

SET YOUR SIGHTS ON A PB.



The **FILA** Scottish National Cross Country Championships

Beach Park, Irvine Saturday 24 February 2001



THE SCOTTISH ATHLETICS FEDERATION
**NATIONAL CROSS
 COUNTRY
 CHAMPIONSHIPS**

IS SUPPORTED BY



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- **VIKINGAR**, Greenock Road, Largs KA30 8QL.
Tel: 01475 689777. Fax: 01475 689444. www.vikingar.co.uk
- **AUCHENHARVIE LEISURE CENTRE**, Saltcoats Road, Stevenston KA20 3JR.
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It's gives me great pleasure to welcome you all to the Beachpark, Irvine for the Scottish Athletics Federation 2001 National Cross Country Championships.

Such events require the involvement of many people. The hard work of the Cross Country and Road running Commission is an integral part of the day. The officials and Jim Young, the convenor, are essential to the Championships. A very big thank you to all those people who give so much of their time and expertise to allow this event to happen and be enjoyed by so many.

No event can take place without the very essential inclusion of Sponsors.

Today's Championships are no exception and I am delighted to again welcome Fila and thank them for their continuing support. Also once more a big thank you to North Ayrshire Leisure for their support today. We cannot hope to have such events without the active and whole hearted support of such generous sponsors.

The competitors are the ones who are here to make the championships and provide us with a great day of sport. It is easy to forget all the dedicated hard work and training that is necessary from athlete, coach and family to make today's performances memorable to all.

Enjoy a good day of Cross Country Championships and let's hear the cheers for all the members of this great athletic family.

Mrs Joan Watt
President SAF

North Ayrshire Leisure

It is with great pleasure that I, on behalf of North Ayrshire Leisure, welcome the Scottish Athletics Federation, the events sponsors FILA and all competitors and their supporters to this the 2001 Scottish National Cross Country Championships, held here at the Irvine Beachpark and Magnum Leisure Centre.

The Beachpark and the Magnum Leisure Centre have consistently proved to be the ideal venue for major cross country events, providing excellent out door and indoor facilities for organisers, competitors and supporters.

In previous years, North Ayrshire Council has supported the activities of Scottish Athletics Federation in respect of National Championships, and now North Ayrshire Leisure and The Sports Development Team work tirelessly to encourage sports participation throughout North Ayrshire, and further plans to extend this work are underway for this year.

This event, for under 13 year olds to seniors, has previously attracted over 2000 competitors and it is expected to match, if not exceed this numbers in 2001. This commitment from the athletes of all ages is to be both admired and applauded.

It now leaves me to take this opportunity to wish all competitors and teams an enjoyable and successful day. Good Luck

F. T. Keddlly
Chief Executive
North Ayrshire Leisure

Scottish Athletics Federation

We are again holding our Championships at Irvine over the Beachpark, which is a fitting venue giving all our athletes suitably testing courses.

We thank North Ayrshire Leisure for their help to us with the use of the Park and the nearby use of the Magnum. It has been a pleasure to work with you.

Also we thank our main sponsor, Fila, for their continued support. It is greatly appreciated and enables us to offer a better standard of presentation.

To our officials, a 'big thank you' for your help today and indeed for your help throughout the season.

To all those athletes competing today, we wish you "good luck" and enjoy the challenge of your race.

Sandy Robertson
Convenor RR and CC Commission.

FILA

FILA are delighted to be involved with these prestigious Championships here in Irvine which will provide Scotland's athletes with an opportunity to pit themselves against each other and enjoy fantastic competition.

FILA's involvement will hopefully further the momentum being generated by the Scottish Athletics Federation in revitalising running and athletics in Scotland.

Mark Sinclair
Sports Marketing Manager (running)
FILA UK

Timetable

U/13 BOYS (3,200m)	at 12:00	Declarations close at 11:30
U/13 GIRLS (3,200m)	at 12:15	Declarations close at 11:45
U/15 BOYS (4,000m)	at 12:30	Declarations close at 12:00
U/15 GIRLS (4,000m)	at 12:45	Declarations close at 12:15
U/20 MEN (8,000m)	at 1:05	Declarations close at 12:35
SEN WOMEN (8000m)	at 1:30	Declarations close 1:00
U17&U/20WOM(4,800m)	at 2:05	Declarations close at 1:35
U/17 MEN(6400m)	at 2:25	Declarations close at 1:55
SENIOR MEN (12,000m)	at 3:00	Declarations close at 2:30

Presentations

Presentations will take place on course at 1.40 and 2.40.

The final presentation will take place at 4.15 approx. in the Main Hall(north side).

Individuals and teams involved are requested to report to the presentation area 10 minutes beforehand.

Announcements will be made prior to the awards.

Special Notes

1. It must be strictly observed that warming up will not be allowed on the actual course. Disciplinary action may be taken against anyone who disregards this order.
2. Spikes or cross-country shoes must be removed before entering the Magnum.
3. In all races, numbers must be worn FRONT.(U/17 & u\20 Women will wear an age code number on BACK as well)
4. Entries for team events must show the colours of the Club's vest and a vest of these colours must be worn by all members of the team while competing.
5. Athletes and spectators must not encroach on the start/finish area.
6. I.A.A.F. advertising rules will be strictly enforced..

Office Bearers

SCOTTISH ATHLETICS FEDERATION

Hon President: W. M. Campbell, CBE, QC, MP
President: Mrs J. Watt
Chief Executive: D. Joy

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor: W. A. Robertson
Vice Convenor: Mrs M. Cook
Hon. Secretary: B. Goodwin
Finance Officer: P. Carton

The AT Mays Trophy for the overall Team performance

Rules determining Winner of Trophy

- Clubs will be awarded points in each race equal to the finishing position of their team. That is, 1st team (1 pt), 2nd team (2pts), etc.
- The AT Mays Trophy will be awarded to the Club that scores the lowest aggregate number of points over the five National Championships (calculated as 'a' above.)
- If part b fails to obtain a result then only clubs that have finished a senior team and declared teams in all other races are eligible for this Trophy. In this case the Trophy will be awarded to the club with the lowest aggregate number of points calculated as follows:
 - For finishing teams points are awarded as 'a' above
 - For declared but non-finishing teams the points awarded will be the highest team placing plus 1.
 The result will be determined for Clubs with 4 finishing teams and if failing to achieve a result, for 3 finishing teams and then 2 finishing teams.
- Clubs not finishing a Senior team are not eligible for this Trophy.
- In all cases in the event of a tie the position of the club finishing highest in the Senior race will be adjudged the winner.

The Pat Spence Memorial Trophy will be awarded for the overall women's team performance

Officials

Referee:	J E Clifton
Officials Control:	G. Sword, A. Jackson
Clerk of Course:	J. Morton
Asst. Clerk:	R Reid
Judges/Funnels	R.L. McSwein (Chief), E. Gunstone, D Wilmoth, G Spence, V Taylor, M Morland, T Morrison
Timekeepers:	D. McLaren, (Chief) A. Poulton, G. Sword, D. Gilmore, D McSwein, R Beattie, S Mc Dougal
Recorders:	S. Hardacre (Chief), A. Johnston, (tape) J. Youden, R. Whitelock, I. Hislop, B Hislop, A. Potts, G Harrower
Time Recorders:	M. Wilmoth, M. Daly.
Starter:	S. Christer Porteous
Marksmen:	W. Laing, R. Thomas, F. McCluskie.
Declarations:	A McManus, (Chief), I. McManus, D. Campbell, A. Scott, T. Parker, C. Forbes, W. Simpson, K Melville
Results:	A. Jackson (Chief), J. Jackson, H. Jackson, P. Jackson, M Cook, W Simpson,
Runs/Programmes:	K. Finnie, T. Basra, L. Finnie
Announcers:	R. Gray (Chief), W. Melville, RAYNET
Press:	M. Neef, B. Goodwin
Course Stewards:	R. Reid, K. Martin, N. Taylor, S. Browning, K. Phillips, J. Young, W. Simpson, J. Morton, I. Finnie, R. Cheyne, M. Ferguson, J. Maxwell
Presentations:	E. Young,
Jury of Appeal:	E. Gunstone, M Cook, R Morrison
Medical Officer:	Dr. W. McCarlie
Medical Services	St. Andrews Ambulance Association
Drugs Control:	G. Spence,
Reception:	D. Joy, W. A. Robertson, M Robertson, M. Cook, B. Goodwin, P. Carton, A. Potts
Convenor:	J Young

9th Annual u13 Boys' Championships

(Over 11 but under 13 as at 1st September, 2000)

Distance 3,200m
The winning team to hold the "McKenzie Cup" for 12 months
The winning individual to hold the "Alex Nangle Memorial Trophy" for 12 months

The race will start at 12.00
Title holders: 'Ronhill' Cambuslang Harriers
Individual Winner: Stephen Lisgo (Mansfield AC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

2 Mark Haskett	1 Myles Edwards
4 Andrew Watt	3 Steven Rusling
	5 Paul Henderson

Annan & District AC Colours: *Yellow Vest/Black Shorts*

6 Evan Black

Arbroath & District AC Colours: *Black with vertical yellow stripe*

7 Ralph McInally

Banchory Stonehaven AC Colours: *Royal Blue with White band*

8 Calum Coombs

BP Black Isle AAC Colours: *Black with Red Diagonal Stripe*

10 David Wood	9 Liam Taylor
12 Ross MacDonald	11 Sean Sutherland
	13 Fraser MacDonald

Central AC Colours: *Yellow and Blue*

15 Adam Roberts	14 Michael Gillespie
	16 Stuart Chalmers

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

18 Gary Park	17 Tommy Watson
20 Darren Steel	19 Callum Milne
22 Roy Dumma	21 Adam Whytock
24 Harry Connor	23 Kris Gavsén
	25 Tom Connor

Clydesdale Harriers Colours: *White with Black "C"*

26 Craig Gallacher

East Kilbride AAC Colours: *Gold with 2 Black hoops*

28 Sandy Bruce	27 Scott Barclay
	29 Scott Hone

Falkirk Victoria Harriers Colours: *Black with Gold Band*

31 Alan Johnstone	30 Christopher Douglas
	32 Robert Murray

Fife AC Colours: *White with Red Band*

33 Craig Guzy	34 Jonathan Gunstone
35 Jonathan Marks	36 John Innes

Forres Harriers Colours: *Red*

37 Mark Mitchell

Fraserburgh R C Colours: *Black & White*

38 Bryan Hay

Gala Harriers Colours: *White with Green Band*

39 Andrew Laurie

Galloway Harriers Colours: *Black with white stripes, black shorts*

40 Oliver McCamon

George Heriots School Colours: *White with Blue Band*

41 Iain Batho	42 Hugh Brechin
43 Pablo Cardenas	44 Steven Glass
45 Michael Grant	46 Kelvin Ho
47 Jamie Kinroy	48 Donald Revolta
49 Kevin Wilson	50 Hashim Ismail

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

51 Daniel Allan	52 David Stevenson
53 Jonathan Roche	54 Finn Wilkie
55 Calum McLure	56 Brendan McKenna

Girvan AAC Colours: *White with Blue & Green Hoops*

57 Alan Smith
58 Martin Gibson
59 John Harvey

Gleniffer High School Colours: *Red/Black/Sky Blue*

60 Robbie Carter
61 John Clark
62 Andrew Jack
63 Scott McKay
64 Colin Moncrieff
65 Nicholas Moore
66 Grant Morrison
67 Alan Smith
68 Frank Walton

Greenock Glenpark Harriers Colours: *Sky Blue with Royal Blue and Gold Hoops*

69 Stephen Trainer	70 David Elliott
71 David Ross	72 Alan McCall

Inverclyde AC Colours: *Black & White Stripes*

73 John Hampsay	74 Steven Rush
75 Paul Carroll	76 Mark Black

Irvine AC Colours: *Red with Black Trim*

77 William Morgan

Kilbarchan AAC Colours: *Gold with Black Hoop*

78 Andrew Gibson	79 John Gribben
80 Derek Hawkins	81 Matthew Hendry
82 Andrew Jack	83 Mark Paterson
84 Michael Phelps	85 Kyle Toole
86 Fraser Williams	87 David Sharp

Kirkintilloch Olympians Colours: *Sky Blue with White and Black Hoops*

88 Adam Janeczko	89 Robert Thayne
90 Fraser Murray	91 Robby Ritchie

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

92 Andrew Baikie	94 Calum McKenzie
93 Callum Fletcher	96 Douglas Selman
95 Neal Robb	

Larkhall YMCA Colours: *Red with White Hoops*

97 Christopher McLaughlin

Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

98 Ross Finlayson	100 Craig Gould
99 Paul Benham	102 William Burnett
101 Richard Rintoul	

Livingston & District AAC Colours: *Yellow with Green Stripe*

103 David McIlwraith

Lothian Running Club Colours: *Blue with Black letters*

104 Alastair Ewing	105 Callum Gillespie
106 Scott Robertson	107 Travis Sinclair

Nithsdale AC Colours: *Jade Green/Black/White*

108 Ricky McCaig

Pitreavie AAC Colours: *Navy/Yellow/White*

109 Grant Frazer	110 Kyle Crombie
111 Dale Carver	112 Sean McQueen

Ron Hill Cambuslang Harriers Colours: *Red with White Band*

113 Stewart Kirk	114 Martin Clark
115 Graham Cuthbert	116 Ian Kerr
117 Jay McLeod	118 Mark Kelsey
119 Brian Hodge	120 Andrew Burns
121 Christopher Jamieson	122 Dean Sloan

Shettleston Harriers Colours: *Blue with Yellow Band*

123 Gary Haining	125 Scott McKelvie
124 David Simpson	127 Mark McKelvie
126 Barry McKelvie	

Victoria Park AAC Colours: *Blue and White Hoops*

128 Christopher Smith	129 Ross Yates
130 Graeme Hendry	131 Colin Sinclair

West Dunbartonshire AC

132 Stephen Gardiner	134 Ben Cross
133 Andrew McIntosh	

Whitemoss AAC Colours: *Black and Yellow*

135 Kieran McCluskey	136 Ross McLearn
137 Fraser Little	138 David Robertson

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual u13 Girls' Championships

(Over 11 but under 13 as at 1st September, 2000)

Distance 3,200m
The winning team to hold the
"John Waddell Shield" for 12 months
The winning individual to hold the
"William Bramwell" Trophy for 12 months

The race will start at 12.15
Title holders: Banchory/Stonehaven AC
Individual Winner: Helen Popple (City of Glasgow AC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 Hilary Armitage	2 Jennifer Cowie
3 Jill Hart	4 Sylvia Kanya
5 Jennifer McLaren	6 Nicola Smith
7 Amy Young	8 Judith Joy

Annan & District AC Colours: *Yellow Vest/Black Shorts*

9 Katie Law	11 Lauren Malin
10 Alison Brown	

Ayr Seaforth AAC Colours: *White with Red Diagonal Cross*

12 Lauren Finnie

Banchory Stonehaven AC Colours: *Royal Blue with White band*

13 Emma Cloggie

Bedford & County AC

14 Rhianna Simmons

Bellahouston Harriers Colours: *Dark Blue with Light Blue Cross*

15 Ruth Joss

Central AC Colours: *Yellow and Blue*

16 Leanne Bridgeman

17 Jessica Watt

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

18 Danielle Kane	19 Nicola McManus
20 Lauren Redpath	21 Bryony Stewart
22 Siobhan Hanlon	23 Natalie Marr

City of Glasgow AC Colours: *Royal Blue with Green Panel*

24 Joanne Finch	26 Tracy Smith
25 Stephanie Oneill	28 Laura Caird
27 Kirsty Wallace	

Edinburgh Woollen Mill Colours: *White/Blue/Red*

29 Kayley Summerscales

Falkirk Victoria Harriers Colours: *Black with Gold Band*

30 Leanne Thomson

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

31 Jennifer Conway	32 Fiona McTaggart
33 Nicola Chung	34 Claire Davis
35 Lauren Baird	36 Fiona McKay
37 Sarah Phee	38 Kerry McGee
39 Helen Sweeney	40 S Henderson

Girvan AAC Colours: *White with Blue & Green Hoops*

41 Danielle Robertson	42 Nichola Clark
43 Hayley McCrindle	44 Ashley Moore

Gleniffer High School Colours: *Red/Black/Sky Blue*

45 Kaylee McGurn	47 Nicola Carmichael
46 Karen Fraser	49 Jennifer Davies
48 Claire Corrigan	

Greenock Glenpark Harriers Colours: *Sky Blue with Royal Blue and Gold Hoops*

50 Debbie Miller	51 Hayley Rafferty
52 Kimberley Ray	53 Emma McLoone

Harmeny AC Colours: *Red with Green Diagonal*

54 Colette Shiell	55 Stephanie Lyall
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Inverclyde AC Colours: *Black & White Stripes*

56 Lucinda Clark	57 Susanna Spence
58 Libby McMenamie	59 Jamie McTiernan

Irvine AC Colours: *Red with Black Trim*

60 Vikki Cresswell

61 Ashley Gorman	62 Vicky Ferguson
63 Jennifer Scobie	64 Lauren Collier

Johnnie Walker Kilmarnock Harriers Colours: *Royal Blue with 2 White Stripes*

65 Alyson Crombie	66 Maxine McGoldrick
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Kilbarchan AAC Colours: *Gold with Black Hoop*

67 Stephanie Barras

68 Charlotte Nicholl	69 Jenny Nolan
70 Ashleigh Nisbet	71 Nicole Treacy

Kirkintilloch Olympians Colours: *Sky Blue with White and Black Hoops*

72 Kirsten Hamilton	73 Fiona Berry
74 Laurene Stewart	75 Rebecca Taylor

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

76 Rachael Bowman

77 Rebecca O'Brien	78 Megan Smith
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Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

79 Ashleigh Kennedy	80 Jenny Sheal
81 Kayleigh Harkins	82 Cathy Neil

Lothian Running Club Colours: *Blue with Black letters*

83 Rebecca French

84 Jemma Toner	85 Ashley Toner
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Moray Road Runners Colours: *Dayglow yellow with Black Trim*

86 Keiley Archibald

Nithsdale AC Colours: *Jade Green/Black/White*

87 Lynsey Innes

North Uist AAC Colours: *White*

88 Helen Haxby	89 Morina Macdougall
90 Seonaid Carruthers	91 Kareen Currie

Pitreavie AAC Colours: *Navy/Yellow/White*

92 Claire Soutar	93 Siobhan Coleman
94 Rebecca Watt	95 Nicole McCloskey

Ron Hill Cambuslang Harriers Colours: *Red with White Band*

96 Louise Graham

Stewarty AC Colours: *Sky Blue with Black diag Band*

97 Megan Shennan
98 Rachel Davidson
99 Kay Ryman

Victoria Park AAC Colours: *Blue and White Hoops*

100 Nicole Green
101 Emma Howden
Whitemoss AAC Colours: *Black and Yellow*
102 Frances McCluskey
103 Erin Leggate

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual u15 Boys' Championships

(Over 13 but under 15 as at 1st September, 2000)

Distance 4,000m

The winning team to hold the
"John D Semple Cup" for 12 months
The winning individual to hold the
"Jock Semple Trophy" for 12 months

The race will start at 12.30

Title holders: Aberdeen AC

Individual Winner: Darren Malin (Annan & District AC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 Stuart Anderson
2 Oleg Chepelin
3 Andrew Clark
4 James Clark
5 Mark Kennedy
6 Gary Smith

Arbroath & District AC Colours: *Black with vertical yellow stripe*

7 Kevin Meldrum
8 Sean Hardwick
9 Martin Shepherd

Ayr Seaforth AAC Colours: *White with Red Diagonal Cross*

10 Thomas Burns

Banchory Stonehaven AC Colours: *Royal Blue with White band*

11 Duncan Coombs
12 Alexander Leighton

Border Harriers Colours: *Orange with black diagonal stripe*

13 Adrian Holliday

BP Black Isle AAC Colours: *Black with Red Diagonal Stripe*

14 Steven Milne
15 John Devine
16 Keith Urquhart
17 Ruairich Macleaman

Central AC Colours: *Yellow and Blue*

18 Alastair Hay

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

19 Mark Smith

Clydesdale Harriers Colours: *White with Black "C"*

20 Daniel Blacker

21 Lawrence Blair
22 Vincent Mullen

East Kilbride AAC Colours: *Gold with 2 Black hoops*

23 Alistair Campbell

24 James Lamont
25 Paul Smith

Falkirk Victoria Harriers Colours: *Black with Gold Band*

26 Paul Brown

27 Alasdair Stewart
28 Stephen Williams

Fife AC Colours: *White with Red Band*

30 Rory Scott
31 John McIntosh
32 John Buchan
33 F Matthew

Forres Harriers Colours: *Red*

34 Kyle Greig

Fraserburgh R C Colours: *Black & White*

35 Gary Mutch
36 Neil Hay

Gala Harriers Colours: *White with Green Band*

37 Gary Alexander
38 Greg Alexander

Galloway Harriers Colours: *Black with white stripes, black shorts*

39 Silas Goldsworthy

George Heriots School Colours: *White with Blue Band*

40 Alistair Bell
41 Isaac Black
42 Peter MacRae
43 Ross McCleary
44 James McLay
45 Craig Wilson

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

46 Andrew McLeod
47 Richard Allan
48 Craig McDougall
49 Norman Galbraith
50 Craig McTaggart
51 David Clark
52 R Russell
53 David Phee

Girvan AAC Colours: *White with Blue & Green Hoops*

54 Hugh Smith

Gleniffer High School Colours: *Red/Black/Sky Blue*

55 Steven Lamb
56 Keith Higgins
57 Mathew Leitch
58 Gordon Tenney
59 Greig Waddell
60 Chris McCallum

Grantham AC

61 Hamish Robertson

Greenock Glenpark Harriers Colours: *Sky Blue with Royal Blue and Gold Hoops*

62 David Butcher
63 Christopher McCall
64 Paul Bryson
65 Andrew McCall
66 Jason McCall
67 Patrick Trainer
68 Brian McDiarmid
69 James Bradley
70 Greg Dunn

Harmony AC Colours: *Red with Green Diagonal*

71 Paul McDougall
72 Scott Nicholson

Inverclyde AC Colours: *Black & White Stripes*

73 Peter McMenemie
74 Graham Murdoch
75 Colm Maqueen
76 Graeme Scott
77 Jason Kane

Irvine AC Colours: *Red with Black Trim*

78 Brian Greenshields

Johnnie Walker Kilmarnock Harriers Colours: *Royal Blue with 2 White Stripes*

79 Steven McNeill

80 Alan Elsey
81 Andrew Smith

Kilbarchan AAC Colours: *Gold with Black Hoop*

82 Andrew Campbell
83 Chris Devenney
84 Garry Hanson
85 Craig McCaffer
86 Thomas McHaffie
87 Calum Morrison
88 Craig Stewart
89 Ross Toole

Kirkintilloch Olympians Colours: *Sky Blue with White and Black Hoops*

90 Allan Stewart

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

91 Alistair Mccoll
92 Scott Mitchell
93 Scott Pilkington
94 Michael Szymanski

Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

95 Scott Fraser
96 Dean Philip
97 Jamie Carnie

Lochaber AC Colours: *White with 2 Blue Hoops*

98 Scott Roger

Lothian Running Club Colours: *Blue with Black letters*

99 Angus Armour
100 Fraser Kingscott
101 Graeme Shepherd

Mansfield AC

102 Stephen Lisgo

Motherwell AC Colours: *Red with White edging*

103 Ross Patrick

Nithsdale AC Colours: *Jade Green/Black/White*

104 Stuart Clark
105 Jamie Herron

Pitreavie AAC Colours: *Navy/Yellow/White*

106 Ewan Simpson

Ron Hill Cambuslang Harriers Colours: *Red with White Band*

107 Stephen Dunn

108 Ryan Stringfellow
109 David Ward

110 Mark Deacon
111 Mark Chisholm

112 Andrew Carachi
113 Thomas Lammont

114 Alan Reid
115 Derek Martin

Shettleston Harriers Colours: *Blue with Yellow Band*

116 Graham Welsh

117 Stuart McDonald
118 James Findlay

119 David Wallace
120 Anthony Coyle

121 Shaun Marrinan
122 Brian MacLagan

Teviotdale Harriers Colours: *White with Maroon Band*

123 Shaun Desport

Victoria Park AAC Colours: *Blue and White Hoops*

124 Craig Johnstone
125 Iain MacMillan

126 Peter Speirs
127 Kevin Farmer

128 Nicholas Tolmie
129 Alex Nixon

Whitemoss AAC Colours: *Black and Yellow*

130 Lee Thomson

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual u15 Girls' Championships

(Over 13 but under 15 as at 1st September, 2000)

Distance 4,000m

The winning team to hold the

"Falkirk District Sports Council Trophy" for 12 months

The winning individual to hold the

"William Bramwell Memorial Trophy" for 12 months

The race will start at 12.45

Title holders: Giffnock North AC

Individual Winner: Claire Wilson (Shetland AC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 Charlotte Forbes 2 Kathleen McGee
3 Gail Noble 4 Karen Ward

Arbroath & District AC Colours: *Black with vertical yellow stripe*

5 Sarah McInally

Ayr Seaforth AAC Colours: *White with Red Diagonal Cross*

6 Debbie McKeating 7 Nikki Cree

Banchory Stonehaven AC Colours: *Royal Blue with White band*

8 Catherine Paterson

Central AC Colours: *Yellow and Blue*

9 Morag MacLarty 10 Fiona Thompson
11 Karen Bunyan 12 Fiona Chalmers

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

13 Kathy Robb
14 Christine Lee 15 Meggan Innes

City of Glasgow AC Colours: *Royal Blue with Green Panel*

16 Jennifer Emsley
17 Cara McNally 18 Katie Scott

Clydesdale Harriers Colours: *White with Black "C"*

19 Ainslie Boyle 20 Zoe Alexander
21 Carron Grogan 22 Jolene Ennis

Edinburgh Woollen Mill Colours: *White/Blue/Red*

23 Debbie Ogden 24 Gayle Dunnett

Elgin AAC Colours: *Black White Band*

25 Stephanie Reynolds

Ellon AAC Colours: *Black/Red/Gold*

26 Nikki Kidd

Falkirk Victoria Harriers Colours: *Black with Gold Band*

27 Moira Davie

28 Kirsty Weir

Fife AC Colours: *White with Red Band*

29 Fiona Muir

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

30 J Dobson 31 Jenna Roche
32 Lynne Beattie 33 Nicola Williams
34 Gemma Mulvey 35 Eilidh Dorrian

Gleniffer High School Colours: *Red/Black/Sky Blue*

36 Kathleen Bryce 37 Lauren Devlin
38 Jacqueline Elliott 39 Kirsty Law
40 Fiona McIntyre 41 Stephanie Malzer
42 Fiona Moore 43 Debbie Neilan

Harmony AC Colours: *Red with Green Diagonal*

44 Marbeth Shiell 45 Amy-Jo Shiell

Inverclyde AC Colours: *Black & White Stripes*

46 Jenna O'Neill

Inverness Harriers Colours: *Gold with Maroon Diagonal*

47 Alexina McArthur 48 Laura Poole

Irvine AC Colours: *Red with Black Trim*

49 Caroline Ferns

Johnnie Walker Kilmarnock Harriers Colours: *Royal Blue with 2 White Stripes*

50 Emma Munro
51 Emma Mackie 52 Laura McIntosh

Kilbarchan AAC Colours: *Gold with Black Hoop*

53 Kerryanne Galbraith
54 Vicky Gormley 55 Siobhan Inglis
56 Eilidh Martin 57 Cara Sloss

Kirkintilloch Olympians Colours: *Sky Blue with White and Black Hoops*

58 Fiona Gentles 59 Sandra Malcolm
60 Lisa Hutson 61 Nicky McKay

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

62 Dee Turner

Larkhall YMCA Colours: *Red with White Hoops*

63 Lesley Haig 64 Christina Whitelaw

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

65 Kirsty Miller 66 Lorna Gray

Lothian Running Club Colours: *Blue with Black letters*

67 Stephanie Meek

Nithsdale AC Colours: *Jade Green/Black/White*

68 Lorna Innes

Pitreevie AAC Colours: *Navy/Yellow/White*

70 Eilidh Child 69 Sharon Lamont
72 Elaine Renouff 71 Claire MacAulay
74 Anna Wombwell 73 Julia Oldham
75 Melanie Thomson

Ron Hill Cambuslang Harriers Colours: *Red with White Band*

76 Rachel Hughes

77 Michelle Turnbull 78 Laura McNeish

Shetland AAC Colours: *White Vests 3 Blue Hoops*

79 Claire Wilson

Stewart AC Colours: *Sky Blue with Black diag Band*

80 Emily Macintosh

West Dunbartonshire AC

81 Marie Gardiner

82 Jenna Burness

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual u20 Men's Championships

(Over 17 but under 20 as at 1st September, 2000)

Distance 8,000m

The winning team to hold the

"Marshall Trophy" for 12 months

The winning individual to hold the

"Livingstone Trophy" for 12 months

The race will start at 1.05

Title holders: "Ronhill" Cambuslang Harriers

Individual Winner: Gareth Melvin

("Ronhill" Cambuslang Harriers)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen University AC Colours: *Yellow Vest/Blue Shorts*

1 David Eynon

Central AC Colours: *Yellow and Blue*

2 Ewan Gault 3 Robert Russell

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

4 Andrew Gibson 5 Kris Gauson
6 Leslie Simpson 7 Nick Pollock

Clydesdale Harriers Colours: *White with Black "C"*

8 Mark Rudzinski

Edinburgh University H&H Colours: *Green with White side Panel*

9 Andy Coggins

Falkirk Victoria Harriers Colours: *Black with Gold Band*

10 Philip Evans 11 Kerr Johnstone

Fife AC Colours: *White with Red Band*

12 Andrew Lemoncello
13 Thomas Greene 14 Euan Jardine
15 Jonathan Seeley 16 Scott Cassidy

Forres Harriers Colours: *Red*

17 John Mitchell 18 Fraser Cartmell

George Heriots School Colours: *White with Blue Band*

19 Scott Campbell

20 Christian McDermott 21 Ian Purves

22 Calum Smith 23 Philip Williams

Greenock Glenpark Harriers Colours: *Sky Blue with Royal Blue and Gold Hoops*

24 Andrew MacLean 25 Robert Docherty

Inverclyde AC Colours: *Black & White Stripes*

26 Mark Pollard

Irvine AC Colours: *Red with Black Trim*

27 Graeme Ferguson

Kilbarchan AAC Colours: *Gold with Black Hoop*

28 Graeme Dobbie

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

29 Ewan Stark

Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

30 Daryl Philip

Ron Hill Cambuslang Harriers Colours: *Red with White Band*

31 Gareth Melvin 32 Ian MacCorquodale
33 Allan Shields 34 Paul McNally

35 Richard Parkins 36 Joseph Kealey

37 Kevin Kealey 38 Michael McCabe

Shettleston Harriers Colours: *Blue with Yellow Band*

39 Martin Graham

Victoria Park AAC Colours: *Blue and White Hoops*

40 Kristian Forster 41 Paul Nicoll

42 Derek Watson 43 Christopher Watson

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual Senior Women's Championships

(Over 20 years of age as at 1st September, 2000)

Distance 8,000m

The winning team to hold the
"Daily Record Trophy" for 12 months
The winning individual to hold the
"Mary Semple Trophy" for 12 months

The race will start at 1.30

Title holders: City of Glasgow AC
Individual Winner: Hailey Haining (City of Glasgow)
TEAMS NOT LESS THAN 3 & 3 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 Catriona Forman	2 Lindsay Still
3 Carol Smith	4 Janice Gordon
5 Nancy Mackinnon	6 Alison Henderson
7 Laura Mahady	8 Sonia Armitage

Annan & District AC Colours: *Yellow Vest/Black Shorts*

9 Caroline Legg

Arbroath & District AC Colours: *Black with vertical yellow stripe*

10 Mary-ann McConnachie

Calderglen Harriers Colours: *Amber and Black Vertical Stripes*

11 Julie Neal

Carnethy Hill RC Colours: *Yellow with Red letters*

12 Karen Kealey	13 Kate Jenkins
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City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

14 Lianne Harrison	15 Debra Murray
16 Marrieta Linden	17 Justine Hewson
18 Joyce Donachie	19 Ann Hood
20 Joanne Whitehead	

City of Glasgow AC Colours: *Royal Blue with Green Panel*

21 Eileen Cochrane	22 Debbie Cox
23 Susan Finch	24 Jill Knowles
25 Pauline McAdam	26 Suzanne Owen
27 Jacqueline Thomson	28 Carol Thomson
29 Anne Harvie	30 Julie Duffy

Edinburgh Woollen Mill Colours: *White/Blue/Red*

31 Karen Dobbie	32 Susan Ridley
33 Hayley Parkinson-Ovens	34 Sue Stockdale

Edinburgh University H&H Colours: *Green with White side Panel*

36 Catharine MacDonald	35 Kerry Scott
38 Ruth Chamberlain	37 Toni McIntosh
	39 Sarah Kennedy

Falkirk Victoria Harriers Colours: *Black with Gold Band*

40 Janette Stevenson	41 Caroline Lawless
42 Michelle McCormick	

Fife AC Colours: *White with Red Band*

43 Victorial Gill	44 Ellen Leggate
45 Louise Burt	46 Louise Provan
47 Jocelyn Scott	48 Addy Gerrard

Gala Harriers Colours: *White with Green Band*

50 Karen Renton	49 Laura Howie
52 Ruth McCann	51 Angela Foss
54 Suzanne Gilchrist	53 Leanne Haining
56 Marion Facchini	55 Nicola Alexander
	57 Eileen Nicol

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

58 Shona Hughes	59 Doleen Galbraith
60 Maureen McVey	61 Hilary Millar
62 Midge Connell	63 Lorna Paterson

Glasgow University H & H Colours: *Black and Gold*

64 Sarah Campbell	65 Sheila Fairweather
66 Jane Mccrorie	67 Susan Partridge

Greenock Glenpark Harriers Colours: *Sky Blue with Royal Blue and Gold Hoops*

68 Anne Hay	69 Jean Smith
70 Eleanor O'Brien	

Hunters Bog Trotters Colours: *Brown*

72 Catriona Caddell	71 Anne Buckley
74 Suzanne Ebel	73 Megan Clark
76 Deborah McDonald	75 Michelle Jeffrey
78 Anne Rosbottom	77 Alison McNeillage
	79 Jane Rosbottom

Inverclyde AC Colours: *Black & White Stripes*

80 Annmarie McKee

Inverness Harriers Colours: *Gold with Maroon Diagonal*

81 Julie Wilson

Irvine AC Colours: *Red with Black Trim*

82 Jan Roxburgh	83 Dawn Scott
84 Helen Morton	85 Alison Scott
86 Mary Miller	87 Elizabeth McGarry

Johnnie Walker Kilmarnock Harriers Colours: *Royal Blue with 2 White Stripes*

89 Allison Higgins	88 Lindsay McMahon
	90 Kate Todd

Kilbarchan AAC Colours: *Gold with Black Hoop*

91 Eileen Masson	92 Janice Moore
93 Margaret Moore	94 Kate O'Brien
95 Susan Pearson	96 Maria Psatha

Kirkintilloch Olympians Colours: *Sky Blue with White and Black Hoops*

97 Ada Stewart	98 Anne Flynn
99 Karen Stevenson	

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

100 Susan Aitken	101 Sharon O'Brien
102 Gillian Pilkington	

Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

103 Lorna Rice	104 Sandra Whitley
105 Jean Neill	106 Helena Jack

Livingston & District AAC Colours: *Yellow with Green Stripe*

107 Avril Gardner

Lothian Running Club Colours: *Blue with Black letters*

109 Kate Hofmann	108 Marsie Ewing
111 Teresa Mcmenemy	110 Lesley McGiffen
	112 Margaret Turnbull

Loughborough University

113 Anna Kyle

Oxford University

114 Kelney Wilder

Penicuik Harriers Colours: *Purple with White Panels*

115 Vivienne Blake

Pitreavie AAC Colours: *Navy/Yellow/White*

116 Nicola May	117 Alison Whyte
118 Anna MacKintosh	119 Pamela Pattison

Shettleston Harriers Ladies Colours: *Blue with Yellow Band*

120 Anne-marie Hughes	121 Elaine Mackay
122 Elaine Mcbrinn	123 Pamela Mckay
124 Lindsay Macneill	125 Sandra Edwards
126 Bernadette O'Neil	

Sri Chinmoy AC Colours: *White with Purple Hoop*

127 Dhavala Stott	128 Maitreya Stott
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Strathkelvin Ladies Colours: *Navy Blue with Green Trim*

129 Marlene Gemmell	130 Clare Gemmell
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Victoria Park AAC Colours: *Blue and White Hoops*

131 Lesley Paterson

Wee County Harriers Colours: *Navy and Orange*

132 Manda Macaulay	133 Lindsay Stother
134 Lynda Woods	

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

136 Elspeth Scott	135 Christine Menhennet
138 Helen Macpherson	137 Patricia McLaughlin
	139 Muffy Calder

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual u17 and u20 Women's Championships

(Over 15 but under 17 as at 1st September, 2000) (Over 17 but under 20 as at 1st September, 2000)

Distance 4,800m

U/17 The winning team to hold the
"Dundee Parks Dept. Trophy" for 12 months
U/17 The winning individual to hold the
"Lothian Trophy" for 12 months
U/20 The winning individual to hold the
"The Gunstone Millennium Trophy" for 12 months

The race will start at 2:05

U/17 Title holders: Kilbarchan AC
U/17 Individual Winner: Dennise Smith (Kilbarchan AC)
U/20 Individual Winner: Gillian Palmer
(Edinburgh University H & H)
TEAMS NOT LESS THAN 3 & 3 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 Laura Corsie
2 Lia Haskett 3 Julie Noble
4 Natalie Riley 5 Sally Ross (U20)

Annan & District AC Colours: *Yellow Vest/Black Shorts*

6 Claire Brodie 7 Gemma Weild
Banchory Stonehaven AC Colours: *Royal Blue with White band*
8 Briony Curtis

Central AC Colours: *Yellow and Blue*

9 Suzanne Borrowman 10 Claire Waterhouse (U20)
City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

11 Valerie Young 12 Eilidh Wardlaw (U20)

City of Glasgow AC Colours: *Royal Blue with Green Panel*

13 Emma Blackwood 14 Sarah McAdam
15 Danielle Keir 16 Roslyn Clark (U20)
17 Collette Fagan (U20) 18 Pamela McNellis (U20)

Edinburgh Woollen Mill Colours: *White/Blue/Red*

19 Anna Galbraith
20 Laura Millican 21 Louise Hope
22 Rona Macniven (U20) 23 Katie Doran (U20)

Edinburgh University H&H Colours: *Green with White side Panel*

24 Kirsty Munro (U20) 25 Hannah Norman (U20)

Fife AC Colours: *White with Red Band*

26 Frances Meek 27 Angela Frame (U20)
28 Linsey Allison (U20) 29 Sarah Laing (U20)

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

30 L Mendelson
31 Helen Stevenson 32 Yvonne Hamilton

Gleniffer High School Colours: *Red/Black/Sky Blue*

33 Lynn Pattison

Inverness Harriers Colours: *Gold with Maroon Diagonal*

34 Mhairi Spence
35 Fiona Spence 36 Jennifer Main

Johnnie Walker Kilmarnock Harriers Colours: *Royal Blue with 2 White Stripes*

37 Laura Cairns 38 Lauren Young
39 Sarah Shanks 40 Karen Bennett (U20)

Kilbarchan AAC Colours: *Gold with Black Hoop*

41 Lyndsey Burke
42 Anneka Galbraith 43 Heather Gordon
44 Gillian Mackenzie 45 Karen Downie
46 Susan McGrenaghan (U20) 47 Jill Shannon (U20)
48 Dennise Smith (U20) 49 Hannah Waugh (U20)
50 Karen Yule (U20) 51 Lynsey Macintosh (U20)

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

52 Elaine Smith

Larkhall YMCA Colours: *Red with White Hoops*

53 Kelly Thomson

Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

54 Freya Murray 55 Nicola Murray (U20)
Livingston & District AAC Colours: *Yellow with Green Stripe*
56 Mhairi Walker

Penicuik Harriers Colours: *Purple with White Panels*

57 Sarah Blake

Pitreavie AAC Colours: *Navy/Yellow/White*

58 Samantha Marshall

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual u17 Men's Championships

(Over 15 but under 17 as at 1st September, 2000)

Distance 6,400

The winning team to hold the
'Bryson Cup' for 12 months
The winning individual to hold the
'Goodwin Bowl' for 12 months

The race will start at 2.25

Title holders: Fife AC
Individual Winner: Derek Watson (Victoria Park AC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 Iain Donnan
2 Stuart Forbes 3 Peter Mutch
4 Alan Wales 5 Adam Watt

Annan & District AC Colours: *Yellow Vest/Black Shorts*

6 Darren Malin

Ayr Seaforth AAC Colours: *White with Red Diagonal Cross*

7 Christopher Bodys 8 Danny McKeating

BP Black Isle AAC Colours: *Black with Red Diagonal Stripe*

9 Jamie Stephen 10 Bryan McLelland

Central AC Colours: *Yellow and Blue*

11 Lewis Millar 12 Ryan Summerscales

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

13 Gavin Graham
14 Robin Macintosh 15 Brett Dagleish
16 Leo Ritchie 17 Steven Black
18 Stephen Frame 19 Scott Thomson

Clydesdale Harriers Colours: *White with Black "C"*

20 Lee Cassidy

East Kilbride AAC Colours: *Gold with 2 Black hoops*

21 Stephen Matthews

Fife AC Colours: *White with Red Band*

22 Graham Bee 23 Kevin Wallace
24 Scott Pryde 25 Graeme Barker
26 Michael Taylor 27 Angus McLachlan

Forres Harriers Colours: *Red*

28 Iain O'May 29 Alex O'May

Galloway Harriers Colours: *Black with white stripes, black shorts*

30 Richard Goldsworthy

George Heriots School Colours: *White with Blue Band*

31 Alex Milne 32 Philip Purves
33 Aaron Simpson 34 Douglas Stewart

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

35 Sean Robertson 36 Patrick McVey
37 Barry Weatherston 38 Graham Thomson
39 Jim MacLachlan 40 Steven Milligan
41 John Walker 42 Gavin Ross

Horsham Blue Stars

43 Andrew Murdoch

Inverclyde AC Colours: *Black & White Stripes*

44 Colin Doherty

Inverness Harriers Colours: *Gold with Maroon Diagonal*

45 Ross McDonald

Irvine AC Colours: *Red with Black Trim*

46 Kevin Aitken

Johnnie Walker Kilmarnock Harriers Colours: *Royal Blue with 2 White Stripes*

47 Iain Campbell 48 Stuart Livingstone

Kilbarchan AAC Colours: *Gold with Black Hoop*

49 Ashley Chatterton

50 Gary Darroch 51 William Docherty

52 Peter Mack 53 Colin May

Kirkintilloch Olympians Colours: *Sky Blue with White and Black Hoops*

54 David McEwen

Kwik Fit Corstorphine AAC Colours: *White with Black Trim*

55 Kris Berry

Larkhall YMCA Colours: *Red with White Hoops*

56 David Shearer 57 Ross Douglas

Lasswade AAC Colours: *White with 2 Blue Bands and Red Band*

58 Paul Elliot

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

59 Thomas Grant

60 Stuart Griffin 61 Steven Lawley

62 Stephen Porte 63 David Campbell

Livingston & District AAC Colours: *Yellow with Green Stripe*

64 Marc Johnston 65 Grant Forrester

Nairn & D AAC Colours: *Orange*

66 Donald MacAulay

Nithsdale AC Colours: *Jade Green/Black/White*

67 Scott Hardie

Ron Hill Cambuslang Harriers Colours: *Red with White Band*

68 Jonathan Walker 69 Ian Munro

70 Andrew Steven 71 Michael Chisolm

72 Darren Kelsey 73 Christopher Hendry

74 Jasmair Pal 75 Anthony Gray

Shettleston Harriers Colours: *Blue with Yellow Band*

76 Adam Lee

77 Gareth Hutchison 78 Joesph Chambers

Victoria Park AAC Colours: *Blue and White Hoops*

79 Gary Baines

West Dunbartonshire AC

80 Gerard Gardiner

Whitemoss AAC Colours: *Black and Yellow*

81 Stuart Gibson

Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

9th Annual Senior Men's Championships

(Over 20 years of age as at 1st September, 2000)

Distance 12,000m

The winning team to hold the
"Elkington Shield" for 12 months
The winning individual to hold the
"W. H. Dunlop Trophy" for 12 months

The race will start at 3:00

Title holders: "Ronhill" Cambuslang Harriers
Individual Winner: Robert Quinn (Kilbarchan AC)
TEAMS NOT LESS THAN 6 & 6 TO COUNT

Aberdeen AAC Colours: *White with 2 red hoops*

1 David Armitage	2 Thomas Bracegirdle
3 Stephen Cassells	4 Calum Davidson
5 Francis Duguid	6 Michael Greaves
7 Kenneth Hogg	8 Benjamin Hukins
9 Andrew Jones	10 Alistair Leiper
11 Thomas Litterick	12 Stewart Mason
13 David McLeod	14 Neil Murdoch
15 Jonathan Musgrave	16 David Oliver
17 Simon Sinclair	18 Christopher Smith
19 Frank Smith	20 Colin Taylor
21 Peter Sim	22 Christopher Simpson
23 Dan Whitehead	24 Ian Williamson
25 Bruce Johnston	26 Alexander Peddie

Aberdeen University AC Colours: *Yellow Vest/Blue Shorts*

27 Richard Wainford

Arran Runners

29 David Allsop	30 Paul Emsley
31 Tommy Gilmore	32 Nicholas Bulloss
33 Dennis Padden	34 Alan Miller

Ayr Seaforth AAC Colours: *White with Red Diagonal Cross*

36 Laurence Baker	37 James Burns
38 Francis Napier	39 Colin Souter
40 Alastair Stewart	41 Patrick Kelly
42 O Jones	43 Iain Baird

Ayrodynamic Runners Colours: *Turquoise/Blue & Yellow*

45 Tom Reid	46 Fred Kellett
	46 Andy Clapperton

Beith Harriers Colours: *Black*

47 David Hughes	48 Michael Connelly
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Bellahouston Harriers Colours: *Dark Blue with Light Blue Cross*

49 Colin Scott	50 Gordon Watson
51 John McFadyen	52 Campbell Joss
53 Jeremy Garnett	54 Stewart Collins
55 Iain Burke	56 Jim Corbett
57 Samuel Allison	58 Graeme Gemmell

Calderglen Harriers Colours: *Amber and Black Vertical Stripes*

60 Martin Duthie	61 Charles Steven
62 Alister Begg	61 Malcolm Buchanan
64 Jamie Mcmonagle	63 Andrew Henderson
66 Alan Derrick	65 Brian Carrigan
68 Blair Matthew	67 Graham Allan
70 Jim Holmes	69 Scot Hill
72 Alexander Muir	71 Colin Macdonald
	73 Gerard Mullen

Central AC Colours: *Yellow and Blue*

74 David Hay	75 William Gault
76 James Drummond	77 Ivor Campbell
78 John Millar	79 James McDonald
80 Gordon Walker	81 Ross Houston
82 Gregor Dingwall	83 Alasdair Anthony

84 Derek Easton

86 Kevin Gallagher

City of Edinburgh AC Colours: *White with one Blue, one Black Hoop*

87 John Agnew	88 Brian Aitken
89 David Armour	90 Graham Beal
91 William Begley	92 Matthew Bell
93 Thurstein Bostard	94 Keith Broadfoot
95 Sandy Cavaghan	96 Robert Cockburn
97 Andrew Donachie	98 Thomas Ellacott
99 Ross Elliott	100 Martin Ferguson
101 Owen Flage	102 Michael Fulthorpe
103 David Garner	104 William Gallacher
105 Andrew Griffiths	106 James Guest
107 Richard Hope	108 Brian Howie
109 Francis Hooton	110 Scott Innes
111 Mark Johnston	112 Colin Laidlaw
113 Rod Leach	114 Steven Lauder
115 Andrew Laycock	116 Rowan Leonard
117 Keith Lyle	118 Darryl McDonald
119 Alex MacEwen	120 Murdo Macleod
121 David MacLean	122 Walter McCaskey
123 Robert McFall	124 Stephen Maniam
125 David Millar	126 Richard Patterson
127 Peter Paterson	128 Jamie Pringle
129 Stuart Robertson	130 Andrew Scott
131 Grant Stewart	132 Martin Sneddon
133 John Steel	134 Eric Stevenson
135 Angus Wardlaw	136 Robert Wiseman

Clydesdale Harriers Colours: *White with Black "C"*

137 Allan Adams	138 James Austin
139 Clifford Brown	140 Michael Diver
141 Brian Edridge	142 Derek Halpin
143 John Hanratty	144 Gerald Kennedy
145 Alistair Meikle	146 Murray McDonald
147 Laurence Pearson	148 Peter Rudzinski
149 James Shields	150 Robert Young

Dumfries Running Club Colours: *White with Maroon and Sky blue Hoops*

151 James Laird

Dundee Hawkhill Harriers Colours: *Blue and White Quarters*

152 Stuart Kerr	153 Stephen Mason
154 Tim Neill	155 Eddie Holmes
156 Neil Raitt	157 Jonathan Whitehead
158 Neil Gunstone	159 T Esles
160 Matthew Strachan	161 William Rennie
162 John Hepburn	163 Paul McCormack
164 Gordon Rennet	165 Brian Cook

East Kilbride AAC Colours: *Gold with 2 Black hoops*

166 Gordon Colvin	167 Edgar Ramage
168 Graeme Haddow	

Edinburgh University H&H Colours: *Green with White side Panel*

170 Andy Fife	169 Neil McKay
172 Stuart Shannon	171 Iain Gibson
	173 Ian Wellock

Elgin AAC Colours: *Black White Band*

174 Malcolm Christie

Falkirk Victoria Harriers Colours: *Black with Gold Band*

176 Stephen Moore	175 Michael McQuaid
178 Craig Walker	177 Andrew Ronald
180 David Hart	179 Douglas Gillespie
182 David Murray	181 John Martin
184 Euan Mackay	183 William Higgins
	185 Paul McKerracher

Ferranti AAC Colours: *Yellow with Black letters*

186 Alex Bell	187 Walter Fairnie
188 Paul Caban	189 Trevor Ridley
190 Keith Nicol	191 William Thomson

Fife AC Colours: *White with Red Band*

192 Alan Milligan	193 Daniel Leggate
194 Alexander Moss	195 John Cunningham
196 Peter Morrison	197 Terry Mitchell
198 Jonathan Stewart	199 Charles Woodd
200 James Meek	201 Christopher Russell
202 Hugh McKay	203 Ian Overton
204 Brian Thomson	205 David Weir
206 Adrian Davis	207 Douglas Gunstone
208 John Gunstone	209 Graham Bennison
210 Owen Greene	211 Tom Scott
212 Joe Holden	213 Gary Barker
214 Andrew Barker	215 David Francis
216 James Taylor	217 Brian Peachey
218 David Anderson	219 Philip Grist

Forres Harriers Colours: *Red*

220 Paul Rogan	221 Andrew Munro
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Gala Harriers Colours: *White with Green Band*

222 Neil Renton	223 Ron Logan
224 Martin Clarke	225 Robin Murray
226 Alistair Laurie	227 Graham Capper

Galloway Harriers Colours: *Black with white stripes, black shorts*

228 John Goldsworthy

Garscube Harriers Colours: *White with Blue Band*

229 Paul Clark	230 Iain Cullen
231 Stephen Cullen	232 Iain Dunn
233 David Geddes	234 David Heppell
235 Stuart Irvine	236 Ronald Keith
237 Peter McGlynn	238 William Marshall

Giffnock North AAC Colours: *Amber with Royal Blue Hoop*

240 Alan Stewart	239 Bernard Campbell
242 Ronald Fergus	241 Martin Campbell
244 Alastair MacLachlan	243 Gerard McNamee
246 Paul Harte	245 Ian Millar
248 George Taylor	247 Derek Breen
250 Charles Rankin	249 Scott Goldie
	251 David McNab

Girvan AAC Colours: White with Blue & Green Hoops

252 Alastair Noble	253 Jack Maxwell
Glasgow University H & H Colours: Black and Gold	
255 Chris Holmes	254 Lachlan Campbell
257 Gordon Fuller	256 Neil Calder
259 Fraser Turner	258 Nick Pearson
261 Cameron Burt	260 Christopher Dickson
263 Richard Cook	262 Ian Veitch
265 Tony McCue	264 Malcolm Jones
	266 David Greer

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

268 Andrew McCall	267 Daniel McLaughlin
270 Ernest Currie	269 Stephen McLoone
272 Richard Hodelet	271 Andrew Morrison
274 Alan O'Rourke	273 Robert Wilson
276 John Kerr	275 Norman Hay
278 Richard Davidson	277 George Mitchell
	279 Kenneth Scott

Haddington East Lothian Pacemakers Colours: Red and White Halves

281 George Armstrong	280 Paddy McDonald
283 James Baird	282 Mure Dickie
	284 Sandy Wallace

Hunters Bog Trotters Colours: Brown

286 William Blair	285 Duncan Baker
288 Steven Cairns	287 Gary Brown
290 Tom Gillespie	289 Colin Farquharson
292 Alistair Hart	291 Ian Harkness
294 Craig Hunter	293 John Heap
296 John McKay	295 Iain Kelly
298 Geoffrey Mitchell	297 Ian Marshall
300 Donald Naylor	299 Philip Mowbray
302 Pat O'Kane	301 Ivor Normand
304 Geoff Simpson	303 Eric Scott
306 Neil Thomas	305 Robin Thomas
	307 David Wright

Inverclyde AC Colours: Black & White Stripes

309 Gerard Gaffney	308 John Bannister
311 George Hagarty	310 Robert Gray
313 Stephen McAllister	312 George King
315 T McCallion	314 Craig McAllister
317 Thomas Murray	316 David McElhinney
319 Robert Shaw	318 Chris Robison
321 Tom Tracey	320 William Tipping
323 Stuart Dalgleish	322 Steven Conaghan
325 Stuart Hodge	324 John Weston
	326 Cameron Spence

Irvine AC Colours: Red with Black Trim

327 William Richardson	328 Lee Richardson
329 Colin Miller	330 Brian Craig
331 David Millar	332 James White
333 David Kerr	334 Ashley Shedden
335 Finlay Dowell	336 Iain Fraser

337 Ian McManus	338 Andrew Rennie
339 Peter Collier	340 James Stevenson
341 Robert Nicol	342 Ian McNea

Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

343 Jim Goldie	344 Eric Dickson
345 Edward Tonner	346 James Tonner
347 Ryan Montgomery	348 Alasdair Murray
349 John Gebbie	350 Gerry Dodds
351 Graham Cairns	352 Eric Dickson
353 George Kerr	354 Keith Haining

Keith & District AAC Colours: Red with Black Trim

355 Simon Pride	356 Ross Arbuckle
357 Frank Barton	358 Micheal Turner
359 William Johnstone	360 Brian Law
361 Mike Stewart	362 Gerald Angus
363 Bruce Cruickshank	364 Jeremy Whittet

Kilbarchan AAC Colours: Gold with Black Hoop

365 Thomas Anderson	366 George Gibson
367 Steven Hards	368 Thomas Hearle
369 Ian MacDougall	370 John McMillan
371 David Mewse	372 Andrew Muir
373 Donald Petrie	374 Alan Puckrin
375 Robert Quinn	376 Alexander Ross
377 James Snodgrass	378 Robert Snodgrass
379 Derek Brines	380 Robert McCulloch
381 James Mcmillan	382 Gerard Fairley

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

383 Edward McLoone	384 John McLoone
385 Martin Hyndman	386 Stuart Kerr
387 Gordon McLean	388 Chris Stewart
389 Colin Burns	

Kwik Fit Corstorphine AAC Colours: White with Black Trim

391 Iain Cumming	390 Stuart Clarke
393 David Henderson	392 Graeme Fletcher
395 Brian Nicholson	394 David Law
397 John Ohara	396 Paul O'Brien
399 Craig Smith	398 Douglas Pilkington
401 Moray Anderson	400 Bryan Clark
	402 Martin Caldwell

Larkhall YMCA Colours: Red with White Hoops

403 Allan McCormack

Lasswade AAC Colours: White with 2 Blue Bands and Red Band

404 David Veitch	405 John Murray
406 Ben Mitchell	407 Ricky Fraser
408 Robert Kettles	409 John Forker

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

411 Steven Macgregor	410 Alaister Russell
413 Patrick Kelly	412 Christopher McCann
415 William Drysdale	414 James Rowley
	416 Gordon Douglas

417 Jamie Reid	418 John Gourlay
Livingston & District AAC Colours: Yellow with Green Stripe	
	419 Steven Thomson

Lothian Running Club Colours: Blue with Black letters

421 Alexander Agnew	420 Cliff Acklam
422 James Alexander	422 James Alexander
423 Colin Eades	424 Alastair Ewing
425 Alistair Hindle	426 Andy Kitchin
427 Martin Leadbetter	428 Robert Lee
429 Tim Lenton	430 Colin Meek
431 Harry Mulholland	432 Christopher Northam
433 John Paxton	434 Murray Robertson
435 Ian Seggie	436 David Simmons
437 Brian Turner	438 Tim Brand

MacDonald's Carnegie Harriers Colours: Orange and Green

439 Paul Bundy	440 Kenneth Daniels
441 Billy Duff	442 Lewis Lawson
443 Ian Stewart	444 John McArthur
445 Andrew Hunter	446 Ian Armstrong
447 Ian Mitchell	448 Steven Nicholson
449 Iain Taylor	450 Dennis Howett

Metro Aberdeen RC Colours: Black/Yellow Quarters

451 Mark Johnston	452 Nick Price
453 Nicholas Milovsorov	454 Peter Jennings
455 Fraser Clyne	456 Andrew White
457 Keith Farquhar	458 Kevin Tulloch

Mizuno Racing Club Colours: Purple

459 Guy Amos	460 David Beagley
461 Stuart Campbell	462 Ken Chapman
463 Max Colligan	464 David Gardiner
465 Thomas Hanlon	466 Brian Kirkwood
467 Alan Robson	468 John Robson
469 David Ross	470 John Ross
471 Duncan Scobie	472 Kirk Smith
473 Glen Stewart	

Motherwell AC Colours: Red with White edging

474 Patrick Mullen	475 Colin McAlpine
476 Brian McLinden	477 James Tracey
478 John Hughes	

Nithsdale AC Colours: Jade Green/Black/White

479 William Mackintosh	480 Joseph Boardman
481 George Winchester	

Oldham AC

482 Raza Ahmed	
Penicuik Harriers Colours: Purple with White Panels	
483 Robert Walker	
484 Michael Browne	485 Michael Pearson
486 Sean Davidson	487 Colin Graham

Perth Strathtay Harriers Colours: Orange with Blue Trim

488 David Knight

Peterhead AAC Colours: Sky Blue

489 Alan Reid	490 Iain Cruickshank
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Pitreavie AAC Colours: Navy/Yellow/White

491 David Farquharson	492 Brian Gray
493 Colin Simpson	494 Alistair Williamson
495 Glyn Gardiner	496 Cameron Watson

Ron Hill Cambuslang Harriers Colours: Red with White Band

498 David Marshall	497 Peter Ogden
500 Malcolm Campbell	499 Charles Thomson
502 Colin Donnelly	501 Neil Wilkinson
504 Douglas Runcieman	503 Graeme Croll
506 Edward Stewart	505 David Rodgers
508 Wan Williamson	507 Alan Macpherson
510 Iain Reid	509 John Cowan
512 Douglas Henderson	511 Mark Fairgrieve
514 Jim Quinn	513 Francis Hurley
	515 David Fairweather

Shettleston Harriers Colours: Blue with Yellow Band

516 Adrian Callan	517 Peter Carton
518 William Coyle	519 Desmond Crowe
520 John Duffy	521 Raymond Loughran
522 Neil MacGregor	523 John Mackay
524 Dermot McGonigle	525 Anthony McCall
526 John McCall	527 Frank McGowan
528 Robert Mooney	529 Hugh Watson
530 Graham Wight	531 Graeme Walsh
532 Andrew Ward	533 Jim Norton
534 Denis Williams	535 John Donnelly
536 Andrew McKenna	

Springburn Harriers Colours: Navy Blue with White Diamond

537 Andrew Callan	538 Graham Crawford
539 Robert Davis	540 Edward Dickson
541 Alan Hill	542 Derek Houstoun
543 Alexander Lees	544 William McGregor
545 John McLaughlin	546 Douglas Morton
547 Daniel O'Neill	548 John Owens
549 Duncan Reid	550 Robert Soutar
551 Francis Wright	552 Frank Thom

Sri Chinmoy AC Colours: White with Purple Hoop

553 Adrian Stott

Standard Life AC Colours: Blue with Yellow trim

554 Bruce Smith	555 Andrew Kirkland
556 Bill Ferrari	

Stornoway RC Colours: Red with Yellow Hoop

557 Alexander Duncan

Teviotdale Harriers Colours: White with Maroon Band

558 David Cavers	559 Robert Halliday
560 Scott Watson	561 Colin Nichol

Troon Tortoises AC Colours: Yellow with 2 Black Half hoops

562 George McGregor	563 Ian Beattie
564 Vincent Daly	565 Owen Light
566 Charles Martin	567 William Spark
568 Marco Cecchini	569 Gordon Dobbie

Tynedale Harriers

Unattached

Vets AC

Victoria Park AAC Colours: *Blue and White Hoops*

574 Kenneth Brown
576 Angus Clark
578 Joseph Doyle
580 Ken Macmahon
582 Peter McGregor
584 Alastair Mace
586 Gus Munro
588 Andrew Nicoll
590 Roddy Yarr

570 Andy Caine
571 Alistair Munn
572 Colin Campbell
573 Stuart Barnett
575 Augustine Cairney
577 Alastair Douglas
579 Kevin Forster
581 Alan MacBeth
583 Kenneth McVey
585 Herve Morvan
587 Robert Newton
589 Derek Watson
591 Roger Young

Wee County Harriers Colours: *Navy and Orange*

592 Dennis Mcara
594 Kenny Leitch
596 Sidney Pask
598 Jonathan Woods
600 Robbie Mckenzie

593 Dunn Alexander
595 Martin Quinn
597 Trevor Andrews
599 Gordon McNeil
601 Sandy Hunter

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

603 David Calder
605 Graeme Orr
607 Daniel Reid
609 Ian Struthers
611 Peter Baxter
613 Ronald Gallagher

602 Blair Millen
604 Crispin Flower
606 Andrew Turnbull
608 Mark Rigby
610 Anthony Ritchie
612 Gibson Fleming
614 Charles Campbell

Whitburn AAC Colours: *Claret with Amber Hoops*

615 Thomas McIntosh
616 Alan Cullie
617 Colin Banks

Whitemoss AAC Colours: *Black and Yellow*

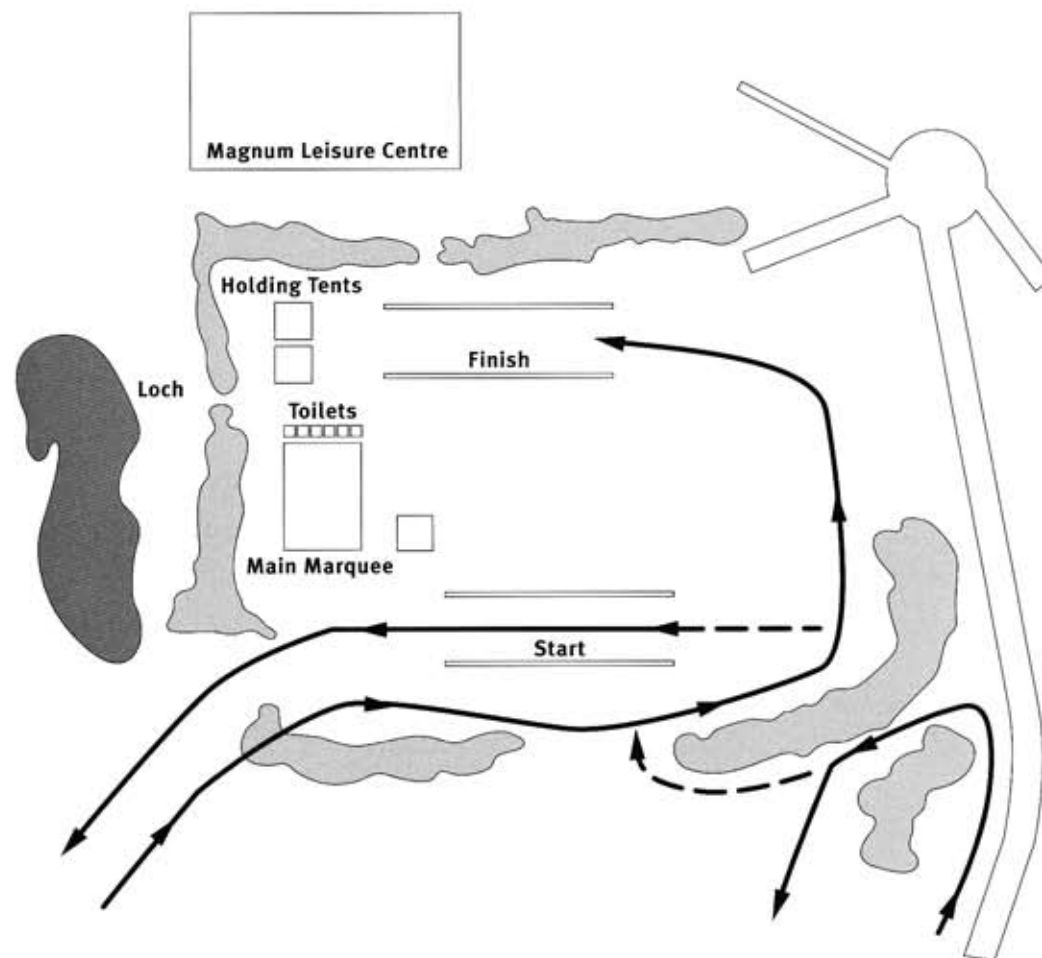
Individual Results

1st	Time
2nd	Time
3rd	Time

Team Results

1st	Time
2nd	Time
3rd	Time

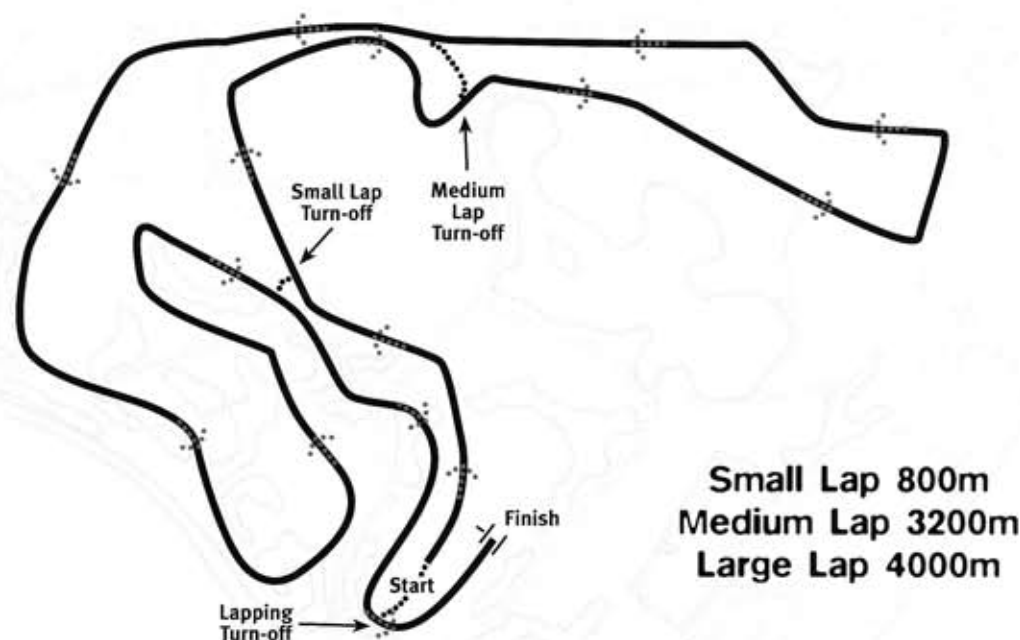
Site Plan



Race Information

Special Notices

1. It must be strictly observed that warming up will not be allowed on the actual course. Disciplinary action may be taken against anyone who disregards this order.
2. Spikes or cross-country shoes must be removed before entering the Magnum.
3. In all races, numbers must be worn FRONT.
4. Entries for team events must show the colours of the Club's vest and a vest of these colours must be worn by all members of the team while competing.
5. Athletes and spectators must not encroach on the start/finish area.
6. I.A.A.F. advertising rules will be **strictly** enforced.



Small Lap 800m
Medium Lap 3200m
Large Lap 4000m

Category	Distance	Course	Start Time
U/13 Boys	(3200m)	1 Medium Lap	12:00
U/13 Girls	(3200m)	1 Medium Lap	12:15
U/15 Boys	(4000m)	1 Large Lap	12:30
U/15 Girls	(4000m)	1 Large Lap	12:45
U/20 Men	(8000m)	2 Large Laps	1:05
Snr. Women	(8000m)	2 Large Laps	1:30
U/17, U/20 Women	(4800m)	1 Small then 1 Large Lap	2:05
U/17 Men	(6400m)	2 Medium Laps	2:25
Snr. Men	(12000m)	3 Large Laps	3:00



The Norwich Union Shine Awards

- Levels 2 & 3 Sportshall sections
 - Fun, challenging and rewarding
 - Development of basic skills
 - Can be used all year round
 - Teacher and pupil friendly
 - Caters for all ability levels
 - Adapted version included for children with disabilities
 - Easy to use in small sports halls and classrooms
- Level 1: 'play and learn', caters for 3 to 8 year olds
Level 2: 'participation', provides for 7 to 12 year olds
Level 3: 'getting better', designed for 11 to 15 year olds
Level 4: 'performance', caters for 14 year olds plus.

www.norwichunionshineawards.com

For further information contact the SAF on 0131 317 7320