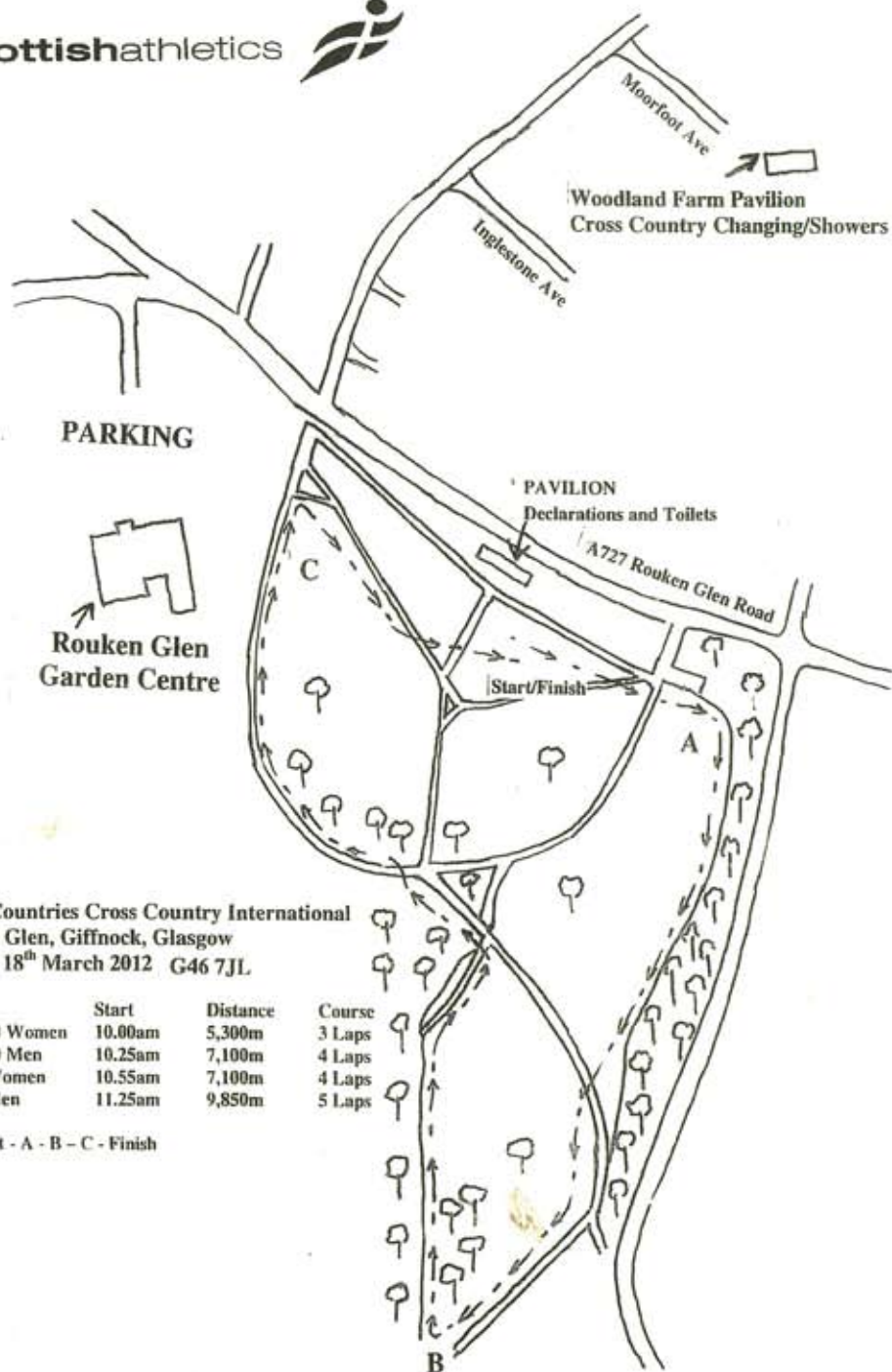


scottishathletics



Home Countries Cross Country International
Rouken Glen, Giffnock, Glasgow
Sunday 18th March 2012 G46 7JL

| Race | Start | Distance | Course |
|----------------|---------|----------|--------|
| Under 20 Women | 10.00am | 5,300m | 3 Laps |
| Under 20 Men | 10.25am | 7,100m | 4 Laps |
| Senior Women | 10.55am | 7,100m | 4 Laps |
| Senior Men | 11.25am | 9,850m | 5 Laps |

Lap Start - A - B - C - Finish

scottishathletics



HOME COUNTRIES CROSS COUNTRY INTERNATIONAL

AND

NATIONAL YOUNG ATHLETES ROAD RACE CHAMPIONSHIPS

Rouken Glen Park, Giffnock,
East Renfrewshire

SUNDAY 18th MARCH 2012

First Cross Country Race 10.00 am
First Road Race 12.15 pm

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 | Billy Glasgow |
| Assistant Clerk of Course | Ronnie Stevenson |
| Officials Control | Graham Sword |
| Finish /Funnel Control | Bob Reid (Chief), Jim Young, Alan Robinson Marjory Cook. |
| Timekeepers | Sheila MacDougall (Chief) Anna Poulton |
| Recorders (Places) | Bill MacDougall(Chief), Jean Youden |
| Recorders (Times) | Molly Wilmoth |
| Starter | Angus Cameron |
| Declarations | Dave Campbell, Graham Sword |
| Results | Alan Stewart, Anne Stewart |
| Announcers | Geoff Wightman (Cross Country) Alan Potts (Road Races) |
| Course Stewards | Graham Dunn ,Neil Deerey, Carol Ford, Croy Thomson , Laura Crawford, Charlie McKie, Laura Livesey, Carey Holmes, David Hughes, Willie Drysdale, Dawn Armit |
| Course Stewards PM | Alison Simpson, Lisa Saxby, Elliot Heath, Roslyn Heath, Niamh Grahame, Sara Lang And other members of Giffnock North AAC . |
| Presentations | Provost of East Renfrewshire, Sandra Hardacre |
| Jury of Appeal | Graham Heely, Alex Jackson, Nigel Holl |
| Medical Services | St Andrews First Aid Renfrew Company |
| Events Manager | Ross Cunningham |
| Convener | Alex Jackson |

MESSAGES OF WELCOME

On behalf of scottishathletics I would like to welcome you all to Rouken Glen Park for the Home Countries Cross Country International and National Young Athletes Road Race Championships, the first time I can remember a road race and cross country event being held at the same venue on the same day.

The first Home Countries Cross Country International was held in Hamilton, a few miles away in 1903 until it stopped in 1990. This is the 5th time the event has been held since it made a comeback in 2008 so it is fantastic to have it here at Rouken Glen Park and I welcome the athletes from Wales, England, Northern Ireland, Scotland, Combined Services, North of England, Midlands along with Welsh and Scottish Schools in the Junior race.

Meanwhile the National Young Athletes Road Race Championship has record entries and will be a selection event for the London Mini Marathon on 22nd April.

My thanks go to the officials and volunteers who give up so much of their time to make events like this happen. A special mention to Billy Glasgow and his team from Giffnock North AAC who have set up the course and will act as stewards throughout the day. To the athletes taking part, enjoy and use this as a springboard to your dreams.

Leslie Roy,
President, scottishathletics

The first International Cross Country race was held at Hamilton Racecourse, Scotland on 28th March 1903. The race was won by the great Alfred Shrubbs of England in 46.22 from his teammate T. Edwards in 46.56 with J.J. Daly of Ireland in third place in 47.20. England won the team race with 25 points followed by Ireland, 78 points, Scotland, 107 points and Wales, 140 points.

Today, almost 109 years later, we continue to celebrate the origins on International Cross Country with teams from England, Scotland, Wales, Northern Ireland, Midlands, Combined Services as well as the Scottish and Welsh Schools.

Also on the menu of today's celebration of running are the Scottish Young Athlete Road Race Championships. These started in 1996 and the records of the event are kept on the RR&CC Commission's Archive at

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

Many people have to be thanked for the organisation of today's events. The format of the day is a particular challenge to Billy Glasgow and his team at Giffnock North AAC who will set and marshal the course.

Today we are here to enjoy the spirit of cross-country and road running be it in taking part, officiating, supporting or spectating. I hope you all have a great day's running.

Ron Morrison
Convener, Road Running and Cross Country Commission

| UNDER 20 WOMEN 5,300 metres 10.00am | | | UNDER 20 MEN 7,100 metres 10.25am | | |
|-------------------------------------|-------------------|------------------|-----------------------------------|-----------------------|-------------------|
| BIB | NAME | TEAM | BIB | NAME | TEAM |
| 1 | Laura Muir | Scotland | 41 | Luke Traynor | Scotland |
| 2 | Rhona Auckland | Scotland | 42 | Lachlan Oates | Scotland |
| 3 | Kathryn Parnell | Scotland | 43 | Andrew Crichton | Scotland |
| 4 | Sarah Potter | Scotland | 44 | James Waidie | Scotland |
| 5 | Rebecca Middleton | Northern England | 45 | Tom Jarvis | Northern England |
| 6 | Calli Thackeray | Northern England | 46 | Jack Morris | Northern England |
| 7 | Abigail Howarth | Northern England | 47 | Jai Verman-McGuigan | Northern England |
| 8 | Laura Riches | Northern England | 48 | Dale Worton | Northern England |
| 9 | Jess Chen | England | 49 | Thomas Firth | England |
| 10 | Gemma Kersey | England | 50 | Charlie MacLean | England |
| 11 | Grace Nicholas | England | 51 | Jason Prickett | England |
| 12 | Nicole Roberts | England | 52 | Daniel Woodgate | England |
| 13 | Fionn Price | Wales | 53 | Charlie Hulson | Wales |
| 14 | Rhainwedd Price | Wales | 54 | Christopher Carpanini | Wales |
| 15 | Sarah Livett | Wales | 55 | Josh Griffiths | Wales |
| 16 | Katie Reynolds | Wales | 56 | Emrys Penny | Wales |
| 17 | Megan Withers | Welsh Schools | 57 | Mathew Edwards | Welsh Schools |
| 18 | Ellie Davies | Welsh Schools | 58 | Mike Ward | Welsh Schools |
| 19 | Megan Turner | Welsh Schools | 59 | Mathew O'Leary | Welsh Schools |
| 20 | Lauren Bell | Welsh Schools | 60 | Nathan Jones | Welsh Schools |
| 21 | Anna Morris | Welsh Schools | 61 | Gwynant Jones | Welsh Schools |
| 22 | Jemima Osborn | Welsh Schools | 62 | James Roberts | Welsh Schools |
| 23 | Alex Stanthorpe | Midlands | 63 | Blayne Pick | Midlands |
| 24 | Lucy Crookes | Midlands | 64 | Ryan Holroyd | Midlands |
| 25 | Danni Johnston | Midlands | 65 | Ben Norris | Midlands |
| 26 | Louisa Stewart | Scottish Schools | 66 | Dan Studley | Midlands |
| 27 | Rachel Dunn | Scottish Schools | 67 | Jake Wightman | Scottish Schools |
| 28 | Mhairi McLennan | Scottish Schools | 68 | Christopher Watson | Scottish Schools |
| 29 | Debbie Hannah | Scottish Schools | 69 | Chris Ponton | Scottish Schools |
| 30 | Lorna Fitzpatrick | Northern Ireland | 70 | Grog Williams | Scottish Schools |
| 31 | Eva Lavery | Northern Ireland | 71 | William Jackson | Combined Services |
| 32 | Sara Moore | Northern Ireland | 72 | Ryan Holt | Northern Ireland |
| 33 | Amy Johnston | Midlands | 73 | Maxt Walmsley Pledl | Northern Ireland |

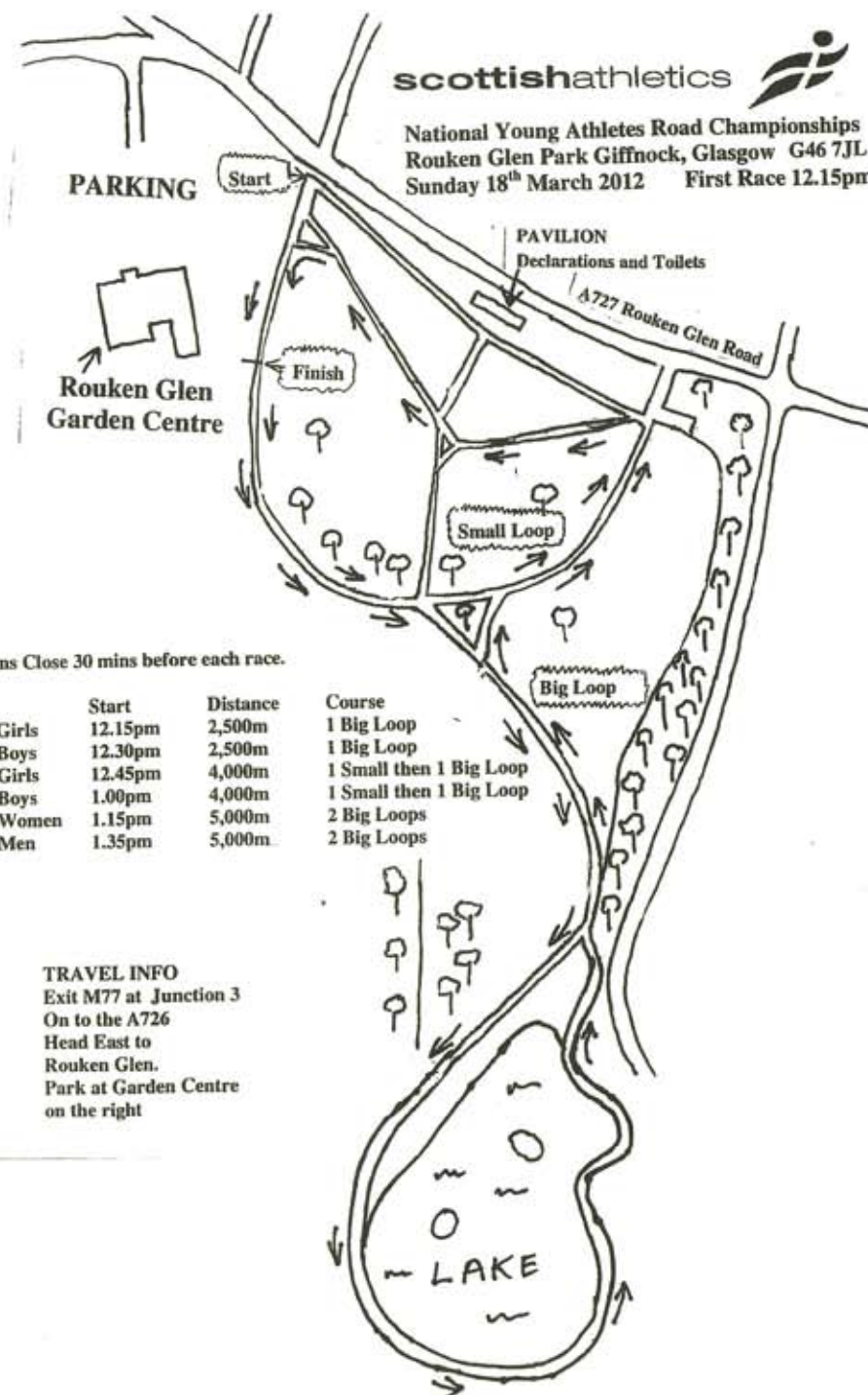
| SENIOR WOMEN 7,100 metres 10.55am | | | SENIOR MEN 9,800 metres 11.25am | | |
|-----------------------------------|-----------------------|-------------------|---------------------------------|----------------|-------------------|
| BIB | NAME | TEAM | BIB | NAME | TEAM |
| 81 | Rosie Smith | Scotland | 121 | Derek Hawkins | Scotland |
| 82 | Christina Rankin | Scotland | 122 | Andrew Douglas | Scotland |
| 83 | Morgan Windram-Goddes | Scotland | 123 | Ross Houston | Scotland |
| 84 | Keira Murray | Scotland | 124 | Alex Hendry | Scotland |
| 85 | Katie Walshaw | Northern England | 125 | Gareth Raven | Northern England |
| 86 | Nicola Squires | Northern England | 126 | Andy Wiles | Northern England |
| 87 | Helen Berry | Northern England | 127 | Dave Norman | Northern England |
| 88 | Jacqueline Fairchild | Northern England | 128 | Daniel Cliffe | Northern England |
| 89 | Lauren Deadman | England | 129 | Paul Whittaker | England |
| 90 | Stacey Johnson | England | 130 | Peter Huck | England |
| 91 | Rebekah Randall | England | 131 | Dean Lacy | England |
| 92 | Hannah Walker | England | 132 | Andy Nixon | England |
| 93 | Elysis Ridley | Wales | 133 | Dewi Griffiths | Wales |
| 94 | Gwen Brown | Wales | 134 | Jorge Thomas | Wales |
| 95 | Sian Edwards | Wales | 135 | Ian Mitchell | Wales |
| 96 | Katie Perry | Wales | 136 | Matt Jones | Wales |
| 97 | Magdalen Miller | Combined Services | 137 | James Trollop | Midlands |
| 98 | Tamsyn Rutter | Combined Services | 138 | Ross Jones | Midlands |
| 99 | Danielle Hodgkinson | Combined Services | 139 | Chris Rimmer | Midlands |
| 100 | Lucy Kershaw | Combined Services | 140 | Chris McGurk | Midlands |
| 101 | Sharon Bird | Northern Ireland | 141 | Ben Livesey | Combined Services |
| 102 | Patricia O'Hagan | Northern Ireland | 142 | Matt Blunden | Combined Services |
| 103 | Frances Briscoe | Midlands | 143 | Mark Hopkinson | Combined Services |
| 104 | Eleanor Fowler | Midlands | 144 | Kieran White | Combined Services |
| | | | 145 | Sam Mitchell | Combined Services |
| | | | 146 | Shane Kerr | Northern Ireland |
| | | | 147 | Jarloth Falls | Northern Ireland |

| UNDER 13 GIRLS 2,500 metres Start time 12.15pm | | |
|--|-----------------|-------------|
| 1 | JACKSON, Lauren | Leamside AC |
| 2 | WILKIE, Lauren | Leamside AC |
| 3 | WILKIE, Lauren | Leamside AC |
| 4 | WILKIE, Lauren | Leamside AC |
| 5 | WILKIE, Lauren | Leamside AC |
| 6 | WILKIE, Lauren | Leamside AC |
| 7 | WILKIE, Lauren | Leamside AC |
| 8 | WILKIE, Lauren | Leamside AC |
| 9 | WILKIE, Lauren | Leamside AC |
| 10 | WILKIE, Lauren | Leamside AC |
| 11 | WILKIE, Lauren | Leamside AC |
| 12 | WILKIE, Lauren | Leamside AC |
| 13 | WILKIE, Lauren | Leamside AC |
| 14 | WILKIE, Lauren | Leamside AC |
| 15 | WILKIE, Lauren | Leamside AC |
| 16 | WILKIE, Lauren | Leamside AC |
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| 18 | WILKIE, Lauren | Leamside AC |
| 19 | WILKIE, Lauren | Leamside AC |
| 20 | WILKIE, Lauren | Leamside AC |
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| 82 | WILKIE, Lauren | Leamside AC |
| 83 | WILKIE, Lauren | Leamside AC |
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| 97 | WILKIE, Lauren | Leamside AC |
| 98 | WILKIE, Lauren | Leamside AC |
| 99 | WILKIE, Lauren | Leamside AC |
| 100 | WILKIE, Lauren | Leamside AC |

| | | |
|--|---------------------|----------------------------|
| 590 | ROSEBLO, Megan | Greenwich Vikings Harriers |
| 600 | SALLAGHER, Kaiti | Central AC |
| 601 | SALLAGHER, Eula | Central AC |
| 602 | LARLO, Colborne | Central AC |
| 603 | ROSEBLO, Elisha | Central AC |
| 604 | STOFF, Jessica | Central AC |
| 605 | CURRIE, Julia | Central AC |
| 606 | STILL, Holly | Guthrie North AAC |
| 607 | MICALFIE, Rebecca | Guthrie North AAC |
| 608 | CORRIG, Rebecca | Guthrie North AAC |
| 609 | KELLY, Debbie | Guthrie North AAC |
| 610 | CURRIE, Sarah | Guthrie North AAC |
| 611 | WALLACE, Erin | Guthrie North AAC |
| 612 | AGNEW, Lisa | Guthrie North AAC |
| 613 | COMBEY, Pam | Guthrie North AAC |
| 614 | ROPER, Phoebe | Guthrie North AAC |
| 615 | SHAW, Cheryl | Glenage School of Sport |
| 616 | FRIDLEY, Leanne | Glenage School of Sport |
| 617 | CONRALLY, Robyn | VP-Glenage AC |
| 618 | KIGGE, Carl | VP-Glenage AC |
| 619 | ELLARDY, Wendy | VP-Glenage AC |
| 620 | MCDONALD, Emily | VP-Glenage AC |
| 621 | WICKES, Yvonne | VP-Glenage AC |
| 622 | CURRAN, Sarah | VP-Glenage AC |
| 623 | WATERS, Nicole C. | VP-Glenage AC |
| 624 | WILLIAMS, Emma | VP-Glenage AC |
| 625 | FRANCK, Kenna | VP-Glenage AC |
| 627 | MOGAT, Eva | VP-Glenage AC |
| 628 | THOM, Cara | VP-Glenage AC |
| UNDER 13 BOYS 2,500 metres Start time 12.30pm | | |
| 527 | SMITH, Matthew | Lakeside AC |
| 530 | STEVAN, Cameron | Lakeside AC |
| 531 | ENDOGATIS, Thomas | Lakeside AC |
| 534 | BLAKE, Cameron | Ayr Seaside AC |
| 535 | MILEY, Ewan | Ayr Seaside AC |
| 536 | ROSE, Lewis | Ayr Seaside AC |
| 537 | STEWART, Fraser | Ayr Seaside AC |
| 538 | WIGGS, James | Ayr Seaside AC |
| 539 | WALLACE, Lewis | Almondbury AC |
| 540 | LARRO, Adam | Almondbury AC |
| 541 | GROV, Ryan | Inverclyde AC |
| 542 | MACKINNON, Matthew | Inverclyde AC |
| 543 | MCCARTHY, MacAuley | Inverclyde AC |
| 544 | HEARN, Seamus | Inverclyde AC |
| 545 | ELLIS, Graham | Gerrards Harriers |
| 546 | RUSSELL, Russell | Gerrards Harriers |
| 547 | HEATON, Craig | Gerrards Harriers |
| 548 | EVENDEN, Lewis | Gerrards Harriers |
| 549 | SILKES, George | Low & District AAC |
| 550 | KELLY, Adam | Low & District AAC |
| 551 | POURTAIR, Ben | Low & District AAC |
| 552 | DAVIES, Jake | Low & District AAC |
| 553 | MCCAFFREY, Adam | Kirkcaldy Clydesdale |
| 554 | SEAMAN, John | Kirkcaldy Clydesdale |
| 555 | LARRO, Harry | Kirkcaldy Clydesdale |
| 556 | BROCKLEBANK, Ryan | Fife AC |
| 557 | PILES, George | Fife AC |
| 558 | PILES, William | Fife AC |
| 559 | BRADY, Aaron | Fife AC |
| 560 | BOYD, Adam | Fife AC |
| 561 | SORDON, Drew | Collegian Harriers |
| 562 | LEES, David | Larshall YMCA Harriers |
| 563 | LYTTEL, Ross | Larshall YMCA Harriers |
| 564 | EDDIE, James | Kilbirnie |
| 565 | TIGAL, James | Kilbirnie |
| 566 | CAMPBELL, Michael | Kilbirnie |
| 567 | FERGUSON, Josh | Kilbirnie |
| 568 | MCCARTHY, James | Kilbirnie |
| 569 | MCLAUGHLIN, Matthew | Kilbirnie |
| 570 | ROSE, Christopher | Kilbirnie |
| 571 | THOMSON, Connor | Kilbirnie |
| 572 | COMPTON, Adam | Kilbirnie |
| 573 | GRIFFITH, Michael | Kilbirnie |
| 574 | NEESBY, Ryan | Kilbirnie |
| 575 | FRAS, Martin | East Kilbride AAC |
| 576 | MALCOLM, Ross | East Kilbride AAC |
| 577 | BRIDGES, Adam | East Kilbride AAC |
| 578 | ELER, Colman | East Kilbride AAC |
| 579 | BRIDGES, George | Hemelburg |
| 580 | CAMPBELL, Lewis | Hemelburg |
| 581 | SLAUGHTER, Raymond | Hemelburg |
| 582 | CHISHAM, Shona | Hemelburg |
| 583 | MAIR, Ewan | Hemelburg |
| 584 | ARG, B. | Clydesdale Harriers |
| 585 | HAFF, Lewis | Clydesdale Harriers |
| 586 | SHANE, S. | Clydesdale Harriers |
| 587 | WIGGANS, K. | Clydesdale Harriers |
| 588 | ANDERSON, Jack | Dundee Harlequin Harriers |
| 589 | LEITHAN, Callum | Dundee Harlequin Harriers |
| 590 | NEESBY, Andrew | Dundee Harlequin Harriers |
| 591 | BOYLE, Ewan | Dundee Harlequin Harriers |
| 592 | REILAND, Paul | Edinburgh AC |
| 593 | SWIFTON, Michael | Edinburgh AC |
| 594 | ALLAN, Ross | Edinburgh AC |
| 595 | BROWN, Connor | Fleming AAC |
| 596 | THOMSON, Ryan | Fleming AAC |
| 597 | THOMSON, Ryan | Fleming AAC |
| 598 | MCCABER, Nicola | Fleming AAC |
| 599 | WHITE, Tyler | Fleming AAC |
| 600 | WATSON, Harry | Monmouth & District AC |

| | | |
|-----------------------|----------------------------|--|
| 171 | ADDISON, Anthony | Gerrington AC |
| 172 | RYAN, Tyrone | Ron Hill Cambsusling Harriers |
| 173 | PATON, Shuan | Ron Hill Cambsusling Harriers |
| 174 | SMITH, Dean | Ron Hill Cambsusling Harriers |
| 175 | MEDJIAN, Fraser | Ron Hill Cambsusling Harriers |
| 176 | MILLER, Euan | Ron Hill Cambsusling Harriers |
| 177 | CARL, Euan | Ron Hill Cambsusling Harriers |
| 178 | LINDSAT, Fraser | Elvetham Harriers |
| 179 | WILKINSON, Gill | Elvetham Harriers |
| 180 | WATWOOD, Glen | Elvetham Ulsterpark Harriers |
| 181 | RUSBY, Joshua | Elvetham Ulsterpark Harriers |
| 182 | DUFFY, Michael | Elvetham Ulsterpark Harriers |
| 183 | MACKEON, Justin | VP-Gleaguer AC |
| 184 | JONES-ONE, Aiden | VP-Gleaguer AC |
| 185 | RAE, Euan | VP-Gleaguer AC |
| 186 | MURPHY, Andrew | VP-Gleaguer AC |
| 187 | BERNELL, Leslie | VP-Gleaguer AC |
| 188 | GRANT, Adam | VP-Gleaguer AC |
| 189 | PIGSON, Nathan | VP-Gleaguer AC |
| 190 | EVANS-ROBERTS, Ben | VP-Gleaguer AC |
| 191 | CAROLAN, Kial | Ulsterpark North AAC |
| 192 | BYRNE, Nicholas | Ulsterpark North AAC |
| 193 | RAMO, Harry | Ulsterpark North AAC |
| 194 | LOWRY, Michael | Ulsterpark North AAC |
| 195 | ROCKWELL, Ben | Ulsterpark North AAC |
| 196 | ROCKWELL, Ben | Ulsterpark North AAC |
| 197 | KILPATRICK, Andrew | Ulsterpark North AAC |
| 198 | BEATHE, Christopher | Ulsterpark North AAC |
| 199 | LOWRIE, Joseph | Ulsterpark North AAC |
| 200 | OWEN, Anthony | Central AC |
| 201 | CRANFORD, Matthew | Central AC |
| 202 | FRICE, Jamie | Central AC |
| 203 | OWEN, Nicola | Central AC |
| 204 | FARRINGTON, Ben | Central AC |
| 205 | MCKINLEY, Campbell | Central AC |
| UNDER 15 GIRLS | | |
| | | 3,600 metres Start time 12.45pm |
| 206 | ANDERSON, Neil | Kilbarney |
| 207 | COLLY, Emma | Kilbarney |
| 208 | REXKE, Joanne | Kilbarney |
| 209 | BALLAL, Chloe | Kilbarney |
| 210 | YOUNG, Katie | Kilbarney |
| 211 | COMPSET, Sarah | Kilbarney |
| 212 | GAJHAN, Owen | Kilbarney |
| 213 | MCLEAR, Catherine | Kilbarney |
| 214 | MACDONALD, Ew | Ron Hill Cambsusling Harriers |
| 215 | ROBERTSON, Hannah | Ron Hill Cambsusling Harriers |
| 216 | WISSITER, Ursula | Ron Hill Cambsusling Harriers |
| 217 | BLACK, Rachel | Ron Hill Cambsusling Harriers |
| 218 | MILNER, Sophie | Lisnenny AC |
| 219 | BRITTON, Christine | Apt Swarth AC |
| 220 | KELLY, Louise | Apt Swarth AC |
| 221 | GAULEY, Kirstin | Apt Swarth AC |
| 222 | RENNIE, Lisa | Apt Swarth AC |
| 223 | MELROSE, Bethany | Laragh Harrier Club |
| 224 | DEWEY, Kaiti | PAISLEY Victoria Harriers |
| 225 | MACNISH, Laila | PAISLEY Victoria Harriers |
| 226 | MURPHY, Amy | Ulsterpark Harriers |
| 227 | GALLAGHER, Clari | Ulsterpark Harriers |
| 228 | BRECKENRIDGE, Ulysse | Ulsterpark Harriers |
| 229 | HARTER, Emma | Malvernall AC |
| 230 | ROSE, Claire | Malvernall AC |
| 231 | WIKI, Kirsty | Malvernall AC |
| 232 | RODGERS, Stephanie Carlyle | Malvernall AC |
| 233 | MICHELL, Emma | Inverclyde AC |
| 234 | WATSON, Crista | Inverclyde AC |
| 235 | SEMPICK, Eira | Inverclyde AC |
| 236 | WILLIAMS, Kelly | Inverclyde AC |
| 237 | KELLY, Jill | Inverclyde AC |
| 238 | GRAVER, Catherine | Sarscube Harriers |
| 239 | BUSBY, Rachel | Sarscube Harriers |
| 240 | BOOTH, Catherine | Sarscube Harriers |
| 241 | REWELL, Margaret | Lea & District AAC |
| 242 | MURPHY, Chloe | Lea & District AAC |
| 243 | LEE, Jenny | Kirkcubbin Olympians |
| 244 | ROBERTSON, Victoria | Kirkcubbin Olympians |
| 245 | CAMPBELL, Louise | Kirkcubbin Olympians |
| 246 | CHURCHMAN, Alex | Fife AC |
| 247 | MURRAY, Louise | Laragh Harrier Harriers |
| 248 | BOYLE, Mhairi | East Kilbride AAC |
| 249 | FARLIE, Lucy | East Kilbride AAC |
| 250 | LAMIE, Catherine | East Kilbride AAC |
| 251 | ROBERTSON, Megan | Helenburgh |
| 252 | MCCREA, Helen | Clydebank Harriers |
| 253 | FAITH, E | Clydebank Harriers |
| 254 | LYTLE, A | Clydebank Harriers |
| 255 | NARA, E | Clydebank Harriers |
| 256 | WYNNE, Lisa L | Dundee Harriers |
| 257 | WYNNE, Kirsty M | Dundee Harriers |
| 258 | FAULDS, Katie | Dundee Harriers |
| 259 | HARTER, Alexandra | Edinburgh AC |
| 260 | CAMERON, Hannah | Edinburgh AC |
| 261 | BALCH-CARLSON, Heidi | Edinburgh AC |
| 262 | CRONIN, Emma | Edinburgh AC |
| 263 | WILSON, Sarah | Edinburgh AC |
| 264 | WILSON, Sarah | Edinburgh AC |
| 265 | WILSON, Sarah | Edinburgh AC |
| 266 | WILSON, Sarah | Edinburgh AC |
| 267 | WILSON, Sarah | Edinburgh AC |
| 268 | WILSON, Sarah | Edinburgh AC |
| 269 | WILSON, Sarah | Edinburgh AC |
| 270 | WILSON, Sarah | Edinburgh AC |

| UNDER 17 MEN | | 5,000 metres Start time 1.35pm |
|--------------|-------------------|--------------------------------|
| 801 | CLARK, Collin | Lasswade AC |
| 802 | HAG, Finlay | Apri Bealorin AC |
| 803 | WEBSTER, Ewan | Apri Bealorin AC |
| 804 | ORRMOND, Collin | Strathclyde Harriers |
| 805 | MASON, Gerry | Strathclyde Harriers |
| 806 | WILLIAMS, Greg | Strathclyde AC |
| 807 | HUGHES, Michael | Strathclyde AC |
| 808 | TOGO, Robert | Strathclyde AC |
| 809 | WICK, Ron | Strathclyde AC |
| 810 | MURTER, Collin | Strathclyde AC |
| 811 | MAIR, Steven | Sale Harriers |
| 812 | STANLEY, Alex | Glasgow Harriers |
| 813 | LANE, Andrew | Lane & District AAC |
| 814 | RYAN, Steven | Lane & District AAC |
| 815 | FERGUSON, Collin | Kirkcaldy Harriers |
| 816 | FERGUSON, Kieran | Kirkcaldy Harriers |
| 817 | ALEXANDER, Gavin | Kirkcaldy Harriers |
| 818 | MURRY, Ewan | File AC |
| 819 | RYAN, Connor | File AC |
| 820 | MILLAR, Bruce | File AC |
| 821 | ELKHAN, Liam | File AC |
| 822 | THOMSON, Cameron | File AC |
| 823 | WARRICK, Fraser | Kilbride Harriers |
| 824 | WARRICK, Cameron | Kilbride Harriers |
| 825 | MAYHEW, Collin | Kilbride Harriers |
| 826 | MCCARTHY, Niall | Kilbride Harriers |
| 827 | MCCARTHY, Vincent | East Kilbride AAC |
| 828 | WILKINSON, David | Glasgow Harriers |
| 829 | WILKINSON, David | Glasgow Harriers |
| 830 | THOMSON, Ryan | Don Valley Harriers |
| 831 | ROE, Stuart | Don Valley Harriers |
| 832 | MCKENZIE, Matthew | Don Valley Harriers |
| 833 | MCKENZIE, David | Don Valley Harriers |
| 834 | STEFFER, Ross | Don Valley Harriers |
| 835 | PORTER, Chris | Edinburgh AC |
| 836 | KEIR, John | Edinburgh AC |
| 837 | WILSON, Michael | Edinburgh AC |
| 838 | MILLER, Niall | Edinburgh AC |
| 839 | MURPHY, Stephen | Edinburgh AAC |
| 840 | POWELL, Ben | Edinburgh AAC |
| 841 | MCDONNELL, Scott | Edinburgh AAC |
| 842 | MCDONNELL, Andrew | Edinburgh AAC |
| 843 | KEIR, Connor | Edinburgh AAC |
| 844 | KEIR, Sam | Edinburgh AAC |
| 845 | KEIR, Lewis | Edinburgh AAC |
| 846 | WILSON, Mark | Glasgow Harriers |
| 847 | WILSON, Mark | Glasgow Harriers |
| 848 | MCDONNELL, Mark | VP-Glasgow AC |
| 849 | WILSON, Mark | VP-Glasgow AC |
| 850 | WILSON, Mark | VP-Glasgow AC |
| 851 | WILSON, Mark | VP-Glasgow AC |
| 852 | WILSON, Mark | VP-Glasgow AC |
| 853 | WILSON, Mark | VP-Glasgow AC |
| 854 | WILSON, Mark | VP-Glasgow AC |
| 855 | WILSON, Mark | VP-Glasgow AC |
| 856 | WILSON, Mark | VP-Glasgow AC |



Declarations Close 30 mins before each race.

| Race | Start | Distance | Course |
|----------------|---------|----------|-------------------------|
| Under 13 Girls | 12.15pm | 2,500m | 1 Big Loop |
| Under 13 Boys | 12.30pm | 2,500m | 1 Big Loop |
| Under 15 Girls | 12.45pm | 4,000m | 1 Small then 1 Big Loop |
| Under 15 Boys | 1.00pm | 4,000m | 1 Small then 1 Big Loop |
| Under 17 Women | 1.15pm | 5,000m | 2 Big Loops |
| Under 17 Men | 1.35pm | 5,000m | 2 Big Loops |