

WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Results

RACE 1 YOUNG FEMALE ATHLETES 3 X 2,500M

Leg 1

Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	18	00:09:51	00:09:51	Emily Pollock	U13	GREENOCK GLENPARK A
2	25	00:09:56	00:09:56	Kirsty Porteous	U13	KILBARCHAN AAC A
3	40	00:09:56	00:09:56	Deborah Hannah	U13	KIRKINTILLOCH OLYMPIANS B
4	3	00:10:07	00:10:07	Michaela Stephen	U13	CITY OF GLASGOW B
5	5	00:10:09	00:10:09	Rhona Calder	U13	EAST KILBRIDE AAC A
6	24	00:10:10	00:10:10	Paige Douglas	U13	IRVINE AC B
7	7	00:10:16	00:10:16	Karin Belch	U13	GIFFNOCK NORTH A
8	34	00:10:16	00:10:16	Lois Shankland	U13	JW KILMARNOCK AC B
9	49	00:10:18	00:10:18	Lauren Mooney	U13	WHITEMOSS ACC A
10	16	00:10:23	00:10:23	Katie McKnight	U13	GLASGOW SCHOOL OF SPORT A
11	20	00:10:28	00:10:28	Nynke Mullholland	U13	INVERCLYDE AC A
12	36	00:10:28	00:10:28	Bethany Ross	U13	JW KILMARNOCK AC D
13	45	00:10:37	00:10:37	Mhairi Brown	U13	RON HILL CAMBUSLANG A
14	15	00:10:41	00:10:41	Ciara Gracie	U13	GIRVAN AC
15	50	00:10:44	00:10:44	Rebecca Grant	U13	WHITEMOSS ACC B
16	9	00:10:44	00:10:44	Heather Howie	U13	GIFFNOCK NORTH C
17	42	00:10:48	00:10:48	Nicola Lindsay	U13	LAW & DISTRICT A
18	39	00:10:48	00:10:48	Alexandra Lamond	U13	KIRKINTILLOCH OLYMPIANS A
19	8	00:10:48	00:10:48	Louise Bainbridge	U13	GIFFNOCK NORTH B
20	26	00:10:53	00:10:53	Vanessa Young	U13	KILBARCHAN AAC B
21	33	00:10:59	00:10:59	Sarah McNish	U13	JW KILMARNOCK AC A
22	6	00:11:03	00:11:03	Fiona Borthwick	U13	EAST KILBRIDE AAC B
23	35	00:11:05	00:11:05	Stephanie Miller	U13	JW KILMARNOCK AC C
24	38	00:11:07	00:11:07	Stephanie Sloan	U13	JW KILMARNOCK AC F
25	23	00:11:07	00:11:07	Victoria Conway	U13	IRVINE AC A
26	46	00:11:16	00:11:16	Amy Mullan	U13	RON HILL CAMBUSLANG B
27	41	00:11:16	00:11:16	Diane Ramsay	U13	KIRKINTILLOCH OLYMPIANS C
28	37	00:11:21	00:11:21	Sophie Benklow	U13	JW KILMARNOCK AC E
29	27	00:11:24	00:11:24	Nile McMillan	U13	KILBARCHAN AAC C
30	28	00:11:35	00:11:35	Ainsley Hards	U13	KILBARCHAN AAC D
31	4	00:11:35	00:11:35	Susie Nairn	U13	CITY OF GLASGOW C
32	29	00:11:46	00:11:46	Hannah Boyd	U13	KILBARCHAN AAC E
33	31	00:11:47	00:11:47	Meg Horne	U13	KILBARCHAN AAC G
34	30	00:11:54	00:11:54	Beth Milligan	U13	KILBARCHAN AAC F
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Results

RACE 1 YOUNG FEMALE ATHLETES 3 X 2,500M

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	3	0:19:06	00:08:59	Elizabeth	Potter	U15	CITY OF GLASGOW B
2	25	0:19:17	00:09:21	Natalie	Sharp	U15	KILBARCHAN AAC A
3	5	0:19:27	00:09:18	Beth	Duff	U15	EAST KILBRIDE AAC A
4	49	0:19:44	00:09:26	Laura	McCord	U15	WHITEMOSS ACC A
5	7	0:20:07	00:09:51	Nicole	McLeod	U15	GIFFNOCK NORTH A
6	45	0:20:27	00:09:50	Danielle	Melville	U15	RON HILL CAMBUSLANG A
7	16	0:20:30	00:10:07	Samantha	Kelly	U15	GLASGOW SCHOOL OF SPORT A
8	50	0:20:37	00:09:53	Stephanie	Robertson	U15	WHITEMOSS ACC B
9	20	0:20:42	00:10:14	Emma	Rice	U15	INVERCLYDE AC A
10	9	0:20:48	00:10:04	Effie	Gray	U15	GIFFNOCK NORTH C
11	34	0:20:55	00:10:39	Mia	Tait	U15	JW KILMARNOCK AC B
12	26	0:20:57	00:10:04	Lauren	Young	U15	KILBARCHAN AAC B
13	33	0:21:01	00:10:02	Lauren	Campbell	U15	JW KILMARNOCK AC A
14	8	0:21:01	00:10:13	Rachel	McDowall	U15	GIFFNOCK NORTH B
15	24	0:21:11	00:11:01	Nicole	Bunyan	U15	IRVINE AC B
16	4	0:21:24	00:09:49	Stephanie	Cameron	U15	CITY OF GLASGOW C
17	46	0:21:25	00:10:09	Claire	Wallace	U15	RON HILL CAMBUSLANG B
18	18	0:21:29	00:11:38	Katie	Pollock	U15	GREENOCK GLENPARK A
19	42	0:21:30	00:10:42	Kirsty	Appleton	U15	LAW & DISTRICT A
20	23	0:21:35	00:10:28	Sarah	Munn	U15	IRVINE AC A
21	15	0:21:45	00:11:04	Laura	McTaggart	U15	GIRVAN AC
22	36	0:21:53	00:11:25	Amy	Milliken	U15	JW KILMARNOCK AC D
23	40	0:21:54	00:11:58	Rebecca	MacLennan	U15	KIRKINTILLOCH OLYMPIANS B
24	28	0:22:01	00:10:26	Louise	McDonald	U15	KILBARCHAN AAC D
25	39	0:22:03	00:11:15	Julie	Connelly	U15	KIRKINTILLOCH OLYMPIANS A
26	27	0:22:12	00:10:48	Kirsty	Wilson	U15	KILBARCHAN AAC C
27	31	0:22:26	00:10:39	Miriam	Ford	U15	KILBARCHAN AAC G
28	35	0:22:36	00:11:31	Sally	Pugh	U15	JW KILMARNOCK AC C
29	30	0:22:38	00:10:44	Amanda	Herron	U15	KILBARCHAN AAC F
30	38	0:22:45	00:11:38	Emma	Smith	U15	JW KILMARNOCK AC F
31	29	0:23:11	00:11:25	Emma	Darroch	U15	KILBARCHAN AAC E
32	37	0:23:22	00:12:01	Louise	Martin	U15	JW KILMARNOCK AC E
33	41	0:23:37	00:12:21	Helen	Boot	U15	KIRKINTILLOCH OLYMPIANS C
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Results

RACE 1 YOUNG FEMALE ATHLETES 3 X 2,500M

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	25	0:28:44	00:09:27	Elspeth	Curran	U17	KILBARCHAN AAC A
2	49	0:29:19	00:09:35	Julie	Whyteside	U17	WHITEMOSS ACC A
3	7	0:29:49	00:09:42	Sarah	Phee	U17	GIFFNOCK NORTH A
4	16	0:29:56	00:09:26	Charlotte	McShane	U17	GLASGOW SCHOOL OF SPORT
5	3	0:30:08	00:11:02	Helen	Sweeney	U17	CITY OF GLASGOW B
6	9	0:30:35	00:09:47	Jennifer	Conway	U17	GIFFNOCK NORTH C
7	26	0:30:47	00:09:50	Christina	Rankin	U17	KILBARCHAN AAC B
8	8	0:30:51	00:09:50	Ruth	Joss	U17	GIFFNOCK NORTH B
9	33	0:30:57	00:09:56	Colleen	Tait	U17	JW KILMARNOCK AC A
10	34	0:31:24	00:10:29	Maire	Gorman	U17	JW KILMARNOCK AC B
11	50	0:31:59	00:11:22	Cheryl	Frame	U17	WHITEMOSS ACC B
12	4	0:32:09	00:10:45	Louise	Leadbetter	U17	CITY OF GLASGOW C
13	28	0:32:12	00:10:11	Jillian	Allan	U17	KILBARCHAN AAC D
14	20	0:32:23	00:11:41	Susanna	Spence	U17	INVERCLYDE AC A
15	18	0:32:32	00:11:03	Natalie	Donald	U17	GREENOCK GLENPARK A
16	42	0:32:35	00:11:05	Megan	Sydenham	U17	LAW & DISTRICT A
17	27	0:32:53	00:10:41	Eilidh	Menzies	U17	KILBARCHAN AAC C
18	40	0:32:55	00:11:01	Laura	McKie	U17	KIRKINTILLOCH OLYMPIAN
19	39	0:32:57	00:10:54	Fiona	Berry	U17	KIRKINTILLOCH OLYMPIAN
20	45	0:33:28	00:13:01	Leanne	Paterson	U17	RON HILL CAMBUSLANG A
21	29	0:33:29	00:10:18	Claire	McNicol	U17	KILBARCHAN AAC E
22	15	0:33:35	00:11:50	Rachel	Nelson	U17	GIRVAN AC
23	36	0:34:02	00:12:09	Yvonne	Richmond	U17	JW KILMARNOCK AC D
24	31	0:34:12	00:11:46	Nicole	Treacy	U17	KILBARCHAN AAC G
25	35	0:34:23	00:11:47	Heather	Hall	U17	JW KILMARNOCK AC C
26	30	0:34:29	00:11:51	Laura	Kennedy	U17	KILBARCHAN AAC F
27	41	0:36:01	00:12:24	Courtney	MacGuire	U17	KIRKINTILLOCH OLYMPIAN
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Results

RACE 2 YOUNG MALES ATHLETES 3 X 2500M

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	142	00:08:57	00:08:57	Stewart	Orr	U13	RON HILL CAMBUSLANG A
2	118	00:08:58	00:08:58	Paul	Currie	U13	INVERCLYDE AC A
3	108	00:09:00	00:09:00	S	Nimmo	U13	GIFFNOCK NORTH AAC B
4	130	00:09:04	00:09:04	Craig	Robertson	U13	JW KILMARNOCK HARRIERS AC A
5	150	00:09:06	00:09:06	Andrew	Dearie	U13	SHETTLESTON HARRIERS D
6	105	00:09:06	00:09:06	Adam	Gatens	U13	EAST KILBRIDE AAC A
7	101	00:09:11	00:09:11	Andrew	Rae	U13	AYR SEAFORTH
8	141	00:09:13	00:09:13	Grant	Middlemiss	U13	NITHSDALE AC
9	116	00:09:13	00:09:13	Andrew	Daisley	U13	GLASGOW SOS
10	122	00:09:13	00:09:13	Connor	Henderson	U13	KILBARCHAN AAC A
11	149	00:09:16	00:09:16	Nicholas	Devlin	U13	SHETTLESTON HARRIERS C
12	147	00:09:18	00:09:18	Adam	Drummond	U13	SHETTLESTON HARRIERS A
13	148	00:09:22	00:09:22	Gary	Smith	U13	SHETTLESTON HARRIERS B
14	136	00:09:23	00:09:23	Craig	McIntyre	U13	KIRKINTILLOCH OLYMPIANS A
15	107	00:09:24	00:09:24	Drew	Hollinshead	U13	GIFFNOCK NORTH AAC A
16	123	00:09:29	00:09:29	Jack	Lochans	U13	KILBARCHAN AAC B
17	124	00:09:31	00:09:31	Graham	Evans	U13	KILBARCHAN AAC C
18	126	00:09:32	00:09:32	David	Claes	U13	KILBARCHAN AAC E
19	109	00:09:35	00:09:35	Alisdair	McCallum	U15	GIFFNOCK NORTH AAC C
20	153	00:09:40	00:09:40	Ross	McCord	U13	WHITEMOSS AAC
21	143	00:09:44	00:09:44	Liam	Deeny	U13	RON HILL CAMBUSLANG B
22	125	00:09:46	00:09:46	Thomas	McDonald	U13	KILBARCHAN AAC D
23	111	00:09:46	00:09:46	Max	Lott	U13	GIFFNOCK NORTH AAC E
24	131	00:09:52	00:09:52	Ewen	Drifffield-Waddell	U13	JW KILMARNOCK HARRIERS AC B
25	132	00:09:54	00:09:54	Cameron	Mackie	U13	JW KILMARNOCK HARRIERS AC C
26	151	00:10:00	00:10:00	Paul	MacFarlane	U13	VICTORIA PARK AAC A
27	144	00:10:01	00:10:01	Lewis	McCrindle	U13	RON HILL CAMBUSLANG C
28	133	00:10:02	00:10:02	Lewis	Cornforth	U13	JW KILMARNOCK HARRIERS AC D
29	128	00:10:03	00:10:03	Callum	Blair	U13	KILBARCHAN AAC G
30	139	00:10:04	00:10:04	Billy	Clarkson	U13	LAW & DISTRICT AC A
31	113	00:10:04	00:10:04	Paul	Carrigan	U13	GIFFNOCK NORTH AAC G
32	106	00:10:06	00:10:06	Corey	Little	U13	EAST KILBRIDE AAC B
33	145	00:10:06	00:10:06	Jack	Hamilton	U13	RON HILL CAMBUSLANG D
34	127	00:10:08	00:10:08	Nicholas	Smith	U13	KILBARCHAN AAC F
35	110	00:10:10	00:10:10	Max	Costello	U13	GIFFNOCK NORTH AAC D
36	138	00:10:10	00:10:10	Chris	Allan	U13	KIRKINTILLOCH OLYMPIANS C
37	117	00:10:11	00:10:11	Liam	Campbell	U13	GREENOCK GLENPARK HARRIERS
38	146	00:10:11	00:10:11	Michael	Rankin	U13	RON HILL CAMBUSLANG E
39	112	00:10:15	00:10:15	Gareth	Ingram	U15	GIFFNOCK NORTH AAC F
40	102	00:10:17	00:10:17	Ewan	Murray	U13	CALDERGLEN H A
41	134	00:10:24	00:10:24	Andrew	Martin	U13	JW KILMARNOCK HARRIERS AC E
42	121	00:10:29	00:10:29	Niall	Kearney	U13	IRVINE AC B
43	152	00:10:34	00:10:34	Lewis	Wilson	U13	VICTORIA PARK AAC B
44	120	00:10:37	00:10:37	Jason	Connelly	U13	IRVINE AC A
45	137	00:10:58	00:10:58	Scott	Lawrie	U13	KIRKINTILLOCH OLYMPIANS B
46	135	00:11:00	00:11:00	Murray	McDonald	U13	JW KILMARNOCK HARRIERS AC F
47	104	00:11:33	00:11:33	Grant	Ferguson	U13	CALDERGLEN H C
48	103	00:11:35	00:11:35	Craig	Robinson	U13	CALDERGLEN H B

WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

RACE 2 YOUNG MALES ATHLETES 3 X 2500M

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	105	0:17:20	00:08:14	David	Gorman	U15	EAST KILBRIDE AAC A
2	147	0:17:34	00:08:16	Lachlan	Oates	U15	SHETTLESTON HARRIERS A
3	108	0:17:36	00:08:36	Steven	Gray	U15	GIFFNOCK NORTH AAC B
4	130	0:17:45	00:08:41	James	Wales	U15	JW KILMARNOCK HARRIERS AC A
5	116	0:17:46	00:08:33	Sean	Fontana	U15	GLASGOW SOS
6	118	0:17:46	00:08:48	Andrew	Campbell	U15	INVERCLYDE AC A
7	141	0:17:50	00:08:37	Philip	Middlemiss	U15	NITHSDALE AC
8	142	0:17:51	00:08:54	Steven	Taggart	U15	RON HILL CAMBUSLANG A
9	107	0:17:54	00:08:30	Miles	Hollinshead	U15	GIFFNOCK NORTH AAC A
10	122	0:18:00	00:08:47	Craig	MacDonald	U15	KILBARCHAN AAC A
11	124	0:18:04	00:08:33	Callum	Hawkins	U15	KILBARCHAN AAC C
12	123	0:18:14	00:08:45	Stuart	King	U15	KILBARCHAN AAC B
13	136	0:18:15	00:08:52	Adam	Hamilton	U15	KIRKINTILLOCH OLYMPIANS A
14	153	0:18:24	00:08:44	Gary	Mooney	U15	WHITEMOSS AAC
15	148	0:18:25	00:09:03	Ruairidh	Munro	U15	SHETTLESTON HARRIERS B
16	109	0:18:36	00:09:01	Lyle	Frank	U15	GIFFNOCK NORTH AAC C
17	101	0:18:38	00:09:27	Greg	Templeton	U15	AYR SEAFORTH
18	151	0:18:39	00:08:39	Gregor	Innes	U15	VICTORIA PARK AAC A
19	111	0:18:42	00:08:56	Ewan	McCallum	U15	GIFFNOCK NORTH AAC E
20	131	0:18:43	00:08:51	Mathew	Daley	U15	JW KILMARNOCK HARRIERS AC B
21	137	0:18:45	00:07:47	Matthew	Graham	U15	KIRKINTILLOCH OLYMPIANS B
22	125	0:18:51	00:09:05	Stuart	Miller	U15	KILBARCHAN AAC D
23	143	0:18:53	00:09:09	Craig	Nelson	U15	RON HILL CAMBUSLANG B
24	110	0:19:01	00:08:51	Matthew	Ritchie	U15	GIFFNOCK NORTH AAC D
25	106	0:19:05	00:08:59	John	Fergusson	U15	EAST KILBRIDE AAC B
26	117	0:19:13	00:09:02	Gerard	Cooke	U15	GREENOCK GLENPARK HARRIERS
27	139	0:19:15	00:09:11	Ross	MacDonald	U15	LAW & DISTRICT AC A
28	132	0:19:17	00:09:23	Jamie	Hannah	U15	JW KILMARNOCK HARRIERS AC C
29	149	0:19:18	00:10:02	Andrew	Clunes	U15	SHETTLESTON HARRIERS C
30	144	0:19:21	00:09:20	Ryan	Millar	U15	RON HILL CAMBUSLANG C
31	113	0:19:25	00:09:21	Paul	Bainbridge	U15	GIFFNOCK NORTH AAC G
32	112	0:19:26	00:09:11	Greg	Turner	U15	GIFFNOCK NORTH AAC F
33	102	0:19:29	00:09:12	Jamie	Ferguson	U15	CALDERGLEN H A
34	145	0:19:32	00:09:26	Andrew	Coulter	U15	RON HILL CAMBUSLANG D
35	121	0:19:32	00:09:03	Garry	Kerr	U15	IRVINE AC B
36	120	0:19:39	00:09:02	Ryan	McDonald	U15	IRVINE AC A
37	126	0:19:42	00:10:10	Connor	Stevenson	U15	KILBARCHAN AAC E
38	152	0:19:53	00:09:19	Michael	Gray	U15	VICTORIA PARK AAC B
39	134	0:20:14	00:09:50	David	Meikle	U15	JW KILMARNOCK HARRIERS AC E
40	133	0:20:20	00:10:18	David	Clark	U15	JW KILMARNOCK HARRIERS AC D
41	138	0:20:54	00:10:44	Neill	Hamilton	U15	KIRKINTILLOCH OLYMPIANS C
42	127	0:21:28	00:11:20	Christopher	McGeoch	U13	KILBARCHAN AAC F
43	103	0:21:47	00:10:12	Kyle	Gatens	U15	CALDERGLEN H B
44	150	0:21:51	00:12:45	Martin	Burnett	U15	SHETTLESTON HARRIERS D
45	135	0:22:25	00:11:25	Evan	Cornforth	U13	JW KILMARNOCK HARRIERS AC F
46	128	0:22:36	00:12:33	Gregor	Hirst	U13	KILBARCHAN AAC G
47							
48							

WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

RACE 2 YOUNG MALES ATHLETES 3 X 2500M

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	116	0:25:34	00:07:48	John	Cooke	U17	GLASGOW SOS
2	105	0:25:42	00:08:22	Jamie	Clements	U17	EAST KILBRIDE AAC A
3	122	0:25:50	00:07:50	Derek	Hawkins	U17	KILBARCHAN AAC A
4	142	0:25:56	00:08:05	Ryan	Dickson	U17	RON HILL CAMBUSLANG A
5	108	0:26:05	00:08:29	Ross	McLearie	U17	GIFFNOCK NORTH AAC B
6	107	0:26:08	00:08:14	James	Baird	U17	GIFFNOCK NORTH AAC A
7	141	0:26:10	00:08:20	Ross	Hasting	U17	NITHSDALE AC
8	123	0:26:12	00:07:58	Scott	Hawkins	U17	KILBARCHAN AAC B
9	130	0:26:20	00:08:35	Cameron	Wilson	U17	JW KILMARNOCK HARRIERS AC
10	136	0:26:20	00:08:05	Allan	Ramsay	U17	KIRKINTILLOCH OLYMPIANS A
11	147	0:26:24	00:08:50	Mark	McKelvie	U17	SHETTLESTON HARRIERS A
12	124	0:26:24	00:08:20	Paul	Leck	U17	KILBARCHAN AAC C
13	151	0:26:50	00:08:11	Martin	Hayes	U17	VICTORIA PARK AAC A
14	118	0:26:53	00:09:07	Sean	Gaffney	U17	INVERCLYDE AC A
15	109	0:27:00	00:08:24	Craig	Mccallum	U17	GIFFNOCK NORTH AAC C
16	125	0:27:08	00:08:17	Grant	Higgins	U17	KILBARCHAN AAC D
17	153	0:27:14	00:08:50	David	Robertson	U17	WHITEMOSS AAC
18	143	0:27:18	00:08:25	Raymond	Black	U17	RON HILL CAMBUSLANG B
19	111	0:27:21	00:08:39	Ian	Whiteford	U17	GIFFNOCK NORTH AAC E
20	148	0:27:27	00:09:02	Liam	McLaughlin	U17	SHETTLESTON HARRIERS B
21	117	0:27:29	00:08:16	Stephen	Cooke	U17	GREENOCK GLENPARK HARRIERS
22	121	0:27:31	00:07:59	Daniel	Swanson	U17	IRVINE AC B
23	131	0:27:35	00:08:52	Roger	Naughton	U17	JW KILMARNOCK HARRIERS AC
24	101	0:27:39	00:09:01	Craig	Hutton	U17	AYR SEAFORTH
25	110	0:27:41	00:08:40	Stuart	Whiteford	U17	GIFFNOCK NORTH AAC D
26	120	0:27:54	00:08:15	William	Morgan	U17	IRVINE AC A
27	137	0:28:01	00:09:16	Kevin	Cornes	U17	KIRKINTILLOCH OLYMPIANS B
28	112	0:28:02	00:08:36	Jordan	Clark	U17	GIFFNOCK NORTH AAC F
29	106	0:28:31	00:09:26	Niall	Walker	U17	EAST KILBRIDE AAC B
30	113	0:28:39	00:09:14	David	Walker	U17	GIFFNOCK NORTH AAC G
31	144	0:28:44	00:09:23	Dominic	Deeny	U17	RON HILL CAMBUSLANG C
32	152	0:29:17	00:09:24	Niall	Murray	U17	VICTORIA PARK AAC B
33	126	0:29:19	00:09:37	Graeme	Wallace	U17	KILBARCHAN AAC E
34	102	0:29:50	00:10:21	Stephen	Reilly	U17	CALDERGLEN H A
35	132	0:30:24	00:11:07	Ross	Gilmour	U17	JW KILMARNOCK HARRIERS AC
36	127	0:30:26	00:08:58	NO ATHLE DECLARED			KILBARCHAN AAC F
37	134	0:30:42	00:10:28	Ryan	Kennedy	U17	JW KILMARNOCK HARRIERS AC
38	133	0:30:46	00:10:26	Stuart	Munro	U17	JW KILMARNOCK HARRIERS AC
39	103	0:32:34	00:10:47	Gary	Robinson	U15	CALDERGLEN H B
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Results

RACE 3 SENIOR/JUNIOR FEMALES 3 X 4000M

Leg 1

Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	91	00:15:22	00:15:22	Michelle Sandison	SEN	SHETTLESTON HARRIERS LADIES
2	85	00:15:34	00:15:34	Lindsay McMahon	SEN	JW KILMARNOCK HARRIERS A
3	65	00:15:52	00:15:52	Joanne Finch	U20	CITY OF GLASGOW A
4	83	00:16:14	00:16:14	Dennise Smith	SEN	KILBARCHAN AAC A
5	71	00:16:46	00:16:46	Heather Akers	VET	GARSCUBE HARRIERS A
6	74	00:16:48	00:16:48	Doleen Galbraith	VET	GIFFNOCK NORTH AAC A
7	82	00:16:54	00:16:54	Helen Morton	VET	IRVINE AC
8	68	00:17:01	00:17:01	Yvonne Green	VET	CLYDESDALE HARRIERS
9	89	00:17:09	00:17:09	Aida Stewart	VET	KIRKINTILLOCH OLYMPIANS A
10	70	00:17:48	00:17:48	Valerie Martin	SEN	EAST KILBRIDE AC A
11	75	00:17:49	00:17:49	Kerry McGee	U20	GIFFNOCK NORTH AAC B
12	86	00:17:52	00:17:52	Paula Wilson	SEN	JW KILMARNOCK HARRIERS B
13	79	00:17:55	00:17:55	Anne Hay	VET	GREENOCK GLENPARK HARRIERS A
14	94	00:18:10	00:18:10	Jane Robertson	SEN	WESTERLANDS CCC
15	81	00:18:24	00:18:24	Jennifer Fitzgerald	SEN	HELENSBURGH AAC
16	92	00:18:29	00:18:29	Kirsty Haxby	U20	STRATHCLYDE UNIVERSITY HARRIERS
17	76	00:19:01	00:19:01	Mary Anderson	SEN	GIFFNOCK NORTH AAC C
18	63	00:19:50	00:19:50	Barbara Sloss	VET	CALDERGLEN HARRIERS A
19	87	00:19:58	00:19:58	Jan Mcleod	VET	JW KILMARNOCK HARRIERS C
20	88	00:20:25	00:20:25	Susan Fleming	SEN	JW KILMARNOCK HARRIERS D
21	90	00:21:51	00:21:51	Alison Graham	VET	KIRKINTILLOCH OLYMPIANS B
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

RACE 3 SENIOR/JUNIOR FEMALES 3 X 4000M

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	65	0:32:32	00:16:40	Susan	Finch	VET	CITY OF GLASGOW A
2	85	0:33:06	00:17:32	Kara	Tait	U20	JW KILMARNOCK HARRIERS A
3	83	0:33:44	00:17:30	Karen	Yule	SEN	KILBARCHAN AAC A
4	74	0:34:16	00:17:28	Mary	McCutcheon	VET	GIFFNOCK NORTH AAC A
5	70	0:34:19	00:16:31	Kelly	Smith	SEN	EAST KILBRIDE AC A
6	71	0:34:22	00:17:36	Jill	O'Neil	SEN	GARSCUBE HARRIERS A
7	68	0:34:57	00:17:56	Aileen	Scott	SEN	CLYDESDALE HARRIERS
8	89	0:36:00	00:18:51	Fiona	Gentles	SEN	KIRKINTILLOCH OLYMPIANS A
9	82	0:36:14	00:19:20	Elizabeth	McGarry	VET	IRVINE AC
10	75	0:36:33	00:18:44	Sylvia	Campbell	VET	GIFFNOCK NORTH AAC B
11	86	0:36:55	00:19:03	Laura	Cairns	SEN	JW KILMARNOCK HARRIERS B
12	94	0:37:39	00:19:29	Muffy	Calder	VET	WESTERLANDS CCC
13	81	0:37:50	00:19:26	Debbie	Savage	SEN	HELENSBURGH AAC
14	76	0:38:10	00:19:09	Catherine	Scott	VET	GIFFNOCK NORTH AAC C
15	92	0:38:38	00:20:09	Sarah	Shaw	SEN	STRATHCLYDE UNIVERSITY HARRIERS
16	88	0:39:49	00:19:24	NO ATHLETE DECLARED			JW KILMARNOCK HARRIERS D
17	63	0:40:00	00:20:10	Mary	Goldsmith	VET	CALDERGLEN HARRIERS A
18	87	0:40:19	00:20:21	Jade	Minto	SEN	JW KILMARNOCK HARRIERS C
19	79	0:40:49	00:22:54	Margaret	MacCabe	SEN	GREENOCK GLENPARK HARRIERS A
20	90	0:40:58	00:19:07	NO ATHLETE DECLARED			KIRKINTILLOCH OLYMPIANS B
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

RACE 3 SENIOR/JUNIOR FEMALES 3 X 4000M

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	65	0:48:06	00:15:34	Suzanne	Benyon/Owen	SEN	CITY OF GLASGOW A
2	85	0:48:47	00:15:41	Allison	Higgins	SEN	JW KILMARNOCK HARRIERS A
3	74	0:51:54	00:17:38	Maureen	McVey	VET	GIFFNOCK NORTH AAC A
4	71	0:52:12	00:17:50	Marion	Kelly	SEN	GARSCUBE HARRIERS A
5	70	0:52:26	00:18:07	Angela	Martin	SEN	EAST KILBRIDE AC A
6	68	0:54:44	00:19:47	Sarah	Kinsella	VET	CLYDESDALE HARRIERS
7	83	0:55:02	00:21:18	Kate	O'Brien	SEN	KILBARCHAN AAC A
8	75	0:55:05	00:18:32	Lauren	Baird	U20	GIFFNOCK NORTH AAC B
9	81	0:55:10	00:17:20	Julia	Henderson	SEN	HELENSBURGH AAC
10	86	0:55:16	00:18:21	Rosemary	McMillan	VET	JW KILMARNOCK HARRIERS B
11	89	0:55:41	00:19:41	Shirley	MacNab	SEN	KIRKINTILLOCH OLYMPIANS A
12	82	0:55:50	00:19:36	Mary	Miller	VET	IRVINE AC
13	94	0:57:01	00:19:22	Liz	Horton	SEN	WESTERLANDS CCC
14	92	0:57:18	00:18:40	Francis	Page	SEN	STRATHCLYDE UNIVERSITY HARRIERS
15	76	0:58:05	00:19:55	Janette	Maley	SEN	GIFFNOCK NORTH AAC C
16	79	0:59:47	00:18:58	Alison	King	SEN	GREENOCK GLENPARK HARRIERS A
17	63	0:60:15	00:20:15	Mandy	Cullie	SEN	CALDERGLEN HARRIERS A
18	87	0:60:41	00:20:22	Morag	Cairns	VET	JW KILMARNOCK HARRIERS C
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Results

Race 4 Senior/Junior Male 4 x 4000m

Leg 1

Pos	No	Leg 1 Time	Ind Time	Runner		Cat Club
1	195	00:12:53	00:12:53	John	McLoone	SEN KIRKINTILLOCH OLYMPIANS A
2	176	00:12:58	00:12:58	Kevin	Clark	SEN EAST KILBRIDE AC A
3	210	00:13:01	00:13:01	Charles	Thomson	SEN RON HILL CAMBUSLANG A
4	191	00:13:04	00:13:04	David	Millar	SEN IRVINE AC A
5	161	00:13:22	00:13:22	Francis	Napier	SEN AYR SEAFORTH AAC A
6	215	00:13:27	00:13:27	Ryan	Montgomery	SEN SHETTLESTON HARRIERS A
7	211	00:13:27	00:13:27	Joseph	Kealey	SEN RON HILL CAMBUSLANG B
8	216	00:13:27	00:13:27	Brian	Mcgarrrity	SEN SHETTLESTON HARRIERS B
9	206	00:13:48	00:13:48	James	Snodgrass	SEN KILBARCHAN AAC A
10	192	00:13:51	00:13:51	Ronnie	Ballantyne	U20 IRVINE AC B
11	164	00:13:57	00:13:57	Kevin	Downie	SEN CALDERGLEN HARRIERS A
12	212	00:14:06	00:14:06	Stephen	McRory	U20 RON HILL CAMBUSLANG C
13	200	00:14:07	00:14:07	Jamie	McMorrow	SEN LAW & DISTRICT AAC
14	188	00:14:08	00:14:08	Gerard	Gaffney	VET INVERCLYDE AC A
15	183	00:14:17	00:14:17	Angus	MacCormick	SEN GIFFNOCK NORTH AAC A
16	198	00:14:23	00:14:23	Ewan	Jack	SEN JW KILMARNOCK HARRIERS A
17	165	00:14:28	00:14:28	Brian	Carrigan	SEN CALDERGLEN HARRIERS B
18	224	00:14:30	00:14:30	Chris	Upson	VET WESTERLANDS CCC A
19	189	00:14:32	00:14:32	Les	McMahon	VET INVERCLYDE AC B
20	201	00:14:36	00:14:36	Richard	Davidson	VET GREENOCK GLENPARK HARRIERS A
21	185	00:14:37	00:14:37	Douglas	Rathey	U20 GIFFNOCK NORTH AAC C
22	207	00:14:43	00:14:43	Chris	Devenney	U20 KILBARCHAN AAC B
23	172	00:14:53	00:14:53	Michael	Diver	SEN CLYDESDALE HARRIERS C
24	217	00:14:56	00:14:56	Craig	Stevenson	U20 SHETTLESTON HARRIERS C
25	179	00:14:56	00:14:56	Robert	McLennan	VET GARSCLUBE HARRIERS A
26	208	00:15:11	00:15:11	Michael	McGinley	VET KILBARCHAN AAC C
27	169	00:15:17	00:15:17	Euan	Robb	U20 CALDERGLEN HARRIERS F
28	177	00:15:23	00:15:23	Mark	Smith	SEN EAST KILBRIDE AC B
29	170	00:15:25	00:15:25	Augustine	Cairney	VET CLYDESDALE HARRIERS A
30	184	00:15:25	00:15:25	Derek	Breen	VET GIFFNOCK NORTH AAC B
31	193	00:15:28	00:15:28	Andrew	Rennie	VET IRVINE AC C
32	221	00:15:37	00:15:37	Derek	Watson SNR	VET VICTORIA PARK AAC A
33	202	00:15:48	00:15:48	Alan	O'Rourke	SEN GREENOCK GLENPARK HARRIERS B
34	196	00:15:56	00:15:56	Neil	McCover	VET KIRKINTILLOCH OLYMPIANS B
35	213	00:15:57	00:15:57	John	McPake	SEN RON HILL CAMBUSLANG D
36	194	00:16:02	00:16:02	Iain	Hamilton	VET IRVINE AC D
37	171	00:16:06	00:16:06	Iain	Robertson	SEN CLYDESDALE HARRIERS B
38	190	00:16:08	00:16:08	Robert	Shaw	VET INVERCLYDE AC C
39	162	00:16:19	00:16:19	David	Mathieson	VET AYR SEAFORTH AAC B
40	209	00:16:23	00:16:23	Fraser	Williams	U20 KILBARCHAN AAC D
41	167	00:16:23	00:16:23	Gerard	Mullen	VET CALDERGLEN HARRIERS D
42	220	00:16:26	00:16:26	Ian	McPhee	sen TROON TORTOISES AC
43	203	00:16:32	00:16:32	Duncan	MacNeill	VET GREENOCK GLENPARK HARRIERS C
44	166	00:16:37	00:16:37	Jim	Holmes	SEN CALDERGLEN HARRIERS C
45	168	00:16:51	00:16:51	Roderick	Shanks	VET CALDERGLEN HARRIERS E
46	186	00:17:01	00:17:01	Steven	Campbell	VET GIFFNOCK NORTH AAC D
47	199	00:17:12	00:17:12	Eric	Dickson	SEN JW KILMARNOCK HARRIERS B
48	225	00:17:14	00:17:14	John	Donnelly	SEN WESTERLANDS CCC B
49	178	00:17:19	00:17:19	Gordon	Colvin	VET EAST KILBRIDE AC C
50	197	00:17:43	00:17:43	Peter	Ramsay	VET KIRKINTILLOCH OLYMPIANS C
51	187	00:17:57	00:17:57	Bernie	Campbell	VET GIFFNOCK NORTH AAC E
52	214	00:18:02	00:18:02	David	Fairweather	VET RON HILL CAMBUSLANG E
53	163	00:18:27	00:18:27	Iain	Baird	VET AYR SEAFORTH AAC C

WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

54	204	00:19:25	00:19:25	Richard	Hodelet	VET GREENOCK GLENPARK HARRIERS D
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Race 4 Senior/Junior Male 4 x 4000m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	210	0:26:06	00:13:05	John	Brown	VET	RON HILL CAMBUSLANG A
2	161	0:26:37	00:13:15	Robert	Napier	SEN	AYR SEAFORTH AAC A
3	176	0:26:39	00:13:41	Grant	Baillie	SEN	EAST KILBRIDE AC A
4	191	0:26:41	00:13:37	George	Irving	SEN	IRVINE AC A
5	211	0:26:49	00:13:22	Graeme	Croll	SEN	RON HILL CAMBUSLANG B
6	206	0:26:56	00:13:08	Ross	Toole	U20	KILBARCHAN AAC A
7	216	0:27:01	00:13:34	Gordon	Phillips	U20	SHETTLESTON HARRIERS B
8	215	0:27:05	00:13:38	Stephen	Matthews	SEN	SHETTLESTON HARRIERS A
9	188	0:27:12	00:13:04	Thomas	Murray	VET	INVERCLYDE AC A
10	195	0:27:18	00:14:25	Alistair	Allan	SEN	KIRKINTILLOCH OLYMPIANS A
11	201	0:27:32	00:12:56	Christopher	MacKay	SEN	GREENOCK GLENPARK HARRIERS A
12	164	0:27:59	00:14:02	Alan	Derrick	SEN	CALDERGLEN HARRIERS A
13	200	0:28:05	00:13:58	James	MacDonald	VET	LAW & DISTRICT AAC
14	207	0:28:09	00:13:26	Calum	Morrison	SEN	KILBARCHAN AAC B
15	212	0:28:22	00:14:16	Stephen	Dunn	U20	RON HILL CAMBUSLANG C
16	183	0:28:43	00:14:26	Neil	Deerey	SEN	GIFFNOCK NORTH AAC A
17	192	0:28:45	00:14:54	Brian	Craig	VET	IRVINE AC B
18	221	0:28:56	00:13:19	Derek	Watson JNR	SEN	VICTORIA PARK AAC A
19	193	0:29:52	00:14:24	Scott	McKendrick	SEN	IRVINE AC C
20	208	0:29:56	00:14:45	Donald	Petrie	VET	KILBARCHAN AAC C
21	189	0:29:59	00:15:27	Stuart	Dalglish	VET	INVERCLYDE AC B
22	198	0:30:09	00:15:46	Stewart	McAllister	SEN	JW KILMARNOCK HARRIERS A
23	185	0:30:22	00:15:45	David	Williamson	U20	GIFFNOCK NORTH AAC C
24	165	0:30:29	00:16:01	Scot	Hill	SEN	CALDERGLEN HARRIERS B
25	224	0:30:45	00:16:15	Charles	Campbell	SEN	WESTERLANDS CCC A
26	217	0:30:49	00:15:53	Mark	McKenney	U20	SHETTLESTON HARRIERS C
27	177	0:30:52	00:15:29	Graeme	Haddow	VET	EAST KILBRIDE AC B
28	184	0:31:05	00:15:40	Hugh	Gallagher	VET	GIFFNOCK NORTH AAC B
29	202	0:31:06	00:15:18	Daniel	McLaughlin	VET	GREENOCK GLENPARK HARRIERS B
30	170	0:31:12	00:15:47	Pete	Cartwright	VET	CLYDESDALE HARRIERS A
31	196	0:31:15	00:15:19	Edward	McLoone	SEN	KIRKINTILLOCH OLYMPIANS B
32	213	0:31:46	00:15:49	Thomas	McPake	VET	RON HILL CAMBUSLANG D
33	179	0:32:15	00:17:19	Stephen	Cullen	VET	GARSCUBE HARRIERS A
34	171	0:32:17	00:16:11	Robert	Young	VET	CLYDESDALE HARRIERS B
35	167	0:32:54	00:16:31	George	Stewart	VET	CALDERGLEN HARRIERS D
36	162	0:33:05	00:16:46	Tom	McCulloch	VET	AYR SEAFORTH AAC B
37	190	0:33:21	00:17:13	David	Dunn	SEN	INVERCLYDE AC C
38	203	0:33:31	00:16:59	James	Cuffe	VET	GREENOCK GLENPARK HARRIERS C
39	166	0:33:37	00:17:00	Edward	Reid	VET	CALDERGLEN HARRIERS C
40	186	0:33:41	00:16:40	Robin	Grant	VET	GIFFNOCK NORTH AAC D
41	209	0:35:08	00:18:45	Robert	Connell	VET	KILBARCHAN AAC D
42	168	0:35:14	00:18:23	Charles	Steven	VET	CALDERGLEN HARRIERS E
43	220	0:35:44	00:19:18	Andrew	Kerr	SEN	TROON TORTOISES AC
44	197	0:35:49	00:18:06	Colin	Lynn	VET	KIRKINTILLOCH OLYMPIANS C
45	163	0:35:50	00:17:23	Paul	Turnbull	VET	AYR SEAFORTH AAC C
46	187	0:36:02	00:18:05	Martin	Myant	VET	GIFFNOCK NORTH AAC E
47	199	0:36:48	00:19:36	Edward	Bellomo	VET	JW KILMARNOCK HARRIERS B
48	204	0:39:39	00:20:14	Thomas	Knight	VET	GREENOCK GLENPARK HARRIERS D
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Race 4 Senior/Junior Male 4 x 4000m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	210	0:39:04	00:12:58	Iain	MacCorquodale	SEN	RON HILL CAMBUSLANG A
2	206	0:39:40	00:12:44	Conor	McNulty	U20	KILBARCHAN AAC A
3	216	0:40:06	00:13:05	Paul	Sorrie	SEN	SHETTLESTON HARRIERS B
4	188	0:40:15	00:13:03	Craig	Ruddy	U20	INVERCLYDE AC A
5	215	0:40:16	00:13:11	Kenneth	McCoy	SEN	SHETTLESTON HARRIERS A
6	191	0:40:20	00:13:39	William	Richardson	SEN	IRVINE AC A
7	176	0:40:48	00:14:09	David	J Condra	VET	EAST KILBRIDE AC A
8	211	0:40:52	00:14:03	David	Ward	U20	RON HILL CAMBUSLANG B
9	195	0:41:08	00:13:50	Chris	Stewart	SEN	KIRKINTILLOCH OLYMPIANS A
10	200	0:42:00	00:13:55	Stephen	Allen	SEN	LAW & DISTRICT AAC
11	207	0:42:03	00:13:54	John	McMillan	SEN	KILBARCHAN AAC B
12	161	0:42:10	00:15:33	David	J Alexander	SEN	AYR SEAFORTH AAC A
13	164	0:42:18	00:14:19	Martin	Duthie	VET	CALDERGLEN HARRIERS A
14	201	0:42:43	00:15:11	Robert	Wilson	VET	GREENOCK GLENPARK HARRIERS A
15	192	0:42:48	00:14:03	Stephen	Daye	U20	IRVINE AC B
16	212	0:42:56	00:14:34	Gerry	Reid	VET	RON HILL CAMBUSLANG C
17	183	0:43:43	00:15:00	Gerard	McNamee	VET	GIFFNOCK NORTH AAC A
18	221	0:44:23	00:15:27	Duncan	Thomson	SEN	VICTORIA PARK AAC A
19	185	0:45:12	00:14:50	Keith	Dunlop	SEN	GIFFNOCK NORTH AAC C
20	208	0:45:26	00:15:30	David	Mewse	VET	KILBARCHAN AAC C
21	189	0:45:37	00:15:38	Robert	Gray	SEN	INVERCLYDE AC B
22	193	0:45:46	00:15:54	James	Sneddon	SEN	IRVINE AC C
23	198	0:46:14	00:16:05	David	Mitchell	SEN	JW KILMARNOCK HARRIERS A
24	165	0:46:19	00:15:50	Graham	Allan	SEN	CALDERGLEN HARRIERS B
25	224	0:46:42	00:15:57	Daniel	Reid	VET	WESTERLANDS CCC A
26	177	0:46:47	00:15:55	Edgar	Ramage	VET	EAST KILBRIDE AC B
27	196	0:46:51	00:15:36	Robert	Rogerson	VET	KIRKINTILLOCH OLYMPIANS B
28	202	0:46:52	00:15:46	Neil	Orr	SEN	GREENOCK GLENPARK HARRIERS B
29	184	0:47:10	00:16:05	Ian	Millar	SEN	GIFFNOCK NORTH AAC B
30	179	0:47:34	00:15:19	David	Atkin	VET	GARSCUBE HARRIERS A
31	213	0:47:58	00:16:12	Ian	Gordon	VET	RON HILL CAMBUSLANG D
32	162	0:48:05	00:15:00	Ryan	Templeton	U20	AYR SEAFORTH AAC B
33	170	0:48:12	00:17:00	Cliff	Brown	VET	CLYDESDALE HARRIERS A
34	186	0:49:14	00:15:33	Marc	Roper	VET	GIFFNOCK NORTH AAC D
35	166	0:49:48	00:16:11	Andrew	Henderson	VET	CALDERGLEN HARRIERS C
36	171	0:50:02	00:17:45	Peter	Rudzinski	VET	CLYDESDALE HARRIERS B
37	190	0:50:35	00:17:14	John	Bannister	VET	INVERCLYDE AC C
38	167	0:50:40	00:17:46	Russell	Couper	SEN	CALDERGLEN HARRIERS D
39	203	0:50:54	00:17:23	Kenneth	Scott	VET	GREENOCK GLENPARK HARRIERS C
40	199	0:51:45	00:14:57	Graham	Cairns	VET	JW KILMARNOCK HARRIERS B
41	197	0:53:29	00:17:40	Jim	McLoone	VET	KIRKINTILLOCH OLYMPIANS C
42	209	0:53:36	00:18:28	Jason	Pender	SEN	KILBARCHAN AAC D
43	187	0:54:03	00:18:01	David	Logan	VET	GIFFNOCK NORTH AAC E
44	220	0:54:23	00:18:39	Vincent	Daly	VET	TROON TORTOISES AC
45	168	0:55:11	00:19:57	Malcolm	Buchanan	VET	CALDERGLEN HARRIERS E
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WEST DISTRICT CROSS COUNTRY RELAYS DAM PARK AYR SATURDAY 8TH OCTOBER 2005

Race 4 Senior/Junior Male 4 x 4000m

Leg 4							
Pos	No	Leg 4 Time	Ind Time	Runner		Cat	Club
1	210	0:52:04	00:13:00	Robert	Gilroy	SEN	RON HILL CAMBUSLANG A
2	206	0:52:42	00:13:02	Thomas	Hearle	SEN	KILBARCHAN AAC A
3	188	0:52:48	00:12:33	Mark	Pollard	SEN	INVERCLYDE AC A
4	191	0:53:39	00:13:19	Lee	Richardson	SEN	IRVINE AC A
5	215	0:53:45	00:13:29	William	Coyle	VET	SHETTLESTON HARRIERS A
6	216	0:54:13	00:14:07	Alex	McDonald	SEN	SHETTLESTON HARRIERS B
7	211	0:55:05	00:14:13	Alistair	Campbell	SEN	RON HILL CAMBUSLANG B
8	195	0:55:47	00:14:39	Stuart	Kerr	VET	KIRKINTILLOCH OLYMPIANS A
9	200	0:56:03	00:14:03	Mark	Hand	SEN	LAW & DISTRICT AAC
10	207	0:56:20	00:14:17	Paul	Arcari	SEN	KILBARCHAN AAC B
11	176	0:56:29	00:15:41	Bud	Johnson	VET	EAST KILBRIDE AC A
12	164	0:56:58	00:14:40	Alan	Cullie	SEN	CALDERGLEN HARRIERS A
13	192	0:57:14	00:14:26	Colin	Miller	VET	IRVINE AC B
14	201	0:58:06	00:15:23	Robert	Docherty	SEN	GREENOCK GLENPARK HARRIERS A
15	212	0:58:11	00:15:15	Brian	Campbell	SEN	RON HILL CAMBUSLANG C
16	161	0:58:18	00:16:08	Peter	Laing	VET	AYR SEAFORTH AAC A
17	183	0:58:59	00:15:16	Martin	O'Donnell	SEN	GIFFNOCK NORTH AAC A
18	185	0:61:05	00:15:53	Robin	Kyle	SEN	GIFFNOCK NORTH AAC C
19	221	0:61:11	00:16:48	Andy	Young	SEN	VICTORIA PARK AAC A
20	189	0:61:36	00:15:59	Kenneth	Morrison	SEN	INVERCLYDE AC B
21	208	0:61:53	00:16:27	Steven	Hards	VET	KILBARCHAN AAC C
22	198	0:62:27	00:16:13	Jim	Goldie	SEN	JW KILMARNOCK HARRIERS A
23	165	0:62:36	00:16:17	Stuart	Waugh	VET	CALDERGLEN HARRIERS B
24	184	0:62:40	00:15:30	Derren	Thomson	SEN	GIFFNOCK NORTH AAC B
25	224	0:62:40	00:15:58	David	Calder	VET	WESTERLANDS CCC A
26	213	0:62:57	00:14:59	Michael	O'Hagan	SEN	RON HILL CAMBUSLANG D
27	177	0:63:10	00:16:23	Raymond	Johnston	VET	EAST KILBRIDE AC B
28	196	0:63:14	00:16:23	Craig	MacWilliam	SEN	KIRKINTILLOCH OLYMPIANS B
29	202	0:63:18	00:16:26	Robert	Dolan	VET	GREENOCK GLENPARK HARRIERS B
30	170	0:63:19	00:15:07	Craig	Calderwood	SEN	CLYDESDALE HARRIERS A
31	193	0:63:33	00:17:47	James	White	VET	IRVINE AC C
32	162	0:64:20	00:16:15	Kevan	Fulton	SEN	AYR SEAFORTH AAC B
33	171	0:65:30	00:15:28	Brian	Gallagher	SEN	CLYDESDALE HARRIERS B
34	186	0:65:45	00:16:31	Gordon	Thomson	VET	GIFFNOCK NORTH AAC D
35	166	0:65:53	00:16:05	Kenneth	Davidson	SEN	CALDERGLEN HARRIERS C
36	179	0:65:55	00:18:21	Dermot	Williamson	VET	GARSCUBE HARRIERS A
37	167	0:67:49	00:17:09	Graham	Lindsay	SEN	CALDERGLEN HARRIERS D
38	203	0:68:24	00:17:30	Ernest	Currie	VET	GREENOCK GLENPARK HARRIERS C
39	199	0:68:43	00:16:58	Roderick	Pugh	VET	JW KILMARNOCK HARRIERS B
40	190	0:69:43	00:19:08	Tom	Tracey	VET	INVERCLYDE AC C
41	197	0:72:40	00:19:11	Gordon	McLean	VET	KIRKINTILLOCH OLYMPIANS C
42	187	0:72:49	00:18:46	David	Phee	U20	GIFFNOCK NORTH AAC E
43	168	0:75:53	00:20:42	Colin	Macdonald	VET	CALDERGLEN HARRIERS E
44	220	0:79:11	00:24:48	Owen	Light	VET	TROON TORTOISES AC
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