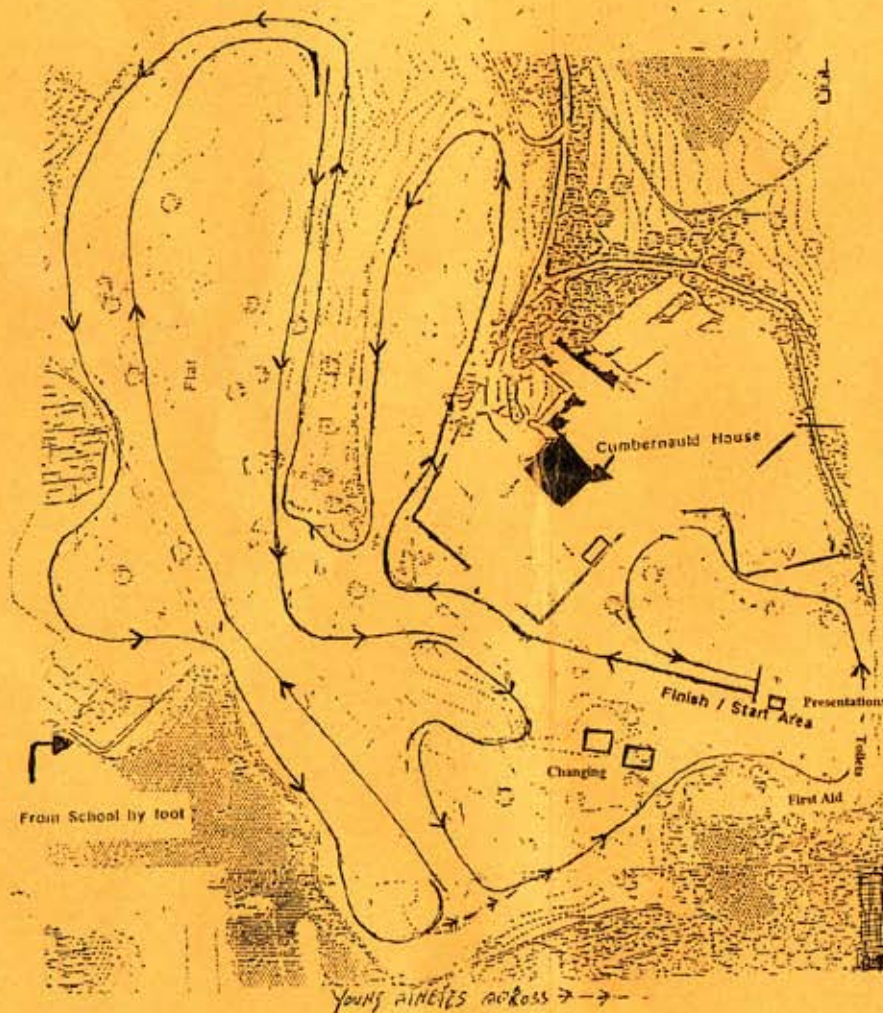




scottishathletics



Race	Start	Distance
Young Females	12.30pm	3 x 2500metres
Young Males	1.05pm	3 x 2500metres
Sen / Jun Women	1.40pm	3 x 4000metres
Sen / Jun Men	2.40pm	4 x 4000metres



scottishathletics



National Cross Country Relay Championships

(Incorporating Masters Relays)

For Males and Females

Cumbernauld Park

CUMBERNAULD

Saturday 26th October 2013

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 26/10/2013

SCOTTISH ATHLETICS OFFICE BEARERS

Hon President	Rt. Hon. Sir Menzies Campbell CBE QC MP
President	Leslie Roy
Chairman	Ian Beattie
Chief Executive	Nigel Holl

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Hon Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

RACE OFFICIALS

Referee	Ron Morrison
Assistant Referee	Dave Cairns
Clerk of Course	Donald Pegrum
Course Builders	Members of Cumbernauld AC & Kirkintilloch Oly
Officials Reception	Graham Sword
Judges/Funnel Control	Ian Clifton, Bob McSwein, Alastair Robertson
Changeovers	Andy Law (Chief), Sandy Cameron,
Timekeepers	Joe Bruce (Chief), Anna Poulton, Des Gilmore, Sheila McDougall, Graham Sword
Recorders (Places)	Bill McDougall (Chief), Allan Smith, Anne McManus, Bill Gentleman, Neil Donachie (tape)
Recorders (Time)	Molly Wilmoth, Ian Mann
Starter	Mike Belch
Marksman	Fred McCluskie
Declarations	Jen Jackson (Chief), Phyllis Law
Results	Ron Morrison (Chief) Marjory Cook, Sheila Smart, Marion Donachie, Moira Reid
Announcers	John Wands, Graham Bennison
Press Officer	Peter Jardine
Course Stewards	Donald Pegrum (Chief), Members of Kirkintilloch Olympians & Cumbernauld AC
Presentations	Alan Potts, Sandra Hardacre
Jury of Appeal	Alan Potts, Ian Clifton, Alex Jackson
Medical Officer	Carrie McCrea
Medical Services	St Andrews Ambulance
Guests	Bob Reid, Jim Young
Convener:	Alex Jackson

Messages of Welcome

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 House Park on behalf of North Lanarkshire Council and North Lanarkshire Leisure.

We are delighted to continue our longstanding relationship with Scottish Athletics and would like to thank them for their continued support in bringing such prestigious sporting events to North Lanarkshire.

I would also like to take this opportunity to wish all of the athletes competing every success in what I know is a taxing and testing course here in Cumbernauld and I look forward to witnessing some high calibre competition throughout the course of the day.

Provost Jim Robertson
North Lanarkshire Council

On behalf of scottishathletics I would like to welcome you to Cumbernauld for the Scottish National Cross Country Relay Championships. I would like to take this opportunity to thank North Lanarkshire Council and their Leisure Trust who have once again allowed us to use this wonderful facility at Cumbernauld Park and also the use of Cumbernauld High School.

The entry overall today is a record with 503 teams taking part and it will be no easy task in the soft underfoot conditions for Central AC to defend their senior men's and women's titles.

My thanks go to the Road Running and Cross Country Commission for organising today's Championship, Kirkintilloch Olympians and Cumbernauld AC for helping with the course building and stewarding of today's event, the officials and volunteers who give up their time to help make events like these so successful.

Best wishes to all athletes taking part today and although muddy underfoot hopefully it will be dry overhead.

Leslie Roy
President, Scottish Athletics

There are so many people to thank in the promotion of a Championship event. The continued support of North Lanarkshire Council and their Leisure Trust has provided yet again the ideal platform for presenting the Scottish National Cross Country Relays. The many officials and helpers whose preparation and planning add to the quality of the course to make this event such a success. Finally the quality of the competition be it against clubmates, local rivals or the best in the country make the day both fun and intense.

The course is challenging but popular and familiar to athletes, spectators and officials alike allowing efficient racing tactics, viewing strategies and optimum course design respectively. The popularity of the Scottish Cross Country Relay Championships continues again this year with a record entry of 1693 athletes competing for 510 teams.

This is the most technically difficult event in the cross-country calendar for both athletes and officials requiring concentration by all on the takeovers. The shuttle method of separating the incoming and outgoing athletes allows efficient recording and avoids the two sets of athletes getting in each other's way. However the method requires both officials and athletes to be aware of the system and alert in order to operate correctly. Even with last year's record entry the system works well. Please play your part by paying attention to the changeovers.

This year we see two changes to the Masters competition. After consultation with the Clubs the Road Running and Cross Country Commission decided to hold a Masters over 40 relay and an over 50 relay with a full set of medals in both Championships.

Finally, to all the athletes and teams who are competing today, let this be the day that you step up and seize the moment. Most importantly – enjoy the challenge of the competition.

The history and results of this race can be found on the Archive at
<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html>

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 U13, 3rd LAP U17 or U15

Title Holders – Giffnock North AC

Aberdeen AAC – Colours: White with 2 red hoops

Team Nos 1,2,3

U13: Kirsty Oldham; Jasmine Collett; Laura Stephen; Cassidy Mathers;

U15: Talia Mathers; Laurie Allard; Lise;

U17: Lucy McLeod; Lise Theron; Ellen Stickle;

Ayr Seaforth AC Colours: White with Red Diagonal Cross

Team Nos 4,5,6,7,8,9,10,11,12,13

U13: Jena Anderson; Caitlin Chilton; Emma Frew; Charlotte McDowall; Melissa Miller; Lucy Davidson; Emma Low; Bethany

Haugh; Eilidh Carswell; Alexandra Smiley; Emma Palmer; Stephanie Craig;

U15: India Birrell; Mia Cullis; Jacqueline Gibson; Rebecca Martin; Beth Littlejohn; Rebecca Watson; Megan Miller; Kate

Alexander; Megan Short; Hannah Pettigrew; Georgia Brawley;

U17: Rachael King; Bethany MacRae; Kirstin Oakley; Lisa Rennie; Christie Hutton; Amy Palmer;

Banchory Stonehaven AC – Colours: Royal Blue with White band

Team Nos 14

U13: Eva Sneddon; Claire McGarvey;

U17: Jennifer Glass;

Central AC – Colours: Yellow and Blue

Team Nos 15,16,17,18,19

U13: Heather Scott; Jennifer Walls; Elizabeth Thompson; Lucy Smith; Ellen Curry; Anna Cameron; Hannah Blance;

U15: Eleanor Hanson; Lauryn Turnbull; Eilidh Russell; Kate Gallagher; Evie Gallagher; Jodie Currie; Madeleine Woods;

U17: Kathryn Gillespie;

Clydesdale Harriers – Colours: White with Black "C"

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

U13: Natasha Shaw; Jade Steele-Milne; Iona Allan; Tegan Breen; Sarah Goggins; Caitlin Stuart; Cara Jordan; Lucy Mackenzie;

Iona Allan; Charlotte Ross; Anna Haddock; Emily McKay;

U15: Erinn Denny; Antonia Breen; Rachel Mechan; Rachel Campbell;

U17: Emily Paxton; Louise Steele-Milne; Eilidh Sinclair; Abbie Warrington; Karyn Glen; Sarah Thornley;

Corstorphine AAC – Colours: White with Black Trim

Team Nos 26,27

U13: Jessica MacLeod; Rachel Dee;

U15: Caitlin Arnott; Heidi Ross; Tamzin McQueenie;

U17: Hannah Addison;

Cumbernauld AAC – Colours: Sky Blue with Maroon Band

Team Nos 28,29,30

U13: Holly Bell; Tegan Kerr; Emma Brown;

U15: Elizabeth Rose Jennings; Beth Gilmour; Emily McMahon; Emma Balfour; Hannah Scott; Jane Wright;

U17: Rebekah Dunese;

Dundee Hawkhill – Colours: Blue and White Quarters

Team Nos 31,32,33,34

U13: Emily Harrower; Emily Paul; Nicole Melville; Abbie Goodwin; Niamh Robertson;

U15: Maddie Owen; Bonnie MacRae; Isabel Reimers; Hannah George; Amy Mollison; Danielle MacDermid;

U17: Katrina Ballantyne; Eleanor Begg; Heather Ingram; Eireann Robertson; Katie Anderson;

East Kilbride AAC – Colours: Gold with 2 Black hoops

Team Nos 35,36

U13: Jessica Hagan; Sarah Connolly; Aimee Docherty; Abigail Shaw; Lucy Muirhead;

U15: Rebecca Russell; Georgina Massie; Rachael McCusker; Sarah McCusker; Shona Burt;

U17: Mhairi Boyle; Lucy Fairlie; Shannon McMahon; Megan Barrie;

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

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

U13: Eloise Walker; Isabel Kate Strathdee; Lindsey Gilchrist; Anna Boyd; Laurie Smith; Caitlin Thompson; Lucia Montgomery;

U15: Hilary Lewin; Zoe Bates; Esme Stewart; Catherine Bough; Anna Gilchrist; Morven Ferguson; Charlotte Wright; Franca

Still; Flavia Forbes;

U17: Sarah Findlay; Alexandra Hunter; Erin Boddie; Rachel Watson; Alison Broadhurst; Bethan McGregor; Rosie Wilson;

Falkirk Victoria H – Colours: Black with Gold Band

Team Nos 43,44,45,46

U13: Katy McGonigal; Jessica Christie; Flora Johnston; Olivia Taylor; Kirstin Veitch; Chloe McClung;

U15: Erin Pringle; Nicole McIntyre; Rhona Leslie Milne;

U17: Julie Nimmo;

Fife AC – Colours: White with Red Band**Team Nos 47,48**

U13: Sarani Fernando; Sam McInnes; Abbie Steggles;
 U15: Katy Aitken; Louise McCullagh; Ana Brocklebank;
 U17: Ailsa Cruickshanks; Annabel Simpson;

Gala Harriers – Colours: White with Green Band**Team Nos 49**

U13: Rhiannon Fagan; Christie Rout; Susannah Godfrey-Faussett; Cara Hogg; Rosie Browne;
 U15: Katie Browne; Lorna Crawford; Bethany Wardhaugh; Lorna Crawford;
 U17: Jo Arres;

Garscube II - Colours: White with Blue Band**Team Nos 50,51,52,53**

U13: Sophie Lathan; Claire McGonigle; Emily Sillars; Karen Donaldson;
 U15: Eilidh Chapman; Iona Fraser; Eilidh Gordon; Eilidh Smith;
 U17: Rachel Busby; Catriona Graves; Nicola Sharpe; Hayley Sorbie; Georgia Callander;

Giffnock North – Colours: Amber with Royal Blue Hoop**Team Nos 54,55,56,57,58,59,60,61**

U13: Annabel Ballantyne; Lauren Saxby; Heather Still; Orla Lang; Clare Wallace; Jenny Dougall; Emma Lawton; Rachel Norrie;
 Eve Denholm; Emily Crusher; Zoe Jamieson;
 U15: Sarah Olivia Eunson; Holly Still; Rebecca Metcalfe; Danielle Kelly; Fern Conway; Megan Kane; Nikki Miller; Rebekah Hemmingsley; Mhairi Sheridan; Kate Saxon;
 U17: Rebecca Saxby; Nikki Hutchison; Chloe Cowan; Nicole Scott; Megan A Amner; Eilidh Cook; Morna Weir; Megan A Amner; Nicole Ewing;

Glasgow School of Sport – Colours: ??? Team Nos 122,124

U13: Kirsten Forster (U13); Emily Louise MacDonald (U13)
 U15: Lori Agnew (U15); Neve Littlejohn (U15); Cara Baillie (U15); Leanne Findlay (U15)
 U17: Abigail McInnes (U17)

Greenock Glenpark – Colours: Sky Blue with Royal Blue and Gold Hoops**Team Nos 62,63,64,65,66**

U13: Emily Pugh; Lucy McFarlane; Zoe Renfrew; Beth McKenna; Sarah Pugh; Christie Mulaghton; Rachel Mulaghton; Olivia Steele; Gracie McGill; Hayley Cowper;
 U15: Nichola Doohan; Megan Rogers; Rachel McFarlane; Shelby Morrison; Kate Kilpatrick; Catriona Daisley; Mia Forrest;
 Danielle Hunter; Lauren Mulaghton;
 U17: Katie McLean; Deborah Staber; Louisa Davis; Laura Hamill;

Helensburgh AAC – Colours: Yellow with Red Band Team Nos 67,68,69

U13: Charlie Bridges; Rachael McKillop; Soreha Hicks; Antonia Burns; Jessica Noble;
 U15: Kara Bruce; Katherine Slaughter; Mhairi Cromar; Maddy Joseph; Melissa Robinson; Morag Paterson;
 U17: Megan Robertson;

Inverclyde AC – Colours: Black & White Stripes Team Nos 70,71,72,73,74,75

U13: Gillian Carmichael; Samantha Dunning; Niyah Gillen; Cara Hogg; Jennifer Lyne; Cliona McCheyne; Nuala McCheyne;
 Georgia Morrison; Sara O'Docherty; Clara Pollock; Niamh Ramage;
 U15: Robyn Kelly; Ashleigh Lewis;
 U17: Jamie Leigh Cummings; Emma Mitchell; Chloe Simpson;

Kilbarchan AAC – Colours: Gold with Black Hoop Team Nos 76,77,78,79,80,81

U13: Eilidh Gibson; Katrina Miller; Eve Griffiths; Bethany Craig; Rachel Bannatyne; Rachel Curry; Lily Fowler; Mia Druce;
 Joanne Mulligan-Frith; Kim Crawford; Chloe Duncan; Amber Duncan;
 U15: Laura Stark; Amy Sneddon; Katharine McGinn; Emma Johnstone; Lucy McKellar; Kerry MacAngus; Natalie Moran; Rona Tytler; Emma Fulton; Carrie McIntyre; Jessica Curry;
 U17: Gwen Gillham; Sarah Dempsey; Jemma Reekie; Emma Kelly; Hannah Verlaque; Katie Turnbull;

Kilmarnock H – Colours: Royal Blue with 2 White Stripes Team Nos 82,83,84,85,86,87

U13: Erin Barbour; Eilidh Gardiner; Molly Murray; Natalie Sharp; Erin Pastulovic; Lauren Greig; Phoebe McCutcheon; Leonie McCutcheon; Sophie Rowan; Erin Connelly; Kayleigh Duff;
 U15: Shona McBean; Claire Orr; Caitlin McClounie; Olivia Cochrane; Lauren Park;
 U17: Lorne Kerr;

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops**Team Nos 88,89,90,91,92**

U13: Nicola Lochhead; Emma Mahon; Aimee Smith; Stephanie Lindsay; Kiara Kelly; Iona Smith; Hannah Paton;

U15: Alicia Paton; Meg Tomkins; Perri McCluskey; Anna Forbes; Laura Keay;
 U17: Victoria Robertson; Jenny Lee; Katie Glen;

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band Team Nos 93

U13: Sarah Tait; Susan Scobie; Caroline McKinlay; Alexandra Massey;
 U15: Lauren Wilkie; Lauren Dickson; Niamh L. Fellerger;
 U17: Sophie Miller;

Law & District - Colours: Amber with 2 Red Bands and 1 White Band**Team Nos 94,95**

U13: Dion Ingram; Zara Higgins; Mirran Struthers; Ruth Currie; Caitlin Thomson; Heather Jackson;
 U15: Emily McNicol; Evie Robb; Kirstin Cherrie; Kim Laird; Amy Watkins; Claire Cartledge;
 U17: Pamela McNicol; Hannah Stark; Sarah Barrie; Olivia Quinn;

Lothian RC – Colours: Blue with Black letters**Team Nos 96,97**

U13: Alex Moffat; Meg Wishart; Erin Steel;
 U15: Lucy Kennedy;
 U17: Bethany Nelson;

Nairn Area AAC – Colours: Orange Team Nos 98

U13: Hannah Rawlinson;
 U15: Kloe Gibson;
 U17: Hannah Blackburn;

Perth Strathtay – Colours: Orange with Blue Trim Team Nos 99,100

U13: Ashleigh Greenwood; Holly Davidson; Jessica Treacey;
 U15: Megan Roberts;
 U17: Zoe Brown; Jessica Zajda;

Pitreavie AAC – Colours: Navy/Yellow/White**Team Nos 101,102,103,104,105**

U13: Iona Crawford; Zoe Nicholson; Fabiana Mancini; Abigail Graham; Jemma Jamieson; Kym McAlpine;
 U15: Leah Davie; Sophie Nethery; Emily Nicholson; Emily Main; Alana Sneddon; Aimee Scott;
 U17: Mhairi McAtear; Annie Nelson; Sarah Allan; Alexandra Jane Cook;

Ron Hill Cambuslang H – Colours: Red with White Band**Team Nos 106,107,108**

U13: Keira Watson; Kate Moss; Charlotte Moss; Brooke Silver; Anna Borland;
 U15: Olivia Mulholland; Niamh Brown; Lauren Carey; Celine Quigg; Gillian Gibson;
 U17: Eve MacKinnon; Hannah Robertson; Rachel Black; Dayna Coyle;

Shettleston H – Colours: Blue with Gold Band**Team Nos 109,110,111**

U13: Gaia Salandini; Kirsty MacIntyre; Mya Munro; Melissa Adams; Charlotte McNeice; Emily McNeice; Erin McCainish;
 U15: Adelina Callan; Georgia MacDonald; Natasha Z Mackay; Erin McComish; Emma McCainish;
 U17: Amy Harkins;

Teviotdale Harriers – Colours: White with Maroon Band Team Nos 112,113,114

U13: Skye Patterson; Lucy Ash; Carly Blaikie; Connie Lothian;
 U15: Isabel Inglis; Emma Grieve; Emily Lockie;

V P Glasgow – Colours: Blue and White Hoops**Team Nos 115,116,117,118,119,120,121**

U13: Adrienne Murray; Amy Bissett; Emma Gilmour; GEORGIA MOLLOY; Beth Gibbons; Eilidh Boyd; Kirsty Boyd; Mia Kelly-Vinaccia;
 U15: Holly Little; Robyn Connolly; Reagan Binnie; Tessa Hickey; Leah Thompson; Jenna Boyd; Cara Thom; Kirsty MacDonald;
 kenna Francis;
 U17: Gillian Black; Anya Morrison; Eliza Chiswell; Melanie Chiswell;

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 – Inverclyde AC

Aberdeen AAC – Colours: White with 2 red hoops Team Nos 1,2,3,4

U13: John Angus; Harry E Hall; Adam Robertson; Cameron Stone;

U15: Matthew Keenan; Finlay Strachan; Aaron Odentz; Ben Renton;

U17: Andrew Burnett; Jordan Chapman; Matthew Kilner; Steven Murray;

Mark Quinn;

Ayr Seaforth AC Colours: White with Red Diagonal Cross

Team Nos 5,6,7,8,9,10,11,12,13

U13: Steven Martin; Daniel Martin; Scott Sprang; Greig Oakley; Logan Cotter; Aidan Copland;

Callum Laurie; Ross Wylie; Joshua Cooke; Blair Smillie; Alasdair Armstrong; Lewis Philp; Ben

Smyth;

U15: Fraser Stirling; Lewis Ross; Ewan McLevy; Cameron Hay; Cameron Ross; Callum Meldrum;

Ben Lomako; Fraser Angus; Jamie Brotherston; Ross Nicolson; Rhys Sim; Euan McIntyre;

U17: Connor Gracie; James Pettigrew; Matthew Brawley; John Hamilton;

Banchory Stonehaven AC – Colours: Royal Blue with White band Team Nos 14,15

U13: Joseph Wright; Luke Graham;

U15: Charlie Beeson; Cameron Baird;

U17: Ewan McMillan; Daniel Rees;

Calderglen H - Colours: Amber and Black Vertical Stripes Team Nos 16

U13: Calum MacDonald;

U15: Lewis MacDonald; Drew Gordon;

Central AC – Colours: Yellow and Blue Team Nos 17,18,19,20,21,22,23

U13: Tom Graham-Marr; Ross Coombs; Thomas Hanson; Craig Palmer; Alexander Holl; Euan Smith;

Keir Howieson; Matthew Chandler;

U15: Nathan Rix; Elliot Harris; Michael Hewitt; Rory Strachan; Matthew Crawford; Conor Ryan;

David Nairn;

U17: Jack Kerr; Iain Davies; Stuart McKinney; Aidan Cameron; Cameron Harris; Daniel Stansfield;

Jonathan Eckersley;

Clydesdale Harriers – Colours: White with Black "C" Team Nos 24,25,26,27,28,29

U13: Jack Dolan; Cairn Wallace; Hannah Lindup; Kieran Goggins;

Ronan Ross; Aaron Belkevitz; Harry Borthwick; Thomas Hearn; Aiden Fergie; Robert Whittick;

U15: Stephen Kane; Brian Aird; Jack McCue; Joe McCreadie; Darren Carruthers; Lewis Priest; Declan

Boylan; Liam Milligan; Lewis Hay; Lewis Brown;

U17: Philip Allan; Darren Dolan; Daniel Fotheringham; David Campbell; Andrew Craig Hunter;

Corstorphine AAC – Colours: White with Black Trim Team Nos 30,31,32

U13: Fergus Campbell; Finlay Ross; Thomas Ross; James Low; Robbie Low; Owen McQueenie; Alex

St John;

U15: Callum Campbell; Anthony Addison; Forbes Jackson; Jonathan Jackson;

U17: Matthew Young;

Cumbernauld AAC - Colours: Sky Blue with Maroon Band Team Nos 33,34,35

U13: Sam Glen; Jacob Brown; Arran Kennedy;

Cameron MacLean;

U15: Hamish Coutts; Sean Kennedy; Lewis Brown; Daniel Winning;

U17: Cameron Richardson;

Dundee Hawkhill - Colours: Blue and White Quarters Team Nos 36,37,38,39,40

U13: Chuka Akunna; Peter Forte; Sean McNally; Scott Gordon;

David Begg;

U15: James Donald; Andrew Merry; Michael Tarnawsky; Matthew Tonner; Jack Anderson; Callum

Letham;

U17: Robbie Ewen; Fyfe Galbraith; Connor Bertie; Daniel Morton; Ben MacDermid;

East Kilbride AAC - Colours: Gold with 2 Black hoops Team Nos 41,42

U13: Ryan Clydesdale; Matthew Kirwan; Calum Hopkins; Michael Friel;

Callum Hickey;

U15: Callum Field; Martin Lynas; Ross Malloch;

U17: Aidan Gilbride; Michael Stewart;

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

Team Nos 122,123,124,125

U13: Lewis Herd; Fraser Blackie; Cameron Smith; Iain Hare; Luca Ibrizzi; Fraser C Smith; Conor

Shaw; Tom Vernon;

U15: Michael Swinton; Paul Ireland; Ross Allan; Archie Hodgson; Alex Bates; Freddie Carcas; Joseph

Arthur; Calum Brown; Jamie Underwood; Stuart Waitt;

U17: Josh Kerr; Robert Bough; Alex Carcas; Dominic O'Hare; Cameron Gilmour; Fraser White;

Fionnbharr McDonald; Daniel Cringean;

Falkirk Victoria II – Colours: Black with Gold Band Team Nos 126,127,128

U13: Kane Elliott; Russell Christie; Dylan Martin; Michael Struthers;

U17: Bailie McRoberts; Gary Munro;

Fife AC – Colours: White with Red Band Team Nos 129,130,131

U13: Stuart Aitken; Craig Morris; Gavin McWhinnie; Iain McWhinnie; Alexander Thomson;

U15: Euan Boyle; Gregor Malcolm; Adam Scott; Ryan Brocklebank;

U17: Sam Fernando; Drew Davidson; Ronan McKinstray; James Pennycook;

Gala Harriers – Colours: White with Green Band Team Nos 132,133

U13: Joey Brown; Kieran Bryson; ANDREW HOGG; Mark Purves; Marshall Smith; Jamie Kinghorn;

Jamie Logan; Rory Williams; Corri Campbell;

U15: Joseph Agnew; Tyler Grainger; Faisal Khurshed; Joseph Agnew; Joe Wilson;

U17: Gavin Bryson; Nathan Cox; Broc Drury; Jason McIntosh; James Mercer; Thomas Otton;

Garscube II - Colours: White with Blue Band Team Nos 134,135,136,137,138,139

U13: James Cathro; Ross Chapman; Findlay Currie; Jack Cuthbertson; Elliot Duff; Josh Irvine; Fraser

Gordon; Arun Smith; Jack Trainer;

U15: Jamie Bennett; Calum Esler; Ewan McArthur; Craig Weston;

U17: Darren McGowan;

Giffnock North – Colours: Amber with Royal Blue Hoop

Team Nos 140,141,142,143,144,145,146,147,148,149

U13: Jack Bell; Hamish Armitt; Euan Chalmers; Andrew Robertson; Corey Greenhaugh; Austin

Robertson; Taylor Stewart; Scott Jenkins; Euan Smith; Eoghan O'Donnell; Ben Shaw; Austin

Thomson; Robert Peterson;

U15: Jamie Sturrock; Nicholas Boyle; Keir Carolan; Joseph Lowrie; Michael Lowrie; Calum Marney;

Oliver Watson-Sweeney; Harry Nimmo;

U17: Christopher Stewart; Ross Gray; Josh McDonald; Euan Brodie; Max Lancaster; Dewi Gould;

John McLaughlin; Euan Penrice;

Glasgow School of Sport – Colours: ??? Team Nos 43

U13: Kipp McTavish (U13)

U15: John Law (U15)

U17: Paul Harper (U17)

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

Team Nos 150,151

U13: Jonathan Slater; Tom Forrest; Alan Mollins;

U15: Euan Stewart; Joshua Ruddy; Nathan Robinson;

U17: Luthais Arthur; Calum Johnston; Scott Renfrew;

Helensburgh AAC – Colours: Yellow with Red Band Team Nos 152,153

U13: Bryn Davies; Michael Miller; Finlay Gray;

U15: Gregor Chambers; Raymond Salaughter; Bruce Cromar;

U17: Fin Ritchie;

Inverclyde AC – Colours: Black & White Stripes Team Nos 154,155,156,157,158,159

U13: Scott Hannaway; Ben Nicholl; Cameron Purves; Leo Rice; Max Rice; Reece Warnock; Cameron Watson; Dylan Weir; Robert Wilson;

U15: Ryan Gray; Sammy Hearl; Innes Lowrie; Matthew MacKinnon; Scott Reid; Reef Gillan; Craig Stevenson;

U17: Ross Forbes; Jonathan Glen; Ross Gray; Joshua Houston;

Kilbarchan AAC – Colours: Gold with Black Hoop Team Nos 160,161,162,163,164,165,166,167

U13: Calum Barry; Hamish Loudon; Andrew MacAngus; Christopher McCallum;

Scott Ritchie; Michael Simson; Craig Kennedy; Aidan Clark; Jordan Gilchrist; Harry Walton; Cameron Corrigan; Aidan Hendry; Hunter Daws;

U15: John Hughes; James Toal; Josh Hendry; Conor Thomson; Aidan Comerford; Jamie Eatock; Sam McNair; Ross Wallace; Jake Scott; Matthew McLean;

U17: Charlie Wighton; Tom Murray; Fraser Warwick (U20); Fraser Auld; Euan McKerral; Euan Trout; Cameron Dickson; Scott McLardie; Euan Gillham; Gavin McArdle;

Kilmarnock H – Colours: Royal Blue with 2 White Stripes Team Nos 168,169,170,171

U13: David Stark; Jamie Neilson; Aidan Hissett; Finlay Walker;

U15: Dylan McBean; Aaron Young; Sam Campbell; Tom Nichol;

U17: Ben O'Neill; Terry Mulholland; Angus Kerr; Stuart McClarty; Michael Boland;

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops

Team Nos 172,173

U13: Luke McCaffrey; Matthew Craig;

U15: Harry Lamond; Jonathan Bryce; Euan Docherty;

U17: Jack McCabe; Logan Sirel;

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band Team Nos 174,175

U13: Magnus Tait; Lawrie Wilson; Oliver Snodgrass; Craig Gallagher; Euan McAlister; Adam MacDonald;

U15: Jamie Darling; Cameron Steven; Thomas Snodgrass; Euan McKay;

U17: Kyle A Mackenzie; Iain Lawson;

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

Team Nos 176,177,178

U13: James Gillon; Matthew Gillon; David McCormack; Hayden Rafferty;

U15: Gregor Gillespie; Ben Fountain; Conor Butters; Kieran Cubis; Adam Kelly; Matthew Lawler;

U17: Luke Foss; Shaun Burke; Stuart Leghorn;

Perth Strathtay – Colours: Orange with Blue Trim Team Nos 179,180,181

U13: Hamish Gellatly; Taylor Neill; Alastair Cormack; Alex Johnston;

U15: Ben Greenwood; Sol Sweeney; Findlay Lennie;

U17: Michael Gillespie; Caleb Simpson; Simon Jardine; Kierr Miller;

Pitreavie AAC – Colours: Navy/Yellow/White Team Nos 182,183,184,185,186

U13: Duncan Crawford; Conor Allan; Josh Spence; Liam Gillam;

Cameron Pearson; Arran Robertson; Alistair Moriarty;

U15: James Adam; Tyler White; William Cain; Dylan Thomson; Andrew McNair; Ben Grant; Craig Moriarty; Ryan Thompson;

U17: Aidan Thompson; Corey Smith; Kyle Henderson; Cameron Sinclair;

Ron Hill Cambuslang H – Colours: Red with White Band

Team Nos 187,188,189,190,191

U13: Drew Pollock; Ryan Stephen; Luke Reilly; Christopher McLew;

Rutadhri MacGregor; Johnathan Christie; Leodhais MacPherson; Keir Crawford; Aaron Lohie;

U15: Gavin Smith; Euan Miller; Keir Morton; Struan Paton; Eamon Carr; Jonathan Anderson; Conor

Ross; Jamie Alexander; Joshua Boyle;

U17: Scott Somerville; David Robertson; Jack MacGregor; Sam Shilliday; Brendan Carey; Ryan

Miller; Keith McIntyre; Joe Brown; Sean Reilly;

Shettleston H – Colours: Blue with Gold Band Team Nos 192,193,194,195,196

U13: Tom Reid; Jamie Burns; Lewis Raeburn; Lewis Elliot; Jordan Dolan; Robbie Cameron; Daniel McGreechin;

U15: Benjamin Dalziel; Daniel Muir; Jamie Blackhall; Niall Turner; Cameron Gibson;

U17: Daniel O'Hear; Ryan Flanagan; Murray McGiven; Cameron Carey;

Strathern Harriers – Colours: ??? Team Nos 197

U13: Keir McEwan; Levi Sweeney; Duthac Mardon; Huw Thomas;

U15: Lewis Forsyth; Andrew MacInnes;

U17: Angus Lindsay;

Teviotdale Harriers – Colours: White with Maroon Band Team Nos 198

U13: Fraser Clyne;

U15: Jamie Waugh; Joseph Tottman;

V P Glasgow – Colours: Blue and White Hoops

Team Nos 199,200,202,203,204,205,206,207

U13: Thomas Connolly; Aaron Hickey; Tom Keeley; Calum Brown; James Irvine; Edan Webb; Rogan Kelly; Conall Whyte; Andrew Robinson; Fraser McDonald;

U15: Jamie MacKinnon; Aidan Johnson; John Law; Andrew Moreland; Max Milarvie; Lewis Serpell;

Charlie Milarvie; Euan Rae; Simon Fraser; Michael Dunn; Adam Brady;

U17: Scott McKay; Euan Urquhart; Calum McCormack; Liam McKeown;

Craig Jardine; Robbie Barr; Ciaran Kelly; Patrick Docherty; Fraser Glass;

U20/SENIOR/MASTERS WOMEN NATIONAL RELAY CHAMPIONSHIPS

3 x 4,000 metres

Title Holders – Central AC

Masters Title Holders – Edinburgh AC

Anster Haddies RC – Colours: Yellow Vest Team Nos 1,2

Pamela Cruickshanks (V40); Hazel Bradley (V50); Christine Bowie (V40); Alice Hall (V50); Elise Methven (V40);
Pamela Cruickshanks (V40); Carole Fraser (V50); Tracy Chalmers; Yvonne Delan;

Ayr Scaforth AC – Colours: White with Red Diagonal Cross Team Nos 3

Kirsty Green (V40); Gael Riddle; Katie Sprang (U20); Caroline George (U20);

Bellahouston H – Colours: Dark Blue with Light Blue Cross Team Nos 4,5,6

Katy Smith (V40); Erica Christie (V50); Angela Carson (V40); Kristina Greig; gael mcallum (V40); Bernadette O'Neil
(V40); Vicki Hopewell; Suzanne Boyle; Kathleen MacLeod (V50); Angela Campbell;

Bellahouston RR – Colours: Purple with White Band Team Nos 7,8,9,10

Ciara Baxter; Judith Macgregor; Carla Molinaro; Louise Ross; Maree Shepherd; Matty Sutton; christine little; Hayley
McCrorie; Rose McRobert; Jillian Herbert; Julia MacDonald; Romy Beard; Elsie Downham; Emma Jamieson; Louise
Gray (V40); Suzanne Lamb; Tomoyo Fujiwara (V40);

Calderglen H – Colours: Amber and Black Vertical Stripes

Team Nos 11,12

Joanne McEvoy; Julie Beveridge; Alison Lessells; Frances Maxwell (V40);
Karen Allen; Mary Goldsmith (V50); Ruth Kelly (V40);

Carnegie H – Colours: Orange & Green Team Nos 13,14

Kirsty Baird (V40); Michelle Best; Isobel Burnett (V50); Victoria Di Ciacca (V40); Laura Donaldson; Morna Fleming
(V50); Karen Kennedy (V40); Lynne Kuz (V50); Jacqueline MacIntyre; Gillian McCracken (V40); Gail Murdoch (V40);
Samantha Newington; Helena Sim (V50); Melanie Sinclair (V40); Fabienne Thompson (V40); Mary Western (V50);
Alison Whyte (V40);

Central AC – Colours: Yellow and Blue

Team Nos 15,16,17,18,19

Claire Houston; Isla Campbell; Ainsley Normand (V40); Jennifer Emsley; Fiona Thompson; Morag MacLarty; Jane
Waterhouse (V50); Hazel Dean (V50); Kate Weldon (V40); Lyndsay Aitken; Amy Hendry (U20); Emily Greenan (U20);
Claire Brisbane; Patricia Milne (V50); Morag Adam (V50); Lyndsay Morrison;

Clydesdale Harriers – Colours: White with Black "C" Team Nos 20,21

Jessica McClintock (U20); Megan Smith; Sarah Anderson; Susan Johnston (V40); Julie Malko; Gillian Carr; Lucy St
John (V40); Fiona Drake; Claire Sloan (U20);

Corstorphine AAC – Colours: White with Black Trim Team Nos 22,23,24

Jessica McClintock (U20); Megan Smith; Sarah Anderson; Susan Johnston (V40); Julie Malko; Gillian Carr; Lucy St
John (V40); Fiona Drake; Claire Sloan (U20);

Dumbarton AAC – Colours: Black with Red Band Team Nos 25

Charlene Kelly; Lynsey Lennox; Joanne Pitt; Melissa Wylie (V40); Nikki Lyons; Lindsey Currie (V40);

Dundee Hawkhill – Colours: Blue and White Quarters Team Nos 26,27,28

Suzie Swan (V40); Dianne Harrower (V40); Lucy Fyffe (V40); Bronwen Hughes; Linzi Houston; Catriona M Reynolds
(V40); Sarah Kelly; Louise Beveridge; Iona Brodie (U20);

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

Team Nos 29,30,31,32,33

Victoria Bailie; Lauren Stoddart; Janet Dunbar (V40); Karen Dobbie (V40); Susan Ridley (V40); Elaine Davies (V40);
Emma Laverie; Laura Dunn; Nathalie Christie; Marietta Beal (V40); Emma Dunnett (U20); Oonagh Dunnett (U20);
Katie Watson (U20); Isabelle Bough (U20); Hilary Kernaghan (V50); Fiona Hegarty; Amanda Woodrow; Anne Peat
(V40); Gillian Palmer; Vicky Frew; Catherine Ferry (V40); Jennifer MacLean; Suzanne McMahon (V40); Hayley

Ovens; Berit Inkster; Lyndsey Fraser; Rachael Dunn (U20); Morgan Murphy; Julia Tapsfield; Nora Washbourne;
Madeleine Murray (U20); Vicky Jackson;

Edinburgh University H&H – Colours: Green with White side Panel Team Nos 34,35,36,37,38,39

Georgia Tindley; Mhairi MacLennan (U20); Kirstin Maxwell; Charlotte Watson (U20); Sarah Sigsworth; Bronagh
Wishart (U20); Heather Langham; Annie Carroll (U20); Louise Mercer (U20); Alexandra Morgan (U20); Rebecca
MacDougall; Katy Thomson; Lauren MacAlister (U20); Sarah Henderson; Amy Spencer (U20); Amy Bristow (U20);
Rebecca Croney;

Falkirk Victoria H – Colours: Black with Gold Band Team Nos 40,41,42

Megan Wright; Lorna Kennedy; Alison Marven; Fiona Anderson (V40); Gill Inglis (V40); Allison Christie; Fiona
Matheson (V50); Beryl Junnier (V50); Nicola Flynn (V40);

Ferranti AAC – Colours: Yellow with Black letters Team Nos 43,44

Alison Arnold; Sheila Bauchop (V50); Julia Drewer; Claire Gilchrist (V40); Elizabeth Gilchrist (V50); Siobhan Sellar
(V40); Pascale Ruck; Elisabeth Mockli;

Fife AC – Colours: White with Red Band Team Nos 45,46,47,48,49

Fiona Bracegirdle; Innes Bracegirdle (V50); Lorraine Brown (V50); Hester Burt; Megan Crawford; Jennifer
Cruickshanks (U20); Laura Gibson (U20); Jennifer Kibble; Amie McKimmie; Margaret Martin (V50); Stephanie
Pennycook (U20); Halina Rees (U20); Miriam Rennet (V50); Helen Sharpe; Susan Whisler (V50); Morgan Windram-
Geddes; Margaret McLaren (V50); Sandra Aitken (V50); Janet McWhinnie (V40); Hilary Ritchie (V50);

Gala Harriers – Colours: White with Green Band Team Nos 50,51,52,53

Rachel Fagan; Fiona Dalgleish (V40); Gillian Duncan (V40); Anya Campbell (V40); Jennifer Forbes (V40); Kerry
Sandilands (U20); Dianne Lauder; Anne Weir (V40); Nicola Porterfield; Eileen Nicol (V40); Andrea Pogson (V50);
Gillian Bryson (V40); Karen Maxwell (U20); Gina Allen; Angela Foss (V40); Dawn Grant (V40); Fiona Shepherd
(V40);

Garscube H – Colours: White with Blue Band Team Nos 54,55

Marian Kelly; Paula Williamson; Lesley Chisholm; Katie White; Emma Blair; Laura Devine;

Giffnock North – Colours: Amber with Royal Blue Hoop Team Nos 98,99

Mary McCutcheon (V40); Doleen Galbraith (V50); Jacqueline Cowan (V40); Ruth Joss; Yvonne Hamilton; Maureen
McVey (V50); Anne Lee (V50);

Glasgow University H&H – Colours: White with Blue Band Team Nos 55,56

Fiona McGruer; Jacqueline Kandsberger; Korolina Kivimaki; Cassie Paterson (U20); Orla Chapman; Laura Muir;

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

Team Nos 58,59,60,61

Suzanne Coyle; Jacqueline O'Donoghue; Lynne Rogers; Jane MacLean; Donna Clark; Viki Wilkinson (V40); Alison
King (V40); Jillian McNee (V40); Rhonda White (V40); Gillian Forrest (V40); Susan Clark (V40); Silke Loehndorf
(V40); Elizabeth McAuslan (V40); Fiona Cushnaghan (V40); Theresa Wall (V40); Lorna Coyle (V50); Yvonne Prager
(V50); Susan Slater (V40); Emma Baxter; Kirstin Arthur; Heather Kangley (V40); Marian Monk (V40); Katie
McAusland (U20); Lisa Ruddy;

Helensburgh AAC – Colours: Yellow with Red Band Team Nos 62,63

Erica Cromar (V40); Helen Crooks; Laura Johnstone; Michelle Hetherington (V40); Maria Dye (V40); Rebecca Parry;

Hunters Bog T – Colours: Brown Team Nos 64,65,66,67

Emma Baker (V40); Carrie Craig; Briony Curtis; Jessica Dewar; Sula Gay; Young; Katherine Golding; Claire Gordon;
Rachel Heathcote; Tessa Hill; Elizabeth Hugill; Kate Jenkins; Amy Jones; Mairead Kelly; Zoe Kemp; Isobel Knox;
Amelia Lloyd; Julia Lutte; Deborah MacDonald (V50); Sarah Louise MacIsaac; Morag McCracken; Megan Mowbray;
Rose Nicholson; Phyllis O'Brien (V50); Sarah O'Neil; Sandra Rathjen (V40); Rachel Smirthwaite; Rosie Smith;
Margaret Spalding; Kara Tar; Claire Ward; Eilidh Wardlaw; Abby White;

Inverclyde AC – Colours: Black & White Stripes Team Nos 68

Emma Rice; Julie Gordon; Rachael Bushfield; Rhona Bushfield (V50);

Kilbarchan AAC – Colours: Gold with Black Hoop Team Nos 69,70

Elspeth Curran; Christina Rankin; Natalie Sharp; Elaine Eadie (U20); Leanne Hamilton; Hannah Waugh; Jennifer Rooney; Siobhan Inglis; Jessica Martin;

Kilmarnock H – Colours: Royal Blue with 2 White Stripes Team Nos 71,72

Kara Tait; Paula Wilson (V40); Colleen Tait; Rosemary McMillan (V50); Natalie Boyce; Lindsay McMahon (V40);

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops

Team Nos 73,74,75,76,77

Julie Nelson (V40); Shirley MacNab (V40); Vivien Fraser (V40); Claire Mitchell; Annmarie McCaffrey (V40); Allison Law (V50); Ada Stewart (V50); Debs Lindsay (V50); Marie McChord (V50); Maxine Bilsland; Carolyn McKeown (V40); Margaret Wilson (V40); Moira Smith (V40); Susan Addison (V50); Sheila Traynor (V40);

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band Team Nos 78,79

Linden Nicholson (V50); Lorna Rice (V40); Debbie Murray; Karen McKinlay (V50); Wilma Kerr (V40); Sarah Robertson (V40); Amy Frankland (U20); Sarah Gledhill (V50);

Lothian RC - Colours: Blue with Black letters Team Nos 80,81

Jo Hall; Lana Turnbull; Mhairi Inglis; Edel Mooney; Chloe Cox; Jocelyn Moar; Leanne Webster; Shona Young (V40); Elaine Mackie; Lynne Murray (V50);

Metro Aberdeen - Colours: Black/Yellow Quarters Team Nos 82

Claire Smith (V40); Ali Mathers (V40); Alison Pirie; Valerie Wilson (V40);

Motherwell AC - Colours: Burgundy with Gold Band. Team Nos 83

Clare Barr (V40); Phyllis Hands (V50); Vicki Wright; Clare Hughes;

Portobello RC - Colours: White with Navy and Blue Bands Team Nos 84

Shery Johnston (V40); Jenni Owens; Ruth Johnstone;

Ron Hill Cambuslang H – Colours: Red with White Band Team Nos 85,86

Arlene Bristow (V40); Sarah Benson; Kirsty Anderson; Nataliya Polozhentseva; Fionnuala Ross; Alexandra Lamond; Mairi Brown (U20); Sarah Millar (U20); Rebecca Bonomi (U20); Katie Bristow (U20);

Shettleston H – Colours: Blue with Gold Band Team Nos 87,88,89

Jessica Oliver-Bell; Kathryn Pennel (U20); Claire McArthur; Joanne Harkins; Stella Winters (U20); shona robertson (V40); Shannon McLellan (U20);

Springburn Harriers - Colours: Navy Blue with White Diamond Team Nos 90,91

Barbara Knox (V50); Michelle Sandison; Caroline Brownlie (V40); Lorraine Gray (V40); Hannah Terrance; Lesley Corr (V40); Krissy Hughes; Lesley Stickle (V40); Gillian Wallis;

Teviotdale Harriers – Colours: White with Maroon Band Team Nos 92,93

Donna Inglis (V40); Catriona M Young (V40); lauren corbett (U20); Catherine Mercer (U20); Sylvia Grieve (V40);

V P Glasgow – Colours: Blue and White Hoops Team Nos 94,95

Danielle Beattie (U20); Donna Finlayson; Jacqui Thomson (V50); Sarah Potter; Julie Dobbin (U20); Lynn Doherty; Jennifer Hannah; Deborah Hannah (U20); Rhian Dawes; Christine Catterson (V50);

Westerlands CCC - Colours: Yellow with Black "W" on Back Team Nos 96,97

Ellen Homewood; Cat Fisher; Elizabeth Adams; Gaynor Gillespie (V40); Sharon Taylor (V50); Claire Larravide;

U20/SENIOR/MASTERS MEN NATIONAL RELAY CHAMPIONSHIPS

4 x 4,000 metres

Title Holders – Central AC

Masters Title Holders – Ron Hill Cambuslang H

Masters O50 Title Holders – Ron Hill Cambuslang H

Aberdeen AAC – Colours: White with 2 red hoops Team Nos 43,44,45

Fraser McGillivray; Lukasz Czyzycki; Mark Haskett; Paul Martial; Peter Mutch; Alan Fulton (V50); Frank Boyne (V40); Sam Burgess (U20); James Joy; Gareth Lake (U20); David Smith; David Armitage (V50);

Ayr Seaforth AC – Colours: White with Red Diagonal Cross Team Nos 46,47

Iain Baird (V50); Laurence Baker (V50); David Blockley (V40); Kevin Bloy (V40); Stuart Brookie; Craig Brown; Neil Burnside; Andrew Crichton; Barry Duddy (V40); Ross Green (V50); David Hughes (V40); Stephen Kay; Peter Laing (V50); Stephen McCrorie (V40); Martin McCrorie; Tom McCulloch (V50); Stuart McLean (V40); Kenneth Neill; Steven Reid; Paul Turnbull (V50); Allan Watt (V40); Ian Young; Euan Webster (U20);

Banchory Stonehaven AC – Colours: Royal Blue with White band Team Nos 48

Andrew Ferguson Snr (V50); Andrew Ferguson Jnr; Michael Ferguson (U20); Stuart Ferguson (U20);

Bellahouston H - Colours: Dark Blue with Light Blue Cross Team Nos 49,50,51,52

Robert Carson (V50); Matthew Brown; Stewart Mulholland (V50); Francis Gilroy (U20); Thomas Keenan (V50); Darren Murray (V40); Iain Burke (V50); Alistair Scott; Allan Allison (V50); Andrew Campbell; Thomas McDonald; Ruairidh Macdonald; Ian Taggart (V50); Paul Clowson; Ian Richie (U20); John Soffley (V50);

Bellahouston RR - Colours: Purple with White Band Team Nos 53,54,55,56,57,58

Ciaran Dougherty; Bruce Carse; David Boag (V40); Bruce Carse; Liam Conway (V40); Barry Edwards; Peter Gallanagh (V40); Jim Robinson (V50); Iain Burns; Craig Reid; Greig Glendinning (V40); Anthony Lucio Jannetta; Graeme Paterson; Stewart Robertson; Gerard Scullion (V40); Peter Goodwin (V40); Mark McGoldrick (V40); Brian O'Donnell; Bob Reid; Russell Whittington (V40); Grant MacDonald; Andrew Birnie (V40); Kenny McDonald (V40); Iain O'Donnell; Robbie Hayman (V40); Peter Burton; Gordon Clements (V40); Christopher Doak; Grant Edmondson (V40); Alastair Ewen;

Calderglen H - Colours: Amber and Black Vertical Stripes Team Nos 59,60,61

Russell Couper (V40); Alan Derrick (V40); Richard Lawton; David Herbertson (V40); Jim Holmes (V40); Edward Reid (V50); Hugh Simpson (V50); Jim Mearns (V40); Andrew Henderson (V50); Andrew McCaffery (V40); Colin Banks; William Buchanan (V50); Martin Duthie (V50); Ian Hughes (V40); Colin Jarvie (V50); Kenny Leinster (V50); Graham Lindsay (V50); Philip Marshall (V50); John McBride (V50); Brian McDougall (V40); Charles McDougall (V50); Jamie McMonagle (V40); Gerard Mullen (V50); Stephen Phimister (V40); Ian Rae (V40); Graham Ramage (V40); Stephen Reilly; David Searil (V50); Charles Steven (V50); George Stewart (V50); Stuart Waugh (V50); David Watt (V50);

Carnegie H - Colours: Orange & Green Team Nos 62,63,64,65

David Armour (V40); Scott Bradley; Allan Brannigan (V50); Jan Bernt-Cederstrom (V40); Alan Cockburn (V40); David Clark; Michael Cowie (V50); John Crookston (V50); Barry Davie; Kevin Davie; John Fulham (V40); Stephen Greer (V50); Mike Harvey (V50); Dennis Howett (V40); Peter Humphreys (V40); John Hynd (V50); Ian Robert Johnston (V50); Mark Johnstone (V40); Alex Keenan; Paul Kieran; Steven King (V40); Lewis Lawson (V50); Ali McLaren (V40); David Millar; Jonathan Millar; Robert Milton (V50); Kieran Morgan (V50); Fraser Munro (V40); John O'Connor (V50); Peter Simpson (V50); Malcolm Smith (V50); Ian Stewart (V50); Iain Thomson (V50); Callum Vallance (V40); Nick Weir (V40); Mark Western (V40);

Central AC – Colours: Yellow and Blue Team Nos 66,67,68,69,70,71,72,73

Colin Alexander; Alasdair Anthony; Gordon Appelbe; Jonathan Barlow; Cameron Boyek (U20); Hugh Buchanan (V50); Andrew Butchart; Cameron Campbell (V50); Richard Coombs (V40); David Eckersley (V50); Allan Gall (V50); William Gault (V50); Scott Green; Roger Greenaway (V50); Alastair Hay; Alexander Hendry; Will Hensman; Kenneth Hislop; Andrew Hood; Ross Houston; Alan Hume; Robert Hutchison (V50); Ewan Jack (V40); Hugh Kerr (V50); David Lindsay; Sandy MacLarty; Liam McCabe (V50); Conan McCaughey; Scott McDonald; Christopher McHardy; George McHardy (V50); David Mackinlay; Lewis Millar; Alexander Milne (V40); Cameron Milne; John Newsom; Martyn Paterson; Sean Reilly; Robert Russell; Colin Sinclair (V40); Tom Watson (U20); Stuart Watson (V50); Philip Williams; Michael Wright;

Clydesdale Harriers – Colours: White with Black "C" Team Nos 74,75,76,77

Peter Rudzinski (V50); Paul Carroll (V40); Robert Young (V50); Michael Diver (V40); Hugh Lavery (V50); Iain Robertson; Ryan Nelson; Gerry Kane (V50); Watson Jones (V50); Paul McKendry (V50); Dewar Stewart (V50); Gerard Montgomery (V50); Pete Cartwright (V50); Tony Dolan (U20);

Corstorphine AAC – Colours: White with Black Trim Team Nos 78,79,80,81,82,83,84,85,86,87

Michael Anderson (V40); Moray Anderson; Kris Berry; Stuart Campbell (V40); Jonathan Carpenter; Andrew Christy; Bryan Clark; Dermot Cummins; Christopher Galloway (U20); Paddy Jumelle; Calum McKenzie; Ross Milne; Christopher O'Brien; Steven O'Brien; Scott Pilkington; Ryan Riddle; Dougie Selman; Ewan Stark; Tom Cunningham; Alex Cumming; Graeme Fletcher (V50); Derek Ireland (V40); Dean Carr (V40); Alastair Brookie; Cathal McCarthy; David Arnott (V40); Ronald Nolan (V40); Nick Brown; Graham Mclean (V50); Callum Smith (U20); Bruce Malcolm (V40); Kenneth Stewart (V50); Graham Henderson; Martin Caldwell (V50); Iain Cumming (V50); Richard Lewis (V40); John Christy (V50); Alan Cameron (V40); Tom Ferrington; Connor Johnston (U20); Alan Cameron (V40); Chris Grieve (V40);

Dumbarton AAC - Colours: Black with Red Band Team Nos 88,89

William Goldie (V50); Thomas Kelly (V50); Craig Prior; James Waters (V40); Paul Burns (V40); Simon Lennox; Paul Kelly; Peter Walsh (V50); Peter Walsh; Neil Prior (V50); John Hamill (V40); Allan Carr (V40); Kieran McQuade; Mark Walsh;

Dunbar RC – Colours: White with Green Diagonal band Team Nos 90

Stuart Hay (V50); Grant Noble (V50); Andrew Anderson (V40); Andrew Sheldrick (V40);

Dundee Hawkhill – Colours: Blue and White Quarters Team Nos 91,92,93,94

Charles Haskett (V50); Gordon Barrie (V40); Mark Lamb; Nigel Reynolds (V50); Bruce Scott (V40); Neil Anderson (V40); Kenneth Letham (V50); Mike Tarnawsky; Howell Craske; Jamie Crowe (U20); Craig Bertie (V40); Neil Gunstone; Matthew Strachan (V50); Craig Ross (V50); David Adam (V40); Colin McNally (V40); Graeme Oudney; Billy Gibson; Steve Matthews (V40); Roger Van Gompel (V40); David Hanlon (V50); Craig Love (V40); Philip Forte (V50); Des Crowe (V50); Paul Leonard (V40);

East Kilbride AAC - Colours: Gold with 2 Black hoops Team Nos 95,96,97

Gordon Colvin (V50); Grant Baillie; David Condra (V50); Niall Walker; Derek Leitch (V50); William Taylor (V40); David Thomson; John Fergusson; Jamie Clements; David Gorman; Jack Kirwan (U20); Graeme Haddow (V50); Vincent Hastings (U20); Alessandro Tronconi;

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

Team Nos 98,99,100,101,102,103

John Blair (V40); Gabbie Bucciarello; Neil Calder; Max Carcas (V40); Peter Cameron (U20); Adam Chmielowski; Andrew Crichton; Daniel Clarkson; Jamie Crawford; Chris Creagan (V50); Jamie Doris; Keith Dunlop; Ross Irving; Adam Jack; Stuart Johnston; Andrew Lawler (U20); Andrew Latham (V40); Bryan Mackie; Richard Meade; Ruairidh Miller (U20); Alex MacEwen (V50); Colin McGill; James Mittra; Matthew Newnham (V50); Kirk Ollason (V40); Chris Ponton (U20); Argy Rizo; Robert Riddell (V50); Garry Robertson (V50); David Steele (V50); Eric Stevenson (V50); Graeme Taylor; Robert Turner (V40); Stewart Walters (V50);

Edinburgh University H&H - Colours: Green with White side Panel Team Nos 104,105,106,107,108

Neil Colquhoun; Huw Cameron-Stradling; Fraser Drummond (U20); Patrick Gillespie (U20); Ben Stevenson (U20); James Thomas (V40); Patryk Gierjatowicz; Elliot Noble (U20); Callum Mason (U20); Huw Vaughan-Jackson; Callum Murray (U20); Jack Luscombe (U20); John Creamer; Scott Stirling (U20); Kyle McLellan; James Dunn (U20); Jack Baker; Ethan DeWitt; Nicholas Pugh (U20); Jasper Darrington (U20);

Falkirk Victoria H – Colours: Black with Gold Band Team Nos 109,110,111,112

Ryan Beattie; John Brogan; David Bunyan (V50); Anthony Devlin (V40); Euan Martin; Alexander Davidson; Stuart Douglas; Alastair McCullum (V50); Peter Moffett; Barry Paterson; Alexander Watson (V50); Iain Wallace; John Denholm (V50); Colin D Thomson (V40); Andrew Gibson; John Martin (V50); Ben Stevenson (U20); Grant Plenderleith;

Ferranti AAC - Colours: Yellow with Black letters Team Nos 113

Ross Anderson (V50); Alex Bell (V50); Paul Caban (V40); John Gavin (V50); Alex Jackson (V50); Edward McDonald (V50); Robert Miller (V50); Kenny Moore (V50); Keith Nicol (V50); Stephen Reid (V50); Grant Sellar (V40); Iain Shaw (V40); James Shaw (V50); Keith Weston (V50); Malcolm Parry (V40);

Fife AC – Colours: White with Red Band Team Nos 114,115,116,117

Kenneth Anthony (V50); Colin Brown (V40); Zachary Delaney (U20); Ruwan Fernando (V40); Tony Martin (V50); Bruce Millar (U20); Andrew Milne (V40); Andrew Murphy; Eddie Sanders (V50); D.Melville Scobie (V50); Brian R

Smith (V50); Steven Pennycook (V50); Frank McLaren (V50); Graham Beninson (V50); Gary Barker (V50); Bryce Aitken (V50); Iain Aitken (V40); Brian Thomson (V40); Scott Cassidy; Daniel Newman (V40);

Gala Harriers – Colours: White with Green Band Team Nos 118,119,120

Colin McCall; Derrick Brydon (V40); Graeme Murdoch; Fergus Johnston; Anthony Lunn (V40); William McCulloch (V50); Robert Marshall (V50); Colin Welsh; Mark Bryson (V40); Alan Johnston (V40); Sinclair Hill (V40); Rory Campbell (V40); Andrew Lawrie (U20); Alistair Laurie (V50); David Nightingale (V50); Martin Clarke (V50); Thomas Knox (V40); James Purves (V50); Paul Daly (V40); Graham Manczak;

Garscube H – Colours: White with Blue Band Team Nos 121,122,123,124

Daniel Burns; John Murray; John McLaughlin (V40); Donald McPartlin; David Dickson (V50); Dermot Williamson (V50); Marco Consani; Stephen Cullen (V50); Christopher Devine; Alan Blair; Alexander Chisholm (V50); John Bell (V40); Athole Smith (V50); Euan Geddes (V40); Tony Hall (V50); Andy Griffiths (V50);

Giffnock North – Colours: Amber with Royal Blue Hoop Team Nos 125,126,127

Derren Thomson (V40); Rodger McElaney (V50); James O'Hagan (V40); David Phee; Colin Wylie (V40); Michael Hampson (V40); Billy Clark (V50); Luke Traynor; David Logan (V50); chris GREENHALGH (V40); Grant Muir (U20); Jack Walker (U20); Greg Turner; Alan Stewart (V50);

Glasgow University H&H – Colours: White with Blue Band Team Nos 128,129,130

Ben McClellan; Adam Stark (U20); Kerrick Hesse; Grant Boyne (U20); Myles Bax; Peter Bowman; Aishan Patil (U20); Chris Clarke; Ruben Lopez; Mark Sutherland; Alistair Thurlbeck (U20); Lewis Renton;

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

Team Nos 131,132,133,134,135,136

Stephen Trainer; Andrew McCall; Ross McDonald; Shaun Lyon; Alan Henderson; Steven Watson; Kevin O'Donoghue; Duncan Anderson; David Henderson; Frank McKnight; James Campbell; Robert Wilson; Ross Neilson; Kevan McCartney; Steven Campbell; David Carruthers (V40); Sam McVicar (V40); Alan O'Rourke (V40); Andrew White (V40); Kenneth Pryde (V40); Robert Adams (V40); Andrew McCall (V40); Scott Forrest (V40); Thomas Loehndorf (V40); Michael McLoone Snr (V50); Robin McAuslan (V50); Richard Davidson (V50); Michael Harrington (V50); Daniel McLaughlin (V50); Graham McGrattan (V50); Michael Dunn (V50); Robert Mitchell (V50); Thomas Knight (V50); Jim Cuffe (V50); Ross Slater (V40); Gerard Smith (U20); Scott McCluckie (U20); Andrew Harkins; Paul Monaghan (V40); Alan Crichton (V40); Kevin James Gill (V40); George Mitchell (V50); gordon morrison (V50);

Hamilton H – Colours: Team Nos 137

James Breen (V40); Neil Robbins (V50); Stephen Duffy; Steven Donnelly; Michael Maxton; Roy Foot (V40);

Harmony AC – Colours: Red with Green Diagonal Team Nos 138,139

Ian Beattie (V40); Ross Millar; Angus Kay (V40); Gavin Orr (V40); Murray Peebles; Andrew King; Kenny Tindall;

Hunters Bog T - Colours: Brown Team Nos 140,141,142,143

George Ashley; James Bowden; Jamie Brown; Steven Cairns (V40); Ian Campbell (V40); Ross Clark; Daniel Clements; Colin Crabbie (V40); David Fulton; Daniel Gay; Michael Grant; Hector Haines; Simon Harrison; Alistair Hart (V40); Alistair Hindle (V40); Charles Hutchinson; James Jarvis (V40); Patryk Gierjatowicz; Michael Taylor; William Townsend; Martin Twigg (V40); Dave Ward; Ray Ward; Mark Warner (V40); James Williamson; David Wright; Huw Jones; Will Mair; Ian Marshall (V50); Peter McClelland; Andrew McKechnie; Philip Mowbray (V40); Donald Naylor (V40); Jon Rathjen (V40); Andrew Sims; Murray Strain;

Inverclyde AC – Colours: Black & White Stripes Team Nos 144,145,146,147,148,149

Craig Ruddy; Mark Pollard; Dan Mulhare; Neil McLaughlin; Graeme Hyett; Michael Houston (U20); Greg Williams (U20); John Cooke; Stephen Cooke; Robert Todd (U20); Callum Hunter (U20); Gary McKendrick (V40); Gerard Gaffney (V50); Gavin Morrison (V40); Thomas Jameson; Graeme Forbes (V40); John Smillie (V50); Tom Tracey (V50); Robert Shaw (V50); Robert Gray (V40); Duncan Macfadyen (V50); James Watson (V40); John Sharp; Andrew Douglas; Damien Mallet; Jude Boulton (V40); Sean Gaffney; John Bannister (V50);

Irvine RC – Colours: Red with Black trim Nos 150,151

William Richardson (V40); Steven Stirrat; Alex Allardyce (V40); Mark Livingstone (V40); Graeme Macfarlane; Colin Miller (V50); James Sneddon (V40); Andrew Rennie (V50); James White (V50); George Irving (V40); Jamie Finlay; Gordon Thomson (V40);

Kilbarchan AAC – Colours: Gold with Black Hoop Team Nos 152,153,154

Donald Petrie (V50); Steven Hill; Tony Carroll (V40); Robert Quinn (V40); Thomas McDonald; Paul Leck; John McMillan (V40); Callum Matthews (U20); Callum Hawkins; Dean Kennedy (U20); Andrew Dearie; Scott MacAulay; Euan Carrick; Norman Groves (V50); Alan Craig (V40);

Kilmarnock H – Colours: Royal Blue with 2 White Stripes Team Nos 155,156,157

Kara Tait; Paula Wilson (V40); Colleen Tait; Rosemary McMillan (V50); Natalie Boyce; Lindsay McMahon (V40);

Kirkintilloch Olympians – Colours: Sky Blue with White and Black Hoops**Team Nos 158,159,160,161**

Christopher Craig (V40); John Pugh (V40); Robert Rogerson (V50); Gary Mitchell (V40); Edward McLoone; Gary Shaw; Stephen Allan (V40); Cornel Neil (V50); Neil Ramsay; Derek Martin (V40); Scott Anderson (V40); Colin Simpson (V50); Robert Bartley; Stuart Kerr (V40); Euan Craig; Paul Reilly (V40); Terry Addison (V50); David Gardiner (V40);

Lasswade AAC – Colours: White with 2 Blue Bands and Red Band Team Nos 162,163

John Murray; Ross Finlayson; Peter Avent; Callum Clark (U20); Ross Henderson (U20); Ben Mitchell (V40); Scott Dickson (V40); Rowan Marr (U20); Colin Menzies; Martin Gore; Cameron Burnett (U20); Paul Bellamy; Phil Parr-Burman (V50); Brian Wilson (V50); Neil Rutherford (V40); Barney Phillips;

Law & District – Colours: Amber with 2 Red Bands and 1 White Band Team Nos 164,165

Darran Muir; Anthony Higgins (V40); Stephen Allen (V40); Ross Macdonald; Jonathan Kennedy (U20); Ross Hill (U20); Stuart McLuckie (U20); Jim Gillon (V40); Scott Jackson (V40); Patrick Kelly (V50); William Drysdale (V50); Bobby Hill; Thomas Currie (V40); Daniel Stuart Graham (U20); Stewart Livingston; James MacDonald (V50);

Lothian RC – Colours: Blue with Black letters Team Nos 166,167

Max McNeill; Andrew Fish; Stuart Kennedy (V40); Alan Moffat; Ian Hall (V50); Ted Finch (V50); Finlay Slane (V50); Peter West (V50); James Alexander (V50); Kenny Mearns (V50); Paul Young (V40); Graeme Ackland (V50); David Eades (V40); Scott Nelson (V40); Donald Shaw (V40);

Metro Aberdeen – Colours: Black/Yellow Quarters Team Nos 168,169

Ian Urquhart; Ian McGregor; Mark Johnson (V50); Phil Mann (V50); William Gavin Reid (V40); Alexander Bain; Tom Brian; Jeremy Kibble; Alasdair MacMillan;

Motherwell AC – Colours: Burgundy with Gold Band Team Nos 170,171,172

Thomas Sneddon; Peter Blackmore (V40); John Burns (V50); Benjamin Hands (V50); Ewen Cameron; Robert Patinson (V40); Matthew Purser; Graham McEwan; Christopher MacDonald; Graeme Kennedy (V40); John Hughes (V50); Nicholas Hughes;

Ochil Hill Runners – Colours: ???**Team Nos 173**

John Stevenson (V50); Graeme Campbell; Ron McCraw (V50); Ron Martin (V40); Ross Vallance; Bob Wiseman; David Eiser; Ross McLennan; Andrew Wright; Martin Dean (V50); James MacEwan (V40); Kevin Brown;

Pitreavie AAC – Colours: Navy/Yellow/White Team Nos 174,175

Scott McAlpine (U20); Ben Potrykus (U20); Jack Lawrie (U20); Steven Perrie-Clyde (U20); Owain Williams; Iain Robertson (V40); Jeff Farquhar (V50); Neil MacLachlan; Colin Lamont;

Portobello RC – Colours: White with Navy and Blue Bands Team Nos 176,177

Kevin Clark (V50); David Limmer; Steven Crane (V50); Richard Hadfield (V40); William Jarvie (V50); Andrew Stavert (V50); Angus McLean (V40); Graham Henry (V40);

Ron Hill Cambuslang H – Colours: Red with White Band Team Nos 178,179,180,181,182,183,184

David Fairweather (V50); Robert Anderson (V50); David Cooney (V50); Bernard Gough (V50); Francis Hurley (V50); Frankie Barton (V50); Colin Feechan (V50); Colin Donnelly (V50); Edward Carr (V50); David Thom (V50); Alick Walkinshaw (V50); Ross Arbuckle (V50); John Brown (V50); Niall Bristow (V40); Daniel O'Connell (V40); Kenny Macpherson (V40); Neil Wilkinson (V40); Michael O'Hagan (V40); Greg Hastie (V40); Kerry Liam Wilson (V40); Jamie Reid (V40); Scott Hunter (V40); John Macnamara; Robert Gilroy; Martin Williams; Benjamin Hukins; Andrew Morgan; George Pettit; Gordon Robertson; David Munro; Iain MacCorquodale; Josh Lilly; Alistair Campbell; Youssef Ennaoui; Andrew MacKenzie; Owen Walpole; Wegene Tafese; Andrew Coulter; Bobby Bristow; Stewart Orr; Stephen (jnr) Paris; Grant Sheldon (U20); Ryan Thomson (U20); John Ball (U20); Joseph Sheridan (U20); Jacob Boyle (U20); Liam Dale (U20); Ross Stephen (U20);

Shettleston H – Colours: Blue with Gold Band Team Nos 185,186,187,188,189

Michael Paxton; Kenny Richmond (V40); William Breckenridge (V40); Adam Peters; Brian McGarrity; Andy Little (V40); Kerrick Hesse; John J. Duffy (V40); Thomas Owens; Matthew Sullivan; Tewoldeberhan Mengisteab; Paul Sorrie; Mark McColi; Thomas Fay; Michael Deason; Gary Hester (V50); Casey Morgan; Lachlan Oates; Garry Mason (U20); Ian Johnston (V40); Gary Turner; Gary Hester (V50); Gerard Mason (V50); David Murphy (V40); Bill Winning (V40); Kevin Brydon; Kieran Docherty; Oleg Chepelin; Amanuel Hagos; Michael Gillespie; Tsegai Tewelde; Jethro Lennox; Kenneth McCoy; Kevin Brydon; Callum Drummond (U20); Guilat Kahilu (U20); William Coyle (V50); James Burns (V50); Clyde Marwick (V40); Denis Williams (V50);

Springburn Harriers – Colours: Navy Blue with White Diamond Team Nos 190,191,192

Martin Coleman; Ross McEachern (V40); Emilio Cosimo; Joseph Junior Chambers; Graham Crawford (V50); Iain Cairns; Matt Jackson; Grant Cairns; Damian McAuley (V40); Tony Northcote; Willie Munro (V50); Anthony J M McGale (V40); Christopher Byrne; Mark Docherty; James Lewis; Michael McGill (V40); Colin Mclean (V40);

Stirling University AC – Colours: Green and Yellow Team Nos 193

Kevin Schenk; Russell White; Jonathan Adam (U20); Andrew Hood;

Strathclyde University H – Colours: Maroon with Blue and Gold Hoops Team Nos 194,195

Calum MacLeod; Callum Roberts (U20); Joshua Dudley (U20); Callum Fraser (U20); Toby Corner (U20); Calanach MacDonnell Finlayson (U20); Andrew Noble (U20); Nathan Kirley (U20);

Teviotdale Harriers – Colours: White with Maroon Band Team Nos 196,197

Alan Inglis (V40); Alan Colman (V40); Alex Corbett (V40); Craig Grieve (V40); Paul Lockie (V40); Kyle Potts (U20);

V P Glasgow – Colours: Blue and White Hoops Team Nos 198,199,200,298,299,300

Ehsan Ahmad (U20); Mark Ashby (V50); Lewis Boyle (U20); Ralph Connolly (V40); Gerard Craig (V40); Ian Dunn (V40); Sean Fontana; Martin Hayes; Callum Heirs (U20); Peter Jardine (V40); Crawford Little (V40); Andrew Mackinnon (V40); Andrew McCormack (U20); David McCormack (V50); Kenneth MeVey (V50); Tom Ord (V50); Alex Potter (V50); Max Ralston; Ethan Sloan-Dennison (U20); Ben Stafford (U20); Jason Boyle (V40); Duncan Thomson (V40); David Vernon; Derek Watson (V50);

Westerlands CCC – Colours: Yellow with Black "W" on Back Team Nos 301,302

Chris Upson (V50); Grant Thomson; Niall McAlinden; John Denovan; David Calder (V50); John Quinn (V50); Daniel Reid (V50); Hamilton Semple (V50);

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