

**Scottish Athletics Federation**



**National Cross Country  
Relay Championships**  
(incorporating Veterans Relays)

**For Males and Females**

**Callender Park**

**FALKIRK**

**Saturday 28<sup>th</sup> October 2000**

Supported by



**FALKIRK COUNCIL**

<b>RACE</b>	<b>START</b>
Young Females	1.00pm
Young Males	1.35pm
Sen/Jun Females	2.10pm
Sen/Jun Males	3.00pm

## WELCOMES

The Commission are delighted that with the help of Falkirk District Council the National Cross Country Relay Championships are being held at Callender Park.

Those who have competed in one or more of the previous Cross Country Championships held at this venue will know that it will present fair but challenging courses.

Our thanks to Falkirk District Council and to our main host club, Falkirk Victoria Harriers who are assisted by Central Athletic Club, for enabling these Championships to proceed.

All the Officials involved today and also during the preceding weeks in planning and preparation are to be thanked for their help and skills. Finally to all the athletes who are competing, we wish you well today and for the rest of the season.

Sandy Robertson,  
Convener  
Road Running and Cross Country Commission

As President of Falkirk Victoria Harriers, I am pleased to welcome the National Cross Country Relays to Callendar Park, Falkirk.

This is the first time that the club has had the opportunity to host a mixed national championship, although we have had the pleasure of hosting many previous championship events - most recently the Men's National in 1993 and the Women's National in 1992.

Falkirk Council have provided a great deal of support for the club in the past when these events have been held and I am pleased to record the club's thanks to the Council for their continued support on this occasion. Thanks must also go to Davie Wilson and Bob Gray of the club for providing what will be an interesting and testing course for today's races.

Falkirk Victoria Harriers were formed in 1901 and as we approach our Centenary year, I hope that the club can continue to support Scottish athletics well into our next hundred years.

David Lothian  
President  
Falkirk Victoria Harriers

## SCOTTISH ATHLETICS FEDERATION OFFICE -BEARERS

Hon President	W.M.Campbell CBE QC MP
President	Joan Watt
Chief Executive	David Joy

## ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Sandy Robertson (Troon Tortoises)
Vice Convenor	Marjory Cook (City of Edinburgh AC)
Hon Secretary	Brian Goodwin (Bellahouston Harriers)
Assistant Secretary	Alan Potts (City of Glasgow AC)

## OFFICIALS

Referee	Jim Young
Clerk of the Course	David Wilson
Judges/Changeovers	Ian Hislop (Chief) Margaret Daly, Fred McCluskie
Timekeepers	Duncan McLaren (Chief), Raymond Hutcheson, Joe Bruce
Recorders	Sandy Cameron (Chief), Bryan Hislop, Ian Mann, Sandra Hardacre
Starter	Sandy Robertson
Declarations	Graham Sword, Alan Potts
Results	Marjory Cook, Sheila Smart, Jen Jackson Peter Jackson, Heather Jackson
Announcer	Bob Gray
Presentations	Brian Goodwin
First Aid	St. Andrew's Ambulance Brigade.
Press Liaison	Brian Goodwin
Course Marshals	Members of Falkirk Victoria Harriers and Central AC
Jury of Appeal	Sandy Robertson, Brian Goodwin, Marjory Cook
Convenors	Alex Jackson, Bob Gray

## NUMBERS

Mens numbers will be 1st Lap WHITE 2nd Lap WHITE 3rd Lap RED 4th Lap WHITE

In all other races all laps are with WHITE numbers

## VETERAN TEAMS

Veteran Male and Female Teams should be clearly marked on the team declaration form. To identify veteran teams, team managers should mark a large "V" beside each running number. There are medals for 1" 3 Veteran Male and Female teams.

## YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

1st LAP U13, 2nd LAP U15, 3rd LAP U17

Title Holders- City of Glasgow AC

Race Starts 1:00pm

Declarations Close 12:30pm

### Aberdeen AAC- Colours: White with 2 red hoops

<u>U13</u> Yolanda Geddie	Jill Hart	Team Nos 74,75,76	Nicola Smith	Morven Strachan
Judith Joy	Ami Young	Jennifer McLaren	Karen Ward	Hilary Armitage
<u>U15</u> Kathleen McGee	Charlotte Forbes	Lia Haskett	Gail Noble	Gail Noble
<u>U17</u> Natalie Riley	Julie Noble			Laura Corsie

### Banchory Stonehaven AC- Colours: Royal Blue with White band

<u>U13</u> Emma Cloggie	Alexandra Workman	Nia Gray	Team Nos 77	Stephanie Brodie
<u>U15</u> Catherine Paterson	Nicola Stephen	Rachel Spencer		Hannah Elson
Maureen Smith				
<u>U17</u> Briony Curtis				

### Central AC- Colours: Yellow and Blue

<u>U13</u> Mary Dougherty	Sarah Hay	Team Nos 78,79,80	Natalie Doyle	Jessica Watt
Fiona Jackson	Amanda Reynolds			
<u>U15</u> Morag MacLarty	Fiona Thompson	Fiona Chalmers		Karen Bunyan
<u>U17</u> Jenny Ainsley	Christina Moncreiff	Anni Dougherty		

### City of Glasgow AC- Colours: Royal Blue with Green Panel

<u>U13</u> Tracy Smith	Joanne Finch	Esme Cooke	Team Nos 81,82,83,84	Kirsty Wallace
<u>U15</u> Cara McNally	Helen Popple	Laura MacPherson		Jennifer Emsley
Katie Scott				
<u>U17</u> Lauren Young	Emma Blackwood	Danielle Keir		Nicola McCarthy
Lorna Stevens				

### Edinburgh Woolfen Mill- Colours: White /Blue /Red

<u>U13</u> Carly Sharp	Chelsea Bate	Team Nos 85,86	Catherine Falconer	Sophie Paton
Kayleigh Summerscales			Rachael Waugh	
<u>U15</u> Eilidh Hodge	Claire Kennedy	Amanda Lyons		Debbie Ogden
<u>U17</u> Mairi Hodge	Triona McGhee	Laura Millican		Sharon Hughes
Louise Hope	Anna Galbraith	Kathryn Schofield		

### Fife AC- Colours: White with Red Band

<u>U13</u> Kim Paterson	Team Nos 87
<u>U15</u> Fiona Muir	
<u>U17</u> Frances Meek	

**Giffnock North AAC- Colours: Amber with Royal Blue Hoop****Team Nos 88,89,90,91,92,93,94**

<u>U13</u> Lauren Baird	Fiona McTaggart	Fiona McKay	Nicola Chung
Claire Davis	Kerry McGee	Helen Sweeney	Sarah Phee
Jennifer Conway	Lucy Milligan		
<u>U15</u> Gemma Mulvey	Eilidh Dorrian	Jenna Roche	Nicola Williams
Lynne Beattie	Jill Roche	Fiona Noble	Ashley McGee
Ashleigh Elliot			
<u>U17</u> Helen Stevenson	Lisa Abel	Yvonne Hamilton	Alison Mackenzie
Katie Malone	Jennifer Whyte	Lynn Sutherland	Jennifer Boyle
Kirsty Duffin			

**Greenock Glenpark Harriers- Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 95**

<u>U13</u> Debbie Miller	Hayley Rafferty	Emma McLoone	
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**Inverclyde AC- Colours: Black & White Stripes Team Nos 96,97,98,**

Lucinda Clark	Susanna Spence	L McMenamie	A McLelland
<u>U15</u> Jenna Oneill	S Spance	F McLelland	
<u>U17</u> Leann McIntosh	Jennifer Cameron	Laura Gibson	

**Irvine AC- Colours: Red with Black Trim Team Nos 99,127**

<u>U13</u> Vikki Cresswell	L Collier	Vicky Ferguson	Jennifer Scobie
Ashley Gorman			
<u>U15</u> Caroline Ferns	Nicola Collins	Rebecca Green	Heather Morgan
Deborah McNeil			
<u>U17</u> Tindy Basra	Fiona McGuigan	Claudia Green	

**Johnnie Walker Kilmarnock Harriers- Colours: Royal Blue with 2 White Stripes Team Nos 128**

<u>U13</u> Alyson Crombie	Kirsten McCall	Maxine McGoldrick	
<u>U15</u> Emma Mackie	Laura McIntosh	Claire Booker	
<u>U17</u> Laura Cairns	Sarah Shanks	Lindsay Butler	Gemma Houston

**Kilbarchan AAC- Colours: Gold with Black Hoop Team Nos 129,130**

<u>U13</u> Stephanie Barras	Katherine Docherty	Susan Galbraith	Amanda Gallagher
Roisin Henry			
<u>U15</u> Cara Sloss	Eilidh Martin	Lauren Devlin	Fiona McIntyre
Kerryanne Galbraith	Siobhan Inglis	Vicky Gormley	Gail Kennedy
<u>U17</u> Fiona Steel	Anneka Galbraith	Gillian Mackenzie	Lyndsey Burke
Gemma Gervaise	Heather Gordon	Karen Downie	Kathryn Gallagher

**Kirkintilloch Olympians- Colours: Sky Blue with White and Black Hoops Team Nos 131,132**

<u>U13</u> Fiona Berry	Blane McArthur	Fiona Martin	Laurene Stewart
Rebecca Taylor	Kirsten Hamilton		
<u>U15</u> Fiona Gentles	Lisa Hutson	Lynsey Bowles	Sandra Malcolm
Nicky McKay	Jenna Witchell		
<u>U17</u> Vicky Ralton	Kathryn Harvey	Aileen Hardie	Marion Douglas
Julie Campbell	Jenna Smith		

**Kwik Fit Corstorphine AAC- Colours: White with Black Trim Team Nos 133,134**

<u>U13</u> Rebecca O'Brien	Rachael Bowman	Megan Smith	
<u>U15</u> Sara-jane Ferguson	Dee Turner		
<u>U17</u> Elizabeth Aitken	Elaine Smith	Jennifer Gunn	

**Pitrevie AAC- Colours: Navy/Yellow/White Team Nos 135,136,137**

<u>U13</u> Siobhan Coleman	Nicole McCloskey	Rebecca Watt	Sarah Laing
<u>U15</u> Sharon Lamont	Eilidh Child	Claire MacAulay	Elaine Renouff
Anna Wombwell	Keleigh Paterson		
<u>U17</u> Samantha Marshall	Victoria Watt	Iona Child	

**YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS****3x2,500 metres****1st LAP U13, 2nd LAP U15, 3rd LAP U17****Title Holders- Kilbarchan AAC****Race Starts 1:35pm****Declarations Close 1:05pm****Aberdeen AAC- Colours: White with 2 red hoops**

<u>U13</u> Mark Haskett	Myles Edwards	Steven Rusling	Team Nos 1,2,3,4,5
Craig Munro			Andrew Watt
<u>U15</u> Gary Smith	Oleg Chepelin	Mark Kennedy	Andrew Clark
Stuart Anderson	Jamie Clark	Jamie Thomson	Mark Hewitt
<u>U17</u> Alan Wales	Adam Watt	Stuart Forbes	Peter Mutch
Graeme Fulton	Iain Donnan		

**Ayr Seaforth AAC- Colours: White with Red Diagonal Cross Team Nos 6,7**

<u>U13</u> Craig Hutton	M Caird	Graham McCall	
<u>U15</u> Tommy Boyd	Thomas Burns		
<u>U17</u> Christopher Bodys	Danny Mc Keating		

**Central AC- Colours: Yellow and Blue Team Nos 8**

<u>U13</u> Michael Gillespie			
<u>U15</u> Alistair Hay			
<u>U17</u> Ryan Summerscales			

**City of Edinburgh AC- Colours: White with one Blue, one Black Hoop Team Nos 9,10,11,12,13**

<u>U13</u> Kris Gausen	Adam Whytock	Darren Steel	Callum Milne
Garry Park	Garry Forfar		
<u>U15</u> Mark Smith	Dean Wyllie	Dan Beattie	Craig Hynds
Kieran Ward	Duncan Peacock		
<u>U17</u> Robin Macintosh	Brett Dalgleish	Leo Ritchie	Stephen Frame
Alex Thomas	Gavin Graham		

**Clydesdale Harriers- Colours: White with Black "C" Team Nos 14,15**

<u>U13</u> Michael McDermott	Craig Gallacher		
<u>U15</u> Daniel Blacker	Vincent Mullen		
<u>U17</u> Lee Cassidy	Harry Gallacher		

**Falkirk Victoria Harriers- Colours: Black with Gold Band Team Nos 16,17**

<u>U13</u> Christopher Douglas	Alan Johnstone	Alistair Boyle	Robert Murray
<u>U15</u> Alasdair Stewart	Paul Brown	Stephen Williams	
<u>U17</u> Ross Munnoch	Donald Todd	Cameron Kerr	

**Fife AC- Colours: White with Red Band Team Nos 18,19,20,21**

<u>U13</u> Craig Guzy	Owen Mccue	Jonathan Marks	John Innes
Jonathan Gunstone			
<u>U15</u> Graeme Noble	Rory Scott	John McIntosh	Liam Nicoll
Johnathon Waldie			
<u>U17</u> Graham Bee	Kevin Wallace	Scott Pryde	Andrew Shanks
Michael Taylor	Graeme Barker		

**Forres & D AAA Team Nos 22**

<u>U13</u> Mark Mitchell			
<u>U15</u> Kyle Hay			
<u>U17</u> Iain O'May	Alex O'May		

**Gala Harriers- Colours: White with Green Band**

U13 Andrew Lawrie  
U15 Gary Alexander  
U17 Greg Alexander

Team Nos 23

**George Heriots School- Colours: White with Blue Band**

U13 Iain Batho      Hugh Breechin      Pablo Cardenas  
Michael Grant      Kelvin Ho      Jamie Kinroy  
Kevin Wilson  
U15 Alistair Bell      Isaac Black      Peter MacRae  
James McLay      Keith Scott      Craig Wilson  
U17 Alex Milne      Philip Purves      Aaron Simpson

Team Nos 24,25,26,27

Steven Glass  
Donald Revolva

Ross McCleary

Douglas Stewart

**Giffnock North AAC- Colours: Amber with Royal Blue Hoop Team Nos 28,29,30,31,32,33,34,35**

U13 David Stevenson      Daniel Allan      Jonathon Roche      Finn Wilkie  
Calum McLure      Malcolm McDonald      Brendan McKenna      James Baird  
Christopher Lynn  
U15 Richard Allan      Craig McDougall      Andrew McLeod      Craig McTaggart  
Norman Galbraith      David Phee      David Clark      Stuart Bale  
U17 John Walker      Steven Milligan      Gavin Ross      Jim MacLachlan  
Patrick McVey      Graham Thomson      Barry Weatherston      Keith Chaplin

**Greenock Glenpark Harriers- Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 36,37,38**

U13 Stephen Trainer      Alan McCall      David Ross  
U15 David Butcher      Christopher McCall      Brian McDiarmid      Andrew McCall  
Jason McCall      Patrick Trainer  
U17 Scott Hossack

**Inverclyde AC- Colours: Black & White Stripes**

Team Nos 39,40,41,42,43

U13 Darryn Barbour      A Boag      R McClement      L Wilson  
Stewart Rae      Scott Sandison      John Hempsey      Paul Carroll  
U15 Peter McMenemie      Graham Murdoch      R Scarafile      C MacQueen  
Gary Murdoch  
U17 Colin Doherty      Stuart Baxter      David Smith      Euan McRae  
Paul Wilson      Jordan Benacci

**Irvine AC- Colours: Red with Black Trim**

U13 D Hodge      William Morgan      Christopher Purss  
U15 Calum Morrison      Brian Greenshields  
U17 Kevin Aitken      Neill Collins

Team Nos 44,45

**Johnnie Walker Kilmarnock Harriers- Colours: Royal Blue with 2 White Stripes**

U13 Steven McNeil  
U15 Andy Brown      Alan Elslie  
U17 Ian Campbell

Team Nos 46

**Kilbarchan AAC- Colours: Gold with Black Hoop**

Team Nos 47,48,49,50,51,52,53

U13 Kyle Toole      Andrew Gibson      John Gribben      Fraser Williams  
Derek Hawkins      Matthew Hendry      Mark Paterson      Stephen Brain  
David Sharp      Andrew Jack      Jamie McDowall  
U15 Chris Devenney      Thomas McHaffie      Ross Toole      Sean Wight  
Craig Stewart      Gary Hanson      Andrew Campbell      Ross Robertson  
Neil Fraser      Craig McCaffer      Mark Byrne  
U17 William Docherty      Peter Mack      Ashley Chatterton      Garry Darroch  
Colin May      Craig McDowall      Ewan Stewart

**Kirkintilloch Olympians- Colours: Sky Blue with White and Black Hoops**

U13 Robert Thayne      Fraser Murray      Robby Ritchie  
Scott Partyka      Martyn McHattie  
U15 Allan Stewart      William Low      Michael Cornes  
Craig Snelling  
U17 Ross Mc Neil      Andrew Torrie      David McEwen  
James Witchell

Team Nos 54,55

Adam Lianeczko

Ryan Kelly

Callum Ritchie

**Kwik Fit Corstorphine AAC- Colours: White with Black Trim**

U13 Callum Fletcher      Douglas Selman      Calum McKenzie  
U15 Scott Pilkington      Michael Szymanski  
U17 Kris Berry

Team Nos 56

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

U13 Ross Finlayson      Paul Benham      Craig Gould  
Richard Rintoul  
U15 Scott Fraser      Dean Philip      Jamie Carnie  
U17 Paul Elliot      Robert Carmichael      Dylan Turnbull

Team Nos 57,58

William Burnett

**Pitreavie AAC- Colours: Navy/Yellow/White**

U13 Grant Frazer      Sean McQueen      Dale Carver  
U15 Ewan Simpson  
U17 Paul McCloskey      Derek Simpson

Team Nos 59

**Ron Hill Cambuslang Harriers- Colours: Red with White Band Team Nos 60,61,62,63,64,65,66**

U13 Martin Clark      Graham Euthbert      Craig Dingwall      David Gebbie  
Christopher Hendry      Mark Kelsey      Stewart Kirk      Christopher Jamieson  
Ian Kerr      Brian Hodge  
U15 Stephen Dunn      Thomas Lammont      Barry McCormick      David Ward  
Alan Reid      David Forsyth      Andrew Carachi      Arthur Valentine  
Mark Chisholm  
U17 Stewart Graham      Christopher Hendry      Michael O'Conner      Andrew Steven  
Frankie Law      Michael Chisolm      Anthony Gray      Darren Kelsey  
Jasmair Pal      Jonathan Walker      Glen Carrol      Ian Munro

**Shettleston Harriers- Colours: Blue with Yellow Band**

U13 Gary Haining      Robert Ramsay      Brian MacFie      Team Nos 67,68,69,70  
Stephen McQuade      John MacFarlane      Mark Mc Kelvie      Steven Boyce  
Barry Mc Kelvie      Andrew Piper      Scott Mc Kelvie  
U15 Stuart McDonald      James Findlay      Graham Welsh      Anthony Coyle  
David Wallace      Brian MacLagan      Ian Alexander      Mark Cunningham  
Mark Boyce      Gordon Phillips  
U17 Adam Lee      Gareth Hutchison      Neil Scott      Joseph Chambers  
Michael Skilling

**Victoria Park AAC- Colours: Blue and White Hoops**

U13 Colin Sinclair      Ross Yates      Christopher Smith      Team Nos 71,72  
U15 Paul Robinson      Peter Speirs      Kevin Farmer  
U17 Matthew Harvie      Andrew Gibb      Gary Baines

Ronald Mason

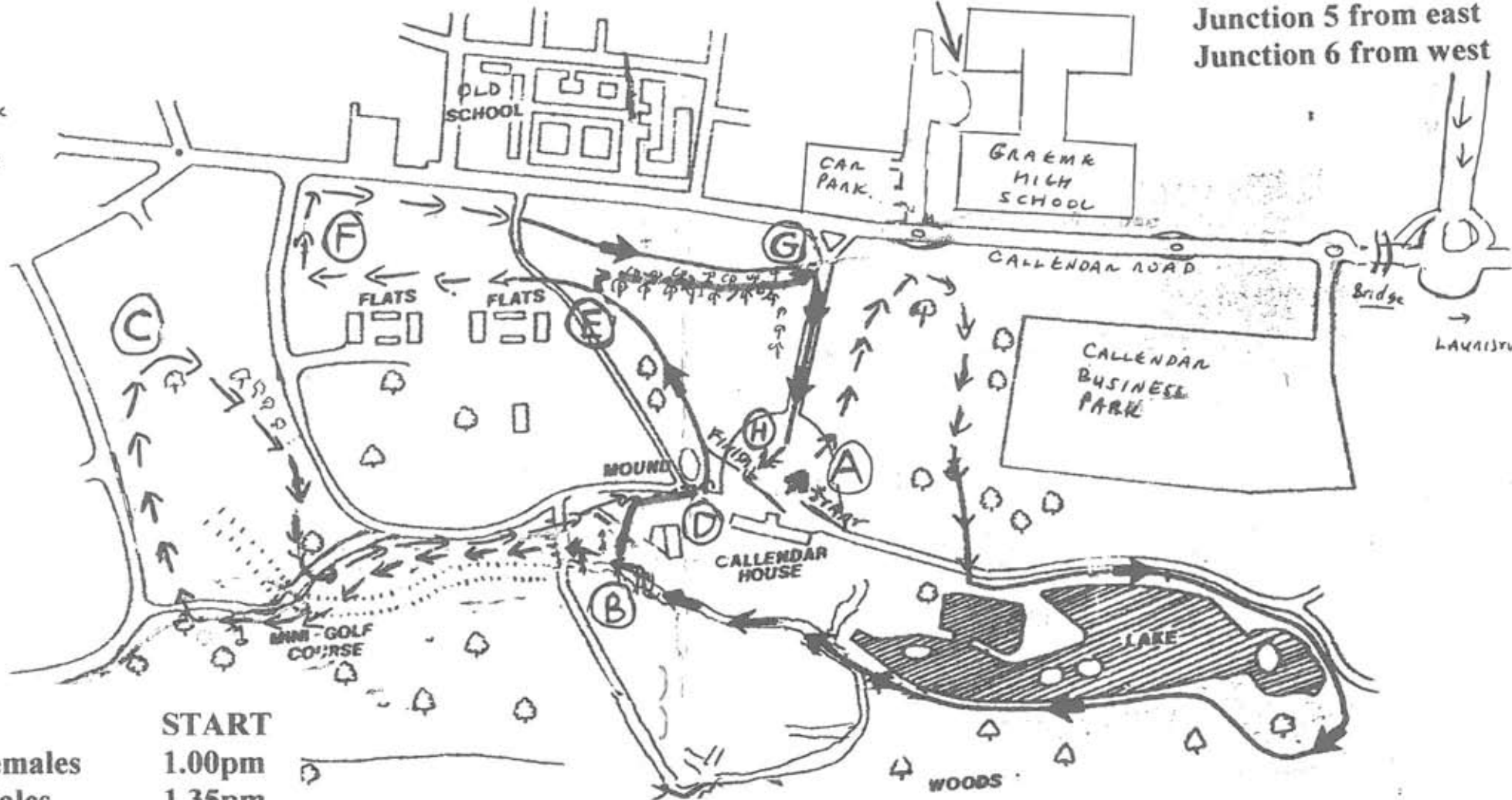


**NATIONAL CROSS COUNTRY RELAYS**  
 (Incorporating Veterans Relays)  
**FALKIRK (Callendar Park)**  
 Saturday 28<sup>th</sup> OCTOBER 2000

Changing/Declarations

From M9 Motorway  
 Junction 5 from east  
 Junction 6 from west

FALKIRK  
 TOWN  
 CENTRE



RACE	START
Young Females	1.00pm
Young Males	1.35pm
Sen/Jun Females	2.10pm
Sen/Jun Males	3.00pm

WOODS

Young Athletes lap 2,500 metres A,B,D,E,G,H  
 Sen/Jun Athletes lap 4,000 metres A,B,C,D,E,F,G,H

## SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

**3x4,000 metres**

**Title Holders- City of Glasgow AC**

**Race Starts 2:10pm**

**Declarations Close 1:40pm**

<p><b>Aberdeen AAC- Colours: White with 2 red hoops</b>                      Nicola Fraser      Stephen Perry                      Alison Henderson      Carol Smith                      Laura Mahady      Fiona Haskett                      Sonia Armitage</p>	<p><b>Team Nos 151,152,153,154</b></p>	<p>Elmar Tohill                      Janice Gordon                      Maureen McInnes</p>	<p>Lindsay Still                      Nancy Mackinnon                      Kathryn Mearns</p>
<p><b>Anster Haddies- Colours: Yellow Vest</b>                      Hazel Bradley      Jacqui McDonald                      Susan Moffatt</p>	<p><b>Team Nos 155</b></p>	<p>Audrey Wishart                      Anne Maiden</p>	
<p><b>City of Edinburgh AC- Colours: White with one Blue, one Black Hoop</b>                      Lianne Harrison      Debra Murray                      Justine Hewson      Joanne Whitehead                      Eilidh Wardlaw (J)      Caroline Wallace</p>	<p><b>Team Nos 156,157,158</b></p>	<p>Marietta Vander Linden                      Joyce Donachie                      Alison Johnson</p>	<p>Karen Kealey                      Ann Hood</p>
<p><b>City of Glasgow AC- Colours: Royal Blue with Green Panel</b>                      Anne Harvie      Roslyn Clark (J)                      Jill Knowles      Jacqueline Thomson                      Julie Mcdevitt      Gail Walker                      Collette Fagan (J)      Katie Gibb</p>	<p><b>Team Nos 159-163</b></p>	<p>Eileen Cochrane                      Pamela McNellis (J)                      Michelle Cameron (J)                      Carol Thomson</p>	<p>Tracey Brindley                      Julie Duffy                      Debbie Cox</p>
<p><b>Edinburgh University H&amp;H- Colours: Green with White side Panel</b>                      Ruth Chamberlain      Ruth Forrest (J)                      Jane Rosbottom      Kerry Scott                      Toni McIntosh      Kate Nichol                      Emily Strong      Hannah Norman (J)</p>	<p><b>Team Nos 164,165,166</b></p>	<p>Sarah Kennedy                      Kirstin Sinclair                      Anna Harris</p>	<p>Charlotte Payne                      Kirsty Munro (J)                      Erin Harrison</p>
<p><b>Edinburgh Woollen Mill- Colours: White /Blue /Red</b>                      Sheila Coventry      Karen Dobbie                      Sarah Hood (J)      Mary McClung</p>	<p><b>Team Nos 167</b></p>	<p>Susan Ridley                      Katie Doran (J)</p>	<p>Carol Sharp</p>
<p><b>Falkirk Victoria Harriers- Colours: Black with Gold Band</b>                      Janette Stevenson      Caroline Lawless                      Kirsty Blair      Lynne Clement</p>	<p><b>Team Nos 168,169</b></p>	<p>Aisla Douglas</p>	<p>Michelle McCormick</p>
<p><b>Fife AC- Colours: White with Red Band</b>                      Addy Gerrard      Claire Couper                      Margaret McLaren      Louise Burt</p>	<p><b>Team Nos 170,171</b></p>	<p>Louise Provan</p>	<p>Tamar Brown</p>
<p><b>Gala Harriers- Colours: White with Green Band</b>                      Nicola Alexander      Laura Howie                      Leanne Haining      Eileen Nicol                      Julie Cleghorn      Angela Foss                      Marion Facchini</p>	<p><b>Team Nos 172,173,174,175</b></p>	<p>Karen Renton                      Suzanne Gilchrist                      Lorna Cooper</p>	<p>Patricia Affleck                      Susanne Carson                      Ruth McCann</p>
<p><b>Giffnock North AAC- Colours: Amber with Royal Blue Hoop</b>                      Shona Hughes      Doleen Galbraith                      Maureen Mc Vey</p>	<p><b>Team Nos 176</b></p>		
<p><b>Glasgow University H &amp; H- Colours: Black and Gold</b>                      Sarah Campbell      Emily Weathers                      Jane McCrorie (J)</p>	<p><b>Team Nos 177</b></p>		
<p><b>Greenock Glenpark Harriers- Colours: Sky Blue with Royal Blue and Gold Hoops</b>                      Anne Hay      Jean Smith                      Eleanor O'Brien</p>	<p><b>Team Nos 178</b></p>		
<p><b>Helensburgh AAC- Colours: Yellow with Red Band</b>                      Audrey McBride      Janet McColl                      Wei Wong      Ruth Thomas</p>			<p><b>Team Nos 179</b>                      Samantha Davies</p>
<p><b>Hunters Bog Trotters- Colours: Brown</b>                      Suzanne Abel      Michelle Jeffrey                      Alison McNeillage      Anne Rosbottom                      Aileen Wood</p>			<p><b>Team Nos 180,181</b>                      Debbie McDonald                      Alison Sutherland</p>
<p><b>Johnnie Walker Kilmarnock Harriers- Colours: Royal Blue with 2 White Stripes</b>                      Lindsay McMahon      Allison Higgins                      Janet Murray</p>			<p><b>Team Nos 182</b>                      Susan McGregor</p>
<p><b>Kilbarchan AAC- Colours: Gold with Black Hoop</b>                      Susan McGrenaghan (J)      Lynsey Macintosh (J)                      Karen Yule (J)      Nicola Fleming                      Monica Fernandez      Helen Lundie                      Janice McIndoe      Carol Murray</p>			<p><b>Team Nos 183,184</b>                      Dennise Smith (J)                      Susan Pearson                      Kate O'Brien                      Margaret Moore</p>
<p><b>Kirkintilloch Olympians- Colours: Sky Blue with White and Black Hoops</b>                      Ada Stewart      Carole McInnes                      Laura Johnstone</p>			<p><b>Team Nos 185</b>                      Karen Stevenson</p>
<p><b>Kwik Fit Corstorphine AAC- Colours: White with Black Trim</b>                      Cathrine Aitken (J)      Susan Aitken                      Sharon O'Brien      Gillian Pilkington</p>			<p><b>Team Nos 186</b>                      Mhairi MacDonald (J)</p>
<p><b>Lothian Running Club- Colours: Blue with Black letters</b>                      Angela Abbott      Marsie Ewing                      Teresa Mcmenemy      Linda McMullan                      Claire Shanley</p>			<p><b>Team Nos 187</b>                      Kate Hofmann                      Christine Rougvie</p>
<p><b>Penicuik Harriers- Colours: Purple with White Panels</b>                      Lori McCrae      Vivienne Blake                      Anna Graham</p>			<p><b>Team Nos 188</b></p>
<p><b>Pitreavie AAC- Colours: Navy/Yellow/White</b>                      Trudi Thomson      Lynne Marr                      Helen Kane      Christine Garvie                      Margaret Healy      Jacqueline Baxter</p>			<p><b>Team Nos 189,190</b>                      Nicola May                      Mary Lamont</p>
<p><b>Shettleston Harriers Ladies- Colours: Blue with Yellow Band</b>                      Lynn Harding      Elaine Mackay                      Pamela Mckay      Eileen Reid                      Bernadette O'Neil      Frances Florence</p>			<p><b>Team Nos 191,192</b>                      Elaine Mcbrinn                      Anne-marie Hughes</p>
<p><b>Strathclyde University Harriers- Colours: Maroon with Blue and Gold hoops</b>                      Lindsay McNeil      Tracey Brindley                      Roisin McLean      Sally Cooper                      Lorna Hamilton      Sylvia Currie</p>			<p><b>Team Nos 193,194</b>                      Katie Gibb                      Claire Hamilton</p>
<p><b>Wee County Harriers- Colours: Navy and Orange</b>                      Shiona Welsh      Manda Macaulay                      Lynda Woods      Hilda Paton</p>			<p><b>Team Nos 195</b>                      Lindsay Stother</p>

**SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS****4x4,000 metres****Title Holders- Mizuno Racing Club****Declarations Close 2:30pm****Race Starts 3:00pm****Aberdeen AAC- Colours: White with 2 red hoops**

Stewart Mason	Benjamin Hukins	Thomas Bracegirdle
Mel Edwards	Colin Taylor	Peter Sim
Charles Milne (J)	Alexander Peddie	Neil Murdoch
Andrew Jones	David Paterson	Stephen Smith

**Team Nos 1,2,3**

David Oliver  
Thomas Litterick  
David Duguid

**Ayr Seaforth AAC- Colours: White with Red Diagonal Cross**

Iain Baird	Laurence Baker	Bill Boyd
Patrick Kelly	Peter Laing	Stuart MacPherson
Douglas Munro	Paul Rogers (J)	Alastair Stewart
Robert Napier	Colin Souter	David Paul

**Team Nos 4,5**

James Caird  
Tom McCulloch  
John Strawhorn F Napier

**Bellahouston Harriers- Colours: Dark Blue with Light Blue Cross**

Campbell Joss	Graeme Gemmell	Gordon Watson
Martin Macdonald	Anthony Quinn	Colin Scott
Jeremy Garnett	Stewart Collins	S Stone

**Team Nos 6,7**

John McFadyen  
Howard Scott Ian Ross  
M Ware J Corbett

**Calderglen Harriers- Colours: Amber and Black Vertical Stripes**

Charles Steven	Jamie Mcmonagle	Malcolm Buchanan
Andrew Henderson	Scott Hill	Alan Derrick
Martin Duthie	Bob Stewart	Graham Allan

**Team Nos 8,9,10**

Alexander Muir  
Gerard Mullen

**Central AC- Colours: Yellow and Blue**

Ross Houston	James McDonald	Robert Russell (J)
Martin Crawford	Ewan Gault (J)	Will Hensman

**Team Nos 11**

Alasdair Anthony

**City of Edinburgh AC- Colours: White with one Blue, one Black Hoop**

John Agnew	Brian Aitken	Graham Beal
Richard Burney	Colin Cable	Andrew Donachie
Martin Ferguson	Owen Flage	David Garner
Andrew Griffiths	Richard Hope	Brian Howie
Scott Innes	Mark Johnston	Steven Lauder
Keith Lyle	Alex McEwan	David Millar
Jamie Pringle	Drew Sharkey	Charles Smith
Robert Stevenson	Eric Stevenson	Angus Wardlaw
Sandy Cavanaghan	Leslie Simpson (J)	James Guest
Robert McFall	Ronald Nolan	

**Team Nos 12-18**

William Begley  
Thomas Ellacott  
Andrew Gibson (J)  
Francis Hooton  
Andrew Laycock  
Richard Patterson  
John Steel  
Tom Bostad  
Niall Macdonald

**Clydesdale Harriers- Colours: White with Black "C"**

James Austin	Ian Murphy	Ewan Calvert
Murray Mcdonald	Alistair Meikle	John Hanratty
Michael Diver	James Sheilds	Brian Edridge
Philip Dolan	Clifford Brown	Gerald Kennedy
Bobby Rossborough	John McArthur	Laurence Pearson

**Team Nos 19,20,21,22**

Derek Halpin  
Mark Rudzinski (J)  
Robert Young  
Peter Rudzinski

**Dundee Hawkhill Harriers- Colours: Blue and White Quarters**

Neil Gunstone	Stuart Kerr	David MacDonald (J)
Tim Neill	Ian Tkaczyk (J)	Craig Ross
Charles Haskett	John Hepburn	Ian Campbell
Neil Raitt	Gordon Barrie	Brian Cook
Roderick Bell	Eddie Holmes	Mark Lamb
Matthew Strachan	Peter McColgan	Allan Wilson

**Team Nos 23,24,25,26**

Stephen Mason  
William Rennie  
Gordon Rennett  
Stephen Borland  
Paul McCormack  
Gordon Watson

**Edinburgh University H&H- Colours: Green with White side Panel**

Olly Jefferis	Stephen Kentler	Alex Mackay
Stuart Shannon	Ryan Smith	Andrew Wardman
Martin Snodgrass	Robert Lockhart	David Dorward
David Ward	Matt Lewis	Hugh Rawlinson
David Wright	Ian Wellock	

**Team Nos 27,28,29**

Neil McKay  
Thomas Bracegirdle  
Paul Turnbull  
Iain Gibson

**Falkirk Victoria Harriers- Colours: Black with Gold Band**

David Beagley	Michael McQuaid	Stephen Moore
John Stevenson	Philip Evans (J)	Kerr Johnstone (J)
Neil Dewar	Eric Donaldson	Andrew Donaldson
William Higgins	Douglas Gillespie	John Martin
Euan Mackay	Paul McKerracher	Douglas McKenzie

**Team Nos 30,31,32,33**

Andrew Ronald  
Craig Russell (J)  
David Hart  
David Murray  
William Day

**Ferranti AAC- Colours: Yellow with Black letters**

Edward Mcdonald	Alex Bell	Trevor Ridley
Keith Weston	Paul Caban	Malcolm Fraser
Alexander Jackson	Jim Leach	Stephen Reid
James Shaw	William Thomson	

**Team Nos 34,35**

Bruce Kidd  
John Gavin  
Iain Shaw

**Fife AC- Colours: White with Red Band**

Terry Mitchell	John Thomson
Martin Laing	Alan Milligan
John Cunningham	Alexander Moss
David Weir	Scott Taylor
James Meek	Brian Cruickshank
Brian Thomson	Douglas Gunstone
Gary Barker	Andrew Barker
James Taylor	Brian Peachey
George Black	Frank Cation
Bryce Aitken	Peter Morrison

**Team Nos 36,37,38,39,40,41,42**

Hugh Mckay	Kevin Mccue
Andrew Lemoncello (J)	Owen Greene
David Adam	Christopher Russell
Bryan Mcmanus	Kenneth Anderson
Euan Jardine (J)	David Anderson
Graham Bennison	David Francis
David Bee	Francis McLaren
Michael Kuzyszyn	Alan Meiklejohn
Thomas Ross	Ian Overton
Daniel Leggate	

**Forfar Road Runners- Colours: Sky Blue**

Ewan Greenhill	Ronald Milne
Sam Connelly	Stephen Connor
David Douglas	Craig Stewart

William Douglas  
Brian Niblock

**Team Nos 43,44**

Ken Stirling  
Charles Murdoch

**Forres Harriers- Colours: Red**

Hamish Cameron	Michael Milmoie	Doug Cowie
Mark Priestley	Robert Ellis	Paul Matheson
Dale Woodman	Alistair Black	Niall Cameron
Thomas Dawes		

**Team Nos 45**

Stewart Burn  
Andrew Munro  
Paul Rogan

**Gala Harriers- Colours: White with Green Band**

Robin Murray	Neil Renton	Iain Arnott
James Paxton	William Hynd	Jack Knox
Graham Capper	George Runciman	Martin Clarke

**Team Nos 46,47**

Mike McGovern  
Alistair Lawrie  
Ron Logan

**Garscube Harriers- Colours: White with Blue Band**

Iain Cullen	Stephen Cullen	John Dryden
David Geddes	David Heppell	Stuart Irvine
William Marshall		

**Team Nos 48,49**

Iain Dunn  
Kenneth Macanna

**George Heriots School- Colours: White with Blue Band**

Scott Campbell (J)	David Eynon (J)	Christian Modermott (J)
Neil Salmond (J)	Calum Smith (J)	Philip Williams (J)

**Team Nos 50**

Ian Purves (J)

**Giffnock North AAC- Colours: Amber with Royal Blue Hoop**

Charles Rankin	Martin Campbell	Alastair Maclachlan
Derek Breen	George Taylor	Ian Airdrie

**Team Nos 51,52**

Paul Harte  
Gerard McNamee



**Glasgow University H & H- Colours: Black and Gold**

Gordon Fuller	Chris Holmes	Lachlan Campbell
Ian hinton (J)	Fraser Turner	Cameron Burt
Chris Dickson	Iain Veitch (J)	Richard Dobson

**Team Nos 53,54**

Nick Pearson  
David Greer  
Tony McCue

**Greenock Glenpark Harriers- Colours: Sky Blue with Blue and Gold**

Daniel McLaughlin	Richard Hodelet	Thomas Knight
Andrew Morrison	Andrew McCall	Ernest Currie
Alan O'Rourke	John Kerr	William McLaughlin
Eamonn McCurdy	Kenneth Scott	Duncan McNeil
Robert Docherty (J)	Richard Davidson	George Mitchell

**Team Nos 55,56,57,58,59**

Stephen McLoone  
Robert Dolan  
Robert Wilson  
Norman Hay  
James Cuffe

**Helensburgh AAC- Colours: Yellow with Red Band**

Martin Cornish	Frank McShane	Damien Theaker
Martin Raeside	Mark Davies	Dave McDonald
Wilson Hamilton		

**Team Nos 60**

Ken White  
James Boyd

**Haddington East Lothian Pacemakers- Colours: Red and White Halves**

James Baird	Alexander Wallace	Mure Dickie
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**Team Nos 61**

Ian Sills

**Hunters Bog Trotters- Colours: Brown**

Simon Axon	Duncan Baker	Norman Blissett
Colin Farquharson	Iain Gibson	Alistair Hart
Hayden Lorimer	Graham Macready	Ian Marshall
Geoffrey Mitchell	Philip Mowbray	Pat O' Kane
Ivor Normand	David Wright	

**Team Nos 62,63,64**

Gary Brown  
John Heap  
Myles Marshall  
Donald Naylor

**Inverclyde AC- Colours: Black & White Stripes**

Thomas Murray	Steven Conaghan	Chris Robison
William Tipping	Craig McAllister	Gerard Gaffney
Mark Doherty (J)	John Bannister	Archie Galbraith
George Hagarty	George King	Kenneth Morrison
T McCallion	T McKnight	David Dunn
Stuart Hodge	Stuart Dalgleish	John Weston
Brian Litterick	Robert McDonald	David McElhinney

**Team Nos 65,66,67,68,69**

Stephen Mcallister  
Mark Pollard (J)  
Robert Gray  
Robert Shaw  
R Martin  
Tom Tracey

**Irvine AC- Colours: Red with Black Trim**

Brian Craig	Colin Miller	James White
David Millar	Lee Richardson	William Richardson
David Kerr	Iain Fraser	Graeme Ferguson (J)
Andrew Clinton	Alistair Mc Inroy	Ian Mc Manus

**Team Nos 70,71,72**

Jim Morton  
George Irving  
Finlay Dowell  
John Surgenor

**Johnnie Walker Kilmarnock Harriers- Colours: Royal Blue with 2 White Stripes**

James Tonner	Edward Tonner	Jim Goldie
Ryan Montgomery	Iain Connell	John Gebbie
Ian Drummond	Roderick Pugh	

**Team Nos 73,74**

Graham Cairns  
Alasdair Murray

**Kilbarchan AAC- Colours: Gold with Black Hoop**

Graeme Dobbie (J)	David Watson (J)	Alasdair McLeod
John McMillan	Patrick Walder	Robert Snodgrass
Thomas Hearle	James Snodgrass	Robert Quinn
Alan Puckrin	Robert McCulloch	Alexander Ross
Ian MacDougall	Steven Hards	George Gibson
Thomas Anderson	Donald Petrie	Gerard Fairley
John Kloumann	James Mcmillan	Alistair Macangus
James Bennett		

**Team Nos 75,76,77**

Andrew Muir  
Gordon MacArainn  
Robert Fitzsimmons  
Robert Hawkins  
Michael McGinley  
David Mewse  
Gordon Tenney

**Kirkintilloch Olympians- Colours: Sky Blue with White and Black Hoops**

Colin Burns	William McFadden	Edward McLoone
Kenneth Mc Neil	Gordon McLean	Stuart Kerr
Chris Stewart	Gerard McConnell	Robert Thayne
Douglas Douglas		

**Team Nos 78,79**

John McLoone  
Martin Hyndman  
William Mc Groarty

**Kwik Fit Corstorphine AAC- Colours: White with Black Trim**

Murray Anderson	Martin Caldwell	Bryan Clark
Ewan Stark (J)	David Law	Brian Nicholson
Steven O'Brien (J)	Craig Smith	Graeme Fletcher
David Henderson	Brian Winning	Rupert Jones

**Team Nos 80,81,82**

Iain Cumming  
Chris O'Brien  
Stuart Bowman

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

John Murray	Daryl Philip (J)	David Veitch
Ben Mitchell	Ricky Fraser	Mark Thomson

**Team Nos 83**

Ross Martin (J)

**Law & District AAC- Colours: Amber with 2 Red Bands and 1 White Band**

Steven Macgregor	Alaister Russell	John Frood
Gordon Douglas	Jamie Reid	Steven Allan
Patrick Kelly	James Rowley	John Gourlay

**Team Nos 84,85**

Mark Hand  
Chris McCann

**Lothian Running Club- Colours: Blue with Black letters**

James Alexander	Paul Blanc	Stephen Dempsey
David Eades	John Ewing	Robin Galloway
David Godfree	Robert Lee	Stuart Logan
Murray Robertson	David Simmons	

**Team Nos 86,87**

Peter Dymoke  
George Gilhooley  
Euan McIntosh

**MacDonald's Carnegie Harriers- Colours: Orange and Green**

Ian Stewart	Robert Milton	Iain Taylor
Graham Clark	Lewis Lawson	Douglas McGarry
Dennis Howett	Steven Ogg	Peter Simpson

**Team Nos 88,89**

Michael Buchanan  
James Lang  
Frank Harper

**Metro Aberdeen RC- Colours: Black/Yellow Quarters**

Fraser Clyde	Kevin Brooks	Peter Jennings
Mark Johnston	Jackie Stewart	Robert Taylor
Duncan Wood	Colin Youngson	Darren Kinsella
Kevin Tulloch	Nicholas Milosorov	

**Team Nos 90,91**

Bruce Moroney  
Keith Varney  
Nick Price

**Mizuno Racing Club- Colours: Purple**

Gregor Booth	Ian Brown	Stuart Campbell
Ken Chapman	Scott Cohen	Max Colligan
Peter Fleming	Peter Ford	David Gardiner
Carl Heaven	Allister Hutton	Wilson Kietchumba
Scott McDonald	Ian MacNicol	Alan Robson
David Ross	John Ross	Duncan Scobie
Glen Stewart	Lachie Stewart	Paul Wilson

**Team Nos 92,93,94**

Michael Carroll  
Martin Coyne  
Thomas Hanlon  
Brian Kirkwood  
John Robson  
Kirk Smith

**Penicuik Harriers- Colours: Purple with White Panels**

Robert Walker	Colin Graham	David Cairns
Kenneth Graham	Michael Browne	Sean Davidson
Michael Pearson	Brian Stark	Graham White
John Owens		

**Team Nos 95,96**

Kenneth Cairns  
Stephen Cant  
David Ailsop

**Pitreavie AAC- Colours: Navy/Yellow/White**

Cameron Watson	Stewart Reid	Jamie Paterson (J)
Jeffrey Farquhar	Douglas Smith	Archibald Duncan
Glyn Gardiner	Stuart Forrester	Andy Eason
David Candlish (J)	Brian Gray	Damon McKenzie
Colin Simpson	Scott Koronka	

**Team Nos 97,98,99**

Nigel Cunningham  
David Farquharson  
Scott McDiarmid (J)  
David McQueen

**Ron Hill Cambuslang Harriers- Colours: Red with White Band Team Nos 100,101,102,103,104,105,106**

Douglas Runcieman	Ian Gordon	Peter Ogden	John Brown
Kevin Kealey (J)	Paul McNally (J)	Thomas McNally (J)	Kevin Downie
Mark Fairgrieve	Iain Grant	Gerald Reid	Charles McDougall
David Thom	Francis Hurley	James Orr	David Dymond
Archie Jenkins	David Fairweather	Ian MacCorquodale (J)	Frederick Connor
Gareth Melvin (J)	Graeme Croll	Alexander Robertson	Charles Thomson
W Williamson	Ross Arbuckle	Frank Barton	John Cowan
Robert Anderson	Thomas McPake	Michael McCabe (J)	Bernard Gough
Jim Quinn	James Sands		

**Shettleston Harriers- Colours: Blue with Yellow Band Team Nos 107,108,109,110**

Adrian Callan	David Cameron	Peter Carton	William Coyle
Desmond Crowe	Dave Cummins	Anesti Davenhill	John Donnelly
John Duffy	John Duffy	Malcolm Finbow	Stuart Gibson
Martin Graham (J)	Peter Heath	John Hendry	George Kirk
Raymond Loughran	Neil MacGregor	Simon MacIntyre (J)	John Mackay
Clyde Marwick	Anthony McCall	Kenneth McClean	Dermot Mc Gonigle
Frank McGowan	Andrew Mc Intyre	Malcolm Patterson	Colin Ross
Brian Scally	Allan Sneddon	Stephen Waclawski (J)	Anthony Waclawski
Graeme Walsh	Andrew Ward	Hugh Watson	Kenneth Whiteford
Graham Wight	John Wilkinson	Denis Williams	Robert Mooney

**Springburn Harriers- Colours: Navy Blue with White Diamond**

Robert Soutar	Daniel O'Neill	Andrew Callan	Team Nos 111,112
Derek Houstoun	Edward Dickson	Alexander Chalmers	Frank Thom
			Robert Young

**Standard Life AC- Colours: Blue with Yellow trim**

Chris Durn	Bill Ferrari	Bruce Hall	Team Nos 113
Jason Sinclair	Thomas Lee	Alistair Scott	Bruce Smith
Raymond Buchan	Paul Gibb		Richard Brown

**Strathclyde University Harriers- Colours: Maroon with Blue and Gold hoops**

Steven Macgregor	Martin Fitchie	Girard Thomas	Team Nos 114
Stewart Gilmore	Andrew Wright	Bjorn Andersson	Lars Tomas
			Andy Spandy

**Teviotdale Harriers- Colours: White with Maroon Band**

Robert Halliday	Francis Cannon	M McClure	Team Nos 115
			Alan Coltman

**Victoria Park AAC- Colours: Blue and White Hoops Team Nos 116,117,118,119,120,121,122**

Stuart Barnett	Kenneth Brown	Gus Cairney	Angus Clark
Alastair Douglas	Joseph Doyle	Kristian Forster (J)	Ewan Gault (J)
James Harvie	Gary Lunney (J)	Kenneth McCoy	Peter McGregor
Kenneth McVey	Herve Morvan	Gus Munro	Robert Newton
Andrew Nicoll	Paul Nicoll (J)	William Parker	James Parker
David Rodger (J)	Christopher Watson (J)	Derek Watson	Derek Watson (J)
Roger Young	Alastair Mace	Alan McBeth	Neil Campbell
Crawford Little	Kevin Forster	Tim Simpson	Ross Gillon (J)

**Wee County Harriers- Colours: Navy and Orange**

Alexander Gibb	Dennis Meara	William Holburn	Team Nos 123,124
Martin Quinn	Sidney Pask	Trevor Andrews	Dunn Alexander
George McAulay	Alan Grieve		Gordon McPherson