



**NATIONAL ROAD RELAY
CHAMPIONSHIPS**
MEN 6 STAGE WOMEN 4 STAGE

SATURDAY 27th MARCH 1999

LIVINGSTON (Almondvale)

sponsored by



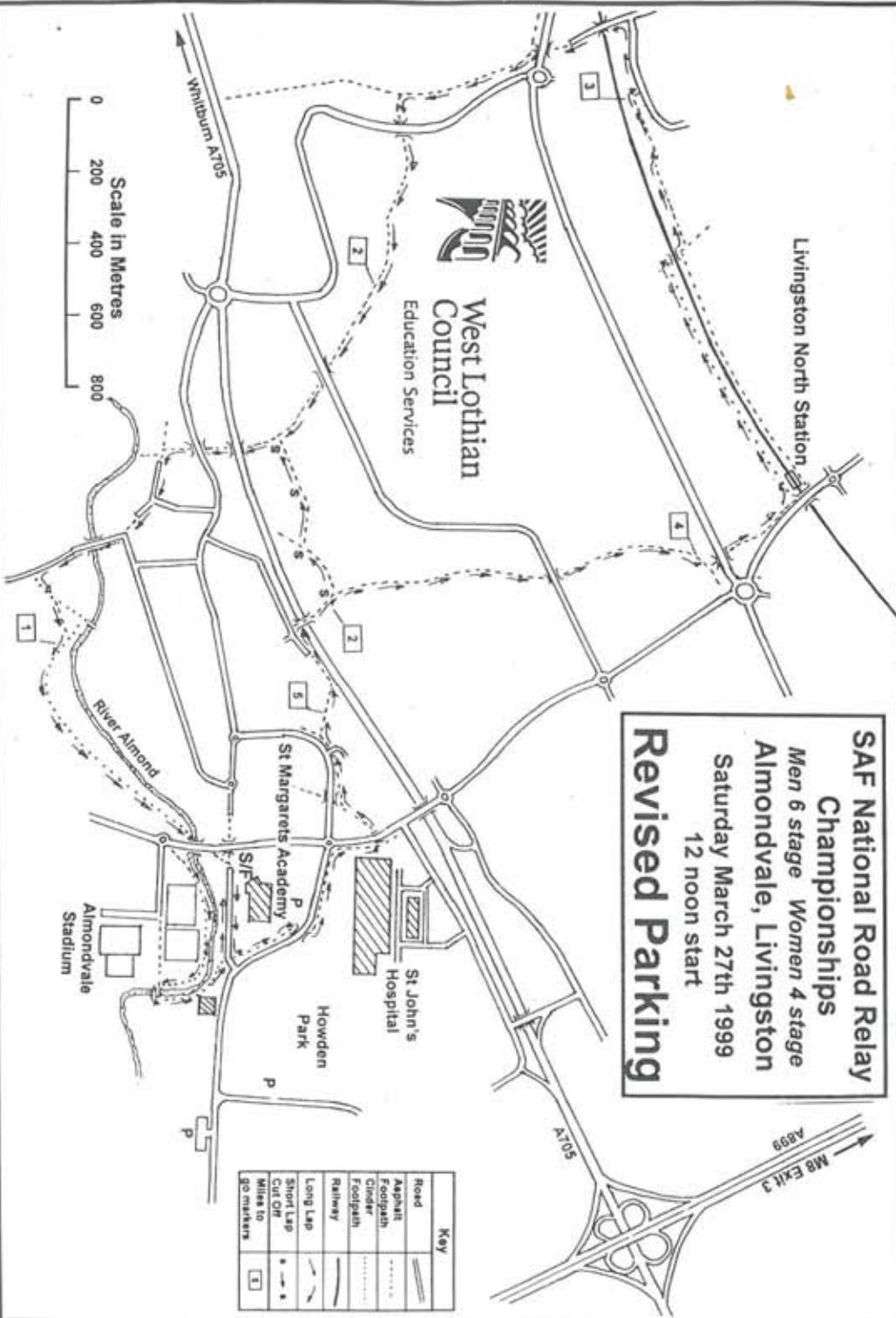
**West Lothian
Council**

**SAF National Road Relay
Championships**
Men 6 stage Women 4 stage
Almondvale, Livingston
Saturday March 27th 1999
12 noon start

Revised Parking

Scale in Metres

0
200
400
600
800



TIMETABLE

DECLARATIONS CLOSE
RACE STARTS

11.30
12.00

NUMBERS

SHORT LAP (3.15 miles)
LONG LAP (5.8 miles)

RED NUMBERS
YELLOW NUMBERS

SCOTTISH ATHLETICS FEDERATION OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Prof. R.Morrison
Management Board	P.Carton
Chief Executive	D.Joy

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Mrs E.Gunstone
Vice Convener	W.A. Robertson
Hon. Secretary	B.A. Goodwin
Finance Officer	D.V McLaren

WOMEN'S FOUR STAGE

Holders- Shettleston Ladies		
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i- 1, 2	K Newman	D Murray	L F
n- 3	J Stevenson	A Davie	S 1

OFFICIALS

Referee:	Jim Young
Clerk of Course	Martin Hyman
Announcer:	Bob Gray
Starter:	June Duffy
Judges:	Neil Donachie, Brian Goodwin, Fred McCluskie,
Timekeepers:	Duncan McLaren (Chief), Joe Bruce, Graham Sword.
Recorders:	Sandra Hardacre(Chief), Sandy Cameron, Marion Donachie Brian Hislop, Ian Hislop, Enid Johnstone
Declarations:	Sandra Hardacre, Marjory Cook
Results:	Jen Jackson, Peter Jackson, Heather Jackson, Alex Jackson
Course Marshals	Members of Livingston & District AAC
Conveners	Marjory Cook ,Alex Jackson, Martin Hyman

ACKNOWLEDGEMENTS

The Commission expresses grateful thanks to all who have helped in the organisation of todays event, in particular the following

West Lothian Council
Livingston & District AAC
Lothians & Borders Police
St Andrews Ambulance(Livingston Branch)

On behalf of West Lothian Council welcome back to Livingston.

Today's Championship event reflects a genuine and strong partnership of West Lothian council, Scottish Athletics Federation and the athletic and harrier clubs. The host club Livingston AAC has worked over the months to help ensure a safe and well-marshalled event. Thanks to all clubs who have provided the officials to manage the event as well as the many coaches, team mangers and athletes up and down the country who have travelled to this traffic free and scenic course.

The event fits well with West Lothian Sport Strategy. It brings together the many volunteers and the full time officers in SAF and West Lothian to provide a high level of competition for men and women. It is particularly welcome in that the competition provides for a range of abilities from talented internationals to committed club runners. It is particularly pleasing to see several clubs send several teams. Again this comprehensive approach fits well with WLC Sport Strategy.

I hope it is keenly contested at the sharp end but enjoyed by all.

Councillor Hugh Owens
Spokesperson for Sport and Leisure

ATHLETICS FEDERATION OFFICE

It is my pleasure to welcome the Federation Road Relay Committee Board afternoons programme: the defending champions Mizu respectively.

W.M.Campbell C.B.E. C

Prof. R.Morrison

P.Carton

D.Joy

ING AND CROSS COUNTRY COMMITTEE

The support of West Lothian Council is part of a three year partnership in Livingston until year 2000 and commitment to the Championships will be extended in the future.

Mrs E.Gunstone

W.A. Robertson

B.A. Goodwin

D.V McLaren

You will notice that the Championships require a great number of dedicated Officials to ensure their smooth operation. Our grateful thanks therefore go to Martin Hyman and his organising committee from Livingston & D AAC, to Jim Young, the SAF Road Running and Cross Country Commission's Championship Convenor. Furthermore let me thank, on your behalf, and all those who give their time voluntarily in order to ensure excellent Championship facilities for the athletes.

Today is a great club event. Let me wish you all success and some exciting running.

Ron Morrison
President Scottish Athletics Federation

Road Running and Cross Country Commission

I am very pleased to welcome everyone to Livingston once again for the National 6-stage Road Relay Championships. By bringing these championships back to the same course again and by continuing the recently introduced women's championship over 4 stages, the Commission hopes to increase the number of participating teams.

Congratulations to all of you who have won selection to represent your clubs. I am sure the contest will be keen and I hope you enjoy it so much that you want to come back next year.

Following last year's successful championships we are delighted to have been offered, and to have accepted, a three year sponsorship deal by West Lothian Council and trust that the Council's representatives enjoy their "day at the races". We are grateful for their support.

Behind every successful championship there is always a hardworking convenor and club. To-day it is Martin Hyman and Livingston and District Club who are responsible for putting on the event and the Commission thanks them all most sincerely. Thanks also to you all for coming to support us.

Eleanor Gunstone
Convenor
Road Running and Cross Country Commission

WOMEN'S FOUR STAGE

Holders- Shettleston Ladies

City of Edinburgh Team Num- 1, 2

S Aitken	K Macleod	K Newman	D Murray	L Harrison	J Ross
A Wood	C Wallace				

Falkirk Victoria H Team Num- 3

C Lawless	A Douglas	J Stevenson	A Davie	S Logan
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Gala Harriers Team Num- 4

L Howie	S Gilchrist	C McKinlay	N Alexander	L Dumper	A Foss
L Haining	P Affleck	R McCann	K Renton	P Ashford-Smith	
A Johnstone					

Helensburgh AAC Team Num- 5

K Leckie	A McBride	S Davies	J McColl	R Thomas	C Leckie
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Hunters Bog T Team Num- 6

C Buckley	M Campbell	S Clive	D McDonald	A McNeillage	K Simister
M Smith	A Sutherland	M Todd	A Wood		

Kilbarchan AAC Team Num- 7, 8

M Campbell	K Chapman	H Lundie	U McIntyre	E Masson	A McKeever
J Moore	M Moore	C Murray	K O'Brien	S Pearson	

Lasswade AAC Team Num- 9

W Kerr	K Meikle	M Nicolson	J Neil	L Rice	S Whiteley
L Bright	G Lindsay	A Gerrard			

Livingston & D AAC Team Num- 10, 11, 12

V Blair	L Boyle	S Campbell	V Dempsey	M Ewing	A Gardner
J Henders	M Hyman	D Leddy	G McFarlane	L McGiffen	T McMenemy
J Moncrieff	H Murray	H Quick	P Rother	C Rougvie	J Salvona
E Smith	M Turnbull	H Sutherland	F Weir		

Shettleston Ladies Team Num- 13, 14

S Carter	F Edwards	A Hughes	E McBrinn	E Mackay	P McKay
L Macneill	B O'Neil	E Reid	E Scott	L Tedford	

Troon Tortoises AC Team Num- 15

M Gemmill	S Gray	M Robertson	C Meriden		
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MEN'S SIX STAGE					
Holders- Mizuno Racing Club					

Babcock Pitreavie AAC Team Num- 31

C Watson	D Arnott	J Farquhar	N Cunningham	S Evans	A Russell
I Brown	A Cowan	D Farquharson	A Donaldson	P Baxter	J Campbell
S Reid	C Mathieson	S Ellwood	G Gardiner	D Smith	M Bell

Bellahouston H Team Num- 32

C Joss	J McFadyen	A Quinn	I Burke	C Scott	R Bruce
H Scott	G Gemmell	M Ware	D Branney		

Calderglen H Team Num- 33, 34

C Steven	A Derrick	M Duthie	G Allan	G Macparland	A Henderson
S Robertson	G Mullen	J McMonagle	A Muir	R Shanks	M Buchanan
C Macdonald	A Begg	G Robinson	B Matthew	M Stansfield	G McGahey
J Stewart	J Rafferty				

City of Edinburgh Team Num- 35, 36, 37, 38, 39, 40, 41

J Agnew	D Baker	Z Bankowski	W Begley	J Buick	C Cable
R Cockburn	A Donachie	T Ellacott	M Ferguson	O Flage	M Fulthorpe
W Gallagher	D Garner	H Glynn	A Griffiths	M Holdsworth	P Holmes
R Hope	B Howie	S Innes	M Johnston	I Johnston	L Kay
A Laird	A Laycock	D Lindsay	K Lyall	N Macdonald	A MacEwen
J Macinnes	W McCaskey	R McMenamin	R Mcfall	K McAlpine	D Millar
P Paterson	T Poyer	J Pringle	J Pyrah	A Scott	D Sharkey
M Sneddon	G Steel	I Steel	E Stevenson	A Urquhart	A Wardlaw
A Woods					

Clydesdale Harriers Team Num- 42, 43

A Adams	J Austin	C Brown	E Calvert	M Diver	P Dolan
B Edridge	J Hanratty	W Jenkins	G Kennedy	M McDonald	S O'Connor
P Rudzinski	R Young				

Dumfries RC Team Num- 44

L Hill	J Laird	D Brown	D Scobie	J Grierson	D Batstone
S Mohan	T Davers	P Clingan	C Kinnear		

Dundee Hawkhill H Team Num- 45

N Gunstone	E Holmes	J Kerr	C Haskett	V Cigullo	M Carroll
W Rennie	D Adam	S Mason	J Hepburn	M Strachan	N Raitt
G Rennet					

Falkirk Victoria H Team Num- 46, 47

M Arndt	G Brown	E Donaldson	D Gillespie	D Hart	D Murray
K Rankin	A Ronald	M McQuaid	R McCallum	G Couper	S Lawson
J Martin	J Martin	D Beagley	I Johnston	N Dewar	S Moore
D McKenzie	W Higgins				

Ferranti AAC Team Num- 48, 49

M Bankhead	A Bell	W Fairnie	B Kidd	E McDonald	K Nicol
S Reid	T Ridley	I Shaw	J Shaw	R Watters	K Weston
A Jackson					

Fife AC Team Num- 50, 51, 52, 53

T Mitchell	D Leggate	J Stewart	J Cunningham	J Meek	H McKay
C Russell	B Cruickshank	A Moss	A Milligan	K McCue	A Cassells
O Greene	J Seeley	N Young	D McGregor	D Gunstone	G Bennison
F McLaren	M Farrally	D Anderson	G Barker	P Morrison	R Mill
G Walker	J Thomson	B McManus	K Anderson	J Watson	A Martin
M Laing	G Mathieson				

FMC Carnegie H Team Num- 54, 55, 56

I Taylor	B Macdonald	R Milton	I Macdonald	S Ogg	D McGarry
D Howett	G Clark	M Buchanan	D Armour	I Stewart	C Law
S Nicholson	P Bundy	P Simpson	J Lambie	D Simpson	S Cairns
M Monckton	D Simpson				

Gala Harriers Team Num- 57

N Renton	A Meikle	C Christison	R Murray	M McGovern	F Cochrane
G Capper	A Wilmhurst	S Dumper	W Elliot	A Laurie	J Knox
D Wardman	R Patterson	R Kerr	N Potts	I Arnott	M Gowans

Garscube Harriers Team Num- 58

I Cullen	S Cullen	J Dryden	I Dunn	D Geddes	D Heppell
S Irvine	P McGlynn	W Marshall	S Mulrine		

Greenock Glenpark H Team Num- 59

R Docherty	A Morrison	C MacLean	S McLoone	J Cuffe	R Davidson
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Haddington ELP Team Num- 60

P McDonald	J Forte	J Baird	A Wallace	M Dickie	R Harris
R Keenan	A Proudfoot				

Hunters Bog T Team Num- 61, 62

S Axon	B Blair	N Blissett	C Farquharson	T Gillespie	K Gooch
J Hampshire	I Harkness	A Hart	R Herries	C Hunter	J Jarvis
J Keogh	C Lightbody	H Lorimer	I Marshall	M Marshall	G MacCready
J McKay	G Mitchell	P Mowbray	D Naylor	P O'Kane	P O'Keeffe
E Scott	G Simpson	D Taylor	N Thomas	J Thyne	R Wall
A Wright					

Inverclyde AC Team Num- 63, 64

N Armstrong	J Bannister	J Bruce	S Conaghan	S Dalgleish	D Dunn
D Frazer	G Gaffney	A Galbraith	R Gray	G Hegerty	S Hodge
I MacDonald	S McAllister	J McFadyen	L McMahan	J McShane	T Murray
G Newman	C Robison	C Spence	W Stoddart	W Tipping	T Tracey
B Litterick	M Hicks	J Conaghan	R McDonald	G Davidson	B McArthur
A Cameron					

Irvine AC Team Num- 65, 66
W Richardson L Richardson C Miller J White A Clinton A Rennie
I McKinnon J Morton B Craig S Nisbet F Dowell M Flinn
D Miller R Cheyne J Stevenson

JW Kilmarnock H Team Num- 67
J Goldie E Tonner I Connell G Cairns I Gebbie F Evans
S Dickson A Murray G Short

Kilbarchan AAC Team Num- 68, 69, 70, 71					
T Anderson	C Berry	R Brisco	B Christie	G Fairley	
R Fitzsimmons	G Gibson	A Greig	S Hards	T Hearle	J Kloumann
A Macangus	I McDougall	D May	R McCulloch	M McGinley	A McLeod
J Mcmillan	D Mewse	R Miller	A Muir	D Petrie	A Puckrin
R Quinn	A Ross	J Snodgrass	I Wallace	H Wright	P Duffy
B Dunn	J Davidson	J McInnes	T Yule	A Renfree	P Walder
G MacArainn	D McCormack				

Kirkintilloch Oly Team Num- 72 C Burns S Kerr E McLoone J McLoone K Stewart M McVey

Kwik Fit Cor AAC Team Num- 73, 74

R Jones	B Nicholson	M Anderson	S Bowman	C Smith	F Norwood
K Hood	D Law	E Ross	D Henderson	G Mclean	M Caldwell
M Malcolm-Smith		M Hulme	I Cumming	S Clarke	B Clark
D Highton					

Lasswade AAC Team Num- 75
R Kettles D Veitch A Scott A McIntosh B Mitchell J Forker
D Whitley

Livingston & D AAC Team Num- 76, 77, 78					
G Ackland	A Agnew	S Balfour	A Barrie	T Brand	T Brannan
S Conway	S Dempsey	P Dymoke	D Eades	J Ewing	G Gilhoole
M Hyman	M Kassyk	M Leadbetter	I Leggett	M Lieberman	I Lindsay
S Logan	W McPhail	J May	C Meek	C Northam	A Roberts
D Santry	I Seggie	J Sherban	D Simmons	S Thomson	P Weeks

Maryhill Harriers Team Num- 79, 80

K Stevenson	S Walker	A Kinniburgh	J Houston	J Biggam	A Gallacher
J Micoud	R Mardle	M Gallacher	W Mitchell	J McLevy	C McCue
J McLeod	M McCartney	J McCartney	W McGown	W McGill	D Shearon
N Singh	A Craig	J Reid			

Mizuno RC Team Num- 81, 82, 83					
G Booth	I Brown	S Campbell	K Chapman	S Cohen	M Coyne
M Coyne (Snr)	P Fleming	D Gardiner	T Hanlon	C Heaven	A Hutton
W Kietchumba	B Kirkwood	S Macdonald	I MacNicol	A Robson	J Robson
D Ross	J Ross	K Smith	G Stewart	L Stewart	

Motherwell & D AC Team Num- 84, 85

G Graham	J Brennan	T Mooney	A Campbell	S Murdoch	B McLinder
J Hughes	J Dobbie	P Mullen	S Kavanagh	G Hawkins	

Penicuik Harriers Team Num- 86, 87 D Buchan D Cairns R Walker S Cant A Walker I Veitch
C Sutcliffe M Duncanson J Suarez Minquez H Hall

Ron Hill Cambuslang Team Num- 88, 89, 90					
R Arbuckle	C Borthwick	J Brooks	J Brown	K Conley	J Cowan
K Downie	M Fairgrieve	I Grant	S Hunter	G Love	W Mctaggart
I Reid	A Robertson	D Rodgers	D Runcieman	D Thom	C Thomson
N Wilkinson	A O'Hagen	F Barton	D Buchanan	F Connor	D Cooney
D Dymond	D Fairweather	B Gough	A Hughes	F Hurley	A Jenkins
W Marshall	C McDougall	G Reid	G Ferguson	J Kealey	B King
G Melvin	G Robertson				

Shuttleston Harriers Team Num- 91, 92, 93					
A Callan	D Cameron	W Coyle	D Crowe	J Duffy	J Duffy
R Johnstone	J Mackay	D McGonigle	K Maloney	B Scally	G Wight
F McGowen	J Hendry	A McCall	J Donnelly	N McGregor	A Swann
S Gibson	J McCall	J Norton	H Watson	M McGoldrick	A Waclawski
D Gow	M Graham	B McGarrity	A McDonald	C Marwick	K McClean
R Loughran	D Williams	A Mackay	D Alexander	M Patterson	B Carty
P McMahon					

Springburn Harriers Team Num- 94, 95

J Bell	A Chalmers	J Cooper	R Davis	E Dickson	J Harper
J Hendry	A Hill	D Houstoun	G Inglis	A Lees	A Macfarlane
I Marshall	A McIndoe	J McLaughlan	D McVey	D Morton	D O'Neil
J Owens	M Paton	D Reid	A Ross	R Soutar	F Thom
F Wright	R Young				

Troon Tortoises AC Team Num- 96
I Beattie G McGregor W Spark W Robertson B McKeating C Martin
J McKinlay P Wilson R Miller

Victoria Park AAC Team Num- 97, 98, 99					
A Douglas	S Barnett	K McVey	D Watson	P McGregor	R Newton
B Collie	G Vosper	K Forster	A Nicoll	P Nicoll	R Young
D McKerracher	T McAra	H Semple	K Brown	J MacMillan	A Brown
J Doyle	W Parker	R Blair	J Pinto-Coelho	E Cameron	M Smith
J Egan	D Cadlin	J Crawford	J Mavild	C Little	



Road Relays Livingston 28th March 1998

Womens 4 Stage

1st	Shuttleston Ladies	1hr 55mins 20secs
2nd	Falkirk Victoria H	1hr 59mins 39secs
3rd	Shuttleston Ladies "B"	2hr 9mins 8 secs

Mens 6 Stage

1st	Mizuno Racing Club	2hr 12mins 31secs
2nd	Shuttleston Harriers	2hr 13mins 58secs
3rd	Ron Hill Cambuslang	2hr 16mins 43secs

Fastest Laps (Men)

	Short leg (3.15m)	Long leg (5.8m)
R. Quinn (Kilbarchan)	15.05	G. Stewart (Mizuno) 27.57
R. Fitzimmons (Kilbarch)	15.28	A. Callan (Shuttleston) 28.18
S. Cohen (Mizuno)	15.29	J. Ross (Mizuno) 28.43
A. Puckrin (Kilbarchan)	15.29	B. Jenkins(Clydesdale) 28.48
B. Scally (Shuttleston)	15.38	D. Ross (Mizuno) 28.49
B. Kirkwood (Mizuno)	15.38	C. Thomson(R.H Cam) 29.02
A. Little (Shuttleston)	15.38	W. Coyle (Shuttleston) 29.11
K. Idnessane (Clydesdale)	15.44	D. Cameron (ShettL.) 29.23
K. Downie(R.H. Cambus.)	15.47	A. Robertson(RH Cam) 29.31

Fastest Laps (Women)

A. Gardiner (Livingston)	20.00	J. Stevenson (FVH)	35.09
H. Min-Chung (Shuttleston)	20.14	F. Florence (Shuttle)	36.39
E. Reid (Shuttleston)	20.39	A. Hughes (Shuttleston)	37.48
A. Douglas (FalkirkVH)	21.32	L.Tedford (Shuttleston)	40.12
V. Blair (Livingston)	21.34	C. Lawlesss (FVH)	40.37

Results from today's race will be available on the Internet shortly after the event at:

<http://www.runningresults.freeserve.co.uk/>