

**NATIONAL
CROSS COUNTRY
CHAMPIONSHIPS**
Callendar Park, Falkirk
Saturday 22nd February 2014



MESSAGE OF WELCOME

On behalf of scottishathletics I would like to welcome you to Callendar Park for the National Cross Country Championships which has attracted the largest entry field for almost 20 years. With 2101 entries, this is the highest number since the 1995.

This is the 9th consecutive year that the National Cross Country Championships have been held in Callendar Park and I would like to take this opportunity to thank Falkirk District Council and Falkirk Community Trust for their help and continued support of today's Championship.

There are record entries in the U13 Girls, U15 Girls and Senior Women's races while the numbers entered for the Senior Men's race have risen from 719 last year to 793 today, which is fantastic news. With so many athletes competing I expect the colourful club tented village to be even bigger than last year.

My thanks go to the Road Running & Cross Country Commission for organising today's event, the high entry a testament to the work that goes on to ensure that the venue and course are prepared and ready for exciting races. My thanks also to the officials and volunteers who have given freely of their time and turn out throughout the season in all weather conditions to ensure the events go ahead safely.

To all the athletes competing today, I hope you have a successful and enjoyable day.

Leslie Roy,
President, scottishathletics

EVENT INFORMATION

CHIP DISTRIBUTION

Opens 9.30am in the Foyer Area of Graeme High School (First Race 11.30am)

All races apart from Senior Women, Under 20 Men and Senior Men can be collected from 9.30am.

Senior Women, Under 20 Men and Senior Men chip distribution opens at 11.00am

Team Managers should collect only the envelopes for athletes who are competing.

This differs from the National last year when individual envelopes were all given out in a large team envelope. No team envelope this time. A large receptacle would assist clubs with lots of chip envelopes to collect.

CHIPS

There is a separate envelope for each athlete containing Timing chip, tie cords, instruction on how to attach chip to laces and athlete's number.

Results are by chip timing. If an athlete doesn't have a chip on their shoe they won't be in the results. NO CHIP. NO RESULT

UNDER 17 WOMEN /UNDER 20 WOMEN

Under 17 Women and Under 20 Women run together.

Under 17 have YELLOW numbers, Under 20 have RED numbers, both these age groups wear numbers on the FRONT and BACK .

PRESENTATIONS

Individual presentations will take place immediately after each race. Team presentations will take place on the course as they are available. Senior Men presentations will take place in the school.

MESSAGE OF WELCOME

I always consider the “National” as the pinnacle of the Cross Country season. It brings together the extended family of athletes, spectators, coaches, team managers and officials that is only bound by the friendships we form through cross-country running. The RR&CC Archive* records that I ran in my first National in 1962 at Hamilton Racecourse. I learned that day that the great friendship of our sport is suspended temporarily in the celebration of the race. 106 of my “pals” did to me what I was trying to do to them.

In these challenging economic times I would like to congratulate Falkirk District Council for hosting the Championships at Callendar Park, Falkirk for the 9th consecutive year. As I have said before the stability of Falkirk’s support promotes a feeling of both familiarity and occasion and provides a great course over Antonine’s Wall in the heart of Scotland.

The popularity of the both the event and the venue is underlined by the highest entry since 1994-5 totalling over 2100 entries. Yet again the Senior Women’s field is a record along as is the U13 and U15 girls.

Over the past few years the RR&CC Commission has enhanced all its Championships though the Grand Prix Series with the conclusion being the National. Going into this last race the Men’s series is lead by Robert Russell (Central AC) on 61 points from Alexander Hendry (Central AC) on 59 points and Tewoldeberhan Mengisteab (Shettleston H) on 55 points. In the Women’s series Eilidh McKenzie (Stornaway H) leads on 53 points with club mates Morag MacLarty and Fiona Thompson (Central AC) on 47 points. As the National counting for double points – it is all to place for

Question: What are the most successful Cross-Country Clubs in Scotland? Every year at the National championship the A.T. Mays Trophy and Pat Spence Memorial Trophy are awarded for men and women respectively to the club that scores the lowest aggregate number of team points over the five races. The Pat Spence Memorial Trophy was first presented in season 1976-7 and the A.T. Mays Trophy was 1st presented in season 1988-9. The precise rules and method of calculation can be found in the Archive. The table below shows how many times the Trophies have been won by each Club.

A.T. Mays		Pat Spence	
Ronhill Cambuslang H	18	City of Glasgow	8
Central AC	3	Victoria Park AAC	4
Kilbarchan AAC	2	Giffnock North AAC	4
ESPC	1	IBM Spango Valley AAC	3
Fife AC	1	Kilbarchan AAC	3
		Edinburgh AC	3

While there are 6 results missing (from 1982 to 1987) on the Women’s side I leave you to draw your own conclusions.

For the second year the National Championship will use chip timing. Every team manager and athlete is asked to ensure they are worn by the correct person and returned at the end of the races. Please note that we will be running a no chip –no result policy.

I am already looking forward to this year’s National and meeting the extended family again. I hope you all have a great day’s cross-country running as well.

Ron Morrison

Convener, Road Running and Cross Country Commission

*The RR&CC Archive can be found at

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

OFFICIALS National Cross Country Champs - Falkirk 22nd February 2014

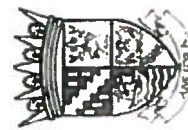
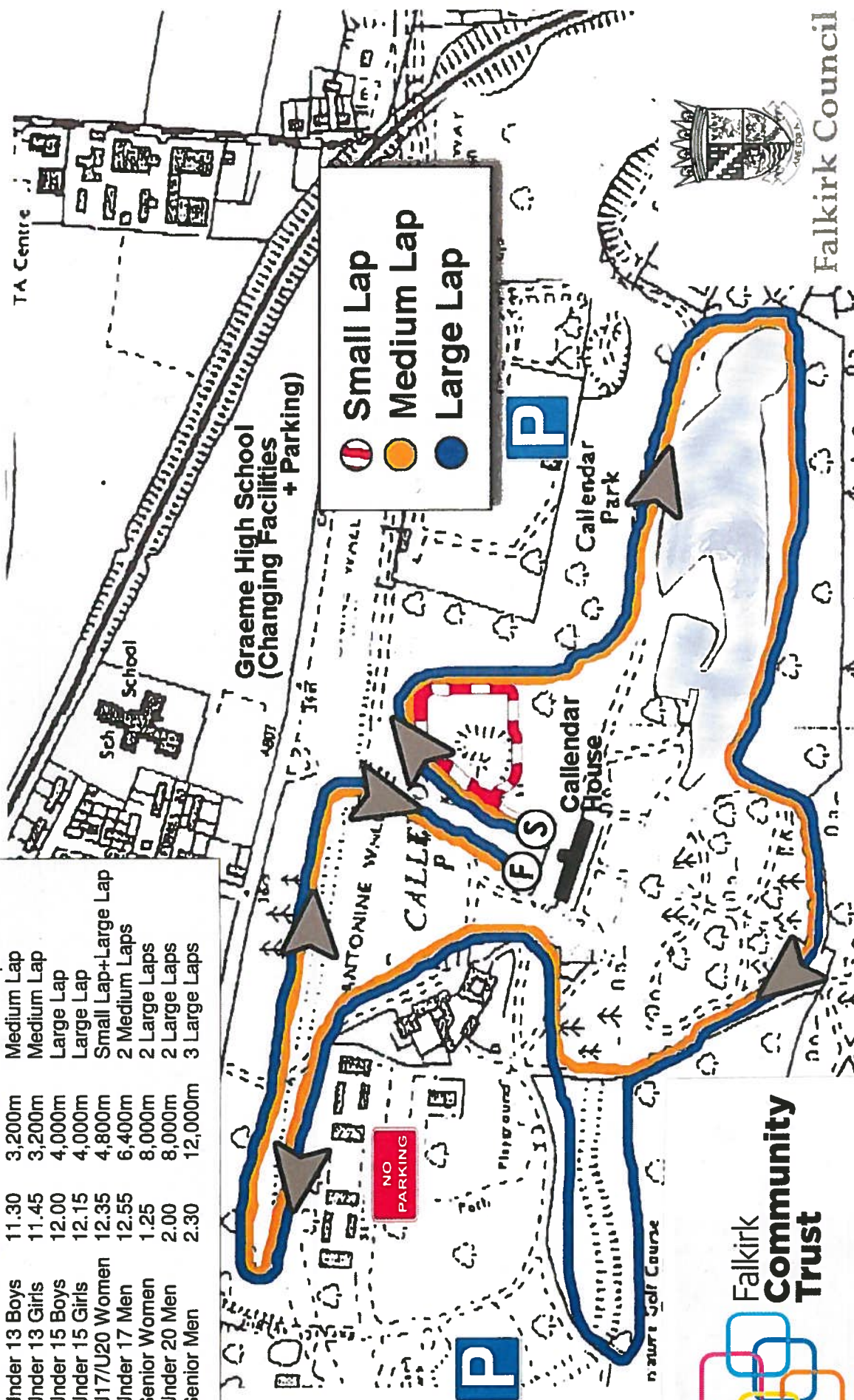
Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Stewart Caithness
Course Builders	Alex Kemp, Davy Broni, Andrew Caithness.
Officials Report	Barry Craighead
Judge	Ian Clifton
Finish Area Control	Andy Law (Chief), Angus Cameron, Bob McSwein, Jean Youden
Timekeepers	Joe Bruce (Chief), Sheila McDougall
Recorder (Time)	Elsie Oberg
Recording Tape Vocal	Neil Donachie
Starter	Barry Craighead
Marksman	Fred McCluskie
Chip Distribution	Jen Jackson (Chief), Phyllis Law, Marion Donachie, Marjory Cook, Bill Grant, Molly Wilmoth, Claire Archibald, Neil Donachie
Results, Overall Trophies	Marion Donachie, Marjory Cook
Results to School	Bob Cherrie
De-Chipping	Allan Smith (Chief), Ian Mann, Rachel Halliday, Moira Maquire Alastair Robertson, Bill McDougall, Sandy Cameron, Graham Sword
Announcers	Bryan Burnett, John Wands, Graham Bennison, Micky Breen
Course Stewards	Ian Hislop (Chief), Lothian RC, Westerlands CCC, Highland Hill Harriers, Ayrshire Harriers, Ron Hill Cambuslang, Strathearn H, Clydesdale H, Glasgow University, Edinburgh AC, Central AC, Dundee Hawkhill H, Carnegie H, Aberdeen AAC, Corstorphine AAC, Law & District
Medical	ABC Ambulance
Presentations	Alan Potts, Sandra Hardacre, Leslie Roy
Jury of Appeal	Alan Potts, Alex Jackson, Graham Sword
Events Manager	Stewart Caithness
Convenor	Alex Jackson

Scottish National Cross Country Championships

Falkirk (Callendar Park) Saturday 22nd February 2014



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

U13 Girls Championship
Race Start: 11.45 3, 200 metres
Title Holders

Individual (William Bramwell Trophy): Shelby Morrison (Greenock Glenpark H)

Team (John Waddell Trophy): Giffnock North AAC

Aberdeen AAC – Colours: White with 2 red hoops

McCall; 4, Lucy Davidson;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

5, Eilidh Carswell; 6, Caitlin Chilton; 7, Alison King; 8, Jena Anderson; 9, Emma Frew; 10, Emma Palmer; 11, Melissa Miller; 12, Erin McCutcheon; 13, Alexandra Smiley; 14, Bethany Haugh; 15, Stephanie Craig;

Banchory Stonehaven AC – Colours: Royal Blue with White band

16, Frances Sealy; 17, Claire McGarvey; 18, Eilidh Campbell; 19, Kirsty Campbell;

Central AC – Colours: Yellow and Blue

20, Jennifer Walls; 21, Heather Scott; 22, Cerys Gilbride; 23, Darcy Baxter; 24, Elizabeth Thompson; 25, Anna Cameron; 26, Skye Henderson;

Clydesdale Harriers – Colours: White with Black “C”

27, Tiegan Breen; 28, Jade Steele-Milne; 29, Natasha Shaw; 30, Chloe Allan; 31, Emma-Louise Blair; 32, Caitlin Stuart; 33, Anna McCracken; 34, Sarah Goggins;

Corstorphine AAC – Colours: White with Black Trim

35, Jessica MacLeod; 36, Elisabeth Dickson; 37, Emma Brown; 38, Tegan Kerr; 39, Holly Bell;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

40, Sophie Kidd; 41, Emily Harrower;

East Kilbride AAC – Colours: Gold with 2 Black hoops

42, Jessica Hagan; 43, Sarah Connolly; 44, Lucy Muirhead; 45, Lori MacDonald; 46, Georgia Hernon; 47, Robyn Peacock; 48, Hannah Dickson; 49, Ciara Boyle; 50, Lara Brown; 51, Abigail Davies;

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

52, Scarlett Donald; 53, Eloise Walker; 54, Anna Boyd; 55, Caitlin Thompson; 56, Lucia Montgomery; 57, Lauren Anderson; 58, Iona Millington; 59, Beatrice Winkler; 60, Alixe Phillips;

Elgin AAC

61, Mairi Weir;

Enfield & Haringey

62, Angel Grimes McTavish;

Falkirk Victoria H – Colours: Black with Gold Band

63, Jessica Christie; 64, Chloe McClung; 65, Katy McGonigal; 66, Flora Johnston; 67, Julie Matheson; 68, Kate McDonald; 69, Kimmy Buchanan;

Fife AC – Colours: White with Red Band

70, Corrie Hay; 71, Sam McInnes;

Gala Harriers – Colours: White with Green Band

72, Rhiannon Fagan; 73, Christie Rout; 74, Cara Hogg; 75, Susannah Godfrey-Faussett; 76, Elena Heger;

Garscube Harriers – Colours: White with Blue Band

180, Beth Brown; 181, Sophie Lathan; 182, Claire McGonigle;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

77, Emma Lawton; 78, Zoe Jamieson; 79, Sofia Kirkpatrick; 80, Eve Denholm; 81, Emily Crusher; 82, Clare Wallace; 83, Jenny Dougall; 84, Charlotte McKenna; 85, Lynn McKenna; 86, Annabel Ballantyne; 87, Lisa Miller; 88, Maia Carolan;

Glasgow School of Sport – Colours: ???

89, Kirsten Forster;

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

90, Christie Mulaghton; 91, Rachel Mulaghton; 92, Emily Pugh; 93, Beth McKenna; 94, Zoe Renfrew; 95, Sarah Pugh;

Haddington East Lothian P

96, Sophie Hayes;

Helensburgh AAC – Colours: Yellow with Red Band

97, Rachael McKillop; 98, Charlotte Caskie; 99, Antonia Burns; 100, Jessica Noble;

Inverclyde AC – Colours: Black & White Stripes

101, Gillian Carmichael; 102, Niamh Docherty; 103, Samantha Dunning; 104, Cliona McCheyne; 105, Nuala McCheyne; 106, Sara O'Docherty; 107, Clara Pollock; 108, Nyah Gillan; 109, Niamh Ramage; 110, Jennifer Lyne;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

111, Megan Keith; 112, Josie Steele; 113, Beth Maciver; 114, Charlotte Hill; 115, Emily Andrew; 116, Maddie Carter;

Kilbarchan AAC – Colours: Gold with Black Hoop

117, Lily Fowler; 118, Rachel Curry; 119, Bethany Craig; 120, Eve Griffiths; 121, Leona Murray; 122, Eilidh Gibson;

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

123, Emma Mahon; 124, Niamh Summers; 125, Hannah Paton; 126, Sophie Tierney; 127, Stephanie Lindsay; 128, Iona Smith;

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

129, Sarah Tait; 130, Caroline McKinlay;

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

131, Dion Ingram; 132, Rachel Philipps; 133, Rachel Hunter; 134, Ruth Currie; 135, Pamela Newell; 136, Ciara Scullion; 137, Caitlin Thomson;

Livingston & District AAC – Colours: Yellow with Green Stripe

138, Rebecca Calder; 139, Sarah Calvert; 140, Rachel Gibb; 141, Iona McDonald;

Lothian RC – Colours: Blue with Black letters

142, Mairi Eades;

Moorfoot Runners

143, Mairi Wallace; 144, Beth Hobbs; 145, Anna McGorum; 146, Molly Falconer;

Nairn Area AAC – Colours: Orange

147, Hannah Rawlinson;

Nithsdale AC – Colours: Jade Green/Black/White

148, Eloise Coombs;

North Ayrshire AC

149, Heather Scott; 150, Gabriella Carrino;

Perth Straththay Harriers – Colours: Orange with Blue Trim

151, Ashleigh Greenwood; 152, Nicola Henson;

Pitreavie AAC – Colours: Navy/Yellow/White

153, Zoe Nicholson; 154, Jemma Jamieson; 155, Kym McAlpine; 156, Lucy Telfer; 157, Tegan Gostick; 158, Iona Crawford;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

159, Keira Watson; 160, Katie Moss; 161, Charlotte Moss; 162, Joanne Gibson;

Shettleston Harriers – Colours: Blue with Gold Band

163, Anna Borland; 164, Gaia Salandini;

Stornoway Running & AC – Colours: Red with Yellow Band

165, Ellie Maclean; 166, Rosie Sullivan;

Teviotdale Harriers – Colours: White with Maroon Band

167, Connie Lothian;

VP Glasgow AC – Colours: Blue and White Hoops

168, Emma Gilmour; 169, Adrienne Murray; 170, Georgia Molloy; 171, Eilidh Boyd; 172, Kirsty Boyd; 173, Amber Jardine; 174, Mia Kelly; 175, Lucy Williamson; 176, Ursula Landwehr-Traxler; 177, Beth Gibbons; 178, Sophie Blaker; 179, Eilidh Traynor;

U13 Boys Championship
Race Start: 11.30 3, 200 metres
Title Holders

Individual (Alex Nangle Memorial Trophy): Ryan Gray (Inverclyde AC)

Team (McKenzie Cup): Ron Hill Cambuslang H

Aberdeen AAC – Colours: White with 2 red hoops

1, Adam Brown; 2, Hamish Brown; 3, Cameron Callow; 4, Harry E Hall; 5, Adam Robertson; 6, Cameron Stone; 7, Nicholas Tierney; 8, Ross Stone; 9, Jack Gillespie;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

10, Steven Martin; 11, Daniel Martin; 12, Ben Smyth; 13, Blair Smillie; 14, Lewis Philp; 15, Ross Wylie; 16, Aidan Copland; 17, Callum Laurie; 18, Alasdair Armstrong; 19, Logan Cotter; 20, Greig Oakley; 21, Scott Sprang; 22, Joshua Cooke; 23, Declan McGhee; 24, Jamie McCullough;

Banchory Stonehaven AC – Colours: Royal Blue with White band

25, Joseph Wright;

Caithness AAC

26, Stuart Kirk;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

27, Marc McQuade;

Central AC – Colours: Yellow and Blue

28, Keir Howlieson; 29, Thomas Hanson; 30, Tom Graham-Marr; 31, Alexander Holl; 32, Craig Palmer; 33, Oliver Stewart;

Chirnside Chasers

34, Joey Brown; 35, Jamie Kinghorn; 36, Josh Abbott; 37, Ben Reynolds; 38, Harry Fuller; 39, Rory Williams;

Clydesdale Harriers – Colours: White with Black “C”

40, Robert Whittick; 41, Cairn Wallace; 42, Harry Borthwick; 43, Evan Currie; 44, Ruairaidh Fitzpatrick; 45, Luke Lindup; 46, Ronan Ross; 47, Kieran Goggins; 48, Jack Dolan; 49, Thomas Hearn;

Corstorphine AAC – Colours: White with Black Trim

50, Fergus Campbell; 51, Steven Addison; 52, Thomas Ross; 53, Finlay Ross; 54, James Low; 55, Robbie Low;

Cumbernauld AAC - Colours: Sky Blue with Maroon Band

56, Arran Kennedy; 57, Sam Glen;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

58, David Begg; 59, Scott Gordon; 60, Ben MacDermid; 61, Ryan George Donald; 62, Jamie Simpson;

East Kilbride AAC – Colours: Gold with 2 Black hoops

63, Ryan Clydesdale; 64, Matthew Kirwan; 65, Calum Hopkins; 66, David McGiven; 67, Josh Haughey;

East Sutherland AC

68, Eoghann Gollan; 69, Shane Turney; 70, Struan Oliver-Jones;

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

71, Fraser Blackie; 72, Iain Hare; 73, Lewis Herd; 74, Luca librizzi; 75, Tom Vernon; 76, Russell Christie;

Falkirk Victoria H – Colours: Black with Gold Band

77, Max Rintoul; 78, Jack Reid; 79, Cameron Hudson; 80, Kane Elliott; 81, Dylan Martin; 82, Alexander McLeod; 83, Cameron Miller;

Fife AC – Colours: White with Red Band

84, Stuart Aitken; 85, Gavin McWhinnie; 86, Iain McWhinnie; 87, Craig Morris;

Gala Harriers – Colours: White with Green Band

88, Andrew Hogg; 89, Jamie Logan; 90, Corri Campbell; 91, Mark Purves; 92, David Hoffman;

Garscube Harriers – Colours: White with Blue Band

191, James Cathro; 192, Ross Chapman; 193, Jack Cuthbertson; 194, Elliot Duff; 195, Fraser Gordon; 196, Daniel McGarrie; 197, Calum Morans; 198, Stuart Reid; 199, Arun Smith; 200, Jack Trainer;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

93, Ben Shaw; 94, Andrew Robertson; 95, Hamish Armitt; 96, Euan Chalmers; 97, Eoghan O'Donnell; 98, Austin Thomson; 99, Corey Greenhaugh; 100, Callum Caves; 101, Jack Bell; 102, Taylor Stewart;

Glasgow School of Sport – Colours: ???

103, Kipp McTavish;

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

104, Alan Mollins; 105, Tom Forrest; 106, Jonathan Slater;

Helensburgh AAC – Colours: Yellow with Red Band

107, Bryn Davies; 108, Michael Miller; 109, Finlay Gray;

Inverclyde AC – Colours: Black & White Stripes

110, Cameron Watson; 111, Robert Wilson;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

112, Daniel Johnston; 113, Connor Romaine; 114, Craig Wilson; 115, Kai Bremner; 116, Finlay Saunders; 117, Callum Tynan; 118, Lewis Esslemont; 119, George Russell; 120, Christopher Mack; 121, MacKenzie Brown; 122, Taylor Sim; 123, Luke Davidson;

Kilbarchan AAC – Colours: Gold with Black Hoop

124, Andrew MacAngus; 125, Scott Ritchie; 126, Michael Simson; 127, Craig Kennedy; 128, Jordan Gilchrist; 129, Harry Walton; 130, Cameron Corrigan; 131, Aiden Hendry; 132, Hunter Daws; 133, David McNair; 134, Christopher McCallum; 135, Calum Barry;

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

136, Luke McCaffrey; 137, Liam Casey; 138, James Sharma; 139, Ross Mitchell;

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

140, Magnus Tait; 141, Rory Ferguson; 142, Josh Howard; 143, Lawrie Wilson; 144, Oliver Snodgrass; 145, Angus Cousin;

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

146, James Gillon; 147, Matthew Gillon; 148, David McCormack; 149, Danny Robson;

Linlithgow AC

150, David Featherstone;

Lothian RC – Colours: Blue with Black letters

151, Louis MacDonald;

Moorfoot Runners

152, Euan Hood; 153, Craig Angus;

Motherwell AC – Colours: Burgundy with Gold Band

154, Ryan Donnelly;

Perth Straththay Harriers – Colours: Orange with Blue Trim

155, Hamish Gellatly; 156, Taylor Neill;

Pitreavie AAC – Colours: Navy/Yellow/White

157, Conor Allan; 158, Alex Johnston; 159, Duncan Crawford; 160, Liam Gillam; 161, Liam Murray;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

162, Drew Pollock; 163, Ryan Stephen; 164, Christopher McLew; 165, Luke Reilly; 166, Ruaidhri MacGregor; 167, Jonathan Christie; 168, Aaron Lonie; 169, Leodhais MacPherson; 170, Keir Crawford;

Ross County Athletic Club

171, Sean Kelt;

Shettleston Harriers – Colours: Blue with Gold Band

172, Jamie Burns; 173, Lewis Raeburn; 174, Jordan Dolan; 175, Daniel McGreechin; 176, Lewis Elliot;

Stornoway Running & AC – Colours: Red with Yellow Band

177, Alasdair Binns; 178, Finlay Emmott;

Strathern Harriers – Colours: Colours: Blue and White Hoops

179, Levi Sweeney; 180, Keir McEwan; 181, Huw Thomas;

Teviotdale Harriers – Colours: White with Maroon Band

182, Fraser Clyne;

VP Glasgow AC – Colours: Blue and White Hoops

183, Thomas Connolly; 184, Tom Keeley; 185, Aaron Hickey; 186, Fraser McDonald; 187, Rogan Kelly; 188, Edan Webb; 189, Calum Brown;

Individual

190, Michael Hewitt;

U15 Girls Championship
Race Start: 12.15 4,000 metres

Title Holders

Individual (William Bramwell Memorial Trophy): Gillian Black (VP-Glasgow AC)

Team (Falkirk Sports Council Trophy): Giffnock North AAC

Aberdeen AAC – Colours: White with 2 red hoops

1, Talia Mathers; 2, Naomi Lang;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

3, Jacqueline Gibson; 4, Rebecca Martin; 5, Georgia Brawley; 6, Rebecca Watson; 7, Megan Miller; 8, India Birrell; 9, Mia Cullis; 10, Kate Alexander; 11, Beth Littlejohn; 12, Megan Short;

Banchory Stonehaven AC – Colours: Royal Blue with White band

13, Clare Stewart;

Caithness AAC

14, Rhiannon Kirk; 15, Gabrielle Macgregor;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

16, Megan Anderson; 17, Helen Anderson; 18, Louise Brown; 19, Morgan Beaton;

Central AC – Colours: Yellow and Blue

20, Eilidh Russell; 21, Lauryn Turnbull; 22, Kate Gallagher; 23, Eleanor Hanson; 24, Jodie Currie; 25, Evie Gallagher;

Clydesdale Harriers – Colours: White with Black “C”

26, Antonia Breen; 27, Iona Allan; 28, Charlotte Ross;

Corstorphine AAC – Colours: White with Black Trim

29, Caitlin Arnott; 30, Heidi Ross;

Cumbernauld AAC - Colours: Sky Blue with Maroon Band

31, Emma Balfour; 32, Emily McMahon;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

33, Isabel Remers; 34, Hannah George; 35, Maddie Owen; 36, Danielle MacDermid;

East Kilbride AAC – Colours: Gold with 2 Black hoops

37, Shona Burt; 38, Rebecca Russell; 39, Rachael McCusker; 40, Sarah McCusker;

East Sutherland AC

41, Rosie Nankivell; 42, Constance Nankivell; 43, Lauren McCulloch; 44, Helen Gordon;

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

45, Hilary Lewin; 46, Zoe Bates; 47, Esme Stewart; 48, Catherine Bough; 49, Amy Armstrong; 50, Franca Still; 51, Morven Ferguson; 52, Carolyn Cameron;

Falkirk Victoria H – Colours: Black with Gold Band

53, Nicole McIntyre; 54, Rhona Leslie Milne; 55, Abby Gifford; 56, Erin Pringle;

Fife AC – Colours: White with Red Band

57, Katy Aitken; 58, Abby Hay; 59, Louise McCullagh;

Gala Harriers – Colours: White with Green Band

60, Katie Rourke; 61, Joanna Mitchell;

Garscube Harriers – Colours: White with Blue Band

150, Eilidh Chapman; 151, Iona Fraser; 152, Lindsay Robertson; 153, Eilidh Smith;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

62, Sarah Olivia Eunson; 63, Holly Still; 64, Rebecca Metcalfe; 65, Erin Wallace; 66, Nikki Miller; 67, Megan Kane; 68, Danielle Kelly; 69, Kate Saxon; 70, Rebekah Hemmingsley; 71, Fern Conway;

Glasgow School of Sport – Colours: ???

72, Lori Agnew; 73, Neve Littlejohn; 74, Cara Baillie; 75, Leanne Findlay;

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

76, Catriona Daisley; 77, Danielle Hunter; 78, Lauren Mulaghton; 79, Nichola Doohan; 80, Megan Rogers; 81, Mia Forrest; 82, Shelby Morrison; 83, Kate Kilpatrick;

Haddington East Lothian P

84, Ellie Hunton;

Helensburgh AAC – Colours: Yellow with Red Band

85, Kara Bruce; 86, Katherin Slaughter; 87, Mhairi Cromar; 88, madeleine joseph; 89, Melissa Robinson; 90, Morag Paterson;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

91, Rachael Keith; 92, Catherine MacInnes; 93, Elyn Marwick;

Kilbarchan AAC – Colours: Gold with Black Hoop

94, Natalie Moran; 95, Kerry MacAngus; 96, Lucy McKellar; 97, Jessica Curry; 98, Catriona Allan; 99, Laura Stark; 100, Emma Fulton; 101, Rona Tytler; 102, Emma Johnstone; 103, Katharine McGinn; 104, Amy Sneddon;

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

105, Perri McCluskey; 106, Laura Keay; 107, Alicia Paton; 108, Roserani Sharma;

Larkhall YMCA Harriers – Colours: Red with 2 White Bands

109, Elle Henderson;

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

110, Lauren Dickson;

Linlithgow AC

111, Alison Keillor;

Livingston & District AAC

112, Hannah Mairs;

Moorfoot Runners

113, Zaynah Aziz; 114, Fiona Grant; 115, Ailsa Innes;

Moray RR

116, Sophie Green;

Motherwell AC – Colours: Burgundy with Gold Band

117, Emma Knox; 118, Kirsty Ferguson; 119, Sophie Hall;

Pitreavie AAC – Colours: Navy/Yellow/White

120, Leah Davie; 121, Emily Nicholson; 122, Sophie Nethery; 123, Sophie Telfer; 124, Emily Main;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

125, Olivia Mulholland; 126, Niamh Brown; 127, Lauren Carey; 128, Gillian Gibson;

Shettleston Harriers – Colours: Blue with Gold Band

129, Natasha Z Mackay;

Stewartry AC – Colours: Light Blue with Black Diagonal Band

130, Fiona Thomson; 131, Eilidh Thomson;

Stornoway Running & AC – Colours: Red with Yellow Band

132, Annabel MacKay;

Teviotdale Harriers – Colours: White with Maroon Band

133, Ishbel Inglis; 134, Emma Grieve;

VP Glasgow AC – Colours: Blue and White Hoops

135, Holly Little; 136, Reagan Binnie; 137, Tessa Hickey; 138, Robyn Connolly; 139, Leah Thompson; 140, Adelina Callan; 141, Lucy Cairns; 142, Mamie Ure; 143, Jenna Boyd; 144, Jennifer Lewis; 145, Emma Williams; 146, Kirsty MacDonald; 147, Cara Thom; 148, kenna Francis;

Whitemoss AAC

149, Heather Addison;

U15 Boys Championship
Race Start: 12.00 4,000 metres

Title Holders

Individual (Jock Semple Trophy): Josh Kerr (Edinburgh AC)

Team (John D Semple Cup): VP-Glasgow AC

Aberdeen AAC – Colours: White with 2 red hoops

1, Stewart Millar; 2, Aaron Odentz; 3, Finlay Strachan; 4, Stuart Bridgeford; 5, Matthew Keenan; 6, Ben Renton; 7, Conor O'Riordan; 8, Liam Clark;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

9, Fraser Stirling; 10, Cameron Ross; 11, Rhys Sim; 12, Jamie McCorkell; 13, Ewan McLevy; 14, Lewis Ross; 15, Jamie Brotherston; 16, Ross Nicolson; 17, Cameron Hay;

Banchory Stonehaven AC – Colours: Royal Blue with White band

18, Calum Kitching; 19, Cameron Baird; 20, Charlie Beeson;

Central AC – Colours: Yellow and Blue

21, Rory Strachan; 22, Vincent Jozajtis; 23, Jamie Wastling;

Clydesdale Harriers – Colours: White with Black “C”

24, Brian Aird; 25, Lewis Hay; 26, Liam Milligan; 27, Stephen Kane; 28, Joe McCready; 29, Calum Ross; 30, Jack McCue;

Corstorphine AAC – Colours: White with Black Trim

31, Anthony Addison; 32, Callum Campbell; 33, Forbes Jackson; 34, Jonathan Jackson;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

35, James Donald; 36, Matthew Tonner; 37, Jack Anderson; 38, Andrew Merry;

East Kilbride AAC – Colours: Gold with 2 Black hoops

39, Martin Lynas; 40, Ross Malloch;

East Sutherland AC

41, Ruairdh Oliver-Jones;

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

42, Paul Ireland; 43, Joseph Arthur; 44, Michael Swinton; 45, Ross Allan; 46, Jamie Underwood; 47, Freddie Carcas; 48, Alex Bates; 49, Stuart Waitt; 50, Archie Hodgson;

Falkirk Victoria H – Colours: Black with Gold Band

51, Christopher Glading; 52, Joshua Bissett;

Fettes College

53, George Conner;

Fife AC – Colours: White with Red Band

54, Euan Boyle; 55, Ryan Brocklebank; 56, Jamie Ingledew; 57, George Rees; 58, Tristan Rees; 59, Adam Scott;

Forres Harriers – Colours: Red

60, Aidan Ferry;

Gala Harriers – Colours: White with Green Band

61, Callum Tharme; 62, Joe Wilson;

Garscube Harriers – Colours: White with Blue Band

159, Calum Esler; 160, Craig Weston;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

63, Nicholas Boyle; 64, Jamie Sturrock; 65, Keir Carolan; 66, Oliver Watson-Sweeney; 67, Harry Nimmo; 68, Michael Lowrie; 69, Joseph Lowrie; 70, Calum Marney; 71, Andrew Love; 72, Lewis Bond;

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

73, Nathan Robinson;

Helensburgh AAC – Colours: Yellow with Red Band

74, Gregor Chambers; 75, Raymond Slaughter; 76, Bruce Cromar; 77, Joe Barton;

Inverclyde AC – Colours: Black & White Stripes

78, Tormod Docherty; 79, Ryan Gray; 80, Sammy Hearl; 81, Matthew MacKinnon;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

82, James Geddes; 83, Joe Arnaud; 84, Alex Geddes; 85, Ruairidh Fraser; 86, Jed Russell;

Irvine RC – Colours: Red with Black trim

87, Lewis Rome;

Kilbarchan AAC – Colours: Gold with Black Hoop

88, James Toal; 89, Josh Hendry; 90, Conor Thomson; 91, Aidan Comerford; 92, Sam McNair; 93, Wallace Ross; 94, Jake Scott;

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

95, Aidan McCaffrey; 96, Harry Lamond;

Larkhall YMCA Harriers – Colours: Red with 2 White Bands

97, David Lees;

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

98, Cameron Steven; 99, Matthew Smith; 100, Jamie Darling; 101, Thomas Snodgrass; 102, Euan McKay; 103, Fraser Cousin;

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

104, Conor Butters; 105, Adam Kelly; 106, Kieran Cubis; 107, Ben Fountain; 108, Gregor Gillespie;

Livingston & District AAC

109, Ethan Heather; 110, Fraser McLean;

Moray RR

111, Cameron Main;

Motherwell AC – Colours: Burgundy with Gold Band

112, Adam Laird; 113, David Wallace; 114, Luke Poutney;

Nithsdale AC – Colours: Jade Green/Black/White

115, Robert Ponton;

North Uist AAC

116, Paul Morrison; 117, Own Johnston;

Perth Straththay Harriers – Colours: Orange with Blue Trim

118, Ben Greenwood; 119, Sol Sweeney;

Pitreavie AAC – Colours: Navy/Yellow/White

120, James Adam; 121, Dylan Thomson; 122, Tyler White; 123, Ben Grant; 124, Andrew McNair; 125, Struan Ross;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

126, Gavin Smith; 127, Euan Miller; 128, Keir Morton; 129, Struan Paton; 130, Jonathan Anderson; 131, Gerron Stewart; 132, Joshua Boyle; 133, Eamon Carr;

Ross County Athletic Club

134, Finlay Todd; 135, Adam MacLellan; 136, Logan Mathieson; 161, Callum Coul;

Shettleston Harriers – Colours: Blue with Gold Band

137, Benjamin Dalziel; 138, Daniel Muir; 139, Niall Turner;

Stornoway Running & AC – Colours: Red with Yellow Band

140, Lewis MacAlpine; 141, Hugh McKenzie; 142, Kyle Munro;

Strathern Harriers – Colours: Colours: Blue and White Hoops

143, Lewis Forsyth;

Teviotdale Harriers – Colours: White with Maroon Band

144, Joseph Tottman; 145, Jamie Waugh;

VP Glasgow – Colours: Blue and White Hoops

146, Jamie MacKinnon; 147, John Law; 148, Lewis Serpell; 149, Aidan Johnson; 150, Andrew Moreland; 151, Max Milarvie; 152, Lewis Priest; 153, Charlie Milarvie; 154, Ewan Rae; 155, Danny Smith; 156, Simon Fraser; 157, Adam Brady; 158, Darren Carruthers;

U17 Women Championship
Race Start: 12.35 4,800 metres
Title Holders

Individual (Lothian Trophy): Catriona Graves (Garscube H)

Team (Dundee Corporation Trophy): Giffnock North AAC

Aberdeen AAC – Colours: White with 2 red hoops

201, Becky Cheyne; 202, Lucy McLeod; 203, Ellen Stickle; 204, Lise Theron;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

205, Bethany MacRae; 206, Kirstin Oakley; 207, Lisa Rennie; 208, Amy Palmer; 209, Christie Hutton;
210, Rachael King;

Banchory Stonehaven AC – Colours: Royal Blue with White band

211, Eve Sealy;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

212, Megan Brady;

Corstorphine AAC – Colours: White with Black Trim

213, Hannah Addison;

Deeside Runners

214, Jennifer Ricketts;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

215, Katrina Ballantyne; 216, Katie Anderson;

East Kilbride AAC – Colours: Gold with 2 Black hoops

217, Mhairi Boyle;

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

218, Sarah Findlay; 219, Rachel Watson; 220, Alison Broadhurst; 221, Bethan McGregor; 222, Hannah Cameron; 223, Billie Armstrong; 224, Phoebe Crosthwaite; 225, Emily Strathdee; 226, Niamh Jarvis;

Falkirk Victoria H – Colours: Black with Gold Band

227, Natalie McLeod; 228, Julie Nimmo;

Fife AC – Colours: White with Red Band

229, Mhairi Boyle; 230, Ailsa Cruickshanks; 231, Annabel Simpson;

Garscube Harriers – Colours: White with Blue Band

267, Catriona Graves;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

232, Rebecca Saxby; 233, Nicole Scott; 234, Rachel Saxon; 235, Chloe Cowan; 236, Fiona McArthur;
237, Nikki Hutcheson;

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

238, Laura Hamill;

Helensburgh AAC – Colours: Yellow with Red Band

239, Megan Robertson;

Inverclyde AC – Colours: Black & White Stripes

240, Chloe Simpson; 241, Emma Mitchell;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

242, Lauren Fraser; 243, Lucy Massie; 244, Arianne Ross;

Kilbarchan AAC – Colours: Gold with Black Hoop

245, Gwen Gillham; 246, Katie Turnbull; 247, Jemma Reekie;

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

248, Victoria Robertson;

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

249, Margaret Newell; 250, Hannah Stark; 251, Emily Booth;

Livingston & District AAC

252, Audrey Shanks-Rubinos;

Lothian RC – Colours: Blue with Black letters

253, Keri Greig;

Moorfoot Runners

254, Niamh Shaw;

Motherwell AC – Colours: Burgundy with Gold Band

255, Kirsty Irwin; 256, Emma Hunter;

Nairn Area AAC – Colours: Orange

257, Rachael MacLennan; 258, Mary MacIntosh; 259, Hannah Blackburn;

Perth Strathtay Harriers – Colours: Orange with Blue Trim

260, Zoe Brown;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

261, Eve MacKinnon;

Stornoway Running & AC – Colours: Red with Yellow Band

262, Peigi MacKellar;

VP Glasgow AC – Colours: Blue and White Hoops

263, Gillian Black; 264, Anya Morrison; 265, Emma Ferrie; 266, Abbigail McInnes;

U17 Men Championship
Race Start: 12.55 6,400 metres
Title Holders

Individual (Goodwin Bowl): Lewis Boyle (VP-Glasgow AC)

Team (Bryson Cup): VP-Glasgow AC

Aberdeen AAC – Colours: White with 2 red hoops

1, Andrew Burnett; 2, Jordan Chapman; 3, Steven Murray; 4, Alexander Chepelin; 5, Gregor Dewhirst;
6, Matthew Kilner; 7, Mark Quinn; 8, Callum Symmons;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

9, James Pettigrew; 10, Matthew Brawley;

Banchory Stonehaven AC – Colours: Royal Blue with White band

11, Ewan McMillan;

Caithness AAC

12, Mark Taylor;

Central AC – Colours: Yellow and Blue

13, Jack Kerr; 14, Iain Davies; 15, Lewis Strachan; 16, Cameron Harris; 17, Daniel Stansfield;

Clydesdale Harriers – Colours: White with Black “C”

18, Philip Allan; 19, Darren Dolan;

Corstorphine AAC – Colours: White with Black Trim

20, Matthew Young;

Cumbernauld AAC - Colours: Sky Blue with Maroon Band

21, Cameron Richardson;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

22, Robbie Ewen;

East Kilbride AAC – Colours: Gold with 2 Black hoops

23, Aidan Gilbride; 24, Luke Kirwan;

East Sutherland AC

25, Ross Gollan;

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

26, Josh Kerr; 27, Robert Bough; 28, Alex Carcas; 29, Dominic O'Hare; 30, Cameron Gilmour; 31, Fionnbharr McDonald; 32, Andrew Taylor;

Fife AC – Colours: White with Red Band

33, Sam Fernando; 34, Fergus Ingledew; 35, Ronan McKinstray; 36, Logan Rees;

Gala Harriers – Colours: White with Green Band

37, Thomas Otton; 38, Broc Drury; 39, Jason McIntosh; 40, Gavin Bryson; 41, James Mercer;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

42, Max Lancaster; 43, John McLaughlin; 44, Ross Gray; 45, Euan Brodie; 46, Christopher Stewart;
47, Dewi Gould;

Glasgow University H&H – Colours: Black with Large Yellow “G” on the Back

48, Sean Robinson;

Helensburgh AAC – Colours: Yellow with Red Band

49, Fin Ritchie;

Inverclyde AC – Colours: Black & White Stripes

50, Ross Forbes; 51, Jonathan Glen; 52, Ross Gray; 53, Joshua Houston;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

54, Andrew Johnstone; 55, Gregor MacLennan; 56, Luke Shaw;

Irvine RC – Colours: Red with Black trim

58, Dillion Agnew;

Kilbarchan AAC – Colours: Gold with Black Hoop

59, Charlie Wighton; 60, Tom Murray; 61, Fraser Auld; 62, Euan McKerral; 63, Euan Trout; 64, Cameron Dickson; 65, Scott McLardie; 66, Euan Gillham; 67, Gavin McArdle;

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

68, Logan Sirel;

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

69, Kyle A Mackenzie; 70, Jamie Cousin;

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

71, Stuart Leghorn; 72, Shaun Burke; 73, Luke Foss;

Linlithgow AC

74, Andrew Fischbacher;

Livingston & District AAC

75, Andrew Mitchell; 76, Alastair White;

Maryhill Harriers

77, Andrew Stevenson;

Moorfoot Runners

78, Kobe Stevens; 79, Sam MacNeil; 80, Benjamin Hindley;

Motherwell AC – Colours: Burgundy with Gold Band

81, Stuart Wallace; 82, Luca Marcuccilli; 83, Daniel Martin; 84, Ibrahim Ahmad; 85, Owen Leach;

Nairn Area AAC – Colours: Orange

86, Kieran Gibson;

Nithsdale AC – Colours: Jade Green/Black/White

87, Angus Johnstone;

Perth Straththay Harriers – Colours: Orange with Blue Trim

88, Tommy Henson; 89, Michael Gillespie;

Pitreavie AAC – Colours: Navy/Yellow/White

90, Aidan Thompson; 91, Corey Smith; 92, Evan Ross; 93, Connor Collins; 94, Kyle Henderson;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

95, Sean Reilly; 96, David Robertson; 97, Jack MacGregor; 98, Brendan Carey; 99, Keith McIntyre; 100, Scott Somerville; 170, Ryan Miller;

Stornoway Running & AC – Colours: Red with Yellow Band

171, Connor Maclean; 172, Michael MacMillan;

Strathern Harriers – Colours: Colours: Blue and White Hoops

173, Charlie Grimson; 174, Angus Lindsay;

VP Glasgow AC – Colours: Blue and White Hoops

175, Craig Jardine; 176, Scott McKay; 177, Calum McCormack; 178, Fraser Glass; 179, Paul Harper; 180, Liam McKeown;

Whitemoss AAC

181, Ali Stewart;

U20 Women Championship
Race Start: 12.35 4,800 metres
Title Holders

Individual (Gunstone Millenium Trophy): Rhona Auckland (Edinburgh Univ H&H)
Team: Ron Hill Cambuslang H

Aberdeen AAC – Colours: White with 2 red hoops

1, Katie Watson;

Central AC – Colours: Yellow and Blue

2, Emily Greenan; 3, Florie McLeish; 4, Amy Hendry;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

5, Terisa Woych;

East Kilbride AAC – Colours: Gold with 2 Black hoops

6, Rachael Thomson;

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

41, Rachael Dunn; 42, Rossana Stewart; 43, Emma Dunnett; 44, Oonagh Dunnett; 45, Louisa Stewart;

46, Madeline Murray;

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

7, Hazel Murray; 8, Louise Mercer; 9, Sarah Henderson; 10, Kate Gillies; 11, Amy Ritchie; 12, Amy Spencer; 13, Bronagh Wishart; 14, Jenny Nicolas; 15, Amy Bristow; 16, Lauren MacAlister; 17, Jessica Husbands; 18, Annie Carroll;

Fife AC – Colours: White with Red Band

19, Abigail Bender; 20, Laura Gibson; 21, Halina Rees;

Gala Harriers – Colours: White with Green Band

22, Kerry Sandilands;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

23, Paige McConville;

Glasgow University H&H – Colours: Black with Large Yellow “G” on the Back

24, Kathryn Pennel;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

25, Mhairi MacLennan;

Kilbarchan AAC – Colours: Gold with Black Hoop

26, Elaine Eadie;

Lochaber AC

27, Amy Frankland;

Lochaber AC

28, Isla Mackay;

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

29, Sophie Collins;

Perth Strathtay Harriers – Colours: Orange with Blue Trim

30, Iona Tavendale;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

31, Katie Bristow; 32, Mairi Brown; 33, Moira Stewart; 34, Sarah Millar; 35, Rebecca Bonomi;

Sale Harriers

36, Megan Davies;

Shettleston Harriers – Colours: Blue with Gold Band

37, Stella Winters; 38, Shannon McLellan;

Taunton AC

39, Harriet Rogers;

VP Glasgow AC – Colours: Blue and White Hoops

40, Danielle Beattie;

U20 Men Championship
Race Start: 14.00 8,000 metres

Title Holders

Individual (Livingstone Trophy): Ross Matheson (Lasswade AAC)

Team (Thomas Marshall Trophy): Ron Hill Cambuslang H

Aberdeen AAC – Colours: White with 2 red hoops

801, Sam Burgess;

Banchory Stonehaven AC – Colours: Royal Blue with White band

802, Michael Ferguson;

Central AC – Colours: Yellow and Blue

803, Cameron Boyek; 804, Dale Colley; 805, Ross Milne; 806, Tom Watson; 807, Philip Wright;

Clydesdale Harriers – Colours: White with Black “C”

808, Tony Dolan;

Corstorphine AAC – Colours: White with Black Trim

809, Callum Smith;

East Kilbride AAC – Colours: Gold with 2 Black hoops

810, Jack Kirwan; 811, Vincent Hastings;

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

812, Peter Cameron; 813, Michael Cameron; 814, Andrew Lawler; 815, Ruairidh Miller; 816, Mark MacDermot; 817, Chris Ponton;

818, Jake Wightman;

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

819, Ben Stevenson; 820, Callum Mason; 821, Calum Murray; 822, James Bryson; 823, Jack Luscombe; 824, Scott Stirling; 825, Alex Luetchford; 826, Fraser Drummond; 827, Matthew Rallison; 828, Patrick Gillespie; 829, German Moshes; 830, Christopher Duffy;

Fife AC – Colours: White with Red Band

831, Adam Harris;

Gala Harriers – Colours: White with Green Band

880, Andrew Lawrie;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

832, Andrew Clark; 833, Jack Walker; 834, Grant Muir; 835, Patrick Lonergan;

Glasgow University H&H – Colours: Black with Large Yellow “G” on the Back

836, Adam Stark; 837, Alastair Thurlbeck; 838, Grant Boyne; 839, Dean Mcnaught; 840, Oliver Seglah;

Hamilton Harriers – Colours: White with Red Trim

841, Andrew Bickerstaff;

Inverclyde AC – Colours: Black & White Stripes

842, Michael Houston; 843, Greg Williams; 844, Robert Todd; 845, Callum Hunter;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

846, Finlay MacLennan; 847, Stuart Michael;

Ipswich Harriers

848, Ross Tennant;

Kilbarchan AAC – Colours: Gold with Black Hoop

849, Callum Matthews;

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

850, Kieran Pugh;

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

851, Rowan Marr;

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

852, Ross Hill; 853, Jonathan Kennedy; 854, Stuart Mcluckie;

Livingston & District AAC

855, Ryan White;

Lothian RC – Colours: Blue with Black letters

856, Daniel McLaughlin;

Moorfoot Runners

857, Jacob Adkin;

Motherwell AC – Colours: Burgundy with Gold Band

858, Craig Mackenzie;

Perth Strathtay Harriers – Colours: Orange with Blue Trim

859, Robert Henson;

Pitreavie AAC – Colours: Navy/Yellow/White

860, Ben Potrykus;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

861, Dean Mcnaught; 862, Grant Sheldon; 863, Matthew McKenna; 864, Ryan Thomson; 865, Jacob Boyle; 866, Liam Dale; 867, Ross Stephen;

Ross County Athletic Club

868, Douglas Holland;

Shettleston Harriers – Colours: Blue with Gold Band

869, Garry Mason; 870, Ismal Adam;

Stirling University AC – Colours: Green and Yellow

871, Fergus Roberts; 872, Iain Gilmore; 873, Jonathan Adam; 874, Alex Hill; 875, Jamie Crowe;

Stornoway Running & AC – Colours: Red with Yellow Band

876, Robert Jones;

Individual

877, Adam Craig;

VP Glasgow AC – Colours: Blue and White Hoops

878, Marc Austin; 879, Callum Heirs;

Senior Women Championship
Race Start: 13.25 8,000 metres

Title Holders

Individual (Mary Semple Trophy): Elizabeth Potter (VP-Glasgow AC)

Team (Daily Record Trophy): Edinburgh AC

Aberdeen AAC – Colours: White with 2 red hoops

1, Gemma Cormack; 2, Carly McNeil; 3, Veronique Oldham

Anster Haddies RC – Colours: Yellow Vest

4, Pamela Cruickshanks; 5, Elise Methven;

Bellahouston Harriers – Colours: Dark Blue with Light Blue Cross Team

6, Jennifer Clark; 7, Erica Christie; 8, Vicki Hopewell; 9, Suzanne Boyle; 10, Katy Smith; 11, Kristina Greig; 12, Sharon McKinley; 13, Bernadette O'Neil; 14, Jayne Macnamara; 15, Emma Bryce; 16, Claire McCracken;

Bellahouston RR – Colours: Purple with White Band

17, Camilla Sims; 18, Louise Ross; 19, Carla Molinaro; 20, Jill Herbert; 21, Shona Donnelly; 22, Chi My Ta; 23, Hayley McCrorie; 24, Julia McDonald; 25, Romy Beard; 26, Carla Ward; 27, Lucy Mackay; 28, Elsie Downham; 29, Judith Macgregor; 30, Madeline Smillie;

Calderglenn Harriers – Colours: Amber and Black Vertical Stripes

31, Karen Allen; 32, Joanne McEvoy; 33, Frances Maxwell; 34, Julie Beveridge; 35, Ruth Kelly;

Carnegie H - Colours: Orange & Green Team Nos 62,63,64,65

36, Gail Murdoch; 37, Melanie Sinclair; 38, Alison Whyte; 39, Gillian McCracken; 40, Fabienne Thompson; 41, Isobel Burnett; 42, Morna Fleming; 43, Kirsty Baird; 44, Karen Forsyth;

Central AC – Colours: Yellow and Blue

45, Emma Raven; 46, Hazel Dean; 47, Fiona Thompson; 48, Jennifer Emsley; 49, Morag MacLarty; 50, Patricia Milne; 51, Fanni Gyurko; 52, Claire Brisbane;

Clydesdale Harriers – Colours: White with Black “C”

53, Hylida Stewart; 54, Pamela McCrossan; 55, Marina McCallum;

Corstorphine AAC – Colours: White with Black Trim

56, Gillian Carr; 57, Megan Smith; 58, Janet Grigor; 59, Sarah Anderson; 60, Fiona Drake; 61, Ruth Gibson;

Dumbarton AAC – Colours: Black with Red Band

62, Charlene Kelly; 63, Lynsey Lennox; 64, Melissa Wylie; 65, Joanne Pitt;

Dunbar RC – Colours: White with Green Diagonal band

66, Rhona Anderson; 67, Anne Hay; 68, Louise Beveridge;

Dundee RR

69, Jane Dunlop; 70, Gillian Sangster; 71, Morag Taggart; 72, Jennifer Massie;

East Kilbride AAC – Colours: Gold with 2 Black hoops

73, Kelly Baillie;

East Sutherland AC

74, Sheila Gollan;

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

75, Catherine Ferry; 76, Amanda Woodrow; 77, Victoria Bailie; 78, Lauren Stoddart; 79, Karla Borland; 80, Susan Ridley; 81, Karen Dobbie; 82, Sharyn Ramage; 83, Freya Ross; 84, Janet Dunbar; 85, Elaine Davies; 86, Fiona Hegarty; 87, Joanne Thom; 88, Jo Phillips; 89, Emma Laverie; 90, Sheenagh MacLulich;

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

91, Rebecca Croney; 92, Heather Langham; 93, Georgia Tindley; 94, Rhona Auckland; 95, Sarah Sigsworth; 96, Stephanie Lawrie; 97, Rachel Armitage; 98, Jenny Dybeck;

Falkirk Victoria H – Colours: Black with Gold Band

99, Alison Marven; 100, Lorna Kennedy; 101, Beryl Junnier; 102, Fiona Matheson; 103, Robyn Maxtone; 104, Nicola Flynn; 105, Caroline Lawless; ; 106, Elizabeth Gilchrist; 107, Claire Gilchrist; 108, Julia Drewer; 109, Julia Loecherbach;

Ferranti AAC - Colours: Yellow with Black letters

330, Elisabeth Mockli;

Fife AC – Colours: White with Red Band

110, Innes Bracegirdle; 111, Hester Burt; 112, Megan Crawford; 113, Jennifer Kibble; 114, Phyllis Lemoncello; 115, Sheena Logan; 116, Amie McKimmie; 117, Janet McWhinnie; 118, Sophie Mullins; 119, Miriam Rennet; 120, Helen Sharpe; 121, Morgan Geddes;

Forres Harriers – Colours: Red

122, Kirstie Rogan; 123, Moira Davie;

Gala Harriers – Colours: White with Green Band

124, Dianne Lauder; 125, Rachel Fagan; 126, Andrea Pogson; 127, Fiona Dalgleish; 128, Jennifer Forbes; 129, Gillian Duncan; 130, Anne Weir; 131, Anya Campbell; 132, Dawn Grant; 133, Eileen Nicol; 134, Fiona Shepherd; 135, Kate Jenkins; 136, Arlene Botha; 137, Joeleen McKean;

Garscube Harriers – Colours: White with Blue Band

138, Lesley Chisholm; 139, Laura Devine; 140, Morag Casey; 141, Diane Clark;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

142, Yvonne Hamilton; 143, Li Wang; 144, Louise Sutherland; 145, Anne Lee; 146, Sheila Lewis; 147, Mary McCutcheon; 148, Elaine Mulcahy; 149, Maureen McVey; 150, Ruth Joss; 151, Hilary Millar;

Girvan AAC

152, Jo Schreiber

Glasgow University H&H – Colours: Black with Large Yellow “G” on the Back

153, Lauren Quee; 154, Karolina Kivimäki;

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

155, Rhonda White; 156, Donna Clark; 157, Lorna Coyle; 158, Lisa Ruddy; 159, Marian Monk; 160, Gillian Forrest; 161, Jacqueline O'Donoghue;

Hamilton Harriers – Colours: White with Red Trim

162, Claire McArthur; 163, Lyndsay Moffat; 164, Helen Whyte; 165, Lesley Harvey; 166, Veronica O'Neil;

Harmeny AC

167, Lorna Broadhurst; 168, Keziah Higgins;

Helensburgh AAC – Colours: Yellow with Red Band

169, Michelle Hetherington; 170, Rebecca Beale; 171, Rebecca Parry; 172, Helen Crooks; 173, Laura Johnstone; 174, Julia Henderson;

Hunters Bog T - Colours: Brown

175, Emma Baker; 176, Carrie Craig; 177, Briony Curtis; 178, Jessica Dewar; 179, Sula Gay/Young; 180, Katherine Golding; 181, Claire Gordon; 182, Tessa Hill; 183, Amy Jones; 184, Mairead Kelly; 185, Amelia Lloyd; 186, Julia Lutte; 187, Deborah MacDonald; 188, Sarah Louise MacIsaac; 189, Morag McCracken; 190, Shona McIntosh; 191, Eilis McKechnie; 192, Alison McNeillage; 193, Megan Mowbray; 194, Rose Nicholson; 195, Sinead O' Malley; 196, Phyllis O'Brien; 197, Sarah O'Neil; 198, Louise Provan; 199, Sandra Rathjen; 200, Janice Smith; 201, Rosie Smith; 202, Margaret Spalding; 203, Kara Tar; 204, Claire Ward; 205, Eilidh Wardlaw; 206, Megan Wright;

Inverclyde AC – Colours: Black & White Stripes

207, Julie Gordon; 208, Rachael Bushfield; 209, Nynke Mulholland;

Irvine RC – Colours: Red with Black trim

210, Mary Miller; 211, Susan Rhodes; 212, Ashley Traynor; 213, Elizabeth McGarry;

Kilbarchan AAC – Colours: Gold with Black Hoop

214, Leanne Hamilton; 215, Hannah Waugh; 216, Kirsty Reid; 217, Cara Sloss; 218, Elspeth Curran; 219, Christina Rankin; 220, Natalie Sharp; 221, Jennifer Rooney; 222, Rebeca Fortes-Martin;

Kilmarnock Harriers – Colours: Royal Blue with 2 White Stripes

223, Kara Tait; 224, Lindsay McMahon; 225, Paula Wilson; 226, Rosemary McMillan; 227, Lorna Sloan;

Kinross RR

228, Jillian Gordon; 229, Sarah Hutt;

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

230, Annmarie McCaffrey; 231, Ada Stewart; 232, Elaine Hogg; 233, Shirley MacNab; 234, Vivien Fraser; 235, Marie McChord; 236, Carolyn McKeown; 237, Debs Lindsay; 238, Ausrine Ward; 239, Lindsay Branston; 240, Karen Foster;

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

241, Keira Murray; 242, Catherine Dickson; 243, Linden Nicholson; 244, Karen McKinlay; 245, Debra Murray;

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

246, Hilary McGrath;

Linlithgow AC

247, Hilary Stocks; 248, Frances Wood; 249, Nadine McAlpine;

Livingston & District AAC

250, Yvonne Crilly;

Lothian RC – Colours: Blue with Black letters

251, Chloe Cox; 252, Lynne Murray; 253, Edel Mooney; 254, Jo Hall; 255, Christine MacVarish; 256, Saran Jones; 257, Susan Bruce;

Metro Aberdeen - Colours: Black/Yellow Quarters

258, Fiona Rudkin; 259, Maxine McOuat; 260, Claudia Scragg; 261, Valerie Wilson;

Milburn Harriers

262, Lorna Mahoney;

Moorfoot Runners

263, Scout Adkin; 264, Sarah McCormack;

Motherwell AC – Colours: Burgundy with Gold Band

265, Phyllis Hands; 266, Clare Barr;

North Uist AAC

267, Shona Morrison;

Ochil Hill R

268, Karen Kealey; 269, Alayne Finlay; 270, Fiona Kelsall;

Pitreavie AAC – Colours: Navy/Yellow/White

271, Rebecca Burns;

Portobello RC – Colours: White with Navy and Blue Bands

272, Jenni Owens; 273, Nicola Duncan; 274, Sandra McDougall; 275, Ann Hood; 276, Fiona Wright; 277, Ellie Carr; 278, Caroline Iley; 279, Monica Flanagan; 280, Julie Moffat; 281, Anita Cook; 282, Stephanie McDowall; 283, Michelle Scobie;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

284, Caitie Gorton-Phillips; 285, Sarah Benson; 286, Kirsty Anderson; 287, Alexandra Lamond;

Scottish Prison Service

288, Sarah Whalen; 289, Nicola May; 290, Sarah Bridge; 291, Jennifer Telford;

Shettleston Harriers – Colours: Blue with Gold Band

292, Avril Mason; 293, Jessica Oliver-Bell; 294, Alison Winship; 295, Shona Robertson; 296, Neah Evans; 297, Carole Setchell; 298, Katie Devenney;

Springburn Harriers – Colours: Navy Blue with White Diamond

299, Barbara Knox; 300, Michelle Sandison; 301, Caroline Brownlie; 302, Anne-Marie Hughes;

Stornoway Running & AC – Colours: Red with Yellow Band

303, Eilidh MacKenzie; 304, Ceit Stewart;

Strathern Harriers – Colours: Colours: Blue and White Hoops

305, Kerry Sweeney; 306, Emily Greaves; 307, Donna Inglis; 308, Pauline McAdam;

Troon Tortoises AC

309, Anne Noble; 310, Caroline Mutch; 311, Moira Connell; 312, Karen Robertson;

VP Glasgow AC – Colours: Blue and White Hoops

313, Susan Partridge; 314, Jacqui Thomson; 315, Donna Finlayson; 316, Lynn Doherty; 317, Emma Kay; 318, Elizabeth Potter; 319, Christine Catterson;

Westerlands CCC – Colours: Yellow with Black “W” on Back

320, Sharon Taylor; 321, Claire Larravide; 322, Sheila Fleming; 323, Ellen Homewood; 324, Gaynor Gillespie; 325, Elizabeth Adams; 326, Joanne Hewitt; 327, Patricia McLaughlin; 328, Catriona Fisher; 329, Joda Quigley;

Senior Men Championship
Race Start: 14.30 12,000 metres
Title Holders

Individual (W H Dunlop Trophy): Wegene Tafese (Ron Hill Cambuslang H)

Team (Elkington Shield): Central AC

Aberdeen AAC – Colours: White with 2 red hoops

1, James Joy; 2, Frank Boyne; 3, Athol Burnett; 4, Lukasz Czyzycki; 5, Mark Haskett; 6, Paul Martial; 7, Lachlan Calder;

Anster Haddies RC – Colours: Yellow Vest

8, Richard Shaw; 9, Derek Rae; 10, Allan Gibson; 11, George Findlay;

Ayr Seaforth AC – Colours: White with Red Diagonal Cross

12, Laurence Baker; 13, Alex Dunlop; 14, Stephen McCrorie; 15, Tom McCulloch; 16, Kenneth Neill; 17, Paul Turnbull; 18, Chris Boyce; 19, James Murray; 20, Stephen Kay; 21, Peter Laing; 22, Martin McCrorie; 23, Mark Caldwell; 24, Stuart Brockie; 25, Iain Pettigrew;

Bellahouston Harriers – Colours: Dark Blue with Light Blue Cross Team

26, Andrew Campbell; 27, Iain Burke; 28, Paul Clawson; 29, Darren Murray; 30, Alastair Scott; 31, Donald Kennedy; 32, Crispin Walsh; 33, Brian Douglas; 34, Craig Lamont; 35, Matthew Brown; 36, Francis Gilroy; 37, Ruairidh Macdonald; 38, Steven Prentice; 39, Stuart Miller;

Bellahouston RR – Colours: Purple with White Band

40, Graeme Paterson; 41, Russell Whittington; 42, Bruce Carse; 43, Hamish Barbour; 44, Anthony Lucio Jannetta; 45, Gerard Scullion; 46, Greig Glendinning; 47, Derek Rigmand; 48, Iain Burns; 49, Henry Merriweather; 50, David Stakes; 51, Kevin Queenan; 52, Peter Goodwin; 53, Ciaran Dougherty; 54, Grant MacDonald; 55, Kenny McDonald; 56, Andrew Hardman; 57, Iain O'Donnell; 58, Keith Gibb; 59, Barry Edwards; 60, Gerry Hanlon; 61, Alastair Ewen; 62, Robbie Hayman; 63, Liam Conway; 64, Craig Reid; 65, Matthew Williamson; 66, Patrick O'Sullivan;

Calderglen Harriers – Colours: Amber and Black Vertical Stripes

67, Charles Steven; 68, Andrew Henderson; 69, Richard Lawton; 70, Alan Derrick; 71, David Herbertson; 72, Jim Holmes; 73, Kenny Leinster; 74, Hugh Simpson; 75, Jim Mearns; 76, Andrew McCaffery; 77, Edward Reid; 78, David Searil;

Campbeltown RC

79, James Murdoch; 80, Stuart McGeachy;

Carnegie H - Colours: Orange & Green

81, Allan Brannigan; 82, David Clark; 83, John Crookston; 84, Barry Davie; 85, Kevin Davie; 86, Stephen Greer; 87, John Hynd; 88, Ian Robert Johnston; 89, Paul Kieran; 90, Steven King; 91, David Millar; 92, Jonathan Millar; 93, Kieran Morgan; 94, Ian Stewart; 95, Adrian Davis; 96, Andrew Fallas; 97, Mark Johnston; 98, Roddy McRae; 99, Iain Whiteside; 100, James Bruce Waldie;

Central AC – Colours: Yellow and Blue

101, Colin Alexander; 102, Gordon Appelbe; 103, Hugh Buchanan; 104, Andrew Butchart; 105, Cameron Campbell; 106, Gordon Crawford; 107, David Eckersley; 108, Attila Emmer; 109, Allan Gall; 110, Scott Green; 111, Alastair Hay; 112, Alexander Hendry; 113, Will Hensman; 114, Ross Houston; 115, Robert Hutchison; 116, Ewan Jack; 117, Hugh Kerr; 118, David Lindsay; 119, David McNamee; 120, Liam McCabe; 121, Conan McCaughey; 122, Jamie McDonald; 123, Scott McDonald; 124, Christopher Mchardy; 125, Lewis Millar; 126, Cameron Milne; 127, Billy Mitchell; 128, Robin Mussett; 129, John Newsom; 130, Sean Reilly; 131, Robert Russell; 132, Stuart Watson; 133, Philip Williams;

Clydesdale Harriers – Colours: White with Black “C”

134, Paul Carroll; 135, Paul McKendry; 136, Hugh Lavery; 137, Watson Jones; 138, Peter Rudzinski; 139, Kevin Farmer; 140, Ryan Nelson; 141, Iain Robertson; 142, Michael Diver; 143, Gerry Kane; 144, Dewar Stewart; 145, Martin King; 146, Robert O'Neill; 147, Gerard Montgomery; 148, James Austin;

Corstorphine AAC – Colours: White with Black Trim

149, Moray Anderson; 150, Kris Berry; 151, Stuart Campbell; 152, Bryan Clark; 153, Gordon Clarke; 154, Michael Crawley; 155, Tom Cunningham; 156, Tom Ferrington; 157, Keith Hood; 158, Paddy Jumelle; 159, Calum McKenzie; 160, Ross Milne; 161, Christopher O'Brien; 162, Steven O'Brien; 163, Scott Pilkington; 164, Ryan Riddell; 165, Dougie Selman; 166, Ewan Stark; 167, James Harrison; 168, Donald Macaulay; 169, David Arnott; 170, Ian Johnston; 171, Alan Cameron; 172, Jim Watson; 173, Graeme Fletcher; 174, Steven Blair; 175, Ian McPherson; 176, Alex Cumming; 177, David Dorwood;

178, Ewan Hislop; 179, Martin Caldwell; 180, Jan-Bert Van Den Berg; 181, Christopher Mountford; 182, Alastair Brockie; 183, Sandy Low; 184, Derek Ireland; 185, Dean Carr; 186, Graham Mclean; 187, Scott Williamson; 188, David Law;

Deeside Runners

189, Robbie Simpson;

Dumbarton AAC – Colours: Black with Red Band

190, Thomas Kelly; 191, Paul Kelly; 192, Simon Lennox; 193, Peter Walsh; 194, Allan Carr; 195, John Hamill; 196, William Goldie; 197, James McLaughlin; 198, Alan Fleming;

Dunbar RC – Colours: White with Green Diagonal band

199, Andrew Anderson; 200, Stuart Hay; 201, Ian Sills; 202, Nicholas Williamson; 203, Grant Noble; 204, Ian Rowland;

Dundee Hawkhill Harriers – Colours: Blue and White Quarters

205, Craig Love; 206, Nigel Reynolds; 207, Craig Ross; 208, Gary Bruce; 209, Alan Lawson; 210, Matthew Strachan; 211, Richard G. Davidson; 212, Gordon Barrie; 213, Bruce Scott; 214, Neil Gunstone;

Dundee RR

215, John Mill;

East Kilbride AAC – Colours: Gold with 2 Black hoops

216, Grant Baillie; 217, Alessandro Tronconi; 218, Niall Walker; 219, Graeme Haddow; 220, David Gorman; 221, David Thomson; 222, Jamie Clements; 223, Alan Partridge;

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

223, John Blair; 224, Darren Blyth; 225, Gab Bucciarello; 226, Neil Calder; 227, Max Carcas; 228, Daniel Clarkson; 229, Chris Creegan; 230, Lukasz Cwiklewski; 231, Jamie Doris; 232, Edward Dudgeon; 233, Keith Dunlop; 234, Martin Ferguson; 235, Willie Gallacher; 236, Stewart Gilliland; 237, Kevin Graham; 238, Brian Howie; 239, Mark Horne; 240, Neil Jack; 241, Stuart Johnston; 242, Leon Johnson; 243, Andrew Latham; 244, Bryan Mackie; 245, Richard Meade; 246, Alex MacEwen; 247, Iain Macdonald; 248, Andrew McDonald; 249, Colin McGill; 250, Walter McCaskey; 251, Matthew Newnham; 252, Kirk Ollason; 253, Argy Rizos; 254, Dale Roy; 255, Garry Robertson; 256, Adam Rouse; 257, Eric Stevenson; 258, Neil Thin; 259, Nikhil Mair; 260, Neil Colquhoun;

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

261, Huw Vaughan-Jackson; 262, Arjuna Sivakumaran; 263, James Bruce Waldie; 264, John Creamer;

Falkirk Victoria H – Colours: Black with Gold Band

265, Neil Robertson; 266, Steve Feltbower; 267, John Brogan; 268, Barry Paterson; 269, Michael Allison; 270, John Denholm; 271, Alan Mackay; 272, Iain Wallace; 273, James McLaren; 274, John Martin; 275, Ryan Beattie; 276, Stuart Douglas; 277, Peter Moffett; 278, David Bunyan; 279, Alexander Watson; 280, Alastair McCallum; 281, Euan Martin; 282, Steve McAvoy; 283, Brian Turner; 284, Michael McQuaid; 285, Andy Hume; 286, Michael Ross; 287, Gordon McCann;

Ferranti AAC - Colours: Yellow with Black letters

288, Robert Miller; 289, John Gavin; 290, Malcolm Parry; 291, Edward McDonald; 292, Stephen Reid;

Fife AC – Colours: White with Red Band

293, Kenneth Anthony; 294, Stephen Clark; 295, Ruwan Fernando; 296, Mark Harris; 297, Jonathan Logan; 298, Andrew Milne; 299, Stuart Milne; 300, Michael Mitchell; 301, Kenneth Morris; 302, Andrew Murphy; 303, Daniel Newman; 304, Roger Rees;

Forres Harriers – Colours: Red

305, Robbie Paterson;

306, David Weir;

Gala Harriers – Colours: White with Green Band

307, Colin McCall; 308, Derrick Brydon; 309, Graeme Murdoch; 310, Fergus Johnston; 311, Anthony Lunn; 312, Wayne McIntosh; 313, William McCulloch; 314, Graham Pogson; 315, Mark Bryson; 316, Alan Johnston; 317, Sinclair Hill; 318, David Moffat; 319, Graham Manczak; 320, Rory Campbell; 321, David Nightingale; 322, Alistair Laurie; 323, Andrew Lawrie; 324, James Purves; 325, Steven Martin; 326, Paul Daly; 327, Chrys Murphy; 328, Jamie McGowan; 329, Stewart Henderson; 330, Robert Marshall;

Garscube Harriers – Colours: White with Blue Band

331, Daniel Burns; 332, John Murray; 333, John McLaughlin; 334, Tony Hall; 335, George Lambie; 336, Chris Kilshaw; 337, Alan Blair; 338, Raghbir Singh; 339, Robert McLennan; 340, Andy Griffiths; 341, Duncan McKellar; 342, Kieran McLaughlin; 343, Alexander Chisholm; 344, Donald McPartlin; 345, Stephen Kilpatrick; 346, Kenneth Macanna; 347, David Campbell; 348, Euan Geddes; 349, Nick

Heaney; 350, Alexander Chalmers; 351, James McAneny; 352, Christopher Devine; 353, Robbie Drummond; 354, Stephen Porteous; 355, Alistair Cuthbertson; 356, Andrew Bradley; 357, Simon Sheridan;

Giffnock North AC – Colours: Amber with Royal Blue Hoop

358, Derren Thomson; 359, Ted Gourley; 360, Chris Greenhaugh; 361, David Sawyer; 362, Colin Wylie; 363, David Phee; 364, Billy Clark; 365, Michael Hampson; 366, Luke Chamberlain; 367, Jason Steele; 368, David Logan; 369, Martin O'Donnell; 370, Rodger McEleney; 371, Chris Marsh; 372, Greg Turner;

Girvan AAC

373, Colin Brash;

Glasgow University H&H – Colours: Black with Large Yellow “G” on the Back

374, Andrew Foggo; 375, Myles Bax; 376, Chris Clarke; 377, Ben McClellan; 378, David Houston;

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

379, Duncan Anderson; 380, Steven Campbell; 381, Michael Dunn; 382, Scott Forrest; 383, Kevin James Gill; 384, Andrew Harkins; 385, Michael Harrington; 386, David Henderson; 387, Shaun Lyon; 388, Graham Mcgrattan; 389, Kevan McCartney; 390, Daniel McLaughlin; 391, Michael Mcloone Snr; 392, Sam McVicar; 393, Paul Monaghan; 394, Ross Neilson; 395, Kevin O'Donoghue; 396, Alan O'Rourke; 397, Stephen Trainer; 398, Andrew White; 399, Robert Wilson;

Haddington East Lothian P

400, Callum Reid; 401, Sandy Wallace; 402, Frederick McCain; 403, Paddy McDonald; 404, James Baird; 405, Mark Munro; 406, William Watson; 407, William Nicholson;

Hamilton Harriers – Colours: White with Red Trim

408, Tom Watterson; 409, James Breen; 410, Steven Donnelly; 411, Stephen Duffy; 412, Michael Maxton; 413, Neil Robbins; 414, Ross Bickerstaff; 415, David Dawson; 416, Terence Grady; 417, Richard Murciano; 418, David Kelly;

Harmony AC

419, Ross Millar; 420, Gavin Orr; 421, Murray Peebles; 422, Chris Bell; 423, Darren Cavaroli; 424, Andrew King;

Helensburgh AAC – Colours: Yellow with Red Band

425, Gordon King; 426, Stephen Bell; 427, Damien Theaker; 428, Christopher Moses; 429, Colin Douglas; 430, Derek Blount; 431, John Ritchie; 432, Campbell Fullarton; 433, Alistair Wylie;

Hunters Bog T - Colours: Brown

434, Alasdair Anthony; 435, George Ashley; 436, Will Hugh Bailey; 437, Duncan Baker; 438, Tom Barr; 439, Daniel Beckett; 440, James Bowden; 441, Jamie Brown; 442, Steven Cairns; 443, Adrian Campbell; 444, Ian Campbell; 445, Ross Clark; 446, Daniel Clements; 447, Colin Crabbie; 448, Daniel Fairlie; 449, Robert Flett; 450, Peter Gardner; 451, Daniel Gay; 452, Michael Grant; 453, Simon Harrison; 454, Alistair Hart; 455, Alistair Hindle; 456, David Hope-Jones; 457, Craig Hunter; 458, James Jarvis; 459, Patryk Gierjatowicz; 460, Tom Martyn; 461, Huw Jones; 462, Will Mair; 463, Ian Marshall; 464, Dave Matthews; 465, Peter McClelland; 466, Andrew McKechanie; 467, Stuart Mounce; 468, Philip Mowbray; 469, Doug Murray; 470, Rupert Nash; 471, Donald Naylor; 472, Ivor Normand; 473, Brian Pendreigh; 474, Jon Rathjen; 475, Mark Rhynes; 476, Mark Roberts; 477, James Rogers; 478, Bobby Scully; 479, Andrew Sims; 480, Murray Strain; 481, Joe Symonds; 482, Michael Taylor; 483, Jamie Thin; 484, Neil Thomas; 485, Robin Thomas; 486, Jim Thyne; 487, William Townsend; 488, Martin Twigg; 489, Dave Ward; 490, Ray Ward; 491, Julian Warman; 492, Mark Warner; 493, James Williamson; 494, David Wright; 495, James Wright;

Inverclyde AC – Colours: Black & White Stripes

496, Kristopher Gauson; 497, Craig Ruddy; 498, Mark Pollard; 499, Dan Mulhare; 500, Gary McKendrick; 501, Gerard Gaffney; 502, Gavin Morrison; 503, Thomas Jamieson; 504, John Smillie; 505, Tom Tracey; 506, Robert Gray; 507, Andrew Douglas; 508, Damien Mallet; 509, Jude Boulton; 510, Sean Gaffney;

Inverness Harriers AAC – Colours: Gold with Maroon Diagonal

511, Paul Miller; 512, Andrew MacRae; 513, Graham Bee; 514, Dean Cunningham; 515, Grant Hassan; 516, Tom McWilliam; 517, Kenny Steele;

Irvine RC

518, Colin Miller; 519, Steven Stirrat; 520, Jamie Findlay; 521, James Sneddon; 522, Mark Livingstone; 523, James White; 524, Steven Connell; 525, Alex Allardyce; 526, Joseph McNamee;

Kilbarchan AAC – Colours: Gold with Black Hoop

527, Donald Petrie; 528, Alan Craig; 529, Steven Hill; 530, Callum Hawkins; 531, Paul Leck; 532, David Mackintosh; 533, Conor McNulty; 534, Thomas McDonald; 535, Robert Quinn;

Kilmarnock Harriers – Colours: Royal Blue with 2 White Stripes

536, Cameron Wilson; 537, Scott Martin; 538, Robert Lindsay; 539, Neil Walker; 540, Graeme Cameron; 541, William Duffy; 542, Connell Drummond;

Kinross RR

543, Stephen Crawford; 544, Graham Kemp; 545, Nick Rowan; 546, Martin Hill; 547, Andrew Laycock; 548, John Boyle; 549, Geoffrey Bilton; 550, Struan Robertson;

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

551, Thomas McChord; 552, David Hogg; 553, Robert Rogerson; 554, Louis O'Hare; 555, Graham McCabe; 556, Gary Mitchell; 557, Robert Bartley; 558, Sean Casey; 559, David Gates; 560, Paul Reilly; 561, Cornel Neil; 562, Stephen Allan; 563, Darren Hay; 564, John Pugh; 565, Mark Welsford; 566, Neil Ramsay; 567, Gary Shaw; 568, Vincent Carroll; 569, Euan Craig; 570, David Mallon; 571, Christopher Craig; 572, Stuart Murray;

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

573, Martin Gore; 574, Scott Dickson; 575, Andrew Matheson; 576, Barney Phillips; 577, Phil Parr-Burman; 578, John Murray; 579, Peter Avent; 580, Doug MacDonald;

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

581, Edward McQuillan; 582, Anthony Higgins; 583, Darran Muir; 584, John McGrath; 585, Ross Macdonald; 586, Graeme Brown; 587, Scott Jackson; 588, Patrick Kelly;

Linlithgow AC

589, Angus Gallie; 590, Scott Hyslop; 591, Johan Meintjies; 592, David Marshall; 593, John Redding; 594, Darren Dick; 595, Bryan Grome; 596, Gerry McArdle; 597, Ian Logan; 598, Graham Burrows; 599, Brian Couper; 600, Matt Richardson; 601, Douglas Keillor;

Livingston & District AAC

602, Steven Thomson;

Lothian RC – Colours: Blue with Black letters

603, Max McNeill; 604, Malcolm Lang; 605, Colin Meek; 606, Colin Partridge; 607, Donald Shaw; 608, Euan McInnes; 609, Stephen Malcolm; 610, James Alexander; 611, Finlay Slane; 612, Kenton Jones; 613, David Eades; 614, Kenny Mearns; 615, Andrew Fish;

Maryhill Harriers

616, Craig White; 617, Andrew Sutherland; 618, Kieran Sullivan; 619, Michael Kemp;

Metro Aberdeen - Colours: Black/Yellow Quarters

620, Mark Johnson; 621, Takayuki Kurata; 622, George McPherson; 623, Adam Scragg; 624, Alasdair MacMillan; 625, Jeremy Kibble; 626, Tom Brian; 627, Barry Gibson; 628, Gavin McLennan; 629, Roddy McLeod; 630, James Cruickshank; 631, William Gavin Reid; 632, Kevin Harper;

Milburn Harriers

633, Stephen Cowper; 634, Eric Chattell;

Moorfoot Runners

793, Colin Williams;

Moray RR

635, Gareth Jenkins; 636, Kenneth Wilson; 637, Colin Green; 638, Paul Taylor; 639, Keith McArthur; 640, John-Paul Downey;

Motherwell AC – Colours: Burgundy with Gold Band

641, Scott Dickson; 642, Christopher MacDonald; 643, Graham McEwan; 644, John Burns; 645, Alan Tait; 646, Ross Burton; 647, Robert Pattinson; 648, Peter Blackmore; 649, Matthew Purser;

North Highland Harriers

650, Kevin Cormack; 651, David Spencer; 652, David Orr; 653, David McKeown; 654, John Cobb;

Ochil Hill Runners

655, Andrew Wright; 656, David Eiser; 657, John Stevenson; 658, Graeme Campbell;

Pitreavie AAC – Colours: Navy/Yellow/White

659, Neil Maclachlan;

Portobello RC – Colours: White with Navy and Blue Bands

660, William Jarvie; 661, Andrew Stavert; 662, Ian Beattie; 663, Gareth Green; 664, Peter Buchanan; 665, David Limmer; 666, Steve Crane; 667, Mark Fry; 668, Martin Devine; 669, Craig Taylor; 670, Gavin Brown;

Ron Hill Cambuslang Harriers – Colours: Red with White Band

671, Francis Hurley; 672, Edward Stewart; 673, Colin Feechan; 674, David Thom; 675, Alick Walkinshaw; 676, Niall Bristow; 677, James Healy; 678, Kenny Macpherson; 679, Michael O'Hagan; 680, Greg Hastie; 681, Kerry Liam Wilson; 682, Brian Campbell; 683, Jamie Reid; 684, Scott Hunter; 685, John Macnamara; 686, Robert Gilroy; 687, Iain Reid; 688, Benjamin Hukins; 689, Kenny O'Neill; 690, Gordon Robertson; 691, David Munro; 692, Iain MacCorquodale; 693, Chris Wilson; 694, Stuart Gibson; 695, Shaun Butler; 696, Jasmair Pal; 697, Andrew MacKenzie; 698, Wegene Tafese; 699, Kyle McLellan; 700, Bobby Bristow; 701, Stewart Orr; 702, Stephen Paris;

Scottish Prison Service

703, Duncan McGougan; 704, Gerry Gallacher;
705, Robert Watson;

Shettleston Harriers – Colours: Blue with Gold Band

706, Michael Paxton; 707, William Breckenridge; 708, Adam Peters; 709, Brian McGarrity; 710, Andy Little; 711, Peter Mackie; 712, John J Duffy; 713, Matthew Sullivan; 714, Tewoldeberhan Mengisteab; 715, Paul Sorrie; 716, Mark McColl; 717, Michael Deason; 718, John Oates; 719, Lachlan Oates; 720, Gerard Mason; 721, Bill Winning; 722, Kieran Docherty; 723, Oleg Chepelin; 724, Amanuel Hagos; 725, Thomas Owens; 726, Casey Morgan; 727, John McCall; 728, Brian Robertson; 729, Kevin Brydon; 730, Alasdair McLeod; 731, Kenny Richmond; 732, Kerrick Hesse; 733, David Murphy;

Springburn Harriers – Colours: Navy Blue with White Diamond

734, Martin Coleman; 735, Ross McEachern; 736, Emilio Cosimo; 737, Joseph Junior Chambers; 738, Grant Cairns; 739, Graham Crawford; 740, John Owens; 741, Willie Munro; 742, Damian McAuley; 743, Andrew Callan; 744, Scott Partyka;

Stirling University AC – Colours: Green and Yellow

745, Kevin Schenk;
746, Andrew Gilmore;

Stornoway Running & AC – Colours: Red with Yellow Band

747, Ross Munro; 748, William MacRury; 749, Murdo MacKenzie; 750, Andrew Joyce; 751, Norman Ferguson;

Strathern Harriers – Colours: Colours: Blue and White Hoops

752, Roger Goddard; 753, Gordon Morrison; 754, Philip Tipping; 755, Andrew Greaves; 756, Patrick O'Kane;

Taunton AC

757, Daniel Sheldrick;

Teviotdale Harriers – Colours: White with Maroon Band

758, Alan Inglis; 759, Alan Coltman; 760, Alister Biggar; 761, Craig Grieve;

Troon Tortoises AC

762, Graeme McKenzie; 763, George McGregor; 764, David Ruthven; 765, Ian McNee; 766, Fraser McPhail;

VP Glasgow AC – Colours: Blue and White Hoops

767, Gerard Craig; 768, Ian Dunn; 769, Sean Fontana; 770, Peter Jardine; 771, Damien Moore; 772, Duncan Thomson; 773, David Vernon; 774, Derek Watson Snr.; 775, Jonathan Miller; 776, Gavin Wright;

Westerlands CCC – Colours: Yellow with Black “W” on Back

777, Brian Bonnyman; 778, David Calder; 779, Gibson Fleming; 780, Chris Upson; 781, Grant Thomson; 782, James Callender; 783, Michael Sweeney; 784, John Hamer; 785, Roderick Fleming; 786, Gwyn Bellamy; 787, David Riach; 788, John Denovan; 789, Owen O'Neill;

Individuals

790, Nigel Holl; 791, Andrew Ronald;