



West District Cross Country Championships

Ayr, Sunday 4th December 2016

OFFICIALS

Race Referee	Bob McSwein
Officials Co-ordinator	Graham Sword
Declarations	Ron Cheyne Dave Campbell Carrol Finlay
Announcer	Leslie Roy & Ian Hutton
Starters/Marksman	Mike Belch George Newman David Hughes Alex Barr
Timekeepers Time Recorders Place Recorders Funnel Management	Jason Pender Jean Youden Cyril McPherson Anne McManus Bill Simpson Margaret-Ann MacLachlan Ian McWatt
Video operator	Mark Stringer
Results Runners	Ayr Seaforth AC volunteers
Results	Ian Gebbie 2 volunteers from Ayr Seaforth AC Peter McLaughlin
Presentations	Leslie Roy John Rodger Sandra Hunter
Convenor	Clare Barr

scottishathletics West District Cross Country Championships
U13G Entry Lists

Race No	Forename	Surname	Age Group	Club
1	Isla	Cooper	(GU13)	Annan & District AC
2	Tess	Crooks	(GU13)	Ayr Seaforth AC
3	Morven	Hubbard	(GU13)	Ayr Seaforth AC
4	Islay	Hubbard	(GU13)	Ayr Seaforth AC
5	Fay	Mctrusty	(GU13)	Ayr Seaforth AC
6	Alexandra	Meldrum	(GU13)	Ayr Seaforth AC
7	Shona	Carey	(GU13)	Cambuslang Harriers
8	Eilidh	Kennedy	(GU13)	Cambuslang Harriers
9	Hannah	Lang	(GU13)	Cambuslang Harriers
10	Maura	Mackinnon	(GU13)	Cambuslang Harriers
11	Cara	McDowall	(GU13)	Cambuslang Harriers
12	Millie	Nicholl	(GU13)	Cambuslang Harriers
13	Niamh	Riggins	(GU13)	Cambuslang Harriers
14	Demi	Scott	(GU13)	Cambuslang Harriers
15	Polly	Anderson	(GU13)	Clydesdale Harriers
16	Kenzie	Macintosh	(GU13)	Clydesdale Harriers
17	Heather	McDaid	(GU13)	Clydesdale Harriers
18	Leona	Jaap	(GU13)	Cumbernauld AAC
19	Kerri	Reilly	(GU13)	Cumbernauld AAC
20	Olivia	Carlin	(GU13)	East Kilbride A.C.
21	Ella	Comiskey	(GU13)	East Kilbride A.C.
22	Abbie	Kirwan	(GU13)	East Kilbride A.C.
23	Leah	Muirhead	(GU13)	East Kilbride A.C.
24	Isabelle	Burnside	(GU13)	Garscube Harriers
25	Orla	Doherty	(GU13)	Garscube Harriers
26	Kirsty	Jones	(GU13)	Garscube Harriers
27	Anya	Maclean	(GU13)	Garscube Harriers
28	Grace	Maclean	(GU13)	Garscube Harriers
29	Beth	Raeside	(GU13)	Garscube Harriers
30	Lauren	Agnew	(GU13)	Giffnock North AAC
31	Eva	Chong	(GU13)	Giffnock North AAC
32	Stella	Cowey	(GU13)	Giffnock North AAC
33	Nina	Crossan	(GU13)	Giffnock North AAC
34	Hannah	Dougall	(GU13)	Giffnock North AAC
35	Bethany	Drummond	(GU13)	Giffnock North AAC
36	Caoilfhinn	MacKenzie	(GU13)	Giffnock North AAC
37	Millicent	Mcgeehan	(GU13)	Giffnock North AAC
38	Ella	McGregor	(GU13)	Giffnock North AAC
39	Niamh	McWilliams	(GU13)	Giffnock North AAC
40	Rachael	Morran	(GU13)	Giffnock North AAC
41	Rhiannon	Morris	(GU13)	Giffnock North AAC
42	Nuala	O'Donnell	(GU13)	Giffnock North AAC
43	Kate	Paul	(GU13)	Giffnock North AAC
44	Isla	Scott	(GU13)	Giffnock North AAC
45	Erin	Ward	(GU13)	Giffnock North AAC
46	Isla	Ward	(GU13)	Giffnock North AAC
47	Anna	Docherty	(GU13)	Greenock Glenpark Harriers
48	Ruby	McGill	(GU13)	Greenock Glenpark Harriers
49	Evelyn	Dennison	(GU13)	Helensburgh AAC
50	Kyla	Dorizon	(GU13)	Helensburgh AAC
51	Lexy	Kenhard	(GU13)	Helensburgh AAC
52	Lucy	MacRae	(GU13)	Helensburgh AAC
53	Eva	McAloon	(GU13)	Helensburgh AAC
54	Jennifer	Scott	(GU13)	Helensburgh AAC
55	Iona	Wilson	(GU13)	Helensburgh AAC

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Race No	Forename	Surname	Age Group	Club
56	Abi	Hammerman	(GU13)	Inverclyde AC
57	Erin	Law	(GU13)	Inverclyde AC
58	Orla	McGeehan	(GU13)	Inverclyde AC
59	Chloe	Cameron	(GU13)	Kilbarchan AAC
60	Kirstie	Cochran	(GU13)	Kilbarchan AAC
61	Julia	Daws	(GU13)	Kilbarchan AAC
62	Sarah	Forbes	(GU13)	Kilbarchan AAC
63	Louise	Hastie	(GU13)	Kilbarchan AAC
64	Evie	Livingstone	(GU13)	Kilbarchan AAC
65	Rachael	Muir	(GU13)	Kilbarchan AAC
66	Aurelia	Tiffoney	(GU13)	Kilbarchan AAC
67	Ola	Zurakowska	(GU13)	Kilbarchan AAC
68	Amy	Anderson	(GU13)	Kilmarnock H&AC
69	Eilidh	Ballantyne	(GU13)	Kilmarnock H&AC
70	Mhairi	Chalmers	(GU13)	Kilmarnock H&AC
71	Hannah	Henderson	(GU13)	Kilmarnock H&AC
72	Lottie	Lambert	(GU13)	Kilmarnock H&AC
73	Victoria	McDowall	(GU13)	Kilmarnock H&AC
74	Jennifer	Murray	(GU13)	Kilmarnock H&AC
75	Robyn	O'Hare	(GU13)	Kirkintilloch Olympians
76	Rachel	Paton	(GU13)	Kirkintilloch Olympians
77	Caionmhe	Quail	(GU15)	Kirkintilloch Olympians
78	Anna	Baillie	(GU13)	Law & District AAC
79	Hayley	Crawford	(GU13)	Law & District AAC
80	Niav	Douglas	(GU13)	Law & District AAC
81	Lucy	McCormack	(GU13)	Law & District AAC
82	Amanda	Quinn	(GU13)	Law & District AAC
83	Rosie	Watson	(GU13)	Law & District AAC
84	Amy	Watt	(GU13)	Law & District AAC
85	Abbie	White	(GU13)	Law & District AAC
86	Cavan Marie	Ryan	(GU13)	Motherwell AC
87	Abigail	Fyall	(GU13)	Nithsdale AC
88	Mary Jane	McInally	(GU13)	North Ayrshire AC
89	Leah	Murray	(GU13)	North Ayrshire AC
90	Erin	Ellor	(GU13)	Shettleston Harriers
91	Chloe	Orr	(GU13)	Shettleston Harriers
92	Kamryn	Wilson	(GU13)	Shettleston Harriers
93	Anna	Young	(GU13)	Shettleston Harriers
94	Beth	Bushell	(GU13)	VP-Glasgow AC
95	Niamh	Finnieston	(GU13)	VP-Glasgow AC
96	Holly	Kirkwood	(GU13)	VP-Glasgow AC
97	Anna	Mccallum	(GU13)	VP-Glasgow AC
98	Nicole	McGilp	(GU13)	VP-Glasgow AC
99	Abbey	Orr	(GU13)	VP-Glasgow AC
100	Estere	Sudmale	(GU13)	VP-Glasgow AC
101	Valencia	Wright	(GU13)	VP-Glasgow AC
102	Alexandra	Cathie	(GU13)	Whitemoss AAC
103	Libby	Currie	(GU13)	Whitemoss AAC
104	Charlie	Frew	(GU13)	Whitemoss AAC

scottishathletics West District Cross Country Championships
U13B Entry List

Race No	Forename	Surname	Age Group	Club
1	Euan	Bell	(BU13)	Ayr Seaforth AC
2	Alexander	Crooks	(BU13)	Ayr Seaforth AC
3	Samuel	Drummond	(BU13)	Ayr Seaforth AC
4	Lewis	Hill	(BU13)	Ayr Seaforth AC
5	Fergus	Muir	(BU13)	Ayr Seaforth AC
6	Leon	Archiebald	(BU13)	Cambuslang Harriers
7	Mark	Cassidy	(BU13)	Cambuslang Harriers
8	Joseph	Gallagher	(BU13)	Cambuslang Harriers
9	Fearghus	MacGregor	(BU13)	Cambuslang Harriers
10	Stewart	Millard	(BU13)	Cambuslang Harriers
11	Lewis	Roddis	(BU13)	Cambuslang Harriers
12	Mathew	Sproule	(BU13)	Cambuslang Harriers
13	Robbie	Woods	(BU13)	Cambuslang Harriers
14	Dominic	Burns	(BU13)	Clydesdale Harriers
15	Aiden	McInally	(BU13)	Clydesdale Harriers
16	Fraser	McKechnie	(BU13)	Clydesdale Harriers
17	Josh	McNicol	(BU13)	Clydesdale Harriers
18	Josh	Adams	(BU13)	Cumbernauld AAC
19	Craig	Little	(BU13)	Cumbernauld AAC
20	Daniel	McKeown	(BU13)	Cumbernauld AAC
21	Jude	Neville	(BU13)	Cumbernauld AAC
22	Christopher	Cairns	(BU13)	East Kilbride A.C.
23	Paul	Cairns	(BU13)	East Kilbride A.C.
24	Harry	Mulvey	(BU13)	East Kilbride A.C.
25	Thomas	O'Neil	(BU13)	East Kilbride A.C.
26	Jordan	O'Neill	(BU13)	East Kilbride A.C.
27	Liam	Bennett	(BU13)	Garscube Harriers
28	Cameron	Berry	(BU13)	Garscube Harriers
29	Hugh	Borthwick	(BU13)	Garscube Harriers
30	Marcus	Donnelly	(BU13)	Garscube Harriers
31	Thomas	Gibbons	(BU13)	Garscube Harriers
32	Jamie	Glen	(BU13)	Garscube Harriers
33	Edward	Howat	(BU13)	Garscube Harriers
34	Finlay	Ross-Davie	(BU13)	Garscube Harriers
35	Craig	Cameron	(BU13)	Giffnock North AAC
36	Steven	Carswell	(BU13)	Giffnock North AAC
37	Andrew	Combe	(BU13)	Giffnock North AAC
38	Scott	Gow	(BU13)	Giffnock North AAC
39	Cameron	Green	(BU13)	Giffnock North AAC
40	Ewan	Heron	(BU13)	Giffnock North AAC
41	Rocco	Hickey-Fugaccia	(BU13)	Giffnock North AAC
42	Jacob	Luc	(BU13)	Giffnock North AAC
43	Reuben	Macdonald	(BU13)	Giffnock North AAC
44	Kian	McConville	(BU13)	Giffnock North AAC
45	Aaron	McGillivray	(BU13)	Giffnock North AAC
46	Joseph	McKay	(BU13)	Giffnock North AAC
47	Harris	Paterson	(BU13)	Giffnock North AAC
48	Nicholas	Schalchi	(BU13)	Giffnock North AAC
49	Hugh	Shiels	(BU13)	Giffnock North AAC
50	Charlie	Tomkinson	(BU13)	Giffnock North AAC
51	Ben	Whittington	(BU13)	Giffnock North AAC
52	Jude	Dolan	(BU13)	Greenock Glenpark Harriers
53	Cameron	Patton	(BU13)	Greenock Glenpark Harriers
54	Alex	Wiseman	(BU13)	Greenock Glenpark Harriers
55	Shaun	Wiseman	(BU13)	Greenock Glenpark Harriers
56	Matthew	Cameron	(BU13)	Helensburgh AAC
57	Alastair	Mccartney	(BU13)	Helensburgh AAC
58	Cameron	Picken	(BU13)	Helensburgh AAC

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Race No	Forename	Surname	Age Group	Club
59	Jake	Graham	(BU13)	Individual
60	Caleb	Dunning	(BU13)	Inverclyde AC
61	Robert	Gray	(BU13)	Inverclyde AC
62	Lewis	Hainey	(BU13)	Inverclyde AC
63	Nathan	Harkins	(BU13)	Inverclyde AC
64	Charlie	Semple	(BU13)	Inverclyde AC
65	Martin	Burnhope	(BU13)	Kilbarchan AAC
66	Brett	Fulton	(BU13)	Kilbarchan AAC
67	Robert	Gunson	(BU13)	Kilbarchan AAC
68	Ross	Hastie	(BU13)	Kilbarchan AAC
69	Ross	Kennedy	(BU13)	Kilbarchan AAC
70	Aiden	McGinlay	(BU13)	Kilbarchan AAC
71	Michael	Murray	(BU13)	Kilbarchan AAC
72	Mathew	New	(BU13)	Kilbarchan AAC
73	Isaac	O'Neill	(BU13)	Kilbarchan AAC
74	Adam	Straiton	(BU13)	Kilbarchan AAC
75	Ewan	Walker	(BU13)	Kilbarchan AAC
76	Noah	Young	(BU13)	Kilbarchan AAC
77	Luke	Baird	(BU13)	Kilmarnock H&AC
78	Taylor	Cadwell	(BU13)	Kilmarnock H&AC
79	Jonathon	Downey	(BU13)	Kilmarnock H&AC
80	Max	Jenner	(BU13)	Kilmarnock H&AC
81	Sam	Lindsay	(BU13)	Kilmarnock H&AC
82	Aidyn	McMahon	(BU13)	Kilmarnock H&AC
83	Luke	McManus	(BU13)	Kilmarnock H&AC
84	Alastair	Mitchell	(BU13)	Kilmarnock H&AC
85	Robbie	Sanderson	(BU13)	Kilmarnock H&AC
86	Fraser	Sproul	(BU13)	Kilmarnock H&AC
87	Lewis	Hale	(BU13)	Kirkintilloch Olympians
88	Connor	Kalkman	(BU13)	Kirkintilloch Olympians
89	Ethan	McDonald	(BU13)	Kirkintilloch Olympians
90	Blair	McAuley	(BU13)	Larkhall YMCA Harriers
91	Liam	Browning	(BU13)	Law & District AAC
92	Oscar	Logan	(BU13)	Law & District AAC
93	Lewis	Nelson	(BU13)	Law & District AAC
94	Kian	Scullion	(BU13)	Law & District AAC
95	Fraser	Simpson	(BU13)	Law & District AAC
96	Alasdair	Thomson	(BU13)	Nithsdale AC
97	Dylan	Walton	(BU13)	Nithsdale AC
98	Aidan	Brindley	(BU13)	North Ayrshire AC
99	Ben	Burns	(BU13)	North Ayrshire AC
100	Gregor	Campbell	(BU13)	Shettleston Harriers
101	Euan	Charlwood	(BU13)	Shettleston Harriers
102	Rios	Dickens	(BU13)	Shettleston Harriers
103	Russell	Barnett	(BU13)	VP-Glasgow AC
104	Guy	Bell	(BU13)	VP-Glasgow AC
105	Eoghan	Connolly	(BU13)	VP-Glasgow AC
106	Fraser	Gilmour	(BU13)	VP-Glasgow AC
107	Daniel	Kinniburgh	(BU13)	VP-Glasgow AC
108	Devan	Miller	(BU13)	VP-Glasgow AC
109	Louis	Sharp	(BU13)	VP-Glasgow AC
110	Jake	Speirs	(BU13)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
U15G Entry List

Race No	Forename	Surname	Age Group	Club
116	Darci	Burns	(GU15)	Airdrie Harriers
117	Catriona	Paton	(GU15)	Annan & District AC
118	Kathryn	Pow	(GU15)	Annan & District AC
119	Bethany	Alexander	(GU15)	Ayr Seaforth AC
120	Rosie	Davidson	(GU15)	Ayr Seaforth AC
121	Emma	Frew	(GU15)	Ayr Seaforth AC
122	Isla	Kirk	(GU15)	Ayr Seaforth AC
123	Evie	Mackay	(GU15)	Ayr Seaforth AC
124	Charlotte	McDowall	(GU15)	Ayr Seaforth AC
125	Cara	Wotherspoon	(GU15)	Bellahouston Harriers
126	Cara	Wotherspoon	(GU15)	Bellahouston Harriers
127	Holly	Brock	(GU15)	Cambuslang Harriers
128	Chloe	Burton	(GU15)	Cambuslang Harriers
129	Christie	Dalgleish	(GU15)	Cambuslang Harriers
130	Carla	Fay	(GU15)	Cambuslang Harriers
131	Kelly	Mccutcheon	(GU15)	Cambuslang Harriers
132	Susie	Mclaughlin	(GU15)	Cambuslang Harriers
133	Skye	Birnie	(GU15)	Clydesdale Harriers
134	Jade	Milne	(GU15)	Clydesdale Harriers
135	Lucy	Winning	(GU15)	Cumbernauld AAC
136	Hannah	Anderson	(GU15)	East Kilbride A.C.
137	Sarah	Connolly	(GU15)	East Kilbride A.C.
138	Emma	Graham	(GU15)	East Kilbride A.C.
139	Lucy	Muirhead	(GU15)	East Kilbride A.C.
140	Rachel	Wardrope	(GU15)	East Kilbride A.C.
141	Ellie Isabella	Hinks	(GU15)	Garscube Harriers
142	Alexandra	Jones	(GU15)	Garscube Harriers
143	Mia	Padmanabhan	(GU15)	Garscube Harriers
144	Annabel	Ballantyne	(GU15)	Giffnock North AAC
145	Heather	Barnes	(GU15)	Giffnock North AAC
146	Jill	Carswell	(GU15)	Giffnock North AAC
147	Emma	Chamberlain	(GU15)	Giffnock North AAC
148	Helen	Chong	(GU15)	Giffnock North AAC
149	Zoe	Coyne	(GU15)	Giffnock North AAC
150	Francesca	Davidson	(GU15)	Giffnock North AAC
151	Jenny	Dougall	(GU15)	Giffnock North AAC
152	Emma	Gaston	(GU15)	Giffnock North AAC
153	Miriam	Gilbride	(GU15)	Giffnock North AAC
154	Leila	Hickey-Fugaccia	(GU15)	Giffnock North AAC
155	Sofia	Kirkpatrick	(GU15)	Giffnock North AAC
156	Hannah	Miller	(GU15)	Giffnock North AAC
157	Rachel	Norrie	(GU15)	Giffnock North AAC
158	Lauren	Paterson	(GU15)	Giffnock North AAC
159	Allison	Preece	(GU15)	Giffnock North AAC
160	Kate	Richardson	(GU15)	Giffnock North AAC
161	Clare	Wallace	(GU15)	Giffnock North AAC
162	Aimee	Anderson	(GU15)	Glasgow School of Sport
163	Laura	Ferguson	(GU15)	Glasgow School of Sport
164	Beth	McGuigan	(GU15)	Glasgow School of Sport
165	Lisa	Walby	(GU15)	Glasgow School of Sport
166	Beth	McKenna	(GU15)	Greenock Glenpark Harriers
167	Katie	Flett	(GU15)	Helensburgh AAC
168	Leah	Cameron	(GU15)	Inverclyde AC
169	Niamh	Docherty	(GU15)	Inverclyde AC
170	Nyah	Gillan	(GU15)	Inverclyde AC
171	Cliona	McCheyne	(GU15)	Inverclyde AC
172	Nuala	McCheyne	(GU15)	Inverclyde AC
173	Hannah	McGeehan	(GU15)	Inverclyde AC
174	Clara	Pollock	(GU15)	Inverclyde AC
175	Zoe	Renfrew	(GU15)	Inverclyde AC

scottishathletics West District Cross Country Championships
U15G Entry List

Race No	Forename	Surname	Age Group	Club
176	Laine	Alemu	(GU15)	Kilbarchan AAC
177	Hannah	Fleming	(GU15)	Kilbarchan AAC
178	Eilidh	Gibson	(GU15)	Kilbarchan AAC
179	Kimberley	Gilchrist	(GU15)	Kilbarchan AAC
180	Leona	Murray	(GU15)	Kilbarchan AAC
181	Alisha	Sivell	(GU15)	Kilbarchan AAC
182	Libby	Sutherland	(GU15)	Kilbarchan AAC
183	Lucy	Glencorse	(GU15)	Kilmarnock H&AC
184	Ava	Heron	(GU15)	Kilmarnock H&AC
185	Laura	Jedrusiak	(GU15)	Kilmarnock H&AC
186	Leonie	McCutcheon	(GU15)	Kilmarnock H&AC
187	Molly	Murray	(GU15)	Kilmarnock H&AC
188	Isla	Neilson	(GU15)	Kilmarnock H&AC
189	Emily	Nix	(GU15)	Kilmarnock H&AC
190	Kirstyn	Park	(GU15)	Kilmarnock H&AC
191	Hannah	Paton	(GU15)	Kirkintilloch Olympians
192	Mhairi	Quinn	(GU15)	Kirkintilloch Olympians
193	Eve	Reilly	(GU15)	Kirkintilloch Olympians
194	Iona	Smith	(GU15)	Kirkintilloch Olympians
195	Annie	Barr	(GU15)	Law & District AAC
196	Rachel	Donnelly	(GU15)	Law & District AAC
197	Olivia	Ferguson	(GU15)	Law & District AAC
198	Evie	Glen	(GU15)	Law & District AAC
199	Lorna	Jackson	(GU15)	Law & District AAC
200	Leah	Keisler	(GU15)	Law & District AAC
201	Jessica	Robson	(GU15)	Law & District AAC
202	Caitlin	Thomson	(GU15)	Law & District AAC
203	Cara	Baldwin	(GU15)	Motherwell Ac
204	Emma	Donachy	(GU15)	North Ayrshire AC
205	Carla	Murray	(GU15)	North Ayrshire AC
206	Megan	Pettigrew	(GU15)	North Ayrshire AC
207	Aleix	Donnachie	(GU15)	Shettleston Harriers
208	Morgan	Hannah	(GU15)	Shettleston Harriers
209	Elsie	Hollywood	(GU15)	Shettleston Harriers
210	Molly	MacLean	(GU15)	Shettleston Harriers
211	Jodie	Mitchell	(GU15)	Shettleston Harriers
212	Isla	Britton	(GU15)	VP-Glasgow AC
213	Rhian	Callan	(GU15)	VP-Glasgow AC
214	Olivia	Dunn	(GU15)	VP-Glasgow AC
215	Lily Jane	Evans-Haggerty	(GU15)	VP-Glasgow AC
216	Emma	Gilmour	(GU15)	VP-Glasgow AC
217	Jenna	Little	(GU15)	VP-Glasgow AC
218	Joanna	Littlefield	(GU15)	VP-Glasgow AC

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Race No	Forename	Surname	Age Group	Club
122	Brodie	Young	(BU15)	Airdrie Harriers
123	Danny	Bryden	(BU15)	Annan & District AC
124	Rory	Murray	(BU15)	Annan & District AC
125	Logan	Cotter	(BU15)	Ayr Seaforth AC
126	Greig	Oakley	(BU15)	Ayr Seaforth AC
127	Patrick	Smiley	(BU15)	Ayr Seaforth AC
128	Scott	Sprang	(BU15)	Ayr Seaforth AC
129	Brodie	Aitken	(BU15)	Cambuslang Harriers
130	Jake	Barnett	(BU15)	Cambuslang Harriers
131	Michael	Black	(BU15)	Cambuslang Harriers
132	Keir	Crawford	(BU15)	Cambuslang Harriers
133	Sean	Friel	(BU15)	Cambuslang Harriers
134	Ruairidh	MacGregor	(BU15)	Cambuslang Harriers
135	Christopher	McLew	(BU15)	Cambuslang Harriers
136	Caolan	Millard	(BU15)	Cambuslang Harriers
137	Leo	Currie	(BU15)	Clydesdale Harriers
138	John	Docherty	(BU15)	Clydesdale Harriers
139	Jake	MacPherson	(BU15)	Clydesdale Harriers
140	Robert	Whittick	(BU15)	Clydesdale Harriers
141	Jacob	Brown	(BU15)	Cumbernauld AAC
142	Josh	Hampson	(BU15)	Cumbernauld AAC
143	Calum	Little	(BU15)	Cumbernauld AAC
144	Christopher	Main	(BU15)	Cumbernauld AAC
145	Alasdair	McMonagle	(BU15)	Cumbernauld AAC
146	Hamish	Anderson	(BU15)	East Kilbride A.C.
147	Elliot	Bain	(BU15)	East Kilbride A.C.
148	Oliver	Evans	(BU15)	East Kilbride A.C.
149	Andrew	Kelly	(BU15)	East Kilbride A.C.
150	Sam	Sweeney	(BU15)	East Kilbride A.C.
151	Luke	Aitken	(BU15)	Garscube Harriers
152	James	Cathro	(BU15)	Garscube Harriers
153	James	Connelly	(BU15)	Garscube Harriers
154	Elliot	Duff	(BU15)	Garscube Harriers
155	Murphy	Hand	(BU15)	Garscube Harriers
156	Oscar	Roberts	(BU15)	Garscube Harriers
157	Ruaridh	Stickland	(BU15)	Garscube Harriers
158	Jack	Trainer	(BU15)	Garscube Harriers
159	Hamish	Armitt	(BU15)	Giffnock North AAC
160	Ethan	Carolan	(BU15)	Giffnock North AAC
161	Nicholas	Duffy	(BU15)	Giffnock North AAC
162	Murray	Fotheringham	(BU15)	Giffnock North AAC
163	Corey	Greenhalgh	(BU15)	Giffnock North AAC
164	Donald	Maclean	(BU15)	Giffnock North AAC
165	Lewis	Mitchell	(BU15)	Giffnock North AAC
166	Eoghan	O'Donnell	(BU15)	Giffnock North AAC
167	Andrew	Robertson	(BU15)	Giffnock North AAC
168	Christopher	Watson-Sweeney	(BU15)	Giffnock North AAC
169	Peter	Bradshaw	(BU15)	Greenock Glenpark Harriers
170	Ewan	Ferguson	(BU15)	Greenock Glenpark Harriers
171	Harry	McGill	(BU15)	Greenock Glenpark Harriers
172	Scott	Meechan	(BU15)	Greenock Glenpark Harriers
173	Joshua	Bain	(BU15)	Helensburgh AAC
174	Finn	Burden	(BU15)	Helensburgh AAC
175	Ross	Davidson	(BU15)	Inverclyde AC
176	Josh	Law	(BU15)	Inverclyde AC
177	Ben	Nichol	(BU15)	Inverclyde AC
178	Andrew	Winter	(BU15)	Inverclyde AC

scottishathletics West District Cross Country Championships
U15B Entry List

Race No	Forename	Surname	Age Group	Club
179	Lewis	Barclay	(BU15)	Kilbarchan AAC
180	Hunter	Daws	(BU15)	Kilbarchan AAC
181	Finn	Fowler	(BU15)	Kilbarchan AAC
182	Lewis	Hannigan	(BU15)	Kilbarchan AAC
183	Cameron	Hunter	(BU15)	Kilbarchan AAC
184	Kyle	Irvine	(BU15)	Kilbarchan AAC
185	Ryan	McDermott	(BU15)	Kilbarchan AAC
186	Gavin	Mckay	(BU15)	Kilbarchan AAC
187	David	McNair	(BU15)	Kilbarchan AAC
188	James	Orr	(BU15)	Kilbarchan AAC
189	Jack	Patton	(BU15)	Kilbarchan AAC
190	Eoighan	Small	(BU15)	Kilbarchan AAC
191	Andrew	Baird	(BU15)	Kilmarnock H&AC
192	Lewis	Ferguson	(BU15)	Kilmarnock H&AC
193	Bruce	Holden	(BU15)	Kilmarnock H&AC
194	Jonathan	Houson	(BU15)	Kilmarnock H&AC
195	Aidan	Jenner	(BU15)	Kilmarnock H&AC
196	Ryan	Littlejohn	(BU15)	Kilmarnock H&AC
197	Liam	Casey	(BU15)	Kirkintilloch Olympians
198	Dylan	Elliott	(BU15)	Kirkintilloch Olympians
199	Louis	O'Hare	(BU15)	Kirkintilloch Olympians
200	Frankie	Quail	(BU15)	Kirkintilloch Olympians
201	Thomas	Watson	(BU15)	Larkhall YMCA Harriers
202	Matthew	Gillon	(BU15)	Law & District AAC
203	Michael	Glen	(BU15)	Law & District AAC
204	David	McCormack	(BU15)	Law & District AAC
205	Alan	McCulloch	(BU15)	Law & District AAC
206	Finn	Milligan	(BU15)	Law & District AAC
207	David	Yue	(BU15)	Law & District AAC
208	Scott	Brindley	(BU15)	North Ayrshire AC
209	Alexander	Orderley	(BU15)	North Ayrshire AC
210	Cameron	Campbell	(BU15)	Shettleston Harriers
211	Theo	Carter	(BU15)	Shettleston Harriers
212	Kasey	Fraser	(BU15)	Shettleston Harriers
213	JOHN	LESLIE	(BU15)	Shettleston Harriers
214	JOHN	LESLIE	(BU15)	Shettleston Harriers
215	Ethan	Wilson	(BU15)	Shettleston Harriers
216	Calum	Bryne	(BU15)	VP-Glasgow AC
217	Rogan	Kelly	(BU15)	VP-Glasgow AC
218	Jack	MacKinnon	(BU15)	VP-Glasgow AC
219	Edan	Webb	(BU15)	VP-Glasgow AC
220	Blayne	Wright	(BU15)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
U15B Entry List

Race No	Forename	Surname	Age Group	Club
122	Brodie	Young	(BU15)	Airdrie Harriers
123	Danny	Bryden	(BU15)	Annan & District AC
124	Rory	Murray	(BU15)	Annan & District AC
125	Logan	Cotter	(BU15)	Ayr Seaforth AC
126	Greig	Oakley	(BU15)	Ayr Seaforth AC
127	Patrick	Smiley	(BU15)	Ayr Seaforth AC
128	Scott	Sprang	(BU15)	Ayr Seaforth AC
129	Brodie	Aitken	(BU15)	Cambuslang Harriers
130	Jake	Barnett	(BU15)	Cambuslang Harriers
131	Michael	Black	(BU15)	Cambuslang Harriers
132	Keir	Crawford	(BU15)	Cambuslang Harriers
133	Sean	Friel	(BU15)	Cambuslang Harriers
134	Ruairidh	MacGregor	(BU15)	Cambuslang Harriers
135	Christopher	McLew	(BU15)	Cambuslang Harriers
136	Caolan	Millard	(BU15)	Cambuslang Harriers
137	Leo	Currie	(BU15)	Clydesdale Harriers
138	John	Docherty	(BU15)	Clydesdale Harriers
139	Jake	MacPherson	(BU15)	Clydesdale Harriers
140	Robert	Whittick	(BU15)	Clydesdale Harriers
141	Jacob	Brown	(BU15)	Cumbernauld AAC
142	Josh	Hampson	(BU15)	Cumbernauld AAC
143	Calum	Little	(BU15)	Cumbernauld AAC
144	Christopher	Main	(BU15)	Cumbernauld AAC
145	Alasdair	McMonagle	(BU15)	Cumbernauld AAC
146	Hamish	Anderson	(BU15)	East Kilbride A.C.
147	Elliot	Bain	(BU15)	East Kilbride A.C.
148	Oliver	Evans	(BU15)	East Kilbride A.C.
149	Andrew	Kelly	(BU15)	East Kilbride A.C.
150	Sam	Sweeney	(BU15)	East Kilbride A.C.
151	Luke	Aitken	(BU15)	Garscube Harriers
152	James	Cathro	(BU15)	Garscube Harriers
153	James	Connelly	(BU15)	Garscube Harriers
154	Elliot	Duff	(BU15)	Garscube Harriers
155	Murphy	Hand	(BU15)	Garscube Harriers
156	Oscar	Roberts	(BU15)	Garscube Harriers
157	Ruaridh	Stickland	(BU15)	Garscube Harriers
158	Jack	Trainer	(BU15)	Garscube Harriers
159	Hamish	Armitt	(BU15)	Giffnock North AAC
160	Ethan	Carolan	(BU15)	Giffnock North AAC
161	Nicholas	Duffy	(BU15)	Giffnock North AAC
162	Murray	Fotheringham	(BU15)	Giffnock North AAC
163	Corey	Greenhalgh	(BU15)	Giffnock North AAC
164	Donald	Maclean	(BU15)	Giffnock North AAC
165	Lewis	Mitchell	(BU15)	Giffnock North AAC
166	Eoghan	O'Donnell	(BU15)	Giffnock North AAC
167	Andrew	Robertson	(BU15)	Giffnock North AAC
168	Christopher	Watson-Sweeney	(BU15)	Giffnock North AAC
169	Peter	Bradshaw	(BU15)	Greenock Glenpark Harriers
170	Ewan	Ferguson	(BU15)	Greenock Glenpark Harriers
171	Harry	McGill	(BU15)	Greenock Glenpark Harriers
172	Scott	Meechan	(BU15)	Greenock Glenpark Harriers
173	Joshua	Bain	(BU15)	Helensburgh AAC
174	Finn	Burden	(BU15)	Helensburgh AAC
175	Ross	Davidson	(BU15)	Inverclyde AC
176	Josh	Law	(BU15)	Inverclyde AC
177	Ben	Nichol	(BU15)	Inverclyde AC
178	Andrew	Winter	(BU15)	Inverclyde AC

scottishathletics West District Cross Country Championships
U15B Entry List

Race No	Forename	Surname	Age Group	Club
179	Lewis	Barclay	(BU15)	Kilbarchan AAC
180	Hunter	Daws	(BU15)	Kilbarchan AAC
181	Finn	Fowler	(BU15)	Kilbarchan AAC
182	Lewis	Hannigan	(BU15)	Kilbarchan AAC
183	Cameron	Hunter	(BU15)	Kilbarchan AAC
184	Kyle	Irvine	(BU15)	Kilbarchan AAC
185	Ryan	McDermott	(BU15)	Kilbarchan AAC
186	Gavin	Mckay	(BU15)	Kilbarchan AAC
187	David	McNair	(BU15)	Kilbarchan AAC
188	James	Orr	(BU15)	Kilbarchan AAC
189	Jack	Patton	(BU15)	Kilbarchan AAC
190	Eoighan	Small	(BU15)	Kilbarchan AAC
191	Andrew	Baird	(BU15)	Kilmarnock H&AC
192	Lewis	Ferguson	(BU15)	Kilmarnock H&AC
193	Bruce	Holden	(BU15)	Kilmarnock H&AC
194	Jonathan	Houson	(BU15)	Kilmarnock H&AC
195	Aidan	Jenner	(BU15)	Kilmarnock H&AC
196	Ryan	Littlejohn	(BU15)	Kilmarnock H&AC
197	Liam	Casey	(BU15)	Kirkintilloch Olympians
198	Dylan	Elliott	(BU15)	Kirkintilloch Olympians
199	Louis	O'Hare	(BU15)	Kirkintilloch Olympians
200	Frankie	Quail	(BU15)	Kirkintilloch Olympians
201	Thomas	Watson	(BU15)	Larkhall YMCA Harriers
202	Matthew	Gillon	(BU15)	Law & District AAC
203	Michael	Glen	(BU15)	Law & District AAC
204	David	McCormack	(BU15)	Law & District AAC
205	Alan	McCulloch	(BU15)	Law & District AAC
206	Finn	Milligan	(BU15)	Law & District AAC
207	David	Yue	(BU15)	Law & District AAC
208	Scott	Brindley	(BU15)	North Ayrshire AC
209	Alexander	Orderley	(BU15)	North Ayrshire AC
210	Cameron	Campbell	(BU15)	Shettleston Harriers
211	Theo	Carter	(BU15)	Shettleston Harriers
212	Kasey	Fraser	(BU15)	Shettleston Harriers
213	JOHN	LESLIE	(BU15)	Shettleston Harriers
214	JOHN	LESLIE	(BU15)	Shettleston Harriers
215	Ethan	Wilson	(BU15)	Shettleston Harriers
216	Calum	Bryne	(BU15)	VP-Glasgow AC
217	Rogan	Kelly	(BU15)	VP-Glasgow AC
218	Jack	MacKinnon	(BU15)	VP-Glasgow AC
219	Edan	Webb	(BU15)	VP-Glasgow AC
220	Blayne	Wright	(BU15)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
U17W Entry List

Race No	Forename	Surname	Age Group	Club
229	Grace	Pow	(FU17)	Annan & District AC
230	Caitlin	Chilton	(FU17)	Ayr Seaforth AC
231	Ruth	Kelly	(FU17)	Cambuslang Harriers
232	Katie	Moss	(FU17)	Cambuslang Harriers
233	Natasha	Shaw	(FU17)	Clydesdale Harriers
234	Kayleigh	Reilly	(FU17)	Cumbernauld AAC
235	Lucy	Sommerville	(FU17)	Cumbernauld AAC
236	Kerry	Gallacher	(FU17)	Garscube Harriers
237	Emily	Crusher	(FU17)	Giffnock North AAC
238	Danielle	Kelly	(FU17)	Giffnock North AAC
239	Charlotte	McKenna	(FU17)	Giffnock North AAC
240	Lynn	McKenna	(FU17)	Giffnock North AAC
241	Rhona	Mowat	(FU17)	Giffnock North AAC
242	Leah	Sinforiani	(FU17)	Giffnock North AAC
243	Erin	Wallace	(FU17)	Giffnock North AAC
244	Lori	Agnew	(FU17)	Glasgow School of Sport
245	Mia	Forrest	(FU17)	Greenock Glenpark Harriers
246	Nicola	Doohan	(FU17)	Inverclyde AC
247	Jennifer	Lyne	(FU17)	Inverclyde AC
248	Shelby	Morrison	(FU17)	Inverclyde AC
249	Eve	Griffiths	(FU17)	Kilbarchan AAC
250	Emma	Johnstone	(FU17)	Kilbarchan AAC
251	Katharine	McGinn	(FU17)	Kilbarchan AAC
252	Rona	Tytler	(FU17)	Kilbarchan AAC
253	Emma	Mahon	(FU17)	Kirkintilloch Olympians
254	Megan	Grew	(FU17)	Law & District AAC
255	Jill	Hamilton	(FU17)	Law & District AAC
256	Elle	Henderson	(FU17)	Law & District AAC
257	Jade	Keisler	(FU17)	Law & District AAC
258	Pamela	Newell	(FU17)	Law & District AAC
259	Lara	Diamond	(FU17)	North Ayrshire AC
260	Pheobe	Lewis	(FU17)	North Ayrshire AC
261	Emma	Purdie	(FU17)	Shettleston Harriers
262	Amy	Bissett	(FU17)	VP-Glasgow AC
263	Beth	Gibbons	(FU17)	VP-Glasgow AC
264	Holly	Little	(FU17)	VP-Glasgow AC
265	Adrienne	Murray	(FU17)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
U17M Entry List

Race No	Forename	Surname	Age Group	Club
1	Paul	Kitzinger	(MU17)	Annan & District AC
2	Aidan	Copland	(MU17)	Ayr Seaforth AC
3	Declan	McGhee	(MU17)	Ayr Seaforth AC
4	Lewis	Ross	(MU17)	Ayr Seaforth AC
5	Andrew	Carey	(MU17)	Cambuslang Harriers
6	Eamon	Carr	(MU17)	Cambuslang Harriers
7	James	Hannaway	(MU17)	Cambuslang Harriers
8	Struan	Paton	(MU17)	Cambuslang Harriers
9	Drew	Pollock	(MU17)	Cambuslang Harriers
10	Ryan	Stephen	(MU17)	Cambuslang Harriers
11	Michael	Miller	(MU17)	Clydesdale Harriers
12	Thomas	Berry	(MU17)	Garscube Harriers
13	Robbie	Burnside	(MU17)	Garscube Harriers
14	Fraser	Gordon	(MU17)	Garscube Harriers
15	Arun	Smith	(MU17)	Garscube Harriers
16	Cody	Stevenson	(MU17)	Garscube Harriers
17	Lorn	Webster	(MU17)	Garscube Harriers
18	Nicholas	Boyle	(MU17)	Giffnock North AAC
19	Nikolai	Gajic	(MU17)	Giffnock North AAC
20	Andrew	Love	(MU17)	Giffnock North AAC
21	Joseph	Lowrie	(MU17)	Giffnock North AAC
22	Harry	Nimmo	(MU17)	Giffnock North AAC
23	Ben	Shaw	(MU17)	Giffnock North AAC
24	Jamie	Sturrock	(MU17)	Giffnock North AAC
25	Calum	Young	(MU17)	Giffnock North AAC
26	Ryan	Brown	(MU17)	Greenock Glenpark Harriers
27	Cameron	Kemp	(MU17)	Helensburgh AAC
28	Dylan	Crawford	(MU17)	Inverclyde AC
29	Ryan	Gray	(MU17)	Inverclyde AC
30	Cameron	Watson	(MU17)	Inverclyde AC
31	Cameron	Corrigan	(MU17)	Kilbarchan AAC
32	Liam	Donoghue	(MU17)	Kilbarchan AAC
33	Jamie	Eatock	(MU17)	Kilbarchan AAC
34	Jordan	Gilchrist	(MU17)	Kilbarchan AAC
35	Josh	Hendry	(MU17)	Kilbarchan AAC
36	Craig	Kennedy	(MU17)	Kilbarchan AAC
37	Andrew	MacAngus	(MU17)	Kilbarchan AAC
38	Suleiman	Niven	(MU17)	Kilbarchan AAC
39	Michael	Simson	(MU17)	Kilbarchan AAC
40	Harry	Walton	(MU17)	Kilbarchan AAC
41	Cameron	Wright	(MU17)	Kilbarchan AAC
42	Aidan	Hessett	(MU17)	Kilmarnock H&AC
43	Jamie	Nix	(MU17)	Kilmarnock H&AC
44	Harry	Lamond	(MU17)	Kirkintilloch Olympians
45	Luke	McCaffrey	(MU17)	Kirkintilloch Olympians
46	Calum	Boyle	(MU17)	Larkhall YMCA Harriers
47	James	Gillon	(MU17)	Law & District AAC
48	Adam	Kelly	(MU17)	Law & District AAC
49	James	McClafferty	(MU17)	Law & District AAC
50	Kieran	Mcdougall	(MU17)	Law & District AAC
51	Ross	Acklam	(MU17)	Nithsdale AC
52	Jamie	Burns	(MU17)	Shettleston Harriers
53	Fergus	Blyth	(MU17)	VP-Glasgow AC
54	Calum	Brown	(MU17)	VP-Glasgow AC
55	Thomas	Connolly	(MU17)	VP-Glasgow AC
56	Josh	McDermott	(MU17)	VP-Glasgow AC
57	Charlie	Milarvie	(MU17)	VP-Glasgow AC
58	Andrew	Moreland	(MU17)	VP-Glasgow AC
59	Lewis	Priest	(MU17)	VP-Glasgow AC
60	Robbie	Smith	(MU17)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
U20W Entry List

Race No	Forename	Surname	Age Group	Club
71	Eve	MacKinnon	(FU20)	Cambuslang Harriers
72	Alicia	Paton	(FU20)	Cumbernauld AAC
73	Victoria	Robertson	(FU20)	Cumbernauld AAC
74	Heather	Addison	(FU20)	East Kilbride A.C.
75	Katrina	Ballantyne	(FU20)	Glasgow University Hare and H
76	Isabelle	Rayner	(FU20)	Glasgow University Hare and H
77	Megan	Robertson	(FU20)	Glasgow University Hare and H
78	Sarah	Dempsey	(FU20)	Kilbarchan AAC
79	Iona	Miller	(FU20)	Kilbarchan AAC
80	Chloe	Simpson	(FU20)	Kilbarchan AAC
81	Laura	Stark	(FU20)	Kilbarchan AAC
82	Holly	Thompson	(FU20)	Kilbarchan AAC
83	Margaret	Newell	(FU20)	Law & District AAC
84	Hannah	Stark	(FU20)	Law & District AAC
85	Emma	Hunter	(FU20)	Motherwell AC
86	Kirsty	Irwin	(FU20)	Motherwell AC
87	Deborah	Donnachie	(FU20)	Shettleston Harriers
88	Gillian	Black	(FU20)	VP-Glasgow AC
89	Anna	Tait	(FU20)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
U20M Entry List

Race No	Forename	Surname	Age Group	Club
232	Scott	Burns	(MU20)	Airdrie Harriers
233	Fraser	Stirling	(MU20)	Ayr Seaforth AC
234	Fraser	Armstrong	(MU20)	Bellahouston Harriers
235	Robbie	Ferguson	(MU20)	Bellahouston Harriers
236	Calum	Ferguson	(MU20)	Bellahouston Harriers
237	Jack	Heathwood	(MU20)	Bellahouston Harriers
238	Craig	Jardine	(MU20)	Cambuslang Harriers
239	Paul	Morrison	(MU20)	Cambuslang Harriers
240	Gavin	Smith	(MU20)	Cambuslang Harriers
241	Scott	Somerville	(MU20)	Cambuslang Harriers
242	Cameron	Richardson	(MU20)	Cumbernauld AAC
243	Luke	Kirwan	(MU20)	East Kilbride A.C.
244	Martin	Lynas	(MU20)	East Kilbride A.C.
245	Keir	Carolan	(MU20)	Giffnock North AAC
246	Nicolas	Daval	(MU20)	Glasgow University Hare and H
247	Gregor	Gillespie	(MU20)	Glasgow University Hare and H
248	Jonathan	Glen	(MU20)	Inverclyde AC
249	Ross	Gray	(MU20)	Inverclyde AC
250	Ewan	McKerral	(MU20)	Kilbarchan AAC
251	Scott	McLardie	(MU20)	Kilbarchan AAC
252	Conor	Thomson	(MU20)	Kilbarchan AAC
253	Aidan	McCaffrey	(MU20)	Kirkintilloch Olympians
254	Ross	Lyttle	(MU20)	Larkhall YMCA Harriers
255	Shaun	Burke	(MU20)	Law & District AAC
256	Conor	Butters	(MU20)	Law & District AAC
257	Kieran	Cubis	(MU20)	Law & District AAC
258	Ben	Fountain	(MU20)	Law & District AAC
259	William	Bardsley	(MU20)	Shettleston Harriers
260	Guy	Evans-Haggerty	(MU20)	VP-Glasgow AC
261	Jamie	MacKinnon	(MU20)	VP-Glasgow AC
262	Max	Milarvie	(MU20)	VP-Glasgow AC

scottishathletics West District Cross Country Championships
SW Entry List

Race No	Forename	Surname	Age Group	Club
98	Christine	McMenemy	(F50)	Airdrie Harriers
99	Marie Thérèse	Rodgers	(F45)	Airdrie Harriers
100	Abby	Cunningham	(F40)	Ayr Seaforth AC
101	Lindsay	Fullarton	(F40)	Ayr Seaforth AC
102	Ruth	Kirk	(F45)	Ayr Seaforth AC
103	Laura	Wallace	(F Sen)	Ayr Seaforth AC
104	Janine	Dickie	(F Sen)	Bellahouston Harriers
105	Claire	Fitzsimmons	(F Sen)	Bellahouston Harriers
106	Deirdre	Hoyle	(F65)	Bellahouston Harriers
107	Katherine	Hylands	(F Sen)	Bellahouston Harriers
108	Emily	Jackson	(F Sen)	Bellahouston Harriers
109	Ann	Knox	(F Sen)	Bellahouston Harriers
110	Anne	Macfie	(F50)	Bellahouston Harriers
111	Stella	McCulloch	(F45)	Bellahouston Harriers
112	Lynne	McDowall	(F Sen)	Bellahouston Harriers
113	Elizabeth	McGrady	(F55)	Bellahouston Harriers
114	Christine	McKay	(F Sen)	Bellahouston Harriers
115	Robyn	Millar	(F Sen)	Bellahouston Harriers
116	Rebecca	Simister	(F Sen)	Bellahouston Harriers
117	Katy	Smith	(F45)	Bellahouston Harriers
118	Karen	Speirs	(F Sen)	Bellahouston Harriers
119	Rebecca	Whitener	(F Sen)	Bellahouston Harriers
120	Shona	Donnelly	(F50)	Bellahouston Road Runners
121	Lynne	Goldie	(F50)	Bellahouston Road Runners
122	Kelly	Ludwig	(F Sen)	Bellahouston Road Runners
123	Julia	McDonald	(F Sen)	Bellahouston Road Runners
124	Jacqueline	McGuire	(F45)	Bellahouston Road Runners
125	Terry	Nimmo	(F50)	Bellahouston Road Runners
126	Maree	Shepherd	(F Sen)	Bellahouston Road Runners
127	Chi My	Ta	(F Sen)	Bellahouston Road Runners
128	Caroline	Turner	(F Sen)	Bellahouston Road Runners
129	Roz	Wilson	(F45)	Bellahouston Road Runners
130	Julie	Beveridge	(F Sen)	Calderglen Harriers
131	Kay	Conneff	(F Sen)	Calderglen Harriers
132	Alexandra	Hayden	(F Sen)	Calderglen Harriers
133	Joanne	McEvoy	(F Sen)	Calderglen Harriers
134	Lynn	Angely	(F40)	Cambuslang Harriers
135	Julie	Dell	(F Sen)	Cambuslang Harriers
136	Leanne	Hamilton	(F40)	Cambuslang Harriers
137	Alexandra	Lamond	(F Sen)	Cambuslang Harriers
138	Lesley	McArdle	(F Sen)	Cambuslang Harriers
139	Claire	Mennie	(F40)	Cambuslang Harriers
140	Kirsty	O'Brien	(F Sen)	Cambuslang Harriers
141	Bernadette	O'Neil	(F45)	Cambuslang Harriers
142	Jennifer	Reid	(F40)	Cambuslang Harriers
143	Katie	Bristow	(F Sen)	Cambuslang Harriers
144	Erica	Christie	(F60)	Cambuslang Harriers/ Individual
145	Marina	McCallum	(F45)	Clydesdale Harriers
146	Pamela	McCrossan	(F55)	Clydesdale Harriers
147	Cliona	Ferguson	(F Sen)	Cumbernauld AAC
148	Nicola	Hood	(F Sen)	Dumfries Running Club
149	Anne	Cairns	(F50)	East Kilbride A.C.
150	Gemma	Kirwan	(F45)	East Kilbride A.C.

scottishathletics West District Cross Country Championships
SW Entry List

Race No	Forename	Surname	Age Group	Club
151	Emma	Blair	(F Sen)	Garscube Harriers
152	Morag	Casey	(F40)	Garscube Harriers
153	Lesley	Chisholm	(F40)	Garscube Harriers
154	Alison	Condie	(F50)	Garscube Harriers
155	Mary	Cox	(F60)	Garscube Harriers
156	Amy	Cromarty	(F Sen)	Garscube Harriers
157	Caroline	Dow	(F55)	Garscube Harriers
158	Mariane	Kelly	(F Sen)	Garscube Harriers
159	Martha	Lovatt	(F Sen)	Garscube Harriers
160	Chloe	McAdam	(F Sen)	Garscube Harriers
161	Joanne	Robertson	(F45)	Garscube Harriers
162	Deborah	Shipton	(F40)	Garscube Harriers
163	Louise	Torr	(F Sen)	Garscube Harriers
164	Frances	Wardle	(F Sen)	Garscube Harriers
165	Ann	White	(F65)	Garscube Harriers
166	Katie	White	(F Sen)	Garscube Harriers
167	Charlotte	Wilson	(F Sen)	Garscube Harriers
168	Alison	Wood	(F Sen)	Garscube Harriers
169	Allie	Chong	(F45)	Giffnock North AAC
170	Caroline	Gibson	(F Sen)	Giffnock North AAC
171	Catriona	Gourley	(F50)	Giffnock North AAC
172	Angela	Hammond	(F40)	Giffnock North AAC
173	Sheila	Lewis	(F50)	Giffnock North AAC
174	Nicola	McBeath	(F Sen)	Giffnock North AAC
175	Mary	McCutcheon	(F50)	Giffnock North AAC
176	Kathleen	McLachlan	(F Sen)	Giffnock North AAC
177	Yvonne	McNairn	(F Sen)	Giffnock North AAC
178	Jill	Smylie	(F Sen)	Giffnock North AAC
179	Jo	Schreiber	(F50)	Girvan AAC
180	Catriona	Padmanabhan	(F40)	Glasgow Triathlon Club
181	Audrey	Braven-Ayres	(F Sen)	Glasgow University Hare and H
182	Sally	Carbo	(F Sen)	Glasgow University Hare and H
183	Mikaela	Hannam	(F Sen)	Glasgow University Hare and H
184	Maggie	Harger	(F Sen)	Glasgow University Hare and H
185	Katherine	Mitchell	(F Sen)	Glasgow University Hare and H
186	Ellie	Waugh	(F Sen)	Glasgow University Hare and H
187	Susan	Clark	(F45)	Greenock Glenpark Harriers
188	Lorna	Coyle	(F55)	Greenock Glenpark Harriers
189	Lana	Hanson	(F Sen)	Greenock Glenpark Harriers
190	Laura	Farquharson	(F Sen)	Hamilton Harriers
191	Lauren	Gibson	(F Sen)	Hamilton Harriers
192	Natalie	Wood	(F Sen)	Hamilton Harriers
193	Carole	Barrie	(F50)	Helensburgh AAC
194	Janet	Fellowes	(F60)	Helensburgh AAC
195	Julia	Henderson	(F40)	Helensburgh AAC
196	Rachael	Bushfield	(F Sen)	Inverclyde AC
197	Emma	Fulton	(F Sen)	Inverclyde AC
198	Julie	Gordon	(F40)	Inverclyde AC
199	Sharon	Muir	(F40)	Inverclyde AC
200	Nynke	Mulholland	(F Sen)	Inverclyde AC
201	Elsbeth	Curran	(F Sen)	Kilbarchan AAC
202	Elaine	Eadie	(F Sen)	Kilbarchan AAC
203	Sharon	Hastie	(F40)	Kilbarchan AAC
204	Jennifer	Rooney	(F Sen)	Kilbarchan AAC
205	Kirsteen	Alexander	(F45)	Kilmarnock H&AC
206	Amanda	Bryden	(F Sen)	Kilmarnock H&AC
207	Laura	Carruthers	(F Sen)	Kilmarnock H&AC
208	Laura	Haggarty	(F Sen)	Kilmarnock H&AC
209	Stephanie	Hewitt	(F Sen)	Kilmarnock H&AC
210	Elizabeth	McDerment	(F45)	Kilmarnock H&AC
211	Allison	Law	(F50)	Kirkintilloch Olympians
212	Shirley	MacNab	(F50)	Kirkintilloch Olympians
213	Ada	Stewart	(F50)	Kirkintilloch Olympians
214	Ausrine	Ward	(F Sen)	Kirkintilloch Olympians

scottishathletics West District Cross Country Championships
SW Entry List

Race No	Forename	Surname	Age Group	Club
215	Christina	Whitelaw	(F Sen)	Larkhall YMCA Harriers
216	Susan	Kennedy	(F Sen)	Law & District AAC
217	Hilary	McGrath	(F50)	Law & District AAC
218	Clare	Barr	(F45)	Motherwell AC
219	Joanne	Clark	(F40)	Motherwell AC
220	Fiona	Comrie	(F40)	North Ayrshire AC
221	Lesley	Lynn	(F Sen)	North Ayrshire AC
222	Angela	Reid	(F Sen)	North Ayrshire AC
223	Jessica	Brydon	(F Sen)	Shettleston Harriers
224	Vanessa	Coffey	(F Sen)	Shettleston Harriers
225	Emma	Dunnett	(F Sen)	Shettleston Harriers
226	Christie	Ford	(F Sen)	Shettleston Harriers
227	Rhona	Galloway	(F Sen)	Shettleston Harriers
228	Clara	Horswell	(F Sen)	Shettleston Harriers
229	Ruth	Joss	(F Sen)	Shettleston Harriers
230	Jessica	Martin	(F Sen)	Shettleston Harriers
231	Avril	Mason	(F40)	Shettleston Harriers
232	Charlene	McCallum	(F Sen)	Shettleston Harriers
233	Hayley	McCrorie	(F Sen)	Shettleston Harriers
234	Shona	Robertson	(F45)	Shettleston Harriers
235	Fionnuala	Ross	(F Sen)	Shettleston Harriers
236	Carole	Setchell	(F Sen)	Shettleston Harriers
237	Amleset	Tewelde	(F Sen)	Shettleston Harriers
238	Caroline	Brownlie	(F40)	Springburn Harriers
239	Gillian	McGale	(F40)	Springburn Harriers
240	Michelle	Sandison	(F Sen)	Springburn Harriers
241	Hannah	Terrance	(F Sen)	Springburn Harriers
242	Caroline	Millar	(F40)	Troon Tortoises AC
243	Anne	Noble	(F55)	Troon Tortoises AC
244	Lucy	Oldham	(F Sen)	Troon Tortoises AC
245	Rhian	Dawes	(F Sen)	VP-Glasgow AC
246	Donna	Finlayson	(F Sen)	VP-Glasgow AC
247	Suzanne	Gilmour	(F40)	VP-Glasgow AC
248	Claire	Thomson	(F40)	VP-Glasgow AC
249	Leanne	Cooke	(F Sen)	Westerlands XC Club
250	Gaynor	Gillespie	(F45)	Westerlands XC Club
251	Maya	Hernes	(F Sen)	Westerlands XC Club
252	Valerie	Houston	(F50)	Westerlands XC Club
253	Claire	Larravide	(F Sen)	Westerlands XC Club
254	Lorna	Mahoney	(F50)	Westerlands XC Club
255	Christine	Menhennet	(F60)	Westerlands XC Club
256	Sharon	Taylor	(F55)	Westerlands XC Club

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SM Entry List

Race No	Forename	Surname	Age Group	Club
1	Alan	Burns	(M40)	Airdrie Harriers
2	Mark	Connelly	(M40)	Airdrie Harriers
3	Francis	Cullen	(M Sen)	Airdrie Harriers
4	Marc	Cummings	(M40)	Airdrie Harriers
5	Ian	Davey	(M Sen)	Airdrie Harriers
6	Brian	Wilson	(M Sen)	Airdrie Harriers
7	Craig	Brown	(M Sen)	Ayr Seaforth AC
8	Andrew	Crichton	(M Sen)	Ayr Seaforth AC
9	Timothy	Downie	(M60)	Ayr Seaforth AC
10	John	Hannah	(M40)	Ayr Seaforth AC
11	Grahame	Hopper	(M Sen)	Ayr Seaforth AC
12	Stephen	Kay	(M Sen)	Ayr Seaforth AC
13	Simon	Kirk	(M40)	Ayr Seaforth AC
14	Peter	Laing	(M55)	Ayr Seaforth AC
15	Stuart	McColm	(M45)	Ayr Seaforth AC
16	Stephen	McCrorie	(M45)	Ayr Seaforth AC
17	Stephen	McDowall	(M40)	Ayr Seaforth AC
18	Stuart	McLean	(M40)	Ayr Seaforth AC
19	Alasdair	Meldrum	(M45)	Ayr Seaforth AC
20	Kenneth	Neill	(M Sen)	Ayr Seaforth AC
21	Iain	Pettigrew	(M45)	Ayr Seaforth AC
22	Paul	Turnbull	(M50)	Ayr Seaforth AC
23	Ian	Young	(M40)	Ayr Seaforth AC
24	Ian	Anscombe	(M40)	Bellahouston Harriers
25	Jack	Arnold	(M Sen)	Bellahouston Harriers
26	John	Beckett	(M65)	Bellahouston Harriers
27	Brent	Brodie	(M40)	Bellahouston Harriers
28	Robert	Carson	(M65)	Bellahouston Harriers
29	Paul	Clawson	(M Sen)	Bellahouston Harriers
30	John	Cunningham	(M45)	Bellahouston Harriers
31	Francis	Gilroy	(M50)	Bellahouston Harriers
32	Paul	Houston	(M45)	Bellahouston Harriers
33	Donald	Kennedy	(M45)	Bellahouston Harriers
34	Darren	McQuade	(M Sen)	Bellahouston Harriers
35	Iain	Morrison	(M50)	Bellahouston Harriers
36	Chris	Paton	(M Sen)	Bellahouston Harriers
37	Mark	Porter	(M Sen)	Bellahouston Harriers
38	Ian	Sim	(M Sen)	Bellahouston Harriers
39	Thomas	Smith	(M Sen)	Bellahouston Harriers
40	Kenneth	Taylor	(M Sen)	Bellahouston Harriers
41	Crispin	Walsh	(M40)	Bellahouston Harriers
42	Gregor	Yates	(M Sen)	Bellahouston Harriers
43	Iain	Burns	(M Sen)	Bellahouston Road Runners
44	Andrew	Campbell	(M40)	Bellahouston Road Runners
45	Bruce	Carmichael	(M40)	Bellahouston Road Runners
46	Bruce	Carse	(M Sen)	Bellahouston Road Runners
47	Christopher	Doak	(M Sen)	Bellahouston Road Runners
48	Ciaran	Dougherty	(M Sen)	Bellahouston Road Runners
49	Barry	Edwards	(M Sen)	Bellahouston Road Runners
50	Allon	Galbraith	(M55)	Bellahouston Road Runners
51	Greig	Glendinning	(M45)	Bellahouston Road Runners
52	Richard	Leyton	(M40)	Bellahouston Road Runners
53	Christopher	Logue	(M Sen)	Bellahouston Road Runners
54	James	Montgomery	(M Sen)	Bellahouston Road Runners
55	Graeme	Paterson	(M40)	Bellahouston Road Runners
56	Garry	Porch	(M Sen)	Bellahouston Road Runners
57	Gerard	Scullion	(M50)	Bellahouston Road Runners
58	Ollie	Traynor	(M Sen)	Bellahouston Road Runners
59	David	Weatherhead	(M40)	Bellahouston Road Runners
60	Russell	Couper	(M50)	Calderglen Harriers
61	Alan	Derrick	(M50)	Calderglen Harriers
62	Andrew	Henderson	(M60)	Calderglen Harriers
63	Jim	Holmes	(M45)	Calderglen Harriers
64	Richard	Lawton	(M40)	Calderglen Harriers
65	Kenny	Leinster	(M55)	Calderglen Harriers
66	Gordon	McInally	(M50)	

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Race No	Forename	Surname	Age Group	Club
67	Mark	Saez	(M40)	Calderglen Harriers
68	David	Searil	(M60)	Calderglen Harriers
69	David	Watt	(M55)	Calderglen Harriers
70	Bobby	Bristow	(M Sen)	Cambuslang Harriers
71	Shaun	Butler	(M Sen)	Cambuslang Harriers
72	Brian	Campbell	(M45)	Cambuslang Harriers
73	Kenneth	Campbell	(M40)	Cambuslang Harriers
74	Alistair	Campbell	(M Sen)	Cambuslang Harriers
75	Richard	Carr	(M Sen)	Cambuslang Harriers
76	Justin	Carter	(M40)	Cambuslang Harriers
77	Des	Dickson	(M55)	Cambuslang Harriers
78	Brian	Douglas	(M40)	Cambuslang Harriers
79	William	Fairley	(M45)	Cambuslang Harriers
80	Kenny	Finlayson	(M40)	Cambuslang Harriers
81	Stuart	Gibson	(M Sen)	Cambuslang Harriers
82	Robert	Gilroy	(M40)	Cambuslang Harriers
83	Simon	Gold	(M Sen)	Cambuslang Harriers
84	Craig	Harrow	(M45)	Cambuslang Harriers
85	Benjamin	Hukins	(M Sen)	Cambuslang Harriers
86	Scott	Hunter	(M40)	Cambuslang Harriers
87	Francis	Hurley	(M60)	Cambuslang Harriers
88	Paul	Kernohan	(M Sen)	Cambuslang Harriers
89	John	Macnamara	(M40)	Cambuslang Harriers
90	Iain	Nicholl	(M40)	Cambuslang Harriers
91	Daniel	O'Connell	(M50)	Cambuslang Harriers
92	Michael	O'Hagan	(M45)	Cambuslang Harriers
93	Jamie	Reid	(M40)	Cambuslang Harriers
94	Iain	Reid	(M Sen)	Cambuslang Harriers
95	Colin	Reilly	(M Sen)	Cambuslang Harriers
96	Gordon	Robertson	(M Sen)	Cambuslang Harriers
97	David	Scott	(M Sen)	Cambuslang Harriers
98	Grant	Sheldon	(M Sen)	Cambuslang Harriers
99	Ross	Stephen	(M Sen)	Cambuslang Harriers
100	David	Stirling	(M45)	Cambuslang Harriers
101	David	Thom	(M55)	Cambuslang Harriers
102	Paul	Thompson	(M60)	Cambuslang Harriers
103	Chris	Upson	(M50)	Cambuslang Harriers
104	Alick	Walkinshaw	(M55)	Cambuslang Harriers
105	Iain	Burke	(M65)	Cambuslang Harriers/Individual
106	Tony	Dolan	(M Sen)	Clydesdale Harriers
107	Hugh	Laverty	(M60)	Clydesdale Harriers
108	Ryan	Nelson	(M Sen)	Clydesdale Harriers
109	Iain	Robertson	(M Sen)	Clydesdale Harriers
110	Peter	Rudzinski	(M65)	Clydesdale Harriers
111	Graeme	Wiseman	(M40)	Clydesdale Harriers
112	Robert	Young	(M70)	Clydesdale Harriers
113	Craig	Dougan	(M Sen)	Cumbernauld AAC
114	Richard	Horbury	(M40)	Cumbernauld AAC
115	Paul	McMonagle	(M45)	Cumbernauld AAC
116	Craig	Prior	(M Sen)	Dumbarton AAC
117	Jim	Buchanan	(M50)	Dumfries Running Club
118	Grant	Baillie	(M Sen)	East Kilbride A.C.
119	Jamie	Clements	(M Sen)	East Kilbride A.C.
120	John	Fergusson	(M Sen)	East Kilbride A.C.
121	Ross	Grant	(M Sen)	East Kilbride A.C.
122	Graeme	Haddow	(M50)	East Kilbride A.C.
123	Vincent	Hastings	(M Sen)	East Kilbride A.C.
124	Jack	Kirwan	(M Sen)	East Kilbride A.C.
125	Gerard	O'Neil	(M40)	East Kilbride A.C.
126	Brian	O'Neill	(M40)	East Kilbride A.C.
127	David	Thomson	(M Sen)	East Kilbride A.C.
128	Niall	Walker	(M Sen)	East Kilbride A.C.
129	Christopher	White	(M Sen)	East Kilbride A.C.
130	Alan	Blair	(M Sen)	Garscube Harriers
131	Craig	Brown	(M45)	Garscube Harriers
132	Daniel	Burns	(M Sen)	

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Race No	Forename	Surname	Age Group	Club
133	Alexander	Chalmers	(M45)	Garscube Harriers
134	Alexander	Chisholm	(M60)	Garscube Harriers
135	Paul	Coia	(M50)	Garscube Harriers
136	Steven	Currie	(M Sen)	Garscube Harriers
137	Robert	Cuthbertson	(M60)	Garscube Harriers
138	David	Dickson	(M55)	Garscube Harriers
139	Finlay	Finlay	(M Sen)	Garscube Harriers
140	Michael	Gallacher	(M55)	Garscube Harriers
141	Patrick	Gibbons	(M40)	Garscube Harriers
142	Nick	Heaney	(M40)	Garscube Harriers
143	Stefan	Kuhr	(M40)	Garscube Harriers
144	Kevin	Liddle	(M Sen)	Garscube Harriers
145	David	Lindsay	(M40)	Garscube Harriers
146	Alasdair	MacIver	(M Sen)	Garscube Harriers
147	Alasdair	MacMillan	(M Sen)	Garscube Harriers
148	Craig	Marsden	(M Sen)	Garscube Harriers
149	Timothy	Martin	(M Sen)	Garscube Harriers
150	Garry	Mathew	(M Sen)	Garscube Harriers
151	James	McAneny	(M55)	Garscube Harriers
152	Duncan	McKellar	(M Sen)	Garscube Harriers
153	Robert	McLennan	(M55)	Garscube Harriers
154	Donald	McPartlin	(M Sen)	Garscube Harriers
155	John	Murray	(M40)	Garscube Harriers
156	Neal	Robertson	(M Sen)	Garscube Harriers
157	Simon	Sheridan	(M40)	Garscube Harriers
158	Craig	Shields	(M Sen)	Garscube Harriers
159	Raghibir	Singh	(M65)	Garscube Harriers
160	Chris	Stockdale	(M Sen)	Garscube Harriers
161	Ian	Thomson	(M Sen)	Garscube Harriers
162	Del	Young	(M Sen)	Garscube Harriers
163	Luke	Chamberlain	(M40)	Giffnock North AAC
164	Ted	Gourley	(M50)	Giffnock North AAC
165	Chris	Marsh	(M Sen)	Giffnock North AAC
166	Gordon	Moir	(M50)	Giffnock North AAC
167	David	Sawyer	(M40)	Giffnock North AAC
168	Jason	Steele	(M40)	Giffnock North AAC
169	Mark	Sutherland	(M40)	Giffnock North AAC
170	Derren	Thomson	(M45)	Giffnock North AAC
171	Scott	Wilson	(M40)	Giffnock North AAC
172	Colin	Wylie	(M40)	Giffnock North AAC
173	Colin	Brash	(M50)	Girvan AAC
174	Michael	Boesl	(M Sen)	Glasgow University Hare and H
175	Thomas	Callan	(M Sen)	Glasgow University Hare and H
176	Gavyn	Chalmers	(M Sen)	Glasgow University Hare and H
177	Mark	Sutherland	(M Sen)	Glasgow University Hare and H
178	Alastair	Thurlbeck	(M Sen)	Glasgow University Hare and H
179	Steven	Campbell	(M40)	Greenock Glenpark Harriers
180	Daniel	Doherty	(M Sen)	Greenock Glenpark Harriers
181	Robert	Dolan	(M40)	Greenock Glenpark Harriers
182	Michael	Dunn	(M60)	Greenock Glenpark Harriers
183	Ian	Hanley	(M Sen)	Greenock Glenpark Harriers
184	Stephen	Hanley	(M Sen)	Greenock Glenpark Harriers
185	Gordon	Hepburn	(M Sen)	Greenock Glenpark Harriers
186	Shaun	Lyon	(M Sen)	Greenock Glenpark Harriers
187	Boyd	Mackenzie	(M60)	Greenock Glenpark Harriers
188	Sean	Marshall	(M Sen)	Greenock Glenpark Harriers
189	Daniel	McLaughlin	(M55)	Greenock Glenpark Harriers
190	Stephen	McLoone	(M50)	Greenock Glenpark Harriers
191	Paul	Monaghan	(M45)	Greenock Glenpark Harriers
192	Christopher	Mooney	(M Sen)	Greenock Glenpark Harriers
193	Kevin	O'Donoghue	(M Sen)	Greenock Glenpark Harriers
194	Alan	O'Rourke	(M45)	Greenock Glenpark Harriers
195	David	Roberts	(M Sen)	Greenock Glenpark Harriers
196	John	Stevenson	(M45)	Greenock Glenpark Harriers
197	Stephen	Trainer	(M Sen)	Greenock Glenpark Harriers
198	Andrew	White	(M45)	

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Race No	Forename	Surname	Age Group	Club
199	Ross	Bickerstaff	(M55)	Hamilton Harriers
200	Jamie	Cunningham	(M Sen)	Hamilton Harriers
201	David	Dawson	(M50)	Hamilton Harriers
202	Stephen	Duffy	(M40)	Hamilton Harriers
203	David	Kelly	(M55)	Hamilton Harriers
204	Andrew	McLinden	(M65)	Hamilton Harriers
205	Jason	Miles-Campbell	(M45)	Hamilton Harriers
206	Richard	Murciano	(M Sen)	Hamilton Harriers
207	Jason	Bell	(M Sen)	Helensburgh AAC
208	Euan	Crumley	(M Sen)	Helensburgh AAC
209	Christopher	Moses	(M Sen)	Helensburgh AAC
210	Stuart	Scott	(M Sen)	Helensburgh AAC
211	John	Bell	(M Sen)	Inverclyde AC
212	Jude	Boulton	(M40)	Inverclyde AC
213	Stephen	Cooke	(M Sen)	Inverclyde AC
214	Andrew	Douglas	(M Sen)	Inverclyde AC
215	Gerard	Gaffney	(M60)	Inverclyde AC
216	Sean	Gaffney	(M Sen)	Inverclyde AC
217	Nicholas	Gemmell	(M40)	Inverclyde AC
218	Jon	Hammerman	(M Sen)	Inverclyde AC
219	David	Henderson	(M Sen)	Inverclyde AC
220	Graeme	Hyett	(M Sen)	Inverclyde AC
221	Thomas	Jamieson	(M Sen)	Inverclyde AC
222	Jason	Kane	(M Sen)	Inverclyde AC
223	Gavin	Morrison	(M45)	Inverclyde AC
224	John	Muir	(M40)	Inverclyde AC
225	Mark	Pollard	(M Sen)	Inverclyde AC
226	Craig	Ruddy	(M Sen)	Inverclyde AC
227	Robert	Shaw	(M60)	Inverclyde AC
228	David	Tamburini	(M40)	Inverclyde AC
229	Craig	Winter	(M45)	Inverclyde AC
230	Alex	Allardyce	(M45)	Irvine Running Club
231	Alan	Douglas	(M Sen)	Irvine Running Club
232	Ryan	Evans	(M Sen)	Irvine Running Club
233	Jamie	Findlay	(M Sen)	Irvine Running Club
234	George	Irving	(M50)	Irvine Running Club
235	Paul	Lafferty	(M Sen)	Irvine Running Club
236	James	Sneddon	(M50)	Irvine Running Club
237	Colin	Whitby	(M Sen)	Irvine Running Club
238	Alan	Craig	(M45)	Kilbarchan AAC
239	Steven	Hill	(M Sen)	Kilbarchan AAC
240	Callum	Matthews	(M Sen)	Kilbarchan AAC
241	Donald	Petrie	(M55)	Kilbarchan AAC
242	Robert	Quinn	(M50)	Kilbarchan AAC
243	Grant	Sandilands	(M Sen)	Kilbarchan AAC
244	Mark	Alexander	(M Sen)	Kilmarnock H&AC
245	Connell	Drummond	(M40)	Kilmarnock H&AC
246	William	Duffy	(M50)	Kilmarnock H&AC
247	Colin	Glencorse	(M40)	Kilmarnock H&AC
248	Gavin	Hogarth	(M Sen)	Kilmarnock H&AC
249	Robert	Lindsay	(M40)	Kilmarnock H&AC
250	Richard	Mair	(M Sen)	Kilmarnock H&AC
251	Scott	Martin	(M45)	Kilmarnock H&AC
252	Stewart	McAllister	(M Sen)	Kilmarnock H&AC
253	Leslie-James	McDerment	(M45)	Kilmarnock H&AC
254	John	Parker	(M50)	Kilmarnock H&AC
255	James	Wales	(M Sen)	Kilmarnock H&AC
256	Robert	Bartley	(M40)	Kirkintilloch Olympians
257	Sean	Casey	(M45)	Kirkintilloch Olympians
258	Daniel	Chandler	(M40)	Kirkintilloch Olympians
259	Howard	Elliott	(M45)	Kirkintilloch Olympians
260	James	Gallacher	(M55)	Kirkintilloch Olympians
261	David	Hogg	(M45)	Kirkintilloch Olympians
262	Gary	Mitchell	(M45)	Kirkintilloch Olympians
263	Louis	O'Hare	(M40)	Kirkintilloch Olvmnians
264	Paul	O'Hare	(M40)	

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Race No	Forename	Surname	Age Group	Club
265	Paul	Reilly	(M45)	Kirkintilloch Olympians
266	Robert	Rogerson	(M55)	Kirkintilloch Olympians
267	Mark	Welsford	(M40)	Kirkintilloch Olympians
268	Kevin	Campbell	(M Sen)	Law & District AAC
269	William	Drysdale	(M80+)	Law & District AAC
270	Riccardo	Faccenda	(M Sen)	Law & District AAC
271	Alex	Hay	(M50)	Law & District AAC
272	Anthony	Higgins	(M45)	Law & District AAC
273	Bobby	Hill	(M Sen)	Law & District AAC
274	Ross	Hill	(M Sen)	Law & District AAC
275	Patrick	Kelly	(M70)	Law & District AAC
276	Jonathan	Kennedy	(M Sen)	Law & District AAC
277	Ross	Macdonald	(M Sen)	Law & District AAC
278	John	McGrath	(M50)	Law & District AAC
279	Jamie	McMorrow	(M Sen)	Law & District AAC
280	Darran	Muir	(M Sen)	Law & District AAC
281	Ross	Penny	(M Sen)	Law & District AAC
282	Fergie	Robson	(M45)	Law & District AAC
283	James	Rowley	(M65)	Law & District AAC
284	Patrick	Burns	(M55)	Milburn Harriers
285	Stephen	Cowper	(M50)	Milburn Harriers
286	Allan	Cameron	(M40)	Motherwell AC
287	Scott	Dickson	(M Sen)	Motherwell AC
288	Christopher	MacDonald	(M Sen)	Motherwell AC
289	Scott	Mcdermott	(M40)	Motherwell AC
290	Robert	Pattinson	(M45)	Motherwell AC
291	Alan	Tait	(M40)	Motherwell AC
292	Gareth	Brown	(M Sen)	North Ayrshire AC
293	Alan	Donachy	(M45)	North Ayrshire AC
294	John	Leitch	(M Sen)	North Ayrshire AC
295	Alasdair	McCallum	(M50)	North Ayrshire AC
296	Mark	Preston	(M Sen)	North Ayrshire AC
297	Thomas	Street	(M40)	North Ayrshire AC
298	Peter	Avent	(M Sen)	Shettleston Harriers
299	Nasser	Babazadeh	(M50)	Shettleston Harriers
300	Adriano	Bottini	(M Sen)	Shettleston Harriers
301	Grant	Boyne	(M Sen)	Shettleston Harriers
302	William	Breckenridge	(M45)	Shettleston Harriers
303	Lachlan	Calder	(M Sen)	Shettleston Harriers
304	Michael	Deason	(M Sen)	Shettleston Harriers
305	David I	Houston	(M Sen)	Shettleston Harriers
306	Andrew	Jackson	(M Sen)	Shettleston Harriers
307	Scott	Kennedy	(M45)	Shettleston Harriers
308	Jethro	Lennox	(M Sen)	Shettleston Harriers
309	Andy	Little	(M50)	Shettleston Harriers
310	Peter	Mackie	(M Sen)	Shettleston Harriers
311	Gerard	Mason	(M50)	Shettleston Harriers
312	Paul	Masson	(M Sen)	Shettleston Harriers
313	Duncan	McCauley	(M Sen)	Shettleston Harriers
314	Mark	McColl	(M Sen)	Shettleston Harriers
315	Alasdair	McLeod	(M Sen)	Shettleston Harriers
316	Tewoldeberhan	Mengisteab	(M Sen)	Shettleston Harriers
317	Lachlan	Oates	(M Sen)	Shettleston Harriers
318	Thomas	Owens	(M Sen)	Shettleston Harriers
319	Brian	Scally	(M50)	Shettleston Harriers
320	Paul	Sorrie	(M Sen)	Shettleston Harriers
321	Matthew	Sullivan	(M Sen)	Shettleston Harriers
322	Matthew	Turner	(M Sen)	Shettleston Harriers
323	Denis	Williams	(M50)	Shettleston Harriers
324	Andrew	Callan	(M45)	Springburn Harriers
325	Joseph Junior	Chambers	(M Sen)	Springburn Harriers
326	Graham	Crawford	(M60)	Springburn Harriers
327	Damian	McAuley	(M50)	Springburn Harriers
328	Ross	McEachern	(M50)	Springburn Harriers
329	Anthony J M	McGale	(M45)	Springburn Harriers
330	Colin	Mclean	(M50)	

scottishathletics West District Cross Country Championships
SM Entry List

Race No	Forename	Surname	Age Group	Club
331	Colin	Watson	(M55)	Springburn Harriers
332	Robert	Carrol	(M40)	Troon Tortoises AC
333	Fraser	McPhail	(M40)	Troon Tortoises AC
334	Jim	Phillips	(M40)	Troon Tortoises AC
335	Kevin	McPhillips	(M40)	Unattached
336	Steven	Bryce	(M Sen)	VP-Glasgow AC
337	Gerard	Craig	(M45)	VP-Glasgow AC
338	Afwerki	Haile	(M Sen)	VP-Glasgow AC
339	Callum	Heirs	(M Sen)	VP-Glasgow AC
340	Peter	Jardine	(M50)	VP-Glasgow AC
341	Crawford	Little	(M50)	VP-Glasgow AC
342	Gordon	Murray	(M60)	VP-Glasgow AC
343	Alex	Potter	(M55)	VP-Glasgow AC
344	Kieron	Rafferty	(M Sen)	VP-Glasgow AC
345	James	Stewart	(M40)	VP-Glasgow AC
346	Duncan	Thomson	(M45)	VP-Glasgow AC
347	Christopher	Watson	(M Sen)	VP-Glasgow AC
348	David	Calder	(M55)	Westerlands XC Club
349	Niall	McAlinden	(M Sen)	Westerlands XC Club
350	Christopher	McKiddie	(M Sen)	Westerlands XC Club
351	Bastien	Perez	(M Sen)	Westerlands XC Club
352	John	Quinn	(M55)	Westerlands XC Club
353	Ian	Thurlbeck	(M50)	Westerlands XC Club
354	Robert	Simpson	(M Sen)	Shettleston Harriers
355	Chris	Mutch	(M Sen)	Shettleston Harriers
356	Stephen	Clark	(M Sen)	Shettleston Harriers
357	Anton	Manley	(M40)	Shettleston Harriers
358	Lucas	Cheskin	(M Sen)	Shettleston Harriers
359	John	Oates	(M55)	Shettleston Harriers
360	Stephen	Winters	(M40)	Shettleston Harriers
361	Robert	Crossley	(M45)	Shettleston Harriers
362	John	Connaghan	(M45)	Shettleston Harriers
363	Walter	Henderson	(M45)	Shettleston Harriers
364	Ross	Cruickshanks	(M Sen)	Shettleston Harriers
365	Kenny	Richmond	(M45)	Shettleston Harriers

COMPETITION INFORMATION SHEET

Event: West District Cross Country Championships

Venue: Mosshill Industrial Estate, by Ayr, KA6 6BE

Registration: Reception Area, Main Office Building, Mosshill Industrial Estate By Ayr, KA6 6BE

Date: Sunday 4th December 2016

Race	Age Group	BORN DURING	Declarations		Race Starts	Distance
			Close			
Under 13 Girls	U13	01/09/2003 to 31/08/2005	1100hrs		1130hrs	3200m
Under 13 Boys	U13	01/09/2003 to 31/08/2005	1115hrs		1145hrs	3200m
Under 15 Girls	U15	01/09/2001 to 31/08/2003	1130hrs		1200hrs	4000m
Under 15 Boys	U15	01/09/2001 to 31/08/2003	1150hrs		1220hrs	4000m
Under 17 Women	U17	01/09/1999 to 31/08/2001	1210hrs		1240hrs	5000m
U20 Women	U20	01/09/1996 to 31/08/1999				
Senior Women		BORN BEFORE 01/09/1996	1230hrs		1300hrs	6400m
Under 17 Men	U17	01/09/1999 to 31/08/2001	1300hrs		1330hrs	6400m
U20 Men	U20	01/09/1996 to 31/08/1999				8000m
Senior Men		BORN BEFORE 01/09/1996	1330hrs		1400hrs	10000m

Entries Close first post on: **Monday 21st November 2016** **NO LATE ENTRIES**

Postal Address for Entries: Claire Archbold
scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address: events@scottishathletics.org.uk

Important Notes

- (1) Under 17 Women/Men will run with Under 20 Women/Men with all age groups having separate teams. Masters Age Groups are age on the day of race.
- (2) All athletes who compete in the championships MUST be current members of the scottishathletics
- (3) Location map and final instructions will be available on www.scottishathletics.org.uk
- (4) This event is the principal race for West athlete selection of Inter District Teams for Edinburgh on 7th January 2017.
- (5) All remittances should be crossed and made payable to scottishathletics. Club Affiliation fees MUST have been paid to scottishathletics for season 2016/17. Competitors MUST wear their club colours in all events.
- (6) Unless entry forms are fully completed with all details required, entries will be rejected.
Eligibility - Competitors must be Scottish by birth or either parents are Scottish or must have resided in Scotland for at least three months prior to the race.
- (7) Rules relating to students in Full time education in Scotland are applicable.
for guidance on these rules please visit the Road Running Commission Website.

Competition Information

Event: **Lindsays scottishathletics West District Cross Country Championships**

Date: **Sunday 4 December 2016**

Venue: **Mosshill Industrial Estate, by Ayr, KA6 6BE**

<http://events.scottishathletics.org.uk/events/19247-17139-lindsays-west-district-cross-country-championships>

Directions

Vehicles travelling south towards Ayr on the A77 - on reaching Ayr, remain on the A77 southbound.

At the third roundabout (Bankfield), take the first exit (signed for Ayr Hospital, A713 Dalmellington/Castle Douglas).

Follow this road for approximately 1 mile (passing the entrance to Ayr Hospital). The venue is on the left.

IMPORTANT Officials and vehicles carrying club tents should take the first entrance into the venue, and all other vehicles should take the second entrance.

Parking

Parking for 500 cars/buses is accessed via the second entrance into the venue.

Officials and vehicles carrying club tents should take the first entrance.

It is a short walk to the course which will be signposted.

Club Tents

There is a dedicated area for club tents near the Start/Finish area.

Please follow the Tent and Gazebo Guidelines published on the Scottish Athletics website, paying particular attention to safety and securing firmly against the wind/elements. If in doubt, DO NOT ERECT YOUR TENT.

[tentandgazeboguidelines.pdf](#)

Declarations

Spikes and muddy shoes must be removed before entering the building

Declarations open at 10am in the Reception area of the main office building directly across from the Start/Finish area.

Team Managers only please!

IMPORTANT: Entered athletes must NOT be substituted by non-entered athletes.

Please raise any entry queries promptly with the Declaration Officials.

Changing and Toilets

Spikes and muddy shoes must be removed before entering the building

Within the main office building, changing space is available to the right of the Declaration area.

There are toilets available in the Declaration area and also in the changing space.

There are no showers, so prepare and pack accordingly.

Belongings are left at owner's risk. Valuables should not be left unattended.

Course

All athletes should familiarise themselves with the appropriate race route and it is their responsibility to follow it accurately. Maps will be displayed at the venue and on the **scottishathletics** website.

In the U17/U20 Men race, U17 men run 6400m and U20 men 8000m. Athletes must run the correct race route for their age group and pay attention to direction guidance from the race marshals.

The course is over open ground and is generally good running, although weather conditions on the day and in the preceding week will determine the underfoot conditions. It may be frozen hard or it may be muddy/slippy, and it may be windy and cold. Athletes should carefully consider the most appropriate footwear choice for the course, plus dress according to the weather conditions. It is advisable to walk the course beforehand to check footwear/clothing choices are appropriate. Athletes should familiarise themselves with the race route/conditions beforehand, and run accordingly.

scottishathletics Club Tents and Gazebos

Club Tents and Gazebo's not only give club members and officials a suitable place to meet, prepare and recover from races they also enhance the atmosphere and spectacle of events. **scottishathletics** actively encourage clubs to bring tents, gazebos or other coverings to events however these must be erected safely and correctly for the enjoyment, safety and comfort of all concerned. All clubs should make themselves aware of and consider the following **DO's** and **DON'TS**.

DO – Bring along your club tent or gazebo to provide shelter for your athletes

DO – Bring along the tent to create a great atmosphere at the event

DO – Pitch your tent in an easily identifiable location

DO – Bring a ground sheet for extra comfort

DO – Secure your tent properly using adequate pegs and guy ropes especially in windy conditions

DO – Assess the weather conditions for safety of others and your tent – Check the Forecast!

DO – Ensure your site does not create a hazard for athletes/officials or spectators

DO – Ensure sight lines for the event referee and officials are not affected

DO – Bring a bin bag for any rubbish

DO – Help one another to put up and take down your tent

DON'T – Pitch your tent on the Start/Finish Line

DON'T – Pitch your tent on the course

DON'T – Allow your tent to be unsecured against the wind/elements

DON'T – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

DON'T – Leave rubbish behind – please tidy up

- ALWAYS CONSIDER THE SAFETY OF OTHERS WHEN ERECTING YOUR TENT
- TENTS MUST BE SECURED EFFECTIVELY AGAINST THE WEATHER
- IF IN DOUBT DO NOT ERECT YOUR TENT

Start Times and Distances

	Declarations close	Race Start	Distance
U13 Girls	11am	11.30am	3200m
U13 Boys	11.15am	11.45am	3200m
U15 Girls	11.30am	12 noon	4000m
U15 Boys	11.50am	12.20pm	4000m
U17/U20 Women	12.10pm	12.40pm	5000m
Senior/Masters Women	12.30pm	1pm	6400m
U17/U20 Men	1pm	1.30pm	U17 = 6400m, U20 = 8000m
Senior/Masters Men	1.30pm	2pm	10,000m

Medals

Individual medals: 1st, 2nd and 3rd in each category (U13, U15, U17, U20, Senior, Master 40+), plus 1st only Master 50+.

Team medals: 1st, 2nd and 3rd with 3 to count, except Senior Men (6 to count) and Senior Women (4 to count), plus 1st only Masters Team (3 to count).

The Senior, Masters 40+ and Masters 50+ races are combined for each gender.

All athletes may count in the Senior Championship race (individual and team) as well as their own age category, therefore a Masters' athlete can count in both the Senior AND Masters individual and team races. However, a Masters athlete cannot compete in both the 40+ and 50+ individual championships; only their own age category.

In scoring the Masters team placings, only Masters athletes are considered.

Prizegiving

Medals will be presented near the Start/Finish area as soon as possible after each race, or inside the Reception area depending on the weather. Note that there can sometimes be delays in processing/calculating results so please be patient and respectful of the work that the volunteers are doing. Medals can be posted on if necessary.

Provisional results will be posted on the Scottish Athletics website; please promptly contact the Scottish Athletics Events team with any queries/errors.

First Aid

First Aid will be located near the Start/Finish area.

Catering

There will be mobile catering vehicles situated near the Start/Finish area.

Queries

On the day, queries about the race should be directed to the Referee or Chief Timekeeper.

Please do not interrupt the Results Team, or Officials at the finish line.

Many thanks to all the Officials and volunteers for their invaluable and much-appreciated help, and to Ayr Seaforth Athletics Club for generously hosting the event.



