

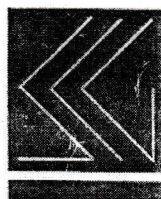
scottishathletics



scottishathletics
SENIOR 4k CROSS COUNTRY
CHAMPIONSHIPS
and
GLASGOW SCHOOLS CROSS COUNTRY
RACES

BELLAHOUSTON PARK, GLASGOW

Sunday 26th January 2003



**SPORTS
COUNCIL
FOR
GLASGOW**
SUPPORTING LOCAL SPORT

MESSAGES OF WELCOME

It gives me great pleasure to welcome you all to Bellahouston Park for **scottishathletics** 4K Cross Country Championships and the Glasgow Schools Cross Country Races. I would like to express my thanks to Glasgow City Council and the Sports Council for Glasgow for their generous sponsorship of the event. It would be extremely difficult to try to organise the Championships without the help given by such sponsors.

Also on behalf of the athletes and all present today, our sincere thanks to those individuals and Clubs who work so hard to make these events take place.

Without the presence of officials today's races would not occur, their continuing involvement is greatly appreciated.

Joan M. Watt
President
Scottish Athletics

I am pleased to welcome all the competitors and friends to the Scottish Athletics 4K Championships and Glasgow Schools Cross Country Races here at Bellahouston Park today.

I am delighted that Glasgow City Council is again supporting our sport. I would like to thank all the officials and organisers for the help they give in arranging and running the meeting.

I wish all the competitors "Good Luck" and hope you all have a good day of cross country running.

Marjory Cook
Convenor
Road Race and Cross Country Commission

Glasgow City Council

MESSAGE OF WELCOME

Welcome to the Scottish Athletics 4K Cross Country Championships 2003.

This is the fourth year in succession the event has been held in Glasgow and the second year we have hosted the Event at Bellahouston Park, one of Glasgow's Parks with a long association with Cross Country Running.

With the addition of the Glasgow School's Development Races to the Championships, the Event exemplifies why Glasgow is designated the European Capital of Sport 2003. Through working in partnership Scottish Athletics and Glasgow City Council are able to promote Cross Country running as a participation event to athletes of all ages.

To all athletes who are racing, I realise today will be the culmination of an intensive regime for you and your coaches and I wish you well. To all the Officials who have helped organize the event, I would thank you, on behalf of the Athletes, for your time and dedication towards the Event.

Alex Mosson
Lord Provost of Glasgow



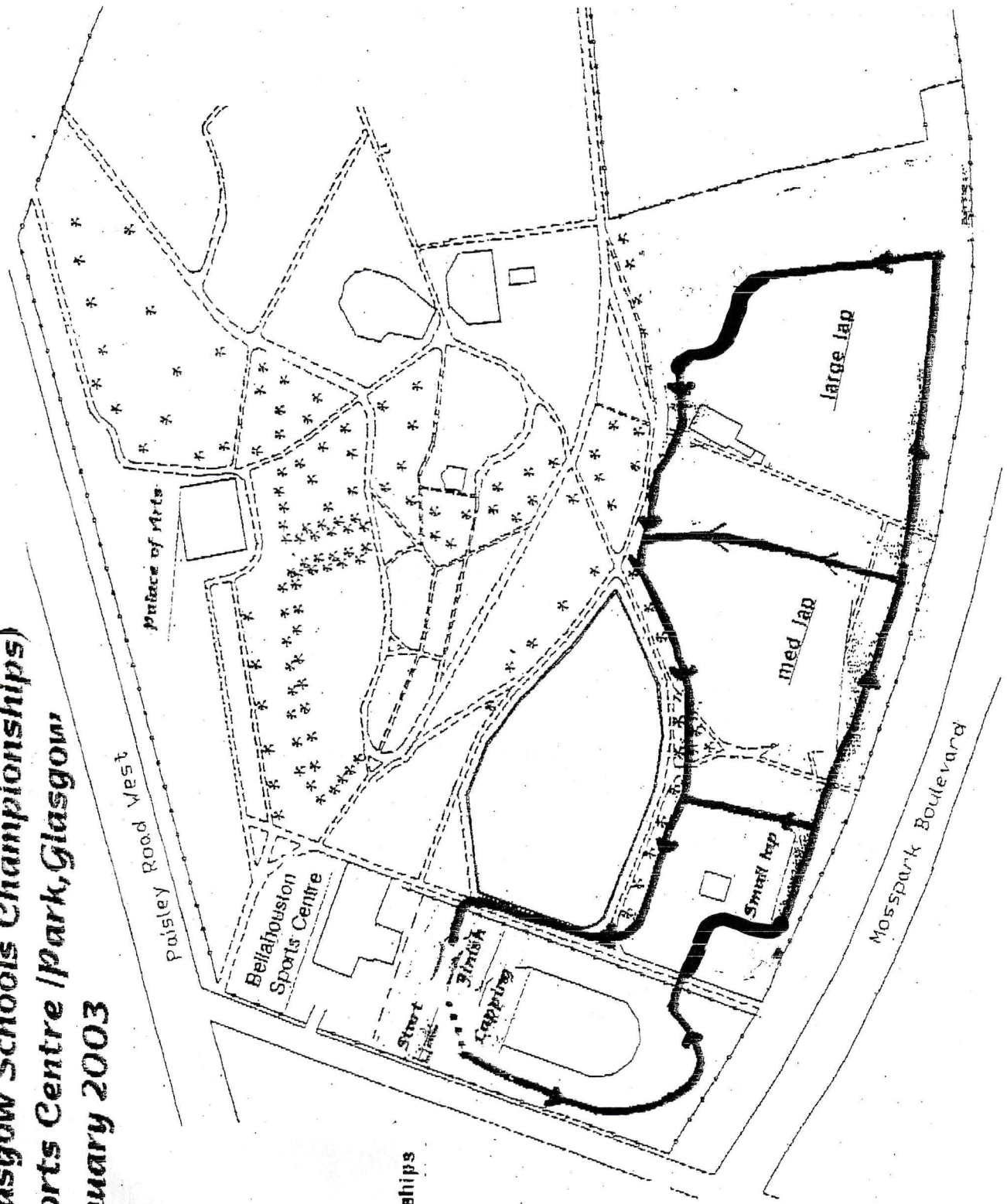
Scottish Athletics 4k CC CHAMPIONSHIPS **(supported by Glasgow Schools Championships)** **Bellahouston Sports Centre 1 Park, Glasgow** **Sunday 26th January 2003**

Course Map Information

P6/7 Girls: Start 12.00
 1 small lap to finish = 1000m
 P6/7 Boys: Start 12.15
 1 small lap to finish = 1000m
 S1/2: Girls Start 12.30
 1 med. lap to finish = 1600m
 S1/2 Boys: Start 12.45
 1 med lap to finish = 1600m
 Scottish Athletics 4k Champ/ships
 Senior/Jun Men: Start 1.00
 2 large laps to finish = 4000m
 Sen/Jun Women: Start 1.30
 2 large laps to finish = 4000m

Travel Information

Exit the M 77 at
 Dumbreck Road (B768)
 proceed north to
 * Mosspark Boulevard
 and Bellahouston Sports Centre
 * Off road parking



scottishathletics



**scottishathletics SENIOR 4k CHAMPIONSHIPS
& GLASGOW SCHOOLS RACES**

BELLAHOUSTON PARK, GLASGOW

SUNDAY 26th JANUARY 2003

PROGRAMME OF RACES

RACE	RACE STARTS	DISTANCE
Glasgow Schools – Primary 6 & 7 Girls	12.00	1000 metres
Glasgow Schools – Primary 6 & 7 Boys	12.15	1000 metres
Glasgow Schools – Secondary 1 & 2 Girls	12.30	1600 metres
Glasgow Schools – Secondary 1 & 2 Boys	12.45	1600 metres
scottishathletics Senior Men 4k Champs & World Trial & Junior Men Open Race	1.00	4000 metres
scottishathletics Senior Women 4k Champs & World Trial & Junior Women Open Race	1.30	4000 metres

**Please Note that for the scottishathletics 4k Championships Team Events there will be
4 to score in the Mens Race and 3 to score in the Womens Race**

Please Note:- Declarations close 30 minutes prior to each event.

**Results will appear on the following websites – www.99condie.freemove.co.uk and
www.scottishathletics.org.uk**



**scottishathletics SENIOR 4K CROSS COUNTRY CHAMPIONSHIPS &
GLASGOW SCHOOLS RACES**

BELLAHOUSTON PARK, GLASGOW

SUNDAY 26 JANUARY 2003

RACE OFFICIALS

Referee	RL McSwein
Officials Control	A Jackson
Clerk of Course	R Reid
Judges / Funnel Control	W Laing, W MacDougall, G Spence
Timekeepers	D McLaren (Chief), S MacDougall, B Beattie
Recorders (Places)	I Hislop, B Hislop
Recorders (Times)	I Baird, A Jackson
Starter	To be advised
Marksman	W Laing
Declarations	A Potts
Results	A Potts, G Condie
Runners/Programmes	Members of City of Glasgow AC
Announcers & Communications	R Gray
Press	C Broadbent, B Goodwin
Course Planners/Stewards	B Reid, K Martin, W Simpson, M Ferguson, N Taylor
Presentations	E Young, B Goodwin
Jury of Appeal	B Goodwin, M Cook
Physiotherapists	L Linton, S Semple
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence
Reception	M Cook, B Goodwin, A Potts
National Events Manager	K Weiniger

scottishathletics 4K Championships - Men

26 January 2003 - 1.00pm

No	Name	Club	
1	Iain Donnan	Aberdeen AAC	U20
2	Alan Wales	Aberdeen AAC	U20
3	Adam Watt	Aberdeen AAC	U20
4	John Murphy	Annan & District AC	
5	Kevin Nash	Belgrave Harriers	
6	Chris Watson	Belgrave Harriers	U20
7	Derek Watson	Belgrave Harriers	U20
8	Raza Ahmed	Blackburn Harriers	
9	Graham Allan	Calderglen Harriers	
10	Malcolm Buchanan	Calderglen Harriers	
11	Russell Couper	Calderglen Harriers	
12	Alan Cullie	Calderglen Harriers	
13	Alan Derrick	Calderglen Harriers	
14	Stuart Gibson	Calderglen Harriers	U20
15	Andrew Henderson	Calderglen Harriers	
16	Jim Holmes	Calderglen Harriers	
17	Ian Hughes	Calderglen Harriers	
18	Stephen Marzella	Calderglen Harriers	
19	Blair Matthew	Calderglen Harriers	
20	Gerry Mullen	Calderglen Harriers	
21	Charles Steven	Calderglen Harriers	
22	Jamie McDonald	Central AC	
23	Lewis Millar	Central AC	U20
24	Matthew Bell	City of Edinburgh AC	
25	Tom Ellacott	City of Edinburgh AC	
26	Martin Ferguson	City of Edinburgh AC	
27	Darren Gausen	City of Edinburgh AC	
28	Andrew Gibson	City of Edinburgh AC	
29	James Guest	City of Edinburgh AC	
30	Francis Hooton	City of Edinburgh AC	
31	Rob Hooton	City of Edinburgh AC	
32	Mark Johnstone	City of Edinburgh AC	
33	Juan Mareque	City of Edinburgh AC	
34	Mark Pollard	City of Edinburgh AC	
35	Jamie Pringle	City of Edinburgh AC	
36	Gordon Steel	City of Edinburgh AC	
37	John Steel	City of Edinburgh AC	
38	Adam Ward	City of Edinburgh AC	
39	Rae Ward	City of Edinburgh AC	
40	Angus Wardlaw	City of Edinburgh AC	
41	Mark Rudzinski	Clydesdale Harriers	
42	Grant Baillie	East Kilbride AC	
43	Gordon Colvin	East Kilbride AC	
44	David Condra	East Kilbride AC	

45	Graeme	Haddow	East Kilbride AC	
46	Derek	Leitch	East Kilbride AC	
47	Edgar	Ramage	East Kilbride AC	
48	Mark	Smith	East Kilbride AC	
49	Alasdair	Anthony	Edinburgh University Hare & Hounds	
50	Seth	Jenny	Edinburgh University Hare & Hounds	
51	Richard	Turner	Edinburgh University Hare & Hounds	U20
52	Ian	Wellock	Edinburgh University Hare & Hounds	
53	James	Williamson	Edinburgh University Hare & Hounds	U20
54	Michael	Ross	Falkirk Victoria Harriers	
55	David	Adam	Fife AC	
56	Andrew	Lemoncello	Fife AC	
57	Robert	Docherty	Greenock Glenpark Harriers	
58	Chris	McKay	Greenock Glenpark Harriers	U20
59	Robert	Paterson	Greenock Glenpark Harriers	
60	Steve	Cairns	Hunters Bog Trotters	
61	Phil	Mowbray	Hunters Bog Trotters	
62	Gerard	Gaffney	Inverclyde AC	
63	Robert	Gray	Inverclyde AC	
64	Kenny	Morrison	Inverclyde AC	
65	Ross	Cairns	Inverness Harriers	
66	Iain	Connell	JW Kilmarnock Harriers	
67	James	Tonner	JW Kilmarnock Harriers	
68	David	McCormack	Kilbarchan AAC	
69	David	Gardiner	Mizuno Racing Club	
70	Frank	McGowan	Mizuno Racing Club	
71	A.C.	Muir	Mizuno Racing Club	
72	Andy	Renfree	Mizuno Racing Club	
73	John	Brown	Ron Hill Cambuslang Harriers	
74	Iain	Grant	Ron Hill Cambuslang Harriers	
75	Kevin	Kealey	Ron Hill Cambuslang Harriers	
76	Iain	MacCorquodale	Ron Hill Cambuslang Harriers	U20
77	Ian	Munro	Ron Hill Cambuslang Harriers	U20
78	Jamie	Reid	Ron Hill Cambuslang Harriers	
79	David	Rodgers	Ron Hill Cambuslang Harriers	
80	Andrew	Steven	Ron Hill Cambuslang Harriers	U20
81	Charles	Thomson	Ron Hill Cambuslang Harriers	
82	Stephen	Wylie	Ron Hill Cambuslang Harriers	
83	Adrian	Callan	Shettleston Harriers	
84	Peter	Carton	Shettleston Harriers	
85	William	Coyle	Shettleston Harriers	
86	Lewis	Duff	Shettleston Harriers	
87	Martin	Graham	Shettleston Harriers	
88	Ian	Johnson	Shettleston Harriers	
89	Adam	Lee	Shettleston Harriers	U20
90	Andrew	Little	Shettleston Harriers	
91	John	MacKay	Shettleston Harriers	
92	Donald	McAuley	Shettleston Harriers	U20
93	Andrew	McIntyre	Shettleston Harriers	
94	Ryan	Montgomery	Shettleston Harriers	

95	Alan	Sneddon	Shettleston Harriers
96	Graham	Wright	Shettleston Harriers
97	George	Winchester	Stewartry AC
98	Malcolm	Bain	Stornoway Running & AC
99	Jim	Morton	Unattached
100	Mark	Whitelaw	Unattached
101	Joseph	Doyle	Victoria Park AAC
102	Gordon	Moore	Victoria Park AAC
103	Andrew	Ross	Victoria Park AAC

scottishathletics 4K Championships – Women

26 January 2003 – 1.30pm

No.	Name	Club
131	Sonia Armitage	Aberdeen AC
132	Natalie Christie	City of Edinburgh AC
133	Catherine Ferry	City of Edinburgh AC
134	Leanne Harrison	City of Edinburgh AC
135	Alison Johnstone	City of Edinburgh AC
136	Marietta Linden	City of Edinburgh AC
137	Debra Murray	City of Edinburgh AC
138	Sharyn Ramage	City of Edinburgh AC
139	Eilidh Wardlaw	City of Edinburgh AC
140	Claire Williams	City of Edinburgh AC
141	Collette Fagan	City of Glasgow AC
142	Carol-Ann Gray	City of Glasgow AC
143	Suzanne Owen	City of Glasgow AC
144	Susan Partridge	City of Glasgow AC
145	Jacqui Thomson	City of Glasgow AC
146	Kelley Wilder	City of Glasgow AC
147	Lorna Williamson	City of Glasgow AC
148	Freya Murray	Edinburgh Woollen Mill
149	Hayley Ovens	Edinburgh Woollen Mill
150	Shona Hughes	Giffnock North AAC
151	Jane McCrorie	Glasgow University
152	Pamela Nicholson	Inverclyde AC
153	Elizabeth McGarry	Irvine AC
154	Helen Morton	Irvine AC
155	Dennise Smith	Kilbarchan AAC
156	Anna Darmody	Pitreavie AAC
157	Frances Florence	Shettleston Harriers Ladies
158	Lindsay MacNeill	Shettleston Harriers Ladies
159	Claire McCracken	Shettleston Harriers Ladies
160	Toni McIntosh	Stirling University
161	Joanna Ross	Victoria Park AAC