

scottishathletics



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

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 24th October 2015

Sponsored by



RACE	START
Young Females	12.15pm
Young Males	12.55pm
Sen/Jun Females	1.35pm
Sen/Jun Males	2.40pm

NUMBERS

Men's numbers will be 1st Lap WHITE 2nd Lap WHITE 3rd Lap RED 4th Lap WHITE
In all other races all laps are with WHITE numbers.

National Cross Country Relay Championships – Cumbernauld 24/10/2015
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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	Julia Henderson (Helensburgh AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS	
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Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Donald Pegrum
Course Builders	Members of Cumbernauld AC & Kirkintilloch Oly
Officials Report	Alex Jackson
Judges/Funnel Control	
Changeovers	Andy Law(Chief), Sandy Cameron, Fred McCluskie , Ian Mann
Timekeepers	
Recorders (Places)	
De-Chipping Control	Cyril McPherson, Isabel Baird.
Starter	Mike Belch
Marksman	
Declarations	Claire Archbold (Chief), Marjory Cook, Marion Donachie, Neil Donachie, Phyllis Law
Results	HSS Sports and Margaret Daly
Announcers	John Wands, Graham Bennison
Press Officer	Peter Jardine
Course Stewards	Donald Pegrum (Chief), Members of Kirkintilloch Olympians & Cumbernauld AC
Presentations	Julia Henderson, Alex Jackson, Leslie Roy
Jury of Appeal	Alex Jackson, Julia Henderson, John Rodger
North Lanarkshire Event Manager	Kat Heron
Medical Services	St Andrews Ambulance
Event Manager	Alasdhair Love
Convener	Alex Jackson

Young Females		
Club	No. of Teams Entered	Assigned Team Numbers
Aberdeen AAC	1	290
Airdrie Harriers	1	291
Ayr Seaforth AC	8	292,293,294,295,296,297,298,299
Banchory Stonehaven AC	2	300,301
Central AC	5	302,303,304,305,306
Clydesdale Harriers	4	307,308,309,310
Corstorphine	4	311,312,313,314
Cumbernauld AAC	3	315,316,317
Dundee Hawkhill Harriers	3	318,319,320
East Kilbride A.C.	3	321,322,323
Edinburgh AC	4	324,325,326,327
Falkirk Victoria Harriers	6	328,329,330,331,332,333
Fife AC	1	334
Gala Harriers	3	335,336,337
Garscube Harriers	4	338,339,340,341
Giffnock North AAC	14	342,343,344,345,346,347,348,349,350,351,352,353,354,355
Glasgow School of Sport	3	356,357,358
Helensburgh AAC	3	359,360,361
Inverclyde AC	7	362,363,364,365,366,367,368
Kilbarchan AAC	6	369,370,371,372,373,374
Kilmarnock H&AC	4	375,376,377,378
Kirkintilloch Olympians	5	379,380,381,382,383
Lasswade AAC	4	384,385,386,387
Law & District AAC	6	388,389,390,391,392,393
Lothian Running Club	1	394
Pitreavie AAC	3	395,396,397
Ron Hill Cambuslang Harriers	4	398,399,400,401
Shettleston Harriers	3	402,403,404
Springburn Harriers	1	405
Team East Lothian	2	406,407
Teviotdale Harriers	2	408,409
VP-Glasgow AC	8	410,411,412,413,414,415,416,417
	128	

Young Males		
Club	No. of Teams Entered	Assigned Team Numbers
Aberdeen AAC	2	420,421
Ayr Seaforth AC	8	422,423,424,425,426,427,428,429
Central AC	5	430,431,432,433,434
Clydesdale Harriers	3	435,436,437
Corstorphine AAC	4	438,439,440,441
Cumbernauld AAC	5	442,443,444,445,446
Dundee Hawkhill Harriers	4	447,448,449,450
East Kilbride A.C.	3	451,452,453
Edinburgh AC	4	454,455,456,457
Falkirk Victoria Harriers	4	458,459,460,461
Fife AC	2	462,463
Gala Harriers	4	464,465,466,467
Garscube Harriers	6	468,469,470,471,472,473
Giffnock North AAC	11	474,475,476,477,478,479,480,481,482,483,484
Glasgow School of Sport	1	485
Greenock Glenpark Harriers	1	486
Helensburgh AAC	2	487,488
Inverclyde AC	5	489,490,491,492,493
Irvine Running Club	1	494
Kilbarchan AAC	10	495,496,497,498,499,500,501,502,503,504
Kilmarnock H&AC	2	505,506
Kirkintilloch Olympians	3	507,508,509
Lasswade AAC	4	510,511,512,513
Law & District AAC	5	514,515,516,517,518
Perth Strathtay Harriers	2	519,520
Pitreavie AAC	3	521,522,523
Ron Hill Cambuslang Harriers	7	524,525,526,527,528,529,530
Shettleston Harriers	3	531,532,533
Springburn Harriers	1	534
Team East Lothian	3	535,536,537
Teviotdale Harriers	1	538
Vp Glasgow	6	539,540,541,542,543,544
	125	

Senior Women		
Club	No. of Teams Entered	Assigned Team Numbers
Abredeen AC	3	172,173,174
Anster Haddies Running Club	1	175
Ayr Seaforth AC	1	176
Bellahouston Harriers	4	177,178,179,180
Bellahouston Road Runners	2	181,182
Calderglen Harriers	2	183,184
Central AC	3	185,186,187
Clydesdale Harriers	3	188,189,190
Corstorphine AAC	2	191,192
Dunbar Running Club	1	193
Dundee Hawkhill Harriers	1	194
Dundee Road Runners AC	1	195
Edinburgh AC	4	196,197,198,199
Edinburgh Univ Hare & Hounds	3	200,201,202
Falkirk Victoria Harriers	4	203,204,205,206
Ferranti AAC	2	207,208
Fife AC	7	209,210,211,212,213,214,215
Gala Harriers	3	216,217,218
Garscube Harriers	4	219,220,221,222
Giffnock North AAC	2	223,224
Glasgow University Hare and H	3	225,226,227
Greenock Glenpark Harriers	5	228,229,230,231,232
Hamilton Harriers	1	233
Helensburgh AAC	1	234
Heriot-Watt Univ Athletics	1	235
Hunters Bog Trotters	4	236,237,238,239
Inverclyde AC	2	240,241
Inverness Harriers AAC	2	242,243
Kilbarchan AAC	2	244,245
Kilmarnock H&AC	4	246,247,248,249
Kirkintilloch Olympians	5	250,251,252,253,254
Lasswade AAC	1	255
Law & District AAC	1	256
Lothian Running Club	2	257,258
Metro Aberdeen Running Club	3	259,260,261
Motherwell AC	3	262,263,264
Perth Road Runners	1	265
Portobello Running Club	1	266
Ron Hill Cambuslang Harriers	1	267
Shettleston Harriers	3	268,269,270
Springburn Harriers	1	271
Strathclyde Uni Harriers	1	272
Strathearn Harriers	1	273
Teviotdale Harriers	1	274
VP-Glasgow AC	5	275,276,277,278,279
Westerlands XC Club	1	280
Carnegie Harriers	3	281,282,283
	112	

Senior Men		
Club	No. of Teams Entered	Assigned Team Numbers
Aberdeen AAC	2	1,2
Ayr Seaforth AC	2	3,4
Banchory Stonehaven AC	1	5
Bellahouston Harriers	4	6,7,8,9
Bellahouston Road Runners	7	10,11,12,13,14,15,16
Calderglen Harriers	3	17,18,19
Central AC	10	20,21,22,23,24,25,26,27,28,29
Clydesdale Harriers	4	30,31,32,33
Corstorphine AAC	7	34,35,36,37,38,39,40
Dumbarton AAC	2	41,42
Dunbar Running Club	2	43,44
Dundee Hawkhill Harriers	1	45
Dundee Road Runners AC	1	46
East Kilbride A.C.	2	47,48
Edinburgh AC	8	49,50,51,52,53,54,55,56
Edinburgh Univ Hare & Hounds	3	57,58,59
Falkirk Victoria Harriers	5	60,61,62,63,64
Fife AC	4	65,66,67,68
Gala Harriers	5	69,70,71,72,73
Garscube Harriers	6	74,75,76,77,78,79
Giffnock North AAC	3	80,81,82
Glasgow University Hare and H	3	83,84,85
Greenock Glenpark Harriers	9	86,87,88,89,90,91,92,93,94
Hamilton Harriers	2	95,96
Helensburgh AAC	1	97
Heriot-Watt Univ Athletics	1	98
Hunters Bog Trotters	4	99,100,101,102
Inverclyde AC	6	103,104,105,106,107,108
Inverness Harriers AAC	3	109,110,111
Kilbarchan AAC	4	112,113,114,115
Kilmarnock H&AC	3	116,117,118
Kirkintilloch Olympians	5	119,120,121,122,123
Lasswade AAC	2	124,125
Law & District	2	126,127
Lothian Running Club	3	128,129,130
Metro Aberdeen Running Club	3	131,132,133
Motherwell AC	3	134,135,136
Perth Road Runners	2	137,138
Pitreavie AAC	2	139,140
Portobello Running Club	1	141
Ron Hill Cambuslang Harriers	7	142,143,144,145,146,147,148
Shettleston Harriers	5	149,150,151,152,153
Springburn Harriers	2	154,155
Strathclyde Uni Harriers	2	156,157
Strathearn Harriers	3	158,159,160
Teviotdale Harriers	2	161,162
VP-Glasgow AC	5	163,164,165,166,167
Westerlands XC Club	1	168
Carnegie Harriers	3	169,170,171
	171	



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Race	Declarations Close	Race Starts	Laps
Young Females	11.45am	12.15pm	3 x 2,500m
Young Males	12.25pm	12.55pm	3 x 2,500m
Sen/Jun Females	1.05pm	1.35pm	3 x 4,000m
Sen/Jun Males	2.10pm	2.40pm	4 x 4,000m



Young Athletes Only ➤

Young Athletes Female

Eilidh Dempsey (GU13)	Aberdeen AAC	Isla Long (GU13)	Banchory Stonehaven AC
Adele Gillespie (GU13)	Aberdeen AAC	Shannon Brown (GU13)	Banchory Stonehaven AC
Kirsty Oldham (GU15)	Aberdeen AAC	Isabella Thomson (GU13)	Banchory Stonehaven AC
Jasmine Collett (GU15)	Aberdeen AAC	Frances Sealy (GU15)	Banchory Stonehaven AC
Anisha Badial (FU17)	Aberdeen AAC	Claire McGarvey (GU15)	Banchory Stonehaven AC
Rebecca Egeling (FU17)	Aberdeen AAC	Clare Stewart (FU17)	Banchory Stonehaven AC
Talia Mathers (FU17)	Aberdeen AAC	Katie Burr (GU13)	Central AC
Lucia Wright (GU13)	Airdrie Harriers	Amy Kirkpatrick (GU13)	Central AC
Morrin McMenemy (GU15)	Airdrie Harriers	Kyra Gibb (GU13)	Central AC
Laurie Anderson (FU17)	Airdrie Harriers	Jessica Turnbull (GU13)	Central AC
Scarlett Ross (GU13)	Ayr Seaforth AC	Mavia Duncan (GU13)	Central AC
Bethany Alexander (GU13)	Ayr Seaforth AC	Lucy More (GU13)	Central AC
Neve Cassidy (GU13)	Ayr Seaforth AC	Rosie Eckersley (GU15)	Central AC
Sophie McKay (GU13)	Ayr Seaforth AC	Jennifer Walls (GU15)	Central AC
Molly Weatherston (GU13)	Ayr Seaforth AC	Elizabeth Thompson (GU15)	Central AC
Evie Mackay (GU13)	Ayr Seaforth AC	Heather Scott (GU15)	Central AC
Robyn Macdonald (GU13)	Ayr Seaforth AC	Skye Henderson (GU15)	Central AC
Rosie Davidson (GU13)	Ayr Seaforth AC	Darcy Baxter (GU15)	Central AC
Lucy Davidson (GU15)	Ayr Seaforth AC	Jodie Currie (FU17)	Central AC
Rachel Stirling (GU15)	Ayr Seaforth AC	Madeleine Woods (FU17)	Central AC
Caitlin Chilton (GU15)	Ayr Seaforth AC	Kate Gallagher (FU17)	Central AC
Eilidh Carswell (GU15)	Ayr Seaforth AC	Laurny Turnbull (FU17)	Central AC
Emma Frew (GU15)	Ayr Seaforth AC	Eleanor Hanson (FU17)	Central AC
Emma Palmer (GU15)	Ayr Seaforth AC	Hannah Jordan (GU13)	Clydesdale Harriers
Morven McCutcheon (GU15)	Ayr Seaforth AC	Skye Birnie (GU13)	Clydesdale Harriers
Emma Connell (GU15)	Ayr Seaforth AC	Maria Threwal (GU13)	Clydesdale Harriers
Rebecca Martin (FU17)	Ayr Seaforth AC	Brogan Sutcliffe (GU13)	Clydesdale Harriers
Jacqueline Gibson (FU17)	Ayr Seaforth AC	Mia MacLeod (GU13)	Clydesdale Harriers
Hannah Pettigrew (FU17)	Ayr Seaforth AC	Lana McCallum (GU13)	Clydesdale Harriers
Courtney McCorkell (FU17)	Ayr Seaforth AC	Lauren Fox (GU13)	Clydesdale Harriers
Rebecca Donald (FU17)	Ayr Seaforth AC	Natasha Shaw (GU15)	Clydesdale Harriers
Megan Short (FU17)	Ayr Seaforth AC	Tegan Breen (GU15)	Clydesdale Harriers
Beth Littlejohn (FU17)	Ayr Seaforth AC	Francesca Devine (GU15)	Clydesdale Harriers
Morgan Little (GU13)	Ayr Seaforth AC	Anna McCracken (GU15)	Clydesdale Harriers
Morven Hubbard (GU13)	Ayr Seaforth AC	Jade Steele-Milne (GU15)	Clydesdale Harriers
Alexandra Meldrum (GU13)	Ayr Seaforth AC	Iona Allan (FU17)	Clydesdale Harriers
Maizie Ball (GU13)	Ayr Seaforth AC	Charlotte Ross (FU17)	Clydesdale Harriers
Alexandra Smiley (GU15)	Ayr Seaforth AC	Mia Linklater (GU13)	Corstorphine AAC
Kelly Cunningham (GU15)	Ayr Seaforth AC	Georgia Iedingham (GU13)	Corstorphine AAC
Caitlyn Kerr (GU15)	Ayr Seaforth AC	Nicole Mullard (GU13)	Corstorphine AAC
Charlotte McDowall (GU15)	Ayr Seaforth AC	Katherine MacLeod (GU13)	Corstorphine AAC
Rachel Alexander (GU15)	Ayr Seaforth AC	Ishbel Grieve (GU13)	Corstorphine AAC
Morgan Little (GU13)	Ayr Seaforth AC	Mhairi Arnott (GU13)	Corstorphine AAC
Morven Hubbard (GU13)	Ayr Seaforth AC	Alex Ramage (GU13)	Corstorphine AAC
Alexandra Meldrum (GU13)	Ayr Seaforth AC	Sasha Gillon (GU13)	Corstorphine AAC
Maizie Ball (GU13)	Ayr Seaforth AC	Jessica MacLeod (GU15)	Corstorphine AAC
Alexandra Smiley (GU15)	Ayr Seaforth AC	Hannah McGlynn (GU15)	Corstorphine AAC
Kelly Cunningham (GU15)	Ayr Seaforth AC	Rachel Dee (GU15)	Corstorphine AAC
Caitlyn Kerr (GU15)	Ayr Seaforth AC	Kerry Wood (GU15)	Corstorphine AAC
Charlotte McDowall (GU15)	Ayr Seaforth AC	Cailin Hart (GU15)	Corstorphine AAC
Rachel Alexander (GU15)	Ayr Seaforth AC	Katy Coats (GU15)	Corstorphine AAC
Caitlin Arnott (FU17)	Corstorphine AAC	Emma Johnson (GU13)	Edinburgh AC
Heidi Ross (FU17)	Corstorphine AAC	Pippa Carcas (GU13)	Edinburgh AC
Amy Kennedy (GU13)	Cumbernauld AAC	Chloe Petrie (GU13)	Edinburgh AC
Aimie Hendry (GU13)	Cumbernauld AAC	Ava Findlay (GU13)	Edinburgh AC
Amy Thompson (GU13)	Cumbernauld AAC	Beth Morrow (GU13)	Edinburgh AC
Tegan Kerr (GU15)	Cumbernauld AAC	Phoebe Friend (GU13)	Edinburgh AC
Lucy Marshall (GU15)	Cumbernauld AAC	Cerys Scott Hobbs (GU13)	Edinburgh AC
Holly Bell (GU15)	Cumbernauld AAC	Eloise Walker (GU15)	Edinburgh AC
Alicia Paton (FU17)	Cumbernauld AAC	Lucia Montgomery (GU15)	Edinburgh AC
Sophie Crimin (FU17)	Cumbernauld AAC	Beatrice Winkler (GU15)	Edinburgh AC
Iona Esslemont (GU13)	Dundee Hawkhill Harriers	Ishbel Strathdee (GU15)	Edinburgh AC
Lesley Rogers (GU13)	Dundee Hawkhill Harriers	Alice Goodall (GU15)	Edinburgh AC
Kate Ritchie (GU13)	Dundee Hawkhill Harriers	Amy Panton (GU15)	Edinburgh AC
Anna Bennett (GU15)	Dundee Hawkhill Harriers	Annabel Innes (GU15)	Edinburgh AC
Martha Gallacher (GU15)	Dundee Hawkhill Harriers	Zoe Bates (FU17)	Edinburgh AC
Carmen Thomson (GU15)	Dundee Hawkhill Harriers	Zaynah Aziz (FU17)	Edinburgh AC
Amy Mollison (FU17)	Dundee Hawkhill Harriers	Carolyn Cameron (FU17)	Edinburgh AC
Alix Barclay (FU17)	Dundee Hawkhill Harriers	Kerry Robertson (GU13)	Falkirk Victoria Harriers
Isabel Remers (FU17)	Dundee Hawkhill Harriers	Olivia Wilson (GU13)	Falkirk Victoria Harriers
Danielle MacDermid (FU17)	Dundee Hawkhill Harriers	Lottie Jeffrey (GU13)	Falkirk Victoria Harriers
Katie McCluskey (FU17)	Dundee Hawkhill Harriers	Ellie Buchanan (GU13)	Falkirk Victoria Harriers
Shania King (FU17)	Dundee Hawkhill Harriers	Lauren McIntyre (GU13)	Falkirk Victoria Harriers

Katherine Flack (GU15)	Dundee Hawkhill Harriers	Rosie Sharples (GU13)	Falkirk Victoria Harriers
Abbie Kirwan (GU13)	East Kilbride A.C.	Charlotte Grant (GU13)	Falkirk Victoria Harriers
Rebekah Sykes (GU13)	East Kilbride A.C.	Lucy Kinghorn (GU13)	Falkirk Victoria Harriers
Hannah McParland (GU13)	East Kilbride A.C.	Chloe McClung (GU15)	Falkirk Victoria Harriers
Sarah Clydesdale (GU13)	East Kilbride A.C.	Jessica Christie (GU15)	Falkirk Victoria Harriers
Maria May (GU13)	East Kilbride A.C.	Flora Johnston (GU15)	Falkirk Victoria Harriers
Hannah Anderson (GU13)	East Kilbride A.C.	Phoebe Angus (GU15)	Falkirk Victoria Harriers
Morgan MacDougall (GU13)	East Kilbride A.C.	Alice Robertson (GU15)	Falkirk Victoria Harriers
Iona MacDougall (GU13)	East Kilbride A.C.	Katy McGonigal (GU15)	Falkirk Victoria Harriers
Jessica Hagan (GU15)	East Kilbride A.C.	Nicole McIntyre (FU17)	Falkirk Victoria Harriers
Lori MacDonald (GU15)	East Kilbride A.C.	Eilidh McCallum (FU17)	Falkirk Victoria Harriers
Sian Fyfe (GU15)	East Kilbride A.C.	Anna Dalglish (GU13)	Fife AC
Lara Brown (GU15)	East Kilbride A.C.	Anna Hedley (GU13)	Fife AC
Sarah Connolly (GU15)	East Kilbride A.C.	Isla Bell (GU13)	Fife AC
Lucy Muirhead (GU15)	East Kilbride A.C.	Sarani Fernando (GU15)	Fife AC
Aimee Docherty (GU15)	East Kilbride A.C.	Cleodie Kilgour (GU15)	Fife AC
Hannah Dickson (GU15)	East Kilbride A.C.	Louise McCullagh (FU17)	Fife AC
Heather Addison (FU17)	East Kilbride A.C.	Mairi Forbes (GU13)	Gala Harriers
Sarah McCusker (FU17)	East Kilbride A.C.	Maddie Thomson (GU13)	Gala Harriers
Nicole Sharp (FU17)	East Kilbride A.C.	Molly Morris (GU13)	Gala Harriers
Rebecca Russell (FU17)	East Kilbride A.C.	Eilidh Forbes (GU15)	Gala Harriers
Chloe Mulligan (FU17)	East Kilbride A.C.	Rhiannon Fagan (GU15)	Gala Harriers
Emma Wilson (GU13)	East Kilbride A.C.	Susannah Godfrey-Faussett (GU15)	Gala Harriers
Kayla McCrone (GU13)	East Kilbride A.C.	Elena Heger (GU15)	Gala Harriers
Hannah Dryburgh (GU13)	East Kilbride A.C.	Lindsay Jack (GU15)	Gala Harriers
Georgia Hernon (GU15)	East Kilbride A.C.	Alexandra Jones (GU13)	Garscube Harriers
Katie Duffner (GU15)	East Kilbride A.C.	Any Maclean (GU13)	Garscube Harriers
Abby Duffner (GU15)	East Kilbride A.C.	Grace Maclean (GU13)	Garscube Harriers
Ciara Boyle (GU15)	East Kilbride A.C.	Ellie Hinks (GU13)	Garscube Harriers
Sarah Allan (GU15)	East Kilbride A.C.	Emma Raeside (GU13)	Garscube Harriers
Claire McGonigle (GU15)	Garscube Harriers	Beth McGuigan (GU13)	Glasgow School of Sport
Jess Wood (GU15)	Garscube Harriers	Emily Rooney (GU13)	Glasgow School of Sport
Sophie Lathan (GU15)	Garscube Harriers	Lisa Walby (GU13)	Glasgow School of Sport
Ellen Cameron (GU15)	Garscube Harriers	Paris Burton (GU13)	Glasgow School of Sport
Kerry Gallagher (GU15)	Garscube Harriers	Laura Ferguson (GU15)	Glasgow School of Sport
Eilidh Smith (FU17)	Garscube Harriers	Kirsten Forster (GU15)	Glasgow School of Sport
Emma Wilson (FU17)	Garscube Harriers	Morgan Mccburnie (GU15)	Glasgow School of Sport
Iona Fraser (FU17)	Garscube Harriers	Neve McGuire (GU15)	Glasgow School of Sport
Lindsay Robertson (FU17)	Garscube Harriers	Leanne Findlay (FU17)	Glasgow School of Sport
Jill Carswell (GU13)	Giffnock North AAC	Lori Agnew (FU17)	Glasgow School of Sport
Emma Chamberlain (GU13)	Giffnock North AAC	Jenny Bickan (FU17)	Glasgow School of Sport
Helen Chong (GU13)	Giffnock North AAC	Neve Littlejohn (FU17)	Glasgow School of Sport
Stella Cowey (GU13)	Giffnock North AAC	Katie Flett (GU13)	Helensburgh AAC
Francesca Davidson (GU13)	Giffnock North AAC	Jenny Hyde (GU13)	Helensburgh AAC
Tara Garioch (GU13)	Giffnock North AAC	Amirah Hassan (GU13)	Helensburgh AAC
Emma Gaston (GU13)	Giffnock North AAC	Amelia Murphy (GU13)	Helensburgh AAC
Miriam Gilbride (GU13)	Giffnock North AAC	Jennifer Scott (GU13)	Helensburgh AAC
Leila Hickey-Fugaccia (GU13)	Giffnock North AAC	Chloe Murphy (GU15)	Helensburgh AAC
Holly McAneny (GU13)	Giffnock North AAC	Jessica Noble (GU15)	Helensburgh AAC
Rosie McKay (GU13)	Giffnock North AAC	Melissa Robinson (FU17)	Helensburgh AAC
Niamh McWilliams (GU13)	Giffnock North AAC	Leah Cameron (GU13)	Inverclyde AC
Rhiannon Morris (GU13)	Giffnock North AAC	Abi Hammerman (GU13)	Inverclyde AC
Lauren Paterson (GU13)	Giffnock North AAC	Hannah McGeehan (GU13)	Inverclyde AC
Kate Richardson (GU13)	Giffnock North AAC	Eve Mitchell (GU13)	Inverclyde AC
Isla Ward (GU13)	Giffnock North AAC	Elize Morrison (GU13)	Inverclyde AC
Katie Young (GU13)	Giffnock North AAC	Daisy Wilson (GU13)	Inverclyde AC
Annabel Ballantyne (GU15)	Giffnock North AAC	Grace Lynch (GU13)	Inverclyde AC
Heather Barnes (GU15)	Giffnock North AAC	Natasha Clark (GU13)	Inverclyde AC
Keir Carolan (FU17)	Giffnock North AAC	Gillian Carmichael (GU15)	Inverclyde AC
Sarah Chamberlain (GU15)	Giffnock North AAC	Samantha Dunning (GU15)	Inverclyde AC
Zoe Coyne (GU15)	Giffnock North AAC	Nyah Gillan (GU15)	Inverclyde AC
Emily Crusher (GU15)	Giffnock North AAC	Jennifer Lyne (GU15)	Inverclyde AC
Eve Denholm (GU15)	Giffnock North AAC	Rebecca McAlpine (GU15)	Inverclyde AC
Jenny Dougall (GU15)	Giffnock North AAC	Cliona McCheyne (GU15)	Inverclyde AC
Zoe Jamieson (GU15)	Giffnock North AAC	Nuala McCheyne (GU15)	Inverclyde AC
Rebecca Kinnear (GU15)	Giffnock North AAC	Georgia Morrison (GU15)	Inverclyde AC
Sofia Kirkpatrick (GU15)	Giffnock North AAC	Shelby Morrison (FU17)	Inverclyde AC
Orla Lang (GU15)	Giffnock North AAC	Nicola Doohan (FU17)	Inverclyde AC
Charlotte McKenna (GU15)	Giffnock North AAC	Lucy Conolly (FU17)	Inverclyde AC
Lynn McKenna (GU15)	Giffnock North AAC	Sara O'Docherty (GU15)	Inverclyde AC
Hannah Miller (GU15)	Giffnock North AAC	Clara Pollock (GU15)	Inverclyde AC
Lisa Miller (GU15)	Giffnock North AAC	Zoe Renfrew (GU15)	Inverclyde AC
Rachel Norrie (GU15)	Giffnock North AAC	Aurelia Tiffoney (GU13)	Kilbarchan AAC
Leah Sinforiani (GU15)	Giffnock North AAC	Millie Spence (GU13)	Kilbarchan AAC

Sarah Olivia Eunson (FU17)	Giffnock North AAC	Hannah Fleming (GU13)	Kilbarchan AAC
Danielle Kelly (FU17)	Giffnock North AAC	Kimberley Gilchrist (GU13)	Kilbarchan AAC
Lucy Meehan (FU17)	Giffnock North AAC	Alisha Sivell (GU13)	Kilbarchan AAC
Sophie McGuinness (GU13)	Giffnock North AAC	Louise Hastie (GU13)	Kilbarchan AAC
Nikki Miller (FU17)	Giffnock North AAC	Ola Zurakowska (GU13)	Kilbarchan AAC
Rachel Storey (FU17)	Giffnock North AAC	Iris Dickie (GU13)	Kilbarchan AAC
Erin Wallace (FU17)	Giffnock North AAC	Lauren Alexander (GU13)	Kilbarchan AAC
Lauren Agnew (GU13)	Giffnock North AAC	Hazel Robertson (GU13)	Kilbarchan AAC
Jessica Sanderson (GU13)	Kilbarchan AAC	Keanna MacInnes (GU15)	Lasswade AAC
Eilidh Gibson (GU15)	Kilbarchan AAC	Lauren Dickson (FU17)	Lasswade AAC
Laine Alemu (GU15)	Kilbarchan AAC	Ailsa Innes (FU17)	Lasswade AAC
Leona Murray (GU15)	Kilbarchan AAC	Lauren Wilkie (FU17)	Lasswade AAC
Bethany Craig (GU15)	Kilbarchan AAC	Lauren Pearson (FU17)	Lasswade AAC
Kim Crawford (GU15)	Kilbarchan AAC	Rachel Donnelly (GU13)	Law & District AAC
Rachael Curry (GU15)	Kilbarchan AAC	Abbie White (GU13)	Law & District AAC
Jennifer McKerral (GU15)	Kilbarchan AAC	Katie Foss (GU13)	Law & District AAC
Beth MacKinnon (GU15)	Kilbarchan AAC	Eva Fitzpatrick (GU13)	Law & District AAC
Emily Irving (GU15)	Kilbarchan AAC	Victoria Lyon (GU13)	Law & District AAC
Ciara McGeoch (GU15)	Kilbarchan AAC	Naomi Fleming (GU13)	Law & District AAC
Katharine McGinn (FU17)	Kilbarchan AAC	Evie Glen (GU13)	Law & District AAC
Rona Tytler (FU17)	Kilbarchan AAC	Lorna Jackson (GU13)	Law & District AAC
Laura Stark (FU17)	Kilbarchan AAC	Pamela Newell (GU13)	Law & District AAC
Holly Thompson (FU17)	Kilbarchan AAC	Niah Welsh (GU15)	Law & District AAC
Kerry MacAngus (FU17)	Kilbarchan AAC	Ciara Scullion (GU15)	Law & District AAC
Rebecca Louise Craig (FU17)	Kilbarchan AAC	Zara Higgins (GU15)	Law & District AAC
Emma Johnstone (FU17)	Kilbarchan AAC	Megan Grew (GU15)	Law & District AAC
Katie Hall (FU17)	Kilbarchan AAC	Caitlin Thomson (GU15)	Law & District AAC
Kirstyn Park (GU13)	Kilmarnock H&AC	Jill Hamilton (FU17)	Law & District AAC
Emily O'Shea (GU13)	Kilmarnock H&AC	Linzi McLaren (FU17)	Law & District AAC
Tiana Stevenson (GU13)	Kilmarnock H&AC	Lauren Allen (GU13)	Law & District AAC
Lucy Glencorse (GU13)	Kilmarnock H&AC	Keri Gillian (GU13)	Law & District AAC
Erin Pastulovic (GU15)	Kilmarnock H&AC	Jessica Robson (GU13)	Law & District AAC
Kayleigh Duff (GU15)	Kilmarnock H&AC	Hannah Steel (GU13)	Lothian Running Club
Isla Neilson (GU15)	Kilmarnock H&AC	Nicole Dredge (GU13)	Lothian Running Club
Leonie McCutcheon (GU15)	Kilmarnock H&AC	Erin Steel (GU15)	Lothian Running Club
Phoebe McCutcheon (GU15)	Kilmarnock H&AC	Sarah Coutts (GU13)	Pitreavie AAC
Eildh Gardiner (GU15)	Kilmarnock H&AC	Jenny Gillanders (GU13)	Pitreavie AAC
Iona Charles (FU17)	Kilmarnock H&AC	Lauren Blair (GU13)	Pitreavie AAC
Caitlin McClownie (GU13)	Kilmarnock H&AC	Skye Marshall (GU13)	Pitreavie AAC
Lauren Park (FU17)	Kilmarnock H&AC	Ailsa Barr (GU13)	Pitreavie AAC
Shona McBean (FU17)	Kilmarnock H&AC	Isla Booth (GU13)	Pitreavie AAC
Claire Orr (FU17)	Kilmarnock H&AC	Zoe Nicholson (GU15)	Pitreavie AAC
Mhairi Quinn (GU13)	Kirkintilloch Olympians	Jemma Jamieson (GU15)	Pitreavie AAC
Rachel Paton (GU13)	Kirkintilloch Olympians	Hannah Dow (GU15)	Pitreavie AAC
Caouihe Quail (GU13)	Kirkintilloch Olympians	Emily Nicholson (FU17)	Pitreavie AAC
Alex Dow (GU13)	Kirkintilloch Olympians	Sophie Nethery (FU17)	Pitreavie AAC
Lauren O'Hare (GU13)	Kirkintilloch Olympians	Leah Davie (FU17)	Pitreavie AAC
Stephanie Lindsay (GU15)	Kirkintilloch Olympians	Chloe Burton (GU13)	Ron Hill Cambuslang Harriers
Hannah Paton (GU15)	Kirkintilloch Olympians	Ciara McKeown (GU13)	Ron Hill Cambuslang Harriers
Iona Smith (GU15)	Kirkintilloch Olympians	carla fay (GU13)	Ron Hill Cambuslang Harriers
Sally Jane McAuley (GU15)	Kirkintilloch Olympians	maura mackinnon (GU13)	Ron Hill Cambuslang Harriers
Roserani Sharma (FU17)	Kirkintilloch Olympians	hannah lang (GU13)	Ron Hill Cambuslang Harriers
Meg Tomkins (FU17)	Kirkintilloch Olympians	Niamh Riggins (GU13)	Ron Hill Cambuslang Harriers
Hannah Little (GU13)	Lasswade AAC	katie dingwall (GU13)	Ron Hill Cambuslang Harriers
Erin Darling (GU13)	Lasswade AAC	Demi Scott (GU13)	Ron Hill Cambuslang Harriers
Ellie Baxter (GU13)	Lasswade AAC	Keira Watson (GU15)	Ron Hill Cambuslang Harriers
Abby McGlone (GU13)	Lasswade AAC	Katie Moss (GU15)	Ron Hill Cambuslang Harriers
Sarah Tait (GU15)	Lasswade AAC	Charlotte Moss (GU15)	Ron Hill Cambuslang Harriers
Caroline McKinlay (GU15)	Lasswade AAC	Kelly Mccutcheon (GU15)	Ron Hill Cambuslang Harriers
Eilidh Brown (GU15)	Lasswade AAC	Christie Dalglish (GU15)	Ron Hill Cambuslang Harriers
Lauren McEwan (GU15)	Ron Hill Cambuslang Harriers	Emma Gilmour (GU15)	VP-Glasgow AC
Lauren Carey (FU17)	Ron Hill Cambuslang Harriers	Rachel Gillespie (GU15)	VP-Glasgow AC
Niamh Brown (FU17)	Ron Hill Cambuslang Harriers	Beth Gibbons (GU15)	VP-Glasgow AC
Olivia Mulholland (FU17)	Ron Hill Cambuslang Harriers	Amy Bissett (GU15)	VP-Glasgow AC
emily watson (GU13)	Ron Hill Cambuslang Harriers	Holly Little (FU17)	VP-Glasgow AC
Anna Young (GU13)	Shettleston Harriers	Tessa Hickey (FU17)	VP-Glasgow AC
Lauren O'Neil (GU13)	Shettleston Harriers	Sarah Robertson (FU17)	VP-Glasgow AC
Elise Hollywood (GU13)	Shettleston Harriers	Tanvi Zacharia (FU17)	VP-Glasgow AC
Cara McKay (GU13)	Shettleston Harriers	Kirsty Boyd (GU15)	VP-Glasgow AC
Morgan Hannah (GU15)	Shettleston Harriers	Eilidh Boyd (GU15)	VP-Glasgow AC
Gaia Salandini (GU15)	Shettleston Harriers		
Niamh Summers (GU15)	Shettleston Harriers		
Emma Purdie (FU17)	Shettleston Harriers		
Talia Quigley (FU17)	Shettleston Harriers		

Natasha Z Mackay (FU17)	Shettleston Harriers
Georgia MacDonald (FU17)	Shettleston Harriers
Chloe Enordy (GU13)	Springburn Harriers
Ellie Doherty (GU13)	Springburn Harriers
Esme Balfour (GU13)	Team East Lothian
Elana Kerr (GU13)	Team East Lothian
Kate Wellington (GU13)	Team East Lothian
Holly Stuart (GU13)	Team East Lothian
Marissa Kelly (GU13)	Team East Lothian
Sophie Hayes (GU15)	Team East Lothian
Catriona Macrae (GU15)	Team East Lothian
Iona Riley (GU15)	Team East Lothian
Cera Gemmell (GU15)	Team East Lothian
Catriona McPheat (GU15)	Team East Lothian
Kate Latto (GU15)	Team East Lothian
Leona Boardman (GU15)	Team East Lothian
Jodie Russell (FU17)	Team East Lothian
Nina Young (FU17)	Team East Lothian
Linda McCandlish (FU17)	Team East Lothian
Rosa Gally (FU17)	Team East Lothian
Nadine Elder (GU13)	Teviotdale Harriers
Maddie Hewitt (GU13)	Teviotdale Harriers
Carly Blaikie (GU15)	Teviotdale Harriers
Macy Cropper (GU15)	Teviotdale Harriers
Ishbel Inglis (FU17)	Teviotdale Harriers
Jenna Little (GU13)	VP-Glasgow AC
Niamh Hay (GU13)	VP-Glasgow AC
Grace Hamilton (GU13)	VP-Glasgow AC
Abbie Leanord (GU13)	VP-Glasgow AC
Nicola Fletcher (GU13)	VP-Glasgow AC
Estere Sudmale (GU13)	VP-Glasgow AC
Rayna Coia (GU13)	VP-Glasgow AC
Caitlin Cameron Coyle (GU13)	VP-Glasgow AC
Róisín Cameron Coyle (GU13)	VP-Glasgow AC
Isla Britton (GU13)	VP-Glasgow AC
Emma Williams (GU13)	VP-Glasgow AC
Lisha Carruths (GU13)	VP-Glasgow AC
Adrienne Murray (GU15)	VP-Glasgow AC

Young Athletes Male

Lewis Watt (BU13)	Aberdeen AAC	Sandy Holl (BU15)	Central AC
Samuel Griffin (BU13)	Aberdeen AAC	Rory Strachan (MU17)	Central AC
Andrew Jamieson (BU13)	Aberdeen AAC	Jamie Wastling (MU17)	Central AC
Oscar Lecore (BU13)	Aberdeen AAC	Stuart Aird (BU13)	Clydesdale Harriers
Jack Gillespie (BU15)	Aberdeen AAC	Leo Currie (BU13)	Clydesdale Harriers
Harry E Hall (BU15)	Aberdeen AAC	Jake MacPherson (BU13)	Clydesdale Harriers
Cameron Stone (BU15)	Aberdeen AAC	Lloyd Young (BU13)	Clydesdale Harriers
Adam Brown (BU15)	Aberdeen AAC	Shaun Lyden (BU13)	Clydesdale Harriers
Nicholas Tierney (BU15)	Aberdeen AAC	Josh McNicol (BU13)	Clydesdale Harriers
Aaron Odentz (MU17)	Aberdeen AAC	Zak Shammon (BU13)	Clydesdale Harriers
Fraser Cruickshank (MU17)	Aberdeen AAC	Calum Mayor (BU13)	Clydesdale Harriers
Finlay Strachan (MU17)	Aberdeen AAC	Michael Miller (BU15)	Clydesdale Harriers
Liam Clark (MU17)	Aberdeen AAC	Robert Whittick (BU15)	Clydesdale Harriers
Andrew Farmer (MU17)	Aberdeen AAC	Cairn Wallace (BU15)	Clydesdale Harriers
Craig Smith (MU17)	Aberdeen AAC	Jack Dolan (BU15)	Clydesdale Harriers
Conor O'Riordan (MU17)	Aberdeen AAC	Ronan Ross (BU15)	Clydesdale Harriers
Euan Ramsay (BU13)	Ayr Seaforth AC	Evan McCallum (BU15)	Clydesdale Harriers
Jack Dunsmuir (BU13)	Ayr Seaforth AC	Brian Aird (MU17)	Clydesdale Harriers
Daniel Long (BU13)	Ayr Seaforth AC	Lewis Hay (MU17)	Clydesdale Harriers
Patrick Smiley (BU13)	Ayr Seaforth AC	Stephen Kane (MU17)	Clydesdale Harriers
Craig Neil (BU13)	Ayr Seaforth AC	David Addison (BU13)	Corstorphine AAC
Max McLean (BU13)	Ayr Seaforth AC	Charlie Cameron (BU13)	Corstorphine AAC
Alexander Crooks (BU13)	Ayr Seaforth AC	Archie Kemp (BU13)	Corstorphine AAC
Max Hay (BU13)	Ayr Seaforth AC	Euan Flett (BU13)	Corstorphine AAC
Daniel Martin (BU15)	Ayr Seaforth AC	Callum Hall (BU13)	Corstorphine AAC
Declan McGhee (BU15)	Ayr Seaforth AC	Cameron Thores (BU13)	Corstorphine AAC
Blair Smillie (BU15)	Ayr Seaforth AC	Sam Cavens (BU13)	Corstorphine AAC
Greig Oakley (BU15)	Ayr Seaforth AC	Stephen Addison (BU15)	Corstorphine AAC
Scott Sprang (BU15)	Ayr Seaforth AC	Finlay Ross (BU15)	Corstorphine AAC
Logan Cotter (BU15)	Ayr Seaforth AC	Thomas Ross (BU15)	Corstorphine AAC
Fraser Stirling (MU17)	Ayr Seaforth AC	Jamie Arnott (BU15)	Corstorphine AAC
Rhys Sim (MU17)	Ayr Seaforth AC	Owen McQueenie (BU15)	Corstorphine AAC
Lewis Ross (MU17)	Ayr Seaforth AC	Dugald Williams (BU15)	Corstorphine AAC
Cameron Hay (MU17)	Ayr Seaforth AC	Fergus Campbell (BU15)	Corstorphine AAC
Blair John Gemmell (BU13)	Ayr Seaforth AC	Anthony Addison (MU17)	Corstorphine AAC
Euan Bell (BU13)	Ayr Seaforth AC	Sam Galloway (MU17)	Corstorphine AAC
Jacob Cairns (BU13)	Ayr Seaforth AC	Forbes Jackson (MU17)	Corstorphine AAC
Lewis Martin (BU13)	Ayr Seaforth AC	Jonathan Jackson (MU17)	Corstorphine AAC
Max Cunningham (BU13)	Ayr Seaforth AC	Callum Campbell (MU17)	Corstorphine AAC
Ben Angus Hughes (BU13)	Central AC	Calum Little (BU13)	Cumbernauld AAC
Jacob Organ (BU13)	Central AC	Alasdair McMonagle (BU13)	Cumbernauld AAC
Daniel Bruce (BU13)	Central AC	Jamie Holland (BU13)	Cumbernauld AAC
Cameron Fraser (BU13)	Central AC	Anthony Young (BU13)	Cumbernauld AAC
Cameron Blance (BU13)	Central AC	James Mackie (BU13)	Cumbernauld AAC
Thomas Woods (BU13)	Central AC	Jacob Brown (BU15)	Cumbernauld AAC
Harris Almass (BU13)	Central AC	Chris Main (BU15)	Cumbernauld AAC
Kerr Howlieson (BU15)	Central AC	Arran Kennedy (BU15)	Cumbernauld AAC
Craig Palmer (BU15)	Central AC	Calum Stewart (BU15)	Cumbernauld AAC
Tom Graham-Marr (BU15)	Central AC	Lewis Brown (MU17)	Cumbernauld AAC
Comhnall Ferguson (BU15)	Central AC	Hamish Coutts (MU17)	Cumbernauld AAC
Ben MacMillan (BU15)	Central AC	Daniel Winning (MU17)	Cumbernauld AAC
Sean Kennedy (MU17)	Cumbernauld AAC	Sol McIennan (BU13)	Edinburgh AC
Blair Scott (BU13)	Dundee Hawkhill Harriers	Sam McCome (BU13)	Edinburgh AC
Scott Vigrow (BU13)	Dundee Hawkhill Harriers	Coinneach Petrie (BU15)	Edinburgh AC
Gino Brock (BU13)	Dundee Hawkhill Harriers	Fraser Blackie (BU15)	Edinburgh AC
Matthew Tully (BU13)	Dundee Hawkhill Harriers	Tom Ireland (BU15)	Edinburgh AC
David Begg (BU15)	Dundee Hawkhill Harriers	Luca librizzi (BU15)	Edinburgh AC
Ryan George Donald (BU15)	Dundee Hawkhill Harriers	Iain Hare (BU15)	Edinburgh AC
Kevin Shields (BU15)	Dundee Hawkhill Harriers	Lewis Herd (BU15)	Edinburgh AC
Ben MacDermid (BU15)	Dundee Hawkhill Harriers	Gregor Farrer (BU15)	Edinburgh AC
James Donald (MU17)	Dundee Hawkhill Harriers	Aaron McCombe (BU15)	Edinburgh AC
Andrew Merry (MU17)	Dundee Hawkhill Harriers	Joseph Arthur (MU17)	Edinburgh AC
Declan Gall (MU17)	Dundee Hawkhill Harriers	Paul Ireland (MU17)	Edinburgh AC
Jack Anderson (MU17)	Dundee Hawkhill Harriers	Michael Swinton (MU17)	Edinburgh AC
Matthew Tonner (MU17)	Dundee Hawkhill Harriers	Freddie Carcas (MU17)	Edinburgh AC
(Samuel) Kenneth Scott (MU17)	Dundee Hawkhill Harriers	Ross Allan (MU17)	Edinburgh AC
Callum Letham (MU17)	Dundee Hawkhill Harriers	George Conner (MU17)	Edinburgh AC
Thomas McCourt (BU13)	East Kilbride A.C.	Matt Dougall (MU17)	Edinburgh AC
Elliot Bain (BU13)	East Kilbride A.C.	Alex Bates (MU17)	Edinburgh AC
Owen Selfridge (BU13)	East Kilbride A.C.	Archie Hodgson (MU17)	Edinburgh AC
Liam Woods (BU13)	East Kilbride A.C.	Matthew Kennedy (MU17)	Edinburgh AC
Joseph Hagan (BU13)	East Kilbride A.C.	Callan Hogarth (BU13)	Falkirk Victoria Harriers
Aaron Gilbride (BU13)	East Kilbride A.C.	Jonathan Faulks (BU13)	Falkirk Victoria Harriers

Hamish Anderson (BU13)	East Kilbride A.C.	Ivan Ramsay (BU13)	Falkirk Victoria Harriers
Rudy Brown (BU13)	East Kilbride A.C.	Nathan Laing (BU13)	Falkirk Victoria Harriers
Ryan Clydesdale (BU15)	East Kilbride A.C.	Michael McGarvey (BU13)	Falkirk Victoria Harriers
Mathew Kirwan (BU15)	East Kilbride A.C.	Oliver Cargill (BU13)	Falkirk Victoria Harriers
David McGiven (BU15)	East Kilbride A.C.	Euan Wond (BU13)	Falkirk Victoria Harriers
Benjamin England (BU15)	East Kilbride A.C.	Cameron Taylor-Cameron (BU15)	Falkirk Victoria Harriers
Seb Carrick (BU15)	East Kilbride A.C.	Kane Elliott (BU15)	Falkirk Victoria Harriers
Calum Hpkins (BU15)	East Kilbride A.C.	Lewis Pentecost (BU15)	Falkirk Victoria Harriers
Luke Mcniven (BU15)	East Kilbride A.C.	Harris Pentecost (BU15)	Falkirk Victoria Harriers
Martin Lynas (MU17)	East Kilbride A.C.	Leo Weldon (BU15)	Falkirk Victoria Harriers
Ross Malloch (MU17)	East Kilbride A.C.	Owen Keddie (BU13)	Fife AC
Aidan Abberley (MU17)	East Kilbride A.C.	Matthew McCullagh (BU13)	Fife AC
Callum Field (MU17)	East Kilbride A.C.	Samuel Thomson (BU13)	Fife AC
Greg Kelly (MU17)	East Kilbride A.C.	Ben Sandilands (BU13)	Fife AC
Oliver Evans (BU13)	East Kilbride A.C.	Finlay Sey (BU13)	Fife AC
Euan Cawley (BU13)	East Kilbride A.C.	Craig Morris (BU15)	Fife AC
Ewan Barrie (BU13)	East Kilbride A.C.	Robert Sparks (BU15)	Fife AC
Evan Selfridge (BU13)	East Kilbride A.C.	Gavin McWhinnie (BU15)	Fife AC
Cameron MacDonald (BU13)	East Kilbride A.C.	Iain McWhinnie (BU15)	Fife AC
Euan Sweeten (BU13)	East Kilbride A.C.	George Rees (MU17)	Fife AC
Christopher Cairns (BU13)	East Kilbride A.C.	Tristan Rees (MU17)	Fife AC
Ben Everett (BU13)	East Kilbride A.C.	Euan Boyle (MU17)	Fife AC
Ross Hamilton (BU13)	East Kilbride A.C.	Gregor Malcolm (MU17)	Fife AC
#N/A	East Kilbride A.C.	Gregor Collins (BU13)	Gala Harriers
Fabian Despinoy (BU13)	Edinburgh AC	Evan McConnell (BU13)	Gala Harriers
Hugh Morrow (BU13)	Edinburgh AC	Jack McDonald (BU13)	Gala Harriers
Muir Gillespie (BU13)	Edinburgh AC	Inness Campbell (BU13)	Gala Harriers
Sam Glass (BU13)	Edinburgh AC	George Godfrey-Faussett (BU13)	Gala Harriers
Connor Thompson (BU13)	Edinburgh AC	Lewis Tharme (BU15)	Gala Harriers
Rob Henderson (BU13)	Edinburgh AC	Carie Campbell (BU15)	Gala Harriers
James Logan (BU15)	Gala Harriers	Nicholas Boyle (MU17)	Giffnock North AAC
Ryan Gaudie (BU15)	Gala Harriers	Maia Carolan (BU15)	Giffnock North AAC
Yousuf Khursheed (BU15)	Gala Harriers	Nikolai Gajic (MU17)	Giffnock North AAC
Lewis Bell (MU17)	Gala Harriers	Michael Lowrie (MU17)	Giffnock North AAC
William Darling (MU17)	Gala Harriers	Joseph Lowrie (MU17)	Giffnock North AAC
Callum Tharme (MU17)	Gala Harriers	Harry Nimmo (MU17)	Giffnock North AAC
Faisal Khursheed (MU17)	Gala Harriers	Jamie Sturrock (MU17)	Giffnock North AAC
Luke Aitken (BU13)	Garscube Harriers	Oliver Watson-Sweeney (MU17)	Giffnock North AAC
Finlay Ross-Davie (BU13)	Garscube Harriers	Adam Inglis (BU13)	Giffnock North AAC
Ewan McArthur (MU17)	Garscube Harriers	Joe McNulty (BU13)	Giffnock North AAC
Dominic Morgan (BU13)	Garscube Harriers	John Law (MU17)	Glasgow School of Sport
James Conelly (BU13)	Garscube Harriers	James Hair (BU13)	Glasgow School of Sport
Euan Chapman (BU13)	Garscube Harriers	Gary McPake (BU15)	Glasgow School of Sport
ruairidh stickland (BU13)	Garscube Harriers	Lewis Elliot (BU15)	Glasgow School of Sport
Jack Trainer (BU15)	Garscube Harriers	Connor Black (BU13)	Greenock Glenpark Harriers
Elliot Duff (BU15)	Garscube Harriers	Ewan Ferguson (BU13)	Greenock Glenpark Harriers
Arun Smith (BU15)	Garscube Harriers	Jack McDaid (BU13)	Greenock Glenpark Harriers
Jack Cuthbertson (BU15)	Garscube Harriers	Harry McGill (BU13)	Greenock Glenpark Harriers
Fraser Gordon (BU15)	Garscube Harriers	Andrew McCluskey (BU13)	Greenock Glenpark Harriers
Mackenzie Haldane (BU15)	Garscube Harriers	Alan Mollins (BU15)	Greenock Glenpark Harriers
Daniel McGarrie (BU15)	Garscube Harriers	Tom Forrest (BU15)	Greenock Glenpark Harriers
James Cathro (BU15)	Garscube Harriers	Jonathan Slater (BU15)	Greenock Glenpark Harriers
Cody Stevenson (MU17)	Garscube Harriers	Ryan Brown (BU15)	Greenock Glenpark Harriers
Ewan McArthur (MU17)	Garscube Harriers	Robert Peterson (BU15)	Greenock Glenpark Harriers
Huw Morgan (MU17)	Garscube Harriers	Joshua Ruddy (MU17)	Greenock Glenpark Harriers
Calum Esler (MU17)	Garscube Harriers	Euan Stewart (MU17)	Greenock Glenpark Harriers
Craig Weston (MU17)	Garscube Harriers	Nathan Robinson (MU17)	Greenock Glenpark Harriers
Ethan Carolan (BU13)	Giffnock North AAC	Joshua Bain (BU13)	Helensburgh AAC
Michael Foley (BU13)	Giffnock North AAC	Finn Burden (BU13)	Helensburgh AAC
Murray Fotheringham (BU13)	Giffnock North AAC	Christopher Wilson (BU13)	Helensburgh AAC
Fraser Kirkwood (BU13)	Giffnock North AAC	Finlay Gray (BU15)	Helensburgh AAC
Kian McConville (BU13)	Giffnock North AAC	Bryn Davies (BU15)	Helensburgh AAC
Joseph McKay (BU13)	Giffnock North AAC	William Wright (BU15)	Helensburgh AAC
Michael Moynihan (BU13)	Giffnock North AAC	Andrew Winter (BU13)	Inverclyde AC
Reuben Nairne (BU13)	Giffnock North AAC	Ross Davidson (BU13)	Inverclyde AC
Harris Paterson (BU13)	Giffnock North AAC	Caleb Dunning (BU13)	Inverclyde AC
Christopher Watson-Sweeney (BU13)	Giffnock North AAC	Lewis Hainey (BU13)	Inverclyde AC
Thomas Ward (BU13)	Giffnock North AAC	Josh Law (BU13)	Inverclyde AC
Hamish Armitt (BU15)	Giffnock North AAC	Jack Stewart (BU13)	Inverclyde AC
Jack Bell (BU15)	Giffnock North AAC	Cameron Watson (BU15)	Inverclyde AC
Corey Greenhalgh (BU15)	Giffnock North AAC	Ben Nichol (BU15)	Inverclyde AC
Donald Maclean (BU15)	Giffnock North AAC	Adam Hay (BU15)	Inverclyde AC
Cameron McClymont (BU15)	Giffnock North AAC	Dylan Crawford (BU15)	Inverclyde AC
Scott Metcalfe (BU15)	Giffnock North AAC	Matthew MacKinnon (MU17)	Inverclyde AC

Lewis Mitchell (BU15)	Giffnock North AAC	Ryan Gray (MU17)	Inverclyde AC
Luke Nelson (BU15)	Giffnock North AAC	Sammy Hearl (MU17)	Inverclyde AC
Eoghan O'Donnell (BU15)	Giffnock North AAC	Kerr Murray (BU13)	Irvine Running Club
Andrew Robertson (BU15)	Giffnock North AAC	Stewart Devlin (BU13)	Irvine Running Club
Ben Shaw (BU15)	Giffnock North AAC	Josh Rennie (BU15)	Irvine Running Club
Taylor Stewart (BU15)	Giffnock North AAC	Euan Rhodes (BU15)	Irvine Running Club
Calum Young (BU15)	Giffnock North AAC	Lewis Rome (MU17)	Irvine Running Club
Neil Anderson (MU17)	Giffnock North AAC	Calum Fleming (BU13)	Kilbarchan AAC
Lewis Hannigan (BU13)	Kilbarchan AAC	Matthew Stewart (BU13)	Kirkintilloch Olympians
Max Hendry (BU13)	Kilbarchan AAC	Luke McCaffrey (BU15)	Kirkintilloch Olympians
Cameron Hunter (BU13)	Kilbarchan AAC	Frankie Quail (BU15)	Kirkintilloch Olympians
Seamus Mowberry (BU13)	Kilbarchan AAC	Liam Casey (BU15)	Kirkintilloch Olympians
Callum Gilmour (BU13)	Kilbarchan AAC	Aidan McCaffrey (MU17)	Kirkintilloch Olympians
Harry Orr (BU13)	Kilbarchan AAC	Harry Lamond (MU17)	Kirkintilloch Olympians
James Orr (BU13)	Kilbarchan AAC	Harry Henriksen (BU13)	Lasswade AAC
Jack Patton (BU13)	Kilbarchan AAC	Cameron Dawson (BU13)	Lasswade AAC
Fraser Scott (BU13)	Kilbarchan AAC	Cameron Dickson (BU13)	Lasswade AAC
Finlay Gray (BU13)	Kilbarchan AAC	Lewis Cockburn (BU13)	Lasswade AAC
Ross Kennedy (BU13)	Kilbarchan AAC	Magnus Tait (BU15)	Lasswade AAC
Bridie Gilanaders (BU13)	Kilbarchan AAC	Euan Hood (BU15)	Lasswade AAC
Lewis seddon (BU13)	Kilbarchan AAC	Euan Simon (BU15)	Lasswade AAC
Gavin McKay (BU15)	Kilbarchan AAC	Angus Cousin (BU15)	Lasswade AAC
Cameron Corrigan (BU15)	Kilbarchan AAC	Rory Ferguson (BU15)	Lasswade AAC
Cameron Wright (BU15)	Kilbarchan AAC	Cameron Steven (MU17)	Lasswade AAC
Andrew Devine (BU15)	Kilbarchan AAC	Matthew Smith (MU17)	Lasswade AAC
Liam Donoghue (BU15)	Kilbarchan AAC	Jamie Darling (MU17)	Lasswade AAC
Finn Fowler (BU15)	Kilbarchan AAC	Thomas Snodgrass (MU17)	Lasswade AAC
Jordan Gilchrist (BU15)	Kilbarchan AAC	Alan McCulloch (BU13)	Law & District AAC
Aiden Hendry (BU15)	Kilbarchan AAC	David Yue (BU13)	Law & District AAC
Scott Irvine (BU15)	Kilbarchan AAC	Liam Browning (BU13)	Law & District AAC
Kyle Irvine (BU15)	Kilbarchan AAC	Ben MacBride (BU13)	Law & District AAC
Craig Kennedy (BU15)	Kilbarchan AAC	Lewis McShane (BU13)	Law & District AAC
Hamish Loudon (BU15)	Kilbarchan AAC	Finn Milligan (BU13)	Law & District AAC
Andrew MacAngus (BU15)	Kilbarchan AAC	Michael Glen (BU13)	Law & District AAC
David Martin (BU15)	Kilbarchan AAC	James Gillon (BU15)	Law & District AAC
Michael McGeoch (BU15)	Kilbarchan AAC	David McCormack (BU15)	Law & District AAC
David McNair (BU15)	Kilbarchan AAC	Ben Logan (BU15)	Law & District AAC
Scott Ritchie (BU15)	Kilbarchan AAC	Kieran Cubis (MU17)	Law & District AAC
Michael Simson (BU15)	Kilbarchan AAC	Patryk Szymanski (MU17)	Law & District AAC
Harry Walton (BU15)	Kilbarchan AAC	Adam Kelly (MU17)	Law & District AAC
Ellis Graham (BU15)	Kilbarchan AAC	Conor Butters (MU17)	Law & District AAC
Jamie Eatock (MU17)	Kilbarchan AAC	Gregor Gillespie (MU17)	Law & District AAC
Martin McLenan (MU17)	Kilbarchan AAC	Marc Smith (MU17)	Law & District AAC
Suleiman Niven (MU17)	Kilbarchan AAC	Kairn Brand (BU13)	Perth Straththay Harriers
Aidan Comerford (MU17)	Kilbarchan AAC	Jack Robertson (BU13)	Perth Straththay Harriers
Josh Hendry (MU17)	Kilbarchan AAC	Noah Schembri (BU13)	Perth Straththay Harriers
Sam McNair (MU17)	Kilbarchan AAC	Quinn McDonnell (BU13)	Perth Straththay Harriers
Jake Scott (MU17)	Kilbarchan AAC	Levi Sweeney (BU15)	Perth Straththay Harriers
Conor Thomson (MU17)	Kilbarchan AAC	Sam Elliott (BU15)	Perth Straththay Harriers
James Toal (MU17)	Kilbarchan AAC	Ben Greenwood (MU17)	Perth Straththay Harriers
Fraser McDiarmid (BU13)	Kilbarchan AAC	Sol Sweeney (MU17)	Perth Straththay Harriers
Eoghan Small (BU13)	Kilbarchan AAC	Lewis Dow (BU13)	Pitreavie AAC
Jonathan Houson (BU13)	Kilmarnock H&AC	Lewis Blair (BU13)	Pitreavie AAC
Andrew Baird (BU13)	Kilmarnock H&AC	Conor Gourley (BU13)	Pitreavie AAC
Aidan Jenner (BU13)	Kilmarnock H&AC	Campbell Dowie (BU13)	Pitreavie AAC
Aidan Hessest (BU15)	Kilmarnock H&AC	Euan Johnston (BU13)	Pitreavie AAC
Bruce Holden (BU15)	Kilmarnock H&AC	Matthew Leitch (BU13)	Pitreavie AAC
Jamie Nix (MU17)	Kilmarnock H&AC	Alex Johnston (BU15)	Pitreavie AAC
Dylan Elliot (BU13)	Kirkintilloch Olympians	Conor Allan (BU15)	Pitreavie AAC
Louis O'Hare (BU13)	Kirkintilloch Olympians	James Adam (MU17)	Pitreavie AAC
Ben Grant (MU17)	Pitreavie AAC	Adam Zajac (BU13)	Team East Lothian
Andrew McNair (MU17)	Pitreavie AAC	Fraser Kelly (BU15)	Team East Lothian
William Cain (MU17)	Pitreavie AAC	Cameron Bullen (BU15)	Team East Lothian
Evan Theobald (BU13)	Ron Hill Cambuslang Harriers	Joe Donnelly (BU15)	Team East Lothian
Liam Angely (BU13)	Ron Hill Cambuslang Harriers	Eric Gallagher (BU15)	Team East Lothian
Euan McLew (BU13)	Ron Hill Cambuslang Harriers	Max Leveque (BU15)	Team East Lothian
Sean Friel (BU13)	Ron Hill Cambuslang Harriers	Thomas Leitch (BU15)	Team East Lothian
Arron Grew (BU13)	Ron Hill Cambuslang Harriers	Cameron Smith (BU15)	Team East Lothian
michael black (BU13)	Ron Hill Cambuslang Harriers	James Yule (BU15)	Team East Lothian
Sean Dickie (BU13)	Ron Hill Cambuslang Harriers	Rory Watson (MU17)	Team East Lothian
Lewis Miller (BU13)	Ron Hill Cambuslang Harriers	Jai Patterson (BU13)	Teviotdale Harriers
Ryan Stephen (BU15)	Ron Hill Cambuslang Harriers	Fraser Clyne (BU15)	Teviotdale Harriers
Drew Pollock (BU15)	Ron Hill Cambuslang Harriers	Jamie Waugh (MU17)	Teviotdale Harriers
James Hannyway (BU15)	Ron Hill Cambuslang Harriers	Blayne Wright (BU13)	VP-Glasgow AC

Senior Women

Kirsteen MacKay (FU20)	Aberdeen AAC	Patricia Milne (F50)	Central AC
Lucy McLeod (FU20)	Aberdeen AAC	Jane Waterhouse (F60)	Central AC
Emily Cossar (FU20)	Aberdeen AAC	Morag Adam (F55)	Central AC
Gemma Cormack (F Sen)	Aberdeen AAC	Isla Campbell (F Sen)	Central AC
Rhona Buchan (F45)	Aberdeen AAC	Mandy Williams (F40)	Central AC
Ana-Maria Duran-Mingo (F Sen)	Aberdeen AAC	Marina McCallum (F40)	Clydesdale Harriers
Veronique Oldham (F45)	Aberdeen AAC	Hylda Stewart (F55)	Clydesdale Harriers
Sonia Armitage (F50)	Aberdeen AAC	Ann Murray (F45)	Clydesdale Harriers
Rebecca Wain (F Sen)	Aberdeen AAC	Pamela McCrossan (F50)	Clydesdale Harriers
Kelsey Stewart (FU20)	Aberdeen AAC	Mairi Fox (F Sen)	Clydesdale Harriers
Ellie Buchan (F Sen)	Aberdeen AAC	Jane Mayor (F45)	Clydesdale Harriers
Carla Ferguson (F Sen)	Aberdeen AAC	Christine Duncanson (F55)	Clydesdale Harriers
Jennifer Harrison (F Sen)	Aberdeen AAC	Hannah Addison (FU20)	Corstorphine AAC
Pamela Cruickshanks (F50)	Anster Haddies Running Club	Jessica Craig (FU20)	Corstorphine AAC
Hazel Bradley (F65)	Anster Haddies Running Club	Kirstian MacRuary (F Sen)	Corstorphine AAC
Angela Small (F40)	Anster Haddies Running Club	Fiona Carver (F55)	Corstorphine AAC
Fiona Cruickshanks (F Sen)	Anster Haddies Running Club	Sarah Anderson (F Sen)	Corstorphine AAC
Laura Wallace (F Sen)	Ayr Seaforth AC	Claire Sloan (F Sen)	Corstorphine AAC
Toni McIntosh (F Sen)	Ayr Seaforth AC	Rhona Anderson (F50)	Dunbar Running Club
Gael Riddle (F Sen)	Ayr Seaforth AC	Anne Hay (F50)	Dunbar Running Club
Bethany MacRae (FU20)	Ayr Seaforth AC	Theresa Davidson (F Sen)	Dunbar Running Club
Laura Jamieson (F Sen)	Ayr Seaforth AC	Jennifer Goldie (M Sen)	Dunbar Running Club
Janice Mckellar (F55)	Ayr Seaforth AC	Portia Brown (F Sen)	Dundee Hawkhill Harriers
Kirstin Oakley (FU20)	Ayr Seaforth AC	Katie Anderson (FU20)	Dundee Hawkhill Harriers
Caroline Cochran (F45)	Bellahouston Harriers	Jennifer Carrasco (F Sen)	Dundee Hawkhill Harriers
Rhona Martin (F Sen)	Bellahouston Harriers	Kirsty Reynolds (FU20)	Dundee Hawkhill Harriers
Erica Christie (F55)	Bellahouston Harriers	Rosie Doull (F Sen)	Dundee Road Runners AC
Stephanie Baird (F Sen)	Bellahouston Harriers	Gillian Sangster (F40)	Dundee Road Runners AC
Emily Jackson (F Sen)	Bellahouston Harriers	Linda Craddock (M 45)	Dundee Road Runners AC
Suzanne Boyle (F Sen)	Bellahouston Harriers	Amanda Woodrow (F Sen)	Edinburgh AC
Bernadette O'Neil (F45)	Bellahouston Harriers	Freya Ross (F Sen)	Edinburgh AC
Deirdre Hoyle (F60)	Bellahouston Harriers	Lauren Wilson (F Sen)	Edinburgh AC
Lisa Gilmore (F40)	Bellahouston Harriers	Karen Dobbie (F45)	Edinburgh AC
Gael McCallum (F40)	Bellahouston Harriers	Lauren Stoddart (F Sen)	Edinburgh AC
Angela Carson (F45)	Bellahouston Harriers	Rachael Dunn (F Sen)	Edinburgh AC
Shona Donnelly (F45)	Bellahouston Road Runners	Madeleine Murray (F Sen)	Edinburgh AC
Jacqueline McGuire (F45)	Bellahouston Road Runners	Sharyne Ramage (F50)	Edinburgh AC
Louise Ross (F Sen)	Bellahouston Road Runners	Tanya Shields (F Sen)	Edinburgh AC
Matty Sutton (F Sen)	Bellahouston Road Runners	Niamh Jarvis (FU20)	Edinburgh AC
Tomoyo Fujiwara (F40)	Bellahouston Road Runners	Janet Dunbar (F45)	Edinburgh AC
Jane Galt (F50)	Bellahouston Road Runners	Helga Gudny Ellsasdottir (M Sen)	Edinburgh AC
Ciara Baxter (F Sen)	Bellahouston Road Runners	Gillian Palmer (M Sen)	Edinburgh AC
Ann Robin (F Sen)	Bellahouston Road Runners	Rosie Wilson (FU20)	Edinburgh AC
Camilla Sims (F Sen)	Bellahouston Road Runners	Hannah Waugh (F Sen)	Edinburgh AC
Madeline Smillie (F40)	Bellahouston Road Runners	Elaine Davies (F40)	Edinburgh AC
Angelika Gerlach (F Sen)	Bellahouston Road Runners	Anne Peat (F45)	Edinburgh AC
Lynne Goldie (F45)	Bellahouston Road Runners	Fiona Hegarty (F Sen)	Edinburgh AC
Deborah Gray (F40)	Bellahouston Road Runners	Jennifer MacLean (F40)	Edinburgh AC
Louise Gray (F45)	Bellahouston Road Runners	Katie Reynolds (F Sen)	Edinburgh Univ Hare & Hounds
Mhairi Hill (F Sen)	Bellahouston Road Runners	Eve MacKinnon (FU20)	Edinburgh Univ Hare & Hounds
Elaine Somerville (F40)	Bellahouston Road Runners	Sarah Diss (M Sen)	Edinburgh Univ Hare & Hounds
Carla Ward (F Sen)	Bellahouston Road Runners	Louise Mercer (FU20)	Edinburgh Univ Hare & Hounds
Claire Wharton (F45)	Bellahouston Road Runners	Lise Theron (FU20)	Edinburgh Univ Hare & Hounds
Jane Wild (F45)	Bellahouston Road Runners	Stephanie Pennycook (FU20)	Edinburgh Univ Hare & Hounds
Pauline Wright (F40)	Bellahouston Road Runners	Sarah Henderson (F Sen)	Edinburgh Univ Hare & Hounds
Alex Young (F Sen)	Bellahouston Road Runners	Catriona Graves (FU20)	Edinburgh Univ Hare & Hounds
Anne Campbell (F Sen)	Bellahouston Road Runners	Abbie Buchan (M Sen)	Edinburgh Univ Hare & Hounds
Helen Craig (F Sen)	Bellahouston Road Runners	Iorna Kennedy (F Sen)	Falkirk Victoria Harriers
Frances Maxwell (F50)	Calderglen Harriers	Julie Nimmo (FU20)	Falkirk Victoria Harriers
Alison Lessells (F Sen)	Calderglen Harriers	Claire Moffett (F Sen)	Falkirk Victoria Harriers
Karen Allen (F Sen)	Calderglen Harriers	Allison Christie (F40)	Falkirk Victoria Harriers
Joanne McEvoy (F Sen)	Calderglen Harriers	Megan Davidson (F Sen)	Falkirk Victoria Harriers
Mary Baxter (F55)	Calderglen Harriers	Mhairi Simpson (F40)	Falkirk Victoria Harriers
Ruth Kelly (F45)	Calderglen Harriers	Gill Inglis (F45)	Falkirk Victoria Harriers
Julie Beveridge (F Sen)	Calderglen Harriers	Beryl Junnier (F50)	Falkirk Victoria Harriers
Alexandra Hayden (F Sen)	Calderglen Harriers	Monica Anderson (F45)	Falkirk Victoria Harriers
Kay Conneff (F Sen)	Calderglen Harriers	Fiona Matheson (F50)	Falkirk Victoria Harriers
Morag MacLarty (F Sen)	Central AC	Alison Marven (F40)	Falkirk Victoria Harriers
Fiona Thompson (F Sen)	Central AC	Janette Stevenson (F65)	Falkirk Victoria Harriers
Lyndsay Morrison (F Sen)	Central AC	Caroline Lawless (F55)	Falkirk Victoria Harriers
Jennifer Wetton (F Sen)	Central AC	Alison Arnold (F40)	Ferranti AAC
Amy Hendry (F Sen)	Central AC	Sheila Bauchop (F65)	Ferranti AAC
Hazel Dean (F50)	Central AC	Julia Drewer (F Sen)	Ferranti AAC

Claire Gilchrist (F45)	Ferranti AAC	Lynne Rogers (F Sen)	Greenock Glenpark Harriers
Elizabeth Gilchrist (F70)	Ferranti AAC	Claire Bryce (F Sen)	Greenock Glenpark Harriers
Julia Loecherbach (F Sen)	Ferranti AAC	Lisa Ruddy (F Sen)	Greenock Glenpark Harriers
Siobhan Sellar (F45)	Ferranti AAC	Donna Clark (F Sen)	Greenock Glenpark Harriers
Pascaline Ruck (F Sen)	Ferranti AAC	Kirstin Arthur (F40)	Greenock Glenpark Harriers
Elizabeth Mockli (F Sen)	Ferranti AAC	Viki Wilkinson (F40)	Greenock Glenpark Harriers
Fiona Bracegirdle (F Sen)	Fife AC	Alison King (F40)	Greenock Glenpark Harriers
Andrea Burke Rae (F Sen)	Fife AC	Marian Monk (F40)	Greenock Glenpark Harriers
Megan Crawford (F Sen)	Fife AC	Rhonda White (F40)	Greenock Glenpark Harriers
Ailsa Cruickshanks (FU20)	Fife AC	Gillian Forrest (F45)	Greenock Glenpark Harriers
Katie Jones (F Sen)	Fife AC	Susan Clark (F45)	Greenock Glenpark Harriers
Sheena Logan (F Sen)	Fife AC	Susan Slater (F45)	Greenock Glenpark Harriers
Alison McGill (F Sen)	Fife AC	Silke Loehndorf (F45)	Greenock Glenpark Harriers
Amie McKimmie (F Sen)	Fife AC	Elizabeth McAuslan (F50)	Greenock Glenpark Harriers
Sophie Mullins (F Sen)	Fife AC	Fiona Cushnaghan (F50)	Greenock Glenpark Harriers
Stephanie Pennycook (FU20)	Fife AC	Theresa Wall (F50)	Greenock Glenpark Harriers
Halina Rees (F Sen)	Fife AC	Lorna Coyle (F55)	Greenock Glenpark Harriers
Angela Richardson (F Sen)	Fife AC	Yvonne Prager (F55)	Greenock Glenpark Harriers
Kirsti Sharratt (F45)	Fife AC	Lauren O'Donnell (F Sen)	Greenock Glenpark Harriers
Helen Sharpe (F Sen)	Fife AC	Lesley Nelson (F Sen)	Greenock Glenpark Harriers
Annabel Simpson (FU20)	Fife AC	Angeline Austin (F Sen)	Greenock Glenpark Harriers
Jennifer Spence (F Sen)	Fife AC	Nicola Stevenson (F Sen)	Greenock Glenpark Harriers
Jenny Tan (F Sen)	Fife AC	Catriona Stirling (F Sen)	Greenock Glenpark Harriers
Morgan Windram-Geddes (F Sen)	Fife AC	Lana Hanson (F Sen)	Greenock Glenpark Harriers
Louise Burt (F50)	Fife AC	Lesley Marshall (F Sen)	Hamilton Harriers
Innes Bracegirdle (F55)	Fife AC	Janette Clarkson (F45)	Hamilton Harriers
Angela Howe (F40)	Fife AC	Cheryl McNulty (F Sen)	Hamilton Harriers
Kerry Gibson (F Sen)	Fife AC	Lyndsay Findlay (F Sen)	Hamilton Harriers
Sandra Aitken (F55)	Fife AC	Alison McLaren (F40)	Hamilton Harriers
Margaret Martin (F55)	Fife AC	Claire McArthur (F Sen)	Hamilton Harriers
Margaret McLaren (F55)	Fife AC	Laura Farquharson (F Sen)	Hamilton Harriers
Irene Pennycook (F55)	Fife AC	Carole Barrie (F45)	Helensburgh AAC
Fiona Dalgleish (F40)	Gala Harriers	Maria Dye (F45)	Helensburgh AAC
Kirstin Maxwell (F Sen)	Gala Harriers	Janet Fellowes (F60)	Helensburgh AAC
Eileen Maxwell (F50)	Gala Harriers	Laura Johnstone (F Sen)	Helensburgh AAC
Anya Campbell (F45)	Gala Harriers	Kamilla Pinter (F Sen)	Heriot-Watt Univ Athletics
Fiona Shepherd (F45)	Gala Harriers	Alysha Goddard (F Sen)	Heriot-Watt Univ Athletics
Dawn Grant (F40)	Gala Harriers	Pia Iversen (F Sen)	Heriot-Watt Univ Athletics
Rachel Fagan (F40)	Gala Harriers	Eilidh Anthony (F Sen)	Hunters Bog Trotters
Jennifer Forbes (F40)	Gala Harriers	Emma Baker (F45)	Hunters Bog Trotters
Dianne Lauder (F Sen)	Gala Harriers	Carrie Craig (F Sen)	Hunters Bog Trotters
Mairi Struthers (F Sen)	Gala Harriers	Rebecca Croney (F Sen)	Hunters Bog Trotters
Joeleen McKean (F Sen)	Gala Harriers	Briony Curtis (F Sen)	Hunters Bog Trotters
Kate Jenkins (F40)	Gala Harriers	Katherine Golding (F Sen)	Hunters Bog Trotters
Kirsty Wilson (F Sen)	Gala Harriers	Claire Gordon (F Sen)	Hunters Bog Trotters
Louise Crilly (FU20)	Garscube Harriers	Rachel Haines (F Sen)	Hunters Bog Trotters
Marian Kelly (F Sen)	Garscube Harriers	Amelia Hope-Jones (F Sen)	Hunters Bog Trotters
Daisy Ochoa (F Sen)	Garscube Harriers	Jane Hart (F40)	Hunters Bog Trotters
Alison Wood (F Sen)	Garscube Harriers	Elizabeth Huggill (F Sen)	Hunters Bog Trotters
Morag Casey (F40)	Garscube Harriers	Amy Jones (F Sen)	Hunters Bog Trotters
Charlotte Wilson (F Sen)	Garscube Harriers	Zoe Kemp (F40)	Hunters Bog Trotters
Lesley Chisholm (F40)	Garscube Harriers	Mairead Kelly (F Sen)	Hunters Bog Trotters
Diane Clark (F Sen)	Garscube Harriers	Sarah Louise MacIsaac (F Sen)	Hunters Bog Trotters
Karen McIlvenna (F50)	Garscube Harriers	Morag McClelland (F Sen)	Hunters Bog Trotters
Debbie Martin-Consani (F40)	Garscube Harriers	Eilis McKechnie (F Sen)	Hunters Bog Trotters
Daisy Tickner (F Sen)	Garscube Harriers	Shona McIntosh (F Sen)	Hunters Bog Trotters
Jennifer Dury (F Sen)	Garscube Harriers	Megan Mowbray (F40)	Hunters Bog Trotters
Jill Smylie (M Sen)	Giffnock North AAC	Phyllis O'Brien (F55)	Hunters Bog Trotters
Yvonne McNairn (M Sen)	Giffnock North AAC	Sinead O' Malley (F Sen)	Hunters Bog Trotters
Nicole McLeod (F Sen)	Giffnock North AAC	Sarah O'Neil (F Sen)	Hunters Bog Trotters
Kirsteen Haughan (F45)	Giffnock North AAC	Sandra Rathjen (F40)	Hunters Bog Trotters
Maureen McVey (F50)	Giffnock North AAC	Jillian Stephen (F Sen)	Hunters Bog Trotters
Caroline Gibson (F Sen)	Giffnock North AAC	Janice Smith (F55)	Hunters Bog Trotters
Laura Muir (F Sen)	Glasgow University Hare and H	Rosie Smith (F Sen)	Hunters Bog Trotters
Katrina Ballantyne (FU20)	Glasgow University Hare and H	Zoe Strong (F Sen)	Hunters Bog Trotters
Lisa Christy (F Sen)	Glasgow University Hare and H	Sheila Strain (F65)	Hunters Bog Trotters
Skye Dick (F Sen)	Glasgow University Hare and H	Claire Ward (F Sen)	Hunters Bog Trotters
Ellie Waugh (F Sen)	Glasgow University Hare and H	Anna Weston (F Sen)	Hunters Bog Trotters
Emma McCrady (FU20)	Glasgow University Hare and H	Abby White (F Sen)	Hunters Bog Trotters
Julie Dobbin (F Sen)	Glasgow University Hare and H	Megan Wright (F40)	Hunters Bog Trotters
Katherine Mitchell (FU20)	Glasgow University Hare and H	Sharon Muir (F40)	Inverclyde AC
Katie McAuslan (F Sen)	Greenock Glenpark Harriers	Julie Gordon (F Sen)	Inverclyde AC
Emma Baxter (F Sen)	Greenock Glenpark Harriers	Chloe Simpson (FU20)	Inverclyde AC
Suzanne Coyle (F Sen)	Greenock Glenpark Harriers	Rachael Bushfield (F Sen)	Inverclyde AC

Nynke Mulholland (F Sen)	Inverclyde AC	Alison Pirie (F Sen)	Metro Aberdeen Running Club
Caroline Marwick (F Sen)	Inverness Harriers AAC	Kirsty Robson (F40)	Metro Aberdeen Running Club
Catriona Maree Fraser (F Sen)	Inverness Harriers AAC	Petra Hampton (F Sen)	Metro Aberdeen Running Club
Sarah Liebnitz (F Sen)	Inverness Harriers AAC	Naomi Sharp (F Sen)	Metro Aberdeen Running Club
Julie Wilson (F45)	Inverness Harriers AAC	Hazel Wyness (F Sen)	Metro Aberdeen Running Club
Alison Wilson (F40)	Inverness Harriers AAC	Ruth Wolfe (F50)	Metro Aberdeen Running Club
Roma Shepherd (F40)	Inverness Harriers AAC	Valerie Wilson (F45)	Metro Aberdeen Running Club
Christina Rankin (F Sen)	Kilbarchan AAC	Phyllis Hands (F60)	Motherwell AC
Natalie Sharp (F Sen)	Kilbarchan AAC	Susan Stewart (F Sen)	Motherwell AC
Sarah Dempsey (FU20)	Kilbarchan AAC	Emma Stevenson (F Sen)	Motherwell AC
Jennifer Rooney (F Sen)	Kilbarchan AAC	Katelyn McKeever (F Sen)	Motherwell AC
Julia Harris (F45)	Kilbarchan AAC	Clare Hughes (F Sen)	Motherwell AC
Siobhan Inglis (F Sen)	Kilbarchan AAC	Vicki Wright (F Sen)	Motherwell AC
Elsbeth Curran (F Sen)	Kilbarchan AAC	Joanne Clark (F40)	Motherwell AC
Jemma Reekie (FU20)	Kilbarchan AAC	Leigh mathieson (F Sen)	Motherwell AC
Paula Wilson (F45)	Kilmarnock H&AC	Clare Barr (F45)	Motherwell AC
Colleen Tait (F Sen)	Kilmarnock H&AC	Sonjia Crow (F Sen)	Perth Road Runners
Stephanie Hewitt (F Sen)	Kilmarnock H&AC	Marianne McLevy (F45)	Perth Road Runners
Laura Carruthers (F Sen)	Kilmarnock H&AC	Aileen Ross (F55)	Portobello Running Club
Jacqueline McConnell (F Sen)	Kilmarnock H&AC	Yana Thandrayen (F40)	Portobello Running Club
Kirsteen Salisbury (F Sen)	Kilmarnock H&AC	Julie Moffat (F45)	Portobello Running Club
Janice Millar (F55)	Kilmarnock H&AC	Jacqueline McLew (F45)	Ron Hill Cambuslang Harriers
Bethany Ross (F Sen)	Kilmarnock H&AC	Lynn Angely (F40)	Ron Hill Cambuslang Harriers
Elizabeth McDerment (F45)	Kilmarnock H&AC	Caitie Gorton-Phillips (F40)	Ron Hill Cambuslang Harriers
Stephanie Dale (F Sen)	Kilmarnock H&AC	Sarah Benson (F Sen)	Ron Hill Cambuslang Harriers
Laura Haggarty (F Sen)	Kilmarnock H&AC	Kirsty Anderson (F Sen)	Ron Hill Cambuslang Harriers
Michelle Goldie (F Sen)	Kilmarnock H&AC	Vicky Semple (F Sen)	Ron Hill Cambuslang Harriers
Kirstin Dale (F Sen)	Kilmarnock H&AC	Alexandra Lamond (F Sen)	Ron Hill Cambuslang Harriers
Rosemary McMillan (F50)	Kilmarnock H&AC	Rebecca Bonomi (FU20)	Ron Hill Cambuslang Harriers
Anna Walker (F Sen)	Kilmarnock H&AC	Eve MacKinnon (FU20)	Ron Hill Cambuslang Harriers
Ada Stewart (F50)	Kirkintilloch Olympians	Joanne Harkins (F Sen)	Shettleston Harriers
Elaine Hogg (F45)	Kirkintilloch Olympians	Avril Mason (F40)	Shettleston Harriers
Michelle Humphreys (F40)	Kirkintilloch Olympians	Shannon McLellan (F Sen)	Shettleston Harriers
Shirley MacNab (F50)	Kirkintilloch Olympians	Shona Robertson (F45)	Shettleston Harriers
Angela Fenner (F50)	Kirkintilloch Olympians	Carole Setchell (F Sen)	Shettleston Harriers
Pamela Parker (F45)	Kirkintilloch Olympians	Clara Urjitti (F45)	Shettleston Harriers
Debs Lindsay (F50)	Kirkintilloch Olympians	Jessica Oliver-Bell (F Sen)	Shettleston Harriers
Marie McChord (F55)	Kirkintilloch Olympians	Alison Winship (F40)	Shettleston Harriers
Vivien Fraser (F45)	Kirkintilloch Olympians	Ruth Joss (F Sen)	Shettleston Harriers
Pauline Younger (F50)	Kirkintilloch Olympians	Charlene McCallum (F Sen)	Shettleston Harriers
Elaine Banker (F45)	Kirkintilloch Olympians	Hayley McCrorie (F Sen)	Shettleston Harriers
Anne Crombie-Brown (F40)	Kirkintilloch Olympians	Fionnuala Ross (F Sen)	Shettleston Harriers
Ausrine Ward (F Sen)	Kirkintilloch Olympians	Erin McGill (FU20)	Springburn Harriers
Anne Marie McGregor (F40)	Kirkintilloch Olympians	Hannah Terrance (F Sen)	Springburn Harriers
Keira Murray (F Sen)	Lasswade AAC	Michelle Sandison (F Sen)	Springburn Harriers
Catherine Dickson (F40)	Lasswade AAC	Rachael Thomson (F Sen)	Strathclyde Uni Harriers
Niamh Shaw (FU20)	Lasswade AAC	Joanne Reid (F Sen)	Strathclyde Uni Harriers
Kirsten Ness (F Sen)	Lasswade AAC	Lucy Massie (FU20)	Strathclyde Uni Harriers
Margaret Newell (FU20)	Law & District AAC	Maddy Watson (F Sen)	Strathclyde Uni Harriers
Hannah Stark (FU20)	Law & District AAC	Kerry Sweeney (F40)	Strathearn Harriers
Roxanne Yue (F45)	Law & District AAC	Cathy Tilbrook (F45)	Strathearn Harriers
Edel Mooney (F40)	Lothian Running Club	Emily Greaves (F Sen)	Strathearn Harriers
Lana Turnbull (F Sen)	Lothian Running Club	Rhian Evans (F Sen)	Strathearn Harriers
Saran Jones (F50)	Lothian Running Club	Pauline McAdam (F60)	Teviotdale Harriers
Mhairi Inglis (F Sen)	Lothian Running Club	Lauren Corbett (F Sen)	Teviotdale Harriers
Carol Maban (F60)	Lothian Running Club	Ann Renwick (F45)	Teviotdale Harriers
Christine MacVarish (F40)	Lothian Running Club	Donna Inglis (F45)	Teviotdale Harriers
Lynne Murray (F50)	Lothian Running Club	Donna Finlayson (F Sen)	VP-Glasgow AC
Jo Williams (F Sen)	Lothian Running Club	Alison Kerr (F40)	VP-Glasgow AC
Bethany Nelson (FU20)	Lothian Running Club	Stephanie Lawrie (F Sen)	VP-Glasgow AC
Kathleen Dempsey (F Sen)	Lothian Running Club	Claire Thompson (F Sen)	VP-Glasgow AC
Jocelyn Moar (F Sen)	Lothian Running Club	Erin McIlveen (F Sen)	VP-Glasgow AC
Shona Young (F45)	Lothian Running Club	Gillian Black (FU20)	VP-Glasgow AC
Jackie Corless (F40)	Lothian Running Club	Hollie Young (F Sen)	VP-Glasgow AC
Kirsty McMeechan (F Sen)	Lothian Running Club	Josephine Moultrie (F Sen)	VP-Glasgow AC
Cara McCafferty (FU20)	Lothian Running Club	Nicola Hood (F Sen)	VP-Glasgow AC
Fiona Rudkin (F Sen)	Metro Aberdeen Running Club	Debs Hannah (F40)	VP-Glasgow AC
Kayleigh Jarrett (F Sen)	Metro Aberdeen Running Club	Jacqui Thomson (F50)	VP-Glasgow AC
Laura Sarkis (F Sen)	Metro Aberdeen Running Club	Becky Dunphy (F Sen)	VP-Glasgow AC
Katie Bain (F Sen)	Metro Aberdeen Running Club	Suzanne Gilmour (F40)	VP-Glasgow AC
Jill Bonthron (F Sen)	Metro Aberdeen Running Club	Emma kay (F Sen)	VP-Glasgow AC
Claire Smith (F40)	Metro Aberdeen Running Club	Lesley Pirie (F Sen)	VP-Glasgow AC
Claire Bremner (F Sen)	Metro Aberdeen Running Club	Mhairi Hendry (FU20)	VP-Glasgow AC
Claire Bruce (F Sen)	Metro Aberdeen Running Club	Julie Dobbin (F Sen)	VP-Glasgow AC

Sharon Taylor (F50)
Catriona Fisher (F Sen)
Elizabeth Adams (F Sen)

Westerlands XC Club
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Senior Men

James Joy (M Sen)	Aberdeen AAC	Tony Breslin (M 45)	Bellahouston Road Runners
Euan Webster (M Sen)	Aberdeen AAC	Marc Bromwich (M Sen)	Bellahouston Road Runners
Michael Simpson (M Sen)	Aberdeen AAC	Iain Burns (M Sen)	Bellahouston Road Runners
Athol Burnett (M 50)	Aberdeen AAC	Andrew Campbell (M 40)	Bellahouston Road Runners
Michael Ferguson (M Sen)	Aberdeen AAC	Bruce Carmichael (M 40)	Bellahouston Road Runners
Fraser McGillivray (M Sen)	Aberdeen AAC	Bruce Carse (M Sen)	Bellahouston Road Runners
Sergio Martinez-Gonzalez (M Sen)	Aberdeen AAC	Liam Conway (M 45)	Bellahouston Road Runners
Steven Murray (MU20)	Aberdeen AAC	Andrew Hardman (M 55)	Bellahouston Road Runners
Matthew Kilner (MU20)	Aberdeen AAC	Kenny Harvey (M 40)	Bellahouston Road Runners
Rory Stead (MU20)	Aberdeen AAC	Anthony Lucio Jannetta (M Sen)	Bellahouston Road Runners
Callum Symmons (MU20)	Aberdeen AAC	Christopher Logue (M Sen)	Bellahouston Road Runners
Jordan Chapman (MU20)	Aberdeen AAC	John McGeehan (M Sen)	Bellahouston Road Runners
William Mackay (M Sen)	Aberdeen AAC	Stuart McMillian (M Sen)	Bellahouston Road Runners
Laurence Baker (M 55)	Ayr Seaforth AC	Henry Merriweather (M 40)	Bellahouston Road Runners
Kevin Bloy (M 45)	Ayr Seaforth AC	Thomas O'Connell (M Sen)	Bellahouston Road Runners
Neil Burnside (M Sen)	Ayr Seaforth AC	Graeme Paterson (M 40)	Bellahouston Road Runners
Barry Duddy (M 40)	Ayr Seaforth AC	Kevin Queenan (M 40)	Bellahouston Road Runners
Stephen Kay (M Sen)	Ayr Seaforth AC	Craig Reid (M Sen)	Bellahouston Road Runners
Peter Laing (M 55)	Ayr Seaforth AC	Bob Reid (M Sen)	Bellahouston Road Runners
Tom McCulloch (M 60)	Ayr Seaforth AC	Jim Robinson (M 55)	Bellahouston Road Runners
Fraser McKenzie (M Sen)	Ayr Seaforth AC	George Rooney (M 45)	Bellahouston Road Runners
Kenneth Neill (M Sen)	Ayr Seaforth AC	Gerard Scullion (M 50)	Bellahouston Road Runners
Neil Nisbet (M 50)	Ayr Seaforth AC	Hamish Barbour (M 50)	Bellahouston Road Runners
Paul Turnbull (M 50)	Ayr Seaforth AC	Gordon Clements (M 40)	Bellahouston Road Runners
Allan Watt (M 45)	Ayr Seaforth AC	Christopher Doak (M Sen)	Bellahouston Road Runners
Andrew Crichton (M Sen)	Ayr Seaforth AC	Ciaran Dougherty (M Sen)	Bellahouston Road Runners
Iain Pettigrew (M 45)	Ayr Seaforth AC	Barry Edwards (M Sen)	Bellahouston Road Runners
Stuart McLean (M 40)	Ayr Seaforth AC	Peter Gallanagh (M 45)	Bellahouston Road Runners
Craig McPike (M Sen)	Ayr Seaforth AC	Keith Gibb (M 50)	Bellahouston Road Runners
James Murray (M Sen)	Ayr Seaforth AC	Greig Glendinning (M 40)	Bellahouston Road Runners
Steven McCrorie (M 40)	Ayr Seaforth AC	Nyall Goodwin (M Sen)	Bellahouston Road Runners
Craig Brown (M Sen)	Ayr Seaforth AC	Gerry Hanlon (M 50)	Bellahouston Road Runners
Mark Caldwell (M 45)	Ayr Seaforth AC	David Lockhart (M Sen)	Bellahouston Road Runners
Martin McCrorie (M 40)	Ayr Seaforth AC	Grant MacDonald (M Sen)	Bellahouston Road Runners
James Pettigrew (MU20)	Ayr Seaforth AC	Stuart Mathieson (M Sen)	Bellahouston Road Runners
Simon Kirk (M 40)	Ayr Seaforth AC	Kenny McDonald (M 40)	Bellahouston Road Runners
Andrew Ferguson Snr (M 50)	Banchory Stonehaven AC	Anthony McParland (M 45)	Bellahouston Road Runners
Andrew Ferguson Jnr (M Sen)	Banchory Stonehaven AC	Brendan Moriarty (M Sen)	Bellahouston Road Runners
Sam Long (M 40)	Banchory Stonehaven AC	Brian O'Donnell (M Sen)	Bellahouston Road Runners
Derek Thompson (M Sen)	Banchory Stonehaven AC	Nick Reid (M Sen)	Bellahouston Road Runners
Darren McQuade (M Sen)	Bellahouston Harriers	Stewart Robertson (M Sen)	Bellahouston Road Runners
Robert Carson (M 65)	Bellahouston Harriers	David Stakes (M 50)	Bellahouston Road Runners
James McMillan (M 70)	Bellahouston Harriers	David Boag (M 45)	Bellahouston Road Runners
Craig Lamont (M Sen)	Bellahouston Harriers	Timothy Martin (M Sen)	Bellahouston Road Runners
Crispin Walsh (M 40)	Bellahouston Harriers	Paul McGunnigle (M Sen)	Bellahouston Road Runners
Paul Clawson (M Sen)	Bellahouston Harriers	Derek Rigmand (M 45)	Bellahouston Road Runners
Stuart Miller (M Sen)	Bellahouston Harriers	Richard Leyton (M 40)	Bellahouston Road Runners
Ian Burke (M 65)	Bellahouston Harriers	Russell Couper (M 50)	Calderglen Harriers
Calum Ferguson (MU20)	Bellahouston Harriers	Alan Derrick (M 50)	Calderglen Harriers
Alastair Scott (M Sen)	Bellahouston Harriers	Stuart Waugh (M 65)	Calderglen Harriers
Andrew Allen (M 50)	Bellahouston Road Runners	Jim Holmes (M 45)	Calderglen Harriers
Richard Lawton (M 40)	Calderglen Harriers	Will Hensman (M Sen)	Central AC
Charlie McDougall (M 65)	Calderglen Harriers	Kenneth Hislop (M Sen)	Central AC
John McBride (M 55)	Calderglen Harriers	Ross Houston (M Sen)	Central AC
Jim Mearns (M 50)	Calderglen Harriers	Alan Hume (M Sen)	Central AC
Hugh Simpson (M 50)	Calderglen Harriers	Robert Hutchison (M 50)	Central AC
David Herbertson (M 45)	Calderglen Harriers	Hugh Kerr (M 50)	Central AC
Martin Howell (M 45)	Calderglen Harriers	Jack Kerr (MU20)	Central AC
Andrew Buchanan (M Sen)	Calderglen Harriers	David Lindsay (M Sen)	Central AC
Ian Hughes (M 45)	Calderglen Harriers	David Mackinlay (M Sen)	Central AC
Kenny Leinster (M 55)	Calderglen Harriers	Liam McCabe (M 55)	Central AC
Philip Marshall (M 55)	Calderglen Harriers	Conan McCaughey (M Sen)	Central AC
David I Searil (M 60)	Calderglen Harriers	Scott McDonald (M Sen)	Central AC
Andrew McCaffery (M 50)	Calderglen Harriers	Christopher McHardy (M Sen)	Central AC
Colin Banks (M 40)	Calderglen Harriers	John Millar (M 60)	Central AC
William Buchanan (M 60)	Calderglen Harriers	Lewis Millar (M Sen)	Central AC
Gerard Mullen (M 55)	Calderglen Harriers	Alexander Milne (M 50)	Central AC
Stephen Phimister (M 45)	Calderglen Harriers	Cameron Milne (M Sen)	Central AC
Ian Rae (M 50)	Calderglen Harriers	Raymond J Milne (M 50)	Central AC
Graham Ramage (M 40)	Calderglen Harriers	Billy Mitchell (M 50)	Central AC
Charles Steven (M 55)	Calderglen Harriers	Robin Mussett (M 50)	Central AC
George Stewart (M 50)	Calderglen Harriers	Robert Russell (M Sen)	Central AC
David Watt (M 50)	Calderglen Harriers	Donald Shaw (M 45)	Central AC

Andrew Henderson (M 60)	Calderglen Harriers	Robert Steel (M 45)	Central AC
Blair Matthew (M 40)	Calderglen Harriers	Aidan Thompson (MU20)	Central AC
Martin Duthie (M 50)	Calderglen Harriers	Tom Watson (M Sen)	Central AC
Geo Ferguson (M 55)	Calderglen Harriers	Stuart Watson (M 50)	Central AC
John Freer (M 60)	Calderglen Harriers	Philip Williams (M 40)	Central AC
Andy Buchanan (M Sen)	Calderglen Harriers	Michael Wright (M Sen)	Central AC
Gordon Appelbe (M Sen)	Central AC	Philip Wright (MU20)	Central AC
Simon Barlow (M 45)	Central AC	Robert Young (M 70)	Clydesdale Harriers
Cameron Boyek (M Sen)	Central AC	Pete Cartwright (M 70)	Clydesdale Harriers
Scott Brember (M 40)	Central AC	Watson Jones (M 75)	Clydesdale Harriers
Euan Brownlie (MU20)	Central AC	Peter Rudzinski (M 60)	Clydesdale Harriers
Hugh Buchanan (M 55)	Central AC	Paul McKendry (M 55)	Clydesdale Harriers
Andrew Butchart (M Sen)	Central AC	Stephen Docherty (M Sen)	Clydesdale Harriers
Aidan Cameron (MU20)	Central AC	John Fox (M 40)	Clydesdale Harriers
Neil Cameron (M 45)	Central AC	Iain Robertson (M Sen)	Clydesdale Harriers
Cameron Campbell (M 55)	Central AC	Craig Prior (M Sen)	Clydesdale Harriers
Dale Colley (M Sen)	Central AC	David Brown (M Sen)	Clydesdale Harriers
Richard Coombs (M 45)	Central AC	Ryan Nelson (M Sen)	Clydesdale Harriers
Jamie Crowe (M Sen)	Central AC	Tony Dolan (M Sen)	Clydesdale Harriers
Iain Davies (MU20)	Central AC	Ryan Savage (M Sen)	Clydesdale Harriers
Iain Dunsmore (M 45)	Central AC	Moray Anderson (M Sen)	Corstorphine AAC
David Eckersley (M 50)	Central AC	Alastair Brockie (M Sen)	Corstorphine AAC
Allan Gall (M 55)	Central AC	Bryan Clark (M Sen)	Corstorphine AAC
William Gault (M 65)	Central AC	Gordon Clarke (M 40)	Corstorphine AAC
Charles Graham-Marr (M 55)	Central AC	Tom Cunningham (M Sen)	Corstorphine AAC
Scott Green (M Sen)	Central AC	Tom Ferrington (M Sen)	Corstorphine AAC
Cameron Harris (MU20)	Central AC	David Hall (M Sen)	Corstorphine AAC
Alastair Hay (M Sen)	Central AC	James Harrison (M Sen)	Corstorphine AAC
Alexander Hendry (M Sen)	Central AC	Mark Haskett (M Sen)	Corstorphine AAC
Philip Hendry (M 50)	Central AC	Keith Hood (M 40)	Corstorphine AAC
Donald Macaulay (M Sen)	Corstorphine AAC	Graeme Haddow (M 50)	East Kilbride A.C.
Calum McKenzie (M Sen)	Corstorphine AAC	Derek leitch (M 60)	East Kilbride A.C.
Christopher O'Brien (M Sen)	Corstorphine AAC	Willie Taylor (M 45)	East Kilbride A.C.
Steven O'Brien (M Sen)	Corstorphine AAC	Amit Kumar (MU20)	East Kilbride A.C.
Scott Pilkington (M Sen)	Corstorphine AAC	Brian O'Neill (M 40)	East Kilbride A.C.
Adam Priestley (M Sen)	Corstorphine AAC	Aidan Gilbride (MU20)	East Kilbride A.C.
Dougie Selman (M Sen)	Corstorphine AAC	Andrew Carroll (M Sen)	East Kilbride A.C.
Thomas Wilson (M Sen)	Corstorphine AAC	Gavin Bryson (MU20)	Edinburgh AC
Alex Cumming (M Sen)	Corstorphine AAC	Max Carcas (M 45)	Edinburgh AC
Alan Cameron (M 45)	Corstorphine AAC	Josh Arthur (M Sen)	Edinburgh AC
Steve Ingledew (M 50)	Corstorphine AAC	Peter Cameron (M Sen)	Edinburgh AC
Martin Caldwell (M 60)	Corstorphine AAC	David Cross (M 50)	Edinburgh AC
David dorward (M Sen)	Corstorphine AAC	Dean Cooper-Cunningham (M Sen)	Edinburgh AC
Kenneth Stewart (M 55)	Corstorphine AAC	Malcolm Fraser (M Sen)	Edinburgh AC
Ian McPherson (M 45)	Corstorphine AAC	Martin Ferguson (M 50)	Edinburgh AC
Ian Johnston (M 50)	Corstorphine AAC	Robert Hamilton (M 40)	Edinburgh AC
Graham Mclean (M 55)	Corstorphine AAC	Stuart Johnston (M Sen)	Edinburgh AC
David Arnott (M 45)	Corstorphine AAC	Andrew Lawler (MU20)	Edinburgh AC
James McLaughlin (M 40)	Dumbarton AAC	Andrew Latham (M 50)	Edinburgh AC
Simon Lennox (M Sen)	Dumbarton AAC	Bryan Mackie (M Sen)	Edinburgh AC
Eddie Caldwell (M 50)	Dumbarton AAC	Alex MacEwen (M 60)	Edinburgh AC
William Goldie (M 55)	Dumbarton AAC	Iain Macdonald (M Sen)	Edinburgh AC
Kieran McQuade (M Sen)	Dumbarton AAC	Colin McGill (M 40)	Edinburgh AC
Richie Birt (M 40)	Dumbarton AAC	John Mowbray (M Sen)	Edinburgh AC
David Shaw (M Sen)	Dumbarton AAC	Matthew Newnham (M 55)	Edinburgh AC
Peter Walsh (M 60)	Dumbarton AAC	Madis Osjams (M Sen)	Edinburgh AC
Peter Walsh (M Sen)	Dumbarton AAC	Malcolm Parry (M 40)	Edinburgh AC
Stuart Hay (M 50)	Dunbar Running Club	Callum Reid (M Sen)	Edinburgh AC
Andrew Anderson (M 50)	Dunbar Running Club	Garry Robertson (M 50)	Edinburgh AC
Andrew Shelorick (M 45)	Dunbar Running Club	David Sidebottom (M Sen)	Edinburgh AC
Neal Wyatt (M 40)	Dunbar Running Club	David Steele (M 55)	Edinburgh AC
Brian davidson (M 45)	Dunbar Running Club	Peter Simpson (M Sen)	Edinburgh AC
Grant Noble (M 50)	Dunbar Running Club	Eric Stevenson (M 65)	Edinburgh AC
Gordon Barrie (M 40)	Dundee Hawkhill Harriers	Robert Turner (M 40)	Edinburgh AC
George Foster (M Sen)	Dundee Hawkhill Harriers	Adam Ward (M 50)	Edinburgh AC
Neil Gunstone (M Sen)	Dundee Hawkhill Harriers	Owain Williams (M Sen)	Edinburgh AC
Gary Bruce (M Sen)	Dundee Hawkhill Harriers	Nicholas Wolverson (M Sen)	Edinburgh AC
Paul Leonard (M 45)	Dundee Hawkhill Harriers	Ewan Davidson (MU20)	Edinburgh Univ Hare & Hounds
Alistair McDonald (M 50)	Dundee Hawkhill Harriers	Mark Purkis (M Sen)	Edinburgh Univ Hare & Hounds
Matthew Strachan (M 50)	Dundee Hawkhill Harriers	Calum Murray (M Sen)	Edinburgh Univ Hare & Hounds
Charles Haskett (M 55)	Dundee Hawkhill Harriers	Euan Gillham (MU20)	Edinburgh Univ Hare & Hounds
John Mill (M 50)	Dundee Road Runners AC	Scott Stirling (M Sen)	Edinburgh Univ Hare & Hounds
Richard Toller (M 60)	Dundee Road Runners AC	Chris Galloway (M Sen)	Edinburgh Univ Hare & Hounds
Steven Dick (M 50)	Dundee Road Runners AC	william Rigg (MU20)	Edinburgh Univ Hare & Hounds

Vincent Hastings (MU20)	East Kilbride A.C.	Andrew Lawler (MU20)	Edinburgh Univ Hare & Hounds
Jamie Clements (M Sen)	East Kilbride A.C.	Leon Commandeur (M Sen)	Edinburgh Univ Hare & Hounds
John Fergusson (M Sen)	East Kilbride A.C.	James Bryson (M Sen)	Edinburgh Univ Hare & Hounds
Niall Walker (M Sen)	East Kilbride A.C.	Had-Min Wang (M Sen)	Edinburgh Univ Hare & Hounds
Grant Baillie (M Sen)	East Kilbride A.C.	Ben Stevenson (M Sen)	Falkirk Victoria Harriers
Jack Kirwan (MU20)	East Kilbride A.C.	Jamie Stevenson (M Sen)	Falkirk Victoria Harriers
David Thomson (M Sen)	East Kilbride A.C.	Matthew Stevenson (MU20)	Falkirk Victoria Harriers
David Gorman (M Sen)	East Kilbride A.C.	Euan Martin (M Sen)	Falkirk Victoria Harriers
John Martin (M 55)	Falkirk Victoria Harriers	Ian Maxwell (M 55)	Gala Harriers
Alexander Davidson (M Sen)	Falkirk Victoria Harriers	Derrick Brydon (M 45)	Gala Harriers
Grant Matheson (M 50)	Falkirk Victoria Harriers	Bob Johnson (M 55)	Gala Harriers
Craig Johnston (M 45)	Falkirk Victoria Harriers	David Moffat (M 40)	Gala Harriers
Mark Johnstone (M 40)	Falkirk Victoria Harriers	Alistair Laurie (M 50)	Gala Harriers
Brian Lees (M 50)	Falkirk Victoria Harriers	Thomas Knox (M 50)	Gala Harriers
Tom Purves (M 45)	Falkirk Victoria Harriers	Rory Campbell (M 40)	Gala Harriers
Gordon Dewar (M 50)	Falkirk Victoria Harriers	Jamie McGowan (M 40)	Gala Harriers
Malcolm Finlayson (M 45)	Falkirk Victoria Harriers	James Purves (M 55)	Gala Harriers
Stuart Douglas (M Sen)	Falkirk Victoria Harriers	William Mcculloch (M 55)	Gala Harriers
Peter Moffett (M Sen)	Falkirk Victoria Harriers	James Mercer (MU20)	Gala Harriers
John Denholm (M 60)	Falkirk Victoria Harriers	Alan Blair (M Sen)	Garscube Harriers
Ryan Beattie (M Sen)	Falkirk Victoria Harriers	Craig Brown (M 40)	Garscube Harriers
Steve Feltbower (M Sen)	Falkirk Victoria Harriers	David Campbell (M Sen)	Garscube Harriers
Christopher Duffy (MU20)	Falkirk Victoria Harriers	Alexander Chisholm (M 55)	Garscube Harriers
John Brogan (M Sen)	Falkirk Victoria Harriers	Paul Cooke (M 45)	Garscube Harriers
Andy Hume (M 45)	Falkirk Victoria Harriers	Stephen Cullen (M 55)	Garscube Harriers
Kenneth Anthony (M 50)	Fife AC	Robert Cuthbertson (M 60)	Garscube Harriers
George Black (M 75)	Fife AC	David Geddes (M 55)	Garscube Harriers
Ruwan Fernando (M 45)	Fife AC	Andrew R Gibson (M Sen)	Garscube Harriers
Sam Fernando (MU20)	Fife AC	Alasdair MacKay (M 45)	Garscube Harriers
Frank McLaren (M 65)	Fife AC	Craig Marsden (M Sen)	Garscube Harriers
Daniel Newman (M 45)	Fife AC	Garry Mathew (M Sen)	Garscube Harriers
Roger Rees (M 45)	Fife AC	Sean McAneny (M Sen)	Garscube Harriers
D.Melville Scobie (M 65)	Fife AC	John McLaughlin (M 50)	Garscube Harriers
Brian R Smith (M 55)	Fife AC	Keiran McLaughlin (M Sen)	Garscube Harriers
Stuart Tite (M Sen)	Fife AC	Robert McLennan (M 55)	Garscube Harriers
Bryce Aitken (M 55)	Fife AC	Donald McPartlin (M Sen)	Garscube Harriers
Fergus Ingledew (MU20)	Fife AC	Toby Messenger (M Sen)	Garscube Harriers
Jimmy McIntyre (M 45)	Fife AC	John Murray (M 40)	Garscube Harriers
Andrew Murphy (M Sen)	Fife AC	Bobby Rossborough (M 55)	Garscube Harriers
James Rae (M Sen)	Fife AC	Craig Shields (M Sen)	Garscube Harriers
Steven Pennycook (M 55)	Fife AC	Raghibir Singh (M 65)	Garscube Harriers
Keith Taylor (M 40)	Fife AC	Del Young (M Sen)	Garscube Harriers
David Bell (M 40)	Fife AC	Ted Gourley (M 50)	Giffnock North AAC
Jacob Howe (M 40)	Fife AC	Chris Greenhalgh (M 40)	Giffnock North AAC
Colin Brown (M 50)	Fife AC	Neal Gibson (M Sen)	Giffnock North AAC
Gary Barker (M 55)	Fife AC	Greg Turner (M Sen)	Giffnock North AAC
Darrell Hastie (M Sen)	Gala Harriers	Andrew Clark (M Sen)	Giffnock North AAC
Graeme Murdoch (M Sen)	Gala Harriers	Jason Steele (M 40)	Giffnock North AAC
Thomas Otton (MU20)	Gala Harriers	David Sawyer (M 40)	Giffnock North AAC
Fergus Johnston (M Sen)	Gala Harriers	Chris Marsh (M Sen)	Giffnock North AAC
Colin Brown (M50)	Gala Harriers	Iuke Chamber (M 40)	Giffnock North AAC
Colin Welsh (M Sen)	Gala Harriers	Derren Thomson (M 40)	Giffnock North AAC
Andrew Lawrie (M Sen)	Gala Harriers	Stuart MacDonald (M Sen)	Giffnock North AAC
Magnus Ingles (M 40)	Gala Harriers	Michael Hampson (M 50)	Giffnock North AAC
Craig Mattocks (M 40)	Gala Harriers	Colin Wylie (M 40)	Giffnock North AAC
Wayne McIntosh (M 40)	Gala Harriers	Keir Geatrell (M Sen)	Giffnock North AAC
Tim Darlow (M 40)	Gala Harriers	Grant Boyne (M Sen)	Glasgow University Hare and H
Mark Bryson (M 45)	Gala Harriers	Alastair Thurlbeck (MU20)	Glasgow University Hare and H
Steven Martin (M 40)	Gala Harriers	Thomas Callan (MU20)	Glasgow University Hare and H
David Nightingale (M 60)	Gala Harriers	Adam Stark (M Sen)	Glasgow University Hare and H
William Bryant (MU20)	Glasgow University Hare and H	Mark Vance (M 40)	Greenock Glenpark Harriers
Tom Hartley (M Sen)	Glasgow University Hare and H	Stephen Hanley (M 40)	Greenock Glenpark Harriers
Duncan Ng (M Sen)	Glasgow University Hare and H	Stuart Austin (M 40)	Greenock Glenpark Harriers
Johannes Arens (M Sen)	Glasgow University Hare and H	Gordon Hepburn (M Sen)	Greenock Glenpark Harriers
Callam Scott (MU20)	Glasgow University Hare and H	Stephen Reid (M 40)	Greenock Glenpark Harriers
Yuri Goruppa (MU20)	Glasgow University Hare and H	Neil Robbins (M 50)	Hamilton Harriers
Ross Martin (M Sen)	Glasgow University Hare and H	Steven Donnelly (M Sen)	Hamilton Harriers
Ralph Sparks (M Sen)	Glasgow University Hare and H	Andrew Bickerstaff (M Sen)	Hamilton Harriers
David Roberts (M Sen)	Greenock Glenpark Harriers	Ross Bickerstaff (M 55)	Hamilton Harriers
Stephen Trainer (M Sen)	Greenock Glenpark Harriers	David Kelly (M 55)	Hamilton Harriers
Martin McDowell (M Sen)	Greenock Glenpark Harriers	David Dawson (M 45)	Hamilton Harriers
Andrew McCall (M Sen)	Greenock Glenpark Harriers	James Breen (M 50)	Hamilton Harriers
Shaun Lyon (M Sen)	Greenock Glenpark Harriers	Neil Richardson (M 40)	Hamilton Harriers
Simon Hutton (M Sen)	Greenock Glenpark Harriers	Michael Maxton (M 40)	Hamilton Harriers

Andy Maclean (M Sen)	Greenock Glenpark Harriers	Richard Murciano (M Sen)	Hamilton Harriers
Robert Docherty (M Sen)	Greenock Glenpark Harriers	Terence Grady (M 55)	Hamilton Harriers
Kevin O'Donoghue (M Sen)	Greenock Glenpark Harriers	Mark Wheeler (M Sen)	Hamilton Harriers
Duncan Anderson (M Sen)	Greenock Glenpark Harriers	Peter Middleton (M 45)	Hamilton Harriers
David Henderson (M Sen)	Greenock Glenpark Harriers	Stephen Duffy (M 40)	Hamilton Harriers
Andrew Harkins (M Sen)	Greenock Glenpark Harriers	Andrew McLinden (M 60)	Hamilton Harriers
Paul Beaton (M Sen)	Greenock Glenpark Harriers	Michael Millsopp (M Sen)	Hamilton Harriers
Robert Wilson (M Sen)	Greenock Glenpark Harriers	Roy Foot (M 40)	Hamilton Harriers
Ross Neilson (M Sen)	Greenock Glenpark Harriers	Ian Burch (M 50)	Hamilton Harriers
Jeremy Deveney (M Sen)	Greenock Glenpark Harriers	Niall McLaren (M 40)	Hamilton Harriers
Kevan McCartney (M 40)	Greenock Glenpark Harriers	Gordon Turk (M 50)	Helensburgh AAC
Steven Campbell (M 40)	Greenock Glenpark Harriers	Michael Logan (M Sen)	Helensburgh AAC
Brian Harkins (M 40)	Greenock Glenpark Harriers	Christopher Moses (M Sen)	Helensburgh AAC
David Carruthers (M 40)	Greenock Glenpark Harriers	Alan Oliver (M 40)	Helensburgh AAC
Paul Monaghan (M 40)	Greenock Glenpark Harriers	Alistair Bishop (MU20)	Heriot-Watt Univ Athletics
Sam McVicar (M 45)	Greenock Glenpark Harriers	Liam Braby (MU20)	Heriot-Watt Univ Athletics
Alan O'Rourke (M 45)	Greenock Glenpark Harriers	Sean Sweeney (MU20)	Heriot-Watt Univ Athletics
Andrew White (M 45)	Greenock Glenpark Harriers	Juan Campillo (MU20)	Heriot-Watt Univ Athletics
Robert Adams (M 45)	Greenock Glenpark Harriers	Alasdair Anthony (M Sen)	Hunters Bog Trotters
Kevin James Gill (M 50)	Greenock Glenpark Harriers	George Ashley (M Sen)	Hunters Bog Trotters
Scott Forrest (M 50)	Greenock Glenpark Harriers	Will Hugh Bailey (M Sen)	Hunters Bog Trotters
Ross Slater (M 50)	Greenock Glenpark Harriers	Duncan Baker (M 55)	Hunters Bog Trotters
Robin McAuslan (M 50)	Greenock Glenpark Harriers	Jamie Brown (M Sen)	Hunters Bog Trotters
Stephen McLoone (M 50)	Greenock Glenpark Harriers	Tomas Bridgeman (M Sen)	Hunters Bog Trotters
Michael Harrington (M 50)	Greenock Glenpark Harriers	Ian Campbell (M 50)	Hunters Bog Trotters
Daniel McLaughlin (M 55)	Greenock Glenpark Harriers	Daniel Clements (M Sen)	Hunters Bog Trotters
Graham McGrattan (M 55)	Greenock Glenpark Harriers	Duncan Coombs (M Sen)	Hunters Bog Trotters
Michael Dunn (M 60)	Greenock Glenpark Harriers	Ewan Crawford (M Sen)	Hunters Bog Trotters
Robert Wilson (M 60)	Greenock Glenpark Harriers	David Fulton (M Sen)	Hunters Bog Trotters
Gerard Smith (M Sen)	Greenock Glenpark Harriers	Peter Gardner (M Sen)	Hunters Bog Trotters
Paul Hegarty (M Sen)	Greenock Glenpark Harriers	Patryk Gierjatowicz (M Sen)	Hunters Bog Trotters
Chris Watson (M Sen)	Greenock Glenpark Harriers	Michael Grant (M Sen)	Hunters Bog Trotters
Sean Marshall (M Sen)	Greenock Glenpark Harriers	Hector Haines (M Sen)	Hunters Bog Trotters
John Stevenson (M 45)	Greenock Glenpark Harriers	Simon Harrison (M Sen)	Hunters Bog Trotters
Ryan Campbell (M 45)	Greenock Glenpark Harriers	Alistair Hart (M 40)	Hunters Bog Trotters
John Carruthers (M 45)	Greenock Glenpark Harriers	James Jarvis (M 45)	Hunters Bog Trotters
Lewis Beck (M Sen)	Greenock Glenpark Harriers	Huw Jones (M Sen)	Hunters Bog Trotters
Frank McMahan (M 65)	Greenock Glenpark Harriers	Peter McClelland (M Sen)	Hunters Bog Trotters
Stuart Mounce (M Sen)	Hunters Bog Trotters	Dean Kane (M Sen)	Inverness Harriers AAC
Phil Mowbray (M 40)	Hunters Bog Trotters	Graham Bee (M Sen)	Inverness Harriers AAC
Donald Naylor (M 40)	Hunters Bog Trotters	Paul Miller (M 45)	Inverness Harriers AAC
Ivor Normand (M 50)	Hunters Bog Trotters	Darren Dean (M Sen)	Inverness Harriers AAC
John McManus (M Sen)	Hunters Bog Trotters	Tom McWilliam (M 40)	Inverness Harriers AAC
Brian Pendreigh (M 55)	Hunters Bog Trotters	Gavin McArdle (MU20)	Kilbarchan AAC
James Rogers (M Sen)	Hunters Bog Trotters	Scott MacAulay (M Sen)	Kilbarchan AAC
Jon Rathjen (M 45)	Hunters Bog Trotters	Callum Matthews (MU20)	Kilbarchan AAC
Andrew Sims (M Sen)	Hunters Bog Trotters	Euan Trout (MU20)	Kilbarchan AAC
Murray Strain (M Sen)	Hunters Bog Trotters	Scott McLardie (MU20)	Kilbarchan AAC
William Townsend (M Sen)	Hunters Bog Trotters	Cameron Dickson (MU20)	Kilbarchan AAC
Doug Tullie (M Sen)	Hunters Bog Trotters	Ewan McKerral (MU20)	Kilbarchan AAC
Martin Twigg (M 45)	Hunters Bog Trotters	Thomas McDonald (M Sen)	Kilbarchan AAC
Dave Ward (M Sen)	Hunters Bog Trotters	Alan Craig (M 45)	Kilbarchan AAC
Ray Ward (M 40)	Hunters Bog Trotters	Steven Hill (M Sen)	Kilbarchan AAC
David Wright (M Sen)	Hunters Bog Trotters	Grant Sandilands (M Sen)	Kilbarchan AAC
Andrew Douglas (M Sen)	Inverclyde AC	Robert Snodgrass (M 45)	Kilbarchan AAC
Craig Ruddy (M Sen)	Inverclyde AC	Samuel Davies (M Sen)	Kilbarchan AAC
Mark Pollard (M Sen)	Inverclyde AC	Stuart Tytler (M 55)	Kilbarchan AAC
Jonathan Glen (MU20)	Inverclyde AC	Robert Quinn (M 45)	Kilbarchan AAC
Michael Houston (M Sen)	Inverclyde AC	Charlie Wighton (MU20)	Kilbarchan AAC
Matthew Thomson (M Sen)	Inverclyde AC	Euan Gillham (MU20)	Kilbarchan AAC
Thomas Jamieson (M Sen)	Inverclyde AC	Graham Evans (M Sen)	Kilbarchan AAC
Sean Gaffney (M Sen)	Inverclyde AC	Norman Groves (M 50)	Kilbarchan AAC
Duncan Macfadyen (M 50)	Inverclyde AC	Connell Drummond (M 40)	Kilmarnock H&AC
John Bell (M Sen)	Inverclyde AC	Leslie - James McDerrment (M 45)	Kilmarnock H&AC
Jason Kane (M Sen)	Inverclyde AC	Cameron Wilson (M Sen)	Kilmarnock H&AC
Jude Boulton (M 40)	Inverclyde AC	Stewart McRoberts (M Sen)	Kilmarnock H&AC
Robert Shaw (M 55)	Inverclyde AC	Ross Ginnelly (M Sen)	Kilmarnock H&AC
David Tamburini (M 40)	Inverclyde AC	Stewart McAllister (M Sen)	Kilmarnock H&AC
Craig Winter (M 45)	Inverclyde AC	scott Martin (M 50)	Kilmarnock H&AC
Gerard Gaffney (M 55)	Inverclyde AC	William Duffy (M 50)	Kilmarnock H&AC
Ross Gray (MU20)	Inverclyde AC	Anthony Rodden (M Sen)	Kilmarnock H&AC
Callum Hunter (MU20)	Inverclyde AC	John Parker (M 50)	Kilmarnock H&AC
john cooke (M Sen)	Inverclyde AC	Neil Walker (M Sen)	Kilmarnock H&AC
Stephen Cooke (M Sen)	Inverclyde AC	Mark Alexander (M Sen)	Kilmarnock H&AC

John Sharp (M Sen)	Inverclyde AC	James Wales (M Sen)	Kilmarnock H&AC
Tom Tracey (M 60)	Inverclyde AC	Brian Darroch (M 40)	Kilmarnock H&AC
Damien Mallet (M Sen)	Inverclyde AC	David Mcleod (M 45)	Kilmarnock H&AC
Nicholas Gemmell (M 40)	Inverclyde AC	Kenny Wales (M 45)	Kilmarnock H&AC
Robert Todd (MU20)	Inverclyde AC	Gordon Reid (M 40)	Kilmarnock H&AC
Stephen Mackay (M Sen)	Inverness Harriers AAC	Mark Lyden (M Sen)	Kilmarnock H&AC
Donnie Macdonald (M Sen)	Inverness Harriers AAC	Robert Rogerson (M 50)	Kirkintilloch Olympians
Andrew MacRae (M Sen)	Inverness Harriers AAC	Kieran Pugh (MU20)	Kirkintilloch Olympians
Grant Hassan (M Sen)	Inverness Harriers AAC	Gary Mitchell (M 45)	Kirkintilloch Olympians
Eoghan MacNamara (M Sen)	Inverness Harriers AAC	Graham McCabe (M 40)	Kirkintilloch Olympians
Christopher Fife (M Sen)	Inverness Harriers AAC	Stephen Allan (M 40)	Kirkintilloch Olympians
Craig Campbell (M Sen)	Inverness Harriers AAC	David Scott (M Sen)	Kirkintilloch Olympians
Cameron Young (MU20)	Inverness Harriers AAC	Edward McLoone (M Sen)	Kirkintilloch Olympians
Helge Hansen (M Sen)	Inverness Harriers AAC	Sean Casey (M 45)	Kirkintilloch Olympians
Gordon Lennox (M Sen)	Inverness Harriers AAC	Daniel Chandler (M 40)	Kirkintilloch Olympians
Jonathan Aitken (MU20)	Inverness Harriers AAC	Martyn Glancy (M Sen)	Kirkintilloch Olympians
David Hogg (M 45)	Kirkintilloch Olympians	Stephen Malcolm (M 45)	Lothian Running Club
Robert Keenan (M Sen)	Kirkintilloch Olympians	Kenny Mearns (M 55)	Lothian Running Club
Euan Craig (M Sen)	Kirkintilloch Olympians	Paul Young (M 45)	Lothian Running Club
Louis O'Hare (M 40)	Kirkintilloch Olympians	Neil Graham (M 45)	Lothian Running Club
Vincent Carroll (M 45)	Kirkintilloch Olympians	Finlay Slane (M 55)	Lothian Running Club
Gordon Humphreys (M 40)	Kirkintilloch Olympians	Graeme Ackland (M 50)	Lothian Running Club
Howard Elliot (M 45)	Kirkintilloch Olympians	Cliff Dicker (M 65)	Lothian Running Club
Paul O'Hare (M 40)	Kirkintilloch Olympians	James Alexander (M 50)	Lothian Running Club
Robert Bartley (M Sen)	Kirkintilloch Olympians	Pol MacDonald (M 45)	Lothian Running Club
Scott Bradley (M Sen)	Kirkintilloch Olympians	Colin Wishart (M 40)	Lothian Running Club
Mark Welsford (M 40)	Kirkintilloch Olympians	Jonathan Barclay (M 60)	Lothian Running Club
William McNeill (M 60)	Kirkintilloch Olympians	Ian Urquhart (M Sen)	Metro Aberdeen Running Club
Cornel Neil (M 55)	Kirkintilloch Olympians	Ian McGregor (M Sen)	Metro Aberdeen Running Club
William Baird (M 50)	Kirkintilloch Olympians	Steve Buchan (M Sen)	Metro Aberdeen Running Club
#N/A	Lasswade AAC	Gavin McLennan (M Sen)	Metro Aberdeen Running Club
Ben Mitchell (M 45)	Lasswade AAC	Andrew Thompson (M 40)	Metro Aberdeen Running Club
Scott Dickson (M 40)	Lasswade AAC	Nick Milovsorov (M 50)	Metro Aberdeen Running Club
Peter Ness (M 45)	Lasswade AAC	Robert Taylor (M 55)	Metro Aberdeen Running Club
Richard Foxley (M Sen)	Lasswade AAC	Tom Brian (M Sen)	Metro Aberdeen Running Club
Greg McDowall (M Sen)	Lasswade AAC	Peter Jennings (M 60)	Metro Aberdeen Running Club
Paul Benham (M Sen)	Lasswade AAC	Steve Morrison (M Sen)	Metro Aberdeen Running Club
Doug MacDonald (M Sen)	Lasswade AAC	Phil Mann (M 55)	Metro Aberdeen Running Club
Martin Gore (M Sen)	Lasswade AAC	Graham McFarlane (M 40)	Metro Aberdeen Running Club
Ross Hill (M Sen)	Law & District AAC	Craig Anderson (M 45)	Metro Aberdeen Running Club
Bobby Hill (M Sen)	Law & District AAC	Oliver Eatough (M Sen)	Metro Aberdeen Running Club
Darran Muir (M Sen)	Law & District AAC	Philip Edgley (M Sen)	Metro Aberdeen Running Club
Stuart Leghorn (MU20)	Law & District AAC	Steven Garden (M Sen)	Metro Aberdeen Running Club
Anthony Higgins (M 45)	Law & District AAC	Michael Kane (M 50)	Metro Aberdeen Running Club
James Scullion (M Sen)	Law & District AAC	Jeremy Kibble (M Sen)	Metro Aberdeen Running Club
Patrick Kelly (M 65)	Law & District AAC	Thomas Sneddon (M 40)	Motherwell AC
Ross MacDonald (M Sen)	Law & District AAC	Brain Mclinden (M 60)	Motherwell AC
Stephen Allen (M 45)	Law & District AAC	Craig Morris (M Sen)	Motherwell AC
Shaun Burke (MU20)	Law & District AAC	John Burns (M 50)	Motherwell AC
Stuart McLuckie (MU20)	Law & District AAC	Christopher MacDonald (M Sen)	Motherwell AC
Colin Partridge (M Sen)	Lothian Running Club	John Hughes (M 55)	Motherwell AC
Malcolm Lang (M Sen)	Lothian Running Club	Nick Hughes (M Sen)	Motherwell AC
Euan McInnes (M 40)	Lothian Running Club	Kevin Durnian (M Sen)	Motherwell AC
Kenton Jones (M 50)	Lothian Running Club	Peter Blackmore (M 40)	Motherwell AC
Calum Ross (M 50)	Lothian Running Club	Scott Dickson (M Sen)	Motherwell AC
David Mabon (M 60)	Lothian Running Club	Ross Burton (M Sen)	Motherwell AC
Martin Leadbetter (M 55)	Lothian Running Club	Mark Gallacher (M 40)	Motherwell AC
Alan Moffat (M Sen)	Lothian Running Club	Jim White (M Sen)	Motherwell AC
Andrew King (M Sen)	Lothian Running Club	Craig Mackenzie (M Sen)	Motherwell AC
Harry Mulholland (M 50)	Lothian Running Club	David Knight (M 45)	Perth Road Runners
Ted Finch (M 60)	Lothian Running Club	Duncan Ryan (M 45)	Perth Road Runners
Scott Nelson (M 45)	Lothian Running Club	Simon Grieshaber (M 45)	Perth Road Runners
Andrew King (M Sen)	Lothian Running Club	James Fotheringham (M 50)	Perth Road Runners
Gerard McCafferty (M 50)	Lothian Running Club	Hamish Shankland (M Sen)	Perth Road Runners
Stewart Kerr (M 40)	Lothian Running Club	Mark Dunn (M Sen)	Perth Road Runners
Hugh Miller (M Sen)	Lothian Running Club	Kevin Riddell (M Sen)	Perth Road Runners
Owen Williams (M Sen)	Lothian Running Club	Michael McConnell (M Sen)	Perth Road Runners
Max McNeill (M Sen)	Lothian Running Club	David Wood (M 60)	Perth Road Runners
Colin Lamont (M Sen)	Pitreavie AAC	Dean Mcnaught (M Sen)	Ron Hill Cambuslang Harriers
Neil MacLachlan (M Sen)	Pitreavie AAC	Grant Sheldon (M Sen)	Ron Hill Cambuslang Harriers
Corey Smith (MU20)	Pitreavie AAC	Ryan Thomson (MU20)	Ron Hill Cambuslang Harriers
Scott McAlpine (M Sen)	Pitreavie AAC	Ross Stephen (MU20)	Ron Hill Cambuslang Harriers
Kyle Henderson (MU20)	Pitreavie AAC	David Robertson (MU20)	Ron Hill Cambuslang Harriers
Steven Perrie-Clyde (MU20)	Pitreavie AAC	Brendan Carey (MU20)	Ron Hill Cambuslang Harriers

Jack Lawrie (MU20)	Pitreavie AAC	Craig Jardine (MU20)	Ron Hill Cambuslang Harriers
Michael Burns (M Sen)	Pitreavie AAC	Jack MacGregor (MU20)	Ron Hill Cambuslang Harriers
William Jarvie (M 55)	Portobello Running Club	Michael Paxton (M Sen)	Shettleston Harriers
Richard Hadfield (M 45)	Portobello Running Club	Daniel Bradford (M Sen)	Shettleston Harriers
Peter Buchanan (M 50)	Portobello Running Club	Adam Peters (M Sen)	Shettleston Harriers
Andrew Stavert (M 50)	Portobello Running Club	Oleg Chepelin (M Sen)	Shettleston Harriers
Peter Ogden (M 65)	Ron Hill Cambuslang Harriers	Peter Mackie (M Sen)	Shettleston Harriers
Paul Thompson (M 55)	Ron Hill Cambuslang Harriers	John J Duffy (M 50)	Shettleston Harriers
Colin Feechan (M 55)	Ron Hill Cambuslang Harriers	Michael Gillespie (M Sen)	Shettleston Harriers
Des Dickson (M 55)	Ron Hill Cambuslang Harriers	Tewoldeberhan Mengisteab (M Sen)	Shettleston Harriers
Iain Campbell (M 55)	Ron Hill Cambuslang Harriers	Tsegai Tewelde (M Sen)	Shettleston Harriers
David Thom (M 55)	Ron Hill Cambuslang Harriers	Kamil Sieresai (M Sen)	Shettleston Harriers
Alick Walkinshaw (M 50)	Ron Hill Cambuslang Harriers	Paul Sorrie (M Sen)	Shettleston Harriers
Stan MacKenzie (M 50)	Ron Hill Cambuslang Harriers	Mark McColl (M Sen)	Shettleston Harriers
Chris Upson (M 50)	Ron Hill Cambuslang Harriers	Michael Deason (M Sen)	Shettleston Harriers
Daniel O'Connell (M 45)	Ron Hill Cambuslang Harriers	John Oates (M 55)	Shettleston Harriers
Kenny Macpherson (M 45)	Ron Hill Cambuslang Harriers	Iachan Oates (M Sen)	Shettleston Harriers
Iain Crawford (M 45)	Ron Hill Cambuslang Harriers	Gerry Mason (M 50)	Shettleston Harriers
William Fairley (M 45)	Ron Hill Cambuslang Harriers	Kenny Richmond (M 45)	Shettleston Harriers
Michael O'Hagan (M 45)	Ron Hill Cambuslang Harriers	Mathew Sullivan (M Sen)	Shettleston Harriers
Greg Hastie (M 45)	Ron Hill Cambuslang Harriers	Matthew Turner (M Sen)	Shettleston Harriers
Tony Mccutcheon (M 45)	Ron Hill Cambuslang Harriers	Thomas Owens (M Sen)	Shettleston Harriers
John Kelly (M 45)	Ron Hill Cambuslang Harriers	Andrew Kirkhope (M 50)	Shettleston Harriers
Frank McGowan (M 45)	Ron Hill Cambuslang Harriers	Walter Henderson (M 45)	Shettleston Harriers
Kerry-Liam Wilson (M 45)	Ron Hill Cambuslang Harriers	David I Houston (M Sen)	Shettleston Harriers
Brian Campbell (M 40)	Ron Hill Cambuslang Harriers	Scott Kennedy (M 45)	Shettleston Harriers
Craig Harrow (M 40)	Ron Hill Cambuslang Harriers	Alasdair McLeod (M Sen)	Shettleston Harriers
Justin Carter (M 40)	Ron Hill Cambuslang Harriers	John Connaghan (M 45)	Shettleston Harriers
Jamie Reid (M 40)	Ron Hill Cambuslang Harriers	David Murphy (M 40)	Shettleston Harriers
Scott Hunter (M 40)	Ron Hill Cambuslang Harriers	Denis Williams (M 50)	Shettleston Harriers
Kenneth Campbell (M 40)	Ron Hill Cambuslang Harriers	Lachlan MacLean (M Sen)	Shettleston Harriers
Robert Gilroy (M Sen)	Ron Hill Cambuslang Harriers	William Coyle (M 50)	Shettleston Harriers
Iain Reid (M Sen)	Ron Hill Cambuslang Harriers	Andy Little (M 50)	Shettleston Harriers
Benjamin Hukins (M Sen)	Ron Hill Cambuslang Harriers	Callum Drummond (MU20)	Shettleston Harriers
Kenny O'Neill (M Sen)	Ron Hill Cambuslang Harriers	Grahame Hooper (M Sen)	Shettleston Harriers
Steven Phillips (M Sen)	Ron Hill Cambuslang Harriers	Brain McGarrity (M Sen)	Shettleston Harriers
George Pettit (M Sen)	Ron Hill Cambuslang Harriers	Kieran Docherty (M 40)	Shettleston Harriers
Gordon Robertson (M Sen)	Ron Hill Cambuslang Harriers	Alastair Pringle (M 45)	Shettleston Harriers
Stuart Gibson (M Sen)	Ron Hill Cambuslang Harriers	Kevin Slaven (M Sen)	Shettleston Harriers
Shaun Butler (M Sen)	Ron Hill Cambuslang Harriers	Stephen Winter (M Sen)	Shettleston Harriers
ian littler (M Sen)	Ron Hill Cambuslang Harriers	Craig Tomisons (M Sen)	Shettleston Harriers
William MacRury (M Sen)	Ron Hill Cambuslang Harriers	Kevin Brydon (M Sen)	Shettleston Harriers
Ian Lafferty (M Sen)	Ron Hill Cambuslang Harriers	Grant Cairns (M Sen)	Springburn Harriers
Alasdair Campbell (M Sen)	Ron Hill Cambuslang Harriers	James Lewis (M 40)	Springburn Harriers
Wegene Tafese (M Sen)	Ron Hill Cambuslang Harriers	Ross McEachern (M 45)	Springburn Harriers
Kyle McLellan (M Sen)	Ron Hill Cambuslang Harriers	Damian McAuley (M 45)	Springburn Harriers
Colin Mclean (M 50)	Springburn Harriers	Andrew Law (M 60)	VP-Glasgow AC
Emilio Cosimo (M 40)	Springburn Harriers	Allan Ramsay (M Sen)	VP-Glasgow AC
Scott Partyka (M Sen)	Springburn Harriers	Calum McCormack (MU20)	VP-Glasgow AC
Graham Crawford (M 55)	Springburn Harriers	Brian Bonnyman (M 40)	Westerlands XC Club
Benjamin Hindley (MU20)	Strathclyde Uni Harriers	David Calder (M 55)	Westerlands XC Club
Fraser Young (M Sen)	Strathclyde Uni Harriers	Ian Thurlbeck (M 50)	Westerlands XC Club
Andrew Mortimer (M Sen)	Strathclyde Uni Harriers	Daniel Reid (M 55)	Westerlands XC Club
Callum Fraser (MU20)	Strathclyde Uni Harriers	Sam Alexander (M Sen)	Westerlands XC Club
Craig Macdonald -French (M Sen)	Strathclyde Uni Harriers	Gwyn Bellamy (M Sen)	Westerlands XC Club
Colin Langon (M Sen)	Strathclyde Uni Harriers	James Callender (M Sen)	Westerlands XC Club
Clement Marshall (M Sen)	Strathclyde Uni Harriers	Roderick Fleming (M Sen)	Westerlands XC Club
David Seaman (M Sen)	Strathclyde Uni Harriers	Steven Gilligan (M40)	Westerlands XC Club
Paul Taylor (M 40)	Strathearn Harriers	Steffen Gorgas (M 45)	Westerlands XC Club
Phil Mestecky (M 45)	Strathearn Harriers	Niall McAlinden (M Sen)	Westerlands XC Club
Charlie Grimson (MU20)	Strathearn Harriers	John McNally (M 50)	Westerlands XC Club
Patrick O'Kane (M 50)	Strathearn Harriers	Peter Midgley (M 55)	Westerlands XC Club
Wattie Mackay (M 50)	Strathearn Harriers	Owen O'Neill (M Sen)	Westerlands XC Club
Colin Iamont (M 55)	Strathearn Harriers	Jamie Provan (M Sen)	westerlands XC Club
Alexander Storey (M Sen)	Strathearn Harriers	Hamilton Semple (M 60)	Westerlands XC Club
Andrew Aitken (M Sen)	Strathearn Harriers	Gregor Stewart (M Sen)	Westerlands XC Club
Gordon Morrison (M 60)	Strathearn Harriers		
James McConnell (M 50)	Strathearn Harriers		
Angus Lindsay (MU20)	Strathearn Harriers		
Chris Clarke (M Sen)	Strathearn Harriers		
Nick Gough (M Sen)	Strathearn Harriers		
Andrew Greaves (M 40)	Strathearn Harriers		
Finlay Watson (MU20)	Strathearn Harriers		
Gary Brook (M 45)	Strathearn Harriers		

Alan Inglis (M 45)	Teviotdale Harriers
Alan Coltman (M 45)	Teviotdale Harriers
Alex Corbett (M 45)	Teviotdale Harriers
Rory Anderson (M Sen)	Teviotdale Harriers
Paul Lockie (M 45)	Teviotdale Harriers
Marc Austin (M Sen)	VP-Glasgow AC
Patrick Bowman (MU20)	VP-Glasgow AC
Ralph Connolly (M 50)	VP-Glasgow AC
Gerard Craig (M 45)	VP-Glasgow AC
Sean Fontana (M Sen)	VP-Glasgow AC
Stuart Gilmour (M 40)	VP-Glasgow AC
Fraser Glass (MU20)	VP-Glasgow AC
Martin Hayes (M Sen)	VP-Glasgow AC
Peter Jardine (M 45)	VP-Glasgow AC
Crawford Little (M 45)	VP-Glasgow AC
David McCormack (M 50)	VP-Glasgow AC
Kenneth McVey (M 65)	VP-Glasgow AC
Jonathan Miller (M 50)	VP-Glasgow AC
Damien Moore (M Sen)	VP-Glasgow AC
Tom Ord (M 55)	VP-Glasgow AC
Alex Potter (M 55)	VP-Glasgow AC
Max Ralston (M Sen)	VP-Glasgow AC
Derek Watson Snr. (M 50)	VP-Glasgow AC
Gavin Wright (M 45)	VP-Glasgow AC