers
Ellie Buchan (F Sen)	Aberdeen AAC	Lynne Rogers (F Sen)	Greenock Glenpark Harriers
Rhona Buchan (F45)	Aberdeen AAC	Jane MacLean (F Sen)	Greenock Glenpark Harriers
Carla Ferguson (F Sen)	Aberdeen AAC	Lisa Ruddy (F Sen)	Greenock Glenpark Harriers
Isla Scott-Pearce (F Sen)	Aberdeen AAC	Donna Clark (F Sen)	Greenock Glenpark Harriers
Pamela Cruickshanks (F50)	Anster Haddies Running Club	Kirstin Arthur (F Sen)	Greenock Glenpark Harriers
Elise Methven (F60)	Anster Haddies Running Club	Viki Wilkinson (F40)	Greenock Glenpark Harriers
Hazel Bradley (F60)	Anster Haddies Running Club	Alison King (F40)	Greenock Glenpark Harriers
Christine Bowie (F50)	Anster Haddies Running Club	Marian Monk (F40)	Greenock Glenpark Harriers
Gael Riddle (F Sen)	Ayr Seaforth AC	Rhonda White (F40)	Greenock Glenpark Harriers
Laura Wallace (F Sen)	Ayr Seaforth AC	Gillian McClure (F40)	Greenock Glenpark Harriers
Toni McIntosh (F Sen)	Ayr Seaforth AC	Gillian Forrest (F40)	Greenock Glenpark Harriers
Claire Taylor (F Sen)	Ayr Seaforth AC	Susan Clark (F45)	Greenock Glenpark Harriers
Rachael King (FU20)	Ayr Seaforth AC	Susan Slater (F45)	Greenock Glenpark Harriers
Nicola Dunn (F Sen)	Ayr Seaforth AC	Silke Loehndorf (F45)	Greenock Glenpark Harriers
Kirsty Green (F45)	Ayr Seaforth AC	Elizabeth McAuslan (F45)	Greenock Glenpark Harriers
Katie Sprang (F Sen)	Ayr Seaforth AC	Heather Kangley (F45)	Greenock Glenpark Harriers
Kristina Greig (F Sen)	Bellahouston Harriers	Fiona Cushnaghan (F45)	Greenock Glenpark Harriers
Erica Christie (F55)	Bellahouston Harriers	Theresa Wall (F50)	Greenock Glenpark Harriers
Vicki Hopewell (F Sen)	Bellahouston Harriers	Lorna Coyle (F55)	Greenock Glenpark Harriers
Bernadette O'Neil (F45)	Bellahouston Harriers	Yvonne Prager (F55)	Greenock Glenpark Harriers
Angela Campbell (F Sen)	Bellahouston Harriers	Lesley Harvey (F Sen)	Hamilton Harriers
Caroline Cochran (F Sen)	Bellahouston Harriers	Janette Clarkson (F45)	Hamilton Harriers
Katy Smith (F40)	Bellahouston Harriers	Cheryl McNulty (F Sen)	Hamilton Harriers
Kathleen MacLeod (F50)	Bellahouston Harriers	Lyndsay Findlay (F Sen)	Hamilton Harriers
Deirdre Hoyle (F60)	Bellahouston Harriers	Rebecca Beale (F Sen)	Helensburgh AAC
Angela Carson (F45)	Bellahouston Harriers	Janet Fellowes (F55)	Helensburgh AAC
Gael McCallum (F40)	Bellahouston Harriers	Laura Johnstone (F Sen)	Helensburgh AAC
Rhona Martin (F Sen)	Bellahouston Harriers	Fran Crumley (F Sen)	Helensburgh AAC
Susan MacRitchie (F Sen)	Bellahouston Harriers	Maria Dye (F45)	Helensburgh AAC
Katherine Hylands (F Sen)	Bellahouston Harriers	Allison Halvorson (F45)	Helensburgh AAC
Suzanne Boyle (F Sen)	Bellahouston Harriers	Rebecca Parry (F Sen)	Helensburgh AAC
Emily Jackson (F Sen)	Bellahouston Harriers	Helen Crooks (F Sen)	Helensburgh AAC
Elsie Downham (F Sen)	Bellahouston Road Runners	Carrie Craig (F Sen)	Hunters Bog Trotters
Jill Herbert (F Sen)	Bellahouston Road Runners	Rebecca Croney (F Sen)	Hunters Bog Trotters
Julia McDonald (F Sen)	Bellahouston Road Runners	Hannah Devey (F Sen)	Hunters Bog Trotters
Rose McRobert (F40)	Bellahouston Road Runners	Sula Gay/Young (F Sen)	Hunters Bog Trotters
Carla Ward (F Sen)	Bellahouston Road Runners	Katherine Golding (F Sen)	Hunters Bog Trotters
Louise Ross (F Sen)	Bellahouston Road Runners	Claire Gordon (F Sen)	Hunters Bog Trotters
Christine Little (F Sen)	Bellahouston Road Runners	Rachel Heathcote (F Sen)	Hunters Bog Trotters
Matty Sutton (F Sen)	Bellahouston Road Runners	Tessa Hill (F Sen)	Hunters Bog Trotters
Chi My Ta (F Sen)	Bellahouston Road Runners	Elizabeth Hugill (F Sen)	Hunters Bog Trotters
Judith Macgregor (F Sen)	Bellahouston Road Runners	Amy Jennings (F Sen)	Hunters Bog Trotters
Maree Shepherd (F Sen)	Bellahouston Road Runners	Jane Hart (F Sen)	Hunters Bog Trotters
Carla Molinaro (F Sen)	Bellahouston Road Runners	Mairead Kelly (F Sen)	Hunters Bog Trotters
Jane Wild (F45)	Bellahouston Road Runners	Zoe Kemp (F40)	Hunters Bog Trotters
Kirsty Baird (F40)	Carnegie Harriers	Amelia Hope-Jones (F Sen)	Hunters Bog Trotters
Michelle Best (F Sen)	Carnegie Harriers	Deborah MacDonald (F55)	Hunters Bog Trotters
Isobel Burnett (F55)	Carnegie Harriers	Sarah Louise MacIsaac (F Sen)	Hunters Bog Trotters
Laura Donaldson (F Sen)	Carnegie Harriers	Morag McClelland (F Sen)	Hunters Bog Trotters
Morna Fleming (F60)	Carnegie Harriers	Shona McIntosh (F Sen)	Hunters Bog Trotters
Karen Forsyth (F Sen)	Carnegie Harriers	Ellis McKechnie (F Sen)	Hunters Bog Trotters
Lesley Halstead (F45)	Carnegie Harriers	Megan Mowbray (F40)	Hunters Bog Trotters
Gillian McCracken (F45)	Carnegie Harriers	Phyllis O'Brien (F55)	Hunters Bog Trotters
Gail Murdoch (F45)	Carnegie Harriers	Sinead O' Malley (F Sen)	Hunters Bog Trotters
Samantha Newington (F40)	Carnegie Harriers	Sarah O'Neil (F Sen)	Hunters Bog Trotters
Helena Sim (F50)	Carnegie Harriers	Sandra Rathjen (F40)	Hunters Bog Trotters
Melanie Sinclair (F40)	Carnegie Harriers	Rachel Smirthwaite (F Sen)	Hunters Bog Trotters
Fabienne Thompson (F45)	Carnegie Harriers	Janice Smith (F55)	Hunters Bog Trotters
Alison Whyte (F45)	Carnegie Harriers	Rosie Smith (F Sen)	Hunters Bog Trotters
Joanna Wilson (F Sen)	Carnegie Harriers	Sheila Strain (F65)	Hunters Bog Trotters
Patricia Milne (F50)	Central AC	Kara Tar (F Sen)	Hunters Bog Trotters
Hazel Dean (F50)	Central AC	Claire Ward (F Sen)	Hunters Bog Trotters
Jane Waterhouse (F60)	Central AC	Eilidh Anthony (F Sen)	Hunters Bog Trotters
Jennifer Emsley (F Sen)	Central AC	Anna Weston (F Sen)	Hunters Bog Trotters
Amy Hendry (FU20)	Central AC	Abby White (F Sen)	Hunters Bog Trotters
Lyndsay Morrison (F Sen)	Central AC	Megan Wright (F40)	Hunters Bog Trotters
Catriona Welsh (F Sen)	Central AC	Rachael Bushfield (F Sen)	Inverclyde AC
Morag MacLarty (F Sen)	Central AC	Julie Gordon (F Sen)	Inverclyde AC
Kate Weldon (F40)	Central AC	Nynke Mulholland (F Sen)	Inverclyde AC
Ainsley Normand (F40)	Central AC	Chloe Simpson (FU20)	Inverclyde AC
Lyndsey Aitken (F Sen)	Central AC	Sharon Muir (F Sen)	Inverclyde AC
Kathryn Gillespie (FU20)	Central AC	Teresa Watson (F Sen)	Inverclyde AC
Dawn Kerr (F Sen)	Central AC	Kim Law (F Sen)	Inverclyde AC
Becky Hay (F Sen)	Central AC	Heather Campbell (FU20)	Inverness Harriers AAC
Hylida Stewart (F55)	Clydesdale Harriers	Arrianne Ross (F Sen)	Inverness Harriers AAC
Pamela McCrossan (F50)	Clydesdale Harriers	Lauren Fraser (FU17)	Inverness Harriers AAC
Christine Duncanson (F55)	Clydesdale Harriers	Elspeth Curran (F Sen)	Kilbarchan AAC
Megan Smith (F Sen)	Corstorphine AAC	Elaine Eadie (F Sen)	Kilbarchan AAC
Gillian Carr (F Sen)	Corstorphine AAC	Leanne Hamilton (F Sen)	Kilbarchan AAC
Sarah Anderson (F Sen)	Corstorphine AAC	Julia Harris (F45)	Kilbarchan AAC
Susan Johnston (F45)	Corstorphine AAC	Sandra Houldsworth (F Sen)	Kilbarchan AAC

Fiona Carver (F Sen)	Corstorphine AAC	Christina Rankin (F Sen)	Kilbarchan AAC
Laura Forrester (F Sen)	Corstorphine AAC	Maica Rodriguez (F Sen)	Kilbarchan AAC
Lynsey Lennox (F Sen)	Dumbarton AAC	Jennifer Rooney (F Sen)	Kilbarchan AAC
Melissa Wylie (F45)	Dumbarton AAC	Natalie Sharp (F Sen)	Kilbarchan AAC
Charlene Kelly (F Sen)	Dumbarton AAC	Gwen Gillham (FU20)	Kilbarchan AAC
Gillian Sangster (F40)	Dundee Road Runners AC	Sarah Dempsey (FU20)	Kilbarchan AAC
Gail Rattray (F Sen)	Dundee Road Runners AC	Amey Spencer (F Sen)	Kilbarchan AAC
Morag Taggart (F55)	Dundee Road Runners AC	Siobhan Inglis (F Sen)	Kilbarchan AAC
Wendy Hutcheson (F40)	Dundee Road Runners AC	Kirsty Reid (F Sen)	Kilbarchan AAC
Sharyn Ramage (F50)	Edinburgh AC	Cara Sloss (F Sen)	Kilbarchan AAC
Amanda Woodrow (F Sen)	Edinburgh AC	Kara Tait (F Sen)	Kilmarnock H&AC
Karen Dobbie (F45)	Edinburgh AC	Colleen Tait (F Sen)	Kilmarnock H&AC
Lauren Stoddart (F Sen)	Edinburgh AC	Lindsay McMahon (F40)	Kilmarnock H&AC
Laura Dunn (F Sen)	Edinburgh AC	Laura Moffat (F Sen)	Kilmarnock H&AC
Karla Borland (F Sen)	Edinburgh AC	Lorna Sloan (F45)	Kilmarnock H&AC
Nikki Gibson (F Sen)	Edinburgh AC	Paula Wilson (F45)	Kilmarnock H&AC
Rachael Dunn (FU20)	Edinburgh AC	Elizabeth McDerment (F45)	Kilmarnock H&AC
Karla Borland (F Sen)	Edinburgh AC	Natalie Boyle (F Sen)	Kilmarnock H&AC
Sarah Findlay (FU20)	Edinburgh AC	Janice Millar (F55)	Kilmarnock H&AC
Fiona Hegarty (F Sen)	Edinburgh AC	Rosemary McMillan (F50)	Kilmarnock H&AC
Sheenagh MacLulich (F Sen)	Edinburgh AC	Bethany Ross (F Sen)	Kilmarnock H&AC
Madeleine Murray (F Sen)	Edinburgh AC	Marie McChord (F55)	Kirkintilloch Olympians
Ashleigh Kennedy (F Sen)	Edinburgh AC	Annmari McCaffrey (F45)	Kirkintilloch Olympians
Fiona Hegarty (F Sen)	Edinburgh AC	Elaine Hogg (F45)	Kirkintilloch Olympians
Anne Peat (F45)	Edinburgh AC	Anne Marie McGregor (F40)	Kirkintilloch Olympians
Mairi Blankenstein (F Sen)	Edinburgh AC	Shirley MacNab (F50)	Kirkintilloch Olympians
Hannah Waugh (F Sen)	Edinburgh AC	Sian Casey (F45)	Kirkintilloch Olympians
Elaine Davies (F40)	Edinburgh AC	Vivien Fraser (F45)	Kirkintilloch Olympians
Emma Dunnett (FU20)	Edinburgh AC	Carolyn McKeown (F45)	Kirkintilloch Olympians
Oonagh Dunnett (FU20)	Edinburgh AC	Ausrine Ward (F Sen)	Kirkintilloch Olympians
Gillian Palmer (F Sen)	Edinburgh AC	Keira Murray (F Sen)	Lasswade AAC
Emma Laverie (F Sen)	Edinburgh AC	Debra Murray (F Sen)	Lasswade AAC
Emily Strathdee (FU20)	Edinburgh AC	Catherine Dickson (F40)	Lasswade AAC
Lyndsey Fraser (F Sen)	Edinburgh AC	Linden Nicholson (F60)	Lasswade AAC
Jo Phillips (F40)	Edinburgh AC	Kirsten Cameron (F Sen)	Lasswade AAC
Mireille Captieux (F Sen)	Edinburgh AC	Nicole O'Neill (F Sen)	Lasswade AAC
Rhona Auckland (F Sen)	Edinburgh Univ Hare & Hounds	Hilary McGrath (F50)	Law & District AAC
Mhairi MacLennan (FU20)	Edinburgh Univ Hare & Hounds	Margaret Newell (FU20)	Law & District AAC
Annie Carroll (F Sen)	Edinburgh Univ Hare & Hounds	Hannah Stark (FU20)	Law & District AAC
Amy Frankland (FU20)	Edinburgh Univ Hare & Hounds	Edel Mooney (F Sen)	Lothian Running Club
Maddy Austin (FU20)	Edinburgh Univ Hare & Hounds	Margaret Turnbull (F55)	Lothian Running Club
Stephanie Pennycook (FU20)	Edinburgh Univ Hare & Hounds	Saran Jones (F50)	Lothian Running Club
Karolina Kivimäki (F Sen)	Edinburgh Univ Hare & Hounds	Yvonne Crilly (F50)	Lothian Running Club
Georgia Tindley (F Sen)	Edinburgh Univ Hare & Hounds	Jo Williams (F Sen)	Lothian Running Club
Rachael humphries (F Sen)	Edinburgh Univ Hare & Hounds	Lana Turnbull (F Sen)	Lothian Running Club
Charlotte Watson (F Sen)	Edinburgh Univ Hare & Hounds	Lucy Galloway (F45)	Lothian Running Club
Millie Woodrow (F Sen)	Edinburgh Univ Hare & Hounds	Chloe Cox (F Sen)	Lothian Running Club
Sarah Douglas (FU20)	Edinburgh Univ Hare & Hounds	Keri Greig (FU20)	Lothian Running Club
Lorna Kennedy (F Sen)	Falkirk Victoria Harriers	Mhairi Inglis (F Sen)	Lothian Running Club
Julie Nimmo (FU20)	Falkirk Victoria Harriers	Jocelyn Moar (F Sen)	Lothian Running Club
Megan Davidson (F Sen)	Falkirk Victoria Harriers	Lynne Murray (F50)	Lothian Running Club
Claire Barr (FU20)	Falkirk Victoria Harriers	Shona Young (F45)	Lothian Running Club
Robyn Maxtone (F Sen)	Falkirk Victoria Harriers	Fiona Rudkin (F Sen)	Metro Aberdeen Running Club
Alison Marven (F40)	Falkirk Victoria Harriers	Kayleigh Jarrett (F Sen)	Metro Aberdeen Running Club
Nicola Flynn (F40)	Falkirk Victoria Harriers	Claire Barrie (F Sen)	Metro Aberdeen Running Club
Allison Christie (F40)	Falkirk Victoria Harriers	Sarah Styles (F Sen)	Metro Aberdeen Running Club
Abigail Bender (F Sen)	Fife AC	Kirsty Robson (F40)	Metro Aberdeen Running Club
Innes Bracegirdle (F55)	Fife AC	Petra Hampton (F Sen)	Metro Aberdeen Running Club
Mhairi Boyle (FU20)	Fife AC	Claire Smith (F40)	Metro Aberdeen Running Club
Megan Crawford (F Sen)	Fife AC	Alison Pirie (F Sen)	Metro Aberdeen Running Club
Katie Jones (F Sen)	Fife AC	Valerie Wilson (F45)	Metro Aberdeen Running Club
Jennifer Kibble (F Sen)	Fife AC	Phyllis Hands (F55)	Motherwell AC
Amie McKimmie (F Sen)	Fife AC	Emma Stevenson (F Sen)	Motherwell AC
Margaret Martin (F55)	Fife AC	Vicki Wright (F Sen)	Motherwell AC
Sophie Mullins (F Sen)	Fife AC	Clare Hughes (F Sen)	Motherwell AC
Miriam Rennet (F50)	Fife AC	Joanne Clark (F40)	Motherwell AC
Helen Sharpe (F Sen)	Fife AC	Clare Barr (F45)	Motherwell AC
Annabel Simpson (FU20)	Fife AC	Robin Scott (F70)	Motherwell AC
Jenny Tan (F Sen)	Fife AC	Karen Kealey (F40)	Ochil Hill Runners
Fiona Bracegirdle (F Sen)	Fife AC	Alayne Finlay (F Sen)	Ochil Hill Runners
Lorraine Brown (F50)	Fife AC	Fiona Kelsall (F40)	Ochil Hill Runners
Hester Burt (F Sen)	Fife AC	Kirsty Hutton (F Sen)	Pitreavie AAC
Louise Burt (F50)	Fife AC	Sarah Ross (F Sen)	Pitreavie AAC
Beverley Gibson (F40)	Fife AC	Rebecca Burns (F Sen)	Pitreavie AAC
Kerry Gibson (FU20)	Fife AC	Jenni Owens (F Sen)	Portobello Running Club
Susan Harley (F45)	Fife AC	Shery Johnston (F45)	Portobello Running Club
Angela Howe (F40)	Fife AC	Ruth Johnstone (F Sen)	Portobello Running Club
Sarah Legge (F40)	Fife AC	Fiona Wright (F40)	Portobello Running Club
Margaret McLaren (F55)	Fife AC	Monica Flanagan (F40)	Portobello Running Club
Janet McWhinnie (F45)	Fife AC	Stephanie McDowall (F Sen)	Portobello Running Club
Penny Noel (F Sen)	Fife AC	Caitie Gorton-Phillips (F40)	Ron Hill Cambuslang Harriers
Irene Pennycook (F55)	Fife AC	Sarah Benson (F Sen)	Ron Hill Cambuslang Harriers
Stephanie Pennycook (FU20)	Fife AC	Kirsty Anderson (F Sen)	Ron Hill Cambuslang Harriers
Halina Rees (F Sen)	Fife AC	Caitlin Hendry (F Sen)	Ron Hill Cambuslang Harriers
Hilary Ritchie (F50)	Fife AC	Alexandra Lamond (F Sen)	Ron Hill Cambuslang Harriers
Kirsti Sharratt (F45)	Fife AC	Katie Bristow (F Sen)	Ron Hill Cambuslang Harriers
Morgan Windram-Geddes (F Sen)	Fife AC	Mairi Brown (F Sen)	Ron Hill Cambuslang Harriers

Shelagh King (F55)	Gala Harriers	Sarah Millar (FU20)	Ron Hill Cambuslang Harriers
Fiona Dalgleish (F40)	Gala Harriers	Rebecca Bonomi (FU20)	Ron Hill Cambuslang Harriers
Kate Jenkins (F40)	Gala Harriers	Eve MacKinnon (FU20)	Ron Hill Cambuslang Harriers
Kirstin Maxwell (F Sen)	Gala Harriers	Shannon McLellan (F Sen)	Shettleston Harriers
Anya Campbell (F40)	Gala Harriers	Stella Winters (FU20)	Shettleston Harriers
Fiona Shepherd (F45)	Gala Harriers	Katie Devenney (F Sen)	Shettleston Harriers
Rachel Fagan (F40)	Gala Harriers	Charlene McCallum (F Sen)	Shettleston Harriers
Dawn Grant (F40)	Gala Harriers	Alison Winship (F40)	Shettleston Harriers
Nicola Porterfield (F Sen)	Gala Harriers	Carole Setchell (F Sen)	Shettleston Harriers
Andrea Pogson (F55)	Gala Harriers	Ruth Joss (F Sen)	Shettleston Harriers
Jennifer Forbes (F40)	Gala Harriers	Shona Robertson (F40)	Shettleston Harriers
Arlene Botha (F Sen)	Gala Harriers	Joanne Harkins (F Sen)	Shettleston Harriers
Eileen Maxwell (F50)	Gala Harriers	Barbara Knox (F50)	Springburn Harriers
Eileen Nicol (F45)	Gala Harriers	Michelle Sandison (F Sen)	Springburn Harriers
Anne Weir (F40)	Gala Harriers	Theresa Park (F40)	Springburn Harriers
Dianne Lauder (F Sen)	Gala Harriers	Hannah Terrance (F Sen)	Springburn Harriers
Mary McCutcheon (F45)	Giffnock North AAC	Lesley Corr (F45)	Springburn Harriers
Hilary Millar (F50)	Giffnock North AAC	Caroline Brownlie (F40)	Springburn Harriers
Sheila Lewis (F45)	Giffnock North AAC	Donna Inglis (F45)	Teviotdale Harriers
Allison Simpson (F40)	Giffnock North AAC	Pamela Paxton (F40)	Teviotdale Harriers
Li Wang (F50)	Giffnock North AAC	Lauren Corbett (F Sen)	Teviotdale Harriers
Laura Penrice (FU20)	Giffnock North AAC	Pauline McAdam (F55)	Teviotdale Harriers
Yvonne Hamilton (F Sen)	Giffnock North AAC	Angela Richardson (F Sen)	University of St Andrews CC
Maureen McVey (F50)	Giffnock North AAC	Abigail Bender (F Sen)	University of St Andrews CC
Nicole Scott (FU20)	Giffnock North AAC	Molly Pace (FU20)	University of St Andrews CC
Catriona Lockie (F Sen)	Giffnock North AAC	Lauren Orr (F Sen)	University of St Andrews CC
Laura Muir (F Sen)	Glasgow University Hare and H	Claire Thompson (F Sen)	VP-Glasgow AC
Mairi Gilmour (FU20)	Glasgow University Hare and H	Danielle Beattie (FU20)	VP-Glasgow AC
Orla Chapman (F Sen)	Glasgow University Hare and H	Donna Finlayson (F Sen)	VP-Glasgow AC
Lisa Christy (FU20)	Glasgow University Hare and H	Lynn Doherty (F Sen)	VP-Glasgow AC
Katrina Ballantyne (F Sen)	Glasgow University Hare and H	Anya Morrison (FU20)	VP-Glasgow AC
Penny Timms (F Sen)	Glasgow University Hare and H	Philippa Millage (F Sen)	VP-Glasgow AC
Christine Deng (F Sen)	Glasgow University Hare and H	Elizabeth Adams (F Sen)	Westerlands XC Club
		Joda Quigley (F Sen)	Westerlands XC Club
		Sharon Taylor (F50)	Westerlands XC Club
		Gaynor Gillespie (F45)	Westerlands XC Club
		Deborah Stokoe (F Sen)	Westerlands XC Club
		Catriona Fisher (F Sen)	Westerlands XC Club

		Senior/Junior Men	
Programme Name	Club	Programme Name	Club
Fraser McGillivray (M Sen)	Aberdeen AAC	Myles Bax (M Sen)	Glasgow University Hare and H
Alasdhair Love (M Sen)	Aberdeen AAC	Alastair Thurlbeck (MU20)	Glasgow University Hare and H
Ewan Calder (MU20)	Aberdeen AAC	Grant Boyne (MU20)	Glasgow University Hare and H
Jordan Chapman (MU20)	Aberdeen AAC	Thomas Callan (M Sen)	Glasgow University Hare and H
Euan Webster (MU20)	Aberdeen AAC	Aishan Patil (MU20)	Glasgow University Hare and H
Myles Edwards (M Sen)	Aberdeen AAC	Adam Stark (M Sen)	Glasgow University Hare and H
James Joy (M Sen)	Aberdeen AAC	Ross Martin (M Sen)	Glasgow University Hare and H
Gareth Lake (M Sen)	Aberdeen AAC	Neil Wilson (M Sen)	Glasgow University Hare and H
Michael Ferguson (MU20)	Aberdeen AAC	Robert Adams (M 45)	Greenock Glenpark Harriers
Callum Symmons (MU20)	Aberdeen AAC	Duncan Anderson (M Sen)	Greenock Glenpark Harriers
Lukasz Czyzycki (M Sen)	Aberdeen AAC	Steven Campbell (M 40)	Greenock Glenpark Harriers
Athol Burnett (M 50)	Aberdeen AAC	David Carruthers (M 40)	Greenock Glenpark Harriers
James Gray (M Sen)	Aberdeen AAC	Robert Docherty (M Sen)	Greenock Glenpark Harriers
Paul Martial (M Sen)	Aberdeen AAC	Michael Dunn (M 55)	Greenock Glenpark Harriers
Jonathan Millar (M 40)	Aberdeen AAC	Scott Forrest (M 50)	Greenock Glenpark Harriers
Bill Skinner (M 55)	Aberdeen AAC	Kevin James Gill (M 45)	Greenock Glenpark Harriers
Thomas Litterick (M 50)	Aberdeen AAC	Andrew Harkins (M Sen)	Greenock Glenpark Harriers
Frank Boyne (M 45)	Aberdeen AAC	Brian Harkins (M 40)	Greenock Glenpark Harriers
Steven Murray (MU20)	Aberdeen AAC	Michael Harrington (M 50)	Greenock Glenpark Harriers
Iain Baird (M 60)	Ayr Seaforth AC	Alan Henderson (M Sen)	Greenock Glenpark Harriers
Laurence Baker (M 55)	Ayr Seaforth AC	David Henderson (M Sen)	Greenock Glenpark Harriers
Kevin Bloy (M 45)	Ayr Seaforth AC	Shaun Lyon (M Sen)	Greenock Glenpark Harriers
Stuart Brookie (M 40)	Ayr Seaforth AC	Mark Magee (MU20)	Greenock Glenpark Harriers
Craig Brown (M Sen)	Ayr Seaforth AC	Robin McAuslan (M 50)	Greenock Glenpark Harriers
Neil Burnside (M Sen)	Ayr Seaforth AC	Andrew McCall (M Sen)	Greenock Glenpark Harriers
Andrew Crichton (M Sen)	Ayr Seaforth AC	Kevan McCartney (M 40)	Greenock Glenpark Harriers
Barry Duddy (M 40)	Ayr Seaforth AC	Stephen McDade (M40)	Greenock Glenpark Harriers
David Hughes (M 45)	Ayr Seaforth AC	Graham Mcgrattan (M 55)	Greenock Glenpark Harriers
Stephen Kay (M Sen)	Ayr Seaforth AC	Daniel McLaughlin (M 55)	Greenock Glenpark Harriers
Peter Laing (M 50)	Ayr Seaforth AC	Michael Mcloone Snr (M 50)	Greenock Glenpark Harriers
Stephen McCrorie (M 40)	Ayr Seaforth AC	Steven McLoone (M50)	Greenock Glenpark Harriers
Martin McCrorie (M 40)	Ayr Seaforth AC	Sam McVicar (M 40)	Greenock Glenpark Harriers
Tom McCulloch (M 60)	Ayr Seaforth AC	Robert Mitchell (M55)	Greenock Glenpark Harriers
Stuart McLean (M 40)	Ayr Seaforth AC	Paul Monaghan (M 40)	Greenock Glenpark Harriers
Kenneth Neill (M Sen)	Ayr Seaforth AC	Ross Neilson (M Sen)	Greenock Glenpark Harriers
Steven Reid (M Sen)	Ayr Seaforth AC	Kevin O'Donoghue (M Sen)	Greenock Glenpark Harriers
Iain Pettigrew (M 45)	Ayr Seaforth AC	Alan O'Rourke (M 45)	Greenock Glenpark Harriers
Euan Webster (MU20)	Ayr Seaforth AC	Andrew Osborne (M Sen)	Greenock Glenpark Harriers
James Pettigrew (MU20)	Ayr Seaforth AC	Iain Rankin (M 50)	Greenock Glenpark Harriers
James Murray (M Sen)	Ayr Seaforth AC	David Roberts (M Sen)	Greenock Glenpark Harriers
Neil Nisbet (M 50)	Ayr Seaforth AC	Ross Slater (M 50)	Greenock Glenpark Harriers
Matthew Brawley (MU20)	Ayr Seaforth AC	Liam Smart (M Sen)	Greenock Glenpark Harriers
Andrew Ferguson Jnr (M Sen)	Banchory Stonehaven AC	Gerard Smith (MU20)	Greenock Glenpark Harriers
Stuart Ferguson (MU20)	Banchory Stonehaven AC	David Tamburini (M 40)	Greenock Glenpark Harriers
Steven Prentice (M 40)	Bellahouston Harriers	Stephen Trainer (M Sen)	Greenock Glenpark Harriers
Stuart Miller (M Sen)	Bellahouston Harriers	Steven Watson (M Sen)	Greenock Glenpark Harriers
Darren McQuade (M Sen)	Bellahouston Harriers	Andrew White (M 45)	Greenock Glenpark Harriers
James McMillan (M 70)	Bellahouston Harriers	Robert Wilson (M Sen)	Greenock Glenpark Harriers
Crispin Walsh (M 40)	Bellahouston Harriers	Robert Wilson (M55)	Greenock Glenpark Harriers
Francis Gilroy (M 50)	Bellahouston Harriers	Andrew McLinden (M 60)	Hamilton Harriers
Iain Burke (M 65)	Bellahouston Harriers	David Dawson (M 45)	Hamilton Harriers
Paul Clawson (M Sen)	Bellahouston Harriers	David Kelly (M Sen)	Hamilton Harriers
Darren Murray (M 40)	Bellahouston Harriers	James Breen (M 45)	Hamilton Harriers
David Reynolds (M Sen)	Bellahouston Harriers	Mark Wheeler (M Sen)	Hamilton Harriers
Craig Lamont (M Sen)	Bellahouston Harriers	Michael Maxton (M 40)	Hamilton Harriers
Christopher Steward (M 60)	Bellahouston Harriers	Neil Richardson (M 40)	Hamilton Harriers
Jack Arnold (M Sen)	Bellahouston Harriers	Neil Robbins (M 50)	Hamilton Harriers
Robert Carson (M 60)	Bellahouston Harriers	Orla Chapman (M Sen)	Hamilton Harriers
Brent Brodie (M 40)	Bellahouston Harriers	Peter Middleton (M Sen)	Hamilton Harriers
Stuart Macdougall (M Sen)	Bellahouston Harriers	Richard Murciano (M Sen)	Hamilton Harriers
Ruairidh Macdonald (M Sen)	Bellahouston Harriers	Ross Bickerstaff (M 55)	Hamilton Harriers
Alastair Scott (M Sen)	Bellahouston Harriers	Roy Foot (M 40)	Hamilton Harriers
Michael Freshour (M 50)	Bellahouston Harriers	Stephen Duffy (M Sen)	Hamilton Harriers
Graeme Gemmell (M 45)	Bellahouston Harriers	Steven Donnelly (M Sen)	Hamilton Harriers
Hamish Barbour (M 50)	Bellahouston Road Runners	Terence Grady (M 55)	Hamilton Harriers
Iain Burns (M Sen)	Bellahouston Road Runners	Thomas Watterson (M Sen)	Hamilton Harriers
Gordon Clements (M 40)	Bellahouston Road Runners	Michael Sweeney (M Sen)	Helensburgh AAC
Liam Conway (M 45)	Bellahouston Road Runners	Colin Douglas (M 40)	Helensburgh AAC
John Gilhooly (M 55)	Bellahouston Road Runners	Campbell Fullarton (M Sen)	Helensburgh AAC
Greig Glendinning (M 40)	Bellahouston Road Runners	Euan Crumley (M Sen)	Helensburgh AAC
Gerry Hanlon (M 50)	Bellahouston Road Runners	Kenneth White (M 60)	Helensburgh AAC
Grant MacDonald (M Sen)	Bellahouston Road Runners	Alasdair Anthony (M Sen)	Hunters Bog Trotters
Anthony McParland (M 45)	Bellahouston Road Runners	George Ashley (M Sen)	Hunters Bog Trotters
Henry Merriweather (M 40)	Bellahouston Road Runners	Tomas Brdgeman (M Sen)	Hunters Bog Trotters
James Montgomery (M Sen)	Bellahouston Road Runners	Jamie Brown (M Sen)	Hunters Bog Trotters
Graeme Paterson (M 40)	Bellahouston Road Runners	Adrian Campbell (M Sen)	Hunters Bog Trotters
Stewart Robertson (M Sen)	Bellahouston Road Runners	Ian Campbell (M 45)	Hunters Bog Trotters
Gerard Scullion (M 45)	Bellahouston Road Runners	Ross Clark (M Sen)	Hunters Bog Trotters
Russell Whittington (M 40)	Bellahouston Road Runners	Daniel Clements (M Sen)	Hunters Bog Trotters
Barry Edwards (M Sen)	Bellahouston Road Runners	Ewan Crawford (M Sen)	Hunters Bog Trotters
Peter Gallanagh (M 45)	Bellahouston Road Runners	Daniel Fairlie (M Sen)	Hunters Bog Trotters
Alastair MacLachlan (M 55)	Bellahouston Road Runners	David Fulton (M Sen)	Hunters Bog Trotters
Derek Rigmund (M 45)	Bellahouston Road Runners	Daniel Gay (M Sen)	Hunters Bog Trotters
Jim Robinson (M 50)	Bellahouston Road Runners	Patryk Gierjatowicz (M Sen)	Hunters Bog Trotters
Nyall Goodwin (M Sen)	Bellahouston Road Runners	Hector Haines (M Sen)	Hunters Bog Trotters

Kenny McDonald (M 40)	Bellahouston Road Runners	Simon Harrison (M Sen)	Hunters Bog Trotters
Craig Reid (M Sen)	Bellahouston Road Runners	Alistair Hart (M 40)	Hunters Bog Trotters
Ciaran Dougherty (M Sen)	Bellahouston Road Runners	Alistair Hindle (M 40)	Hunters Bog Trotters
Alastair Ewen (M 40)	Bellahouston Road Runners	Peter Gardner (M Sen)	Hunters Bog Trotters
Robbie Hayman (M 40)	Bellahouston Road Runners	James Jarvis (M 40)	Hunters Bog Trotters
Brian O'Donnell (M Sen)	Bellahouston Road Runners	Huw Jones (M Sen)	Hunters Bog Trotters
David Weatherhead (M Sen)	Bellahouston Road Runners	Ian Marshall (M 65)	Hunters Bog Trotters
Keith Gibb (M 50)	Bellahouston Road Runners	Peter McClelland (M Sen)	Hunters Bog Trotters
Russell Couper (M 45)	Caldergleng Harriers	Stuart Mounce (M Sen)	Hunters Bog Trotters
Alan Derrick (M 45)	Caldergleng Harriers	Dave Matthews (M Sen)	Hunters Bog Trotters
Kenny Leinster (M 55)	Caldergleng Harriers	Philip Mowbray (M Sen)	Hunters Bog Trotters
Stuart Waugh (M Sen)	Caldergleng Harriers	Donald Naylor (M 40)	Hunters Bog Trotters
Mark Saez (M 40)	Caldergleng Harriers	Ivor Normand (M 45)	Hunters Bog Trotters
Jim Holmes (M 45)	Caldergleng Harriers	Brian Pendreigh (M 55)	Hunters Bog Trotters
Jim Mearns (M 45)	Caldergleng Harriers	Jon Rathjen (M 45)	Hunters Bog Trotters
Martin Duthie (M 50)	Caldergleng Harriers	James Rogers (M Sen)	Hunters Bog Trotters
Richard Lawton (M 40)	Caldergleng Harriers	Bobby Scully (M Sen)	Hunters Bog Trotters
Colin Banks (M Sen)	Caldergleng Harriers	Murray Strain (M Sen)	Hunters Bog Trotters
Andy Buchanan (M Sen)	Caldergleng Harriers	Michael Taylor (M Sen)	Hunters Bog Trotters
William Buchanan (M 60)	Caldergleng Harriers	Robin Thomas (M 55)	Hunters Bog Trotters
Andrew Henderson (M 60)	Caldergleng Harriers	William Townsend (M Sen)	Hunters Bog Trotters
David Herbertson (M 40)	Caldergleng Harriers	Dick Wall (M 55)	Hunters Bog Trotters
Ian Hughes (M 45)	Caldergleng Harriers	Dave Ward (M Sen)	Hunters Bog Trotters
Colin Jarvie (M Sen)	Caldergleng Harriers	Ray Ward (M Sen)	Hunters Bog Trotters
Graham Lindsay (M 50)	Caldergleng Harriers	David Wright (M Sen)	Hunters Bog Trotters
Philip Marshall (M 55)	Caldergleng Harriers	Kristopher Gauson (M Sen)	Inverclyde AC
John McBride (M 50)	Caldergleng Harriers	Craig Ruddy (M Sen)	Inverclyde AC
Andrew McCaffery (M 50)	Caldergleng Harriers	Mark Pollard (M Sen)	Inverclyde AC
Charles McDougall (M 65)	Caldergleng Harriers	Dan Mulhare (M Sen)	Inverclyde AC
John McGregor (M 40)	Caldergleng Harriers	Gary McKendrick (M 50)	Inverclyde AC
Gerard Mullen (M 55)	Caldergleng Harriers	Gerard Gaffney (M 55)	Inverclyde AC
Stephen Phimister (M 45)	Caldergleng Harriers	Gavin Morrison (M 45)	Inverclyde AC
Ian Rae (M 45)	Caldergleng Harriers	Thomas Jamieson (M Sen)	Inverclyde AC
Hugh Simpson (M 50)	Caldergleng Harriers	John Bannister (M 55)	Inverclyde AC
Charles Steven (M 50)	Caldergleng Harriers	Tom Tracey (M 60)	Inverclyde AC
George Stewart (M 50)	Caldergleng Harriers	Robert Gray (M 40)	Inverclyde AC
David Wardrope (M Sen)	Caldergleng Harriers	Andrew Douglas (M Sen)	Inverclyde AC
David Watt (M 50)	Caldergleng Harriers	Damien Mallet (M Sen)	Inverclyde AC
David Searil (M 60)	Caldergleng Harriers	Jude Boulton (M 40)	Inverclyde AC
Edward Reid (M 50)	Caldergleng Harriers	Sean Gaffney (M Sen)	Inverclyde AC
Christopher Abraham (M Sen)	Carnegie Harriers	Michael Houston (MU20)	Inverclyde AC
Scott Bradley (M 40)	Carnegie Harriers	Greg Williams (MU20)	Inverclyde AC
Allan Brannigan (M 50)	Carnegie Harriers	Robert Todd (MU20)	Inverclyde AC
Forbes Jackson (MU15)	Carnegie Harriers	Callum Hunter (MU20)	Inverclyde AC
Martin Butcher (M Sen)	Carnegie Harriers	Jonathan Glen (MU20)	Inverclyde AC
David Clark (M Sen)	Carnegie Harriers	Graeme Hyett (M Sen)	Inverclyde AC
Alan Cockburn (M 45)	Carnegie Harriers	Joshua Houston (MU20)	Inverclyde AC
John Crookston (M 55)	Carnegie Harriers	Graeme Forbes (M 45)	Inverclyde AC
Barry Davie (M Sen)	Carnegie Harriers	Duncan Macfadyen (M 50)	Inverclyde AC
Kevin Davie (M Sen)	Carnegie Harriers	Neil McLaughlin (M Sen)	Inverclyde AC
Stephen Greer (M 55)	Carnegie Harriers	Matthew Thomson (M Sen)	Inverclyde AC
Mike Harvey (M 50)	Carnegie Harriers	Alastair Law (M Sen)	Inverclyde AC
Dennis Howett (M 45)	Carnegie Harriers	Donnie Macdonald (M Sen)	Inverness Harriers AAC
Peter Humphreys (M 45)	Carnegie Harriers	Andrew MacRae (M Sen)	Inverness Harriers AAC
John Hynd (M 50)	Carnegie Harriers	Stephen Mackay (M Sen)	Inverness Harriers AAC
Mark Johnstone (M 40)	Carnegie Harriers	Craig Campbell (MU20)	Inverness Harriers AAC
Paul Kieran (M Sen)	Carnegie Harriers	Andrew Rennie (M 65)	Irvine Running Club
Steven King (M 40)	Carnegie Harriers	Mark Livingstone (M 40)	Irvine Running Club
Scott Love (M Sen)	Carnegie Harriers	Alex Allardyce (M 40)	Irvine Running Club
Stuart Mackay (M Sen)	Carnegie Harriers	William Richardson (M 40)	Irvine Running Club
Jonathan Millar (M Sen)	Carnegie Harriers	David Millar (M 45)	Irvine Running Club
Robert Milton (M 50)	Carnegie Harriers	James White (M 60)	Irvine Running Club
Kieran Morgan (M 50)	Carnegie Harriers	Steven Stirrat (M Sen)	Irvine Running Club
Peter Morrison (M 45)	Carnegie Harriers	Graeme Macfarlane (M Sen)	Irvine Running Club
David Morton (M Sen)	Carnegie Harriers	Callum Hawkins (M Sen)	Kilbarchan AAC
John O'Connor (M 55)	Carnegie Harriers	Derek J Hawkins (M Sen)	Kilbarchan AAC
Peter Simpson (M 55)	Carnegie Harriers	Euan Gillham (MU20)	Kilbarchan AAC
Andrew Smith (M Sen)	Carnegie Harriers	Paul Leck (M Sen)	Kilbarchan AAC
Malcolm Smith (M 50)	Carnegie Harriers	Gavin McArdle (MU20)	Kilbarchan AAC
Ian Stewart (M 55)	Carnegie Harriers	Andrew Dearie (M Sen)	Kilbarchan AAC
Calum Vallance (M 45)	Carnegie Harriers	Robert Quinn (M 45)	Kilbarchan AAC
Nicholas Weir (M 45)	Carnegie Harriers	Scott MacAulay (M Sen)	Kilbarchan AAC
Mark Johnston (M 40)	Carnethy Hill Racing Club	Conor McNulty (M Sen)	Kilbarchan AAC
Stewart Whittle (M 50)	Carnethy Hill Racing Club	Russell Mountford (MU20)	Kilbarchan AAC
Craig Mattocks (M 40)	Carnethy Hill Racing Club	Callum Matthews (MU20)	Kilbarchan AAC
Paul Faulkner (M 40)	Carnethy Hill Racing Club	Thomas McDonald (M Sen)	Kilbarchan AAC
Iain Whiteside (M Sen)	Carnethy Hill Racing Club	David Mackintosh (M Sen)	Kilbarchan AAC
Iain Gilmore (M Sen)	Carnethy Hill Racing Club	Dean Kennedy (MU20)	Kilbarchan AAC
Andrew Gilmore (M Sen)	Carnethy Hill Racing Club	Gary Downey (M Sen)	Kilbarchan AAC
James Bruce Waldie (M Sen)	Carnethy Hill Racing Club	Tom Murray (MU20)	Kilbarchan AAC
Gordon Appelbe (M Sen)	Central AC	John McLaughlin (M 50)	Kilbarchan AAC
Cameron Boyek (M Sen)	Central AC	Alan Craig (M 45)	Kilbarchan AAC
Hugh Buchanan (M 50)	Central AC	Steven Hill (M Sen)	Kilbarchan AAC
Andrew Butchart (M Sen)	Central AC	Graham Evans (M Sen)	Kilbarchan AAC
aiden Cameron (M Sen)	Central AC	Charlie Wighton (MU20)	Kilbarchan AAC
Cameron Campbell (M 55)	Central AC	Cameron Wilson (M Sen)	Kilmarnock H&AC
Dale Colley (MU20)	Central AC	Scott Martin (M 45)	Kilmarnock H&AC

Richard Coombs (M 45)	Central AC	Neil Walker (M Sen)	Kilmarnock H&AC
Jamie Crowe (MU20)	Central AC	Cameron Mackie (M Sen)	Kilmarnock H&AC
David Eckersley (M 50)	Central AC	Scott Lyden (M Sen)	Kilmarnock H&AC
Attila Emmer (M Sen)	Central AC	Leslie McDerment (M 40)	Kilmarnock H&AC
Allan Gall (M 55)	Central AC	Stewart McAllister (M Sen)	Kilmarnock H&AC
William Gault (M 65)	Central AC	James Wales (M Sen)	Kilmarnock H&AC
Scott Green (M Sen)	Central AC	Connell Drummond (M 40)	Kilmarnock H&AC
Alastair Hay (M Sen)	Central AC	Stewart McRoberts (M Sen)	Kilmarnock H&AC
Alexander Hendry (M Sen)	Central AC	Alister Neil (M Sen)	Kilmarnock H&AC
Will Hensman (M Sen)	Central AC	Ryan Kennedy (M Sen)	Kilmarnock H&AC
Kenneth Hislop (M Sen)	Central AC	Anthony Rodden (M Sen)	Kilmarnock H&AC
Ross Houston (M Sen)	Central AC	Kenneth Wales (M 45)	Kilmarnock H&AC
Ewan Jack (M 40)	Central AC	Stephen Allan (M 40)	Kirkintilloch Olympians
Hugh Kerr (M 50)	Central AC	Graham McCabe (M 40)	Kirkintilloch Olympians
David Lindsay (M Sen)	Central AC	David Hogg (M 40)	Kirkintilloch Olympians
Liam McCabe (M 50)	Central AC	Howard Elliott (M 45)	Kirkintilloch Olympians
Conan McCaughey (M Sen)	Central AC	Robert Keenan (M Sen)	Kirkintilloch Olympians
Scott McDonald (M Sen)	Central AC	Derek Martin (M 45)	Kirkintilloch Olympians
Christopher Mchardy (M Sen)	Central AC	Paul O'Hare (M Sen)	Kirkintilloch Olympians
David Mackinlay (M Sen)	Central AC	Kieran Pugh (MU20)	Kirkintilloch Olympians
Sandy MacLarty (M Sen)	Central AC	Robert Rogerson (M 50)	Kirkintilloch Olympians
John Millar (M 60)	Central AC	John Pugh (M 45)	Kirkintilloch Olympians
Lewis Millar (M Sen)	Central AC	Paul Reilly (M 45)	Kirkintilloch Olympians
Cameron Milne (M Sen)	Central AC	Cornel Neil (M 50)	Kirkintilloch Olympians
Raymond J Milne (M 50)	Central AC	David Gates (M 45)	Kirkintilloch Olympians
Billy Mitchell (M 50)	Central AC	James Gallacher (M 50)	Kirkintilloch Olympians
Robin Mussett (M 50)	Central AC	Vincent Carroll (M 45)	Kirkintilloch Olympians
John Newsom (M Sen)	Central AC	Gary Shaw (M Sen)	Kirkintilloch Olympians
Robert Russell (M Sen)	Central AC	Robert Bartley (M Sen)	Kirkintilloch Olympians
Tom Watson (M Sen)	Central AC	David Gardiner (M 45)	Kirkintilloch Olympians
Stuart Watson (M 50)	Central AC	Louis O'Hare (M 40)	Kirkintilloch Olympians
Philip Williams (M 40)	Central AC	Stuart Kerr (M 40)	Kirkintilloch Olympians
Michael Wright (M Sen)	Central AC	Sean Casey (M 45)	Kirkintilloch Olympians
Philip Wright (MU20)	Central AC	Mark Welsford (M 40)	Kirkintilloch Olympians
Neil Cameron (M 45)	Central AC	Alastair Smith (M Sen)	Lasswade AAC
Paul Carroll (M 45)	Clydesdale Harriers	Barney Phillips (M Sen)	Lasswade AAC
Peter Rudzinski (M 60)	Clydesdale Harriers	John Murray (M Sen)	Lasswade AAC
Robert Young (M 70)	Clydesdale Harriers	Paul Bellamy (M Sen)	Lasswade AAC
Pete Cartwright (M 70)	Clydesdale Harriers	Doug MacDonald (M Sen)	Lasswade AAC
David Brown (M Sen)	Clydesdale Harriers	Scott Dickson (M 40)	Lasswade AAC
Paul McKendry (M 50)	Clydesdale Harriers	Phil Parr-Burman (M 50)	Lasswade AAC
Ryan Nelson (M Sen)	Clydesdale Harriers	Paul Benham (M Sen)	Lasswade AAC
Tony Dolan (MU20)	Clydesdale Harriers	Ross Finlayson (M Sen)	Lasswade AAC
Kevin Farmer (M Sen)	Clydesdale Harriers	Gavin Calder (M Sen)	Lasswade AAC
Iain Robertson (M Sen)	Clydesdale Harriers	Ross Henderson (MU20)	Lasswade AAC
Dewar Stewart (M 50)	Clydesdale Harriers	Iain Lawson (MU20)	Lasswade AAC
Stephen McKee (M 50)	Clydesdale Harriers	Michael Brown (M Sen)	Lasswade AAC
Ryan Savage (M Sen)	Clydesdale Harriers	Luke Foss (MU20)	Law & District AAC
Robert O'Neill (M Sen)	Clydesdale Harriers	Darran Muir (M Sen)	Law & District AAC
Watson Jones (M 70)	Clydesdale Harriers	Anthony Higgins (M 40)	Law & District AAC
James Austin (M 45)	Clydesdale Harriers	Scott Jackson (M 45)	Law & District AAC
Hugh Lavery (M 55)	Clydesdale Harriers	Stuart Leghorn (MU20)	Law & District AAC
Brian J Campbell (M 70)	Clydesdale Harriers	Jim Gillon (M Sen)	Law & District AAC
Alan Dick (M 45)	Clydesdale Harriers	Jamie McMorrow (M Sen)	Law & District AAC
Michael Diver (M 45)	Clydesdale Harriers	Mark Hand (M 40)	Law & District AAC
Augustine Cairney (M 55)	Clydesdale Harriers	Ross Hill (MU20)	Law & District AAC
Moray Anderson (M Sen)	Corstorphine AAC	Jonathan Kennedy (MU20)	Law & District AAC
Kris Berry (M Sen)	Corstorphine AAC	Stuart McLuckie (M Sen)	Law & District AAC
Steven Blair (M 50)	Corstorphine AAC	Patrick Kelly (M 65)	Law & District AAC
Alastair Brockie (M Sen)	Corstorphine AAC	Alex Hay (M 50)	Law & District AAC
Nicholas Brown (M Sen)	Corstorphine AAC	Ross Macdonald (M Sen)	Law & District AAC
Alan Cameron (M 40)	Corstorphine AAC	Stephen Allen (M 45)	Law & District AAC
Jonathan Carpenter (M Sen)	Corstorphine AAC	Daniel McLaughlin (M Sen)	Lothian Running Club
Shaun Caves (M 50)	Corstorphine AAC	Max McNeill (M Sen)	Lothian Running Club
Bryan Clark (M Sen)	Corstorphine AAC	Colin Partridge (M Sen)	Lothian Running Club
Keith Copland (M 45)	Corstorphine AAC	Malcolm Lang (M Sen)	Lothian Running Club
Howell Craske (M Sen)	Corstorphine AAC	Alan Moffat (M Sen)	Lothian Running Club
Iain Cumming (M 60)	Corstorphine AAC	Kenton Jones (M 50)	Lothian Running Club
Alex Cumming (M Sen)	Corstorphine AAC	Kenny Mearns (M 55)	Lothian Running Club
Dermot Cummins (M Sen)	Corstorphine AAC	Owen Williams (M Sen)	Lothian Running Club
Tom Ferrington (M Sen)	Corstorphine AAC	Harry Mulholland (M 50)	Lothian Running Club
Graeme Fletcher (M 50)	Corstorphine AAC	Ian Hall (M 50)	Lothian Running Club
Christopher Galloway (MU20)	Corstorphine AAC	Martin Leadbetter (M 55)	Lothian Running Club
James Harrison (M Sen)	Corstorphine AAC	Donald Shaw (M 40)	Lothian Running Club
Keith Hood (M 40)	Corstorphine AAC	Jonathan Barclay (M 60)	Lothian Running Club
Ian Johnston (M 50)	Corstorphine AAC	Scott Fraser (M Sen)	Lothian Running Club
Richard Lewis (M 40)	Corstorphine AAC	Hugh Miller (M Sen)	Lothian Running Club
Sandy Low (M 45)	Corstorphine AAC	Robert Kennedy (MU20)	Lothian Running Club
Iain MacLeod (M Sen)	Corstorphine AAC	Stewart Kennedy (M 40)	Lothian Running Club
Bruce Malcolm (M 50)	Corstorphine AAC	David Mabon (M 60)	Lothian Running Club
Cathal McCarthy (M Sen)	Corstorphine AAC	Stewart Kerr (M40)	Lothian Running Club
Calum McKenzie (M Sen)	Corstorphine AAC	Ted Finch (M 60)	Lothian Running Club
Graham Mclean (M 55)	Corstorphine AAC	Graeme Ackland (M 50)	Lothian Running Club
Ian McPherson (M 45)	Corstorphine AAC	Jim Alexander (M50)	Lothian Running Club
Ross Milne (M Sen)	Corstorphine AAC	David Eades (M 45)	Lothian Running Club
Timothy Norwood (M Sen)	Corstorphine AAC	Andrew Fish (M Sen)	Lothian Running Club
Christopher O'Brien (M Sen)	Corstorphine AAC	Robin Galloway (M 45)	Lothian Running Club

Steven O'Brien (M Sen)	Corstorphine AAC	Stephen Malcolm (M 45)	Lothian Running Club
Scott Pilkington (M Sen)	Corstorphine AAC	Finlay Slane (M 50)	Lothian Running Club
Dougie Selman (M Sen)	Corstorphine AAC	Tom Brian (M Sen)	Metro Aberdeen Running Club
Alan Torgersen (M Sen)	Corstorphine AAC	Peter Jennongs (M Sen)	Metro Aberdeen Running Club
Jan-Bert Van Den Berg (M 50)	Corstorphine AAC	Robert Taylor (M 55)	Metro Aberdeen Running Club
Thomas Wilson (M Sen)	Corstorphine AAC	Alasdair MacMillan (M Sen)	Metro Aberdeen Running Club
Dean Carr (M 40)	Corstorphine AAC	Ian McGregor (M Sen)	Metro Aberdeen Running Club
Peter Walsh (M 55)	Dumbarton AAC	Ian Urquhart (M Sen)	Metro Aberdeen Running Club
Thomas Kelly (M 55)	Dumbarton AAC	Callum Walker (M Sen)	Metro Aberdeen Running Club
Eddie Caldwell (M 50)	Dumbarton AAC	Gavin Reid (M Sen)	Metro Aberdeen Running Club
William Goldie (M 55)	Dumbarton AAC	Gavin McLennan (M Sen)	Metro Aberdeen Running Club
Paul Kelly (M Sen)	Dumbarton AAC	Andrew Buchanan (M 40)	Motherwell AC
Peter Walsh (M Sen)	Dumbarton AAC	Andrew Scott (M 45)	Motherwell AC
Kieran McQuade (M Sen)	Dumbarton AAC	Benjamin Hands (M 50)	Motherwell AC
Stephen Cole (M 40)	Dumbarton AAC	Brett Lawson (M Sen)	Motherwell AC
Nigel Reynolds (M 50)	Dundee Hawkhill Harriers	Christopher MacDonald (M Sen)	Motherwell AC
Matthew Strachan (M 50)	Dundee Hawkhill Harriers	Craig Mackenzie (M Sen)	Motherwell AC
Craig Ross (M 55)	Dundee Hawkhill Harriers	Craig Morris (M Sen)	Motherwell AC
Gordon Barrie (M 40)	Dundee Hawkhill Harriers	Gordon McArthur (M 40)	Motherwell AC
Charles Haskett (M 55)	Dundee Hawkhill Harriers	Graeme Kennedy (M 50)	Motherwell AC
Mark Lamb (M Sen)	Dundee Hawkhill Harriers	John Burns (M 50)	Motherwell AC
Des Crowe (M 50)	Dundee Hawkhill Harriers	John Hughes (M 55)	Motherwell AC
Craig Love (M 40)	Dundee Hawkhill Harriers	Luke McIlvenna (M Sen)	Motherwell AC
Steve Matthews (M 40)	Dundee Hawkhill Harriers	Mark Gallacher (M 40)	Motherwell AC
Colin McNally (M 40)	Dundee Hawkhill Harriers	Mark Paterson (M Sen)	Motherwell AC
Philip Forte (M 55)	Dundee Hawkhill Harriers	Nicholas Hughes (M Sen)	Motherwell AC
Gary Bruce (M Sen)	Dundee Hawkhill Harriers	Peter Blackmore (M 40)	Motherwell AC
David Hanlon (M 55)	Dundee Hawkhill Harriers	Robert Pattinson (M 45)	Motherwell AC
Roger Van Gompel (M 40)	Dundee Hawkhill Harriers	Roderick Quinn (M Sen)	Motherwell AC
Neil Gunstone (M Sen)	Dundee Hawkhill Harriers	Scott Dickson (M Sen)	Motherwell AC
David Adam (M 45)	Dundee Hawkhill Harriers	Thomas Sneddon (M 40)	Motherwell AC
Alan Lawson (M 65)	Dundee Hawkhill Harriers	John Stevenson (M 50)	Ochil Hill Runners
Richard G. Davidson (M 55)	Dundee Hawkhill Harriers	David Eiser (M Sen)	Ochil Hill Runners
Craig Bertie (M 40)	Dundee Hawkhill Harriers	Ron Martin (M Sen)	Ochil Hill Runners
Johnny McBain (M Sen)	Dundee Hawkhill Harriers	Martin Dean (M 55)	Ochil Hill Runners
Billy Gibson (M Sen)	Dundee Hawkhill Harriers	Bob Wiseman (M Sen)	Ochil Hill Runners
Euan Rose (MU20)	Dundee Hawkhill Harriers	Simon Nash (M 50)	Ochil Hill Runners
Bruce Scott (M 40)	Dundee Hawkhill Harriers	Ross McLennan (M Sen)	Ochil Hill Runners
Kenneth Letham (M 50)	Dundee Hawkhill Harriers	Graeme Campbell (M Sen)	Ochil Hill Runners
John Mill (M 50)	Dundee Road Runners AC	Andrew Wright (M 40)	Ochil Hill Runners
Kenny Malone (M Sen)	Dundee Road Runners AC	Michael Burns (M Sen)	Pitreavie AAC
Steven Dick (M 50)	Dundee Road Runners AC	Steven Perrie-Clyde (MU20)	Pitreavie AAC
Bob Jack (M 40)	Dundee Road Runners AC	Jack Lawrie (MU20)	Pitreavie AAC
Vincent Hastings (MU20)	East Kilbride A.C.	Ben Potrykus (MU20)	Pitreavie AAC
Jamie Clements (M Sen)	East Kilbride A.C.	Craig Robertson (M Sen)	Pitreavie AAC
John Fergusson (M Sen)	East Kilbride A.C.	Aidan Thompson (MU20)	Pitreavie AAC
Niall Walker (M Sen)	East Kilbride A.C.	Neil MacIachlan (M Sen)	Pitreavie AAC
Grant Baillie (M Sen)	East Kilbride A.C.	Colin Lamont (M Sen)	Pitreavie AAC
Jack Kirwan (MU20)	East Kilbride A.C.	Ian Beattie (M 45)	Portobello Running Club
David Thomson (M Sen)	East Kilbride A.C.	Andrew Stavert (M 50)	Portobello Running Club
David Gorman (M Sen)	East Kilbride A.C.	William Jarvie (M 55)	Portobello Running Club
Graeme Haddow (M 50)	East Kilbride A.C.	Richard Hadfield (M 45)	Portobello Running Club
William Taylor (M 45)	East Kilbride A.C.	David Limmer (M Sen)	Portobello Running Club
Derek Leitch (M Sen)	East Kilbride A.C.	Jake Harper (M Sen)	Portobello Running Club
John Blair (M 50)	Edinburgh AC	Mark Fry (M 50)	Portobello Running Club
Paul Brennan (M Sen)	Edinburgh AC	Peter Buchanan (M 50)	Portobello Running Club
Andrew Cumine (M Sen)	Edinburgh AC	Bernard Gough (M 60)	Ron Hill Cambuslang Harriers
Adam Craig (MU20)	Edinburgh AC	Francis Hurley (M 60)	Ron Hill Cambuslang Harriers
Robert Bough (MU20)	Edinburgh AC	Paul Thompson (M 55)	Ron Hill Cambuslang Harriers
Chris Creegan (M 50)	Edinburgh AC	Colin Feechan (M 55)	Ron Hill Cambuslang Harriers
Jamie Doris (M Sen)	Edinburgh AC	Colin Donnelly (M Sen)	Ron Hill Cambuslang Harriers
Keith Dunlop (M Sen)	Edinburgh AC	Edward Carr (M 50)	Ron Hill Cambuslang Harriers
Martin Ferguson (M 50)	Edinburgh AC	David Thom (M 50)	Ron Hill Cambuslang Harriers
Adam Jack (M Sen)	Edinburgh AC	Alick Walkinshaw (M 50)	Ron Hill Cambuslang Harriers
Andrew Lawler (MU20)	Edinburgh AC	Chris Upson (M 50)	Ron Hill Cambuslang Harriers
Andrew Latham (M 45)	Edinburgh AC	Daniel O'Connell (M 45)	Ron Hill Cambuslang Harriers
Eoghan Maguire (M Sen)	Edinburgh AC	James Healy (M 45)	Ron Hill Cambuslang Harriers
Richard Meade (M Sen)	Edinburgh AC	Kenny Macpherson (M 45)	Ron Hill Cambuslang Harriers
Ruraidh Miller (M Sen)	Edinburgh AC	Iain Crawford (M 45)	Ron Hill Cambuslang Harriers
Alex MacEwen (M 55)	Edinburgh AC	Michael O'Hagan (M 45)	Ron Hill Cambuslang Harriers
James McIay (M Sen)	Edinburgh AC	Greg Hastie (M 40)	Ron Hill Cambuslang Harriers
Mark MacDermot (MU20)	Edinburgh AC	Kerry-Liam Wilson (M 40)	Ron Hill Cambuslang Harriers
Colin McGill (M Sen)	Edinburgh AC	Stephen Wylie (M 40)	Ron Hill Cambuslang Harriers
Ken Mortimer (M 50)	Edinburgh AC	Jamie Reid (M 40)	Ron Hill Cambuslang Harriers
Matthew Newnham (M 55)	Edinburgh AC	Scott Hunter (M 40)	Ron Hill Cambuslang Harriers
Chris Ponton (MU20)	Edinburgh AC	Michael Barker (M 40)	Ron Hill Cambuslang Harriers
Argy Rizos (M 40)	Edinburgh AC	Robert Gilroy (M Sen)	Ron Hill Cambuslang Harriers
Dale Roy (M Sen)	Edinburgh AC	Iain Reid (M Sen)	Ron Hill Cambuslang Harriers
Neil Renault (M Sen)	Edinburgh AC	Martin Williams (M Sen)	Ron Hill Cambuslang Harriers
Garry Robertson (M 50)	Edinburgh AC	Benjamin Hukins (M Sen)	Ron Hill Cambuslang Harriers
Adam Rouse (M 40)	Edinburgh AC	Kenny O'Neill (M Sen)	Ron Hill Cambuslang Harriers
David Sidebottom (M Sen)	Edinburgh AC	Justin Carter (M Sen)	Ron Hill Cambuslang Harriers
David Steele (M 50)	Edinburgh AC	George Pettit (M Sen)	Ron Hill Cambuslang Harriers
Robert Turner (M 40)	Edinburgh AC	Gordon Robertson (M Sen)	Ron Hill Cambuslang Harriers
Nicholas Wolverson (M Sen)	Edinburgh AC	Iain MacCorquodale (M Sen)	Ron Hill Cambuslang Harriers
David Cross (M Sen)	Edinburgh AC	Stuart Gibson (M Sen)	Ron Hill Cambuslang Harriers
Ben Stevenson (M Sen)	Edinburgh Univ Hare & Hounds	Josh Lilly (M Sen)	Ron Hill Cambuslang Harriers

Kyle McLellan (M Sen)	Edinburgh Univ Hare & Hounds	Kyle McLellan (M Sen)	Ron Hill Cambuslang Harriers
James Dunn (MU20)	Edinburgh Univ Hare & Hounds	Bobby Bristow (M Sen)	Ron Hill Cambuslang Harriers
James Thomas (MU20)	Edinburgh Univ Hare & Hounds	Stephen (jnr) Paris (M Sen)	Ron Hill Cambuslang Harriers
Huw Vaughan-Jackson (M Sen)	Edinburgh Univ Hare & Hounds	Grant Sheldon (M Sen)	Ron Hill Cambuslang Harriers
Matthew Rallison (M Sen)	Edinburgh Univ Hare & Hounds	Ryan Thomson (MU20)	Ron Hill Cambuslang Harriers
Edward Dudgeon (M Sen)	Edinburgh Univ Hare & Hounds	John Ball (MU20)	Ron Hill Cambuslang Harriers
Matthew Sutherland (M Sen)	Edinburgh Univ Hare & Hounds	Jacob Boyle (MU20)	Ron Hill Cambuslang Harriers
Gordon Dewar (M 45)	Falkirk Victoria Harriers	Ross Stephen (MU20)	Ron Hill Cambuslang Harriers
John Denholm (M 60)	Falkirk Victoria Harriers	David Robertson (MU20)	Ron Hill Cambuslang Harriers
John Brogan (M Sen)	Falkirk Victoria Harriers	Brendan Carey (MU20)	Ron Hill Cambuslang Harriers
Euan Martin (M Sen)	Falkirk Victoria Harriers	Jack MacGregor (MU20)	Ron Hill Cambuslang Harriers
John Martin (M 55)	Falkirk Victoria Harriers	Michael Paxton (M Sen)	Shettleston Harriers
Craig Johnston (M 45)	Falkirk Victoria Harriers	William Breckenridge (M 45)	Shettleston Harriers
Malcolm Finlayson (M 45)	Falkirk Victoria Harriers	Adam Peters (M Sen)	Shettleston Harriers
Gary Munro (MU20)	Falkirk Victoria Harriers	Brian McGarrity (M Sen)	Shettleston Harriers
Kenneth Anthony (M 50)	Fife AC	Andy Little (M 50)	Shettleston Harriers
Ruwan Fernando (M 45)	Fife AC	Peter Mackie (M Sen)	Shettleston Harriers
Kenneth Morris (M 65)	Fife AC	John J Duffy (M 50)	Shettleston Harriers
Andrew Murphy (M Sen)	Fife AC	Matthew Sullivan (M Sen)	Shettleston Harriers
Daniel Newman (M 45)	Fife AC	Tewoldeberhan Mengisteab (M Sen)	Shettleston Harriers
Roger Rees (M 45)	Fife AC	Mark McColl (M Sen)	Shettleston Harriers
D.Melville Scobie (M 65)	Fife AC	Paul Sorrie (M Sen)	Shettleston Harriers
Bryce Aitken (M 55)	Fife AC	Michael Deason (M Sen)	Shettleston Harriers
Kenneth Anderson (M Sen)	Fife AC	John Oates (M 55)	Shettleston Harriers
Gary Barker (M 55)	Fife AC	Lachlan Oates (M Sen)	Shettleston Harriers
Luca Basso (M 45)	Fife AC	Gerard Mason (M 50)	Shettleston Harriers
David Bell (M 40)	Fife AC	Bill Winning (M 40)	Shettleston Harriers
Graham Bennison (M 65)	Fife AC	Kieran Docherty (M Sen)	Shettleston Harriers
George Black (M 70)	Fife AC	Alastair Pringle (M 45)	Shettleston Harriers
Colin Brown (M 45)	Fife AC	Amanuel Hagos (M Sen)	Shettleston Harriers
Scott Cassidy (M Sen)	Fife AC	Thomas Owens (M Sen)	Shettleston Harriers
David Cowan (M 50)	Fife AC	Stephen Winter (M Sen)	Shettleston Harriers
Calum Harvie (M 40)	Fife AC	Craig Tomisons (M Sen)	Shettleston Harriers
Ian Hawkins (M 50)	Fife AC	Brian Robertson (M Sen)	Shettleston Harriers
Jacob Howe (M 40)	Fife AC	Kevin Brydon (M Sen)	Shettleston Harriers
Fergus Ingledew (MU20)	Fife AC	Alasdair McLeod (M Sen)	Shettleston Harriers
Graham Kirby (M 45)	Fife AC	Kenny Richmond (M 45)	Shettleston Harriers
Skylar Lobdell (M Sen)	Fife AC	Adam Lee (M Sen)	Shettleston Harriers
Ronan McKinstray (MU20)	Fife AC	David Murphy (M 40)	Shettleston Harriers
Frank McLaren (M 60)	Fife AC	Ian Johnston (M 45)	Shettleston Harriers
Tony Martin (M 60)	Fife AC	Walter Henderson (M40)	Shettleston Harriers
Neil Millar (M 40)	Fife AC	Matthew Turner (M Sen)	Shettleston Harriers
Andrew Milne (M 45)	Fife AC	Tsegai Tewelde (M Sen)	Shettleston Harriers
James Pennycook (MU20)	Fife AC	Matthew Turner (M Sen)	Shettleston Harriers
Steven Pennycook (M 55)	Fife AC	William Coyle (M50)	Shettleston Harriers
Logan Rees (MU20)	Fife AC	Denis Williams (M 50)	Shettleston Harriers
Callum Rennet (MU20)	Fife AC	Scott Kennedy (M 40)	Shettleston Harriers
David Sleigh (M 45)	Fife AC	David I Houston (M Sen)	Shettleston Harriers
Liam Sleigh (MU20)	Fife AC	Bill Winning (M 40)	Shettleston Harriers
Bill Smith (M 45)	Fife AC	Clement Eliot (M Sen)	Shettleston Harriers
Lee Strachan (M Sen)	Fife AC	John Connaghan (M 40)	Shettleston Harriers
Keith Taylor (M Sen)	Fife AC	Matt Jackson (M Sen)	Springburn Harriers
John Thomson (M 55)	Fife AC	Grant Cairns (M Sen)	Springburn Harriers
Brian Thomson (M 40)	Fife AC	Anthony J M McGale (M 40)	Springburn Harriers
Jeremy Tomlinson (M 55)	Fife AC	Ross McEachern (M 45)	Springburn Harriers
Alan Johnston (M 40)	Gala Harriers	Scot Hill (M 45)	Springburn Harriers
Alistair Laurie (M 50)	Gala Harriers	Andrew Callan (M 40)	Springburn Harriers
Andrew Lawrie (M Sen)	Gala Harriers	John Miligan (M 40)	Springburn Harriers
Colin McCall (M 40)	Gala Harriers	Daniel O'Neill (M 45)	Springburn Harriers
Alan Johnston (M 40)	Gala Harriers	Alan Inglis (M 45)	Teviotdale Harriers
Alistair Laurie (M 50)	Gala Harriers	Alan Coltman (M 45)	Teviotdale Harriers
Andrew Lawrie (M Sen)	Gala Harriers	Alex Corbett (M 45)	Teviotdale Harriers
Colin McCall (M 40)	Gala Harriers	Paul Lockie (M 45)	Teviotdale Harriers
Colin Welsh (M Sen)	Gala Harriers	Michael Yule (M 45)	Teviotdale Harriers
David Moffat (M 40)	Gala Harriers	Rory Anderson (M Sen)	Teviotdale Harriers
David Nightingale (M 55)	Gala Harriers	Alister Biggar (M 40)	Teviotdale Harriers
Derrick Brydon (M 40)	Gala Harriers	Ged Smith (M Sen)	Teviotdale Harriers
Fergus Johnston (M Sen)	Gala Harriers	Anna Catchpole (MU20)	Teviotdale Harriers
Graeme Murdoch (M Sen)	Gala Harriers	Kyle Potts (MU20)	Teviotdale Harriers
Graham Pogson (M 55)	Gala Harriers	Robert Leach (MU20)	University of St Andrews CC
Ian Maxwell (M 50)	Gala Harriers	Chris Russell (M Sen)	University of St Andrews CC
James Mercer (MU20)	Gala Harriers	Andrew Mitchell (M Sen)	University of St Andrews CC
James Purves (M 55)	Gala Harriers	Philip Wright (MU20)	University of St Andrews CC
Mark Bryson (M 45)	Gala Harriers	Samuel Peach (M Sen)	University of St Andrews CC
Rory Campbell (M 40)	Gala Harriers	Mark Ashby (M 50)	VP-Glasgow AC
Steven Martin (M 40)	Gala Harriers	Marc Austin (M Sen)	VP-Glasgow AC
Thomas Knox (M Sen)	Gala Harriers	Ralph Connolly (M 45)	VP-Glasgow AC
Wayne McIntosh (M Sen)	Gala Harriers	Gerard Craig (M 45)	VP-Glasgow AC
William McCulloch (M 55)	Gala Harriers	Sean Fontana (M Sen)	VP-Glasgow AC
Robert McLennan (M 55)	Garscube Harriers	Martin Hayes (M Sen)	VP-Glasgow AC
Christopher Kilshaw (M Sen)	Garscube Harriers	Calum Heirs (M Sen)	VP-Glasgow AC
Duncan McKellar (M Sen)	Garscube Harriers	Craig Jardine (MU20)	VP-Glasgow AC
James McAneny (M 55)	Garscube Harriers	Peter Jardine (M 45)	VP-Glasgow AC
Alistair Cuthbertson (M 45)	Garscube Harriers	Crawford Little (M 45)	VP-Glasgow AC
John McManus (M Sen)	Garscube Harriers	Damien Moore (M Sen)	VP-Glasgow AC
David Dickson (M 55)	Garscube Harriers	Tom Ord (M 55)	VP-Glasgow AC
Andrew Robert Gibson (M Sen)	Garscube Harriers	Alex Potter (M 50)	VP-Glasgow AC

Tony Hall (M 65)	Garscube Harriers	Kieron Rafferty (MU20)	VP-Glasgow AC
Christopher Devine (M Sen)	Garscube Harriers	Max Ralston (M Sen)	VP-Glasgow AC
John Murray (M Sen)	Garscube Harriers	Adam Redpath (M Sen)	VP-Glasgow AC
Alan Blair (M Sen)	Garscube Harriers	Duncan Thomson (M 40)	VP-Glasgow AC
Kieran McLaughlin (M Sen)	Garscube Harriers	Derek Watson Snr. (M 50)	VP-Glasgow AC
Athole Smith FALSE	Garscube Harriers	Christopher Watson (M Sen)	VP-Glasgow AC
Stephen Cullen (M 55)	Garscube Harriers	Patrick Bowman (MU20)	VP-Glasgow AC
Neale Robertson (M Sen)	Garscube Harriers	Lewis Boyle (MU20)	VP-Glasgow AC
Alasdair MacKay (M 45)	Garscube Harriers	Steven Bryce (MU20)	VP-Glasgow AC
John Bell (M 45)	Garscube Harriers	David McCormack (M 50)	VP-Glasgow AC
Alexander Chalmers (M 45)	Garscube Harriers	Paul MacFarlane (M Sen)	VP-Glasgow AC
Robbie Drummond (M 45)	Garscube Harriers	Ian Dunn (M 45)	VP-Glasgow AC
Matthew O'Brien (MU20)	Garscube Harriers	Derek Gibb (M Sen)	VP-Glasgow AC
Daniel Burns (M Sen)	Garscube Harriers	John Denovan (M Sen)	Westerlands XC Club
Alexander Chalmers (M 45)	Garscube Harriers	Grant Thomson (M Sen)	Westerlands XC Club
John McLaughlin (M 45)	Garscube Harriers	John Quinn (M 55)	Westerlands XC Club
Luke Chamberlain (M 40)	Giffnock North AAC	Gibson Fleming (M 70)	Westerlands XC Club
Chris Greenhalgh (M 40)	Giffnock North AAC	David Calder (M 50)	Westerlands XC Club
Chris Marsh (M Sen)	Giffnock North AAC	Don Reid (M55)	Westerlands XC Club
Greg Turner (M Sen)	Giffnock North AAC	Ian Thurlbeck (M 50)	Westerlands XC Club
Michael Hampson (M 50)	Giffnock North AAC	Brian Bonnyman (M 40)	Westerlands XC Club
Jason Steele (M 40)	Giffnock North AAC		
James Galbraith (M 55)	Giffnock North AAC		
Colin Wylie (M 40)	Giffnock North AAC		
Luke Traynor (M Sen)	Giffnock North AAC		
Max Lancaster (MU20)	Giffnock North AAC		
Andrew Clark (MU20)	Giffnock North AAC		
Neil Deerey (M 45)	Giffnock North AAC		
Neal Gibson (M Sen)	Giffnock North AAC		
Keir Geatrell (M Sen)	Giffnock North AAC		



scottishathletics



Race	Start	Distance
Young Females	12.30pm	3 x 2500metres
Young Males	1.05pm	3 x 2500metres
Sen / Jun Women	1.40pm	3 x 4000metres
Sen / Jun Men	2.40pm	4 x 4000metres

