

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Results

Race 4 JUN SEN MALES

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	62	00:13:17	00:13:17	Amanuel Hagos	Senior	SHETTLESTON H A
2	37	00:13:22	00:13:22	Andrew Douglas	Senior	INVERCLYDE AC A
3	69	00:13:33	00:13:33	David Vernon	Under 20	VP GLASGOW A
4	46	00:13:36	00:13:36	Robert Quinn	Vet	KILBARCHAN AAC A
5	56	00:13:41	00:13:41	Stewart Orr	Under 20	RON HILL CAMBUSLANG H A
6	58	00:13:43	00:13:43	Stephen Wylie	Senior	RON HILL CAMBUSLANG H C
7	27	00:14:06	00:14:06	Luke Traynor	Under 20	GIFFNOCK NORTH AAC A
8	23	00:14:09	00:14:09	Joe McKnight	Senior	GARSCUBE H B
9	57	00:14:10	00:14:10	Bobby Bristow	Under 20	RON HILL CAMBUSLANG H B
10	30	00:14:11	00:14:11	Stephen Trainer	Senior	GREENOCK GLENPARK AC A
11	63	00:14:13	00:14:13	Lee Wilson	Under 15	SHETTLESTON H B
12	47	00:14:22	00:14:22	Stephen Fleming	Under 20	KILBARCHAN AAC B
13	22	00:14:26	00:14:26	John Bell	Vet	GARSCUBE H A(VETS)
14	1	00:14:28	00:14:28	Andrew Rae	Under 20	AYR SEAFORTH AC A
15	8	00:14:30	00:14:30	Peter Devenport	Senior	BELLAHOUSTON RR A
16	38	00:14:31	00:14:31	Sean Gaffney	Senior	INVERCLYDE AC B
17	16	00:14:34	00:14:34	Peter Bowman	Under 20	CLYDESDALE H A
18	48	00:14:37	00:14:37	Fraser Williams	Senior	KILBARCHAN AAC C
19	43	00:14:38	00:14:38	Patrick Cullinane	Senior	IRVINE AC
20	60	00:14:42	00:14:42	Greg Hastie	Vet	RON HILL CAMBUSLANG H E (VETS)
21	74	00:14:59	00:14:59	Chris Upson	Vet	WESTERLANDS XC CLUB A
22	52	00:15:01	00:15:01	Adam Peters	Senior	KIRKINTILLOCH OLYMPIANS A
23	59	00:15:02	00:15:02	Alistair Campbell	Senior	RON HILL CAMBUSLANG H D
24	19	00:15:10	00:15:10	Adam Gatens	Under 20	EAST KILBRIDE AC
25	66	00:15:12	00:15:12	Damian McAuley	Vet	SPRINGBURN H A
26	77	00:15:17	00:15:17	Cameron Wilson	Senior	KILMARNOCK H& AC A
27	31	00:15:18	00:15:18	Kevin Gill	Vet	GREENOCK GLENPARK AC B
28	53	00:15:20	00:15:20	Paul O'Connor	Senior	KIRKINTILLOCH OLYMPIANS B
29	64	00:15:22	00:15:22	Denis Williams	Vet	SHETTLESTON H C(VETS)
30	20	00:15:42	00:15:42	Andrew Shaw	Under 20	EAST KILBRIDE AC B
31	39	00:15:48	00:15:48	Graeme Forbes	Vet	INVERCLYDE AC C
32	78	00:15:51	00:15:51	Grant Beattie	Under 20	KILMARNOCK H& AC B
33	70	00:15:53	00:15:53	Derek Watson Snr.	Vet	VP GLASGOW B
34	71	00:16:06	00:16:06	David McCormack	Vet	VP GLASGOW C (VETS)
35	4	00:16:10	00:16:10	Mark Paterson	Senior	BELLAHOUSTON H B
36	35	00:16:11	00:16:11	Iain Walker	Senior	HELENSBURGH AAC A
37	9	00:16:20	00:16:20	Grant MacDonald	Senior	BELLAHOUSTON RR B
38	3	00:16:22	00:16:22	Brian French	Senior	BELLAHOUSTON H A
39	11	00:16:28	00:16:28	Alan Cullie	Vet	CALDERGLEN H A (VETS)
40	75	00:16:35	00:16:35	David Calder	Vet	WESTERLANDS XC CLUB B(VETS)
41	24	00:16:49	00:16:49	Stephen Kilpatrick	Vet	GARSCUBE H C
42	28	00:16:51	00:16:51	Derek Breen	Vet	GIFFNOCK NORTH AAC B (VETS)
43	49	00:17:01	00:17:01	Donald Kennedy	Vet	KILBARCHAN AAC D
44	50	00:17:03	00:17:03	James Robert Ferguson	Senior	KILBARCHAN AAC E
45	44	00:17:05	00:17:05	Steven Connell	Vet	IRVINE AC B (VETS)
46	32	00:17:06	00:17:06	Michael Harrington	Vet	GREENOCK GLENPARK AC C
47	2	00:17:08	00:17:08	Kevin Bloy	Vet	AYR SEAFORTH AC B
48	12	00:17:14	00:17:14	Jim Holmes	Vet	CALDERGLEN H B
49	17	00:17:20	00:17:20	Iain Robertson	Senior	CLYDESDALE H B
50	68	00:17:22	00:17:22	Craig Brown	Senior	TROON TORTOISES AC

WEST DISTRICT CROSS COUNTRY RELAYS
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51	79	00:17:28	00:17:28	Alasdair Murray	Vet	KILMARNOCK H& AC C
52	67	00:17:50	00:17:50	Joseph Junior Chambers	Senior	SPRINGBURN H B
53	14	00:17:58	00:17:58	Ian Rae	Vet	CALDERGLEN H D
54	10	00:18:07	00:18:07	Ewan McDonald	Vet	BELLAHOUSTON RR B
55	36	00:18:12	00:18:12	Cai Britton	Vet	HELENSBURGH AAC B
56	5	00:18:17	00:18:17	Neil Campbell	Vet	BELLAHOUSTON H C
57	40	00:18:18	00:18:18	George Hegarty	Senior	INVERCLYDE AC D
58	33	00:18:20	00:18:20	Stephen McDade	Vet	GREENOCK GLENPARK AC D

WEST DISTRICT CROSS COUNTRY RELAYS
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Race 4 JUN SEN MALES

Leg 2						
Pos	No	Leg 2 Time	Ind Time	Runner	Cat	Club
1	46	0:26:36	00:13:00	Derek Hawkins	Senior	KILBARCHAN AAC A
2	37	0:26:39	00:13:17	Craig Ruddy	Senior	INVERCLYDE AC A
3	56	0:27:22	00:13:41	Robert Gilroy	Senior	RON HILL CAMBUSLANG H A
4	62	0:27:25	00:14:08	Michael Deason	Senior	SHETTLESTON H A
5	58	0:27:34	00:13:51	Iain MacCorquodale	Senior	RON HILL CAMBUSLANG H C
6	69	0:27:46	00:14:13	Derek Gibb	Senior	VP GLASGOW A
7	57	0:28:04	00:13:54	Jamie Reid	Senior	RON HILL CAMBUSLANG H B
8	8	0:28:21	00:13:51	Ciaran Dougherty	Senior	BELLAHOUSTON RR A
9	43	0:28:22	00:13:44	David Millar	Vet	IRVINE AC
10	27	0:28:50	00:14:44	Greg Turner	Under 20	GIFFNOCK NORTH AAC A
11	47	0:28:56	00:14:34	Graham Evans	Under 20	KILBARCHAN AAC B
12	30	0:29:11	00:15:00	Michael Mcloone Snr	Vet	GREENOCK GLENPARK AC A
13	63	0:29:14	00:15:01	Marc McColl	Senior	SHETTLESTON H B
14	19	0:29:45	00:14:35	John Fergusson	Under 20	EAST KILBRIDE AC
15	38	0:29:48	00:15:17	Neil McLaughlin	Senior	INVERCLYDE AC B
16	23	0:29:50	00:15:41	Euan Geddes	Senior	GARSCUBE H B
17	1	0:29:53	00:15:25	Mayeul Ducrot	Senior	AYR SEAFORTH AC A
18	48	0:30:01	00:15:24	Donald Petrie	Vet	KILBARCHAN AAC C
19	22	0:30:12	00:15:46	Euan Mackay	Vet	GARSCUBE H A(VETS)
20	60	0:30:31	00:15:49	Colin Feechan	Vet	RON HILL CAMBUSLANG H E (VET
21	74	0:30:33	00:15:34	Scott Mitchell	Senior	WESTERLANDS XC CLUB A
22	77	0:30:41	00:15:24	Ross Connelly	Under 20	KILMARNOCK H& AC A
23	64	0:30:43	00:15:21	William Coyle	Vet	SHETTLESTON H C(VETS)
24	16	0:30:43	00:16:09	Paul Carroll	Vet	CLYDESDALE H A
25	52	0:30:48	00:15:47	Craig McIntyre	Under 20	KIRKINTILLOCH OLYMPIANS A
26	3	0:31:02	00:14:40	Amanuel Zerezighi	Senior	BELLAHOUSTON H A
27	35	0:31:04	00:14:53	Paul Thompson	Vet	HELENSBURGH AAC A
28	66	0:31:08	00:15:56	Andrew Callan	Vet	SPRINGBURN H A
29	39	0:31:18	00:15:30	Jude Boulton	Senior	INVERCLYDE AC C
30	31	0:31:32	00:16:14	Alan O'Rourke	Vet	GREENOCK GLENPARK AC B
31	11	0:31:48	00:15:20	Martin Duthie	Vet	CALDERGLEN H A (VETS)
32	9	0:32:08	00:15:48	Bruce Carse	Senior	BELLAHOUSTON RR B
33	78	0:32:11	00:16:20	Leslie McDerment	Vet	KILMARNOCK H& AC B
34	59	0:32:28	00:17:26	Thomas McPake	Vet	RON HILL CAMBUSLANG H D
35	70	0:32:33	00:16:40	Ralph Connolly	Vet	VP GLASGOW B
36	28	0:32:43	00:15:52	Neil Deerey	Vet	GIFFNOCK NORTH AAC B (VETS)
37	4	0:32:49	00:16:39	George Adams	Vet	BELLAHOUSTON H B
38	20	0:33:00	00:17:18	Graeme Haddow	Vet	EAST KILBRIDE AC B
39	75	0:33:22	00:16:47	John Quinn	Vet	WESTERLANDS XC CLUB B(VETS)
40	71	0:33:28	00:17:22	Peter Ramsay	Vet	VP GLASGOW C (VETS)
41	44	0:33:47	00:16:42	James Sneddon	Vet	IRVINE AC B (VETS)
42	67	0:33:51	00:16:01	Martin Coleman	Senior	SPRINGBURN H B
43	53	0:33:58	00:18:38	Stephen Allan	Senior	KIRKINTILLOCH OLYMPIANS B
44	49	0:34:12	00:17:11	Robert Allison	Vet	KILBARCHAN AAC D
45	17	0:34:27	00:17:07	Ryan Nelson	Under 20	CLYDESDALE H B
46	79	0:34:27	00:16:59	Harald Bartl	Vet	KILMARNOCK H& AC C
47	12	0:34:44	00:17:30	Stuart Waugh	Vet	CALDERGLEN H B
48	32	0:34:49	00:17:43	Kenneth Pryde	Vet	GREENOCK GLENPARK AC C
49	2	0:35:21	00:18:13	Tom McCulloch	Vet	AYR SEAFORTH AC B
50	50	0:35:58	00:18:55	James McMillan	Vet	KILBARCHAN AAC E

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51	68	0:36:09	00:18:47	William Gerrie	Vet	TROON TORTOISES AC
52	33	0:36:38	00:18:18	Kevan McCartney	Senior	GREENOCK GLENPARK AC D
53	40	0:36:42	00:18:24	David McKenzie	Under 20	INVERCLYDE AC D
54	10	0:36:53	00:18:46	Peter Burton	Senior	BELLAHOUSTON RR B
55	14	0:37:25	00:19:27	David Wardrope	Senior	CALDERGLEN H D
56	76	0:37:30	00:18:44	Gibson Fleming	Vet	WESTERLANDS XC CLUB C
57	36	0:37:40	00:19:28	Alistair Wylie	Vet	HELENSBURGH AAC B
58	5	0:34:42	00:16:25	Thomas Keenan	Vet	BELLAHOUSTON H C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 4 JUN SEN MALES

Leg 3						
Pos	No	Leg 3 Time	Ind Time	Runner	Cat	Club
1	37	0:40:08	00:13:29	Mark Pollard	Senior	INVERCLYDE AC A
2	62	0:40:19	00:12:54	Tewoldeberhan Mengisteab	Senior	SHETTLESTON H A
3	46	0:40:31	00:13:55	Paul Leck	Senior	KILBARCHAN AAC A
4	56	0:41:18	00:13:56	Iain Reid	Senior	RON HILL CAMBUSLANG H A
5	57	0:42:15	00:14:11	Joseph Kealey	Senior	RON HILL CAMBUSLANG H B
6	58	0:43:16	00:15:42	Brian Campbell	Senior	RON HILL CAMBUSLANG H C
7	47	0:43:32	00:14:36	Gary Rankin	Under 20	KILBARCHAN AAC B
8	8	0:43:38	00:15:17	Craig Ross	Senior	BELLAHOUSTON RR A
9	27	0:43:55	00:15:05	Michael Cross	Senior	GIFFNOCK NORTH AAC A
10	43	0:43:56	00:15:34	George Irving	Vet	IRVINE AC
11	69	0:44:00	00:16:14	Kenneth Mitchell	Vet	VP GLASGOW A
12	38	0:44:12	00:14:24	Andrew Campbell	Under 20	INVERCLYDE AC B
13	63	0:44:19	00:15:05	Robert Maxwell	Senior	SHETTLESTON H B
14	30	0:44:32	00:15:21	Andrew McCall	Senior	GREENOCK GLENPARK AC A
15	48	0:45:06	00:15:05	John McMillan	Senior	KILBARCHAN AAC C
16	74	0:45:33	00:15:00	David Riach	Vet	WESTERLANDS XC CLUB A
17	19	0:45:46	00:16:01	David Gorman	Under 20	EAST KILBRIDE AC
18	60	0:46:25	00:15:54	Francis Hurley	Vet	RON HILL CAMBUSLANG H E (VETS)
19	1	0:46:29	00:16:36	Barry Duddy	Senior	AYR SEAFORTH AC A
20	64	0:46:29	00:15:46	John Oates	Vet	SHETTLESTON H C(VETS)
21	22	0:46:35	00:16:23	Robert McLennan	Vet	GARSCUBE H A(VETS)
22	16	0:46:38	00:15:55	Gerard Montgomery	Vet	CLYDESDALE H A
23	77	0:46:49	00:16:08	Connell Drummond	Senior	KILMARNOCK H& AC A
24	66	0:46:52	00:15:44	Scott Partyka	Senior	SPRINGBURN H A
25	23	0:47:01	00:17:11	John Murray	Senior	GARSCUBE H B
26	3	0:47:26	00:16:24	Gary Stewart	Vet	BELLAHOUSTON H A
27	9	0:48:12	00:16:04	Raymond Farrell	Vet	BELLAHOUSTON RR B
28	28	0:48:12	00:15:29	George Taylor	Vet	GIFFNOCK NORTH AAC B (VETS)
29	31	0:48:17	00:16:45	Steven Campbell	Senior	GREENOCK GLENPARK AC B
30	11	0:48:26	00:16:38	Edward Reid	Vet	CALDERGLEN H A (VETS)
31	35	0:48:37	00:17:33	Phil Dye	Vet	HELENSBURGH AAC A
32	70	0:48:39	00:16:06	Gerard Craig	Vet	VP GLASGOW B
33	39	0:49:07	00:17:49	Robert Gray	Senior	INVERCLYDE AC C
34	78	0:49:37	00:17:26	William Duffy	Vet	KILMARNOCK H& AC B
35	44	0:49:57	00:16:10	Ian Berryman	Vet	IRVINE AC B (VETS)
36	20	0:50:26	00:17:26	Niall Walker	Senior	EAST KILBRIDE AC B
37	75	0:51:05	00:17:43	Daniel Reid	Vet	WESTERLANDS XC CLUB B(VETS)
38	32	0:51:17	00:16:28	Robert Wilson	Senior	GREENOCK GLENPARK AC C
39	49	0:51:32	00:17:20	Scott Craig	Senior	KILBARCHAN AAC D
40	59	0:51:32	00:19:04	David Fairweather	Vet	RON HILL CAMBUSLANG H D
41	17	0:51:34	00:17:07	Hugh Laverty	Vet	CLYDESDALE H B
42	4	0:51:38	00:18:49	Iain Burke	Vet	BELLAHOUSTON H B
43	12	0:52:25	00:17:41	David Herbertson	Vet	CALDERGLEN H B
44	53	0:52:34	00:18:36	Christopher Craig	Vet	KIRKINTILLOCH OLYMPIANS B
45	71	0:52:41	00:19:13	Kenneth McVey	Vet	VP GLASGOW C (VETS)
46	79	0:53:27	00:19:00	Kenneth Wales	Vet	KILMARNOCK H& AC C
47	50	0:54:01	00:18:03	William Masson	Vet	KILBARCHAN AAC E
48	10	0:54:08	00:17:15	Craig Reid	Senior	BELLAHOUSTON RR B
49	40	0:54:57	00:18:15	John Smillie	Vet	INVERCLYDE AC D
50	13	0:55:04	00:17:13	Stephen Phimister	Vet	CALDERGLEN H C

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51	33	0:55:19	00:18:41	Sam McVicar	Vet	GREENOCK GLENPARK AC D
52	76	0:55:32	00:18:02	Ken MacMahon	Senior	WESTERLANDS XC CLUB C
53	5	0:56:21	00:21:39	Howard Scott	Vet	BELLAHOUSTON H C
54	68	0:56:31	00:20:22	Iain Fraser	Vet	TROON TORTOISES AC
55	24	0:56:56	00:18:07	Andrew Griffiths	Vet	GARSCUBE H C
56	36	0:58:54	00:21:14	Andrew Henderson	Vet	HELENSBURGH AAC B
57	14	0:59:20	00:21:55	Russell Couper	Vet	CALDERGLEN H D
58	18	0:60:45	00:22:18	Colin Gray	Vet	CLYDESDALE H C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 4 JUN SEN MALES

Leg 4						
Pos	No	Leg 4 Time	Ind Time	Runner	Cat	Club
1	37	0:53:03	00:12:55	Daniel Mulhare	Senior	INVERCLYDE AC A
2	62	0:53:51	00:13:32	Paul Sorrie	Senior	SHETTLESTON H A
3	46	0:54:30	00:13:59	Conor McNulty	Senior	KILBARCHAN AAC A
4	56	0:55:14	00:13:56	Stuart Gibson	Senior	RON HILL CAMBUSLANG H A
5	57	0:56:06	00:13:51	Jack Hamilton	Under 20	RON HILL CAMBUSLANG H B
6	27	0:57:48	00:13:53	Martin Fishwick	Under 20	GIFFNOCK NORTH AAC A
7	69	0:57:51	00:13:51	Sean Fontana	Under 20	VP GLASGOW A
8	58	0:58:06	00:14:50	Andrew Coulter	Under 20	RON HILL CAMBUSLANG H C
9	47	0:58:14	00:14:42	Thomas McDonald	Under 20	KILBARCHAN AAC B
10	8	0:58:47	00:15:09	Liam Conway	Vet	BELLAHOUSTON RR A
11	30	0:59:21	00:14:49	David Henderson	Senior	GREENOCK GLENPARK AC A
12	38	0:59:39	00:15:27	Thomas Jamieson	Senior	INVERCLYDE AC B
13	43	0:60:05	00:16:09	Brian Craig	Vet	IRVINE AC
14	19	0:61:10	00:15:24	Jamie Clements	Senior	EAST KILBRIDE AC
15	74	0:61:36	00:16:03	Owen O'Neill	Senior	WESTERLANDS XC CLUB A
16	63	0:61:43	00:17:24	Andrew Duffy	Under 20	SHETTLESTON H B
17	60	0:61:50	00:15:25	Michael O'Hagan	Vet	RON HILL CAMBUSLANG H E (VETS)
18	52	0:61:54	01:01:54	Kevin Cornes	Senior	KIRKINTILLOCH OLYMPIANS A
19	22	0:61:55	00:15:20	Stephen Mulrine	Vet	GARSCUBE H A(VETS)
20	77	0:62:18	00:15:29	Scott Martin	Vet	KILMARNOCK H& AC A
21	16	0:62:20	00:15:42	Gary Dick	Vet	CLYDESDALE H A
22	64	0:62:22	00:15:53	John J Duffy	Vet	SHETTLESTON H C(VETS)
23	23	0:62:26	00:15:25	Marco Consani	Senior	GARSCUBE H B
24	48	0:62:36	00:17:30	Steven Hards	Vet	KILBARCHAN AAC C
25	1	0:62:54	00:16:25	Laurence Baker	Vet	AYR SEAFORTH AC A
26	11	0:63:00	00:14:34	Alan Derrick	Vet	CALDERGLEN H A (VETS)
27	66	0:63:27	00:16:35	Ross McEachern	Vet	SPRINGBURN H A
28	3	0:63:29	00:16:03	Brian Douglas	Senior	BELLAHOUSTON H A
29	31	0:64:37	00:16:20	Thomas Loehndorf	Vet	GREENOCK GLENPARK AC B
30	9	0:64:38	00:16:26	Mike Healy	Vet	BELLAHOUSTON RR B
31	35	0:65:26	00:16:49	Stephen Bell	Vet	HELENSBURGH AAC A
32	28	0:65:32	00:17:20	Gerard McNamee	Vet	GIFFNOCK NORTH AAC B (VETS)
33	39	0:66:31	00:17:24	Robert Shaw	Vet	INVERCLYDE AC C
34	70	0:66:51	00:18:12	Tom Ord	Vet	VP GLASGOW B
35	32	0:66:56	00:15:39	Alan Henderson	Senior	GREENOCK GLENPARK AC C
36	78	0:66:58	00:17:21	Graham Cairns	Vet	KILMARNOCK H& AC B
37	44	0:67:29	00:17:32	James White	Vet	IRVINE AC B (VETS)
38	20	0:67:46	00:17:20	Andrew Little	Vet	EAST KILBRIDE AC B
39	59	0:68:30	00:16:58	John McPake	Vet	RON HILL CAMBUSLANG H D
40	4	0:68:34	00:16:56	Bryan Lamb	Senior	BELLAHOUSTON H B
41	49	0:69:43	00:18:11	Andrew Clugston	Senior	KILBARCHAN AAC D
42	75	0:69:52	00:18:47	Hamilton Semple	Vet	WESTERLANDS XC CLUB B(VETS)
43	17	0:69:55	00:18:21	Robert Young	Vet	CLYDESDALE H B
44	12	0:70:43	00:18:18	Graham Lindsay	Vet	CALDERGLEN H B
45	10	0:71:02	00:16:54	Alistair Kell	Vet	BELLAHOUSTON RR B
46	53	0:71:12	00:18:38	Michael Peters	Vet	KIRKINTILLOCH OLYMPIANS B
47	71	0:71:42	00:19:01	Peter Dawes	Vet	VP GLASGOW C (VETS)
48	79	0:72:07	00:18:40	Ian Goudie	Vet	KILMARNOCK H& AC C
49	13	0:74:07	00:19:03	Colin Banks	Senior	CALDERGLEN H C
50	50	0:74:17	00:20:16	James Ferguson	Vet	KILBARCHAN AAC E

WEST DISTRICT CROSS COUNTRY RELAYS
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51	24	0:74:25	00:17:29	Dermot Williamson	Vet	GARSCUBE H C
52	5	0:75:59	00:19:38	Ian McCleod	Vet	BELLAHOUSTON H C
53	14	0:78:59	00:19:39	Richard Lawton	Senior	CALDERGLEN H D