



# **NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS**

**KILMARNOCK**

**SATURDAY 31<sup>st</sup> JANUARY 2015**

|                              |                     |               |
|------------------------------|---------------------|---------------|
| <b>Women &amp; Men M65 +</b> | <b>6,000 Metres</b> | <b>1.00pm</b> |
| <b>Men up to M60</b>         | <b>8,000 Metres</b> | <b>1.45pm</b> |

## **SCOTTISH ATHLETICS**

|                        |                                      |
|------------------------|--------------------------------------|
| <b>Hon President</b>   | <b>W.M.Campbell C.B.E. Q.C. M.P.</b> |
| <b>President</b>       | <b>Leslie Roy</b>                    |
| <b>Chief Executive</b> | <b>Nigel Holl</b>                    |
| <b>Chair</b>           | <b>Ian Beattie</b>                   |

## **ROAD RUNNING AND CROSS COUNTRY COMMISSION**

|                        |                                               |
|------------------------|-----------------------------------------------|
| <b>Convener</b>        | <b>John Rodger (Kilbarchan AAC)</b>           |
| <b>Hon. Secretary</b>  | <b>Alex Jackson (Ferranti AAC)</b>            |
| <b>Finance Officer</b> | <b>Graham Sword (Kirkintilloch Olympians)</b> |

## **OFFICIALS**

|                              |                                                 |
|------------------------------|-------------------------------------------------|
| <b>Referee</b>               | <b>Alex Jackson</b>                             |
| <b>Clerk of Course</b>       | <b>Jim Young</b>                                |
| <b>Chief Marshal</b>         | <b>Ian Gebbie</b>                               |
| <b>Timekeepers</b>           | <b>Cyril McPherson, Graham Sword</b>            |
| <b>Time Recorder</b>         | <b>Molly Wilmoth</b>                            |
| <b>Judges/Funnel Control</b> | <b>Bill Simpson; Anne McManus</b>               |
| <b>Recorders (Places)</b>    | <b>Jean Youden, Margaret-Ann McLachlan</b>      |
| <b>Starter</b>               | <b>Angus Cameron</b>                            |
| <b>Declarations</b>          | <b>Dave Campbell, Ron Cheyne, Margaret Daly</b> |
| <b>Announcer</b>             | <b>John Wands</b>                               |
| <b>Presentations</b>         | <b>Alan Potts</b>                               |
| <b>Results</b>               | <b>Kilmarnock Harriers</b>                      |
| <b>Course Stewards</b>       | <b>Kilmarnock Harriers</b>                      |
| <b>First Aid</b>             | <b>Red Cross</b>                                |
| <b>Convenor</b>              | <b>Margaret Daly</b>                            |

**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 in Kilmarnock.

There is a good entry with 113 women and 283 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 goes to Kilmarnock Harriers who are hosting the Championship today, setting up the course and supplying the stewards.

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

**Leslie Roy**  
**President Scottishathletics**

It is a great privilege to bring the SAL Masters Cross Country Championships to Kilmarnock.

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](mailto:ron@st-andrews.ac.uk) with details.

The entries for today's Championships are very healthy with a Women's entry of 113 and a Men's entry of 283. 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.

**John Rodger**  
**Convener, SAL Road Running and Cross Country Commission**

I would just like to take this opportunity to welcome you all to Kilmarnock and to The Ayrshire Athletics Arena, the home of Kilmarnock Harriers. We last hosted this event in 2012 at Dean Castle Country Park which we thought was a good venue with a 'traditional' challenging course. We think our new facilities and course are even better but we would very much welcome your views on how we can improve further. Unfortunately the course was recently subjected to some major flooding so we have had to make some changes from our ideal, but trust these will not trouble you too much.

Our club are honoured to be hosting this event today and hope that you all enjoy the event and run well.

Given this is January and you are in Ayrshire I thought it appropriate to finish with a little inspiration from Robert Burns –

Go, Fame, an' canter like a filly  
Thro' a' the streets an' neuks o' Killie;  
Tell ev'ry social honest billie  
To cease his grievin';  
For, yet unskaited by Death's gleg gullie.  
Cross Country's leevin'!

Tam Sampson's Elegy (only slightly doctored)

**Jim Young, President, Kilmarnock Harriers**

## MEN 65+

|     |           |            |                              |        |     |           |              |                             |       |
|-----|-----------|------------|------------------------------|--------|-----|-----------|--------------|-----------------------------|-------|
| 1   | Iain      | Burke      | Bellahouston Harriers        | (M65)  | 331 | Margaret  | Martin       | Fife AC                     | (F55) |
| 2   | John      | Softley    | Bellahouston Harriers        | (M65)  | 332 | Fiona     | Dalglish     | Gala Harriers               | (F40) |
| 3   | James     | McMillan   | Bellahouston Harriers        | (M70)  | 333 | Anya      | Campbell     | Gala Harriers               | (F45) |
| 4   | Stuart    | Waugh      | Calderglen Harriers          | (M65)  | 334 | Rachel    | Fagan        | Gala Harriers               | (F40) |
| 5   | William   | Gault      | Central AC                   | (M65)  | 335 | Kate      | Jenkins      | Gala Harriers               | (F40) |
| 6   | Robert    | Young      | Clydesdale Harriers          | (M70)  | 336 | Fiona     | Shepherd     | Gala Harriers               | (F45) |
| 7   | Watson    | Jones      | Clydesdale Harriers          | (M70)  | 337 | Jennifer  | Forbes       | Gala Harriers               | (F40) |
| 8   | Martin    | Hulme      | Corstorphine AAC             | (M65)  | 338 | Dawn      | Grant        | Gala Harriers               | (F40) |
| 9   | Steve     | Cromar     | Dundee Hawkhill Harriers     | (M75)  | 339 | Anne      | Weir         | Gala Harriers               | (F40) |
| 10  | Alan      | Lawson     | Dundee Hawkhill Harriers     | (M65)  | 340 | Shelagh   | King         | Gala Harriers               | (F55) |
| 11  | Willie    | Gallacher  | Edinburgh AC                 | (M65)  | 341 | Lesley    | Chisholm     | Garscube Harriers           | (F40) |
| 12  | Walter    | McCasky    | Edinburgh AC                 | (M80+) | 342 | Kathryn   | Scott        | Garscube Harriers           | (F50) |
| 13  | Eric      | Stevenson  | Edinburgh AC                 | (M65)  | 343 | Ann       | White        | Garscube Harriers           | (F60) |
| 14  | Eddie     | Sanders    | Fife AC                      | (M65)  | 344 | Morag     | Casey        | Garscube Harriers           | (F40) |
| 15  | Colin     | Youngson   | Forres Harriers              | (M65)  | 345 | Anne      | Williamson   | Giffnock North AAC          | (F50) |
| 16  | Frederick | McCain     | Haddington ELP               | (M65)  | 346 | Terry     | Nimmo        | Giffnock North AAC          | (F50) |
| 17  | Alex      | Sutherland | Highland Hill Runners        | (M65)  | 347 | Allison   | Simpson      | Giffnock North AAC          | (F40) |
| 18  | Allan     | Gordon     | Hunters Bog Trotters         | (M65)  | 348 | Jo        | Schreiber    | Girvan AAC                  | (F45) |
| 19  | Arnott    | Kidd       | Individual                   | (M80+) | 349 | Rhonda    | White        | Greenock Glenpark Harriers  | (F40) |
| 20  | Andrew    | Rennie     | Irvine Running Club          | (M65)  | 350 | Gillian   | Forrest      | Greenock Glenpark Harriers  | (F45) |
| 21  | Ian       | McManus    | Irvine Running Club          | (M70)  | 351 | Susan     | Clark        | Greenock Glenpark Harriers  | (F45) |
| 22  | William   | Drysdale   | Law & District AAC           | (M75)  | 352 | Elizabeth | McAuslan     | Greenock Glenpark Harriers  | (F45) |
| 23  | James     | Rowley     | Law & District AAC           | (M65)  | 353 | Lorna     | Coyle        | Greenock Glenpark Harriers  | (F55) |
| 24  | Leslie    | Nicol      | Metro Aberdeen Running Club  | (M75)  | 354 | Michelle  | Hetherington | Helensburgh AAC             | (F50) |
| 25  | Robert    | Marshall   | Morpeth Harriers             | (M65)  | 355 | Allison   | Halvorson    | Helensburgh AAC             | (F45) |
| 26  | James     | Shemilt    | Ochil Hill Runners           | (M65)  | 356 | Carole    | Barrie       | Helensburgh AAC             | (F45) |
| 27  | Robert    | Anderson   | Ron Hill Cambuslang Harriers | (M65)  | 357 | Maria     | Dye          | Helensburgh AAC             | (F45) |
| 28  | David     | Cooney     | Ron Hill Cambuslang Harriers | (M65)  | 358 | Shirley   | Dalziel      | Helensburgh AAC             | (F55) |
| 29  | Alan      | Samuel     | Teviotdale Harriers          | (M65)  | 359 | Megan     | Mowbray      | Hunters Bog Trotters        | (F40) |
| 30  | James     | Pittillo   | Teviotdale Harriers          | (M80+) | 360 | Megan     | Wright       | Hunters Bog Trotters        | (F40) |
| 31  | Francis   | Cannon     | Teviotdale Harriers          | (M65)  | 361 | Phyllis   | O'Brien      | Hunters Bog Trotters        | (F55) |
| 32  | Gibson    | Fleming    | Westerlands XC Club          | (M70)  | 362 | Sandra    | Rathjen      | Hunters Bog Trotters        | (F40) |
|     |           |            |                              |        | 363 | Zoe       | Kemp         | Hunters Bog Trotters        | (F40) |
|     | WOMEN     |            |                              |        | 364 | Susan     | Linklater    | Individual                  | (F60) |
| 290 | Sonia     | Armitage   | Aberdeen AAC                 | (F50)  | 365 | Susan     | Rhodes       | Irvine Running Club         | (F55) |
| 291 | Marie     | Rodgers    | Airdrie Harriers             | (F40)  | 366 | Rosemary  | McMillan     | Kilmarnock H&AC             | (F50) |
| 292 | Christine | McMenemy   | Airdrie Harriers             | (F50)  | 367 | Kate      | Todd         | Kilmarnock H&AC             | (F60) |
| 293 | Elise     | Methven    | Anster Haddies Running Club  | (F40)  | 368 | Lindsay   | McMahon      | Kilmarnock H&AC             | (F40) |
| 294 | Erica     | Christie   | Bellahouston Harriers        | (F55)  | 369 | Paula     | Wilson       | Kilmarnock H&AC             | (F45) |
| 295 | Angela    | Carson     | Bellahouston Harriers        | (F45)  | 370 | Annmari   | McCaffrey    | Kirkintilloch Olympians     | (F45) |
| 296 | Deirdre   | Hoyle      | Bellahouston Harriers        | (F60)  | 371 | Michelle  | Humphreys    | Kirkintilloch Olympians     | (F40) |
| 297 | Claire    | McCracken  | Bellahouston Harriers        | (F40)  | 372 | Ada       | Stewart      | Kirkintilloch Olympians     | (F50) |
| 298 | Katy      | Smith      | Bellahouston Harriers        | (F40)  | 374 | Marie     | McChord      | Kirkintilloch Olympians     | (F55) |
| 299 | Shona     | Donnelly   | Bellahouston Road Runners    | (F45)  | 373 | Shirley   | MacNab       | Kirkintilloch Olympians     | (F50) |
| 300 | Kirsteen  | Paterson   | Bellahouston Road Runners    | (F40)  | 375 | Elaine    | Hogg         | Kirkintilloch Olympians     | (F45) |
| 301 | Elaine    | Somerville | Bellahouston Road Runners    | (F40)  | 376 | Linden    | Nicholson    | Lasswade AAC                | (F60) |
| 302 | Frances   | Maxwell    | Calderglen Harriers          | (F50)  | 377 | Christine | Milne        | Lothian Running Club        | (F40) |
| 303 | Kirsty    | Baird      | Carnegie Harriers            | (F40)  | 378 | Jill      | Horsburgh    | Lothian Running Club        | (F55) |
| 304 | Fabienne  | Thompson   | Carnegie Harriers            | (F45)  | 379 | Saran     | Jones        | Lothian Running Club        | (F50) |
| 305 | Mary      | Western    | Carnegie Harriers            | (F50)  | 380 | Valerie   | Wilson       | Metro Aberdeen Running Club | (F45) |
| 306 | Catriona  | Welsh      | Central AC                   | (F40)  | 381 | Ruth      | Wolfe        | Metro Aberdeen Running Club | (F50) |
| 307 | Hazel     | Dean       | Central AC                   | (F50)  | 382 | Phyllis   | Hands        | Motherwell AC               | (F55) |
| 308 | Pamela    | McCossan   | Clydesdale Harriers          | (F50)  | 383 | Karen     | Kealey       | Ochil Hill Runners          | (F40) |
| 309 | Marina    | McCallum   | Clydesdale Harriers          | (F40)  | 384 | Shery     | Johnston     | Portobello Running Club     | (F45) |
| 310 | Ann       | Murray     | Clydesdale Harriers          | (F45)  | 385 | Avril     | Mason        | Shettleston Harriers        | (F40) |
| 311 | Fiona     | Carver     | Corstorphine AAC             | (F55)  | 386 | Shona     | Robertson    | Shettleston Harriers        | (F40) |
| 312 | Janet     | Grigor     | Corstorphine AAC             | (F45)  | 387 | Barbara   | Knox         | Springburn Harriers         | (F50) |
| 313 | Susan     | Johnston   | Corstorphine AAC             | (F45)  | 388 | Lesley    | Corr         | Springburn Harriers         | (F45) |
| 314 | Jane      | Kerridge   | Deeside Runners              | (F60)  | 389 | Caroline  | Brownlie     | Springburn Harriers         | (F40) |
| 315 | Melissa   | Wylie      | Dumbarton AAC                | (F45)  | 390 | Donna     | Inglis       | Teviotdale Harriers         | (F45) |
| 316 | Rhona     | Anderson   | Dunbar Running Club          | (F50)  | 391 | Pauline   | McAdam       | Teviotdale Harriers         | (F55) |
| 317 | Anne      | Hay        | Dunbar Running Club          | (F50)  | 392 | Caroline  | Mutch        | Troon Tortoises AC          | (F40) |
| 318 | Morag     | Taggart    | Dundee Road Runners AC       | (F55)  | 393 | Anne      | Noble        | Troon Tortoises AC          | (F50) |
| 319 | Gillian   | Sangster   | Dundee Road Runners AC       | (F40)  | 394 | Suzanne   | Gilmour      | VP-Glasgow AC               | (F40) |
| 320 | Alison    | McIntosh   | Dundee Road Runners AC       | (F55)  | 395 | Steph     | Keane        | Westerlands XC Club         | (F45) |
| 321 | Karen     | Dobbie     | Edinburgh AC                 | (F45)  | 396 | Sheila    | Thomson      | Westerlands XC Club         | (F65) |
| 322 | Jennifer  | MacLean    | Edinburgh AC                 | (F40)  | 397 | Patricia  | McLaughlin   | Westerlands XC Club         | (F60) |
| 323 | Jo        | Phillips   | Edinburgh AC                 | (F40)  | 398 | Sharon    | Taylor       | Westerlands XC Club         | (F50) |
| 324 | Sharyn    | Ramage     | Edinburgh AC                 | (F50)  | 399 | Gaynor    | Gillespie    | Westerlands XC Club         | (F45) |
| 325 | Susan     | Ridley     | Edinburgh AC                 | (F45)  | 400 | Helen     | MacPherson   | Westerlands XC Club         | (F55) |
| 326 | Beryl     | Junnier    | Falkirk Victoria Harriers    | (F50)  | 401 | Fiona     | Hutchinson   | Westerlands XC Club         | (F55) |
| 327 | Fiona     | Matheson   | Falkirk Victoria Harriers    | (F50)  | 403 | Veronique | Oldham       | Aberdeen AAC                | (F45) |
| 328 | Jan       | Stevenson  | Falkirk Victoria Harriers    | (F65)  |     |           |              |                             |       |
| 329 | Elizabeth | Gilchrist  | Ferranti AAC                 | (F70)  |     |           |              |                             |       |
| 330 | Claire    | Gilchrist  | Ferranti AAC                 | (F45)  |     |           |              |                             |       |

## MEN up to M60

|     |           |              |                             |       |     |           |             |                            |       |
|-----|-----------|--------------|-----------------------------|-------|-----|-----------|-------------|----------------------------|-------|
| 40  | Neil      | Smith        | Anster Haddies Running Club | (M40) | 103 | James     | Buchanan    | Dumfries Running Club      | (M50) |
| 41  | Alasdair  | Meldrum      | Ayr Seaforth AC             | (M40) | 104 | Leslie    | Hill        | Dumfries Running Club      | (M55) |
| 42  | Iain      | Pettigrew    | Ayr Seaforth AC             | (M45) | 105 | Grant     | Noble       | Dunbar Running Club        | (M50) |
| 43  | Laurence  | Baker        | Ayr Seaforth AC             | (M55) | 106 | Stuart    | Hay         | Dunbar Running Club        | (M50) |
| 44  | Cris      | Walsh        | Bellahouston Harriers       | (M40) | 107 | Ian       | Rowland     | Dunbar Running Club        | (M50) |
| 45  | Gordon    | Gallacher    | Bellahouston Harriers       | (M40) | 108 | Andrew    | Anderson    | Dunbar Running Club        | (M50) |
| 46  | Brent     | Brodie       | Bellahouston Harriers       | (M40) | 109 | Charles   | Haskett     | Dundee Hawkhill Harriers   | (M55) |
| 47  | Darren    | Murray       | Bellahouston Harriers       | (M40) | 110 | Bruce     | Scott       | Dundee Hawkhill Harriers   | (M40) |
| 48  | Gordon    | Stevenson    | Bellahouston Harriers       | (M45) | 111 | Matthew   | Strachan    | Dundee Hawkhill Harriers   | (M50) |
| 49  | Francis   | Gilroy       | Bellahouston Harriers       | (M50) | 112 | David     | Hanlon      | Dundee Hawkhill Harriers   | (M55) |
| 50  | Michael   | Freshour     | Bellahouston Harriers       | (M50) | 113 | Craig     | Ross        | Dundee Hawkhill Harriers   | (M55) |
| 51  | Graeme    | Gemmell      | Bellahouston Harriers       | (M50) | 114 | John      | Mill        | Dundee Road Runners AC     | (M50) |
| 52  | Robert    | Carson       | Bellahouston Harriers       | (M60) | 115 | Graeme    | Haddow      | East Kilbride A.C.         | (M50) |
| 53  | Andrew    | Campbell     | Bellahouston Road Runners   | (M40) | 116 | Adam      | Ward        | Edinburgh AC               | (M50) |
| 54  | Greig     | Glendinning  | Bellahouston Road Runners   | (M40) | 117 | Robert    | Hamilton    | Edinburgh AC               | (M40) |
| 55  | Russell   | Whittington  | Bellahouston Road Runners   | (M40) | 118 | Scott     | Innes       | Edinburgh AC               | (M40) |
| 56  | Alastair  | Ewen         | Bellahouston Road Runners   | (M40) | 119 | Colin     | McGill      | Edinburgh AC               | (M40) |
| 57  | Peter     | Gallanagh    | Bellahouston Road Runners   | (M45) | 120 | Malcolm   | Parry       | Edinburgh AC               | (M40) |
| 58  | David     | Stakes       | Bellahouston Road Runners   | (M50) | 121 | Michael   | Tweedley    | Edinburgh AC               | (M40) |
| 59  | David     | Herbertson   | Calderglen Harriers         | (M40) | 122 | Graeme    | Beal        | Edinburgh AC               | (M45) |
| 60  | Russell   | Couper       | Calderglen Harriers         | (M50) | 123 | Adam      | Rouse       | Edinburgh AC               | (M40) |
| 61  | Charles   | Steven       | Calderglen Harriers         | (M50) | 124 | Andrew    | Latham      | Edinburgh AC               | (M45) |
| 62  | Kenny     | Leinster     | Calderglen Harriers         | (M55) | 125 | John      | Blair       | Edinburgh AC               | (M50) |
| 63  | Andrew    | Henderson    | Calderglen Harriers         | (M60) | 126 | David     | Cross       | Edinburgh AC               | (M50) |
| 64  | Mark      | Johnstone    | Carnegie Harriers           | (M40) | 127 | Chris     | Creegan     | Edinburgh AC               | (M50) |
| 65  | Mark      | Western      | Carnegie Harriers           | (M50) | 128 | Martin    | Ferguson    | Edinburgh AC               | (M50) |
| 66  | John      | Hynd         | Carnegie Harriers           | (M55) | 129 | Garry     | Robertson   | Edinburgh AC               | (M50) |
| 67  | Simon     | Titmuss      | Carnethy Hill Racing Club   | (M40) | 130 | Matthew   | Newnham     | Edinburgh AC               | (M55) |
| 68  | Neil      | Gilmore      | Carnethy Hill Racing Club   | (M50) | 131 | David     | Steele      | Edinburgh AC               | (M55) |
| 69  | Bob       | Johnson      | Carnethy Hill Racing Club   | (M55) | 132 | Brian     | Howie       | Edinburgh AC               | (M60) |
| 70  | Mike      | Lynch        | Carnethy Hill Racing Club   | (M45) | 133 | Alex      | MacEwen     | Edinburgh AC               | (M60) |
| 71  | Scott     | Brember      | Central AC                  | (M40) | 134 | Gavin     | Liddle      | Falkirk Victoria Harriers  | (M40) |
| 72  | Ewan      | Jack         | Central AC                  | (M40) | 135 | Don       | Myles       | Falkirk Victoria Harriers  | (M45) |
| 73  | Donald    | Shaw         | Central AC                  | (M40) | 136 | Brian     | Lees        | Falkirk Victoria Harriers  | (M50) |
| 74  | Hugh      | Buchanan     | Central AC                  | (M50) | 137 | Michael   | McQuaid     | Falkirk Victoria Harriers  | (M50) |
| 75  | David     | Eckersley    | Central AC                  | (M50) | 138 | John      | Martin      | Falkirk Victoria Harriers  | (M55) |
| 76  | Robin     | Mussett      | Central AC                  | (M50) | 139 | John      | Denholm     | Falkirk Victoria Harriers  | (M60) |
| 77  | Cameron   | Campbell     | Central AC                  | (M55) | 140 | Paul      | Caban       | Ferranti AAC               | (M50) |
| 78  | Allan     | Gall         | Central AC                  | (M55) | 141 | Tony      | Martin      | Fife AC                    | (M60) |
| 79  | John      | Millar       | Central AC                  | (M60) | 142 | Colin     | Hall        | Forres Harriers            | (M45) |
| 80  | Paul      | Carroll      | Clydesdale Harriers         | (M45) | 143 | Wayne     | McIntosh    | Gala Harriers              | (M40) |
| 81  | Michael   | Diver        | Clydesdale Harriers         | (M45) | 144 | Colin     | McCall      | Gala Harriers              | (M40) |
| 82  | Hugh      | Laverty      | Clydesdale Harriers         | (M55) | 145 | David     | Moffat      | Gala Harriers              | (M40) |
| 83  | Peter     | Rudzinski    | Clydesdale Harriers         | (M60) | 146 | Rory      | Campbell    | Gala Harriers              | (M40) |
| 84  | Richard   | Lewis        | Corstorphine AAC            | (M40) | 147 | Steven    | Martin      | Gala Harriers              | (M40) |
| 85  | Dean      | Carr         | Corstorphine AAC            | (M40) | 148 | Derrick   | Brydon      | Gala Harriers              | (M45) |
| 86  | Gordon    | Clarke       | Corstorphine AAC            | (M40) | 149 | Paul      | Daly        | Gala Harriers              | (M45) |
| 87  | Keith     | Hood         | Corstorphine AAC            | (M40) | 150 | Alistair  | Laurie      | Gala Harriers              | (M50) |
| 88  | Iain      | Macleod      | Corstorphine AAC            | (M40) | 151 | James     | Purves      | Gala Harriers              | (M55) |
| 89  | Alan      | Cameron      | Corstorphine AAC            | (M45) | 152 | David     | Nightingale | Gala Harriers              | (M55) |
| 90  | Stuart    | Campbell     | Corstorphine AAC            | (M45) | 153 | William   | Mcculloch   | Gala Harriers              | (M55) |
| 91  | Reid      | Cunningham   | Corstorphine AAC            | (M45) | 154 | Graham    | Pogson      | Gala Harriers              | (M55) |
| 92  | Ian       | McPherson    | Corstorphine AAC            | (M45) | 155 | John      | Bell        | Garscube Harriers          | (M45) |
| 93  | David     | Arnott       | Corstorphine AAC            | (M45) | 156 | David     | Dickson     | Garscube Harriers          | (M55) |
| 94  | Ian       | Johnston     | Corstorphine AAC            | (M50) | 157 | Alexander | Chisholm    | Garscube Harriers          | (M55) |
| 95  | Steven    | Blair        | Corstorphine AAC            | (M50) | 158 | Chris     | Greenhalgh  | Giffnock North AAC         | (M40) |
| 96  | Graeme    | Fletcher     | Corstorphine AAC            | (M50) | 159 | Colin     | Wylie       | Giffnock North AAC         | (M40) |
| 97  | Jan-Bert  | Van Den Berg | Corstorphine AAC            | (M50) | 160 | Michael   | Hampson     | Giffnock North AAC         | (M50) |
| 98  | David     | Henderson    | Corstorphine AAC            | (M50) | 161 | Ted       | Gourley     | Giffnock North AAC         | (M50) |
| 99  | Shaun     | Cavens       | Corstorphine AAC            | (M50) | 162 | Hugh      | Gallagher   | Giffnock North AAC         | (M60) |
| 100 | Derek     | Ireland      | Corstorphine AAC            | (M50) | 163 | Colin     | Brash       | Girvan AAC                 | (M45) |
| 101 | Graham    | McClean      | Corstorphine AAC            | (M55) | 164 | Steven    | Campbell    | Greenock Glenpark Harriers | (M40) |
| 102 | Sebastian | Pflanz       | Dumfries Running Club       | (M50) | 165 | Paul      | Monaghan    | Greenock Glenpark Harriers | (M40) |

|     |               |             |                             |       |     |             |              |                              |       |
|-----|---------------|-------------|-----------------------------|-------|-----|-------------|--------------|------------------------------|-------|
| 166 | Alan          | O'Rourke    | Greenock Glenpark Harriers  | (M45) | 229 | John        | Stevenson    | Ochil Hill Runners           | (M50) |
| 167 | Andrew        | White       | Greenock Glenpark Harriers  | (M45) | 230 | Martin      | Dean         | Ochil Hill Runners           | (M55) |
| 168 | Kevin James   | Gill        | Greenock Glenpark Harriers  | (M45) | 231 | David       | Knight       | Perth Road Runners           | (M45) |
| 169 | Michael       | Mcloone Snr | Greenock Glenpark Harriers  | (M50) | 232 | Simon       | Grieshaber   | Perth Road Runners           | (M45) |
| 170 | Michael       | Harrington  | Greenock Glenpark Harriers  | (M50) | 233 | David       | Wood         | Perth Road Runners           | (M60) |
| 171 | Graham        | Mcgrattan   | Greenock Glenpark Harriers  | (M55) | 234 | Peter       | Buchanan     | Portobello Running Club      | (M50) |
| 172 | Robert        | Wilson      | Greenock Glenpark Harriers  | (M60) | 235 | William     | Jarvie       | Portobello Running Club      | (M55) |
| 173 | Joseph        | Palmer      | Helensburgh AAC             | (M45) | 236 | Steve       | Crane        | Portobello Running Club      | (M55) |
| 174 | Damien        | Theaker     | Helensburgh AAC             | (M55) | 237 | Kerry-Liam  | Wilson       | Ron Hill Cambuslang Harriers | (M40) |
| 175 | Tom           | Barr        | Hunters Bog Trotters        | (M40) | 238 | Stevie      | Wylie        | Ron Hill Cambuslang Harriers | (M40) |
| 176 | James         | Jarvis      | Hunters Bog Trotters        | (M40) | 239 | Jamie       | Reid         | Ron Hill Cambuslang Harriers | (M40) |
| 177 | Robert        | Flett       | Hunters Bog Trotters        | (M40) | 240 | Scott       | Hunter       | Ron Hill Cambuslang Harriers | (M40) |
| 178 | Colin         | Crabbie     | Hunters Bog Trotters        | (M45) | 241 | Michael     | Barker       | Ron Hill Cambuslang Harriers | (M40) |
| 179 | Craig         | McBurney    | Hunters Bog Trotters        | (M45) | 242 | James       | Healy        | Ron Hill Cambuslang Harriers | (M45) |
| 180 | Ian           | Campbell    | Hunters Bog Trotters        | (M45) | 243 | Kenny       | Macpherson   | Ron Hill Cambuslang Harriers | (M45) |
| 181 | Ivor          | Normand     | Hunters Bog Trotters        | (M45) | 244 | Michael     | O'Hagan      | Ron Hill Cambuslang Harriers | (M45) |
| 182 | Jon           | Rathjen     | Hunters Bog Trotters        | (M45) | 245 | Greg        | Hastie       | Ron Hill Cambuslang Harriers | (M45) |
| 183 | Craig         | Hunter      | Hunters Bog Trotters        | (M55) | 246 | David       | Thom         | Ron Hill Cambuslang Harriers | (M50) |
| 184 | Robin         | Thomas      | Hunters Bog Trotters        | (M55) | 247 | Alick       | Walkinshaw   | Ron Hill Cambuslang Harriers | (M50) |
| 185 | Duncan        | Baker       | Hunters Bog Trotters        | (M55) | 248 | Chris       | Upson        | Ron Hill Cambuslang Harriers | (M50) |
| 186 | Duncan        | Macfadyen   | Inverclyde AC               | (M50) | 249 | Edward      | Stewart      | Ron Hill Cambuslang Harriers | (M55) |
| 187 | Gerard        | Gaffney     | Inverclyde AC               | (M55) | 250 | James       | Zaple        | Ron Hill Cambuslang Harriers | (M55) |
| 188 | Alex          | Allardyce   | Irvine Running Club         | (M40) | 251 | Colin       | Feechan      | Ron Hill Cambuslang Harriers | (M55) |
| 189 | Mark          | Livingstone | Irvine Running Club         | (M40) | 252 | Des         | Dickson      | Ron Hill Cambuslang Harriers | (M55) |
| 190 | William       | Richardson  | Irvine Running Club         | (M40) | 253 | Peter       | Ogden        | Ron Hill Cambuslang Harriers | (M60) |
| 191 | James         | Sneddon     | Irvine Running Club         | (M45) | 254 | Francis     | Hurley       | Ron Hill Cambuslang Harriers | (M60) |
| 192 | David         | Millar      | Irvine Running Club         | (M45) | 255 | John        | Connaghan    | Shettleston Harriers         | (M40) |
| 193 | Colin         | Miller      | Irvine Running Club         | (M55) | 256 | Bill        | Winning      | Shettleston Harriers         | (M40) |
| 194 | James         | White       | Irvine Running Club         | (M60) | 257 | David       | Murphy       | Shettleston Harriers         | (M40) |
| 195 | Stuart        | Murdoch     | Kilmarnock H&AC             | (M40) | 258 | Colin       | Stewart      | Shettleston Harriers         | (M40) |
| 196 | Robert        | Lindsay     | Kilmarnock H&AC             | (M40) | 259 | William     | Breckenridge | Shettleston Harriers         | (M45) |
| 197 | Gordon        | Reid        | Kilmarnock H&AC             | (M40) | 260 | Walter      | Henderson    | Shettleston Harriers         | (M45) |
| 198 | Colin         | Glencorse   | Kilmarnock H&AC             | (M40) | 261 | Andy        | Little       | Shettleston Harriers         | (M50) |
| 199 | Connell       | Drummond    | Kilmarnock H&AC             | (M40) | 262 | Denis       | Williams     | Shettleston Harriers         | (M50) |
| 200 | Scott         | Martin      | Kilmarnock H&AC             | (M45) | 263 | William     | Coyle        | Shettleston Harriers         | (M50) |
| 201 | John          | Parker      | Kilmarnock H&AC             | (M50) | 264 | Gerard      | Mason        | Shettleston Harriers         | (M50) |
| 202 | Stephen       | Allan       | Kirkintilloch Olympians     | (M40) | 265 | John J      | Duffy        | Shettleston Harriers         | (M50) |
| 203 | Teginder      | Padda       | Kirkintilloch Olympians     | (M40) | 266 | John        | Oates        | Shettleston Harriers         | (M55) |
| 204 | Gary          | Shaw        | Kirkintilloch Olympians     | (M40) | 267 | Andrew      | Callan       | Springburn Harriers          | (M40) |
| 205 | David         | Hogg        | Kirkintilloch Olympians     | (M40) | 268 | Anthony J M | McGale       | Springburn Harriers          | (M40) |
| 206 | Sean          | Casey       | Kirkintilloch Olympians     | (M45) | 269 | Ross        | McEachern    | Springburn Harriers          | (M45) |
| 207 | Derek         | Martin      | Kirkintilloch Olympians     | (M45) | 270 | Damian      | McAuley      | Springburn Harriers          | (M45) |
| 208 | Howard        | Elliott     | Kirkintilloch Olympians     | (M45) | 271 | Jim         | Mcaveety     | Springburn Harriers          | (M45) |
| 209 | David         | Gates       | Kirkintilloch Olympians     | (M45) | 272 | Colin       | Mclean       | Springburn Harriers          | (M50) |
| 210 | Robert        | Rogerson    | Kirkintilloch Olympians     | (M50) | 273 | Colin       | Watson       | Springburn Harriers          | (M55) |
| 211 | Cornel        | Neil        | Kirkintilloch Olympians     | (M50) | 274 | John        | Owens        | Springburn Harriers          | (M60) |
| 212 | James         | Gallacher   | Kirkintilloch Olympians     | (M50) | 275 | Alister     | Biggar       | Teviotdale Harriers          | (M40) |
| 213 | Ben           | Mitchell    | Lasswade AAC                | (M40) | 276 | Craig       | Grieve       | Teviotdale Harriers          | (M40) |
| 214 | Mark          | Hand        | Law & District AAC          | (M40) | 277 | Alan        | Inglis       | Teviotdale Harriers          | (M45) |
| 215 | Anthony       | Higgins     | Law & District AAC          | (M40) | 278 | Alex        | Corbett      | Teviotdale Harriers          | (M45) |
| 216 | Harry         | Mulholland  | Lothian Running Club        | (M50) | 279 | Alan        | Coltman      | Teviotdale Harriers          | (M45) |
| 217 | Graeme        | Ackland     | Lothian Running Club        | (M50) | 280 | Ged         | Smith        | Teviotdale Harriers          | (M50) |
| 218 | Colin         | Meek        | Lothian Running Club        | (M50) | 281 | Duncan      | Thomson      | VP-Glasgow AC                | (M40) |
| 219 | Kenton        | Jones       | Lothian Running Club        | (M50) | 282 | Peter       | Jardine      | VP-Glasgow AC                | (M45) |
| 220 | Kenny         | Mearns      | Lothian Running Club        | (M55) | 283 | Crawford    | Little       | VP-Glasgow AC                | (M45) |
| 221 | Martin        | Leadbetter  | Lothian Running Club        | (M55) | 284 | Derek       | Watson Snr.  | VP-Glasgow AC                | (M50) |
| 222 | William Gavin | Reid        | Metro Aberdeen Running Club | (M45) | 285 | David       | Riach        | Westerlands XC Club          | (M45) |
| 223 | Ewan          | Paterson    | Moray Road Runners          | (M60) | 286 | David       | Calder       | Westerlands XC Club          | (M50) |
| 224 | Peter         | Blackmore   | Motherwell AC               | (M40) | 287 | John        | Hamer        | Westerlands XC Club          | (M50) |
| 225 | Robert        | Pattinson   | Motherwell AC               | (M45) | 288 | John        | Quinn        | Westerlands XC Club          | (M55) |
| 226 | John          | Burns       | Motherwell AC               | (M50) | 289 | Dan         | Reid         | Westerlands XC Club          | (M55) |
| 227 | Andrew        | Wright      | Ochil Hill Runners          | (M40) | 402 | Gerry       | Seenan       | Motherwell AC                | (M40) |
| 228 | David         | Millar      | Ochil Hill Runners          | (M40) |     |             |              |                              |       |

