

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16 OCTOBER 2004

Results

RACE 1 YOUNG FEMALE ATHLETES 3 X 2,500M

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner		Cat Club
1	1	00:10:33	00:10:33	Hollie	Young	U13 CITY OF GLASGOW A
2	6	00:10:36	00:10:36	Catriona	Lockie	U13 GIFFNOCK NORTH A
3	31	00:10:49	00:10:49	Amanda	Gebbie	U13 RON HILL CAMBUSLANG composite
4	4	00:10:51	00:10:51	Ailis	Clements	U13 EAST KILBRIDE AAC A
5	8	00:10:53	00:10:53	Anna	Hilley	U13 GIFFNOCK NORTH C
6	9	00:11:08	00:11:08	Jaymee	McConville	U13 GIFFNOCK NORTH D
7	16	00:11:13	00:11:13	Kirsty	Wilson	U13 KILBARCHAN AAC A
8	17	00:11:15	00:11:15	Kirsty	Porteous	U13 KILBARCHAN AAC B
9	23	00:11:19	00:11:19	Mia	Tait	U13 KILMARNOCK H A
10	15	00:11:20	00:11:20	Sarah	Munn	U13 IRVINE AC
11	21	00:11:26	00:11:26	Samantha	Kelly	U13 KILBARCHAN AAC F
12	2	00:11:33	00:11:33	Rachel	McLellan	U13 CITY OF GLASGOW B
13	7	00:11:35	00:11:35	Joanna	Thomson	U13 GIFFNOCK NORTH B
14	10	00:11:37	00:11:37	Mhairi	McCluskey	U13 GIFFNOCK NORTH COMPOSITE
15	13	00:11:43	00:11:43	Rachael	Bushfield	U13 INVERCLYDE B
16	19	00:11:51	00:11:51	Judith	McNicol	U13 KILBARCHAN AAC D
17	33	00:11:51	00:11:51	Victoria	Reid	U15 WESTERLANDS
18	12	00:11:53	00:11:53	Holly	Morrison	U13 INVERCLYDE A
19	18	00:11:54	00:11:54	Jade	Mccafferty	U13 KILBARCHAN AAC C
20	32	00:12:02	00:12:02	Clare	Wallace	U13 RON HILL CAMBUSLANG B
21	24	00:12:05	00:12:05	Sarah	McNish	U13 KILMARNOCK H B
22	25	00:12:16	00:12:16	Louise	Martin	U13 KILMARNOCK H COMPOSITE
23	20	00:12:17	00:12:17	Nile	McMillan	U13 KILBARCHAN AAC E
24	27	00:12:30	00:12:30	Alexandra	Lamond	U13 KIRKINTILLOCH OLY A
25	28	00:12:33	00:12:33	Amy	Brogan	U13 KIRKINTILLOCH OLY B
26	11	00:12:40	00:12:40	Blyth	Murphy	U13 GIFFNOCK NORTH F
27	29	00:13:07	00:13:07	Lauren	McIntyre	U13 KIRKINTILLOCH OLY C
28	30	00:13:38	00:13:38	Corinne	Smith	U13 NITHSDALE AC
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WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16 OCTOBER 2004

Results

RACE 1 YOUNG FEMALE ATHLETES 3 X 2,500M

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	1	0:20:50	00:10:17	Rebecca	Finch	U15	CITY OF GLASGOW A
2	6	0:20:57	00:10:21	Nicole	McLeod	U15	GIFFNOCK NORTH A
3	31	0:21:31	00:10:42	Caitlin	Hendry	U15	RON HILL CAMBUSLANG composite
4	16	0:21:35	00:10:22	Natalie	Sharp	U15	KILBARCHAN AAC A
5	4	0:21:39	00:10:48	Beth	Duff	U15	EAST KILBRIDE AAC A
6	8	0:21:44	00:10:51	Lauren	Hollinshead	U15	GIFFNOCK NORTH C
7	2	0:21:59	00:10:26	Josephine	Moultrie	U15	CITY OF GLASGOW B
8	9	0:22:08	00:11:00	Alison	Howie	U15	GIFFNOCK NORTH D
9	7	0:22:16	00:10:41	Rachel	McDowall	U15	GIFFNOCK NORTH B
10	23	0:22:35	00:11:16	lauren	Campbell	U15	KILMARNOCK H A
11	17	0:22:41	00:11:26	Jillian	Allan	U15	KILBARCHAN AAC B
12	15	0:23:04	00:11:44	Nicole	Bunyan	U15	IRVINE AC
13	13	0:23:07	00:11:24	Sammi	Coyle	U15	INVERCLYDE B
14	18	0:23:20	00:11:26	Hazel	Blair	U15	KILBARCHAN AAC C
15	24	0:23:21	00:11:16	Amy	Milliken	U15	KILMARNOCK H B
16	19	0:23:25	00:11:34	Louise	McDonald	U15	KILBARCHAN AAC D
17	10	0:23:32	00:11:55	Caroline	Adams	U13	GIFFNOCK NORTH COMPOSITE
18	21	0:23:35	00:12:09	Claire	McMillan	U15	KILBARCHAN AAC F
19	28	0:23:56	00:11:23	Laura	McKie	U15	KIRKINTILLOCH OLY B
20	11	0:24:00	00:11:20	Celeste	Breen	U15	GIFFNOCK NORTH F
21	20	0:24:13	00:11:56	Victoria	Phillips	U15	KILBARCHAN AAC E
22	32	0:24:18	00:12:16	Chloe	Davidson	U15	RON HILL CAMBUSLANG B
23	30	0:24:29	00:10:51	Naomi	Smith	U15	NITHSDALE AC
24	25	0:24:57	00:12:41	Stephanie	Miller	U13	KILMARNOCK H COMPOSITE
25	27	0:25:16	00:12:46	Julie	Connelly	U15	KIRKINTILLOCH OLY A
26	29	0:26:26	00:13:19	Sarah	MacLennan	U15	KIRKINTILLOCH OLY C
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WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16 OCTOBER 2004

Results

RACE 1 YOUNG FEMALE ATHLETES 3 X 2,500M

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	6	0:31:39	00:10:42	Sarah	Phee	U17	GIFFNOCK NORTH A
2	1	0:32:23	00:11:33	Helen	Sweeney	U17	CITY OF GLASGOW A
3	8	0:32:45	00:11:01	Frances	McCluskey	U17	GIFFNOCK NORTH C
4	7	0:32:52	00:10:36	Ruth	Joss	U17	GIFFNOCK NORTH B
5	16	0:33:04	00:11:29	Kirsty	Reid	U17	KILBARCHAN AAC A
6	9	0:33:12	00:11:04	Fiona	McKay	U17	GIFFNOCK NORTH D
7	31	0:33:25	00:11:54	Erin	Campbell	U15	RON HILL CAMBUSLANG composite
8	2	0:33:27	00:11:28	Susanne	Maxwell	U17	CITY OF GLASGOW B
9	23	0:34:05	00:11:30	Kara	Tait	U17	KILMARNOCK H A
10	10	0:34:30	00:10:58	Kerry	McGee	U17	GIFFNOCK NORTH COMPOSITE
11	15	0:34:54	00:11:50	Lauren	Collier	U17	IRVINE AC
12	19	0:35:09	00:11:44	Linzi	Milton	U17	KILBARCHAN AAC D
13	18	0:35:15	00:11:55	Claire	McNicol	U17	KILBARCHAN AAC C
14	17	0:35:17	00:12:36	Nicole	Treacy	U17	KILBARCHAN AAC B
15	28	0:35:45	00:11:49	Karen Ann	McEwen	U17	KIRKINTILLOCH OLY B
16	30	0:35:56	00:11:27	Emma	Friars	U17	NITHSDALE AC
17	21	0:36:08	00:12:33	Elspeth	Curran	U17	KILBARCHAN AAC F
18	24	0:36:20	00:12:59	Heather	Hall	U17	KILMARNOCK H B
19	20	0:36:33	00:12:20	Louise	Baxter	U17	KILBARCHAN AAC E
20	27	0:37:40	00:12:24	Fiona	Berry	U17	KIRKINTILLOCH OLY A
21	29	0:38:16	00:11:50	Laura	Hannah	U17	KIRKINTILLOCH OLY C
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WEST DISTRICT CROSS COUNTRY RELAYS STEPS SAT 11 OCTOBER 2003

Results

RACE 2 YOUNG MALES ATHLETES 3 X 2500M

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	45	00:09:14	00:09:14	Miles	Hollinshead	U13	GIFFNOCK NORTH AAC A
2	46	00:09:30	00:09:30	Gordon	Belch	U13	GIFFNOCK NORTH AAC B
3	48	00:09:31	00:09:31	Matthew	Ritchie	U13	GIFFNOCK NORTH AAC D
4	47	00:09:35	00:09:35	Paul	Bainbridge	U13	GIFFNOCK NORTH AAC C
5	58	00:09:37	00:09:37	Callum	Hawkins	U13	KILBARCHAN AAC B
6	57	00:09:41	00:09:41	Scott	MacAulay	U13	KILBARCHAN AAC A
7	43	00:09:48	00:09:48	Andrew	Wardrop	U13	EAST KILBRIDE AAC A
8	59	00:09:50	00:09:50	Tom	Cahn	U13	KILBARCHAN AAC C
9	76	00:09:59	00:09:59	Gary	McBride	U13	SHETTLESTON H A
10	72	00:10:03	00:10:03	Stuart	Orr	U13	RH CAMBUSLANG A
11	55	00:10:17	00:10:17	Andrew	McAlpine	U13	IRVINE AC
12	69	00:10:19	00:10:19	Craig	McIntyre	U13	KIRKINTILLOCH OLY A
13	60	00:10:21	00:10:21	Connor	Stevenson	U13	KILBARCHAN AAC D
14	77	00:10:22	00:10:22	Martin	Barnett	U13	SHETTLESTON H B
15	41	00:10:22	00:10:22	Adam	Gatens	U13	CALDERGLEN H A
16	52	00:10:22	00:10:22	Paul	Currie	U13	INVERCLYDE AAC A
17	61	00:10:31	00:10:31	Andrew	McLaughlan	U13	KILBARCHAN AAC E
18	49	00:10:32	00:10:32	Paul	McQueen	U13	GIFFNOCK NORTH AAC E
19	65	00:10:32	00:10:32	Craig	Robertson	U13	KILMARNOCK H COMPOSITE
20	50	00:10:34	00:10:34	Greg	Turner	U13	GIFFNOCK NORTH AAC F
21	74	00:10:42	00:10:42	Kevin	Brown	U13	RH CAMBUSLANG C
22	78	00:10:44	00:10:44	Andrew	Duffy	U13	SHETTLESTON H COMPOSITE
23	62	00:10:46	00:10:46	Callum	Blair	U13	KILBARCHAN AAC F
24	70	00:10:51	00:10:51	Cameron	Dallas	U13	KIRKINTILLOCH OLY B
25	73	00:10:53	00:10:53	Connor	Thomson	U13	RH CAMBUSLANG B
26	51	00:10:55	00:10:55	Greg	Lambert	U13	GIFFNOCK NORTH AAC G
27	64	00:10:56	00:10:56	Connor	Henderson	U13	KILBARCHAN AAC H
28	79	00:10:57	00:10:57	Andrew	Clunes	U13	SHETTLESTON H COMPOSITE
29	63	00:11:12	00:11:12	Lewis	Ferguson	U13	KILBARCHAN AAC G
30	66	00:11:19	00:11:19	Mark	Gilmour	U13	KILMARNOCK H COMPOSITE
31	67	00:11:19	00:11:19	Gregor	Devoy	U13	KILMARNOCK HARRIERS C
32	53	00:11:19	00:11:19	Mathew	Henry	U13	INVERCLYDE AAC B
33	75	00:11:58	00:11:58	Keiron	Murphy	U13	RH CAMBUSLANG D
34	71	00:12:10	00:12:10	Mitchell	MacGuire	U13	KIRKINTILLOCH OLY C
35	42	00:12:20	00:12:20	Grant	Ferguson	U13	CALDERGLEN H B
36	80	00:13:11	00:13:11	Cameron	Reid	U13	WESTERLANDS
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WEST DISTRICT CROSS COUNTRY RELAYS STEPS SAT 11 OCTOBER 2003

RACE 2 YOUNG MALES ATHLETES 3 X 2500M

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	45	0:18:11	00:08:57	Craig	Mccallum	U15	GIFFNOCK NORTH AAC A
2	57	0:18:26	00:08:45	Scott	Hawkins	U15	KILBARCHAN AAC A
3	58	0:18:42	00:09:05	Stephen	McGoldrick	U15	KILBARCHAN AAC B
4	76	0:18:46	00:08:47	Christopher	McGarrity	U15	SHETTLESTON H A
5	46	0:18:57	00:09:27	Ross	McLearie	U15	GIFFNOCK NORTH AAC B
6	59	0:19:01	00:09:11	Gary	Downie	U15	KILBARCHAN AAC C
7	55	0:19:10	00:08:53	Daniel	Swanson	U15	IRVINE AC
8	47	0:19:21	00:09:46	Daniel	Johnstone	U15	GIFFNOCK NORTH AAC C
9	72	0:19:37	00:09:34	Paul	McGarry	U15	RH CAMBUSLANG A
10	48	0:19:49	00:10:18	David	Walker	U15	GIFFNOCK NORTH AAC D
11	51	0:20:02	00:09:07	Cameron	Shearer	u15	GIFFNOCK NORTH AAC G
12	43	0:20:08	00:10:20	Jamie	Clements	U15	EAST KILBRIDE AAC A
13	52	0:20:09	00:09:47	Andrew	Ross	U15	INVERCLYDE AAC A
14	77	0:20:12	00:09:50	Ruairidh	Munro	U15	SHETTLESTON H B
15	69	0:20:14	00:09:55	Matthew	Graham	U15	KIRKINTILLOCH OLY A
16	65	0:20:17	00:09:45	Matthew	Daly	U15	KILMARNOCK H COMPOSITE A
17	61	0:20:23	00:09:52	Stuart	King	U15	KILBARCHAN AAC E
18	49	0:20:35	00:10:03	Steven	Gray	U15	GIFFNOCK NORTH AAC E
E A 19	60	0:20:41	00:10:20	Craig	MacDonald	U15	KILBARCHAN AAC D
20	62	0:20:43	00:09:57	Andrew	Black	U15	KILBARCHAN AAC F
21	64	0:20:49	00:09:53	Stephen	Hill	U15	KILBARCHAN AAC H
TE A 22	50	0:20:55	00:10:21	Andrew	Maxwell	U15	GIFFNOCK NORTH AAC F
23	73	0:21:08	00:10:15	David	Thomson	U15	RH CAMBUSLANG B
24	70	0:21:11	00:10:20	Neill	Hamilton	U15	KIRKINTILLOCH OLY B
25	63	0:21:48	00:10:36	Mark	McGovern	U15	KILBARCHAN AAC G
26	66	0:21:53	00:10:34	Ewan	Martin	U15	KILMARNOCK H COMPOSITE B
27	41	0:21:56	00:11:34	Jamie	Ferguson	U15	CALDERGLEN H A
TE B 28	67	0:22:15	00:10:56	Jamie	Hannah	U15	KILMARNOCK HARRIERS C
29	53	0:22:34	00:11:15	Jonathan	Bannister	U15	INVERCLYDE AAC B
E B B 30	71	0:24:19	00:12:09	Michael	Brogan	U15	KIRKINTILLOCH OLY C
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WEST DISTRICT CROSS COUNTRY RELAYS STEPS SAT 11 OCTOBER 2003

RACE 2 YOUNG MALES ATHLETES 3 X 2500M

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	57	0:26:40	00:08:14	Conor	McNulty	U17	KILBARCHAN AAC A
2	45	0:27:01	00:08:50	Douglas	Bale	U17	GIFFNOCK NORTH AAC A
3	58	0:27:22	00:08:40	Derek	Hawkins	U17	KILBARCHAN AAC B
4	76	0:27:44	00:08:58	Craig	Stevenson	U17	SHETTLESTON H A
5	59	0:27:50	00:08:49	Nicholas	Moore	U17	KILBARCHAN AAC C
6	55	0:28:05	00:08:55	Stephen	Daye	U17	IRVINE AC
7	46	0:28:12	00:09:15	Douglas	Rathey	U17	GIFFNOCK NORTH AAC B
8	47	0:28:45	00:09:24	James	Baird	U17	GIFFNOCK NORTH AAC C
9	72	0:28:58	00:09:21	C	Brown	U17	RH CAMBUSLANG A
10	48	0:29:12	00:09:23	Kieran	McCluskey	U17	GIFFNOCK NORTH AAC D
11	61	0:29:22	00:08:59	Kyle	Toole	U17	KILBARCHAN AAC E
12	69	0:29:32	00:09:18	Adam	Janeczko	U17	KIRKINTILLOCH OLY A
13	77	0:29:33	00:09:21	Mark	McKelvie	U17	SHETTLESTON H B
14	60	0:29:52	00:09:11	Andrew G	Gibson	U17	KILBARCHAN AAC D
15	65	0:30:20	00:10:03	Jamie	Martin	U15	KILMARNOCK H COMPOSITE A
16	52	0:30:43	00:10:34	Sean	Gaffney	U17	INVERCLYDE AAC A
17	49	0:30:49	00:10:14	Chris	Zhou	U17	GIFFNOCK NORTH AAC E
18	41	0:31:01	00:09:05	William	Robertson	U17	CALDERGLEN H A
19	62	0:31:08	00:10:25	Andrew	Jack	U17	KILBARCHAN AAC F
20	70	0:31:27	00:10:16	Craig	Hay	U17	KIRKINTILLOCH OLY B
21	50	0:31:44	00:10:49	Jonathan	Clark	U17	GIFFNOCK NORTH AAC F
22	63	0:31:56	00:10:08	Jorgi	Chacon-Clark	U17	KILBARCHAN AAC G
23	66	0:32:46	00:10:53	David	Clark	U15	KILMARNOCK H COMPOSITE B B
24	78	0:33:54	00:09:35	Paul	Grant	U17	SHETTLESTON H COMPOSITE A
25	79	0:35:00	00:10:41	Mark	McKenny	U17	SHETTLESTON H COMPOSITE B
B 26	71	0:35:29	00:11:10	Gavin	Clark	U17	KIRKINTILLOCH OLY C
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WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

Results

RACE 3 SENIOR/JUNIOR FEMALES 3 X 4000M

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner		Cat Club
1	96	00:15:22	00:15:22	Dennise	Smith	SEN KILBARCHAN AC A
2	87	00:15:42	00:15:42	Jill	Knowles	SEN CITY OF GLASGOW A
3	107	00:16:02	00:16:02	Jennifer	Emsley	U20 STIRL UNIV/COG
4	88	00:16:07	00:16:07	Kirsteen	Young	SEN CITY OF GLASGOW B
5	105	00:16:24	00:16:24	Lesley	Chisholm	SEN SPRINGBURN HARRIERS
6	97	00:16:30	00:16:30	Cara	Sloss	U20 KILBARCHAN AC B
7	99	00:16:42	00:16:42	Lindsay	McMahon	SEN JW KILMARNOCK A
8	86	00:16:45	00:16:45	Eileen	Reid	VET CALDERGLEN H
9	85	00:16:51	00:16:51	Helen	Stuart	SEN BELLAMHURTON ROAD RUNNERS
10	95	00:16:51	00:16:51	Helen	Morton	VET IRVINE AC
11	106	00:17:25	00:17:25	Fiona	Gentles	U20 STRATHCLYDE UNIV
12	92	00:17:30	00:17:30	Maureen	McVey	VET GIFFNOCK NORTH A
13	90	00:18:13	00:18:13	Lesley	Chapman	VET GARSCUBE H A
14	89	00:18:30	00:18:30	Kelly	Smith	SEN EAST KILBRIDE AC
15	94	00:18:42	00:18:42	Anne	Hay	VET GREENOCK GLENPARK
16	102	00:18:53	00:18:53	Aida	Stewart	VET KIRKINTILLOCH OLY
17	91	00:19:31	00:19:31	Maureen	Mcleod	VET GARSCUBE H B
18	100	00:20:35	00:20:35	Morag	Cairns	VET JW KILMARNOCK B
19	93	00:21:32	00:21:32	Kelly	Rodmell	U20 GIFFNOCK NORTH B
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WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

RACE 3 SENIOR/JUNIOR FEMALES 3 X 4000M

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	87	0:31:18	00:15:36	Claire	McCracken	SEN	CITY OF GLASGOW A
2	96	0:31:20	00:15:58	Kerry	Lang	SEN	KILBARCHAN AC A
3	88	0:32:24	00:16:17	Sarah	Kettlewell	SEN	CITY OF GLASGOW B
4	107	0:32:59	00:16:57	Kirsty	Baird	SEN	STIRL UNIV/COG
5	105	0:33:59	00:17:35	Clare	Gemmell	SEN	SPRINGBURN HARRIERS
6	85	0:34:15	00:17:24	Claire	Wharton	SEN	BELLAHOUSTON ROAD RUNNERS
7	99	0:35:02	00:18:20	Janet	Murray	SEN	JW KILMARNOCK A
8	92	0:35:32	00:18:02	Jill	Smylie	SEN	GIFFNOCK NORTH A
9	89	0:35:48	00:17:18	Angela	Martin	SEN	EAST KILBRIDE AC
10	97	0:35:56	00:19:26	Katherine	Wilkie	U20	KILBARCHAN AC B
11	90	0:35:58	00:17:45	Moir	Young	VET	GARSCUBE H A
12	106	0:36:29	00:19:04	Kirsty	McCorquodale		STRATHCLYDE UNIV
13	95	0:36:49	00:19:58	Mary	Miller	VET	IRVINE AC
14	86	0:37:12	00:20:27	Melanie	Fraser	SEN	CALDERGLEN H
15	94	0:37:33	00:18:51	Alison	King	SEN	GREENOCK GLENPARK
16	102	0:39:22	00:20:29	Shirley	MacNab	SEN	KIRKINTILLOCH OLY
17	91	0:40:06	00:20:35	Margaret	Douglas	VET	GARSCUBE H B
18	100	0:42:08	00:21:33	Susan	Fleming	SEN	JW KILMARNOCK B
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WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

RACE 3 SENIOR/JUNIOR FEMALES 3 X 4000M

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	87	0:46:23	00:15:05	Lindsay	MacNeill	SEN	CITY OF GLASGOW A
2	96	0:47:57	00:16:37	Claire	Gibson	SEN	KILBARCHAN AC A
3	88	0:48:51	00:16:27	Jacqueline	Thomson	VET	CITY OF GLASGOW B
4	105	0:51:00	00:17:01	Carole	McInnes	SEN	SPRINGBURN HARRIERS
5	85	0:51:56	00:17:41	Johanna	Jefferies	SEN	BELLAHOUSTON ROAD RUNNERS
6	92	0:53:24	00:17:52	Lisa	Huston	U20	GIFFNOCK NORTH A
7	90	0:53:32	00:17:34	Anita	Neilson	SEN	GARSCUBE H A
8	89	0:53:32	00:17:44	Valerie	Martin	SEN	EAST KILBRIDE AC
9	99	0:55:29	00:20:27	Lesley	Phillips	SEN	JW KILMARNOCK A
10	102	0:56:45	00:17:23	Louise	Craig	SEN	KIRKINTILLOCH OLY
11	106	0:57:34	00:21:05	Winnie	Ho		STRATHCLYDE UNIV
12	95	0:59:00	00:22:11	Elizabeth	McGarry	VET	IRVINE AC
13	97	0:59:19	00:23:23	Margaret	Moore	VET	KILBARCHAN AC B
14	91	0:60:05	00:19:59	Carol	Martin	SEN	GARSCUBE H B
15	86	0:63:21	00:26:09	Mandy	Cullie	SEN	CALDERGLEN H
16	100	0:63:25	00:21:17	Jan	McLeod	VET	JW KILMARNOCK B
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WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

Race 4 Senior/Junior Male 4 x 4000m

Pos	Leg 1 Time	Ind Time	Runner	Cat	Club
1	00:13:05	00:13:05	Christopher MacKay	SEN	GREENOCK GLENPARK HARRIERS A
2	00:13:10	00:13:10	Adam Lee	U20	SHETTLESTON HARRIERS B
3	00:13:11	00:13:11	David Millar	SEN	IRVINE AC A
4	00:13:25	00:13:25	Kenneth McCoy	SEN	VICTORIA PARK A
5	00:13:28	00:13:28	Martin Graham	SEN	SHETTLESTON HARRIERS A
6	00:13:35	00:13:35	Robert Napier	SEN	AYR SEAFORTH A
7	00:13:36	00:13:36	David Ward	U20	RON HILL CAMBUSLANG A
8	00:13:45	00:13:45	Ian Munro	SEN	RON HILL CAMBUSLANG B
9	00:13:52	00:13:52	Chris Stewart	SEN	KIRKINTILLOCH OLY A
10	00:13:53	00:13:53	Craig McCaffer	U20	KILBARCHAN AAC B
11	00:13:56	00:13:56	Grant Baillie	SEN	EAST KILBRIDE AC A
12	00:13:57	00:13:57	Alistair Campbell	U20	RON HILL CAMBUSLANG C
13	00:14:04	00:14:04	Sean Welsh	U20	JW KILMARNOCK HARRIERS A
14	00:14:08	00:14:08	David Phee	U20	Giffnock North AAC A
15	00:14:08	00:14:08	Thomas Anderson	VET	KILBARCHAN AAC A
16	00:14:11	00:14:11	John Simpson	VET	RON HILL CAMBUSLANG E
17	00:14:14	00:14:14	John McMillan	SEN	KILBARCHAN AAC C
18	00:14:20	00:14:20	Benny McLaughlin	SEN	GARSCUBE HARRIERS A
19	00:14:30	00:14:30	James Austin	SEN	CLYDESDALE HARRIERS B
20	00:14:31	00:14:31	Stuart Hodge	VET	INVERCLYDE AC A
21	00:14:33	00:14:33	Kenneth Richmond	SEN	BELLAHOUSTON ROAD RUNNERS
22	00:14:35	00:14:35	Alan Derrick	SEN	CALDERGLEN HARRIERS A
23	00:14:38	00:14:38	James Findlay	U20	SHETTLESTON HARRIERS D
24	00:14:42	00:14:42	Alex Allardyce	SEN	AYR SEAFORTH B
25	00:14:49	00:14:49	Andrew Combe	SEN	STIRLING UNIV
26	00:14:50	00:14:50	Brian Craig	VET	IRVINE AC B
27	00:14:55	00:14:55	Francis Hurley	VET	RON HILL CAMBUSLANG D
28	00:14:58	00:14:58	Graham Wight	SEN	SHETTLESTON HARRIERS C
29	00:15:10	00:15:10	Marc Roper	VET	Giffnock North AAC B
30	00:15:11	00:15:11	Brian Gallagher	SEN	CLYDESDALE HARRIERS A
31	00:15:18	00:15:18	Andrew Stephen	SEN	RON HILL CAMBUSLANG F
32	00:15:21	00:15:21	Douglas Campbell	SEN	GREENOCK GLENPARK HARRIERS B
33	00:15:22	00:15:22	David Marsland	SEN	DUMBARTON AAC A
34	00:15:28	00:15:28	Greg Hastie	VET	BELLAHOUSTON HARRIERS A
35	00:15:37	00:15:37	David Mitchell	SEN	JW KILMARNOCK HARRIERS B
36	00:15:40	00:15:40	Kenneth Brown	VET	VICTORIA PARK B
37	00:15:42	00:15:42	Andrew Rennie	VET	IRVINE AC C
38	00:15:44	00:15:44	Craig Russell	SEN	AIRDRIE HARRIERS
39	00:15:52	00:15:52	Steven Deane	SEN	GREENOCK GLENPARK HARRIERS C
40	00:15:53	00:15:53	Robert Gray	SEN	INVERCLYDE AC B
41	00:15:54	00:15:54	Brian Clarke	SEN	DUMBARTON AAC B
42	00:16:04	00:16:04	David Calder	VET	WESTERLANDS XC CLUB B
43	00:16:26	00:16:26	Gerard Mullen	VET	CALDERGLEN HARRIERS B
44	00:16:32	00:16:32	Scott Hill	SEN	CALDERGLEN HARRIERS C
45	00:16:35	00:16:35	David Hodson	SEN	KIRKINTILLOCH OLY B
46	00:16:42	00:16:42	John Weir	VET	GARSCUBE HARRIERS B
47	00:16:51	00:16:51	Graeme Orr	VET	WESTERLANDS XC CLUB A
48	00:17:04	00:17:04	Cliff Brown	VET	CLYDESDALE HARRIERS C

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

49	00:17:10	00:17:10	Anthony	Quinn	VET BELLAHOUSTON HARRIERS B
50	00:17:24	00:17:24	John	Bannister	VET INVERCLYDE AC C

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

51	00:17:52	00:17:52	John	Kerr	VET GREENOCK GLENPARK HARRIERS D
52	00:18:06	00:18:06	Iain	Dunn	VET GARSCUBE HARRIERS C
53	00:18:17	00:18:17			KILBARCHAN AAC D
54	00:18:56	00:18:56	George	Haining	VET CALDERGLEN HARRIERS D

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

Race 4 Senior/Junior Male 4 x 4000m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	152	0:26:13	00:13:02	William	Richardson	SEN	IRVINE AC A
2	170	0:26:41	00:13:13	William	Coyle	VET	SHETTLESTON HARRIERS A
3	171	0:26:49	00:13:39	Stuart	Gibson	SEN	SHETTLESTON HARRIERS B
4	143	0:26:54	00:13:49	Robert	Docherty	SEN	GREENOCK GLENPARK HARRIERS A
5	164	0:26:58	00:13:22	Robert	Gilroy	SEN	RON HILL CAMBUSLANG A
6	165	0:27:00	00:13:15	Iain	MacCorquodale	SEN	RON HILL CAMBUSLANG B
7	155	0:27:10	00:13:02	Ross	Toole	U20	KILBARCHAN AAC A
8	161	0:27:35	00:13:43	John	McLoone	SEN	KIRKINTILLOCH OLY A
9	156	0:27:46	00:13:53	Robert	Fitzsimmons	SEN	KILBARCHAN AAC B
10	121	0:27:51	00:14:16	Kenneth	Neill	SEN	AYR SEAFORTH A
11	159	0:27:57	00:13:53	James	Tonner	SEN	JW KILMARNOCK HARRIERS A
12	147	0:28:04	00:13:33	William	Tipping	SEN	INVERCLYDE AC A
13	166	0:28:07	00:14:10	Joseph	Kealey	SEN	RON HILL CAMBUSLANG C
14	157	0:28:16	00:14:02	Calum	Morrison	U20	KILBARCHAN AAC C
15	130	0:28:25	00:13:14	Allan	Adams	SEN	CLYDESDALE HARRIERS A
16	174	0:28:58	00:15:33	Andrew	Nicoll	VET	VICTORIA PARK A
17	135	0:29:08	00:15:12	David J.	Condra	VET	EAST KILBRIDE AC A
18	137	0:29:11	00:14:51	Robert	McLennan	VET	GARSCUBE HARRIERS A
19	168	0:29:15	00:15:04	Michael	O'Hagan	SEN	RON HILL CAMBUSLANG E
20	141	0:29:16	00:15:08	Norman	Galbraith	U20	Giffnock North AAC A
21	179	0:29:19	00:14:30	Iain	Whitaker	SEN	STIRLING UNIV
22	153	0:29:20	00:14:30	Finlay	Dowell	VET	IRVINE AC B
23	126	0:29:58	00:15:23	Stuart	Gibson	SEN	CALDERGLEN HARRIERS A
24	173	0:29:58	00:15:20	Allan	Sneddon	SEN	SHETTLESTON HARRIERS D
25	122	0:30:01	00:15:19	Laurence	Baker	VET	AYR SEAFORTH B
26	172	0:30:11	00:15:13	David	Wallace Jnr	U20	SHETTLESTON HARRIERS C
27	167	0:30:21	00:15:26	David	Marshall	VET	RON HILL CAMBUSLANG D
28	133	0:30:27	00:15:05	Brian	Marsland	SEN	DUMBARTON AAC A
29	123	0:30:29	00:15:01	Raymond	Hughes	SEN	BELLAHOUSTON HARRIERS A
30	125	0:30:41	00:16:08	Paul	McNally	SEN	BELLAHOUSTON ROAD RUNNERS
31	131	0:30:42	00:16:12	Pete	Cartwright	VET	CLYDESDALE HARRIERS B
32	142	0:31:21	00:16:11	James	Galbraith	VET	Giffnock North AAC B
33	148	0:31:28	00:15:35	Mitchell	Guthrie	SEN	INVERCLYDE AC B
34	169	0:31:38	00:16:20	David	Fairweather	VET	RON HILL CAMBUSLANG F
35	160	0:31:44	00:16:07	Alasdair	Murray	SEN	JW KILMARNOCK HARRIERS B
36	144	0:31:56	00:16:35	Neil	Orr	SEN	GREENOCK GLENPARK HARRIERS B
37	134	0:32:05	00:16:11	Peter	Walsh	VET	DUMBARTON AAC B
38	175	0:32:39	00:16:59	Kenneth	McVey	VET	VICTORIA PARK B
39	177	0:32:52	00:16:01	Daniel	Reid	VET	WESTERLANDS XC CLUB A
40	127	0:33:02	00:16:36	Edward	Reid	VET	CALDERGLEN HARRIERS B
41	128	0:33:11	00:16:39	Jim	Holmes	SEN	CALDERGLEN HARRIERS C
42	138	0:33:18	00:16:36	David	Geddes	VET	GARSCUBE HARRIERS B
43	139	0:33:20	00:15:14	David	Atkin	VET	GARSCUBE HARRIERS C
44	145	0:33:21	00:17:29	Steven	Deane	SEN	GREENOCK GLENPARK HARRIERS C
45	149	0:33:54	00:16:30	Les	McMahon	VET	INVERCLYDE AC C
46	124	0:34:02	00:16:52	Jeremy	Garnett	VET	BELLAHOUSTON HARRIERS B
47	162	0:34:09	00:17:34	Colin	MacLennan	VET	KIRKINTILLOCH OLY B
48	132	0:35:46	00:18:42	Peter	Rudzinski	VET	CLYDESDALE HARRIERS C

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

49	120	0:36:54	00:21:10	Philip	Wilson	U20	AIRDRIE HARRIERS
50	178	0:37:00	00:20:56	Andrew	Turnbull	VET	WESTERLANDS XC CLUB B

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

51	146	0:37:08	00:19:16	Thomas	Knight	VET GREENOCK GLENPARK HARRIERS D
52	129	0:37:19	00:18:23	Russell	Couper	SEN CALDERGLEN HARRIERS D
53	154	0:39:37	00:23:55	Iain	Hamilton	VET IRVINE AC C
54						

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

Race 4 Senior/Junior Male 4 x 4000m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	155	0:40:11	00:13:01	Robert	Quinn	SEN	KILBARCHAN AAC A
2	170	0:40:12	00:13:31	Andy	Little	SEN	SHETTLESTON HARRIERS A
3	164	0:40:20	00:13:22	Jamie	Reid	SEN	RON HILL CAMBUSLANG A
4	165	0:40:27	00:13:27	Duncan	Cochrane	VET	RON HILL CAMBUSLANG B
5	152	0:40:45	00:14:32	George	Irving	SEN	IRVINE AC A
6	147	0:41:19	00:13:15	Mark	Pollard	SEN	INVERCLYDE AC A
7	121	0:41:27	00:13:36	Colin	Souter	SEN	AYR SEAFORTH A
8	171	0:41:40	00:14:51	Robert	Soutar	SEN	SHETTLESTON HARRIERS B
9	130	0:41:51	00:13:26	Mark	Rudzinski	SEN	CLYDESDALE HARRIERS A
10	156	0:42:01	00:14:15	Chris	Devenney	U20	KILBARCHAN AAC B
11	143	0:42:07	00:15:13	Richard	Davidson	VET	GREENOCK GLENPARK HARRIERS A
12	166	0:42:31	00:14:24	Stephen	Dunn	U20	RON HILL CAMBUSLANG C
13	161	0:42:49	00:15:14	Colin	Burns	SEN	KIRKINTILLOCH OLY A
14	159	0:43:05	00:15:08	Steven	Mcneill	U20	JW KILMARNOCK HARRIERS A
15	153	0:43:42	00:14:22	Colin	Miller	VET	IRVINE AC B
16	179	0:43:44	00:14:25	Gavin	Hogarth	SEN	STIRLING UNIV
17	137	0:44:10	00:14:59	Lindsay	Cunningham	SEN	GARSCUBE HARRIERS A
18	157	0:44:15	00:15:59	David	Mewse	VET	KILBARCHAN AAC C
19	141	0:44:38	00:15:22	Derek	Breen	VET	Giffnock North AAC A
20	172	0:44:48	00:14:37	Marc	McColl	SEN	SHETTLESTON HARRIERS C
21	126	0:44:54	00:14:56	Alan	Cullie	SEN	CALDERGLEN HARRIERS A
22	174	0:44:59	00:16:01	Joseph	Doyle	VET	VICTORIA PARK A
23	168	0:45:01	00:15:46	John	McPake	SEN	RON HILL CAMBUSLANG E
24	135	0:45:19	00:16:11	Mark	Smith	SEN	EAST KILBRIDE AC A
25	123	0:45:41	00:15:12	Colin	Scott	SEN	BELLAHOUSTON HARRIERS A
26	133	0:45:53	00:15:26	Gordon	Hanley	VET	DUMBARTON AAC A
27	167	0:45:56	00:15:35	Robert	Lyon	VET	RON HILL CAMBUSLANG D
28	122	0:46:21	00:16:20	Tom	McCulloch	VET	AYR SEAFORTH B
29	173	0:46:51	00:16:53	John	McCall	SEN	SHETTLESTON HARRIERS D
30	131	0:46:57	00:16:15	John	Foley	VET	CLYDESDALE HARRIERS B
31	125	0:47:13	00:16:32	Nick	Kelly	SEN	BELLAHOUSTON ROAD RUNNERS
32	148	0:47:48	00:16:20	Cameron	Spence	VET	INVERCLYDE AC B
33	142	0:47:55	00:16:34	Steven	Campbell	VET	Giffnock North AAC B
34	169	0:48:16	00:16:38	Alexander	Eaglesham	VET	RON HILL CAMBUSLANG F
35	160	0:48:23	00:16:39	Jim	Goldie	SEN	JW KILMARNOCK HARRIERS B
36	144	0:48:37	00:16:41	William	Jukes	VET	GREENOCK GLENPARK HARRIERS B
37	177	0:49:39	00:16:47	Blair	Millen	SEN	WESTERLANDS XC CLUB A
38	127	0:49:53	00:16:51	Roderick	Shanks	VET	CALDERGLEN HARRIERS B
39	145	0:50:15	00:16:54	Duncan	MacNeill	VET	GREENOCK GLENPARK HARRIERS C
40	128	0:50:31	00:17:20	George	Stewart	VET	CALDERGLEN HARRIERS C
41	138	0:50:53	00:17:35	Stephen	Cullen	VET	GARSCUBE HARRIERS B
42	120	0:52:45	00:15:51	Alan	Tait	SEN	AIRDRIE HARRIERS
43	132	0:52:58	00:17:12	Iain	Robertson	SEN	CLYDESDALE HARRIERS C
44	162	0:53:18	00:19:09	Jim	McLoone		KIRKINTILLOCH OLY B
45	175	0:53:56	00:21:17	Peter	McGregor	VET	VICTORIA PARK B
46	149	0:55:02	00:21:08	Samuel	Way	VET	INVERCLYDE AC C
47	129	0:55:23	00:18:04	Charles	Steven	VET	CALDERGLEN HARRIERS D
48	146	0:58:11	00:21:03	Richard	Hodelet	VET	GREENOCK GLENPARK HARRIERS D

WEST DISTRICT CROSS COUNTRY RELAYS TOLLCROSS PARK SAT 16TH OCTOBER 2004

Race 4 Senior/Junior Male 4 x 4000m

Leg 4							
Pos	No	Leg 4 Time	Ind Time	Runner		Cat	Club
1	170	0:53:27	00:13:15	Ryan	Montgomery	SEN	SHETTLESTON HARRIERS A
2	152	0:53:35	00:12:50	Lee	Richardson	SEN	IRVINE AC A
3	164	0:53:37	00:13:17	Charles	Thomson	SEN	RON HILL CAMBUSLANG A
4	165	0:53:55	00:13:28	Andrew	Wright	SEN	RON HILL CAMBUSLANG B
5	155	0:54:18	00:14:07	Thomas	Hearle	SEN	KILBARCHAN AAC A
6	147	0:55:57	00:14:38	David	McElhinney	SEN	INVERCLYDE AC A
7	121	0:56:13	00:14:46	Francis	Napier	SEN	AYR SEAFORTH A
8	171	0:56:28	00:14:48	David	Cameron	SEN	SHETTLESTON HARRIERS B
9	166	0:56:29	00:13:58	Jasmair	Pal	SEN	RON HILL CAMBUSLANG C
10	143	0:56:42	00:14:35	Andrew	McCall	U20	GREENOCK GLENPARK HARRIERS A
11	130	0:56:45	00:14:54	Derek	Halpin	SEN	CLYDESDALE HARRIERS A
12	156	0:56:50	00:14:49	David	Boal	SEN	KILBARCHAN AAC B
13	179	0:57:30	00:13:46	Iain	Yates	SEN	STIRLING UNIV
14	153	0:58:26	00:14:44	Tony	McKnight	SEN	IRVINE AC B
15	161	0:58:47	00:15:58	Robert	Rogerson	VET	KIRKINTILLOCH OLY A
16	172	0:59:18	00:14:30	Stephen	Matthews	U20	SHETTLESTON HARRIERS C
17	159	0:59:28	00:16:23	Graham	Cairns	VET	JW KILMARNOCK HARRIERS A
18	137	0:59:33	00:15:23	Iain	Cullen	VET	GARSCUBE HARRIERS A
19	157	0:59:57	00:15:42	Calum	Morrison	U20	KILBARCHAN AAC C
20	126	0:60:27	00:15:33	Graham	Allan	SEN	CALDERGLEN HARRIERS A
21	141	0:60:32	00:15:54	Gerard	McNamee	VET	Giffnock North AAC A
22	174	0:60:55	00:15:56	Gus	Munro	SEN	VICTORIA PARK A
23	123	0:61:08	00:15:27	Campbell	Joss	VET	BELLAHOUSTON HARRIERS A
24	133	0:61:25	00:15:32	Steven	Somerville	VET	DUMBARTON AAC A
25	135	0:61:29	00:16:10	Graeme	Haddow	VET	EAST KILBRIDE AC A
26	167	0:61:46	00:15:50	Bernard	Gough	VET	RON HILL CAMBUSLANG D
27	168	0:62:33	00:17:32	Scott	Hunter	SEN	RON HILL CAMBUSLANG E
28	125	0:62:39	00:15:26	Scott	Kennedy	SEN	BELLAHOUSTON ROAD RUNNERS
29	131	0:64:09	00:17:12	James	Shields	VET	CLYDESDALE HARRIERS B
30	142	0:64:14	00:16:19	Robin	Grant	VET	Giffnock North AAC B
31	160	0:64:29	00:16:06	Eric	Dickson	SEN	JW KILMARNOCK HARRIERS B
32	148	0:64:40	00:16:52	Robert	Shaw	VET	INVERCLYDE AC B
33	173	0:64:42	00:17:51	Kenneth	McClean	VET	SHETTLESTON HARRIERS D
34	144	0:64:58	00:16:21	Daniel	McLaughlin	VET	GREENOCK GLENPARK HARRIERS B
35	169	0:65:02	00:16:46	Matthew	Murphy	U20	RON HILL CAMBUSLANG F
36	122	0:65:49	00:19:28	Kevan	Fulton	SEN	AYR SEAFORTH B
37	138	0:66:03	00:15:10	Euan	Mackay	VET	GARSCUBE HARRIERS B
38	145	0:67:01	00:16:46	Norman	Hay	VET	GREENOCK GLENPARK HARRIERS C
39	128	0:67:05	00:16:34	Kenneth	Davidson	SEN	CALDERGLEN HARRIERS C
40	132	0:67:26	00:14:28	Michael	Diver	SEN	CLYDESDALE HARRIERS C
41	177	0:67:43	00:18:04	Charles	Campbell	SEN	WESTERLANDS XC CLUB A
42	120	0:68:47	00:16:02	Kenny	O'Neill	SEN	AIRDRIE HARRIERS
43	162	0:73:07	00:19:49	Martin	Macguire		KIRKINTILLOCH OLY B
44	129	0:76:13	00:20:50	Colin	Macdonald	VET	CALDERGLEN HARRIERS D
45	146	0:78:07	00:19:56	Kenneth	Scott	VET	GREENOCK GLENPARK HARRIERS D
46							
47							
48							