

SCOTTISH ATHLETICS FEDERATION



**NATIONAL
CROSS COUNTRY
RELAY CHAMPIONSHIPS**
(INCORPORATING VETERANS RELAYS)

**MEADOWMILL,
PRESTONPANS**

SATURDAY 28th OCTOBER 1995

IN ASSOCIATION WITH

East
LOTHIAN
DISTRICT COUNCIL

Young Female Athletes	1.00pm
Young Male Athletes	1.35pm
Sen/Jun Women	2.10pm
Sen/Jun Men	3.00pm

SCOTTISH ATHLETICS FEDERATION OFFICE-BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	P.Carton (Shettleston H.)
Vice President	R.Morrison (Fife AC)
General Secretary	R.W.Greenoak (Edinburgh AC)
Treasurer	J.O.Scott (Dundee Hawhill H.)

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	R.L.McSwein (Giffnock North AAC)
Vice Convener	Mrs E.Gunstone (Fife AC)
Hon Secretary	B.Goodwin (Bellahouston H.)
Finance Officer	D.McLaren (Penicuik H.)

OFFICIALS

Referee	Ian Clifton
Clerk of Course	Henry Muchamore
Judges/Changeover	Brian Goodwin (Chief) Neil Donachie, Sandy Cameron, Graham Sword, Bob Cherrie, Alan Potts
Recorders	Jim Young (Chief), Liz Cameron, Sandra Hardacre, Ian Mann, Marion Donachie, Pat Hockley
Timekeepers	Raymond Hutcheson (Chief), Joe Bruce, Duncan McLaren, Vic Hockley
Assembly	Grant Moyes, Fred McCluskie
Starter	Kenny Marshall
Officials Report	Duncan McLaren
Announcer	Alex Naylor
Declarations	Angus Scott (Chief) Sheena Scott, Jen Jackson, Moira Reid
Results	Ronnie Morrison (Chief) George Aithie, Marjory Cook, Peter Jackson, Paul Caban, Brian Scott
Course Marshals	Haddington ELP and East Lothian Orienteers Club
Programmes	Heather Jackson
Convener	Alex Jackson

The Scottish Athletics Federation thanks the following for their assistance in running to-days event

East Lothian District Council	Haddington ELP
Staff of Meadowmill Sports Centre	British Red Cross
East Lothian Orienteers Club	Mr Fullerton, Tranent Mains Farm

NUMBERS

In Senior/Junior Men's race
lap colour numbers will be

1st lap Red Number
2nd lap White Number
3rd lap Red Number
4th lap White Number

In all other races lap
colours will be

1st lap White Numbers
2nd Lap Red Numbers
3rd Lap White Numbers



A MESSAGE FROM THE PRESIDENT OF THE SCOTTISH ATHLETICS FEDERATION

It is with the greatest of pleasure that we return to East Lothian for our Championships.

This is our first visit to Prestonpans and I would like to thank East Lothian District Council for their help and the use of their facilities. Our thanks are also extended to Haddington East Lothian Pacemakers for their assistance.

To the convener, officials and everyone involved in the organisation of these Relay Championships our grateful thanks

Peter Carton
President
Scottish Athletics Federation



MESSAGE FROM THE CHAIRMAN OF EAST LOTHIAN DISTRICT COUNCIL

On behalf of East Lothian District Council it gives me great pleasure to welcome the Scottish Athletic Federation to Meadowmill for the 1995 National Cross country Relay Championships

In 1987 the District Council supported the former SCCU National Veterans Championships and in 1988 the East District Relay Championships when they came to Musselburgh. Both occasions proved a great success and I am confident that will be the case again for these Championships

East Lothian District Council have invested considerable funds in the popular outdoor and indoor sports facilities that now exist at Meadowmill. Runners will be able to enjoy the fast flat course across an area of East Lothian with a fascinating if bloody history. For it was here 250 years ago that Bonnie Prince Charlie's Jacobite army had it's famous victory over the government troops at the Battle of Prestonpans.

To-days sporting battles will I hope be fought out without bloodshed and the clashes witnessed at modern-day Meadowmill should be altogether more friendly!

May I wish all those taking part the very best of luck and an enjoyable days sport

Councillor George Wanless
Chairman
East Lothian District Council

YOUNG FEMALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS**3x2,500 metres****1st LAP U13, 2nd LAP U15, 3rd LAP U17****Presidents Trophy Title Holders- JGB Central AC****Race Starts 1:00pm****Declarations Close 12:30pm****Babcock Pitreavie AAC-Colours: Navy/Yellow/White Team Nos 1,2**U13 N Thomson, C Cannon, L Mitchell, L Cooch,U15 H Norman, W Golden, E Webster, S Paterson, M McArthur, J Jack,U17 L Black, E Conway, C Ballantyne, L Kelly**John Greig (Builders) Central AC-Colours: Yellow and Blue Team Nos 3,4,5,6**U13 E Waterhouse, H Stewart, S Borrowman, L Whyte, H Whitelam,U15 K Montador, J McRorie, L Nicol, K McNally,U17 K Montador, B Murphy, C Somerville, B Skinner**City of Glasgow AC-Colours: Royal Blue with Green Panel Team Nos 7,8,9,10,11**U13 S Christie, C Graham, L Hearn, L Letford, C Forrest, A Hardy, C Plenderleith, A Rough,U15 H Connell, A Hearn, M Dunn, S Maxwell, A Daly, F Reid, A Kemp, C Bird, P Gaffney,
L Mairac, K Munro,U17 D McMorran, C MacDonald, R Kerr, C Kerr, E Sinclair, L Cairney**TSB Corstorphine AC-Colours: White with Black Trim Team Nos 12,13**U13 E Smith, E Sturrock,U15 L Henderson, M Sturrock,U17 F Braid, L Gowens**Dundee Hawkhill Harriers-Colours: Blue and White Quarters Team Nos 14,15,16**U13 L Airlie, I McIntyre, L Mellon, R Taylor, F Colaco, S Scott,U15 T Stephen, J Millar, C Burnett, M Martin,U17 J Learmonth, S McCarron, V Winter**East Kilbride AAC-Colours: Gold with 2 Black hoops Team Nos 17**U13 L McDonald,U15 R Todd,U17 L Campbell**Edinburgh AC-Colours: White with 2 Black Diagonal Stripes Team Nos 18,19**U13 L Hancock, E Wardlaw, V Cairns,U15 H Moar, M Cairns,U17 L Harrison, A Hood, R Amos**Edinburgh Woollen Mill-Colours: White with Double Blue Hoops Team Nos 20,21,22**U13 G Myles, L Myles, S Hamidat, C Liddle, K Sheerin, C Jackson,U15 S Hood, R McNiven, K McDonald, N Johnstone, L Maguire, S Myles, A Brolly, S Arnott,U17 S Dunn, V Wood, A McDonald, I Knox, S Mackie, L Grossman**Falkirk Victoria Harriers-Colours: Black with Gold Band Team Nos 23,24**U13 S Lardley, J Roberts, J McLaren, J Leask,U15 C Couper, E Whinnery, L Shand, D Fraser, A Leckie, C Douglas, L Couper,U17 E Neill, C Graham**Fife AC-Colours: White with Red Band Team Nos 25,26,27**U13 K Forbes, J Shanks, F Urquhart,U15 J Henretty, L Anderson, L Petrie,U17 A Bell, H Black, C Dewey**George Heriots CCC-Colours: White with Blue Band Team Nos 28**U13 A McKay,U15 A Linlithgow,U17 B Debenham**Giffnock North AAC-Colours: Amber with Royal Blue Hoop Team Nos 29,30,31**U13 L Bendoris, J Kirk, D Wilson,U15 L Kirk, A Turner, S McKenzie,U17 K Gemmell, P Currie, P Henson**Harmony AC-Colours: Red with Green Diagonal Team Nos 32,33**U13 K Ferguson, G Moffat,U15 R Gibson, K Lownie,U17 A Nother, E Nother**IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team Nos 34,35,36**U13 G Woods, P McNelis, S Thompson, H Wyness,U15 D Harris, K Wilson, M Spence,U17 H Banks, A Easdale, S Smith, C Montgomery**Inverness Harriers-Colours: Gold with Maroon Diagonal Team Nos 37,38**U13 E Cole, V O'Brien, S Considine,U15 L Clarkson, A Gamblin, S Danby, R MacLean,U17 K MacKay, M MacDonald**Irvine AC-Colours: Red with Black Trim Team Nos 40**U13 L McAvey, A Walker, D Alderson,U15 L Hanvey, K Bryant, A McGill,U17 S McNairney, D Hershaw**Kilbarchan AAC-Colours: Gold with Black Hoop Team Nos 41,42**U13 S McGrenaghan, J Cloney, C Gibson, P Cogan, K Gallacher, H Gordon,U15 J McLay, H Townsend, F Menzies, S Barr, G McGrenaghan, S Cloney,U17 S Lindsay, L Hailey, L Black, N Davey**Lasswade AAC-Colours: White with 2 Blue Bands and Red Band Team Nos 43,44,45**U13 F Murray, A Harkins, A Turner, J McHale,U15 N Murray, A Dunlop, L Bell,U17 D Murray, J Boorhill, A Phillips, K Moore**Livingston & District AAC-Colours: Yellow with Green Stripe Team Nos 46**U13 M Walker, M Fairbairn,U15 L Rodgers, K McDaid,U17 L Sutherland

Maryhill Harriers-Colours: Royal Blue Team Nos 47

U13 M Tollan,
U15 L Carrigan,
U17 D Gallacher

Moray Road Runners-Colours: Dayglow yellow with Black Trim Team Nos 39

U13 J Logie, E Thomson, L Reid, J Meisner, A Lynch,
U15 S Stewart, T Masson, E Paterson, N Falconer, E Smith, S Riddell,
U17 F Ross, M Stewart, L Sugden, T Masson

Gleniffer High School-Colours: Red/Black/Sky Blue Team Nos 48

U13 D Kerr,
U15 N Aitchison,
U17 N Smith

YOUNG MALE ATHLETES NATIONAL RELAY CHAMPIONSHIPS

3x2,500 metres

1st LAP U13, 2nd LAP U15, 3rd LAP U17

Bellahouston Quaich Title Holders- Fife AC

Race Starts 1:35pm Declarations Close 1:05pm

Ayr Seaforth AAC-Colour: White with Red Diagonal Cross Team Nos 1/2

U13 D Bonsor, S Christie, L Evans, D McKeating,
U15 A McIndoe, K Reid, C McDonald,
U17 D Cox, C Garrett

Babcock Pitreavie AAC-Colour: Navy/Yellow/White Team Nos 3/4/5

U13 I Leitch, J McDiarmid, S Dryburgh, M McGregor, S Fraser,
U15 G Mathieson, R Mitchell, S McDiarmid, S Cargill, A Arneil,
U17 P Armstrong, S Koronka, S Roy, A Forsyth

Cambuslang Harriers-Colour: Red with White Band Team Nos 6/7/8/9/10/11

U13 K Robertson, P McNally, N Ritchie, M Gallacher, G Adam, S McNair, K Porter, D Potter,
B Fox, D Young, D Cleugh, D Murray, G Coull,
U15 J Kealy, K Kealy, S Carson, S Barber, G Allan, P Graham, R Fox, A Shields, P Porter,
D Morton, D Munro, N Campbell,
U17 G Lyon, D McRae, J Clelland, G Robertson, S Fisher, A Millar, W Bain, G Ferguson, S Ritchie

John Greig (Builders) Central AC-Colour: Yellow and Blue Team Nos 12/13/14

U13 K McNally, R Jackson, M Booth,
U15 E Gault, P Whitelam, C Finlay, M Murphy,
U17 R Houston, J McDonald, B Anderson, S Whitelam, C Logan, F McHardy, S Grieve

Clydesdale Harriers-Colour: White with Black "C" Team Nos 15/16/17/18

U13 P Doherty, D McNally, G Wright, W Rossborough,
U15 C Wright, G Kennedy, R Rossborough, M Rudzinski,
U17 G Reid, A Reid, D Moore, W Falconer

TSB Corstorphine AC-Colour: White with Black Trim Team Nos 19/20/21

U13 N Henderson, K Hynd, K Law, E Stark,
U15 A Cumming, C Hynd, S O'Brien,
U17 B Clark, G Mallen, C O'Brien

Dundee Hawkhill Harriers-Colour: Blue and White Quarters Team Nos 22/23/24/25

U13 D McDonald, P Shepherd, G Hanlon, I Tkaczyk,
U15 M Hanlon, M Cortaise, C Petric, D Dowie, A Grieve, S Milne,
U17 R Coats, R Stewart, S Maloney, N Gunstone, M Lamb

East Kilbride AAC-Colour: Gold with 2 Black hoops Team Nos 26

U13 C Henderson,
U15 K McKenna,
U17 B Madden

Edinburgh AC-Colour: White with 2 Black Diagonal Stripes Team Nos 27/28/29

U13 D Shaw, A Simson, M Redding,
U15 C Tait, L Costello, S Murphy,
U17 G Croll, J Hand, R Anderson, G McGregor, A Wardlaw

Edinburgh Southern Harriers-Colour: White with Double Blue Hoops Team Nos 30/31/32

U13 S Kemp, K Stoddart, R Roberston, J Duthie, D Solway,
U15 J Ellerby, C Sweeney, C McGhee,
U17 T Poyser, K McGhee, G Herd, M Knox, S Ratcliffe

Falkirk Victoria Harriers-Colour: Black with Gold Band Team Nos 33/34/35/36

U13 K Johnstone, K McCluskey, G Morrison, P McTavish, D Stevenson, M Donaldson, R Hurren,
U15 D Algeo, P Algeo, S Anderson, R Gliniany, N Hurren, J Shenava, G Moore, S Long, D Aitken,
U17 G Couper, M Bailey, S Lawson, A Shand, P Rafferty, M McQueenie, C Hamilton, D Craig

Fife AC-Colour: White with Red Band Team Nos 37/38/39/40/41/42

U13 A Lemoncello, A Murphy, M Nelson, A Shanks, T Greene, B Cassidy, J Calcutt,
U15 C Michie, A Cassalls, J Seeley, C Dalrymple, S Cassidy, K Black, M Patterson, R Juscouiak,
U17 I Rough, S Latimore, C Seeley, M Redelings, S Berry, C Bennison, M Bruce, J Kilpatrick,
O Greene, D Henrity

Fraserburgh R C-Colour: Black & White Team Nos 43

U13 K MacIntyre, B Crawford, I Massie,
U15 B Irvine, M Stephen, S Mackay,
U17 S Buchan, A Watson

George Heriots CCC-Colour: White with Blue Band Team Nos 44/45/46/47/48/49

U13 C McDermott, A Milne, T McCaren, D Veddie, M Rae, J Hamilton,
U15 S Campbell, I Purves, O Boyce, H Ogilvie, D Eynon, A Cochrie,
U17 A Purves, C McMillan, K Stevens, N MacGrain, S Wrightson, P Cormack

Giffnock North AAC-Colour: Amber with Royal Blue Hoop Team Nos 50/51/52/53/54

U13 J MacLachlaw, G Garroll, G Ross, R Charlin, G Fawkes,
U15 G Jolly, I Melvin, C George, J Cleghorn, C Thomson,
U17 R Meffen, D Melvin, M Dawson, M Coleman, E More

Greenock Glenpark H-Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 55/56/57

U13 A Johnstone, J Cameron,
U15 R Hendry, A McShane, R Mark, R Docherty,
U17 C McLean, J McLelland, G Parker

IBM Spango Valley AC-Colour: Vertical Yellow and Blue Stripes Team Nos 58/59/60/61/62/63

U13 A Anderson, R McIver, J Simpson, P McLaughlin, I Ferguson, G Martin,
U15 C Barlas, M Pollard, D Fraser, S McIntyre, A Osborne, P Brannigan,
U17 I Fisher, A Callan, C Henry, S Henry, P Eardley, A Roe

Inverness Harriers-Colour: Gold with Maroon Diagonal Team Nos 64

U13 A Cliff, I Ramsay, J Campbell,
U15 S McIntyre, I MacKenzie, R Henderson,
U17 M Blake, S Ramsay

Irvine AC-Colour: Red with Black Trim Team Nos 65

U13 G Cook, G Nicholson, B Curdie,
U15 S Higgins, R Collins,
U17 D Hannah, C Burke

Kilbarchan AAC-Colour: Gold with Black Hoop Team Nos 66/67/68/69

U13 D Hamilton, C Black, R McGuire, M Shaw, S Crapnell, P Arcari, C Barr, J Kane, P Daily,
U15 S MacLeod, R Preston, A Greig, A Thomson, A Robertson, A Ramsay, D Eccles, A McPeake,
U17 D Greig, T Yule, C McDerment, A McLeod, D McCormack, C Byrne, I Grattan, D Lammie

Johnnie Walker Kilmarnock H-Colour: Royal Blue with 2 White Stripes Team Nos 70/71/72/73

U13 D Shannon, C Sneddon, C Bingham, G Burns, R Mair, R Wilson, I Campbell,
U15 A McCutcheon, G Tweedie, G Kidd, A Bingham, K Murphy,
U17 J Goldie, C Gourlay, M Kerr, S Morton, W McPhail, G Keen

Kirkintilloch Olympians-Colour: Sky Blue with White and Black Hoops Team Nos 74/75/76

U13 S McDowall, R McNeil, P McDonald, J Smith, S Davies,
U15 W Earnshaw, A Gilfillan, M Houston, A Moore, N Lim,
U17 E McLoone, J McLoone, J Kane, K McDade, S Cockburn

Larkhall YMCA-Colour: Red with White Hoops Team Nos 77/78

U13 G Murray, N Cameron,
U15 R Struthers, E Cameron,
U17 A Sandilands, B Smart, R Cameron

Lasswade AAC-Colour: White with 2 Blue Bands and Red Band Team Nos 79/80

U13 D Philip, D Trotter, D Hughes, S Innes,
U15 W Clark, R Martin, D Quickfall, S Fairweather,
U17 D Veitch, B Phillips, J Morton, R Bedford, D Paxton

Law & District AAC-Colour: Amber with 2 Red Bands and 1 White Band Team Nos 81/82/83

U13 C McCann, S McCann, S Lawley,
U15 C McMahan, P Dearie, K Quigley,
U17 M Henderson, K Reid, P Fair

Livingston & District AAC-Colour: Yellow with Green Stripe Team Nos 84

U13 G Smith,
U15 B King,
U17 J Milligan

Maryhill Harriers-Colour: Royal Blue Team Nos 85

U13 C Howe, J
U15 Dodd,
U17 J McLeod

Minolta Black Isle AAC-Colour: Black with Red Diagonal Stripe Team Nos 86

U13 C Poole, R McLennan,
U15 D Melville, E McDonald,
U17 G Martin, S Campbell

Moray Road Runners-Colour: Dayglow yellow with Black Trim Team Nos 87

U13 N Beattie, A Milne, G Barnett, R Hall, C Grant,
U15 R Paterson, P Thornhill, A McDonald, F Sugden, D McGregor,
U17 J Cowie, A Chalmers, R Thornhill, A Beattie, M King

Shettleston Harriers-Colour: Blue with Yellow Band Team Nos 88

U13 J McLaren,
U15 T Stewart, M Graham, P Daly,
U17 A McDonald, D Gow, B McGarrity

Springburn Harriers-Colour: Navy Blue with White Diamond Team Nos 89/90/91

U13 C Coll, C Jamieson, A O'Neill, A Muir, I Marshall,
U15 A Aikman, S Aikman, S McLaughlan, M O'Neill, B Fleming,
U17 M Paton, R Hill, S McDonald, J Hendry

Teviotdale Harriers-Colour: White with Maroon Band Team Nos 92/93/94/95

U13 B Marsh, N Walker, C Lammie, M Trobe,
U15 R Lauder, A Gibson, G Walker, S Cottrell, C Watson,
U17 M Combe, S Lauder, S Hogg, S Kerr, J Turnbull

Victoria Park AAC-Colour: Blue and White Hoops Team Nos 96/97/98/99

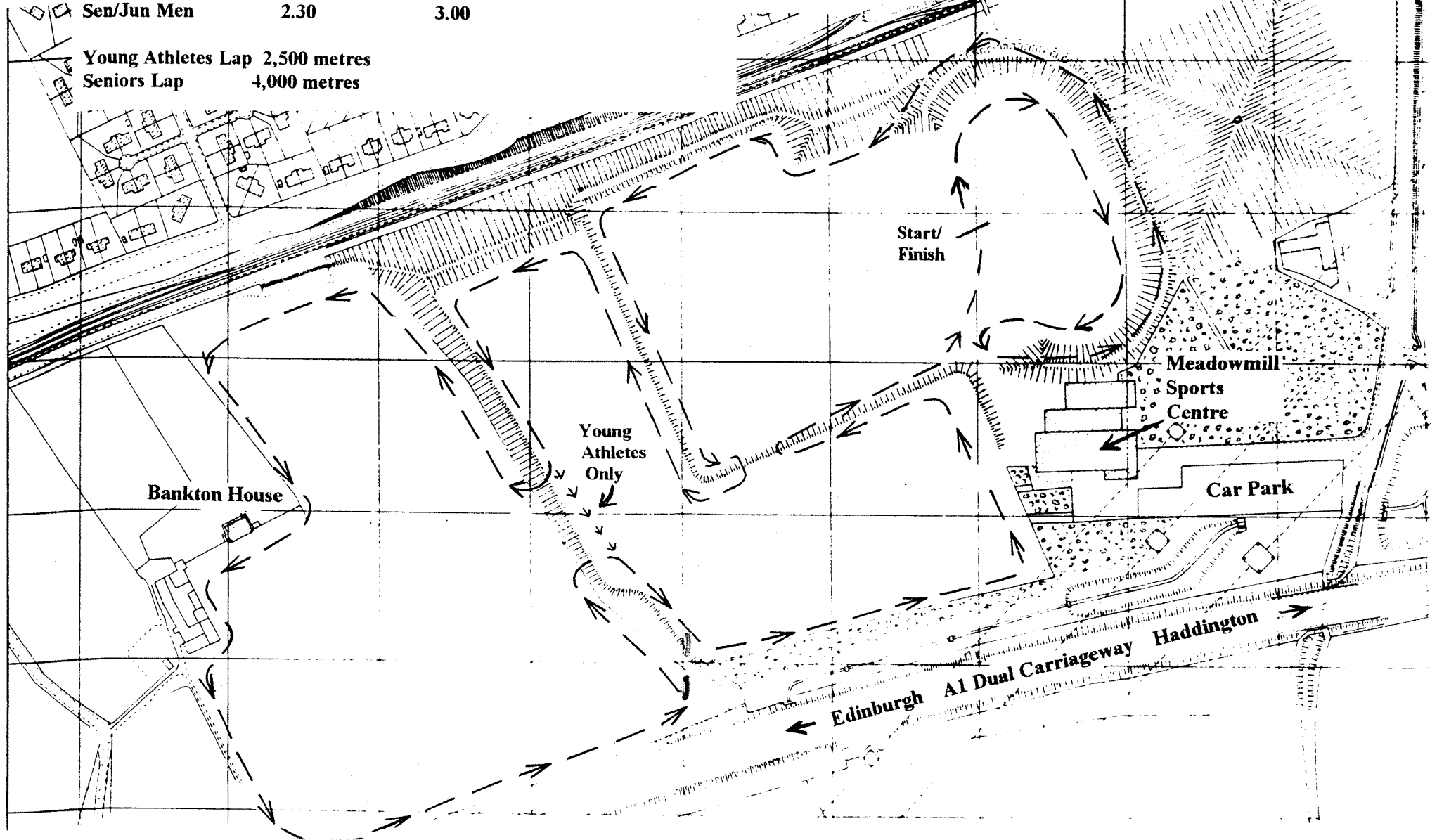
U13 C Crawford, D Rodger, G Carr, D Stevens, A Newport, M Harvie, I Bertram, A Uppal,
R McLaughlin, C Fleming, M Laird, L McGinlay, C McKichan, N Thow,
U15 D McLaren, C Munro, P Richards, S Martin, S Boyle, S Chisholm, C Shields, G Brownlee,
C Baillie, A Strain, D Thomson,
U17 J Letford, C McLucas, R Anderson, P Uppal, G Wik, P McGowan, M Strain, M Henry,
M Gilligan, J McBride, C Calway

NATIONAL CROSS COUNTRY RELAYS (Incorporating Veterans Relays)
MEADOWMILL SPORTS CENTRE, PRESTONPANS
SATURDAY 28th OCTOBER 1995



Race	Declarations Close	Start Time
Young Females	12.30	1.00
Young Males	1.05	1.35
Sen/Jun Women	1.40	2.10
Sen/Jun Men	2.30	3.00

Young Athletes Lap 2,500 metres
 Seniors Lap 4,000 metres



SENIOR/JUNIOR FEMALES NATIONAL RELAY CHAMPIONSHIPS

3x4,000 metres

D.B. Brooke Trophy Title Holders- City of Glasgow AC

Race Starts 2:10pm Declarations Close 1:40pm

Aberdeen AAC-Colours: White with 2 red hoops Team Nos 51
D Kilner, S Lamb, H Grant, T Brindley, S Armitage, K Mearns, L Davidson, G Donaldson,
S Hendry (J), A Orme

Carnethy Hill RC-Colours: Yellow with Red letters Team Nos 55
A Campbell, P Drouet, L Kirkwood, F Morris, A Mudge, G Paul, J Robertson, H Spenceley

John Greig (Builders) Central AC-Colours: Yellow and Blue Team Nos 56/57
B Callander, E Ross, J Waterhouse, D Douglas, D Burrow (J), D Greive, J Rogerson

City of Glasgow AC-Colours: Royal Blue with Green Panel Team Nos 58/59/60
M Dearie (J), E Gorman (J), S Branney, J Cox (J), B Cockburn, S Fairweather (J), P Crawley (J),
J McDevitt, A Donnelly, M Sinclair, A MacPhail, A Potts, A Harvie, L MacIntyre, H Slimon,
J Thomson

Dundee Hawkhill Harriers-Colours: Blue and White Quarters Team Nos 61/62
G Hanlon, A Carr, Y Reilly, C Smith, L Provan (J), L Rice

Edinburgh University H&H-Colours: Green with White side Panel Team Nos 93/94/95
A Braham (J), M Smith, K MacMillan, H Parkinson (J), S Garrett, K Bradley, D Nixon,
M Crawshaw, B Wilson (J), E Jordan (J), S Dickson (J), K Nelson (J)

Edinburgh Woollen Mill-Colours: White with Double Blue Hoops Team Nos 63/64
S Gollan, K Dobbie, M McClung, C Sharp, A Rose, K Baillie, K MacCallum, M Stott, S Little (J),
L Reid (J), R Bellamy (J)

FMC Carnegie Harriers-Colours: Orange and Green Team Nos 52/53/54
S Nash, D Hutton, C Hurrin, C Lisle, S Legge, J Stewart, A West, L Woods, M Taggart, J Williams,
A Vosper, J Thomson, S Welsh, L Kuz, M Wallace, J Turner, P Walker

Falkirk Victoria Harriers-Colours: Black with Gold Band Team Nos 65/66
L Murray, R Graham, L Cherrie (J), A Douglas, C Lawless, J Stevenson

Giffnock North AAC-Colours: Amber with Royal Blue Hoop Team Nos 67/68/69/70
J Armstrong, R Fordyce, R Anderson, M Taylor, A Carroll, J Grassie, M Southern, C Workman,
C Reid, S Robinson, A Richards, K Kirk

Glasgow University H & H-Colours: Black and Gold Team Nos 96/97/98
S Taplin, S Fairweather, C Caddell, M Jeffrey, E Reid, P Robertson, E Weathers, L MacIntyre,
K Lyndsay

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops Team Nos 71
E O'Brien, A Hay, J Smith, A King, Y Tosh, S Curran

Heriot Watt University-Sky Blue and Gold Team Nos 99
A Caldwell, F MacLennan (J), F Schobprt, C Rousse

Hunters Bog Trotters-Colours: Brown Team Nos 72
A Buckley, M Campbell, S Clive, A Dickson, C Hankey, D Nixon

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team Nos 73
M Blaikie, A McKee, C Gibson, J Hendrie, S McLaughlin, D Buntine

Kilbarchan AAC-Colours: Gold with Black Hoop Team Nos 74
S Allan, H Anderson (J), N Fleming (J), C Geddes, S Geddes, E McMillan, E Masson, M Menzies,
M Moore, C Murray, P Ronney

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes Team Nos 75
S Youden (J), N Youden (J), J Tonner (J), S McGregor, L Cairns, B Robertson

Kinross Road Runners-Colours: Yellow with Royal Blue Band Team Nos 76
E Hartley, O Mitchell, A Wilson, J Shah, F McAulay, G Mitchell, D Hall

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band Team Nos 77/78
B Veitch, F McKinnon, K Meikle, D McDonald, L Bright, J Neil, J Phillips, A Gerrard, L Dunlop

Livingston & District AAC-Colours: Yellow with Green Stripe Team Nos 79/80/81
V Blair, J Broenan, D Campbell, M Coleman, D Cunnane, V Dempsey, L Eades, L Galloway,
J Hailey, H Hartman, P Hawtin, J Henck, J Henders, M Hyman, R Nolan, H Palmer, P Rother,
J Salvona, M Smith, J Vickery, J Walton

Shettleston Harriers Ladies-Colours: Blue with Yellow Band Team Nos 82/83
E McBrinn, E Reid, A Hughes, J Harvey, K Scobie, S Carter, M Hastings, M Daly, J Gielseth,
S Dickson, L McClung, E Scott

St Andrews University AC-Colours: White with 2 Blue Bands Team Nos 86/87/88/89
S Smith, A Dargie, J Inman, L Cameron, K Eisenbeis, A Brewin, C Plant, C Hudson, H Fielden (J),
J Smith (J), C Rost, C Sizemore

Strathclyde University AC-Colours: Maroon with Blue and Gold hoops Team Nos 84/85
C Blair, G Potts (J), J Brown (J), K McDonald (J), E Evans, K Gibb (J), A Higgins, S Grey,
E Kinnell, M Linden, J Dixon (J), S Bremner, L Brannan (J)

Teviotdale Harriers-Colours: White with Maroon Band Team Nos 90
I Chlopas, M Keogh, J Jack

Westerlands CCC-Colours: Yellow with Black "W" on Back Team Nos 91/92
C Menhennett, J Rac, H Diamantides, E Scott, J Cairns, J Robertson

SENIOR, JUNIOR MALES NATIONAL RELAY CHAMPIONSHIPS**4x4,000 metres****Coatbridge Trophy Title Holders- Leslie Deans RC****Race Starts 3:00pm Declarations Close 2:30pm****Annan & District AC-Colours: Yellow Vest, Black Shorts Team Nos 1,2,3,4**

C McCann, C Borthwick, T Ireland, J Borthwick, B Davies, R O'Hara, M Brydson, J Murphy, R Carey, W Kinnear, N Priestley, E Barnfather, C Thomson, D Halbert, J Sloan, L Prater, A Legg, G Bell

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross Team Nos 5,6,7

P Allan, A Auld, L Baker, B Boyd, J Caird, M Fernandez, A Harris, R Hubbard, A Mackie, A Macsporrán, R Page, D Paul, A Stewart, J Strawhorn, C White, G Willie, K Neil (J), C Robertson (J), B Robinson, O Jones

Babcock Pitreavie AAC-Colours: Navy, Yellow, White Team Nos 8,9,10,11

M Grealley, C Watson, G Gardiner, D Arnott, K Duncan, J Farquhar, S Taylor, C Mathieson, S Weir, J Linaker, A Russell, S Chisholm (J), N Cunningham, P Baxter, A O'Hare, R Roy, D Harkess, B Gray

Bellahouston Harriers-Colours: Dark Blue with Light Blue Cross Team Nos 12,13,14,15,16

H Austin, D Burt, G Bell, D Branney, C Carmichael, B Collie, S Collins, T Dickie, K Davey, N Freel, G Dickson, C Joss, G Mercer, M McDonald, J McConnel, A Quinn, I Ross, H Scott, N Scott, C Scott, S Stone, J Thallon, D Williamson, A Smith, I Burice, J Harkness, D May

Calderglen Harriers-Colours: Amber and Black Vertical Stripes Team Nos 17,18,19

M Buchanan, I Hunter, A Henderson, B Stewart, M Duthie, C Steven, R Shanks, K Boag, J Cairney, D Calder, A Derrick, C McDonald

Cambuslang Harriers-Colours: Red with White Band Team Nos 20,21,22,23,24,25,26

S Wylie, C Thomson, D Runcieman, G Croll, M Gormley, W McTaggart, A Robertson, K Downie, R Arbuckle, R McIlhenny, S Fleming, J Coyle, M O'Hagen, J Brown, D Thom, P Russell, W Bates, W Ewart, M McBeth, I Reid (J), S Kennedy (J), A Dobie (J), J Thomson (J), P Farmer (J), P Anson (J), S South (J), S Ritchie (J), J Bates, E McCafferty, I Tierney, J Robertson, D Fairweather, R Sloss, P Ogden, J Quinn, F Connor, R McCleary, M McDonald, T McPake, B Gough, C McDougall, F Hurley, M Johnstone, R Anderson, J Bates, A Hughes, R Brennan, S Eaglesham

Carnethy Hill RC-Colours: Yellow with Red letters Team Nos 27,28

J Blair-Fish, K Burns, B Connor, J Coyle, J Davics, B Gauld, R Hackett, E Harvey, G MacInnes, W Mykura, C Pritchard, R Ramsdale, D Shiell, A Spencecey, J Thin, B Walkie, J Mair, J Muhi

John Greig (Builders) Central AC-Colours: Yellow and Blue Team Nos 29,30

K Whitelam, J Drummond, M Crawford, G Redpath (J), J Dickson, A Johnstone, P Paterson, H Fleming, W Gault

Clydesdale Harriers-Colours: White with Black "C" Team Nos 31,32,33,34,35,36

G Graham, J Austin, D Roache (J), E Calvert, S Daly, D McArthur, K Idessane, D Halpin, P Halpin, I Murphy, B Edridge, J Hanratty, D Gemmell, G Kane, G Kennedy, R Rossborough, J Shields, P Rudzinski, M Driver, R McInroy, D Mitchell, R Young, J Wright, D Rothin, P Dolan, J Arthur, L Pearson, W Mitchell, M Govan, D McGinley (J)

TSB Corstorphine AC-Colours: White with Black Trim Team Nos 37,38,39

M Anderson (J), R Anderson, S Blisset (J), M Caldwell, I Cumming, S Ferrier (J), N Grubb, D Henderson, K Hood, M Hulme, M Malcolm-Smith, R Jones, S Langdon, D Law, J Hynd, G McLean, P O'Brien, D Allen

Dumfries Running Club-Colours: White with Maroon and Sky blue Hoops Team Nos 40,41

L Hill, N Korr, J Laird, D Brown, D Scobie, C Heaven, M McPherson, J Fergusson, J Grierson, D Chadderton, C Kinnear

Dundee Hawkhill Harriers-Colours: Blue and White Quarters Team Nos 42,43,44,45,46

M Strachan, C Haskett, G Hanlon, E Holmes, S Borland, A Wilson, A Lamb, A Birse, B Cook, N Rait, J Hepburn, P Fox, D Hanlon, T Reid, S Kerr, R Bell, G Barrie, D Morgan, C Phelan, P Burnett, S Cromar, P McColgan, G Rennett, D Sullivan, H Glynn, B Pattison, I Campbell, G Mitchell, R McIntosh, I Moncur, T Wilkinson, J Durmin, N McAvley, J McGregor

East Kilbride AAC-Colours: Gold with 2 Black hoops Team Nos 47,48

G Colvin, D Turnbull, G Reid, E Blue, A McLellan, E Morrison, D Condra, B Ronald

Edinburgh AC-Colours: White with 2 Black Diagonal Stripes Team Nos 49,50,51,52,53

J Agnew, A Donnachie, M Fallows, M Ferguson, R Hope, M Johnson, D Marr, A McEwen, K Mortimer, R Nolan, R Riddell, C Smith, A Shanley, M Steele, R Thomson, A Ward, B Aitken, I Johnston, M McCartney, A Ford (J), M Munro (J), T Winters, G Phillip, A Gillies, F Arnot, H Hutchinson (J), P Hutton, A Kinghorn, A Laird, G Lightwood, S Wright, C Young, G Turton, H Innes, A McConnachie, E Stevenson, Z Bankowski, H Morrison, A Scott

Edinburgh Southern Harriers-Colours: White with Double Blue Hoops Team Nos 54,55,56,57,58

B Begley, D Blackie, C Cable, S Cameron, M Cooper, W Douglas, M Flynn, P Flynn, W Gallacher, D Garner, A Griffiths, B Howie, S Innes, N Johnston, N McDonald, B McFall, J Macgregor, G Mathison, P Paterson, J Proffitt, M Robertson, M Sneddon, G Steel, I Steel, N Thin, J Turner, G Turton, T Weavers, D Godfree, A Laird, N Marston

Edinburgh University H&H-Colours: Green with White side Panel Team Nos 59,60,61

R Beynon, P Mowbray, W Grant (J), O Edwards, G Stewart (J), D Godfree, J Duncan (J), G Riemarsma, J Jarvis, T Hely, D Tinker (J), S Brown, D Wright (J), J Dace, J Esson (J), J Wiggett, P Perry, S Oh-Ishi, M Holmes, J Altuna, M Morrison (J)

FMC Carnegie Harriers-Colours: Orange and Green Team Nos 62,63,64,65,66,67

P Morrison, S Ogg, I Taylor, M Turner, C Nikolaidis, I Stewart, C Law, A Milligan (J), T Thomson, D Adam, I Macdonald, R Milton, J Robb, M Ogston, D Armour, R Lippiit, B Macdonald, D Howett, K Daniels, S Gibb, G Duncan, B Duff, M Leyden, J Milton, N Duncan, T Litterick, J Douglas, T Lawlor, P Simpson, L Holland, D Forrest, L Lawson, G Vosper, R McKenzie, A Nicol, B Millar, S Reid

Falldr Victoria Harriers-Colours: Black with Gold Band Team Nos 68,69,70,71,72,73
P McKerracher, I Johnston, J Stevenson, D Mary, W Higgins, M McQuaid, K Rankin, D Murray,
J Lambie, J Martin, R Adams, R McCallum, W Day, D Lothian, D McMillan, T Stemczyk,
D McKenzie, D Gillespie, R Smith, N Dewar (J), M Horsman (J), B Paterson (J), I Wallace (J),
K Wilson (J), S Wilson (J), W Brotton, S Robertson, A Ronald, G Brown, K Stirray, A Ronald,
P Carywright, D Lothian, J Norval, A Rodger, W Sharp, C Vassie, R Gray

Ferranti AAC-Colours: Yellow with Black letters Team Nos 74,75
J Gavin, P Caban, R Watter, K Weston, I Shaw, J Cooney, B Thomson, A Bell, K Nicol, R Brown,
T Ridley, P Toohey, J Potter, E McDonald, M Fraser
Fife AC-Colours: White with Red Band Team Nos 76,77,78,79,80,81
T Mitchell, J Cunningham, H McKay, C Ross, D Gunstone, B Cruickshank, B McManus, J Rought,
S Graves, D McGregor (J), I Wallace (J), V McPherson (J), L Edwards, B Thomson, J Watson,
K McCue, T Black, G Bennison, D Francis, B Landels, J Holden, A Cassalls, J Close, F Cation,
J Leggette, W Leggette (J), M McReadie, A Davies, M Laing, M Chateau, S Moss, J Haig,
J Robertson, P Robertson, K Harkness, B Peachey, M Kuzyszyn, M McNaught, R Morrison,
R Hilditch, W Kilgour

Garscube Harriers-Colours: White with Blue Band Team Nos 82,83,84,85
W Cassidy, S Cullen, R Downie, J Dryden, I Dunn, D Geddes, S Hossack, D Heppell, S Irvine,
J McAnerly, K MacAnna, J McLaughan, W Marshall, R Mennie, S Sheridan, F Wallace

George Heriots CCC-Colours: White with Blue Band Team Nos 86
M Fitchett(J), C Goddard (J), G Lawrie (J), D Budge (J), G Robertson (J), S Goddard, K Sharif

Giffnock North AAC-Colours: Amber with Royal Blue Hoop Team Nos 87,88
A Watson, F Galbraith, A Stewart, F McCann, A Hay, C Rankin, I Airdrie, I Millar, A McLachlan,
C Thomson, B Nolan, D Campbell, M Campbell

Glasgow University H & H-Colours: Black and Gold Team Nos 89,90,91,92
G Barrie, C Moran, E Toner, K Corbett, E Jack, A Mace, L Stone, T McHugh, S Smith, J Dargie,
M Bain (J), I Wallace (J), C Goddard (J), M Farrell, S French, P Ashworth, J Wilson

Greenock Glenpark Harriers-Colours: Sky Blue with Blue and Gold Hoops Team Nos 93,94,95,96,97,98
R Shaw, A Puckrin, C Morrison, T Knight, K Morrison, J Smith, T McCallion, J Kerr, J Hendry,
J Russell, J Sheridan, D Guy, W Jukes, D McNeill, M McKendrick, P Duffy, G Mitchell,
C Hendry (J), S McLoone, D McKenna, P Russell, G Russell, R Dolan, D McLaughlin,
J Carruthers, R McDonald, R Cleary, I Cameron, R Davidson, K Scott, N Armsworth, W Jenkins,
J Bennett, E Currie, J McFadyen, H Cox, R Hodelet, T Curran, H Fenion, R Fleming, H Gibson,
R Mitchell, J McCormick, J Mason, D McCorkindale, S Way, J Cuffe, P Carroll

Greenock WellPark Harriers-Colours: White with Black Hoop Team No 99
G Gaffney, G King, D MacFadyen, J McKenna, I McKenna, J Sloss, H Dinnings, G Newman,
J Dick, H Muir

Haddington East Lothian Pacemakers-Colours: Red and White Halves Team Nos 100,101,102
P McDonald, J Forte, D McGuinness, M Dickie, R Harris, D Bell, J Smith, T Harley, J Baird,
B Marshal, C Banford, R Hope, A Wallace, G Armstong, P Darling, B Carr

Heriot Watt University-Sky Blue and Gold Team Nos 103,104,105
P Leonard, S Bolland, S Duncan, T Ellis, D Stewart (J), M Every-Clayton, M Slater, K Donaldson,
A Nixey, A Ward, J Murray, B Thompson

Hunters Bog Trotters-Colours: Brown Team Nos 106,107,108
S Axon, D Ball, N Blissett, R Brown, R Elliot, C Farquharson, T Gillespie, K Gooch, B Gray,
D Greenlee, J Hampshire, I Harkness, C Hunter, J Jarvis, A Jenkins, P Keightley, A Keith (J),
J Keogh, A Lorimer, I Marshall, J Mackay, G Mitchell, P Mowbray, P O'Kane, R Rodgers, E Scott,
P Shaw, D Taylor, R Thomas, D Wall, S Baxter, W Blair, A Buckley, P Fox, B Hughes, G Simpson,
M Thomas, J Thynne, A Wadsworth, S Wright

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes Team Nos 109,110,111,112,113,114
T Tipping, B Broadley, G Clark, S Hodge, J Connaghan, S Connaghan, D Campbell, F Campbell,
C Cromar, S Dalgleish, I MacDonald, D Martin, R Martin, D McCabe, E McKee, C Robison,
R Hyett, C Spence, E Watt, T Olding, T Wilkie, T Tracey, M Hicks, D Munro, P Grant,
L McMahan, C Black, M Girolami, C Leck, J Lewis, G Davidson, T Murray, B Knight,
D McGarrity, E Smyth

Irvine AC-Colours: Red with Black Trim Team Nos 115,116,117
C Miller, B Craig, J Morton, B Adam, B Richardson, McNamee, L Richardson, T Johnson,
D Brown, D Campbell, R Cheyne, J Stevenson, J White

Kilbarchan AAC-Colours: Gold with Black Hoop Team Nos 118,119,120,121
T Anderson, P Bennie, J Carruth, J Davidson, G Fairley, R Fitzsimmons, G Gibson, R Hawkins,
T Hearle, A Johnstone, A McAngus, R McCulloch, I McDougall, R McKenna, J McMillan,
D Mense, R Miller, D Petrie, R Quinn, A Ross, J Snodgrass, G Tenney, P Walder, M McGinley,
A Mitchell (J), J Green, A Hastie (J), J McInnes, S Russell, H Ross, A Smith, B Leddes,
A Clugston (J)

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes Team Nos 122,123,124
J Tonner, E Tonner, J Goldie, D Campbell, S Dickson, S Murray, R Dalziel, A Ballantine, G Cairns,
G Morton, W McPhail, B McGlynn, I Gebbie, F Evans, D Mitchell, W Robertson, I Drummond,
A Graham, S Russel, J Halliday, H Rankin, R Ferguson

Kinross Road Runners-Colours: Yellow with Royal Blue Band Team Nos 125,126,127
A Munro, G Hartley, M McIntosh (J), B Kemp, J Speirs, T Quigley, R McCraw, S Crawford,
T Gajewski, C McLeod, W Kent, E Bell-Scott, M Hughes, W Hargreaves (J), J Barclay, D Mitchell,
G Graham, E Hartley, M Graham, G Noullan, T Sweeney, D Anderson, G Cowan

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops Team Nos 128,129,130
C Burns, D Docherty (J), D Goutcher, J Little, G McConnell, K McNeil, I McGurk, G McLean,
S McLean, K Leitch, S Grant (J), J Hamilton (J), R Brown, N Gallacher, J Dalziel, M Durman,
I Campbell

Larkhall YMCA-Colours: Red with White Hoops Team Nos 131
P Smart (J), D Cowan, J Hunter, K Woods, A McCormack, B Cowan (J)

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band Team Nos 132,133,134
S Murray (J), D Campbell (J), M Hamlin (J), N Beaumont, A Hubble, A Cumming, A McIntosh,
R Aitken, R Wallace, A Scott, N Lyall (J), N Rutherford, J Martin, R Kettles, J Owens,
C Hopkinson, P Fettes, J Murray (J), A Smith, N Gauld, R Frew, G Fernie, L Walker

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band Team Nos 135,136,137
A Russell, J Frood, J Muir, I McFarlane, J Reid, A Ramage, D Muir (J), J Rowely, J Tervit,
J Gourlay, A Cardwell, B Dickson

Leslie Deans Racing Club-Colours: Cobalt Blue Team Nos 138,139,140,141,142,143
G Booth, I Brown, K Chapman, S Cohen, M Coyne, M Coyne (Sen), P Fleming, D Gardiner,
J Graham, T Hanlon, A Hutton, S Kerr, B Kirkwood, K Lyall, F McGowan, R Mooney, A Robson,
J Robson, D Ross, J Ross, K Smith, G Stewart, I Veitch, S Cairns

Linlithgow AAC-Colours: White & Yellow/black & Blue Hoops Team Nos 144
G Forrest, C Hutcheon, R Shaw, G Burrows

Livingston & District AAC-Colours: Yellow with Green Stripe Team Nos 145,146,147
G Ackland, A Agnew, M Arndt, S Balfour, D Beagley, T Brand, S Campbell, M Colligan,
S Conway, S Dempsey, P Dymoke, C Eades, G Gilhoolley, S Hyslop, M Kassyk, A Kitchen,
M Leadbetter, R Lee, M Leiberman, I Lindsay, M Lyon, I McAdam, D McGregor, W McPhail,
N Melville, C Meek, D Oswald, G Riemersma, I Seggie, D Simmons, C Walton, P West

Lucozade Motherwell District AC-Colours: Red with White edging Team Nos 148,149
J Hughes, B McAlinden, A Ferguson, J Brockett, J Love, S Gibson (J), D Fallows, G Murray

Maryhill Harriers-Colours: Royal Blue Team Nos 150,151,152
M McCartney, J McCartney, M Gallacher, J Houston, K Stevenson, D Shearon, J Micoud,
L McCue, P Kearney, M Kettle, A McGrory, A Cunningham

Metro Aberdeen RC-Colours: Red Team Nos 153,154,155
C Benzies, F Clyne, P Graham, P Jennings, J Stewart, I Tack, K Varney, I Williamson, C Youngson,
K Farquhar, M Johnson, G Main, N Milovsorov, B Moroney, R Taylor, K Tulloch, S Willox

Moray Road Runners-Colours: Dayglow yellow with Black Trim Team Nos 156
G Milne, G Sim, E Paterson, R Curtis, D Stewart, F Scott

Penicuik Harriers-Colours: Purple with White Panels Team Nos 157
S Baird, D Buchan, D Cairns, M Browne, S Davidson, C Graham, J Jansen, M McEwen,
C Patterson, A Robertson

Shettleston Harriers-Colours: Blue with Yellow Band Team Nos 158,159,160,161
A Callan, C Bradshaw, D Buchanan, J Cairney, D Cameron, W Coyle, A Coyne, D Crowe,
J Donnelly, J Evans, J Duffy, D Gilmore, J Hendry, G Kirk, A Little, R Loughran, J MacKay,
J McCall, A McCormick, P McDivitt, D McGonagle, G McKie, P McMahon, J McMillan,
B McMonagle, D McMorran, J Morrison, J Norton, C Ross, W Scally, B Scally, J Sorrie,
C Thomson, S Whitehill, G Wight, E Wilkinson, D Williams, D Connelly (J), H Watson,
J Wilkinson, A McDonald, K McLean

Standard Life AC-Colours: Blue with Yellow trim Team Nos 162
B Smith, C Durn, P Shaw, S Downes, J Ewing, F Houston, R McLennan

Springburn Harriers-Colours: Navy Blue with White Diamond Team Nos 163,164,165,166,167
J Bell, A Callan, A Chalmers, J Cooper, L Crawford, E Dickson, C Fleming, H Gorman, A Hill,
D Houston, P Laing, A McIndoe, E McNair, W McGregor, D Morton, W Forrell, H O'Malley,
J Owens, H Webb, F Thom, F Wright, T Fontana, J Harper

St Andrews University AC-Colours: White with 2 Blue Bands Team Nos 168,169
P Grogan, P Conner, R Lowe (J), P Corrigan, O Millingham, D Kirkpatrick, D Mitchell,
D Mcpherson (J)

Strathclyde University AC-Colours: Maroon with Blue and Gold hoops Team Nos 170,171
A Muir, I Tierney, G Richards, J Brown, P Kippelen, M Gehin, A Phillips (J), A Clugston (J)

Teviotdale Harriers-Colours: White with Maroon Band Team Nos 172,173,174,175,176
M McClure, C Scott, R Halliday, D Barr, R Cranston, C Nichol, A Reid, B Spence, F Cannon,
R Templeman, D Macmillan, A Fair, B Emerson, S Watson (J), A Casson, P Douglas, D Blaikie,
D Cavers, K Logan, N Maltman, A Walker, A Renwick, I Elliot, G Henry, A Coltman

Troon Tortoises AC-Colours: Yellow with 2 Black Half hoops Team Nos 177,178
N Alexander, J Anderton, I Beattie, M Ceccitini, V Daly, J Dunlop, B Lambie, O Light, G McCabe,
G McGregor, B McKeating, J McKinlay, G Malone, C Martin, R Miller, E O'Hanlon, S Robertson,
W Spark

Victoria Park AAC-Colours: Blue and White Hoops Team Nos 179,180,181
S Gilmour, A Douglas, S Basnett, D Fotheringham, C Greenhalgh, G Greenhalgh, C Little, J Doyle,
K Brown, C Steele, A Campbell, P Young, M Baillie, M Smith, K McVey, J Marr, R Wood,
P McGregor, A Cairney, M Pate (J), M Baillie (J)

Westerlands CCC-Colours: Yellow with Black "W" on Back Team Nos 182,183
M Rigby, D Rogers, J McConnell, G Orr, M Ogston, K White, E Ramsay, M Gorman