

scottishathletics



**National Cross Country
Relay Championships**

Cumbernauld Park

CUMBERNAULD

Saturday 22nd October 2016

Sponsored by



lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



RACE	START
Young Females	12.00
Young Males	12.40
Sen/Jun Females	13.20
Sen/Jun Males	14.45

NUMBERS

Men's numbers will be 1st Lap White 2nd Lap White 3rd Lap YELLOW 4th Lap White
Women's numbers will be 1st Lap White 2nd Lap White 3rd Lap YELLOW 4th Lap White

National Cross Country Relay Championships – Cumbernauld 22/10/2016
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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	Mark Munro

ROAD RUNNING AND CROSS COUNTRY COMMISSION	
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Convener	John Rodger (Kilbarchan AAC)
Hon Secretary	Julia Henderson (Helensburgh AAC)

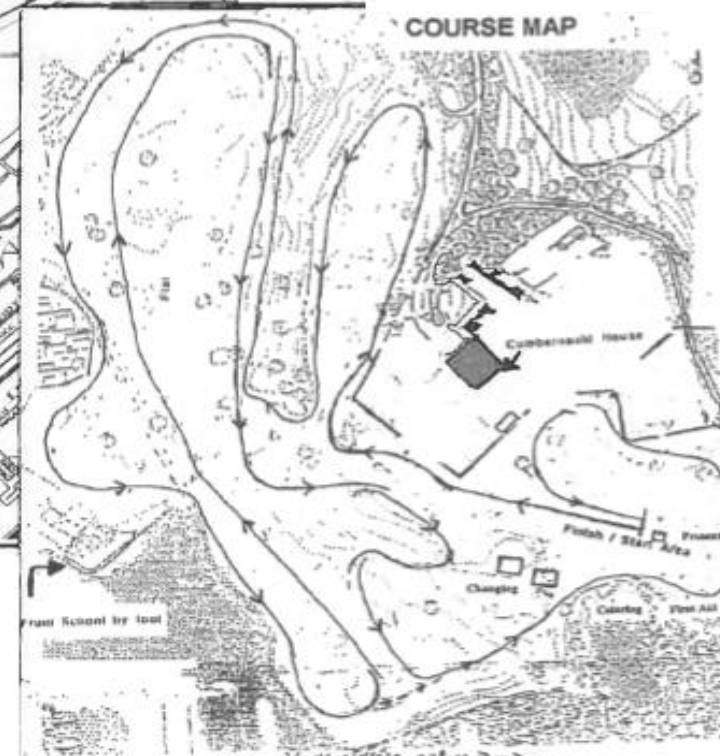
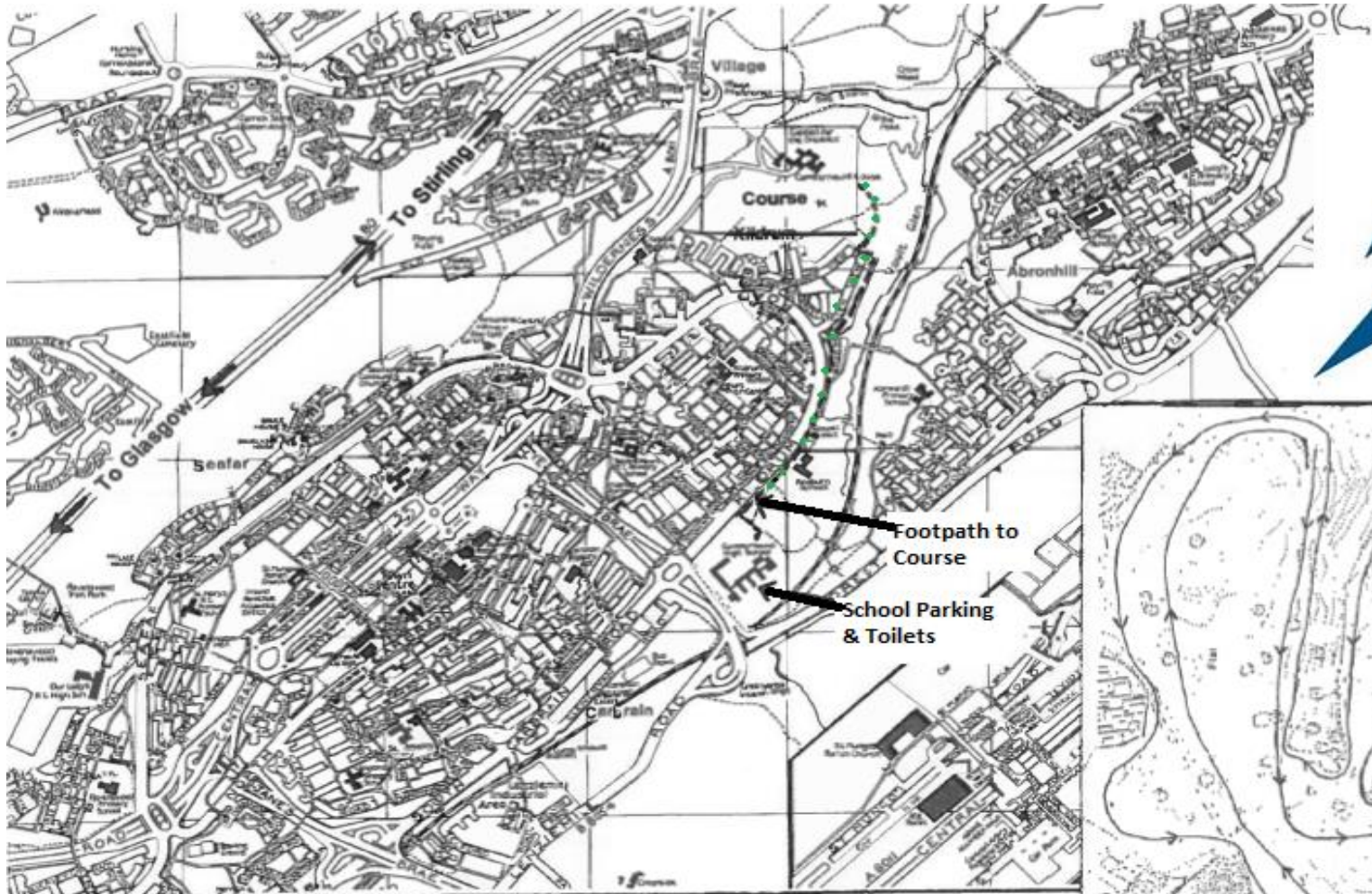
RACE OFFICIALS	
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Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Donald Pegrum
Course Builders	Members of Cumbernauld AC & Kirkintilloch Olympians
Officials Report	Alex Jackson
Judges/Funnel Control	
Changeovers	Andy Law(Chief), Sandy Cameron, Fred McCluskie , Ian Mann
De-Chipping Control	Cyril McPherson, Claire Barr
Starter	Mike Belch
Declarations	Claire Archbold (Chief), Marjory Cook, Phyllis Law Neil Donachie, Ron Cheyne, Linden Nicholson
Results	HSS Sports
Announcer	Graham Bennison
Press Officer	Peter Jardine
Course Stewards	Donald Pegrum (Chief), Members of Kirkintilloch Olympians & Cumbernauld AC
Presentations	Sandra Hardacre, Alex Jackson
Jury of Appeal	Alex Jackson, John Rodger, Marjory Cook
North Lanarkshire Event Manager	Kat Heron
Medical Services	St Andrews Ambulance
Event Manager	Alasdhair Love
Convener	Alex Jackson

Lindsays scottishathletics National Cross Country Relay Championships

Saturday 22nd October 2016

Cumbernauld Park



<u>Race</u>	<u>Declarations Close</u>	<u>Race Starts</u>	<u>Laps</u>
Young Females	1130hrs	1200hrs	3x2500m
Young Males	1210hrs	1240hrs	3x2500m
Sen/Jun Females	1250hrs	1320hrs	4x4000m
Sen/Jun Males	1415hrs	1445hrs	4x4000m



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scottishathletics Club Tents and Gazebos

Club Tents and Gazebo's not only give club members and officials a suitable place to meet, prepare and recover from races they also enhance the atmosphere and spectacle of events. **scottishathletics** actively encourage clubs to bring tents, gazebos or other coverings to events however these must be erected safely and correctly for the enjoyment, safety and comfort of all concerned. All clubs should make themselves aware of and consider the following **DO's** and **DON'TS**.

DO – Bring along your club tent or gazebo to provide shelter for your athletes

DO – Bring along the tent to create a great atmosphere at the event

DO – Pitch your tent in an easily identifiable location

DO – Bring a ground sheet for extra comfort

DO – Secure your tent properly using adequate pegs and guy ropes especially in windy conditions

DO – Assess the weather conditions for safety of others and your tent – Check the Forecast!

DO – Ensure your site does not create a hazard for athletes/officials or spectators

DO – Ensure sight lines for the event referee and officials are not affected

DO – Bring a bin bag for any rubbish

DO – Help one another to put up and take down your tent

DON'T – Pitch your tent on the Start/Finish Line

DON'T – Pitch your tent on the course

DON'T – Allow your tent to be unsecured against the wind/elements

DON'T – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

DON'T – Leave rubbish behind – please tidy up

- ALWAYS CONSIDER THE SAFETY OF OTHERS WHEN ERECTING YOUR TENT
- TENTS MUST BE SECURED EFFECTIVELY AGAINST THE WEATHER
- IF IN DOUBT DO NOT ERECT YOUR TENT

COMPETITION INFORMATION SHEET

Event: National Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Cumbernauld Park, Cumbernauld, G68 0DW
Date: Saturday 22nd October 2016

Race	Age Group	BORN DURING		Declarations Close	Race Starts	Laps
YOUNG FEMALES	U13	01/09/2003 to	31/08/2005			
	U15	01/09/2001 to	31/08/2003	1130hrs	1200hrs	3x2500m
	U17	01/09/1999 to	31/08/2001			
YOUNG MALES	U13	01/09/2003 to	31/08/2005			
	U15	01/09/2001 to	31/08/2003	1210hrs	1240hrs	3x2500m
	U17	01/09/1999 to	31/08/2001			
SENIOR/JUNIOR WOMEN	BORN BEFORE 01/09/1999			1250hrs	1320hrs	4x4000m
	Senior/Junior Women will run 4 Legs, Masters and W50+ will run 3 legs as in previous years.					
SENIOR/JUNIOR MEN	BORN BEFORE 01/09/1999			1415hrs	1445hrs	4x4000m
Entries Close first post on:		Monday 10th October 2016		<u>NO LATE ENTRIES</u>		
Postal Address for Entries:		National CC Relays, scottishathletics Ltd Caledonia House, South Gyle, Edinburgh, EH12 9DQ				
email address:		events@scottishathletics.org.uk				
YOUNG ATHLETES RACES						
1st LAP Under 13		2nd LAP Under 15 OR Under 13		3rd LAP Under 17 OR Under 15		

Important Notes

- (1) NEW for 2016 Senior and Junior Women will run 4 Legs.
- (2) Men's and Womens relays incorporate Masters Championships. Medals for first 3 teams for Masters Men and Women.
- Masters Teams - Masters Age Group from 40 for both Men and Women – age on day. Also medals for 1st 3 Teams of W50 and M50 - 3 laps for both Men and Women.
- (3) Athletes who compete in an SAL championship MUST be current members of the Scottish Athletics Membership Scheme. Furthermore, an entered athlete MUST not be substituted by a non-entered athlete at any time.
- (4) All competitors MUST compete in their declared order, and club colours must be worn.
- (5) Students in Full-time Education in Scotland
Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club but not in the same competition. This is provided that the educational establishment Club is confined to students of that establishment. Thus a student may be entered for two clubs but has to choose one at declarations.
- (6) Entries by First or Second Class Post with correct Postage for envelope size and cheque enclosed
All remittances should be crossed and made payable to " Scottish Athletics ".
- (6) Club Affiliation fees must have been paid.
- (8) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.



Lindsays National Cross Country Relay Championships (incorporating Masters Relays)
Cumbernauld (Cumbernauld Park)
SATURDAY 22ND October 2016

PARKING

Is at Cumbernauld High School G67 2UF.

Please car share if at all possible, the school car park will fill up.

There will be access to toilets and changing at the school

There is NO PUBLIC PARKING at the course. Officials & staff parking by permit only near the course (details and permits will be sent out separately). Please use the school and walk from there. The course is approximately 1.5 miles from the car parking, allow 15-20 mins walking time.

DECLARATIONS

Declarations will take place at the Start/Finish area of the course in Cumbernauld Park NOT the School. Team Managers should collect the declaration sheets on the day and fill them in as instructed on the form. A list of athletes entered will be attached. Upon completing the declaration form, return it to declarations where you will then be issued with your relay team packs, one pack per relay team. Each pack will contain:

- Race number (1 per leg of the relay team)
- Timing chip (1 per leg of the relay team)
- Zip ties (to attach timing chip)

All timing chips not used **MUST** be returned to declarations otherwise you will incur a charge.

CHIP TIMING

The event will be chip timed for 2016. The chips will be within the relay team packs. Within the packs, each chip will be in individual envelopes and marked up as to which leg it is assigned to i.e. Team 1 - Leg 1, Team 1 – Leg 2, Team 1 – Leg 3. **IMPORTANT** you must wear the correct chip for the leg you are running. All chips must be returned upon completion of the event; any non-returned chips will incur a charge. There will be no manual backup or funnels, **NO CHIP, NO TIME** for your team.

FACILITIES

There will be food available to purchase at the course along with toilets. The café and toilets at the school will also be available. Do not use Cumbernauld Park as a toilet, use the facilities provided.

3rd Lap in Senior/Junior Men's AND Women's race wear **Yellow numbers**

YOUNG ATHLETES TEAMS

1st Lap U13 2nd Lap U15 OR U13 3rd Lap U17 OR U15.

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MASTERS TEAMS

Men and Women Masters are aged 40+ on day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters.

(2) Mark a **LARGE and clear “V”** to the right on their numbers.

Medals for 1st three Masters teams for Men and Women

Men and Women Masters also for age 50+ on day of the race and need to

(1) Clearly mark on the declaration form on the day which teams are Masters 50+.

(2) Mark a **LARGE and clear “X”** to the right of their numbers.

Medals for 1st three Master's W50 and M50 teams.

Men's M50+ teams and Women's W50+ teams run **3 legs** not 4.

Athletes who are Masters but are not in complete Masters teams should not mark a “V” or “X” next to their number.

PRESENTATIONS

All medal presentations including the Senior Men will take place at the finish immediately after each race. This includes the Master's team medals.

UNELIGIBLE ATHLETES

Athletes can only run once, any team with an athlete running a **2nd** time will have the whole team removed from the results.

Athletes who compete in a **scottish**athletics championship **MUST** be current members of the Scottish Athletics Membership Scheme.

Furthermore, an entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the athlete at a health risk in the case of a wrong identification of an athlete and makes the results invalid as an historic record.

LITTER

At previous year's events there was an unacceptable amount of litter left in Cumbernauld Park. Please put litter in the bins provided or take it home.

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**SCOTTISH
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Senior Women	Total					
Club	Teams Entered	Assigned Team Numbers				
Aberdeen	2	201	202			
Airdrie Harriers	1	203				
Anster Haddies Running Club	1	204				
Bellahouston Harriers	3	206	207	208		
Bellahouston Road Runners	2	209	210			
Calderglen Harriers	2	211	212			
Cambuslang Harriers	3	213	214	215		
Carnegie Harriers	3	216	217	218		
Central AC	3	219	220	221		
Clydesdale Harriers	1	222				
Corstorphine AAC	2	223	224			
Cumbernauld AAC	1	225				
Dumbarton Harriers	1	226				
Dundee Hawkhill Harriers	1	227				
East Kilbride AC	1	228				
Edinburgh Univ Hare & Hounds	3	229	230	231		
Edinburgh AC	4	232	233	234	235	
Falkirk Victoria Harriers	2	236	237			
Ferranti AAC	2	238	239			
Fife AC	5	240	241	242	243	244
Gala Harriers	4	245	246	247	299	
Garscube Harriers	4	248	249	250	251	
Giffnock North AAC	3	252	253	254		
Glasgow University Hare & Hounds	3	255	256	257		
Greenock Glenpark Harriers	2	258	259			
Hunters Bog Trotters	4	261	262	263	264	
Inverclyde AC	1	265				
Inverness Harriers AAC	1	266				
Kilmarnock Harriers & AC	2	267	268			
Kirkintilloch Olympians	3	269	270	271		
Kilbarchan AAC	4	272	273	274	275	
Law & District AAC	1	276				
Linlithgow AC	1	277				
Lothian Running Club	2	278	279			
Metro Aberdeen Running Club	4	280	281	282	283	
Motherwell AC	2	284	285			
Ochill Hill Runners	2	286	287			
PH Racing Club	1	288				
Portobello Running Club	1	289				
Springburn Harriers	3	290	291	292		
Shettleston Harriers	3	293	294	295		
Strathearn Harriers	1	296				
Teviotdale Harriers	1	297				
VP - City of Glasgow	4	196	197	198	199	
Westerlands CCC	1	200				
	101					

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Young Female Entry Lists

Cumbernauld

Forename	Surname	Age Group	Club
Zoe	Edward	(GU13)	Aberdeen AAC
Iona	McGuire	(GU13)	Aberdeen AAC
Laura	McNeil	(GU15)	Aberdeen AAC
Kirsty	Oldham	(GU15)	Aberdeen AAC
Naomi	McGarva	(GU17)	Aberdeen AAC
Katy	Broun	(GU13)	Ayr Seaforth AC
Kiera	Capstick	(GU13)	Ayr Seaforth AC
Tess	Crooks	(GU13)	Ayr Seaforth AC
Maggie	Glendinning	(GU13)	Ayr Seaforth AC
Morven	Hubbard	(GU13)	Ayr Seaforth AC
Islay	Hubbard	(GU13)	Ayr Seaforth AC
Fay	Mctrusty	(GU13)	Ayr Seaforth AC
Ruth	Mcveigh	(GU13)	Ayr Seaforth AC
Alexandra	Meldrum	(GU13)	Ayr Seaforth AC
Rachel	Alexander	(GU15)	Ayr Seaforth AC
Bethany	Alexander	(GU15)	Ayr Seaforth AC
Georgia	Brown	(GU15)	Ayr Seaforth AC
Neve	Cassidy	(GU15)	Ayr Seaforth AC
Kelly	Cunningham	(GU15)	Ayr Seaforth AC
Rosie	Davidson	(GU15)	Ayr Seaforth AC
Tiegan	Donald	(GU15)	Ayr Seaforth AC
Eve	Downie	(GU15)	Ayr Seaforth AC
Emma	Frew	(GU15)	Ayr Seaforth AC
Isla	Kirk	(GU15)	Ayr Seaforth AC
Evie	Mackay	(GU15)	Ayr Seaforth AC
Morven	McCutcheon	(GU15)	Ayr Seaforth AC
Charlotte	McDowall	(GU15)	Ayr Seaforth AC
Holly	McIntyre	(GU15)	Ayr Seaforth AC
Sophie	McKay	(GU15)	Ayr Seaforth AC
Emma	Palmer	(GU15)	Ayr Seaforth AC
Alexandra	Smiley	(GU15)	Ayr Seaforth AC
Molly	Weatherston	(GU15)	Ayr Seaforth AC
Kate	Wilce	(GU15)	Ayr Seaforth AC
Sophie	Woods	(GU15)	Ayr Seaforth AC
Caitlin	Chilton	(GU17)	Ayr Seaforth AC
Chloe	Johnston	(GU17)	Ayr Seaforth AC
Anna	Ross	(GU13)	Banchory Stonehaven AC
Shannon	Brown	(GU15)	Banchory Stonehaven AC
Maia Grace	Cowie	(GU15)	Banchory Stonehaven AC
Frances	Sealy	(GU17)	Banchory Stonehaven AC
Clare	Stewart	(GU17)	Banchory Stonehaven AC

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Young Female Entry Lists

Cumbernauld

Shona	Carey	(GU13)	Cambuslang Harriers
Eilidh	Kennedy	(GU13)	Cambuslang Harriers
Hannah	Lang	(GU13)	Cambuslang Harriers
Maura	Mackinnon	(GU13)	Cambuslang Harriers
Cara	McDowall	(GU13)	Cambuslang Harriers
Millie	Nicholl	(GU13)	Cambuslang Harriers
Niamh	Riggins	(GU13)	Cambuslang Harriers
Demi	Scott	(GU13)	Cambuslang Harriers
Chloe	Burton	(GU15)	Cambuslang Harriers
Christie	Dalgleish	(GU15)	Cambuslang Harriers
Carla	Fay	(GU15)	Cambuslang Harriers
Kelly	Mccutcheon	(GU15)	Cambuslang Harriers
Susie	Mclaughlin	(GU15)	Cambuslang Harriers
Elana	Millar	(GU15)	Cambuslang Harriers
Ruth	Kelly	(GU17)	Cambuslang Harriers
Katie	Moss	(GU17)	Cambuslang Harriers
Charlotte	Moss	(GU17)	Cambuslang Harriers
Amy	Cully	(GU13)	Central AC
Eilidh	Fleming	(GU13)	Central AC
Mia	Glen	(GU13)	Central AC
Naomi	Howlieson	(GU13)	Central AC
Amy	Kirkpatrick	(GU13)	Central AC
Rebecca	Organ	(GU13)	Central AC
Heather	Riach	(GU13)	Central AC
Grace	Tindall	(GU13)	Central AC
Jessica	Turnbull	(GU13)	Central AC
Ciorstaidh	Ainsworth	(GU15)	Central AC
Carrie	Banks	(GU15)	Central AC
Darcy	Baxter	(GU15)	Central AC
Rosie	Eckersley	(GU15)	Central AC
Kyra	Gibb	(GU15)	Central AC
Skye	Henderson	(GU15)	Central AC
Elizabeth	Thompson	(GU15)	Central AC
Fiona	Davies	(GU17)	Central AC
Kate	Gallagher	(GU17)	Central AC
Lauren	McCulloch	(GU17)	Central AC
Heather	Scott	(GU17)	Central AC
Lauryn	Turnbull	(GU17)	Central AC
Madeleine	Woods	(GU17)	Central AC

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Young Female Entry Lists

Cumbernauld

Polly	Anderson	(GU13)	Clydesdale Harriers
Kenzie	Macintosh	(GU13)	Clydesdale Harriers
Mia	MacLeod	(GU13)	Clydesdale Harriers
Lana	McCallum	(GU13)	Clydesdale Harriers
Heather	McDaid	(GU13)	Clydesdale Harriers
Maria	Threwall	(GU13)	Clydesdale Harriers
Skye	Birnie	(GU15)	Clydesdale Harriers
Laura	Carr	(GU15)	Clydesdale Harriers
Katherine	Craig	(GU15)	Clydesdale Harriers
Francesca	Devine	(GU15)	Clydesdale Harriers
Jade	Steele-Milne	(GU15)	Clydesdale Harriers
Iona	Allan	(GU17)	Clydesdale Harriers
Natasha	Shaw	(GU17)	Clydesdale Harriers
Mhairi	Arnott	(GU13)	Corstorphine AAC
Katherine	MacLeod	(GU13)	Corstorphine AAC
Georgia	Ledingham	(GU15)	Corstorphine AAC
Nicole	Mullard	(GU15)	Corstorphine AAC
Jessica	MacLeod	(GU17)	Corstorphine AAC
Heidi	Ross	(GU17)	Corstorphine AAC
Elise	Giblin	(GU13)	Cumbernauld AAC
Amy	Kennedy	(GU13)	Cumbernauld AAC
Kerri	Reilly	(GU13)	Cumbernauld AAC
Aimie	Hendry	(GU15)	Cumbernauld AAC
Lucy	Winning	(GU15)	Cumbernauld AAC
Sophie	Hanlon	(GU17)	Cumbernauld AAC
Lucy	Sommerville	(GU17)	Cumbernauld AAC
Sophie	Brown	(GU13)	Dundee Hawkhill Harriers
Chloe	Lyons	(GU13)	Dundee Hawkhill Harriers
Isla	Manning	(GU13)	Dundee Hawkhill Harriers
Iara	Manning	(GU13)	Dundee Hawkhill Harriers
Grace	Matthews	(GU13)	Dundee Hawkhill Harriers
Lesley	Rogers	(GU13)	Dundee Hawkhill Harriers
Alex	Tully	(GU13)	Dundee Hawkhill Harriers
Lola-Ray	Venditozzi	(GU13)	Dundee Hawkhill Harriers
Anna	Bennett	(GU15)	Dundee Hawkhill Harriers
Carmen	Thomson	(GU15)	Dundee Hawkhill Harriers
Iona	Vannet	(GU15)	Dundee Hawkhill Harriers
Chloe	Brown	(GU17)	Dundee Hawkhill Harriers
Martha	Gallacher	(GU17)	Dundee Hawkhill Harriers
Shania	King	(GU17)	Dundee Hawkhill Harriers
Danielle	MacDermid	(GU17)	Dundee Hawkhill Harriers
Katie	McCluskey	(GU17)	Dundee Hawkhill Harriers

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Young Female Entry Lists

Cumbernauld

Olivia	Carlin	(GU13)	East Kilbride A.C.
Ella	Comiskey	(GU13)	East Kilbride A.C.
Abbie	Kirwan	(GU13)	East Kilbride A.C.
Kayla	McCrone	(GU13)	East Kilbride A.C.
Leah	Muirhead	(GU13)	East Kilbride A.C.
Hannah	Anderson	(GU15)	East Kilbride A.C.
Sarah	Connolly	(GU15)	East Kilbride A.C.
Emma	Graham	(GU15)	East Kilbride A.C.
Morgan	MacDougall	(GU15)	East Kilbride A.C.
Iona	MacDougall	(GU15)	East Kilbride A.C.
Lucy	Muirhead	(GU15)	East Kilbride A.C.
Rebekah	Sykes	(GU15)	East Kilbride A.C.
Rachel	Wardrope	(GU15)	East Kilbride A.C.
Jessica	Hagan	(GU17)	East Kilbride A.C.
Lori	MacDonald	(GU17)	East Kilbride A.C.
Chloe	Mulligan	(GU17)	East Kilbride A.C.
Rebecca	Russell	(GU17)	East Kilbride A.C.
Innes	Donald	(GU13)	Edinburgh AC
Ava	Findlay	(GU13)	Edinburgh AC
Iona	Harrison	(GU13)	Edinburgh AC
Emma	Johnson	(GU13)	Edinburgh AC
Katie	Johnson	(GU13)	Edinburgh AC
Annabelle	Martin	(GU13)	Edinburgh AC
Chloe	Petrie	(GU13)	Edinburgh AC
Pippa	Carcas	(GU15)	Edinburgh AC
Scarlet	Donald	(GU15)	Edinburgh AC
Hannah	Little	(GU15)	Edinburgh AC
Lucia	Montgomery	(GU15)	Edinburgh AC
Beth	Morrow	(GU15)	Edinburgh AC
Beatrice	Winkler	(GU15)	Edinburgh AC
Carolyn	Cameron	(GU17)	Edinburgh AC
Ishbel	Strathdee	(GU17)	Edinburgh AC
Eloise	Walker	(GU17)	Edinburgh AC

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Young Female Entry Lists

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Lauren	Barclay	(GU13)	Falkirk Victoria Harriers
Darcy	Brown	(GU13)	Falkirk Victoria Harriers
Katie	Christie	(GU13)	Falkirk Victoria Harriers
Millie	Gallagher	(GU13)	Falkirk Victoria Harriers
Erin	Hendry	(GU13)	Falkirk Victoria Harriers
Inez	MacIntosh	(GU13)	Falkirk Victoria Harriers
Danielle	McNamara	(GU13)	Falkirk Victoria Harriers
Molli	Robb	(GU13)	Falkirk Victoria Harriers
Phoebe	Angus	(GU15)	Falkirk Victoria Harriers
Lottie	Jeffrey	(GU15)	Falkirk Victoria Harriers
Chloe	McClung	(GU15)	Falkirk Victoria Harriers
Abbie	Robb	(GU15)	Falkirk Victoria Harriers
Kerry	Robertson	(GU15)	Falkirk Victoria Harriers
Jessica	Christie	(GU17)	Falkirk Victoria Harriers
Eilidh	McCallum	(GU17)	Falkirk Victoria Harriers
Katy	McGonigal	(GU17)	Falkirk Victoria Harriers
Nicole	McIntyre	(GU17)	Falkirk Victoria Harriers
Alice	Robertson	(GU17)	Falkirk Victoria Harriers
Rosie	Bell	(GU13)	Fife AC
Shona	Briers	(GU13)	Fife AC
Anna	DalGLISH	(GU13)	Fife AC
Anna	Hedley	(GU13)	Fife AC
Isla	Hedley	(GU13)	Fife AC
Isla	Bell	(GU15)	Fife AC
Megan	Briers	(GU17)	Fife AC
Sarani	Fernando	(GU17)	Fife AC
Louise	Mccullagh	(GU17)	Fife AC
Orla	Folan	(GU13)	Gala Harriers
Mairi	Forbes	(GU13)	Gala Harriers
Rhiannon	Fagan	(GU15)	Gala Harriers
Eilidh	Forbes	(GU15)	Gala Harriers
Maddie	Thomson	(GU15)	Gala Harriers
Elena	Heger	(GU17)	Gala Harriers
Zoe	Pflug	(GU17)	Gala Harriers

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Isabelle	Burnside	(GU13)	Garscube Harriers
Orla	Doherty	(GU13)	Garscube Harriers
Millie	Howat	(GU13)	Garscube Harriers
Kirsty	Jones	(GU13)	Garscube Harriers
Grace	Maclean	(GU13)	Garscube Harriers
Anyia	Maclean	(GU13)	Garscube Harriers
Zoe	Mcaloon	(GU13)	Garscube Harriers
Beth	Raeside	(GU13)	Garscube Harriers
Ellen	Cameron	(GU15)	Garscube Harriers
Ellie Isabella	Hinks	(GU15)	Garscube Harriers
Alexandra	Jones	(GU15)	Garscube Harriers
Mia	Padmanabhan	(GU15)	Garscube Harriers
Kerry	Gallacher	(GU17)	Garscube Harriers
Sophie	Lathan	(GU17)	Garscube Harriers
lindsay	Robertson	(GU17)	Garscube Harriers

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Eva	Chong	(GU13)	Giffnock North AAC
Stella	Cowey	(GU13)	Giffnock North AAC
Bethany	Drumand	(GU13)	Giffnock North AAC
Holly	McAneny	(GU13)	Giffnock North AAC
Cara	Mcaneny	(GU13)	Giffnock North AAC
Ella	McGregor	(GU13)	Giffnock North AAC
Niamh	McWilliams	(GU13)	Giffnock North AAC
Rhiannon	Morris	(GU13)	Giffnock North AAC
Nuala	O'Donnell	(GU13)	Giffnock North AAC
Kate	Paul	(GU13)	Giffnock North AAC
Isla	Scott	(GU13)	Giffnock North AAC
Annabel	Ballantyne	(GU15)	Giffnock North AAC
Heather	Barnes	(GU15)	Giffnock North AAC
Laura Jane	Bertrum	(GU15)	Giffnock North AAC
Jill	Carswell	(GU15)	Giffnock North AAC
Emma	Chamberlain	(GU15)	Giffnock North AAC
Helen	Chong	(GU15)	Giffnock North AAC
Zoe	Coyne	(GU15)	Giffnock North AAC
Francesca	Davidson	(GU15)	Giffnock North AAC
Miriam	Gilbride	(GU15)	Giffnock North AAC
Leila	Hickey-Fugaccia	(GU15)	Giffnock North AAC
Lisa	Miller	(GU15)	Giffnock North AAC
Rachel	Norrie	(GU15)	Giffnock North AAC
Lauren	Paterson	(GU15)	Giffnock North AAC
Allison	Preece	(GU15)	Giffnock North AAC
Kate	Richardson	(GU15)	Giffnock North AAC
Zoe	Jamieson	(GU17)	Giffnock North AAC
Danielle	Kelly	(GU17)	Giffnock North AAC
Charlotte	McKenna	(GU17)	Giffnock North AAC
Lynn	McKenna	(GU17)	Giffnock North AAC
Nikki	Miller	(GU17)	Giffnock North AAC
Leah	Sinforiani	(GU17)	Giffnock North AAC
Erin	Wallace	(GU17)	Giffnock North AAC
Silver	Nwabuzor	(GU13)	Glasgow School of Sport
Aimee	Anderson	(GU15)	Glasgow School of Sport
Laura	Ferguson	(GU15)	Glasgow School of Sport
Kirsten	Forster	(GU17)	Glasgow School of Sport
Anna	Docherty	(GU13)	Greenock Glenpark Harriers
Ruby	Mcgill	(GU13)	Greenock Glenpark Harriers
Beth	McKenna	(GU15)	Greenock Glenpark Harriers
Mia	Forrest	(GU17)	Greenock Glenpark Harriers

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Young Female Entry Lists

Cumbernauld

Amelia	Murphy	(GU13)	Helensburgh AAC
Jennifer	Scott	(GU13)	Helensburgh AAC
Chloe	Murphy	(GU17)	Helensburgh AAC
Amy	Cumming	(GU13)	Inverclyde AC
Abi	Hammerman	(GU13)	Inverclyde AC
Amelie	Jay	(GU13)	Inverclyde AC
Erin	Law	(GU13)	Inverclyde AC
Orla	McGeehan	(GU13)	Inverclyde AC
Catriona	McPherson	(GU13)	Inverclyde AC
Leah	Cameron	(GU15)	Inverclyde AC
Niamh	Docherty	(GU15)	Inverclyde AC
Nyah	Gillan	(GU15)	Inverclyde AC
Cliona	McCheyne	(GU15)	Inverclyde AC
Nuala	McCheyne	(GU15)	Inverclyde AC
Hannah	McGeehan	(GU15)	Inverclyde AC
Georgia	Morrison	(GU15)	Inverclyde AC
Zoe	Renfrew	(GU15)	Inverclyde AC
Gillian	Carmichael	(GU17)	Inverclyde AC
Nicola	Doohan	(GU17)	Inverclyde AC
Shelby	Morrison	(GU17)	Inverclyde AC

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Young Female Entry Lists

Cumbernauld

Kirsty	Arnaud	(GU13)	Inverness Harriers AAC
Kathryn	Brown	(GU13)	Inverness Harriers AAC
Beth	Hewick	(GU13)	Inverness Harriers AAC
Leah	Inglis	(GU13)	Inverness Harriers AAC
Maisie	MacLennan	(GU13)	Inverness Harriers AAC
Ruth	Wilson	(GU13)	Inverness Harriers AAC
Emily	Andrew	(GU15)	Inverness Harriers AAC
Chloe	Cheyne	(GU15)	Inverness Harriers AAC
Eve	Gardiner	(GU15)	Inverness Harriers AAC
Catriona	Garvie	(GU15)	Inverness Harriers AAC
Rachel	Gillies	(GU15)	Inverness Harriers AAC
Katie	Gillies	(GU15)	Inverness Harriers AAC
Ailsa	Hewick	(GU15)	Inverness Harriers AAC
Rebecca	Johnstone	(GU15)	Inverness Harriers AAC
Rachel	Johnstone	(GU15)	Inverness Harriers AAC
Megan	Keith	(GU15)	Inverness Harriers AAC
Tara	Iarsen	(GU15)	Inverness Harriers AAC
Emma	Seed	(GU15)	Inverness Harriers AAC
Ruby	Soldan	(GU15)	Inverness Harriers AAC
Jenny	Blackwood	(GU17)	Inverness Harriers AAC
Connie	Campbell	(GU17)	Inverness Harriers AAC
Rachael	Keith	(GU17)	Inverness Harriers AAC
Ana	MacPherson	(GU17)	Inverness Harriers AAC
Emma	Pedrana	(GU17)	Inverness Harriers AAC
Sophie	Young	(GU17)	Inverness Harriers AAC

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Young Female Entry Lists

Cumbernauld

Abbie	Alemu	(GU13)	Kilbarchan AAC
Eva	Bell	(GU13)	Kilbarchan AAC
Chole	Camerone	(GU13)	Kilbarchan AAC
Kirstie	Cochran	(GU13)	Kilbarchan AAC
Julia	Daws	(GU13)	Kilbarchan AAC
Sarah	Forbes	(GU13)	Kilbarchan AAC
Louise	Hastie	(GU13)	Kilbarchan AAC
Rachael	Muir	(GU13)	Kilbarchan AAC
Poppy	Pitts	(GU13)	Kilbarchan AAC
Megan	Thomson	(GU13)	Kilbarchan AAC
Aurelia	Tiffoney	(GU13)	Kilbarchan AAC
Ola	Zurakowska	(GU13)	Kilbarchan AAC
Laine	Alemu	(GU15)	Kilbarchan AAC
Jayde	Brannigan	(GU15)	Kilbarchan AAC
Hannah	Fleming	(GU15)	Kilbarchan AAC
Eilidh	Gibson	(GU15)	Kilbarchan AAC
Kimberley	Gilchrist	(GU15)	Kilbarchan AAC
Ellie	McCrory	(GU15)	Kilbarchan AAC
Leona	Murray	(GU15)	Kilbarchan AAC
Alisha	Sivell	(GU15)	Kilbarchan AAC
Millie	Spence	(GU15)	Kilbarchan AAC
Libby	Sutherland	(GU15)	Kilbarchan AAC
Kim	Crawford	(GU17)	Kilbarchan AAC
Eve	Griffiths	(GU17)	Kilbarchan AAC
Emma	Johnstone	(GU17)	Kilbarchan AAC
Katharine	McGinn	(GU17)	Kilbarchan AAC
Amy	Sneddon	(GU17)	Kilbarchan AAC
Rona	Tytler	(GU17)	Kilbarchan AAC
Amy	Anderson	(GU13)	Kilmarnock H&AC
Eilidh	Ballantyne	(GU13)	Kilmarnock H&AC
Lottie	Lambert	(GU13)	Kilmarnock H&AC
Kayla	McCrone	(GU13)	Kilmarnock H&AC
Victoria	McDowall	(GU13)	Kilmarnock H&AC
Jennifer	Murray	(GU13)	Kilmarnock H&AC
Lucy	Glencorse	(GU15)	Kilmarnock H&AC
Ava	Heron	(GU15)	Kilmarnock H&AC
Laura	Jedrusiak	(GU15)	Kilmarnock H&AC
Leonie	McCutcheon	(GU15)	Kilmarnock H&AC
Phoebe	McCutcheon	(GU15)	Kilmarnock H&AC
Molly	Murray	(GU15)	Kilmarnock H&AC
Isla	Neilson	(GU15)	Kilmarnock H&AC
Erin	Pastulovic	(GU15)	Kilmarnock H&AC

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Young Female Entry Lists

Cumbernauld

Ciara	Brown	(GU13)	Kirkintilloch Olympians
Robyn	O'Hare	(GU13)	Kirkintilloch Olympians
Lauren	O'Hare	(GU13)	Kirkintilloch Olympians
Rachel	Paton	(GU13)	Kirkintilloch Olympians
Caimhe	Quail	(GU13)	Kirkintilloch Olympians
Katie	Martin	(GU15)	Kirkintilloch Olympians
Sally Jane	Mcauley	(GU15)	Kirkintilloch Olympians
Hannah	Paton	(GU15)	Kirkintilloch Olympians
Mhairi	Quinn	(GU15)	Kirkintilloch Olympians
Eve	Reilly	(GU15)	Kirkintilloch Olympians
Iona	Smith	(GU15)	Kirkintilloch Olympians
Niamh	Summers	(GU15)	Kirkintilloch Olympians
Hayley	Crawford	(GU13)	Law & District AAC
Niav	Douglas	(GU13)	Law & District AAC
Naomi	Fleming	(GU13)	Law & District AAC
Dayna	Littlejohn	(GU13)	Law & District AAC
Abbie	White	(GU13)	Law & District AAC
Rachel	Donnelly	(GU15)	Law & District AAC
Kara	Forman	(GU15)	Law & District AAC
Evie	Glen	(GU15)	Law & District AAC
Lorna	Jackson	(GU15)	Law & District AAC
Caitlin	Thomson	(GU15)	Law & District AAC
Megan	Grew	(GU17)	Law & District AAC
Jill	Hamilton	(GU17)	Law & District AAC
Ella	Henderson	(GU17)	Law & District AAC
Pamela	Newell	(GU17)	Law & District AAC
Erin	Cameron	(GU13)	Livingston AC
Sophie	Messenger	(GU13)	Livingston AC
Charlie-Maree	Nolan	(GU13)	Livingston AC
Sophie	Ure	(GU13)	Livingston AC
Ella	Watson	(GU13)	Livingston AC
Rebecca	Calder	(GU15)	Livingston AC
Isla	Calvert	(GU15)	Livingston AC
Katie	Craig	(GU15)	Livingston AC
Rachel	Gibb	(GU15)	Livingston AC
Iona	McDonald	(GU15)	Livingston AC
Eilidh	Brown	(GU17)	Livingston AC
Sarah	Calvert	(GU17)	Livingston AC
Nicole	Kinghorn	(GU17)	Livingston AC
Hannah	Mairs	(GU17)	Livingston AC
Courtney	Moffat	(GU17)	Livingston AC

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Young Female Entry Lists

Cumbernauld

Shannon	Prevost	(GU13)	Lothian Running Club
Hannah	Steel	(GU13)	Lothian Running Club
Erin	Steel	(GU15)	Lothian Running Club
Rebecca	Noble	(GU13)	Metro Aberdeen Running Club
Kirsty	Anderson	(GU15)	Metro Aberdeen Running Club
Mia	Lovie	(GU15)	Metro Aberdeen Running Club
Anna	Saunders	(GU13)	Perth Strathtay Harriers
Georgia	Douglas	(GU15)	Perth Strathtay Harriers
Emma	Jenkins	(GU15)	Perth Strathtay Harriers
Riane	Cooper	(GU13)	Pitreavie AAC
Molly	Fairfield	(GU13)	Pitreavie AAC
Sarah	Coutts	(GU15)	Pitreavie AAC
Jemma	Jamieson	(GU15)	Pitreavie AAC
Molly	Richley	(GU15)	Pitreavie AAC
Ciara	Bowman	(GU17)	Pitreavie AAC
Hannah	Dow	(GU17)	Pitreavie AAC
Zoe	Nicholson	(GU17)	Pitreavie AAC
Erin	Ellor	(GU13)	Shettleston Harriers
Anna	McDowall	(GU13)	Shettleston Harriers
Chloe	Orr	(GU13)	Shettleston Harriers
Kameryn	Wilson	(GU13)	Shettleston Harriers
Anna	Young	(GU13)	Shettleston Harriers
Aleix	Donachie	(GU15)	Shettleston Harriers
Ruby	Garrick	(GU15)	Shettleston Harriers
Morgan	Hannah	(GU15)	Shettleston Harriers
Elsie	Hollywood	(GU15)	Shettleston Harriers
Talia	leith	(GU15)	Shettleston Harriers
Molly	MacLean	(GU15)	Shettleston Harriers
Alic	McGarth	(GU15)	Shettleston Harriers
Jodie	Mitchell	(GU15)	Shettleston Harriers
Emma	Purdie	(GU17)	Shettleston Harriers
Talia	Quigley	(GU17)	Shettleston Harriers
Hannah	Burr	(GU13)	Springburn Harriers
Chloe	Emordy	(GU13)	Springburn Harriers
Ellie	Doherty	(GU15)	Springburn Harriers

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Young Female Entry Lists

Cumbernauld

Bridgette	Harley	(GU13)	Team East Lothian
Amy	Paul	(GU13)	Team East Lothian
Naiamh	Richards	(GU13)	Team East Lothian
Evie	Welsh	(GU13)	Team East Lothian
Esme	Balfour	(GU15)	Team East Lothian
Esme	Callander	(GU15)	Team East Lothian
Marielle	Gallaher	(GU15)	Team East Lothian
Cera	Gemmell	(GU15)	Team East Lothian
Marissa	Kelly	(GU15)	Team East Lothian
Rosa	Gally	(GU17)	Team East Lothian
Sophie	Hayes	(GU17)	Team East Lothian
Linda	McCandlish	(GU17)	Team East Lothian
Nadine	Elder	(GU13)	Teviotdale Harriers
Carly	Blaikie	(GU15)	Teviotdale Harriers
Macy	Cropper	(GU15)	Teviotdale Harriers
Ishbel	Inglis	(GU17)	Teviotdale Harriers
Beth	Bushell	(GU13)	VP-Glasgow AC
Róisín	Cameron Coyle	(GU13)	VP-Glasgow AC
Niamh	Finnieston	(GU13)	VP-Glasgow AC
Holly	Kirkwood	(GU13)	VP-Glasgow AC
Anna	Mccallum	(GU13)	VP-Glasgow AC
Nicole	McGilp	(GU13)	VP-Glasgow AC
Abbey	Orr	(GU13)	VP-Glasgow AC
Catriona	Scott	(GU13)	VP-Glasgow AC
Estere	Sudmale	(GU13)	VP-Glasgow AC
Valencia	Wright	(GU13)	VP-Glasgow AC
Isla	Britton	(GU15)	VP-Glasgow AC
Rhian	Callan	(GU15)	VP-Glasgow AC
Lily Jane	Evans-Haggerty	(GU15)	VP-Glasgow AC
Rachel	Gillespie	(GU15)	VP-Glasgow AC
Emma	Gilmour	(GU15)	VP-Glasgow AC
Abbie	Leanord	(GU15)	VP-Glasgow AC
Jenna	Little	(GU15)	VP-Glasgow AC
Kirsty	McNair	(GU15)	VP-Glasgow AC
Amy	Bissett	(GU17)	VP-Glasgow AC
Beth	Gibbons	(GU17)	VP-Glasgow AC
Holly	Little	(GU17)	VP-Glasgow AC
Adrienne	Murray	(GU17)	VP-Glasgow AC

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Kai	Crawford	(BU13)	Aberdeen AAC
Samuel	Griffin	(BU13)	Aberdeen AAC
Callum	McGregor	(BU13)	Aberdeen AAC
Harry E	Hall	(BU15)	Aberdeen AAC
Daniel	Hatfield	(MU17)	Aberdeen AAC
Cameron	Stone	(MU17)	Aberdeen AAC
Finlay	Strachan	(MU17)	Aberdeen AAC
Nicholas	Tierney	(MU17)	Aberdeen AAC
Euan	Bell	(BU13)	Ayr Seaforth AC
Jacob	Cairns	(BU13)	Ayr Seaforth AC
Alexander	Crooks	(BU13)	Ayr Seaforth AC
Max	Cunningham	(BU13)	Ayr Seaforth AC
Charlie	Dorward	(BU13)	Ayr Seaforth AC
Samuel	Drummond	(BU13)	Ayr Seaforth AC
Magnus	Friel	(BU13)	Ayr Seaforth AC
Blair John	Gemmell	(BU13)	Ayr Seaforth AC
Lewis	Hill	(BU13)	Ayr Seaforth AC
Lewis	Martin	(BU13)	Ayr Seaforth AC
Fergus	Muir	(BU13)	Ayr Seaforth AC
Toby	Nixon	(BU13)	Ayr Seaforth AC
Logan	Cotter	(BU15)	Ayr Seaforth AC
Euan	Duff	(BU15)	Ayr Seaforth AC
John	Duthie	(BU15)	Ayr Seaforth AC
Calum	Inglis	(BU15)	Ayr Seaforth AC
Daniel	Long	(BU15)	Ayr Seaforth AC
Jamie	McCullough	(BU15)	Ayr Seaforth AC
Callum	McKenzie	(BU15)	Ayr Seaforth AC
Max	McLean	(BU15)	Ayr Seaforth AC
Marc	Mulgrew	(BU15)	Ayr Seaforth AC
Greig	Oakley	(BU15)	Ayr Seaforth AC
Euan	Ramsay	(BU15)	Ayr Seaforth AC
Adam	Rice	(BU15)	Ayr Seaforth AC
Patrick	Smiley	(BU15)	Ayr Seaforth AC
Scott	Sprang	(BU15)	Ayr Seaforth AC
Theo	Vollam	(BU15)	Ayr Seaforth AC
Aidan	Copland	(MU17)	Ayr Seaforth AC
Mathew	Eadie	(MU17)	Ayr Seaforth AC
Daniel	Martin	(MU17)	Ayr Seaforth AC
Declan	McGhee	(MU17)	Ayr Seaforth AC
Lewis	Ross	(MU17)	Ayr Seaforth AC

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Rory	Baird	(BU13)	Banchory Stonehaven AC
Leon	Archiebald	(BU13)	Cambuslang Harriers
Mark	Cassidy	(BU13)	Cambuslang Harriers
Joseph	Gallagher	(BU13)	Cambuslang Harriers
Fearghus	MacGregor	(BU13)	Cambuslang Harriers
Stewart	Millard	(BU13)	Cambuslang Harriers
Jason	Murray	(BU13)	Cambuslang Harriers
Ciaran	Owens	(BU13)	Cambuslang Harriers
Lewis	Roddie	(BU13)	Cambuslang Harriers
Mathew	Sproule	(BU13)	Cambuslang Harriers
Robbie	Woods	(BU13)	Cambuslang Harriers
Brodie	Aitken	(BU15)	Cambuslang Harriers
Liam	Angely	(BU15)	Cambuslang Harriers
Jake	Barnett	(BU15)	Cambuslang Harriers
Michael	Black	(BU15)	Cambuslang Harriers
Ryan	Bruce	(BU15)	Cambuslang Harriers
Keir	Crawford	(BU15)	Cambuslang Harriers
Sean	Friel	(BU15)	Cambuslang Harriers
Arron	Grew	(BU15)	Cambuslang Harriers
Ruairidh	MacGregor	(BU15)	Cambuslang Harriers
Christopher	McLew	(BU15)	Cambuslang Harriers
Caolan	Millard	(BU15)	Cambuslang Harriers
Joshua	Boyle	(MU17)	Cambuslang Harriers
Andrew	Carey	(MU17)	Cambuslang Harriers
Eamon	Carr	(MU17)	Cambuslang Harriers
James	Duffy	(MU17)	Cambuslang Harriers
James	Hannoway	(MU17)	Cambuslang Harriers
Leodhais	MacPherson	(MU17)	Cambuslang Harriers
Struan	Paton	(MU17)	Cambuslang Harriers
Drew	Pollock	(MU17)	Cambuslang Harriers
Ryan	Stephen	(MU17)	Cambuslang Harriers

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Sandy	Buchanan	(BU13)	Central AC
Euan	Campbell	(BU13)	Central AC
Cameron	Kerr	(BU13)	Central AC
Cameron	MacMillan	(BU13)	Central AC
Finlay	Marchant	(BU13)	Central AC
Ryan	McGuire	(BU13)	Central AC
Finlay	Muir	(BU13)	Central AC
Daniel	Bruce	(BU15)	Central AC
Cameron	Fraser	(BU15)	Central AC
Ben Angus	Hughes	(BU15)	Central AC
Ben	MacMillan	(BU15)	Central AC
Jacob	Organ	(BU15)	Central AC
Thomas	Woods	(BU15)	Central AC
Tom	Graham-Marr	(MU17)	Central AC
Sandy	Holl	(MU17)	Central AC
Keir	Howlieson	(MU17)	Central AC
Kyle	Middleton	(MU17)	Central AC
Euan	MacMillan	(BU13)	Clydesdale Harriers
Aiden	McInally	(BU13)	Clydesdale Harriers
Fraser	McKechnie	(BU13)	Clydesdale Harriers
Josh	McNicol	(BU13)	Clydesdale Harriers
Liam	Probert	(BU13)	Clydesdale Harriers
Stuart	Aird	(BU15)	Clydesdale Harriers
Leo	Currie	(BU15)	Clydesdale Harriers
John	Docherty	(BU15)	Clydesdale Harriers
Jake	MacPherson	(BU15)	Clydesdale Harriers
Evan	McCallum	(BU15)	Clydesdale Harriers
Cairn	Wallace	(BU15)	Clydesdale Harriers
Robert	Whittick	(BU15)	Clydesdale Harriers
Lloyd	Young	(BU15)	Clydesdale Harriers
Marcus	Beckford-Young	(MU17)	Clydesdale Harriers
Michael	Dunn	(MU17)	Clydesdale Harriers
Michael	Miller	(MU17)	Clydesdale Harriers

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Jamie	Eyton-Jones	(BU13)	Corstorphine AAC
Euan	Flett	(BU13)	Corstorphine AAC
Archie	Hall	(BU13)	Corstorphine AAC
Cameron	Ross	(BU13)	Corstorphine AAC
Ronan	Sinclair	(BU13)	Corstorphine AAC
Oliver	Stein	(BU13)	Corstorphine AAC
Ben	Struthers	(BU13)	Corstorphine AAC
Ruairidh	Williams	(BU13)	Corstorphine AAC
David	Addison	(BU15)	Corstorphine AAC
Charlie	Cameron	(BU15)	Corstorphine AAC
Fergus	Campbell	(BU15)	Corstorphine AAC
Sam	Cavens	(BU15)	Corstorphine AAC
Calum	Hall	(BU15)	Corstorphine AAC
Thomas	Ross	(BU15)	Corstorphine AAC
Stephen	Addison	(MU17)	Corstorphine AAC
Jamie	Arnott	(MU17)	Corstorphine AAC
Finlay	Ross	(MU17)	Corstorphine AAC
Josh	Adams	(BU13)	Cumbernauld AAC
Craig	Little	(BU13)	Cumbernauld AAC
Max	McCafferty	(BU13)	Cumbernauld AAC
Jude	Neville	(BU13)	Cumbernauld AAC
Craig	Sweeney	(BU13)	Cumbernauld AAC
Luke	Tervit	(BU13)	Cumbernauld AAC
Jacob	Brown	(BU15)	Cumbernauld AAC
Calum	Little	(BU15)	Cumbernauld AAC
Christopher	Main	(BU15)	Cumbernauld AAC
Alasdair	McMonagle	(BU15)	Cumbernauld AAC
Hamish	Coutts	(MU17)	Cumbernauld AAC
Thomas	Whiteford	(MU17)	Cumbernauld AAC
Gino	Brock	(BU13)	Dundee Hawkhill Harriers
Tejay	Scott	(BU13)	Dundee Hawkhill Harriers
Josh	Taylor	(BU13)	Dundee Hawkhill Harriers
Scott	Vigrow	(BU13)	Dundee Hawkhill Harriers
Jack	Dalgety	(BU15)	Dundee Hawkhill Harriers
Ryan	Donald	(BU15)	Dundee Hawkhill Harriers
Blair	Scott	(BU15)	Dundee Hawkhill Harriers
Aidan	Simpson	(BU15)	Dundee Hawkhill Harriers
Luca	Venditozzi	(BU15)	Dundee Hawkhill Harriers
David	Begg	(MU17)	Dundee Hawkhill Harriers
Bradley	Duff	(MU17)	Dundee Hawkhill Harriers
Callum	McCormack	(MU17)	Dundee Hawkhill Harriers
Jamie	Simpson	(MU17)	Dundee Hawkhill Harriers

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Christopher	Cairns	(BU13)	East Kilbride A.C.
Paul	Cairns	(BU13)	East Kilbride A.C.
Ben	Everett	(BU13)	East Kilbride A.C.
Dillan	McAuslin	(BU13)	East Kilbride A.C.
George	Mckenzie	(BU13)	East Kilbride A.C.
Thomas	O'Neil	(BU13)	East Kilbride A.C.
Keir	Orr	(BU13)	East Kilbride A.C.
Cameron	Smith	(BU13)	East Kilbride A.C.
Hamish	Anderson	(BU15)	East Kilbride A.C.
Elliot	Bain	(BU15)	East Kilbride A.C.
Oliver	Evans	(BU15)	East Kilbride A.C.
Joseph	Hagan	(BU15)	East Kilbride A.C.
Andrew	Kelly	(BU15)	East Kilbride A.C.
Thomas	McCourt	(BU15)	East Kilbride A.C.
Sam	Sweeney	(BU15)	East Kilbride A.C.
Shane	Wilson	(BU15)	East Kilbride A.C.
Aidan	Abberley	(MU17)	East Kilbride A.C.
Connor	Daly	(BU13)	Edinburgh AC
Muir	Gillespie	(BU13)	Edinburgh AC
Sam	Glass	(BU13)	Edinburgh AC
Rob	Henderson	(BU13)	Edinburgh AC
Isaac	Johnston	(BU13)	Edinburgh AC
John	Leary	(BU13)	Edinburgh AC
Jay	Stewart	(BU13)	Edinburgh AC
Connor	Thompson	(BU13)	Edinburgh AC
Fabian	Despinoy	(BU15)	Edinburgh AC
Joe	Ewing	(BU15)	Edinburgh AC
Hector	Friend	(BU15)	Edinburgh AC
Iain	Hare	(BU15)	Edinburgh AC
Tom	Ireland	(BU15)	Edinburgh AC
Luca	librizzi	(BU15)	Edinburgh AC
Hugh	Morrow	(BU15)	Edinburgh AC
Coinneach	Petrie	(BU15)	Edinburgh AC
Ross	Allan	(MU17)	Edinburgh AC
Alex	Bates	(MU17)	Edinburgh AC
Fraser	Blackie	(MU17)	Edinburgh AC
Sam	Brown	(MU17)	Edinburgh AC
Freddie	Carcas	(MU17)	Edinburgh AC
Michael	Swinton	(MU17)	Edinburgh AC

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Aaron	Alves	(BU13)	Falkirk Victoria Harriers
Jonathan	Faulks	(BU13)	Falkirk Victoria Harriers
Adam	Grieve	(BU13)	Falkirk Victoria Harriers
Nathan	Laing	(BU13)	Falkirk Victoria Harriers
Campbell	Mackay	(BU13)	Falkirk Victoria Harriers
Michael	McGarvey	(BU13)	Falkirk Victoria Harriers
Ivan	Ramsay	(BU13)	Falkirk Victoria Harriers
Kane	Elliott	(BU15)	Falkirk Victoria Harriers
Callan	Hogarth	(BU15)	Falkirk Victoria Harriers
Cameron	Taylor-Cameron	(BU15)	Falkirk Victoria Harriers
Aaron	Wilson	(BU15)	Falkirk Victoria Harriers
Lewis	Pentecost	(MU17)	Falkirk Victoria Harriers
Harris	Pentecost	(MU17)	Falkirk Victoria Harriers
Lewis	Donnelly	(BU13)	Fife AC
Logan	Piotrowicz	(BU13)	Fife AC
Jake	Williamson	(BU13)	Fife AC
Liam	Wyse	(BU13)	Fife AC
Owen	Keddie	(BU15)	Fife AC
Gavin	McWhinnie	(BU15)	Fife AC
Iain	McWhinnie	(BU15)	Fife AC
Ben	Sandilands	(BU15)	Fife AC
Ross	Wyse	(BU15)	Fife AC
Craig	Morris	(MU17)	Fife AC
Adam	Scott	(MU17)	Fife AC
Robert	Sparks	(MU17)	Fife AC
Cailean	Campbell	(BU13)	Gala Harriers
Ewan	Christie	(BU13)	Gala Harriers
Gregor	Collins	(BU13)	Gala Harriers
Evan	McConnell	(BU13)	Gala Harriers
Ritchie	Mitchell	(BU13)	Gala Harriers
Innes	Campbell	(BU15)	Gala Harriers
Jack	McDonald	(BU15)	Gala Harriers
Jake	Shepherd	(BU15)	Gala Harriers
Lewis	Tharme	(BU15)	Gala Harriers
Lewis	Bell	(MU17)	Gala Harriers
Corri	Campbell	(MU17)	Gala Harriers
Yousuf	Khursheed	(MU17)	Gala Harriers
Faisal	Khursheed	(MU17)	Gala Harriers
James	Logan	(MU17)	Gala Harriers
Callum	Tharme	(MU17)	Gala Harriers

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Cameron	Berry	(BU13)	Garscube Harriers
Hugh	Borthwick	(BU13)	Garscube Harriers
Marcus	Donnelly	(BU13)	Garscube Harriers
Thomas	Gibbons	(BU13)	Garscube Harriers
Jamie	Glen	(BU13)	Garscube Harriers
Adam	Insall	(BU13)	Garscube Harriers
Finlay	Ross-Davie	(BU13)	Garscube Harriers
Luke	Aitken	(BU15)	Garscube Harriers
James	Cathro	(BU15)	Garscube Harriers
James	Connelly	(BU15)	Garscube Harriers
Elliot	Duff	(BU15)	Garscube Harriers
Jack	Trainer	(BU15)	Garscube Harriers
Thomas	Logan	(MU13)	Garscube Harriers
Murphy	Hand	(MU15)	Garscube Harriers
Oscar	Roberts	(MU15)	Garscube Harriers
Ruaridh	Stickland	(MU15)	Garscube Harriers
Thomas	Berry	(MU17)	Garscube Harriers
Robbie	Burnside	(MU17)	Garscube Harriers
Fraser	Gordon	(MU17)	Garscube Harriers
Lewis	Grimmer	(MU17)	Garscube Harriers
Arun	Smith	(MU17)	Garscube Harriers
Cody	Stevenson	(MU17)	Garscube Harriers
Lorn	Webster	(MU17)	Garscube Harriers
Andrew	Gilbert	(BU13)	George Heriots School
Ben	Jamieson	(BU13)	George Heriots School
Adam	McIntosh	(BU13)	George Heriots School
Leonardo	Monaco	(BU13)	George Heriots School
Tommy	Thin	(BU13)	George Heriots School
Daniel	Holland	(BU15)	George Heriots School
Lachlan	Rowley	(BU15)	George Heriots School
Archie	Wetch	(BU15)	George Heriots School
Cameron	Magill	(MU17)	George Heriots School

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Craig	Cameron	(BU13)	Giffnock North AAC
Aidan	Cunning	(BU13)	Giffnock North AAC
Aidan	Flynn	(BU13)	Giffnock North AAC
Michael	Foley	(BU13)	Giffnock North AAC
Rocco	Hickey-Fugaccia	(BU13)	Giffnock North AAC
Dylan	Kelly	(BU13)	Giffnock North AAC
Jacob	Luc	(BU13)	Giffnock North AAC
Michael	Nolan	(BU13)	Giffnock North AAC
Harris	Paterson	(BU13)	Giffnock North AAC
Nicholas	Schalchi	(BU13)	Giffnock North AAC
Euan	Smith	(BU13)	Giffnock North AAC
Ben	Whittington	(BU13)	Giffnock North AAC
Hamish	Armitt	(BU15)	Giffnock North AAC
Ethan	Carolan	(BU15)	Giffnock North AAC
Nicholas	Duffy	(BU15)	Giffnock North AAC
Corey	Greenhalgh	(BU15)	Giffnock North AAC
Donald	Maclean	(BU15)	Giffnock North AAC
Jack	Meikle	(BU15)	Giffnock North AAC
Lewis	Mitchell	(BU15)	Giffnock North AAC
Eoghan	O'Donnell	(BU15)	Giffnock North AAC
Andrew	Robertson	(BU15)	Giffnock North AAC
Nicholas	Boyle	(MU17)	Giffnock North AAC
Nikolai	Gajic	(MU17)	Giffnock North AAC
Andrew	Love	(MU17)	Giffnock North AAC
Michael	Lowrie	(MU17)	Giffnock North AAC
Harry	Nimmo	(MU17)	Giffnock North AAC
Ben	Shaw	(MU17)	Giffnock North AAC
Jamie	Sturrock	(MU17)	Giffnock North AAC
Harris	Finlayson	(BU13)	Glasgow School of Sport
Matthew	Stewart	(BU13)	Glasgow School of Sport
Lewis	Elliot	(BU15)	Glasgow School of Sport
Gary	McPake	(BU15)	Glasgow School of Sport
Ross J	Whitelaw	(BU15)	Glasgow School of Sport

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Finn	Campbell	(BU13)	Greenock Glenpark Harriers
Jude	Dolan	(BU13)	Greenock Glenpark Harriers
Cameron	Patton	(BU13)	Greenock Glenpark Harriers
Alex	Wiseman	(BU13)	Greenock Glenpark Harriers
Niall	Campbell	(BU15)	Greenock Glenpark Harriers
Ewan	Ferguson	(BU15)	Greenock Glenpark Harriers
Tom	Forrest	(BU15)	Greenock Glenpark Harriers
Jack	McDaid	(BU15)	Greenock Glenpark Harriers
Harry	McGill	(BU15)	Greenock Glenpark Harriers
Scott	Meechan	(BU15)	Greenock Glenpark Harriers
Alan	Mollins	(BU15)	Greenock Glenpark Harriers
Ryan	Brown	(MU17)	Greenock Glenpark Harriers
Joshua	Ruddy	(MU17)	Greenock Glenpark Harriers
Matthew	Cameron	(BU13)	Helensburgh AAC
Joshua	Bain	(BU15)	Helensburgh AAC
Finn	Burden	(BU15)	Helensburgh AAC
Edward	Docherty	(BU13)	Inverclyde AC
Robert	Gray	(BU13)	Inverclyde AC
Jack	Stewart	(BU13)	Inverclyde AC
Paul	Burns	(BU15)	Inverclyde AC
Ross	Davidson	(BU15)	Inverclyde AC
Josh	Law	(BU15)	Inverclyde AC
Ben	Nichol	(BU15)	Inverclyde AC
Lewis	Hainey	(MU13)	Inverclyde AC
Dylan	Crawford	(MU17)	Inverclyde AC
Ryan	Gray	(MU17)	Inverclyde AC
Adam	Hay	(MU17)	Inverclyde AC
Sammy	Hearl	(MU17)	Inverclyde AC
Cameron	Watson	(MU17)	Inverclyde AC

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Lucas	Cairns	(BU13)	Inverness Harriers AAC
Duncan	MacDonald	(BU13)	Inverness Harriers AAC
Eric	Robinson	(BU13)	Inverness Harriers AAC
Euan	Rollo	(BU13)	Inverness Harriers AAC
Angus	Rutter	(BU13)	Inverness Harriers AAC
Ben	Sharpe	(BU13)	Inverness Harriers AAC
Luke	Davidson	(BU15)	Inverness Harriers AAC
Reagan	MacDonald	(BU15)	Inverness Harriers AAC
Gordon	Manson	(BU15)	Inverness Harriers AAC
Fergus	McWilliam	(BU15)	Inverness Harriers AAC
Finlay	Rutter	(BU15)	Inverness Harriers AAC
Angus	Smith	(BU15)	Inverness Harriers AAC
Joe	Arnaud	(MU17)	Inverness Harriers AAC
MacKenzie	Brown	(MU17)	Inverness Harriers AAC
Aidan	Ferry	(MU17)	Inverness Harriers AAC
Stuart	Gardner	(MU17)	Inverness Harriers AAC
Ben	Johnstone	(MU17)	Inverness Harriers AAC
Tam	Munro-White	(MU17)	Inverness Harriers AAC
Douglas	Boyd	(BU13)	Kilbarchan AAC
Martin	Burnhope	(BU13)	Kilbarchan AAC
Brodie	Gillanders	(BU13)	Kilbarchan AAC
Ross	Hastie	(BU13)	Kilbarchan AAC
Ross	Kennedy	(BU13)	Kilbarchan AAC
Matthew	Mitchell	(BU13)	Kilbarchan AAC
Seamus	Mowberry	(BU13)	Kilbarchan AAC
Michael	Murray	(BU13)	Kilbarchan AAC
Isaac	O'Neill	(BU13)	Kilbarchan AAC
Olly	Smith	(BU13)	Kilbarchan AAC
Ben	Stevenson	(BU13)	Kilbarchan AAC
Adam	Straiton	(BU13)	Kilbarchan AAC
Ewan	Walker	(BU13)	Kilbarchan AAC
Noah	Young	(BU13)	Kilbarchan AAC

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Finn	Fowler	(BU15)	Kilbarchan AAC
Lewis	Hannigan	(BU15)	Kilbarchan AAC
Cameron	Hunter	(BU15)	Kilbarchan AAC
Scott	Irvine	(BU15)	Kilbarchan AAC
Ryan	McDermott	(BU15)	Kilbarchan AAC
Gavin	Mckay	(BU15)	Kilbarchan AAC
David	McNair	(BU15)	Kilbarchan AAC
James	Orr	(BU15)	Kilbarchan AAC
Jack	Patton	(BU15)	Kilbarchan AAC
Eoighan	Small	(BU15)	Kilbarchan AAC
Hunter	Daws	(MU15)	Kilbarchan AAC
Cameron	Corrigan	(MU17)	Kilbarchan AAC
Liam	Donoghue	(MU17)	Kilbarchan AAC
Jamie	Eatock	(MU17)	Kilbarchan AAC
Jordan	Gilchrist	(MU17)	Kilbarchan AAC
Josh	Hendry	(MU17)	Kilbarchan AAC
Craig	Kennedy	(MU17)	Kilbarchan AAC
Hamish	Loudon	(MU17)	Kilbarchan AAC
Andrew	MacAngus	(MU17)	Kilbarchan AAC
David	Martin	(MU17)	Kilbarchan AAC
Suleiman	Niven	(MU17)	Kilbarchan AAC
Michael	Simson	(MU17)	Kilbarchan AAC
James	Toal	(MU17)	Kilbarchan AAC
Harry	Walton	(MU17)	Kilbarchan AAC
Cameron	Wright	(MU17)	Kilbarchan AAC
Luke	Baird	(BU13)	Kilmarnock H&AC
Jonathon	Downey	(BU13)	Kilmarnock H&AC
Max	Jenner	(BU13)	Kilmarnock H&AC
Bruce	Holden	(BU15)	Kilmarnock H&AC
Jonathan	Houson	(BU15)	Kilmarnock H&AC
Aidan	Jenner	(BU15)	Kilmarnock H&AC
Ryan	Littlejohn	(BU15)	Kilmarnock H&AC
Ethan	McDonald	(BU13)	Kirkintilloch Olympians
Ross	Pinkerton	(BU13)	Kirkintilloch Olympians
Dylan	Elliott	(BU15)	Kirkintilloch Olympians
Louis	O'Hare	(BU15)	Kirkintilloch Olympians
Harry	Lamond	(MU17)	Kirkintilloch Olympians
Luke	McCaffrey	(MU17)	Kirkintilloch Olympians

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Cameron	Dawson	(BU13)	Lasswade AAC
Cameron	Dickson	(BU13)	Lasswade AAC
Harry	Henriksen	(BU13)	Lasswade AAC
James	Watt	(BU13)	Lasswade AAC
Angus	Cousin	(BU15)	Lasswade AAC
Jamie	Kinghorn	(BU15)	Lasswade AAC
Jamie	Darling	(MU17)	Lasswade AAC
Christian	Graham	(MU17)	Lasswade AAC
Euan	Hood	(MU17)	Lasswade AAC
Daniel	Kelly	(MU17)	Lasswade AAC
Magnus	Tait	(MU17)	Lasswade AAC
Liam	Browning	(BU13)	Law & District AAC
Ben	MacBride	(BU13)	Law & District AAC
Kian	Scullion	(BU13)	Law & District AAC
Fraser	Simpson	(BU13)	Law & District AAC
Matthew	Gillon	(BU15)	Law & District AAC
Michael	Glen	(BU15)	Law & District AAC
David	McCormack	(BU15)	Law & District AAC
Alan	McCulloch	(BU15)	Law & District AAC
Finn	Milligan	(BU15)	Law & District AAC
David	Yue	(BU15)	Law & District AAC
James	Gillon	(MU17)	Law & District AAC
James	McClafferty	(MU17)	Law & District AAC
Kieran	Mcdougall	(MU17)	Law & District AAC
Elliot	Frame	(BU13)	Livingston AC
Euan	Maciver	(BU13)	Livingston AC
Angus	McDonald	(BU13)	Livingston AC
Finlay	Porteous	(BU13)	Livingston AC
James	Vivian	(BU13)	Livingston AC
Ruari	Bell	(BU15)	Livingston AC
Matthew	Boules	(BU15)	Livingston AC
Aidan	Brady	(BU15)	Livingston AC
Alastair	Marshall	(BU15)	Livingston AC
Aidan	McKeown	(BU15)	Livingston AC
Fraser	Morris	(BU15)	Livingston AC
Nathan	Campbell	(MU17)	Livingston AC
Rhys	Findlay	(MU17)	Livingston AC
Lewis	O'Connor	(MU17)	Livingston AC
Adam	Oumeziane	(MU17)	Livingston AC
David	Threlfall	(MU17)	Livingston AC

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Scott	Coull	(BU13)	Metro Aberdeen Running Club
Ben	McGregor	(BU13)	Metro Aberdeen Running Club
Ben	Mackie	(BU15)	Metro Aberdeen Running Club
Nathan	Tosh	(BU15)	Metro Aberdeen Running Club
Alexander	Douglas	(BU13)	Perth Strathtay Harriers
Kyle	Jordan	(BU15)	Perth Strathtay Harriers
Gregor	Knight	(BU15)	Perth Strathtay Harriers
Ross	Birrell	(BU13)	Pitreavie AAC
Louis	Christie	(BU13)	Pitreavie AAC
Conor	Gourley	(BU13)	Pitreavie AAC
Conor	Allan	(BU15)	Pitreavie AAC
Lewis	Dow	(BU15)	Pitreavie AAC
Euan	Johnston	(BU15)	Pitreavie AAC
Aaron	Robertson	(BU15)	Pitreavie AAC
William	Cain	(MU17)	Pitreavie AAC
Ben	Grant	(MU17)	Pitreavie AAC
Alex	Johnston	(MU17)	Pitreavie AAC
Liam	Murray	(MU17)	Pitreavie AAC
Struan	Ross	(MU17)	Pitreavie AAC
Matty	Bradshaw	(BU13)	Shettleston Harriers
Gregor	Campbell	(BU13)	Shettleston Harriers
Euan	Charlwood	(BU13)	Shettleston Harriers
Rios	Dickens	(BU13)	Shettleston Harriers
Ross	Richardson	(BU13)	Shettleston Harriers
David	Woods	(BU13)	Shettleston Harriers
Cameron	Campbell	(BU15)	Shettleston Harriers
Theo	Carter	(BU15)	Shettleston Harriers
Lewis	Elliot	(BU15)	Shettleston Harriers
Kasey	Fraser	(BU15)	Shettleston Harriers
Ethan	Wilson	(BU15)	Shettleston Harriers
Jamie	Burns	(MU17)	Shettleston Harriers
Jordan	Dolan	(MU17)	Shettleston Harriers
Daniel	Muir	(MU17)	Shettleston Harriers
Lewis	Raeburn	(MU17)	Shettleston Harriers
Lewis	Apperson-McHugh	(BU13)	Springburn Harriers
Ben	Emordy	(BU13)	Springburn Harriers
Euan	Kenny	(BU13)	Springburn Harriers
Calum	Mchugh	(BU13)	Springburn Harriers
Arun	Saba	(BU13)	Springburn Harriers
Stephen	Emordy	(BU15)	Springburn Harriers
Connor	Emordy	(BU15)	Springburn Harriers
Sorley	Johnston	(BU15)	Springburn Harriers
Ryan	McLaughlin	(BU15)	Springburn Harriers

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Young Males Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Lewis	Allan-Brown	(BU13)	Team East Lothian
Angus	Chandler	(BU13)	Team East Lothian
Andrew	Latto	(BU13)	Team East Lothian
Cameron	Pirie	(BU13)	Team East Lothian
Callum	Queen	(BU13)	Team East Lothian
Angus	Wright	(BU13)	Team East Lothian
Cameron	Bullen	(BU15)	Team East Lothian
Joe	Donnelly	(BU15)	Team East Lothian
James	Walter	(MU13)	Team East Lothian
Fergus	Taylor	(MU15)	Team East Lothian
James	Fraser	(MU17)	Team East Lothian
Eric	Gallagher	(MU17)	Team East Lothian
Fraser	Kelly	(MU17)	Team East Lothian
Cameron	Smith	(MU17)	Team East Lothian
Harrison	Hughes	(BU13)	Teviotdale Harriers
Thomas	MacAskill	(BU13)	Teviotdale Harriers
Fraser	Clyne	(BU15)	Teviotdale Harriers
Russell	Barnett	(BU13)	VP-Glasgow AC
Eoghan	Connolly	(BU13)	VP-Glasgow AC
Darren	Fraser	(BU13)	VP-Glasgow AC
Fraser	Gilmour	(BU13)	VP-Glasgow AC
Devan	Miller	(BU13)	VP-Glasgow AC
Louis	Sharp	(BU13)	VP-Glasgow AC
Jake	Speirs	(BU13)	VP-Glasgow AC
Calum	Brynes	(BU15)	VP-Glasgow AC
Rogan	Kelly	(BU15)	VP-Glasgow AC
Jack	MacKinnon	(BU15)	VP-Glasgow AC
James	McIntyre	(BU15)	VP-Glasgow AC
Edan	Webb	(BU15)	VP-Glasgow AC
Blayne	Wright	(BU15)	VP-Glasgow AC
Fergus	Blyth	(MU17)	VP-Glasgow AC
Calum	Brown	(MU17)	VP-Glasgow AC
Thomas	Connolly	(MU17)	VP-Glasgow AC
Josh	McDermott	(MU17)	VP-Glasgow AC
Fraser	McDonald	(MU17)	VP-Glasgow AC
Charlie	Milarvie	(MU17)	VP-Glasgow AC
Lewis	Priest	(MU17)	VP-Glasgow AC
Robbie	Smith	(MU17)	VP-Glasgow AC

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Anisha	Badial	(FU20)	Aberdeen AAC
Gemma	Cormack	(F Sen)	Aberdeen AAC
Jennifer	Harrison	(F Sen)	Aberdeen AAC
Kirsteen	MacKay	(FU20)	Aberdeen AAC
Jade	MacLaren	(F Sen)	Aberdeen AAC
Veronique	Oldham	(F50)	Aberdeen AAC
Kelsey	Stewart	(FU20)	Aberdeen AAC
Lucy	Taylor	(F Sen)	Aberdeen AAC
Morven	Glennie	(F Sen)	Airdrie Harriers
Christine	McMenemy	(F50)	Airdrie Harriers
Marie Thérèse	Rodgers	(F45)	Airdrie Harriers
Roisin	Smith	(FU20)	Airdrie Harriers
Hazel	Bradley	(F65)	Anster Haddies Running Club
Pamela	Cruickshanks	(F50)	Anster Haddies Running Club
Fiona	Cruickshanks	(F65)	Anster Haddies Running Club
Yvonne	Dehn	(F Sen)	Anster Haddies Running Club
Suzanne	Boyle	(F Sen)	Bellahouston Harriers
Deirdre	Hoyle	(F65)	Bellahouston Harriers
Katherine	Hylands	(F Sen)	Bellahouston Harriers
Emily	Jackson	(F Sen)	Bellahouston Harriers
Anne	Macfie	(F50)	Bellahouston Harriers
Gael	McCallum	(F45)	Bellahouston Harriers
Stella	McCulloch	(F45)	Bellahouston Harriers
Michelle	O'Shea	(F Sen)	Bellahouston Harriers
Rebecca	Simister	(F Sen)	Bellahouston Harriers
Katy	Smith	(F45)	Bellahouston Harriers
Shona	Donnelly	(F45)	Bellahouston Road Runners
Tomoyo	Fujiwara	(F40)	Bellahouston Road Runners
Deborah	Gray	(F45)	Bellahouston Road Runners
Jill	Herbert	(F Sen)	Bellahouston Road Runners
Mhairi	Hill	(F40)	Bellahouston Road Runners
Judith	Macgregor	(F40)	Bellahouston Road Runners
Katie	Mathieson	(F40)	Bellahouston Road Runners
Rose	McRobert	(F40)	Bellahouston Road Runners
Terry	Nimmo	(F50)	Bellahouston Road Runners
Ciara	O'Connell	(F Sen)	Bellahouston Road Runners
Ann	Robin	(F Sen)	Bellahouston Road Runners
Maree	Shepherd	(F Sen)	Bellahouston Road Runners
Camilla	Sims	(F Sen)	Bellahouston Road Runners
Madeline	Smillie	(F40)	Bellahouston Road Runners
Elaine	Somerville	(F40)	Bellahouston Road Runners
Alexandra	Young	(F Sen)	Bellahouston Road Runners

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Karen	Allen	(F Sen)	Calderglen Harriers
Julie	Beveridge	(F Sen)	Calderglen Harriers
Lorraine	Buchanan	(F Sen)	Calderglen Harriers
Kay	Conneff	(F Sen)	Calderglen Harriers
Allison	Crooks	(F45)	Calderglen Harriers
Mary	Goldsmith	(F55)	Calderglen Harriers
Alexandra	Hayden	(F Sen)	Calderglen Harriers
Ruth	Kelly	(F50)	Calderglen Harriers
Alison	Lessells	(F Sen)	Calderglen Harriers
Frances	Maxwell	(F50)	Calderglen Harriers
Joanne	McEvoy	(F Sen)	Calderglen Harriers
Kirsty	Anderson	(F Sen)	Cambuslang Harriers
Lynn	Angely	(F40)	Cambuslang Harriers
Rachel	Fraser	(F Sen)	Cambuslang Harriers
Caitie	Gorton-Phillips	(F40)	Cambuslang Harriers
Leanne	Hamilton	(F40)	Cambuslang Harriers
Alexandra	Lamond	(F Sen)	Cambuslang Harriers
Eve	MacKinnon	(FU20)	Cambuslang Harriers
Lesley	McArdle	(F Sen)	Cambuslang Harriers
Bernadette	O'Neil	(F45)	Cambuslang Harriers
Jennifer	Reid	(F40)	Cambuslang Harriers
Hannah	Robertson	(FU20)	Cambuslang Harriers

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Kirsty	Baird	(F45)	Carnegie Harriers
Michelle	Best	(F Sen)	Carnegie Harriers
Zuleika	Brett	(F Sen)	Carnegie Harriers
Charlotte	Briggs	(F Sen)	Carnegie Harriers
Isobel	Burnett	(F55)	Carnegie Harriers
Susan	Cederstrom	(F50)	Carnegie Harriers
Vicky	Di Ciacca	(F45)	Carnegie Harriers
Morna	Fleming	(F60)	Carnegie Harriers
Karen	Forsyth	(F Sen)	Carnegie Harriers
Julie	Humphreys	(F50)	Carnegie Harriers
Lynne	Kuz	(F55)	Carnegie Harriers
Samantha	Laird	(F Sen)	Carnegie Harriers
Egle	Laurinaityte	(F Sen)	Carnegie Harriers
Kristin	Lownie	(F Sen)	Carnegie Harriers
Valerie	MacAulay	(F55)	Carnegie Harriers
Jacqueline	MacIntyre	(F Sen)	Carnegie Harriers
Jane	Macleod	(F60)	Carnegie Harriers
Gillian	McCracken	(F45)	Carnegie Harriers
Gwyneth	Meadows	(F45)	Carnegie Harriers
Gail	Murdoch	(F50)	Carnegie Harriers
Joanna	Murphy	(F Sen)	Carnegie Harriers
Samantha	Newington	(F40)	Carnegie Harriers
Avril	O'Donnell	(F Sen)	Carnegie Harriers
Fiona	Rennie	(F50)	Carnegie Harriers
Angela	Sandilands	(F45)	Carnegie Harriers
Helena	Sim	(F55)	Carnegie Harriers
Melanie	Sinclair	(F40)	Carnegie Harriers
Fabienne	Thompson	(F50)	Carnegie Harriers
Pauline	Walker	(F50)	Carnegie Harriers
Susan	Walker	(F50)	Carnegie Harriers

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Jodie	Currie	(FU20)	Central AC
Alison	Curry	(F45)	Central AC
Hazel	Dean	(F50)	Central AC
Fanni	Gyurko	(F Sen)	Central AC
Eleanor	Hanson	(FU20)	Central AC
Claire	Houston	(F Sen)	Central AC
Morag	MacLarty	(F Sen)	Central AC
Patricia	Milne	(F50)	Central AC
Lyndsay	Morrison	(F Sen)	Central AC
Fiona	Thompson	(F Sen)	Central AC
Kimberley	Timmins	(F Sen)	Central AC
Jane	Waterhouse	(F60)	Central AC
Jennifer	Wetton	(F Sen)	Central AC
Mary	Kerr	(F50)	Central AC
Christine	Duncanson	(F55)	Clydesdale Harriers
Jane	Mayor	(F45)	Clydesdale Harriers
Marina	McCallum	(F45)	Clydesdale Harriers
Pamela	McCrossan	(F55)	Clydesdale Harriers
Hannah	Addison	(FU20)	Corstorphine AAC
Fiona	Carver	(F55)	Corstorphine AAC
Lisa	Christy	(F Sen)	Corstorphine AAC
Audrey	Graham	(F40)	Corstorphine AAC
Susan	Johnston	(F50)	Corstorphine AAC
Jilly	Mackay	(F Sen)	Corstorphine AAC
Kirstian	MacRuary	(F Sen)	Corstorphine AAC
Marta	Majka	(FU20)	Cumbernauld AAC
Alicia	Paton	(FU20)	Cumbernauld AAC
Victoria	Robertson	(FU20)	Cumbernauld AAC
Clare	Egan	(F40)	Dumbarton AAC
Alison	Gallacher	(F Sen)	Dumbarton AAC
Laura	Johnston	(F Sen)	Dumbarton AAC
Charlene	Kelly	(F Sen)	Dumbarton AAC
Louise	Beveridge	(F Sen)	Dundee Hawkhill Harriers
Portia	Brown	(F Sen)	Dundee Hawkhill Harriers
Eilidh L	Reynolds	(FU20)	Dundee Hawkhill Harriers
Nicola	Tully	(F40)	Dundee Hawkhill Harriers

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Heather	Addison	(FU20)	East Kilbride A.C.
Kelly	Baillie	(F Sen)	East Kilbride A.C.
Megan	Barrie	(FU20)	East Kilbride A.C.
Mhairi	Boyle	(FU20)	East Kilbride A.C.
Gemma	kirwan	(F45)	East Kilbride A.C.
Sarah	McCusker	(FU20)	East Kilbride A.C.
Nicole	Sharp	(FU20)	East Kilbride A.C.
Rachael	Thomson	(F Sen)	East Kilbride A.C.
Katie	Bain	(F Sen)	Edinburgh AC
Hannah	Cameron	(FU20)	Edinburgh AC
Karen	Dobbie	(F45)	Edinburgh AC
Janet	Dunbar	(F45)	Edinburgh AC
Rachael	Dunn	(F Sen)	Edinburgh AC
Claire	Jellem	(F Sen)	Edinburgh AC
Sarah	Laverty	(FU20)	Edinburgh AC
Jennifer	MacLean	(F40)	Edinburgh AC
Jill	Morrow	(F50)	Edinburgh AC
Gillian	Palmer	(F Sen)	Edinburgh AC
Lauren	Stoddart	(F Sen)	Edinburgh AC
Hannah	Waugh	(F Sen)	Edinburgh AC
Lauren	Wilson	(F Sen)	Edinburgh AC
Amanda	Woodrow	(F Sen)	Edinburgh AC
Lydia	Blythe	(FU20)	Edinburgh Univ Hare & Hounds
Amy	Bristow	(F Sen)	Edinburgh Univ Hare & Hounds
Sophie	Collins	(F Sen)	Edinburgh Univ Hare & Hounds
Sarah	Douglas	(F Sen)	Edinburgh Univ Hare & Hounds
Iona	Evans	(F Sen)	Edinburgh Univ Hare & Hounds
Catriona	Graves	(FU20)	Edinburgh Univ Hare & Hounds
Rhiannon	Kirk	(FU20)	Edinburgh Univ Hare & Hounds
Eve	MacKinnon	(FU20)	Edinburgh Univ Hare & Hounds
Mhairi	MacLennan	(F Sen)	Edinburgh Univ Hare & Hounds
Louise	Mercer	(F Sen)	Edinburgh Univ Hare & Hounds
Leda	Olia	(F Sen)	Edinburgh Univ Hare & Hounds
Stephanie	Pennycook	(F Sen)	Edinburgh Univ Hare & Hounds
Rachel	Stewart	(F Sen)	Edinburgh Univ Hare & Hounds
Lizzie	Undrell	(F Sen)	Edinburgh Univ Hare & Hounds
Rosie	Wright	(FU20)	Edinburgh Univ Hare & Hounds
Allison	Christie	(F40)	Falkirk Victoria Harriers
Nicola	Flynn	(F40)	Falkirk Victoria Harriers
Fiona	Matheson	(F55)	Falkirk Victoria Harriers
Claire	Moffett	(F Sen)	Falkirk Victoria Harriers

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Alison	Arnold	(F40)	Ferranti AAC
Julia	Drewer	(F Sen)	Ferranti AAC
Claire	Gilchrist	(F50)	Ferranti AAC
Elizabeth	Gilchrist	(F70)	Ferranti AAC
Julia	Loecherbach	(F Sen)	Ferranti AAC
Pascaline	Mollard	(F Sen)	Ferranti AAC
Siobhan	Sellar	(F45)	Ferranti AAC
Katy	Aitken	(FU20)	Fife AC
Sandra	Aitken	(F55)	Fife AC
Innes	Bracegirdle	(F60)	Fife AC
Fiona	Bracegirdle	(F Sen)	Fife AC
Lorraine	Brown	(F50)	Fife AC
Andrea	Burke Rae	(F Sen)	Fife AC
Megan	Crawford	(F Sen)	Fife AC
Ailsa	Cruickshanks	(FU20)	Fife AC
Jennifer	Cruickshanks	(F Sen)	Fife AC
Angela	Howe	(F45)	Fife AC
Katie	Jones	(F Sen)	Fife AC
Margaret	Martin	(F60)	Fife AC
Alison	McGill	(F Sen)	Fife AC
Margaret	McLaren	(F55)	Fife AC
Sophie	Mullins	(F Sen)	Fife AC
Stephanie	Pennycook	(F Sen)	Fife AC
Annabel	Personeni	(FU20)	Fife AC
Halina	Rees	(F Sen)	Fife AC
Helen	Sharpe	(F Sen)	Fife AC
Kirsti	Sharratt	(F45)	Fife AC
Annabel	Simpson	(FU20)	Fife AC
Jennifer	Spence	(F Sen)	Fife AC
Lynne	Stephen	(F55)	Fife AC
Morgan	Windram-Geddes	(F Sen)	Fife AC

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Anya	Campbell	(F45)	Gala Harriers
Fiona	Dalglish	(F45)	Gala Harriers
Gillian	Duncan	(F40)	Gala Harriers
Lynsay	Dunnett	(F50)	Gala Harriers
Rachel	Fagan	(F40)	Gala Harriers
Jenny	Forbes	(F45)	Gala Harriers
Dawn	Grant	(F45)	Gala Harriers
Sarah	Green	(F Sen)	Gala Harriers
Kate	Jenkins	(F40)	Gala Harriers
Dianne	Lauder	(F40)	Gala Harriers
Eileen	Maxwell	(F50)	Gala Harriers
Eileen	Nicol	(F50)	Gala Harriers
Fiona	Shepherd	(F45)	Gala Harriers
Mairi	Struthers	(F Sen)	Gala Harriers
Nicola	Adams - Hendry	(F Sen)	Garscube Harriers
Hannah	Berry	(FU20)	Garscube Harriers
Emma	Blair	(F Sen)	Garscube Harriers
Lesley	Chisholm	(F40)	Garscube Harriers
Diane	Clark	(F Sen)	Garscube Harriers
Mary	Cox	(F60)	Garscube Harriers
Amy	Cromarty	(F Sen)	Garscube Harriers
Arlene	Lewis	(F40)	Garscube Harriers
Chloe	McAdam	(F Sen)	Garscube Harriers
Siobhain	McHugh	(F40)	Garscube Harriers
Daisy	Ochoa	(F Sen)	Garscube Harriers
Jill	O'Neil	(F40)	Garscube Harriers
Petra	Sambale	(F50)	Garscube Harriers
Mary	Senior	(F40)	Garscube Harriers
Louise	Torr	(F Sen)	Garscube Harriers
Allie	Chong	(F45)	Giffnock North AAC
Nina	Farmer	(F Sen)	Giffnock North AAC
Alison	Gordon	(F40)	Giffnock North AAC
Angela	Hammond	(F40)	Giffnock North AAC
Lesley	Hunter	(F55)	Giffnock North AAC
Sheila	Lewis	(F50)	Giffnock North AAC
Mary	McCutcheon	(F50)	Giffnock North AAC
Kathleen	McLachlan	(F Sen)	Giffnock North AAC
Elizabeth	Salter	(F45)	Giffnock North AAC
Heather	Thompson	(F Sen)	Giffnock North AAC
Li	Wang	(F50)	Giffnock North AAC
Anne	Williamson	(F50)	Giffnock North AAC
Irene	Zingone	(F65)	Giffnock North AAC

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Forename	Surname	Age Group	Club
Heather	Addison	(FU20)	Glasgow University Hare and H
Katrina	Ballantyne	(FU20)	Glasgow University Hare and H
Audrey	Braven-Ayres	(F Sen)	Glasgow University Hare and H
Alice	Everett	(F Sen)	Glasgow University Hare and H
Lauren	Gane	(F Sen)	Glasgow University Hare and H
Kerry	Gibson	(F Sen)	Glasgow University Hare and H
Mikaela	Hannam	(F Sen)	Glasgow University Hare and H
Juliet	Hill	(F Sen)	Glasgow University Hare and H
Rachael	MacLennan	(FU20)	Glasgow University Hare and H
Chloe	Plazalska	(FU20)	Glasgow University Hare and H
Isabella	Sheldon	(FU20)	Glasgow University Hare and H
Annabel	Simpson	(FU20)	Glasgow University Hare and H
Ellie	Waugh	(F Sen)	Glasgow University Hare and H
Kirstin	Arthur	(F40)	Greenock Glenpark Harriers
Angeline	Austin	(F40)	Greenock Glenpark Harriers
Emma	Baxter	(F Sen)	Greenock Glenpark Harriers
Claire	Bryce	(F Sen)	Greenock Glenpark Harriers
Susan	Clark	(F45)	Greenock Glenpark Harriers
Donna	Clark	(F Sen)	Greenock Glenpark Harriers
Suzanne	Coyle	(F Sen)	Greenock Glenpark Harriers
Lorna	Coyle	(F55)	Greenock Glenpark Harriers
Fiona	Cushnaghan	(F50)	Greenock Glenpark Harriers
Gillian	Forrest	(F45)	Greenock Glenpark Harriers
Lana	Hanson	(F Sen)	Greenock Glenpark Harriers
Sue	Hewitson	(F Sen)	Greenock Glenpark Harriers
Alison	King	(F40)	Greenock Glenpark Harriers
Silke	Loehndorf	(F45)	Greenock Glenpark Harriers
Elizabeth	McAuslan	(F50)	Greenock Glenpark Harriers
Marian	Monk	(F40)	Greenock Glenpark Harriers
Lesley	Nelson	(F40)	Greenock Glenpark Harriers
Emma	O'Rourke	(F Sen)	Greenock Glenpark Harriers
Yvonne	Prager	(F55)	Greenock Glenpark Harriers
Lynne	Rodgers	(F Sen)	Greenock Glenpark Harriers
Lisa	Ruddy	(F Sen)	Greenock Glenpark Harriers
Susan	Slater	(F45)	Greenock Glenpark Harriers
Nathalie	Smith	(F40)	Greenock Glenpark Harriers
Nicola	Stevenson	(F Sen)	Greenock Glenpark Harriers
Eileen	Stevenson	(F45)	Greenock Glenpark Harriers
Catriona	Stirling	(F Sen)	Greenock Glenpark Harriers
Theresa	Wall	(F50)	Greenock Glenpark Harriers
Rhonda	White	(F45)	Greenock Glenpark Harriers
Vicki	Wilkson	(F40)	Greenock Glenpark Harriers

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Isobel	Cairns	(F Sen)	Hunters Bog Trotters
Briony	Curtis	(F Sen)	Hunters Bog Trotters
Katherine	Golding	(F Sen)	Hunters Bog Trotters
Claire	Gordon	(F Sen)	Hunters Bog Trotters
Rowena	Halliday	(F Sen)	Hunters Bog Trotters
Jane	Hart	(F40)	Hunters Bog Trotters
Rachel	Heathcote	(F Sen)	Hunters Bog Trotters
Amelia	Hope-Jones	(F Sen)	Hunters Bog Trotters
Amy	Jennings	(F Sen)	Hunters Bog Trotters
Mairead	Kelly	(F Sen)	Hunters Bog Trotters
Zoe	Kemp	(F40)	Hunters Bog Trotters
Sarah Louise	MacIsaac	(F Sen)	Hunters Bog Trotters
Shona	McIntosh	(F Sen)	Hunters Bog Trotters
Eilis	McKechanie	(F Sen)	Hunters Bog Trotters
Morag	McLelland	(F Sen)	Hunters Bog Trotters
Alison	McNeillage	(F45)	Hunters Bog Trotters
Megan	Mowbray	(F40)	Hunters Bog Trotters
Rose	Nicholson	(F Sen)	Hunters Bog Trotters
Phyllis	O'Brien	(F55)	Hunters Bog Trotters
Sarah	O'Neil	(F Sen)	Hunters Bog Trotters
Janice	Smith	(F55)	Hunters Bog Trotters
Rosie	Smith	(F Sen)	Hunters Bog Trotters
Jillian	Stephen	(F Sen)	Hunters Bog Trotters
Sheila	Strain	(F65)	Hunters Bog Trotters
Tessa	Strain	(F Sen)	Hunters Bog Trotters
Kata	Tar	(F Sen)	Hunters Bog Trotters
Lucy	Taylor	(F Sen)	Hunters Bog Trotters
Georgia	Tindley	(F Sen)	Hunters Bog Trotters
Claire	Ward	(F Sen)	Hunters Bog Trotters
Anna	Weston	(F Sen)	Hunters Bog Trotters
Abby	White	(F Sen)	Hunters Bog Trotters
Megan	Wright	(F40)	Hunters Bog Trotters
Rachael	Bushfield	(F Sen)	Inverclyde AC
Julie	Gordon	(F40)	Inverclyde AC
Sharon	Muir	(F40)	Inverclyde AC
Nynke	Mulholland	(F Sen)	Inverclyde AC

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Joanna	Cairns	(F Sen)	Inverness Harriers AAC
Doreen	Campbell	(F45)	Inverness Harriers AAC
Carrie	Farnell	(F Sen)	Inverness Harriers AAC
Eastriona	Fraser	(F Sen)	Inverness Harriers AAC
Heather	Gardiner	(F45)	Inverness Harriers AAC
Lesley	Hansen	(F Sen)	Inverness Harriers AAC
Rachael	Keith	(FU17)	Inverness Harriers AAC
Sarah	Liebnitz	(F Sen)	Inverness Harriers AAC
Jodi	Lynch	(F Sen)	Inverness Harriers AAC
Fiona	Mackay	(F50)	Inverness Harriers AAC
Mhairi	MacLennan	(F Sen)	Inverness Harriers AAC
Lisa	MacRae	(F Sen)	Inverness Harriers AAC
Caroline	Marwick	(F Sen)	Inverness Harriers AAC
Lucy	Massie	(FU20)	Inverness Harriers AAC
Arianne	Ross	(FU20)	Inverness Harriers AAC
Roma	Shepherd	(F40)	Inverness Harriers AAC
Julie	Wilson	(F45)	Inverness Harriers AAC
Caroline	Cochran	(F45)	Kilbarchan AAC
Elsbeth	Curran	(F Sen)	Kilbarchan AAC
Sarah	Dempsey	(FU20)	Kilbarchan AAC
Elaine	Eadie	(F Sen)	Kilbarchan AAC
Katie	Hall	(FU20)	Kilbarchan AAC
Sharon	Hastie	(F40)	Kilbarchan AAC
Sandra	Houldsworth	(F Sen)	Kilbarchan AAC
Siobhan	Inglis	(F Sen)	Kilbarchan AAC
Kerry	MacAngus	(FU20)	Kilbarchan AAC
Iona	Miller	(FU20)	Kilbarchan AAC
Christina	Rankin	(F Sen)	Kilbarchan AAC
Jemma	Reekie	(FU20)	Kilbarchan AAC
Jennifer	Rooney	(F Sen)	Kilbarchan AAC
Chloe	Simpson	(FU20)	Kilbarchan AAC
Julie	Smith	(F45)	Kilbarchan AAC
Laura	Stark	(FU20)	Kilbarchan AAC
Holly	Thompson	(FU20)	Kilbarchan AAC
Julia	Wylie	(F50)	Kilbarchan AAC

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Amanda	Bryden	(F Sen)	Kilmarnock H&AC
Alanis	Brydon	(FU20)	Kilmarnock H&AC
Laura	Cruthers	(F Sen)	Kilmarnock H&AC
Stephanie	Dale	(F Sen)	Kilmarnock H&AC
Laura	Haggarty	(F Sen)	Kilmarnock H&AC
Kirsteen	Havlin	(F Sen)	Kilmarnock H&AC
Stephanie	Hewitt	(F Sen)	Kilmarnock H&AC
Elizabeth	McDerment	(F45)	Kilmarnock H&AC
Rosemary	McMillan	(F55)	Kilmarnock H&AC
Claire	Orr	(FU20)	Kilmarnock H&AC
Bethany	Ross	(F Sen)	Kilmarnock H&AC
Colleen	Tait	(F Sen)	Kilmarnock H&AC
Kate	Todd	(F65)	Kilmarnock H&AC
Paula	Wilson	(F45)	Kilmarnock H&AC
Elaine	Banker	(F45)	Kirkintilloch Olympians
Anne	Crombie-Brown	(F40)	Kirkintilloch Olympians
Angela	Fenner	(F50)	Kirkintilloch Olympians
Vivien	Fraser	(F50)	Kirkintilloch Olympians
Elaine	Hogg	(F45)	Kirkintilloch Olympians
Michelle	Humphreys	(F40)	Kirkintilloch Olympians
Maggie	Keenan	(F Sen)	Kirkintilloch Olympians
Allison	Law	(F50)	Kirkintilloch Olympians
Debs	Lindsay	(F50)	Kirkintilloch Olympians
Shirley	MacNab	(F50)	Kirkintilloch Olympians
Marie	McChord	(F55)	Kirkintilloch Olympians
Anne Marie	McGregor	(F40)	Kirkintilloch Olympians
Pamela	Parker	(F50)	Kirkintilloch Olympians
Suzanne	Shaw	(F Sen)	Kirkintilloch Olympians
Moirra	Smith	(F50)	Kirkintilloch Olympians
Ada	Stewart	(F50)	Kirkintilloch Olympians
Ausrine	Ward	(F50)	Kirkintilloch Olympians
Pauline	Younger	(F50)	Kirkintilloch Olympians
Nicola	Donnelly	(F Sen)	Law & District AAC
Susan	Kennedy	(F Sen)	Law & District AAC
Hilary	McGrath	(F50)	Law & District AAC
Linzi	McLaren	(FU20)	Law & District AAC
Emily	McNicol	(FU20)	Law & District AAC
Margaret	Newell	(FU20)	Law & District AAC
Hannah	Stark	(FU20)	Law & District AAC
Roxanne	Yue	(F45)	Law & District AAC

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Cumbernauld

Forename	Surname	Age Group	Club
Karen	Duncan	(F Sen)	Linlithgow AC
Jill	Horsburgh	(F55)	Linlithgow AC
Lynne	McGill	(F Sen)	Linlithgow AC
Mairi	Watts	(F Sen)	Linlithgow AC
Chloe	Cox	(F Sen)	Lothian Running Club
Yvonne	Crilly	(F50)	Lothian Running Club
Linda	Garratty	(F40)	Lothian Running Club
Sarah	Inglis	(F Sen)	Lothian Running Club
Mhairi	Inglis	(F Sen)	Lothian Running Club
Sarah	Jones	(F50)	Lothian Running Club
Melanie	Kennedy	(F40)	Lothian Running Club
Kirsty	Mcmeechan	(F Sen)	Lothian Running Club
Christine	Milne	(F45)	Lothian Running Club
Edel	Mooney	(F40)	Lothian Running Club
Lana	Turnbull	(F Sen)	Lothian Running Club
Margaret	Turnbull	(F55)	Lothian Running Club
Jo	Williams	(F Sen)	Lothian Running Club
Mel	Zobel	(F Sen)	Lothian Running Club
Michelle	Brearley	(F40)	Metro Aberdeen Running Club
Claire	Bremner	(F Sen)	Metro Aberdeen Running Club
Claire	Bruce	(F Sen)	Metro Aberdeen Running Club
Joanna	Geddes	(F Sen)	Metro Aberdeen Running Club
Kayleigh	Jarrett	(F Sen)	Metro Aberdeen Running Club
Amy	Mackie	(F40)	Metro Aberdeen Running Club
Lisa	McShea	(F40)	Metro Aberdeen Running Club
Debbie	Moore	(F Sen)	Metro Aberdeen Running Club
Erin	Rendall	(F Sen)	Metro Aberdeen Running Club
Kirsty	Robson	(F45)	Metro Aberdeen Running Club
Fiona	Rudkin	(F Sen)	Metro Aberdeen Running Club
Lauren	Smith	(F Sen)	Metro Aberdeen Running Club
Kirsteen	Torr	(F40)	Metro Aberdeen Running Club
Rebecca	Ward	(F Sen)	Metro Aberdeen Running Club
Valerie	Wilson	(F45)	Metro Aberdeen Running Club
Patricia	Allen	(F65)	Motherwell AC
Clare	Barr	(F45)	Motherwell AC
Joanne	Clark	(F40)	Motherwell AC
Phyllis	Hands	(F60)	Motherwell AC
Barbara	Hogg	(F45)	Motherwell AC
Katelyn	McGeever	(F Sen)	Motherwell AC
Emma	Stevenson	(F Sen)	Motherwell AC
Susan	Stewart	(F Sen)	Motherwell AC

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Cumbernauld

Forename	Surname	Age Group	Club
Katy	Baxter	(F45)	Ochil Hill Runners
Karen	Kealey	(F45)	Ochil Hill Runners
Fiona	Kelsall	(F45)	Ochil Hill Runners
Mairi	Mcintosh	(F45)	Ochil Hill Runners
Jen	Murray	(F Sen)	Ochil Hill Runners
Carla	Sutherland	(F Sen)	Ochil Hill Runners
Helen	Winton	(F50)	Ochil Hill Runners
Natalie	Brown	(F Sen)	PH Racing Club
Hannah	Devey	(F Sen)	PH Racing Club
Anne	Hartmann	(F Sen)	PH Racing Club
Karen	Kennedy	(F45)	PH Racing Club
Zoe	Stuart	(F Sen)	PH Racing Club
Mary	Western	(F50)	PH Racing Club
Alison	Whyte	(F45)	PH Racing Club
Aileen	Ross	(F55)	Portobello Running Club
Yana	Thandrayen	(F40)	Portobello Running Club
Fiona	Wright	(F40)	Portobello Running Club
Mhairi	Donaldson	(F Sen)	Shettleston Harriers
Emma	Dunnett	(F Sen)	Shettleston Harriers
Oonagh	Dunnett	(F Sen)	Shettleston Harriers
Rhona	Galloway	(F Sen)	Shettleston Harriers
Clara	Horswell	(F Sen)	Shettleston Harriers
Ruth	Joss	(F Sen)	Shettleston Harriers
Charlene Sophia	Manley	(F Sen)	Shettleston Harriers
Avril	Mason	(F40)	Shettleston Harriers
Hayley	McCrorie	(F Sen)	Shettleston Harriers
Jessica	Oliver-Bell	(F Sen)	Shettleston Harriers
Kathryn	Pennel	(F Sen)	Shettleston Harriers
Shona	Robertson	(F45)	Shettleston Harriers
Fionnuala	Ross	(F Sen)	Shettleston Harriers
Carole	Setchell-McColl	(F Sen)	Shettleston Harriers
Stella	Winters	(F Sen)	Shettleston Harriers

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Senior / Junior Female Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Lesley	Corr	(F45)	Springburn Harriers
Jeanette	Craig	(F65)	Springburn Harriers
Erica	Dickson	(F Sen)	Springburn Harriers
Pauline	Doherty	(F45)	Springburn Harriers
Anne-Marie	Hughes	(F50)	Springburn Harriers
Marlene	Hunter	(F40)	Springburn Harriers
Barbara	Knox	(F50)	Springburn Harriers
Gillian	McGale	(F40)	Springburn Harriers
Siobahn	McHugh	(F40)	Springburn Harriers
Michelle	Sandison	(F Sen)	Springburn Harriers
Hannah	Terrance	(F Sen)	Springburn Harriers
Ruth	Clark	(F Sen)	Strathearn Harriers
Rhian	Evans	(F Sen)	Strathearn Harriers
Emily	Greaves	(F Sen)	Strathearn Harriers
Kerry	Sweeney	(F40)	Strathearn Harriers
Cathy	Tilbrook	(F45)	Strathearn Harriers
Maddy	Watson	(FU20)	Strathearn Harriers
Anne	Aitken	(F45)	Teviotdale Harriers
Lauren	Corbett	(F Sen)	Teviotdale Harriers
Kirsty	Hughes	(F40)	Teviotdale Harriers
Donna	Inglis	(F50)	Teviotdale Harriers
Danielle	Beattie	(F Sen)	VP-Glasgow AC
Christine	Catterson	(F55)	VP-Glasgow AC
Julie	Dobbin	(F Sen)	VP-Glasgow AC
Becky	Dunphy	(F Sen)	VP-Glasgow AC
Donna	Finlayson	(F Sen)	VP-Glasgow AC
Suzanne	Gilmour	(F40)	VP-Glasgow AC
Mhairi	Hendry	(F Sen)	VP-Glasgow AC
Emma	Kay	(F Sen)	VP-Glasgow AC
Philippa	Millage	(F Sen)	VP-Glasgow AC
Josephine	Moultrie	(F Sen)	VP-Glasgow AC
Lesley	Pirie	(F Sen)	VP-Glasgow AC
Louise	Potter	(F45)	VP-Glasgow AC
Anna	Tait	(FU20)	VP-Glasgow AC
Eileen	Hamill	(F60)	Westerlands XC
Valerie	Huston	(F50)	Westerlands XC
Lorna	Mahoney	(F50)	Westerlands XC
Libby	Paterson	(F50)	Westerlands XC

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Cumbernauld

Forename	Surname	Age Group	Club
Athol	Burnett	(M55)	Aberdeen AAC
Fraser	Cruickshank	(MU20)	Aberdeen AAC
Broc	Drury	(MU20)	Aberdeen AAC
Michael	Ferguson	(M Sen)	Aberdeen AAC
Andrew	Ferguson Jnr	(M Sen)	Aberdeen AAC
James	Joy	(M Sen)	Aberdeen AAC
Alasdhair	Love	(M Sen)	Aberdeen AAC
Will	Mackay	(M Sen)	Aberdeen AAC
Eoghan	MacNamara	(M Sen)	Aberdeen AAC
Rory	Muir	(M Sen)	Aberdeen AAC
Steven	Murray	(MU20)	Aberdeen AAC
Aaron	Odentz	(MU20)	Aberdeen AAC
Rory	Stead	(M Sen)	Aberdeen AAC
Fearghas	Thomson	(M Sen)	Aberdeen AAC
Euan	Webster	(M Sen)	Aberdeen AAC
Alan	Burns	(M40)	Airdrie Harriers
Mark	Connelly	(M40)	Airdrie Harriers
Francis	Cullen	(M Sen)	Airdrie Harriers
Stephen	Purvis	(M40)	Airdrie Harriers
Laurence	Baker	(M55)	Ayr Seaforth AC
Craig	Brown	(M Sen)	Ayr Seaforth AC
John	Hannah	(M40)	Ayr Seaforth AC
Grahame	Hopper	(M Sen)	Ayr Seaforth AC
Stephen	Kay	(M Sen)	Ayr Seaforth AC
Simon	Kirk	(M40)	Ayr Seaforth AC
Peter	Laing	(M55)	Ayr Seaforth AC
Stuart	McColm	(M45)	Ayr Seaforth AC
Stephen	McCrorie	(M40)	Ayr Seaforth AC
Tom	McCulloch	(M65)	Ayr Seaforth AC
Stephen	McDowall	(M40)	Ayr Seaforth AC
Stuart	McLean	(M40)	Ayr Seaforth AC
Craig	McPike	(M Sen)	Ayr Seaforth AC
Alasdair	Meldrum	(M45)	Ayr Seaforth AC
Kenneth	Neill	(M Sen)	Ayr Seaforth AC
Iain	Pettigrew	(M45)	Ayr Seaforth AC
John	Ross	(M40)	Ayr Seaforth AC
Paul	Turnbull	(M50)	Ayr Seaforth AC
Ian	Young	(M40)	Ayr Seaforth AC

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Forename	Surname	Age Group	Club
Robert	Auckland	(M55)	Banchory Stonehaven AC
Steve	Baird	(M45)	Banchory Stonehaven AC
Andrew	Ferguson Snr	(M55)	Banchory Stonehaven AC
Ben	Leftwich	(M Sen)	Banchory Stonehaven AC
Alan	Sealy	(M50)	Banchory Stonehaven AC
Fraser	Armstrong	(MU20)	Bellahouston Harriers
John	Beckett	(M65)	Bellahouston Harriers
Robert	Carson	(M65)	Bellahouston Harriers
Paul	Clawson	(M Sen)	Bellahouston Harriers
Calum	Ferguson	(MU20)	Bellahouston Harriers
Robbie	Ferguson	(MU20)	Bellahouston Harriers
Francis	Gilroy	(M50)	Bellahouston Harriers
Jack	Heathwood	(MU20)	Bellahouston Harriers
Paul	Houston	(M45)	Bellahouston Harriers
Donald	Kennedy	(M45)	Bellahouston Harriers
David	Mackintosh	(M Sen)	Bellahouston Harriers
Darren	McQuade	(M Sen)	Bellahouston Harriers
Thomas	Smith	(M Sen)	Bellahouston Harriers
Kenneth	Taylor	(M Sen)	Bellahouston Harriers
Colin	Thomas	(M Sen)	Bellahouston Harriers
Crispin	Walsh	(M40)	Bellahouston Harriers
John	Whitener	(M Sen)	Bellahouston Harriers
Gregor	Yates	(M Sen)	Bellahouston Harriers
Andrew	Allen	(M50)	Bellahouston Road Runners
Hamish	Barbour	(M55)	Bellahouston Road Runners
Marc	Bromwich	(M Sen)	Bellahouston Road Runners
Stuart	Brownhill	(M45)	Bellahouston Road Runners
Iain	Burns	(M Sen)	Bellahouston Road Runners
Andrew	Campbell	(M40)	Bellahouston Road Runners
Bruce	Carmichael	(M40)	Bellahouston Road Runners
Bruce	Carse	(M Sen)	Bellahouston Road Runners
Liam	Conway	(M45)	Bellahouston Road Runners
Christopher	Doak	(M Sen)	Bellahouston Road Runners
Ciaran	Dougherty	(M Sen)	Bellahouston Road Runners
Alastair	Ewen	(M40)	Bellahouston Road Runners
Peter	Gallanagh	(M45)	Bellahouston Road Runners
Greig	Glendinning	(M45)	Bellahouston Road Runners
Andrew	Haddow	(M60)	Bellahouston Road Runners
Robbie	Hayman	(M45)	Bellahouston Road Runners
Anthony Lucio	Jannetta	(M Sen)	Bellahouston Road Runners
Richard	Leyton	(M40)	Bellahouston Road Runners

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Senior / Junior Men Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Christopher	Logue	(M Sen)	Bellahouston Road Runners
Grant	MacDonald	(M Sen)	Bellahouston Road Runners
Alastair	MacLachlan	(M55)	Bellahouston Road Runners
Kenny	McDonald	(M40)	Bellahouston Road Runners
Stuart	McMillan	(M Sen)	Bellahouston Road Runners
Henry	Merriweather	(M45)	Bellahouston Road Runners
James	Montgomery	(M Sen)	Bellahouston Road Runners
Alan	Moss	(M Sen)	Bellahouston Road Runners
Graeme	Paterson	(M40)	Bellahouston Road Runners
Garry	Porch	(M Sen)	Bellahouston Road Runners
Craig	Reid	(M Sen)	Bellahouston Road Runners
Nick	Reid	(M Sen)	Bellahouston Road Runners
Frans	Roelofse	(M55)	Bellahouston Road Runners
George	Rooney	(M45)	Bellahouston Road Runners
Gerard	Scullion	(M50)	Bellahouston Road Runners
Stuart	Telfer	(M40)	Bellahouston Road Runners
David	Weatherhead	(M40)	Bellahouston Road Runners
Russell	Whittington	(M45)	Bellahouston Road Runners
Colin	Banks	(M40)	Calderglen Harriers
Andrew	Buchanan	(M Sen)	Calderglen Harriers
William	Buchanan	(M65)	Calderglen Harriers
Russell	Couper	(M50)	Calderglen Harriers
Alan	Derrick	(M50)	Calderglen Harriers
Martin	Duthie	(M50)	Calderglen Harriers
Kevan	Harvey	(M Sen)	Calderglen Harriers
Andrew	Henderson	(M60)	Calderglen Harriers
David	Herbertson	(M45)	Calderglen Harriers
Jim	Holmes	(M45)	Calderglen Harriers
Martin	Howell	(M45)	Calderglen Harriers
Richard	Lawton	(M40)	Calderglen Harriers
Kenny	Leinster	(M55)	Calderglen Harriers
Philip	Marshall	(M55)	Calderglen Harriers
John	McBride	(M55)	Calderglen Harriers
Gordon	McInally	(M50)	Calderglen Harriers
Alan	McLellan	(M55)	Calderglen Harriers
Jim	Mearns	(M50)	Calderglen Harriers
Gerard	Mullen	(M55)	Calderglen Harriers
Stephen	Phimister	(M45)	Calderglen Harriers
Ian	Rae	(M50)	Calderglen Harriers
Graham	Ramage	(M45)	Calderglen Harriers

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Senior / Junior Men Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Edward	Reid	(M50)	Calderglen Harriers
Paul	Rooney	(M40)	Calderglen Harriers
Mark	Saez	(M40)	Calderglen Harriers
David	Searil	(M60)	Calderglen Harriers
Joseph	Shields	(M Sen)	Calderglen Harriers
Hugh	Simpson	(M50)	Calderglen Harriers
Charles	Steven	(M55)	Calderglen Harriers
George	Stewart	(M50)	Calderglen Harriers
David	Watt	(M55)	Calderglen Harriers
Stuart	Waugh	(M65)	Calderglen Harriers
Alistair	Campbell	(M Sen)	Cambuslang Harriers
Brian	Campbell	(M45)	Cambuslang Harriers
Alasdair	Campbell	(M Sen)	Cambuslang Harriers
Brendan	Carey	(MU20)	Cambuslang Harriers
Richard	Carr	(M Sen)	Cambuslang Harriers
Justin	Carter	(M40)	Cambuslang Harriers
Iain	Crawford	(M45)	Cambuslang Harriers
Des	Dickson	(M55)	Cambuslang Harriers
Colin	Donnelly	(M55)	Cambuslang Harriers
Brian	Douglas	(M40)	Cambuslang Harriers
William	Fairley	(M45)	Cambuslang Harriers
Stuart	Gibson	(M Sen)	Cambuslang Harriers
Robert	Gilroy	(M40)	Cambuslang Harriers
Benjamin	Hukins	(M Sen)	Cambuslang Harriers
Francis	Hurley	(M60)	Cambuslang Harriers
Craig	Jardine	(MU20)	Cambuslang Harriers
John	Kelly	(M45)	Cambuslang Harriers
Paul	Kernohan	(M Sen)	Cambuslang Harriers
Iain	MacCorquodale	(M Sen)	Cambuslang Harriers
Stan	MacKenzie	(M50)	Cambuslang Harriers
Kenny	Macpherson	(M45)	Cambuslang Harriers
William	MacRury	(M Sen)	Cambuslang Harriers
Tony	Mccutcheon	(M45)	Cambuslang Harriers
Kyle	McLellan	(M Sen)	Cambuslang Harriers
Paul	Morrison	(MU20)	Cambuslang Harriers
Iain	Nicholl	(M40)	Cambuslang Harriers

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Cumbernauld

Forename	Surname	Age Group	Club
Daniel	O'Connell	(M50)	Cambuslang Harriers
Peter	Ogden	(M65)	Cambuslang Harriers
Michael	O'Hagan	(M45)	Cambuslang Harriers
George	Pettit	(M Sen)	Cambuslang Harriers
Iain	Reid	(M Sen)	Cambuslang Harriers
Jamie	Reid	(M40)	Cambuslang Harriers
Colin	Reilly	(M Sen)	Cambuslang Harriers
Gordon	Robertson	(M Sen)	Cambuslang Harriers
Robert	Rossborough	(M Sen)	Cambuslang Harriers
David	Scott	(M Sen)	Cambuslang Harriers
Grant	Sheldon	(M Sen)	Cambuslang Harriers
Gavin	Smith	(MU20)	Cambuslang Harriers
Scott	Somerville	(MU20)	Cambuslang Harriers
Ross	Stephen	(M Sen)	Cambuslang Harriers
David	Thom	(M55)	Cambuslang Harriers
Ryan	Thomson	(M Sen)	Cambuslang Harriers
Chris	Upton	(M50)	Cambuslang Harriers
Alick	Walkinshaw	(M55)	Cambuslang Harriers
Dale	Woods	(MU20)	Cambuslang Harriers

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Cumbernauld

Forename	Surname	Age Group	Club
Neil	Anderson	(M Sen)	Carnegie Harriers
Allan	Brannigan	(M50)	Carnegie Harriers
David	Clark	(M40)	Carnegie Harriers
John	Crookston	(M55)	Carnegie Harriers
Barry	Davie	(M40)	Carnegie Harriers
Kevin	Davie	(M Sen)	Carnegie Harriers
Joe	Donnelly	(M Sen)	Carnegie Harriers
Paul	Foster	(M Sen)	Carnegie Harriers
John	Fulham	(M40)	Carnegie Harriers
Stephen	Greer	(M55)	Carnegie Harriers
David	Greig	(M45)	Carnegie Harriers
Benjamin	Groves	(M Sen)	Carnegie Harriers
Steven	Honeyman	(M Sen)	Carnegie Harriers
Peter	Humphreys	(M50)	Carnegie Harriers
John	Hynd	(M55)	Carnegie Harriers
Paul	Kieran	(M40)	Carnegie Harriers
Steven	King	(M45)	Carnegie Harriers
Allan	MacAulay	(M60)	Carnegie Harriers
Alan	McGowan	(M40)	Carnegie Harriers
Jonathan	Millar	(M Sen)	Carnegie Harriers
Kieran	Morgan	(M55)	Carnegie Harriers
John	O'Connor	(M55)	Carnegie Harriers
Willie	Rennie	(M45)	Carnegie Harriers
William	Scott	(M45)	Carnegie Harriers
Andrew	Sim	(M45)	Carnegie Harriers
Chris	Stephenson	(M45)	Carnegie Harriers

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Senior / Junior Men Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Colin	Alexander	(M40)	Central AC
Gordon	Appelbe	(M Sen)	Central AC
Simon	Barlow	(M45)	Central AC
Scott	Brember	(M40)	Central AC
Euan	Brownlie	(MU20)	Central AC
Hugh	Buchanan	(M55)	Central AC
Andrew	Butchart	(M Sen)	Central AC
Neil	Cameron	(M45)	Central AC
Cameron	Campbell	(M55)	Central AC
Dale	Colley	(M Sen)	Central AC
Richard	Coombs	(M45)	Central AC
Jamie	Crowe	(M Sen)	Central AC
Iain	Davies	(MU20)	Central AC
Iain	Dunsmore	(M45)	Central AC
David	Eckersley	(M50)	Central AC
Allan	Gall	(M60)	Central AC
Charles	Graham-Marr	(M55)	Central AC
Scott	Green	(M Sen)	Central AC
Alastair	Hay	(M Sen)	Central AC
Alexander	Hendry	(M Sen)	Central AC
Will	Hensman	(M Sen)	Central AC
Kenneth	Hislop	(M Sen)	Central AC
Ross	Houston	(M Sen)	Central AC
Alan	Hume	(M Sen)	Central AC
Ewan	Jack	(M40)	Central AC
Hugh	Kerr	(M50)	Central AC
David	Lindsay	(M Sen)	Central AC
Fraser	Logan	(M Sen)	Central AC
Colin	Logan	(M Sen)	Central AC
Mark	Logie	(M45)	Central AC
David	Mackinlay	(M Sen)	Central AC
Sandy	MacLarty	(M Sen)	Central AC
Fraser	MacPherson	(MU20)	Central AC
Liam	McCabe	(M55)	Central AC
Conan	McCaughey	(M Sen)	Central AC
Christopher	McHardy	(M Sen)	Central AC
Ross	McNaught	(M Sen)	Central AC
John	Millar	(M60)	Central AC
Lewis	Millar	(M Sen)	Central AC
Ruaridh	Miller	(M Sen)	Central AC

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Senior / Junior Men Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Cameron	Milne	(M Sen)	Central AC
Raymond J	Milne	(M50)	Central AC
Robin	Mussett	(M50)	Central AC
Fraser	Purves	(M45)	Central AC
Robert	Russell	(M Sen)	Central AC
Bradley	Scott	(MU20)	Central AC
Chris	Smithard	(M Sen)	Central AC
Jens	Subke	(M45)	Central AC
Aidan	Thompson	(MU20)	Central AC
Jamie	Wastling	(MU20)	Central AC
Tom	Watson	(M Sen)	Central AC
Stuart	Watson	(M50)	Central AC
Philip	Williams	(M40)	Central AC
Michael	Wright	(M Sen)	Central AC
Tony	Dolan	(M Sen)	Clydesdale Harriers
Watson	Jones	(M75)	Clydesdale Harriers
Hugh	Lavery	(M60)	Clydesdale Harriers
Ryan	Nelson	(M Sen)	Clydesdale Harriers
Peter	Rudzinski	(M65)	Clydesdale Harriers
Ryan	Savage	(M Sen)	Clydesdale Harriers
Graham	Wiseman	(M40)	Clydesdale Harriers
Robert	Young	(M70)	Clydesdale Harriers
Anthony	Addison	(MU20)	Corstorphine AAC
Moray	Anderson	(M40)	Corstorphine AAC
Julian	Barrable	(M Sen)	Corstorphine AAC
Peter	Black	(M Sen)	Corstorphine AAC
Steven	Blair	(M50)	Corstorphine AAC
Alastair	Brockie	(M Sen)	Corstorphine AAC
Ewan	Brown	(M Sen)	Corstorphine AAC
Martin	Caldwell	(M60)	Corstorphine AAC
Alan	Cameron	(M45)	Corstorphine AAC
Callum	Campbell	(MU20)	Corstorphine AAC
Stuart	Campbell	(M45)	Corstorphine AAC
Jonathan	Carpenter	(M Sen)	Corstorphine AAC
Bryan	Clark	(M Sen)	Corstorphine AAC
Michael	Connelly	(M55)	Corstorphine AAC
Howell	Craske	(M Sen)	Corstorphine AAC
Dermot	Cummins	(M Sen)	Corstorphine AAC
Tom	Cunningham	(M Sen)	Corstorphine AAC
Tom	Ferrington	(M40)	Corstorphine AAC

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Cumbernauld

Forename	Surname	Age Group	Club
David	Hall	(M Sen)	Corstorphine AAC
Mark	Haskett	(M Sen)	Corstorphine AAC
David	Henderson	(M50)	Corstorphine AAC
Keith	Hood	(M40)	Corstorphine AAC
Victor	Jack	(M45)	Corstorphine AAC
Ian	Johnston	(M50)	Corstorphine AAC
Donald	Macaulay	(M Sen)	Corstorphine AAC
Iain	Macleod	(M45)	Corstorphine AAC
Calum	McKenzie	(M Sen)	Corstorphine AAC
Douglas	McKinnon	(M Sen)	Corstorphine AAC
Graham	Mclean	(M60)	Corstorphine AAC
Ross	Milne	(M Sen)	Corstorphine AAC
Blair	Montgomery	(M Sen)	Corstorphine AAC
Gary	Morrison	(M Sen)	Corstorphine AAC
Doug	Murray	(M Sen)	Corstorphine AAC
Craig	Nolan	(M Sen)	Corstorphine AAC
Scott	Pilkington	(M Sen)	Corstorphine AAC
Neill	Porterfield	(M40)	Corstorphine AAC
Chris	Poxton	(M Sen)	Corstorphine AAC
Liam	Sleigh	(M Sen)	Corstorphine AAC
Ewan	Stark	(M Sen)	Corstorphine AAC
Callum	Thom	(M Sen)	Corstorphine AAC
Thomas	Wilson	(M Sen)	Corstorphine AAC
Cameron	Richardson	(MU20)	Cumbernauld AAC
Criag	Binnie	(M Sen)	Dumbarton AAC
Richie	Birt	(M40)	Dumbarton AAC
Jonathan	Burdon	(M Sen)	Dumbarton AAC
Stephen	Cole	(M45)	Dumbarton AAC
Leigh	Davies	(M Sen)	Dumbarton AAC
David	Fenwick	(M Sen)	Dumbarton AAC
William	Goldie	(M60)	Dumbarton AAC
Alan	Heron	(M Sen)	Dumbarton AAC
Paul	Kelly	(M Sen)	Dumbarton AAC
Kieran	McQuade	(M Sen)	Dumbarton AAC
Peter	Walsh	(M60)	Dumbarton AAC
Peter	Walsh	(M Sen)	Dumbarton AAC

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Senior / Junior Men Entry List

Cumbernauld

Forename	Surname	Age Group	Club
Connor	Bertie	(MU20)	Dundee Hawkhill Harriers
Craig	Bertie	(M45)	Dundee Hawkhill Harriers
John	Castle	(M45)	Dundee Hawkhill Harriers
James	Donald	(MU20)	Dundee Hawkhill Harriers
Declan	Gall	(MU20)	Dundee Hawkhill Harriers
Andrew	Merry	(MU20)	Dundee Hawkhill Harriers
Nigel	Reynolds	(M55)	Dundee Hawkhill Harriers
Raymond	Tully	(M45)	Dundee Hawkhill Harriers
Grant	Baillie	(M Sen)	East Kilbride A.C.
Jamie	Clements	(M Sen)	East Kilbride A.C.
John	Fergusson	(M Sen)	East Kilbride A.C.
David	Gorman	(M Sen)	East Kilbride A.C.
Graeme	Haddow	(M50)	East Kilbride A.C.
Vincent	Hastings	(M Sen)	East Kilbride A.C.
Jack	Kirwan	(M Sen)	East Kilbride A.C.
Amit	Kumar	(MU20)	East Kilbride A.C.
Derek	Leitch	(M60)	East Kilbride A.C.
Martin	Lynas	(MU20)	East Kilbride A.C.
Brian	O'Neill	(M40)	East Kilbride A.C.
Willie	Taylor	(M50)	East Kilbride A.C.
David	Thomson	(M Sen)	East Kilbride A.C.
Niall	Walker	(M Sen)	East Kilbride A.C.
Christopher	White	(M Sen)	East Kilbride A.C.

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Cumbernauld

Forename	Surname	Age Group	Club
Joshua	Arthur	(M Sen)	Edinburgh AC
Joseph	Arthur	(MU20)	Edinburgh AC
Dermot	Baillie	(M Sen)	Edinburgh AC
John	Blair	(M50)	Edinburgh AC
Darren	Blyth	(M40)	Edinburgh AC
Gavin	Bryson	(MU20)	Edinburgh AC
Peter	Cameron	(M Sen)	Edinburgh AC
Max	Carcas	(M45)	Edinburgh AC
Adam	Chmielowski	(M40)	Edinburgh AC
Richard	Clark	(M40)	Edinburgh AC
Iain	Craven	(M Sen)	Edinburgh AC
Chris	Creegan	(M55)	Edinburgh AC
David	Cross	(M50)	Edinburgh AC
Martin	Ferguson	(M50)	Edinburgh AC
Rob	Hamilton	(M40)	Edinburgh AC
Kevin	Hamilton	(M Sen)	Edinburgh AC
Scott	Henderson	(M40)	Edinburgh AC
Archie	Hodgson	(MU20)	Edinburgh AC
Brian	Howie	(M65)	Edinburgh AC
Scott	Innes	(M45)	Edinburgh AC
Paul	Ireland	(MU20)	Edinburgh AC
Leon	Johnson	(M Sen)	Edinburgh AC
Stuart	Johnston	(M Sen)	Edinburgh AC
Andrew	Latham	(M50)	Edinburgh AC
Alex	MacEwen	(M60)	Edinburgh AC
Bryan	Mackie	(M Sen)	Edinburgh AC
Owen	Maguire	(M Sen)	Edinburgh AC
Nikil	Mair	(M Sen)	Edinburgh AC
Colin	McGill	(M40)	Edinburgh AC
James	Mclay	(M Sen)	Edinburgh AC
Nairn	McWilliams	(M Sen)	Edinburgh AC
John	Mowbray	(M Sen)	Edinburgh AC
Matthew	Newnham	(M55)	Edinburgh AC
Dominic	O'Hare	(MU20)	Edinburgh AC
Kirk	Ollason	(M45)	Edinburgh AC
Malcolm	Parry	(M40)	Edinburgh AC
Chris	Ponton	(M Sen)	Edinburgh AC
Callum	Reid	(M Sen)	Edinburgh AC

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Forename	Surname	Age Group	Club
Terry	Roberts	(M Sen)	Edinburgh AC
Garry	Robertson	(M50)	Edinburgh AC
David	Sidebottom	(M Sen)	Edinburgh AC
David	Steele	(M55)	Edinburgh AC
Eric	Stevenson	(M65)	Edinburgh AC
Iain	Whitaker	(M Sen)	Edinburgh AC
Elisha	de Mello	(M Sen)	Edinburgh Univ Hare & Hounds
James	Dunn	(M Sen)	Edinburgh Univ Hare & Hounds
Euan	Gillham	(MU20)	Edinburgh Univ Hare & Hounds
Andrew	Lawler	(M Sen)	Edinburgh Univ Hare & Hounds
Alex	Muir	(M Sen)	Edinburgh Univ Hare & Hounds
Thomas	Otton	(MU20)	Edinburgh Univ Hare & Hounds
Logan	Rees	(MU20)	Edinburgh Univ Hare & Hounds
Michael	Stark	(M Sen)	Edinburgh Univ Hare & Hounds
Scott	Stirling	(M Sen)	Edinburgh Univ Hare & Hounds
Thomas	Wilson	(MU20)	Edinburgh Univ Hare & Hounds
Cameron	Young	(MU20)	Edinburgh Univ Hare & Hounds
John	Brogan	(M Sen)	Falkirk Victoria Harriers
Stewart	Christie	(M50)	Falkirk Victoria Harriers
Alexander	Davidson	(M Sen)	Falkirk Victoria Harriers
John	Denholm	(M60)	Falkirk Victoria Harriers
Gordon	Dewar	(M50)	Falkirk Victoria Harriers
Stuart	Douglas	(M Sen)	Falkirk Victoria Harriers
Malcolm	Finlayson	(M45)	Falkirk Victoria Harriers
Wallace	Grieve	(M50)	Falkirk Victoria Harriers
Mark	Johnstone	(M45)	Falkirk Victoria Harriers
Euan	Martin	(M Sen)	Falkirk Victoria Harriers
John	Martin	(M60)	Falkirk Victoria Harriers
Peter	Moffett	(M Sen)	Falkirk Victoria Harriers
Robert	Myler	(M50)	Falkirk Victoria Harriers
Barry	Paterson	(M Sen)	Falkirk Victoria Harriers
Tom	Purves	(M45)	Falkirk Victoria Harriers
Ben	Stevenson	(M Sen)	Falkirk Victoria Harriers
Alexander	Jarrett	(M Sen)	Falkland Trail Runners
Derek	Mcdonald	(M40)	Falkland Trail Runners
Chris	Russell	(M Sen)	Falkland Trail Runners
Mark	Webster	(M40)	Falkland Trail Runners
Mark	Western	(M50)	Falkland Trail Runners

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Forename	Surname	Age Group	Club
Ross	Anderson	(M55)	Ferranti AAC
Alex	Bell	(M55)	Ferranti AAC
Paul	Caban	(M50)	Ferranti AAC
Andreas	Drewer	(M40)	Ferranti AAC
John	Gavin	(M60)	Ferranti AAC
Alex	Jackson	(M65)	Ferranti AAC
Edward	McDonald	(M65)	Ferranti AAC
Robert	Miller	(M50)	Ferranti AAC
Kenny	Moore	(M55)	Ferranti AAC
Keith	Nicol	(M60)	Ferranti AAC
Stephen	Reid	(M50)	Ferranti AAC
Grant	Sellar	(M50)	Ferranti AAC
Iain	Shaw	(M50)	Ferranti AAC
James	Shaw	(M75)	Ferranti AAC
Bryce	Aitken	(M55)	Fife AC
David	Bell	(M45)	Fife AC
Graham	Bennison	(M70)	Fife AC
George	Black	(M75)	Fife AC
Colin	Brown	(M50)	Fife AC
Ross	Coron	(M Sen)	Fife AC
David	Cowan	(M50)	Fife AC
Sam	Fernando	(MU20)	Fife AC
Ruwan	Fernando	(M45)	Fife AC
Alan	Gibson	(M55)	Fife AC
Calum	Harvie	(M40)	Fife AC
Tom	Hedley	(M45)	Fife AC
Jacob	Howe	(M40)	Fife AC
Fergus	Ingledew	(MU20)	Fife AC
Jamie	Ingledew	(MU20)	Fife AC
John	Keenlyside	(M65)	Fife AC
Graham	Kirby	(M50)	Fife AC
John	MacPherson	(M Sen)	Fife AC
Gregor	Malcolm	(MU20)	Fife AC
Jimmy	McIntyre	(M45)	Fife AC
Frank	McLaren	(M65)	Fife AC
Jim	McWhinnie	(M55)	Fife AC
Neil	Millar	(M40)	Fife AC
Owen	Miller	(M Sen)	Fife AC
Andrew	Murphy	(M Sen)	Fife AC

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Forename	Surname	Age Group	Club
Daniel	Newman	(M45)	Fife AC
Steven	Pennycook	(M55)	Fife AC
Derek	Rae	(M Sen)	Fife AC
James	Rae	(M Sen)	Fife AC
Harvey	Rankin	(MU20)	Fife AC
Logan	Rees	(MU20)	Fife AC
Chris	Russell	(M Sen)	Fife AC
Brian R	Smith	(M55)	Fife AC
Stuart	Tite	(M Sen)	Fife AC
Jeremy	Tomlinson	(M55)	Fife AC
Paul	Webb	(M40)	Fife AC
Colin	Brown	(M Sen)	Gala Harriers
Derrick	Brydon	(M45)	Gala Harriers
Rory	Campbell	(M45)	Gala Harriers
Marcus	D'Agrosa	(M Sen)	Gala Harriers
Darrell	Hastie	(M Sen)	Gala Harriers
Magnus	Ingles	(M40)	Gala Harriers
Bob	Johnson	(M55)	Gala Harriers
Fergus	Johnston	(M Sen)	Gala Harriers
Tommy	Knox	(M50)	Gala Harriers
Andrew	Lawrie	(M Sen)	Gala Harriers
Craig	Mattocks	(M40)	Gala Harriers
Ian	Maxwell	(M55)	Gala Harriers
Colin	McCall	(M40)	Gala Harriers
Colin	McCall	(M40)	Gala Harriers
Wayne	McIntosh	(M40)	Gala Harriers
Graeme	Murdoch	(M Sen)	Gala Harriers
Bob	Reid	(M Sen)	Gala Harriers
Colin	Welsh	(M Sen)	Gala Harriers

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Forename	Surname	Age Group	Club
Alan	Blair	(M Sen)	Garscube Harriers
Craig	Brown	(M40)	Garscube Harriers
Daniel	Burns	(M Sen)	Garscube Harriers
Alexander	Chisholm	(M60)	Garscube Harriers
Steven	Currie	(M Sen)	Garscube Harriers
Robert	Cuthbertson	(M60)	Garscube Harriers
Neil	Douglas	(M Sen)	Garscube Harriers
Callum	Esler	(MU20)	Garscube Harriers
David	Esler	(M55)	Garscube Harriers
Michael	Gallacher	(M55)	Garscube Harriers
David	Geddes	(M60)	Garscube Harriers
Patrick	Gibbons	(M40)	Garscube Harriers
Allan	Jenkins	(M60)	Garscube Harriers
Stefan	Kuhr	(M40)	Garscube Harriers
Kevin	Liddle	(M Sen)	Garscube Harriers
Ally	MacIver	(M Sen)	Garscube Harriers
Alasdair	MacMillan	(M Sen)	Garscube Harriers
Craig	Marsden	(M Sen)	Garscube Harriers
Garry	Mathew	(M Sen)	Garscube Harriers
Jim	McAneny	(M55)	Garscube Harriers
Kieran	McLaughlin	(M Sen)	Garscube Harriers
Robert	McLennan	(M55)	Garscube Harriers
Donald	McPartlin	(M Sen)	Garscube Harriers
John	Murray	(M40)	Garscube Harriers
Nicholas	Parker	(M45)	Garscube Harriers
Simon	Sheridan	(M40)	Garscube Harriers
Craig	Shields	(M Sen)	Garscube Harriers
Raghibir	Singh	(M65)	Garscube Harriers
Chris	Stockdale	(M Sen)	Garscube Harriers
Iain	Thompson	(M Sen)	Garscube Harriers
Del	Young	(M Sen)	Garscube Harriers

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Forename	Surname	Age Group	Club
Luke	Chamberlain	(M40)	Giffnock North AAC
Keir	Geatrell	(M Sen)	Giffnock North AAC
Neal	Gibson	(M40)	Giffnock North AAC
Ted	Gourley	(M50)	Giffnock North AAC
Chris	Greenhalgh	(M40)	Giffnock North AAC
Michael	Hampson	(M50)	Giffnock North AAC
David	Logan	(M55)	Giffnock North AAC
Grant	Muir	(M Sen)	Giffnock North AAC
David	Sawyer	(M40)	Giffnock North AAC
Jason	Steele	(M40)	Giffnock North AAC
Alan	Stewart	(M65)	Giffnock North AAC
Mark	Sutherland	(M40)	Giffnock North AAC
Colin	Wylie	(M40)	Giffnock North AAC
Michael	Boesl	(M Sen)	Glasgow University Hare and H
Gavyn	Chalmers	(M Sen)	Glasgow University Hare and H
Nicolas	Daval	(MU20)	Glasgow University Hare and H
Gregor	Gillespie	(MU20)	Glasgow University Hare and H
Rory	Mcmillan	(M Sen)	Glasgow University Hare and H
Callam	Scott	(M Sen)	Glasgow University Hare and H
Mark	Sutherland	(M Sen)	Glasgow University Hare and H
Alastair	Thurlbeck	(M Sen)	Glasgow University Hare and H
Duncan	Anderson	(M Sen)	Greenock Glenpark Harriers
Stuart	Austin	(M40)	Greenock Glenpark Harriers
Paul	Beaton	(M Sen)	Greenock Glenpark Harriers
Steven	Campbell	(M40)	Greenock Glenpark Harriers
John	Carruthers	(M45)	Greenock Glenpark Harriers
Daniel	Doherty	(M Sen)	Greenock Glenpark Harriers
Robert	Dolan	(M40)	Greenock Glenpark Harriers
Michael	Dunn	(M60)	Greenock Glenpark Harriers
Kevin James	Gill	(M50)	Greenock Glenpark Harriers
Michael	Harrington	(M55)	Greenock Glenpark Harriers
Michael	Harrington	(M55)	Greenock Glenpark Harriers
Gordon	Hepburn	(M Sen)	Greenock Glenpark Harriers

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Forename	Surname	Age Group	Club
Simon	Hutton	(M Sen)	Greenock Glenpark Harriers
Thomas	Loehndorf	(M50)	Greenock Glenpark Harriers
Shaun	Lyon	(M Sen)	Greenock Glenpark Harriers
Sean	Marshall	(M Sen)	Greenock Glenpark Harriers
Robin	McAuslan	(M50)	Greenock Glenpark Harriers
Andrew	McCall	(M Sen)	Greenock Glenpark Harriers
Kevan	McCartney	(M40)	Greenock Glenpark Harriers
Graham	Mcgrattan	(M60)	Greenock Glenpark Harriers
Daniel	McLaughlin	(M55)	Greenock Glenpark Harriers
Stephen	McLoone	(M50)	Greenock Glenpark Harriers
Michael	Mcloone Snr	(M50)	Greenock Glenpark Harriers
Frank	McMahon	(M65)	Greenock Glenpark Harriers
Paul	Monaghan	(M45)	Greenock Glenpark Harriers
Christopher	Mooney	(M Sen)	Greenock Glenpark Harriers
Ross	Neilson	(M40)	Greenock Glenpark Harriers
David	Ness	(M45)	Greenock Glenpark Harriers
Kevin	O'Donoghue	(M Sen)	Greenock Glenpark Harriers
Alan	O'Rourke	(M45)	Greenock Glenpark Harriers
Andrew	Osborne	(M Sen)	Greenock Glenpark Harriers
David	Rafferty	(M50)	Greenock Glenpark Harriers
Stephen	Reid	(M40)	Greenock Glenpark Harriers
David	Roberts	(M Sen)	Greenock Glenpark Harriers
Steven	Smith	(M50)	Greenock Glenpark Harriers
John	Stevenson	(M45)	Greenock Glenpark Harriers
Stephe	Trainer	(M Sen)	Greenock Glenpark Harriers
Mark	Vance	(M40)	Greenock Glenpark Harriers
Andrew	White	(M45)	Greenock Glenpark Harriers
Robert	Wilson	(M Sen)	Greenock Glenpark Harriers
Robert	Wilson	(M60)	Greenock Glenpark Harriers
Ross	Bickerstaff	(M55)	Hamilton Harriers
Stephen	Duffy	(M40)	Hamilton Harriers
Simon	Fraser	(M Sen)	Hamilton Harriers
Terence	Grady	(M55)	Hamilton Harriers
David	Kelly	(M55)	Hamilton Harriers
Andrew	McLinden	(M65)	Hamilton Harriers
Neil	Robbins	(M50)	Hamilton Harriers
Mark	Wheeler	(M Sen)	Hamilton Harriers

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Forename	Surname	Age Group	Club
Ian	Beattie	(M50)	Harmeny AC
Phil	Buckley	(M40)	Harmeny AC
Darren	Cavaroli	(M40)	Harmeny AC
Kenny	Gunn-Russell	(M60)	Harmeny AC
Damien	O' Looney	(M Sen)	Harmeny AC
Gavin	Orr	(M45)	Harmeny AC
Craig	Stewart	(M40)	Harmeny AC
Karl	Zeiner	(M40)	Harmeny AC
Alasdair	Anthony	(M Sen)	Hunters Bog Trotters
George	Ashley	(M Sen)	Hunters Bog Trotters
Michael	Bareford	(M40)	Hunters Bog Trotters
Jamie	Brown	(M Sen)	Hunters Bog Trotters
Ian	Campbell	(M50)	Hunters Bog Trotters
Daniel	Clements	(M Sen)	Hunters Bog Trotters
Duncan	Coombs	(M Sen)	Hunters Bog Trotters
Ewan	Crawford	(M Sen)	Hunters Bog Trotters
Paul	Cross	(M Sen)	Hunters Bog Trotters
Michael	Diver	(M Sen)	Hunters Bog Trotters
Richard	Dougal	(M Sen)	Hunters Bog Trotters
David	Fulton	(M Sen)	Hunters Bog Trotters
Peter	Gardner	(M Sen)	Hunters Bog Trotters
Patryk	Gierjatowicz	(M Sen)	Hunters Bog Trotters
Michael	Grant	(M Sen)	Hunters Bog Trotters
Simon	Harrison	(M Sen)	Hunters Bog Trotters
Alistair	Hart	(M45)	Hunters Bog Trotters
James	Jarvis	(M45)	Hunters Bog Trotters
Huw	Jones	(M Sen)	Hunters Bog Trotters
Steven	Lavery	(M Sen)	Hunters Bog Trotters
Tom	Martyn	(M Sen)	Hunters Bog Trotters
Peter	McClelland	(M Sen)	Hunters Bog Trotters
Andrew	McKechanie	(M Sen)	Hunters Bog Trotters
John	McManus	(M Sen)	Hunters Bog Trotters
Stuart	Mounce	(M Sen)	Hunters Bog Trotters
Phil	Mowbray	(M40)	Hunters Bog Trotters
Rupert	Nash	(M Sen)	Hunters Bog Trotters

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Forename	Surname	Age Group	Club
Donald	Naylor	(M45)	Hunters Bog Trotters
Ivor	Normand	(M50)	Hunters Bog Trotters
Jon	Rathjen	(M45)	Hunters Bog Trotters
James	Rogers	(M Sen)	Hunters Bog Trotters
Gavin	Smith	(M Sen)	Hunters Bog Trotters
Murray	Strain	(M Sen)	Hunters Bog Trotters
Robin	Thomas	(M60)	Hunters Bog Trotters
William	Townsend	(M Sen)	Hunters Bog Trotters
Doug	Tullie	(M Sen)	Hunters Bog Trotters
Martin	Twigg	(M45)	Hunters Bog Trotters
Dave	Ward	(M Sen)	Hunters Bog Trotters
Ray	Ward	(M40)	Hunters Bog Trotters
David	Wright	(M40)	Hunters Bog Trotters
John	Bell	(M Sen)	Inverclyde AC
Jude	Boulton	(M40)	Inverclyde AC
Stephen	Cooke	(M Sen)	Inverclyde AC
Andrew	Douglas	(M Sen)	Inverclyde AC
Sean	Gaffney	(M Sen)	Inverclyde AC
Gerard	Gaffney	(M60)	Inverclyde AC
Ross	Gray	(MU20)	Inverclyde AC
Jon	Hammerman	(M Sen)	Inverclyde AC
David	Henderson	(M Sen)	Inverclyde AC
Michael	Houston	(M Sen)	Inverclyde AC
Callum	Hunter	(M Sen)	Inverclyde AC
Graeme	Hyett	(M Sen)	Inverclyde AC
Thomas	Jamieson	(M Sen)	Inverclyde AC
Jason	Kane	(M Sen)	Inverclyde AC
Duncan	Macfadyen	(M55)	Inverclyde AC
Gary	McKendrick	(M50)	Inverclyde AC
Gavin	Morrison	(M45)	Inverclyde AC
David	Murdoch	(M Sen)	Inverclyde AC
Mark	Pollard	(M Sen)	Inverclyde AC
Robert	Shaw	(M60)	Inverclyde AC
David	Tamburini	(M40)	Inverclyde AC
Thomas	Tracey	(M55)	Inverclyde AC

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Forename	Surname	Age Group	Club
Jonathan	Aitken	(MU20)	Inverness Harriers AAC
Graham	Bee	(M Sen)	Inverness Harriers AAC
Ross	Cairns	(M40)	Inverness Harriers AAC
Craig	Campbell	(M Sen)	Inverness Harriers AAC
Graeme	Campbell	(M45)	Inverness Harriers AAC
Timothy	Cooke	(M50)	Inverness Harriers AAC
Paul	Davidson	(M Sen)	Inverness Harriers AAC
Paul	Davidson	(M40)	Inverness Harriers AAC
Christopher	Fife	(M Sen)	Inverness Harriers AAC
Peter	Fraser	(M Sen)	Inverness Harriers AAC
James	Geddes	(MU20)	Inverness Harriers AAC
Tony	Golabek	(M Sen)	Inverness Harriers AAC
Helge	Hansen	(M Sen)	Inverness Harriers AAC
Grant	Hassan	(M Sen)	Inverness Harriers AAC
Andrew	Johnstone	(MU20)	Inverness Harriers AAC
Gordon	Lennox	(M Sen)	Inverness Harriers AAC
Donnie	Macdonald	(M Sen)	Inverness Harriers AAC
Stephen	Mackay	(M Sen)	Inverness Harriers AAC
Finlay	MacLennan	(M Sen)	Inverness Harriers AAC
Graham	MacLennan	(M40)	Inverness Harriers AAC
Jonny	Macleod	(M40)	Inverness Harriers AAC
Andrew	MacRae	(M40)	Inverness Harriers AAC
Tom	McWilliam	(M45)	Inverness Harriers AAC
Paul	Miller	(M45)	Inverness Harriers AAC
John	Newsom	(M Sen)	Inverness Harriers AAC
Steven	Worsley	(M50)	Inverness Harriers AAC
Cameron	Young	(MU20)	Inverness Harriers AAC
Dillion	Agnew	(MU20)	Irvine Running Club
Alex	Allardyce	(M45)	Irvine Running Club
Alan	Douglas	(M Sen)	Irvine Running Club
Jamie	Findlay	(M Sen)	Irvine Running Club
Paul	Lafferty	(M Sen)	Irvine Running Club
Mark	Livingstone	(M40)	Irvine Running Club
Tony	McKnight	(M45)	Irvine Running Club
David	Millar	(M45)	Irvine Running Club
Andrew	Rennie	(M65)	Irvine Running Club
William	Richardson	(M45)	Irvine Running Club
John	Surgenor	(M60)	Irvine Running Club
Colin	Whitby	(M Sen)	Irvine Running Club
James	White	(M65)	Irvine Running Club

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Forename	Surname	Age Group	Club
Alan	Craig	(M45)	Kilbarchan AAC
Graham	Evans	(M Sen)	Kilbarchan AAC
Callum	Hawkins	(M Sen)	Kilbarchan AAC
Steven	Hill	(M Sen)	Kilbarchan AAC
Scott	MacAulay	(M Sen)	Kilbarchan AAC
Callum	Matthews	(M Sen)	Kilbarchan AAC
Robert	McCulloch	(M50)	Kilbarchan AAC
Ewan	McKerral	(MU20)	Kilbarchan AAC
Scott	McLardie	(MU20)	Kilbarchan AAC
Sam	McNair	(MU20)	Kilbarchan AAC
Donald	Petrie	(M55)	Kilbarchan AAC
Robert	Quinn	(M50)	Kilbarchan AAC
Grant	Sandilands	(M Sen)	Kilbarchan AAC
Robert	Snodgrass	(M45)	Kilbarchan AAC
Conor	Thomson	(MU20)	Kilbarchan AAC
Ryan	Waldron	(M Sen)	Kilbarchan AAC
James	Connelly	(M45)	Kilmarnock H&AC
Ross	Connelly	(M Sen)	Kilmarnock H&AC
Connell	Drummond	(M40)	Kilmarnock H&AC
William	Duffy	(M50)	Kilmarnock H&AC
Stephen	Emerson	(M Sen)	Kilmarnock H&AC
Colin	Glencorse	(M40)	Kilmarnock H&AC
Gavin	Hogarth	(M Sen)	Kilmarnock H&AC
Robert	Lindsay	(M40)	Kilmarnock H&AC
Scott	Lyden	(M Sen)	Kilmarnock H&AC
Cameron	Mackie	(M Sen)	Kilmarnock H&AC
Richard	Mair	(M Sen)	Kilmarnock H&AC
Scott	Martin	(M45)	Kilmarnock H&AC
Stewart	McAllister	(M Sen)	Kilmarnock H&AC
Leslie-James	McDermont	(M45)	Kilmarnock H&AC
John	Parker	(M50)	Kilmarnock H&AC
Gordon	Reid	(M40)	Kilmarnock H&AC
James	Wales	(M Sen)	Kilmarnock H&AC
Neil	Walker	(M Sen)	Kilmarnock H&AC
Cameron	Wilson	(M Sen)	Kilmarnock H&AC

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Forename	Surname	Age Group	Club
Stephen	Allan	(M40)	Kirkintilloch Olympians
Robert	Bartley	(M40)	Kirkintilloch Olympians
Scott	Bradley	(M Sen)	Kirkintilloch Olympians
Martin	Byrne	(MU20)	Kirkintilloch Olympians
Vincent	Carroll	(M45)	Kirkintilloch Olympians
Sean	Casey	(M45)	Kirkintilloch Olympians
Daniel	Chandler	(M40)	Kirkintilloch Olympians
Euan	Craig	(M Sen)	Kirkintilloch Olympians
Howard	Elliott	(M45)	Kirkintilloch Olympians
Martin	Fitchie	(M40)	Kirkintilloch Olympians
James	Gallacher	(M55)	Kirkintilloch Olympians
David	Hogg	(M45)	Kirkintilloch Olympians
Gordon	Humphreys	(M40)	Kirkintilloch Olympians
Robert	Keenan	(M Sen)	Kirkintilloch Olympians
Derek	Martin	(M45)	Kirkintilloch Olympians
Graham	McCabe	(M45)	Kirkintilloch Olympians
Aidan	McCaffrey	(MU20)	Kirkintilloch Olympians
Edward	McLoone	(M Sen)	Kirkintilloch Olympians
Paul	O'Hare	(M40)	Kirkintilloch Olympians
Louis	O'Hare	(M40)	Kirkintilloch Olympians
John	Pugh	(M45)	Kirkintilloch Olympians
Paul	Reilly	(M45)	Kirkintilloch Olympians
Robert	Rogerson	(M55)	Kirkintilloch Olympians
Gary	Shaw	(M40)	Kirkintilloch Olympians
Mark	Welsford	(M40)	Kirkintilloch Olympians
Paul	Benham	(M Sen)	Lasswade AAC
Scott	Dickson	(M40)	Lasswade AAC
Kyle A	Mackenzie	(MU20)	Lasswade AAC
Andrew	McGlone	(M45)	Lasswade AAC
Matthew	Smith	(MU20)	Lasswade AAC

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Forename	Surname	Age Group	Club
Shaun	Burke	(MU20)	Law & District AAC
Conor	Butters	(MU20)	Law & District AAC
Kieran	Cubis	(MU20)	Law & District AAC
William	Drysdale	(M80+)	Law & District AAC
Riccardo	Faccenda	(M Sen)	Law & District AAC
Luke	Foss	(MU20)	Law & District AAC
Ben	Fountain	(MU20)	Law & District AAC
Jim	Gillon	(M50)	Law & District AAC
Alex	Hay	(M50)	Law & District AAC
Anthony	Higgins	(M45)	Law & District AAC
Bobby	Hill	(M Sen)	Law & District AAC
Ross	Hill	(M Sen)	Law & District AAC
Patrick	Kelly	(M65)	Law & District AAC
Jonathan	Kennedy	(M Sen)	Law & District AAC
Ross	Macdonald	(M Sen)	Law & District AAC
Jamie	McMorrow	(M Sen)	Law & District AAC
Darran	Muir	(M Sen)	Law & District AAC
Ross	Penny	(M Sen)	Law & District AAC
James	Rowley	(M65)	Law & District AAC
Scott	Cockburn	(M Sen)	Linlithgow AC
David	Dalmau	(M40)	Linlithgow AC
David	Marshall	(M Sen)	Linlithgow AC
Michael	Watts	(M Sen)	Linlithgow AC

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Forename	Surname	Age Group	Club
Graeme	Ackland	(M50)	Lothian Running Club
Jim	Alexander	(M50)	Lothian Running Club
Jonathan	Barclay	(M60)	Lothian Running Club
Joshua	Dack	(M Sen)	Lothian Running Club
Ryan	Ferguson	(M Sen)	Lothian Running Club
Ted	Finch	(M60)	Lothian Running Club
Kenton	Jones	(M50)	Lothian Running Club
Andrew	King	(M Sen)	Lothian Running Club
Alan	Knowles	(M40)	Lothian Running Club
Malcolm	Lang	(M Sen)	Lothian Running Club
Martin	Leadbetter	(M55)	Lothian Running Club
Ian	Leggett	(M75)	Lothian Running Club
Stephen	Malcolm	(M45)	Lothian Running Club
Euan	McInnes	(M40)	Lothian Running Club
Kenny	Mearns	(M55)	Lothian Running Club
Alan	Moffat	(M40)	Lothian Running Club
Harry	Mulholland	(M50)	Lothian Running Club
Scott	Nelson	(M45)	Lothian Running Club
Alastair	Robertson	(M Sen)	Lothian Running Club
Alan	Robertson	(M60)	Lothian Running Club
Calum	Ross	(M50)	Lothian Running Club
Stig	Walsh	(M45)	Lothian Running Club
Peter	West	(M60)	Lothian Running Club
Owen	Williams	(M Sen)	Lothian Running Club

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Forename	Surname	Age Group	Club
Craig	Anderson	(M45)	Metro Aberdeen Running Club
Hamish	Battle	(M Sen)	Metro Aberdeen Running Club
Tom	Brian	(M Sen)	Metro Aberdeen Running Club
Steve	Buchan	(M40)	Metro Aberdeen Running Club
Kenny	Garden	(M Sen)	Metro Aberdeen Running Club
Peter	Jennings	(M60)	Metro Aberdeen Running Club
Jeremy	Kibble	(M Sen)	Metro Aberdeen Running Club
Kevin	Mackie	(M40)	Metro Aberdeen Running Club
Phil	Mann	(M55)	Metro Aberdeen Running Club
Edward	McCluskey	(M Sen)	Metro Aberdeen Running Club
Ian	McGregor	(M Sen)	Metro Aberdeen Running Club
Jonny	McIntosh	(M Sen)	Metro Aberdeen Running Club
Gavin	McLennan	(M Sen)	Metro Aberdeen Running Club
Graham	Moar	(M40)	Metro Aberdeen Running Club
Steven	Morrison	(M Sen)	Metro Aberdeen Running Club
Mark	Ramsey	(M Sen)	Metro Aberdeen Running Club
William Gavin	Reid	(M50)	Metro Aberdeen Running Club
Chris	Richardson	(M Sen)	Metro Aberdeen Running Club
Adam	Scragg	(M Sen)	Metro Aberdeen Running Club
Robert	Taylor	(M55)	Metro Aberdeen Running Club
Andrew	Thompson	(M40)	Metro Aberdeen Running Club
Linton	Tyler	(M Sen)	Metro Aberdeen Running Club
Callum	Walker	(M Sen)	Metro Aberdeen Running Club
Ben	Ward	(M Sen)	Metro Aberdeen Running Club
Stephen	Allen	(M45)	Motherwell AC
John	Burns	(M50)	Motherwell AC
Ross	Burton	(M Sen)	Motherwell AC
Allan	Cameron	(M40)	Motherwell AC
Scott	Dickson	(M Sen)	Motherwell AC
Mark	Hand	(M40)	Motherwell AC
Christopher	MacDonald	(M Sen)	Motherwell AC
Stuart	MacGregor	(M50)	Motherwell AC
Craig	Mackenzie	(M Sen)	Motherwell AC
Steven	McCaw	(M Sen)	Motherwell AC
Mark	Paterson	(M40)	Motherwell AC
Robert	Pattinson	(M45)	Motherwell AC
Ben	Smith	(M40)	Motherwell AC
Thomas	Sneddon	(M40)	Motherwell AC
Jim	White	(M40)	Motherwell AC
Gary	Wood	(M Sen)	Motherwell AC

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Forename	Surname	Age Group	Club
Myles	Bax	(M Sen)	Perth Road Runners
Mark	Crawford	(M45)	Perth Road Runners
Mark	Dunn	(M Sen)	Perth Road Runners
Ronnie	Glen	(M45)	Perth Road Runners
Simon	Grieshaber	(M45)	Perth Road Runners
David	Knight	(M45)	Perth Road Runners
Michael	McConnell	(M Sen)	Perth Road Runners
Kevin	Riddell	(M Sen)	Perth Road Runners
Kevin	Rogers	(M40)	Perth Road Runners
Richard	Ward	(M45)	Perth Road Runners
David	Wood	(M60)	Perth Road Runners
Martin	Butcher	(M Sen)	PH Racing Club
Jonathan	Campbell	(M Sen)	PH Racing Club
Roger	Clark	(M45)	PH Racing Club
Darren	Jubb	(M Sen)	PH Racing Club
Ryan	Lafferty	(M Sen)	PH Racing Club
Stuart	Mackay	(M Sen)	PH Racing Club
Mark	Mackenzie	(M40)	PH Racing Club
Mark	Mackenzie	(M40)	PH Racing Club
Ed	Norton	(M65)	PH Racing Club
Andrew	Smith	(M Sen)	PH Racing Club
Daniel	Smith	(MU20)	PH Racing Club
Colin	Somerville	(M Sen)	PH Racing Club
James	Traynor	(M Sen)	PH Racing Club
Colin	Lamont	(M Sen)	Pitreavie AAC
Neil	Maclachlan	(M Sen)	Pitreavie AAC
Ben	Potrykus	(M Sen)	Pitreavie AAC
Evan	Ross	(MU20)	Pitreavie AAC
Corey	Smith	(MU20)	Pitreavie AAC
Tyler	White	(MU20)	Pitreavie AAC
Gavin	Brown	(M45)	Portobello Running Club
Peter	Buchanan	(M50)	Portobello Running Club
Michael	Geoghegan	(M Sen)	Portobello Running Club
Richard	Hadfield	(M45)	Portobello Running Club
William	Jarvie	(M55)	Portobello Running Club
Johnny	Lawson	(M40)	Portobello Running Club
David	Limmer	(M Sen)	Portobello Running Club
Angus	McLean	(M45)	Portobello Running Club
Oliver	Pound	(M Sen)	Portobello Running Club
Craig	Taylor	(M40)	Portobello Running Club

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Forename	Surname	Age Group	Club
Peter	Avent	(M Sen)	Shettleston Harriers
William	Bardsley	(MU20)	Shettleston Harriers
Michael	Blair	(M Sen)	Shettleston Harriers
Jules	Blanc	(M Sen)	Shettleston Harriers
Grant	Boyne	(M Sen)	Shettleston Harriers
Daniel	Bradford	(M Sen)	Shettleston Harriers
William	Breckenridge	(M45)	Shettleston Harriers
Kevin	Brydon	(M Sen)	Shettleston Harriers
Lachlan	Calder	(M Sen)	Shettleston Harriers
Oleg	Chepelin	(M Sen)	Shettleston Harriers
Stephen	Clark	(M Sen)	Shettleston Harriers
John	Connaghan	(M45)	Shettleston Harriers
Thomas	Coratger	(M Sen)	Shettleston Harriers
William	Coyle	(M50)	Shettleston Harriers
Benjamin	Dalziel	(MU20)	Shettleston Harriers
Michael	Deason	(M Sen)	Shettleston Harriers
Callum	Drummond	(M Sen)	Shettleston Harriers
John J	Duffy	(M50)	Shettleston Harriers
Michael	Gillespie	(M Sen)	Shettleston Harriers
Christopher	Graham	(M Sen)	Shettleston Harriers
Walter	Henderson	(M45)	Shettleston Harriers
David I	Houston	(M Sen)	Shettleston Harriers
Andrew	Jackson	(M Sen)	Shettleston Harriers
Scott	Kennedy	(M45)	Shettleston Harriers
Andrew	Kirkhope	(M55)	Shettleston Harriers
Adam	Lee	(M Sen)	Shettleston Harriers
Jethro	Lennox	(M Sen)	Shettleston Harriers
Andy	Little	(M50)	Shettleston Harriers
Peter	Mackie	(M Sen)	Shettleston Harriers
Anton	Manley	(M40)	Shettleston Harriers
Gerry	Mason	(M50)	Shettleston Harriers
Paul	Masson	(M Sen)	Shettleston Harriers
Duncan	McCauley	(M Sen)	Shettleston Harriers
Mark	McColl	(M Sen)	Shettleston Harriers
Brian	McGarrity	(M Sen)	Shettleston Harriers
Sean	McGettigan	(M Sen)	Shettleston Harriers
Alasdair	McLeod	(M Sen)	Shettleston Harriers
Tewoldeberhan	Mengisteab	(M Sen)	Shettleston Harriers
David	Murphy	(M45)	Shettleston Harriers

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Forename	Surname	Age Group	Club
John	Oates	(M55)	Shettleston Harriers
Lachlan	Oates	(M Sen)	Shettleston Harriers
Thomas	Owens	(M Sen)	Shettleston Harriers
Michael	Paxton	(M Sen)	Shettleston Harriers
Alastair	Pringle	(M45)	Shettleston Harriers
Kenny	Richmond	(M45)	Shettleston Harriers
Brian	Robertson	(M Sen)	Shettleston Harriers
Brian	Scally	(M50)	Shettleston Harriers
Kamil	Sieracki	(M Sen)	Shettleston Harriers
Kevin	Slaven	(M Sen)	Shettleston Harriers
Paul	Sorrie	(M Sen)	Shettleston Harriers
Matthew	Sullivan	(M Sen)	Shettleston Harriers
Joe	Symonds	(M Sen)	Shettleston Harriers
Abraham	Tewelde	(M Sen)	Shettleston Harriers
Matthew	Turner	(M Sen)	Shettleston Harriers
Denis	Williams	(M50)	Shettleston Harriers
Stephen	Winter	(M40)	Shettleston Harriers
Joe	Chambers	(M Sen)	Springburn Harriers
Emilio	Cosimo	(M40)	Springburn Harriers
Graham	Crawford	(M60)	Springburn Harriers
Scot	Hill	(M45)	Springburn Harriers
Donnie	Inglis	(M45)	Springburn Harriers
Keith	MacLeod	(M Sen)	Springburn Harriers
Damian	McAuley	(M50)	Springburn Harriers
Anthony J M	McGale	(M45)	Springburn Harriers
Colin	Mclean	(M50)	Springburn Harriers
Willie	Munro	(M55)	Springburn Harriers
Alistair	Peat	(M Sen)	Springburn Harriers
Robert	White	(M45)	Springburn Harriers
Niall	Campbell	(M Sen)	Strathclyde Univ Harriers
Ian	Coghill	(M Sen)	Strathclyde Univ Harriers
Ross	Coles	(M Sen)	Strathclyde Univ Harriers
Callum	Fraser	(M Sen)	Strathclyde Univ Harriers
Benjamin	Hindley	(MU20)	Strathclyde Univ Harriers
Jamie	McLaren	(MU20)	Strathclyde Univ Harriers
Craig	Nolan	(M Sen)	Strathclyde Univ Harriers
James	Pettigrew	(MU20)	Strathclyde Univ Harriers
Kieran	Pugh	(M Sen)	Strathclyde Univ Harriers
David	Seaman	(M Sen)	Strathclyde Univ Harriers
Rory	Watson	(MU20)	Strathclyde Univ Harriers
Fraser	Young	(M Sen)	Strathclyde Univ Harriers

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Forename	Surname	Age Group	Club
Andrew	Aitken	(M Sen)	Strathearn Harriers
Gary	Brock	(M45)	Strathearn Harriers
Mark	Dillon	(M50)	Strathearn Harriers
Doug	Flint	(M50)	Strathearn Harriers
Roger	Goddard	(M40)	Strathearn Harriers
Andrew	Greaves	(M40)	Strathearn Harriers
Charlie	Grimson	(MU20)	Strathearn Harriers
Wattie	Mackay	(M50)	Strathearn Harriers
Phil	Mestecky	(M45)	Strathearn Harriers
Alexander	Storey	(M Sen)	Strathearn Harriers
Paul	Taylor	(M45)	Strathearn Harriers
Tony	Wayte	(M55)	Strathearn Harriers
Rory	Anderson	(M Sen)	Teviotdale Harriers
Alister	Biggar	(M45)	Teviotdale Harriers
Alan	Coltman	(M45)	Teviotdale Harriers
Andrew	Gibson	(M Sen)	Teviotdale Harriers
Andrew	Goodair	(M45)	Teviotdale Harriers
Alan	Inglis	(M45)	Teviotdale Harriers
Paul	Lockie	(M45)	Teviotdale Harriers
Derek	Scott	(M Sen)	Teviotdale Harriers
Greg	Walker	(M Sen)	Teviotdale Harriers
Scott	Watson	(M Sen)	Teviotdale Harriers
Andrew	Mitchell	(MU20)	University of St Andrews CC
Chris	Russell	(M Sen)	University of St Andrews CC
Corey	Smith	(MU20)	University of St Andrews CC
Andrew	Taylor	(MU20)	University of St Andrews CC
Philip	Wright	(M Sen)	University of St Andrews CC

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Forename	Surname	Age Group	Club
Ralph	Connolly	(M50)	VP-Glasgow AC
Gerard	Craig	(M45)	VP-Glasgow AC
Afwerki	Haile	(M Sen)	VP-Glasgow AC
Martin	Hayes	(M Sen)	VP-Glasgow AC
Crawford	Little	(M50)	VP-Glasgow AC
Jamie	MacKinnon	(MU20)	VP-Glasgow AC
Kenneth	McVey	(M65)	VP-Glasgow AC
Max	Milarvie	(MU20)	VP-Glasgow AC
Jonathan	Miller	(M50)	VP-Glasgow AC
Damien	Moore	(M Sen)	VP-Glasgow AC
Gordon	Murray	(M60)	VP-Glasgow AC
Alex	Potter	(M55)	VP-Glasgow AC
Kieron	Rafferty	(M Sen)	VP-Glasgow AC
Peter	Ramsay	(M55)	VP-Glasgow AC
Duncan	Thomson	(M45)	VP-Glasgow AC
David	Vernon	(M Sen)	VP-Glasgow AC
Christopher	Watson	(M Sen)	VP-Glasgow AC
Derek	Watson Snr.	(M50)	VP-Glasgow AC
Niall	McAlinden	(M Sen)	Westerlands XC Club
Alex	Osborne	(M Sen)	Westerlands XC Club
Bastien	Perez	(M Sen)	Westerlands XC Club
Ian	Thurlbeck	(M50)	Westerlands XC Club