



NATIONAL ROAD RELAY CHAMPIONSHIPS MEN 6 STAGE WOMEN 4 STAGE

SATURDAY 31st MARCH 2012

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)
LAST MEN'S LONG LEG (5.8 miles)

RED NUMBERS
YELLOW NUMBERS
WHITE NUMBERS

Marshal Stations

Essential points are ringed

Livingston North
Station



West Lothian
Council

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



Key

Road	—
Asphalt	—
Footpath	—
Cinder	—
Footpath	—
Railway	—
Long Lap	—
Short Lap	—
Cut Off	—
Miles to go markers	5 — 5
	5

Scale in Metres
0 200 400 600 800

Whitburn A105

River Almond

Park

Almondvale
Stadium

St John's
Hospital

St Margaret's Academy

S/F

SCOTTISH ATHLETICS OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Leslie Roy
Chief Executive	Nigel Holl

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	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
Announcer	Alan Potts
Officials Report	Sandra Hardacre
Starter:	Ron Morrison
Judges/ Changes	Dave Cairns (Chief), Ian Clifton, Neil Donachie
Timekeepers:	Joe Bruce (Chief), Sheila McDougall, Anne Stewart
Recorders Times	Molly Wilmoth, Sandy Cameron.
Recorders Places	Bill McDougall (Chief) Bill Gentleman, Sandra Hardacre, Ian Mann.
Declarations:	Jen Jackson, Margaret Daly
Results:	Peter Jackson, Marjory Cook, Jen Jackson, Marion Donachie
Presentations	Margaret Daly, Leslie Roy
Event Manager	Ross Cunningham
First Aid	St Andrews Ambulance
Convenors	Alex Jackson/Alex McEwan
Course Marshals	Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC Edinburgh AC, Corstorphine AAC, Haddington ELP, Carnegie H
Including Moria McGuire(2), Walter McCaskey (3),Alastair Jack(4), Euan McLean (5) Neil Boyle (6), Pat Boyle (16),Natalie Gemmil (7a),Bob Innes (9),Henry Muchamore & John O'Hara (10), Dureen Bent (11), HBT (12), Ivor Normand(13), Robin Thomas (14), HBT(15) Barry Davie (17), Kenny Mearns (18),Colin Banham (19), Pat Hockley (20), Vic Hockley (21) Ted Finch (22), Iain Shaw(23), Alex McEwan/Andy Ronald (24).	

MESSAGES

Thank you for supporting Scottish Athletics National Road Relay Race championships. I was looking at the course records and it has attracted some top class men and women who have represented Scotland and GB . Hopefully training and quality competition will unearth some champions today and make for improving standards in all club athletes. The club standard reflects the history and the current management within that club so a big plea to your clubs to continue with your development .Thanks to the well travelled clubs and we wish you a safe journey home.

I would like to thank also all the team managers and car drivers who supported the advice and direction regarding car parking. We all need to work alongside partners in particular Lothian and Borders Police and West Lothian College who provided the parking spaces.

My thanks to all WLC services who did their bit in terms of Licencing, Catering , School Lets, NETS and Sports Development . Finally thanks to all the local club volunteers from Lothian RC, EAC, Corstorphine , Lasswade,HELP and Ferranti who provided the essential stewards on the course.

We would like you to come back to support two other local endurance events,Lothian RC organise the excellent off road Dechmont trail race and Linlithgow are getting there very popular 10k up and running in September.

Keir Stevenson
Sport and Outdoor Education Coordinator
West Lothian Council

I would like to take this opportunity to welcome you to scottishathletics 6/4 stage Road Relay Championships where there is a large entry. The women's event was first held in 1998 when 11 teams competed compared to the 53 entered for today's event while the men's event sees a record entry with 75 teams.

I would like to extend thanks to West Lothian Council, Lothian & Borders Police and West Lothian College for their support of this event and to all the clubs, athletes and coaches for travelling to support the event. May the fantastic Spring weather continue through to Saturday to enable athletes to achieve good performances. To all athletes – enjoy the day.

Leslie Roy
President
Scottishathletics.

The first men's 6 stage road relay was held at Strathclyde Park, Motherwell on 31st March 1979. It was won by Edinburgh Southern Harriers in 2:16:35 from Clyde Valley AAC in 2:18:10 and Shettleston Harriers in 2:19:06. 32 teams finished that day. Allister Hutton recorded the fastest long leg of the day (25:55) overturning a 26 sec deficit into a 1:35 win. 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 <http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

This is the 15th 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. For example the short course records of 14.58 by Steve Cairns (Hunter Bog T – 2002 Men) and 17:06 by Lynne McDougall (City of Glasgow – 2001 Women) and long course records of 27.33 by Glen Stewart (Mizuno RC – 1999 Men) and Haley Haining (Kilbarchan AAC – 2007 Women) stand up well with recent performances.

We are indebted once again to the convening committee of Alex McEwan, Ross Cunningham and Alex Jackson for organising the event along with the course marshals from Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC, Edinburgh AC, Corstorphine AC and Linlithgow AAC. 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
Convener, Road Running and Cross Country Commission
Scottish Athletics

MEN'S SIX STAGE
Holders- Shettleston Harriers
Masters Holders Ron Hill Cambuslang harriers
Race Starts 12.00 noon

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross
 Stewart Mulholland
 William McAllister
 Ruairidh Macdonald

Crispin Walsh
 Brian Barr
 Thomas Keenan

Mark Paterson
 Craig Lamont
 Steven Prentice

Christopher Stewart
 Iain Burke
 Andrew Campbell

Team Nos 1,2
 William McAllister
 Michael Freshour
 Douglas MacGregor

Bellahouston Road Runners Colours: Purple with White Band
 Gerard Scullion
 Greig Glendinning
 Robbie Hayman

Craig Reid
 Russell Whittington

Brian O'Donnell
 Alex Lawther

Team Nos 3
 Bruce Carse
 Kieran Docherty

Jim Robinson
 Thomas O'Connell

Calderglen Harriers Colours: Amber and Black Vertical Stripes
 Russell Couper
 Hugh Simpson
 Andrew Henderson
 Edward Reid
 Graham Lindsay
 Stephen Phimister
 Benny Rooney

Stuart Waugh
 Charles McDougall
 Colin Banks
 Ian Hughes
 John McBride
 Allan McLellan
 Mark Saez

Alan Derrick
 David Watt
 George Stewart
 Colin Jarvie
 Brian McDougall
 Ian Rae
 David Searil

David Herbertson
 Martin Duthie
 Scot Hill
 Richard Lawton
 Ian McKenzie
 Graham Ramage
 Charles Steven

Team Nos 4,5,6
 Jim Holmes
 Andrew McCaffery
 Gerard Mullen
 Kenny Leinster
 Jamie McMonagle
 Stephen Reilly
 David Wardrope

Carnegie Harriers Colours: Orange & Green
 David Armour
 David Clark
 John Fulham
 Peter Humphreys
 Alex Keenan
 Chris McCall
 Paul Roarty
 Phil Smithard

Scott Bradley
 Roger Clark
 Stephen Greer
 Ronnie Hunter Blair
 Steven King
 Calum McGaw
 Andrew Sim
 Ian Stewart

Allan Brannigan
 Alan Cockburn
 David Greig
 Campbell Hunt
 John Lambie
 David Millar
 Peter Simpson
 Iain Thomson

Team Nos 7,8,9
 Ross Carrie
 Barry Davie
 Mike Harvey
 Ian Robert Johnston
 Lewis Lawson
 Robert Milton
 Andrew Smith

Jan Bernt-Cederstrom
 Allan Fotheringham
 Andy Hume
 Mark Johnstone
 Allan MacAulay
 Kieran Morgan
 Malcolm Smith

Central AC Colours: Yellow and Blue
 Alasdair Anthony
 Lorcan Cronin
 Alastair Hay
 Ross Houston
 Liam McCabe
 Lewis Millar
 Colin Sinclair
 Michael Wright

Jonathan Barlow
 David Eckersley
 Alexander Hendry
 Hugh Kerr
 Ian McDonald
 Alex Milne
 Barry Sturrock

Team Nos 10,11,12,13,14
 Hugh Buchanan
 Douglas Findlay
 Philip Hendry
 Steve Laing
 Christopher Mchardy
 Ross Milne
 Matthew Sutherland

Andrew Butchart
 Allan Gall
 Will Hensman
 David Lindsay
 George McHardy
 John Newsom
 Stuart Watson

Cameron Campbell
 Scott Green
 Kenneth Hislop
 Sandy MacLarty
 John Millar
 Robert Russell
 Tom Watson

Clydesdale Harriers Colours: White with Black "C"
 Paul Carroll
 Iain Robertson
 Pete Cartwright
 Martin King

Ryan Nelson
 Peter Rudzinski
 Gerry Kane
 Peter Bowman

Michael Diver
 Robert Young
 Alistair Kerr

Team Nos 15,16
 Hugh Laverty
 Kevin Farmer
 Watson Jones

Colin Gray
 Gerard Montgomery
 Mark Barrow

Corstorphine AAC Colours: White with Black Trim
 Michael Anderson
 Bryan Clark
 Ross Milne
 Calum McKenzie
 Graham Mclean
 Shaun Cavens
 Timothy Norwood
 William Davies

Moray Anderson
 Tom Ferrington
 Steven O'Brien
 Alex Cumming
 Richard Hooper
 Brent Viven
 Bruce Malcolm
 Ryan Riddell

Kris Berry
 Graeme Fletcher
 Grant Wilkie
 Derek Ireland
 Martin Caldwell
 Iain Macleod
 Cathal McCarthy

Team Nos 17,18,19,20,21,22
 Mickey Breen
 David Henderson
 Adam Priestley
 Ian Johnston
 Chris Ashe
 Christopher Peggie
 Paul Demarco

Jonathan Carpenter
 Keith Hood
 Scott Pilkington
 Graeme Gow
 Jan-Bert Van Den Berg
 Steven Blair
 Keith Copeland

Dundee Hawkhill Harriers Colours: Blue and White Quarters
 Matthew Strachan
 Paul Leonard
 Mark Lamb

Roger Van Gompel
 Craig Love

Eddie Holmes
 Stephen Mason

Team Nos 23
 Neil Gunstone
 Chris Foley

Gordon Barrie
 Nigel Reynolds

East Kilbride AAC Colours: Gold with 2 Black hoops
 William Taylor
 Edgar Ramage
 Jamie Clements

David Thomson
 Tom Yuill
 David Gorman

Grant Baillie
 Derek Leitch
 Niall Walker

Team Nos 24
 David Condra
 Michael Browne

Gordon Colvin
 Kevin Downie
 Graeme Haddow

Edinburgh AC Colours: White with one Blue, one Black Hoop
 D Baillie
 Adam Chmielewski
 Kevin Graham
 Alex MacEwen
 David Steele

Graham Beal
 Andrew Crichton
 Brian Howie
 Iain Macdonald
 Eric Stevenson

Paul Brennan
 Daniel Clarkson
 R Irving
 Colin McGill
 Jake Wightman

Team Nos 25,26,27
 Neil Calder
 Keith Dunlop
 Seamus Kealey
 Garry Robertson

Stewart Chalmers
 M Fraser
 Richard Meade
 Tom Ryan

Falkirk Victoria Harriers Colours: Black with Gold Band
 Ben Stevenson
 Euan Martin
 Stephen Oliver

Russell McAdam
 Gary Smith
 James McLaren

Barry Paterson
 David Bunyan
 Anthony Devlin

Team Nos 28,29
 Alexander Davidson
 Andrew Ronald

Andrew Gibson
 John Denholm

Ferranti AAC Colours: Yellow with Black letters
 Malcolm Parry
 Keith Nicol

Robert Miller
 Kenny Moore

Edward McDonald
 Grant Sellar

Team Nos 30
 John Gavin
 Iain Shaw

Keith Weston
 James Shaw

Fife AC Colours: White with Red Band
 Derek Adamson
 Andrew Brierley
 Zachary Delaney
 Adam Harris
 Graham Kirby
 Tony Martin
 Andrew Milne
 Daniel Newman
 Roger Rees
 Eddie Sanders
 Jeremy Tomlinson

Bryce Aitken
 Colin Brown
 Bill Fairman
 Mark Harris
 Martin Laing
 Hugh D. McKay
 Michael Mitchell
 David Owens
 Ryan Ritchie
 Ian Sanders
 Hendrik Van Rensburg

Team Nos 31,32,33,34,35,36
 Gary Barker
 Mark S Buchan
 Keith Ferguson
 Calum Harvie
 Eric Lalande
 John McKean
 Neill Mitchell
 Geoff Pennycook
 Clive Roberts
 D.Melville Scobie
 Neil Young

David Bee
 Stephen Clark
 Douglas Gunstone
 Jacob Howe
 Grant Laycock
 Frank McLaren
 Terry Mitchell
 Steven Pennycook
 Craig Ross
 David Shepherd
 Neil Young

David I Bowers
 Brian Cruickshank
 Allan Harley
 John Kay
 Daniel Macqueen
 Kenneth Mcleod
 Andrew Murphy
 Frank Popham
 Christopher Russell
 John Thomson

Gala Harriers Colours: White with Green Band
 Graeme Murdoch
 Paul Daly
 Graham Pogson
 David Moffat

Fergus Johnston
 Colin McCall
 Alistair Laurie
 Thomas Knox

Derrick Brydon
 Graham Manczak
 Magnus Inglis
 Anthony Lunn

Team Nos 37,38
 Mark Bryson
 Steven Martin
 Martin Clarke

Sinclair Hill
 Robert Marshall
 William McCulloch

Garscube Harriers Colours: White with Blue Band
 Gary Goldie
 Alexander Chalmers
 Ragbir Singh

John Bell
 Kenneth Macanna
 Daniel Burns

Andrew Griffiths
 David Heppell

Team Nos 39,40
 Stephen Cullen
 Alexander Chisholm

Stephen Mulrine
 John Murray

Giffnock North AAC Colours: Amber with Royal Blue Hoop
 Martin O'Donnell
 Greg Turner
 Alan Stewart

Derek Breen
 Graeme Croll
 David McNab

Rory Cartwright
 Miles Hollinshead

Team Nos 41
 Rodger McEleney
 Max Lott

David Phee
 David Logan

Greenock Glenpark Harriers Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 42
 Steven Campbell Andrew Harkins Alan Henderson David Henderson Thomas Loehndorf
 Shaun Lyon Ross Macdonald Andrew McCall Frank McKnight Daniel McLaughlin
 Michael McLoone Sam McVicar Kevin O'Donoghue Alan O'Rourke Stephen Trainer

Helensburgh AAC Colours: Yellow with Red Band Team Nos 43
 Colin Douglas Paul Thompson Stephen Bell Daniel Hart

Hunters Bog Trotters Colours: Brown Team Nos 44,45,46,47
 George Ashley Ross Clark Daniel Gay Michael Grant Alistair Hindle
 Stuart Mounce Patrick O'Kane Duncan Baker Stewart Barrie Darius Bazazi
 Daniel Beckett Steven Cairns Ian Campbell Daniel Clements Daniel Fairlie
 David Fulton Allan Gordon Michael Grant Simon Harrison Alistair Hart
 Craig Hunter Charles Hutchinson James Jarvis Huw Jones Will Mair
 Ian Marshall Craig Mattocks Peter McClelland Andrew McKechnie Geoffrey Mitchell
 Philip Mowbray Donald Naylor Ivor Normand Christopher Oliver Jon Rathjen
 Andrew Sims Murray Strain Joe Symonds Jamie Thin James Thyne
 William Townsend Ray Ward David Wright

Inverclyde AC Colours: Black & White Stripes Team Nos 48
 Jude Boulton Andrew Campbell Gerard Gaffney Robert Gray
 George Hegarty Thomas Jamieson Christopher MacKay Damien Mallet
 Graeme Hyett Mark Pollard Craig Ruddy John Smillie
 Tom Tracey James McFadden Andrew Douglas Graeme Forbes Chris Barlas
 Gary McKendrick Kenneth Morrison Gavin Morrison Neil McLaughlin

Irvine AC Colours: Red with Black Trim Team Nos 49
 James Sneddon William Morgan Alex Allardyce Mark Livingstone Colin Miller
 Jamie Findlay David Millar James White Steven Connell George Irving
 John Surgenor Joseph McNamee Andrew Rennie Patrick Cullinane
 William Richardson Tony McKnight

Kilbarchan AAC Colours: Gold with Black Hoop Team Nos 50,51
 Craig Haxton Gary Rankin Graham Evans Blair Crawford
 Scott MacAulay Stephen Fleming Paul Leck Conor McNulty
 David Mackintosh Nicholas Moore Chris Devenney Michael Finlay
 Gordon Riddet Craig Brodie John McMillan Gordon Gallacher
 Alan Craig Chris McGlennan James Snodgrass Steven Hards
 Robert Connell Brian Graham John Kynaston Robert Allison
 Donald Petrie David Mewse

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops Team Nos 52,53
 Christopher Craig Alan Joyce Stuart Kerr Robert Watson
 Robert Rogerson David Gardiner Colin Simpson Graham McCabe
 Derek Martin Stephen Allan Colin McNair Neil Ramsay Gary Mitchell

Lasswade AAC Colours: White with 2 Blue Bands and Red Band Team Nos 54
 Ross Matheson Barney Phillips Ben Mitchell Richard Connor
 Brian Wilson Kirk Smith Colin Menzies Paul Elliot David Ramage
 Alan Cummings Scott Anderson

Lothian Running Club Colours: Blue with Black letters Team Nos 55,56
 Colin Partridge Max McNeill Scott Nelson Gerard McCafferty Ian Leggett
 Ewart Scott Alastair Robertson Graeme Ackland Ian Hall Alan McIntosh
 Ian Seggie Steven Laurie Christopher Northam David Berrill John Malcolm
 Robert Inglis Jim Salvage Colin Meek

Metro Aberdeen RC Colours: Black/Yellow Quarters
 Thomas Brian Takayuki Kurata Ian Urquhart
 John Matheson Peter Jennings Mark Poole
 Mark Johnson Clifford Leith Leslie Nicol
 John MacPherson Graham McFarlane John Park

Team Nos 57,58
 Robert Taylor Malcolm Beattie
 Forbes Reid Tony Jack
 Richard Thomson Michael Barker

Motherwell AC Colours: Burgundy with Gold Band.
 Benjamin Hands Christopher MacDonald
 John Hughes Michael Hampson Andrew Buchanan
 Roderick Quinn William Martin Craig Mackenzie
 Brian McLinden Luke McIlvenna Craig Adams
 Craig Whiteside Andrew Scott Joe Fennessey
 Gerald Hartley Graham McEwan

Team Nos 59,60,61
 Peter Blackmore Nicholas Hughes
 Matthew Purser Robert McCourt
 Richard Leach Gary Lines
 Russell Cowan Alan Robertson
 Robert Pattinson Graham Hawkins

Pitreevie AAC Colours: Navy/Yellow/White
 Owain Williams Jeff Farquhar Ismail Kachoub
 Casey Boyne Alan Forbes Laurence Leask
 Archibald Duncan Steven Walker Paul Foster

Team Nos 62,63
 Iain Robertson Neil MacLachlan
 Michael Bisset Donald Macleod

Ron Hill Cambuslang Harriers Colours: Red with White Band
 David Cooney Thomas McPake Bernard Gough
 Walter Edgar Colin Feechan David Thom
 Alan Ramage Michael O'Hagan Greg Hastie
 Jamie Reid Scott Hunter Martin McLaughlin
 Gordon Robertson David Munro Robert Rossborough
 Jack Hamilton Stephen (jnr) Paris Grant Sheldon
 Peter Ogden Alexander Eaglesham Brian Campbell
 Iain MacCorquodale Chris Wilson Andrew Coulter
 Steven Trainer

Team Nos 64,65,66,67
 Francis Hurley Frank Barton
 Ross Arbuckle Kenny Macpherson
 Kerry Liam Wilson Stephen Wylie
 Robert Gilroy Shazad Hakeem
 Stuart Gibson Stewart Orr
 David Fairweather Robert Anderson
 John MacNamara Iain Reid
 Niall Campbell Dean McNaught

Shettleston Harriers Colours: Blue with Gold Band
 Michael Gillespie Daniel Bradford Michael Paxton
 Craig Mitchell William Breckenridge Oleg Chepelin
 Andy Little Gary Turner Andrew Dearie
 Jethro Lennox Kenneth McCoy Thomas Owens
 Tewoldeberhan Mengisteab Paul Sorrie
 Adam Lee Thomas Fay Michael Deason
 Matthew Gillespie Gary McBride Denis Williams
 Allan Adams William Coyle Ian Johnston

Team Nos 68,69,70
 Matthew Turner Kenny Richmond
 Adam Peters Raymond Loughran
 John J Duffy Amanuel Hagos
 Matthew Sullivan
 Tsegai Tewelde Marc McColl
 Casey Morgan Kevin Brydon
 Lee Wilson Adam Drummond
 Malcolm Patterson Ruairidh Munro

Springburn Harriers Colours: Navy Blue with White Diamond
 Kevin Ferris Michael McGill Alan Cairns
 Emilio Cosimo Scott Partyka Martin Coleman
 John Owens Damian McAuley

Team Nos 71
 Andrew Callan Jim Cooper
 Joseph Junior Chambers Kevin Owens

Strathearn Harriers Team Nos 72
 Philip Tipping Phil Mestecky Tony Wayte
 Jeff Sweeney Doug Flint

Gordon Morrison Allan MacInnes

Victoria Park City of Glasgow Colours: Blue and White Hoops
 Ralph Connolly Gerard Craig Sean Fontana
 Andrew Mackinnon Kenneth McVey Tom Ord
 Alan Ramsay Peter Ramsay Chris Sheridan
 Barry Stewart Derek Watson Snr. David Vernon
 Iain Townsend Peter Jardine

Team Nos 73,74,75
 Derek Gibb Crawford Little
 Alex Potter Max Ralston
 Ethan Sloan-Dennison Ben Stafford
 Mark Ashby Martin Hayes

WOMENS' FOUR STAGE
Holders- Kilbarchan AAC
Masters Holders Helensburgh AC
Races Starts 12.00 noon

Bellahouston Harriers Colours: Dark Blue with Light Blue Cross **Team Nos 76,77,78**
 Erica Christie Katy Smith Fiona Ross Claire Lamont Suzanne McMahon
 Kristina Greig Melanie Ronald Clare Macaulay Jayne MacNamara Jennifer Clark
 Angela Carson Eleanor O'Rourke Angela Campbell

Bellahouston Road Runners Colours: Purple with White Band **Team Nos 79**
 Claire Wharton Romy Beard Ciara Baxter Pauline Wright Jane Wild
 Shona Donnelly Carla Telfer

Calderglen Harriers Colours: Amber and Black Vertical Stripes **Team Nos 80**
 Karen Sturgeon Frances Maxwell Joanne McEvoy Julie Beveridge Mary Goldsmith
 Sandra Reid

Carnegie Harriers Colours: Orange & Green **Team Nos 81**
 Kirsty Baird Morna Fleming Gillian McCracken Gail Murdoch Marianne McLevy
 Grace Mackenzie Samantha Newington Suzi Nielsen Fabienne Thompson Mary Western
 Joanna Wilson Jacqueline MacIntyre Victoria Di Ciacca

Central AC Colours: Yellow and Blue **Team Nos 82,83,84,85**
 Jennifer Emsley Emma Raven Morag MacLarty Jane Waterhouse Lyndsay Morrison
 Shona Aiken Karen Montador Karen Glover Patricia Milne Kerry MacPhee
 Ainsley Normand Hazel Dean Claire Brisbane Lesley Greenaway
 Morag Adam Linda Sneddon Sue Woods Kirsty McKay Una Britton

Corstorphine AAC Colours: White with Black Trim **Team Nos 86**
 Kerry Porter Sarah Anderson Megan Smith Fiona Drake Julie Malko

Edinburgh AC Colours: White with one Blue, one Black Hoop **Team Nos 87,88,89**
 Marietta Beal Elaine Davies Karen Dobbie Janet Dunbar Hilary Kernaghan
 Sharyn Ramage Susan Ridley Nathalie Christie Laura Dunn Lyndsey Fraser
 Catherine Ferry Sheenagh MacLulich Vicky Frew Gillian Henderson Louise Helyer
 Isobel Joiner Emma Laverie Lianne Logan Victoria Bailie Jennifer MacLean
 Maire McCauley Issy Menzies Gillian Palmer Sarah Scott Emily Stewart
 Lauren Stoddart Joanne Thom Kim Threadgall Ailsa Bruce Louisa Stewart
 Morgan Murphy

Falkirk Victoria Harriers Colours: Black with Gold Band **Team Nos 90**
 Lucy Mitchell Robyn Maxtone Claire Moffett Lorna Kennedy Rhona Penman

Ferranti AAC Colours: Yellow with Black letters **Team Nos 91**
 Sheila Bauchop Claire Gilchrist Elizabeth Gilchrist Siobhan Sellar Julia Drewer
 Anne Peat Alison Arnold

Fife AC Colours: White with Red Band **Team Nos 92,93,94,95,96**
 Sandra Aitken Fiona Bracegirdle Innes Bracegirdle Lorraine Brown Louise Burt
 Megan Crawford Jennifer Cruickshanks Hester Dix Lucy Duff Addy Gerrard
 Ailsa Hall Kirsty Hamilton Susan Harley Angela Howe Sheena Jack
 Jennifer Kibble Liz Killeen Sarah Legge Margaret Martin Alison McGill
 Amie McKimmie Margaret McLaren Janet McWhinnie Johanna Paananen Irene Pennycook

Halina Rees Hilary Ritchie Helen Sharpe Kirsti Sharratt Catharine Sinclair
 Lynne Stephen Sandra Tulloch Rhona Van Rensburg Fiona Walker
 Morgan Windram-Geddes

Gala Harriers Colours: White with Green Band **Team Nos 99,100**
 Gillian Duncan Rachel Fagan Dianne Lauder Eileen Nicol Fiona Shepherd
 Fiona Dalgleish Gina Allen Andrea Pogson

Garscube Harriers Colours: White with Blue Band **Team Nos 171,172**
 Kathryn Ellis/Mellor Nicola Hendry Natalia Mulrine Lesley Chapman Lesley Chisholm
 Diane Clark Katie White

Giffnock North AAC Colours: Amber with Royal Blue Hoop **Team Nos 173**
 Allison Simpson Victoria Cosh Yvonne Hamilton Sheila Lewis Kirstin Arthur

Greenock Glenpark Harriers Colours: Sky Blue with Royal Blue and Gold Hoops **Team Nos 174**
 Donna Clark Susan Clark Suzanne Coyle Fiona Cushman Gillian Forrest
 Janet Henderson Heather Kangley Jane MacLean Elizabeth McAuslan Yvonne Prager
 Kimberley Stevenson Rhonda White

Helensburgh AAC Colours: Yellow with Red Band **Team Nos 175,176**
 Janet Fellowes Michelle Hetherington Liz McHard Maria Dye
 Mary Connolly Julia Henderson Rebecca Beale Laura Johnstone

Hunters Bog Trotters Colours: Brown **Team Nos 177,178,179,180,181**
 Briony Curtis Amy Jennings Mairead Kelly Amelia Lloyd Michelle Jeffrey
 Sarah McIsaac Emma Baker Kristy Chambers Carrie Craig Julia Lutte
 Sula Gay/Young Claire Gordon Jane Hart Rachel Heathcote Jessica Dewar
 Elizabeth Huggill Isobel Knox Deborah MacDonald Kate Jenkins Tessa Hill
 Shona McIntosh Ellis McKechnie Alison McNeillage Megan Mowbray Morag McCracken
 Phyllis O'Brien Sarah O'Neil Louise Provan Sandra Rathjen Rose Nicholson
 Janice Smith Rosie Smith Margaret Spalding Claire Ward Rachel Smirthwaite
 Abigail White Megan Wright Eilidh Wardlaw

Kilbarchan AAC Colours: Gold with Black Hoop **Team Nos 182,183**
 Elaine Eadie Nynke Mulholland Natalie Sharp Jessica Martin Christina Rankin
 Elspeth Curran Rhona Martin Cara Sloss Gemma Rankin Lynsey Curran
 Catherine Stewart Claire Gibson Hannah Waugh Elaine Muirhead Leanne Hamilton
 Kerry Lang Hayley Haining Lynne McPhee Jackie Campbell Eileen Masson

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops **Team Nos 184,185**
 Ada Stewart Susan Addison Annmarie McCaffrey Marie McChord Ros O'Sullivan
 Vivien Fraser Shirley MacNab Claire Morgan Pamela Parker Mary Hendry
 Ausrine Ward

Lasswade AAC Colours: White with 2 Blue Bands and Red Band **Team Nos 186**
 Linda Nicholson Karen McKinlay Lorna Rice Wilma Kerr

Lothian Running Club Colours: Blue with Black letters **Team Nos 187,188**
 Lana Turnbull Sarah Inglis Jill Horsburgh Leanne Webster Shona Young
 Margaret Turnbull Suzie Hannah Chloe Cox Mhairi Inglis Jocelyn Moar
 Christine Milne Susan Bruce Rosemary Ewing

Metro Aberdeen RC Colours: Black/Yellow Quarters **Team Nos 189**
 Claire Smith Helen Crichton Andrea Simpson Ali Mathers Nicola Smith

Motherwell AC Colours: Burgundy with Gold Band. **Team Nos 190,191**
 Jill E Logan Phyllis Hands Elaine Jamieson Mae McIsaac Jane Wedlock
 Carole Munro Angela Downie Elizabeth Martin

Pitreavie AAC Colours: Navy/Yellow/White
 Kim Copp Karen Thurlow Jane Macleod
 Avril O'Donnell Hazel Sinclair Amanda O'Neill

Team Nos 192,193
 Serena Jones Vicki Taylor

Scottish Prison Service Colours: Royal Blue & White
 Jill Knowles Jennifer Telford Nicola May

Team Nos 194
 Charlotte Millar Elise Birks

Shettleston Harriers Colours: Blue with Gold Band
 Lindsay MacNeill Neah Evans Susan Breckenridge

Team Nos 195
 Carole Setchell Joanne Harkins

Springburn Harriers Colours: Navy Blue with White Diamond
 Collette Coyle Caroline Brownlie Barbara Knox
 Lorraine Gray Marlene Hunter

Team Nos 196
 Catherine Connelly Kirsten Petrie

Strathearn Harriers Team Nos 197,198
 Kerry Sweeney Angela Mackenzie Karen Prentice
 Elizabeth Mestecky Fiona McDonald Shelagh Wake

Rhian Evans Cathy Tilbrook

Scottish Six Stage Road Relay Championships (Senior/Junior Men)

1993	RC Edinburgh	2:26:01	Cambuslang H	2:30:07	Falkirk Victoria H	2:31:44
1994	Dundee Hawkhill H	2:14:09	Leslie Deans	2:14:45	Shettleston H	2:15:14
1995	Leslie Deans RC	2:13:04	Cambuslang H	2:14:16	Shettleston H	2:14:41
1996	Shettleston H	2:11:33	Leslie Deans A	2:11:57	Leslie Deans B	2:14:45
1997	Mizuno RC	2:14:34	Shettleston H	2:18:03	Cambuslang H	2:19:02
1998	Mizuno RC	2:12:31	Shettleston H	2:13:58	Ronhill Cambuslang H	2:16:43
1999	Mizuno RC	2:12:49	Shettleston H	2:13:10	Kilbarchan AAC	2:16:15
2000	Ronhill Cambuslang H	2:15:01	Fife AC	2:15:45	Shettleston H	2:16:17
2001	Mizuno RC	2:17:12	Ronhill Cambuslang H	2:19:48	Metro Aberdeen	2:21:16
2002	Shettleston H	2:16:59	Mizuno RC	2:17:38	Inverclyde AC	2:18:09
2003	RC Edinburgh	2:14:27	Ronhill Cambuslang H	2:14:38	Shettleston H	2:19:11
2004	Shettleston H	2:18:18	Hunter Bog T	2:20:39	Ronhill Cambuslang H	2:20:55
2005	Ronhill Cambuslang H	2:16:48	Central AC	2:18:24	Shettleston H	2:22:03
2006	City of Edinburgh	2:20:50	Irvine AC	2:21:12	Ronhill Cambuslang H	2:22:19
2007	Ronhill Cambuslang H	2:17:03	Shettleston H	2:18:25	Inverclyde AC	2:19:21
2008	Central AC	2:16:56	Shettleston H	2:20:37	Ronhill Cambuslang H	2:21:22
2009	Shettleston H	2:16:04	Central AC	2:16:51	Inverclyde AC	2:19:13
2010	Shettleston H	2:14:29	Central AC	2:14:56	Inverclyde AC	2:16:16
2011	Shettleston H	2:16:34	Central AC	2:19:09	Ronhill Cambuslang H	2:24:29

Scottish Road Relay Championships (Senior/Junior Women)

1993	Shettleston H Ladies	34.06				
1994	Shettleston H Ladies	34.47	Edinburgh Woolen Mill	34.45	City of Glasgow	34.50
1995	City of Glasgow	35.10	Shettleston H Ladies	36.03	Dundee Hawkhill H	37.22
1996	Shettleston H Ladies	22.23				
1997	BT Pitreavie AAC	33.42				
1998	Shettleston H Ladies A	1:55.20	Falkirk Victoria H	1:59.39	Shettleston H Ladies B	2:09.08
1999	Shettleston H Ladies	1:51.57	Livingston & Dist AAC	1:52.32	City of Edinburgh	1:52.42
2000	City of Glasgow A	1:47.50	Shettleston H Ladies	1:49.11	City of Glasgow B	1:51.43
2001	City of Glasgow	1:46.02	Shettleston H Ladies	1:50.23	JW Kilmarnock AC	1:53.06
2002	City of Glasgow	1:44.35	Gala H	1:49.38	Pitreavie AAC	1:51.46
2003	Carnethy HRC	1:46.45	City of Glasgow	1:51.02	City of Edinburgh	1:53.52
2004	City of Glasgow	1:47.35	Kilbarchan AAC	1:50.21	Hunters Bog T	1:52.06
2005	City of Glasgow	1:45.38	Central AC	1:49.21	City of Edinburgh	1:53.14
2006	City of Glasgow	1:49.54	Lothian RC	1:51.29	City of Edinburgh	1:52.29
2007	Kilbarchan AAC	1:45.54	V-P City of Glasgow	1:46.57	Bellahouston RR	1:47.20
2008	Central AC	1:50.02	Kilbarchan AAC	1:50.55	Bellahouston RR	1:52.48
2009	Kilbarchan AAC	1:47.28	Lothian RC	1:50.13	Hunters Bog T	1:52.32
2010	Kilbarchan AAC	1:45.28	Edinburgh AC	1:47.41	Central AC	1:48.10
2011	Kilbarchan AAC	1:45.13	Edinburgh AC	1:46.48	Central AC	1:49.59

Held in Spring 1994