



NATIONAL ROAD RELAY CHAMPIONSHIPS

MEN 6 STAGE WOMEN 4 STAGE

SATURDAY 31ST MARCH 2007

LIVINGSTON (ALMONDVALE)

supported by



TIMETABLE

DECLARATIONS CLOSE	1.00
RACE STARTS	1.30

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

RED NUMBERS
YELLOW NUMBERS

scottishathletics

Livingston North
Station



West Lothian
Council

**National Road Relay
Championships**
Men 6 stage. Women 4 stage.
Almondvale, Livingston
1.30 pm start

Scale in Metres
0 200 400 600 800

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

Almondvale
Stadium

St John's
Hospital

St Margaret's Academy

SIP

Car
Park

Whithorn A1305

A105

M6 Exit 3

A699

National Road Relays Livingston
Saturday 31st March 2007

PLEASE NOTE START TIME 1.30pm, later than usual start time at this
venue

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Marjory Cook
Vice Convenor	Robin Thomas
Hon. Secretary	Brian Goodwin
Assistant Secretary	Margaret Daly
Finance Officer	Graham Sword

OFFICIALS

Referee:	Ian Clifton
Clerk of Course	Martin Hyman
Announcer:	Ron Morrison
Starter:	Barry Craighead
Judges/ Changes	Jim Young (Chief), Andy Law, Bob Reid
Timekeepers:	Duncan McLaren (Chief), Joe Bruce, Graham Sword
Recorders Times	Margaret Daly, Kevin Martin
Recorders Places	Sandra Hardacre (Chief), Alan Smith, Sandy Cameron
Recording Vocal	Neil Donachie
Declarations:	Marjory Cook, Marion Donachie,
Results:	Gary Condie (Chief), Marion Donachie
Presentations	Brian Goodwin
Jury of Appeal	Robin Thomas, Marjory Cook, Brian Goodwin
Doctor	Penny Rother
Event Manager	Katie Horne
Course Marshals	Lothian RC, Edinburgh Southern H, Ferranti AAC, Hunters Bog T, Lasswade AAC and City of Edinburgh AC
Convening Committee	Alex Jackson, Martin Hyman, Alex McEwan

Messages of Welcome

West Lothian Council is pleased to welcome you all to St Margaret's Academy for The National Road Relays. The traffic free, challenging and unchanged course continues we hope to be an attraction for all the clubs and the athletes.

There are a lot of people to thank for planning, managing and volunteering at the event on the day. All will be mentioned in other messages but please accept our thanks.

The Council's Sport and Education programme encourages athletics from primary school to masters level. Athletics is one of our target sports and the Four/Six Stage is perhaps the cherry on the cake.

For next year can we encourage as many B and C teams as possible as our sporting pitch is participation as well as performance. I hope you all perform well today and have a safe journey home.

West Lothian Council

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, Scottishathletics

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

West Lothian Council have again provided the facilities at St Margaret's Academy 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 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 Convener Road and Cross Country Commission

WOMENS' FOUR STAGE

Holders- City of Glasgow

Bellahouston Road Runners Colours: Purple with White Band

Emma Birnie	Helen Stuart	Elke Schmidt	Iona Robertson
Joanne Berry	Julia Harris	Sarah Dowling	Nicola Johnston
Linda Kennedy	Shona Donnelly	Jane Wild	Helen Palmer

Team Nos 76,77
Claire Thompson
Jacqueline McGuire
Pauline Wright

Caldergleng Harriers Colours: Amber and Black Vertical Stripes

Melanie Fraser	Frances Maxwell	Eileen Reid	Louise Brown
Mary Goldsmith	Amanda Waters	Louise McGovern	Dawn Buchanan
Genevieve Freeman			

Team Nos 78,79
Mandy Cullie
Dawn Buchanan

Carnegie Harriers Colours: Orange & Green

Rosalyn Alexander	Cathy Mutwa	Kate McKinnon	Fabienne Thompson
Judith Turner	Tracey Stamp	Lynne Bennet	Gail Murdoch
Maryanne Lawrence	Helena Sim	Claire Howie	Fiona Rennie
Valerie MacAulay	Lynne Kuz	Lesley Thurogood	Catharine Idle
Laura Stewart	Susan Walker	Catherine Wilson	Karen Gilhoolley
Angela Sharp	Morna Fleming	Rachel Hurst	

Team Nos 80,81
Nicola May
Carol Lisle
Pauline Walker
Louise McDonough
Anne Nally

Carnethy Hill RC Colours: Yellow with Red letters

Lyn Wilson	Angela Mudge	Maggie Creber	Lucy Colquhoun
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Team Nos 82

Central AC Colours: Yellow and Blue

Claire Waterhouse	Ainsley Normand	Hazel Dean	Morag MacLarty
Polly Harrison	Emma Waterhouse	Alison Docherty	Christine Bertram

Team Nos 83
Sarah-Jane Pickett

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

Jennifer MacLean	Kim Threadgall	Catherine Ferry	Sharyn Ramage
Gillian Palmer	Kim Forbes	Joanne Whitehead	Marietta Beal
Sarah Balancier	Janet Dunbar	Lianne Harrison	

Team Nos 84,85,86
Debra Murray
Caroline Toshack

Clydesdale Harriers Colours: White with Black "C"

Melanie Douglas	Yvonne Green	Aileen Scott	Kathryn Scott
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Team Nos 87

East Kilbride AAC Colours: Gold with 2 Black hoops

Joanne McEvoy	Valerie Martin	Angela Martin	Kelly Smith
Gillian Anderson			

Team Nos 88
Elaine Calder

Falkirk Victoria Harriers Colours: Black with Gold Band

Janette Stevenson	Fiona Matheson	Caroline Lawless	Lorna Dewar
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Team Nos 89

Ferranti AAC Colours: Yellow with Black letters

Julia Drewer	Susana Gonzalez-Sanchez	Flora McArthur	
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Team Nos 90
Moira Nicol

MEN'S SIX STAGE

Holders- City of Edinburgh AC

Arbroath & District AC Colours: Black with vertical yellow stripe

Stuart Campbell	Glen Laskiewicz	Max Colligan	David Beagley
Brian Turner			

Team Nos 1

Mark Ansd

Bellahouston Road Runners Colours: Purple with White Band

Colin McGill	Russell Whittington	Dougal Ross	Kenny Richmond
Matthew Williamson	John Milligan	Dougie MacGregor	Stewart Robertson
Brian Burnett	Scott Kennedy	Alex McIndoe	David Tamburini
Robert McEwan	Ian Archibald	Alistair MacLachlan	Peter Gallanajh
Colin McAlpine	Ken Macmahon		

Team Nos 2,3

Kenneth Macbeth
Nick Reid
Andrew Birnie
Marcos Sanz Gomez

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Russell Couper	Martin Duthie	David Watt	Alan Derrick
Stuart Waugh	Edward Reid	Gerard Mullen	Alan Cullie
George Stewart	Colin Macdonald	Scot Hill	Graham Allan
Stuart Gibson	Andrew Henderson	Jim Holmes	Colin Jarvie
Blair Matthew	Kenny Beattie	Jamie McMonagle	Ian Rae
Charles Steven	Malcolm Buchanan		

Team Nos 4,5,6,7

Kenneth Davidson
David Herbertson
Colin Banks
Graham Lindsay
Roderick Shanks

Carnegie Harriers Colours: Orange & Green

Peter Simpson	Ian Stewart	John Hargreaves	Lewis Lawson
Alan Cockburn	Euan McIntosh	Steven Ogg	Dennis Howett
Paul Bundy	Paul Hutton	Nicholas Weir	Francis Harper
Ben Lisle	Colin Reynolds	John Lambie	Duncan McGougan
David MacLean	Steven King	Kevin Mathie	Jamie Philip
Colin Reid			

Team Nos 8

David Millar
Mike Harvey
Martin Butcher
Jeff Burton
Stephen Greer

Central AC Colours: Yellow and Blue

Robert Russell	Alastair Hay	Michael Gillespie	Alasdair Anthony
Michael Wright	Murray MacLarty	Lewis Millar	Alex Milne
Alan Hume	Steve Laing	Douglas Flynn	Philip Williams
Kyle Cowie	Miguel Merayo	Jamie McDonald	Roger Greenaway
Cameron Campbell	David Hay	Alan Gall	Hugh Buchanan
Stuart Watson	David Lindsay	Fraser Purves	Will Hensman
Hugh Kerr	Gordon Adam	Barry Sturrock	Robert Wiseman
James Drummond			

Team Nos 9,10,11,12

Ross Houston
John Millar
Martin Crawford
Ian Beattie
Philip Sweeney
Graham Harvey
Liam McCabe

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

J Agnew	Roger Alsop	Chris Black	James Buick
Kris Gauson	Andrew Gibson	Alistair Hennessey	Richard Hope
Mark Johnston	S Kealey	Keith Lynll	Juan Marquee
Mark Mitchell	Stephen Maniam	Ryan O'Hare	Robert Riddell
Martin Sneddon	John Steel	Darren Steel	Eric Stevenson
Robert Wiseman	Steven Wales		

Team Nos 13,14,15,16

Colin Cable
Brian Howie
Alex MacEwen
Bill Rubie
Sean Wilkinson

Clydesdale Harriers Colours: White with Black "C"

David Mitchell	Bobby Rossborough	Peter Rudzinski	Laurence Pearson
Ian Thomson	John Foley	Brian Gallagher	Michael Diver
Brian Campbell	Craig Calderwood	Colin Gray	James Austin
Derek Halpin	Peter Halpin	Augustine Cairney	

Team Nos 17,18

Robert Young
Pete Cartwright
John Hanratty

Corstorphine AAC Colours: White with Black Trim

Tom Ferrington	Moray Anderson	Keith Hood	Douglas Selman
Steven O'Brien	Bryan Clark	Chris O'Brien	David Law
Scott Bisset	Scott Pilkington	Ewan Stark	Grant Wilkie
Jan-Bert Van Den Berg		Dean Carr	Graeme Fletcher
Martin Caldwell	David Colman	Steven Blair	Jim Bruce
Brent Vivian			

Team Nos 19,20,21,22

Calum McKenzie
Alex Cumming
Timothy Norwood
John O'Hara
Martin Hulme

Dundee Hawkhill Harriers Colours: Blue and White Quarters

Brian Cook	Craig Ross	Stephen Borland	Craig Angus
Michael Galloway	John Hepburn	Neil Gunstone	John Osborne
Alan Lawson	Eddie Holmes	John Castle	Stephen Mason

Team Nos 23,24

Ewan Glassey
David Mitchell

East Kilbride AAC Colours: Gold with 2 Black hoops

Grant Baillie	Gordon Colvin	David J. Condra	Edgar Ramage
Alan Mitchell	Mark Smith	William Taylor	

Team Nos 25

Graeme Haddow

Falkirk Victoria Harriers Colours: Black with Gold Band

Colin McCluskie	Gary Smith	Stephen Moore	David Bunyan
John Martin	Alexander Davidson	John Stevenson	David Robertson
Kerr Johnstone	Alasdair Stewart	Michael McQuaid	Keith Boardman
Douglas Gillespie	Alexander Bryce	Kenneth Rankin	William Higgins

Team Nos 26,27

Andrew Ronald
Neil Robertson
John Denholm

Ferranti AAC Colours: Yellow with Black letters

Ross Anderson	Matt Bankhead	Alex Bell	Derek Burgess
James Carruthers	Mike Connor	Ian Duguid	Mark Fairbairn
John Gavin	Alex Jackson	Neil Jones	Edward McDonald
Keith Nicol	Adam Priestley	Stephen Reid	Trevor Ridley
James Shaw	Keith Weston	Alan Young	

Team Nos 28,29

Paul Caban
Walter Fairnie
Robert Miller
Iain Shaw

Fife AC Colours: White with Red Band

Bryce Aitken	David Anderson	Laurence Anderson	Robert Annand
Andrew Barker	Gary Barker	David Bee	Graham Bee
Stewart Biggar	Graham Breslin	Andrew Brierley	Colin Brown
Michel Chateau	Chris Clark	Roger Clark	Stephen Clark
Brian Cruickshank	Sandy Cruickshank	Stewart Davidson	Adrian Davis
Thomas Donaldson	Graham Duncan	Martin Farrally	Nigel Fowler
Paul Gallacher	John Gilfillan	Sam Gillespie	Sam Graves
Douglas Gunstone	Ian Hawkins	Ron Hilditch	Tom Greene
Martin Hutson	Alex Jones	John Kay	John Keenlyside
Andrew Lemoncello	Andrew Liston	John MacFarlane	Malcolm Macfie
Neil Martin	Frank McLaren	Alan Meiklejohn	Ron Mill
Michael Mitchell	Terry Mitchell	Ronald Morrison	Jim Morton
David Owens	Steven Pennycook	Gary Pirie	Ian Poolman
Roger Rees	Steven Reid	Leonard Rhone	Paul Roarty
Douglas Robertson	Thomas Ross	Christopher Russell	Eddie Sanders
Mel Scobie	Rory Scott	Tom Scott	Richard Shaw
Bill Smith	Graeme Stewart	James Taylor	Gordon Thomson
Jez Tomlinson	David Weir	Jim Woodburn	Andrew Wright

Team Nos 30,31,32,33,34

James Baillie
Graham Bennison
Andrew Cassidy
James R. Close
Steven Doig
David Francis
Owen Greene
Andrew Howett
Graham Kirby
Daniel MacQueen
Andrew Milne
John Murdoch
Frank Popham
Alastair Robertson
Markus Schlosser
David Shepherd
John Thomson
Neil Young

Gala Harriers Colours: White with Green Band

Graeme Murdoch	Euan Jardine	Martin Clarke	Fergus Johnston
Robert McCrerrick	Will McDermott	Thomas Knox	John Borthwick
David Hunter	David Darroch	Gregor McAneny	Alistair Wright
Ewan Lindores	Alan Goodson		

Team Nos 35,36

Malcolm Gowans
Graham Pogson
Rory Methven

Garscube Harriers Colours: White with Blue Band

Marco Consani	Euan Mackay	Lindsay Cunningham	Stephen Mulrine
James Taylor	Stephen Cullen	Paul Goddard	Andrew Griffiths
Kenneth Macanna	Athole Smith		

Team Nos 37,38

Robert McLennan
Andrew Leck

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Graeme Croll	David Phee	Steven Milligan	George Taylor
Neil Deerey	Derek Breen	Derren Thomson	Mark Hollinshead
Derrick Ritchie	David Logan	Bernard Campbell	Alan Stewart
David McNab	James Galbraith	Stewart Walker	

Team Nos 39,40,41

Martin O'Donnell
Julian Rose
Billy Clark

Metro Aberdeen RC Colours: Black/Yellow Quarters

Kevin Tulloch	Darren Kinsella	Robert Taylor	Peter Jennings
Andrew Reid	Forbes Reid	Stephen Forbes	Bjoern Reiss
Darren Miller	Mark Bilton	Alistair Murray	David Nugent
Keith Farquhar	Mark Johnston	Keith Varney	

Team Nos 59,60

Jackie Stewart
John Lenchan
John Mathieson

Hunters Bog Trotters Colours: Brown

Duncan Baker	Tom Barr	Stewart Barrie	Steven Cairns
Colin Farquharson	Daniel Gay	Alistair Hart	Craig Hunter
Will Mair	Ian Marshall	Billy Minto	Philip Mowbray
Don Naylor	Ivor Normand	Jon Rathjen	Mark Roberts
Murray Strain	Jamie Thin	Neil Thomas	James Thayne
Ray Ward	Julian Warran	Ian Wellock	David Wright
James Williamson			

Team Nos 42,43

Ian Campbell
Craig A McBurney
Niall Munro
Geoff Simpson
Richard Wall
Steve Wright

Motherwell AC Colours: Red with White edging

Benjamin Hands	Stuart Riley	S Kavanagh	Nicholas Hughes
Gordon Murray	Peter Knudsen	Alex Barr	Brian McLinden
Kenneth Muir			

Team Nos 61,62

Scott Marriott Alan Tait
Mark Coyle

Pitcavie AAC Colours: Navy/Yellow/White

David Arnott	Nigel Cunningham	Kevin Davie	Archibald Duncan
Jeff Farquhar	Glyn Gardiner	Stephen Irwin	Alex Keenan
John Newsom	Stewart Reid	Derek Simpson	Ewan Simpson
Cameron Watson	Colin Mathieson Snr	Douglas Gray	

Team Nos 63,64

Barry Davie
Paul McCloskey
Stephen Skene

Inverclyde AC Colours: Black & White Stripes

Mark Pollard	Craig Ruddy	AC Muir	Kevin Kane
Thomas Murray	Steven Miller	Gerard Gaffney	Stuart Hodge
Jude Boulton	Robert Shaw	Cameron Spence	Gavin Morrison
John Smillie	Tom Tracey	John Bannister	David Dunn
Paul Bushfield	Les McMahon	George Newman	Edward Watt
Neil McLaughlin			

Team Nos 44,45

Graeme Hyett
Thomas Jamieson
David McElhinney
Robert Gray
Samuel Way

Ron Hill Cambuslang Harriers Colours: Red with White Band

Ross Arbuckle	Frank Barton	Darren Bradley	John Brown
Brian Campbell	Fraser Cartmell	Paul Cuddihy	Ryan Dickson
Stephen Dunn	David Dymond	Alexander Eaglesham	David Fairweather
Robert Gilroy	Bernard Gough	Greg Hastie	Scott Hunter
Archie Jenkins	Joseph Kealey	Nigel Leighton	Robert Lyon
Steven Macgregor	John MacNamara	Stephen McGrory	Benny McLaughlin
Michael O'Hagan	Peter Ogden	Jasmair Pal	Bryan Porter
Jamie Reid	David Rodgers	Andrew Steven	David Thom
Gary Wallace	David Ward	Neil Wilkinson	W. Ian Williamson
Andrew Wright	Stephen Wylie		

Team Nos 65,66,67,68

Alistair Campbell
Colin Donnelly
Jamie Findlay
Francis Hurley
Iain MacCorquodale
John McPake
Gerry Reid
Charles Thomson
Kerry Liam Wilson

Irvine AC Colours: Red with Black Trim

William Morgan	Finlay Dowell	David Millar	Alex Allardyce
Brian Craig	James Sneddon	George Irving	Iain Fraser
Colin Miller	William Richardson		

Team Nos 46,47

Andrew Rennie
Iain Hamilton

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

Scott Martin	Edward Tonner	James Goldie	Eric Dickson
Iain Connell	David Mitchell	Leslie McDermott	Alasdair Murray

Team Nos 48

Steven McNeill
Graham Cairns

Kilbarchan AAC Colours: Gold with Black Hoop

James Snodgrass	John McMillan	Ross Toole	Calum Morrison
Donald Petrie	Steven Hards	James McMillan	Robert Quinn
Thomas Anderson	Paul Arcari	Conor McNulty	Chris Devenney
Michael McGinley	Alan J Niven	Nicholas Moore	Ian MacDougall
Robert Connell	Robert Allison	Andrew Clugston	Gordon Gallacher
Michael Finlay	Andrew Jack	Alexander Ross	Robin Scott

Team Nos 49,50,51,52

Fraser Williams
Thomas Hearle
Derek Hawkins
John McInnes
Frank McGowan

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Edward McLoone	Stuart Kerr	Chris Stewart	Ewan Jack
John McLoone	Martin Hamilton	Neil McCover	Gary Mitchell

Team Nos 53

David Gardiner
Howard Elliott

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

Ben Mitchell	Ross Finlayson	Daryl Philip	Murray Hamlin
Kenneth Valentine	John Murray	Kirk Smith	Brian Kirkwood
Alasdair Anderson	Richard Connor	Paul Elliot	Dean Philip
Colin Wilson	David Veitch		

Team Nos 54,55

Barney Phillips
Alan Cummings
Alan McFadden

Springburn Harriers Colours: Navy Blue with White Diamond

Alexander Chalmers	John Bell	Joseph Chambers	Brian Mackie
Emilio Cosimo	Ross McEachern	Damian McAuley	Alan Hill
Derek Houstoun			

Team Nos 72

Andrew Callan
John Owens

Victoria Park City of Glasgow Colours: Blue and White Hoops

Stuart Barnett	Kenneth Brown	Gerard Craig	Robert Daly
Alan Hamilton	Martin Hayes	Kenneth McVey	Kenneth Mitchell
Duncan Thomson	Derek Watson Snr.	Derek Gibb	Ross McPhaden

Team Nos 73,74

Alastair Douglas
Vernon Phoenix
Fernando Yuste

Lothian Running Club Colours: Blue with Black letters

Graeme Ackland	Alex Agnew	Quintin Agrella	James Alexander
Stephen Dempsey	Richard Docherty	Iain Donnan	Peter Dymoke
John Ewing	Ted Finch	Scott Fraser	Robin Galloway
Mark Kassyk	Andy Kitchin	Steven Lawrie	Robert Lee
David Mabon	Alan McIntosh	Colin Meek	Hugh Miller
Harry Mulholland	Scott Nelson	Alan Robertson	Murray Robertson
David Simmons	Brian Stewart	Darren Thomson	Lachlan Wallace
Brian Welsh	Peter West		

Team Nos 56,57,58

David Bell
David Eades
David Godfree
Mike Lieberman
Ross Milne
Jim Salvage
Peter Weeks

Westerlands CCC Colours: Yellow with Black "W" on Back

Chris Upson	David Riach	Bill Fisher	John Donnelly
David Calder	Paul Thompson		

Team Nos 75

Steffen Gorgas

Livingston (Almondvale) Fastest Laps update with 2006 results

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	K.Sheppard (Cam) 2005 28.00
R.Quinn (Kilb) 1998	15.05	R.Quinn (Kilb) 1999 28.09
P.Mowbray (HBT) 2000	15.08	R.Quinn (Kilb) 2000 28.16
N.Wilkinson (Cam) 2003	15.14	G.Amos (Miz) 2001 28.18
S.Cairns (HBT) 2001	15.21	A.Callan (Shett) 1998 28.18
J.Reid (Law) 2002	15.26	R.Quinn (Kilb) 2002 28.26
M.Colligan (Miz) 1999	15.27	A.Adams (Clyde) 1999 28.27
F.McGowan (Shett) 2000	15.27	S.Pride (Metro) 2002 28.29
R.Fitzimmons (Kilb) 1998	15.28	G.Stewart (RCE) 2003 28.32
G.Reid (Clyde) 2003	15.29	A.Adams (Clyde) 2001 28.36
S.Cohen (Miz) 1998	15.29	B.Coyle (Shett) 1999 28.39
A.Puckrin (Kilb) 1998	15.29	A.Adams (Clyde) 2000 28.41
I.Donnan (AAAC) 2004	15.33	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	R.Russell (Cen) 2005 28.46
A.Little (Shett) 1998	15.38	A.Adams (Clyde) 2003 28.47
R.Quinn (Kilb) 2003	15.39	B.Jenkins (Clyde) 1998 28.48
R.Toole (Kilb) 2006	15.39	D.Ross (Miz) 1998 28.49
D.Gausen (C of E) 2006	15.41	A.C Muir (RC Edin) 2003 28.51
M.Bell (C of E) 2002	15.42	S.Gibson (Shett) 1999 28.51
F.Barton (RH Cam) 2000	15.43	D.Leggate (Fife) 2000 28.52
K.Idessane (Clyde) 1998	15.44	C.Thomson (RH Cam) 2000 28.52
A.C. Muir (Kilb) 2001	15.44	J.Robson (Miz) 1999 28.53
J.Mareque (C of E) 2005	15.44	R.Russell (Cen) 2006 28.54

WOMEN

L.McDougall (C of G) 2001	17.06	T.Brindley (C of G) 2000 33.01
L.Wilson (Carn) 2005	17.36	A.Mudge (Carn) 2000 33.08
S.Owen (C of G) 2002	17.44	K.Wilder (C of G) 2002 33.21
T.Brindley (Carn) 2003	17.51	J.Shannon (Kilb) 2004 33.25
C.McCracken (C of G) 2005	18.10	A.Mudge (Carn) 2003 33.34
L.McNeil (C of G) 2005	18.10	L.McNeill (Shett) 2000 33.58
M.McLarty (Cen) 2005	18.15	T.McIntosh (Cen) 2005 34.14
A.Higgins (JWK) 2005	18.17	L.McMahon (JWK) 2000 34.14
H.Sutherland (Liv) 1999	18.18	E.Mooney (Loth) 2006 34.15
J.Roxburgh (Irvine) 2000	18.19	S.Owen (C of G) 2005 34.18
J.McDevitt (C of G) 2000	18.21	A.Higgins (JWK) 2001 34.25
J.Knowles (C of G) 2005	18.22	L.McNeill (Shett) 2001 34.28
J.Knowles (C of G) 2002	18.24	J.Knowles (C of G) 2004 34.30
J.Knowles (C of G) 2006	18.28	T.Thomson (Pit) 2002 34.34
L.McMahon (JWK) 2006	18.28	L.Harding (Shett) 2000 34.35
K.Young (C of G) 2005	18.30	M.Clark (HBT) 2004 34.41
S.Owen (C of G) 2004	18.36	A.Simpson (JWK) 2006 34.43
C.Gibson (Kilb) 2004	18.42	J.Stevenson (FVII) 2001 34.46
J.McDevitt (C of G) 2001	18.43	I.Robertson (Bell) 2006 34.46
M.Shield (ESH) 2006	18.45	S.Kettlewell (C of G) 2005 34.48
C.McCracken (C of G) 2004	18.49	S.Finch (C of G) 2000 34.51
P.Nicholson (C of G) 2006	18.51	S.Carson (Gala) 2002 35.01
E.Cochrane (C of G) 2001	18.52	S.Finch (C of G) 2002 35.06
J.Knowles (C of G) 2003	18.58	J.Stevenson (FVII) 1998 35.09
G.Horovitz (Gala) 2002	19.03	J.Stevenson (FVII) 2003 35.14
C.Ferry (C of E) 2005	19.06	J.McLean (C of E) 2006 35.17
M.Psatha (C of G) 2000	19.11	M.Clark (HBT) 2002 35.21

Road Relays Livingston 1st April 2006

Womens 4 Stage

1st	City of Glasgow AC	1hr 49mins 54secs
2nd	Lothian RC	1hr 51mins 29secs
3rd	City of Edinburgh AC	1hr 52mins 29secs

Mens 6 Stage

1st	City of Edinburgh AC	2hr 20mins 50secs
2nd	Irvine AC	2hr 21mins 12secs
3rd	Ron Hill Cambuslang	2hr 22mins 19secs

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 2007	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.

Many clubs and individuals have contributed in the organisation at the various venues. None more so than Martin Hymen of Lothian Running Club who sought out routes and devised the laps at the 2 Livingston venues.

scottishathletics National Road Relay Championships
March 31st 2007 1.30pm start (Note later start time)
Supported by West Lothian Council

Parking

Is at the Almondvale Stadium (Kind permission of Livingston FC.)
The stadium is signposted from major approach roads.
Extra race direction signs will be deployed from the A899 Livingston Road.

Directions

From M8 junction 3, follow A899 south for 1½ miles. Red hospital signs
At the second interchange (Cousland) take the second exit (A705 Blackburn)
Take slip road on left in ¼ mile, then right and pass St. John's Hospital.
Turn left at the T-junction and straight over the roundabout in 200m.
Cross the river Almond and left at the traffic lights into Almondale Stadium.
Park on the left - Car Park 3.

H
A & E

Declarations and Changing

At St. Margaret's Academy, by kind permission of the rector.
This is directly over the river from the car park.
Walk over the river, on the bridge you drove in on, and take a footpath to the right.
Declarations by 1pm please.
Light refreshments are on sale from 12.00. to 5.30 pm.
Prizegiving will be at 5pm approx.

The Course The same as last 9 years. (See sketch map overleaf)

The start (1.30) and finish, are on the school drive 50 metres from the west door.
The course is about 80% on tarmac footpaths, 15% on cinder paths, with 5% on residential streets.

There are six alternate laps (four for women) of 3.15 miles (red race numbers, mile markers and signs.) and 5.8 miles (yellow race numbers, mile markers and signs.)

Records

Short: Lynn McDougall, C of G 17.06, ('01) Steve Cairns, HBT 14.58 ('02)
Long: Tracey Brindley, 33.01, ('00) Glen Stewart, Mizuno, 27.33 ('99)
Team City of Glasgow 1.44.35 ('02) Mizuno 2.12.49 ('99)

The course is mostly scenic and pleasant to run on, but there are a few sharp bends, notably 250 m after the start.

There are no big hills, but the ground generally slopes upwards from the Almond Valley towards the railway to the north.

Whitewash arrows will be used at all junctions to supplement marshals.

Runners waiting to start can see incoming runners half a mile before they finish.