

**SCOTTISH
ATHLETICS
FEDERATION**



**NATIONAL CROSS-COUNTRY
CHAMPIONSHIPS**
FOR MALES AND FEMALES

NORTH INCH, PERTH

SUNDAY, 16 FEBRUARY, 1997
at 12 noon

OFFICIAL PROGRAMME 50p



*Perth and Kinross Council
are delighted to
support today's
National Cross Country
Championships in Perth*

TIMETABLE

- U-13 BOYS** (3200m) at 12 noon prompt. Declarations close at 11.30 am.
U-13 GIRLS (3200m) at 12.15 pm prompt. Declarations close at 11.45 am.
U-15 BOYS (4800m) at 12.30 pm prompt. Declarations close at 12 noon.
U-15 GIRLS (4800m) at 12.45 pm prompt. Declarations close at 12.15 pm.
U-20 MEN (8000m) at 1.05 pm prompt. Declarations close at 12.35 pm.
U-17 WOMEN (4800) at 1.30 pm prompt. Declarations close at 1.00 pm.
SENIOR MEN (12,000m) at 1.50 pm prompt.
Declarations close at 1.20 pm.
SENIOR/JUNIOR WOMEN (6400m) at 2.40 pm prompt.
Declarations 2.10 pm.
U-17 MEN (6400m) at 3.10 pm prompt. Declarations close at 2.30 pm.

**PRESENTATION OF PRIZES IN THE GANNOCHY
SPORTS COMPLEX AT 5.00 pm APPROX.**

SPECIAL NOTICES

1. It must be strictly observed that no warming up will be allowed on the actual course. Disciplinary action may be taken against anyone who disregards this order.
2. Spikes or cross country shoes must be removed before entering the Centre.
3. In all races, numbers must be worn FRONT.
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.
6. IAAF advertising rules will be strictly enforced.

SCOTTISH ATHLETICS FEDERATION OFFICE BEARERS

<i>Hon President</i>	W M Campbell CBE, QC, MP
<i>President</i>	P Carton
<i>Vice-President</i>	R Morrison
<i>General Secretary</i>	R W Greenoak

ROAD RUNNING AND CROSS COUNTRY COMMISSION

<i>Convener</i>	Mrs E Gunstone
<i>Vice-Convener</i>	C Haskett
<i>Hon Secretary</i>	B A Goodwin
<i>Finance Officer</i>	D V McLaren

THE TMAYS TROPHY

RULES DETERMINING WINNER OF TROPHY:

- a) Clubs will be awarded points in each race equal to the finishing position of their team. That is, 1st team (1 point), 2nd team (2 points), etc.
- b) The AT Mays Trophy will be awarded to the Club that scores the lowest aggregate number of points over the five National Championships calculated as per (a).
- c) If part b fails to obtain a result then only clubs that have finished a senior team and declared teams in all other races are eligible for this Trophy. In this case the Trophy will be awarded to the club with the lowest aggregate number of points calculated as follows;
 - For finishing teams points are awarded as per (a)
 - For declared but non finishing teams the points awarded will be the highest team placing plus 1.
The result will be determined for Clubs with 4 finishing teams and if failing to achieve a result, for 3 finishing teams and then 2 finishing teams.
- d) Clubs not finishing a Senior team are not eligible for this Trophy.
- e) In all cases in the event of a tie the position of the club finishing highest in the Senior race will be adjudged the winner.

The Pat Spence Memorial Trophy will be awarded for the overall women's team performance

OFFICIALS

Referee: R Morrison

Judges:

R L McSwein (Chief), Mrs H McGillivry, N Donachie

Funnel Control:

J Young (Chief), W Laing, F McCluskie, A Potts, D Wilmoth

Recorders:

Mrs S Hardacre (Chief), Mr A Cameron, W Grant, G Sword,
Mrs M Wilmoth, I Mann, H Baillie, S Baillie, I Hislop

Timekeepers:

D V McLaren (Chief), J G Bruce, H Quinn, D McSwein

Starter: W A Robertson

Marksmen/Team Assembly: G Moyes, R Pringle

Declarations

A Jackson (Chief), Members of Perth Strathtay Harriers

Results

Mrs M Cook (Chief), P Jackson, Mrs J Jackson, Mrs E Cameron,
Mrs M Reid, H Muchamore, A Scott, Mrs S Scott

Press Liaison: B A Goodwin

Medical Officer:

Drugs Control: G Spence

Announcer: A Naylor

Officials Control: J M Hamilton

Clerk of Course/Stewards

J E Clifton, J Young, Members of Strathtay Harriers
and Kinross Road Runners

Presentations: Mrs M Robertson, Mrs E Young

Reception: Mrs E Gunstone, C Haskett, B A Goodwin, D V McLaren

Championship SC: J Young, A Jackson, J E Clifton

PROVOST MESSAGE

Welcome to National Cross Country Championships 1997

I am very pleased to welcome you to the National Cross Country Championships which are being staged in Perth for the second time.

When we were approached again to host the Championships we had no hesitation in saying yes and are delighted that Perth has been chosen as the venue for such an important and prestigious event. The holding of the Championships fits in with our aim of promoting Perth and Kinross as a leading Centre for a wide range of top-class sporting events.

I hope that everyone (competitors, spectators, officials and helpers alike) enjoys the day in the splendid setting of the North Inch.

*Provost John Culliven
Scottish Athletics Federation*

SCOTTISH ATHLETICS FEDERATION

The Scottish Athletics Federation is delighted to bring its National Cross Country Championships back to Perth. The hospitality and welcome we received in 1995 was tremendous and there was no hesitation in returning when the kind invitation was extended by the Perth and Kinross District Council. Our sincere thanks go to the Council for the use of the facilities.

The Organisation of such an event is impossible without the many volunteers who spend so many hours to ensure that your National Championships will be organised to the highest standard.

To the Road Running and Cross Country Commission our grateful thanks for staging the blue riband event of the Season and a special thanks to our Convenor Eleanor Gunstone.

**Peter Carton
President
Scottish Athletic Federation.**

A MESSAGE FROM THE CONVENER OF THE ROAD RUNNING AND CROSS COUNTRY COMMISSION.

It gives me great pleasure to welcome you to our championships to-day at Perth's North Inch. I hope that everyone, spectators and competitors alike, will enjoy the keen competition that is bound to take place in every race.

Our newly established Championships Committee, Chaired by Jim Young, is responsible for the organisation today and along with Ian Clifton, convener of the meeting, the members deserve our sincere thanks for all their hard work. Thanks are also due to Perth and Kinross Council's staff for the help and co-operation extended to us here at the Gannochy Sports Centre.

Thank you all for coming here to support and encourage our athletes on what I know will be a memorable occasion.

Eleanor Gunstone

SCOTTISH ATHLETICS FEDERATION



FOR THE ATTENTION OF TEAM MANAGERS AND CLUB OFFICIALS

Recent reports of vandalism at Cross Country events is giving cause for concern. Not only is this type of behaviour damaging other people's property, it is damaging the sport of athletics and must be curtailed now.

It is a great pity that needless acts can spoil what can otherwise be a successful day for competitors, officials and spectators, so it is up to everyone to see that it does not happen at Perth today. Such incidents can only serve to bring the sport into disrepute and make it more difficult for organisers to obtain future premises and sponsors.

The Convening Committee appeal to all team captains and club officials to make every effort to see that athletes under their supervision behave in a proper manner and also to report any acts of misbehaviour by other runners to SAF official.

It is regrettable that it has been necessary to make this appeal, but it must be made and made in the strongest possible terms, so that the problem is highlighted and the proper action taken.

Your co-operation would be appreciated.

5th ANNUAL U-13 BOYS' CHAMPIONSHIP

(Over 11 but under 13 as at 1st September, 1996)

Distance 2 miles/3200m

The winning team to hold the "McKenzie Cup" for 12 months
The winning individual to hold the "Alex Nagle Memorial Trophy"
for 12 months

THE RACE WILL START AT 12 noon

Title holders 1996 - Cambuslang Harriers
Individual Winner 1996 - A Lemoncello
TEAMS NOT LESS THAN 4 AND 4 TO COUNT

Aberdeen AAC - Colours: White with 2 red hoops

1 BENZIE,B; 2 FORBES,S; 3 FLETT,I; 4 MILLER,R; 5 EMMERSON,P;

Airdrie Harriers - Colours: Grey and sky Blue with 3" Black diag.

6 DONALDSON,C;

Arbroath & District AC - Colours: Black with vertical yellow stripe

7 MCINALLY,D;

Ayr Seaforth AAC - Colours: White with Red Diagonal Cross

8 EVANS,L; 9 MCKEATING,D;

Babcock Pitreavie AAC - Colours: Navy/Yellow/White

10 MCCLOSKEY,P; 11 BRUCE,W; 12 NEWSON,J; 13 SIMPSON,D;

14 LEITCH,I;

Cambuslang Harriers - Colours: Red with White Band

15 BRADY,A; 16 CONNOR,M; 17 GRAY,A; 18 GREIG,R; 19 KELSEY,D;

20 MUNRO,I; 21 MURPHY,J; 22 PAL,J; 23 SCOTT,A; 24 STEVENS,A;

25 TAYLOR,J; 26 YOUNG,D; 27 MCMENAMIN,P; 28 DIVERS,C;

29 DUNN,M; 30 DUFFY,C; 31 GARDINER,R; 32 WILSON,S;

Central AC - Colours: Yellow and Blue

33 MCINALLY,K; 34 HOUSTON,D; 35 COLLINGS,M;

Kwik Fit Corstorphine AC - Colours: White with Black Trim

36 BERRY,K; 37 ROBERTSON,P; 38 THOMSON,D;

Clydesdale Harriers - Colours: White with Black "C"

39 ROSSBOROUGH,W;

Dunbar Running Club - Colours: White with Green Diagonal

40 AINSLIE,G; 41 THORBURN,S; 42 HALL,I;

Dundee Hawkhill Harriers - Colours: Blue and White Quarters

43 FERGUSON,N; 44 OUDNEY,G; 45 KIRKCALDY,C; 46 GARVIE,D;

East Kilbride AAC - Colours: Gold with 2 Black hoops

47 BARCLAY,N;

City of Edinburgh AC - Colours: White with one Blue, one Black Hoop
48 MANN,K; 49 ROBERTSON,R; 50 DUTHIE,J; 51 MUSUNHE,T;
52 ADAMS,C; 53 ROSS,A;

Falkirk Victoria Harriers - Colours: Black with Gold Band
54 BROWN,J; 55 COUPER,D; 56 MUNNOCH,R; 57 STEVENSON,D;
58 TODD,D;

Fife AC - Colours: White with Red Band
59 MURPHY,A; 60 SHANKS,A; 61 WALLACE,K; 62 BEE,G; 63 ENNIS,T;
64 MILNE,J; 65 ANDERSON,J;

Firrhill High School - Colours: Navy Blue
66 HENDERSON,N; 67 CAMPBELL,P; 68 HENDERSON,C;
69 STODDART,K; 70 COCKBURN,S; 71 WALKER,P; 72 DAVIDSON,E;
73 SPENCE,I; 74 KENYON,S; 75 BARRAT,N; 76 CLEMENTS,C;

Fraserburgh RC - Colours: Black & White
77 CRAWFORD,B; 78 THOMSON,M; 79 MASSIE,I;

George Heriots CCC - Colours: White with Blue Band
80 MILNE,A; 81 DICKSON,P; 82 OLVERMAN,G; 83 PURVES,P;
84 SIMPSON,A; 85 MEDLEY,C; 86 GRAY,S; 87 WILSON,G;

Giffnock North AAC - Colours: Amber with Royal Blue Hoop
88 MACLACHLAN,J; 89 ROSS,G; 90 WALKER,J; 91 MILLIGAN,S; 92
CHAPLIN,K; 93 WEATHERSTON,B; 94 THOMSON,G;

Girvan AAC - Colours: White with Blue & Green Hoops
95 BERRY,K; 96 MORLAND,C;

Gleniffer High School - Colours: Red/Black/Sky Blue
97 MAY,C; 98 BROWN,G; 99 BARR,D; 100 BANNERMAN,D;
101 DARROCH,G;

Greenock Glenpark Harriers - Colours: Sky Blue with Royal Blue and Gold Hoops
102 MCGUINNESS,S;

IBM Spango Valley AC - Colours: Vertical Yellow and Blue Stripes
103 TURBETT,R; 104 DOUGAN,G; 105 DONNELLY,J;

Inverness Harriers - Colours: Gold with Maroon Diagonal
106 RATTRAY,D; 107 CAMPBELL,J; 108 GRANT,C; 109 DAVIDSON,N;
110 MEZALS,D; 111 MUNRO,S; 112 CLIFF,A;

Irvine AC - Colours: Red with Black Trim
113 LAUGHLIN,D; 114 MCMILLAN,S; 115 PRESTON,J;
116 THOMPSON,P; Kilbarchan AAC-Colours: Gold with Black Hoop
117 CRAPNELL,I; 118 BURNS,R; 119 ALLAN,G; 120 EDGAR,S;

Kirkintilloch Olympians - Colours: Sky Blue with White and Black Hoops
121 DENHAM,A; 122 MCDONALD,P; 123 MCDOWALL,S;
124 MCLOONE,J; 125 MCNEIL,R;

L & L Track Club - Colours: Lemon with Scarlet Trim
126 GRIFFEN,S;

Larkhall YMCA - Colours: Red with White Hoops
127 DOUGLAS,R; 128 SHEARER,D;

Law & District AAC - Colours: Amber with 2 Red Bands and 1 White Band
129 PORTE,S; 130 LAWLEY,S; 131 CAMPBELL,D; 132 REID,S;

Livingston & District AAC - Colours: Yellow with Green Stripe
133 JOHNSTON,M; 134 MCDAID,D; 135 MILLIGAN,P; 136 THOMAS,A;
137 FORRESTER,G; 138 ANDREW,C;

Lochaber AC - Colours: White with 2 Blue Hoops
139 CHISHOLM,M;

Lochgelly & District AAC - Colours: Dark Blue, Light Blue, White
140 ERSKINE,C; 141 HOGG,S; 142 STEWART,R;

Maryhill Harriers - Colours: Royal Blue
143 CLANACHAN,C; 144 MCMILLAN,J;

Minolta Black Isle AAC - Colours: Black with Red Diagonal Stripe
145 MUNRO,A; 146 KEMP,C; 147 EWAN,G; 148 KEMP,L;
149 MOORE,C; 150 MCLELLAND,B;

Moray Road Runners - Colours: Dayglow yellow with Black Trim
151 STEWART,C; 152 BLACK,K; 153 REID,D; 154 MCGETTRICK,S;

Peterhead AAC - Colours: Sky Blue
155 WATT,A;

Shettleston Harriers - Colours: Blue with Yellow Band
156 MCLAREN,J; 157 MCGRATH,M; 158 DUFF,D; 159 COLQUHOUN,R;

Stornoway RC - Colours: Red with Yellow Hoop
160 MACDONALD,S; 161 MACLEOD,C;

Teviotdale Harriers - Colours: White with Maroon Band
162 MALTMAN,A;

Victoria Park AAC - Colours: Blue and White Hoops
163 CRAWFORD,C; 164 BERTRAM,I; 165 MCGOWAN,M; 166 SMITH,C;
167 LAVERY,C; 168 HARVIE,M;

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

5TH ANNUAL U-13 GIRLS' CHAMPIONSHIP

(Over 11 but under 13 at the 1 September, 1996)

Distance 2 miles/3200m

The winning team to hold the "John Waddell Trophy" for 12 months

The winning individual to hold the "William Bramwell Trophy" for 12 months

THE RACE WILL START AT 12.15 pm

Title Holders 1996 - North Shields Poly AC
Individual Winner 1994 - I McIntyre (Dundee HH)

TEAMS NOT LESS THAN 4 AND 4 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops

1 MCDONALD,S; 2 CORSIE,L; 3 HASKETT,L;

Airdrie Harriers-Colours: Grey and sky Blue with 3" Black diag.

4 MOYES,A; 5 MCALLISTER,Y; 6 MCMAHON,L;

Arbroath & District AC-Colours: Black with vertical yellow stripe

7 WEBBER,C; 8 GUILD,N; 9 RITCHIE,G; 10 SMITH,L;

Babcock Pitreavie AAC-Colours: Navy/Yellow/White

11 CHILD,I; 12 MARSHALL,S; 13 ROBERTSON,A; 14 BARCLAY,E;

15 MURRAY,K; 16 MCNEIL,K;

Banchory AC-Colours: Royal Blue with White band

17 CURTIS,B;

Cambuslang Harriers-Colours: Red with White Band

18 EAGLESHAM,L; 19 GALLACHER,C; 20 MCCRONE,C; 21 MORAN,L;

22 CLARK,J; 23 FERRY,C; 24 MCFADDAN,A;

Central AC-Colours: Yellow and Blue

25 FALCONER,E; 26 DODDS,H; 27 WHITELAM,H; 28 BORROWMAN,S;

29 ROBINS,C;

City of Glasgow AC-Colours: Royal Blue with Green Panel

30 FORREST,C; 31 HARDY,A; 32 KEIR,D; 33 MCILROY,J;

34 SINCLAIR,S; 35 YOUNG,L; 36 BLACKWOOD,E; 37 BLACKWOOD,V;

38 CALDERWOOD,H; 39 SHARP,L;

Kwik Fit Corstorphine AC-Colours: White with Black Trim

40 SMITH,E;

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

41 MELLON,L; 42 BRADY,M; 43 COLLACO,F; 44 LAING,N;

45 MOORE,A; 46 MCCABE,K;

Ellon AAC-Colours: Black/Red/Gold

47 MILES,K;

Falkirk Victoria Harriers-Colours: Black with Gold Band

48 EARDLEY,S-L; 49 ELLIS,L; 50 YOUNG,L; 51 SZOTEK,K;

52 MCCOURT,L; 53 ROBERTS,J; 54 CLARKE,J;

Fife AC-Colours: White with Red Band

55 DALRYMPLE,G; 56 WATTERS,V; 57 URQUHART,F; 58 WILLIAMS,J;

Forres Harriers-Colours: Red

59 MITCHELL,R; 60 FORRES,G;

Fraserburgh RC-Colours: Black & White

61 MOIR,J; 62 STEPHEN,S; 63 BEEPIE,L; 64 GIBB,S;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop

65 STEVENSON,H;

Girvan AAC-Colours: White with Blue & Green Hoops

66 TAYLOR,C; 67 GIBSON,M; 68 LAIRD,C;

Gleniffer High School-Colours: Red/Black/Sky Blue

69 JOHNSTONE,A; 70 SMITH,S; 71 PATTISON,L; 72 MCCOOL,D;

73 STEWART,S; 74 WATSON,J; 75 BLUNN,C; 76 CHRISTIE,L;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops

77 BELL,G;

Harmeny AC-Colours: Red with Green Diagonal

78 SHIEL,M;

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes

79 BARLAS,L;

Inverness Harriers-Colours: Gold with Maroon Diagonal

80 BUTCHER,E; 81 LYON,G; 82 MILNE,M; 83 CARSON,N; 84 MAIN,J;

85 WHITTINGHAM,A; 86 WITTINGHAM,H;

Irvine AC-Colours: Red with Black Trim

87 GRAY,M; 88 WALKER,A; 89 MCKAY,F; 90 TRAYNOR,A;

91 MCGARRY,K; 92 FALCONER,K; 93 HANVEY,C;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes

94 CAIRNS,L; 95 MILLS,S; 96 SHANKS,S;

Kilbarchan AAC-Colours: Gold with Black Hoop

97 QUEEN,J; 98 GORDON,H; 99 STEVENS,R; 100 HUNTER,J;

101 ROSS,K; 102 TOWNSEND,C;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops

103 BARBER,J; 104 BAVAIRO,C; 105 RALTON,V; 106 URQUHART,L;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band

107 HARKINS,A; 108 MURRAY,F; 109 ROBINS,S;

Livingston & District AAC-Colours: Yellow with Green Stripe

110 WALKER,M; 111 LYNES,C; 112 NICOL,K;

L & L Track Club-Colours: Lemon with Scarlet Trim

113 NIELD,E; 114 MCKINLAY,M; 115 DIBDEN,P;

Lochgelly & District AAC-Colours: Dark Blue, Light Blue, White

116 BALLANTYNE,L; 117 WELSH,K; 118 BOYLE,K;

Maryhill Harriers-Colours: Royal Blue

119 TOLLAN,M;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe

120 BROWN,M; 121 MCRAE,E; 122 MCLEOD,L; 123 PATON,L;
124 SMITH,S;

Moray Road Runners-Colours: Dayglow yellow with Black Trim

125 LYNCH,A; 126 MEISHER,J; 127 KING,R; 128 LAWRIE,P;

Morpeth Harriers-Colours: Blue & White

129 WOODROWE,L; 130 WOODROWE,S;

North Shields Poly-Colours: White, 2 Red Hoops, Navy Trim

131 HUGHES,D; 132 HUGHES,V; 133 WAUGH,K; 134 FRY,L;
135 HUNTER,K; 136 HUNTER,G;

Perth Strathtay Harriers-Colours: Orange with Blue Trim

137 FINCH,S;

Penicuik Harriers-Colours: Purple with White Panels

138 JONES,J; 139 WEBSTER,L;

Stornoway RC-Colours: Red with Yellow Hoop

140 JOYCE,C; 141 INGLIS,E; 142 MCDONALD,D; 143 MCMILLAN,L;
144 LAFFERTY,B; 145 HENDERSON,M; 146 HART,E;

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

5TH ANNUAL U-15 BOYS' CHAMPIONSHIP

(Over 13 but under 15 as at the 1 September, 1996

Distance 3 miles/4800m

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

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

THE RACE WILL START AT 12.30 pm

Title Holders 1996 - Cambuslang Harriers
Individual Winner 1996 - J Kealey (Cambuslang H)

TEAMS NOT LESS THAN 4 AND 4 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops

1 BENZIE,F; 2 MARWICK,S; 3 MATHIESON,C; 4 GRANT,A; 5 REA,A;
6 ROSE,A; 7 SMITH,R; 8 HARRISON,N;

Airdrie Harriers-Colours: Grey and sky Blue with 3" Black diag.

9 DAFFURN,T;

Arbroath & District AC-Colours: Black with vertical yellow stripe

10 RITCHIE,G; 11 TOLLERTON,K; 12 STEWART,M; 13 CASSIDY,S;

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross

14 MCINDOE,A;

Babcock Pitreavie AAC-Colours: Navy/Yellow/White

15 MATHIESON,A; 16 PATERSON,J;

Cambuslang Harriers-Colours: Red with White Band

17 ADAM,G; 18 ALLAN,G; 19 COLQUHOUN,I; 20 GEARIE,A;
21 KEALEY,K; 22 MALONE,G; 23 MCNALLY,P; 24 ROBERTSON,K;
25 SHEILDS,A; 26 STEEL,C; 27 HAZELTON,G; 28 HAZELTON,L;
29 CRIMIN,A; 30 GILROY,K; 31 GALLACHER,S; 32 MCENTEE,J;
33 HARKINSON,S;

Central AC-Colours: Yellow and Blue

34 WHITELAM,P; 35 AITKEN,J;

Kwik Fit Corstorphine AC-Colours: White with Black Trim

36 CUMMING,A; 37 O'BRIEN,S;

Clydesdale Harriers-Colours: White with Black "C"

38 RUDZINSKI,M;

Dunbar Running Club-Colours: White with Green Diagonal

39 KING,M; 40 GRAHAM,G; 41 CARVER,L;

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

42 NICOLL,J; 43 HANLON,M; 44 DOWIE,D; 45 PETRIE,C;

46 HANLON,G; 47 MCDONALD,D; 48 SHEPHERD,P; 49 TKACZYK,I;

East Kilbride AAC-Colours: Gold with 2 Black hoops

50 MCKENNA,K; 51 HENDERSON,C;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop
52 COSTELLO,L; 53 ROSS,C; 54 KEMP,S; 55 BROWN,G; 56 PATTIE,K;

Falkirk Victoria Harriers-Colours: Black with Gold Band
57 ALGEO,D; 58 GLINIANY,R; 59 JOHNSTONE,K; 60 RUSSELL,C;
61 WALLACE,I; 62 HAMILTON,I; 63 HURREN,N;

Fife AC-Colours: White with Red Band
64 LEMONCELLO,A; 65 CASSIDY,S; 66 GREENE,T; 67 NELSON,M;

Firrhill High School-Colours: Navy Blue
68 STARK,E; 69 THOMPSON,J; 70 BURNS-FINLAYSON,R;
71 PROUDFOOT,R; 72 HARDING,C; 73 MCKINNON,D;

Forres Harriers-Colours: Red
74 MITCHELL,J; 75 SUTHERLAND,K;

Fraserburgh RC-Colours: Black & White
76 MACKAY,S; 77 MASSIE,P; 78 IRVINE,B; 79 MCINTYRE,K;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop
80 CARROLL,G; 81 GEORGE,C; 82 BIRRELL,R; 83 CHAPLIN,R;

Girvan AAC-Colours: White with Blue & Green Hoops
84 JARDINE,E;

Gleniffer High School-Colours: Red/Black/Sky Blue
85 ELLIOT,R; 86 PATTISON,D; 87 WATSON,D; 88 WILSON,M;

George Heriots CCC-Colours: White with Blue Band
89 CAMPBELL,S; 90 EYNON,D; 91 MCDERMOTT,C; 92 PURVES,I;
93 RAE,M; 94 GRAY,A; 95 STEEL,G; 96 REVOLTA,W; 97 WILLIAMS,P;
98 WILSON,G;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops
99 MARK,R; 100 O'BRIEN,R; 101 BARLAS,C;

Harmony AC-Colours: Red with Green Diagonal
102 SHIEL,G;

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes
103 POLLARD,M; 104 MCKELLAR,R;

Inverness Harriers-Colours: Gold with Maroon Diagonal
105 MACPHAIL,B; 106 NEZALES,A; 107 MACINTYRE,S;

Irvine AC-Colours: Red with Black Trim
108 BROWN,C; 109 COLLINS,R; 110 MILLER,B; 111 NICHOLSON,G;
112 SMITH,J;

Kilbarchan AAC-Colours: Gold with Black Hoop
113 CRAPNELL,S; 114 ARCARI,P; 115 MORRISON,N; 116 ECCLES,D;
117 THOMSON,A;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops
171 HOUSTON,M;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band
118 PHILIP,D;

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band
119 MCCANN,C; 120 MCCANN,S;

L & L Track Club-Colours: Lemon with Scarlet Trim
121 WARD,B; 122 BROWN,L; 123 CAMPBELL,A; 124 MORRISON,R;
125 MOONEY,C;

Lochaber AC-Colours: White with 2 Blue Hoops
126 STRANGE,A; 127 DAVIDSON,B; 128 SERVICE,J;

Lochgelly & District AAC-Colours: Dark Blue, Light Blue, White
129 MCLAREN,A;
130 HOWE,C; 131 DODD,J; 132 DERRICH,M;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe
133 POOLE,C; 134 GOLABEK,T; 135 NEWLANDS,J;
136 MACLENNAN,R; 137 CAMPBELL,A; 138 MUNRO,M;
139 THORBURN,E;

Moray Road Runners-Colours: Dayglow yellow with Black Trim
140 PATERSON,R; 141 MILNE,A; 142 BRYNES,C; 143 SHORTREED,K;

Newark AC-Colours: Blue & Grey
144 LITTLE,A;

Peterhead AAC-Colours: Sky Blue
145 BUCHAN,L; 146 HASTIE,A;

Penicuik Harriers-Colours: Purple with White Panels
147 DAVIS,C; 148 DAVIS,A;

Perth Strathtay Harriers-Colours: Orange with Blue Trim
149 MACKIE,P; 150 WARWICK,J;

Shettleston Harriers-Colours: Blue with Yellow Band
151 MCFADDEN,J; 152 BARR,J; 153 WALLAWSKI,S; 154 MCLAREN,J;
155 THOMSON,C;

Springburn Harriers-Colours: Navy Blue with White Diamond
156 MARSHALL,I; 157 JOYCE,A; 158 INGLIS,A; 159 CAMERON,A;
160 MACCORQUODALE,I;

Teviotdale Harriers-Colours: White with Maroon Band
161 WATSON,C; 162 MARSH,B; 163 HUNTER,B;

Victoria Park AAC-Colours: Blue and White Hoops
164 WATSON,C; 165 WATSON,D; 166 CHISHOLM,S; 167 SHIELDS,C;
168 GILLON,R; 169 MCKICHAN,C; 170 MCLACHLAN,R;

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

5TH ANNUAL U-15 GIRLS' CHAMPIONSHIP

(Over 13 but under 15 as at the 1 September, 1996)

Distance 2.5 miles/4000m

The winning team to hold the "Falkirk District Sports Council Trophy"
for 12 months

The winning individual to hold the "William Bramwell Trophy" for 12 months

THE RACE WILL START AT 12.45 pm.

Title holders 1996 - Babcock Thorn Pitreavie AC
Individual Winner 1996 - N Coates (Cramlington AC)

TEAMS NOT LESS THAN 4 AND 4 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops

1 GAULD,N; 2 CORSIE,N; 3 ROSS,S;

Airdrie Harriers-Colours: Grey and sky Blue with 3" Black diag.

4 DOCHERTY,C; 5 MCALLISTER,V; 6 MORGAN,C; 7 HAY,D;

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross

8 CLARK,R; 9 HARAN,N; 10 MCGAHON,E;

Babcock Pitreavie AAC-Colours: Navy/Yellow/White

11 THOMSON,N; 12 CANNON,C; 13 COOCH,L; 14 MCARTHUR,M;

15 MITCHELL,L; 16 LOWE,G;

Cambuslang Harriers-Colours: Red with White Band

17 DICK,P; 18 TODD,R; 19 DRAIN,K; 20 FARMER,L;

Central AC-Colours: Yellow and Blue

21 MCCRORIE,J; 22 WATERHOUSE,E; 23 DOUGLAS,L; 24 GAULT,L;

City of Glasgow AC-Colours: Royal Blue with Green Panel

25 CAMERON,M; 26 FAGAN,C; 27 HARKINS,J; 28 JENNINGS,R;

29 MAXWELL,S; 30 REID,A; 31 STEELE,J; 32 STURGEON,K;

Cramlington AAC-Colours: White with Red/Yellow Hoops

33 COATES,N;

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

34 BURNETT,C; 35 SCOTT,S; 36 AIRLIE,L; 37 MILLER,J; 38 GRANT,D;

39 COATES,S; 40 RAJ,L;

East Kilbride AAC-Colours: Gold with 2 Black hoops

41 MOONEY,L; 42 FLEMING,C; 43 MARTIN,A; 44 WILLIAMSON,L;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop

45 WARDLAW,E; 46 HANCOCK,L;

Edinburgh Woollen Mill-Colours: White/Blue/Red

47 HOOD,S; 48 FAIRBAIRN,H-A; 49 MACNIVEN,R; 50 MYLES,G;

51 MCPHERSON,K;

Falkirk Victoria Harriers-Colours: Black with Gold Band

52 COUPER,C;

Fife AC-Colours: White with Red Band

53 FORBES,K; 54 ALLISON,L; 55 LEE,K; 56 STEWART,E; 57 FRAME,A;

58 SHANKS,J; 59 CARSTAIRS,S;

Forres Harriers-Colours: Red

60 NESBITT,V;

Fraserburgh RC-Colours: Black & White

61 WHEELER,A;

Gleniffer High School-Colours: Red/Black/Sky Blue

62 KERR,D; 63 FARR,K; 64 ARTHUR,G; 65 ROSE,L; 66 SINCLAIR,L;

67 CALDWELL,J; 68 SMITH,C;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop

69 STEVENSON,S; 70 BENDORIS,L; 71 SHIELDS,K; 72 MCKENZIE,S;

73 GILLESPIE,G;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops

74 MCLAUGHLIN,L; 75 KELLY,L; 76 HAMILL,L;

Harmeny AC-Colours: Red with Green Diagonal

77 GIBSON,R; 78 FERGUSON,K;

Helensburgh AAC-Colours: Yellow with Red Band

79 SMITH,D;

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes

80 MCNELIS,P;

Inverness Harriers-Colours: Gold with Maroon Diagonal

81 MACLEAN,R;

Irvine AC-Colours: Red with Black Trim

82 MCAULEY,L; 83 ALDERSON,D; 84 BINGHAM,K; 85 HANVEY,L-A;

86 MCGILL,A;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes

87 CAMPBELL,C;

Kilbarchan AAC-Colours: Gold with Black Hoop

88 MCGRENAGHAN,S; 89 YULE,K; 90 GIBSON,C; 91 CLONEY,J;

92 THORBURN,K; 93 KELLY,C;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops

94 BROWN,L; 95 BUCHANAN,T; 96 JONSTON,S; 97 STIRLING,L;

98 SYME,L;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band

99 BAILEY,M;

Livingston & District AAC-Colours: Yellow with Green Stripe

100 MCDAID,K;

Lochgelly & District AAC-Colours: Dark Blue, Light Blue, White

101 PRATT,R;

Maryhill Harriers-Colours: Royal Blue

102 CARRIGAN,L;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe

103 YOUNG,J; 104 SIMPSON,Y;

Moray Road Runners-Colours: Dayglow yellow with Black Trim

105 LOGIE,J; 106 REID,L;

North Shields Poly-Colours: White, 2 Red Hoops, Navy Trim
 107 GALLAGHER,V; 108 TAYLOR,G; 109 OSBORNE,E;
 110 KIRKHAM,N; 111 HALL,C;
Penicuik Harriers-Colours: Purple with White Panels
 112 WEBSTER,L;
Perth Strathay Harriers-Colours: Orange with Blue Trim
 113 PAXTON,L;
Peterhead AAC-Colours: Sky Blue
 114 HASTIE,D;
Stewarty AC-Colours: Sky Blue with Black diag Band
 115 ARMSTRONG,R;
Stornoway RC-Colours: Red with Yellow Hoop
 116 SILVER,V; 117 MCPHAIL,C;
Strathkelvin Ladies-Colours: Navy Blue with Green Trim
 118 DUNN,M; 119 JAMIESON,L; 120 MCKEE,C;
Victoria Park AAC-Colours: Blue and White Hoops
 121 MCGOWAN,A; 122 NEWTON,L; 123 AYRE,K; 124 CONNELL,H;

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

5TH ANNUAL U-20 MENS' CHAMPIONSHIP

(Over 17 but under 20 as at the 1 September, 1996)

Distance 5 miles/8000m

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

THE RACE WILL START AT 1.05 pm

Title holders 1996 - Edinburgh University Hare and Hounds
Individual Winner 1996 - A Milligan (FMC Carnegie Harriers)

TEAMS NOT LESS THAN 4 AND 4 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops
 141 SMITH,C; 142 MASON,S; 143 MILNE,R; 144 WALKER,S;
 145 BRACEGIRDLE,T;
Arbroath & District AC-Colours: Black with vertical yellow stripe
 146 BUIST,R;
Ayr Seaforth AAC-Colours: White with Red Diagonal Cross
 147 NEILL,K;
Babcock Pitreavie AAC-Colours: Navy/Yellow/White
 148 CHISHOLM,S; 149 DONALDSON,A;
Cambuslang Harriers-Colours: Red with White Band
 150 FARMER,P; 151 KENNEDY,S; 152 MCRAE,D; 153 REID,I;
 154 SOUTH,S; 155 THOMPSON,J; 156 CRAWLEY,M; 157 CAMPBELL,M;
Central AC-Colours: Yellow and Blue
 158 MCDONALD,J; 159 REDPATH,G; 236 ANTHONY,A;
Clydesdale Harriers-Colours: White with Black "C"
 160 REID,G; 161 REID,A;
Kwik Fit Corstorphine AC-Colours: White with Black Trim
 162 BISSET,S;
Crewe & Nantwich AC-Colours: Blue, Yellow, White
 163 WALKER,G;
Dundee Hawkhill Harriers-Colours: Blue and White Quarters
 164 SCOTT,R; 165 LAMB,M; 166 STEWART,R; 167 GUNSTONE,N;
 168 MALONEY,S; 169 COATS,R;
East Kilbride AAC-Colours: Gold with 2 Black hoops
 170 LYON,G; 171 MITCHELL,A; 172 MADDEN,B; 173 CLENENT,C;
 174 BAILLIE,G; 175 KEDDIE,G; 176 BELL,D;
Edinburgh University H&H-Colours: Green with White side Panel
 177 SOLLY,J; 178 MURRAY,I; 179 MARSH,T; 180 JEFFRIES,O;
 181 GODFREE,C; 182 WRIGHT,A;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop
183 POYSER,T; 184 MCINNES,H; 185 HENDERSON,R; 186 TOSH,G;

Falkirk Victoria Harriers-Colours: Black with Gold Band
187 LAWSON,S; 188 ROBERTSON,G;

Fife AC-Colours: White with Red Band
189 MCGREGOR,D; 190 LATIMER,S; 191 ROUGH,I; 192 SEELEY,C;
193 WALLACE,I; 194 MCFARLANE,R;

Fraserburgh R C-Colours: Black & White
195 WATSON,A;

George Heriots CCC-Colours: White with Blue Band
196 STEVENS,K; 197 GODDARD,C; 198 PURVES,A; 199 FITCHETT,M;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop
200 MEFFEN,R;

Glasgow University-Colours: Black and Gold
201 BLACK,E;

Inverness Harriers-Colours: Gold with Maroon Diagonal
202 COOKE,R; 237 ANDERSON,G;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes
203 MORTON,S;

Kilbarchan AAC-Colours: Gold with Black Hoop
204 GREIG,D; 205 MCLEOD,A;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops
206 GRANT,S;

Larkhall YMCA-Colours: Red with White Hoops
207 SANDILANDS,A;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band
208 MURRAY,S; 209 MURRAY,J; 210 VEITCH,D; 211 LYALL,N;

Lochaber AC-Colours: White with 2 Blue Hoops
212 ATKINSON,S; 213 BROOKS,B;

Lochgelly & District AAC-Colours: Dark Blue, Light Blue, White
214 SMITH,D;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe
215 BUCHANAN,K; 216 SIMPSON,A; 217 SIMPSON,L; 218 TULLOCH,N;

Moray Road Runners-Colours: Dayglow yellow with Black Trim
219 COWIE,J;

Penicuik Harriers-Colours: Purple with White Panels
220 YOUNG,D;

Peterhead AAC-Colours: Sky Blue
221 MORRIS,R;

Springburn Harriers-Colours: Navy Blue with White Diamond
222 PATON,M; 223 HENDRY,J; 224 HOUSTON,D; 225 BLACK,S;

St Andrews University AC-Colours: White with 2 Blue Bands
226 HIRST,J; 227 DICKENS,D; 228 MCMILLAN,D;

Stirling University AC-Colours: Green / Yellow
229 ROBERTSON,G;

Strathclyde University AC-Colours: Maroon with Blue and Gold hoops
230 GOW,D;

Teviotdale Harriers-Colours: White with Maroon Band
231 WATSON,S; 232 LAUDER,S;

Victoria Park AAC-Colours: Blue and White Hoops
233 SMITH,M; 234 MCKERRACHER,D; 235 CAMERON,E;

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

5TH ANNUAL SENIOR MEN'S CHAMPIONSHIP

(Over 20 years of age as at the 1 September 1996)

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 12 months

THE RACE WILL START AT 1.50 pm.

Title Holders 1996 - Mizuno RC

Individual Winner 1996 - R Quinn (Kilbarchan AC)

TEAMS NOT LESS THAN 6 AND 6 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops

1 TOLE,J; 2 BOYNE,F; 3 SIMPSON,M; 4 MUSGRAVE,J; 5 THOMAS,S;
6 GREAVES,M; 7 DUGUID,D; 8 CASSELLS,S; 9 JONES,P;
10 SHERIDAN,R; 11 PEDDIE,S; 12 DAVIS,A; 13 O'BRIEN,C;
14 DUGUID,F; 15 MURDOCK,N;

Anster Haddies-Colours: Yellow Vest

16 GIBSON,A;

Arbroath & District AC-Colours: Black with vertical yellow stripe

17 RITCHIE,M;

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross

18 BAIRD,I; 19 BOYD,W; 20 BAKER,L; 21 GILLIES,I;
22 MACSPORRAN,S; 23 STEWART,A; 24 STRAWTHORN,J;

Babcock Pitreavie AAC- Colours: Navy/Yellow/White

25 WATSON,C; 26 MATHIESON,C; 27 DUNCAN,A; 28 RUSSELL,A;
29 BAXTER,P; 30 FARQUHAR,J; 31 ARNOTT,D; 32 GARVIE,J;
33 KIRK,P; 34 HARRISON,B; 35 CUNNINGHAM,N; 36 FORRESTER,S;
37 GARDINER,G;

Banchory AC-Colours: Royal Blue with White band

38 CURTIS,M;

Bellahouston Harriers-Colours: Dark Blue with Light Blue Cross

39 BURKE,I; 40 COLLIE,B; 41 GEMMELL,G; 42 JOSS,C;
43 GORMLEY,J; 44 MCFADYEN,J; 45 QUINN,T; 46 PRETTY,J;
47 SCOTT,C; 48 WINDLE,P;

Calderglen Harriers-Colours: Amber and Black Vertical Stripes

49 DERRICK,A; 50 DUTHIE,M; 51 ALLAN,G; 52 HENDERSON,A;
53 STEWART,B; 54 SHANKS,R; 55 ROBINSON,G; 56 MUIR,A;
57 MULLEN,G; 58 BUCHANAN,M; 59 STEVEN,C; 60 MCDONALD,C;
61 MORTON,T; 62 MCINTYRE,J; 63 STEWART,J; 64 MCPARLAND,G;

Cambuslang Harriers-Colours: Red with White Band

65 ANDERSON,K; 66 BROWN,J; 67 COWAN,J; 68 CROLL,G;
69 DONNELLY,C; 70 DOWNIE,K; 71 FLEMING,S; 72 GILL,M;
73 GILLESPIE,I; 74 GORMLEY,M; 75 MCDONALD,G;
76 MCTAGGART,W; 77 MCVEIGH,S; 78 O'HAGEN,M;
79 ROBERTSON,A; 80 RUNCIMAN,D; 81 SHO-SILVA,S; 82 THOM,D;
83 THOMSON,C; 84 WILKINSON,N; 85 WYLIE,S; 86 CAMPBELL,M;
87 BLACK,W; 88 BURNS,E; 89 FAIRWEATHER,D; 90 HEARNS,G;
91 HENDERSON,D; 92 HURLEY,F; 93 JENKINS,A; 94 MCDONALD,M;
95 OGDEN,P; 96 QUINN,J; 97 ROBERTSON,J; 98 STEWART,E;
99 SANDS,J; 100 MCPHERSON,A;

FMC Carnegie Harriers-Colours: Orange and Green

101 ARMOUR,D; 102 CLARK,G; 103 COWIE,M; 104 DAVIDSON,G;
105 DONKIN,K; 106 DUFF,B; 107 FORBES,D; 108 FORREST,D;
109 KELLY,J; 110 LAW,C; 111 LEYDEN,M; 112 LITTERICKS,T;
113 MACDONALD,B; 114 MACDONALD,I; 115 MILLAR,B;
116 MILLIGAN,A; 117 MILTON,R; 118 MITCHELL,I; 119 MORRISON,P;
120 NICOL,A; 121 NICOLSON,S; 122 OGG,S; 123 OGSTON,M;
124 REID,S; 125 SIMPSON,P; 126 STEWART,I; 127 TAYLOR,I;
128 TURNER,M;

Carnethy Hill RC-Colours: Yellow with Red letters

129 WALDIE,B; 130 SHIEL,D; 131 GAULD,B;

Central AC-Colours: Yellow and Blue

132 GREENAWAY,R; 133 DICKSON,J; 134 CRAWFORD,M;
135 PURDIE,A; 136 MCHARDY,G; 137 DRUMMOND,J; 138 GAULT,W;

Clydesdale Harriers-Colours: White with Black "C"

139 ADAMS,A; 140 AUSTIN,J; 141 DIVER,M; 142 DOLAN,P;
143 EDRIIDGE,B; 144 GEMMELL,D; 145 HALPIN,D; 146 HANRATTY,J;
147 KANE,G; 148 KENNEDY,G; 149 MCARTHUR,J; 150 MURPHY,I;
151 PEARSON,L; 152 ROSSBOROUGH,R; 153 RUDZINSKI,P;
154 YOUNG,R; 155 ROACHE,D; 156 IDESSANE,K;

Kwik Fit Corstorphine AC-Colours: White with Black Trim

157 ANDERSON,M; 158 COCHRANE,S; 159 CALDWELL,M;
160 CUMMING,I; 161 GILMOUR,A; 162 GRUBB,N; 163 HENDERSON,D;
164 HOOD,K; 165 HULME,M; 166 JONES,R; 167 LANGDON,S;
168 LAW,D; 169 MALCOLM-SMITH,M; 170 NICHOLSON,B;
171 MCLEAN,G; 172 O'BRIEN,P; 173 O'HARA,J; 174 ROSS,E;

Cumnock & District AC-Colours: Black with Red Diagonal Band

175 GEMMELL,J; 176 GEMMELL,M; 177 SMITH,P; 178 SHAND,D;

Dumbarton AAC-Colours: Black with Red Band

179 MARTIN,C; 180 LANNIGAN,S; 181 KELLY,T; 182 CORRIGAN,P;
183 FLEMING,A; 184 WALSH,P; 185 HARRISON,D; 186 HARRISON,J;
187 WILSON,W; 188 ELLIS,I;

Dumfries Running Club-Colours: White with Maroon and Sky blue Hoops

189 BROWN,D; 190 LAIRD,J; 191 KERR,N; 192 DAVERS,T;
193 GRIERSON,J; 194 HILL,L; 195 MASON,W; 196 SCOBIE,D;
197 LITTLE,C; 198 MCDOUGALL,J;

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

199 COOK,B; 200 SULLIVAN,D; 201 MCGREGOR,J; 202 KERR,S;

5TH ANNUAL U-17 WOMEN'S CHAMPIONSHIP

(Over 15 but under 17 as at the 1 September, 1996)

Distance 3 miles/4800m

The winning individual to hold the "Lothian Trophy" 12 months

THE RACE WILL START AT 1.30 pm

Title Holders 1996 - Aberdeen AC

Individual Winner 1996 - S Partridge (East Kilbride AC)

TEAMS NOT LESS THAN 3 AND 3 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops
141 KYLE,A; 142 STARK,L; 143 GREEN,L; 144 DEY,F; 145 SMITH,H;

Arbroath & District AC-Colours: Black with vertical yellow stripe
146 MCCONNACHIE,M-A;

Airdrie Harriers-Colours: Grey and sky Blue with 3" Black diag.
147 MCCARROW,C;

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross
148 MCINTOSH,L; 149 MCINTOSH,T;

Babcock Pitreavie AAC-Colours: Navy/Yellow/White
150 NORMAN,H; 151 GOSDEN,W; 152 WEBSTER,E; 153 STEWART,M;
154 PATERSON,S;

Banchory AC-Colours: Royal Blue with White band
155 LIGHT,E; 156 CURTIS,C;

Cambuslang Harriers-Colours: Red with White Band
157 BENZIE,C; 158 EMANS,L; 159 FARMER,V;

City of Glasgow AC-Colours: Royal Blue with Green Panel
160 DALY,A; 161 LIMOND,K; 162 MUNRO,K; 163 PIGGOT,K;
164 SINCLAIR,E;

Central AC-Colours: Yellow and Blue
165 MONTADOR,K; 166 WATERHOUSE,C;

Kwik Fit Corstorphine AC-Colours: White with Black Trim
170 HENDERSON,L; 171 STURROCK,M;

Dundee Hawhill Harriers-Colours: Blue and White Quarters
172 STEPHENS,T; 173 LAWS,A;

East Kilbride AAC-Colours: Gold with 2 Black hoops
174 PARTRIDGE,S; 175 CAMPBELL,L; 176 SMITH,K; 177 MCLEISH,F;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop
178 HARRISON,L; 179 HOOD,A; 180 MOAR,H;

Edinburgh Woollen Mill-Colours: White/Blue/Red
181 GROSSMAN,L;

Fife AC-Colours: White with Red Band
182 ANDERSON,L;

Fraserburgh RC-Colours: Black & White
183 WISELY,M;

George Heriots CCC-Colours: White with Blue Band
184 DEBENHAM,B; 185 LITHGOW,A; 186 BAIRD,A;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop
213 TRAINER,L; 214 MITCHELL,L;

Gleniffer High School-Colours: Red/Black/Sky Blue
187 AITCHISON,N; 188 MCGURN,Z; 189 THOMSON,G;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops
190 ANDREWS,P;

Inverness Harriers-Colours: Gold with Maroon Diagonal
191 CAMPBELL,A; 192 MACKENZIE,K;

Irvine AC-Colours: Red with Black Trim
193 BRYANT,K;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes
194 MORTON,L-A;

Kilbarchan AAC-Colours: Gold with Black Hoop
195 TOWNSEND,H; 196 CLONEY,S; 197 BARR,S-J; 198 SHEILDS,L;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band
199 MURRAY,D; 200 MURRAY,N;

Livingston & District AAC-Colours: Yellow with Green Stripe
201 TATTON,P; 202 SUTHERLAND,L;

Maryhill Harriers-Colours: Royal Blue
203 GALLAGER,D;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe
204 CAMPBELL,L; 205 MACLEOD,A;

Moray Road Runners-Colours: Dayglow yellow with Black Trim
206 STEWART,M; 207 PATERSON,E;

North Shields Poly-Colours: White, 2 Red Hoops, Navy Trim
208 DICKINSON,L; 209 GRIMSHAW,K;

Strathkelvin Ladies-Colours: Navy Blue with Green Trim
210 GALLACHER,R;

Victoria Park AAC-Colours: Blue and White Hoops
211 ROSS,M; 212 ROSS,J;

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

203 MILNE,G; 204 RENNIE,B; 205 HEDLEY,A; 206 GRANT,K;
 207 CROMAR,S; 208 MAIN,D; 209 MCNULTY,I; 210 LOVE,C;
 211 HANLON,G; 212 OUDNEY,A; 213 BORLAND,S; 214 WILSON,A;
 215 MORTON,S; 216 LANGLANDS,J; 217 PROVAN,D; 218 RAIT,N;
 219 HOLMES,E; 220 HASKETT,C; 221 HEPBURN,J;
 222 MCCORMACK,P; 223 BARRIE,G; 224 CARROL,M; 225 BELL,R;
 226 STRACHAN,M; 227 OSBORNE,J; 228 DURNIN,J; 229 ADAM,D;
 230 WELSH,M; 231 MONCUR,I; 232 MASON,S; 233 PHELAN,J;
 234 MORGAN,D; 235 BIRSE,A; 236 LASZLOW,J; 237 HORNSBY,I;
 238 DAVIDSON,B;

Dundee Road Runners-Colours: White with Blue Diagonal
 239 HUNTER,A; 240 DAVIS,R; 241 ANDERSON,C; 242 MCGILL,R;
 243 GOURLAY,G; 244 DAVIDSON,R; 245 CONNELLY,S;

Dundee University AC-Colours: Red
 246 NEILL,S; 247 LIVINGSTONE,M; 248 TOSH,M; 249 GEBHEART,D;
 250 BLACK,S; 251 AMBROSE,N; 252 LASZLO,J; 253 MITCHELL,G;

East Kilbride AAC-Colours: Gold with 2 Black hoops
 254 RAMAGE,E; 255 WHITEHILL,S; 256 PARTRIDGE,A; 257 BLUE,E;
 258 TURNBULL,D; 259 COLVIN,G; 260 CONRA,D; 261 RONALD,R;
 262 GRAY,D; 263 ROONEY,B; 264 REID,G;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop
 265 ADAMS,B; 266 BAKER,D; 267 BANKOWSKI,Z; 268 BEGLEY,B;
 269 BLACKIE,D; 270 BUICK,J; 271 BRANNIGAN,W; 272 CABLE,C;
 273 COCKBURN,B; 274 CORN-WALKER,A; 275 DONACHIE,A;
 276 DOUGLAS,W; 277 LLOYD,E; 278 DUFF,I; 279 ELLACOTT,T;
 280 FALLOWS,M; 281 FERGUSON,M; 282 FINDLAY,J; 283 FLYNN,M;
 284 GALLACHER,W; 285 GARNER,D; 286 GLYNN,H; 287 GOLDER,J;
 288 GRAHAM,J; 289 GRIFFITHS,A; 290 HILL,R; 291 HOPE,R;
 292 INNES,S; 293 JOHNSTON,M; 294 KAY,L; 295 KELLY,I;
 296 LAIRD,A; 297 LAYCOCK,A; 298 LEACH,R; 299 MCDONALD,N;
 300 MCLEOD,M; 301 MCEWEN,A; 302 MCFALL,B; 303 MCPHERSON,I;
 304 MILLAR,D; 305 MORRISON,H; 306 NOLAN,R; 307 PETRETTI,A;
 308 PRINGLE,J; 309 PROFFITT,J; 310 REID,J; 311 RIDDLE,R;
 312 ROBERTSON,M; 313 SCOTT,D; 314 SHANLEY,A; 315 SMITH,C;
 316 SNEDDON,J; 317 SNEDDON,M; 318 STEEL,G; 319 STEEL,I;
 320 STEVENSON,B; 321 STEVENSON,E; 322 THOMPSON,R;
 323 WARD,A; 324 WEAVERS,T; 325 WINTON,G; 326 WRIGHT,S;

Edinburgh University H&H-Colours: Green with White side Panel
 327 MOWBRAY,P; 328 O'KEEFE,P; 329 WRIGHT,D; 330 TINKER,D;
 331 DUNCAN,J; 332 MARSTON,N; 333 GODFREE,D; 334 ALTMANN,N;
 335 STEWART,G; 336 GRANT,W; 337 PRIOR,B; 338 CROUCH,C;
 339 BROWN,S; 340 MURRAY,D; 341 MCARTHUR,D; 342 GILL,M;
 343 OVENS,D; 344 VOLANT,S;

Elgin AAC-Colours: Black with White Band
 345 CHRISTIE,M; 346 KNOX,C;

Falkirk Victoria Harriers-Colours: Black with Gold Band
 347 BEAGLEY,D; 348 BROWN,G; 349 HART,D; 350 HIGGINS,W;
 351 JOHNSTON,I; 352 LAMBIE,J; 353 MCCALLUM,R; 354 MCQUAID,M;
 355 MONCKTON,M; 356 RANKIN,S; 357 STEVENSON,J;

358 STIRRAT,K; 359 COLLIGAN,M; 360 CRAWFORD,G;
 361 GILLESPIE,D; 362 EASTON,S; 363 MCGARVA,J; 364 MCKENZIE,D;
 365 MCKERRACHER,P; 366 MARTIN,J; 367 RODGER,A;
 368 STEMPCZYK,T; 369 MCMILLAN,D; 370 MURRAY,D;
 371 RONALD,A;

Ferranti AAC-Colours: Yellow with Black letters
 372 MCDONALD,E; 373 WESTON,K; 374 GAVIN,J; 375 SHAW,I;
 376 SHAW,J; 377 RIDLEY,T; 378 BELL,A; 379 LAIDLAW,C;
 380 CABAN,P; 381 THOMSON,B; 382 WATTERS,R; 941 BANKHEAD,M;

Fife AC-Colours: White with Red Band
 383 MITCHELL,T; 384 LEGGETE,D; 385 LEGGETE,W; 386 LEGGETE,J;
 387 MOSS,A; 388 MCKAY,H; 389 ROSS,C; 390 CASSIDY,A;
 391 CUNNINGHAM,J; 392 LAING,M; 393 QUINN,S; 394 KNOWLES,S;
 395 BENNISON,G; 396 GUNSTONE,D; 397 MIEKLEJOHN,A;
 398 BARKER,G; 399 PEACHEY,B; 400 KUZYSZYN,M;
 401 CRUICKSHANK,B; 402 MCLAREN,F; 403 CATION,F; 404 ROSS,T;
 405 ROBERTSON,A; 406 ADAM,D; 407 MURPIE,W; 408 BROWN,S;
 409 HOLDEN,J; 410 FRANCIS,D; 411 MCCUE,K; 412 BARKER,A;
 413 YOUNG,N; 414 DAVIS,A; 415 LUMSDEN,J; 416 WATSON,J;
 417 MCMANUS,J; 418 SCOBIE,M; 419 MILLS,R; 420 ROUGH,J;
 421 STEWART,W; 422 ANDERSON,D; (IND)
 942 CLARK,S; 943 CLARK,R;

Forfar Road Runners-Colours: Sky Blue
 423 MILNE,R; 424 WOOD,D;

Forres Harriers-Colours: Red
 425 MATHESON,P; 426 COWIE,D; 427 MCGEE,J; 428 HUDSON,P;
 429 BEATTIE,A; 430 PRIESTLEY,M;

Fraserburgh R C-Colours: Black & White
 431 CLARK,G; 432 BEEDIE,G;

Gala Harriers-Colours: White with Green Band
 433 MURRAY,R; 434 CAPPER,G; 435 HYND,B; 436 RENTON,N;
 437 ANDERSON,B; 438 KNOX,J; 439 MURDIE,T; 440 COCHRANE,F;
 441 HUNTER,J; 442 PAXTON,J; 443 DARROCH,D; 444 ELLIOT,B;

Garscube Harriers-Colours: White with Blue Band
 445 CULLEN,S; 446 CULLEN,I; 447 DOWNIE,R; 448 DRYDEN,J;
 449 DUNN,I; 450 GEDDES,D; 451 IRVINE,S; 452 LEES,A;
 453 MCGLYNN,P; 454 MARSHALL,W; 455 MENNIE,R; 456 SHERIDAN,S;
 457 WALLACE,F;

George Heriots CCC-Colours: White with Blue Band
 458 ANNAN,M; 459 GALLOWAY,M;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop
 460 RANKIN,C; 461 MCLACHLAN,A; 462 STEWART,A;
 463 CAMPBELL,I; 464 HAY,A; 465 AIRDRIE,I; 466 THOMSON,C;
 467 COULTER,C; 468 MUIR,G; 469 MCKIE,C; 470 MILLER,I;
 471 GLASGOW,B; 472 HOPPITT,A; 473 CAMERON,J; 474 CAMPBELL,B;
 475 WYLIE,A;

Girvan AAC-Colours: White with Blue & Green Hoops
 476 TAYLOR,N; 477 BRASH,C;

Glasgow University-Colours: Black and Gold

478 SMITH,S; 479 DARGIE,J; 480 CAMPBELL,L; 481 MORAN,C;
482 FRENCH,S; 483 BAIN,M; 484 ASHWORTH,P; 485 PARTRIDGE,C;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops

486 SHAW,R; 487 MCLAUGHLIN,D; 488 KERR,J; 489 DAVIDSON,R;
490 MCLOONE,S; 491 RUSSELL,P; 492 HODELET,R; 493 HAY,N;
494 MCFADYEN,J; 495 DOLAN,R; 496 MCNEILL,D; 497 MITCHELL,G;
498 WATSON,R; 499 MCLAUGHLIN,W; 500 RUSSELL,G; 501 CUFFE,J;
502 SMITH,J; 503 FENION,H; 504 JUKES,W; 505 ARMSWORTH,N;
506 CURRIE,E;

Greenock WellPark Harriers-Colours: White with Black Hoop

507 GAFFNEY,G;

Haddington East Lothian Pacemakers-Colours: Red and White Halves

508 MCDONALD,P; 509 FORTE,J; 510 HARLEY,T; 511 ARMSTRONG,G;
512 CARR,B; 513 DICKIE,M; 514 HARRIS,R; 515 MCGUINNES,D;
516 SMITH,J; 517 SLYTHE,D; 518 WALLACE,S; 519 BAMFORD,C;

Harmeny AC-Colours: Red with Green Diagonal

520 COOPER,D; 521 MAYOR,B;

Helensburgh AAC-Colours: Yellow with Red Band

522 BOYD,J; 523 DAVIES,M; 524 MCDONALD,D; 525 THEAKER,D;
526 COLMER,C; 527 WHITE,K; 528 RAESIDE,M; 529 CORNISH,M;
530 CUNNINGHAM,J;

Hunters Bog Trotters-Colours: Brown

531 BAXTER,S; 532 BLISSETT,N; 533 BROWN,R; 534 CUMMING,M;
535 EYRE-WALKER,A; 536 FARQUHARSON,C; 537 FOY,P;
538 GILLESPIE,T; 539 GOOCH,K; 540 HAMPSHIRE,J; 541 HARKNESS,I;
542 HERRIES,R; 543 HUNTER,C; 544 JOLLY,R; 545 KEIGHTLEY,P;
546 KEOGH,J; 547 MACREADY,G; 548 MARSHALL,I; 549 MARSHALL,M;
550 MCCUAIG,G; 551 MCKAY,J; 552 MOSELEY,B; 553 O'KANE,P;
554 PYRAH,J; 555 SCOTT,E; 556 SIMPSON,G; 557 THOMAS,M;
558 THOMAS,N; 559 THOMAS,R; 560 THYNNE,J; 561 WADSWORTH,A;
562 WALL,D; 563 WRIGHT,S;

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes

564 TIPPING,T; 565 CONNAGHAN,J; 566 CONNAGHAN,S;
567 CROMAR,C; 568 DALGLEISH,S; 569 MACDONALD,I; 570 GRANT,P;
571 HICKS,M; 572 MARTIN,R; 573 MARTIN,R; 574 MCCABE,D;
575 MCKEE,E; 576 TRACEY,T; 577 OLDING,D; 578 MUNRO,D;
579 BLACK,C; 580 MURRAY,T; 581 SMYTH,E; 582 MCELWHINNIE,D;
583 GALLAGHER,J; 584 GALBRAITH,A; 585 MCNAMEE,G; 586 LECK,C;
587 SPENCE,C; 588 DOWNES,J;

Inverness Harriers-Colours: Gold with Maroon Diagonal

589 PROVEN,K; 590 DAVIDSON,J; 591 BOX,G; 592 FERGUSON,P;
593 GRANT,J; 594 JARVIE,C; 595 FIELDSEND,B; 596 MITCHELL,G;
597 CROWE,P; 598 HERBERT,G; 599 LAING,G; 600 FORBES,C;
601 MACDONALD,R; 602 MACLENNAN,R;

Irvine AC-Colours: Red with Black Trim

603 MILLER,C; 604 MORTON,J; 605 BLEAKLEY,R; 606 ADAM,B;
607 RENIE,A; 608 DALE,B; 609 RICHARDSON,L; 610 RICHARDSON,B;
611 MCMANUS,I; 612 KERR,D; 613 CAMPBELL,D; 614 CRAIG,B;

615 MILLER,D; 616 CHEYNE,R; 617 MCINROY,A; 618 STEVENSON,J;
619 JOHNSTON,T;

Keith & D AAC-Colours: Maroon & Sky / White Diagonal

620 ARBUCKLE,R; 621 PRIDE,S; 622 BARTON,F; 623 LAW,B;
624 JOHNSTONE,W; 625 WRIGHT,H; 626 GILL,S; 627 HALL,S;
628 NEWLANDS,A; 629 PAUL,T;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes

630 GOLDIE,J; 631 DICKSON,S; 632 TONNER,J; 633 TONNER,E;
634 CAMPBELL,D; 635 EVANS,F; 636 DALZIEL,R; 637 MITCHELL,D;
638 DRUMMON,I; 639 ROBERTSON,B; 640 MURRAY,S;

Kilbarchan AAC-Colours: Gold with Black Hoop

641 ANDERSON,T; 642 DAVIDSON,J; 643 FITZSIMMONS,R;
644 GIBSON,G; 645 HARDS,S; 646 HEARLE,T; 647 MACDOUGALL,I;
648 MCGINLEY,M; 649 MCMILLAN,J; 650 MEWSE,D; 651 MILLER,B;
652 PETRIE,D; 653 PUCKRIN,A; 654 QUINN,R; 655 ROSS,A;
656 SNODGRASS,J; 657 SPIERS,S; 658 TENNEY,G; 659 THOMSON,J;
660 WALDER,P;

Kinross Road Runners-Colours: Yellow with Royal Blue Band

661 BELL-SCOTT,E; 662 COWAN,G; 663 GRAHAM,G; 664 HARTLEY,G;
665 MCCRAW,R; 666 SHAH,R;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops

667 CAMPBELL,I; 668 DURNAM,M; 669 MOXON,S; 670 MCCONNELL,G;
946 MCNEIL,K; 672 MCLEAN,G;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band

673 HAMLIN,M; 674 HUBBLE,A; 675 MCINTOSH,A; 676 WALLACE,R;
677 TIBBETS,G; 678 ROSE,W; 679 NEILL,J; 680 VEITCH,J;
681 KETTLES,R; 682 KING,J;

Law & District AAC-Colours: Amber with 2 Red Bands and 1 White Band

683 RUSSELL,A; 684 RAMAGE,A; 685 KELLY,P; 686 FROOD,J;
687 COOK,R; 688 REID,J; 689 WEIR,W; 690 DRYSDALE,W;
691 GOURLAY,J; 692 HAND,M;

Livingston & District AAC-Colours: Yellow with Green Stripe

693 ACKLAND,G; 694 BARRIE,A; 695 BRAND,T; 696 DEMPSEY,S;
697 DYMOKE,P; 698 EADES,C; 699 FORSSTEN,J; 700 GILHOOLEY,G;
701 HARTMAN,B; 702 HYMAN,M; 703 ILGUNAS,H; 704 JACK,S;
705 KASSYK,M; 706 LEADBETTER,M; 707 LEE,R; 708 MCLEAN,I;
709 MCPHAIL,W; 710 MEEK,C; 711 REDPATH,K; 712 SEGGIE,I;
713 SHAW,D; 714 SIMMONS,D;

Lochaber AC-Colours: White with 2 Blue Hoops

715 CANT,R; 716 BROOKS,J; 717 BROOKS,K; 718 BROOKS,G;
719 BURNS,S;

Lomond Hill Runners-Colours: Lemon with 2 black Hoops

720 JACKSON,A; 721 MALLET,P; 722 PRYDE,G; 723 GATEHOUSE,R;
724 ELLIS,R; 725 HEDLEY,B;

Lucozade Motherwell District AC-Colours: Red with White edging

726 DOBBIE,J; 727 HUGHES,J; 728 MURDOCH,S; 729 MULLEN,P;
730 BROCKETT,J; 731 MCINTYRE,T; 732 HAWKINS,G;

Maryhill Harriers-Colours: Royal Blue

733 STEVENSON,K; 734 WALKER,S; 735 DUNCAN,E; 736 MICOUD,J;

737 MCCUE,L; 738 MARDLE,R; 739 HOUSTON,J; 740 GALLACHER,M;
741 MCDONALD,D; 742 SOUTAR,R; 743 SHEARON,D;
Metro Aberdeen RC-Colours: Red
744 BENZIES,C; 745 CLYNE,F; 746 FARQUHAR,K; 747 JENNINGS,P;
748 MACFARLANE,Q; 749 MAIN,G; 750 MILOVSOROV,N;
751 STEWART,J; 752 STRACHAN,J; 753 TAYLOR,R; 754 WILLOX,S;
Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe
755 MACLEOD,A;
Mizuno Racing Club-Colours: Purple
756 BOOTH,G; 757 BROWN,I; 758 CAIRNS,S; 759 CAMPBELL,S;
760 CHAPMAN,K; 761 COHEN,S; 762 COYNE,M; 763 COYNE (SEN),M;
764 CURRIE,A; 765 FLEMING,P; 766 FREW,R; 767 GARDINER,D;
768 GRAHAM,J; 769 HANLON,T; 770 HEAVEN,C; 771 HUTTON,A;
772 KERR,S; 773 KIRKWOOD,B; 774 LYALL,K; 775 MCGOWEN,F;
776 MOONEY,R; 777 RIDDLE,A; 778 ROBSON,A; 779 ROBSON,J;
780 ROSS,D; 781 ROSS,J; 782 SMITH,K; 783 STEWART,G;
784 VEITCH,I;
Moray Road Runners-Colours: Dayglow yellow with Black Trim
785 STEWART,A; 786 MILNE,G; 787 PATERSON,E; 788 COLE,T;
789 SHIRLEY,P; 790 MUNRO,A;
Orkney Islands AC-Colours: Red, Black, White
791 SHEARER,C;
Penicuik Harriers-Colours: Purple with White Panels
792 BROWNE,M; 793 CAIRNS,D; 794 MUMFORD,J; 795 GRAHAM,C;
796 BROWNE,P; 797 DAVIDSON,S; 798 PATTERSON,C;
799 WALKER,R;
Perth Road Runners-Colours: Green and White
800 NASH,M; 801 CUTHBERT,I; 802 MUIR,N; 803 BROWN,B;
804 GALA,J; 805 STEWART,K; 806 ROBINSON,K; 807 WILSON,C;
808 WRIGHT,D; 809 BURNS,D; 810 MCINTOSH,D; 811 GLENCORSE,C;
812 WATKINS,D;
Perth Strathtay Harriers-Colours: Orange with Blue Trim
813 KNIGHT,D; 814 WEIR,D; 815 MACKAY,E; 816 MCCABE,S;
817 WATSON,G; 818 WHITTET,J; 819 WATSON,N;
Peterhead AAC-Colours: Sky Blue
820 REID,A; 821 HAY,J; 822 HASTIE,S; 823 MUNDIE,J;
824 CRUICKSHANK,I;
Shettleston Harriers-Colours: Blue with Yellow Band
825 CALLAN,A; 826 CAIRNEY,J; 827 CAMERON,D; 828 COYLE,W;
829 CROWE,D; 830 DONNELLY,J; 831 HENDRY,J; 832 LITTLE,A;
833 LOUGHRAN,R; 834 MACKAY,J; 835 MCGONAGLE,D;
836 MCMILLAN,J; 837 ROBISON,C; 838 PATERSON,M; 839 SCALLY,B;
840 WIGHT,G; 841 CONNELLY,D; 842 WILKINSON,J;
843 DAVENHILL,A;
Springburn Harriers-Colours: Navy Blue with White Diamond
844 LAING,P; 845 CHALMERS,A; 846 DICKSON,E; 847 BELL,J;
848 CALLAN,A; 849 HARPER,J; 850 THOM,F; 851 MORTON,D;
852 DOUGLAS,D; 853 WRIGHT,F; 854 GORMAN,H; 855 HILL,A;
856 O'MALLEY,H; 857 COOPER,J; 858 O'NEIL,D; 859 MARSHALL,I;

860 FARRELL,W; 861 WEBB,H;
St Andrews University AC-Colours: White with 2 Blue Bands
862 KOROT,L; 863 HAMILTON,A; 864 MITCHELL-INNES,D;
Stirling University AC-Colours: Green / Yellow
865 CRAWFORD,G;
Stornoway RC-Colours: Red with Yellow Hoop
866 MUNRO,R; 867 MACKAY,I; 868 FLETT,D; 869 BAIN,M;
Strathclyde University AC-Colours: Maroon with Blue and Gold hoops
874 ZINK,T; 875 MACRAE,D;
Teviotdale Harriers-Colours: White with Maroon Band
876 HALLIDAY,R; 877 REID,A; 878 COLTMAN,A; 879 HENRY,G;
880 EMMERSON,B; 881 CAVERS,D; 882 MCCLURE,M;
883 MALTMAN,N; 884 SCOTT,C; 885 CANNON,F; 886 FAIR,A;
887 TAYLOR,N; 888 CRANSTON,R; 889 DOUGLAS,P; 890 GIBB,B;
891 MARSH,J; 892 RAE,R; 893 SPENCE,B; 894 NICHOL,C;
Troon Tortoises AC-Colours: Yellow with 2 Black Half hoops
895 BEATTIE,I; 896 MCGREGOR,G; 897 MARTIN,C; 898 DALY,V;
899 LIGHT,O; 900 MCKEATING,B; 901 MCKINLAY,J;
Victoria Park AAC-Colours: Blue and White Hoops
902 DOUGLAS,A; 903 BARNETT,S; 904 LITTLE,C;
905 GREENHALGH,C; 906 GREENHALGH,G; 907 DOYLE,J;
908 WALLACE,M; 909 STEELE,C; 910 WATSON,D; 911 NICOL,A;
912 MCVEY,K; 913 WATSON,B; 914 CRAWFORD,I; 915 MCGREGOR,P;
916 CARNEY,A; 917 WILSON,P; 918 MUNRO,A; 919 BROWN,K;
Westerlands CCC-Colours: Yellow with Black "W" on Back
920 BAXTER,P; 921 BENNET,A; 922 CAMERON,A; 923 DOONAN,K;
924 GORMAN,H; 925 MCCONNELL,J; 926 MCLEOD,M; 927 OGSTON,M;
928 REID,G; 929 RIGBY,M; 930 STRUTHERS,I;
Whitburn AAC-Colours: Claret with Amber Hoops
931 MCINTOSH,T; 932 MCINTOSH,E; 933 CAMPBELL,D;
934 FREDRIKSON,C;
Wolves Of Badenoch-Colours: Pink and Navy
935 ROSS,A; 936 FLETT,G; 937 THOMAS,M;
Unattached
938 PARK,N; 939 RUSSELL,C; 940 SNOW,T;

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

5TH ANNUAL SENIOR/JUNIOR WOMEN'S CHAMPIONSHIP

(Over 17 years of age as at the 1 September, 1996)

Distance 4 miles/6400m

The winning team to hold the "Daily Record Trophy" for 12 months
The winning individual to hold the "Mary Semple Trophy" for 12 months

UNDER-20 WOMEN - 1st, 2nd, 3rd Individual and 1st Team
will receive an award.

TITLE HOLDER - 1996 - A Trimble - (North Shields Policy AC)

THE RACE WILL START AT 2.40 PM

Title Holders 1996 - City of Glasgow AC
Individual Winner 1996 - D Kilner (aberdeen AC0)

TEAMS NOT LESS THAN 3 AND 3 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops

1 ARMITAGE,S; 2 PIDGEON,B; 3 SIMPSON,U; 4 MCKINNON,N;
5 REID,C; 6 BRINDLEY,T;

Airdrie Harriers-Colours: Grey and sky Blue with 3" Black diag.

7 FRAME,W;(Jun) 8 ROBERTSON,C; 9 ROBERTSON,L;

Anster Haddies-Colours: Yellow Vest

10 BRADLEY,H;

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross

11 BOYD,E;

Babcock Pitreavie AAC-Colours: Navy/Yellow/White

12 BLACK,L;(Jun) 13 CLARKE,D;(Jun) 14 CROUCHER,S;(Jun)
15 THOMSON,T; 16 BAXTER,J; 17 AITKIN,S; 18 PATTISON,P;
19 FERRARI,J; 20 GARVIE,C; 21 HEALEY,M; 22 JEFFRY,M;

Banchory AC-Colours: Royal Blue with White band

23 BAKER,R;(Jun)

Cambuslang Harriers-Colours: Red with White Band

24 DONNELLY,A; 25 STEWART,M;

FMC Carnegie Harriers-Colours: Orange and Green

26 MAY,N; 27 LISLE,C; 28 VOSPER,A; 29 WHITEHEAD,A;(Jun)
30 WOODS,L; 31 WELSH,S;

Carnethy Hill RC-Colours: Yellow with Red letters

32 SPENCELEY,H; 33 NIMMO,A; 34 DROUET,P; 35 STEWART,M;
36 THIN,J; 37 JENKINS,K;

Central AC-Colours: Yellow and Blue

38 WATERHOUSE,J; 39 ROSS,E; 40 BURROW,D;(Jun)

Chester & Ellesmere Port AC-Colours: Blue with White Lettering

41 OWEN,S;(Jun)

City of Glasgow AC-Colours: Royal Blue with Green Panel

42 BAIRD,K; 43 EVANS,E; 44 HAINING,H; 45 KING,J;
46 MACFARLANE,W; 47 MCDEVITT,J; 48 MCPHERSON,V;
49 MCFADDEN,C; 50 SLIMON,H; 51 THOMSON,C-A; 52 THOMPSON,J;
53 WALKER,G; 54 COX,J;(Jun) 55 CRAWLEY,P;(Jun) 56 MOODY,L;(Jun)
57 SCOTT,S;(Jun) 58 WALKER,J;(Jun) 59 BRANNEY,S; 60 HARVIE,A;
61 SINCLAIR,M; 62 TAYLOR,M; 63 THOMPSON,C;

Kwik Fit Corstorphine AC-Colours: White with Black Trim

65 CAMERON,M; 66 PILKINGTON,G; 67 ROSS,F;

Cumnock & District AC-Colours: Black with Red Diagonal Band

68 ANDREWS,F;(Jun)

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

69 CARR,A; 70 MCINTYRE,M; 71 TAGGART,M; 72 HANLON,J;
73 POWELL,K; 74 PROVAN,L;(Jun) 75 WOODCOCK,A;
76 CUMERFORD,E;

Dundee Road Runners-Colours: White with Blue Diagonal

77 STRACHAN,A; 78 ROGER,S;

East Kilbride AAC-Colours: Gold with 2 Black hoops

79 BOYCE,J;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop

80 DOCHERTY,A; 81 HANCOCK,K; 82 BLACKWOOD,E; 84 GRAY,C-A;

Edinburgh Woollen Mill-Colours: White /Blue /Red

83 DOBBIE,K; 84 SKORUPSKA,K;(Jun) 85 RIDLEY,S; 86 ROSE,A;
87 KNOX,I;(Jun) 88 SHARP,C; 89 MCCLUNG,M;

Edinburgh University H&H-Colours: Green with White side Panel

90 SMITH,M; 91 RICE,K; 92 DRYSDALE,A; 93 NIXON,D; 94 BERRY,F;
95 PARKINSON,H; 96 MUDGE,A; 97 HENSMAN,J;(Jun) 98 CRIDGE,S;
99 JONES,A; 100 HOFMANN,B; 101 MCCONVILLE,K;(Jun)
102 RYAN,F;(Jun) 103 TROWELL,S;(Jun) 104 CAMERON,L;(Jun)
105 O'SHEA,E;(Jun) 106 FINOT,C;

Falkirk Victoria Harriers-Colours: Black with Gold Band

107 LAWLESS,C; 108 STEVENSON,J; 109 BLAIR,K;

Fife AC-Colours: White with Red Band

110 ASPLIN,L;(Jun) 111 LEMONCELLO,P; 112 BURT,L;
113 MCLAREN,M; 114 LOTHIAN,F;

Gala Harriers-Colours: White with Green Band

115 POWER,A; 116 AFFLECK,T; 117 RENTON,K; 118 MCCANN,R;
119 ALEXANDER,N;(Jun) 120 HENDERSON,S;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop

121 MILLAR,H; 122 CAMPBELL,A; 123 HEGARTY,M; 124 KERR,V;
125 ARMSTRONG,J; 126 CAMERON,M; 127 SOUTHERN,M;
128 GRASSIE,J; 129 DICKINSON,E; 130 CONNELL,M; 131 FORDYCE,R;
132 CARROL,A;

Glasgow University-Colours: Black and Gold

133 MCPHAIL,A; 134 FAIRWEATHER,S;(Jun) 135 TAPLIN,S;
136 ROBERTSON,P; 137 REID,E; 138 HENDERSON,J; 139 MILLER,E;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops
140 HAY,A; 141 O'BRIEN,E; 142 SMITH,J;

Haddington East Lothian Pacemakers-Colours: Red and White Halves
143 NICHOL,L; 144 BRIEN,C;

Hamilton Harriers-Colours: White with Red Facings
145 HUGHES,S;

Helensburgh AAC-Colours: Yellow with Red Band
146 MCBRIDE,A; 147 JENNISON,N; 148 DAVIES,S; 149 FARRELL,A;

Hunters Bog Trotters-Colours: Brown
150 BUCKLEY,A; 151 CAMPBELL,M; 152 HANKEY,C; 153 JEFFREY,M;
154 MCDONALD,D; 155 MINEILLAGE,A; 156 PRICE,C;
157 SUTHERLAND,A; 158 TODD,M;

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes
159 MCKEE,A-M; 160 BLAIE,M; 161 MCLAUGHLIN,S;

Inverness Harriers-Colours: Gold with Maroon Diagonal
162 WALKER,J; 163 MACKINNON,J; 164 RANKIN,J; 165 MACLEAN,A;
166 WOODHOUSE,M;

Irvine AC-Colours: Red with Black Trim
167 MORTON,H; 168 BYNG,J; 169 MCGARRY,L; 170 SCOTT,D;
171 MCGILL,M; 172 MELVILLE,K; 173 BURKE,M; 174 MILLER,M;
175 ROXBURGH,J;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes
176 CAIRNS,L; 177 TODD,K; 178 WHITE,S; 179 YODEN,S;(Jun)

Kinross Road Runners-Colours: Yellow with Royal Blue Band
180 BAUCHOP,S;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops
181 MCINNES,C; 182 STEWART,A; 183 FLYNN,A; 184 SUTHERLAND,L;

Lasswade AAC-Colours: White with 2 Blue Bands and Red Band
185 VEITCH,B; 186 KERR,W; 187 MEIKLE,K; 188 BOURHILL,J;
189 RICE,L; 190 LINDSAY,G; 191 NEILL,J;

Livingston & District AAC-Colours: Yellow with Green Stripe
192 EADES,L; 193 HAILEY,J; 194 ROTHER,P; 195 SALVONA,J;
196 VICKERY,J; 197 WALTON,J; 198 WEIR,F;

L & L Track Club-Colours: Lemon with Scarlet Trim
199 CAMPBELL,S;

Lochaber AC-Colours: White with 2 Blue Hoops
200 SEARLE,H;

Lucozade Motherwell District AC-Colours: Red with White edging
201 NICHOLSON,W; 202 DYCE,C; 203 SMITH,D; 204 WILSON,P;
205 STEELE,S; 206 RASHID,S; 207 LINDEN,C;

Maryhill Harriers-Colours: Royal Blue
208 HAND,G;

Moray Road Runners-Colours: Dayglow yellow with Black Trim
209 WARDHAUGH,F; 210 HENDERSON,S;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe
211 FALCONER,C;

Penicuik Harriers-Colours: Purple with White Panels
212 JONES,C;

North Shields Poly-Colours: White, 2 Red Hoops, Navy Trim
213 TREMBLE,A;(Jun)

Perth Strathtay Harriers-Colours: Orange with Blue Trim
214 WEIR,P; 215 CADGER,C;

Perth Road Runners-Colours: Green and White
216 CRAMER,C; 217 WALTERS,K; 218 WILSON,J; 219 HAIR,F;
220 PHILIP,E;

Shettleston Harriers Ladies-Colours: Blue with Yellow Band
221 CHUNG,T-M; 222 O'NEIL,B; 223 HUGHES,A-M; 224 HALLIDAY,L;
225 DALY,M; 226 HARVEY,J; 227 MCBRINN,E; 228 MCKAY,P;
229 REID,E; 230 TEDFORD,L-A; 231 SCOBIE,K;

Stirling University AC-Colours: Green / Yellow
232 LEWIS,G; 233 OSBORN,B;

Strathclyde University AC-Colours: Maroon with Blue and Gold hoops
234 BROWN,J; 235 BLAIR,C; 236 LINDEN,M; 237 FAIRWEATHER,C;
238 CARRUTHERS,A; 239 HIGGINS,A; 240 MCDERITT,J;

Strathkelvin Ladies-Colours: Navy Blue with Green Trim
241 GEMMELL,M;

St Andrews University AC-Colours: White with 2 Blue Bands
242 RAUM,B;(Jun) 243 FEILDEN,H; 244 BAXTER,Z;(Jun)
245 INMAN,K;(Jun)

Stornoway RC-Colours: Red with Yellow Hoop
246 MACLEAN,S; 247 MACDONALD,J; 248 GORDON,M;

Victoria Park AAC-Colours: Blue and White Hoops
249 KENNEDY,S;

Westerlands CCC-Colours: Yellow with Black "W" on Back
980 CAIRNS,J; 981 DIAMANTIDES,H; 982 MCLAUGHLIN,P;
983 MCPHERSON,H; 984 MENHENNETT,C; 985 ROBERTSON,J;
986 BAXTER,E; 987 REID,A; 988 PATERSON,C;

JUNIOR WOMEN

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

SENIOR WOMEN

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

5TH ANNUAL U-17 MEN'S CHAMPIONSHIP

(Over 15 but under 17 as at the 1 September 1994)

Distance 4 miles/6400m)

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 3.10 pm

Title Holders 1996 - Cambuslang Harriers

Individual Winner 1996 - J Hendry (Springburn Harriers)

TEAMS NOT LESS THAN 4 AND 4 TO COUNT

Aberdeen AAC-Colours: White with 2 red hoops

1 MATHIESON,S; 2 MCDONALD,M; 3 CUMMING,D; 4 JENNINGS,K;

Airdrie Harriers-Colours: Grey and sky Blue with 3" Black diag.

5 MCALLISTER,R; 6 CAMPBELL,G; 7 COCHRANE,J;

Ayr Seaforth AAC-Colours: White with Red Diagonal Cross

8 GARRETT,C; 9 ROSS,C;

Babcock Pitreavie AAC-Colours: Navy/Yellow/White

10 CLARK,M; 11 MATHIESON,G; 12 ARMSTRONG,P; 13 GAVIN,K;

14 KORONKA,S; 15 MCDIARMID,S;

Cambuslang Harriers-Colours: Red with White Band

16 BAIN,W; 17 CARSON,S; 18 CLELLAND,J; 19 FERGUSON,G;

20 KEALEY,J; 21 MILLAR,A; 22 MUNRO,D; 23 O'DONNELL,S;

24 RITCHIE,S; 25 ROBERTSON,G; 26 GILROY,M; 27 MCCABE,M;

Central AC-Colours: Yellow and Blue

28 HOUSTON,R; 29 MCHARDY,F; 30 WHITELAM,S; 31 LOGAN,C;

32 ROSS,W; 33 GAULT,E;

Clydesdale Harriers-Colours: White with Black "C"

129 ROSSBOROUGH,R; 130 KENNEDY,G; 131 GILLAN,D;

Kwik Fit Corstorphine AC-Colours: White with Black Trim

34 CLARK,B; 35 O'BRIEN,C;

Dundee Hawkhill Harriers-Colours: Blue and White Quarters

36 BROOKS,S; 37 STEVENS,M; 38 TAIT,A; 39 CORTESE,M;

East Kilbride AAC-Colours: Gold with 2 Black hoops

40 HENDERSON,H; 41 MCCracken,S;

City of Edinburgh AC-Colours: White with one Blue, one Black Hoop

42 MCGREGOR,G; 43 WARDLAW,A; 44 CROLL,G; 45 CANNON,R;

Falkirk Victoria Harriers-Colours: Black with Gold Band

46 ANDERSON,S; 47 DONALDSON,E; 48 COUPER,G; 49 MOORE,G;

Ferranti AAC-Colours: Yellow with Black letters

50 PREISTLEY,A;

Fife AC-Colours: White with Red Band
 51 SMITH,M; 52 CASSALLS,A; 53 GREENE,O; 54 SEELEY,J;
 55 STEWART,J; 56 HUGHES,O; 57 PATTERSON,M; 58 DALRYMPLE,C;

Forres Harriers-Colours: Red
 59 CAMERON,N;

Fraserburgh RC-Colours: Black & White
 60 STEPHEN,M;

George Heriots CCC-Colours: White with Blue Band
 61 CORMACK,P; 62 GRAHAM,B; 63 TAYLOR,C;

Giffnock North AAC-Colours: Amber with Royal Blue Hoop
 64 DEVLIN,D; 65 JOLLY,G;

Girvan AAC-Colours: White with Blue & Green Hoops
 66 TAYLOR,K; 67 LIVINGSTONE,K;

Gleniffer High School-Colours: Red/Black/Sky Blue
 68 MAY,D; 69 COPLAND,S; 70 MACDONALD,A; 71 CHRISTIE,B;

Greenock Glenpark Harriers-Colours: Sky Blue with Royal Blue and Gold Hoops
 72 MCSHANE,A; 73 MCLEAN,C; 74 DOCHERTY,R; 75 KERR,D;
 76 PARKER,G;

Haddington East Lothian Pacemakers-Colours: Red and White Halves
 77 HASTIE,D;

IBM Spango Valley AC-Colours: Vertical Yellow and Blue Stripes
 78 FRASER,D; 79 MCKELLAR,R;

Inverness Harriers-Colours: Gold with Maroon Diagonal
 80 RAMSAY,S; 81 MACKENZIE,I;

Irvine AC-Colours: Red with Black Trim
 82 BURKE,C; 83 KAY,S; 84 MONTGOMERY,R; 85 NISBET,S;

Johnnie Walker Kilmarnock Harriers-Colours: Royal Blue with 2 White Stripes
 86 MCCUTCHEON,A; 87 GOURLEY,C; 88 MENZIES,B;

Kilbarchan AAC-Colours: Gold with Black Hoop
 89 GREIG,A; 90 MCCORMACK,D; 91 BERRY,C; 92 DAILLY,P;

Kirkintilloch Olympians-Colours: Sky Blue with White and Black Hoops
 122 EARNSHAW,W; 123 GILFILLAN,A; 124 MCLOONE,E;
 125 MCLOONE,J;

Larkhall YMCA-Colours: Red with White Hoops
 93 SMART,B; 94 STRUTHERS,R; 95 WILLIAMSON,A; 96 WILSON,S;

Livingston & District AAC-Colours: Yellow with Green Stripe
 97 MILLIGAN,J;

Lochaber AC-Colours: White with 2 Blue Hoops
 98 STRANGE,A; 99 DAVIDSON,J; 100 BROOKS,G;

Lochgelly & District AAC-Colours: Dark Blue, Light Blue, White
 101 SHERRY,A;

Lucozade Motherwell District AC-Colours: Red with White edging
 102 MENELAWS,C;

Maryhill Harriers-Colours: Royal Blue
 103 MCLEOD,J;

Minolta Black Isle AAC-Colours: Black with Red Diagonal Stripe
 104 CAMPBELL,S;

Moray Road Runners-Colours: Dayglow yellow with Black Trim
 105 BEATTIE,A; 106 THORNHILL,R;

Penicuik Harriers-Colours: Purple with White Panels
 107 HOUSTON,C;

Perth Strathtay Harriers-Colours: Orange with Blue Trim
 108 REID,D; 109 WATSON,G; 110 REID,N;

Peterhead AAC-Colours: Sky Blue
 126 ARTHUR,I; 127 INGRAM,D; 128 CAMERON,E;

Shettleston Harriers-Colours: Blue with Yellow Band
 111 MCDONALD,A; 112 MCGARRITY,B; 113 GRAHAM,M;

Teviotdale Harriers-Colours: White with Maroon Band
 114 HOGG,S; 115 KERR,S; 116 GIBSON,A;

Victoria Park AAC-Colours: Blue and White Hoops
 117 UPPAL,P; 118 NICOL,P; 119 LOGAN,G; 120 MORREL,S;
 121 MARTIN,S;

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

SCOTTISH ATHLETICS FEDERATION



ACKNOWLEDGEMENTS

The President, Officers and Members of the Scottish Athletics Federation 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:

Perth and Kinross Council
Gannochy Sports Centre
Perth Straththay Harriers

SUNDAY 18th MAY 97


Glasgow

The Britannia WOMEN'S 10K


OFFICIAL SPONSOR



Parks and Recreation
Glasgow City Council

INCORPORATING AN INTERNATIONAL ROAD RACE

ENTRY HOTLINE 0141 287 5991

Have you resolved to take part in this year's Britannia Women's 10K - We certainly have!

Scotland's largest all female Road Race is growing to greater heights in 1997. Due to target participant figures being greatly surpassed in '96, Britannia Investment Managers have come on board to sponsor the event, making The Britannia Women's 10K (formerly the City of Glasgow Women's 10K) even bigger and better. Indeed, staff of Britannia Investment Managers have pledged their allegiance and have started their training with vigour!

Even though we're hoping to achieve the BARR Grade 1 standard (a highly recognised mark of distinction for Road Races) and attract Europe's top 10km road runners to our international race, the schedule on the Entry Form (telephone our Hotline 0141 287 5991) containing the 10-week easy-to-follow diet/training programme motivates even the most diehard "couch potato" to don those training shoes again and go! For the more advanced, our 10K Administrator on 0141 287 5898 can provide an intermediate/advanced training schedule.

Pound the streets with a pal and contact Glasgow City Council's Department of Parks and Recreation Jogging Network on 0141 287 5898 to meet fellow female runners and run in a safe and relaxed environment.

Don't forget to fill in your Sponsorship details on the Entry Form ensuring that even more good causes will benefit from your efforts.

Over 2000 women can't be wrong, so telephone our Hotline number for your Britannia Women's 10K Entry Form now.