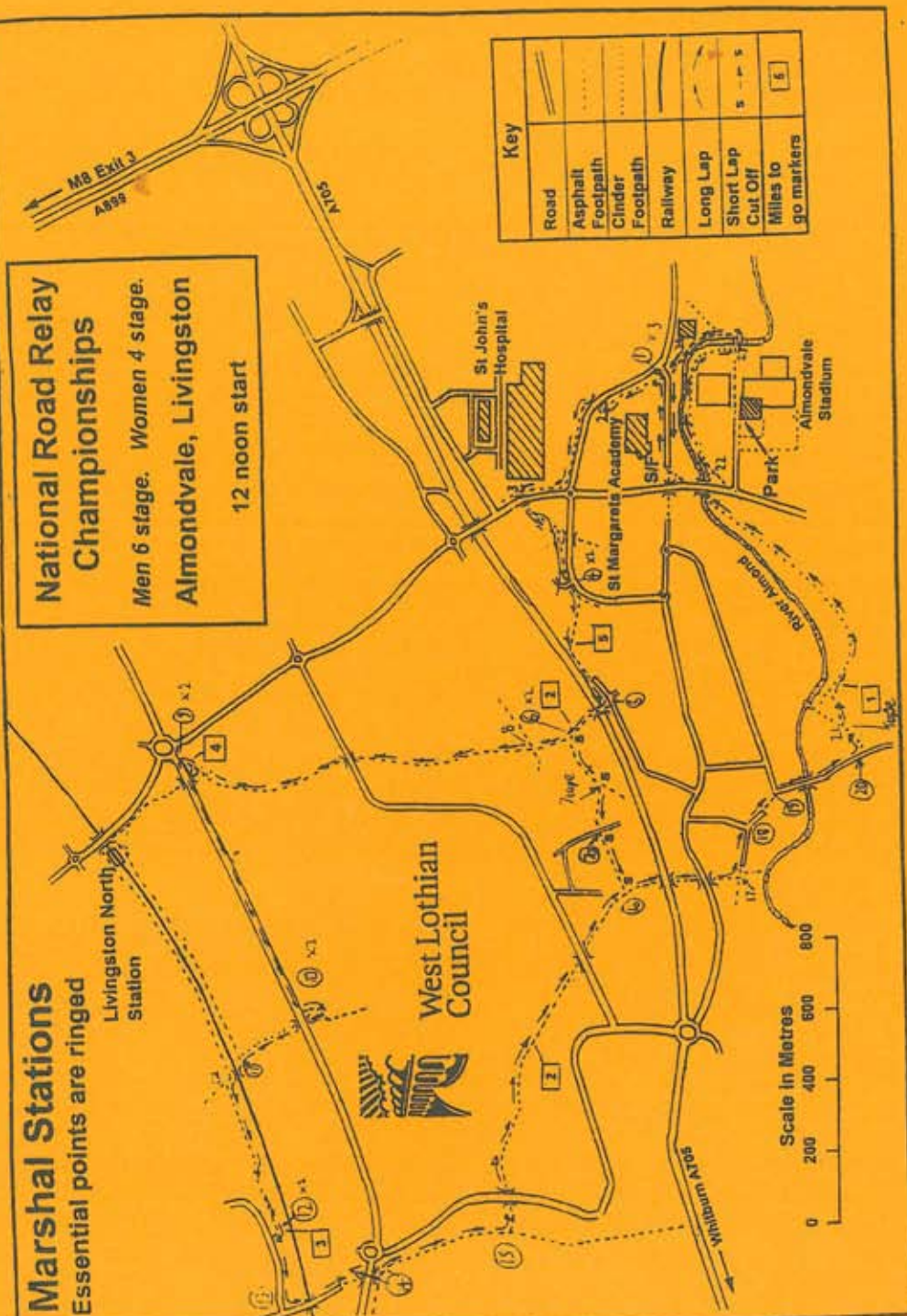


Marshal Stations
Essential points are ringed

Livingston North
Station

**National Road Relay
Championships**
Men 6 stage. Women 4 stage.
Almondvale, Livingston
12 noon start



scottishathletics 

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

SUNDAY 3rd APRIL 2011

LIVINGSTON (Almondvale)

supported by



**West Lothian
Council**

TIMETABLE
DECLARATIONS CLOSE
RACE STARTS

12.30pm
1.00pm

NUMBERS
SHORT LAP (3.15 miles)
LONG LAP (5.8 miles)
LAST MEN'S LONG LEG (5.8 miles)

RED NUMBERS
YELLOW NUMBERS
WHITE NUMBERS

START TIME 1.00pm

ROAD RUNNING AND CROSS COUNTRY COMMISSION

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

OFFICIALS

Referee:	Ron Morrison
Clerk of Course	Alex McEwan
Course Consultant	Martin Hyman
Announcers	John McDonald, Adrian Stott
Starter:	Ron Morrison
Judges/ Changes	Ian Clifton (Chief), Jim Young, Andy Law, Bob Reid Neil Donachie
Timekeepers:	Joe Bruce (Chief), Margaret Daly, Sheila McDougall Graham Sword
Recorders Times	Molly Wilmoth, Sandy Cameron.
Recorders Places	Ian Hislop (Chief) Bill Gentleman, Sandra Hardacre, Bill McDougall
Declarations:	Phyllis Law, Jen Jackson.
Results:	Peter Jackson, Marjory Cook, Jen Jackson, Marion Donachie
Presentations	Alan Potts, Alex Jackson
Course Marshals	Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC Edinburgh AC, Corstorphine AAC, Haddington ELP
Event Manager	Ross Cunningham
First Aid	St Andrews Ambulance
Convenor	Alex Jackson

Messages

The first six stage relay was in 1979 at Strathclyde Park and it has been held 18 times since then in West Lothian. More recently WLC alongside its motivated partners have helped put on cross country league and district championships. At a more local level WLC have supported schools athletics and local races such as Dechmont and Linlithgow.

We live in changing and difficult times and I am heartened to see a number of positives around this championship event.

Firstly it brings together the sports volunteers as officials and stewards, many of the local clubs with Scottish athletics professionals and WLC officers in a number of services as Education and Regulatory services.

Secondly this event is part of a bigger sport competition programme within West Lothian across the ages and standards.

Thirdly, Lothian and Borders Police and the local First Aid have again provided a top class level of support and advice for the event.

Lastly, despite the winters damage, the course is virtually the same as past years. So hopefully you can run close to your PB's or at least produce a performance which matches all those rep sessions and long runs.

Thank you all for supporting the event. Safe journey home.

Cllr Jim Walker
Executive Councillor for Culture and Leisure

Did you know that the Women's Cross Country Union started a women's club relay in 1972? It was won by Larkhall YMCA from Dundee Hawkhill Harriers and Bellahouston Harriers? This is the 40th consecutive running of that event. The 1st incarnation of the 4 stage relay occurred in 1998 where 11 teams were entered. This year we have a record entry of 54 women's teams.

All of this history and much more can be found in the Road Running & Cross Country Commission's results Archive which may be viewed at the RR&CC web pages from the "also on site" link on the SAL home page as well as from the "LINKS" on the SAL home page.

This is the 14th year that the Championships have been held in Almondvale, Livingston and once again we are grateful for the continued support given by West Lothian District Council for our National 6/4 Stage National Road Relays. The continuity and the stability of the venue 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 McEwan, Ross Cunningham and Alex Jackson with extensive help from Martin Hyman for organising the event along with the course marshals from Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC, Edinburgh AC, Corstorphine AC and Haddington ELP. We add to that the many Officials and helpers whose preparation and planning make this event such a success.

Every year there are slight changes to the course. Please ensure that you are familiar with these before running.

To all the athletes and teams who are competing today – enjoy the competition.

Ron Morrison
Convenor, Road Running and Cross Country Commission

WOMENS' FOUR STAGE
Holders- Kilbarchan AAC
Masters Holders Central AC
Races Starts 1.00pm

Ayr Seaforth AAC Colours: White with Red Diagonal Cross
 Toni McIntosh Gillian Geates Louise Hill-Stirling Laura Wallace

Team Nos 79

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross
 Erica Christie Bernadette O'Neil Yvonne Winchester Kristina Greig
 Suzanne McMahon Angela Campbell Kathleen MacLeod Suzanne Boyle

Team Nos 80,81

Katy Smith
 Louise Andrew

Bellahouston Road Runners Colours: Purple with White Band
 Deborah Gray Louise Ross Jane Wild Jane Galt
 Jane Simpson Katie Padgham

Team Nos 82

Sandra Houldsworth

Calderglen Harriers Colours: Amber and Black Vertical Stripes
 Frances Maxwell Mary Goldsmith Julie Beveridge Joanne McEvoy
 Alison Crooks Kirsty Findlater Sandra Reid

Team Nos 83

Genevieve Freeman

Carnegie Harriers Colours: Orange & Green

Marianne McLevy Judith Dobson Morna Fleming
 Alison Major Gail Murdoch Samantha Newington Louise Hewison
 Alison Whyte Joanna Wilson Gillian McCracken Melanie Sinclair
 Linda James Helena Sim Lynne Kuz Grace Mackenzie

Team Nos 84,85,86

Jacqueline MacIntyre
 Fabienne Thompson
 Mary Western

Central AC Colours: Yellow and Blue

Claire Houston Emma Raven Alison Docherty Lyndsay Morrison
 Catriona Buchanan Ainsley Normand Jennifer Emsley Morag Adam
 Linda Sneddon Claire Brisbane Jane Waterhouse Shona Aiken

Team Nos 87,88,89

Karen Montador
 Tracey McNally
 Polly Harrison

Corstorphine AAC Colours: White with Black Trim

Kerry Porter Jillian Hogg Rachel Brockie Susan Johnston

Team Nos 90

Gillian Carr Jo Kirby

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

Lisa Finlay Sian Finlay Mhairi Duff Joasia Zakrzewski
 Kerry Walker Maureen Dickson Audrey Brown Marian McPhail
 Rachael McDougal Joanne Needham Gemma Leadbetter

Team Nos 91,92,93

Alison Wilson
 Dawn McDonald

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

Freya Murray Jennifer MacLean Sarah Hood Laura Dunn
 Sharyn Ramage Catherine Ferry Marietta Beal Lauren Stoddart
 Debra Murray Susan Ridley Lyndsey Fraser Victoria Lomax
 Emma Laverie Lynsey Sharp Emily Stewart Emily Dudgeon

Team Nos 94,95,96,97

Joanne Thom
 Lianne Logan
 Karen Dobbie
 Katharine Brownlee

Falkirk Victoria Harriers Colours: Black with Gold Band

Claire Moffett Lorna Kennedy Nicola Flynn Rhona Penman

Team Nos 98

Fife AC Colours: White with Red Band

Fiona Bracegirdle Innes Bracegirdle Sandra Aitken
 Angela Howe Jennifer Kibble Sarah Legge Megan Crawford
 Alison McGill Amie McKimmie Margaret McLaren Hester Dix Ailsa Hall
 Irene Pennycook Hilary Ritchie Sandra Robertson Phyllis Lemoncello Keren Macpherson
 Kirsti Sharratt Lorna Sibbett Catharine Sinclair Janet McWhinnie Sophie Mullins
 Morgan Windram-Geddes Susan Thomson Jocelyn Scott Helen Sharpe
 Sandra Tulloch

Team Nos 99,147,148,149,150

Gala Harriers Colours: White with Green Band

Rachel Fagan Dianne Lauder Fiona Shepherd

Team Nos 151

Fiona Dalgleish

Gillian Duncan

Garscube Harriers Colours: White with Blue Band

Alison Winship Marian Kelly Jill O'Neil Natalia Mulrine
 Laura Devine Gail Beaton Lesley Chapman Lesley Chisholm
 Ailsu Currie

Team Nos 152,153,154

Kirsty Husband
 Heather McIntosh

Helensburgh AAC Colours: Yellow with Red Band

Erica Cromar Janet Fellowes Maria Dye Michelle Hetherington

Team Nos 155

Hunters Bog Trotters Colours: Brown

Briony Curtis Lisa Gamble Eilidh Wardlaw Miranda Grant
 Emma Baker Jessica Batterham Carrie Craig Claire Gordon
 Kate Jenkins Isobel Knox Deborah MacDonald Rachel Heathcote
 Maxine Czarniecka Morag McCracken Shona McIntosh Eilis McKechnie
 Megan Mowbray Fionn Nairn Sandra Rathjen Janice Smith
 Claire Ward Rachel Smirthwaite Abigail White Megan Wright

Team Nos 156,157,158

Sula Young
 Jane Hart
 Sarah O'Neil
 Phyllis O'Brien
 Margaret Spalding
 Rose Nicholson

Kilbarchan AAC Colours: Gold with Black Hoop

Nynke Mulholland Michelle Bell Natalie Sharp Jessica Martin
 Elspeth Curran Rhona Martin Nicole Treacy Cara Sloss
 Siobhan Inglis Lynsey Curran Gemma Rankin Claire Gibson
 Hannah Waugh Elaine Muirhead Leanne Hamilton Kerry Lang
 Hayley Haining Lesley McKerral Angela McGuinness Lynne McPhee
 Lorraine Sharp Wanda Phillips Carol Murray Eileen Masson

Team Nos 159,160,161,162,163

Christina Rankin
 Fiona McIntyre
 Claire Gibson
 Karen Glendinning
 Jackie Campbell

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Paula Wilson Elizabeth McDerment Susan Beattie Joan Graham
 Laura Haggarty Avryl Cornforth Maire Gorman Tracy Kerr
 Rosemary McMillan Lesley Phillips Lorna Sloan Kara Tait

Team Nos 164

Morag Cairns
 Lindsay McMahon
 Kate Todd

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Ada Stewart Susan Addison Annmarie McCaffrey Marie McChord
 Vivien Fraser Alexandra Lamond Hannah Terrance Pamela Parker

Team Nos 165,166

Shirley MacNab
 Lindsay Branstorn

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

Wilma Kerr Keira Murray Hilary Smith
 Nicola Murray

Team Nos 167

Lorna Rice

Karen McKinley

Lothian Running Club Colours: Blue with Black letters

Jill Horsburgh Lynne Murray Jocelyn Moir Ediel Mooney
 Claire Shanley Lucy Galloway Alison McQuillen Christine Milne
 Lorna Eades Rosemary Ewing Suzie Hannah Saran Jones
 Leanne Webster

Team Nos 168,169,170

Mhairi Inglis
 Chloe Cox
 Carol Mabon

Metro Aberdeen RC Colours: Black/Yellow Quarters

Claire Smith Rowena Dustan Dawn Jaffrey Alison Mathers

Team Nos 171

Motherwell AC Colours: Burgandy with Gold Band

Clare Barr Phyllis Hands Jill E Logan Jane Wedlock
 Mae McIsaac Laura McTavish Elizabeth Martin Tracy Lamont

Team Nos 172,173

Elaine Jamieson

Pitreavie AAC Colours: Navy/Yellow/White

Amanda O'Neill Jane Macleod Fiona Campbell
 Ann Davidson Carol-Ann McFarlane Kim Copp

Team Nos 174,175

Anna Sneddon

Scottish Prison Service Colours: Royal Blue & White

Charlotte Millar Jill Knowles Jennifer Telford Nicola May

Team Nos 176

Shettleston Harriers Colours: Blue with Gold Band

Avril Mason Fiona Maxwell Lindsay MacNeill Clara Ursitti
 Laura Murray Carole Setchell Iona Robertson Christine Patterson

Team Nos 177

Susan Breckenridge

Victoria Park City of Glasgow Colours: Blue and White Hoops

Claire McCracken Susan Finch Donna Finlayson Claire Thompson
 Jacqui Thomson

Team Nos 178

Alison Kerr

Wee County Harriers Colours: Navy and Orange

Beryl Junnier Caroline Strain Emily Burt Jane Binnie

Team Nos 179

MEN'S SIX STAGE
Holders- Shettleston Harriers
Masters Holders Carnegie Harriers
Race Starts 1.00pm

Aberdeen AAC Colours: White with 2 red hoops
 Mark Haskett

Ayr Seaforth AAC Colours: White with Red Diagonal Cross
 Kevin Bloy Barry Duddy Stephen Kay Peter Laing
 Greg Templeton Paul Turnbull Neil Burnside Iain Baird

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross
 Brian Douglas Mark Paterson Graeme Gemmell Graeme Stewart
 Steven Prentice Martin Johnston Ruairidh Macdonald Michael Freshour
 Thomas Keenan Brian French David Mooney Ian MacLeod
 Matthew Brown Tom Lauckner Howard Scott Andrew Campbell
 John Softley Gary Stewart Jim Carson Amanuel Zerezhig

Bellahouston Road Runners Colours: Purple with White Band
 Barry Edwards Gerard Scullion Christopher Doak Russell Whittington
 Peter Devenport Greig Glendinning Brendan Moriarty Grant MacDonald
 Matthew Williamson Alex Lawther Ciaran Dougherty Neil Farnell
 Brian O'Donnell John Sandbach Hugh Brown Mark McGoldrick
 Craig Ross Robert McEwan Stuart Mathieson

Calderglen Harriers Colours: Amber and Black Vertical Stripes
 Russell Couper Alan Derrick George Stewart Edward Reid
 Jim Holmes David Watt Jamie McMonagle Ian Hughes
 Charles McDougall Andrew Henderson Martin Duthie Colin Bain
 Colin Freeman Neil Green Scot Hill Colin Jarvie
 Kenny Leinster Graham Lindsay John McBride Ian McKenzie
 Gerard Mullen Stephen Phimister Ian Rae Graham Ramage
 David Searil Charles Steven David Wardrope Stuart Waugh

Carnegie Harriers Colours: Orange & Green
 Paul Arnott Jan Berni-Cederstrom Scott Bradley Allan Brannigan
 Neil Campbell Paul Campbell Ruairidh Campbell Ross Carrie
 Alan Cockburn Michael Cowie Barry Davie Allan Fotheringham
 Stephen Greer Mike Harvey Dennis Howett Andy Hume
 Ronnie Hunter-Blair Campbell Hutt Ian Robert Johnston Mark Johnstone
 Steven King Thomas Lawrence Lewis Lawson Craig Lindsay
 Robbie McKenzie David Millar Robert Milton Kieran Morgan
 Colin Reid Colin Reynolds Peter Simpson Andrew Smith
 Phil Smithard Ian Stewart Iain Taylor Andrew Wright

Central AC Colours: Yellow and Blue
 Alasdair Anthony David Armour Hugh Buchanan Andrew Butchart
 Richard Coombs James Drummond David Eckersley Alan Gall
 Alastair Hay Philip Hendry Alexander Hendry Kenneth Hislop
 David Hutchison Hugh Kerr David Lindsay Sandy MacLarty
 Liam McCabe Ian McDonald Jamie McDonald Christopher McHardy
 Lewis Millar John Millar Alex Milne George McHardy
 Gavin Noble Sean Reilly Robert Russell John Newsom
 Michael Wright Colin Sinclair Stuart Watson

Team Nos 1

Team Nos 2
 Tom McCulloch
 Laurence Baker

Team Nos 3,4,5
 Iain Burke
 Brian Barr
 William McAllister
 Bryan Lamb
 Tom Grace

Team Nos 6,7
 Russell Whittington
 Grant MacDonald
 Neil Farnell
 Mark McGoldrick
 Alan Moss

Team Nos 8,9,10
 David Herbertson
 Colin Banks
 Alan Cullie
 Richard Lawton
 Allan McLellan
 Stephen Reilly

Team Nos 11,12,13,14
 Graeme Campbell
 Roger Clark
 John Fulham
 Peter Humphreys
 Alex Keenan
 Calum McGaw
 Peter Morrison
 Malcolm Smith

Team Nos 15,16,17,18
 Cameron Campbell
 Scott Green
 Ross Houston
 David McNamee
 George McHardy
 John Newsom
 Stuart Watson

Clydesdale Harriers Colours: White with Black "C"
 Paul Carroll Peter Rudzinski Peter Bowman
 Ryan Nelson Iain Robertson Robert Young
 Michael Diver Peter Halpin Colin Gray

Corstorphine AAC Colours: White with Black Trim
 Bruce Malcolm Graeme Fletcher Bryan Clark Christopher O'Brien
 Dean Carr David Colman Steven O'Brien Dermot Cummins
 Michael Anderson Martin Caldwell Nicholas Brown Shaun Cavens
 Iain Cumming Alex Cumming Jan-Bert Van Den Berg
 Richard Hooper Scott Pilkington Keith Hood Moray Anderson
 Kris Berry Kenneth Stewart

Dundee Hawkhill Harriers Colours: Blue and White Quarters
 Matthew Strachan Neil Gunstone Gordon Barrie Paul Leonard
 Chris Foley Matthew White Roger Van Gompel David Adam
 Antony Robinson Nigel Reynolds Ross Coats

East Kilbride AAC Colours: Gold with 2 Black hoops
 Gordon Colvin Grant Baillie David J. Condra Graeme Haddow
 Tom Yuill JNR Andrew Little Andrew Shaw William Taylor
 Kevin Downie Adam Gatens Michael Browne Jamie Clements
 Niall Walker John Fergusson

Edinburgh AC Colours: White with one Blue, one Black Hoop
 Owain Bristow Andrew Crichton Edward Dudgeon Keith Dunlop
 Adam Jack Stuart Johnston Scott Logan Seamus Keely
 Alex MacEwen Gregor Maxwell Colin McGill James Mittra
 Adam Priestley Garry Robertson James Ruskin Tom Ryan
 Steven Wales Martin Ferguson Richard Hope

Falkirk Victoria Harriers Colours: Black with Gold Band
 John Denholm David Bunyan Mark Dunnachie John Martin
 Andrew Ronald David Hart Alexander Davidson Michael McQuaid
 Andrew Gibson Anthony Devlin

Fife AC Colours: White with Red Band
 Bryce Aitken Andrew Barker Gary Barker Andrew Brierley
 Brian Cruickshank Stewart Davidson Adrian Davis Stefan Elertowicz
 Owen Greene Douglas Gunstone Mark Harris Ian Hawkins
 Andrew Hood Jacob Howe Liam Hutson Martin Hutson
 Martin Laing Andrew Lemmoncello Tony Martin
 Frank McLaren Alan McLeod Kenneth McLeod Andrew Milne
 Geoff Pennycook Steven Pennycook Frank Popham Roger Rees
 Ryan Ritchie Clive Roberts Craig Ross Christopher Russell
 Tom Scott David Shepherd John Thomson Jeremy Tomlinson

Gala Harriers Colours: White with Green Band
 Robert Marshall David Hunter Anthony Lunn Malcolm Gowans
 Derrick Brydon Graeme Murdoch Euan Jardine Colin McCall
 Magnus Inglis Fergus Johnston Martin Clarke Thomas Knox

Garscube Harriers Colours: White with Blue Band
 Jim McAneny Stephen Cullen Robbie Drummond Robert McLennan
 Alan Blair Gary Goldie Stephen Mulrine Kenneth Macanna
 Athole Smith David Geddes Euan Mackay Andrew Geddes

Team Nos 19,20
 Gerard Montgomery
 Brian J Campbell

Team Nos 21,22,23,24
 Mickey Breen
 Christopher Peggie
 David Henderson
 David Law
 Calum McKenzie

Team Nos 25
 Craig Love
 Stephen Mason

Team Nos 26,27
 Edgar Ramage
 Derek Leitch
 David Gorman

Team Nos 28,29
 Brian Howie
 Peter Loudon
 Kirk Ollason
 Iain Whitaker

Team Nos 30
 Euan Martin
 Gary Smith

Team Nos 31,32,33,34
 Mark S Buchan
 Keith Ferguson
 Alasdair Hood
 John Kay
 Hugh D. McKay
 Daniel Newman
 Steven Reid
 D.Melville Scobie
 Neil Young

Team Nos 35,36
 Alistair Laurie
 Paul Daly

Team Nos 37,38,39
 John Bell
 christopher kilshaw

Giffnock North AAC Colours: Amber with Royal Blue Hoop

David Phee	David Logan	Michael Cross	George Gilchrist
Cameron Hodgson	James O'Hagan	Stuart McBeath	David McNab
Martin Fishwick	Luke Traynor	Miles Hollinshead	Matthew Ritchie
Alistair McCallum	Neil Deerey	James Galbraith	

Team Nos 40,41,42

Martin O'Donnell
Billy Clark
David Cairns

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

Steven Campbell	Kevin Gill	Michael Harrington	David Henderson
Bernard Kangley	Thomas Loehndorf	Shaun Lyon	Andrew McCall
Stephen McDade	Frank McKnight	Daniel McLaughlin	Michael McLoone Snr
Alan O'Rourke	Kenneth Pryde	Stephen Trainer	Robert Wilson

Team Nos 43

Alan Henderson
Kevan McCartney
Sam McVicar
James Watson

Hunters Bog Trotters Colours: Brown

George Ashley	Duncan Baker	Tom Barr	Steven Cairns
Ian Campbell	Daniel Clements	Colin Crabbie	David Fulton
Allan Gordon	Alistair Hart	Craig Hunter	James Jarvis
Craig Mattocks	Will Mair	Ian Marshall	Peter McClelland
Philip Mowbray	Donald Naylor	Ivor Normand	Christopher Oliver
Matt Sims	Murray Strain	William Townsend	Ray Ward
Andrew Sims	David Wright	Huw Jones	

Team Nos 44,45

Stewart Caithness
Daniel Gay
Simon Harrison
Alisdair Millan
Jon Rathjen
Michael Taylor

Inverclyde AC Colours: Black & White Stripes

Jude Boulton	Andrew Campbell	Campbell Cromar	Gerard Gaffney
Robert Gray	George Hegarty	Graeme Hyett	Thomas Jamieson
Christopher MacKay	Damen Mallet	Neil McLaughlin	Kenny O'Neill
Craig Ruddy	Robert Shaw	John Smillie	Graeme Forbes
Daniel Mulhare	James McFadden	Cameron Spence	David McKenzie
Kenneth Morrison			

Team Nos 46

Sean Gaffney
Kevin Kane
Mark Pollard
Andrew Douglas
Tom Tracey

Irvine AC Colours: Red with Black Trim

David Millar	Alex Allardyce	William Richardson	George Irving
Brian Craig	Andrew Rennie	James Sneddon	Colin Miller
Patrick Cullinane	James White	Steven Connell	Mark Livingstone

Team Nos 47,48

Ian Berryman
Jamie Findlay

Kilbarchan AAC Colours: Gold with Black Hoop

Gary Rankin	Graham Evans	Connor Henderson	Thomas McDonald
Scott MacAulay	Stephen Fleming	Nicholas Emsley	Paul Leck
Conor McNulty	David Mackintosh	Nicholas Moore	Fraser Devenney
Ross Toole	Paul Arcari	Andrew Clugston	John McMillan
Donald Kennedy	Gordon Gallacher	Thomas Hearle	James Snodgrass
James Ogilvie	Ian MacDougall	Steven Hards	Richard Beall
Brian Graham	Robert Allison	Donald Petrie	David Mewse
James McMillan			

Team Nos 49,50,51

Callum Hawkins
Derek Hawkins
Chris Devenney
Scott Craig
Robert Quinn
Robert Connell
William Masson

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Leslie McDerment	Connell Drummond	Tommy Wyper	Iain Connell
James Wales	Brian Darroch	Ian McAughtrie	John McClarty
David White	Ross Connelly	Richard Skillen	Alasdair Murray
Stewart Ferguson	Murray McDonald	William Duffy	

Team Nos 52,53

Alan Brydon
Scott Martin
Kenneth Wales

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Christopher Craig	Stephen Allan	Robert Rogerson	David Hogg
Adam Peters	Craig McIntyre	Louis O'Hare	Thomas McChord
David Gardiner	Des McKeown	Stuart Kerr	Kevin Cornes
Kevin Gall	Paul O'Connor	Michael Peters	

Team Nos 54,55

Gary Mitchell
Edward McLoone
Jim McLoone

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

Barney Phillips	Ben Mitchell	Scott Anderson	Martin Gore
Paul Elliott	Richard Connor	David Ramage	Scott Campbell

Team Nos 56,57

Niall Sheehan
Zack Boukelia

Alan Cumming	John Murray
Charles Carstairs	Martin Graham

Andrew Matheson	Alan McFadden
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Chris Poxton

Lothian Running Club Colours: Blue with Black letters

Colin Partridge	Kenny Mearns	Max McNeill	David Berrill
Alastair Robertson	Peter West	Alan McIntosh	Alex Agnew
Iain Donnan	Jozsef Farkas	John Malcolm	Ian Leggett
Scott Fraser	Robin Galloway	Ian Hall	James Alexander
Craig McDowall	Ross Milne	Brian Turner	Robin Morris
Ben Hartman	Kenton Jones	Mark Kassyk	Steven Laurie
David Eades	Joseph Robertson	David Mahon	

Team Nos 58,59,60

Robert Inglis
Harry Mulholland
Ted Finch
Jim Salvage
Scott Nelson
Mike Lieberman

Metro Aberdeen RC Colours: Black/Yellow Quarters

Robert Taylor	Neil Jaffrey	Clifford Leith	Peter Jennings
Mark Poole	Niku Millott	George McPherson	Ian Urquhart
Kevin Morice	Eoghan O'Neill	Forbes Reid	Lionel Evans
Barry Ingram	William Reid	John Park	Stephen Forbes
Gary Walker	Andrew Morgan		

Team Nos 61,62

Iain Grigor
Michael Barker
John Matheson
Graham Strachan

Motherwell AC Colours: Red with White edging

Benjamin Hands	John Hughes	Brian McLinden	Matthew Purser
William Martin	Gary Lines	Nicholas Hughes	Andrew Scott
Robert McCourt	Craig Adams	Gerald Hartley	John McParland
Christopher Macdonald		Peter Blackmore	Luke McIlvenna

Team Nos 63,64,65

Graeme Kennedy
Richard Leach
Graham McEwan

Pithead AAC Colours: Navy/Yellow/White

Jeff Farquhar	Owain Williams	Kevin Davie	Andrew Le Good
Frank Coyle	Neil MacLachlan	Graham Gordon	Graeme Crane
Donald Macleod	Steven Walker	Iain Robertson	Archibald Duncan

Team Nos 66,67,68

Alan Forbes
Jonathon Hedley

Ron Hill Cambuslang Harriers Colours: Red with White Band

David Cooney	Bernard Gough	Francis Hurley	Frank Barton
Gerry Reid	David Thom	Ross Arbuckle	John Brown
Alan Ramage	Neil Wilkinson	Michael O'Hagan	Greg Hastie
Brian Campbell	Stephen Whyte	Jamie Reid	Scott Hunter
Robert Gilroy	David Munro	Joseph Kealey	Alasdair Murray
Chris Wilson	Donald Macaulay	Alistair Campbell	

Team Nos 69,70,71

Colin Feechan
David Rodgers
Kerry Liam Wilson
John MacNamara
Iain MacCorquodale

Shettleston Harriers Colours: Blue with Gold Band

William Coyle	John J Duffy	Amanuel Hagos	Jethro Lennox
Thomas Owens	Matthew Sullivan	Tewoldeberhan Mengisteab	Paul Sorrie
Tsegai Tewelde	Denis Williams	Marc McColl	Thomas Fay
Michael Deason	Casey Morgan	John Oates	Tsegizab Woldemichael
Michael Gillespie	Azzidine Zourhi	William Maxwell	Oleg Chepelin
William Breckenridge	Craig Mitchell	Andy Little	Daniel Bradford
Lee Wilson	Lachlan Oates	Kerrick Hesse	Ruairidh Munro
Andrew Dearie	Gary McBride	Gary Turner	Adam Drummond
Allan Adams	Ian Johnston	Matthew Turner	Andrew Duffy

Team Nos 72,73,74,75

Kenneth McCoy
Paul Sorrie
Thomas Fay
Oleg Chepelin
Stephen Winter
Matthew Gillespie
Desmond Crowe
Malcolm Patterson

Springburn Harriers Colours: Navy Blue with White Diamond

Martin Coleman	Jonathan Graham	Anthony J M McGale	Alan Cairns
John Owens	Alan Hill	Emilio Cosimo	Frank Thom

Team Nos 76

Robert Young

Victoria Park City of Glasgow Colours: Blue and White Hoops

Donald Branney	Kenneth Brown	Gerard Craig	Derek Gibb
David McCormack	Kenneth McVey	Kenneth Mitchell	Tom Ord
Allan Ramsay	Peter Ramsay	Duncan Thomson	Derek Watson Snr

Team Nos 77,78

Martin Hayes
Max Ralston

Livingston (Almondvale) Fastest Laps

Men

Short leg (3.35m) - sub 19m			Long leg (5.8m) - sub 35.33		
1 L McDougall	City of Glasgow	2001 17.06	1 H Haining	Kilbarchan AAC	2007 31.04
2 M MacLarty	Central AC	2010 17.06	2 T Brindley	City of Glasgow	2000 33.01
3 L Wilson	Carnethy HRC	2007 17.19	3 A Mudge	Carnethy HRC	2000 33.08
4 C Gibson	Kilbarchan AAC	2010 17.33	4 K Wilder	City of Glasgow	2002 33.21
5 C Gibson	Kilbarchan AAC	2009 17.33	5 C Fagan	V-P Glasgow	2007 33.21
6 G Palmer	City of Edinburgh	2007 17.34	6 J Shannon	Kilbarchan AAC	2004 33.25
7 L Wilson	Carnethy HRC	2005 17.36	7 J MacLean	City of Edinburgh	2007 33.25
8 E Curran	Kilbarchan AAC	2010 17.44	8 A Mudge	Carnethy HRC	2003 33.34
9 S Owen	City of Glasgow	2002 17.44	9 J MacLean	Edinburgh AC	2010 33.35
10 S Stevenson	Glasgow University H & H	2009 17.49	10 J MacLean	City of Edinburgh	2009 33.57
11 T Brindley	Carnethy HRC	2003 17.51	11 L McNeill	Shettleston Ladies	2000 33.58
12 L McNeill	Shettleston H	2009 17.52	12 D Lauder	Gala H	2010 33.58
13 S Inglis	Lothian RC	2009 17.54	13 E Schmidt	Bellahouston RR	2007 34.13
14 C Gibson	Kilbarchan AAC	2008 18.04	14 T McIntosh	Central AC	2005 34.14
15 C McCracken	City of Glasgow	2005 18.10	15 L McMahon	JW Kilmarnock	2000 34.14
16 L McNeill	City of Glasgow	2005 18.10	16 E Mooney	Lothian RC	2006 34.15
17 M MacLarty	Central AC	2005 18.15	17 S Owen	City of Glasgow	2005 34.18
18 E Curran	Kilbarchan AAC	2009 18.15	18 H Stuart	Bellahouston RR	2007 34.23
19 L Chisholm	Springburn H	2007 18.16	19 A Higgins	JW Kilmarnock	2001 34.25
20 A Higgins	JW Kilmarnock	2005 18.17	20 E Mooney	Lothian RC	2009 34.27
21 H Sutherland	Livingston & Dist AC	1999 18.18	21 L McNeill	Shettleston Ladies	2001 34.28
22 J Roxburgh	Irvine AC	2000 18.19	22 J Knowles	City of Glasgow	2004 34.30
23 J McDevitt	City of Glasgow	2000 18.21	23 K Lang	Kilbarchan AAC	2010 34.30
24 J Knowles	City of Glasgow	2005 18.22	24 T Thomson	Pitreavie AAC	2002 34.34
25 J Knowles	City of Glasgow	2002 18.24	25 L Harding	Shettleston Ladies	2000 34.35
26 J Knowles	City of Glasgow	2006 18.28	26 S Coleman	Pitreavie AAC	2009 34.38
27 L McMahon	JW Kilmarnock	2006 18.28	27 M Wright	Hunters Bog T	2009 34.38
28 K Young	City of Glasgow	2005 18.30	28 M Clark	Hunters Bog T	2004 34.41

Livingston (Almondvale) Fastest Laps

Men

Short leg (3.35m) - sub 19m			Long leg (5.8m) - sub 35.33		
1 S Cairns	Hunters Bog T	2002 14.58	1 G Stewart	Mizuno RC	1999 27.33
2 A Callan	Shettleston H	1999 15.00	2 G Stewart	Mizuno RC	1998 27.57
3 P Mowbray	Hunters Bog T	1999 15.03	3 K Sheppard	Ronhill Cambuslang H	2005 28.00
4 M Draper	Lasswade AAC	2008 15.04	4 R Russell	Central AC	2008 28.00
5 R Quinn	Kilbarchan AAC	1998 15.05	5 R Quinn	Kilbarchan AAC	1999 28.09
6 P Mowbray	Hunters Bog T	2000 15.08	6 R Quinn	Kilbarchan AAC	2000 28.16
7 I Donnan	Lothian RC	2007 15.10	7 G Amos	Mizuno RC	2001 28.18
8 N Wilkinson	Ronhill Cambuslang H	2003 15.14	8 A Callan	Shettleston H	1998 28.18
9 S Cairns	Hunters Bog T	2001 15.21	9 R Russell	Central AC	2007 28.25
10 T Mengisteab	Shettleston H	2009 15.23	10 R Quinn	Kilbarchan AAC	2002 28.26
11 I Rawlinson	Ronhill Cambuslang H	2010 15.23	11 A Adams	Clydesdale H	1999 28.27
12 J Reid	Law & Dist AAC	2002 15.26	12 S Prde	Metro Aberdeen	2002 28.29
13 M Colligan	Mizuno RC	1999 15.27	13 G Stewart	RC Edinburgh	2003 28.32
14 F McGowan	Shettleston H	2000 15.27	14 A Adams	Clydesdale H	2001 28.36
15 R Fitzsimmons	Kilbarchan AAC	1998 15.28	15 D Mulhare	Inverclyde AAC	2010 28.36
16 G Reid	Clydesdale H	2003 15.29	16 B Coyle	Shettleston H	1999 28.39
17 S Cohen	Mizuno RC	1998 15.29	17 A Adams	Clydesdale H	2000 28.41
18 A Puckin	Mizuno RC	1998 15.29	18 C MacKay	Inverclyde AAC	2009 28.41
19 S Reilly	Central AC	2009 15.29	19 T Woldemichael	Shettleston H	2010 28.41
20 A Adams	Shettleston H	2010 15.29	20 J Ross	Mizuno RC	1998 28.43
21 S McDonald	Central AC	2010 15.29	21 D Ross	Mizuno RC	1999 28.44
22 C Ruddy	Inverclyde AAC	2010 15.29	22 D Runcieman	Ronhill Cambuslang H	2000 28.44
23 A Hags	Shettleston H	2010 15.29	23 S Wylie	Ronhill Cambuslang H	2003 28.45
24 I Donnan	Aberdeen AAC	2004 15.33	24 R Russell	Central AC	2005 28.46
25 M Haskett	Aberdeen AAC	2010 15.33	25 A Adams	Clydesdale H	2003 28.47
26 J Mackay	Shettleston H	1999 15.37	26 B Jenkins	Clydesdale H	1998 28.48