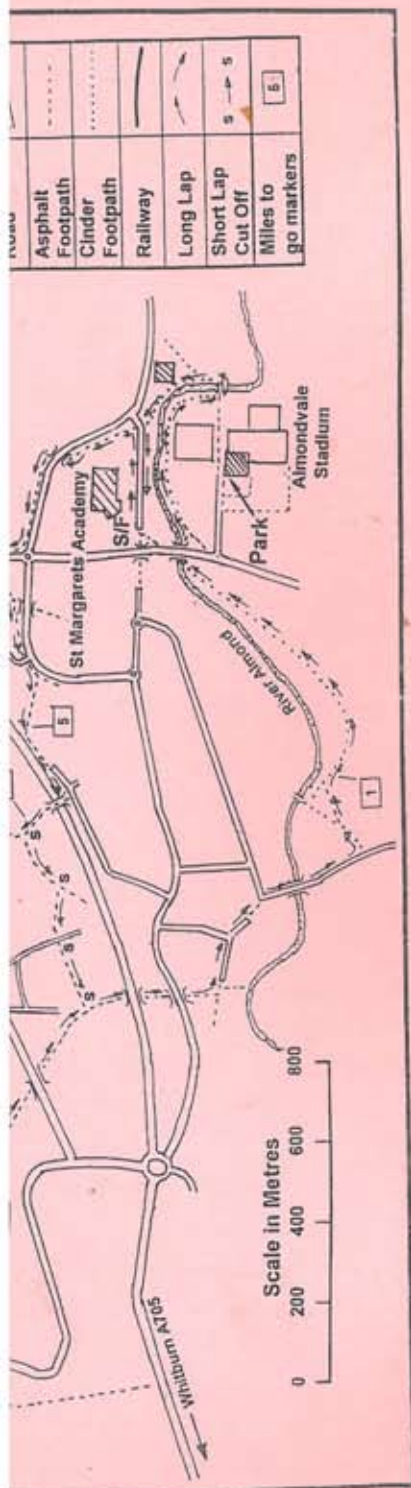




scottishathletics



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

SATURDAY 4th APRIL 2009

LIVINGSTON (Almondvale)

supported by



**West Lothian
Council**

TIMETABLE

**DECLARATIONS CLOSE
RACE STARTS**

**11.30AM
12.00 NOON**

NUMBERS

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

**RED NUMBERS
YELLOW NUMBERS**

National Road Relays Livingston
Saturday 4th April 2009

START TIME 12.00 Noon

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Ron Morrison
Vice Convenor	Robin Thomas
Hon. Secretary	Alex Jackson
Assistant Secretary	Margaret Daly
Finance Officer	Graham Sword

UPDATED OFFICIALS

Referee:	Ron Morrison
Clerk of Course	Martin Hyman
Announcers	Murdoch McGregor
Starter:	Barry Craighead
Judges/ Changes	Ian Clifton (Chief), Jim Young, Barry Craighead
Timekeepers:	Joe Bruce (Chief) Sheila McDougall Graham Sword
Recorders Times	Dave Cairns, Molly Wilmoth
Recorders Places	Sandra Hardacre (Chief) Bill Gentleman, Fred McCuskie
Declarations:	Marjory Cook, Margaret Daly, Alex Jackson
Results:	Peter Jackson, Marjory Cook, Margaret Daly
Presentations	Alex Jackson, Geoff Wightman
Course Marshals	Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC Edinburgh AC, Corstorphine AAC
Convening Committee	Alex Jackson, Martin Hyman, Alex McEwan

National Road Relay Championships

I am delighted to welcome you to the 16th National Road Relay Championships in Livingston supported by West Lothian Council. This excellent event, provided in partnership with Lothian Running Club and assistance from Corstorphine AC, Edinburgh AC, Lasswade AC and Ferranti AC is the pinnacle for endurance athletes in Scotland on the roads. It allows quality competition for club members from throughout Scotland.

This Championship is particularly exceptional as it is traffic free due to the infrastructure of Livingston's many cycle and pedestrian paths which provides a scenic route for all participants. I hope that all those involved will have the opportunity to spend some time in the area and benefit from the local attractions.

I would like to wish everyone a safe and successful race and hope to see you back in West Lothian for the Bathgate Half Marathon (May 24th), the Dechmont 10k Trail Race (14 th June) or Linlithgow 10k on 13 th september.

Cllr Jim Walker
Executive Councillor for Culture and Leisure

We are very fortunate for the continued support given by West Lothian District Council for our National 6/4 Stage National Road Relays. This is the 12th year that the Championships have been held in Livingston and the stability gives an extra edge to the results in that athletes, teams and even statisticians can compare performances with previous results.

We are indebted once again to the convening committee of Alex Jackson, Martin Hyman and Alex McEwan for organising the event along with the course marshals from Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC, Edinburgh AC and Corstorphine AC. We add to that the many Officials and helpers whose preparation and planning make this event such a success

The course records of Short Leg (Men S Cairns Hunters Bog T 2002) 14.58, (Women L McDougall City of Glasgow 2001), 17.06 and Long Leg (Men G Stewart Mizuno RC 1999) 27.33 and (Women H Haining Kilbarchan AAC 2007) 31.04 are truly outstanding.

To all the athletes and teams who are competing today, see how you can do against these records and your own best performances. Most importantly – enjoy the competition.

Ron Morrison
Convener, Road Running and Cross Country Commission

MEN'S SIX STAGE Holders- Central AC Masters Holders Metro Aberdeen

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross

Anthony Quinn	Andrew Campbell	Mark Paterson	Campbell Joss
Iain Burke	Jeremy Garnett	Graeme Gemmell	H Scott
John McFadyen	J Hagemeister	Alun Myers	

Team Nos 1,2
Stewart Collins
Michael Freshour J Poole

Bellahouston Road Runners Colours: Purple with White Band

Nick Reid	Scott Kennedy	John Milligan	Brian O'Donnell
Greig Glendinning	Andrew Rooney	Colin McGill	Alasdair McLeod
Gerard Scullion			

Team Nos 3,4
Brendan Moriarty
Mark Johnston Andrew Birnie

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Charles Steven	Alan Derrick	Andrew Henderson	John McBride
Graham Allan	Stuart Waugh	Jim Holmes	Benny Rooney
Don Kennedy	Stephen Reilly	Allan Cullie	Colin Banks
Russell Couper	Colin Freeman	David Herbertson	Ian Hughes
Richard Lawton	Graham Lindsay	Ian McKenzie	Jamie McMonagle
David Searil	Roderick Shanks	George Stewart	

Team Nos 5,6,7,8
Edward Reid Scot Hill
Martin Duthie David Dickson
Gerard Mullen David Watt
Colin Jarvie
Stephen Phimister Ian Rae

Carnegie Harriers Colours: Orange & Green

Thomas Lawrence	Steven King	Peter Humphreys	Dennis Howett
Andrew Durham	Roger Clark	Scott Bradley	Andrew Wright
Peter Simpson	David Simpson	Steven Ogg	peter morrison
Andrew Symonds	Andrew James	Mike Harvey	David MacLean
Tim Walker	Kieran Morgan	Kenny MacDonald	Andrew James
John Fulham	Paul Hutton	Colin Reynolds	Stephen Greer
Richard Cunningham		Robbie McKenzie	Ryan McKenzie

Team Nos 9,10,11
Allan Fotheringham
Nicholas Weir Ian Stewart
Lewis Lawson
Phil Smithard Iain Thomson
Alan Cockburn Steve Earl
Paul Arnott
Fraser Munro David Greig

Central AC Colours: Yellow and Blue

Alastair Hay	Robert Russell	Alasdair Anthony	Ross Houston
Scott McDonald	Michael Wright	Alexander Hendry	Sean Reilly
Miguel Merayo	Murray MacLarty	Jamie McDonald	Alex Milne
David Hay	Philip Hendry	Cameron Campbell	Fraser Purves
Roger Greenaway	David Armour	Stuart Watson	Ewan Jack
George McHardy	John Millar	David Eckersley	Philip Williams
Hugh Buchanan	Richard Coombs	Douglas Flynn	Alan Hume
Adrian Loudon	Liam McCabe	Jonathan Tolson	Craig Walker

Team Nos 12,13,14,15,16
Lewis Millar
Gavin Noble Will Hensman
Robert Hutchison Ian McDonald
Kyle Cowie
Christopher McHardy
Robert Wiseman Gordon Adam
Hugh Kerr David Lindsay

Clydesdale Harriers Colours: White with Black "C"

Paul Carroll	Gary Dick	Michael Diver	Peter Rudzinski
Gerard Montgomery		Prasad Prasad	

Team Nos 17
Iain Robertson

Corstorphine AAC Colours: White with Black Trim

Calum McKenzie	Douglas Selman	Christopher O'Brien	Tom Ferrington
Scott Pilkington	Keith Hood	Grant Wilkie	Dean Carr
Graeme Fletcher	Steven Blair	Christopher Peggie	John O'Hara
Alex Cumming	Derek Ireland	shaun cavens	

Team Nos 18,19,20
Kris Berry Bryan Clark
Jan-Bert Van Den Berg
David Henderson Martin Hulme

Dundee Hawkhill Harriers Colours: Blue and White Quarters

Chris Foley	Colin McCourt	Matthew Strachan	Neil Gunstone
Stuart Kerr	Antony Robinson	Stephen Borland	Charles Haskett
Stephen Mason			

Team Nos 21
Paul Leonard Brian Cook
Michael Galloway

East Kilbride AAC Colours: Gold with 2 Black hoops

Gordon Colvin Grant Baillie David Tondra
 Andrew Little Ralph Riach Kenneth Namee
 Michael Browne Stephen Matthews Jamie Clements
 Fraser Morgan

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

Roger Alsop Graham Beal James Britton Neil Calder
 Keith Dunlop Martin Ferguson Malcolm Fraser William Gallacher
 Richard Hope Brian Howie Yujiro Iida Scott Innes
 Scott Logan Juan Mareque Alex MacEwen G MacLeod
 R McMenamin Stephen Maniam Nigel Munro Ryan O'Hare
 Martin Sneddon Darren Steel Grant Stewart Eric Stevenson

Falkirk Victoria Harriers Colours: Black with Gold Band

John Denholm David Bunyan Barry Patterson Craig Johnston
 Keith Boardman Michael McQuaid Andrew Ronald Colin McCluskie
 Kenneth Rankin

Ferranti AAC Colours: Yellow with Black letters

Edward McDonald Robert Miller Alex Jackson Trevor Ridley
 John Gavin Grant Sellar Keith Nicol Derek Burgess

Fife AC Colours: White with Red Band

Andrew Barker Gary Barker David Bee Daryl Beggs
 Colin Brown Brian Cruickshank Adrian Davis Nigel Fowler
 Douglas Gunstone Ian Hawkins Allan Harley Jacob Howe
 Frank McLaren Alan McLeod Kenneth McLeod Andrew Milne
 Ron Morrison John Murdoch Daniel Newman Geoff Pennycook
 Ian Poolman Frank Popham Roger Rees Steven Pennycook
 Craig Ross Christopher Russell Eddie Sanders Alastair Robertson
 John Thomson Neil Young D. Melville Scobie Dave Shepherd

Gala Harriers Colours: White with Green Band

Graeme Murdoch Anthony Lunn Alistair Wright Magnus Inglis
 Thomas Knox Derrick Brydon Graham Pogson Gregor McAneny
 Will McDermott

Garscube Harriers Colours: White with Blue Band

Athole Smith Stephen Mulrine Lindsay Cunningham Euan Geddes
 Robert McLennan David W Dickson Stephen Cullen Kenneth Macanna John Murray
 Dermot Williamson Benjamin Melby Marco Consani Joe McKnight
 Andrew Griffiths Danny Price Andrew Leck James Taylor

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Derek Breen James Galbraith Graeme Croll Martin O'Donnell
 Neil Deerey Jamie MacGregor David McNab Ross McLeerie David Phee
 Rodger McEleney

Glasgow University H & H Colours: Black and Gold

Kevin McCloy Daniel Bradford Matthew Gillespie Thomas Fay
 Duncan MacCrossan

Team Nos 22

Edgar Ramage Tom Yuill JNR
 Kevin Downie Chris Stirling
 Niall Walker John Fergusson

Team Nos 23,24,25,26

O Bristow A Chmielowski
 Alistair Hennessey
 Stephen Innes Keith Lyall
 S Macleod Roy Mitchell
 Adam Priestley R Riddell
 Iain Whitaker

Team Nos 27

Andrew Gibson
 Alexander Bryce Brian Casey

Team Nos 28

Keith Weston Walter Fairnie
 Iain Shaw

Team Nos 29,30,31,32

Graham Bennisson
 Nigel Fowler
 Martin Hutson Graham Kirby
 Michael Mitchell Terry Mitchell
 Steven Pennycook
 Alastair Robertson Douglas Robertson
 Dave Shepherd David Smyth

Team Nos 33, 34

Alistair Laurie Euan Jardine
 Martin Clarke

Team Nos 35,36,37

Euan Geddes Euan Mackay
 John Murray
 Joe McKnight

Team Nos 38,39

David Logan David Phee
 Ross Shaw

Team Nos 40

Michael Deason

Hunters Bog Trotters Colours: Brown

Duncan Baker Tom Barr Stewart Barrie Daniel Beckett Steven Cairns Ian Campbell
 Daniel Gay Allan Gordon Norman Gould Alistair Hart Craig Hunter
 John MacPherson Will Mair Paul Manson Craig A McBurney Billy Minto
 Geoffrey Mitchell Philip Mowbray Donald Naylor Ivor Normand Patrick O'Kane
 Christopher Oliver Jon Rathjen Mark Roberts Murray Strain Jamie Thin James Thynne
 Richard Wall Ray Ward Ian Wellock James Williamson David Wright
 Peter McClelland Rupert Nash William Townsend James Wright

Inverclyde AC Colours: Black & White Stripes

Mark Pollard Christopher MacKay Craig Ruddy Kevin Kane Kenny O'Neill
 Sean Gaffney John Cooke Jude Boulton Robert Shaw Damien Mallet Tom Tracey
 Gerard Gaffney Robert Gray David McElhinney Neil McLaughlin Kenneth Morrison
 John Smillie Cameron Spence

Irvine AC Colours: Red with Black Trim

David Millar Alex Affardyce Jamie Findlay Patrick Cullinane Colin Miller Brian Craig
 George Irving Douglas Connery James Sneddon Mark Livingstone Alastair MacFarlane
 Andrew Rennie Peter Collier Ian Berryman James White Michael Flinn
 William Richardson Lee Richardson

Kilbarchan AAC Colours: Gold with Black Hoop

Nicholas Emsley Grant Higgins Paul Leck Scott Hawkins Derek Hawkins Andrew Gibson
 Conor McNulty Fraser Williams Ross Toole Calum Morrison Michael Finlay
 Andrew Clugston John McMillan Donald Kennedy Gordon Gallacher Thomas Hearle
 James Snodgrass Robert Quinn James Ogilvie Ian MacDougall Steven Hards Robert Connell
 Brian Graham John Kynaston Robert Allison Donald Petrie Alistair McAngus
 David Mewse Robin Scott James McMillan Paul Arcari Chris Mcglennan
 John McLaughlin David Mackintosh

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Alan Brydon Steven Currie Connell Drummond Jim Goldie Scott Martin
 Alasdair Murray Leslie McDermott Harald Bartl Edward Bellomo Ian Connell Ronald Dalziel
 William Duffy Keith Haining David Mitchell Eddie Tonner James Wales Kenneth Wales
 David White

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Christopher Craig William Heirs Jim McLoone Andrew Gourlay Kevin Cornes
 David McCormack Robert Rogerson Adam Peters Michael Peters Neil McCover Gary Mitchell
 David Gardiner Kevin Gall Terry Addison Thomas McChord

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

Kirk Smith Ben Mitchell Andrew Matheson Kenneth Valentine Neil Rutherford Thomas Hanlon
 Daniel Mulhare Barney Phillips John Murray Martin Gore Niall Sheehan Zach Boukelia
 Ross Finlayson Scott Anderson Richard Connor Allan Cummings Paul Elliot David Ramage
 David Veitch Dean Philip Alan McFadden Brian Kirkwood Neil Renault

Lothian Running Club Colours: Blue with Black letters

Robert Inglis Christopher Rumbles Darren Thomson Graeme Ackland Alex Agnew
 James Alexander Scott Balfour David Bell Steve Dempsey
 Neal Drummond David Eades John Ewing Ted Finch Scott Fraser
 Robin Galloway Ben Hartman Ian Hall Kenton Jones Mark Kassyk Steven Lawrie
 Mike Lieberman John Malcolm Ross Milne Robin Morris Harry Mulholland
 Scott Nelson John Pickard Jim Salvage Ian Seggie Brian Turner Peter Week
 David Mumford

Maryhill Harriers Colours: Royal Blue

Stevie Lydon Christopher Hever Michael McCartney Paul McNally Dougie MacDonald
 Kenneth Stevenson

Team Nos 41,42,43

Steven Cairns Ian Campbell
 Craig Hunter
 Billy Minto
 Patrick O'Kane
 Jamie Thin
 David Wright

Team Nos 44,45

Kevin Kane Kenny O'Neill
 Damien Mallet Tom Tracey
 Kenneth Morrison

Team Nos 46,47

Colin Miller Brian Craig
 Alastair MacFarlane
 Michael Flinn

Team Nos 48,49,50

Derek Hawkins Andrew Gibson
 Michael Finlay
 Thomas Hearle
 Steven Hards Robert Connell
 Alistair McAngus
 Chris Mcglennan

Team Nos 51

Scott Martin
 Ian Connell Ronald Dalziel
 James Wales Kenneth Wales

Team Nos 52,53

Kevin Cornes
 Neil McCover Gary Mitchell

Team Nos 54,55

Neil Rutherford Thomas Hanlon
 Niall Sheehan Zach Boukelia
 Paul Elliot David Ramage
 Neil Renault

Team Nos 56,57,58,59

Graeme Ackland Alex Agnew
 Steve Dempsey
 Scott Fraser
 Mark Kassyk Steven Lawrie
 Harry Mulholland
 Brian Turner Peter Week

Team Nos 60

Dougie MacDonald

Mot' vell AC Colours: Red with White edging

Bryan on Hands William Martin Christine Kennedy
 Milner Hampson Nicholas Hughes John Hughes

Alex HAY
 Robert Owen

Team Nos 61,62

Stephen Irwin Alan Tait
 Gordon Murray Stan Kavanach

Pittravie AAC Colours: Navy/Yellow/White

Jeff Gaspar Archibald Duncan Barry Davie
 Paul ... Closkey Colin Beveridge Graeme Crane
 Derek Simpson Owain Williams Tom Fleming
 Nigel Cunningham

Neil MacLachlan
 Alex Keenan
 Andrew Le Good

Team Nos 63,64

Stephen Irwin
 Cameron Watson David Arnott
 Glyn Gardiner

Ron Hill Cambuslang Harriers Colours: Red with White Band

Ross Arbuckle Ross Bark Frank Barton
 Brian Campbell Freddy Connor Colin Donnelly
 Robert Gilroy Robert Goutcher Lukasz Grabinski
 Archie Jenkins Joseph Kealey Iain MacCorquodale
 John McPake Thomas McPake Ian Munro
 Gerry Reid Iain Reid Jamie Reid
 Charles Thomson Gary Wallace Neil Wilkinson
 Chris Wilson Kerry Liam Wilson Stephen Wylie

John Brown
 David Fairweather
 Greg Hastie
 John MacNamara
 Michael O'Hagan
 David Rodgers
 Martin Williams
 Bernard Gough

Team Nos 65,66,67,68

Alistair Campbell
 Colin Feechan Stuart Gibson
 Scott Hunter Frank Hurley
 Alan Macpherson
 Jasmair Pal Bruce Raeside
 Andy Steven David Thom
 W. Ian Williamson
 James Orr

Shettleston Harriers Colours: Blue with Gold Band

Allan Adams William Coyle Desmond Crowe
 Stuart Greenway Tsegai Tewelde Peter Carton
 Andy Little Iain MacFarlane John MacKay
 Matthew Gillespie Ruairidh Munro Thomas Owens
 Malcolm Patterson Michael Deason Gordon Phillips
 Robert Soutar Gary Walker Tsegai Tewelde
 Tsegizab Woldemichael Marc McColl
 James Burns Greg Pawelczyk Oleg Chepin

John Duffy
 Thomas Fay
 Clyde Marwick
 Matthew Sullivan
 Karl Povey
 Girmay Tsegai
 Adam Lee
 John Oates

Team Nos 69,70,71,72

Martin Graham
 Casey Morgan Ian Johnston
 Kenneth McCoy
 Tewoldeberhan Mengisteab
 Marcus Scotney Paul Sorrie
 Sean Watson
 William Breckenridge
 David Jamieson

Springburn Harriers Colours: Navy Blue with White Diamond

John Bell Colin Watson Willie Munro
 Alexander Chalmers Andy Callan Jim Cooper
 Adam Janeczko Robert Young Alan Hill Lee Moran

Team Nos 73,74

Joseph Chambers
 Damian McAuley
 Ross McEachern Graham Munro

Victoria Park City of Glasgow Colours: Blue and White Hoops

Stuart Barnett Kenneth Brown Gerard Craig
 Kenneth McVey Ken Mitchell Allan Ramsay
 Derek Watson Snr. Sean Fontana Derek Gibb
 William Parker Mark Ashby

Team Nos 75,76

Martin Hayes
 Iain Townsend
 Joseph Doyle Charles Murray

WOMENS' FOUR STAGE
Holders- Central AC
Masters Hoders Central AC
Start 12.00 noon
Bellahouston Harriers Colours: Dark Blue with Light Blue Cross

Erica Christie Sharon Taylor Joanne Sharp Connie Hydes
 Bernadette O'Neill G Beattie Michelle Murdoch

Team Nos 77, 129
 Yvonne Winchester

Bellahouston Road Runners Colours: Purple with White Band

Lynsey Munro Nicola Milligan Emma Birnie Jacqueline McGuire
 Claire Thompson Elke Schmidt Julia Harris

Team Nos 78,79
 Louise Ross

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Dawn Buchanan Sandra Reid Frances Maxwell Mary Goldsmith
 Alison Crooks Irene Hill genevieve freeman

Team Nos 80
 Claire Brady

Carnegie Harriers Colours: Orange & Green

Morna Fleming Isobel Burnett Lesley Halstead Gillian McCracken
 Lynne Bennet Mehrmaz Campbell Susan Cederstrom Marianne Crichton
 Sharon Gunn Claire Howie Julie Humphreys Linda James
 Maryanne Lawrence Valerie MacAulay Kate McKinnon Gail Murdoch
 Helena Sim Laura Stewart Fabienne Thompson Judith Taylor
 Susan Walker Angela Wallace Catherine Wilson

Team Nos 81,82
 Rosalyn Alexander
 Helen Davidson
 Lynne Kuz
 Fiona Rennie
 Pauline Walker

Central AC Colours: Yellow and Blue

Jane Waterhouse Fiona Kelsall Polly Harrison Stephanie Leach
 Isla Campbell Sarah-Jane Pickett Claire Brisbane Morag Adam
 Linda Sneddon Ainsley Normand Jennifer Emsley Katie Whitehouse
 Claire Houston Alison Docherty Kayleigh McGuirk

Team Nos 83,84,85,86
 Fiona Thompson
 Tracey McNally
 Alayne Finlay

Corstorphine AAC Colours: White with Black Trim

Eve Ritchie Gillian Carr Corrie Roberts Megan Smith

Team Nos 87
 Jillian Hogg

Dumfries Running Club Colours: White with Maroon and Sky blue Hoops

Maureen Dickson Mhairi Douglas Lisa Finlay Sian Finlay
 Paula Neill Joanne Needham Susan Callander Carolyn Hunter-Rowe
 Marian McPhail

Team Nos 88
 Joasia Zakrzewski
 Vicky Little

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

Joanne Thom Jennifer MacLean Debra Murray Catherine Ferry
 Katja Eravisto Marietta Beal Elaine Davies Karen Dobbie
 Lauren Stoddart

Team Nos 89,90,91
 Sharyn Ramage
 Morag Macniven

Fife AC Colours: White with Red Band

Lorraine Brown Sarah Cullen Nikki Harrison Angela Howe
 Anita Laidlaw Sarah Legge Fiona Lothian Dorothy McCracken
 Young Margaret McLaren Sophie Mullins Morgan Murphy
 Irene Pennycook Sandra Robertson Jocelyn Scott Helen Sharpe
 Susan Thomson Fiona Walker Morgan Windram-Geddes

Team Nos 92,93,94,95
 Jennifer Kibble
 Varry McCullough-
 Johanna Paananen
 Lorna Sibbett

Gala Harriers Colours: White with Green Band

Katy Anderson Rachel Fagan Dianne Lauder Gillian Duncan

Team Nos 96

Garscube Harriers Colours: White with Blue Band

Alison Winship Heather McIntosh Ailsa Currie Jill O'Neil
 Kathryn Ellis Marion Kelly Lesley Chapman Laura Devine
 Debbie Martin Sara Montgomery

Team Nos 97,98,99
 Carole Gilmour
 Katherine Graham

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Yvonne Hamilton	Sheila Lewis	John Lees	Jacqueline Cowan
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Team Nos 100**Glasgow University H & H Colours: Black and Gold**

Ruth Joss	Yulia Uzenova	Jessica Martin	Sara Stevenson
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Team Nos 101**Helensburgh AAC Colours: Yellow with Red Band**

Julia Henderson	Michelle Hetherington	Claire Heasman
Debbie Savage	Tina Munro	Emma Cummings
		Jennifer Fitzgerald

Team Nos 102,103

Janet Fellowes

Hunters Bog Trotters Colours: Brown

Jessica Batterham	Carrie Craig	Claire Gordon	Miranda Grant	Jane Hart
Kate Jenkins	Isobel Knox	Deborah MacDonald	Morag McCracken	Shona McIntosh
Alison C McNeillage	Phyllis Mitchell	Megan Mowbray	Fionn Nairn	Rose Nicholson
Eilis O'Neill	Sandra Rathjen	Janice Smith	Rosie Smith	Margaret Spalding
Claire Ward	Eilidh Wardlaw	Megan Wright		

Team Nos 104,105,106**Kilbarchan AAC Colours: Gold with Black Hoop**

Hayley Haining	Claire Gibson	Natalie Sharp	Jessica Martin	Christina Rankin
Elspeth Curran	Cara Sloss	Fiona McIntyre	Anneka Galbraith	Lynsey Curran
Dennise Smith	Karen Yule	Hannah Waugh	Leanne Hamilton	Kerry Lang
Lorraine Gribben	Louise Manson	Karen Glendinning	Lesley McKerral	Kate O'Brien
Annette Fitzpatrick	Wanda Phillips	Lynne Goldie	Michelle Bell	Eileen Masson

Team Nos 107,108,109,110**Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes**

Kara Tait	Elizabeth McDerment	Paula Wilson	Marion Burns	Avryl Cornforth
Lorna Sloan	Tracy Kerr	Gillian Mullen	Laura Cairns	Jan Mcleod
Lindsay McMahon	Colleen Tait			

Team Nos 111,112**Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops**

Ada Stewart	Vivien Fraser	Susan Addison	Annmarie McCaffrey	Marie McChord
Shirley MacNab	Ros O'Sullivan	Allison Law	Lindsay Branstor	Claire Morgan
Ausrine Ward				

Team Nos 113,114**Lasswade AAC Colours: White with 2 Blue Bands and Red Band**

Wilma Kerr	Johanne Turnbull	Lorna Rice	Margaret Imlah	Nicola Murray
Ann Edgar	Nicola Bird	Hillary Smith		

Team Nos 115**Lothian Running Club Colours: Blue with Black letters**

Mhairi Inglis	Sarah Inglis	Louise Crilly	Yvonne Crilly	Rosemary Ewing
Lucy Galloway	Jill Horsburgh	Saran Jones	Carol Mahon	Suzanne Swan
Christine Milne	Jane Moncrieff	Edel Mooney	Helen Murray	Lynne Murray
Laura Sarkis	Marie Storrie	Margaret Turnbull	Lorna Eades	Claire Shanley

Team Nos 116,117,118,119**Motherwell AC Colours: Red with White edging**

Jill E Strachan	Phyllis Hands	Elaine Jamieson	Gayle Tait
Jessie Miller	Carole Munro	Joanne Clark	

Team Nos 120,121

Mae McIsaac

Pitreavie AAC Colours: Navy/Yellow/White

Siobhan Coleman	Jayne Clark	Pamela Gilfillan	Sarah Ross
Helen Kane	Helen Burns		

Team Nos 122

Louise Dallas

Shettleston Harriers Colours: Blue with Gold Band

Susan Breckenridge	Chichi Guly	Amleset Tewelde	Avril Mason
Fiona Maxwell	Lindsay MacNeill		

Team Nos 123

Christine Patterson

Springburn Harriers Colours: Navy Blue with White Diamond

Danielle Brown	Clare Gemmell	Michelle Sandison	Fiona Gentles
Lynne Millar	Caroline Brownlie	Julie Barnett	Lorraine Gray
Catrina McNeill			

Team Nos 124,125

Marlene Hunter

Collette Coyne

Victoria Park City of Glasgow Colours: Blue and White Hoops

Claire McCracken	Lindsay MacNeill	Kirsty Baird	Jacqueline Thomson
Nicola Hood	Rebecca Finch	Susan Finch	Donna Finlayson
Christine Catterson	Kirsteen Young	Josephine Moultrie	

Team Nos 126,127,128

Jill Knowles

Sandra Branney

National Road Relays, Livingston Women's Fastest Laps 1998-2008

SHORT LEG (3.15 MILES)		LONG LEG (5.8 MILES)	
L.McDougall (C of G) 2001	17.06	H.Hanning (Kilb) 2007	31.04
L.Wilson (Carn) 2007	17.19	T.Brindley (C of G) 2000	33.01
G.Palmer (C of E) 2007	17.34	A.Mudge (Carn) 2000	33.08
L.Wilson (Carn) 2005	17.36	K.Wilder (C of G) 2002	33.21
S.Owen (C of G) 2002	17.44	C.Fagan (C of G) 2007	33.21
T.Brindley (Carn) 2003	17.51	J.Shannon (Kilb) 2004	33.25
C.Gibson (Kilb) 2008	18.04	J.McLean (C of E) 2007	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	E.Shmidt (Bella) 2007	34.13
A.Higgins (JWK) 2005	18.17	T.McIntosh (Cen) 2005	34.14
H.Sutherland (Liv) 1999	18.18	L.McMahon (JWK) 2000	34.14
L.Chisholm (Spring) 2007	18.16	E.Mooney (Loth) 2006	34.15
J.Foxburgh (Irvine) 2000	18.19	S.Owen (C of G) 2005	34.18
J.McDevitt (C of G) 2000	18.21	H.Stuart (Bella) 2007	34.23
J.Knowles (C of G) 2005	18.22	A.Higgins (JWK) 2001	34.25
J.Knowles (C of G) 2002	18.24	L.McNeill (Shett) 2001	34.28
J.Knowles (C of G) 2006	18.28	J.Knowles (C of G) 2004	34.30
L.McMahon (JW Kil) 2006	18.28	T.Thomson (Pit) 2002	34.34
K.Young (C of G) 2005	18.30	L.Harding (Shett) 2000	34.35
F.Thompson (Cen) 2008	18.30	M.Clark (HBT) 2004	34.41
S.Owen (C of G) 2004	18.36	A.Simpson (JWK) 2006	34.43
J.Knowles (C of G) 2007	18.39	J.Stevenson (FVH) 2001	34.46
C.Gibson (Kilb) 2004	18.42	I.Robertson (Bella) 2006	34.46
J.McDevitt (C of G) 2001	18.43	E.Mooney (Loth) 2007	34.47
M.McLarty (Cen) 2008	18.43	S.Kettlewell (C of G) 2005	34.48
M.Sheil (ESH) 2006	18.45	S.Finch (C of G) 2000	34.51
C.McCracken (C of G) 2004	18.49	S.Finch (VP C of G) 2007	34.55
M.McLarty (Cen) 2007	18.50	S.Carson (Gala) 2002	35.01
E.Curran (Kilb) 2008	18.51	S.Finch (C of G) 2002	35.06
P.Nicholson (Col G) 2006	19.51	J.Stevenson (FVH) 1998	35.09
E.Cochrane (C of G) 2001	18.52	J.Stevenson (FVH) 2003	35.14
J.Knowles (C of G) 2003	18.58	J.Stevenson (FVH) 2003	35.14
E.Kilburn (HBT) 2007	18.59	J.McLean (C of E) 2006	35.17
		R.Smith (Edin Univ) 2008	35.18*
		M.Clark (HBT) 2002	35.21

* Long Leg amended in 2008

National Road Relays, Livingston Men's Fastest Laps 1998-2008

SHORT LEG (3.15 MILES)		LONG LEG (5.8 MILES)	
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
M.Draper (Lass) 2008	15.04	R.Russell (Cen) 2008	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
I.Donnan (Loth) 2007	15.10	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.Russell (Cen) 2007	28.25
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.Runcieman (Cam) 2000	28.44
R.Houston (Cen) 2008	15.37	S.Wylie (Cam) 2003	28.45
B.Scally (Shett) 1998	15.38	R.Russell (Cen) 2005	28.46
B.Kirkwood (Miz) 1998	15.38	A.Adams (Clyde) 2003	28.47
A.Little (Shett) 1998	15.38	B.Jenkins (Clyde) 1998	28.48
F.Cartmell (RH Cam) 2007	15.38	D.Ross (Miz) 1998	28.49
R.Quinn (Kilb) 2003	15.39	A.C.Muir (RC Edin) 2003	28.51
R.Toole (Kilb) 2006	15.39	S.Gibson (Shett) 1999	28.51
D.Gausen (C of E) 2006	15.41	D.Leggate (Fife) 2000	28.52
D.Selman (Cor) 2007	15.41	C.Thomson (RH Cam) 2000	28.52
M.Bell (C of E) 2002	15.42	J.Robson (Miz) 1999	28.53
F.Barton (RH Cam) 2000	15.43	R.Russell (Cen) 2006	28.54
K.Idessane (Clyde) 1998	15.44	J.Reid (RH Cam) 2003	29.00
J.Mareque (C of E) 2005	15.44	R.Fitzimmons (Kilb) 1999	29.00
B.Phillips (Lass) 2008	15.45	D.Naylor (HBT) 2000	29.02

* Long Leg amended in 2008

Road Relays Livingston 5th April 2008

Womens 4 Stage

1st	Central AC	1hr 50mins 02secs
2nd	Kilbarchan AAV	1hr 50mins 55secs
3rd	Bellahouston Road R	1hr 52mins 48secs

Mens 6 Stage

1st	Central AC	2hr 16mins 56secs
2nd	Shettleston H	2hr 20mins 37secs
3rd	Ron Hill Cambuslang	2hr 21mins 22secs

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 2009	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 Hyman of Lothian Running Club who sought out routes and devised the laps at the 2 Livingston venues.