

scottishathletics



scottishathletics
SENIOR 4k CROSS COUNTRY
CHAMPIONSHIPS
and
GLASGOW SCHOOLS CROSS COUNTRY
DEVELOPMENT RACES
BELLAHOUSTON PARK, GLASGOW
Sunday 1st February 2004



MESSAGES OF WELCOME

Welcome to the Scottish Athletics 4K Cross Country Championships 2004.

This is the fifth year in succession the event has been held in Glasgow and the third year we have hosted the Event at Bellahouston Park, a Glasgow Park with a long association with Cross Country Running.

Through working in partnership Scottish Athletics and Glasgow City Council are able to promote Cross Country running as a participation event to athletes of all ages, this being exemplified by the inclusion of the Glasgow School Development races in today's programme.

To all athletes who are racing, I realise today will be the culmination of an intensive regime for you and your coaches and I wish you well. To all the Officials who have helped organise the event, I would thank you, on behalf of the athletes, for your time and dedication towards the Event.

Alan Potts
President
Scottish Athletics

I am pleased to welcome you all to the Scottish Athletics 4 K Championships at Bellahouston Park today. This is the fifth year we have held these Championships and the third visit to Bellahouston Park.

The Road Running and Cross Country Commiossion would like to thank Brian Donaldson and Glasgow City Council for their support of this event.

The Officials and helpers have had a very busy season and it is nice to see so many here today. It is also nice to see so many young people from the Glasgow Schools taking part in their own races and I hope many of them will join local Clubs and become part of the running fraternity. Lastly I would like to wish every success to all those who are competing today.

Marjory Cook
Convenor
Road Running & Cross Country Commission



Scottishathletics 4k CC CHAMPIONSHIPS
(supported by Glasgow Schools Championships)
Bellahouston Sports Centre / Park, Glasgow

Course Map Information

P6/7 Girls: Start 12.00

1 small lap to finish = 1000m

P6/7 Boys: Start 12.15

1 small lap to finish = 1000m

S1/2 Girls: Start 12.30

1 med lap to finish = 1600m

S1/2 Boys: Start 12.45

1 med lap to finish = 1600m

Scottishathletics 4k Champ/ships

Senior/Jun Men: Start 1.00

2 large laps to finish = 4000m

Sen/Jun Women: Start 1.30

2 large laps to finish = 4000m

Travel information

Exit the M 77 at

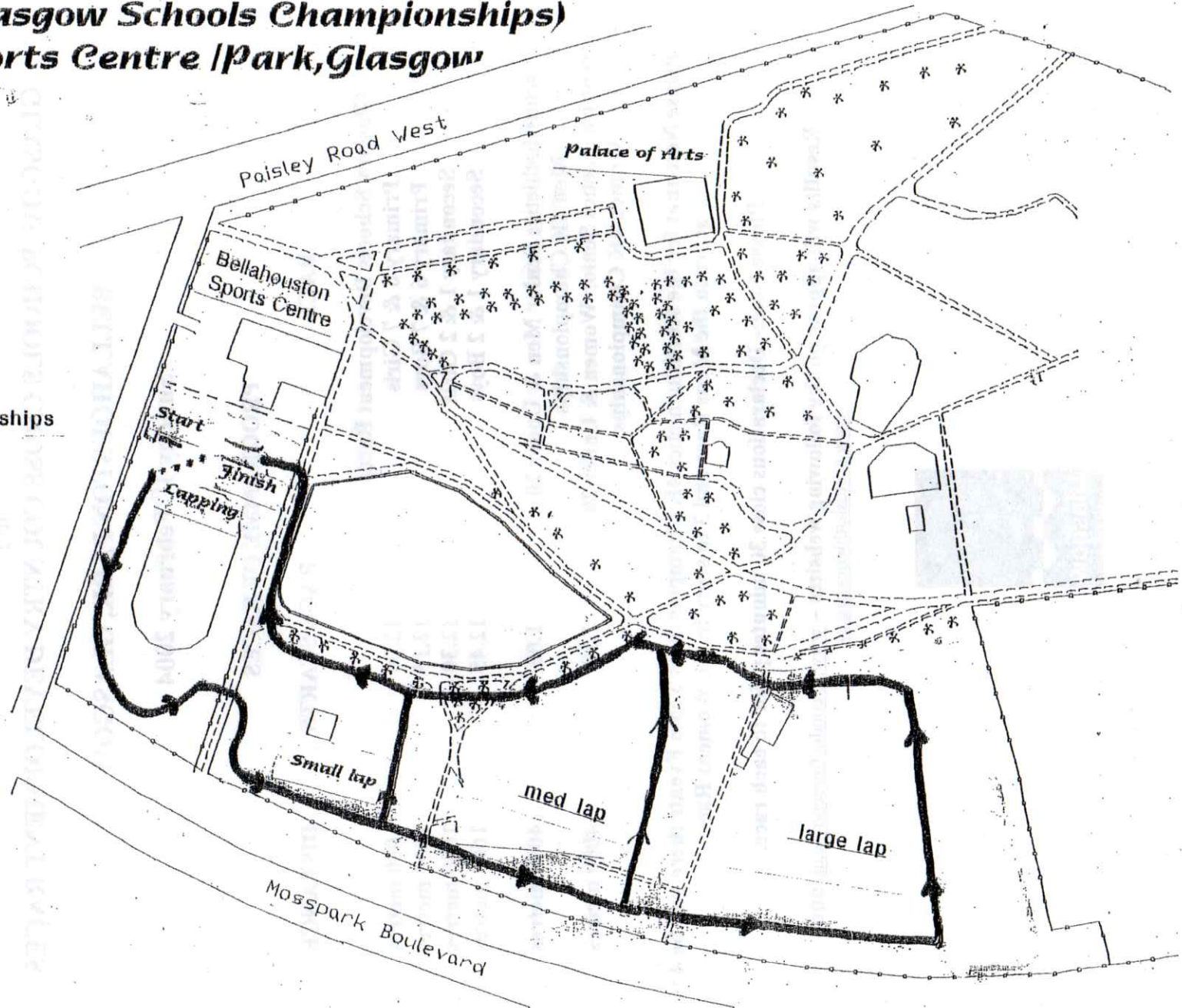
Dumbreck Road (B768)

proceed north to

* Mossspark Boulevard

and Bellahouston Sports Centre

* Off road parking



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SENIOR 4k CROSS COUNTRY CHAMPIONSHIPS
and
GLASGOW SCHOOLS CROSS COUNTRY DEVELOPMENT RACES

BELLAHOUSTON PARK, GLASGOW

Sunday 1st February 2004

PROGRAMME OF RACES

RACE	RACE STARTS	DISTANCE
Glasgow Schools Development Races		
Primary 6 & 7 Girls	12.00	1000 metres
Primary 6 & 7 Boys	12.15	1000 metres
Secondary 1 & 2 Girls	12.30	1600 metres
Secondary 1 & 2 Boys	12.45	1600 metres
scottishathletics Senior Men & Under 20	1.00	4000 metres
Men 4K Championships		
scottishathletics Senior Women & Under 20	1.30	4000 metres
Women 4K Championships		

Please Note that for the scottishathletics 4K Championships Team Events there will be 4 to score in the Mens Race and 3 to score in the Womens Race

Please Note:- Declarations close 30 minutes prior to each race.

Results will appear on the following websites – www.99condie.freeserv.co.uk and www.scottishathletics.org.uk



scottishathletics SENIOR 4K CROSS COUNTRY CHAMPIONSHIPS &
GLASGOW SCHOOLS RACES

BELLAHOUSTON PARK, GLASGOW

SUNDAY 1 FEBRUARY 2004

RACE OFFICIALS

Referee	RL McSwein
Officials Control	A Jackson, G Sword, C Forbes
Clerk of Course	R Reid (Chief), K Martin, M Ferguson, J Young
Judges / Funnel Control	R Thomas (Chief), M Cook
Timekeepers	D McLaren (Chief), D Gilmore, S MacDougall, B Beattie
Recorders (Places)	W McDougal (Chief), J Young
Recorders (Times)	M Wilmoth, A Potts
Starter	A Cameron
Marksmen	W Laing
Declarations	A McManus, A Potts, D Monaghan
Results	G Condie
Announcers & Communications	R Gray
Press	B Goodwin
Course Stewards	Ayrshire Harriers
Presentations	E Young, B Goodwin
Jury of Appeal	B Goodwin, M Cook, R Thomas
Medical Officer	P Rother
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence
Reception	M Cook, B Goodwin, A Potts
National Events Manager	K Weiniger
Convenor	B Goodwin

scottishathletics



GLASGOW ATHLETICS DEVELOPMENT SCHEME

PRIMARY / SECONDARY SCHOOLS RACES

1 February 2004

Girls - Primary 6/7 - 12 Noon - 1000 metres

Number	Name	School
431	Louise King	Blairdardie Primary
432	Sarah King	Blairdardie Primary
433	Rachel Gorman	Blairdardie Primary
434	Danielle Campbell	Blairdardie Primary
435	Nicole McPherson	Blairdardie Primary
436	Lauren Gallon	Blairdardie Primary
437		Blairdardie Primary
438		Blairdardie Primary
439		Blairdardie Primary
440		Blairdardie Primary
441	Mandy Toner	Cardonald Primary
442	Karla Fitzpatrick	Cardonald Primary
443	Kirstie Fitzpatrick	Cardonald Primary
444	Stephanie Miller	Cardonald Primary
445	Lynn McFarlane	Cardonald Primary
446	Marianne McCormick	Cardonald Primary
447	Stephanie Ambler	Cardonald Primary
448	Kirsten McNicol	Cardonald Primary
449	Gillian Black	Cardonald Primary
450		Cardonald Primary
451	Fiona Martin	Carmunnock Primary
452	Lauren Miller	Carmunnock Primary
453	Amelia Bury	Carmunnock Primary
454	Justine Reid	Carmunnock Primary
455	Rachel McCaw	Carmunnock Primary
456	Danielle Beg	Carmunnock Primary
457	Mamta Kakaiya	Carmunnock Primary
458	Emma Bruce	Carmunnock Primary
459	Kirsten Beattie	Carmunnock Primary
460	Abby Brennan	Carmunnock Primary
461	Nicole Forde	Merrylee Primary
462	Jennifer Weir	Merrylee Primary
463	Shona MacDonald	Merrylee Primary
464	Victoria Leech	Merrylee Primary
465	Orla Pert	Merrylee Primary
466	Louise Nimmo	Merrylee Primary
467	Jocelyn Feasby	Merrylee Primary
468		Merrylee Primary
469		Merrylee Primary

470		Merrylee Primary
471	Lorna Paterson	Mosspark Primary
472	Lianne Bain	Mosspark Primary
473	Chelsea Campbell	Mosspark Primary
474	Gillian Edgar	Mosspark Primary
475	Hannah Carville	Mosspark Primary
476	Nicole Gould	Mosspark Primary
477	Megan Thompson	Mosspark Primary
478	Julie Rennie	Mosspark Primary
479	Stephanie Mathieson	Mosspark Primary
480		Mosspark Primary
481	Nikki Threlfall	Scotstoun Primary
482	Zoe Bonar	Scotstoun Primary
483	Lee Ramsay	Scotstoun Primary
484	Roslyn Goudrie	Scotstoun Primary
485	Katie Larmont	Scotstoun Primary
486	Rebecca Findlay	Scotstoun Primary
487	Victoria Attwood	Scotstoun Primary
488		Scotstoun Primary
489		Scotstoun Primary
490		Scotstoun Primary
491	Lisa McPherson	Shawlands Primary
492	Emma Russell	Shawlands Primary
493	Carola Gudim	Shawlands Primary
494	Arow Tahir	Shawlands Primary
495	Caitlin Caskie	Shawlands Primary
496	Jennifer Walker	Shawlands Primary
497	Jay Cheyne	Shawlands Primary
498	Ema Fratan	Shawlands Primary
499	Susan Phillips	Shawlands Primary
500		Shawlands Primary
501	Henna Mohammed	St Alberts Primary
502	Hira Farouk	St Alberts Primary
503	Natasha Sawati	St Alberts Primary
504	Sabina Ahmed	St Alberts Primary
505	Yasmin Ali	St Alberts Primary
506	Amna Rehman	St Alberts Primary
507	Sirwit Ari	St Alberts Primary
508	Azad Ahmed	St Alberts Primary
509		St Alberts Primary
510		St Alberts Primary
511	Fiona McDonald	St Catherines Primary
512	Michelle Byrne	St Catherines Primary
513	Emma Forbes	St Catherines Primary
514	Michaela McGhee	St Catherines Primary
515	Amy Davis	St Catherines Primary

516	Claire Balloch	St Catherines Primary
517	Kerry Fleming	St Catherines Primary
518	Dannielle Campbell	St Catherines Primary
519		St Catherines Primary
520		St Catherines Primary
521	Jaymee McConville	St Mirin's Primary
522	Heather Ferry	St Mirin's Primary
523	Lauren Findlay	St Mirin's Primary
524	Siobhan Quinn	St Mirin's Primary
525		St Mirin's Primary
526		St Mirin's Primary
527		St Mirin's Primary
528		St Mirin's Primary
529	GUEST	Sunnyside Primary
530	GUEST	Sunnyside Primary
531	Karen Brogan	Sunnyside Primary
532	Samantha Carnegie	Sunnyside Primary
533	Nicole Cotter	Sunnyside Primary
534	Ashleigh McEwan	Sunnyside Primary
535	Natalie Scott	Sunnyside Primary
536	Stacey McCunn	Sunnyside Primary
537	Samantha Shaw	Sunnyside Primary
538	Amee Parker	Sunnyside Primary
539	Zoe Thomson	Sunnyside Primary
540	Kimberley Scott	Sunnyside Primary
541	Alannah Paton	Wellshot Primary
542	Chelsea Wood	Wellshot Primary
543	Alison Wright	Wellshot Primary
544	Kirsty Coyle	Wellshot Primary
545	Lauren Collins	Wellshot Primary
546	Jade Doyle	Wellshot Primary
547	Leeomi Turner	Wellshot Primary
548		Wellshot Primary
549		Wellshot Primary
550		Wellshot Primary

GLASGOW ATHLETICS DEVELOPMENT SCHEME

PRIMARY / SECONDARY SCHOOLS RACES

1 February 2004

Boys - Primary 6/7 - 12.15pm - 1000 metres

Number	Name	School
301	Jordan Carlin	Blairdardie Primary
302	Steven Murphy	Blairdardie Primary
303	Ryan Copeland	Blairdardie Primary
304	Corey Blair	Blairdardie Primary
305	Norrie McLeod	Blairdardie Primary
306	Grant Ligethy	Blairdardie Primary
307	Gary Latto	Blairdardie Primary
308		Blairdardie Primary
309		Blairdardie Primary
310		Blairdardie Primary
311	Allan McGregor	Cardonald Primary
312	Jordan Parker	Cardonald Primary
313	Matthew Morris	Cardonald Primary
314	Michael Tower	Cardonald Primary
315	Michael Walker	Cardonald Primary
316	Ciaran McKay Rolfe	Cardonald Primary
317	Kyle Lin	Cardonald Primary
318	Joe Durkin	Cardonald Primary
319	Stephen Grant	Cardonald Primary
320		Cardonald Primary
321	Christopher Johnston	Carmunnock Primary
322	Jamie Wilson	Carmunnock Primary
323	Ross McKerral	Carmunnock Primary
324	David McQuillan	Carmunnock Primary
325	Callum Reynolds	Carmunnock Primary
326	Connor Slowey	Carmunnock Primary
327	Greg Bow	Carmunnock Primary
328	Shaun Beattie	Carmunnock Primary
329	Jack Girvan	Carmunnock Primary
330	Euan Bell	Carmunnock Primary
331	Adam Blackley	Merrylee Primary
332	Alan Urquhart	Merrylee Primary
333	Michael Robertson	Merrylee Primary
334	Euan Ryan	Merrylee Primary
335	Christopher Reeves	Merrylee Primary
336	Fraser McNeill	Merrylee Primary
337	Khaser Hashmi	Merrylee Primary
338	Jordan Sproull	Merrylee Primary

339	David Brunger	Merrylee Primary
340	Scott Waugh	Merrylee Primary
341	Elalio Haji	Mosspark Primary
342	Seorac Gaughin	Mosspark Primary
343	Paul Spiers	Mosspark Primary
344	Conor Oliver	Mosspark Primary
345	John Kerr	Mosspark Primary
346	Jonathon Brown	Mosspark Primary
347	Robbie Pollock	Mosspark Primary
348	John Ronald	Mosspark Primary
349	Jamie Speak	Mosspark Primary
350	Steven McLellan	Mosspark Primary
351	Marc Austin	Scotstoun Primary
352	Colin Nisbet	Scotstoun Primary
353	Sam Thomson	Scotstoun Primary
354	Cameron Bryce	Scotstoun Primary
355	Josh MacLean	Scotstoun Primary
356	Kevin Hughes	Scotstoun Primary
357	Craig Strachan	Scotstoun Primary
358	Ross Ballantyne	Scotstoun Primary
359	Andrew MacKenzie	Scotstoun Primary
360	Jamie Roszak	Scotstoun Primary
361	Sindile Jroaku	Shawlands Primary
362	Charles Bell Reilly	Shawlands Primary
363	Ryan Connolly	Shawlands Primary
364	David Sweeney	Shawlands Primary
365		Shawlands Primary
366		Shawlands Primary
367		Shawlands Primary
368		Shawlands Primary
369		Shawlands Primary
370		Shawlands Primary
371	Laith Rehman	St Alberts Primary
372	Borham Nazim	St Alberts Primary
373	Quamar Ahmed	St Alberts Primary
374	Jasmeet Singh	St Alberts Primary
375	Salman Anwar	St Alberts Primary
376	Sohait Hayat	St Alberts Primary
377	Awess Majeed	St Alberts Primary
378	Suman Iqbal	St Alberts Primary
379	Liam O'Neill	St Alberts Primary
380	Zuber Nawaz	St Alberts Primary
381	Connor Callaghan	St Catherines Primary
382	Chimuka Nymutale	St Catherines Primary
383	Sean Viola	St Catherines Primary
384	Sean Griffin	St Catherines Primary

385	Christopher	St Catherines Primary
386	Daniel Friel	St Catherines Primary
387	Christopher Hunter	St Catherines Primary
388	Tony Boland	St Catherines Primary
389		St Catherines Primary
390		St Catherines Primary
391	Daniel Burke	St Mirin's Primary
392	Matthew Niell	St Mirin's Primary
393	Scott Baird	St Mirin's Primary
394	John Ridler	St Mirin's Primary
395		St Mirin's Primary
396		St Mirin's Primary
397		St Mirin's Primary
398		St Mirin's Primary
399	GUEST	Sunnyside Primary
400	GUEST	Sunnyside Primary
401	Ross Reeves	Sunnyside Primary
402	Conor Keen	Sunnyside Primary
403	Oliver Todd	Sunnyside Primary
404	John Ennis	Sunnyside Primary
405	Jamie Harkness	Sunnyside Primary
406	Martin Buchanan	Sunnyside Primary
407	Jordan Wood	Sunnyside Primary
408	Jamie Morrison	Sunnyside Primary
409	Robert Paton	Sunnyside Primary
410	Andre Douglas	Sunnyside Primary
411	Michael Cairney	Wellshot Primary
412	Johnathon Boyle	Wellshot Primary
413	Gary King	Wellshot Primary
414	Mark Duman	Wellshot Primary
415	Dillon Findlay	Wellshot Primary
416	Scott McCall	Wellshot Primary
417	Richard McIntosh	Wellshot Primary
418	Nico Killlaillen	Wellshot Primary
419		Wellshot Primary
420		Wellshot Primary

GLASGOW ATHLETICS DEVELOPMENT SCHEME

PRIMARY / SECONDARY SCHOOLS RACES

1 February 2004

Girls - Secondary 1/2 - 12.30pm - 1600 metres

Number	Name	School
551	Laura Cameron	All Saints Secondary
552	Stephanie Cameron	All Saints Secondary
553	Hayley Hall	All Saints Secondary
554	Kirsty King	All Saints Secondary
555	Patricia McGuire	All Saints Secondary
556	Lauren Nicol	All Saints Secondary
557	Jodie Peason	All Saints Secondary
558	Kellie McLaughlin	All Saints Secondary
559	Dannielle McGuiness	All Saints Secondary
560	Toni Sheldon	All Saints Secondary
561	Elaine Carrick	Drumchapel High School
562	Sarah Major	Drumchapel High School
563		Drumchapel High School
564		Drumchapel High School
565		Drumchapel High School
566		Drumchapel High School
567		Drumchapel High School
568		Drumchapel High School
569		Drumchapel High School
570		Drumchapel High School
571	Melissa Haggerty	Lochend Community HS
572	Claire Liddell	Lochend Community HS
573	Deborah Kerr	Lochend Community HS
574	Deborah Fleming	Lochend Community HS
575	Chelsea McDermid	Lochend Community HS
576	Danielle Purcell	Lochend Community HS
577		Lochend Community HS
578		Lochend Community HS
579		Lochend Community HS
580		Lochend Community HS

GLASGOW ATHLETICS DEVELOPMENT SCHEME

PRIMARY / SECONDARY SCHOOLS RACES

1 February 2004

Boys - Secondary 1/2 - 12.45pm - 1600 metres

Number	Name	School
251	Scott Begg	All Saints Secondary
252	Mohammed Saed	All Saints Secondary
253	Robert McGuire	All Saints Secondary
254	Sean Greenan	All Saints Secondary
255	David Hazizi	All Saints Secondary
256	Jack Docherty	All Saints Secondary
257	Barry Downie	All Saints Secondary
258	Mark Begg	All Saints Secondary
259	Chris Calder	All Saints Secondary
260	Darren Maher	All Saints Secondary
261	Iain Burgess	Drumchapel High School
262	Lenan Magenthiran	Drumchapel High School
263		Drumchapel High School
264		Drumchapel High School
265		Drumchapel High School
266		Drumchapel High School
267		Drumchapel High School
268		Drumchapel High School
269		Drumchapel High School
270		Drumchapel High School
271	Leigh Morrison	Lochend Community HS
272	Chris Symington	Lochend Community HS
273	Chris McGill	Lochend Community HS
274	Darren Downie	Lochend Community HS
275	Sean Duff	Lochend Community HS
276	Craig Lawrie	Lochend Community HS
277	Gerald O'Connell	Lochend Community HS
278		Lochend Community HS
279		Lochend Community HS
280		Lochend Community HS

scottishathletics 4K Championships – Men

1 February 2004 – 1.00pm

No	Name	Club	
1	Iain Donnan	Aberdeen AAC	U20
2	Carl Heaven	Annan & District AC	
3	Roger Irving	Annan & District AC	
4	Lee Price	Annan & District AC	
5	Mark Whitelaw	Annan & District AC	
6	Alex Allardyce	Ayr Seaforth AAC	
7	Robert Napier	Ayr Seaforth AAC	
8	Colin Souter	Ayr Seaforth AAC	
9	Raza Ahmed	Blackburn Harriers	
10	Graham Allan	Calderglen Harriers	
11	Russell Couper	Calderglen Harriers	
12	Alan Cullie	Calderglen Harriers	
13	Kenneth Davidson	Calderglen Harriers	
14	Alan Derrick	Calderglen Harriers	
15	Colin Freeman	Calderglen Harriers	
16	Andrew Henderson	Calderglen Harriers	
17	Ian Hughes	Calderglen Harriers	
18	Stephen Marzella	Calderglen Harriers	
19	Jamie McMonaghan	Calderglen Harriers	
20	Gerry Mullen	Calderglen Harriers	
21	Eddie Reid	Calderglen Harriers	
22	Roddy Shanks	Calderglen Harriers	
23	Charles Steven	Calderglen Harriers	
24	George Stewart	Calderglen Harriers	
25	David Watt	Calderglen Harriers	
26	Stewart Waugh	Calderglen Harriers	
27	Ian Williamson	Cambridge & Collieridge AC	
28	Alastair Hay	Central AC	U20
29	Robert Hutchinson	Central AC	
30	Lewis Millar	Central AC	U20
31	Alex Milne	Central AC	
32	Robert Russell	Central AC	
33	Graham Beal	City of Edinburgh AC	
34	David Campbell	City of Edinburgh AC	
35	Scott Campbell	City of Edinburgh AC	
36	Tom Ellacott	City of Edinburgh AC	
37	Martin Ferguson	City of Edinburgh AC	
38	Darren Gausen	City of Edinburgh AC	
39	Andrew Gibson	City of Edinburgh AC	
40	Andrew Griffiths	City of Edinburgh AC	
41	James Guest	City of Edinburgh AC	
42	Francis Hooton	City of Edinburgh AC	
43	Rob Hooton	City of Edinburgh AC	
44	Andrew Laycock	City of Edinburgh AC	

45	Gael	Le Coz	City of Edinburgh AC	
46	Juan	Mareque	City of Edinburgh AC	
47	Hugh	MacInnes	City of Edinburgh AC	
48	Grant	Stewart	City of Edinburgh AC	
49	Lee	Cassidy	Clydesdale Harriers	
50	Mark	Rudzinski	Clydesdale Harriers	
51	Chris	O'Brien	Corstorphine AAA	
52	Scott	Pilkington	Corstorphine AAA	U20
53	Ewan	Stark	Corstorphine AAA	
54	Eddie	Holmes	Dundee Hawkhill Harriers	
55	Edgar	Ramage	East Kilbride AC	
56	Cameron	Burt	Edinburgh University Hare & Hounds	
57	Taylor	Delhagen	Edinburgh University Hare & Hounds	U20
58	Jonny	Henderson	Edinburgh University Hare & Hounds	U20
59	James	McMullen	Edinburgh University Hare & Hounds	U20
60	Daryl	Philip	Edinburgh University Hare & Hounds	
61	Richard	Turner	Edinburgh University Hare & Hounds	U20
62	James	Williamson	Edinburgh University Hare & Hounds	
63	Stephen	Moore	Falkirk Victoria Harriers	
64	Andrew	Ronald	Falkirk Victoria Harriers	
65	Alasdair	Stewart	Falkirk Victoria Harriers	U20
66	Michael	Ross	Falkirk Victoria Harriers	
67	David	Adam	Fife AC	
68	Graham	Bee	Fife AC	
69	Owen	Greene	Fife AC	
70	Daniel	Leggate	Fife AC	
71	Andrew	Lemoncello	Fife AC	
72	Andrew	Liston	Fife AC	
73	Sandy	Moss	Fife AC	
74	David	Ovens	Fife AC	
75	Quentin	Reeve	Fife AC	U20
76	Chris	Russell	Fife AC	
77	William	Spates	Fife AC	
78	Bert	Wiffen	Fife AC	U20
79	Darren	Malin	Giffnock North AAC	U20
80	Mark	Magill	Heriot-Watt University Athletics	U20
81	Ray	Ward	Hunters Bog Trotters	
82	Campbell	Cromar	Inverclyde AC	
83	Robert	Gray	Inverclyde AC	
84	Mark	Pollard	Inverclyde AC	
85	Robert	Shaw	Inverclyde AC	
86	Brian	Craig	Irvine AC	
87	Finlay	Dowell	Irvine AC	
88	George	Irving	Irvine AC	
89	David	Millar	Irvine AC	
90	Lee	Richardson	Irvine AC	
91	William	Richardson	Irvine AC	
92	Graham	Cairns	JW Kilmarnock Harriers	
93	Iain	Connell	JW Kilmarnock Harriers	
94	Ian	Drummond	JW Kilmarnock Harriers	

95	Stewart	Ferguson	JW Kilmarnock Harriers	
96	Keith	Haining	JW Kilmarnock Harriers	
97	Stewart	McAllister	JW Kilmarnock Harriers	U20
98	Edward	Tonner	JW Kilmarnock Harriers	
99	Michael	McGinley	Kilbarchan AAC	
100	John	McMillan	Kilbarchan AAC	
101	Robert	Quinn	Kilbarchan AAC	
102	Ewan	Jack	Kirkintilloch Olympians	
103	Edward	McLoone	Kirkintilloch Olympians	
104	Robert	Rogerson	Kirkintilloch Olympians	
105	Craig	MacWilliam	Kirkintilloch Olympians	
106	Stephen	Allan	Law & District AAC	
107	Keith	Dunlop	Law & District AAC	
108	Steven	Lawley	Law & District AAC	
109	Alaister	Russell	Law & District AAC	
110	Steve	Thompson	Livingston & District AAC	
111	Michael	Morris	Morpeth Harriers	
112	David	Gardiner	Phoenix Racers	
113	John	Brown	Ron Hill Cambuslang Harriers	
114	Alistair	Campbell	Ron Hill Cambuslang Harriers	U20
115	Duncan	Cochrane	Ron Hill Cambuslang Harriers	
116	Fred	Connor	Ron Hill Cambuslang Harriers	
117	John	Cowan	Ron Hill Cambuslang Harriers	
118	Graeme	Croll	Ron Hill Cambuslang Harriers	
119	David	Dymond	Ron Hill Cambuslang Harriers	
120	Sandy	Eaglesham	Ron Hill Cambuslang Harriers	
121	Bernard	Gough	Ron Hill Cambuslang Harriers	
122	Joe	Kealey	Ron Hill Cambuslang Harriers	
123	Iain	MacCorquodale	Ron Hill Cambuslang Harriers	
124	Alan	MacPherson	Ron Hill Cambuslang Harriers	
125	Ian	Munro	Ron Hill Cambuslang Harriers	
126	David	Rodgers	Ron Hill Cambuslang Harriers	
127	Andy	Renfree	Shaftsbury Barnet Harriers	
128	Adrian	Callan	Shettleston Harriers	
129	Peter	Carton	Shettleston Harriers	
130	William	Coyle	Shettleston Harriers	
131	Stuart	Gibson	Shettleston Harriers	
132	Martin	Graham	Shettleston Harriers	
133	Ian	Johnson	Shettleston Harriers	
134	Adam	Lee	Shettleston Harriers	U20
135	Jason	Lennox	Shettleston Harriers	
136	Ian	Lewis	Shettleston Harriers	
137	Andrew	Little	Shettleston Harriers	
138	John	MacKay	Shettleston Harriers	
139	Stephen	Matthews	Shettleston Harriers	U20
140	Donald	McAuley	Shettleston Harriers	U20
141	Marc	Mc Coll	Shettleston Harriers (Individual)	
142	Briolan	McGarrity	Shettleston Harriers	
143	Ryan	Montgomery	Shettleston Harriers	
144	Robert	Souter	Shettleston Harriers	

145	Graham	Wight	Shettleston Harriers
146	Dennis	Williams	Shettleston Harriers
147	Simon	Plummer	Southampton City AC
148	Joe	Chambers	Springburn Harriers
149	Malcolm	Bain	Stornoway Running & AC
150	Alex	Duncan	Stornoway Running & AC
151	Alistair	Reid	Unattached
152	Kristian	Forster	University of Dundee AC
153	Kenneth	McCoy	Victoria Park AAC

scottishathletics 4K Championships – Women

1 February 2004 – 1.30pm

No.	Name	Club	
201	Briony Curtis	Banchory Stonehaven AC	U20
202	Fiona Hopkinson	Bath City AC	
203	Deborah Ferns	Bellahouston Road Runners	
204	Genevieve Allan	Calderglen Harriers	
205	Mandy Cullie	Calderglen Harriers	
206	Denise Drysdale	Calderglen Harriers	
207	Stacey Erwin	Calderglen Harriers	
208	Melanie Fraser	Calderglen Harriers	
209	Catriona Kerr	Calderglen Harriers	
210	Barbara Sloss	Calderglen Harriers	
211	Kate Jenkins	Carnethy Hill Racing Club	
212	Jill Tait	Carnethy Hill Racing Club	
213	Lyn Wilson	Carnethy Hill Racing Club	
214	Jane McCrorie	Central AC	
215	Toni McIntosh	Central AC	
216	Gillian Cairns	City of Edinburgh AC	
217	Marietta Van der Linden	City of Edinburgh AC	
218	Claire Ward	City of Edinburgh AC	
219	Kirsty Baird	City of Glasgow AC	
220	Collette Fagan	City of Glasgow AC	
221	Jill Knowles	City of Glasgow AC	
222	Eileen Lang	City of Glasgow AC	
223	Pamela Nicholson	City of Glasgow AC	
224	Suzanne Owen	City of Glasgow AC	
225	Jacqueline Thomson	City of Glasgow AC	
226	Elizabeth McColgan	Dundee Hawkhill Harriers	
227	Rachel Pratt	Dunfermline & West Fife AC	
228	Hazel Ballantine	Dunfermline & West Fife AC	
229	Rosie Smith	Durham City Harriers	U20
230	Amy Jones	Edinburgh University Hare & Hounds	U20
231	Vicky Frew	Edinburgh Woollen Mill	
232	Freya Murray	Edinburgh Woollen Mill	
233	Hayley Ovens	Edinburgh Woollen Mill	
234	Marbeth Shiell	Edinburgh Woollen Mill	U20
235	Shona Hughes	Giffnock North AAC	
236	Pam Nicholson	Glasgow University	
237	Helen Morton	Irvine AC	
238	Allison Higgins	JW Kilmarnock Harriers	
239	Lindsay McMahon	JW Kilmarnock Harriers	
240	Dennise Smith	Kilbarchan AAC	
241	Ada Stewart	Kirkintilloch Olympians	
242	Yvonne Crilly	Livingston & District AAC	
243	Avril Gardiner	Livingston & District AAC	U20

244	Sue	McDowell	Livingston & District AAC
245	Lynne	Marr	Shettleston Harriers Ladies
246	Claire	McCracken	Shettleston Harriers Ladies
247	Clare	Gemmell	Springburn Harriers
248	Michelle	Sandison	Strathclyde University Harriers