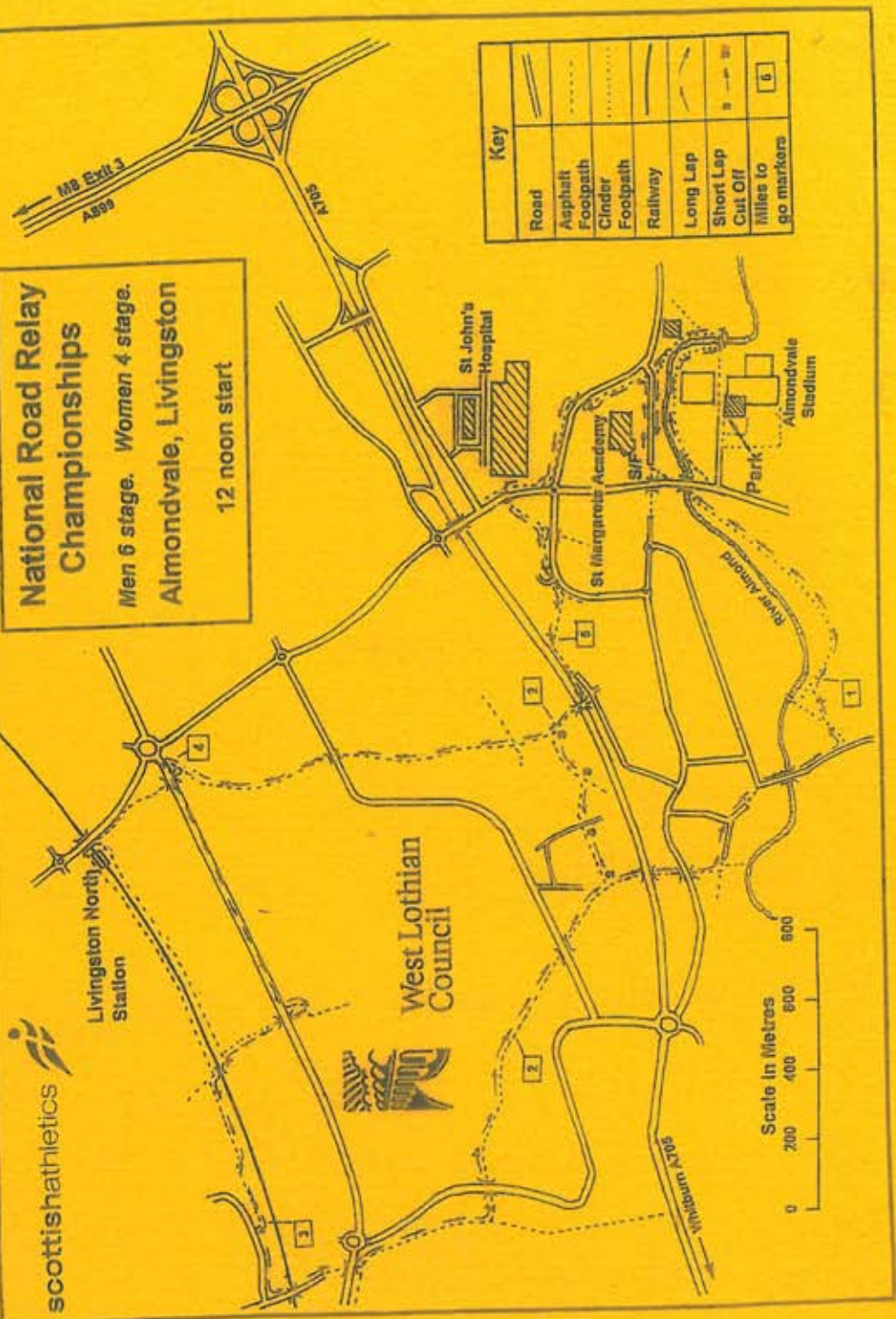


National Road Relay Championships
Men 6 stage. Women 4 stage.
Almondvale, Livingston
12 noon start



NATIONAL ROAD RELAY CHAMPIONSHIPS
MEN 6 STAGE WOMEN 4 STAGE
SATURDAY 5th APRIL 2008
LIVINGSTON (Almondvale)

supported by



West Lothian Council

TIMETABLE
DECLARATIONS CLOSE
RACE STARTS

11.30AM
12.00 NOON

NUMBERS
SHORT LAP (3.15 miles)
LONG LAP (5.3 miles)

RED NUMBERS
YELLOW NUMBERS

National Road Relays Livingston
Saturday 5th April 2008

START TIME 12.00 BACK TO USUAL START TIME

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convenor	Marjory Cook
Vice Convenor	Robin Thomas
Hon. Secretary	
Assistant Secretary	Margaret Daly
Finance Officer	Graham Sword

OFFICIALS

Referee:	Andy Law
Clerk of Course	Martin Hyman
Announcer:	Murdo McGregor
Starter:	Barry Craighead
Judges/ Changes	Ian Clifton (Chief), Jim Young, Barry Craighead
Timekeepers:	Duncan McLaren (Chief), Joe Bruce
Recorders Times	Margaret Daly, Graham Sword
Recorders Places	Sandra Hardacre (Chief), Alan Smith, Phyllis Law
Recording Vocal	Neil Donachie
Declarations:	Jen Jackson, Marion Donachie
Results:	Peter Jackson, Jen Jackson, Marion Donachie
Presentations	Marjory Cook, Alan Potts
Jury of Appeal	Robin Thomas, Marjory Cook, Ian Clifton
Event Manager	Katie Horne
Doctor	Fiona Marshall
Course Marshals	Lothian RC, Ferranti AAC, Hunters Bog Trotters, Lasswade AAC Edinburgh AC
Convening	Alex Jackson, Martin Hyman, Alex McEwan
Committee	

WEST LOTHIAN

Welcome to Saint Margarets Academy in Livingston.

Today's road relay championships may not match the kudos of the Edinburgh to Glasgow relay for club athletes and it may not match the quality of athletes at last weeks World Cross Champs but West Lothian Council see it as a great advert for the sport.

It provides quality competition for Scottish clubs for both men and women. It demonstrates good partnership working with the governing body, the local clubs and the Council services as Education, Regulatory Services and Lothian and Borders Police all working together. This year Rail Network were helpful given the disruption to the traditional route. It brings out a lot of voluntary effort and our thanks go to Martin and Lothian RC but also EAC, Ferranti, Lasswade, Livingston AC, the Trotters and Middle Meadow Milers.

We hope you race well and have a safe journey home coming back perhaps for the Dechmont Trail Race and the Linlithgow 10k.

Cllr J Walker
Executive Councillor Culture and Leisure

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. Many thanks for all the clubs who have marshalled the course to-day and a special thanks to Martin Hyman for the work he has put into this event over many years.

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

Alan Potts
President

CROSS COUNTRY AND ROAD RUNNING COMMISSION

It is a pleasure to welcome you to Livingston today for the 6/4 Stage National Road Relay championships.

West Lothian Council have again provided the facilities at St Margaret's High School and to them we must say Thank you.

We must thank the Sports Development Unit also Martin Hyman.

To the officials on duty today again we say Thank you.

Finally to all competitors, "have a good run" no matter where you aim to finish in your stage of the race.

Marjory Cook
Convenor

WOMENS' FOUR STAGE

Holders: Kilbarchan AAC

Bellahouston Road Runners Colours: Purple with White Band

Emma Birnie Iona Robertson Sarah Dowling Linda Kennedy
Lynne Andrew Julia Harris Tracey Brimley Jacqueline O'Grady

Team Nos 151,152

Jacqueline McGuire
Claire Thompson

Calderglen Harriers Colours: Amber and Black Vertical Stripes

Sandra Reid Frances Maxwell Alison Crooks Emma Louise McGovern Mandy Cullie
Mary Goldsmith

Team Nos 153

Carnegie Harriers Colours: Orange & Green

Kate McKinnon Fabienne Thompson Morna Fleming Lesley Halstead
Susan Walker Angela Wallace Angela Sharp Rosalyn Alexander
Claire Howie Marianne Young Susan Lennon Maryanne Lawrence
Laura Stewart Catherine Wilson Louise McDonough Cathy Mutwa
Judith Turner Pauline Walker Fiona Rennie Lesley Thurgood
Lynne Bennet Tracey Stamp Sharon Gunn Lynne Kuz

Team Nos 154,155

Rosalyn Alexander
Maryanne Lawrence
Cathy Mutwa
Lesley Thurgood
Lynne Kuz

Central AC Colours: Yellow and Blue

Alison Docherty Hazel Dean Ainsley Normand Jennifer Himsley
Emma Waterhouse Claire Waterhouse Jane Waterhouse Fiona Kelsall
Sarah Jane Pickett Morag MacLarty Rowena Bell-Scott Katie Whitehouse
Mary Kerr

Team Nos 156,157

Fiona Thompson
Polly Harrison
Andrina Buchanan

East Kilbride AAC Colours: Gold with 2 Black hoops

Elaine Calder Joanne McEvoy Kelly Smith Elaine Smith

Team Nos 158

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

Debra Murray Sarah Hood Catherine Perry Victoria Lomax
Sharyn Ramage Karen Dobbie Marietta Beal Lianne Harrison
Joanne Whitehead

Team Nos 159,160,161

Gillian Palmer
Lucy Colquhoun

Edinburgh University H&H Colours: Green with White side Panel

Claire Jarvis Rose Nicholson Fiona Rudkin Rosie Smith

Team Nos 162

Katherine Wilkie

Falkirk Victoria Harriers Colours: Black with Gold Band

Christine Eadie Caroline Lawless Fiona Matheson Janette Stevenson
Michelle McCormick

Team Nos 163

Lorna Dewar

Fife AC Colours: White with Red Band

Angela Howe Sandra Aitken Philippa Aswong Innes Brucegirdle Lorraine Brown
Louise Burt Kim Clark Sarah Cullen Sarah Dillon Hester Dix
Catriona Duncan Kate Fitzpatrick Lisa Gamble Rhona Graham Moira Grainger
Ailsa Hall Claire Jarvis Jennifer Kibble Anita Laidlaw Sarah Legge
Fiona Lothian Jennifer MacMaster Varry McCullough Young Margaret McLaren
Susan Moffatt Morgan Murphy Johanna Pannanen Kate Peiber Smith
Louise Provan Anna Radon-Harris Hilary Ritchie Sandra Robertson Carrie Ruxton
Joelyn Scott Helen Sharp Lorna Sibbett Catherine Sinclair Susan Thomson
Fiona Walker Susan Whisler Kathryn White

Team Nos 164,165,166,167,168

Innes Brucegirdle
Sarah Dillon
Rhona Graham
Anita Laidlaw
Varry McCullough Young
Johanna Pannanen
Sandra Robertson
Catherine Sinclair
Susan Thomson

Team Nos 169,170

Leanne Haining
Karen Winton

Gala Harriers Colours: White with Green Band

Katy Anderson Andrea Pogson Rachel Fagan Dianne Vander
Kate Jenkins Fiona Dalgleish Melanie Goodson Eileen Nicol

Garscube Harriers Colours: White with Blue Band

Jill O'Neil Alison Winstip Ailsa Currie Marion Kelly
Lesley Chapman Debbie Martin Mairi Stanley Heather McIntosh
Sara Montgomery Carole Gilmour

Team Nos 171,172,173

Anna McGowan
Kathryn Ellis

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Ruth Joss Sarah Phee Laura Taylor Lauren Baird
Sheila Lewis Lee Wang Dolcen Galbraith Jacqueline Cowan
Jacqueline McCulloch Janette Maley

Team Nos 174,175,176

Sara Stevenson
Myf Taylor

Helensburgh AAC Colours: Yellow with Red Band

Julia Henderson Michelle Hetherington Mary MacQuarrie
Janet Fellowes Rachel Bailey Emma Cummings Liz McHard

Team Nos 177,178

Claire Heasman

Hunters Bog Trotters Colours: Brown

Anne Buckley Karen Clarke Suzanne Ebel Claire Gordon
Jane Hart Alison Johnston Alex Kilgour Isobel Knox
Morag McCracken Sandra Rathjen Janice Smith Margaret Spalding
Claire Ward Megan Wright

Team Nos 179,180

Miranda Grant
Deborah MacDonald
Eilish Wardlaw

Kilbarchan AAC Colours: Gold with Black Hoop

Christina Rankin Elspeth Curran Nicole Caulfield Fiona McIntyre Annela Galbraith
Lynsey Curran Claire Gibson Denise Smith Hannah Waugh Karen Yule Sarah
Jane Barr Leanne Hamilton Karen Glendinning Lorraine Gribben Kate O'Brien
Wanda Phillips Katherine Wilkie Sallyann Ferguson Eileen Masson Hayley Haining
Kerry Ling

Team Nos 181,182,183,184

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Kara Tait Paula Wilson Allison Simpson Elaine Murray
Marion Burns Avryl Cornforth Jan McLeod Lesley Phillips
Susan Beattie Gillian Pryce Laura Jane Carnuthers

Team Nos 185,186

Elizabeth McDerment
Lorna Sloan

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Ada Stewart Shirley MacNab Susan Addison Annmarie McArthur Marie McLeod
Elizabeth Hood Angela C Stewart Jacqui Woods Elaine Morgan

Team Nos 187,188

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

Lorna Rice Johanne Turnbull Wilma Kerr Margaret Ingh
Ann Edgar Nicola Murray Samantha Wilson

Team Nos 189

Nicola Bird

Lothian Running Club Colours: Blue with Black letters

Susan Bruce Louise Crilly Yvonne Crilly Lorna Fades Rosemary Fwing
Lucy Galloway Jill Horsburgh Carol Mahon Sue McGowan Lisa McGregor
Christine Milne Edel Mooney Marie Storie Margaret Turnbull
Margo Welsh Laura Sarkis

Team Nos 190,191,192,193

Metro Aberdeen RC Colours: Black/Yellow Quarters

Heather Tulloch Claire Smith Michelle Row Karen Bates
Janet McRoberts Alison Mathers

Team Nos 194

Andrea Canale

Motherwell AC Colours: Red with White edging

Carole Munro Joanne Clark Jessie Miller Jill E Strachan
Mae McIsaac Elaine Jamieson Cheryl McEneaney

Team Nos 195,196

Laura McTavish

Springburn Harriers Colours: Navy Blue with White Diamond

Danielle Brown Fiona Gentles Michelle Sandison Marlene Butler
Clare Gimmell Lynne Muir

Team Nos 197

Caroline Browder

MEN'S SIX STAGE

Holders- Ron Hill Cambuslang H.

Iellahouston Harriers Colours: Dark Blue with Light Blue Cross

Campbell Joss	Michael Freshair	Anthony Quinn	Stewart Collins
Graeme Gemmell	Brian Douglas	Mark Paterson	Joseph Poole
William Downie	William Downie (Jun)	John McFadyen	Jeremy Garnett

Team Nos 1,2

Iain Burke
Ian Taggart

Iellahouston Road Runners Colours: Purple with White Band

Scott Kennedy	Russell Whittington	Kenneth Richmond	Andrew Birnie
Colin McGill	Bryan Burnett	Mark Johnston	Nick Reid
Stuart McMillan	Raymond Farrell	Alasdair McLeod	Dougal Ross
Michael McNally	Peter Gallanagh	Jonathan Slow	

Team Nos 3,4,5

Douglas MacGregor
Brendan Moriarty
Mark McGoldrick

Ialderglen Harriers Colours: Amber and Black Vertical Stripes

Russell Couper	George Stewart	Eddie Reid	Jim Holmes
Scot Hill	Stephen Reilly	Stuart Gibson	Stuart Waugh
Stephen Phimister	Colin Banks	Alan Cullie	Kenny Beattie
Martin Duthie	Colin Macdonald	Stephen Begg	David Watt
Colin Freeman	Andrew Henderson	Ian Hughes	Colin Jarvie
Graham Lindsay	Jamie McMonagle	Gerard Mullen	Ian Rae
Roderick Shanks			

Team Nos 6,7,8,9

Alan Derrick
Charles Steven
David Herbertson
Malcolm Buchanan
Paul Kane
David Searil

Iarnegie Harriers Colours: Orange & Green

Iain Taylor	Steven Ogg	Ian Stewart	Lewis Lawson
Peter Simpson	Andrew Hunter	Mike Harvey	Ian Johnston
Peter Humphreys	Nicholas Weir	John Hargreaves	Robbie McKenzie
Steve Earl	Ryan McKenzie	Andrew Symonds	Roger Clark
Peter Morrison	John Fulham	Andrew Wright	Tim Walker
Alexander Nicol	Phil Smithard	Paul Hutton	Colin Reid
Allan Fotheringham			

Team Nos 10,11

Stephen Greer
Alan Cockburn
Steven King
James Small
Michael Cowie
Cofin Reynolds

Ientral AC Colours: Yellow and Blue

Alastair Hay	Robert Russell	Scott McDonald	Michael Gillespie
Ross Houston	Alex Milne	Michael Wright	Murray MacLarty
John Millar	Alan Hume	Douglas Flynn	Philip Williams
Kyle Cowie	Miguel Merayo	Jamie McDonald	David Hay
Philip Sweeney	James Drummond	Hugh Buchanan	Stuart Watson
Praser Purves	Will Hensman	Graham Harvey	Hugh Kerr
Robert Wiseman	Liam McCabe	Derek Easton	Gavin Noble
David Armour	Philip Hendry	Robert Hutchison	Ewan Jack
Craig Walker	Ian McDonald	David Fekersley	Patrick Braunsang
Richard Coombs	William Gault	Steve Laing	Adrian Loudon
Allister Hargreaves	Stewart Gracie		

Team Nos 12,13,14,15,16

Alasdair Anthony
Lewis Millar
Roger Greenaway
Alan Gail
David Lindsay
Gordon Adam
Rico Keidel
Christopher McHardy
Robert Brown
George McHardy

Iydesdale Harriers Colours: White with Black "C"

Paul Carroll	Augustine Cairney	Pete Cartwright	Brian J Campbell
John Foley	Ian Thomson	Laurence Pearson	David Mitchell
Gary Dick	Michael Diver		

Team Nos 17,18

Robert Young
Peter Rudzinski

Iorstorphine AAC Colours: White with Black Trim

Douglas Selman	Keith Hood	Christopher O'Brien	Scott Pilkington
Colum McKenzie	Graeme Fletcher	Moray Anderson	Martin Caldwell
Brent Vivian	David Colman		

Team Nos 19,20

Bryan Clark
David Law

Dundee Hawkhill Harriers Colours: Blue and White Quarters

Matthew Strachan	Neil Gunstone	John Castle	Stephen Mason
Stuart Kerr	Joe Symonds	Stephen Borland	Alistair Macdonald
Antony Robinson	Kevin Murray		

Team Nos 21

Craig Ross
Ged Keane

East Kilbride AAC Colours: Gold with 2 Black Hoops

Gordon Colvin

Team Nos 22

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

William Taylor	Edgar Ramage	Graeme Haddow	David J. Condra
Grant Baillic	Roger Alsop	Dermot Bailie	Graham Beal
C Brown	James Buick	William Chadwick	Keith Dunlop
Stewart Fraser	William Gallacher	Kris Ganson	Andrew Gibson
Richard Hope	Brian Howie	Yujiro Iida	Scott Innes
Stephen Lingo	Andrew Laycock	Keith Lyall	Juan Mareque
Alex MacEwen	Mark Mitchell	J Nemcek	Ryan O'Hare
J Roxburgh	Bill Rubie	Darren Steel	Eric Stevenson
Iain Whitaker	Steven Wales		

Team Nos 23,24,25,26

Derek Leitch
Chris Black S Booth
Martin Ferguson
Alistair Hennessey
Marek Juraskinski
Richard Meade
Lars Ottemoller
N Ward

Falkirk Victoria Harriers Colours: Black with Gold Band

Alexander Davidson	David Bunyan	John Denholm	Michael McQuaid
John Martin	Eric Donaldson	Andrew Ronald	Stephen Moore
John Stevenson	Mark Picklesley	Keith Boardman	Kenny Rankin
David Robertson	Alexander Bryce	Colin McCoskie	

Team Nos 27,28

Kenneth Collins
Alasdair Stewart
Gary Smith

Ferranti AAC Colours: Yellow with Black letters

Keith Weston	Robert Miller	Derek Burgess	Trevor Ridley
Edward McDonald	Adam Priestley	Grant Sellar	Alex Bell
John Gavin			

Team Nos 29

Alex Jackson
Iain Shaw

Fife AC Colours: White with Red Band

Kenneth McLeod	Alan McLeod	Daniel Clark	Jacob Howe
David Anderson	Alastair Hagnail	Andrew Barker	David Hec
Ken Berry	Andrew Brierley	Colin Brown	Chris Clark
Brian Cruickshank	Stewart Davidson	Adrian Davis	Chris Dibben
Martin Farrally	Nigel Fowler	Sam Graves	Douglas Gunstone
Ron Hidditch	Andrew Howen	Alex Jones	John Kay
Graham Kirby	Stewart Leckie	George Little	Malcolm Macfie
Hugh D. McKay	Frank McLaren	Alan Meiklejohn	Ron Mill
Michael Mitchell	Terry Mitchell	Stephen Moffatt	Ronald Morrison
John Murdoch	Robert Mustard	David Owen	Steven Penryersk
Ian Poolman	Frank Popham	Roger Rees	Steven Reid
Paul Roarty	Alastair Robertson	Douglas Robertson	Christopher Russell
D.Melville Scobie	Rory Scott	Fon Scott	Steven Shanks
David Shepherd	Bill Smith	Graeme Stewart	James Taylor
David Weir	Gary Whitton	Allan Wilson	Jim Woodburn

Team Nos 30,31,32,33,34,35

Bryce Aitken
Graham Bennison
James R. Close
Thomas Donaldson
Mark Harris
John Keenlyside
Neil Martin
Andrew Milne
Jim Merton
Gary Pirie
Leonard Rhone
Eddie Sanders
Richard Shaw
Jez Tomlinson
Neil Young

Gala Harriers Colours: White with Green Band

Euan Jardine	Fergus Johnston	Graham Pagnon	Derrick Brydon
Magnus Inglis	Martin Clark	Steve Martin	John Paceyson
Alistair Wright	Malcolm Gowans	Gregor McAtamney	Alan Gordon

Team Nos 36,37

Anthony Lunn
Robert McCarrihy
Alistair Lennie

Iarscube Harriers Colours: White with Blue Band

Marco Consani	Stephen Cullen	Lindsay Cunningham	William Downie
Frank Kriess	Stephen Nutrine	John Murray	Arthur Smith
Pva Mackay	Robert McFarlane	David Atkin	Robert Chubbeyson
James Taylor	Andrew Leck	Dermot Wilkins	

Team Nos 38,39,40

Paul Goddard
Lindsay Wilson
Robert McLennan

Giffnock North AAC Colours: Amber with Royal Blue Hoop

Mark Hollinshead	Rodger McElaney	David Phee	Graeme Croll
Derek Breen	George Taylor	Stewart Walker	Julian Rose
Derren Thomson			

Helensburgh AAC Colours: Yellow with Red Band

Dave Bailey	Paul Thompson	Andrew Henderson	Kenneth White
Gordon Howat			

Hunters Bog Trotters Colours: Brown

Simon Axon	Duncan Baker	Tom Barr	Stewart Barrie
Simon Brown	Steven Cairns	Ian Campbell	Colin Farquharson
John Hampshire	Alistair Hart	Craig Hunter	James Jarvis
Will Mair	Ian Marshall	Billy Minto	Geoffrey Mitchell
Niall Munro	Donald Naylor	Ivor Normand	Patrick O'Kane
Mark Roberts	Geoff Simpson	Murray Strain	Jamie Thin
James Williamson	David Wright		

Inverclyde AC Colours: Black & White Stripes

Mark Pollard	Christopher MacKay	Craig Ruddy	Graeme Hyett
Kenny O'Neill	Kevin Kane	John Cooke	Stephen Cooke
Steven Miller	AC Muir	Neil McLaughlin	Gerard Gaffney
David McElhinney	Cameron Spence	Robert Shaw	Thomas Murray
Samuel Way	Thomas Jamieson	Jude Boulton	Gavin Morrison
Paul Bushfield	Stuart Hodge	Damien Mallet	George Hegarty

Irvine AC Colours: Red with Black Trim

James White	Alex Allardyce	William Morgan	Colin Miller
David Millar	William Richardson	John Moore	Joseph McNamee
Stephen Daye			

Kilbarchan AAC Colours: Gold with Black Hoop

Grant Higgins	Paul Luck	Stephen McGoldrick	Scott Hawkins
Andrew Gibson	Conor McNulty	Fraser Williams	Ross Toole
Michael Finlay	Andrew Clugston	John McMillan	Donald Kennedy
James Snodgrass	Robert Quinn	Iain Chisholm	John McLaughlin
Ian MacDougall	Steven Hards	Robert Connell	Brian Graham
Thomas Anderson	Robert Allison	Donald Petrie	David Mewse
Robin Scott	James McMillan	Jorge Chacon-Clark	Nicholas Moore
Paul Arcari	Thomas Hearle	Francis Napier	Craig McCaffery

Kilmarnock Harriers Colours: Royal Blue with 2 White Stripes

Connell Drummond	Leslie McDermott	Andrew McGhee	Kenneth Wales
Harald Bartl	Roger Naughton	Eddie Tonner	Steven McNeill
Iain Connell	Alasdair Murray	John Cairns	Tommy Ingram
David Mitchell			

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

Alistair Allan	Colin Burns	Gary Mitchell	Robert Rogerson
Edward McLoone	Kevin Cornes	Neil McCover	Allan Ramsay
Christopher Craig	David Gardiner	Kenny Grant	Adrian Dow
William Heirs			

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

Barney Phillips	Daniel Mulharc	Kenneth Valentine	Ben Mitchell
Daryl Philip	Ross Finlayson	Scott Anderson	David Ramage

Team Nos 41,42

Norman Galbraith
Marc Roper

Team Nos 43

Wilson Hamilton

Team Nos 44,45

Daniel Beckett
Daniel Gay
John MacPherson
Philip Mowbray
Jon Rathjen
Ray Ward

Team Nos 46,47

Ian Fisher
Sean Gaffney
Robert Gray
Tom Tracey
Edward Watt

Team Nos 48

George Irving
James Sneddon

Team Nos 49,50,51,52

Derek Hawkins
Calum Morrison
Gordon Gallacher
Stephen Ogilvie
John Kynaston
William Masson
Chris Devenney
Gary Downie

Team Nos 53,54

Jim Goldie
Scott Martin
Graham Cairns

Team Nos 55,56

Stuart Kerr
Peter Ramsay
Howard Elliott

Team Nos 57

Martin Gore
Mark Draper

Lothian Running Club Colours: Blue with Black letters

Graeme Ackland	Alex Agnew	James Alexander	David Bell
Richard Docherty	David Eades	John Ewing	Ted Finch
Ian Hall	Kenton Jones	Mark Kassyk	Darren Kinsella
Mike Lieberman	David Mabon	Alan McIntosh	Harry Mulholland
Jim Salvage	Ian Seggie	Alan Shanley	Darren Thomson
Brian Welsh	Peter West		

Maryhill Harriers Colours: Royal Blue

Stevie Lydon	Dougie MacDonald	Christopher Hever	Duncan Riddell
Chris Stockdale			

Metro Aberdeen RC Colours: Black/Yellow Quarters

Kevin Tulloch	Peter Jennings	Mark Johnson	Keith Farquhar
Keith Varney	John Lenehan	David Clark	David Nugent
Mark Bilton	Gregory Banks	Darren Kinsella	Darren Miller
Bjoern Reiss	Niku Millott		

Motherwell AC Colours: Red with White edging

Alan Tait	Mark Coyle	S Kavanagh	William Martin
John Hughes	Nicholas Hughes	Michael Hampson	Stuart Riley
Brian McInden	Gerald Hartley	Scott Marriott	Donald McCaffery

Ron Hill Cambuslang Harriers Colours: Red with White Band

Joseph Kealey	Kevin Kealey	Jamie Reid	Stephen Wylie
Chris Wilson	Colin Donnelly	Robert Gilroy	John Brown
Charles Thomson	Iain Reid	John MacNamara	Greg Hastie
Jamie Findlay	Fraser Cartmell	Fergus Maclean	Ross Arbuckle
W. Ian Williamson	David Rodgers	David Thom	Gerry Reid
Neil Wilkinson	Nigel Leighton	Kevin Sheppard	Bernard Gough
Alexander Eaglesham	Gary Wallace	Scott Hunter	Thomas McPake
Alistair Campbell	Lukasz Grabinski	Andrew Robertson	Archie Jenkins
Brian Campbell	John McPake	Michael O'Hagan	

Shettleston Harriers Colours: Blue with Gold Band

Allan Adams	William Coyle	Desmond Crowe	James Burns
Martin Graham	Ian Johnston	Keith Lennox	Andy Little
John MacKay	Clyde Marwick	Kenneth McCoy	Malcolm Patterson
Karl Povey	Marcus Soutney	Paul Sorrie	Robert Soutar
Denis Williams	Peter Carton	Stuart Greenway	Marc McColl
Allan Sneddon	Matthew Sullivan	Adam Lee	Thomas Owens

Springburn Harriers Colours: Navy Blue with White Diamond

Alexander Chalmers	John Bell	Andrew Callan	Damian McAuley
Allan Mackie	Ross McEachern	Jim Norton	Emilio Cosimo

Team Nos 58,59,60,61

Steve Dempsey
Robin Galloway
Steven Lawrie
Scott Nelson
Peter Weeks

Team Nos 62

Michael McCartney

Team Nos 63,64

Robert Taylor
Stephen Forbes
Forbes Reid

Team Nos 65,66

Benjamin Hands
James Riley

Team Nos 67,68,69,70

Iain MacCorquodale
Alan Macpherson
Kerry Liam Wilson
Frank Barton
David Dymond
Francis Hurley
Ian Munro
David Fairweather

Team Nos 71,72,73

John Duffy
Iain MacFarlane
Gordon Phillips
Matthew Turner
Dermot McGonigle

Team Nos 74

Joseph Chambers
Willie Munro

Livingston (Almondvale) Fastest Laps up to 2006

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	K.Sheppard (Cam) 2005	28.00
R.Quinn (Kilb) 1998	15.05	R.Quinn (Kilb) 1999	28.09
P.Mowbray (HBT) 2000	15.08	R.Quinn (Kilb) 2000	28.16
N.Wilkinson (Cam) 2003	15.14	G.Amos (Miz) 2001	28.18
S.Cairns (HBT) 2001	15.21	A.Callan (Shett) 1998	28.18
J.Reid (Law) 2002	15.26	R.Quinn (Kilb) 2002	28.26
M.Colligan (Miz) 1999	15.27	A.Adams (Clyde) 1999	28.27
F.McGowan (Shett) 2000	15.27	S.Pride (Metro) 2002	28.29
R.Fitzimmons (Kilb) 1998	15.28	G.Stewart (RCE) 2003	28.32
G.Reid (Clyde) 2003	15.29	A.Adams (Clyde) 2001	28.36
S.Cohen (Miz) 1998	15.29	B.Coyle (Shett) 1999	28.39
A.Puckrin (Kilb) 1998	15.29	A.Adams (Clyde) 2000	28.41
I.Donnan (AAAC) 2004	15.33	J.Ross (Miz) 1998	28.43
J.Mackay (Shett) 1999	15.37	D.Ross (Miz) 1999	28.44
S.Cohen (Miz) 1999	15.37	D.Runciman (Cam) 2000	28.44
B.Scally (Shett) 1998	15.38	S.Wylie (Cam) 2003	28.45
B.Kirkwood (Miz) 1998	15.38	R.Russell (Cen) 2005	28.46
A.Little (Shett) 1998	15.38	A.Adams (Clyde) 2003	28.47
R.Quinn (Kilb) 2003	15.39	B.Jenkins (Clyde) 1998	28.48
R.Toole (Kilb) 2006	15.39	D.Ross (Miz) 1998	28.49
D.Gausen (C of E) 2006	15.41	A.C Muir (RC Edin) 2003	28.51
M.Bell (C of E) 2002	15.42	S.Gibson (Shett) 1999	28.51
F.Barton (RH Cam) 2000	15.43	D.Leggate (Fife) 2000	28.52
K.Idessane (Clyde) 1998	15.44	C.Thomson (RH Cam) 2000	28.52
A.C. Muir (Kilb) 2001	15.44	J.Robson (Miz) 1999	28.53
J.Mareque (C of E) 2005	15.44	R.Russell (Cen) 2006	28.54

WOMEN

L.McDougall (C of G) 2001	17.06	T.Brindley (C of G) 2000	33.01
L.Wilson (Carn) 2005	17.36	A.Mudge (Carn) 2000	33.08
S.Owen (C of G) 2002	17.44	K.Wilder (C of G) 2002	33.21
T.Brindley (Carn) 2003	17.51	J.Shannon (Kilb) 2004	33.25
C.McCracken (C of G) 2005	18.10	A.Mudge (Carn) 2003	33.34
L.McNeil (C of G) 2005	18.10	L.McNeill (Shett) 2000	33.58
M.McLarty (Cen) 2005	18.15	T.McIntosh (Cen) 2005	34.14
A.Higgins (JWK) 2005	18.17	L.McMahon (JWK) 2000	34.14
H.Sutherland (Liv) 1999	18.18	E.Mooney (Loth) 2006	34.15
J.Roxburgh (Irvine) 2000	18.19	S.Owen (C of G) 2005	34.18
J.McDevitt (C of G) 2000	18.21	A.Higgins (JWK) 2001	34.25
J.Knowles (C of G) 2005	18.22	L.McNeill (Shett) 2001	34.28
J.Knowles (C of G) 2002	18.24	J.Knowles (C of G) 2004	34.30
J.Knowles (C of G) 2006	18.28	T.Thomson (Pit) 2002	34.34
L.McMahon (JWK) 2006	18.28	L.Harding (Shett) 2000	34.35
K.Young (C of G) 2005	18.30	M.Clark (HBT) 2004	34.41
S.Owen (C of G) 2004	18.36	A.Simpson (JWK) 2006	34.43
C.Gibson (Kilb) 2004	18.42	J.Stevenson (FVH) 2001	34.46
J.McDevitt (C of G) 2001	18.43	I.Robertson (Bella) 2006	34.46
M.Shield (ESH) 2006	18.45	S.Kettlewell (C of G) 2005	34.48
C.McCracken (C of G) 2004	18.49	S.Finch (C of G) 2000	34.51
P.Nicholson (C of G) 2006	18.51	S.Carson (Gala) 2002	35.01
E.Cochrane (C of G) 2001	18.52	S.Finch (C of G) 2002	35.06
J.Knowles (C of G) 2003	18.58	J.Stevenson (FVH) 1998	35.09
G.Horovitz (Gala) 2002	19.03	J.Stevenson (FVH) 2003	35.14
C.Ferry (C of E) 2005	19.06	J.McLean (C of E) 2006	35.17
M.Psatha (C of G) 2000	19.11	M.Clark (HBT) 2002	35.21