

**NATIONAL
CROSS COUNTRY
CHAMPIONSHIPS**
Callendar Park, Falkirk
Saturday 18th February 2012



Falkirk Council

Falkirk
Community
Trust

scottishathletics



Men's Team Table since 1885-6

Scottish Cross Country Championships

Senior Men's Team Medal Table

as of 20/2/2011

		Gold	Silver	Bronze
1	Shettleston H	19	11	19
2	Cambuslang H	16	7	4
3	Clydesdale H	14	10	3
4	Edinburgh Southern H	12	12	7
5	Edinburgh H	7	8	6
6	Maryhill H	7	5	4
7	Edinburgh AC	6	5	5
8	Victoria Park AAC	6	6	6
9	Bellahouston H	4	6	4
10	West of Scotland H	4	3	10
11	Edinburgh University H & H	3	1	1
12	Hunters Bog T	3		2
13	Dundee Thistle H	2	4	
14	Garscube H	2	4	5
15	Motherwell YMCA H	2	1	3
16	Watsonians CCC	2	1	
17	Leslie Deans RC	1	6	1
18	Edinburgh North H	1	4	2
19	Plebian H	1	1	5
20	Springburn H	1	3	1
21	Central AC	1	2	1
22	Greenock Glenpark H	1	1	1
23	Inverclyde AC	1		2
24	Aberdeen AAC		4	6
25	Clyde Valley AC		2	1
26	Dundee Hawkhill H		1	2
27	Teviotdale H		1	2
28	Falkirk Victoria H		1	1
29	Greenock Wellpark H		1	
30	Fife AC			2
31	Coatbridge H			1
32	Monkland H			1

More archive information towards the back of the programme

SCOTTISH ATHLETICS OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Leslie Roy
Chief Executive	Nigel Holl
Chairman	Frank Dick

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison
Hon. Secretary	Alex Jackson
Assistant Secretary	Margaret Daly
Finance Officer	Graham Sword

OFFICIALS

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	David Lothian
Course Builders	Members of Falkirk Victoria Harriers
Finish/Lapping	Jim Young, Bob Reid, Alan Robinson, Kevin Martin
Officials Report	Barry Craighead
Judges	Ian Clifton (Chief), Margaret Daly
Funnel Control	Andy Law (Chief), Bill Grant, Henry Muchamore, Jean Youden
Timekeepers	Joe Bruce (Chief), Sheila McDougall, Anna Poulton, Duncan McLaren
Recorders (Places)	Bill MacDougall (Chief), Ian Hislop, Ian Mann, Rachael Halliday, Allan Smith, Neil Donachie (Tape)
Recorders (Time)	Molly Wilmoth (Chief), Sandy Cameron
Starter	Barry Craighead
Marksman	Fred McCluskie, Jim Semple
Declarations	Jen Jackson, Phyllis Law, Dave Campbell
Results	Peter Jackson (Chief), Sheila Smart, Elsie Oberg, Marion Donachie, Marjory Cook, Bob Cherrie
Announcers	Bryan Burnett, John Wands, Graham Bennison, Alison Simpson
Course Stewards	Members of Falkirk Victoria Harriers, Robin Morris, Lotte Watts, Erica Cromar
Doctor	Steven Boyce
First Aid	British Red Cross
Presentations	Alan Potts, Sandra Hardacre
Jury of Appeal	Alan Potts, Alex Jackson, Graham Sword
Events Manager	Ross Cunningham
Convener	Alex Jackson

MESSAGES OF WELCOME

On behalf of scottishathletics I would like to welcome you all to Callendar Park for the 2012 Scottish National Cross Country Championship. I would like to take this opportunity to thank Falkirk District Council and the members of Falkirk Victoria Harriers for their help and continued support of today's Championships.

The entry overall today (1905) is the highest since 1997 with the senior women's race seeing it's highest ever entry which is fantastic news and bodes well for the future. It will therefore be no easy task as Freya Murray and Derek Hawkins try to defend their titles from 2011.

My thanks go to the Road Running and Cross Country Commission for organizing today's fantastic event, scottishathletics staff, the officials and volunteers who have given freely of their time and the coaches who have prepared their athletes for today's Championship many thanks.

Best wishes to all competitors and I hope these Championships prove to be a stepping-stone to an excellent year for everyone.

Leslie Roy,
President, scottishathletics

Hosting the National Cross Country Championships at Callendar Park, Falkirk for the 7th consecutive year promotes a feeling of both familiarity and occasion to athletes, spectators, coaches, team managers and officials alike. Everyone can use that familiarity to optimise their own performance and enjoyment at this, the premier event of the year. On your behalf I would again like to convey our gratitude to Falkirk District Council and the members of Falkirk Victoria Harriers for their continued support. Our thanks also go to the many Officials and helpers whose meticulous preparation and planning ensures a well-organised event.

The popularity of the venue is underlined by the highest entry since 1999. For today's Championship there are over 1900 athletes entered. In particular the Senior Women's race is thought to have the highest entry ever at 323. The records are kept on the RR&CC Commission's Archive at <http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

The Archive shows that the first Women's Championship was held on 18th February 1932 and that this is the 69th Championship. Since then A Drummond and Vikki McPherson have won the Championship 3 times, M Storrar and Dale Greig 4 times, Freya Murray 5 times and Christine Haskett (Price) a record 6 times. Will Freya equal Christine's record this year?

Have a look in the Archive as it contains many other interesting facts such as Christine Haskett (Price) was also runner-up 5 times, once in the same time as the winner. You never know you may even be listed.

As in the last few years the Championships are the final event in the SAL Cross Country Grand Prix. Current leaders are Alex Hendry (Central AC) and Jennifer McLean (Edinburgh AC) but with double points at stake it is all to play for.

Today we are here to enjoy the spirit 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
Convener, Road Running and Cross Country Commission

Under 13 Boys

Distance 3,200 metres	The race will start at 11.30am
The winning team will be awarded the 'McKenzie Cup'	2011 Team VP City of Glasgow AC
The winning individual to be awarded the 'Alex Nangle Memorial Trophy'	2011 Ind Joss Kerr (Edinburgh AC)
	TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops	
1 Stewart Millar	2 Ben Renton	3 Finlay Strachan
5 Harry Kilner		4 Matthew Keenan
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
6 Cameron W Black	7 Euan McLevy	8 Lewis Ross
10 Joshua Wood		9 Fraser Stirling
Banchory Stonehaven AC	Colours: Royal Blue with White band	
11 Cameron Baird	12 Charlie Beeson	
Calderglen Harriers	Colours: Amber and Black Vertical Stripes	
13 Drew Gordon		
Carlisle & Aspatria		
14 Matthew Adamson		
Central AC	Colours: Yellow and Blue	
15 James Price	16 Scott Fleming	17 Matthew Crawford
Clydesdale Harriers	Colours: White with Black "C"	18 Anthony Quinn
19 Lewis Hay	20 Stephen Kane	21 Brian Aird
Corstorphine AAC	Colours: White with Black Trim	
22 Anthony Addison	23 Samuel Galloway	24 Callum Campbell
Cumbernauld AAC	Colours: Sky Blue with Maroon Band	
25 Hamish Coultts		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
26 Andrew Merry	27 Jack Anderson	28 Callum Letham
East Kilbride AAC	Colours: Gold with 2 Black hoops	29 Euan Boyle
30 Martin Lynas	31 Ross Malloch	32 Aidan brown
Edinburgh AC	Colours: White with one Blue, one Black Hoop	33 Callum Field
34 Paul Ireland	35 Calum Brown	36 Joseph Arthur
38 Ross Allan	39 Jamie Underwood	40 Freddie Carcas
Falkirk Victoria Harriers	Colours: Black with Gold Band	37 Michael Swinton
41 Scott Wilson		
Fife AC	Colours: White with Red Band	
42 Ryan Brocklebank	43 Jamie Ingledew	44 George Rees
46 Aaron Savage	47 Adam Scott	45 Tristan Rees
Garscube Harriers	Colours: White with Blue Band	
48 Ruairidh Russell	49 Craig Weston	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
50 Michael Lowrie	51 Joseph Lowrie	52 Keir Carolan
54 Harry Nimmo	55 Josh Bicknell	56 Benjamin Bicknell
58 Matthew Loneragan		53 Nicholas Boyle
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	57 Steven Johnston
59 Michael O'Rourke	60 Evan Warwick	61 Joshua Ruddy
Harmony AC	Colours: Red with Green Diagonal	62 Michael Duffy
63 Alex Bates		
Helensburgh AAC	Colours: Yellow with Red Band	
64 Gregor Chambers	65 Lewis Campbell	66 Bruce Cromar
68 Raymond Salaughter	69 Cameron Dye	67 Euan Mair
Inverclyde AC	Colours: Black & White Stripes	
70 Craig Bellow	71 Matthew Burns	72 Ryan Gray
74 Matthew MacKinnon	75 MacAulay McArthur	76 Tom Sempie
Inverness Harriers	Colours: Gold with Maroon Diagonal	
77 Ally Veltzian	78 James Geddes	79 Euan Ferguson
81 Fraser Thom	82 Ruairidh Fraser	83 Lewis MacFarlane
		80 Joe Arnaud

Kilbarchan AAC	Colours: Gold with Black Hoop		
84 James Toal	85 Jamie Eatock	86 Josh Hendry	87 James McTaggart
88 Matthew McLaughlin	89 Christopher Rooney	90 Conor Thomson	91 Aidan Comerford
92 James Toal	93 Jamie Eatock		
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
94 Mark Irvine			
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
95 Aidan McCaffrey	96 Christopher Reilly	97 Harry Lamond	
Larkhall YMCA	Colours: Red with White Hoops		
98 Ross Lytle	99 David Lees		
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
100 Jamie Darling	101 Euan McKay	102 Ross E Mackenzie	103 Matthew Smith
104 Thomas Snodgrass	105 Cameron Steven		
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
106 Gregor Gillespie	107 Adam Kelly	108 Sam Wallis	
Livingston & District AAC	Colours: Yellow with Green Stripe		
109 Fraser McLean			
Moorfoot Runners	Colours: Red and Blue		
110 David Collins			
Motherwell AC	Colours: Burgundy with Gold Band.		
111 Adam Laird	112 David Wallace		
Nithsdale AC	Colours: Jade Green/Black/White		
113 Robert Ponton			
North Ayrshire AC	Colours: Purple & Gold		
114 Iain Wilson			
Perth Strathay Harriers	Colours: Orange with Blue Trim		
115 Ben Greenwood	116 Findlay Lennie	117 Fraser Gillies	
Pitreavie AAC	Colours: Navy/Yellow/White		
118 Connor Morris	119 Robbie McLaren	120 Ryan Thompson	121 Dylan Thomson
122 Tyler White			
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
123 Struan Paton	124 Tyrone Ryan	125 Fraser Meighan	126 Adam Hamilton
127 Callum Morton	128 Jordon Munro	129 Gavin Smith	130 Euan Millar
131 Eamon Carr			
Shettleston Harriers	Colours: Blue with Gold Band		
132 Niall Turner	133 Lewis Collins		
Stewartry AC	Colours: Sky Blue with Black diag Band		
134 Farrel O'Sullivan			
Stornoway RC	Colours: Red with Yellow Hoop		
135 Kyle Munro	136 Hugh McKenzie		
Strathearn Harriers			
137 Sol Sweeney			
Teviotdale Harriers	Colours: White with Maroon Band		
138 David Mercer			
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
139 Jamie MacKinnon	140 Aidan Johnson	141 Lewis Serpell	142 Ewan Rae
143 Andrew Moreland	144 Adam Brady	145 Simon Fraser	
146 Guy Evans-Haggerty			

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'	2011 Team: Kilbarchan AAC
The winning individual to be awarded the 'William Bramwell Trophy'	2011 Ind Kirstain Oackley (Ayr Scaforth AAC)
	TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops		
1 Rebecca Eggeling	2 Talia Mathers		
Airdrie Harriers	Colours: Grey and sky Blue with 3" Black diag.		
3 Maura Rodgers			
Annan & District AC	Colours: Yellow Vest/Black Shorts		
4 Ellie Paisley			
Arbroath & District AC	Colours: Black with vertical yellow stripe		
5 Anna Robertson	6 Nicola Fairlie		
Ayr Scaforth AAC	Colours: White with Red Diagonal Cross		
7 Siobhan Rae	8 Lara Carey	9 Rebecca Simpson	10 Natasha Martin
11 Katie Hitchin			
Caithness AAC	Colours: White with Blue Line		
12 Rhiannon Kirk			
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
13 Megan Anderson	14 Helen Anderson	15 Louise Brown	
Central AC	Colours: Yellow and Blue		
16 Eilidh Russell	17 Kate Gallagher	18 Evie Gallagher	19 Catriona Laing
20 Eleanor Hanson			
Clydesdale Harriers	Colours: White with Black "C"		
21 Aimee Abbott	22 Iona Allan	23 Rachel Campbell	24 Charlotte Ross
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
25 maddie owen	26 Shaney McCabe	27 Danielle MacDermid	28 Molly Hughes
29 Amy Mollison			
East Kilbride AAC	Colours: Gold with 2 Black hoops		
30 Rebecca Russell	31 Rachael McCusker	32 Sarah McCusker	
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
33 Amy Armstrong	34 Hilary Lewin	35 Franca Still	36 Esme Stewart
37 Carolyn Cameron	38 Julia Laughland	39 Catherine Bough	40 Julia Smith
41 Zoe Bates	42 Morven Ferguson	43 Charlotte Wright	44 Jade Carlyle
Falkirk Victoria Harriers	Colours: Black with Gold Band		
45 Erin Pringle	46 Eilidh McCallum		
Fife AC	Colours: White with Red Band		
47 Katy Aitken	48 Ana Brocklebank	49 Rachel A Hamilton	50 Abby Hay
Gala Harriers	Colours: White with Green Band		
51 Katie Browne			
Garscube Harriers	Colours: White with Blue Band		
52 Nicola Brechany	53 Eilidh Chapman	54 Eilidh Smith	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
55 Lori Agnew	56 Rebecca Conroy	57 Sarah Eumson	58 Danielle Kelly
59 Rebecca Metcalfe	60 Holly Still	61 Erin Wallace	62 Jude Graham
63 Imogen Cartwright	64 Rachel Montgomery		
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
65 Nichola Dooan	66 Mia Forrest	67 Kate Kilpatrick	
68 Rachel McFarlane	69 Shelby Morrison	70 Lauren Mulaghton	71 Megan Rogers
72 Danielle Hunter			

Helensburgh AAC	Colours: Yellow with Red Band		
73 Mhairi Cromar	74 Madeline Joseph	75 Melissa Robinson	76 Kirsty Scott
77 Morag Paterson	78 Kara Bruce	79 Rachel MacLean	
80 Katherin Slaughter			
Inverclyde AC	Colours: Black & White Stripes		
81 Olivia Gemmell	82 Ashleigh Lewis	83 Jill McGachy	84 Robyn Kelly
Inverness Harriers	Colours: Gold with Maroon Diagonal		
85 Mary Flockhart	86 Megan Munro	87 Sophia Thom	88 Eilidh Magill
89 Rachael Keith			
Kilbarchan AAC	Colours: Gold with Black Hoop		
90 Maisie Huey	91 Heather Fawcett	92 Rona Tytler	93 Laura Stark
94 Kerry MacAngus	95 Rebecca Craig	96 Eilidh Fraser	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
97 Lauren Park			
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
98 Perri McCluskey	99 Anna Forbes	100 Laura Keay	
Larkhall YMCA	Colours: Red with White Hoops		
101 Elle Henderson			
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
102 Lauren Wilkie			
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
103 Reagan Binnie	104 Amy Watkins	105 Evie Robb	106 Lauren Wallis
Livingston & District AAC	Colours: Yellow with Green Stripe		
107 Taygan Henry	108 Louisa Marshall	109 Hannah Mairs	
Moorfoot Runners	Colours: Red and Blue		
110 Zaynah Aziz			
Motherwell AC	Colours: Burgundy with Gold Band,		
111 Emma Knox	112 Sophie Hall		
Nairn AAC	Colours: Orange		
113 Kloe Gibson	114 Katie Scott		
Pitreavie AAC	Colours: Navy/Yellow/White		
115 Leah Davie	116 Sophie Nethery	117 Emily Nicholson	
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
118 Niamh Brown	119 Lauren Carey	120 Olivia Mulholland	
121 Georgia Comisky	122 Celine Quigg	123 Gillian Gibson	124 Blair Peacock
125 Helen Mitchell	126 Niamh Brown		
Shettleston Harriers	Colours: Blue with Gold Band		
127 Claire Mason	128 Adelina Callan	129 Ruth Ferguson	
130 Natasha Z Mackay	131 Emma Arhuckle	132 Georgia MacDonald	
Stewartry AC	Colours: Sky Blue with Black ding Band		
133 Gemma Craig			
Stornoway RC	Colours: Red with Yellow Hoop		
134 Catriona Bain	135 Catriona Rigby		
Teviotdale Harriers	Colours: White with Maroon Band		
136 Ishbel Inglis	137 Emma Grieve		
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
138 Holly Little	139 Robyn Connolly	140 Tessa Hickey	141 Cari Kiddie
142 Emma Williams	143 Kirsty Elliott	144 Niamh Curran	145 Kenna Francis
146 Nicole C Waters	147 Toni Allan	148 Mirrin Betteridge	
149 Anna Breckenridge	150 Eve Mouat	151 Cara Thom	
152 Rosie Urquhart	153 Kirsty MacDonald		

Under 15 Boys

Distance 4,000 metres	The race will start at 12.00 noon
The winning team will be awarded the 'John D Sempie Cup'	2011 Team VP City of Glasgow AC
The winning individual to be awarded the 'Jock Sempie Trophy'	2011 Ind Ahmed Hassan (Shettleston H) TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops	
147 Steven Murray	148 Jamie Dickson	149 Matthew Kilner
Anster Haddies	Colours: Yellow Vest	
150 Ronan McKinstry		
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
151 Andrew Black		
Banchory Stonehaven AC	Colours: Royal Blue with White band	
152 Ewan Mcmillan		
Calderglen Harriers	Colours: Amber and Black Vertical Stripes	
153 Paul Mullen	154 Alistair Crawford	155 Andrew McGurk
Central AC	Colours: Yellow and Blue	
156 Stuart McKinney	157 Sam Davidson	158 Aidan Cameron
160 Gary MacFarlane	161 Kieran Potter	162 Scott Balloch
163 Cameron Harris	164 Jamie Paterson	165 Jack Kerr
Corstorphine AAC	Colours: White with Black Trim	
166 Matthew Galloway	167 John MacLeod	168 Matthew Young
Cumbernauld AAC	Colours: Sky Blue with Maroon Band	
169 Cameron Richardson		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
170 Euan Rose	171 Connor Bertie	172 Alistair Merry
East Kilbride AAC	Colours: Gold with 2 Black hoops	
174 Luke Kirwan	175 Aidan Gilbride	173 Euan Strachan
East Sutherland AC		
176 Ross Gollan		
Edinburgh AC	Colours: White with one Blue, one Black Hoop	
177 Josh Kerr	178 Robert Bough	179 Cameron Gilmour
180 Michael Hudson	181 Alex Carcas	182 Dominic O'Hare
183 Duncan Darling	184 Fionnbharr McDonald	
Falkirk Victoria Harriers	Colours: Black with Gold Band	
185 Daniel McGhee		
Fife AC	Colours: White with Red Band	
186 Drew Davidson	187 Fergus Ingledew	188 Ben Kinninmonth
189 James Pennycook	190 Logan Rees	
Gala Harriers	Colours: White with Green Band	
191 Nathan Cox	192 Thomas Otton	193 Paul Henney
Garscube Harriers	Colours: White with Blue Band	
194 Adam Duff	195 Darren McGowan	196 James Robertson
197 Cameron Russell		
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
198 Ross Gray	199 Max Lancaster	200 John McLaughlin
201 Euan Anderson	202 Andrew Vetraino	203 Euan Brodie
205 John Joe Loneragan	206 Chris Hyde	207 Stuart Ireland
Glasgow School of Sport		
208 Paul Harper		
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	
209 Luthais Arthur	210 Ross Forbes	211 Calum Johnston

Haddington East Lothian Pacemakers**Colours: Red and White Halves**

212 Kyle Dunlop

Inverclyde AC**Colours: Black & White Stripes**

213 Isaac Dunning

214 Jonathan Glen

215 Ross Gray

216 Joshua Houston

Inverness Harriers**Colours: Gold with Maroon Diagonal**

217 Scott Lisle

218 Cameron Lisle

219 Alasdair Stark

220 Paddy McEwen

221 Gregor MacLennan

222 Andrew Johnstone

Kilbarchan AAC**Colours: Gold with Black Hoop**

223 Fraser Auld

224 Euan McKerral

225 Euan Trout

226 Scott McLardie

227 Euan Gillham

228 Charlie Wighton

229 Gavin McArdle

230 Tom Murray

231 Erland Frayling

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

232 Terry Mulholland

233 Michael Dollard

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

234 Aidan Kane

235 Jack McCabe

236 Andrew Paterson

237 Stuart Michie

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

238 Jamie Cousin

239 Iain Lawson

240 Kyle A Mackenzie

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

241 Christopher Boyle

242 Robert McGrath

Linlithgow AAC**Colours: White & Yellow/black & Blue Hoops**

243 Duncan Wilson

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

244 Calum McLean

Maryhill Harriers**Colours: Royal Blue**

245 Andrew Stevenson

Moorfoot Runners**Colours: Red and Blue**

246 Kobe Stevens

247 Ruairidh Britton

248 Jack Stanners

Motherwell AC**Colours: Burgundy with Gold Band**

249 Owen Leach

250 Lawrence McCluskey

251 Daniel Martin

252 Stuart Wallace

253 Luca Marcuccilli

Nairn AAC**Colours: Orange**

254 Jack Rawlinson

255 Robert Henshaw

256 Keiran Gibson

Perth Strathay Harriers**Colours: Orange with Blue Trim**

257 Jacob Lewis

258 Kierr Miller

259 Michael Gillespie

260 Alastair Woodhead

Pitreavie AAC**Colours: Navy/Yellow/White**

261 Aidan Thompson

262 Corey Smith

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

263 David Robertson

264 Jack MacGregor

265 Keith McIntyre

266 Joe Brown

267 Sean Reilly

268 Brendan Carey

269 Dale Woods

270 Joseph Pryce

271 Sam Shilliday

272 Ryan Miller

Shettleston Harriers**Colours: Blue with Gold Band**

273 Euan Penrice

274 Daniel A Toland

275 Ryan Flanagan

276 Murray McGiven

Stornoway RC**Colours: Red with Yellow Hoop**

277 Connor Maclean

278 Jamie Sullivan

279 Kenneth MacSween

280 Michael MacMillan

Teviotdale Harriers**Colours: White with Maroon Band**

281 James Mercer

Unattached

282 Luke Foss

Victoria Park City of Glasgow**Colours: Blue and White Hoops**

283 Craig Jardine

284 Euan Urquhart

285 Fraser Glass

286 Calum McCormack

287 Scott McKay

288 Liam McKeown

289 Ritchie Austin

290 Paul Harper

291 Liam Turner

Nithsdale AC

387 Keiran Saunders

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'	2011 Team Edinburgh AC
The winning individual to be awarded the 'William Bramwell Memorial Trophy'	2011 Ind Florie McLeish (Preston H)
TEAMS 4 TO COUNT	

Aberdeen AAC**Colours: White with 2 red hoops**

154 Lucy McLeod

155 Becky Cheyne

156 Louise Walker

157 Freya Oswald

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

158 Aylsh Paisley

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

159 Christie Hutton

160 Louisa Kelly

161 Kirstin Oakley

162 Amy Palmer

163 Lisa Rennie

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

164 Eve Sealy

Central AC**Colours: Yellow and Blue**

165 Eilidh MacCorquodale

166 Kathryn Gillespie

167 Shannon MacFarlane

168 Roisin Bonucchi

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

169 Erin Ball

170 Rosin McShea

171 Emily Paxton

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

172 Hannah Addison

Dumfries Hawkhill Harriers**Colours: Blue and White Quarters**

173 Katie Anderson

174 Eilidh L Reynolds

175 Kirsty M Reynolds

176 Katie Patullo

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

177 Mhairi Boyle

178 Lucy Fairlie

179 Catherine Lambie

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

180 Alexandra Hunter

181 Hannah Cameron

182 Heide Biberbach-Laidlaw

183 Phoebe Crosthwaite

184 Sara Findlay

185 Erin Cant

186 Rachel Watson

187 Bethan McGregor

Falkirk Victoria Harriers**Colours: Black with Gold Band**

188 Alison Broadhurst

189 Emily Strathdee

Fife AC**Colours: White with Red Band**

190 Leia Glading

Forres & D AAA**Colours: White with Green Band**

191 Rosabel K Kilgour

192 Zoe Hayward

Gala Harriers**Colours: White with Blue Band**

193 Lucy Massie

194 Jo Arres

195 Jennifer Burrows

196 Morven Cawthorn

Garscube Harriers**Colours: White with Blue Band**

197 Anna French

198 Rachel Busby

199 Amy Drysdale

200 Catriona Graves

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

201 Chloe Cowan

202 Rebecca Saxby

203 Alexandra Pope

204 Megan A Amner

205 Isabella Murray

206 Lucy Davidson

207 Nicole Ewing

208 Nikki Hutchison

Glasgow School of Sport**Colours: Sky Blue with Royal Blue and Gold Hoops**

209 Amy Donnelly

210 Abigail McInnes

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

211 Louisa Davis

212 Laura Hamill

213 Katie McLean

Helensburgh AAC**Colours: Yellow with Red Band**

214 Megan Robertson

Inverclyde AC**Colours: Black & White Stripes**

215 Jill Kelly

216 Emma Mitchell

217 Chloe Simpson

218 Kelly Williams

Inverness Harriers**Colours: Gold with Maroon Diagonal**

219 Lauren Fraser

220 Heather Campbell

221 Carey Ross

222 Arianne Ross

Kilbarchan AAC**Colours: Gold with Black Hoop**

223 Emma Kelly

224 Jenna Reekie

225 Chloe Baillie

226 Katie Turnbull

227 Sarah Dempsey

228 Gwen Gillham

229 Catherine McLean

656 Paige McConville	657 Frances Lowrie		
Glasgow School of Sport			
658 Brogan Wallace	659 Stacie Taylor	660 Elizabeth Edgar	661 Danna Sim
Glasgow University H & H	Colours: Black and Gold		
170 Deborah May (U20)			
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
171 Eilidh Hamill (U20)	172 Shona Webster (U20)		
Helensburgh AAC	Colours: Yellow with Red Band		
662 Madeline Robinson			
Inverclyde AC	Colours: Black & White Stripes		
663 Rebecca Munn	173 Rachael Bushfield (U20)		
174 Emma Fulton (U20)	175 Kerrie McLeod (U20)	176 Emma Rice (U20)	
177 Nicole Darroch (U20)			
Inverness Harriers	Colours: Gold with Maroon Diagonal		
664 Mhairi MacLennan			
Kilbarchan AAC	Colours: Gold with Black Hoop		
665 Kirsty Mort	666 Kirsty Harper	667 Jennifer Eadie	668 Kate Gillies
178 Emma Haddock (U20)	179 Elaine Eadie (U20)	180 Nynke Mulholland (U20)	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
669 Amanda Humes	670 Christine Irvine	181 Bethany Ross (U20)	
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
182 Hannah Terrance (U20)	183 Alexandra Lamond (U20)		
Larkhall YMCA	Colours: Red with White Hoops		
184 Sarah Archibald (U20)			
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
671 Amy Frankland	672 Amy Smith	673 Fiona Matheson	674 Katie Logan
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
675 Alice McGrath	676 Sherelle Graham		
Lochaber AC	Colours: White with 2 Blue Hoops		
677 Isla Mackay			
Lothian Running Club	Colours: Blue with Black letters		
185 Lana Turnbull (U20)			
Moorfoot Runners	Colours: Red and Blue		
678 Sophie Collins	186 Scout Adkin (U20)		
Moray Road Runners	Colours: Dayglow yellow with Black Trim		
679 Bethany Wilson			
Musselburgh AC	Colours: Red with Black Stripes		
680 Ashild Nordbottom			
Perth Straththay Harriers	Colours: Orange with Blue Trim		
681 Iona Tavendale	187 Shoni Tavendale (U20)		
Pitreavie AAC	Colours: Navy/Yellow/White		
188 Kathryn Pennel (U20)			
Preston Harriers			
682 Florie McLeish			
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
683 Rebecca Bonomi	684 Sarah Millar	685 Lauren Doherty	
189 Lucy Deeny (U20)	190 Katie Bristow (U20)	191 Mairi Brown (U20)	
Sale Harriers			
686 Megan Davies			
Shettleston Harriers	Colours: Blue with Gold Band		
687 Stella Winters	688 Laura Penrice	689 Mhairi Hendry	
Stornoway RC	Colours: Red with Yellow Hoop		
690 Alison MacInnes	691 Rebecca Munro	192 Ceit Stewart (U20)	
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
692 Danielle Beattie	693 Maria Milliken	193 Rhian Dawes (U20)	
194 Sarah Potter (U20)	195 Elizabeth Potter (U20)	196 Amy MacLellan (U20)	
197 Deborah Hannah (U20)			

Under 17 Men

Distance 6,400 metres	The race will start at 12.55pm
The winning team to be awarded 'hold the ' Bryson Cup'	2011 Team Giffnock North AAC
The winning individual to be awarded the ' Goodwin Bowl'	2011 Ind Grant Sheldon (Ron Hill Cambuslang) TEAMS 4 TO COUNT

Arbroath & District AC	Colours: Black with vertical yellow stripe		
292 Ross Croall			
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross		
293 Finlay Rae	294 Euan Webster		
Banchory Stonehaven AC	Colours: Royal Blue with White band		
295 Michael Ferguson			
Central AC	Colours: Yellow and Blue		
296 Conor Kerr	297 Sam Fraser	298 Lewis Hetman	
Clydesdale Harriers	Colours: White with Black "C"		
299 Conor Ewing			
Corstorphine AAC	Colours: White with Black Trim		
300 Christopher Galloway	301 Connor Johnston	302 Craig Nolan	
303 Michael Addison			
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
304 Jamie Crowe			
East Kilbride AAC	Colours: Gold with 2 Black hoops		
305 Jack Kirwan	306 Vincent Hastings		
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
307 Ben Sandie	308 Chris Ponton	309 Jake Kerr	
310 Michael Cameron	311 Ruairidh Miller	312 George Hairs	313 Gregor Burns
314 Sam Ramsahoye			
Falkirk Victoria Harriers	Colours: Black with Gold Band		
315 Aidan Hilton	316 Dale Colley		
Fife AC	Colours: White with Red Band		
317 Euan Berry	318 Connor Eyre	319 Bruce Millar	320 Ewan Paton
321 Callum Renne	322 Cameron Thomson		
Gala Harriers	Colours: White with Green Band		
323 Rowan Marr	324 Fraser Wardhaugh	325 Cameron Burnett	
Garscube Harriers	Colours: White with Blue Band		
326 Alastair Stanley			
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
327 Neil Gourley	328 Andrew Clark	329 Jonathan Tweedie	330 Josh Hyde
331 Patrick Lonergan			
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
332 Mark Magee	333 Gerard Smith		
Inverclyde AC	Colours: Black & White Stripes		
334 Michael Houston	335 Callum Hunter	336 Jack Rice	337 Robert Todd
338 Greg Williams			
Inverness Harriers	Colours: Gold with Maroon Diagonal		
339 Sean Chalmers	340 Craig Campbell	341 Finlay MacLennan	
342 Stuart Michael			
Kilbarchan AAC	Colours: Gold with Black Hoop		
343 Cameron Swanson	344 Callum Matthews	345 Russell Mountford	
346 Fraser Warwick			
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
347 Luke McGill	348 Evan Cornforth		
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
349 Gavin Alexander	350 Callum Heirs	351 Kieran Pugh	

Larkhall YMCA	Colours: Red with White Hoops		
352 Stuart Anderson			
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
353 Ross Henderson	354 Callum Clark	355 Ewan G Bathgate	
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
356 Andrew Lawler	357 Steven Bryce		
Moorfoot Runners	Colours: Red and Blue		
358 Lucas Cheskin	359 Jacob Adkin	360 John McLean	
North Ayrshire AC	Colours: Purple & Gold		
361 Liam Dale			
Perth Strathay Harriers	Colours: Orange with Blue Trim		
362 Patrick Gillespie	363 Andrew Forsyth		
Pitreavie AAC	Colours: Navy/Yellow/White		
364 Ben Potrykus	365 Benjamin Kurzman	366 Scott McAlpine	
367 Cameron Laird			
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
368 Ryan Thomson	369 Ross Stephen	370 Matthew McKenna	371 Stuart Roe
372 Dean McMurran			
Shettleston Harriers	Colours: Blue with Gold Band		
373 Callum Drummond	374 Garry Mason	375 Dean Stevenson	
Stornoway RC	Colours: Red with Yellow Hoop		
376 Duncan McKellar	377 Michael Smith		
Teviotdale Harriers	Colours: White with Maroon Band		
378 Keith Learmonth			
Unattached			
379 John McLean			
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
380 Max Aitchison	381 Lewis Boyle	382 Liam McLoone	383 Craig Young
384 Liam Johnson	385 Andrew McCormack	386 Kieron Rafferty	

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	2011 Team Edinburgh AC
The winning individual will be awarded the 'Mary Semple Trophy'	2011 Ind Freya Murray (Edinburgh AC) TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops		
270 Rhona Buchanan	271 Sonia Armitage	272 Sophia Rousseau-Mermans	
Anster Haddies	Colours: Yellow Vest		
273 Pamela Cruickshanks			
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross		
274 Yvonne Winchester	275 Erica Christie	276 Suzanne Boyle	
277 Bernadette O'Neil	278 Katy Smith	279 Claire McCracken	280 Emily Gillicecce
281 Kristina Greig	282 Angela Campbell	283 Melanie Ronald	284 Jennifer Clark
285 Jayne MacNamara	286 Laura Murray		
Bellahouston Road Runners	Colours: Purple with White Band		
287 Emma Bryson	288 Julia Harris	289 Romy Beard	290 Ciara Baxter
291 Elsie Downham	292 Claire Wharton	293 Katie Padgham	294 Sarah Gillies
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
295 Frances Maxwell	296 Julie Beveridge	297 Karen Sturgeon	
298 Joanne McEvoy			
Carnegie Harriers	Colours: Orange & Green		
299 Kirsty Baird	300 Isobel Burnett	301 Victoria Di Ciacca	302 Morna Fleming
303 Grace Mackenzie	304 Gillian McCracken	305 Gail Murdoch	
306 Samantha Newington	307 Melanie Sinclair		

Carnethy Hill RC	Colours: Yellow with Red letters		
308 Pamela Whitlie			
Cartha Harriers	Colours: Purple, Gold & Green		
309 Sharon Taylor			
Central AC (Ind)	Colours: Yellow and Blue		
310 Una Britton			
Central AC	Colours: Yellow and Blue		
311 Alison Docherty	312 Hazel Dean	313 Fiona Thompson	
314 Jennifer Emsley	315 Lyndsay Morrison	316 Claire Brisbane	317 Shona Aiken
318 Karen Montador		320 Kerry MacPhee	321 Isla Campbell
322 Morag MacLarty			
Clydesdale Harriers	Colours: White with Black "C"		
324 Marina McCallum	325 Ann Murray	326 Christine Duncanson	
Corstorphine AAC	Colours: White with Black Trim		
327 Jo Kirby	328 Stephanie Addison	329 Megan Smith	330 Julie Malko
331 Jillian Hogg	332 Fiona Drake	333 Rachel Brockie	334 Ruth Gibson
335 Susan Johnston			
Deeside Runners	Colours: Green		
336 Clare Whitehead			
Dumbarton AAC	Colours: Black with Red Band		
337 Charlene Kelly	338 Lynsey McNicol		
Dumfries Running Club	Colours: White with Maroon and Sky blue Hoops		
339 Joasia Zakrzewski	340 Susan Gallagher	341 Joanne Needham	
342 Gemma Leadbetter			
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
343 Catriona M Reynolds	344 Lucy Fyffe	345 Lyn Hanlon	
Dundee Road Runners	Colours: White with Blue Diagonal		
346 Deborah Dickinson	347 Morag Taggart	348 Jane Dunlop	349 Jennifer Massie
350 Elaine Omand	351 Lorraine Dunbar	352 Miriam Rennet	353 Steph Devlin
East Kilbride AAC	Colours: Gold with 2 Black hoops		
354 Kelly Baillie			
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
355 Elaine Davies	356 Karen Dobbie	357 Janet Dunbar	
358 Hilary Kernaghan	359 Susan Ridley	360 Laura Dunn	361 Catherine Ferry
362 Sheenagh Forrest	363 Vicky Frew	364 Sarah Hood	365 Emma Laverie
366 Victoria Baillie	367 Jennifer MacLean	368 Freya Murray	369 Gillian Palmer
370 Lauren Stoddart	371 Joanne Thom		
Edinburgh University H&H	Colours: Green with White side Panel		
372 Louise Jones	373 Ruth Barker	374 Sarah Sigsworth	
375 Frances Cummins	376 Rebecca Hannah	377 Rebecca Harding	
378 Stephanie Davis			
Falkirk Victoria Harriers	Colours: Black with Gold Band		
379 Fiona Matheson	380 Megan Wright	381 Claire Moffett	382 Christine Eadie
383 Nicola Flynn			
Ferranti AAC	Colours: Yellow with Black letters		
384 Elizabeth Gilchrist	385 Julia Drewer	386 Claire Gilchrist	387 Sheila Bauchop
Fife AC	Colours: White with Red Band		
388 Innes Bracegirdle	389 Megan Crawford	390 Hester Dix	391 Susan Harley
392 Sarah Legge	393 Alison McGill	394 Amie McKimmie	
395 Margaret Martin	396 Helen Sharpe	397 Morgan Windram-Geddes	
Gala Harriers	Colours: White with Green Band		
398 Fiona Dalgleish	399 Gillian Duncan	400 Rachel Fagan	401 Dianne Lauder
402 Eileen Nicol	403 Andrea Pogson	404 Fiona Shepherd	
Garscube Harriers	Colours: White with Blue Band		
405 Marian Kelly	406 Alison Winship	407 Lesley Chapman	
408 Lesley Chisholm	409 Diane Clark	410 Laura Devine	
411 Natalia Mulrine	412 Katie White	413 Ailsa Currie	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
414 Sheila Lewis	415 Hilary Millar	416 Maureen McVey	417 Anne Lee
418 Jacqueline Cowan	419 Li Wang	420 Ruth Joss	

421 Mary McCutcheon Girvan AAC	422 Victoria Cosh Colours: White with Blue & Green Hoops		
423 Jo Schreiber Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
424 Kirstin Arthur	425 Donna Clark	426 Susan Clark	427 Suzanne Coyle
428 Fiona Cushman	429 Heather Kangley	430 Silke Loehndorf	431 Jane MacLean
432 Elizabeth McAuslan	433 Yvonne Prager	434 Kimberley Stevenson	435 Rhonda White
436 Viki Wilkinson	437 Jillian McNee	438 Lynne Rogers	
Harmony AC	Colours: Red with Green Diagonal		
439 Lorna Broadhurst	440 Sandra McDougall	441 Keziah Higgins	442 Margie Leitch
443 Kirsty Stoddart	444 Amanda Pennycott		
Helensburgh AAC	Colours: Yellow with Red Band		
445 Julia Henderson	446 Janet Fellowes	447 Michelle Hetherington	448 Liz McHard
449 Rebecca Beale Hunters Bog Trotters	Colours: Brown		
450 Emma Baker	451 Carrie Craig	452 Jessica Dewar	
453 Sula Gay/Young	454 Claire Gordon	455 Jane Hart	
456 Alexander Kilgour	457 Isobel Knox	458 Deborah MacDonald	459 Kate Jenkins
460 Morag McCracken	461 Shona McIntosh	462 Eilis McKechnie	
463 Alison C McNeillage	464 Megan Mowbray	465 Rose Nicholson	466 Phyllis O'Brien
467 Sarah O'Neil	468 Louise Provan	469 Sandra Rathjen	
470 Rachel Smirthwaite	471 Janice Smith	472 Rosie Smith	473 Claire Ward
474 Eilidh Wardlaw	475 abigail white	476 Megan Wright	477 Briony Curtis
478 Miranda Grant	479 Amy Jennings	480 Amelia Lloyd	481 Julia Lutte
482 Sarah McIsaac	483 Rachel Heathcote	484 Elizabeth Hugill	
485 Michelle Jeffrey Kilbarchan AAC	Colours: Gold with Black Hoop		
486 Jessica Martin	487 Christina Rankin	488 Elspeth Curran	489 Cara Sloss
490 Hannah Waugh Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
493 Kara Tait	494 Paula Wilson	495 Jacqueline Neil	
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
496 Annmarie McCaffrey	497 Ada Stewart	498 Ros O'Sullivan	499 Carolyn Michie
500 Shirley MacNab Larkhall YMCA	Colours: Red with White Hoops		
502 Christina Whitelaw Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
503 Keira Murray	504 Lorna Rice	505 Wilma Kerr	
506 Karen McKinlay Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
507 Hilary McGrath Linlithgow AAC	Colours: White & Yellow/black & Blue Hoops		
509 Audrey Millar Liverpool Harriers			
510 Seonaid Thompson Livingston & District AAC	Colours: Yellow with Green Stripe		
511 Yvonne Crilly Lothian Running Club	Colours: Blue with Black letters		
512 Margaret Turnbull	513 Sarah Inglis	514 Jill Horsburgh	515 Chloe Cox
516 Sarah Jones Moorfoot Runners	Colours: Red and Blue		
517 Sarah McCormack Moray Road Runners	Colours: Dayglow yellow with Black Trim		
518 Oonagh Wilson Motherwell AC	Colours: Burgundy with Gold Band.		
519 Jill E Logan	520 Clare Barr	521 Phyllis Hands	522 Joanne Clark
Ochil Hill Runners			
523 Alayne Finlay Perth Road Runners	Colours: Green and White		
525 Joan Wilson	524 Deborah Kilpatrick		
	526 Rhona McBean	527 Dolores Ralston	

Portobello RC	Colours: White with Navy and Blue Bands		
528 Emily Ramsay	529 Aileen Ross	530 Mary Hunter	
531 Lorraine Brown	532 Jenni Owens	533 Shery Johnston	534 Julie Moffat
535 Amanda Henderson	536 Shelagh McLeish	537 Caroline Iley	
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
538 Kirsty Grant	539 Victoria Semple		
Scottish Prison Service	Colours: Royal Blue & White		
540 Nicola May	541 Elise Birks	542 Jennifer Telford	543 Jill Knowles
544 Charlotte Millar Shettleston Harriers	Colours: Blue with Gold Band		
545 Carole Setchell	546 Neah Evans	547 shona robertson	
548 Susan Breckenridge	549 Joanne Harkins	550 Iona Robertson	551 Clara Ursitti
552 Avril Mason	553 Jessica Oliver-Bell	554 Lindsay MacNeill	
Springburn Harriers	Colours: Navy Blue with White Diamond		
555 Michelle Sandison	556 Emma Ryan	557 Danielle Brown	558 Barbara Knox
559 Amy Porteous	560 Clare Gemmell	561 Caroline Brownlie	
St Andrews University AC	Colours: White with 2 Blue Bands		
562 Lauren Squires	563 Rylee Sommers-Flanagan	564 Rhiannon Dougall	565 Rebecca Levitt
Stirling University AC	Colours: Green and Yellow		
566 Alexandra Campbell Stornoway RC	Colours: Red with Yellow Hoop		
567 Chrissy MacLeod Strathearn Harriers			
568 Angela Mackenzie	569 Kerry Sweeney	570 Rhian Evans	
571 Elizabeth Mestecky Troon Tortoises AC	Colours: Yellow with 2 Black Half hoops		
573 Anne Noble	574 Natalie Fleming	575 Karen Robertson	576 Moira Connell
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
577 Christine Catterson	578 Abbey McGhee	579 Joanna Sutton	
580 Kirsteen Young Wee County Harriers	Colours: Navy and Orange		
581 Beryl Junnier	582 Jane Binnie	583 Caroline Strain	
584 Karen Thomson Westerlands CCC	Colours: Yellow with Black "W" on Back		
586 Helen MacPherson	587 Christine Menhennet	588 Muffy Calder	589 Heather Akers
590 Gaynor Gillespie Teviotdale Harriers	591 Claire Larravide	592 Eleanor Brown	
594 Pamela Paxton 26.2 Club	Colours: White with Maroon Band		
593 Ann Bath			

Under 20 Men

Distance 8,000 metres	The race will start at 2.00pm
The winning team to be awarded the 'Mars hall Trophy'	2011 Team Central AC
The winning individual to be awarded the 'Livingstone Trophy'	2011 Ind Ross Matheson (Lasswade AAC)
	TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops		
725 Sam Burgess	726 David Smith		
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross		
727 Thomas McDonald Carnethy Hill RC	Colours: Yellow with Red letters		
728 Alastair Robertson Central AC	Colours: Yellow and Blue		
729 Andrew Butchart	730 Scott Green	731 Andrew Hood	
732 David Hutchison	733 David Lindsay	734 Duncan MacArthur	
735 David MacKinlay	736 Sandy MacLarty	737 Cameron Milne	738 Ross Milne
739 Tom Watson			

Corstorphine AAC 740 Callum Smith	Colours: White with Black Trim 741 Andrew Christy		
Dumbarton AAC 742 Craig Prior	Colours: Black with Red Band		
Edinburgh AC 743 Peter Cameron 747 Tom Ryan	Colours: White with one Blue, one Black Hoop 744 Andrew Crichton 748 Jake Wightman	745 Edward Dudgeon	746 Peter Loudon
Edinburgh University H&H 749 James Waldie	Colours: Green with White side Panel 750 James Stevenson		
Falkirk Victoria Harriers 751 Euan Martin	Colours: Black with Gold Band 752 Ben Stevenson		
Fife AC 753 Zachary Delaney	Colours: White with Red Band		
Forres Harriers 754 Kevin Schenk	Colours: Red		
Giffnock North AAC 755 Luke Traynor 758 Christopher Russell	Colours: Amber with Royal Blue Hoop 756 Greg Turner	757 Alistair McCallum	
Glasgow University H & H 759 Peter Bowman	Colours: Black and Gold 760 Sam Davies	761 Andrew Foggo	762 Adam Stark
Greenock Glenpark Harriers 763 Andrew Fisher	Colours: Sky Blue with Royal Blue and Gold Hoops 764 Adam McCormick		
Inverclyde AC 765 Andrew Campbell	Colours: Black & White Stripes		
Inverness Harriers 766 Calum MacLeod	Colours: Gold with Maroon Diagonal		
Kilbarchan AAC 767 Timothy Gray 770 Stephen Fleming	Colours: Gold with Black Hoop 768 Gary Rankin 771 Thomas McDonald	769 Graham Evans	
Kilmarnock Harriers 772 Ross Connolly	Colours: Royal Blue with 2 White Stripes 773 Cameron Mackie		
Lasswade AAC 774 Ross Matheson	Colours: White with 2 Blue Bands and Red Band		
Law & District AAC 775 Daniel Graham	Colours: Amber with 2 Red Bands and 1 White Band 776 Craig Wellcoat		
Moray Road Runners 777 William Jackson	Colours: Dayglow yellow with Black Trim		
Motherwell AC 778 Craig Mackenzie	Colours: Burgundy with Gold Band. 779 Luke McIlvenna		
Ron Hill Cambuslang Harriers 780 Andrew Coulter 784 Stephen (Jnr) Paris 787 Alexander Edgar	Colours: Red with White Band 781 Bobby Bristow 785 Dean McNaught 788 Grant Sheldon	782 Stewart Orr 786 Anthony Edgar	783 Jack Hamilton
Shettleston Harriers 789 Lachlan Oates 792 Andrew Dearie	Colours: Blue with Gold Band 790 Kerrick Hesse	791 Gary Turner	
Shildon Running & Athletic Club 793 Cameron Boyck			
St Andrews University AC 794 Jamie Hill 798 Roger Bryant	Colours: White with 2 Blue Bands 795 George Ko	796 Kevin Fini	797 Sam Peach
Stirling University AC 799 Russell White	Colours: Green and Yellow 800 Ross Christie		
Victoria Park City of Glasgow 801 Marc Austin 804 Peter Anderson	Colours: Blue and White Hoops 802 Eithan Sloan-Dennison 803 David Vernon		

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		2011 Team Central AC	
The winning individual to be awarded the 'W H Dunlop Trophy'		2011 Ind Derek Hawkins (Kilbarchan AAC)	
TEAMS 6 TO COUNT			
Aberdeen AAC		Colours: White with 2 red hoops	
1 Benjamin Hukins	2 Cameron Strachan	3 Myles Edwards	4 James Joy
5 Mark Haskett	6 Andoni Correia Illarramendi		7 Frank Boyne
8 Eoin Durkan	9 David Armitage	10 Mauro Lanfranchi	
Anster Haddies		Colours: Yellow Vest	
11 Duncan Hall	12 Alexander Anderson	13 Stuart McKenzie	14 Derek Rae
15 Allan Gibson	16 James Baillie	17 Richard Shaw	
Bellahouston Harriers		Colours: Dark Blue with Light Blue Cross	
18 Matthew Brown	19 Crispin Walsh	20 Michael Freshour	21 Stewart Mulholland
22 Brian Douglas	23 Mark Paterson	24 Iain Burke	25 Gary Stewart
26 James McMillan	27 Graeme Stewart	28 Thomas Keenan	29 Ruairidh Macdonald
30 Brian French	31 Steven Prentice		
Bellahouston Road Runners		Colours: Purple with White Band	
32 Craig Reid	33 Scott Kennedy	34 Gerard Scullion	35 Bruce Carse
36 Greig Glendinning	37 Barry Edwards	38 Russell Whittington	39 Mark Johnston
40 David Stakes	41 Gordon Clements	42 Thomas O'Connell	43 Kieran Docherty
44 Grant MacDonald	45 Alex Lawther	46 Bryan Lamb	47 John Newlands
48 John Gilhooly	49 Andrew Hardman	50 Chris Brotherston	
Calderglen Harriers		Colours: Amber and Black Vertical Stripes	
51 Russell Couper	52 Alan Derrick	53 Hugh Simpson	54 Edward Reid
55 Stuart Waugh	56 Kenny Leinster	57 David Wardrope	58 George Stewart
59 Andrew McCaffery	60 Jim Holmes	61 Charles Steven	62 David Herbertson
63 Ian Rae	64 Andrew Henderson	65 Scot Hill	66 Stephen Reilly
Carnegie Harriers		Colours: Orange & Green	
67 Scott Bradley	68 Graeme Campbell	69 David Clark	70 Alan Cockburn
71 Michael Cowie	72 Barry Davie	73 Bill Duff	74 Allan Fotheringham
75 John Fulham	76 Stephen Greer	77 Andy Hume	78 Ronnie Hunter-Blair
79 Ian Johnston	80 Alex Keenan	81 Steven King	82 Thomas Lawrence
83 David Millar	84 Robert Milton	85 Kieran Morgan	86 Peter Simpson
87 Phil Smithard	88 Ian Stewart	89 Andrew Wright	
Carnethy Hill RC		Colours: Yellow with Red letters	
90 Andreas Wilhelm			
Cartha Harriers		Colours: Purple, Gold & Green	
91 Campbell Joss			
Central AC		Colours: Yellow and Blue	
92 Alasdair Anthony	93 Jonathan Barlow	94 Hugh Buchanan	95 Cameron Campbell
96 Lorcan Cronin	97 James Drummond	98 David Eckersley	99 Alan Gall
100 Alastair Hay	101 Alexander Hendry	102 Philip Hendry	103 Will Hensman
104 Kenneth Hislop	105 Ross Houston	106 Ewan Jack	107 Hugh Kerr
108 Steve Laing	109 David McNamee	110 Liam McCabe	111 Jamie McDonald
112 Christopher McHardy	113 George McHardy	114 John Millar	115 Lewis Millar
116 Alex Milne	117 Craig Neal	118 John Newsom	119 Robert Russell
120 Colin Sinclair	121 Matthew Sutherland	122 Stuart Watson	123 Philip Williams
124 Michael Wright			
Clydesdale Harriers		Colours: White with Black "C"	
125 Paul Carroll	126 Ryan Nelson	127 Michael Diver	128 Hugh Laverty
129 Colin Gray	130 Iain Robertson	131 Peter Rudzinski	132 Robert Young
133 Kevin Farmer	134 Gerard Montgomery	135 Pete Cartwright	136 Gerry Kane
137 Alistair Kerr	138 Watson Jones		

Corstorphine AAC

139 Michael Anderson
143 Mickey Breen
147 Tom Ferrington
151 Christopher O'Brien
155 Ryan Riddell
159 Jan-Bert Van Den Berg
163 John Christy
167 David Law
171 David Arnott
175 Graeme Gow

Colours: White with Black Trim

140 Moray Anderson
144 Bryan Clark
148 Keith Hood
152 Steven O'Brien
156 Ewan Stark
160 Graeme Fletcher
164 Martin Hulme
168 Ian Johnston
172 Graham Mclean
176 Nicholas Brown

141 Kris Berry
145 Michael Crawley
149 Calum McKenzie
153 Scott Pilkington
157 Grant Wilkie
161 Scott Williamson
165 Nigel Lamb
169 Alex Cumming
173 Bruce Malcolm

142 Chris Black
146 Dermot Cummins
150 Ross Milne
154 Adam Priestley
158 David Henderson
162 Steven Blair
166 Timothy Norwood
170 Alastair Brockie
174 Shaun Cavens

Deeside Runners

177 Alan Sealy

Colours: Green

178 Alan Smith

Dumbarton AAC

179 Mark Walsh
183 Neil Prior

Colours: Black with Red Band

180 James Waters
184 Peter Walsh

181 Simon Lennox

182 Alan Fleming

Dumfries Running Club

185 Alan Baxter
189 Sandy Shankland

Colours: White with Maroon and Sky blue Hoops

186 Alistair Bloxham

187 Steven Smith

188 David Parrish

Dundee Hawkhill Harriers

190 Matthew Strachan
194 Nigel Reynolds
198 Paul Leonard

Colours: Blue and White Quarters

191 Neil Gunstone
195 Mark Lamb
199 David Adam

192 Gordon Barrie
196 Craig Bertie
200 Craig Love

193 Eddie Holmes
197 Stephen Mason

Dundee Road Runners

201 Grant Whytock

Colours: White with Blue Diagonal

202 Steven Peters

203 John Mill

204 Brian Dunbar

East Kilbride AAC

205 Gordon Colvin
209 David Thomson

Colours: Gold with 2 Black hoops

206 Grant Baillie
210 David Gorman

207 Jamie Clements

208 Niall Walker

Edinburgh AC

211 John Blair
215 Adam Chmielowski
219 Malcolm Fraser
223 R Irving
227 Iain Macdonald
231 James Mittra
235 Garry Robertson
239 Eric Stevenson

Colours: White with one Blue, one Black Hoop

212 Darren Blyth
216 Daniel Clarkson
220 William Gallacher
224 S Kealey
228 Colin McGill
232 Ken Mortimer
236 James Ruskin
240 Neil Thin

213 Paul Brennan
217 Keith Dunlop
221 Brian Howie
225 Richard Meade
229 Roy Mitchell
233 Kirk Ollason
237 G Scott

214 Stewart Chalmers
218 Martin Ferguson
222 Scott Innes
226 Alex MacEwen
230 Walter McCaskey
234 Christopher Payne
238 David Steele

Edinburgh University H&H

241 Daniel Ashworth
245 Arjuna Sivakumaran
248 Patryk Gierjatowicz
252 Max Ralston

Colours: Green with White side Panel

242 Mike Diver
246 Coll Williamson
249 Scott Wallace

243 Iain Whiteside
247 Tom Martyn
250 William Nicholson

244 Doug Tullie
251 Rory Leslie

Falkirk Victoria Harriers

253 Andrew Ronald
257 Barry Paterson
261 David Bunyan
265 Russell McAdam

Colours: Black with Gold Band

254 Michael McQuaid
258 John Denholm
262 Neil Robertson
266 Pomonori Ogata

255 Alexander Davidson
259 mark bowman
263 Alexander Watson
267 Grant Matheson

256 Stuart Douglas
260 John Martin
264 Colin D Thomson
268 Alan Mackay

Ferranti AAC

269 Malcolm Parry
273 Kenny Moore

Colours: Yellow with Black letters

270 John Gavin
274 Iain Shaw

271 Keith Nicol
275 Robert Miller

272 Edward McDonald
276 Keith Weston

Fife AC

277 Derek Adamson
281 Allan Harley
285 Graham Kirby
289 Andrew Murphy
293 Christopher Russell
297 Stephen Clark

Colours: White with Red Band

278 Andrew Brierley
282 Mark Harris
286 Eric Lalande
290 Daniel Newman
294 Mel Scobie

279 Brian Cruickshank
283 Calum Harvie
287 Tony Martin
291 Steven Pennycook
295 Brian R Smith

280 Douglas Gunstone
284 John Kay
288 Stuart Milne
292 Roger Rees
296 Neil Young

Forres Harriers

298 Kyle Greig

Gala Harriers

300 Graeme Murdoch
304 Sinclair Hill
308 Steven Martin
312 Magnus Inglis

Garscube Harriers

315 John Murray
319 Daniel Burns
323 Gary Goldie
327 Joe McKnight
331 Benjamin Melby
335 Alexander Chisholm

Giffnock North AAC

337 Stephen Watters
341 George Gilchrist
345 David Logan
349 David McNab

Glasgow University H & H

352 Chris Clarke
356 Hendrik Spoering

Greenock Glenpark Harriers

358 James Campbell
362 Andrew Harkins
366 Thomas Lochndorf
370 Kevan McCartney
374 Michael McLoone Sr
378 Alan O'Rourke
382 Kenneth Pryde

Haddington East Lothian Pacemakers

384 Frederick McCain
388 James Baird

Harmeny AC

391 Darren Cavaroli
395 Paul Thompson

Helensburgh AAC

399 Daniel Hart

Hunters Bog Trotters

403 Will Hugh Bailey
407 Darius Bazazi
411 Stewart Calthness
415 Orlando Edwards
419 Allan Gordon
423 Charles Hutchinson
427 Will Mair
431 Peter McClelland
435 Philip Mowbray
439 Ivor Normand
443 Andrew Sims
447 Jamie Thin
451 Ray Ward
455 David Wright
459 Michael Grant
463 David Taylor

Hunters Bog T (Ind)

465 Nick Altmann

Colours: Red

299 Robbie Paterson

Colours: White with Green Band

301 Fergus Johnston
305 Paul Daly
309 David Nightingale
313 Martin Clarke

Colours: White with Blue Band

316 Jim McAneny
320 Adam Taylor
324 Alexander Chalmers
328 Stephen Cullen
332 John McLaughlin
336 Andrew Griffiths

Colours: Amber with Royal Blue Hoop

338 Michael Cross
342 Graeme Croll
346 Gerard McNamee
350 Martin Myant

Colours: Black and Gold

353 Stephen Donoghue
357 Ali Wilson

Colours: Sky Blue with Royal Blue and Gold Hoops

359 Steven Campbell
363 Michael Harrington
367 Shaun Lyon
371 Stephen McDade
375 Sam McVicar
379 Stephen Trainer
383 Kevin Gill

Colours: Red and White Halves

385 Frank McPartland
389 William Watson

Colours: Red with Green Diagonal

392 Ian Beattie
396 Andrew Corrigan

Colours: Yellow with Red Band

400 Paul Thompson

Colours: Brown

404 Duncan Baker
408 Daniel Beckett
412 Ian Campbell
416 Daniel Fairlie
420 Simon Harrison
424 James Jarvis
428 Paul Manson
432 Andrew McKechnie
436 Doug Murray
440 Christopher Oliver
444 Murray Strain
448 James Thyne
452 Julian Warman
456 George Ashley
460 Alistair Hindle
464 Ian Wellock

302 Derrick Brydon
306 Colin McCall
310 Euan Jardine
314 William McCulloch

317 Raghbir Singh
321 Craig Brown
325 Stephen Mulrine
329 David W Dickson
333 Kenneth Macanna

339 Derek Breen
343 James Galbraith
347 David Phee
351 James O'Hagan

354 David I Houston

360 Robert Dolan
364 Alan Henderson
368 Ross Macdonald
372 Frank McKnight
376 Ross Neilson
380 Andrew White

386 Paddy McDonald
390 Iain Carrick

393 Keith Martin
397 Angus Kay

401 Damien Theaker

405 Tom Barr
409 Jamie Brown
413 Daniel Clements
417 David Fulton
421 Alistair Hart
425 Huw Jones
429 Ian Marshall
433 Alisdair Millan
437 Rupert Nash
441 Jon Rathjen
445 Joe Symonds
449 William Townsend
453 mark warner
457 Ross Clark
461 Stuart Mounce

303 Mark Bryson
307 Graham Manczak
311 Alistair Laurie

318 Robert McLennan
322 Marco Consani
326 John Bell
330 Euan Mackay
334 Euan Geddes

340 Scott Goldie
344 Rory Cartwright
348 Martin O'Donnell

355 Neal Robb

361 Michael Dunn
365 David Henderson
369 Andrew McCall
373 Daniel McLaughlin
377 Kevin O'Donoghue
381 Richard Davidson

387 Sandy Wallace

394 Thomas White
398 Alan Grierson

402 Colin Douglas

406 Stewart Barrie
410 Steven Cairns
414 Colin Crabbie
418 Daniel Gay
422 Craig Hunter
426 John MacPherson
430 Craig Matlocks
434 Geoffrey Mitchell
438 Donald Naylor
442 Mark Roberts
446 Michael Taylor
450 Richard Wall
454 James Williamson
458 Robert Flett
462 Patrick O'Kane

Inverclyde AC	Colours: Black & White Stripes		
466 Jude Boulton	467 Gerard Gaffney	468 Sean Gaffney	469 Robert Gray
470 Thomas Jamieson	471 Christopher MacKay	472 Mark Pollard	473 Craig Ruddy
474 Andrew Douglas	475 John Smillie	476 Tom Tracey	477 Robert Shaw
478 Gary McKendrick	479 James McFadden	480 Gavin Morrison	481 Damien Mallet
Irvine AC	Colours: Red with Black Trim		
482 Jamie Findlay	483 Alex Allardyce	484 Colin Miller	485 Joseph McNamara
486 Steven Connell	487 James White	488 William Morgan	
Kilbarchan AAC	Colours: Gold with Black Hoop		
489 Paul Leck	490 Derek Hawkins	491 Conor McNulty	492 Chris Devenney
493 Donald Kennedy	494 Alan Craig	495 Chris McGlennan	496 James Snodgrass
497 Robert Quinn	498 Steven Hards	499 Robert Connell	500 Donald Petrie
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
501 Scott Martin	502 Iain Connell	503 Leslie McDermott	504 James Wales
505 Connell Drummond			
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
506 Gavin Harvie	507 Gary Mitchell	508 Stephen Allan	509 Colin Simpson
510 Louis O'Hare	511 Christopher Craig	512 Robert Watson	
Larkhall YMCA	Colours: Red with White Hoops		
513 Joe McCallum			
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
514 Richard Connor	515 Alan Cummings	516 Paul Benham	517 Paul Elliot
518 Martin Gore	519 John Murray	520 Ben Mitchell	521 Colin Menzies
522 Barney Phillips	523 David Veitch	524 Brian Wilson	525 Kirk Smith
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
526 James Rowley	527 Patrick Kelly	528 John McGrath	
Linlithgow AAC	Colours: White & Yellow/black & Blue Hoops		
529 Matt Richardson	530 Graeme Lawson	531 Angus Gallie	532 John Redding
533 David Mason	534 Paul Dudchenko	535 Graham Burrows	
Livingston & District AAC	Colours: Yellow with Green Stripe		
536 Steven Thomson			
Lothian Running Club	Colours: Blue with Black letters		
537 John Malcolm	538 Ian Leggett	539 Colin Banham	540 Scott Nelson
541 Stephen Malcolm	542 James Alexander	543 Alan McIntosh	544 Richard Docherty
545 Colin Partridge	546 Kenny Mearns	547 Graeme Ackland	548 Kenton Jones
Maryhill Harriers	Colours: Royal Blue		
549 Duncan Riddell	550 Andrew Sutherland		
Metro Aberdeen RC	Colours: Black/Yellow Quarters		
551 Thomas Brian			
Milburn Harriers	Colours: Light Blue with Dark Blue Diagonal		
552 Patrick Burns	553 Stephen Cowper		
Motherwell AC	Colours: Burgundy with Gold Band.		
554 Graeme Kennedy	555 Christopher MacDonald	556 Matthew Purser	
Musselburgh AC	Colours: Red with Black Stripes		
557 William Taylor	558 Jamie cherrie	559 Alexander Oliver	
Nairn AAC	Colours: Orange		
560 David Webster			
Ochil Hill Runners			
561 David Eiser	562 Ron Martin	563 Ross McLennan	564 John Stevenson
565 Alastair Preiss	566 Martin Dean		
Penicuik Harriers	Colours: Purple with White Panels		
567 Duncan E Ball			
Perth Road Runners	Colours Green		
568 David Knight	569 Stephen Ferguson	570 David Hunter	
Pitreevie AAC	Colours: Navy/Yellow/White		
571 Owain Williams	572 Neil MacLachlan	573 Jeff Farquhar	574 Andrew Le Good
575 Kevin Davie	576 Iain B Robertson		

Portobello RC	Colours: White with Navy and Blue Bands		
577 Angus McLean	578 Steven Darcy	579 Andrew Stavert	580 Peter Buchanan
581 Gareth Green	582 Bob Still	583 Kevin Clark	584 Derek Elms
585 Paul Edwards	586 William Jarvie	587 Jim Scott	588 Dave Kingston
589 Graham Henry	590 Richard Sneddon	591 Johnny Lawson	592 William Murray
593 Scott Hutchison	594 Alan Simpson		
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
595 David Fairweather	596 Walter Edgar	597 Colin Feechan	598 Colin Donnelly
599 Kenny Macpherson	600 Michael O'Hagan	601 Greg Hastie	602 Kerry Liam Wilson
603 Stephen Wylie	604 Jamie Reid	605 Scott Hunter	
606 Martin McLaughlin	607 Robert Gilroy	608 Gordon Robertson	609 David Munro
610 Iain MacCorquodale	611 Chris Wilson	612 Stuart Gibson	613 Ian Rawlinson
614 David Rodgers			
Scottish Prison Service	Colours: Royal Blue & White		
615 John Turnbull	616 Philip Humphreys	617 Peter Harkness	618 John Gilmour
619 David Young	620 Duncan McGougan		
Shettleston Harriers	Colours: Blue with Gold Band		
621 John J Duffy	622 Amanuel Hagos	623 Jethro Lennox	624 Kenneth McCoy
625 Thomas Owens	626 Matthew Sullivan	627 Tewoldgebherhan Mengisteb	628 Paul Sorrie
629 Tsegai Tewelde	630 Tsegzab Woldemichael	631 Marc McColl	632 Adam Lee
633 Thomas Fay	634 Michael Deason	635 Casey Morgan	636 John Oates
637 Kevin Brydon	638 Matthew Gillespie	639 Michael Gillespie	640 Daniel Bradford
641 Michael Paxton	642 Matthew Turner	643 Kenny Richmond	644 Craig Mitchell
645 William Breckenridge	646 Oleg Chepelin	647 Martin Graham	648 Adam Peters
649 Raymond Loughran	650 Andy Little	651 Alastair Pringle	
Springburn Harriers	Colours: Navy Blue with White Diamond		
652 Colin Mclean	653 Martin Coleman	654 John Owens	655 Emilio Cosimo
656 Kevin Ferris	657 Alan Cairns	658 Ross McEachern	659 Andrew Callan
660 Jim Cooper	661 Anthony J M McGale	662 Damian McAuley	663 Willie Munro
664 Grant Cairns			
St Andrews University AC	Colours: White with 2 Blue Bands		
665 Patrick O'Hare	666 David I Bowers	667 Juraj Sabol	
Stirling University AC	Colours: Green and Yellow		
668 Joe Perry			
Stornoway RC	Colours: Red with Yellow Hoop		
669 Jim Bruce	670 Ross Munro	671 Donne McMillan	672 Andrew Joyce
673 Ruairi MacIver	674 Jonathon Pritchard	675 Andrew MacKenzie	676 William MacRury
677 Malcolm Murray	678 Craig Miller	679 Ian McIntosh	680 Alastair Luckett
681 Iain Mackay	682 Murdo MacKenzie	683 Gavin Earons	
Strathern Harriers	685 Philip Tipping	686 Phil Mestecky	687 Will Manners
684 Gordon Morrison	688 Andrew Greaves		
689 Tony Wayte			
Teviotdale Harriers	Colours: White with Maroon Band		
690 Alister Biggar	691 Alan Colman	692 Alan Inglis	693 Craig Grieve
694 Francis Cannon			
Troon Tortoises AC	Colours: Yellow with 2 Black Half hoops		
695 Graeme McKenzie	696 William Gerrie	697 George McGregor	698 Ian McNea
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
699 Ralph Connolly	700 Gerard Craig	701 Sean Fontana	702 Kenneth McVey
704 Alex Potter	705 Peter Ramsay	706 Chris Sheridan	707 Peter Jardine
707 Duncan Thomson	708 Iain Townsend	709 Derek Watson Snr.	
Wee County Harriers	Colours: Navy and Orange		
711 Gordon McNeil	712 Robert Warnock	713 Stephen Beveridge	
Westerlands CCC	Colours: Yellow with Black "W" on Back		
715 Chris Upson	716 Owen O'Neill	717 John Denovan	718 Johnston Orr
719 Peter Grassl	720 John Quinn	721 Niall McAlinden	722 James Callender
723 Anthony Dickinson	724 John Harmer		

Men and Women Teams since 1992-3

1992-3	Cambuslang H	46	RC Edinburgh	74	Dundee Hawkhill H	261
1993-4	Cambuslang H	92	Leslie Deans RC	122	Shettleston H	245
1994-5	Cambuslang H	55	Leslie Deans RC	100	Shettleston H	176
1995-6	Leslie Deans RC	68	Cambuslang H	107	Shettleston H	192
1996-7	Cambuslang H	89	Shettleston H	94	Mizuno RC	125
1997-8	Ronhill Cambuslang H	73	Mizuno RC	97	Shettleston H	126
1998-9	Ronhill Cambuslang H	99	Mizuno RC	128	City of Edinburgh	193
1999-2000	Ronhill Cambuslang H	95	Shettleston H	140	Fife AC	184
2000-1	Hunters Bog T	70	Ronhill Cambuslang H	99	Inverclyde AC	104
2001-2	Shettleston H	103	Ronhill Cambuslang H	109	Hunters Bog T	260
2002-3	Ronhill Cambuslang H	64	City of Edinburgh	144	Shettleston H	184
2003-4	Ronhill Cambuslang H	95	Shettleston H	157	Fife AC	220
2004-5	Hunters Bog T	56	Ronhill Cambuslang H	135	Shettleston H	137
2005-6	Ronhill Cambuslang H	129	Shettleston H	203	City of Edinburgh	213
2006-7	Hunters Bog T	84	Ronhill Cambuslang H	97	Shettleston H	200
2007-8	Ronhill Cambuslang H	105	Central AC	133	Inverclyde AC	174
2008-9	Shettleston H	88	Central AC	178	Hunters Bog T	180
2009-10	Inverclyde AC	101	Shettleston H	102	Central AC	175
2010-1	Central AC	77	Shettleston H	114	Ronhill Cambuslang H	147

1992-3	Edinburgh Woolen Mill	24	Glasgow University H & H	25	City of Glasgow AC	27
1993-4	Shettleston H Ladies	30	Aberdeen AAC	60	City of Glasgow AC	69
1994-5	City of Glasgow AC	27	Aberdeen AAC	51	Shettleston H Ladies	63
1995-6	City of Glasgow AC	29	Aberdeen AAC	34	Dundee Hawkhill H	54
1996-7	City of Glasgow AC	13	Edinburgh University H&H	50	Hunters Bog T	63
1997-8	City of Glasgow AC	24	Edinburgh Woolen Mill	34	Shettleston H Ladies	62
1998-9	Aberdeen AAC	31	City of Glasgow AC	38	Carnethy Hill RC	41
1999-2000	City of Glasgow AC	17	Fife AC	69	Shettleston H Ladies	73
2000-1	Shettleston H Ladies	45	Hunters Bog Trollers	52	City of Edinburgh	68
2001-2	Shettleston H Ladies	32	City of Glasgow AC	37	City of Edinburgh	54
2002-3	Carnethy Hill RC	21	City of Glasgow AC	27	City of Edinburgh	72
2003-4	Carnethy Hill RC	21	City of Glasgow AC	39	Kilbarchan AAC	63
2004-5	City of Glasgow AC	8	Carnethy Hill RC	31	Central AC	45
2005-6	City of Glasgow AC	23	Bellahouston RR	40	Hunters Bog T	57
2006-7	Carnethy Hill RC	21	City of Glasgow AC	25	City of Edinburgh	28
2007-8	Edinburgh AC	10	VP City of Glasgow	18	Central AC	50
2008-9	Central AC	39	Edinburgh AC	45	VP City of Glasgow	48
2009-10	Hunters Bog T	35	Edinburgh AC	39	Central AC	56
2010-1	Edinburgh AC	39	Kilbarchan AAC	49	Hunters Bog T	55

Men and Women Individual Medallists since 1992-3

1992-3	T Murray	Cambuslang H	36.18	R Quinn	Kilbarchan AAC	36.41	J Runciman	Cambuslang H	36.57
1993-4	C Robinson	Spango Valley AC	32.45	T Murray	Spango Valley AC	33.01	G Crail	Cambuslang H	33.13
1994-5	K Anderson	Cambuslang H	41.09	C Robinson	Spango Valley AC	41.29	G Crail	Cambuslang H	41.31
1995-6	R Quinn	Kilbarchan AAC	35.45	T Murray	Spango Valley AC	35.56	A Russell	Law & District AAC	37.02
1996-7	C Robinson	Shettleston H	37.19	J Downes	Sefton H	37.40	R Quinn	Kilbarchan AAC	38.00
1997-8	R Quinn	Kilbarchan AAC	35.35	K Anderson	Cambuslang H	35.36	C Robinson	Shettleston H	35.37
1998-9	R Quinn	Kilbarchan AAC	35.08	D Cairns	Tevisdale H	38.26	T Murray	Inverclyde AC	38.37
1999-2000	R Quinn	Kilbarchan AAC	41.16	T Murray	Inverclyde AC	41.22	G Stewart	Mazeno RC	41.51
2000-1	C Robinson	Inverclyde AC	36.49	A Cairns	Kilbarchan AAC	39.49	D Naylor	Hunter Bog T	40.04
2001-2	G Stewart	Mazeno RC	39.23	R Quinn	Kilbarchan AAC	40.15	D Leggatt	Fife AC	40.31
2002-3	G Reid	Clydebank H	40.05	S Wylie	Ronhill Cambuslang H	40.15	A Leggatt	Fife AC	40.31
2003-4	G Stewart	Phoenix Racers	34.52	P Mawhinney	Hunter Bog T	34.57	A Leggatt	Fife AC	40.31
2004-5	R Russell	Central AC	40.12	D Naylor	Hunter Bog T	40.28	J Lennie	Shettleston H	40.38
2005-6	S Plummer	Southampton	39.10	D Graston	City of Edinburgh	39.42	D Naylor	Hunter Bog T	39.50
2006-7	M Pollard	Inverclyde AC	38.45	J Neeson	Pensieve AAC	39.12	A Hay	Central AC	39.29
2007-8	M Pollard	Inverclyde AC	37.45	T Russell	Stroud AC	37.49	J Neeson	Pensieve AAC	37.58
2008-9	A Hay	Central AC	37.14	T Russell	Stroud AC	37.15	T Widdemichall	Shettleston H	37.20
2009-10	A Hay	Central AC	37.40	T Widdemichall	Shettleston H	37.45	D Haskins	Kilbarchan AAC	37.55
2010-1	D Haskins	Kilbarchan AAC	38.35	C McKay	Inverclyde AC	38.12	A Hay	Central AC	38.12

1992-3	V McPherson	Glasgow University H & H	24.01	S Ridley	Edinburgh Woolen Mill	24.21	A Rose	Edinburgh Woolen Mill	24.41
1993-4	S Ridley	Edinburgh Woolen Mill	22.49	N Brown	Tynedale	23.11	M Gemmell	Shettleston AC	23.29
1994-5	V McPherson	City of Glasgow AC	25.20	E Reid	Muir Aberdeen RC	25.37	S Ridley	Edinburgh Woolen Mill	25.53
1995-6	D Kitch	Aberdeen AAC	24.54	S Ridley	Edinburgh Woolen Mill	25.05	A Sym	City of Glasgow AC	25.05
1996-7	H Hastings	City of Glasgow AC	23.26	F Lottian	Fife AC	24.00	A Buckley	Hunters Bog T	24.06
1997-8	F Lottian	Fife AC	23.57	A Mudge	Carnethy Hill RC	24.01	C Morrison	Glasgow U H&H	24.25
1998-9	A Mudge	Carnethy Hill RC	21.38	T Bridges	Aberdeen AAC	21.58	F Lottian	Hunters Bog T	22.07
1999-2000	H Hastings	City of Glasgow AC	31.19	A Mudge	Carnethy Hill RC	31.57	A Buckley	Hunters Bog T	22.07
2000-1	E Leggatt	Fife AC	30.30	I McMahon	JW Kinrossack	30.33	S Fawcett	Glasgow U H&H	20.45
2001-2	G Palmer	Edinburgh University H & H	30.07	A Higgins	JW Kinrossack	30.37	F Lottian	Fife AC	30.54
2002-3	S Partridge	City of Glasgow AC	29.09	G Palmer	Edinburgh University H & H	29.52	C Fagan	City of Glasgow AC	29.59
2003-4	I McCorgan	Dundee Hawkhill H	25.58	C Morrison	Strling Univ AC	26.44	A Mudge	Carnethy Hill RC	27.05
2004-5	C Fagan	City of Glasgow AC	26.41	L Wilson	Carnethy Hill RC	21.40	G Kiddle	City of Glasgow AC	31.55
2005-6	F Murray	Edinburgh Southern H	28.00	C Fagan	City of Glasgow AC	28.13	L Wilson	Carnethy Hill RC	28.47
2006-7	F Murray	Edinburgh AC	28.01	C Morrison	UVA	29.05	A Mudge	Carnethy Hill RC	30.13
2007-8	S Partridge	City of Glasgow AC	27.24	C Morrison	Edinburgh AC	28.24	F Murray	Edinburgh AC	28.33
2008-9	F Murray	Edinburgh AC	27.41	T McInerney	Ayr Seaside AAC	28.52	L Wilson	Carnethy Hill RC	29.01
2009-10	F Murray	Edinburgh AC	28.28	E Raton	Central AC	29.28	R Smith	Hunter Bog T	29.27
2010-1	F Murray	Edinburgh AC	28.28	E Raton	Kilbarchan AAC	29.42	R Smith	Hunter Bog T	29.54

Scottish National Cross Country Championships Falkirk (Callendar Park) Saturday 18th February 2012

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

