



Falkirk
Community
Trust



scottishathletics 



scottishathletics 

National Cross Country Championships

Saturday 25th February 2017

Callendar Park, Falkirk

Programme
£2.00



ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	John Rodger (Kilbarchan AAC)
Hon. Secretary	Julia Henderson (Helensburgh AAC)

OFFICIALS National Cross Country Champs - Falkirk 25th February 2017

Referee	Ron Morrison		
Assistant Referee	Dave Cairns		
Clerk of Course	Andy Stevenson		
Course Builders	Members of Falkirk Victoria Harriers		
Officials Report	Barry Craighead		
Finish Area Control	Andy Law (Chief)	Phyllis Law	Sandy Cameron
Manual Recorders	Ian Mann	Rachel Halliday	
Tape Vocal Recorder	Jim Green		
Timekeeping	Joe Bruce	Elsie Oberg	
Starter	Barry Craighead		
Marksman	Richard O'Grady	Fred McCluskie	
Chip Distribution	Claire Archbold (Chief) Neil Donachie	Marion Donachie Ron Cheyne	Marjory Cook Fred McCluskie
Results	FR Systems		
Results Runner	Bob Cherrie		
Results, Overall Trophies	Marion Donachie	Marjory Cook	

Announcers

Race	Bryan Burnett	Jamie McDonald (Feed)	
Starts, Team Medals	Graham Bennison		
Presentations	Alan Potts		
Course Stewards	Ian Hislop (Chief), Members of participating clubs		
Medical	Ambulance Scotland		
Presentations	Sandra Hardacre	Julia Henderson	Leslie Roy
Event Managers	Alasdair Love, scottishathletics Lynsey Gow, Falkirk Community Trust		
Convenor	Alex Jackson		

COMPETITION INFORMATION SHEET

Event: scottishathletics National Cross Country Championships
Venue: Callendar Park, Falkirk FK1 1YR
Registration: Graeme High School, Callendar Road, Falkirk FK1 1SY
Date: Saturday 27th February 2016

NATIONAL

Race	Age Group	BORN DURING		Declarations Close	Race Starts	Distance
Under 13 Girls	U13	01/09/2003	to 31/08/2005	10:30hrs	11:00hrs	3.2km
Under 13 Boys	U13	01/09/2003	to 31/08/2005	10:45hrs	11:16hrs	3.2km
Under 15 Girls	U15	01/09/2001	to 31/08/2003	11:00hrs	11:32hrs	4.2km
Under 15 Boys	U15	01/09/2001	to 31/08/2003	11:20hrs	11:53hrs	4.2km
Under 17 Women	U17	01/09/1999	to 31/08/2001	11:40hrs	12:15hrs	5.9km
U20 Women	U20	01/09/1996	to 31/08/1999			6.8km
Under 17 Men	U17	01/09/1999	to 31/08/2001	12:15hrs	12:50hrs	5.9km
Senior Women	SW	BORN BEFORE	01/09/1996	12:45hrs	13:20hrs	10km
U20 Men	U20	01/09/1996	to 31/08/1999	13:45hrs	14:20hrs	7.6km
Senior Men	BORN BEFORE	01/09/1996		14:15hrs	14:50hrs	10km

Important Notes

- (1) These Championships will be recorded and timed by CHIPS attached to athletes shoe laces. All athletes must wear a CHIP and number pinned to their club vest. U17W and U20W must wear numbers front and back.
- (2) These Championships will be timed using a disposable CHIP system, there is no requirement to return used CHIPS at the end of the race.
- (3) Under 17 Women will run with Under 20 Women with all age groups having separate teams.
- (4) All athletes who compete in the championships MUST be current members of the **scottishathletics** Membership Scheme and be eligible to compete in the West District Championships.
- (5) Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.
- (6) Rules relating to students in Full time education in Scotland are applicable.
- (7) London Mini Marathon - Selection will be made on current form but particularly performances in the **scottishathletics** Indoor 3000m Champs (04/01/17) and the National Cross Country Championships. Teams will be selected in U15 and U17 Age Groups.



Convenor Welcome

Welcome to Callendar Park and the 2016-17 Scottish National Cross Country Championships. The men's championship was first run in 1886 at Lanark Racecourse with the inaugural women's competition held at Hamilton Park Racecourse in 1932. This year will therefore see 131 years of tradition broken only when competition was suspended during the two world wars.

The Championships first came to Callendar Park in 1981 and they have been held continuously at this venue since 2006. Although there have been a variety of courses within the park and golf course, this year will see a major change to the course with the path around the lake no longer featuring. The event and venue continues to grow in popularity with a record entry of 1503 male and 827 female athletes.

Thanks are due to the many officials and helpers whose preparation and planning make this event such a success with particular thanks to Falkirk Community Trust and Falkirk Victoria Harriers. Our thanks must also go to leading law and property company Lindsays for their generous sponsorship.

Finally to all of the athletes and spectators at Falkirk today please enjoy the challenge of the competition and have an excellent day out.

John Rodger

Convenor Road and Cross Country Commission

The history and results of the Scottish National Cross Country Championships can be found at:

www.salroadrunningandcrosscountrymedalists.co.uk/Archive/index.html



Why I love the National XC

(even though for me it is 10 miles)

By
Bryan Burnett

The National XC almost always never fails to provide a true test of endurance as general fitness, stamina and speed are all put under examination by the course, the opposition and the weather conditions.

We know, too, that many of our club athletes love a long warm-up and warm-down as part of their race-day routine at Falkirk.

We've even heard stories of the enthusiastic ultra runner who, after competing in an arduous Senior Men's race a couple of years ago amid horrible wind, rain and sleet, then headed for his journey home via a hilly 15-mile cooldown' run!

But, even allowing for the likes of these fanatics, we know who you are, Gerry Craig - the truth is few people will run as many miles today at BBC Scotland presenter Bryan Burnett.

The redoubtable Bryan, a well-known face and voice around the country at many significant events like the Great Edinburgh XC and the Great Scottish Run, is our on-course commentator and loves the Callendar Park occasion with a passion.

On each of the past two years, he's run more than 10 miles in the line of duty as he seeks to keep us up-to-date on developments in each of the nine races. Over a number of hours.

He's in no doubt that the Lindsays National XC is special for so many of those involved.

I think one of the reasons the National XC is so special is that you can enter it simply by being a **scottishathletics** member,' he said.



You cannot say that in every sport. In other sports you can't just wander into the National Championship.

In fact I am struggling to think of any sport which is so inclusive with boys and girls and men and women all racing at the same venue on the same day with the age range from U13 to those in their 60s, 70s and maybe even 80s.

There's no entry standard and no qualifying rounds. At Falkirk, you can submit your name (so long as you are a **scottishathletics** member) and find yourself lining up alongside Olympians or Team Scotland athletes from the Commonwealth Games.

Then, right alongside them, are folk who are doing their first-ever National XC, who maybe only joined a club a couple of months earlier.

Or we think about the youngsters just coming into it and racing U13 at National for the first time. No matter what level of runner you are, you are here on the day of the National XC and I think that is what makes so many people want to keep coming back.

I think Callendar Park is the ideal venue, too. For me it is Scotland in miniature. It has everything you could want from a cross country course and I believe it offers athletes a true test. There's a mental challenge as well as the physical one; you have to be able to keep running up hills and after a couple of laps that gets harder, especially if conditions underfoot worsen.

As a result I think everyone who makes the podium at the National XC, be that as an individual or with their club in the team races, can really feel they have earned it. And that's a good thing for the sport as a whole.'

Under 13 Boys

Race Starts 11:00hrs

Distance 3,200m

2016 Winner - David Addison, Corstorphine AAC

2016 Team - Moorfoot Runners (Ethan Elder, Corran Carrick-Anderson, Michael Girdler, Maxwell Drummond)

Team Scoring 4 to count

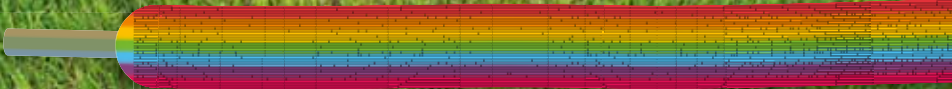
No.	Athlete Name	Club
1	Finlay Cooper	Aberdeen AAC
2	Kai Crawford	Aberdeen AAC
3	Samuel Griffin	Aberdeen AAC
4	Callum McGregor	Aberdeen AAC
5	Lewis Watt	Aberdeen AAC
6	Euan Bell	Ayr Seaforth AC
7	Jacob Cairns	Ayr Seaforth AC
8	Alexander Crooks	Ayr Seaforth AC
9	Max Cunningham	Ayr Seaforth AC
10	Samuel Drummond	Ayr Seaforth AC
11	Blair John Gemmell	Ayr Seaforth AC
12	Lewis Hill	Ayr Seaforth AC
13	Rory Baird	Banchory Stonehaven AC
14	Matthew Mair	Banchory Stonehaven AC
15	Jack Manley	Banchory Stonehaven AC
16	kane Noble	Banchory Stonehaven AC
17	Mark Cassidy	Cambuslang Harriers
18	Joa Fairweather	Cambuslang Harriers
19	Joseph Gallagher	Cambuslang Harriers
20	Fearghus MacGregor	Cambuslang Harriers
21	Stewart Millard	Cambuslang Harriers
22	Lewis Roddis	Cambuslang Harriers
23	Robbie Woods	Cambuslang Harriers
24	Euan Campbell	Central AC
25	Angus Henderson	Central AC
26	Cameron Kerr	Central AC
27	Ross Lawrie	Central AC
28	Cameron MacMillan	Central AC
29	Ryan McGuire	Central AC
30	Finlay Muir	Central AC
31	Dominic Burns	Clydesdale Harriers
32	Euan MacMillan	Clydesdale Harriers
33	Josh McNicol	Clydesdale Harriers
34	Jamie Eyton-Jones	Corstorphine AAC
35	Euan Flett	Corstorphine AAC
36	Archie Kemp	Corstorphine AAC
37	Patrick Milne	Corstorphine AAC
38	Cameron Ross	Corstorphine AAC
39	Ronan Sinclair	Corstorphine AAC
40	Ben Struthers	Corstorphine AAC
41	Adam Wetton	Corstorphine AAC
42	Ruairidh Williams	Corstorphine AAC
43	Josh Adams	Cumbernauld AAC
44	Craig Little	Cumbernauld AAC
45	Max Mccafferty	Cumbernauld AAC
46	Jude Neville	Cumbernauld AAC
47	Luke Tervit	Cumbernauld AAC
48	Josh Gallacher	Dundee Hawkhill Harriers
49	laurence Petty	Dundee Hawkhill Harriers
50	Joseph Placentino	Dundee Hawkhill Harriers
51	Tejay Scott	Dundee Hawkhill Harriers
52	Josh Taylor	Dundee Hawkhill Harriers

No.	Athlete Name	Club
53	Scott Vigrow	Dundee Hawkhill Harriers
54	Christopher Cairns	East Kilbride A.C.
55	Paul Cairns	East Kilbride AC
56	Cameron MacDonald	East Kilbride AC
57	Dillan McAuslin	East Kilbride AC
58	George Mckenzie	East Kilbride AC
59	Harry Mulvey	East Kilbride AC
60	Thomas O'Neil	East Kilbride AC
61	Samuel Bryan	East Sutherland AC
62	Cameron Welsh	East Sutherland AC
63	Aidan Bradley	Edinburgh AC
64	Connor Daly	Edinburgh AC
65	Sam Glass	Edinburgh AC
66	John Leary	Edinburgh AC
67	Jay Stewart	Edinburgh AC
68	Connor Thompson	Edinburgh AC
69	Jonathan Faulks	Falkirk Victoria Harriers
70	Adam Grieve	Falkirk Victoria Harriers
71	Nathan Laing	Falkirk Victoria Harriers
72	Campbell Mackay	Falkirk Victoria Harriers
73	Michael McGarvey	Falkirk Victoria Harriers
74	Ivan Ramsay	Falkirk Victoria Harriers
75	Struan Bennet	Fife AC
76	Tristan Bleak	Fife AC
77	Bruce Evans	Forres Harriers
78	David Spencer	Forres Harriers
79	Ewan Christie	Gala Harriers
80	Gregor Collins	Gala Harriers
81	Evan McConnell	Gala Harriers
82	Cameron Berry	Garscube Harriers
83	Isaac Birr	Garscube Harriers
84	Hugh Borthwick	Garscube Harriers
85	Marcus Donnelly	Garscube Harriers
86	Thomas Gibbons	Garscube Harriers
87	Jamie Glen	Garscube Harriers
88	Cameron O'Brien	Garscube Harriers
89	Finlay Ross-Davie	Garscube Harriers
90	Andrew Gilbert	George Heriots School
91	Angus Ivory	George Heriots School
92	Ben Jamieson	George Heriots School
93	Tomas MacDonald	George Heriots School
94	Amius Marshall-De'Ath	George Heriots School
95	Joe McDermott	George Heriots School
96	Leonardo Monaco	George Heriots School
97	Ty Sud	George Heriots School
98	Tommy Thin	George Heriots School
99	Craig Cameron	Giffnock North AAC
100	Andrew Combe	Giffnock North AAC
101	Joshua Eagers-Hardie	Giffnock North AAC
102	Cameron Green	Giffnock North AAC
103	Ewan Heron	Giffnock North AAC
104	Andrew Lind	Giffnock North AAC

No.	Athlete Name	Club
105	Jacob Luc	Giffnock North AAC
106	Reuben Macdonald	Giffnock North AAC
107	Jamie Macpherson	Giffnock North AAC
108	Kian McConville	Giffnock North AAC
109	Aaron McGillivray	Giffnock North AAC
110	Ross McIntyre	Giffnock North AAC
111	Joseph McKay	Giffnock North AAC
112	Michael Nolan	Giffnock North AAC
113	Harris Paterson	Giffnock North AAC
114	Nicholas Schalchi	Giffnock North AAC
115	Hugh Shiels	Giffnock North AAC
116	Euan Smith	Giffnock North AAC
117	Ben Whittington	Giffnock North AAC
118	Gordon Wylie	Giffnock North AAC
119	Jude Dolan	Greenock Glenpark Harriers
120	Cameron Patton	Greenock Glenpark Harriers
121	Alex Wiseman	Greenock Glenpark Harriers
122	Shaun Wiseman	Greenock Glenpark Harriers
123	Matthew Cameron	Helensburgh AAC
124	Alastair McCartney	Helensburgh AAC
125	Owen Wilkinson	Helensburgh AAC
126	Caleb Dunning	Inverclyde AC
127	Robert Gray	Inverclyde AC
128	Lewis Hainey	Inverclyde AC
129	Charlie Semple	Inverclyde AC
130	Lucas Cairns	Inverness Harriers AAC
131	Duncan MacDonald	Inverness Harriers AAC
132	Finlay Raynor	Inverness Harriers AAC
133	Eric Robinson	Inverness Harriers AAC
134	Euan Rollo	Inverness Harriers AAC
135	Angus Rutter	Inverness Harriers AAC
136	Ben Sharpe	Inverness Harriers AAC
137	Martin Burnhope	Kilbarchan AAC
138	Robert Gunson	Kilbarchan AAC
139	Ross Hastie	Kilbarchan AAC
140	Ross Kennedy	Kilbarchan AAC
141	Michael Murray	Kilbarchan AAC
142	Ewan Walker	Kilbarchan AAC
143	Jonathon Downey	Kilmarnock H&AC
144	Max Jenner	Kilmarnock H&AC
145	Sam Lindsay	Kilmarnock H&AC
146	Charlie McNulty	Kilmarnock H&AC
147	Lewis Hale	Kirkintilloch Olympians
148	Connor Kalkman	Kirkintilloch Olympians
149	Elliott Wilson	Larkhall YMCA Harriers
150	Matthew Cartledge	Lasswade AAC
151	Cameron Dickson	Lasswade AAC
152	Rory Fletcher	Lasswade AAC
153	Harry Henriksen	Lasswade AAC

No.	Athlete Name	Club
154	Dexter Howard	Lasswade AAC
155	Alastair Scott	Lasswade AAC
156	Donald Gilchrist	Law & District AAC
157	Oscar Logan	Law & District AAC
158	Kian Scullion	Law & District AAC
159	Fraser Simpson	Law & District AAC
160	Ruaridh Duncan	Linlithgow AC
161	Cameron Innes	Linlithgow AC
162	Sam Marshall	Linlithgow AC
163	Andrew McGill	Linlithgow AC
164	Elliott Frame	Livingston AC
165	Jonathan Marshall	Livingston AC
166	James Vivian	Livingston AC
167	Scott Coull	Metro Aberdeen Running Club
168	Ben McGregor	Metro Aberdeen Running Club
169	James Clare	Moorfoot Runners
170	Bruce Newlands	Moray Road Runners
171	Dylan Walton	Nithsdale AC
172	Ben Burns	North Ayrshire AC
173	Ben Cameron	Perth Strathtay Harriers
174	Alexander Douglas	Perth Strathtay Harriers
175	Conor Gourley	Pitreavie AAC
176	Kyle Macfarlane	Pitreavie AAC
177	Ruaridh Ellen	Ross County Athletic Club
178	Daniel Porter	Ross County Athletic Club
179	Brogan Quigley	Ross County Athletic Club
180	Gregor Campbell	Shettleston Harriers
181	Euan Charlwood	Shettleston Harriers
182	Ross Richardson	Shettleston Harriers
183	David Woods	Shettleston Harriers
184	James Buchanan	Springburn Harriers
185	Ben Emordy	Springburn Harriers
186	Matthew Cameron	Stirling Triathlon Club
187	Roddy Johnston	Stirling Triathlon Club
188	Ruaridh Flint	Strathearn Harriers
189	James Grant	Strathearn Harriers
190	Angus Wright	Team East Lothian
191	Conan Harper	Teviotdale Harriers
192	Harrison Hughes	Teviotdale Harriers
193	Thomas MacAskill	Teviotdale Harriers
194	Russell Barnett	VP-Glasgow AC
195	Eoghan Connolly	VP-Glasgow AC
196	Fraser Gilmour	VP-Glasgow AC
197	Adam Kyle	VP-Glasgow AC
198	Devan Miller	VP-Glasgow AC
199	Jack Rice	VP-Glasgow AC
200	Matthew Scott	VP-Glasgow AC
201	Louis Sharp	VP-Glasgow AC
202	Jake Speirs	VP-Glasgow AC

Posn	Name	Time
1		
2		
3		



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RAINBOW LACES

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TEAM PRIDE

 **Stonewall**
Scotland

Under 13 Girls

Race Starts 11:16hrs

Distance 3,200m

2016 Winner - Lily-Jane Evans-Haggerty, VP Glasgow AC

2016 Team - Giffnock North AAC (Helen Chong, Kate Richardson, Isla Ward, Francesca Davidson)

Team Scoring 4 to count

No.	Athlete Name	Club
210	Zoe Edward	Aberdeen AAC
211	Adele Gillespie	Aberdeen AAC
212	Iona McGuire	Aberdeen AAC
213	Charlotte Narducci	Aberdeen AAC
214	Isla Cooper	Annan & District AC
215	Cicely Johnson-Ferguson	Annan & District AC
216	Tess Crooks	Ayr Seaforth AC
217	Morven Hubbard	Ayr Seaforth AC
218	Islay Hubbard	Ayr Seaforth AC
219	Alexandra Meldrum	Ayr Seaforth AC
220	Abbie Crawford	Banchory Stonehaven AC
221	Cara Davie	Banchory Stonehaven AC
222	Isla Long	Banchory Stonehaven AC
223	Emma Swanson	Banchory Stonehaven AC
224	Isabella Thomson	Banchory Stonehaven AC
225	Shona Carey	Cambuslang Harriers
226	Elidh Kennedy	Cambuslang Harriers
227	Hannah Lang	Cambuslang Harriers
228	Maura Mackinnon	Cambuslang Harriers
229	Cara McDowall	Cambuslang Harriers
230	Millie Nicholl	Cambuslang Harriers
231	Niamh Riggins	Cambuslang Harriers
232	Amy Cully	Central AC
233	Elise Graham-Marr	Central AC
234	Anna MacKinnon	Central AC
235	Summer Maclean	Central AC
236	Finnlaidh Stokoe	Central AC
237	Grace Tindall	Central AC
238	Jessica Turnbull	Central AC
239	Polly Anderson	Clydesdale Harriers
240	Kenzie Macintosh	Clydesdale Harriers
241	Maria Threwal	Clydesdale Harriers
242	Mia Linklater	Corstorphine AAC
243	Leona Jaap	Cumbernauld AAC
244	Cameryn Barclay	Dundee Hawkhill Harriers
245	Sophie Brown	Dundee Hawkhill Harriers
246	Katie Clark	Dundee Hawkhill Harriers
247	Isla Manning	Dundee Hawkhill Harriers
248	Iara Manning	Dundee Hawkhill Harriers
249	Grace Matthews	Dundee Hawkhill Harriers
250	Lesley Rogers	Dundee Hawkhill Harriers
251	Alex Tully	Dundee Hawkhill Harriers
252	Lola-Ray Venditozzi	Dundee Hawkhill Harriers
253	Ella Comiskey	East Kilbride AC
254	Abbie Kirwan	East Kilbride AC
255	Kayla McCrone	East Kilbride AC
256	Leah Muirhead	East Kilbride AC
257	Amelie Birse	Edinburgh AC
258	Mariana Edward	Edinburgh AC
259	Phoebe Friend	Edinburgh AC
260	Iona Harrison	Edinburgh AC
261	Emma Johnson	Edinburgh AC

No.	Athlete Name	Club
262	Katie Johnson	Edinburgh AC
263	Jessica Lorimer	Edinburgh AC
264	Anise Macaulay Orr	Edinburgh AC
265	Annabelle Martin	Edinburgh AC
266	Rose Newman	Edinburgh AC
267	Chloe Petrie	Edinburgh AC
268	Harriet Woodland-Broome	Edinburgh AC
269	Lauren Barclay	Falkirk Victoria Harriers
270	Katie Christie	Falkirk Victoria Harriers
271	Abbie Cross	Falkirk Victoria Harriers
272	Erin Hendry	Falkirk Victoria Harriers
273	Molli Robb	Falkirk Victoria Harriers
274	Grace Booth	Fife AC
275	Anna Dalglish	Fife AC
276	Anna Hedley	Fife AC
277	Isla Hedley	Fife AC
278	Esmee Thoms	Fife AC
279	Roslyn McRitchie	Forres Harriers
280	Isabelle Burnside	Garscube Harriers
281	Orla Doherty	Garscube Harriers
282	Kirsty Jones	Garscube Harriers
283	Anyia Maclean	Garscube Harriers
284	Grace Maclean	Garscube Harriers
285	Beth Raeside	Garscube Harriers
286	Molly Kidd	George Heriots School
287	Lauren Agnew	Giffnock North AAC
288	Eva Chong	Giffnock North AAC
289	Nina Crossan	Giffnock North AAC
290	Hannah Dougall	Giffnock North AAC
291	Bethany Drummond	Giffnock North AAC
292	Tara Garioch	Giffnock North AAC
293	Cara Mcaneny	Giffnock North AAC
294	Holly McAneny	Giffnock North AAC
295	Ella McGregor	Giffnock North AAC
296	Niamh McWilliams	Giffnock North AAC
297	Rachael Morran	Giffnock North AAC
298	Nuala O'Donnell	Giffnock North AAC
299	Kirsten O'Donoghue	Giffnock North AAC
300	Kate Paul	Giffnock North AAC
301	Isla Scott	Giffnock North AAC
302	Isla Ward	Giffnock North AAC
303	Erin Ward	Giffnock North AAC
304	Anna Young	Giffnock North AAC
305	Anna Docherty	Greenock Glenpark Harriers
306	Ruby McGill	Greenock Glenpark Harriers
307	Evelyn Dennison	Helensburgh AAC
308	Lucy MacRae	Helensburgh AAC
309	Eva McAloon	Helensburgh AAC
310	Jennifer Scott	Helensburgh AAC
311	Iona Wilson	Helensburgh AAC
312	Abi Hammerman	Inverclyde AC
313	Amelie Jay	Inverclyde AC

No.	Athlete Name	Club
314	Erin Law	Inverclyde AC
315	Orla McGeehan	Inverclyde AC
316	Kirsty Arnaud	Inverness Harriers AAC
317	Abbie Alemu	Kilbarchan AAC
318	Chloe Cameron	Kilbarchan AAC
319	Julia Daws	Kilbarchan AAC
320	Sarah Forbes	Kilbarchan AAC
321	Louise Hastie	Kilbarchan AAC
322	Evie Livingstone	Kilbarchan AAC
323	Belle McCormack	Kilbarchan AAC
324	Rachel Muir	Kilbarchan AAC
325	Aurelia Tiffoney	Kilbarchan AAC
326	Ola Zurakowska	Kilbarchan AAC
327	Amy Anderson	Kilmarnock H&AC
328	Mhairi Chalmers	Kilmarnock H&AC
329	Hannah Henderson	Kilmarnock H&AC
330	Lottie Lambert	Kilmarnock H&AC
331	Victoria McDowall	Kilmarnock H&AC
332	Jennifer Murray	Kilmarnock H&AC
333	Rachel Paton	Kirkintilloch Olympians
334	Caoimhe Quail	Kirkintilloch Olympians
335	Fiona Eades	Lasswade AAC
336	Hayley Crawford	Law & District AAC
337	Lucy McCormack	Law & District AAC
338	Charlie-Maree Nolan	Livingston AC
339	Robyn MacDonald	Lothian Running Club
340	Hannah Steel	Lothian Running Club
341	Molly McLeod	Metro Aberdeen Running Club
342	Rebecca Noble	Metro Aberdeen Running Club
343	Emily Carrick-Anderson	Moorfoot Runners
344	Madeline Collins	Moorfoot Runners
345	Megan Hobbs	Moorfoot Runners
346	Christina McGorum	Moorfoot Runners
347	Esme Minto	Moorfoot Runners

No.	Athlete Name	Club
348	Grace Jenkins	Moray Road Runners
349	Megan McKay	Moray Road Runners
350	Ellyn Smith	Moray Road Runners
351	Hannah Stephen	Moray Road Runners
352	Abigail Fyall	Nithsdale AC
353	Mary Jane McNally	North Ayrshire AC
380	Leah Murray	North Ayrshire AC
354	Rose Ryan	Perth Strathtay Harriers
355	Riane Cooper	Pitreavie AAC
356	Molly Fairfield	Pitreavie AAC
357	Maya Millar	Pitreavie AAC
358	Emilia Astill-Brown	Ross County Athletic Club
359	Kirsten Leeper	Ross County Athletic Club
360	Jessica McGowan	Shettleston Harriers
361	Molly McLean	Shettleston Harriers
362	Chloe Orr	Shettleston Harriers
363	Kamryn Wilson	Shettleston Harriers
364	Chloe Emordy	Springburn Harriers
365	Naomi Giffen	Springburn Harriers
366	Rachel Giffen	Springburn Harriers
367	Olivia Kendall	Strathearn Harriers
368	Leya McLaren	Strathearn Harriers
369	Bridget Harley	Team East Lothian
370	Beth Bushell	VP-Glasgow AC
371	Amy Kirkpatrick	VP-Glasgow AC
372	Holly Kirkwood	VP-Glasgow AC
373	Anna McCallum	VP-Glasgow AC
374	Nicole MacGilp	VP-Glasgow AC
375	Maria Murio-Fernandez	VP-Glasgow AC
376	Catriona Scott	VP-Glasgow AC
377	Estere Sudmale	VP-Glasgow AC
378	Valencia Wright	VP-Glasgow AC
379	Charlie Frew	Whitemoss AAC

Posn	Name	Time
1		
2		
3		

Under 15 Girls

Race Starts 11:32hrs

Distance 4,200m

2016 Winner - Eloise Walker, Edinburgh AC

2016 Team - Giffnock North AAC (Lynn McKenna, Charlotte McKenna, Emily Crusher, Clare Wallace)

Team Scoring 4 to count

No.	Athlete Name	Club
1	Eilidh Dempsey	Aberdeen AAC
2	Mia Lovie	Aberdeen AAC
3	Kirsty Oldham	Aberdeen AAC
4	Caitlin Purcell	Aberdeen AAC
5	Kirsty Purcell	Aberdeen AAC
6	Darci Burns	Airdrie Harriers
7	Eilidh Murphy	Airdrie Harriers
8	Catriona Paton	Annan & District AC
9	Kathryn Pow	Annan & District AC
10	Bethany Alexander	Ayr Seaforth AC
11	Neve Cassidy	Ayr Seaforth AC
12	Kelly Cunningham	Ayr Seaforth AC
13	Rosie Davidson	Ayr Seaforth AC
14	Emma Frew	Ayr Seaforth AC
15	Isla Kirk	Ayr Seaforth AC
16	Evie Mackay	Ayr Seaforth AC
17	Morven McCutcheon	Ayr Seaforth AC
18	Charlotte McDowall	Ayr Seaforth AC
19	Sophie McKay	Ayr Seaforth AC
20	Alexandra Smiley	Ayr Seaforth AC
21	Molly Weatherston	Ayr Seaforth AC
22	Kate Wilce	Ayr Seaforth AC
23	Holly Brock	Cambuslang Harriers
24	Chloe Burton	Cambuslang Harriers
25	Christie Dalglish	Cambuslang Harriers
26	Carla Fay	Cambuslang Harriers
27	Kelly McCutcheon	Cambuslang Harriers
28	Carrie Banks	Central AC
29	Rosie Eckersley	Central AC
30	Kyra Gibb	Central AC
31	Millie Stokoe	Central AC
32	Elizabeth Thompson	Central AC
33	Skye Birnie	Clydesdale Harriers
34	Georgia Ledingham	Corstorphine AAC
35	Nicole Mullard	Corstorphine AAC
36	Anna Bennett	Dundee Hawkhill Harriers
37	Carmen Thomson	Dundee Hawkhill Harriers
38	Daisy Cumming	Dunfermline & West Fife
39	Hannah Anderson	East Kilbride AC
40	Sarah Connolly	East Kilbride AC
41	Lucy Muirhead	East Kilbride AC
42	Rachel Wardrope	East Kilbride AC
43	Pippa Carcas	Edinburgh AC
44	Hannah Little	Edinburgh AC
45	Charlie Macphail	Edinburgh AC
46	Lucia Montgomery	Edinburgh AC
47	Beth Morrow	Edinburgh AC
48	Emily Simpson	Edinburgh AC
49	Beatrice Winkler	Edinburgh AC
50	Chloe McClung	Falkirk Victoria Harriers
51	Abbie Robb	Falkirk Victoria Harriers
52	Kerry Robertson	Falkirk Victoria Harriers

No.	Athlete Name	Club
53	Ailsa Bennet	Fife AC
54	Chloe Ritchie	Fife AC
55	Lucy Evans	Forres Harriers
56	Eilidh Forbes	Gala Harriers
57	Ellie Isabella Hinks	Garscube Harriers
58	Alexandra Jones	Garscube Harriers
59	Mia Padmanabhan	Garscube Harriers
60	Annabel Ballantyne	Giffnock North AAC
61	Heather Barnes	Giffnock North AAC
62	Laura-Jane Bertram	Giffnock North AAC
63	Jill Carswell	Giffnock North AAC
64	Lara Cassidy	Giffnock North AAC
65	Emma Chamberlain	Giffnock North AAC
66	Helen Chong	Giffnock North AAC
67	Zoe Coyne	Giffnock North AAC
68	Francesca Davidson	Giffnock North AAC
69	Emma Gaston	Giffnock North AAC
70	Miriam Gilbride	Giffnock North AAC
71	Leila Hickey-Fugaccia	Giffnock North AAC
72	Sofia Kirkpatrick	Giffnock North AAC
73	Hannah Miller	Giffnock North AAC
74	Lauren Paterson	Giffnock North AAC
75	Kate Richardson	Giffnock North AAC
76	Clare Wallace	Giffnock North AAC
77	Emily Wilson	Giffnock North AAC
78	Aimee Anderson	Glasgow School of Sport
79	Katie Flett	Helensburgh AAC
80	Leah Cameron	Inverclyde AC
81	Niamh Docherty	Inverclyde AC
82	Nyah Gillan	Inverclyde AC
83	Cliona McCheyne	Inverclyde AC
84	Nuala McCheyne	Inverclyde AC
85	Hannah McGeehan	Inverclyde AC
86	Clara Pollock	Inverclyde AC
87	Zoe Renfrew	Inverclyde AC
88	Katie Gillies	Inverness Harriers AAC
89	Rachel Gillies	Inverness Harriers AAC
90	Rebecca Johnstone	Inverness Harriers AAC
91	Jennifer Mackenzie	Inverness Harriers AAC
92	Ava Walsh	Inverness Harriers AAC
93	Laine Alemu	Kilbarchan AAC
94	Hannah Fleming	Kilbarchan AAC
95	Eilidh Gibson	Kilbarchan AAC
96	Kimberley Gilchrist	Kilbarchan AAC
97	Rebecca Kinnaird	Kilbarchan AAC
98	Leona Murray	Kilbarchan AAC
99	Alisha Sivell	Kilbarchan AAC
100	Libby Sutherland	Kilbarchan AAC
101	Ava Heron	Kilmarnock H&AC
102	Laura Jedrusiak	Kilmarnock H&AC
103	Abby Lauchlan	Kilmarnock H&AC
104	Leonie McCutcheon	Kilmarnock H&AC



**IT DOESN'T MATTER WHAT
YOUR PERSONAL BEST IS.**

JUST THAT YOU HAVE ONE.



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scottishathletics



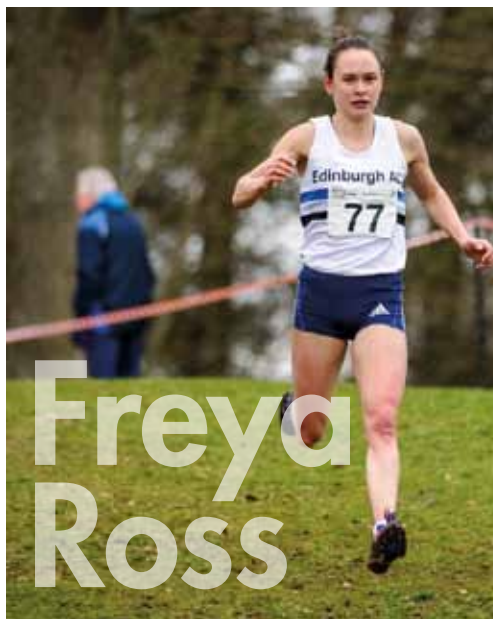
Do More
Strathmore



No.	Athlete Name	Club
105	Phoebe McCutcheon	Kilmarnock H&AC
106	Molly Murray	Kilmarnock H&AC
107	Isla Neilson	Kilmarnock H&AC
108	Hannah Paton	Kirkintilloch Olympians
109	Mhairi Quinn	Kirkintilloch Olympians
110	Eve Reilly	Kirkintilloch Olympians
111	Iona Smith	Kirkintilloch Olympians
112	Abby McGlone	Lasswade AAC
113	Lauren Meikle	Lasswade AAC
114	Annie Barr	Law & District AAC
115	Rachel Donnelly	Law & District AAC
116	Evie Glen	Law & District AAC
117	Isla Calvert	Livingston AC
118	Katie Craig	Livingston AC
119	Elise Petrie	Livingston AC
120	Holly White	Livingston AC
121	Kirsty Anderson	Metro Aberdeen Running Club
122	Rachael Johnstone	Mid Argyll AC
123	Charlotte Clare	Moorfoot Runners
124	Beth Hobbs	Moorfoot Runners
125	Elidh Mooney	Moorfoot Runners
126	Charlotte Morrison	Moorfoot Runners
127	Morven Ross	Moray Road Runners
128	Niamh Whelan	Moray Road Runners
129	Cara Baldwin	Motherwell AC
130	Emma Donachy	North Ayrshire AC

No.	Athlete Name	Club
131	Carla Murray	North Ayrshire AC
132	Megan Pettigrew	North Ayrshire AC
133	Emma Jenkins	Perth Straththay Harriers
134	Ailsa Barr	Pitreavie AAC
135	Lauren Blair	Pitreavie AAC
136	Sarah Coutts	Pitreavie AAC
137	Jemma Jamieson	Pitreavie AAC
138	Kym McAlpine	Pitreavie AAC
139	Molly Richley	Pitreavie AAC
140	Alex Donnachie	Shettleston Harriers
141	Elsie Hollywood	Shettleston Harriers
142	Hannah Lynch	Shettleston Harriers
143	Alice McGrath	Shettleston Harriers
144	Jodie Mitchell	Shettleston Harriers
145	Mhairi McBride	Springburn Harriers
146	Cera Gemmell	Team East Lothian
147	Lucy Ash	Teviotdale Harriers
148	Carly Blaikie	Teviotdale Harriers
149	Macy Cropper	Teviotdale Harriers
150	Isla Britton	VP-Glasgow AC
151	Rhian Callan	VP-Glasgow AC
152	Lily Jane Evans-Haggerty	VP-Glasgow AC
153	Emma Gilmour	VP-Glasgow AC
154	Jenna Little	VP-Glasgow AC
155	Joanna Littlefield	VP-Glasgow AC
156	Kaitlinn Mackay	VP-Glasgow AC

Posn	Name	Time
1		
2		
3		



Freya Ross

Freya Ross takes on Callendar Park again today and her National XC record bears up to comparison with any women down the decades.

In fact, the Edinburgh AC has won the Senior Women's title on six occasions and insists there are a number of factors that come into play when deciding the outcome of a cross country championship.

'First and foremost you need to be fit and strong and with good training behind you,' said Freya.

'Then I think there's a wee bit of luck involved in terms of injury or illness and managing to avoid that in the immediate build-up or on the day itself. You need to feel healthy standing on that start-line to get up and down those hills or get through the mud.

'But there are other factors, too. You might need to adapt to the course or the conditions on the day itself – is it a wet course, it is an icy course, is it very muddy?

'In general, I think cross country success comes when you've done a bit of training off-road, as well. I think you need to get out to a park or on some trails and grass and feel that under your feet to help you on the day at the National XC.'

Under 15 Boys

Race Starts 11:53hrs

Distance 4,200m

2016 Winner – Lewis Pentecost, Falkirk Victoria Harriers

2016 Team – Kilbarchan AAC (Michael Simpson, Andrew MacAngus, Craig Kennedy, David McNair)

Team Scoring 4 to count

No.	Athlete Name	Club
401	Patrick Ashdown	Aberdeen AAC
402	Hamish Brown	Aberdeen AAC
403	Harry E Hall	Aberdeen AAC
404	Ross Macmillan	Aberdeen AAC
405	Adam Robertson	Aberdeen AAC
406	Michael Watt	Aberdeen AAC
407	Logan Cotter	Ayr Seaforth AC
408	Callum Inglis	Ayr Seaforth AC
409	Max McLean	Ayr Seaforth AC
410	Greig Oakley	Ayr Seaforth AC
411	Euan Ramsay	Ayr Seaforth AC
412	Patrick Smiley	Ayr Seaforth AC
413	Scott Sprang	Ayr Seaforth AC
414	Connor Melvin	Banchory Stonehaven AC
415	Brodie Aitken	Cambuslang Harriers
416	Jake Barnett	Cambuslang Harriers
417	Michael Black	Cambuslang Harriers
418	Keir Crawford	Cambuslang Harriers
419	Sean Friel	Cambuslang Harriers
420	Arron Grew	Cambuslang Harriers
421	Ruairidh MacGregor	Cambuslang Harriers
422	Christopher McLew	Cambuslang Harriers
423	Caolan Millard	Cambuslang Harriers
424	Daniel Bruce	Central AC
425	Cameron Fraser	Central AC
426	Kyle Howie	Central AC
427	Ben Angus Hughes	Central AC
428	Ben MacMillan	Central AC
429	Gregor McArthur	Central AC
430	Thomas Woods	Central AC
431	Stuart Aird	Clydesdale Harriers
432	Leo Currie	Clydesdale Harriers
433	John Docherty	Clydesdale Harriers
434	Robert Whittick	Clydesdale Harriers
435	David Addison	Corstorphine AAC
436	Fergus Campbell	Corstorphine AAC
437	Sam Cavens	Corstorphine AAC
438	Thomas Ross	Corstorphine AAC
439	Daniel Saunders	Corstorphine AAC
440	Cameron Thores	Corstorphine AAC
441	Jacob Brown	Cumbernauld AAC
442	Connor Forrest	Cumbernauld AAC
443	Josh Hampson	Cumbernauld AAC
444	Calum Little	Cumbernauld AAC
445	Calum Stewart	Cumbernauld AAC
446	Calum Stewart	Cumbernauld AAC
447	Josh Benton	Deeside Runners
448	Sunny McGrath	Deveron Harriers
449	Jack Dalgety	Dundee Hawkhill Harriers
450	Ryan Donald	Dundee Hawkhill Harriers
451	Ben MacDermid	Dundee Hawkhill Harriers
452	Ethan McColgan	Dundee Hawkhill Harriers

No.	Athlete Name	Club
453	Blair Scott	Dundee Hawkhill Harriers
454	Aidan Simpson	Dundee Hawkhill Harriers
455	Eòin Simpson	Dundee Hawkhill Harriers
456	Matthew Tully	Dundee Hawkhill Harriers
457	Luca Venditozzi	Dundee Hawkhill Harriers
458	Hamish Anderson	East Kilbride AC
459	Andrew Kelly	East Kilbride AC
460	Thomas McCourt	East Kilbride AC
461	Sam Sweeney	East Kilbride AC
462	Shane Wilson	East Kilbride AC
463	Fabian Despinoy	Edinburgh AC
464	Joe Ewing	Edinburgh AC
465	Iain Hare	Edinburgh AC
466	Tom Ireland	Edinburgh AC
467	Luca librizzi	Edinburgh AC
468	Hugh Morrow	Edinburgh AC
469	Coinneach Petrie	Edinburgh AC
470	Kane Elliott	Falkirk Victoria Harriers
471	Callan Hogarth	Falkirk Victoria Harriers
472	Max Rintoul	Falkirk Victoria Harriers
473	Cameron Taylor-Cameron	Falkirk Victoria Harriers
474	Euan Wond	Falkirk Victoria Harriers
475	Owen Keddie	Fife AC
476	Gavin McWhinnie	Fife AC
477	Iain McWhinnie	Fife AC
478	Ben Sandilands	Fife AC
479	Peter Scott	Fife AC
480	Ben Cameron	Forres Harriers
481	David Scott	Forres Harriers
482	Sam McKinnon	Gala Harriers
483	Jack Shepherd	Gala Harriers
484	Lewis Tharme	Gala Harriers
485	Luke Aitken	Garscube Harriers
486	James Cathro	Garscube Harriers
487	James Connelly	Garscube Harriers
488	Elliot Duff	Garscube Harriers
489	Murphy Hand	Garscube Harriers
490	Ruaridh Stickland	Garscube Harriers
491	Jack Trainer	Garscube Harriers
492	Thomas Brownsort	George Heriots School
493	Daniel Holland	George Heriots School
494	Noah McDermott	George Heriots School
495	Lachlan Rowley	George Heriots School
496	Archie Weetch	George Heriots School
497	Hamish Armit	Giffnock North AAC
498	Ethan Carolan	Giffnock North AAC
499	Nicholas Duffy	Giffnock North AAC
500	Corey Greenhalgh	Giffnock North AAC
501	Donald Maclean	Giffnock North AAC
502	Lewis Mitchell	Giffnock North AAC
503	Eoghan O'Donnell	Giffnock North AAC
504	Andrew Robertson	Giffnock North AAC

No.	Athlete Name	Club
505	Christopher Watson-Sweeney	Giffnock North AAC
506	Peter Bradshaw	Greenock Glenpark Harriers
507	Ewan Ferguson	Greenock Glenpark Harriers
508	Harry McGill	Greenock Glenpark Harriers
509	Joshua Bain	Helensburgh AAC
510	Finn Burden	Helensburgh AAC
511	Bryn Davies	Helensburgh AAC
512	Kieran McColgan	Individual
513	Ross Davidson	Inverclyde AC
514	Sean Fischer-Keogh	Inverclyde AC
515	Josh Law	Inverclyde AC
516	Ben Nichol	Inverclyde AC
517	Andrew Winter	Inverclyde AC
518	Luke Davidson	Inverness Harriers AAC
519	Gordon Manson	Inverness Harriers AAC
520	Finlay Rutter	Inverness Harriers AAC
521	Angus Smith	Inverness Harriers AAC
522	Lewis Barclay	Kilbarchan AAC
523	Hunter Daws	Kilbarchan AAC
524	Finn Fowler	Kilbarchan AAC
525	Adam Halliady	Kilbarchan AAC
526	Lewis Hannigan	Kilbarchan AAC
527	Cameron Hunter	Kilbarchan AAC
528	Kyle Irvine	Kilbarchan AAC
529	Ryan McDermott	Kilbarchan AAC
530	Gavin McKay	Kilbarchan AAC
531	David McNair	Kilbarchan AAC
532	Jack Patton	Kilbarchan AAC
533	Eoighan Small	Kilbarchan AAC
534	Lewis Ferguson	Kilmarnock H&AC
535	Bruce Holden	Kilmarnock H&AC
536	Jonathan Houson	Kilmarnock H&AC
537	Aidan Jenner	Kilmarnock H&AC
538	Ryan Littlejohn	Kilmarnock H&AC
539	Dylan Elliott	Kirkintilloch Olympians
540	Louis O'Hare	Kirkintilloch Olympians
541	Frankie Quail	Kirkintilloch Olympians
542	Thomas Watson	Larkhall YMCA Harriers
543	Jamie Kinghorn	Lasswade AAC
544	Matthew Gillon	Law & District AAC
545	Michael Glen	Law & District AAC
546	David McCormack	Law & District AAC
547	Finn Milligan	Law & District AAC
548	Ruari Bell	Livingston AC
549	Jack Cruickshank	Livingston AC
550	Alastair Marshall	Livingston AC

No.	Athlete Name	Club
551	Fraser Morris	Livingston AC
552	Frazer Trearty	Maryhill Harriers
553	Drew McCartney	Maryhill Harriers
554	Ben Mackie	Metro Aberdeen Running Club
555	Craig Scott	Metro Aberdeen Running Club
556	Nathan Tosh	Metro Aberdeen Running Club
557	Craig Angus	Moorfoot Runners
558	Ethan Elder	Moorfoot Runners
559	Blair Milne	Moray Road Runners
560	Joshua Milne	Moray Road Runners
561	Dylan Drummond	Motherwell AC
562	Kairn Brand	Perth Straththay Harriers
563	Kyle Jordan	Perth Straththay Harriers
564	Gregor Knight	Perth Straththay Harriers
565	Gregor Ryan	Perth Straththay Harriers
566	Conor Allan	Pitreavie AAC
567	Lewis Blair	Pitreavie AAC
568	Alex Ellen	Ross County Athletic Club
569	Sean Kelt	Ross County Athletic Club
570	Danny McPake	Ross County Athletic Club
571	Kyle Sutherland	Ross County Athletic Club
572	Callum Wilson	Ross County Athletic Club
573	Cameron Campbell	Shettleston Harriers
574	Theo Carter	Shettleston Harriers
575	Kasey Fraser	Shettleston Harriers
576	John Leslie	Shettleston Harriers
577	Ethan Wilson	Shettleston Harriers
578	Connor Emordy	Springburn Harriers
579	Stephen Emordy	Springburn Harriers
580	Sorley Johnston	Springburn Harriers
581	Ryan McLoughlin	Springburn Harriers
582	Sam Burton	Stirling Triathlon Club
583	Aodhan Finnegan	Stornoway Running & AC
584	David Morrison	Stornoway Running & AC
585	Daniel Stewart	Stornoway Running & AC
586	Duthac Mardon	Strathearn Harriers
587	Robbie Anderson	Team East Lothian
588	Cameron Bullen	Team East Lothian
589	Joe Donnelly	Team East Lothian
590	Fraser Clyne	Teviotdale Harriers
591	Callum Byrne	VP-Glasgow AC
592	Aiden Hendry	VP-Glasgow AC
593	Rogan Kelly	VP-Glasgow AC
594	Jack MacKinnon	VP-Glasgow AC
595	Edan Webb	VP-Glasgow AC
596	Blayne Wright	VP-Glasgow AC

Posn	Name	Time
1		
2		
3		

Can YOU go the Distance?



Athletics Needs You!! as an Endurance Official.

Scottishathletics intend presenting a **UKA Endurance Official (Level 1 to 3) Training** course towards the end of September 2017; prior to commencement of next winters cross country season; and invite notes of interest from potential candidates before deciding on a venue.

No previous experience necessary

This one day course will consist of two parts:

- Generic Endurance Officials' Course (2.5 - 3 hours); now essential for anyone applying for Level 1 accreditation
- Risk Awareness Course (3.5 hours); now essential for accreditation at all levels
- Potential candidates are therefore invited to submit notes of interest in the first instance to Shona Malcolm at shonamalcolm@scottishathletics.org.uk.



Under 17 & U20 Women

Race Starts 12:15hrs

Distance U17: 5,900m; U20: 6,800m

2016 U17 Winner - Anna MacFadyen Forbes Harriers

2016 U17 Team - Aberdeen AAC (Naomi Lang, Rebecca Eggeling, Anisha Badial)

2016 U20 Winner - Stephanie Pennycook Fife AC

2016 U20 Team - Fife AC (Stephanie Pennycook, Annabel Simpson, Ailsa Cruickshanks)

U17 - Team Scoring 3 to count, U20 - Team Scoring 3 to count

No.	Athlete Name	Club
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U17 Women (Yellow numbers)

1	Rebecca Eggeling	Aberdeen AAC
2	Naomi Lang	Aberdeen AAC
3	Grace Pow	Annan & District AC
4	Frances Sealy	Banchory Stonehaven AC
5	Clare Stewart	Banchory Stonehaven AC
6	Ruth Kelly	Cambuslang Harriers
7	Katie Moss	Cambuslang Harriers
8	Bethany Burch	Central AC
9	Fiona Davies	Central AC
10	Kate Gallagher	Central AC
11	Lauren McCulloch	Central AC
12	Heather Scott	Central AC
13	Laurn Turnbull	Central AC
14	Iona Allan	Clydesdale Harriers
15	Jessica MacLeod	Corstorphine AAC
16	Martha Gallacher	Dundee Hawkhill Harriers
17	Shania King	Dundee Hawkhill Harriers
18	Constance Nankivell	East Sutherland AC
19	Carolyn Cameron	Edinburgh AC
20	Eloise Walker	Edinburgh AC
21	Jessica Christie	Falkirk Victoria Harriers
22	Katy McGonigal	Falkirk Victoria Harriers
23	Nicole McIntyre	Falkirk Victoria Harriers
24	Louise McCullagh	Fife AC
25	Susannah Godfrey-Faussett	Gala Harriers
26	Elena Heger	Gala Harriers
27	Zoe Pflug	Gala Harriers
28	Katie Rourke	Gala Harriers
29	Kerry Gallacher	Garscube Harriers
30	Sophie Lathan	Garscube Harriers
31	Lindsay Robertson	Garscube Harriers
32	Emily Crusher	Giffnock North AAC
33	Zoe Jamieson	Giffnock North AAC
34	Danielle Kelly	Giffnock North AAC
35	Charlotte McKenna	Giffnock North AAC
36	Lynn McKenna	Giffnock North AAC
37	Rhona Mowat	Giffnock North AAC
38	Leah Sinforiani	Giffnock North AAC
39	Erin Wallace	Giffnock North AAC
40	Chloe Murphy	Helensburgh AAC
41	Nicola Doohan	Inverclyde AC
42	Jennifer Lyne	Inverclyde AC
43	Shelby Morrison	Inverclyde AC
44	Connie Campbell	Inverness Harriers AAC
45	Sophie Young	Inverness Harriers AAC
46	Kim Crawford	Kilbarchan AAC
47	Katharine McGinn	Kilbarchan AAC
48	Rona Tytler	Kilbarchan AAC

No.	Athlete Name	Club
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49	Eilidh Brown	Lasswade AAC
50	Lauren Dickson	Lasswade AAC
51	Ailsa Innes	Lasswade AAC
52	Sarah Tait	Lasswade AAC
53	Megan Grew	Law & District AAC
54	Pamela Newell	Law & District AAC
55	Sarah Calvert	Livingston AC
56	Hannah Mairs	Livingston AC
57	Courtney Moffat	Livingston AC
58	Hannah Morrison	Metro Aberdeen Running Club
59	Fiona Grant	Moorfoot Runners
60	Mairi Wallace	Moorfoot Runners
61	Sophia Green	Moray Road Runners
62	Grace Whelan	Moray Road Runners
63	Ciara Bowman	Pitreavie AAC
64	Emily Nicholson	Pitreavie AAC
65	Zoe Nicholson	Pitreavie AAC
66	Lara Vance	Ross County Athletic Club
67	Emma Purdie	Shettleston Harriers
68	Talia Quigley	Shettleston Harriers
69	Joanna Gillies	Stornoway Running & AC
70	Sophie Graham	Stornoway Running & AC
71	Ishbel Inglis	Teviotdale Harriers
72	Beth Gibbons	VP-Glasgow AC
73	Angel Grimes McTavish	VP-Glasgow AC
74	Adrienne Murray	VP-Glasgow AC

U20 Women (Red numbers)

201	Anisha Badial	Aberdeen AAC
202	Eve MacKinnon	Cambuslang Harriers
203	Jodie Currie	Central AC
204	Eleanor Hanson	Central AC
205	Hannah Addison	Corstorphine AAC
206	Alicia Paton	Cumbernauld AAC
207	Victoria Robertson	Cumbernauld AAC
208	Kirsty Reynolds	Dundee Hawkhill Harriers
209	Heather Addison	East Kilbride AC
210	Hannah Cameron	Edinburgh AC
211	Jennifer Glass	Edinburgh Univ Hare & Hounds
212	Catriona Graves	Edinburgh Univ Hare & Hounds
213	Helen Jones	Edinburgh Univ Hare & Hounds
214	Rhiannon Kirk	Edinburgh Univ Hare & Hounds
215	Eve Sealy	Edinburgh Univ Hare & Hounds
216	Rosie Wright	Edinburgh Univ Hare & Hounds
217	Julie Nimmo	Falkirk Victoria Harriers
218	Katy Aitken	Fife AC
219	Ailsa Cruickshanks	Fife AC
220	Annabel Personeni	Fife AC
221	Annabel Simpson	Fife AC
222	Eilidh Smyth	Fife AC

No.	Athlete Name	Club
223	Anna MacFadyen	Forres Harriers
224	Hannah Berry	Garscube Harriers
225	Isabella Sheldon	Garscube Harriers
226	Kirsty Griffiths	Giffnock North AAC
227	Kirsty Griffiths	Giffnock North AAC
228	Katrina Ballantyne	Glasgow Uni Hare and Hounds
229	Myrtle Breckenridge	Glasgow Uni Hare and Hounds
230	Megan Robertson	Glasgow Uni Hare and Hounds
231	Melissa Robinson	Helensburgh AAC
232	Heather Campbell	Inverness Harriers AAC
233	Sarah Dempsey	Kilbarchan AAC
234	Iona Miller	Kilbarchan AAC

No.	Athlete Name	Club
235	Chloe Simpson	Kilbarchan AAC
236	Laura Stark	Kilbarchan AAC
237	Holly Thompson	Kilbarchan AAC
238	Niamh Shaw	Lasswade AAC
239	Margaret Newell	Law & District AAC
240	Emma Hunter	Motherwell AC
241	Jenny Ireland	Motherwell AC
242	Kirsty Irwin	Motherwell AC
243	Madeleine Watson	Strathearn Harriers
244	Gillian Black	VP-Glasgow AC
245	Anna Tait	VP-Glasgow AC

Posn	Name	Time
1		
2		
3		

Under 17 Men

Race Starts 12:50hrs

Distance 5,900m

2016 Winner - Tristan Rees, Fife AC

2016 Team - Ronhill Cambuslang Harriers, (Struan Paton, Gavin Smith, Joshua Boyle, Eamon Carr)

Team Scoring 4 to count

No.	Athlete Name	Club
160	Cameron Callow	Aberdeen AAC
161	Jack Gillespie	Aberdeen AAC
162	Daniel Hatfield	Aberdeen AAC
163	Craig Smith	Aberdeen AAC
164	Cameron Stone	Aberdeen AAC
165	Nicholas Tierney	Aberdeen AAC
166	Paul Kitzinger	Annan & District AC
167	Aidan Copland	Ayr Seaforth AC
168	Declan McGhee	Ayr Seaforth AC
169	Lewis Ross	Ayr Seaforth AC
170	Joshua Boyle	Cambuslang Harriers
171	Andrew Carey	Cambuslang Harriers
172	Eamon Carr	Cambuslang Harriers
173	James Hannoway	Cambuslang Harriers
174	Struan Paton	Cambuslang Harriers
175	Drew Pollock	Cambuslang Harriers
176	Ryan Stephen	Cambuslang Harriers
177	Tom Graham-Marr	Central AC
178	Sandy Holl	Central AC
179	Keir Howlieson	Central AC
180	Craig Palmer	Central AC
181	Michael Miller	Clydesdale Harriers
182	Stephen Addison	Corstorphine AAC
183	Forbes Jackson	Corstorphine AAC
184	Jonathan Jackson	Corstorphine AAC
185	Finlay Ross	Corstorphine AAC
186	Jack Anderson	Dundee Hawkhill Harriers
187	Bradley Duff	Dundee Hawkhill Harriers
188	Kristofer Hernandez	Dundee Hawkhill Harriers
189	Callum McCormack	Dundee Hawkhill Harriers

No.	Athlete Name	Club
190	David Wood	Dundee Hawkhill Harriers
191	Fraser Roach	East Sutherland AC
192	Freddie Carcas	Edinburgh AC
193	Matthew Kennedy	Edinburgh AC
194	Ben Logan	Edinburgh AC
195	Aidan Mccann	Edinburgh AC
196	Michael Swinton	Edinburgh AC
197	Lewis Pentecost	Falkirk Victoria Harriers
198	Harris Pentecost	Falkirk Victoria Harriers
199	Euan Boyle	Fife AC
200	Craig Morris	Fife AC
201	George Rees	Fife AC
202	Adam Scott	Fife AC
203	Robert Sparks	Fife AC
204	Struan Brown	Gala Harriers
205	William Darling	Gala Harriers
206	Robert Fox	Gala Harriers
207	Yousuf Khursheed	Gala Harriers
208	Faisal Khursheed	Gala Harriers
209	Callum Tharme	Gala Harriers
210	Thomas Berry	Garscube Harriers
211	Robbie Burnside	Garscube Harriers
212	Fraser Gordon	Garscube Harriers
213	Daniel McGarrie	Garscube Harriers
214	Arun Smith	Garscube Harriers
215	Cody Stevenson	Garscube Harriers
216	Lorn Webster	Garscube Harriers
217	Cameron Douglas	George Heriots School
218	Cameron McGill	George Heriots School
219	Nicholas Boyle	Giffnock North AAC

No.	Athlete Name	Club
220	Nikolai Gajic	Giffnock North AAC
221	Andrew Love	Giffnock North AAC
222	Michael Lowrie	Giffnock North AAC
223	Joseph Lowrie	Giffnock North AAC
224	Harry Nimmo	Giffnock North AAC
225	Ben Shaw	Giffnock North AAC
226	Jamie Sturrock	Giffnock North AAC
227	Calum Young	Giffnock North AAC
228	Ryan Brown	Greenock Glenpark Harriers
229	Joshua Ruddy	Greenock Glenpark Harriers
230	Finlay Gray	Helensburgh AAC
231	Cameron Kemp	Helensburgh AAC
232	Dylan Crawford	Inverclyde AC
233	Ryan Gray	Inverclyde AC
234	Sammy Hearl	Inverclyde AC
235	Cameron Watson	Inverclyde AC
236	Joe Arnaud	Inverness Harriers AAC
237	Lewis Esslemont	Inverness Harriers AAC
238	Aidan Ferry	Inverness Harriers AAC
239	Ruairidh Fraser	Inverness Harriers AAC
240	Stuart Gardiner	Inverness Harriers AAC
241	Ben Johnstone	Inverness Harriers AAC
242	Robert Thorne	Inverness Harriers AAC
243	Luke Williams	Inverness Harriers AAC
244	Cameron Corrigan	Kilbarchan AAC
245	Liam Donoghue	Kilbarchan AAC
246	Jamie Eatock	Kilbarchan AAC
247	Jordan Gilchrist	Kilbarchan AAC
248	Josh Hendry	Kilbarchan AAC
249	Craig Kennedy	Kilbarchan AAC
250	Andrew MacAngus	Kilbarchan AAC
251	Suleiman Niven	Kilbarchan AAC
252	Michael Simson	Kilbarchan AAC
253	Aidan Hissett	Kilmarnock H&AC
254	Jamie Nix	Kilmarnock H&AC

No.	Athlete Name	Club
255	Harry Lamond	Kirkintilloch Olympians
256	Luke McCaffrey	Kirkintilloch Olympians
257	Jamie Darling	Lasswade AAC
258	Christian Graham	Lasswade AAC
259	Euan Hood	Lasswade AAC
260	Daniel Kelly	Lasswade AAC
261	Magnus Tait	Lasswade AAC
262	James Gillon	Law & District AAC
263	Adam Kelly	Law & District AAC
264	James McClafferty	Law & District AAC
265	Declan Wynne	Livingston AC
266	Ross Trearty	Maryhill Harriers
267	Cameron Allan	Moray Road Runners
268	Morgan Lewis	Moray Road Runners
269	Cameron Main	Moray Road Runners
270	Luke Poutney	Motherwell AC
271	James Adam	Pitreavie AAC
272	Struan Ross	Pitreavie AAC
273	Hamish Hickey	Ross County Athletic Club
274	Jamie Burns	Shettleston Harriers
275	Jordan Dolan	Shettleston Harriers
276	Daniel Muir	Shettleston Harriers
277	Lewis Raeburn	Shettleston Harriers
278	Daniel Hesp	Stirling Triathlon Club
279	Alasdair Binns	Stornoway Running & AC
280	Scott MacIver	Stornoway Running & AC
281	Levi Sweeney	Strathearn Harriers
282	Eric Gallagher	Team East Lothian
283	Fraser Kelly	Team East Lothian
284	Fergus Blyth	VP-Glasgow AC
285	Calum Brown	VP-Glasgow AC
286	Charlie Milarvie	VP-Glasgow AC
287	Lewis Priest	VP-Glasgow AC
288	Robbie Smith	VP-Glasgow AC
289	Telfer Gray	Wee County Harriers

Posn	Name	Time
1		
2		
3		

The growth of the Lindsays National XC in recent years has been spectacular.

As recently as early 2011, less than six months after the Commonwealth Games in Delhi, the entry tally read 1799.

But, in the three years prior to today, and in the wake of London 2012 and with Glasgow 2014 prominent in thoughts, the figure has gone through the 2000 barrier and then risen still more.

Here's the overall entry figures for the past four years;

2014: 2102; 2015: 2214; 2016: 2295; 2017: 2330.

With Sports Minister, Aileen Campbell, in attendance today, it's great to be able to point to these figures and, whether you want to label it as 'legacy' or use a different description, it's not in dispute that clubs, coaches and athletes are making a bigger commitment to competition in cross country in Scotland than at any time in the past three decades or so.

Senior Women

Race Starts 13:20hrs

Distance 10,000m

2016 Winner - Elizabeth Potter VP Glasgow AC

2016 Team - Hunters Bog Trotters (Rosie Smith, Shona McIntosh, Sara Louise MacIsaac, Rose Nicholson)

Team Scoring 4 to count

No.	Athlete Name	Club
382	Ellie Buchan	Aberdeen AAC
381	Veronique Oldham	Aberdeen AAC
380	Lucy Taylor	Aberdeen AAC
379	Morven Glennie	Airdrie Harriers
378	Christine McMenemy	Airdrie Harriers
377	Marie Thérèse Rodgers	Airdrie Harriers
376	Laura Wallace	Ayr Seaforth AC
375	Suzanne Boyle	Bellahouston Harriers
374	Claire Fitzsimmons	Bellahouston Harriers
373	Kristina Greig	Bellahouston Harriers
372	Katherine Hylands	Bellahouston Harriers
371	Emily Jackson	Bellahouston Harriers
370	Ann Knox	Bellahouston Harriers
369	Stella McCulloch	Bellahouston Harriers
368	Lynne McDowall	Bellahouston Harriers
367	Robyn Millar	Bellahouston Harriers
366	Katy Smith	Bellahouston Harriers
365	Karen Speirs	Bellahouston Harriers
364	Pauline Bradley	Bellahouston Road Runners
363	Shona Donnelly	Bellahouston Road Runners
362	Lynne Goldie	Bellahouston Road Runners
361	Susan Haddow	Bellahouston Road Runners
360	Catriona MacDonald	Bellahouston Road Runners
359	Julia McDonald	Bellahouston Road Runners
358	Mandy Morgan	Bellahouston Road Runners
357	Lynn Reid	Bellahouston Road Runners
356	Ann Robin	Bellahouston Road Runners
355	Louise Ross	Bellahouston Road Runners
354	Maree Shepherd	Bellahouston Road Runners
353	Camilla Sims	Bellahouston Road Runners
352	Chi My Ta	Bellahouston Road Runners
351	Caroline Turner	Bellahouston Road Runners
350	Roz Wilson	Bellahouston Road Runners
349	Karen Allen	Calderglen Harriers
348	Julie Beveridge	Calderglen Harriers
347	Kay Conneff	Calderglen Harriers
346	Frances Ferguson	Calderglen Harriers
345	Joanne McEvoy	Calderglen Harriers
344	Erica Christie	Cambuslang Harriers
343	Alexandra Lamond	Cambuslang Harriers
342	Lesley McArdle	Cambuslang Harriers
341	Kirsty O'Brien	Cambuslang Harriers
340	Bernadette O'Neil	Cambuslang Harriers
339	Jennifer Reid	Cambuslang Harriers
338	Kirsty Baird	Carnegie Harriers
337	Charlotte Briggs	Carnegie Harriers
336	Isobel Burnett	Carnegie Harriers
335	Morna Fleming	Carnegie Harriers
334	Jane Macleod	Carnegie Harriers
333	Fabienne Thompson	Carnegie Harriers
332	Charlotte Morgan	Carnethy Hill Racing Club
331	Catriona Buchanan	Central AC

No.	Athlete Name	Club
330	Alison Curry	Central AC
329	Hazel Dean	Central AC
328	Fanni Gyurko	Central AC
327	Claire Houston	Central AC
326	Morag MacLarty	Central AC
325	Patricia Milne	Central AC
324	Lyndsay Morrison	Central AC
323	Fiona Thompson	Central AC
322	Kimberley Timmins	Central AC
321	Jennifer Wetton	Central AC
320	Christine Duncanson	Clydesdale Harriers
319	Fiona King	Clydesdale Harriers
318	Marina McCallum	Clydesdale Harriers
317	Pamela McCrossan	Clydesdale Harriers
316	Gillian Carr	Corstorphine AAC
315	Fiona Carver	Corstorphine AAC
314	Lisa Christy	Corstorphine AAC
313	Janet Grigor	Corstorphine AAC
312	Kirstian MacRuary	Corstorphine AAC
311	Jilly McKay	Corstorphine AAC
310	Nicola Ross	Corstorphine AAC
309	Mandy Scott	Corstorphine AAC
308	Claire Sloan	Corstorphine AAC
307	Cliona Ferguson	Cumbernauld AAC
305	Clare Egan	Dumbarton AAC
304	Vigil Marie Garcia	Dumbarton AAC
303	Laura Johnston	Dumbarton AAC
302	Charlene Kelly	Dumbarton AAC
301	Nikki Lyons	Dumbarton AAC
300	Natalie Robertson	Dumbarton AAC
299	Satpal Burns	Dumfries Running Club
298	Sian Finlay	Dumfries Running Club
297	Vicky Hart	Dumfries Running Club
296	Nicola Hood	Dumfries Running Club
295	Sue Jeffrey	Dumfries Running Club
294	Anne Macfarlane	Dumfries Running Club
293	Rhona Anderson	Dunbar Running Club
292	Vicky Brown	Dundee Hawkhill Harriers
291	Ashley De gerner	Dundee Hawkhill Harriers
290	Catherine Matthews	Dundee Hawkhill Harriers
289	Diane Placentino	Dundee Hawkhill Harriers
288	Catriona M Reynolds	Dundee Hawkhill Harriers
287	Nicola Tully	Dundee Hawkhill Harriers
286	Janet Murray	Dundee Road Runners AC
285	Elaine Omand	Dundee Road Runners AC
284	Gillian Sangster	Dundee Road Runners AC
283	Kelly Baillie	East Kilbride AC
282	Gemma Kirwan	East Kilbride AC
281	Katie Bain	Edinburgh AC
280	Rebecca Burns	Edinburgh AC
279	Elaine Davies	Edinburgh AC
278	Kathleen Dempsey	Edinburgh AC

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scottishathletics 

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BT Murrayfield Stadium, Edinburgh

scottishathletics – National Cross Country Championships

No.	Athlete Name	Club
277	Karen Dobbie	Edinburgh AC
276	Janet Dunbar	Edinburgh AC
275	Rachael Dunn	Edinburgh AC
274	Charlotte Garry	Edinburgh AC
273	Nikki Gibson	Edinburgh AC
272	Fiona Hegarty	Edinburgh AC
271	Jennifer MacLean	Edinburgh AC
270	Jill Morrow	Edinburgh AC
269	Jo Phillips	Edinburgh AC
268	Susan Ridley	Edinburgh AC
267	Freya Ross	Edinburgh AC
266	Hannah Waugh	Edinburgh AC
265	Lauren Wilson	Edinburgh AC
264	Amy Bristow	Edinburgh Uni Hare & Hounds
263	Sophie Collins	Edinburgh Uni Hare & Hounds
262	Iona Evans	Edinburgh Uni Hare & Hounds
261	Amy Frankland	Edinburgh Uni Hare & Hounds
260	Christine Irvine	Edinburgh Uni Hare & Hounds
259	Lauren MacAlister	Edinburgh Uni Hare & Hounds
258	Mhairi MacLennan	Edinburgh Uni Hare & Hounds
257	Genevieve McMahon	Edinburgh Uni Hare & Hounds
256	Louise Mercer	Edinburgh Uni Hare & Hounds
255	Alexandra Morgan	Edinburgh Uni Hare & Hounds
254	Stephanie Pennycook	Edinburgh Uni Hare & Hounds
253	Rachel Stewart	Edinburgh Uni Hare & Hounds
251	Monica Anderson	Falkirk Victoria Harriers
250	Nicola Flynn	Falkirk Victoria Harriers
249	Fiona Macfarlane	Falkirk Victoria Harriers
248	Fiona Matheson	Falkirk Victoria Harriers
247	Claire Moffett	Falkirk Victoria Harriers
246	Elizabeth Gilchrist	Ferranti AAC
245	Julia Loecherbach	Ferranti AAC
244	Fiona Bracegirdle	Fife AC
243	Innes Bracegirdle	Fife AC
242	Andrea Burke Rae	Fife AC
241	Megan Crawford	Fife AC
240	Jennifer Cruickshanks	Fife AC
239	Katie Jones	Fife AC
238	Phyllis Lemoncello	Fife AC
237	Alison McGill	Fife AC
236	Elise Methven	Fife AC
235	Halina Rees	Fife AC
234	Helen Sharpe	Fife AC
233	Jennifer Spence	Fife AC
232	Sandra Tulloch	Fife AC
231	Morgan Windram-Geddes	Fife AC
230	Deborah Kenward	Forfar Road Runners
229	Elizabeth Milne	Forfar Road Runners
228	Hillary Cameron	Forres Harriers
227	Moirae Davie	Forres Harriers
226	Siobhan Evans	Forres Harriers
225	Susan McRitchie	Forres Harriers
224	Kirstie Rogan	Forres Harriers
223	Shona Spencer	Forres Harriers
222	Jessica Tullie	Forres Harriers
221	Fiona Dalgleish	Gala Harriers
220	Gillian Duncan	Gala Harriers
219	Rachel Fagan	Gala Harriers

No.	Athlete Name	Club
218	Dawn Grant	Gala Harriers
217	Sara Green	Gala Harriers
216	Kate Jenkins	Gala Harriers
215	Dianne Lauder	Gala Harriers
214	Kirstin Maxwell	Gala Harriers
213	Fiona Shepherd	Gala Harriers
212	Sarah Hall	Garioch Road Runners
211	Emma Murray	Garioch Road Runners
210	Daisy Summersgill	Garioch Road Runners
209	Tammy Wilson	Garioch Road Runners
208	Emma Blair	Garscube Harriers
207	Morag Casey	Garscube Harriers
206	Lesley Chisholm	Garscube Harriers
205	Nicola Hendry	Garscube Harriers
204	Marian Kelly	Garscube Harriers
203	Martha Lovatt	Garscube Harriers
202	Lynne Macdougall	Garscube Harriers
201	Fiona Martin	Garscube Harriers
200	Chloe McAdam	Garscube Harriers
199	Daisy Ochoa	Garscube Harriers
198	Mary Senior	Garscube Harriers
197	Katie White	Garscube Harriers
196	Alison Wood	Garscube Harriers
195	Allie Chong	Giffnock North AAC
194	Catriona Gourley	Giffnock North AAC
193	Sheila Lewis	Giffnock North AAC
192	Allison Mathews	Giffnock North AAC
191	Mary McCutcheon	Giffnock North AAC
190	Kathleen McLachlan	Giffnock North AAC
189	Maureen McVey	Giffnock North AAC
188	Hilary Millar	Giffnock North AAC
187	Jill Smylie	Giffnock North AAC
186	Heather Thompson	Giffnock North AAC
185	Anne Williamson	Giffnock North AAC
184	Wendy Gorman	Glasgow Triathlon Club
183	Catriona Padmanabhan	Glasgow Triathlon Club
182	Audrey Braven-Ayres	Glasgow Uni Hare and Hounds
181	Kirsty Dickson	Glasgow Uni Hare and Hounds
180	Mikaela Hannam	Glasgow Uni Hare and Hounds
179	Juliet Hill	Glasgow Uni Hare and Hounds
178	Katherine Mitchell	Glasgow Uni Hare and Hounds
177	Ellie Waugh	Glasgow Uni Hare and Hounds
176	Ashley Anderson	Greenock Glenpark Harriers
175	Emma Baxter	Greenock Glenpark Harriers
174	Marianne McKay	Greenock Glenpark Harriers
173	Marian Monk	Greenock Glenpark Harriers
172	Emma O'Rourke	Greenock Glenpark Harriers
171	Sarah Fraser	Hamilton Harriers
170	Natalie Wood	Hamilton Harriers
169	Nicola Freedman	Harmony AC
168	Lucy Marshall	Harmony AC
167	Fiona Milligan	Harmony AC
166	Susan Ross	Harmony AC
165	Joanna Carter	Hunters Bog Trotters
164	Carrie Craig	Hunters Bog Trotters
163	Briony Curtis	Hunters Bog Trotters
162	Katherine Golding	Hunters Bog Trotters
161	Claire Gordon	Hunters Bog Trotters

No.	Athlete Name	Club
160	Chloe Haines	Hunters Bog Trotters
159	Rebecca Harding	Hunters Bog Trotters
158	Jane Hart	Hunters Bog Trotters
157	Amelia Hope-Jones	Hunters Bog Trotters
156	Amy Jennings	Hunters Bog Trotters
155	Mairead Kelly	Hunters Bog Trotters
154	Morag McClelland	Hunters Bog Trotters
153	Eilis McKechnie	Hunters Bog Trotters
152	Alison McNeillage	Hunters Bog Trotters
151	Megan Mowbray	Hunters Bog Trotters
150	Hazel Murray	Hunters Bog Trotters
149	Rose Nicholson	Hunters Bog Trotters
148	Phyllis O'Brien	Hunters Bog Trotters
147	Sarah O'Neil	Hunters Bog Trotters
146	Alice Paterson	Hunters Bog Trotters
145	Rosie Smith	Hunters Bog Trotters
144	Jillian Stephen	Hunters Bog Trotters
143	Sheila Strain	Hunters Bog Trotters
142	Zoe Strong	Hunters Bog Trotters
141	Kata Tar	Hunters Bog Trotters
140	Lucy Taylor	Hunters Bog Trotters
139	Georgia Tindley	Hunters Bog Trotters
138	Katie Walling	Hunters Bog Trotters
137	Claire Ward	Hunters Bog Trotters
136	Abby Whitelaw Collins	Hunters Bog Trotters
135	Megan Wright	Hunters Bog Trotters
306	Shona McIntosh	Hunters Bog Trotters
252	Miranda Grant	Hunters Bog Trotters
134	Pamela Porteous	Individual
133	Rachael Bushfield	Inverclyde AC
132	Emma Fulton	Inverclyde AC
131	Julie Gordon	Inverclyde AC
130	Sharon Muir	Inverclyde AC
129	Doreen Campbell	Inverness Harriers AAC
128	Gemma Cormack	Inverness Harriers AAC
127	Catriona Maree Fraser	Inverness Harriers AAC
126	Sarah Liebnitz	Inverness Harriers AAC
125	Ann Smart	Inverness Harriers AAC
124	Elizabeth Colquhoun	Irvine Running Club
123	Elspeth Curran	Kilbarchan AAC
122	Elaine Eadie	Kilbarchan AAC
121	Christina Rankin	Kilbarchan AAC
120	Kirsteen Alexander	Kilmarnock H&AC
119	Amanda Bryden	Kilmarnock H&AC
118	Stephanie Hewitt	Kilmarnock H&AC
117	Elizabeth McDermont	Kilmarnock H&AC
116	Paula Wilson	Kilmarnock H&AC
115	Vivien Fraser	Kirkintilloch Olympians
114	Shirley MacNab	Kirkintilloch Olympians
113	Ada Stewart	Kirkintilloch Olympians
112	Ausrine Ward	Kirkintilloch Olympians
111	Christina Whitelaw Collins	Larkhall YMCA Harriers
110	Daniel Couto	Lasswade AAC
109	Hilary McGrath	Law & District AAC
108	Laura Finlay	Linlithgow AC
107	Rosemary Gallagher	Linlithgow AC
106	Jill Horsburgh	Linlithgow AC
105	Lorna Simpson	Linlithgow AC

No.	Athlete Name	Club
104	Mairi Watts	Linlithgow AC
103	Frances Wood	Linlithgow AC
102	Mhairi Inglis	Lothian Running Club
101	Sarah Inglis	Lothian Running Club
100	Christine MacVarish	Lothian Running Club
99	Margaret Peebles	Maryhill Harriers
98	Jayne Addie	Metro Aberdeen Running Club
97	Virginie Barrand	Metro Aberdeen Running Club
96	Jill Bonthron	Metro Aberdeen Running Club
95	Fiona Brian	Metro Aberdeen Running Club
94	Claire Bruce	Metro Aberdeen Running Club
93	Kathryn Firth	Metro Aberdeen Running Club
92	Joanna Geddes	Metro Aberdeen Running Club
91	Vicki Inglis	Metro Aberdeen Running Club
90	Kayleigh Jarrett	Metro Aberdeen Running Club
89	Sarah Knox	Metro Aberdeen Running Club
88	Tina McLeod	Metro Aberdeen Running Club
87	Lisa McShea	Metro Aberdeen Running Club
86	Erin Rendall	Metro Aberdeen Running Club
85	Lauren Smith	Metro Aberdeen Running Club
84	Rebecca Ward	Metro Aberdeen Running Club
83	Lorna Mahoney	Milburn Harriers
82	Justine Blaszk	Moray Road Runners
81	Kimberley Clark	Moray Road Runners
80	Elspeth Jenkins	Moray Road Runners
79	Linda Smith	Moray Road Runners
78	Joanne Clark	Motherwell AC
77	Phyllis Hands	Motherwell AC
76	Tracey Lamont	Motherwell AC
75	Marianne Wilson	North Highland Harriers
74	Karen Kealey	Ochil Hill Runners
73	Helen Winton	Ochil Hill Runners
72	Lisa Aikman	Perth Road Runners
71	Sonja Crow	Perth Road Runners
70	Claire Douglas	Perth Road Runners
69	Gillian Edwards	Perth Road Runners
68	Caroline Jones	Perth Road Runners
67	Fiona Manson	Perth Road Runners
66	Rachel Drummond	PH Racing Club
65	Karen Kennedy	PH Racing Club
64	Mary Western	PH Racing Club
63	Alison Whyte	PH Racing Club
62	Penny Hicks	Pitreavie AAC
61	Elaine Renouf	Pitreavie AAC
60	Sarah Ross	Pitreavie AAC
59	Monica Flanagan	Portobello Running Club
58	Mary Hunter	Portobello Running Club
57	Gosia Karczewska	Portobello Running Club
56	Angela Leggatt	Portobello Running Club
55	Grace Mackenzie	Portobello Running Club
54	Kelly Marcus	Portobello Running Club
53	Fen Parry	Portobello Running Club
52	Audrey Reddington	Portobello Running Club
51	Yana Thandrayen	Portobello Running Club
50	Fiona Wright	Portobello Running Club
49	Vanessa Coffey	Shettleston Harriers
48	Emma Dunnett	Shettleston Harriers
47	Oonagh Dunnett	Shettleston Harriers

Scottish Daily Mail

Media Partner of Lindsays National XC



July 6, 2017

47 Athletics

JOHN GRECHAN
Chief Sports Writer

A DECADE is worth of memories as Laura Muir is set to be crowned the best female athlete in the world. The 27-year-old Scot is set to win the 10,000m at the Rio Olympics, a feat she has achieved twice before. Muir is a three-time world champion and a two-time Olympic champion. She is also a two-time Commonwealth Games champion and a two-time European champion. Muir is a three-time world champion and a two-time Olympic champion. She is also a two-time Commonwealth Games champion and a two-time European champion.

I had always thought 2017 would be the year she started to challenge

and that 2017 would be the year she started to challenge. Muir is a three-time world champion and a two-time Olympic champion. She is also a two-time Commonwealth Games champion and a two-time European champion. Muir is a three-time world champion and a two-time Olympic champion. She is also a two-time Commonwealth Games champion and a two-time European champion.

HAWKINS UP FOR A TOP BATTLE WITH FARAH

By JOHN GRECHAN
USA's Leonard Korir is set to face the world champion at the Rio Olympics. Korir is a two-time world champion and a two-time Olympic champion. He is also a two-time Commonwealth Games champion and a two-time European champion. Korir is a three-time world champion and a two-time Olympic champion. He is also a two-time Commonwealth Games champion and a two-time European champion.

Just capital as Muir revels in lead role for victorious Brits

HEROIC HAWKINS PIPPED AT POST
But Scot leaves Sir Mo trailing in his wake

Roy is ready to strike out for his pot of gold

CRICKET
England's Test team is set to face India in the first Test of the series. England is a two-time world champion and a two-time Olympic champion. They are also a two-time Commonwealth Games champion and a two-time European champion. England is a three-time world champion and a two-time Olympic champion. They are also a two-time Commonwealth Games champion and a two-time European champion.

Scottish Daily Mail
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scottishathletics
FEBRUARY 25, 2017
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No.	Athlete Name	Club
46	Christie Ford	Shettleston Harriers
45	Clara Horswell	Shettleston Harriers
44	Ruth Joss	Shettleston Harriers
43	Victoria Leiper	Shettleston Harriers
42	Jessica Martin	Shettleston Harriers
41	Avril Mason	Shettleston Harriers
40	Kathryn Pennel	Shettleston Harriers
39	Shona Robertson	Shettleston Harriers
38	Fionnuala Ross	Shettleston Harriers
37	Carole Setchell	Shettleston Harriers
36	Marlene Hunter	Springburn Harriers
35	Barbara Knox	Springburn Harriers
34	Michelle Sandison	Springburn Harriers
33	Hannah Terrance	Springburn Harriers
32	Esther Valencia	Squadra Porcini
31	Catrina Morrison	Stirling Triathlon Club
30	Laura Thomas	Stirling Triathlon Club
29	Catrina Welsh	Stirling Triathlon Club
28	Elidh Mackenzie	Stornoway Running & AC
27	Wendy Duigan	Strathearn Harriers
26	Emily Greaves	Strathearn Harriers
25	Kerry Sweeney	Strathearn Harriers
24	Lauren Corbett	Teviotdale Harriers

No.	Athlete Name	Club
23	Kirsty Hughes	Teviotdale Harriers
22	Donna Inglis	Teviotdale Harriers
21	Caroline Millar	Troon Tortoises AC
20	Anne Noble	Troon Tortoises AC
19	Christine Catterson	VP-Glasgow AC
18	Rhian Dawes	VP-Glasgow AC
17	Suzanne Gilmour	VP-Glasgow AC
16	Emma Kay	VP-Glasgow AC
15	Stephanie Lawrie	VP-Glasgow AC
14	Erin McIlveen	VP-Glasgow AC
13	Josephine Moultrie	VP-Glasgow AC
12	Susan Partridge	VP-Glasgow AC
11	Lesley Pirie	VP-Glasgow AC
10	Elizabeth Potter	VP-Glasgow AC
9	Louise Potter	VP-Glasgow AC
8	Claire Thompson	VP-Glasgow AC
7	Ellie Gray	Wee County Harriers
6	Karen Williams	Wee County Harriers
5	Leanne Cooke	Westerlands XC Club
4	Valerie Houston	Westerlands XC Club
3	Claire Larravide	Westerlands XC Club
2	Heather Simpson	Westerlands XC Club
1	Sharon Taylor	Westerlands XC Club

Posn	Name	Time
1		
2		
3		



Death and taxes may be two certainties and, in recent years, Central AC winning the Men's Senior title at the National XC has become another one.

Central are competing for seven-in-a-row on that particular front today after starting their run of dominance back in 2011. The year before, in 2010, Inverclyde AC had won it by a single point from Shettleston Harriers but looking at the points scores for recent years it hasn't even been close!

In the same period as their men have claimed those six team titles, Central AC Senior Women have been champions twice and silver medallist twice for an overall impressive record.

Interesting, then, to read Derek Easton in Athletics Weekly recently saying: 'I believe a lot of clubs make the mistake of focusing on the youngsters, more so than the Seniors.'

'My viewpoint is that the Seniors are the most important people in the cubs and, to retain youngsters, you have to have a thriving Senior team. While the (young athletes) are growing up they think 'I want to be part of that, I want to keep in the sport'.

'It's really important to have a strong Senior club and try and help them as much as possible.'

Under 20 Men

Race Starts 14:20hrs

Distance 7,600m

2016 Winner - Jonathan Glen, Inverclyde AC

2016 Team - Kilbarchan AAC (Euan Gilham, Callum Matthews, Scott McLardie, Euan Trout)

Team Scoring 4 to count

No.	Athlete Name	Club
120	Euan Brownlie	Central AC
121	Aidan Cameron	Central AC
122	Iain Davies	Central AC
123	Cameron Harris	Central AC
124	Fraser MacPherson	Central AC
125	Bradley Scott	Central AC
126	Aidan Thompson	Central AC
127	Jamie Wastling	Central AC
128	Anthony Addison	Corstorphine AAC
129	Callum Campbell	Corstorphine AAC
130	Chris Downie	Corstorphine AAC
131	Cameron Richardson	Cumbernauld AAC
132	Charlie Storie	Dumfries Running Club
133	James Donald	Dundee Hawkhill Harriers
134	Rowan Downie	Dundee Hawkhill Harriers
135	Andrew Merry	Dundee Hawkhill Harriers
136	Luke Kirwan	East Kilbride AC
137	Martin Lynas	East Kilbride AC
138	Joseph Arthur	Edinburgh AC
139	Robert Bough	Edinburgh AC
140	Gavin Bryson	Edinburgh AC
141	Cameron Gilmour	Edinburgh AC
142	Archie Hodgeson	Edinburgh AC
143	Paul Ireland	Edinburgh AC
144	Thomas Otton	Edinburgh Uni Hare & Hounds
145	Angus Pope	Edinburgh Uni Hare & Hounds
146	Matthew Vu	Edinburgh Uni Hare & Hounds
147	Cameron Young	Edinburgh Uni Hare & Hounds
148	Sam Fernando	Fife AC
149	Gregor Malcolm	Fife AC
150	Harvey Rankin	Fife AC
151	Logan Rees	Fife AC
152	Tristan Rees	Fife AC
153	Keir Carolan	Giffnock North AAC
154	Oliver Watson-Sweeney	Giffnock North AAC

No.	Athlete Name	Club
155	David Chalmers	Glasgow Uni Hare and Hounds
156	Gregor Gillespie	Glasgow Uni Hare and Hounds
157	Maks Pecnik Bambic	Heriot-Watt Univ Athletics
158	Ross Gray	Inverclyde AC
159	James Geddes	Inverness Harriers AAC
160	Euan Gilham	Kilbarchan AAC
161	Ewan McKerral	Kilbarchan AAC
162	Scott McLardie	Kilbarchan AAC
163	Conor Thomson	Kilbarchan AAC
164	Aidan McCaffrey	Kirkintilloch Olympians
165	Matthew Smith	Lasswade AAC
166	Shaun Burke	Law & District AAC
167	Conor Butters	Law & District AAC
168	Kieran Cubis	Law & District AAC
169	Ben Fountain	Law & District AAC
170	Jake Thomas	Livingston AC
171	Alastair White	Livingston AC
172	Andrew Stevenson	Maryhill Harriers
173	Sol Sweeney	Perth Strathay Harriers
174	Evan Ross	Pitreavie AAC
175	Adam MacLellan	Ross County Athletic Club
176	Finlay Todd	Ross County Athletic Club
177	William Bardsley	Shettleston Harriers
178	Ross Gollan	Shettleston Harriers
179	Ross Gollan	Shettleston Harriers
180	Jamie Williamson	Springburn Harriers
181	Connor Maclean	Stornoway Running & AC
182	Fraser Gorvett	Tweed, Leader, Jed Track
183	Alfie Scott	University of St Andrews
184	Andrew Taylor	University of St Andrews
185	Guy Evans-Haggerty	VP-Glasgow AC
186	John Law	VP-Glasgow AC
187	Josh McDonald	VP-Glasgow AC
188	Max Milarvie	VP-Glasgow AC

A quick examination of another Olympian's record at Falkirk has left us wondering if Callendar Park is actually Beth Potter's back-garden! We make it no fewer than 10 medals in 11 attempts at the National XC since a first win at U15 for Beth back in 2006.

The tally is seven golds, two silvers and one bronze across all age groups, with two Senior title wins in 2013 and 2016. Beth actually won back to back golds in both the U15 and U17 age groups (2006-07 and 2008-09) before taking an U20 silver in 2010. In her last year at U20, Beth was silver medallist to Laura Muir in 2012 on a day when they were joined on the podium by future European Cross individual medallist, Rhona Auckland.

After a fourth place finish in 2015, the Glasgow 2014 athlete took gold last year and spoke of her ambition to reach Rio in the 10,000m. Like Andy Butchart, the journey from Falkirk to Brazil was duly completed a few months later . . .

Senior Men

Race Starts 14:50hrs

Distance 10,000m

2016 Winner - Andrew Butchart Central AC

2016 Team - Central AC (Andrew Butchart, Alexander Hendry, Ross Houston, Conan McCaughey, Michael Wright, Cameron Milne)

Team Scoring 6 to count

No.	Athlete Name	Club
887	Athol Burnett	Aberdeen AAC
886	Michael Ferguson	Aberdeen AAC
885	Andrew Ferguson Jnr	Aberdeen AAC
884	Alan Fulton	Aberdeen AAC
883	James Joy	Aberdeen AAC
882	John McGregor	Aberdeen AAC
881	Rory Muir	Aberdeen AAC
880	Rory Stead	Aberdeen AAC
879	Fearghas Thomson	Aberdeen AAC
878	Euan Webster	Aberdeen AAC
877	John Brogan	Airdrie Harriers
876	Alan Burns	Airdrie Harriers
875	Iain Chisholm	Airdrie Harriers
874	Mark Connelly	Airdrie Harriers
873	Francis Cullen	Airdrie Harriers
872	Ian Davey	Airdrie Harriers
871	Steven Phillips	Airdrie Harriers
870	Stephen Purvis	Airdrie Harriers
869	Laurence Baker	Ayr Seaforth AC
868	Peter Laing	Ayr Seaforth AC
867	Stuart McColm	Ayr Seaforth AC
866	Stephen McCrorie	Ayr Seaforth AC
865	Stuart McLean	Ayr Seaforth AC
864	Alasdair Meldrum	Ayr Seaforth AC
863	Kenneth Neill	Ayr Seaforth AC
862	Iain Pettigrew	Ayr Seaforth AC
861	Ian Ancombe	Bellahouston Harriers
860	Jack Arnold	Bellahouston Harriers
859	John Beckett	Bellahouston Harriers
858	Brent Brodie	Bellahouston Harriers
857	Paul Burningham	Bellahouston Harriers
856	Robert Carson	Bellahouston Harriers
855	Paul Clawson	Bellahouston Harriers
854	John Cunningham	Bellahouston Harriers
853	Francis Gilroy	Bellahouston Harriers
852	Paul Houston	Bellahouston Harriers
851	Donald Kennedy	Bellahouston Harriers
850	David Mackintosh	Bellahouston Harriers
849	Darren McQuade	Bellahouston Harriers
848	Stuart Miller	Bellahouston Harriers
847	Iain Morrison	Bellahouston Harriers
846	Neil Nairn	Bellahouston Harriers
845	Chris Paton	Bellahouston Harriers
844	Gordon Stevenson	Bellahouston Harriers
843	Kenneth Taylor	Bellahouston Harriers
842	Colin Thomas	Bellahouston Harriers
841	Mark Wallace	Bellahouston Harriers
840	Crispin Walsh	Bellahouston Harriers
839	Andrew Allen	Bellahouston Road Runners
838	Robert Boag	Bellahouston Road Runners
837	Iain Burns	Bellahouston Road Runners
836	Andrew Campbell	Bellahouston Road Runners

No.	Athlete Name	Club
835	Bruce Carmichael	Bellahouston Road Runners
834	Bruce Carse	Bellahouston Road Runners
833	Kenneth Crawford	Bellahouston Road Runners
832	Christopher Doak	Bellahouston Road Runners
831	Ciaran Dougherty	Bellahouston Road Runners
830	Barry Edwards	Bellahouston Road Runners
829	Allon Galbraith	Bellahouston Road Runners
828	Peter Gallanagh	Bellahouston Road Runners
827	Keith Gibb	Bellahouston Road Runners
826	Greig Glendinning	Bellahouston Road Runners
825	Andrew Haddow	Bellahouston Road Runners
824	Richard Leyton	Bellahouston Road Runners
823	Christopher Logue	Bellahouston Road Runners
822	Grant MacDonald	Bellahouston Road Runners
821	Kenny McDonald	Bellahouston Road Runners
820	Ross McGeoch	Bellahouston Road Runners
819	Graeme McNay	Bellahouston Road Runners
818	James Montgomery	Bellahouston Road Runners
817	Alan Moss	Bellahouston Road Runners
816	Graeme Paterson	Bellahouston Road Runners
815	Craig Reid	Bellahouston Road Runners
814	Nick Reid	Bellahouston Road Runners
813	Jim Robinson	Bellahouston Road Runners
812	Gerard Scullion	Bellahouston Road Runners
811	Ollie Traynor	Bellahouston Road Runners
810	David Weatherhead	Bellahouston Road Runners
809	Russell Whittington	Bellahouston Road Runners
808	Mak Wilson	Bellahouston Road Runners
807	Brian Young	Bellahouston Road Runners
806	Andrew Buchanan	Calderglenn Harriers
805	Russell Couper	Calderglenn Harriers
804	Alan Derrick	Calderglenn Harriers
803	Andrew Henderson	Calderglenn Harriers
802	Jim Holmes	Calderglenn Harriers
801	Richard Lawton	Calderglenn Harriers
800	Kenny Leinster	Calderglenn Harriers
799	Charlie McDougall	Calderglenn Harriers
798	Gordon McNally	Calderglenn Harriers
797	Charles Steven	Calderglenn Harriers
796	David Watt	Calderglenn Harriers
795	Stuart Waugh	Calderglenn Harriers
794	Ross Tennant	Cambridge & Coleridge AC
793	Iain Burke	Cambuslang Harriers
792	Alistair Campbell	Cambuslang Harriers
791	Alasdair Campbell	Cambuslang Harriers
790	Edward Carr	Cambuslang Harriers
789	Richard Carr	Cambuslang Harriers
788	Justin Carter	Cambuslang Harriers
787	Des Dickson	Cambuslang Harriers
786	Brian Douglas	Cambuslang Harriers
785	Alexander Eaglesham	Cambuslang Harriers
784	Stuart Gibson	Cambuslang Harriers

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01620 893481

No.	Athlete Name	Club
783	Robert Gilroy	Cambuslang Harriers
782	Simon Gold	Cambuslang Harriers
781	Benjamin Hukins	Cambuslang Harriers
780	Scott Hunter	Cambuslang Harriers
779	Francis Hurley	Cambuslang Harriers
778	Paul Kernohan	Cambuslang Harriers
777	Stan MacKenzie	Cambuslang Harriers
776	John Macnamara	Cambuslang Harriers
775	Kenny Macpherson	Cambuslang Harriers
774	William MacRury	Cambuslang Harriers
773	Tony Mccutcheon	Cambuslang Harriers
772	Thomas McDonald	Cambuslang Harriers
771	Frank McGowan	Cambuslang Harriers
770	Ken McInnes	Cambuslang Harriers
769	Kyle McLellan	Cambuslang Harriers
768	Iain Nicholl	Cambuslang Harriers
767	Daniel O'Connell	Cambuslang Harriers
766	Michael O'Hagan	Cambuslang Harriers
765	Iain Reid	Cambuslang Harriers
764	Colin Reilly	Cambuslang Harriers
763	Gordon Robertson	Cambuslang Harriers
762	David Scott	Cambuslang Harriers
761	Grant Sheldon	Cambuslang Harriers
760	Ross Stephen	Cambuslang Harriers
759	David Stirling	Cambuslang Harriers
758	David Thom	Cambuslang Harriers
757	Ryan Thomson	Cambuslang Harriers
756	Chris Upson	Cambuslang Harriers
755	Alick Walkinshaw	Cambuslang Harriers
754	Iain McKinnon	Campbelltown RC
753	Michael Bisset	Carnegie Harriers
752	Barry Davie	Carnegie Harriers
751	Kevin Davie	Carnegie Harriers
750	John Fulham	Carnegie Harriers
749	Stephen Greer	Carnegie Harriers
748	Benjamim Groves	Carnegie Harriers
747	Steven Honeyman	Carnegie Harriers
746	John Hynd	Carnegie Harriers
745	Paul Kieran	Carnegie Harriers
744	Tommy Lawrence	Carnegie Harriers
743	Kieran Morgan	Carnegie Harriers
742	Alan Murray	Carnegie Harriers
741	Phil Smithard	Carnegie Harriers
740	Liam Braby	Carnethy Hill Racing Club
739	Iain Gilmore	Carnethy Hill Racing Club
738	Neil Gilmore	Carnethy Hill Racing Club
737	Mark Johnston	Carnethy Hill Racing Club
736	Eoin Lennon	Carnethy Hill Racing Club
735	Mike Lynch	Carnethy Hill Racing Club
734	Bruce Smith	Carnethy Hill Racing Club
733	Colin Alexander	Central AC
732	Gordon Appelbe	Central AC
731	Simon Barlow	Central AC
730	Scott Brember	Central AC
729	Andrew Butchart	Central AC
728	Neil Cameron	Central AC
727	Cameron Campbell	Central AC
726	Dale Colley	Central AC

No.	Athlete Name	Club
725	Jamie Crowe	Central AC
724	Iain Dunsmore	Central AC
723	David Eckersley	Central AC
722	Luca Fanottoli	Central AC
721	Allan Gall	Central AC
720	Charles Graham-Marr	Central AC
719	Scott Green	Central AC
718	Alastair Hay	Central AC
717	Will Hensman	Central AC
716	Kenneth Hislop	Central AC
715	Ross Houston	Central AC
714	Hugh Kerr	Central AC
713	David Lindsay	Central AC
712	Fraser Logan	Central AC
711	Conan McCaughey	Central AC
710	Christopher McHardy	Central AC
709	Ross McNaught	Central AC
708	Ruaridh Miller	Central AC
707	Cameron Milne	Central AC
706	Robin Mussett	Central AC
705	Fraser Purves	Central AC
704	Jens Subke	Central AC
703	Matthew Sutherland	Central AC
702	Michael Wright	Central AC
701	Tom Collins	Clydesdale Harriers
700	Michael Diver	Clydesdale Harriers
699	Tony Dolan	Clydesdale Harriers
698	Martin King	Clydesdale Harriers
697	Paul McKendry	Clydesdale Harriers
696	Iain Robertson	Clydesdale Harriers
695	Peter Rudzinski	Clydesdale Harriers
694	Ryan Savage	Clydesdale Harriers
693	Fraser Smith	Clydesdale Harriers
692	Graeme Wiseman	Clydesdale Harriers
691	Robert Young	Clydesdale Harriers
690	Moray Anderson	Corstorphine AAC
689	Julian Barrable	Corstorphine AAC
688	Kris Berry	Corstorphine AAC
687	Peter Black	Corstorphine AAC
686	Alastair Brockie	Corstorphine AAC
685	Ewan Brown	Corstorphine AAC
684	Martin Caldwell	Corstorphine AAC
683	Stuart Campbell	Corstorphine AAC
682	Jonathan Carpenter	Corstorphine AAC
681	Dean Carr	Corstorphine AAC
680	Andrew Christy	Corstorphine AAC
679	John Christy	Corstorphine AAC
678	John Christy	Corstorphine AAC
677	Bryan Clark	Corstorphine AAC
676	Gordon Clarke	Corstorphine AAC
675	Michael Crawley	Corstorphine AAC
674	Iain Cumming	Corstorphine AAC
673	Dermot Cummins	Corstorphine AAC
672	Tom Cunningham	Corstorphine AAC
671	Graeme Fletcher	Corstorphine AAC
670	James Harrison	Corstorphine AAC
669	Keith Hood	Corstorphine AAC
668	Aaron Hoyle	Corstorphine AAC

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No.	Athlete Name	Club
667	Victor Jack	Corstorphine AAC
666	David Law	Corstorphine AAC
665	Stuart Livingstone	Corstorphine AAC
664	Donald Maccaulay	Corstorphine AAC
663	Iain Macleod	Corstorphine AAC
662	Bruce Malcolm	Corstorphine AAC
661	Calum McKenzie	Corstorphine AAC
660	Douglas McKinnon	Corstorphine AAC
659	Graham Mclean	Corstorphine AAC
658	Ian McPherson	Corstorphine AAC
657	Ross Milne	Corstorphine AAC
656	Blair Montgomery	Corstorphine AAC
655	Gary Morrison	Corstorphine AAC
654	Doug Murray	Corstorphine AAC
653	Craig Nolan	Corstorphine AAC
652	Christopher O'Brien	Corstorphine AAC
651	Steven O'Brien	Corstorphine AAC
650	Keith Ovenstone	Corstorphine AAC
649	Scott Pilkington	Corstorphine AAC
648	Neill Porterfield	Corstorphine AAC
647	Chris Poxton	Corstorphine AAC
646	Dougie Selman	Corstorphine AAC
645	Liam Sleigh	Corstorphine AAC
644	Ewan Stark	Corstorphine AAC
643	Jan-Bert Van Den Berg	Corstorphine AAC
642	Thomas Wilson	Corstorphine AAC
641	Eddie Caldwell	Dumbarton AAC
640	Stephen Cole	Dumbarton AAC
639	Leigh Davies	Dumbarton AAC
638	David Fenwick	Dumbarton AAC
637	Alan Fleming	Dumbarton AAC
636	William Goldie	Dumbarton AAC
635	John Harrison	Dumbarton AAC
634	Paul Kelly	Dumbarton AAC
633	John McLean	Dumbarton AAC
632	Jonathan Mcrae	Dumbarton AAC
631	Craig Prior	Dumbarton AAC
630	Peter Walsh	Dumbarton AAC
629	Peter Walsh	Dumbarton AAC
628	Alan Baxter	Dumfries Running Club
627	David Burns	Dumfries Running Club
626	Niall Campbell	Dumfries Running Club
625	Adam Dickie	Dumfries Running Club
624	Andy Dickson	Dumfries Running Club
623	Leslie Hill	Dumfries Running Club
622	Sean McGleenan	Dumfries Running Club
621	Brian Mohan	Dumfries Running Club
620	Sandy Shankland	Dumfries Running Club
619	Andrew Anderson	Dunbar Running Club
618	Paul Moseley	Dunbar Running Club
617	Gordon Barrie	Dundee Hawkhill Harriers
616	Andrew Bennett	Dundee Hawkhill Harriers
615	Gary Bruce	Dundee Hawkhill Harriers
614	Philip Forte	Dundee Hawkhill Harriers
613	Billy Gibson	Dundee Hawkhill Harriers
612	Guillermo Hernandez	Dundee Hawkhill Harriers
611	Kristian Jones	Dundee Hawkhill Harriers
610	Andrew Leech	Dundee Hawkhill Harriers

No.	Athlete Name	Club
609	Kenny Liddell	Dundee Hawkhill Harriers
608	Steve Matthews	Dundee Hawkhill Harriers
607	Munro Stewart	Dundee Hawkhill Harriers
606	Raymond Tully	Dundee Hawkhill Harriers
605	Alan Wigrow	Dundee Hawkhill Harriers
604	Chris Walsh	Dundee Hawkhill Harriers
603	Duncan Edward	Dundee Road Runners AC
602	Ronald Fraser	Dundee Road Runners AC
601	John Mill	Dundee Road Runners AC
600	Lee O'Connor	Dundee Road Runners AC
599	John Tierney	Dundee Road Runners AC
598	Steve Oliver	East Sutherland AC
597	Grant Bailie	East Kilbride AC
596	Jamie Clements	East Kilbride AC
595	John Fergusson	East Kilbride AC
594	Vincent Glennon	East Kilbride AC
593	Ross Grant	East Kilbride AC
592	Graeme Haddow	East Kilbride AC
591	Gerard O'Neil	East Kilbride AC
590	Brian O'Neill	East Kilbride AC
589	David Thomson	East Kilbride AC
588	Niall Walker	East Kilbride AC
587	Joshua Arthur	Edinburgh AC
586	John Blair	Edinburgh AC
585	Peter Cameron	Edinburgh AC
584	Max Carcas	Edinburgh AC
583	Adam Chmielowski	Edinburgh AC
582	Michael Christoforou	Edinburgh AC
581	Dave Clements	Edinburgh AC
580	Chris Creegan	Edinburgh AC
579	David Cross	Edinburgh AC
578	Keith Dunlop	Edinburgh AC
577	Willie Gallacher	Edinburgh AC
576	Kevin Graham	Edinburgh AC
575	Robert Hamilton	Edinburgh AC
574	Kevin Hamilton	Edinburgh AC
573	Brian Howie	Edinburgh AC
572	Scott Innes	Edinburgh AC
571	Leon Johnson	Edinburgh AC
570	John Lenehan	Edinburgh AC
569	Iain Macdonald	Edinburgh AC
568	Alex MacEwen	Edinburgh AC
567	Eoghan Maguire	Edinburgh AC
566	Nikhil Mair	Edinburgh AC
565	Walter McCaskey	Edinburgh AC
564	Nairn McWilliams	Edinburgh AC
563	Richard Meade	Edinburgh AC
562	John Mowbray	Edinburgh AC
561	Matthew Newnham	Edinburgh AC
560	Rick Paddock	Edinburgh AC
559	Malcolm Parry	Edinburgh AC
558	Chris Ponton	Edinburgh AC
557	Alex Quayle	Edinburgh AC
556	Callum Reid	Edinburgh AC
555	Terry Roberts	Edinburgh AC
554	David Steele	Edinburgh AC
553	Eric Stevenson	Edinburgh AC
552	Mark Thornton-Smith	Edinburgh AC

No.	Athlete Name	Club
551	Iain Whitaker	Edinburgh AC
550	Owain Williams	Edinburgh AC
549	Jacob Adkin	Edinburgh Uni Hare & Hounds
548	Adam Becker	Edinburgh Uni Hare & Hounds
547	Ewan Davidson	Edinburgh Uni Hare & Hounds
546	Fraser Drummond	Edinburgh Uni Hare & Hounds
545	James Dunn	Edinburgh Uni Hare & Hounds
544	Alex Luetchford	Edinburgh Uni Hare & Hounds
543	Jack Luscombe	Edinburgh Uni Hare & Hounds
542	Alex Muir	Edinburgh Uni Hare & Hounds
541	John Brogan	Falkirk Victoria Harriers
540	Stewart Christie	Falkirk Victoria Harriers
539	Alexander Davidson	Falkirk Victoria Harriers
538	Gordon Dewar	Falkirk Victoria Harriers
537	Stuart Douglas	Falkirk Victoria Harriers
536	Steve Feltbower	Falkirk Victoria Harriers
535	Malcolm Finlayson	Falkirk Victoria Harriers
534	Steven George	Falkirk Victoria Harriers
533	Wallace Grieve	Falkirk Victoria Harriers
532	Mark Johnstone	Falkirk Victoria Harriers
531	Euan Martin	Falkirk Victoria Harriers
530	John Martin	Falkirk Victoria Harriers
529	Stuart Martin	Falkirk Victoria Harriers
528	Barry McComish	Falkirk Victoria Harriers
527	James McLaren	Falkirk Victoria Harriers
526	Michael McQuaid	Falkirk Victoria Harriers
525	Peter Moffett	Falkirk Victoria Harriers
524	Don Myles	Falkirk Victoria Harriers
523	Barry Paterson	Falkirk Victoria Harriers
522	Tom Purves	Falkirk Victoria Harriers
521	Neil Robertson	Falkirk Victoria Harriers
520	Andrew Ronald	Falkirk Victoria Harriers
519	Michael Ross	Falkirk Victoria Harriers
518	Ben Stevenson	Falkirk Victoria Harriers
517	James Stevenson	Falkirk Victoria Harriers
516	Iain Wallace	Falkirk Victoria Harriers
515	Tom Ashton	Falkland Trail Runners
514	Keith Bonthron	Falkland Trail Runners
513	Nic Brew	Falkland Trail Runners
512	Brent Hardie	Falkland Trail Runners
511	Alexander Jarrett	Falkland Trail Runners
510	Mark Western	Falkland Trail Runners
509	Paul Caban	Ferranti AAC
508	Grant Sellar	Ferranti AAC
507	Kenneth Anthony	Fife AC
506	Rick Booth	Fife AC
505	Stephen Clark	Fife AC
504	Kenny Gorman	Fife AC
503	Jimmy McIntyre	Fife AC
502	Owen Miller	Fife AC
501	Daniel Newman	Fife AC
500	Derek Rae	Fife AC
499	James Rae	Fife AC
498	Jeremy Tomlinson	Fife AC
497	Ronald Milne	Forfar Road Runners
496	Gary Macfadyen	Forres Harriers
495	Mark Mitchell	Forres Harriers
494	Kevin Schenk	Forres Harriers

No.	Athlete Name	Club
493	Stuart Mutch	Fraserburgh Running Club
492	Colin Brown	Gala Harriers
491	Derrick Brydon	Gala Harriers
490	Marcus D'Agrosa	Gala Harriers
489	Darrell Hastie	Gala Harriers
488	Bob Johnson	Gala Harriers
487	Fergus Johnston	Gala Harriers
486	Andrew Lawrie	Gala Harriers
485	Craig Mattocks	Gala Harriers
484	Ian Maxwell	Gala Harriers
483	Wayne McIntosh	Gala Harriers
482	Gerry Moss	Gala Harriers
481	Graeme Murdoch	Gala Harriers
480	David Nightingale	Gala Harriers
479	James Purves	Gala Harriers
478	Gary Trewartha	Gala Harriers
477	Colin Welsh	Gala Harriers
476	David Barclay	Garioch Road Runners
475	Richard Ingram	Garioch Road Runners
474	Mark McCluskie	Garioch Road Runners
473	Neil Murray	Garioch Road Runners
472	Kevin Stephen	Garioch Road Runners
471	Richard Strachan	Garioch Road Runners
470	Alan Blair	Garscube Harriers
469	Craig Brown	Garscube Harriers
468	Daniel Burns	Garscube Harriers
467	Alexander Chalmers	Garscube Harriers
466	Alexander Chisholm	Garscube Harriers
465	Paul Cooke	Garscube Harriers
464	David Dickson	Garscube Harriers
463	Peter Dow	Garscube Harriers
462	Patrick Gibbons	Garscube Harriers
461	Stefan Kuhr	Garscube Harriers
460	Kevin Liddle	Garscube Harriers
459	David Lindsay	Garscube Harriers
458	Alasdair MacIver	Garscube Harriers
457	Alasdair MacMillan	Garscube Harriers
456	Garry Mathew	Garscube Harriers
455	James McAneny	Garscube Harriers
454	Duncan McKellar	Garscube Harriers
453	Donald McPartlin	Garscube Harriers
452	John Murray	Garscube Harriers
451	Craig Shields	Garscube Harriers
450	Chris Stockdale	Garscube Harriers
449	Del Young	Garscube Harriers
448	Andrew Bonner	Giffnock North AAC
447	Iain Carroll	Giffnock North AAC
446	Luke Chamberlain	Giffnock North AAC
445	Billy Clark	Giffnock North AAC
444	Graeme Croll	Giffnock North AAC
443	Neal Gibson	Giffnock North AAC
442	Ted Gourley	Giffnock North AAC
441	Chris Greenhalgh	Giffnock North AAC
440	Michael Hampson	Giffnock North AAC
439	Donald MacBride	Giffnock North AAC
438	Gordon Moir	Giffnock North AAC
437	David Sawyer	Giffnock North AAC
436	Jason Steele	Giffnock North AAC

scottishathletics – National Cross Country Championships

No.	Athlete Name	Club
435	Derren Thomson	Giffnock North AAC
434	Scott Wilson	Giffnock North AAC
433	Colin Wylie	Giffnock North AAC
432	Duncan Ng	Glasgow Uni Hare and Hounds
431	Mark Sutherland	Glasgow Uni Hare and Hounds
430	Alastair Thurlbeck	Glasgow UniHare and Hounds
429	Steven Campbell	Greenock Glenpark Harriers
428	Daniel Doherty	Greenock Glenpark Harriers
427	Michael Dunn	Greenock Glenpark Harriers
426	Kevin James Gill	Greenock Glenpark Harriers
425	Ian Hanley	Greenock Glenpark Harriers
424	Stephen Hanley	Greenock Glenpark Harriers
423	Shaun Lyon	Greenock Glenpark Harriers
422	Graham Mcgrattan	Greenock Glenpark Harriers
421	Daniel McLaughlin	Greenock Glenpark Harriers
420	Paul Monaghan	Greenock Glenpark Harriers
419	Christopher Mooney	Greenock Glenpark Harriers
418	Ross Neilson	Greenock Glenpark Harriers
417	Alan O'Rourke	Greenock Glenpark Harriers
416	Stephen Reid	Greenock Glenpark Harriers
415	Stephen Trainer	Greenock Glenpark Harriers
414	Eddie Balfour	Haddington Running Club
413	David Woods	Haddington Running Club
412	Ross Bickerstaff	Hamilton Harriers
411	Stephen Duffy	Hamilton Harriers
410	Simon Fraser	Hamilton Harriers
409	Ewart Gray	Hamilton Harriers
408	Andrew McLinden	Hamilton Harriers
407	Ian Beattie	Harmony AC
406	Craig Mackay	Harmony AC
405	Ross Millar	Harmony AC
404	Gavin Orr	Harmony AC
403	Craig Stewart	Harmony AC
402	Karl Zeiner	Harmony AC
401	Alasdair Anthony	Hunters Bog Trotters
400	George Ashley	Hunters Bog Trotters
399	Will Hugh Bailey	Hunters Bog Trotters
398	Michael Bareford	Hunters Bog Trotters
397	Daniel Beckett	Hunters Bog Trotters
396	Jamie Brown	Hunters Bog Trotters
395	James Bryson	Hunters Bog Trotters
394	Ian Campbell	Hunters Bog Trotters
393	Oleg Chepelin	Hunters Bog Trotters
392	Ewan Crawford	Hunters Bog Trotters
391	Paul Cross	Hunters Bog Trotters
390	Andrew Cummings	Hunters Bog Trotters
389	Daniel Darwin-Clements	Hunters Bog Trotters
388	Michael Diver	Hunters Bog Trotters
387	Richard Dougal	Hunters Bog Trotters
386	Robert Flett	Hunters Bog Trotters
385	Scott Fraser	Hunters Bog Trotters
384	David Fulton	Hunters Bog Trotters
383	Peter Gardner	Hunters Bog Trotters
382	Patryk Gierjatowicz	Hunters Bog Trotters
381	Allan Gordon	Hunters Bog Trotters
380	Michael Grant	Hunters Bog Trotters
379	Simon Harrison	Hunters Bog Trotters
378	Alistair Hart	Hunters Bog Trotters

No.	Athlete Name	Club
377	Jonathan Henderson	Hunters Bog Trotters
376	Alistair Hindle	Hunters Bog Trotters
375	David Hope-Jones	Hunters Bog Trotters
374	Craig Hunter	Hunters Bog Trotters
373	James Jarvis	Hunters Bog Trotters
372	Huw Jones	Hunters Bog Trotters
371	Steven Lavery	Hunters Bog Trotters
370	Tom Martyn	Hunters Bog Trotters
369	David Matthews	Hunters Bog Trotters
368	Peter McClelland	Hunters Bog Trotters
367	John McManus	Hunters Bog Trotters
366	Alisdair Millan	Hunters Bog Trotters
365	Stuart Mounce	Hunters Bog Trotters
364	Phil Mowbray	Hunters Bog Trotters
363	Rupert Nash	Hunters Bog Trotters
362	Donald Naylor	Hunters Bog Trotters
361	Ivor Normand	Hunters Bog Trotters
360	Brian Pendreigh	Hunters Bog Trotters
359	Mark Rhynes	Hunters Bog Trotters
358	Andrew Sims	Hunters Bog Trotters
357	Paul Sleggs	Hunters Bog Trotters
356	Murray Strain	Hunters Bog Trotters
355	Christian Tendeng	Hunters Bog Trotters
354	Neil Thomas	Hunters Bog Trotters
353	Robin Thomas	Hunters Bog Trotters
352	Jim Thyne	Hunters Bog Trotters
351	William Townsend	Hunters Bog Trotters
350	Doug Tullie	Hunters Bog Trotters
349	Richard Wall	Hunters Bog Trotters
348	Dave Ward	Hunters Bog Trotters
347	Ray Ward	Hunters Bog Trotters
346	Coll Williamson	Hunters Bog Trotters
345	David Wright	Hunters Bog Trotters
344	Michael Healy	Individual
343	Simon Johnston	Individual
342	Iain Kennedy	Individual
341	Alastair Skelton	Individual
340	Joe Aitken	Insch Trail Running Club
339	Tom Roche	Insch Trail Running Club
338	John Bell	Inverclyde AC
337	Jude Boulton	Inverclyde AC
336	Stephen Cooke	Inverclyde AC
335	Andrew Douglas	Inverclyde AC
334	Gerard Gaffney	Inverclyde AC
333	Sean Gaffney	Inverclyde AC
332	Nicholas Gemmell	Inverclyde AC
331	Robert Gray	Inverclyde AC
330	Jon Hammerman	Inverclyde AC
329	Andrew Harkins	Inverclyde AC
328	David Henderson	Inverclyde AC
327	Michael Houston	Inverclyde AC
326	Graeme Hyett	Inverclyde AC
325	Thomas Jamieson	Inverclyde AC
324	Jason Kane	Inverclyde AC
323	Gavin Morrison	Inverclyde AC
322	John Muir	Inverclyde AC
321	Mark Pollard	Inverclyde AC
320	Craig Ruddy	Inverclyde AC

No.	Athlete Name	Club
319	David Tamburini	Inverclyde AC
318	Craig Winter	Inverclyde AC
317	Graham Bee	Inverness Harriers AAC
316	Ross Cairns	Inverness Harriers AAC
315	Craig Campbell	Inverness Harriers AAC
314	Christopher Fife	Inverness Harriers AAC
313	Gordon Lennox	Inverness Harriers AAC
312	Finlay MacLennan	Inverness Harriers AAC
311	Paul Miller	Inverness Harriers AAC
310	John Newsom	Inverness Harriers AAC
309	Douglas Connery	Irvine Running Club
308	Alan Douglas	Irvine Running Club
307	Paul Lafferty	Irvine Running Club
306	Mark Livingstone	Irvine Running Club
305	Alan Craig	Kilbarchan AAC
304	Callum Hawkins	Kilbarchan AAC
303	Derek J Hawkins	Kilbarchan AAC
302	Steven Hill	Kilbarchan AAC
301	John Kynaston	Kilbarchan AAC
300	Scott MacAulay	Kilbarchan AAC
299	Callum Matthews	Kilbarchan AAC
298	Robert McCulloch	Kilbarchan AAC
297	Donald Petrie	Kilbarchan AAC
296	Connell Drummond	Kilmarnock H&AC
295	Craig Ferguson	Kilmarnock H&AC
294	Colin Glencorse	Kilmarnock H&AC
293	Gavin Hogarth	Kilmarnock H&AC
292	Leslie-James McDerment	Kilmarnock H&AC
291	Brian Cowan	Kinross Road Runners
290	Andy Johns	Kinross Road Runners
289	Scott Strachan	Kinross Road Runners
288	Robert Bartley	Kirkintilloch Olympians
287	Vincent Carroll	Kirkintilloch Olympians
286	Sean Casey	Kirkintilloch Olympians
285	Daniel Chandler	Kirkintilloch Olympians
284	Euan Craig	Kirkintilloch Olympians
283	Howard Elliott	Kirkintilloch Olympians
282	Martin Fitchie	Kirkintilloch Olympians
281	James Gallacher	Kirkintilloch Olympians
280	David Hogg	Kirkintilloch Olympians
279	Robert Keenan	Kirkintilloch Olympians
278	Graham McCabe	Kirkintilloch Olympians
277	Edward McLoone	Kirkintilloch Olympians
276	Gary Mitchell	Kirkintilloch Olympians
275	Paul O'Hare	Kirkintilloch Olympians
274	Louis O'Hare	Kirkintilloch Olympians
273	Martin Paton	Kirkintilloch Olympians
272	Paul Reilly	Kirkintilloch Olympians
271	Robert Rogerson	Kirkintilloch Olympians
270	Colin Simpson	Kirkintilloch Olympians
269	Mark Welsford	Kirkintilloch Olympians
268	Stephen Brown	Lasswade AAC
267	Callum Clark	Lasswade AAC
266	Scott Dickson	Lasswade AAC
265	Ross Matheson	Lasswade AAC
264	Andrew McGlone	Lasswade AAC
263	Ben Mitchell	Lasswade AAC
262	Peter Ness	Lasswade AAC

No.	Athlete Name	Club
261	David Scott	Lasswade AAC
260	Scott Thomson	Lasswade AAC
259	Riccardo Faccenda	Law & District AAC
258	Jim Gillon	Law & District AAC
257	Bobby Hill	Law & District AAC
256	Ross Hill	Law & District AAC
255	Patrick Kelly	Law & District AAC
254	Jonathan Kennedy	Law & District AAC
253	Ross Macdonald	Law & District AAC
252	John McGrath	Law & District AAC
251	Jamie McMorrow	Law & District AAC
250	Darran Muir	Law & District AAC
249	Ross Penny	Law & District AAC
248	James Rowley	Law & District AAC
247	Neil Anderson	Linlithgow AC
246	Graham Chambers	Linlithgow AC
245	Angus Gallie	Linlithgow AC
244	Colin Hutcheon	Linlithgow AC
243	Scott Hyslop	Linlithgow AC
242	Steven Laurie	Linlithgow AC
241	David Marshall	Linlithgow AC
240	David Mason	Linlithgow AC
239	Gerry McArdle	Linlithgow AC
238	David McNish	Linlithgow AC
237	John Redding	Linlithgow AC
236	John Smith	Linlithgow AC
235	Michael Watts	Linlithgow AC
234	Steven Thomson	Livingston AC
233	Ryan White	Livingston AC
232	Jim Alexander	Lothian Running Club
231	Joshua Dack	Lothian Running Club
230	David Eades	Lothian Running Club
229	Ryan Ferguson	Lothian Running Club
228	Kenton Jones	Lothian Running Club
227	Alan Knowles	Lothian Running Club
226	Malcolm Lang	Lothian Running Club
225	Martin Leadbetter	Lothian Running Club
224	Euan McInnes	Lothian Running Club
223	Kenny Mearns	Lothian Running Club
222	William Moffat	Lothian Running Club
221	Scott Nelson	Lothian Running Club
220	Colin Partridge	Lothian Running Club
219	Ewart Scott	Lothian Running Club
218	Stig Walsh	Lothian Running Club
217	Scott Coulter	Maryhill Harriers
216	Chris Gunn	Maryhill Harriers
215	Andrew Sutherland	Maryhill Harriers
214	Craig White	Maryhill Harriers
213	Grant Allan	Metro Aberdeen Running Club
212	Craig Anderson	Metro Aberdeen Running Club
211	Hamish Battle	Metro Aberdeen Running Club
210	Tom Brian	Metro Aberdeen Running Club
209	Philip Brown	Metro Aberdeen Running Club
208	Steve Buchan	Metro Aberdeen Running Club
207	Kyle Greig	Metro Aberdeen Running Club
206	Jeremy Kibble	Metro Aberdeen Running Club
205	Kevin Mackie	Metro Aberdeen Running Club
204	David MacLennan	Metro Aberdeen Running Club

scottishathletics – National Cross Country Championships

No.	Athlete Name	Club
203	Barry Maguire	Metro Aberdeen Running Club
202	Phil Mann	Metro Aberdeen Running Club
201	Jonny McIntosh	Metro Aberdeen Running Club
200	Gavin McLennan	Metro Aberdeen Running Club
199	George McPherson	Metro Aberdeen Running Club
198	Nick Milovosorov	Metro Aberdeen Running Club
197	Sam Milton	Metro Aberdeen Running Club
196	Graham Moar	Metro Aberdeen Running Club
195	Steven Morrison	Metro Aberdeen Running Club
194	Andrew Pearson	Metro Aberdeen Running Club
193	Graham Reid	Metro Aberdeen Running Club
192	William Gavin Reid	Metro Aberdeen Running Club
191	Chris Richardson	Metro Aberdeen Running Club
190	Dino Roussias	Metro Aberdeen Running Club
189	Adam Scragg	Metro Aberdeen Running Club
188	Andrew Sykes	Metro Aberdeen Running Club
187	Robert Taylor	Metro Aberdeen Running Club
186	Andrew Thompson	Metro Aberdeen Running Club
185	Jim Tole	Metro Aberdeen Running Club
184	Ben Ward	Metro Aberdeen Running Club
183	Russell Willox	Metro Aberdeen Running Club
182	Alan Elder	Moorfoot Runners
181	Alasdair Campbell	Moray Road Runners
180	John-Paul Downey	Moray Road Runners
179	Colin Green	Moray Road Runners
178	Jason James	Moray Road Runners
177	Gareth Jenkins	Moray Road Runners
176	Simon MacDonald	Moray Road Runners
175	Kevin Morrison	Moray Road Runners
174	James Wilson	Moray Road Runners
173	Stephen Allen	Motherwell AC
172	Allan Cameron	Motherwell AC
171	Scott Dickson	Motherwell AC
170	David Gardiner	Motherwell AC
169	Mark Hand	Motherwell AC
168	Graeme Kennedy	Motherwell AC
167	Christopher MacDonald	Motherwell AC
166	Brian McLinden	Motherwell AC
165	Robert Pattinson	Motherwell AC
164	Thomas Sneddon	Motherwell AC
163	Alan Tait	Motherwell AC
162	Jim White	Motherwell AC
161	Malcolm Cunningham	Musselburgh & District AC
160	Doug Fraser	Musselburgh & District AC
159	Mike Jones	Musselburgh & District AC
158	Mike Malcolm-Smith	Musselburgh & District AC
157	Robert Watson	Musselburgh & District AC
156	Alan Donachy	North Ayrshire AC
155	Dean Bowman	North Highland Harriers
154	Kenny MacGruer	North Highland Harriers
153	David Orr	North Highland Harriers
152	David Spencer	North Highland Harriers
151	Ian Walker	North Highland Harriers
150	John Stevenson	Ochil Hill Runners
149	Myles Bax	Perth Road Runners
148	Michael Carroll	Perth Road Runners
147	Mark Crawford	Perth Road Runners
146	Mike Dales	Perth Road Runners

No.	Athlete Name	Club
145	Ronnie Glen	Perth Road Runners
144	Simon Grieshaber	Perth Road Runners
143	Alistair Gudin	Perth Road Runners
142	David Knight	Perth Road Runners
141	Michael McConnell	Perth Road Runners
140	Stewart Reid	Perth Road Runners
139	Kevin Riddell	Perth Road Runners
138	Stuart Robertson	Perth Road Runners
137	Duncan Ryan	Perth Road Runners
136	Wright Beveridge	PH Racing Club
135	Jonathan Campbell	PH Racing Club
134	Darren Candlish	PH Racing Club
133	John Cassells	PH Racing Club
132	Alan Cockburn	PH Racing Club
131	Michael Combe	PH Racing Club
130	Andrew Jannetta	PH Racing Club
129	Ian Robert Johnston	PH Racing Club
128	Darren Jubb	PH Racing Club
127	Scott Love	PH Racing Club
126	Stuart Mackay	PH Racing Club
125	Jonathan Peebles	PH Racing Club
124	Peter Simpson	PH Racing Club
123	Michael Barr	Pitreavie AAC
122	Campbell Blair	Pitreavie AAC
121	Jeff Farquhar	Pitreavie AAC
120	David Henderson	Pitreavie AAC
119	Colin Lamont	Pitreavie AAC
118	Neil MacIachlan	Pitreavie AAC
117	Ben Potrykus	Pitreavie AAC
116	Peter Buchanan	Portobello Running Club
115	Douglas Carstairs	Portobello Running Club
114	Richard Hadfield	Portobello Running Club
113	Alex Hilliam	Portobello Running Club
112	William Jarvie	Portobello Running Club
111	mark kennedy	Portobello Running Club
110	David Limmer	Portobello Running Club
109	George Lupton	Portobello Running Club
108	Alan Simpson	Portobello Running Club
107	Adam Small	Portobello Running Club
106	Andrew Stavert	Portobello Running Club
105	Craig Taylor	Portobello Running Club
104	Eoin Coull	Ross County Athletic Club
103	Thomas Mathieson	Ross County Athletic Club
102	Terry Gueley	Ross County Athletic Club
101	Weynay Ghebreselassie	Shettleston H (Ind)
100	Peter Aevent	Shettleston Harriers
99	Jules Blanc	Shettleston Harriers
98	Daniel Bradford	Shettleston Harriers
97	William Breckenridge	Shettleston Harriers
96	Kevin Brydon	Shettleston Harriers
95	Lachlan Calder	Shettleston Harriers
94	Lucas Cheskin	Shettleston Harriers
93	Stephen Clark	Shettleston Harriers
92	John Connaghan	Shettleston Harriers
91	Ross Cruickshanks	Shettleston Harriers
90	Daniel Eddison	Shettleston Harriers
89	Walter Henderson	Shettleston Harriers
88	Andrew Jackson	Shettleston Harriers

No.	Athlete Name	Club
87	Scott Kennedy	Shettleston Harriers
86	Andrew Kirkhope	Shettleston Harriers
85	Jethro Lennox	Shettleston Harriers
84	Gerard Mason	Shettleston Harriers
83	Duncan McCauley	Shettleston Harriers
82	Mark McColl	Shettleston Harriers
81	David Murphy	Shettleston Harriers
80	Christopher Mutch	Shettleston Harriers
79	Lachlan Oates	Shettleston Harriers
78	John Oates	Shettleston Harriers
77	Thomas Owens	Shettleston Harriers
76	Brian Robertson	Shettleston Harriers
75	Robert Simpson	Shettleston Harriers
74	Robert Simpson	Shettleston Harriers
73	Paul Sorrie	Shettleston Harriers
72	Matthew Sullivan	Shettleston Harriers
71	Matthew Turner	Shettleston Harriers
70	Gary Turner	Shettleston Harriers
69	Denis Williams	Shettleston Harriers
68	Andrew Callan	Springburn Harriers
67	Joseph Junior Chambers	Springburn Harriers
66	Clem Clement	Springburn Harriers
65	Emilio Cosimo	Springburn Harriers
64	Scot Hill	Springburn Harriers
63	David Houston	Springburn Harriers
62	Donnie Inglis	Springburn Harriers
61	Damian McAuley	Springburn Harriers
60	Ross McEachern	Springburn Harriers
59	Anthony J M McGale	Springburn Harriers
58	John Milligan	Springburn Harriers
57	Willie Munro	Springburn Harriers
56	Colin Watson	Springburn Harriers
55	Robert White	Springburn Harriers
54	Andrew Brown	Stirling Triathlon Club
53	Fraser Cartmell	Stirling Triathlon Club
52	Andrew Gallon	Stirling Triathlon Club
51	Kerry Mathewson	Stirling Triathlon Club
50	Nigel Roberts	Stirling Triathlon Club
49	Martin Trenholm	Stirling Triathlon Club
48	Rob Welsh	Stirling Triathlon Club
47	Norman Ferguson	Stornoway Running & AC
46	Andrew Joyce	Stornoway Running & AC
45	Allan MacIver	Stornoway Running & AC
44	Murdo MacKenzie	Stornoway Running & AC

No.	Athlete Name	Club
43	Jonathon Pritchard	Stornoway Running & AC
42	Florent Schaal	Stornoway Running & AC
41	Wattie Mackay	Strathearn Harriers
40	Will Manners	Strathearn Harriers
39	Phil Mestecky	Strathearn Harriers
38	Gordon Morrison	Strathearn Harriers
37	Ben Murphy	Strathearn Harriers
36	Patrick O' Kane	Strathearn Harriers
35	Iain Thomson	Strathearn Harriers
34	Rory Anderson	Teviotdale Harriers
33	Alistar Biggar	Teviotdale Harriers
32	Alan Coltman	Teviotdale Harriers
31	Andrew Gibson	Teviotdale Harriers
30	Andrew Goodair	Teviotdale Harriers
29	Brian Harper	Teviotdale Harriers
28	Bruce Hughes	Teviotdale Harriers
27	Ian Inglis	Teviotdale Harriers
26	Paul Lockie	Teviotdale Harriers
25	Derek Scott	Teviotdale Harriers
24	Greg Walker	Teviotdale Harriers
23	Scott Watson	Teviotdale Harriers
22	Robert Carrol	Troon Tortoises AC
21	Ian McNee	Troon Tortoises AC
20	Fraser McPhail	Troon Tortoises AC
19	Sam Lesley	University of St Andrews CC
18	Stephen McDougall	University of St Andrews CC
17	Philip Wright	University of St Andrews CC
16	Gerard Craig	VP-Glasgow AC
15	Ian Dunn	VP-Glasgow AC
14	Afwerki Haile	VP-Glasgow AC
13	Callum Heirs	VP-Glasgow AC
12	Jonathan Miller	VP-Glasgow AC
11	Alex Potter	VP-Glasgow AC
10	Kieron Rafferty	VP-Glasgow AC
9	Duncan Thomson	VP-Glasgow AC
8	Graeme Wilson	Wee County Harriers
7	Philip Kyle	West End Road Runners
6	Roderick Fleming	Westerlands XC Club
5	Gordon McCaffrey	Westerlands XC Club
4	Graeme Orr	Westerlands XC Club
3	Alex Osborne	Westerlands XC Club
2	Daniel Reid	Westerlands XC Club
1	Ian Thurlbeck	Westerlands XC Club

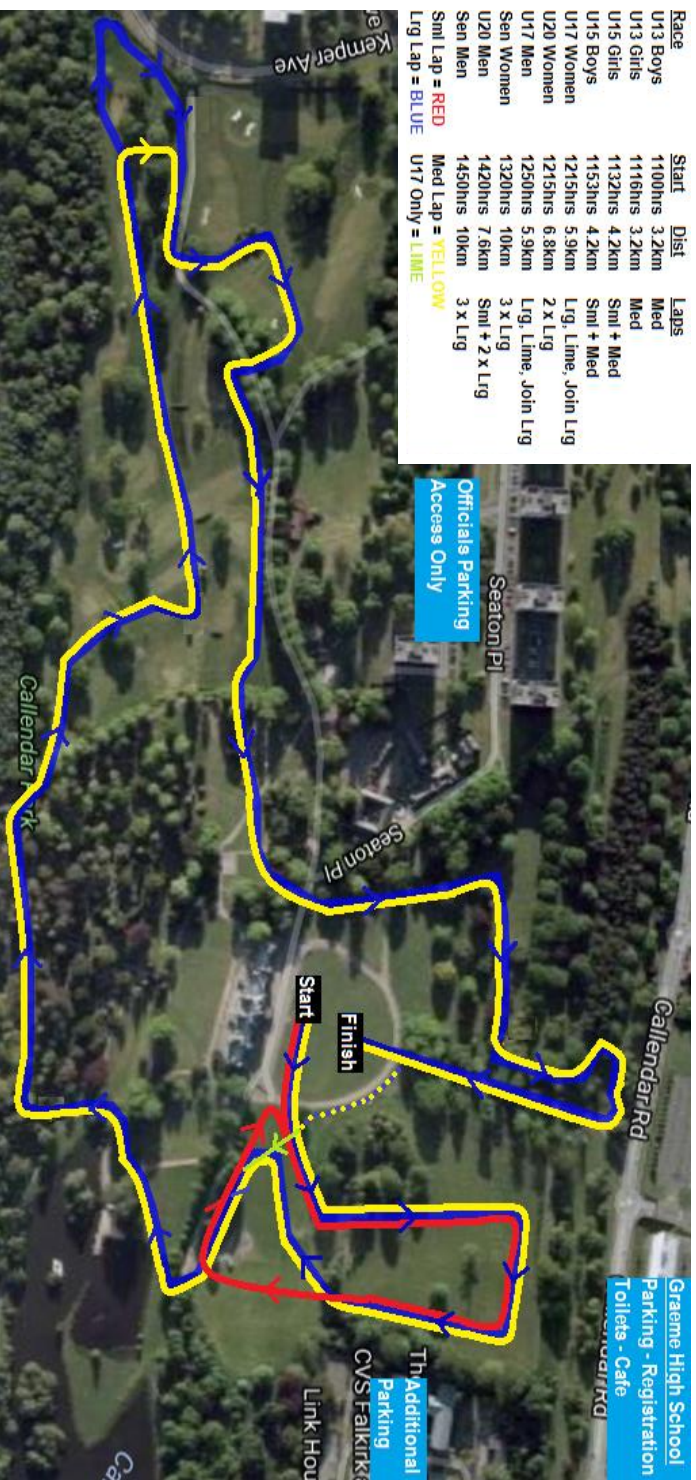
Posn	Name	Time
1		
2		
3		

scottishathletics National Cross Country Championships

Saturday 25th February 2017

Callendar Park,
Falkirk

Race	Start	Dist	Laps
U13 Boys	1100hrs	3.2km	Med
U13 Girls	1116hrs	3.2km	Med
U15 Girls	1132hrs	4.2km	Smt + Med
U15 Boys	1153hrs	4.2km	Smt + Med
U17 Women	1215hrs	5.9km	Lrg, Lime, join Lrg
U20 Women	1215hrs	6.8km	2 x Lrg
U17 Men	1250hrs	5.9km	Lrg, Lime, join Lrg
Sen Women	1320hrs	10km	3 x Lrg
U20 Men	1420hrs	7.6km	Smt + 2 x Lrg
Sen Men	1450hrs	10km	3 x Lrg
Smt Lap = RED			
Lrg Lap = BLUE			
Med Lap = YELLOW			
Lrg Only = LIME			



lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



scottishathletics

