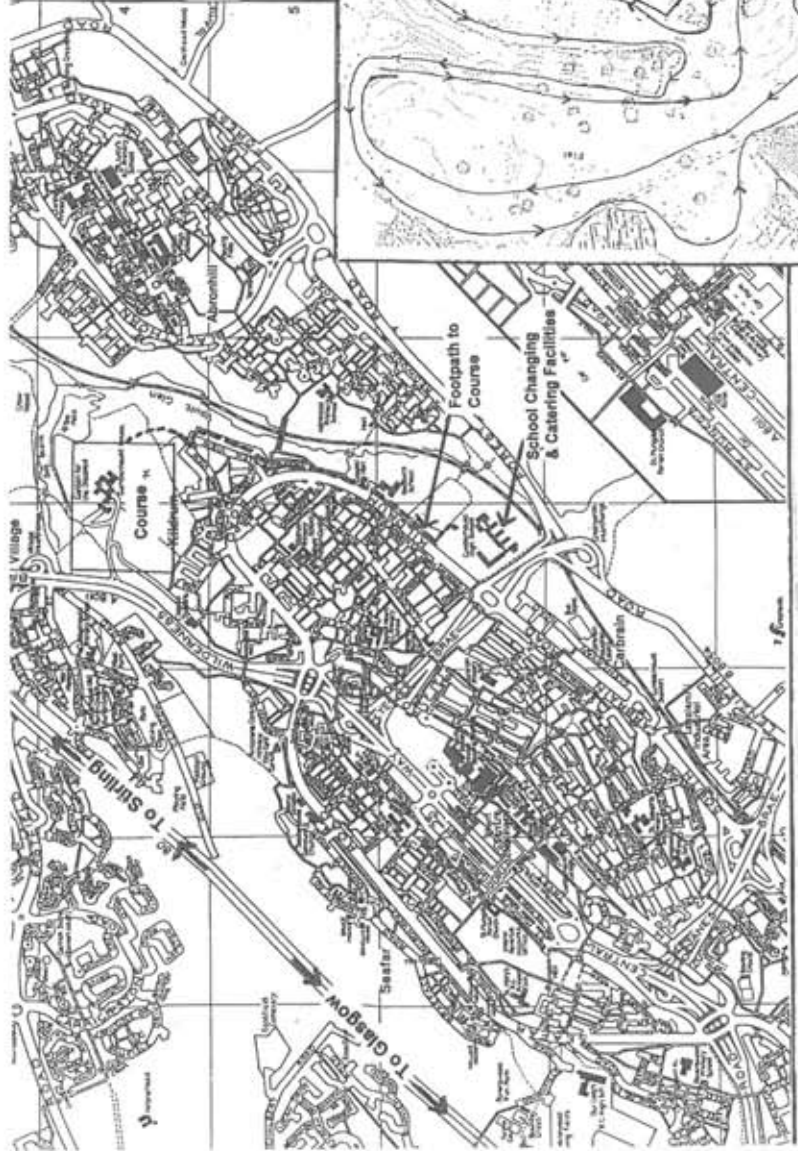
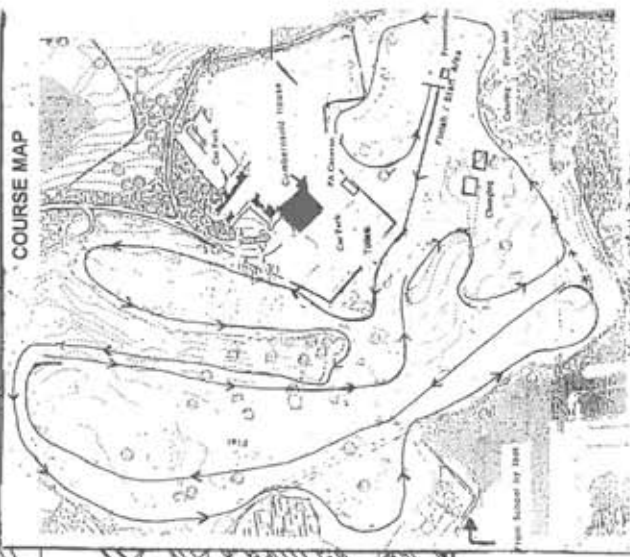


**Scottish Athletics
NATIONAL CROSS
COUNTRY RELAY
CHAMPIONSHIPS**

Sponsored by
North Lanarkshire Council



COURSE MAP



RACE	START	DISTANCE
Young Females	12.30pm	3 X 2500Metres
Young Males	1.05pm	3 X 2500 "
Sen/Jun Women	1.40pm	3 X 4000 "
Sen/Jun Men	2.40pm	4 X 4000 "

Declarations Close 30minutes before each race
Its 1.5miles from declarations to the course.

scottishathletics



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

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 24th October 2009

Sponsored by



RACE	START
Young Females	12.30pm
Young Males	1.05pm
Sen/Jun Females	1.40pm
Sen/Jun Males	2.40pm

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.

National Cross Country Relay Championships-Cumbernauld 2009

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Alan Potts
Chairman	Mark Hollinshead
Chief Executive	Geoff Wightman

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	Ron Morrison
Clerk of Course	Bob Reid
Course Builders	Bob Reid, Jim Young, Alan Robinson, Matt Ferguson, Members of Kirkintilloch Oly and Cumbernauld AC
Officials Reception	John McDonald
Judges/ Funnel Control	Bob McSwein (Chief), Kath Melville, Isobel Baird, Gordon Baird
Change over	Andy Law (Chief) Ian Clifton, Bill Gentleman
Timekeepers	Sheila MacDougall (Chief) Duncan McLaren, Graham Sword, Des Gilmore, Joe Bruce
Recorders (Places)	Bill MacDougall (Chief) Sandra Hardacre, Ian Hislop, Neil Donachie (Tape)
Recorders (Time)	Molly Wilmoth, Margaret Daly
Starter	Angus Cameron
Marksman	Fred McCluskie
Declarations	Jen Jackson, Phyllis Law
Results	Peter Jackson (Chief) Marion Donachie, Sheila Smart, Marjory Cook
Announcers	Murdoch McGregor, John Wands
Press	Katy Anderson, Bill Melville
Course Stewards	Bob Reid (Chief) Members of Kirkintilloch Oly. and Cumbernauld AC
Presentations	Alan Potts, Robin Thomas
Jury of Appeal	Alan Potts, Bob McSwein, Ian Clifton
Medical Officer	Fiona Walker
Medical Services	St Andrews Ambulance
Reception	Ron Morrison, Robin Thomas
Events Manager	Ross Cunningham
Co/Conveners:	Alex Jackson, Jim Young

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 Tom Curley
North Lanarkshire Council

I am very pleased to welcome you all to Cumbernauld for the 2009 Scottish National Cross Country Relays Championship, 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

The continued support of North Lanarkshire Council provides Scottish Athletics with the ideal platform for presenting the Scottish National Cross Country Relays. The challenging course is familiar to athletes, spectators and officials alike allowing efficient racing tactics, viewing strategies and optimum course design respectively. In all the Cumbernauld course provides for the ideal competition venue for which we again thank North Lanarkshire Council.

Thanks are also due to the many Officials and helpers whose preparation and planning make this event such a success.

Finally, to all the athletes and teams who are competing today – *Carpe Diem* (seize the moment). Most importantly – enjoy the challenge of the competition.

Ron Morrison
Convener, Road Running and Cross Country Commission

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3 x 2,500 metres
1st LAP U13, 2nd LAP U15 or U17 3rd LAP U17 or U15
Title Holders- Dundee Hawkhill Harriers
Race Starts 12:30pm

Aberdeen AAC - Colours: White with 2 red hoops			Team Nos 1,2
U13 Lucy McLeod	Becky Cheyne	Brooke Adams	
U15 Eilidh Price	Kate Murdoch		
U17 Kerry Price	Ellie Buchan		
Ayr Seaforth - Colours: White with Red Diagonal Cross			Team Nos 3,4,5
U13 Kirstin Oakley	Lisa Rennie	Laura Meader	Emma Johnston
Christie Hutton	Alison Leckie	Verrity MacDonald	
U15 Emma Vaitely	Jemma McSheffery	Sarah Cassella	
U17 Stephanie Dougan	Katie Sprang	Lauren Goldie	Louise Hill-Stirling
Sarah McNah	Nicola Dunn	Caroline George	
Central AC - Colours: Yellow and Blue			Team Nos 6,7,8,9,10,11,12,13,14
U13 Jennifer Downie	Charlotte Tilley	Isla Burns	Sophie Parsons Amy Gullen
Laura Clarke	Eilidh MacCorquodale	Tara Walls	
Roslin Bonnicchi	Rosanna Fraser	Phoebie Crosthwaite	
U15 Morven Keay	Shannon Macfarlane		
Christina Fairley	Emily Greenan	Farren Parkins	Stacey Hardiman
U17 Molly Tweedie	Imogen Burnell		
Julie Cook	Rachel Adamson	Shona Buchanan	
Clydesdale Harriers - Colours: White with Black "C"			Team Nos 15,16
U13 Kirsty Alexander	Rachel Busby	Roslin McShea	
U15 Diane Nicholson	Gillian Nicholson	Claire Reid	Miren Wright
U17 Kirstie Kelly			
Corserphine AAC - Colours: White with Black Trim			Team Nos 17,18
U13 Abbie Malone	Hannah Addison		
U15 Isabelle Bough	Lisa Christy		
U17 Eilidh Nolan	Danielle Clyde		
Dundee Hawkhill - Colours: Blue and White Quarters			Team Nos 19,20
U13 Eilidh L. Reynolds	Frances Llanwrane	Vicky Mitchell	Lucy Pandrich
Katie Anderson	Kirsty M Reynolds		
U15 Anela Mellish	Ailsa Peters	Rebecca Maria	
U17 Aeron Mellish	Iona Brodie	Sarah Kelly	
East Kilbride AAC - Colours: Gold with 2 Black Hoops			Team Nos 21,22,23,24
U13 Mhairi Boyle	Lucy Fairlie	Catherine Lambie	Rachel Miller
Megan Stewart	Iona Thompson	Robyn Wright	
U15 Emma Fairlie	Rachel Fairlie	Jacqueline Ferguson	
U17 Sabrina Mione	Sophie Smith	Abbie J Stafford	
Fiona Borthwick	Rhona Calder	Julia Calder	
Rachael Thomson	Jennifer Waddell		
Edinburgh AC - Colours: White with one Blue, one Black Hoop			Team Nos 25,26,27,28,29
U13 Alexandra Hunter	Hannah Cameron		
Georgina Loudon	Emily Strathdee	Alison Brown	
U15 Martha C Wightman			
Rachael Dunn	Oonagh Dunnett	Emma Dunnett	
U17 Olivia O'Hare	Tanera Reid	Tatiana Spens	
Nicole Baxter	Rosanna Stewart		
U17 Samantha Blair	Emily Dudgeon	Laura Robertson	
Louisa Stewart			
Falkirk Victoria II - Colours: Black with Gold Band			Team Nos 30,31,32,33
U13 Julie Hunter	Kelly Bissett	Natalie McLeod	Julie Nimmo
Keely Wilkinson			
U15 Katherine Mitchell	Jane Ainslie	Caitlin Thomson	Helen Ainslie
U17 Sarah Hamilton	Abby Kemp	Hazel Murray	
Fife AC - Colours: White with Red Band			Team Nos 34,35,36,37,38
U13 Rosabel K Kilgour	Ailsa Cruickshanks	Aimee J Barclay	Eilidh Smyth
Eve Primmer	Rachel Kirby	Kirsty Graham	Christina MacLeod
U15 Laura Gibson	Kerry Gibson	Robyn Graham	Stephanie Penneycook
Fiona Cruickshanks	Jill Geyer	Corryn Christie	Jennifer Patrick
U17 Olivia Colfison-Owen	Grace Collison-Owen	Grace Cruickshanks	Lucy Duff Elaine Cairns
Kirsty Hamilton	Halina Rees	Flora Ogilvy	
Garscube II - Colours: White with Blue Band			Team Nos 39,40
U13 Catriona Booth	Catriona Grayson	Amy Watson	Kaitlin Trotter
U15 Helena Watson	Catriona Robertson		
U17 Kirstin Halliday	Rachel Knox	Katie Athome	
Giffnock North - Colours: Amber with Royal Blue Hoop			Team Nos 41,42,43,44,45,46,47,48
U13 Chloe Cowan	Helena Davidson	Nikki Hutchison	
Megan Adams	Isabella Murray	Monica Lowrie	
U15 Alexandra Pope	Gillian Manchip		
Lizzi Cowan	Aliyab Zuberi	Selena Jackson	Holly Miller
Frances Lowrie	Stephanie Fairfield	Heather McCallum	Paige McConville
U17 Lorna Beattie	Lauren Lambie		
Madeline Murray	Olivia Keenan	April Miller	Joanna Muir Lucy Patrick
Rebecca Patrick	Katy Brown		
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops			Team Nos 49,50,51
U13 Louisa Davis	Rebecca McDiarmid	Lucy Compton	
U15 Gabrielle Fisher	Meighan McDade	Shannon Kangley	

U17 Emily Pollock	Carly Dalgleish	Eilidh Hamill	Alexandra Fisher
Shona Webster			
Inverclyde AC - Colours: Black & White Stripes		Team Nos 52,53,54,55,56,57,58,59	
U13 Julia Baldwin	Melissa Camposano	Kirsty Fulton	Robyn Harte
Emily Marlock	Grace McKnight	Christine Pollock	Heather Ramsay
U15 Megan Shelton	Holly Stinson	Laura Thomson	Kelly Williams
Emma Mitchell	Chloe Simpson		
U17 Amy Buchan	Gemma Campbell	Jane Currie	Lisa MacDonald
Amy Meechan	Zara Puckrin	Rebecca Mann	Natalie O'Neill
U15 Robyn Wilson			
Emma Fulton	Kerrie McLeod	Emma Meechan	Nyke Mulholland
Kilbarhan AAC - Colours: Gold with Black Hoop		Team Nos 60,61,62,63,64,65	
U13 Chloe Hardie	Gwen Gillham	Katie Turnbull	Emma Arnold
Catherine McLean	Caitlin McStay	Iona McIntee	Katya Shankland
U15 Kathryn Colquhoun	Jennifer Hanlon		
Kate Gillies	Jennifer Eadie	Kirsty Harper	Cleo Jackson
Laura McEwan	Robyn Lewis	Chantelle Christian	Erin Campbell
U17 Sapphire Lesage	Megan Donnelly		
Elaine Fadie	Emma Hadcock	Katie McAlpine	Melissa McStay
Kilmarnock H - Colours: Royal Blue with 2 White Stripes		Team Nos 66,67,68,69,70,71,72	
U13 Lorne Kerr	Hannah Bartl	Emma Garrity	Fiona Bowes
Amy Mole	Alana Cameron		Alais Brydon
U15 Eve Kerr	Brogan Wallace	Fern Wales	Lara Perels
Christine Irvine	Sarah McDonald	Gemma McCutcheon	Bronagh Wishart
U17 Bethany Ross			Kate Mackie
Kirkcaldy City - Colours: Sky Blue with White and Black Hoops		Team Nos 73,74,75	
U13 Elin McCluskey	Victoria Robertson	Louise Campbell	
U15 Clare Brown	Erin Drummond	Rachel Hayes	Rhianne Hill
U17 Lauren McIntyre	Alexandra Lamond		
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band		Team Nos 76	
U13 Sally Redpath	Sophie Miller	Hannah Forbes	Dawn McKimic
U15 Amy Frankland	Amy Smith	Fiona Matheson	Rachel Wyse
U17 Madeleine Sweeney-Baird			
Law & District - Colours: Amber with 2 Red Bands and 1 White Band		Team Nos 77,78,79,80	
U13 Nadene Traynor	Pamela McNicol	Anya Towers	Heather Baird
U15 Kristen Cowe	Megan Warnock	Margaret Newell	Morven King
Rebecca Watson			
U17 Sherelle Graham	Samantha Stevenson	Alice McGrath	Laura McArdle
U15 Nicola Lindsay	Julie Dobbin	Emma Ibbati	Victoria Price
Lothian RC - Colours: Blue with Black letters		Team Nos 81,82	
U13 Beikany Nelson	Lauren Arbuckle	Alice Horsburgh	
U15 Nicola Kellock	Lara Root		
U17 Lara Turnbull			
Pittravie AAC - Colours: Navy/Yellow/White		Team Nos 83,84,85	
U13 Amy McAlpine	Katey Turner	Yasmine Ben El Hassan	Vhairi McAtear
U15 Chloe Netherly			
Eilidh Reid	Miracela Brown	Sara Eydman	Katie Reid Rose Fagan
U17 Rachel Hunter	Louise Russell	Naomi Fox	
Megan Kirk	Kathryn Pennel	Lisa McAlpine	Paige Graham
Ron Hill Campus - Colours: Red with White Band		Team Nos 86,87	
U13 Rachel Black	Eve MacKinnon	Lisa Ross	Selina White
U15 Rebecca Bonomi	Lauren Doherty	Sarah Miller	Rachel Fraser
Kerrie Miller			
U17 Mairi Brown	Lucy Deeny		
Shettleston Harriers - Colours: Blue with Gold Band		Team Nos 88,89,90,91,92	
U13 Myrtle Breckenridge	Claudia Eusebi	Lisa Walker	Rachel Young
Samantha Fern	Jaqueline Ann Anderson	Ainsley Marie Stern	Caitlin Louise Caldwell
U15 Stella Winters	Amanda Monaghan	Jemma McQuillan	Kerri Hazan
Hannah Heggarty	Laura Penrice	Danielle McConway	Mhairi Hendry
U17 Hannah Ferguson	Leona Logan	Victoria McGloin	
Helen Pawliczyk	Shannon McLellan	Rebecca Nicholson	Rachel Elliot
Teviotdale Harriers - Colours: White with Maroon Band		Team Nos 93,94	
U13 Mhairi Inglis	Sarah Brown	Lzrah Dickson	
U15 Eilidh Inglis	Louise Mercer	Catherine Mercer	
V F Glasgow - Colours: Blue and White Hoops		Team Nos 95,96,97,98,99,100	
U13 Georgia Callander	Erin Creech	Gillian Black	Ella Christie
Catriona Booth	Melanie Cheswell	Iona Robinson	Emma Ferrie
U15 Rachel Dick	Iona Wilson	Maria Miliken	Tatiana E Quick
Mhairi Patience	Eilidh McEvilly		
U17 Sarah Potter	Michaela Stephen	Hollie Young	Deborah Hannah
Amy MacLellan			

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS
3 x 2,500 metres
1st LAP U13, 2nd LAP U15 or U13 3rd LAP U17 or U15
Title Holders- Giffnock North AAC
Race Starts 1.05pm

Aberdeen AAC - Colours: White with 2 red hoops			Team Nos 101,102
U13	Charlie Allardes	Alasdair Lowe	Andrew Davidson
U15	Alec I Young	Oliver Hay	Robert N Walton
U17	Lewis Coffin	Sebastian Wilson	Simon Tierney
Ayr Seaforth - Colours: White with Red Diagonal Cross			Team Nos 103,104,105,106
U13	Andrew Black	Jamie Colquhoun	Connor Gracie
	Stewart Dalziel	Gavin Wight	Robbie Henderson
U15	Finlay Rae	Angus Johnston	Kelvin Walker Ben Steven
	Scott Jones	Shaun Rennie	David Ellis
U17	Andrew Rae	David Carter	Adam Paul Steven
	Callum Aitkenhead	Aaron Gray	Calum Moultrie
Central AC - Colours: Yellow and Blue			Team Nos 107,108,109,110,111,112,113,114,115
U13	Michael McCabe	Malcolm English	Domenico Angiolini
	Gary MacFarlane	Cameron Taylor	Jack Kerr
	Cameron Harris	Graham Bruce	Tom Clarke
U15	Alexander Semple	Gordon Milne	Conor Kerr
	Josh Murchie	Lewis Sinclair	Philip Wright
	Alexander Coubrough	Nathan Betton	David MacKinlay
U17	Ross Milne	David Hutchison	David Lindsay
	Scott Green	Roddy Irvine	Tom Watson
Clydesdale Harriers - Colours: White with Black "C"			Team Nos 119,120
U13	David Campbell	Darren Halpin	Andrew Hunter
U15	Tony Dolan	Conor Ewing	Lewis Wood
U17	Peter Bowman		
Corstorphine AAC - Colours: White with Black Trim			Team Nos 121,122,123,124
U13	Matthew Galloway	Alexander Wilkie	Rory Henderson
U15	Michael Addison	Connor Johnston	Christopher Galloway
	Sandy Robson		Craig Nolan
U17	Callum Smith	Jack Williams	Andrew Christy
East Kilbride AAC - Colours: Gold with 2 Black hoop			Team Nos 125,126,127,128
U13	Matthew Ashelby	Scott Bowie	Aidan Gilbride
	Kyle Johnston	Luke Kirwan	David Sloan
U15	Jamie Bowie	Leif Coffield	Drew Gorol
	Jack Kirwan	James Pearson	Kieran Rankin
U17	Paul Brooks	Adam Gatens	Fraser Jamieson
	Stephen (jnr) Paris	Andrew Shaw	Conor Meechan
Edinburgh AC - Colours: White with one Blue, one Black Hoop			Team Nos 129,130,131,132,133,134
U13	Josh Kerr	Cameron Gilmore	Michael Hudson
	Robert Bough	Dominic O'Hare	Struan Graven
U15	Calum Robertson		Alex Connolly
	Jake Kerr	Ruaridh Miller	Sean Stout
	Michael Cameron	Matthew Grundy	Jack Harrison
	Scott MacDougall	Frederik Smith	Andrew Loudon
U17	Marcus Cram	Adam Jack	Tafadzwa Msengezi
	Sam Wightman	Peter Loudon	Jake Wightman
	Callum Wilson	Angus Inwood	Peter Cameron
			Edward Dudgeon
Falkirk Victoria H - Colours: Black with Gold Band			Team Nos 135,136,137
U13	Drew Meikle	Daniel McGehee	Baillie McRoberts
U15	Dale Colley	Gavin Weir	Mark Govan
U17	Euan Martin	Ben Stevenson	Scott Stirling
Fife AC - Colours: White with Red Band			Team Nos 138,139,140,141,142
U13	James Pennycook	Fergus Ingledew	Glen Gardiner
	Matthew Robb	Oskar Fraser-Krauss	Tom Harris
	David Killeen	Piers J Lestley	George Lorimer
U15	Euan Berry	Ewan Paton	James Killian
	Fraser Haldane	Liam Steigh	Jack Robb
			Bruce Millar
			Niall Curley

	Kenneth Thomson - Duncan	Calum Mitchell	Jason Smart
	Aiden Smith		
U17	Ryan McIntosh	Liam Hutson	Cameron Thomson-Duncan
	Callum McCracken	Sam Robinson	Adam Harris
			Tom Knox
Garscube H - Colours: White with Blue Band			Team Nos 143,144
U13	Rory Stevenson	Fraser Knox	Darren McGowan
	James Stanley		Gavin Miln
U15	Alastair Stanley	Liam McLoone	Jack Goodall
U17	Gavyn Chalmers		
Giffnock North - Colours: Amber with Royal Blue Hoop			Team Nos 145,146,147,148,149,150,151,152,153
			154,155,156,157
U13	Liam McColgan	Stuart Thomson	Ross Gray
	Liam Slinn	Walker Graham	Jamie Cook
	Rob Gourley	John McLaughlin	Euan Brodie
	Robbie Barr	Scott Young	Steven Fleming
	Fraser Middleton		
U15	Douglas Britton	Anthony Deveney	Neil Gourley
	Scott Smith	Jonathan Tweedie	Scott Young
	Lewis Coultas	Jack Edward	Josh Hyde
U17	Max Lott	Alistair McCallum	Andrew Clark
	Luke Traynor	Fraser Walker	Grant Muir
	Christopher Russell		Jack Walker
			Ewan Murray
			Sandy Nimmo
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops			Team Nos 158,159,160
U13	Jack Harrington	Michael Isaac	Gregor Black
U15	Cameron Black	Gerard Smith	Michael Grant
	Craig Knight		
U17	David Reay	Andrew Fisher	Adam McCormick
	Ross Knight		Martin McGowan
Inverclyde AC - Colours: Black & White Stripes			Team Nos 161,162,163,164,165
U13	David Bushfield	Jonathan Glen	Ross Gray
	Andrew Kelham		Joshua Houston
U15	Michael Houston	Rory Kelham	Rory Morrison
	Greg Williams	Shaun Tonner	Jack Rice Robert Todd
U17	Paul Currie	Jonathan Hill	Matthew Thomson
			Patric Korowski
Kilbarchan AAC - Colours: Gold with Black Hoop			Team Nos 166,167,168,169,170,171,172
U13	Euan Giltham	Scott McLardie	Euan McKerral
	Gavin McArdle	Charlie Wighton	Owen Banzatyne
	Kane O'Neil	Jack McAlpine	David Richardson
U15	Thomas Collins	Christopher McStay	Callum Matthews
	Russell Mountford	Nicholas Love	Andrew Campbell
	Calum McGillivray	Greg Cuning	Murray Beattie
	Scott Torrance		
U17	Craig Haxton	Calum MacLeod	Joe Clayton
	Connor Henderson	Thomas McDonald	Gary Rankin
	Jack Lochans		Jordan Braidie
Kilmarnock H - Colours: Royal Blue with 2 White Stripes			Team Nos 173,174,175,176,177
U13	Angus Kerr	Terry Mulholland	Rory Morris
	Andrew Jones		Hesham EL Shafei
U15	Luke McGill	Evan Cornforth	Adam EL Shafei
	Roy Shankland		Fergus Morris
U17	Cameron Mackie	Grant Beattie	Murray McDonald
			Joseph Kimmett
Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoop			Team Nos 178,179,180,181
U13	Jack McCabe	Christopher MacDonald	Callum McCormack
	Fraser Connal		Stuart Michie
U15	Callum Heirs	Andrew McCormack	Gavin Alexander
	Kieran Pugh		Greg Crawford
U17	Craig McIntyre	Scott Lawrie	
Lasswade AAC - Colours: White with 2 Blue Bands and Red Band			Team Nos 182,183
U13	Iain Lawson	Jamie Cousin	Ross McEwan
	Kyle Henderson	Gareth Fleming	Callum Selman
U15	Callum Clark	Ross Henderson	Calum A MacKenzie
U17	Ross Matheson	Adam Lyon	
Law & District - Colours: Amber with 2 Red Bands and 1 White Band			Team Nos 184,185,186,187,188

U13	Rory McLaughlan Stephen Murphy Stewart John Stamin	Connor Thomson Lewis King Jay Cowan	Evan Jones Robert McGrath	Christopher Boyle Luke Foss
U15	Jack Warnock Steven Bryce	Calum Lindsay	Ross Hill	Kevin McGhee
U17	Daniel Stuart Graham Jonathan Vela	Cameron McCann Douglas Frame	Daniel Grieve Martin Barrat	Craig Wellcoat Chris Watson (Ind)
Nithsdale AC - Colours: Jade Green/Black/White				Team Nos 189
U13	Angus Johnstone			
U15	Chris Ponton			
U17	Alastair Barnes	David Sloan		
Perth Strathguy - Colours: Orange with Blue Trim				Team Nos 190,191
U13	Michael Gillespie Simon Jardine	Jacob Lewis	Cameron Ritchie	Alastair Woodhead
U15	Alex Jardine	Euan Holmes	Andrew Forsyth	Patrick Gillespie
U17	Michael Jardine	Craig Ritchie		
Pitaveiv AAC - Colours: Navy/Yellow/White				Team Nos 192,193
U13	Aidan Thompson	Jake Beveridge	Rory Fulton	Stewart Soutar
U15	Scott McAlpine	Robbie Cuthbert	Ben Potrykus	Ben Kuzman
U17	Allan Smith	Christopher Rennison		
Ron Hill Cambus - Colours: Red with White Band				Team Nos 194,195,196,197
U13	Louis Britton Euan Davidson Keith McIntyre	Joe Brown Fraser Ebbitt Thomas McShane	Sean Paul Brannan Lewis Liddell Joseph Pryce	Brendan Carey Jack MacGregor David Robertson Ross Stephen
U15	Alex Miller Ryan Thomson	Matthew McKenna	Stuart Roe	Sean Reilly
U17	Jack Hamilton Michael Rankin	Andrew Hunter Andrew Wilson	Michael Miller	Stewart Orr
Shettleston Harriers - Colours: Blue with Gold Band				Team Nos 198,199,227
U13	Ryan Flanagan Darren McKay	Murray McGiven Daniel A Toland	Jock Breckenridge Andrew Divers	Ryan Finneston Euan Penrice
U15	Ahmed Hassan Brian Stuart	Callum Drummond Euan Birch	Archie Breckenridge Calum Divers	Marcus Gault Garry Mason
U17	Andrew Dearn David Taylor	Adam Drummond Patrick O'Donnell	Lee Wilson	Jamie Hendry
Teviotdale Harriers - Colours: White with Maroon Band				Team Nos 228,229
U13	Jason McIntosh	Harry Marshall		
U15	Charlie Marshall	Keith Learmonth	Dylan Mitchell	
U17	Mark McEwan			
V P Glasgow - Colours: Blue and White Hoops				Team Nos 230,231,232,233,234
U13	Liam Turner	Jamie Middleton	Damon Rafferty	Callum Hutchison
U15	Ross Galbraith			Marc Rooney
U17	Max Aitchison Kieron Rafferty Hugh Mackenzie Paul MacFarlane	Lewis Boyle Fraser Barbour Marc Austin	Craig Young Craig Prior	Ethan Sloan-Dennison

SENIOR/JUNIOR WOMEN NATIONAL RELAY CHAMPIONSHIPS

3 x 4,000 metres

Title Holders- Central AC

Race Starts 1.40pm

Aberdeen AAC - Colours: White with 2 red hoops			Team Nos 144,145
Sonia Armitage	Rachel Armitage (J)	Rhona Buchan	Laura Mahady
Veronique Oldham	Jade Halket	Ashleigh Brand (J)	Harriet McRae (J) Carly Hall
Amster Haddies - Colours: Yellow Vest			Team Nos 146
Hazel Bradley	Pamela Cruikshanks	Alice Hall	Tracy Chalmers
Bellahouston II - Colours: Dark Blue with Light Blue Cross			Team Nos 147,148,149
Erica Christie	Yvonne Winchester	Connie Hydes	Bernadette O'Neil
Sharon Taylor	Gemma Beattie	Joanne Sharp	Louise Andrew
Emily Gilcece			
Bellahouston RR - Colours: Purple with White Band			Team Nos 150,151
Jane Widd	Julia Harris	Claire Thompson	Emma Birnie
Jane Simpson	Jacqueline McGuire	Clare Blue	Louise Gray
Deborah Gray	Pauline Wright	Bridget Foulby	Shona Donnelly
Julie Vinter	Madeline Smilie	Rhona Moran	Lynsey Munro
Caldferglen II - Colours: Amber and Black Vertical Stripes			Team Nos 152
Frances Maxwell	Dawn Buchanan	Mary Goldsmith	Claire Brady
Alison Crooks	Sandra Reid	Genevieve Freeman	
Carnegie II - Colours: Orange & Green			Team Nos 153,154,155
Fabienne Thompson	Grace Mackenzie	Mehrmaz Campbell	Lesley Halstead
Linda James	Gillian McCracken	Yvette Wilson	Helena Sim
Isobel Burnett	Mona Fleming	Gail Murdoch	Susan Cederstrom
Julie Humphreys	Angela Wallace	Lynne Bennet	Catherine Wilson
Judith Turner	Lynne Kuz	Valerie MacAulay	Kate McKinnon
Fiona Rennie	Pauline Walker	Susan Walker	Alison Whyte
Central AC - Colours: Yellow and Blue			Team Nos 156,157,158,159,160,161
Morag MacLarty	Emma Raven	Claire Houston	Hazel Dean
Ainsley Normand	Fiona Thompson	Fiona Kelsall	Jane Waterhouse
Jennifer Emsley	Isla Campbell	Alayne Finlay	Katie Whitehouse
Claire Brisbane	Elinor Coombs	Polly Harrison	Mary Kerr
Dawn Kerr (J)	Catriona Buchanan (J)	Kayleigh McGurk (J)	Linda Sneddon
Morag Adam	Tracey McNally	Jenny Fleming	
Clydesdale Harriers - Colours: White with Black "C"			Team Nos 162
Marina McCallum	Pamela McCrossan	Kathryn Scott	Ann Murray
Yvonne Green			
Corstorphine AAC - Colours: White with Black Trim			Team Nos 163,164
Megan Smith	Susan Johnston	Jo Kirby	Jillian Hogg
Kerry Porter	Helana Nolan		
Dundee Hawkhill - Colours: Blue and White Quarters			Team Nos 165
Lily Partridge (J)	Laura Brown	Laura Park (J)	
East Kilbride AAC - Colours: Gold with 2 Black hoops			Team Nos 166
Beth Duff (J)	Joanne McEvoy	Elaine Calder	Kelly Baillie
Deborah Stokoe (J)			
Edinburgh AC - Colours: White with one Blue, one Black Hoop			Team Nos 167,168,169,170
Lucy Colquhoun	Elaine Davies	Niamh Devlin	Karen Dobbie
Katja Eravisto	Catherine Ferry	Vicky Frew	Laura Goodson (J)
Sarah Hood	Lianne Logan	Victoria Lomax	Debra Murray
Sharyn Ramage	Susan Ridley	Lauren Stoddart (J)	Joanne Thom
Kim Threadgall	Marietta Beal		
Edinburgh Uni - Colours: Green with White side Panel			Team Nos 171,172,173,174,175
Rebecca Hannah (J)	Briony Curtis	Hannah Edwards	Catharine Horn
Yvonne Catherine Hastie (J)	Stephanie Davis (J)	Emma Baxter (J)	Catriona McCleery
Katie Pollock (J)	Sarah Louise Johnson	Hannah Cornish	Kirsten Hogg

Frances Cummins	Greta Jacobson	Pamela Morris (J)	Natalie Griffiths	Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops	Anmarie McCaffrey	Team Nos 242,243,244
Falkirk Victoria H - Colours: Black with Gold Band			Team Nos 176	Ada Stewart	Mary Hendry	Pamela Parker
Lorna Dewar	Elaine Thomson	Janette Stevenson		Shirley MacNab	Allison Law	Hannah Terrance (J)
				Vivien Fraser	Linda Dewar	
Ferranti AAC - Colours: Yellow with Black letters			Team Nos 177,178	Lasswade AAC - Colours: White with 2 Blue Bands and Red Band		Team Nos 245
Alison Arnold	Julia Drewer	Claire Gilchrist	Elizabeth Gilchrist	Wilma Kerr	Lorna Rice	Jill Bonthron (J)
Siobhan Sellar	Susana Gonzalez-Sanchez			Nicola Bird	Ann Edgar	
Fife AC - Colours: White with Red Band		Team Nos 179,180,181,182,183		Lothian RC - Colours: Blue with Black letters		Team Nos 246,247,248
Sandra Aitken	Fiona Bracegirdle (J)	Innes Bracegirdle	Lorraine Brown	Saran Jones	Edel Mooney	Lynne Murray
Louise Burt	Sarah Cullen	Hester Dix	Carriona Duncan	Mhairi Inglis (J)		Louise Crilly
Rhona Graham	Maura Grainger	Ailsa Hall	Angela Howe	Yvonne Crilly	Sue McDowall	Helen Murray
Margaret Ingledew	Jennifer Kibble (J)	Liz Killean	Anita Laidlaw	Jill Hoarburgh	Marie Storrie	
Sarah Legge	Phyllis Lemoncello	Fiona Lothian	Alison McAdam-Smith			
Amie McKimmie	Sarah McHugh	Margaret McLaren	Sophie Mullins			
Morgan Murphy	Johanna Paananen	Irene Pennycook	Louise Provan	Motherwell AC - Colours: Red with White edging		Team Nos 249,250
Hilary Ritchie	Sandra Robertson	Jocelyn Scott	Helen Sharpe	Phyllis Hands	Elaine Jamieson	Joanne Clark
Lorna Sibbett	Catharine Sinclair	Lynne Stephen	Susan Thomson	Jill E Strachan	Laura McTavish	
Sandra Tulloch	Fiona Walker	Morgan Windram-Geddes				
				Portobello RC - Colours: White with Navy and Blue Bands		Team Nos 251
Gala Harriers - Colours: White with Green Band			Team Nos 184,185	Rachel Berry	Lynn Morrice	
Katy Anderson	Dianne Lauder	Rachel Fagan	Gillian Duncan			Team Nos 252,253
Angela Foss	Dawn Grant	Eileen Nicol	Fiona Shepherd	Shettleston Harriers - Colours: Blue with Gold Band		Lindsay MacNeill
Karen Renton				Chichi Gully	Amieset Tewelde	
				Fiona Maxwell	Susan Breckenridge	
Garscube H - Colours: White with Blue Band		Team Nos 186,187,188,189,190,191		Springburn Harriers - Colours: Navy Blue with White Diamond		Team Nos 254,255,256
Alison Winship	Kirsty Husband	Heather McIntosh	Jill O'Neil	Danielle Brown (J)	Lorraine Gray	Caroline Brownlie
Carole Gilmour	Marion Kelly	Laura Devine	Meira Young	Clare Gemmell	Michelle Sandison	Kirsten Ferguson
Maureen O'Hara	Patricia Roxburgh	Karen McLivene	Emma Ralston	Pamela Michie	Carriona McNeill	Catherine Connolly
Anna MacGregor	Karen-Anne McLennan	Megan Craft	Lesley Chapman			
Ailsa Currie	Rachel Stevenson	Debbie Martin-Consani	Irene Veza	St Andrews Uni - Colours: White with 2 Blue Bands		Team Nos 257,258
Natasha Malrine	Charlotte Wilson			Rose Calvo	Rachael Smith (J)	Hannah Mitchell
				Emma Haigh	Julia Djurfeldt (J)	
Giffnock North - Colours: Amber with Royal Blue Hoop			Team Nos 192,193			
Yvonne Hamilton	Jill Smylie	Maureen McVey	Mary McCutcheon	Stirling Univ AC - Colours: Green and Yellow		Team Nos 259
Joanne Leslie	Anne Lee			Ann-Marie Parry	Megan Stirling	Robyn McDowall
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops			Team Nos 194,195	Teviotdale Harriers - Colours: White with Maroon Band		Team Nos 260
Yvonne Prager	Dorothy McCormick	Theresa Wall	Theresa Wall	Donna Inglis	Sylvia Grieve	
Irene McDade	Silke Loehndorf	Susan Clark	Kaie Pollock (J)	V P Glasgow - Colours: Blue and White Hoops		Team Nos 261,262,263
Emma Baxter (J)				Susan Finch	Kirsty Baird	Josephine Moultrie (J)
				Jacqueline Thomson	Rebecca Finch (J)	Rhian Dawes (J)
				Sandra Brancey	Elizabeth Potter (J)	Abbey McGhee (J)
				Joanne Finch		
Helensburgh AAC - Colours: Yellow with Red Band			Team Nos 196	Wee County H - Colours: Navy and Orange		Team Nos 264
Sarah Walker	Jennifer Fitzgerald	Tina Munro	Julia Henderson	Beryl Junnier	Caroline Strain	Jessica Neal
Hunters Bog T - Colours: Brown			Team Nos 197,198,199	Westerlands CCC - Colours: Yellow with Black "W" on Back		Team Nos 265,266
Jessica Batterham	Carrie Craig	Aileen Fletcher	Claire Gordon	Muffy Calder	Ellen Homewood	Pauline McAdam
Miranda Grant	Jane Hart	Kate Jenkins	Alison Johnston	Patricia McLaughlin	Carriona Miller	Elsie Riley
Alexandra Kilgour	Isobel Knox	Deborah MacDonald	Morag McCracken	Elsbeth Scott		
Shona McIntosh	Eilís McKechnie	Alison C McNeillage	Phyllis Mitchell			
Megan Mowbray	Fionn Nairn	Janice Smith	Rosie Smith			
Margaret Spalding	Claire Ward	Eilidh Wardlaw	Sula Young			
Rose Nicholson						
Inverclyde AC - Colours: Black & White Stripes			Team Nos 235,236			
Rachael Bushfield (J)	Rhona Bushfield	Nicole Darroch (J)	Deborah Moore (J)			
Emma Rice (J)	Susanna Speace					
Kilbarchan AAC - Colours: Gold with Black Hoop			Team Nos 237,238,239,240			
Natalie Sharp (J)	Jessica Martin (J)	Christina Rankin (J)	Elsbeth Curran			
Deborah Henderson (J)	Michelle Bell (J)	Hannah Waugh	Leanne Hamilton			
Anneka Galbraith	Fiona McIntyre	Dennise Smith	Kerry Lang			
Louise Manson (J)	Lesley McKerral	Wanda Phillips	Karen Yule			
Eileen Masson	Kate O'Brien	Carol Murray	Annette Fitzpatrick			
Kilmarnock H - Colours: Royal Blue with 2 White Stripes			Team Nos 241			
Kara Tait	Paola Wilson	Lindsay McMahon	Colleen Tait (J)			
Lauren Campbell (J)	Laura Cairns	Gillian Mullen	Elizabeth McDermont			
Marion Burns	Lorna Sloan					

SENIOR/JUNIOR MEN NATIONAL RELAY CHAMPIONSHIPS

4x 4,000 metres
Title Holders- Central AC
Race Starts 2.40pm

Aberdeen AAC - Colours: White with 2 red hoops

Benjamin Hukins
Darren Shinnie
Myles Edwards
Keith Charlton
Ian Maurice

Mark Haskett
Cameron Strachan (J)
Peter Mutch
Neil Manson

Ross Fulton (J)
Rory Leslie (J)
Tai Jericevich (J)
David Duguid

Team Nos 1,2,3

James Joy (J)
Robert Thornhill
Frank Boyne
David Blane

Ayr Seaforth - Colours: White with Red Diagonal Cross

Peter Laing
Tom McCulloch
Ryan Muir (J)

Jonathan Dunn (J)
Brian Dunn
Alex Oliver (J)

Shaun Phillips
David Rae
Greg Templeton (J)

Team Nos 4,5

Laurence Baker
Calum Webster
Andrew McElwee

Bellahouston H - Colours: Dark Blue with Light Blue Cross

Campbell Joss
Alan Myers
Brian Douglas

Anthony Quinn
Michael Freshour
Stewart Collins

Andrew Campbell
John McFadyen
Jeremy Garnett

Team Nos 6,7,8

Mark Paterson
John Hagemister
Graeme Gemmel

Bellahouston RR - Colours: Purple with White Band

Kenny Richmond
Liam Conway
Russell Whittington
David Weatherhead
Brendan Moriarty
Joe Sheridan
Peter Goodwin
John Sandbach

Craig Ross
Brian O'Donnell
Alasdair McLeod
Stuart McMillan
Robert McEwan
Norman Boyle
Richard Layton
Andrew Rooney

Andrew Birnie
Ewan McDonald
Raymond Farrell
Stuart McMillan
Gerard Scullion
Christopher Doak
Stuart Mathieson

Team Nos 9,10,11,12,13

Douglas MacGregor
Neil Farnell
Matthew Williamson
Mike Devlin
Marcos Sanz Gomez
Grant Edmondson
John Milligan

Calderglen H - Colours: Amber and Black Vertical Stripes

Russell Couper
Charles Steven
Jim Holmes
Graham Allan
Ian Hughes
Graham Lindsay
Gerard Mullen

Alan Derrick
David Herbertson
Alan Cullie
Colin Banks
Don Kennedy
John McBride
Stephen Reilly (J)

Edward Reid
George Stewart
Martin Duthie
David Dickson
Richard Lawton
Ian McKenzie
Benny Rooney

Team Nos 14,15,16,17

David Wardrope
Duncan Coombs
Andrew Henderson
James Carrigan
Ben Ferguson (J)
Stuart Waugh
Jamie McMonagle
Colin Freeman

Carnegie H - Colours: Orange & Green

Ian Robert Johnston
Andrew Wright
Robert Milton
Scott Bradley
Richard Cunningham
Andrew James
Peter Morrison
Simon Plummer
Nicholas Weir

Ian Stewart
Mike Harvey
Stephen Greer
Derek Cassells
John Fulham
Calum McGaw (J)
Frazer Munro
Andrew Symonds
Kevin Mathie (J)

Lewis Lawson
Steven King
Allan Fotheringham
Roger Clark
Dennis Howett
Robbie McKenzie
Steven Ogg
Iain Taylor
Niall Wilson

Team Nos 18,19,20,21

John Lambie
Phil Smithard
Thomas Lawrence
Alan Cockburn
Peter Humphreys
Kieran Morgan
Colin Reid
Campbell Hutt

Central AC - Colours: Yellow and Blue

Gordon Adam
Andrew Butchart (J)
James Drummond
William Gault
Graham Harvey
Will Hensman
Hugh Kerr
Murray MacLarty
Scott McDonald (J)
Gavin Noble
Robert Steel
Philip Williams

Alasdair Anthony
Cameron Campbell
David Eckersley
Stewart Gracie
Alastair Hay
Ross Houston
Steve Laing
Sandy MacLarty (J)
Miguel Merayo
Fraser Purves
Philip Sweeney
Robert Wiseman

Team Nos 22,23,24,25,26,27,28

David Armour
Richard Coombs
David Eiser
Roger Greenaway
Philip Hendry
Alan Hume
David Lindsay
Liam McCabe
Lewis Millar
Sean Reilly (J)
Andy Turnbull
Michael Wright

Hugh Buchanan
Kyle Cowie
Alan Gall
Allister Hargreaves
Alexander Hendry (J)
Robert Hutchison
Adrian Loudon
Ian McDonald
Alex Milne
Robert Russell
Stuart Watson

Clydesdale Harriers - Colours: White with Black "C"

Paul Carroll
Gerard Montgomery

Pete Cartwright
Iain Robertson

Robert Young
Michael Diver

Team Nos 29,30,31

Prasad Prasad
Brian J Campbell

Corstorphine AAC - Colours: White with Black Trim

Scott Pilkington
Bryan Clark
David Simpson
Mickey Breen
Steven Blair
Nigel Lamb
Martin Hulme
Timothy Norwood

Ryan Savage (J)
Calum McKenzie
Keith Hood
Ewan Stark
Fraser Scott (J)
David Colman
Graeme Fletcher
Michael Anderson
Scott Williamson

Dundee Hawkhill - Colours: Blue and White Quarters

Matthew Strachan
Charles Haskett
Stephen Borland
Alistair Macdonald

Neil Gunstone
Stuart Kerr
Antony Robinson
Garth Lamb (J)

East Kilbride AAC - Colours: Gold with 2 Black Hoops

Jamie Clements (J)
John Fergusson (J)
Michael Browne
David Gorman (J)

Gordon Colvin
Stephen Matthews
Edgar Ramage
Grant Baillie

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

S Adamson
James Britton
Neil Farnell
Martin Ferguson
Brian Howie
Scott Logan
Nigel Munro
Garry Robertson
Adam Ward

Roger Alsop
J Benavent
Andrew Crichton (J)
Malcolm Fraser
S Johnston
Juan Mareque
Ryan O'Hare
Tom Ryan (J)
Iain Whitaker

Edinburgh Uni - Colours: Green with White side Panel

Max Ralston (J)
Duncan Coombs

Scott Fraser
Joseph Littlechild

Falkirk Victoria H - Colours: Black with Gold Band

Stuart Douglas
David Bunyan
John Martin
Michael McQuaid
Jamie Stevenson (J)
Craig Johnston

Colin D Thomson
Barry Paterson
Anthony Devlin
Stephen Moore
Gary Smith
David Murray

Ferranti AAC - Colours: Yellow with Black letters

Edward McDonald
Keith Nicol
Kenny Moore

Walter Fairnie
Robert Miller

Fife AC - Colours: White with Red Band

Bryce Aitken
Daryl Beggs
Colin Brown
Stewart Davidson
Mark Harris
Graham Kirby
Tony Martin
Andrew Milne
Steven Pennycook
Alastair Robertson
D Melville Scobie
John Thomson
Mark de Vries

Andrew Barker
Graham Bennison
Mark S Buchan (J)
Adrian Davis
Jacob Howe
Martin Laing
Frank McLaren
Michael Mitchell
Gary Pirie
Douglas Robertson
Tom Scott
Jez Tomlinson

Gala Harriers - Colours: White with Green Band

Iain Bell
Malcolm Gowans
Alistair Laurie
Graeme Murdoch

Derrick Brydon
David Hunter
Gregor McAneny
Graham Pogson

Garscube H - Colours: White with Blue Band

Benjamin Melby
Stephen Mulrine
Athole Smith

Joe McKnight
Euan Mackay
John Murray

**Ryan Nelson (J)
Team Nos 32,33,34,35,36,37,38**

Christopher O'Brien
Grant Wilkie
Kris Berry
Ian Johnston
Christopher Peggie
Shaun Cavens
Bruce Malcolm
Kenneth Stewart

Stephen Mason
Matthew White (J)
Graeme Oadney
Chris Foley

David J. Condra
Tom Yuill JNR
Kevin Downie
Niall Walker (J)

Team Nos 44,45,46,47,48,49,50

Dermot Baillie
Neil Calder
N Dickson
Kevin Graham
Andrew Laycock
Fraser Mann (J)
Adam Priestley
Eric Stevenson
Steven Wales

Ben Cole
Jonathan Pawson

Mark Dunnachie
Brian Casey
Alexander Davidson
Andrew Ronald
Alexander Bryce
David Hart

Derek Burgess
Iain Shaw

Gary Barker
Ken Berry
Myles Bax
Bill Fairman
Martin Hutson
Matthew MacPherson
Alan McLeod
Terry Mitchell
Frank Popham
Craig Ross
David Shepherd
Andrew Wright

Martin Clarke
Euan Jardine
Robert McCrerrick
Alistair Wright

Marco Conani
Euan Geddes
James Taylor

James Austin

Steven O'Brien
Dermot Cummins
Douglas Selman
David Henderson
Nicholas Brown
Jan-Bert Van Den Berg
Ronald Nolan
Iain Cumming

Team Nos 39,40

John Hepburn
Craig Love
Colin McCourt

Ged Keane
Brian Cook

Team Nos 41,42,43

Graeme Haddow
Andrew Little
Kenny McNamee
Derek Leitch

Graham Beal
Owain Bristol
Keith Dunlop
Alistair Hennessey
Seamus Keely
James Mitra
C Reid
W Smith
Jonathan Wolf (J)

Team Nos 53,54,55,56,57

John Denholm
Alastair McCallum
Andrew Gibson
John Stevenson
Alexander Watson

**Team Nos 58
Trevor Ridley
John Gavin**

Team Nos 59,60,61,62,63,64

Graham Bee
Andrew Brierley
James R. Close
David Francis
John Kay
John Keenlyside
Neil Martin
Kenneth McLeod
John Murdoch
David Pugh
Christopher Russell
David Smyth
Neil Young

**Team Nos 65,66
Alan Goodson
Fergus Johnston
William McCulloch**

**Team Nos 67,68,69,70
Alan Blair
David W Dickson
Jim McAneny**

Andrew Griffiths Dermot Williamson
Kenneth Macarena Stephen Cullen

Giffnock North - Colours: Amber with Royal Blue Hoop

David Phee George Taylor
Gerard McNamee Roger McEneaney
Marc Roper Greg Turner (J)

Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops

Thomas Knight Duncan MacNeill
Patrick Duffy Daniel McLaughlin
Elyin Rankin Michael McLoone Sr
Robert Adams Michael Foltan
David Henderson Michael McLoone Jr

Harmeny AC - Colours: Red with Green Diagonal

Robert Turner Gavin Orr
Paul Thompson Kenneth Tindall
William Murphy

Helensburgh AAC - Colours: Yellow with Red Band

Kenneth White Iain Walker

Hunters Bog T - Colours: Brown

Duncan Baker Tom Barr
Steven Cairns Ian Campbell
Allan Gordon Alistair Hart
Paul Manson Ian Marshall
Alisdair Millan Philip Mowbray
Ivor Normand Christopher Oliver
Murray Strain Joe Symonds
William Townsend Richard Wall
David Wright Andy Sims

Inverclyde AC - Colours: Black & White Stripes

Mark Pollard Gerard Gaffney
Thomas Jamieson Kevin Kane
David McElhinney Neil McLaughlin
Craig Ruddy Robert Shaw
Tom Tracey Andrew Campbell (J)
Jude Boulton Graeme Hyatt
Edward Watt Stuart Hodge

Irvine AC - Colours: Red with Black Trim

Jamie Findlay Patrick Cullinane
Colin Miller Ian Berryman
Steven Connell David Millar
James Sneedon Alastair MacFarlane
Kilbarchan AAC - Colours: Gold with Black Hoop
Paul Leck (J) Scott Hawkins (J)
David Mackintosh Jorge Chacon-Clark
Chris Devenney Ross Toole
Callum Hawkins (J) Andrew McAlpine (J)
Nicholas Emsley (J) Andrew Clagston
Robert Snodgrass Donald Kennedy
Thomas Hearle James Snodgrass
Ian MacDougall Steven Hards
John Kynaston Brian Graham
David Mewse James McMillan

Kilmarnock H - Colours: Royal Blue with 2 White Stripes

Scott Martin Leslie McDerment
Connell Drummond George Irving
Graham Cairns Harald Bartl
Ross Connolly (J) Ian McAughtrie
Alan Brydon Iain Connell
Richard Skillen

Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops

Stuart Kerr William Heirs
Stephen Allan Kevin Cornes (J)
Howard Elliott David Hogg
Adam Peters (J) Jim McLoone

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

Scott Anderson (J) Andrew Matheson
Ben Mitchell Zack Bookella
Zander Lyon (J) Ross Finlayson
John Murray

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

Gary Grievie Mark Hand Bobby Hill (J)

Tony Hall
Mike O'Hara

Derek Breen
David Logan
Jamie MacGregor (J)

Hoops

Robert Wilson
Kenneth Scott
Thomas Loehndorf
Alan O'Rourke

Paul Houston
Iain Morrisie

Gordon Howat

Stewart Barrie
Daniel Fairlie
James Jarvis
Craig A McBurney
Rupert Nash
Jon Rathjen
Jamie Thin
Ray Ward

Sean Gaffney

Christopher MacKay
Gavin Morrison
John Smillie
John Cooke (J)
George Hegarty
Campbell Cromar

Alex Allardyce
Mark Livingstone
Brian Craig
Tony McKnight

Team Nos 91,92,93,94,95,96,97

Derek Hawkins (J)
Nicholas Moore
Calum Morrison
Blair Crawford (J)
Neal Gibson
Gordon Gallacher
Robert Quinn
Richard Beall
Robert Allison
Donald Petrie

David Mitchell
Eddie Tonner
Kenneth Wales
John Cairns
Ronald Dalziel

Gary Mitchell
Christopher Craig
Louis O'Hare

Ross Finlayson
John Murray

Bobby Hill (J)

David Geddes
Malcolm Booth

Team Nos 71,72,73

David McNab
David Logan
David McNab
Robert Mitchell
Brian McLinden
Stephen McLoose
Andrew McCall
Robert Wilson

Team Nos 78
Alan Kerr
Jonathan Carpenter

Team Nos 79

Team Nos 80,81,82,83

Daniel Beckett
David Fulton Daniel Gay
Huw Jones Will Mair
Peter McClelland
Donald Naylor
Mark Roberts
James Thynne
James Williamson

Team Nos 84,85,86,87,88

Robert Gray
Damien Mallet
Kenny O'Neill
Cameron Spence
Stephen Cooke (J)
Kenneth Morrison

Team Nos 89,90

William Breckenridge
Andrew Rennie
James White
Thomas Begley

Conor McNulty
Fraser Williams
Michael Finlay Paul Arcari
Stephen Fleming (J)
John McMillan
Chris McLennon
James Ogilvie
Robert Connell
Alistair MacAngus

Team Nos 98,99,100

Alasdair Murray
Steven Currie
James Wales (J)
John McClarty
Brian Darroch

Team Nos 101,102,103

Robert Rogerson
Adrian Dow
David McCormack

Team Nos 104

Daniel Mulhारे
Richard Connor

Team Nos 105

James MacDonald

Jamie McMorrow Ross MacDonald (J)

Lothian RC - Colours: Blue with Black letters

Kenton Jones Graeme Ackland
Mark Kassyk David Eades
Christopher Rumbles (J) Ian Hall
Philip Coupar Robin Galloway
Darren Unwin Craig McDowall (J)
Darren Thomson

Motherwell AC - Colours: Red with White edging

William Martin
Benjamin Hands Michael Wedlock
Andrew McCall Stuart Riley
Luke McIlvenna (J) Richard Martin (J)

Pitreavie AAC - Colours: Navy/Yellow/White

Barry Davie Jeff Farquhar
Sean McQueen Neil MacLachlan
Andrew Le Good Paul McCloskey

Ron Hill Cambus - Colours: Red with White Band

Ross Arbuckle Ross Bark
Alistair Campbell Brian Campbell
Alexander Eaglesham David Fairweather
Robert Gilroy Bernard Gough
Archie Jenkins Joseph Kealey
John McPake Thomas McPake
Gerry Reid Iain Reid
David Rodgers Andrew Steven
Martin Williams Chris Wilson
Scott Hunter

Shettleston Harriers - Colours: Blue with Gold Band

Allan Adams William Coyle
Martin Graham Stuart Greenway
Ian Johnston Matthew Gillespie (J)
Iain MacFarlane John MacKay
Ruairidh Munro (J) Thomas Owens
Thomas Pay Matthew Sullivan
Gordon Phillips Karl Povey
Robert Soutar Matthew Turner
Sean Watson (J) Denis Williams
William Breckenridge James Burns
Oleg Chepelin Gary McBride (J)
Henry Blake Andrew Duffy (J)

Springburn Harriers - Colours: Navy Blue with White Diamond

John Bell Jonathan Graham (J)
Kevin Owens Emilio Cosimo
Damian McAuley Alexander Chalmers
John Owens

St Andrews Uni - Colours: White with 2 Blue Bands

Tom Cunningham Chris Martin
Cameron Rochette Chris Allen (J)
Jonathan Neville (J) Brook Kohn (J)
Gavin Willow (J) Neil Graham

Stirling Univ AC - Colours: Green and Yellow

David Reynolds Andrew MacKenzie
Strathclyde Uni - Colours: Maroon with Blue and Gold hoops
Daren Steel Lewis Donaldson (J)

Teviotdale Harriers - Colours: White with Maroon Band

Raymond Jaffray Craig Grieve
Wayne McIntosh Colin Welsh
Norman Taylor

V P Glasgow - Colours: Blue and White Hoops

Gerard Craig Sean Fontana (J)
Mark Ashby Kenneth Brown
Allan Ramsay (J) Duncan Thomson
Martin Hayes Kenneth McVey

Westlands CCC - Colours: Yellow with Black "W" on Back

Brian Bonnyman Brian Brennan
Donald Evans (J) Gibson Fleming
Murdo MacLeod Owen O'Neill
Jacques Penderis Daniel Reid
Hamilton Semple Ian Struthers

Alan Robb (J)

Brian Turner
Robert Inglis (J)
Joseph Robertson (J)
Alex Agnew
Jim Salvage

Jim Tracey
Derek Wylie
James Smith (J)
Alex Barr

Alasdair Donaldson
Colin Beveridge

Team Nos 116,117,118,119,120,121

Frank Barton
Andrew Coulter (J)
Colin Feechan
Greg Hastie
John MacNamara
Ian Munro
Alan Ramage
Charles Thomson
Kerry Liam Wilson

Team Nos 122,123,124,125,126

Desmond Crowe
Amanuel Hagos
Jethro Lennox
Clyde Marwick
Matthew Sullivan
Tewoldeberhan Mengisteah
Marcus Scotney
Tsagai Tewelde (J)
Tsegezag Woldeichael
Greg Pawelczyk
Lachlan Oates (J)

Jim Cooper
Andrew Callan
Robert Young

David Farnell
Russell Hall
Andrew Steele (J)
Jon Ramsay (J)

Jed Bartlett

Neil McDonald (J)

Alan Inglis
Gareth Mayze

Derek Gibb
Allan Hamilton
Iain Townsend (J)
Charles Murray

Stuart Burns
Steffen Gorgas
Graeme Orr
David Riach
Chris Upson

Stephen Allen

Team Nos 106,107,108,109

Scott Nelson
Alastair Robertson (J)
Alan McIntosh
Neal Drummond
John Ewing
Team Nos 110,111,112,113
John Hughes
Alan Tait/Roderick Quinn
Stephen Riley (J)

Team Nos 114,115
Craig Robertson
Graeme Crane

John Brown
Colin Donnelly
Stuart Gibson
Francis Hurley
Alan Macpherson
Michael O'Hagan James Orr
Gordon Robertson
Gary Wallace
Stephen Wylie

John Duffy
Peter Carton
Andy Little
Kenneth McCoy
Michael Deason
Malcolm Patterson
Paul Sorrie
Girmay Tsagai
Marc McCall Adam Lee
Casey Morgan John Oates
William Maxwell

Team Nos 127,128,129

Alan Cairns
Joseph Chambers
Alan Hill Frank Thom

Team Nos 130,131,132

Myles Bax
James Dempsey
Juraj Sabul (J)
Matthew Klise (J)

Team Nos 133

Alan Smith

Team Nos 134

Martin Coleman

Team Nos 135,136

Iain Williams
Alan Colman

Team Nos 137,138,139,140

Chris Sheridan
Kenneth Mitchell Tom Ord
Derek Watson Sr.
Stuart Ross (J)

Team Nos 141,142,143

David Calder
Manuel Gorman
Johnston Orr
David Rogers