

**Lindsay's scottishathletics Masters Cross  
Country Championships**

**Grant Park  
Forres  
Sunday 11th February 2024**

<u>Race</u>	<u>Start</u>	<u>Dist.</u>
Women (Over 40)	1300	6000m
Men M65 and Over		
Men (Over 40)	1345	8000m
Up to M60		

**lindsays**

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**SCOTTISH  
CROSSCOUNTRY  
SEASON**

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**LINDSAYS NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIP  
SUNDAY 11<sup>TH</sup> FEBRUARY, GRANT PARK, FORRES**

**SCOTTISH ATHLETICS OFFICE BEARERS**

**Hon President  
President  
Chief Executive  
Chair**

**Rt Hon Jack McConnell  
John Rodger  
Colin Hutchison  
David Ovens**

**ROAD RUNNING AND CROSS COUNTRY COMMISSION**

**Convener  
Hon. Secretary**

**Mike Johnston (Cambuslang H)  
Julia McAfee (Helensburgh AC)**

**OFFICIALS**

<b>Referee</b>	<b>Andy Law</b>
<b>Clerk of Course</b>	<b>Doug Cowie</b>
<b>Funnel Control</b>	<b>Phil Astley, Lesley Bethune</b>
<b>Chief Judge</b>	<b>Brian Brown</b>
<b>Timekeepers/Time Recorders</b>	<b>Stephen Murdoch (Chief) Gordon Scott Mary Payne, Michael Clelland</b>
<b>Place Recorders</b>	<b>Dave Cairns (Chief) Margaret Ann McLachlan, Sally Bruce , Kenneth Davies</b>
<b>Starter/Starters Assistant</b>	<b>George Bethune (Chief) Peter Jennings</b>
<b>Declarations</b>	<b>Caroline Cowie and members of Forres Harriers</b>
<b>Announcer</b>	<b>Jackie Stewart</b>
<b>Results</b>	<b>Paul Rogan, Alison Heggie, John Newsom</b>
<b>Presentations</b>	<b>Ian McKenzie, Colin Youngson</b>
<b>Course Stewards</b>	<b>Members of Forres Harriers , Alasdair Campbell</b>
<b>First Aid</b>	<b>St Andrews First Aid</b>
<b>Convenors</b>	<b>Alex Jackson, John Newsom, Doug Cowie</b>

**Scottish Athletics thanks everyone who has contributed to the success of to-days event.**

## Entry Lists Mastes Women

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team Name</b>	<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team Name</b>
1	Erica	Christie	W65	Cambuslang Harriers	48	Joanna	Brown	W40	Hunters Bog Trotters
2	Kirsty	O'Brien	W40	Cambuslang Harriers	49	Isobel	Cairns	W45	Hunters Bog Trotters
3	Mhairi	Bagnall	W50	Corstorphine AAC	50	Claire	Gordon	W45	Hunters Bog Trotters
4	Kira	Mourao	W45	Corstorphine AAC	51	Eilis	McKechanie	W45	Hunters Bog Trotters
5	Sue	Taylor	W65	Cosmic Hillbashers	52	Kellie	Calder	W45	Inverness Harriers AAC
6	Sandy	McDougall	W40	Dundee Hawkhill Harriers	53	Lesley	Hansen	W40	Inverness Harriers AAC
7	Tracy	Morgan	W40	Dundee Hawkhill Harriers	54	Alison	MacDonald	W50	Inverness Harriers AAC
8	Gillian	Sangster	W50	Dundee Road Runners AC	55	Alice	Scriven	W45	Inverness Harriers AAC
9	Kelly	Baillie	W40	East Kilbride AC	56	Kat	Lancaster	W45	JSK Running Club
10	Elaine	Davies	W50	Edinburgh Athletic Club	57	Roma	McIntosh	W50	JSK Running Club
11	Karen	Dobbie	W55	Edinburgh Athletic Club	58	Shirley	MacNab	W55	Kirkintilloch Olympians
12	Anne	Duncan	W60	Edinburgh Athletic Club	59	Ada	Stewart	W60	Kirkintilloch Olympians
13	Sharyn	Ramage	W60	Edinburgh Athletic Club	60	Alison	Binns	W55	Lasswade Athletics Club
14	Susan	Ridley	W55	Edinburgh Athletic Club	61	Rachel	Fagan	W45	Lasswade Athletics Club
15	Julie	Wilson	W55	Edinburgh Athletic Club	62	Claire	Houston	W40	Lasswade Athletics Club
16	Monica	Anderson	W55	Falkirk Victoria Harriers	63	Linden	Nicholson	W70	Lasswade Athletics Club
17	Fiona	Matheson	W60	Falkirk Victoria Harriers	64	Avril	Pearson	W50	Livingston Athletic Club
18	Innes	Bracegirdle	W65	Fife AC	65	Jayne	Addie	W45	Metro Aberdeen Running Club
19	Margaret	Martin	W65	Fife AC	66	Kirsty	Aitken	W55	Metro Aberdeen Running Club
20	Tania	Wilson	W55	Fife AC	67	Ruth	Crawford	W45	Metro Aberdeen Running Club
21	Anne	Docherty	W75	Forres Harriers	68	Ilona	Kriausaite	W40	Metro Aberdeen Running Club
22	Siobhan	Evans	W50	Forres Harriers	69	Sarah	Simpson	W40	Metro Aberdeen Running Club
23	Kasia	Klonowska	W40	Forres Harriers	70	Gemma	Slater	W40	Metro Aberdeen Running Club
24	Susan	McRitchie	W45	Forres Harriers	71	Carol	Moss	W55	Moorfoot Runners
25	Jackie	Nicol	W60	Forres Harriers	72	Jane	Barker	W55	Moray Road Runners
26	Carol	Massie	W60	Fraserburgh Running Club	73	Katja	Blunden	W40	Moray Road Runners
27	Morag	Thompson	W45	Fraserburgh Running Club	74	Susan	McNairney	W40	Moray Road Runners
28	Sara	Green	W40	Gala Harriers Athletic Club	75	Karen	Norvell	W50	Moray Road Runners
29	Julia	Johnstone	W50	Gala Harriers Athletic Club	76	Michelle	Slater	W45	Moray Road Runners
30	Shelagh	King	W65	Gala Harriers Athletic Club	77	Amanda	Strang	W50	Moray Road Runners
31	Lesley	Bell	W45	Garscube Harriers	78	Lorna	Stanger	W50	North Highland Harriers
32	Mary	Senior	W50	Garscube Harriers	79	Michelle	Best	W45	Ochil Hill Runners
33	Hilary	Carswell	W50	Giffnock North AC	80	Hazel	Dean	W60	Ochil Hill Runners
34	Sheila	Lewis	W55	Giffnock North AC	81	Edel	Mooney	W45	Ochil Hill Runners
35	Claire	Heasman	W45	Helensburgh AAC	82	Angela	Mudge	W50	Ochil Hill Runners
36	Sarah	Attwood	W40	Highland Hill Runners	83	Susan	Bothwell	W65	Perth Road Runners
37	Jane	Chisholm	W40	Highland Hill Runners	84	Gillian	McGuire	W55	Perth Road Runners
38	Jude	Colligan	W45	Highland Hill Runners	85	Fabienne	Thompson	W55	Perth Road Runners
39	Lorraine	Coull	W50	Highland Hill Runners	86	Tessa	Ward	W55	Perth Road Runners
40	Rhona	Grant	W40	Highland Hill Runners	87	Keri	Weatherhogg	W45	Perth Road Runners
41	Jacquie	Laird	W50	Highland Hill Runners	88	Diane	White	W55	Perth Road Runners
42	Diana	Macdonald	W40	Highland Hill Runners	89	Linda	McGee	W50	Peterhead Athletics Club
43	Gail	Macleod	W50	Highland Hill Runners	90	Mary	Western	W60	PH Racing Club
44	Alison	Matheson	W50	Highland Hill Runners	91	Kate	Comisso	W45	Ross County Athletics Club
45	Monica	Padilla	W40	Highland Hill Runners	92	Elaine	Mackay	W55	Shettleston Harriers
46	Iona	Robertson	W40	Highland Hill Runners					
47	Joanne	Wilson	W40	Highland Hill Runners					

## Lindsays scottishathletics National Masters Cross Country Championships

## Entry Lists M65 +

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team Name</b>
265	Colin	Feechan	M65	Cambuslang Harriers
266	Frank	Hurley	M70	Cambuslang Harriers
267	Charles	Graham-Marr	M65	Central Athletic Club
268	Pete	Cartwright	M80	Clydesdale Harriers
269	Peter	Rudzinski	M70	Clydesdale Harriers
270	Martin	Caldwell	M70	Corstorphine AAC
271	Roderick	Campbell	M75	Cosmic Hillbashers
272	Dave	Hanlon	M65	Dundee Hawkhill Harriers
273	Guillermo	Hernandez	M75	Dundee Hawkhill Harriers
274	Brian	Howie	M70	Edinburgh Athletic Club
275	Alex	MacEwen	M65	Edinburgh Athletic Club
276	Eric	Stevenson	M70	Edinburgh Athletic Club
277	Malcolm	Christie	M65	Elgin Amateur Athletics Club
278	Tony	Martin	M70	Fife AC
279	Brian	Urquhart	M65	Fraserburgh Running Club
280	Bob	Johnson	M65	Gala Harriers Athletic Club
281	Roger	Homyer	M65	Highland Hill Runners
282	Ken	Naismith	M75	Highland Hill Runners
283	Ewart	Scott	M70	Highland Hill Runners
284	Ross	MacDonald	M65	Inverness Harriers AAC
285	Alex	Sutherland	M75	Inverness Harriers AAC
286	Graham	Whyte	M65	Inverness Harriers AAC
287	Colin	Simpson	M65	Kirkintilloch Olympians
288	James	Treasurer	M70	Lochaber Athletic Club
289	Richard	Holland	M65	Metro Aberdeen Running Club
290	George	McPherson	M65	Metro Aberdeen Running Club
291	Robert	Taylor	M65	Metro Aberdeen Running Club
292	Ian	Thom	M65	Metro Aberdeen Running Club
293	Mike	Goddard	M70	Moorfoot Runners
294	Phill	Thompson	M70	Moray Road Runners
295	Mike	Whelan	M65	Moray Road Runners
296	Alan	Bothwell	M65	Perth Road Runners
297	Robin	Livingstone	M65	Perth Road Runners
298	John	Robertson	M65	Peterhead Athletics Club
299	Paul	Corrigan	M65	Unattached

## Lindsays scottishathletics National Masters Cross Country Championships

## Entry Lists M40 to M60

Bib	First Name	Last Name	Age	Team Name	Bib	First Name	Last Name	Age	Team Name
101	William	Skinner	M60	Aberdeen Amateur Athletic Club	156	Keith	McIntyre	M40	Fraserburgh Running Club
102	Malcolm	Stone	M55	Aberdeen Amateur Athletic Club	157	Callum	Mutch	M45	Fraserburgh Running Club
103	Justin	Carter	M50	Cambuslang Harriers	158	Darrell	Hastie	M40	Gala Harriers Athletic Club
104	Iain	Crawford	M55	Cambuslang Harriers	159	Kenny	O'Neill	M45	Garioch Road Runners
105	Des	Dickson	M60	Cambuslang Harriers	160	John	Coyle	M50	Garscube Harriers
106	Colin	Donnelly	M60	Cambuslang Harriers	161	James	MacLeod	M40	Garscube Harriers
107	Stan	MacKenzie	M60	Cambuslang Harriers	162	Ian	Sproull	M40	Garscube Harriers
108	Jamie	Reid	M50	Cambuslang Harriers	163	Richard	O'Grady	M45	Helensburgh AAC
109	David	Thom	M60	Cambuslang Harriers	164	Graeme	Brown	M40	Highland Hill Runners
110	Jonny	Muir	M40	Carnethy Hill Running Club	165	Steven	Burnside	M45	Highland Hill Runners
111	Hugh	Buchanan	M60	Central Athletic Club	166	Francisco Javier	Cabrera Valdes	M40	Highland Hill Runners
112	David	Eckersley	M60	Central Athletic Club	167	Richard	Chatburn	M55	Highland Hill Runners
113	Will	Hensman	M40	Central Athletic Club	168	Waldemar	Krogulec	M40	Highland Hill Runners
114	Ross	Houston	M40	Central Athletic Club	169	Angus	MacDonald	M40	Highland Hill Runners
115	Alastair	Brockie	M40	Corstorphine AAC	170	Dougie	Macdonald	M50	Highland Hill Runners
116	Stuart	Campbell	M55	Corstorphine AAC	171	Fraser	Mackintosh	M55	Highland Hill Runners
117	Michael	Connelly	M60	Corstorphine AAC	172	Iain	MacIennan	M50	Highland Hill Runners
118	Alan	Cunningham	M50	Corstorphine AAC	173	William	Nicolson	M45	Highland Hill Runners
119	David	Henderson	M60	Corstorphine AAC	174	Stephen	Popple	M55	Highland Hill Runners
120	Keith	Hood	M50	Corstorphine AAC	175	Daniel	Rowe-Leete	M40	Highland Hill Runners
121	Iain	Hutchinson	M45	Corstorphine AAC	176	Gavin	Whiteside	M45	Highland Hill Runners
122	Ian	Johnston	M60	Corstorphine AAC	177	Stevie	Cairns	M55	Hunters Bog Trotters
123	Malcolm	Lang	M45	Corstorphine AAC	178	Graeme	Kafka	M40	Hunters Bog Trotters
124	David	Law	M60	Corstorphine AAC	179	Andrew	McKechanie	M40	Hunters Bog Trotters
125	Stuart	Livingstone	M40	Corstorphine AAC	180	Ivor	Normand	M55	Hunters Bog Trotters
126	Douglas	McKinnon	M40	Corstorphine AAC	181	Rob	Normand	M45	Hunters Bog Trotters
127	Andy	Nichol	M50	Corstorphine AAC	182	Robin	Burnett	M50	Inverness Harriers AAC
128	Keith	Ovenstone	M45	Corstorphine AAC	183	Peter	Fraser	M40	Inverness Harriers AAC
129	David	Pattison	M45	Corstorphine AAC	184	Donnie	Macdonald	M45	Inverness Harriers AAC
130	Jeremy	Rogers	M50	Corstorphine AAC	185	Tom	McWilliam	M50	Inverness Harriers AAC
131	Jan-Bert	Van Den Berg	M60	Corstorphine AAC	186	Paul	Miller	M50	Inverness Harriers AAC
132	Sean	Casey	M55	Cumbernauld Amateur Athletics Club	187	Alasdair	Thomson	M45	Inverness Harriers AAC
133	Martin	Fitchie	M45	Cumbernauld Amateur Athletics Club	188	Steven	Worsley	M60	Inverness Harriers AAC
134	Walter	Henderson	M55	Cumbernauld Amateur Athletics Club	189	Greig	Cruickshank	M60	JSK Running Club
135	Ross	McEachern	M55	Cumbernauld Amateur Athletics Club	190	Tom	Roche	M45	JSK Running Club
136	JOHNNY	KIRKLAND	M60	Dundee Hawkhill Harriers	191	Jamie	Walker	M45	JSK Running Club
137	Grant	Baillie	M45	East Kilbride AC	192	Stuart	WEBSTER	M55	JSK Running Club
138	Christopher	Watters	M50	East Kilbride AC	193	Mike	Stewart	M55	Keith and District AAC
139	Dave	Clements	M50	Edinburgh Athletic Club	194	David	Allsop	M50	Kirkintilloch Olympians
140	Chris	Creegan	M60	Edinburgh Athletic Club	195	Derrick	Brydon	M50	Lasswade Athletics Club
141	Martin	Ferguson	M55	Edinburgh Athletic Club	196	Kenneth	McWilliam	M45	Lasswade Athletics Club
142	Lewis	Orr	M50	Edinburgh Athletic Club	197	George	Gilhooley	M60	Lothian Running Club
143	Gavin	Phillip	M55	Edinburgh Athletic Club	198	Craig	Anderson	M50	Metro Aberdeen Running Club
144	Stephen	Alexander	M45	Falkirk Victoria Harriers	199	Michael	Barker	M50	Metro Aberdeen Running Club
145	Malcolm	Finlayson	M55	Falkirk Victoria Harriers	200	Allan	Christie	M40	Metro Aberdeen Running Club
146	Grant	Matheson	M60	Falkirk Victoria Harriers	201	Rankin	Lascelles	M40	Metro Aberdeen Running Club
147	James	Hall	M45	Fife AC	202	Lesley	Morrison	M40	Metro Aberdeen Running Club
148	Mike	MacDonald	M45	Fife AC	203	Colin	Munday	M45	Metro Aberdeen Running Club
149	Hugh D.	McKay	M60	Fife AC	204	Nigel	O'Neill	M40	Metro Aberdeen Running Club
150	Mark	Brumby	M40	Forres Harriers	205	Richard	Roulson	M60	Metro Aberdeen Running Club
151	Colin	Hall	M55	Forres Harriers	206	Dino	Roussias	M50	Metro Aberdeen Running Club
152	Tim	Pott	M60	Forres Harriers	207	Bryan	Smart	M50	Metro Aberdeen Running Club
153	Grant	Symon	M45	Forres Harriers	208	Andrew	Thompson	M45	Metro Aberdeen Running Club
154	James	Ward	M40	Forres Harriers	209	Jim	Tole	M45	Metro Aberdeen Running Club
155	David	Weir	M60	Forres Harriers	210	Mark	Wilkins	M40	Metro Aberdeen Running Club

Bib	First Name	Last Name	Age	Team Name	Bib	First Name	Last Name	Age	Team Name
211	Ian	Barker	M60	Moray Road Runners					
212	Matthew	Blunden	M40	Moray Road Runners					
213	Lawrie	Currie	M45	Moray Road Runners					
214	Steve	Donaghy	M55	Moray Road Runners					
215	Colin	Green	M50	Moray Road Runners					
216	Ben	Livesey	M45	Moray Road Runners					
217	Simon	MacDonald	M60	Moray Road Runners					
218	Kenneth	MacRae	M50	Moray Road Runners					
219	Kevin	Morice	M45	Moray Road Runners					
220	Scott	Phimister	M40	Moray Road Runners					
221	Graham	Stephen	M50	Moray Road Runners					
222	David	Gardiner	M50	Motherwell Athletics Club					
223	Stuart	Thompson	M45	Nairn Road Runners					
224	James	Kelman	M55	North Highland Harriers					
225	David	Orr	M50	North Highland Harriers					
226	David	Spencer	M55	North Highland Harriers					
227	Michael	Sutherland	M55	North Highland Harriers					
228	Mark	Crawford	M50	Perth Road Runners					
229	David	Knight	M55	Perth Road Runners					
230	Kevin	Riddell	M40	Perth Road Runners					
231	Duncan	Ryan	M50	Perth Road Runners					
232	Richard	Ward	M50	Perth Road Runners					
233	David	Horne	M50	Peterhead Athletics Club					
234	Roger	Clark	M50	PH Racing Club					
235	Paul	Kieran	M45	PH Racing Club					
236	Ewan	Taylor	M40	PH Racing Club					
237	Mark	Western	M55	PH Racing Club					
238	David	Worrall	M45	Portobello Running Club					
239	Michael	Hoult	M45	Ross County Athletics Club					
240	Iain	Burns	M40	Shettleston Harriers					
241	Johnj	Duffy	M55	Shettleston Harriers					
242	Jethro	Lennox	M45	Shettleston Harriers					
243	Andrew	Little	M60	Shettleston Harriers					
244	Alastair	Scott	M40	Shettleston Harriers					
245	Paul	Sorrie	M45	Shettleston Harriers					
246	Joe	Symonds	M40	Shettleston Harriers					
247	Denis	Williams	M60	Shettleston Harriers					
248	Norman	Ferguson	M40	Stornoway Running & Athletics Club					

**Grant Park, Forres Sunday February 11<sup>th</sup> 2024**  
**Hosted by Forres Harriers**

Directions from the west- Leave A96 on the roundabout at the third exit signposted Forres Town Centre then go straight on through the next two roundabouts which will take you onto Forres High Street. Grant Park is situated after the High Street on the right.

Directions from the east – Leave the A96 on the roundabout on the first exit signposted Forres Town Centre. Grant Park is situated approx 600m on the left.

Directions from the south – Arrive in Forres on the A940 and go straight on through the first two roundabouts and at the third roundabout turn right (4<sup>th</sup> exit) onto Forres High Street. Grant Park is situated after the High Street on the right.

There is limited parking at Grant Park but there are plenty of free car parks situated either side of Forres High Street.

**Please use the carparks and please do not park on the streets to reduce any congestion on race day.**

Declarations will be from 11.30 am at the Bowling Club, Grant Park  
(R on the map)  
All numbers should be collected in envelopes by Team Managers.

As well as wearing the normal number on the front, athletes will also be issued with an age group number i.e. 40, 45, 50 etc. This number should be worn on the BACK. This number is intended to assist athletes in assessing where they are placed in their own 5 year age group category during the races

The Community Centre on Forres High Street will have its changing and showering facilities available from 12 until 4pm.

The prizegiving will be in Forres Town Hall, in Forres High Street where teas/coffees and sandwiches/cakes will be served.

- The Women's Races and the Men's 65 and over races will be run together.
- Teams are Women 3 to score, Men 4 to score or 3 dependent on age
- Team medals will be awarded for teams of 4 in the combined Men's Age Groups M40, M45
- Team medals will be awarded for teams of 3 in the combined Men's Age Groups M50, M55, M60+
- Team medals will be awarded for teams of 3 in the combined Women's Age Groups W40, W45
- Team medals will be awarded for teams of 3 in the combined Women's Age Groups W50, W55, W60+

All runners will receive a memento of the day courtesy of Erdinger.

**Grant Park, Forres Sunday February 11<sup>th</sup> 2024**  
**Hosted by Forres Harriers**

1300hrs Women (over 40) Men M65 and over  
Start A, I, J, Start, A, B, C, D, E, F, G, H, I, J, Finish 6km

1345hrs Men (over 40) up to M60  
Start A, B, C, D, E, F, G, H, I x 2, Finish 8km  
**Please note this race does not go to point J**

