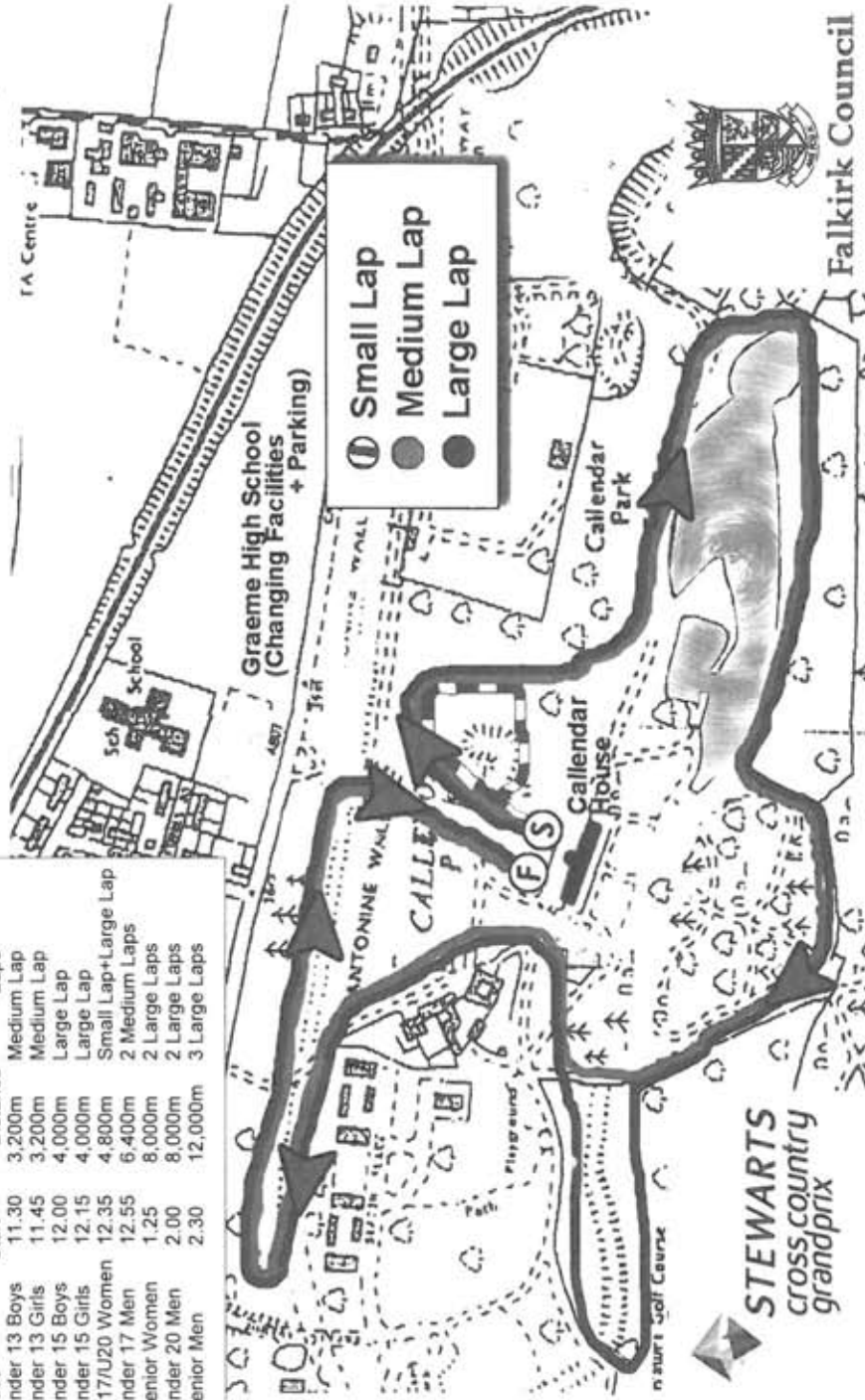


Scottish National Cross Country Championships
Falkirk (Callendar Park) Saturday 20th February 2010



scottishathletics

Race	Start	Distance	Laps
Under 13 Boys	11.30	3,200m	Medium Lap
Under 13 Girls	11.45	3,200m	Medium Lap
Under 15 Boys	12.00	4,000m	Large Lap
Under 15 Girls	12.15	4,000m	Large Lap
U17/U20 Women	12.35	4,800m	Small Lap+Large Lap
Under 17 Men	12.55	6,400m	2 Medium Laps
Senior Women	1.25	8,000m	2 Large Laps
Under 20 Men	2.00	8,000m	2 Large Laps
Senior Men	2.30	12,000m	3 Large Laps



Falkirk Council

scottishathletics



STEWARTS
*cross country
grandprix*

**STEWARTS NATIONAL
CROSS COUNTRY
CHAMPIONSHIPS**
Callendar Park, Falkirk
Saturday 20 February 2010



Falkirk Council



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STEWARTS
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SCOTTISH ATHLETICS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
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Chief Executive	Geoff Wightman
Chair	Frank Dick

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon. Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Oly)

The SAL National Cross Country Championships is always the pinnacle of the Cross Country season in Scotland. This year the Championships are enhanced by the sponsorship of Stewarts and include the final event of the 4-race Stewart Cross Country Grand Prix Series.

I am delighted to return to Callendar Park, Falkirk for the 5th consecutive year and we are grateful to Falkirk District Council and the members of Falkirk Victoria Harriers for their continued support.

As of every year we are indebted to the many Officials and helpers whose meticulous preparation and planning is aimed at ensuring a fair and well-organised event for all athletes.

The results of the Championships will be recorded in the Road Running & Cross Country Commission's results Archive which is trying to establish a complete record of all the medallists at Scottish Road Running and Cross Country Championships. The Archive may be viewed at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

At present the Archive is incomplete and it is a huge task that we would like your help with. If you have missing results, data or corrections that you wish to contribute, please contact ron@cs.st-andrews.ac.uk

Today is about the joy of cross-country competition be it in taking part, officiating, supporting or spectating. I hope you all have a great day's cross-country running.

Ron Morrison
Convenor, Road Running and Cross Country Commission

OFFICIALS National Cross Country Champs - Falkirk 20th February 2010

Referee	Ron Morrison
Clerk of Course	Andy Stevenson
Course Builders	Dave Lothian, Andy Ronald, Andy Stevenson and other members of Falkirk Victoria Harriers
Start/Finish Area	Kevin Martin, Jim Young, Bob Reid, Alan Robinson
Officials Reception	Barry Craighead
Judges	Ian Clifton (Chief), Robert McSwein
Funnel Control	Andy Law (Chief), John Brash, Bill Grant Henry Muchamore, Kath Melville, Jean Youden
Timekeepers	Duncan McLaren (Chief), Sheila McDougall, Joe Bruce, Margaret Daly
Recorders (Places)	Sandra Hardacre (Chief), Bill MacDougall, Ian Hislop, Rachael Halliday, Allan Smith, Neil Donachie (Tape)
Recorders (Time)	Molly Wilmoth (Chief), Elsie Oberg, Sandy Cameron
Starters	Barry Craighead
Marksman	Fred McCluskie, Jim Semple
Declarations	Jen Jackson, Phyllis Law
Results	Peter Jackson, Sheila Smart, Marion Donachie, Marjory Cook
Announcers	Geoff Wightman (Chief), Murdoch McGregor
Course Stewards	Members of Falkirk Victoria Harriers, Robin Morris, Toni McIntosh, Elaine Davies
Press	Bill Melville
Presentations	Alan Potts, Robin Thomas
Jury of Appeal	Alan Potts, Robin Thomas, Alex Jackson
Reception	Alan Potts, Ron Morrison, Robin Thomas
Events Managers	Ross Cunningham
Co/Conveners	Alex Jackson, Jim Young

Under 13 Boys

Distance 3,200 metres	The race will start at 11.30am
The winning team will be awarded the 'McKenzie Cup'	2009 Team VP City of Glasgow
The winning individual to be awarded the 'Alex Nangle Memorial Trophy'	2009 Ind Jack Kerr (Edinburgh AC) TEAMS 4 TO COUNT

Aberdeen AAC 1 Jamie Dickson	Colours: White with 2 red hoops	
Annan & District AC 2 Kieran Saunders	Colours: Yellow Vest/Black Shorts	
Ayr Seaforth AAC 3 Andrew Black	Colours: White with Red Diagonal Cross	
Banchory Stonehaven AC 7 Ewan Mcmillan	Colours: Royal Blue with White band	6 Connor Gracie
Calderglen Harriers 9 Alistair Crawford 13 Andrew McGurk 17 Andrew Reid	Colours: Amber and Black Vertical Stripes 10 Craig Ferguson 14 Paul McMonagle 15 Paul Mullen	12 Michael McAllister 16 Greg Mulholland
Carnegie Harriers 18 Sandy MacDonald	Colours: Orange & Green	
Central AC 19 Jack Kerr 23 Iain Davies 27 Domenico Angiolini	Colours: Yellow and Blue 20 Michael McCabe 24 Kieran Potter	21 Scott Balloch 25 Cameron Taylor
Clydesdale Harriers 28 David Campbell	Colours: White with Black "C"	
Corstorphine AAC 29 Matthew Galloway	Colours: White with Black Trim	
Dundee Hawkhill Harriers 33 Charlie Swan	Colours: Blue and White Quarters	32 Rory Henderson
East Kilbride AAC 37 Aidan Gilbride	Colours: Gold with 2 Black hoops	36 Euan Rose
East Sutherland AC 41 Ross Gollan	Colours: Black with Gold Band	40 Matthew Ashelby
Edinburgh AC 45 Robert Bough 49 Struan Graven 53 Daniel Mitchell	Colours: White with one Blue, one Black Hoop 42 Lewis Holmes 46 Josh Kerr 50 Sean Stout 54 Alex Boyd	43 Alasdair Coupar 47 Dominic O'Hare 51 Alex Connolly
Falkirk Victoria Harriers 55 Baillie McRoberts	Colours: White with Red Band	44 Ruairidh Gollan 48 Cameron Gilmour 52 Calum Robertson
Fife AC 58 Tom Harris	Colours: White with Green Band	
Gala Harriers 60 Paul Henney	Colours: White with Blue Band	
Garscube Harriers 61 Sam Daniel 65 James Stanley	Colours: White with Blue Band	62 Adam Duff 63 Darren McGowan
George Heriots School 67 Lewis Robinson	Colours: White with Blue Band	64 Gavin Miln
Giffnock North AAC 68 Jamie Cook 72 Euan Brodie 76 Ross Gray 80 Liam McColgan	Colours: Amber with Royal Blue Hoop 69 Dewi Gould 73 Max Lancaster 77 Antony Duggan 81 Lewis Grant	70 Rob Gourley 74 Robbie Barr 78 Liam Slimmon 82 Steven Fleming
Greenock Glenpark Harrier 84 Jack Harrington	Colours: Sky Blue with Royal Blue and Gold Hoops 85 Ross Forbes	71 John McLaughlin 75 Stuart Thomsom 79 Walker Graham 83 Zak Vinter
		86 Calum Abercrombie

Haddington East Lothian Pacemakers

87 Kyle Dunlop

Helensburgh AAC

89 Fin Ritchie

Inverclyde AC

91 Jonathan Glen

Inverness Harriers

95 Alexander Bynam

99 Stuart MacLachlan

Kilbarchan AAC

100 Scott McLardie

104 Alan Sharp

108 Owen Bannatyne

112 David Coyle

Kilmarnock Harriers

114 Angus Kerr

118 Alasdair Hewitson

Kirkintilloch Olympians

119 Callum Dewar

123 Callum McCormack

Larkhall YMCA

127 Nathan Merchant

Lasswade AAC

128 Jamie Cousin

132 Lewis Black

Law & District AAC

136 Evan Jones

Livingston & District AAC

140 Calum McLean

Maryhill Harriers

141 Andrew Stevenson

Moorfoot Runners

142 Kobe Stevens

Moray Road Runners

145 Lewis Sim

Musselburgh AC

146 John Archer

Nithsdale AC

147 Angus Johnstone

Perth Straththay Harriers

149 Michael Gillespie

152 Alastair Woodhead

Pitreavie AAC

154 Aidan Thompson

Ron Hill Cambuslang Harriers

155 David Robertson

159 Joe Brown

163 Kade Thomas

Shettleston Harriers

167 Murray McGiven

171 Douglas Mason

Stornoway RC

175 Michael MacMillan

178 Kenneth MacSween

Teviotdale Harriers

180 Harry Marshall

Victoria Park City of Glasgow

181 Liam Turner

185 Ross Galbraith

Colours: Red and White Halves

88 Innes Ogilvie

Colours: Yellow with Red Band

90 Dominic Lunt

Colours: Black & White Stripes

92 Ross Gray

93 Joshua Houston

Colours: Gold with Maroon Diagonal

96 Lewis Dinsdale

97 Euan Crawford

Colours: Gold with Black Hoop

101 David Collins

102 Euan Gillham

105 Kane O'Neil

106 Gavin McArdle

109 Gregor Wylie

110 Andrew Irvine

113 Ross Grant

Colours: Royal Blue with 2 White Stripes

115 Andrew Jones

116 Terry Mulholland

Colours: Sky Blue with White and Black Hoops

120 Jack McCabe

121 Justin Hogg

124 Stuart Michie

125 Andrew Paterson

Colours: Red with White Hoops

Colours: White with 2 Blue Bands and Red Band

129 Iain Lawson

130 Ross McEwan

133 Kieron Maskell

134 Callum Grahame

Colours: Amber with 2 Red Bands and 1 White Band

137 Stephen Murphy

138 Rory McLaughlan

Colours: Yellow with Green Stripe

Colours: Royal Blue

Colours: Red and Blue

143 Ruairidh Britton

144 Calum Magowan

Colours: Dayglow yellow with Black Trim

Colours: Red with Black Stripes

Colours: Jade Green/Black/White

148 Fraser Whyte

Colours: Orange with Blue Trim

150 Jacob Lewis

151 Simon Jardine

153 Cameron Ritchie

Colours: Navy/Yellow/White

Colours: Red with White Band

156 Keith McIntyre

157 Jack MacGregor

160 Brendan Carey

161 Ryan Miller

164 Sean Reilly

165 Joseph Pryce

Colours: Blue with Gold Band

168 Ryan Flanagan

169 Euan Penrice

172 Ryan Finnieston

173 Darren McKay

Colours: Red with Yellow Hoop

176 Lewis MacMillan

177 Connor Maclean

179 Jamie Sullivan

Colours: White with Maroon Band

Colours: Blue and White Hoops

182 Jamie Middleton

183 Damon Rafferty

186 Ross Black

184 Callum Hutchison

Under 13 Girls**Yellow Numbers**

Distance 3,200 metres	The race will start at 11.45am
The winning team will be awarded the 'John Waddell Shield'	2009 Team: Giffnock North AAC
The winning individual to be awarded the 'William Bramwell Trophy'	2009 Ind Florie McLeish (Preston Harriers)
	TEAMS 4 TO COUNT

Aberdeen AAC

1 Brooke Adams

2 Becky Cheyne

Ayr Seaforth AAC

5 Kirstin Oakley

6 Lisa Rennie

9 Kaitlyn Wilson

Banchory Stonehaven AC

10 Eve Sealy

Calderglen Harriers

11 Megan Brady

12 Amy Mulholland

Carnegie Harriers

13 Aurelie Thompson

Central AC

14 Isla Burns

15 Amy Gullen

17 Eilidh MacCorquodale

18 Tara Walls

21 Shannon Macfarlane

22 Chloe Wilson

Clydesdale Harriers

25 Kirsty Alexander

26 Rachel Busby

Corstorphine AAC

29 Abbie Malone

30 Amber Robertson

Dundee Hawkhill Harriers

32 Katie Anderson

33 Kirsty M Reynolds

East Kilbride AAC

36 Megan Stewart

37 Mhairi Boyle

40 Rachel Miller

East Sutherland AC

41 Eilidh MacRae

Edinburgh AC

42 Emily Strathdee

Colours: White with one Blue, one Black Hoop

45 Martha C Wightman

43 Alexandra Hunter

49 Sarah Findlay

44 Hannah Cameron

46 Georgina Loudon

47 Alison Brown

48 Rosie Wilson

52 Julie Nimmo

53 Julie Hunter

Colours: Black with Gold Band

56 Alana Boggan

57 Kelly Bissett

54 Keely Wilkinson

55 Leia Glading

Fife AC

58 Ailsa Cruickshanks

59 Rosabel K Kilgour

Gala Harriers

62 Jo Arres

Garscube Harriers

63 Catriona Graves

64 Iona Robinson

Giffnock North AAC

66 Chloe Cowan

67 Helena Davidson

70 Megan Adams

71 Eilidh Cook

74 Eilidh Terras

75 Monica Lowrie

78 Gillian Manchip

Greenock Glenpark Harriers

79 Louisa Davis

80 Rebecca McDiarmid

Haddington East Lothian Pacemakers

82 Rachel Watson

Harmony AC

83 Alison Broadhurst

Colours: Sky Blue with Royal Blue and Gold Hoops

81 Lucy Compston

Colours: Red and White Halves

Colours: Red with Green Diagonal

Colours: White with 2 red hoops

3 Saffron Cummings

4 Lucy McLeod

Colours: White with Red Diagonal Cross

7 Laura Meader

8 Charlotte Crossland

Colours: Royal Blue with White band

Colours: Amber and Black Vertical Stripes

Colours: Orange & Green

Colours: Yellow and Blue

16 Laura Clarke

19 Lisa Hardman

20 Roisin Bonucchi

23 Kathryn Gillespie

24 Sarah Pearson

Colours: White with Black "C"

27 Caitlin Dick

28 Rosin McShea

Colours: White with Black Trim

31 Hannah Addison

Colours: Blue and White Quarters

34 Eilidh L Reynolds

35 Beth Curtis

Colours: Gold with 2 Black hoops

38 Catherine Lambie

39 Lucy Fairlie

Helensburgh AAC 84 Megan Robertson

Inverclyde AC
85 Melissa Campopiano
89 Chloe Simpson

Inverness Harriers
91 Carey Ross
95 Arianne Ross

Kilbarchan AAC
99 Caitlin McStay
103 Gwen Gillham
107 Meagan McDonald

Kilmarnock Harriers
109 Lorne Kerr
113 Harris Ritchie

Kirkintilloch Olympians
117 Emma Canning

Lasswade AAC
119 Sally Redpath

Law & District AAC
120 Pamela McNicol

Lothian Running Club
124 Lauren Arbuckle

Maryhill Harriers
127 Heather Stevenson

Moray Road Runners
128 Dionne Milne

Nithsdale AC
131 Kathryn Park

North Ayrshire AC
132 Jill Taylor

Pitreavie AAC
135 Katey Turner

Ron Hill Cambuslang Harriers
137 Rachel Black
141 Sophie Hayes
144 Rachel MacDonald

Shettleston Harriers
145 Myrtle Breckenridge
149 Jacqueline Ann Anderson
152 Caitlin Louise Caldwell

Stornoway RC
153 Isabelle Bain
157 Kara Aline Hanlon

Team Southampton
159 Caitlin Stewart

Teviotdale Harriers
160 Mhairi Inglis

Victoria Park City of Glasgow
161 Gillian Black
165 Erin Crichton
169 Iona Staniforth

86 Robyn Harte
90 Kelly Williams

92 Heather Campbell
96 Gillian Gordon

100 Katie Turnbull
104 Chloe Hardie
108 Jennifer Hanlon

110 Hannah Bartl
114 Taylor Ross

Colours: Sky Blue with White and Black Hoops
118 Victoria Robertson

Colours: White with 2 Blue Bands and Red Band

Colours: Amber with 2 Red Bands and 1 White Band
121 Nadene Traynor

125 Alice Horsburgh

129 Arran Goodfellow

133 Amy MacPherson

136 Amy McAlpine

138 Lisa Ross

142 Eve MacKinnon

146 Claudia Eusebi

154 Georgia MacLennan

158 Abbie Mackay

162 Melanie Chiswell

166 Emma Ferrie

170 Georgia Callander

Colours: Yellow with Red Band

Colours: Black & White Stripes
87 Emma Mitchell
88 Evie Semple

Colours: Gold with Maroon Diagonal
93 Bethany Irvine
97 Katie MacLennan
98 Emma Ball

Colours: Gold with Black Hoop
101 Andrea Graham
102 Emma Arnold
105 Catherine McLean
106 Kathryn Lee

Colours: Royal Blue with 2 White Stripes
111 Emma McGarrity
112 Amy Mole
115 Alanis Brydon
116 Lara Ferels

Colours: Royal Blue

Colours: Dayglow yellow with Black Trim

Colours: Blue with Black letters
122 Kristen Cowe
123 Margaret Newell

Colours: Jade Green/Black/White

Colours: Purple & Gold

Colours: Navy/Yellow/White
134 Demi Orr

Colours: Red with White Band
139 Selina White
140 Hannah Robertson

143 Hannah MacDonald

Colours: Blue with Gold Band
147 Jill Cherry
148 Lisa Walker
150 Ainsley Marie Stern
151 Roisin Irvine

Colours: Red with Yellow Hoop
155 Peigi McKellar
156 Mairi MacLennan

Colours: White with Maroon Band

Colours: Blue and White Hoops
163 Eliza Chiswell
164 Millie Boyle
167 Jude Sloan-Dennison
168 Kirsty Viera
171 Ellie Hutcheson

Under 15 Boys

Distance 4,000 metres	The race will start at 12.00 noon
The winning team will be awarded the 'John D Semple Cup'	2009 Team Giffnock North AAC
The winning individual to be awarded the 'Jock Semple Trophy'	2009 Ind Craig Wellcoat (Law & District AAC) TEAMS 4 TO COUNT

Arbroath & District AC
187 Callum Edwards

Ayr Seaforth AAC
188 Finlay Rae
192 Shaun Rennie

Banchory Stonehaven AC
196 Michael Ferguson

Calderglen Harriers
197 Ross Barrie

Carnegie Harriers
201 Fergus McGaw

Central AC
202 Conor Kerr
205 Alexander Coubrough
208 Alexander Semple

Clydesdale Harriers
209 Tony Dolan

Corstorphine AAC
212 Michael Addison
216 Sandy Robson

Cumbernauld AAC
217 Andrew Lawler

Dundee Hawkhill Harriers
218 Murray Angus

East Kilbride AAC
221 Scott Hernon
225 Vincent Hastings

Edinburgh AC
226 Ruairidh Miller
230 Michael Cameron
233 Tafadzwa Msengezi

Falkirk Victoria Harriers
234 Aidan Hilton

Fife AC
238 Euan Berry

Gala Harriers
241 Rowan Marr

Garscube Harriers
242 Alastair Stanley

George Heriots School
243 Fraser Christie

Giffnock North AAC
247 Douglas Britton
251 Scott Smith
255 Lewis Coultas

Greenock Glenpark Harriers
256 Mark Magee

Colours: Black with vertical yellow stripe

Colours: White with Red Diagonal Cross
189 Kelvin Walker
190 Andrew Carter
193 Euan Webster
194 Angus Johnston

Colours: Royal Blue with White band

Colours: Amber and Black Vertical Stripes
198 Stuart Hill
199 Ross Paterson

Colours: Orange & Green

Colours: Yellow and Blue
203 Gordon Milne
204 Josh Murchie
206 Kyle Petrie
207 Sam Fraser

Colours: White with Black "C"
210 David Newton
211 Lewis Wood
Colours: White with Black Trim
213 Christopher Galloway
214 Connor Johnston

Colours: Sky Blue with Maroon Band

Colours: Blue and White Quarters
219 Jamie Crowe
220 Shaun Dempsey

Colours: Gold with 2 Black hoops
222 Jack Kirwan
223 James Pearson

Colours: White with one Blue, one Black Hoop
227 Jake Kerr
228 Gregor Burns
231 Amil Mair
232 Scott MacDougall

Colours: Black with Gold Band
235 Dale Colley
236 Gavin Weir

Colours: White with Red Band
239 Bruce Millar
240 Ewan Paton

Colours: White with Green Band

Colours: White with Blue Band

Colours: White with Blue Band
244 Alistair Cranston
245 Iain Lindsay

Colours: Amber with Royal Blue Hoop
248 Anthony Deveney
249 Neil Gourley
252 Jonathan Tweedie
253 Scott Young

Colours: Sky Blue with Royal Blue and Gold Hoops
257 Dylan Moore
258 Gerard Smith

191 Ben Steven
195 David Ellis

200 Ian Rae (Jnr)

215 Craig Nolan

229 Jack Harrison

237 Mark Govan

246 Sandy Thin

250 Jack Edward
254 Andrew Clark

Inverclyde AC	Colours: Black & White Stripes		
259 Michael Houston	260 Rory Kelham	261 Jack Rice	262 Robert Todd
263 Greg Williams			
Inverness Harriers	Colours: Gold with Maroon Diagonal		
264 Craig Campbell	265 Patrick Urquhart	266 Alexander Thorne	267 Niall Ross
268 Harry Barton	269 Thomas Day (Ind)	270 Stuart Michael (Ind)	
Kilbarchan AAC	Colours: Gold with Black Hoop		
271 Thomas Collins	272 Christopher McStay	273 Cameron Swanson	
274 Callum Matthews	275 Nicholas Love	276 Rorie Tracey	277 Josh Penman
278 Matt Wild	279 Russell Mountford	280 Pierce Hart	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
281 Roy Shankland	282 Luke McGill	283 Evan Cornforth	284 Fergus Morris
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
285 Gavin Alexander	286 Callum Heirs	287 Andrew McCormack	288 Kieran Pugh
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
289 Callum Clark	290 Ross Henderson	291 Calum A MacKenzie	
292 Euan G Bathgate			
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
293 Stuart McLuckie	294 Ross Hill	295 Calum Lindsay	
Moorfoot Runners	Colours: Red and Blue		
296 Jacob Adkin			
Moray Road Runners	Colours: Dayglow yellow with Black Trim		
297 Jack Christie	298 Blair Little	299 Toby Dobbs	
Nithsdale AC	Colours: Jade Green/Black/White		
300 Chris Ponton	301 Ryan Holmes		
North Ayrshire AC	Colours: Purple & Gold		
302 Gordon Wilson	303 Christopher Jenks	304 Christopher Liechti	
Perth Strathtay Harriers	Colours: Orange with Blue Trim		
305 Patrick Gillespie	306 Alex Jardine		
Pitreavie AAC	Colours: Navy/Yellow/White		
307 Scott McAlpine	308 Ben Potrykus	309 Benjamin Kurzman	
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
310 Ryan Thomson	311 Matthew McKenna	312 Ross Stephen	313 Stuart Roe
314 Dean McMurran	315 Angus Gordon		
Shettleston Harriers	Colours: Blue with Gold Band		
316 Ahmed Hassan	317 Callum Drummond	318 Marcus Gault	319 Calum Divers
320 Garry Mason	321 Kieran Brawley	322 Euan Birch	323 Brian Stuart
324 Archie Breckenridge			
Stornoway RC	Colours: Red with Yellow Hoop		
325 Micheil Russell Smith	326 Duncan McKellar	327 Campbell MacDonald	
Teviotdale Harriers	Colours: White with Maroon Band		
328 Charlie Marshall	329 Keith Learmonth		
Unattached			
330 Rory Muir			
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
331 Max Aitchison	332 Lewis Boyle	333 Craig Young	334 Liam McLoone
335 Marc Rooney	336 Kieron Rafferty	337 Murray Sim	
338 Fraser Barbour	339 Jack Moreland		

Under 15 Girls Yellow Numbers	
Distance 4,000 metres	The race will start at 12.15pm
The winning team to be awarded the 'Falkirk District Sports Council Trophy'	2009 Team Edinburgh AC
The winning individual to be awarded the 'William Bramwell Memorial Trophy'	2009 Ind Joanna Muir (Stewartry AC) TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops		
172 Stephanie A Little	173 Kate Murdoch	174 Eilidh Prise	
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross		
175 Sarah Cassells	176 Emma Vallely		
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
177 Emma Campbell			
Central AC	Colours: Yellow and Blue		
178 Christina Fairley	179 Amy Hendry	180 Farren Parkins	
181 Stacey Hardman	182 Molly Tweedle		
Clydesdale Harriers	Colours: White with Black "C"		
183 Claire Reid			
Corstorphine AAC	Colours: White with Black Trim		
184 Isabelle Bough	185 Lisa Christy		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
186 Emily Baillie	187 Ailsa Peters	188 Ella Peters	
189 Rebecca Morris	190 Georgina Black		
East Kilbride AAC	Colours: Gold with 2 Black hoops		
191 Sophie Smith	192 Olivia Steven	193 Emma Fairlie	194 Rachel Fairlie
195 Caitlin Hackett	196 Sabrina Mime	197 Abbie J Stafford	
East Sutherland AC			
198 Jade Currie	199 Bethan Nadin		
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
200 Emma Dunnett	201 Oonagh Dunnett	202 Rachael Dunn	203 Olivia O'Hare
204 Olivia Mackenzie	205 Anna Hyde	206 Tatiana Spens	207 Millie Brown
208 Rosanna Stewart	209 Isla Pawson		
Falkirk Victoria Harriers	Colours: Black with Gold Band		
210 Caitlin Thomson	211 Katherine Mitchell	212 Jane Ainslie	213 Helen Ainslie
214 Stacey McArdle			
Fife AC	Colours: White with Red Band		
215 Fiona Cruickshanks	216 Kerry Gibson	217 Laura Gibson	218 Robyn Graham
Gala Harriers	Colours: White with Green Band		
219 Kerry Sandilands	220 Hannah Jones	221 Emily Jones	
222 Martha Douglas	223 Laura Anderson	224 Lucy Henderson-Morris	
Garscube Harriers	Colours: White with Blue Band		
225 Jennifer Finlay			
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
226 Linzi Cowan	227 Aliyah Zuberi	228 Selena Jackson	229 Holly Miller
230 Frances Lowrie	231 Heather McCallum	232 Paige McConville	233 Lorna Beattie
234 Stephanie Fairfield			
Glasgow School of Sport			
235 Brogan Wallace			
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
236 Meighan McDade	237 Shannon Kangley		
Haddington East Lothian Pacemakers	Colours: Red and White Halves		
238 Katie Watson	239 Emily Baxter		
Harmony AC	Colours: Red with Green Diagonal		
240 Sarah Broadhurst			
Helensburgh AAC	Colours: Yellow with Red Band		
241 Madeline Robinson			

Inverclyde AC	Colours: Black & White Stripes
372 Emma Fulton	373 Emma Meechan 374 Nynke Mulholland
375 Nicole Darroch (U20)	376 Rachael Bushfield (U20)
377 Deborah Moore (U20)	378 Emma Rice (U20)
Kilbarchan AAC	Colours: Gold with Black Hoop
379 Elaine Eadie	380 Emma Haddock 381 Siobhan McStay
382 Melissa McStay	383 Katie McAlpine 384 Natalie Sharp (U20)
385 Jessica Martin (U20)	386 Christina Rankin (U20) 387 Michelle Bell (U20)
388 Deborah Henderson (U20)	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes
389 Lois Shankland	390 Bethany Ross
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops
391 Lauren McIntyre	392 Alexandra Lamond 393 Hannah Terrance (U20)
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band
394 Nicola Lindsay	
Lothian Running Club	Colours: Blue with Black letters
395 Lana Turnbull	396 Sarah Inglis (U20)
Moorfoot Runners	Colours: Red and Blue
397 Scout Adkin	
Moray Road Runners	Colours: Dayglow yellow with Black Trim
398 Gemma Cormack (U20)	
Nithsdale AC	Colours: Jade Green/Black/White
399 Stephanie Lawrie	
Perth Strathtay Harriers	Colours: Orange with Blue Trim
400 Shoni Tavendale (U20)	
Pitreavie AAC	Colours: Navy/Yellow/White
401 Lisa McAlpine	402 Kathryn Pennel
Ron Hill Cambuslang Harriers	Colours: Red with White Band
403 Mairi Brown	404 Caitlin Hendry (U20)
Shetland AAC	Colours: White Vests 3 Blue Hoops
405 Katie Bristow	406 Sadie Younger (U20)
Shettleston Harriers	Colours: Blue with Gold Band
407 Shannon McLellan	408 Rebecca Nicholson 409 Helen Pawelczyk
Springburn Harriers	Colours: Navy Blue with White Diamond
410 Danielle Brown (U20)	
Stewart AC	Colours: Sky Blue with Black diag Band
411 Joanna Muir	412 Katy Brown
Stornoway RC	Colours: Red with Yellow Hoop
413 Ceit Stewart	
Team Southampton	
414 Mhairi-Clair Stewart	
Unattached	
415 Laura Muir	
Victoria Park City of Glasgow	Colours: Blue and White Hoops
416 Nicola Hood (U20)	417 Rebecca Finch (U20) 418 Elizabeth Potter (U20)
419 Rhian Dawes (U20)	420 Abbey McGhee (U20) 421 Josephine Moultrie (U20)
702 Sarah Potter	703 Michaela Stephen 704 Hollie Young
705 Deborah Hannah	706 Amy MacLellan

Under 17 Men	
Distance 6,400 metres	The race will start at 12.55pm
The winning team to be awarded hold the 'Bryson Cup'	2009 Team Ron Hill Cambuslang H
The winning individual to be awarded the 'Goodwin Bowl'	2009 Ind Callum Hawkins (Kilbarchan AAC) TEAMS 4 TO COUNT

Arran Runners	Colours: Black/Yellow
340 Cameron Paul	
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross
341 Andrew Rae	342 David Carter 343 Adam Paul Steven
Border Harriers	Colours: Orange with black diagonal stripe
344 Peter Harrison	
Calderglen Harriers	Colours: Amber and Black Vertical Stripes
345 Richard Campbell	
Central AC	Colours: Yellow and Blue
346 Martyn Paterson	347 David Hutchison 348 Ross Milne 349 Scott Green
350 Christopher Clarke	351 Roddy Irvine 352 David MacKinlay 353 David Lindsay
354 Tom Watson	
Clydesdale Harriers	Colours: White with Black "C"
355 Peter Bowman	
Corstorphine AAC	Colours: White with Black Trim
356 Andrew Christy	357 Dugald Hepburn 358 Callum Smith 359 Jack Williams
Deeside Runners	Colours: Green
360 Sam Burgess	
Dundee Hawkhill Harriers	Colours: Blue and White Quarters
361 Howell Craske	362 Michael Overend 363 Adam Guthrie
East Kilbride AAC	Colours: Gold with 2 Black hoops
364 Adam Gatens	365 Fraser Jamieson 366 Stephen (jnr) Paris
367 Conor Meechan	368 Ben Stafford
Edinburgh AC	Colours: White with one Blue, one Black Hoop
369 Jake Wightman	370 Adam Jack 371 Peter Loudon 372 Peter Cameron
373 Nikhil Mair	374 Callum Wilson
Falkirk Victoria Harriers	Colours: Black with Gold Band
375 Ben Stevenson	376 Euan Martin 377 Scott Stirling
Fife AC	Colours: White with Red Band
378 Adam Harris	379 Liam Hutson 380 Ryan McIntosh
George Heriots School	Colours: White with Blue Band
381 Alastair Smith	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop
382 Martin Fishwick	383 Max Lott 384 Alistair McCallum 385 Grant Muir
386 Ewan Murray	387 Luke Traynor 388 Fraser Walker 389 Jack Walker
390 Sandy Nimmo	391 Christopher Russell 392 James Gray
Glasgow School of Sport	
393 Lee Wilson	
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops
394 David Reay	395 Sean McCallion 396 Chris McDonald 397 Andrew Fisher
398 Martin McGowan	399 Ross Knight 400 Adam McCormick
Inverclyde AC	Colours: Black & White Stripes
401 Paul Currie	402 Jonathan Hill 403 Patric Korowski
404 Matthew Thomson	
Inverness Harriers	Colours: Gold with Maroon Diagonal
405 Ross Fraser	406 David Gardner 407 Adam Horne
408 Calum MacLeod	409 Scott Dixon

Kilbarchan AAC	Colours: Gold with Black Hoop	
410 Jordan Braidie	411 Craig Haxton	412 Calum MacLeod
414 Graham Evans	415 Thomas McDonald	413 Gary Rankin
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes	
416 Cameron Mackie	417 Murray McDonald	418 Grant Beattie
419 Joseph Kimmett		
Kinross Road Runners	Colours: Yellow with Royal Blue Band	
420 Cameron Milne		
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops	
421 Scott Lawrie	422 Craig McIntyre	423 Michael Finlayson
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band	
424 Ross Matheson		
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band	
425 Craig Wellcoat	426 Daniel Stuart Graham	427 Cameron McCann
428 Christopher Watson	429 Jonathan Velu	
Lothian Running Club	Colours: Blue with Black letters	
430 Max McNeill		
Moray Road Runners	Colours: Dayglow yellow with Black Trim	
431 Donald Shand	432 John Little	433 Moray Goodfellow
Musselburgh AC	Colours: Red with Black Stripes	
434 Cameron Fleming		
Pitreavie AAC	Colours: Navy/Yellow/White	
435 Christopher Rennison		
Ron Hill Cambuslang Harriers	Colours: Red with White Band	
436 Stewart Orr	437 Jack Hamilton	438 Bobby Bristow
439 Andrew Hunter	440 Grant Sheldon	
Shetland AAC	Colours: White Vests 3 Blue Hoops	
442 Martyn Stevenson		
Shettleston Harriers	Colours: Blue with Gold Band	
443 Jamie Hendry	444 Adam Drummond	
Stornoway RC	Colours: Red with Yellow Hoop	
445 Robert Jones		
Unattached		
446 Will Baker-Robinson	447 Duncan MacArthur	
Victoria Park City of Glasgow	Colours: Blue and White Hoops	
448 Marc Austin	449 Ethan Sloan-Dennison	450 Hugh Mackenzie
452 Paul MacFarlane	453 Miro Ralston	451 Craig Prior

Senior Women Yellow Numbers	
Distance 8,000 metres	The race will start at 1.25pm
The winning team will be awarded the Daily Record Trophy	2009 Team Central AC
The winning individual will be awarded the 'Mary Semple Trophy'	2009 Ind Freya Murray (Edinburgh AC)
	TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops	
422 Sonia Armitage	423 Rhona Buchan	424 Veronique Oldham
Anster Haddies	Colours: Yellow Vest	
425 Christine Bowie	426 Tricia Wallace	427 Pamela Cruikshanks
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	428 Hazel Bradley
429 Toni McIntosh		
Bellabouston Harriers	Colours: Dark Blue with Light Blue Cross	
430 Erica Christie	431 Yvonne Winchester	432 Bernadette O'Neil
Bellabouston Road Runners	Colours: Purple with White Band	433 Joanne Sharp
434 Julia Harris	435 Madeline Smillie	436 Katie Padgham
437 Fiora McFarlane	438 Julie Fitzpatrick	439 Shona Donnelly
441 Jacqueline McGuire	442 Jane Simpson	443 Claire Thompson
444 Sandy Brindley		
Calderglen Harriers	Colours: Amber and Black Vertical Stripes	
445 Frances Maxwell	446 Mary Goldsmith	
Carnegie Harriers	Colours: Orange & Green	
447 Morna Fleming	448 Fabienne Thompson	449 Grace Mackenzie
451 Isobel Burnett	452 Gail Murdoch	453 Mehraz Campbell
Carnethy Hill RC	Colours: Yellow with Red letters	454 Helena Sim
455 Jacqui Higginbottom	456 Pamela Whittle	457 Joanne Anderson
458 Stephanie Moss		
Central AC	Colours: Yellow and Blue	
459 Emma Raven	460 Alison Docherty	461 Fiona Thompson
462 Jennifer Emsley	463 Alison Rowatt	464 Hazel Dean
465 Ainsley Normand	466 Fiona Kelsall	467 Jane Waterhouse
469 Katie Whitehouse	470 Morag MacLarty	468 Isla Campbell
Chester Le Street		
471 Alyson Dixon	472 Maxine Czarnecka	
Clydesdale Harriers	Colours: White with Black "C"	
473 Marina McCallum	474 Kathryn Scott	
Corstorphine AAC	Colours: White with Black Trim	
475 Megan Smith	476 Gillian Carr	477 Helena Nolan
479 Jo Kirby	480 Rachel Brockie	481 Jillian Hogg
483 Susan Johnston		478 Corrie Roberts
Dumbarton AAC	Colours: Black with Red Band	482 Kerry Porter
484 Lynsey McNicol	485 Charlene Kelly	
Dunbar Running Club	Colours: White with Green Diagonal	
486 Anne Hay		
East Kilbride AAC	Colours: Gold with 2 Black hoops	
487 Kelly Baillie		
Edinburgh AC	Colours: White with one Blue, one Black Hoop	
488 Freya Murray	489 Victoria Lomax	490 Karen Dobbie
491 Jennifer MacLean	492 Niamh Devlin	493 Joanne Thom
494 Nathalie Christie	495 Sarah Hood	496 Susan Ridley
498 Lianne Logan	499 Debra Murray	497 Marietta Beal
Edinburgh University H&H	Colours: Green with White side Panel	
500 Briony Curtis	501 Catriona McCleery	502 Sarah Louise Johnson
504 Hannah Edwards		503 Kirsten Hogg

Falkirk Victoria Harriers	Colours: Black with Gold Band		
505 Megan Wright	506 Christine Eadie	507 Elaine Thomson	
Ferranti AAC	Colours: Yellow with Black letters		
508 Julia Drewer	509 Elizabeth Gilchrist	510 Claire Gilchrist	511 Siobhan Sellar
Fife AC	Colours: White with Red Band		
512 Sandra Aitken	513 Innes Bracegirdle	514 Lorraine Brown	515 Hester Dix
516 Sarah Legge	517 Alison McGill	518 Amie McKimmie	
519 Sophie Mullins	520 Morgan Murphy	521 Johanna Paananen	522 Louise Provan
523 Jocelyn Scott	524 Helen Sharpe	525 Susan Thomson	526 Fiona Walker
527 Morgan Windram-Geddes			
Forfar Road Runners	Colours: Sky Blue		
528 Cath McNally	529 Elizabeth Nicoll		
Forres Harriers	Colours: Red		
530 Moira Davie			
Gala Harriers	Colours: White with Green Band		
531 Gillian Duncan	532 Andrea Pogson	533 Jennifer Forbes	534 Dianne Lauder
535 Katy Anderson	536 Eileen Nicol	537 Fiona Shepherd	538 Rachel Fagan
539 Karen Haldane	540 Leanne Haining		
Garscube Harriers	Colours: White with Blue Band		
541 Alison Winship	542 Kirsty Husband	543 Heather McIntosh	544 Mairi Stanley
545 Carole Gilmour	546 Marion Kelly	547 Lesley Chapman	548 Laura Devine
549 Charlotte Wilson	550 Karen-Anne McLennan	551 Emma Ralston	
552 Anna MacGregor	553 Irene Vezza		
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
554 Yvonne Hamilton	555 Jill Smylie	556 Mary McCutcheon	
557 Maureen McVey	558 Anne Lee	559 Caroline Klinge	560 Sheila Lewis
561 Hilary Millar	562 Myfanwy Taylor	563 Li Wang	
Girvan AAC	Colours: White with Blue & Green Hoops		
564 Jo Schreiber			
Glasgow University H & H	Colours: Black and Gold		
565 Ruth Joss	566 Rachel Smirhwaite	567 Yulia Uzunova	
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
568 Yvonne Prager	569 Dorothy McCormick	570 Fiona Cushnaghan	
571 Silke Loehndorf	572 Alison King		
Haddington East Lothian Pacemakers	Colours: Red and White Halves		
573 Ruth Watson			
Harmony AC	Colours: Red with Green Diagonal		
574 Lorna Broadhurst	575 Fiona Donaldson	576 Amanda Pennycott	577 Margie Leitch
Helensburgh AAC	Colours: Yellow with Red Band		
578 Julia Henderson	579 Claire Heasman	580 Mary Louise MacQuarrie	
581 Michelle Hetherington	582 Jennifer Fitzgerald	583 Sarah Walker	584 Janet Fellowes
585 Mary Connolly	586 Tina Munro		
Hunters Bog Trotters	Colours: Brown		
587 Jessica Batterham	588 Carrie Craig	589 Claire Gordon	590 Miranda Grant
591 Kate Jenkins	592 Isobel Knox	593 Deborah MacDonald	
594 Morag McCracken	595 Shona McIntosh	596 Eilis McKechnie	
597 Alison C McNeillage	598 Phyllis Mitchell	599 Megan Mowbray	600 Fionn Nairn
601 Rose Nicholson	602 Sandra Rathjen	603 Janice Smith	604 Rosie Smith
605 Margaret Spalding	606 Eilidh Wardlaw	607 Abigail White	608 Sula Young
Inverclyde AC	Colours: Black & White Stripes		
609 Rhona Bushfield			
Inverness Harriers	Colours: Gold with Maroon Diagonal		
610 Melissa Whyte			
Kilbarchan AAC	Colours: Gold with Black Hoop		
611 Kerry Lang	612 Elspeth Curran	613 Leanne Hamilton	
614 Karen Glendinning	615 Cara Sloss	616 Lesley McKerral	
617 Wanda Phillips	618 Eileen Masson	619 Hannah Waugh	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
620 Elizabeth McDermott			
Kinross Road Runners	Colours: Yellow with Royal Blue Band		
621 Patricia Milne			
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
622 Susan Addison	623 Ada Stewart	624 Mary Hendry	625 Vivien Fraser
626 Ros OSullivan	627 Pamela Parker	628 Shirley MacNab	
629 Marie McChord			
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
630 Loma Rice	631 Nicola Murray	632 Keira Murray	633 Ann Edgar
Livingston & District AAC	Colours: Yellow with Green Stripe		
634 Yvonne Crilly			
Lothian Running Club	Colours: Blue with Black letters		
635 Christine Milne	636 Jill Horsburgh	637 Margaret Turnbull	638 Saran Jones
639 Lynne Murray	640 Edal Mooney	641 Lorna Eades	642 Sarah O'Neil
643 Alison McQuillen			
Maryhill Harriers	Colours: Royal Blue		
644 Caroline Jones			
Moray Road Runners	Colours: Dayglow yellow with Black Trim		
645 Lydia Davis	646 Sarah Houston		
Motherwell AC	Colours: Red with White edging		
647 Phyllis Hands	648 Clare Barr		
Ochil Hill Runners			
649 Alayne Finlay			
Pitreavie AAC	Colours: Navy/Yellow/White		
650 Fiona Cressy			
Portobello RC	Colours: White with Navy and Blue Bands		
651 Lynn Morrice	652 Amanda Henderson	653 Lynsey Lawrie	654 Mary Hunter
Scottish Prison Service	Colours: Royal Blue & White		
655 Jill Knowles	656 Nicola May	657 Valerie Morgan	
658 Jennifer Telford			
Shettleston Harriers	Colours: Blue with Gold Band		
659 Chichi Guly	660 Avril Mason	661 Fiona Maxwell	
662 Lindsay MacNeill	663 Susan Breckenridge		
Springburn Harriers	Colours: Navy Blue with White Diamond		
664 Michelle Sandison	665 Fiona Gentles	666 Kirsten Ferguson	
667 Caroline Brownlie			
St Andrews University AC	Colours: White with 2 Blue Bands		
668 Megan Crawford	669 Rose Calvo	670 Gardner Moore	
Stornoway RC	Colours: Red with Yellow Hoop		
671 Chirsty MacLeod	672 Eilidh MacKenzie	673 Christine Anderson	
674 Noelle Deplano			
Teviotdale Harriers	Colours: White with Maroon Band		
675 Donna Inglis	676 Sylvia Grieve	677 Pamela Paxton	
Troon Tortoises AC	Colours: Yellow with 2 Black Half hoops		
678 Anne Noble	679 Natalie Fleming	680 Moira Connell	
681 Karen Robertson			
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
682 Kirsty Baird	683 Susan Finch	684 Christine Catterson	
685 Claire McCracken	686 Kirsteen Young	687 Jacqueline Thomson	
Wee County Harriers	Colours: Navy and Orange		
688 Beryl Junnie	689 Jane Binnie	690 Morag Hunter	691 Hilda Paton
692 Karen Willocks	693 Caroline Strain	694 Lindsay Stother	
Westerlands CCC	Colours: Yellow with Black "W" on Back		
695 Ellen Homewood	696 Pauline McAdam	697 Helen MacPherson	
698 Patricia McLaughlin	699 Elizabeth Adams	700 Catriona Miller	701 Gillian Irvine

Under 20 Men

Distance 8,000 metres	The race will start at 2.00pm
The winning team to be awarded the 'Marshall Trophy'	2009 Team Edinburgh University Hare & Hounds
The winning individual to be awarded the 'Livingstone Trophy'	2009 Ind Derek Hawkins (Kilbarchan AAC) TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops	
454 James Joy	455 Cameron Strachan	456 Rory Leslie
458 Tai Jericevich		457 Ross Fulton
Arbroath & District AC	Colours: Black with vertical yellow stripe	
459 Lewis Morrison		
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
460 Jonathan Dunn		
Banchory Stonehaven AC	Colours: Royal Blue with White band	
461 Robbie Simpson		
Central AC	Colours: Yellow and Blue	
462 Andrew Butchart	463 Alexander Hendry	464 Sandy MacLarty
465 Scott McDonald	466 Sean Reilly	
Clydesdale Harriers	Colours: White with Black "C"	
467 David Brown	468 Ryan Savage	
Corstorphine AAC	Colours: White with Black Trim	
469 Fraser Scott		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
470 Matthew White		
East Kilbride AAC	Colours: Gold with 2 Black hoops	
471 Jamie Clements	472 John Fergusson	473 David Gorman
Edinburgh AC	Colours: White with one Blue, one Black Hoop	
474 Andrew Crichton	475 Tom Ryan	476 Fraser Mann
		477 Reese Taylor
Edinburgh University H&H	Colours: Green with White side Panel	
478 William Nicholson	479 Arjuna Sivakumaran	480 Mike Diver
482 Scott Wallace		481 Max Ralston
Falkirk Victoria Harriers	Colours: Black with Gold Band	
483 Jamie Stevenson		
Fife AC	Colours: White with Red Band	
484 Mark S Buchan		
George Heriots School	Colours: White with Blue Band	
485 Ross Christie	486 Grant McEwan	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
487 Greg Turner		
Inverclyde AC	Colours: Black & White Stripes	
488 Andrew Campbell	489 David McKenzie	490 Craig Anderson
Kilbarchan AAC	Colours: Gold with Black Hoop	
491 Callum Hawkins	492 Blair Crawford	493 Scott MacAulay
494 Stephen Fleming	495 Paul Leck	496 Scott Hawkins
497 Andrew McAlpine	498 Nicholas Emsley	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes	
499 Cameron Wilson	678 James Wales	679 Ross Connelly
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops	680 Ross Good
681 Adam Peters	682 Kevin Gall	683 Kevin Comes
Lothian Running Club	Colours: Blue with Black letters	
684 Robert Inglis	685 Christopher Rumbles	686 Alastair Robertson
Motherwell AC	Colours: Red with White edging	
700 Luke McLevenna		

Pitreavie AAC	Colours: Navy/Yellow/White
687 Lewis Donaldson	
Ron Hill Cambuslang Harriers	Colours: Red with White Band
688 Andrew Coulter	689 Gordon McIntyre
Shetland AAC	Colours: White Vests 3 Blue Hoops
690 Joshua Morrison	
Shettleston Harriers	Colours: Blue with Gold Band
691 Tsegai Tewelde	692 Matthew Gillespie
694 Ruairidh Munro	693 Lachlan Oates
St Andrews University AC	Colours: White with 2 Blue Bands
696 Andrew Smith	695 Gary McBride
Victoria Park City of Glasgow	Colours: Blue and White Hoops
697 Andrew Steele	
698 Sean Fontana	699 Max Ralston

Senior Men

Distance 12,000 metres	The race will start at 2.30pm
The winning team to be awarded the 'Elkington Shield' for 12 months	2009 Team Shettleston Harriers
The winning individual to be awarded the 'W H Dunlop Trophy'	2009 Ind Alastair Hay (Central AC) TEAMS 6 TO COUNT

Aberdeen AAC

1 Mark Haskett	2 Benjamin Hukins	3 Darren Shinnie	4 Frank Boyne
5 Christopher Capener	6 Keith Charlton	7 James MacGregor	

Anster Haddies

8 Allan Gibson	9 Richard Shaw	10 Derek Rae
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Arbroath & District AC

11 Cameron Morrison	12 Martin Shepherd
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Ayr Seaforth AAC

13 Peter Laing	14 Laurence Baker	15 Mayeul Ducrot	16 Barry Duddy
17 Stephen Kay	18 John Hayes	19 Paul Turnbull	

Bellahouston Harriers

20 Bryan Lamb	21 Iain Burke	22 Mark Paterson	23 Brian Douglas
24 Michael Freshour	25 Andrew Campbell	26 John Hagemeister	27 Stewart Collins
28 Graeme Gemmel	29 Campbell Joss		

Bellahouston Road Runners

30 Colin McGill	31 David Weatherhead	32 Andrew Birnie	33 Peter Devenport
34 Brian O'Donnell	35 Mark Johnston	36 Grant MacDonald	37 Russell Whittington
38 Kenny Richmond	39 Gerard Scullion	40 Alasdair McLeod	41 Nick Reid
42 Bruce Carse	43 Greig Glendinning	44 Matthew Williamson	45 Ewan McDonald
46 Michael McNally	47 Douglas MacGregor	48 Robert McEwan	49 Marcos Sanz Gomez
50 Stuart Mathieson	51 Andrew Smillie	52 Peter Gallanagh	53 Craig Ross

Bristol & West

54 Thomas Russell

Caldergleng Harriers

55 Russell Couper	56 Alan Cullie	57 Charles Steven	58 Alan Derrick
59 Edward Reid	60 Jim Holmes	61 David Herbertson	62 Stuart Waugh
63 Ian Rae	64 David Wardrope	65 Colin Banks	66 Andrew Henderson
67 Martin Duthie	68 David Watt		

Carnegie Harriers

69 Ian Johnston	70 Ian Stewart	71 Lewis Lawson	72 Iain Taylor
73 Steven Ogg	74 Steven King	75 Thomas Lawrence	76 Allan Fotheringham
77 Andrew Symonds	78 Andrew Wright	79 John Lambie	80 Peter Simpson
81 Kieran Morgan	82 Peter Morrison	83 Steve Whalley	84 John Fulham
85 Phil Smithard	86 Bill Duff	87 David Greig	88 Nicholas Weir
89 Alan Cockburn	90 Kenny MacDonald	91 Stephen Greer	

Central AC

92 Gordon Adam	93 Alasdair Anthony	94 Cameron Campbell	95 John Dickson
96 James Drummond	97 David Eckersley	98 David Eiser	99 Alan Gall
100 William Gault	101 Ewan Gault	102 Allister Hargreaves	103 Alastair Hay
104 Philip Hendry	105 Will Hensman	106 Kenneth Hislop	107 Ross Houston
108 Alan Hume	109 Robert Hutchison	110 Ewan Jack	111 Hugh Kerr
112 Steve Laing	113 Murray MacLarty	114 Liam McCabe	115 Ian McDonald
116 Jamie McDonald	117 Miguel Merayo	118 Lewis Millar	119 Fraser Purves
120 Robert Russell	121 James Spalding	122 Stuart Watson	123 Philip Williams
124 Michael Wright			

Clydesdale Harriers

125 Gerard Montgomery	126 Paul Carroll	127 Gary Dick	128 Michael Diver
129 Peter Rudzinski	130 John Foley	131 Prasad Prasad	132 Iain Robertson
133 Robert Young	134 Pete Cartwright	135 Kevin Farmer	

Colours: White with 2 red hoops

2 Benjamin Hukins	3 Darren Shinnie
6 Keith Charlton	7 James MacGregor

Colours: Yellow Vest

9 Richard Shaw	10 Derek Rae
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Colours: Black with vertical yellow stripe

12 Martin Shepherd

Colours: White with Red Diagonal Cross

14 Laurence Baker	15 Mayeul Ducrot
18 John Hayes	19 Paul Turnbull

Colours: Dark Blue with Light Blue Cross

21 Iain Burke	22 Mark Paterson
25 Andrew Campbell	26 John Hagemeister
29 Campbell Joss	

Colours: Purple with White Band

31 David Weatherhead	32 Andrew Birnie	33 Peter Devenport
35 Mark Johnston	36 Grant MacDonald	37 Russell Whittington
39 Gerard Scullion	40 Alasdair McLeod	41 Nick Reid
43 Greig Glendinning	44 Matthew Williamson	45 Ewan McDonald
47 Douglas MacGregor	48 Robert McEwan	49 Marcos Sanz Gomez
51 Andrew Smillie	52 Peter Gallanagh	53 Craig Ross

Colours: Amber and Black Vertical Stripes

56 Alan Cullie	57 Charles Steven	58 Alan Derrick
60 Jim Holmes	61 David Herbertson	62 Stuart Waugh
64 David Wardrope	65 Colin Banks	66 Andrew Henderson
68 David Watt		

Colours: Orange & Green

70 Ian Stewart	71 Lewis Lawson	72 Iain Taylor
74 Steven King	75 Thomas Lawrence	76 Allan Fotheringham
78 Andrew Wright	79 John Lambie	80 Peter Simpson
82 Peter Morrison	83 Steve Whalley	84 John Fulham
86 Bill Duff	87 David Greig	88 Nicholas Weir
90 Kenny MacDonald	91 Stephen Greer	

Colours: Yellow and Blue

93 Alasdair Anthony	94 Cameron Campbell	95 John Dickson
97 David Eckersley	98 David Eiser	99 Alan Gall
101 Ewan Gault	102 Allister Hargreaves	103 Alastair Hay
105 Will Hensman	106 Kenneth Hislop	107 Ross Houston
109 Robert Hutchison	110 Ewan Jack	111 Hugh Kerr
113 Murray MacLarty	114 Liam McCabe	115 Ian McDonald
117 Miguel Merayo	118 Lewis Millar	119 Fraser Purves
121 James Spalding	122 Stuart Watson	123 Philip Williams

Colours: White with Black "C"

126 Paul Carroll	127 Gary Dick	128 Michael Diver
130 John Foley	131 Prasad Prasad	132 Iain Robertson
134 Pete Cartwright	135 Kevin Farmer	

Corstorphine AAC

136 Ronald Nolan
140 Douglas Selman
144 Dermot Cummins
148 Mickey Breen
152 Scott Williamson
156 Christopher Peggie
159 Nigel Lamb
163 Martin Hulme

Dumbarton AAC

167 Alan Fleming
171 Neil Prior

Dunbar Running Club

173 Stuart Hay
177 Richard Taylor

Dundee Hawkhill Harriers

178 Nigel Reynolds
182 Roger Van Gompel
186 Matthew Strachan

East Kilbride AAC

188 Gordon Colvin
192 Edgar Ramage

Edinburgh AC

195 Simon Adamson
199 P Brennan
203 Adam Chmielowski
207 Malcolm Fraser
211 Jonathan Henderson
215 Andrew Laycock
219 Alex MacEwen
223 Adam Priestley
227 Martin Sneddon

Edinburgh University H&H

231 Michael Gillespie
235 Hector Haines
239 Jonathan Pawson

Falkirk Victoria Harriers

242 John Denholm
246 Andrew Ronald
250 Neil Robertson
254 Barry Paterson

Ferranti AAC

256 Grant Sellar
260 Walter Fairnie

Fife AC

262 Bryce Aitken
266 Colin Brown
270 Mark Harris
274 Frank Popham
278 Eddie Sanders
282 Robert Thornton

Forfar Road Runners

284 Ronald Milne

Forres Harriers

286 Paul Rogan

Colours: White with Black Trim

137 Tom Ferrington	138 Grant Wilkie
141 Bryan Clark	142 Christopher O'Brien
145 Moray Anderson	146 Kris Berry
149 Bruce Malcolm	150 Alex Cumming
153 Graeme Fletcher	154 David Colman
157 Jan-Bert Van Den Berg	
160 Shaun Cavens	161 Martin Caldwell
164 David Henderson	165 Calum McKenzie

Colours: Black with Red Band

168 David Pollard	169 James Waters
172 Marc Casey	

Colours: White with Green Diagonal

174 Ian Rowland	175 Ian Sills
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Colours: Blue and White Quarters

179 Craig Ross	180 Stephen Mason
183 Gordon Barrie	184 Antony Robinson
187 Neil Gunstone	

Colours: Gold with 2 Black hoops

189 David J. Condra	190 Graeme Haddow
193 Kevin Downie	194 Grant Baillie

Colours: White with one Blue, one Black Hoop

196 Graham Beal	197 Matthew Bell	198 James Britton
200 John Benavent	201 Neil Calder	202 Owain Bristow
204 D Clarkson	205 Martin Ferguson	206 Owen Flage
208 William Gallacher	209 Kevin Graham	210 Dan Hale
212 Richard Hope	213 Brian Howie	214 Scott Innes
216 Seamus Keely	217 Keith Lyall	218 Richard Meade
220 Roy Mitchell	221 Walter McCaskey	222 Ryan O'Hare
224 Callum Reid	225 Robert Riddell	226 Garry Robertson
228 Darren Steel	229 Eric Stevenson	230 Adam Ward

Colours: Green with White side Panel

232 Nairn McWilliams	233 Duncan Coombs	234 Doug Tullie
236 Alexander Sweet	237 Matthew Sutherland	238 Ben Cole
240 Joseph Littlechild	241 Oleg Chepelin	

Colours: Black with Gold Band

243 Alexander Davidson	244 Michael McQuaid	245 Mark Dunnachie
247 David Bunyan	248 John Stevenson	249 John Martin
251 Stephen Moore	252 Anthony Devlin	253 Stuart Douglas
255 Colin D Thomson		

Colours: Yellow with Black letters

257 Trevor Ridley	258 Alex Bell	259 Stephen Reid
261 Edward McDonald		

Colours: White with Red Band

263 Daryl Beggs	264 Graham Bennison	265 Andrew Brierley
267 Stewart Davidson	268 Douglas Gunstone	269 Allan Harley
271 John Kay	272 Andrew Milne	273 Daniel Newman
275 Roger Rees	276 Douglas Robertson	277 Alastair Robertson
279 Tom Scott	280 Steven Shanks	281 David Shepherd
283 Jez Tomlinson		

Colours: Sky Blue

285 Brian Niblock

Colours: Red

287 Ben Livesey	288 Kyle Greig
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Gala Harriers	Colours: White with Green Band		
289 Iain Bell	290 Derrick Brydon	291 Mark Bryson	292 Martin Clarke
293 Malcolm Gowans	294 David Hunter	295 Fergus Johnston	296 Thomas Knox
297 Alistair Laurie	298 Anthony Lunn	299 Gregor McAneny	300 Robert McCrirrick
301 William McCulloch	302 Graeme Murdoch	303 John Paterson	304 David Nightingale
305 Magnus Inglis	306 Scot Forsyth		
Garscube Harriers	Colours: White with Blue Band		
307 Benjamin Melby	308 Joe McKnight	309 Marco Consani	310 Euan Mackay
311 David W Dickson	312 Robert McLennan	313 Athole Smith	314 Jim McAneny
315 John Murray	316 James Taylor	317 Andrew Griffiths	318 David Geddes
319 Stephen Cullen	320 Tony Hall	321 Euan Geddes	322 Chris Devine
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
323 David Logan	324 James Galbraith	325 Kevin Fox	326 George Taylor
327 Neil Deerey	328 David McNab	329 Derek Breen	330 Billy Clark
331 Philip Coupar	332 Martin O'Donnell	333 Derren Thomson	334 Stuart McBeath
335 James McCutcheon	336 Marc Roper	337 Graeme Croll	338 David Phee
Girvan AAC	Colours: White with Blue & Green Hoops		
339 Colin Brash	340 Iain Davidson	341 Andrew McNaught	342 Gordon Hamilton
343 Stephen Flanagan	344 Angus McTaggart	345 Craig Murphy	
Glasgow University H & H	Colours: Black and Gold		
346 Scott Hawley	347 Luke McLellan	348 Scott Mitchell	349 James Waldron
350 Daniel Bradford			
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
351 Robert Wilson	352 Robert Mitchell	353 Mick Harrington	354 Stephen McLoone
355 Thomas Loehndorf	356 Stephen McDade	357 Alan O'Rourke	358 Sam McVicar
359 Steven Campbell	360 Robert Wilson	361 David Henderson	362 Alan Henderson
Haddington East Lothian Pacemakers	Colours: Red and White Halves		
363 Paddy McDonald	364 Frederick McCain		
Harmony AC	Colours: Red with Green Diagonal		
365 Frank Tooley	366 Thomas White	367 Gavin Orr	368 Alan Kerr
369 Peter Kadobinsky	370 Jonathan Carpenter		
Helensburgh AAC	Colours: Yellow with Red Band		
371 Christopher Moses	372 Iain Walker	373 Gordon Howat	374 Andrew Stafford
375 Paul Thompson	376 Stephen Bell	377 Robin Steacy	
Hunters Bog Trotters	Colours: Brown		
378 Rob Adams	379 George Ashley	380 Will Hugh Bailey	381 Duncan Baker
382 Tom Barr	383 Stewart Barrie	384 Daniel Beckett	385 Simon Brown
386 Steven Cairns	387 Stewart Caithness	388 Ian Campbell	389 Daniel Clements
390 Colin Crabbie	391 Orlando Edwards	392 Daniel Fairlie	393 David Fulton
394 Daniel Gay	395 Allan Gordon	396 Alistair Hart	397 Craig Hunter
398 James Jarvis	399 Huw Jones	400 John MacPherson	401 Will Mair
402 Paul Manson	403 Ian Marshall	404 Craig A McBurney	405 Peter McClelland
406 James McMullan	407 Alistair Millan	408 Geoffrey Mitchell	409 Philip Mowbray
410 Rupert Nash	411 Donald Naylor	412 Ivor Normand	413 Christopher Oliver
414 Jon Rathjen	415 Matt Sims	416 Murray Strain	417 Joe Symonds
418 Jamie Thin	419 James Thyne	420 William Townsend	421 Richard Wall
422 Ray Ward	423 Ian Wellock	424 James Williamson	425 David Wright
Inverclyde AC	Colours: Black & White Stripes		
426 Mark Pollard	427 Christopher MacKay	428 Craig Ruddy	429 Daniel Mulhare
430 Ian Fisher	431 Gerard Gaffney	432 Sean Gaffney	433 Tom Tracey
434 James Mcfadden	435 John Smillie	436 Cameron Spence	437 Kenny O'Neill
438 Kevin Kane	439 Robert Gray	440 Robert Shaw	441 George Hegarty
442 Campbell Cromar			
Irvine AC	Colours: Red with Black Trim		
443 David Millar	444 William Richardson	445 Alex Allardyce	446 Jamie Findlay
447 Patrick Cullinane	448 Brian Craig	449 James White	450 James Sneddon
451 Steven Connell	452 Ian McManus	453 Andrew Rennie	
Kilbarchan AAC	Colours: Gold with Black Hoop		
454 Derek Hawkins	455 Conor McNulty	456 David Mackintosh	457 Michael Finlay
458 Andrew Clugston	459 John McMillan	460 Robert Snodgrass	461 Donald Kennedy
462 James Snodgrass	463 Robert Quinn	464 James Ogilvie	465 Ian MacDougall
466 Steven Hards	467 Robert Connell	468 Brian Graham	469 John Kynaston
470 Donald Petrie	471 Alistair MacAngus	472 David Mewse	473 William Masson
474 Thomas Hearle	475 Chris Devenney	476 Paul Arcari	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
477 Andrew McGhee	478 Connell Drummond	479 David Mitchell	480 David White
481 George Irving	482 Ian Goudie	483 Leslie McDermont	484 Scott Martin
485 William Duffy			
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
486 Gary Mitchell	487 James McQuade	488 David Hogg	489 David McCormack
490 Edward McLoone	491 Robert Rogerson	492 David Gardiner	493 Stuart Kerr
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
494 Niall Sheehan	495 Andrew Matheson	496 Ben Mitchell	497 Martin Gore
498 Barney Phillips	499 Richard Connor	500 John Murray	501 Alan Cummings
502 Alan McFadden	503 David Ramage		
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
504 James Rowley	505 Patrick Kelly		
Linlithgow AAC	Colours: White & Yellow/black & Blue Hoops		
506 Malcolm Hughes			
Lomond Hill Runners	Colours: Lemon with 2 black Hoops		
507 Gordon Pryde			
Lothian Running Club	Colours: Blue with Black letters		
508 Harry Mulholland	509 Brian Turner	510 Ian Hall	511 Alan McIntosh
512 Scott Nelson	513 Ross Milne	514 James Alexander	515 David Eades
516 Matt Richardson	517 Graeme Ackland	518 Ben Hartman	519 Colin Partridge
520 Colin Banham	521 Neal Drummond	522 Robin Galloway	
Maryhill Harriers	Colours: Royal Blue		
523 Stephen Jones	524 Kenneth Stevenson		
Milburn Harriers	Colours: Light Blue with Dark Blue Diagonal		
525 Stephen Cowper	526 Patrick Burns	527 Daniel Burns	
Moray Road Runners	Colours: Dayglow yellow with Black Trim		
528 Colin Green	529 George Sim	530 Simon Dobbs	531 Keith McArthur
Motherwell AC	Colours: Red with White edging		
532 Benjamin Hands	533 Graeme Kennedy	534 Derek Wylie	
Musselburgh AC	Colours: Red with Black Stripes		
535 Tony Segall	536 Dermot Ferry	537 Alexander Oliver	
Ochil Hill Runners	539 Peter Buchanan	540 James MacEwan	
538 Ron McCraw			
Pitreavie AAC	Colours: Navy/Yellow/White		
541 Barry Davie	542 Jeff Farquhar	543 Neil MacLachlan	544 Andrew Le Good
545 John Newsom	546 Jonathon Hedley	547 Owain Williams	548 Colin Beveridge
Portobello RC	Colours: White with Navy and Blue Bands		
549 William Jarvie	550 Ricky Fraser	551 Peter Buchanan	552 Graham Henry
553 Gareth Green	554 Steven Darcy	555 Scott Jarvie	556 Tony Stapley

Ron Hill Cambuslang Harriers

557 John Brown
561 Colin Feechan
565 Scott Hunter
569 John McPake
573 Bruce Raeside
577 Gordon Robertson
581 Charles Thomson
585 Stephen Wylie

Shettleston Harriers

586 Amanuel Hagos
590 Matthew Sullivan
593 Paul Sorrie
596 Tsegegab Woldemichael
599 Thomas Owens
603 Michael Deason
607 Stuart Greenway
611 Allan Adams

Springburn Harriers

612 Ross McEachern
616 Kevin Owens
620 Damian McAuley

St Andrews University AC

623 Myles Bax

Stornoway RC

627 Jim Bruce
631 Andrew Joyce
635 Neil MacRury

Strathearn Harriers

636 Ian Beattie

Stroud AC

640 Alexander Russell

Teviotdale Harriers

641 Raymond Jaffray
645 Alister Biggar

Troon Tortoises AC

648 George McGregor

Unattached

652 Andreas Wilhelm

Victoria Park City of Glasgow

653 Gerard Craig
657 Duncan Thomson

Vegan Runners

659 Neil Ford

Wee County Harriers

660 Trevor Andrews
664 James i Hossack

Westerlands CCC

666 David Riach
670 Graeme Orr
674 Johnston Orr

Winchester & D. AC

677 Chris Powner

Colours: Red with White Band

559 Alexander Eaglesham
563 Robert Gilroy
567 John MacNamara
571 David Munro
575 Iain Reid
579 Andrew Steven
583 Chris Wilson

Colours: Blue with Gold Band

587 Martin Graham
591 Tewoldeberhan Mengisteab
594 Matthew Turner
600 William Breckenridge
604 John Oates
608 William Maxwell

Colours: Navy Blue with White Diamond

588 Jethro Lennox
595 Denis Williams
597 Marc McColl
601 Thomas Fay
605 William Coyle
609 Greg Pawelczyk

Colours: White with 2 Blue Bands

613 Emilio Cosimo
617 John Owens
621 Scott Partyka
624 Russell Hall

Colours: Red with Yellow Hoop

625 David Farnell
628 James Warnock
632 Jonathon Pritchard
629 Iain Mackay
633 Andrew MacKenzie

637 Gordon Morrison
638 Philip Tipping

Colours: White with Maroon Band

642 Alan Colman
646 Bill Knox
647 Iain Williams

Colours: Yellow with 2 Black Half hoops

649 Henry G Dobbie
650 Ian McNee

Colours: Blue and White Hoops

655 Kenneth McVey
656 Chris Sheridan

Colours: Green & Black

654 Allan Hamilton
658 Derek Watson Snr.

Colours: Navy and Orange

661 Gordon McNeil
665 Christopher Idziak

Colours: Yellow with Black "W" on Back

667 David Calder
671 Owen O'Neill
675 Hamilton Semple
668 John Quinn
672 John Denovan
676 Brian Bonnyman

589 Kenneth McCoy
592 Gordon Phillips

598 Adam Lee
602 Casey Morgan
606 John Duffy
610 Girmay Tsegai

615 John Bell
619 Jim Cooper

626 Tom Cunningham

630 Ross Munro
634 Andy McMahon

639 Phil Mestecky

644 Norman Taylor

651 Graeme McKenzie

663 Michael Hutchison

669 Ken MacMahon
673 Chris Upson

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