

ScottishPower

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The energy people

National Cross Country Championships – Callendar Park, Falkirk Saturday 18 February 2006



Falkirk Council

scottishathletics



1999	Bobby Quinn	Ronhill Cambuslang	99	Angela Mudge	Aberdeen	31
2000	Bobby Quinn	Ronhill Cambuslang	95	Hayley Haining	City of Glasgow	17
2001	Chris Robison	Hunters Bog Trotters	70	Ellen Leggate	Shettleston Harriers	45
2002	Glen Stewart	Shettleston Harriers	103	Gillian Palmer	Shettleston Harriers	32
2003	Graeme Reid	Ronhill Cambuslang	64	Susan Partridge	Carnethy HRC	21
2004	Glen Stewart	Ronhill Cambuslang	95	Liz McColgan	Carnethy HRC	21
2005	Robert Russell	Hunters Bog Trotters	56	Collette Fagan	City of Glasgow	8

* race won by Eddie Gray NZL 38:18 running as a guest

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ScottishPower NATIONAL CROSS COUNTRY CHAMPIONSHIPS

CALENDAR PARK, FALKIRK - SATURDAY 18 FEBRUARY 2006

RACE OFFICIALS

Referee	I Clifton
Officials Reception	A Jackson
Clerk of Course	R Reid
Course Team	D Lothian, D Wilson, A Ronald, A Stevenson and other Members of Falkirk Victoria Harriers
Start/Finish Area	K Martin, M Ferguson, J Young
Chief Judge	R L McSwein
Funnel Control	Males : A Law (Chief), F McCluskie, W Semple, W Laing Females : K Melville (Chief), P Law, I Baird
Timekeepers	J Bruce (Chief), D McLaren, S MacDougall, M Daly, D Gilmore
Recorders (Places)	S Hardacre (Chief), N Donachie (Voice record), I Hislop J Brash, R Halliday
Recorders (Times)	M Wilmoth (Chief), W MacDougall, A Smith
Starters	B Craighead (Chief), A Cameron
Marksman	F McCluskie, W Laing, J Semple
Declarations	J Jackson, H Jackson, M Donachie, K Monaghan,
Results	P Jackson (Chief), A Jackson, J Jackson, S Smart, G McEwan
Runners/Programmes	Members of Falkirk Victoria Harriers
Announcer	R Gray
Press	C Broadbent, B Goodwin, W Melville
Presentations	B Goodwin, A Potts
Jury of Appeal	R L McSwein, M Cook, R Thomas
Medical Services	St Andrews Ambulance Association
Reception	A Potts, M Cook, R Thomas, B Goodwin
Event Manager	P O'Callaghan
Co Conveners	B Goodwin, J Young

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Important Information

TIMETABLE

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 metre

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 Women's 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 PAT MAYS & PAT SPENSE TROPHY FOR THE OVERALL MALE AND FEMALE 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.

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.

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

All athletes will have a triple incentive for being at their best today, thanks to ScottishPower. As well as national titles, prize money and international selection also beckon. The individual winner will receive £500 with the runner-up and third placed athletes collecting £300 and £200 respectively.

In the team competitions, the top three clubs will be awarded £300, £200 and £100, whilst the overall club winners, combining all age-groups will pick up a tidy £1000 with silver and bronze medallists receiving £500 and £300 respectively.

Along with the winners of the U20 men's and women's, the top three athletes in both the senior men and women's races will be automatically selected for the Ras na hEireann cross country international in Ireland in March.

The prestigious event will see Scotland go in against teams from Ireland, Northern Ireland, USA, Russia, France, Morocco, England, Wales, South Africa and Poland.

scottishathletics Championship Dates 2006		
Date	Track and Field	Venue
13/14 May	East & West District Championships	Meadowbank
13 May	North District Championships	Inverness
20/21 May	Combined Events Championships	Scotstoun
20 May	Masters Championships	Scotstoun
21 May	Bank of Scotland Under 17 & Under 20 Men 3000 metres	Scotstoun
18 June	Bank of Scotland Under 20 & Under 23 Championships	Scotstoun
18 June	Bank of Scotland 3x800m & 4x400m Junior Relay	Scotstoun
12/13 August	Sunday Mail 114 th Senior Championships	Scotstoun
13 August	Bank of Scotland 4x100m Junior Relay Championships	Scotstoun
26 August	Under 13 & Under U17 Championships	Grangemouth
27 August	Under 15 & Under U17 Championships	Grangemouth
Road Races		
1 April	6 & 4 Stage Relay Championships	Livingston
1 October	Marathon	Loch Ness
21 May	Half Marathon	Dunfermline
TBA	10K	Loch Lomond Shores

13th Annual Under 13 Boys' Championships (Over 11 but Under 13 as at 1 st September, 2005)	
Distance 3,200 metres	The race will start at 12.00
The winning team to hold the 'McKenzie Cup' for 12 months	Title holders: Giffnock North AAC
The winning individual to hold the 'Alex Nangle Memorial Trophy' for 12 months	Individual Winner: Miles Hollinshead (Giffnock North AAC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT	

Aberdeen AAC		Colours: White with 2 red hoops	
1 Ryan Gauld	2 Lewis Stephen	3 Sigurd Watt	4 Jeremy O'Neill
5 Christopher Stoddart			
Annan & District AC		Colours: Yellow Vest/Black Shorts	
6 James Sharkey			
Arbroath & District AC		Colours: Black with vertical yellow stripe	
7 Michael Downie	8 Kyle Bailey	9 Glenn Feighan	
Ayr Seaforth AAC		Colours: White with Red Diagonal Cross	
10 Callum Aitkenhead	11 Thomas Andrews	12 Andrew Rae	13 David Carter
Banchory Stonehaven AC		Colours: Royal Blue with White band	
14 Stewart Clark			
Calderglen Harriers		Colours: Amber and Black Vertical Stripes	
15 Robbie Wallace	16 Christopher Park	17 Nicky Pryce	18 Ewan Murray
19 Craig Robinson	20 Mark Thomson	21 Richard Campbell	22 Grant Ferguson
23 Daniel Mullen	24 Josh Ladds		
Central AC		Colours: Yellow and Blue	
25 David Hutchison	26 Ross Milne	27 Tom Watson	28 Roddy Irvine
29 Conor Kerr	30 Alexander Coubrough		
City of Edinburgh AC		Colours: White with one Blue, one Black Hoop	
31 Edward Dudgeon	32 Tom Holligan	33 Ross Blair	34 Davy Rowan
35 Nikhil Mair			
Clydesdale Harriers		Colours: White with Black "C"	
36 Peter Bowman			
Corstorphine AAC		Colours: White with Black Trim	
37 Andrew Christy	38 Callum Smith	39 Jack Keane	
Dundee Hawkhill Harriers		Colours: Blue and White Quarters	
40 David Smith	41 James Smith		
East Kilbride AAC		Colours: Gold with 2 Black hoops	
42 Adam Gatens	43 Andrew Shaw	44 Steven McKenzie	45 Corey Little
46 Ryan McGowan	47 David MacMillan	48 Andrew Wardrop	49 Paul Brooks
50 Damian Sanaghan	51 Ryan Duddy	52 Stephen Paris(jnr)	53 Paul Byrne
54 Robbie Whelan			
Falkirk Victoria Harriers		Colours: Black with Gold Band	
55 Euan Martin	56 Graeme MacGregor	57 Darren Weir	58 Ben Stevenson
59 Scott Stirling			
Fife AC		Colours: White with Red Band	
60 Ryan McIntosh	61 William Robertson	62 L Hutson	63 A Mudie
Gala Harriers		Colours: White with Green Band	
64 Cameron Fair	65 Murray Lemmon		
Garscube Harriers		Colours: White with Blue Band	
66 Archie Prince	67 James Ross	68 Ross Martin	
George Heriots School		Colours: White with Blue Band	
69 Fraser Gunn			

Giffnock North AAC		Colours: Amber with Royal Blue Hoop	
70 Drew Hollinshead	71 Max Lott	72 Sandy Nimmo	73 James Gray
74 Frazer Walker	75 Max Costello	76 Alistair McCallum	
77 Matthew Cumming	78 Kieran McDonald		
Glasgow School of Sport			
79 Andrew Daisley			
Greenock Glenpark Harriers		Colours: Sky Blue with Royal Blue and Gold Hoops	
80 David Gallacher			
Helensburgh AAC		Colours: Yellow with Red Band	
81 Andrew Kennedy			
Inverclyde AC		Colours: Black & White Stripes	
82 Paul Currie	83 Jack Bushfield	84 Alan Grant	
Irvine AC		Colours: Red with Black Trim	
85 Jason Connelly	86 Niall Kearney	87 Michael Jenks	88 Cameron Paul
Johnnie Walker Kilmarnock Harriers		Colours: Royal Blue with 2 White Stripes	
89 Craig Robertson	90 Ewen Driffild-Waddell	91 Cameron Mackie	
92 Roy Shankland	93 Evan Cornforth	94 Murray McDonald	95 Andrew Martin
Kilbarchan AAC		Colours: Gold with Black Hoop	
96 Callum Blair	97 Graham Evans	98 Connor Henderson	
99 Thomas McDonald	100 David Claes	101 Jack Lochians	102 Gregor Hirst
103 Brett Wild	104 Christopher McGeoch		
105 Daniel Fullerton	106 Greg Brown	107 Christopher Guthrie	108 Nick Smith
Kirkintilloch Olympians		Colours: Sky Blue with White and Black Hoops	
109 Scott Lawrie	110 Craig McIntyre	111 Christopher Allan	
Lasswade AAC		Colours: White with 2 Blue Bands and Red Band	
112 Adam Lyon	113 Ryan Cook	114 Mark Perfect	
Law & District AAC		Colours: Amber with 2 Red Bands and 1 White Band	
115 Billy Clarkson	116 Thomas Lafferty	117 Donald Fingland	
Livingston & District AAC		Colours: Yellow with Green Stripe	
118 Mathew Thomson			
Lochaber AC		Colours: White with 2 Blue Hoops	
119 Ryan Denny	120 Michael Kennedy	121 Koni Johnson	
Moray Road Runners		Colours: Dayglow yellow with Black Trim	
122 Scott Miller	123 Moray Goodfellow	124 Mark Farquhar	
Musselburgh AC		Colours: Red with Black Stripes	
125 Peter Loudon			
Nithsdale AC		Colours: Jade Green/Black/White	
126 David Vernon			
North Uist AAC		Colours: White	
127 Fraser MacDonald	128 Olan Spears		
Pitreevie AAC		Colours: Navy/Yellow/White	
129 Craig Robinson	130 Anthony Young	131 Peter Henderson	132 Robert Maclean
Ron Hill Cambuslang Harriers		Colours: Red with White Band	
133 Liam Deeny	134 Perrie Gaffney	135 Jack Hamilton	136 Stewart Orr
137 Michael Rankin	138 Zack Preston	139 Chris Gebbie	140 Ryan Harkin
141 Thomas Meiehfer			
Shetland AAC		Colours: White Vests 3 Blue Hoops	
142 Bobby Bristow			
Shettleston Harriers		Colours: Blue with Yellow Band	
143 Andrew Dearie	144 Gary Smith	145 Nicholas Devlin	146 Ryan Taylor
147 Adam Drummond	148 Jack Mills	149 Calum Munro	

Victoria Park AAC Colours: Blue and White Hoops
 150 Paul MacFarlane 151 Lewis Wilson 152 Daniel Craib
 153 Grant McConnachie 154 Fergus Paterson 155 Sam Andrew
 West Dunbartonshire AC Colours: Green with Navy Blue Stripe
 156 Craig Prior
 Whitmoss AAC Colours: Black and Yellow
 157 Euan Walker 158 Ross McCord

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13th Annual Under 13 Girls' Championships (Over 11 but Under 13 as at 1 st September, 2005)	
Distance 3,200 metres	The race will start at 12.15
The winning team to hold the 'John Waddell Shield' for 12 months	Title holders: Edinburgh Southern Harriers
The winning individual to hold the 'William Bramwell Trophy' for 12 months	Individual Winner: Emily Stewart (Edinburgh Southern H)
TEAMS NOT LESS THAN 4 & 4 TO COUNT	

Aberdeen AAC	Colours: White with 2 red hoops	
1 Ellie Buchan	2 Kerry Prise	3 Katie Bain
4 Mikaela Megginson	5 Sarah Bonar	6 Emily Legge
7 Katrina McDonald	8 Evie Rae	9 Mairi Ward
11 Gillian Parker		10 Lucy Buchan
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
12 Katie Sprang	13 Lauren Goldie	14 Stephanie Dougan
15 Rosalind MacDonald	16 Gina Van-Ulsen	17 Nicola Dunn
Calderglen Harriers	Colours: Amber and Black Vertical Stripes	
18 Linzie Reynolds	19 Lynsey McCleery	20 Gillian McClellan
Carnoustie AAC	Colours: White Top	
21 Naomi Dunphy		
Central AC	Colours: Yellow and Blue	
22 Lorna Cameron	23 Fiona Cameron	24 Megan McNabb
26 Georgia Quinn	27 Katie Campbell	28 Fionn Hargreaves
City of Edinburgh AC	Colours: White with one Blue, one Black Hoop	
30 Samantha Blair	31 Nicola Thomson	32 Stacey Pendrigh
34 Amber Lockhart		33 Faye Kearney
City of Glasgow AC	Colours: Royal Blue with Green Panel	
35 Hollie Young	36 Michaela Stephen	37 Suzy Nairn
39 Rebecca Nicholson		38 Sarah Potter
Corstorphine AAC	Colours: White with Black Trim	
40 Eilidh Nolan		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
41 Suzanne Salmond	42 Amy Barton	43 Claire Fox
45 Rebecca Young	46 Iona Brodie	44 Aeron Mellish
East Cheshire H & Tameside AC		
47 Kirsten McAslan		
East Kilbride AAC	Colours: Gold with 2 Black hoops	
48 Rhona Calder	49 Julia Calder	50 Fiona Borthwick
52 Rachael Thomson	53 Sophie Potter	54 Jessica Duff
56 Katie Prendeville	57 Lucy Whelan	55 C Burt
Edinburgh Southern H	Colours: White /Blue /Red	
58 Emily Dudgeon	59 Emily Owens	60 Claire Florence
62 Hazel Hall	63 Alexandria Moran	64 Fiona Sinclair
Falkirk Victoria Harriers	Colours: Black with Gold Band	
66 Abby Kemp	67 Hazel Murray	
Fife AC	Colours: White with Red Band	
68 Lucy Duff	69 Sarah Kelly	70 Maya Stone
72 Grace Collison-Owen	73 Olivia Collison-Owen	71 Katy Tan
Gala Harriers	Colours: White with Green Band	
74 Alice Haining	75 Emily Douglas	76 Stephanie Common
		77 Hannah Borhan

Garscube Harriers
78 Alice Smith
Giffnock North AAC
80 Karin Belch
84 Helena Brown
88 Lucy Patrick
Greenock Glenpark Harriers Colours: Sky Blue with Royal Blue and Gold Hoops
90 Emily Pollock
Inverclyde AC Colours: Black & White Stripes
92 Nynke Mullholland
96 Ashleigh Young
Irvine AC Colours: Red with Black Trim
98 Paige Douglas
Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes
102 Lois Shankland
106 Nicole Hamilton
Kilbarchan AAC Colours: Gold with Black Hoop
109 Kirsty Porteous
113 Laura Kerr
117 Nile McMillan
Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops
119 Alexandra Lamond
122 Lauren McIntyre
Law & District AAC Colours: Amber with 2 Red Bands and 1 White Band
124 Nicola Lindsay
Livingston & District AAC Colours: Yellow with Green Stripe
128 Nancy Sneddon
Lochaber AC Colours: White with 2 Blue Hoops
129 Claire Kennedy
Lothian Running Club Colours: Blue with Black letters
131 Jemma Robertson
Moray Road Runners Colours: Dayglow yellow with Black Trim
133 Leanne Tonge
Musselburgh AC Colours: Red with Black Stripes
134 Madeleine Baird
Nithsdale AC Colours: Jade Green/Black/White
135 Stephanie Barnes
Pitreavie AAC Colours: Navy/Yellow/White
136 Kathryn Pennel
140 Rachel Cook
Ron Hill Cambuslang Harriers Colours: Red with White Band
144 Mhairi Brown
148 C Wetherspoon
Shetland AAC Colours: White Vests 3 Blue Hoops
149 Katie Bristow
May Leyland
Shettleston Harriers Colours: Blue with Yellow Band
154 Jodie Mullen
Teviotdale Harriers Colours: White with Maroon Band
155 Kaylee Fraser
Victoria Park AAC Colours: Blue and White Hoops
156 Amy Davis

79 Holly Conyers
81 Bethany Frank
85 Ruth Wallace
89 Rebecca Patrick
82 Louise Bainbridge
86 Roisin Howat
83 Abigail Duff
87 Monica Carlin
91 Katy Gallacher
93 Chiara McKittrick
97 Susan Waugh
94 Amy McLeary
95 Hanna McIntyre
99 Victoria Conway
100 Ashley McQueen
101 Molly Bell
103 Sarah McNish
104 Bethany Ross
105 Stephanie Sloan
107 Stephanie Miller
108 Taylor Hunter
109 Ashley McQueen
110 Hannah Boyd
111 Ainsley Hards
112 Vanessa Young
114 Elaine Eadie
115 Nicole Caulfield
116 Holly Blair
118 Katie McAlpine
120 Diane Ramsay
121 Deborah Hannah
123 Victoria Conner
125 Megan Gray
126 Julie Dobbin
127 Emma Clarkson
130 Kirstin Moynihan
132 Lana Turnbull
137 Olivia Clark
138 Sarah Turner
139 Melissa Hynd
141 Claire Duncan
142 Caroline Brewster
143 Keshia Law
145 Louise McKenna
146 Amy Mullan
147 Lindsey Sillars
150 Emma Leask
151 Sarah Leask
152 Sophie Woods

West Dunbartonshire AC Colours: Green with Navy Blue Stripe
157 Jade Barclay
161 Nicola Pearson
Whitemoss AAC Colours: Black and Yellow
163 Rachel Mitchell
164 Kathleen Murphy
Worcester AC
166 Monica McCluskey
158 Helen Boyd
159 Emily Edmiston
160 Rachel Paxton
162 Katrina Watts
165 Lauren Mooney

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13th Annual Under 15 Boys' Championships (Over 13 but Under 15 as at 1 st September, 2005)	
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: Ron Hill Cambuslang AC
The winning individual to hold the 'Jock Semple Trophy' for 12 months	Individual Winner: Matthew Gillespie (Central AC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT	

Aberdeen AAC	Colours: White with 2 red hoops	
201 James Joy	202 Cameron Strachan	203 Rory Leslie
205 Thomas Joy	206 Richard Murdoch	204 Finlay Park
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
207 Alan Cherry	208 Alex Oliver	209 Greg Templeton
210 Jonathan Dunn		
Banchory Stonehaven AC	Colours: Royal Blue with White band	
211 Robbie Simpson		
Calderglen Harriers	Colours: Amber and Black Vertical Stripes	
212 Jamie Ferguson	213 Ben Ferguson	214 Kyle Gatens
216 Gary Robinson		215 Luke Price
Central AC	Colours: Yellow and Blue	
217 Matthew Gillespie	218 Sean Reilly	219 Alexander Hendry
221 Anthony Gillespie		220 Alan Bennie
City of Edinburgh AC	Colours: White with one Blue, one Black Hoop	
222 Chris O'Hare	223 Fraser Mann	224 Tom Ryan
225 Adam Mackenzie	226 Jamie Smith	227 Jonathan Wolf
229 Graham Leydon	230 Shaun Devenney	231 Stuart McKemmie
Clydesdale Harriers	Colours: White with Black "C"	
232 David Brown	233 Alistair Gilmour	
Corstorphine AAC	Colours: White with Black Trim	
234 Niall Waddell	235 Fraser Scott	236 Ciaran Johnston
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
237 Samuel Kelway	238 Paul Dempsey	
East Kilbride AAC	Colours: Gold with 2 Black hoops	
239 David Gorman	240 John Fergusson	241 Fraser Morgan
242 Calum Calder		
Falkirk Victoria Harriers	Colours: Black with Gold Band	
243 Jamie Stevenson	244 Andrew Crone	245 Fraser Stirling
246 Ewan Murray		
Fife AC	Colours: White with Red Band	
247 Ryan Ritchie		
Forres Harriers	Colours: Red	
248 Grant Cameron		
Gala Harriers	Colours: White with Green Band	
249 James Haining		
Garscube Harriers	Colours: White with Blue Band	
250 Iain McGill		
George Heriots School	Colours: White with Blue Band	
251 Roger Poolman	252 Grant McEwan	253 Joshua Yates
254 Matthew Haigh	255 Jed Glasgow	256 Mark Shand
257 Frederick Rayner	258 Cameron Douglas	

Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
259 Lyle Frank	260 Miles Hollinshead	261 Greg Turner
262 Paul Bainbridge	263 Matthew Ritchie	264 Gordon Belch
265 Ewan McCallum	266 Jamie McGregor	267 Steven Gray
268 Graham Walker		
Girvan AAC	Colours: White with Blue & Green Hoops	
269 Colin Sturgeon	270 Andrew Girvan	
Glasgow School of Sport		
271 Joseph Bole	272 Sean Fontana	
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	
273 Gerard Cooke		
Inverclyde AC	Colours: Black & White Stripes	
274 Andrew Campbell	275 Scott Smith	276 Craig Anderson
277 Andrew Ross		
Irvine AC	Colours: Red with Black Trim	
278 Ryan McDonald	279 Garry Kerr	280 John Kerr
281 Nicholas Emsley		
Johnnie Walker Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes	
282 James Wales	283 Mathew Daley	284 Gregory Leyden
285 Colin Stevenson	286 Jamie Hannah	
Kilbarchan AAC	Colours: Gold with Black Hoop	
287 Scott MacAulay	288 Stuart King	289 Stuart Miller
290 Blair Crawford	291 Callum Hawkins	292 Andrew McAlpine
293 Craig MacDonald	294 Ross Williams	295 Jack Clark
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops	
296 Neill Hamilton	297 Adam Hamilton	298 Matthew Graham
299 Callum Pettigrew		
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band	
300 Martin Brash	301 Adam Osbourne	302 Graeme Anderson
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band	303 Zander Lyon
304 Ross MacDonald	305 Allan Jenkins	306 Ross Ireland
Livingston & District AAC	Colours: Yellow with Green Stripe	
307 Craig McDowall	308 Ian Hardacre	
Lochaber AC	Colours: White with 2 Blue Hoops	
309 Connor Gillies		
Lothian Running Club	Colours: Blue with Black letters	
310 Robert Inglis	311 Colin MacDonald	
Montrose & D AC	Colours: Black and Red	
312 Peter Anderson	313 John Leiper	314 Blair Miller
315 Christopher Smith	316 Gordon Smith	
Moray Road Runners	Colours: Dayglow yellow with Black Trim	
317 Robbie Cammack	318 Bradley Lotts	
Musselburgh AC	Colours: Red with Black Stripes	
319 Adam Szymoszkowskyj		
Pitreavie AAC	Colours: Navy/Yellow/White	
320 Peter Munnoch	321 Richard Le Good	322 Alan Love
323 Stefan McLean-Toremar		324 Magnus Olafsson
Ron Hill Cambuslang Harriers	Colours: Red with White Band	
325 Andrew Coulter	326 Andrew Grant	327 Craig Nelson
328 Steven Taggart	329 Coren Gallacher	330 R Millar
Shetland AAC	Colours: White Vests 3 Blue Hoops	331 Jack Marriot
332 Calvin Leask	333 Tom Moncrieff	334 Joshua Morrison

Shettleston Harriers

335 Lachlan Oates
338 Andrew Duffy

Stornoway RC

339 Calum Smith

Teviotdale Harriers

340 Rory Anderson

Victoria Park AAC

341 Gregor Innes
344 Andrew Craib
347 Lorn Menzies

Whitemoss AAC

348 Stuart Jamieson
351 Ryan Sheridan

Colours: Blue with Yellow Band

336 Ruairidh Munro 337 Andrew Clunes

Colours: Red with Yellow Hoop**Colours: White with Maroon Band****Colours: Blue and White Hoops**

342 Michael Gray 343 Matthew Pollock
345 Gavin Murty 346 Rory Stewart

Colours: Black and Yellow

349 Gary Mooney 350 Matthew Keenan
352 Andrew Morrison

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**13th Annual Under 15 Girls' Championships
(Over 13 but Under 15 as at 1st September, 2005)**

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: Laura McCord (Whitemoss AAC) TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

201 Amy Longmuir
205 Christie Noble
208 Harriet McRae

Colours: White with 2 red hoops

202 Natasha Alexander 203 Rachel Armitage 204 Paula Davies
206 Laura Buchan 207 Suzi Blake
209 Katie Taylor 210 Claire Buchan

Arbroath & District AC

211 Rebecca Leslie

Colours: Black with vertical yellow stripe

212 Lauren Shepherd

Banchory Stonehaven AC

213 Megan Albon

Colours: Royal Blue with White band**Banff Academy**

214 Gemma Cormack

Colours: Navy & Light Grey**Carnoustie AAC**

215 Becky Dunphy

Colours: White Top**Central AC**

216 Rebecca Hay
219 Rachel Hunter
222 Eilidh Hargreaves

Colours: Yellow and Blue

217 Kate Morris 218 Anna Jamieson
220 Claire Tunaley 221 Gemma Milne

City of Edinburgh AC

223 Lauren Stoddart

Colours: White with one Blue, one Black Hoop

224 Jenny MacDougall

City of Glasgow AC

225 Josephine Moultrie
228 Laura Cameron
231 Rhian Dawes

Colours: Royal Blue with Green Panel

226 Alexandra Conner 227 Rachel McLellan
229 Stephanie Cameron 230 Elizabeth Potter
232 Anna Bruce 233 Karen Glover

Corstorphine AAC

234 Mhairi Hunter

Colours: White with Black Trim**Dundee Hawkhill Harriers**

235 Yolanda Hodgson

Colours: Blue and White Quarters

236 Chelsea Watson

East Kilbride AAC

237 Beth Duff
240 Kathryn Duff

Colours: Gold with 2 Black hoops

238 Stephanie Wright 239 Deborah Stokoe
241 Ailis Clements 242 Lindsey Simpson

Edinburgh Southern H

243 Alice Loudon
247 Fiona Trew

Colours: White /Blue /Red

244 Kerry Hall 245 Laura Goodson 246 Sarah Brown

Elgin AAC

248 Kayleigh Jarrett

Colours: Black White Band**Falkirk Victoria Harriers**

249 Rachael McKie

Colours: Black with Gold Band

250 Megan McLeish

Fife AC

251 Natasha McIntosh

Colours: White with Red Band

252 Fiona Bracegirdle 253 Jenny Tan 254 Kiri Stone

Gala Harriers

255 Gillian Inglis

Colours: White with Green Band**Giffnock North AAC**

256 Jaymee McConville
259 Catriona Lockie

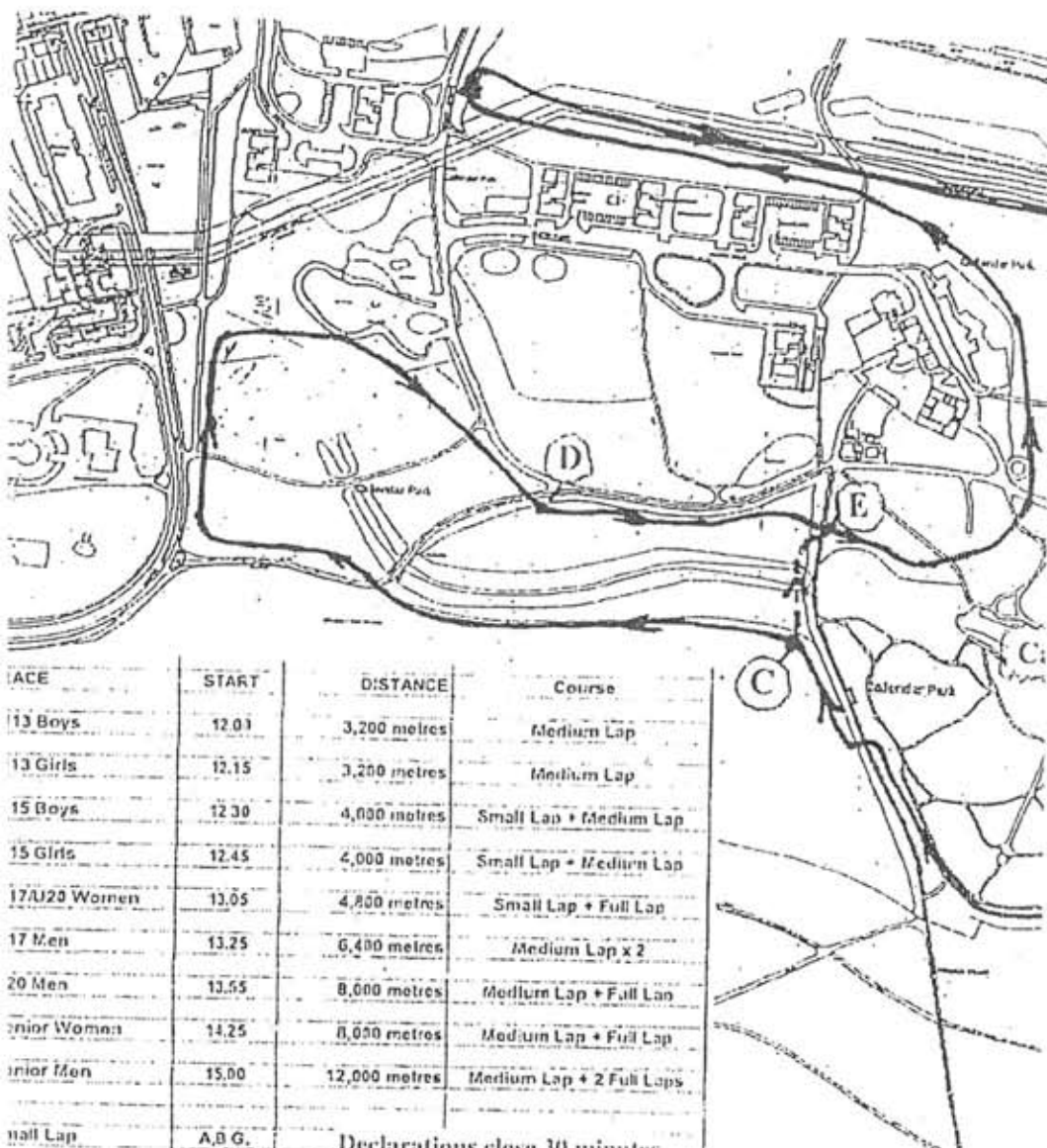
Colours: Amber with Royal Blue Hoop

257 Nicole McLeod 258 Anna Hilley
260 Mhairi McCluskey 261 Rosie Atterston

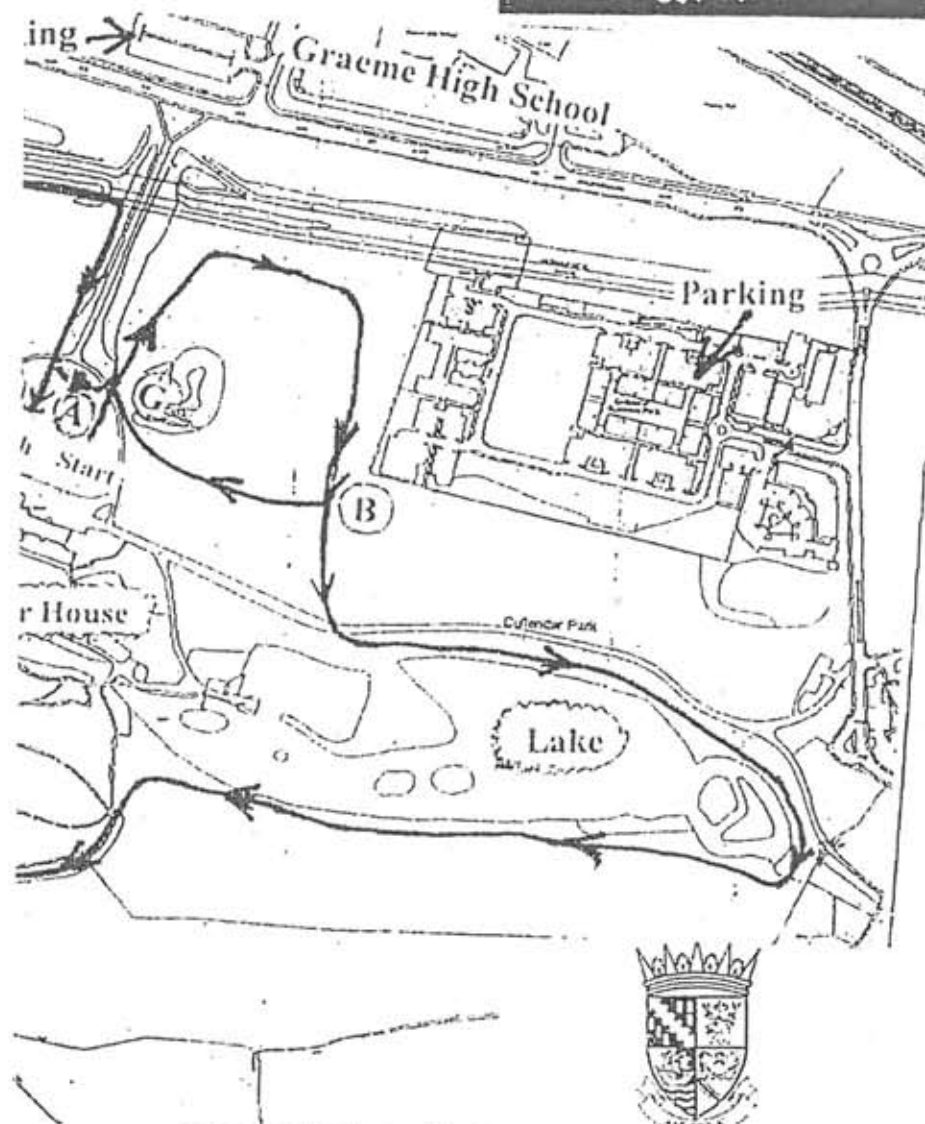
262 Claire McAuley	263 Joanna Thomson	264 Rachel McDowall
265 Alex Porteous	266 Caroline Adams	267 Effie Gray
Glasgow School of Sport		
268 Samantha Kelly		
Greenock Glenpark Harriers Colours: Sky Blue with Royal Blue and Gold Hoops		
269 Emma O'Rourke	270 Katie Pollock	271 Emma Baxter
Inverclyde AC Colours: Black & White Stripes		
272 Sammi Coyle	273 Rachael Bushfield	274 Debbie Moore
275 Kayleigh MacDonald	276 Emma Rice	277 Ashleigh Young
Irvine AC Colours: Red with Black Trim		
278 Sarah Munn	279 Nicole Bunyan	
Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes		
280 Lauren Campbell	281 Mia Tait	282 Sally Pugh
283 Amy Milliken		
Kilbarchan AAC Colours: Gold with Black Hoop		
284 Natalie Sharp	285 Jessica Martin	286 Louise McDonald
287 Lauren Young	288 Michelle Bell	289 Rachel Campbell
290 Emma Leighton	291 Jade McCafferty	292 Samantha Kelly
293 Samantha Lambie	294 Amanda Herron	295 Alison Ford
Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops		
296 Julie Connelly	297 Rebecca MacLennan	298 Jennifer Hannah
Lasswade AAC Colours: White with 2 Blue Bands and Red Band		
299 Caitlin Froude	300 Erin Froude	301 Emma Gordon
302 Kathryn Peacock		
Law & District AAC Colours: Amber with 2 Red Bands and 1 White Band		
303 Kirsty Appleton	304 Fiona Parkin	
Livingston & District AAC Colours: Yellow with Green Stripe		
305 Jennifer Rogers	306 Kate Thomson	307 Shona Thomson
Lochaber AC Colours: White with 2 Blue Hoops		
308 Maxine Fraser	309 Cara Mackay	310 Eilidh Munro
Lothian Running Club Colours: Blue with Black letters		
311 Mhairi Inglis	312 Sarah Inglis	
Moray Road Runners Colours: Dayglow yellow with Black Trim		
313 Laura Sharp	314 Emma Fullarton	
Musselburgh AC Colours: Red with Black Stripes		
315 Rebecca Clark	316 Alison Eadie	
Nithsdale AC Colours: Jade Green/Black/White		
317 Naomi Smith		
Pitreavie AAC Colours: Navy/Yellow/White		
318 Kelly Brewster	319 Natalie Fox	320 Sarah Ross
322 Rachael Pack	323 Danielle Hynd	321 Levi Young
Ron Hill Cambuslang Harriers Colours: Red with White Band		
324 Amanda Gebbie	325 Claire Wallace	326 Rebecca Forrest
327 Caitlin Hendry	328 Danielle Melville	329 Nicole McMillan
Shetland AAC Colours: White Vests 3 Blue Hoops		
330 Sadie Youner		
Victoria Park AAC Colours: Blue and White Hoops		
331 Corrine McConnachie		
Whitemoss AAC Colours: Black and Yellow		
332 Laura McCord	333 Stephanie Robertson	334 Rachel Barlas
335 Penny Mitchell	336 Lorraine Boyd	

13th Annual Under 17 and Under 20 Womens' Championships (Over 15 but Under 17 as at 1 st September, 2005) (Over 17 but Under 20 as at 1 st September, 2005)	
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: Giffnock North AAC
Under 17 The winning individual to hold the 'Lothian Trophy' for 12 months	Under 17 Individual Winner: Siobahn Coleman (Pitreavie AAC)
Under 20 Team	Under 20 Title holders: Central AC
Under 20 The winning individual to hold the 'The Gunstone Millennium Trophy' for 12 months	Under 20 Individual Winner: Morag MacLarty (Central AC)
TEAMS NOT LESS THAN 3 & 3 TO COUNT	

Aberdeen AAC Colours: White with 2 red hoops	
370 Siobhan Prise	371 Anna Fleming
373 Ruth Stephen	372 Jill McGrory
376 Laura Hepburn	374 Freya Prentice
Arbroath & District AC Colours: Black with vertical yellow stripe	
379 Sarah Connolly	377 Rebecca Mortimer
Ayr Seaforth AAC Colours: White with Red Diagonal Cross	
380 Heather Ridland	378 Charlotte Forbes (U20)
Banchory Stonehaven AC Colours: Royal Blue with White band	
381 Emma Cloggie (U20)	
Central AC Colours: Yellow and Blue	
382 Morag MacLarty (U20)	383 Fiona Thompson (U20)
384 Jennifer Emsley (U20)	
City of Edinburgh AC Colours: White with one Blue, one Black Hoop	
385 Stephanie Lyall	386 Faye McManus (U20)
City of Glasgow AC Colours: Royal Blue with Green Panel	
387 Helen Sweeney	388 Rebecca Finch
390 Joanne Finch (U20)	389 Louise Leadbetter
Corstorphine AAC Colours: White with Black Trim	
392 Megan Smith	391 Lorna Young (U20)
393 Kathleen Dempsey	394 Rebecca O'Brien (U20)
Dundee Hawkhill Harriers Colours: Blue and White Quarters	
395 Carly Hall	396 Elizabeth MacLeish
398 Lynsey Murray (U20)	397 Yasmine Tosh
401 Lyndsey Aitken (U20)	399 Laura Brown (U20)
East Kilbride AAC Colours: Gold with 2 Black hoops	
402 Victoria Reid	400 Heather Brookes (U20)
Edinburgh Southern H Colours: White /Blue /Red	
403 Catriona Sinclair	404 Laura Dunn
406 Roslyn Campbell	405 Katie McGregor
Fife AC Colours: White with Red Band	
409 Claire Jarvis	407 Rachel Kerr
Giffnock North AAC Colours: Amber with Royal Blue Hoop	
411 Lauren Hollinshead	408 Marbeth Shiell (U20)
415 Amy Bissland	410 Jennifer Kibble
418 Kerry McGee (U20)	411 Jennifer Conway
420 Fiona McKay (U20)	412 Gillian Gibson
Glasgow University H & H Colours: Black and Gold	
423 Lauren MacKenzie (U20)	413 Sarah Phee
	417 Nicola Callaghan
	419 Emma MacLeod (U20)
	421 Lauren Baird (U20)
	422 Ann Sillars (U20)
	414 Ruth Joss



RACE	START	DISTANCE	Course
13 Boys	12.01	3,200 metres	Medium Lap
13 Girls	12.15	3,200 metres	Medium Lap
15 Boys	12.30	4,000 metres	Small Lap + Medium Lap
15 Girls	12.45	4,000 metres	Small Lap + Medium Lap
17/19 Women	13.05	4,800 metres	Small Lap + Full Lap
17 Men	13.25	6,400 metres	Medium Lap x 2
20 Men	13.55	8,000 metres	Medium Lap + Full Lap
Senior Women	14.25	8,000 metres	Medium Lap + Full Lap
Senior Men	15.00	12,000 metres	Medium Lap + 2 Full Laps
Half Lap	A,B,G.	Declarations close 30 minutes before each race	
Medium Lap	A,B,C,E,F.		
Full Lap	A,B,C,D,E,F.		



Johnnie Walker Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes	
424 Colleen Tait	425 Maire Gorman	426 Emma Mackie (U20)
427 Kara Tait (U20)		
Kilbarchan AAC	Colours: Gold with Black Hoop	
428 Christina Rankin	429 Jillian Allan	430 Elspeth Curran
431 Claire McNicol	432 Kirsty Reid	433 Taylor Speirs
434 Cara Sloss (U20)	435 Claire MacAulay (U20)	
436 Katherine Wilkie (U20)		
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops	
437 Fiona Berry	438 Laura McKie	439 Fiona Gentles (U20)
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band	
440 Alexandra Benham		
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band	
441 Cheryl Adam		
Moray Road Runners	Colours: Dayglow yellow with Black Trim	
442 Elaine Wilson		
Nithsdale AC	Colours: Jade Green/Black/White	
443 Nicola Hood	444 Emma Friars	445 Charlotte Riley
446 Megan Carson		
Pitreavie AAC	Colours: Navy/Yellow/White	
447 Siobhan Coleman	448 Rebecca Burns	449 Sharon Lamont (U20)
450 Eilidh Child (U20)	451 Kim Paterson (U20)	
Ron Hill Cambuslang Harriers	Colours: Red with White Band	
452 Leanne Paterson	453 Erin Campbell	
Shetland AAC	Colours: White Vests 3 Blue Hoops	
454 Jenny Richardson	455 Rosie McLean	
Stornoway RC	Colours: Red with Yellow Hoop	
456 Eilidh MacKenzie	457 Chirsty MacLeod (U20)	
Team Southampton		
458 Catriona Witcombe		
Victoria Park AAC	Colours: Blue and White Hoops	
459 Stephani Davy	460 Abbey McGhee	461 Aisling McGhee
462 Courtney MacGuire		
West Dunbartonshire AC	Colours: Green with Navy Blue Stripe	
463 Marie Gardiner (U20)		
Whitemoss AAC	Colours: Black and Yellow	
464 Julie Whyteside		

13th Annual Under 17 Mens' Championships (Over 15 but Under 17 as at 1 st September, 2005)	
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: Conor McNulty (Kilbarchan AAC)
TEAMS NOT LESS THAN 4 & 4 TO COUNT	

Aberdeen AAC	Colours: White with 2 red hoops	
380 Mark Haskett	381 Euan Reilly	382 Fraser McDonald
383 Myles Edwards	384 Mark Ibbotson	385 Alex Thoirs
Banchory Stonehaven AC	Colours: Royal Blue with White band	
386 Andrew Ferguson Jnr		
Caithness AAC	Colours: White with Blue Line	
387 Matthew Sutherland		
Caldergleng Harriers	Colours: Amber and Black Vertical Stripes	
388 Stephen Reilly		
Central AC	Colours: Yellow and Blue	
389 Michael Gillespie	390 Graham Harvey	391 David Devlin
393 Craig Lawson		392 David Keye
City of Edinburgh AC	Colours: White with one Blue, one Black Hoop	
394 Darren Steel	395 Gary Hamilton	396 Charles Brown
397 Stewart Fraser	398 Lewis Paulin	
Clydesdale Harriers	Colours: White with Black "C"	
399 Michael Kinsella		
Corstorphine AAC	Colours: White with Black Trim	
400 Calum McKenzie		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
401 Craig Angus	402 Ewan Glassey	403 Scott Aitken
404 Andrew Brookes		
East Kilbride AAC	Colours: Gold with 2 Black hoops	
405 Jamie Clements	406 Niall Walker	
Falkirk Victoria Harriers	Colours: Black with Gold Band	
407 Colin McCluskie		
Fife AC	Colours: White with Red Band	
408 Alex Jones	409 Philip Salter	410 Frankie Scott
411 Elliot Simpson	412 Keith Simpson	
Gala Harriers	Colours: White with Green Band	
413 Iain Frater		
George Heriots School	Colours: White with Blue Band	
414 Hugh Brechin	415 Jonathan Neville	416 Nicholas Gunn
417 Graham Dickson	418 Lewis Just	419 Rory Downie
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
420 James Baird	421 David Walker	422 Craig McCallum
423 Stuart Whiteford	424 Ian Whiteford	425 Jordan Clark
426 Ross McLearn	427 Daniel Johnstone	428 Ewan McLeod
Glasgow School of Sport		
429 John Cooke	430 Stephen Cooke	431 Kenneth Boyd
432 Forbes Bryce		
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	
433 Michael McLoone Jnr		

Helensburgh AAC
434 Callum Freeth
Inverclyde AC
435 Sean Gaffney
Irvine AC
436 William Morgan
Johnnie Walker Kilmarnock Harriers
439 Cameron Wilson
442 Roger Naughton
Kilbarchan AAC
443 Grant Higgins
446 Stephen McGoldrick
449 Derek Hawkins
Kirkintilloch Olympians
452 Allan Ramsay
Lasswade AAC
455 Scott Anderson
Law & District AAC
456 Gary Grieve
Lothian Running Club
459 Darren Thomson
Mid Argyll AC
460 Matthew Turner
Montrose & D AC
461 David Anderson
Moray Road Runners
465 Kenneth Wilson
Nithsdale AC
466 Andrew Gibson
North Uist AAC
467 Iain Townsend
470 Paul Ferguson
Pitreavie AAC
473 Paul McNellis
Ron Hill Cambuslang Harriers
475 Raymond Black
478 Eamon McMurray
481 Matthew Waterston
484 Jonathan Pelosi
Shetland AAC
485 Alan Williamson
Shettleston Harriers
486 Mark McKelvie
Stornoway RC
488 Cailean McCombe
Victoria Park AAC
489 Martin Hayes
492 Jamie Sinclair
Whitemoss AAC
494 Michael McLean

Colours: Yellow with Red Band
Colours: Black & White Stripes
Colours: Red with Black Trim
437 Daniel Swanson 438 Alistair Graham
Colours: Royal Blue with 2 White Stripes
440 Ross Gilmour 441 Stuart Munro
Colours: Gold with Black Hoop
444 Andrew Black 445 Paul Leck
447 Scott Hawkins 448 Craig McInnes
450 Graeme Wallace 451 Paul McGunnigle
Colours: Sky Blue with White and Black Hoops
453 Adam Peters 454 Kevin Cornes
Colours: White with 2 Blue Bands and Red Band
Colours: Amber with 2 Red Bands and 1 White Band
457 Graeme Baird 458 Stewart Livingston
Colours: Blue with Black letters
Colours: Yellow with 2 Black vertical Bands
Colours: Black and Red
462 Colin Sharp 463 Michael Taylor 464 Ian Towle
Colours: Dayglow yellow with Black Trim
Colours: Jade Green/Black/White
Colours: White
468 Ruairidh Stewart 469 Stewart Johnson
471 Ian MacDonald 472 Angus MacDougall
Colours: Navy/Yellow/White
474 Tom Fleming
Colours: Red with White Band
476 Ryan Dickson 477 Paul McGarry
479 Andrew Robertson 480 Declan Cleary
482 Brendan Hamill 483 Peter Johnstone
Colours: White Vests 3 Blue Hoops
Colours: Blue with Yellow Band
487 Liam McLaughlin
Colours: Red with Yellow Hoop
Colours: Blue and White Hoops
490 Stewart Bruce 491 James Kinane
493 Niall Murray
Colours: Black and Yellow

13th Annual Under 20 Mens' Championships (Over 17 but Under 20 as at 1 st September, 2005)	
Distance 8,000 metres	The race will start at 1.55
The winning team to hold the 'Marshall Trophy' for 12 months	Title holders: Giffnock North 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
Arbroath & District AC
502 Martin Shepherd
Carnegie Harriers
503 John Hargreaves
Central AC
504 Alastair Hay
505 Michael Wright 506 Murray MacLarty 507 Angus Bell-
Scott
City of Edinburgh AC
508 Kris Gauson
512 Rhuaridh White
Corstorphine AAC
513 Scott Pilkington
Dumfries Running Club
515 Mickey Breen
Edinburgh University H&H
516 Oleg Chepelin 517 Iain Clark
520 Alistair Marshall
Falkirk Victoria Harriers
521 Alasdair Stewart
Fife AC
522 Rory Scott
Gala Harriers
523 Ewan Lindores
George Heriots School
525 Kevin Wilson
Giffnock North AAC
528 David Phee
532 David Williamson
Glasgow School of Sport
534 Stephen Trainer
Greenock Glenpark Harriers
535 Andrew McCall
Inverclyde AC
537 Craig Ruddy
Irvine AC
538 Stephen Daye
Kilbarchan AAC
539 Conor McNulty
543 Chris Devenney
547 Nicholas Moore
Law & District AAC
548 Jamie Frame

Colours: White with 2 red hoops
Colours: Black with vertical yellow stripe
Colours: Orange & Green
Colours: Yellow and Blue
509 Kevin Andison 510 Mark Mitchell 511 Shaun Desport
Colours: White with one Blue, one Black Hoop
Colours: White with Black Trim
514 Douglas Selman
Colours: White with Maroon and Sky blue Hoops
Colours: Green with White side Panel
518 Duncan Coombs 519 Robert Kerr
Colours: Black with Gold Band
Colours: White with Red Band
Colours: White with Green Band
524 Rory Methven
Colours: White with Blue Band
526 Michael Grant 527 James McLay
Colours: Amber with Royal Blue Hoop
529 David Clark 530 Norman Galbraith 531 Douglas Rathey
533 Alistair Connell
Colours: Sky Blue with Royal Blue and Gold Hoops
536 David Butcher
Colours: Black & White Stripes
Colours: Red with Black Trim
Colours: Gold with Black Hoop
540 Jamie Clark 541 Andrew Jack 542 Fraser Williams
544 Craig McCaffer 545 Calum Morrison 546 Kyle Toole
Colours: Amber with 2 Red Bands and 1 White Band

Moray Road Runners
549 Kyle Cowie
Musselburgh AC
552 Lachlan Thomson
Pitreavie AAC
553 Stuart Chisholm
Ron Hill Cambuslang Harriers
556 Alistair Campbell
560 Jonathan Lafferty
Shettleston Harriers
562 James Findlay
565 Craig Stevenson
Stroud AC
568 Thomas Russell

Colours: Dayglow yellow with Black Trim
550 Colin McRae 551 Andrew Clark
Colours: Red with Black Stripes
Colours: Navy/Yellow/White
554 Stephen Irwin 555 Graeme Lister
Colours: Red with White Band
557 Stephen Dunn 558 David Ward 559 Chris Brown
561 Kevin Maguire
Colours: Blue with Yellow Band
563 Mark McKenny 564 Gordon Phillips
566 David Wallace Jnr 567 Stuart Greenway
569 Alexander Russell

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13th Annual Senior Womens' Championships (Over 20 years of age as at 1 st September, 2005)	
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: City of Glasgow AC
The winning individual to hold the 'Mary Semple Trophy' for 12 months	Individual Winner: Collette Fagan (City of Glasgow)
TEAMS NOT LESS THAN 3 & 3 TO COUNT	

Aberdeen AAC
470 Sonia Armitage
473 Nicola Gauld
476 Janice Gordon
Bellahouston Road Runners
480 Shona Donnelly
484 Helen Palmer
Calderglen Harriers
486 Frances Maxwell
489 Louise Brown
Carnegie Harriers
490 Rosalyn Alexander
493 Gail Murdoch
497 Mehrmaz Campbell
Carnethy Hill RC
498 Lyn Wilson
501 Joanne Anderson
Central AC
503 Claire Waterhouse
507 Elinor Coombs
City of Edinburgh AC
509 Nathalie Christie
513 Jennifer MacLean
516 Hazel Sneddon
519 Joanne Whitehead
522 Caroline Toshack
City of Glasgow AC
523 Pamela Nicholson
526 Kirsteen Young
529 Collette Fagan
532 Sarah Kettlewell
Clydesdale Harriers
534 Pamela McCrossan
537 Marina McCallum
Corstorphine AAC
538 Gillian Cockerell
Dundee Hawkhill Harriers
540 Kirsty Scott
Dundee Road Runners
541 Morag Taggart
544 Lesley Aitken
East Kilbride AAC
547 Kelly Smith
550 Valerie Martin

Colours: White with 2 red hoops
471 Angela Hepburn
474 Maureen MacInnes
477 Rhona Buchan
Colours: Purple with White Band
481 Deborah Ferns
485 Emma Birnie
Colours: Amber and Black Vertical Stripes
487 Mary Goldsmith
488 Mandy Cullie
Colours: Orange & Green
491 Fabienne Thompson
494 Lynne Bennet
Colours: Yellow with Red letters
499 Maggie Keegan
502 Anne Nimmo
Colours: Yellow and Blue
504 Emma Waterhouse
508 Louise Harris
Colours: White with one Blue, one Black Hoop
510 Fiona Dixon
514 Debra Murray
517 Kim Threadgall
520 Lianne Harrison
Colours: Royal Blue with Green Panel
524 Susan Finch
527 Claire Prenter
530 Ann MacPhail
533 Gill Keddie
Colours: White with Black "C"
535 Aileen Scott
536 Ann Murray
Colours: White with Black Trim
539 Laura Gibson
Colours: Blue and White Quarters
Colours: White with Blue Diagonal
542 Gillian Hanlon
545 Amy Gibson
Colours: Gold with 2 Black hoops
548 Gillian Anderson
551 Joanne McEvoy
472 Kathryn Mearns
475 Patricia McLauchlan
478 Laura Mahady
479 Sarah Dunn
482 Iona Robertson
483 Helen Stuart
492 Judith Turner
495 Morna Fleming
496 Jackie Hall
500 Angela Mudge
505 Ainsley Normand
506 Mary Kerr
511 Catherine Ferry
512 Janet Laing
515 Sharyn Ramage
518 Eilidh Wardlaw
521 Marietta Vander Linden
525 Suzanne Benyon
528 Lindsay MacNeill
531 Claire McCracken
543 Denise Mellish
546 Jennifer Eilertsen
549 Angela Martin
552 Lauren Trevethan

Edinburgh Southern H Colours: White /Blue /Red
 553 Karen Dobbie 554 Vicky Frew 555 Violet Blair
 556 Freya Murray
Edinburgh Southern H(Ind)
 557 Sarah-Jane Pickett
Edinburgh University H&H Colours: Green with White side Panel
 558 Anna Haw 559 Briony Curtis 560 Rosie Smith
 561 Charlotte Wilson 562 Naj D'Silva
Falkirk Victoria Harriers Colours: Black with Gold Band
 563 Caroline Lawless 564 Janette Stevenson 565 Fiona Matheson
 566 Sharron Gunn
Ferranti AAC Colours: Yellow with Black letters
 567 Moira Nicol 568 Julia Drewer 569 Susana Gonzalez
Fife AC Colours: White with Red Band
 570 Jocelyn Scott 571 Kate Pether-Smith 572 Sarah Cullen 573 Fay Potton
 574 Lisa Gamble 575 Louise Provan 576 Lorna Sibbett
 577 Kate Fitzpatrick 578 Fiona Walker 579 Margaret McLaren
 580 Phyllis Lemoncello 581 Catharine Sinclair 582 Louise Burt
 583 Johanna Paananen
Gala Harriers Colours: White with Green Band
 584 Eileen Nicol 585 Katy Anderson 586 Karen Haldane
 587 Dianne Lauder 588 Fiona Dalgleish 589 Melanie Goodson
 590 Leanne Haining 591 Margot Crosbie 592 Karen Renton
Garscube Harriers Colours: White with Blue Band
 593 Heather Akers 594 Lesley Chapman 595 Kathryn Ellis
 596 Carole Gilmour 597 Marion Kelly 598 Maureen O'Hara 599 Jill O'Neil
 600 Karen-Anne Stevenson 601 Alison Winship
Giffnock North AAC Colours: Amber with Royal Blue Hoop
 602 Maureen McVey 603 Anne Lee 604 Mary McCutcheon
 605 Shona Forrest 606 Hilary Millar 607 Lorna MacInnes
 608 Sylvia Campbell
Girvan AAC Colours: White with Blue & Green Hoops
 609 Caroline Mutch
Greenock Glenpark Harriers Colours: Sky Blue with Royal Blue and Gold Hoops
 610 Margaret MacCabe 611 Terry Wall
Helensburgh AAC Colours: Yellow with Red Band
 612 Michelle Hetherington 613 Jennifer Fitzgerald
 614 Julia Henderson 615 Debbie Savage 616 Mary Connolly
Hunters Bog Trotters Colours: Brown
 617 Jessica Batterham 618 Elizabeth Blaber 619 Anne Buckley
 620 Christine Buckley 621 Megan Clark 622 Karen Clarke
 623 Claire Gordon 624 Anne Rosbottom 625 Jane Rosbottom
 626 Michelle Jeffrey 627 Alexandra Kilgour 628 Isobel Knox
 629 Deborah McDonald 630 Megan Mowbray 631 Sandra Rathjen
 632 Claire Thomas 633 Niamh Troy 634 Claire Ward
Inverclyde AC Colours: Black & White Stripes
 635 Rhona Bushfield 636 Sharon Houston 637 Janice Hendrie
Irvine AC Colours: Red with Black Trim
 638 Helen Morton 639 Elizabeth McGarry 640 Mary Miller 641 Anne Miller
Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes
 642 Paula Wilson 643 Lindsay McMahon 644 Janet Murray
 645 Morag Cairns

Kilbarchan AAC Colours: Gold with Black Hoop
 646 Karen Yule 647 Nicola Fleming 648 Dennise Smith
 649 Corrairie Sharp 650 Kate O'Brien 651 Christine Blair
 652 Wanda Phillips 653 Sallyann Ferguson 654 Lindsay Curran
Lasswade AAC Colours: White with 2 Blue Bands and Red Band
 655 Lorna Rice
Livingston & District AAC Colours: Yellow with Green Stripe
 656 Sue McDowell 657 Yvonne Crilly
Lochaber AC Colours: White with 2 Blue Hoops
 658 Dawn Scott 659 Nicky MacDonald 660 Linda MacEwen
Lothian Running Club Colours: Blue with Black letters
 661 Lorna Eades 662 Jill Horsburgh 663 Saran Jones
 664 Helen Murray 665 Margaret Turnbull
Motherwell AC Colours: Red with White edging
 666 Carol Munro 667 Joanne Clark 668 Phyllis Hands
Musselburgh AC Colours: Red with Black Stripes
 669 Mary Ennis
Penicuik Harriers Colours: Purple with White Panels
 670 Sarah Blake
Pitreavie AAC Colours: Navy/Yellow/White
 671 Alison Whyte 672 Sarah Gillespie 673 Linda Law
Portobello RC Colours: White with Navy and Blue Bands
 674 Jill Morrow 675 Mary Hunter 676 Karen Young
Shettleston Harriers Ladies Colours: Blue with Yellow Band
 677 Michelle Sandison 678 Christine Catterson 679 Frances Florence
Springburn Harriers Colours: Navy Blue with White Diamond
 680 Lesley Chisholm 681 Clare Gemmell 682 Barbara Knox
 683 Collette Coyle
Troon Tortoises AC Colours: Yellow with 2 Black Half hoops
 684 Karen Robertson 685 Moira Connell 686 Catherine McKean
West Dunbartonshire AC Colours: Green with Navy Blue Stripe
 687 Jane Dunlop
Westerlands CCC Colours: Yellow with Black "W" on Back
 688 Muffy Calder 689 Pauline McAdam 690 Ana Talbot 691 Elspeth Scott

13th Annual Senior Mens' Championships (Over 20 years of age as at 1 st September, 2005)	
Distance 12,000 metres	The race will start at 3.00
The winning team to hold the 'Elkington Shield' for 12 months	Title holders: Hunters Bog Trotters
The winning individual to hold the 'W H Dunlop Trophy' for 12 months	Individual Winner: Robert Russell (Central AC) TEAMS NOT LESS THAN 6 & 6 TO COUNT

Aberdeen AAC

1 Benjamin Hukins
4 David Armitage
8 Thomas Litterick
12 Roddy MacInnes
16 Alan Wales

Colours: White with 2 red hoops

2 David Duguid
3 Frank Boyne
5 Jonathan Musgrave
6 Ian Morrice
7 Keith Charlton
8 Ian Edwards
9 Malcolm Beattie
10 Stuart Forbes
11 Tom Hall
12 Alexander Peddie
13 Colin Taylor
14 Tom Hall

Airdrie Harriers

17 James McCosh

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

Ayr Seaforth AAC

18 Alex Allardyce
22 Adam Law

Colours: White with Red Diagonal Cross

19 Iain Baird
20 Kevan Fulton
21 Colin Souter

Bellahouston Harriers

25 Campbell Joss
28 Jeremy Garnett
32 Michael Coia

Colours: Dark Blue with Light Blue Cross

23 Andy Campbell
24 Connell Drummond
26 Graeme Gemmell
27 John McFadyan
29 Colin Scott
30 Iain Burke
31 Stephen Stone

Bellahouston Road Runners

33 Colin McGill
36 Stewart Robertson
40 Andrew Birnie

Colours: Purple with White Band

34 Ken Macmahon
35 Scott Kennedy
36 Matthew Williamson
37 Alastair MacLachlan
38 Andrew Allen
39 Kenneth Richmond
41 Kenneth Richmond

Bristol & West

42 Duncan McKerracher

Calderglen Harriers

43 Russell Couper
47 Alan Derrick
50 Colin Macdonald
54 Gerard Mullen
57 Malcolm Buchanan

Colours: Amber and Black Vertical Stripes

44 Kenneth Davidson
45 Charles Steven
46 Edward Reid
47 Scot Hill
48 Jim Holmes
49 George Stewart
50 George Stewart
51 Ian Banks
52 George Stewart
53 Alan Cullie
54 Roderick Shanks
55 Ian Rae
56 David Watt

Carnegie Harriers

59 Duncan McGougan (Ind)
62 Douglas McGarry
65 Andrew Hunter
68 Michael Cowie
71 Robbie McKenzie
74 Tommy Lawlor
78 Steven Ogg
81 Alexander Nicol
85 Alan Cockburn

Colours: Orange & Green

60 John Lambie
61 Phil Smithard
62 Lewis Lawson
63 Nick Smith
64 Ian Stewart
65 Mike Harvey
66 Peter Simpson
67 Stephen Greer
68 Thomas Lawrence
69 Garry Taylor
70 Ian Johnston
71 Iain Taylor
72 Robert Milton
73 Thomas Bowie
74 John McArthur
75 Neil Campbell
76 James Rowsome
77 Sandy Bennet
78 Ruairidh Campbell

Central AC

87 Robert Russell
91 Robert Hutchison
95 Roger Greenaway
99 Ewan Gault
103 Ian Beattie

Colours: Yellow and Blue

88 Alasdair Anthony
89 Ross Houston
90 Steve Laing
91 Alex Milne
92 Cameron Campbell
93 David Hay
94 George McHardy
95 Lewis Millar
96 Will Hensman
97 James Drummond
98 Hugh Kerr
99 Philip Williams
100 Martin Crawford
101 Philip Williams

106 Miguel Merayo
109 Allistair Hargreaves

City of Edinburgh AC

111 John Blair
115 Scott Campbell
118 Jonathan Ferry
121 Darren Gauson
125 Scott Innes
128 Andrew Laycock
131 Juan Mareque
134 Walter McCaskey
137 Robert Morris
140 Scott Thomson
143 Grant Stewart
146 Sean Wilkinson
149 Steven Wales

Clydesdale Harriers

151 John Foley
154 Prasad Prasad
158 Michael Diver
161 Robert Young
164 Pete Cartwright
167 Brian Gallagher
170 John Kinsella

Corstorphine AAC

172 Martin Hulme
Bert Van Den Berg
178 David Henderson
181 Ronald Nolan
185 Moray Anderson
189 Alex Cumming

Dundee Hawkhill Harriers

192 Neil Gunstone
195 Matthew Strachan
199 Gordon Barrie

Dundee Road Runners

201 Paul Fettes
East Kilbride AAC
204 Grant Baillie
207 Graeme Haddow
211 Allan Brooks

Edinburgh University H&H

212 William Bailey
216 Jonathan Henderson
219 James McMullan
222 James Williamson

Falkirk Victoria Harriers

225 Eric Donaldson
228 Stephen Moore
231 Andrew Ronald
234 Alexander Davidson

107 Stuart Watson
110 Gordon McNeil

Colours: White with one Blue, one Black Hoop

112 Graham Beal
116 Keith Dunlop
119 Owen Flage
122 Alistair Hennessey
126 Mark Johnston
129 A Keruzore
132 Alex MacEwen
135 Robert McFall
138 Lars Ottemoller
141 Martin Sneddon
144 Eric Stevenson
147 Robert Wiseman
150 Angus Wardlaw

Colours: White with Black "C"

152 C Gray
153 Peter Rudzinski
155 John Hanratty
156 John Kennedy
159 Craig Calderwood
160 Iain Robertson
162 Brian Campbell
163 Cliff Brown
165 Mark Rudzinski
166 John McArthur
169 Bobby Rossborough
171 James Austin

Colours: White with Black Trim

173 Martin Caldwell
174 John Christy
176 John O'Hara
177 David Law
179 Graeme Fletcher
180 Brent Vivian
182 Grant Wilkie
183 Dean Carr
184 Keith Hood
186 Tom Ferrington
187 Timothy Norwood
188 Bryan Clark
190 Steven O'Brien
191 Ewan Stark

Colours: Blue and White Quarters

193 Alan Lawson
194 Pete Fox
196 Joe Symonds
197 Stephen Mason
198 Stuart Kerr
200 John Hepburn

Colours: White with Blue Diagonal

202 Alan McLeod
203 Kenneth McLeod
205 David Condra
206 Gordon Colvin
208 Edgar Ramage
209 Michael Browne
210 Mark Smith

Colours: Green with White side Panel

214 Matthew Donnery
215 David Fulton
218 Huw Jones
221 Muray Strain
224 Christopher Satow

Colours: Black with Gold Band

226 John Martin
227 Michael McQuaid
229 Neil Robertson
230 John Stevenson
232 Robin McNelis
233 David Robertson
235 William Higgins

Ferranti AAC	Colours: Yellow with Black letters		
236 Trevor Ridley	237 Ian Duguid	238 Alex Bell	
239 Robert Miller	240 Neil Jones	241 Walter Fairnie	
242 Edward McDonald	243 Keith Weston	244 Mark Fairbairn	245 Keith Nicol
246 James Shaw	247 Iain Shaw	248 John Gavin	
249 Mike Connor			
Fife AC	Colours: White with Red Band		
250 Andrew Barker	251 Graham Bee	252 David Bee	
253 Graham Bennison	254 James Close	255 Brian Cruickshank	
256 Laurence Anderson	257 Sandy Cruickshank	258 Adrian Davis	259 Nigel Fowler
260 David Francis	261 Andrew Howett	262 John Kay	
263 Douglas Gunstone	264 Tom Scott	265 Bill Smith	266 Neil Young
267 Gary Pirie	268 Andrew Liston	269 Christopher Russell	
270 John MacPherson	271 James Taylor	272 Douglas Robertson	273 F Popham
274 David Weir	275 Paul Roarty	276 D McNicol	277 Mel Scobie
278 Edwin Sanders	279 Frank McLaren	280 Gary Barker	
281 Hugh McKay	282 Owen Greene	283 Neil Martin	
284 Alastair Robertson	285 Trevor Jones	286 Bryce Aitken	
287 John Thomson	288 Ron Mill	289 John Murdoch	
Gala Harriers	Colours: White with Green Band		
290 Bryan Bailey	291 Martin Clarke	292 David Darroch	
293 Malcolm Gowans	294 Euan Jardine	295 Fergus Johnston	296 Jack Knox
297 Thomas Knox	298 Alistair Laurie	299 Ron Logan	
300 Anthony Lunn	301 Graeme Murdoch	302 Robin Murray	
303 Graham Pogson	304 Will McDermott	305 Alan Goodson	
Garscube Harriers	Colours: White with Blue Band		
306 David Atkin	307 Marco Consani	308 Lindsay Cunningham	
309 Robert Cuthbertson	310 David Geddes	311 Andrew Griffiths	
312 Colin McKay	313 Euan Mackay	314 Benny McLaughlin	
315 Robert McLennan	316 Athole Smith	317 James Taylor	318 John Weir
319 Dermot Williamson			
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
320 Derek Breen	321 David McNab	322 David Logan	
323 William Stein	324 Alan Stewart	325 Derren Thomson	
326 Steven Campbell	327 Angus MacCormick	328 Marc Roper	329 Robin Grant
330 Robert McKay	331 Billy Clark	332 Martin O'Donnell	
333 Hugh Gallagher	334 Neil Deerey		
Girvan AAC	Colours: White with Blue & Green Hoops		
335 Nathaniel Taylor	336 Kerry Wilson	337 Iain Davidson	
338 Jack Maxwell			
Glasgow University H & H	Colours: Black and Gold		
339 Stuart Gibson			
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
340 Daniel McLaughlin	341 George Hegarty	342 Christopher MacKay	
343 Alan O'Rourke	344 David Tamburini	345 Richard Hodelet	
346 George Mitchell	347 Richard Davidson	348 Kenneth Scott	
349 Andrew McCall	350 Steven Campbell	351 Steven Deane	352 Iain Rankin
353 Michael McLoone Snr			
Haddington East Lothian Pacemakers	Colours: Red and White Halves		
354 Paddy McDonald	355 Brian Carr	356 Frederick McCain	
357 Chris Broadbent	358 Sandy Wallace	359 Gavin Lightwood	360 James Baird
361 George Armstrong			

Harmony AC	Colours: Red with Green Diagonal		
362 Thomas White	363 Andreas Wilhelm	364 David Gibson	
Helensburgh AAC	Colours: Yellow with Red Band		
365 Robin Flannagan	366 Tom Flannigan	367 David Spy	
368 Erwin Losekoot	369 Ross McIntroy	370 Damien Theaker	371 Colin Butler
372 Mark Underwood			
Hunters Bog Trotters	Colours: Brown		
373 Simon Axon	374 Nick Altmann	375 Duncan Baker	376 Tom Barr
377 Steven Cairns	378 Ian Campbell	379 Nick Cruden	
380 Colin Farquharson	381 Andrew Gillespie	382 John Hampshire	383 Ian Harkness
384 Alistair Hart	385 Craig Hunter	386 James Jarvis	387 Iain Kelly
388 Ian Kiltie	389 John McKay	390 Neil McKay	391 Ian Marshall
392 Larry Mathews	393 Billy Minto	394 Philip Mowbray	395 Niall Munro
396 Paul Nicoll	397 Donald Naylor	398 Ivor Normand	
399 Patrick O'Kane	400 Jon Rathjen	401 Mark Roberts	
402 Alastair Simpson	403 Geoff Simpson	404 Jamie Thin	405 James Thyne
406 Neil Thomas	407 Richard Wall	408 Iain Wallace	409 Ray Ward
410 Andy Wadsworth	411 Ian Wellock	412 David Wright	
Inverclyde AC	Colours: Black & White Stripes		
413 Thomas Murray	414 Mark Pollard	415 Graeme Hyett	
416 Gavin Morrison	417 Gerard Gaffney	418 Thomas Jamieson	419 Robert Gray
420 Robert Shaw	421 Jude Boulton	422 John Smillie	
423 John Bannister	424 Tom Tracey	425 Cameron Spence	
426 David McElhinney			
Irvine AC	Colours: Red with Black Trim		
427 Ian McManus	428 Andrew Rennie	429 Iain Fraser	430 Brian Craig
431 William Richardson	432 Lee Richardson	433 David Millar	
434 George Irving	435 James White	436 Colin Miller	
437 Iain Hamilton	438 James Sneddon	439 David Kerr	
440 Scott McKendrick	441 Tony McKnight		
Johnnie Walker Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
442 Edward Tonner	443 Scott Martin	444 Leslie McDerment	
445 David Mitchell	446 Graham Cairns	447 Jim Goldie	
Kilbarchan AAC	Colours: Gold with Black Hoop		
448 John McMillan	449 David Boal	450 Thomas Hearle	
451 James Snodgrass	452 Steven Hards	453 Thomas Anderson	
454 Donald Petrie	455 Robert Connell	456 Robert Quinn	
457 John Macinnes	458 Andrew Clugston	459 Stephen Ogilvie	
460 Michael Finlay	461 Robert Allison		
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
462 Alistair Allan	463 John McLoone	464 Stuart Kerr	
465 Edward McLoone	466 Christopher Craig	467 Ewan Jack	
468 Chris Stewart	469 David Gardiner	470 Jim McLoone	
471 Peter Ramsay	472 Gordon McLean	473 Colin MacLennan	
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
474 Barney Phillips	475 John Murray	476 Daryl Philip	477 Paul Elliot
478 Ben Mitchell	479 Alan Cummings		
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
480 John Gourlay	481 Jamie McMorro	482 James Rowley	
483 Gordon Douglas			

Livingston & District AAC	Colours: Yellow with Green Stripe		
484 Ian Leggett	485 Christopher Northam	486 Steven Thomson	
487 George Gilhooley	488 Andy Sneddon		
Lothian Running Club	Colours: Blue with Black letters		
489 Graeme Ackland	490 Alexander Agnew	491 James Alexander	
492 Stephen Dempsey	493 Richard Docherty	494 David Eades	
495 Kenton Jones	496 Alan McIntosh	497 Ross Milne	
498 Harry Mulholland	499 Donald Shaw	500 Brian Stewart	
Maryhill Harriers	Colours: Royal Blue		
501 Dougie MacDonald	502 Kenneth Stevenson		
Milburn Harriers	Colours: Light Blue with Dark Blue Diagonal		
503 Stephen Cowper			
Motherwell AC	Colours: Red with White edging		
504 Benjamin Hands	505 Alan Tait	506 Brian McLinden	507 Ben Smith
508 Mathew Graham	509 Kenneth Muir		
Musselburgh AC	Colours: Red with Black Stripes		
510 Gordon Eadie	511 Stephen Pattison	512 Tony Segall	
Nithsdale AC	Colours: Jade Green/Black/White		
513 William Mackintosh			
Penicuik Harriers	Colours: Purple with White Panels		
514 Michael Browne			
Perth Road Runners	Colours: Green and White		
515 David Knight	516 Derek Phillips	517 Neil Muir	518 Martin Ryan
519 Michael Carroll			
Pitreavie AAC	Colours: Navy/Yellow/White		
520 Alasdair Donaldson	521 Jiff Farquhar	522 Barry Davie	
523 Nigel Cunningham	524 Archibald Duncan	525 Glyn Gardiner	
526 Barry McCleery	527 Paul McCloskey	528 Colin Mathieson Snr	
529 Colin Simpson	530 Stephen Skene		
Portobello RC	Colours: White with Navy and Blue Bands		
531 Keith Mayfield	532 Andrew Jeske	533 Benjamin Kemp	
534 William Jarvie	535 Scott Hutchinson	536 Ricky Fraser	
537 Gerard Scullion	538 Scott Jarvie	539 Peter Buchanan	
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
540 John Brown	541 Brian Campbell	542 Duncan Cochrane	
543 Graeme Croll	544 Colin Donnelly	545 David Dymond	
546 Alexander Eaglesham	547 David Fairweather	548 Robert Gilroy	
549 Douglas Henderson	550 Archie Jenkins	551 Joseph Kealey	
552 Kevin Kealey	553 Iain MacCorquodale	554 Kieran McAlinden	
555 Stephen McGrory	556 John McPake	557 Thomas McPake	558 Ian Munro
559 Michael O'Hagan	560 Jasmair Pal	561 Jamie Reid	
562 Andrew Steven	563 Edward Stewart	564 Charles Thomson	
565 Neil Wilkinson	566 Stephen Wylie	567 Andrew Wright	
568 David Rodgers	569 Kevin Sheppard	570 Nigel Leighton	
571 Mark McBeth	572 Robert Lyon	573 Ross Arbuckle	574 Iain Grant
Shettleston Harriers	Colours: Blue with Yellow Band		
575 William Coyle	576 Peter Carton	577 John Duffy	
578 Stuart Gibson	579 Andy Little	580 Desmond Crowe	581 Adam Lee
582 Stephen Matthews	583 Brian McGarrity	584 Ryan Montgomery	
585 Malcolm Patterson	586 Marcus Scotney	587 Paul Sorrie	
588 Jethro Lennox	589 Patrick Walder	590 Allan Sneddon	
591 Denis Williams	592 Kenneth McCoy		
Southampton RC	Colours: Navy Blue with White Diamond		
593 Simon Plummer			
Springburn Harriers	Colours: Navy Blue with White Diamond		
594 John Bell	595 Andrew Callan	596 Joseph Chambers	
597 Emilio Cosimo	598 Derek Houstoun	599 Brian Mackie	
600 Damian McAuley	601 Ross Hill	602 Alan Hill	
Standard Life AC	Colours: Blue with Yellow trim		
603 Bill Ferrari	604 Bruce Smith		
Stornoway RC	Colours: Red with Yellow Hoop		
605 Coinneach Morrison	606 Ross Munro	607 Andy McMahon	
608 Douglas Flett			
Teviotdale Harriers	Colours: White with Maroon Band		
609 Billy Fraser	610 David Cavers	611 Alister Biggar	
612 Kenneth Short	613 Ged Smith	614 Wayne McIntosh	
615 Norman Taylor	616 Bill Knox		
Troon Tortoises AC	Colours: Yellow with 2 Black Half hoops		
617 George McGregor	618 William Young	619 Timothy Downie	620 Ian McNee
621 Andrew Kerr	622 Vincent Daly		
Victoria Park AAC	Colours: Blue and White Hoops		
623 Mark Ashby	624 Gerard Craig	625 Kristian Forster	
626 Alan Hamilton	627 Kenneth McVey	628 Kenneth Mitchell	
629 Andrew Nicoll	630 Christopher Watson	631 Derek Watson Jr.	
West Dunbartonshire AC	Colours: Green with Navy Blue Stripe		
632 Glen Stewart	633 David Hall		
Westerlands CCC	Colours: Yellow with Black "W" on Back		
634 Blair Millen	635 Graeme Orr	636 Andrew Turnbull	
637 John Donnelly	638 Chris Upson	639 Gibson Fleming	
640 Jason Kaushal	641 Swaz Fraser	642 Fraser Dalziel	643 Jon Slowe
Unattached	Colours: Red with Yellow Hoop		
644 Patrick Mullen	645 James Dobbie		

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