

scottishathletics



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

SUNDAY 24th MARCH 2019

LIVINGSTON (Almondvale)

NUMBERS

SHORT LAP (3.15 miles)

LONG LAP (6.0 miles) Lap 2 and Lap 4

LONG LEG (6.0 miles) Lap 6

RED NUMBERS

YELLOW NUMBERS

WHITE NUMBERS

M50 Men's Teams run 4 legs only and have an "X" next to their number

W50 Women's Teams run 3 legs only and have an "X" next to their number

**SCOTTISH ATHLETICS
ROAD RUNNING AND CROSS COUNTRY COMMISSION**

Convenor	John Rodger (Kilbarchan AAC)
Hon. Secretary	Julia McAfee (Central AC)

OFFICIALS

Referee:	Ron Morrison
Clerk of Course	Ted Finch
Assistant Clerk of Course	Kenny Mearns
Course Consultant	Martin Hyman
Announcer	John Wands
Starter:	Barry Craighead
Changeovers	Andy Law (Chief), Fred McCluskie, Barry Craighead
Timekeepers:	Alan Carruthers (Short Laps), Ian Mann (Long Laps)
Time Recorders	
Short Laps	Douglas Carruthers, Cyril McPherson
Time Recorders	
Long Laps	Dave Cairns, Christopher Steward
Place Recorders	
Short Laps	Ian Hislop, Rachel Halliday
Place Recorders	
Long Laps	Linden Nicholson, Alan Potts
Declarations:	Marion Donachie, Neil Donachie.
Declarations Input	Sandra Hardacre
Results:	Moiria Reid, Marjory Cook, Ron Morrison
Presentations	Sandra Hardacre, Alex Jackson, John Rodger
Course Marshals	Members of Cambuslang H, Corstorphine AAC, Edinburgh AC, Gala Harriers, Hunters Bog Trotters, Motherwell AC, PH Racing Club, VP Glasgow AC and host club Lothian Running Club
Event Manager	Alasdhair Love
Convenor	Alex Jackson

IMPORTANT INFORMATION 2019

PARKING

There is strictly NO PARKING at St Margaret's Academy for Athletes, Team Managers or Officials
ALL CAR PARKING must be at Almondvale Stadium.

Follow the road signs to Livingston FC - coloured yellow from M8 Junction 3

From M8 Junction 3 go south for 2 miles to Lizzie Bryce Roundabout.

Go west along A71 to next roundabout.

Go North straight on at the next 3 roundabouts - Alderstone Road

After 500yds turn Right, East at second traffic lights. Almondvale Stadium Road

Parking is on the left on the north side of Almondvale Stadium Road, Post Code EH54 7DN

Walk East from the parking, cross the River Almond then turn north to reach St. Margaret's Academy

School Access

- The School can be accessed via the MAIN ENTRANCE only, the entrance at the West End of the School near the Start/Finish should not be used to either Enter or Exit the School.

Declarations

- Team Declarations will open at 1030hrs and close at 1130hrs

Race Start Times

Male 1200hrs

Female 1210hrs

Course

- 1st Leg is SHORT (3.1miles) 2nd Leg is LONG (5.8miles)
- Six Alternate Laps for Men Four Alternate Laps for Women.
- Short Leg's wear RED numbers. Long Legs wear YELLOW numbers
- 6th and Final Men's leg who wear WHITE numbers.

Categories

- Men and Women Masters Teams are from age 40, age on day of the race.
- Masters teams should mark a LARGE and clear "V" on their numbers.
- There are medals for 1st 3 Masters teams for Men and Women.
- M50 Men's teams and W50 Women's teams are from age 50 on the day.
- M50 Men's teams run 4 legs ONLY. W50 Women's teams run 3 legs ONLY.
- M50 and W50 teams should mark a LARGE and clear "X" on their number.
- There are medals for 1st three M50 and W50 teams.

Eligibility

- Athletes can only run once, any team with an athlete running a 2nd time will have the whole team removed from the results.
- Athletes can only enter for their First Claim Scottish Club, athletes cannot be entered for their Second Claim Club.

Mini Mass Start

- Any remaining Men who have not started the 6th and final leg before the 1st 3 men's team have finished the race will be started in a "mass" start at approx 2hours 20minutes race time. This start is likely to comprise of around 8 teams. These teams will be recorded with a corrected team time in the results.

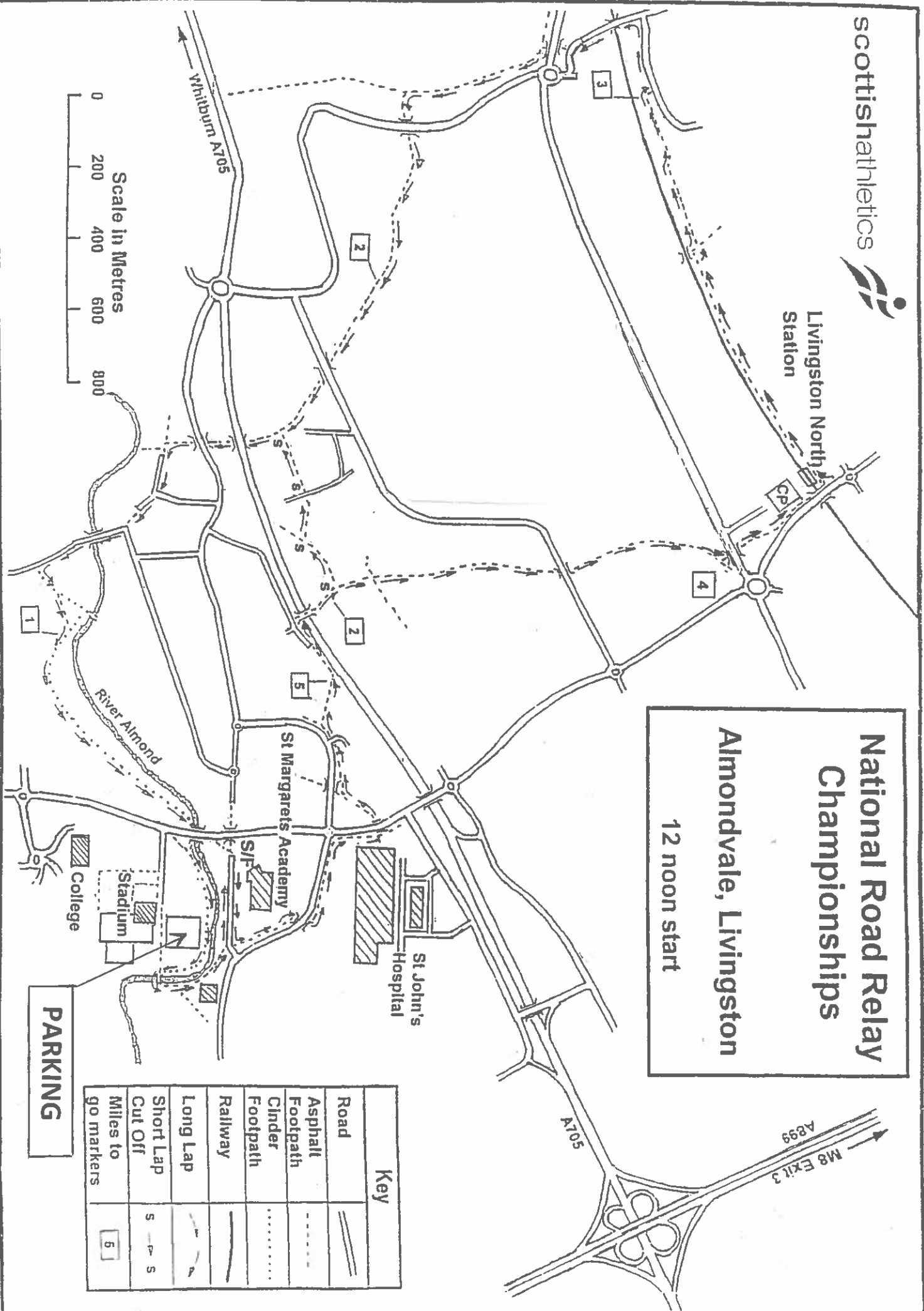
Awards

- Presentation of Women's and Masters medals will take place **at the finish** as soon as possible once the results have been determined.
- Presentation of Men's medals will take place in the café after the race.

PLEASE USE THE CAFÉ FACILITY IN THE SCHOOL

National Road Relay Championships

12 noon start



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

PARKING

Women's Declarationa

144,145,146 Bellahouston Harriers 1 Samantha Eddington; 5 Gael McCallum (F45); 9 Anne Williamson (F55);	2 Kristina Greig; 6 Robyn Millar; 10 Linda Wood (F50);	3 Ann Knox; 7 Laura Ritchie;	4 Jayne Macnamara (F45); 8 Rebecca Simister;
147 Calderglen Harriers 1 Karen Allen; 5 Alexandra Hayden; 9 Kirsty Wilson;	2 Julie Beveridge; 6 Alison Lessells;	3 Lorraine Buchanan (F40); 7 Joanne McEvoy (F40);	4 Frances Ferguson (F50); 8 Julie Thomson (F40);
148 Cambuslang Harriers 1 Lynn Angely (F45); 5 Bernadete O'Neil (F50);	2 Amy Craig (FU20); 6 Jennifer Reid (F45);	3 Lesley McArdle; 7 Carole Setchell;	4 Kirsty O'Brien;
149,150 Central AC 1 Rebecca Louise Craig (FU20); 5 Lauren McCulloch (FU20); 9 Fiona Thompson;	2 Cliona Ferguson; 6 Morag Millar; 10 Jennifer Wetton;	3 Fanni Gyurko; 7 Lyndsay Morrison;	4 Claire Houston; 8 Natalie Stewart;
151,152,153,154,155,000 Corstorphine AAC 1 Caitlin Arnott (FU20); 5 MCC Cemborain (F45); 9 Moira Findlay (F50); 13 Sarah Ledingham (F50); 17 Jilly McKay;	2 Mhairi Bagnall (F45); 6 Lisa Christy; 10 Catriona Finlayson; 14 Fiona Linklater (F45); 18 Kira Mourao (F40);	3 Gillian Carr (F40); 7 Nadia Clarke (F40); 11 Audrey Graham (F45); 15 Jacqueline Mackay (F50); 19 Marie Punton (F40);	4 Fiona Carver (F55); 8 Anne Ewing; 12 Janet Grigor (F50); 16 Jessica MacLeod (FU20); 20 Megan Smith;
157 East Kilbride AC 1 Heather Addison (FU20); 5 Lucy Muirhead (FU17);	2 Kelly Baillie; 6 Olivia Steven;	3 Gemma Kirwan (F45); 7 Rachael Thomson;	4 Anne Cairns (F50); 8 Vivien Thorpe (F40);
158,159,160,161 Edinburgh AC 1 Shona Adam (F50); 5 Karen Dobbie (F50); 9 Jennifer MacLean (F45); 13 Jacqueline Rainger (F40);	2 Maria Boland; 6 Elaine Eadie; 10 Wendy Malkin; 14 Sharyn Ramage (F55);	3 Rebecca Burns; 7 Lyndsey Fraser (F40); 11 Lucy Marshall (F40); 15 Isla Scott-Pearce;	4 Chloe Cox; 8 Emma Laverie (F40); 12 Jocelyn Moar; 16 Lauren Wilson;
162,163,164,165 Edinburgh Univ Hare and Hounds 1 Maddy Austin; 5 Emma Gill (FU20); 9 Rhiannon Kirk (FU20); 13 Hannah Morrison (FU20); 17 Sally Stewart;	2 Josephine Edmunds (FU20); 6 Jennifer Glass; 10 Naomi Lang (FU20); 14 Constance Nankivell (FU20); 18 Rona Tytler (FU20);	3 Polly Edwards; 7 Katie Hall (FU20); 11 Katie Lowery (FU20); 15 Holly Page (FU20);	4 Amy Frankland; 8 Rebecca Johnson; 12 Anna MacFadyen (FU20); 16 Zoe Pflug (FU20);
166 Ferranti AAC 1 Alison Arnold (F40); 5 Elizabeth Gilchrist (F70); 9 Siobhan Sellar (F50);	2 Sarah Connolly; 6 Julia Loecherbach;	3 Julia Drewer (F40); 7 Alison McDonald;	4 Claire Gilchrist (F50); 8 Pascaline Mollard;
167,168,169,170,171 Fife AC 1 Sandra Aitken (F55); 5 Megan Crawford; 9 Laura Gibson; 13 Keren Macpherson (F50); 17 Jocelyn Scott (F65); 21 Jennifer Spence; 25 Lindsay J Wilson;	2 Heather Anderson (F40); 6 Ailsa Cruickshanks; 10 Wilma Gillespie (F60); 14 Stephanie Pennycook; 18 Jenny Selmán; 22 Rhona Van Rensburg (F45);	3 Elizabeth Bloomfield (F50); 7 Jennifer Cruickshanks; 11 Hilray Lalande; 15 Halina Rees; 19 Kirsti Sharratt (F50); 23 Amie Watt;	4 Louise Burt (F55); 8 Kerry Gibson; 12 Sheena Logan; 16 Hilary Ritchie (F55); 20 Annabel Simpson; 24 Vivienne Wild;
172,173,174 Gala Harriers 1 Katy Barden; 5 Sara Green; 9 Kirstin Maxwell; 13 Kerry Sandilands;	2 Gillian Duncan (F45); 6 Kate Jenkins (F40); 10 Eileen Maxwell (F55);	3 Jennifer Forbes (F45); 7 Julia Johnstone (F45); 11 Joeleen McKean;	4 Carole Fortune (F55); 8 Lizzie Macleish; 12 Eileen Nicol (F50);
175 Giffnock North AC 1 Allie Chong (F45); 5 Mary McCutcheon (F50); 9 Jill Smylie;	2 Nina Farmer; 6 Kathleen McLachlan (F40);	3 Catriona Gourley (F55); 7 Yvonne McNair;	4 Frances Lowrie; 8 Rhona Mowat (FU20);
176 Glasgow Caledonian University 1 Tara Carroll;	2 Megan Gemmell;	3 Holly Still (FU20);	4 Maria Linden;

177,178 Glasgow University Hares and Hounds 1 Sophie Chisholm (FU20); 5 Vera Maria (FU20);	2 Hannah Gilchrist (FU20); 6 Stefanie Tucker (FU20);	3 Emma Hunter;	4 Dominique Lynch;
179,180 Hunters Bog Trotters 1 Catriona Bruce (F40); 5 Amy Jennings; 9 Eilidh MacQuarrie; 13 Eilis McKechnie (F40); 17 Sarah O'Neil; 21 Lucy Taylor; 25 Megan Wright (F45);	2 Sophie Collins; 6 Rebecca Harding; 10 Cat Magill; 14 Megan Mowbray (F40); 18 Janice Smith (F60); 22 Georgia Tindley;	3 Briony Curtis; 7 Rachel Heathcote; 11 Morag McClelland; 15 Phyllis O'Brien (F55); 19 Jillian Stephen; 23 Katie Walling;	4 Claire Gordon (F40); 8 Jessica Husbands; 12 Shona McIntosh; 16 Fionna Ogilvie; 20 Sheila Strain (F70); 24 Claire Ward (F40);
181,182 Kilbarchan AAC 1 Caroline Cochran (F45); 5 Christina Rankin; 9 Catherine Stewart;	2 Elspeth Curran; 6 Jennifer Rooney; 10 Holly Thompson (FU20);	3 Sharon Hastie (F40); 7 Natalie Sharp; 11 Julia Wylie (F50);	4 Sandra Houldsworth (F40); 8 Chloe Simpson;
183,184 Kilmarnock H&AC 1 Kirsty Alexander (F45); 5 Stephanie Hewitt; 9 Kate Todd (F65);	2 Jennifer Beattie; 6 Kirsty McNulty (F40); 10 Alison Wales (F50);	3 Amanda Bryden; 7 Karen Robertson (F50); 11 Paula Wilson (F50);	4 Sandra Dickson (F50); 8 Jacqui Sandler (F45);
185,186,187 Linlithgow AC 1 Mandy Cazes; 5 Rebecca Evans (F40); 9 Jennifer Newton (F50); 13 Frances Wood (F60);	2 Louisa Cockburn; 6 Alison Marshall; 10 Kirsty Oliver;	3 Siobhan Coleman; 7 Lynne McGill; 11 Lorna Simpson (F45);	4 Karen Duncan; 8 Charlotte Moran; 12 Mairi Watts;
188,189 Lothian RC 1 Jo Williams; 5 Saran Jones (F55); 9 Shona Young (F50);	2 Yvonne Crilly (F55); 6 Christine MacVarish (F45); 10 Mhairi Inglis;	3 Claire Cunningham (F40); 7 Christine Mulholland (F45); 11 Andrea Cameron ;	4 Sarah Inglis; 8 Andrea Seabrook (F40);
190,191 Metro Aberdeen RC 1 Jayne Addie (F40); 5 Emma Sutherland;	2 Jill Bonthron; 6 Amy Mackie (F45);	3 Julie Hendry (F40); 7 Sophie Radcliffe;	4 Kerstin Hunter; 8 Becky Strachan;
192 Motherwell AC 1 Joyce Allardice (F50);	2 Gillian McCaffer (F40);	3 Claire Hughes	
193,194 PH Racing Club 1 Jennifer Caldwell; 5 Kristin Lownie; 9 Robyn Morrocco;	2 Clare Graham (F50); 6 Alison McGill; 10 Zoe Stuart (F40);	3 Anne Hartmann; 7 Lesley Mealing (F40); 11 Mary Western (F55);	4 Karen Kennedy (F45); 8 Julie Menzies (F45); 12 Alison Whyte (F45);
195,196 Shettleston Harriers 1 Jessica Brydon; 5 Charlene Manley; 9 Kathryn Pennel;	2 Oonagh Dunnett; 6 Jennifer Martin; 10 Fionnuala Ross;	3 Ruth Joss; 7 Jessica Martin;	4 Amy MacLellan; 8 Avril Mason (F40);
197 Strathclyde Univ Harriers 1 Lucy Cameron;	2 Deanna Kerekes;	3 Marie-Louise Slater;	4 Madeleine Watson;
198,199 Teviotdale Harriers 1 Ann Aitken (F45); 5 Jade Mchugh;	2 Kirsty Hughes (F40);	3 Ishbel Inglis (FU20);	4 Donna Inglis (F50);

Men's Declarations

1,2,3

Aberdeen AAC
1 Joe Barton (MU20);
5 James Joy;
9 Steven Murray;
13 Rory Stead;

2 Andrew John Ferguson;
6 Will Mackay;
10 Philip Neilson (MU20);
14 Fearghas Thomson;

3 Michael Ferguson;
7 Eoghan MacNamara;
11 Ben Nelson;
15 Nicholas Tierney (MU20);

4 James Hoad;
8 Fraser McGillivray;
12 Aaron Odentz (MU20);
16 Euan Webster;

4

Airdrie Harriers
1 Brian Beattie;
5 Paul Kelly;

2 John Brogan (M40);
6 Andrew Morgan;

3 Mark Connelly (M40);
7 Steven Phillips (M40);

4 Jean-Yves Daniel (M50);
8 Stephen Purvis (M45);

5,6,7,8,9

Bellahouston Harriers
1 Fraser Armstrong;
5 Robert Carson (M65);
9 Miguel Delgado Sillero;
13 Paul Houston (M50);
17 David Mackintosh;
21 Stuart Miller;
25 Kevin Smith (M60);
29 Gregor Yates;

2 Jack Arnold;
6 Paul Clawson;
10 Conor Doherty;
14 Craig Lamont;
18 Scott Mason;
22 Rudi Paul (MU20);
26 Greg Templeton;

3 Brent Brodie (M45);
7 David Craig;
11 Calum Ferguson;
15 Darren Murray (M45);
19 Mark Matheson;
23 Ian Sim (M40);
27 Colin Thomas;

4 Anthony Carson;
8 Alexander Cuthbert (M45);
12 Francis Gilroy (M55);
16 Stuart Macdonald (M55);
20 Darren McQuade;
24 Thomas Smith;
28 James Weir;

10,11

Caldergleng Harriers
1 William Buchanan (M65);
5 Kevin Farmer;
9 Martin Howell (M50);
13 Allan McLellan (M60);
17 Stephen Phimister (M45);
21 Charles Steven (M55);

2 Andrew Buchanan;
6 Geo Ferguson (M55);
10 Richard Lawton (M40);
14 Andrew Henderson (M65);
18 Gerard Mullen (M55);
22 David Watt (M55);

3 Russell Couper (M50);
7 David Herbertson (M45);
11 Kenny Leinster (M55);
15 Jim Mearns (M50);
19 Paul Rooney (M40);
23 Stuart Waugh (M70);

4 Alan Cullie (M50);
8 Jim Holmes (M50);
12 Kenny Leinster (M55);
16 Stephen Phimister (M45);
20 David Searil (M60);

12,13,14,15,16,17

Cambuslang Harriers
1 Kenneth Campbell (M40);
5 Justin Carter (M45);
9 Kenny Finlayson (M40);
13 Benjamin Hukins (M40);
17 Stan MacKenzie (M55);
21 Kyle McLellan;
25 Struan Paton (MU20);
29 Colin Reilly;
33 Grant Sheldon;
37 Charles Thomson (M50);

2 Brendan Carey;
6 Des Dickson (M55);
10 Stuart Gibson;
14 Scott Hunter (M45);
18 Jamie MacKinnon (MU20);
22 John Paul Murphy (M40);
26 Drew Pollock (MU20);
30 Fergus Roberts;
34 Gavin Smith (MU20);
38 Ryan Thomson;

3 Andrew Carey (MU20);
7 Ryan Donnelly (MU20);
11 Kevan Harvey;
15 Francis Hurley (M65);
19 Tony McCutcheon (M45);
23 Daniel O'Connell (M50);
27 Jamie Reid (M45);
31 Douglas Roberts;
35 Fraser Stewart;
39 Stephen Wylie (M45);

4 Richard Carr;
8 Colin Feechan (M60);
12 Michael Healy (M40);
16 Iain MacCorquodale;
20 Iain McDonald;
24 Michael O'Hagan (M50);
28 Iain Reid (M40);
32 Gordon Robertson;
36 David Thom (M55);

18,19,20,21,22,23,24

Central AC
1 Colin Alexander (M45);
5 Neil Cameron (M50);
9 Iain Dunsmore (M45);
13 Telfer Gray (MU20);
17 Hamish Hickey (MU20);
21 Jack Kerr;
25 Liam McCabe (M55);
29 Lewis Millar;
33 Cameron Milne;
37 Chris Smithard;
41 Allan Gall (M60);

2 Talat Aidi;
6 Cameron Campbell (M60);
10 David Eckersley (M55);
14 Scott Green;
18 Sandy Holl (MU20);
22 David Lindsay;
26 Scott McDonald;
30 Ruairidh Miller;
34 Benjamin Noad;
38 Jens Subke (M45);
42 Ewan Jack (M45);

3 Scott Brember (M45);
7 Dale Colley;
11 Charles Graham-Marr (M60);
15 Roger Greenaway (M65);
19 Ross Houston;
23 Fraser Logan;
27 Christopher McHardy;
31 Alexander Milne (M50);
35 Donald Shaw (M45);
39 Matthew Sutherland;

4 Hugh Buchanan (M55);
8 Iain Davies;
12 Tom Graham-Marr (MU20);
16 Alastair Hay;
20 Keir Howlieson (MU20);
24 Murray MacLarty;
28 John Millar (M65);
32 Raymond J Milne (M55);
36 Colin Sinclair (M50);
40 Michael Wright;

25

Clydesdale Harriers

1 Daniel Burns;
5 Ryan Nelson;
9 Robert Young (M75);

2 Tony Dolan;
6 Iain Robertson (M40);

3 Hugh Lavery (M60);
7 Peter Rudzinski (M65);

4 Michael Miller (MU20);
8 Graeme Wiseman (M45);

26,27,28,29,30,31,32,33,34,35

Corstorphine AAC
1 Stephen Addison (MU20);
5 David Arnott (M50);
9 Mickey Breen;
13 Alan Cameron (M45);
17 Michael Connelly (M55);
21 Dermot Cummins;
25 James Harrison;
29 David Henderson (M55);
33 Stuart Livingstone;
37 Graham McLean (M60);
41 Christopher O'Brien;
45 Chris Peggie;
49 Finlay Ross (MU20);
53 Gordon Whall;

2 Kris Berry;
6 Julian Barrable;
10 Alastair Brockie;
14 Stuart Campbell (M50);
18 Keith Copland (M50);
22 Tom Cunningham;
26 Jamie Arnott (MU20);
30 Keith Hood (M45);
34 Iain Macleod (M45);
38 Neil Meldrum (M45);
42 Keith Ovenstone (M40);
46 Scott Pilkington;
50 Dougie Selman;

3 Anthony Addison (MU20);
7 Peter Black;
11 Ewan Brown;
15 Jonathan Carpenter;
19 Michael Crawley;
23 Tom Ferrington (M40);
27 David Hart (M40);
31 Aaron Hoyle;
35 Sam McCutcheon;
39 Ross Milne (M40);
43 Steven O'Brien;
47 Neill Porterfield (M40);
51 Ewan Stark;

4 Moray Anderson (M40);
8 Steven Blair (M50);
12 Donald Gavine;
16 Dean Carr (M45);
20 Iain Cumming (M65);
24 Graeme Fletcher (M55);
28 Mark Haskett;
32 Malcolm Lang (M40);
36 Calum McKenzie;
40 Blair Montgomery;
44 David Pattison (M40);
48 Chris Poxton;
52 Jan-Bert Van Den Berg (M55);

36,37 Cumbernauld AAC 1 Stephen Allan (M45); 5 Howard Elliott (M50); 9 David Hogg (M45); 13 Alan Flanagan (M40);	2 Robert Bartley (M40); 6 Martin Fitchie (M40); 10 Robert Keenan; 14 Paul McMonagle (M50);	3 Vincent Carroll (M50); 7 Martyn Glancy; 11 Derek Martin (M50); 15 Martin Paton;	4 Sean Casey (M50); 8 Greig Glendinning (M45); 12 Ross McEachern (M50); 16 David Houston;
38,39 East Kilbride AC 1 Grant Baillie (M40); 5 Gordon Colvin (M60); 9 Vincent Glennon (M45); 13 Arthur Mulholland (M55); 17 David Ross;	2 Michael Carlin (M40); 6 John Fergusson; 10 Graeme Haddow (M55); 14 Euan Rose; 18 David Thomson;	3 Keith Charters (M50); 7 Vincent Hastings; 11 Luke Kirwan; 15 Gerard O'Neil (M40); 19 Niall Walker;	4 Jamie Clements; 8 Andrew Forteath; 12 Jack Kirwan; 16 Daryl Reid;
40,41,42,43,44,45,46,47 Edinburgh AC 1 Daniel Bryant; 5 Richard Clark (M40); 9 Patrick Fenn (M40); 13 Dougie Gowan (M55); 17 Robin Kyle; 21 John Lenehan; 25 Bryan Mackie (M40); 29 Olger Pedersen; 33 Michael Christoforou; 37 Adam Rouse (M40); 41 Eric Stevenson (M65); 45 Iain Whitaker;	2 Sean Calder; 6 Richard Cockbain (M40); 10 Stuart Fenwick; 14 Kevin Hamilton; 18 Andrew Latham (M50); 22 Mark MacDermot; 26 Richard Meade (M40); 30 Gavin Phillip (M50); 34 Daniel Rivera (M50); 38 Jim Scott (M65); 42 William Gardner; 46 Samuel Woods;	3 Peter Cameron; 7 Iain Craven (M40); 11 Martin Ferguson (M50); 15 Leon Johnson (M40); 19 Thomas Leeman; 23 Iain Macdonald; 27 Lewis Orr (M45); 31 Callum Reid; 35 Terry Roberts; 39 Peter Simpson; 43 Paul Stirling;	4 Michael Cameron; 8 Keith Dunlop; 12 Michael Fullerton (M45); 16 Stuart Johnston (M40); 20 Malcolm Fraser; 24 Harry Putnam; 28 Malcolm Parry (M45); 32 Neil Renault; 36 Garry Robertson (M55); 40 David Steele (M55); 44 Steven Watters;
48,49 Edinburgh Univ Hare and Hounds 1 Alexander Bell (MU20); 5 Oliver Langselius; 9 John McDowell; 13 Callum Tharme (MU20);	2 Elisha De Mello; 6 Jack Leitch; 10 Tim Morgan; 14 Thomas Wilson;	3 Oskar Fraser-Krauss; 7 Gregor Malcolm (MU20); 11 Tom Scrutton;	4 Patryk Gierjatowicz; 8 Alistair Masson; 12 Oliver Teenan;
50,51,52 Falkirk Victoria Harriers 1 Alexander Davidson; 5 Euan Martin; 9 Euan McCallum; 13 Lewis Pentecost (MU20);	2 Gordon Dewar (M50); 6 Craig Johnston (M50); 10 Gary Smith; 14 Neil Robertson (M50);	3 Wallace Grieve (M55); 7 Grant Matheson (M55); 11 Callum Douglas; 15 Calum Ross (M55);	4 Douglaa Hill (M50); 8 Alastair McCallum (M55); 12 James McLaren (M55); 16 Alastair Smith;
53 Ferranti AAC 1 Ross Anderson (M55); 5 Calum MacDonald; 9 Grant Sellar (M50);	2 Paul Caban (M50); 6 Eddie McDonald (M70); 10 Iain Shaw (M50);	3 Gerry Clement (M70); 7 Robert Miller (M55); 11 James Shaw (M80);	4 Alex Bell (M60); 8 Keith Nicol (M65);
54,55,56,57,58 Fife AC 1 Bryce Aitken (M60); 5 Stephen Clark (M45); 9 Kenny Gorman; 13 Ben Kinninmonth; 17 Mike MacDonald (M40); 21 Craig Morris (MU20); 25 Lewis Rodgers; 29 Paul Sutherland (M65); 33 Paul Webb (M45);	2 Simon Anetts; 6 Stewart Dillon (M55); 10 Alistair Gudgin; 14 Ryan Lafferty; 18 Jimmy McIntyre (M45); 22 Akira O'Connor; 26 Chris Russell; 30 Jeremy Tomlinson (M55); 34 Kevin Wood;	3 Gary Barker (M60); 7 Sam Fernando; 11 Russell Hall; 15 Gordon Lawson (M40); 19 Neil Millar (M45); 23 Steven Pennycook (M60); 27 Rory Scott; 31 Hendrik Van Rensburg (M45);	4 Keith Bonthron (M55); 8 Alan Gibson (M60); 12 James Hall (M40); 16 Eric Lalande (M40); 20 Owen Miller; 24 Derek Rae; 28 Robert Sparks (MU20); 32 Kevin Wallace;
59,60 Gala Harriers 1 Simon Adamson (M40); 5 Tim Darlow (M40); 9 Magnus Inglis (M40); 13 Faisal Khursheed (MU20); 17 William McCulloch (M55); 21 David Nightingale (M60);	2 Brian Aitchison; 6 Darrell Hastie; 10 Bob Johnson (M60); 14 Anthony Lunn (M50); 18 Jamie McGowan (M40); 22 James Purves (M60);	3 Neil Christie (M50); 7 Graeme Hendry (M40); 11 Fergus Johnston; 15 Craig Mattocks (M45); 19 Wayne McIntosh (M40); 23 Gary Trewartha (M40);	4 Marcus D'Agrosa; 8 Yan Horsburgh (M50); 12 Yousuf Khursheed (MU20); 16 Ian Maxwell (M55); 20 Graeme Murdoch (M40);
61,62 Garscube Harriers 1 James Boyle (M45); 5 Stephen Craig; 9 John Murray (M40);	2 Craig Brown (M45); 6 Gavin Hinde (M40); 10 Daniel Scroop (M45);	3 Alexander Chalmers (M50); 7 James Macleod; 11 Craig Shields;	4 John Coyle (M45); 8 Mattia Mancinelli; 12 Allan Wallace;
63,64 Giffnock North AC 1 Andrew Bonner; 5 Andrew Clark; 9 William Linton (M50); 13 Andrew Munro (M45); 17 Jordan Orr; 21 Mark Sutherland (M40); 25 Scott Wilson (M40);	2 Nicholas Boyle (MU20); 6 Nikolai Gajic (MU20); 10 Andrew Love (MU20); 14 Harry Nimmo (MU20); 18 Ben Shaw (MU20); 22 Derren Thomson (M45); 26 Calum Young (MU20);	3 Iain Carroll (M40); 7 Ted Gourley (M55); 11 Donald MacBride (M40); 15 Sandy Nimmo; 19 Craig Smith; 23 Luke Traynor;	4 Luke Chamberlain (M45); 8 Kieran Killen (MU20); 12 Kieren Mooney (MU20); 16 John O'Donnell (M40); 20 Christopher Smith (M50); 24 Greg Turner;

65 Glasgow Caledonian University 1 Liam Chierighini (MU20); 5 Derek Scott;	2 Axel Horbach; 6 Timothy Wong (MU20);	3 Stuart McCuaig;	4 Iain Paton;
66 Glasgow University Hares and Hounds 1 Vitalijs Brejevs; 5 Tony Loord;	2 Thomas Callan; 6 John Melvin (MU20);	3 Blair MacKinnon; 7 Andrew Merry (MU20);	4 Tony Loord; 8 Euan Rose;
67,68 Hunters Bog Trotters 1 James Bowden; 5 Richard Dougal; 9 Craig Freshwater; 13 Simon Harrison; 17 Ben Murphy; 21 Mark Shankey; 25 Philip Mowbray (M45);	2 Ross Clark; 6 James Dunn; 10 Peter Gardner; 14 Alistair Hindle (M45); 18 Ivor Normand (M50); 22 Neil Thomas (M50); 26 Gavin Smith;	3 Ewan Crawford; 7 Rob Flett (M45); 11 Allan Gordon (M70); 15 Alex Luetchford; 19 Richard Purkis; 23 Jim Thyne (M60); 27 Ray Ward (M40);	4 Jonathan Crickmore; 8 Scott Fraser; 12 Michael Grant; 16 Stuart Mounce; 20 Jon Rathjen (M45); 24 Wade Cornack; 28 David Wright (M40);
69,70 Inverclyde AC 1 John Bell; 5 Craig Ruddy; 9 Callum Hunter;	2 Dylan Crawford (MU20); 6 Gerard Gaffney (M60); 10 Mark Pollard;	3 Andrew Douglas; 7 Adam Hay (MU20); 11 Jonathan Roebuck;	4 Sean Gaffney; 8 Michael Houston; 12 Tom Tracey (M65);
71,72 Invermess Harriers AAC 1 Graham Bee; 5 Peter Fraser; 9 Donnie Macdonald (M40); 13 John Newsom;	2 Craig Campbell; 6 Andrew Johnstone; 10 Stephen Mackay; 14 Luke Williams (MU20);	3 Sean Chalmers; 7 Dean Kane; 11 Finlay MacLennan;	4 David Cullen (M45); 8 Gordon Lennox; 12 Jonny Macleod (M40);
73,74 Irvine RC 1 Paul Lafferty; 5 Alex Allardyce (M45); 9 Alan Douglas; 13 Owen McWilliams; 17 Mark Sands (M40);	2 Ryan Evans; 6 David Blane (M50); 10 Ross Harvey; 14 David Millar (M45); 18 Lee Shaw;	3 Steven McDougall; 7 Scott Brown (M40); 11 George Irving (M55); 15 Colin Miller (M60); 19 James Sneddon (M50);	4 Graeme Macfarlane (M40); 8 Michael Dinning; 12 Mark Livingstone (M45); 16 William Richardson (M45); 20 Colin Whitby;
75 Kilbarchan AAC 1 Timothy Gray; 5 Craig Kennedy (MU20); 9 Callum Matthews; 13 Michael Simson (MU20);	2 Graham Evans; 6 Stuart Kerr; 10 Victor McGregor; 14 Conor Thomson (MU20);	3 Robbie Ferguson (MU20); 7 Andrew MacAngus (MU20); 11 Ewan McKerral; 15 Ryan Waldron;	4 Scott Hannigan (M40); 8 Connor Maclean; 12 Donald Petrie (M60); 16 Cameron Wright (MU20);
76 Kilmarnock H&AC 1 Martin Brown; 5 Stewart McAllister; 9 John Speirs (M40);	2 Connell Drummond (M45); 6 Murray McDonald;	3 Richard Mair; 7 Ken Monaghan (M45);	4 Scott Martin (M50); 8 Stuart Nibloe;
77,78,79 Kirkintilloch Olympians 1 Paul Waters (M40); 5 Euan Craig; 9 Graham McCabe (M45); 13 Gary Mitchell (M50); 17 Robert Rogerson (M55);	2 David Allsop (M45); 6 James Gallacher (M55); 10 Philip McCaig (M40); 14 Owen Murphy; 18 Jonathan Sharp;	3 Daniel Chandler (M40); 7 Andrew Kirk; 11 Edward McLoone; 15 David Murray; 19 Gary Shaw (M40);	4 Robert Conroy (M40); 8 Craig MacWilliam (M50); 12 Jason Leggett (M75); 16 Marc Pollock; 20 Mark Welsford (M45);
80 Law & District AAC 1 Adam Kelly (MU20); 5 James Gillon (MU20); 9 Darran Muir (M40);	2 Bobby Hill; 6 Ross Hill; 10 James Scullion (M40);	3 Conor Butters (MU20); 7 Martin Kay (M40); 11 Paul White;	4 Ben Fountain (MU20); 8 Mark Milligan (M45);
81,82,83,84,85 Lothian RC 1 Owen Williams; 5 James Beattie (M45); 9 Kevin Godfrey (M50); 13 Duane Kellock; 17 Maxwell Stewart Laing (M55); 21 Barry McComish (M40); 25 Will Moffat (M45); 29 Craig Pirie (M45); 33 Peter West (M60); 37 Paul Young (M50);	2 Scott Nelson (M50); 6 Iain Cameron (M40); 10 Dougie Hunter (M50); 14 Robert Kennedy; 18 Martin Leadbetter (M60); 22 Euan McInnes (M45); 26 Alastair Murray (M40); 30 Euan Rennie; 34 Ross Williamson (M45);	3 Al Aitken (M40); 7 Alan Cunningham (M45); 11 Kenton Jones (M55); 15 Mick Kennish-Ward (M55); 19 Brian Lees (M50); 23 Samuel McIntosh; 27 Sandy Orr (M45); 31 Stig Walsh (M50); 35 Kyle Williamson (MU20);	4 Jim Alexander (M55); 8 Phil Evans (M60); 12 Ian Leggett (M75); 16 Alan Knowles (M40); 20 Stephen Malcolm (M45); 24 Kenny Mearns (M55); 28 Colin Partridge (M40); 32 Alan Weir (M50); 36 Colin Wishart (M45);
86,87,88,89,90,91 Metro Aberdeen RC 1 Stuart Milne; 5 Kevin Buchan (M40); 9 Richard Horne (M50); 13 David MacLennan; 17 Jonathan McIntosh; 21 Chris Richardson;	2 Scott Adams; 6 Thomas Doney; 10 Jason Kelly; 14 Scott Macleod; 18 Gavin McLennan (M40); 22 Brian Robb (M40);	3 Tom Brian; 7 Christopher Endress; 11 Rankin Lascelles; 15 Phil Mann (M55); 19 George McPherson (M60); 23 Dino Roussias (M45);	4 Steve Buchan (M40); 8 Keith Farquhar (M55); 12 Kevin Mackie (M40); 16 John Matheson (M50); 20 Nick Milovsorov (M55); 24 Cameron Strachan;

25 Robert Taylor (M60);	26 Ben Ward;	27 Mark Young;	
92,93 Motherwell AC 1 Stephen Allen (M50); 5 Evan Crane; 9 Craig Mackenzie;	2 Paul Burns; 6 Mark Gallacher (M45); 10 Graham McEwan (M45);	3 Allan Cameron (M45); 7 Scott Kelman; 11 Thomas Sneddon (M40);	4 Ewen Cameron (M40); 8 Christopher MacDonald; 12 Alan Tait (M45);
94,95,96,97,98 PH Racing Club 1 Roger Clark (M45); 5 Wright Beveridge (M45); 9 Jason Buttery (M45); 13 Graeme Doig (M40); 17 David Henderson; 21 Darren Jubb; 25 Allen Marr (M60); 29 Daniel Monaghan; 33 Willie Rennie (M50); 37 Daniel Smith (MU20); 41 Iain Taylor (M50); 45 Andrew Wright (M40);	2 Tommy Lawrence (M45); 6 Scott Blyth; 10 John Cassells (M45); 14 Paul Dunning (M50); 18 Dennis Howett (M50); 22 Paul Kieran (M40); 26 Michael McConnell; 30 Ed Norton (M65); 34 Robert Sellar (M40); 38 Colin Somerville; 42 Stuart Tite;	3 Stuart Mackay; 7 Calum Brand; 11 Alan Cockburn (M50); 15 Aaran Gibb; 19 Andrew Jannetta; 23 Arron Leitch; 27 Graham McInnes; 31 Jonathan Peebles; 35 Ben Sherriff; 39 Chris Stuart (M40); 43 Philip Waring;	4 Niall Balloch; 8 Martin Butcher; 12 John Crookston (M60); 16 James Hamilton (M40); 20 Ian Robert Johnston (M60); 24 Scott Love; 28 Martin McNellis (M55); 32 Tony Quinn (M60); 36 Peter Simpson (M60); 40 Ewan Taylor; 44 Joe Wilson (M45);
99,100,101,102,103 Shettleston Harriers 1 Joe Arnaud (MU20); 5 Daniel Bradford; 9 Lucas Cheskin; 13 Michael Deason; 17 Robert Ferrol; 21 Gavyn Chalmers; 25 Andrew Kirkhope (M55); 29 Daniel Lowe; 33 Mark McColl (M40); 37 David Murphy (M45); 41 Lewis Raeburn (MU20); 45 Brian Scally (M50); 49 Ryan Stewart; 53 Denis Williams (M55);	2 Peter Avent; 6 William Breckenridge (M50); 10 Stephen Clark; 14 Callum Drummond; 18 Andrew Gibson; 22 Walter Henderson (M50); 26 Darren Thom; 30 Peter Mackie (M40); 34 Brian McGarrity; 38 Lachlan Oates; 42 Kenny Richmond (M45); 46 Craig Shannon; 50 Matthew Sullivan;	3 William Bardsley; 7 Kevin Brydon; 11 John Connaghan (M45); 15 John J Duffy (M55); 19 Amanuel Hagos (M40); 23 David I Houston; 27 Jethro Lennox (M40); 31 Gerard Mason (M55); 35 Tewoldeberhan Mengisteab; 39 John Oates (M55); 43 Brian Robertson; 47 Robert Simpson; 51 James Thompson;	4 Grant Boyne; 8 Jamie Burns (MU20); 12 William Coyle (M55); 16 Gareth Ellor (M45); 20 Gary Turner; 24 Scott Kennedy (M45); 28 Andy Little (M55); 32 Duncan McCauley (M40); 36 Richard Millar (M40); 40 Adam Peters; 44 Andrew Rockett Jackson; 48 Paul Sorrie (M40); 52 Matthew Turner;
104 Springburn Harriers 1 Andrew Callan (M45); 5 Alan Hill (M65); 9 Stewart Robertson (M40);	2 Daniel Bond; 6 Harry Lamond (MU20);	3 Thomas Callaghan (MU20); 7 Jack McCabe;	4 Joseph Chambers; 8 Andy Norris;
105 Stirling University AC 1 Oliver Greenstein (MU20); 5 Denver Stretesky (MU20);	2 Andrew Irvine; 6 Josh Wood;	3 Lewis McComb (MU20);	4 Calum Phillip (MU20);
106 Strathclyde Univ Harriers 1 Matthew Adamson (MU20); 5 Daniel Smith (MU20);	2 Andrew MacAngus (MU20); 6 Alastair Douglas Stables;	3 Jack McKenna;	4 Kieran Pugh;
107,108 Teviotdale Harriers 1 Greg Walker; 5 Alan Coltman (M50); 9 Alan Inglis (M50);	2 Rory Anderson; 6 Andrew Gibson; 10 Derek Scott;	3 Derek Ballantyne (M45); 7 Andrew Goodair (M45); 11 Alastair Walker (M60);	4 Alister Biggar (M45); 8 Bruce Hughes (M40);
109,110,111 VP-Glasgow AC 1 Mark Ashby (M55); 5 Sandy Gardner (M45); 9 Craig Johnstone; 13 Charlie Murray (M55); 17 Max Ralston;	2 Stuart Barnett (M45); 6 Martin Hayes; 10 Crawford Little (M50); 14 Tom Ord (M60); 18 Peter Ramsay (M55);	3 Ralph Connolly (M50); 7 Callum Heirs; 11 Donald Martin (M40); 15 Alex Potter (M55); 19 Allan Ramsay;	4 Thomas Connolly (MU20); 8 Peter Jardine (M50); 12 Max Milarvie (MU20); 16 Kieron Rafferty; 20 Duncan Thomson (M45);

Marshal Stations

Essential points are ringed



West Lothian
Council

Livingston North
Station

**National Road Relay
Championships**
Men 6 stage. Women 4 stage.
Almondvale, Livingston

12 noon start

Key	
Road	==
Asphalt	---
Footpath	
Cinder	
Footpath	
Railway	—+—+—+—
Long Lap	—o—o—o—o—
Short Lap	s —o—o—o—o—
Cut Off	s —o—o—o—o—
Miles to go markers	[5]

