

SCOTTISH CROSS-COUNTRY UNION



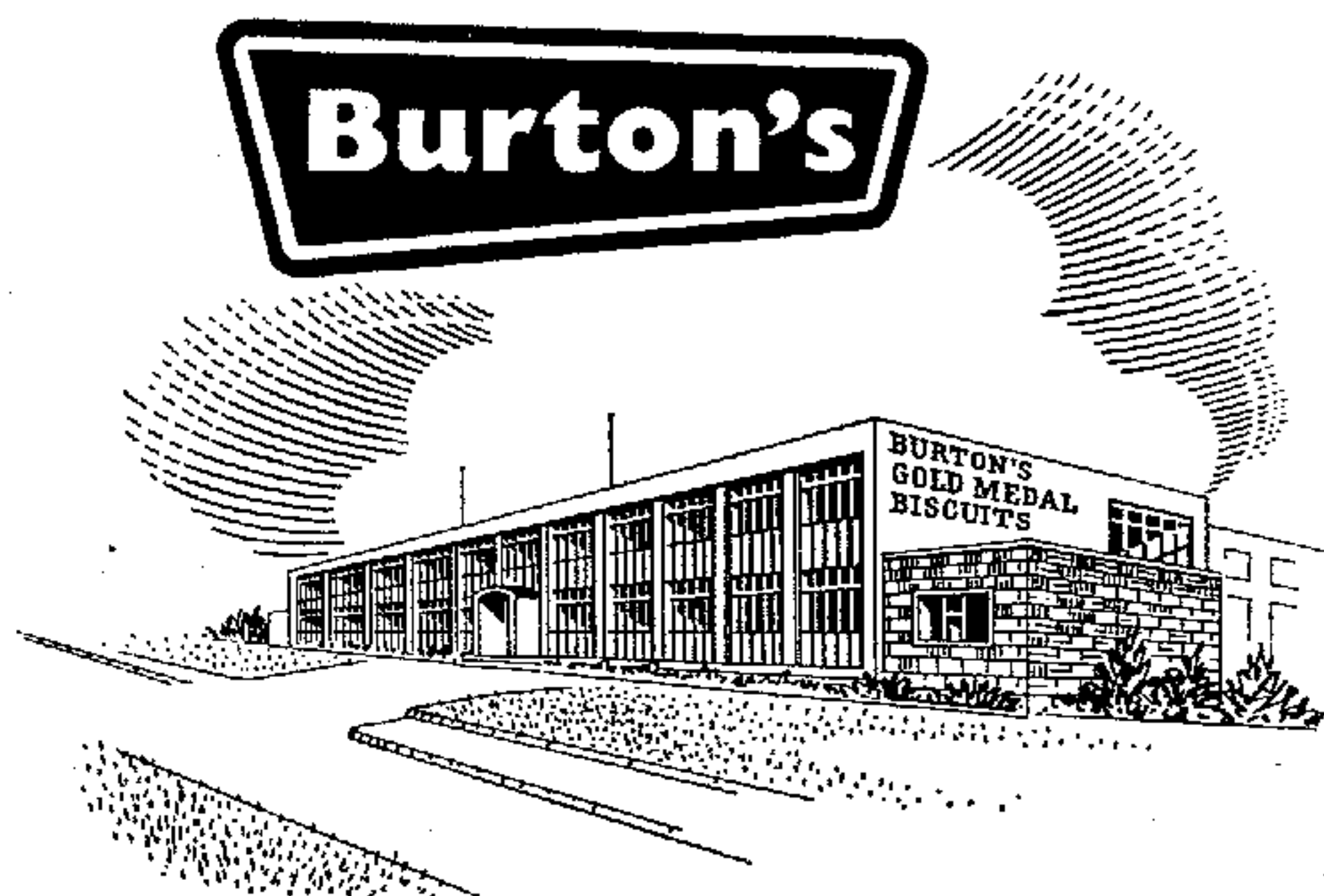
Eastern District
**CROSS-COUNTRY
CHAMPIONSHIPS**

Heriot-Watt University, Riccarton Campus, Edinburgh
Saturday, 21st January, 1978

SPONSORED BY



GOLD MEDAL BISCUITS LTD.



Makers of Fine Shortbread and Biscuits in Edinburgh

BURTONS GOLD MEDAL BISCUITS LTD
SIGHTHILL · EDINBURGH

A TALE OF FOUR CITIES

EDINBURGH - wide streets, beautiful buildings and gardens, an historian's paradise, particularly along the length of the "Royal Mile", stretching from the famous Castle to Holyrood Palace. Scotland's capital, a fascinating and unique city, world renowned through its picture-postcard views and International Festival.

BLACKPOOL - fun and entertainment capital of the U.K. with a "Golden Mile" rather than a Royal one. Sandy beaches, pleasure gardens, fun fairs, theatres and the imposing Blackpool Tower are the main features which make the town Britain's top holiday centre. The late-summer splendour of Blackpool's illuminations is an annual attraction for many thousands of holidaymakers.

LLANTARNAM - a name not so well known, so it might be helpful to say that it is close to Newport in South Wales. Surrounded by green fields, and pleasantly undulating countryside, a greater contrast to fun-filled Blackpool would be hard to imagine. The peaceful valleys and friendly country inns represent a world apart from big city life.

SLOUGH - an industrial centre close to the huge metropolis of London, and not much more than a stone's throw from the perimeter of London's greater international airport, Heathrow. Slough's long established Trading Estates have easy access to Motorway links with the rest of the U.K. making it a prime area for successful manufacturing industry.

Finding four more diverse locations in Britain would be a difficult task, but these places do have at least one factor in common. Each is the home of one of the four large factories which produce the goods for Burton's Gold Medal Biscuits Limited, and each factory plays its full part in the continuing success story of Burton's products. All four of the factories produce many varieties of packeted biscuits, but, in addition, each has its own special snack or sweet items which are proving strong sellers.

'BURTON'S GOLD MEDAL BISCUITS' - the name is a guarantee of high quality and competitive price. Everyone at Burton's works together to ensure that every customer is a satisfied customer.

U.K. Sales Office:
Vicarage Lane
BLACKPOOL FY4 4NQ
Lancs.

Scottish Sales Office:
Quality House
Sighthill
EDINBURGH EH11 4HN

THE SCOTTISH CROSS COUNTRY UNION

gratefully acknowledges the generous financial assistance

given by

BURTON'S GOLD MEDAL BISCUITS LTD

in their sponsorship of the 1978 Eastern District Championships

Heriot-Watt University are indebted to MR. JAMIESON, who has allowed his field to be included within the course.

Competitors are requested not to leave valuables in the dressing-rooms; neither Heriot-Watt University nor the S.C.C.U. will take responsibility for the loss of valuables.

Tea tickets, price 30p, are available in the entrance hall of the Sports Centre; teas will be served upstairs in the lounge from 3.00 p.m.

Result sheets for all age groups will be available by the end of the afternoon - in the entrance hallway.

T I M E T A B L E

	<u>Declarations close at:</u>	<u>Start</u>
COLTS	1.15	1.30
JUNIOR BOYS	1.30	1.55
SENIOR BOYS	1.45	2.25
YOUTHS	2.00	2.40
SENIORS/JUNIOR MEN	2.30	3.20

PRESENTATION OF AWARDS 5.00 p.m.

THE PRESENTATIONS WILL BE MADE BY MRS. ELISE GUY, WIFE OF THE
MANAGING DIRECTOR OF BURTON'S GOLD MEDAL BISCUITS, LTD., MR. D. E. GUY.

1978 S.C.C.U. EAST DISTRICT CHAMPIONSHIPS

HERIOT - WATT UNIVERSITY, RICCARTON.

21st JANUARY, 1978.

O F F I C I A L S

Chief Judge: A. Falconer

Referee: I. Ross

Clerk of the Course: M. A. Fitchett

Chief Timekeepers: Prof. N. Campbell, O.B.E.
J. Mitchell

Timekeepers: T. Stillie
D. Scott
J. Bruce

Starter: D. G. Mieras

Declarations: H. Robertson
A. Knowles
A. Scott
R. McFarlane
B. Craighead
A. Sommers

Recording: G. Kapelle
W. Grant
G. Johnston
M. Barnes

Master Sheet: R. Greenoak
G. Aithie

Stewards: G. Orr

C O U R S E

COLTS	1 x lap B
JUNIOR BOYS	1 x loop + 1 x lap B
SENIOR BOYS	1 x loop + 1 full lap
YOUTHS	1 full lap + lap B
SENIORS/ JUNIOR MEN	1 loop + 2 full laps

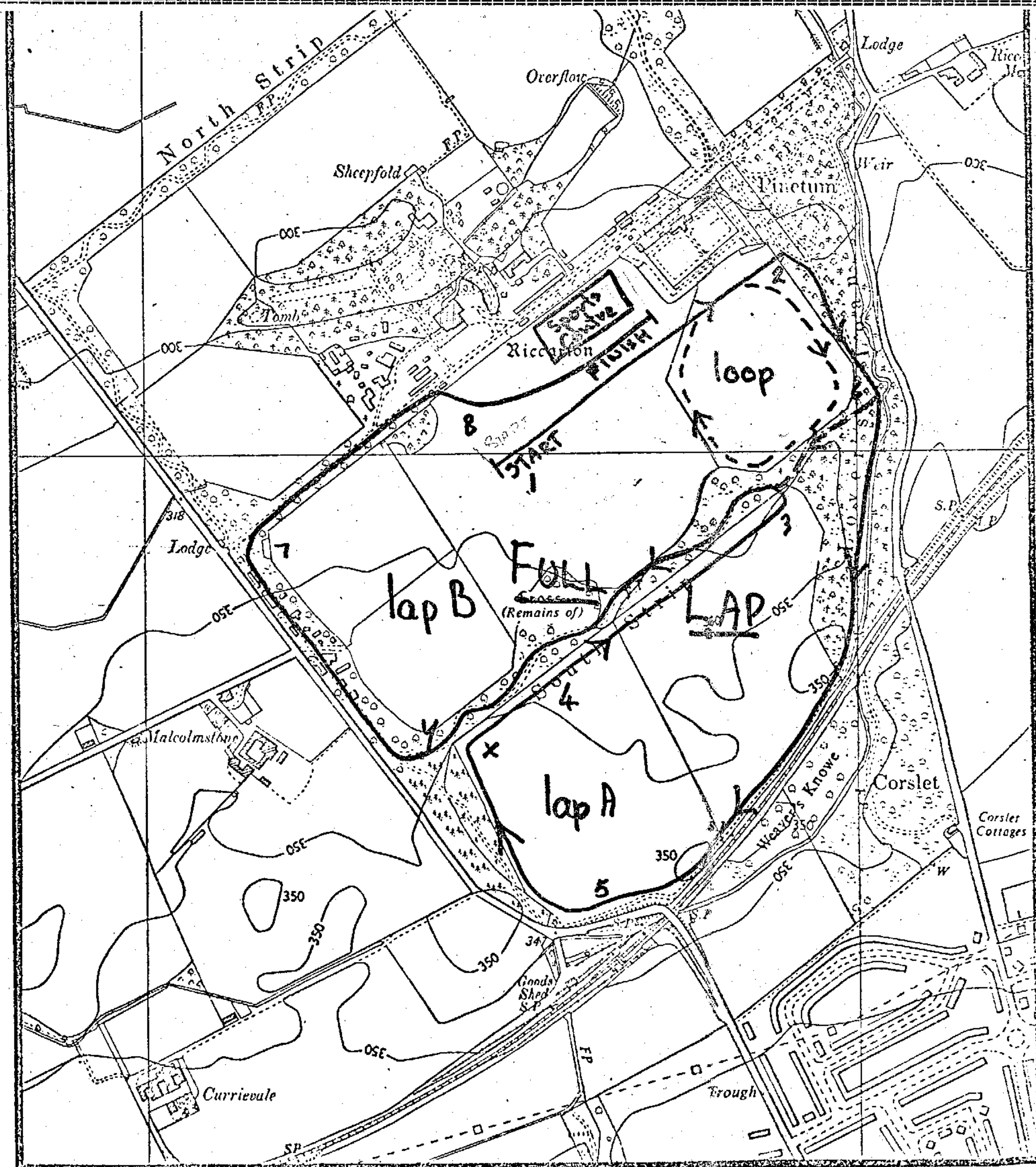
1 full lap = lap A = lap B.

COURSE DETAILS:

- 1 - 2 Playing-fields - grass.
- 2 - 3 Footpath - firm ground, some stones.
- 3 - 4 Edge of field - grass.
- 4 - 5 Ploughed field.
- 5 - 6 Footpath - firm ground, some stones.
- 6 - 7 Wooded path - grass, soft ground.
- 7 - 8 Edge of road - grass verge.

Finish of all races opposite Sports Centre.

A RADIO LINK WILL BE MAINTAINED WITH
POSITIONS 'X' AND 'Y'. SPECTATORS WILL
BE KEPT IN TOUCH WITH THE LEADING RUNNERS
VIA THE TANNOY.



JUNIOR BOYS (CONT'D)

FIFE SOUTHERN HARRIERS

67 I. McNeil
68 S. Doig
69 D. Costello
70 I. Mawson
71 G. Russell
72 G. Hill
73 J. Mudie
74 P. Gallacher
75 B. Thomson

Reserves:
76 L. Wilson
77 S. Shaw

GALA HARRIERS

78 K. Hume
79 M. Kidd
80 I. Ormiston
81 D. Scott
82 T. Wyse

GEORGE HERIOT'S SCHOOL

83 I. Slater
84 A. Shave
85 G. McCaskey

HARMENY A.C.

86 G. Porteous
87 P. Kane
88 D. Wright
89 J. Keane
90 S. Hocking
91 D. Nicholson

LIVINGSTON AND
DISTRICT A.A.C.

92 I. Noon
93 T. Lyden
94 J. Bingham
95 D. Brownlee

PENICUIK HARRIERS

96 B. Gall
97 F. Russell
98 D. Gillies
99 G. Allan

PITREAVIE A.A.C.

100 G. McAlpine
101 D. Cairns
102 M. Arnott
103 W. Broadfoot
104 P. Turnbull

TAYSIDE A.A.C.

105 C. Neill
106 J. Neill
107 A. Henderson
108 A. Morrison
109 A. Lindsay
110 K. Knox
111 D. McQueen
112 G. Hutton

TEVIOTDALE HARRIERS

113 P. Robertson
114 A. Clyne
115 K. Pringle
116 B. Smith
117 C. Scott

INDIVIDUALS

118 S. Barclay (Edinburgh
Southern Harriers)
119 J. Garland (Perth
Strathtay Harriers)
120 I. Leitch (Perth
Strathtay Harriers)
121 R. Stark (Unattached)
122 W. Banks (Unattached)

L A T E E N T R Y
FIFE SOUTHERN HARRIERS

123 W. Easson
124 B. Wallace
125 M. Coleman
126 P. Sutherland
127 A. Hoggan
128 J. Wright
129 A. Moffat
130 D. Milne

SENIOR BOYS. 3 MILES.

(Competitors under 15 and over 13 as on 1st April, 1977)

TEAM (3 to count): EDINBURGH A.C. TROPHY. 1977 Winners - Edinburgh Southern Harriers.

INDIVIDUAL 1977 CHAMPION - J. Gladwin.

ABERDEEN A.A.C.

151 K. Smart
152 D. Stephen
153 R. Creswell
154 E. Cameron
155 F. Dunphy
156 W. Black
157 P. Diack
158 I. Vance
159 S. Brown

Reserves:

160 R. Masson
161 D. Mitchell

BERWICKSHIRE H.S.

162 K. Locke
163 A. Gray
164 R. Kirk
165 S. Kingsley

CENTRAL REGION A.C.

166 A. Murray
167 G. Paterson
168 S. Arnold
169 M. Walker
170 R. Hutchinson
171 J. Ross
172 I. Emerson
173 A. Kirit
174 J. Lambie

Reserves:

175 D. Pole

EDINBURGH A.C.

176 T. Miller
177 N. Robertson
178 A. McKay
179 J. Lawrie
180 S. Dick
181 A. Morrison
182 I. Taylor
183 J. Kelly
184 A. Burns

Reserves:

185 R. McFarlane
186 J. Blair
187 P. Epton
188 J. Donald
189 J. Cronan
190 J. Blair

EDINBURGH SOUTHERN HARRIERS

191 J. Steel
192 K. Turner
193 D. Brodie
194 D. Slessor
195 D. Mowat
196 D. Alessandra
197 J. Anderson
198 J. Blues
199 C. Kerr

Reserves:

200 S. Herriot
201 A. McFadyen
202 B. Kidd

FALKIRK VICTORIA HARRIERS

203 P. Faulds
204 S. Todd
205 I. Gibson
206 G. Mitchell
207 S. Marshall
208 A. Grindlay
209 W. Grieve
210 M. Coyne
211 A. Heeps

FIFE A.C.

212 G. Smith
213 P. Simpson
214 I. Cuthbert
215 I. Ness

FIFE SOUTHERN HARRIERS

216 K. Shaw
217 T. Gourlay
218 D. Seivewright
219 S. Nicol
220 J. Louis

GALA HARRIERS

221 T. Brown
222 D. Jeffrey
223 C. McArthur
224 I. Sheldrick
225 J. Taylor

SENIOR BOYS (CONT'D)

GEORGE HERIOT'S SCHOOL

226 M. Goodier
227 E. McQueen
228 A. Pringle
229 S. Notman

LIVINGSTON & DISTRICT
A.A.C.

230 D. Farrell
231 I. Johnston
232 R. Queen

PITREAVIE A.A.C.

233 D. Anderson
234 B. Lynch
235 A. Middleton
236 G. Porteous
237 D. Allison

TAYSIDE A.A.C.

238 A. Walker
239 V. Neill
240 C. Henderson

TEVIOTDALE HARRIERS

241 D. Lauder
242 D. Gray
243 S. McCrone
244 R. Smith
245 D. Stirrat
246 A. Inglis
247 G. Campbell
248 C. Hamilton

INDIVIDUALS

249 A. Moracen (Edinburgh A.C.)
250 I. Taylor (Edinburgh A.C.)
251 M. Coulter (Fauldhouse Miners
Harriers)
252 D. Melaraqui (Fettes College)
253 D. Davidson (Fettes College)
254 A. Bennet (Penicuik Harriers)
255 M. Harrower (Penicuik Harriers)
256 D. Scott (Perth Strathtay
Harriers)

L A T E E N T R Y

FIFE SOUTHERN HARRIERS

257 G. Logan
258 A. Smith
259 I. Aitchison
260 A. Napier
261 J. Cunningham

Y O U T H S. (4 MILES)

(Competitors under 17 and over 15 as on 1st April, 1977)

TEAM (3 to count): STENHOUSE TROPHY. 1977 Winners - Edinburgh Athletic Club.

INDIVIDUAL: TOM T. TODD MEMORIAL CUP. 1977 CHAMPION - N. Jones.

ABERDEEN A.A.C.

- 1 R. Mitchell
- 2 H. Piggins
- 3 E. Jenkins
- 4 W. Watson
- 5 R. Roger
- 6 K. Lyon
- 7 R. Arbuckle
- 8 G. Gray

CENTRAL REGION A.C.

- 9 A. Bryce
- 10 G. Marshall
- 11 M. Stewart
- 12 C. Ross
- 13 I. Torrance
- 14 D. McMillan
- 15 B. Kane
- 16 A. Erskine

EDINBURGH A.C.

- 17 J. Arkles
- 18 K. Wilson
- 19 K. Murphy
- 20 G. Watson
- 21 N. Green
- 22 P. Masterton

EDINBURGH SOUTHERN HARRIERS

- 23 C. Hume
- 24 D. Bryson
- 25 B. Neilson
- 26 J. Gladwyn
- 27 K. Harkness
- 28 G. Mathison
- 29 H. Millar
- 30 D. Crozier

FALKIRK VICTORIA HARRIERS

- 31 D. Gibson
- 32 J. Pentecost
- 33 R. McCallum
- 34 A. Moodie
- 35 A. Grieve
- 36 C. Cochrane

FIFE A.C.

- 37 J. Ness
- 38 P. Letman
- 39 S. Gemmill

FIFE SOUTHERN HARRIERS

- 40 G. Smith
- 41 K. Anthony
- 42 G. Costello
- 43 J. Ferguson
- 44 W. Rankine
- 45 J. Nicol

GALA HARRIERS

- 46 P. Croan
- 47 C. Renton
- 48 S. Young

GEORGE HERIOT'S SCHOOL

- 49 K. Mortimer
- 50 J. Mortimer
- 51 M. Goodier
- 52 A. Bradshaw
- 53 E. Fleming
- 54 B. Dougall

HERIOT-WATT UNIVERSITY

- 55 K. Elliot
- 56 A. Creighton
- 57 I. Thomson

PERTH STRATHTAY HARRIERS

- 58 A. Leitch
- 59 D. Dow
- 60 I. Moody

PITREAVIE A.A.C.

- 61 C. Wilson
- 62 K. Cameron
- 63 R. Shurhan
- 64 A. Allison

Y O U T H S (CONT'D)

TAYSIDE A.A.C.

65 S. Walker
66 D. Mackenzie
67 A. Smith

TEVIOTDALE HARRIERS

68 D. Hunter
69 N. Gobby
70 A. Carruthers

INDIVIDUALS

71 D. Bryson (Edinburgh University)
72 T. Doyle (Fauldhouse Miners
Harriers)
73 A. McKinven (Livingston District
A.A.C.)
74 T. Donaghue (Livingston District
A.A.C.)
75 M. Paterson (Penicuik Harriers)
76 D. Taylor (Penicuik Harriers)

SENIORS/JUNIOR MEN. (6 MILES)

(Competitors aged 17 or over on 1st April, 1977;
Juniors- under 20 as on 1st April, 1978).

TEAM RACE (6 to count): FRASER TROPHY. 1977 Winners - Edinburgh Athletic Club.

INDIVIDUAL: 1977 CHAMPION (Senior): A. McKean - Edinburgh Athletic Club.

1977 CHAMPION (Junior): I. Brown - Falkirk Victoria Harriers.

ABERDEEN A.A.C.

- 1 G. Laing
- 2 M. Edwards
- 3 D. Buchan
- 4 K. Walker
- 5 W. Ewing
- 6 L. Walker
- 7 D. Troup
- 8 W. Watson
- 9 D. Duffy
- 10 D. Shepherd
- 11 B. Goodman
- 12 J. Hepburn

Reserves:

- 13 C. Martin
- 14 J. Adran
- 15 N. Howarth
- 16 R. McIntosh
- 17 W. Dinck
- 18 G. Smith

ABERDEEN UNIVERSITY

H. & H.

- 19 J. Wells
 - 20 T. Dubois
 - 21 D. Lamb
 - 22 J. Lamont
 - 23 P. Huxley
 - 24 C. Copping
- Reserves:
- 25 S. Taylor

DUNDEE UNIVERSITY HARRIERS

- 34 S. Mackay
- 35 T. Davidson
- 36 A. Caird
- 37 D. Wilson
- 38 N. Paterson
- 39 R. Hay
- 40 I. Hendrie
- 41 N. Hargreaves

EDINBURGH ATHLETIC CLUB

- 42 A. McKean
- 43 D. Gunstone
- 44 D. Hunter
- 45 A. Wight
- 46 J. Wight
- 47 C. Aithie
- 48 C. Keir
- 49 D. Watson
- 50 R. Morris
- 51 N. Jones
- 52 A. Weatherhead
- 53 D. Knowles

Reserves:

- 54 A. Keith
- 55 P. Forbes
- 56 R. Knowles
- 57 D. Ross
- 58 D. Gray
- 59 E. Fisher

EDINBURGH SOUTHERN HARRIERS

- 60 G. Brown
- 61 A. Blamire
- 62 A. Cameron
- 63 M. Craven
- 64 I. Elliot
- 65 A. Hutton
- 66 D. MacDonald
- 67 A. Murray
- 68 J. Robson
- 69 A. Robertson
- 70 A. Stark
- 71 C. Youngson

DUNDEE HAWKHILL HARRIERS

- 26 C. Ross
- 27 C. Haskett
- 28 B. Angus
- 29 R. Oliver
- 30 E. Nichols
- 31 G. Bright
- 32 K. Guild
- 33 R. Downes

SENIORS/JUNIOR MEN (CONT'D)

EDINBURGH SOUTHERN HARRIERS

Reserves:

72 A. Clark
73 I. Marshall
74 R. McFall
75 McKenzie
76 C. Third
77 E. Cameron

EDINBURGH UNIVERSITY H. & H.

78 S. Gibson
79 W. Blair
80 R. Thomas
81 G. Morrison
82 J. Robertson
83 C. White
84 M. McAllister
85 N. Rowan
86 P. Blessington
87 D. Nelson
88 A. Hargreaves
89 W. Gray

Reserves:

90 M. Laing
91 A. Kemp
92 B. McDowell
93 C. Graves
94 A. Roff
95 G. Ross

FALKIRK VICTORIA HARRIERS

96 W. Day
97 J. Dingwall
98 J. McGarva
99 I. Brown
100 W. Sharp
101 M. Loque
102 M. Coyne
103 R. Adams
104 M. Todd
105 J. Prentice
106 A. Pender
107 P. McDonald

Reserves:

108 A. Cook
109 D. Wilson
110 T. Strange
111 D. Sheilds
112 D. Tkocz

FIFE A.C.

113 A. MacIntosh
114 D. MacGregor
115 P. Hay
116 I. Duncan
117 I. Graves
118 D. Cowie
119 M. Curtis
120 G. McIvor
121 R. Morris
122 D. Francis
123 A. Ferrie
124 D. Laing

Reserves:

125 I. Mitchell
126 A. Hendry
127 J. Hendry
128 R. Bowlzer
129 P. Kenny
130 A. Faulds

FIFE SOUTHERN HARRIERS

131 D. McKeown
132 S. McIntosh
133 B. Hughes
134 N. Stenton
135 D. Wright
136 A. Nairn

HERIOT-WATT UNIVERSITY

137 I. Orton
138 G. Bell
139 R. Dinsdale-Young
140 A. Thomson
141 J. Bury
142 P. Welstead
143 G. Dykes
144 C. Elliot
145 P. Longmore
146 M. Williams

PITREAVIE A.A.C.

147 A. Hobbs
148 A. Ratcliffe
149 A. Robertson
150 J. Ford
151 A. Flockhart
152 A. Fraser
153 W. Ewing
154 B. Ross
155 R. Buchanan
156 A. Thomson
157 W. McNeil
158 D. Walker

ST. ANDREWS UNIVERSITY

159 D. Easton
 160 A. Greer
 161 M. Llewellyn
 162 G. Wood
 163 I. Main
 164 G. McLaren
 165 J. McKee
 166 S. Pickles
 167 N. Annett
 168 P. Crossley
 169 J. Stevenson
 170 W. Kilgour
 Reserves:
 171 J. Doig
 172 W. McRae
 173 A. Kay
 174 R. Griffin
 175 W. Whitfield
 176 A. Matthews

TEVIOTDALE HARRIERS

177 J. Murray
 178 A. Samuel
 179 N. Hall
 180 R. Hodgins
 181 B. Gibb
 182 J. Fairgrieve
 183 N. Taylor
 184 D. Clyne
 185 J. Douglas
 186 F. Connor
 187 J. Barker
 188 W. Lindsay
 Reserves:
 189 W. Yule
 190 A. Oliver
 191 A. Rodger
 192 D. Riddell
 193 G. Scott
 194 T. Sellar

INDIVIDUALS

195 S. Walters (Edinburgh A.C.)
 196 M. Wilson " "
 197 R. Cockburn " "
 198 R. Baker " "
 199 R. Lorne " "
 200 J. McIntosh " "
 201 K. Ridley " "
 202 P. Cachette " "
 203 E. Stevenson " "
 204 B. Craighead " "
 205 R. Pryor " "
 206 B. Corell " "
 207 R. Caldwell " "
 208 E. Lloyd " "
 209 M. Smith " "
 210 D. Main " "
 211 A. Steele " "
 212 I. Buckingham " "
 213 I. Trapp " "
 214 I. Kille " "
 215 W. Michael (Edinburgh Univ. H. & H.)
 216 K. Park " "
 217 A. Sharp " "
 218 N. McFadyen " "
 219 E. Bell " "
 220 K. Donaldson (Galashiels Harriers)
 221 S. Laing
 222 G. McLeery
 223 G. Montgomery (Harmeny A.C.)
 224 J. Black (Livingston & Dist. A.C.)
 225 I. Briggs " " "
 226 C. Dicker " " "
 227 C. Graham (Penicuik Harriers)
 228 F. McManus " "
 229 J. Jardine " "
 230 H. Scott (Perth Straththay Harriers)
 231 D. Ewing (Tayside A.A.C.)
 232 M. Logie " "
 233 J. Gilbert " "
 234 C. Mackie " "
 235 R. McDonald " "
 236 R. Stark (Unattached)

L A T E E N T R Y

FIFE SOUTHERN HARRIERS

237 D. Lothian
 238 N. Henderson
 239 G. Allan

The Eastern District Committee wish to thank the following persons
for their assistance in organising the 1978 Championships:

Mr. D. E. Guy, Managing Director, Burton's Gold Medal
Biscuits, Ltd.

Mr. P. Schyma, Burton's Gold Medal Biscuits, Ltd.

Mr. Jamieson for the loan of a field.

Mr. D. G. Mieras, Director of Physical Recreation,
Heriot-Watt University.

Mr. M. A. Fitchett, Assistant Director of Physical Recreation,
Heriot-Watt University.

Mrs. V. Gourlay : Typing.

Mrs. L. Harvey : Typing and Catering.

Mrs. M. Inness : Typing and Catering.

Miss S. Inness : Catering.

Groundstaff, Heriot-Watt University : Course preparation.

Sports Centre Assistants, Heriot-Watt University : Course preparation;
and all stewards who have helped throughout the afternoon.



“I don’t care if Burton’s are investing over £1 million in Edinburgh this year, their shortbread’s lovely.”

To Scotland’s biscuit eaters, the name Burton’s means the most popular shortbread in the country. But to 1,200 people in Edinburgh it means working for one of the most progressive biscuit makers in the world.

This year alone, over £1 million of investment will go into Burton’s Sighthill factory in Edinburgh, making brands like Shortbread, Viscount and Hippodrome.

Since 1958 when the factory opened with only 150 employees, Burton’s has moved forward to a strong position in the Scottish market and is also exporting to over 90 countries.

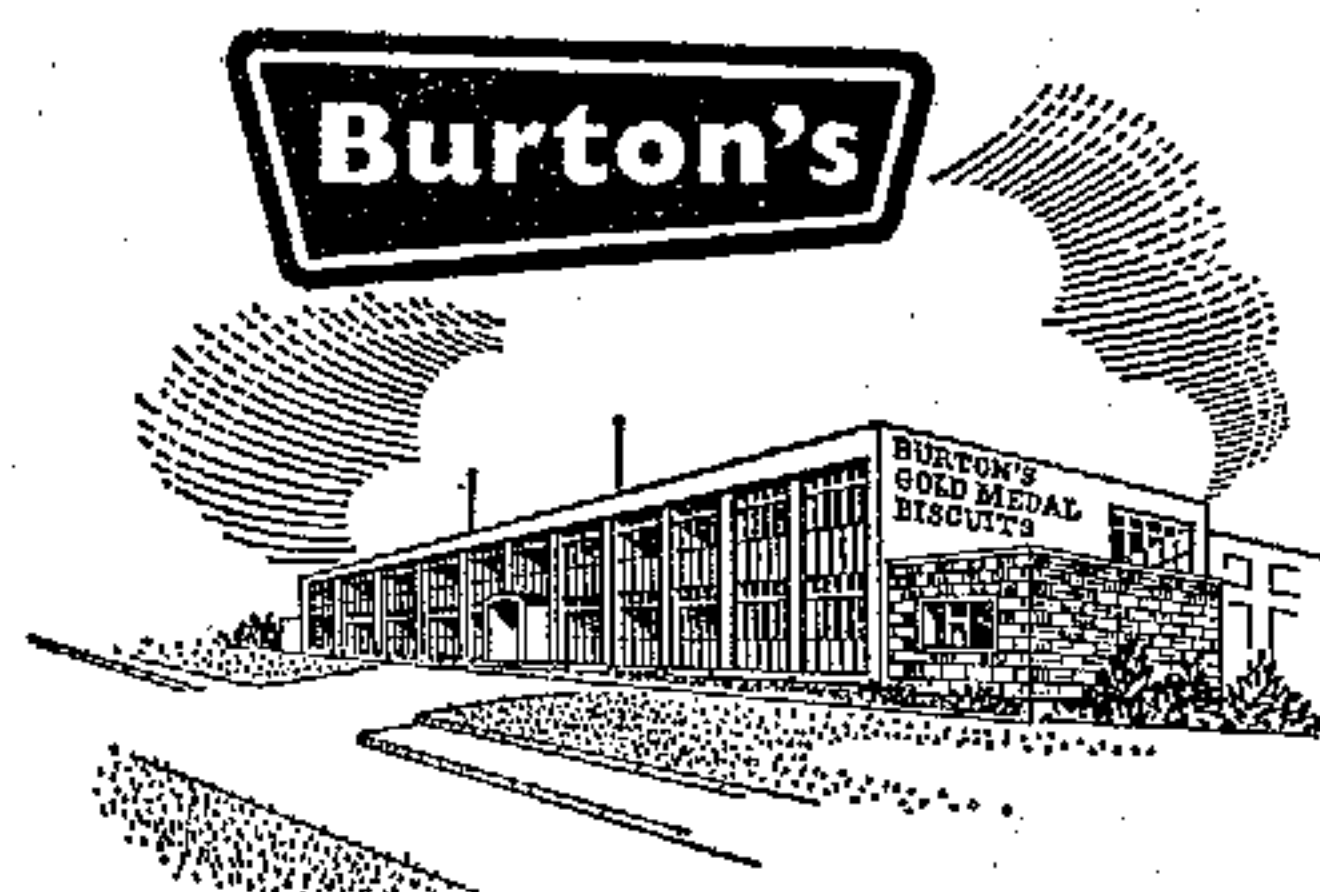
We think that’s good for Edinburgh, and good for Scotland.

But most people don’t care... they just enjoy our biscuits, and say we’re good value. Which is why we’re growing.

Burton’s

Gold Medal Biscuits

**BIG BISCUIT
BUSINESS
FOR SCOTLAND**



**Makers of
Fine Shortbread and Biscuits
in Edinburgh**

**BURTONS GOLD MEDAL BISCUITS LTD
SIGHTHILL · EDINBURGH**

Burtons Gold Medal Biscuits Ltd., and the Scottish Cross-Country Union hope that athletes, officials and spectators have enjoyed the 1978 Eastern District Cross-Country Championships organised at Riccarton Campus by Heriot-Watt University.