



National Cross Country Championships – Irvine (Magnum Leisure Centre)
Saturday 19 February 2005

scottishathletics NATIONAL CROSS COUNTRY CHAMPIONSHIPS

MAGNUM LEISURE CENTRE, IRVINE - SATURDAY 19 FEBRUARY 2005

RACE OFFICIALS

Referee	I Clifton
Officials Reception	G Sword, A Jackson
Clerk of Course	R Reid
Course Team	K Martin, M Ferguson, N Taylor, J Young, K Phillips, W Simpson, I Hamilton
Judges	R L McSwein (Chief), W Gentleman
Funnel Control	Males : A Law, J Semple, W Laing Females : K Melville (Chief), J Devenny, P Law
Timekeepers	D McLaren (Chief), G Sword, S MacDougall, M Daly B Beattie, D Gilmore
Recorders (Places)	S Hardacre (Chief), N Donachie (Voice record), I Hislop J Youden, I Mann, S Cameron
Recorders (Times)	W MacDougall, B Hislop
Starter	A Cameron
Marksmen	W Laing, J Semple, D McConnell
Declarations	A Jackson, J Jackson, D McGinley, K Monaghan,
Results	P Jackson (Chief), A Jackson, H Jackson, J Jackson, M Donachie, S Smart,
Runners/Programmes	Members of Irvine Athletic Club
Announcer	R Gray
Press	C Broadbent, B Goodwin, W Melville
Presentations	E Young, B Goodwin, A Potts
Jury of Appeal	R L McSwein, M Cook, R Thomas
Doctor	Dr J Galbraith
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence, P Law
Reception	A Potts, M Cook, R Thomas, B Goodwin, G Sword
Event Manager	A Rodgers
Co Conveners	B Goodwin, J Young

WELCOME MESSAGES

On behalf of North Ayrshire Leisure I am pleased to welcome the 2005 Scottish National Cross Country Championships to the Magnum Leisure Centre and Irvine Beach Park.

This prestigious event is important, not only in providing athletes the opportunity for competition but also in promoting participation in athletics at all levels within Ayrshire and beyond.

I would thank the organisers of the event and local volunteers for the assistance that they have provided that has enabled us to make this venue available for the Championships.

Finally, I would wish all the competitors and teams an enjoyable and successful day.

Good Luck

Frank Keddily
Chief Executive
North Ayrshire Leisure Limited

It is my pleasure to welcome you all to Irvine today. We are once again grateful to North Ayrshire Leisure trust for their support of these Championships.

The National Cross Country Championships are always an exciting event and I am looking forward to watching you all competing today at almost the end of a hard winters training.

The Road Running and Cross Country Commission wish to thank Irvine AC for their help both today and in preparation of the event. We would also like to thank all those Officials who have helped at many events throughout the winter, and a special thanks to Jim Young and his "band of helpers" who are first to arrive to set out the course and last to leave, as they have to dismantle the course after the races. Thanks also to all the parents coaches and supporters who come along to support the runners. Lastly to the athletes - Run well and enjoy the event.

Marjory Cook
Convenor
Road Race and Cross Country Commission

It gives me great pleasure to welcome you all to the scottishathletics National Cross Country Championships 2005. This year we are delighted to have award winning radio station West Sound on board to provide coverage of the event. Tune into 1035AM to hear race reports from 2pm onwards.

Of course many people generously give their time in organising such an event as this, and thanks therefore must go to them - the sponsors, officials, coaches, Road Running and Cross Country Commission, scottishathletics office staff and helpers. Without them today's Championship would not occur.

I am sure everyone will enjoy what should be a day of very competitive Cross Country competition and trust the spectators will support all the athletes and help them to produce their best performances.

To the competitors, the main players in today's proceedings, may I take this opportunity to wish you all a very enjoyable and successful day.

Alan Potts
President
scottishathletics

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE
Under 13 Boys	11.30	12.00	3,200 metres
Under 13 Girls	11.45	12.15	3,200 metres
Under 15 Boys	12.00	12.30	4,000 metres
Under 15 Girls	12.15	12.45	4,000 metres
U17/U20 Women	12.35	1.05	4,800 metres
Under 17 Men	12.55	1.25	6,400 metres
Under 20 Men	1.25	1.55	8,000 metres
Senior Women	1.55	2.25	8,000 metres
Senior Men	2.30	3.00	12,000 metres

PRESENTATIONS

Individual presentations will take place immediately after each race. Team presentations will take place on the course at 1.40pm and 2.40pm. Individuals and teams involved are requested to hold themselves close to the Administration Area. Announcements will be made prior to the awards.

SPECIAL NOTES

1. It must be strictly observed that warming up is not allowed on the actual course. Disciplinary action may be taken against anyone who disregards this.
2. Spikes and cross-country shoes must be removed before entering the Magnum Leisure Centre.
3. All Female Races numbers have a YELLOW BAND.
4. In all races numbers must be worn on the FRONT. Competitors in the Under 17 and Under 20 Womens Race will wear an age code number on the BACK as well.
5. 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.
6. Athletes and spectators must not encroach on the start/finish area.
7. I.A.A.F. advertising rules will be strictly enforced.
8. At the 2002 National Cross Country Championships in Falkirk there was unacceptable damage to property and anti social behaviour. Clubs and team managers are requested to ensure that their athletes behave in a responsible manner in the Bells Sports Centre and there is no damage to equipment or facilities. Suitable adult supervision should be provided for young athletes by the Clubs at all times. Young athletes are encouraged to make use of the organised multi sport activities.
9. Computer results will be on sale on the day.

OFFICE BEARERS

Hon President: W.M. Campbell, CBE, QC, MP
President: Alan Potts

ROAD RUNNING & CROSS COUNTRY COMMISSION

Convenor: Mrs Marjory Cook
Vice Convenor: Robin Thomas
Hon. Secretary: Brian Goodwin
Finance Officer: Graham Sword
Championship Convenor: Jim Young

THE AT MAYS TROPHY FOR THE OVERALL TEAM PERFORMANCE

Rules determining Winner of Trophy

- a) Clubs will be awarded points in each race equal to the finish position of their team - 1st team (1 point), 2nd team (2 points), etc.
- b) 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 above)
- c) 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 team points are awarded as "a" above
 - For declared but non-finishing teams the points awarded will be the highest team placing plus 1.
- d) Clubs not finishing a senior team are not eligible for this trophy.
- e) 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.



13th Annual Under 13 Boys' Championships
(Over 11 but Under 13 as at 1st September, 2004)

Distance 3,200 metres	The race will start at 12.00
The winning team to hold the 'McKenzie Cup' for 12 months	Title holders: Central AC
The winning individual to hold the 'Alex Nangle Memorial Trophy' for 12 months	Individual Winner: Matthew Gillespie (Central AC) TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC 1 Lewis Stephen	Colours: White with 2 red hoops 2 Cameron Gourlay	3 Finlay Park	4 Callum Tawse
Ayr Seaforth AAC 5 Andrew Rae	Colours: White with Red Diagonal Cross 6 Callum Aitkenhead	7 Jonathan Dunn	
Banchory Stonehaven AC 8 Robbie Simpson	Colours: Royal Blue with White band		
Beith Harriers 9 Ian McNaughton	Colours: Black 10 Graham Evans	11 Lee Thomson	
Calderglen Harriers 12 Grant Ferguson	Colours: Amber and Black Vertical Stripes 13 Kyle Gatens	14 Adam Gatens	
Central AC 15 Anthony Gillespie 19 Christopher Clarke 23 Calum Gathergood	Colours: Yellow and Blue 16 David Hutchison 20 William Bowers	17 Ross Milne 21 Alan Bennie	18 Roddy Irvine 22 Robbie Gathergood
City of Edinburgh AC 24 Fraser Mann 28 Craig Paulin 32 Davy Rowan	Colours: White with one Blue, one Black Hoop 25 Edward Dudgeon 29 Nikhil Mair 33 Martin McInnes	26 Tom Ryan 30 Andrew MacLean	27 Stuart McKemmie 31 Jonathan Wolf
Corstorphine AAC 34 Andrew Christie 38 Hector Fraser	Colours: White with Black Trim 35 Keiran Johnston 39 Fraser Scott	36 Alastair Price	37 Philip Shortney
Dundee Hawkhill Harriers 40 Ross Gourlay	Colours: Blue and White Quarters 41 David Smith	42 James Smith	
East Kilbride AAC 43 David MacMillan	Colours: Gold with 2 Black hoops 44 Stephen Paris(jnr)	45 Andrew Wardrop	46 Ross Morgan
Falkirk Victoria Harriers 47 Euan Martin 51 Andrew Spears 55 Graeme MacGregor	Colours: Black with Gold Band 48 Jamie Stevenson 52 Jonathon Dewar	49 Gregor Faulds 53 Andrew Cronc	50 Matthew Johnston 54 Darren Weir
Fife AC 56 A Hood	Colours: White with Red Band 57 Iain Ronaldson	58 Matthew Morgan	59 Alexander Prentice
Gala Harriers 60 Cameron Fair	Colours: White with Green Band 61 James Haining	62 Danny Martin	
George Heriots School 63 Roger Postman 67 Ross Christie	Colours: White with Blue Band 64 Grant McEwan 68 David Smith	65 Joshua Yates	66 Angus Andrew
Giffnock North AAC 69 Greg Turner 73 Greg Lambert	Colours: Amber with Royal Blue Hoop 70 Paul McQueen 74 Matthew Ritchie	71 Miles Hollinshead 75 John Jamieson	72 Paul Bainbridge
Glasgow School of Sport 76 Graeme Wood			

Girvan AAC 76 Ciara Gracie 80 Jessica Taylor	Colours: White with Blue & Green Hoops 77 Courtney McLeary 78 Francesca Capaldi	79 Natalie Cameron
Glasgow School of Sport 81 S Kelly		
Greenock Glenpark Harriers 82 Emily Pollock	Colours: Sky Blue with Royal Blue and Gold Hoops 83 Megan O'Brien 84 Kelsey Gallagher	
Inverclyde AC 85 Nynke Mullholland 89 Emma Rice	Colours: Black & White Stripes 86 Holly Morrison 90 Ashleigh Maxwell	87 Rachael Bushfield 88 Rachael McKelvie
Irvine AC 91 Sarah Munn	Colours: Red with Black Trim	
Johnnie Walker Kilmarnock Harriers 92 Shelly Hollas 96 Stephanie Miller	Colours: Royal Blue with 2 White Stripes 93 Mia Tuit 94 Sally Pugh	95 Sarah McNish
Kilbarchan AAC 97 Nole McMillan 101 Samantha Kelly 105 Debbie Henderson	Colours: Gold with Black Hoop 98 Kirsty Porteous 102 Judith McNicol 106 Kirsty Wilson	99 Hannah Boyd 103 Amanda Herron 107 Jordan MacKenzie 100 Vanessa Young 104 Jade McCafferty
Kirkintilloch Olympians 108 Rebecca MacLennan 112 Jennifer Hannah	Colours: Sky Blue with White and Black Hoops 109 Alexandra Lamond 110 Diane Ramsay	111 Victoria Conner
Larkhall YMCA 113 Sarah Archibald	Colours: Red with White Hoops 114 Jodie Frame 115 Lauren Mooney	116 Maiari Speedie
Lasswade AAC 117 Erin Froude	Colours: White with 2 Blue Bands and Red Band 118 Caitlin Froude 119 Kathryn Peacock	120 Laura Baxter
Law & District AAC 121 Emma Clarkson	Colours: Amber with 2 Red Bands and 1 White Band 122 Fiona Parkin 123 Nicola Lindsay	
Lochaber AC 124 Maxine Fraser 128 Kirstin Moynihan	Colours: White with 2 Blue Hoops 125 Claire Kennedy 126 Ruth Earnshaw	127 Kelly Macdiarmid
Lothian Running Club 129 Lana Turnbull	Colours: Blue with Black letters	
Pitreevie AAC 130 Caroline Brewster 134 Rachel Cook	Colours: Navy/Yellow/White 131 Melissa Hynd 135 Ciara Elwis	132 Danielle Hynd 136 Leanne Henderson 133 Natalie Fox 137 Claire Brown
Ron Hill Cambuslang Harriers 138 Amanda Gebbie 142 Rebecca Forrest	Colours: Red with White Band 139 Rebecca Wells 143 Jenna Wright	140 Clare Wallace 144 Belinda Galloway 141 Jennifer Poulter 145 Lianne McMahon
Stornoway RC 146 Jane MacIver	Colours: Red with Yellow Hoop 147 Kirsty Munro 148 Karina Murray	
Victoria Park AAC 149 Amy Davis 152 Corrine McConnachie	Colours: Blue and White Hoops 150 Kirstin Walker 151 Hecky Cutlibertson	
Westerlands CCC 153 Deborah Stokoe	Colours: Yellow with Black "W" on Back	
Whitemoss AAC 154 Rachel Mitchell	Colours: Black and Yellow 155 Nicky McMurtrie 156 Lindsey Barr	

13th Annual Under 15 Boys' Championships (Over 13 but Under 15 as at 1 st September, 2004)	
Distance 4,000 metres	The race will start at 12.30
The winning team to hold the 'John D Semple Cup' for 12 months	Title holders: Kilbarchan AAC
The winning individual to hold the 'Jock Semple Trophy' for 12 months	Individual Winner: Derek Hawkins (Kilbarchan AAC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT	

Aberdeen AAC 201 James Joy 205 Mark Guyan	Colours: White with 2 red hoops 202 Thomas Joy 206 Jamie Thomson	203 Fraser McDonald 207 Cameron Strachan	204 Mark Ibbotson 208 Ewan Riley
Ayr Seaforth AAC 209 Alan Cherry	Colours: White with Red Diagonal Cross 210 Greg Templeton		
Calderglen Harriers 211 Jamie Ferguson	Colours: Amber and Black Vertical Stripes 212 Stephen Reilly		
Central AC 213 Matthew Gillespie	Colours: Yellow and Blue 214 Darren Walker	215 Sean Reilly	216 David Keyes
City of Edinburgh AC 217 Chris O'Hare 221 Charles Brown 225 Simon McBain	Colours: White with one Blue, one Black Hoop 218 Shaun Devenney 222 Jamie Smith 226 Michael Doneghan	219 Adam Mackenzie 223 Lewis Paulin 227 Stewart Fraser (Ind)	220 Marcus Thomson 224 Mathew Grace
Clydesdale Harriers 228 Michael Kinsella	Colours: White with Black "C"		
Corstorphine AAC 229 Niall Waddell	Colours: White with Black Trim		
Dundee Hawkhill Harriers 230 Craig Angus	Colours: Blue and White Quarters 231 Iain Dunbar	232 Sam Kelway	233 Lee Carroll
East Kilbride AAC 234 Jamie Clements 238 Niall Walker	Colours: Gold with 2 Black hoops 235 John Fergusson	236 David Gorman	237 Fraser Morgan
Falkirk Victoria Harriers 239 Jonathan Campbell	Colours: Black with Gold Band 240 Thomas Downs	241 Aidan Drysdale	
Fife AC 242 Andrew Evans 246 Scott Ronaldson	Colours: White with Red Band 243 Neil Gray	244 Frankie Scott	245 Ryan Ritchie
Forres Harriers 247 Grant Cameron	Colours: Red		
George Heriots School 248 Alistair Grant 252 Graham Dickson 256 Mark Shand	Colours: White with Blue Band 249 Graham Scobie 253 Ben McCullough-Young 257 Ehmer Aziz	250 Lewis Just 254 James Mildred 258 Laurie Black	251 Jonathan Neville 255 Benjamin Mildred
Giffnock North AAC 259 Craig McCallum 263 Stuart Whiteford 267 Cameron Shearer	Colours: Amber with Royal Blue Hoop 260 David Walker 264 Steven Gray 268 Andrew Maxwell	261 Ian Whiteford 265 Ross McLearn	262 Daniel Johnstone 266 Lyle Frank
Girvan AAC 269 Jamie Beckett	Colours: White with Blue & Green Hoops 270 Dominic McKenzie		
Glasgow School of Sport 271 Joseph Bole	272 Forbes Bryce	273 Kenneth Boyd	

Greenock Glenpark Harriers 274 Stephen Cooke 278 Gerard Cooke	Colours: Sky Blue with Royal Blue and Gold Hoops 275 John Cooke 276 William Lilley	277 Craig Williams
Inverclyde AC 279 Andrew Ross	Colours: Black & White Stripes 280 Scott Smith 281 Jonathan Hannister	
Irvine AC 282 Nicholas Emsley 286 Sean Byrne	Colours: Red with Black Trim 283 Garry Kerr 287 Daniel Swanson	284 John Kerr 285 Ryan McDonald
Johnnie Walker Kilmarnock Harriers 288 Mathew Duley	Colours: Royal Blue with 2 White Stripes 289 Roger Naughton 290 Stuart Munro	291 Alasdair Forsythe
Kilbarchan AAC 292 Scott Hawkins 296 Andrew Black 300 Gary Downie	Colours: Gold with Black Hoop 293 Stephen McGoldrick 297 Grant Higgins	294 Mark McGovern 298 Stuart King 295 Paul Leck 299 Craig MacDonald
Kirkintilloch Olympians 301 Andrew Gourlay 305 Neill Hamilton	Colours: Sky Blue with White and Black Hoops 302 Matthew Graham 306 Timothy Martin	303 Allan Ramsay 304 Kevin Cornes
Lasswade AAC 307 Martin Brash	Colours: White with 2 Blue Bands and Red Band 308 Gary Hamilton 309 Jordan Thomson	310 Mark Baxter
Law & District AAC 311 Darren Armstrong	Colours: Amber with 2 Red Bands and 1 White Band	
Livingston & District AAC 312 Ian Hardacre	Colours: Yellow with Green Stripe	
Lochaber AC 313 David Duncan	Colours: White with 2 Blue Hoops	
Lothian Running Club 314 Robert Inglis	Colours: Blue with Black letters 315 Colin MacDonald	
Moray Road Runners 316 Kenneth Wilson	Colours: Dayglow yellow with Black Trim	
Nithsdale AC 317 Andrew Gibson	Colours: Jade Green/Black/White 318 Ross Hasting 319 Philip Middlemiss	
North Uist AAC 320 Ian MacDonald 324 Paul Ferguson	Colours: White 321 Stewart Johnson 325 Ruairidh Stewart	322 Angus MacDougall 323 Iain Townsend
Pitreavie AAC 326 Douglas Newsom 330 Paul McNellis	Colours: Navy/Yellow/White 327 Tom Fleming 328 Adam Michie	329 Magnus Olafsson
Ron Hill Cambuslang Harriers 331 Paul McGarry 335 Scott Carr	Colours: Red with White Band 332 Raymond Black 336 Drew Dickson	333 David Thomson 337 Jordan Lave 334 Steven Taggart
Shettleston Harriers 338 Ruairidh Munro	Colours: Blue with Yellow Band 339 Kristofer McMeekin	
Stornoway RC 340 Grant Stewart	Colours: Red with Yellow Hoop 341 Calum Smith 342 Cailean McCombe	343 Martin MacLean
Teviotdale Harriers 344 Stewart Fraser	Colours: White with Maroon Band 345 Ryan Cavers	
Victoria Park AAC 346 Niall Murray	Colours: Blue and White Hoops 347 Jamie Sinclair 348 Gregor Innes	349 James Kinane
Whitemoss AAC 350 Stuart Jamieson	Colours: Black and Yellow 351 Gary Mooney 352 Graeme Mitchell	353 Matthew Keenan

13th Annual Under 15 Girls' Championships (Over 13 but Under 15 as at 1 st September, 2004)	
Distance 4,000 metres	The race will start at 12.45
The winning team to hold the 'Falkirk District Sports Council Trophy' for 12 months	Title holders: Giffnock North AAC
The winning individual to hold the 'William Bramwell Memorial Trophy' for 12 months	Individual Winner: Ashleigh Murray (Pitreavie AAC) TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC 201 Christie Noble 205 Jill McGroary	Colours: White with 2 red hoops 202 Paula Davies 206 Courtney Duff	203 Laura Hepburn 204 Ruth Stephen
Airdrie Harriers 207 Lydia Milligan	Colours: Grey and sky Blue with 3" Black diagonal	
Arbroath & District AC 208 Donna Simpson	Colours: Black with vertical yellow stripe 209 Jan Wilson	
Ayr Seaforth AAC 210 Samantha Russell	Colours: White with Red Diagonal Cross	
Carnethy Hill RC 211 Martha Aitken	Colours: Yellow with Red letters	
Central AC 212 Rachel Hunter	Colours: Yellow and Blue	
City of Edinburgh AC 213 Isabel Scott- Moncrieff 217 Larissa Forbes	Colours: White with one Blue, one Black Hoop 214 Lauren Stoddart 215 Mhairi Humer	216 Charlotte Crevier
City of Glasgow AC 218 Rebecca Finch 221 Stephanie Cameron	Colours: Royal Blue with Green Panel 219 Josephine Moultrie 222 Lucinda Logan	220 Laura Cameron 223 Anna Bruce
Dundee Hawkhill Harriers 224 Elisha McColgan	Colours: Blue and White Quarters 225 Yasmine Tosh 226 Elizabeth MacLeish	227 Stacy Duffy
East Kilbride AAC 228 Beth Duff	Colours: Gold with 2 Black hoops 229 Stephanie Wright 230 Danielle Paris	
Edinburgh Southern II 231 Catriona Sinclair	Colours: White/Blue/Red 232 Alice Loudon 233 Lorna Miller	234 Tessa Birley
Elgin AAC 235 Chantel Clark	Colours: Black White Band	
Falkirk Victoria Harriers 236 Megan McConnell	Colours: Black with Gold Band 237 Suzi McGougan 238 Sophia Ruiz-Beltran	239 Louise Kernaghan
Fife AC 240 Jennifer Kibble 244 Natasha McIntosh	Colours: White with Red Band 241 Emma Todd 242 Jenny Tan	243 Ailie Scobie
Giffnock North AAC 245 Nicole McLeod 249 Celeste Breen 253 Claire McCluskey	Colours: Amber with Royal Blue Hoop 246 Lauren Hollinshead 250 Rachel Kerr	247 Laura Taylor 251 Alison Howie 248 Rachel McDowall 252 Caroline Adams
Girvan AAC 254 Laura McTaggart	Colours: White with Blue & Green Hoops	

Glasgow School of Sport
255 Charlotte McShane

Greenock Glenpark Harriers
256 Katie Pollock
260 Natalie Donald

Inverclyde AC
261 Sammi Coyle

Irvine AC
264 Nicole Bunyan

Johnnie Walker Kilmarnock Harriers
265 Colleen Tait

Kilbarchan AAC
269 Michelle Bell
273 Louise McDonald
277 Eilidh Menzies

Kirkintilloch Olympians
280 Sarah MacLennan

Lasswade AAC
283 Alexandra Benham

Law & District AAC
287 Kirsty Appleton

Linlithgow AAC
291 Tanya Marshall

Lochaber AC
293 Cara Mackay

Lothian Running Club
296 Emma Cottom

Moray Road Runners
300 Laura Sharp

Nithsdale AC
301 Nicola Hood

North Uist AAC
303 Laura Johnson

Pitreavie AAC
304 Stacey Louch
308 Rachael Park

Ron Hill Cambuslang Harriers
310 Caitlin Hendry

Troon Tortoises AC
313 Kirstin Daly

Victoria Park AAC
314 Stephanie Davis

Westerlands CCC
318 Victoria Reid

Whitemoss AAC
319 Laura McCord
323 Penny Mitchell

Colours: Sky Blue with Royal Blue and Gold Hoops
257 Kimberley Roy 258 Emma O'Rourke

Colours: Black & White Stripes
262 Ainsley Black 263 Louise Anderson

Colours: Red with Black Trim

Colours: Royal Blue with 2 White Stripes
266 Amy Milliken 267 Lauren Campbell 268 Karen McWilliams

Colours: Gold with Black Hoop
270 Lauren Young 271 Anna Campbell 272 Natalie Sharp
274 Claire McMillan 275 Christina Rankin 276 Hazel Blair
278 Jillian Allan 279 Laura Kennedy

Colours: Sky Blue with White and Black Hoops
281 Laura McKie 282 Julie Connelly

Colours: White with 2 Blue Bands and Red Band
284 Emma Gordon 285 Ashley Alexander 286 Stephanie Perfect

Colours: Amber with 2 Red Bands and 1 White Band
288 Lisa Hopkins 289 Chanelle Milani 290 Erin Burns

Colours: White & Yellow/black & Blue Hoops
292 Jennifer Bradshaw

Colours: White with 2 Blue Hoops
294 Eilidh Munro 295 Hazel Dunn

Colours: Blue with Black letters
297 Kathleen Dempsey 298 Mhairi Inglis 299 Sarah Inglis

Colours: Dayglow yellow with Black Trim

Colours: Jade Green/Black/White
302 Naomi Smith

Colours: White

Colours: Navy/Yellow/White
305 Kelly Brewster 306 Sarah Ross 307 Rebecca Burns
309 Ailsa Turnbull

Colours: Red with White Band
311 Danielle Melville 312 Chloe Davidson

Colours: Yellow with 2 Black Half hoops

Colours: Blue and White Hoops
315 Eliza Grant 316 Megan Cuthbertson 317 Emma Mallinson

Colours: Yellow with Black "W" on Back

Colours: Black and Yellow
320 Julie Whyteside 321 Stephanie Robertson 322 Cheryl Frame
324 Lorraine Boyd 325 Victoria Moore 326 Joanne McKenna

13th Annual Under 17 and Under 20 Womens' Championships (Over 15 but Under 17 as at 1 st September, 2004) (Over 17 but Under 20 as at 1 st September, 2004)	
Distance 4,800 metres	The race will start at 1.05
Under 17 The winning team to hold the 'Dundee Parks Dept. Trophy' for 12 months	Under 17 Title holders: Dundee Hawkhill Harriers
Under 17 The winning individual to hold the 'Lothian Trophy' for 12 months	Under 17 Individual Winner: Jennifer Emsley (City of Glasgow AC)
Under 20 Team	Under 20 Title holders: Edinburgh Southern Harriers
Under 20 The winning individual to hold the 'The Gunstone Millennium Trophy' for 12 months	Under 20 Individual Winner: Freya Murray (Edinburgh Southern Harriers) TEAMS NOT LESS THAN 3 & 3 TO COUNT

Aberdeen AAC
401 Hilary Armitage
Colours: White with 2 red hoops
402 Anna Fleming 403 Charlotte Forbes (U20)

Banchory Stonehaven AC
404 Emma Cloggie
Colours: Royal Blue with White band

Banff Academy
405 Elaine Wilson
Colours: Navy & Light Grey

Central AC
406 Rowena Bell-Scott
409 Morag MacLarty (U20)
Colours: Yellow and Blue
407 Fiona Thompson (U20) 408 Jennifer Emsley (U20)

City of Edinburgh AC
410 Iona Cousland
413 Alison MacDonald (U20)
Colours: White with one Blue, one Black Hoop
411 Stephanie Lyall 412 Lauren Peffers

City of Glasgow AC
414 Laura Thomson (U20)
Colours: Royal Blue with Green Panel

Corstorphine AAC
415 Megan Smith
Colours: White with Black Trim
416 Rebecca O'Brien

Dundee Hawkhill Harriers
417 Laura Brown 419 Lynsey Aitken 420 Lauren Mellish
421 Heather Brookes (U20) 422 Lynsey Murray (U20)

Edinburgh Southern II
423 Laura Dunn 425 Roslyn Campbell 426 Eleanor Long
427 Emily Finnie (U20) 428 Marbeth Shiell (U20) 429 Kate Hill (U20)

Edinburgh University H&H
430 Vicky Clegg (U20)
Colours: Green with White side Panel

Falkirk Victoria Harriers
431 Kim Gibson
Colours: Black with Gold Band

Fife AC
432 Claire Jarvis
Colours: White with Red Band
433 Caroline Legge

Giffnock North AAC
434 Ruth Joss 436 Jennifer Conway 437 Kerry McGee
438 Frances McCluskey 440 Fiona McKay 441 Megan Crawford
442 Amanda Patterson 443 Lisa Huston (U20) 444 Rachel Nelson

Inverclyde AC
445 Susanna Spence
Colours: Black & White Stripes

Johnnie Walker Kilmarnock Harriers
446 Kara Tait 447 Emma Mackie (U20)
Colours: Royal Blue with 2 White Stripes

Kilbarchan AAC
448 Elspeth Curran
452 Cara Sloss (U20)
455 Fiona McIntyre (U20)

Kirkintilloch Olympians
456 Fiona Berry

Lasswade AAC
458 Jenny Sheal

Law & District AAC
459 Nikki Christie (U20)

Moray Road Runners
460 Jennifer Houston

Nithsdale AC
461 Victoria Currie

North Uist AAC
464 Morina MacDougall

Penicuik Harriers
465 Sarah Blake (U20)

Pitreavie AAC
466 Siobhan Coleman
469 Elaine Renouf (U20)

Stornoway RC
470 Eilidh MacKenzie

Team Southampton
472 Catriona Witcombe

Victoria Park AAC
473 Catriona Ingram

West Dunbartonshire AC
474 Iona Campbell

Colours: Gold with Black Hoop
449 Kirsty Reid
453 Kathleen Bryce (U20)
454 Samantha Scrimgeour
454 Katherine Wilkie (U20)

Colours: Sky Blue with White and Black Hoops
457 Fiona Gentles (U20)

Colours: White with 2 Blue Bands and Red Band

Colours: Amber with 2 Red Bands and 1 White Band

Colours: Dayglow yellow with Black Trim

Colours: Jade Green/Black/White
462 Emma Friars
463 Rachel Robson

Colours: White

Colours: Purple with White Panels

Colours: Navy/Yellow/White
467 Ashleigh Murray
468 Kim Paterson

Colours: Red with Yellow Hoop
471 Chirsty MacLeod (U20)

Colours: Blue and White Hoops

Colours: Green with Navy Blue Stripe

451 Nicole Treacy

13th Annual Under 17 Mens' Championships (Over 15 but Under 17 as at 1st September, 2004)

Distance 6,400 metres	The race will start at 1.25
The winning team to hold the 'Bryson Cup' for 12 months	Title holders: Kilbarchan AAC
The winning individual to hold the 'Goodwin Bowl' for 12 months	Individual Winner: William Duncan (Aberdeen AAC) TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC
401 Mark Haskett
405 James Taylor

Arbroath & District AC
406 Nicholas Hobday

Banff Academy
407 Colin McRae

Calderglen Harriers
408 Euan Robb

Central AC
410 Michael Gillespie

City of Edinburgh AC
413 Kris Gauson
417 Craig McInnes

Clydesdale Harriers
421 Robert Allison

Corstorphine AAC
422 Neal Robb

Dundee Hawkhill Harriers
425 Kevin Murray

Falkirk Victoria Harriers
428 Gary Smith

Fife AC
430 Elliot Simpson

Garscube Harriers
433 Adam McAneny

George Heriots School
434 Iain Batho
438 Michael Grant

Giffnock North AAC
440 Kieran McCluskey
444 Chris Zhou

Girvan AAC
445 Ryan Beckett

Glasgow School of Sport
446 M McDonald

Greenock Glenpark Harriers
448 Stephen Trainer

Colours: White with 2 red hoops
402 Alex Thoirs
403 Steven Rusling

Colours: Black with vertical yellow stripe

Colours: Navy & Light Grey

Colours: Amber and Black Vertical Stripes
409 William Robertson

Colours: Yellow and Blue
411 Graham Harvey
412 Craig Lawson

Colours: White with one Blue, one Black Hoop
414 Ryan Gibson
415 Andrew Hay
418 Blair Milne
419 Darren Steel

Colours: White with Black "C"

Colours: White with Black Trim
423 Calum McKenzie
424 Douglas Selman

Colours: Blue and White Quarters
426 Andrew Brookes
427 Scott Aitken

Colours: Black with Gold Band
429 Sean Aagesen

Colours: White with Red Band
431 Philip Salter
432 Fraser Dillon

Colours: White with Blue Band

Colours: White with Blue Band
435 Luke Yates
439 Nicholas Gunn
436 Hugh Brechin

Colours: Amber with Royal Blue Hoop
441 James Baird
442 Douglas Bale

Colours: White with Blue & Green Hoops

447 T McDermott

Colours: Sky Blue with Royal Blue and Gold Hoops
449 Michael McLoone Jnr
450 Jamie Cuffe

404 Richard Crighton

416 Richard McGuire
420 Adam Nicol

437 Kevin Wilson

443 Douglas Rathey

Inverclyde AC
451 Craig Ruddy

Colours: Black & White Stripes
452 Sean Gaffney

Irvine AC
453 William Morgan

Colours: Red with Black Trim
454 Stephen Daye 455 Alistair Graham

Kilbarchan AAC
456 Conor McNulty
460 Fraser Williams
464 Graeme Wallace

Colours: Gold with Black Hoop
457 Derek Hawkins 458 Andrew G Gibson 459 Nicholas Moore
461 Kyle Toole 462 Andrew Jack 463 Jamie Clark

Lasswade AAC
465 Ross Finlayson

Colours: White with 2 Blue Bands and Red Band
466 Paul Benham

Law & District AAC
467 Gary Grieve

Colours: Amber with 2 Red Bands and 1 White Band
468 Ross Penny

Linlithgow AAC
469 Colin McCluskie

Colours: White & Yellow/black & Blue Hoops

Livingston & District AAC
470 Fraser Andrew

Colours: Yellow with Green Stripe

Lothian Running Club
471 Darren Thomson

Colours: Blue with Black letters

Mid Argyll AC
472 Matthew Turner

Colours: Yellow with 2 Black vertical Bands

Moray Road Runners
473 Kyle Cowie

Colours: Dayglow yellow with Black Trim

Nithsdale AC
474 Michael McKay

Colours: Jade Green/Black/White
475 Steven Brown

Pitreavie AAC
476 Stuart Chisholm

Colours: Navy/Yellow/White
477 Michael Burns

Ron Hill Cambuslang Harriers
478 Chris Brown
482 Ewan McLeod

Colours: Red with White Band
479 C Carr 480 Adam Kennedy 481 Eamon McMurry
483 Ryan Dickson 484 Steven Ferguson

Shettleston Harriers
485 Craig Stevenson
489 Thomas McDermott

Colours: Blue with Yellow Band
486 Paul Grant 487 Mark McKelvie 488 Mark McKenny
490 Lyle McKay

Stroud AC
491 Iain Whitfield

492 Alexander-Russell

Victoria Park AAC
493 Martin Hayes

Colours: Blue and White Hoops
494 Ross Gibson

West Dunbartonshire AC
495 Jordan Gray

Colours: Green with Navy Blue Stripe

Whitemoss AAC
496 David Robertson

Colours: Black and Yellow

13th Annual Under 20 Mens' Championships (Over 17 but Under 20 as at 1 st September, 2004)	
Distance 8,000 metres	The race will start at 1.55
The winning team to hold the 'Marshall Trophy' for 12 months	Title holders: Aberdeen AAC
The winning individual to hold the 'Livingstone Trophy' for 12 months	Individual Winner: John Newsom (Pitreavie AAC) TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC
501 Darren Shinnie
505 William Duncan

Colours: White with 2 red hoops
502 Mark Kennedy 503 Adam Watt 504 Alan Wales

Central AC
506 Alastair Hay

Colours: Yellow and Blue
507 Michael Wright 508 Murray MacLarty

City of Edinburgh AC
509 Kevin Anderson

Colours: White with one Blue, one Black Hoop
510 Rhuanidh White 511 Scott Thomson

Corstorphine AAC
512 Scott Pilkington

Colours: White with Black Trim
513 Alistair McColl 514 Kris Berry

Dundee Road Runners
515 Mickey Breen

Colours: White with Blue Diagonal

East Kilbride AAC
516 Graeme Cuskie

Colours: Gold with 2 Black hoops

Edinburgh University H&H
517 Scott Fraser

Colours: Green with White side Panel
518 Jonathan Henderson

Falkirk Victoria Harriers
519 Alasdair H. Stewart
Fife AC
521 Mark Harley

Colours: Black with Gold Band
520 Alexander Davidson
Colours: White with Red Band
522 John Buchan

George Heriots School
523 James McLay

Colours: White with Blue Band
524 Peter MacRae 525 Philip Purves

Giffnock North AAC
526 David Phee
530 Alistair Connell

Colours: Amber with Royal Blue Hoop
527 Norman Galbraith 528 David Clark 529 Steven Milligan
531 Darren Malin

Greenock Glenpark Harriers
532 James Bradley

Colours: Sky Blue with Royal Blue and Gold Hoops
533 Andrew McCall 534 David Butcher

Irvine AC
535 Ronnie Ballantyne

Colours: Red with Black Trim

Johnnie Walker Kilmarnock Harriers
536 Sean Welsh

Colours: Royal Blue with 2 White Stripes

Kilbarchan AAC
538 Ross Toole
542 Michael Finlay

Colours: Gold with Black Hoop
539 Chris Devenney 540 Calum Morrison 541 Craig McCaffer
543 Richard McLaughlin 544 Martin Thomson

Lasswade AAC
545 Dean Philip

Colours: White with 2 Blue Bands and Red Band

Lothian Running Club
546 Scott Fraser

Colours: Blue with Black letters

Moray Road Runners
547 Andrew Clark

Colours: Dayglow yellow with Black Trim

Musselburgh AC
548 Lachlan Thomson

Colours: Red with Black Stripes

Pitreavie AAC
549 John Newsom

Colours: Navy/Yellow/White
550 Stephen Irwin 551 Graeme Lister

Ron Hill Cambuslang Harriers
552 David Ward
555 Andrew Greenhaugh

Colours: Red with White Band
553 Stephen Dunn 554 Sean Convery
556 Alistair Campbell 557 Ian Lafferty 558 Matthew Murphy

Shettleston Harriers
559 Gordon Phillips
563 James Findlay

Colours: Blue with Yellow Band
560 Adam Lee 561 David Wallace Jnr 562 Stephen Matthews

Stroud AC
564 Thomas Russell

13th Annual Senior Womens' Championships (Over 20 years of age as at 1 st September, 2004)	
Distance 8,000 metres	The race will start at 2.25
The winning team to hold the 'Daily Record Trophy' for 12 months	Title holders: Carnethy Hill Racing Club
The winning individual to hold the 'Mary Semple Trophy' for 12 months	Individual Winner: Liz McColgan (Dundee Hawkhill Harriers) TEAMS NOT LESS THAN 3 & 3 TO COUNT

Aberdeen AAC
501 Sonia Armitage

Colours: White with 2 red hoops
502 Nicola Gauld

Arbroath & District AC
503 Fiona Lampkin

Colours: Black with vertical yellow stripe

Arran Runners
504 Janet Emsley

Colours: Black/Yellow

Bellahouston Road Runners
505 Helen Stuart
509 Aileen Reilly

Colours: Purple with White Band
506 Karen Devlin 507 Deborah Ferns
510 Frances Thompson

508 Shona Donnelly

Calderglen Harriers
511 Mandy Cullie

Colours: Amber and Black Vertical Stripes
512 Stacey Anne Erwin 513 Melanie Fraser

514 Mary Goldsmith

Carnethy Hill RC
515 Kate Jenkins
519 Maggie Keegan

Colours: Yellow with Red letters
516 Jill Mykura 517 Lyn Wilson
520 Anne Nimmo

518 Hilary Spenceley

Central AC
521 Claire Waterhouse
525 Karen Montador

Colours: Yellow and Blue
522 Ainsley Normand 523 Toni McIntosh
526 Emma Waterhouse 527 Hazel Dean

524 Jane McCrorie
528 Tracey Brindley

City of Edinburgh AC
529 Catherine Ferry
533 Ruth Chamberlain
537 Claire Ward
541 Marietta Vander Linden

Colours: White with one Blue, one Black Hoop
530 Jennifer MacLean 531 Lianne Harrison
534 Caroline Toshack 535 Janet Laing
538 Hazel Sneddon 539 Nathalie Christie
542 Debra Murray

532 Eilidh Wardlaw
536 Sharyn Ramage
540 Sue Hyatt

City of Glasgow AC
543 Jill Knowles
547 Claire McCracken
551 Susan Partridge
555 Debbie Cox

Colours: Royal Blue with Green Panel
544 Susan Finch 545 Lindsay MacNeill
548 Kirsteen Young 549 Claire Prenter
552 Sarah Kettlewell 553 Suzanne Owen
556 Jacqueline Thomson

546 Kirsty Baird
550 Collette Fagan
554 Gill Keddie

Clydesdale Harriers
557 Pamela McCrossan

Colours: White with Black "C"
558 Aileen Scott 559 Catherine Sibley

Corstorphine AAC
560 Gillian Cockerell
564 Anne Turner

Colours: White with Black Trim
561 Susan Waddell 562 Phyllis Mitchell

563 Linda McGinley

Dumbarton AAC
565 Elaine Boyle

Colours: Black with Red Band
566 Yvonne Boyle 567 Patricia Anderson

Dunbar Running Club
568 Anne Hay

Colours: White with Green Diagonal

East Kilbride AAC
569 Gillian Anderson

Colours: Gold with 2 Black hoops
570 Angela Martin 571 Valerie Martin

572 Kelly Smith

Edinburgh Southern II
573 Susan Ridley

Colours: White /Blue /Red
574 Karen Dobbie

Edinburgh University H&H
575 Anna Haw
579 Briony Curtis

Energy Zone Carnegie
580 Fabienne Thompson

Falkirk Victoria Harriers
584 Fiona Matheson

Fife AC
587 Sandra Aitken
591 Phyllis Lemoncello
595 Margaret McLaren
599 Rosie Stenhouse
603 Innes Braeagirle
607 Hilary Ritchie

Gala Harriers
610 Karen Renton
614 Leanne Haining
618 Sally Barr

Garscube Harriers
620 Heather Akers
624 Miriam Kelly
628 Maureen O'Hara

Giffnock North AAC
632 Myfanwy Taylor
636 Mary McCutcheon
640 Fiona MacCormick

Girvan AAC
641 Caroline Mutch

Glasgow University H & H
644 Pamela Nicholson

Greenock Glenpark Harriers
646 Anne Hay
650 Yvonne Prager

Helensburgh AAC
652 Mary Connelly

Hunters Bog Trotters
655 Jessica Batterham
659 Ali Johnston
663 Sandra Rathjen
667 Megan Smith

Inverness Harriers
670 Audrey Foster

Irvine AC
671 Helen Morton

Johnnie Walker Kilmarnock Harriers
673 Lindsay McMahon
677 Morag Cairns
681 Marion Burns

Kilbarchan AAC
682 Jill Shannon
686 Kate O'Brien

Kirkintilloch Olympians
688 Shirley MacNab

Colours: Green with White side Panel
576 Nicki Summers
577 Ruth Forrest

Colours: Orange & Green
581 Mehraz Campbell
582 Sarah Legge

Colours: Black with Gold Band
585 Caroline Lawless
586 Linda Gentlemen

Colours: White with Red Band
588 Lorraine Brown
592 Rhona Graham
596 Louise Provan
600 Susan Thomson
604 Ann McConnell
608 Lorraine Brown
589 Louise Burt
593 Fiona Lothian
597 Jocelyn Scott
601 Eliza McLachlan
605 Rhona Van-Rensburg
609 Val Herkes

Colours: White with Green Band
611 Eileen Nicol
615 Katy Anderson
619 Gillian Duncan
612 Rachel Fagan
616 Nicola J. Meikle

Colours: White with Blue Band
621 Judith Austin
625 Carol Martin
629 Jill O'Neil
622 Lesley Chapman
626 Maureen McLeod
630 Karen Stevenson

Colours: Amber with Royal Blue Hoop
633 Shona Hughes
637 Anne Lee
634 Hilary Millar
638 Mary Anderson

Colours: White with Blue & Green Hoops
642 Agnes Lucas
643 Elaine Rowney

Colours: Black and Gold
645 Ellen Patrick

Colours: Sky Blue with Royal Blue and Gold Hoops
647 Alison King
651 Alison McCann
648 Suzanne Hay

Colours: Yellow with Red Band
653 Julia Kennedy
654 Maria Dye

Colours: Brown
656 Claire Gordon
660 Isobel Knox
664 Alexandria Richmond
668 Claire Thomas
657 Christine Buckley
661 Deborah McDonald
665 Jane Rosbottom
669 Niamh Troy

Colours: Gold with Maroon Diagonal

Colours: Red with Black Trim
672 Mary Miller

Colours: Royal Blue with 2 White Stripes
674 Janet Murray
678 Susan Fleming
679 Anne Anderson
675 Rosemary McMillan
676 Paula Wilson
680 Jan McLeod

Colours: Gold with Black Hoop
683 Dennise Smith
687 Eileen Masson
684 Kerry Lang
685 Claire Gibson

Colours: Sky Blue with White and Black Hoops

Lasswade AAC
689 Nicola Murray

Livingston & District AAC
692 Avril Gardner

Lochaber AC
695 Dawn Scott

Lothian Running Club
696 Saran Jones

Moray Road Runners
700 Jane Barker

Penicuik Harriers
701 Gillian Cairns

Pitreavie AAC
704 Alison Whyte

Shettleston Harriers Ladies
705 Anne-Marie Hughes
708 Christine Catterson

Springburn Harriers
709 Lesley Chisholm

Sri Chinmoy AC
710 Shyamala Stott

Troon Tortoises AC
712 Moira Connell

Westerlands CCC
713 Liz Horton
716 Patricia McLaughlin

Colours: White with 2 Blue Bands and Red Band
690 Lorna Rice
691 Wilma Kerr

Colours: Yellow with Green Stripe
693 Sue McDowell
694 Yvonne Crilly

Colours: White with 2 Blue Hoops

Colours: Blue with Black letters
697 Helen Murray
698 Laura Sarkis
699 Margaret Turnbull

Colours: Dayglow yellow with Black Trim

Colours: Purple with White Panels
702 Karen Husband
703 Rachael Campbell

Colours: Navy/Yellow/White

Colours: Blue with Yellow Band
706 Michelle Sandison
707 Celia Thompson

Colours: Navy Blue with White Diamond

Colours: White with Purple Hoop
711 Dhaval Stott

Colours: Yellow with 2 Black Half hoops

Colours: Yellow with Black "W" on Back
714 Helen MacPherson
715 Ana Talbot
717 Muffy Calder
718 Jane Robertson
719 Helen Palmer

13th Annual Senior Mens' Championships (Over 20 years of age as at 1 st September, 2004)	
Distance 12,000 metres	The race will start at 3.00
The winning team to hold the 'Eikington Shield' for 12 months	Title holders: 'Ron Hill' Cambuslang Harriers
The winning individual to hold the 'W H Dunlop Trophy' for 12 months	Individual Winner: Glen Stewart (Phoenix Racers) TEAMS NOT LESS THAN 6 & 6 TO COUNT

Aberdeen AAC
1 Malcolm Beattie
5 Stephen Cassells
9 Benjamin Hukins

Colours: White with 2 red hoops

2 Keith Charlton 3 David Armitage 4 David Duguid
6 Richard Wainford 7 Frank Boyne 8 Robert Thornhill
10 Thomas Litterick

Airdrie Harriers
11 Jim McCosh

Colours: Grey and sky Blue with 3" Black diag.

Aldershot, Farnham & District
12 Kevin Sheppard

Arran Runners
13 Paul Emsley

Colours: Black/Yellow

Ayr Seaforth AAC
14 Colin Souter
18 Tom McCulloch
22 Kenneth Neill

Colours: White with Red Diagonal Cross

15 Peter Laing 16 Laurence Baker 17 Alex Allardye
19 Kevan Fulton 20 Paul Turnbull 21 Robert Napier

Bellahouston Harriers
23 Greg Hastie
27 Iain Burke

Colours: Dark Blue with Light Blue Cross

24 Colin Scott 25 Campbell Joss 26 Anthony Quinn
28 Jeremy Garnett 29 Stephen Stone 30 Bryan Porter

Bellahouston Road Runners
31 Ken Macmahon

Colours: Purple with White Band

32 Kenneth Richmond 33 Alastair MacLachlan 34 Paul McNally

Caldergleng Harriers
35 Russell Couper
39 Alan Cullie
43 Stuart Waugh
47 Malcolm Buchanan
51 Colin Jarvie
55 Graham Lindsay

Colours: Amber and Black Vertical Stripes

36 George Stewart 37 Graham Allan 38 Martin Duthie
40 Charles Steven 41 Gerard Mullen 42 Stuart Gibson
44 Colin Macdonald 45 Roderick Shanks 46 Jamie McMonagle
48 Jim Holmes 49 Edward Reid 50 Alan Derrick
52 Andrew Henderson 53 Kenneth Davidson 54 David Watt

Carnoustie AAC
56 Fraser Dunphy

Colours: White Top

Central AC
57 Robert Russell
61 Ross Houston
65 David Hay
69 James Drummond
73 Martin Crawford
77 Allister Hargreaves

Colours: Yellow and Blue

58 Lewis Millar 59 John Millar 60 Alasdair Anthony
62 Alex Milne 63 Robert Hutchison 64 Steve Laing
66 James McDonald 67 David Armour 68 Alan Hume
70 Philip Williams 71 Alan Gall 72 Ian Beattie
74 Stephen McNally 75 Ewan Bell-Scott 76 Cameron Campbell

City of Edinburgh AC
78 John Agnew
82 James Buick
86 Andy Fife
90 William Gallacher
94 Brian Howie
98 Keith Lyle
102 David MacLean
106 Ken Mortimer
110 Gordon Steel
114 Robert Wiseman
118 Angus Wardlaw

Colours: White with one Blue, one Black Hoop

79 John Blair 80 Graham Beal 81 Matthew Bell
83 Scott Campbell 84 Robert Cockburn 85 Keith Dunlop
87 Martin Ferguson 88 Ian Finlay 89 Owen Flage
91 Darren Gauson 92 Andrew Gibson 93 Andrew Griffiths
95 Colin Hutt 96 Mark Johnston 97 Andrew Laird
99 Juan Mareque 100 Robert Mair 101 Alex MacEwen
103 Walter McCaskey 104 Robert McFall 105 Stephen Maniam
107 Lars Ottmoller 108 Garry Robertson 109 Martin Sneddon
111 John Steel 112 Eric Stevenson 113 Adam Ward
115 S Wilkinson 116 Jonathan Whitehead 117 Steven Wales

Clydesdale Harriers
119 James Austin
123 Brian K.E Edridge
127 Gerald Kennedy
131 Bobby Rossborough
135 Robert Young

Colours: White with Black "C"

120 Cliff Brown 121 Brian Campbell 122 Pete Cartwright
124 John Foley 125 Derek Halpin 126 John Hanratty
128 John McArthur 129 Laurence Pearson 130 Iain Robertson
132 Mark Rudzinski 133 Peter Rudzinski 134 James Shields
136 Gus Cairney 137 Prasad Prasad

Corstorphine AAC

138 Ewan Stark
142 Timothy Norwood
146 Graeme Fletcher
150 James Felstead

Colours: White with Black Trim

139 Steven O'Brien 140 Bryan Clark 141 Chris O'Brien
143 Tom Ferrington 144 Moray Anderson 145 Grant Wilkie
147 David Henderson 148 John O'Hara 149 Stuart Bowman

Dumbarton AAC

151 Alastair Morrison
155 Brian Marsland

Colours: Black with Red Band

152 Frank Yeoman 153 William Goldie 154 Brian Clarke
156 David Marsland

Dunbar Running Club
157 Stuart Hay

Colours: White with Green Diagonal

158 Ian Sills 159 Ian Rowland

Dundee Hawkhill Harriers

160 Neil Gunstone
164 Gordon Barrie

Colours: Blue and White Quarters

161 Charles Love 162 David Mitchell 163 Matthew Strachan
165 Pete Fox 166 David Adam

Dundee Road Runners

167 Alan Lawson

Colours: White with Blue Diagonal

East Kilbride AAC

168 Grant Baillie
172 David J. Condra
176 Edgar Ramage

Colours: Gold with 2 Black hoops

169 Michael Bruwne 170 K. Clark 171 Gordon Colvin
173 Graeme Haddow 174 Ralph Riach 175 Mark Smith

Edinburgh University H&H

177 Murray Strain
181 James McMullen
185 William Bailey

Colours: Green with White side Panel

178 James Williamson 179 Francis Hooton 180 Huw Jones
182 Richard Turner 183 Chris Satow 184 Alistair Marshall
186 Will Townsend

Elgin AAC

187 Colin Knox

Colours: Black White Band

Energy Zone Carnegie

188 David Millar
192 Neil Campbell
196 Stephen Greer
200 Bill Duff

Colours: Orange & Green

189 John Milton 190 Michael Cowie 191 Mike Harvey
193 Peter Simpson 194 Robert Milton 195 Ian Stewart
197 Thomas Bowie 198 Kenneth Daniels 199 Andrew Hunter

Falkirk Victoria Harriers

201 Andrew Donaldson
205 John Martin

Colours: Black with Gold Band

202 Eric Donaldson 203 John Stevenson 204 Neil Robertson
206 Andrew Ronald 207 Michael McQuaid 208 William Higgins

Ferranti AAC

209 Alex Bell

Colours: Yellow with Black letters

210 Walter Fainnie

Fife AC

211 David Anderson
215 Graham Henneson
219 Nigel Fowler
223 Jim Haig
227 Andrew Lemoncello
231 Vincent MacPherson
235 Terry Mitchell
239 Gary Pirie
243 Douglas Robertson
247 Tom Scott
251 William Spates
255 Neil Young
259 S Clark
263 Alexander Moss
267 Roger Rees

Colours: White with Red Band

212 Laurence Anderson 213 Graham Bee 214 David Bee
216 Sandy Cruickshank 217 Brian Cruickshank 218 John Cunningham
220 Dave Francis 221 John Giffillan 222 Douglas Gunstone
225 Michael Kuzyszyn 226 Andrew Liston 227 Andrew Liston
228 Hugh D. McKay 229 Frank McLaren 230 John MacPherson
232 Alan Meiklejohn 233 Ron Mill 234 Michael Mitchell
236 John Murdoch 237 David Owens 238 Ian Overton
240 Brian Peachey 241 Ian Poolman 242 Alastair Robertson
244 Thomas Ross 245 Christopher Russell 246 Mel Scobie
248 Richard Shaw 249 Hill Smith 250 Alastair Bagnall
252 James Taylor 253 Gordon Thomson 254 Ben Wiffen
256 Bryce Aitken 257 Neil Martin 258 R Clark
260 Owen Greene 261 Daniel Leggate 262 John Kay
264 Adrian Davis 265 John Thomson 266 Chris Clark
268 Ronnie Morrison 269 Gary Barker 270 Andrew Barker

Gala Harriers

271 Bryan Bailey
275 Derek Fraser
279 Euan Jardine
283 Alistair Laurie
287 Graham Pugsion

Garscube Harriers

291 David Atkin
294 Lindsay Cunningham
298 Ian Mennie
302 Robert McLennan

Giffnock North AAC

304 Derek Breen
308 Angus MacCormick
312 Robert McKay
316 Robert Currie

Girvan AAC

319 Nathaniel Taylor
323 Jack Maxwell
327 Craig Murphy

Glasgow University H & H

329 Robert Campbell

Greenock Glenpark Harriers

332 Stephen McLoune
336 Daniel McLaughlin
340 Duncan MacNeill
344 Richard Hodelet
348 Kenneth Scott

Haddington East Lothian Pacemakers

351 Paddy McDonald
355 Patrice Jumelle

Helensburgh AAC

357 Erwin Losekoot
361 Alistair Wylie

Hunters Bog Trotters

363 Duncan Baker
367 Andrew Gillespie
371 John Heap
375 Philip Mowbray
379 Jon Rathjen
383 Neil Thomas
387 Ian Welllock

Inverclyde AC

389 Chris Robison
393 Steven Conaghan
397 Tom Tracey
401 Graeme Hyett

Irvine AC

403 Finlay Dowell
407 Michael Flinn
411 Scott McKendrick
415 Colin Miller

Colours: White with Green Band

272 John Borthwick
276 Malcolm Gowans
280 Fergus Johnston
284 Ron Logan
288 Neil Renton

Colours: White with Blue Band

292 Iain Cullen
295 John Dryden
299 Colin McKay
303 Athole Smith

Colours: Amber with Royal Blue Hoop

305 James Galbraith
309 David Logan
313 David McNah
317 Steven Campbell

Colours: White with Blue & Green Hoops

320 Kerry Wilson
324 Alastair Noble
328 Rob Staples

Colours: Black and Gold

330 Stuart Gibson

Colours: Sky Blue with Royal Blue and Gold Hoops

333 Robert Docherty
337 James Cuffe
341 Alan O'Rourke
345 Christopher MacKay
349 Norman Hay

Colours: Yellow with Red Band

358 Paul Thompson
362 James Boyd

Colours: Brown

364 Steven Cairns
368 John Hampshire
372 Neil McKay
376 Niall Munro
380 Mark Roberts
384 Robin Thomas
388 David Wright

Colours: Black & White Stripes

390 Thomas Murray
394 Gavin Morrison
398 Robert Shaw
402 Gerard Gaffney

Colours: Red with Black Trim

404 Iain Hamilton
408 Iain Fraser
412 Lee Richardson
416 George Irving

273 Graham Capper
277 David Hunter
281 Jack Knox
285 Anthony Lunn
289 Struan King

293 Stephen Cullen
296 David Geddes
300 Euan Mackay

306 Martin Myant
310 Gordon Thomson
314 Billy Clark
318 Marc Roper

321 Iain Davidson
325 John Rennie

331 Alan Quigley

Colours: Red and White Halves

353 Steven Docherty

359 Ross McInroy

365 Ian Campbell
369 Ian Harkness
373 Ian Marshall
377 Donald Naylor
381 Geoff Simpson
385 Richard Wall

391 Mark Pollard
395 John Hannister
399 Robert Gray

405 David Kerr
409 James Sneddon
413 William Richardson
417 Ian McManus

274 Martin Clarke
278 David Darroch
282 Thomas Knox
286 Robin Murray
290 George Runciman

297 Stuart Irvine
301 Benny McLaughlin

307 Alan Stewart
311 Ian McMoneagle
315 George Taylor

322 Colin Brash
326 Michael Meggiato

335 Robert Wilson
339 William Jukes
343 George Hegarty
347 Robert Dolan

354 James Baird

360 Mark Underwood

366 Colin Farquharson
370 Alistair Hart
374 Billy Minto
378 Ivor Normand
382 Ian Tennant
386 Ray Ward

392 William Tipping
396 Cameron Spence
400 Edward Watt

406 Peter Collier
410 David Miller
414 Brian Craig

Johnnie Walker Kilmarnock Harriers

418 Edward Tonner
422 Graham Cairns
426 Ian Drummond

Kilbarchan AAC

430 James Snodgrass
434 Donald Petrie
438 Michael McGinley

Kirkintilloch Olympians

441 Peter Ramsay

Lasswade AAC

445 John Murray
449 Alan Cummings

Law & District AAC

453 Gordon Douglas
457 Jamie McMorrow

Livingston & District AAC

461 Ian Leggett

Lothian Running Club

464 Graeme Ackland
468 Stephen Cotton
472 Chris Godfree
476 Colin Meek
480 Murray Robertson

Maryhill Harriers

481 Dougie MacDonald

Milburn Harriers

482 Jim McKenzie

Musselburgh AC

486 Jude Boulton

Nithsdale AC

487 George Winchester

Penicuik Harriers

488 Michael Browne

Perth Road Runners

492 Stephen Ferguson
496 Derek Phillips
500 David Norrie

Pitreavie AAC

501 Barry Davie
505 Douglas Gray

Portobello RC

507 Andrew Jeske
511 William Jarvie

Ron Hill Cambuslang Harriers

513 Douglas Henderson
517 Iain MacCorquodale
521 Jonathan McCallum
525 Stephen Wylie
529 John McPake
533 Joseph Kealey
537 David Marshall
541 Brian Campbell

Colours: Royal Blue with 2 White Stripes

420 John Gebbie
424 Alasdair Murray
428 Eric Dickson

Colours: Gold with Black Hoop

431 Robert Quinn
435 Thomas Anderson
439 David Mewse

Colours: Sky Blue with White and Black Hoops

442 Ewan Jack

Colours: White with 2 Blue Bands and Red Band

446 Barney Phillips
450 Ben Mitchell

Colours: Amber with 2 Red Bands and 1 White Band

454 William Drysdale
458 James Rowley

Colours: Yellow with Green Stripe

462 Christopher Northam

Colours: Blue with Black letters

465 Alexander Agnew
469 Stephen Dempsey
473 Kenton Jones
477 Hugh Miller

Colours: Royal Blue**Colours: Light Blue with Dark Blue Diagonal**

484 Jim Robertson

Colours: Red with Black Stripes**Colours: Jade Green/Black/White****Colours: Purple with White Panels**

489 Mike Creamer

Colours: Green and White

493 Jamie Gartside
497 Robin Livingstone

Colours: Navy/Yellow/White

502 Barry McCleery
506 Glyn Gardiner

Colours: White with Navy and Blue Bands

508 Ben Hemp
512 Scott Jarvie

Colours: Red with White Band

514 John Brown
518 Alan MacPherson
522 Jonathan McCallum
526 Nigel Leighton
530 Michael O'Hagan
534 Kevin Kealey
538 Alexander Eaglesham

Shettleston Harriers

542 William Coyle
 546 Martin Graham
 550 Jethro Lennox
 554 Denis Williams
 558 Desmond Crowe
 561 Raymond Loughran
 565 Frank McGowan

Springburn Harriers

569 Joseph Chambers

Sri Chinmoy AC

570 Adrian Stott

Stornoway RC

571 Malcolm Bain
 575 Coinneach Morrison

Team Solent

578 Simon Plummer

Teviotdale Harriers

579 David Cavers
 583 Wayne McIntosh

Troon Tortoises AC

585 George McGregor
 589 Gordon Dobbie
 593 Robert Miller

Victoria Park AAC

594 Kenneth Brown
 598 Joseph Doyle
 602 Kenneth McVey
 606 Andrew Nicoll

Wee County Harriers

608 Trevor Andrews
 612 Jonathan Woods

Westerlands CCC

614 Charles Campbell
 618 John Donnelly
 622 David Calder

Individuals

624 Glen Stewart

Colours: Blue with Yellow Band

543 Peter Carton
 547 Andy Little
 551 Ian Johnston
 555 Kenneth McClean
 559 Dermot McGonigle
 562 Donald Macaulay
 566 A Macdonald

544 John Duffy
 548 Andrew McIntyre
 552 Ryan Montgomery
 556 Karl Povey
 560 Malcolm Patterson
 563 John McCall
 567 Kenneth McCoy

545 Stuart Gibson
 549 Graham Wight
 553 Brian McGarrity
 557 Marc McColl

564 Allan Sneddon
 568 Marcus Scotney

Colours: Navy Blue with White Diamond**Colours: White with Purple Hoop****Colours: Red with Yellow Hoop**

572 Douglas Flett
 576 Andy McMahon

573 Ross Munro
 577 Alan Knott

574 Iain MacKay

Colours: White with Maroon Band

580 Bill Knox
 584 Norman Taylor

581 Alister Biggar

582 Darrell Hastie

Colours: Yellow with 2 Black Half hoops

586 Vincent Daly
 590 Owen Light

587 Andrew Kerr
 591 Charles Martin

588 Timothy Downie
 592 Alex Drain

Colours: Blue and White Hoops

595 Philip Carter
 599 Kristian Forster
 603 Kenneth Mitchell
 607 Duncan Thomson

596 Gerard Craig
 600 Alan Hamilton
 604 Gordon Moore

597 Robert Daly
 601 Thomas McAra
 605 Gus Munro

Colours: Navy and Orange

609 Derek Killin
 613 Martin Quinn

610 Mike Thomson

611 Sidney Pask

Colours: Yellow with Black "W" on Back

615 Graeme Orr
 619 Chris Upson
 623 Ian Struthers

616 Daniel Reid
 620 Gibson Fleming

617 Andrew Turnbull
 621 Blair Millen

625 Patrick Mullen

626 Colin McAlpine

627 James Dobbie