

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS 10TH OCTOBER 2009

Results

Race 1 Junior Females

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	109	00:09:04	00:09:04	Chloe	Cowan	U13	GIFFNOCK NORTH A
2	124	00:09:25	00:09:25	Emma	Mitchell	U13	INVERCLYDE AC A
3	111	00:09:25	00:09:25	nikki	hutcheson	U13	GIFFNOCK NORTH C
4	133	00:09:30	00:09:30	Gwen	Gillham	U13	KILBARCHAN AAC B
5	157	00:09:31	00:09:31	Myrtle	Breckenridge	U13	SHETTLESTON H A
6	244	00:09:33	00:09:33	Kirstin	Oakley	U13	AYR SEAFORTH A
7	110	00:09:33	00:09:33	Helena	Davidson	U13	GIFFNOCK NORTH B
8	135	00:09:36	00:09:36	Caitlin	McStay	U13	KILBARCHAN AAC D
9	153	00:09:37	00:09:37	Hannah	Robertson	U13	RON HILL CAMBUSLANG H B
10	132	00:09:39	00:09:39	Chloe	Hardie	U13	KILBARCHAN AAC A
11	162	00:09:55	00:09:55	Georgia	Callander	U13	VP GLASGOW AC A
12	152	00:09:56	00:09:56	Eva	McKinnon	U13	RON HILL CAMBUSLANG H A
13	148	00:10:09	00:10:09	Pamela	McNicol	U13	LAW & DISTRICT B
14	113	00:10:10	00:10:10	Alexandra	Pope	U13	GIFFNOCK NORTH E
15	164	00:10:13	00:10:13	Millie	Boyle	U13	VP GLASGOW AC C
16	166	00:10:16	00:10:16	Emma	Ferrie	U13	VP GLASGOW AC E
17	115	00:10:18	00:10:18	Katie	McCafferty	U13	GIFFNOCK NORTH G
18	125	00:10:19	00:10:19	Evie	Semple	U13	INVERCLYDE AC B
19	134	00:10:20	00:10:20	Kathryn	Lee	U13	KILBARCHAN AAC C
20	158	00:10:22	00:10:22	Jill	Cherry	U13	SHETTLESTON H B
21	141	00:10:28	00:10:28	Harris	Ritchie	U13	KILMARNOCK H& AC D
22	163	00:10:31	00:10:31	Eliza	Chiswell	U13	VP GLASGOW AC B
23	165	00:10:33	00:10:33	Melanie	Chiswell	U13	VP GLASGOW AC D
24	103	00:10:36	00:10:36	Megan	Stewart	U13	EAST KILBRIDE A
25	138	00:10:49	00:10:49	Lorne	Kerr	U13	KILMARNOCK H& AC A
26	145	00:10:40	00:10:40	Louise	Campbell	U13	KIRKINTILLOCH OLYMPIANS A
27	146	00:10:42	00:10:42	Victoria	Robertson	U13	KIRKINTILLOCH OLYMPIANS B
28	147	00:10:42	00:10:42	Nadene	Traynor	U13	LAW & DISTRICT A
29	126	00:10:42	00:10:42	Chloe	Simpson	U13	INVERCLYDE AC C
30	128	00:10:43	00:10:43	Kelly	Williams	U13	INVERCLYDE AC E
31	155	00:10:43	00:10:43	Rachel	Black	U13	RON HILL CAMBUSLANG H D
32	159	00:10:43	00:10:43	Lisa	Walker	U13	SHETTLESTON H C
33	139	00:10:44	00:10:44	Hannah	Bartl	U13	KILMARNOCK H& AC B
34	121	00:10:44	00:10:44	Louisa	Davis	U13	GREENOCK GLENPARK A
35	151	00:10:44	00:10:44	Kathryn	Park	U13	NITHSDALE AC
36	154	00:10:47	00:10:47	Lisa	Ross	U13	RON HILL CAMBUSLANG H C
37	142	00:10:47	00:10:47	Laura	Duncan	U13	KILMARNOCK H& AC E
38	114	00:10:47	00:10:47	Eilidh	Cook	U13	GIFFNOCK NORTH F
39	156	00:10:59	00:10:59	Selina	White	U13	RON HILL CAMBUSLANG H E
40	245	00:11:00	00:11:00	Emma	Johnston	U13	AYR SEAFORTH B
41	149	00:11:03	00:11:03	Anya	Towers	U13	LAW & DISTRICT C
42	116	00:11:07	00:11:07	Monica	Lowrie	U13	GIFFNOCK NORTH H
43	106	00:11:14	00:11:14	Caitlin	Trotter	U13	GARSCUBE H A
44	112	00:11:18	00:11:18	Megan	Adams	U13	GIFFNOCK NORTH D
45	160	00:11:30	00:11:30	Ainsley M	Stern	U13	SHETTLESTON H D
46	104	00:11:39	00:11:39	Lucy	Fairlie	U13	EAST KILBRIDE B
47	105	00:11:39	00:11:39	Mhairi	Boyle	U13	EAST KILBRIDE C
48	101	00:11:41	00:11:41	Kirsty	Alexander	U13	CLYDESDALE H A
49	161	00:11:43	00:11:43	Samantha	Fern	U13	SHETTLESTON H E
50	117	00:12:01	00:12:01	Isabella	Murray	U13	GIFFNOCK NORTH I

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS 10TH OCTOBER 2009

51	127	00:12:04	00:12:04	Laura	Thomson	U13	INVERCLYDE AC D
52	140	00:12:06	00:12:06	Alanis	Bryden	U13	KILMARNOCK H& AC C
53	122	00:12:06	00:12:06	Rebecca	McDiarmid	U13	GREENOCK GLENPARK B
54	123	00:12:14	00:12:14	Lucy	Compston	U13	GREENOCK GLENPARK C
55	143	00:12:19	00:12:19	Lara	Ferrell	U13	KILMARNOCK H& AC F
56	150	00:12:23	00:12:23	Margaret	Newell	U13	LAW & DISTRICT D
57	144	00:12:25	00:12:25	Eilidh	Baird	U13	KILMARNOCK H& AC G
58	102	00:12:31	00:12:31	Caitlin	Dick	U13	CLYDESDALE H B

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS 10TH OCTOBER 2009

Race 1 Junior Females

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	157	0:18:11	00:08:40	Stella	Winters	U15	SHETTLESTON H A
2	109	0:18:25	00:09:21	Linzi	Cowan	U15	GIFFNOCK NORTH A
3	110	0:18:58	00:09:25	Selena	Jackson	U15	GIFFNOCK NORTH B
4	132	0:19:06	00:09:27	Jennifer	Eadie	U15	KILBARCHAN AAC A
5	124	0:19:09	00:09:44	Rebecca	Munn	U15	INVERCLYDE AC A
6	162	0:19:20	00:09:25	Gillian	Black	U13	VP GLASGOW AC A
7	111	0:19:29	00:10:04	Aliyah	Zuberi	U15	GIFFNOCK NORTH C
8	244	0:19:44	00:10:11	Jemma	McSheffery	U15	AYR SEAFORTH A
9	152	0:19:54	00:09:58	Rebecca	Bonomi	U15	RON HILL CAMBUSLANG H A
10	158	0:19:58	00:09:36	Jemma	McQuillan	U15	SHETTLESTON H B
11	148	0:20:00	00:09:51	Sherelle	Graham	U15	LAW & DISTRICT B
12	151	0:20:00	00:09:16	Danielle	Beattie	U15	NITHSDALE AC
13	113	0:20:01	00:09:51	Holly	Miller	U15	GIFFNOCK NORTH E
14	125	0:20:07	00:09:48	Lisa	MacDonald	U15	INVERCLYDE AC B
15	153	0:20:11	00:10:34	Sophie	Hayes	U13	RON HILL CAMBUSLANG H B
16	163	0:20:27	00:09:56	Rachel	Dick	U15	VP GLASGOW AC B
17	134	0:20:36	00:10:16	Emma	Arnold	U13	KILBARCHAN AAC C
18	103	0:20:42	00:10:06	Sophie	Smith	U15	EAST KILBRIDE A
19	147	0:20:42	00:10:00	Alice	McGrath	U15	LAW & DISTRICT A
20	165	0:20:47	00:10:14	Eilidh	McEilly	U15	VP GLASGOW AC D
21	138	0:20:48	00:09:59	Fern	Wales	U15	KILMARNOCK H& AC A
22	159	0:20:50	00:10:07	Mhairi	Hendry	U15	SHETTLESTON H C
23	121	0:20:53	00:10:09	Meighan	McDade	U15	GREENOCK GLENPARK A
24	133	0:20:54	00:11:24	Cleo	Jackson	U15	KILBARCHAN AAC B
25	164	0:21:15	00:11:02	Iona	Wilson	U15	VP GLASGOW AC C
26	112	0:21:17	00:09:59	Stephanie	Fairfield	U15	GIFFNOCK NORTH D
27	161	0:21:36	00:09:53	Danielle	McConway	U15	SHETTLESTON H E
28	146	0:21:36	00:10:54	Ellis	McCluskey	U13	KIRKINTILLOCH OLYMPIANS B
29	160	0:21:45	00:10:15	Kerri	Haran	U15	SHETTLESTON H D
30	141	0:21:46	00:11:18	Katie	Mackie	U15	KILMARNOCK H& AC D
31	245	0:21:48	00:10:48	Laura	Meador	U13	AYR SEAFORTH B
32	154	0:21:49	00:11:02	Lauren	Doherty	U15	RON HILL CAMBUSLANG H C
33	116	0:21:57	00:10:50	Caitlin	Faulkner	U13	GIFFNOCK NORTH H
34	139	0:22:00	00:11:16	Gemma	McCutcheon	U15	KILMARNOCK H& AC B
35	101	0:22:02	00:10:21	Rosin	McShea	U13	CLYDESDALE H A
36	155	0:22:02	00:11:19	Kerrie	Miller	U15	RON HILL CAMBUSLANG H D
37	114	0:22:14	00:11:27	Frances	Lowrie	U15	GIFFNOCK NORTH F
38	122	0:22:37	00:10:31	Shannon	Kangley	U15	GREENOCK GLENPARK B
39	145	0:22:42	00:12:02	Erin	Drummond	U15	KIRKINTILLOCH OLYMPIANS A
40	105	0:22:52	00:11:13	Rachel	Fairlie	U15	EAST KILBRIDE C
41	140	0:23:15	00:11:09	Sarah	McDonald	U15	KILMARNOCK H& AC C
42	104	0:23:40	00:12:01	Emma	Fairlie	U15	EAST KILBRIDE B
43	117	0:23:46	00:11:45	Megan	Ammer	U13	GIFFNOCK NORTH I
44	102	0:24:46	00:12:15	Diane	Nicholson	U15	CLYDESDALE H B
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WEST DISTRICT CROSS COUNTRY RELAYS
STEPS 10TH OCTOBER 2009

Race 1 Junior Females

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	109	0:27:14	00:08:49	Joanna Muir		U17	GIFFNOCK NORTH A
2	157	0:27:23	00:09:12	Shannon McLellan		U17	SHETTLESTON H A
3	162	0:28:07	00:08:47	Hollie Young		U17	VP GLASGOW AC A
4	132	0:28:25	00:09:19	Kate Gillies		U15	KILBARCHAN AAC A
5	110	0:28:34	00:09:36	Olivia Keenan		U17	GIFFNOCK NORTH B
6	124	0:28:36	00:09:27	Nynke Mulholland		U17	INVERCLYDE AC A
7	111	0:29:14	00:09:45	Rebecca Patrick		U17	GIFFNOCK NORTH C
8	158	0:29:24	00:09:26	Hannah Ferguson		U15	SHETTLESTON H B
9	147	0:29:44	00:09:02	Nicola Lindsay		U17	LAW & DISTRICT A
10	163	0:29:46	00:09:19	Sarah Potter		U17	VP GLASGOW AC B
11	152	0:29:53	00:09:59	Sarah Miller		U15	RON HILL CAMBUSLANG H A
12	121	0:29:59	00:09:06	Emily Pollock		U17	GREENOCK GLENPARK A
13	151	0:30:01	00:10:01	Stephanie Lawrie		U17	NITHSDALE AC
14	148	0:30:03	00:10:03	Samantha Stevenson		U15	LAW & DISTRICT B
15	113	0:30:08	00:10:07	April Miller		U17	GIFFNOCK NORTH E
16	165	0:30:27	00:09:40	Michaela Stephen		U17	VP GLASGOW AC D
17	138	0:30:31	00:09:43	Eve Kerr		U15	KILMARNOCK H& AC A
18	164	0:30:39	00:09:24	Deborah Hannah		U17	VP GLASGOW AC C
19	153	0:31:00	00:10:49	Rachel Fraser		U15	RON HILL CAMBUSLANG H B
20	244	0:31:01	00:11:17	Lauren Goldie		U17	AYR SEAFORTH A
21	112	0:31:03	00:09:46	Lucy Patrick		U17	GIFFNOCK NORTH D
22	159	0:31:06	00:10:16	Helen Pawelczyk		U17	SHETTLESTON H C
23	160	0:31:14	00:09:29	Laura Penrice		U15	SHETTLESTON H D
24	133	0:31:23	00:10:29	Emma Haddock		U17	KILBARCHAN AAC B
25	134	0:31:24	00:10:48	Erin Campbell		U15	KILBARCHAN AAC C
26	103	0:31:29	00:10:47	Laura McLaughlan		U17	EAST KILBRIDE A
27	125	0:32:02	00:11:55	Emma Fulton		U17	INVERCLYDE AC B
28	161	0:32:09	00:10:33	Rebecca Nicholson		U17	SHETTLESTON H E
29	116	0:32:36	00:10:39	Lorna Beattie		U15	GIFFNOCK NORTH H
30	101	0:32:36	00:10:34	Claire Reid		U15	CLYDESDALE H A
31	154	0:32:48	00:10:59	Lucy Deeny		U17	RON HILL CAMBUSLANG H C
32	122	0:33:10	00:10:33	Carly Dalgleish		U17	GREENOCK GLENPARK B
33	105	0:33:40	00:10:48	Fiona Borthwick		U17	EAST KILBRIDE C
34	114	0:33:52	00:11:38	Orla Wheeler		U15	GIFFNOCK NORTH F
35	145	0:34:13	00:11:31	Lauren McIntyre		U17	KIRKINTILLOCH OLYMPIANS A
36	104	0:34:41	00:11:01	Jacqueline Fergusson		U15	EAST KILBRIDE B
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WEST DISTRICT CROSS COUNTRY RELAYS**STEPS.****SATURDAY 10TH OCTOBER 2009****RESULTS****Race 2 Young Males**

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	235	00:08:18	00:08:18	Liam	Turner	U13	VP GLASGOW AC A
2	202	00:08:27	00:08:27	Gavin	McArdle	U13	KILBARCHAN AAC B
3	201	00:08:28	00:08:28	Euan	Gillham	U13	KILBARCHAN AAC A
4	224	00:08:30	00:08:30	David	Robertson	U13	RON HILL CAMBUSLANG A
5	183	00:08:37	00:08:37	Dewi	Gould	U13	GIFFNOCK NORTH A
6	217	00:08:44	00:08:44	Rory	McLaughlan	U13	LAW & DISTRICT A
7	184	00:08:47	00:08:47	Max	Lancaster	U13	GIFFNOCK NORTH B
8	186	00:08:47	00:08:47	John	McLaughlin	U13	GIFFNOCK NORTH D
9	197	00:08:50	00:08:50	Jonathan	Glen	U13	INVERCLYDE AC B
10	238	00:08:51	00:08:51	Andrew	Black	U13	AYR SEAFORTH AAC A
11	203	00:08:52	00:08:52	Scott	McLardie	U13	KILBARCHAN AAC C
12	185	00:08:53	00:08:53	Jamie	Cook	U13	GIFFNOCK NORTH C
13	225	00:08:57	00:08:57	Jack	MacGregor	U13	RON HILL CAMBUSLANG B
14	196	00:09:00	00:09:00	Ross	Gray	U13	INVERCLYDE AC A
15	221	00:09:00	00:09:00	Angus	Johnstone	U13	NITHSDALE AC A
16	226	00:09:03	00:09:03	Keith	McIntyre	U13	RON HILL CAMBUSLANG C
17	232	00:09:04	00:09:04	Murray	McGiven	U13	SHETTLESTON HARRIERS A
18	198	00:09:10	00:09:10	Andrew	Kelham	U13	INVERCLYDE AC C
19	242	00:09:11	00:09:11	Calum	Walker	U13	WHITEMOSS AAC A
20	193	00:09:16	00:09:16	Jack	Harrington	U13	GREENOCK GLENPARK A
21	234	00:09:19	00:09:19	Jock	Breckenridge	U13	SHETTLESTON HARRIERS C
22	187	00:09:19	00:09:19	Walker	Graham	U13	GIFFNOCK NORTH E
23	214	00:09:24	00:09:24	Callum	McCormack	U13	KIRKINTILLOCH A
24	205	00:09:24	00:09:24	Tom	Colborn	U15	KILBARCHAN AAC E
25	192	00:09:26	00:09:26				GIFFNOCK NORTH J
26	227	00:09:26	00:09:26	Sean	Brannan	U13	RON HILL CAMBUSLANG D
27	199	00:09:31	00:09:31	Joshua	Houston	U13	INVERCLYDE AC D
28	228	00:09:32	00:09:32	Brendan	Carey	U13	RON HILL CAMBUSLANG E
29	174	00:09:32	00:09:32	Luke	Kirwan	U13	EAST KILBRIDE AC A
30	233	00:09:34	00:09:34	Ryan	Flanagan	U13	SHETTLESTON HARRIERS B
31	175	00:09:36	00:09:36	Aidan	Gilbride	U13	EAST KILBRIDE AC B
32	189	00:09:37	00:09:37	Stuart	Thomsom	U13	GIFFNOCK NORTH G
33	206	00:09:39	00:09:39	Kane	O'Neil	U13	KILBARCHAN AAC F
34	204	00:09:39	00:09:39	Owen	Bannatyne	U13	KILBARCHAN AAC D
35	243	00:09:39	00:09:39	Alasdair	Stewart	U13	WHITEMOSS AAC B
36	229	00:09:45	00:09:45	Euan	Davidson	U13	RON HILL CAMBUSLANG F
37	177	00:09:55	00:09:55	James	Stanley	U13	GARSCUBE HARRIERS A
38	239	00:09:55	00:09:55	Connor	Gracie	U13	AYR SEAFORTH AAC B
39	209	00:09:56	00:09:56	Ben	O'Niell	U13	KILMARNOCK B
40	222	00:09:58	00:09:58	Zack	Stewart	U13	NITHSDALE AC B
41	208	00:10:01	00:10:01	Angus	Kerr	U13	KILMARNOCK A
42	220	00:10:09	00:10:09	Robert	McGrath	U13	LAW & DISTRICT D
43	218	00:10:10	00:10:10	Connor	Thomson	U13	LAW & DISTRICT B
44	230	00:10:23	00:10:23	Louis	Britton	U13	RON HILL CAMBUSLANG G
45	210	00:10:30	00:10:30	terry	mulholland	U13	KILMARNOCK C
46	219	00:10:39	00:10:39	Stephen	Murphy	U13	LAW & DISTRICT C
47	231	00:10:51	00:10:51	Fraser	Ebbitt	U13	RON HILL CAMBUSLANG H
48	240	00:10:52	00:10:52	Robbie	Henderson	U13	AYR SEAFORTH AAC C
49	207	00:11:25	00:11:25	Alan	Sharp	U13	KILBARCHAN AAC G
50	211	00:11:28	00:11:28	Peter	Baird	U13	KILMARNOCK D

WEST DISTRICT CROSS COUNTRY RELAYS

STEPS.

SATURDAY 10TH OCTOBER 2009

				Andrew	Hunter	U13	CLYDESDALE HARRIERS A
52	194	00:12:05	00:12:05	Michael	Isaac	U13	GREENOCK GLENPARK B
53	188	00:12:41	00:12:41	Liam	McColgan	U13	GIFFNOCK NORTH F
54	178	00:13:06	00:13:06	Gavin	Miln	U13	GARSCUBE HARRIERS B

WEST DISTRICT CROSS COUNTRY RELAYS**STEPS.****SATURDAY 10TH OCTOBER 2009****Race 2 Young Males**

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	235	0:16:16	00:07:58	Lewis	Boyle	U15	VP GLASGOW AC A
2	201	0:16:21	00:07:53	Russell	Mountford	U15	KILBARCHAN AAC A
3	232	0:16:22	00:07:18	Ahmed	Hassan	U15	SHETTLESTON HARRIERS A
4	238	0:16:22	00:07:31	Finlay	Rae	U15	AYR SEAFORTH AAC A
5	183	0:16:34	00:07:57	Jonathan	Tweedie	U15	GIFFNOCK NORTH A
6	224	0:16:40	00:08:10	Ryan	Thomson	U15	RON HILL CAMBUSLANG A
7	202	0:16:53	00:08:26	Callum	Matthews	U15	KILBARCHAN AAC B
8	184	0:17:03	00:08:16	Neil	Gourley	U15	GIFFNOCK NORTH B
9	196	0:17:06	00:08:06	Greg	Williams	U15	INVERCLYDE AC A
10	203	0:17:15	00:08:23	Christopher	McStay	U15	KILBARCHAN AAC C
11	217	0:17:16	00:08:32	Ross	Hill	U15	LAW & DISTRICT A
12	197	0:17:18	00:08:28	Michael	Houston	U15	INVERCLYDE AC B
13	185	0:17:24	00:08:31	Scott	Young	U15	GIFFNOCK NORTH C
14	221	0:17:25	00:08:25	Chris	Ponton	U15	NITHSDALE AC A
15	198	0:17:54	00:08:44	Jack	Rice	U15	INVERCLYDE AC C
16	225	0:17:58	00:09:01	Ross	Stephen	U15	RON HILL CAMBUSLANG B
17	186	0:18:00	00:09:13	Douglas	Britton	U15	GIFFNOCK NORTH D
18	242	0:18:00	00:08:49	Jamie	Gemmell	U15	WHITEMOSS AAC A
19	234	0:18:11	00:08:52	Archie	Breckenridge	U15	SHETTLESTON HARRIERS C
20	177	0:18:11	00:08:16	Liam	McLoone	U15	GARSCUBE HARRIERS A
21	233	0:18:13	00:08:39	Callum	Drummond	U15	SHETTLESTON HARRIERS B
22	226	0:18:16	00:09:13	Dean	McMurrans	U15	RON HILL CAMBUSLANG C
23	187	0:18:17	00:08:58	Josh	Hyde	U15	GIFFNOCK NORTH E
24	214	0:18:24	00:09:00	Andrew	McCormack	U15	KIRKINTILLOCH A
25	193	0:18:28	00:09:12	Gerard	Smith	U15	GREENOCK GLENPARK A
26	227	0:18:37	00:09:11	Stuart	Roe	U15	RON HILL CAMBUSLANG D
27	206	0:18:45	00:09:06	Thomas	Collins	U15	KILBARCHAN AAC F
28	239	0:18:49	00:08:54	Angus	Johnston	U15	AYR SEAFORTH AAC B
29	204	0:18:49	00:09:10	Greg	Cunning	U15	KILBARCHAN AAC D
30	243	0:18:53	00:09:14	Craig	Whyteside	U15	WHITEMOSS AAC B
31	222	0:18:54	00:08:56	Fraser	White	U13	NITHSDALE AC B
32	199	0:18:55	00:09:24	Robert	Todd	U15	INVERCLYDE AC D
33	208	0:18:57	00:08:56	Luke	McGill	U15	KILMARNOCK A
34	218	0:18:59	00:08:49	Calum	Lindsay	U15	LAW & DISTRICT B
35	220	0:19:15	00:09:06	Luke	Foss	U13	LAW & DISTRICT D
36	209	0:19:19	00:09:23	Evan	Cornforth	U15	KILMARNOCK B
37	175	0:19:31	00:09:55	Kyle	Johnston	U13	EAST KILBRIDE AC B
38	174	0:20:04	00:10:32	KIERAN	RANKIN	U15	EAST KILBRIDE AC A
39	210	0:20:22	00:09:52	Adam	EL Shafei	U15	KILMARNOCK C
40	240	0:20:36	00:09:44	Ben	Steven	U15	AYR SEAFORTH AAC C
41	189	0:20:43	00:11:06	Liam	Slimmon	U15	GIFFNOCK NORTH G
42	228	0:20:46	00:11:14	Alex	Miller	U15	RON HILL CAMBUSLANG E
43	205	0:21:22	00:11:58	Murray	Beattie	U15	KILBARCHAN AAC E
44	211	0:21:23	00:09:55	Cory	O'Hara	U15	KILMARNOCK D
45	194	0:22:31	00:10:26	Michael	Grant	U15	GREENOCK GLENPARK B
46	172	0:22:47	00:10:50	David	Campbell	U13	CLYDESDALE HARRIERS A
47	188	0:23:17	00:10:36	Euan	Brodie	U13	GIFFNOCK NORTH F
48	178	0:24:18	00:11:12	Darren	McGowan	U13	GARSCUBE HARRIERS B
49							
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WEST DISTRICT CROSS COUNTRY RELAYS**STEPS.****SATURDAY 10TH OCTOBER 2009****Race 2 Young Males**

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	232	0:23:50	00:07:28	Andrew	Dearie	U17	SHETTLESTON HARRIERS A
2	235	0:23:50	00:07:34	Max	Aitchison	U15	VP GLASGOW AC A
3	238	0:23:54	00:07:32	Andrew	Rae	U17	AYR SEAFORTH AAC A
4	183	0:24:00	00:07:26	Grant	Muir	U17	GIFFNOCK NORTH A
5	224	0:24:08	00:07:28	Jack	Hamilton	U17	RON HILL CAMBUSLANG A
6	201	0:24:09	00:07:48	Graham	Evans	U17	KILBARCHAN AAC A
7	184	0:25:01	00:07:58	Jack	Walker	U17	GIFFNOCK NORTH B
8	185	0:25:08	00:07:44	Max	Lott	U17	GIFFNOCK NORTH C
9	196	0:25:14	00:08:08	Paul	Currie	U17	INVERCLYDE AC A
10	202	0:25:16	00:08:23	Calum	MacLeod	U17	KILBARCHAN AAC B
11	203	0:25:51	00:08:36	Gary	Rankin	U17	KILBARCHAN AAC C
12	217	0:25:53	00:08:37	Daniel S	Graham	U17	LAW & DISTRICT A
13	197	0:26:01	00:08:43	Matthew	Thomson	U17	INVERCLYDE AC B
14	233	0:26:02	00:07:49	Lee	Wilson	U17	SHETTLESTON HARRIERS B
15	186	0:26:04	00:08:04	Alistair	McCallum	U17	GIFFNOCK NORTH D
16	187	0:26:13	00:07:56	Ewan	Murray	U17	GIFFNOCK NORTH E
17	177	0:26:18	00:08:07	Alastair	Stanley	U15	GARSCUBE HARRIERS A
18	221	0:26:29	00:09:04	Glen	Watson	U15	NITHSDALE AC A
19	214	0:26:38	00:08:14	Craig	McIntyre	U17	KIRKINTILLOCH A
20	193	0:26:47	00:08:19	David	Reay	U17	GREENOCK GLENPARK A
21	242	0:26:52	00:08:52	Euan	Walker	U17	WHITEMOSS AAC A
22	204	0:27:10	00:08:21	Thomas	McDonald	U17	KILBARCHAN AAC D
23	218	0:27:20	00:08:21	Craig	Wellcoat	U17	LAW & DISTRICT B
24	222	0:27:26	00:08:32	Ryan	Holmes	U15	NITHSDALE AC B
25	234	0:27:54	00:09:43	Jamie	Hendry	U17	SHETTLESTON HARRIERS C
26	209	0:28:18	00:08:59	Grant	Beattie	U17	KILMARNOCK B
27	208	0:28:27	00:09:30	Cameron	Mackie	U17	KILMARNOCK A
28	243	0:28:33	00:09:40	Callum	Young	U17	WHITEMOSS AAC B
29	239	0:28:45	00:09:56	Adam	Steven	U17	AYR SEAFORTH AAC B
30	174	0:29:51	00:09:47	James	Pearson	U15	EAST KILBRIDE AC A
31	220	0:30:00	00:10:45	Douglas	Frame	U17	LAW & DISTRICT D
32	240	0:30:03	00:09:27	Scott	Jones	U15	AYR SEAFORTH AAC C
33	210	0:30:13	00:09:51	Murray	McDonald	U17	KILMARNOCK C
34	189	0:30:26	00:09:43	Anthony	Deveney	U15	GIFFNOCK NORTH G
35	205	0:31:12	00:09:50	Jordan	Braidie	U13	KILBARCHAN AAC E
36	211	0:32:02	00:10:39	Gregor	Devoy	U17	KILMARNOCK D
37	194	0:32:02	00:09:31	Andrew	Fisher	U17	GREENOCK GLENPARK B
38	178	0:32:40	00:08:22	Gavyn	Chalmers	U17	GARSCUBE HARRIERS B
39	188	0:32:43	00:09:26	Scott	Smith	U15	GIFFNOCK NORTH F
40	172	0:33:05	00:10:18	David	Newton	U13	CLYDESDALE HARRIERS A
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WEST DISTRICT CROSS COUNTRY RELAYS
UNIVERSITY OF STRATHCLYDE, STEPPS, SATURDAY 10TH OCTOBER 2009

Results

Race 3 Senior/Junior Females

Leg 1

Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	71	00:14:21	00:14:21	Kirsty	Husband	Senior	GARSCUBE HARRIERS A
2	83	00:14:42	00:14:42	Cara	Sloss	Senior	KILBARCHAN AAC A
3	92	00:14:43	00:14:43	Michelle	Sandison	Senior	SPRINGBURN HARRIERS A
4	81	00:14:45	00:14:45	Rachel	Bushfield	Senior	INVERCLYDE AC A
5	93	00:14:55	00:14:55	Clare	Gemmell	Senior	SPRINGBURN HARRIERS B
6	65	00:15:02	00:15:02	Emma	Birnie	Senior	BELLAHOUSTON ROAD RUNNERSA
7	168	00:15:13	00:15:13	Lauren	MacKenzie	Senior	GLASGOW UNI H&H
8	94	00:15:32	00:15:32	Rhian	Dawes	Senior	VP GLASGOW AC A
9	88	00:15:48	00:15:48	Hannah	Terrance	Senior	KIRKINTILLOCH OLYMPIANS A
10	84	00:16:05	00:16:05	Michelle	Bell	Senior	KILBARCHAN AAC B
11	95	00:16:10	00:16:10	Elizabeth	Potter	Senior	VP GLASGOW AC B
12	69	00:16:13	00:16:13	Marina	McCallum	Senior	CLYDESDALE HARRIERS C
13	75	00:16:15	00:16:15	Yvonne	Hamilton	Senior	GIFFNOCK NORTH AAC A
14	74	00:16:30	00:16:30	Ailsa	Currie	Senior	GARSCUBE HARRIERS D
15	76	00:16:36	00:16:36	Maureen	McVey	Senior	GIFFNOCK NORTH AAC B
16	72	00:16:37	00:16:37	Heather	McIntosh	Senior	GARSCUBE HARRIERS B
17	97	00:16:37	00:16:37	Ellen	Homewood	Senior	WESTERLANDS CCC
18	73	00:17:00	00:17:00	Jill	O'Neil	Senior	GARSCUBE HARRIERS C
19	77	00:17:17	00:17:17	Lorna	Coyle	Senior	GREENOCK GLENPARK A
20	67	00:17:18	00:17:18	Frances	Maxwell	Senior	CALDERGLEN HARRIERS A
21	63	00:17:20	00:17:20	Bernadette	Hughes	Senior	BELLAHOUSTON HARRIERS A
22	87	00:17:32	00:17:32	Elizabeth	McDerment	Senior	KILMARNOCK H&AC
23	66	00:17:40	00:17:40	Emma	Bryson	Senior	BELLAHOUSTON ROAD RUNNERSB
24	89	00:17:43	00:17:43	Susan	Addison	Senior	KIRKINTILLOCH OLYMPIANS B
25	82	00:18:20	00:18:20	Nicole	Darroch	Senior	INVERCLYDE AC B
26	80	00:18:25	00:18:25	Sarah	Walker	Senior	HELENSBURGH AAC
27	78	00:18:58	00:18:58	Dorothy	McCormick	Senior	GREENOCK GLENPARK B
28	64	00:19:15	00:19:15	Gemma	Beattie	Senior	BELLAHOUSTON HARRIERS B
29	90	00:19:19	00:19:19	Pamela	Parker	Senior	KIRKINTILLOCH OLYMPIANS C
30	79	00:20:46	00:20:46	Fiona	Cushnaghan	Senior	GREENOCK GLENPARK C
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WEST DISTRICT CROSS COUNTRY RELAYS
UNIVERSITY OF STRATHCLYDE ,STEPS, SATURDAY 10TH OCTOBER 2009

Race 3 Senior/Junior Females

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	83	0:28:37	00:13:55	Elspeth	Curran	Senior	KILBARCHAN AAC A
2	92	0:29:15	00:14:32	Fiona	Gentles	Senior	SPRINGBURN HARRIERS A
3	81	0:29:31	00:14:46	Rhona	Bushfield	Senior	INVERCLYDE AC A
4	94	0:29:41	00:14:09	Nicola	Hood	Senior	VP GLASGOW AC A
5	71	0:30:06	00:15:45	Alison	Winship	Senior	GARSCUBE HARRIERS A
6	168	0:30:40	00:15:27	Jessica	Martin	Senior	GLASGOW UNI H&H
7	65	0:30:43	00:15:41	Claire	Thompson	Senior	BELLAHOUSTON ROAD RUNNERS
8	88	0:32:35	00:16:47	Marie	McChord	Senior	KIRKINTILLOCH OLYMPIANS A
9	75	0:32:58	00:16:43	Hilary	Millar	Senior	GIFFNOCK NORTH AAC A
10	63	0:33:34	00:16:14	Erica	Christie	Senior	BELLAHOUSTON HARRIERS A
11	72	0:33:45	00:17:08	Moira	Young	Senior	GARSCUBE HARRIERS B
12	76	0:33:47	00:17:11	Joanna	Leslie	Senior	GIFFNOCK NORTH AAC B
13	89	0:34:39	00:16:56	Ada	Stewart	Senior	KIRKINTILLOCH OLYMPIANS B
14	77	0:34:52	00:17:35	Theresa	Wall	Senior	GREENOCK GLENPARK A
15	97	0:35:07	00:18:30	Muffy	Calder	Senior	WESTERLANDS CCC
16	87	0:35:20	00:17:48	Marion	Burns	Senior	KILMARNOCK H&AC
17	66	0:35:30	00:17:50	Jane	Wild	Senior	BELLAHOUSTON ROAD RUNNERS
18	80	0:35:58	00:17:33	Mary Louise	MacQuarrie	Senior	HELENSBURGH AAC
19	93	0:37:11	00:22:16	Caroline	Brownlie	Senior	SPRINGBURN HARRIERS B
20	90	0:38:22	00:19:03	Vivien	Fraser	Senior	KIRKINTILLOCH OLYMPIANS C
21	73	0:38:34	00:21:34	Karen-Anne	Stevenson	Senior	GARSCUBE HARRIERS C
22	78	0:38:51	00:19:53	Yvonne	Prager	Senior	GREENOCK GLENPARK B
23	64	0:40:17	00:21:02	Connie	Hydes	Senior	BELLAHOUSTON HARRIERS B
24	79	0:00:00	#####	Silke	Loehndorf	Senior	GREENOCK GLENPARK C
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WEST DISTRICT CROSS COUNTRY RELAYS
UNIVERSITY OF STRATHCLYDE ,STEPS, SATURDAY 10TH OCTOBER 2009

Race 3 Senior/Junior Females

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
	1	92	0:42:56	00:13:41	Danielle Brown	Senior	SPRINGBURN HARRIERS A
	2	83	0:43:46	00:15:09	Leanne Hamilton	Senior	KILBARCHAN AAC A
	3	94	0:44:59	00:15:18	Claire McCracken	Senior	VP GLASGOW AC A
	4	71	0:46:03	00:15:57	Carole Gilmour	Senior	GARSCUBE HARRIERS A
	5	168	0:46:08	00:15:28	Ruth Joss	Senior	GLASGOW UNI H&H
	6	81	0:47:27	00:17:56	Deborah Moore	Senior	INVERCLYDE AC A
A	7	65	0:48:38	00:17:55	Jacqueline McGuire	Senior	BELLAHOUSTON ROAD RUNNER:
	8	88	0:49:23	00:16:48	Annmarie McCaffrey	Senior	KIRKINTILLOCH OLYMPIANS A
	9	75	0:49:29	00:16:31	Jill Smylie	Senior	GIFFNOCK NORTH AAC A
	10	72	0:50:17	00:16:32	Marion Kelly	Senior	GARSCUBE HARRIERS B
	11	76	0:50:59	00:17:12	Sheila Lewis	Senior	GIFFNOCK NORTH AAC B
	12	97	0:51:23	00:16:16	Gillian Irvine	Senior	WESTERLANDS CCC
	13	63	0:51:45	00:18:11	Yvonne Winchester	Senior	BELLAHOUSTON HARRIERS A
	14	89	0:52:26	00:17:47	Mary Hendry	Senior	KIRKINTILLOCH OLYMPIANS B
	15	77	0:53:29	00:18:37	Irene McDade	Senior	GREENOCK GLENPARK A
	16	80	0:53:39	00:17:41	Janet Fellowes	Senior	HELENSBURGH AAC
B	17	66	0:54:01	00:18:31	Jane Simpson	Senior	BELLAHOUSTON ROAD RUNNER:
	18	73	0:56:39	00:18:05	Emma Ralston	Senior	GARSCUBE HARRIERS C
	19	90	0:57:36	00:19:14	Shirley MacNab	Senior	KIRKINTILLOCH OLYMPIANS C
	20	78	0:57:50	00:18:59	Susan Clark	Senior	GREENOCK GLENPARK B
	21	64	0:59:36	00:19:19	Sharon Taylor	Senior	BELLAHOUSTON HARRIERS B
	22						
	23						
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WEST DISTRICT CROSS COUNTRY RELAYS
STEPS GLASGOW SATURDAY 10TH OCTOBER 2009

Results

Race 4 JUNIOR/SENIOR MEN

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	50	00:11:29	00:11:29	Tewoldeber Mengisteab		Senior	SHETTLESTON A
2	33	00:12:04	00:12:04	Robert Quinn		Senior	KILBARCHAN AAC A
3	61	00:12:06	00:12:06	Thomas Fay		Senior	GLASGOW UNI
4	51	00:12:08	00:12:08	Lachlan Oates		Senior	SHETTLESTON B
5	16	00:12:21	00:12:21	Benjamin Melby		Senior	GARSCUBE HARRIERS A
6	26	00:12:24	00:12:24	Kevin Kane		Senior	INVERCLYDE A
7	19	00:12:26	00:12:26	David Phee		Senior	GIFFNOCK NORTH AAC
8	57	00:12:35	00:12:35	Sean Fontana		Senior	VP GLASGOW AC A
9	45	00:12:39	00:12:39	Stuart Gibson		Senior	RH CAMBUSLANG A
10	34	00:12:46	00:12:46	Stephen Fleming		Senior	KILBARCHAN AAC B
11	43	00:12:46	00:12:46	Gary Grieve		Senior	LAW & DISTRICT AAC
12	54	00:12:59	00:12:59	John Bell		Senior	SPRINGBURN H A
13	31	00:13:03	00:13:03	Jamie Findlay		Senior	IRVINE AC A
14	38	00:13:10	00:13:10	James Wales		Senior	KILMARNOCK H&AC A
15	46	00:13:14	00:13:14	Andrew Coulter		Senior	RH CAMBUSLANG B
16	3	00:13:16	00:13:16	Alistair Robertson		Senior	BELLAHOUSTON RR A
17	20	00:13:27	00:13:27	Andrew McCall		Senior	GREENOCK GLENPARK A
18	6	00:13:36	00:13:36	Martin Duthie		Senior	CALDERGLEN H A
19	60	00:13:36	00:13:36	David Riach		Senior	WESTERLANDS CCC
20	1	00:13:47	00:13:47	Andrew Campbell		Senior	BELLAHOUSTON HARRIERS A
21	56	00:13:52	00:13:52	Darren Steel		Senior	STRATHCLDE UNI
22	21	00:13:53	00:13:53	Michael McLoone Jnr		Senior	GREENOCK GLENPARK B
23	52	00:13:53	00:13:53	Ruairidh Munro		Senior	SHETTLESTON C
24	47	00:13:53	00:13:53	Gordon Robertson		Senior	RH CAMBUSLANG C
25	32	00:13:55	00:13:55	Brian Craig		Senior	IRVINE AC B
26	4	00:13:55	00:13:55	Neil Farnell		Senior	BELLAHOUSTON RR B
27	27	00:13:57	00:13:57	Andrew Campbell		Senior	INVERCLYDE B
28	53	00:14:04	00:14:04	Adam Lee		Senior	SHETTLESTON D
29	28	00:14:08	00:14:08	Jude Boulton		Senior	INVERCLYDE C
30	14	00:14:11	00:14:11	David Gorman		Senior	EAST KILBRIDE AC A
31	48	00:14:11	00:14:11	Michael O'Hagan		Senior	RH CAMBUSLANG D
32	55	00:14:11	00:14:11	Emilio Cosimo		Senior	SPRINGBURN H B
33	49	00:14:13	00:14:13	Brian Campbell		Senior	RH CAMBUSLANG E
34	42	00:14:19	00:14:19	William Reid		Senior	KIRKINTILLOCH OLYMPIANS B
35	5	00:14:28	00:14:28	Bruce Carse		Senior	BELLAHOUSTON RR C
36	41	00:14:30	00:14:30	Kevin Cornes		Senior	KIRKINTILLOCH OLYMPIANS A
37	11	00:14:35	00:14:35	John Foley		Senior	CLYDESDALE H A
38	24	00:14:42	00:14:42	Iain Walker		Senior	HELENSBURGH AAC A
39	58	00:14:44	00:14:44	Mark Ashby		Senior	VP GLASGOW AC B
40	35	00:14:44	00:14:44	Steven Hards		Senior	KILBARCHAN AAC C
41	39	00:14:48	00:14:48	Leslie McDerment		Senior	KILMARNOCK H&AC B
42	17	00:14:49	00:14:49	Athole Smith		Senior	GARSCUBE HARRIERS B
43	12	00:15:04	00:15:04	Brian Gallagher		Senior	CLYDESDALE H B
44	2	00:15:05	00:15:05	Michael Freshour		Senior	BELLAHOUSTON HARRIERS B
45	29	00:15:05	00:15:05	Andrew Birnie		Senior	INVERCLYDE D
46	18	00:15:14	00:15:14	Jim McAneny		Senior	GARSCUBE HARRIERS C
47	7	00:15:27	00:15:27	Andrew Henderson		Senior	CALDERGLEN H B
48	40	00:15:30	00:15:30	Harald Bartl		Senior	KILMARNOCK H&AC C
49	59	00:15:50	00:15:50	Chris Sheridan		Senior	VP GLASGOW AC C
50	36	00:16:00	00:16:00	Donald Kennedy		Senior	KILBARCHAN AAC D

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS GLASGOW SATURDAY 10TH OCTOBER 2009

51	22	00:16:01	00:16:01	Patrick	Duffy	Senior	GREENOCK GLENPARK C
52	98	00:16:12	00:16:12	Tom	McCulloch	Senior	AYR SEAFORTH
53	30	00:16:13	00:16:13	John	Smillie	Senior	INVERCLYDE E
54	23	00:16:14	00:16:14	Robert	Adams	Senior	GREENOCK GLENPARK D
55	13	00:16:40	00:16:40	Peter	Rudzinski	Senior	CLYDESDALE H C
56	25	00:16:51	00:16:51	Andrew	Stafford	Senior	HELENSBURGH AAC B
57	15	00:19:03	00:19:03	Michael	Browne	Senior	EAST KILBRIDE AC B
58	8	00:20:18	00:20:18	Russell	Couper	Senior	CALDERGLEN H C

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS GLASGOW SATURDAY 10TH OCTOBER 2009

Race 4 JUNIOR/SENIOR MEN

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	50	0:23:20	00:11:51	Amanuel	Hagos	Senior	SHETTLESTON A
2	61	0:23:43	00:11:37	Matthew	Gillespie	Senior	GLASGOW UNI
3	33	0:23:47	00:11:43	Derek	Hawkins	Senior	KILBARCHAN AAC A
4	26	0:24:13	00:11:49	Craig	Ruddy	Senior	INVERCLYDE A
5	51	0:24:24	00:12:16	Martin	Graham	Senior	SHETTLESTON B
6	45	0:25:11	00:12:32	Robert	Gilroy	Senior	RH CAMBUSLANG A
7	57	0:25:14	00:12:39	Derek	Gibb	Senior	VP GLASGOW AC A
8	34	0:25:23	00:12:37	Nicky	Moore	Senior	KILBARCHAN AAC B
9	16	0:25:37	00:13:16	Joe	McKnight	Senior	GARSCUBE HARRIERS A
10	31	0:26:14	00:13:11	Patrick	Cullinane	Senior	IRVINE AC A
11	54	0:26:17	00:13:18	Damian	McAuley	Senior	SPRINGBURN H A
12	46	0:26:29	00:13:15	Greg	Hastie	Senior	RH CAMBUSLANG B
13	38	0:26:54	00:13:44	Ross	Connelly	Senior	KILMARNOCK H&AC A
14	3	0:26:55	00:13:39	Marcos	Sanz Gomez	Senior	BELLAHOUSTON RR A
15	20	0:26:57	00:13:30	Stephen	McLoone	Senior	GREENOCK GLENPARK A
16	19	0:27:04	00:14:38	Jamie	MacGregor	Senior	GIFFNOCK NORTH AAC
17	1	0:27:13	00:13:26	John	Hagemeister	Senior	BELLAHOUSTON HARRIERS A
18	60	0:27:17	00:13:41	Chris	Upson	Senior	WESTERLANDS CCC
19	27	0:27:19	00:13:22	Sean	Gaffney	Senior	INVERCLYDE B
20	52	0:27:31	00:13:38	Marc	McColl	Senior	SHETTLESTON C
21	47	0:28:01	00:14:08	Gary	Wallace	Senior	RH CAMBUSLANG C
22	28	0:28:02	00:13:54	Kenny	O'Neill	Senior	INVERCLYDE C
23	4	0:28:08	00:14:13	Gerard	Scullion	Senior	BELLAHOUSTON RR B
24	6	0:28:12	00:14:36	Edward	Reid	Senior	CALDERGLEN H A
25	55	0:28:13	00:14:02	K	Owens	Senior	SPRINGBURN H B
26	32	0:28:15	00:14:20	Mark	Livingstone	Senior	IRVINE AC B
27	24	0:28:15	00:13:33	Paul	Thompson	Senior	HELENSBURGH AAC A
28	48	0:28:19	00:14:08	Colin	Feechan	Senior	RH CAMBUSLANG D
29	41	0:28:34	00:14:04	Gary	Mitchell	Senior	KIRKINTILLOCH OLYMPIANS A
30	56	0:28:47	00:14:55	Neil	McDonald	Senior	STRATHCLDE UNI
31	21	0:28:48	00:14:55	Daniel	McLaughlin	Senior	GREENOCK GLENPARK B
32	35	0:28:51	00:14:07	Alistair	MacAngus	Senior	KILBARCHAN AAC C
33	11	0:29:13	00:14:38	Iain	Robertson	Senior	CLYDESDALE H A
34	49	0:29:29	00:15:16	John	McPake	Senior	RH CAMBUSLANG E
35	29	0:29:37	00:14:32	Thomas	Jamieson	Senior	INVERCLYDE D
36	14	0:29:42	00:15:31	David J.	Condra	Senior	EAST KILBRIDE AC A
37	36	0:29:45	00:13:45	John	McMillan	Senior	KILBARCHAN AAC D
38	12	0:30:07	00:15:03	Ryan	Nelson	Senior	CLYDESDALE H B
39	2	0:30:11	00:15:06	Graeme	Gemmell	Senior	BELLAHOUSTON HARRIERS B
40	39	0:30:18	00:15:30	Graham	Cairns	Senior	KILMARNOCK H&AC B
41	58	0:30:44	00:16:00	Tom	Ord	Senior	VP GLASGOW AC B
42	42	0:30:47	00:16:28	Robert	Rogerson	Senior	KIRKINTILLOCH OLYMPIANS B
43	17	0:31:02	00:16:13	Andrew	Griffiths	Senior	GARSCUBE HARRIERS B
44	98	0:31:10	00:14:58	Jonathan	Dunn	Senior	AYR SEAFORTH
45	5	0:31:17	00:16:49	Peter	Goodwin	Senior	BELLAHOUSTON RR C
46	7	0:32:00	00:16:33	Ian	Rae	Senior	CALDERGLEN H B
47	22	0:32:08	00:16:07	Kenneth	Scott	Senior	GREENOCK GLENPARK C
48	30	0:32:12	00:15:59	Damien	Mallet	Senior	INVERCLYDE E
49	40	0:33:01	00:17:31	David	Mitchell	Senior	KILMARNOCK H&AC C
50	8	0:39:35	00:19:17	Charles	Steven	Senior	CALDERGLEN H C

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS GLASGOW SATURDAY 10TH OCTOBER 2009

Race 4 JUNIOR/SENIOR MEN

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	50	0:35:26	00:12:06	Paul	Sorrie	Senior	SHETTLESTON A
2	33	0:35:51	00:12:04	Conor	McNulty	Senior	KILBARCHAN AAC A
3	26	0:36:06	00:11:53	Mark	Pollard	Senior	INVERCLYDE A
4	61	0:36:39	00:12:56	Michael	Deason	Senior	GLASGOW UNI
5	51	0:37:18	00:12:54	Matthew	Turner	Senior	SHETTLESTON B
6	45	0:37:40	00:12:29	Alan	Macpherson	Senior	RH CAMBUSLANG A
7	34	0:38:08	00:12:45	Thomas	Hearle	Senior	KILBARCHAN AAC B
8	57	0:38:17	00:13:03	Allan	Ramsay	Senior	VP GLASGOW AC A
9	46	0:39:43	00:13:14	John	Brown	Senior	RH CAMBUSLANG B
10	31	0:39:51	00:13:37	Colin	Miller	Senior	IRVINE AC A
11	16	0:39:59	00:14:22	Marco	Consani	Senior	GARSCUBE HARRIERS A
12	54	0:40:38	00:14:21	Jim	Cooper	Senior	SPRINGBURN H A
13	3	0:40:40	00:13:45	Russell	Whittington	Senior	BELLAHOUSTON RR A
14	20	0:40:57	00:14:00	David	Henderson	Senior	GREENOCK GLENPARK A
15	38	0:41:07	00:14:13	George	Irving	Senior	KILMARNOCK H&AC A
16	27	0:41:14	00:13:55	Neil	Mclaughlin	Senior	INVERCLYDE B
17	1	0:41:52	00:14:39	Mark	Paterson	Senior	BELLAHOUSTON HARRIERS A
18	52	0:42:03	00:14:32	William	Breckenridge	Senior	SHETTLESTON C
19	28	0:42:10	00:14:08	Stephen	Cooke	Senior	INVERCLYDE C
20	47	0:42:14	00:14:13	Andrew	Stephen	Senior	RH CAMBUSLANG C
21	19	0:42:32	00:15:28	Gerard	McNamee	Senior	GIFFNOCK NORTH AAC
22	4	0:42:41	00:14:33	Brian	O'Donnell	Senior	BELLAHOUSTON RR B
23	6	0:42:43	00:14:31	Alan	Cullie	Senior	CALDERGLEN H A
24	41	0:42:46	00:14:12	Stephen	Allan	Senior	KIRKINTILLOCH OLYMPIANS A
25	24	0:42:58	00:14:43	Stephen	Bell	Senior	HELENSBURGH AAC A
26	55	0:43:23	00:15:10	Joseph	Chambers	Senior	SPRINGBURN H B
27	32	0:43:28	00:15:13	James	Sneddon	Senior	IRVINE AC B
28	48	0:43:35	00:15:16	Bernard	Gough	Senior	RH CAMBUSLANG D
29	60	0:43:37	00:16:20	Stuart	Burns	Senior	WESTERLANDS CCC
30	11	0:43:41	00:14:28	Gary	Dick	Senior	CLYDESDALE H A
31	35	0:44:04	00:15:13	David	Mewse	Senior	KILBARCHAN AAC C
32	21	0:44:16	00:15:28	Peter	Clare	Senior	GREENOCK GLENPARK B
33	56	0:44:42	00:15:55	Martin	Coleman	Senior	STRATHCLDE UNI
34	12	0:44:49	00:14:42	Ryan	Savage	Senior	CLYDESDALE H B
35	58	0:44:59	00:14:15	Gerard	Craig	Senior	VP GLASGOW AC B
36	29	0:45:13	00:15:36	David	McElhinney	Senior	INVERCLYDE D
37	17	0:45:29	00:14:27	Alan	Blair	Senior	GARSCUBE HARRIERS B
38	42	0:45:37	00:14:50	Christophe	Craig	Senior	KIRKINTILLOCH OLYMPIANS B
39	39	0:45:51	00:15:33	William	Duffy	Senior	KILMARNOCK H&AC B
40	14	0:45:52	00:16:10	Gordon	Colvin	Senior	EAST KILBRIDE AC A
41	98	0:45:56	00:14:46	Laurence	Baker	Senior	AYR SEAFORTH
42	49	0:46:42	00:17:13	James	Orr	Senior	RH CAMBUSLANG E
43	2	0:47:01	00:16:50	Campbell	Joss	Senior	BELLAHOUSTON HARRIERS B
44	22	0:48:03	00:15:55	EEyin	Rankin	Senior	GREENOCK GLENPARK C
45	30	0:48:27	00:16:15	Tom	Tracey	Senior	INVERCLYDE E
46	7	0:48:30	00:16:30	Ian	McKenzie	Senior	CALDERGLEN H B
47	5	0:49:24	00:18:07	John	Milligan	Senior	BELLAHOUSTON RR C
48	40	0:49:27	00:16:26	Kenneth	Wales	Senior	KILMARNOCK H&AC C
49							
50							

WEST DISTRICT CROSS COUNTRY RELAYS
STEPS GLASGOW SATURDAY 10TH OCTOBER 2009

Race 4 JUNIOR/SENIOR MEN

Leg 4							
Pos	No	Leg 4 Time	Ind Time	Runner		Cat	Club
1	50	0:47:00	00:11:34	Tsegai	Tewelde	Senior	SHETTLESTON A
2	26	0:47:42	00:11:36	Christopher	MacKay	Senior	INVERCLYDE A
3	33	0:48:09	00:12:18	Paul	Leck	Senior	KILBARCHAN AAC A
4	61	0:49:47	00:13:08	Daniel	Bradford	Senior	GLASGOW UNI
5	45	0:49:52	00:12:12	Chris	Wilson	Senior	RH CAMBUSLANG A
6	51	0:50:24	00:13:06	Kenneth	McCoy	Senior	SHETTLESTON B
7	34	0:52:23	00:14:15	Blair	Crawford	Senior	KILBARCHAN AAC B
8	57	0:52:25	00:14:08	Derek	Watson	Senior	VP GLASGOW AC A
9	31	0:53:02	00:13:11	Alex	Allardyce	Senior	IRVINE AC A
10	46	0:53:35	00:13:52	Joe	Kealey	Senior	RH CAMBUSLANG B
11	16	0:54:07	00:14:08	Euan	Mackay	Senior	GARSCUBE HARRIERS A
12	54	0:54:08	00:13:30	Andrew	Callan	Senior	SPRINGBURN H A
13	3	0:54:18	00:13:38	Grant	Edmondson	Senior	BELLAHOUSTON RR A
14	27	0:54:28	00:13:14	Gerard	Gaffney	Senior	INVERCLYDE B
15	47	0:55:02	00:12:48	Charles	Thomson	Senior	RH CAMBUSLANG C
16	38	0:55:04	00:13:57	Scott	Martin	Senior	KILMARNOCK H&AC A
17	20	0:55:35	00:14:38	Alan	O'Rourke	Senior	GREENOCK GLENPARK A
18	41	0:56:27	00:13:41	Adrian	Dow	Senior	KIRKINTILLOCH OLYMPIANS A
19	52	0:57:09	00:15:06	John	Duffy	Senior	SHETTLESTON C
20	1	0:57:18	00:15:26	Brian	Douglas	Senior	BELLAHOUSTON HARRIERS A
21	28	0:57:50	00:15:40	Robert	Gray	Senior	INVERCLYDE C
22	11	0:57:55	00:14:14	Paul	Carroll	Senior	CLYDESDALE H A
23	6	0:58:12	00:15:29	Jim	Holmes	Senior	CALDERGLEN H A
24	32	0:58:22	00:14:54	Andrew	Rennie	Senior	IRVINE AC B
25	24	0:58:26	00:15:28	Gordon	Howat	Senior	HELENSBURGH AAC A
26	4	0:58:28	00:15:47	David	Weatherhead	Senior	BELLAHOUSTON RR B
27	60	0:58:39	00:15:02	Daniel	Reid	Senior	WESTERLANDS CCC
28	55	0:59:01	00:15:38	Frank	Thom	Senior	SPRINGBURN H B
29	48	0:59:04	00:15:29	Thomas	McPake	Senior	RH CAMBUSLANG D
30	56	0:59:10	00:14:28	Lewis	Donaldson	Senior	STRATHCLDE UNI
31	21	0:59:13	00:14:57	Robert	Mitchell	Senior	GREENOCK GLENPARK B
32	19	0:59:47	00:17:15	Billy	Clark	Senior	GIFFNOCK NORTH AAC
33	58	0:60:08	00:15:09	Duncan	Thomson	Senior	VP GLASGOW AC B
34	29	0:60:42	00:15:29	Graeme	Hyett	Senior	INVERCLYDE D
35	12	0:60:46	00:15:57	Robert	Young	Senior	CLYDESDALE H B
36	17	0:61:26	00:15:57	James	Taylor	Senior	GARSCUBE HARRIERS B
37	39	0:61:37	00:15:46	Alan	Brydon	Senior	KILMARNOCK H&AC B
38	2	0:63:16	00:16:15	Anthony	Quinn	Senior	BELLAHOUSTON HARRIERS B
39	35	0:64:23	00:20:19	Brian	Graham	Senior	KILBARCHAN AAC C
40	14	0:64:48	00:18:56	Edgar	Ramage	Senior	EAST KILBRIDE AC A
41	30	0:65:20	00:16:53	George	Hegarty	Senior	INVERCLYDE E
42	7	0:66:08	00:17:38	Colin	Banks	Senior	CALDERGLEN H B
43	22	0:67:58	00:19:55	Thomas	Knight	Senior	GREENOCK GLENPARK C
44	5	0:68:01	00:18:37	Christopher	Doak	Senior	BELLAHOUSTON RR C
45	40	0:69:53	00:20:26	Ian	McAughtrie	Senior	KILMARNOCK H&AC C
46							
47							
48							
49							
50							