



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

SATURDAY 3rd April 2004

LIVINGSTON (Almondvale)

supported by



**West Lothian
Council**

TIMETABLE

DECLARATIONS CLOSE	11.30
RACE STARTS	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	Alan Potts
Chairman	Liz McColgan
Event Manager	Karen Weiniger

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Marjory Cook City of Edinburgh AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon. Secretary	Brian Goodwin (Bellahouston Harriers)
Assistant Secretary	Margaret Daly (Shettleston Ladies)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

OFFICIALS

Referee:	Ian Clifton M.B.E
Clerk of Course	Martin Hyman
Announcer:	Bob Gray
Starter:	Barry Craighead
Judges/ Changes	Neil Donachie (Chief), Sandy Cameron, Barry Craighead
Timekeepers:	Joe Bruce (Chief), Raymond Hutcheson, Graham Sword
Recorders:	Margaret Daly (Chief) Alan Smith, Fred McCluskie, John Brash Geoff Angell
Declarations:	Jen Jackson, Marion Donachie
Results:	Jen Jackson, Peter Jackson, Marion Donachie
Presentations	Alan Potts
Press	Chris Broadbent
Jury of Appeal	Robin Thomas, Alan Potts, Alex Jackson
Course Marshals	Members of Lothian Running Club
Conveners	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	Lothians & Borders Police
Lothian Running Club	Staff of St Margarets School
St Andrews Ambulance(Livingston Branch)	

WEST LOTHIAN COUNCIL

Welcome to Livingston for a traffic free course and to one off West Lothian Council's facilities: St Margaret's Academy . This is the twelfth time Livingston has hosted the Scottish Road Relay Championships. The Management of the Championship brings together several key players such as Scottish Athletics, one of the local athletic clubs, namely Lothian Running Club and several services of West Lothian Council including Education and Sports Development .We hope you are rewarded with quality competition, a safe run and good sportsmanship.

West Lothian Council are pleased to support this Championship as it links well with several of our strategies such as Community Club Development, Physical Activity Promotion and Sports Development . Under the last two banners there are other opportunities for endurance runners in the area such as the Dechmont Trail Race and the Linlithgow 10K .

The Council will be supporting the event next year and we hope to see even more women teams and even more of the smaller road running clubs appear: so please spread the word.

Have a good run.

Wendy Mutch
Chair Sport and Leisure

SCOTTISH ATHLETICS

I am very pleased to welcome you all to Livingston for the Scottish National 6 Stage/4 Stage Relay Championship. Thanks must go to West Lothian District Council, for their continued support of this event, it is greatly appreciated.

The 6 Stage/4 Stage relays always supplies us with some very exciting and competitive races and no doubt this year's event will be no exception.

The event today could not take place without the involvement and dedication of all the organisers, sponsors, technical and club officials. Many thanks for all your efforts, especially those from the host club, Lothian Running Club, under the guidance of Martin Hyman.

Best of luck to you all, have an enjoyable and successful day.

Alan Potts
President

ROAD RUNNING AND CROSS COUNTRY COMMISSION

It is a pleasure to welcome you to Livingston today for the 6 /4 Stage National Road Relay championships.

West Lothian Council Have again provided the facilities at St Margaret's High School and to them we must say Thank you.

We must thank the Sports Development Unit also Martin Hyman and members of Lothian Running for all the preparation.

To the officials on duty today again we say Thank you. Finally to all competitors,"have a good run"no matter where you aim to finish in your stage of the race.

Marjory Cook
Convenor

MEN'S SIX STAGE

Holders- Racing Club Edinburgh

Aberdeen AAC Colours: White with 2 red hoops

Alan Wales	Iain Donnan	Mark Kennedy
David Burlton	Benjamin Hukins	Richard Wainford
David Duguid	Adam Watt	Frank Boyne
Alexander Peddie	Stephen Cassells	Keith Charlton
Neil Murdock	Mel Edwards	Frank Smith

Ayr Seaforth AAC Colours: White with Red Diagonal Cross

Alex Allardyce	Laurence Baker	Peter Laing
Robert Napier	Colin Souter	Kevan Fulton

Bellahouston Road Runners Colours: Purple with White Band

Nick Kelly	Stewart Robertson	Paul McNally
Andy Birnie	Ken Macmahon	

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Russell Couper	Graham Allan	Alan Derrick
Stuart Waugh	George Stewart	Alan Cullie
Andrew Henderson	Blair Matthew	Stephen Marzella
Chris Brooks	Edward Reid	Roderick Shanks
Stephen Wright	Martin Duthie	Jim Holmes
Brian Carrigan	Scot Hill	Jamie McMonagle
Colin Jarvie	Gerard Mullen	Malcolm Buchanan

Central AC Colours: Yellow and Blue

Robert Russell	Lewis Millar	James McDonald
Ewan Gault	Craig Walker	Alasdair Anthony
Alex Milne	Robert Hutchison	Alan Hume
Alastair Hay	Roger Greenaway	Derek Easton
Cameron Campbell	John Millar	William Gault
James Drummond	Alan Gall	Ivor Campbell
W Hensman		

City of Edinburgh AC Colours: White with one Blue, one Black Hoop

David Blackie	Graham Beal	David Campbell JNR
Martin Ferguson	Jonathan Ferry	Owen Flage
Brian Howie	Mark Johnston	Rod Leach
Keith Lyle	Juan Mareque	Robert Mair
Hugh MacInnes	Ronald Nolan	Peter Paterson
Robert Riddell	Stewart Robertson	John Steel

Clydesdale Harriers Colours: White with Black "C"

Allan Adams	James Austin	Graeme Reid
Peter Riley	Ian Murphy	Pete Cartwright
Brian K.E Edridge	John Foley	Brian Gallagher
Peter Halpin	John Hanratty	John McArthur
Alan Rodger	Peter Rudzinski	James Shields
Brian Campbell	Cliff Brown	Ronald Hurt

Team Nos 1, 2

Malcolm Beattie
Michael Paddon
David Armitage
Robert Thornhill

Team Nos 3

Tom McCulloch

Team Nos 4

Dougal Ross

Team Nos 5, 6, 7, 8

Charles Steven
Colin Freeman
Kevin Downie
Colin Macdonald
David Watt
Ian Hughes

Team Nos 9, 10, 11

Ross Houston
Steve Laing
Robert Stott
David Hay
Fraser Purves
Ian Beattie
Steven McArthur

Team Nos 12, 13, 14

Andrew Donachie
Andrew Gibson
Stuart Lamb
Alex MacEwen
Jamie Pringle
Jonathan Whitehead

Team Nos 15, 16

Mark Rudzinski
Michael Diver
Derek Halpin
Iain Robertson
Robert Young

Dundee Hawkhill Harriers Colours: Blue and White Quarters

Matthew Strachan	Michael Carroll	Joe Symonds
Charles Haskett	John Castle	Stephen Mason
Brian Cook	Allan Wilson	Ian Campbell
John Hepburn	Gordon Watson	Eddie Holmes

Team Nos 17, 18

Neil Gunstone
David MacDonald
Craig Ross
Pete Fox

East Kilbride AAC Colours: Gold with 2 Black hoops

David J. Condra	Graeme Haddow	Grant Baillie
Mark Smith	Edgar Ramage	Derek Leitch
Ralph Riach	Stephen Boyce	

Team Nos 19

Gordon Colvin
Brian O'Neill

Energy Zone Carnegie Colours: Orange & Green

Robert Milton	Steven Ogg	Douglas McGarry
Ian Stewart	Lewis Lawson	Andrew Hunter
Francis Harper	Kevin Clark	Peter Morrison
Neil Campbell	Jim Gray	John Milton
Mike Harvey		

Team Nos 20, 21

Dennis Howett
Ian Armstrong
Colin Reid
John Lambie
Michael Cowie

Falkirk Victoria Harriers Colours: Black with Gold Band

John Martin	Duncan McGougan	Stephen Moore
Michael McQuaid	Andrew Ronald	Michael Ross
Alasdair H. Stewart	Kenneth Rankin	Kerr Johnstone
Robin Mcnelis	Steven Purser	Blane McConnell
Paul McKerracher		

Team Nos 22, 23

Andrew Donaldson
Eric Donaldson
William Higgins
William Day

Ferranti AAC Colours: Yellow with Black letters

Stephen Reid	Trevor Ridley	Edward McDonald
Keith Weston	Walter Fernie	Robert Miller
John Gavin	Alex Jackson	Keith Nicol
Ian Duguid	Ross Bankhead	

Team Nos 24, 25

Matt Bankhead
Alex Bell
Paul Caban
Mike Connor

Fife AC Colours: White with Red Band

Ben Wiffen	Andrew Liston
Graham Bee	Andrew Lemoncello
David Anderson	Bryce Aitken
Neil Young	Ian Overton
Michael Mitchell	Quentin Reeve
Gary Barker	Nigel Fowler
Andrew Barker	James Taylor
Frank McLaren	Murray McNaught
Alastair Bagnall	Richard Shaw
Brian Cruickshank	Sandy Cruickshank
David Francis	David Shepherd
Alan Milligan	Alan Meiklejohn
David Ovens	John Murdoch
John McNally	John McPherson

Team Nos 26, 27, 28, 29, 30, 31, 32

Christopher Russell
Ron Mill
Tom Scott
Gary Pirie
Ian Poolman
Stewart Biggar
Roy McLachlan
Chris Thorne
Martin Farrally
Ross Wright
Chris Clark
John Cunningham
Brian Peachey
Allan Lees

Daniel Leggate
Adrian Davis
Hugh D. McKay
William Spates
Gordon Thomson
Jack Lumsden
Douglas Gunstone
Laurence Anderson
David Bee
Graham Bennison
Malcolm MacFie
Martin Laing
Edmund Halliwell
Graham Duncan

Forres Harriers Colours: Red

Paul Matheson	David Adam	Michael Howell
Paul Rogan	Kyle Greig	Steven Hilditch
Mark Ellis	Robert Paterson	Mark Priestley
Willie Dixon	Stewart Burn	Graeme Bartlett

Team Nos 33

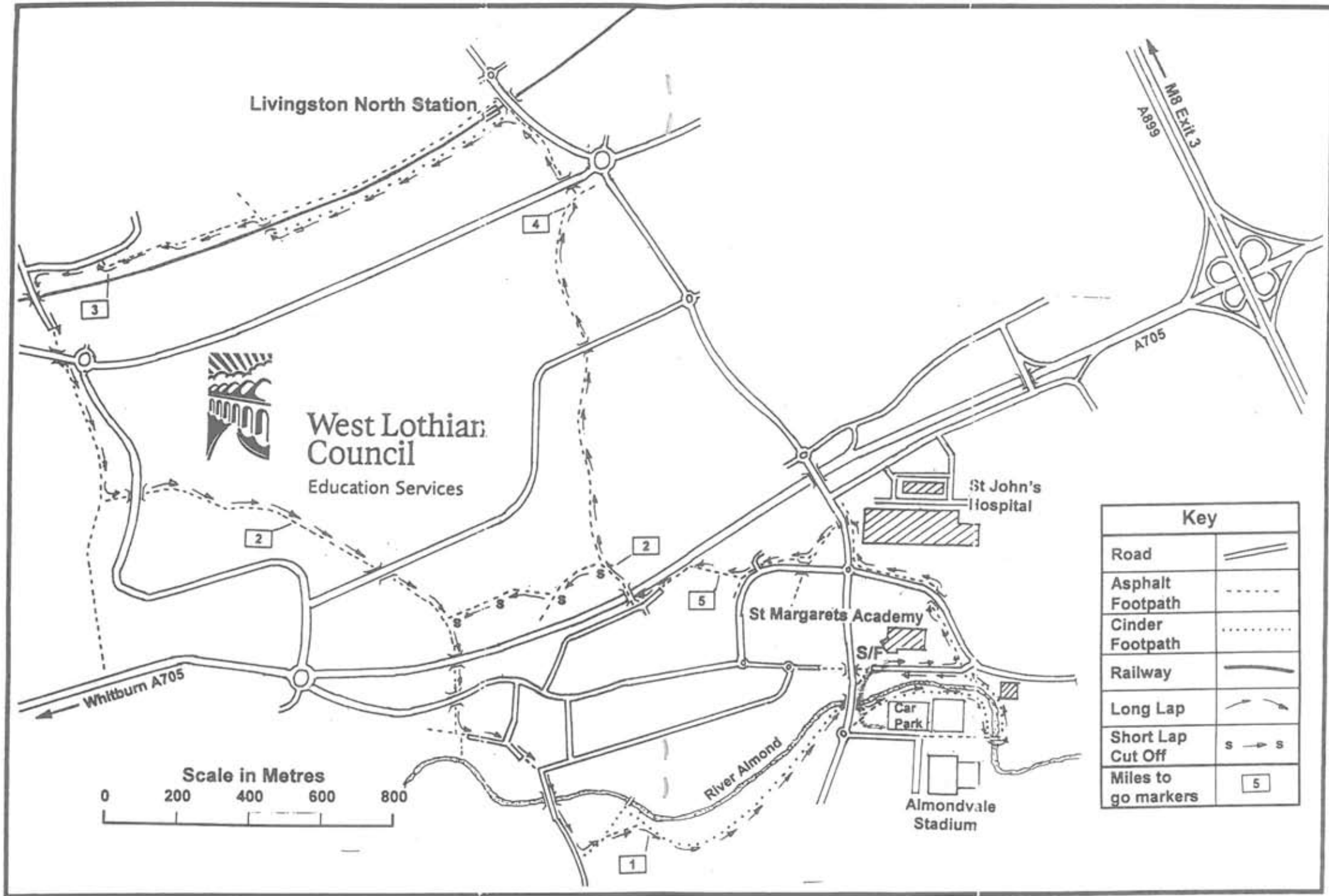
Brian W Law
Andrew Holder
Michael Milmoie
Doug Cowie

Gala Harriers Colours: White with Green Band

Euan Jardine	Fergus Johnston	Fergus Cochrane
Malcolm Gowans	Alistair Laurie	Martin Clarke
Robin Murray	Ron Logan	George Runciman

Team Nos 34

Graham Capper
Jack Knox
Graham Pogson
Neil Renton



Livingston North Station



West Lothian
Council

Education Services

St John's
Hospital

St Margaret's Academy

S/F

Car
Park

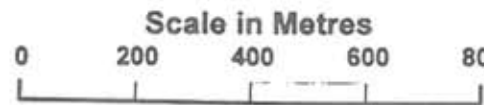
Almondvale
Stadium

River Almond

Whitburn A705

MB Exit 3
A899

A705



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

Garscube Harriers Colours: White with Blue Band

David Atkin	Jonathan Austin	Iain Cullen
Lindsay Cunningham	John Dryden	Iain Dunn
Gerald Hartley	Stuart Irvine	Ian Mennie
Peter McGlynn	Colin McKay	Euan Mackay
Robert McLennan	Alexander Parker	James Taylor

Team Nos 35, 36, 37

Stephen Cullen
David Geddes
Stephen Mulrine
Benny McLaughlin

Lothian Running Club Colours: Blue with Black letters

Alexander Agnew	James Alexander	Terence Brannan
Steven Cunningham	Stephen Dempsey	Iain Donnan
Scott Fraser	Chris Godfree	David Godfree
Fraser Kingscott	Steven Laurie	Robert Lee
Donald MacDonald	Alan McIntosh	Euan McIntosh
Andreas Merdes	Robin Morris	Harry Mulholland
Alan Shanley	Donald Shaw	David Simmons
Peter West		

Team Nos 52, 53, 54

Stephen Cottom
David Eades
Michael Hammersley
Tim Lenton
Graham McIntyre
Murray Robertson
Brian Turner

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

Daniel McLaughlin	Stephen McLoone	Richard Hodelet	Team Nos 38
David Butcher	Douglas Campbell	Ernest Currie	Christopher MacKay
Robert Docherty	Robert Dolan	Norman Hay	Richard Davidson
George Mitchell	Alan O'Rourke	Robert Wilson	Christopher McCall
			Kenneth Scott

Hunters Bog Trotters Colours: Brown

Duncan Baker	Steven Cairns	Ian Campbell
Andrew Gillespie	Norman Gould	Siggy Gould
John Heap	Craig Hunter	James Jarvis
Ian Marshall	Billy Minto	Geoffrey Mitchell
Ivor Normand	Patrick O'Kane	Jon Rathjen
Robin Thomas	James Thyne	Richard Wall
David Wright		

Team Nos 39, 40

Colin Farquharson
Alistair Hart
John McKay
Philip Mowbray
Neil Thomas
Ray Ward Ian Wellock

Inverclyde AC Colours: Black & White Stripes

Thomas Murray	Mark Pollard	Steven Conaghan
Graeme Hyett	Campbell Cromar	Robert Gray
John Bannister	Edward Watt	Robert Shaw
Stuart Dalgleish	Stuart Hodge	George King
Kenneth Morrison	Chris Robison	Tom Tipping

Team Nos 41, 42

Gerard Gaffney
Cameron Spence
Tom Tracey
David McElhinney
Les McMahon

Irvine AC Colours: Red with Black Trim

James White	Finlay Dowell	Brian Craig
David Millar	George Irving	Billy Richardson
Joseph McNamee	Tony McKnight	Andrew Rennie

Team Nos 43, 44

Iain Fraser Lee Richardson
Colin Miller

Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Graham Cairns	Iain Connell	Eric Dickson
Stewart Ferguson	David Mitchell	Scott Martin
Scott Russell	Edward Tonner	Jim Goldie
James Tonner	Ian Drummond	

Team Nos 45, 46

John Docherty
Stewart McAllister
David White

Kilbarchan AAC Colours: Gold with Black Hoop

Calum Morrison	Graeme Dobbie	Paul Arcari
John McMillan	Robert Snodgrass	Thomas Lawrence
Thomas Hearle	James Snodgrass	Robert Quinn
Steven Hards	George Gibson	Michael McGinley
Donald Petrie	David Mewse	

Team Nos 47, 48

David McCormack
David Boal
Robert Fitzsimmons
Thomas Anderson

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Gordon McLean	Robert Rogerson	Craig MacWilliam
Edward McLoone	Colin Lynn	David Hodson
Jim McLoone	Martin Macguire	Martin Hamilton
Stuart Kerr	Alistair McDonald	Colin MacLennan

Team Nos 49, 50

Neil McCover
Colin Burns
Ewan Jack Chris Stewart
John McLoone

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

Steven Lawley	James MacDonald	Jamie McMorrow
James Rowley	Gordon Douglas	Patrick Kelly
David Frame		

Team Nos 51

David Mcleary
Alaister Russell

Metro Aberdeen RC Colours: Black/Yellow Quarters

Keith Farquhar	John Matheson	Mark Masson
Craig Stewart	Steve Forbes	John Lenehan
Andrew White	Peter Jennings	Duncan Wood
Gary Walker	Donald Whyte	Paul Allanach
Jim Hamilton	David Nugent	Neil Jackson
Bruce Moroney	Mike Simpson	Nicholas Milovsorov

Team Nos 55, 56, 57

Kevin Tulloch
Alistair Murray
Robert Taylor
Jackie Stewart
Simon Pride
Alan Reid

Motherwell AC Colours: Red with White edging

Ben Smith	Kenneth Muir	Steven Murdoch
Paul Harkins	James Dobbie	Gerard McManus
James Allan	John Hughes	Nicholas Hughes

Team Nos 58, 59

Patrick Mullen
Brian McLinden
Lee Hughes

Penicuik Harriers Colours: Purple with White Panels

Colin Graham	Kenneth Graham	Robert Walker
Paul Sharratt	Tim Doyle	Michael Pearson
Roger Stark	Sean Cooney	

Team Nos 60, 61

Michael Browne
John Forrest

Phoenix Racers Colours: Black with White side panels

David Beagley	Stuart Campbell	Ken Chapman
David Gardiner	Thomas Hanlon	Brian Kirkwood
Andrew Renfree	Alan Robson	David Ross
Glen Stewart		

Team Nos 62, 63

Max Colligan
Frank McGowan
John Ross Kirk Smith

Pitreavie AAC Colours: Navy/Yellow/White

Stewart Reid	John Newsom	Paul McCloskey
Stephen Irwin	Douglas Smith	Cameron Watson
Barry Davie	Glyn Gardiner	Peter Baxter
Archibald Duncan	Colin Simpson	Stephen Newsom
Derek Simpson	David Candlish	Barry McCleery
Mohammed Steto		

Team Nos 64, 65

Nigel Cunningham
David Arnott
Peter Coleman
Douglas Gray
Brian McKay

Ron Hill Cambuslang Harriers Colours: Red with White Band

Duncan Cochrane	John Brown	Frank Barton
Graeme Croll	David Fairweather	Joseph Kealey
Iain MacCorquodale	David Marshall	John McPake
Alexander Robertson	David Rodgers	Stephen Wylie
John Cowan	David Dymond	Michael O'Hagan
Charles Thomson	Alexander Eaglesham	Bernard Gough
Jonathan Walker	Ian Munro	Matthew Murphy
David Thom	Wilson McTaggart	Jasmair Pal
Iain Williamson	Iain Reid	Gerry Reid
Frederick Connor	Darren Bradley	Jonathan McCallum
Alan MacPherson	Charles McDougall	Steven Macgregor

Team Nos 66, 67, 68, 69

Ross Arbuckle
Kevin Kealey
Jamie Reid
Andrew Wright
Francis Hurley
Alistair Campbell
Andrew Carachi
Neil Wilkinson
Archie Jenkins
John McKay
John Simpson

Shettleston Harriers Colours: Blue with Yellow Band

William Coyle	Adrian Callan	Peter Carton
Stuart Gibson	Martin Graham	Andy Little
Andrew McIntyre	Graham Wight	Jethro Lennox
Ian Lewis	Robert Soutar	Ryan Montgomery
Denis Williams	Kenneth McClean	John Cairney
Karl Povey	Marc McColl	Desmond Crowe
Malcolm Patterson	Patrick Walder	Clyde Marwick
Adam Lee	Donald Macaulay	Stephen Matthews

Teviotdale Harriers Colours: White with Maroon Band

David Cavers	Darrell Hastie	Wayne McIntosh
Scott Watson	Kenneth Short	Ged Smith

Troon Tortoises AC Colours: Yellow with 2 Black Half hoops

Vincent Daly	Gordon Dobbie	Timothy Downie
Bill Young	Neill McPherson	

Victoria Park AAC Colours: Blue and White Hoops

Stuart Barnett	Philip Carter	Gerard Craig
Alastair Douglas	Joseph Doyle	Alan Hamilton
Peter McGregor	Kenneth McVey	Kenneth Mitchell
Andrew Ross	Duncan Thomson	Derek Watson Snr.
Kenneth Brown	Kristian Forster	Ian Goode
Robert Newton	Peter Speirs	Christopher Watson
Andy Young	Roger Young	Kenneth McCoy

Wee County Harriers Colours: Navy and Orange

Derek Killin	Trevor Andrews	Dennis Mcara
Martin Quinn	Mike Thomson	Jonathan Woods

Team Nos 70, 71

John Duffy
John MacKay
Ian Johnston
Brian McGarrity
Ben Rattrey
Dermot McGonigle
Raymond Loughran
Andrew McKenna

Team Nos 72

Colin Welsh

Team Nos 73

Andrew Kerr

Team Nos 74, 75, 76

Robert Daly
Thomas McAra
Andrew Nicoll
Mark Ashby
Gordon Moore
Derek Watson Jnr.

Team Nos 77

Sidney Pask

Road Relays Livingston 27th March 2003**Womens 4 Stage**

1st	Carnethy HRC	1hr 46mins 45secs
2nd	City of Glasgow	1hr 51mins 02secs
3rd	City of Edinburgh	1hr 53mins 52secs

Mens 6 Stage

1st	Racing Club Edin.	2hr 14mins 27secs
2nd	Ron Hill Cambuslang	2hr 14mins 38secs
3rd	Shettleston H	2hr 19mins 11secs

Women's Record City of Glasgow AC 1hr 44mins 35secs (2002)

Men's Record Mizuno Racing Club 2hrs 12mins 31secs (1998)

Previous Road Relay venues

1979 to 1984	Strathclyde Park
1985	Glasgow (Pollock)
1986	Strathclyde Park
1987	East Kilbride
1988	Livingston (Murieston)
1989	East Kilbride
1990	Livingston (Murieston)
1991	East Kilbride
1992	Livingston (Murieston)
1993	Dumfries
1994	Livingston (Murieston)
1995	Kirkintilloch
1996	Livingston (Murieston)
1997	Kirkintilloch
1998 to 2004	Livingston (Almondvale)

The event was a Men's only Six stage until 1996 when Women's teams started competing. There was no separate Women's Championship until 1998, since then Women have run a Four stage race with championship status.

In the 26 years the event has taken place many clubs and individuals have contributed in the organisation at the various venues. None more so than Martin Hyman of Lothian Running Club who sought out routes and devised the laps at the 2 Livingston venues. He has been local convenor at 12 of the 26 championships through the years.

Livingston (Almondvale) Fastest Laps

MEN

Short leg (3.15m)		Long leg (5.8m)	
S.Cairns (HBT) 2002	14.58	G.Stewart (Miz) 1999	27.33
A.Callan (Shett) 1999	15.00	G.Stewart (Miz) 1998	27.57
P.Mowbray (HBT) 1999	15.03	R.Quinn (Kilb) 1999	28.09
R.Quinn (Kilb) 1998	15.05	R.Quinn (Kilb) 2000	28.16
P.Mowbray (HBT) 2000	15.08	G.Amos (Miz) 2001	28.18
N.Wilkinson (Cam) 2003	15.14	A.Callan (Shett) 1998	28.18
S.Cairns (HBT) 2001	15.21	R.Quinn (Kilb) 2002	28.26
J.Reid (Law) 2002	15.26	A.Adams (Clyde) 1999	28.27
M.Colligan (Miz) 1999	15.27	S.Pride (Metro) 2002	28.29
F.McGowan (Shett) 2000	15.27	G.Stewart (RCE) 2003	28.32
R.Fitzimmons (Kilb) 1998	15.28	A.Adams (Clyde) 2001	28.36
G.Reid (Clyde) 2003	15.29	B.Coyle (Shett) 1999	28.39
S.Cohen (Miz) 1998	15.29	A.Adams (Clyde) 2000	28.41
A.Puckrin (Kilb) 1998	15.29	J.Ross (Miz) 1998	28.43
J.Mackay (Shett) 1999	15.37	D.Ross (Miz) 1999	28.44
S.Cohen (Miz) 1999	15.37	D.Runciman (Cam) 2000	28.44
B.Scally (Shett) 1998	15.38	S.Wylie (Cam) 2003	28.45
B.Kirkwood (Miz) 1998	15.38	A.Adams (Clyde) 2003	28.47
A.Little (Shett) 1998	15.38	B.Jenkins (Clyde) 1998	28.48
R.Quinn (Kilb) 2003	15.39	D.Ross (Miz) 1998	28.49
M.Bell (C of E) 2002	15.42	AC.Muir (RCE) 2003	28.51

WOMEN

L.McDougall (C of G) 2001	17.06	T.Brindley (C of G) 2000	33.01
S.Owen (C of G) 2002	17.44	A.Mudge (Carn) 2000	33.08
T.Brindley (Carn) 2003	17.51	K.Wilder (C of G) 2002	33.21
H.Sutherland (Liv) 1999	18.18	A.Mudge (Carn) 2003	33.34
J.Roxburgh (Irvine) 2000	18.19	L.McNeill (Shett) 2000	33.58
J.McDevitt (C of G) 2000	18.21	L.McMahon (JWK) 2000	34.14
J.Knowles (C of G) 2002	18.24	A.Higgins (JWK) 2001	34.25
J.McDevitt (C of G) 2001	18.43	L.McNeill (Shett) 2001	34.28
E.Cochrane (C of G) 2001	18.52	T.Thomson (Pit) 2002	34.34
J.Knowles (C of G) 2003	18.58	L.Harding (Shett) 2000	34.35
G.Horovitz (Gala) 2002	19.03	J.Stevenson (FVH) 2001	34.46
M.Psatha (C of G) 2000	19.11	S.Finch (C of G) 2000	34.51
P.McKay (Shett) 2002	19.21	S.Carson (Gala) 2002	35.01
L.Harrison (C of E) 2000	19.27	S.Finch (C of G) 2002	35.06
S.Paterson (Pit) 2002	19.29	J.Stevenson (FVH) 1998	35.09
D.Murray (C of E) 2000	19.31	J.Stevenson (FVH) 2003	35.14
H.Murray (Loth) 2003	19.31	M.Clark (HBT) 2002	35.21
H.Gordon (Kilb) 2002	19.33	P.Affleck (Gala) 2000	35.21
D.Murray (C of E) 2002	19.36	E.McBrinn (Shett) 2002	35.21
D.Murray (C of E) 1999	19.38	L.Wilson (Carn) 2003	35.26
J.Ward (Pit) 2002	19.39	J.Roxburgh (Irv) 2001	35.30