

West Districts Cross Country Championships Irvine
 Saturday 10th December 2005

Pos	No	Name	Cat	Club	Time
1	61	Nicola Lindsay	U13	Law & District AAC	1154
2	6	Hollie Young	U13	City Of Glasgow AC	1214
3	56	Alexandra Lamond	U13	Kirkintilloch Olympians	1225
4	29	Emily Pollock	U13	Greenock Glenpark Harriers	1226
5	7	Michaela Stephen	U13	City Of Glasgow AC	1234
6	51	Lois Shankland	U13	J W Kilmarnock H&AC	1308
7	58	Deborah Hannah	U13	Kirkintilloch Olympians	1309
8	34	Nynke Mullholland	U13	Inverclyde AC	1311
9	82	Lauren Mooney	U13	Whitemoss AAC	1313
10	12	Rhona Calder	U13	East Kilbride A.C.	1317
11	55	Nicole Hamilton	U13	J W Kilmarnock H&AC	1319
12	67	Louise McKenna	U13	Ron Hill Cambuslang Harriers	1319
13	42	Kirsty Porteous	U13	Kilbarchan AAC	1325
14	40	Paige Douglas	U13	Irvine AC	1325
15	22	Helena Brown	U13	Giffnock North AAC	1338
16	18	Bethany Cairns	U13	Giffnock North AAC	1342
17	84	Kathleen Murphy	U13	Whitemoss AAC	1347
18	62	Megan Gray	U13	Law & District AAC	1351
19	11	Julia Calder	U13	East Kilbride A.C.	1355
20	66	Mhairi Brown	U13	Ron Hill Cambuslang Harriers	1400
21	52	Sarah McNish	U13	J W Kilmarnock H&AC	1404
22	39	Victoria Conway	U13	Irvine AC	1406
23	10	Rebecca Nicholson	U13	City Of Glasgow AC	1407
24	57	Diane Ramsay	U13	Kirkintilloch Olympians	1410
25	85	Nicky McMurtrie	U13	Whitemoss AAC	1410
26	41	Molly Bell	U13	Irvine AC	1411
27	63	Julie Dobbin	U13	Law & District AAC	1411
28	46	Ainsley Hards	U13	Kilbarchan AAC	1414
29	5	Katie Sprang	U13	Ayr Seaforth AAC	1432
30	49	Katie McAlpine	U13	Kilbarchan AAC	1434
31	54	Stephanie Sloan	U13	J W Kilmarnock H&AC	1445
32	13	Jennifer Waddell	U13	East Kilbride A.C.	1446
33	19	Louise Bainbridge	U13	Giffnock North AAC	1452
34	16	Sophie Potter	U13	East Kilbride A.C.	1457
35	36	HANNAH MCINTYRE	U13	Inverclyde AC	1505
36	8	Suzy Nairn	U13	City Of Glasgow AC	1510
37	64	Emma Clarkson	U13	Law & District AAC	1512
38	14	Rachael Thomson	U13	East Kilbride A.C.	1529
39	53	Stephanie Miller	U13	J W Kilmarnock H&AC	1538
40	2	Lauren Goldie	U13	Ayr Seaforth AAC	1543
41	47	Laura Kerr	U13	Kilbarchan AAC	1547
42	31	Morven Thompson	U13	Helensburgh AAC	1551
43	23	Sara Sutherland	U13	Giffnock North AAC	1553
44	24	Eilidh Sutherland	U13	Giffnock North AAC	1553
45	17	Jessica Duff	U13	East Kilbride A.C.	1556
46	65	Carly McCrindle	U13	Nithsdale AC	1607
47	1	Stephanie Dougan	U13	Ayr Seaforth AAC	1621
48	48	Nicole Caulfield	U13	Kilbarchan AAC	1632
49	33	Rachel Mansley	U13	Helensburgh AAC	1659
50	83	Rachel Mitchell	U13	Whitemoss AAC	1707
51	68	Amy Mullan	U13	Ron Hill Cambuslang Harriers	1850
52	44	Hannah Boyd	U13	Kilbarchan AAC	1928

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Sum of Pos			
Club	Cat	Name	Total
City Of Glasgow AC	U13	Hollie Young	2
		Michaela Stephen	5
		Rebecca Nicholson	23
City Of Glasgow AC Total			30
Kirkintilloch Olympians	U13	Alexandra Lamond	3
		Deborah Hannah	7
		Diane Ramsay	24
Kirkintilloch Olympians Total			34
J W Kilmarnock H&AC	U13	Lois Shankland	6
		Nicole Hamilton	11
		Sarah McNish	21
J W Kilmarnock H&AC Total			38
Law & District AAC	U13	Nicola Lindsay	1
		Megan Gray	18
		Julie Dobbin	27
Law & District AAC Total			46
Whitemoss AAC	U13	Lauren Mooney	9
		Kathleen Murphy	17
		Nicky McMurtrie	25
Whitemoss AAC Total			51
East Kilbride A.C.	U13	Rhona Calder	10
		Julia Calder	19
		Jennifer Waddell	32
East Kilbride A.C. Total			61
Irvine AC	U13	Paige Douglas	14
		Victoria Conway	22
		Molly Bell	26
Irvine AC Total			62
Giffnock North AAC	U13	Helena Brown	15
		Bethany Cairns	16
		Louise Bainbridge	33
Giffnock North AAC Total			64
Kilbarchan AAC	U13	Kirsty Porteous	13
		Ainsley Hards	28
		Katie McAlpine	30
Kilbarchan AAC Total			71
Ron Hill Cambuslang Harri	U13	Louise McKenna	12

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Ron Hill Cambuslang Harriers	U13	Mhairi Brown	20
		Amy Mullan	51
Ron Hill Cambuslang Harriers Total			83
Helensburgh AAC	U13	Morven Thompson	42
		Rachel Mansley	49
Helensburgh AAC Total			91
Ayr Seaforth AAC	U13	Katie Sprang	29
		Lauren Goldie	40
		Stephanie Dougan	47
Ayr Seaforth AAC Total			116
Grand Total			840

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1	12	Adam Gatens	U13	East Kilbride A.C.	1129
2	80	Andrew Dearie	U13	Shettleston Harriers	1133
3	34	Paul Currie	U13	Inverclyde AC	1136
4	76	Stewart Orr	U13	Ron Hill Cambuslang Harriers	1146
5	46	David Claes	U13	Kilbarchan AAC	1154
6	22	Andrew Daisley	U13	GLASGOW SOS	1155
7	4	Andrew Rae	U13	Ayr Seaforth AAC	1156
8	44	Connor Henderson	U13	Kilbarchan AAC	1159
9	28	Matthew McQueen	U13	Giffnock North AAC	1203
10	29	Paul McQueen	U13	Giffnock North AAC	1212
11	57	Craig Robertson	U13	J W Kilmarnock H&AC	1214
12	81	Nicholas Devlin	U13	Shettleston Harriers	1214
13	71	Grant Middlemiss	U13	Nithsdale AC	1416
14	38	Cameron Paul	U13	Arran Runners	1216
15	13	Andrew Shaw	U13	East Kilbride A.C.	1218
16	75	Jack Hamilton	U13	Ron Hill Cambuslang Harriers	1221
17	83	Gary Smith	U13	Shettleston Harriers	1221
18	33	Andrew Kennedy	U13	Helensburgh AAC	1223
19	84	Ryan Taylor	U13	Shettleston Harriers	1224
20	72	Liam Deeny	U13	Ron Hill Cambuslang Harriers	1225
21	25	Drew Hollinshead	U13	Giffnock North AAC	1228
22	43	Graham Evans	U13	Kilbarchan AAC	1229
23	2	Thomas Andrews	U13	Ayr Seaforth AAC	1233
24	18	Corey Little	U13	East Kilbride A.C.	1235
25	1	Callum Aitkenhead	U13	Ayr Seaforth AAC	1237
26	66	Billy Clarkson	U13	Law & District AAC	1242
27	64	Craig McIntyre	U13	Kirkintilloch Olympians	1244
28	94	Ross McCord	U13	Whitemoss AAC	1244
29	86	Paul MacFarlane	U13	Victoria Park AAC	1249
30	47	Callum Blair	U13	Kilbarchan AAC	1254
31	45	Thomas McDonald	U13	Kilbarchan AAC	1255
32	85	Jack Mills	U13	Shettleston Harriers	1255
33	77	Michael Rankin	U13	Ron Hill Cambuslang Harriers	1258
34	23	Liam Campbell	U13	Greenock Glenpark Harriers	1259
35	65	David Morecroft	U13	Kirkintilloch Olympians	1301
36	24	Max Lott	U13	Giffnock North AAC	1303
37	14	Steven Mckenzie	U13	East Kilbride A.C.	1305
38	63	Scott Lawrie	U13	Kirkintilloch Olympians	1305
39	27	James Gray	U13	Giffnock North AAC	1311
40	40	Niall Kearney	U13	Irvine AC	1315
41	61	Andrew Martin	U13	J W Kilmarnock H&AC	1317
42	39	Jason Connelly	U13	Irvine AC	1339
43	50	Christopher McGeoch	U13	Kilbarchan AAC	1342
44	56	CHRIS GUTHRIE	U13	Kilbarchan AAC	1352
45	16	David MacMillan	U13	East Kilbride A.C.	1353
46	59	Murray McDonald	U13	J W Kilmarnock H&AC	1359
47	67	Thomas Lafferty	U13	Law & District AAC	1404
48	92	Daniel Craib	U13	Victoria Park AAC	1405
49	68	Donald Fingland	U13	Law & District AAC	1409
50	87	Lewis Wilson	U13	Victoria Park AAC	1412
51	69	Gary Turner	U13	Mid Argyll AC	1412
52	58	Evan Cornforth	U13	J W Kilmarnock H&AC	1432
53	17	Damian Sanaghan	U13	East Kilbride A.C.	1452
54	32	James Galliford	U13	Girvan AAC	1525

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Sum of Pos			
Club	Cat	Name	Total
Shettleston Harriers	U13	Andrew Dearie	2
		Nicholas Devlin	12
		Gary Smith	17
Shettleston Harriers Total			31
Kilbarchan AAC	U13	David Claes	5
		Connor Henderson	8
		Graham Evans	22
Kilbarchan AAC Total			35
Ron Hill Cambuslang Harriers	U13	Stewart Orr	4
		Jack Hamilton	16
		Liam Deeny	20
Ron Hill Cambuslang Harriers Total			40
East Kilbride A.C.	U13	Adam Gatens	1
		Andrew Shaw	15
		Corey Little	24
East Kilbride A.C. Total			40
Giffnock North AAC	U13	Matthew McQueen	9
		Paul McQueen	10
		Drew Hollinshead	21
Giffnock North AAC Total			40
Ayr Seaforth AAC	U13	Andrew Rae	7
		Thomas Andrews	23
		Callum Aitkenhead	25
Ayr Seaforth AAC Total			55
J W Kilmarnock H&AC	U13	Craig Robertson	11
		Andrew Martin	41
		Murray McDonald	46
J W Kilmarnock H&AC Total			98
Kirkintilloch Olympians	U13	Craig McIntyre	27
		David Morecroft	35
		Scott Lawrie	38
Kirkintilloch Olympians Total			100
Law & District AAC	U13	Billy Clarkson	26
		Thomas Lafferty	47
		Donald Fingland	49
Law & District AAC Total			122
Victoria Park AAC	U13	Paul MacFarlane	29

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Victoria Park AAC	U13	Daniel Craib	48
		Lewis Wilson	50
Victoria Park AAC Total			127
Grand Total			991

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Pos	No	Name	Cat	Club	Time
1	112	David Gorman	U15	East Kilbride A.C.	1437
2	169	Lachlan Oates	U15	Shettleston Harriers	1444
3	158	Matthew Graham	U15	Kirkintilloch Olympians	1447
4	140	Callum Hawkins	U15	Kilbarchan AAC	1504
5	130	COLIN STURGEON	U15	Girvan AAC	1506
6	115	Sean Fontana	U15	Glasgow School of Sport	1508
7	136	Nicholas Emsley	U15	Irvine AC	1515
8	144	Stuart King	U15	Kilbarchan AAC	1519
9	121	Steven Gray	U15	Giffnock North AAC	1524
10	102	Alex Oliver	U15	Ayr Seaforth AAC	1525
11	162	Philip Middlemiss	U15	Nithsdale AC	1530
12	167	Steven Taggart	U15	Ron Hill Cambuslang Harriers	1532
13	123	Jamie McGregor	U15	Giffnock North AAC	1532
14	157	Adam Hamilton	U15	Kirkintilloch Olympians	1532
15	118	Matthew Ritchie	U15	Giffnock North AAC	1534
16	168	C GALLACHER	U15	Ron Hill Cambuslang Harriers	1540
17	131	ANDREW CAMPBELL	U15	Inverclyde AC	1544
18	181	Stuart Jamieson	U15	Whitemoss AAC	1545
19	122	Lyle Frank	U15	Giffnock North AAC	1547
20	111	John Fergusson	U15	East Kilbride A.C.	1548
21	170	Ruairidh Munro	U15	Shettleston Harriers	1550
22	163	Andrew Coulter	U15	Ron Hill Cambuslang Harriers	150
23	155	Neill Hamilton	U15	Kirkintilloch Olympians	150
24	182	Gary Mooney	U15	Whitemoss AAC	1552
25	114	Calum Calder	U15	East Kilbride A.C.	1554
26	149	James Wales	U15	J W Kilmarnock H&AC	1558
27	120	Ewan McCallum	U15	Giffnock North AAC	1601
28	150	Mathew Daley	U15	J W Kilmarnock H&AC	1607
29	160	Ross MacDonald	U15	Law & District AAC	1610
30	145	Craig MacDonald	U15	Kilbarchan AAC	1614
31	143	Scott MacAulay	U15	Kilbarchan AAC	1616
32	137	Garry Kerr	U15	Irvine AC	1617
33	125	Paul Bainbridge	U15	Giffnock North AAC	1638
34	183	Matthew Keenan	U15	Whitemoss AAC	1640
35	139	Ryan McDonald	U15	Irvine AC	1653
36	113	Fraser Morgan	U15	East Kilbride A.C.	1659
37	175	Michael Gray	U15	Victoria Park AAC	1702
38	138	John Kerr	U15	Irvine AC	1706
39	166	Craig Nelson	U15	Ron Hill Cambuslang Harriers	1708
40	156	Callum Pettigrew	U15	Kirkintilloch Olympians	1718
41	164	Andrew Grant	U15	Ron Hill Cambuslang Harriers	1723
42	103	Greg Templeton	U15	Ayr Seaforth AAC	1727
43	126	Greg Lambert	U15	Giffnock North AAC	1732
44	107	Kyle Gatens	U15	Calderglen Harriers	1737
45	151	Jamie Hannah	U15	J W Kilmarnock H&AC	1745
46	154	Colin Stevenson	U15	J W Kilmarnock H&AC	1749
47	177	Andrew Craib	U15	Victoria Park AAC	1754
48	173	Andrew Clunes	U15	Shettleston Harriers	1757
49	159	Allan Jenkins	U15	Law & District AAC	1800
50	153	Gregory Leyden	U15	J W Kilmarnock H&AC	1807
51	133	Scott Smith	U15	Inverclyde AC	1811
52	147	Stuart Miller	U15	Kilbarchan AAC	1814
53	146	Ross Williams	U15	Kilbarchan AAC	1824
54	148	Jack Clark	U15	Kilbarchan AAC	1832
55	135	Craig Anderson	U15	Inverclyde AC	1908

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Sum of Pos			
Club	Cat	Name	Total
Giffnock North AAC	U15	Steven Gray	9
		Jamie McGregor	13
		Matthew Ritchie	15
Giffnock North AAC Total			37
Kirkintilloch Olympians	U15	Matthew Graham	3
		Adam Hamilton	14
		Neill Hamilton	23
Kirkintilloch Olympians Total			40
Kilbarchan AAC	U15	Callum Hawkins	4
		Stuart King	8
		Craig MacDonald	30
Kilbarchan AAC Total			42
East Kilbride A.C.	U15	David Gorman	1
		John Fergusson	20
		Calum Calder	25
East Kilbride A.C. Total			46
Ron Hill Cambuslang Harriers	U15	Steven Taggart	12
		C GALLACHER	16
		Andrew Coulter	22
Ron Hill Cambuslang Harriers Total			50
Shettleston Harriers	U15	Lachlan Oates	2
		Ruairidh Munro	21
		Andrew Clunes	48
Shettleston Harriers Total			71
Irvine AC	U15	Nicholas Emsley	7
		Garry Kerr	32
		Ryan McDonald	35
Irvine AC Total			74
Whitemoss AAC	U15	Stuart Jamieson	18
		Gary Mooney	24
		Matthew Keenan	34
Whitemoss AAC Total			76
J W Kilmarnock H&AC	U15	James Wales	26
		Mathew Daley	28
		Jamie Hannah	45
J W Kilmarnock H&AC Total			99
Inverclyde AC	U15	ANDREW CAMPBELL	17

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Inverclyde AC	U15	Scott Smith	51
		Craig Anderson	55
Inverclyde AC Total			123

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Pos	No	Name	Cat	Club	Time
1	98	Josephine Moultrie	U15	City Of Glasgow AC	1607
2	106	Beth Duff	U15	East Kilbride A.C.	1609
3	195	Nicola Hood	U17	Nithsdale AC	1615
4	165	Laura McCord	U15	Whitemoss AAC	1626
5	137	Natalie Sharp	U15	Kilbarchan AAC	1645
6	178	Rebecca Finch	U17	City Of Glasgow AC	1650
7	138	Jessica Martin	U15	Kilbarchan AAC	1653
8	187	Elsbeth Curran	U17	Kilbarchan AAC	1657
9	205	Julie Whyteside	U17	Whitemoss AAC	1658
10	185	Christina Rankin	U17	Kilbarchan AAC	1711
11	208	Sarah Phee	U17	Giffnock North AAC	1712
12	108	Stephanie Wright	U15	East Kilbride A.C.	1712
13	206	Ruth Joss	U17	Giffnock North AAC	1716
14	155	Jennifer Hannah	U15	Kirkintilloch Olympians	1718
15	116	Rachel McDowall	U15	Giffnock North AAC	1719
16	103	Laura Cameron	U15	City Of Glasgow AC	1720
17	181	Deborah Stokoe	U15	East Kilbride A.C.	1750
18	121	Joanna Thomson	U15	Giffnock North AAC	1752
19	166	Stephanie Robertson	U15	Whitemoss AAC	1802
20	104	Stephanie Cameron	U15	City Of Glasgow AC	1802
21	115	Nicole McLeod	U15	Giffnock North AAC	1809
22	157	Kirsty Appleton	U15	Law & District AAC	1812
23	177	Heather Ridland	U17	Ayr Seaforth AAC	1816
24	147	Lauren Campbell	U15	J W Kilmarnock H&AC	1818
25	190	Colleen Tait	U17	J W Kilmarnock H&AC	1821
26	111	Jaymee McConville	U15	Giffnock North AAC	1821
27	188	Claire McNicol	U17	Kilbarchan AAC	1825
28	207	Jennifer Conway	U17	Giffnock North AAC	1826
29	126	Sammi Coyle	U15	Inverclyde AC	1828
30	134	Sarah Munn	U15	Irvine AC	1829
31	131	Emma Baxter	U15	Greenock Glenpark Harriers	1830
32	119	Anna Hilley	U15	Giffnock North AAC	1832
33	139	Louise McDonald	U15	Kilbarchan AAC	1841
34	204	Iona Campbell	U17	West Dunbartonshire AC	1842
35	100	Rhian Dawes	U15	City Of Glasgow AC	1854
36	101	Anna Bruce	U13	City Of Glasgow AC	1855
37	110	Claire McAuley	U15	Giffnock North AAC	1855
38	183	NATALIE DOYLE	U17	Greenock Glenpark Harriers	1859
39	189	Kirsty Reid	U17	Kilbarchan AAC	1901
40	202	Abbey McGhee	U17	Victoria Park AAC	1905
41	199	CHARLOTTE RILEY	U17	Nithsdale AC	1909
42	128	Rachael Bushfield	U15	Inverclyde AC	1909
43	191	Maire Gorman	U17	J W Kilmarnock H&AC	1911
44	168	Rachel Barlas	U15	Whitemoss AAC	1911
45	129	DEBBIE MOORE	U15	Inverclyde AC	1922
46	99	Karen Glover	U15	City Of Glasgow AC	1925
47	197	Rachel Robson	U17	Nithsdale AC	1926
48	112	Mhairi McCluskey	U15	Giffnock North AAC	1927
49	158	Fiona Parkin	U15	Law & District AAC	1936
50	167	Penny Mitchell	U15	Whitemoss AAC	1940
51	164	Corrine McConnachie	U15	Victoria Park AAC	1949
52	196	Emma Friars	U17	Nithsdale AC	1957
53	194	Laura McKie	U17	Kirkintilloch Olympians	1958
54	145	Amanda Herron	U15	Kilbarchan AAC	2000

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55	149	Sally Pugh	U15	J W Kilmarnock H&AC	2003
56	146	Emma Darroch	U15	Kilbarchan AAC	2004
57	153	Rebecca MacLennan	U15	Kirkintilloch Olympians	2008
58	148	Mia Tait	U15	J W Kilmarnock H&AC	2023
59	97	Samantha Russell	U15	Ayr Seaforth AAC	2026
60	211	Gillian Gibson	U17	Giffnock North AAC	2029
61	114	Caroline Adams	U15	Giffnock North AAC	2038
62	107	Kathryn Duff	U15	East Kilbride A.C.	2038
63	133	Katie Pollock	U15	Greenock Glenpark Harriers	2047
64	132	Emma O'Rourke	U15	Greenock Glenpark Harriers	2055
65	182	Victoria Reid	U17	East Kilbride A.C.	2055
66	152	Julie Connelly	U15	Kirkintilloch Olympians	2059
67	150	Amy Milliken	U15	J W Kilmarnock H&AC	2105
68	193	Sarah MacLennan	U17	Kirkintilloch Olympians	2210

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Sum of Pos			
Club	Cat	Name	Total
East Kilbride A.C.	U15	Beth Duff	2
		Stephanie Wright	12
		Deborah Stokoe	17
East Kilbride A.C. Total			31
City Of Glasgow AC	U15	Josephine Moultrie	1
		Laura Cameron	16
		Stephanie Cameron	20
City Of Glasgow AC Total			37
Kilbarchan AAC	U15	Natalie Sharp	5
		Jessica Martin	7
		Louise McDonald	33
Kilbarchan AAC Total			45
Giffnock North AAC	U15	Rachel McDowall	15
		Joanna Thomson	18
		Nicole McLeod	21
Giffnock North AAC Total			54
Whitemoss AAC	U15	Laura McCord	4
		Stephanie Robertson	19
		Rachel Barlas	44
Whitemoss AAC Total			67
Inverclyde AC	U15	Sammi Coyle	29
		Rachael Bushfield	42
		DEBBIE MOORE	45
Inverclyde AC Total			116
J W Kilmarnock H&AC	U15	Lauren Campbell	24
		Sally Pugh	55
		Mia Tait	58
J W Kilmarnock H&AC Total			137
Kirkintilloch Olympians	U15	Jennifer Hannah	14
		Rebecca MacLennan	57
		Julie Connelly	66
Kirkintilloch Olympians Total			137
Greenock Glenpark Harriers	U15	Emma Baxter	31
		Katie Pollock	63
		Emma O'Rourke	64
Greenock Glenpark Harriers Total			158
Grand Total			993

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Sum of Pos			
Club	Cat	Name	Total
Kilbarchan AAC	U17	Elspeth Curran	8
		Christina Rankin	10
		Claire McNicol	27
Kilbarchan AAC Total			45
Giffnock North AAC	U17	Sarah Phee	11
		Ruth Joss	13
		Jennifer Conway	28
Giffnock North AAC Total			52
Nithsdale AC	U17	Nicola Hood	3
		CHARLOTTE RILEY	41
		Rachel Robson	47
Nithsdale AC Total			91

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Pos	No	Name	Cat	Club	Time
1	210	Daniel Swanson	U17	Irvine AC	2103
2	218	Scott Hawkins	U17	Kilbarchan AAC	2117
3	219	Derek Hawkins	U17	Kilbarchan AAC	2131
4	228	Allan Ramsay	U17	Kirkintilloch Olympians	2139
5	203	John Cooke	U17	Glasgow School of Sport	2147
6	235	Ross Hasting	U17	Nithsdale AC	2158
7	216	Paul Leck	U17	Kilbarchan AAC	2159
8	204	Stephen Cooke	U17	Glasgow School of Sport	2227
9	217	Stephen McGoldrick	U17	Kilbarchan AAC	2250
10	212	William Morgan	U17	Irvine AC	2306
11	205	Kenneth Boyd	U17	Glasgow School of Sport	2320
12	202	Craig McCallum	U17	Giffnock North AAC	2325
13	197	Stuart Whiteford	U17	Giffnock North AAC	2341
14	229	Adam Peters	U17	Kirkintilloch Olympians	2400
15	198	Ian Whiteford	U17	Giffnock North AAC	2416
16	225	Roger Naughton	U17	J W Kilmarnock H&AC	2424
17	224	Cameron Wilson	U17	J W Kilmarnock H&AC	2429
18	239	Paul McGarry	U17	Ron Hill Cambuslang Harriers	2430
19	201	Daniel Johnstone	U17	Giffnock North AAC	2439
20	209	Sean Gaffney	U17	Inverclyde AC	2445
21	241	Andrew Robertson	U17	Ron Hill Cambuslang Harriers	2509
22	199	David Walker	U17	Giffnock North AAC	2515
23	190	Stephen Reilly	U17	Calderglen Harriers	2553
24	220	Graeme Wallace	U17	Kilbarchan AAC	2612
25	223	PAUL MCGUNNIGLE	U17	Kilbarchan AAC	2754
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West Districts Cross Country Championships Irvine
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Sum of Pos			
Club	Cat	Name	Total
Kilbarchan AAC	U17	Scott Hawkins	2
		Derek Hawkins	3
		Paul Leck	7
Kilbarchan AAC Total			12
Glasgow School of Sport	U17	John Cooke	5
		Stephen Cooke	8
		Kenneth Boyd	11
Glasgow School of Sport Total			24
Giffnock North AAC	U17	Craig McCallum	12
		Stuart Whiteford	13
		Ian Whiteford	15
Giffnock North AAC Total			40

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Pos	No	Name	Cat	Club	Time
1	248	Suzanne Benyon/Owen	SEN	City Of Glasgow AC	2325
2	236	Iona Robertson	SEN	Bellahouston Road Runners	2330
3	303	Lesley Chisholm	SEN	Springburn Harriers	2335
4	246	Claire McCracken	SEN	City Of Glasgow AC	2407
5	239	Elke Schmidt	SEN	Bellahouston Road Runners	2410
6	298	Michelle Sandison	SEN	Shettleston Harriers Ladies	2411
7	292	Lindsay McMahon	SEN	J W Kilmarnock H&AC	2419
8	213	Jennifer Emsley	U20	Arran Runners	2425
9	274	Helen Stevenson	SEN	Giffnock North AAC	2450
10	240	Deborah Ferns	SEN	Bellahouston Road Runners	2519
11	221	Fiona Gentles	U20	Kirkintilloch Olympians	2543
12	250	Susan Finch	VET	City Of Glasgow AC	2548
13	280	Michelle Hetherington	SEN	Helensburgh AAC	2552
14	238	Emma Birnie	SEN	Bellahouston Road Runners	2609
15	235	Johanna Jefferies	SEN	Bellahouston Road Runners	2612
16	261	Kelly Smith	SEN	East Kilbride A.C.	2617
17	223	KIRSTY HAMILTON	U20	STRATHCLYDE UNIV	2624
18	267	Hilary Millar	SEN	Giffnock North AAC	2629
19	311	Heather Akers	VET	Garscube Harriers	2633
20	322	RHONA BUSHFIELD	SEN	Inverclyde AC	2639
21	271	Doleen Galbraith	VET	Giffnock North AAC	2641
22	281	Julia Henderson	SEN	Helensburgh AAC	2650
23	220	Emma Mackie	U20	J W Kilmarnock H&AC	2658
24	219	Kara Tait	U20	J W Kilmarnock H&AC	2708
25	288	Karen Yule	SEN	Kilbarchan AAC	2717
26	289	Nicola Fleming	SEN	Kilbarchan AAC	2719
27	291	Paula Wilson	SEN	J W Kilmarnock H&AC	2727
28	212	Cara Sloss	U20	Kilbarchan AAC	2733
29	315	Marion Kelly	SEN	Garscube Harriers	2733
30	312	Lesley Chapman	VET	Garscube Harriers	2739
31	309	Liz Horton	SEN	Westerlands XC Club	2740
32	277	Anne Hay	VET	Greenock Glenpark Harriers	2744
33	282	Jennifer Fitzgerald	SEN	Helensburgh AAC	2751
34	304	FRANCES PAGE	SEN	STRATHCLYDE UNIV	2753
35	243	Eileen Reid	VET	Calderglen Harriers	2756
36	293	Janet Murray	SEN	J W Kilmarnock H&AC	2802
37	224	Kirsty Haxby	U20	STRATHCLYDE UNIV	2818
38	265	Maureen McVey	VET	Giffnock North AAC	2820
39	226	JANE DUNLOP	U20	West Dunbartonshire AC	2822
40	266	Lorna MacInnes	SEN	Giffnock North AAC	2902
41	263	Angela Martin	SEN	East Kilbride A.C.	2909
42	285	Janet Fellowes	VET	Helensburgh AAC	2930
43	241	Frances Maxwell	SEN	Calderglen Harriers	2939
44	262	Gillian Anderson	SEN	East Kilbride A.C.	2951
45	305	Muffy Calder	VET	Westerlands XC Club	3006
46	283	Debbie Savage	SEN	Helensburgh AAC	3029
47	270	Wendy Scott	VET	Giffnock North AAC	3032
48	286	Mary Miller	VET	Irvine AC	3053
49	296	Shirley MacNab	SEN	Kirkintilloch Olympians	3115
50	295	Morag Cairns	VET	J W Kilmarnock H&AC	3116
51	242	Mary Goldsmith	VET	Calderglen Harriers	3120
52	310	Pauline McAdam	VET	Westerlands XC Club	3148
53	244	Barbara Sloss	VET	Calderglen Harriers	3156
54	284	Mary Connolly	VET	Helensburgh AAC	3158
55	245	Mandy Cullie	SEN	Calderglen Harriers	3225
56	234	Janet Emsley	VET	Arran Runners	3322
57	279	Yvonne Prager	VET	Greenock Glenpark Harriers	3420

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Sum of Pos			
Club	Cat	Name	Total
Arran Runners	U20	Jennifer Emsley	8
Arran Runners Total			8
Kirkintilloch Olympians	U20	Fiona Gentles	11
Kirkintilloch Olympians Total			11
Kilbarchan AAC	U20	Cara Sloss	28
Kilbarchan AAC Total			28
West Dunbartonshire AC	U20	JANE DUNLOP	39
West Dunbartonshire AC Total			39
J W Kilmarnock H&AC	U20	Emma Mackie	23
		Kara Tait	24
J W Kilmarnock H&AC Total			47
STRATHCLYDE UNIV	U20	KIRSTY HAMILTON	17
		Kirsty Haxby	37
STRATHCLYDE UNIV Total			54
Grand Total			187

Sum of Pos	Senior women	
Bellahouston Road Runners	Iona Robertson	2
	Elke Schmidt	5
	Deborah Ferns	10
Bellahouston Road Runners Total		17
City Of Glasgow AC	Suzanne Benyon/Owen	1
	Claire McCracken	4
	Susan Finch	12
City Of Glasgow AC Total		17
Giffnock North AAC	Helen Stevenson	9
	Hilary Millar	18
	Doleen Galbraith	21
Giffnock North AAC Total		48
J W Kilmarnock H&AC	Lindsay McMahon	7
	Emma Mackie	23
	Kara Tait	24
J W Kilmarnock H&AC Total		54
Garscube Harriers	Heather Akers	19
	Marion Kelly	29
	Lesley Chapman	30
Garscube Harriers Total		78
Kilbarchan AAC	Karen Yule	25
	Nicola Fleming	26
	Cara Sloss	28
Kilbarchan AAC Total		79
STRATHCLYDE UNIV	KIRSTY HAMILTON	17
	FRANCES PAGE	34
	Kirsty Haxby	37
STRATHCLYDE UNIV Total		88
Helensburgh AAC	Michelle Hetherington	13
	Jennifer Fitzgerald	33
	Janet Fellowes	42
Helensburgh AAC Total		88
East Kilbride A.C.	Kelly Smith	16
	Angela Martin	41
	Gillian Anderson	44
East Kilbride A.C. Total		101
Westerlands XC Club	Liz Horton	31
	Muffy Calder	45
	Pauline McAdam	52
Westerlands XC Club Total		128
Calderglen Harriers	Eileen Reid	35
	Frances Maxwell	43
	Mary Goldsmith	51
Calderglen Harriers Total		129

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Pos	No	Name	Cat	Club	Time
1	277	Glen Stewart	SEN	West Dunbartonshire AC	3105
2	138	Mark Pollard	SEN	Inverclyde AC	3108
3	311	Conor McNulty	U20	Kilbarchan AAC	3124
4	212	Iain MacCorquodale	SEN	Ron Hill Cambuslang Harriers	3155
5	216	Jamie Reid	SEN	Ron Hill Cambuslang Harriers	3200
6	139	Thomas Murray	VET	Inverclyde AC	3205
7	113	Christopher MacKay	SEN	Greenock Glenpark Harriers	3220
8	310	Craig Ruddy	U20	Inverclyde AC	3227
9	219	John Brown	VET	Ron Hill Cambuslang Harriers	3241
10	240	Jethro Lennox	SEN	Shettleston Harriers	3245
11	155	Lee Richardson	SEN	Irvine AC	3246
12	218	Andrew Wright	SEN	Ron Hill Cambuslang Harriers	3252
13	156	David Millar	SEN	Irvine AC	3259
14	192	John McLoone	SEN	Kirkintilloch Olympians	3308
15	245	Paul Sorrie	SEN	Shettleston Harriers	3312
16	221	Duncan Cochrane	SEN	Ron Hill Cambuslang Harriers	3325
17	246	Kenneth McCoy	SEN	Shettleston Harriers	3325
18	211	Joseph Kealey	SEN	Ron Hill Cambuslang Harriers	3330
19	106	Kerry Wilson	SEN	Girvan AAC	3345
20	301	David Phee	U20	Giffnock North AAC	3351
21	252	Marcus Scotney	SEN	Shettleston Harriers	3353
22	25	Kenneth Richmond	SEN	Bellahouston Road Runners	3356
23	141	Graeme Hyett	SEN	Inverclyde AC	3356
24	247	Adam Lee	SEN	Shettleston Harriers	3410
25	199	Chris Stewart	SEN	Kirkintilloch Olympians	3412
26	178	James Snodgrass	SEN	Kilbarchan AAC	3412
27	229	Edward Stewart	VET	Ron Hill Cambuslang Harriers	3416
28	3	Mark Whitelaw	SEN	Annan & District AC	3427
29	313	Chris Devenney	U20	Kilbarchan AAC	3429
30	157	George Irving	VET	Irvine AC	3429
31	172	John McMillan	SEN	Kilbarchan AAC	3434
32	125	Michael Follan	SEN	Greenock Glenpark Harriers	3437
33	60	Grant Baillie	SEN	East Kilbride A.C.	3453
34	241	Ian Johnston	SEN	Shettleston Harriers	3458
35	312	Fraser Williams	U20	Kilbarchan AAC	3509
36	230	Stephen McGrory	SEN	Ron Hill Cambuslang Harriers	3517
37	8	Colin Souter	SEN	Ayr Seaforth AAC	3522
38	23	Matthew Williamson	SEN	Bellahouston Road Runners	3527
39	201	Jamie McMorrow	SEN	Law & District AAC	3532
40	316	Craig McCaffer	U20	Kilbarchan AAC	3532
41	24	Colin McGill	SEN	Bellahouston Road Runners	3546
42	140	GAVIN MORRISON	SEN	Inverclyde AC	3548
43	325	Craig Stevenson	U20	Shettleston Harriers	3556
44	225	Kieran McAlinden	SEN	Ron Hill Cambuslang Harriers	3557
45	223	David Dymond	VET	Ron Hill Cambuslang Harriers	3600
46	7	Francis Napier	SEN	Ayr Seaforth AAC	3610
47	112	Stuart Gibson	SEN	GLASGOW UNIV H & H	3618
48	173	David Boal	SEN	Kilbarchan AAC	3623
49	300	Rory Scott	U20	Glasgow univ	3626
50	176	Donald Petrie	VET	Kilbarchan AAC	3629
51	43	Alan Cullie	SEN	Calderglen Harriers	3632
52	45	Craig Calderwood	SEN	Clydesdale Harriers	3633
53	63	David J. Condra	VET	East Kilbride A.C.	3639
54	191	Alistair Allan	SEN	Kirkintilloch Olympians	3641

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55	158	Brian Craig	VET	Irvine AC	3644
56	327	James Findlay	U20	Shettleston Harriers	3649
57	88	Angus MacCormick	VET	Giffnock North AAC	3658
58	227	Gerry Reid	VET	Ron Hill Cambuslang Harriers	3659
59	44	Augustine Cairney	VET	Clydesdale Harriers	3704
60	235	PETER CARTON	VET	Shettleston Harriers	3708
61	183	Scott Martin	SEN	J W Kilmarnock H&AC	3722
62	213	Michael O'Hagan	SEN	Ron Hill Cambuslang Harriers	3726
63	89	Marc Roper	VET	Giffnock North AAC	3729
64	91	Derek Breen	VET	Giffnock North AAC	3737
65	283	Chris Upson	VET	Westerlands XC Club	3738
66	182	Jim Goldie	SEN	J W Kilmarnock H&AC	3738
67	132	Paul Thompson	VET	Helensburgh AAC	3742
68	126	Iain Rankin	VET	Greenock Glenpark Harriers	3748
69	22	Russell Whittington	SEN	Bellahouston Road Runners	3749
70	27	Andrew Birnie	SEN	Bellahouston Road Runners	3757
71	93	Gerard McNamee	VET	Giffnock North AAC	3759
72	15	Campbell Joss	VET	Bellahouston Harriers	3808
73	200	Edward McLoone	SEN	Kirkintilloch Olympians	3808
74	131	Damien Theaker	VET	Helensburgh AAC	3811
75	287	John Donnelly	VET	Westerlands XC Club	3816
76	101	Martin O'Donnell	SEN	Giffnock North AAC	3817
77	95	George Taylor	VET	Giffnock North AAC	3817
78	98	Keith Dunlop	SEN	Giffnock North AAC	3819
79	26	Alastair MacLachlan	VET	Bellahouston Road Runners	3830
80	255	Emilio Cosimo	SEN	Springburn Harriers	3832
81	190	Robert Rogerson	VET	Kirkintilloch Olympians	3832
82	65	Graeme Haddow	VET	East Kilbride A.C.	3838
83	214	John McPake	SEN	Ron Hill Cambuslang Harriers	3848
84	129	Erwin Losekoot	SEN	Helensburgh AAC	3855
85	13	DANNY CAMPBELL	SEN	Ayr Seaforth AAC	3902
86	275	Kenneth Mitchell	SEN	Victoria Park AAC	3902
87	114	Alan O'Rourke	SEN	Greenock Glenpark Harriers	3905
88	107	Nathaniel Taylor	VET	Girvan AAC	3908
89	319	Chris Brown	U20	Ron Hill Cambuslang Harriers	3914
90	142	Thomas Jamieson	SEN	Inverclyde AC	3920
91	100	David McNab	VET	Giffnock North AAC	3920
92	266	Alistair Munn	VET	Irvine AC	3922
93	127	Robert Docherty	SEN	Greenock Glenpark Harriers	3924
94	168	Andrew Rennie	VET	Irvine AC	3926
95	9	Adam Law	VET	Ayr Seaforth AAC	3932
96	87	Hugh Gallagher	VET	Giffnock North AAC	3938
97	61	Mark Smith	SEN	East Kilbride A.C.	3941
98	209	Stephen Cowper	VET	Milburn Harriers	3942
99	154	James Sneddon	SEN	Irvine AC	3943
100	47	Iain Robertson	SEN	Clydesdale Harriers	3945
101	53	Robert Young	VET	Clydesdale Harriers	3954
102	254	Joseph Chambers	SEN	Springburn Harriers	3654
103	94	Derren Thomson	SEN	Giffnock North AAC	3954
104	64	Gordon Colvin	VET	East Kilbride A.C.	3956
105	34	Scot Hill	SEN	Calderglen Harriers	4000
106	184	Alasdair Murray	SEN	J W Kilmarnock H&AC	4001
107	186	Graham Cairns	VET	J W Kilmarnock H&AC	4004
108	177	David Mewse	VET	Kilbarchan AAC	4004
109	189	Neil McCover	VET	Kirkintilloch Olympians	4011

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110	5	Paul Emsley	VET	Arran Runners	4014
111	146	Robert Gray	SEN	Inverclyde AC	4018
112	152	Cameron Spence	VET	Inverclyde AC	4019
113	179	Steven Hards	VET	Kilbarchan AAC	4021
114	90	Steven Milligan	SEN	Giffnock North AAC	4022
115	145	Robert Shaw	VET	Inverclyde AC	4023
116	97	Ian Millar	VET	Giffnock North AAC	4027
117	35	Kenneth Davidson	SEN	Calderglen Harriers	4027
118	278	David Calder	VET	Westerlands XC Club	4029
119	324	Mark McKenny	U20	Shettleston Harriers	4029
120	130	Ross McInroy	VET	Helensburgh AAC	4029
121	74	David Geddes	VET	Garscube Harriers	4040
122	279	Gibson Fleming	VET	Westerlands XC Club	4042
123	36	Stuart Waugh	VET	Calderglen Harriers	4047
124	12	Tom McCulloch	VET	Ayr Seaforth AAC	4054
125	207	John Gourlay	VET	Law & District AAC	4059
126	58	Bobby Rossborough	VET	Clydesdale Harriers	4102
127	181	Thomas Lawrence	SEN	Kilbarchan AAC	4115
128	134	Tom Flannigan	SEN	Helensburgh AAC	4121
129	163	Iain Fraser	VET	Irvine AC	4130
130	265	Ian McNee	VET	Troon Tortoises AC	4141
131	42	Gerard Mullen	VET	Calderglen Harriers	4154
132	224	David Fairweather	VET	Ron Hill Cambuslang Harriers	4200
133	148	David Dunn	SEN	Inverclyde AC	4213
134	81	James Taylor	SEN	Garscube Harriers	4215
135	135	Robin Flannagan MBE	VET	Helensburgh AAC	4222
136	11	Connell Drummond	SEN	Ayr Seaforth AAC	4226
137	116	David Henderson	SEN	Greenock Glenpark Harriers	4233
138	150	John Bannister	VET	Inverclyde AC	4246
139	315	Andrew Jack	U20	Kilbarchan AAC	4301
140	171	William Dale	VET	Irvine AC	4301
141	276	Kenneth McVey	VET	Victoria Park AAC	4301
142	33	Edward Reid	VET	Calderglen Harriers	4312
143	284	Hamilton Semple	VET	Westerlands XC Club	4325
144	14	Iain Baird	VET	Ayr Seaforth AAC	4331
145	40	Jim Holmes	SEN	Calderglen Harriers	4338
146	169	Finlay Dowell	VET	Irvine AC	4346
147	4	John Murphy	VET	Annan & District AC	4348
148	263	George McGregor	VET	Troon Tortoises AC	4353
149	96	Steven Campbell	VET	Giffnock North AAC	4355
150	185	Leslie McDerment	SEN	J W Kilmarnock H&AC	4403
151	268	Timothy Downie	VET	Troon Tortoises AC	4405
152	193	Peter Ramsay	VET	Kirkintilloch Olympians	4409
153	86	William Stein	VET	Giffnock North AAC	4410
154	151	John Smillie	VET	Inverclyde AC	4412
155	39	George Stewart	VET	Calderglen Harriers	4416
156	280	Blair Millen	SEN	Westerlands XC Club	1126
157	51	Brian.K.E Edridge	VET	Clydesdale Harriers	4439
158	99	David Logan	VET	Giffnock North AAC	4445
159	48	Peter Rudzinski	VET	Clydesdale Harriers	4448
160	115	George Hegarty	SEN	Greenock Glenpark Harriers	4454
161	162	Michael Flinn	VET	Irvine AC	4510
162	281	Graeme Orr	VET	Westerlands XC Club	4512
163	195	Jim McLoone	VET	Kirkintilloch Olympians	4514
164	28	Russell Couper	VET	Calderglen Harriers	4529

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165	83	Dermot Williamson	VET	Garscube Harriers	4536
166	29	Charles Steven	VET	Calderglen Harriers	4603
167	71	Stephen Cullen	VET	Garscube Harriers	4619
168	92	Alan Stewart	VET	Giffnock North AAC	4707
169	136	David Spy	VET	Helensburgh AAC	4730
170	194	Colin MacLennan	VET	Kirkintilloch Olympians	4734
171	264	Vincent Daly	VET	Troon Tortoises AC	4747
172	160	Ian McManus	VET	Irvine AC	4752
173	31	Colin Macdonald	VET	Calderglen Harriers	4819
174	149	Tom Tracey	VET	Inverclyde AC	4824
175	46	Zahid Zafar	SEN	Clydesdale Harriers	4931
176	285	Andrew Turnbull	VET	Westerlands XC Club	5238
177	161	David Kerr	VET	Irvine AC	5902
178	159	Iain Hamilton	VET	Irvine AC	5809

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Sum of Pos		
Club	Name	Total
Ron Hill Cambuslang Harriers	Iain MacCorquodale	4
	Jamie Reid	5
	John Brown	9
	Andrew Wright	12
	Duncan Cochrane	16
	Joseph Kealey	18
Ron Hill Cambuslang Harriers Total		64
Shettleston Harriers	Jethro Lennox	10
	Paul Sorrie	15
	Kenneth McCoy	17
	Marcus Scotney	21
	Adam Lee	24
	Ian Johnston	34
Shettleston Harriers Total		121
Kilbarchan AAC	Conor McNulty	3
	James Snodgrass	26
	Chris Devenney	29
	John McMillan	31
	Fraser Williams	35
	Craig McCaffer	40
Kilbarchan AAC Total		164
Inverclyde AC	Mark Pollard	2
	Thomas Murray	6
	Craig Ruddy	8
	Graeme Hyett	23
	GAVIN MORRISON	42
	Thomas Jamieson	90
Inverclyde AC Total		171
Irvine AC	Lee Richardson	11
	David Millar	13
	George Irving	30
	Brian Craig	55
	Alistair Munn	92
	Andrew Rennie	94
Irvine AC Total		295
Bellahouston Road Runners	Kenneth Richmond	22
	Matthew Williamson	38
	Colin McGill	41
	Russell Whittington	69
	Andrew Birnie	70
	Alastair MacLachlan	79

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Bellahouston Road Runners Total		319
Giffnock North AAC	David Phee	20
	Angus MacCormick	57
	Marc Roper	63
	Derek Breen	64
	Gerard McNamee	71
	Martin O'Donnell	76
Giffnock North AAC Total		351
Kirkintilloch Olympians	John McLoone	14
	Chris Stewart	25
	Alistair Allan	54
	Edward McLoone	73
	Robert Rogerson	81
	Neil McCover	109
Kirkintilloch Olympians Total		356
Greenock Glenpark Harriers	Christopher MacKay	7
	Michael Follan	32
	Iain Rankin	68
	Alan O'Rourke	87
	Robert Docherty	93
	David Henderson	137
Greenock Glenpark Harriers Total		424
Ayr Seaforth AAC	Colin Souter	37
	Francis Napier	46
	DANNY CAMPBELL	85
	Adam Law	95
	Tom McCulloch	124
	Connell Drummond	136
Ayr Seaforth AAC Total		523
Clydesdale Harriers	Craig Calderwood	52
	Augustine Cairney	59
	Iain Robertson	100
	Robert Young	101
	Bobby Rossborough	126
	Brian.K.E Edridge	157
Clydesdale Harriers Total		595
Helensburgh AAC	Paul Thompson	67
	Damien Theaker	74
	Erwin Losekoot	84
	Ross McInroy	120
	Tom Flannigan	128
	Robin Flannagan MBE	135
Helensburgh AAC Total		608

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Calderglen Harriers	Alan Cullie	51
	Scot Hill	105
	Kenneth Davidson	117
	Stuart Waugh	123
	Gerard Mullen	131
	Edward Reid	142
Calderglen Harriers Total		669
Westerlands XC Club	Chris Upton	65
	John Donnelly	75
	David Calder	118
	Gibson Fleming	122
	Hamilton Semple	143
	Blair Millen	156
Westerlands XC Club Total		679

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Sum of Pos			
Club	Cat	Name	Total
Kilbarchan AAC	U20	Conor McNulty	3
		Chris Devenney	29
		Fraser Williams	35
Kilbarchan AAC Total			67

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Sum of Pos			
Club	Cat	Name	Total
Ron Hill Cambuslang Harriers	VET	John Brown	9
		Edward Stewart	27
		David Dymond	45
Ron Hill Cambuslang Harriers Total			81
Irvine AC	VET	George Irving	30
		Brian Craig	55
		Alistair Munn	92
Irvine AC Total			177
Giffnock North AAC	VET	Angus MacCormick	57
		Marc Roper	63
		Derek Breen	64
Giffnock North AAC Total			184
Inverclyde AC	VET	Thomas Murray	6
		Cameron Spence	112
		Robert Shaw	115
Inverclyde AC Total			233
East Kilbride A.C.	VET	David J. Condra	53
		Graeme Haddow	82
		Gordon Colvin	104
East Kilbride A.C. Total			239
Westerlands XC Club	VET	Chris Upton	65
		John Donnelly	75
		David Calder	118
Westerlands XC Club Total			258
Helensburgh AAC	VET	Paul Thompson	67
		Damien Theaker	74
		Ross McInroy	120
Helensburgh AAC Total			261
Kilbarchan AAC	VET	Donald Petrie	50
		David Mewse	108
		Steven Hards	113
Kilbarchan AAC Total			271
Clydesdale Harriers	VET	Augustine Cairney	59
		Robert Young	101
		Bobby Rossborough	126
Clydesdale Harriers Total			286
Kirkintilloch Olympians	VET	Robert Rogerson	81

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Kirkintilloch Olympians	VET	Neil McCover	109
		Peter Ramsay	152
Kirkintilloch Olympians Total			342
Ayr Seaforth AAC	VET	Adam Law	95
		Tom McCulloch	124
		Iain Baird	144
Ayr Seaforth AAC Total			363
Calderglen Harriers	VET	Stuart Waugh	123
		Gerard Mullen	131
		Edward Reid	142
Calderglen Harriers Total			396
Troon Tortoises AC	VET	Ian McNee	130
		George McGregor	148
		Timothy Downie	151
Troon Tortoises AC Total			429
Garscube Harriers	VET	David Geddes	121
		Dermot Williamson	165
		Stephen Cullen	167
Garscube Harriers Total			453
Grand Total			5068