

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Results

Race 1 Junior Females

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	171	00:10:09	00:10:09	Kirstin Oakley	Under 13	AYR SEAFORTH AC A
2	199	00:10:19	00:10:19	Emma Mitchell	Under 13	INVERCLYDE AC A
3	227	00:10:25	00:10:25	Robyn Connolly	Under 13	VP GLASGOW A
4	218	00:10:33	00:10:33	Niamh Brown	Under 13	RON HILL CAMBUSLANG H A
5	203	00:10:40	00:10:40	Jemma Reekie	Under 13	KILBARCHAN AAC A
6	204	00:10:42	00:10:42	Iona Miller	Under 13	KILBARCHAN AAC B
7	206	00:10:47	00:10:47	Laura Stark	Under 13	KILBARCHAN AAC D
8	215	00:10:51	00:10:51	Pamela McNicol	Under 13	LAW & DISTRICT A
9	186	00:10:58	00:10:58	Alexandra Pope	Under 13	GIFFNOCK NORTH A
10	208	00:11:02	00:11:02	Amy Donnelly	Under 13	KILMARNOCK H& AC A
11	187	00:11:04	00:11:04	Holly Still	Under 13	GIFFNOCK NORTH B
12	209	00:11:09	00:11:09	Harris Ritchie	Under 13	KILMARNOCK H& AC B
13	190	00:11:15	00:11:15	Eilidh Cook	Under 13	GIFFNOCK NORTH E
14	188	00:11:18	00:11:18	Rebecca Conroy	Under 11	GIFFNOCK NORTH C
15	200	00:11:23	00:11:23	Olivia Gemmell	Under 13	INVERCLYDE AC B
16	228	00:11:26	00:11:26	Emma Ferrie	Under 13	VP GLASGOW B
17	212	00:11:29	00:11:29	Perri McCluskey	Under 13	KIRKINTILLOCH OLYMPIANS A
18	189	00:11:31	00:11:31	Jude Graham	Under 13	GIFFNOCK NORTH D
19	194	00:11:33	00:11:33	Hannah Bartl	Under 13	GLASGOW SCHOOL OF SPORT B
20	224	00:11:35	00:11:35	Jill Cherry	Under 13	SHETTLESTON H B
21	223	00:11:36	00:11:36	Casey Alexander	Under 13	SHETTLESTON H A
22	216	00:11:39	00:11:39	Emily McNicol	Under 13	LAW & DISTRICT B
23	213	00:11:42	00:11:42	Louise Campbell	Under 13	KIRKINTILLOCH OLYMPIANS B
24	196	00:11:46	00:11:46	Lauren Mulaghton	Under 13	GREENOCK GLENPARK A
25	185	00:11:48	00:11:48	Amy Drysdale	Under 15	GARSCUBE H B
26	229	00:11:54	00:11:54	Millie Cunningham	Under 13	VP GLASGOW C
27	219	00:11:55	00:11:55	Lauren Carey	Under 13	RON HILL CAMBUSLANG H B
28	184	00:12:01	00:12:01	Caitlin Trotter	Under 13	GARSCUBE H A
29	205	00:12:06	00:12:06	Kerry McAngus	Under 13	KILBARCHAN AAC C
30	172	00:12:07	00:12:07	Christie Hutton	Under 13	AYR SEAFORTH AC B
31	217	00:12:11	00:12:11	Hannah Cussick	Under 13	LAW & DISTRICT C
32	197	00:12:13	00:12:13	Danielle Hunter	Under 13	GREENOCK GLENPARK B
33	222	00:12:15	00:12:15	Emily Harrow	Under 13	RON HILL CAMBUSLANG H E
34	180	00:12:17	00:12:17			CUMBERNAULD AAC
35	193	00:12:19	00:12:19	Abigail McInnes	Under 13	GLASGOW SCHOOL OF SPORT A
36	177	00:12:20	00:12:20	Rachel Busby	Under 13	CLYDESDALE H A
37	220	00:12:23	00:12:23	Seline Quigg	Under 13	RON HILL CAMBUSLANG H C
38	173	00:12:27	00:12:27	Amy Mulholland	Under 13	CALDERGLEN H A
39	195	00:12:32	00:12:32	Amy Coyle	Under 13	GLASGOW SCHOOL OF SPORT C
40	221	00:12:33	00:12:33	Daniella Webster	Under 13	RON HILL CAMBUSLANG H D
41	201	00:12:34	00:12:34	Jill McGachy	Under 13	INVERCLYDE AC C
42	210	00:12:42	00:12:42	Alanis Brydon	Under 13	KILMARNOCK H& AC C
43	214	00:12:56	00:12:56	Laura Keay	Under 13	KIRKINTILLOCH OLYMPIANS C
44	174	00:12:58	00:12:58	Caitlin Campbell	Under 13	CALDERGLEN H B
45	198	00:13:00	00:13:00	Lucy Compston	Under 13	GREENOCK GLENPARK C
46	182	00:13:03	00:13:03	Lucy Fairlie	Under 13	EAST KILBRIDE B
47	207	00:13:06	00:13:06	Megan Brawley	Under 13	KILBARCHAN AAC E
48	181	00:13:20	00:13:20	Mhairi Boyle	Under 13	EAST KILBRIDE A
49	178	00:14:10	00:14:10	Jenny Kerr	Under 13	CLYDESDALE H B
50	191	00:14:14	00:14:14	Mariha Zuberi	Under 13	GIFFNOCK NORTH F

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	225	00:14:20	00:14:20	Caitlin Louise Caldwell	Under 13	SHETTLESTON H C
52	211	00:14:36	00:14:36	Mary Morris	Under 13	KILMARNOCK H& AC D
53	175	00:15:40	00:15:40	Kirstin McDowell	Under 13	CALDERGLEN H C
54	176	00:16:30	00:16:30	Carla Graham	Under 11	CALDERGLEN H D

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 1 Junior Females

Leg 2						
Pos	No	Leg 2 Time	Ind Time	Runner	Cat	Club
1	227	0:20:51	00:10:26	Paige Dickson	Under 15	VP GLASGOW A
2	203	0:21:07	00:10:27	Gwen Gillham	Under 15	KILBARCHAN AAC A
3	186	0:21:16	00:10:18	Chloe Cowan	Under 15	GIFFNOCK NORTH A
4	218	0:21:37	00:11:04	Rebecca Bonomi	Under 15	RON HILL CAMBUSLANG H A
5	199	0:21:57	00:11:38	Chloe Simpson	Under 15	INVERCLYDE AC A
6	215	0:21:59	00:11:08	Sherelle Graham	Under 15	LAW & DISTRICT A
7	208	0:22:02	00:11:00	Bronagh Wishart	Under 15	KILMARNOCK H& AC A
8	223	0:22:10	00:10:34	Laura Penrice	Under 15	SHETTLESTON H A
9	204	0:22:15	00:11:33	Chloe Hardie	Under 15	KILBARCHAN AAC B
10	209	0:22:38	00:11:29	Stacie Taylor	Under 15	KILMARNOCK H& AC B
11	193	0:22:38	00:10:19	Brogan Wallace	Under 15	GLASGOW SCHOOL OF SPORT A
12	224	0:22:46	00:11:11	Myrtle Breckenridge	Under 15	SHETTLESTON H B
13	171	0:22:51	00:12:42	Leigh Catherine McLevy	Under 15	AYR SEAFORTH AC A
14	187	0:22:52	00:11:48	Holly Miller	Under 15	GIFFNOCK NORTH B
15	206	0:22:54	00:12:07	Eva Sullivan	Under 15	KILBARCHAN AAC D
16	212	0:22:56	00:11:27	Victoria Robertson	Under 13	KIRKINTILLOCH OLYMPIANS A
17	228	0:23:02	00:11:36	Eilidh McEvilly	Under 15	VP GLASGOW B
18	216	0:23:02	00:11:23	Alice McGrath	Under 15	LAW & DISTRICT B
19	184	0:23:10	00:11:09	Catriona Booth	Under 13	GARSCUBE H A
20	205	0:23:10	00:11:04	Kathryn Lee	Under 15	KILBARCHAN AAC C
21	200	0:23:22	00:11:59	Kelly Williams	Under 15	INVERCLYDE AC B
22	189	0:23:23	00:11:52	Aliyah Zuberi	Under 15	GIFFNOCK NORTH D
23	194	0:23:35	00:12:02	Elizabeth Edgar	Under 17	GLASGOW SCHOOL OF SPORT B
24	196	0:23:37	00:11:51	Meighan McDade	Under 15	GREENOCK GLENPARK A
25	177	0:23:42	00:11:22	Roisin McShea	Under 15	CLYDESDALE H A
26	188	0:23:45	00:12:27	Paige McConville	Under 15	GIFFNOCK NORTH C
27	219	0:23:48	00:11:53	Sophie Hayes	Under 15	RON HILL CAMBUSLANG H B
28	210	0:24:05	00:11:23	Emma McGarrity	Under 15	KILMARNOCK H& AC C
29	190	0:24:11	00:12:56	Caitlin Faulkner	Under 15	GIFFNOCK NORTH E
30	213	0:24:19	00:12:37	Jenny Lee	Under 15	KIRKINTILLOCH OLYMPIANS B
31	198	0:24:33	00:11:33	Shannon Kangley	Under 15	GREENOCK GLENPARK C
32	217	0:24:39	00:12:28	Rebecca Watson	Under 15	LAW & DISTRICT C
33	229	0:24:49	00:12:55	Jude Sloan-Dennison	Under 15	VP GLASGOW C
34	220	0:24:56	00:12:33	Lisa Ross	Under 15	RON HILL CAMBUSLANG H C
35	180	0:24:58	00:12:41			CUMBERNAULD AAC
36	182	0:25:02	00:11:59	Olivia Steven	Under 15	EAST KILBRIDE B
37	173	0:25:06	00:12:39	Lisa Stenhouse	Under 15	CALDERGLEN H A
38	197	0:25:13	00:13:00	Gabrielle Fisher	Under 15	GREENOCK GLENPARK B
39	221	0:25:31	00:12:58	Chelsea Dougal	Under 15	RON HILL CAMBUSLANG H D
40	181	0:25:57	00:12:37	Catherine Lambie	Under 15	EAST KILBRIDE A
41	222	0:26:05	00:13:50			RON HILL CAMBUSLANG H E
42	225	0:26:08	00:11:48	Caitlin Hackett	Under 15	SHETTLESTON H C
43	201	0:26:19	00:13:45	Kim Simpson	Under 13	INVERCLYDE AC C
44	174	0:26:39	00:13:41	Nicole Sharp	Under 15	CALDERGLEN H B
45	191	0:26:49	00:12:35	Eilidh Terras	Under 15	GIFFNOCK NORTH F
46	211	0:27:03	00:12:27	Lorne Kerr	Under 15	KILMARNOCK H& AC D
47	214	0:27:15	00:14:19	Suzanne Quigley	Under 13	KIRKINTILLOCH OLYMPIANS C
48	178	0:27:52	00:13:42	Ciara Devaney	Under 13	CLYDESDALE H B
49	175	0:28:17	00:12:37	Lynsey Thomson	Under 13	CALDERGLEN H C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 1 Junior Females

Leg 3						
Pos	No	Leg 3 Time	Ind Time	Runner	Cat	Club
1	227	0:31:21	00:10:30	Danielle Beattie	Under 17	VP GLASGOW A
2	203	0:31:43	00:10:36	Kate Gillies	Under 17	KILBARCHAN AAC A
3	186	0:32:07	00:10:51	Madeleine Murray	Under 17	GIFFNOCK NORTH A
4	218	0:32:24	00:10:47	Katie Bristow	Under 17	RON HILL CAMBUSLANG H A
5	223	0:32:47	00:10:37	Stella Winters	Under 17	SHETTLESTON H A
6	208	0:33:03	00:11:01	Eve Kerr	Under 17	KILMARNOCK H& AC A
7	204	0:33:13	00:10:58	Elaine Eadie	Under 17	KILBARCHAN AAC B
8	199	0:33:30	00:11:33	Lisa MacDonald	Under 17	INVERCLYDE AC A
9	184	0:33:47	00:10:37	Shona Parratt	Under 15	GARSCUBE H A
10	215	0:33:53	00:11:54	Julie Dobbin	Under 17	LAW & DISTRICT A
11	187	0:34:02	00:11:10	Olivia Keenan	Under 17	GIFFNOCK NORTH B
12	228	0:34:05	00:11:03	Maria Milliken	Under 17	VP GLASGOW B
13	193	0:34:24	00:11:46	Amy McCafferty	Under 17	GLASGOW SCHOOL OF SPORT A
14	224	0:34:26	00:11:40	Victoria McGloin	Under 17	SHETTLESTON H B
15	171	0:34:37	00:11:46	Emma Vallely	Under 15	AYR SEAFORTH AC A
16	219	0:34:53	00:11:05	Mairi Brown	Under 17	RON HILL CAMBUSLANG H B
17	216	0:35:02	00:12:00	Samantha Stevenson	Under 17	LAW & DISTRICT B
18	189	0:35:10	00:11:47	April Miller	Under 17	GIFFNOCK NORTH D
19	212	0:35:11	00:12:15	Kathleen Quigley	Under 15	KIRKINTILLOCH OLYMPIANS A
20	200	0:35:23	00:12:01	Evie Semple	Under 15	INVERCLYDE AC B
21	205	0:35:30	00:12:20	Emma Haddock	Under 17	KILBARCHAN AAC C
22	177	0:35:37	00:11:55	Claire Reid	Under 17	CLYDESDALE H A
23	209	0:35:41	00:13:03	Gemma McCutcheon	Under 15	KILMARNOCK H& AC B
24	188	0:35:46	00:12:01	Linzi Cowan	Under 17	GIFFNOCK NORTH C
25	194	0:35:51	00:12:16	Caitlin Vaughan	Under 17	GLASGOW SCHOOL OF SPORT B
26	180	0:35:55	00:10:57			CUMBERNAULD AAC
27	229	0:35:58	00:11:09	Amy MacLellan	Under 17	VP GLASGOW C
28	220	0:36:02	00:11:06	Lucy Deeny	Under 17	RON HILL CAMBUSLANG H C
29	191	0:36:15	00:09:26	Isabella Murray	Under 15	GIFFNOCK NORTH F
30	196	0:36:22	00:12:45	Louisa Davis	Under 15	GREENOCK GLENPARK A
31	217	0:36:22	00:11:43	Victoria Price	Under 17	LAW & DISTRICT C
32	210	0:36:47	00:12:42	Kate Mackie	Under 15	KILMARNOCK H& AC C
33	221	0:37:14	00:11:43	Rachel Fraser	Under 17	RON HILL CAMBUSLANG H D
34	182	0:37:15	00:12:13	Rachel Fairlie	Under 17	EAST KILBRIDE B
35	173	0:38:06	00:13:00	Emma Campbell	Under 17	CALDERGLEN H A
36	197	0:38:32	00:13:19	Eillidh Hamill	Under 17	GREENOCK GLENPARK B
37	181	0:38:34	00:12:37	Emma Fairlie	Under 17	EAST KILBRIDE A
38	225	0:38:49	00:12:41	Danielle McConway	Under 17	SHETTLESTON H C
39	178	0:43:27	00:15:35	Kirsty Alexander	Under 15	CLYDESDALE H B

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Results

Race 2 YOUNG MALES

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	162	00:09:25	00:09:25	Euan Urquhart	Under 13	VP GLASGOW A
2	129	00:09:25	00:09:25	Ross Gray	Under 13	INVERCLYDE AC A
3	163	00:09:31	00:09:31	Callum McCormack	Under 13	VP GLASGOW B
4	164	00:09:33	00:09:33	Jay Van den Hoven	Under 13	VP GLASGOW C
5	134	00:09:41	00:09:41	Scott McLardie	Under 13	KILBARCHAN AAC A
6	116	00:09:49	00:09:49	Dewi Gould	Under 13	GIFFNOCK NORTH AC
7	117	00:09:56	00:09:56	John McLaughlin	Under 13	GIFFNOCK NORTH AC B
8	152	00:10:00	00:10:00	Angus Johnstone	Under 13	NITHSDALE AC
9	110	00:10:03	00:10:03	Luke Kirwan	Under 13	EAST KILBRIDE AC
10	125	00:10:03	00:10:03	Ross Forbes	Under 13	GREENOCK GLENPARK A
11	135	00:10:03	00:10:03	Owen Bannatyne	Under 13	KILBARCHAN AAC B
12	118	00:10:03	00:10:03	Chris Hyde	Under 13	GIFFNOCK NORTH AC C
13	127	00:10:08	00:10:08	Evan Warwick	Under 17	GREENOCK GLENPARK C
14	160	00:10:08	00:10:08	Euan Penrice	Under 13	SHETTLESTON H B
15	159	00:10:15	00:10:15	Daniel A Toland	Under 13	SHETTLESTON H A
16	124	00:10:19	00:10:19	Paul Harper	Under 13	GLASGOW SCHOOL OF SPORT
17	101	00:10:28	00:10:28	Jamie Roberts	Under 13	AYR SEAFORTH AC A
18	149	00:10:30	00:10:30	Robert McGrath	Under 13	LAW & DISTRICT AC B
19	121	00:10:33	00:10:33	Liam McColgan	Under 13	GIFFNOCK NORTH AC F
20	119	00:10:36	00:10:36	Euan Brodie	Under 13	GIFFNOCK NORTH AC D
21	141	00:10:37	00:10:37	Angus Kerr	Under 13	KILMARNOCK H& AC A
22	111	00:10:39	00:10:39	Aidan Gilbride	Under 13	EAST KILBRIDE AC B
23	148	00:10:41	00:10:41	Evan Jones	Under 13	LAW & DISTRICT AC
24	150	00:10:47	00:10:47	Richard Watson	Under 13	LAW & DISTRICT AC C
25	130	00:10:50	00:10:50	Mathew MacKinnon	Under 13	INVERCLYDE AC B
26	120	00:10:50	00:10:50	Ross Gray	Under 13	GIFFNOCK NORTH AC E
27	153	00:10:51	00:10:51	Sean Reilly	Under 13	RON HILL CAMBUSLANG
28	154	00:10:53	00:10:53	Grant McGregor	Under 13	RON HILL CAMBUSLANG B
29	155	00:10:57	00:10:57	Luke Reilly	Under 13	RON HILL CAMBUSLANG C
30	122	00:11:02	00:11:02	Zak Vinter	Under 13	GIFFNOCK NORTH AC G
31	136	00:11:06	00:11:06	Campbell Gibson	Under 13	KILBARCHAN AAC C
32	112	00:11:10	00:11:10	Daniel Walsh	Under 13	EAST KILBRIDE AC C
33	138	00:11:13	00:11:13	Robert Mallinder	Under 13	KILBARCHAN AAC E
34	145	00:11:14	00:11:14	Cameron Mack	Under 13	KIRKINTILLOCH OLYMPIANS A
35	139	00:11:14	00:11:14	Euan McKerral	Under 15	KILBARCHAN AAC F
36	158	00:11:15	00:11:15	Sean Gallacher	Under 13	RON HILL CAMBUSLANG F
37	157	00:11:23	00:11:23	Connor McGlinchey	Under 13	RON HILL CAMBUSLANG E
38	131	00:11:26	00:11:26	Scott Reid	Under 13	INVERCLYDE AC C
39	132	00:11:27	00:11:27	Jordan Worthington	Under 13	INVERCLYDE AC D
40	126	00:11:33	00:11:33	Michael O'Rourke	Under 13	GREENOCK GLENPARK B
41	113	00:11:34	00:11:34	Ruairidh Garvie Russell	Under 13	GARSCUBE H A
42	142	00:11:37	00:11:37	Reed Wyper	Under 13	KILMARNOCK H& AC B
43	144	00:11:40	00:11:40	Rory Morris	Under 13	KILMARNOCK H& AC D
44	108	00:11:42	00:11:42	Andrew Hunter	Under 13	CLYDESDALE H A
45	146	00:11:44	00:11:44	Aidan McCaffrey	Under 13	KIRKINTILLOCH OLYMPIANS B
46	156	00:11:53	00:11:53	Jordon Munro	Under 13	RON HILL CAMBUSLANG D
47	105	00:11:58	00:11:58	Greg Mulholland	Under 13	CALDERGLEN H B
48	137	00:12:05	00:12:05	Matthew McLaughlin	Under 13	KILBARCHAN AAC D
49	114	00:12:07	00:12:07	Calum Esler	Under 13	GARSCUBE H B
50	109	00:12:07	00:12:07	Lewis Hay	Under 13	CLYDESDALE H B

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	128	00:13:28	00:13:28	Alan Grey
52	115	00:13:45	00:13:45	Euan MacIntosh
53	104	00:14:30	00:14:30	Drew Gordon
54	143	00:14:51	00:14:51	Ross Laird

Under 11	GREENOCK GLENPARK D
Under 13	GARSCUBE H C
Under 13	CALDERGLEN H A
Under 13	KILMARNOCK H& AC C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 2 YOUNG MALES

Leg 2						
Pos	No	Leg 2 Time	Ind Time	Runner	Cat	Club
1	134	0:18:35	00:08:54	Callum Matthews	Under 13	KILBARCHAN AAC A
2	129	0:18:58	00:09:33	Joshua Houston	Under 15	INVERCLYDE AC A
3	116	0:19:00	00:09:11	Douglas Britton	Under 15	GIFFNOCK NORTH AC
4	135	0:19:01	00:08:58	Euan Gillham	Under 15	KILBARCHAN AAC B
5	163	0:19:13	00:09:42	Fraser Glass	Under 15	VP GLASGOW B
6	152	0:19:15	00:09:15	Kieran Saunders	Under 15	NITHSDALE AC
7	117	0:19:16	00:09:20	Max Lancaster	Under 15	GIFFNOCK NORTH AC B
8	125	0:19:26	00:09:23	Gerard Smith	Under 15	GREENOCK GLENPARK A
9	118	0:19:33	00:09:30	Josh Hyde	Under 15	GIFFNOCK NORTH AC C
10	162	0:19:34	00:10:09	Liam Turner	Under 15	VP GLASGOW A
11	164	0:19:40	00:10:07	Jack Moreland	Under 15	VP GLASGOW C
12	148	0:19:45	00:09:04	Stuart McLuckie	Under 15	LAW & DISTRICT AC
13	110	0:19:46	00:09:43	Vincent Hastings	Under 15	EAST KILBRIDE AC
14	159	0:19:50	00:09:35	Ryan Flanagan	Under 15	SHETTLESTON H A
15	160	0:20:01	00:09:53	Murray McGiven	Under 15	SHETTLESTON H B
16	153	0:20:03	00:09:12	Ryan Thomson	Under 15	RON HILL CAMBUSLANG
17	136	0:20:05	00:08:59	Gavin McArdle	Under 15	KILBARCHAN AAC C
18	154	0:20:15	00:09:22	David Robertson	Under 15	RON HILL CAMBUSLANG B
19	119	0:20:19	00:09:43	Walker Graham	Under 15	GIFFNOCK NORTH AC D
20	155	0:20:36	00:09:39	Ross Stephen	Under 15	RON HILL CAMBUSLANG C
21	120	0:20:42	00:09:52	Jamie Cook	Under 15	GIFFNOCK NORTH AC E
22	141	0:20:46	00:10:09	Fergus Morris	Under 15	KILMARNOCK H& AC A
23	121	0:20:47	00:10:14	Calum Murphy	Under 15	GIFFNOCK NORTH AC F
24	149	0:20:48	00:10:18	Rory McLaughlan	Under 15	LAW & DISTRICT AC B
25	130	0:20:51	00:10:01	Jack Rice	Under 15	INVERCLYDE AC B
26	101	0:20:52	00:10:24	Shaun Rennie	Under 15	AYR SEAFORTH AC A
27	127	0:20:54	00:10:46	Mark Magee	Under 15	GREENOCK GLENPARK C
28	138	0:21:07	00:09:54	Cameron Swanson	Under 15	KILBARCHAN AAC E
29	111	0:21:13	00:10:34	Jack Kirwan	Under 15	EAST KILBRIDE AC B
30	131	0:21:17	00:09:51	Robert Todd	Under 15	INVERCLYDE AC C
31	156	0:21:18	00:09:25	Jack MacGregor	Under 15	RON HILL CAMBUSLANG D
32	112	0:21:28	00:10:18	James Pearson	Under 15	EAST KILBRIDE AC C
33	139	0:21:32	00:10:18	Charlie Wighton	Under 15	KILBARCHAN AAC F
34	126	0:21:43	00:10:10	Kieran Munro	Under 15	GREENOCK GLENPARK B
35	150	0:21:55	00:11:08	Stephen Murphy	Under 15	LAW & DISTRICT AC C
36	145	0:22:01	00:10:47	Kieran Pugh	Under 15	KIRKINTILLOCH OLYMPIANS A
37	157	0:22:10	00:10:47	Keith McIntyre	Under 15	RON HILL CAMBUSLANG E
38	142	0:22:21	00:10:44	Adam EL Shafei	Under 15	KILMARNOCK H& AC B
39	124	0:22:22	00:12:03	Joseph Amouzou	Under 15	GLASGOW SCHOOL OF SPORT
40	113	0:22:23	00:10:49	Adam Duff	Under 13	GARSCUBE H A
41	122	0:22:30	00:11:28	Steven Fleming	Under 15	GIFFNOCK NORTH AC G
42	137	0:22:42	00:10:37	Fraser Warwick	Under 17	KILBARCHAN AAC D
43	151	0:22:42	00:22:42	Christopher Boyle	Under 15	LAW & DISTRICT AC D
44	108	0:22:45	00:11:03	David Campbell	Under 15	CLYDESDALE H A
45	146	0:22:47	00:11:03	Aidan Kane	Under 15	KIRKINTILLOCH OLYMPIANS B
46	158	0:23:01	00:11:46	Brendan Carey	Under 15	RON HILL CAMBUSLANG F
47	144	0:23:18	00:11:38	Andrew Jones	Under 15	KILMARNOCK H& AC D
48	132	0:23:33	00:12:06	Craig Bellew	Under 13	INVERCLYDE AC D
49	105	0:23:38	00:11:40	Andrew McGurk	Under 15	CALDERGLEN H B
50	128	0:23:45	00:10:17	Jack O'Rourke	Under 13	GREENOCK GLENPARK D

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	109	0:23:53	00:11:46	Christopher Kane	Under 15	CLYDESDALE H B
52	114	0:24:52	00:12:45	John Brachney	Under 13	GARSCUBE H B
53	104	0:25:31	00:11:01	Paul Mullen	Under 15	CALDERGLEN H A
54	143	0:26:15	00:11:24	Terry Mulholland	Under 15	KILMARNOCK H& AC C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 2 YOUNG MALES

Leg 3						
Pos	No	Leg 3 Time	Ind Time	Runner	Cat	Club
1	116	0:27:18	00:08:18	Grant Muir	Under 17	GIFFNOCK NORTH AC
2	134	0:27:42	00:09:07	Russell Mountford	Under 17	KILBARCHAN AAC A
3	117	0:27:47	00:08:31	Jack Walker	Under 17	GIFFNOCK NORTH AC B
4	162	0:27:52	00:08:18	Max Aitchison	Under 17	VP GLASGOW A
5	129	0:27:58	00:09:00	Greg Williams	Under 17	INVERCLYDE AC A
6	152	0:28:08	00:08:53	Chris Ponton	Under 17	NITHSDALE AC
7	163	0:28:08	00:08:55	Ethan Sloan-Dennison	Under 17	VP GLASGOW B
8	135	0:28:13	00:09:12	Craig Haxton	Under 17	KILBARCHAN AAC B
9	118	0:28:19	00:08:46	Max Lott	Under 17	GIFFNOCK NORTH AC C
10	148	0:28:28	00:08:43	Christopher Watson	Under 17	LAW & DISTRICT AC
11	119	0:29:06	00:08:47	Neil Gourley	Under 17	GIFFNOCK NORTH AC D
12	153	0:29:08	00:09:05	Stuart Roe	Under 17	RON HILL CAMBUSLANG
13	159	0:29:10	00:09:20	Callum Drummond	Under 15	SHETTLESTON H A
14	125	0:29:13	00:09:47	Andrew Fisher	Under 17	GREENOCK GLENPARK A
15	126	0:29:28	00:07:45	Adam McCormick	Under 17	GREENOCK GLENPARK B
16	110	0:29:39	00:09:53	Scott Hernon	Under 17	EAST KILBRIDE AC
17	164	0:29:42	00:10:02	Andrew McCormack	Under 17	VP GLASGOW C
18	101	0:29:47	00:08:55	Finlay Rae	Under 17	AYR SEAFORTH AC A
19	160	0:29:55	00:09:54	Archie Breckenridge	Under 17	SHETTLESTON H B
20	121	0:30:06	00:09:19	Jonathan Tweedie	Under 17	GIFFNOCK NORTH AC F
21	149	0:30:18	00:09:30	Daniel Stuart Graham	Under 17	LAW & DISTRICT AC B
22	154	0:30:24	00:10:09	Dean McNaught	Under 17	RON HILL CAMBUSLANG B
23	120	0:30:28	00:09:46	Christopher Russell	Under 17	GIFFNOCK NORTH AC E
24	141	0:30:40	00:09:54	Cameron Mackie	Under 17	KILMARNOCK H& AC A
25	155	0:30:47	00:10:11	Dean McMurrin	Under 17	RON HILL CAMBUSLANG C
26	136	0:30:49	00:10:44	Marc Bonati	Under 17	KILBARCHAN AAC C
27	127	0:30:55	00:10:01	David Reay	Under 17	GREENOCK GLENPARK C
28	145	0:31:02	00:09:01	Scott Lawrie	Under 17	KIRKINTILLOCH OLYMPIANS A
29	131	0:31:09	00:09:52	Matthew Thomson	Under 17	INVERCLYDE AC C
30	156	0:31:29	00:10:11	Joe Brown	Under 15	RON HILL CAMBUSLANG D
31	124	0:31:43	00:09:21	Ben Stafford	Under 17	GLASGOW SCHOOL OF SPORT
32	122	0:32:08	00:09:38	Andrew Clark	Under 17	GIFFNOCK NORTH AC G
33	146	0:32:22	00:09:35	Callum Heirs	Under 17	KIRKINTILLOCH OLYMPIANS B
34	142	0:32:39	00:10:18	Evan Cornforth	Under 17	KILMARNOCK H& AC B
35	111	0:32:46	00:11:33	David Sloan	Under 15	EAST KILBRIDE AC B
36	108	0:32:53	00:10:08	Tony Dolan	Under 17	CLYDESDALE H A
37	150	0:33:34	00:11:39	Jakub Mitas	Under 15	LAW & DISTRICT AC C
38	113	0:33:49	00:11:26	Cameron Russell	Under 15	GARSCUBE H A
39	128	0:33:58	00:10:13	Sean McCallion	Under 17	GREENOCK GLENPARK D
40	144	0:34:32	00:11:14	Luke McGill	Under 17	KILMARNOCK H& AC D
41	105	0:34:42	00:11:04	Ian Rae (Jnr)	Under 15	CALDERGLEN H B
42	157	0:35:29	00:13:19	Ryan Miller	Under 15	RON HILL CAMBUSLANG E
43	104	0:35:46	00:10:15	Richard Campbell	Under 17	CALDERGLEN H A
44	143	0:36:17	00:10:02	Roy Shankland	Under 17	KILMARNOCK H& AC C
45	132	0:36:51	00:13:18	Isaac Dunning	Under 15	INVERCLYDE AC D
46	114	0:37:14	00:12:22	Patrick Brachney	Under 15	GARSCUBE H B

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Results

Race 3 Sen/Junior Females

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	262	00:15:36	00:15:36	Christina Rankin	Senior	KILBARCHAN AAC A
2	278	00:15:39	00:15:39	Josephine Moultrie	Under 20	VP GLASGOW A
3	273	00:16:30	00:16:30	Michelle Sandison	Senior	SPRINGBURN H A
4	270	00:16:33	00:16:33	Kara Tait	Senior	KILMARNOCK H& AC A
5	258	00:16:37	00:16:37	Emma Rice	Under 20	INVERCLYDE AC A
6	263	00:16:45	00:16:45	Nynke Mulholland	Under 20	KILBARCHAN AAC B
7	253	00:17:14	00:17:14	Mairi Stanley	Vet	GARSCUBE H B (Vets)
8	279	00:17:18	00:17:18	Claire Thompson	Senior	VP GLASGOW B
9	256	00:17:21	00:17:21	Julia Henderson	Senior	HELENSBURGH AAC A
10	252	00:17:26	00:17:26	Carole Setchell	Senior	GARSCUBE H A
11	281	00:17:29	00:17:29	Ellen Homewood	Senior	WESTERLANDS XC CLUB A
12	241	00:17:47	00:17:47	Laura Wallace	Senior	AYR SEAFORTH AC A
13	248	00:18:02	00:18:02	Pamela McCrossan	Vet	CLYDESDALE H A
14	267	00:18:04	00:18:04	Hannah Terrance	Under 20	KIRKINTILLOCH OLYMPIANS B
15	260	00:18:07	00:18:07	Alison King	Senior	GREENOCK GLENPARK A
16	266	00:18:20	00:18:20	Annmarie McCaffrey	Vet	KIRKINTILLOCH OLY A (VETS)
17	242	00:18:23	00:18:23	Bernadette O'Neil	Vet	BELLAHOUSTON H A (VETS)
18	254	00:18:42	00:18:42	Ailsa Currie	Senior	GARSCUBE H C
19	274	00:18:54	00:18:54	Marlene Hunter	Senior	SPRINGBURN H B
20	264	00:19:16	00:19:16	Angela McGuinness	Vet	KILBARCHAN AAC C (VETS)
21	247	00:19:34	00:19:34	Mary Goldsmith	Vet	CALDERGLEN H A
22	257	00:19:47	00:19:47	Debbie Savage	Senior	HELENSBURGH AAC B
23	245	00:19:50	00:19:50	Julia Harris	Vet	BELLAHOUSTON RR A
24	282	00:20:01	00:20:01	Pauline McAdam	Vet	WESTERLANDS XC CLUB B
25	246	00:20:27	00:20:27	Sandy Brindley	Senior	BELLAHOUSTON RR B
26	249	00:20:29	00:20:29	Marian McPhail	Vet	DUMFRIES RC A
27	243	00:20:36	00:20:36	Melanie Ronald	Senior	BELLAHOUSTON H B
28	275	00:20:40	00:20:40	Pamela Michie	Senior	SPRINGBURN H C
29	261	00:21:17	00:21:17	Heather Kangley	Vet	GREENOCK GLENPARK B
30	265	00:23:07	00:23:07	Michelle Bell	Under 20	KILBARCHAN AAC D
31	250	00:23:20	00:23:20	Susan Callander	Vet	DUNFRIES RC B (VETS)
32	271	00:28:25	00:28:25	Elizabeth McDerment	Vet	KILMARNOCK H& AC B (VETS)

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 3 Sen/Junior Females

Leg 2						
Pos	No	Leg 2 Time	Ind Time	Runner	Cat	Club
1	262	0:31:50	00:16:14	Natalie Sharp	Under 20	KILBARCHAN AAC A
2	278	0:32:20	00:16:41	Hollie Young	Under 20	VP GLASGOW A
3	273	0:32:36	00:16:06	Fiona Gentles	Senior	SPRINGBURN H A
4	252	0:33:34	00:16:08	Lesley Chisholm	Senior	GARSCUBE H A
5	263	0:33:50	00:17:05	Hannah Waugh	Senior	KILBARCHAN AAC B
6	270	0:34:41	00:18:08	Paula Wilson	Vet	KILMARNOCK H& AC A
7	279	0:35:50	00:18:32	Kirsty Baird	Senior	VP GLASGOW B
8	253	0:35:54	00:18:40	Heather McIntosh	Vet	GARSCUBE H B (Vets)
9	256	0:36:10	00:18:49	Tina Munro	Vet	HELENSBURGH AAC A
10	258	0:36:24	00:19:47	Susanna Spence	Senior	INVERCLYDE AC A
11	281	0:36:28	00:18:59	Catriona Miller	Senior	WESTERLANDS XC CLUB A
12	248	0:36:30	00:18:28	Kathryn Scott	Vet	CLYDESDALE H A
13	249	0:36:34	00:16:05	Joasia Zakrzewski	Senior	DUMFRIES RC A
14	242	0:37:22	00:18:59	Erica Christie	Vet	BELLAHOUSTON H A (VETS)
15	266	0:37:39	00:19:19	Marie McChord	Vet	KIRKINTILLOCH OLY A (VETS)
16	260	0:37:48	00:19:41	Theresa Wall	Vet	GREENOCK GLENPARK A
17	274	0:37:52	00:18:58	Caroline Brownlie	Senior	SPRINGBURN H B
18	241	0:38:09	00:20:22	Gillian Geates	Vet	AYR SEAFORTH AC A
19	247	0:38:18	00:18:44	Frances Maxwell	Vet	CALDERGLEN H A
20	254	0:38:46	00:20:04	Debbie Consani	Senior	GARSCUBE H C
21	267	0:38:52	00:20:48	Vivien Fraser	Vet	KIRKINTILLOCH OLYMPIANS B
22	245	0:40:05	00:20:15	Jacqueline McGuire	Vet	BELLAHOUSTON RR A
23	282	0:40:48	00:20:47	Muffy Calder	Vet	WESTERLANDS XC CLUB B
24	264	0:41:20	00:22:04	Wanda Phillips	Vet	KILBARCHAN AAC C (VETS)
25	257	0:42:20	00:22:33	Janet Fellowes	Vet	HELENSBURGH AAC B
26	243	0:42:51	00:22:15	Suzanne Boyle	Senior	BELLAHOUSTON H B
27	275	0:43:34	00:22:54	Lorraine Gray	Senior	SPRINGBURN H C
28	261	0:44:28	00:23:11	Yvonne Prager	Vet	GREENOCK GLENPARK B
29	250	0:46:25	00:23:05	Audrey Brown	Senior	DUNFRIES RC B (VETS)
30	246	0:47:32	00:27:05	Carla Telfer	Senior	BELLAHOUSTON RR B
31	271	0:50:25	00:22:00	Lorna Sloan	Vet	KILMARNOCK H& AC B (VETS)

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 3 Sen/Junior Females

Leg 3						
Pos	No	Leg 3 Time	Ind Time	Runner	Cat	Club
1	262	0:46:26	00:14:36	Elspeth Curran	Senior	KILBARCHAN AAC A
2	273	0:48:01	00:15:25	Danielle Brown	Senior	SPRINGBURN H A
3	278	0:48:28	00:16:08	Claire McCracken	Senior	VP GLASGOW A
4	252	0:49:48	00:16:14	Kirsty Husband	Vet	GARSCUBE H A
5	263	0:50:55	00:17:05	Leanne Hamilton	Senior	KILBARCHAN AAC B
6	249	0:52:37	00:16:03	Mhairi Duff	Senior	DUMFRIES RC A
7	279	0:53:07	00:17:17	Susan Finch	Vet	VP GLASGOW B
8	253	0:53:38	00:17:44	Gail Beaton	Vet	GARSCUBE H B (Vets)
9	270	0:54:36	00:19:55	Laura Haggarty	Senior	KILMARNOCK H& AC A
10	241	0:54:51	00:16:42	Louise Hill-Stirling	Under 20	AYR SEAFORTH AC A
11	256	0:54:53	00:18:43	Jennifer Fitzgerald	Senior	HELENSBURGH AAC A
12	248	0:55:03	00:18:33	Marina McCallum	Senior	CLYDESDALE H A
13	266	0:56:15	00:18:36	Susan Addison	Vet	KIRKINTILLOCH OLY A (VETS)
14	242	0:57:33	00:20:11	Yvonne Winchester	Vet	BELLAHOUSTON H A (VETS)
15	254	0:57:36	00:18:50	Jill O'Neil	Senior	GARSCUBE H C
16	274	0:57:53	00:20:01	Barbara Knox	Vet	SPRINGBURN H B
17	260	0:58:42	00:20:54	Susan Clark	Vet	GREENOCK GLENPARK A
18	281	0:58:58	00:22:30	Elsie Riley	Senior	WESTERLANDS XC CLUB A
19	267	0:59:24	00:20:32	Ros OSullivan	Vet	KIRKINTILLOCH OLYMPIANS B
20	245	0:59:51	00:19:46	Louise Ross	Senior	BELLAHOUSTON RR A
21	264	0:61:37	00:20:17	Jackie Campbell	Vet	KILBARCHAN AAC C (VETS)
22	257	0:62:02	00:19:42	Sarah Walker	Senior	HELENSBURGH AAC B
23	282	0:63:05	00:22:17	Patricia McLaughlin	Vet	WESTERLANDS XC CLUB B
24	243	0:63:57	00:21:06	Louise Andrew	Senior	BELLAHOUSTON H B
25	261	0:69:04	00:24:36	Janet Henderson	Senior	GREENOCK GLENPARK B
26	250	0:71:38	00:25:13	Tracy Campbell	Senior	DUNFRIES RC B (VETS)

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Results

Race 4 JUN SEN MALES

Leg 1						
Pos	No	Leg 1 Time	Ind Time	Runner	Cat	Club
1	62	00:13:17	00:13:17	Amanuel Hagos	Senior	SHETTLESTON H A
2	37	00:13:22	00:13:22	Andrew Douglas	Senior	INVERCLYDE AC A
3	69	00:13:33	00:13:33	David Vernon	Under 20	VP GLASGOW A
4	46	00:13:36	00:13:36	Robert Quinn	Vet	KILBARCHAN AAC A
5	56	00:13:41	00:13:41	Stewart Orr	Under 20	RON HILL CAMBUSLANG H A
6	58	00:13:43	00:13:43	Stephen Wylie	Senior	RON HILL CAMBUSLANG H C
7	27	00:14:06	00:14:06	Derek Breen	Vet	GIFFNOCK NORTH AAC A
8	23	00:14:09	00:14:09	Joe McKnight	Senior	GARSCUBE H B
9	57	00:14:10	00:14:10	Bobby Bristow	Under 20	RON HILL CAMBUSLANG H B
10	30	00:14:11	00:14:11	Stephen Trainer	Senior	GREENOCK GLENPARK AC A
11	63	00:14:13	00:14:13	Lee Wilson	Under 15	SHETTLESTON H B
12	47	00:14:22	00:14:22	Stephen Fleming	Under 20	KILBARCHAN AAC B
13	22	00:14:26	00:14:26	John Bell	Vet	GARSCUBE H A(VETS)
14	1	00:14:28	00:14:28	Andrew Rae	Under 20	AYR SEAFORTH AC A
15	8	00:14:30	00:14:30	Peter Devenport	Senior	BELLAHOUSTON RR A
16	38	00:14:31	00:14:31	Sean Gaffney	Senior	INVERCLYDE AC B
17	16	00:14:34	00:14:34	Peter Bowman	Under 20	CLYDESDALE H A
18	48	00:14:37	00:14:37	Fraser Williams	Senior	KILBARCHAN AAC C
19	43	00:14:38	00:14:38	Patrick Cullinane	Senior	IRVINE AC
20	60	00:14:42	00:14:42	Greg Hastie	Vet	RON HILL CAMBUSLANG H E (VETS)
21	74	00:14:59	00:14:59	Chris Upson	Vet	WESTERLANDS XC CLUB A
22	52	00:15:01	00:15:01	Adam Peters	Senior	KIRKINTILLOCH OLYMPIANS A
23	59	00:15:02	00:15:02	Alistair Campbell	Senior	RON HILL CAMBUSLANG H D
24	19	00:15:10	00:15:10	Adam Gatens	Under 20	EAST KILBRIDE AC
25	66	00:15:12	00:15:12	Damian McAuley	Vet	SPRINGBURN H A
26	77	00:15:17	00:15:17	Cameron Wilson	Senior	KILMARNOCK H& AC A
27	31	00:15:18	00:15:18	Kevin Gill	Vet	GREENOCK GLENPARK AC B
28	53	00:15:20	00:15:20	Paul O'Connor	Senior	KIRKINTILLOCH OLYMPIANS B
29	64	00:15:22	00:15:22	Denis Williams	Vet	SHETTLESTON H C(VETS)
30	20	00:15:42	00:15:42	Andrew Shaw	Under 20	EAST KILBRIDE AC B
31	39	00:15:48	00:15:48	Graeme Forbes	Vet	INVERCLYDE AC C
32	78	00:15:51	00:15:51	Grant Beattie	Under 20	KILMARNOCK H& AC B
33	70	00:15:53	00:15:53	Derek Watson Snr.	Vet	VP GLASGOW B
34	71	00:16:06	00:16:06	David McCormack	Vet	VP GLASGOW C (VETS)
35	4	00:16:10	00:16:10	Mark Paterson	Senior	BELLAHOUSTON H B
36	35	00:16:11	00:16:11	Iain Walker	Senior	HELENSBURGH AAC A
37	9	00:16:20	00:16:20	Grant MacDonald	Senior	BELLAHOUSTON RR B
38	3	00:16:22	00:16:22	Brian French	Senior	BELLAHOUSTON H A
39	11	00:16:28	00:16:28	Alan Cullie	Vet	CALDERGLEN H A (VETS)
40	75	00:16:35	00:16:35	David Calder	Vet	WESTERLANDS XC CLUB B(VETS)
41	24	00:16:49	00:16:49	Stephen Kilpatrick	Vet	GARSCUBE H C
42	28	00:16:51	00:16:51	Luke Traynor	Under 20	GIFFNOCK NORTH AAC B (VETS)
43	49	00:17:01	00:17:01	Donald Kennedy	Vet	KILBARCHAN AAC D
44	50	00:17:03	00:17:03	James Robert Ferguson	Senior	KILBARCHAN AAC E
45	44	00:17:05	00:17:05	Steven Connell	Vet	IRVINE AC B (VETS)
46	32	00:17:06	00:17:06	Michael Harrington	Vet	GREENOCK GLENPARK AC C
47	2	00:17:08	00:17:08	Kevin Bloy	Vet	AYR SEAFORTH AC B
48	12	00:17:14	00:17:14	Jim Holmes	Vet	CALDERGLEN H B
49	17	00:17:20	00:17:20	Iain Robertson	Senior	CLYDESDALE H B
50	68	00:17:22	00:17:22	Craig Brown	Senior	TROON TORTOISES AC

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	79	00:17:28	00:17:28	Alasdair Murray	Vet	KILMARNOCK H& AC C
52	67	00:17:50	00:17:50	Joseph Junior Chambers	Senior	SPRINGBURN H B
53	14	00:17:58	00:17:58	Ian Rae	Vet	CALDERGLEN H D
54	10	00:18:07	00:18:07	Ewan McDonald	Vet	BELLAHOUSTON RR B
55	36	00:18:12	00:18:12	Cai Britton	Vet	HELENSBURGH AAC B
56	5	00:18:17	00:18:17	Neil Campbell	Vet	BELLAHOUSTON H C
57	40	00:18:18	00:18:18	George Hegarty	Senior	INVERCLYDE AC D
58	33	00:18:20	00:18:20	Stephen McDade	Vet	GREENOCK GLENPARK AC D

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 4 JUN SEN MALES

Leg 2						
Pos	No	Leg 2 Time	Ind Time	Runner	Cat	Club
1	46	0:26:36	00:13:00	Derek Hawkins	Senior	KILBARCHAN AAC A
2	37	0:26:39	00:13:17	Craig Ruddy	Senior	INVERCLYDE AC A
3	56	0:27:22	00:13:41	Robert Gilroy	Senior	RON HILL CAMBUSLANG H A
4	62	0:27:25	00:14:08	Michael Deason	Senior	SHETTLESTON H A
5	58	0:27:34	00:13:51	Iain MacCorquodale	Senior	RON HILL CAMBUSLANG H C
6	69	0:27:46	00:14:13	Derek Gibb	Senior	VP GLASGOW A
7	57	0:28:04	00:13:54	Jamie Reid	Senior	RON HILL CAMBUSLANG H B
8	8	0:28:21	00:13:51	Ciaran Dougherty	Senior	BELLAHOUSTON RR A
9	43	0:28:22	00:13:44	David Millar	Vet	IRVINE AC
10	27	0:28:50	00:14:44	Neil Deerey	Vet	GIFFNOCK NORTH AAC A
11	47	0:28:56	00:14:34	Graham Evans	Under 20	KILBARCHAN AAC B
12	30	0:29:11	00:15:00	Michael Mcloone Snr	Vet	GREENOCK GLENPARK AC A
13	63	0:29:14	00:15:01	Marc McColl	Senior	SHETTLESTON H B
14	19	0:29:45	00:14:35	John Fergusson	Under 20	EAST KILBRIDE AC
15	38	0:29:48	00:15:17	Neil McLaughlin	Senior	INVERCLYDE AC B
16	23	0:29:50	00:15:41	Euan Geddes	Senior	GARSCUBE H B
17	1	0:29:53	00:15:25	Mayeul Ducrot	Senior	AYR SEAFORTH AC A
18	48	0:30:01	00:15:24	Dewi Gould	Under 13	KILBARCHAN AAC C
19	22	0:30:12	00:15:46	Euan Mackay	Vet	GARSCUBE H A(VETS)
20	60	0:30:31	00:15:49	Colin Feechan	Vet	RON HILL CAMBUSLANG H E (VET)
21	74	0:30:33	00:15:34	Scott Mitchell	Senior	WESTERLANDS XC CLUB A
22	77	0:30:41	00:15:24	Ross Connelly	Under 20	KILMARNOCK H& AC A
23	64	0:30:43	00:15:21	William Coyle	Vet	SHETTLESTON H C(VETS)
24	16	0:30:43	00:16:09	Paul Carroll	Vet	CLYDESDALE H A
25	52	0:30:48	00:15:47	Craig McIntyre	Under 20	KIRKINTILLOCH OLYMPIANS A
26	3	0:31:02	00:14:40	Amanuel Zerezighi	Senior	BELLAHOUSTON H A
27	35	0:31:04	00:14:53	Paul Thompson	Vet	HELENSBURGH AAC A
28	66	0:31:08	00:15:56	Andrew Callan	Vet	SPRINGBURN H A
29	39	0:31:18	00:15:30	Jude Boulton	Senior	INVERCLYDE AC C
30	31	0:31:32	00:16:14	Alan O'Rourke	Vet	GREENOCK GLENPARK AC B
31	11	0:31:48	00:15:20	Martin Duthie	Vet	CALDERGLEN H A (VETS)
32	9	0:32:08	00:15:48	Bruce Carse	Senior	BELLAHOUSTON RR B
33	78	0:32:11	00:16:20	Leslie McDerment	Vet	KILMARNOCK H& AC B
34	59	0:32:28	00:17:26	Thomas McPake	Vet	RON HILL CAMBUSLANG H D
35	70	0:32:33	00:16:40	Ralph Connolly	Vet	VP GLASGOW B
36	28	0:32:43	00:15:52	Greg Turner	Under 20	GIFFNOCK NORTH AAC B (VETS)
37	4	0:32:49	00:16:39	George Adams	Vet	BELLAHOUSTON H B
38	20	0:33:00	00:17:18	Graeme Haddow	Vet	EAST KILBRIDE AC B
39	75	0:33:22	00:16:47	John Quinn	Vet	WESTERLANDS XC CLUB B(VETS)
40	71	0:33:28	00:17:22	Peter Ramsay	Vet	VP GLASGOW C (VETS)
41	44	0:33:47	00:16:42	James Sneddon	Vet	IRVINE AC B (VETS)
42	67	0:33:51	00:16:01	Martin Coleman	Senior	SPRINGBURN H B
43	53	0:33:58	00:18:38	Stephen Allan	Senior	KIRKINTILLOCH OLYMPIANS B
44	49	0:34:12	00:17:11	Robert Allison	Vet	KILBARCHAN AAC D
45	17	0:34:27	00:17:07	Ryan Nelson	Under 20	CLYDESDALE H B
46	79	0:34:27	00:16:59	Harald Bartl	Vet	KILMARNOCK H& AC C
47	12	0:34:44	00:17:30	Stuart Waugh	Vet	CALDERGLEN H B
48	32	0:34:49	00:17:43	Kenneth Pryde	Vet	GREENOCK GLENPARK AC C
49	2	0:35:21	00:18:13	Tom McCulloch	Vet	AYR SEAFORTH AC B
50	50	0:35:58	00:18:55	James McMillan	Vet	KILBARCHAN AAC E

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	68	0:36:09	00:18:47	William Gerrie	Vet	TROON TORTOISES AC
52	33	0:36:38	00:18:18	Kevan McCartney	Senior	GREENOCK GLENPARK AC D
53	40	0:36:42	00:18:24	David McKenzie	Under 20	INVERCLYDE AC D
54	10	0:36:53	00:18:46	Peter Burton	Senior	BELLAHOUSTON RR B
55	14	0:37:25	00:19:27	David Wardrope	Senior	CALDERGLEN H D
56	76	0:37:30	00:18:44	Gibson Fleming	Vet	WESTERLANDS XC CLUB C
57	36	0:37:40	00:19:28	Alistair Wylie	Vet	HELENSBURGH AAC B
58	5	0:34:42	00:16:25	Thomas Keenan	Vet	BELLAHOUSTON H C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 4 JUN SEN MALES

Leg 3						
Pos	No	Leg 3 Time	Ind Time	Runner	Cat	Club
1	37	0:40:08	00:13:29	Mark Pollard	Senior	INVERCLYDE AC A
2	62	0:40:19	00:12:54	Teweldeberhan Mengisteab	Senior	SHETTLESTON H A
3	46	0:40:31	00:13:55	Paul Leck	Senior	KILBARCHAN AAC A
4	56	0:41:18	00:13:56	Iain Reid	Senior	RON HILL CAMBUSLANG H A
5	57	0:42:15	00:14:11	Joseph Kealey	Senior	RON HILL CAMBUSLANG H B
6	58	0:43:16	00:15:42	Brian Campbell	Senior	RON HILL CAMBUSLANG H C
7	47	0:43:32	00:14:36	Gary Rankin	Under 20	KILBARCHAN AAC B
8	8	0:43:38	00:15:17	Craig Ross	Senior	BELLAHOUSTON RR A
9	27	0:43:55	00:15:05	George Taylor	Vet	GIFFNOCK NORTH AAC A
10	43	0:43:56	00:15:34	George Irving	Vet	IRVINE AC
11	69	0:44:00	00:16:14	Kenneth Mitchell	Vet	VP GLASGOW A
12	38	0:44:12	00:14:24	Andrew Campbell	Under 20	INVERCLYDE AC B
13	63	0:44:19	00:15:05	Robert Maxwell	Senior	SHETTLESTON H B
14	30	0:44:32	00:15:21	Andrew McCall	Senior	GREENOCK GLENPARK AC A
15	48	0:45:06	00:15:05	John McMillan	Senior	KILBARCHAN AAC C
16	74	0:45:33	00:15:00	David Riach	Vet	WESTERLANDS XC CLUB A
17	19	0:45:46	00:16:01	David Gorman	Under 20	EAST KILBRIDE AC
18	60	0:46:25	00:15:54	Francis Hurley	Vet	RON HILL CAMBUSLANG H E (VETS)
19	1	0:46:29	00:16:36	Barry Duddy	Senior	AYR SEAFORTH AC A
20	64	0:46:29	00:15:46	John Oates	Vet	SHETTLESTON H C(VETS)
21	22	0:46:35	00:16:23	Robert McLennan	Vet	GARSCUBE H A(VETS)
22	16	0:46:38	00:15:55	Gerard Montgomery	Vet	CLYDESDALE H A
23	77	0:46:49	00:16:08	Connell Drummond	Senior	KILMARNOCK H& AC A
24	66	0:46:52	00:15:44	Scott Partyka	Senior	SPRINGBURN H A
25	23	0:47:01	00:17:11	John Murray	Senior	GARSCUBE H B
26	3	0:47:26	00:16:24	Gary Stewart	Vet	BELLAHOUSTON H A
27	9	0:48:12	00:16:04	Raymond Farrell	Vet	BELLAHOUSTON RR B
28	28	0:48:12	00:15:29	Michael Cross	Senior	GIFFNOCK NORTH AAC B (VETS)
29	31	0:48:17	00:16:45	Steven Campbell	Senior	GREENOCK GLENPARK AC B
30	11	0:48:26	00:16:38	Edward Reid	Vet	CALDERGLEN H A (VETS)
31	35	0:48:37	00:17:33	Phil Dye	Vet	HELENSBURGH AAC A
32	70	0:48:39	00:16:06	Gerard Craig	Vet	VP GLASGOW B
33	39	0:49:07	00:17:49	Robert Gray	Senior	INVERCLYDE AC C
34	78	0:49:37	00:17:26	William Duffy	Vet	KILMARNOCK H& AC B
35	44	0:49:57	00:16:10	Ian Berryman	Vet	IRVINE AC B (VETS)
36	20	0:50:26	00:17:26	Niall Walker	Senior	EAST KILBRIDE AC B
37	75	0:51:05	00:17:43	Daniel Reid	Vet	WESTERLANDS XC CLUB B(VETS)
38	32	0:51:17	00:16:28	Robert Wilson	Senior	GREENOCK GLENPARK AC C
39	49	0:51:32	00:17:20	Scott Craig	Senior	KILBARCHAN AAC D
40	59	0:51:32	00:19:04	David Fairweather	Vet	RON HILL CAMBUSLANG H D
41	17	0:51:34	00:17:07	Hugh Lavery	Vet	CLYDESDALE H B
42	4	0:51:38	00:18:49	Iain Burke	Vet	BELLAHOUSTON H B
43	12	0:52:25	00:17:41	David Herbertson	Vet	CALDERGLEN H B
44	53	0:52:34	00:18:36	Christopher Craig	Vet	KIRKINTILLOCH OLYMPIANS B
45	71	0:52:41	00:19:13	Kenneth McVey	Vet	VP GLASGOW C (VETS)
46	79	0:53:27	00:19:00	Kenneth Wales	Vet	KILMARNOCK H& AC C
47	50	0:54:01	00:18:03	William Masson	Vet	KILBARCHAN AAC E
48	10	0:54:08	00:17:15	Craig Reid	Senior	BELLAHOUSTON RR B
49	40	0:54:57	00:18:15	John Smillie	Vet	INVERCLYDE AC D
50	13	0:55:04	00:17:13	Stephen Phimister	Vet	CALDERGLEN H C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	33	0:55:19	00:18:41	Sam McVicar	Vet	GREENOCK GLENPARK AC D
52	76	0:55:32	00:18:02	Ken MacMahon	Senior	WESTERLANDS XC CLUB C
53	5	0:56:21	00:21:39	Howard Scott	Vet	BELLAHOUSTON H C
54	68	0:56:31	00:20:22	Iain Fraser	Vet	TROON TORTOISES AC
55	24	0:56:56	00:18:07	Andrew Griffiths	Vet	GARSCUBE H C
56	36	0:58:54	00:21:14	Andrew Henderson	Vet	HELENSBURGH AAC B
57	14	0:59:20	00:21:55	Russell Couper	Vet	CALDERGLEN H D
58	18	0:60:45	00:22:18	Colin Gray	Vet	CLYDESDALE H C

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

Race 4 JUN SEN MALES

Leg 4						
Pos	No	Leg 4 Time	Ind Time	Runner	Cat	Club
1	37	0:53:03	00:12:55	Daniel Mulhare	Senior	INVERCLYDE AC A
2	62	0:53:51	00:13:32	Paul Sorrie	Senior	SHETTLESTON H A
3	46	0:54:30	00:13:59	Conor McNulty	Senior	KILBARCHAN AAC A
4	56	0:55:14	00:13:56	Stuart Gibson	Senior	RON HILL CAMBUSLANG H A
5	57	0:56:06	00:13:51	Jack Hamilton	Under 20	RON HILL CAMBUSLANG H B
6	27	0:57:48	00:13:53	Gerard McNamee	Vet	GIFFNOCK NORTH AAC A
7	69	0:57:51	00:13:51	Sean Fontana	Under 20	VP GLASGOW A
8	58	0:58:06	00:14:50	Andrew Coulter	Under 20	RON HILL CAMBUSLANG H C
9	47	0:58:14	00:14:42	Thomas McDonald	Under 20	KILBARCHAN AAC B
10	8	0:54:47	00:11:09	Liam Conway	Vet	BELLAHOUSTON RR A
11	30	0:59:21	00:14:49	David Henderson	Senior	GREENOCK GLENPARK AC A
12	38	0:59:39	00:15:27	Thomas Jamieson	Senior	INVERCLYDE AC B
13	43	0:60:05	00:16:09	Brian Craig	Vet	IRVINE AC
14	19	0:61:10	00:15:24	Jamie Clements	Senior	EAST KILBRIDE AC
15	74	0:61:36	00:16:03	Owen O'Neill	Senior	WESTERLANDS XC CLUB A
16	63	0:61:43	00:17:24	Andrew Duffy	Under 20	SHETTLESTON H B
17	60	0:61:50	00:15:25	Michael O'Hagan	Vet	RON HILL CAMBUSLANG H E (VETS)
18	52	0:61:54	01:01:54	Kevin Cornes	Senior	KIRKINTILLOCH OLYMPIANS A
19	22	0:61:55	00:15:20	Stephen Mulrine	Vet	GARSCUBE H A(VETS)
20	77	0:62:18	00:15:29	Scott Martin	Vet	KILMARNOCK H& AC A
21	16	0:62:20	00:15:42	Gary Dick	Vet	CLYDESDALE H A
22	64	0:62:22	00:15:53	John J Duffy	Vet	SHETTLESTON H C(VETS)
23	23	0:62:26	00:15:25	Marco Consani	Senior	GARSCUBE H B
24	48	0:62:36	00:17:30	Steven Hards	Vet	KILBARCHAN AAC C
25	1	0:62:54	00:16:25	Laurence Baker	Vet	AYR SEAFORTH AC A
26	11	0:63:00	00:14:34	Alan Derrick	Vet	CALDERGLEN H A (VETS)
27	66	0:63:27	00:16:35	Ross McEachern	Vet	SPRINGBURN H A
28	3	0:63:29	00:16:03	Brian Douglas	Senior	BELLAHOUSTON H A
29	31	0:64:37	00:16:20	Thomas Loehndorf	Vet	GREENOCK GLENPARK AC B
30	9	0:64:38	00:16:26	Mike Healy	Vet	BELLAHOUSTON RR B
31	35	0:65:26	00:16:49	Stephen Bell	Vet	HELENSBURGH AAC A
32	28	0:65:32	00:17:20	Martin Fishwick	Under 20	GIFFNOCK NORTH AAC B (VETS)
33	39	0:66:31	00:17:24	Robert Shaw	Vet	INVERCLYDE AC C
34	70	0:66:51	00:18:12	Tom Ord	Vet	VP GLASGOW B
35	32	0:66:56	00:15:39	Alan Henderson	Senior	GREENOCK GLENPARK AC C
36	78	0:66:58	00:17:21	Graham Cairns	Vet	KILMARNOCK H& AC B
37	44	0:67:29	00:17:32	James White	Vet	IRVINE AC B (VETS)
38	20	0:67:46	00:17:20	Andrew Little	Vet	EAST KILBRIDE AC B
39	59	0:68:30	00:16:58	John McPake	Vet	RON HILL CAMBUSLANG H D
40	4	0:68:34	00:16:56	Bryan Lamb	Senior	BELLAHOUSTON H B
41	49	0:69:43	00:18:11	Andrew Clugston	Senior	KILBARCHAN AAC D
42	75	0:69:52	00:18:47	Hamilton Semple	Vet	WESTERLANDS XC CLUB B(VETS)
43	17	0:69:55	00:18:21	Robert Young	Vet	CLYDESDALE H B
44	12	0:70:43	00:18:18	Graham Lindsay	Vet	CALDERGLEN H B
45	10	0:71:02	00:16:54	Alistair Kell	Vet	BELLAHOUSTON RR B
46	53	0:71:12	00:18:38	Michael Peters	Vet	KIRKINTILLOCH OLYMPIANS B
47	71	0:71:42	00:19:01	Peter Dawes	Vet	VP GLASGOW C (VETS)
48	79	0:72:07	00:18:40	Ian Goudie	Vet	KILMARNOCK H& AC C
49	13	0:74:07	00:19:03	Colin Banks	Senior	CALDERGLEN H C
50	50	0:74:17	00:20:16	James Ferguson	Vet	KILBARCHAN AAC E

WEST DISTRICT CROSS COUNTRY RELAYS
ROUKEN GLEN 9TH OCTOBER 2010

51	24	0:74:25	00:17:29	Dermot Williamson	Vet	GARSCUBE H C
52	5	0:75:59	00:19:38	Ian McCleod	Vet	BELLAHOUSTON H C
53	14	0:78:59	00:19:39	Richard Lawton	Senior	CALDERGLEN H D