



Scottish Athletics Federation



CUMBERNAULD INTER DISTRICT CHAMPIONSHIPS ***(incorporating the Reebok Cross Country Challenge)***

at

CUMBERNAULD PARK

SATURDAY 16 DECEMBER 2000

PROGRAMME £2.00



MESSAGES OF WELCOME

On behalf of North Lanarkshire Council, it is my pleasure to extend a warm welcome to all athletes, coaches and officials participating in the 2000 Reebok Cumbernauld Cross Challenge. The Cross Challenge is one of Scotland's premier athletics events of the winter programme with many of Britain's top runners participating. North Lanarkshire Council is delighted to be working once again in conjunction with Reebok and the Scottish Athletics Federation to stage this prestigious event.

I would like to sincerely thank the Scottish Athletics Federation for their continued support and we look forward to some high calibre competition throughout the course of the day.

Finally, I would wish all of the competitors every success in the day's events. I would also take this opportunity of extending my best wishes for the festive season and the new year.

Provost Barry McCulloch
North Lanarkshire Council

Welcome to Cumbernauld for the final Reebok Cross Challenge and almost the final major cross country meeting of this millennium year. How fitting it is too, that in the last international championships of the year - just last Sunday - the UK's Cross Country teams at both Senior and Junior level, came away from the European Cross Country Championships with a clutch of medals to go with those of last year. If ever any vindication of the worth of hard racing before Christmas were needed, and therefore of a series like the Reebok Cross Challenge, surely it was found on the mud and grass of Sweden.

The Cumbernauld Event is a meeting that has gone from strength to strength over the years, and one that we at Reebok are delighted to be associated with. It undoubtedly assists young athletes from Scotland and further afield, to find good quality opposition and good organisation on home soil – not always an easy combination.

Speaking of combining, our thanks must go to the Scottish Athletics Federation and the events team at North Lanarkshire Council for their excellent organisation at this event. The Cumbernauld meeting always runs smoothly and this is down to much hard work before hand and on the actual day. Many thanks also to all the Officials who are helping out today as well – they give of their time so generously when I'm sure they've still got Christmas shopping to do! As an athlete, it is always important to remember that without them, it wouldn't take place.

I wish you all a very successful day.

Annette Quarry, Reebok UK.

SCOTTISH ATHLETICS FEDERATION

OFFICE BEARERS

HONORARY PRESIDENT	:	W M CAMPBELL CBE QC MP
PRESIDENT	:	MRS JOAN WATT
CHIEF EXECUTIVE	:	DAVID JOY
GENERAL MANAGER	:	NEIL PARK
CHAIRMAN, BOARD OF MANAGEMENT	:	FRANK CLEMENT

ROAD RUNNING AND CROSS COUNTRY COMMISSION

CONVENOR	:	W A ROBERTSON (Troon Tortoises)
VICE CONVENOR	:	MRS M COOK (City of Edinburgh AC)
SECRETARY	:	BRIAN GOODWIN (Bellahouston Harriers)
ASSISTANT SECRETARY	:	ALAN POTTS (City of Glasgow)
FINANCE OFFICER	:	PETER CARTON (Shettleston Harriers)

OFFICIALS

Referee	:	J E Clifton MBE
Clerk of the Course	:	S McCrae
Judges/Funnel Control	:	E Gunstone (Chief), R L McSwein, J Young, G Spence, F McCluskie, R Thomas
Timekeepers	:	D McLaren (Chief), G Sword, S MacDougall
Recorders (Places)	:	D Wilmoth, A Johnston, J Youden
Recorders (Times)	:	M Wilmoth (Chief), M Daly
Starters	:	J Innes
Marksman	:	W Laing
Declarations	:	A Jackson, G Sword, D McGinlay
Results	:	M Cook, A Jackson, P Jackson, M Gray
Announcers	:	B Baldaro, R Gray
Press	:	M Neef, B Goodwin, T Frecknall
Course Stewards	:	R Reid, K Martin, Members of Cumbernauld AAC
Presentations	:	A Potts, J Fairgrieve, A Lappin, A Law
Jury of Appeal	:	W A Robertson, B Goodwin, R Morrison, M Cook
Medical Officer	:	Dr B Walker
Medical Services	:	St Andrews Ambulance Association
Reception	:	W A Robertson, Mrs J Watt, P Carton B Goodwin
Drugs	:	G Spence
Convenor	:	B A Goodwin

The Scottish Athletics Federation Road Running and Cross Country Commission is grateful to North Lanarkshire Council and Reebok UK for their generous support of this event.

PLANNING MAKES PERFECT SENSE

For many of you this weekend will probably be your last race of the year -perhaps the end of Part 1 of your winter. It is a time to reflect, to try to avoid those mistakes made, to make promises to yourself (for no-one else matters when it comes down to who has to put the training shoes on and do the hard work!), and to generally plan for the year ahead. The new year may present you with the challenge of a steady build up to the County, Area, Regional, District and National Cross Country Championships, and for a lucky few, to the World Cross Country Champs – just across the water in Dublin on the weekend of March 24-25th. And of course, that's just Part 2 of the winter! What about the summer as well?

Planning then, is absolutely critical if you are to get the full return from all the training you do and you can't possibly compete every weekend and expect to get the best results. Some weekends should consist of solid training sessions with your coach and group, with your eyes fixed firmly on a target some time ahead. It really is worth while, and not much trouble, to sit down with the weeks of the year mapped out on a piece of paper, and acknowledge where and when your main priorities lie. If you don't do this, then try it. The feeling of being in control and being organised is worth many nights good sleep.

The results of the UK teams, particularly the Junior squads, in Malmo last weekend at the European CC Champs, have shown that many young athletes are now getting good advice. It appears that there are plenty of good coaches around, who know how to plan for major championships, and plenty of athletes with the right temperament. That is so encouraging. Indeed, when one looks at the results of the last two European Cross Country Championships, not to mention results from Sydney 2000, at the World Junior Championships last October, and at the European Cup in Gateshead last July, it is clear that actually coach and athlete partnerships from these islands can more than hold their own against international opposition and that many camps are "getting it right".

If you feel your results could be better than they are, you need to change something, and it may well be that you need to plan your year better. For me, that means being on top of each of the following : 1) establishing your principle goals, and the stepping stone competitions available to reach those peaks; 2) working out how much time you have to prepare, right down to the number of days; 3) regularly re-appraising what training is required to get you in the best shape and how the different blends of training should be distributed through the period of time available; 4) doing everything you can to improve your training environment home-living situation, so that as much focus as possible can be put on the actual training, and other issues do not detract from peak performance on a day to day basis.

It is perhaps the most basic system for shaping a season, but one which is uncluttered, simple to understand and apply, and is almost guaranteed to bring good results. If you can't answer in the affirmative to each of the issues raised, then you are short-changing yourself, and that could be costly for you – and your country.

Tim Hutchings



Supporting Youth Sport

Promoting excellence and encouraging
young people to participate in sport
across the country.



BANK OF SCOTLAND

CUMBERNAULD INTER DISTRICT CHAMPIONSHIPS

(incorporating the Reebok Cross Country Challenge)

TIMETABLE

EVENT NO.	DISTANCE	EVENT	TIME
1	3.2 Km	Under 13 Girls (incorporating Inter District Race)	12 noon
2	3.2 Km	Under 13 Boys (incorporating Inter District Race)	12.15pm
3	3.2 Km	Under 15 Girls (incorporating Inter District Race)	12.30pm
4	3.2 Km	Under 15 Boys (incorporating Inter District Race)	12.45pm
5	6 Km	Senior & Junior Women's Open Cross Challenge (incorporating Inter District Race)-	1.00pm
6	8 Km	Senior & Junior Men's Open Cross Challenge (incorporating Inter District Race)	1.30pm
7	4 Km	Under 17 Girls (incorporating Inter District Race)	2.00pm
8	4 Km	Under 17 Boys (incorporating Inter District Race)	2.25pm



REEBOK CROSS CHALLENGE 2000-2001 : RULES

A. Points

1. Cross Challenge points* will be awarded in Senior and Junior Men's and Women's events, at races 1-5, with double points awarded in the Final. However, please not point B.3 below.
2. Cross Challenge points** will be awarded to those in the Under 13, Under 15, and Under 17 races for both Boys and Girls at each of races 1-5, with double points in the Final. However, these age groups can also gain additional points in their English County Championships and the respective Regional/District Champs of Scotland, Wales, and Northern Ireland, (10 for 1st, 1 for 10th).
- * Senior Men and Senior Women score 50 points for 1st, down to 1 point for 50th. Junior Men and Junior Women score 25 points for 1st down to 1 point for 25th.
- ** The U13, U15, and U17 age groups will receive 25 points for 1st place down to 1 point for 25th place, at Cross Challenge races 1-5. At the English County Champs, and at the Regional/District Champs of Wales, Scotland and Northern Ireland 10 points will be awarded for 1st place, down to 1 point for 10th. Double the standard Race 1-5 points will be awarded at the Reebok UK Inter-Counties Championships.
3. Three bonus points are awarded to every eligible Senior athlete for competing at each Cross Challenge event and two bonus points to every U20, U17, U15, and U13 athlete for competing in each Cross Challenge event. They must however, complete the race to earn these bonus points.

B. Points and Prize Eligibility

1. Only *UK athletes are allowed to score Cross Challenge points and win Cross Challenge prizes. Additional prizes may be offered by individual race organisers.
2. Where non-UK athletes are competing, their position is to be disregarded when calculating Cross Challenge points of the UK finishers.
3. To be eligible for overall Series prizes, athletes in all age groups must run three of the six races including the Final. Therefore, at least one race must be before the new year. Each athlete's best two scores from races 1-5, plus their points score in the Final, will decide their overall placing.
4. If two or more athletes have the same points total after the Final, their overall Cross Challenge positions are decided by their placing in the Final.
5. Athletes without UK passports, must fulfill four criteria : a) They must be first claim members of a UK club. b) They must have been resident in the UK for at least two years. c) They must be in the process of applying for a UK passport. d) They must be available for UK team selection.



REEBOK CROSS CHALLENGE PRIZE STRUCTURE 2000-01

A Races 1 - 5 Prize Structure

Senior Men & Women

1 st	£500
2 nd	£300
3 rd	£200
4 th	£150
5 th	£100
6 th	£ 75
7 th - 8 th	Reebok footwear

Junior Men & Women

1 st	£100
2 nd	£ 75
3 rd	£ 50
4 th - 6 th	Reebok product

Age Group races (U13, U15, U17)

1st - 3rd Reebok Product

B. Overall Series Prize Structure

Senior Men & Women

1 st	£ 2,000
2 nd	£ 1,300
3 rd	£ 900
4 th	£ 700
5 th	£ 500
6 th	£ 400
7 th	£ 250
8 th	£ 150
9 th	£ 100
10 th	£ 75

Junior Men & Women

1 st	£250
2 nd	£175
3 rd	£125
4 th	£100
5 th	£ 75
6 th	£ 50
7 th - 8 th	Reebok product

Age Group races (U13, U15, U17)

1st Reebok Footwear
2nd - 6th Reebok Apparel



Reebok Cross Challenge 2000 / 2001

Points Standing

(After three events)

Senior Women

Position	Name	Club	Total
1	Tara Krzywicki	Charnwood AC	108
2	Hayley Yelling	B of Hounslow	107
3	Liz Yelling	Bedford & County	106
4	Amanda Parkinson	Sale Harriers	101
5	Amy Waterlow	Sale Harriers	96
6	Sharon Morris	Bedford & County	93
7	Laura Carney	Liverpool Harriers	91
8	Jilly Ingman	Barnsley AC	90
9	Sheila Fairweather	City of Glasgow	87
10	Toni McIntosh	Scotland	81
11	Jennifer Heath	Sale Harriers	76
eq	Caroline Walsh	Shaftsbury Barnet	76
eq	Grace Greenhalgh	Colchester & T	76
14	Julie O'Mara	Wakefield AC	75
15	Amber Gascoigne	Loughborough Coll	74
eq	Beth Allott	Altrincham A C	74
17	Claire Naylor	Sutton Harriers	66
18	Nicki Nealon	Huncote Harriers	61
19	Vanessa Jones	B of Hounslow	60
20	Emily Hathaway	R Sutton Coldfield	58

Under 20 Women

Position	Name	Club	Total
1	Collete Fagan	City of Glasgow	50
2	Hernietta Freeman	Invicta East K	49
3	Courtney Birch	Liverpool P & S	48
4	Liz Lilley	Mansfield Harriers	44
5	Katie Brennan	Warrington AC	43
eq	Zoe Zelbert	Newquay & Par AC	43
7	Kate Bailey	Staffs Moorland	40
8	Kate Reed	Bristol AC	39
9	Helen Zenner	Team Solent	38
10	Jane McCrorie	Central Athletics	37
eq	Helen Pearson	Birmingham Univ	37
12	Freya Murray	Lasswade	33
13	Katy Smith	Thurrock AC	32
14	Juliet Potter	Charnwood A C	27
15	Jesica Nugent	Shaftsbury Barnet	26
16	Natalie White	Holmfirth Harriers	25
eq	Jane Potter	Charnwood A C	25
18	Ursula Counsell	Bristol AC	23
eq	Sally Oldfield	Kettering Town H	23
20	Sian Pritchard	Brecon AC	21

Under 17 Women

Position	Name	Club	Total
1	Amie Booth	Bedford & County	50
2	Alex Joel	Basildon AC	41
3	Kerry Walker	Bedford & County	40
4	Laura Burgoine	Bedford & County	39
5	Heather Gordon	Kilbarchan AAC	34
eq	Lyndsey Rea	Lagan Valley	34
7	Emma Montelth	West Cheshire H	32
8	Carolyn Boosey	V of Aylesbury	30
9	Sonia Clarke	Sale Harriers	27
eq	Jessica Nugent	Shaftsbury Barnet	27
eq	Faye Fullerton	Haverling AC	27
12	Sally Oldfield	Kettering Town	26
eq	Cloe Wilkinson	Shaftsbury Barnet	26
14	Elizabeth Fitton	Sale Harriers	25
eq	Lisa Knight	Cannock & Staffs	25
eq	Kathryn Frost	IOW AC	25
17	Ruth Waller	Sale Harriers	24
eq	Rebecca Sanders	Sphinx AC	24
eq	Charlotte Best	Team Solent	24
20	Donna Daly	Scunthorpe & Distri	23
eq	Laura Kenney	R S Coldfield	23
eq	Bryony Frost	IOW AC	23

UNDER 15 GIRLS

Position	Name	Club	Total
1	Katrina Wootton	Bedford & County	54
2	Emma Whittaker	Frome AC	51
3	Lyndsey Freal	Lagan Valley	47
eq	Helen Glover	Cornwall AC	47
5	Isabelle Storate	North Devon	46
6	Jenna Hill	Sale Harriers	43
7	Frankie Harrison	Gt Yarmouth	38
8	Rachel Deegan	Sale Harriers	33
eq	Rachel Gibbs	Bedford & County	33
10	Becky Ellis	Vale Royal	32
11	Charlotte Moss	Bedford & County	30
12	Cheryl Guiney	Lagan Valley	27
13	Emma Hopkins	Leicester Coritania	26
eq	Emma Hunt	Milton Keynes	26
15	Sharon Lamont	Pitreavie	25
16	Nicola Maddick	Hull Springhead	24
eq	Cheryl Hammond	Aldershot F & D	24
18	Nicola Bartholomew	Aldershot F & D	23
19	Fiona Rudkin	Vale Royal	22
eq	Jo Harper	Cannock & Staffs	22

UNDER 13 GIRLS

Position	Name	Club	Total	Position	Name	Club	Total
1	Emily Pidgeon	Gloucester AC	54	11	Kirsty Law	Worcester AC	26
2	Emma Nesbitt	Morpeth Harriers	53	eq	Emma Pallant	Aldershot F & D	26
3	Kirsten Berryman	Milton Keynes AC	50	13	Stephanie Bloor	Hull Springhead	25
4	Aveen O'Reilly	Lagan Valley	47	eq	Hannah Jones	Aldershot F & D	25
5	Gillian Moss	West Norfolk AC	42	15	Natalie Real	Bournemouth AC	24
6	Claire Conway	Hereford AC	41	16	Molly James	Nothampton P	23
7	Rhianna Simmons	Bedford & County	39	17	Melissa Harvey	Sphinx AC	22
8	Emma Coxon	Vale Royal	36	eq	D Christmas	Crawley AC	22
9	Rhea Fallows	Stockport H	27	19	Jamie-D Robinson	Blackpool	21
eq	Charlotte Bowning	Aldershot F & D	27	20	Kerry Brown	Hereford AC	20
				eq	India Lee	Aldershot F & D	20

Reebok Cross Challenge 2000 / 2001

Points Standing

(After three events)

Senior Men

Position	Name	Club	Total
1	Matt O'Dowd	Swindon AC	106
2	Dominic Bannister	Shaftsbury Barnet	104
eq	Spencer Duval	Cannock & Staffs	104
4	Glynn Tromans	Coventry Godiva	101
5	Rob Birchall	Birchfield Harriers	100
6	Richard Findlow	Bradford	96
7	Mike Simpson	Hounslow AC	93
8	Andrew Morgan-Lee	Salford H	92
9	Benedict Whitby	B of Hounslow	88
10	Michael Coleman	Medway AC	85
11	Paul O'Callaghan	Birchfield H	83
12	Andrew Hennessy	Puma TVH	82
13	Mark Croasdale	Bingley H	78
eq	Sean Fenwick	Tipton Harriers	78
15	Carl Warren	Birchfield H	76
16	Ryan Faulkner	OWLS AC	74
17	Gareth Raven	East Cheshire H	73
18	Philip Tulba	Basingstoke & MH	70
19	Noel Stoddart	Hounslow AC	68
eq	Gavin Thompson	Crawley AC	68

Under 20 Men

Position	Name	Club	Total
1	Mohammed Farah	B of Hounslow	54
2	Lee McCash	Pendle	51
3	Nicholas Goodliffe	Holmfirth H	47
eq	Corin Hughes	Hereford AC	47
5	Andrew Toward	Morpeth H	42
6	Martin Cryer	Loughborough Coll	41
eq	Ed Prickett	Reigate Priory AC	41
8	Dan Ayrton	Blackheath H	40
9	Mathew Jones	City of Stoke	38
10	Daniel Augustus	Scarborough AC	28
11	Chris Thompson	Aldershot F & d	26
12	Robert Mayock	Stretford AC	25
eq	Paul Murphy	Loughborough Coll	25
14	Nicholas Smith	Shrewsbury AC	23
eq	Robert Smith	Basildon AC	23
eq	Tom Doe	Loughborough Coll	23
17	Ian Boneham	Grantham AC	22
eq	Paul Shaw	Trafford AC	22
eq	Neilson Hall	Verlea	22
20	Jame Sylvester	Hull Springh'd H	21

UNDER 17 MEN

Position	Name	Club	Total
1	Steven Ablitt	Grantham AC	54
eq	Phil McGlory	Liverpool Harriers	54
3	David Jones	Carmarthen AC	51
4	Phil Nicholis	Tipton Harriers	50
5	Luke Northall	Wrexham AC	47
6	Sam Jacobs	Ipswich H	44
7	Glen Raggett	Aldershot F & D	44
8	Mathew Ashton	Witney RR	38
9	Rory Smith	Wirral AC	30
10	Richard Kinsey	Cardiff AC	29
11	Daniel Lewis	Shaftsbury Barnet	26
12	Raymond Edgar	Lancaster & Morc'	24
eq	Stuart Laycock	Hereford AC	24
14	Peter Kellie	Gloucester AC	23
eq	Tom Humpries	Cannock & Staffs	23
16	Shaun Pickering	Bridlington RR	21
eq	Paul Moores	Tamworth AC	21
eq	Thomas Fahey	Dartford H	21
19	Ryan McCleod	Elswick Harriers	20
eq	Richard Kay	Long Eaton AC	20

UNDER 15 BOYS

Position	Name	Club	Total
1	Michael Smart	Harrow AC	56
2	Anthony Moran	Trafford AC	55
3	Kirk Wilson	Morpeth Harriers	49
4	James Ellis	City of Portsmouth	48
5	Alex Felce	Gloucester AC	47
6	Ben Jones	Wirral A C	41
7	Tom Snow	Woodford Green	36
8	Simon Birzgalis	Trafford AC	30
9	Joe Hemsted	Woking AC	26
eq	Jon Holt	Trafford A C	26
11	Steve Olesky	Hereford AC	25
12	David McQuarrie	Rowntrees AC	24
eq	Michael Sawrey	Barrow in Furness	24
eq	M Barnes-Smith	Ipswich H	24
15	Mathew Clay	Halesowen AC	23
eq	Ahmed Ali	Newham & E B	23
17	Marc Linton	Trafford AC	22
eq	Andrew Rolfe	Thurrock H	22
19	Thomas Michaelson	Liverpool Harriers	21
eq	Daniel Patten	Thurrock H	21

UNDER 13 BOYS

Position	Name	Club	Total
1	Ian Whitfield	Stroud AC	53
2	Chris Boyle	Woking AC	47
3	David Mason	Vale Royal	43
4	Nicholas Northall	Wrexham AAC	41
5	James Mills	Wrexham AAC	35
6	Jacob McCulloch	Windsor S & E AC	27
eq	Adam Hickey	Southend AC	27
8	Robert Pickering	Bridlington RR	26
eq	Robert Bates	Sphinx AC	26
eq	A Livingstone	Thurrock AC	26
Position	Name	Club	Total
11	Liam Ratcliffe	Northampton P	25
12	David L. Mason	Blackpool & Fylde	24
eq	Laurence Cox	Aldershot F & D	24
14	Michael Bergin	Sphinx AC	23
eq	Ben Wilson	Aldershot F & D	23
16	Stephen Blake	Aldershot F & D	22
17	N Dawson	Ashford AC	21
18	Nick Smith	Bridlington RR	20
eq	Patrick Burton	Halesowen AC	20
20	John Doyle	Birchfield H	19
eq	D Crichton	Southend AC	19