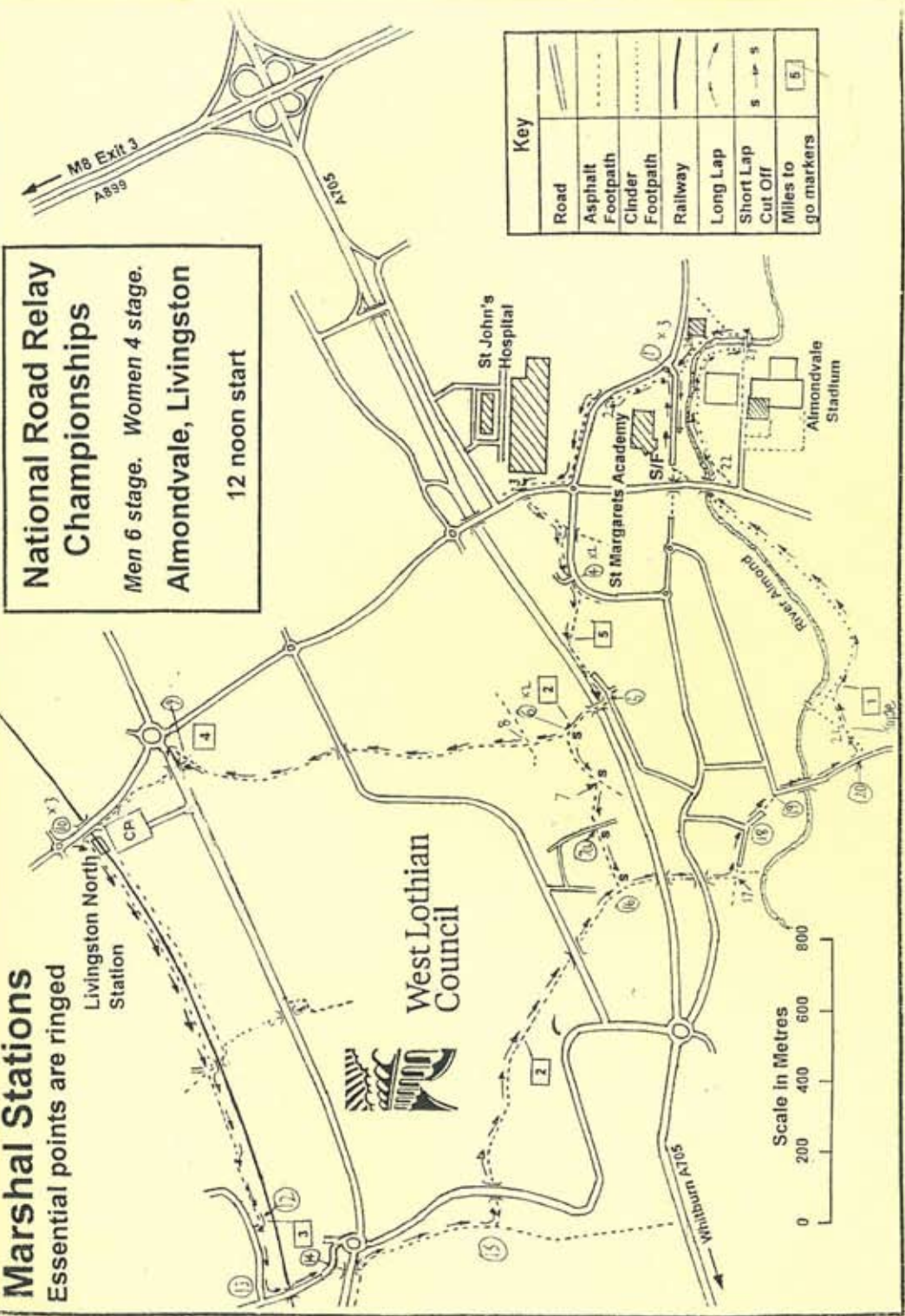


Marshal Stations
Essential points are ringed

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



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



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

SUNDAY 31st MARCH 2013

LIVINGSTON (Almondvale)

supported by



West Lothian Council

TIMETABLE
DECLARATIONS CLOSE 11.30am
RACE STARTS 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

M50 Men's Teams run 4 legs only and have an "X" next to their number
W50 Women's Teams run 3 legs only and have an "X" next to their number

SCOTTISH ATHLETICS
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 Wands, Graham Bennison
Starter:	Barry Craighead
Judges/ Changes	Angus Cameron (Chief) Ian Clifton, Alasdair Robertson
Timekeepers:	Joe Bruce (Chief), Graham Sword
Recorders Times	Molly Wilmoth, Margaret Daly
Recorders Places	Bill McDougall (Chief) Sandra Hardacre, Dave Cairns, Fred McCluskie
Declarations:	Jen Jackson, Sandra Hardacre
Results:	Marjory Cook, Bill Grant
Presentations	Alex Jackson, Leslie Roy
Course Marshals	Edinburgh AC, Hunters Bog Trotters, Corstorphine AAC, Central AC, Falkirk Victoria H,
Convenor	Alex Jackson

MESSAGES

This performance event is part of West Lothian Council's athletics programme which goes from primary school Sportshall, secondary school Giant Heptathlon and Scottish Disability Sport (SDS) Sports Hall Athletics to club and event support for all three local clubs. The clubs organise three events; a track open-graded at our recently upgraded track at Craigswood Sport Centre, a super 10k trail race at Dechmont Law and a tough 10k road race at Linlithgow - please support them all.

In order to put on such an event, there are several people and organisations to thank. The clubs' for their volunteer stewards and event planning. The Governing Body and its Road Running Commission. West Lothian Council's various services that provide, in austere times, a quality level of service. I am sure this is repeated at other events every year throughout Scotland.

Executive councillor for culture and leisure, Dave King, said: "This is a fantastic event and I'd like to wish everyone the very best of luck. The West Lothian Council Athletics programme is an excellent way to help young people to discover how to maximise their winning potential in all aspects of their lives. This includes the target of reaching performance events such as this. I'd like to thank all those who have contributed to the organisation of this event, which is an important date on the West Lothian sporting calendar."

Keir Stevenson
 Sport and Outdoor Education Coordinator
 West Lothian Council

MORE MESSAGES

I would like to welcome you to the scottishathletics 6/4 stage Road Relay Championships being held here at Almondvale in Livingston. This is the 16th year that this Championship has been held at Almondvale and once again there is a large entry with 70 teams entered in the men's event and 43 teams in the women's event.

I would like to extend thanks to West Lothian Council, Lothian and Borders Police and West Lothian College for their continued support of this event. Thanks also to the many clubs who have supplied the marshals around the course today, officials and volunteers who give up so much of their time to help at these events.

Let's hope that the strong Siberian winds disappear and Spring arrives to give athletes a chance of achieving good performances on the day. Enjoy the day.

Leslie Roy
President
Scottishathletics

The earliest record of road relays in Scotland is probably the Edinburgh to Glasgow Relay for Men that first took place on 26/4/1930. The Road Running & Cross Country Commission's results Archive which may be viewed at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

records the first known Women's race at Scotstoun in Glasgow on 29/1/1972. The Men's race over 6 legs was established on 31/3/1979 but it was not until 28/3/1998 that the format we see today was established with 6 legs for men and 4 for women with mixed long and short legs. The analysis of the race results, on the Archive, shows that over the years that the record number of wins, 9 for men and 6 for women, belongs to Mizuno RC and the City of Glasgow respectively. Neither of these records will be broken today but last year's winners, Central AC, will be hoping to make some inroads in these figures.

This is now the 16th 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. 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. Perhaps this year City of Glasgow's 2002 Women's record of 1:44:35 will be broken given that Central AC got within 1 second last year.

This year we have added an over 50s team championship of 4 legs for men and 3 for women.

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, Central AC Hunters Bog Trotters, Edinburgh AC, and Corstorphine AC. 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 - carpe diem - seize the day.

Ron Morrison
Convenor, Road Running and Cross Country Commission
Scottish Athletics

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

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

1979	Edinburgh Southern H	2:16:35	Clyde Valley AC	2:18:10	Shettleston H	2:19:06
1980	Edinburgh Southern H	2:19:01	Clyde Valley AC	2:19:36	Falkirk Victoria H	2:22:44
1981	Edinburgh Southern H	2:16:23	Edinburgh AC	2:17:14	Aberdeen AAC	2:18:03
1982	Edinburgh Southern H	2:16:36	Falkirk Victoria H	2:18:47	Edinburgh AC	2:19:15
1983	Edinburgh Southern H	2:15:54	Edinburgh AC	2:16:32	Spango Valley AC	2:18:45
1984	Edinburgh AC	2:20:14	Cambuslang H	2:21:19	Bellahouston H	2:22:33
1985	Bellahouston H	2:16:57	Edinburgh Southern H	2:18:50	Spango Valley AC	2:19:07
1986	Cambuslang H	2:17:45	Edinburgh Southern H	2:18:26	Spango Valley AC	2:19:12
1987	Edinburgh Southern H	2:20:50	Spango Valley AC	2:22:19	Cambuslang H	2:22:53
1988	Springburn H	2:17:13	Edinburgh AC	2:17:50	Bellahouston H	2:18:24
1989	Edinburgh Southern H	2:19:05	Dundee Hawkhill H	2:19:58	Aberdeen AAC	2:20:16
1990	Dundee Hawkhill H	2:17:40	Cambuslang H	2:18:27	Edinburgh Southern H	2:19:22
1991	Reebok RC Edinburgh	2:10:33	Dundee Hawkhill H	2:11:40	Shettleston H	2:12:12
1992	RC Edinburgh	2:12:22	Caledon Park H	2:13:23	Cambuslang H	2:14:02

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
2012	Central AC	2:14:51	Shettleston H	2:16:34	Ronhill Cambuslang H	2:16:38

Scottish Road Relay Championships (Senior/Junior Women)

Scottish Road Relay Championships (Senior/Junior Women)

1972	Larkhall YMCA	46.48	Dundee Hawkhill H	47.44	Bellahouston H	50.08
1973						
1974	Victoria Park AAC	52.37	Edinburgh Southern H	54.55	Maryhill H	55.33
1975	Greenock Rankin Park	47.52	Victoria Park AAC	58.23		
1975	Victoria Park AAC	28.12	Maryhill LAC	29.20	Edinburgh Southern H	29.20
1976	Glasgow AC "A"	34.09	Glasgow AC "B"	34.42	Edinburgh Southern H	35.50
1977	Glasgow AC "A"	27.25	Glasgow AC "B"	28.16	Pitreavie AAC	29.09
1978	Glasgow AC	34.34	Edinburgh Southern H	35.21	Pitreavie AAC	37.00
1979	Glasgow AC "A"	31.45	Glasgow AC "B"	32.04	Pitreavie AAC	33.55
1980						
1981	Shettleston Ladies H	28.46	City of Glasgow	29.07	Edinburgh Univ H & H	29.40
1982						
1983	Glasgow AC	36.55	Edinburgh Southern H	38.25	Aberdeen AAC	38.34
1984						
1985	Aberdeen AAC	33.10	McLaren Glasgow AC "A"		McLaren Glasgow AC "B"	
1986	McLaren Glasgow AC	42.31	Edinburgh Southern H	43.24	Edinburgh AC	44.26
1987	McLaren Glasgow AC	30.28	Pitreavie AAC	31.54	Irvine AC	32.00
1988	Glasgow AC	36.47	Edinburgh AC	37.25	Edinburgh Woolen M	37.46
1989	Glasgow AC "A"	29.39	Glasgow AC "B"	32.34	Irvine AC	33.34
1990	Glasgow AC	31.16	ESPC	32.26	Glasgow Univ H & H	33.08
1991	City of Glasgow	36.11	Pitreavie AAC	36.13	Aberdeen AAC	36.28
1992	City of Glasgow "A"	32.10	Caledon Park	34.07	City of Glasgow "B"	34.23

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	2:09:09
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
2012	Central AC	1:44:36	Edinburgh AC	1:46:16	Fife AC	1:47:20

 Held in Spring 1994
 Held in March 1975
 Held in October 1975

Livingston (Almondvale) Fastest Laps

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	D Hawkins	Kilbarchan AAC	2012 27.57
4	M Draper	Lasswade AAC	2008 15.04	4	K Sheppard	Ronhill Cambuslang H	2005 28.00
5	R Quinn	Kilbarchan AAC	1998 15.05	5	R Russell	Central AC	2008 28.00
6	P Mowbray	Hunters Bog T	2000 15.08	6	R Quinn	Kilbarchan AAC	1999 28.09
7	I Donnan	Lothian RC	2007 15.10	7	R Quinn	Kilbarchan AAC	2000 28.16
8	N Wilkinson	Ronhill Cambuslang H	2003 15.14	8	G Amos	Mizuno RC	2001 28.18
9	R Russell	Central AC	2012 15.18	9	A Callan	Shettleston H	1998 28.18
10	S Cairns	Hunters Bog T	2001 15.21	10	R Russell	Central AC	2007 28.25
11	J Hamilton	Ronhill Cambuslang H	2012 15.22	11	R Quinn	Kilbarchan AAC	2002 28.26
12	T Mengisteab	Shettleston H	2009 15.23	12	A Adams	Clydesdale H	1999 28.27
13	P Sorrie	Shettleston H	2012 15.24	13	S Pride	Metro Aberdeen	2002 28.29
14	I Rawlinson	Ronhill Cambuslang H	2010	14	C Ruddy	Inverclyde AAC	2012 28.31
15	J Reid	Law & Dist AAC	2002 15.26	15	G Stewart	RC Edinburgh	2003 28.32
16	M Colligan	Mizuno RC	1999 15.27	16	A Adams	Clydesdale H	2001 28.36
17	F McGowan	Shettleston H	2000 15.27	17	D Mulhare	Inverclyde AAC	2010
18	R Fitzsimmons	Kilbarchan AAC	1998 15.28	18	B Coyle	Shettleston H	1999 28.39
19	G Reid	Clydesdale H	2003 15.29	19	A Adams	Clydesdale H	2000 28.41
20	S Cohen	Mizuno RC	1998 15.29	20	C MacKay	Inverclyde AAC	2009 28.41
21	A Puckrin	Mizuno RC	1998 15.29	21	T Woldemichael	Shettleston H	2010
22	S Reilly	Central AC	2009 15.29	22	J Ross	Mizuno RC	1998 28.43
23	A Adams	Shettleston H	2010	23	D Ross	Mizuno RC	1999 28.44
24	S McDonald	Central AC	2010	24	D Runcieman	Ronhill Cambuslang H	2000 28.44
25	C Ruddy	Inverclyde AAC	2010	25	S Wylie	Ronhill Cambuslang H	2003 28.45
26	A Hagos	Shettleston H	2010	26	R Russell	Central AC	2005 28.46

Livingston (Almondvale) Fastest Laps

1	L McDougall	City of Glasgow	2001 17.06	1	H Haining	Kilbarchan AAC	2007 31.04
2	M MacLarty	Central AC	2010	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	4	K Wilder	City of Glasgow	2002 33.21
5	E Curran	Kilbarchan AAC	2011 17.32	5	C Fagan	V-P Glasgow	2007 33.21
6	C Gibson	Kilbarchan AAC	2009 17.33	6	J Shannon	Kilbarchan AAC	2004 33.25
7	G Palmer	City of Edinburgh	2007 17.34	7	J MacLean	City of Edinburgh	2007 33.25
8	L Wilson	Carnethy HRC	2005 17.36	8	A Mudge	Carnethy HRC	2003 33.34
9	E Curran	Kilbarchan AAC	2010	9	J MacLean	Edinburgh AC	2010
10	E Raven	Central AC	2011 17.40	10	D Lauder	Gala H	2012 33.50
11	L Morrison	Central AC	2012 17.42	11	J MacLean	City of Edinburgh	2009 33.57
12	S Owen	City of Glasgow	2002 17.44	12	L McNeill	Shettleston Ladies	2000 33.58
13	V Baillie	Edinburgh AC	2012 17.44	13	J MacLean	City of Edinburgh	2012 34.00
14	S Stevenson	Glasgow University H & H	2009 17.49	14	D Lauder	Gala H	2010
15	T Brindley	Carnethy HRC	2003 17.51	15	K McPhee	Central AC	2012 34.03
16	L McNeill	Shettleston H	2009 17.52	16	C Rankin	Kilbarchan AAC	2011 34.04
17	S Inglis	Lothian RC	2009 17.54	17	H Haining	Kilbarchan AAC	2012 34.04
18	C Gibson	Kilbarchan AAC	2008 18.04	18	E Schmidt	Bellahouston RR	2007 34.13
19	H Dix	Fife AC	2012 18.09	19	T McIntosh	Central AC	2005 34.14
20	C McCracken	City of Glasgow	2005 18.10	20	L McMahon	JW Kilmarnock	2000 34.14
21	L McNeill	City of Glasgow	2005 18.10	21	E Mooney	Lothian RC	2006 34.15
22	L Dunn	Edinburgh AC	2011 18.11	22	M Windram-Geddes	Fife AC	2012 34.16
23	C Couper	Central AC	2012 18.12	23	S Owen	City of Glasgow	2005 34.18
24	M MacLarty	Central AC	2005 18.15	24	H Stuart	Bellahouston RR	2007 34.23
25	E Curran	Kilbarchan AAC	2009 18.15	25	A Higgins	JW Kilmarnock	2001 34.25
26	S Hood	Edinburgh AC	2011 18.15	26	J MacLean	Edinburgh AC	2011 34.25
27	L Chisholm	Springburn H	2007 18.16	27	E Mooney	Lothian RC	2009 34.27
28	A Higgins	JW Kilmarnock	2005 18.17	28	L McNeill	Shettleston Ladies	2001 34.28

1.2					29,30,33				
Ayr Seaforth AAC					Fife AC				
Laurence Baker (M50);	David Blockley (M45);	Kevin Bloy (M45);	Stuart Brockie (M35);	Barry Duddy (M40);	Bryce Aitken (M50);	Kenneth Anthony (M50);	Gary Barker (M55);	George Black (M70);	Andrew Briarley (M45);
David Hughes (M40);	Peter Laing (M50);	Tom McCulloch (M60);	Kenneth Neill;	Steven Reid;	Colin Brown (M45);	Stephen Clark (M40);	Daniel W Clarke;	Brian Cruickshank (M45);	Zachary Delaney (MU20);
John Strachan;	Paul Turnbull (M50);	Allan Watt (M45);	Ian Young (M35);	Euan Webster (MU20);	Keith Ferguson (M45);	Allan Harley (M45);	Giles Harris (M60);	Calum Harvie (M35);	John Kay (M50);
Craig Brown;	Stephen Kay;	Ross Green (M50);			Graham Kirby (M45);	Skyler Loddell (MU20);	Daniel MacQueen;	Tony Martin (M60);	Hugh D. McKay (M50);
3.4,8					Frank McLaren (M40);	Alan McLeod (M65);	Kenneth McLeod (M35);	Andrew Milne (M45);	Michael Mitchell (M45);
Bellahouston H					Naill Mitchell (M45);	Terry Mitchell (M50);	Andrew Murphy;	Daniel Newman (M45);	Steven Pennycook (M50);
Andrew Campbell (M35);	Crispin Welsh (M40);	Iain Burke (M60);	Thomas McDonald (MU20);	Ian Anacombe (M35);	Roger Rees (M45);	Christopher Russell (M40);	D. Helville Scobie (M65);	Brian Thomaon (M40);	John Thomaon (M50);
Paul Clawson;	William McAllister (M45);	Robert Carson (M40);	Robert Carson (M40);	Christopher Stewart (M40);	Jeremy Tomlinson (M50);	Jim Woodburn (M45);			
Thomas Keenan (M55);	Alastair Sinclair (M50);	Gordon Gallacher (M40);	Gordon Gallacher (M40);	Stephen McGeough (M35);					
Ruaridh Macdonald;	Brian French (M35);	Mark Paterson (M35);	Mark Paterson (M35);						
6,7,8					32,33				
Calderglen H					Gala H				
Russell Couper (M45);	Alan Derrick (M45);	Martin Duthie (M50);	Brian McDougall (M35);	Charles McDougall (M60);	Graham Manczak (M35);	Colin Welsh;	Wayne McIntosh (M35);	Graeme Murdoch (M35);	Paul Daly (M45);
Andrew Henderson (M55);	Ian Hughes (M40);	Richard Lawton (M35);	David Herbertson (M40);	Jim Holmes (M45);	Colin McCall (M35);	Fergus Johnston;	Derrick Brydon (M40);	Mark Bryson (M45);	
Colin Banks (M35);	Hugh Simpson (M50);	David Watt (M50);	William Buchanan (M60);	Kenny Laitner (M50);					
Graham Lindsay (M45);	Philip Marshall (M50);	John McBride (M50);	Andrew McCaffery (M45);	Jamie McManagle (M40);					
Gerry Mullin (M50);	Stephen Phimister (M40);	Ian Rae (M45);	Graham Ramage (M40);	Stephen Ralby;					
David Searl (M55);	Charles Steven (M50);	George Stewart (M50);	David Wardrope (M40);	Stuart Waugh (M60);					
9,10,11					34,35				
Carnegie H					Garscube H				
David Armour (M45);	Scott Bradley (M35);	Allan Brannigan (M50);	Graeme Campbell (M35);	Derek Cassella (M35);	Raghbir Singh (M60);	Kieran McLaughlin;	Andy Griffiths (M60);	Stephen Cullen (M55);	Christopher Devine;
David Clark (M35);	Alan Cockburn (M45);	John Crookston (M55);	Barry Davie (M35);	Allan Fotheringham (M45);	Jamie McAnany (M50);	Stephen Mulrine (M40);	Benjamin Melby;	John Geddes (M40);	John Bell (M40);
John Fulham (M40);	Stephen Greer (M55);	Mike Harvey (M45);	Dennis Howett (M45);	Andy Hume (M40);	Alan Blair;	Chris Kilshaw;	Joe McKnight (M35);	David Savage;	Tony Hall (M65);
Peter Humphreys (M45);	Campbell Hutt;	John Hynd (M50);	Ian Robert Johnston (M55);	Mark Johnstone (M40);	Duncan McKellar;	Daniel Burns;	Dermot Williamson (M60);		
Alex Keenan (M35);	Paul Kieran (M35);	Steven King (M40);	Lewis Lawson (M50);	David Millar (M35);					
Robert Milton (M45);	Kieran Morgan (M50);	Colin Reid (M45);	Peter Simpson (M50);	Andrew Smith;					
Malcolm Smith (M45);	Phil Smithard (M65);	Iain Thomson (M60);	Ian Stewart (M55);	Nicholas Weir (M40);					
Andrew Wright (M35);									
12,13,14,15					36				
Central AC					Giffnock North AAC				
Colin Alexander (M35);	Jonathan Barlow (M35);	Hugh Buchanan (M50);	Andrew Butchart;	Attila Emmer (M35);	David Logan (M55);	James Galbraith (M50);	Rory Cartwright;	Rodger McEleney (M55);	Derek Breen (M50);
Sam Fraser (MU20);	Allan Gail (M55);	Alastair Hay;	Alexander Hendry;	Kenneth Hiallog;	Neil Deerey (M45);	George Glichrist (M55);	Alan Stewart (M60);		
Andrew Hood;	Ross Houston;	Alan Hume (M35);	Robert Hutchison (M50);	Ewan Jack (M40);					
Conor Kerr (MU20);	Hugh Kerr (M50);	David Lindsay (MU20);	Sandy MacLarty;	Liam McCabe (M50);					
Scott McDonald;	Christopher McHardy;	Lewis Miller;	Alexander Milne (M45);	Cameron Milne (MU20);					
Ross Milne (MU20);	John Newsom;	Sean Reilly;	Robert Russell;	Iain Townsend;					
Stuart Watson (M50);	Tom Watson (MU20);	Michael Wright;							
16,17,18,19,20					37,38,39				
Corstorphine AAC					Hunters Bog T				
Paddy Jumelle (M35);	Michael Anderson (M40);	Ewan Stark;	Jan-Bart Van Den Berg (M50);	Grant Wilkie (M40);	George Ashley;	Will Hugh Bailey;	Duncan Baker (M50);	Tom Barr (M40);	Daniel Beckett (M35);
Ross Milne (M35);	Michael Crawley;	Douglas Selman;	Kris Berry;	Bryan Clark;	James Bowden;	Steven Cairns (M45);	Ian Campbell (M45);	Ross Clark;	Daniel Clements;
Moray Anderson (M35);	Scott Pilkington;	Steven O'Brien;	Graeme Fletcher (M50);	Graeme Gow (M45);	David Fulton;	Allan Gordon (M45);	Michael Grant;	Craig Hunter (M50);	Simon Harrison;
Scott McDowall;	Chris Aahle;	Christopher Peggile;	Brent Vivian (M45);	Steven Blair (M45);	Alastair Hart (M40);	Alastair Hindle (M40);	Charles Hutchinson;	James Jarvis (M40);	How Jones;
Stuart Livingstone;	Andrew Campbell (M45);	Alastair Brockie;	Christopher O'Brien;	Mokey Breen;	Stuart McClelland;	Andrew McKachan;	Will Mair;	Craig Matlock (M35);	Alisdair Millan;
Calum McKenzie;	Andrew Chiatly (MU20);	Adam Priestley;	Ryan Riddell;	Jonathan Carpenter;	Philip Howbray (M40);	Andrew Sums (M35);	Donald Naylor (M40);	Christopher Oliver (M65);	Jon Rathjen (M40);
Dermot Cummins;	Keith Hood (M40);	Christopher Galloway (MU20);			Andrew Smith;	James Williamson;	David Wright (M35);	William Townsend;	Dave Ward;
21					40,41				
East Kilbride AC					Inverclyde AC				
Gordon Colvin (M50);	Grant Baillie;	David Condra (M50);	Niall Walker;	Tom Yuill;	Chris MacKay;	Sean Gaffney;	Craig Ruddy;	Stephen Cooke;	John Cooke;
Derek Leitch (M60);	William Taylor (M45);	David Thomson;	John Fergusson;	Jamie Clements;	Michael Houston (MU20);	Greg Williams (MU20);	Adam McLean;	John Smilie (M50);	Gary McKendrick (M45);
David Gorman;	Michael Browne (M40);	Graeme Haddow (M50);			Tom Tracey (M40);	Gerard Gaffney (M55);	Andrew Douglas;	Thomas Jamieson;	Mark Pollard;
22,23,24,25					Jude Boulton (M35);				
Edinburgh AC					42				
Bryan Mackie;	Nikhiil Mair (MU20);	Amil Mair (MU20);	Jan-Bart Van Den Berg (M50);	Grant Wilkie (M40);	Irvine AC				
S McKenzie;	Ross McWhirter (MU20);	Colin McGill (M35);	Kris Berry;	Bryan Clark;	Alex Aillardyce (M40);	Steven Stirrat;	James Sneddon (M45);	Jamie Findlay (M35);	Colin Miller (M55);
James Mittra (M35);	Ken Mortimer (M50);	Chris Ponton (MU20);	Graeme Fletcher (M50);	Graeme Gow (M45);	Mark Livingstone (M40);	William Richardson (M40);	George Irving (M45);	Joseph McNamee (M50);	Andrew Rennie (M60);
Adam Rouse (M35);	Graeme Taylor;	Robert Turner (M40);	Brent Vivian (M45);	Steven Blair (M45);	James White (M60);	Fergie Collier (M45);	David Millar (M40);	Alastair Macfarlane (M40);	Patrick Cullinane;
Jake Wightman (MU20);	G Beal (M40);	John Blair (M45);	Christopher O'Brien;	Mokey Breen;					
Paul Brennan;	Neil Calder;	Max Carcas (M45);	Ryan Riddell;	Jonathan Carpenter;					
Owain Britton;	Andrew Critchton;	Peter Cameron (MU20);							
Edward Dudgeon (MU20);	Martin Ferguson (M45);	J Crawford;							
HJ Horne;	Ross Irving;	K Higgs (MU20);							
26,27					43,44				
Falkirk Victoria H					Kilberchan AAC				
Dale Colley (MU20);	Brian Turner (M35);	Andrew Ronald (M45);	Peter Muffett;	Anthony Devlin (M40);	Russell Mountford (MU20);	Craig Haxton (MU20);	Andrew Dearie (MU20);	Gary Rankin (MU20);	Calum Hawkins;
Alastair McCallum (M50);	Euan Martin (MU20);	Russell McAdam;	David Bunyan (M60);	John Martin (M55);	Andrew Gallacher;	Scott MacAulay;	Paul Leck;	Kevin Corne;	Derek J Hawkins;
Barry Paterson (M35);	Stuart Douglas;		Scott Stirling (MU20);	Grant Matheson (M50);	Conor McNulty;	David Mackintosh;	Michael Finlayson;	Steven Hill;	Tony Carroll (M40);
28					Alan Craig (M40);	James Snodgrass (M45);	Robert Quinn (M45);	Steven Hards (M50);	Brian Graham (M50);
Ferranti AAC					Robert Allison (M55);	Donald Petrie (M55);	David Mewse (M60);	Euan Carrick;	
Edward McDonald (M65);	Robert Miller (M50);	Keith Nicol (M60);	Keith Weston (M65);	Malcolm Parry (M40);					
Alex Jackson (M65);	John Gavin (M60);	Paul Esban (M40);							

48,49

Lasswade AAC
Ross Matheson (MU20);
Ross Finlayson;
Phil Parr-Burman (M50);

Barney Phillips;
Scott Dickson (M40);
Brian Wilson (M50);

Martin Gore;
Paul Bellamy (M35);
David Ramage;

Colin Menzies;
Ben Mitchell (M40);
Paul Elliot;

John Murray;
Scott Anderson;

50,51,52

Lothian RC
Alan Moffat (M35);
Peter West (M55);
Kenton Jones (M45);
Poi MacDonald (M40);
Paul Higgins (M35);
Colin Meek (M50);
Martin Leadbetter (M55);

Kenny Mearns (M50);
Clifford Dicker (M45);
Colin Partridge (M35);
Graeme Ackland (M50);
Mike Lieberman (M60);
Harry Mulholland (M45);

Donald Shaw (M40);
Ian Leggett (M70);
James Alexander (M50);
Alexander Agnew (M60);
David Mabon (M55);
Alan Robertson (M60);

Max McNeill (MU20);
Scott Nelson (M45);
Ian Saggie (M60);
Scott Balfour (M65);
Stephen Malcolm (M40);
Paul Young (M40);

Ian Hall (M50);
John Malcolm;
Christopher Northam (M60);
David Berrill (M35);
Euan McIntosh (M35);
Euan McInnes (M35);

53,54,55

Metro Aberdeen RC
Robert Taylor (M55);
Mark Robertson;
Takayuki Kurata;
Forbes Reid (M35);
Iain Lindsay (M50);
Phil Mann (M50);

Graham McFarlane (M35);
Michael Kane (M45);
John McGregor;
Donald Simpson (M35);
Jeremy Kibbie;

Neil Jeffrey;
George Proctor (M35);
Steve Forbes (M45);
Barry Ingram;
Michael Barker (M35);

Ian Urquhart;
Roddy McLeod (M45);
William Gavin Reid (M45);
Mark Johnson (M55);
Richard Thomson (M40);

Malcolm Beattie;
Richard Douglas;
Iain Grigor;
Clifford Leith (M45);
Peter Jennings (M55);

56,57

Motherwell AC
Benjamin Hamble (M50);
Matthew Purser (M35);
Graeme Kennedy (M55);

Thomas Sneddon (M35);
John Hughes (M50);
Richard Leach (M40);

Christopher MacDonald;
John Burns (M50);
Brian McLinden (M45);

Craig Mackenzie (MU20);
Graham McEwan (M35);

Peter Blackmore (M40);
William Martin (M55);

58,59

Pittravie AAC
Frank Coyle (M65);
Bruce Buchanan (M40);
Colin Lamont;

Michael Bisset (M40);
Scott McAlpine (MU20);
Donald Macleod (M55);

Iain Robertson (M45);
Alan Forbes (M45);

Neil MacLachlan;
Ben Kurzman (MU20);

Dwain Williams;
Laurence Leach (M60);

60,61,62,63

Ron Hill Cambuslang H
Robert Anderson (M65);
Colin Feechan (M50);
Ross Arbuckle (M50);
Alan Ramage (M40);
Scott Hunter (M35);
George Pettit;
Stuart Gibbons;
Wegene Tafese;
Anthony Edgar (MU20);

David Cooney (M60);
Edward Carr (M50);
W. Ian Williamson (M50);
Michael O'Hagan (M40);
Robert Gilroy (M35);
Gordon Robertson;
Ian Rawlinson;
Bobby Bristow (MU20);
Matthew McKenna (MU20);

Bernard Gough (M60);
Iain Campbell (M50);
Charles Thomson (M45);
Greg Hastie (M40);
Benjamin Hukins;
David Munro;
Donald Macaulay;
Stewart Orr (MU20);

Francis Hurley (M60);
David Thom (M50);
Daniel O'Connell (M45);
Kerry Liam Wilson (M40);
Shazad Hakeem;
Robert Rossborough;
Josh Lilly;
Jack Hamilton (MU20);

Walter Edgar (M55);
Alick Walkinshaw (M50);
Kenny Macpherson (M45);
Jamie Reid (M35);
Andrew Morgan;
Iain MacCorquodale;
Alistair Campbell;
Stephen (Jnr) Paris (MU20);

64,65,66

Shettleston H
Michael Paxton;
Andy Little (M45);
Tewoldeberhan Mengistebay;
Casey Morgan;
Bill Wunning (M40);
Michael Gillespie;
Garry Mason (MU20);
Lee Wilson (MU20);

Kenny Richmond (M40);
Kerrick Hesse;
Paul Sorrie;
John Oates (M50);
Kevin Brydon;
Tasgal Tewelde;
Mohamed Bayib (MU20);
Dennis Williams (M50);

William Breckenridge (M45);
John J Duffy (M45);
Mark McColl;
Lachlan Oates;
Craig Mitchell (M35);
Jethro Lennox (M35);
Gary Turner (MU20);

Adam Peters;
Thomas Owens;
Thomas Foy;
Gerard Mason (M50);
Oleg Chapellin;
Kenneth McCoy (M35);
Adam Lee;

Brian McGarrity;
Matthew Sullivan;
Michael Deacon;
David Murphy (M40);
Amanuel Hagos;
Matthew Gillespie;
William Coyle (M50);

67

Springburn H
Kevin Ferris (M35);
Alan Hill (M60);
Scott Partyska;

Andrew Callan (M40);
James Lewis (M35);
John Owens (M55);

Grant Cairns;
Ross McEachern (M45);
Kevin Owens;

Martin Coleman;
Anthony J M McGale (M40);
Adam Janeczko;

Graham Crawford (M55);
Damian McAuley (M45);

68,69,70

VP-Glasgow AC
Ehsan Ahmad (MU20);
Callum Heira (MU20);
Kenneth McVey (M60);
Chris Sheridan;
Craig Young (MU20);

Max Aitchison (MU20);
Crawford Little (M45);
Kenneth Mitchell (M45);
Ethan Sloan-Dennison (MU20);
Ian Dunn (M40);

Ralph Connolly (M45);
Andrew Mackinnon (M45);
Tom Ord (M55);
Duncan Thomson (M40);
Finlay Rae (MU20);

Sean Fontana;
Andrew McCormack (MU20);
Alec Potter (M50);
David Vernon (MU20);
Peter Ramsay (M50);

Derek Gibb;
David McCormack (M50);
Max Ralston;
Derek Watson (Sm) (M50);

71,72

Belshouston H
1 Katy Smith (F40);
8 Kristina Grig;
11 Sophia Bryce;

2 Suzanne Boyle;
7 Vicki Hopewell;
12 Angela Campbell;

3 Bernadette O'Neil (F45);
8 Erica Christie (F55);

4 Katherine Hylands;
9 Jessica Gorman;
10 Fiona Ross;

73

Calderglen H
1 Karen Adams;
4 Alison Lobbie;

3 Julie Beveridge;
7 Joanne McKeay;

2 Mary Goldsmith (F50);

4 Ruth Kelly (F45);
5 Frances Maxwell (F45);

74,75,76

Central AC
1 Jennifer Emery;
4 Lindsay Morrison;
11 Elinor Leach (F40);

2 Claire Houston;
7 Shona Allen (F40);
13 Claire Brisbane;

3 Fiona Thompson;
8 Patricia Milne (F50);
13 Mervyn Adam (F50);

4 Jane Watson (F45);
9 Kate Wilson (F45);
10 Ainsley Newstead (F40);
14 Linda Sneddon (F45);
15 Karen Glover;

77,78,79,80,81

Edinburgh AC
1 Victoria Bellie (F35);
6 Janet Dunbar (F40);
11 Susan Ridley (F45);
16 Nathalie Christie (F35);
21 Deagha Dunnett (F40);
26 Emily Stewart;
31 Morgan Murphy;

2 Sarah Wood;
7 Sharyn Ramage (F50);
12 Elaine Davies (F40);
17 Hayley Owens (F35);
22 Katie Watson (F40);
27 Louise Stewart (F40);
32 Laura Dunn;

3 Gillian Palmer;
8 Catherine Perry (F40);
13 Angela Gibbs;
18 Mariella Beal (F40);
23 Rachael Dunn (F40);
28 Liane Logan;

4 Lauren Stoddart;
5 Vicki Frew;
6 Karen Debbie (F45);
10 Jennifer Marlow (F35);
14 Natalie Anor;
19 Louise Fraser (F35);
24 Emma Dunnett (F40);
29 Isabella Bouch (F40);
34 Mary Cunningham (F45);
39 Emma Lawrence;

82

Fairlie AAC
1 Alison Arnold (F35);
4 Alexandra Bury;

2 Julia Brown (F35);

3 Claire Gilchrist (F45);

4 Elizabeth Gilchrist (F6);
5 Anne Peel (F45);

83,84,85,86

Fife AC
1 Sandra Aiken (F50);
6 Abigail Bender (F40);
11 Catherine Duncan (F40);
16 Anna Hall (F50);
21 Sarah Legge (F40);
26 Margaret McLaren (F35);
31 Hilary Ritchie (F50);

2 Fiona Brackgirth;
7 Megan Crawford;
12 Abby Gordon (F50);
17 Susan Harley (F40);
22 Sheena Logan;
27 Janet McWhirter (F40);
32 Helen Sharpe;

3 Innes Brackgirth (F55);
8 Jennifer Cruickshanks (F40);
13 Angela Gibbs;
18 Angela Howe (F40);
23 Margaret Martin (F35);
28 Irene Pannoyash (F50);
33 Jenny Tan;

4 Loraine Brown (F45);
9 Louise Burt (F40);
14 Karen Gibson (F40);
19 Laura Gibson (F40);
24 Anne McEwen;
29 Marion Bannet (F50);
34 Rhona Van Rensberg (F40);

87

Gala H
1 Fiona Dalgleish (F40);

2 Rachel Fagan (F35);

3 Jennifer Farber (F40);

4 Dianna Lauder (F35);
5 Gillian Duncan (F40);

88

Garscube H
1 Jill O'Neil (F35);

2 Lesley Chastain (F35);

3 Diane Clark;

4 Laura Devine;
5 Kathryn Scott (F50);

89,90,91,92

Monkton Bay F
1 Emma Baker (F40);
6 Janet Hall (F40);
11 Janet Ross;
16 Alison McNeill (F40);
21 Sarah O'Neil;
26 Margaret Spalding;
31 Katherine Wilkie;

2 Carrie Craig;
7 Rachel MacFhie;
12 Amelia Lloyd;
17 Megan Macleay (F35);
22 Sandra Mathyn (F40);
27 Kara Taylor (F35);
32 Megan Wright (F28);

3 Bronny Curtis;
8 Elizabeth Huggie;
13 Julia Jaffe;
18 Phyllis O'Brien (F50);
23 Rachel Smith (F40);
28 Edith Wardlaw;

4 Jessica Dewar (F35);
9 Claire Gordon (F35);
14 Kate Jenkins (F35);
19 Margaret McCracken;
24 Sarah Louise Macleay;
29 Susan O'Neil;
34 Jane White (F35);

93

Bilberston AAC
1 Elaine Eadie (F40);
6 Christine Ransom;
11 Lynne Milne (F45);
16 Elaine Muirhead (F35);

2 Nynke Mulholland (F40);
7 Elspeth Curran;
12 Gemma Sandison;
17 Leanne Hamilton (F35);

3 Jennifer Manning;
8 Rhona Martin;
13 Catherine Stewart;

4 Michelle Bell;
5 Natalie Sharp;
6 Kara Sheeh;
7 Elaine McIntyre;
8 Claire Gibson;
9 Hannah Waugh;

94,95

Kilmarnock IMAC
1 Kara Tait;
6 Rosemary McMillan (F30);

2 Colleen Tait;
7 Janice Miller (F45);

3 Lindsey McMahon (F40);
8 Natalie Bryce;

4 Paula Wilson (F45);
5 Marie Gorman;
6 Elizabeth McMenamin;
7 Susan Beattie (F50);

96,97

Kirkcaldy H
1 Ada Stewart (F45);
6 Pamela Parker (F45);

2 Shirley MacKenzie (F45);
7 Julie Nelson (F45);

3 Annemarie McCaffrey (F40);
8 Marie McChord (F50);

4 Debra Lindsay (F45);
5 Vivian Fraser (F45);
6 Janet Woods (F45);
7 Susan Addison (F50);

98,99

Lasswade AAC
1 Kate Murray;
6 Linda Nicholson (F40);

2 Debra Murray (F35);
7 Margaret Innes (F50);

3 Woma Kerr (F45);
8 Karen McKinlay (F45);

4 Nicola Murray;
5 Laura Rice (F40);

100

Livingston & District AAC
1 Yvonne Crilly (F50);
6 Amanda Campbell;

2 Louise Crilly;

3 Robyn McDowell;

4 Sue McDowell (F50);
5 Avril Pearson (F40);

101,102,103

Leith AC
1 Jo Hall;
6 Susan Jones (F45);
11 Ashley Taylor;

2 Lynne Murray (F45);
7 Lynne Webster;
12 Shona Young (F45);

3 Sarah Inglis;
8 Jocelyn Muir;
13 Elaine Mackie;

4 Edith Mackay (F35);
5 Chloe Cox;
6 Christine MacVicar (F40);
7 Lina Tardiff (F40);
8 Susan Hester;

104,105,106

Metro Aberdeen RC
1 Karin Morris (F35);
6 Alison Price (F35);
11 Ali Mathers (F35);
16 Andrea Simpson;

2 Lauren Smith;
7 Jacqui Wallace (F35);
12 Pamela Morris;

3 Tara Bisset (F35);
8 Helen Crickham (F40);
13 Vivienne Bruce;

4 Tara Farley (F35);
5 Claire Smith (F40);
6 Dawn Jeffrey (F35);
7 Lynne Parkman (F35);
8 Claire Russell (F35);
9 Nicola Smith (F40);

107

Motherwell AC
1 Jo E Logan;

2 Phyllis Hanks (F35);

3 Joanne Clark (F35);

4 Clare Hughes;

108,109,110

Pittravie AAC
1 Alison Barton;
6 Frances Donnelly (F40);
11 Karen Thorpe (F40);

2 Amanda McIlroy;
7 Jane Macleod (F40);
12 Amanda O'Neill;

3 Vicki Taylor;
4 Louise Marshall;

5 Serena Jones (F45);
6 Louise Hanson (F40);
7 Suzanne Gray (F35);
8 Irene Miller (F50);

111

Ron Hill Cambuslang H
1 Ariane Bratton (F40);
6 Katie Bratton (F40);

2 Kirsty Grant;
7 Neil Brown (F40);

3 Kirsty Anderson;
4 Rachel Fraser (F40);

5 Vicky Sample;
6 Alexandra Lamond (F40);
7 Sarah Miller (F40);

112,113

Helensburgh AAC
1 Julie Henderson (F40);
6 Janet Falloway (F35);

2 Michelle McNeill (F45);
7 Erica Cromar (F40);

3 Debbie Savage (F35);
4 Laura Johnston;

5 Jennifer Filmer (F40);
6 Karen Wallace (F35);