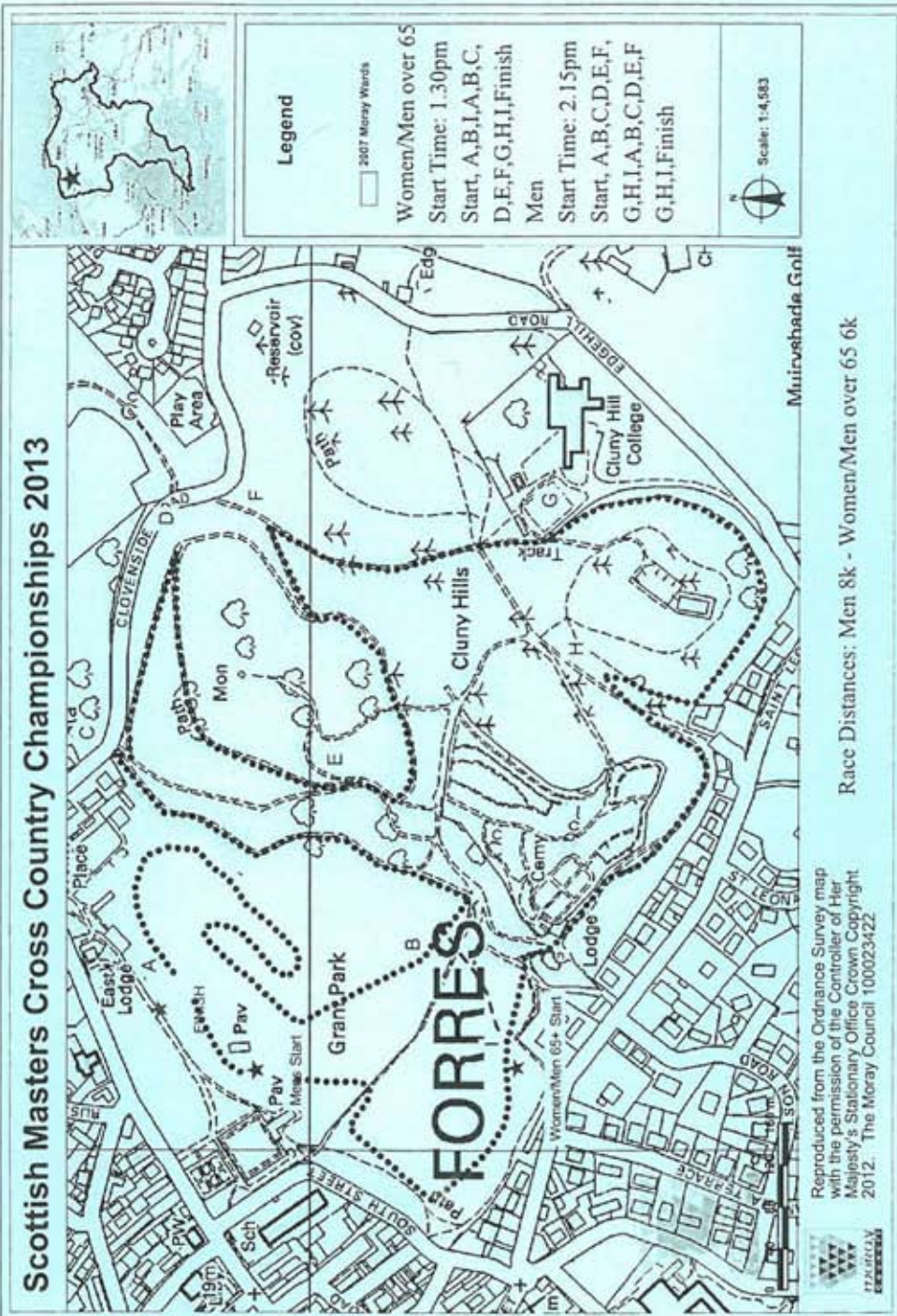


Scottish Masters Cross Country Championships 2013



Race Distances: Men 8k - Women/Men over 65 6k

scottishathletics 

NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

FORRES

SATURDAY 2nd FEBRUARY 2013

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

SCOTTISH ATHLETICS

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

ROAD RUNNING AND CROSS COUNTRY COMMISSION

Convener	Ron Morrison (Fife AC)
Hon. Secretary	Alex Jackson (Ferranti AAC)
Finance Officer	Graham Sword (Kirkintilloch O)

OFFICIALS

Referee	Charlie Forbes
Clerk of Course	Paul Rogan
Funnel Control	Ken Davies, Marion Allan, Mike Archibald
Timekeepers/Time Recorder	Stephen Murdoch, Mary Payne
Recorders (Places)	Brian Brown, George Wright
Starter	Alastair Cameron
Declarations	Caroline Cowie, Sophie Dunnett
Announcer	Doug Cowie
Results	Joanna Rogan, Ron Morrison
Presentations	Ian McKenzie, Ron Morrison
Jury of Appeal	Ron Morrison, Alex Jackson, Sophie Dunnett
Course Stewards	Forres Harriers
First Aid	British Red Cross
Convenors	Paul Rogan / Alex Jackson

Scottish Athletics thanks everyone who has contributed to the success of to-days event

MESSAGES

Scottish Athletics

This is the fourth occasion in eleven years that the Scottish Masters Cross Country Championship has been held in Forres and I would like to thank Paul Rogan and his team from Forres Harriers for hosting the Championships once again.

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 1993, with the formation of the Scottish Athletics Federation, both men's and women's Championships were held at St Andrews.

Many changes have been made to the Championships and the age groupings over the years. These and all the results and Champions, of past years, have and will be recorded in the SAL RR&CC Commission's results Archive that 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 for these championships. 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.

The entries for today's Championships are very healthy with a Women's entry of 85 and a Men's entry of 177. The numbers make the Championships a true test of the strength of the age groups.

Finally I would like to wish everyone a most enjoyable day's competition be it at the front, middle or back of the races. We all know that the true joy in cross country running is beating you mates. Go get them.

Ron Morrison

Convener, SAL Road Running and Cross Country Commission

Forres Harriers

On behalf of Forres Harriers can I just say what a pleasure it is to welcome you all here today. It is indeed an honour for Forres Harriers to have once again been given the opportunity to stage this National Championship.

This is the fourth staging of the event here in Forres since 2003 and over this time we have taken note of all the feedback concerning our event. The picturesque setting of Grant Park and Cluny Hill, with its varying terrain makes for what we hope a memorable cross country course this year, with a good blend of park and woodland running.

I wish you all success and hope you enjoy your visit to Forres.

Paul Rogan

Forres Harriers

Women 35+ Start 1.30pm 6,000metres

190	Rhona Buchan (F45)	Aberdeen AAC
191	Sonia Armitage (F50)	Aberdeen AAC
192	Veronique Oldham (F45)	Aberdeen AAC
193	Melanie Angus (F45)	Aberdeen AAC
194	Angela Hepburn (F40)	Aberdeen AAC
195	Frances Maxwell (F45)	Calderglen Harriers
196	Joanne Anderson (F40)	Carnethy Hill Racing Club
197	Angela Mudge (F40)	Carnethy Hill Racing Club
198	Jacqui Higginbottom (F45)	Carnethy Hill Racing Club
199	Jane Waterhouse (F60)	Central AC
200	Hazel Dean (F45)	Central AC
201	Shona Aiken (F40)	Central AC
202	Karen Kealey (F40)	Central AC
203	Kate Weldon (F40)	Central AC
204	Pamela McCrossan (F50)	Clydesdale Harriers
205	Marina McCallum (F40)	Clydesdale Harriers
206	Gillian Carr (F35)	Corstorphine AAC
207	Jane Kerridge (F55)	Deeside Runners
208	Audrey Scott (F50)	East Sutherland AC
209	Julie Cleghorn (F45)	East Sutherland AC
210	Sheila Gollan (F45)	East Sutherland AC
211	Susan Ridley (F45)	Edinburgh AC
212	Jennifer MacLean (F35)	Edinburgh AC
213	Sharyn Ramage (F50)	Edinburgh AC
214	Karen Dobbie (F45)	Edinburgh AC
215	Hilary Kernaghan (F45)	Edinburgh AC
216	Phyllis Lemoncello (F65)	Fife AC
217	Miriam Renner (F50)	Fife AC
218	Siobhan Evans (F40)	Forres Harriers
219	Shona Spencer (F45)	Forres Harriers
220	Jackie Nicol (F50)	Forres Harriers
221	Anne Docherty (F65)	Forres Harriers
222	Clare Nicholas (F45)	Forres Harriers
223	Susan McRitchie (F35)	Forres Harriers
224	Nadine Williams (F45)	Forres Harriers
225	Frances Britain (F40)	Forres Harriers
226	Elizabeth Watson (F50)	Forres Harriers
227	Hillary Cameron (F40)	Forres Harriers
228	Elizabeth Barr (F45)	Forres Harriers
229	Lisa Stephen (F35)	Fraserburgh Running Club
230	Jayne Watt (F50)	Fraserburgh Running Club
231	Gillian Cardno-Strachan (F35)	Fraserburgh Running Club
232	Carol Massie (F45)	Fraserburgh Running Club
233	Morag Thompson (F35)	Fraserburgh Running Club

Men 65+ Start 1.30pm 6,000 metres

1	Pete Cartwright (M70)	Clydesdale H
2	Walter McCasky (M75)	Edinburgh AC
3	Colin Youngson (M65)	Forres H
4	Ken Naismith (M65)	Highland HR
5	Alex Sutherland (M65)	Inverness H AAC
6	George Mitchell (M65)	Inverness H AAC
7	William Drysdale (M75)	Law & District AAC
8	James Rowley (M65)	Law & District AAC
9	Ian Leggett (M70)	Lothian RC

234	Dianne Lauder (F35)	Gala Harriers
235	Rachel Fagan (F35)	Gala Harriers
236	Fiona Dalgleish (F40)	Gala Harriers
237	Jo Schreiber (F45)	Girvan AAC
238	Karen Lyons (F40)	Highland Hill Runners
239	Laura MacLennan (F40)	Highland Hill Runners
240	Claire Ward (F35)	Hunters Bog Trotters
241	Kate Jenkins (F35)	Hunters Bog Trotters
242	Claire Gordon (F35)	Hunters Bog Trotters
243	Megan Wright (F35)	Hunters Bog Trotters
244	Emma Baker (F40)	Hunters Bog Trotters
245	Phyllis O'Brien (F50)	Hunters Bog Trotters
246	Deborah MacDonald (F50)	Hunters Bog Trotters
247	Jackie Mair (F45)	Inverness Harriers AAC
248	Julie Wilson (F45)	Inverness Harriers AAC
249	Doreen Campbell (F40)	Inverness Harriers AAC
250	Roma Shepherd (F35)	Inverness Harriers AAC
251	Alison Wilson (F40)	Inverness Harriers AAC
252	Paula Russ (F40)	Inverness Harriers AAC
253	Liz Forbes (F55)	Inverness Harriers AAC
254	Liz Gray (F60)	Inverness Harriers AAC
255	Ada Stewart (F45)	Kirkintilloch Olympians
256	Shirley MacNab (F45)	Kirkintilloch Olympians
257	Debs Lindsay (F45)	Kirkintilloch Olympians
258	Julie Nelson (F45)	Kirkintilloch Olympians
259	Linden Nicholson (F60)	Lasswade AAC
260	Hilary McGrath (F45)	Law & District AAC
261	Edel Mooney (F35)	Lothian Running Club
262	Barbara Bowie (F60)	Moray Road Runners
263	Frances Wardhaugh (F55)	Moray Road Runners
264	Elspeth Jenkins (F40)	Moray Road Runners
265	Amanda Strang (F40)	Moray Road Runners
266	Jennifer Coelho (F40)	Moray Road Runners
267	Claire Reilly (F35)	Moray Road Runners
268	Clare Barr (F40)	Motherwell AC
269	Phyllis Hands (F55)	Motherwell AC
270	Kirstin Grant (F35)	Nairn Road Runners
271	Jenny Henderson (F35)	Nairn Road Runners
272	Maureen Mackie (F45)	Nairn Road Runners
273	Lorna Stanger (F40)	North Highland Harriers
274	Sheila Thomson (F65)	Westlands CCC

10	Leslie Nicol (M75)	Metro Aberdeen RC
11	David Webster (M65)	Nairn RR
12	Tony Stapley (M65)	Portobello RC
13	David Fairweather (M65)	Ron Hill Cambslang H
14	Robert Anderson (M65)	Ron Hill Cambslang H
15	Arnott Kidd (M75)	Unattached
16	Gibson Fleming (M65)	Westlands XC Club
17	Graeme Orr (M65)	Westlands XC Club

Men 35-64 Start 2.15pm 8,000 metres

21	David Armitage (M60)	Aberdeen AAC
22	Jonathan Millar (M35)	Aberdeen AAC
23	Alan Fulton (M60)	Aberdeen AAC
24	John Gilhooly (M50)	Bellahouston RR
25	Peter Gallanagh (M40)	Bellahouston RR
26	Scott Kennedy (M40)	Bellahouston RR
27	Greig Glendinning (M40)	Bellahouston RR
28	Russell Whittington (M40)	Bellahouston RR
29	Russell Couper (M45)	Calderglen H
30	Alan Derrick (M45)	Calderglen H
31	Stuart Waugh (M60)	Calderglen H
32	Martin Duthie (M50)	Calderglen H
33	Allan Fotheringham (M45)	Carnegie H
34	Ian Robert Johnston (M55)	Carnegie H
35	David Millar (M35)	Carnegie H
36	Peter Simpson (M50)	Carnegie H
37	Ian Stewart (M55)	Carnegie H
38	Andrew Wright (M35)	Carnegie H
39	Hugh Buchanan (M50)	Central AC
40	Robert Hutchison (M50)	Central AC
41	Paul Carroll (M40)	Clydesdale H
42	Michael Diver (M45)	Clydesdale H
43	Hugh Lavery (M55)	Clydesdale H
44	Gerard Montgomery (M50)	Clydesdale H
45	Peter Rudzinski (M60)	Clydesdale H
46	Dean Carr (M40)	Corstorphine AAC
47	Ian Johnston (M45)	Corstorphine AAC
48	Stuart Campbell (M45)	Corstorphine AAC
49	Richard Lewis (M40)	Corstorphine AAC
50	Keith Hood (M40)	Corstorphine AAC
51	Gordon Barric (M40)	Dundee Hawkhill H
52	David Adam (M40)	Dundee Hawkhill H
53	Craig Ross (M55)	Dundee Hawkhill H
54	John Mill (M45)	Dundee RR AC
55	Graet Whytock (M45)	Dundee RR AC
56	Alex MacEwen (M55)	Edinburgh AC
57	Ken Mortimer (M50)	Edinburgh AC
58	Eric Stevenson (M60)	Edinburgh AC
59	Robert Turner (M40)	Edinburgh AC
60	John Blair (M45)	Edinburgh AC
61	Martin Ferguson (M45)	Edinburgh AC
62	Brian Howie (M60)	Edinburgh AC
63	Colin Laidlaw (M55)	Edinburgh AC
64	Richard Meade (M35)	Edinburgh AC
65	Adam Ward (M50)	Edinburgh AC
66	Malcolm Christie (M50)	Elgin AAC
67	John Martin (M55)	Falkirk Victoria H
68	Daniel Newman (M45)	Fife AC
69	Stephen Ilett (M50)	Forres H
70	Stan MacKenzie (M50)	Forres H
71	Paul Rogan (M40)	Forres H
72	Steven Wright (M35)	Forres H
73	Lindsay Grant (M50)	Forres H
74	Richard Johnston (M40)	Forres H
75	Nick Barr (M50)	Forres H
76	David Weir (M50)	Forres H
77	Mark Brain (M45)	Forres H
78	Stewart Burn (M55)	Forres H
79	Simon Pride (M45)	Forres H
80	David McCulloch (M40)	Forres H

102	Robin Thomas (M55)	Hunters Bog T
103	Ray Ward (M35)	Hunters Bog T
104	Ian Marshall (M60)	Hunters Bog T
105	David Wright (M35)	Hunters Bog T
106	Gerard Gaffney (M55)	Inverclyde AC
107	Stewart Wilson (M45)	Inverness H AAC
108	Tom McWilliam (M40)	Inverness H AAC
109	Paul Miller (M40)	Inverness H AAC
110	Billy Skinner (M45)	Inverness H AAC
111	Ian Johnstone (M60)	Inverness H AAC
112	Andrew MacRae (M35)	Inverness H AAC
113	Ross Nixon (M40)	Inverness H AAC
114	Graham Laing (M55)	Inverness H AAC
115	Keith Geddes (M40)	Inverness H AAC
116	Douglas Lamont (M60)	Inverness H AAC
117	William Richardson (M40)	Irvine AC
118	George Irving (M45)	Irvine AC
119	James White (M60)	Irvine AC
120	Andrew Rennie (M60)	Irvine AC
121	John Goodall (M50)	Keith & District AAC
122	Nick Brown (M45)	Keith & District AAC
123	Mike Stewart (M45)	Keith & District AAC
124	Gerald Angus (M50)	Keith & District AAC
125	Ray Aiken (M60)	Keith & District AAC
126	Steven Taylor (M45)	Keith & District AAC
127	Robert Quinn (M45)	Kilbarchan AAC
128	Donald Petrie (M55)	Kilbarchan AAC
129	James Snodgrass (M45)	Kilbarchan AAC
130	John McMillan (M40)	Kilbarchan AAC
131	Scott Martin (M40)	Kilmarnock H&AC
132	Connel Drummond (M40)	Kilmarnock H&AC
133	Stephen Allan (M35)	Kirkintilloch Olympians
134	Howard Elliott (M45)	Kirkintilloch Olympians
135	Gary Mitchell (M45)	Kirkintilloch Olympians
136	John McGrath (M45)	Law & District AAC
137	Kenny Mearns (M50)	Lothian RC
138	Stephen Malcolm (M40)	Lothian RC
139	Colin Partridge (M35)	Lothian RC
140	Graeme Ackland (M50)	Lothian RC
141	Ewan Paterson (M60)	Moray RR
142	Gareth Jenkins (M40)	Moray RR
143	Alasdair Campbell (M40)	Moray RR
144	Raymond Hardie (M45)	Moray RR
145	Colin Green (M40)	Moray RR
146	Matthew Purser (M35)	Motherwell AC
147	Neil Campbell (M45)	Nairn Area AAC
148	Stephen Fraser (M40)	Nairn RR
149	Iain Blackburn (M35)	Nairn RR
150	Darby Bow (M60)	Nairn RR
151	Jack Trevelyan (M35)	North Highland H
152	Kevin Cormack (M45)	North Highland H
153	Andrew Tait (M40)	North Highland H
154	David Spencer (M45)	North Highland H
155	John Stevenson (M50)	Ochil Hill Runners
156	Martin Dean (M55)	Ochil Hill Runners
157	Mark Fry (M45)	Portobello RC
158	William Jarvie (M50)	Portobello RC
159	Francis Hurley (M60)	Ron Hill Cambslang H
160	Alexander Eaglesham (M55)	Ron Hill Cambslang H
161	Colin Feechan (M50)	Ron Hill Cambslang H

81	Rod Wallace (M40)	Forres H
82	Kenneth Douglas (M40)	Forres H
83	Charles Noble (M60)	Fraserburgh RC
84	Alistair Mathers (M45)	Fraserburgh RC
85	Andrew Blackhall (M35)	Fraserburgh RC
86	Stephen Nibloe (M35)	Fraserburgh RC
87	Graeme Clark (M55)	Fraserburgh RC
88	Derrick Brydon (M40)	Gala H
89	Colin Brash (M45)	Girvan AAC
90	Russell Owen (M50)	Highland HR
91	Ross Bannerman (M35)	Highland HR
92	David Gallie (M45)	Highland HR
93	Dougie Macdonald (M40)	Highland HR
94	Steven McIntyre (M35)	Highland HR
95	James Meehan (M45)	Highland HR
96	Andrew Wilby (M35)	Highland HR
97	Gordon Taylor (M50)	Highland HR
98	Steven Cairns (M45)	Hunters Bog T
99	Craig Hunter (M50)	Hunters Bog T
100	Alec Keith (M45)	Hunters Bog T
101	Donald Naylor (M40)	Hunters Bog T

162	Frankie Barton (M55)	Ron Hill Cambuslang H
163	David Thom (M50)	Ron Hill Cambuslang H
164	Charles Thomson (M45)	Ron Hill Cambuslang H
165	Michael O'Hagan (M40)	Ron Hill Cambuslang H
166	Kerry Liam Wilson (M40)	Ron Hill Cambuslang H
167	Robert Gilroy (M35)	Ron Hill Cambuslang H
168	Andy Little (M45)	Shettleston H
169	William Breckenridge (M45)	Shettleston H
170	Kevin Ferris (M35)	Springburn H
171	James Lewis (M35)	Springburn H
172	Jonathon Pritchard (M40)	Stornoway Running & AC
173	Patrick O'Kane (M50)	Strathearn H
174	Brian Gardner (M55)	Swinton H
175	Andrew Law (M55)	VP-Glasgow AC
176	Mark Ashby (M50)	VP-Glasgow AC
177	Tom Ord (M55)	VP-Glasgow AC
178	Derek Watson Snr. (M50)	VP-Glasgow AC
179	John Hamer (M45)	Westerlands XC Club
180	David Calder (M50)	Westerlands XC Club
181	James Buchanan (M45)	Dumfries Running Club
182	Steven Hayward (M45)	Forres H

NATIONAL MASTERS, KILMARNOCK 2013 MEDALS AWARDS

WOMEN

1 st	2 nd	3 rd	TEAMS (3 TO SCORE)
1 st	2 nd	3 rd	OVER 40
1 st	2 nd	3 rd	OVER 45
1 st	2 nd	3 rd	OVER 50
1 st	2 nd	3 rd	OVER 55
1 st	2 nd	3 rd	OVER 60
1 st	2 nd	3 rd	OVER 65

MEN

1 st	2 nd	3 rd	TEAMS (4 TO SCORE)
1 st	2 nd	3 rd	OVER 40
1 st	2 nd	3 rd	OVER 45
1 st	2 nd	3 rd	OVER 50
1 st	2 nd	3 rd	OVER 55
1 st	2 nd	3 rd	OVER 60
1 st	2 nd	3 rd	OVER 65
1 st	2 nd	3 rd	OVER 70
1 st	2 nd	3 rd	OVER 75

1st M50 to M60 team (3 TO SCORE)

Age Category number should be worn on the BACK.
Please do not fold over the front number.