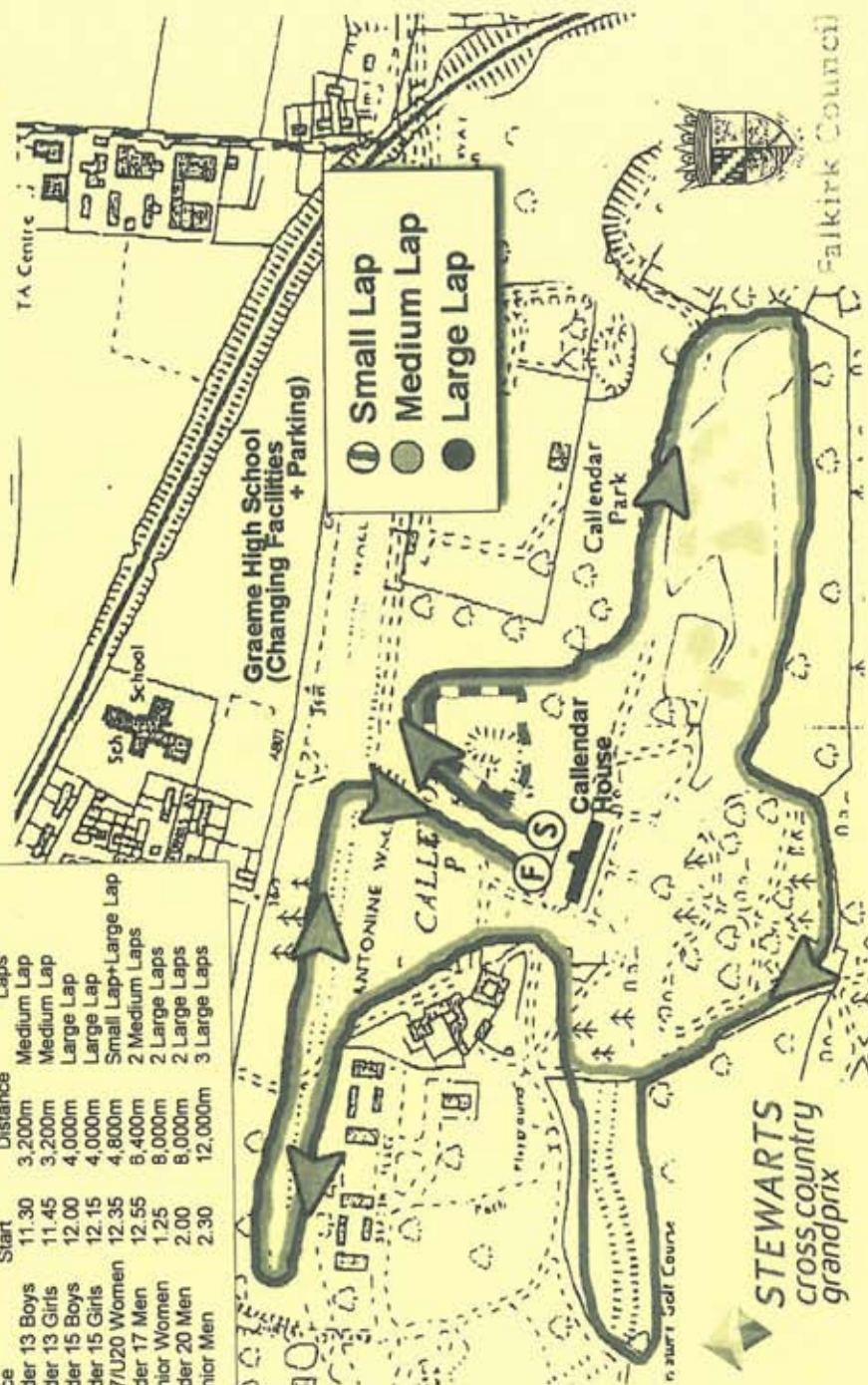


**Scottish National Cross Country Championships
Falkirk (Callendar Park) Saturday 19th February 2011**



scottishathletics

Race	Start	Distance	Laps
Under 13 Boys	11.30	3,200m	Medium Lap
Under 13 Girls	11.45	3,200m	Medium Lap
Under 15 Boys	12.00	4,000m	Large Lap
Under 15 Girls	12.15	4,000m	Large Lap
J17/U20 Women	12.35	4,800m	Small Lap+Large Lap
Under 17 Men	12.55	8,400m	2 Medium Laps
Senior Women	1.25	8,000m	2 Large Laps
Under 20 Men	2.00	8,000m	2 Large Laps
Senior Men	2.30	12,000m	3 Large Laps



**STEWARTS NATIONAL
CROSS COUNTRY
CHAMPIONSHIPS**
Callendar Park, Falkirk
Saturday 19 February 2011



STEWARTS
*cross country
grandprix*



Falkirk Council

scottishathletics



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and other members of Falkirk Victoria Harriers

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Jim Young, Bob Reid, Alan Robinson

Officials Report

Barry Craighead

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Andy Law (Chief) John Brash, Bill Grant, Angus Cameron
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Joe Bruce (Chief) Sheila McDougall,
Duncan McLaren, Margaret Daly, Graham Sword

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Bill MacDougall (Chief) Ian Hislop, Ian Mann
Rachael Halliday, Allan Smith, Neil Donachie (Tape)

Recorders (Time)

Molly Wilmoth (Chief), Sandy Cameron

Starter

Barry Craighead

Marksman

Fred McCluskie, Jim Semple

Declarations

Jen Jackson, Phyllis Law

Results

Peter Jackson (Chief), Sheila Smart, Elsie Oberg
Marion Donachie, Marjory Cook

Announcers

John Wands, Graham Bennison, Bryan Burnett

Course Stewards

Members of Falkirk Victoria Harriers, Robin Morris
Richard Meade, Lotte Watts

Doctor

Fiona Walker

First Aid

British Red Cross

Presentations

Alan Potts, Sandra Hardacre

Jury of Appeal

Alan Potts, Alex Jackson, Graham Sword

Events Manager

Ross Cunningham

Convenor

Alex Jackson

MESSAGES OF WELCOME

It gives me great pleasure to welcome you all back to Callendar Park for scottishathletics 2011 National Cross Country Championships.

I would like to thank Stewarts of Edinburgh, Falkirk District Council and the members of Falkirk Victoria Harriers for their continued support. We could not hope to run our Championship events without the active and wholehearted support of such generous sponsors and volunteers.

Of course many other people give generously of their time in organising such an event as this, and thanks therefore must go to them –officials, coaches, Road Running and Cross Country Commission, SAL 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

The pinnacle of the Cross Country season, the SAL National Cross Country Championships, returns to Callendar Park, Falkirk for the 6th consecutive year. On your behalf I would like to convey out gratitude to Falkirk District Council and the members of Falkirk Victoria Harriers for their continued support.

Again this year the Championships are enhanced by the sponsorship of Stewarts and include the final event of the 4-race Stewart Cross Country Grand Prix Series which is led by Alistair Hay (Central AC) and Hester Dix (Fife AC) on the men's and women's series respectively.

As of every year we are indebted to the many Officials and helpers whose meticulous preparation and planning is aimed at ensuring a fair and well-organised event for all athletes.

The results of the Championships will be recorded in the Road Running & Cross Country Commission's results Archive that is trying to establish a complete record of all the medallists at Scottish Road Running and Cross Country Championships. The Archive may be viewed at the RR&CC web pages from the "also on site" link on the SAL home page as well as from the "LINKS" on the SAL home page

The Archive records that the first Men's Championship was held at Lanark Racecourse 27th March, 1886 and was won by AP Findlay of Clydesdale Harriers. The first Women's Championship was held on 18th February 1932 and was won by N Robson of Dundee Hawkhill Harriers. That would make these Championships the 114th and the 68th for men and women respectively.

The other age groups were added in: 1950 U20 Men (46th Championship today); 1933 U17 Men (67th); 1958 U15B (54th); 1968 U13B (44th); 1993 U20W (19th); 1964 U17W (48th); 1964 U15G (48th) and 1966 U13G (46th). The Archive will also record that we have record entries for the U17, U20 and Senior Women's Championship.

If you can help with missing results, data or corrections please contact Ron Morrison at ron@cs.st-andrews.ac.uk with details.

Today we are here to enjoy the purity of cross-country competition be it in taking part, officiating, supporting or spectating. I hope you all have a great day's cross-country running.

Ron Morrison
Convener, Road Running and Cross Country Commission

Under 13 Boys

Distance 3,200 metres	The race will start at 11.30am		
The winning team will be awarded the 'McKenzie Cup'	2010 Team Edinburgh AC		
The winning individual to be awarded the 'Alex Nangle Memorial Trophy'	2010 Ind Euan Gilham (Kilbarchan AAC)		
TEAMS 4 TO COUNT			
Aberdeen AAC	Colours: White with 2 red hoops		
1 Ben Renton	2 Charlie Allardes	3 Alasdair Lowe	4 Stewart Millar
5 Alex Brown	6 Rory Cunningham	7 Matthew Keenan	
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross		
8 Connor Gracie	9 Jamie Colquhoun	10 Ross Steele	11 Calum Steele
Banchory Stonehaven AC	Colours: Royal Blue with White band		
12 Ewan Mcmillan			
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
13 Drew Gordon	14 Alistair Crawford	15 Craig Stewart	
Central AC	Colours: Yellow and Blue		
16 Iain Davies	17 Kieran Potter	18 Gary MacFarlane	19 Cameron Taylor
20 Jack Kerr	21 Jamie Price	22 Cameron Harris	23 Sam Davidson
24 Matthew Crawford	25 Kalim McDonagh	26 Jamie Paterson	27 Greg Downs
28 Scott Balloch			
Clydesdale Harriers	Colours: White with Black "C"		
29 Lewis Hay			
Corstorphine AAC	Colours: White with Black Trim		
30 Anthony Addison	31 Samuel Galloway	32 Kenny Wilkie	33 Matthew Murray
34 Callum Campbell	35 Callum Crawford		
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
36 Andrew Merry	37 Charlie Swan	38 Euan Strachan	
East Kilbride AAC	Colours: Gold with 2 Black hoops		
39 Aidan Gilbride	40 Luke Kirwan	41 Martin Lynas	42 Ross Malloch
43 Aidan Hunter	44 Jai Lawson		
East Sutherland AC	Colours: White with one Blue, one Black Hoop		
45 Lewis Holmes	46 Ruairidh Gollan		
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
47 Josh Kerr	48 Alex Carcas	49 Paul Ireland	50 Jamie Underwood
51 Fraser Peters	52 Joe Riemersma		
Falkirk Victoria Harriers	Colours: Black with Gold Band		
53 Drew Meikle	54 Daniel McGhee		
Fife AC	Colours: White with Red Band		
55 Tom Harris	56 Tristan Rees		
Gala Harriers	Colours: White with Green Band		
57 Nathan Cox	58 Alex Freer		
Garscube Harriers	Colours: White with Blue Band		
498 Keir Dinardo			
George Heriots School	Colours: White with Blue Band		
59 Lewis Robinson			
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
60 John McLaughlin	61 Euan Brodie	62 Ross Gray	63 Chris Hyde
64 Lewis Grant	65 Andrew Vettraino	66 Lewis Grant	
Glasgow School of Sport	Colours: Sky Blue with Royal Blue and Gold Hoops		
67 Paul Harper	69 Ross Forbes	70 Jack O'Rourke	71 Michael O'Rourke
Greenock Glenpark Harriers	Colours: Red and White Halves		
68 Steven Edmond			
72 Evan Warwick			
Haddington East Lothian Pacemakers	Colours: Red and White Halves		
73 Max McKinnel			
Helensburgh AAC	Colours: Yellow with Red Band		
74 Lewis Serpell	75 Jacob Chown		
Inverclyde AC	Colours: Black & White Stripes		
76 Craig Bellew	77 Ross Gray	78 Matthew MacKinnon	79 MacAulay McArthur
80 Scott Reid	81 Adam Stinson	82 Tom Semple	
Inverness Harriers	Colours: Gold with Maroon Diagonal		
83 Ally Velzian	84 James Geddes	85 Euan Ferguson	86 Gregor MacLennan

82 Jemma Reekie	83 Katie Turnbull	84 Chloe Baillie	85 Laura Stark
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
86 Amy Donnelly	87 Harris Ritchie	88 Amy Mole	89 Alanis Brydon
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops		
90 Chloe White	91 Laura Keay	92 Louise Campbell	93 Perri McCluskey
94 Suzanne Quigley	95 Victoria Robertson	96 Anna Forbes	
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
97 Rachel Hutchison			
Law & District AAC	Colours: Amber with 2 Red Bands and 1 White Band		
98 Pamela McNicol	99 Emily McNicol	100 Reagan Binnie	101 Hannah Cussick
102 Heather Baird	103 Evie Robb		
Lothian Running Club	Colours: Blue with Black letters		
104 Bethany Nelson			
Motherwell AC	Colours: Red with White edging		
105 Kirsty Irwin	106 Kirsty Ferguson	107 Emma Hunter	108 Claire Ross
Nairn & D AAC	Colours: Orange		
109 Hannah Blackburn	110 Rachel McMillan		
North Ayrshire AC	Colours: Purple & Gold		
111 Demi Orr	112 Halle Stewart		
Perth Strathay Harriers	Colours: Orange with Blue Trim		
113 Emma Ritchie			
Pitreavie AAC	Colours: Navy/Yellow/White		
114 Caitlin Murphy	115 Leah Davie		
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
116 Rachel Black	117 Niamh Brown	118 Lauren Carey	119 Danielle Webster
120 Natalie Webster	121 Celine Quigg	122 Rachel MacDonald	
123 Hannah MacDonald			
Shettleston Harriers	Colours: Blue with Gold Band		
124 Casey Alexander	125 Amy Harkins	126 Ruth Ferguson	127 Caitlin Caldwell
128 Chloe Caldwell			
Stornoway RC	Colours: Red with Yellow Hoop		
129 Peigi McKellar	130 Jessica Macleod	131 Eilidh Macleod	132 Catriona Bain
Strathearn Harriers			
133 Morgan Oates	134 Abigail Johnston		
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
135 Robyn Connolly	136 Nicole C Waters	137 Emma Ferrie	138 Cara Thom
139 Kirsty MacDonald	140 Abigail McInnes		

Under 15 Boys			
Distance 4,000 metres		The race will start at 12.00 noon	
The winning team will be awarded the 'John D Semple Cup'		2010 Team VP City of Glasgow AC	
The winning individual to be awarded the 'Jock Semple Trophy'		2010 Ind Ahmed Hassan (Shettleston H) TEAMS 4 TO COUNT	
Aberdeen AAC	Colours: White with 2 red hoops		
165 Oliver Hay	166 Steven Murray	167 Jamie Dickson	
168 Samuel Johnson	169 Ethan Lovie	170 Stuart Gomes	
Anster Haddies	Colours: Yellow Vest		
171 Ronan McKinstry			
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross		
172 Andrew Black	173 Ben Steven	174 Shaun Rennie	
175 James Pettigrew			
Banchory Stonehaven AC	Colours: Royal Blue with White band		
176 Daniel Rees			
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
177 Andrew McGurk	178 Ian Rae (Jnr)	179 Paul Mullen	
Central AC	Colours: Yellow and Blue		
180 Alan Waddell	181 Stuart McKinney	182 Lewis Sinclair	
183 Malcolm English			
Clydesdale Harriers	Colours: White with Black "C"		
184 David Campbell	185 Conor Ewing		
Corstorphine AAC	Colours: White with Black Trim		
186 Michael Addison	187 Matthew Galloway	188 Sandy Robson	
189 Rory Henderson	190 Alexander Wilkie		
East Kilbride AAC	Colours: Gold with 2 Black hoops		
191 Vincent Hastings	192 Jack Kirwan	193 Kieran Rankin	194 Kyle Johnston
195 Paul Wilson			
East Sutherland AC			
196 Ross Gollan			
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
197 Jake Kerr	198 Robert Bough	199 Michael Hudson	
200 Cameron Gilmour	201 Michael Cameron	202 Dominic O'Hare	203 Gregor Burns
204 Sam Ramsahoye			
Falkirk Victoria Harriers	Colours: Black with Gold Band		
205 Alastair Kirkwood	206 Ruairi Kirkwood	207 Craig Mitchell	208 Aidan Hilton
Fife AC	Colours: White with Red Band		
209 Euan Berry	210 Logan Rees	211 Cameron Thomson	212 Bruce Millar
Gala Harriers	Colours: White with Green Band		
213 Paul Henney	214 Fraser Wardhaugh	215 Rowan Marr	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
216 Max Lancaster	217 John Joe Lonergan	218 Patrick Lonergan	219 Jamie Cook
220 Calum Murphy	221 Scott Griffiths	222 Rob Gourley	
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops		
223 Gerard Smith	224 Mark Magee	225 Kieran Munro	
Haddington East Lothian Pacemakers	Colours: Red and White Halves		
226 Innes Ogilvie			
Helensburgh AAC	Colours: Yellow with Red Band		
227 Fin Ritchie	228 Calum Wilson		
Inverclyde AC	Colours: Black & White Stripes		
229 Isaac Dunning	230 Joshua Houston	231 Filip Palaszynski	232 Jack Rice
233 Robert Todd	234 Jonathan Glen		
Inverness Harriers	Colours: Gold with Maroon Diagonal		
235 Sean Chalmers	236 Finlay MacLennan	237 Harry Barton	

238 Matthew Grant	Colours: Gold with Black Hoop	
Kilbarchan AAC	240 Euan Gillham	241 Gavin McArdle
239 Callum Matthews	243 Cameron Swanson	244 Rorie Tracey
242 Charlie Wighton	246 Fraser Warwick	
245 Mark Hounsell	Colours: Royal Blue with 2 White Stripes	
Kilmarnock Harriers	248 Terry Mulholland	
247 Angus Cochrane	Colours: Sky Blue with White and Black Hoops	
Kirkintilloch Olympians	250 Callum Dewar	251 Kieran Pugh
249 Aidan Kane	Colours: White with 2 Blue Bands and Red Band	
Lasswade AAC	253 Callum Clark	254 Fraser Amos
252 Iain Lawson		255 David Brooks
256 Ross McEwan	Colours: Amber with 2 Red Bands and 1 White Band	
Law & District AAC	258 Andrew Lawler	259 Steven Bryce
257 Stuart McLuckie	Colours: White with 2 Blue Hoops	
260 Stephen Murphy	Colours: Royal Blue	
Lochaber AC	Colours: Red and Blue	
261 Callum Fraser	Colours: Jade Green/Black/White	
Maryhill Harriers	265 Fraser White	
262 Andrew Stevenson	Colours: Purple & Gold	
Moorfoot Runners	267 Christopher Liechti	268 Liam Dale
263 Jacob Adkin	Colours: Orange with Blue Trim	
Nithsdale AC	271 Michael Gillespie	272 Cameron Ritchie
264 Kieran Saunders	Colours: Navy/Yellow/White	
North Ayrshire AC	274 Ben Potrykus	275 Aidan Thompson
266 Gordon Wilson	Colours: Red with White Band	
Perth Straththay Harriers	278 Ross Stephen	279 Brendan Carey
270 Robert Henson	281 David Robertson	282 Jack MacGregor
Pitreavie AAC	285 Ryan Miller	283 Fraser Ebbitt
273 Evan Ross	Colours: Blue with Gold Band	
276 Gregor Beatson	287 Logan Sirel	288 Dean Stevenson
Ron Hill Cambuslang Harriers	290 Murray McGiven	291 Ryan Flanagan
277 Ryan Thomson	Colours: Red with Yellow Hoop	
280 Keith McIntyre	294 Kenneth MacSween	295 Ross Allison
284 Joe Brown	Colours: Blue and White Hoops	
Shettleston Harriers	299 Marc Rooney	300 Liam McLoone
286 Ryan Finnieston	302 Liam Turner	303 Fraser Glass
289 Callum Drummond		304 Murray Sim
292 Ahmed Hassan		
Stornoway RC		
293 Campbell MacDonald		
296 Micheil Russell Smith		
Strathearn Harriers		
297 Thomas Wake		
Victoria Park City of Glasgow		
298 Lewis Boyle		
301 Kieron Rafferty		
305 Craig Jardine		

Under 15 Girls Yellow Numbers		
Distance 4,000 metres	The race will start at 12.15pm	
The winning team to be awarded the 'Falkirk District Sports Council Trophy'	2010 Team Edinburgh AC	
The winning individual to be awarded the 'William Bramwell Memorial Trophy'	2010 Ind Florie McLeish (Preston H) TEAMS 4 TO COUNT	
Aberdeen AAC	Colours: White with 2 red hoops	
141 Becky Cheyne	142 Eilidh Prise	143 Eve Smith
144 Stephanie A Little	145 Aimee MacDonald	
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
146 Louisa Kelly	147 Emma Vallyley	148 Leigh McLevy
Calderglen Harriers	Colours: Amber and Black Vertical Stripes	
150 Lisa Stenhouse		149 Laura Meader
Central AC	Colours: Yellow and Blue	
151 Tara Walls	152 Eilidh MacCorquodale	153 Roisin Bonucchi
155 Kathryn Gillespie	156 Amy McCabe	154 Laura Clarke
Clydesdale Harriers	Colours: White with Black "C"	
157 Roisin McShea		
Corstorphine AAC	Colours: White with Black Trim	
158 Amber Robertson	159 Emma Kenworthy	
East Kilbride AAC	Colours: Gold with 2 Black hoops	
160 Catherine Lambie		
Edinburgh AC	Colours: White with one Blue, one Black Hoop	
161 Rosanna Stewart	162 Alexandra Hunter	163 Isla Pawson
164 Heide Biberbach-Laidlaw	165 Phoebe Crosthwaite	166 Martha C Wightman
168 Erin Cant	169 Rosie Wilson	167 Sara Findlay
Falkirk Victoria Harriers	Colours: Black with Gold Band	
170 Julie Hunter	171 Katherine Mitchell	172 Keely Wilkinson
Gala Harriers	Colours: White with Green Band	
173 Kerry Sandilands	174 Karen Maxwell	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
175 Chloe Cowan	176 Selena Jackson	177 Holly Miller
179 Helena Davidson	180 Aimee Loudon	178 Aliyah Zuberi
182 Paige McConville	183 Frances Loneragan	181 Isabella Murray
Glasgow School of Sport		184 Katherine Young
186 Brogan Wallace	187 Jaye McRoberts	185 Lucy Davidson
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	
189 Gabrielle Fisher	190 Meighan McDade	188 Elizabeth Edgar
Haddington East Lothian Pacemakers		191 Louisa Davis
193 Emily Baxter	Colours: Red and White Halves	
Harmony AC	Colours: Red with Green Diagonal	
194 Alison Broadhurst		
Highland Hill R		
195 Bethan Nadin		
Inverclyde AC	Colours: Black & White Stripes	
196 Chloe Simpson	197 Evie Semple	198 Kelly Williams
Inverness Harriers	Colours: Gold with Maroon Diagonal	
200 Arianne Ross	201 Heather Campbell	199 Holly Stinson
Kilbarchan AAC	Colours: Gold with Black Hoop	
204 Gwen Gillham	202 Carey Ross	203 Lucy Cameron
208 Eva Sullivan	205 Catherine McLean	204 Jennifer Hanlon
212 Emma Arnold	209 Kirsty Harper	207 Kathryn Lee
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes	
213 Stacie Taylor	210 Sarah Dempsey	211 Chloe Hardie
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops	
215 Emma Canning	216 Kathleen Quigley	
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band	
217 Amy Frankland	218 Fiona Matheson	

Law & District AAC 219 Alice McGrath 222 Sherelle Graham	Colours: Amber with 2 Red Bands and 1 White Band 220 Margaret Newell 221 Rebecca Watson	
Lochaber AC 223 Isla Mackay	Colours: White with 2 Blue Hoops	
Maryhill Harriers 224 Heather Stevenson	Colours: Royal Blue	
Moorfoot Runners 225 Sophie Collins	Colours: Red and Blue	
Nairn & D AAC 226 Rachael MacLennan	Colours: Orange	
Nithsdale AC 227 Kathryn Park	Colours: Jade Green/Black/White	
North Ayrshire AC 228 Shona Blades	Colours: Purple & Gold 229 Sarah Davies 230 Simone Sherrie	
Perth Strathtay Harriers 231 Iona Tavendale	Colours: Orange with Blue Trim 232 Penny Morton 233 Louise Hally	
Pitreavie AAC 234 Amy McAlpine	Colours: Navy/Yellow/White 235 Eilidh Reid 236 Katey Turner	237 Rachel Hunter
Preston Harriers 238 Florie McLeish		
Ron Hill Cambuslang Harriers 239 Rebecca Bonomi 240 Lisa Ross 241 Hannah Robertson 243 Eve MacKinnon 244 Rachel Mathie 245 Chelsea Dougan	Colours: Red with White Band	242 Sophie Hayes
Ross County 246 Hanna Cleghorn		
Rossendale H 247 Megan Davies	Colours: Blue with Gold Band 249 Laura Penrice 250 Caitlin Hackett	
Shettleston Harriers 248 Mhairi Hendry 251 Hannah Ferguson	Colours: Red with Yellow Hoop	
Stornoway RC 252 Isabelle Bain		
Strathearn Harriers 253 Savannah Sweeney	Colours: White with Maroon Band 255 Catherine Mercer	
Teviotdale Harriers 254 Louise Mercer	Colours: Blue and White Hoops 257 Melanie Chiswell 258 Paige Dickson 260 Anya Morrison 261 Kirsty Viera	259 Jude Sloan- 262 Millie Boyle
Victoria Park City of Glasgow 256 Eliza Chiswell Dennison		

Under 17 Women YELLOW Numbers with 17 on BACK

Under 20 Women RED Numbers with 20 on BACK

Distance 4,800 metres	The race will start at 12.35pm
Under 17 The winning team to be awarded the 'Dundee Parks Dept. Trophy'	2010 Under 17 Team (VP City of Glasgow)
Under 17 The winning individual to be awarded the 'Lothian Trophy'	2010 Under 17 Ind Rhona Auckland (Banchory Stonehaven) TEAMS 3 TO COUNT
Under 20 Team	2010 Under 20 Team VP City of Glasgow
Under 20 The winning individual to be awarded the 'The Gunstone Millennium Trophy'	2010 Under 20 Ind Nicola Hood (VP City of Glasgow) TEAMS 3 TO COUNT

Aberdeen AAC 263 Kate Fowlie 2 Gemma Cormack (U20)	Colours: White with 2 red hoops 264 Kate Murdoch 1 Ellie Buchan (U20)	
Arbroath & District AC 3 Becky Dunphy (U20)	Colours: Black with vertical yellow stripe	
Ayr Seaforth AAC 265 Katie Sprang Stirling (U20)	Colours: White with Red Diagonal Cross 266 Sarah Cassells 267 Lauren Goldie	4 Louise Hill-
Banchory Stonehaven AC 5 Rhona Auckland (U20)	Colours: Royal Blue with White band	
Bellahouston Harriers 6 Kristina Greig (U20)	Colours: Dark Blue with Light Blue Cross	
Calderglen Harriers 268 Emma Campbell	Colours: Amber and Black Vertical Stripes	
Central AC 269 Amy Hendry	Colours: Yellow and Blue 7 Catriona Buchanan (U20)	
Clydesdale Harriers 270 Claire Reid	Colours: White with Black "C"	
Corstorphine AAC 271 Isabelle Bough	Colours: White with Black Trim 272 Lisa Christy	
Cumbernauld AAC 273 Cliona Ferguson	Colours: Sky Blue with Maroon Band	
Dundee Hawkhill Harriers 274 Iona Brodie	Colours: Blue and White Quarters 8 Laura Muir (U20)	
East Kilbride AAC 275 Emma Fairlie	Colours: Gold with 2 Black hoops 276 Rachel Fairlie 277 Rachael Thomson	9 Beth Duff (U20)
Edinburgh AC 278 Emma Dunnett 282 Caitlin Gray 285 Olivia Mackenzie 11 Emily Dudgeon (U20)	Colours: White with one Blue, one Black Hoop 279 Oonagh Dunnett 280 Rachael Dunn 283 Katie Watson 284 Louisa Stewart 286 Ailsa Bruce 10 Emily Stewart (U20)	281 Olivia O'Hare
Edinburgh University H&H 13 Emily Pollock (U20) 16 Rebecca Harding (U20)	Colours: Green with White side Panel 14 Katie Pollock (U20) 15 Emma Baxter (U20) 17 Rebecca Hannah (U20)	
Falkirk Victoria Harriers 287 Claire Barr	Colours: Black with Gold Band 288 Lucy Mitchell 289 Hazel Murray	
Fife AC 290 Fiona Cruickshanks 18 Fiona Bracegirdle (U20)	Colours: White with Red Band 291 Laura Gibson 292 Halina Rees	
Forres Harriers 19 Eleanor Duncan (U20)	Colours: Red 20 Kirstie Rogan (U20)	
Gala Harriers 293 Lucy Henderson-Morris	Colours: White with Green Band 294 Laura Anderson 295 Hannah Jones	296 Emily Jones

297 Isla King	21 Kirstin Maxwell (U20)	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
298 Madeleine Murray	299 Olivia Keenan	300 April Miller
Glasgow School of Sport		
301 Amy McCafferty		
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	
302 Eilidh Hamill	303 Shona Webster	
Haddington East Lothian Pacemakers	Colours: Red and White Halves	
304 Rhiannon Dearie		
Helensburgh AAC	Colours: Yellow with Red Band	
305 Madeline Robinson		
Inverclyde AC	Colours: Black & White Stripes	
306 Lisa MacDonald	307 Emma Meechan	308 Rebecca Munn
22 Rachael Bushfield (U20)	23 Nicole Darroch (U20)	24 Emma Fulton (U20)
25 Emma Rice (U20)		
Inverness Harriers	Colours: Gold with Maroon Diagonal	
309 Mhairi MacLennan	310 Alice Gordon	311 Corrin Miller
312 Elaine Murdoch	313 Ailie Rodgers	
Kilbarchan AAC	Colours: Gold with Black Hoop	
314 Kate Gillies	315 Elaine Eadie	316 Jennifer Eadie
26 Natalie Sharp (U20)	27 Nynke Mulholland (U20)	
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes	
317 Amanda Humes	318 Eve Kerr	319 Alannah Mole
321 Kelly Gilbert	322 Laura Nicolson	323 Sarah McDonald
Kirkintilloch Olympians	Colours: Sky Blue with White and Black Hoops	
28 Alexandra Lamond (U20)	29 Hannah Terrance (U20)	320 Bethany Ross
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band	
324 Katie Logan		
Lothian Running Club	Colours: Blue with Black letters	
30 Sarah Inglis (U20)	31 Mhairi Inglis (U20)	32 Lana Turnbull (U20)
Moorfoot Runners	Colours: Red and Blue	
33 Alexandra Campbell (U20)	34 Scout Adkin (U20)	
Moray Road Runners	Colours: Dayglow yellow with Black Trim	
325 Bethany Wilson		
Nithsdale AC	Colours: Jade Green/Black/White	
35 Stephanie Lawrie (U20)		
North Ayrshire AC	Colours: Purple & Gold	
326 Alison Hughes	327 Paige Douglas	328 Stephanie Dalgoutte
Perth Straththay Harriers	Colours: Orange with Blue Trim	
329 Emily Tait	36 Shoni Tavendale (U20)	
Ron Hill Cambuslang Harriers	Colours: Red with White Band	
330 Katie Bristow	331 Mairi Brown	332 Sarah Millar
333 Lauren Doherty	334 Rachel Fraser	335 Lucy Deeny
Shettleston Harriers	Colours: Blue with Gold Band	
336 Stella Winters	337 Victoria McGloin	338 Shannon McLellan
St Andrews University AC	Colours: White with 2 Blue Bands	
37 Jeannie Robertson (U20)	38 Rhiannon Dougall (U20)	39 Ruth Roberts (U20)
Stornoway RC	Colours: Red with Yellow Hoop	
339 Rebecca Munro	40 Ceit Stewart (U20)	
Taunton AC	Colours: Navy, White, Green.	
340 Harriet Rogers		
Victoria Park City of Glasgow	Colours: Blue and White Hoops	
341 Danielle Beattie	342 Maria Milliken	343 Deborah Hannah
344 Amy MacLellan	41 Hollie Young (U20)	42 Elizabeth Potter (U20)
43 Josephine Moultrie (U20)	44 Rhian Dawes (U20)	45 Sarah Potter (U20)

Under 17 Men

Distance 6,400 metres	The race will start at 12.55pm
The winning team to be awarded hold the 'Bryson Cup'	2010 Team Giffnock North AAC
The winning individual to be awarded the 'Goodwin Bowl'	2010 Ind Ross Matheson (Lasswade AAC)
	TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops	
306 Sam Burgess		
Anster Haddies	Colours: Yellow Vest	
307 Zachary Delaney		
Arran Runners	Colours: Black/Yellow	
308 Michael Jenks		
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross	
309 Finlay Rae	310 Euan Webster	311 Adam Steven
Banchory Stonehaven AC	Colours: Royal Blue with White band	
312 Michael Ferguson		
Central AC	Colours: Yellow and Blue	
313 Ross Milne	314 Conor Kerr	315 Sam Fraser
317 Kyle Petrie		316 Tom Watson
Clydesdale Harriers	Colours: White with Black "C"	
318 Tony Dolan		
Corstorphine AAC	Colours: White with Black Trim	
319 Christopher Galloway	320 Connor Johnston	321 Craig Nolan
323 Jack Williams		322 Callum Smith
Dundee Hawkhill Harriers	Colours: Blue and White Quarters	
324 Jamie Crowe		
East Kilbride AAC	Colours: Gold with 2 Black hoops	
325 Scott Hernon	326 Ben Stafford	
Edinburgh AC	Colours: White with one Blue, one Black Hoop	
327 Jake Wightman	328 Sam Wightman	329 Ruairidh Miller
331 Ciaran Turton	332 Lachlan Waddell	333 Chris Ponton
Falkirk Victoria Harriers	Colours: Black with Gold Band	
334 Dale Colley	335 Mark Govan	336 Ben Stevenson
Fife AC	Colours: White with Red Band	337 Scott Stirling
338 Adam Harris		
Gala Harriers	Colours: White with Green Band	
339 Cameron Gowans		
Garscube Harriers	Colours: White with Blue Band	
340 Gavyn Chalmers		
George Heriots School	Colours: White with Blue Band	
341 Sandy Thin	342 Oliver Johnston-Watt	
Giffnock North AAC	Colours: Amber with Royal Blue Hoop	
343 Max Lott	344 Grant Muir	345 Jack Walker
347 Christopher Russell	348 Neil Gourley	349 Andrew Clark
350 Declan McGallagly	351 Scott Young	
Glasgow School of Sport		
352 Ben Stafford	353 Ewan Murray	
Greenock Glenpark Harriers	Colours: Sky Blue with Royal Blue and Gold Hoops	
354 Andrew Fisher	355 Ross Knight	356 Sean McCallion
357 Adam McCormick		
Inverclyde AC	Colours: Black & White Stripes	
358 Michael Houston	359 Matthew Thomson	360 Greg Williams
Inverness Harriers	Colours: Gold with Maroon Diagonal	
362 Craig Campbell	363 Alexander Thorne	364 Stuart Michael
366 Ross Fraser	367 David Gardner	365 Niall Ross

Kilbarchan AAC 368 Russell Mountford	Colours: Gold with Black Hoop 369 Craig Haxton	
Kilmarnock Harriers 370 Cameron Mackie 373 Evan Cornforth	Colours: Royal Blue with 2 White Stripes 371 Roy Shankland 372 Luke McGill	
Kirkintilloch Olympians 374 Callum Heirs	Colours: Sky Blue with White and Black Hoops 375 Scott Lawrie	
Lasswade AAC 376 Euan G Bathgate	Colours: White with 2 Blue Bands and Red Band	
Law & District AAC 377 Christopher Watson	Colours: Amber with 2 Red Bands and 1 White Band 378 Daniel Graham	
Moray Road Runners 379 Moray Goodfellow	Colours: Dayglow yellow with Black Trim 380 Blair Little 381 Toby Dobbs	
Motherwell AC 382 Craig Mackenzie	Colours: Red with White edging	
Nithsdale AC 383 Ryan Holmes	Colours: Jade Green/Black/White	
Perth Strathtay Harriers 384 Alex Jardine 387 Patrick Gillespie	Colours: Orange with Blue Trim 385 Euan Holmes 386 Andrew Forsyth	
Pitreavie AAC 388 Scott McAlpine	Colours: Navy/Yellow/White	
Ron Hill Cambuslang Harriers 389 Matthew McKenna 392 Dean McNaught	Colours: Red with White Band 390 Dean McMurrin 391 Stuart Roe 393 Grant Sheldon 394 Niall Campbell 395 Ryan Russell	
Shettleston Harriers 396 Garry Mason	Colours: Blue with Gold Band	
Stornoway RC 397 Robert Jones	Colours: Red with Yellow Hoop 398 Duncan McKellar 399 Fraser Binns	
Teviotdale Harriers 400 Keith Learmonth	Colours: White with Maroon Band	
Victoria Park City of Glasgow 401 Max Aitchison 405 Hugh Mackenzie 408 Paul MacFarlane	Colours: Blue and White Hoops 402 Ethan Sloan-Dennison 403 Marc Austin 404 Craig Young 406 Andrew McCormack 407 Miro Ralston	

Senior Women Yellow Numbers	
Distance 8,000 metres	The race will start at 1.25pm
The winning team will be awarded the Daily Record Trophy	2010 Team Hunters Bog Trotters
The winning individual will be awarded the 'Mary Semple Trophy'	2010 Ind Freya Murray (Edinburgh AC) TEAMS 4 TO COUNT

Aberdeen AAC 345 Rhona Buchan 348 Angela Hepburn 351 Veronique Oldham	Colours: White with 2 red hoops 346 Bezunesh Deggefa 347 Carly Hall 349 Laura Mahady 350 Nicola Smith	
Anster Haddies 352 Pamela Cruikshanks	Colours: Yellow Vest 353 Tricia Wallace	
Arbroath & District AC 354 Sarah Connolly	Colours: Black with vertical yellow stripe	
Ayr Seaforth AAC 355 Toni McIntosh	Colours: White with Red Diagonal Cross	
Bellahouston Harriers 356 Erica Christie 359 Kathleen MacLeod 362 Melanie Ronald	Colours: Dark Blue with Light Blue Cross 357 Bernadette O'Neil 358 Yvonne Winchester 360 Suzanne Boyle 361 Angela Campbell	
Bellahouston Road Runners 363 Julia Harris 367 Joanna Lennox	Colours: Purple with White Band 364 Shona Donnelly 365 Jane Simpson 368 Sandra Houldsworth 369 Nicola Milligan	366 Katie Padgham
Calderglen Harriers 370 Frances Maxwell	Colours: Amber and Black Vertical Stripes 371 Joanne McEvoy 372 Mary Goldsmith	
Carnegie Harriers 373 Isobel Burnett 377 Grace Mackenzie 380 Melanie Sinclair	Colours: Orange & Green 374 Judith Dobson 375 Morna Fleming 378 Gillian McCracken 379 Gail Murdoch 381 Fabienne Thompson 382 Mary Western	376 Linda James 383 Alison Whyte
Carnethy Hill RC 384 Pamela Whitlie	Colours: Yellow with Red letters 385 Kate Friend 386 Stephanie Moss	
Cartha Harriers 387 Sharon Taylor	Colours: Purple, Gold & Green	
Central AC 388 Claire Houston 391 Fiona Thompson 394 Lyndsay Morrison	Colours: Yellow and Blue 389 Emma Raven 390 Alison Docherty 392 Fiona Kelsall 393 Jennifer Emsley 395 Claire Brisbane 396 Sue Woods	397 Shona Aiken
Clydesdale Harriers 398 Pamela McCrossan	Colours: White with Black "C" 399 Marina McCallum 400 Kathryn Scott	
Corstorphine AAC 401 Megan Smith 405 Jillian Hogg 409 Fiona Drake	Colours: White with Black Trim 402 Jo Kirby 403 Gillian Carr 406 Susan Johnston 407 Eve Ritchie	404 Kerry Porter 408 Rachel Brockie
Dumbarton AAC 411 L McNicol	Colours: Black with Red Band 412 Charlene Kelly	
Dundee Hawkhill Harriers 413 Catriona M Reynolds	Colours: Blue and White Quarters	
Dundee Road Runners 414 Kirsty Gibson	Colours: White with Blue Diagonal 415 Elaine Omand 416 Morag Taggart	
East Kilbride AAC 417 Kelly Baillie	Colours: Gold with 2 Black hoops	
Edinburgh AC 418 Freya Murray 422 Nathalie Christie 425 Sharyn Ramage 429 Lynsey Sharp	Colours: White with one Blue, one Black Hoop 419 Joanne Thom 420 Victoria Lomax 423 Sarah Hood 424 Susan Ridley 426 Vicky Frew 427 Jennifer MacLean 430 Emma Laverie 431 Lianne Logan	421 Karen Dobbie 428 Catherine Ferry 432 Ara Fernandez
Edinburgh University H&H 433 Rowena Bell-Scott	Colours: Green with White side Panel 434 Pamela Morris 435 Siobhan Prise	436 Kirsten Hogg

437 Heidi Nicholson Falkirk Victoria Harriers 440 Nicola Flynn Ferranti AAC 442 Elizabeth Gilchrist 446 Anne Peat Fife AC 447 Sandra Aitken 451 Morgan Windram-Geddes 454 Sarah Legge 457 Amie McKimmie 461 Susan Thomson Forres Harriers 463 Moira Davie Gala Harriers 464 Fiona Dalgleish 468 Eileen Nicol 472 Gillian Bryson Garscube Harriers 473 Alison Winship 476 Lesley Chisholm Giffnock North AAC 477 Jill Smylie 481 Li Wang Girvan AAC 485 Jo Schreiber Glasgow University H & H 486 Ruth Joss Greenock Glenpark Harriers 487 Susan Clark 490 Janet Henderson 493 Silke Loehndorf 497 Lynne Rogers Harmony AC 498 Lucy Marshall 501 Fiona Donaldson 504 Sandra McDougall Helensburgh AAC 506 Erica Cromar 509 Michelle Hetherington Hunters Bog Trotters 513 Emma Baker 516 Jessica Batterham 520 Isobel Knox 523 Morag McCracken 527 Rose Nicholson 531 Janice Smith 534 Eilidh Wardlaw Inverclyde AC 537 Rhona Bushfield Inverness Harriers 541 Melissa Whyte Kilbarchan AAC 543 Elspeth Curran 546 Leanne Hamilton 549 Angela McGuinness Kilmarnock Harriers 552 Paula Wilson Kirkintilloch Olympians 554 Ada Stewart	438 Sarah Louise Johnson Colours: Black with Gold Band 441 Elaine Thomson Colours: Yellow with Black letters 443 Claire Gilchrist Colours: White with Red Band 448 Innes Bracegirdle 455 Phyllis Lemoncello 458 Sophie Mullins 462 Fiona Walker Colours: Red Colours: White with Green Band 465 Rachel Fagan 469 Gillian Duncan Colours: White with Blue Band 474 Marian Kelly Colours: Amber with Royal Blue Hoop 478 Hilary Millar 482 Anne Lee Colours: White with Blue & Green Hoops Colours: Black and Gold Colours: Sky Blue with Royal Blue and Gold Hoops 488 Suzanne Coyle 491 Heather Kangley 494 Elizabeth Mitchell Colours: Red with Green Diagonal 499 Kirsty Stoddart 502 Margie Leitch 505 Fionna Ross Colours: Yellow with Red Band 507 Julia Henderson 510 Janet Fellowes Colours: Brown 514 Briony Curtis 517 Claire Gordon 521 Deborah MacDonald 524 Shona McIntosh 528 Phyllis O'Brien 532 Rosie Smith 535 Megan Wright Colours: Black & White Stripes 538 Carrie Gibson Colours: Gold with Maroon Diagonal 542 Jenny Bannerman Colours: Gold with Black Hoop 544 Christina Rankin 547 Cara Sloss 550 Jackie Campbell Colours: Royal Blue with 2 White Stripes 553 Kara Tait Colours: Sky Blue with White and Black Hoops 555 Annmarie McCaffrey	439 Stephanie Davis Colours: Black with Gold Band 441 Elaine Thomson Colours: Yellow with Black letters 443 Claire Gilchrist 444 Sheila Bauchop 445 Alison Arnold 449 Megan Crawford 452 Johanna Paananen 456 Alison McGill 459 Hilary Ritchie 460 Helen Sharpe 466 Dawn Grant 470 Shelagh King 475 Heather McIntosh 479 Maureen McVey 483 Yvonne Hamilton 480 Sheila Lewis 484 Ruth Joss 496 Theresa Wall 508 Maria Dye 511 Tina Munro 512 Sarah Walker 515 Carrie Craig 518 Jane Hart 522 Catriona McCleery 525 Eilis McKechnie 529 Sarah O'Neil 533 Claire Ward 536 Louise Provan (Ind) 539 Janice Hendrie Colours: Gold with Maroon Diagonal 542 Jenny Bannerman Colours: Gold with Black Hoop 544 Christina Rankin 545 Kerry Lang 548 Hannah Waugh 551 Lesley McKerral 552 Ros OSullivan	450 Hester Dix 453 Jennifer Kibble 467 Dianne Lauder 471 Fiona Shepherd 480 Sheila Lewis 484 Ruth Joss 496 Theresa Wall 508 Maria Dye 511 Tina Munro 512 Sarah Walker 515 Carrie Craig 518 Jane Hart 522 Catriona McCleery 525 Eilis McKechnie 529 Sarah O'Neil 533 Claire Ward 536 Louise Provan (Ind) 539 Janice Hendrie Colours: Gold with Maroon Diagonal 542 Jenny Bannerman Colours: Gold with Black Hoop 544 Christina Rankin 545 Kerry Lang 548 Hannah Waugh 551 Lesley McKerral 552 Ros OSullivan	557 Shirley MacNab Law & District AAC 559 Alison Cameron Livingston & District AAC 562 Yvonne Crilly Lochaber AC 563 Dawn Scott Lothian Running Club 564 Lynne Murray 568 Jocelyn Moar Moorfoot Runners 570 Sarah McCormack Moray Road Runners 571 Oonagh Wilson Morpeth Harriers 572 Maxine Czarnicka Motherwell AC 573 Jill E Logan 576 Elaine Jamieson Ochil Hill Runners 577 Alayne Finlay Perth Road Runners 579 Joan Wilson Portobello RC 580 Amanda Henderson 584 Brenda Clark Ron Hill Cambuslang Harriers 586 Kirsty Grant Shettleston Harriers 587 Avril Mason 591 Susan Breckenridge 595 Christine Patterson Springburn Harriers 596 Michelle Sandison 600 Clare Gemmell Stornoway RC 603 Eilidh MacKenzie Teviotdale Harriers 604 Sylvia Grieve Troon Tortoises AC 607 Anne Noble Victoria Park City of Glasgow 610 Kirsty Baird 614 Christine Catterson 617 Claire Thompson Wee County Harriers 618 Beryl Junnier Westerlands CCC 621 Pauline McAdam 624 Ellen Homewood 26.2 RRC 625 Ann Bath	558 Vivien Fraser Colours: Amber with 2 Red Bands and 1 White Band 560 Pamela O'Connor 561 Hilary McGrath Colours: Yellow with Green Stripe Colours: White with 2 Blue Hoops Colours: Blue with Black letters 565 Ediel Mooney 566 Margaret Turnbull 567 Chloe Cox 569 Saran Jones Colours: Red and Blue Colours: Dayglow yellow with Black Trim Colours: Blue & White Colours: Red with White edging 574 Clare Barr 575 Phyllis Hands 578 Debbie Kilpatrick Colours: Green and White Colours: White with Navy and Blue Bands 581 Jenni Owens 582 Janet Dunbar 583 Mary Hunter 585 Shery Johnston Colours: Red with White Band Colours: Blue with Gold Band 588 Fiona Maxwell 589 Lindsay MacNeill 590 Clara Ursitti 592 Laura Murray 593 Carole Setchell 594 Iona Robertson Colours: Navy Blue with White Diamond 597 Caroline Brownlie 598 Danielle Brown 599 Lorraine Gray 601 Fiona Gentles 602 Catherine Connolly Colours: Red with Yellow Hoop Colours: White with Maroon Band 605 Zoe Williams 606 Pamela Paxton Colours: Yellow with 2 Black Half hoops 608 Natalie Fleming 609 Karen Robertson Colours: Blue and White Hoops 611 Kirsteen Young 612 Claire McCracken 613 Susan Finch 615 Louise Warren 616 Jacqui Thomson Colours: Navy and Orange 619 Carina Convery 620 Caroline Strain Colours: Yellow with Black "W" on Back 622 Helen MacPherson 623 Patricia McLaughlin
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Under 20 Men	
Distance 8,000 metres	The race will start at 2.00pm
The winning team to be awarded the 'Mars hall Trophy'	2010 Team Central AC
The winning individual to be awarded the 'Livingstone Trophy'	2010 Ind Callum Hawkins (Kilbarchan AAC) TEAMS 4 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops		
409 Ross Fulton	410 James Joy	411 Cameron Strachan	412 Lewis Coffin
413 David Smith			
Arran Runners	Colours: Black/Yellow		
414 Cameron Paul			
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross		
415 Greg Templeton	416 Callum Aitkenhead	417 Andrew Rae	
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross		
418 Matthew Brown			
Central AC	Colours: Yellow and Blue		
419 Andrew Butchart	420 Scott Green	421 Alexander Hendry	
422 David Hutchison	423 David Lindsay	424 David MacKinlay	
429 Sean Reilly			
Clydesdale Harriers	Colours: White with Black "C"		
425 Peter Bowman	426 Ryan Nelson		
Corstorphine AAC	Colours: White with Black Trim		
427 Andrew Christy	428 Fraser Scott		
Deeside Runners	Colours: Green		
429 James Espie			
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
430 Howell Craske	431 Matthew White		
East Kilbride AAC	Colours: Gold with 2 Black hoops		
432 Andrew Shaw	433 Adam Gatens	434 David Gorman	
435 John Fergusson			
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
436 Tom Ryan	437 Andrew Crichton	438 Peter Loudon	
439 Gregor Maxwell	440 Adam Jack	441 Fraser Mann	442 Marcus Cram
443 Edward Dudgeon			
Edinburgh University H&H	Colours: Green with White side Panel		
444 Rory Leslie	445 Huw Stradling	446 Jamie Stevenson	
447 Ewan Crawford	448 Max Ralston		
Falkirk Victoria Harriers	Colours: Black with Gold Band		
449 Euan Martin			
Fife AC	Colours: White with Red Band		
450 Mark S Buchan			
George Heriots School	Colours: White with Blue Band		
451 Ross Christie	452 Alastair Smith		
Giffnock North AAC	Colours: Amber with Royal Blue Hoop		
453 Martin Fishwick	454 Luke Traynor	455 Greg Turner	
456 Jamie MacGregor	457 Miles Hollinshead	458 Matthew Ritchie	
Inverclyde AC	Colours: Black & White Stripes		
459 Andrew Campbell	460 Paul Currie		
Inverness Harriers	Colours: Gold with Maroon Diagonal		
461 Calum MacLeod	462 Thomas Grant	463 Stephen Mackay	464 Adam Horne
465 Eoghan MacNamara			

Kilbarchan AAC	Colours: Gold with Black Hoop		
466 Gary Rankin	467 Graham Evans	468 Stephen Fleming	
469 Thomas McDonald	470 Nicholas Emsley		
Kilmarnock Harriers	Colours: Royal Blue with 2 White Stripes		
471 Murray McDonald	472 Ross Connelly	473 James Wales	
Lasswade AAC	Colours: White with 2 Blue Bands and Red Band		
474 Ross Matheson	475 Zander Lyon		
Lothian Running Club	Colours: Blue with Black letters		
476 Max McNeill			
Motherwell AC	Colours: Red with White edging		
477 Luke McIlvenna			
Ron Hill Cambuslang Harriers	Colours: Red with White Band		
478 Andrew Coulter	479 Bobby Bristow	480 Stewart Orr	
481 Jack Hamilton	482 Andrew Hunter	483 Stephen (jnr) Paris	
Shettleston Harriers	Colours: Blue with Gold Band		
484 Ruairidh Munro	485 Matthew Gillespie	486 Lee Wilson	
487 Lachlan Oates	488 Kerrick Hesse	489 Adam Drummond	
490 Andrew Dearie	491 Gary McBride	492 Garry Turner	
493 Andrew Duffy			
St Andrews University AC	Colours: White with 2 Blue Bands		
494 Andrew Steele			
Unattached			
495 Duncan MacArthur			
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
496 Sean Fontana	497 David Vernon		

Senior Men	
Distance 12,000 metres	The race will start at 2.30pm
The winning team to be awarded the 'Elkington Shield' for 12 months	2010 Team Inverclyde AAC
The winning individual to be awarded the 'W H Dunlop Trophy'	2010 Ind Alastair Hay (Central AC) TEAMS 6 TO COUNT

Aberdeen AAC	Colours: White with 2 red hoops		
1 Mark Haskett	2 Benjamin Hukins	3 Eoin Durkan	4 Frank Boyne
5 Keith Charlton	6 Gavin Prise	7 Richard Ward	
Anster Haddies	Colours: Yellow Vest		
8 Allan Gibson	9 Bill Simpson	10 Colin McIntosh	11 Richard Shaw
12 James Baillie	13 Derek Rae		
Arbroath & District AC	Colours: Black with vertical yellow stripe		
14 Cameron Morrison			
Ayr Seaforth AAC	Colours: White with Red Diagonal Cross		
15 Laurence Baker			
Bellahouston Harriers	Colours: Dark Blue with Light Blue Cross		
16 Graeme Stewart	17 Iain Burke	18 Michael Freshour	19 Stewart Mulholland
20 Graeme Gemmell	21 Ruairidh Macdonald	22 Mark Paterson	23 Brian Douglas
24 Steven Prentice	25 Paul Ford	26 Andrew Campbell	27 Bryan Lamb
28 Tom Lauckner	29 Thomas Keenan		
Bellahouston Road Runners	Colours: Purple with White Band		
30 Bruce Carse	31 Barry Edwards	32 Gerard Scullion	33 Christopher Doak
34 Russell Whittington	35 Mark Johnston	36 Peter Devenport	37 Neil Farnell
38 Ewan McDonald	39 Brian O'Donnell	40 Alistair Kell	41 Hugh Campbell
42 Greig Glendinning	43 Brendan Moriarty	44 Grant MacDonald	45 Kenny Richmond
46 Matthew Williamson	47 Alex Lawther	48 Stuart Mathieson	49 Ciaran Dougherty
50 Paul Farbotko	51 David Stakes		
Calderglen Harriers	Colours: Amber and Black Vertical Stripes		
52 Russell Couper	53 David Herbertson	54 Alan Derrick	55 Edward Reid
56 Scot Hill	57 David Wardrope	58 Charles Steven	59 Ian Rae
60 Jim Holmes	61 Andrew Henderson	62 George Stewart	63 Colin Bain
64 Stuart Waugh	65 Colin Freeman	66 Martin Duthie	67 Kenny Leinster
68 Gerard Mullen			
Carnegie Harriers	Colours: Orange & Green		
69 Allan Brannigan	70 Graeme Campbell	71 Paul Campbell	72 Michael Cowie
73 Kenneth Daniels	74 Barry Davie	75 Bill Duff	76 William Fairley
77 Allan Fotheringham	78 John Fulham	79 Stephen Greer	80 David Greig
81 Ian Johnstone	82 Mark Johnstone	83 Thomas Lawrence	84 Craig Lindsay
85 John McArthur	86 Kieran Morgan	87 Willie Rennie	88 Andrew Sim
89 Peter Simpson	90 Malcolm Smith	91 Phil Smithard	92 Ian Stewart
93 Ronnie Hunter-Blair			
Carnethy Hill RC	Colours: Yellow with Red letters		
94 Jean Jumelle			
Cartha Harriers	Colours: Purple, Gold & Green		
95 Campbell Joss	96 Anthony Quinn		
Central AC	Colours: Yellow and Blue		
97 Alasdair Anthony	98 Hugh Buchanan	99 Cameron Campbell	100 James Drummond
101 Alan Gall	102 Alastair Hay	103 Will Hensman	104 Kenneth Hislop
105 Ross Houston	106 Steve Laing	107 Liam McCabe	
108 Christopher McHardy	109 George McHardy	110 David McNamee	111 Lewis Millar
112 Alex Milne	113 Craig Neal	114 John Newsom	115 Gavin Noble
116 Fraser Purves	118 Robert Russell	119 Colin Sinclair	120 Stuart Watson
121 Michael Wright	122 Hugh Kerr		
Clydesdale Harriers	Colours: White with Black "C"		
123 Brian J Campbell	124 Robert Young	125 Michael Diver	126 Paul Carroll

127 Peter Halpin	128 Peter Rudzinski	129 Iain Robertson	130 Colin Gray
131 Pete Cartwright	132 Gary Dick	133 Gerard Montgomery	134 Hugh Laverty
Corstorphine AAC	Colours: White with Black Trim		
135 Moray Anderson	136 Dermot Cummins	137 Tom Ferrington	141 Scott Pilkington
138 Christopher O'Brien	139 Steven O'Brien	140 Grant Wilkie	145 Douglas Selman
142 Bryan Clark	143 Keith Hood	144 Calum McKenzie	149 Jan- Bert Van Den Berg
146 Mickey Breen	147 John Christy	148 Timothy Norwood	153 Michael Anderson
150 Martin Hulme	151 David Henderson	152 Graham Mclean	157 Shaun Cavens
154 Graeme Fletcher	155 Nicholas Brown	156 Christopher Pegg	161 Alex Cumming
158 Scott Williamson	159 Ian Johnston	160 Dean Carr	
162 Richard Hooper	163 Bruce Malcolm	164 David Law	
Cosmic Hillbashers			
165 Stuart Hunter			
Deeside Runners	Colours: Green		
166 Alan Sealy			
Dumbarton AAC	Colours: Black with Red Band		
167 Simon Lennox			
Dumfries Running Club	Colours: White with Maroon and Sky blue Hoops		
168 Leslie Hill			
Dundee Hawkhill Harriers	Colours: Blue and White Quarters		
169 Nigel Reynolds	170 Paul Leonard	171 Matthew Strachan	172 Neil Gunstone
173 Gordon Barrie			
Dundee Road Runners	Colours: White with Blue Diagonal		
174 Steven Peters	175 John Mill	176 Gerard Savage	
East Kilbride AAC	Colours: Gold with 2 Black hoops		
177 Gordon Colvin	178 David J. Condra	179 Graeme Haddow	180 Tom Yuill JNR
181 Michael Browne	182 Kevin Downie	183 Grant Baillie	184 Jamie Clements
185 Niall Walker	186 William Taylor		
Edinburgh AC	Colours: White with one Blue, one Black Hoop		
187 Dermot Bailie	188 Graham Beal	189 D Blyth	190 Neil Calder
191 Owain Bristow	192 Adam Chmielowski	193 Daniel Clarkson	194 N Dickson
195 Keith Dunlop	196 Martin Ferguson	197 William Gallacher	198 Kevin Graham
199 Daniel Halliday	200 Richard Hope	201 Brian Howie	202 Stuart Johnston
203 Seamus Keely	204 Keith Lyall	205 Bryan Mackie	206 Alex MacEwen
207 Colin McGill	208 Roy Mitchell	209 Walter McCaskey	210 Kirk Ollason
211 Christopher Payne	212 Adam Priestley	213 Garry Robertson	214 James Ruskin
215 Darren Steel	216 David Steele	217 Eric Stevenson	218 Iain Whitaker
Edinburgh University H&H	Colours: Green with White side Panel		
219 Ross McCall	220 Duncan Coombs	221 Hector Haines	222 Mike Diver
223 Patryk Gierjatowicz	224 James Waldie	225 Scott Wallace	226 William Nicholson
227 Arjuna Sivakumaran	228 Tom Martyn		
Falkirk Victoria Harriers	Colours: Black with Gold Band		
229 David Bunyan	230 John Denholm	231 Mark Dunnachie	232 Stuart Douglas
233 John Martin	234 Alan Mackay	235 Barry Paterson	236 Michael McQuaid
237 Neil Robertson	238 Andrew Ronald	239 Gary Smith	240 Colin D Thomson
241 Alexander Davidson			
Ferranti AAC	Colours: Yellow with Black letters		
242 Robert Miller	243 Grant Sellar	244 Stephen Reid	245 Edward McDonald
246 Iain Shaw	247 Keith Weston		
Fife AC	Colours: White with Red Band		
248 Bryce Aitken	249 Andrew Brierley	250 Brian Cruickshank	251 Adrian Davis
252 Mark Harris	253 John Kay	254 Douglas Gunstone	255 Neil Martin
256 Daniel Newman	257 Roger Rees	258 Christopher Russell	259 David Shepherd
260 Robert Thornton	261 Mel Scobie	262 Alan McLeod	263 Kenneth McLeod
264 Steven Pennycook	265 Jeremy Tomlinson		
Forres Harriers	Colours: Red		
266 Robbie Paterson	267 Paul Rogan		

Gala Harriers

268 Euan Jardine
272 Mark Bryson
276 Alistair Laurie
280 Colin McCall

Garscube Harriers

284 Alexander Chisholm
288 John Bell
292 Stephen Cullen
296 John Murray

Giffnock North AAC

298 Stuart McBeath
302 Martin O'Donnell
306 Billy Clark
310 Stuart MacDonald

Girvan AAC

314 Colin Brash

Glasgow University H & H

315 Bryan McLelland
320 Stephen Donoghue

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

321 Steven Campbell 322 Kevin Gill 323 Michael Harrington 324 David Henderson
325 Alan Henderson 326 Bernard Kangley 327 Thomas Loehndorf 328 Shaun Lyon
329 Andrew McCall 330 Kevan McCartney 331 Stephen McDade 332 Frank McKnight
333 Daniel McLaughlin 334 Michael McLoone Snr 335 Sam McVicar 336 Alan O'Rourke
337 Kenneth Pryde 338 EEyin Rankin 339 Stephen Trainer 340 Steven Watson
341 Robert Wilson 342 James Watson

Haddington East Lothian Pacemakers

343 Paddy McDonald

Harmony AC

347 Peter Kadobinskyj
351 Paul Thompson

Helensburgh AAC

355 Paul Thompson
359 Matthew Mackie

Hunters Bog Trotters

361 Nick Altmann(Ind) 362 George Ashley 363 Duncan Baker 364 Tom Barr
365 Stewart Barrie 366 Daniel Beckett 367 Jamie Brown 368 Steven Cairns
369 Stewart Caithness 370 Ian Campbell 371 Daniel Clements 372 Colin Crabbie
373 David Fulton 374 Daniel Gay 375 Allan Gordon 376 Simon Harrison
377 Alistair Hart 378 Craig Hunter 379 James Jarvis 380 Huw Jones
381 John MacPherson 382 Will Mair 383 Craig Mattocks 384 Peter McClelland
385 Andrew McKechnie 386 James McMullan 387 Alisdair Millan 388 Geoffrey Mitchell
389 Philip Mowbray 390 Rupert Nash 391 Donald Naylor 392 Ivor Normand
393 Christopher Oliver 394 Jon Rathjen 395 Matt Sims 396 Murray Strain
397 Michael Taylor 398 James Thyne 399 William Townsend 400 Richard Wall
401 Ray Ward 402 Ian Wellock 403 David Wright

Inverclyde AC

404 Mark Pollard 405 Daniel Mulhare 406 Andrew Douglas
407 Christopher MacKay 408 Craig Ruddy 409 Kevin Kane 410 Ian Fisher
411 Tom Tracey 412 James McFadden 413 Thomas Jamieson 414 Gerard Gaffney
415 Cameron Spence 416 Sean Gaffney 417 Robert Shaw 418 Robert Gray
419 Graeme Hyett 420 John Smillie 421 Jude Boulton 422 Kenny O'Neill
423 Graeme Forbes 424 Campbell Cromar 425 George Hegarty

Irvine AC

426 Brian Craig 427 Jamie Findlay 428 Patrick Cullinane 429 Alex Allardyce
430 James Sneddon 431 Andrew Rennie 432 George Irving

Colours: White with Green Band

269 Graeme Murdoch 270 Anthony Lunn
273 Derrick Brydon 274 Martin Clarke
277 Paul Daly 278 Magnus Inglis
281 David Nightingale 282 Malcolm Gowans

Colours: White with Blue Band

285 Joe McKnight 286 Benjamin Melby 287 Robert McLennan
289 Chris Devine 290 Jim McAneny 291 Euan Mackay
293 Gary Goldie 294 Andrew Griffiths 295 Marco Consani
297 Stephen Kilpatrick

Colours: Amber with Royal Blue Hoop

299 Michael Cross 300 Derek Breen 301 Neil Amner
303 James Galbraith 304 Derren Thomson 305 David McNab
307 James O'Hagan 308 David Logan 309 George Gilchrist
311 David Phee 312 Rodger McEleney 313 Hugh Gallagher

Colours: White with Blue & Green Hoops**Colours: Black and Gold**

316 Chris Clarke 318 Philip Arthur 319 Andrew Foggo

Kilbarchan AAC

433 Robert Quinn
437 Brian Graham
441 David Mewse

Kilmarnock Harriers

445 Connell Drummond

Kinross Road Runners

448 Euan Bell-Scott

Kirkintilloch Olympians

449 Christopher Craig
453 Paul O'Connor
457 Gerard O'Brien

Lasswade AAC

459 Barney Phillips
463 Ben Mitchell

Law & District AAC

467 James Rowley

Linlithgow AAC

469 Matt Richardson

Livingston & District AAC

472 Steven Thomson

Lomond Hill Runners

473 Gordon Pryde

Lothian Running Club

474 Colin Partridge
478 Graeme Ackland
482 Ben Hartman

Maryhill Harriers

485 Sam Thomson
489 Stephen Jones

Mid Argyll AC

490 Andrew Law

Milburn Harriers

491 Stephen Cowper

Motherwell AC

494 Matthew Purser

Musselburgh AC

498 Stuart Mounce

Ochil Hill Runners

501 John Stevenson (Ind)
505 Peter Buchanan

Perth Road Runners

508 David Knight

Pitreavie AAC

509 Andrew Le Good
513 Kevin Davie

Portobello RC

515 Peter Buchanan
519 Bob Still
523 Scott Jarvie

Ron Hill Cambslang Harriers

526 David Fairweather
530 Colin Feechan
534 Kerry Wilson
538 John MacNamara
542 Joseph Kealey

Shettleston Harriers**Colours: Gold with Black Hoop**

434 Derek Hawkins 435 John McMillan
438 Donald Petrie 439 Robert Connell
442 Paul Leck 443 Paul Arcari

Colours: Royal Blue with 2 White Stripes

446 Iain Connell 447 Scott Martin

Colours: Yellow with Royal Blue Band**Colours: Sky Blue with White and Black Hoops**

450 David Hogg 451 Robert Rogerson 452 Stephen Allan
454 Adam Peters 455 Michael Peters 456 Derek Martin
458 Gary Mitchell

Colours: White with 2 Blue Bands and Red Band

460 Niall Sheehan 461 Scott Campbell 462 John Murray
464 Richard Connor 465 Martin Gore 466 Andrew Matheson

Colours: Amber with 2 Red Bands and 1 White Band

468 Patrick Kelly

Colours: White & Yellow/black & Blue Hoops

470 Malcolm D Hughes 471 Chris Beamish

Colours: Yellow with Green Stripe**Colours: Lemon with 2 black Hoops****Colours: Blue with Black letters**

475 James Alexander 476 Scott Nelson 477 Kenny Mearns
479 Alan McIntosh 480 Ross Milne 481 Ian Leggett
483 Kenton Jones 484 Alex Agnew

Colours: Royal Blue

486 Duncan Riddell 487 Andrew Sutherland 488 Kenneth Stevenson

Colours: Yellow with 2 Black vertical Bands**Colours: Light Blue with Dark Blue Diagonal**

492 Daniel Burns 493 Patrick Burns

Colours: Red with White edging

495 Graeme Kennedy 496 Benjamin Hands 497 Chris McDonald

Colours: Red with Black Stripes

499 Dermot Ferry 500 Alexander Oliver

Colours: Green and White**Colours: Navy/Yellow/White**

510 Owain Williams 511 Archibald Duncan 512 Jeff Farquhar
514 Neil MacLachlan

Colours: White with Navy and Blue Bands

516 Gareth Green 517 Willie Jarvie 518 James Hamilton
520 Graham Henry 521 Kevin Clark 522 Tony Stapley
524 Andrew Stavert 525 Michael Nowicki

Colours: Red with White Band

528 Sandy Eaglesham 529 Edward Stewart
532 Michael O'Hagan 533 Greg Hastie
536 Jamie Reid 537 Scott Hunter
540 Iain Reid 541 David Munro
544 Chris Wilson 545 Stuart Gibson

546 William Coyle	547 John J Duffy	548 Amanuel Hagos	549 Jethro Lennox
550 Kenneth McCoy	551 Thomas Owens	552 Matthew Sullivan	
553 Tewoldeberhan Mengisteab		554 Paul Sorrie	555 Tsegai Tewelde
556 Denis Williams	557 Marc McColl	558 Adam Lee	559 Thomas Fay
560 Michael Deason	561 Casey Morgan	562 John Oates	
563 Tsegezab Woldemichael		564 Michael Gillespie	565 Azzidine Zourhi
566 William Maxwell	567 Daniel Bradford	568 Stephen Winter	
569 William Breckenridge	570 Craig Mitchell	571 Andy Little	
Springburn Harriers	Colours: Navy Blue with White Diamond		
572 Martin Coleman	573 Ross McEachern	574 Damian McAuley	575 John Owens
576 Andrew Callan	577 Alan Hill	578 Willie Munro	579 Alan Cairns
St Andrews University AC	Colours: White with 2 Blue Bands		
580 Russell D Hall	581 Juraj Sabal	582 Andrew Smith	
Stirling University AC	Colours: Green and Yellow		
583 Philip Vernon	584 Jed Bartlett		
Stornoway RC	Colours: Red with Yellow Hoop		
585 Andrew Joyce	586 William MacRury	587 Ross Munro	
588 Andrew MacKenzie	589 Craig Miller	590 Iain Mackay	591 Andy McMahon
592 Gavin Earons			
Strathearn Harriers			
593 Philip Tipping	594 Gordon Morrison	595 Ian Beattie	
Teviotdale Harriers	Colours: White with Maroon Band		
596 Iain Williams	597 Bill Knox	598 Raymond Jaffray	599 Alan Coltman
600 Craig Grieve	601 Alan Inglis		
Troon Tortoises AC	Colours: Yellow with 2 Black Half hoops		
602 Graeme McKenzie	603 George McGregor	604 Ian McNee	605 David Etchells
606 Henry G Dobbie	607 William Gerrie	608 Derek Hill	
Unattached			
609 David Mitchell	610 Andreas Wilhelm	611 Ross Clark	
Victoria Park City of Glasgow	Colours: Blue and White Hoops		
612 Ralph Connolly	613 Gerard Craig	614 Peter Dawes	615 David McCormack
616 Kenneth McVey	617 Kenneth Mitchell	618 Tom Ord	619 Alex Potter
620 Peter Ramsay	621 Chris Sheridan		
Wee County Harriers	Colours: Navy and Orange		
622 Graeme Wilson	623 James i Hossack	624 Gordon McNeil	
Westerlands CCC	Colours: Yellow with Black "W" on Back		
625 Chris Upson	626 John Quinn	627 Scott Mitchell	628 Owen O'Neill
629 Johnston Orr	630 Niall McAlinden	631 John Denovan	632 Peter Grassl