

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Results

Race 1 Young Females 3 x 2500m

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	113	00:09:59	00:09:59	Jemma	McQuillan	Under 13	SHETTLESTON HARRIERS A
2	98	00:10:07	00:10:07	Brogan	Wallace	Under 13	KILMARNOCK AC
3	114	00:10:12	00:10:12	Myrtle	Breckenridge	Under 13	SHETTLESTON HARRIERS B
4	68	00:10:13	00:10:13	Megan	Stewart	Under 13	EAST KILBRIDE B
5	70	00:10:14	00:10:14	Holly	Miller	Under 13	GIFFNOCK NORTH AC A
6	71	00:10:14	00:10:14	Chloe	Cowan	Under 13	GIFFNOCK NORTH AC B
7	91	00:10:21	00:10:21	Kirsty	Harper	Under 13	KILBARCHAN AC
8	67	00:10:26	00:10:26	Caitlin	Hackett	Under 13	EAST KILBRIDE A
9	81	00:10:27	00:10:27	Meighan	McDade	Under 13	GREENOCK GLENPARK AC
10	121	00:10:30	00:10:30	Georgia	Callander	Under 13	VP- GLASGOW AC C
11	110	00:10:37	00:10:37	Rebecca	Bonomi	Under 13	RON HILL CAMBUSLANG A
12	92	00:10:39	00:10:39	Gwen	Gillham	Under 13	KILBARCHAN AC B
13	63	00:10:41	00:10:41	Rheanna	Sloss	Under 13	AYR SEAFORTH A
14	99	00:10:48	00:10:48	Fern	Wales	Under 13	KILMARNOCK AC B
15	72	00:10:57	00:10:57	Orla	Wheeler	Under 13	GIFFNOCK NORTH AC C
16	119	00:10:59	00:10:59	Iona	Wilson	Under 13	VP- GLASGOW AC A
17	117	00:11:02	00:11:02	Nicola	Mackay	Under 13	SHETTLESTON HARRIERS E
18	78	00:11:04	00:11:04	Jaye	McRoberts	Under 13	GLASGOW SOS A
19	101	00:11:07	00:11:07	Lorne	Kerr	Under 13	KILMARNOCK AC D
20	85	00:11:07	00:11:07	Gemma	Campbell	Under 13	INVERCLYDE AC C
21	83	00:11:13	00:11:13	Amy	Meechan	Under 13	INVERCLYDE AC A
22	120	00:11:13	00:11:13	Eliza	Chiswell	Under 13	VP- GLASGOW AC B
23	122	00:11:13	00:11:13	Melanie	Chiswell	Under 13	VP- GLASGOW AC D
24	73	00:11:13	00:11:13	Monica	Lowrie	Under 13	GIFFNOCK NORTH AC D
25	65	00:11:15	00:11:15	Kirsty	Alexander	Under 13	CLYDESDALE HARRIERS A
26	115	00:11:21	00:11:21	Claudia	Eusebi	Under 13	SHETTLESTON HARRIERS C
27	69	00:11:24	00:11:24	Olivia	Steven	Under 13	EAST KILBRIDE C
28	116	00:11:39	00:11:39	Lisa	Walker	Under 13	SHETTLESTON HARRIERS D
29	66	00:11:41	00:11:41	Miren	Wright	Under 13	CLYDESDALE HARRIERS B
30	84	00:11:41	00:11:41	Chloe	Simpson	Under 13	INVERCLYDE AC B
31	76	00:11:43	00:11:43	Amy	Johnston	Under13	GIFFNOCK NORTH AC G
32	75	00:11:48	00:11:48	Lorna	Beattie	Under13	GIFFNOCK NORTH AC F
33	86	00:11:51	00:11:51	Evie	Semple	Under 13	INVERCLYDE AC D
34	74	00:11:53	00:11:53	Frances	Loneragan	Under 13	GIFFNOCK NORTH AC E
35	93	00:11:57	00:11:57	Sapphire	LeSage	Under 13	KILBARCHAN AC C
36	102	00:12:01	00:12:01	Jacalyn	Dunlop	Under 13	KILMARNOCK AC E
37	88	00:12:09	00:12:09	Holly	Stinson	Under 13	INVERCLYDE AC F
38	100	00:12:12	00:12:12	Gemma	McCutcheon	Under 13	KILMARNOCK AC C
39	87	00:12:26	00:12:26	Laura	Thomson	Under 13	INVERCLYDE AC E
40	77	00:12:29	00:12:29	Isabella	Murray	Under13	GIFFNOCK NORTH AC H
41	79	00:12:32	00:12:32	Rebecca	Hughes	Under 13	GLASGOW SOS B
42	80	00:12:35	00:12:35	Ellidh	Clark	Under 13	GLASGOW SOS C
43	111	00:13:03	00:13:03	Niamh	O'Donnell	Under 13	RON HILL CAMBUSLANG B
44	103	00:13:11	00:13:11	Taylor	Ross	Under 13	KILMARNOCK AC F
45	95	00:13:14	00:13:14	Katya	Shankland	Under 13	KILBARCHAN AC E
46	94	00:13:17	00:13:17	Catherine	McLean	Under 13	KILBARCHAN AC D
47	108	00:13:24	00:13:24	Leona	Baillie	Under 13	LAW AND DISTRICT A
48	64	00:13:35	00:13:35	Emma	Johnston	Under 13	AYR SEAFORTH B
49	106	00:16:40	00:16:40	Erin	Drummond	Under 13	KIRKINTILLOCH OLY A
50	109	00:18:59	00:18:59	Sherelle	Graham	Under 13	LAW AND DISTRICT B

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 1 Young Females 3 x 2500m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	113	0:19:55	00:09:56	Stella Winters		Under 15	SHETTLESTON HARRIERS A
2	63	0:19:57	00:09:16	Sarah Cassells		Under 15	AYR SEAFORTH A
3	70	0:19:57	00:09:43	Madeline Murray		Under 15	GIFFNOCK NORTH AC A
4	71	0:20:05	00:09:51	Stephanie Fairfield		Under 15	GIFFNOCK NORTH AC B
5	114	0:20:10	00:09:58	Sarah Winters		Under 15	SHETTLESTON HARRIERS B
6	98	0:20:12	00:10:05	Bethany Ross		Under 15	KILMARNOCK AC
7	91	0:20:19	00:09:58	Kate Gillies		Under 15	KILBARCHAN AC
8	92	0:20:31	00:09:52	Jennifer Eadie		Under 15	KILBARCHAN AC B
9	99	0:20:40	00:09:52	Amanda Humes		Under 15	KILMARNOCK AC B
10	119	0:20:42	00:09:43	Deborah Hannah		Under 15	VP- GLASGOW AC A
11	78	0:20:48	00:09:44	Sarah Hodge		Under15	GLASGOW SOS A
12	110	0:20:50	00:10:13	Lucy Deeny		Under 15	RON HILL CAMBUSLANG A
13	72	0:20:52	00:09:55	Heather Howie		Under 15	GIFFNOCK NORTH AC C
14	73	0:21:21	00:10:08	Olivia Keenan		Under 15	GIFFNOCK NORTH AC D
15	67	0:21:26	00:11:00	Jacqueline Fergusson		Under 15	EAST KILBRIDE A
16	83	0:21:30	00:10:17	Emma Meechan		Under 15	INVERCLYDE AC A
17	68	0:21:39	00:11:26	Laura McLaughlan		Under 15	EAST KILBRIDE B
18	115	0:21:43	00:10:22	Helen Pawelczyk		Under 15	SHETTLESTON HARRIERS C
19	85	0:22:01	00:10:54	Rebecca Murray		Under 15	INVERCLYDE AC C
20	84	0:22:04	00:10:23	Lisa MacDonald		Under 15	INVERCLYDE AC B
21	120	0:22:05	00:10:52	Tatiana Quick		Under 15	VP- GLASGOW AC B
22	93	0:22:08	00:10:11	Vanessa Hogan		Under 15	KILBARCHAN AC C
23	74	0:22:13	00:10:20	Petrena Marshall		Under 15	GIFFNOCK NORTH AC E
24	75	0:22:13	00:10:25	Constance HopeMackay		Under 15	GIFFNOCK NORTH AC F
25	81	0:22:19	00:11:52	Eillidh Hamill		Under15	GREENOCK GLENPARK AC
26	69	0:22:21	00:10:57	Rhona Calder		Under 15	EAST KILBRIDE C
27	116	0:22:34	00:10:55	Hannah Kennedy		Under 15	SHETTLESTON HARRIERS D
28	100	0:22:38	00:10:26	Eve Kerr		Under 15	KILMARNOCK AC C
29	76	0:22:38	00:10:55	April Miller		Under 15	GIFFNOCK NORTH AC G
30	65	0:23:05	00:11:50	Chloe Wright		Under 13	CLYDESDALE HARRIERS A
31	86	0:23:10	00:11:19	Millissa Montague		Under 15	INVERCLYDE AC D
32	79	0:23:12	00:10:40	Amy McCafferty		Under 15	GLASGOW SOS B
33	117	0:23:18	00:12:16	Sarah Elliott		Under 15	SHETTLESTON HARRIERS E
34	101	0:23:27	00:12:20	Kate Mackie		Under 13	KILMARNOCK AC D
35	66	0:24:16	00:12:35	Kirstie Kelly		Under 15	CLYDESDALE HARRIERS B
36	108	0:24:25	00:11:01	Samantha Stevenson		Under 15	LAW AND DISTRICT A
37	111	0:24:34	00:11:31	Lauren Doherty		Under 15	RON HILL CAMBUSLANG B
38	64	0:24:38	00:11:03	Jemma McSheffery		Under 15	AYR SEAFORTH B
39	94	0:24:51	00:11:34	Cara Butler		Under 15	KILBARCHAN AC D
40	87	0:25:00	00:12:34	Kerrie McLeod		Under 15	INVERCLYDE AC E
41	106	0:35:07	00:18:27	Clare Brown		Under 15	KIRKINTILLOCH OLY A
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WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 1 Young Females 3 x 2500m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	70	0:29:16	00:09:19	Catriona	Lockie	Under 17	GIFFNOCK NORTH AC A
2	71	0:29:29	00:09:24	Claire	McAuley	Under 17	GIFFNOCK NORTH AC B
3	63	0:29:52	00:09:55	Stephanie	Dougan	Under 17	AYR SEAFORTH A
4	119	0:29:56	00:09:14	Hollie	Young	Under 17	VP- GLASGOW AC A
5	113	0:30:12	00:10:17	Shannon	McLellan	Under 15	SHETTLESTON HARRIERS A
6	114	0:30:20	00:10:10	Amanda	Monaghan	Under 15	SHETTLESTON HARRIERS B
7	91	0:30:24	00:10:05	Elaine	Eadie	Under 15	KILBARCHAN AC
8	110	0:30:39	00:09:49	Mairi	Brown	Under 15	RON HILL CAMBUSLANG A
9	72	0:30:52	00:10:00	Frances	Lowrie	Under 15	GIFFNOCK NORTH AC C
10	98	0:31:07	00:10:55	Sarah	McNish	Under 17	KILMARNOCK AC
11	78	0:31:09	00:10:21	Samantha	Kelly	Under 17	GLASGOW SOS A
12	83	0:31:10	00:09:40	Emma	Rice	Under 17	INVERCLYDE AC A
13	120	0:31:12	00:09:07	Rhian	Dawes	Under 17	VP- GLASGOW AC B
14	67	0:31:17	00:09:51	Deborah	Stokoe	Under 17	EAST KILBRIDE A
15	92	0:31:17	00:10:46	Deborah	Henderson	Under 17	KILBARCHAN AC B
16	73	0:31:22	00:10:01	Rebecca	Patrick	Under 15	GIFFNOCK NORTH AC D
17	84	0:32:04	00:10:00	Nynke	Mullholland	Under 17	INVERCLYDE AC B
18	68	0:32:15	00:10:36	Fiona	Borthwick	Under 17	EAST KILBRIDE B
19	81	0:32:17	00:09:58	Emily	Pollock	Under 17	GREENOCK GLENPARK AC
20	115	0:32:27	00:10:44	Danielle	McConway	Under 15	SHETTLESTON HARRIERS C
21	85	0:32:29	00:10:28	Deborah	Moore	Under 17	INVERCLYDE AC C
22	99	0:32:31	00:11:51	Lois	Shankland	Under 17	KILMARNOCK AC B
23	74	0:32:42	00:10:29	Lucy	Patrick	Under 15	GIFFNOCK NORTH AC E
24	76	0:32:52	00:10:14	Helena	Brown	Under 17	GIFFNOCK NORTH AC G
25	93	0:33:00	00:10:52	Emma	Haddock	Under 15	KILBARCHAN AC C
26	75	0:33:21	00:11:08	Kathryn	Barr	Under 17	GIFFNOCK NORTH AC F
27	69	0:33:26	00:11:05	Hayley	Frier	Under 17	EAST KILBRIDE C
28	116	0:33:52	00:11:18	Rachael	Elliott	Under 15	SHETTLESTON HARRIERS D
29	86	0:34:23	00:11:13	Rachael	Bushfield	Under 17	INVERCLYDE AC D
30	108	0:35:25	00:11:00	Emma	Bhatti	Under 15	LAW AND DISTRICT A
31	65	0:35:44	00:12:39	Diane	Nicholson	Under 15	CLYDESDALE HARRIERS A
32	64	0:35:45	00:11:07	Katie	Sprang	Under 15	AYR SEAFORTH B
33	100	0:35:55	00:13:17	Mia	Tait	Under 17	KILMARNOCK AC C
34	87	0:35:59	00:10:59	Nicole	Darroch	Under 17	INVERCLYDE AC E
35	94	0:36:36	00:11:45	Ainsley	Hards	Under 17	KILBARCHAN AC D
36	101	0:37:41	00:14:14	Nicole	Hamilton	Under 17	KILMARNOCK AC D
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WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Results

Race 2 Young Males 3 x 2500m

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	133	00:08:54	00:08:54	Douglas	Britton	Under 13	GIFFNOCK NORTH AC A
2	185	00:08:58	00:08:58	Lewis	Boyle	Under 13	VP- GLASGOW AC A
3	145	00:08:58	00:08:58	Jack	Rice	Under 13	INVERCLYDE AC A
4	181	00:09:07	00:09:07	Callum	Drummond	Under 13	SHETTLESTON HARRIERS A
5	152	00:09:09	00:09:09	Christopher	McStay	Under 13	KILBARCHAN AC
6	176	00:09:11	00:09:11	Ryan	Thomson	Under 13	RON HILL CAMBUSLANG A
7	146	00:09:19	00:09:19	Jonathan	Glen	Under 13	INVERCLYDE AC B
8	135	00:09:22	00:09:22	Rob	Gourley	Under 13	GIFFNOCK NORTH AC C
9	153	00:09:23	00:09:23	Alastair	Grant	Under 13	KILBARCHAN AC B
10	173	00:09:26	00:09:26	Rory	McLaughlan	Under 13	LAW AND DISTRICT A
11	134	00:09:27	00:09:27	Patrick	Lonergan	Under 13	GIFFNOCK NORTH AC B
12	186	00:09:31	00:09:31	Liam	ShaunTurner	Under 13	VP- GLASGOW AC B
13	182	00:09:33	00:09:33	Marcus	Gault	Under 13	SHETTLESTON HARRIERS B
14	177	00:09:34	00:09:34	Ross	Stephen	Under 13	RON HILL CAMBUSLANG B
15	174	00:09:36	00:09:36	Luke	Foss	Under 13	LAW AND DISTRICT B
16	137	00:09:39	00:09:39	Dewi	Gould	Under 13	GIFFNOCK NORTH AC E
17	143	00:09:49	00:09:49	Jack	Harrington	Under 13	GREENOCK GLENPARK AC
18	178	00:09:52	00:09:52	David	Robertson	Under 13	RON HILL CAMBUSLANG C
19	138	00:09:54	00:09:54	Jamie	Cook	Under 13	GIFFNOCK NORTH AC F
20	132	00:09:55	00:09:55	Luke	Kirwan	Under 13	EAST KILBRIDE C
21	183	00:09:58	00:09:58	Murray	McGiven	Under 13	SHETTLESTON HARRIERS C
22	184	00:09:58	00:09:58	Conor	McGowan	Under 13	SHETTLESTON HARRIERS D
23	154	00:09:58	00:09:58	Nicholas	Love	Under 13	KILBARCHAN AC C
24	161	00:09:58	00:09:58	Craig	Murray	Under 13	KILMARNOCK AC
25	136	00:10:09	00:10:09	Gil	Ralston	Under 13	GIFFNOCK NORTH AC D
26	170	00:10:09	00:10:09	Kieran	Pugh	Under 13	KIRKINTILLOCH OLY A
27	179	00:10:20	00:10:20	Keith	McIntyre	Under 13	RON HILL CAMBUSLANG D
28	147	00:10:29	00:10:29	Joshua	Houston	Under 13	INVERCLYDE AC C
29	155	00:10:33	00:10:33	David	Richardson	Under 13	KILBARCHAN AC D
30	139	00:10:40	00:10:40	Robbie	Barr	Under 13	GIFFNOCK NORTH AC G
31	130	00:10:43	00:10:43	Jack	Kirwan	Under 13	EAST KILBRIDE A
32	162	00:10:47	00:10:47	Adam	ElShafei	Under 13	KILMARNOCK AC B
33	131	00:10:52	00:10:52	Michael	Hackett	Under 13	EAST KILBRIDE B
34	163	00:10:55	00:10:55	Rudi	Queen	Under 13	KILMARNOCK AC C
35	158	00:11:05	00:11:05	Fraser	Bone	Under 13	KILBARCHAN AC G
36	175	00:11:06	00:11:06	Stephen	Murphy	Under 13	LAW AND DISTRICT C
37	140	00:11:11	00:11:11	Anthony	Smyth	Under 13	GIFFNOCK NORTH AC H
38	128	00:11:13	00:11:13	Connor	Shields	Under 15	CLYDESDALE HARRIERS A
39	126	00:11:19	00:11:19	Ian	Rae	Under 13	CALDERGLEN HARRIERS A
40	141	00:11:24	00:11:24	Ingles	Lumguankend	Under 13	GLASGOW SOS A
41	167	00:11:28	00:11:28	Scott	Griffen	Under 13	KILMARNOCK AC G
42	164	00:11:29	00:11:29	Andrew	Jones	Under 13	KILMARNOCK AC D
43	180	00:11:31	00:11:31	Brendan	Carey	Under 13	RON HILL CAMBUSLANG E
44	156	00:11:34	00:11:34	Alan	Sharp	Under 13	KILBARCHAN AC E
45	123	00:11:54	00:11:54	Shaun	Rennie	Under 13	AYR SEAFORTH A
46	127	00:12:02	00:12:02	Paul	Mullen	Under 13	CALDERGLEN HARRIERS B
47	166	00:12:15	00:12:15	Craig	Shankland	Under 13	KILMARNOCK AC F
48	165	00:12:18	00:12:18	Peter	Baird	Under 13	KILMARNOCK AC E
49	129	00:12:21	00:12:21	Keir	Martin	Under 15	CLYDESDALE HARRIERS B
50	157	00:00:00	00:00:00	Greg	Cunning	Under 13	KILBARCHAN AC F

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 2 Young Males 3 x 2500m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	133	0:16:53	00:07:59	Grant	Muir	Under 15	GIFFNOCK NORTH AC A
2	185	0:17:18	00:08:20	Max	Aitchison	Under 15	VP- GLASGOW AC A
3	173	0:17:23	00:07:57	Craig	Wellcoat	Under 15	LAW AND DISTRICT A
4	145	0:17:26	00:08:28	Rory	Kelham	Under 15	INVERCLYDE AC A
5	176	0:17:31	00:08:20	Michael	Rankin	Under 15	RON HILL CAMBUSLANG A
6	134	0:17:40	00:08:13	Max	Lott	Under 15	GIFFNOCK NORTH AC B
7	135	0:17:50	00:08:28	Jack	Walker	Under 15	GIFFNOCK NORTH AC C
8	146	0:18:20	00:09:01	Michael	Houston	Under 15	INVERCLYDE AC B
9	152	0:18:22	00:09:13	Matt	Wild	Under 15	KILBARCHAN AC
10	136	0:18:26	00:08:17	Sandy	Nimmo	Under 15	GIFFNOCK NORTH AC D
11	181	0:18:35	00:09:28	Paddy	O'Donnell	Under 15	SHETTLESTON HARRIERS A
12	138	0:18:39	00:08:45	Neil	Gourley	Under 15	GIFFNOCK NORTH AC F
13	137	0:18:55	00:09:16	James	Gray	Under 15	GIFFNOCK NORTH AC E
14	174	0:19:00	00:09:24	Ross	Hill	Under 15	LAW AND DISTRICT B
15	153	0:19:04	00:09:41	Adam	Butler	Under 15	KILBARCHAN AC B
16	186	0:19:05	00:09:34	Paul	MacFarlane	Under 15	VP- GLASGOW AC B
17	161	0:19:08	00:09:10	Cameron	Mackie	Under 15	KILMARNOCK AC
18	154	0:19:09	00:09:11	Ross	Heggie	Under 15	KILBARCHAN AC C
19	170	0:19:15	00:09:06	Callum	Heirs	Under 15	KIRKINTILLOCH OLY A
20	147	0:19:31	00:09:02	Matthew	Thomson	Under 15	INVERCLYDE AC C
21	132	0:19:35	00:09:40	Scott	Hernon	Under 15	EAST KILBRIDE C
22	184	0:19:37	00:09:39	Liam	Grogan	Under 15	SHETTLESTON HARRIERS D
23	177	0:19:39	00:10:05	Stuart	Roe	Under 15	RON HILL CAMBUSLANG B
24	182	0:19:42	00:10:09	Callum	Divers	Under 15	SHETTLESTON HARRIERS B
25	183	0:19:44	00:09:46	Brian	Stuart	Under 15	SHETTLESTON HARRIERS C
26	179	0:20:07	00:09:47	Michael	Miller	Under 15	RON HILL CAMBUSLANG D
27	130	0:20:15	00:09:32	Scott	Venters	Under 15	EAST KILBRIDE A
28	131	0:20:20	00:09:28	Ross	MacDonald	Under 15	EAST KILBRIDE B
29	178	0:20:25	00:10:33	Connor	Gannan	Under 15	RON HILL CAMBUSLANG C
30	143	0:20:31	00:10:42	Gerard	Smith	Under 15	GREENOCK GLENPARK AC
31	139	0:20:48	00:10:08	Andrew	Knight	Under 15	GIFFNOCK NORTH AC G
32	128	0:20:52	00:09:39	Tony	Dolan	Under 15	CLYDESDALE HARRIERS A
33	175	0:20:58	00:09:52	Jack	Warnock	Under 13	LAW AND DISTRICT C
34	141	0:21:06	00:09:42	Cairan	Gallagher	Under 15	GLASGOW SOS A
35	162	0:21:20	00:10:33	Evan	Cornforth	Under 15	KILMARNOCK AC B
36	163	0:21:29	00:10:34	Joseph	Kimmett	Under 15	KILMARNOCK AC C
37	126	0:21:51	00:10:32	Daniel	Mullen	Under 15	CALDERGLEN HARRIERS A
38	167	0:25:52	00:14:24	Roy	Shankland	Under 15	KILMARNOCK AC G
39	164	0:22:08	00:10:39	Cory	O'Hara	Under 15	KILMARNOCK AC D
40	123	0:22:32	00:10:38	Ben	Steven	Under 13	AYR SEAFORTH A
41	155	0:22:39	00:12:06	Andrew	Campbell	Under 15	KILBARCHAN AC D
42	165	0:23:41	00:11:23	Calum	McAughtrie	Under 15	KILMARNOCK AC E
43	166	0:23:47	00:11:32	Craig	McAughtrie	Under 15	KILMARNOCK AC F
44	129	0:24:15	00:11:54	Scott	McDade	Under 15	CLYDESDALE HARRIERS B

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 2 Young Males 3 x 2500m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	133	0:24:46	00:07:53	Miles	Hollinshead	Under 17	GIFFNOCK NORTH AC A
2	185	0:25:13	00:07:55	Stuart	Ross	Under 17	VP- GLASGOW AC A
3	176	0:25:24	00:07:53	Jack	Hamilton	Under 17	RON HILL CAMBUSLANG A
4	145	0:25:38	00:08:12	Andrew	Campbell	Under 17	INVERCLYDE AC A
5	134	0:25:45	00:08:05	Matthew	Ritchie	Under 17	GIFFNOCK NORTH AC B
6	173	0:26:19	00:08:56	Jonathan	Velu	Under 17	LAW AND DISTRICT A
7	152	0:26:24	00:08:02	Stephen	Fleming	Under 17	KILBARCHAN AC
8	181	0:26:37	00:08:02	Gary	McBride	Under 17	SHETTLESTON HARRIERS A
9	135	0:26:43	00:08:53	Luke	Traynor	Under 17	GIFFNOCK NORTH AC C
10	153	0:27:11	00:08:07	Andrew	McAlpine	Under 17	KILBARCHAN AC B
11	146	0:27:14	00:08:54	Paul	Currie	Under 17	INVERCLYDE AC B
12	154	0:27:26	00:08:17	Graham	Evans	Under 17	KILBARCHAN AC C
13	182	0:27:39	00:07:57	Andrew	Dearie	Under 17	SHETTLESTON HARRIERS B
14	161	0:27:41	00:08:33	Ross	Connelly	Under 17	KILMARNOCK AC
15	137	0:27:43	00:08:48	Martin	Fishwick	Under 17	GIFFNOCK NORTH AC E
16	138	0:27:57	00:09:18	David	Cairns	Under 17	GIFFNOCK NORTH AC F
17	177	0:27:58	00:08:19	Andrew	Coulter	Under 17	RON HILL CAMBUSLANG B
18	174	0:28:01	00:09:01	Douglas	Frame	Under 17	LAW AND DISTRICT B
19	186	0:28:14	00:09:09	Hugh	Mackenzie	Under 15	VP- GLASGOW AC B
20	170	0:28:21	00:09:06	Craig	McIntyre	Under 17	KIRKINTILLOCH OLY A
21	183	0:28:34	00:08:50	Jamie	Holding	Under 17	SHETTLESTON HARRIERS C
22	147	0:28:37	00:09:06	Craig	Anderson	Under 17	INVERCLYDE AC C
23	130	0:28:42	00:08:27	Adam	Gatens	Under 17	EAST KILBRIDE A
24	132	0:28:49	00:09:14	Paul	Brooks	Under 17	EAST KILBRIDE C
25	178	0:29:21	00:08:56	Liam	Deeny	Under 17	RON HILL CAMBUSLANG C
26	141	0:29:25	00:08:19	Lee	Wilson	Under 17	GLASGOW SOS A
27	128	0:29:27	00:08:35	Peter	Bowman	Under 17	CLYDESDALE HARRIERS A
28	139	0:29:28	00:08:40	Jonathan	Tweedie	Under 15	GIFFNOCK NORTH AC G
29	131	0:29:32	00:09:12	Andrew	Shaw	Under 17	EAST KILBRIDE B
30	162	0:30:25	00:09:05	Dylan	chester	Under 17	KILMARNOCK AC B
31	175	0:30:29	00:09:31	Bobby	Hill	Under 17	LAW AND DISTRICT C
32	167	0:30:31	00:04:39	Jonathan	Watters	Under 17	KILMARNOCK AC G
33	143	0:30:34	00:10:03	Adam	McCormick	Under 15	GREENOCK GLENPARK AC
34	163	0:30:51	00:09:22	Craig	Robertson	Under 17	KILMARNOCK AC C
35	126	0:30:55	00:09:04	Ewan	Murray	Under 15	CALDERGLEN HARRIERS A
36	155	0:31:17	00:08:38	Blair	Crawford	Under 17	KILBARCHAN AC D
37	123	0:31:20	00:08:48	Thomas	Andrews	Under 17	AYR SEAFORTH A
38	164	0:31:32	00:09:24	Gregory	Leyden	Under 17	KILMARNOCK AC D
39	165	0:33:31	00:09:50	David	Meikle	Under 17	KILMARNOCK AC E
40	166	0:34:15	00:10:28	Gregor	Devoy	Under 17	KILMARNOCK AC F
41	129	0:34:41	00:10:26	Mark	Busby	Under 17	CLYDESDALE HARRIERS B

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Results

Race 3 Senior/Junior Females 4 x 4000m

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	219	00:14:15	00:14:15	Amleset	Tewelde	Senior	SHETTLESTON HARRIERS A
2	206	00:14:35	00:14:35	Elspeth	Curran	Under 20	KILBARCHAN AC
3	220	00:15:37	00:15:37	Michelle	Sandison	Senior	SPRINGBURN HARRIERS A
4	222	00:15:39	00:15:39	Rebecca	Finch	Senior	VP GLASGOW AC A
5	213	00:15:58	00:15:58	Kara	Tait	Under 20	KILMARNOCK AC
6	207	00:16:00	00:16:00	Ellidh	Clark	Under 13	KILBARCHAN AC B
7	203	00:16:11	00:16:11	Michelle	Hetherington	Vet	HELENSBURGH AAC
8	223	00:16:32	00:16:32	Jacqueline	Thomson	Vet	VP GLASGOW AC B
9	199	00:16:33	00:16:33	Yvonne	Hamilton	Senior	GIFFNOCK NORTH AC A
10	197	00:16:47	00:16:47	Alison	Winship	Vet	GARSCUBE HARRIERS A
11	217	00:16:49	00:16:49	Claire	Morgan	Senior	KIRKINTILLOCH OLY A
12	196	00:17:15	00:17:15	Elaine	Calder	Vet	EAST KILBRIDE AC
13	221	00:17:17	00:17:17	Marlene	Hunter	Senior	SPRINGBURN HARRIERS B
14	224	00:17:23	00:17:23	Catriona	Miller	Senior	WESTERLANDS XC CLUB
15	198	00:17:29	00:17:29	Ailsa	Currie	Senior	GARSCUBE HARRIERS B
16	194	00:17:34	00:17:34	Frances	Maxwell	Vet	CALDERGLEN HARRIERS A
17	201	00:17:55	00:17:55	Alison	King	Senior	GREENOCK GLENPARK AC
18	195	00:18:01	00:18:01	Marina	McCallum	Senior	CLYDESDALE HARRIERS A
19	192	00:18:11	00:18:11	Louise	Tarbet	Senior	BELLAHOUSTON RR A
20	200	00:18:26	00:18:26	Jacqueline	Cowan	Vet	GIFFNOCK NORTH AC B
21	214	00:18:41	00:18:41	Elizabeth	McDerment	Senior	KILMARNOCK AC B
22	204	00:18:52	00:18:52	Claire	Kelly	Senior	INVERCLYDE AC
23	190	00:19:07	00:19:07	Sharon	Taylor	Vet	BELLAHOUSTON HARRIERS A
24	215	00:19:39	00:19:39	Lorna	Sloan	Senior	KILMARNOCK AC C
25	218	00:19:42	00:19:42	Shirley	MacNab	Vet	KIRKINTILLOCH OLY B
26	205	00:19:48	00:19:48	Mary	Miller	Vet	IRVINE AC A
27	193	00:20:54	00:20:54	Sandra	Irvine	Vet	BELLAHOUSTON RR B
28	202	00:21:44	00:21:44	Lorna	Coyle	Vet	GREENOCK GLENPARK AC B

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 3 Senior/Junior Females 4 x 4000m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	206	0:30:26	00:15:51	Karen	Glendinning	Senior	KILBARCHAN AC
2	222	0:30:34	00:14:55	Josephine	Moultrie	Under 20	VP GLASGOW AC A
3	220	0:31:27	00:15:50	Clare	Gemmell	Senior	SPRINGBURN HARRIERS A
4	219	0:32:20	00:18:05	Avril	Mason	Senior	SHETTLESTON HARRIERS A
5	199	0:32:22	00:15:49	Lauren	Baird	Senior	GIFFNOCK NORTH AC A
6	223	0:32:31	00:15:59	Donna	Finlayson	Senior	VP GLASGOW AC B
7	207	0:32:45	00:16:45	Lynsey	Curran	Senior	KILBARCHAN AC B
8	213	0:33:23	00:17:25	Paula	Wilson	Senior	KILMARNOCK AC
9	217	0:33:49	00:17:00	Annmarie	McCaffrey	Senior	KIRKINTILLOCH OLY A
10	197	0:34:17	00:17:30	Heather	McIntosh	Vet	GARSCUBE HARRIERS A
11	221	0:35:02	00:17:45	Caroline	Brownlie	Senior	SPRINGBURN HARRIERS B
12	203	0:35:12	00:19:01	Janet	Fellowes	Vet	HELENSBURGH AAC
13	200	0:35:25	00:16:59	Rachel	McDowall	U20	GIFFNOCK NORTH AC B
14	190	0:35:54	00:16:47	Erica	Christie	Vet	BELLAHOUSTON HARRIERS A
15	194	0:36:02	00:18:28	Sandra	Reid	Vet	CALDERGLEN HARRIERS A
16	192	0:36:25	00:18:14	Emma	Grant	Senior	BELLAHOUSTON RR A
17	204	0:37:16	00:18:24	Susanna	Spence	Under 20	INVERCLYDE AC
18	218	0:37:49	00:18:07	Susan	Addison	Vet	KIRKINTILLOCH OLY B
19	214	0:37:57	00:19:16	Kirsty	Robertson	Senior	KILMARNOCK AC B
20	224	0:38:00	00:20:37	Ellen	Homewood	Senior	WESTERLANDS XC CLUB
21	201	0:38:29	00:20:34	Dorothy	McCormick	Vet	GREENOCK GLENPARK AC
22	193	0:39:33	00:18:39	Julia	Harris	Vet	BELLAHOUSTON RR B
23	215	0:40:31	00:20:52	Morag	Cairns	Vet	KILMARNOCK AC C

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 3 Senior/Junior Females 4 x 4000m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	222	0:45:05	00:14:31	Nicola Hood		Under 20	VP GLASGOW AC A
2	206	0:45:33	00:15:07	Natalie Sharp		Under 20	KILBARCHAN AC
3	220	0:45:33	00:14:06	Danielle Brown		Under 20	SPRINGBURN HARRIERS A
4	199	0:46:12	00:13:50	Sara Stevenson		Senior	GIFFNOCK NORTH AC A
5	207	0:49:14	00:16:29	Karen Yule		Senior	KILBARCHAN AC B
6	213	0:50:15	00:16:52	Gillian Mullen		Senior	KILMARNOCK AC
7	217	0:51:15	00:17:26	Ada Stewart		Vet	KIRKINTILLOCH OLY A
8	197	0:51:31	00:17:14	NO ATHLETE DECLARED			GARSCUBE HARRIERS A
9	219	0:51:55	00:19:35	Susan Breckenridge		Vet	SHETTLESTON HARRIERS A
10	192	0:52:11	00:15:46	Iona Robertson		Senior	BELLAHOUSTON RR A
11	200	0:53:11	00:17:46	Maureen McVey		Vet	GIFFNOCK NORTH AC B
12	204	0:55:24	00:18:08	Sarah Kelly		Senior	INVERCLYDE AC
13	201	0:57:00	00:18:31	Terry Wall		Vet	GREENOCK GLENPARK AC
14	224	0:57:33	00:19:33	Muffy Calder		Vet	WESTERLANDS XC CLUB
15	190	0:58:15	00:22:21	Joanne Sharp		Senior	BELLAHOUSTON HARRIERS A
16	218	0:58:18	00:20:29	Ros OSullivan		Vet	KIRKINTILLOCH OLY B
17	193	0:58:25	00:18:52	Madeline Smillie		Senior	BELLAHOUSTON RR B
18	214	0:58:38	00:20:41	Marion Burns		Vet	KILMARNOCK AC B
19	221	0:58:41	00:23:39	Lorraine Gray		Senior	SPRINGBURN HARRIERS B
20	215	0:62:12	00:21:41	Tracy Kerr		Vet	KILMARNOCK AC C

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Results

Race 4 Senior/Junior Males 4 x 4000m

Leg 1							
Pos	No	Leg 1 Time	Ind Time	Runner		Cat	Club
1	50	00:11:49	00:11:49	Tewoldeberh	Mengisteab	Senior	SHETTLESTON H
2	35	00:12:33	00:12:33	Robert	Quinn	Vet	KILBARCHAN AAC
3	28	00:12:48	00:12:48	Mark	Pollard	Senior	INVERCLYDE AC A
4	52	00:12:53	00:12:53	Andy	Little	Vet	SHETTLESTON H C
5	16	00:13:07	00:13:07	Grant	Baillie	Senior	EAST KILBRIDE A
6	51	00:13:09	00:13:09	Gordon	Phillips	Senior	SHETTLESTON H B
7	45	00:13:14	00:13:14	Joseph	Kealey	Senior	RON HILL CAMBUSLANG
8	57	00:13:18	00:13:18	Sean	Fontana	Under 20	VP GLASGOW AC
9	7	00:13:24	00:13:24	Stuart	Gibson	Senior	CALDERGLEN H A
10	5	00:13:45	00:13:45	Craig	Ross	Senior	BELLAHOUSTON RR A
11	31	00:13:46	00:13:46	Douglas	Connery	Vet	IRVINE AC A
12	32	00:13:47	00:13:47	Pat	Cullinane	Senior	IRVINE AC B
13	43	00:13:51	00:13:51	Kevin	Cornes	Under 20	KIRKINTILLOCH OLY
14	36	00:13:53	00:13:53	Fraser	Williamson	Senior	KILBARCHAN AAC B
15	44	00:13:57	00:13:57	Mark	Hand	Vet	LAW & DISTRICT
16	24	00:13:58	00:13:58	Robert	Mitchell	Vet	GREENOCK GLENPARK H
17	54	00:14:01	00:14:01	Frank	Thom	Vet	SPRINGBURN HARRIERS A
18	29	00:14:07	00:14:07	Thomas	Jamieson	Senior	INVERCLYDE AC B
19	19	00:14:11	00:14:11	Marco	Consani	Senior	GARSCUBE H A
20	46	00:14:13	00:14:13	Alastair	Campbell	Senior	RON HILL CAMBUSLANG B
21	47	00:14:17	00:14:17	Ross	Bark	Senior	RON HILL CAMBUSLANG C
22	41	00:17:19	00:17:19	James	Wales	Under 20	KILMARNOCK AC A
23	3	00:14:22	00:14:22	Andrew	Campbell	Senior	BELLAHOUSTON HARRIERS A
24	61	00:14:28	00:14:28	Johnston	Orr	Senior	WESTERLANDS XC CLUB
25	1	00:14:32	00:14:32	Campbell	Joss	Vet	AYR SEAFORTH AC A
26	58	00:14:34	00:14:34	Derek	Watson	Senior	VP GLASGOW AC B
27	22	00:14:35	00:14:35	Marc	Roper	Vet	GIFFNOCK NORTH A
28	12	00:14:38	00:14:38	Paul	Carroll	Senior	CLYDESDALE HARRIERS A
29	13	00:14:55	00:14:55	Gary	Dick	Senior	CLYDESDALE HARRIERS B
30	48	00:15:09	00:15:09	Scott	Hunter	Senior	RON HILL CAMBUSLANG D
31	62	00:15:14	00:15:14	Daniel	Reid	Vet	WESTERLANDS XC CLUB B
32	37	00:15:20	00:15:20	James	Ogilvie	Vet	KILBARCHAN AAC C
33	26	00:15:23	00:15:23	Erwin	Losekoot	Vet	HELENSBURGH
34	30	00:15:42	00:15:42	Robert	Shaw	Vet	INVERCLYDE AC C
35	42	00:15:53	00:15:53	Graham	Cairns	Vet	KILMARNOCK AC B
36	33	00:15:54	00:15:54	James	Sneddon	Vet	IRVINE AC C
37	8	00:16:04	00:16:04	George	Stewart	Vet	CALDERGLEN H B
38	9	00:16:09	00:16:09	David	Herbertson	Senior	CALDERGLEN H C
39	4	00:16:22	00:16:22	Stewart	Collins	Vet	BELLAHOUSTON HARRIERS B
40	23	00:16:26	00:16:26	Alan	Wyllie	Vet	GIFFNOCK NORTH B
41	38	00:16:30	00:16:30	John	Kynaston	Vet	KILBARCHAN AAC D
42	10	00:16:38	00:16:38	Ian	Rae	Vet	CALDERGLEN H D
43	55	00:16:49	00:16:49	Alan	Cairns	Vet	SPRINGBURN HARRIERS B
44	6	00:17:05	00:17:05	Nick	Reid	Senior	BELLAHOUSTON RR B
45	27	00:17:40	00:17:40	David	Bailey	Senior	HELENSBURGH B
46	21	00:17:47	00:17:47	Frank	Krieves	Vet	GARSCUBE H C
47	20	00:18:29	00:18:29	Stephen	Cullen	Vet	GARSCUBE H B
48	2	00:19:01	00:19:01	David	Rae	Vet	AYR SEAFORTH AC B
49	17	00:19:10	00:19:10	Edgar	Ramage	Vet	EAST KILBRIDE B
50	59	00:21:56	00:21:56	William	Parker	Vet	VP GLASGOW AC C

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 4 Senior/Junior Males 4 x 4000m

Leg 2							
Pos	No	Leg 2 Time	Ind Time	Runner		Cat	Club
1	50	0:23:37	00:11:48	Amanuel	Hagos	Senior	SHETTLESTON H
2	28	0:24:34	00:11:46	Christopher	MacKay	Senior	INVERCLYDE AC A
3	35	0:24:55	00:12:22	Derek	Hawkins	Under 20	KILBARCHAN AAC
4	51	0:25:27	00:12:18	Tsegai	Tewelde	Under 20	SHETTLESTON H B
5	45	0:26:18	00:13:04	Stephen	Wylie	Senior	RON HILL CAMBUSLANG
6	16	0:26:23	00:13:16	Jamie	Clements	Under 20	EAST KILBRIDE A
7	52	0:26:39	00:13:46	Adam	Lee	Senior	SHETTLESTON H C
8	57	0:26:47	00:13:29	Martin	Hayes	Under 20	VP GLASGOW AC
9	31	0:26:59	00:13:13	Jamie	Findlay	Senior	IRVINE AC A
10	36	0:27:25	00:13:32	Calum	Morrison	Senior	KILBARCHAN AAC B
11	46	0:27:33	00:13:20	John	Brown	Vet	RON HILL CAMBUSLANG B
12	7	0:27:34	00:14:10	Alan	Derrick	Vet	CALDERGLEN H A
13	29	0:27:47	00:13:40	Sean	Gaffney	Under 20	INVERCLYDE AC B
14	5	0:27:59	00:14:14	Marcos	SanzGomez	Senior	BELLAHOUSTON RR A
15	43	0:28:01	00:14:10	Edward	McLoone	Senior	KIRKINTILLOCH OLY
16	44	0:28:06	00:14:09	Gary	Grieve	Under 20	LAW & DISTRICT
17	32	0:28:10	00:14:23	Brian	Craig	Vet	IRVINE AC B
18	58	0:28:33	00:13:59	Kenneth	Mitchell	Vet	VP GLASGOW AC B
19	61	0:28:39	00:14:11	Chris	Upson	Vet	WESTERLANDS XC CLUB
20	12	0:28:49	00:14:11	Iain	Robertson	Senior	CLYDESDALE HARRIERSA
21	19	0:28:57	00:14:46	Lindsay	Cunningham	Senior	GARSCUBE H A
22	24	0:29:01	00:15:03	Alan	O'Rourke	Senior	GREENOCK GLENPARK H
23	54	0:29:10	00:15:09	Joseph	Chambers	Senior	SPRINGBURN HARRIERS A
24	41	0:29:18	00:11:59	Connell	Drummond	Senior	KILMARNOCK AC A
25	26	0:29:33	00:14:10	Paul	Thompson	Vet	HELENSBURGH
26	1	0:29:37	00:15:05	Laurence	Baker	Vet	AYR SEAFORTH AC A
27	3	0:29:46	00:15:24	Campbell	Joss	Vet	BELLAHOUSTON HARRIERS A
28	47	0:29:54	00:15:37	William	Haining	Vet	RON HILL CAMBUSLANG C
29	22	0:29:58	00:15:23	Stewart	Walker	Vet	GIFFNOCK NORTH A
30	62	0:30:29	00:15:15	David	Calder	Vet	WESTERLANDS XC CLUB B
31	37	0:30:50	00:15:30	David	Mewse	Vet	KILBARCHAN AAC C
32	33	0:31:05	00:15:11	John	Moore	Vet	IRVINE AC C
33	13	0:31:27	00:16:32	Ryan	Nelson	Under 20	CLYDESDALE HARRIERSB
34	42	0:31:28	00:15:35	Alan	Brydon	Senior	KILMARNOCK AC B
35	48	0:31:37	00:16:28	Thomas	McPake	Vet	RON HILL CAMBUSLANG D
36	8	0:31:44	00:15:40	Alan	Cullie	Vet	CALDERGLEN H B
37	9	0:32:25	00:16:16	Jim	Holmes	Senior	CALDERGLEN H C
38	23	0:33:07	00:16:41	Billy	Clark	Vet	GIFFNOCK NORTH B
39	55	0:33:17	00:16:28	Alan	Hill	Vet	SPRINGBURN HARRIERS B
40	10	0:33:21	00:16:43	Kenny	Beattie	Vet	CALDERGLEN H D
41	4	0:33:25	00:17:03	Iain	Burke	Vet	BELLAHOUSTON HARRIERS B
42	30	0:33:28	00:17:46	Denis	McCabe	Vet	INVERCLYDE AC C
43	21	0:33:51	00:16:04	Athole	Smith	Vet	GARSCUBE H C
44	38	0:33:57	00:17:27	James	McMillan	Vet	KILBARCHAN AAC D
45	17	0:35:09	00:15:59	Gordon	Colvin	Vet	EAST KILBRIDE B
46	6	0:35:27	00:18:22	Douglas	Macgregor	Vet	BELLAHOUSTON RR B
47	20	0:35:33	00:17:04	Christopher	Kilshaw	Senior	GARSCUBE H B
48	2	0:36:07	00:17:06	Ian	Baird	Vet	AYR SEAFORTH AC B
49	27	0:36:44	00:19:04	Andrew	Henderson	Vet	HELENSBURGH B

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 4 Senior/Junior Males 4 x 4000m

Leg 3							
Pos	No	Leg 3 Time	Ind Time	Runner		Cat	Club
1	50	0:35:50	00:12:13	Paul	Sorrie	Senior	SHETTLESTON H
2	28	0:36:58	00:12:24	Craig	Ruddy	Under 20	INVERCLYDE AC A
3	35	0:37:52	00:12:57	Scott	Hawkins	Under 20	KILBARCHAN AAC
4	51	0:38:32	00:13:05	Kenneth	McCoy	Senior	SHETTLESTON H B
5	45	0:39:49	00:13:31	Greg	Hastie	Senior	RON HILL CAMBUSLANG
6	52	0:40:21	00:13:42	Ruairidh	Munro	Under 20	SHETTLESTON H C
7	31	0:40:29	00:13:30	Alex	Allardyce	Senior	IRVINE AC A
8	36	0:40:47	00:13:22	Thomas	Hearle	Vet	KILBARCHAN AAC B
9	57	0:40:59	00:14:12	Alastair	Douglas	Vet	VP GLASGOW AC
10	16	0:41:36	00:15:13	David	Gorman	Under 20	EAST KILBRIDE A
11	44	0:42:04	00:13:58	James	MacDonald	Vet	LAW & DISTRICT
12	32	0:42:13	00:14:03	Colin	Miller	Vet	IRVINE AC B
13	46	0:42:19	00:14:46	Gary	Wallace	Senior	RON HILL CAMBUSLANG B
14	29	0:42:21	00:14:34	Neil	McLaughlin	Senior	INVERCLYDE AC B
15	7	0:42:25	00:14:51	Scot	Hill	Senior	CALDERGLEN H A
16	61	0:42:42	00:14:03	David	Riach	Vet	WESTERLANDS XC CLUB
17	43	0:42:44	00:14:43	Robert	Rogerson	Vet	KIRKINTILLOCH OLY
18	54	0:43:39	00:14:29	Emilio	Cosimo	Senior	SPRINGBURN HARRIERS A
19	12	0:43:40	00:14:51	David	Brown	Under 20	CLYDESDALE HARRIERS A
20	19	0:43:42	00:14:45	Robert	McLennan	Vet	GARSCUBE H A
21	58	0:43:50	00:15:17	Charles	Murray	Vet	VP GLASGOW AC B
22	5	0:44:36	00:16:37	James	O'Hara	Vet	BELLAHOUSTON RR A
23	47	0:44:42	00:14:48	Andrew	Steven	Senior	RON HILL CAMBUSLANG C
24	24	0:44:48	00:15:47	Robert	Mitchell	Vet	GREENOCK GLENPARK H
25	1	0:44:49	00:15:12	Stephen	Kay	Senior	AYR SEAFORTH AC A
26	26	0:45:00	00:15:27	Kevin	Johnson	Vet	HELENSBURGH
27	41	0:45:04	00:15:46	Leslie	McDerment	Senior	KILMARNOCK AC A
28	22	0:45:08	00:15:10	Derek	Breen	Vet	GIFFNOCK NORTH A
29	3	0:45:46	00:16:00	Anthony	Quinn	Vet	BELLAHOUSTON HARRIERS A
30	37	0:46:17	00:15:27	Steven	Hards	Vet	KILBARCHAN AAC C
31	33	0:46:32	00:15:27	Mark	Livingstone	Senior	IRVINE AC C
32	8	0:47:21	00:15:37	Stephen	Phimister	Senior	CALDERGLEN H B
33	13	0:47:23	00:15:56	Robert	Young	Vet	CLYDESDALE HARRIERS B
34	62	0:47:29	00:17:00	Gibson	Fleming	Vet	WESTERLANDS XC CLUB B
35	42	0:47:47	00:16:19	William	Duffy	Vet	KILMARNOCK AC B
36	48	0:48:20	00:16:43	David	Fairweather	Vet	RON HILL CAMBUSLANG D
37	9	0:48:41	00:16:16	Gerry	Mullen	Vet	CALDERGLEN H C
38	21	0:49:33	00:15:42	John	Murray	Senior	GARSCUBE H C
39	38	0:49:51	00:15:54	Andrew	Clugston	Senior	KILBARCHAN AAC D
40	55	0:49:59	00:16:42	John	Owens	Vet	SPRINGBURN HARRIERS B
41	23	0:50:32	00:17:25	David	Logan	Vet	GIFFNOCK NORTH B
42	20	0:50:33	00:15:00	David	WDickson	Vet	GARSCUBE H B
43	17	0:50:71	00:16:02	Graeme	Haddow	Vet	EAST KILBRIDE B
44	30	0:52:49	00:19:21	Tom	Tracey	Vet	INVERCLYDE AC C
45	27	0:56:20	00:19:36	Peter	Carroll	Vet	HELENSBURGH B
46	10	0:53:37	00:20:16	Russell	Couper	Vet	CALDERGLEN H D
47	6	0:53:59	00:18:32	Norman	Boyle	Vet	BELLAHOUSTON RR B
48	2	0:54:34	00:18:27	Ryan	Templeton	Under 20	AYR SEAFORTH AC B
49							
50							

WEST DISTRICT CROSS COUNTRY RELAYS
ROYAL ACADEMY IRVINE SATURDAY 11TH OCTOBER 2008

Race 4 Senior/Junior Males 4 x 4000m

Leg 4							
Pos	No	Leg 4 Time	Ind Time	Runner		Cat	Club
1	50	0:47:41	00:11:51	Tsegezab	Woldemichael	Senior	SHETTLESTON H
2	28	0:49:39	00:12:41	Graeme	Hyett	Senior	INVERCLYDE AC A
3	35	0:50:53	00:13:01	Paul	Leck	Under 20	KILBARCHAN AAC
4	51	0:51:05	00:12:33	Martin	Graham	Senior	SHETTLESTON H B
5	45	0:52:30	00:12:41	Robert	Gilroy	Senior	RON HILL CAMBUSLANG
6	57	0:54:19	00:13:20	Derek	Gibb	Senior	VP GLASGOW AC
7	31	0:54:28	00:13:59	William	Richardson	Senior	IRVINE AC A
8	36	0:54:32	00:13:45	John	McMillan	Senior	KILBARCHAN AAC B
9	44	0:55:19	00:13:15	Jamie	McMorrow	Senior	LAW & DISTRICT
10	52	0:55:41	00:15:20	Peter	Carton	Vet	SHETTLESTON H C
11	46	0:56:29	00:14:10	Jasmair	Pal	Senior	RON HILL CAMBUSLANG B
12	16	0:56:58	00:15:22	Niall	Walker	Under 20	EAST KILBRIDE A
13	32	0:57:04	00:14:51	Ian	Berryman	Vet	IRVINE AC B
14	29	0:57:26	00:15:05	Jude	Boulton	Senior	INVERCLYDE AC B
15	7	0:57:33	00:15:08	Edward	Reid	Vet	CALDERGLEN H A
16	61	0:57:38	00:14:56	John	Donnelly	Vet	WESTERLANDS XC CLUB
17	54	0:57:42	00:14:03	Robert	Young	Vet	SPRINGBURN HARRIERS A
18	19	0:58:07	00:14:25	Euan	Mackay	Vet	GARSCUBE H A
19	12	0:59:00	00:15:20	John	Foley	Vet	CLYDESDALE HARRIERSA
20	5	0:59:03	00:14:27	Matthew	Williamson	Senior	BELLAHOUSTON RR A
21	24	0:59:23	00:14:35	Michael	Follan	Senior	GREENOCK GLENPARK H
22	26	0:59:49	00:14:49	Stephen	Bell	Vet	HELENSBURGH
23	47	0:60:02	00:15:20	Freddy	Connor	Vet	RON HILL CAMBUSLANG C
24	1	0:60:14	00:15:25	Peter	Laing	Vet	AYR SEAFORTH AC A
25	58	0:61:19	00:17:29	Kenneth	McVey	Vet	VP GLASGOW AC B
26	22	0:61:32	00:16:24	David	McNab	Vet	GIFFNOCK NORTH A
27	43	0:61:40	00:18:56	William	Heirs	Senior	KIRKINTILLOCH OLY
28	3	0:62:02	00:16:16	Mark	Paterson	Senior	BELLAHOUSTON HARRIERS A
29	41	0:62:12	00:17:08	Kenneth	Wales	Vet	KILMARNOCK AC A
30	37	0:62:38	00:16:21	Donald	Kennedy	Senior	KILBARCHAN AAC C
31	33	0:63:27	00:16:55	James	White	Vet	IRVINE AC C
32	42	0:63:36	00:15:49	Harald	Bartl	Vet	KILMARNOCK AC B
33	38	0:63:44	00:13:53	James	Snodgrass	Vet	KILBARCHAN AAC D
34	8	0:64:00	00:16:39	Stuart	Waugh	Vet	CALDERGLEN H B
35	48	0:64:20	00:16:00	John	McPake	Senior	RON HILL CAMBUSLANG D
36	9	0:65:24	00:16:43	Graham	Lindsay	Vet	CALDERGLEN H C
37	13	0:65:37	00:18:14	Peter	Rudzinski	Vet	CLYDESDALE HARRIERSB
38	62	0:65:48	00:18:19	Graeme	Orr	Vet	WESTERLANDS XC CLUB B
39	17	0:65:59	00:14:48	David	J.Condra	Vet	EAST KILBRIDE B
40	23	0:67:31	00:16:59	James	O'Hagan	Senior	GIFFNOCK NORTH B
41	55	0:67:42	00:17:43	Joseph		Senior	SPRINGBURN HARRIERS B
42	20	0:69:20	00:18:47	Matthew		Senior	GARSCUBE H B
43	2	0:69:44	00:15:10	Tom		Vet	AYR SEAFORTH AC B
44	6	0:70:20	00:16:21	Christopher		Senior	BELLAHOUSTON RR B
45	10	0:74:30	00:20:53	Malcolm		Vet	CALDERGLEN H D
46	21	0:81:05	00:31:32	Christian		Senior	GARSCUBE H C
47							
48							
49							
50							