



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

**SATURDAY 27th MARCH 1999**

**LIVINGSTON (Almondvale)**

sponsored by



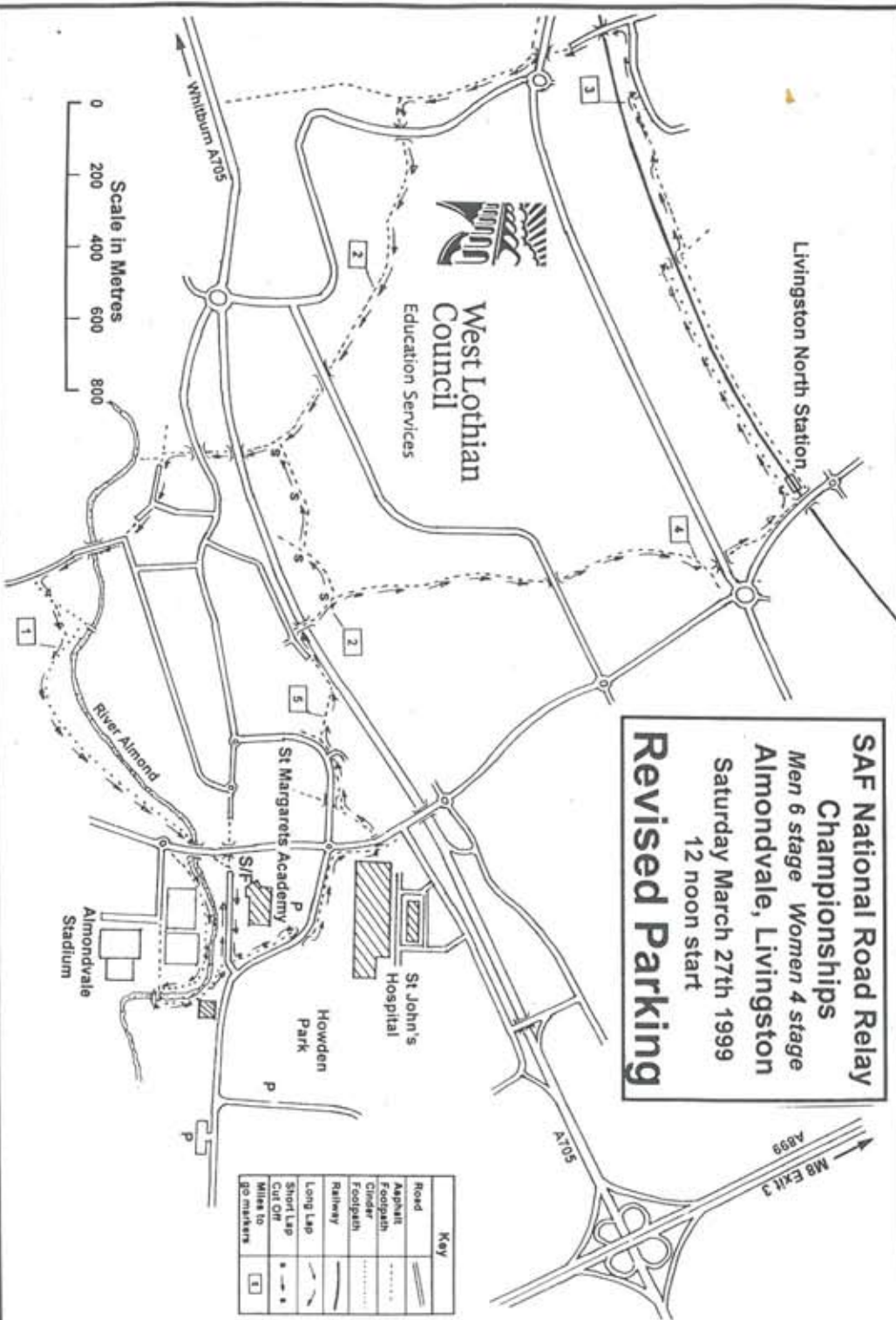
**West Lothian  
Council**

<b>TIMETABLE</b>	
<b>DECLARATIONS CLOSE</b>	<b>11.30</b>
<b>RACE STARTS</b>	<b>12.00</b>

<b>NUMBERS</b>	
<b>SHORT LAP (3.15 miles)</b>	<b>RED NUMBERS</b>
<b>LONG LAP (5.8 miles)</b>	<b>YELLOW NUMBERS</b>

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

Key	
Road	—
Asphalt	—
Footpath	—
Cinder	—
Footpath	—
Railway	—
Long Lap	—
Short Lap	—
Cut Off	—
Miles to	—
10 markers	—



# 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

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

## 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)

## WOMEN'S FOUR STAGE

### Holders- Shettleston Ladies

1- 1, 2	K Newman	D Murray	L F
n- 3	J Stevenson	A Davie	S I

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  
Federation Road Relay Championships  
afternoon's programme: the  
defending champions Mizu  
respectively.

## ROAD RUNNING AND CROSS COUNTRY COMMISSION

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

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 McGadey
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 Poyser	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 Raith
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 Wilmshurst	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 MaCready
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 Dalglish	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
I McKinnon	J Morton	B Craig
D Millar	R Cheyne	J Stevenson

**JW Kilmarnock H Team Num- 67**

J Goldie	E Tonner	I Connell
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
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**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 Gilhoolley
M Hyman	M Kassyk	M Leadbetter	I Leggett	M Lieberman	I Lindsay
S Logan	W McPhail	J May	C Meek	C Northam	A Robertson
D Santry	I Seggie	J Sherban	D Simmons	S Thomson	P Weeks
P West	L White				

**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 McLinden
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 Graham	M Browne	J Suarez-Minguez	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				

**Shettleston 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 Wacławski
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 Houston	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 Harvie	D Carlin	I Crawford	J Mavlid	C Little	





## Road Relays Livingston 28<sup>th</sup> March 1998

### Womens 4 Stage

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

### Mens 6 Stage

1st Mizuno Racing Club	2hr 12mins 31secs
2nd Shettleston 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 (Shettleston)	28.18
S. Cohen (Mizuno)	15.29	J. Ross (Mizuno)	28.43
A. Puckrin (Kilbarchan)	15.29	B. Jenkins(Clydesdale)	28.48
B. Scally (Shettleston)	15.38	D. Ross (Mizuno)	28.49
B. Kirkwood (Mizuno)	15.38	C. Thomson(R.H Cam)	29.02
A. Little (Shettleston)	15.38	W. Coyle (Shettleston)	29.11
K. Iddessane (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 (Shettleston)	20.14	F. Florence (Shettle)	36.39
E. Reid (Shettleston)	20.39	A. Hughes (Shettleston)	37.48
A. Douglas (FalkirkVH)	21.32	L. Tedford (Shettleston)	40.12
V. Blair (Livingston)	21.34	C. Lawless (FVH)	40.37

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

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