



**NATIONAL ROAD RELAY
CHAMPIONSHIPS
MEN 6 STAGE WOMEN 4 STAGE**

SATURDAY 26th March 2005

LIVINGSTON (Almondvale)

supported by



**West Lothian
Council**

TIMETABLE

DECLARATIONS CLOSE	11.30
RACE STARTS	12.00

NUMBERS

**SHORT LAP (3.15 miles)
LONG LAP (5.8 miles)**

**RED NUMBERS
YELLOW NUMBERS**

SCOTTISH ATHLETICS FEDERATION OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Alan Potts
Chair	Liz McColgan
Chief Executive	Geoff Wightman
Event Manager	Anna Rodgers

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Marjory Cook City of Edinburgh AC)
Vice Convener	Robin Thomas (Hunters Bog Trotters)
Hon. Secretary	Brian Goodwin (Bellahouston Harriers)
Assistant Secretary	Margaret Daly (Shettleston Ladies)
Finance Officer	Graham Sword (Kirkintilloch Olympians)

OFFICIALS

Referee:	Ian Clifton M.B.E
Clerk of Course	Martin Hyman
Announcer:	Bob Gray
Starter:	Barry Craighead
Judges/ Changes	Neil Donachie (Chief), Fred McCluskie, Jim Young ,Bob Reid,
Timekeepers:	Duncan McLaren (Chief), Raymond Hutcheson, Joe Bruce, Graham Sword
Recorders Times	Margaret Daly, Sandy Cameron
Recorders Places	Sandra Hardacre (Chief) Alan Smith, Ian Hislop, Dave Cairns
Declarations:	Jen Jackson, Marion Donachie
Results:	Jen Jackson, Peter Jackson, Marion Donachie
Presentations	Brian Goodwin
Jury of Appeal	Robin Thomas, Marjory Cook, Brain Goodwin
Course Marshals	Lothian RC, Edinburgh Southern H, Ferranti AAC, Hunters Bog T, Lasswade AAC and City of Edinburgh AC
Convening Committee	Alex Jackson, Martin Hyman, Alex McEwan , Anna Rodgers

ACKNOWLEDGEMENTS

The Commission expresses grateful thanks to all who have helped in the organisation of todays event, in particular the following

West Lothian Council
Staff of St Margarets School

Lothians & Borders Police
St Andrews Ambulance

WEST LOTHIAN COUNCIL

Welcome to St Margaret's Academy in Livingston, West Lothian. I know it can be a long journey from say Aberdeen, Troon or Gala but this is a National Championship. And it is on a great *traffic free* course. So thank you for turning out. I hope the training, coaching and team management bear fruit today and reflect all the voluntary efforts within your club

The event has brought together much assistance, both voluntary and paid. My thanks go to all those who have contributed: Athletic and Harrier Clubs, the Scottish Athletics Road Commission and Events Manager, the Police and First Aid, and West Lothian Council Education & Cultural and Regulatory Services.

This is a competitive athletics highlight of the West Lothian Council Sport Strategy and builds upon a year round athletics programme of events and festivals, Secondary Schools cross country and Track and Field, *Startrak* and *Sportshall* , after school clubs, clubactivity, coach education and facility improvement.

West Lothian also offers two other events, namely, the Linlithgow 10k road race on 25 September and the Dechmont Trail Race on 12 June which we encourage you to enter - in particular your female club members.

Safe journey home !
Cllr Wendy Mutch

SCOTTISH ATHLETICS

I am very pleased to welcome you all to Livingston for the Scottish National 6 Stage/4 Stage Relay Championship. Thanks must go to West Lothian District Council, for their continued support of this event, it is greatly appreciated.

The 6 Stage/4 Stage relays always supplies us with some very exciting and competitive races and no doubt this year's event will be no exception.

The event today could not take place without the involvement and dedication of all the organisers, sponsors, technical and club officials.

Best of luck to you all, have an enjoyable and successful day.

Alan Potts, President

ROAD RUNNING AND CROSS COUNTRY COMMISSION

It is a great pleasure to welcome you all to Livingston today for the Scottish Athletics Six Stage /Four Stage Road Relays. This is the eighth year we have held these races here and we are delighted to be back using the excellent facilities in St Margarets Academy.

The Road Running and Cross Country Commission would like to thank Martin Hyman, Alex McEwan, Alex Jackson and Anna Rogers for all their hard work in organising this event. We would also like to thank all the stewards for many of the local clubs who have given their help today and also thanks to all the officials who have turned out to help make this event a success.

I would also like to thank Councillor Wendy Mutch for her continued interest and support of this event.

Lastly to all the athletes I hope you will have a rewarding day and an enjoyable competition.

Marjory Cook, Convenor

WOMEN'S FOUR STAGE

Holders City of Glasgow AC

Bellahouston Road Runners Colours: Purple with White Band

Claire Wharton	Jennifer MacMaster	Joanne Berry
Shona Donnelly	Emma Birnie	Deborah Ferns
Karen Devlin	Frances Thompson	Aileen Reilly

Team Nos 72, 73

Johanna Jefferies
Julia Harris

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Mandy Cullie	Genevieve Freeman	Katrina Stewart
Eileen Reid	Stacey Anne Erwin	Frances Maxwell
Dawn Buchanan		

Team Nos 74, 75

Mary Goldsmith
Carmen Milligan

Carnethy Hill RC Colours: Yellow with Red letters

Angela Mudge	Lyn Wilson	Jill Mykura
Kate Jenkins	Anne Nimmo	Joanne Anderson
Maggie Creber	Moir Stewart	

Team Nos 76

Maggie Keegan
Margaret Forrest

Central AC Colours: Yellow and Blue

Claire Waterhouse	Ainsley Normand	Jane McCrorie
Morag MacLarty	Fiona Thompson	

Team Nos 77

Toni McIntosh

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

Catherine Ferry	Lianne Harrison	Eilidh Wardlaw
Caroline Toshack	Janet Laing	Hazel Sneddon
Nathalie Christie		

Team Nos 78, 79

Ruth Chamberlain
Marietta Vander Linden

City of Glasgow AC Colours: Royal Blue with Green Panel

Claire McCracken	Jill Knowles	Lindsay MacNeill
Gill Keddie	Jacqueline Thomson	Sandra Branney
Sarah Kettlewell	Kirsteen Young	Susan Finch

Team Nos 80, 81, 82

Suzanne Owen
Kellie Wilder
Kirsty Baird

Clydesdale Harriers Colours: White with Black "C"

Pamela McCrossan	Aileen Scott	Nicola J. Meikle
Margaret Small		

Team Nos 83

Marie Terese Gardiner

East Kilbride AAC Colours: Gold with 2 Black hoops

Kelly Smith	Elaine Calder	Valerie Martin
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Team Nos 84

Angela Martin

Edinburgh Southern H Colours: White /Blue /Red

Emily Finnie	Marbeth Shiell	Sarah Hood
Freya Murray	Karen Dobbie	Susan Ridley

Team Nos 85

Joanna Ross

Energy Zone Carnegie Colours: Orange & Green

Sarah Legge	Pauline Walker	Lynne Kuz
Gail Murdoch	Fabienne Thompson	Catharine Idle
Rosalyn Alexander	Judith Turner	Mehrmaz Campbell
Karen Gilhooley		

Team Nos 86, 87

Lesley Thurogood
Tracey Stamp
Nicola May

Ferranti AAC Colours: Yellow with Black letters

Davina Downie	Moir Nicol	Susana Gonzalez-Sanchez
Sarah Plint		

Team Nos 88

Flora McArthur

Fife AC Colours: White with Red Band

Margaret McLaren	Kim MacGregor
Lorraine Brown	Jocelyn Scott
Carrie Ruxton	Susan Thomson
Rosie Stenhouse	Catriona Duncan

Louise Provan
Rhona Van-Rensburg
Louise Burt
Fiona Lothian

Team Nos 89, 90

Sarah Cullen
Rhona Graham
Catharine Sinclair

Gala Harriers Colours: White with Green Band

Karen Renton	Eileen Nicol
Nicola J. Meikle	Patricia Affleck

Katy Anderson
Angela Foss

Team Nos 91, 92

Fiona Dalgleish
Sally Barr Leanne Haining

Garscube Harriers Colours: White with Blue Band

Heather Akers	Judith Austin
Marian Kelly	Carol Martin
Maureen O'Hara	Jill O'Neil
Moir Young	

Lesley Chapman
Maureen Mcleod
Karen-Anne Stevenson

Team Nos 93, 94

Carole Gilmour
Anita Neilson
Alison Winship

Hunters Bog Trotters Colours: Brown

Jessica Batterham	Megan Clark
Claire Gordon	Michelle Jeffrey
Isobel Knox	Deborah McDonald
Jane Rosbottom	Janice Smith

Christine Buckley
Ali Johnston
Alison McNeillage
Megan Smith

Team Nos 95, 96

Suzanne Ebel
Alexandra Kilgour
Sandra Rathjen
Claire Thomas Niamh Troy

Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Lindsay McMahon	Rosemary McMillan
Janet Murray	Audrey Gray

Jan Mcleod
Kate Todd

Team Nos 97, 98

Allison Higgins
Susan Fleming

Kilbarchan AAC Colours: Gold with Black Hoop

Cara Sloss	Kathleen Bryce
Katherine Wilkie	Claire Gibson
Karen Yule	Kerry Lang

Fiona McIntyre
Dennise Smith
Haley Haining

Team Nos 99, 100

Claire MacAulay
Jill Shannon
Kate O'Brien Eileen Masson

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Aida Stewart	Louise Craig
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Fiona Gentles

Team Nos 101

Shirley MacNab

Lothian Running Club Colours: Blue with Black letters

Valerie Dempsey	Marsie Ewing
Pauline Hughes	Mary Inglis
Christine Milne	Helen Murray
Margo Welsh	Teresa Mcmenemy

Lucy Galloway
Saran Jones
Laura Sarkis

Team Nos 102

Jill Horsburgh
Kate Kitchin
Margaret Turnbull

Metro Aberdeen RC Colours: Black/Yellow Quarters

Sue Carter	Lynn Gray
Wendy Cruickshank	Susan Grayson

Jennifer Cain
Ali Hughes

Team Nos 103

Jane Macaskill

Motherwell AC Colours: Red with White edging

Jessie Miller	Joanne Clark
Mae McIsaac	Patricia Allan

Emma Main
Kim Charnley

Team Nos 104, 105

Elaine Jamieson
Fiona Moran

Penicuik Harriers Colours: Purple with White Panels

Christine Anderson	Sarah Blake
Karen Husband	Lori McCrae

Gillian Cairns
Heather Riddle

Team Nos 106

Rachael Campbell

Pitreavie AAC Colours: Navy/Yellow/White

Alison Whyte	Hannah Norman
Sharon Lamont	Hazel Bradley
Jennifer Ward	Isabel J Linaker

Elaine Renouf
Sarah Gillespie
Katie Fleming

Team Nos 107

Trudi Thomson
Pamela Blyth
Mary Lamont

Shettleston Harriers Ladies Colours: Blue with Yellow Band

Michelle Sandison	Anne-Marie Hughes
Celia Thompson	Sue Walker

Christine Catterson

Team Nos 108

Lynne Marr

MEN'S SIX STAGE

Holder- Shettleston Harriers

Aberdeen AAC Colours: White with 2 red hoops

Benjamin Hukins	Robert Thornhill	Malcolm Beattie
Frank Boyne	Alan Wales	Michael Paddon
David Armitage	Thomas Litterick	David Duguid
Alexander Peddie		

Ayr Seaforth AAC Colours: White with Red Diagonal Cross

Robert Napier	Francis Napier	Colin Souter
Peter Laing	Laurence Baker	Tom McCulloch
Paul Turnbull	Iain Baird	David Mathieson
Adam Mackie	Alastair Stewart	Brian Dunn

Bellahouston Road Runners Colours: Purple with White Band

Matthew Williamson	Alex McIndoe	Stewart Robertson
Bryan Burnett	Dougal Ross	Andrew Birnie
Scott Kennedy	Kenneth Macbeth	Alastair MacLachlan
Paul McNally	Ken Macmahon	

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Russell Couper	Charles Steven	Alan Cullie
Malcolm Buchanan	Stuart Waugh	Colin Macdonald
Kenneth Davidson	George Stewart	Gerard Mullen
Colin Freeman	Graham Allan	Alan Derrick
David Searil	Jim Holmes	Colin Banks
Brian Carrigan	Roderick Shanks	Kevin Downie
George Haining	Scott Hill	Colin Jarvie
Jamie McMonagle	Scott Davidson	

Central AC Colours: Yellow and Blue

Robert Russell	Alastair Hay	Alasdair Anthony
John Burke	Lewis Millar	Alex Milne
Michael Wright	Murray MacLarty	Steve Laing
Robert Stott	John Millar	Cameron Campbell
Craig Walker	Roger Greenaway	Ian Beattie
Alan Hume	Martin Crawford	Philip Williams
David Armour	David Hay	Simon Plummer
George McHardy		

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

John Agnew	Kevin Anderson	David Blackie
William Begley	Matthew Bell	James Buick
Keith Dunlop	Andy Fife	William Gallacher
Andrew Gibson	Andrew Griffiths	Brian Howie
Leslie Kay	Andrew Laycock	Keith Lyle
Alex MacEwen	Stephen Maniam	Robert Riddell
Martin Sneddon	John Steel	Eric Stevenson
Jonathan Whitehead	Steven Wales	

Team Nos 1, 2

Mark Kennedy
Keith Charlton
Mel Edwards

Team Nos 3, 4

Alex Allardyce
Kevan Fulton
James Caird

Team Nos 5, 6

Russell Whittington
Robert McEwan
Grant Kennedy

Team Nos 7, 8, 9, 10

Edward Reid
Andrew Henderson
Martin Duthie
David Watt
Stephen Marzella
Stuart Gibson
Graham Lindsay

Team Nos 11, 12, 13, 14

Ross Houston
James McDonald
Robert Hutchison
Alan Gall William Gault
James Drummond
Stephen McNally
Derek Easton

Team Nos 15, 16, 17, 18

John Blair Graham Beal
Scott Campbell
Darren Gauson
Colin Hutt Scott Innes
Juan Mareque
Scott Thomson
S Wilkinson

Clydesdale Harriers Colours: White with Black "C"

Mark Rudzinski	Michael Diver	Prsad Prasad
Pete Cartwright	Brian Campbell	Derek Halpin
Cliff Brown	Brian K.E Edridge	Brian Gallagher
Ian Murphy	David Mitchell	Laurence Pearson
Bobby Rossborough	Peter Rudzinski	Alan Rodger

Corstorphine AAC Colours: White with Black Trim

Moray Anderson	Scott Bisset	Steven Blair
Billy Braidwood	Martin Caldwell	Bryan Clark
Iain Cumming	Tom Ferrington	Graeme Fletcher
Keith Hood	Martin Hulme	Rupert Jones
Timothy Norwood	Chris O'Brien	John O'Hara
Ewan Stark	Brent Vivian	Paul Walker
Grant Wilkie	Fraser Anderson	

Dundee Hawkhill Harriers Colours: Blue and White Quarters

Stuart Kerr	Craig Ross	Brian Cook
Charles Haskett	Pete Fox	Neil Gunstone
David Adam	Allan Wilson	Stephen Mason
Allan Stewart	Craig Love	John Hepburn

East Kilbride AAC Colours: Gold with 2 Black hoops

Gordon Colvin	David J. Condra	Graeme Hadow
Mark Smith	Graeme Caskie	Edgar Ramage

Energy Zone Carnegie Colours: Orange & Green

Iain Taylor	Steven Ogg	Dennis Howett
Bill Duff	Ian Stewart	Michael Cowie
Stephen Greer	Peter Simpson	Andrew Hunter
Ian Johnston	Kevin Clark	Tommy Lawlor
Paul Hutton	Colin Reid	Neil Campbell
Paul Arnott	John Hargreaves	Garry Taylor
David Millar	Tony Harte	Francis Harper
Michael Buchanan	Douglas McGarry	Allan Davie
Nicholas Weir		

Falkirk Victoria Harriers Colours: Black with Gold Band

Douglas Gillespie	David Grant	Peter Gray
Nicholas Hurren	Kerr Johnstone	John Martin
Duncan McGougan	Paul McKerracher	Robin McNelis
Dougie Melrose	Stephen Moore	David Murray

Ferranti AAC Colours: Yellow with Black letters

Edward McDonald	Ross Bankhead	Trevor Ridley
Walter Fairmie	Alex Bell	John Gavin
Robert Miller	Keith Nicol	Malcolm Fraser

Team Nos 19, 20

John Foley Robert Young
James Austin
Gerald Kennedy
Iain Robertson
James Shields

Team Nos 21, 22, 23

Stephen Blane
Alexander Cumming
David Henderson
David Law
Scott Pilkington
Mark Walsh

Team Nos 24, 25

Matthew Strachan
John Castle
Stephen Borland
Joe Symonds

Team Nos 26

Grant Baillie

Team Nos 27, 28, 29

Thomas Bowie Jim Gray
Lewis Lawson
Mike Harvey
Peter Morrison
Peter Humphreys
Jeff Burton
Martin Butcher
Thomas Lawrence

Team Nos 30

William Higgins
Grant Matheson
Michael McQuaid
Michael Ross

Team Nos 31, 32

Ian Duguid
Iain Shaw Jim Leach
James Shaw

Livingston North
Station

National Road Relay Championships

Men 6 stage. Women 4 stage.

Almondvale, Livingston

12 noon start



West Lothian
Council

St John's
Hospital

St Margarets Academy

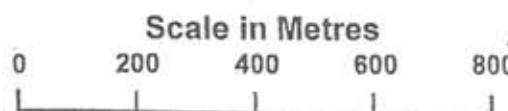
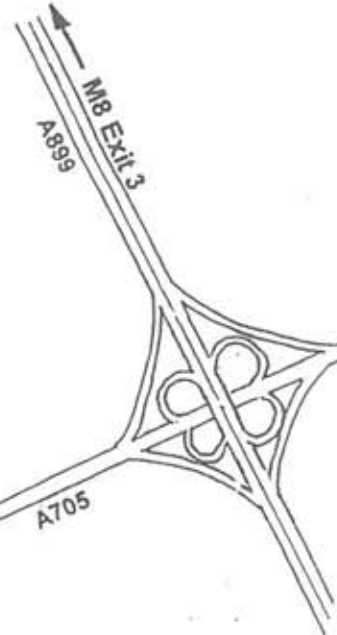
S/F

Car
Park

Almondvale
Stadium

River Almond

Whitburn A705



Key

Road	
Asphalt Footpath	
Cinder Footpath	
Railway	
Long Lap	
Short Lap Cut Off	
Miles to go markers	

Fife AC Colours: White with Red Band

Ian Overton	Graham Bee
Neil Young	Hugh D. McKay
John Murdoch	Vincent MacPherson
Brian Cruickshank	Gary Barker
Ian Poolman	Douglas Gunstone
Mel Scobie	Andrew Barker
Adrian Davis	Alastair Bagnall
Christopher Russell	Gordon Thomson
Robert Annand	Kenny Anthony
Sandy Cruickshank	John Keenlyside
Roy McLachlan	William Spates

Gala Harriers Colours: White with Green Band

Bryan Bailey	John Borthwick
Fergus Cochrane	Derek Fraser
Struan King	Jack Knox
Anthony Lunn	Ron Logan

Garscube Harriers Colours: White with Blue Band

David Atkin	Jonathan Austin
Lindsay Cunningham	John Dryden
Gerald Hartley	Stuart Irvine
Stephen Mulrine	Kenneth Macanna
Euan Mackay	Benny McLaughlin
John Weir	

Hunters Bog Trotters Colours: Brown

Steven Cairns	Ian Campbell
Norman Gould	John Hampshire
Craig Hunter	James Jarvis
Geoffrey Mitchell	Philip Mowbray
Ivor Normand	Patrick O'Kane
Mark Roberts	Geoff Simpson
Jamie Thin	Richard Wall
James Williamson	David Wright

Inverclyde AC Colours: Black & White Stripes

Chris Robison	Mark Pollard
Steven Conaghan	David McElhinney
John Bannister	Tom Tracey
Robert Gray	Mitchell Guthrie
Stuart Hodge	Les McMahon

Irvine AC Colours: Red with Black Trim

Lee Richardson	Brian Craig
Andrew Rennie	David Millar
Ronnie Ballantyne	Peter Collier

Johnnie Walker Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

David Mitchell	Steven McNeill
Paul McArthur	Stewart McAllister

Steve Clark
Ron Mill
John MacPherson
Nigel Fowler
Bill Smith
David Bee
Stewart Biggar
Graham Bennisson
Colin Brown
Chris Clark

Mark Bryson
Fergus Johnston
Jim Langsdale
Robin Murray

Iain Cullen
Iain Dunn
Ian Mennie
Peter McGlynn
Robert McLennan

Colin Farquharson
Alistair Hart
Ian Marshall
Niall Munro
Daryl Philip
Ian Tennant
Ray Ward

Thomas Murray
Edward Watt
Cameron Spence
Graeme Hyett

William Richardson
George Irving
Iain Fraser

Edward Tonner

Team Nos 33, 34, 35, 36

Roger Clark
Tom Scott Neil Martin
Michael Mitchell
Frank McLaren
Mark Harley
Bryce Aitken
Alastair Robertson
Gary Pirie John McNally
James R. Close
Andrew Liston

Team Nos 37, 38

Martin Clarke
Euan Jardine
Alistair Laurie
Graham Capper

Team Nos 39, 40, 41

Stephen Cullen
David Geddes
Coinneach Morrison
Colin McKay
James Taylor

Team Nos 42, 43

Andrew Gillespie
John Heap Ian Harkness
Billy Minto
Donald Naylor
Jon Rathjen
Neil Thomas
Ian Wellock

Team Nos 44, 45

William Tipping
Robert Shaw
Gerard Gaffney
Samuel Way

Team Nos 46, 47

James Sneddon
Iain Hamilton
Colin Miller

Team Nos 48

Sean Welsh

Kilbarchan AAC Colours: Gold with Black Hoop

Chris Devenney	Ross Toole
Michael Finlay	Paul Arcari
Thomas Hearle	William McGuire
Steven Hards	Michael McGinley
George Gibson	David Mewse
Thomas Lawrence	Richard McLaughlin

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Kenneth McNeil	Neil McCover	Alistair Allan
Peter Ramsay	Chris Stewart	John McLoone
Gordon McLean	Stuart Kerr	Martin MacGuire
Gerard McConnell	Ewan Jack	Edward McLoone

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

John Murray	Barney Phillips	Ben Mitchell
Alan Cummings	Paul Elliot	Dean Philip
Colin Wilson	David Veitch	Daryl Philip

Livingston & District AAC Colours: Yellow with Green Stripe

Ian Leggett	Steven Thomson	Christopher Northam
Grant Forrester	Scott Boyle	

Lothian Running Club Colours: Blue with Black letters

Graeme Ackland	Alexander Agnew	Terence Brannan
Calvin Crane	Stephen Dempsey	Richard Docherty
John Ewing	Robin Galloway	Chris Godfree
Martin Hyman	Kenton Jones	Fraser Kingscott
Michael Lieberman	Donald MacDonald	Alan McIntosh
Hugh Miller	Ross Milne	Harry Mulholland
Jim Salvage	Alan Shanley	Donald Shaw

Metro Aberdeen RC Colours: Black/Yellow Quarters

Stephen Forbes	Forbes Reid	John Lenehan
Kevin Tulloch	Peter Jennings	Mick Flynn
George Jamieson	Iain Lindsay	Bruce Moroney
Craig Stewart	Ian Tack	Robert Taylor
Duncan Wood	Stephen Simpson	Sam Andrew
Frank Smith		

Motherwell AC Colours: Red with White edging

John Hughes	Nicholas Hughes	Kenneth Muir
Ben Smith	Brian McLinden	Graham Hawkins
Benjamin Hands	Paul Harkins	Steve Murdoch

Penicuik Harriers Colours: Purple with White Panels

Michael Browne	Kenneth Cairns	Mike Creamer
Kenneth Graham	Ritchie McCrae	Graeme Nicholson
Stuart Sanderson	Robert Walker	Graham White

Pitreavie AAC Colours: Navy/Yellow/White

John Newsom	Cameron Watson	Stephen Irwin
Paul McCloskey	Pete Belcher	Barry Davie
David Arnott	Glyn Gardiner	Stephen Newsom
Nigel Cunningham	Derek Simpson	Colin Simpson
David Candlish	Peter Coleman	

Team Nos 49, 50

Calum Morrison
David Boal
Robert Quinn
Donald Petrie
James McMillan
Gerard Fairley

Team Nos 51, 52

Colin Burns
Jim McLoone
Cornel Neil
David Gardiner

Team Nos 53

Kirk Smith Douglas Phillips
Colin Swan

Team Nos 54

George Gilhooley

Team Nos 55, 56

Stephen Cottom
David Eades
David Godfree
Steven Lawrie
Colin Meek
Murray Robertson
Brian Turner

Team Nos 57, 58

Keith Farquhar
Jackie Flynn
David Nugent
Gary Walker
Mark Masson

Team Nos 59, 60

Jim Riley Douglas O'Hare
Donald McCaffer

Team Nos 61

John Forrest
Eric Riddle

Team Nos 62, 63

Stewart Reid
Alasdair Donaldson
Graeme Lister
Douglas Smith

Ron Hill Cambuslang Harriers Colours: Red with White Band

John Brown	Robert Gilroy	Alan MacPherson
Charles Thomson	Jonathan McCallum	Andrew Wright
Stephen Wylie	Nigel Leighton	Jasmair Pal
Paul Cuddihy	Kevin Sheppard	John McPake
Andrew Steven	Scott Hunter	Joseph Kealey
Frank Barton	Francis Hurley	David Marshall
David Fairweather	Thomas McPake	Kieran McAlinden
W. Ian Williamson	John Simpson	Bernard Gough
Andrew Greenhaugh	Robert Lyon	Duncan Cochrane

Shettleston Harriers Colours: Blue with Yellow Band

William Coyle	Peter Carton	John Duffy
Martin Graham	Andy Little	John MacKay
Graham Wight	Jethro Lennox	Ian Johnston
Ryan Montgomery	Brian McGarrity	Denis Williams
Kenneth McClean	Karl Povey	Marc McColl
Dermot McGonigle	Malcolm Patterson	Patrick Walder
Raymond Loughran	Adam Lee	Donald Macaulay
Gordon Phillips	James Findlay	David Wallace Jnr
Paul Sorrie	John McCall	Neil Darroch
Hugh Watson	Jim Norton	N McMeekin
David Alexander	Frank McGowan	A McDonald

Victoria Park AAC Colours: Blue and White Hoops

Kenneth Brown	Gerard Craig	Joseph Doyle
Peter McGregor	Kenneth McVey	Kenneth Mitchell
Derek Watson Snr.	Stuart Barnett	Mark Ashby
Alastair Douglas	Ian Goode	Ronnie Johnstone
Andrew Ross	Duncan Thomson	Roger Young

Team Nos 64, 65, 66

Jamie ReidDavid Rodgers
Neil Wilkinson
Graeme Croll
Michael O'Hagan
Kevin Kealey
Alexander Eaglesham
Ross Arbuckle
Gerry ReidDavid Ward
Alistair Campbell

Team Nos 67, 68, 69

Stuart Gibson
Andrew McIntyre
Robert Soutar
David Connelly
Desmond Crowe
Clyde Marwick
Stephen Matthews
Neil MacGregor
Kenneth McCoy
M Scotney Allan Sneddon
J Burns

Team Nos 70, 71

Alan Hamilton
Robert Newton
Robert Daly
Andrew Nicoll
Andy Young

Road Relays Livingston 3rd April 2004**Womens 4 Stage**

1st	City of Glasgow AC	1hr 47mins 35secs
2nd	Kilbarchan AAC	1hr 50mins 21secs
3rd	Hunters Bog Trotters	1hr 52mins 06secs

Mens 6 Stage

1st	Shettleston Harriers	2hr 18mins 18secs
2nd	Hunters Bog Trotters	2hr 20mins 39secs
3rd	Ron Hill Cambuslang	2hr 20mins 55secs

Women's Record City of Glasgow AC 1hr 44mins 35secs (2002)

Men's Record Mizuno Racing Club 2hrs 12mins 31secs (1998)

Previous Road Relay venues

1979 to 1984	Strathclyde Park
1985	Glasgow (Pollock)
1986	Strathclyde Park
1987	East Kilbride
1988	Livingston (Murieston)
1989	East Kilbride
1990	Livingston (Murieston)
1991	East Kilbride
1992	Livingston (Murieston)
1993	Dumfries
1994	Livingston (Murieston)
1995	Kirkintilloch
1996	Livingston (Murieston)
1997	Kirkintilloch
1998 to 2005	Livingston (Almondvale)

The event was a Men's only Six stage until 1996 when Women's teams started competing. There was no separate Women's Championship until 1998, since then Women have run a Four stage race with championship status.

In the 26 years the event has taken place many clubs and individuals have contributed in the organisation at the various venues. None more so than Martin Hyman of Lothian Running Club who sought out routes and devised the laps at the 2 Livingston venues. He has been local convenor at 13 of the 27 championships through the years.

Livingston (Almondvale) Fastest Laps

MEN

Short leg (3.15m)		Long leg (5.8m)	
S.Cairns (HBT) 2002	14.58	G.Stewart (Miz) 1999	27.33
A.Callan (Shett) 1999	15.00	G.Stewart (Miz) 1998	27.57
P.Mowbray (HBT) 1999	15.03	R.Quinn (Kilb) 1999	28.09
R.Quinn (Kilb) 1998	15.05	R.Quinn (Kilb) 2000	28.16
P.Mowbray (HBT) 2000	15.08	G.Amos (Miz) 2001	28.18
N.Wilkinson (Cam) 2003	15.14	A.Callan (Shett) 1998	28.18
S.Cairns (HBT) 2001	15.21	R.Quinn (Kilb) 2002	28.26
J.Reid (Law) 2002	15.26	A.Adams (Clyde) 1999	28.27
M.Colligan (Miz) 1999	15.27	S.Pride (Metro) 2002	28.29
F.McGowan (Shett) 2000	15.27	G.Stewart (RCE) 2003	28.32
R.Fitzimmons (Kilb) 1998	15.28	A.Adams (Clyde) 2001	28.36
G.Reid (Clyde) 2003	15.29	B.Coyle (Shett) 1999	28.39
S.Cohen (Miz) 1998	15.29	A.Adams (Clyde) 2000	28.41
A.Puckrin (Kilb) 1998	15.29	J.Ross (Miz) 1998	28.43
I.Donnan (AAAC) 2004	15.33	D.Ross (Miz) 1999	28.44
J.Mackay (Shett) 1999	15.37	D.Runcieman (Cam) 2000	28.44
S.Cohen (Miz) 1999	15.37	S.Wylie (Cam) 2003	28.45
B.Scally (Shett) 1998	15.38	A.Adams (Clyde) 2003	28.47
B.Kirkwood (Miz) 1998	15.38	B.Jenkins (Clyde) 1998	28.48
A.Little (Shett) 1998	15.38	D.Ross (Miz) 1998	28.49
R.Quinn (Kilb) 2003	15.39	A.C.Muir (RCE) 2003	28.51
M.Bell (C of E) 2002	15.42	S.Gibson (Shett) 1999	28.51

WOMEN

L.McDougall (C of G) 2001	17.06	T.Brindley (C of G) 2000	33.01
S.Owen (C of G) 2002	17.44	A.Mudge (Carn) 2000	33.08
T.Brindley (Carn) 2003	17.51	K.Wilder (C of G) 2002	33.21
H.Sutherland (Liv) 1999	18.18	J.Shannon (Kilb) 2004	33.25
J.Roxburgh (Irvine) 2000	18.19	A.Mudge (Carn) 2003	33.34
J.McDevitt (C of G) 2000	18.21	L.McNeill (Shett) 2000	33.58
J.Knowles (C of G) 2002	18.24	L.McMahon (JWK) 2000	34.14
S.Owen (C of G) 2004	18.36	A.Higgins (JWK) 2001	34.25
C.Gibson (Kilb) 2004	18.42	L.McNeill (Shett) 2001	34.28
J.McDevitt (C of G) 2001	18.43	J.Knowles (C of G) 2004	34.30
C.McCracken (C of G) 2004	18.49	T.Thomson (Pit) 2002	34.34
E.Cochrane (C of G) 2001	18.52	L.Harding (Shett) 2000	34.35
J.Knowles (C of G) 2003	18.58	M.Clark (HBT) 2004	34.41
G.Horovitz (Gala) 2002	19.03	J.Stevenson (FVH) 2001	34.46
M.Psatha (C of G) 2000	19.11	S.Finch (C of G) 2000	34.51
P.McKay (Shett) 2002	19.21	S.Carson (Gala) 2002	35.01
L.Harrison (C of E) 2000	19.27	S.Finch (C of G) 2002	35.06
S.Paterson (Pit) 2002	19.29	J.Stevenson (FVH) 1998	35.09
D.Murray (C of E) 2000	19.31	J.Stevenson (FVH) 2003	35.14
H.Murray (Loth) 2003	19.31	M.Clark (HBT) 2002	35.21
H.Gordon (Kilb) 2002	19.33	P.Affleck (Gala) 2000	35.21