

Additional Competitor Information

Event: **West District Cross Country Relay Championships 2019**

Date: **Saturday 12th October 2019**

Venue: **Ayrshire Athletics Arena (AAA), Queens Drive, Kilmarnock, KA1 3XF, Tel 01563 555227**

Declarations

Declarations are open from 1100 in the Indoor Track area of the AAA. Team managers only please. Course maps and race details will be available at Declarations and in the foyer.

Changing

There are 6 male and 3 female changing rooms, each equipped with multiple showers (except disabled changing rooms - which **are available** to be used, but have only 1 shower). There is additional male changing in the curtained area at the end of the indoor track.

Toilets

There are toilet facilities in the changing rooms and in the main toilets within the AAA which is within 100m of the Start.

Post race access

Please remove muddy shoes before entering the building.

Course

The course consists of a mixture of parkland, riverside paths, farmer's fields and a 30 metre stretch of tarmac. On the 4K lap there is also a 200 metre section of rough broken road under the A77. Most competitors have reported that this is OK for spikes.

Warming-up / Course Access

Please keep clear of the football pitches. To gain access to the Start / Finish area, you are required to cross the course. Please stay within markers and watch out for runners.

Club Tents

There is ample space for club tents near the Start/Finish area. Please assemble tents in the marked bays and do so in accordance with the Tent and Gazebo guidelines on the SA Event Website.

Medals Presentation

Medals will be presented near the Start/Finish area as soon as possible after each race, or inside the AAA arena in the event of inclement weather.

Medals will be presented as follows –

Age Group	Team Composition	Medals
Masters Men	4 x 4000 metres	1 st , 2 nd , 3 rd teams
Senior / U 20 Men	4 x 4000 metres	1 st , 2 nd , 3 rd teams
U13B, U15B, U17M	3 x 2500 metres	1 st , 2 nd , 3 rd teams
Masters Women	3 x 4000 metres	1 st , 2 nd , 3 rd teams
Senior / U 20 Women	3 x 4000 metres	1 st , 2 nd , 3 rd teams
U13G, U15G, U17W	3 x 2500 metres	1 st , 2 nd , 3 rd teams

Multiple teams from the same club are eligible for medals

First Aid

First Aid will be located near the Start/Finish area.

The nearest Accident and Emergency Hospital is -

Crosshouse Hospital

Kilmarnock Road

Crosshouse KA2 OBE

01563 521133

Catering

Hot drinks will be available at the Start / Finish area. Kilmarnock Harriers will be offering soup and crusty bread within the AAA and there will be a catering van providing a range of hot and cold food, tea and coffee outside the AAA main building.



Results

Results will be posted on Saturday evening on Kilmarnock Harriers website – www.kilmarnockharriers.com and asap thereafter on Scottish Athletics Events page. Please promptly contact the john.gebbie@btinternet.com or the Scottish Athletics Events team with any queries/errors.

Directions

Travelling south on the M77/A77 take the 3rd exit for Kilmarnock. The AAA is close to the major intersection between the A77, A76, A71 and A735. Follow the signs for the A735 / Town Centre to reach the AAA.

Parking

Parking at the AAA is for officials only. Please follow map and directions below for Competitor Parking. This is adjacent to the course and is within 200 metres of the AAA



Competitor Parking

- The AAA is close to the major intersection between the M(A)77, A71 and A76. Follow the signs for A735/Town Centre.
- Follow map and directions below for Competitor Parking. Direction signs will be in place.
- From the Ayrshire Athletics Arena, continue on Queen's Drive/A735 for 0.1 miles (yellow dotted line) and at first roundabout take the second exit. Continue for 0.2 miles and at roundabout take the second exit.
- Move into outside lane and turn right at the traffic lights onto Newmill Road.
- Continue for 0.3 miles and competitor car park is on the right.



COMPETITION INFORMATION SHEET

Event: West District Cross Country Relay Championships
(Incorporating Masters Championships)
Venue: Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF
Date: Saturday 12th October 2019

WEST XCR

Race	Age Group	BORN DURING	Declarations		Race Starts Changed for 2019	Laps
			Close			
YOUNG FEMALES	U13	01/09/2006 to 31/08/2008				
	U15	01/09/2004 to 31/08/2006	1130hrs		1200hrs	3x2500m
	U17	01/09/2002 to 31/08/2004				
YOUNG MALES	U13	01/09/2006 to 31/08/2008				
	U15	01/09/2004 to 31/08/2006	1205hrs		1235hrs	3x2500m
	U17	01/09/2002 to 31/08/2004				
SENIOR/JUNIOR + MASTERS WOMEN		BORN BEFORE 01/09/2002	1240hrs		1310hrs	3x4000m
		Masters Age on Day				
SENIOR/JUNIOR + MASTERS MEN		BORN BEFORE 01/09/2002	1340hrs		1410hrs	4x4000m
		Masters Age on Day				

Entries close midnight on:

Thur 26th September 2019

NO LATE ENTRIES

Address for Entries:

events@scottishathletics.org.uk

West XC Relays, scottishathletics Ltd, Caledonia House, South Gyle,
Edinburgh, EH12 9DQ

YOUNG ATHLETES RACES

1st LAP Under 13

2nd LAP Under 15 OR
Under 13

3rd LAP Under 17 OR
Under 15

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

(1) District relays incorporate Masters Championships. There will be a set of Masters gold, silver and bronze medals for both Men and Women. Masters Age Group: from 40 for both Men and Women on race day.

(2) All entered athletes must be members of scottishathletics at the time of the closing date and be in date on race day. Entry forms must include SA Numbers, athletes without valid membership numbers will not be processed.

(3) Athletes who are submitted without a valid membership or out of date membership cannot be added after the closing date.

(4) All competitors MUST compete in the declared order, and an entered athlete MUST NOT be substituted by a non-entered athlete at any time.

(5) Club colours MUST be worn

(6) Students in Full-time Education in Scotland

Students in full-time education in Scotland may compete as 1st claim for both their educational establishment and another Scottish club, but not in the same competition. This is provided that the educational establishment club is confined to students of that establishment. Thus, a student may be entered for two clubs but has to choose one at declaration.

(7) Further information, including Location Map and Course Map, will be available on the Scottish Athletics website.

(8) Club's may only enter a MAXIMUM of 3 TIMES the number of athletes entitled to compete. E.g. For two Senior Men Teams a maximum of 24 eligible athletes.

(9) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

By entering all athletes agree that Photographs and/or video footage may be taken and used for PR/Marketing purposes.

Thank you to all clubs for the excellent response to entries for this year's District XC Relay Championships. We look forward to seeing you all at Kilmarnock on the day!

Below are the teams each club has entered for these championships.

Provisional start lists of individual athletes from each club have been published today. Unfortunately, a number of athletes have not renewed their **scottishathletics** memberships in time for entries closing, and risk their club not being able to field a full team from those names put forward. To allow fairness to those who have brought their memberships up to date already, those who have not done so have until the final start lists are published on Monday morning to renew their memberships. All team managers have been contacted with details of athletes whose memberships remain outstanding, and they can check for updates in the club portal. This extended deadline is for membership renewals only, and clubs cannot submit additional names now that entries have closed.

	Sen/Jun Women	Sen/Jun Men	Young Females	Young Males
Ayr Seaforth	3	5	7	7
Bellahouston Harriers	8	5		
Bellahouston RR	8	5		
Calderglen Harriers	1	3		
Cambuslang Harriers	3	10	6	6
Clydesdale Harriers	1	3	1	2
Cumbernauld AC	1	2	2	4
Dumbarton AAC		1		
Dumfries RC	1			
East Kilbride	2	4	4	3
Garscube Harriers	8	6	4	3
Giffnock North AC	5	6	12	11
Glasgow School of Sport		1	4	1
Greenock Glenpark Harriers	2	5	4	3
Hamilton Harriers		1		
Helensburgh AAC			2	1
Inverclyde AC	2	5	1	3
Irvine RC		3		
Kilbarchan AAC	4	4	5	7
Kilmarnock Harriers	2	4	8	8
Kirkintilloch Olympians	3	2	1	1
Law AAC	1	3	4	3
Motherwell AC		4		
Nithsdale AC			1	1
North Ayrshire AAC	1	1	3	1
Ron's Runners	1			
Roual Mail Run GMC		1		
Shettleston Harriers	4	6	4	5
Springburn Harriers	3	2	2	
Strathclyde Uni Harriers	2	1		
Troon Tortoises	1	2		
VP - Glasgow	3	4	5	2
Westerlands CCC	2	4		
Whitemoss			1	
Total Teams Entered	72	103	81	72

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Toni	McIntosh	(F Sen)	Ayr Seaforth AC
Laura	Wallace	(F Sen)	Ayr Seaforth AC
Gael	Neill	(F40)	Ayr Seaforth AC
Ruth	Kirk	(F45)	Ayr Seaforth AC
Kirsty	Green	(F50)	Ayr Seaforth AC
Gillian	Hannah	(F50)	Ayr Seaforth AC
Emma	Frew	(FU20)	Ayr Seaforth AC
Charlotte	McDowall	(FU20)	Ayr Seaforth AC
Stephanie	Baird	(F Sen)	Bellahouston Harriers
BETH	CALDWELL	(F Sen)	Bellahouston Harriers
Natasha	Gilmour	(F Sen)	Bellahouston Harriers
Kristina	Greig	(F Sen)	Bellahouston Harriers
Katherine	Hylands	(F Sen)	Bellahouston Harriers
Emily	Jackson	(F Sen)	Bellahouston Harriers
Ann	Knox	(F Sen)	Bellahouston Harriers
Robyn	Millar	(F Sen)	Bellahouston Harriers
Laura	Ritchie	(F Sen)	Bellahouston Harriers
Karen	Rosling	(F Sen)	Bellahouston Harriers
Heather	Rowan	(F Sen)	Bellahouston Harriers
Maria	Spedsberg	(F Sen)	Bellahouston Harriers
Angela	Campbell	(F40)	Bellahouston Harriers
Gillian	Glass	(F45)	Bellahouston Harriers
Jayne	Macnamara	(F45)	Bellahouston Harriers
Gael	McCallum	(F45)	Bellahouston Harriers
Claire	McCracken	(F45)	Bellahouston Harriers
Stephanie	Rudd	(F45)	Bellahouston Harriers
Linda	Wood	(F50)	Bellahouston Harriers
Christine	McKay	(F55)	Bellahouston Harriers
Anne	Williamson	(F55)	Bellahouston Harriers
Carol	Keenan	(F60)	Bellahouston Harriers
Deirdre	Hoyle	(F65)	Bellahouston Harriers

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Catherine	Allan	(F Sen)	Bellahouston RR
Megan	Cumming	(F Sen)	Bellahouston RR
Camilla	Cunningham	(F Sen)	Bellahouston RR
Mhairi	Gervais	(F Sen)	Bellahouston RR
Laura	Henderson	(F Sen)	Bellahouston RR
Alice	Howe	(F Sen)	Bellahouston RR
Joni	Lindsay	(F Sen)	Bellahouston RR
Catriona	MacDonald	(F Sen)	Bellahouston RR
Leanne	Mcintosh	(F Sen)	Bellahouston RR
Isla	McIntosh	(F Sen)	Bellahouston RR
Emer	Campbell	(F40)	Bellahouston RR
Mhairi	Hill	(F40)	Bellahouston RR
Kelly	Ludwig	(F40)	Bellahouston RR
Ann	Robin	(F40)	Bellahouston RR
Chi My	Ta	(F40)	Bellahouston RR
Heloise	White	(F40)	Bellahouston RR
Madeline	Smillie	(F45)	Bellahouston RR
Carla	Telfer	(F45)	Bellahouston RR
Claire	Wharton	(F45)	Bellahouston RR
Lynne	Goldie	(F50)	Bellahouston RR
Roz	Wilson	(F50)	Bellahouston RR
Alison	Brown	(F55)	Bellahouston RR
Karen	Allen	(F Sen)	Calderglen Harriers
Morgan	Beaton	(F Sen)	Calderglen Harriers
Julie	Beveridge	(F Sen)	Calderglen Harriers
Alison	Lessells	(F Sen)	Calderglen Harriers
Claire	McSorley	(F Sen)	Calderglen Harriers
Kirsty	Wilson	(F Sen)	Calderglen Harriers
Lorraine	Buchanan	(F40)	Calderglen Harriers
Joanne	McEvoy	(F40)	Calderglen Harriers
Julie	Thomson	(F40)	Calderglen Harriers
Alexandra	Lamond	(F Sen)	Cambuslang Harriers
Kirsty	O'Brien	(F Sen)	Cambuslang Harriers
Jacqueline	Etherington	(F40)	Cambuslang Harriers
Lynn	Angely	(F45)	Cambuslang Harriers
Jennifer	Campbell	(F45)	Cambuslang Harriers
BERNADETTE	ONEIL	(F50)	Cambuslang Harriers
Rachel	Wardrope	(FU20)	Cambuslang Harriers
Lyndsay	Kerrigan	(F Sen)	Clydesdale Harriers
Jane	Mayor	(F45)	Clydesdale Harriers
Pamela	McCrossan	(F55)	Clydesdale Harriers

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Alicia	Paton	(F Sen)	Cumbernauld AAC
Lauren	Semple	(FU20)	Cumbernauld AAC
Lucy	Somerville	(FU20)	Cumbernauld AAC
Nicola	Hood	(F Sen)	Dumfries RC
Gemma	Leadbetter	(F Sen)	Dumfries RC
Zoe	Graham	(FU20)	Dumfries RC
Olivia	Steven	(F Sen)	East Kilbride AC
Kay	Conneff	(F40)	East Kilbride AC
Vivien	Thorpe	(F40)	East Kilbride AC
Gemma	Kirwan	(F45)	East Kilbride AC
Anne	CAIRNS	(F50)	East Kilbride AC
Fiona	Mollison	(F50)	East Kilbride AC
Laura	Gray	(F Sen)	Garscube Harriers
Marian	Kelly	(F Sen)	Garscube Harriers
Martha	Lovatt	(F Sen)	Garscube Harriers
Elsie	MacDonald	(F Sen)	Garscube Harriers
Kirsten	Mathew	(F Sen)	Garscube Harriers
Alison	Rutherford	(F Sen)	Garscube Harriers
Casey	Thompson	(F Sen)	Garscube Harriers
Emma	Waine	(F Sen)	Garscube Harriers
Katie	White	(F Sen)	Garscube Harriers
Lesley	Bell	(F40)	Garscube Harriers
Yvonne	Burgess	(F40)	Garscube Harriers
Debbie	Martin-Consani	(F40)	Garscube Harriers
Fiona	Maurer	(F40)	Garscube Harriers
Morag	Casey	(F45)	Garscube Harriers
Arlene	Lewis	(F45)	Garscube Harriers
Catriona	Padmanabhan	(F45)	Garscube Harriers
Mary	Senior	(F45)	Garscube Harriers
Elizabeth	Short	(F45)	Garscube Harriers
Jennifer	Sorbie	(F45)	Garscube Harriers
Theresa	Miln	(F55)	Garscube Harriers
Kathryn	Scott	(F55)	Garscube Harriers
Mary	Cox	(F60)	Garscube Harriers
Ann	White	(F65)	Garscube Harriers

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Katy	Brown	(F Sen)	Giffnock North AC
Yvonne	McNairn	(F Sen)	Giffnock North AC
Nicole	Scott	(F Sen)	Giffnock North AC
Holly	Still	(F Sen)	Giffnock North AC
Stephanie	Lillie	(F45)	Giffnock North AC
Angela	Carson	(F50)	Giffnock North AC
Shona	Donnelly	(F50)	Giffnock North AC
Emily	Crusher	(FU20)	Giffnock North AC
Charlotte	McKenna	(FU20)	Giffnock North AC
Lynn	McKenna	(FU20)	Giffnock North AC
Rhona	Mowat	(FU20)	Giffnock North AC
Clare	Wallace	(FU20)	Giffnock North AC
Lynsey	Mooney	(F Sen)	Greenock Glenpark Harriers
Donna	Campbell	(F40)	Greenock Glenpark Harriers
Marianne	McKay	(F40)	Greenock Glenpark Harriers
Claire	Monaghan	(F40)	Greenock Glenpark Harriers
Nathalie	Smith	(F40)	Greenock Glenpark Harriers
Rachael	Bushfield	(F Sen)	Inverclyde AC
Chloe	Macdonald	(F Sen)	Inverclyde AC
Nynke	Mulholland	(F Sen)	Inverclyde AC
Jennifer	Lyne	(FU20)	Inverclyde AC
Elsbeth	Curran	(F Sen)	Kilbarchan AAC
Kerry	MacAngus	(F Sen)	Kilbarchan AAC
Christina	Rankin	(F Sen)	Kilbarchan AAC
Chloe	Simpson	(F Sen)	Kilbarchan AAC
Holly	Thompson	(F Sen)	Kilbarchan AAC
Sharon	Hastie	(F40)	Kilbarchan AAC
Sandra	Houldsworth	(F40)	Kilbarchan AAC
Joanne	McDowall	(F40)	Kilbarchan AAC
Caroline	Cochran	(F45)	Kilbarchan AAC
Laine	Alemu	(FU20)	Kilbarchan AAC
Libby	Sutherland	(FU20)	Kilbarchan AAC

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Amanda	Bryden	(F Sen)	Kilmarnock H&AC
Laura	Haggarty	(F Sen)	Kilmarnock H&AC
Kara	Tait	(F Sen)	Kilmarnock H&AC
Colleen	Tait	(F Sen)	Kilmarnock H&AC
Kirsty	Alexander	(F45)	Kilmarnock H&AC
Gail	Henderson	(F45)	Kilmarnock H&AC
Viv	Lambert	(F45)	Kilmarnock H&AC
Lindsay	McMahon	(F45)	Kilmarnock H&AC
Kirsty	McNulty	(F45)	Kilmarnock H&AC
Sandra	Dickson	(F50)	Kilmarnock H&AC
Paula	Wilson	(F50)	Kilmarnock H&AC
Kate	Todd	(F65)	Kilmarnock H&AC
Marina	McCallum	(F45)	Kirkintilloch Olympians
Anne Marie	McGregor	(F45)	Kirkintilloch Olympians
Vivien	Fraser	(F50)	Kirkintilloch Olympians
Elaine	Hogg	(F50)	Kirkintilloch Olympians
Allison	Law	(F55)	Kirkintilloch Olympians
Shirley	MacNab	(F55)	Kirkintilloch Olympians
Ada	Stewart	(F55)	Kirkintilloch Olympians
Marie	McChord	(F60)	Kirkintilloch Olympians
Hannah	Paton	(FU20)	Kirkintilloch Olympians
Reagan	Binnie	(F Sen)	Law & District AAC
Margaret	Newell	(F Sen)	Law & District AAC
Pamela	Newell	(FU20)	Law & District AAC
Adele	Boucher	(F Sen)	North Ayrshire AC
Kathryn	Ballard	(F40)	North Ayrshire AC
Chrissie	McWhirter	(F40)	North Ayrshire AC
Fiona	Comrie	(F45)	North Ayrshire AC
Carla	Murray	(FU20)	North Ayrshire AC
Sylvia	Mulholland	(F50)	Rons Runners
Rachel	Cox	(F45)	Ron's Runners
Helen	Marshall	(F50)	Ron's Runners

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Joanne	Harkins	(F Sen)	Shettleston Harriers
Kayleigh	Jarrett	(F Sen)	Shettleston Harriers
Romane	Jaulin	(F Sen)	Shettleston Harriers
Ruth	Joss	(F Sen)	Shettleston Harriers
Amy	MacLellan	(F Sen)	Shettleston Harriers
Charlene	Manley	(F Sen)	Shettleston Harriers
Jennifer	Martin	(F Sen)	Shettleston Harriers
Jessica	Martin	(F Sen)	Shettleston Harriers
Cara	McCafferty	(F Sen)	Shettleston Harriers
Alison	McDonald	(F Sen)	Shettleston Harriers
Shannon	McLellan	(F Sen)	Shettleston Harriers
Kathryn	Pennel	(F Sen)	Shettleston Harriers
Fionnuala	Ross	(F Sen)	Shettleston Harriers
Ruth	Stanley	(F Sen)	Shettleston Harriers
Avril	Mason	(F45)	Shettleston Harriers
Hannah	Lynch	(FU20)	Shettleston Harriers
Jodie	Mitchell	(FU20)	Shettleston Harriers
Emma	Purdie	(FU20)	Shettleston Harriers
Lynsey	Currie	(F Sen)	Springburn Harriers
Leesa	Rushton	(F Sen)	Springburn Harriers
Michelle	Sandison	(F Sen)	Springburn Harriers
Hannah	Terrance	(F Sen)	Springburn Harriers
Fiona	Peat	(F40)	Springburn Harriers
Jill	Coleman	(F50)	Springburn Harriers
Carole	Craig	(F50)	Springburn Harriers
Susan	De Quadra	(F55)	Springburn Harriers
Barbara	Knox	(F55)	Springburn Harriers
Jeanette	Craig	(F65)	Springburn Harriers
Emily	McNicol	(F Sen)	Strathclyde Univ Harriers
Sarah	Paterson	(F Sen)	Strathclyde Univ Harriers
Marie-Louise	Slater	(F Sen)	Strathclyde Univ Harriers
Madeleine	Watson	(F Sen)	Strathclyde Univ Harriers
Katy	McGonigal	(FU20)	Strathclyde Univ Harriers
Chloe	Murphy	(FU20)	Strathclyde Univ Harriers
Katrine	Kelly	(F40)	Troon Tortoises AC
Caroline	Millar	(F45)	Troon Tortoises AC
Anne	Noble	(F55)	Troon Tortoises AC

Saturday 12th October

Entry Lists - Females

Forename	Surname	Age Group	Club
Donna	Finlayson	(F Sen)	VP-Glasgow AC
Mhairi	Hendry	(F Sen)	VP-Glasgow AC
Morna	Holmes	(F Sen)	VP-Glasgow AC
Emma	Matheson	(F Sen)	VP-Glasgow AC
Erin	McIlveen	(F Sen)	VP-Glasgow AC
Philippa	Millage	(F Sen)	VP-Glasgow AC
Julie	Barnett	(F45)	VP-Glasgow AC
Emma	Gilmour	(FU20)	VP-Glasgow AC
Holly	Little	(FU20)	VP-Glasgow AC
Kerry	Cunningham	(F Sen)	Westerlands XC Club
Beth	Dutson	(F Sen)	Westerlands XC Club
Lucia	Minto	(F Sen)	Westerlands XC Club
Katie	Rademaker	(F Sen)	Westerlands XC Club
Jennifer	Ruddick	(F Sen)	Westerlands XC Club
Michelle	Sinsheimer	(F Sen)	Westerlands XC Club
Lorna	Mahoney	(F50)	Westerlands XC Club

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Daniel Stuart	Graham	(M Sen)	Ayr Seaforth AC
Grahame	Hopper	(M Sen)	Ayr Seaforth AC
John	Hannah	(M40)	Ayr Seaforth AC
Kenneth	Neill	(M40)	Ayr Seaforth AC
Brian	Robinson	(M40)	Ayr Seaforth AC
Ian	Young	(M40)	Ayr Seaforth AC
Barry	Duddy	(M45)	Ayr Seaforth AC
Simon	Kirk	(M45)	Ayr Seaforth AC
Stephen	McCrorie	(M45)	Ayr Seaforth AC
Stuart	McLean	(M45)	Ayr Seaforth AC
Alasdair	Meldrum	(M45)	Ayr Seaforth AC
Stuart	McColm	(M50)	Ayr Seaforth AC
Iain	Pettigrew	(M50)	Ayr Seaforth AC
Ross	Green	(M55)	Ayr Seaforth AC
Peter	Laing	(M55)	Ayr Seaforth AC
Laurence	Baker	(M60)	Ayr Seaforth AC
Timothy	Downie	(M60)	Ayr Seaforth AC
Alasdair	Armstrong	(MU20)	Ayr Seaforth AC
Lewis	Ross	(MU20)	Ayr Seaforth AC
Scott	Sprang	(MU20)	Ayr Seaforth AC
Miguel	Delgado Sillero	(M Sen)	Bellahouston Harriers
Conor	Doherty	(M Sen)	Bellahouston Harriers
David	Eames	(M Sen)	Bellahouston Harriers
Calum	Ferguson	(M Sen)	Bellahouston Harriers
Blair	MacKinnon	(M Sen)	Bellahouston Harriers
Scott	Mason	(M Sen)	Bellahouston Harriers
Mark	Matheson	(M Sen)	Bellahouston Harriers
Darren	Shields	(M Sen)	Bellahouston Harriers
Thomas	Smith	(M Sen)	Bellahouston Harriers
Max	Steele	(M Sen)	Bellahouston Harriers
Greg	Templeton	(M Sen)	Bellahouston Harriers
Gregor	Yates	(M Sen)	Bellahouston Harriers
Donald	MacLaren	(M40)	Bellahouston Harriers
Brent	Brodie	(M45)	Bellahouston Harriers
Gordon	Gallacher	(M45)	Bellahouston Harriers
John	Cunningham	(M50)	Bellahouston Harriers
Graeme	Gemmell	(M50)	Bellahouston Harriers
Graham	McMillan	(M50)	Bellahouston Harriers
Thomas	Keenan	(M60)	Bellahouston Harriers
Kevin	Smith	(M60)	Bellahouston Harriers
Rudi	Paul	(MU20)	Bellahouston Harriers

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Thomas	Burridge	(M Sen)	Bellahouston RR
Matthew	Campbell	(M Sen)	Bellahouston RR
Paul	Gordon	(M Sen)	Bellahouston RR
Stuart	Laurence	(M Sen)	Bellahouston RR
BRYAN	MULGREW	(M Sen)	Bellahouston RR
Jamie	Robinson	(M Sen)	Bellahouston RR
Simon	Wells	(M Sen)	Bellahouston RR
Alan	Digweed	(M40)	Bellahouston RR
Michael	Lancaster	(M40)	Bellahouston RR
Scott	Mackintosh	(M40)	Bellahouston RR
Ronnie	Hart	(M45)	Bellahouston RR
Kevin	Queenan	(M45)	Bellahouston RR
Martin	White	(M45)	Bellahouston RR
Liam	Conway	(M50)	Bellahouston RR
Kenneth	Crawford	(M50)	Bellahouston RR
Tom	Ferris	(M50)	Bellahouston RR
Gerry	Hanlon	(M55)	Bellahouston RR
Allon	Galbraith	(M60)	Bellahouston RR
Andrew	Haddow	(M65)	Bellahouston RR
Andrew	Buchanan	(M Sen)	Calderglen Harriers
Kevin	Farmer	(M Sen)	Calderglen Harriers
Mark	Saez	(M45)	Calderglen Harriers
David	Wardrope	(M45)	Calderglen Harriers
Russell	Couper	(M50)	Calderglen Harriers
Alan	Derrick	(M50)	Calderglen Harriers
Jim	Holmes	(M50)	Calderglen Harriers
Martin	Howell	(M50)	Calderglen Harriers
Ian	Hughes	(M50)	Calderglen Harriers
Gordon	McInally	(M50)	Calderglen Harriers
Stephen	Phimister	(M50)	Calderglen Harriers
George	Ferguson	(M55)	Calderglen Harriers
Edward	Reid	(M55)	Calderglen Harriers
Charles	Steven	(M55)	Calderglen Harriers
David	Watt	(M55)	Calderglen Harriers
Kenny	Leinster	(M60)	Calderglen Harriers
William	Buchanan	(M65)	Calderglen Harriers
David	Searil	(M65)	Calderglen Harriers
Stuart	Waugh	(M70)	Calderglen Harriers
Christopher	McCarron	(MU20)	Calderglen Harriers

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Alasdair	Campbell	(M Sen)	Cambuslang Harriers
Alistair	Campbell	(M Sen)	Cambuslang Harriers
Brendan	Carey	(M Sen)	Cambuslang Harriers
Stuart	Gibson	(M Sen)	Cambuslang Harriers
Kevan	Harvey	(M Sen)	Cambuslang Harriers
Laurence	Heyes	(M Sen)	Cambuslang Harriers
Craig	Jardine	(M Sen)	Cambuslang Harriers
Jamie	MacKinnon	(M Sen)	Cambuslang Harriers
Matthew	McKenna	(M Sen)	Cambuslang Harriers
Kyle	McLellan	(M Sen)	Cambuslang Harriers
Colin	Reilly	(M Sen)	Cambuslang Harriers
Douglas	Roberts	(M Sen)	Cambuslang Harriers
Gordon	Robertson	(M Sen)	Cambuslang Harriers
Fraser	Stewart	(M Sen)	Cambuslang Harriers
Ryan	Thomson	(M Sen)	Cambuslang Harriers
Kenneth	Campbell	(M40)	Cambuslang Harriers
Kenny	Finlayson	(M40)	Cambuslang Harriers
Graeme	Gallie	(M40)	Cambuslang Harriers
Robert	Gilroy	(M40)	Cambuslang Harriers
Simon	Gold	(M40)	Cambuslang Harriers
Benjamin	Hukins	(M40)	Cambuslang Harriers
John	Macnamara	(M40)	Cambuslang Harriers
Stuart	McGeachy	(M40)	Cambuslang Harriers
Greg	Hastie	(M45)	Cambuslang Harriers
Scott	Hunter	(M45)	Cambuslang Harriers
John	Kelly	(M45)	Cambuslang Harriers
Tony	Mccutcheon	(M45)	Cambuslang Harriers
David	Stirling	(M45)	Cambuslang Harriers
Stephen	Wylie	(M45)	Cambuslang Harriers
Iain	Crawford	(M50)	Cambuslang Harriers
Daniel	O'Connell	(M50)	Cambuslang Harriers
Michael	O'Hagan	(M50)	Cambuslang Harriers
Chris	Upson	(M55)	Cambuslang Harriers
Des	Dickson	(M60)	Cambuslang Harriers
Paul	Thompson	(M60)	Cambuslang Harriers
Francis	Hurley	(M65)	Cambuslang Harriers

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Andrew	Carey	(MU20)	Cambuslang Harriers
Ryan	Donnelly	(MU20)	Cambuslang Harriers
Ruairidh	MacGregor	(MU20)	Cambuslang Harriers
Christopher	McLew	(MU20)	Cambuslang Harriers
Kai	Newell	(MU20)	Cambuslang Harriers
Struan	Paton	(MU20)	Cambuslang Harriers
Drew	Pollock	(MU20)	Cambuslang Harriers
Daniel	Burns	(M Sen)	Clydesdale Harriers
Tony	Dolan	(M Sen)	Clydesdale Harriers
Ryan	Nelson	(M Sen)	Clydesdale Harriers
Iain	Robertson	(M40)	Clydesdale Harriers
Graeme	Wiseman	(M45)	Clydesdale Harriers
Paul	Carroll	(M50)	Clydesdale Harriers
Alan	Dick	(M50)	Clydesdale Harriers
Stephen	McKee	(M55)	Clydesdale Harriers
Peter	Rudzinski	(M65)	Clydesdale Harriers
Pete	Cartwright	(M75)	Clydesdale Harriers
Robert	Young	(M75)	Clydesdale Harriers
Michael	Miller	(MU20)	Clydesdale Harriers
Robert	Keenan	(M Sen)	Cumbernauld AAC
Robert	Bartley	(M40)	Cumbernauld AAC
Martin	Fitchie	(M40)	Cumbernauld AAC
Stephen	Allan	(M45)	Cumbernauld AAC
Vincent	Carroll	(M50)	Cumbernauld AAC
Ross	McEachern	(M50)	Cumbernauld AAC
Paul	McMonagle	(M50)	Cumbernauld AAC
Chris	McClelland	(M Sen)	Dumbarton AAC
Stuart	McGillivray	(M Sen)	Dumbarton AAC
Peter	Walsh	(M Sen)	Dumbarton AAC
Jamie	Clements	(M Sen)	East Kilbride AC
John	Fergusson	(M Sen)	East Kilbride AC
Andrew	Forteath	(M Sen)	East Kilbride AC
Aidan	Gilbride	(M Sen)	East Kilbride AC
Vincent	Hastings	(M Sen)	East Kilbride AC
Luke	Kirwan	(M Sen)	East Kilbride AC
Jack	Kirwan	(M Sen)	East Kilbride AC
Martin	Lynas	(M Sen)	East Kilbride AC
Daryl	Reid	(M Sen)	East Kilbride AC
David	Ross	(M Sen)	East Kilbride AC
David	Thomson	(M Sen)	East Kilbride AC
Niall	Walker	(M Sen)	East Kilbride AC

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Grant	Baillie	(M40)	East Kilbride AC
Michael	Carlin	(M40)	East Kilbride AC
John	Edwards	(M40)	East Kilbride AC
Gerard	O'Neil	(M40)	East Kilbride AC
Vincent	Glennon	(M45)	East Kilbride AC
Stuart	MacDonald	(M45)	East Kilbride AC
Keith	Charters	(M50)	East Kilbride AC
Graeme	Haddow	(M55)	East Kilbride AC
Arthur	Mulholland	(M55)	East Kilbride AC
Gordon	Colvin	(M60)	East Kilbride AC
James	Macleod	(M Sen)	Garscube Harriers
Timothy	Martin	(M Sen)	Garscube Harriers
David	McKay	(M Sen)	Garscube Harriers
Craig	Shields	(M Sen)	Garscube Harriers
Kristan	Alexander	(M40)	Garscube Harriers
David	Butterly	(M40)	Garscube Harriers
Marco	Consani	(M40)	Garscube Harriers
Iain	McFarlane	(M40)	Garscube Harriers
John	Murray	(M40)	Garscube Harriers
Peter	Scott	(M40)	Garscube Harriers
John	Coyle	(M45)	Garscube Harriers
Daniel	Scroop	(M45)	Garscube Harriers
Duncan	Boyd	(M50)	Garscube Harriers
Alexander	Chalmers	(M50)	Garscube Harriers
Paul	Collins	(M50)	Garscube Harriers
Alexander	Chisholm	(M60)	Garscube Harriers
Adrian	Kearns	(M60)	Garscube Harriers
James	McAneny	(M60)	Garscube Harriers
Thomas	McKay	(M60)	Garscube Harriers
Norman	Baillie	(M70)	Garscube Harriers
Thomas	Berry	(MU20)	Garscube Harriers
Cody	Stevenson	(MU20)	Garscube Harriers
Michael	Cross	(M Sen)	Giffnock North AC
Jordan	Orr	(M Sen)	Giffnock North AC
Oliver	Traynor	(M Sen)	Giffnock North AC
Andy	Macdonald	(M40)	Giffnock North AC
Mark	Sutherland	(M40)	Giffnock North AC
Ewan	Wallace	(M40)	Giffnock North AC
Ewan	Wallace	(M40)	Giffnock North AC

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Luke	Chamberlain	(M45)	Giffnock North AC
Chris	Greenhalgh	(M45)	Giffnock North AC
John	O'Donnell	(M45)	Giffnock North AC
Graeme	Paterson	(M45)	Giffnock North AC
Colin	Porter	(M45)	Giffnock North AC
David	Sawyer	(M45)	Giffnock North AC
Jason	Steele	(M45)	Giffnock North AC
Garry	Sturgeon	(M45)	Giffnock North AC
Derren	Thomson	(M45)	Giffnock North AC
Cris	Walsh	(M45)	Giffnock North AC
Scott	Wilson	(M45)	Giffnock North AC
Rob	Crusher	(M50)	Giffnock North AC
Jeremy	Fellick	(M50)	Giffnock North AC
William	Linton	(M50)	Giffnock North AC
Christopher	Smith	(M50)	Giffnock North AC
Ted	Gourley	(M55)	Giffnock North AC
Derrick	Ritchie	(M60)	Giffnock North AC
Jack	Bell	(MU20)	Giffnock North AC
Nicholas	Boyle	(MU20)	Giffnock North AC
Nikolai	Gajic	(MU20)	Giffnock North AC
Donald	Maclean	(MU20)	Giffnock North AC
Kieren	Mooney	(MU20)	Giffnock North AC
Andrew	Robertson	(MU20)	Giffnock North AC
Calum	Young	(MU20)	Giffnock North AC
Gary	McPake	(MU20)	Glasgow School of Sport
Ross J	Whitelaw	(MU20)	Glasgow School of Sport
Duncan	Anderson	(M Sen)	Greenock Glenpark Harriers
Stephen	Hanley	(M Sen)	Greenock Glenpark Harriers
Kevin	O'Donoghue	(M Sen)	Greenock Glenpark Harriers
Oliver	Reilly	(M Sen)	Greenock Glenpark Harriers
Matthew	Young	(M Sen)	Greenock Glenpark Harriers
Owen	Atkinson	(M40)	Greenock Glenpark Harriers
Paul	Beaton	(M40)	Greenock Glenpark Harriers
James	Campbell	(M40)	Greenock Glenpark Harriers
Neil	Lafferty	(M40)	Greenock Glenpark Harriers
Ross	Neilson	(M40)	Greenock Glenpark Harriers
Robert	Dolan	(M45)	Greenock Glenpark Harriers
Paul	Monaghan	(M45)	Greenock Glenpark Harriers
John	Stevenson	(M45)	Greenock Glenpark Harriers
Michael	Mcloone	(M55)	Greenock Glenpark Harriers
Frank	McMahon	(M65)	Greenock Glenpark Harriers

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Ryan	Brown	(MU20)	Greenock Glenpark Harriers
Alan	Mollins	(MU20)	Greenock Glenpark Harriers
Joshua	Ruddy	(MU20)	Greenock Glenpark Harriers
Gordon	Hay	(M45)	Hamilton Harriers
James	Breen	(M50)	Hamilton Harriers
David	Kelly	(M55)	Hamilton Harriers
Neil	Robbins	(M55)	Hamilton Harriers
Ross	Bickerstaff	(M60)	Hamilton Harriers
Ewart	Gray	(M60)	Hamilton Harriers
Andrew	McLinden	(M65)	Hamilton Harriers
John	Bell	(M Sen)	Inverclyde AC
Mark	Doherty	(M Sen)	Inverclyde AC
Ross	Gray	(M Sen)	Inverclyde AC
Jon	Hammerman	(M Sen)	Inverclyde AC
Michael	Houston	(M Sen)	Inverclyde AC
Graeme	Hyett	(M Sen)	Inverclyde AC
Thomas	Jamieson	(M Sen)	Inverclyde AC
Jason	Kane	(M Sen)	Inverclyde AC
Jack	Letson	(M Sen)	Inverclyde AC
Mark	Pollard	(M Sen)	Inverclyde AC
Jonathan	Roebuck	(M Sen)	Inverclyde AC
Andrew	Harkins	(M40)	Inverclyde AC
Robert	Gray	(M45)	Inverclyde AC
David	Tamburini	(M45)	Inverclyde AC
Gavin	Morrison	(M50)	Inverclyde AC
Gerard	Gaffney	(M60)	Inverclyde AC
Dylan	Crawford	(MU20)	Inverclyde AC
Ryan	Gray	(MU20)	Inverclyde AC
Adam	Hay	(MU20)	Inverclyde AC
Alan	Douglas	(M Sen)	Irvine RC
Ryan	Evans	(M Sen)	Irvine RC
Ross	Harvey	(M Sen)	Irvine RC
Paul	Lafferty	(M Sen)	Irvine RC
Steven	McDougall	(M Sen)	Irvine RC
Owen	McWilliams	(M Sen)	Irvine RC
Lee	Shaw	(M Sen)	Irvine RC
Colin	Whitby	(M Sen)	Irvine RC
Scott	Brown	(M40)	Irvine RC
Graeme	Macfarlane	(M40)	Irvine RC
Alex	Allardyce	(M45)	Irvine RC
William	Richardson	(M45)	Irvine RC

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
David	Blane	(M50)	Irvine RC
James	Sneddon	(M50)	Irvine RC
George	Irving	(M55)	Irvine RC
Colin	Miller	(M60)	Irvine RC
Andrew	Rennie	(M70)	Irvine RC
Graham	Evans	(M Sen)	Kilbarchan AAC
Robbie	Ferguson	(M Sen)	Kilbarchan AAC
Derek J	Hawkins	(M Sen)	Kilbarchan AAC
Stuart	Kerr	(M Sen)	Kilbarchan AAC
Scott	MacAulay	(M Sen)	Kilbarchan AAC
Connor	Maclean	(M Sen)	Kilbarchan AAC
Callum	Matthews	(M Sen)	Kilbarchan AAC
Victor	McGregor	(M Sen)	Kilbarchan AAC
Ewan	McKerral	(M Sen)	Kilbarchan AAC
Conor	Thomson	(M Sen)	Kilbarchan AAC
Ryan	Waldron	(M Sen)	Kilbarchan AAC
Euan	Carrick	(M40)	Kilbarchan AAC
Scott	Hannigan	(M40)	Kilbarchan AAC
Robert	McCulloch	(M55)	Kilbarchan AAC
Donald	Petrie	(M60)	Kilbarchan AAC
Craig	Kennedy	(MU20)	Kilbarchan AAC
Andrew	MacAngus	(MU20)	Kilbarchan AAC
Cameron	McKenzie	(MU20)	Kilbarchan AAC
Cameron	Wright	(MU20)	Kilbarchan AAC
Craig	Ferguson	(M Sen)	Kilmarnock H&AC
Gary	Larman	(M Sen)	Kilmarnock H&AC
Scott	Lyden	(M Sen)	Kilmarnock H&AC
Paul	Markac	(M Sen)	Kilmarnock H&AC
Scott	Masterton	(M Sen)	Kilmarnock H&AC
Murray	McDonald	(M Sen)	Kilmarnock H&AC
Stuart	Nibloe	(M Sen)	Kilmarnock H&AC
Calum	O'Neil	(M Sen)	Kilmarnock H&AC
John	Speirs	(M40)	Kilmarnock H&AC
Connell	Drummond	(M45)	Kilmarnock H&AC
Robert	Lindsay	(M45)	Kilmarnock H&AC
Leslie	Mc Derment	(M45)	Kilmarnock H&AC
Mario	Campagna	(M50)	Kilmarnock H&AC
Alasdair	Murray	(M50)	Kilmarnock H&AC
Russell	Duncan	(M55)	Kilmarnock H&AC
Jamie	Nix	(MU20)	Kilmarnock H&AC

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Chris	Ashe	(M Sen)	Kirkintilloch Olympians
Euan	Craig	(M Sen)	Kirkintilloch Olympians
Edward	McLoone	(M Sen)	Kirkintilloch Olympians
Jonathan	Sharp	(M Sen)	Kirkintilloch Olympians
Graeme	Little	(M40)	Kirkintilloch Olympians
Daniel	Chandler	(M45)	Kirkintilloch Olympians
Graham	McCabe	(M45)	Kirkintilloch Olympians
Norman	Mcneill	(M45)	Kirkintilloch Olympians
Mark	Welsford	(M45)	Kirkintilloch Olympians
Gary	Mitchell	(M50)	Kirkintilloch Olympians
Robert	Rogerson	(M55)	Kirkintilloch Olympians
Colin	Simpson	(M60)	Kirkintilloch Olympians
Richard	Beattie	(M Sen)	Law & District AAC
Conor	Butters	(M Sen)	Law & District AAC
Kieran	Cubis	(M Sen)	Law & District AAC
Ben	Fountain	(M Sen)	Law & District AAC
Ross	Hill	(M Sen)	Law & District AAC
Paul	White	(M Sen)	Law & District AAC
Martin	Kay	(M40)	Law & District AAC
Darran	Muir	(M40)	Law & District AAC
Mark	Milligan	(M45)	Law & District AAC
Patrick	Kelly	(M70)	Law & District AAC
Matthew	Gillon	(MU20)	Law & District AAC
James	McClafferty	(MU20)	Law & District AAC
David	Nugent	(MU20)	Law & District AAC
Gary	Arthur	(M Sen)	Motherwell AC
Scott	Dickson	(M Sen)	Motherwell AC
Scott	Kelman	(M Sen)	Motherwell AC
Alastair	Loudon	(M Sen)	Motherwell AC
Christopher	MacDonald	(M Sen)	Motherwell AC
Ewen	Cameron	(M40)	Motherwell AC
Iain	Campbell	(M40)	Motherwell AC
David	Hoolaghan	(M40)	Motherwell AC
Allan	Cameron	(M45)	Motherwell AC
Mark	Gallacher	(M45)	Motherwell AC
Kevin	McPhillips	(M45)	Motherwell AC
Stephen	Allen	(M50)	Motherwell AC

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Craig	Dailly	(M Sen)	North Ayrshire AC
John	Leitch	(M Sen)	North Ayrshire AC
Stephen	Forsyth	(M45)	North Ayrshire AC
Neil	Kyle	(M45)	North Ayrshire AC
Ian	Mcilwraith	(M45)	North Ayrshire AC
Stuart	McCandless	(M45)	Royal Mail Run GMC
Donnie	Inglis	(M50)	Royal Mail Run GMC
Robert	White	(M50)	Royal Mail Run GMC
Kevin	Alston	(M Sen)	Shettleston Harriers
Peter	Avent	(M Sen)	Shettleston Harriers
William	Bardsley	(M Sen)	Shettleston Harriers
Daniel	Bradford	(M Sen)	Shettleston Harriers
Lachlan	Calder	(M Sen)	Shettleston Harriers
Lucas	Cheskin	(M Sen)	Shettleston Harriers
Stephen	Clark	(M Sen)	Shettleston Harriers
Michael	Deason	(M Sen)	Shettleston Harriers
Callum	Drummond	(M Sen)	Shettleston Harriers
Robert	Ferrol	(M Sen)	Shettleston Harriers
Weynay	Ghebreselassie	(M Sen)	Shettleston Harriers
Andrew	Gibson	(M Sen)	Shettleston Harriers
Jan	Gruter	(M Sen)	Shettleston Harriers
David I	Houston	(M Sen)	Shettleston Harriers
Daniel	Lowe	(M Sen)	Shettleston Harriers
Brian	McGarrity	(M Sen)	Shettleston Harriers
Mark	McKenny	(M Sen)	Shettleston Harriers
Alasdair	McLeod	(M Sen)	Shettleston Harriers
Tewoldeberhan	Mengisteab	(M Sen)	Shettleston Harriers
Calum	Oates	(M Sen)	Shettleston Harriers
Lachlan	Oates	(M Sen)	Shettleston Harriers
Thomas	Owens	(M Sen)	Shettleston Harriers
Michael	Paxton	(M Sen)	Shettleston Harriers
Iain	Pender	(M Sen)	Shettleston Harriers
Adam	Peters	(M Sen)	Shettleston Harriers
Brian	Robertson	(M Sen)	Shettleston Harriers
Craig	Shannon	(M Sen)	Shettleston Harriers
Robert	Simpson	(M Sen)	Shettleston Harriers
Ryan	Stewart	(M Sen)	Shettleston Harriers
Matthew	Sullivan	(M Sen)	Shettleston Harriers
James	Thompson	(M Sen)	Shettleston Harriers
Matthew	Turner	(M Sen)	Shettleston Harriers
Gary	Turner	(M Sen)	Shettleston Harriers

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Iain	Burns	(M40)	Shettleston Harriers
Mark	Grant	(M40)	Shettleston Harriers
Jethro	Lennox	(M40)	Shettleston Harriers
Peter	Mackie	(M40)	Shettleston Harriers
Duncan	McCauley	(M40)	Shettleston Harriers
Mark	McColl	(M40)	Shettleston Harriers
Richard	Millar	(M40)	Shettleston Harriers
Paul	Sorrie	(M40)	Shettleston Harriers
Stephen	Winter	(M40)	Shettleston Harriers
John	Connaghan	(M45)	Shettleston Harriers
Gareth	Ellor	(M45)	Shettleston Harriers
Scott	Kennedy	(M45)	Shettleston Harriers
David	Murphy	(M45)	Shettleston Harriers
William	Breckenridge	(M50)	Shettleston Harriers
Simon	Gay	(M50)	Shettleston Harriers
Walter	Henderson	(M50)	Shettleston Harriers
Kenny	Richmond	(M50)	Shettleston Harriers
Brian	Scally	(M50)	Shettleston Harriers
John J	Duffy	(M55)	Shettleston Harriers
Andrew	Kirkhope	(M55)	Shettleston Harriers
Andy	Little	(M55)	Shettleston Harriers
Gerard	Mason	(M55)	Shettleston Harriers
Denis	Williams	(M55)	Shettleston Harriers
John	Oates	(M60)	Shettleston Harriers
Jamie	Burns	(MU20)	Shettleston Harriers
Lewis	Raeburn	(MU20)	Shettleston Harriers
Kevin	Beeby	(M Sen)	Springburn Harriers
Daniel	Bond	(M Sen)	Springburn Harriers
Joseph	Chambers	(M Sen)	Springburn Harriers
Gary	McBride	(M Sen)	Springburn Harriers
Alistair	Peat	(M40)	Springburn Harriers
Gary	Blackwood	(M45)	Springburn Harriers
Willie	Munro	(M55)	Springburn Harriers
Alan	Hill	(M65)	Springburn Harriers
Sorley	Johnston	(MU20)	Springburn Harriers
Matthew	Adamson	(M Sen)	Strathclyde Univ Harriers
James	Dobbie	(M Sen)	Strathclyde Univ Harriers
Jamie	Mclaren	(M Sen)	Strathclyde Univ Harriers
Scott	Partyka	(M Sen)	Strathclyde Univ Harriers
Daniel	Smith	(M Sen)	Strathclyde Univ Harriers

Saturday 12th October

Entry Lists - Males

Forename	Surname	Age Group	Club
Steven	Burnside	(M40)	Troon Tortoises AC
Robert	Carrol	(M40)	Troon Tortoises AC
Graeme	McKenzie	(M45)	Troon Tortoises AC
Matt	Pearce	(M45)	Troon Tortoises AC
Gerry	Penman	(M45)	Troon Tortoises AC
John	McCabe	(M50)	Troon Tortoises AC
David	Ruthven	(M55)	Troon Tortoises AC
Bruce	Walker	(M70)	Troon Tortoises AC
Christopher	Boyle	(M Sen)	VP-Glasgow AC
Steven	Bryce	(M Sen)	VP-Glasgow AC
Martin	Hayes	(M Sen)	VP-Glasgow AC
Craig	Johnstone	(M Sen)	VP-Glasgow AC
Kieron	Rafferty	(M Sen)	VP-Glasgow AC
Max	Ralston	(M Sen)	VP-Glasgow AC
Allan	Ramsay	(M Sen)	VP-Glasgow AC
Graeme	Laing	(M40)	VP-Glasgow AC
Sandy	Gardner	(M45)	VP-Glasgow AC
Ralph	Connolly	(M50)	VP-Glasgow AC
Gerard	Craig	(M50)	VP-Glasgow AC
Peter	Jardine	(M50)	VP-Glasgow AC
Crawford	Little	(M50)	VP-Glasgow AC
Alex	Potter	(M55)	VP-Glasgow AC
Andrew	Law	(M60)	VP-Glasgow AC
Tom	Ord	(M60)	VP-Glasgow AC
Thomas	Connolly	(MU20)	VP-Glasgow AC
James	Bowden	(M Sen)	Westerlands XC Club
Christopher	Butler	(M Sen)	Westerlands XC Club
Tom	Elliotte	(M Sen)	Westerlands XC Club
Tom	Finch	(M Sen)	Westerlands XC Club
Roderick	Fleming	(M Sen)	Westerlands XC Club
Ewen	Kennedy	(M Sen)	Westerlands XC Club
Alasdair	MacInnes	(M Sen)	Westerlands XC Club
Niall	McAlinden	(M Sen)	Westerlands XC Club
Alex	Osborne	(M Sen)	Westerlands XC Club
Scott	Henderson	(M40)	Westerlands XC Club
Robert	Hill	(M50)	Westerlands XC Club
David	Calder	(M55)	Westerlands XC Club
Ian	Thurlbeck	(M55)	Westerlands XC Club
John	Quinn	(M60)	Westerlands XC Club
Gordon	McCaffrey	(M65)	Westerlands XC Club

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Rosie	Davidson	(FU17)	Ayr Seaforth AC
Morven	Hubbard	(FU17)	Ayr Seaforth AC
Evie	Mackay	(FU17)	Ayr Seaforth AC
Lucy	Stanley	(FU17)	Ayr Seaforth AC
Erica	Baird	(GU13)	Ayr Seaforth AC
Iona Stroma	Hubbard	(GU13)	Ayr Seaforth AC
Anna	Kirk	(GU13)	Ayr Seaforth AC
Sophie	McCallum	(GU13)	Ayr Seaforth AC
Karyss	McKenzie	(GU13)	Ayr Seaforth AC
Lucy	North	(GU13)	Ayr Seaforth AC
Drew	Walker	(GU13)	Ayr Seaforth AC
Tess	Crooks	(GU15)	Ayr Seaforth AC
Jessica	Donnelly	(GU15)	Ayr Seaforth AC
Sylvia	Home	(GU15)	Ayr Seaforth AC
Islay	Hubbard	(GU15)	Ayr Seaforth AC
Sophie	McColm	(GU15)	Ayr Seaforth AC
Clare	McLaughlin	(GU15)	Ayr Seaforth AC
Emma	McMillan	(GU15)	Ayr Seaforth AC
Katie	Murray	(GU15)	Ayr Seaforth AC
Shona	Carey	(FU17)	Cambuslang Harriers
Susie	McLaughlin	(FU17)	Cambuslang Harriers
Niamh	Riggins	(FU17)	Cambuslang Harriers
Peggy-Nan	Rodger	(FU17)	Cambuslang Harriers
Hayley	Clarke	(GU13)	Cambuslang Harriers
Cerys	Craig	(GU13)	Cambuslang Harriers
Grace	Ferry	(GU13)	Cambuslang Harriers
Emma	Kennedy	(GU13)	Cambuslang Harriers
Clara	Lamont	(GU13)	Cambuslang Harriers
Amy	Mcgoldrick	(GU13)	Cambuslang Harriers
Lucy	McGrandle	(GU13)	Cambuslang Harriers
Olivia	McNicol	(GU13)	Cambuslang Harriers
Morvern	Crawford	(GU15)	Cambuslang Harriers
Francesca	Fairweather	(GU15)	Cambuslang Harriers
Eilidh	Kennedy	(GU15)	Cambuslang Harriers
Lucia	Lamont	(GU15)	Cambuslang Harriers
Abbie	McClue	(GU15)	Cambuslang Harriers

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Kirstie	Brown	(GU13)	Clydesdale Harriers
Emily	Brown	(GU13)	Clydesdale Harriers
Lucy	Denholm	(GU13)	Clydesdale Harriers
Orla	Hodgson	(GU13)	Clydesdale Harriers
Millie	Robertson	(GU13)	Clydesdale Harriers
Mirren	Stuart	(GU13)	Clydesdale Harriers
Polly	Anderson	(GU15)	Clydesdale Harriers
Kenzie	Macintosh	(GU15)	Clydesdale Harriers
Rebekah	Lawman	(GU13)	Cumbernauld AAC
Mia	FORREST	(GU15)	Cumbernauld AAC
Toni	Ronald	(GU15)	Cumbernauld AAC
Hannah	Anderson	(FU17)	East Kilbride AC
Abbie	Kirwan	(FU17)	East Kilbride AC
Emma	Livingstone	(FU17)	East Kilbride AC
Sophia	Carlin	(GU13)	East Kilbride AC
Brodie	McAneny	(GU13)	East Kilbride AC
Lucy	McGlynn	(GU13)	East Kilbride AC
Jenna	McNab	(GU13)	East Kilbride AC
Kayleigh	Pew	(GU13)	East Kilbride AC
Gracie	Carlin	(GU15)	East Kilbride AC
Charlotte	Evans	(GU15)	East Kilbride AC
Hannah	Kelly	(GU15)	East Kilbride AC
Cara	McAneny	(GU15)	East Kilbride AC
Leah	Muirhead	(GU15)	East Kilbride AC
Isabelle	Burnside	(FU17)	Garscube Harriers
Ellie Isabella	Hinks	(FU17)	Garscube Harriers
Alexandra	Jones	(FU17)	Garscube Harriers
Mia	Padmanabhan	(FU17)	Garscube Harriers
Anna	Chapman	(GU13)	Garscube Harriers
Aine Shipton	Doherty	(GU13)	Garscube Harriers
Millie	Kirkland	(GU13)	Garscube Harriers
Rachael	Kirkland	(GU13)	Garscube Harriers
Nina	Padmanabhan	(GU13)	Garscube Harriers
Isla	Rae	(GU13)	Garscube Harriers
Cailyn	Downey	(GU15)	Garscube Harriers
Ingrid	Imrie	(GU15)	Garscube Harriers
Amiya	Patel	(GU15)	Garscube Harriers
Beth	Trainer	(GU15)	Garscube Harriers

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Emma	Chamberlain	(FU17)	Giffnock North AC
Francesca	Davidson	(FU17)	Giffnock North AC
Zoe	Flower	(FU17)	Giffnock North AC
Lisa	Fugaccia	(FU17)	Giffnock North AC
Miriam	Gilbride	(FU17)	Giffnock North AC
Kirsten	O'Donoghue	(FU17)	Giffnock North AC
Abby	Thomson	(FU17)	Giffnock North AC
Daisy	Dalziel	(GU13)	Giffnock North AC
Katy	Donnelly	(GU13)	Giffnock North AC
Lexie	Martin	(GU13)	Giffnock North AC
Caitlin	McGeachy	(GU13)	Giffnock North AC
Ruby	Neilson	(GU13)	Giffnock North AC
Hazel	O'Donoghue	(GU13)	Giffnock North AC
Lucy	O'Donoghue	(GU13)	Giffnock North AC
Gabrielle	Paddison	(GU13)	Giffnock North AC
Scarlett	Scott	(GU13)	Giffnock North AC
Hannah	Sluman	(GU13)	Giffnock North AC
Amy	Vincent	(GU13)	Giffnock North AC
Holly	Walsh	(GU13)	Giffnock North AC
Esme	Dougall	(GU15)	Giffnock North AC
Abigail	Flower	(GU15)	Giffnock North AC
Mia	McBain	(GU15)	Giffnock North AC
Melissa	Mcintosh	(GU15)	Giffnock North AC
Emma	McLennan	(GU15)	Giffnock North AC
Kiara	Meiklejohn	(GU15)	Giffnock North AC
Nuala	O'Donnell	(GU15)	Giffnock North AC
Kate	Paul	(GU15)	Giffnock North AC
Isla	Scott	(GU15)	Giffnock North AC
Caitlin	Smillie	(GU15)	Giffnock North AC
Ruby	White	(GU15)	Giffnock North AC
Tuscany	Wright	(GU15)	Giffnock North AC
Kirsty	Wylie	(GU15)	Giffnock North AC
Aimee	Anderson	(FU17)	Glasgow School of Sport
Meredith	Reid	(FU17)	Glasgow School of Sport
Iona	Dearie	(GU13)	Glasgow School of Sport
Sophie	Frater	(GU13)	Glasgow School of Sport
Millie	McClelland-Brooks	(GU13)	Glasgow School of Sport
Annie	McLean	(GU13)	Glasgow School of Sport
Zoe	Wilson	(GU13)	Glasgow School of Sport
Emma	Kingston	(GU15)	Glasgow School of Sport
Katie	Slimon	(GU15)	Glasgow School of Sport

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Anna	Docherty	(FU17)	Greenock Glenpark Harriers
Mhairi	Moore	(FU17)	Greenock Glenpark Harriers
Alyshia	Singleton	(FU17)	Greenock Glenpark Harriers
Abbie	Tosh	(FU17)	Greenock Glenpark Harriers
Olivia	Trainer	(FU17)	Greenock Glenpark Harriers
Skye	Arthur	(GU13)	Greenock Glenpark Harriers
Ava	Beaton	(GU13)	Greenock Glenpark Harriers
Holly	Beck	(GU13)	Greenock Glenpark Harriers
Camille	Kirk	(GU13)	Greenock Glenpark Harriers
Maria	McCabe	(GU13)	Greenock Glenpark Harriers
Erin	McEleny	(GU13)	Greenock Glenpark Harriers
Sophie	McGinty	(GU13)	Greenock Glenpark Harriers
Summer	Taggart	(GU13)	Greenock Glenpark Harriers
Emma	Aitken	(GU15)	Greenock Glenpark Harriers
Sophie	Campbell	(GU15)	Greenock Glenpark Harriers
Abbigael	Crawford	(GU15)	Greenock Glenpark Harriers
Gabby	Henderson	(GU15)	Greenock Glenpark Harriers
Katie	Johnson	(GU15)	Greenock Glenpark Harriers
Ruby	McGill	(GU15)	Greenock Glenpark Harriers
Francesca	McKay	(GU15)	Greenock Glenpark Harriers
Jennifer	Scott	(FU17)	Helensburgh AAC
Molly	Ferguson	(GU13)	Helensburgh AAC
Catriona	Mcallister	(GU13)	Helensburgh AAC
Rowan	Mair	(GU15)	Helensburgh AAC
Maddie	Rooney	(GU15)	Helensburgh AAC
Eva	Rooney	(GU15)	Helensburgh AAC
Abi	Hammerman	(FU17)	Inverclyde AC
Iris	Paterson	(GU13)	Inverclyde AC
Orla	McGeehan	(GU15)	Inverclyde AC

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Louise	Hastie	(FU17)	Kilbarchan AAC
Nicole	Macgilp	(FU17)	Kilbarchan AAC
Belle	McCormack	(FU17)	Kilbarchan AAC
Tess	McCormack	(FU17)	Kilbarchan AAC
Rachel	Muir	(FU17)	Kilbarchan AAC
Alisha	Sivell	(FU17)	Kilbarchan AAC
Aurelia	Tiffoney	(FU17)	Kilbarchan AAC
Charlotte	Clark	(GU13)	Kilbarchan AAC
Kirsty	Hutton	(GU13)	Kilbarchan AAC
Sarah	Lyle	(GU13)	Kilbarchan AAC
Cara	McMinn	(GU13)	Kilbarchan AAC
Zara	Redmond	(GU13)	Kilbarchan AAC
Adele	Street	(GU13)	Kilbarchan AAC
Abbie	Alemu	(GU15)	Kilbarchan AAC
Chloe	Cameron	(GU15)	Kilbarchan AAC
Ailsa	Carrigan	(GU15)	Kilbarchan AAC
Emily	Gorman	(GU15)	Kilbarchan AAC
Evie	Livingstone	(GU15)	Kilbarchan AAC
Isla	Marshall	(GU15)	Kilbarchan AAC
Ellie	Nayar	(GU15)	Kilbarchan AAC
Eilidh	Ballantyne	(FU17)	Kilmarnock H&AC
Laura	Jedrusiak	(FU17)	Kilmarnock H&AC
Mhairi	Ballantyne	(GU13)	Kilmarnock H&AC
Carly	Fraser	(GU13)	Kilmarnock H&AC
Libby	Henderson	(GU13)	Kilmarnock H&AC
Molly	Hunter	(GU13)	Kilmarnock H&AC
Amelka	Jedrusiak	(GU13)	Kilmarnock H&AC
Emma	Morrison	(GU13)	Kilmarnock H&AC
Jennie	Munro	(GU13)	Kilmarnock H&AC
Lily	Murray	(GU13)	Kilmarnock H&AC
Isla	Tonner	(GU13)	Kilmarnock H&AC
Erin	Tonner	(GU13)	Kilmarnock H&AC
Olivia	Warboys	(GU13)	Kilmarnock H&AC
Rachel	Warboys	(GU13)	Kilmarnock H&AC
Ellie	Anderson	(GU15)	Kilmarnock H&AC
Paige	Holland	(GU15)	Kilmarnock H&AC
KIRSTY	HOWE	(GU15)	Kilmarnock H&AC
Lucy	Hoy	(GU15)	Kilmarnock H&AC
Isla	Raeburn	(GU15)	Kilmarnock H&AC

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Rachel	Paton	(FU17)	Kirkintilloch Olympians
Miho	Sharp	(GU13)	Kirkintilloch Olympians
Rachel	Donnelly	(FU17)	Law & District AAC
Leah	Keisler	(FU17)	Law & District AAC
Jessica	Robson	(FU17)	Law & District AAC
Kirsty	Currie	(GU13)	Law & District AAC
Melissa	Currie	(GU13)	Law & District AAC
Ruth	Hynd	(GU13)	Law & District AAC
Jessica	Inglis	(GU13)	Law & District AAC
Susannah	Kay	(GU13)	Law & District AAC
Joscelyn	Kennedy	(GU13)	Law & District AAC
Rachel	Stevenson	(GU13)	Law & District AAC
Beatrice	Todd	(GU13)	Law & District AAC
Lindsay	Wishart	(GU13)	Law & District AAC
Fiona	Currie	(GU15)	Law & District AAC
Elizabeth	Kay	(GU15)	Law & District AAC
Hannah	Todd	(GU15)	Law & District AAC
Rosie	Watson	(GU15)	Law & District AAC
Kate	Thomson	(GU13)	Nithsdale AC
Skye	Rae	(GU15)	Nithsdale AC
Niamh	Murphy	(FU17)	North Ayrshire AC
Naideen	Dailly	(GU13)	North Ayrshire AC
Abby	Docherty	(GU13)	North Ayrshire AC
Alice	Goldie	(GU13)	North Ayrshire AC
Aoibha	Ballard	(GU15)	North Ayrshire AC
Amy	Dickson	(GU15)	North Ayrshire AC
Niamh	Gaffney	(GU15)	North Ayrshire AC
Leah	Murray	(GU15)	North Ayrshire AC
Rana	Tatar	(GU15)	North Ayrshire AC
Lily Jane	Evans-Haggerty	(FU17)	Shettleston Harriers
Elsie	Hollywood	(FU17)	Shettleston Harriers
Katie	Burns	(GU13)	Shettleston Harriers
Violet	Campbell	(GU13)	Shettleston Harriers
Chloe	Fox	(GU13)	Shettleston Harriers
Sophie	Fuge	(GU13)	Shettleston Harriers
Emma	Leiper	(GU13)	Shettleston Harriers
Erin	Orr	(GU13)	Shettleston Harriers
Amelia	Roberts	(GU13)	Shettleston Harriers
Katie	Woods	(GU13)	Shettleston Harriers
Erin	Ellor	(GU15)	Shettleston Harriers
Jessica	Grant	(GU15)	Shettleston Harriers

Saturday 12th October

Entry Lists - Young Females

Forename	Surname	Age Group	Club
Nicola	Farmer	(FU17)	Springburn Harriers
Sophie	Lennon	(FU17)	Springburn Harriers
Ruby	Lennon	(GU13)	Springburn Harriers
Katie	Lennon	(GU13)	Springburn Harriers
Rachel	Giffen	(GU15)	Springburn Harriers
Rhian	Callan	(FU17)	VP-Glasgow AC
Roisin	Cameron Coyle	(FU17)	VP-Glasgow AC
Amy	Kirkpatrick	(FU17)	VP-Glasgow AC
Jenna	Little	(FU17)	VP-Glasgow AC
Rebecca	Barnett	(GU13)	VP-Glasgow AC
Isla	Donnelly	(GU13)	VP-Glasgow AC
Jessica	Donnelly	(GU13)	VP-Glasgow AC
Erin	Downie	(GU13)	VP-Glasgow AC
Cora	Lindsay	(GU13)	VP-Glasgow AC
Hannah	McDermott	(GU13)	VP-Glasgow AC
Carys	Murrison	(GU13)	VP-Glasgow AC
Ella	Sharp	(GU13)	VP-Glasgow AC
Orla	Stewart	(GU13)	VP-Glasgow AC
Ruth	Walsh	(GU13)	VP-Glasgow AC
Amelia	Wilson	(GU13)	VP-Glasgow AC
Amy	Byrne	(GU15)	VP-Glasgow AC
Tess	Welsh	(GU15)	VP-Glasgow AC
Renee	Conneff	(FU17)	Whitemoss AAC
Charlie	Frew	(FU17)	Whitemoss AAC
Rachel	Mcphillips	(GU13)	Whitemoss AAC
Matilda	Frew	(GU15)	Whitemoss AAC

Saturday 12th October

Entry Lists - Young Males

Forename	Surname	Age Group	Club
Leo	Brockie	(BU13)	Ayr Seaforth AC
Daniel	Byers	(BU13)	Ayr Seaforth AC
Roddy	Crean	(BU13)	Ayr Seaforth AC
Alasdair	Maclean	(BU13)	Ayr Seaforth AC
Sam	McCrorie	(BU13)	Ayr Seaforth AC
Fraser	McIntyre	(BU13)	Ayr Seaforth AC
Brady	McLean	(BU13)	Ayr Seaforth AC
Calum	Hannah	(BU15)	Ayr Seaforth AC
Evan	Kelly	(BU15)	Ayr Seaforth AC
Brodie	McGregor	(BU15)	Ayr Seaforth AC
Joshua	Mirtle	(BU15)	Ayr Seaforth AC
Fergus	Muir	(BU15)	Ayr Seaforth AC
Ethan	Polson	(BU15)	Ayr Seaforth AC
Connor	Scobie	(BU15)	Ayr Seaforth AC
Euan	Bell	(MU17)	Ayr Seaforth AC
Alexander	Crooks	(MU17)	Ayr Seaforth AC
Nathan	McColm	(MU17)	Ayr Seaforth AC
Christopher	Black	(BU13)	Cambuslang Harriers
Cameron	Brown	(BU13)	Cambuslang Harriers
Lewis	Cook	(BU13)	Cambuslang Harriers
Jay	Gallacher	(BU13)	Cambuslang Harriers
Hamish	Gardner	(BU13)	Cambuslang Harriers
Gavin	Kelly	(BU13)	Cambuslang Harriers
Billy	MacLeod	(BU13)	Cambuslang Harriers
Sam	McCarthy	(BU13)	Cambuslang Harriers
Dylan	Stefani	(BU13)	Cambuslang Harriers
Nathan	Chambers	(BU15)	Cambuslang Harriers
Cameron	Finlayson	(BU15)	Cambuslang Harriers
Zack	Haggerty	(BU15)	Cambuslang Harriers
Jamie	Kennedy	(BU15)	Cambuslang Harriers
Fearghus	MacGregor	(BU15)	Cambuslang Harriers
Brodie	McDonald	(BU15)	Cambuslang Harriers
Jonathan	O'kane	(BU15)	Cambuslang Harriers
Jacob	Roche	(BU15)	Cambuslang Harriers
Lewis	Roddis	(BU15)	Cambuslang Harriers

scottishathletics West District Cross Country Relay Championships
 Saturday 12th October Entry Lists - Young Males

Kilmarnock

Forename	Surname	Age Group	Club
Liam	Angely	(MU17)	Cambuslang Harriers
Alex	Barnett	(MU17)	Cambuslang Harriers
Michael	Black	(MU17)	Cambuslang Harriers
Mark	Cassidy	(MU17)	Cambuslang Harriers
Joa	Fairweather	(MU17)	Cambuslang Harriers
Aaron	Grew	(MU17)	Cambuslang Harriers
Jack	MacKinnon	(MU17)	Cambuslang Harriers
Zak	Povey	(MU17)	Cambuslang Harriers
Joshua	Roche	(MU17)	Cambuslang Harriers
Robbie	Woods	(MU17)	Cambuslang Harriers
Ruaraidh	King	(BU13)	Clydesdale Harriers
Oliver	Lang	(BU13)	Clydesdale Harriers
Jack	McNeill	(BU13)	Clydesdale Harriers
Lewis	Rider	(BU13)	Clydesdale Harriers
Declan	Magee	(BU15)	Clydesdale Harriers
Fraser	McKechnie	(BU15)	Clydesdale Harriers
Cole	Queen	(BU15)	Clydesdale Harriers
Liam	Callan	(MU17)	Clydesdale Harriers
Dylan	Massie	(MU17)	Clydesdale Harriers
Josh	McNicol	(MU17)	Clydesdale Harriers
Declan	Osborne	(MU17)	Clydesdale Harriers
Robbie	Campbell	(BU13)	Cumbernauld AAC
Noah	Hodson	(BU13)	Cumbernauld AAC
Finn	McCafferty	(BU13)	Cumbernauld AAC
Grant	McEachern	(BU13)	Cumbernauld AAC
Sam	Wishart	(BU13)	Cumbernauld AAC
Calum	Mackenzie	(BU15)	Cumbernauld AAC
Max	Mccafferty	(BU15)	Cumbernauld AAC
Reuben	MacIntyre	(MU17)	Cumbernauld AAC
Alasdair	McMonagle	(MU17)	Cumbernauld AAC
Jamie	Connor	(BU13)	East Kilbride AC
Dylan	Edwards	(BU13)	East Kilbride AC
Aidan	Glennon	(BU13)	East Kilbride AC
Ryan	McNamara	(BU13)	East Kilbride AC
Paul	Cairns	(BU15)	East Kilbride AC
Sam	Hosie	(BU15)	East Kilbride AC
Lewis	Thorpe	(BU15)	East Kilbride AC
Hamish	Anderson	(MU17)	East Kilbride AC
Christopher	Cairns	(MU17)	East Kilbride AC

Saturday 12th October

Entry Lists - Young Males

Forename	Surname	Age Group	Club
James	Alexander	(BU13)	Garscube Harriers
RORY	BEATON	(BU13)	Garscube Harriers
Fraser	Donaldson	(BU13)	Garscube Harriers
Daniel	Gray	(BU13)	Garscube Harriers
Callum	Mathew	(BU13)	Garscube Harriers
Daniel	Owens	(BU13)	Garscube Harriers
Stuart	Borthwick	(BU15)	Garscube Harriers
Matthew	Burnside	(BU15)	Garscube Harriers
Gregor	Murdoch	(BU15)	Garscube Harriers
James	Connelly	(MU17)	Garscube Harriers
Callum	Miller	(MU17)	Garscube Harriers
Finlay	Ross-Davie	(MU17)	Garscube Harriers
Oliver	Bryers	(BU13)	Giffnock North AC
Gennaro	Cameron	(BU13)	Giffnock North AC
Lewis	Davidson	(BU13)	Giffnock North AC
Cameron	Harris	(BU13)	Giffnock North AC
Ruari	Laskey	(BU13)	Giffnock North AC
Oliver	MacDonald	(BU13)	Giffnock North AC
Charlie	McAllister	(BU13)	Giffnock North AC
James	Mowat	(BU13)	Giffnock North AC
Alasdair	Nugent	(BU13)	Giffnock North AC
Reuben	Pirie	(BU13)	Giffnock North AC
Tristan	Robin	(BU13)	Giffnock North AC
Mitchell	Scott	(BU13)	Giffnock North AC
Craig	Shennan	(BU13)	Giffnock North AC
Cormac	Shiels	(BU13)	Giffnock North AC
Rory	Taylor-Young	(BU13)	Giffnock North AC
Jack	Wallace	(BU13)	Giffnock North AC
James	Wylie	(BU13)	Giffnock North AC
Andrew	Combe	(BU15)	Giffnock North AC
Matthew	Cox	(BU15)	Giffnock North AC
Cameron	Deverill	(BU15)	Giffnock North AC
Matthew	Knak	(BU15)	Giffnock North AC
Reuben	Macdonald	(BU15)	Giffnock North AC
Matthew	Murphy	(BU15)	Giffnock North AC
Findlay	Pryor	(BU15)	Giffnock North AC
Alex	Robin	(BU15)	Giffnock North AC
Hugh	Shiels	(BU15)	Giffnock North AC

Saturday 12th October

Entry Lists - Young Males

Forename	Surname	Age Group	Club
Craig	Cameron	(MU17)	Giffnock North AC
Ethan	Carolan	(MU17)	Giffnock North AC
Jacob	Luc	(MU17)	Giffnock North AC
Ross	O'brien	(MU17)	Giffnock North AC
Harris	Paterson	(MU17)	Giffnock North AC
Charlie	Tomkinson	(MU17)	Giffnock North AC
Blayne	Wright	(MU17)	Giffnock North AC
Jonathan	Hooper	(BU13)	Glasgow School of Sport
Finn	Johnston	(BU13)	Glasgow School of Sport
Josh	Scott	(BU15)	Glasgow School of Sport
Nathan	Adams	(BU13)	Greenock Glenpark Harriers
Tyler	Bryce	(BU13)	Greenock Glenpark Harriers
Douglas	Campbell	(BU13)	Greenock Glenpark Harriers
David	Docherty	(BU13)	Greenock Glenpark Harriers
Euan	Johnson	(BU13)	Greenock Glenpark Harriers
Connor	McCrorey	(BU13)	Greenock Glenpark Harriers
Ben	Mullan	(BU13)	Greenock Glenpark Harriers
Matthew	Ross	(BU13)	Greenock Glenpark Harriers
Ben	Campbell	(BU15)	Greenock Glenpark Harriers
Jake	Denyer	(BU15)	Greenock Glenpark Harriers
Jude	Dolan	(BU15)	Greenock Glenpark Harriers
Harris	Morrison	(BU15)	Greenock Glenpark Harriers
Jack	Singleton	(BU15)	Greenock Glenpark Harriers
Alex	Wiseman	(BU15)	Greenock Glenpark Harriers
Ewan	Ferguson	(MU17)	Greenock Glenpark Harriers
Harry Lloyd	McGill	(MU17)	Greenock Glenpark Harriers
Shaun	Wiseman	(MU17)	Greenock Glenpark Harriers
Matthew	Gall	(BU13)	Helensburgh AAC
William	Mackay	(BU13)	Helensburgh AAC
William	Scott	(BU15)	Helensburgh AAC
Ben	Gerrard	(BU13)	Inverclyde AC
Liam	Kane	(BU13)	Inverclyde AC
Oliver	Wagstaff	(BU13)	Inverclyde AC
Tayven	Adamson	(BU15)	Inverclyde AC
Keir	Arthur	(BU15)	Inverclyde AC
Jonathan	Cameron	(BU15)	Inverclyde AC
Nathan	Harkins	(BU15)	Inverclyde AC
Ciaran	Hogg	(MU17)	Inverclyde AC
Josh	Law	(MU17)	Inverclyde AC

scottishathletics West District Cross Country Relay Championships
Saturday 12th October Entry Lists - Young Males

Kilmarnock

Forename	Surname	Age Group	Club
Daniel	Bruce	(BU13)	Kilbarchan AAC
Grant	Buchanan	(BU13)	Kilbarchan AAC
Finn	Burns	(BU13)	Kilbarchan AAC
Luis	Cameron	(BU13)	Kilbarchan AAC
Ryan	Fitzpatrick	(BU13)	Kilbarchan AAC
Nathan	Fitzpatrick	(BU13)	Kilbarchan AAC
Kirk	Gray	(BU13)	Kilbarchan AAC
Ryan	Knights	(BU13)	Kilbarchan AAC
Rhys	Knights	(BU13)	Kilbarchan AAC
Lucas	Lever	(BU13)	Kilbarchan AAC
Iain	MacPherson	(BU13)	Kilbarchan AAC
Oliver	Patton	(BU13)	Kilbarchan AAC
Andrew	Shorts	(BU13)	Kilbarchan AAC
Robbie	Stevenson	(BU13)	Kilbarchan AAC
Colin	Arthur	(BU15)	Kilbarchan AAC
Cameron	Dawson	(BU15)	Kilbarchan AAC
Ross	Hastie	(BU15)	Kilbarchan AAC
Jack	Kennedy	(BU15)	Kilbarchan AAC
Luke	Lindsay	(BU15)	Kilbarchan AAC
Joshua	McKinley	(BU15)	Kilbarchan AAC
Ramsay	McLeod	(BU15)	Kilbarchan AAC
Fraser	Montgomery	(BU15)	Kilbarchan AAC
Matthew	New	(BU15)	Kilbarchan AAC
Lewis	Anderson	(MU17)	Kilbarchan AAC
Lewis	Barclay	(MU17)	Kilbarchan AAC
Martin	Burnhope	(MU17)	Kilbarchan AAC
Robert	Gunson	(MU17)	Kilbarchan AAC
Lewis	Hannigan	(MU17)	Kilbarchan AAC
Ross	Kennedy	(MU17)	Kilbarchan AAC
Jack	Patton	(MU17)	Kilbarchan AAC
Lewis	Anderson	(BU13)	Kilmarnock H&AC
Jamie	Brown	(BU13)	Kilmarnock H&AC
Adam	Gold	(BU13)	Kilmarnock H&AC
Ruairidh	Livingstone	(BU13)	Kilmarnock H&AC
Cameron	McGarey	(BU13)	Kilmarnock H&AC
Connor	Molloy	(BU13)	Kilmarnock H&AC
Thomas	Montgomery	(BU13)	Kilmarnock H&AC
Sam	Rice	(BU13)	Kilmarnock H&AC

scottishathletics West District Cross Country Relay Championships
 Saturday 12th October Entry Lists - Young Males

Kilmarnock

Forename	Surname	Age Group	Club
Taylor	Cadwell	(BU15)	Kilmarnock H&AC
Callum	Campbell	(BU15)	Kilmarnock H&AC
Jonathon	Downey	(BU15)	Kilmarnock H&AC
Logan	Forsyth	(BU15)	Kilmarnock H&AC
Charlie	McNulty	(BU15)	Kilmarnock H&AC
Jamie	Phillips	(BU15)	Kilmarnock H&AC
Jordan	Phillips	(BU15)	Kilmarnock H&AC
Jye	Wilson	(BU15)	Kilmarnock H&AC
Lewis	Ferguson	(MU17)	Kilmarnock H&AC
Davie	Houston	(MU17)	Kilmarnock H&AC
Sam	Lindsay	(MU17)	Kilmarnock H&AC
Ryan	Littlejohn	(MU17)	Kilmarnock H&AC
Andrew	Muir	(BU13)	Kirkintilloch Olympians
Gregor	Smith	(BU15)	Kirkintilloch Olympians
Crawford	Smith	(BU15)	Kirkintilloch Olympians
Kyle	Paterson	(MU17)	Kirkintilloch Olympians
Blair	Barrowman	(BU13)	Law & District AAC
Alex	Orr	(BU13)	Law & District AAC
Daniel	Simpson	(BU13)	Law & District AAC
Craig	Cherrie	(BU15)	Law & District AAC
Adam	Hughes	(BU15)	Law & District AAC
Oscar	Logan	(BU15)	Law & District AAC
Scott	McAdam	(BU15)	Law & District AAC
Logan	Whitton	(BU15)	Law & District AAC
Levi	Milligan	(MU17)	Law & District AAC
Finn	Milligan	(MU17)	Law & District AAC
Daniel	Munday	(MU17)	Law & District AAC
Cameron	Robertson	(BU13)	Nithsdale AC
Alasdair	Thomson	(BU15)	Nithsdale AC
Dylan	Walton	(BU15)	Nithsdale AC
Harris	McNicol	(BU13)	North Ayrshire AC
Aiden	McWhirter	(BU13)	North Ayrshire AC
Ben	Heron	(BU15)	North Ayrshire AC
Adam	Clifford	(BU13)	Shettleston Harriers
Matthew	Fox	(BU13)	Shettleston Harriers
Jonathan	Hooper	(BU13)	Shettleston Harriers
Ethan	Ofoegbu	(BU13)	Shettleston Harriers
Joseph	Reilly	(BU13)	Shettleston Harriers

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Saturday 12th October Entry Lists - Young Males

Kilmarnock

Forename	Surname	Age Group	Club
Johnny	Burns	(BU15)	Shettleston Harriers
Rios-Benjamin	Dickens	(BU15)	Shettleston Harriers
Osayande	Eduwu Fadun	(BU15)	Shettleston Harriers
David	Woods	(BU15)	Shettleston Harriers
Gregor	Campbell	(MU17)	Shettleston Harriers
Theo	Carter	(MU17)	Shettleston Harriers
Lewis	Hunt	(MU17)	Shettleston Harriers
Kyle	Flockhart	(BU13)	VP-Glasgow AC
Fraser	Gilmour	(BU15)	VP-Glasgow AC
David	Kirkpatrick	(BU15)	VP-Glasgow AC
Saul	McGlennan	(BU15)	VP-Glasgow AC
Callum	Byrne	(MU17)	VP-Glasgow AC