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The Scottish National Cross Country Championships

Bells Sports Centre, Perth Saturday 21 February 2004



Perth &
Kinross
leisure

scottishathletics





giving extra to Scottish sport

Bank of Scotland is committed to supporting the promotion and development of sport in Scotland and is recognised as one of the largest commercial sponsors of sport in the country. This year more than 20,000 young people will participate in a wide range of sporting events and activities made possible by Bank of Scotland.

In partnership with **scottishathletics**, the Bank of Scotland Talented Young Athlete Programme was introduced in 1999 and comprises a number of initiatives including the Bank of Scotland Squads,

National Age-group Championships, Athlete of the Year Awards and Talent Identification Camp.

To find out more about Bank of Scotland's support for Scottish sport, or the financial products and services we offer, please visit www.hbosplc.com



BANK OF SCOTLAND  Always giving you extra

MESSAGES OF WELCOME



It is my pleasure to welcome you all to Perth today. It is 7 years since we were here and it is lovely to be back.

The National Cross Country Championships are always an exciting event and I am looking forward to watching you all competing today at almost the end of a hard winters training.

The Road Running and Cross Country Commission wish to thank Perth and Kinross Leisure and the local Clubs for their help today. We would also like to thank all those Officials who have helped at many events throughout the winter, and a special thanks to Jim Young and his "band of helpers" who are first to arrive to set out the course and last to leave, as they have to dismantle the course after the races. Thanks also to all the parents, coaches and supporters who come along to support the runners. Lastly to the athletes - Run well and enjoy the event.

Marjory Cook
Convenor
Road Race and Cross Country Commission

It gives me great pleasure to welcome you all back to Perth for **scottishathletics** National Cross Country Championships 2004. I would like to thank Perth & Kinross Leisure for their generous sponsorship of the event. We could not run our Championship events without the active and wholehearted support of such generous sponsors.

Of course many people give generously of their time in organising such an event, and thanks therefore must go to them - officials, coaches, Road Running and Cross Country Commission, **scottishathletics** office staff and helpers. Without them today's Championship would not occur

I am sure everyone will enjoy what should be a day of very competitive Cross Country competition and trust the spectators will support all the athletes and help them to produce their best performances. To the competitors, the main players in today's proceedings, may I take this opportunity to wish you all a very enjoyable and successful day.

Alan Potts
President
scottishathletics



I am delighted to welcome all competitors, officials and spectators to the 2004 Scottish National Cross-Country Championships.

Perth and Kinross has a long and proud history of staging a wide variety of sporting events at Regional, National and International level and we, as a Council fully recognise the value that these events bring to our area.

I would especially like to welcome **scottishathletics**, to thank them for bringing this prestigious event to Perth and to invite them to consider us for future events – no matter how big or small!

We are committed to working together to ensure that your event is a great success and that you go away with nothing but good memories of your visit to the Fair City.

I wish you every success and very much hope that you return to our magnificent County again and again to run, compete or simply to enjoy.

Provost Bob Scott JP
Perth and Kinross Council



TIMETABLE

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE
Under 13 Boys	11.30	12.00	3,200 metres
Under 13 Girls	11.45	12.15	3,200 metres
Under 15 Boys	12.00	12.30	4,000 metres
Under 15 Girls	12.15	12.45	4,000 metres
Under 20 Men	12.35	1.05	8,000 metres
Senior Women	1.00	1.30	8,000 metres
U17/U20 Women	1.35	2.05	4,800 metres
Under 17 Men	1.55	2.25	6,400 metres
Senior Men	2.30	3.00	12,000 metres

PRESENTATIONS

Individual presentations will take place immediately after each race. Team presentations will take place on the course at 1.40pm and 2.40pm. Individuals and teams involved are requested to hold themselves close to the Administration Area. Announcements will be made prior to the awards.

SPECIAL NOTES

1. It must be strictly observed that warming up is not allowed on the actual course. Disciplinary action may be taken against anyone who disregards this.
2. Spikes and cross-country shoes must be removed before entering the Bells Sports Centre.
3. All Female Races numbers have a YELLOW BAND.
4. In all races numbers must be worn on the FRONT. Competitors in the Under 17 and Under 20 Womens Race will wear an age code number on the BACK as well.
5. 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.



6. Athletes and spectators must not encroach on the start/finish area.
7. I.A.A.F. advertising rules will be strictly enforced.
8. At the 2002 National Cross Country Championships in Falkirk there was unacceptable damage to property and anti social behaviour. Clubs and team managers are requested to ensure that their athletes behave in a responsible manner in the Bells Sports Centre and there is no damage to equipment or facilities. Suitable adult supervision should be provided for young athletes by the Clubs at all times. Young athletes are encouraged to make use of the organised multi sport activities.
9. Computer results will be on sale on the day.

OFFICE BEARERS

Hon President: Sir W.M. Campbell, CBE, QC, MP

President: Alan Potts

ROAD RUNNING & CROSS COUNTRY COMMISSION

Convenor: Mrs Marjory Cook

Vice Convenor: Robin Thomas

Hon. Secretary: Brian Goodwin

Finance Officer: Graham Sword

Championship Convenor: Jim Young

The AT Mays Trophy for the overall Team performance

Rules determining Winner of Trophy

- a) Clubs will be awarded points in each race equal to the finish position of their team – 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 above]
- 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 team points are awarded as "a" above
 - For declared but non-finishing teams the points awarded will be the highest team placing plus 1.

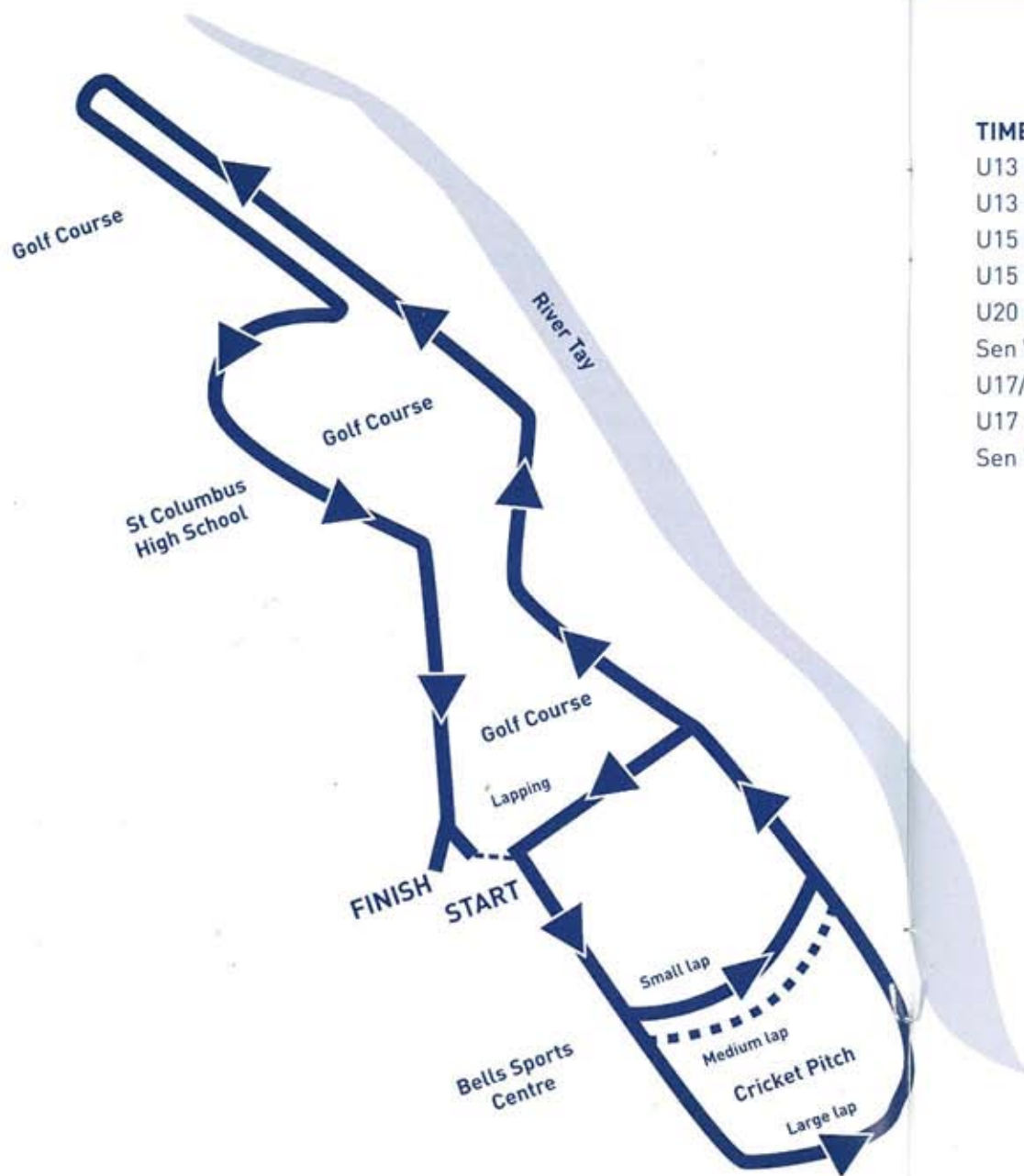
The result will be determined for clubs with 4 finishing teams and if failing to achieve a result, for 3 finishing teams and then 2 finishing teams.

- 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.



COURSE MAP



TIMETABLE

U13 Boys	3,200m
U13 Girls	3,200m
U15 Boys	4,000m
U15 Girls	4,000m
U20 Men	8,000m
Sen Women	8,000m
U17/U20 Women	4,800m
U17 Men	6,400m
Sen Men	12,000m

DISTANCE

START

COURSE INFO

1 Med lap to finish
1 Med lap to finish
1 Large lap to finish
1 Large lap to finish
2 Large laps to finish
2 Large laps to finish
1 Small, 1 Large lap to finish
2 Med laps to finish
2 Large laps to finish



RACE OFFICIALS

Referee	I Clifton
Officials Reception	G Sword, A Jackson
Clerk of Course	R Reid
Clerk of Course Team	R Livingstone, S McFarlane, K Stewart, I McArthur, D Norrie, N Muir, S Wyllie, K Martin, J Young
Judges / Funnel Control	Men : R L McSwein (Chief), D Wilmoth, G Spence, W Laing Women : K Melville (Chief), I Baird, C Livingstone, K Walters
Timekeepers	D McLaren (Chief), G Sword, S MacDougall, J Bruce
Recorders (Places)	S Hardacre (Chief), N Donachie (Voice record), I Hislop A Mc Manus, S Cameron, W MacDougall
Recorders (Times)	M Wilmoth (Chief), M Daly, B Hislop, J Semple
Starters	A Cameron, S Robertson
Marksman	R Thomas, W Laing, F McCluskie
Declarations	A Jackson, J Jackson, D McGinley, K Monaghan,
Results	A Jackson, P Jackson, S Smart, M Donachie
Runners/Programmes	Members of Perth Strath Tay Harriers & Perth Road Runners
Announcer	R Gray
Press	C Broadbent, B Goodwin
Course Stewards	Members of Perth Strath Tay Harriers & Perth Road Runners
Presentations	B Goodwin, A Potts
Jury of Appeal	I Clifton, M Cook, A Potts
Medical Services	St Andrews Ambulance Association
Drugs Control	G Spence
Reception	M Cook, B Goodwin, A Potts, G Sword, R Thomas
Event Manager	K Weiniger
Co Conveners	B Goodwin, J Young

12th Annual Under 13 Boys' Championships (Over 11 but Under 13 as at 1st September, 2003)



Distance 3,200 metres

The race will start at 12.00

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

Title holders: Kilbarchan AAC

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

Individual Winner: Scott Hawkins (Kilbarchan AAC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

Colours: White with 2 red hoops

- | | |
|---------------|-------------------|
| 1 James Joy | 2 Thomas Joy |
| 3 Ruari Neil | 4 Craig Mackenzie |
| 5 Finlay Park | |

Airdrie Harriers

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

- | | |
|--------------------|-----------------|
| 6 Gordon Gilchrist | 7 Conor Fairley |
|--------------------|-----------------|

Arbroath & District AC

Colours: Black with vertical yellow stripe

- | |
|------------------|
| 8 Michael Downie |
|------------------|

Calderglen Harriers

Colours: Amber and Black Vertical Stripes

- | | |
|------------------|-----------------|
| 9 Jamie Ferguson | 10 Ben Ferguson |
|------------------|-----------------|

Central AC Colours: Yellow and Blue

- | | |
|----------------|--------------------|
| 11 M Gillespie | 12 A Gillespie |
| 13 Sean Reilly | 14 David Hutchison |
| 15 Alan Bennie | |

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

- | | |
|---------------------|--------------------|
| 16 Chris O'Hare | 17 Shaun Devenney |
| 18 Michael Doneghan | |
| 19 Darren Lyall | 20 Stuart McKemmie |
| 21 Fraser Mann | 22 Tom Ryan |
| 23 Jonathan Wolf | 24 Martin McInnes |
| 25 Adam Mackenzie | |

Clydesdale Harriers

Colours: White with Black "C"

- | |
|-----------------|
| 26 Bryden Ennis |
|-----------------|

Corstorphine AAC

Colours: White with Black Trim

- | | |
|------------------|-------------------|
| 27 Niall Waddell | 28 Hamish Hepburn |
| 29 Sean Malcolm | 30 Craig Knowles |
| 31 Fraser Scott | 32 Alastair Price |

Dundee Hawkhill Harriers

Colours: Blue and White Quarters

- | | |
|------------------|--------------|
| 33 Steven Brown | 34 Adam Reid |
| 35 David Jenkins | |

East Kilbride AAC

Colours: Gold with 2 Black hoops

- | | |
|-------------------|-----------------|
| 36 John Fergusson | 37 David Gorman |
| 38 F Morgan | |

Falkirk Victoria Harriers

Colours: Black with Gold Band

- | | |
|--------------------|-----------------------|
| 39 Alan Love | 40 Jonathan Campbell |
| 41 Aaron Ritchie | 42 Greg Shea |
| 43 Kyle Randalls | 44 Grant Plenderleith |
| 45 Johnathan Dewar | 46 Ellis Main |
| 47 Lewis Lochrie | |

Fife AC

Colours: White with Red Band

- | | |
|-----------------|--------------|
| 48 Andrew Evans | 49 Neil Gray |
| 50 Ryan Ritchie | |

Forres Harriers Colours: Red

- | | |
|------------------|-----------------|
| 51 Sean Parry | 52 Adam Todd |
| 53 Grant Cameron | 54 Thomas Leach |

George Heriots School
Colours: White with Blue Band

55 Roger Poolman
 56 Ben McCullough-Young
 57 Rory Scothorne
 59 Benjamin Mildred
 61 Alistair Grant
 63 Laurie Black
 58 James Mildred
 60 Mark Shand
 62 Joshua Yates
 62 Jamie King

Giffnock North AAC
Colours: Amber with Royal Blue Hoop

64 Greg Lambert
 66 Gordon Belch
 68 Stewart Smith
 65 Paul Bainbridge
 67 Steven Gray
 69 Jamie King

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

70 D McCafferty
 72 Martin Paton
 71 Craig Davies

Helensburgh AAC
Colours: Yellow with Red Band

73 Stephen McShane

Inverclyde AC
Colours: Black & White Stripes

74 Scott Smith
 76 Andrew Ross
 75 Robert Campbell
 77 Dean Girvan

Irvine AC
Colours: Red with Black Trim

78 Ryan McDonald
 80 Nicholas Emsley
 82 Gary Daye
 79 Murray Collier
 81 Kenneth Hogg

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

83 Matthew Daley
 85 David Clark
 87 Alasdair Forsythe
 84 Jamie Hannah
 86 David Meikle

Kilbarchan AAC
Colours: Gold with Black Hoop

88 Callum Hawkins
 90 Tom Cahn
 92 Connor Stevenson
 94 Lewis Hunter
 89 Andrew McAlpine
 91 Scott MacAulay
 93 Mark Docherty
 95 Stuart King

Kirkintilloch Olympians Colours: Sky Blue with White and Black Hoops

96 Craig MacDonald
 98 Cameron Dallas
 100 Neill Hamilton
 97 Matthew Graham
 99 Adam Hamilton
 101 Mitchell MacGuire

Larkhall YMCA
Colours: Red with White Hoops

102 Miles Hollinshead
 103 Gary Mooney

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

104 Graeme Anderson
 105 Mark Baxter
 107 Adam Osbourne
 106 Martin Brash

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

108 Ross MacDonald
 109 Billy Clarkson

Livingston & District AAC
Colours: Yellow with Green Stripe

110 Craig McDowall
 111 Iain Hardacre

Lothian Running Club
Colours: Blue with Black letters

112 Robert Inglis

Merchiston Castle School Colours: Navy

113 Fraser Scott

Montrose & D AC
Colours: Black and Red

114 Blair Miller
 116 John Leiper
 115 Benedict Murray
 117 Andrew Simpson

Moray Road Runners
Colours: Dayglow yellow with Black Trim

118 Conor Cowie
 120 Josh Davidson
 119 Gary Mitchell

Perth Straththay Harriers
Colours: Orange with Blue Trim

121 Joseph Libby
 123 Kris Mackie
 122 Kyle Hamilton

Pitreavie AAC
Colours: Navy/Yellow/White

124 Calum McGaw
 126 Michael Linden
 125 Darren Lowe
 127 Stuart Hunter

Ron Hill Cambuslang Harriers
Colours: Red with White Band

128 Stephen Taggart
 130 Drew Dickson
 132 A Cuthbert
 134 Jack Marriot
 136 Dominic Lamont
 129 Craig Fellows
 131 Darren Smith
 133 Scott Carr
 135 Simon Marriot

Shetland AAC
Colours: White Vests 3 Blue Hoops

137 Joshua Morrison

Shettleston Harriers
Colours: Blue with Yellow Band

138 Stephen McLaughlin
 140 Ryan McConway
 142 Andrew Duffy
 144 Martin Barnett
 139 Gary McBride
 141 Ruairidh Munro
 143 Andrew Clunes

Stornoway RC
Colours: Red with Yellow Hoop

145 Calum Smith
 149 Ross Corbett
 146 Grant Stewart
 150 Bruce Taylor
 147 Rory Anderson
 148 Liam Gibson

Troon Tortoises AC
Colours: Yellow with 2 Black Half hoops

151 George McGregor
 153 Alastair Munn
 152 Andrew Kerr

West Dunbartonshire AC
Colours: Green with Navy Blue Stripe

154 Jamie Breslin
 156 Sam Galbraith
 158 Thomas O'Neil
 155 David Crawford
 157 David Fenwick

Whitemoss AAC
Colours: Black and Yellow

159 Graeme Mitchell
 160 Stuart Jamieson



12th Annual Under 13 Girls' Championships (Over 11 but Under 13 as at 1st September, 2003)



Distance 3,200 metres The race will start at 12.15

The winning team to hold the 'John Waddell Shield' for 12 months

Title holders: City of Glasgow AC

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

Individual Winner: Eilidh Menzies (Kilbarchan AAC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

Colours: White with 2 red hoops

1 Rachel Armitage 2 Chantel Clark
3 Chirstie Noble 4 Harriet Mcrae

Arbroath & District AC

Colours: Black with vertical yellow stripe

5 Donna Simpson

Arran Runners

6 Nicole Bunyan

Carnethy Hill RC

Colours: Yellow with Red letters

7 Martha Aitken

Central AC Colours: Yellow and Blue

8 Rebecca Hay

City of Edinburgh AC Colours:

White with one Blue, one Black Hoop

9 Mhairi Hunter

City of Glasgow AC

Colours: Royal Blue with Green Panel

10 Laura Cameron 11 Stephanie Cameron
12 Josephine Moultrie 13 Lucinda Logan
14 Paula Donnelly 15 Laura Mangan

Clydesdale Harriers

Colours: White with Black "C"

16 Laura Baird

Corstorphine AAC

Colours: White with Black Trim

17 Caitlin Wilson

Dundee Hawkhill Harriers

Colours: Blue and White Quarters

18 Gemma Dolan 19 Eilish McColgan

East Kilbride AAC

Colours: Gold with 2 Black hoops

20 Beth Duff

Edinburgh Southern H

Colours: White /Blue /Red

21 Alice Loudon 22 Anna Seago
23 Kerry Hall 24 Beth Greenhill

Falkirk Victoria Harriers

Colours: Black with Gold Band

25 Louise Kernaghan 26 Megan McConnell
27 Suzi McGougan 28 Jayde Hamilton
29 Sophia Ruiz-Beltran 30 Megan McLeish
31 Julie Duffy

Fife AC Colours: White with Red Band

32 Emma Todd 33 Kiri Stone
34 Jenny Tan 35 Fiona Bracegirdle
36 Christine Paisley 37 Holly Stephen
38 Aillie Scobie

Giffnock North AAC

Colours: Amber with Royal Blue Hoop

39 Catriona Lockie 40 Jaymee McConville
41 Anna Hilley 42 Rachel McDowall
43 Francesca Norman 44 Nicole McLeod
45 Lauren Mackin 46 Sarah Wilkie
47 Joanna Thomson 48 Claire McCluskey
49 Alison Howie

Greenock Glenpark Harriers Colours:

Sky Blue with Royal Blue and Gold Hoops

50 Emily Pollock 51 Katie Pollock

Helensburgh AAC

Colours: Yellow with Red Band

52 Aisling Freeth 53 Vicky Cooper

Inverclyde AC

Colours: Black & White Stripes

54 Ainsley Black 55 Sammi Coyle
56 Holly Morrison

Irvine AC

Colours: Red with Black Trim

57 Sarah Munn

Johnnie Walker Kilmarnock Harriers

Colours: Royal Blue with 2 White Stripes

58 Shelby Hollas 59 Morgan Harrison
60 Amy Milliken 61 Sally Pugh
62 Mia Tait

Kilbarchan AAC

Colours: Gold with Black Hoop

63 Kirsty Wilson 64 Anna Campbell
65 Rebecca Marshall 66 Dani Smith
67 Lauren Young 68 Natalie Sharp
69 Lorna Lamont 70 Michelle Bell
71 Jordan MacKenzie

Kirkintilloch Olympians Colours:

Sky Blue with White and Black Hoops

72 Julie Connolly 73 Rebecca MacLennan
74 Jennifer Hannah 75 Lara Gorman

Larkhall YMCA

Colours: Red with White Hoops

76 Sarah Archibald 77 Jodie Frame

Lasswade AAC Colours:

White with 2 Blue Bands and Red Band

78 Laura Baxter 79 Erin Froude
80 Caitlin Froude 81 Emma Gordon

Law & District AAC Colours:

Amber with 2 Red Bands and 1 White Band

82 Emma Clarkson 83 Fiona Parkin

Linlithgow AAC Colours:

White & Yellow/black & Blue Hoops

84 Tanya Marshall
85 Jennifer Bradshaw

Livingston & District AAC

Colours: Yellow with Green Stripe

86 Jennifer Rogers

Lothian Running Club

Colours: Blue with Black letters

87 Emma Cottom 88 Mhairi Inglis
89 Sarah Inglis

Montrose & D AC

Colours: Black and Red

90 Gemma Brown 91 Mairi Grewar
92 Roxanna Robinson 93 Gwen Wakeling

Moray Road Runners

Colours: Dayglow yellow with Black Trim

94 Laura Sharp

Nithsdale AC

Colours: Jade Green/Black/White

95 Naomi Smith

North Uist AAC Colours: White

96 Laura Johnson

Perth Strathtay Harriers

Colours: Orange with Blue Trim

97 Martha Aitken

Pitreavie AAC

Colours: Navy/Yellow/White

98 Stacey Louch 99 Levi Young
100 Sarah Ross 101 Stephanie Docherty

Ron Hill Cambuslang Harriers

Colours: Red with White Band

102 Caitlin Hendry 103 Amanda Gebby
104 Chloe Davidson 105 Jenny Drummond
106 Laura Jackson 107 Dannielle Melville

Stornoway RC Colours: Red with Yellow Hoop

108 Kirsty Munro 109 Jayne MacIver
110 Karina Murray 111 Ruth Walker

Unattached

112 Eilidh Hargreaves

Victoria Park AAC

Colours: Blue and White Hoops

113 Mairi Cameron

West Dunbartonshire AC

Colours: Green with Navy Blue Stripe

114 Janey Campbell

Whitemoss AAC

Colours: Black and Yellow

115 Laura McCord

12th Annual Under 15 Boys' Championships (Over 13 but Under 15 as at 1st September, 2003)



Distance 4,000 metres The race will start at 12.30

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

Title holders: Kilbarchan AAC

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

Individual Winner: Derek Hawkins (Kilbarchan AAC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

Colours: White with 2 red hoops

201 Alex Thoires 202 Mark Haskett
203 Richard Crighton 204 Myles Edwards
205 James Taylor 206 Jamie Thomson
207 Mark Ibbotson 208 Mark Guyan

Airdrie Harriers Colours:

Grey and sky Blue with 3" Black diag

209 David Fairley

Arbroath & District AC

Colours: Black with vertical yellow stripe

210 Christopher Hardwick

Calderglen Harriers

Colours: Amber and Black Vertical Stripes

211 William Robertson 212 Graeme Robertson

Central AC Colours: Yellow and Blue

213 Michael Gillespie

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

214 Craig McInnes 215 Finlay Moffat
216 Marcus Thomson 217 Darren Steel

Clydesdale Harriers

Colours: White with Black "C"

218 Craig Young 219 Matthew McSorley

Corstorphine AAC

Colours: White with Black Trim

220 Neal Robb 221 Calum McKenzie
222 David Roy 223 Geoffrey Melrose
224 Hamish Morrison

Dundee Hawkhill Harriers

Colours: Blue and White Quarters

225 Iain Dunbar 226 Craig Angus
227 Ewan Glassey 228 Benjamin Mellish
229 Andrew Brookes 230 David McGregor

East Kilbride AAC

Colours: Gold with 2 Black hoops

231 Niall Walker 232 Jamie Clements
233 Adam Martinelli

Falkirk Victoria Harriers

Colours: Black with Gold Band

234 Brian Kay 235 Liam Kane

Fife AC Colours: White with Red Band

236 Elliot Simpson 237 Frankie Scott
238 Duncan McLachlan 239 Connor Hill

George Heriots School

Colours: White with Blue Band

240 Jonathon Neville 241 Graham Scobie
242 Hugh Brechin 243 Graham Dickson
244 Rory Downie 245 Nicholas Gunn
246 Lewis Just 247 Declan Pang

Giffnock North AAC

Colours: Amber with Royal Blue Hoop

248 James Baird 249 Ross McLearnie
250 Stuart Whiteford 251 Ian Whiteford
252 Kieran McCluskey 253 David Walker
254 Daniel Johnstone 255 Chris Zhou
256 Douglas Bale

Greenock Glenpark Harriers Colours:

Sky Blue with Royal Blue and Gold Hoops

257 John Cooke 258 Stephen Cooke
259 Jamie Cuffe 260 David Elliott
261 Michael McLoone 262 Craig Williams

Helensburgh AAC

Colours: Yellow with Red Band

263 Joshua Rettie

Inverclyde AC

Colours: Black & White Stripes

264 Jonathan Bannister 265 Craig Stevens
266 Craig Johnston

Irvine AC Colours: Red with Black Trim

267 William Morgan 268 Daniel Swanson

Johnnie Walker Kilmarnock Harriers

Colours: Royal Blue with 2 White Stripes

269 Jamie Martin 270 Stuart Munro

Kilbarchan AAC

Colours: Gold with Black Hoop

271 Derek Hawkins 272 Stephen McGoldrick
273 Scott Hawkins 274 Paul Leck
275 Stephen Hill 276 Gary Downie
277 Andrew G Gibson 278 Mark McGovern

Kirkintilloch Olympians Colours:

Sky Blue with White and Black Hoops

279 Alan Ramsay 280 Kevin Cornes
281 Robby Ritchie

Lasswade AAC Colours:

White with 2 Blue Bands and Red Band

282 Scott Anderson 283 Paul Benham
284 Jordon Thomson

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

285 Gary Grieve

Linlithgow AAC

Colours: White & Yellow/black & Blue Hoops

286 Colin McCluskie

Merchiston Castle School Colours: Navy

287 C Abram 288 C Milton

Mid Argyll AC

Colours: Yellow with 2 Black vertical Bands

289 Matthew Turner

Montrose & D AC Colours: Black and Red

290 David Anderson 291 Nicholas Hobday
292 Michael Taylor 293 Ian Towle

Moray Road Runners

Colours: Dayglow yellow with Black Trim

294 Steven Houston 295 Kenneth Wilson

North Uist AAC Colours: White

296 Ian Francis MacDonald
297 Angus MacDougall 298 Stewart Johnson
299 Steven Morrison 300 Paul Ferguson
301 Iain Townsend 302 Ruairidh Stewart

Perth Strathtay Harriers

Colours: Orange with Blue Trim

303 Kyran Mcmanus

Pitreevie AAC Colours: Navy/Yellow/White

304 Douglas Newsom

Ron Hill Cambuslang Harriers

Colours: Red with White Band

305 Raymond Black 306 Paul McGarry
307 Andrew Robertson 308 C Carr
309 Ryan Dickson 310 David Thomson
311 Ewan McLeod 312 William Word

Shettleston Harriers

Colours: Blue with Yellow Band

313 Chris McGarrity 314 Mark McKelvie
315 Kristofer McMeekin 316 Peter Johnston

Stornoway RC

Colours: Red with Yellow Hoop

317 James Keenan 318 Cailean McCombe

Teviotdale Harriers

Colours: White with Maroon Band

319 Stewart Fraser 320 Gavin Brady
321 Steven Laurie

Victoria Park AAC

Colours: Blue and White Hoops

322 Jamie Sinclair 323 Niall Murray
324 Martin Hayes 325 Ross Gibson
326 Ross Docherty

West Dunbartonshire AC

Colours: Green with Navy Blue Stripe

327 Jordan Gray

Whitemoss AAC Colours: Black and Yellow

328 David Robertson

12th Annual Under 15 Girls' Championships (Over 13 but Under 15 as at 1st September, 2003)



Distance 4,000 metres

The race will start at 12.45

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

Title holders: Giffnock North AAC

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

Individual Winner: Ashleigh Murray (Pitreavie AAC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

Colours: White with 2 red hoops

201 Hilary Armitage 202 Anna Fleming
203 Laura Hepburn 204 Ruth Stephen

Arbroath & District AC

Colours: Black with vertical yellow stripe

205 Cheryl Appleby

City of Glasgow AC

Colours: Royal Blue with Green Panel

206 Rebecca Finch 207 Louise Leadbetter
208 Helen Sweeney 209 Megan Phillips
210 Elaine Taggart

Corstorphine AAC

Colours: White with Black Trim

211 Megan Smith

Dundee Hawkhill Harriers

Colours: Blue and White Quarters

212 Elizabeth MacLeish 213 Carly Hall
214 Lauren Mellish

East Kilbride AAC

Colours: Gold with 2 Black hoops

215 Zoe Martinelli 216 J Campbell

Edinburgh Southern H

Colours: White /Blue /Red

217 Roslyn Campbell 218 Catriona Sinclair
219 Laura Dunn 220 Katie McGregor
221 Lorna Miller 222 Tessa Birley

Falkirk Victoria Harriers

Colours: Black with Gold Band

223 Danielle Barr

Fife AC Colours: White with Red Band

224 Jennifer Kibble 225 Caroline Legge
226 Amanda Woodrow 227 Freya Marks

Forres Harriers Colours: Red

228 Emma Higgs 229 Rachel Pirie

Gala Harriers

Colours: White with Green Band

230 Kirstie Thomson 231 Sarah Mathers

Giffnock North AAC

Colours: Amber with Royal Blue Hoop

232 Joanne Macpherson 233 Sarah Phee
234 Jennifer Conway 235 Laura Taylor
236 Amy Bissland 237 Laura Connelly
238 Kirstie Black 239 Ruth Joss

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

240 Heather McLaughlin 241 Hayley Rafferty
242 Kimberley Roy

Helensburgh AAC

Colours: Yellow with Red Band

243 Harriet Floyd 244 Amy Cooper
245 Rebecca Lawrie
246 Charlotte McShane

Inverclyde AC

Colours: Black & White Stripes

247 Jaimie McTiernan 248 Susanna Spence

Irvine AC Colours: Red with Black Trim

249 Rebecca Edge 250 Laura Nixon
251 Lauren Collier

Johnnie Walker Kilmarnock Harriers

Colours: Royal Blue with 2 White Stripes

252 Colleen Tait 253 Kirsty McCulloch

Kilbarchan AAC

Colours: Gold with Black Hoop

254 Eilidh Menzies 255 Hazel Blair
256 Jillian Allan 257 Laura Kennedy
258 Claire McNicol 259 Kirsty Reid

Kirkintilloch Olympians Colours:

Sky Blue with White and Black Hoops

260 Sarah MacLennan

Lasswade AAC Colours:

White with 2 Blue Bands and Red Band

261 Ashley Alexander
262 Alexandra Benham

Law & District AAC Colours:

Amber with 2 Red Bands and 1 White Band

263 Claire Stewart 264 Kimberley Scott

Livingston & District AAC

Colours: Yellow with Green Stripe

265 Robyn McDowall

Lothian Running Club

Colours: Blue with Black letters

266 Kathleen Dempsey 267 Jemma Toner

Nithsdale AC

Colours: Jade Green/Black/White

268 Nicola Hood 269 Lynsey Innes

Pitreavie AAC

Colours: Navy/Yellow/White

270 Siobhan Coleman 271 Ashleigh Murray
272 Rebecca Burns 273 Ailsa Turnbull

Ron Hill Cambuslang Harriers

Colours: Red with White Band

274 Erin Campbell

Stornoway RC

Colours: Red with Yellow Hoop

275 Eilidh MacKenzie

Victoria Park AAC

Colours: Blue and White Hoops

276 Eliza Grant
277 Megan Cuthbertson
278 Stephanie Davis

West Dunbartonshire AC Colours:

Green with Navy Blue Stripe

279 Iona Campbell 280 Connie O'Neil

Whitemoss AAC

Colours: Black and Yellow

281 Julie Whyteside



12th Annual Under 20 Mens' Championships (Over 17 but Under 20 as at 1st September, 2003)



Distance 8,000 metres

The race will start at 1.05

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

Title holders: 'Ron Hill' Cambuslang Harriers

The winning individual to hold the 'Livingstone Trophy' for 12 months

Individual Winner: Andrew Lemoncello (Fife AC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

Colours: White with 2 red hoops

501 Iain Donnan 502 Alan Wales
503 Mark Kennedy 504 Adam Watt
505 Stuart Forbes

Airdrie Harriers Colours:

Grey and sky Blue with 3" Black diag.

506 Philip Wilson

Arbroath & District AC

Colours: Black with vertical yellow stripe

507 Sean Hardwick

Central AC Colours: Yellow and Blue

508 Alastair Hay 509 Lewis Millar

City of Edinburgh AC Colours:

White with one Blue, one Black Hoop

510 Gael Le Coz 511 Scott Thomson

Corstorphine AAC

Colours: White with Black Trim

512 Kris Berry

Dundee Road Runners

Colours: White with Blue Diagonal

513 Michael Geoghegan

Edinburgh University H&H

Colours: Green with White side Panel

514 Oleg Chepelin 515 James McMullen
516 Richard Turner
517 Jonathan Henderson
518 Taylor Delhagen

Falkirk Victoria Harriers

Colours: Black with Gold Band

519 Alasdair H. Stewart

Fife AC Colours: White with Red Band

520 Graham Bee 521 Quentin Reeve
522 Edmund Halliwell 523 Ben Wiffen
524 James Lamb 525 Graeme Barker

Forres Harriers Colours: Red

526 Kyle Greig

Giffnock North AAC

Colours: Amber with Royal Blue Hoop

527 Steven Milligan 528 Patrick McVey
529 Darren Malin

Greenock Glenpark Harriers Colours: Sky

Blue with Royal Blue and Gold Hoops

530 Christopher MacKay 531 Christopher McCall
532 David Butcher

Irvine AC Colours: Red with Black Trim

533 Imran Ali

Johnnie Walker Kilmarnock Harriers

Colours: Royal Blue with 2 White Stripes

534 Stewart McAllister

Kilbarchan AAC

Colours: Gold with Black Hoop

535 Calum Morrison

Lasswade AAC Colours:

White with 2 Blue Bands and Red Band

536 Paul Elliot 537 Dean Philip

Law & District AAC Colours:

Amber with 2 Red Bands and 1 White Band

538 Steven Lawley 539 Stuart Griffin
540 Jamie McMorrow 541 Thomas Grant

Lothian Running Club

Colours: Blue with Black letters

542 Fraser Kingscott

Metro Aberdeen RC

Colours: Black/Yellow Quarters

543 John Lenehan

Montrose & D AC Colours: Black and Red

544 Kyle Gouck

Moray Road Runners

Colours: Dayglow yellow with Black Trim

545 Andrew Clark

Perth Strathtay Harriers

Colours: Orange with Blue Trim

546 Jonathan Letham

Pitreavie AAC Colours: Navy/Yellow/White

547 Stephen Irwin 548 John Newsom
549 Derek Simpson 550 Paul McCloskey

Ron Hill Cambuslang Harriers

Colours: Red with White Band

551 Jasmair Pal 552 Andrew Steven
553 Alistair Campbell 554 Matthew Murphy
555 Ian Munro 556 Andrew Carachi
557 Jonathan Walker

Shettleston Harriers

Colours: Blue with Yellow Band

558 Donald Macaulay 559 Adam Lee
560 Chris Cowan 561 Stephen Matthews

Victoria Park AAC

Colours: Blue and White Hoops

562 Peter Speirs



12th Annual Senior Womens' Championships (Over 20 years of age as at 1st September, 2003)



Distance 8,000 metres The race will start at 1.30
The winning team to hold the 'Daily Record Trophy' for 12 months
Title holders: Carnethy Hill Racing Club
The winning individual to hold the 'Mary Semple Trophy' for 12 months
Individual Winner: Susan Partridge (City of Glasgow AC)
TEAMS NOT LESS THAN 3 & 3 TO COUNT

Aberdeen AAC
Colours: White with 2 red hoops
401 Sonia Armitage 402 Nicola Crawford

Annan & District AC
Colours: Yellow Vest/Black Shorts
403 Caroline Legg

Arran Runners Colours: Black/Yellow
404 Janet Emsley

Bellahouston Harriers
Colours: Dark Blue with Light Blue Cross
405 Erica Christie

Bellahouston Road Runners
Colours: Purple with White Band
406 Deborah Ferns 407 Helen Stuart

Calderglen Harriers
Colours: Amber and Black Vertical Stripes
408 Genevieve Allan 409 Denise Drysdale
410 Katrina Stewart 411 Mandy Cullie
412 Melanie Fraser 413 Catriona Kerr
414 Stacey Erwin 415 Dawn Buchanan

Carnethy Hill RC
Colours: Yellow with Red letters
416 Angela Mudge 417 Tracey Brindley
418 Lyn Wilson 419 Kate Jenkins
420 Jill Tait 421 Hilary Spenceley

Central AC Colours: Yellow and Blue
422 Ainsley Normand 423 Hazel Dean
424 Toni McIntosh 425 Jane McCrorie

City of Edinburgh AC Colours:
White with one Blue, one Black Hoop
426 Catherine Ferrie 427 Lianne Harrison
428 Claire Ward
429 Marietta Vander Linden
430 Joanne Whitehead 431 Sharyn Ramage
432 Carol-Ann Gray 433 Ruth Chamberlain
434 Gillian Cairns 435 Jennifer Norris

City of Glasgow AC
Colours: Royal Blue with Green Panel
436 Kirsty Baird 437 Collette Fagan
438 Susan Finch 439 Jill Knowles
440 Eileen Lang 441 Pauline McAdam
442 Pamela Nicholson 443 Suzanne Owen
444 Susan Partridge 445 Jacqueline Thomson
446 Kirsteen Young 447 Debbie Cox
448 Audrey McMillan

City of Glasgow (Ind)
449 Lindsay MacNeill 450 Claire McCracken

Clydesdale Harriers
Colours: White with Black "C"
451 Aileen Scott

Corstorphine AAC
Colours: White with Black Trim
452 Linda McGinley 453 Susan Waddell

Dundee Hawkhill Harriers
Colours: Blue and White Quarters
454 Liz McColgan

Dundee Road Runners
Colours: White with Blue Diagonal
455 Morag Taggart 456 Miriam Rennet

457 Gillian Hanlon 458 Mary McIntyre
459 Tracy Morgan

East Kilbride AAC
Colours: Gold with 2 Black hoops
460 Kelly Smith

Edinburgh Southern H
Colours: White /Blue /Red
461 Vicky Frew 462 Violet Blair
463 Karen Dobbie 464 Susan Ridley

Edinburgh University H&H
Colours: Green with White side Panel
465 Gillian Palmer

Energy Zone Carnegie
Colours: Orange & Green
466 Sarah Legge
467 Fabienne Thompson 468 Nicola May
469 Lynne Bennet

Falkirk Victoria Harriers
Colours: Black with Gold Band
470 Fiona Matheson 471 Caroline Lawless
472 Rossalyn Alexander

Fife AC individual
473 Ellen Leggate

Fife AC Colours: White with Red Band
474 Fiona Lothian 475 Louise Burt
476 Kim Macgregor 477 Margaret McLaren
478 Sandra Aitken 479 Catriona Duncan
480 Eliza McLachlan 481 Phyllis Lemoncello
482 Rhona Graham 483 Addy Gerrard

Gala Harriers
Colours: White with Green Band
484 Angela Foss 485 Eileen Nicol
486 Laura Howie 487 Leanne Haining
488 Patricia Affleck 489 Andrea Pogson
490 Rachel Fagan

Garscube Harriers
Colours: White with Blue Band
491 Heather Akers 492 Karen Stevenson
493 Lesley Chapman

Giffnock North AAC
Colours: Amber with Royal Blue Hoop
494 Shona Hughes 495 Maureen McVey
496 Patricia Macleod 497 Mary McCutcheon

Glasgow University H & H
Colours: Black and Gold
498 Pamela Nicholson 499 Mairead Black
500 Romy Fisch

Greenock Glenpark Harriers Colours: Sky
Blue with Royal Blue and Gold Hoops
501 Jean Smith

Helensburgh AAC
Colours: Yellow with Red Band
502 Audrey McBride 503 Claire Appelquist
504 Lesley Serpell 505 Ellen Thomson
506 Lorna Masterton

Hunters Bog Trotters Colours: Brown
507 Christine Buckley 508 Megan Clark
509 Fiona Cruden 510 Claire Gordon
511 Michelle Jeffrey 512 Isobel Knox
513 Jessica Legaz-Clua 514 Deborah McDonald
515 Alison McNeillage 516 Sandra Rathjen
517 Alex Richmond 518 Anne Rosbottom
519 Jane Rosbottom 520 Janice Smith
521 Claire Thomas 522 Niamh Troy

Irvine AC Colours: Red with Black Trim
523 Helen Morton 524 Mary Miller

Johnnie Walker Kilmarnock Harriers
Colours: Royal Blue with 2 White Stripes
525 Morag Cairns 526 Allison Higgins
527 Lindsay McMahon
528 Rosemary McMillan 529 Janet Murray
530 Paula Wilson 531 Ann Anderson
532 Gillian Price

Kilbarchan AAC
Colours: Gold with Black Hoop
533 Dennise Smith 534 Hannah Waugh
535 Karen Yule 536 Jill Shannon
537 Susan McGrenaghan

Kirkintilloch Olympians Colours:
Sky Blue with White and Black Hoops
 538 Ada Stewart

Livingston & District AAC
Colours: Yellow with Green Stripe
 539 Sue McDowell 540 Yvonne Crilly
 541 Avril Gardner

Lothian Running Club
Colours: Blue with Black letters
 542 Lorna Eades 543 Marsie Ewing
 544 Kate Kitchin 545 Christine Milne
 546 Helen Murray 547 Laura Sarkis
 548 Margaret Turnbull

Milburn Harriers
Colours: Light Blue with Dark Blue Diagonal
 549 Daniel Burns

Montrose & D AC Colours: Black and Red
 550 Fiona Lampkin

Moray Road Runners
Colours: Dayglow yellow with Black Trim
 551 Jane Barker

Penicuik Harriers
Colours: Purple with White Panels
 552 Lori McCrae 553 Rachael Campbell
 554 Karen Husband

Perth Road Runners
Colours: Green and White
 555 Joan Wilson 556 Sheila Bauchop
 557 Arabella Woodrow 558 Andrea Cameron
 559 Meike Bateman 560 Erni Hamilton

Pitreavie AAC Colours: Navy/Yellow/White
 561 Alison Whyte 562 Anna Darmody
 563 Sarah Croucher 564 Judith Turner

Portobello RC
Colours: White with Navy and Blue Bands
 565 Janet Laing

Shettleston Harriers Ladies
Colours: Blue with Yellow Band
 566 Anne-Marie Hughes
 567 Michelle Sandison
Stirling University AC
Colours: Green and Yellow
 568 Catriona Morrison

Strathclyde University Harriers
Colours: Maroon with Blue and Gold hoops
 569 Claire Prenter 570 Naj D'silva
 571 Eildh Forster

Westerlands CCC
Colours: Yellow with Black "W" on Back
 572 Muffy Calder
 573 Helen MacPherson
 574 Patricia McLaughlin
 575 Jane Robertson



12th Annual Under 17 and Under 20 Womens' Championships (Over 15 but Under 17 as at 1st September, 2003) (Over 17 but Under 20 as at 1st September, 2003)

Distance 4,800 metres
 The race will start at 2.05
 Under 17 The winning team to hold the 'Dundee Parks Dept. Trophy' for 12 months
 Under 17 Title holders: City of Glasgow AC
 Under 17 The winning individual to hold the 'Lothian Trophy' for 12 months
 Under 17 Individual Winner: Morag MacLarty (Central AC)
 Under 20 The winning individual to hold the 'The Gunstone Millennium Trophy' for 12 months
 Under 20 Individual Winner: Freya Murray (Edinburgh Woollen Mill)
 TEAMS NOT LESS THAN 3 & 3 TO COUNT

Aberdeen AAC
Colours: White with 2 red hoops
 301 Charlotte Forbes 302 Shonah Richard

Central AC Colours: Yellow and Blue
 303 Rowena Bell-Scott 304 Lauren McNab
 305 Morag MacLarty (U20)
 306 Fiona Thompson (U20)

City of Edinburgh AC Colours:
White with one Blue, one Black Hoop
 307 Alison MacDonald (U20)

City of Glasgow AC
Colours: Royal Blue with Green Panel
 308 Jennifer Emsley
 309 Laura MacPherson
 310 Judith Louise Work
 311 Susanne Maxwell
 312 Laura Thomson (U20)

Clydesdale Harriers
Colours: White with Black "C"
 313 Jolene Ennis
 314 Marie Terese Gardiner (U20)

Corstorphine AAC
Colours: White with Black Trim
 315 Rebecca O'Brien

Dundee Hawkhill Harriers
Colours: Blue and White Quarters
 316 Lynsey Murray 317 Laura Brown
 318 Heather Brookes 319 Lyndsey Aitken

Edinburgh Southern H
Colours: White /Blue /Red
 320 Emily Finnie 321 Debbie Ogden
 322 Kate Hill 323 Marbeth Shiell(U20)
 324 Gayle Dunnett (U20) 325 Freya Murray(U20)

Edinburgh University H&H
Colours: Green with White side Panel
 326 Briohy Curtis (U20) 327 Diane Morton (U20)

Giffnock North AAC
Colours: Amber with Royal Blue Hoop
 328 Kerry McGee 329 Fiona McKay
 330 Tracy Smith 331 Lucy Milligan
 332 Carlyn Davie 333 Frances McCluskey
 334 Lauren Baird 335 Jane Dobson (U20)

Glasgow University H & H
Colours: Black and Gold
 336 Ellen Patrick (U20)

Irvine AC Colours: Red with Black Trim
 337 Vicky Ferguson

Johnnie Walker Kilmarnock Harriers
Colours: Royal Blue with 2 White Stripes
 338 Emma Mackie 339 Kara Tait

Kilbarchan AAC
Colours: Gold with Black Hoop
 340 Cara Sloss 341 Katherine Wilkie
 342 Fiona McIntyre



12th Annual Under 17 Mens' Championships (Over 15 but Under 17 as at 1st September, 2003)

Distance 6,400 metres

The race will start at 2.25

The winning team to hold the 'Bryson Cup' for 12 months Title holders: 'Ron Hill' Cambuslang Harriers

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

Individual Winner: William Duncan (Aberdeen AAC)

TEAMS NOT LESS THAN 4 & 4 TO COUNT

Aberdeen AAC

Colours: White with 2 red hoops

391 Steven Rusling 392 Darren Shinnie
393 William Duncan 394 Duncan Coombs

Arbroath & District AC

Colours: Black with vertical yellow stripe

395 Martin Shepherd

Calderglen Harriers

Colours: Amber and Black Vertical Stripes

396 Steven McNally 397 Euan Robb

Central AC Colours: Yellow and Blue

398 Michael Wright

City of Edinburgh AC Colours:

White with one Blue, one Black Hoop

399 Stephen Lisgo 400 Kris Gauson
401 Chris Black 402 Calum Deans
403 Roy Dumma 404 Kevin Andison
405 Richard McGuire 406 Blair Milne
407 Hugo Shannon 408 Jason Thomson

Clydesdale Harriers

Colours: White with Black "C"

409 Robert Allison 410 Daniel Blacker

Corstorphine AAC

Colours: White with Black Trim

411 Callum Fletcher 412 Douglas Selman

Dundee Hawkhill Harriers

Colours: Blue and White Quarters

413 Kevin Murray

East Kilbride AAC

Colours: Gold with 2 Black hoops

414 Graeme Caskie

Elgin AAC Colours: Black White Band

415 Steven Raeburn

Fife AC Colours: White with Red Band

416 John Buchan 417 Mark Harley
418 Willjam Lamb 419 Andy Kinnear

Forres Harriers Colours: Red

420 Mark Mitchell 421 James Warham

George Heriots School

Colours: White with Blue Band

422 Craig Wilson 423 James McLay
424 Luke Yates 425 Peter MacRae
426 Iain Batho 427 Kevin Wilson
428 Michael Grant

Giffnock North AAC

Colours: Amber with Royal Blue Hoop

429 Norman Galbraith 430 David Clark
431 Alistair Booth 432 Andrew Carr
433 C Kimble 434 David Phee

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

435 Andrew McCall 436 Jason McCall
437 Stephen Trainer 438 James Bradley
439 Alyn McCall

Harmeny AC

Colours: Red with Green Diagonal

440 Shaun Desport

Kirkintilloch Olympians Colours:
Sky Blue with White and Black Hoops
343 Fiona Gentles [U20]

Larkhall YMCA

Colours: Red with White Hoops

344 Christina Whitelaw

Lasswade AAC Colours:

White with 2 Blue Bands and Red Band

345 Ashleigh Kennedy 346 Jenny Sheal

Law & District AAC Colours:

Amber with 2 Red Bands and 1 White Band

347 Nikki Christie 348 Lorna Gray

Livingston & District AAC

Colours: Yellow with Green Stripe

349 Amie Booth [U20]

Lothian Running Club

Colours: Blue with Black letters

350 Laura Bann

Moray Road Runners

Colours: Dayglow yellow with Black Trim

351 Jennifer Houston

Nithsdale AC

Colours: Jade Green/Black/White

352 Victoria Currie 353 Lorna Innes [U20]

North Uist AAC Colours: White

354 Morina MacDougall

Penicuik Harriers

Colours: Purple with White Panels

355 Sarah Blake [U20]

Pitreavie AAC

Colours: Navy/Yellow/White

356 Kim Paterson 357 Samantha Lindin
358 Melanie Thomson 359 Elaine Renouf
360 Sharon Lamont [U20]
361 Julia Oldham [U20]
362 Claire Thakeray [U20]

Stornoway RC

Colours: Red with Yellow Hoop

363 Chirsty MacLeod

Victoria Park AAC

Colours: Blue and White Hoops

364 Julie Porteous [U20]

Unattached

365 Mhairi Spence [U20]





12th Annual Senior Mens' Championships (Over 20 years of age as at 1st September, 2003)

Helensburgh AAC
Colours: Yellow with Red Band
441 Luke Rettie

Inverclyde AC
Colours: Black & White Stripes
442 Craig Ruddy

Irvine AC Colours: Red with Black Trim
443 Ronnie Ballantyne 444 Stephen Daye

Johnnie Walker Kilmarnock Harriers
Colours: Royal Blue with 2 White Stripes
445 Sean Welsh

Kilbarchan AAC
Colours: Gold with Black Hoop
446 Conor McNulty 447 Jamie Clark
448 John Gribben 449 Kyle Toole
450 Andrew Jack 451 Fraser Williams
452 Richard McLaughlin 453 Chris Devenney
454 Ross Toole 455 Craig McCaffer
456 Joe Scott

Kirkintilloch Olympians Colours:
Sky Blue with White and Black Hoops
457 Adam Janeczko

Lasswade AAC Colours:
White with 2 Blue Bands and Red Band
458 Colin Swan 459 Andrew Jack

Law & District AAC Colours:
Amber with 2 Red Bands and 1 White Band
460 Ross Penny 461 Craig Strachan

Linlithgow AAC
Colours: White & Yellow/black & Blue Hoops
462 Alistair Marshall

Montrose & D AC
Colours: Black and Red
463 Ritchie Nicholls

Moray Road Runners
Colours: Dayglow yellow with Black Trim
464 Kyle Cowie

Nithsdale AC
Colours: Jade Green/Black/White
465 Michael McKay 466 Michael McKean
467 Stuart Clark

Perth Strathtay Harriers
Colours: Orange with Blue Trim
468 Joss Hay

Pitreavie AAC
Colours: Navy/Yellow/White
469 Stuart Chisholm 470 Michael Burns
471 Ewan Simpson

Ron Hill Cambuslang Harriers
Colours: Red with White Band
472 Stephen Dunn 473 Chris Brown
474 Ian Lafferty 475 David Ward
476 Andrew Greenhaugh 477 Jonathan Lafferty
478 Sean Convery 479 Derek Melville
480 Ross McLean

Shettleston Harriers
Colours: Blue with Yellow Band
481 Gordon Phillips 482 Craig Stevenson
483 James Findlay 484 Paul Grant
485 David Wallace Jnr

Stornoway RC
Colours: Red with Yellow Hoop
486 Daniel Bell 487 Murdo MacKenzie

Stroud AC
488 Alex Russell 489 Thomas Russell

Teviotdale Harriers
Colours: White with Maroon Band
490 Ryan Gibson 491 Derek Scott
492 Gary Alexander

West Dunbartonshire AC
Colours: Green with Navy Blue Stripe
493 Peter Henderson

Whitemoss AAC Colours: Black and Yellow
494 Neil Masson 495 Scott Davidson
496 Gary MacKay 497 Scott Campbell

Distance 12,000 metres

The race will start at 3.00

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

Title holders: 'Ron Hill' Cambuslang Harriers

The winning individual to hold the 'W H Dunlop Trophy' for 12 months

Individual Winner: Graeme Reid (Clydesdale Harriers)

TEAMS NOT LESS THAN 6 & 6 TO COUNT

Aberdeen AAC
Colours: White with 2 red hoops
1 Benjamin Hukins 2 Michael Paddon
3 Richard Wainford 4 Malcolm Beattie
5 David Burlton 6 David Duguid
7 Keith Charlton 8 Alexander Peddie
9 Stephen Cassells 10 Frank Smith
11 Neil Murdock 12 Frank Boyne
13 Mel Edwards 14 William Scullion
15 John Bruce 16 David Armitage

Annan & District AC
Colours: Yellow Vest/Black Shorts
17 Mark Whitelaw 18 Carl Heaven
19 Lee Price 20 John Murphy
21 Roger Irving

Arran Runners Colours: Black/Yellow
22 Paul Emsley

Ayr Seaforth AAC
Colours: White with Red Diagonal Cross
23 Alex Allardyce 24 Laurence Baker
25 Robert Napier 26 Colin Souter
27 Kevan Fulton 28 Tom McCulloch

Bellahouston Harriers
Colours: Dark Blue with Light Blue Cross
29 Iain Burke 30 Campbell Joss
31 David Boal 32 Graeme Gemmell
33 Greg Hastie 34 John McFadyen
35 Anthony Quinn 36 Jeremy Garnett
37 Colin Scott 38 Raymond Hughes

Calderglen Harriers
Colours: Amber and Black Vertical Stripes
39 Russell Couper 40 Graham Allan

41 Kenneth Davidson 42 Jim Holmes
43 Martin Duthie 44 Stephen Marzella
45 David Searil 46 Blair Matthew
47 Brian Carrigan 48 Stuart Waugh
49 Colin Freeman 50 Alan Cullie
51 Charles Steven 52 Jamie McMonagle
53 Alan Derrick 54 Malcolm Buchanan
55 Roderick Shanks 56 Gerard Mullen
57 David Watt 58 Colin Jarvie
59 Ivan Field 60 Andrew Henderson

Cambridge & Coleridge AC
61 Ian Williamson

Central AC Colours: Yellow and Blue
62 Robert Russell 63 Ewan Gault
64 Alasdair Anthony 65 Ross Houston
66 Alex Milne 67 Steve Laing
68 John Millar 69 Cameron Campbell
70 Roger Greenaway 71 Robert Hutchison
72 William Gault 73 David Hay
74 Craig Walker 75 Ian Beattie
76 Ewan Bell-Scott 77 Robert Stott
78 James Drummond

City of Edinburgh AC Colours:
White with one Blue, one Black Hoop
79 Graham Beal 80 James Buick
81 Colin Cable 82 Scott Campbell
83 Robert Cockburn 84 Ian Duff 85
Jonathan Ferry 86 Owen Flage
87 William Gallacher 88 Darren Gauson
89 Andrew Gibson 90 Andrew Griffiths
91 Daniel Green 92 Brian Howie
93 Colin Hutt 94 Scott Innes
95 Mark Johnston 96 Stuart Lamb
97 Andrew Laycock 98 David Campbell jnr

99 Keith Lyle
101 R Mair
103 Hugh MacInnes
105 Walter McCaskey
107 Lars Ottemoller
109 Robert Riddell
111 Garry Robertson
113 Eric Stevenson
115 Robert Wiseman
117 Angus Wardlaw
119 Steven Wright

100 Juan Mareque
102 Alex MacEwen
104 David MacLean
106 Robert McFall
108 Richard Patterson
110 Stewart Robertson
112 John Steel
114 Adam Ward
116 Jonathan Whitehead
118 Douglas Brodie

Clydesdale Harriers

Colours: White with Black "C"

120 James Austin
122 Michael Diver
124 John Foley
126 Derek Halpin
128 Ian Murphy
130 Iain Robertson
132 Peter Rudzinski
134 James Shields
136 Peter Halpin

121 Pete Cartwright
123 Brian Edridge
125 Brian Gallagher
127 John Hanratty
129 John McArthur
131 Mark Rudzinski
133 Graeme Reid
135 Robert Young
137 Laurence Pearson

Corstorphine AAC

Colours: White with Black Trim

138 Paul Walker
140 Chris O'Brien
142 David Henderson
144 Iain Cumming
146 Scott Pilkington
148 Moray Anderson
150 Scott Bisset

139 Graeme Fletcher
141 Steven O'Brien
143 John O'Hara
145 Ewan Stark
147 Bryan Clark
149 Tom Ferrington

Cosmic Hillbashers

151 Stuart Hunter

Dumbarton AAC

Colours: Black with Red Band

152 Peter Walsh
154 David Marsland
156 Gordon Hanley
158 Steven Pitt
160 Frank Yeoman
162 Pat McErlean

153 Brian Marsland
155 Brian Clarke
157 Brian Pitt
159 Steven Somerville
161 William Wilson

Dundee Hawkhill Harriers

Colours: Blue and White Quarters

163 Matthew Strachan 164 Michael Carroll

165 John Castle
167 Eddie Holmes
169 David MacDonald
171 Neil Gunstone
173 Craig Ross
175 Brian Cook

166 Stephen Mason
168 Joe Symonds
170 John Hepburn
172 Allan Wilson
174 Pete Fox

Dundee Road Runners

Colours: White with Blue Diagonal

176 Alan McLeod
178 Alan Lawson
180 Richard Kennedy

177 Kenneth McLeod
179 Andy Kilgour
181 Charlie Bruce

East Kilbride AAC

Colours: Gold with 2 Black hoops

182 Gordon Colvin
184 Graeme Haddow
186 Grant Baillie
188 Mark Smith

183 David J. Condra
185 Edgar Ramage
187 Ralph Riach

Edinburgh University H&H

Colours: Green with White side Panel

189 Daryl Philip
191 David Fulton

190 Huw Jones

Energy Zone Carnegie

Colours: Orange & Green

192 Iain Taylor
194 Robert Milton
196 Dennis Howett
198 Kenneth Daniels
200 Ian Stewart
202 Allan Davie
204 Peter Simpson
206 Ian Armstrong
208 Ian Johnston
210 Kevin Clark
212 Colin Reid
214 Neil Campbell
216 Jim Robb

193 James Lang
195 Steven Ogg
197 Thomas Bowie
199 John Milton
201 Michael Cowie
203 Stephen Greer
205 Andrew Hunter
207 Mike Harvey
209 George Murdoch
211 Phil Smithard
213 John Lambie
215 Ian Paterson

Falkirk Victoria Harriers

Colours: Black with Gold Band

217 John Martin
McGougan
220 Stephen Moore
Donaldson
223 Andrew Ronald
225 Eric Donaldson

218 Duncan
219 William Higgins
221 Andrew
222 Michael McQuaid
224 Michael Ross
226 Neil Robertson

Ferranti AAC

Colours: Yellow with Black letters

227 Edward McDonald
229 Stephen Reid
231 Trevor Ridley
233 Matt Bankhead
235 Keith Weston
237 Alex Bell

228 Paul Caban
230 Ian Duguid
232 Walter Fairnie
234 Ross Bankhead
236 Mike Connor
238 John Gavin

Fife AC Colours: White with Red Band

239 Douglas Gunstone
241 Andrew Lemoncello
243 Daniel Leggate
245 William Spates
247 Owen Greene
249 Brian Cruickshank
251 Graham Bennison
253 David Anderson
255 Tom Scott
Aitken
259 Neil Young
261 Paul Gallacher
263 Alastair Robertson
265 Nigel Fowler
267 Ian Poolman
269 Laurence Anderson
271 Roy McLachlan
273 Andrew Barker
275 James Taylor
277 Brian Peachey
279 Hugh D. McKay
281 Alan Meiklejohn

240 Terry Mitchell
242 Andrew Liston
244 Alexander Moss
246 Christopher Russell
248 Ian Overton
250 David Francis
252 Adrian Davis
254 Martin Laing
256 Ron Mill
257 Bryce
258 John Murdoch
260 Alan Milligan
262 David Bee
264 Sandy Cruickshank
266 Gordon Thomson
268 Ally Bagnall
270 Frank McLaren
272 Gary Barker
274 David Shepherd
276 Thomas Ross
278 Stewart Biggar
280 David Weir

Forfar Road Runners Colours: Sky Blue

282 Ronald Milne 283 Stephen Connor

Forres Harriers Colours: Red

284 Michael Milmoie
286 David Adam
288 Brian W Law

285 Willie Dixon
287 Paul Rogan
289 Robert Paterson

Gala Harriers

Colours: White with Green Band

290 Ron Logan
292 Mark Bryson
294 Fergus Cochrane
296 Euan Jardine
298 Fergus Johnston
300 Robin Murray

291 Martin Clarke
293 Graham Capper
295 Neil Renton
297 John Borthwick
299 Alistair Laurie
301 George Runciman

Garscube Harriers

Colours: White with Blue Band

302 David Atkin
304 Stephen Cullen
306 David Geddes
308 Brian Lennox
310 Colin McKay
312 Benny McLaughlin
314 Alan McNeill

303 Ian Cullen
305 Lindsay Cunningham
307 Stuart Irvine
309 Ian Mennie
311 Euan Mackay
313 Robert McLennan
315 John Weir

Giffnock North AAC

Colours: Amber with Royal Blue Hoop

316 Robin Grant
318 Martin Myant
320 Derek Breen
322 Steven Campbell
324 Marc Roper
326 James O'Hagan
328 Gus McCormack

317 George Taylor
319 Gerard McNamee
321 Alan Stewart
323 James Galbraith
325 Billy Clark
327 Alan Wylie

Glasgow University H & H

Colours: Black and Gold

329 Cameron Burt
331 Alan Quigley

330 George Little

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

332 Duncan MacNeill
334 Daniel McLaughlin
336 Douglas Campbell
338 Norman Hay
340 Alan O'Rourke
342 Robert Docherty

333 William Jukes
335 Stephen McLoone
337 Ernest Currie
339 Richard Hodelet
341 George Mitchell

Haddington East Lothian Pacemakers

Colours: Red and White Halves

343 Paddy McDonald
345 Sandy Wallace
347 Steven Docherty

344 Brian Carr
346 George Armstrong
348 William Watson

Hamilton H Colours: White with Red Facings

349 Robert Gilroy

Harmeny AC

Colours: Red with Green Diagonal

350 Andreas Wilhelm

Hunters Bog Trotters Colours: Brown

351 Simon Axon 352 Duncan Baker

353 Steven Cairns 354 Ian Campbell
 355 Colin Farquharson 356 Andrew Gillespie
 357 Siggie Gould 358 Ian Harkness
 359 Alistair Hart 360 John Heap
 361 James Jarvis 362 John McKay
 363 Neil McKay 364 Ian Marshall
 365 Billy Minto 366 Philip Mowbray
 367 Niall Munro 368 Ivor Normand
 369 Geoffrey Mitchell 370 Patrick O'Kane
 371 Jon Rathjen 372 Geoff Simpson
 373 Neil Thomas 374 Richard Wall
 375 Ray Ward 376 Ian Wellock
 377 David Wright

Inverclyde AC

Colours: Black & White Stripes

378 Steven Conaghan 379 Thomas Murray
 380 Gerard Gaffney 381 Mitchell Guthrie
 382 Robert Gray 383 Graeme Hyett
 384 Cameron Spence 385 Robert Shaw
 386 Campbell Cromar 387 Stuart Dalgleish
 388 William Tipping 389 David McElhinney
 390 Tom Tracey

Irvine AC Colours: Red with Black Trim

391 Lee Richardson 392 William Richardson
 393 David Millar 394 George Irving
 395 Brian Craig 396 Finlay Dowell
 397 Joseph McNamee 398 James White
 399 David Kerr 400 Andrew Rennie
 401 Iain Fraser 402 Scott McKendrick
 403 Colin Miller 404 Ian McManus
 405 Iain Hamilton 406 James Stevenson
 407 Peter Collier 408 Tony McKnight
 409 Michael Flinn 410 Ashley Shedden

Johnnie Walker Kilmarnock Harriers

Colours: Royal Blue with 2 White Stripes

411 Graham Cairns 412 Iain Connell
 413 Eric Dickson 414 John Docherty
 415 John Gebbie 416 David Mitchell
 417 Scott Russell 418 Edward Tonner
 419 James Tonner

Keith & District AAC

Colours: Red with Black Trim

420 Stephen Gill 421 Mike Stewart
 422 Frankie Barron

Kilbarchan AAC

Colours: Gold with Black Hoop

423 James Snodgrass 424 John McMillan
 425 Robert Quinn 426 Thomas Anderson
 427 Thomas Hearle 428 Thomas Lawrence
 429 Steven Hards 430 Robert Snodgrass
 431 Paul Arcari 432 Michael McGinley
 433 Ian MacDougall 434 David Mewse

Kirkintilloch Olympians Colours:

Sky Blue with White and Black Hoops

435 Chris Stewart 436 John McLoone
 437 Edward McLoone 438 Stuart Kerr
 439 Robert Rogerson 440 Craig MacWilliam
 441 Jim McLoone 442 Colin MacLennan
 443 Martin Macguire

Lasswade AAC Colours:

White with 2 Blue Bands and Red Band

444 Ben Mitchell 445 John Murray
 446 Daryl Philip 447 Neil Rutherford

Law & District AAC Colours:

Amber with 2 Red Bands and 1 White Band

448 Alaister Russell 449 James Rowley
 450 Gordon Douglas 451 David Mcleary
 452 William Drysdale 453 James Macdonald

Livingston & District AAC Colours:

Yellow with Green Stripe

454 Steven Thomson 455 Ian Leggett

Lothian Running Club Colours: Blue with Black letters

456 Graeme Ackland 457 Alexander Agnew
 458 James Alexander 459 Stephen Dempsey
 460 David Eades 461 Chris Godfree
 462 Alan Grierson 463 Andy Kitchen
 464 Willie MacDonald 465 Ross Milne
 466 Harry Mulholland
 467 Christopher Northam 468 David Simmons
 469 Brian Turner

Maryhill Harriers Colours: Royal Blue

470 Douglas MacDonald

Metro Aberdeen RC

Colours: Black/Yellow Quarters

471 Peter Jennings 472 Kevin Tulloch

473 John Matheson

475 Alistair Murray

477 Duncan Wood

474 Nicholas Milovsorov

476 Gary Walker

478 Keith Farquhar

Milburn Harriers

Colours: Light Blue with Dark Blue Diagonal

479 Patrick Burns 480 Douglas McIndewar
 481 James McIntyre
 482 Alexander Robertson 483 Stephen Cowper
 484 Anthony McConnell 485 James Robertson

Motherwell AC

Colours: Red with White edging

486 James Dobbie 487 Patrick Mullen
 488 Colin McAlpine 489 James Tracey

Musselburgh AC

Colours: Red with Black Stripes

490 Gordon Eadie 491 Tony Segall
 492 Jude Boulton

Penicuik Harriers

Colours: Purple with White Panels

493 Kenneth Graham 494 Michael Browne
 495 Tim Doyle 496 Michael Pearson
 497 Kenneth Cairns 498 Colin Graham

Perth Road Runners

Colours: Green and White

499 Adrian Jenkins 500 Robin Livingstone
 501 Derek Phillips 502 Neil Muir
 503 Angus Hunter 504 Jim Scanlan
 505 Stephen Ferguson 506 Colin Glencorse
 507 David Knight 508 David Bauchop
 509 Stuart Moran 510 Jamie Gartside
 511 David Norrie

Phoenix Racers

Colours: Black with White side panels

512 David Beagley 513 Stuart Campbell
 514 David Gardiner 515 Thomas Hanlon
 516 Brian Kirkwood 517 Frank McGowan
 518 Andrew Renfree 519 Alan Robson
 520 David Ross 521 Kirk Smith
 522 Glen Stewart

Pitreavie AAC Colours: Navy/Yellow/White

523 Barry Davie 524 Stuart Forrester
 525 Douglas Gray 526 Barry McCleery

527 Colin Simpson

529 Cameron Watson

528 Nigel Cunningham

Portobello RC

Colours: White with Navy and Blue Bands

530 Graham Henry 531 Scott Jarvie
 532 William Jarvie 533 Ricky Fraser
 534 Gerard Scullion 535 David Edgar
 536 Jim Scott 537 John Forker
 538 Robert Henderson 539 Philip Cochrane

Ron Hill Cambuslang Harriers

Colours: Red with White Band

540 Douglas Henderson 541 Duncan Cochrane
 542 John Brown 543 Frank Barton
 544 Ross Arbuckle 545 Graeme Croll
 546 Colin Donnelly 547 David Fairweather
 548 Archie Jenkins 549 Kevin Kealey
 550 Joseph Kealey 551 Iain
 MacCorquodale 552 Alan Macpherson
 553 David Marshall 554 John McPake
 555 Jamie Reid
 556 Alexander Robertson 557 David Rodgers
 558 Neil Wilkinson 559 W. Ian Williamson
 560 Stephen Wylie 561 Andrew Wright
 562 Jonathan McCallum 563 Malcolm Campbell
 564 Edward Stewart 565 John Cowan
 566 David Dymond 567 Darren Bradley
 568 Michael O'Hagan 569 Francis Hurley
 570 James Sands 571 Charles Thomson

Shettleston Harriers

Colours: Blue with Yellow Band

572 William Coyle 573 Adrian Callan
 574 Peter Carton 575 John Duffy
 576 Stuart Gibson 577 Martin Graham
 578 Andy Little 579 John Mackay
 580 Andrew McIntyre 581 Graham Wight
 582 Jethro Lennox 583 Ian Johnston
 584 Ian Lewis 585 Robert Soutar
 586 Ryan Montgomery 587 Brian McGarrity
 588 Denis Williams 589 Kenneth McClean
 590 John Cairney 591 Ben Rattrey
 592 Karl Povey 593 Marc McColl
 594 Desmond Crowe 595 Dermot McGonigle
 596 Malcolm Patterson 597 Patrick Walder
 598 Clyde Marwick 599 Raymond Loughran

Standard Life AC
Colours: Blue with Yellow trim
 600 David Gibson

Stornoway RC
Colours: Red with Yellow Hoop
 601 Malcolm Bain 602 Ross Munro
 603 Iain MacKay 604 Douglas Flett
 605 Jim Bruce 606 Coinnech Morrison
 607 Alexander Duncan

Strathclyde University Harriers
Colours: Maroon with Blue and Gold hoops
 608 Martin Fitchie 609 Dale Cunningham
 610 Stephen Haishall 611 Barney Philips
 612 Benjamin Hands 613 Ross Douglas
 614 Adam Lee

Teviotdale Harriers
Colours: White with Maroon Band
 615 David Cavers 616 Darrell Hastie
 617 Wayne McIntosh 618 Colin Welsh
 619 Scott Watson 620 Derek Murdie
 621 G Smith 622 Alan Coltman

Victoria Park AAC
Colours: Blue and White Hoops
 623 Stuart Barnett 624 Philip Carter
 625 Robert Daly 626 Alastair Douglas
 627 Joseph Doyle 628 Kristian Forster
 629 Kenneth McCoy 630 Kenneth McVey
 631 Andrew Nicoll 632 Andrew Ross
 633 Duncan Thomson 634 Gerard Craig

Westerlands CCC
Colours: Yellow with Black "W" on Back
 635 Charles Campbell 636 Gibson Fleming
 637 Daniel Reid 638 Anthony Ritchie
 639 Matt Ogston 640 Chris Upson
 641 Blair Millen 642 Ian Struthers
 643 Andrew Turnbull 644 Archie Cameron
 645 David Calder 646 Sandy McNeil

RESULTS



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