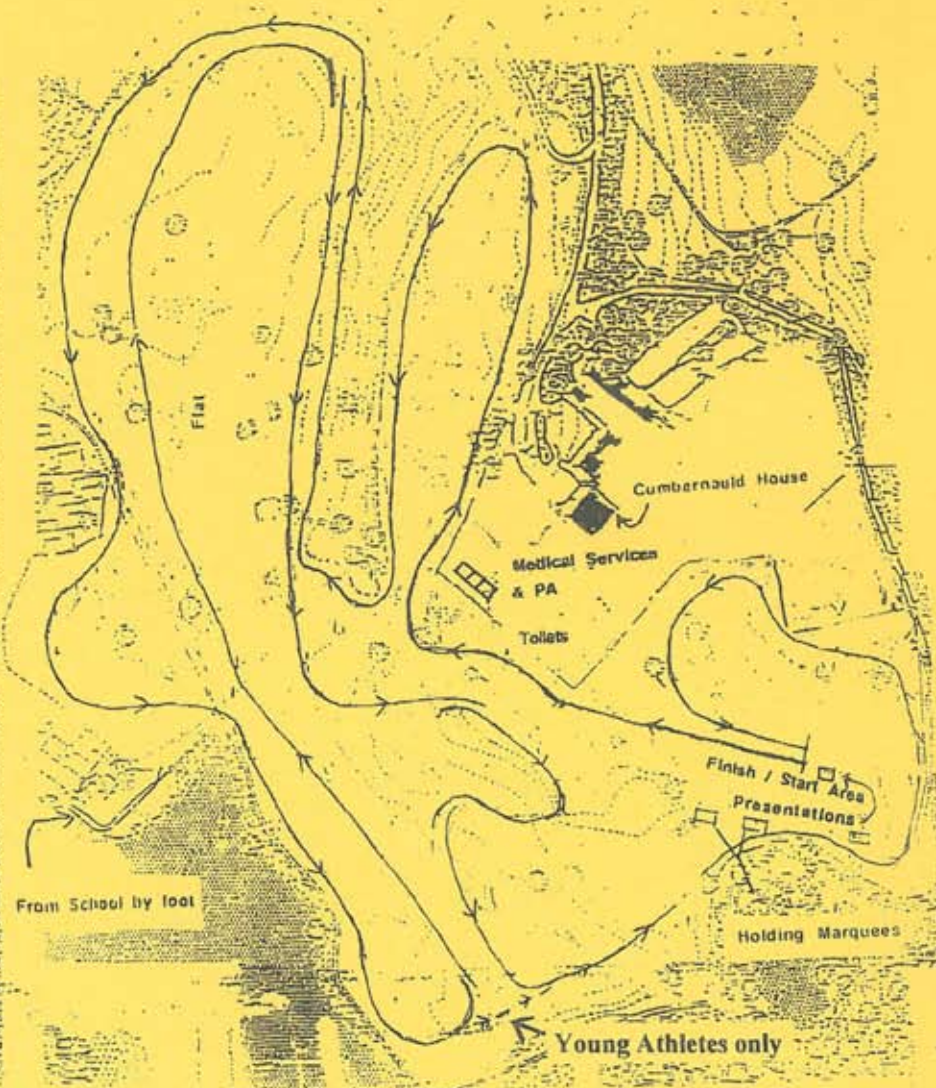


RACE	START	LAPS/DISTANCE
Young Females	12.30	3 X 2,500 metres
Young Males	1.00	3 X 2,500 metres
Sen/Jun Females	1.30	3 X 4,000 metres
Sen/Jun Males	2.30	4 X 4,000 metres



scottishathletics



National Cross Country Relay Championships

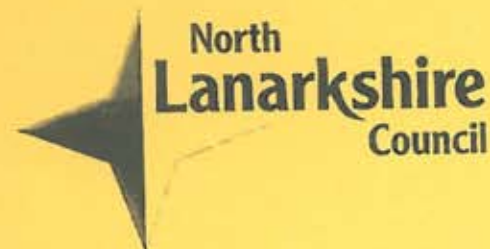
(Incorporating Masters Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 28th October 2006



RACE	START
Young Females	12.30pm
Young Males	1.00pm
Sen/Jun Females	1.30pm
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.

National Cross Country Relay Championships-Cumbernauld 2006

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	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	R L. McSwein
Clerk of Course	R Reid
Course Builders	R Reid, J Young, W A Robertson, K Martin, Members of Cumbernauld AAC
Officials Reception	G Sword, A Jackson
Judges/ Funnel Control	(Chiefs) I Clifton (M), M Wilmoth (F)
Change over	W Gentleman, A Law
Timekeepers	(Chief) S MacDougall, D McLaren, G Sword, D Gilmore, J Bruce, M Daly
Recorders (Places)	S Hardacre (Chief), W MacDougall, N Donachie (Voice Tape)
Recorders (Time)	(Chief) A McManus, J Youden
Starter	WA Robertson
Marksman	F McCluskie
Declarations	A Jackson, J Jackson, P Law, K Monaghan
Results	A Jackson, P Jackson, M Donachie
Runners/Programmes	J Jackson, A Jackson
Announcers	(Chief) R Gray, J Martindale
Press	B Goodwin
Course Stewards	R Reid, K Phillips, M Ferguson, Members of Cumbernauld AAC
Presentations	M Cook, B Goodwin,
Jury of Appeal	M Cook, R Morrison
Medical Officer	Dr M Jeffey
Medical Services	St Andrews Ambulance Association
Reception	M Cook, B Goodwin, G Sword
Co/conveners:	B Goodwin, J 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 Pat Connelly
North Lanarkshire Council

I am very pleased to welcome you all to Cumbernauld for the Scottish National Cross Country Relay Championships 2006. Scottish Athletics would like to take this opportunity to thank North Lanarkshire Council and their staff for their continued support of this event it is greatly appreciated.

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

This year sees an increase in participation at this Championship of 20% over the 2005 figures and no doubt part of this increase is due to the introduction of the flexibility element into team selection; this has to be good for cross country participation.

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.

To the competitors, the main players in today's proceedings, may I take this opportunity to wish you all a very 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

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- Edinburgh Southern Harriers

Race Starts 12.30pm

Declarations Close 12:00pm

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u>	Kate Murdoch	Marven Sneddon	Abbey Buchan
<u>U15</u>	Rachel Armitage	Ellie Buchan	Natasha Alexander
	Claire Buchan		
<u>U17</u>	Christie Noble	Amy Longmuir	Paula Davies
	Chantel Clark	Laura Hepburn	Jill McGrory
	Ruth Stephen	Freya Prentice	

Team Nos 1,2,3,4

Lauren Wilkie
Kerry Prise

Siobhan Prise
Courtney Duff

Ayr Seaforth - Colours: White with Red Diagonal Cross

<u>U13</u>	Katie Sprang	Jemma McSheffery	Lauren Goldie
	Rosalind MacDonald	Nicola Dunn	
<u>U15</u>	Sarah Archibald	Stephanie Dougan	Christy Mackinnon
<u>U17</u>	Heather Ridland	Melissa Hewitson	Stephanie McGarrity

Marie Hill

Gina Van-Ulsen

Central AC - Colours: Yellow and Blue

<u>U13</u>	Rachel Adamson	Amy Hendry	Lauren Steele
	Shona Buchanan	Fionn Hargreaves	
<u>U15</u>	Lorna Cameron	Fiona Cameron	Mairi Gillespie
	Anna Jamieson	Georgia Quinn	Rosie Hastings
	Eilidh Hargreaves	Kate Morris	Catriona Buchanan
<u>U17</u>	Rachel Hunter	Gemma Milne	

Kirsty Buchanan

Rebecca Hay
Dawn Kerr

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

<u>U13</u>	Olivia O'Hare	Faye Kearney	Nicola Thomson
	Lee Anne Calvey		
<u>U15</u>	Samantha Blair	Megan Gaffney	Jenny MacDougall
<u>U17</u>	Lauren Stoddart	Isabel Scott- Moncrieff	

Team Nos 14,15,16

Laura Robertson

Stacey Pendreigh

City of Glasgow - Colours: Royal Blue with Green Panel

<u>U13</u>	Rebecca Nicholson	Johana Brady	Sarah Potter
	Amy MacLellan	Rachel Knox	Kirstin Halliday
<u>U15</u>	Hollie Young	Michaela Stephen	Rachel McLellan
	Rhian Dawes		
<u>U17</u>	Josephine Moultrie	Rebecca Finch	Katie Wylie

Team Nos 17,18,19,20,21,22

Suzy Nairn

Elizabeth Potter

Anna Bruce

Corstorphine AAC - Colours: White with Black Trim

<u>U13</u>	Lisa Christy	Sophie Clyde	Anna Hulme
<u>U15</u>	Danielle Clyde	Alice Mackenzie	Eilidh Nolan
<u>U17</u>	Rosanne Christy	Kathleen Dempsey	Mhairi Hunter

Team Nos 23,24

Nicky Mercer
Allison Reid
Anne Whitehouse

Dundee Hawkhill - Colours: Blue and White Quarters

<u>U13</u>	Iona Brodie	Louisa Stewart	Amy Barton
<u>U15</u>	Emily Stewart	Yolanda Hudson	Claire Fox
<u>U17</u>	Eilish McColgan	Elizabeth MacLeish	Yasmine Tosh

Team Nos 25,26,27,28

Aeron Mellish
Louise Webster
Chelsea Watson

East Kilbride AAC - Colours: Gold with 2 Black hoops

<u>U13</u>	Claire Burt	Rhona Calder	Jacqueline Fergusson
	Hayley Middleton	Rachael Thomson	Julia Calder
	Hannah Milligan	Morgan Frier	Rachel Harvey
<u>U15</u>	Fiona Borthwick	Hayley Frier	Deborah Stokoe
	Ailis Clements		
<u>U17</u>	Beth Duff	Kathryn Duff	Victoria Reid
	Danielle Paris		

Team Nos 29,30,31,32,33

Laura McLaughlin
Jennifer Waddell

Morag Russell

Stephanie Wright

Edinburgh Southern H - Colours: White /Blue /Red

<u>U13</u>	Emily Owens	Caitlin Gray
	Jennifer Cropley	Jessica Pugsley
<u>U15</u>	Laura Goodson	Sarah Brown
	Beth Cropley	Kerry Hall
<u>U17</u>	Catriona Sinclair	Alice Loudon

Hazel Hall
Rachael Dunn
Claire Florence

Lynsey Sharp

Team Nos 34,35,36

Eilidh Manson
Ailsa Small
Emily Dudgeon

Rachel Kerr

Falkirk Victoria H - Colours: Black with Gold Band

<u>U13</u>	Samantha Gillies	Ailsa Scott
	Abby Kemp	Hazel Murray
<u>U15</u>	Karen Glover	Megan McLeish
<u>U17</u>	Ashley Madden	Kirsty Hunter

Amy Manson
Jemma Learmonth
Hollie Lister

Team Nos 37,38

Sarah Hamilton
Leigh Skelton
Kelly Vickerman

Fife AC - Colours: White with Red Band

<u>U13</u>	Maya Stone	Halina Rees
<u>U15</u>	Kiri Stone	Fiona Bracegirdle
<u>U17</u>	Jenny Tan	Jennifer Kibble

Grace Collison-Owen
Lucy Duff

Team Nos 39,40,41

Olivia Collison-Owen
Sarah Kelly

Gala Harriers - Colours: White with Green Band

<u>U13</u>	Alice Haining	Martha Douglas
<u>U15</u>	Emily Douglas	Gillian Inglis

Hannah Lousada
Gillian Samdie

Team Nos 42,43

Claire White
Ashleigh Hedderley

Giffnock North - Colours: Amber with Royal Blue Hoop

<u>U13</u>	Karin Belch	Nikki Manson	Stephanie Fairfield
	Louise Bainbridge	Frances Lowrey	Heather Howie
<u>U15</u>	Catriona Lockie	Anna Hilley	Joanna Thomson
	Katy Gardner	Alex Porteous	Jaymee McConville
<u>U17</u>	Lauren Hollinshead	Nicole McLeod	Rachel McDowall
	Caroline Adams	Amy Bissland	Laura Taylor

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

Petrena Marshall
Ruth Bissland
Claire McAuley
Bethany Frank
Nicola Callaghan

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

<u>U13</u>	Katy Gallacher
<u>U15</u>	Emily Pollock
<u>U17</u>	Emma Baxter

Katie Pollock

Natalie Donald

Team Nos 51

Helensburgh AAC - Colours: Yellow with Red Band

<u>U13</u>	Madeline Robinson	Morven Thompson
<u>U15</u>	Zoe Clarke	

Team Nos 52

Inverclyde AC - Colours: Black & White Stripes

<u>U13</u>	Hannah McIntyre	Emma Meechan
	Natalie O'Neill	Anna Gillies
<u>U15</u>	Nynke Mullholland	Emma Rice
	Susan Waugh	Lauren Thompson
<u>U17</u>	Gillian McMillan	

Sarah Glennie

Deborah Moore

Team Nos 53,54,55,56

Millissa Montague
Rachael Bushfield

Irvine AC - Colours: Red with Black Trim

<u>U13</u>	Ashley McQueen	Paige Douglas
<u>U15</u>	Sarah Munn	Ashley Easdon
<u>U17</u>	Rebecca Edge	Rachael Taylor

Victoria Conway
Molly Bell
Niriana Murray

Team Nos 57,58,59

Emily Munn
Christie Bell

JW Kilmarnock - Colours: Royal Blue with 2 White Stripes

<u>U13</u>	Bethany Ross	Stephanie Sloan
	Gemma McCutcheon	Fern Wales
<u>U15</u>	Lois Shankland	Sarah McNish
	Stephanie Miller	Louise Martin
<u>U17</u>	Colleen Tait	Lauren Campbell
	Yvonne Richmond	

Amanda Humes

Sally Pugh

Vhairi Robertson

Maire Gorman

Team Nos 60,61,62,63,64,65,66

Laura Reilly

Mia Tait

Amy Milliken

Kilbarchan AAC - Colours: Gold with Black Hoop

<u>U13</u>	Elaine Eadie	Nicole Caulfield
	Kirsty Boswell	Chantelle Christian

Jennifer Frew
Kate Gillies

Jennifer Eadie
Amelia Spragg

	Erin Ferguson	Robyn Lewis	Jade Mill	Kerry Anderson
	Beth Milligan	Kelly Lawrie		
<u>U15</u>	Deborah Henderson	Samantha Kelly	Amanda Herron	Kirsty Porteous
	Sarah Ogilvie	Charlotte Walker	Sorcha Lynch	Lisa Petrie
	Emily McQuade	Rachel Campbell	Ainsley Hards	Laura Adams
	Nile McMillan	Miriam Ford	Laura Wylie	
<u>U17</u>	Natalie Sharp	Christina Rankin	Lauren Young	Jessica Martin
	Michelle Bell	Eilidh Menzies	Jillian Allan	Louise McDonald
	Laura Kennedy	Holly Belch	Hazel Blair	Jessica Del Lama
	Taylor Speirs			

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

<u>U13</u>	Deborah Hannah	Megan Stewart	Maria Milliken
	Rachel Hayes	Stella Winters	Andrea Gaffney
	Clare Brown		
<u>U15</u>	Rebecca MacLennan	Jennifer Hannah	Lauren McIntyre
	Alexandra Lamond	Diane Ramsay	Gillian Reid
<u>U17</u>	Sarah MacLennan	Laura McKie	Linsey Buchanan

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

<u>U13</u>	Madeleine Sweeney-Baird	Chloe Thomson
<u>U15</u>	Kathryn Peacock	Caitlin Froude
<u>U17</u>	Alexandra Benham	Emma Gordon
		Jill Bonthron

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

<u>U13</u>	Julie Dobbin	Megan Gray	Alice Fingland
	Chelcie Dalziel		
<u>U15</u>	Nicola Lindsay	Emma Walker	Abby Currie
	Emma Clarkson		

North Uist AAC - Colours: White

<u>U13</u>	Fiona Morrison	Eiligh Boyle	Essieanne MacQuarrie
<u>U15</u>	Laura Macinnes	Louise Maclean	Ann MacLeod
<u>U17</u>	Laura Johnson	Eleanor MacDonald	Gemma Beaton

Pitreavie AAC - Colours: Navy/Yellow/White

<u>U13</u>	Kathryn Pennel	Sarah Turner	Alix Brewster
	Katie Winton	Micaela Brown	Bethany Finlayson
<u>U15</u>	Melissa Hynd	Rachel Cook	Danielle Hynd
	Olivia Clark		
<u>U17</u>	Rebecca Burns	Sarah Ross	Stacey Louch
	Levi Young		

Ron Hill Cambus - Colours: Red with White Band

<u>U13</u>	Elaine Brown	Claire Wetherspoon	Lauren Baird
<u>U15</u>	Amanda Gebbie	Claire Wallace	Rebecca Forrest
<u>U17</u>	Caitlin Hendry	Danielle Melville	Leanne Paterson

Shettleston Harriers - Colours: Blue with Yellow Band

<u>U13</u>	Kirstin Wood	Amanda Monaghan	Gillian Milroy
	Helen Pawelczyk		
<u>U15</u>	Lynn Henderson	Jessica Donaldson	

Whitemoss AAC - Colours: Black and Yellow

<u>U13</u>	Kirsty Jamieson	Rachel Fraser
<u>U15</u>	Lauren Mooney	Kathleen Murphy
<u>U17</u>	Rachel Barlas	Stephanie Robertson

Team Nos 76,77,78,79

Aimee Stack
Laura Dover

Victoria Conner
Jodie Mullen
Julie Connelly

Team Nos 80

Lindsay Sinclair

Team Nos 81,82,83

Gwen Morris

Fiona Parkin

Team Nos 84,85,86,87

Rebekah MacSween
Kayleigh Petrie
Eilidh Macleod

Heather Gray
Megan Kirk
Natalie Fox

Lauren McManus

Team Nos 183,186,189

Lucy Deeny
Nicole Green
Chloe Davidson

Danielle McConway

Team Nos 196,198

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

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

Title Holders- City of Edinburgh AC

Race Starts 1:00pm

Declarations Close 12.30pm

Aberdeen AAC - Colours: White with 2 red hoops

<u>U13</u>	Sigurd Watt	Joshua Arrowsmith	Elliot Noble	Team Nos 91,92,93
	Ryan Gauld			Jeremy O'Neill
<u>U15</u>	Lewis Stephen	Robbie Simpson	Rory Leslie	
<u>U17</u>	James Joy	Ross Fulton	Mark Ibbotson	Euan Reilly

Arran Runners - Colours: Black/Yellow

<u>U13</u>	Cameron Paul			Team Nos 94
<u>U15</u>	Nicholas Emsley			
<u>U17</u>	Michael Jenks			

Ayr Seaforth - Colours: White with Red Diagonal Cross

<u>U13</u>	David Carter	Andrew Carter	Angus Johnston	Team Nos 95,96,97,98
	Blair Wilson	Kevin Walker	Mark Ferguson	Ben Johnston
<u>U15</u>	Andrew Rae	Thomas Andrews	Callum Aitkenhead	Aaron Coulter
<u>U17</u>	Jonathan Dunn	Paul McKellar	Hugh McQueen	Alex Oliver
	Finlay Rae	Greg Templeton	Alan Cherry	

Calderglen H - Colours: Amber and Black Vertical Stripes

<u>U13</u>	Mark Thomson	Josh Ladds	Craig Robinson	Team Nos 99,100,101
	Daniel Mullen	Grant Ferguson		Richard Campbell
<u>U15</u>	Kyle Gatens	Jamie Ferguson		
<u>U17</u>	Ewan Murray	Ben Ferguson	Stephen Reilly	

Central AC - Colours: Yellow and Blue

<u>U13</u>	Ross Milne	Conor Kerr		Team Nos 102,103,104,105,106
	William Jamieson	Logan Bonar	Tom Watson	Alexander Coubrough
	Kelly Carruthers	Martin Hall	Calum Gathergood	Robbie Gathergood
<u>U15</u>	Alan Bennie	Matthew Hinton	David Hutchison	
	William Bowers	Sean Reilly	Scott Green	Anthony Gillespie
<u>U17</u>	Roddy Irvine	Scott McDonald	Alexander Hendry	Jonathon Tolson
	Matthew Gillespie	David Devlin		

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

<u>U13</u>	Peter Cameron	Rory MacFarlane	Sam Harrison	Team Nos 107,108,109,110,111,112
	Ross Blair	Scott MacDougall	Amir Mair	Euan McKean
<u>U15</u>	Edward Dudgeon	Tom Ryan	Davy Rowan	Fraser Mann
	Marc Robson	Lewis Renton	Craig Paulin	Jonathan Wolf
	Chris O'Hare			Nikhil Mair
<u>U17</u>	Tom Holligan	Stewart Fraser	Jamie Smith	Scott Hughson
	Adam MacKenzie	Graham Leydon		

Clydesdale Harriers - Colours: White with Black "C"

<u>U13</u>	Greig Morison	Scott McDade	Peter Bowman	Team Nos 113,114
<u>U15</u>	Alistair Gilmour	Antony Russell	Michael Pothan	David Brown
<u>U17</u>	Tony Dolan	Ryan Savage	Ryan Nelson	Michael Kinsella

Corstorphine AAC - Colours: White with Black Trim

<u>U13</u>	Connor Johnston	Jack Keane	Craig Nolan	Team Nos 115,116,117
	Callum Smith	Andrew Christy		Tim Sawrey
<u>U15</u>	Hamish Hepburn	Ciaran Johnston	Fergus McNab	
	Craig Nicholson	Craig Knowles		Declan McTighe

<u>U17</u>	Dugald Hepburn	Andrew MacDonald	Niall Waddell	
Dundee Hawkhill - Colours: Blue and White Quarters				Team Nos 118,119,120
<u>U13</u>	Shaun Dempsey	David Finn	Paul Dempsey	
<u>U15</u>	Reubin Toy	David Doull	Martyn Gall	Craig Angus
<u>U17</u>	Michael Overend	Ryan Conway	Jack Anderson	

East Kilbride AAC - Colours: Gold with 2 Black hoops				Team Nos 121,122,123,124,125
<u>U13</u>	Scott Hernon	Michael Hutchison	Corey Little	Ross MacFarlane
	Ryan McGowan	Steven McKenzie	Nathan Milligan	Niall Mitchell
	Paul Brooks			
<u>U15</u>	Adam Gatens	Michael Kindness	Calum McLaughlin	David MacMillan
	Stephen Paris(jnr)	Cameron Reid	Andrew Shaw	Lewis Udoh
	Jamie Clements			
<u>U17</u>	Alexander Bell	David Gorman	John Fergusson	Kevin Harvey
	Niall Walker			

Falkirk Victoria H - Colours: Black with Gold Band				Team Nos 126,127,128
<u>U13</u>	Martyn Craig	Joshua Butler	Louis Thomson	Scott Stirling
	Ben Stevenson	Christopher Ogilvie	Fraser Stirling	
<u>U15</u>	Kieran Skelton	Ewan Murray	Darren Weir	Euan Martin
	Jamie Stevenson	Graeme MacGregor	Andrew Crone	
<u>U17</u>	Gavin Ferguson			

Fife AC - Colours: White with Red Band				Team Nos 129,130
<u>U13</u>	Alasdair Mudie	Liam Hutson		
<u>U15</u>	Ryan McIntosh	Andrew Hood	Mark Buchan	Ryan Ritchie
<u>U17</u>	Frankie Scott			

Gala Harriers - Colours: White with Green Band				Team Nos 131,132
<u>U13</u>	Cameron Gowans	Murray Lemmon	Alistair Russell	
<u>U15</u>	James Haining	Andrew McCrerrick	Cameron Fair	
<u>U17</u>	Dylan Howell			

George Heriots - Colours: White with Blue Band				Team Nos 133
<u>U13</u>	Scott MacDougall	Daniel Sakovics	Roger Poolman	
<u>U15</u>	Ben McCullough-Young		Charles Brown	
<u>U17</u>	Sam Harrison			

Giffnock North - Colours: Amber with Royal Blue Hoop				Team Nos 134,135,136,137,138,139,140
<u>U13</u>	Max Lott	Neil Gourlay	Drew Hollinshead	Grant Muir
	Sandy Nimmo	Fraser Walker	Ciaran McDonald	Scott Chapman
	Alistair McCallum			
<u>U15</u>	Miles Hollinshead	Matthew Ritchie	Ewan McCallum	Greg Turner
	Gordon Belch	Matthew Cumming	Paul Bainbridge	Ross McLealie
<u>U17</u>	James Gray	Daniel Johnstone	David Walker	Lyle Frank
	Jamie MacGregor	Stuart Whiteford	Ian Whiteford	Liam McKay
	Rory Cartwright			

Inverclyde AC - Colours: Black & White Stripes				Team Nos 141,142,143,144
<u>U13</u>	Kieran Anderson	Michael Houston	Kyle McCabe	Greg Williams
	Scott Bellew	Andrew Campbell		
<u>U15</u>	Paul Currie	Liam Campbell	Craig Anderson	Andrew Daisley
	David Bateman			
<u>U17</u>	Jack Bushfield			

Irvine AC - Colours: Red with Black Trim				Team Nos 145,146,147
<u>U13</u>	Jonathan McLelland	Robbie McAdam	David Kerr	Sean Thompson
<u>U15</u>	Lee Wilson	Ryan Hamilton	Samuel Kerr	Ryan McDonald

<u>U17</u>	Lee Simpson	John Kerr	Garry Kerr	Daniel Swanson
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JW Kilmarnock - Colours: Royal Blue with 2 White Stripes				Team Nos 148,149,150,151,152,153,154
<u>U13</u>	Andrew Martin	Evan Cornforth	Jamie Clark	Cory O'Hara
	Roy Shankland	Luke McGill	Adam Kerr	Craig Robertson
<u>U15</u>	Murray McDonald	Gregory Leyden	Gregor Devoy	Grant Beattie
	Robert Cochrane	David Meikle	Ross Connelly	James Wales
<u>U17</u>	Cameron Mackie	Cameron Wilson	Mathew Daley	David Clark
	Stuart Munro	Jamie Hannah	Roger Naughton	

Kilbarchan AAC - Colours: Gold with Black Hoop				Team Nos 155,156,157,158,159,160,161,162,163
<u>U13</u>	Gregor McEwan	Jack Lochans	Daniel Fullerton	Alistair McDougall
	Matt Wild	Andrew Quinn	Ross Heggie	Matthew Oliver
	Jack Baird	Christopher Brough	Andrew McFarlane	Paul Johnstone
	Scott Williams	Stephen Howie	Euan Hayes	Callum Hawkins
<u>U15</u>	Callum Blair	Lewis Boyd	Brett Wild	Graham Evans
	Connor Henderson	Stephen Fleming	Scott MacAulay	Blair Crawford
	Andrew McAlpine	David Claes	Thomas McDonald	Stuart Miller
<u>U17</u>	Calum McLeod	Grant Higgins	Paul Leck	Stephen McGoldrick
	Scott Hawkins	Andrew Black	Ross Williams	Stuart King
	Paul McGunnigle	Mark McGovern		

Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops				Team Nos 165,166,167,168
<u>U13</u>	Christopher Allan	Mark Connelly	Callum Heirs	Andrew McCormack
	Jack Allan	Adam Hamilton		
<u>U15</u>	Mitchell MacGuire	Callum Pettigrew	Craig McIntyre	Kyle McBride
	Kevin Cornes			
<u>U17</u>	Scott Lawrie	Allan Ramsay	Adam Peters	Neill Hamilton
	Matthew Graham			

Lasswade AAC - Colours: White with 2 Blue Bands and Red Band				Team Nos 169,170
<u>U13</u>	Ryan Cook	Cameron Hutton	Zander Lyon	
<u>U15</u>	Peter Loudon	William Simpson	Graeme Anderson	Adam Osbourne
	Lindsay Gordon	Scott Anderson		
<u>U17</u>	Adam Lyon	Martin Brash		

Law & District - Colours: Amber with 2 Red Bands and 1 White Band				Team Nos 171,172
<u>U13</u>	Ross Hill	Donald Fingland	Thomas Lafferty	
<u>U15</u>	Bobby Hill	Billy Clarkson	Ross MacDonald	
<u>U17</u>	Daniel Grieve	Josh Elwood	Allan Jenkins	

Livingston & Dist - Colours: Yellow with Green Stripe				Team Nos 173
<u>U13</u>	Shawn Wright	Sean MacFarlane		
<u>U15</u>	Simon Ward	Craig McDowall	Jonathan Wood	Chris Wilson
<u>U17</u>	Ian Hardacre			
	Douglas Gunn			

Moray Road Runners - Colours: Dayglow yellow with Black Trim				Team Nos 174,175
<u>U13</u>	James Wilson	David Garioch		
<u>U15</u>	Scott Miller	Kenneth Wilson		
<u>U17</u>	Moray Goodfellow	Robbie Cammack		

Nithsdale AC - Colours: Jade Green/Black/White				Team Nos 176,177
<u>U13</u>	Calum Gibson	David Vernon		
<u>U15</u>	Richard Stonehouse	Kyle McLellan	Andrew Gibson	
<u>U17</u>	Alastair Barnes	Ross Hastings		

North Uist AAC - Colours: White				Team Nos 178,179,180
<u>U13</u>	Peter Johnson	Ewen Campbell	Rory McClure	

<u>U15</u>	Fraser MacDonald	Andrew Currie	Angus MacDougall
<u>U17</u>	Graham Black	Joe Smithyman	Paul Ferguson

Pitreavie AAC - Colours: Navy/Yellow/White

<u>U13</u>	Fergus McGaw	Joseph Millar
	Ewan Dyer	Craig Robinson
<u>U15</u>	Anthony Young	Richard Le Good
	Calum McGaw	Douglas Newsom
<u>U17</u>	Callum McQueen	Alan Love

Ron Hill Cambus - Colours: Red with White Band

<u>U13</u>	Kriss Bready	Seamus Sempie
	Scott Blackwood	Andrew Coulter
<u>U15</u>	Craig Nelson	Stewart Orr
	Andrew Wilson	Jordan Samson
<u>U17</u>	Michael Rankin	Paul McGarry
	Connor Gallacher	Ian Francis MacDonald

Shettleston Harriers - Colours: Blue with Yellow Band

<u>U13</u>	Gary Smith	Ryan Taylor
	Andrew Dearie	
<u>U15</u>	Lachlan Oates	Gary McBride
	Aidan Hagan	Christopher McGarrity
<u>U17</u>	Nicholas Devlin	Ruairidh Munro

Victoria Park AAC - Colours: Blue and White Hoops

<u>U13</u>	Paul MacFarlane	Lewis Wilson
<u>U15</u>	Gavin Murty	Stuart Ross
<u>U17</u>	Max Aitchison	Gregor Innes
	Niall Murray	

Whitemoss AAC - Colours: Black and Yellow

<u>U13</u>	Nicholas Phillips	Ryan Sheridan
<u>U15</u>	Ross McCord	Stuart Jamieson
<u>U17</u>	Euan Walker	Gary Mooney

Team Nos 181,182,183,184

Lewis Hunter	Luke Kelly
Stefan McLean-Toremar	Calum Wilson
Paul McNellis	Tom Fleming

Team Nos 185,186,187,188,189,190

Stephen Ponsonby	Stuart Logan
Liam Deeny	Jack Hamilton
Raymond Black	
Andrew Robertson	Steven Taggart

Team Nos 191,192,193

Stephen Wallace	David Taylor	Jack Mills
Adam Drummond	Andrew Clunes	
Liam McLaughlin	Kenneth Boyd	

Team Nos 194,195,196,197

Findlay Parker	Michael Gray
Rory Stewart	Max Ralston
David Law	Stewart Booth

Team Nos 198,199

SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

Title Holders- Edinburgh Southern Harriers

Race Starts 1.30pm

Declarations Close 1:00pm

Aberdeen AAC - Colours: White with 2 red hoops

Hilary Armitage (J)	Sonia Armitage	Rhona Buchan
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Team Nos 147

Laura Mahady

Bellahouston RR - Colours: Purple with White Band

Claire Thompson	Kate Gray	Julia Harris
Helen Palmer	Johanna Jefferies	Sandra Irvine
Pauline Wright	Sarah Dowling	Claire Wharton
Joanne Berry	Louise Tarbet	Helen Stuart
Elke Schmidt	Emma Birnie	Frances Thompson

Team Nos 148,149,150,151

Jane Wild
Nicola Johnston
Emma Grant
Iona Robertson
Helen Lees

Calderglen H - Colours: Amber and Black Vertical Stripes

Mandy Cullie	Eileen Reid	Frances Maxwell
Louise Brown	Amanda Waters	Dawn Buchanan

Team Nos 152,153

Mary Goldsmith
Barbara Sloss

Carnegie H - Colours: Orange & Green

Rosalyn Alexander	Sarah Legge
Nicola May	Gail Murdoch
Mehrmaz Campbell	Claire Howie
Louise McDonough	Pauline Walker
Fiona Rennie	Rachel Hurst
Lynne Bennet	Catharine Idle
Jackie Hall	Valerie MacAulay

Team Nos 154,155,156,157

Judith Turner
Maryanne Lawrence
Susan Walker
Tracey Stamp
Laura Stewart
Catherine Wilson
Karen Gilhooley

Central AC - Colours: Yellow and Blue

Gillian Gilvear	Claire Waterhouse
Hazel Dean	Elinor Coombs
Fiona Thompson	Jennifer Emsley (J)
Becky Wilson	Andrina Buchanan
Alison Docherty	

Team Nos 158,159,160,161,162

Ainsley Normand
Rowena Bell-Scott (J)
Stephanie Auge
Fiona Kelsall

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

Lianne Harrison	Eilidh Wardlaw	Debra Murray
Heather Scott	Joanne Whitehead	Jennifer MacLean
Hazel Sneddon	Catherine Ferry	Stephanie Lyall (J)
Louise Crilly (J)	Rebecca Moore	Faye McManus

Team Nos 163,164,165,166,167

Sharyn Ramage
Marietta Vander Linden
Ashleigh Kennedy (J)
Janet Laing

City of Glasgow - Colours: Royal Blue with Green Panel

Kirsty Baird	Lindsay MacNeill
Jacqueline Thomson	Suzanne Benyon/Owen
Helen Sweeney (J)	Heather Calderwood

Team Nos 168,169,170

Kirsteen Young
Lorna Young (J)

Clydesdale Harriers - Colours: White with Black "C"

Marina McCallum	Pamela McCrossan
Yvonne Green	Sarah Kinsella
Aileen Scott	Kathryn Scott

Team Nos 171

Christine Duncanson
Marie Rippon

Corstorphine AAC - Colours: White with Black Trim

Gillian Cockerell	Beverley Christy
Jillian Hogg	Pauline Kell
Phyllis Mitchell	Rebecca O'Brien (J)
Dee Turner	Anne Turner

Team Nos 172,173,174

Laura Gibson
Margaret McCaig
Megan Smith (J)

Cumbernauld AAC - Colours: Sky Blue with Maroon Band

Loretta Kane	Carla McLellan	Jennifer McQuary
Shelley Spencer	Juliette Cassidy Paton	

Erin McIlveen

Scottish National Cross Country Relay Championships 1993 to 2006

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) 27	(71) 41	(52) 29	(127) 86	CUMBERNAULD
2004	(54) 30	(72) 38	(53) 36	(128) 93	CUMBERNAULD
2005	(74) 47	(87) 59	(74) 41	(134) 90	CUMBERNAULD
2006	(100)	(109)	(91)	(146)	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

Dundee Hawkhill - Colours: Blue and White Quarters Heather Brookes (J) Georgia Zissler	Team Nos 176,177 Julia Orr (J)	Kirsty Scott	Michelle Jeffrey Mary O'Kane Niamh Troy	Isobel Knox Sandra Rathjen Claire Ward	Deborah MacDonald Janice Smith Aileen Wood	Alison McNeillage Claire Thomas	
Dundee Road R - Colours: White with Blue Diagonal Denise Mellish Morag Taggart	Carol Still Heidi Fettes	Miriam Rennet	Team Nos 178,179 Gillian Hanlon	Inverclyde AC - Colours: Black & White Stripes Rhona Bushfield Janice Hendrie	Susanna Spence (J) Hazel Boulton	Kym Cameron (J)	Team Nos 60,61 Sharon Houston
East Kilbride AAC - Colours: Gold with 2 Black hoops Gillian Anderson Kelly Smith	Joanne McEvoy Lauren Treveltham	Team Nos 180,181 Angela Martin	Valerie Martin	Irvine AC - Colours: Red with Black Trim Mary Miller Tracy Kennedy	Elizabeth McGarry Jean Stevenson	Helen Morton	Team Nos 64,66 Susan Canavan-Daly
Edinburgh Southern H - Colours: White /Blue /Red Vicky Frew Katie McGregor (J)	Freya Murray Karen Dobbie	Sarah Hood Violet Blair	Team Nos 182 Roslyn Campbell (J)	JW Kilmarnock - Colours: Royal Blue with 2 White Stripes Kara Tait (J) Emma Mackie (J) Janet Murray	Heather Hall (J) Morag Cairns	Allison Simpson Laura Cairns	Lindsay McMahon Paula Wilson
Edinburgh Uni - Colours: Green with White side Panel Briony Curtis Jessica VanBinsbergen	Anna Haw Rosie Smith	Team Nos 183 Mairead Kelly	Jennifer Barker	Kilbarchan AAC - Colours: Gold with Black Hoop Elspeth Curran (J) Fiona McIntyre (J) Hannah Waugh Sallyann Ferguson Eileen Masson	Claire McNicol (J) Claire MacAulay (J) Kerry Lang Kate O'Brien Wanda Phillips	Nicole Treacy (J) Claire Gibson Nicola Fleming Christine Blair Jill Shannon	Team Nos 74,77,81,82 Cara Sloss (J) Karen Yule Lorraine Sharp Carol Murray Sandra Hawkins
Falkirk Victoria H - Colours: Black with Gold Band Janette Stevenson Caroline Lawless	Lynne Murray Michelle McCormick	Fiona Matheson Aisla Brown	Team Nos 184,185 Sharron Gunn	Kirkintilloch Oly - Colours: Sky Blue with White and Black Hoops Mary Hendry Aida Stewart Lorraine Hepburn	Alison Graham Shirley MacNab Fiona Berry (J)	Marie McChord Karen Murray	Team Nos 84,88,89 Susan Addison Pamela Parker
Fife AC - Colours: White with Red Band Sandra Aitken Sarah Cullen Lisa Gamble Caroline Horsburgh Phyllis Lemoncello Jennifer MacMaster Johanna Paananen Louise Provan Jocelyn Scott Susan Thomson	Innes Bracegirdle Catriona Duncan Addy Gerrard Claire Jarvis (J) Anne Lloyd-Evans (J) Varry McCullough-Young Irene Pennycook Hilary Ritchie Lorna Sibbett Mandy Waite	Team Nos 186,187,188,189,190,191,192,193 Lorraine Brown Susan Filsell Rhona Graham Anita Laidlaw Fiona Lothian Eliza McLachlan Kate Pether-Smith Wendy Ritchie Catharine Sinclair Fiona Walker	Louise Burt Kate Fitzpatrick Moira Grainger Kristina Lapinova Kim MacGregor Margaret McLaren Fay Potton Carrie Ruxton Lesley Thirkell	Lasswade AAC - Colours: White with 2 Blue Bands and Red Band Nicola Murray	Lorna Rice	Johanne Turnbull	Team Nos 91
Gala Harriers - Colours: White with Green Band Katy Anderson Gillian Duncan Leanne Haining Suzanne Carson	Rachel Fagan Fiona Dalgleish Patricia Affleck Ruth McCann	Kate Jenkins Karen Haldane Nicola J. Meikle	Team Nos 194,195,196 Karen Renton Melanie Goodson Dianne Lauder	Lothian RC - Colours: Blue with Black letters Lorna Eades Kate Kitchen Edel Mooney Sharon Skivington	Rosemary Ewing Helen MacDonald Helen Murray Suzanne Swan	Gillian Godfree Teresa McMenemy Joyce Salvona Margaret Turnbull	Team Nos 95,98 Jill Horsburgh Christine Milne Claire Shanley Margo Welsh
Garscube H - Colours: White with Blue Band Marion Kelly Moiria Young Rachel Stevenson	Carole Gilmour Mairi Stanley	Kathryn Ellis Alison McCann	Team Nos 197,198,199 Alison Winship Karen McIlvenna	Motherwell AC - Colours: Red with White edging Phyllis Hands Rosemary Wilson	Carol Munro Elaine Jamieson	Jessie Miller	Team Nos 99,109 Joanne Clark
Giffnock North - Colours: Amber with Royal Blue Hoop Maureen McVey Sara Stevenson Sally Smith	Doleen Galbraith Helen Stevenson Ruth Joss (J)	Team Nos 26,27,28 Anne Lee Lauren Baird (J) Lorna Mitchell	Sarah Phee (J) Laura Taylor (J)	Perth Road Runners - Colours: Green and White Fiona Angus	Clare Frulloni	Erni Hamilton	Team Nos 110
Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops Alison King Yvonne Prager	Elizabeth Forbes Anne Hay	Fiona Cushnaghan	Team Nos 29,30 Terry Wall	Pithead AAC - Colours: Navy/Yellow/White Alison Whyte Sharon Lamont Lucy Crookston (J) Jayne Clark	Evelyn Turner Kim Paterson (J) Avril McQueen	Eilidh Child (J) Lauren Candlish Laura McIntosh	Team Nos 111,127,128 Pamela Giffillan Lesley Allan Pamela Pattison
Helensburgh AAC - Colours: Yellow with Red Band Michelle Hetherington Janet Fellowes	Jennifer Fitzgerald Mary MacQuarrie	Julia Henderson Mary Connolly	Team Nos 32,34,40 Debbie Savage Emma Cummings	Springburn Harriers - Colours: Navy Blue with White Diamond Lesley Chisholm Julie Thomson	Frances Florence Laura Douglas	Michelle Sandison Wendy Gorman	Team Nos 129,130 Clare Gemmell
Hunters Bog T - Colours: Brown Jessica Batterham Karen Clarke	Elizabeth Blaber Fiona Cruden	Christine Buckley Suzanne Ebel	Team Nos 41,44 Megan Clark Claire Gordon Jane Hart	Stirling Univ AC - Colours: Green and Yellow Christine Bertram	Begona Julian	Fiona Ramsay (J)	Team Nos 138
				Strathclyde Uni - Colours: Maroon with Blue and Gold hoops Sarah Louise Johnson (J)	Sarah Mackenzie (J)		Team Nos 139
				Westerlands CCC - Colours: Yellow with Black "W" on Back Patricia McLaughlin Muffy Calder	Maureen Scott Jane Robertson	Pauline McAdam	Team Nos 140 Ana Talbot

Kilbarchan AAC - Colours: Gold with Black Hoop

Robert Quinn
Donald Petrie
Ian MacDougall
Derek Hawkins (J)
Michael Finlay
Robert Allison
James McMillan

Thomas Hearle
Steven Hards
John McMillan
Calum Morrison
David Boal
Andrew Clugston

Team Nos 99,100,101,102,103,104

James Snodgrass
Alexander Ross
Ross Toole (J)
Fraser Williams (J)
Chris Devenney (J)
Andrew Jack (J)

Thomas Anderson
Jason Pender
Conor McNulty (J)
Nicholas Moore (J)
Paul Arcari
Robert Fitzsimmons

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

Gordon McLean
Martin MacGuire
Robert Rogerson
Howard Elliott
Stuart Kerr
John McLoone

Kenneth McNeil
Colin MacLennan
Martin Hamilton
Gary Mitchell
Ewan Jack
Alistair Allan

Team Nos 105,106,107,108

Jim McLoone
Peter Ramsay
Terry Addison
Alan Caldwell
Chris Stewart
Christopher Craig

Thomas McChord
Neil McCover
Colin Burns
David Gardiner
Edward McLoone

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

Ben Mitchell
Brian Kirkwood
Douglas Philips
David Melrose

Barney Phillips
Paul Elliot
Daryl Philip
Kirk Smith

John Murray
Colin Swan (J)
Dean Philip

Team Nos 109

Alan Cummings
Ross Finlayson (J)
David Veitch

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

Stephen Allen
William Weir
Jamie McMorrow

James MacDonald
Patrick Kelly
Mark Hand

Alaister Russell
Jim Baird
Ross Penny (J)

Team Nos 110

James Rowley
Gary Grieve (J)

Lothian RC - Colours: Blue with Black letters

Graeme Ackland
Richard Docherty
Robin Galloway
Steven Lawrie
Ross Milne
Jim Salvage
Lachlan Wallace

Alec Agnew
Iain Donnan
Mark Kassyk
Michael Lieberman
Harry Mulholland
Alan Shanley
Brian Welsh

James Alexander
David Eades
Darren Kinsella
David Mahon
Scott Nelson
Brian Stewart

Team Nos 111,112,113

Glen Cooper
Scott Fraser
Andy Kitchin
Alan McIntosh
Murray Robertson
Darren Thomson (J)

Metro Aberdeen - Colours: Black/Yellow Quarters

Bjoern Reiss
Andrew Reid
Kevin Tulloch

Forbes Reid
Gary Walker
Sam Andrew

Mark Johnson
William Reid
Stephen Forbes

Team Nos 114,115

Peter Jennings
Darren Kinsella

Motherwell AC - Colours: Red with White edging

Benjamin Hands
Graham Hawkins

John Hughes
Brian McLinden

Nicholas Hughes
Donald McCaffer

Team Nos 116,117

James Tracey
James Riley

Perth Road Runners - Colours: Green and White

David Knight
Stephen Ferguson

Derek Phillips
Neil Muir

Martin Ryan

Team Nos 118

Jamie Gartside

Perth AAC - Colours: Navy/Yellow/White

Paul McCloskey
Stephen Skene
Barry Davie
Barry McCleery
Sean McQueen (J)

John Newsom
Nigel Cunningham
Derek Simpson
Roy Buchanan
Stewart Reid

Team Nos 119,120,121,122,123,124

Alasdair Donaldson
Jeff Farquhar
Colin Simpson
Philip Gardiner
Colin Beveridge

Stephen Irwin
Archibald Duncan
Terry Feasay
David McQueen
Mike Back

Stuart Forrester
Alex Keenan

Ross Kirk
Kevin Davie

Michael Burns (J)

Kenny Anderson

Ron Hill Cambus - Colours: Red with White Band

Alistair Campbell
David Dymond
Bernard Gough
Joseph Kealey
Stephen McGrory
Michael O'Hagan
Jamie Reid
Gary Wallace
Craig Ramsay
John MacNamara

Brian Campbell
Alexander Eaglesham
Greg Hastie
Robert Lyon
Benny McLaughlin
Jasmair Pal
David Rodgers
David Ward (J)
David Thom
Ross Arbuckle

Team Nos 125,126,127,128,129,130

Duncan Cochrane
David Fairweather
Francis Hurley
Iain MacCorquodale
John McPake
Gerry Reid
Andy Steven
Andrew Wright
John Brown

Ryan Dickson (J)
Robert Gilroy
Scott Hunter
Alan MacPherson
Ian Munro
Iain Reid
Charles Thomson
Stephen Wylie
Colin Donnelly

Shettleston Harriers - Colours: Blue with Yellow Band

William Coyle
Andy Little
Jethro Lennox
Brian McGarrity
Marc McColl
Patrick Walder
Donald Macaulay
Carl Heaven
Marcus Scotney
Mark McKelvie (J)
Neil Darroch

Peter Carton
John MacKay
Ian Johnston
Denis Williams
Desmond Crowe
Clyde Marwick
Stephen Matthews
Kenneth McCoy
Allan Sneddon
James Findlay (J)
Frank McGowan

Team Nos 131,132,133,134

John Duffy
Andrew McIntyre
Robert Soutar
Kenneth McClean
Dermot McGonigle
Raymond Loughran
Stuart Greenway (J)
Mark McKenny (J)
Paul Sorrie
Matthew Turner (J)
Iain McFalane

Martin Graham
Graham Wight
Ryan Montgomery
Karl Povey
Malcolm Patterson
Adam Lee
Gary Haining (J)
Gordon Phillips (J)
Craig Stevenson (J)
Hugh Watson

Springburn Harriers - Colours: Navy Blue with White Diamond

Andrew Callan
Derek Houston
Matthew Jackson

Joseph Chambers
Damian McAuley
John Owens

Brian Mackie
Ross McEachern

Team Nos 135

John Bell
Emilio Cosimo

Stirling Univ AC - Colours: Green and Yellow

Colin Dalziel (J)

Iain Whittaker

Andy Combe

Team Nos 136

Joe Moore (J)

Strathclyde Uni - Colours: Maroon with Blue and Gold hoops

Michael McKean (J)

Jamie Frame

Team Nos 137**Teviotdale Harriers - Colours: White with Maroon Band**

Wayne McIntosh
Billy Fraser

Darrell Hastie
Alister Biggar

Alan Coltman
Robert Cranston

Team Nos 138,139

Bill Knox
Scott Watson

Victoria Park AAC - Colours: Blue and White Hoops

Mark Ashby
Alan Hamilton
Kenneth Mitchell
James O'Hara
Derek Watson Snr.

Kenneth Brown
Martin Hayes (J)
Gordon Moore
Vernon Phoenix
Derek Watson Jr.

Gerard Craig
Peter McGregor
Charles Murray
Duncan Thomson
Derek Gibb (J)

Team Nos 140,141,142,143

Alastair Douglas
Kenneth McVey
Andrew Nicoll
Christopher Watson
Crawford Little

Wee County H - Colours: Navy and Orange

Barry Sturrock
Dennis Mcara
Duncan Hillhouse

Trevor Andrews
Martin Quinn
Cameron Smith

Lee Graveling
Robert Pews

Team Nos 144

Gordon McPherson
Stuart Aitken

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

Daniel Reid
Chris Upson
Jason Kaushal

David Riach
Andrew Turnbull
Fraser Dalziel

Graeme Orr
Ian Struthers
John Donnelly

Team Nos 145,146

Hamilton Semple
David Calder

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS

4x4,000 metres

Title Holders- Central AC

Race Starts 2:30pm

Declarations Close 2:00pm

Aberdeen AAC - Colours: White with 2 red hoops

Mark Haskett (J)	Benjamin Hukins	Darren Shinnie (J)
Robert Thornhill	Myles Edwards (J)	Frank Boyne
Alex Thoirs (J)		

Team Nos 1,2

Alan Wales
Keith Charlton

Ayr Seaforth - Colours: White with Red Diagonal Cross

Ian Baird	Neil Burnside	Connell Drummond
Adam Law	Ryan Templeton (J)	Tom McCulloch
Andrew Campbell	Colin Garret	Laurence Baker

Team Nos 3

Kevan Fulton
Donny Campbell

Bellahouston RR - Colours: Purple with White Band

Liam Conway	Colin McGill	Kenneth Richmond
Alastair MacLachlan	Russell Whittington	Andrew Birnie
Bryan Burnett	Hugh Brown	Scott Kennedy
Paul McNally	Gavin Greene	John Milligan
Andrew Allen	Douglas MacGregor	Oscar Wild
Dougal Ross	Douglas Lamont	Peter Gallanajh
Alasdair McLeod	Marcos Sans Gomez	

Team Nos 4,5,6

Matthew Williamson
Stewart Robertson
Ken Macmahon
David Tamburini
Alex McIndoe
Nick Reid

Calderglen H - Colours: Amber and Black Vertical Stripes

Team Nos 7,8,9,10,11,12

Charles Steven	Russell Couper	Stuart Gibson	Graham Allan
Gerard Mullen	George Stewart	Alan Cullie	Malcolm Buchanan
Colin Macdonald	Colin Banks	Jamie McMonagle	Jim Holmes
Roderick Shanks	Graham Lindsay	Kenneth Davidson	David Watt
Edward Reid	Scot Hill	David Herbertson	Ian Rae Alan Derrick
Stuart Waugh	Martin Duthie	George Haining	Andrew Henderson
Colin Jarvie	Stephen Marzella	Blair Matthew	Kevin Downie
Brian Carrigan			

Carnegie H - Colours: Orange & Green

Team Nos 13,14,15,16,17

Iain Taylor	Thomas Bowie	Ian Stewart	Lewis Lawson
Stephen Greer	Mike Harvey	John Hargreaves (J)	Garry Taylor
Thomas Lawrence	Kevin Mathie (J)	Michael Cowie	Ryan McKenzie
George Murdoch	Allan Wilson	Chris Robison	John Lambie
Duncan McGougan	Jeff Burton	Simon Plummer	David MacLean
Steven King	Jamie Philip	Sandy Bennet	Paul Hutton
Peter Simpson	Andrew Hunter	Neil Campbell	Alan Cockburn
Peter Humphreys	Paul Arnott	Ruairidh Campbell	Colin Reynolds Jim Gray
Bill Duff	Alexander Nicol	Phil Smithard	Steven Ogg
Tommy Lawlor	Robbie McKenzie	Alasdair McKinnon	

Central AC - Colours: Yellow and Blue

Team Nos 18,19,20,21,22,23,24,25

Robert Russell	Alastair Hay	Alasdair Anthony	Ross Houston
Michael Wright (J)	Michael Gillespie (J)	Alex Milne	Gavin Hogarth
Graham Harvey (J)	Lewis Millar	Steve Laing	John Millar
Cameron Campbell	Alan Gall	Hugh Kerr	William Gault
Kyle Cowie (J)	David Hay	Robert Hutchison	Roger Greenaway
Ian McDonald	Jamie McDonald	George McHardy	Craig Walker
Murray MacLarty (J)	Miguel Merayo	David Armour	Martin Crawford

Ewan Gault
Hugh Buchanan
Alan Hume

David Lindsay
Liam McCabe
Philip Williams

Philip Sweeney
Gordon McNeil
Philip Hendry

Gordon Adam
Stuart Watson

City of Edinburgh - Colours: White with one Blue, one Black Hoop Team Nos 26,27,28,29,30,31,32

J Agnew	Roger Alsop	John Blair	Graham Beal
Matthew Bell	Chris Black (J)	James Buick	W Chadwick
Yoann Colombet	E Dunbar	Keith Dunlop	Martin Ferguson
William Gallacher	Kris Gauson (J)	Jonathan Henderson	Richard Hope
Brian Howie	Scott Innes	Mark Johnston	Andrew Laycock
Keith Lyall	Juan Mareque	Darryl McDonald	Alex MacEwen
Mark Mitchell (J)	Stephen Maniam	R Moore	Ryan O'Hare (J)
Lars Ottemoller	Robert Riddell	Garry Robertson	Scott Thomson
Martin Sneddon	Darren Steel (J)	Grant Stewart	Eric Stevenson
Neil Thin	Adam Ward	Sean Wilkinson	Robert Wiseman
Jonathan Whitehead	Rhuairidh White (J)		

Clydesdale Harriers - Colours: White with Black "C" Team Nos 33,34,35,36

Allan Adams	Robert Allison (J)	James Austin	Stephen Baillie
Augustine Cairney	Craig Calderwood	Brian Campbell	Pete Cartwright
Robert Young	Michael Diver	John Foley	Brian Gallagher
Bobby Rossborough	Mark Rudzinski	Peter Rudzinski	Colin Gray
John McArthur	John Kinsella	David Mitchell	Laurence Pearson
Iain Robertson	John Kennedy	Gerald Kennedy	Derek Halpin
Peter Halpin	John Hanratty	Ronald Hurt	Alan Lorimer
Prasad Prasad	Ian Thomson		

Corstorphine AAC - Colours: White with Black Trim

Team Nos 37,38,39,40,41

Moray Anderson	Scott Bisset	Stuart Bowman	Martin Caldwell
Dean Carr	Bryan Clark	Alex Cumming	James Felstead
Tom Ferrington	Graeme Fletcher	Graeme Gow	David Law
Alistair McColl	Calum McKenzie (J)	Brian Nicholson	Timothy Norwood
Steven O'Brien	Chris O'Brien	John O'Hara	Scott Pilkington
Neal Robb (J)	Douglas Selman (J)	Ewan Stark	Grant Wilkie

Dundee Hawkhill - Colours: Blue and White Quarters Team Nos 42,43,44

Neil Gunstone	John Castle	Stephen Mason	John Hepburn	Pete Fox
Brian Cook	Stuart Kerr	Gordon Watson	David Mitchell	
David Hanlon	John Osborne	Alistair McDonald	Joe Symonds	
Ewan Glassey (J)	Andrew Brookes (J)			

East Kilbride AAC - Colours: Gold with 2 Black hoops

Michael Browne	Grant Baillie	Graeme Caskie (J)	Team Nos 45,46
David J. Condra	Graeme Haddow	Alan Mitchell	Gordon Colvin
Mark Smith	William Taylor		Edgar Ramage

Edinburgh Uni - Colours: Green with White side Panel

Benedict Cole	Iain Clark (J)	Matthew Donnelly	Team Nos 47,48
Rupert Nash	William Bailey	Alistair Marshall (J)	Robert Kerr (J)
David Gow	Nicolas Hanson		Matthew Sutherland (J)

Falkirk Victoria H - Colours: Black with Gold Band

Alexander Bryce	David Bunyan	Dean Crawford (J)	Team Nos 49,50,51
William Day	John Denholm	Eric Donaldson	Alexander Davidson
William Higgins	Nicholas Hurren	Charlie Lyons	Douglas Gillespie
Grant Matheson	Colin McCluskie (J)	Michael McQuaid	John Martin
David Murray	Kenneth Rankin	Neil Robertson	Stephen Moore
			David Robertson

Andrew Ronald Alasdair Stewart	Alex Smith Kerr Johnstone	Gary Smith (J)	John Stevenson	George Heriots - Colours: White with Blue Band Rory Downie (J) James McLay (J)	David Armstrong Donald Revolta (J)	Team Nos 71 Yoann Colombet
Ferranti AAC - Colours: Yellow with Black letters Ross Anderson Derek Burgess Mark Fairbairn Neil Jones Keith Nicol Iain Shaw	Matt Bankhead Paul Caban Walter Fairnie Jim Leach Adam Priestley James Shaw	Ross Bankhead Mike Connor John Gavin Edward McDonald Stephen Reid Keith Weston	Team Nos 52,53 Alex Bell Ian Duguid Alex Jackson Robert Miller Trevor Ridley Alan Young	Giffnock North - Colours: Amber with Royal Blue Hoop David Phee (J) Neil Deerey Graeme Croll Norman Galbraith (J)	Marc Roper James Galbraith David Logan Martin Campbell	Team Nos 72,73,74,75 Derek Breen Douglas Rathay (J) David Rodgers Alan Stewart
Fife AC - Colours: White with Red Band David Adam David Anderson Gary Barker Stewart Biggar Rob Cargill Ron Crabb Adrian Davis Martin Farrally John Gilfillan Owen Greene Ron Hilditch Alex Jones (J) Graham Kirby Peter Lambie Craig Liddle Donald MacGregor Kenneth McGuire Jim Meek Michael Mitchell John Murdoch Gary Pirie Steven Reid Douglas Robertson Edwin Sanders Tom Scott Keith Simpson (J) Gordon Thomson David Weir Neil Young	Bryce Aitken Laurence Anderson David Bee Graham Breslin Michel Chateau Brian Cruickshank Chris Dibben Nigel Fowler Sam Gillespie Douglas Gunstone Joe Holden Trevor Jones Stuart Knowles Brian Landels Andrew Liston John MacPherson Hugh D. McKay Alan Meiklejohn Terry Mitchell David Murdoch Ian Poolman Leonard Rhone Thomas Ross Markus Schlosser Steven Shanks David Sleigh John Thomson Richard Westwater	Team Nos 54,55,56,57,58,59,60,61,62,63 Adrian Allan Robert Annand Graham Bee Andrew Brierley Chris Clark Sandy Cruickshank Steven Doig David Francis Thomas Graham Jim Haig Alasdair Hood John Kay Michael Kuzyszyn William Law John Macfarlane Daniel MacQueen Roy McLachlan Ron Mill Ronnie Morrison Brian Peachey Frank Popham Paul Roarty Christopher Russell Mel Seobie Richard Shaw Bill Smith Jez Tomlinson Gary Whitton	Robert Allison Andrew Barker Graham Bennisson Colin Brown James R. Close Stewart Davidson Thomas Donaldson Paul Gallacher Sam Graves Mark Harley (J) Martin Hutson John Keenlyside Martin Laing Stewart Leckie Malcolm Macfie Neil Martin Frank McLaren Andrew Milne Jim Morton Steven Pennycook Roger Rees Alastair Robertson Philip Salter (J) Rory Scott David Shepherd James Taylor Rennie Urquhart Ian Whyte	Glasgow Uni - Colours: Black and Gold Angus McLachlan John Pearman Rory Scott	Greenock Glenpark - Colours: Sky Blue with Royal Blue and Gold Hoops Michael McLoone Jnr (J) Robert Wilson Andrew McCall Stephen McLoone Robert Wilson Richard Hodelet	Team Nos 76 Andrew Douglas (J)
				Helensburgh AAC - Colours: Yellow with Red Band Erwin Losekoot Rory Scott	Stephen Trainer (J) Steven Campbell Andrew McCall (J) Kenneth Scott John Kerr James Sheridan	Team Nos 77,78,79,80,81 David Henderson Michael Follan Richard Davidson Robert Mitchell Thomas Knight
				Hunters Bog T - Colours: Brown Duncan Baker Steven Cairns John Hampshire Will Mair Craig McBurney Ivor Normand Neil Thomas Ian Wellock James Williamson	Tom Barr Ian Campbell Ian Harkness Ian Marshall Geoffrey Mitchell Jon Rathjen Richard Wall David Wright	Team Nos 82 Paul Thompson
				Inverclyde AC - Colours: Black & White Stripes Mark Pollard Thomas Murray Gerard Gaffney Robert Gray Jude Boulton Edward Watt Denis McCabe Paul Bushfield	Craig Ruddy (J) Graeme Hyett Sean Gaffney (J) Cameron Spence John Smillie Steven Conaghan John Bannister Tom Tipping	Team Nos 83,84,85 Simon Brown Andrew Gillespie Craig Hunter Billy Minto Niall Munro Mark Roberts Ray Ward Murray Strain
				Irvine AC - Colours: Red with Black Trim Colin Miller William Richardson David Millar Douglas Con David King	Stephen Daye (J) Lee Richardson Iain Hamilton Brian Craig James White	Team Nos 86,87,88,89,90 Kevin Kane Stuart Hodge Kenneth Morrison Tom Tracey Damien Mallet David Dunn Les McMahon George Newman
Gala Harriers - Colours: White with Green Band John Borthwick Fergus Johnston Anthony Lunn Will McDermott Robin Murray	Martin Clarke Jack Knox Graeme Murdoch Alan Goodson Malcolm Gowans	David Darroch Thomas Knox Rory Methven (J) Ron Logan Graeme Jones	Team Nos 64,65,66 Euan Jardine Alistair Laurie Ewan Lindores (J) John Cairns Steven Gillan	JW Kilmarnock - Colours: Royal Blue with 2 White Stripes Jim Goldie Leslie McDermott John Gebbie Edward Bellomo	Ryan Kennedy (J) David Mitchell Colin Martin	Team Nos 88,89,90 James Sneddon George Irving Francis Napier John Moore Alex Allardyce
Garscube H - Colours: White with Blue Band David Atkin Lindsay Cunningham Andrew Griffiths Stephen Mulrine Jim McAneny James Taylor	Jonathan Austin John Dryden Gerald Hartley John Murray Kenneth Macanna Dermot Williamson	Marco Consani David Geddes Andrew Leck Jim McAneny Euan Mackay	Team Nos 67,68,69,70 Stephen Cullen Paul Goddard Ian Mennie Adam McAneny (J) Athole Smith			Team Nos 96,97,98 Scott Martin Graham Cairns Michael Corson