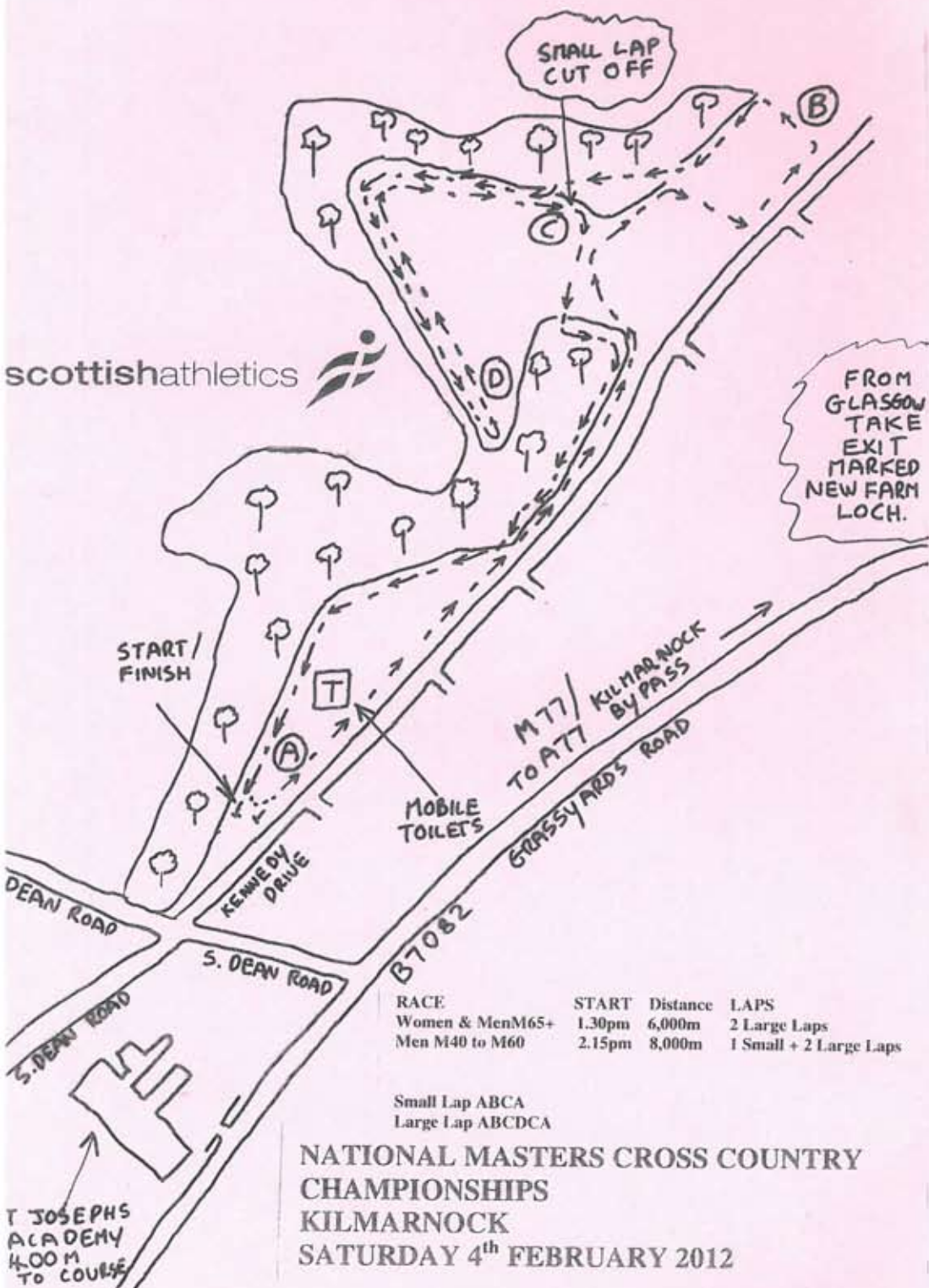


scottishathletics



RACE	START	Distance	LAPS
Women & Men M65+	1.30pm	6,000m	2 Large Laps
Men M40 to M60	2.15pm	8,000m	1 Small + 2 Large Laps

Small Lap ABCA
Large Lap ABCDCA

NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS
KILMARNOCK
SATURDAY 4th FEBRUARY 2012

scottishathletics 

NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

KILMARNOCK

SATURDAY 4th FEBRUARY 2012

Women & Men M65 +	6,000 Metres	1.30pm
Men up to M60	8,000 Metres	2.15pm

SCOTTISH ATHLETICS OFFICE -BEARERS

Hon President	W.M.Campbell C.B.E. Q.C. M.P.
President	Leslie Roy
Chief Executive	Nigel Holl

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison
Hon. Secretary	Alex Jackson
Finance Officer	Graham Sword

OFFICIALS

Referee	Ron Morrison
Clerk of Course	Ian Gebbie
Officials Report	Graham Sword
Marksman	Jim Semple
Judges/Funnels	Bob Reid (Chief) Jim Young, Kevin Martin Alan Robinson
Recorders (Places)	Bill McDougall (Chief) Jean Youden, Alan Potts
Recorders (Times)	Molly Wilmoth, Margaret Daly
Timekeepers	Sheila McDougall (Chief) Anna Poulton, Duncan McLaren
Starter	Bob Reid
Announcer	John Wands
Declarations	Jen Jackson, Dave Campbell
Results	Peter Jackson, Marjory Cook, Jen Jackson
First Aid	St Andrews Ambulance
Course Marshals	Members of Kilmarnock H and AC
Convener	Alex Jackson

Masters Championships 2012

This is the first time that the Scottish Masters Cross Country Championship has been held in Kilmarnock and marks the 125th anniversary of one of the oldest clubs in Scotland – Kilmarnock Harriers. I would like to thank John Gebbie and his team from Kilmarnock Harriers for hosting the Championships and wish them well in their celebrations.

The Scottish Masters Cross Country Championship has an interesting history. In 1972, the Scottish Veteran Harriers Club introduced an open championship – effectively a Scottish Championship since it was open to non-members.

In 1985, the Scottish Cross Country Union introduced a men's Scottish Veteran Championship (over 40, over 50 and over 60) for individuals with a single combined team race. Initially these races were held in conjunction with the Scottish Veteran Harriers Club race.

In 1989, Championships at 5 year intervals up to the age of 70+ were added with the proviso that place medals for 2nd and 3rd were only awarded if more than 5 and 10 athletes competed respectively.

In season 2005-6 SAL introduced an M35 category following the IAAF rule.

Last year the SAL Road Running & Cross Country Commission made some significant changes to the Championships. These are detailed below but include: 1st, 2nd, and 3rd place medals in all 5-year age categories; a men's M50 team race; M65 men running the same distance as the women; and the abolishment of the M35 and W35 categories as per the latest IAAF Rule.

In November 2011, the IAAF changed their mind and reinstated the W35 and M35 categories. As we have done in the past, SAL will adopt these categories from the end of the current season. That is from 1st April 2012 in both Road Running and Cross Country. While SAL must follow the IAAF in Championships, promoters of open races with SAL permits may adopt any prize categories they wish.

The entries for the Championships are very healthy with a Women's entry of 84 and a Men's entry of 305. The numbers make the Championships a true test of the strength of the age groups.

The results of the Championships will be recorded in the Commission's results Archive which is trying to establish a complete history of all the medallists at Scottish Road Running and Cross Country Championships. The Archive may be viewed at

<http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

At present the Archive is incomplete and we have very little record of the early women's results or the complete results before 1983-4. If you have missing results, data or corrections that you wish to contribute, please contact Ron Morrison at ron@st-andrews.ac.uk with details.

Finally I would like to wish everyone a most enjoyable day's competition be it at the front, middle or back of the races.

Ron Morrison

Convener, SAL Road Running and Cross Country Commission

366 Iain Hamilton (65)	
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross
367 Jim McMillan (65)	368 Stevie McLean (75)
Carnegie Harriers	Colours: Orange & Green
369 Thomas Bowie (65)	370 William Fairley (70)
Clydesdale Harriers	Colours: White with Black "C"
371 Pete Cartwright (65)	372 Robert Young (65) 373 Alistair Kerr (65) 374 Watson Jones (70)
Cumbernauld AAC	Colours: Sky Blue with Maroon Band
375 Stewart McCrae (65)	
Dundee Hawkhill Harriers	Colours: Blue and White Quarters
376 Stephen Cromar (70)	377 Charles Love (65)
Ferranti AAC	Colours: Yellow with Black letters
378 James Shaw (75)	379 Keith Weston (65)
Fife AC	Colours: White with Red Band
380 Mel Scobie (65)	
Forres Harriers	Colours: Red
381 Hamish Cameron (65)	
Hunters Bog Trotters	Colours: Brown
382 Allan Gordon (65)	383 Christopher Oliver (65)
Inverness Harriers	Colours: Gold with Maroon Diagonal
384 George Mitchell (65)	
Irvine AC	Colours: Red with Black Trim
385 Robert Nicol (65)	
Larkhall YMCA	Colours: Red with White Hoops
386 John Dalton (65)	
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band
387 William Drysdale (75)	388 Patrick Kelly (65)
Lothian Running Club	Colours: Blue with Black letters
389 Ian Leggett (70)	
Metro Aberdeen RC	Colours: Black/Yellow Quarters
390 Leslie Nicol (75)	
Nairn AAAC	Colours: Orange
391 David Webster (65)	
Portobello RC	Colours: White with Navy and Blue Bands
392 William Murray (70)	
Ron Hill Cambuslang Harriers	Colours: Red with White Band
393 David Fairweather (65)	
Troon Tortoises AC	Colours: Yellow with 2 Black Half hoops
394 George McGregor (65)	
Unattached	
395 Arnot Kidd (75)	396 David Lague (65) 397 William Russell (80)
Westerlands CCC	Colours: Yellow with Black "W" on Back
398 Gibson Fleming (65)	

Masters Men	
Declarations Close: 1.45pm	Race Starts - 2.15pm
2011 Winner: Robert Quinn (Kilbarchan AAC)	2011 Team - RH Cambuslang H

Aberdeen AAC	Colours: White with 2 red hoops
1 David Armitage (60)	2 Frank Boyne (45)
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross
3 Laurence Baker (50)	4 Iain Baird (60) 5 Peter Laing (50)
6 Barry Daddy (40)	
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross
7 Iain Burke (60)	8 Graeme Gemmell (45) 9 Michael Freshour (45)
10 Gary Stewart (40)	11 Christopher Steward (60) 12 John Soffley (60) 13 Paul Ford (40)
14 Thomas Keenan (55)	15 Crispin Walsh (40) 16 Paul McNally (40)
Bellahouston Road Runners	Colours: Purple with White Band
17 Robert McEwan (55)	18 Gerard Scullion (45) 19 Russell Whittington (40)
20 Ewan McDonald (40)	21 Greig Glendinning (40)
Calderglen Harriers	Colours: Amber and Black Vertical Stripes
22 Russell Couper (45)	23 Alan Derrick (45) 24 Charles Steven (50)
25 Andrew McCaffery (45)	26 Martin Duthie (45) 27 Benny Rooney (55)
28 Hugh Simpson (50)	29 Kenny Leinster (50) 30 Jim Holmes (40)
31 Andrew Henderson (55)	
Carnegie Harriers	Colours: Orange & Green
32 Allan Fotheringham (40)	33 Stephen Greer (50) 34 Mike Harvey (45) 35 Andy Hume (40)
36 Mark Johnstone (40)	37 Thomas Lawrence (40) 38 Peter Simpson (50)
39 Malcolm Smith (45)	40 Ian Stewart (50) 41 David Armour (45)
Carnethy Hill RC	Colours: Yellow with Red letters
42 John Blair-fish (60)	
Central AC	Colours: Yellow and Blue
43 Hugh Buchanan (50)	44 Cameron Campbell (50) 45 Gordon Crawford (45)
46 Derek Easton (50)	47 David Eckersley (45) 48 Alan Gail (55)
49 Steve Laing (50)	50 Liam McCabe (50) 51 George McHardy (60)
52 John Miller (60)	53 Alex Milne (45) 54 Stuart Watson (45)
Clydesdale Harriers	Colours: White with Black "C"
55 Paul Carroll (40)	56 Michael Diver (45) 57 Hugh Lavery (55)
58 Gerard Montgomery (50)	59 Peter Rudzinski (60) 60 Gerry Kane (55)
Corstorphine AAC	Colours: White with Black Trim
61 David Henderson (45)	62 Jan-Bert Van Den Berg (50) 63 Graeme Fletcher (45)
64 Grant Wilkie (40)	65 Ian Johnston (45) 66 Michael Anderson (40)
67 Shaun Cavens (50)	68 Graham Melean (55) 69 Ian McPherson (40)
70 David Law (50)	71 Martin Caldwell (55) 72 Graeme Gow (45) 73 Martin Hume (60)
Dumfries Running Club	Colours: White with Maroon and Sky blue Hoops
74 James Buchanan (45)	75 Leslie Hill (50)
Dunbar Running Club	Colours: White with Green Diagonal
76 Stuart Hay (45)	77 George Gilhooly (50) 78 Ian Rowland (45) 79 Richard Taylor (40)
Dundee Hawkhill Harriers	Colours: Blue and White Quarters
80 Matthew Strachan (45)	81 Roger Van Gompel (40) 82 John Hepburn (50) 83 David Adam (40)
84 Eddie Holmes (45)	
Dundee Road Runners	Colours: White with Blue Diagonal
85 John Mill (45)	86 Grant Whytock (40)
Edinburgh AC	Colours: White with one Blue, one Black Hoop
87 Graham Beal (40)	88 William Gallacher (60) 89 Richard Hope (50) 90 Brian Howie (60)
91 Colin Laidlaw (55)	92 Alex MacEwen (55) 93 Roy Mitchell (40) 94 Ken Mortimer (50)
95 Kirk Ollason (40)	96 Garry Robertson (45) 97 David Steele (50) 98 Eric Stevenson (60)
99 Neil Thin (50)	100 Adam Ward (50) 101 John Blair (45)
Falkirk Victoria Harriers	Colours: Black with Gold Band

102 Andrew Ronald (40) 106 John Denholm (60)	103 Michael McQuaid (45) 107 Alexander Bryce (50)	104 John Martin (55) 105 David Bunyan (60) 108 Anthony Devlin (40)
Ferranti AAC 109 John Gavin (55)	Colours: Yellow with Black letters 110 Iain Shaw (45)	
Fife AC 111 Adrian Davis (45)	Colours: White with Red Band 112 Tony Martin (60)	113 Daniel Newman (40)
Forres Harriers 114 Colin Youngson (60)	Colours: Red 115 Paul Rogan (40)	116 Stan MacKenzie (45)
Gala Harriers 117 Robert Marshall (60) 120 Sinclair Hill (45) 124 Billy McCulloch (50)	Colours: White with Green Band 118 Alistair Laurie (45) 121 Mark Bryson (45)	119 David Nightingale (55) 122 Paul Daly (45) 123 Steven Martin (40)
Garscube Harriers 125 Andrew Griffiths (60) 128 Euan Mackay (50) 131 Alexander Chalmers (40) 134 John Molloy (45)	Colours: White with Blue Band 126 Stephen Mulrine (40) 129 Alexander Chisholm (55) 132 Stephen Cullen (50) 135 Euan Geddes (40)	127 Jim McAneny (50) 130 John Bell (40) 133 John McLaughlin (45)
Girvan AAC 136 Jack Maxwell (60) 139 Andrew McNaught (45)	Colours: White with Blue & Green Hoops 137 Angus McTaggart (40)	138 Stephen Flanagan (45)
Glenock Glenpark Harriers 140 Michael Melone Sr (45)	Colours: Sky Blue with Royal Blue and Gold Hoops	
Haddington East Lothian Pacemakers 141 Frederick McCain (60) 144 William Watson (50)	Colours: Red and White Halves 142 James Baird (50) 145 Frank McPartland (55)	143 Sandy Wallace (60)
Hamilton II 146 James Breen (45)	Colours: White with Red Facings 147 Andrew McLinden (60)	
Helensburgh AAC 148 Paul Thompson (55)	Colours: Yellow with Red Band 149 Alistair Wylie (55)	
Hunters Bog Trotters 150 Steven Cairns (40) 153 Geoffrey Mitchell (50) 156 Jon Rutledge (40)	Colours: Brown 151 Colin Crabbie (40) 154 Ivor Normand (45) 157 Dave Taylor (60)	152 Ian Campbell (45) 155 Patrick O'Kane (50) 158 Jamie Thin (40) 159 Richard Wall (55)
Inverclyde AC 160 Gerard Gaffney (55) 163 Tom Tracey (55)	Colours: Black & White Stripes 161 Gary McKendrick (15)	162 Robert Shaw (55)
Inverness Harriers 164 Alex Sutherland (60)	Colours: Gold with Maroon Diagonal 165 Ian Johnstone (60)	
Irvine AC 166 David Millar (40) 169 Mark Livingstone (40) 172 Colin Miller (50) 175 James White (60)	Colours: Red with Black Trim 167 William Richardson (40) 170 James Sneddon (45) 173 Joseph McNamee (50) 176 Michael Flinn (60)	168 Alex Allardyce (40) 171 Steven Connell (45) 174 Andrew Renne (60)
Keith & District AAC 177 Ray Aiken (60)	Colours: Skye Blue and Maroon	
Killbarchan AAC 178 Robert Quinn (45) 181 Steven Hards (50)	Colours: Gold with Black Hoop 179 Chris McGillem (40) 182 Donald Petrie (50)	180 James Snodgraves (45) 183 Donald Kennedy (40)
Kilmarnock Harriers 184 Iain Council (40) 187 David Mitchell (45)	Colours: Royal Blue with 2 White Stripes 185 Scott Martin (40) 188 Graham Cairns (55)	186 Alistair Murray (40) 189 Ian Drummond (60)
Kirkintilloch Olympians 190 Robert Rogeran (50) 193 William Baird (45)	Colours: Sky Blue with White and Black Hoops 191 Gary Mitchell (40)	192 Robert Watson (50)

Larkhall YMCA
194 Joe McCallum (45)

Law & District AAC
195 James Rowley (60)
198 Tommy Currie (40)

Livingston & District AAC
199 Steven Thomson (50)

Lothian Running Club
200 Kenny Mearns (50)
203 Richard Docherty (45)

Mid Argyll AC
206 Andrew Law (55)

Moray Road Runners
207 Ewan Paterson (55)

Motherwell AC
208 William Martin (55)

Ochil Hill Runners
209 John Stevenson (50)

Perth Road Runners
211 David Knight (40)

Pitcraive AAC
212 Jeff Farquhar (50)

Portobello RC
213 Kevin Clark (50)

Ron Hill Cambuslang Harriers
217 Robert Anderson (60)
220 Walter Edgar (50)
223 Colin Donnelly (50)
227 Kenny Macpherson (40)
230 Michael O'Hagan (40)
233 Stephen Wylie (40)

Shettleston Harriers
234 William Coyle (45)
238 Peter Carlton (55)
242 John Oates (50)

Springburn Harriers
243 John Owens (55)
247 Damian McAuley (45)

Swindon Harriers
248 Brian Gardner (55)

Teviotdale Harriers
249 Alan Colman (45)
253 Craig Grieve (40)

Troon Tortoises AC
254 Ian McNe (50)

Unattached
257 Alistair Murray (60)

Victoria Park City of Glasgow
258 Mark Ashby (50)
261 Joseph Doyle (55)
264 Tom Ord (50)

Westerlands CCC
267 Chris Upson (45)
271 Daniel Reid (50)

Colours: Red with White Hoops

Colours: Amber with 2 Red Bands and 1 White Band
196 John McGrath (45) 197 Tony Higgins (40)

Colours: Yellow with Green Stripe

Colours: Blue with Black letters
201 Graeme Ackland (45) 202 Scott Nelson (40)
204 Stephen Malcolm (40) 205 James Alexander (45)

Colours: Yellow with 2 Black vertical Bands

Colours: Dayglow yellow with Black Trim

Colours: Burgundy with Gold Band.

210 Martin Dean (50)

Colours: Green and White

Colours: Navy/Yellow/White

Colours: White with Navy and Blue Bands
214 Jim Scott (55) 215 Mark Fry (45) 216 William Jarvie (50)

Colours: Red with White Band
218 Francis Hurley (55) 219 Edward Stewart (55)
221 James Zapple (50) 222 Colin Feechan (50)
224 Iain Campbell (50) 225 David Thom (50) 226 Ross Arbuckle (50)
228 David Rodgers (40) 229 Alan Ramage (40)
231 Greg Hastie (40) 232 Kerry Liam Wilson (40)

Colours: Blue with Gold Band
235 John J. Duffy (45) 236 Ian Johnston (40) 237 Denis Williams (45)
239 Kenny Richmond (40) 240 Andy Little (45) 241 Alastair Pringle (40)

Colours: Navy Blue with White Diamond
244 Alan Cairns (55) 245 Jim Cooper (45) 246 Andrew Collin (40)

Colours: White with Maroon Band
250 Alister Bigger (40) 251 Alan Inglis (40) 252 Bill Knox (60)

Colours: Yellow with 2 Black Half Hoops
255 William Gerrie (45) 256 Paul Roberts (45)

Colours: Blue and White Hoops
259 Jason Boyle (40) 260 Gerald Craig (40)
262 Crawford Little (45) 263 Kenneth McVey (60)
265 Duncan Thomson (40) 266 Derek Watson-Sir (45)

Colours: Yellow with Black "W" on Back
268 John Quinn (50) 269 Graeme Orr (60) 270 Jon Shove (40)

Scottish National Masters Cross Country Championships

1971-2	04-Mar, 1972	Clydesdale
1972-3	03-Mar, 1973	East Kilbride
1973-4	02-Mar, 1974	Coatbridge
1974-5	02-Mar, 1975 Eskbank College	Dalkeith
1975-6	Beach Park	Irvine
1976-7	05-Mar, 1977	Coatbridge
1977-8		
1978-9	Beach Park	Irvine
1979-80	23-Feb, 1980 Beach Park	Irvine
1980-1	15-Feb, 1981 Beach Park	Irvine
1981-2	14-Feb, 1982 Beach Park	Irvine
1982-3		
1983-4	12-Feb, 1984 Drumpellier Park	Coatbridge
1	1984-5	10-Feb, 1985 Callendar Park
2	1985-6	09-Feb, 1986 Huntershill
3	1986-7	08-Feb, 1987 Racecourse
4	1987-8	07-Feb, 1988 Dalmuir
5	1988-9	05-Feb, 1989 Balgownie
6	1989-90	02-Feb, 1990 David Keswick Centre
7	1990-1	03-Feb, 1991 Linlithgow Academy
8	1991-2	02-Feb, 1992 Marr College
9	1992-3	31-Jan, 1993 University Park
10	1993-4	27-Feb, 1994 Marr College
11	1994-5	25-Feb, 1995 Stirches
12	1995-6	24-Feb, 1996 Mayne Farm
13	1996-7	02-Mar, 1997 Jack Kane Centre
14	1997-8	21-Feb, 1998 Marr College
15	1998-9	27-Feb, 1999 Stirches
16	1999-2000	04-Mar, 2000 Cumnock Academy
17	2000-1	03-Mar, 2001 Balgownie
18	2001-2	10-Mar, 2002 Bellahouston Park
19	2002-3	08-Mar, 2003 Grant Park
20	2003-4	06-Mar, 2004 Bell Baxter High
21	2004-5	06-Mar, 2005 Bellahouston Park
22	2005-6	04-Mar, 2006 Grant Park
23	2006-7	03-Mar, 2007 Balbardie Pk
24	2007-8	09-Feb, 2008 Royal Academy
25	2008-9	07-Feb, 2009 Royal Academy
26	2009-10	06-Feb, 2010 Grant Park
27	2010-1	05-Feb, 2011 Balwearie High School
28	2011-2	04-Feb, 2012 St Joseph's Academy

Scottish Masters Cross Country Team Champions (Men)

1992-3	Teviotdale H	55	Cambuslang H	67	Dumbarton AAC	98
1993-4	Teviotdale H	39	Cambuslang H	59	Dumbarton AAC	68
1994-5	Dumbarton AAC	63	Cambuslang H	73	Teviotdale H	97
1995-6	Cambuslang H	52	Metro Aberdeen RC	64	Teviotdale H	91
1996-7	Cambuslang H	30	Metro Aberdeen RC	36	Teviotdale H	91
1997-8	Ronhill Cambuslang H	33	Metro Aberdeen RC	38	Clydesdale H	131
1998-9	Ronhill Cambuslang H	37	Metro Aberdeen RC	49	Dundee Hawkhill H	72
1999-2000	Ronhill Cambuslang H	37	Metro Aberdeen RC	80	Dundee Hawkhill H	87
2000-1	Ronhill Cambuslang H	34	Metro Aberdeen RC	38	Falkirk Victoria H	83
2001-2	Ronhill Cambuslang H	30	Shettleston H	70	Dundee Hawkhill H	81
2002-3	Shettleston H	50	Ronhill Cambuslang H	57	Lothian RC	70
2003-4	Ronhill Cambuslang H	34	Shettleston H	45	EZ Carnagie H	100
2004-5	Shettleston H	37	Ronhill Cambuslang H	65	City of Edinburgh	72
2005-6	Shettleston H	41	Carnagie H	65	Dundee Hawkhill H	76
2006-7	Shettleston H	73	City of Edinburgh	83	Ronhill Cambuslang H	85
2007-8	Ronhill Cambuslang H	23	City of Edinburgh	57	Kilbarchan AAC	96
2008-9	Ronhill Cambuslang H	22	Kilbarchan AAC	62	Shettleston H	70
2009-10	Ronhill Cambuslang H	12	Carnegie H	49	Forres H	76
2010-1	Ronhill Cambuslang H	22	Shettleston H	76	Fife AC	119

Scottish Masters Cross Country Team Championships (Women)

1992-3	Fife AC	19	City of Glasgow AC	27	Dundee RR	37
1993-4	Fife AC	23	Irvine AC	27	BT Pitreavie AAC	36
1994-5	Livingston & D AAC	24	Fife AC	32	Irvine AC	49
1995-6	Aberdeen AAC	15	Livingston & District AAC	22	Falkirk Victoria H	43
1996-7	BT Pitreavie AAC	22	Shettleston Ladies	34	Falkirk Victoria H	58
1997-8	BT Pitreavie AAC	13	City of Glasgow AC	34	Westerlands CCC	40
1998-9	Shettleston Ladies	11	Lasswade AAC	46	Carnethy HRC	57
1999-2000	Pitreavie AAC	26	Irvine AC	50	Gala H	60
2000-1	Shettleston Ladies	21	Aberdeen AAC	24	Irvine AC	58
2001-2	Gala Harriers	24	Shettleston Ladies	27	Falkirk Victoria H	45
2002-3	Central AC	18	Aberdeen AAC	21	Irvine AC	39
2003-4	Perth Road Runners	53	Dundee RR	62	Fife AC	63
2004-5	Falkirk Victoria Harriers	41	Perth RR	47	Central AC	49
2005-6	Falkirk Victoria Harriers	11	Aberdeen AAC	20	Forres H	62
2006-7	Falkirk Victoria Harriers	24	Central AC	34	Fife AC	44
2007-8	Garscube Harriers	35	Central AC	39	Springburn H	47
2008-9	Central AC	35	Clydesdale H	64	Hunters Bog T	65
2009-10	Helensburgh AAC	25	Edinburgh AC	26	Aberdeen AAC	29
2010-1	Edinburgh AC	44	Central AC	53	Carnethy HRC	69