

South West District Cross Country Championships Individual Medallists (Senior Men)

??? Trophy First Presented

First held in season 1929-30

Scottish Cross Country Union

1974-5	R Lawrie Spence	Spango Valley AAC	33.48	Alan Gourley	Beith H	35.22	William Stoddart	Greenock Wellpark H	35.27
1973-4	Brian Morrison	Irvine AC	32.40	Richard Hodelet	Greenock Glenpark H	32.48	Cameron Spence	Greenock Wellpark H	33.01
1972-3	R Lawrie Spence	Greenock Glenpark H	34.11	Cameron Spence	Greenock Wellpark H	34.57	Richard Hodelet	Greenock Glenpark H	35.38
1971-2	John Ferguson	Ayr Seaforth AC	33.16	William Stoddart	Greenock Wellpark H	33.59	R Lawrie Spence	Greenock Glenpark H	34.15
1970-1	William Stoddart	Greenock Wellpark H	38.48	Andrew McDowall	Ayr Seaforth AAC	39.33	Richard Hodelet	Greenock Glenpark H	39.48
1969-70	William Stoddart	Greenock Wellpark H	38.54	John Ferguson	Ayr Seaforth AAC	39.16	Brian Morrison	Irvine AC	41.19
1968-9	Thomas Cochrane	Beith H	33.40	John Ferguson	Ayr Seaforth AAC	34.05	Richard Hodelet	Greenock Glenpark H	34.15
1967-8	Thomas Cochrane	Beith H	25.43	Charles McAlinden	Babcock & Wilcock	26.12	James Spence	Greenock Glenpark H	26.19
1966-7	Thomas Cochrane	Beith H	37.11	Michael Bradley	Paisley H	27.48	William Thomas	Beith H	38.16
1965-6	Thomas Cochrane	Beith H	33.58	Richard Hodelet	Greenock Glenpark H	34.31	Hugh Rankin	Kilmarnock H	34.45
1964-5	Thomas Cochrane	Beith H	40.17	William Stoddart	Greenock Wellpark H	40.26	Jack Davidson	Ayr Seaforth AAC	41.41
1963-4	Ian Harris	Beith H	29.33	Thomas Cochrane	Beith H	30.03	Hugh Rankin	Kilmarnock H	30.30

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1962-3	Thomas Cochrane	Beith H	36.20	Charles Aitken	Greenock Wellpark H	37.27	James Sloss	Beith H	37.45
1961-2	James McLatchie	Ayr Seaforth AC	37.23	William Stoddart	Greenock Wellpark H	38.18	Charles Aitken	Greenock Wellpark H	38.37
1960-1	Ian Harris	Beith H	35.08	William Stoddart	Greenock Wellpark H	36.14	David Kerr	Beith H	36.49
1959-60	Thomas Cochrane	Beith H	37.46	Thomas Stevenson	Greenock Wellpark H	39.14	Charles McAlinden	Bakcock & Wilcock AC	39.25
1958-9	Thomas Stevenson	Greenock Wellpark H	34.20	William Thomason	Irvine AC	34.50	William Kenny	Irvine AC	35.08
1957-8	William J More	Kilmarnock H	36.35	Ian Harris	Beith H	37.01	William Thomas	Irvine YMCA H	37.07
1956-7	Alexander Small	Plebian H	36.29	Samuel Cuthbert	Irvine YMCA H	36.35	Archibald Napier	Paisley H	36.40
1955-6	Thomas Stevenson	Greenock Wellpark H	37.02	John Stevenson	Greenock Wellpark H	37.39	Ian Harris	Beith H	38.14
1954-5	John Stevenson	Greenock Wellpark H	33.02	David Lapsley	West Kilbride AAC	33.37	Archibald Napier	Paisley H	34.02
1953-4	John Stevenson	Greenock Wellpark H	39.39	Thomas Stevenson	Greenock Wellpark H	40.10	Archibald Napier	Paisley H	41.17
1952-3	Thomas Stevenson	Greenock Wellpark H	38.39	John Stevenson	Greenock Wellpark H	38.46	Archibald Napier	Paisley H	38.52
1951-2	Thomas Stevenson	Greenock Wellpark H	37.02	Hugh Kennedy	Irvine YMCA H	38.04	George King	Greenock Wellpark H	38.19
1950-1	Gilbert Adamson	West Kilbride AAC	34.16	Thomas Stevenson	Greenock Wellpark H	34.22	Thomas McNeish	Irvine YMCA H	35.26
1949-50	James Reid	West Kilbride AAC	46.05	Alexander McLean	Greenock Glenpark H	46.22	William Williamson	Greenock Glenpark H	46.23

Before season 1949-50 the District was contested by Junior athletes defined by not having won honours in the District individual or team championships

1948-9	Thomas McNeish	Irvine YMCA H	41.55	Thomas Stevenson	Greenock Wellpark H	43.05	Robert Miller	Kilmarnock H	43.28
1947-8	John B Fisher	Ayr AAC	36.51	William Williamson	Greenock Glenpark H	37.01	William McLean	Greenock Glenpark H	37.28
1946-7	James Reid	West Kilbride AAC	38.51	William McLean	Greenock Glenpark H	39.11	John B Fisher	Ayr AAC	39.35
1938-9	Robert Reid	Doon H	37.56	James Barr	Beith H	39.10	Robert Kerr	Kilbarchan AAC	39.56
1937-8	Hugh Livingston	Kilmarnock H	43.28	J Thomson	Greenock Glenpark H	43.04	James Barr	Beith H	43.50
1936-7	William Fulton	Ardeer Recreation Club	40.49	James Barr	Beith H	41.15	Robert Kerr	Kilbarchan AAC	41.26
1935-6	William Kennedy	Kilbarchan AC	37.34	Peter J Alwell	Beith H	37.42	William Murdoch	Beith H	37.13
1934-5	Alexander K McDonald	Auchmountain H	40.23	Peter J Alwell	Beith H	40.41	Thomas McLaren	Greenock Wellpark H	40.56
1933-4	James Miller	Beith H	40.20	James B Ferguson	Ayr AAC	40.34	Robert Holmes	Greenock Glenpark H	40.47
1932-3	William O'Neill	Doon H	39.50	William Stevenson	Eglington H	40.00	John M Sellers	Paisley YMCA H	40.09
1931-2	Thomas Tod	Kilmarnock H	41.19	William O'Neill	Doon H	41.44	John Wylie	Kilmarnock H	42.14
1930-1	Hugh Davidson	Eglington H	42.39	John Wylie	Kilmarnock H	43.04	Thomas Meikle	Kilmarnock H	43.19
1929-30	Maxwell Stobbs	Catrine AAC	41.05	Robert Wilson	Irvine YMCA H	41.10	Thomas Tod	Kilmarnock H	41.38