

Natural Teams of 3 athletes in the same club and age group: highlighted in Green, together with another club in the same age group to compete against							Team Medals	21,15,9
Age groups: M35-44; M45-54; M55-64; M65+; W35-44; W45-54; W55+. There are not sufficient clubs in the other age categories.							Indiv Medals	19,19,19
Potential team members if one or more is prepared to compete in younger age group in order to make up a full team: highlighted in Yellow								
Clubs with a decision to make on down-aging highlighted in blue					Total number of teams in each age group:			
Bib	Name	Gender	Age Category	Club Code	Club Name	Team Age Group	club count	D-A
73	Carole Page	F	W65	ALNWH	Alnwick Harriers	W55+	1	
111	Brent Brodie	M	M50	BELLA	Bellahouston Harriers	M45-54	1	
82	Stephanie Robson	F	W50	BINGH	Bingley Harriers & AC	W45-54	1	
128	Stephen Hall	M	M50	BBRNH	Blackburn Harriers & AC	M45-54	1	
79	Eric Ranicar	M	M75	BOLTU	Bolton United Harriers & AC	M65+	1	
156	Ben Robinson	M	M35	BRIW	Bristol and West AC	M35-44	2	
157	Matthew Robinson	M	M60	BRIW	Bristol and West AC	M55-64	2	
166	Stephen Watson	M	M60	BUXTA	Buxton AC	M55-64	1	
117	Russell Couper	M	M60	CGH	Calderglen Harriers	M55-64	1	
114	Alistair Campbell	M	M35	CAMBL	Cambuslang Harriers	M35-44	14	
137	Iain MacCorquodale	M	M40	CAMBL	Cambuslang Harriers	M35-44	14	
115	Justin Carter	M	M50	CAMBL	Cambuslang Harriers	M45-54	14	M35?
153	Iain Reid	M	M45	CAMBL	Cambuslang Harriers	M45-54	14	
155	Gordon Robertson	M	M45	CAMBL	Cambuslang Harriers	M45-54	14	
104	Stephen Allen	M	M55	CAMBL	Cambuslang Harriers	M55-64	14	M45?
133	Walter Henderson	M	M55	CAMBL	Cambuslang Harriers	M55-64	14	
135	Mark King	M	M55	CAMBL	Cambuslang Harriers	M55-64	14	
165	Chris Upson	M	M60	CAMBL	Cambuslang Harriers	M55-64	14	
12	Edward Carr	M	M65	CAMBL	Cambuslang Harriers	M65+	14	
19	Des Dickson	M	M65	CAMBL	Cambuslang Harriers	M65+	14	
24	Colin Donnelly	M	M65	CAMBL	Cambuslang Harriers	M65+	14	
28	Sandy Eaglesham	M	M70	CAMBL	Cambuslang Harriers	M65+	14	
88	Edward Stewart	M	M65	CAMBL	Cambuslang Harriers	M65+	14	
70	Kirsty O'Brien	F	W40	CAMBL	Cambuslang Harriers	W35-44	2	
72	Bernadette Oneil	F	W55	CAMBL	Cambuslang Harriers	W55+	2	
9	Isobel Burnett	F	W65	CARNH	Carnegie Harriers	W55+	1	
162	Donald Shaw	M	M55	CENTR	Central Athletic Club	M55-64	1	
64	Morag Millar	F	W35	CENTR	Central Athletic Club	W35-44	1	
78	Kate Ramsey	F	W55	CHARN	Charnwood Athletic Club	W55+	1	
52	Rebecca Luxton	F	W40	CHELM	Chelmsford AC	W35-44	1	
84	Peter Rudzinski	M	M70	CLYDH	Clydesdale Harriers	M65+	2	
97	Robert Young	M	M80	CLYDH	Clydesdale Harriers	M65+	2	
105	Moray Anderson	M	M45	CORST	Corstorphine AAC	M45-54	2	
124	Tom Ferrington	M	M45	CORST	Corstorphine AAC	M45-54	2	
168	Bradley Wight	M	M40	CROOK	Crook & Dist Sports AC	M35-44	1	
3	Sarah Attwood	F	W40	CROOK	Crook & Dist Sports AC	W35-44	1	
107	Jacob Armstrong-Plieth	M	M50	CRO	Croydon Harriers	M45-54	1	
2	Madeleine Armstrong-Plieth	F	W40	CRO	Croydon Harriers	W35-44	1	
145	Ross McEachern	M	M55	CUMBN	Cumbernauld Amateur Athletics Club	M55-64	1	
129	Michael Harcourt	M	M40	DARLH	Darlington Harriers & Athletics Club	M35-44	1	
74	Amy Pickworth	F	W40	DARLH	Darlington Harriers & Athletics Club	W35-44	1	
109	Gordon Barrie	M	M50	DUNDH	Dundee Hawkhill Harriers	M45-54	1	
122	Steve Everett	M	M60	DURHC	Durham City Harriers & AC	M55-64	1	
108	Grant Baillie	M	M45	EKILB	East Kilbride AC	M45-54	1	
1	Shona Adam	F	W55	EDIN	Edinburgh Athletic Club	W55+	6	
23	Karen Dobbie	F	W55	EDIN	Edinburgh Athletic Club	W55+	6	
26	Janet Dunbar	F	W55	EDIN	Edinburgh Athletic Club	W55+	6	
27	Anne Duncan	F	W60	EDIN	Edinburgh Athletic Club	W55+	6	
80	Susan Ridley	F	W55	EDIN	Edinburgh Athletic Club	W55+	6	
93	Julie Wilson	F	W55	EDIN	Edinburgh Athletic Club	W55+	6	
167	Mike Whyatt	M	M60	ERYRI	Eryri Harriers	M55-64	1	
144	Grant Matheson	M	M60	FALKV	Falkirk Victoria Harriers	M55-64	1	
58	Fiona Matheson	F	W60	FALKV	Falkirk Victoria Harriers	W55+	1	
56	Anthony Martin	M	M70	FIFE	Fife AC	M65+	1	
8	Innes Bracegirdle	F	W65	FIFE	Fife AC	W55+	2	
57	Margaret Martin	F	W65	FIFE	Fife AC	W55+	2	
46	Kasia Klonowska	F	W40	FORRE	Forres Harriers	W35-44	3	
29	Siobhan Evans	F	W50	FORRE	Forres Harriers	W45-54	3	W35
68	Jackie Nicol	F	W60	FORRE	Forres Harriers	W55+	3	W35
35	Sara Green	F	W40	GAHA	Gala Harriers Athletic Club	W35-44	1	
139	James MacLeod	M	M40	GARS	Garscube Harriers	M35-44	4	
138	Matthew MacDonald	M	M45	GARS	Garscube Harriers	M45-54	4	M35
163	Neil Smith	M	M45	GARS	Garscube Harriers	M45-54	4	M35
20	David Dickson	M	M65	GARS	Garscube Harriers	M65+	4	
6	Gillian Blee	F	W40	GARS	Garscube Harriers	W35-44	4	
47	Ilona Kriauzaite	F	W40	GARS	Garscube Harriers	W35-44	4	
14	Morag Casey	F	W50	GARS	Garscube Harriers	W45-54	4	W35
34	Laura Gray	F	W45	GARS	Garscube Harriers	W45-54	4	W35
102	Daniel Alexander	M	M35	GATES	Gateshead Harriers & AC	M35-44	3	
125	Conrad Franks	M	M40	GATES	Gateshead Harriers & AC	M35-44	3	
154	David Richardson	M	M35	GATES	Gateshead Harriers & AC	M35-44	3	
127	Scott Goldie	M	M45	GIFFN	Giffnock North AC	M45-54	2	
87	Alan Stewart	M	M75	GIFFN	Giffnock North AC	M65+	2	

Teams

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85	Jill Smylie	F	W40	GIFFN	Giffnock North AC	W35-44	4	
15	Allie Chong	F	W50	GIFFN	Giffnock North AC	W45-54	4	
13	Angela Carson	F	W55	GIFFN	Giffnock North AC	W55+	4	W45?
38	Doreen Henderson	F	W75	GIFFN	Giffnock North AC	W55+	4	W45?
136	Neil Lafferty	M	M45	GGLEN	Greenock Glenpark Harriers	M45-54	1	
149	Mike Nolan	M	M55	HALLH	Hallamshire Harriers Sheffield	M55-64	1	
83	George Routledge	M	M75	HTONH	Heaton Harriers & AC	M65+	1	
92	Helena Walsater	F	W45	HTONH	Heaton Harriers & AC	W45-54	3	
11	Nina Cameron	F	W55	HTONH	Heaton Harriers & AC	W55+	3	W45
31	Jenny Friend	F	W60	HTONH	Heaton Harriers & AC	W55+	3	W45
150	Richard O Grady	M	M45	HELEN	Helensburgh AAC	M45-54	1	
37	Claire Heasman	F	W50	HELEN	Helensburgh AAC	W45-54	1	
101	David Adam	M	M55	HHH	Herne Hill Harriers	M55-64	1	
118	Lee Dover	M	M35	HHAAC	Houghton Harriers & AC	M35-44	1	
113	Steve Cairns	M	M55	HBT	Hunters Bog Trotters	M55-64	1	
151	Robert Paterson	M	M55	INVCL	Inverclyde Athletic Club	M55-64	1	
123	Norman Ferguson	M	M40	INVNH	Inverness Harriers AAC	M35-44	4	
131	Grant Hassan	M	M35	INVNH	Inverness Harriers AAC	M35-44	4	
164	Alasdair Thomson	M	M45	INVNH	Inverness Harriers AAC	M45-54	4	M35
98	Alex Sutherland	M	M75	INVNH	Inverness Harriers AAC	M65+	4	
48	Helen Leigh	F	W40	INVNH	Inverness Harriers AAC	W35-44	2	
10	Kellie Calder	F	W45	INVNH	Inverness Harriers AAC	W45-54	2	
103	Alex Allardyce	M	M50	IRVIN	Irvine RC	M45-54	1	
81	Heather Robinson	F	W60	JARRH	Jarrow & Hebburn AC	W55+	1	
106	Scott Armstrong	M	M45	JJOG	Jesmond Joggers	M45-54	1	
147	Stuart Mcgurk	M	M60	KENDL	Kendal Amateur Athletic Club	M55-64	1	
112	Neil Burnside	M	M40	KILBA	Kilbarchan AAC	M35-44	1	
90	Rosalind Teasdale	F	W45	KILBA	Kilbarchan AAC	W45-54	1	
32	John Gebbie	M	M75	KILMH	Kilmarnock Harrier & Athletic Club	M65+	2	
61	Brian McLure	M	M65	KILMH	Kilmarnock Harrier & Athletic Club	M65+	2	
44	Katrine Kelly	F	W45	KILMH	Kilmarnock Harrier & Athletic Club	W45-54	3	
7	Susan Boyd	F	W75	KILMH	Kilmarnock Harrier & Athletic Club	W55+	3	W45
91	Kate Todd	F	W70	KILMH	Kilmarnock Harrier & Athletic Club	W55+	3	W45
120	Scott Elliott	M	M60	KIRKO	Kirkintilloch Olympians	M55-64	1	
59	Marina McCallum	F	W50	KIRKO	Kirkintilloch Olympians	W45-54	3	
60	Marie McChord	F	W65	KIRKO	Kirkintilloch Olympians	W55+	3	W45
89	Ada Stewart	F	W60	KIRKO	Kirkintilloch Olympians	W55+	3	W45
134	Mark Holgate	M	M50	LANCM	Lancaster & Morecambe Athletics Club	M45-54	2	
170	Steven Worsley	M	M60	LANCM	Lancaster & Morecambe Athletics Club	M55-64	2	
45	Brian Kirkwood	M	M70	LASSW	Lasswade Athletics Club	M65+	1	
67	Linden Nicholson	F	W70	LASSW	Lasswade Athletics Club	W55+	1	
146	Ross McKelvie	M	M35	LEEDS	Leeds City Athletic Club	M35-44	1	
86	Maggie Statham-Berry	F	W70	LNG	Lingfield RC	W55+	1	
16	Siobhan Coleman	F	W35	LLGAC	Linlithgow Athletic Club	W35-44	5	
41	Kathryn Holm	F	W40	LLGAC	Linlithgow Athletic Club	W35-44	5	
50	Sarah Little	F	W45	LLGAC	Linlithgow Athletic Club	W45-54	5	W35?
66	Christine Mulholland	F	W50	LLGAC	Linlithgow Athletic Club	W45-54	5	W35?
96	Frances Wood	F	W65	LLGAC	Linlithgow Athletic Club	W55+	5	W35?
18	Alan Daglish	M	M75	LUTON	Luton Athletic Club	M65+	1	
21	Kevin Dillon	M	M70	MANCH	Manchester Harriers & AC	M65+	1	
169	Mark Wilkins	M	M40	METAB	Metro Aberdeen Running Club	M35-44	1	
161	Scott Sharman	M	M50	MORAR	Moray Road Runners	M45-54	2	
53	Simon MacDonald	M	M65	MORAR	Moray Road Runners	M65+	2	
22	Andrew Dippie	M	M65	MORP	Morpeth Harriers & AC	M65+	2	
55	Robert Marshall	M	M75	MORP	Morpeth Harriers & AC	M65+	2	
160	Shane Semple	M	M45	MOTHR	Motherwell Athletics Club	M45-54	2	
126	David Gardiner	M	M55	MOTHR	Motherwell Athletics Club	M55-64	2	
143	Leigh Marshall	M	M45	NWRKA	Newark AC	M45-54	1	
4	Mike Barnes	M	M80	NMAC	Northern Masters AC	M65+	1	
39	Anne Hewitt	F	W75	NMAC	Northern Masters AC	W55+	1	
110	Matt Blunden	M	M45	NOTTS	Notts Athletic Club	M45-54	1	
132	Scott Hastings	M	M35	NUNH	Nuneaton Harriers	M35-44	1	
121	Huw Evans	M	M50	PBBR	Parc Bryn Bach Running Club	M45-54	1	
36	Malcolm Hammond	M	M70	PHRC	PH Racing Club	M65+	1	
30	Jeff Farquhar	M	M65	PITRE	Pitreevie AAC	M65+	1	
94	Fiona Wilson	F	W50	RZH	Richmond & Zetland Harriers	W45-54	1	
130	Carl Hardman	M	M40	SALFH	Salford Harriers & AC	M35-44	2	
152	Trevor Rayner	M	M60	SALFH	Salford Harriers & AC	M55-64	2	
148	Thomas Mortimer	M	M40	SCOFR	Scottish Fire & Rescue AC	M35-44	1	
77	Michael Quinn	M	M70	SHFR	Sheffield RC	M65+	1	
75	Robert Porteous	M	M75	SHETT	Shettleston Harriers	M65+	1	
49	Andrew Lewis	M	M65	SHRSB	Shrewsbury AC	M65+	1	
43	Mary James	F	W45	SLH	South London Harriers	W45-54	1	
65	Maxine Minchella	F	W65	SSHH	South Shields Harriers & AC	W55+	1	
95	Sarah Winstone	F	W35	SOTON	Southampton Athletic Club	W35-44	1	
42	George Inglis	M	M80	SPRBH	Springburn Harriers	M65+	1	
76	Fiona Prue	F	W55	SPRGW	Springwell Running Club	W55+	1	
17	Jennifer Conway	F	W35	STALS	St Albans Striders	W35-44	1	
159	James Scott-Buccleuch	M	M45	STOCH	Stockport Harriers & AC	M45-54	1	
142	Mark Maciver	M	M40	SRAC	Stornoway Running & Athletics Club	M35-44	2	
141	William MacRury	M	M40	SRAC	Stornoway Running & Athletics Club	M35-44	2	
54	Muriel Macleod	F	W45	SRAC	Stornoway Running & Athletics Club	W45-54	1	
158	Marcus Scotney	M	M50	STRTH	Strathearn Harriers	M45-54	1	

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62	Paul Merrison	M	M65	SUNDH	Sunderland Harriers & AC	M65+	1	
51	Ifan Lloyd	M	M65	SWAN	Swansea Harriers	M65+	1	
119	Steven Doxey	M	M60	SWINT	Swinton Running Club	M55-64	1	
25	Wendy Doxey	F	W65	SWINT	Swinton Running Club	W55+	1	
116	Craig Clarke	M	M60	TROON	Troon Tortoises Athletics Club	M55-64	1	
63	Caroline Millar	F	W50	TROON	Troon Tortoises Athletics Club	W45-54	2	
69	Anne Noble	F	W60	TROON	Troon Tortoises Athletics Club	W55+	2	
140	Kenny MacPherson	M	M55	TYNEB	Tyne Bridge Harriers	M55-64	1	
5	Colin Bishop	M	M65	WARRA	Warrington Athletic Club	M65+	3	
33	David Gill	M	M65	WARRA	Warrington Athletic Club	M65+	3	
71	Stanley Ogden	M	M65	WARRA	Warrington Athletic Club	M65+	3	
40	Richard Holland	M	M65	WGEL	Woodford Green Athletics Club with Essex Ladies	M65+	1	