

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Results

Race 4 Senior/Junior Males 4 x 4000m

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	50	00:11:49	00:11:49	Tewoldeberh	Mengisteab	Senior	SHETTLESTON H
2	35	00:12:33	00:12:33	Robert	Quinn	Vet	KILBARCHAN AAC
3	28	00:12:48	00:12:48	Mark	Pollard	Senior	INVERCLYDE AC A
4	52	00:12:53	00:12:53	Andy	Little	Vet	SHETTLESTON H C
5	16	00:13:07	00:13:07	Grant	Baillie	Senior	EAST KILBRIDE A
6	51	00:13:09	00:13:09	Gordon	Phillips	Senior	SHETTLESTON H B
7	45	00:13:14	00:13:14	Joseph	Kealey	Senior	RON HILL CAMBUSLANG
8	57	00:13:18	00:13:18	Sean	Fontana	Under 20	VP GLASGOW AC
9	7	00:13:24	00:13:24	Stuart	Gibson	Senior	CALDERGLEN H A
10	5	00:13:45	00:13:45	Craig	Ross	Senior	BELLAHOUSTON RR A
11	31	00:13:46	00:13:46	Douglas	Connery	Vet	IRVINE AC A
12	32	00:13:47	00:13:47	Pat	Cullinane	Senior	IRVINE AC B
13	43	00:13:51	00:13:51	Kevin	Cornes	Under 20	KIRKINTILLOCH OLY
14	36	00:13:53	00:13:53	Fraser	Williamson	Senior	KILBARCHAN AAC B
15	44	00:13:57	00:13:57	Mark	Hand	Vet	LAW & DISTRICT
16	24	00:13:58	00:13:58	Robert	Mitchell	Vet	GREENOCK GLENPARK H
17	54	00:14:01	00:14:01	Frank	Thom	Vet	SPRINGBURN HARRIERS A
18	29	00:14:07	00:14:07	Thomas	Jamieson	Senior	INVERCLYDE AC B
19	19	00:14:11	00:14:11	Marco	Consani	Senior	GARSCUBE H A
20	46	00:14:13	00:14:13	Alastair	Campbell	Senior	RON HILL CAMBUSLANG B
21	47	00:14:17	00:14:17	Ross	Bark	Senior	RON HILL CAMBUSLANG C
22	41	00:17:19	00:17:19	James	Wales	Under 20	KILMARNOCK AC A
23	3	00:14:22	00:14:22	Andrew	Campbell	Senior	BELLAHOUSTON HARRIERS A
24	61	00:14:28	00:14:28	Johnston	Orr	Senior	WESTERLANDS XC CLUB
25	1	00:14:32	00:14:32	Campbell	Joss	Vet	AYR SEAFORTH AC A
26	58	00:14:34	00:14:34	Derek	Watson	Senior	VP GLASGOW AC B
27	22	00:14:35	00:14:35	Marc	Roper	Vet	GIFFNOCK NORTH A
28	12	00:14:38	00:14:38	Paul	Carroll	Senior	CLYDESDALE HARRIERS A
29	13	00:14:55	00:14:55	Gary	Dick	Senior	CLYDESDALE HARRIERS B
30	48	00:15:09	00:15:09	Scott	Hunter	Senior	RON HILL CAMBUSLANG D
31	62	00:15:14	00:15:14	Daniel	Reid	Vet	WESTERLANDS XC CLUB B
32	37	00:15:20	00:15:20	James	Ogilvie	Vet	KILBARCHAN AAC C
33	26	00:15:23	00:15:23	Erwin	Losekoot	Vet	HELENSBURGH
34	30	00:15:42	00:15:42	Robert	Shaw	Vet	INVERCLYDE AC C
35	42	00:15:53	00:15:53	Graham	Cairns	Vet	KILMARNOCK AC B
36	33	00:15:54	00:15:54	James	Sneddon	Vet	IRVINE AC C
37	8	00:16:04	00:16:04	George	Stewart	Vet	CALDERGLEN H B
38	9	00:16:09	00:16:09	David	Herbertson	Senior	CALDERGLEN H C
39	4	00:16:22	00:16:22	Stewart	Collins	Vet	BELLAHOUSTON HARRIERS B
40	23	00:16:26	00:16:26	Alan	Wyllie	Vet	GIFFNOCK NORTH B
41	38	00:16:30	00:16:30	John	Kynaston	Vet	KILBARCHAN AAC D
42	10	00:16:38	00:16:38	Ian	Rae	Vet	CALDERGLEN H D
43	55	00:16:49	00:16:49	Alan	Cairns	Vet	SPRINGBURN HARRIERS B
44	6	00:17:05	00:17:05	Nick	Reid	Senior	BELLAHOUSTON RR B
45	27	00:17:40	00:17:40	David	Bailey	Senior	HELENSBURGH B
46	21	00:17:47	00:17:47	Frank	Krievs	Vet	GARSCUBE H C
47	20	00:18:29	00:18:29	Stephen	Cullen	Vet	GARSCUBE H B
48	2	00:19:01	00:19:01	David	Rae	Vet	AYR SEAFORTH AC B
49	17	00:19:10	00:19:10	Edgar	Ramage	Vet	EAST KILBRIDE B
50	59	00:21:56	00:21:56	William	Parker	Vet	VP GLASGOW AC C

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ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 4 Senior/Junior Males 4 x 4000m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	50	0:23:37	00:11:48	Amanuel	Hagos	Senior	SHETTLESTON H
2	28	0:24:34	00:11:46	Christopher	MacKay	Senior	INVERCLYDE AC A
3	35	0:24:55	00:12:22	Derek	Hawkins	Under 20	KILBARCHAN AAC
4	51	0:25:27	00:12:18	Tsegai	Tewelde	Under 20	SHETTLESTON H B
5	45	0:26:18	00:13:04	Stephen	Wylie	Senior	RON HILL CAMBUSLANG
6	16	0:26:23	00:13:16	Jamie	Clements	Under 20	EAST KILBRIDE A
7	52	0:26:39	00:13:46	Adam	Lee	Senior	SHETTLESTON H C
8	57	0:26:47	00:13:29	Martin	Hayes	Under 20	VP GLASGOW AC
9	31	0:26:59	00:13:13	Jamie	Findlay	Senior	IRVINE AC A
10	36	0:27:25	00:13:32	Calum	Morrison	Senior	KILBARCHAN AAC B
11	46	0:27:33	00:13:20	John	Brown	Vet	RON HILL CAMBUSLANG B
12	7	0:27:34	00:14:10	Alan	Derrick	Vet	CALDERGLEN H A
13	29	0:27:47	00:13:40	Sean	Gaffney	Under 20	INVERCLYDE AC B
14	5	0:27:59	00:14:14	Marcos	SanzGomez	Senior	BELLAHOUSTON RR A
15	43	0:28:01	00:14:10	Edward	McLoone	Senior	KIRKINTILLOCH OLY
16	44	0:28:06	00:14:09	Gary	Grieve	Under 20	LAW & DISTRICT
17	32	0:28:10	00:14:23	Brian	Craig	Vet	IRVINE AC B
18	58	0:28:33	00:13:59	Kenneth	Mitchell	Vet	VP GLASGOW AC B
19	61	0:28:39	00:14:11	Chris	Upson	Vet	WESTERLANDS XC CLUB
20	12	0:28:49	00:14:11	Iain	Robertson	Senior	CLYDESDALE HARRIERSA
21	19	0:28:57	00:14:46	Lindsay	Cunningham	Senior	GARSCUBE H A
22	24	0:29:01	00:15:03	Alan	O'Rourke	Senior	GREENOCK GLENPARK H
23	54	0:29:10	00:15:09	Joseph	Chambers	Senior	SPRINGBURN HARRIERS A
24	41	0:29:18	00:11:59	Connell	Drummond	Senior	KILMARNOCK AC A
25	26	0:29:33	00:14:10	Paul	Thompson	Vet	HELENSBURGH
26	1	0:29:37	00:15:05	Laurence	Baker	Vet	AYR SEAFORTH AC A
27	3	0:29:46	00:15:24	Campbell	Joss	Vet	BELLAHOUSTON HARRIERS A
28	47	0:29:54	00:15:37	William	Haining	Vet	RON HILL CAMBUSLANG C
29	22	0:29:58	00:15:23	Stewart	Walker	Vet	GIFFNOCK NORTH A
30	62	0:30:29	00:15:15	David	Calder	Vet	WESTERLANDS XC CLUB B
31	37	0:30:50	00:15:30	David	Mewse	Vet	KILBARCHAN AAC C
32	33	0:31:05	00:15:11	John	Moore	Vet	IRVINE AC C
33	13	0:31:27	00:16:32	Ryan	Nelson	Under 20	CLYDESDALE HARRIERSB
34	42	0:31:28	00:15:35	Alan	Brydon	Senior	KILMARNOCK AC B
35	48	0:31:37	00:16:28	Thomas	McPake	Vet	RON HILL CAMBUSLANG D
36	8	0:31:44	00:15:40	Alan	Cullie	Vet	CALDERGLEN H B
37	9	0:32:25	00:16:16	Jim	Holmes	Senior	CALDERGLEN H C
38	23	0:33:07	00:16:41	Billy	Clark	Vet	GIFFNOCK NORTH B
39	55	0:33:17	00:16:28	Alan	Hill	Vet	SPRINGBURN HARRIERS B
40	10	0:33:21	00:16:43	Kenny	Beattie	Vet	CALDERGLEN H D
41	4	0:33:25	00:17:03	Iain	Burke	Vet	BELLAHOUSTON HARRIERS B
42	30	0:33:28	00:17:46	Denis	McCabe	Vet	INVERCLYDE AC C
43	21	0:33:51	00:16:04	Athole	Smith	Vet	GARSCUBE H C
44	38	0:33:57	00:17:27	James	McMillan	Vet	KILBARCHAN AAC D
45	17	0:35:09	00:15:59	Gordon	Colvin	Vet	EAST KILBRIDE B
46	6	0:35:27	00:18:22	Douglas	Macgregor	Vet	BELLAHOUSTON RR B
47	20	0:35:33	00:17:04	Christopher	Kilshaw	Senior	GARSCUBE H B
48	2	0:36:07	00:17:06	Ian	Baird	Vet	AYR SEAFORTH AC B
49	27	0:36:44	00:19:04	Andrew	Henderson	Vet	HELENSBURGH B

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ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 4 Senior/Junior Males 4 x 4000m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	50	0:35:50	00:12:13	Paul	Sorrie	Senior	SHETTLESTON H
2	28	0:36:58	00:12:24	Craig	Ruddy	Under 20	INVERCLYDE AC A
3	35	0:37:52	00:12:57	Scott	Hawkins	Under 20	KILBARCHAN AAC
4	51	0:38:32	00:13:05	Kenneth	McCoy	Senior	SHETTLESTON H B
5	45	0:39:49	00:13:31	Greg	Hastie	Senior	RON HILL CAMBUSLANG
6	52	0:40:21	00:13:42	Ruairidh	Munro	Under 20	SHETTLESTON H C
7	31	0:40:29	00:13:30	Alex	Allardyce	Senior	IRVINE AC A
8	36	0:40:47	00:13:22	Thomas	Hearle	Vet	KILBARCHAN AAC B
9	57	0:40:59	00:14:12	Alastair	Douglas	Vet	VP GLASGOW AC
10	16	0:41:36	00:15:13	David	Gorman	Under 20	EAST KILBRIDE A
11	44	0:42:04	00:13:58	James	MacDonald	Vet	LAW & DISTRICT
12	32	0:42:13	00:14:03	Colin	Miller	Vet	IRVINE AC B
13	46	0:42:19	00:14:46	Gary	Wallace	Senior	RON HILL CAMBUSLANG B
14	29	0:42:21	00:14:34	Neil	Mclaughlin	Senior	INVERCLYDE AC B
15	7	0:42:25	00:14:51	Scot	Hill	Senior	CALDERGLEN H A
16	61	0:42:42	00:14:03	David	Riach	Vet	WESTERLANDS XC CLUB
17	43	0:42:44	00:14:43	Robert	Rogerson	Vet	KIRKINTILLOCH OLY
18	54	0:43:39	00:14:29	Emilio	Cosimo	Senior	SPRINGBURN HARRIERS A
19	12	0:43:40	00:14:51	David	Brown	Under 20	CLYDESDALE HARRIERS A
20	19	0:43:42	00:14:45	Robert	McLennan	Vet	GARSCUBE H A
21	58	0:43:50	00:15:17	Charles	Murray	Vet	VP GLASGOW AC B
22	5	0:44:36	00:16:37	James	O'Hara	Vet	BELLAHOUSTON RR A
23	47	0:44:42	00:14:48	Andrew	Steven	Senior	RON HILL CAMBUSLANG C
24	24	0:44:48	00:15:47	Robert	Mitchell	Vet	GREENOCK GLENPARK H
25	1	0:44:49	00:15:12	Stephen	Kay	Senior	AYR SEAFORTH AC A
26	26	0:45:00	00:15:27	Kevin	Johnson	Vet	HELENSBURGH
27	41	0:45:04	00:15:46	Leslie	McDerment	Senior	KILMARNOCK AC A
28	22	0:45:08	00:15:10	Derek	Breen	Vet	GIFFNOCK NORTH A
29	3	0:45:46	00:16:00	Anthony	Quinn	Vet	BELLAHOUSTON HARRIERS A
30	37	0:46:17	00:15:27	Steven	Hards	Vet	KILBARCHAN AAC C
31	33	0:46:32	00:15:27	Mark	Livingstone	Senior	IRVINE AC C
32	8	0:47:21	00:15:37	Stephen	Phimister	Senior	CALDERGLEN H B
33	13	0:47:23	00:15:56	Robert	Young	Vet	CLYDESDALE HARRIERS B
34	62	0:47:29	00:17:00	Gibson	Fleming	Vet	WESTERLANDS XC CLUB B
35	42	0:47:47	00:16:19	William	Duffy	Vet	KILMARNOCK AC B
36	48	0:48:20	00:16:43	David	Fairweather	Vet	RON HILL CAMBUSLANG D
37	9	0:48:41	00:16:16	Gerry	Mullen	Vet	CALDERGLEN H C
38	21	0:49:33	00:15:42	John	Murray	Senior	GARSCUBE H C
39	38	0:49:51	00:15:54	Andrew	Clugston	Senior	KILBARCHAN AAC D
40	55	0:49:59	00:16:42	John	Owens	Vet	SPRINGBURN HARRIERS B
41	23	0:50:32	00:17:25	David	Logan	Vet	GIFFNOCK NORTH B
42	20	0:50:33	00:15:00	David	WDickson	Vet	GARSCUBE H B
43	17	0:50:71	00:16:02	Graeme	Haddow	Vet	EAST KILBRIDE B
44	30	0:52:49	00:19:21	Tom	Tracey	Vet	INVERCLYDE AC C
45	27	0:56:20	00:19:36	Peter	Carroll	Vet	HELENSBURGH B
46	10	0:53:37	00:20:16	Russell	Couper	Vet	CALDERGLEN H D
47	6	0:53:59	00:18:32	Norman	Boyle	Vet	BELLAHOUSTON RR B
48	2	0:54:34	00:18:27	Ryan	Templeton	Under 20	AYR SEAFORTH AC B
49							
50							

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 4 Senior/Junior Males 4 x 4000m

Leg 4							
Pos	No	Leg 4 Time	Ind Time	Runner		Cat	Club
1	50	0:47:41	00:11:51	Tsegezab	Woldemichael	Senior	SHETTLESTON H
2	28	0:49:39	00:12:41	Graeme	Hyett	Senior	INVERCLYDE AC A
3	35	0:50:53	00:13:01	Paul	Leck	Under 20	KILBARCHAN AAC
4	51	0:51:05	00:12:33	Martin	Graham	Senior	SHETTLESTON H B
5	45	0:52:30	00:12:41	Robert	Gilroy	Senior	RON HILL CAMBUSLANG
6	57	0:54:19	00:13:20	Derek	Gibb	Senior	VP GLASGOW AC
7	31	0:54:28	00:13:59	William	Richardson	Senior	IRVINE AC A
8	36	0:54:32	00:13:45	John	McMillan	Senior	KILBARCHAN AAC B
9	44	0:55:19	00:13:15	Jamie	McMorrow	Senior	LAW & DISTRICT
10	52	0:55:41	00:15:20	Peter	Carton	Vet	SHETTLESTON H C
11	46	0:56:29	00:14:10	Jasmair	Pal	Senior	RON HILL CAMBUSLANG B
12	16	0:56:58	00:15:22	Niall	Walker	Under 20	EAST KILBRIDE A
13	32	0:57:04	00:14:51	Ian	Berryman	Vet	IRVINE AC B
14	29	0:57:26	00:15:05	Jude	Boulton	Senior	INVERCLYDE AC B
15	7	0:57:33	00:15:08	Edward	Reid	Vet	CALDERGLEN H A
16	61	0:57:38	00:14:56	John	Donnelly	Vet	WESTERLANDS XC CLUB
17	54	0:57:42	00:14:03	Robert	Young	Vet	SPRINGBURN HARRIERS A
18	19	0:58:07	00:14:25	Euan	Mackay	Vet	GARSCUBE H A
19	12	0:59:00	00:15:20	John	Foley	Vet	CLYDESDALE HARRIERSA
20	5	0:59:03	00:14:27	Matthew	Williamson	Senior	BELLAHOUSTON RR A
21	24	0:59:23	00:14:35	Michael	Follan	Senior	GREENOCK GLENPARK H
22	26	0:59:49	00:14:49	Stephen	Bell	Vet	HELENSBURGH
23	47	0:60:02	00:15:20	Freddy	Connor	Vet	RON HILL CAMBUSLANG C
24	1	0:60:14	00:15:25	Peter	Laing	Vet	AYR SEAFORTH AC A
25	58	0:61:19	00:17:29	Kenneth	McVey	Vet	VP GLASGOW AC B
26	22	0:61:32	00:16:24	David	McNab	Vet	GIFFNOCK NORTH A
27	43	0:61:40	00:18:56	William	Heirs	Senior	KIRKINTILLOCH OLY
28	3	0:62:02	00:16:16	Mark	Paterson	Senior	BELLAHOUSTON HARRIERS A
29	41	0:62:12	00:17:08	Kenneth	Wales	Vet	KILMARNOCK AC A
30	37	0:62:38	00:16:21	Donald	Kennedy	Senior	KILBARCHAN AAC C
31	33	0:63:27	00:16:55	James	White	Vet	IRVINE AC C
32	42	0:63:36	00:15:49	Harald	Bartl	Vet	KILMARNOCK AC B
33	38	0:63:44	00:13:53	James	Snodgrass	Vet	KILBARCHAN AAC D
34	8	0:64:00	00:16:39	Stuart	Waugh	Vet	CALDERGLEN H B
35	48	0:64:20	00:16:00	John	McPake	Senior	RON HILL CAMBUSLANG D
36	9	0:65:24	00:16:43	Graham	Lindsay	Vet	CALDERGLEN H C
37	13	0:65:37	00:18:14	Peter	Rudzinski	Vet	CLYDESDALE HARRIERSB
38	62	0:65:48	00:18:19	Graeme	Orr	Vet	WESTERLANDS XC CLUB B
39	17	0:65:59	00:14:48	David	J.Condra	Vet	EAST KILBRIDE B
40	23	0:67:31	00:16:59	James	O'Hagan	Senior	GIFFNOCK NORTH B
41	55	0:67:42	00:17:43	Joseph		Senior	SPRINGBURN HARRIERS B
42	20	0:69:20	00:18:47	Matthew		Senior	GARSCUBE H B
43	2	0:69:44	00:15:10	Tom		Vet	AYR SEAFORTH AC B
44	6	0:70:20	00:16:21	Christopher		Senior	BELLAHOUSTON RR B
45	10	0:74:30	00:20:53	Malcolm		Vet	CALDERGLEN H D
46	21	0:81:05	00:31:32	Christian		Senior	GARSCUBE H C
47							
48							
49							
50							