scottishathletics

Lindsays National Short Course Cross Country Championships

Kirkcaldy High School
Kirkcaldy
Saturday 7th November 2026

Race	Start	Dist.
Under 16 Girls	1200	2000m
Under 16 Boys	1225	2000m
Under 18 Women	1250	3000m
Under 18 Men	1320	3000m
Senior / Junior / Master Women	1350	4000m
Senior / Junior / Master Men	1420	4000m

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COMPETITION INFORMATION SHEET

Event: Lindsays **scottish**athletics Short Course Cross Country Championships (Incorporating Masters Championships)
Venue: Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Registration: Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Date: Saturday 7th November 2026

Race	Age Group	BORN IN			Declarations Close	Race Starts	Distance (Approx)
Under 16 Girls	U16	2012	OR	2013	1130hrs	1200hrs	2000m
Under 16 Boys	U16	2012	OR	2013	1155hrs	1225hrs	2000m
Under 18 Women	U18	2010	OR	2011	1220hrs	1250hrs	3000m
Under 18 Men	U18	2010	OR	2011	1250hrs	1320hrs	3000m
Senior Women Master Women W40/W50/W60+ U20 Women		BORN BEFORE Age On Day 2008	OR	2008 2009	1320hrs	1350hrs	4000m
Senior Men Master Men M40/M50/M60+ U20 Men inc Non Binary Athletes		BORN BEFORE Age on Day 2008	OR	2008 2009	1350hrs	1420hrs	4000m

Entries Close **5pm Thursday 22nd October 2026** **NO LATE ENTRIES**
Email Enquiries: events@scottishathletics.org.uk

Important Notes

(1) Location map and additional information will be shown on the scottishathletics website - www.scottishathletics.org.uk

(2) Team scoring for Senior Races is 4 for Men and 4 for Women. Young athlete races 3 for all races.

(3) U20 and Masters athletes are eligible for individual and team medals in the Senior race as well as individual medals in their age category. Masters medals available in all 10year age bands

(4) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Athletes with an out of date membership cannot be added after the closing date.

(5) An entered athlete MUST not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident; leaves the athlete at a health risk in the case of a wrong identification of the athlete; and makes the results invalid as an historic record.

(6) Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club but not in the same competition. This is provided that the educational establishment Club is confined to students of that establishment. Thus a student may be entered for two clubs but has to choose one at declaration.

(7) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes. To opt out please contact Scottish Athletics

(8) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

(9) Any athlete with Additional Support Needs should contact scottishathletics for an athlete assistance form.

Lindsays National Short Course Cross Country Championships
Kirkcaldy High School, Dunnikier Way, Kirkcaldy, KY1 3LR
Saturday 7th November 2026

PARKING

Parking within the school premises will be restricted to officials only. Coaches/team buses may drop off at the school grounds, then park within the Crematorium Car Park indicated on the course map. All other general vehicles must park at the NHS Car Park off Whyteman's Brae. Please park responsibly.

Vehicles with tents and gazebos will be allowed to park in the car park beside the football pitches with a parking pass. Clubs who wish to park there can apply for a Car Park Permit by emailing events@scottishathletics.org.uk, before 12noon on Thursday 5th November. Permits are strictly 1 per club and are only for cars with tents or gazebos. Cars using this car park must be parked before 1100hrs. NO buses should park nor drop off in this car park.

DECLARATIONS

Declarations will take place outside within gazebos on the grass by the fence line. Declarations will be open from 09:30, where team managers will pick up number packs. Chips will be attached to the back of the race number.

Under 20 athletes will be given a yellow bib number for their front and an Age Banding (20) number for their back.
Masters Athletes will be given a bib number for their front and an Age Banding (40, 50, 60 etc) for their back.

CHIPS

Results are by chip timing. If an athlete doesn't have a chip on their bib they won't be in the results. **NO CHIP = NO RESULT.**
Chips will be attached to the race number, therefore there is no requirement to return this at the end of the race.

There is a separate envelope for each athlete containing race number with chip, and safety pins. Numbers should be securely fastened to the front of the vest and not modified in any way. **Team Managers should collect only the envelopes for athletes who are competing and return any unused numbers to declarations.**

PRESENTATIONS

Individual presentations will take place immediately after each race at the course. Masters medals will be presented in 10-year age bands.
Team presentations will take place on the course as they are available.
In all 6 races, teams are 3 to score with the exception of the Senior/Junior Men and Women which is 4 to score.
If you or your team win a medal, please remember to collect it before you leave!
Additional pin badges will be awarded to athletes finishing **1st to 9th** in the Under 16 races, and **1st to 6th** in the Under 18 races. Athletes finishing in these positions will be given a token at the finish line and must report to the presentations area for photographs.

FACILITIES

Changing: There will be NO changing nor shower facilities available within Kirkcaldy High School. Please arrive ready to run.
Toilets: There are toilet facilities available within Kirkcaldy High School. NOTE: There are no toilets at the course.
Catering: Available from a catering van near the Astro pitch.
Please remember to dispose of all litter correctly.

National Cross Country Short Course Championships – Kirkcaldy 7/11/2026

SCOTTISH ATHLETICS OFFICE BEARERS	
Hon President	
President	John Rodger
Chairman	David Ovens
Chief Executive	Colin Hutchison

ROAD RUNNING AND CROSS COUNTRY COMMISSION	
Convener	Michael Johnston
Hon Secretary	Sandra Hardacre

RACE OFFICIALS	
Referee	Ron Morrison
Assistant Referees	Carol Rose Adrian Stott
Clerk of Course	Gary Barker
Chief Marshal	Frank McLaren
Officials Report	Alex Jackson Jim Dunstan (Radios)
Line Judge	Dave Cairns
Finish Area Control	Andy Law, John Mackay, Tracy Hendry, Peter Jennings, Evelyn Roxburgh
Starters	David Hughes Kevin Rose
Timekeeping	Alan Carruthers, Ian Docherty, Ian Mann, Gary Woods
Time Recording	Douglas Carruthers, Peter Ramsey, Duncan Ball, Christine Myerscough
Declarations	Margaret Daly (Chief) Alan Potts, Simone Young
Place Recording	Isobel Martin, Trish Johnston, Linden Nicholson, Kasia Klonowska, Peter Gray, John Purcell
Results	Protay Caroline Johnstone
Announcers	Andy Ronald/Mick Houston (Course) Leslie Roy (Presentations)
Press Officers	Peter Jardine, Morven Bruce
Course Stewards	Members of Fife AC, Kirkcaldy Wizards, Janice Hendrie, Gerry Gaffney, Hannah Lopez
Presentations	Sandra Hardacre, Michael Johnston, Gillian Gibson PIN BADGES Margaret Ann McLachlan, Diane Ramsay , Ann Malcolm
Medical Services	Amvale Scotland
Scottish Athletics	Alasdhair Love, Shona Malcolm Martin, Angela Mudge
Convener	Alex Jackson

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Entry Lists

No.	Name	Club
1	Raegan Brooks	Aberdeen AAC
2	Coco Czekalowska	Aberdeen AAC
3	Millie Glass Park	Aberdeen AAC
4	Alana Robertson	Aberdeen AAC
5	Summer Gardiner	Airdrie Harriers AC
6	Zara Gillespie	Airdrie Harriers AC
7	Abigail Good	Ayr Seaforth AC
8	Edith Richardson	Ayr Seaforth AC
9	Kathy Dornan	Banchory Stonehaven AC
10	Molly Glass Park	Banchory Stonehaven AC
11	Amelie Hutchinson	Banchory Stonehaven AC
12	Charlotte Buchanan	Calderglen Harriers
13	Lucy Gray	Cambuslang Harriers
14	Poppy McKnight Livingstone	Cambuslang Harriers
15	sophia McLachlan	Cambuslang Harriers
16	Ava Starrs	Cambuslang Harriers
17	Brooke Walker	Cambuslang Harriers
18	Olivia Denholm	Central AC
19	Summer Johnston	Central AC
20	Lila Robertson	Central AC
21	Paige Coutts	Corstorphine AAC
22	Ella Harrison	Corstorphine AAC
23	Riley Harrison	Corstorphine AAC
24	Callie Logan	Corstorphine AAC
25	Millie Gordon	Dunfermline TFC
26	Alice Thomas	Dunfermline TFC
27	Melissa Ashelby	East Kilbride AC
28	Rebecca Chapman	East Kilbride AC
29	Ellie Taylor	East Kilbride AC
30	Maisie Brown	Edinburgh AC
31	Callie Craig	Edinburgh AC
32	Emi Daunt	Edinburgh AC
33	Ailish De Luca-Ruane	Edinburgh AC
34	Frida Duncan	Edinburgh AC
35	Charlotte Greenshields	Edinburgh AC
36	Isabella Kelly	Edinburgh AC
37	Lucy Mochrie	Edinburgh AC
38	Imogen Montgomery	Edinburgh AC
39	Isobel Moon	Edinburgh AC
40	Elena Polnay	Edinburgh AC
41	Blythe Remmo	Edinburgh AC
42	Annie Soane	Edinburgh AC
43	Jessica Stewart	Edinburgh AC
44	Megan Blair	Falkirk Victoria Harriers
45	Erin Donaldson	Falkirk Victoria Harriers
46	Cara Drackford	Falkirk Victoria Harriers
47	Edith Lalande	Fife AC
48	Charlotte Paddison	Fife AC
49	Freya Ainslie	Gala Harriers AC
50	Holly Craig	Gala Harriers AC
51	Molly Trewartha	Gala Harriers AC
52	Emilia Douglas	Garscube Harriers
53	Eilidh Gibson	Garscube Harriers
54	Laura Greig	Garscube Harriers
55	Florence Skinner	Garscube Harriers
56	Edith Cawston	George Heriots School
57	Naomi Ferguson	George Heriots School
58	Jasmine Nisbet	George Heriots School
59	Rebecca Adams	Giffnock North AC
60	Aimee Agnew	Giffnock North AC
61	Abbie Gallagher	Giffnock North AC
62	Neave Johnstone	Giffnock North AC
63	Lotty Martin	Giffnock North AC
64	Emma Nicholson	Giffnock North AC
65	Hannah Reid	Giffnock North AC
66	Chloe Simpson	Giffnock North AC
67	Mia Tomb	Giffnock North AC
68	Isabel Lafferty	Greenock Glenpark Harriers
69	Orla Trainer	Greenock Glenpark Harriers
70	Zoe Coull	Harmeny AC
71	Emma Daley	Harmeny AC
72	Tibby Leitch	Harmeny AC
73	Isobel Patterson	Harmeny AC
74	Luciana Starkey	Harmeny AC
75	Ava Whyte	Harmeny AC
76	Gabriella Amadei	Inverclyde AC
77	Rosie Callan	Inverclyde AC
78	Ella Pollard	Inverclyde AC
79	Niamh Doorley	Inverness Harriers AAC
80	Iyla Souter	Inverness Harriers AAC
81	Neive Mack	Kilbarchan AAC
82	Kira Mitchell	Kilbarchan AAC
83	Skye Williams	Kilbarchan AAC
84	Zoe Brown	Kilmarnock Harrier & AC
85	Darcy Esson	Lasswade AAC
86	Allyssa Bennet	Law & District AAC
87	Lana Boyd	Law & District AAC
88	Abbie Boyle	Law & District AAC
89	Grace Frood	Law & District AAC
90	Helena Wotherspoon	Law & District AAC
91	Hannah Bogle	Linlithgow AC
92	Amelia Ferrario	Linlithgow AC
93	Sophia Ferrario	Linlithgow AC
94	Natalia Mandula	Linlithgow AC
95	Simran Nagda	Linlithgow AC
96	Rachel Collings	Lothian RC
97	Abbie Scott-Telford	Lothian RC
98	Sophie Cassie	Perth Strathtay Harriers
99	Kezi Swift	Perth Strathtay Harriers
100	Gabi Whyte	Perth Strathtay Harriers

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Entry Lists

No.	Name	Club	No.	Name	Club
101	Ariana Paterson	Pitreavie AAC			
102	Lottie Robson	Pitreavie AAC			
103	Annie Sinclair	Pitreavie AAC			
104	Freya Stobie	Pitreavie AAC			
105	Isla Thwaites	Pitreavie AAC			
106	Iona MacDonald	Ross County AC			
107	Charlotte Reilly	Shettleston Harriers			
108	Eadie Dowse	Strathearn Harriers			
109	Robin Perez Reid	Strathearn Harriers			
110	Emilia Walker	Strathearn Harriers			
111	Abi Campbell	Team East Lothian AC			
112	Carly Douglas	Team East Lothian AC			
113	Eilidh Robson	Team East Lothian AC			
114	Freya Walker	Teviotdale Harriers			
115	Agnes Rossiter	Unattached			
116	Caitlin Cameron Laing	Victoria Park City Of Glasgow AC			
117	Lola Campton	Victoria Park City Of Glasgow AC			
118	Emily Rankin	Victoria Park City Of Glasgow AC			
119	Katie Rankin	Victoria Park City Of Glasgow AC			
120	Kori Taylor	Victoria Park City Of Glasgow AC			

Lindsays National Short Course Cross Country Championships
Entry Lists

No.	Name	Club
1	Harry Lever	Aberdeen AAC
2	Liam Miller	Aberdeen AAC
3	Euan Ramsay	Aberdeen AAC
4	James Shinnie	Aberdeen AAC
5	Kerr Thompson	Aberdeen AAC
6	Oliver Barrie	Ayr Seaforth AC
7	Alexander Starkey	Ayr Seaforth AC
8	Carlo Brown	Cambuslang Harriers
9	Douglas Gallie	Cambuslang Harriers
10	Ross Hubbert	Cambuslang Harriers
11	Logan Jones	Cambuslang Harriers
12	Lewis Lynch	Cambuslang Harriers
13	Aiden O'Connell	Cambuslang Harriers
14	Finlay Gallagher	Central AC
15	Lukas Mozuras	Central AC
16	Brody Scanlon	Central AC
17	Sam White	Central AC
18	Murray Allison	Corstorphine AAC
19	Aidan Gowans	Corstorphine AAC
20	ROI LOPEZ PORRAS	Corstorphine AAC
21	Zack Szadurski	Corstorphine AAC
22	James Conroy	Dundee Hawkhill Harriers
23	Euan Gregory	Dundee Hawkhill Harriers
24	Charlie McKenzie	Dundee Hawkhill Harriers
25	Cole Gray	Dunfermline TFC
26	Corey Ingram	Dunfermline TFC
27	Alfie Whyte	Dunfermline TFC
28	Finlay Edwards	East Kilbride AC
29	Charlie Gilmour	East Kilbride AC
30	Calum McCormick	East Kilbride AC
31	Jack McMillan	East Kilbride AC
32	Toby Comer	Edinburgh AC
33	Archie Crawley	Edinburgh AC
34	Finlay Knamiller	Edinburgh AC
35	Marko Masic	Edinburgh AC
36	Kaelin McCabe	Falkirk Victoria Harriers
37	Alfie Blackwood	Fife AC
38	Murray Kinnaird	Fife AC
39	Cameron Seeley	Fife AC
40	Fraser Whittingham	Fife AC
41	Isaac Hastie	Gala Harriers AC
42	Mac Jamieson	Gala Harriers AC
43	Angus McCarthy	Gala Harriers AC
44	Torin Stewart	Gala Harriers AC
45	Sorley Gemmell	Garscube Harriers
46	Hamish McGuigan	Garscube Harriers
47	Keyan Patel	Garscube Harriers
48	Samuel Robertson	Garscube Harriers
49	Ramsay Smith	Garscube Harriers
50	Magnus Di Rollo	George Heriots School
51	Jack Harley	George Heriots School
52	Rio Biddlecombe	Giffnock North AC
53	Andrew Church	Giffnock North AC
54	Finlay McKenzie	Giffnock North AC
55	Ben McKerracher	Giffnock North AC
56	Spencer Stewart	Giffnock North AC
57	Angus Thomson	Giffnock North AC
58	Evan Tyler	Giffnock North AC
59	Zach McAllister	Greenock Glenpark Harriers
60	Isaac Robin	Greenock Glenpark Harriers
61	Blake Burchill	Harmeny AC
62	Sandy Cameron	Harmeny AC
63	Fynlay McVay	Harmeny AC
64	Sam Oliver	Harmeny AC
65	Anthony Szewczyk	Harmeny AC
66	Aiden Thomson	Harmeny AC
67	Louis Reid	Inverclyde AC
68	Joshua Fitter	Inverness Harriers AAC
69	Angus Farley	Kilbarchan AAC
70	Maxwell Mungin	Kilbarchan AAC
71	Ethan McLellan	Kirkintilloch Olympians
72	Fraser Houston	Lasswade AAC
73	Alexander Wotherspoon	Law & District AAC
74	Austin Purdie	Livingston AC
75	Lewis Sharp	Livingston AC
76	Luke Geddes	Motherwell AC
77	Connor McNamee	Motherwell AC
78	Sam Clark	North Ayrshire AC
79	Callum Cassie	Perth Strathtay Harriers
80	Alex Hilton	Perth Strathtay Harriers
81	Leo McMahon	Perth Strathtay Harriers
82	Rory Strickland	Perth Strathtay Harriers
83	Ellis Bowers	Pitreavie AAC
84	Thomas Croall	Pitreavie AAC
85	Rory Vaughan	Pitreavie AAC
86	Harry Bell	Shettleston Harriers
87	Naod Woldeselassie	Shettleston Harriers
88	Joe Dowse	Strathearn Harriers
89	Ethan McLeod	Strathearn Harriers
90	Harris Turnbull	Strathearn Harriers
91	Alfey MacKenzie	Teviotdale Harriers
92	Callan Michie	Teviotdale Harriers

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Entry Lists

No.	Name	Club
1	Megan Forrest	Aberdeen AAC
2	Grace Ramsay	Aberdeen AAC
3	Hollie Steele	Aberdeen AAC
4	Emily Taylor	Aberdeen AAC
5	Jessica Murray	Airdrie Harriers AC
6	Ava Barrie	Ayr Seaforth AC
7	Willow Challis	Ayr Seaforth AC
8	Elodie Smith	Bellahouston Harriers
9	Ella Hunter	Central AC
10	Nicole Taylor	Central AC
11	Emily Watkin	Central AC
12	Isla Arnott	Corstorphine AAC
13	Alice Craigie	Corstorphine AAC
14	Isla McGrath	Corstorphine AAC
15	Eloise Simpson	Corstorphine AAC
16	GRACIE CONROY	Dundee Hawkhill Harriers
17	Breagha Hastie	Dundee Hawkhill Harriers
18	Evie Hodgson	Dundee Hawkhill Harriers
19	Lucy Gibb	Dunfermline TFC
20	Lily Pritchard	Dunfermline TFC
21	Poppy Warner	Dunfermline TFC
22	Zoe Baillie	East Kilbride AC
23	Martha Cathie	East Kilbride AC
24	Nina Clark	East Kilbride AC
25	Sophia Crowder-Wright	East Kilbride AC
26	Orla Remmo	Edinburgh AC
27	Emily Christie	Falkirk Victoria Harriers
28	Aine McAtarsney	Falkirk Victoria Harriers
29	Isla Philp	Falkirk Victoria Harriers
30	Skye Robertson	Falkirk Victoria Harriers
31	Ella Shepherd	Falkirk Victoria Harriers
32	Isla Kinnaird	Fife AC
33	Jessica McCowan	Gala Harriers AC
34	Annabelle Stewart	Gala Harriers AC
35	Imogen Hammond	Garscube Harriers
36	Talia Padmanabhan	Garscube Harriers
37	Eve Cameron	Giffnock North AC
38	Holly Simpson	Giffnock North AC
39	Lucy Tonner	Giffnock North AC
40	Nicole Yates	Giffnock North AC
41	Iona Bremner	Harmeny AC
42	Rachel Caves	Harmeny AC
43	Amber Cunningham	Harmeny AC
44	Tessa Golding	Harmeny AC
45	Aria Macfarlane	Harmeny AC
46	Kate Riches	Harmeny AC
47	Molly Farish	Inverclyde AC
48	Olivia Lyne	Inverclyde AC
49	Cara McDougall	Inverclyde AC
50	Nina Spirit-Hawthorne	Inverclyde AC
51	Anna Howard	Inverness Harriers AAC
52	Daisy de Lange	Kilbarchan AAC
53	Isla Murray	Kilbarchan AAC
54	Cara Gilmartin	Kilmarnock Harrier & AC
55	Rosie Donohoe	Kirkintilloch Olympians
56	Ishbel Duncan	Kirkintilloch Olympians
57	Millie Rose Richford	Kirkintilloch Olympians
58	Ava Rose Curtis	Lasswade AAC
59	Isla Madhra	Lasswade AAC
60	Lucy Ward	Lasswade AAC
61	Eilidh Boyle	Law & District AAC
62	Lucy Taylor	Law & District AAC
63	Freya Togneri	Law & District AAC
64	Airlie Oakley	Lothian RC
65	Isabella Moran	Moorfoot Runners
66	Emy Finnigan	North Ayrshire AC
67	Lola Finnigan	North Ayrshire AC
68	Rowena Barnett	Pitreavie AAC
69	Millie Ovens	Pitreavie AAC
70	Cora Comisso	Ross County AC
71	Emma Locke	Shettleston Harriers
72	Zoe Roberts	Shettleston Harriers
73	Kate Douglas	Team East Lothian AC
74	Phoebe Bonham	Victoria Park City Of Glasgow AC
75	Mimi Taylor	Victoria Park City Of Glasgow AC

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
1	Blair Blackwood	Aberdeen AAC
2	Cullen Bowie	Aberdeen AAC
3	Harry Chalmers	Aberdeen AAC
4	Alex Hendry	Aberdeen AAC
5	Alex Henthorn	Aberdeen AAC
6	Alex Imlach	Aberdeen AAC
7	Riley Murchie	Aberdeen AAC
8	Luca Anderson	Anster Haddies RC
9	Cadell Slater	Arbroath & District AC
10	Riley Fulton	Ayr Seaforth AC
11	Caleb Ghosh	Ayr Seaforth AC
12	Lewis Relly	Ayr Seaforth AC
13	Peter Wayman	Border Harriers & AC
14	Rory Barclay	Cambuslang Harriers
15	Alex Bellingham	Cambuslang Harriers
16	Oliver Lievonen	Cambuslang Harriers
17	Sam Nicolson	Central AC
18	Finlay Sharp	Central AC
19	Tymek Chmielowski	Corstorphine AAC
20	Fraser Shaw	Corstorphine AAC
21	Jamie Johnson	Dundee Hawkhill Harriers
22	Charlie Kelly	Dundee Hawkhill Harriers
23	Harry Robinson	Dundee Hawkhill Harriers
24	Joel Wraight	Dundee Hawkhill Harriers
25	Brian Heslop	East Kilbride AC
26	Andrew Leighton	Edinburgh AC
27	Conor McNab	Edinburgh AC
28	Jude Elliott	Falkirk Victoria Harriers
29	Hamish Gillies	Falkirk Victoria Harriers
30	Adam Kinghorn	Falkirk Victoria Harriers
31	Thomas Luke	Falkirk Victoria Harriers
32	Harrison MacMillan	Falkirk Victoria Harriers
33	Rory MacMillan	Falkirk Victoria Harriers
34	Thomas Mitchell	Falkirk Victoria Harriers
35	Luke Sedman	Falkirk Victoria Harriers
36	Ben Upfold	Falkirk Victoria Harriers
37	Lewis Whittingham	Fife AC
38	Gregor Adamson	Gala Harriers AC
39	Charlie Dalgliesh	Gala Harriers AC
40	Seb Darlow	Gala Harriers AC
41	Bryn McAree	Gala Harriers AC
42	Cameron Tunmore	Gala Harriers AC
43	McLaren Welsh	Gala Harriers AC
44	Angus Barclay	Garscube Harriers
45	Joe Butler	Garscube Harriers
46	Maxwell Connolly	Garscube Harriers
47	Jamie Little	Garscube Harriers
48	Joey Mason	Garscube Harriers
49	Ruben Stewart	Garscube Harriers
50	Elliott Tyler	Garscube Harriers
51	James Noake	George Heriots School
52	James Andrew	Giffnock North AC
53	Ewan Kennedy	Giffnock North AC
54	Ewan Leitch	Giffnock North AC
55	Patrick McGovern	Giffnock North AC
56	Josh Deegan	Greenock Glenpark Harriers
57	Rory Beattie	Harmeny AC
58	Austin Denny	Harmeny AC
59	Jacob Marshall	Harmeny AC
60	Angus Mitchell	Harmeny AC
61	Andrew Watson	Harmeny AC
62	Bruno Sweeney	Helensburgh AAC
63	Charlie Lyne	Inverclyde AC
64	Fraser Stirling	Inverclyde AC
65	Ewan Thompson	Inverness Harriers AAC
66	Finlay Mitchell	Kilbarchan AAC
67	Luca Thomson	Kilbarchan AAC
68	Jamie Walker	Kilmarnock Harrier & AC
69	Finlay Glass	Lasswade AAC
70	Struan Milne	Lasswade AAC
71	Francis Ovani-Finnegan	Lasswade AAC
72	Blair Beverley	Law & District AAC
73	Cameron Chambers	Law & District AAC
74	Jamie Mackie	Law & District AAC
75	Tremain Wenden	Law & District AAC
76	Lewis Riddell	Moorfoot Runners
77	Tom Hilton	Perth Strathtay Harriers
78	Lewis Hood	Perth Strathtay Harriers
79	Ruairidh Hood	Perth Strathtay Harriers
80	Freddie Parsons	Perth Strathtay Harriers
81	Jacob McLeod	Pitreavie AAC
82	Callum Crawford	Ross County AC
83	Sam McGowan	Shettleston Harriers
84	Frank Brown	Team East Lothian AC
85	Tom Ibbs	Team East Lothian AC
86	Alfie Walker	Teviotdale Harriers

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
1	Hannah Cameron	Aberdeen AAC
2	Abby Farquhar	Aberdeen AAC
3	Chloe Gray	Aberdeen AAC
4	Caitlin Purcell	Aberdeen AAC
5	Kirsty Purcell	Aberdeen AAC
6	Elina Smith	Aberdeen AAC
7	Ellyn Smith	Aberdeen AAC
8	Sarah Taylor	Aberdeen AAC
511	Hania Czebreszuk (U20)	Aberdeen AAC
512	Sophie Imlach (U20)	Aberdeen AAC
513	Isla Kennedy (U20)	Aberdeen AAC
9	Denise Hill (V40)	Airdrie Harriers AC
514	Millie Gairn (U20)	Airdrie Harriers AC
515	Eihlinn Gillespie (U20)	Airdrie Harriers AC
10	Isla McGowan	Banbury Harriers
11	Katherine Brown (V40)	Bellahouston Harriers
12	Rosa Donaldson	Bellahouston Harriers
13	Kristina Glynn	Bellahouston Harriers
14	Ruth Harrison (V40)	Bellahouston Harriers
15	Emma O'Donnell	Bellahouston Harriers
16	Laura Ritchie (V40)	Bellahouston Harriers
17	Jennifer Conway-Evans	Bellahouston Road Runners
18	Lorraine Buchanan (V40)	Calderglen Harriers
19	Frances Ferguson (V60)	Calderglen Harriers
20	Alison Lessells (V40)	Calderglen Harriers
21	Claire McSorley (V40)	Calderglen Harriers
22	Catriona Bain	Cambuslang Harriers
23	Erica Christie (V70)	Cambuslang Harriers
24	Eilidh Kennedy	Cambuslang Harriers
25	Eve MacKinnon	Cambuslang Harriers
26	Lesley McArdle (V40)	Cambuslang Harriers
27	Kirsty O'Brien (V40)	Cambuslang Harriers
28	Bernadette O'Neil (V50)	Cambuslang Harriers
29	Zoe Pflug	Cambuslang Harriers
30	Stefanie Tucker	Cambuslang Harriers
31	Kirsty Wright	Cambuslang Harriers
32	Kathryn Fairfield (V40)	Carnegie Harriers
33	Karen Forsyth (V40)	Carnegie Harriers
34	Joy Gudgin (V60)	Carnegie Harriers
35	Amy Lickley	Carnegie Harriers
36	Shelby Lynch	Carnegie Harriers
37	Angie Parkin (V50)	Carnegie Harriers
38	Sarah Wellcoat	Carnegie Harriers
39	Betty Bergstrand	Carnethy HRC
40	Niamh Carr	Carnethy HRC
41	Jessica Ensoll	Carnethy HRC
42	Izzy Godfrey	Carnethy HRC
43	Georgia Ledingham	Carnethy HRC
44	Grace Pow	Carnethy HRC
45	Clare Stewart	Carnethy HRC
46	Melanie Bowie (V50)	Central AC
47	Leah Brown	Central AC
48	Linda Cunningham (V50)	Central AC
49	Cliona Diamond	Central AC
50	Laurie Douglas (V40)	Central AC
51	Kate Gallagher	Central AC
52	Hannah Hislop	Central AC
53	Niamh McKinlay	Central AC
54	Morag Millar (V40)	Central AC
55	Liz Robertson (V40)	Central AC
56	Scarlett Roy	Central AC
57	Natalie Stewart	Central AC
58	Grace Whelan	Central AC
59	Tuscany Wright	Central AC
516	Fia Watkin (U20)	Central AC
60	Emily Crusher	Corstorphine AAC
61	Kirsty Macaulay	Corstorphine AAC
62	Holly Moss	Corstorphine AAC
63	Heidi Ross	Corstorphine AAC
517	Belle Logan (U20)	Corstorphine AAC
64	Alicia Paton	Cumbernauld AAC
65	Natasha Phillips	Dundee Hawkhill Harriers
66	Mairi Littleson	Dundee Roadrunners
67	Alison McNeilly (V40)	Dundee Roadrunners
68	Louise Menzies (V40)	Dundee Roadrunners
69	Laura Ogilvie	Dundee Roadrunners
70	Kelly Baillie (V40)	East Kilbride AC
71	Erin Chapman	East Kilbride AC
72	Mhairi Fielding (V50)	East Kilbride AC
73	Laura Maria Hervas (V40)	East Kilbride AC
74	Lynn Heslop (V40)	East Kilbride AC
75	Emma Livingstone	East Kilbride AC
76	Vivien Thorpe (V40)	East Kilbride AC
77	Rachael Williams	East Kilbride AC
78	Tracey yates (V50)	East Kilbride AC
518	Skye Christie (U20)	East Kilbride AC
519	Matilda Frew (U20)	East Kilbride AC
79	Shona Adam (V60)	Edinburgh AC
80	Beth Ansell	Edinburgh AC
81	Caitlin Cole	Edinburgh AC
82	Hannah Cox	Edinburgh AC
83	Elaine Davies (V50)	Edinburgh AC
84	Karen Dobbie (V50)	Edinburgh AC
85	Anne Duncan (V60)	Edinburgh AC
86	Leia Glading	Edinburgh AC
87	Isobel Joiner (V40)	Edinburgh AC
88	Emma Laverie (V40)	Edinburgh AC
89	Anise Macaulay Orr	Edinburgh AC
90	Lauren MacKenzie Dover	Edinburgh AC

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
91	Sheenagh MacLullich (V40)	Edinburgh AC
92	Janani Mohan	Edinburgh AC
93	Charlotte Newman	Edinburgh AC
94	Merce Sanchez Oller	Edinburgh AC
95	Isla Scott-pearce	Edinburgh AC
96	Maria Stirling	Edinburgh AC
97	Abby Thomson	Edinburgh AC
98	Kirsty Walker	Edinburgh AC
99	Julie Wilson (V50)	Edinburgh AC
520	Juno Neal (U20)	Edinburgh AC
100	Hoi Yiu (Corrie) Chung	Edinburgh University Athletics Club
101	Elen Edwards	Edinburgh University Athletics Club
102	Hannah Giblin	Edinburgh University Athletics Club
103	Lea Smit	Edinburgh University Athletics Club
104	Abigail Westcott	Edinburgh University Athletics Club
105	Hanna Wiklinska	Edinburgh University Athletics Club
521	Eva Herbertson (U20)	Edinburgh University Athletics Club
106	KolbrÃºn Aspelund	Edinburgh University HH
107	Isla Calvert	Edinburgh University HH
108	Saskia Chaplin	Edinburgh University HH
109	Lorna Dumbleton	Edinburgh University HH
110	Alice Fearn	Edinburgh University HH
111	Clara Fraser	Edinburgh University HH
112	Ceri Griffiths	Edinburgh University HH
113	Martha Hawksworth	Edinburgh University HH
114	Caitlyn Heggie	Edinburgh University HH
115	Rosie Johnson-hill	Edinburgh University HH
116	Catriona Kane	Edinburgh University HH
117	Anya Maclean	Edinburgh University HH
118	Isabel Mansley	Edinburgh University HH
119	Imogen Marshall	Edinburgh University HH
120	Maya Millar	Edinburgh University HH
121	Jessica Philp	Edinburgh University HH
122	Heidi Robertshaw	Edinburgh University HH
123	Libby Smith	Edinburgh University HH
124	Amy Teasdale	Edinburgh University HH
125	Amy Withers	Edinburgh University HH
522	Helle Cordner (U20)	Edinburgh University HH
523	Morgen Davies (U20)	Edinburgh University HH
524	Jennifer MacMahon (U20)	Edinburgh University HH
525	Isla Murray (U20)	Edinburgh University HH
526	Zara Redmond (U20)	Edinburgh University HH
527	Ava Richardson (U20)	Edinburgh University HH
528	Kirsty Roden (U20)	Edinburgh University HH
529	Eve Starritt (U20)	Edinburgh University HH
530	Scarlett Wilson (U20)	Edinburgh University HH
126	Katie Christie	Falkirk Victoria Harriers
127	Karen McAllister (V60)	Falkirk Victoria Harriers
128	Isabella Ogg	Falkirk Victoria Harriers
531	Chloe Davies (U20)	Falkirk Victoria Harriers
532	Corri Mcgougan (U20)	Falkirk Victoria Harriers
129	Jenny Ashcroft (V40)	Fife AC
130	Innes Bracegirdle (V70)	Fife AC
131	Claire Chalmers (V40)	Fife AC
132	Megan Crawford	Fife AC
133	Ailsa Cruickshanks	Fife AC
134	Anna Dalglish	Fife AC
135	Heather Finlayson (V60)	Fife AC
136	Michelle Johnstone (V40)	Fife AC
137	Margaret Martin (V70)	Fife AC
138	Laura Muir (V40)	Fife AC
139	Josie Murray (V40)	Fife AC
140	Leanne Reid (V40)	Fife AC
141	Hilary Ritchie (V60)	Fife AC
142	Annabel Simpson	Fife AC
143	Jessica Tomey	Fife AC
144	Rhona Van Rensburg (V50)	Fife AC
145	Tania Wilson (V60)	Fife AC
146	Pamela Baillie (V50)	Gala Harriers AC
147	Rebecca Cudahy	Gala Harriers AC
148	Lisa Dalgliesh (V50)	Gala Harriers AC
149	Sara Green (V40)	Gala Harriers AC
150	Julia Johnstone (V50)	Gala Harriers AC
151	Gillian Lunn (V50)	Gala Harriers AC
152	Katie Rourke	Gala Harriers AC
533	Poppy Lunn (U20)	Gala Harriers AC
153	Lesley Bell (V50)	Garscube Harriers
154	Gillian Blee (V40)	Garscube Harriers
155	Morag Casey (V50)	Garscube Harriers
156	Mary Cox (V70)	Garscube Harriers
157	Lucy Donaldson	Garscube Harriers
158	Laura Gray (V40)	Garscube Harriers
159	Jude Holt (V50)	Garscube Harriers
160	Ilona Kriauzaite (V40)	Garscube Harriers
161	Catriona Padmanabhan (V50)	Garscube Harriers
162	Becky Penty (V40)	Garscube Harriers
534	Eilidh Wilson (U20)	Garscube Harriers
163	Catriona Bark (V40)	Giffnock North AC
164	Hilary Carswell (V50)	Giffnock North AC
165	Allie Chong (V50)	Giffnock North AC
166	Yvonne McNairn (V40)	Giffnock North AC
535	Eilidh Caldow (U20)	Giffnock North AC

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Entry Lists

No.	Name	Club
167	Miki Aoki	Glasgow University HH
168	Cara Baldwin	Glasgow University HH
169	Lily Begen	Glasgow University HH
170	Aliya Brear	Glasgow University HH
171	Lucy Brown	Glasgow University HH
172	Izzy Caufield	Glasgow University HH
173	Alicia Chee	Glasgow University HH
174	Amy Crawford	Glasgow University HH
175	Christina Edgar	Glasgow University HH
176	Sofia Eiris	Glasgow University HH
177	Freya Griffiths	Glasgow University HH
178	Bethan Hardman	Glasgow University HH
179	Flora Henry	Glasgow University HH
180	Ruby McGill	Glasgow University HH
181	Kiara Meiklejohn	Glasgow University HH
182	Rachel Muir	Glasgow University HH
183	Ella Nicholson	Glasgow University HH
184	Charlie Pocock-Fisher	Glasgow University HH
185	Jemima Saravanamuttoo	Glasgow University HH
186	Lara Simpson	Glasgow University HH
536	Lucie Gibson (U20)	Glasgow University HH
537	Isla Munro (U20)	Glasgow University HH
187	Jill Aikman (V50)	Greenock Glenpark Harriers
188	Kate Austin	Greenock Glenpark Harriers
189	Lynne Harrison (V50)	Greenock Glenpark Harriers
190	Lana Killeen (V40)	Greenock Glenpark Harriers
191	Emma Lynch	Greenock Glenpark Harriers
192	Olivia Mason	Greenock Glenpark Harriers
193	Anna McCrae	Greenock Glenpark Harriers
194	Charlotte McKay (V70)	Greenock Glenpark Harriers
195	Marianne McKay (V50)	Greenock Glenpark Harriers
196	Natalie McKnight	Greenock Glenpark Harriers
197	Lorna Mitchell (V50)	Greenock Glenpark Harriers
198	Kirsten Robin (V40)	Greenock Glenpark Harriers
199	Jennifer Rooney	Greenock Glenpark Harriers
200	Lorraine Sneddon (V40)	Hamilton Harriers
201	Yoana Bogdanova	Harmeny AC
538	Leah Buchan (U20)	Harmeny AC
539	Nancy Corrie (U20)	Harmeny AC
540	Eva Sinclair (U20)	Harmeny AC
202	Claire Heasman (V50)	Helensburgh AAC
203	Kay Barry	Inverclyde AC
204	Kim Law (V50)	Inverclyde AC
205	Anna McDougall (V40)	Inverclyde AC
206	Nynke Mulholland-Stummer	Inverclyde AC
207	Mary Paterson (V50)	Inverclyde AC
208	Meredith Reid	Inverclyde AC
209	Maisie Watson	Inverclyde AC
541	Lois Macrae (U20)	Inverness Harriers AAC
210	Alisha Sivell	Kilbarchan AAC
211	Rosalind Teasdale (V40)	Kilbarchan AAC
212	Jennifer Beattie (V40)	Kilmarnock Harrier & AC
213	Laura Haggarty (V40)	Kilmarnock Harrier & AC
214	Michelle Gibb (V40)	Kinross Road Runners
215	Felicity Johnston	Kinross Road Runners
216	Lorna Macdonald (V50)	Kinross Road Runners
217	Pauline McAdam (V70)	Kinross Road Runners
218	Karen Ritchie (V40)	Kinross Road Runners
219	Catriona Cameron	Kirkintilloch Olympians
220	Victoria Gall (V40)	Kirkintilloch Olympians
221	Danielle MacDonald	Kirkintilloch Olympians
222	Shirley MacNab (V60)	Kirkintilloch Olympians
223	Ros O'Sullivan (V60)	Kirkintilloch Olympians
224	Ada Stewart (V60)	Kirkintilloch Olympians
225	Susan Strath (V40)	Kirkintilloch Olympians
226	Christina Collins	Larkhall YMCA Harriers
227	Hayley Gilfillan	Larkhall YMCA Harriers
228	Karen Thomson (V40)	Larkhall YMCA Harriers
229	Claire Houston (V40)	Lasswade AAC
542	Freya Brown (U20)	Lasswade AAC
230	Carol Mantle (V60)	Lauderdale Limpers RC
231	Reagan Binnie	Law & District AAC
232	Elaine Boyle (V40)	Law & District AAC
233	Christine Neill	Law & District AAC
234	Lisa Brailey (V40)	Linlithgow AC
235	Ashleigh Ferrario (V40)	Linlithgow AC
236	Jane Forsyth (V50)	Linlithgow AC
237	Jill Horsburgh (V60)	Linlithgow AC
238	Malgorzata Mandula (V40)	Linlithgow AC
239	Christine Mulholland (V50)	Linlithgow AC
240	Lana O\'Hara (V40)	Linlithgow AC
241	Sheetal Shah (V40)	Linlithgow AC
242	Frances Wood (V60)	Linlithgow AC
243	Rachel Gibb	Livingston AC
244	Toni Moore	Livingston AC
245	Liz Bondi (V70)	Lothian RC
246	Caroline Fraser (V50)	Lothian RC
247	Kirsty Gray (V40)	Lothian RC
248	Victoria Linsley	Lothian RC
249	Avril Pearson (V50)	Lothian RC
250	Emma Purdie (V40)	Lothian RC
251	Emma Thomson	Lothian RC
252	Beth Wong	Lothian RC
253	Chelsea Cook	Metro Aberdeen RC
254	Louisa Lawrie	Metro Aberdeen RC
255	Margarita Radeva	Metro Aberdeen RC
256	Clare Grehan	Motherwell AC
257	Suzanne Beattie (V50)	Musselburgh & District AC
258	Kat Brack (V40)	Musselburgh & District AC
259	Karen Allen (V40)	Newton Road Runners
260	Ava Luke	Orkney ARC

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Entry Lists

No.	Name	Club
261	Susan Bothwell (V60)	Perth Road Runners
262	Paige Brown	Perth Road Runners
263	Anne Chisholm (V60)	Perth Road Runners
264	Gillian Edwards (V40)	Perth Road Runners
265	Kelly Johnstone (V40)	Perth Road Runners
266	Fiona Manson (V50)	Perth Road Runners
267	Gillian McGuire (V50)	Perth Road Runners
268	Caitlin Ripley	Perth Road Runners
269	Fabienne Thompson (V60)	Perth Road Runners
270	Joan Wilson (V60)	Perth Road Runners
271	Clare Graham (V50)	PH Racing Club
272	Julie Menzies (V50)	PH Racing Club
273	Judith Turner (V50)	PH Racing Club
274	Gillian Wallace (V40)	PH Racing Club
275	Morna Fleming (V70)	Pitreavie AAC
276	Kim Forbes (V60)	Pitreavie AAC
277	Rosemary Gallagher (V50)	Pitreavie AAC
278	Elaine Renouf	Pitreavie AAC
279	Sarah Ross	Pitreavie AAC
280	Melanie Sinclair (V50)	Pitreavie AAC
281	Diane Stewart	Pitreavie AAC
282	Karyn Stewart	Pitreavie AAC
543	Maisey Meade (U20)	Pitreavie AAC
544	Mirabelle Meade (U20)	Pitreavie AAC
283	Frances Chapman	Portobello RC
284	Verity Hill (V50)	Portobello RC
285	Karen Keast (V50)	Portobello RC
286	Alisa Winters (V40)	Portobello RC
287	Kate Comisso (V40)	Ross County AC
288	Aoife Carr	Shettleston Harriers
289	Avril Mason (V50)	Shettleston Harriers
290	Charlotte McKenna	Shettleston Harriers
291	Lynn McKenna	Shettleston Harriers
292	Kerry Shaw	Shettleston Harriers
293	Hannah Anderson	Stirling University AC
294	Eilidh Ballantyne	Stirling University AC
295	Millie Breese	Stirling University AC
296	Louisa Brown	Stirling University AC
297	Anna Calder	Stirling University AC
298	Hazel Dalley	Stirling University AC
299	Belinda Dennett	Stirling University AC
300	Kate Kennedy	Stirling University AC
301	Shannon MacLeod	Stirling University AC
302	Emma Reilly	Stirling University AC
303	Lily Shaw	Stirling University AC
545	Piper Kalinowski (U20)	Stirling University AC
546	Abbie Stewart (U20)	Stirling University AC
304	Rachel Murray	Stornoway RAC
305	Amy Andrew	Strathclyde University Harriers
306	Anna Cruden	Strathclyde University Harriers
307	Sabine Jefcoate	Strathclyde University Harriers
308	Kate Paul	Strathclyde University Harriers
547	Skye Marshall (U20)	Strathclyde University Harriers
548	Ava Mooney (U20)	Strathclyde University Harriers
549	Lexie Speirs (U20)	Strathclyde University Harriers
309	Alison Cunningham (V60)	Strathearn Harriers
310	Margaret Gough (V40)	Strathearn Harriers
311	Catherine Robertson (V40)	Strathearn Harriers
312	Monica Thomson (V40)	Strathearn Harriers
313	Morag Michie (V50)	Teviotdale Harriers
314	Olivia Bronzan	University of St Andrews ACCC
315	Charlotte Buchan	University of St Andrews ACCC
316	Eva Cameron	University of St Andrews ACCC
317	Matilda Crown	University of St Andrews ACCC
318	Molly Emmett	University of St Andrews ACCC
319	Jessica Evans	University of St Andrews ACCC
320	Thea Gray	University of St Andrews ACCC
321	Alison Heylen	University of St Andrews ACCC
322	Maria Kovalenkova	University of St Andrews ACCC
323	Rosalie Laban	University of St Andrews ACCC
324	Kensington Ludlum	University of St Andrews ACCC
325	Madison McDermott	University of St Andrews ACCC
326	Kari Sparrock	University of St Andrews ACCC
327	Rachel Warden	University of St Andrews ACCC
328	Sophie Young	University of St Andrews ACCC
550	Rachael Niamh Hill (U20)	University of St Andrews ACCC
329	Gillian Black	Victoria Park City Of Glasgow AC
330	Arianna Carmichael	Victoria Park City Of Glasgow AC
331	Becky Dunphy	Victoria Park City Of Glasgow AC
332	Donna Finlayson (V40)	Victoria Park City Of Glasgow AC
551	Mora McArdle (U20)	Victoria Park City Of Glasgow AC
333	Laura-Jayne Bishop	Wee County Harriers
334	Rachel Breingan	Wee County Harriers
335	Rebecca Muir (V40)	Wee County Harriers
336	Sarah Berman (V40)	West End Road Runners
337	Paula Fernandez Palanca	West End Road Runners
338	Sarah Jones (V40)	West End Road Runners
339	Hannah Mearns	West End Road Runners
340	Ray Musleh (V40)	West End Road Runners
341	Karen Patel (V50)	West End Road Runners
342	Wiebke Lammers (V50)	Westerlands CCC

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
1	Adam Brown	Aberdeen AAC
2	Cameron MacMillan	Aberdeen AAC
3	Steven Murray	Aberdeen AAC
601	Sam Brooks (U20)	Aberdeen AAC
602	Euan Murphy (U20)	Aberdeen AAC
4	Matthew Hill (V40)	Airdrie Harriers AC
5	Rhys McGowan	Airdrie Harriers AC
6	Patrick Mcilroy (V40)	Airdrie Harriers AC
7	Steven Phillips (V40)	Airdrie Harriers AC
8	Charles Simpson	Airdrie Harriers AC
9	Tom Rainey (V40)	Anster Haddies RC
10	Kenneth Neill (V40)	Ayr Seaforth AC
11	Andrew Ferguson Snr (V60)	Banchory Stonehaven AC
12	Fraser Armstrong	Bellahouston Harriers
13	Brent Brodie (V50)	Bellahouston Harriers
14	Matthew Brown	Bellahouston Harriers
15	Alasdair Campbell	Bellahouston Harriers
16	Graeme Gemmell (V60)	Bellahouston Harriers
17	James McLaughlin (V60)	Bellahouston Harriers
18	Ross McWhirter	Bellahouston Harriers
19	Eddie Neilson (V50)	Bellahouston Harriers
20	Lee Shaw	Bellahouston Harriers
21	Jamie Slater	Bellahouston Harriers
22	Adam Stark	Bellahouston Harriers
603	Alistair Munro (U20)	Bellahouston Harriers
23	Oscar Coetzee (V40)	Bellahouston Road Runners
24	Jordan Davidson	Bellahouston Road Runners
25	Josh Evans	Bellahouston Road Runners
26	Stuart Laurence	Bellahouston Road Runners
27	Benjamin Law	Bellahouston Road Runners
28	Paul McNairn (V40)	Bellahouston Road Runners
29	Alan Moss (V40)	Bellahouston Road Runners
30	Mark Young (V40)	Bellahouston Road Runners
31	Andrew Buchanan (V40)	Calderglen Harriers
32	Gerard Connelly (V50)	Calderglen Harriers
33	Russell Couper (V60)	Calderglen Harriers
34	Iain Maclean (V60)	Calderglen Harriers
35	Gordon McInally (V60)	Calderglen Harriers
36	Jim Mearns (V60)	Calderglen Harriers
37	Robert Pattinson (V50)	Calderglen Harriers
38	Stephen Phimister (V50)	Calderglen Harriers
39	Chris Thomson (V40)	Calderglen Harriers
40	Stephen Allen (V50)	Cambuslang Harriers
41	Owen Anderson	Cambuslang Harriers
42	Chris Campbell (V40)	Cambuslang Harriers
43	Richard Carr (V40)	Cambuslang Harriers
44	Justin Carter (V50)	Cambuslang Harriers
45	Iain Crawford (V50)	Cambuslang Harriers
46	Ieuan Harries	Cambuslang Harriers
47	Walter Henderson (V50)	Cambuslang Harriers
48	Ian Hodge (V40)	Cambuslang Harriers
49	Jamie MacKinnon	Cambuslang Harriers
50	Sam McCarthy	Cambuslang Harriers
51	Andrew McGill	Cambuslang Harriers
52	Zak Povey	Cambuslang Harriers
53	Lewis Roddis	Cambuslang Harriers
54	Cameron Smith	Cambuslang Harriers
55	Gavin Smith	Cambuslang Harriers
56	Ben Taylor	Cambuslang Harriers
57	Chris Upson (V60)	Cambuslang Harriers
58	Iain Wallace (V50)	Cambuslang Harriers
59	Callum Wright	Cambuslang Harriers
604	Henry Bannister (U20)	Cambuslang Harriers
605	John Frood (U20)	Cambuslang Harriers
606	Daibhidh Kinnaird (U20)	Cambuslang Harriers
607	Angus O'Neil (U20)	Cambuslang Harriers
608	Euan Reid (U20)	Cambuslang Harriers
60	Barry Davie (V50)	Carnegie Harriers
61	Tommy Drew	Carnegie Harriers
62	John Fulham (V50)	Carnegie Harriers
63	Derek Henderson (V60)	Carnegie Harriers
64	Ross Hunter	Carnegie Harriers
65	John Hynd (V60)	Carnegie Harriers
66	Frederick Lowe (V50)	Carnegie Harriers
67	Niall Patterson (V60)	Carnegie Harriers
68	Kevin Spowart (V40)	Carnegie Harriers
69	David Bunn	Carnethy HRC
70	Alexander Chepelin	Carnethy HRC
71	Noah Howlett	Carnethy HRC
72	Matthew Knowles	Carnethy HRC
73	Eddie Narbett	Carnethy HRC
74	Harris Pagett	Carnethy HRC
75	Alasdair Pedley	Carnethy HRC
76	Sam Rodda	Carnethy HRC
77	Ben Stevens	Carnethy HRC
78	Finlay Todd	Carnethy HRC
79	Declan Valters	Carnethy HRC

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Entry Lists

No.	Name	Club
80	Kevin Amos	Central AC
81	Euan Andrews	Central AC
82	Logan Beagley	Central AC
83	Connor Bell	Central AC
84	Mark Carberry	Central AC
85	Jamie Crowe	Central AC
86	Alastair Cunningham (V60)	Central AC
87	Tony Disley (V50)	Central AC
88	Euan Docherty	Central AC
89	Alex Dunlop	Central AC
90	David Eckersley (V60)	Central AC
91	Luca Fanottoli	Central AC
92	Scott Green	Central AC
93	Hamish Hickey	Central AC
94	Kenneth Hislop (V40)	Central AC
95	Andrew Irvine	Central AC
96	Iain Jordan	Central AC
97	Alastair Marshall	Central AC
98	Gavin McCaffrey	Central AC
99	Lewis Mccomb	Central AC
100	Sean Morrison (V50)	Central AC
101	Josh Scott	Central AC
102	Findlay Smith	Central AC
103	Max Stevens	Central AC
104	Jamie Stevenson	Central AC
105	Daniel Sutherland	Central AC
106	Brian Aird	Clydesdale Harriers
107	Iain Robertson (V40)	Clydesdale Harriers
108	Graeme Wiseman (V50)	Clydesdale Harriers
609	Ruaraidh King (U20)	Clydesdale Harriers
109	Stephen Addison	Corstorphine AAC
110	Simon Archer	Corstorphine AAC
111	James Badenoch	Corstorphine AAC
112	Julian Barrable (V40)	Corstorphine AAC
113	Alastair Brockie (V40)	Corstorphine AAC
114	Ewan Brown	Corstorphine AAC
115	Stuart Campbell (V50)	Corstorphine AAC
116	RORY CLARK	Corstorphine AAC
117	Dermot Cummins (V40)	Corstorphine AAC
118	Alan Cunningham (V50)	Corstorphine AAC
119	Jack Eykelbosch	Corstorphine AAC
120	Tom Ferrington (V50)	Corstorphine AAC
121	Telfer Gray	Corstorphine AAC
122	Aaron Hoyle	Corstorphine AAC
123	Scott Jenkins	Corstorphine AAC
124	Malcolm Lang (V40)	Corstorphine AAC
125	Calum McKenzie	Corstorphine AAC
126	Sean McLaughlin	Corstorphine AAC
127	Ian McPherson (V50)	Corstorphine AAC
128	Blair Montgomery	Corstorphine AAC
129	Calum Murphy	Corstorphine AAC
130	Pawel Pomorski	Corstorphine AAC
131	Angus Smith	Corstorphine AAC
132	Fraser Smith	Corstorphine AAC
133	Colin Soppitt	Corstorphine AAC
134	Fearghas Thomson	Corstorphine AAC
135	George Vickers	Corstorphine AAC
136	Adam Wetton	Corstorphine AAC
137	Eldon Wigram	Corstorphine AAC
138	Martin Williams (V50)	Corstorphine AAC
139	Blayne Wright	Corstorphine AAC
140	Callum Ballantyne	Cumbernauld AAC
141	Grant McEachern	Cumbernauld AAC
142	Ross McEachern (V60)	Cumbernauld AAC
143	Alex McGarrity (V40)	Cumbernauld AAC
610	Dominic Lynch (U20)	Cumbernauld AAC
144	James Hastie (V50)	Dundee Hawkhill Harriers
145	Matthew Walker	Dundee Hawkhill Harriers
611	Murdo Hastie (U20)	Dundee Hawkhill Harriers
146	David Aitken (V50)	Dundee Roadrunners
147	Duncan Edward (V40)	Dundee Roadrunners
148	Adam Hart	Dundee Roadrunners
149	Scott Henderson	Dundee Roadrunners
150	Josh McKay	Dundee Roadrunners
151	Martin Rollo (V60)	Dundee Roadrunners
152	Scott Stables	Dundee Roadrunners
153	David Webster	Dundee Roadrunners
154	Grant Baillie (V40)	East Kilbride AC
155	Ian Benson	East Kilbride AC
156	Andrew Chapman (V50)	East Kilbride AC
157	Keith Charters (V60)	East Kilbride AC
158	Jamie Clements	East Kilbride AC
159	John Edwards (V40)	East Kilbride AC
160	Andrew Forteath (V40)	East Kilbride AC
161	Kieran Killen	East Kilbride AC
162	Jamie McCaskell	East Kilbride AC
163	Arthur Mulholland (V60)	East Kilbride AC
164	Sam Sweeney	East Kilbride AC
165	Christopher Watters (V50)	East Kilbride AC
612	Ben Baillie (U20)	East Kilbride AC
613	Angus Wilkinson (U20)	East Kilbride AC
166	Myles Bax	Edinburgh AC
167	Steve Bedwell (V40)	Edinburgh AC
168	Nathan Brown	Edinburgh AC
169	Gerry Campbell (V50)	Edinburgh AC
170	Freddie Carcas	Edinburgh AC
171	William Clayton	Edinburgh AC
172	Iain Craven (V40)	Edinburgh AC
173	Christopher Creegan (V60)	Edinburgh AC
174	Dominic du Boulay	Edinburgh AC
175	Peter Dyer	Edinburgh AC
176	Martin Ferguson (V60)	Edinburgh AC
177	Kevin Hamilton (V40)	Edinburgh AC
178	John Hancock	Edinburgh AC

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
179	Jonathan Henderson (V40)	Edinburgh AC
180	Brian Howie (V70)	Edinburgh AC
181	Gaspar Kluckers	Edinburgh AC
182	Andrew Latham (V60)	Edinburgh AC
183	Samuel Leitch	Edinburgh AC
184	Jose Leon	Edinburgh AC
185	Thomas Littleworth	Edinburgh AC
186	Nathan PJ Mackin	Edinburgh AC
187	Nikhil Mair	Edinburgh AC
188	Roy Mitchell (V50)	Edinburgh AC
189	Lewis Orr (V50)	Edinburgh AC
190	Daniel Rivera (V50)	Edinburgh AC
191	Terry Roberts (V40)	Edinburgh AC
192	Robert Simpson (V40)	Edinburgh AC
193	Josh Taylor	Edinburgh AC
194	Angus Wardlaw (V40)	Edinburgh AC
195	Iain Whitaker (V40)	Edinburgh AC
196	Indris Robertson	Edinburgh University Athletics Club
197	William Wang	Edinburgh University Athletics Club
198	Cameron Anderson	Edinburgh University HH
199	Matt Benson	Edinburgh University HH
200	Aaron Cardno	Edinburgh University HH
201	David Cuthbert	Edinburgh University HH
202	William d'Arcy	Edinburgh University HH
203	Ewan Dowd	Edinburgh University HH
204	Zico Field	Edinburgh University HH
205	Ewan Foubister	Edinburgh University HH
206	Rory Hart	Edinburgh University HH
207	Dan Heppell	Edinburgh University HH
208	Thomas Hilton	Edinburgh University HH
209	Angus MacCormick	Edinburgh University HH
210	Harry McGill	Edinburgh University HH
211	Andrew McWilliam	Edinburgh University HH
212	Ben Meiklejohn	Edinburgh University HH
213	Oliver Morrison	Edinburgh University HH
214	Ewan Musgrave	Edinburgh University HH
215	William Nuttall	Edinburgh University HH
216	Daniel O'Riordan	Edinburgh University HH
217	Samuel Pullan	Edinburgh University HH
218	Huw Riley	Edinburgh University HH
219	Thomas Rollins	Edinburgh University HH
220	Monty Saunders	Edinburgh University HH
221	Munro Strachan	Edinburgh University HH
222	Laurence Ward	Edinburgh University HH
223	Angus Wright	Edinburgh University HH
224	Innes Wright	Edinburgh University HH
614	jamie barnes (U20)	Edinburgh University HH
615	Callum Hendry (U20)	Edinburgh University HH
616	Finlay Rae (U20)	Edinburgh University HH
617	Owen Sawyer (U20)	Edinburgh University HH
618	Harris Taylor (U20)	Edinburgh University HH
619	Lachlan Thomas (U20)	Edinburgh University HH

No.	Name	Club
225	Kane Elliott	Falkirk Victoria Harriers
226	Benjamin MacMillan	Falkirk Victoria Harriers
227	Grant Matheson (V60)	Falkirk Victoria Harriers
228	Michael McQuaid (V60)	Falkirk Victoria Harriers
229	Andrew Philp (V50)	Falkirk Victoria Harriers
230	Kieran Reilly	Falkirk Victoria Harriers
231	Jonathan Shepherd (V40)	Falkirk Victoria Harriers
620	Cahal McAtarsney (U20)	Falkirk Victoria Harriers
232	Simon Anetts	Fife AC
233	Alfie Ap dafydd	Fife AC
234	Sandy Bell (V60)	Fife AC
235	Keith Bonthrone (V60)	Fife AC
236	Steven Bryce	Fife AC
237	James Crawford (V60)	Fife AC
238	Stephen Dickson (V50)	Fife AC
239	Sam Fernando	Fife AC
240	Luke Fleming	Fife AC
241	Jamie Greig	Fife AC
242	Alistair Gudgin	Fife AC
243	James Hall (V50)	Fife AC
244	Simon Jeynes (V40)	Fife AC
245	Tim Kinnaird (V40)	Fife AC
246	Ben Kinninmonth	Fife AC
247	John Kinninmonth (V60)	Fife AC
248	Jamie Lessels	Fife AC
249	Mike MacDonald (V50)	Fife AC
250	Anthony Martin (V70)	Fife AC
251	Scott McClung	Fife AC
252	John McIntyre Snr (V50)	Fife AC
253	Hugh D. McKay (V60)	Fife AC
254	Thomas Robertson	Fife AC
255	Lewis Rodgers	Fife AC
256	Michael Sanderson	Fife AC
257	Ben Sandilands	Fife AC
258	Rory Sandilands (V40)	Fife AC
259	Jonathan Seeley (V40)	Fife AC
260	Carter Taylor	Fife AC
261	Andrew Thomson	Fife AC
262	John Thomson (V60)	Fife AC
263	Stuart Tite (V40)	Fife AC
264	Nico Van Rensburg	Fife AC
265	Ruan Van Rensburg	Fife AC
266	Yulian Vasilev	Fife AC
267	Kevin Wallace (V40)	Fife AC
621	Marcas Macfarlane (U20)	Fife AC
622	Max Callender- Galbraith (U20)	Fife AC

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
268	Tim Darlow (V50)	Gala Harriers AC
269	James Dennison (V50)	Gala Harriers AC
270	Sinclair Hill (V60)	Gala Harriers AC
271	Daniel Lavin	Gala Harriers AC
272	William McCulloch (V60)	Gala Harriers AC
273	Francis Mcelroy (V40)	Gala Harriers AC
274	Iain Stewart (V40)	Gala Harriers AC
623	Archie Dalgliesh (U20)	Gala Harriers AC
624	Oliver Hastie (U20)	Gala Harriers AC
625	Sam Robertson (U20)	Gala Harriers AC
275	Benjamin Blain (V50)	Garscube Harriers
276	Alex Chisholm (V70)	Garscube Harriers
277	John Connolly (V40)	Garscube Harriers
278	Euan Convery	Garscube Harriers
279	Andy Downey (V50)	Garscube Harriers
280	Finlay Finlay (V40)	Garscube Harriers
281	Jack Heath	Garscube Harriers
282	Steven Johnston	Garscube Harriers
283	Grant MacDonald (V40)	Garscube Harriers
284	James MacLeod (V40)	Garscube Harriers
285	Duncan McKellar (V40)	Garscube Harriers
286	Paul O'Brien (V70)	Garscube Harriers
287	Rory Treharne	Garscube Harriers
626	Connor Campbell (U20)	Garscube Harriers
627	Daniel Hendry (U20)	Garscube Harriers
628	Archie Loch (U20)	Garscube Harriers
629	Michael Stuart (U20)	Garscube Harriers
630	Kyle Thomson (U20)	Garscube Harriers
631	Ethan Tyler (U20)	Garscube Harriers
632	Tim Rose (U20)	George Heriots School
288	Conor Drummond	Giffnock North AC
289	Kevin Gallagher (V40)	Giffnock North AC
290	Scott Kelman	Giffnock North AC
291	Donald Maclean	Giffnock North AC
292	Craig Shennan	Giffnock North AC
293	Alastair Stables	Giffnock North AC
633	Matthew Hill (U20)	Giffnock North AC
634	Aaron Reid (U20)	Giffnock North AC
294	Finn Boylan	Glasgow University HH
295	Lewis Davidson	Glasgow University HH
296	Ammar Elrayes	Glasgow University HH
297	Matthew Fisher	Glasgow University HH
298	Joseph Flood	Glasgow University HH
299	Elliot Frame	Glasgow University HH
300	Nikolai Gajic	Glasgow University HH
301	Glen Griffiths	Glasgow University HH
302	Sam Grivell	Glasgow University HH
303	Louis Hammond	Glasgow University HH
304	Callum Husband	Glasgow University HH
305	Hugh Lonergan	Glasgow University HH
306	Seonaidh MacInnes	Glasgow University HH
307	Luke McDowell	Glasgow University HH
308	Finlay Raynor	Glasgow University HH
309	Barnaby Sharifi	Glasgow University HH
310	Isaac Stabler	Glasgow University HH
311	Murray Thomson	Glasgow University HH
635	Louis Michel (U20)	Glasgow University HH
636	Kaeden Thomas (U20)	Glasgow University HH
312	Daniel Doherty (V40)	Greenock Glenpark Harriers
313	Stephen Harrison (V50)	Greenock Glenpark Harriers
314	Greg Luke	Greenock Glenpark Harriers
315	Jamie McEwan	Greenock Glenpark Harriers
316	Andrew McKenzie	Greenock Glenpark Harriers
317	Michael Mcloone (V60)	Greenock Glenpark Harriers
318	Dee Waka	Greenock Glenpark Harriers
637	Charlie Flynn (U20)	Greenock Glenpark Harriers
319	Luke Palmer	Hamilton Harriers
320	Andrew Pearson	Hamilton Harriers
321	David Taggart (V40)	Hamilton Harriers
322	David Alexander (V50)	Harmeny AC
638	Fergus Ross (U20)	Harmeny AC
639	Alistair Sproul (U20)	Harmeny AC
323	Richard O'Grady (V40)	Helensburgh AAC
324	Michael Sweeney (V40)	Helensburgh AAC
325	Eoin Coull (V50)	Highland Hill Runners
326	Aidan Belton-Schure	Hunters Bog Trotters
327	Ewan Crawford	Hunters Bog Trotters
328	Sam Lloyd	Hunters Bog Trotters
329	Alex Walker	Hunters Bog Trotters
330	Coll Williamson	Hunters Bog Trotters
331	John Banks	Inverclyde AC
332	Alan Callan (V40)	Inverclyde AC
333	Scott Chudleigh	Inverclyde AC
334	Ross Gray	Inverclyde AC
335	Robert Paterson (V50)	Inverclyde AC
336	Ben Potrykus	Inverclyde AC
337	Greg Willaims	Inverclyde AC
338	Luke Davidson	Inverness Harriers AAC
640	Andrew Baird (U20)	Inverness Harriers AAC
339	Ryan Fitzpatrick	Kilbarchan AAC
340	Ryan Waldron (V40)	Kilbarchan AAC
641	Ruaridh Miller (U20)	Kilbarchan AAC
642	Lewis Stevenson (U20)	Kilbarchan AAC
643	Alistair Street (U20)	Kilbarchan AAC
644	Lucas Watt (U20)	Kilbarchan AAC
341	Jonathon Downey	Kilmarnock Harrier & AC
342	Craig Ferguson	Kilmarnock Harrier & AC
343	Cameron Wilson	Kilmarnock Harrier & AC
344	Jye Wilson	Kilmarnock Harrier & AC
345	Andrew Laycock (V60)	Kinross Road Runners
346	Alex Reily	Kinross Road Runners

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
347	Kevin Dunn (V40)	Kirkintilloch Olympians
348	Ruairi Ferris	Kirkintilloch Olympians
349	Kyle Fleming	Kirkintilloch Olympians
350	Andrew Kirk	Kirkintilloch Olympians
351	Graeme Little (V40)	Kirkintilloch Olympians
352	Martin Mchenry	Kirkintilloch Olympians
353	Daniel Miller	Kirkintilloch Olympians
354	David Murray (V40)	Kirkintilloch Olympians
355	Cornel Neil (V60)	Kirkintilloch Olympians
356	Tom Paterson	Kirkintilloch Olympians
357	Adam Thomson-Storey	Kirkintilloch Olympians
358	Mark Welsford (V50)	Kirkintilloch Olympians
359	Ted Zokas (V40)	Larkhall YMCA Harriers
360	Christian Graham	Lasswade AAC
361	Rowan Taylor	Lasswade AAC
645	Elliot Cameron (U20)	Lasswade AAC
646	Jake Page (U20)	Lasswade AAC
362	David Bennet (V40)	Law & District AAC
363	Bobby Hill	Law & District AAC
364	Ross Hill	Law & District AAC
365	Steven Lambie	Law & District AAC
366	Grant Mackenzie	Law & District AAC
367	Finn Milligan	Law & District AAC
368	Mark Milligan (V50)	Law & District AAC
369	John O'Leary (V60)	Law & District AAC
370	Tom Barratt (V40)	Linlithgow AC
371	Tomas Mandula (V40)	Linlithgow AC
372	David Marshall	Linlithgow AC
373	Alex Wood (V70)	Linlithgow AC
374	Kevin Godfrey (V60)	Lothian RC
375	David Gray (V60)	Lothian RC
376	Phillip Jurczyk (V80)	Lothian RC
377	Max Kilgour	Lothian RC
378	Ryan McIntosh	Lothian RC
379	Mick Mckeon (V50)	Lothian RC
380	Harry Mulholland (V60)	Lothian RC
381	Mark Ritchie	Lothian RC
382	Jonathan Thomson (V50)	Lothian RC
383	Rory Whelan	Lothian RC
384	James Wright	Lothian RC
647	Danny Fletcher (U20)	Lothian RC
385	Declan Murray	Macclesfield Harriers & AC

No.	Name	Club
386	Christopher Buchanan (V40)	Metro Aberdeen RC
387	Keith Charlton (V60)	Metro Aberdeen RC
388	Jordan Cruickshank	Metro Aberdeen RC
389	Joe Folan	Metro Aberdeen RC
390	Kenny Garden (V40)	Metro Aberdeen RC
391	Richard Holland (V60)	Metro Aberdeen RC
392	David Langan (V40)	Metro Aberdeen RC
393	Rankin Lascelles (V40)	Metro Aberdeen RC
394	Matthew Maciocia (V40)	Metro Aberdeen RC
395	Richard Roulson (V60)	Metro Aberdeen RC
396	Dino Roussias (V50)	Metro Aberdeen RC
397	Calum Sinclair	Metro Aberdeen RC
398	Ian Thom (V70)	Metro Aberdeen RC
399	Mark Wilkins (V40)	Metro Aberdeen RC
400	David Burns (V40)	Motherwell AC
401	Grant Fawcett (V50)	Motherwell AC
402	David Hoolaghan (V40)	Motherwell AC
403	Craig Mackenzie	Motherwell AC
404	Derek O'Neill (V40)	Motherwell AC
405	Andrew Selkirk (V40)	Motherwell AC
406	Mark Keast (V50)	Musselburgh & District AC
407	Mike Malcolm-Smith (V50)	Musselburgh & District AC
408	Graeme Nicholson (V50)	Musselburgh & District AC
409	Adam Strang	Musselburgh & District AC
410	Clive Bowman (V50)	Perth Road Runners
411	Gordon Chisholm (V50)	Perth Road Runners
412	Mark Crawford (V50)	Perth Road Runners
413	Mike Dales (V60)	Perth Road Runners
414	Kevin Riddell (V40)	Perth Road Runners
415	Richard Ward (V50)	Perth Road Runners
416	Charles Woodhead (V50)	Perth Road Runners
417	Alistair Hilton (V40)	Perth Strathtay Harriers
418	Stuart Hood (V40)	Perth Strathtay Harriers
419	Wright Beveridge (V50)	PH Racing Club
420	Roger Clark (V50)	PH Racing Club
421	John Crookston (V60)	PH Racing Club
422	Andrew Davis (V50)	PH Racing Club
423	Kevin Hughes (V50)	PH Racing Club
424	Scott Love (V40)	PH Racing Club
425	Neil McLure (V50)	PH Racing Club
426	Andrew McQueen	PH Racing Club
427	Robert Milton (V60)	PH Racing Club
428	Iain Wallace (V50)	PH Racing Club
429	Mark Western (V60)	PH Racing Club

Lindsays National Short Course Cross Country Championships

Entry Lists

No.	Name	Club
430	Desmond FitzGerald (V50)	Pitreavie AAC
431	Ewan Heeles (V40)	Pitreavie AAC
432	Neil Maclachlan (V40)	Pitreavie AAC
433	Simon Rice (V40)	Pitreavie AAC
434	James Squires (V40)	Pitreavie AAC
435	Sean Walker	Pitreavie AAC
648	Frazer Lees (U20)	Pitreavie AAC
436	Linn Denholm (V50)	Portobello RC
437	Alex Garvie (V50)	Portobello RC
438	David Myers (V40)	Portobello RC
439	David Worrall (V50)	Portobello RC
440	Finn Allan	Shettleston Harriers
441	Peter Avent (V40)	Shettleston Harriers
442	Jamie Burns	Shettleston Harriers
443	Callum Butterworth	Shettleston Harriers
444	Stephen Clark (V40)	Shettleston Harriers
445	Dan De Luca	Shettleston Harriers
446	Luke Howard	Shettleston Harriers
447	Sam Lesley	Shettleston Harriers
448	Alex Manley	Shettleston Harriers
449	Duncan McCauley (V40)	Shettleston Harriers
450	Max Mckee	Shettleston Harriers
451	Scott McKelvie	Shettleston Harriers
452	Cameron Muir	Shettleston Harriers
453	Philip Neilson	Shettleston Harriers
454	John Oates (V60)	Shettleston Harriers
455	Lachlan Oates	Shettleston Harriers
456	Tom Porter	Shettleston Harriers
457	John Toms (V50)	Shettleston Harriers
458	Denis Williams (V60)	Shettleston Harriers
649	Angus Fraser-Moodie (U20)	Springburn Harriers & AC
459	Alexander Ball	Stirling University AC
460	Christopher Black	Stirling University AC
461	Patrick Cole	Stirling University AC
462	Harry Kinley	Stirling University AC
463	Jonathan Marshall	Stirling University AC
464	Ryan Martin	Stirling University AC
465	Fraser Morris	Stirling University AC
466	Ben Nutter	Stirling University AC
467	Oliver Playfair	Stirling University AC
468	Alastair Scott	Stirling University AC
650	Calum Dick (U20)	Stirling University AC
651	Alexander Phinn (U20)	Stirling University AC
652	Ruairidh Stirling (U20)	Stirling University AC
653	Tom Webb (U20)	Stirling University AC
469	Andrew Grant	Strathclyde University Harriers
470	Joshua Mirtle	Strathclyde University Harriers
471	Matthew Monachello	Strathclyde University Harriers
472	Gabriel Murphy	Strathclyde University Harriers
473	Ben Seath	Strathclyde University Harriers
474	Hamish Shirley	Strathclyde University Harriers
654	Archie Watters (U20)	Strathclyde University Harriers
655	Jamie Work (U20)	Strathclyde University Harriers
475	Nick Gough (V40)	Strathearn Harriers
476	James Grant	Strathearn Harriers
477	Mike Thomson (V50)	Strathearn Harriers
656	Isaac Bryson (U20)	Strathearn Harriers
657	Oliver Elliott (U20)	Strathearn Harriers
478	Jamie Smith	Team East Lothian AC
658	Alex Black (U20)	Team East Lothian AC
659	Thomas Gornall (U20)	Team East Lothian AC
660	Fraser Lupton (U20)	Team East Lothian AC
661	Joe Smith (U20)	Team East Lothian AC
479	Rory Anderson	Teviotdale Harriers
480	Andrew Gibson (V40)	Teviotdale Harriers
481	Greg Walker (V40)	Teviotdale Harriers
482	Matt Pearce (V50)	Troon Tortoises AC
483	James Boak	University of St Andrews ACCC
484	David Ivory	University of St Andrews ACCC
485	Fraser McIntyre	University of St Andrews ACCC
486	Toby Nixon	University of St Andrews ACCC
487	Tom Rehal	University of St Andrews ACCC
488	Hugo Richardson	University of St Andrews ACCC
489	Christopher Scott	University of St Andrews ACCC
490	James Tilley	University of St Andrews ACCC
662	Hector Neally (U20)	University of St Andrews ACCC
491	Osman Abbaker	Victoria Park City Of Glasgow AC
492	Allan Cameron (V50)	Victoria Park City Of Glasgow AC
493	Gregory Gontor	Victoria Park City Of Glasgow AC
494	Craig Johnstone	Victoria Park City Of Glasgow AC
495	Andrew Law (V70)	Victoria Park City Of Glasgow AC
663	Rhuairdh Laing (U20)	Victoria Park City Of Glasgow AC
496	Brian Bissett (V50)	Wee County Harriers
497	Stephen Brown (V40)	West End Road Runners
498	Allen Campbell (V50)	West End Road Runners
499	Alastair Dalton (V60)	West End Road Runners
500	Thomas Daly	West End Road Runners
501	Paul Gooding (V40)	West End Road Runners
502	andrew hunter (V50)	West End Road Runners
503	Graeme Jack (V60)	West End Road Runners
504	Andrew Macpherson (V40)	West End Road Runners
505	Jack Matthews (V40)	West End Road Runners
506	Simon Murrison (V50)	West End Road Runners
507	Michael Rollins	West End Road Runners
508	Adil Saeed	West End Road Runners
509	Connor Smith	West End Road Runners

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