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SCOTTISH ATHLETICS FEDERATION



**NATIONAL VETERANS
CROSS COUNTRY
CHAMPIONSHIPS**

**STIRCHES,
HAWICK**

SATURDAY 25th FEBRUARY 1995

sponsored by



Women 6,400 Metres	1.30pm
Men 10,000 Metres	2.15pm

Programme 50p

SCOTTISH ATHLETICS FEDERATION OFFICE-BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	J.O.Scott
Vice President	P.Carton
General Secretary	R.W.Greenoak

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	R.L.McSwein
Vice Convener	Mrs E.Gunstone
Hon Secretary	J.E.Clifton
Finance Officer	P.Carton

OFFICIALS

Referee	B. Goodwin
Clerk of Course	G.Moyes
Judges	J. Hamilton (Chief) I.Clifton, J.Carruthers
Recorders	D.Wilmoth (Chief), M.Wilmoth, D.Blues, F.McCluskie
Timekeepers	D.McLaren (Chief), A.Carruthers
Assembly	J.Young
Starter	W.Yule
Officials Report	J.Hamilton
Declarations/Results	J.Jackson, P.Jackson
Course Marshals	Teviotdale Harriers
Programmes	H.Jackson
Convenor	A. Jackson

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

Peter Scott & Co. Ltd	Teviotdale Harriers
Roxburgh District Council	St Andrews Convent
Borders Regional Council	Red Cross (Hawick Branch)
Mr Mercer	Mr Scott
Mr Usher	Mr McTaggart



A MESSAGE FROM THE PRESIDENT OF THE SCOTTISH ATHLETICS FEDERATION

A warm welcome is extended to all the athletes who are competing in the third combined National Cross Country Championships for Men and Women.

Today we are in Hawick and the Federation admires the initiative of the commission in taking these championships to different parts of the country.

Our thanks to Peter Scott and Company for their sponsorship and to everyone who has helped stage these championships

J.O.Scott
President
Scottish Athletics Federation

MESSAGE FROM THE CONVENER OF THE ROAD RUNNING AND CROSS COUNTRY COMMISSION

It gives me pleasure as convener of the road running and cross country commission to welcome everyone to Hawick

It is not long since we were last here as the National Cross Country Relay Championships were staged at Hawick last season. As last season we are once again grateful to Peter Scott and Company for their financial support. Our thanks also go to members of Teviotdale Harriers for all the time and effort required to stage todays event.

I wish you all a successful afternoon.

R.L.McSwein
Convener

A MESSAGE FROM OUR SPONSORS



On behalf of Peter Scott & Company, may I say how delighted we are to be sponsoring the Scottish Veterans Cross Country Championships.

We have a long association with Teviotdale Harriers and they are to be congratulated on their efforts in organising todays event.

We extend a warm welcome to all competitors, guests and officials, and we take this opportunity of wishing everyone a successful and enjoyable day

Mr R.A.Wight
Managing Director
Peter Scott and Company Limited

VETERAN WOMEN

Declarations Close: 1.00

Race Starts: 1.30

1994 Winner: T. Thomson (BT Pitreavie)

1994 Team: Fife AC

Babcock Thorn Pitreavie AAC-Color: White with Gold Trim

149 THOMSON,T (35); 150 BAXTER,J (35);

Border Harriers-Color: Orange and Black

151 MACKENZIE,M (35);

City of Glasgow AC-Color: Royal Blue with Green Panel

152 SINCLAIR,M (40);

Clydesdale Harriers-Color: White with Black "C"

153 MENHENNET,C (35);

Dundee Hawkhill Harriers-Color: Blue and White Quarters

154 HANLON,G (40);

Dundee Road Runners-Color: White with Blue Diagonal

155 ROBERTSON,M (45); 156 FYALL,V (35); 157 STRACHAN,A (40); 158 ROGER,S (50);

159 CARTER,S (40); 160 MCGILL,L (35); 161 WESTGATE,S (35);

Edinburgh AC-Color: White with 2 Black Diagonal Stripes

162 KAY,F (45); 163 RYAN,E (40);

Fife AC-Color: White with Red Band

164 BROWN,C (35); 165 LEMONCELLO,P (45); 166 MACGREGOR,K (35);

167 MCLAREN,M (35);

FMC Carnegie Harriers-Color: Orange and Green

168 THOMSON,J (35); 169 TAGGART,M (35); 170 LAIRD,L (35); 171 WALLACE,M (35);

172 MCDOWALL,S (35); 173 HUTTON,D (35);

Irvine AC-Color: Red with Black Trim

174 BYNG,J (50); 175 MCCULLOCH,M (40); 176 MCGARRY,E (40); 177 MILLER,M (35);

Kilbarchan AAC-Color: Gold with Black Hoop

178 MASSON,E (35); 179 MENZIES,M (35); 180 MCMILLAN,E (50); 181 MOORE,M (60);

Lasswade AAC-Color: White with 2 Blue Bands and Red Band

182 MCDONALD,D (35); 183 DUNLOP,L (40); 184 NEIL,J (35); 185 PHILLIPS,J (50);

Livingston & District AAC-Color: Yellow with Green Stripe

186 DEMPSEY,V (40); 187 ROTHER,P (35); 188 SALVONA,J (35); 189 HENCK,J (40);

190 HYMAN,M (55); 191 BLAIR,V (35);

Loudoun Runners AC-Color: Royal Blue with 3 Horizontal Yellow Bands

192 MONTEITH,D (40);

Maryhill Harriers-Color: Royal Blue

193 GALLACHER,M (55); 194 PORTEOUS,A (40); 195 PORTEOUS,S (35);

Penicuik Harriers-Color: Purple with White Panels

196 SMITH,J (35);

Shettleston Harriers Ladies-Color: Blue with Yellow Band

197 REID,E (35); 198 DALY,M (40);

Teviotdale Harriers-Color: White with Maroon Band

199 KEOGH,M (45); 200 KNOX,L (35); 201 SPENCE,M (40); 202 CHLOPAS,I (50);

203 HOGG,E (50);

Unattached

204 FISHER,K (35);

VETERAN MEN

Declarations Close: 1.45

Race Starts: 2.15

1994 Winner: B. Kirkwood (Leslie Deans RC)

1994 Team: (Teviotdale H)

Aberdeen AAC-Colours: White with 2 red hoops

205 DUGUID,F (45); 206 ARMITAGE,D (40); 207 ROLPH,A (40); 208 PREECE,B (50);

209 SCULLION,W (50); 210 ROBSON,J (50);

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross

211 BOYD,B (40); 212 BROWN,C (45); 213 CAIRD,J (40); 214 HILL,R (40);

215 MACSPORRAN,S (45); 216 PAGE,R (45); 217 YOUNG,G (40);

Babcock Thorn Pitreavie AAC-Colours: White with Gold Trim

218 LINAKER,J (55); 219 MATHIESON,C (40); 220 DUNCAN,A (45); 221 ROY,R (40);

222 MATHIESON,A (40); 223 RUSSEL,A (40); 224 DAVIE,J (40); 225 SMITH,N (40);

226 BEGLEY,G (50); 227 KELLY,T (45); 228 HARKESS,D (45);

Belth Harriers-Colours: Black

229 DICKIE,G (50);

Bellahouston Harriers-Colours: Dark Blue with Light Blue Cross

230 JOSS,C (40); 231 GALLAGHER,H (40); 232 IRVINE,J (60); 233 CULLIE,B (45);

234 MCINTOSH,D (50);

Calderglen Harriers-Colours: Amber and Black Vertical Stripes

235 SHANKS,R (45); 236 BUCHANAN,M (45); 237 BEGG,A (45); 238 STEWART,R (45);

239 HENDERSON,A (40); 240 PATTERSON,A (40); 241 STEWART,J (45);

Cambuslang Harriers-Colours: Red with White Band

242 HENDERSON,D (45); 243 GOUGH,B (40); 244 HUGHES,A (45); 245 SLOSS,R (40);

246 MCDONALD,M (40); 247 CONNOR,F (40); 248 OGDEN,P (40); 249 MCLEARY,R (40);

250 DOLAN,T (50); 251 ANDERSON,R (45); 252 MCDUGALL,C (45); 253 JOHNSTONE,M (45);

254 MCDERMID,A (45); 255 QUINN,J (40); 256 MARSHALL,W (65); 257 BLACK,W (45);

258 HURLEY,F (40); 259 MCPAKE,T (40);

Carnethy Hill RC-Colours: Yellow with Red letters

260 BLAIR-FISH,J (40); 261 GAULD,B (60); 262 GILLESPIE,E (45); 263 PRITCHARD,C (50);

264 RAMSDALE,R (40); 265 TURNBULL,L (40); 266 WALDIE,B (55);

John Greig (Builders) Central AC-Colours: Yellow and Blue

267 DICKSON,J (45);

Clydesdale Harriers-Colours: White with Black "C"

268 DOLAN,P (40); 269 EDRIDGE,B (50); 270 FERGUSON,S (45); 271 GEMMELL,D (45);

272 HANRATTY,J (40); 273 KANE,G (40); 274 MCCOO,W (40); 275 PEARSON,L (50);

276 ROTHIN,D (45); 277 RUDZINSKI,P (40); 278 SHIELDS,J (45); 279 YOUNG,R (50);

Dumbarton AAC-Colours: Black with Red Band

280 HARRISON,J (40); 281 ADAMS,A (50); 282 CALDWELL,F (40); 283 MARTIN,C (45);

284 MORTON,B (40); 285 MCCALL,T (40); 286 MARTIN,H (40); 287 ELLIS,I (45);

Dumfries RC-Colours: White with Maroon and Sky blue Hoops

288 MOFFAT,J (40); 289 MACDOUGALL,J (55);

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

290 BIRSE,A (45); 291 BELL,R (40); 292 MONCUR,I (40); 293 MORGAN,D (55);

294 HANLON,G (40); 295 BURNETT,P (40); 296 CROMAR,S (55); 297 LOVE,C (50);

Dundee Road Runners-Colours: White with Blue Diagonal

298 MCLEOD,A (45); 299 MCGILL,R (40); 300 HUNTER,A (40); 301 ANDREWS,C (40);

302 KING,T (60);

East Kilbride AAC-Colours: Gold with 2 Black hoops

303 HILL,A (40); 304 MCKIRDY,D (50); 305 FULTON,R (40); 306 MCCANN,W (50);

307 TURNBULL,D (50);

Kinross Road Runners-Colours: Yellow with Royal Blue Band

425 BELL-SCOTT,E (40); 426 KEMP,B (40);

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops

427 BROWN,R (45); 428 CAMPBELL,I (40); 429 GALLACHER,N (45); 430 MCLEAN,G (45);
431 MCNEIL,K (40);

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band

432 DRYSDALE,W (55);

Leslie Deans Racing Club-Colours: Cobalt Blue

433 KIRKWOOD,B (40); 434 HUTTON,A (40); 435 COYNE,M (55);

Livingston & District AAC-Colours: Yellow with Green Stripe

436 AGNEW,A (40); 437 LEGGETT,J (55); 438 NORTHAM,C (40); 439 SEGIE,I (45);

Lochaber AC-Colours: White with 2 Blue Hoops

440 MAITLAND,J (55); 441 MACDONALD,D (50);

Metro Aberdeen RC-Colours: Red

442 YOUNGSON,C (45);

Moray Road Runners-Colours: Dayglow yellow with Black Trim

443 SIM,G (40); 444 STEWART,D (45); 445 CURTIS,R (45); 446 PATERSON,E (40);
447 RITCHIE,D (50);

Penicuik Harriers-Colours: Purple with White Panels

448 BROWN,M (45); 449 CAIRNS,D (45);

Perth Strathay Harriers-Colours: Orange with Blue Trim

450 PAXTON,M (40); 451 WATSON,G (40);

Shettleston Harriers-Colours: Blue with Yellow Band

452 MORRISON,J (40); 453 MCMONAGLE,B (50);

Springburn Harriers-Colours: Navy Blue with White Diamond

454 O'REILLY,T (60); 455 DICKSON,E (45); 456 HARPER,J (45); 457 FARREL,W (60);
458 MORTON,D (50);

Teviotdale Harriers-Colours: White with Maroon Band

459 SPENCE,B (40); 460 KNOX,J (45); 461 REID,A (40); 462 CANNON,F (45);
463 EMMERSON,B (45); 464 PITILLO,J (60); 465 SAMUEL,A (45); 466 RAE,R (45);
467 MCCLURE,M (40); 468 RENWICK,A (45); 469 MARSH,J (40); 470 MCMILLAN,D (45);
471 STENHOUSE,A (40); 472 KNOX,W (40);

Troon Tortoises AC-Colours: Yellow with 2 Black Half hoops

473 SPARK,W (55);

Victoria Park AAC-Colours: Blue and White Hoops

474 DOYLE,J (40); 475 MCGREGOR,P (45); 476 BLAIR,R (45); 477 PARSONS,F (60);
478 BROWN,K (40);

Corby AC-Colours: Light Blue & Red

479 BRADLEY,E (40);

Taunton AC-Colours: Navy, White, Green.

480 TAYLOR,F (45);

Morpeth Harriers-Colours: Blue & White

481 OLIVER,A (55);

Individuals

482 DUNCAN,A (70); 483 NEWBIGGING,J (60); 484 MCGINLEY,H (65); 485 GOULD,N (50);
486 ELPHINSTONE,J (65);

Edinburgh AC-Colours: White with 2 Black Diagonal Stripes

308 MACEWAN,A (40); 309 SCOTT,A (40); 310 GILLIES,A (40); 311 SMITH,C (40);
312 KAY,L (45); 313 BANKOWSKI,Z (45); 314 STEVENSON,E (45); 315 MORRISON,H (60);
316 MCCASKEY,W (60); 317 FOSTER,J (60);

Edinburgh Southern H-Colours: White with Double Blue Hoops

318 BEGLEY,B (45); 319 CAMERON,S (55); 320 GALLACHER,W (45); 321 GOLDER,J (40);
322 GRIFFITHS,A (40); 323 HOWIE,B (40); 324 MACGREGOR,J (40); 325 MCFALL,R (60);
326 PATERSON,P (40); 327 ROBERTSON,M (45); 328 WEAVERS,T (40);

Falkirk Victoria Harriers-Colours: Black with Gold Band

329 CARTWRIGHT,P (50); 330 DAY,W (45); 331 MCARA,D (40); 332 MCKENZIE,D (45);
333 LOTHIAN,D (40);

Ferranti AAC-Colours: Yellow with Black letters

334 SHAW,J (55); 335 MCDONALD,E (45); 336 JACKSON,A (45); 337 CONNEY,J (60);
338 NICOL,K (40); 339 WESTON,K (40);

Fife AC-Colours: White with Red Band

340 HAIG,J (45); 341 ROUGH,J (40); 342 GIBSON,A (40); 343 HOLDEN,J (45);
344 MEIKLEJOHN,A (45); 345 GUNSTONE,D (40); 346 GRAVES,S (45); 347 ROSS,T (45);
348 CATTION,F (45); 349 MCLAREN,F (40); 350 KNOWLES,S (40); 351 LUMSDEN,J (40);
352 BARKER,A (45); 353 FRANCIS,D (45); 354 BENNISON,G (45); 355 KUZYSZYN,M (40);
356 LEGGETE,J (50); 357 MCGILLIVARY,A (50);

FMC Carnegie Harriers-Colours: Orange and Green

358 KILLE,T (45); 359 MITCHEL,I (40); 360 DANIELS,K (55); 361 MCARTHUR,J (50);
362 DUFF,B (45); 363 NICOL,A (50); 364 LEYDEN,M (40); 365 MILTON,J (50);
366 COATES,D (60); 367 WALLACE,G (40);

Gala Harriers-Colours: White with Green Band

368 ANDERSON,W (40); 369 BENNET,M (45); 370 ELLIOT,W (45); 371 HUNTER,J (45);
372 KERR,T (45); 373 KNOX,J (50); 374 PAXTON,J (40);

Garscube Harriers-Colours: White with Blue Band

375 DUNN,I (40); 376 DRYDEN,J (45); 377 MCGLYNN,P (45); 378 HEPPELL,D (45);
379 IRVINE,S (45); 380 DONALD,B (65);

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops

381 RUSSELL,P (40); 382 CARRUTHERS,J (45); 383 MCNEILL,D (50); 384 JUKES,W (40);
385 GUY,D (45); 386 WAY,S (45); 387 KERR,J (40);

Greenock WellPark Harriers-Colours: White with Black Hoop

388 CAMERON,A (40); 389 STODDART,W (60);

Haddington East Lothian Pacemakers-Colours: Red and White Halves

390 MCDONALD,P (40); 391 ARMSTRONG,G (55); 392 SMITH,J (40); 393 HARRIS,R (40);
394 WALLACE,S (40); 395 MCLEAN,T (40);

Hamilton Harriers-Colours: White with Red Facings

396 MORWOOD,A (45); 397 MCLINDEN,A (40); 398 GIBSON,H (60); 399 LONGWORTH,P (40);
400 HAMILL,W (60); 401 CAMPBELL,B (50);

Harmony AC-Colours: Red with Green Diagonal

402 COOPER,D (40);

Hunters Bog Trotters-Colours: Brown

403 JENKINS,A (40); 404 KEOGH,J (40); 405 LORIMER,A (45); 406 MARSHALL,I (45);
407 SCOTT,E (45); 408 TAYLOR,D (45); 409 WALL,D (40);

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes

410 CONNAGHAN,J (55); 411 MACDONALD,I (40); 412 MARTIN,D (50); 413 OLDING,D (40);
414 TRACEY,T (40); 415 BROADLEY,B (40); 416 GUILD,J (40); 417 WILKIE,T (40);

Irvine AC-Colours: Red with Black Trim

418 ADAM,B (40); 419 CHEYNE,R (45); 420 KERR,D (55); 421 MCMANUS,I (50);

Kilbarchan AAC-Colours: Gold with Black Hoop

422 MCMILLAN,J (50); 423 MEWES,D (40); 424 DAVIDSON,J (40);

PREVIOUS MENS VETERAN CHAMPIONS

M40	M60
1972 W.Stoddart (Greenock Wellpark H.)	1972 J.E.Farrell (Maryhill H.)
1973 W.Stoddart (Greenock Wellpark H.)	1973 H.Smith (Maryhill H.)
1974 C.McAlinden (Paisley H.)	1974 J.E.Farrell (Maryhill H.)
1975 C.McAlinden (Paisley H.)	1975 G.Porteous (Maryhill H.)
1976 C.McAlinden (Paisley H.)	1976 G.Porteous (Maryhill H.)
1977 W.Stoddart (Greenock Wellpark H.)	1977 G.Porteous (Maryhill H.)
1978 W.Stoddart (Greenock Wellpark H.)	1978 A.Forbes (Victoria Park AAC)
1979 W.Stoddart (Greenock Wellpark H.)	1979 J.E.Farrell (Maryhill H.)
1980 D.McGregor (Fife AC)	1980 A.Forbes (Victoria Park AAC)
1981 M.Craven (Edinburgh Southern H.)	1981 D.Morrison (Shettleston H.)
1982 A.Brown (Clyde Valley AC)	1982 G.Porteous (Maryhill H.)
1983 D.McGregor (Fife AC)	1983 J.Clark (Clyde Valley AC)
1984 R.Hodelet (Greenock Glenpark H.)	1984 J.Kelly (Shettleston H.)
1985 R.Hodelet (Greenock Glenpark H.)	1985 J.Clark (Clyde Valley AC)
1986 B.Scoble (Maryhill H.)	1986 M.Scott (Haddington ELP)
1987 B.Scoble (Maryhill H.)	1987 W.Temple (Unattached)
1988 C.Youngson (Aberdeen AAC)	1988 W.Marshall (Motherwell YMCA)
1989 C.Youngson (Aberdeen AAC)	1989 W.Marshall (Motherwell YMCA)
1990 G.Meredith (Victoria Park AAC)	1990 W.Marshall (Motherwell YMCA)
1991 L.Elliot (Teviotdale H.)	1991 W.Marshall (Motherwell YMCA)
1992 L.Elliot (Teviotdale H.)	1992 W.Stoddart (Greenock Wellpark H.)
1993 B.Kirkwood (Racing Club Edinburgh)	1993 A.Brown (Law & District AAC)
1994 B.Kirkwood (Racing Club Edinburgh)	1994 A.Brown (Law & District AAC)

M45
1989 A.Adams (Dumbarton AAC)
1990 A.Adams (Dumbarton AAC)
1991 A.Adams (Dumbarton AAC)
1992 A.Adams (Dumbarton AAC)
1993 C.Youngson (Aberdeen AAC)
1994 B.Emmerson (Teviotdale H.)

M50
1972 A.Forbes (Victoria Park AAC)
1973 W.J. Ross (Garscube H.)
1974 G.Martin (Springburn H.)
1975 T.Harrison Maryhill H.)
1976 C.O'Boyle (Clydesdale H.)
1977 R.Kane (Victoria Park AAC)
1978 W.Marshall (Clyde Valley H.)
1979 H.Mitchell (Shettleston H.)
1980 W.Marshall (Motherwell YMCA)
1981 W.Marshall (Motherwell YMCA)
1982 W.Stoddart (Greenock Wellpark H.)
1983 A.Wood (Aberdeen AAC)
1984 W.Stoddart (Greenock Wellpark H.)
1985 W.Stoddart (Greenock Wellpark H.)
1986 W.Stoddart (Greenock Wellpark H.)
1987 J.Irvine (Bellahouston H.)
1988 W.Stoddart (Greenock Wellpark H.)
1989 J.Maitland (Lochaber AC)
1990 J.Linaker (Pittreave AAC)
1991 D.McGregor (Fife AC)
1992 G.Armstrong (Haddington ELP)
1993 D.McGregor (Fife AC)
1994 A.Adams (Dumbarton AAC)

M55
1989 H.Gibson (Hamilton H.)
1990 H.Rankin (JW Kilmarnock AC)
1991 W.Gauld (Carnethy HRC)
1992 H.Rankin (JW Kilmarnock AC)
1993 W.Gauld (Carnethy HRC)
1994 H.Morrison (Edinburgh AC)

M65
1989 T.Harrison (Maryhill H.)
1991 H.McGinley (Falkirk Victoria H.)
1992 W.Gillespie (Falkirk Victoria H.)
1993 W.Marshall (Scottish Veteran H.)
1994 W.Marshall (Cambuslang H.)

M70
1991 T.Harrison Maryhill H.)
1992 T.Harrison Maryhill H.)
M75
1989 D.Morrison (Shettleston H.)
1992 G.Porteous (Maryhill H.)

TEAMS
1972 Greenock Wellpark H.
1973 Springburn H.
1974 Springburn H.
1975 Springburn H.
1976 Springburn H.
1977 Edinburgh AC
1978 Springburn H.
1979 Edinburgh Southern H.
1980 Edinburgh Southern H.
1981 Clyde Valley AC
1982 Clyde Valley AC
1983 Edinburgh Southern H.
1984 Shettleston H.
1985 Shettleston H.
1986 Pittreave AAC
1987 Pittreave AAC
1988 Aberdeen AAC
1989 Aberdeen AAC
1990 Aberdeen AAC
1991 Teviotdale H.
1992 Aberdeen AAC
1993 Teviotdale H.
1994 Teviotdale H.

PREVIOUS WOMEN VETERAN CHAMPIONS

W35	W50
1993 S.Branney (City of Glasgow)	1993 S.Roger (Dundee Roadrunners)
1994 T.Thomson (BT Pitreave AAC)	1994 J.Phillips (Lasswade AC)
W40	W55
1993 J.Stevenson (Falkirk Victoria H.)	1993 M.Moore (Kilbarchan AAC)
1994 J.Stevenson (Falkirk Victoria H.)	1994 M.Moore (Kilbarchan AAC)
W45	TEAMS
1993 M.Robertson (Dundee Roadrunners)	1993 Fife AC
1994 P.Lemoncello (Fife AC)	1994 Fife AC

NATIONAL VETS VENUES

1995	HAWICK
1994	TROON
1993	ST ANDREWS
1992	TROON
1991	LINLITHGOW
1990	DUMFRIES
1989	ABERDEEN
1988	CLYDEBANK
1987	MUSSELBURGH
1986	BISHOPBRIGGS

On behalf of Teviotdale Harriers I welcome you all to today's National Veterans Cross Country Championships. Those of you have ran over our courses here at Hawick will know from experience that our courses are demanding, even on the odd occasion fairly hard but fair and enjoyable and always well marked and marshalled. Our most sincere thanks go to the local farmers for allowing us to run over their land and their co-operation and help with today's event, also to Sister Margaret and her staff at St Andrews Convent for the kind assistance they have given us.

May I wish you all a good run and enjoy yourselves as much as we enjoy having you.

Grant Moyes
President, Teviotdale Harriers

Women 6,400 Metres 1.30pm
Men 10,000 Metres 2.15pm

Races Start and Finish ➤➤➤➤➤➤

Women 2 Laps →→→

Men 3 Laps →→→

Women only x x x x

