

WESTERN DISTRICT CROSS COUNTRY RELAY CHAMPIONSHIPS

SENIOR/JUNIOR MALES

LENZIE 8TH OCTOBER
1996

1	Shettleston Harriers	47.57			
	D. Cameron (1)	12.06	J. MacKay (4)	12.20	W. Coyle (1) 11.52
	G. Wight (1)	11.52			
2	Greenock Glenpark Harriers	48.22			
	H. Cox (2)	12.08	J. Jenkins (1)	12.01	J. Bennett (2) 12.37
	A. Puckrin (2)	11.33			
3	Kilbarchan A.C.	48.53			
	T. Heare (8)	12.30	J. Anderson (5)	12.13	G. Fairley (4) 12.25
	R. Quinn (3)	11.45			
4	Cambuslang Harriers	49.24			
	S. Fleming (10)	12.40	S. Wylie (2)	11.40	J. Coyle (3) 12.46
	D. Runcieman (4)	12.18			
5	Victoria Park A.A.C.	50.14			
	S. Bartlett (6)	12.22	A. Adams (7)	12.42	C. Little (5) 12.27
	S. Gilmore (5)	12.43			
6	IBM Spango Valley	50.42			
	T. McCallion (5)	12.19	E. Watt (6)	12.25	E. McKee (6) 12.55
	C. Spence (6)	13.03			
7	Irvine A.C.	50.43			
	B. Craig (18)	12.56	B. Richardson (8)	12.10	C. Miller (7) 12.45
	L. Richardson (7)	12.44			
8	J.W. Kilmarnock Harriers	51.20			
	J. Tonner (11)	12.41	J. Goldie (15)	13.07	S. Hurray (11) 13.08
	E. Tonner (8)	12.24			
9	Shettleston Harriers (B)	51.35			
	G. Kirk (24)	13.16	D. McMorran (17)	12.37	D. Coyne (10) 12.45
	D. Gilmore (9)	12.57			
10	Greenock Glenpark Harriers (B)	51.38			
	J. McFadyen (7)	12.23	D. McLaughlin (10)	13.05	N. Armsworth (9) 12.44
	H. Fenion (10)	13.26			
11	Ayr Seaforth A.A.C.	51.49			
	B. Boyd (16)	12.52	J. Strawhorn (16)	12.59	A. Harris (13) 13.09
	L. Baker (11)	12.49			
12	Dumfries Running Club	52.30			
	C. Heaven (14)	12.50	J. Laird (12)	12.42	L. Hill (12) 13.25
	C. Kinnear (12)	13.33			
13	Dumbarton A.A.C.	52.34			
	P. Walsh (21)	13.10	B. McGuinness (19)	13.02	F. Caldwell (14) 13.03
	E. Caldwell (13)	13.19			
14	Law & District A.A.C.	52.40			

SENIOR/JUNIOR MEN (CONTD)

15	Strathclyde University	52.51				
	E. Calvert (4)	12.17	I. Botheroyd (9)	13.04	G. Kirk (8)	14.31
	J. Brown (15)	12.59				
16	Cambuslang Harriers (B)	52.58				
	F. Connor (17)	12.55	I. Reid(Jr) (14)	12.48	D. Fairweather (15)	13.5
	W. Mitchell (16)	13.20				
17	East Kilbride A.A.C.	53.24				
	G. Reid (23)	13.12	B. Ronald (21)	13.09	C. Clement (20)	13.27
	A. McLellan (17)	13.26				
18	Victoria Park A.A.C.	53.39				
	J. Doyle (35)	13.38	G. Greenhaugh (25)	13.09	A. Young (27)	14.10
	D. Fotheringham (18)	12.42				
19	Kilbarchan A.C. (B)	53.45				
	I. McDougall (12)	12.42	J. Snodgrass (18)	13.27	A. McAnus (19)	13.45
	D. Petrie (19)	13.51				
20	Kirkintilloch Olympians	53.51				
	C. Burns (19)	12.57	K. Leitch (11)	12.32	R. Brown (16)	14.15
	I. McGurk (20)	14.07				
21	Bellahouston Harriers	53.57				
	H. Gallacher (26)	13.19	C. Joss (28)	13.45	C. Scott (22)	13.10
	M. McDonald (21)	13.43				
22	Springburn Harriers	54.00				
	P. Laing (30)	13.25	D. Houston (23)	13.19	S. Grimshaw (23)	13.32
	J. Bell (22)	13.44				
23	Dumbarton A.A.C. (B)	54.22				
	D. Harrison (20)	13.04	A. Adams (32)	14.07	G. Slearer (24)	13.09
	D. Wilson (23)	14.01				
24	Greenock Wellpark Harriers	54.34				
	G. Gaffney (3)	12.09	D. McFadyen (3)	12.14	G. King (8)	13.42
	J. McKenna (24)	16.29				
25	Clydesdale Harriers	54.47				
	R. McIntyre (32)	13.33	B. Rossborough (30)	13.34	M. Divers (25)	13.27
	J. Shields (25)	14.13				
26	Glasgow University H & H	54.56				
	G. Barrie (13)	12.43	A. Mace (13)	12.52	W. Greene (21)	14.35
	B.J. Delvin (26)	14.46				
27	Shettleston Harriers (C)	55.08				
	D. Buchanan (29)	13.23	D. Williams (22)	13.01	J. McColl (29)	15.00
	D. Crowe (27)	13.44				
28	I.B.M. Spango Valley (B)	55.20				
	T. Wilkie (22)	13.11	D. McCabe (24)	13.35	I. McDonald (28)	14.25
	S. Dalgleish (28)	14.09				
29	Clydesdale Harriers (B)	55.24				
	W. McCoo (36)	13.42	M. Govan (37)	14.09	B. Edridge (34)	14.06
	P. Dolan (29)	13.27				
30	Maryhill Harriers	55.28				
	M. Gallacher (9)	12.37	J. McCartney (27)	14.25	P. O'Neill (26)	13.37
	P. Kearney (30)	14.49				

SENIOR/JUNIOR MEN CONTD.

1	Irvine A.C. (B)	55.29			
	J. White (33)	13.35	R. Cheyne (38)	14.20	D. Connery (36) 14.15
	J. McNamee (31)	13.19			
2	Kilbarc han A.C. (C)	55.37			
	D. Bryne (27)	13.20	D. Mewse (33)	14.01	J. McMillan (33) 14.16
	J. Goudie (32)	14.00			
3	Greenock Glenpark Harriers (C)	55.59			
	S. McLoone (37)	13.53	C. Morrison (31)	13.16	R. Shaw (31) 14.17
	G. Russell (33)	14.33			
4	Calderglen Harriers	56.03			
	M. Duthie (15)	12.51	D. Calder (26)	14.00	R. Shanks (30) 14.34
	A. Henderson (34)	14.38			
5	Cambuslang Harriers (C)	56.39			
	M. O'Hagan (31)	13.27	P. I'Anson (45)	14.59	R. Brennan (38) 13.58
	P. Ogden (35)	14.15			
6	Bellahouston Harriers (B)	56.58			
	D. Branney (42)	14.00	G. Bell (36)	13.44	R. Guthrie (45) 15.24
	N. Scott (36)	13.50			
7	Bellahouston Harriers (C)	57.20			
	G. Mercer (38)	13.54	H. Scott (42)	14.17	T. Dickie (40) 14.27
	S. Stone (37)	14.42			
8	Ayr Seaforth A.A.C. (B)	57.24			
	R. Hubbard (34)	13.37	A. Auld (29)	13.28	S. MacSporran (32) 14.2
	R. page (38)	15.53			
9	Cambuslang Harriers (D)	57.50			
	T. McPake (43)	14.05	M. McDonald (39)	13.59	M. Johnston (41) 14.45
	N. Ewart (39)	15.01			
0	Giffnock North A.A.C.	57.59			
	I. Miller (47)	14.18	I. Airdrie (35)	13.24	C. Rankine (35) 14.23
	F. Cooper (40)	15.54			
1	Greenock Glenpark Harriers (D)	58.03			
	R. Dolan (58)	15.22	P. Russell (46)	13.20	D. McNeil (44) 14.16
	D. Guy (41)	15.05			
2	Dumbarton A.A.C. (C)	58.20			
	G. Hanley (55)	14.51	T. Kelly (51)	14.21	I. Ellis (46) 14.16
	W. Wilson (42)	14.52			
3	Troon Tortoises A.C.	58.22			
	B. McKeating (45)	14.10	I. Beattie (40)	13.57	C. McGregor (43) 14.49
	V. Daly (43)	15.26			
4	Victoria Park A.A.C.	58.27			
	E. Cameron (40)	13.58	J. Marr (34)	13.35	R. Blair (39) 14.59
	K. McVey (44)	15.55			
5	Strathclyde University (B)	58.54			
	C. Delahunty (41)	13.59	G. McKay (54)	15.56	B. BLair (52) 15.01
	D. Armstrong (45)	13.58			

* SENIOR/JUNIOR MEN CONTD

46	Shettleston Harriers (D)	59.03			
	J. Morrison (48) 14.20		C. Bradshaw (44) 14.03		K. McClean (37) 14.00
	J. Cairney (46) 16.40				
47	I.B.M. Spango Valley	59.13			
	R. Martin (54) 14.45		B. Knight (48) 14.08		D. Docherty (47) 15.01
	T. Tracey (47) 15.19				
48	Kirkintilloch Olympians (B)	59.42			
	N. Gallacher (56) 14.54		J. Hamilton (52) 14.50		D. Goutcher (48) 14.21
	S. Owen (48) 15.37				
49	Renfrew A.C.	59.49			
	R. McKenna (28) 13.22		P. Lunney (43) 14.59		S. Hards (42) 14.29
	G. Macarainn (49) 16.59				
50	Garscube Harriers	60.25			
	S. Cullen (53) 14.44		I. Dunn (53) 15.03		J. Weir (51) 14.45
	W. Marshall (50) 15.43				
51	Clydesdale Harriers (C)	61.43			
	P. Rudzinski (64) 16.00		G. Kane (57) 15.13		D. Mitchell (50) 13.16
	T. Miller (51) 17.14				
52	Maryhill Harriers (B)	62.01			
	G. Robertson (66) 16.41		D. Shearon (56) 14.29		K. Stevenson (55) 15.14
	J. Micoud (52) 15.37				
53	Calderglen Harriers (B)	62.21			
	J. McGugan (60) 15.27		A. Muir (58) 15.52		J. Muldoon (56) 15.19
	A. Patterson (53) 15.43				
54	Irvine A.C. (C)	63.20			
	J. Bailey (50) 14.23		K. Dowell (50) 14.48		J. Morton (53) 16.03
	B. Adam (54) 18.06				
55	J.W. Kilmarnock Harriers (B)	63.33			
	I. Connell (72) 18.56		D. Mitchell (67) 15.13		F. Evans (60) 14.04
	R. Ferguson (55) 15.20				
56	Bellahouston Harriers (D)	63.53			
	N. Freer (62) 15.46		J. Beckett (60) 16.01		D. Williamson (62) 17.11
	I. Ross (56) 14.50				
57	Troon Tortoises A.C. (B)	64.45			
	C. Martin (59) 15.24		W. Robertson (55) 15.34		W. Spark (58) 16.43
	G. Malone (57) 17.04				
58	Giffnock North A.A.C. (B)	67.38			
	A. Hay (63) 15.50		A. Wylie (62) 16.53		A. Stewart (61) 16.14
	B. Campbell (58) 18.41				
59	Calderglen Harriers (C)	69.17			
	R. Stewart (67) 16.50		A. Begg (65) 16.16		C. Steven (63) 18.34
	M. Buchanan (59) 17.37				
60	Renfrew A.C. (B)	72.10			
	A. Waterson (69) 16.57		J. Manderson (68) 17.51		J. Reid (64) 17.28
	D. Brine (60) 19.54				

INCOMPLETE TEAMS

SENIOR/JUNIOR MALES

Cambuslang Harriers

R. Anderson (46) 14.15 G. Hearn (47) 14.32 S. Kennedy (54) 16.48

Dumbarton A.A.C.

S. Lannigan (57) 15.03

East Kilbride A.A.C.

E. Blue (44) 14.06 D. Bell (59) 17.19 E. Morrison (57) 15.49

Garscube Harriers

S. Irvine (65) 16.21 C. Blackwood (62) 16.13

Greenock Glenpark Harriers

M. Tweedley (51) 14.33 T. Knight (61) 17.31 J. Kerr (59) 15.37

Greenock Wellpark Harriers

G. Newman (71) 18.45

Irvine A.C.

W. McGill (70) 17.54

Kilbarchan A.C.

A. Ross (49) 14.20 D. Paterson (66) 18.52

Law & District A.A.C.

P. Kelly (52) 14.36 J. Reid (41) 13.32

Springburn Harriers

A. Callan (39) 13.55 J. Harper (49) 15.02 A. Fontana (49) 15.21

Maryhill Harriers

L. McCue (68) 16.56 S. Lydon (64) 16.02

WESTERN DISTRICT CROSS COUNTRY RELAY CHAMPIONSHIPS

SENIOR/JUNIOR FEMALES

1	Shettleston Harriers Ladies	44.35			
	J. Harvey (5)	15.46	E. McBrinn(1)	14.29	E. MacKay (1) 14.20
2	Strathkelvin Ladies A.A.C.	44.52			
	L. Chisholm (2)	15.18	C. Gemmell (3)	15.25	M. Gemmell (2) 14.09
3	City of Glasgow	45.39			
	C. Walker (1)	15.03	C. Morrison (2)	15.15	J. Thomson (3) 15.21
4	IBM Spango Valley A.C.	47.26			
	C. Gibson (7)	16.10	A.M. McKee (6)	15.52	M. Blackie (4) 15.24
5	Irvine A.C.	47.40			
	H. Morton (3)	15.32	L. McGarry (5)	16.22	J. Roxburgh (5) 15.46
6	Glasgow University H & H	50.43			
	S. Taplin (9)	16.37	C. Caddell (7)	16.05	M. Jeffries (6) 18.01
7	Giffnock North A.A.C.	51.32			
	H. Miller (11)	17.02	M. Connell (8)	17.34	M. Taylor (7) 16.56
8	Shettleston Harriers Ladies (B)	54.22			
	A.M. Hughes (6)	16.06	M. Daly (10)	19.31	F. Ross (8) 18.45
9	IBM Spango Valley A.C. (B)	54.24			
	J. Cox (14)	18.22	J. Hendrie (13)	20.28	C. Docherty (9) 15.34
10	Strathclyde University	55.02			
	C. Fairweather (8)	16.33	E. Dearie (12)	19.46	T. Brown (10) 18.43
11	Irvine A.C. (B)	55.41			
	M. Miller (13)	17.40	M. McCulloch (11)	18.20	K. Melville (11) 19.41

INCOMPLETE TEAMS

SENIOR/JUNIOR FEMALES

City of Glasgow
B. Cockburn (10) 16.48

East Kilbride A.A.C.
H. Grant (4) 15.41 E. Reid (4) 16.01

Glasgow University H & H
P. Robertson (12) 17.25 L. Edmiston (9) 17.25

Shettleston Harriers Ladies
J. Corrigan (15) 20.38 D. Hamilton (14) 21.30

WEST DISTRICT CROSS COUNTRY RELAY CHAMPIONSHIPS

YOUNG MALE ATHLETES

1	Cambuslang Harriers P. Graham (2)	9.02	25.53	A. Millar (1)	8.31	S. South (1)	8.20
2	Cambuslang Harriers (C) K. Keally (12)	9.41	26.17	G. Ferguson (3)	8.26	G. Lyon (2)	8.10
3	Airdrie Harriers T. Daffunn (3)	9.13	26.18	A. Murray (1)	8.19	A. morgan (3)	8.46
4	Cambuslang Harriers (B) R. Fox (8)	9.35	26.45	W. Bain (5)	8.45	A. Dobie (4)	8.25
5	Kilbarchan A.A.C. A. Thomson (9)	9.36	27.04	D. McCormack (10)	9.05	C. McDerment (5)	8.23
6	Victoria Park A.A.C. S. Boyle (4)	9.20	27.16	C. Munro (12)	9.28	J. Letford (6)	8.28
7	Ayr Seaforth A.C. G. Hendry (1)	9.01	27.22	C. Garrey (8)	9.27	C. Robertson (7)	8.5
8	Kilbarchan A.A.C. (C) A. Ramsey (15)	9.51	27.24	S. Dock (15)	9.05	G. Menzies (8)	8.28
9	Giffnock North A.A.C. J. Cleghorn (16)	9.54	27.26	I. Melvin (11)	8.50	D. Melvin (9)	8.42
10	Shettleston Harriers S. Beresford (13)	9.45	27.27	A. McDonald (6)	8.36	M. Loage (10)	9.06
11	Cambuslang Harriers (C) A. Shields (21)	10.10	27.33	S. Barbour (18)	9.01	D. McRae (11)	8.22
12	Airdrie Harriers (B) S. Dillon (5)	9.29	27.44	K. Dillon (13)	9.20	K. O'Neil (12)	8.55
13	Kilbarchan A.A.C. K. Beattie (19)	10.02	27.49	A. Greig (22)	9.19	D. Cuthill (13)	8.28
14	Victoria Park A.A.C. (C) D. Rodgers (7)	9.33	27.54	C. Baillie (23)	9.57	P. McGowan (14)	8.24
15	Clydesdale Harriers M. Rudzinski (22)	10.11	27.56	D. Moore (7)	8.16	J. kirkwood (15)	9.2
16	Giffnock North A.A.C. (B) C. George (40)	11.32	27.57	G. Jolly (20)	7.42	M. Dawson (16)	8.43
17	Maryhill Harriers C. Howe (17)	9.55	28.03	S. McGurn (19)	9.18	DM. McGurn (17)	8.50

YOUNG MALE ATHLETES (CONTD)

18	Airdrie Harriers (C)	28.07			
	K. Callaghan (11)	9.39	K. McAlaster (16)	9.18	M. Donaldson (18) 9.10
19	Cambuslang Harriers (E)	28.08			
	J. Dempster (20)	10.07	S. Carson (14)	8.44	S. Ritchie (19) 9.17
20	IBM Spango Valley	28.13			
	M. Pollard (6)	9.31	S. Henry (4)	8.47	S. Morris (20) 9.55
21	J.W. Kilmarnock Harriers	28.14			
	S. Clelland (35)	11.01	J. Goldie (24)	8.31	A. Kerr (21) 8.42
22	Springburn Harriers	28.21			
	S. Coia (26)	10.28	R. Hill (26)	9.30	M. Paton (22) 8.23
23	Victoria Park A.A.C. (B)	28.32			
	C. Shields (23)	10.13	R. Anderson (25)	9.34	M. Baillie (23) 8.45
24	Law & District A.A.C.	28.36			
	B. Murray (27)	10.38	P. Dearie (31)	9.56	D. Muir (24) 8.02
25	Greenock Glenpark Harriers	28.55			
	D. Gisbey (41)	11.53	A. McShane (28)	8.38	J. Hendry (25) 8.24
26	East Kilbride A.C.	29.03			
	M. Murdoch (28)	10.44	M. Smith (32)	9.51	B. Madden (26) 8.28
27	Kirkintilloch Olympians	29.27			
	M. Houston (32)	10.51	E. McLoone (27)	9.36	S. Grant (27) 9.00
28	Kirkintilloch Olympians (B)	29.30			
	C. Tangny (24)	10.21	P. Mathieson (21)	8.58	G. Nelson (28) 10.11
29	Victoria Park A.A.C. (E)	32.14			
	C. Fleming (38)	11.07	A. Strain (36)	10.36	S. Williamson (29) 10.3
30	Kirkintilloch Olympians (C)	32.45			
	F. McLennan (37)	11.07	J. McLoone (30)	9.26	S. Cockburn (30) 12.
31	Giffnock North A.A.C. (C)	33.02			
	G. Carrol (34)	11.00	S. Miller (39)	13.16	R. Meffen (31) 8.46
32	Victoria Park A.A.C. (D)	33.09			
	R. Mitchell (33)	10.57	I. Young (37)	11.19	G. Hendry (32) 10.33

INCOMPLETE TEAMS

Cambuslang Harriers

N. Orr (36) 11.05 J. Clelland (89) 14.00

Clydesdale Harriers

D. McInally (44) 13.33 M. Howie (38) 9.07

Giffnock North A.A.C.

D. Donnachie (30) 10.47

Greenock Glenpark Harriers

R. Barclay (42) 11.53 C. McLean (29) 8.39

I.B.M. Spango Valley

A S. McIntyre (18) 9.59 C. Henry (17) 9.01
 B A. Osborne (29) 10.47 B. Miller (35) 10.40
 C C. Folan (10) 9.38 A. Pavia (34) 11.39

Kilbarchan A.A.C.

D R. McGuire (25) 10.27 M. Byrne (33) 10.19
 E C. Barr (43) 12.40

WEST DISTRICT CROSS COUNTRY RELAY CHAMPIONSHIPS

YOUNG FEMALE ATHLETES

1	City of Glasgow A.C.	30.45			
	H. Connell (1) 10.10		D. McMorran (2) 10.21	A. Shaw (1) 10.14	
2	Irvine A.C.	30.54			
	A. McAuley (3) 10.43		L. Hanvey (4) 10.25	S. McNairney (2) 9.46	
3	Helensburgh A.C.	31.16			
	M. McKinley (2) 10.25		L. Walsh (3) 10.25	K. Gallagher (3) 10.26	
4	Victoria Park A.A.C.	32.20			
	A. McGowan (4) 10.50		J. Ross (1) 9.29	K. Young (4) 12.01	
5	Kilbarchan A.A.C.	32.38			
	S. McGrennigan (6) 11.02		S.J. Barr (5) 10.11	C. Scarles (5) 11.25	
6	East Kilbride A.A.C.	32.47			
	L. Mooney (5) 11.01		K. Smith (6) 10.15	S. Smith (6) 11.31	
7	Victoria Park A.A.C. (B)	32.59			
	K. Yule (8) 11.14		A. Ross (7) 10.07	O. Drennan (7) 11.38	
8	Strathkelvin Ladies A.A.C.	33.10			
	C. McKee (14) 12.19		R. McDougall (12) 10.46	J. Langan (8) 10.05	
9	Giffnock North A.A.C.	33.20			
	J. Kirk (9) 11.26		L. Kirk (10) 10.50	K. Kirk (9) 11.04	
10	Kilbarchan A.A.C.	33.53			
	J. McLay (7) 11.03		F. Menzies (8) 10.39	H.A. Anderson(10) 12.11	
11	Victoria Park A.A.C. (C)	34.24			
	J. Newton (11) 11.51		Y.Meill (11) 10.37	C. Simpson (11) 11.56	