

SCOTTISH CROSS COUNTRY UNION



89th NATIONAL

CHAMPIONSHIPS

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**BEACH PARK
MAGNUM LEISURE CENTRE
IRVINE**

SATURDAY, 22nd FEBRUARY, 1986
at 1400 hrs.

OFFICIAL PROGRAMME 30p

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TIMETABLE

JUNIOR BOYS (2 miles/3170m) at 1400 hrs. prompt. Declarations close at 1330 hrs.

SENIOR BOYS (3 miles/4705m) at 1415 hrs. prompt. Declarations close at 1345 hrs.

SENIOR MEN (7.5 miles/12170m) at 1430 hrs. prompt. Declarations close at 1400 hrs.

YOUTHS (4 miles/6340m) at 1530 hrs. prompt. Declarations close at 1500 hrs.

JUNIOR MEN (5 miles/7870m) at 1550 hrs. prompt. Declarations close at 1520 hrs.

PRESENTATION OF PRIZES — 5.15 p.m. Approx.

SPECIAL NOTICES

1. It must be strictly observed that no limbering up will be allowed on the actual course. Disciplinary action may be taken against anyone who disobeys this order.
2. Spikes or cross-country shoes must be taken off before entering The Magnum.
3. In all races, number must be worn **FRONT** and **BACK**.
4. Entries for team events must show the colours of the club's vest and a vest of these colours must be worn by all members of the team while competing.
5. Athletes and spectators must not encroach on the start/finish area.

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TAKE TO TAKE PART IN THIS REAL LIFE ADVENTURE!

10/10 TWIN FLUMES - FIRST IN SCOTLAND!!

"... THEY SPED EVER FASTER DOWN INTO THE CHASM - THROUGH THE GLOWING TUBES, TWISTING TURNING, WILDWATER FOAMING ABOUT THEM, TO THE DEEP, DARK POOL - 90 METRES BELOW! THERE WAS NO GOING BACK...!"

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S.C.C.U. CHAMPIONSHIPS

By Doug Gillon, of the Glasgow Herald

WHAT A DIFFERENCE 100 years makes. Only two clubs, Clydesdale Harriers and Edinburgh Harriers, contested the first Scottish cross country championship at Lanark racecourse in 1886. Just 11 athletes completed the trail. Today the entry tops 2000.

Rain fell incessantly on that February afternoon a century ago, and after 10 miles A. P. Findlay, a footballer with Ayr, took the title in 62 mins 57 secs.

A contemporary report in the Scottish Athletic Journal questioned the distance and the time-keeping. Outrage was expressed that a bookmaker had been present and that betting had been permitted. David S. Duncan, secretary of the S.A.A.A., wrote indignantly in defence of both the length of the course and the time-keepers, although he admitted to the attendance of a bookmaker . . . "but he did not ply his trade." Several contemporary newspapers however carried reports of betting.

Findlay, that same year, won the first S.A.A.A. 10 miles track title, but was unable to retain his cross country crown the following year when the event was staged at Hampden.

The trail led up the hill at Mount Florida, out towards Castlemilk and then swung towards Rutherglen and back to Hampden, a loop that was to be covered twice. R. J. Campbell from Helensburgh won for Clydesdale in 74 mins. 24-1/5 sec. And while the club men good enough to make the team were absent on their labours, the others played football.

In 1888 Findlay won again and his club, Clydesdale, took the team honours for the first time, Edinburgh having won the first two team titles. By then the championships were better organised, with teams of 12 competing. West of Scotland Harriers and Kilmarnock had joined the fray.

Today's competitors would not approve of the early courses. When Findlay took his second title at Hawkhill, Edinburgh, in 1888 there were vast tracts of ploughed ground to cover and 10 walls to negotiate. Two of the walls were more than five feet high.

The following year the event came under the jurisdiction of the Scottish Cross Country Union for the first time, the rival Scottish Harriers Union and Scottish Cross Country Association having been dissolved.

Until after World War II the title was largely the preserve of marathon runners and Scottish 10-mile champions. J. Paterson, 10-mile champion of 1900, was the first man to win three successive titles (1898-1900). Dunky Wright, the former Commonwealth

marathon champion, was first to equal that (1923-1925) and J. Suttie Smith, from (1928-1932) set a record of five successive victories that has yet to be eclipsed.

Andy Forbes and John Emmett Farrell won in 1947 and 1948 respectively—both still competing as veterans this season.

That was the dawn of the track athlete's major impact on cross country running. Graham Everett, John Linaker, Fergus Murray, Lachie Stewart, Dick Wedlock, Ian McCafferty, Allister Hutton and Nat Muir, all stars of the track, have won the senior title over the past 25 years.

Muir is now the most prolific winner of individual titles, six senior, three junior and one youth. But he has still to equal Suttie Smith's five consecutive senior wins.

Should Muir win today he will establish the longest monopoly of the title. Only two other names—that of Hutton and Andy McKean—have been engraved on the senior trophy since 1975.

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OFFICIALS

Referee: B. A. GOODWIN

Clerk of Course: Wm. BANKS

Assistant Clerk of Course: W. FULTON

Judges

N. DONACHIE (Chief) A. FALCONER I. ROSS A. GUNN
A. MORROW G. PICKERING W. LAING G. SPENCE
A. VALENTINE

Timekeepers

R. HUTCHESON (Chief) G. ATHIE D. McSWEIN G. SPANKIE
T. FLETCHER H. QUINN MRS POULTON J. McCLURG
G. PARROTT

Recorders

D. MORRISON (Chief) J. WILSON D. YUILL J. PATERSON
R. QUINN MRS I. PEEL MRS SPANKIE J. INNES W. GRANT
J. CROSSMAN M. MCKINVEN

Starter: R. PEEL **Assistant:** B. CRAIGHEAD

Team Assembly: J. WADDELL

Area Control Stewards

A. JOHNSTON (Chief) L. G. KAPALLE F. McCLUSKIE D. BLUE
J. BRUCE P. McATIER R. McDONALD D. GILMORE

Announcer: A. NAYLOR

Reception

J. G. CHERRY W. M. ROBERTSON R. MORRISON
J. E. CLIFTON R. L. McSWEIN D. V. McLAREN

Declarations and Master Sheet

W. ARMOUR (Chief) R. WHITELOCK I. AIRD J. McINNES
MRS FLETCHER D. BOWMAN MRS I. DOCHERTY A. SPROUL

Results:

J. CHERRY (Chief) MRS AIRD MRS DALZIEL MISS H. AIRD
MRS J. HUME MRS M. ROBERTSON MRS J. SCADE G. GRAY
MRS L. BARBOUR W. SPEIRS MRS S. SPEIRS M. KELSO

Awards: R. DEVON MRS YOUNG

Drugs Control:

M. McLEAN (Chief) I. AIRD G. SPENCE MRS WILMOTH

Officials Control: W. BANKS J. M. HAMILTON

Press: C. A. SHIELDS W. MELVILLE

Stewards: AYRSHIRE HARRIERS CLUBS ASSOCIATION

Programmes: IRVINE AC

Medical: DR H. HATRICK
ST ANDREWS AMBULANCE ASSOCIATION

Championship Committee: W. BANKS W. FULTON J. YOUNG

Championship Convener: J. YOUNG

Computer Consultants: M. YOUNG B. YOUNG

RON MORRISON

PRESIDENT
SCOTTISH CROSS COUNTRY UNION

On behalf of the Scottish Cross Country Union I would like to welcome you to Irvine for the 89th Scottish Cross Country Championships. This is the 4th time in recent years that the Championships have been held in Irvine and we are delighted to return to the magnificent facilities of the Magnum Sports Centre and its surrounding grounds.

This year the Championships have attracted a record entry of over 2200 athletes confirming the rise in popularity of our sport.

The Scottish Cross Country Union would like to thank the Organising Committee, J. Young, W. Fulton and Wm. Banks for their considerable work in arranging the Championships. I would like to add my personal thanks to all the officials and helpers who have given their time to ensure the smooth running of our Championships.

This afternoon we will be able to watch the top Scottish athletes competing for the highest cross country honours in Scotland. Junior and senior athletes will also be competing for a place in the World Championships. The competition will be intense but friendly and whether you are a guest, competitor, official or spectator, I hope you enjoy the afternoon's sport as much as I will.

J. H. MOFFAT

CHAIRMAN AND MANAGING DIRECTOR
A. T. MAYS, THE TRAVEL AGENTS

I would like to welcome competitors and spectators on behalf of A. T. Mays.

I am delighted, once again, to have the opportunity of sponsoring the 89th National Championships in our 30th Anniversary year.

It is especially pleasing for the event to be staged again at the Beach Park in Irvine, which is down the coast from our Head Office in Saltcoats; where the Company started in 1956.

A. T. Mays has been associated with the Scottish Cross Country Union for many years, and has had the pleasure of organising travel at home and abroad to many different events for both competitors and officials.

This year will be extremely important to a number of the competitors, with the Commonwealth Games taking place in Edinburgh during the Summer.

May I take this opportunity of wishing them every success in this event and the forthcoming season.

ACKNOWLEDGEMENTS

The President, Officers and Members of the Scottish Cross Country Union wish to express their grateful thanks to all who have helped with the organisation and running of today's Championships.

The assistance of the following is especially appreciated:—

A. T. Mays, The Travel Agents.

Irvine Development Corporation.

Cunninghame District Council.

Magnum Leisure Centre.

"Hawick News" Printing Works.

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NINETEENTH ANNUAL

JUNIOR BOYS' CHAMPIONSHIP

(Over 11 but under 13 as at 1st April, 1985)

Distance: 2 miles/3200m

The winning team to hold the "McKenzie Cup" for 12 months

The winning individual to hold the "Alex Nangle Memorial Trophy" for 12 months

THE RACE WILL START AT 2 P.M.

Title Holders 1985: KILBARCHAN A.A.C.

Individual Winner 1985: T. GRAHAM (Kilbarchan A.A.C.)

9 PER TEAM TO RUN AND 4 TO COUNT

ABERDEEN A.A.C.—Colours: White with Two Red Hoops.

1, D. Smith; 2, D. Weatherill; 3, G. Allan; 4, G. Turpie; 5, H. McKenzie; 6, N. Wilson; 7, A. Keelan; 8, E. Calvert; 9, J. Topps; 10, C. Jessiman; 11, A. Craw; 12, T. Gallivan.

AYR SEAFORTH A.C.—Colours: White with Red Diagonal Cross.

13, I. Craig; 14, K. Stevenson; 15, R. Dupuy; 16, B. Stewart; 17, D. Kinghorn; 18, G. Cameron.

BELLAHOUSTON HARRIERS—Colours: Dark Blue with Light Blue Cross.

19, J. Brady; 20, D. McCulloch; 21, J. Petrie; 22, S. Rouney; 23, G. King; 24, S. Collie; 25, J. Black; 26, D. Lang.

BELLSHILL Y.M.C.A.—Colours: Red with White Facings.

27, A. Gilmour; 28, M. McLintock; 29, C. Hart; 30, G. Hart; 31, I. McFarlane; 32, D. McLuckie; 33, S. McLeod; 34, B. Gemmell; 35, J. McLuckie; 36, C. Hutton; 37, D. McWhinnie; 38, A. McKean; 39, G. McEwan.

CAMBUSLANG HARRIERS—Colours: Red with White Band.

40, D. McPherson; 41, E. McCafferty; 42, C. Bell; 43, G. McGugan; 44, I. Carmichael; 45, N. Cameron; 46, S. Donecan; 47, D. Docherty; 48, R. Leese; 49, R. Russell; 50, W. Shields; 51, S. Waugh; 52, C. Wilson; 53, W. McFarlane.

CENTRAL REGION A.C.—Colours: Yellow with Blue Trim.

54, B. McMillan; 55, S. Donald; 56, F. Houston; 57, I. Mennie; 58, J. Shaw; 59, M. Crawford; 60, K. Young.

CLYDEBANK ATHLETIC CLUB—Colours: Gold and White.

61, A. Thain; 62, M. Buckley; 63, G. Harvey; 64, C. Cleland; 65, S. Gavin; 66, D. Fotheringham; 67, D. Ashton; 68, M. McBride; 69, M. Slavin; 70, D. McAllister; 71, I. McAllister; 72, S. Collins; 73, S. Haining; 74, G. Vincent; 75, R. Rankin; 76, C. McShannon.

CLYDESDALE HARRIERS—Colours: White with Black Trim and 'C'.

77, D. McAusland; 78, A. Campbell; 79, T. Hill; 80, S. Gibson; 81, R. Stevenson; 82, N. Cunningham; 83, P. Smith; 84, D. Miller; 85, A. Hutton; 86, S. Baillie; 87, D. Govan; 88, F. Dunlop.

COWAL A.C.—Colours: Dark Blue, Light Blue.

89, J. McFadyen; 90, C. Ferguson; 91, D. Brown; 92, M. Kerr; 93, I. Thomson; 94, K. Sadler; 95, S. Fisher; 96, B. Lowe; 97, A. McTaggart.

CUMBERNAULD A.A.C.—Colours: Sky Blue, Maroon Hoop.

98, S. Drummond; 99, M. Welsford; 100, S. Robertson; 101, C. Heath; 102, B. Walker; 103, B. Greer; 104, S. Salmond.

DOLLAR ACADEMY—Colours: Navy with Large 'D'.

105, C. Robertson; 106, A. Moss; 107, P. Hennessy; 108, B. Robertson; 109, C. Perry.

DUMBARTON A.A.C.—Colours: Black with Red Band.

110, J. McCall; 111, B. McCreadie; 112, P. McCreadie; 113, M. Curran.

DUMFRIES A.A.C.—Colours: Sky Blue with Navy Band.

114, R. Toolis; 115, F. Toolis; 116, D. McDowell; 117, I. Donowho; 118, S. Dudgeon; 119, G. Scott.

EAST KILBRIDE A.A.C.—Colours: Gold with Two Black Bands.

120, G. Cairney; 121, C. Watters; 122, S. Littlewood; 123, J. McLeary; 124, C. Fegan.

EDINBURGH A.C.—Colours: White with Two Black Diagonal Bands.

125, C. Lowe; 126, G. McCann; 127, R. Laing; 128, R. Milligan; 129, I. Steele; 130, D. Sharkey; 131, C. Campbell; 132, B. McPhillips; 133, M. Ruis; 134, A. Topman.

EDINBURGH SOUTHERN HARRIERS—Colours: White with Two Blue Bands.

135, I. Murray; 136, M. Kelly; 137, P. Davis; 138, S. Borwick; 139, G. Sharp; 140, L. Culbertson.

FALKIRK VICTORIA HARRIERS—Colours: Black with Gold Band.

141, C. Gourlay; 142, S. Russell; 143, S. Glennie; 144, S. Wilson.

FIFE A.C.—Colours: White Vest, Red Band.

145, G. Barrie; 146, C. Burns; 147, G. Brickley; 148, I. Gourley.

FIFE SOUTHERN HARRIERS—Colours: Blue with Maroon Hoops.

149, A. Moonie; 150, P. Mowbray; 151, S. Ramsay; 152, M. Meldrum; 153, C. Leuchars.

GEORGE HERIOT'S SCHOOL—Colours: White, Blue Bands.

154, D. Fowler; 155, P. Swinton; 156, A. McConnachie; 157, J. Brooke; 158, G. Morrison.

INVERNESS HARRIERS—Colours: Gold with Maroon Diagonal Band.

159, R. McKinnon; 160, B. Renolds; 161, Duncan Hards; 162, M. MacKay; 163, A. Jarvie; 164, N. Thomson; 165, V. Igo.

IRVINE A.C.—Colours: Red, Navy Blue Trim.

166, P. Brennan; 167, P. Millar; 168, S. O'Mara; 169, M. McKerrill; 170, E. Cairns; 171, C. Parker; 172, J. Bryant; 173, D. Bryant; 174, E. McAllister; 175, D. Auchie; 176, G. Parker; 177, B. Dalziel; 178, I. Fitzsimmons; 179, J. Farrell; 180, Derek Auchie; 181, D. Calderwood.

KILBARCHAN A.A.C.—Colours: Gold with Black Band.

182, S. Anderson; 183, D. Dalrymple; 184, D. Lyle; 185, A. McKeown; 186, J. Shields; 187, G. Spearing; 188, D. Lamont.

KIRKINTILLOCH OLYMPIANS — Colours: Sky Blue, Two Hoops; Black, White.
189, C. Frank; 190, D. MacLagan; 191, G. McNeil; 192, S. McSorley; 193, M. Bryce; 194, S. Lipp.

LARKHALL Y.M.C.A. HARRIERS—Colours: Red with Two White Bands.
195, K. Woods; 196, W. McTaggart; 197, T. Shaw; 198, J. McGlynn.

LIVINGSTON & DISTRICT A.A.C.—Colours: Yellow with Green Vertical Stripe.
199, G. Bailey; 200, R. Kavanagh; 201, J. Dennison; 202, A. Frater; 203, S. McArthur; 204, A. Kemlo.

PITREAVIE A.A.C.—Colours: White with Gold Trim.
205, J. Hemmings; 206, R. Arnott; 207, D. Paisley; 208, B. Arnott; 209, A. Short; 210, C. Molloy; 211, S. Burch; 212, S. Mayor.

QUEEN VICTORIA SCHOOL—Colours: White with Red, Yellow, Green Bands.
213, A. McAllister; 214, S. Wallace; 215, W. Hughes; 216, J. Stephens; 217, J. Wood; 218, S. Harkin.

SHETTLESTON HARRIERS—Colours: Blue with Gold Bands.
219, D. Halliday; 220, D. Lavery; 221, P. Lavery; 222, T. McInnes; 223, S. Dolan; 224, D. Callaghan; 225, M. O'Hagen; 226, J. Riley; 227, S. Keogh.

TAYSIDE A.A.C.—Colours: Blue, Black 'T'.
228, J. Gowans; 229, S. Muir; 230, K. Grant; 231, E. Murray; 232, J. Waddell.

TEVIOTDALE HARRIERS—Colours: White with Maroon Band.
233, I. Waldie; 234, B. Wear; 235, C. Pringle; 236, J. Hughes; 237, D. Rae; 238, S. Scott; 239, G. Scott; 240, S. Purdie; 241, K. Murray; 242, J. Graham; 243, G. Riddell; 244, P. Boyd; 245, S. Roberts; 246, D. White.

VICTORIA PARK A.A.C.—Colours: Blue and White Hoops.
247, G. Wiseman; 248, C. Greenhalgh; 249, Graham; 250, F. McNellan; 251, I. Clark; 252, E. MacDonald; 253, D. Wallace; 254, C. Scott; 255, S. Low; 256, J. McLeod; 257, G. Hogg.

INDIVIDUALS

- | | |
|---|---|
| 258. D. Gibson, Airdrie Harriers | 270. G. Robertson, Greenock Glenpark Harriers |
| 259. D. McCracken, Airdrie H | 271. S. Roberts, Greenock Glenpark Harriers |
| 260. M. Craig, Airdrie Harriers | 272. K. Fotheringham, Haddington East Lothian Pace-makers |
| 261. G. Turner, Blackhill Harriers | 273. D. Slyth, Haddington East Lothian Pacemakers |
| 262. B. Cairns, Dalry Thistle Boys' Club AC | 274. A. Scott, Haddington East Lothian Pacemakers |
| 263. M. Anderson, Dalry Thistle Boys' Club AC | 275. A. Young, Helensburgh AAC |
| 264. P. Watt, Elgin AAC | 276. C. Colman, Kilmarnock H |
| 265. A. McLean, Galloway Harriers AAC | 277. S. Geekie, Lasswade AC |
| 266. A. Harkness, Galloway Harriers AAC | 278. S. Logan, Lasswade AC |
| 267. E. Wylie, Galloway Harriers AAC | 279. B. King, Lasswade AC |
| 268. J. McKinnon, Garscube H | 280. A. Fleming, L and L Track C |
| 269. L. Hendry, Garscube H | |

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|--|--|
| 281. R. Provan, L and L Track C | 294. D. Black, Perth Strathtay H |
| 282. T. Nixon, Lochaber AC | 295. S. Forman, Peterhead AAC |
| 283. J. Hunter, Lochaber AC | 296. G. Gallagher, Spango Valley AC |
| 284. S. McMaihin, Lochgelly and District AAC | 297. C. Campbell, Spango Valley AC |
| 285. D. Mooney, Lothian AC | 298. J. Fairhurst, Spango Valley AC |
| 286. N. Clark, Lothian AC | 299. S. Gillespie, Springburn H |
| 287. A. Huntly, Maryhill Harriers | 300. J. Roache, Springburn H |
| 288. J. Muir, Motherwell YMCA Harriers | 301. J. Opie, Stonehouse AC |
| 289. G. Danskin, Motherwell YMCA Harriers | 302. R. Thomson, Stonehouse AC |
| 290. M. McEwan, Motherwell YMCA Harriers | 303. M. Buckley, Ardrossan AC (Unaffiliated) |
| 291. N. White, Nith Valley AAC | 304. A. McGregor, Oban AC (Unaffiliated) |
| 292. G. Duncan, Perth Strathtay H | |
| 293. R. Woodside, Perth Strathtay Harriers | |

Individual	1st	Time
	2nd	Time
	3rd	Time
Team Race	1st	Pts.
	2nd	Pts.
	3rd	Pts.



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The mark of a winner

TWENTY-NINTH ANNUAL SENIOR BOYS' CHAMPIONSHIP

(Over 13 but under 15 as at 1st April, 1985)

Distance: 3 miles/4800 metres

The winning team to hold the "John D. Semple Cup"
for 12 months

The winning individual to hold the "Jock Semple Trophy"
for 12 months

THE RACE WILL START AT 2.15 P.M.

Title Holders 1985: CLYDEBANK A.C.

Individual Winner 1985: B. MATHIESON (Law and District)

9 PER TEAM TO RUN AND 4 TO COUNT

ABERDEEN A.A.C.—Colours: White with Two Red Hoops.

1, S. Wright; 2, R. Sutherland; 3, S. Gowers; 4, P. Allan; 5, D. Stewart; 6, N. Brown; 7, C. Barry; 8, C. Kelty; 9, A. Kelty.

AYR SEAFORTH A.C.—Colours: White with Red Cross.

10, J. McIntyre; 11, J. Graham; 12, J. Dupuy; 13, P. Mason; 14, S. Lynch.

BELLAHOUSTON HARRIERS—Colours: Dark Blue with Light Blue Cross.

15, D. Dunlin; 16, A. Cruikshanks; 17, S. Devine; 18, A. Docherty; 19, A. Mack; 20, A. Naismith; 21, D. Docherty; 22, R. Waters.

BELLSHILL Y.M.C.A.—Colours: Red with White Facings.

23, J. Donnelly; 24, R. Lindsay; 25, P. Shannon; 26, G. Malloy; 27, M. Renwick; 28, M. Morrow.

CAMBUSLANG HARRIERS—Colours: Red with White Band.

29, C. Smyth; 30, G. Simpson; 31, S. Foley; 32, C. Wilson; 33, J. Gallacher; 34, K. Allen; 35, T. Wilson; 36, S. Stewart; 37, G. Griffen.

CENTRAL REGION A.C.—Colours: Yellow, Blue Trim.

38, P. Kotrys; 39, P. Blair; 40, M. Cunningham; 41, K. Leitch; 42, S. Young; 43, S. Kirk; 44, R. Paterson.

CLYDEBANK A.C.—Colours: Top Gold, Bottom White.

45, G. Stewart; 46, A. McCauley; 47, J. Divers; 48, M. McBride; 49, A. Russell; 50, J. Gallacher; 51, J. McPake; 52, D. Fulton; 53, B. O'Brien; 54, J. Cullen; 55, M. Docherty; 56, G. Buchanan; 57, N. Ramsay; 58, D. Reid; 59, N. Keenan; 60, R. Farrelly.

CLYDESDALE HARRIERS—Colours: White with Black "C".

61, G. Divers; 62, C. Stewart; 63, G. Young; 64, S. Poole; 65, A. Derrick; 66, D. Campbell; 67, M. Dugher; 68, T. Dunn; 69, S. McPheely; 70, B. Coburn; 71, J. Mullen; 72, I. Boyle.

CUMBERNAULD A.A.C.—Colours: Sky Blue with Maroon Hoop.

73, S. Chalmers; 74, S. Wallace; 75, S. Marshall; 76, R. Knox.

DUMBARTON A.C.—Colours: Black with Red Band.

77, D. Wilson; 78, P. Hadjkstori; 79, T. Moffat; 80, S. McHendrick; 81, G. Turner.

EAST KILBRIDE A.A.C.—Colours: Gold with Two Black Bands.

82, G. Bryden; 83, A. Smith; 84, M. Morgan; 85, B. O'Neill; 86, C. Clements; 87, A. McBeth; 88, A. Douglas; 89, C. McGregor; 90, F. Bonini; 91, J. Giblan; 92, N. Sharp; 93, L. Turner.

EDINBURGH A.C.—Colours: White with Two Black Diagonal Bands.

94, A. Kinghorn; 95, M. Steele; 96, S. Douglas; 97, G. Hawkes; 98, D. Clark; 99, C. McNamara; 100, A. Smail; 101, D. Lowe; 102, M. Thomson; 103, P. McGill; 104, D. Johnston.

EDINBURGH SOUTHERN HARRIERS—Colours: White with Two Blue Hoops.

105, R. Lewis; 106, V. Galbraith; 107, G. Suttie; 108, S. Hain; 109, L. Orr.

FALKIRK VICTORIA HARRIERS—Colours: Black with Gold Band.

110, S. Rankin; 111, T. Nimmo; 112, B. Gorman; 113, G. Gorman; 114, C. Russell; 115, K. Rodger; 116, C. Callaghan; 117, I. White; 118, D. Cocker; 119, J. Callaghan.

FIFE SOUTHERN HARRIERS—Colours: Blue with Maroon Hoops.

120, A. Davidson; 121, N. Reddick; 122, M. Pratt; 123, D. Grey.

GEORGE HERIOT'S SCHOOL C.C. CLUB—Colours: White, Blue Bands.

124, M. Pawlowski; 125, P. Edwards; 126, G. Peden; 127, D. McNeill; 128, P. Brown; 129, P. Barry; 130, R. Oag; 131, S. Rebello.

GREENOCK GLENPARK HARRIERS—Colours: Sky Blue with Royal Blue and Gold Hoops.

132, P. Murray; 133, C. McShane; 134, Colin Morrison; 135, R. Dolan.

HAMILTON HARRIERS—Colours: White with Red Trim.

136, M. Gallacher; 137, S. Wylie; 138, A. Todd; 139, J. McGhie; 140, B. Campbell; 141, R. Wallace; 142, G. Chisholm; 143, J. Hills; 144, A. Molley; 145, I. McGurk; 146, G. McGurk; 147, B. McGurk.

INVERNESS HARRIERS—Colours: Gold with Maroon Diagonal Band.

148, C. Buchanan; 149, S. Jarvie; 150, A. Chalmers; 151, S. Fraser; 152, D. Bell; 153, C. Stewart; 154, S. Hendry; 155, G. McDowall; 156, E. Lyon.

IRVINE A.C.—Colours: Red, Navy Blue Trim.

157, S. McKendrick; 158, H. Ewing; 159, H. Kilpatrick; 160, R. McClymont.

KILBARCHAN A.A.C.—Colours: Gold with Black Band.

161, B. Adams; 162, S. Douglas; 163, T. Graham; 164, M. Gregory; 165, C. Hayes; 166, P. Johnston; 167, B. Kirkwood; 168, C. McLean.

KILMARNOCK HARRIERS A.C.—Colours: Royal Blue with two White Diagonal Stripes.

169, I. Connell; 170, M. Porter; 171, M. Cameron; 172, G. Reid; 173, R. Wilson; 174, P. Ross.

KIRKINTILLOCH OLYMPIANS—Colours: Sky Blue, with Two Hoops, One White, One Black.
175, B. Day; 176, J. Carroon; 177, P. Gallacher; 178, P. Welsh; 179, G. Gibson; 180, D. Speirs.

LARKHALL Y.M.C.A. HARRIERS—Colours: Red with two White Bands.
181, G. Morrison; 182, D. Alexander; 183, S. Cunningham; 184, S. Ferguson; 185, F. McLeod.

LASSWADE A.C.—Colours: Two Blue Bands linked with Single Red Band on White.
186, J. Fettes; 187, R. Anderson; 188, J. Grant; 189, P. Fettes.

LIVINGSTON & DISTRICT A.A.C.—Colours: Yellow with Green Vertical Stripe.
190, S. Bailey; 191, A. Mason; 192, A. Cunningham; 193, P. Taylor; 194, G. Small; 195, S. Akers; 196, D. Hogg.

L. & L. TRACK CLUB—Colours: Lemon with Scarlet Trim.
197, W. MacGillivray; 198, S. Carty; 199, A. Campbell; 200, C. Ramage; 201, N. Harrison; 202, L. Graham.

LOTHIAN A.C.—Colours: Light Blue with Dark Blue Trim.
203, G. Storrie; 204, J. Taafe; 205, K. Bryson; 206, C. Mooney.

MOTHERWELL Y.M.C.A.—Colours: Yellow with Two Vertical Red Stripes.
207, S. Fox; 208, F. Togneri; 209, D. Newberry; 210, G. Robertson; 211, I. Black; 212, A. Woodward; 213, R. Campbell; 214, J. Poulton.

NITH VALLEY A.C.—Colours: Blue with Yellow Diagonal.
215, A. Whiffin; 216, A. Anderson; 217, S. White; 218, J. Laird.

PITREAVIE A.A.C.—Colours: White with Gold Trim.
219, I. Cumming; 220, G. Bowman; 221, W. Gibson; 222, A. Dreyer; 223, A. Bruce; 224, A. Paisley.

SHETTLESTON HARRIERS—Colours: Blue with Gold Bands.
225, S. Caldwell; 226, Derren Grabiec; 227, David Grabiec; 228, W. Kidd; 229, L. Baker; 230, R. Fernie.

SPRINGBURN HARRIERS—Colours: Navy Blue, White Diamond.
231, A. Callan; 232, B. Gillespie; 233, P. Sweeney; 234, S. Grimshaw.

TEVIOTDALE HARRIERS—Colours: White with Maroon Band.
235, C. Murphy; 236, G. Robertson; 237, Ron Duff; 238, Rob Duff; 239, S. Rae; 240, M. Johnston; 241, D. Thomson; 242, C. Campbell; 243, B. Rudkin; 244, D. Seath.

VICTORIA PARK A.A.C.—Colours: Blue and White Hoops.
245, F. McGowan; 246, R. Blair; 247, M. Burgess; 248, S. Barnett; 249, D. Liman; 250, D. McKay; 251, J. Aderinto; 252, G. Clark; 253, K. Wilson; 254, R. Dunsmore; 255, D. McClure; 256, G. Kelly; 257, J. Pritchard; 258, S. McKenna; 259, A. Scott; 260, K. Williams; 261, R. Graham.

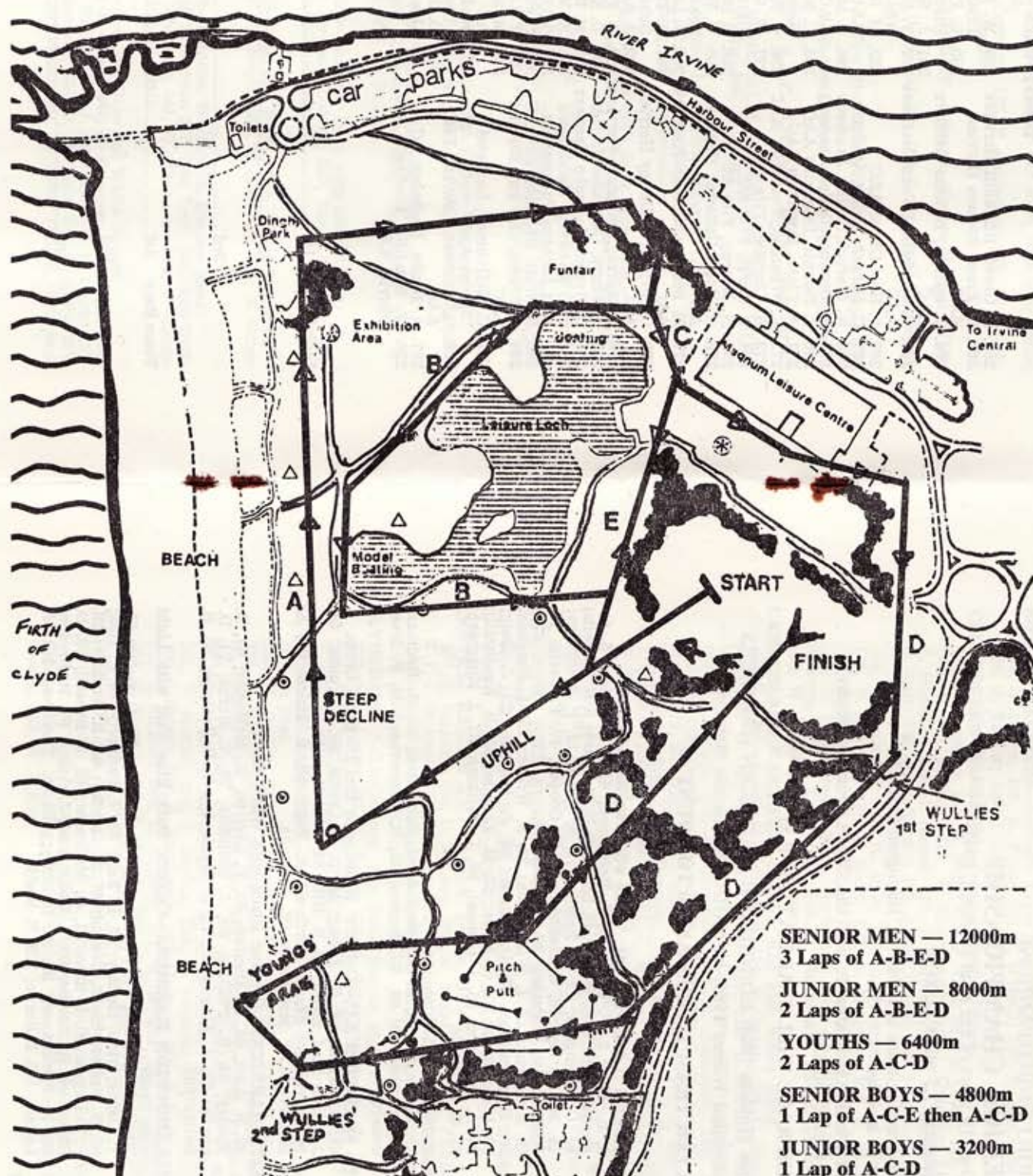
INDIVIDUALS

- | | |
|---|---|
| 262. S. Greer, Blackhill Harriers | 289. W. Heigh, Lochgelly and District AAC |
| 263. D. Frew, Bo'ness Harriers AAC | 290. G. Pratt, Lochgelly and District AAC |
| 264. T. Spence, Bo'ness Harriers AAC | 291. J. Watt, Maryhill Harriers. |
| 265. G. Goodwin, Bo'ness Harriers AAC | 292. T. Mendun, North Merchiston AAC |
| 266. S. Hoy, Cowal AAC | 293. M. Rennie, North Merchiston AAC |
| 267. C. Harper, Dollar Academy | 294. J. Morrice, North Merchiston AAC |
| 268. N. Slorach, Dollar Academy | 295. C. Monks, Perth Strathtay Harriers |
| 269. E. Duncan, Dollar Academy | 296. C. Samuel, Perth Strathtay H |
| 270. J. Howatt, Dumfries AAC | 297. W. Graham, Perth Strathtay Harriers |
| 271. A. Clark, Dumfries AAC | 298. S. Beaton, Peterhead AAC |
| 272. K. Whannel, Dumfries AAC | 299. G. Wood, Queen Victoria School |
| 273. A. Christie, Fife AC | 300. J. Leslie, Queen Victoria S |
| 274. I. McFie, Fife AC | 301. S. Thomson, Queen Victoria School |
| 275. N. Murray, Fife AC | 302. J. Adams, Spango Valley AC |
| 276. A. Hose, Galloway Harriers AAC | 303. A. Petrie, Spango Valley AC |
| 277. K. Paton, Galloway Harriers AAC | 304. D. Russell, Stonehouse AC |
| 278. G. McNab, Galloway Harriers AAC | 305. M. Boyd, Stonehouse AC |
| 279. B. Murray, Garscube Harriers | 306. K. McInally, Tayside AAC |
| 280. A. Sharp, Garscube Harriers | 307. S. O'Brien, Tayside AAC |
| 281. C. Byron, Garscube Harriers | 308. S. Smith, Tayside AAC |
| 282. C. O'Mahoney, Haddington East Lothian Pacemakers | 309. T. Lea, Troon Tortoises AC |
| 283. E. Scott, Helensburgh AAC | 310. M. Snodgrass, Troon Tortoises AC |
| 284. J. Brown, Law and District AAC | 311. W. Hughes, Ardrossan AC (Unaffiliated) |
| 285. C. McIlvinney, Law and District AAC | 312. D. Reid, Ardrossan AC (Unaffiliated) |
| 286. G. McInnes, Law and District AAC | |
| 287. A. Banks, Lochaber AC | |
| 288. W. Ratcliffe, Lochgelly and District AAC | |

Individual	1st	Time
	2nd	Time
	3rd	Time
Team Race	1st	Pts.
	2nd	Pts.
	3rd	Pts.

89th SCOTTISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS

BEACH PARK, THE MAGNUM LEISURE CENTRE, IRVINE
SATURDAY, 22nd FEBRUARY, 1986



EIGHTY-NINTH ANNUAL

SENIOR CHAMPIONSHIP

(Over 19 years of age as at 1st April, 1985)

Distance: 7.5 miles/12,000m

The winning team to hold the "Elkington Shield"
for 12 months

The winning individual to hold the "W. H. Dunlop Trophy"
for twelve months

THE RACE WILL START AT 2.30 P M

Title Holders 1985: EDINBURGH SOUTHERN HARRIERS

Individual Winner 1985: N. MUIR, (Shettleston Harriers)

12 PER TEAM TO RUN AND 6 TO COUNT

ABERDEEN A.A.C.—Colours: White with Two Red Hoops.

1, K. Best; 2, F. Clyne; 3, J. Robertson; 4, J. Morrison; 5, C. Farquharson; 6, C. Hall; 7, G. Laing; 8, B. Moroney; 9, S. Cassells; 10, C. Youngson; 11, S. Peddie; 12, S. Axon; 13, P. McErlean; 14, M. Murray; 15, C. Benzies; 16, D. Cooper; 17, P. Craig; 18, P. Scott; 19, A. Parley; 20, D. Black; 21, G. McGuigan; 22, I. Williamson; 23, S. Willox; 24, J. Sheehan; 25, D. Armitage; 26, D. Massie; 27, J. Darroch; 28, J. Doig; 29, I. Matheson; 30, G. Milne; 31, M. Thomas; 32, D. Weatherill; 33, A. Davidson; 34, J. Lamont; 35, J. Maitland; 36, J. Musgrave; 37, G. Reynolds.

ARDROSSAN A.C.—Colours:

39, E. Smyth; 40, R. Stephenson; 41, D. Gibson; 42, A. Rodman; 43, A. Shedden; 44, S. Warden; 45, R. Armstrong; 46, F. Macdonald.

AYR SEAFORTH A.C.—Colours: White with Red Diagonal Cross.

47, G. Fallon; 48, G. Young; 49, D. McCrorie; 50, J. Young; 51, J. Caird; 52, I. Baird; 53, R. Hill; 54, B. McKay; 55, G. Wight; 56, B. Boyd; 57, R. Page; 58, B. Baird; 59, A. Hunter; 60, T. McCulloch; 61, A. Smith.

BEITH HARRIERS—Colours: Black with White Band.

63, S. Aird; 64, M. Duncan; 65, P. Lee; 66, K. McMaster; 67, B. Morley; 68, K. Phillips; 69, J. Swindale; 70, T. Burns; 71, D. Curtis; 72, J. Ainsworth; 73, J. Monk; 74, A. Ballantyne; 75, R. Ballantyne.

BELLAHOUSTON HARRIERS—Colours: Dark Blue Vest with Light Blue Cross.

76, G. Braidwood; 77, P. Fleming; 78, A. Daly; 79, G. Getty; 80, T. Coyne; 81, J. Hendry; 82, D. Burt; 83, T. Donnelly; 84, C. Joss; 85, S. Butler; 86, D. Donald; 87, D. Hendry; 88, R. Guthrie; 89, P. O'Hagan; 90, I. Ross; 91, G. McGregor; 92, J. Russell; 93, D. Stone; 94, R. Moodie; 95, J. Collins; 96, J. Adair; 97, D. Bryson; 98, R. Fitzimmons; 99, A. Halliday; 100, A. Thomson; 101, J. Lygate; 102, I. Burke; 103, H. Scott.

BO'NESS HARRIERS—Colours: Light Blue, White and Amber Bands.
104, G. Large; 105, D. Frew; 106, J. O'Neill; 107, R. McConnell; 108, G. Taylor; 109, J. Gartland; 110, J. Johnston.

CALDERGLEN HARRIERS—Colours: Amber/Black.

111, M. Bruntes; 112, A. Begg; 113, F. Coll; 114, A. Craig; 115, C. Davies; 116, J. Daly; 117, A. Henderson; 118, J. Houston; 119, T. Hammill; 120, J. Hagan; 121, R. Johnston; 122, A. Muir; 123, B. Mair; 124, N. McKenzie; 125, A. McClelland; 126, P. Moore; 127, A. Munro; 128, K. Miller; 129, A. McLean; 130, C. McDonald; 131, E. Muldoon; 132, R. Mair; 133, A. Paterson; 134, J. Paul; 135, B. Stewart; 136, J. Scott; 137, A. Simpson; 138, R. Sloss; 139, D. Watt; 140, J. Young; 141, W. Schofield; 142, T. Walker; 143, B. Henderson; 144, J. Archibald; 145, A. Wilson; 146, C. Stevens; 147, A. Cummings; 148, R. Macdonald; 149, J. Stewart; 150, W. Johnston; 151, A. Wilson.

CAMBUSLANG HARRIERS—Colours: Red with White Band.

152, T. Rhodes; 153, M. McDonald; 154, P. Ogden; 155, C. Thomson; 156, W. Murdoch; 157, C. Feechan; 158, E. Stewart; 159, M. Johnstone; 160, I. Smith; 161, A. Gilmour; 162, D. McShane; 163, F. Hurley; 164, A. Gemmell; 165, R. Anderson; 166, A. Beattie; 167, D. Thomson; 168, E. Meek; 169, J. Quinn; 170, R. Stone; 171, D. Lang; 172, I. Shaw; 173, T. Ulliott; 174, D. Ferry; 175, J. Robertson; 176, P. Preston; 177, S. Kenny; 178, J. Orr; 179, J. Christie; 180, C. Donnelly; 181, C. Murray; 182, D. Healy; 183, D. Simpson; 184, B. Gough; 185, H. Mulvenna; 186, J. McDougall; 187, Jim Fitzpatrick; 188, A. Griffen; 189, C. Brown; 190, A. Graham; 191, R. McCutcheon; 192, D. McCutcheon; 193, J. McGugan; 194, D. Henderson; 195, S. McFadden; 196, J. Feeney; 197, A. Bain; 198, E. Turnbull; 199, A. Graham.

CARNETHY HILL RUNNING CLUB — Colours: Yellow with Red Letters.

200, J. Blair-Fish; 201, R. Morris; 202, M. Lindsay; 203, W. Henderson; 204, D. Buchan; 205, E. Harvey; 206, A. Spenceley.

CENTRAL REGION A.C.—Colours: Yellow, Blue Trim.

207, K. Mansell; 208, D. McLeod; 209, M. McQuaid; 210, T. Lawlor; 211, J. Dickson; 212, R. Kerr; 213, A. Nicol; 214, D. Armour; 215, C. Judge; 216, T. Halpen; 217, R. Fleming; 218, G. Jamieson; 219, A. McLaren; 220, D. Melaragni; 221, F. Harper.

CLYDEBANK A.C.—Colours: Top Gold, Bottom Half White.

222, M. Allison; 223, R. Bates; 224, J. Fitzimmons; 225, A. Mackay; 226, J. Mackay; 227, J. McLaughlin; 228, I. Marshall; 229, J. Timms; 230, N. Urquhart; 231, D. Williams.

CLYDESDALE HARRIERS—Colours: White with Black Facings and "C" on Vest.

232, G. Carlin; 233, P. Doran; 234, S. Darling; 235, P. Dolan; 236, J. Austin; 237, D. Halpin; 238, B. Potts; 239, J. Bredin; 240, D. Gibson; 241, J. Gallagher; 242, D. Haggerty; 243, P. Jack; 244, C. Lyle; 245, C. McIntosh; 246, C. McIntosh; 247, P. McKendry; 248, M. MacDonald; 249, K. McGarvey; 250, T. Miller; 251, V. Martin; 252, J. Meffen; 253, L. Pearson; 254, E. Poole; 255, J. Peters; 256, R. Rossburgh; 257, C. Ryan; 258, P. Rudzinski; 259, J. Shields; 260, R. Shields; 261, A. Wright; 262, J. Wright; 263, R. Young; 264, T. Wright; 265, G. Pryde; 266, A. Ditch; 267, I. Murphy; 268, J. Hanratty; 269, I. Logie; 270, I. Rothin.

CUMBERNAULD A.A.C.—Colours: Sky Blue, Maroon Hoop.

271, J. Duffy; 272, P. Houston; 273, C. Hodgson; 274, N. McGregor; 275, A. McIntosh; 276, S. McCrae; 277, A. Reid; 278, D. Sharp; 279, A. Spalding; 280, S. Taylor; 281, J. Togneri; 282, D. Young; 283, W. Upton.

DALRY THISTLE BOYS' CLUB A.C.—Colours: Royal Blue with White Trim and Badge.
284, D. Auchie; 285, J. Auchie; 286, A. McDowall; 287, J. Kean; 288, J. Hodgart; 289, W. Hodgart; 290, J. Hamilton; 291, I. Auchie.

DUMBARTON A.A.C.—Colours: Black with Red Band.
292, C. Martin; 293, A. Adams; 294, T. McCall; 295, F. Cooney; 296, I. McWatt; 297, E. Brogan; 298, A. Burns; 299, T. Kelly; 300, I. McFadyen; 301, S. Colley; 302, R. Devlin; 303, H. Martin; 304, H. Parkes; 305, J. Travers; 306, P. Walsh; 307, A. Currie.

DUMFRIES A.A.C.—Colours: Sky Blue with 4" Navy Band.
308, D. Allan; 309, F. McQuire; 310, N. Kerr; 311, J. Hyslop; 312, J. Feenan; 313, D. Leaver; 314, M. Johnston.

DUNDEE HAWKHILL HARRIERS—Colours: Blue and White Sqrs.
315, R. Copestake; 316, C. Haskett; 317, R. Barrie; 318, D. McGonigle; 319, C. Ross; 320, H. McKay; 321, G. Small; 322, A. Mathieson; 323, P. McKormack; 324, S. Kerr; 325, B. Cook; 326, R. Bell; 327, J. Hepburn; 328, G. Bell; 329, I. Shepherd; 330, C. Gardner; 331, A. Birse; 332, K. Grant; 333, J. McLaggan; 334, B. McKendrick; 335, J. Phelin; 336, C. Phelin; 337, D. Taylor; 338, E. King; 339, M. Logie; 340, T. Ramsay; 341, N. McAullay; 342, G. Flatters; 343, C. McIntosh; 344, S. Borland.

EAST KILBRIDE A.A.C.—Colours: Gold with Two Black Bands.
345, G. Haddow; 346, D. Turnbull; 347, G. Croll; 348, P. Russell; 349, G. McKirdy; 350, D. McKirdy; 351, W. McCann; 352, M. McWilliams; 353, G. McKechnie; 354, H. Wilson; 355, R. Gibson; 356, B. Ronald; 357, A. Partridge; 358, G. Reid; 359, E. Ramage; 360, A. Cowan; 361, G. Colvin; 362, T. Rodden; 363, W. Smith; 364, P. Bonnar; 365, G. Black; 366, C. Grant; 367, I. Campbell; 368, F. Bias; 369, J. McAllister; 370, C. McDougall; 371, A. Thomson; 372, D. Currie.

EDINBURGH A.C.—Colours: White with Two Black Diagonal Bands.
373, A. Weatherhead; 374, D. Hunter; 375, L. Robertson; 376, B. Kirkwood; 377, S. Laing; 378, A. Jenkins; 379, M. Ferguson; 380, A. McKay; 381, P. Forbes; 382, S. Lamb; 383, B. Aitken; 384, M. Fallows; 385, D. Knowles; 386, P. Cunningham; 387, F. Arnott; 388, C. McLennan; 389, K. Mortimer; 390, A. Ward; 391, Z. Bankowski; 392, C. Dick; 393, E. O'Donnell; 394, R. Cockburn; 395, E. Stevenson; 396, C. Scott; 397, M. Bankhead; 398, A. Wright; 399, A. Ferguson; 400, A. Gillies; 401, G. Kelly; 402, J. Stark; 403, J. Agnew; 404, A. McEwan; 405, I. Kelly; 406, I. Gentle; 407, M. Jeffrey; 408, A. Cairns; 409, R. Robertson; 410, R. Love; 411, E. Hall; 412, C. Ramsey; 413, M. Gray; 414, R. Charleston.

EDINBURGH SOUTHERN HARRIERS—Colours: Double Blue Hoops on White Vest.
415, S. Cameron; 416, E. Cameron; 417, I. Campbell; 418, M. Craven; 419, Jim Divine; 420, John Divine; 421, R. Glendinning; 422, J. Golder; 423, C. Henderson; 424, B. Howie; 425, S. Hughes; 426, C. Hume; 427, C. Hunter; 428, A. Hutton; 429, C. Leach; 430, D. Logue; 431, K. Lyall; 432, R. Lyall; 433, K. McGuire; 434, C. McIntyre; 435, G. Mathison; 436, W. Millar; 437, A. Robertson; 438, M. Robertson; 439, J. Robson; 440, J. Steel; 441, N. Tennant; 442, N. Thin; 443, A. Turnbull; 444, G. Turton; 445, J. Wheeler; 446, P. Wilson.

EDINBURGH UNIVERSITY HARE AND HOUNDS—Colours: Green.
447, A. Morfe; 448, F. Boyne; 449, E. McQueen; 450, C. McLean; 451, R. Boyd; 452, C. Bedford; 453, K. Nisbet; 454, T. Anderson; 455, M. Stewart; 456, J. Davidson; 457, A. Fox; 458, N. Wallace; 459, R. Brown; 460, M. Burton; 461, B. Davie; 462, J. Bass; 463, T. Farquhar; 464, M. Clarke; 465, R. Cranston.

FALKIRK VICTORIA HARRIERS—Colours: Black with Gold Band.
466, P. Faulds; 467, J. Dingwall; 468, G. Mitchell; 469, J. Pentecost; 470, D. Bain; 471, G. Grindlay; 472, S. Easton; 473, D. Easton; 474, J. McGarva; 475, W. Day; 476, M. Coyne; 477, D. Gibson; 478, G. Grieve; 479, J. Evans; 480, D. Lothian; 481, D. Markie; 482, W. Brotton; 483, D. Murray; 484, M. Todd; 485, A. McKendry; 486, D. Nicholson; 487, A. Graham; 488, J. Stevenson; 489, N. Robertson; 490, W. Higgins; 491, D. Canavan; 492, A. McArdle; 493, C. McKinnon; 494, F. Quail; 495, B. Calder.

FERRANTI A.A.C.—Colours: Yellow with Black Letters.
496, E. McKenzie; 497, R. Brown; 498, R. Nicolson; 499, J. Gavin; 500, M. Fraser; 501, A. Jackson; 502, E. McDonald; 503, W. Hunter; 504, J. Lightbody; 505, J. Mitchell; 506, T. Ridley; 507, J. Niven.

FIFE A.C.—Colours: White Vest with Red Band.
508, T. Mitchell; 509, D. Macgregor; 510, M. McNaught; 511, I. Graves; 512, S. Asher; 513, T. Ross; 514, J. Forbes; 515, D. Gunstone; 516, R. Nicol; 517, M. Strachen; 518, I. Duncan; 519, I. Mitchell; 520, P. Low; 521, T. Stapley; 522, W. Pugh; 523, H. McGinley; 524, W. Kay.

FIFE SOUTHERN HARRIERS—Colours: Blue with Maroon Hoops.
525, S. Doig; 526, T. Ritchie; 527, J. Cunningham; 528, J. Finlay; 529, A. Wallis; 530, K. Anthony; 531, M. Anthony; 532, T. Wallis; 533, D. Lawson; 534, W. Moffat; 535, W. Howie; 536, J. Crawford; 537, I. Goodwin; 538, G. Donaldson; 539, A. Barn; 540, C. Wilson; 541, R. Keillor; 542, M. Hogg.

GALA HARRIERS—Colours: White with Green Band.
543, G. Meikle; 544, R. Fitch; 545, N. Renton; 546, T. Kerr; 547, D. Darroch; 548, G. Roden; 549, A. Stempczyk; 550, M. Bennett; 551, W. Anderson; 552, C. Stewart; 553, J. Hunter; 554, N. Davidson; 555, D. Brown; 556, W. Elliot.

GALLOWAY HARRIERS—Colours: Black, Two White Bands.
557, A. Coyle; 558, G. Fidler; 559, B. Slavin; 560, Q. Greenall; 561, J. Keenan; 562, D. True; 563, J. Crichton; 564, R. McCutcheon; 565, B. Yate.

GARSCUBE HARRIERS—Colours: White Vest with Blue Band.
566, J. Alexander; 567, D. Geddes; 568, S. Cullen; 569, A. McLachlan; 570, M. Brown; 571, S. Clements; 572, P. McGlynn; 573, D. Gillespie; 574, R. Hadden; 575, D. Spencer; 576, J. Collington; 577, B. Candlish.

GIFFNOCK NORTH A.A.C.—Colours: Amber/Blue.
578, G. Dickson; 579, R. Johnstone; 580, H. Kelly; 581, A. Watson; 582, I. Watson; 583, N. Mackay; 584, G. Darroch; 585, A. Wyllie; 586, D. McKay; 587, C. McKie; 588, J. Montgomery.

GLASGOW UNIVERSITY HARES AND HOUNDS—Colours: Black Singlet with Yellow "G" on back.
589, A. Wilson; 590, M. Batley; 591, P. McIntyre; 592, A. McCormick; 593, T. Gillespie; 594, R. Welsh; 595, S. Campbell; 596, P. Shering; 597, A. Kinniburgh; 598, P. Shand; 599, F. Eddeb; 600, J. McLellan; 601, H. Buchanan; 602, B. J. Gartside; 603, J. Cowan; 604, G. McIntosh; 605, E. McIndoe.

GREENOCK GLENPARK HARRIERS—Colours: Sky Blue with Royal Blue and Gold Hoops.

606, R. Boyd; 607, D. Childs; 608, I. Cameron; 609, R. Cleary; 610, A. Curran; 611, E. Currie; 612, P. Duffy; 613, R. Dolan; 614, J. Docherty; 615, K. Duffy; 616, T. Gillespie; 617, R. Hodelet; 618, W. Hamill; 619, W. Jukes; 620, J. Kerr; 621, T. Knight; 622, T. Murray; 623, D. McLaughlin; 624, B. McGuinness; 625, J. McCready; 626, D. Macneil; 627, W. Paterson; 628, P. Russell; 629, G. Russell; 630, J. Russell.

GREENOCK WELLPARK HARRIERS—Colours: White with Black Band.

631, D. Docherty; 632, J. Duffy; 633, G. Gaffney; 634, D. MacFadyen; 635, C. McKerrill; 636, H. Mooney; 637, G. Newman; 638, W. Stoddart; 639, J. Taylor.

HADDINGTON EAST LOTHIAN PACEMAKERS—Colours: Red and White Horizontal Halves.

640, D. Bell; 641, A. Bone; 642, P. Marshall; 643, J. Forte; 644, S. Wallace; 645, D. Morris; 646, G. Armstrong; 647, B. Peacock; 648, H. Muchamore; 649, D. Stevens; 650, J. Morrison; 651, E. O'Neil; 652, S. Cohen; 653, S. Mathieson.

HERIOT-WATT UNIVERSITY C.C.C.—Colours: Royal Blue with Yellow Trim.

654, I. Morrison; 655, C. Walton; 656, C. Corcoran; 657, A. Munro; 658, G. Steel; 659, I. Millar; 660, J. Tulloch; 661, M. Marshall; 662, G. Orr; 663, D. Howard; 664, G. McIndoe; 665, K. Leitch.

HUNTERS BOG TROTTERS—Colours: Brown.

666, N. Blackley; 667, B. Blair; 668, P. Blessington; 669, R. Elliot; 670, S. Gibson; 671, D. Goff; 672, B. Gray; 673, C. Hunter; 674, P. Keightley; 675, A. Lavery; 676, S. McMorran; 677, I. Marshall; 678, E. Morrison; 679, G. Morrison; 680, M. Ogston; 681, S. Ogston; 682, B. Taylor; 683, D. Taylor; 684, G. Thomas; 685, R. Thomas; 686, J. Thynne; 687, C. White; 688, S. Williams; 689, R. Williamson.

INVERNESS HARRIERS A.A.C. — Colours: Gold with Maroon Diagonal Band.

690, N. Martin; 691, G. Crawford; 692, D. Rae; 693, K. Bateman; 694, D. McDonald; 695, R. McDonald; 696, C. Jarvie; 697, K. MacKay; 698, K. MacIntosh; 699, G. Mitchell; 700, D. Taylor; 701, B. Osbourne; 702, D. Donald.

IRVINE A.C.—Colours: Red, Navy Trim.

703, J. Stevenson; 704, C. Miller; 705, A. Rennie; 706, A. Crawford; 707, D. King; 708, D. Scobie; 709, B. Dale; 710, F. Collier; 711, J. Morton; 712, I. McKenna; 713, D. Kerr; 714, P. Wilson; 715, C. Deans; 716, C. Stewart; 717, J. Newbigging; 718, R. Nicol; 719, D. Duke; 720, M. Young; 721, T. Parker; 722, R. Dickinson; 723, A. Skilling; 724, B. Adam; 725, G. Irving; 726, W. Loudon; 727, G. Hannan; 728, F. Caitens; 729, J. Sneddon.

KILBARCHAN A.A.C.—Colours: Gold with Bold Black Band.

730, R. Quinn; 731, R. Hawkins; 732, A. Puckrin; 733, N. Walker; 734, G. Fairley; 735, T. Mooney; 736, M. McGinley; 737, R. Gardner; 738, A. Ross; 739, W. Toole; 740, D. Petrie; 741, A. Costigone; 742, I. McDougall; 743, W. McAleer; 744, D. Laidlaw; 745, E. Taylor; 746, W. Hewitt; 747, J. Rodger; 748, G. Martin; 749, J. Mooney; 750, A. Smith; 751, R. Barr; 752, J. Gibson; 753, G. Masson; 754, H. Ross; 755, H. Kerr; 756, J. Bremner.

KILMARNOCK HARRIER & A.C. — Colours: Royal Blue with Two White Diagonals.

757, G. McKinna; 758, R. Dalziel; 759, R. Topham; 760, H. Rankin; 761, B. McPhail; 762, R. Borland; 763, R. Turley; 764, A. Law; 765, M. Ferguson; 766, G. Kerr; 767, T. Craney; 768, D. Blaney.

KIRKINTILLOCH OLYMPIANS — Colours: Sky Blue with Black and White Hoops.

769, B. Croll; 770, S. Abbot; 771, C. Burns; 772, D. Dickson; 773, A. Gardner; 774, E. Kirkwood; 775, S. Klimowicz; 776, G. McLean; 777, H. O'Malley; 778, B. McGroarty.

LARKHALL Y.M.C.A. HARRIERS — Colours: Red with Two White Hoops.

779, S. Allison; 780, A. McCormick; 781, J. McFarlane; 782, J. Egan; 783, J. Simpson; 784, B. Jones; 785, K. Morrison.

LAWSWADE ATHLETIC CLUB—Colours: Two Blue Bands linked by Single Red Band on White.

786, R. Frew; 787, J. Stege; 788, G. Winters; 789, T. Smith; 790, J. McLeod; 791, W. Anderson; 792, G. Murrin; 793, R. Kettles; 794, A. King; 795, P. Fettes.

LAW AND DISTRICT A.A.C. — Colours: Amber Vest with Red and White Bands.

796, D. Frame; 797, W. Dickson; 798, H. Forgie; 799, I. Donnelly; 800, W. Scoular; 801, P. Kelly; 802, J. Aitken; 803, J. Brown; 804, J. Rowley; 805, T. Ramage; 806, J. Tervit; 807, W. Drysdale; 808, I. Longford; 809, W. Struthers.

LIVINGSTON AND DISTRICT A.A.C.—Colours: Yellow with Green Stripe.

810, A. Agnew; 811, J. Allan; 812, S. Balfour; 813, B. Bellingham; 814, I. Briggs; 815, B. Campbell; 816, I. Campbell; 817, A. Curtu; 818, I. Garvie; 819, J. Harrison; 820, M. Hood; 821, F. Hyman; 822, I. Johnston; 823, I. Leggat; 824, I. McAdam; 825, A. Mackenzie; 826, D. McEriean; 827, G. McIntyre; 828, G. McPherson; 829, R. Redpath; 830, T. Reid; 831, G. Toms; 832, N. Torsney; 833, P. West.

L. & L. TRACK CLUB — Colours: Lemon with Scarlet Trim.

834, B. Young; 835, A. Letham; 836, J. Nolan; 837, I. White; 838, J. McDonald; 839, J. McGillivray; 840, D. Gray.

LOCHABER A.A.C.—Colours: White with Two Blue Bands.

841, S. MacLeod; 842, E. McEvoy; 843, N. Heron; 844, G. Brooks; 845, R. Boswell; 846, S. Macmillan; 847, R. Turner; 848, G. MacConnachie; 849, R. Forbes; 850, J. Macrae; 851, J. Beech; 852, D. O'Neil; 853, J. Oneic; 854, W. Simmonds.

LOTHIAN A.C. — Colours: Blue with Dark Blue Trim.

855, J. Devlin; 856, J. Dick; 857, J. Buick; 858, R. Reynolds; 859, K. Turnbull; 860, A. Moffat; 861, W. McDonald; 862, G. Clement; 863, T. McCallum; 864, P. Connelly.

MARYHILL HARRIERS—Colours: Royal Blue.

865, M. Gallacher; 866, G. Grubb; 867, G. Robertson; 868, F. Evans; 869, S. Lydon; 870, J. Lanigan; 871, F. Barr; 872, F. Murdoch; 873, W. Christie; 874, W. McGill; 875, P. Halling; 876, M. McCartney.

MONKLAND HARRIERS—Colours: Black/White Quarters.

877, J. Small; 878, N. Agnew; 879, W. Edgar; 880, T. Moore; 881, A. Bell; 882, R. Macdonald; 883, T. Goodwin; 884, S. McKenna; 885, A. French; 886, J. Geddes; 887, D. McDonald; 888, G. Patterson.

MOTHERWELL Y.M.C.A. HARRIERS—Colours: Yellow with Two Vertical Red Stripes.

889, P. Fox; 890, S. Marshall; 891, P. Dugdale; 892, D. Marshall; 893, J. Poutney; 894, R. Findlay; 895, F. Connelly; 896, I. Winters; 897, J. Ross; 898, J. McMorro; 899, J. Bocket; 900, F. Graham; 901, B. Kane; 902, F. Duffy; 903, K. Campbell; 904, W. Robertson; 905, W. P. Marshall; 906, J. Brown.

NORTH MERCHISTON A.A.C.—White Vest, Black Trim and Black Stripe Down Sides.

907, E. Ross; 908, I. Hornsby; 909, D. Law; 910, S. Cochrane; 911, G. Capper; 912, D. Robertson; 913, S. Cunningham; 914, L. Wilson; 915, A. Glass; 916, A. Robinson; 917, A. Rennie.

PEEBLESHIRE A.A.C.—Colour: Red.

918, A. Moore; 919, J. Hutchinson; 920, E. Gowrie; 921, R. Wall; 922, S. Ruffell; 923, C. McDougall.

PERTH STRATHAY HARRIERS—Colours: Orange with Blue Trim.

924, S. Hale; 925, G. Russell; 926, I. Howie; 927, A. Riach; 928, E. Bell-Scott; 929, G. Hartley; 930, J. Ewing; 931, P. McNally; 932, N. Watson; 933, M. Paxton; 934, G. Twaddell; 935, I. Wallace; 936, D. Murray.

PITREAVIE A.A.C.—Colours: White, Gold Trim and Badge.

937, J. Young; 938, F. Barton; 939, W. McNeil; 940, P. Simpson; 941, J. Linaker; 942, K. Duncan; 943, C. Hunter; 944, J. Warner; 945, W. Ewing; 946, A. Lang; 947, P. Shave; 948, R. Lobban; 949, A. McIntosh; 950, M. Healy; 951, B. Gray; 952, J. Grant; 953, M. McHale; 954, A. Russel; 955, R. Cherrie; 956, J. McKechnie.

ST ANDREWS UNIVERSITY C.C.C.—Colours: White with Two Blue Bands and Cross.

957, R. Moore; 958, A. Kay; 959, S. Langdon; 960, P. Galloway; 961, J. Lemon; 962, S. Thompson; 963, F. Varga; 964, C. Hadfield; 965, D. Thomas; 966, J. Bethal; 967, R. Archer.

SHETTLESTON HARRIERS—Colours: Blue with Gold Bands.

968, N. Muir; 969, P. Carton; 970, J. Mudie; 971, C. Ross; 972, J. Ross; 973, ; 974, P. Brannigan; 975, B. Carty; 976, T. Eaton; 977, H. Inglis; 978, T. Lucas; 979, J. Morrison; 980, P. McMahon; 981, B. McMonagle; 982, B. Scally; 983, S. Pickles; 984, J. Chalmers; 985, P. White; 986, R. Loughran; 987, E. Collins; 988, I. Batterson; 989, ; 990, C. Thompson; 991, G. McKie; 992, J. Sorrie; 993, P. Cowan; 994, S. McPherson; 995, A. McDermid; 996, J. Cairney; 997, S. Penman.

SPANGO VALLEY A.C.—Colours: Royal Blue and Yellow Vertical Stripes.

998, W. Broadley; 999, C. Burns; 1000, D. Campbell; 1001, G. Clark; 1002, J. Conaghan; 1003, P. Conaghan; 1004, M. Coyle; 1005, B. Cunningham; 1006, T. Dobbin; 1007, C. Doyle; 1008, K. Ferguson; 1009, A. Galbraith; 1010, A. Gallacher; 1011, J. Gallacher; 1012, M. Hicks; 1013, R. Hyett; 1014, B. Johnston; 1015, D. Kerr; 1016, A. Law; 1017, C. Lock; 1018, D. McCabe; 1019, D. McGarrity; 1020, H. McInnes; 1021, E. McKee; 1022, A. McKinnon; 1023, L. McMahan; 1024, D. Martin; 1025, G. Munn; 1026, A. Murray; 1027, D. Olding; 1028, A. Page; 1029, J. Reid;

1030, C. Robison; 1031, M. Smillie; 1032, C. Spence; 1033, L. Spence; 1034, G. Spence; 1035, L. Stewart; 1036, P. Walton; 1037, T. Wilkie.

SPRINGBURN HARRIERS—Colours: Navy Blue with White Diamond

1038, G. Williamson; 1039, A. Callan; 1040, G. Crawford; 1041, J. Cooper; 1042, S. McLean; 1043, T. Hoy; 1044, A. McIndoe; 1045, G. Biggam; 1046, J. McKenzie; 1047, T. O'Reilly; 1048, A. Nicholl; 1049, F. Wright; 1050, M. Montgomery; 1051, B. Meecham; 1052, W. McGregor; 1053, H. Gorman; 1054, D. Wilmoth; 1055, S. Stasiuk; 1056, F. Blackstock; 1057, L. Bruce; 1058, R. McBrearty; 1059, E. Dickson; 1060, J. Keenen; 1061, R. Rotchford; 1062, S. Gillespie; 1063, D. Lawless.

STIRLING UNIVERSITY C.C.C.—Colours: Yellow with Stirling University in Green.

1064, R. McCraw; 1065, I. Macrae; 1066, P. Bilsborough; 1067, D. Wood; 1068, R. Todd; 1069, A. Watkins; 1070, D. Carse.

TEVIOTDALE HARRIERS CLUB—Colours: White with Maroon Band.

1071, A. Walker; 1072, D. Cavers; 1073, B. Emmerson; 1074, K. Elliot; 1075, J. G. Moyes; 1076, G. Scott; 1077, A. Renwick; 1078, N. Dalgetty; 1079, R. Duff; 1080, A. Fair; 1081, M. Davidson; 1082, B. Scott; 1083, W. Knox; 1084, J. Knox; 1085, S. Barker; 1086, F. Cannon; 1087, A. Clyne; 1088, A. Casson; 1089, J. Darcy.

TROON TORTOISES A.C.—Colours: Yellow with Black Trim.

1090, J. T. McKinlay; 1091, W. A. Robertson; 1092, C. P. Allan; 1093, V. Daly; 1094, J. Dorfman; 1095, N. A. Lea; 1096, M. McArthur; 1097, W. McCall; 1098, O. Light; 1099, T. Matthews; 1100, B. Walker; 1101, G. Walker.

VALE OF LEVEN A.A.C.—Colours: White with Red Hoops.

1102, B. Pitt; 1103, R. Hart; 1104, P. Murphy; 1105, J. Harrison; 1106, D. Harrison; 1107, T. Walsh; 1108, C. Brown; 1109, R. Cameron; 1110, G. Lamb; 1111, R. Young; 1112, J. Cunningham.

VICTORIA PARK A.A.C.—Colours: Blue and White Hoops.

1113, A. Douglas; 1114, L. Reilly; 1115, R. Stokes; 1116, G. Seward; 1117, D. McMeekin; 1118, J. Pollock; 1119, R. Blair; 1120, C. Little; 1121, T. Wiseman; 1122, A. Elder; 1123, J. Angus; 1124, K. Brown; 1125, D. Low; 1126, H. Young; 1127, H. Barrow; 1128, J. Doyle; 1129, W. Parker; 1130, G. Greenhaigh; 1131, K. Penrice; 1132, R. Daly; 1133, D. Hamilton.

WESTERLANDS C.C.C.—Colours: Gold with Black 'W' on Back.

1134, D. Calder; 1135, A. Campbell; 1136, A. Cameron; 1137, T. Donohue; 1138, T. Logue; 1139, W. Reid; 1140, I. Struthers; 1141, C. Aldridge; 1142, J. Wellings; 1143, J. Tolmie; 1144, S. Chaney; 1145, I. Munro; 1146, P. O'Kane; 1147, J. Kelly; 1148, D. Mackay; 1149, B. Sheridan.

INDIVIDUALS

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|-----------------------------------|---------------------------------|
| 1150. M. Kwint, Aberdeen Univ. | 1155. R. O'Hara, Annan & Dist. |
| Hares & Hounds | AC |
| 1151. A. Henderson, Aberdeen | 1156. J. Dunion, Annan & Dist. |
| Univ. Hares & Hounds | AC |
| 1152. G. Harper, Aberdeen Univ. | 1157. L. Pratter, Annan & Dist. |
| Hares & Hounds | AC |
| 1153. J. Gildea, Airdrie Harriers | 1158. E. Lennon, Barr & Stroud |
| 1154. M. Carroll, Annan & Dist. | 1159. J. McCoy, Barr & Stroud |
| AC | 1160. W. Lyall, Black Hill H |

1161. M. Brown, Cambuslang H
 1162. A. Jackson, Clydebank AC
 1163. G. Rae, Clydebank AC
 1164. R. Farquhar, Coasters RC
 1165. K. Reid, Coasters RC
 1166. G. Gallacher, Dundee University Harriers
 1167. R. Stark, Dundee Univ. H
 1168. M. Wright, Elgin AAC
 1169. D. Gunn, Elgin AAC
 1170. M. Christie, Elgin AAC
 1171. M. Turner, Elgin AAC
 1172. R. H. Cox, Greenock Glenpark Harriers
 1173. R. N. Dickie, Grimsby H
 1174. J. Haston, Helensburgh AAC
 1175. R. McInroy, Helensburgh AAC
 1176. V. Hamilton, Helensburgh AAC
 1177. A. Flatman, Helensburgh AAC
 1178. J. White, Irvine AC
 1179. B. Craig, Irvine AC
 1180. A. MacAngus, Kilbarchan AAC
 1181. A. Reid, Linlithgow AAC
 1182. N. Cummings, Linlithgow AAC
 1183. J. Milne, Linlithgow AAC
1184. R. Campbell, Lochaber
 1185. W. Rutherford, Lochgelly & District AAC
 1186. I. Smith, Lochgelly & District AAC
 1187. R. Campbell, Loudoun R
 1188. H. Richmond, Loudoun R
 1189. L. McCue, Maryhill H
 1190. R. McIntyre, Maryhill H
 1191. S. Lawon, Maryhill H
 1192. F. Gallacher, Maryhill H
 1193. C. Kinnear, Nith Valley AAC
 1194. K. J. Stevenson, Paisley H
 1195. N. Gemmell, Satar & East-leigh AC
 1196. J. Whittaker, Stewartry AAC
 1197. R. Britton, Stewartry AAC
 1198. R. Austin, Stewartry AAC
 1199. C. Morrow, Stonehouse AAC
 1200. L. Calder, Stonehouse AAC
 1201. J. Adkin, Stonehouse AAC
 1202. R. McLeod, Tayside AAC
 1203. W. H. Watson, Victoria Park AAC
 1204. A. Farningham, Aberdeen AAC
 1205. J. Boyes, Shettleston H
 1206. W. McBrinn, Shettleston H

Individual	1st	Time
	2nd	Time
	3rd	Time
Team Race	1st	Pts.
	2nd	Pts.
	3rd	Pts.

FORTY-SEVENTH ANNUAL YOUTHS' CHAMPIONSHIP

(Over 15 but under 17 as at 1st April, 1985)

Distance: 4 miles/6400 metres

The winning team to hold the "Bryson Cup" for 12 months

The winning individual to hold the "Goodwin Bowl" for 12 months

THE RACE WILL START AT 3.30 P.M.

Title Holders 1985: CAMBUSLANG HARRIERS

Individual Winner 1985: A. RUSSELL (Law and District)

9 PER TEAM TO RUN AND 4 TO COUNT

ABERDEEN A.A.C.—Colours: White with Two Red Hoops.

1, G. Riddell; 2, M. Caird; 3, R. Lindsay; 4, N. Mackland; 5, S. Hunter.

BELLAHOUSTON HARRIERS—Colours: Dark Blue with Light Blue Cross.

6, D. Armstrong; 7, B. Dunsmore; 8, C. Mulholland; 9, E. Mitchell; 10, A. McEwan; 11, G. McCann; 12, P. O'Donnell; 13, G. Stewart; 14, W. Riggins.

CAMBUSLANG HARRIERS—Colours: Red with White Band.

15, B. Murray; 16, S. Wallace; 17, M. Herrity; 18, R. Foley; 19, P. McEvoy; 20, B. McGlone; 21, A. Stark; 22, P. Grady.

CLYDEBANK A.C.—Colours: Top Gold, Bottom Half White.

23, D. McGinley; 24, R. Donnelly; 25, J. Monaghan; 26, S. Cameron; 27, I. Beattie; 28, B. Leonard.

CLYDESDALE HARRIERS—Colours: White with Black Trim and 'C'.

29, A. Lennox; 30, L. Pearson; 31, F. Friel; 32, G. Allan; 33, C. Campbell; 34, G. McIntosh.

DOLLAR ACADEMY—Colours: Navy with Lark 'D'

35, M. Currie; 36, I. Murray; 37, A. Drane; 38, G. Munn.

EAST KILBRIDE A.A.C.—Colours: Gold with Two Black Bands.

39, M. Blair; 40, B. Cullie; 41, K. Downie; 42, D. Ross; 43, I. Tierney; 44, F. Wallace; 45, D. White; 46, S. Boyce; 47, S. Ballantyne.

EDINBURGH A.C.—Colours: White with Two Black Diagonal Bands.

48, J. McAvoy; 49, C. Neilson; 50, A. Lowe; 51, M. Buchan; 52, W. Wright; 53, S. White; 54, J. Unnin; 55, D. Benger; 56, A. Robertson; 57, M. McPhillips; 58, E. Stark.

EDINBURGH SOUTHERN HARRIERS—Colours: White with Two Blue Bands.

59, S. Chambers; 60, E. Cameron; 61, K. Idessane; 62, P. Brown; 63, C. Bruce; 64, M. Cossar.

FALKIRK VICTORIA HARRIERS—Colours: Black with Gold Band.
65, G. McMaster; 66, I. Davidson; 67, W. Barrett; 68, A. McNab;
69, C. Oliphant; 70, J. Penman; 71, M. Austin.

FIFE A.C.—Colours: White with Red Band and Blue Letters.
72, L. Redpath; 73, C. Gourley; 74, J. McParland; 75, A. Hamilton.

FIFE SOUTHERN HARRIERS—Colours: Blue with Maroon Hoops.
76, S. Hadley; 77, M. Howie; 78, J. Davidson; 79, S. Mitchell.

IRVINE A.C.—Colours: Red, Navy Trim.
80, I. Brewer; 81, J. McBlane; 82, J. Bailey; 83, M. Auchie; 84, B. McDonald.

KILBARCHAN A.A.C.—Colours: Gold with Black Band.
85, N. Cassidy; 86, A. Dickie; 87, C. Elliot; 88, R. Furlong; 89, S. Leighton; 90, C. McDonald; 91, R. Shaw.

KILMARNOCK HARRIERS & A.C.—Colours: Royal Blue with Two Diagonal White Stripes.
92, S. White; 93, B. Scott; 94, B. McEwan; 95, D. Murray.

LARKHALL Y.M.C.A. HARRIERS—Colours: Red with Two White Hoops.
96, S. Murray; 97, R. Hannah; 98, C. Pheely; 99, K. Greener.

LAW & DISTRICT A.A.C.—Colours: Amber with Red and White Bands.
100, A. Russell; 101, A. Ramage; 102, N. McInness; 103, J. Aitchison; 104, S. Mathieson.

LIVINGSTON & DISTRICT A.A.C.—Colours: Yellow with Green Vertical Stripes.
105, W. Nicol; 106, A. Cochrane; 107, S. Crossan; 108, S. Small; 109, J. McKenzie.

MARYHILL HARRIERS—Colours: Royal Blue.
110, J. McGlade; 111, D. Shearon; 112, A. Gallacher; 113, J. Sutherland.

MOTHERWELL Y.M.C.A. HARRIERS—Colours: Yellow with Two Vertical Red Stripes.
114, S. Quinn; 115, J. Houston; 116, C. McCann; 117, B. Swan; 118, G. Campbell; 119, S. Robertson.

PITREAVIE A.A.C.—Colours: White with Gold Trim.
120, D. Arnott; 121, I. Ritchie; 122, G. Gardiner; 123, C. Malcolmson; 124, K. Fraser.

VICTORIA PARK A.A.C.—Colours: Blue and White Hoops.
125, B. McKay; 126, J. Logan; 127, N. Hogg; 128, G. Dick; 129, G. Scott; 130, I. Stirrat; 131, D. Sanders; 132, A. Baird; 133, J. Ajao; 134, I. Renfrew; 135, S. McCrory.

INDIVIDUALS

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|---|-----------------------------------|
| 136. N. Bowie, Altrincham & District AC | 141. D. Stout, Central Region AC |
| 137. M. Brydeson, Annan & District | 142. A. Fulton, Clydebank A.C. |
| 138. G. Mann, Bellshill YMCA H. | 143. K. Bone, Clydebank A.C. |
| 139. G. Paterson, Bo'ness Harriers AAC | 144. W. Slater, Coasters R.C. |
| 140. S. Dalglish, Central Region AC | 145. J. Morrison, Cumbernauld AAC |

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| 146. S. Drummond, Cumbernauld AAC | 169. F. Lennox, Greenock Wellpark Harriers. |
| 147. S. Lardner, Cumbernauld AAC | 170. J. Nuttall, Haddington East Lothian Pacemakers. |
| 148. M. Cowan, Dalry Thistle Boys' Club AC | 171. N. Wilkinson, Helensburgh AAC |
| 149. N. Anderson, Dumbarton AAC | 172. S. Garland, Inverness H |
| 150. D. Welsh, Dumbarton AAC | 173. A. Bone, Inverness Harriers |
| 151. C. Thompson, Dumfries AAC | 174. D. McAdam, Inverness H |
| 152. P. Pearson, Dumfries AAC | 175. C. Totten, Kirkintilloch Olympians |
| 153. T. Greig, Dundee Hawkhill Harriers | 176. J. Berry, Lasswade AC |
| 154. T. Reid, Dundee Hawkhill H | 177. D. Bright, Lasswade AC |
| 155. D. Adam, Dundee Hawkhill H | 178. R. Templeton, L and L Track Club |
| 156. P. Ruddick, Edinburgh Southern H | 179. J. Cooke, L and L Track Club |
| 157. G. Bartlett, Forres H | 180. A. Rankin, L and L Track C |
| 158. A. Meikle, Gala H | 181. M. Pullar, Lochgelly and District AAC |
| 159. S. Marshall, Garscube H | 182. G. Watterson, Monkland H |
| 160. C. Samson, Garscube H | 183. S. McClymont, Nith Valley AAC |
| 161. D. Ross, George Heriot's School CCC | 184. J. Simpson, Nith Valley AAC |
| 162. G. Dow, George Heriot's School CCC | 185. A. Sim, North Merchiston AAC |
| 163. J. Clyde, George Heriot's School CCC | 186. D. Knight, Perth Strathtay H |
| 164. A. Meldrum, Glasgow University H and H | 187. I. Dunne, Shettleston Harriers |
| 165. R. Mooney, Greenock Glenpark Harriers | 188. W. Baker, Shettleston H |
| 166. D. Shaw, Greenock Glenpark Harriers | 189. C. Campbell, Spango Valley |
| 167. A. Johnstone, Greenock Glenpark Harriers | 190. T. McGowan, Springburn H |
| 168. R. Bradley, Greenock Wellpark Harriers | 191. B. Law, Teviotdale Harriers |
| | 192. M. Bryson, Teviotdale H |
| | 193. D. Riddell, Teviotdale H |
| | 194. J. Douglas, Troon Tortoises AC |
| | 195. J. Goldie, Troon Tortoises AC |
| | 196. T. McKnight, Ardrossan (Unaffiliated) |

Individual	1st	Time
	2nd	Time
	3rd	Time
Team Race	1st	Pts.
	2nd	Pts.
	3rd	Pts.

SIXTY-SIXTH ANNUAL JUNIOR CHAMPIONSHIP

(Over 17 but under 19 as at 1st April, 1985)

Distance: 5 miles/8000 metres

The winning team to hold the "Marshall Trophy"
for 12 months

The winning individual to hold the "Livingston Trophy"
for 12 months

THE RACE WILL START AT 3.50 P.M.

Title Holders 1985: CAMBUSLANG HARRIERS

Individual Winner 1985: R. QUINN (Kilbarchan A.A.C.)

9 PER TEAM TO RUN AND 4 TO COUNT

CAMBUSLANG HARRIERS—Colours: Red with White Band.
1, Martin Hughes; 2, G. Laird; 3, F. Haugh; 4, J. McLaughlin; 5, G. Cromar; 6, P. Morris.

CLYDEBANK A.C.—Colours: Top Gold, Bottom Half White.
7, P. Darroch; 8, A. McKenna; 9, B. Queenan; 10, C. Docherty.

EAST KILBRIDE A.A.C.—Colours: Gold, Two Black Bands.
11, L. Reid; 12, C. Bryden; 13, M. Dickson; 14, S. Marriot; 15, A. Cullie.

EDINBURGH A.C.—Colours: White with Two Black Diagonal Bands.
16, G. Phillip; 17, G. Brown; 18, A. Donachie; 19, R. Nolan; 20, A. Fairbairn; 21, R. Stewart.

EDINBURGH SOUTHERN HARRIERS—Colours: White with Two Blue Bands.
22, C. Blakebell; 23, G. Cameron; 24, G. Dougal; 25, T. Hanlon; 26, B. Murray; 27, K. Smith; 28, K. Valentine.

EDINBURGH UNIVERSITY HARE AND HOUNDS—Colours: Green.
29, C. Robson; 30, P. Hague; 31, L. Carvallio; 32, D. Huey; 33, R. Whitehouse; 34, I. Wallace.

GEORGE HERIOTS SCHOOL C.C.C.—Colours: White, Blue Bands.
35, M. Barry; 36, R. Anderson; 37, A. Goodier; 38, V. Rebello.

INVERNESS HARRIERS—Colours: Gold with Maroon Diagonal Band.
39, J. Bell; 40, C. Martin; 41, M. Robertson; 42, G. MacLennan.

KILBARCHAN A.A.C.—Colours: Gold with Bold Black Band.
43, P. Mayles; 44, T. Hearle; 45, B. Hawkins; 46, J. Snodgrass; 47, W. McGuire.

KIRKINTILLOCH OLYMPIANS—Colours: Sky Blue with Two Hoops.
One Black, One White.
48, D. Goutcher; 49, P. McBrearty; 50, G. Smith; 51, I. Godfrey.

LARKHALL Y.M.C.A. HARRIERS—Colours: Red with Two White Bands.
52, M. McLaughlin; 53, P. Cowan; 54, C. Merriweather; 55, S. Trainer.

LIVINGSTON & DISTRICT A.A.C.—Colours: Yellow with Green Vertical Stripe.
56, K. Mairs; 57, S. Campbell; 58, H. Ilgunas; 59, R. Paterson; 60, P. Hyman; 61, J. Nicol.

L and L TRACK CLUB—Colours: Lemon with Scarlet Trim.
62, S. Allen; 63, T. Carswell; 64, D. Graham; 65, S. Craig.

SPRINGBURN HARRIERS—Colours: Navy Blue with White Diamond.
S. Begen; 67, A. Chalmers; 68, D. Donnet; 69, M. Kerr.

TEVIOTDALE HARRIERS—Colours: White with Maroon Band.
70, M. Skeldon; 71, C. Nichol; 72, K. Logan; 73, A. Coltman; 74, C. Scott.

VICTORIA PARK A.A.C.—Colours: Blue and White Hoops.
75, P. Wilson; 76, G. Lawson; 77, D. Paton; 78, D. Innes; 79, C. Johnston; 80, M. Wallace; 81, P. Gahagan.

INDIVIDUALS

- | | |
|--|---|
| 82. D. Duguid, Aberdeen AAC | 111. C. Armstrong, Elgin AAC |
| 83. J. Bell, Aberdeen University Hares and Hounds. | 112. G. McArdle, Falkirk Victoria Harriers |
| 84. D. Runcieman, Aberdeen University Hares and Hounds | 113. C. Grieve, Falkirk Victoria H |
| 85. T. Goldie, Airdrie Harriers | 114. R. Balfour, Fife AC |
| 86. R. Carey, Annan and District AC | 115. W. Penrith, Fife AC |
| 87. D. Stanley, Ayr Seaforth AC | 116. R. Hope, Gala Harriers |
| 88. R. Stoddart, Bellahouston H | 117. S. Dickson, Galloway H |
| 89. P. McDevitt, Bellahouston H | 118. G. Walker, Glasgow University Hares and Hounds |
| 90. I. McLuckie, Bellshill YMCA Harrier Club | 119. A. Watt, Glasgow University Hares and Hounds |
| 91. M. Smith, Cambuslang H | 120. D. McNish, Greenock Wellpark Harriers |
| 92. C. Currie, Central Region AC | 121. S. McNish, Greenock Wellpark Harriers |
| 93. A. Williamson, Central Region AC | 122. K. Chapman, Haddington East Lothian Pacemakers |
| 94. C. Dougherty, Clydesdale H | 123. J. McGilvray, Hamilton H |
| 95. I. Hudson, Clydesdale H | 124. D. Muir, Helensburgh AAC |
| 96. A. McLeod, Clydesdale H | 125. A. Wonacott, Helensburgh AAC |
| 97. A. Reid, Coasters Running C | 126. G. Worsnip, Heriot Watt University CCC |
| 98. L. Mooney, Cumberland AC | 127. M. Robertson, Heriot Watt University CCC |
| 99. K. Lawler, Cumbernauld AAC | 128. R. Bicknell, Heriot Watt University CCC |
| 100. G. Balfour, Cumbernauld AAC | 129. J. McKenna, Irvine AC |
| 101. K. Duncan, Dollar Academy | 130. F. Murray, Kilmarnock H |
| 102. C. J. Martin, Dumbarton AAC | 131. D. Lennon, Kilmarnock H |
| 103. D. Stevenson, Dumbarton AAC | 132. D. Hamilton, Lasswade AC |
| 104. G. Shearer, Dumbarton AAC | 133. P. Patterson, Lasswade AC |
| 105. T. Carmichael, Dumfries AAC | 134. I. Smith, Lochaber AC |
| 106. J. Wilson, Dumfries AAC | 135. K. Newberry, Motherwell YMCA Harriers |
| 107. K. Bowman, Dundee Hawkhill Harriers | 136. J. Quinn, Motherwell YMCA Harriers |
| 108. F. McKiddie, Dundee University Harriers | 137. J. Latona, Motherwell YMCA Harriers |
| 109. A. McGlone, Dundee University Harriers | 138. P. Stirling, Paisley Harriers |
| 110. L. King, Dundee University Harriers | |

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| 139. R. Herd, St Andrew's
University CCC | 144. G. Mather, Shettleston H |
| 140. J. Jeeves, St Andrew's
University CCC | 145. S. Conaghan, Spango Valley
AC |
| 141. R. Bellamy, St Andrew's
University CCC | 146. A. Gallacher, Spango Valley
AC |
| 142. A. Swann, Shettleston H | 147. P. Steele, Stirling University |
| 143. B. Scally, Shettleston H | 148. D. Adamson, Tayside AAC |

Individual	1st	Time
	2nd	Time
	3rd	Time
Team Race	1st	Pts.
	2nd	Pts.
	3rd	Pts.

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SCIENTIFIC RUNNING

By Bill Melville

NO DOUBT there are some of them here today — the 'Old Sannies' Brigade.' Everybody's met them. They drop in at the club house just to say — 'What d'you wear them for?' Picking up one of your £50, multi-coloured, wedge soled, cushion heeled, lightweight racers. 'I used to wear a pair of old sannies.'

That's when you tell them that you train more in a day than they ever did in a week. (Let's hope you're racing faster). Old sannies and the feet inside them just couldn't take that kind of punishment.

Then again, shoes are not the only thing changing. Running is going all scientific it seems.

The 'sanny man' used to be 'oot o' breath' and 'knackered.' Now everybody is getting 'anaerobic' and suffering from 'lactate accumulation.'

The era of scientific running is upon us. The club pack runs and the group interval sessions are about to become things of the past as individual, scientific based, tailor made training schedules take over.

One theory hinges on the idea that as you increase your work load from an easy jog to knackered panic then you pass through two decided change over points in physiological organisation. These have been christened the aerobic and anaerobic thresholds. If you keep hammering away at these, both thresholds will be raised and you run faster, further, longer.

The problem is finding out exactly where the thresholds are and how fast you must run to reach them.

Jordanhill P.E. School has the facilities and a number of runners and other sportsmen make use of them.

The procedure takes about an hour. Every five minutes you go for a run. It is a 3-minute run on a treadmill. That means a steady, no slowing, 9 m.p.h. wired up to the heart monitor and breathing through a mouthpiece into a long plastic tube.

With thirty seconds to go, the operator opens a valve and your breath is collected in a large plastic bag.

During the rest which follows, a small blood sample is taken from the ear. This will be tested later at a local laboratory for its lactic acid content. Meanwhile, the breath sample is analysed and the magical VO_2 , the oxygen consumption rate, is calculated.

Back on the treadmill again, it is an uphill struggle with the belt tilted a little more each time. You stop when you cannot take

any more. Three minutes at 9 m.p.h. up a 1 in 12 gradient is pretty close to the limit even for the best.

This last run gives the VO_2 max. — accepted as a measure of both fitness and inherent potential. Scores of 70 to 80 can be expected from top athletes in training.

The lactate and heart rate results are more important however. They are used to set the training schedule — long runs at 6.10 pace maybe and extended intervals a minute slower, might be your prescription for success.

Scientific training like this is common as jam in some parts of the world but the results are still open to question. As coach Tommy Boyle puts it, 'They are a guide, not a method of training.' After a visit to Finland where the scientific input to training has been widespread in recent years, his criticisms are brief and to the point — 'They've got it wrong.'

Puddings are proved in the eating, however, and Tommy Boyle is one of the first to admit that it is nice to have the facilities available. Scottish runners are more than used to a diet of porridge when it comes to facilities. A little bit of pudding can do no harm.

Application forms for Scottish Cross Country Union
Associate Members are available from:—

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R. L. McSWEIN
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GIFFNOCK G46 6QP

CHANGE OF ADDRESS

PLEASE NOTE: As from 13th March, 1986

HONORARY GENERAL SECRETARY
SCOTTISH CROSS COUNTRY UNION
J. E. CLIFTON
8 CRAIGSHANNOCH ROAD
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