



scottishathletics

**National Cross Country
Relay Championships**
(Incorporating Masters Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 6th December 2003

Sponsored by



RACE	START
Young Females	12.30pm
Young Males	1.05pm
Sen/Jun Females	1.40pm
Sen/Jun Males	2.30pm

NUMBERS

Men's 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.

Messages of Welcome

On behalf of North Lanarkshire Council, it is my pleasure to extend a warm welcome to all athletes, coaches, officials, family, friends and supporters to this year's National Cross Country Relay Championships at Cumbernauld Park.

North Lanarkshire Council is delighted to continue their longstanding relationship with Scottish Athletics Ltd and would wish to thank them for their continued support in bringing prestigious sporting events to North Lanarkshire.

I would take this opportunity to wish all of the athletes competing every success and I look forward to some high calibre competition throughout the course of the day.

Provost Pat Connelly
North Lanarkshire Council

I am very pleased to welcome you all to Cumbernauld for the Scottish National Cross Country Relay Championships, the opening championship event on this year's winter calendar. Thanks must go to North Lanarkshire Council for their continued sponsorship of this event, it is greatly appreciated.

Cumbernauld always supplies us with some very exciting and competitive races and no doubt this years event will be no exception.

The event today could not take place without the involvement and dedication of all the organisers, sponsors, technical and Club officials, many thanks for all your efforts.

Best of luck to you all, have an enjoyable and successful day.

Alan Potts
President, scottishathletics

I am delighted to welcome you all here today for the National Cross Country Relay Championships. It is always a pleasure to come to Cumbernauld as the course is a good cross country challenge. The Commission wish to thank North Lanarkshire Council for all the help and support they have given us over many years.

Thanks must also go to all who have been involved with the planning and preparation of this event. Thanks to all the Officials and helpers who make this event such a success.

Finally to all the athletes who are competing today, we wish you every success.

Marjory Cook
Convener, Road Running and Cross Country Commission

Scottish National Cross Country Relay Championships 1993 to 2003

Number of Finishing teams Teams Entered in ()

Year	Young Females	Young Males	Women	Men	
1993	(36) 21	(91) 45	(26) 12	(147) 81	HAWICK
1994	(46) 32	(92) 56	(49) 26	(150) 111	IRVINE
1995	(48) 29	(99) 67	(49) 26	(183) 125	PRESTONPANS
1996	(54) 38	(87) 57	(46) 27	(145) 92	IRVINE
1997	(56) 36	(81) 62	(41) 23	(153) 96	DUNDEE
1998	(50) 23	(66) 38	(47) 20	(131) 69	IRVINE
1999	(32) 18	(63) 34	(40) 23	(106) 66	GALASHIELS
2000	(38) 17	(74) 51	(45) 26	(124) 93	FALKIRK
2001	(38) 19	(66) 44	(47) 27	(138) 92	CUMBERNAULD
2002	(54) 23	(67) 38	(58) 26	(134) 86	CUMBERNAULD
2003	(53)	(71)	(52)	(127)	CUMBERNAULD

After the formation of the Scottish Athletics Federation in 1992, the National Relays at Hawick in 1993 were the first joint Road Running and Cross Country Championship for Males and Females.

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President W.M.Campbell CBE QC MP
 President Alan Potts
 Chairman : Liz McColgan
 Chief Executive David Joy

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener Marjory Cook (City of Edinburgh AC)
 Vice Convener Robin Thomas (Hunters Bog Trotters)
 Hon Secretary Brian Goodwin (Bellahouston Harriers)
 Finance Officer Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee RL McSwein
 Officials Control G Sword
 Clerk of Course S McCrae
 Judges / Funnel Control I Baird, G Spence, W Laing
 Timekeepers D McLaren (Chief), G Sword, S MacDougall
 Recorders (Places) A Mc Mannus, N Donachie, D Wilmoth, W MacDougall, I Hislop, J Devenny
 Recorders (Time) M Wilmoth (Chief), M Daly, B Hislop
 Starter W A Robertson
 Marksmen W Laing
 Declarations A Jackson, J Jackson, D McGinley, K Monaghan
 Results Service A Jackson, P Jackson, S Smart
 Announcer & Communications R Gray
 Press B Goodwin, C Broadbent
 Course Stewards K Martin, B Reid, K Phillips, J Young, Members of Cumbernauld AC
 Presentations B Goodwin, A Potts
 Jury of Appeal M Cook, R Thomas, I Clifton
 Medical Officer Dr J Dunbar
 Medical Services St Andrews Ambulance Association
 Drugs Control G Spence
 Reception M Cook, R Thomas, B Goodwin, G Sword
 National Events Manager K Weiniger
 Convener B Goodwin

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 12.30pm

Declarations Close 12:00

Aberdeen AAC	Team Nos 1, 2		
<u>U13</u> Rachel Armitage	Chantel Clark	Chirstie Noble	
<u>U15</u> Hilary Armitage	Anna Fleming	Laura Hepburn	
<u>U17</u> Charlotte Forbes	Shonah Richard		
City of Glasgow	Team Nos 3, 4, 5, 6, 7, 8		
<u>U13</u> Josephine Moultrie	Laura Cameron	Stephanie Cameron	Lucinda Logan
Paula Donnelly	Emma Mills		
<u>U15</u> Rebecca Finch	Louise Leadbetter	Helen Sweeney	Elaine Taggart
Megan Phillips	Stephanie O'Neill		
<u>U17</u> Joanne Finch	Jennifer Emsley	Laura MacPherson	Karen Prytz
Susanne Maxwell	Letitia Blades		
Corstorphine AAC	Team Nos 9		
<u>U13</u> Caitlin Wilson			
<u>U15</u> Megan Smith			
<u>U17</u> Rebecca O'Brien			
East Kilbride AAC	Team Nos 10		
<u>U13</u> Beth Duff			
<u>U15</u> Zoe Martinelli			
Edin Woollen Mill	Team Nos 11, 12, 13		
<u>U13</u> Rebecca Allison	Beth Greenhill	Anna Seago	Amy White
Anne Krol	Alice Loudon	Jessica Turner	Kerry Hall
Emily Stuart			
<u>U15</u> Laura Dunn	Katie McGregor	Lorna Miller	Catriona Sinclair
Tessa Birley	Roslyn Campbell	Hayley Duncan	Eleanor Long
Lynsey Sharp			
<u>U17</u> Rachael Bowman	Eilidh Hodge	Debbie Ogden	Emily Finnie
Fife AC	Team Nos 14, 15		
<u>U13</u> Emma Todd	Kiri Stone		
<u>U15</u> Jennifer Kibble	Caroline Legge		
<u>U17</u> Stephanie Jones	Caron Barker		
Giffnock North	Team Nos 16, 17, 18, 19, 20, 21, 22, 23, 24, 25		
<u>U13</u> Catriona Lockie	Sarah Wilkie	Alison Howie	Rachel McDowall
Nicole McLeod	Lauren Mackin	Francesca Norman	Claire McCluskey
Jaymee McConville	Anna Hilley	Megan Cairns	
<u>U15</u> Ruth Joss	Jennifer Conway	J McPherson	Sarah Phee
Laura Taylor	Amy Bissland	Rachel Pike	Kirstie Black
F McCreadie	Nicky Hughes Hallett	Mariel McAllan	
<u>U17</u> Fiona McTaggart	Laura Caird	Carlyn Davie	Tracy Smith
Kerry McGee	Fiona McKay	Frances McCluskey	Amanda Patterson
Lauren Baird	Emma MacLeod		
Greenock Glenpark	Team Nos 26, 27		
<u>U13</u> Emily Pollock	Katie Pollock		
<u>U15</u> Kimberley Roy	Hayley Rafferty	Heather McLaughlin	

Inverclyde AC <u>U13</u> Ainsley Black <u>U15</u> Jaimie McTiernan	Team Nos 28, 29, 30 Sammi Coyle Susanna Spence	Holly Morrison Gillian McMillan	
JW Kilmarnock <u>U13</u> Shelby Hollas <u>U15</u> Colleen Tate <u>U17</u> Emma Mackie	Team Nos 31, 32, 33 Morgan Harrison Kirsty McCulloch Kara Tate	Sally Pugh Karen Wilson	Mia Tate Keri Haddow
Kilbarchan AAC <u>U13</u> Kirsty Wilson Lauren Young Victoria Phillips Gemma Cassidy <u>U15</u> Eilidh Menzies Jillian Allan Allyson Alcroft <u>U17</u> Cara Sloss Samantha Scrimgeour	Team Nos 34, 35, 36, 37, 38, 39, 40 Anna Campbell Jordan MacKenzie Vhairi Toole Kirsty Reid Claire McNicol Danielle Park Katherine Wilkie Louise Baxter	Dani Smith Lorna Lamont Jennifer Quigley Hazel Blair Holly Belch Rebecca Galbraith Fiona McIntyre Stephanie Barras	Michelle Bell Hannah Campbell Kirsty Nisbet Laura Kennedy Nicole Treacy Linzi Milton Claire MacAulay
Kirkintilloch Oly <u>U13</u> Jennifer Hannah <u>U15</u> Courtney MacGuire Kirsty Yuill <u>U17</u> Lynsey Bowles	Team Nos 41, 42 Julie Connelly Sarah MacLennan Lauren Waddell	Lara Gorman Laura Hannah Jenna Witchell	Rebecca MacLennan Karen Ann McEwen Nicky McKay
Larkhall YMCA <u>U13</u> Sarah Archibald <u>U15</u> Lauren Hollinshead <u>U17</u> Christina Whitelaw	Team Nos 43, 44 Jodie Frame Marnie Nicol Laura Reid		
Lasswade AAC <u>U13</u> Erin Froude <u>U15</u> Nicola Chapman <u>U17</u> Jenny Sheal	Team Nos 45, 46 Caitlin Froude Alexandra Benham Ashleigh Kennedy	Emma Gordon Ashley Alexander	
Lothian RC <u>U13</u> Emma Cottom <u>U15</u> Kathleen Dempsey <u>U17</u> Laura Bann	Team Nos 47, 48 Tabitha Ewing Jemma Toner Rebecca French	Mhairi Inglis Jade Wright Ann Gardiner	Sarah Inglis Ashley Toner
Moray Road Runners <u>U13</u> Laura Sharp <u>U15</u> Rachel Pirie <u>U17</u> Jennifer Houston	Team Nos 49		
Nithsdale AC <u>U13</u> Naomi Smith <u>U15</u> Nicola Hood <u>U17</u> Victoria Currie	Team Nos 50		
Pitreevie AAC <u>U13</u> Stacey Louch Stephanie Docherty <u>U15</u> Siobhan Coleman <u>U17</u> Melanie Thomson Elaine Renouf	Team Nos 51, 52, 53 Levi Young Stella Birney Ashleigh Murray Eilidh Child	Sarah Ross Demi McLaughlin Kim Paterson	Robyn Williamson Rebecca Burns Samantha Lindin

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Central AC

Race Starts 1.05pm

Declarations Close 12.35pm

Aberdeen AAC <u>U13</u> James Joy Stuart McDonald <u>U15</u> Mark Haskett James Taylor <u>U17</u> Steven Rusling	Team Nos 129,130,131 Thomas Joy Scott Wilson Richard Crighton Jamie Thomson Darren Shinnie	Ruari Neil Alex Thoires William Duncan	Craig Mackenzie Myles Edwards Oleg Chepelin
Calderglen H <u>U13</u> Ben Ferguson <u>U15</u> William Robertson <u>U17</u> Euan Robb	Team Nos 132,133 Jamie Ferguson Graeme Robertson Steven McNally		
Central AC <u>U13</u> Matthew Gillespie <u>U15</u> Michael Gillespie <u>U17</u> Michael Wright	Team Nos 134 Anthony Gillespie Calum Johnson Christopher Andrews	Sean Reilly Paul Drysdale Jamie Cramond	Steven Guscott
City of Edinburgh <u>U13</u> Chris O'Hare Darren Lyall <u>U15</u> Craig McInnes Simon McBlain <u>U17</u> Jason Thomson Calum Deans	Team Nos 135,136,137,138,139 Shaun Devenney Stuart McKemmie Finlay Moffat Chris Black Hugo Shannon	Michael Doneghan Tom Ryan Marcus Thomson Kris Gauson Blair Milne	Jonathon Wolf Darren Steel Roy Dumma
Clydesdale Harriers <u>U13</u> David Brown <u>U15</u> Craig Young <u>U17</u> Robert Allison	Team Nos 140,141 Bryden Ennis Matthew McSorley Daniel Blacker		
Corstorphine AAC <u>U13</u> Sean Malcolm <u>U15</u> Calum McKenzie <u>U17</u> Douglas Selman	Team Nos 142,143 Frazer Scott Neal Robb Callum Fletcher	Craig Knowles	Niall Waddell
East Kilbride AAC <u>U13</u> John Fergusson <u>U15</u> Niall Walker <u>U17</u> Graeme Caskie	Team Nos 144,145 David Gorman Adam Martinelli James Lamont	Jamie Clements	
Falkirk Victoria H <u>U13</u> Alan Love Aaron Ritchie <u>U15</u> Brian Kay <u>U17</u> Christopher Douglas	Team Nos 146,147 Jonathon Dewar Grant Plenderleith Sandy Duncan Alistair Nimmo	Jonathan Campbell Liam Kane John Blackhall	Kyle Randalls Dean Crawford David Boyd
Fife AC <u>U13</u> Andrew Evans <u>U15</u> Elliot Simpson <u>U17</u> Mark Harley	Team Nos 148,149 Neil Gray Frankie Scott William Lamb	Duncan McLachlan John Buchan	Connor Hill

George Heriots <u>U13</u> Roger Poolman Benjamin Mildred <u>U15</u> Graham Scobie Lewis Just <u>U17</u> James McLay Iain Batho	Team Nos 150,151,152,153,154,155 Ben McCullough-Young Mark Shand Hugh Brechin Graham Dickson Craig Wilson Kevin Wilson	Sam Twist Rory Downie Luke Yates	James Mildred Jonathon Neville Peter MacRae	Garscube H Karen McIlvenna Pat Hepple Janet McColl Linda Topping	Team Nos 80, 81 Julia Brosnan Elizabeth Grant Maureen Mcleod Moura Young	Irene Brown Heather Akers Jill O'Neil	Shirley McLeod Judith Austin Mairi Stanley
Giffnock North <u>U13</u> Steven Gray Andrew Black <u>U15</u> Douglas Bale Ian Whiteford Ross Shankly <u>U17</u> Alistair Booth Douglas Rathey	Team Nos 156,157,158,159,160,161,162,163 Greg Lambert Neil Hutchison James Baird Stuart Whiteford	Paul Bainbridge G Belch Ross McLearnie David Stevenson	S Smith Daniel Johnstone David Walker	Giffnock North Shona Hughes Maureen McVey Myfanwy Taylor	Team Nos 82, 83, 84 Andrea Cameron Jane Dobson	Patricia Macleod Hilary Millar	Doleen Galbraith Sylvia Campbell
Greenock Glenpark <u>U13</u> Craig Davies <u>U15</u> Stephen Cooke <u>U17</u> Jason McCall	Team Nos 164,165 Martin Paton Craig Williams Andrew McCall	Jamie Cuffe Stephen Trainer	David Phee Jamie Young	Hunters Bog T Christine Buckley Michelle Jeffrey Alison McNeillage Megan Smith	Team Nos 85, 86, 87 Megan Clark Isobel Knox Sandra Rathjen Niamh Troy	Suzanne Ebel Jessica Legaz-Clua Jane Rosbottom Aileen Wood	Claire Gordon Deborah McDonald Janice Smith
Inverclyde AC <u>U13</u> Scott Smith Mark Higgins <u>U15</u> Jonathan Bannister <u>U17</u> Craig Ruddy	Team Nos 166,167,168 Robert Campbell Kevin Rice Craig Stevens	Christopher McLean Dean Girvan Craig Johnston	Andrew Ross Stephen Campbell	JW Kilmarnock Allison Higgins Janet Murray Fabiola Crawford	Team Nos 88, 89 Lindsay McMahon Kate Todd	Paula Wilson Morag Cairns	Rosemary McMillan Lesle Phillips
Irvine AC <u>U13</u> Ryan McDonald <u>U15</u> William Morgan <u>U17</u> Stephen Daye	Team Nos 169,170 Murray Collier Daniel Swanson Ronnie Ballantyne	Nicholas Emsley	Garry Kerr	Kilbarchan AAC Dennise Smith Kate O'Brien Carol Murray	Team Nos 90, 91 Jill Shannon Sandra Moore Moira Menzies	Karen Yule Janice Moore	Hannah Waugh Eileen Masson
JW Kilmarnock <u>U13</u> Mathew Dailly David Clark <u>U15</u> Mark McGill <u>U17</u> Sean Welsh	Team Nos 171,172,173 David Jarvis David Meikle Jamie Martin Steven McNeill	Jamie Hannah Stuart Munro Alan Elsie	James Wales	Kirkintilloch Oly Fiona Gentles	Team Nos 92 Ada Stewart	Lindsay Stirling	
Kilbarchan AAC <u>U13</u> Tom Cahn Mark Docherty Stuart King <u>U15</u> Derek Hawkins Paul Leck Stuart Brown <u>U17</u> Chris Devenney Kyle Toole Jorgi Chacon-Clark	Team Nos 174,175,176,177,178,179,180 Scott MacAulay Jamie Milton Stephen Woolfrias Andrew G Gibson Gary Downie Robert Cahn Ross Toole Andrew Jack Andrew Wood	Andrew McAlpine Geoff Nisbet Scott Hawkins Mark McGovern Anthony Gordon Craig McCaffer John Gribben Andrew Jack	Callum Hawkins Lewis Hunter Stephen McGooldrick Martin Lipton Stephen Hill Fraser Williams Richard McLaughlin Conor McNulty	Livingston & Dist Yvonne Crilly	Team Nos 93 Avril Gardner	Sue McDowell	Amie Booth
Kirkintilloch Oly <u>U13</u> Craig MacDonald John Ruddy <u>U15</u> Gavin Clark Craig Hay <u>U17</u> Adam Janeczko	Team Nos 181,182 Cameron Dallas Kevin Cornes Robert Thayne	Matthew Graham Alan Ramsay	Neill Hamilton Robby Ritchie	Lothian RC Jane Ackland Gillian Godfree Teresa Mcmenemy Claire Shanley	Team Nos 94, 95, 96 Valerie Dempsey Janet Grigor Christine Milne Laura Sarkis	Lorna Eades Saran Jones Helen Murray Margaret Turnbull	Marsie Ewing Kate Kitchin Joyce Salvona Margo Welsh
				Penicuik Harriers Rachael Campbell	Team Nos 97 Anna Graham	Christine Anderson	
				Pitreavie AAC Alison Whyte Katie Fleming Claire Thakeray	Team Nos 98 Anna Darmody Sarah Croucher Jackie Farrell	Trudi Thomson Julia Oldham	Pamela Blyth Sharon Larnont
				Shettleston H Ladies Lindsay MacNeill Elaine Mackay	Team Nos 99, 100 Anne-Marie Hughes Bernadette O'Neil	Claire McCracken	Pamela McKay
				Springburn Harriers Marlene Hunter Anne Bruce	Team Nos 101 Clare Gemmell Julie Corner	Barbara Knox Collette Coyle	Carole McInnes
				Strathelyde Uni Michelle Sandison	Team Nos 102 Eilidh Forster	Claire Prenter	
				Wee County H Jane Binnie Lindsay Stother	Team Nos 103 Amanda Aitken	Caroline Strain	Hilda Paton
				Westerlands CCC Muffy Calder Jane Robertson	Team Nos 104, 105 Helen MacPherson Elspeth Scott	Patricia McLaughlin Liz Horton	Christine Menhemmet

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Mizuno Racing Club

Race Starts 2:30pm

Declarations Close 2:00pm

Aberdeen AAC

Iain Donnan
Calum Davidson
David Duguid
Colin Taylor
Alan Wales
Frank Boyne

Benjamin Hukins
Richard Wainford
David Oliver
Alexander Peddie
Adam Watt

Team Nos, 1, 2, 3

Malcolm Beattie
Michael Paddon
Mel Edwards
Peter Mutch
Neil Murdock

David Burlton
Keith Charlton
Stephen Cassells
Mark Kennedy
David Armitage

Ayr Seaforth

Alex Allardyce
Colin Garrett
Alastair Stewart
Cameron White

Colin Souter
Paul Rogers
Adam Mackie
Scott Keenan

Team Nos, 4, 5, 6

Francis Napier
Laurence Baker
Iain Baird
Patrick Kelly

Robert Napier
Peter Laing
Tom McCulloch

Bellabouston H

Campbell Joss
Graeme Gemmell
John McFadyen

Raymond Hughes
Stephen Stone
Jeremy Garnett

Team Nos, 7, 8

Anthony Quinn
Colin Scott

Iain Burke
David Boal

Calderglen H

Russell Couper
Malcolm Buchanan
Martin Duthie
Gerard Mullen
Jamie McMonagle
Roderick Shanks

Charles Steven
Stuart Gibson
Edward Reid
George Haining
Jim Holmes
Andrew Henderson

Team Nos, 9, 10, 11, 12, 13, 14

Graham Allan
Colin Macdonald
Blair Matthew
George Stewart
Chris Brooks
John Freer

Colin Jarvie
Alan Derrick
Brian Carrigan
Alan Cullie
Derek Dick
Stephen Marzella

Central AC

James McDonald
Ross Houston
Steve Laing
Cameron Campbell
Alan Gall
George McHardy

Team Nos, 15, 16, 17, 18

Alastair Hay
Lewis Millar
Robert Hutchison
Derek Easton
William Gault

Ewan Gault
Robert Russell
Robert Stott
David Hay
Craig Walker

Alasdair Anthony
Alex Milne
John Millar
Will Hensman
Roger Greenaway

City of Edinburgh

Graham Beal
Thomas Ellacott
Darren Gauson
Rob Hooton
Steven Lauder
Alex MacEwen
Robert Riddell
John Steel
Gael Le Coz

Team Nos, 19, 20, 21, 22, 23, 24

James Buick
Martin Ferguson
Andrew Gibson
Brian Howie
Andrew Laycock
John MacInnes
Stewart Robertson
Grant Stewart

Colin Cable
Jonathan Ferry
Andrew Griffiths
Scott Innes
Juan Mareque
David MacLean
Garry Robertson
Eric Stevenson

Scott Campbell
Iain Duff
William Gallacher
Daniel Green
Mark Johnston
Stuart Lamb
Lars Ottemoller
Andrew Scott
Jonathan Whitehead

Clydesdale Harriers

Allan Adams
Michael Diver
Peter Halpin
Gerry Kane
John McArthur
Peter Rudzinski
James Shields

Team Nos, 25, 26, 27

James Austin
Brian K.E Edridge
Derek Halpin
Alistair Meikle
Graeme Reid
C. Ryan
Robert Young

Cliff Brown
Brian Gallagher
Ronald Hurt
Ian Murphy
Iain Robertson
Alan Rodger
Peter Riley

Pete Cartwright
John Hanratty
Gerald Kennedy
Murray McDonald
Mark Rudzinski
Stephen Sheridan

Corstorphine AAC

Keith Hood
Chris O'Brien
Tom Ferrington
Scott Bisset
Craig Smith

Team Nos, 28, 29, 30, 31

John O'Hara
Steven O'Brien
Kris Berry
Iain Cumming
Michael Malcolm-smith

Bryan Clark
Paul O'Brien
Martin Caldwell
Graeme Fletcher
David Henderson

Moray Anderson
Ewan Stark
Scott Pilkington
Martin Hulme
Billy Braidwood

Dundee Hawkhill

Matthew Strachan
Gordon Barrie
Neil Gunstone
Michael Carroll
Peter McColgan

Team Nos, 32, 33, 34, 35

Joe Symonds
Charles Haskett
Pete Fox
Stephen Borland

John Hepburn
Ian Campbell
Brian Cook
Alan Wilson

Craig Ross
David MacDonald
Stephen Mason
Eddie Holmes

East Kilbride AAC

Gordon Colvin
Edgar Ramage
Brian O'Neill

Team Nos, 36, 37

David J. Condra
Grant Baillie
Mark Smith

Graeme Haddow
Ralph Riach

Derek Leitch
Stuart Whitehill

EZ Carnegie

Iain Taylor
Douglas McGarry
Ian Stewart
Allan MacAulay
Mike Harvey
Francis Harper
Peter Morrison

Team Nos, 38, 39, 40, 41

James Lang
Dennis Howett
Michael Cowie
Andrew Hunter
Ian Johnston
Sandy Bennet
Colin Reid

Robert Milton
Thomas Bowie
Lewis Lawson
Peter Simpson
Derek Simpson
Kevin Clark
John Lambie

Steven Ogg
Kenneth Daniels
Stephen Greer
Ian Armstrong
George Murdoch
Phil Smithard
Neil Campbell

Falkirk Victoria H

Alexander Davidson
John Martin
Robin Mcnelis
Steven Purser
Michael Ross

Team Nos, 42, 43, 44

William Day
Robert McGill
Michael McQuaid
Kenneth Rankin
Alasdair H. Stewart

Eric Donaldson
Duncan McGougan
Stephen Moore
Neil Robertson
Kerr Johnstone

William Higgins
Paul McKerracher
David Murray
Andrew Ronald

Ferranti AAC

Matt Bankhead
Malcolm Fraser
Keith Nicol
Robert Miller

Team Nos, 45, 46

Alex Bell
John Gavin
Stephen Reid
Ian Duguid

Paul Caban
Jim Leach
Trevor Ridley
Mike Connor

Walter Fairnie
Edward McDonald
Keith Weston

Fife AC Quentin Reave William Spates Gordon Thomson James Taylor John Thomson John Murdoch David Francis Andrew Barker Ronald William Mill Jack Lumsden David Owens Martin Farrally	Team Nos, 47, 48, 49, 50, 51, 52, 53 Graham Bee Brian Cruickshank Nigel Fowler Stewart Biggar Terry Mitchell Tom Scott Ron Morrison David Bee Owen Greene Michael Mitchell Alastair Robertson	Andrew Lemoncello Neil Young Ian Poolman Steven Shanks David Anderson Bryce Aitken Frank McLaren Thomas Ross Andrew Liston Chris Foley Daniel Leggate	Christopher Russell Ian Overton Roy McLachlan Bryan McManus Hugh D. McKay Douglas Gunstone Gary Barker John Thomson James Lamb Chris Thorne Chris Clark	Irvine AC Lee Richardson George Irving Tony McKnight Imran Ali	Team Nos, 77, 78, 79, 80 William Richardson Andrew Rennie Colin Miller Peter Collier	Iain Fraser Joseph McNamee Brian Craig Ashley Shedden	David Millar James White Finlay Dowell James Stevenson
Gala Harriers Robin Murray Struan King Neil Renton Fergus Johnston	Team Nos, 54, 55, 56 Martin Clarke Ron Logan George Runciman Fergus Cochrane	Mark Bryson Euan Jardine John Borthwick Alistair Laurie	Graham Capper Graham Pogson Colin Christison Iain Arnott	JW Kilmarnock Graham Cairns Edward Tonner Keith Haining Roderick Pugh	Team Nos, 81, 82, 83 Eric Dickson James Tonner Iain Connell John Docherty	John Gebbie Jim Goldie Ian Drummond	David Mitchell Stewart McAllister Paul McArthur
Garscube H Iain Cullen Robert McLennan David Geddes John Weir Benny McLaughlin	Team Nos, 57, 58, 59, 60 Stephen Cullen Colin McKay Stuart Irvine Alexander Parker Ian Mennie	Lindsay Cunningham John Dryden Peter McGlynn Stephen Mulrine Charles Kilshaw	Euan Mackay Iain Dunn Alan McNeill Brian Lennox Stephen Laurie	Kilbarchan AAC Calum Morrison Robert Snodgrass Thomas Hearle Alexander Ross Michael McGinley James McMillan	Team Nos, 84, 85, 86 Paul Arcari Thomas Lawrence James Snodgrass Ian MacDougall Thomas Anderson	David McCormack Gordon Gallacher Robert Quinn Steven Hards Donald Petrie	John McMillan Kenny McKenzie Robert Fitzsimmons George Gibson David Mewse
Giffnock North Darren Malin Gerard McNamee David Rodgers George Taylor	Team Nos, 61, 62, 63, 64 John Walker Graeme Hoey Alan Stewart Rob Grant	Marc Roper Frank Cooper David Logan Martin Myant	James Galbraith David McNab Alan Wyllie Steven Campbell	Kirkintilloch Oly Edward McLoone Chris Stewart Gordon McLean Martin Macguire William McFadden	Team Nos, 87, 88, 89 John McLoone Craig MacWilliam Jim McLoone Colin MacLennan	Robert Rogerson Neil McCover Colin Burns Gerard McConnell	Stuart Kerr Ewan Jack David Gardiner Alistair McDonald
Greenock Glenpark Stephen McLoone Andrew Morrison Norman Hay Thomas Knight	Team Nos, 65, 66, 67, 68 David Butcher Douglas Campbell C Mackay Richard Hodelet	Daniel McLaughlin Robert Docherty C McCall Kenneth Scott	Ernest Currie Andrew MacLean Alan O'Rourke William Jukes	Lasswade AAC Dean Philip Ben Mitchell	Team Nos, 90 Daryl Philip Neil Rutherford	Paul Elliot	John Murray
Hunters Bog T Duncan Baker Colin Farquharson Craig Hunter Billy Minto Patrick O'Kane Ray Ward	Team Nos, 69, 70, 71, 72 John P. Beech Keith Gooch James Jarvis Philip Mowbray Jon Rathjen Ian Wellock	Steven Cairns Siggy Gould Ian Marshall Niall Munro Neil Thomas David Wright	Ian Campbell Alistair Hart Myles Marshall Ivor Normand Richard Wall	Lothian RC Graeme Ackland David Godfree Ian Leggett Andreas Merdes Murray Robertson Brian Turner	Team Nos, 91, 92, 93 Stephen Dempsey Kenton Jones Tim Lenton Ross Milne Ian Seggie	John Ewing Andy Kitchin Euan McIntosh Harry Mulholland Alan Shanley	Scott Fraser Robert Lee Colin Meek Christopher Northam David Simmons
Inverclyde AC John Bannister Ian Fisher Stuart Hodge Les McMahon Mark Pollard William Tipping Mitchell Guthrie	Team Nos, 73, 74, 75, 76 Steven Conaghan Gerard Gaffney Graeme Hyett Kenneth Morrison Chris Robison Tom Tracey Edward Watt	Stuart Dalgleish Robert Gray George King Thomas Murray Robert Shaw John Weston Jason Kane	David Dunn Martin Hicks David McElhinney G Newman Cameron Spence Terry Wilkie David Gray	Metro Aberdeen Keith Farquhar Duncan Wood Alistair Murray Robert Taylor Martin Buchan Jackie Stewart	Team Nos, 94, 95 Peter Jennings Gary John Matheson John Lenehan Donald Whyte George Jamieson	Kevin Tulloch Mike Simpson Mark Masson Neil Jackson Colin Mackay	Gary Walker Craig Stewart Bruce Moroney Colin Youngson Simon Pride
				Motherwell & Dist Patrick Mullen Richard Hughes Brian McLinden	Team Nos, 96, 97 James Dobbie Lee Hughes	John Hughes David McManus	Nicholas Hughes Paul Harkins
				Penicuik Harriers Colin Graham Chris Browne	Team Nos, 98, 99 Kenneth Graham Sean Davidson	Kenneth Cairns Michael Browne	Robert Walker Michael Pearson

Perth Road Runners Stephen Ferguson Colin Glencorse Neil Muir	Team Nos, 100, 101 Derek Phillips Jim Scanlan Robin Livingstone	Stuart Moran Alex Van Der Meer Adrian Jenkins	Jamie Gartside David Knight Derek McIntosh
Pitreavie AAC John Newsom Nigel Cunningham Brian McKay Peter Baxter Glyn Gardiner	Team Nos, 102, 103, 104 Stephen Irwin Barry Davie Cameron Watson Colin Mathieson Snr David Arnott	Paul McCloskey Archibald Duncan Peter Coleman Stuart Forrester Paul Allan	Derek Simpson Barry McCleery Colin Simpson David Candlish Douglas Smith
Ron Hill Cambus John Brown Alexander Eaglesham Iain Grant Joseph Kealey Gerry Reid Charles Thomson Neil Wilkinson Ian Munro John McPake John Cowan Jonathan McCallum	Team Nos, 105, 106, 107, 108, 109, 110 Frederick Connor David Fairweather Derek Houstoun Kevin Kealey Alexander Robertson Andrew Wright Stephen Wylie James Doyle Matthew Murphy Duncan Cochrane W. Ian Williamson	Graeme Croll Ian Gordon Francis Hurley Peter Ogden David Rodgers Jamie Reid Iain MacCorquodale John MacKay Jonathan Walker Frank Barton Colin Donnelly	David Dymond Bernard Gough Archie Jenkins Iain Reid John Simpson Jasmair Pal Alistair Campbell Ross McCall James Sands Ross Arbuckle
Shettleston Harriers David Alexander Desmond Crowe Martin Graham Clyde Marwick Graham Wight Ian Lewis John Cairney Jim Norton Karl Povey Anthony McCall	Team Nos, 111, 112, 113, 114, 115 Adrian Callan Lewis Duff Andy Little Dermot McGonigle Jethro Lennox Robert Soutar Denis Williams Kenneth McClean Andrew McKenna	Peter Carton John Duffy Neil MacGregor Andrew McIntyre Adam Lee Ryan Montgomery Chris Cowan Hugh Watson Donald Macaulay	William Coyle Stuart Gibson John Mackay Allan Sneddon Ian Johnston Brian Megarrity Ben Rattray Dave Cummins Marc McColl
Springburn Harriers Andrew Callan Joseph Farrell Alec McIndoe Duncan Reid	Team Nos, 116 Joseph Chambers John Henderson Graeme O'Malley Robert Young	James Cooper Alan Hill Thomas O'Reilly	Edward Dickson Matthew Jackson John Owens
Standard Life Bruce Smith Derek Small	Team Nos, 117 Neil Paton	Bruce Hall	David Gibson
Strathclyde Uni Kevin Kealey	Team Nos, 118 Iain MacCorquodale	Adam Lee	Martin Fitchie
Teviotdale Harriers David Cavers Ged Smith	Team Nos 119 Darrell Hastie	Wayne McIntosh	Colin Welsh
Troon Tortoises AC George McGregor	Team Nos, 120 Alistair Munn	Ian Beattie	Timothy Downie

Victoria Park AAC Mark Ashby Alastair Douglas Kenneth McVey Duncan Thomson Kenneth Brown James Harvie Charles Murray Roger Young	Team Nos, 121, 122, 123, 124 Stuart Barnett Joseph Doyle Gordon Moore Derek Watson Snr. Gerard Craig Thomas McAra Robert Newton Kristian Forster	Philip Carter Alan Hamilton Andrew Nicoll Derek Watson Jr. Gary Dick Alastair Mace Peter Speirs	Robert Daly Peter McGregor Andrew Ross Christopher Watson Ian Goode Kenneth Mitchell Gordon Stewart
Wee County H Dennis Meara Trevor Andrews Alexander Dunn	Team Nos, 125, 126 Martin Quinn Mike Thomson Kevin Kelly	Sidney Pask Gordon McNeil Gordon McPherson	Derek Killin Peter Dunn Jonathan Woods
Westerlands CCC Brian Bonnyman Sandy McNeil Anthony Ritchie Archie Cameron	Team Nos, 127, 128 David Calder Blair Millen Ian Struthers	Charles Campbell Graeme Orr John Donnelly	Gibson Fleming Daniel Reid Marc McColl