



NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

HAWICK

SATURDAY 1st FEBRUARY 2014

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	Dave Cairns
Clerk of Course	Rob Halliday
Chief Marshal	Grant Moyes
Timekeepers	Alan Carruthers (Chief) Joe Bruce
Time Recorder	Ian Mann
Judges/Funnel Control	Sandra Hardacre (Chief) Rob Halliday
Recorders (Places)	Rachel Halliday (Chief) Allan Smith, Ian Hislop
Starter	Rob Halliday
Declarations	Jen Jackson, Marjory Cook
Announcer	Alex Jackson
Results	Stuart Hay, Marjory Cook
Course Stewards	Teviotdale Harriers
First Aid	British Red Cross
Convenor	Alex Jackson

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

MESSAGES

On behalf of scottish athletics I would like to welcome you all to the Scottish Masters Cross Country Championship returning to Hawick for the first time since 1999.

There is a good entry with 95 women and 258 men throughout the various age groups from age 40, so we look forward to some good battles.

My thanks go to the officials and volunteers who give up so much of their time to make events like this happen. A special mention to Teviotdale Harriers who are hosting the Championship today, setting up the course and supplying the stewards as it is also their 125th Anniversary. Congratulations to everyone at the club.

To everyone competing today, enjoy the event and hopefully it the ground will not be too soft underfoot.

***Leslie Roy
President
Scottish athletics***

It is a great privilege to bring the SAL Masters Cross Country Championships to Hawick on the occasion of Teviotdale Harriers' 125th anniversary. These championships have been hosted in Hawick twice before in seasons 1994-5 and 1998-9.

Every year now there seems to be a debate about the Masters age groups especially if they should start at 35 or 40. In 2011 the I.A.A.F. re-introduced the W35 and M35 as Masters age groups and the SAL followed immediately. In 2013 after representation by individuals and clubs, the RR&CC Commission decided to consult the member clubs on their preference for the SAL Championships.

The result was pretty comprehensive for making a change. 73 out of 138 SAL clubs replied with 86% voting for Men starting at 40 and 70% voting for women starting at 40. Consequently this year the SAL championships will not have a W35 or M35 race. This is not a change to the I.A.A.F. rules but a change to the championships that SAL present.

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 95 and a Men's entry of 258. 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 your mates. Go get them.

***Ron Morrison
Convener, SAL Road Running and Cross Country Commission***

May I take this opportunity to welcome you all to Hawick, whether it be to compete or spectate at the National Masters Cross Country Championships. The championships have not been held here since 1999 When they were held just over the road in the fields at Galalaw.

Teviotdale are hugely honoured to be hosting this event today as this year we celebrate 125 years of existence.

Our course today is a typical border's cross country course, slightly challenging but very fair. Everyone at Teviotdale hope you enjoy your visit and that competitors are keen and all competitors enjoy their run.

***Rob Halliday
Teviotdale Harriers***

WOMEN

301	Ann	Bath	26.2RRC	(F65)	348	Andrea	Pogson	Gala Harriers	(F55)
302	Sonia	Armitage	Aberdeen AAC	(F50)	349	Pauline	Ballentyne	Gala Harriers	(F40)
303	Erica	Christie	Bellahouston Harriers	(F55)	350	Dawn	Grant	Gala Harriers	(F40)
304	Bernadette	O'Neil	Bellahouston Harriers	(F45)	351	Anne	Weir	Gala Harriers	(F40)
305	Julia	Harris	Bellahouston Harriers	(F45)	352	Fiona	Shepherd	Gala Harriers	(F45)
306	Shona	Donnelly	Bellahouston Road R.	(F45)	353	Shelagh	King	Gala Harriers	(F55)
307	Isobel	Burnett	Carnegie Harriers	(F55)	354	Eileen	Maxwell	Gala Harriers	(F50)
308	Alison	Whyte	Carnegie Harriers	(F40)	355	Eileen	Nicol	Gala Harriers	(F45)
309	Fabienne	Thompson	Carnegie Harriers	(F45)	356	Jo	Schreiber	Girvan AAC	(F45)
310	Kirsty	Baird	Carnegie Harriers	(F40)	357	Ruth	Watson	Haddington ELP	(F45)
311	Gillian	McCracken	Carnegie Harriers	(F45)	358	Michelle	Hetherington	Helensburgh AAC	(F45)
312	Joanne	Anderson	Carnethy Hill RC	(F40)	359	Emma	Baker	Hunters Bog Trotters	(F40)
313	Jacqui	Higginbottom	Carnethy Hill RC	(F45)	360	Zoe	Kemp	Hunters Bog Trotters	(F40)
314	Angela	Mudge	Carnethy Hill RC	(F40)	361	Deborah	MacDonald	Hunters Bog Trotters	(F50)
315	Hazel	Dean	Central AC	(F50)	362	Phyllis	O'Brien	Hunters Bog Trotters	(F50)
316	Jane	Waterhouse	Central AC	(F60)	363	Sandra	Rathjen	Hunters Bog Trotters	(F40)
317	Ainsley	Normand	Central AC	(F40)	364	Janice	Smith	Hunters Bog Trotters	(F55)
318	Kate	Weldon	Central AC	(F40)	365	Megan	Wright	Hunters Bog Trotters	(F40)
319	Marina	McCallum	Clydesdale Harriers	(F40)	366	Elizabeth	McGarry	Irvine Running Club	(F60)
320	Pamela	McCossan	Clydesdale Harriers	(F50)	367	Mary	Miller	Irvine Running Club	(F50)
321	Christine	Duncanson	Clydesdale Harriers	(F50)	368	Lindsay	McMahon	Kilmarnock H&AC	(F40)
322	Janet	Grigor	Corstorphine AAC	(F45)	369	Paula	Wilson	Kilmarnock H&AC	(F45)
323	Rhona	Anderson	Dunbar RC	(F50)	370	Rosemary	McMillan	Kilmarnock H&AC	(F50)
324	Anne	Hay	Dunbar RC	(F50)	371	Marie	McChord	Kirkintilloch Olympians	(F50)
325	Morag	Taggart	Dundee Road R	(F50)	372	Elaine	Hogg	Kirkintilloch Olympians	(F40)
326	Gillian	Sangster	Dundee Road R	(F40)	373	Ada	Stewart	Kirkintilloch Olympians	(F50)
327	Anne	Peat	Edinburgh AC	(F45)	374	Lindsay	Branston	Kirkintilloch Olympians	(F40)
328	Susan	Ridley	Edinburgh AC	(F45)	375	Shirley	MacNab	Kirkintilloch Olympians	(F45)
329	Jo	Phillips	Edinburgh AC	(F40)	376	Vivien	Fraser	Kirkintilloch Olympians	(F45)
330	Janet	Dunbar	Edinburgh AC	(F40)	377	Linden	Nicholson	Lasswade AAC	(F60)
331	Karen	Dobbie	Edinburgh AC	(F45)	378	Hilary	McGrath	Law & District AAC	(F50)
332	Sharyn	Ramage	Edinburgh AC	(F50)	379	Ruth	Wolfe	Metro Aberdeen RC	(F50)
333	Elaine	Davies	Edinburgh AC	(F40)	380	Clare	Barr	Motherwell AC	(F45)
334	Fiona	Matheson	Falkirk Victoria H	(F50)	381	Phyllis	Hands	Motherwell AC	(F55)
335	Beryl	Junnier	Falkirk Victoria H	(F50)	382	Karen	Kealey	Ochil Hill Runners	(F40)
336	Caroline	Lawless	Falkirk Victoria H	(F50)	383	Yana	Thandrayen	Portobello RC	(F40)
337	Jan	Stevenson	Falkirk Victoria H	(F60)	384	Alison	Winship	Shettleston Harriers	(F40)
338	Claire	Gilchrist	Ferranti AAC	(F45)	385	Shona	Robertson	Shettleston Harriers	(F40)
339	Elizabeth	Gilchrist	Ferranti AAC	(F65)	386	Pauline	McAdam	Teviotdale Harriers	(F55)
340	Innes	Bracegirdle	Fife AC	(F55)	387	Pamela	Paxton	Teviotdale Harriers	(F40)
341	Phyllis	Lemoncello	Fife AC	(F65)	388	Lindsey	Knox	Teviotdale Harriers	(F50)
342	Margaret	Martin	Fife AC	(F55)	389	Donna	Inglis	Teviotdale Harriers	(F45)
343	Miriam	Rennet	Fife AC	(F50)	390	Ann	Renwick	Teviotdale Harriers	(F40)
344	Anne	Docherty	Forres Harriers	(F65)	391	Moir	Connell	Troon Tortoises AC	(F50)
345	Fiona	Dalgleish	Gala Harriers	(F40)	392	Jacqui	Thomson	VP-Glasgow AC	(F50)
346	Gillian	Duncan	Gala Harriers	(F40)	393	Patricia	McLaughlin	Westerlands XC Club	(F60)
347	Any	Campbell	Gala Harriers	(F40)	394	Helen	MacPherson	Westerlands XC Club	(F55)
					395	Sharon	Taylor	Westerlands XC Club	(F50)

MEN M65+

1	Iain	Burke	Bellahouston Harriers	(M65)	11	Frederick	McCain	Haddington ELP	(M65)
2	William	Gault	Central AC	(M65)	12	Alex	Sutherland	Highland Hill Runners	(M65)
3	Pete	Cartwright	Clydesdale Harriers	(M70)	13	William	Drysdale	Law & District AAC	(M75)
4	Watson	Jones	Clydesdale Harriers	(M70)	14	James	Rowley	Law & District AAC	(M65)
5	Walter	McCaskey	Edinburgh AC	(M75)	15	Leslie	Nicol	Metro Aberdeen RC	(M75)
6	Edward	McDonald	Ferranti AAC	(M65)	16	Robert	Marshall	Gala Harriers	(M65)
7	Kenneth	Morris	Fife AC	(M65)	17	Robert	Anderson	Ron Hill Cambuslang H	(M65)
8	Melville	Scobie	Fife AC	(M65)	18	Alan	Samuel	Teviotdale Harriers	(M65)
9	Colin	Youngson	Forres Harriers	(M65)	19	Arnott	Kidd	Individual	(M75)
10	Tony	Hall	Garscube Harriers	(M65)	20	Ian	Marshall	Hunters Bog Trotters	(M65)

MEN UP TO M60

21	Athol	Burnett	Aberdeen AAC	(M50)	81	Ian	Rowland	Dunbar RC	(M50)
22	Crispin	Walsh	Bellahouston Harriers	(M40)	82	Grant	Noble	Dunbar RC	(M50)
23	Ian	Goudie	Bellahouston Harriers	(M55)	83	Gordon	Barrie	Dundee Hawkhill H	(M40)
24	Darren	Murray	Bellahouston Harriers	(M40)	84	Matthew	Strachan	Dundee Hawkhill H	(M50)
25	Michael	Freshour	Bellahouston Harriers	(M50)	85	Craig	Ross	Dundee Hawkhill H	(M55)
26	Hamish	Barbour	Bellahouston Road R	(M50)	86	Roger	Van Gompel	Dundee Hawkhill H	(M40)
27	Greig	Glendinning	Bellahouston Road R	(M40)	87	Charles	Haskett	Dundee Hawkhill H	(M55)
28	Peter	Goodwin	Bellahouston Road R	(M40)	88	John	Mill	Dundee Road R	(M45)
29	Henry	Merriweather	Bellahouston Road R	(M40)	89	Graeme	Haddow	East Kilbride A.C.	(M50)
30	Derek	Rigmand	Bellahouston Road R	(M45)	90	John	Blair	Edinburgh AC	(M50)
31	Alan	Derrick	Calderglen Harriers	(M45)	91	Darren	Blyth	Edinburgh AC	(M40)
32	Charles	Steven	Calderglen Harriers	(M50)	92	Max	Carcas	Edinburgh AC	(M45)
33	Stuart	Waugh	Calderglen Harriers	(M60)	93	Chris	Creegan	Edinburgh AC	(M50)
34	David	Herbertson	Calderglen Harriers	(M40)	94	Martin	Ferguson	Edinburgh AC	(M45)
35	Andrew	Henderson	Calderglen Harriers	(M60)	95	Owen	Flage	Edinburgh AC	(M40)
36	John	Crookston	Carnegie Harriers	(M55)	96	Brian	Howie	Edinburgh AC	(M60)
37	John	Hynd	Carnegie Harriers	(M50)	97	Scott	Innes	Edinburgh AC	(M40)
38	Ian	Johnston	Carnegie Harriers	(M55)	98	Andrew	Latham	Edinburgh AC	(M45)
39	Peter	Simpson	Carnegie Harriers	(M50)	99	Alex	MacEwen	Edinburgh AC	(M55)
40	Ian	Stewart	Carnegie Harriers	(M55)	100	Ken	Mortimer	Edinburgh AC	(M50)
41	Nicholas	Weir	Carnegie Harriers	(M40)	101	Matthew	Newnham	Edinburgh AC	(M55)
42	Neil	Gilmore	Carnethy Hill RC	(M50)	102	Kirk	Ollason	Edinburgh AC	(M40)
43	Craig	Mattocks	Carnethy Hill RC	(M40)	103	Argy	Rizos	Edinburgh AC	(M40)
44	Colin	Alexander	Central AC	(M40)	104	Garry	Robertson	Edinburgh AC	(M50)
45	Cameron	Campbell	Central AC	(M55)	105	Eric	Stevenson	Edinburgh AC	(M60)
46	Gordon	Crawford	Central AC	(M45)	106	Neil	Thin	Edinburgh AC	(M50)
47	Allan	Gall	Central AC	(M55)	107	Adam	Ward	Edinburgh AC	(M50)
48	Robert	Hutchison	Central AC	(M50)	108	Steve	Wales	Edinburgh AC	(M40)
49	Liam	McCabe	Central AC	(M50)	109	David	Bunyan	Falkirk Victoria H	(M60)
50	John	Millar	Central AC	(M60)	110	John	Denholm	Falkirk Victoria H	(M60)
51	Billy	Mitchell	Central AC	(M50)	111	Gordon	Dewar	Falkirk Victoria H	(M45)
52	Robin	Mussett	Central AC	(M50)	112	John	Martin	Falkirk Victoria H	(M55)
53	Philip	Williams	Central AC	(M40)	113	Michael	McQuaid	Falkirk Victoria H	(M50)
54	Gerry	Kane	Clydesdale Harriers	(M55)	114	Alastair	McCallum	Falkirk Victoria H	(M50)
55	Peter	Rudzinski	Clydesdale Harriers	(M60)	115	Anthony	Devlin	Falkirk Victoria H	(M40)
56	Paul	Carroll	Clydesdale Harriers	(M40)	116	Malcolm	Parry	Ferranti AAC	(M40)
57	Graeme	Fletcher	Corstorphine AAC	(M50)	117	Paul	Caban	Ferranti AAC	(M45)
58	Keith	Hood	Corstorphine AAC	(M40)	118	Kenneth	Anthony	Fife AC	(M50)
59	Jan-Bert	Van Den Berg	Corstorphine AAC	(M50)	119	Gary	Barker	Fife AC	(M55)
60	Dean	Carr	Corstorphine AAC	(M40)	120	Stephen	Clark	Fife AC	(M40)
61	Richard	Lewis	Corstorphine AAC	(M40)	121	John	Kay	Fife AC	(M50)
62	Shaun	Cavens	Corstorphine AAC	(M50)	122	Tony	Martin	Fife AC	(M60)
63	David	Henderson	Corstorphine AAC	(M50)	123	Daniel	Newman	Fife AC	(M45)
64	Steven	Blair	Corstorphine AAC	(M45)	124	Stan	MacKenzie	Forres Harriers	(M50)
65	Ian	Johnston	Corstorphine AAC	(M50)	125	Chrys	Murphy	Gala Harriers	(M60)
66	Keith	Copland	Corstorphine AAC	(M45)	126	Sinclair	Hill	Gala Harriers	(M45)
67	Sandy	Low	Corstorphine AAC	(M45)	127	David	Nightingale	Gala Harriers	(M55)
68	Ian	McPherson	Corstorphine AAC	(M45)	128	Marcus	Naylor	Gala Harriers	(M40)
69	Martin	Caldwell	Corstorphine AAC	(M60)	129	Thomas	Knox	Gala Harriers	(M50)
70	Derek	Ireland	Corstorphine AAC	(M50)	130	William	McCulloch	Gala Harriers	(M50)
71	Graham	McClean	Corstorphine AAC	(M55)	131	Rory	Campbell	Gala Harriers	(M40)
72	Alan	Cameron	Corstorphine AAC	(M40)	132	Anthony	Lunn	Gala Harriers	(M45)
73	Shaun	Clark	Corstorphine AAC	(M40)	133	James	Purves	Gala Harriers	(M55)
74	Stuart	Campbell	Corstorphine AAC	(M45)	134	Mark	Bryson	Gala Harriers	(M45)
75	Paul	O'Brien	Corstorphine AAC	(M55)	135	Paul	Daly	Gala Harriers	(M45)
76	David	Law	Corstorphine AAC	(M50)	136	Derrick	Brydon	Gala Harriers	(M40)
77	John	Christy	Corstorphine AAC	(M50)	137	Martin	Clarke	Gala Harriers	(M55)
78	Martin	Hulme	Corstorphine AAC	(M60)	138	Alistair	Laurie	Gala Harriers	(M50)
79	Gordon	Clarke	Corstorphine AAC	(M40)	139	Alan	Johnston	Gala Harriers	(M40)
80	James	Buchanan	Dumfries RC	(M45)	140	Graham	Pogson	Gala Harriers	(M50)

141	George	Lambie	Garscube Harriers	(M50)	201	Euan	McInnes	Lothian Running Club	(M40)
142	James	McAneny	Garscube Harriers	(M50)	202	Kenton	Jones	Lothian Running Club	(M50)
143	Dermot	Williamson	Garscube Harriers	(M60)	203	James	Alexander	Lothian Running Club	(M50)
144	Robert	McLennan	Garscube Harriers	(M50)	204	David	Eades	Lothian Running Club	(M45)
145	Chris	Greenhaugh	Giffnock North AAC	(M40)	205	Colin	Meek	Lothian Running Club	(M50)
146	Ted	Gourley	Giffnock North AAC	(M50)	206	Mark	Johnson	Metro Aberdeen RC	(M55)
147	Colin	Brash	Girvan AAC	(M45)	207	Ewan	Paterson	Moray Road Runners	(M60)
148	Steven	Campbell	Greenock Glenpark H	(M40)	208	John	Burns	Motherwell AC	(M50)
149	Michael	Dunn	Greenock Glenpark H	(M55)	209	Guy	Bracken	North Shields Poly.	(M50)
150	Graham	Mcgrattan	Greenock Glenpark H	(M55)	210	John	Stevenson	Ochil Hill Runners	(M50)
151	Michael	Mcloone Snr	Greenock Glenpark H	(M50)	211	Martin	Dean	Ochil Hill Runners	(M55)
152	Daniel	McLaughlin	Greenock Glenpark H	(M50)	212	Sean	McFarlane	Ochil Hill Runners	(M40)
153	Paddy	McDonald	Haddington ELP	(M60)	213	William	Jarvie	Portobello RC	(M55)
154	Sandy	Wallace	Haddington ELP	(M60)	214	Graham	Henry	Portobello RC	(M45)
155	William	Watson	Haddington ELP	(M50)	215	Steve	Crane	Portobello RC	(M50)
156	Andrew	McLinden	Hamilton Harriers	(M60)	216	Peter	Buchanan	Portobello RC	(M50)
157	Neil	Robbins	Hamilton Harriers	(M50)	217	Francis	Hurley	Ron Hill Cambuslang H	(M60)
158	James	Breen	Hamilton Harriers	(M45)	218	Paul	Thompson	Ron Hill Cambuslang H	(M55)
159	Darren	Cavaroli	Harmeny AC	(M40)	219	Colin	Feechan	Ron Hill Cambuslang H	(M55)
160	Duncan	Baker	Hunters Bog Trotters	(M55)	220	Colin	Donnelly	Ron Hill Cambuslang H	(M50)
161	Alistair	Hindle	Hunters Bog Trotters	(M40)	221	David	Thom	Ron Hill Cambuslang H	(M50)
162	Craig	Hunter	Hunters Bog Trotters	(M55)	222	Alick	Walkinshaw	Ron Hill Cambuslang H	(M50)
164	Donald	Naylor	Hunters Bog Trotters	(M40)	223	Ross	Arbuckle	Ron Hill Cambuslang H	(M50)
165	Jon	Rathjen	Hunters Bog Trotters	(M40)	224	Kenny	Macpherson	Ron Hill Cambuslang H	(M45)
166	Robin	Thomas	Hunters Bog Trotters	(M55)	225	Michael	O'Hagan	Ron Hill Cambuslang H	(M45)
167	James	Wright	Hunters Bog Trotters	(M55)	226	Greg	Hastie	Ron Hill Cambuslang H	(M40)
168	Jim	Thyne	Hunters Bog Trotters	(M55)	227	Kerry Liam	Wilson	Ron Hill Cambuslang H	(M40)
169	Ian	Campbell	Hunters Bog Trotters	(M45)	228	Brian	Campbell	Ron Hill Cambuslang H	(M40)
170	William	Richardson	Irvine Running Club	(M40)	229	Jamie	Reid	Ron Hill Cambuslang H	(M40)
171	Alex	Allardyce	Irvine Running Club	(M40)	230	Scott	Hunter	Ron Hill Cambuslang H	(M40)
172	Colin	Miller	Irvine Running Club	(M55)	231	John	Brown	Ron Hill Cambuslang H	(M50)
173	George	Irving	Irvine Running Club	(M45)	232	Andy	Little	Shettleston Harriers	(M50)
174	James	Sneddon	Irvine Running Club	(M45)	233	John J	Duffy	Shettleston Harriers	(M45)
175	James	White	Irvine Running Club	(M60)	234	James	Burns	Shettleston Harriers	(M55)
176	Andrew	Rennie	Irvine Running Club	(M60)	235	Denis	Williams	Shettleston Harriers	(M50)
177	Steven	Connell	Irvine Running Club	(M45)	236	Ian	Johnston	Shettleston Harriers	(M45)
178	Robert	Quinn	Kilbarchan AAC	(M45)	237	John	McCall	Shettleston Harriers	(M40)
179	Donald	Petrie	Kilbarchan AAC	(M55)	238	William	Coyle	Shettleston Harriers	(M50)
180	Scott	Martin	Kilmarnock H&AC	(M45)	239	John	Oates	Shettleston Harriers	(M50)
181	Robert	Lindsay	Kilmarnock H&AC	(M40)	240	Kenny	Richmond	Shettleston Harriers	(M40)
182	David	Mallon	Kirkintilloch Olympians	(M40)	241	Scott	Kennedy	Shettleston Harriers	(M40)
183	Gary	Mitchell	Kirkintilloch Olympians	(M45)	242	Patrick	O'Kane	Strathearn Harriers	(M50)
184	David	Hogg	Kirkintilloch Olympians	(M40)	243	Alan	Inglis	Teviotdale Harriers	(M45)
185	Stephen	Allan	Kirkintilloch Olympians	(M40)	244	Alistair	Biggar	Teviotdale Harriers	(M40)
186	David	Gates	Kirkintilloch Olympians	(M45)	245	Barry	Spence	Teviotdale Harriers	(M60)
187	Robert	Rogerson	Kirkintilloch Olympians	(M50)	246	John	Tullie	Teviotdale Harriers	(M55)
188	Paul	Reilly	Kirkintilloch Olympians	(M45)	247	Craig	Grieve	Teviotdale Harriers	(M40)
189	Cornel	Neil	Kirkintilloch Olympians	(M50)	248	Paul	Lockie	Teviotdale Harriers	(M45)
190	John	McGrath	Law & District AAC	(M50)	249	Ron	Hastings	Teviotdale Harriers	(M55)
191	Anthony	Higgins	Law & District AAC	(M40)	250	Alan	Coltman	Teviotdale Harriers	(M45)
192	Jim	Gillon	Law & District AAC	(M45)	251	Michael	Yule	Teviotdale Harriers	(M40)
193	Scott	Jackson	Law & District AAC	(M40)	252	Tom	Ord	VP-Glasgow AC	(M55)
194	Steven	Thomson	Livingston & D AAC	(M50)	253	Chris	Upson	Westerlands XC Club	(M50)
195	Kenny	Mearns	Lothian Running Club	(M50)	254	John	Hamer	Westerlands XC Club	(M50)
196	Graeme	Ackland	Lothian Running Club	(M50)	255	David	Calder	Westerlands XC Club	(M50)
197	Donald	Shaw	Lothian Running Club	(M40)	256	Hamilton	Semple	Westerlands XC Club	(M60)
198	Gerard	McCafferty	Lothian Running Club	(M45)	257	Daniel	Reid	Westerlands XC Club	(M55)
199	Harry	Mulholland	Lothian Running Club	(M50)	258	John	Quinn	Westerlands XC Club	(M50)
200	Stephen	Malcolm	Lothian Running Club	(M40)	259	Andrew	Ronald	Individual	(M45)