

# COMPETITION INFORMATION SHEET

Event: West District Cross Country Championships

**WDXC**

Venue: Balloch Castle Country Park, Loch Lomond, G83 8LX

Registration: Balloch Castle Country Park, Loch Lomond, G83 8LX

Date: Saturday 7th December 2019

| Race           | Age Group | BORN DURING              | Declarations |  | Race Starts | Distance |
|----------------|-----------|--------------------------|--------------|--|-------------|----------|
|                |           |                          | Close        |  |             |          |
| Under 13 Girls | U13       | 01/09/2006 to 31/08/2008 | 1100hrs      |  | 1130hrs     | 3200m    |
| Under 13 Boys  | U13       | 01/09/2006 to 31/08/2008 | 1115hrs      |  | 1145hrs     | 3200m    |
| Under 15 Girls | U15       | 01/09/2004 to 31/08/2006 | 1130hrs      |  | 1200hrs     | 4000m    |
| Under 15 Boys  | U15       | 01/09/2004 to 31/08/2006 | 1150hrs      |  | 1220hrs     | 4000m    |
| Under 17 Women | U17       | 01/09/2002 to 31/08/2004 | 1210hrs      |  | 1240hrs     | 5500m    |
| U20 Women      | U20       | 01/09/1999 to 31/08/2002 |              |  |             | 6500m    |
| Senior Women   | SEN       | BORN BEFORE 01/09/1999   | 1230hrs      |  | 1315hrs     | 8500m    |
| Masters Women  | MAS       | Age on Day 40+           |              |  |             |          |
| Under 17 Men   | U17       | 01/09/2002 to 31/08/2004 | 1325hrs      |  | 1355hrs     | 5500m    |
| U20 Men        | U20       | 01/09/1999 to 31/08/2002 |              |  |             | 6500m    |
| Senior Men     | SEN       | BORN BEFORE 01/09/1999   | 1330hrs      |  | 1415hrs     | 8500m    |
| Masters Men    | MAS       | Age on Day 40+           |              |  |             |          |

Entries Close midnight on: **Thursday 21st November 2019**

**NO LATE ENTRIES**

Email address: [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)

**Bank Details:** RBS, Sort Code: 83-19-04 Acc No 00667222

## Important Notes

(1) U17 & U20 Women will run together, U17 & U20 Men will run together with all age groups having separate teams.

(2) All athletes who compete in the championships **MUST** be current members of the scottishathletics Membership Scheme and be eligible to compete in the West District Championships. As per UKA Rule 21

(3) Location map and final instructions will be available on [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

(4) This event is the principal race for West athlete selection of Inter District Teams for Stirling on 11th January 2020.

(5) Club Affiliation fees **MUST** have been paid to scottishathletics for season 2019/20. Competitors **MUST** wear their club colours in all events.

(6) Rules relating to students in Full time education in Scotland are applicable.

for guidance on these rules please visit the Road Running Commission Website.

(7) By entering all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(8) Club entries must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part (and will not run if unfit to do so on the day).

### Competitor Information

Event: **West District Cross Country Championships 2019**

Date: **Saturday 7th<sup>h</sup> December 2019**

Venue: **Balloch Castle Country Park, 20 Park Avenue, Balloch, Alexandria, G83 8JS, Tel 01389 758134**

### Start Times and Distances

| <u>Event</u> | <u>Race Description</u>          | <u>Declarations Close</u> | <u>Start Time</u> | <u>Distance</u> |
|--------------|----------------------------------|---------------------------|-------------------|-----------------|
| 1            | Under 13 Girls                   | 1100                      | 1130              | 3200m           |
| 2            | Under 13 Boys                    | 1115                      | 1145              | 3200m           |
| 3            | Under 15 Girls                   | 1130                      | 1200              | 4000m           |
| 4            | Under 15 Boys                    | 1150                      | 1220              | 4000m           |
| 5            | Under 17 Women<br>Under 20 Women | 1210                      | 1240              | 5500m<br>6500m  |
| 6            | Sen/Masters Women                | 1230                      | 1315              | 8500m           |
| 7            | Under 17 Men<br>Under 20 Men     | 1325                      | 1355              | 5500m<br>6500m  |
| 8            | Sen/Masters Men                  | 1330                      | 1415              | 8500m           |

### 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, 2<sup>nd</sup> and 3<sup>rd</sup> 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. 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.

### Declarations

Declarations are open from 1030am in the Marquee near to the Start/Finish line. Team managers only please. Course maps and race details will be available at Declarations.

### Changing

There are no changing or shower facilities available at the venue.

### Toilets

Port-a-loos will be situated near the start/finish line area.

### Course

All athletes should familiarise themselves with the appropriate race route and it is their responsibility to follow it accurately. Athletes who run the incorrect course route will have their team disqualified.

Maps will be displayed in the Marquee at Declarations and on the Scottish Athletics website.

It is advisable that athletes wear spikes.

### **First Aid**

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

### **Club Tents**

There is ample space for club tents near the Start/Finish area. Please assemble tents in the marked bays and do so in accordance with the Tent and Gazebo guidelines published on the SA Event Website, paying particular attention to safety, and securing firmly against the wind/elements.

Please note there is no vehicular access to the tented village. All tents will require to be carried from the carpark area.

Club tents are the responsibility of the respective clubs and no responsibility or liability will be accepted by the event organisers and the host club.

Please clear up any litter at the end of the day and dispose of it properly.

### **Catering**

Dumbarton AAC will provide catering facilities.

### **Directions**

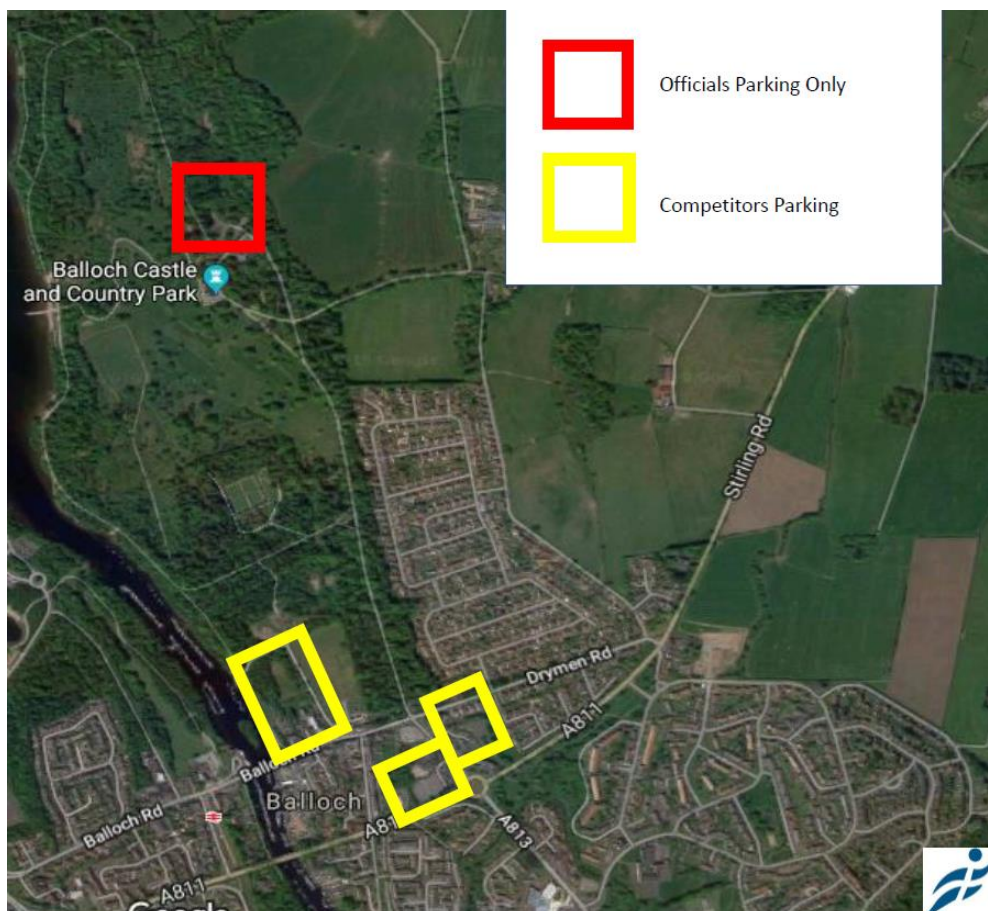
Follow the A82 Glasgow to Crainlarich Rd to Balloch Turn right at the Ttoneymullan roundabout and proceed for 200m. Turn Left at next roundabout, proceed for 50m , Turn right at next roundabout onto Balloch Rd, proceed for 800m and cross over River Leven Bridge. Car Parks are 100m on the Left and 150 m on the Right, directly across from park entrance.

### **Results**

Results as soon as possible on the scottishathletics Event pages.

Please promptly contact [john.gebbie@btinternet.com](mailto:john.gebbie@btinternet.com) or [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk) with any queries / errors.

### **Parking**



### **Queries**

On the day, please address queries about the race to the Referee or Chief Time Keeper. Please do not interrupt the Results Team, or Officials at the finish line.

Many thanks to all the officials for their invaluable time and help, and to Dumbarton AAC for generously hosting the event.



## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Sen Jun Women

Balloch Country Park

| Race No. | Forename     | Surname     | Age Group | Club                  |
|----------|--------------|-------------|-----------|-----------------------|
| 1        | Morven       | Glennie     | (Sen)     | Airdrie Harriers      |
| 2        | Toni         | McIntosh    | (V40)     | Ayr Seaforth AC       |
| 3        | Lucy         | Armitage    | (Sen)     | Bellahouston Harriers |
| 4        | Lynne        | Bruce       | (V40)     | Bellahouston Harriers |
| 5        | BETH         | CALDWELL    | (Sen)     | Bellahouston Harriers |
| 6        | Marie-Louise | Carrick     | (V40)     | Bellahouston Harriers |
| 7        | Tania        | Duffy       | (V45)     | Bellahouston Harriers |
| 8        | Claire       | Fitzsimmons | (Sen)     | Bellahouston Harriers |
| 9        | Natasha      | Gilmour     | (Sen)     | Bellahouston Harriers |
| 10       | Gillian      | Glass       | (V45)     | Bellahouston Harriers |
| 11       | Anna         | Grant       | (Sen)     | Bellahouston Harriers |
| 12       | Kristina     | Greig       | (Sen)     | Bellahouston Harriers |
| 13       | Deirdre      | Hoyle       | (V65)     | Bellahouston Harriers |
| 14       | Emily        | Jackson     | (Sen)     | Bellahouston Harriers |
| 15       | Stephanie    | Killoran    | (Sen)     | Bellahouston Harriers |
| 16       | Ann          | Knox        | (Sen)     | Bellahouston Harriers |
| 17       | June         | MacLeod     | (V60)     | Bellahouston Harriers |
| 18       | Claire       | McCormick   | (V50)     | Bellahouston Harriers |
| 19       | Claire       | McCracken   | (V45)     | Bellahouston Harriers |
| 20       | Christine    | McKay       | (V55)     | Bellahouston Harriers |
| 21       | Robyn        | Millar      | (Sen)     | Bellahouston Harriers |
| 22       | Ola          | Okon        | (Sen)     | Bellahouston Harriers |
| 23       | Susan        | Redpath     | (V50)     | Bellahouston Harriers |
| 24       | Laura        | Ritchie     | (Sen)     | Bellahouston Harriers |
| 25       | Heather      | Rowan       | (Sen)     | Bellahouston Harriers |
| 26       | Stephanie    | Rudd        | (V45)     | Bellahouston Harriers |
| 27       | Rebecca      | Slmister    | (Sen)     | Bellahouston Harriers |
| 28       | Katy         | Smith       | (V45)     | Bellahouston Harriers |
| 29       | Maria        | Spedsberg   | (Sen)     | Bellahouston Harriers |
| 30       | Linda        | Wood        | (V50)     | Bellahouston Harriers |

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Saturday 7th December

Entry Lists - Sen Jun Women

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>         |
|-----------------|-----------------|----------------|------------------|---------------------|
| 31              | Alison          | Brown          | (V55)            | Bellahouston RR     |
| 32              | Anne            | Campbell       | (V40)            | Bellahouston RR     |
| 33              | Megan           | Cumming        | (Sen)            | Bellahouston RR     |
| 34              | Lynn            | Cumming        | (V50)            | Bellahouston RR     |
| 35              | Camilla         | Cunningham     | (Sen)            | Bellahouston RR     |
| 36              | Lynne           | Goldie         | (V50)            | Bellahouston RR     |
| 37              | Laura           | Henderson      | (Sen)            | Bellahouston RR     |
| 38              | Mhairi          | Hill           | (V40)            | Bellahouston RR     |
| 39              | Alice           | Howe           | (Sen)            | Bellahouston RR     |
| 40              | Kelly           | Ludwig         | (V40)            | Bellahouston RR     |
| 41              | Catriona        | MacDonald      | (Sen)            | Bellahouston RR     |
| 42              | Katie           | Mathieson      | (V45)            | Bellahouston RR     |
| 43              | Julia           | McDonald       | (Sen)            | Bellahouston RR     |
| 44              | Isla            | McIntosh       | (Sen)            | Bellahouston RR     |
| 45              | Leanne          | Mcintosh       | (Sen)            | Bellahouston RR     |
| 46              | Jane            | McNeilly       | (V40)            | Bellahouston RR     |
| 47              | Terry           | Nimmo          | (V55)            | Bellahouston RR     |
| 48              | Ann             | Robin          | (V40)            | Bellahouston RR     |
| 49              | Louise          | Ross           | (V40)            | Bellahouston RR     |
| 50              | Madeline        | Smillie        | (V45)            | Bellahouston RR     |
| 51              | Carla           | Telfer         | (V45)            | Bellahouston RR     |
| 52              | Roz             | Wilson         | (V50)            | Bellahouston RR     |
| 53              | Pauline         | Wright         | (V45)            | Bellahouston RR     |
| 54              | Rhoda           | Yarmahmoudi    | (V55)            | Bellahouston RR     |
| 55              | Lorraine        | Buchanan       | (V40)            | Calderglen Harriers |
| 56              | Alison          | Lessells       | (Sen)            | Calderglen Harriers |
| 57              | Lynn            | Angely         | (V45)            | Cambuslang Harriers |
| 58              | Jennifer        | Campbell       | (V45)            | Cambuslang Harriers |
| 59              | Alexandra       | Lamond         | (Sen)            | Cambuslang Harriers |
| 60              | Lesley          | McArdle        | (Sen)            | Cambuslang Harriers |
| 61              | Kirsty          | O'Brien        | (Sen)            | Cambuslang Harriers |
| 62              | BERNADETTE      | ONEIL          | (V50)            | Cambuslang Harriers |
| 63              | Fiona Lesley    | Armour         | (Sen)            | Campbeltown RC      |
| 64              | ELAINE          | MCGEACHY       | (Sen)            | Campbeltown RC      |
| 65              | Pamela          | McCrossan      | (V55)            | Clydesdale Harriers |
| 66              | Fiona           | Carmichael     | (Sen)            | Dumbarton AAC       |
| 67              | Rachel          | Gallagher      | (Sen)            | Dumbarton AAC       |
| 68              | Vigil           | Garcia         | (Sen)            | Dumbarton AAC       |
| 69              | Jennifer        | Hood           | (V40)            | Dumbarton AAC       |
| 70              | Lynsey          | Lennox         | (Sen)            | Dumbarton AAC       |
| 71              | Nicola          | Hood           | (Sen)            | Dumfries RC         |

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Saturday 7th December

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Balloch Country Park

| Race No. | Forename  | Surname     | Age Group | Club                                |
|----------|-----------|-------------|-----------|-------------------------------------|
| 72       | Kelly     | Baillie     | (V40)     | East Kilbride AC                    |
| 73       | Anne      | Cairns      | (V50)     | East Kilbride AC                    |
| 76       | Gemma     | Kirwan      | (V50)     | East Kilbride AC                    |
| 77       | Fiona     | Mollison    | (V50)     | East Kilbride AC                    |
| 78       | Vivien    | Thorpe      | (V40)     | East Kilbride AC                    |
| 79       | Lesley    | Bell        | (V40)     | Garscube Harriers                   |
| 80       | Gillian   | Blee        | (Sen)     | Garscube Harriers                   |
| 81       | Yvonne    | Burgess     | (V40)     | Garscube Harriers                   |
| 82       | Morag     | Casey       | (V45)     | Garscube Harriers                   |
| 83       | Debbie    | Consani     | (V40)     | Garscube Harriers                   |
| 84       | Mary      | Cox         | (V60)     | Garscube Harriers                   |
| 85       | Julie     | Gordon      | (V40)     | Garscube Harriers                   |
| 86       | Marian    | Kelly       | (Sen)     | Garscube Harriers                   |
| 87       | Elsie     | MacDonald   | (Sen)     | Garscube Harriers                   |
| 88       | Holly     | Maciver     | (Sen)     | Garscube Harriers                   |
| 89       | Chloe     | McAdam      | (Sen)     | Garscube Harriers                   |
| 90       | Catriona  | Padmanabhan | (V45)     | Garscube Harriers                   |
| 91       | Kathryn   | Scott       | (V55)     | Garscube Harriers                   |
| 92       | Casey     | Thompson    | (Sen)     | Garscube Harriers                   |
| 93       | Frances   | Wardle      | (Sen)     | Garscube Harriers                   |
| 94       | Ann       | White       | (V65)     | Garscube Harriers                   |
| 95       | Aileen    | Wilson      | (V45)     | Garscube Harriers                   |
| 96       | Alison    | Wood        | (Sen)     | Garscube Harriers                   |
| 97       | Allie     | Chong       | (V45)     | Giffnock North AC                   |
| 98       | Shona     | Donnelly    | (V50)     | Giffnock North AC                   |
| 99       | Patricia  | Gallagher   | (V50)     | Giffnock North AC                   |
| 100      | Catriona  | Gourley     | (V55)     | Giffnock North AC                   |
| 101      | Sheila    | Lewis       | (V50)     | Giffnock North AC                   |
| 102      | Stephanie | Lillie      | (V45)     | Giffnock North AC                   |
| 103      | Frances   | Lowrie      | (Sen)     | Giffnock North AC                   |
| 104      | Nicola    | McBeath     | (Sen)     | Giffnock North AC                   |
| 105      | Kathleen  | McLachlan   | (V40)     | Giffnock North AC                   |
| 106      | Yvonne    | McNairn     | (Sen)     | Giffnock North AC                   |
| 107      | Jill      | Smylie      | (Sen)     | Giffnock North AC                   |
| 108      | Fiona     | Vaughan     | (Sen)     | Giffnock North AC                   |
| 109      | Megan     | Gemmell     | (Sen)     | Glasgow Caledonian University       |
| 110      | Aoife     | Carr        | (Sen)     | Glasgow University Hares and Hounds |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Sen Jun Women

Balloch Country Park

| Race No. | Forename  | Surname     | Age Group | Club                                |
|----------|-----------|-------------|-----------|-------------------------------------|
| 111      | Mikaela   | Hannam      | (Sen)     | Glasgow University Hares and Hounds |
| 112      | Emma      | Hunter      | (Sen)     | Glasgow University Hares and Hounds |
| 113      | Vera      | Maria       | (Sen)     | Glasgow University Hares and Hounds |
| 114      | Alicia    | Paton       | (Sen)     | Glasgow University Hares and Hounds |
| 115      | Isabelle  | Rayner      | (Sen)     | Glasgow University Hares and Hounds |
| 116      | Lorna     | Coyle       | (V60)     | Greenock Glenpark Harriers          |
| 117      | Marianne  | McKay       | (V40)     | Greenock Glenpark Harriers          |
| 118      | Marian    | Monk        | (V45)     | Greenock Glenpark Harriers          |
| 119      | Lynsey    | Mooney      | (Sen)     | Greenock Glenpark Harriers          |
| 120      | Viki      | Smith       | (V45)     | Greenock Glenpark Harriers          |
| 121      | Eileen    | Stevenson   | (V50)     | Greenock Glenpark Harriers          |
| 122      | Cheryl    | Thomas      | (Sen)     | Greenock Glenpark Harriers          |
| 123      | Chloe     | Macdonald   | (Sen)     | Inverclyde AC                       |
| 124      | Nynke     | Mulholland  | (Sen)     | Inverclyde AC                       |
| 125      | Caroline  | Cochran     | (V45)     | Kilbarchan AAC                      |
| 126      | Diane     | Gray        | (V45)     | Kilbarchan AAC                      |
| 127      | Sharon    | Hastie      | (V40)     | Kilbarchan AAC                      |
| 128      | Sandra    | Houldsworth | (V40)     | Kilbarchan AAC                      |
| 129      | Kerry     | MacAngus    | (Sen)     | Kilbarchan AAC                      |
| 130      | Holly     | Thompson    | (Sen)     | Kilbarchan AAC                      |
| 131      | Julia     | Wylie       | (V50)     | Kilbarchan AAC                      |
| 132      | Kirsty    | McNulty     | (V45)     | Kilmarnock H&AC                     |
| 133      | Karen     | Robertson   | (V50)     | Kilmarnock H&AC                     |
| 134      | Kara      | Tait        | (Sen)     | Kilmarnock H&AC                     |
| 135      | Paula     | Wilson      | (V50)     | Kilmarnock H&AC                     |
| 136      | Shirley   | MacNab      | (V55)     | Kirkintilloch Olympians             |
| 137      | Marina    | McCallum    | (V45)     | Kirkintilloch Olympians             |
| 138      | Elizabeth | Short       | (V45)     | Kirkintilloch Olympians             |
| 139      | Ausrine   | Ward        | (V40)     | Kirkintilloch Olympians             |
| 140      | Alison    | Gilchrist   | (V45)     | Law & District AAC                  |
| 141      | Margaret  | Newell      | (Sen)     | Law & District AAC                  |
| 142      | Helen     | Marshall    | (V50)     | Ron's Runners                       |
| 143      | Sylvia    | Mulholland  | (V50)     | Ron's Runners                       |
| 144      | Pamela    | Porteous    | (V45)     | Ron's Runners                       |
| 145      | Sarah     | Whalen      | (V45)     | Scottish Prison Service AAC         |
| 146      | Kayleigh  | Jarrett     | (Sen)     | Shettleston Harriers                |



## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Sen Jun Women

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>               |
|-----------------|-----------------|----------------|------------------|---------------------------|
| 147             | Ruth            | Joss           | (Sen)            | Shettleston Harriers      |
| 148             | Amy             | MacLellan      | (Sen)            | Shettleston Harriers      |
| 149             | Charlene        | Manley         | (Sen)            | Shettleston Harriers      |
| 150             | Jessica         | Martin         | (Sen)            | Shettleston Harriers      |
| 151             | Avril           | Mason          | (V45)            | Shettleston Harriers      |
| 152             | Arlene          | McKenna        | (Sen)            | Shettleston Harriers      |
| 153             | Shannon         | McLellan       | (Sen)            | Shettleston Harriers      |
| 154             | Kathryn         | Pennel         | (Sen)            | Shettleston Harriers      |
| 155             | Barbara         | Knox           | (V55)            | Springburn Harriers       |
| 156             | Michelle        | Sandison       | (Sen)            | Springburn Harriers       |
| 157             | Hannah          | Terrance       | (Sen)            | Springburn Harriers       |
| 158             | Gabriela        | HulovÃj        | (Sen)            | Strathclyde Univ Harriers |
| 159             | Madeleine       | Watson         | (Sen)            | Strathclyde Univ Harriers |
| 160             | Caroline        | Millar         | (V45)            | Troon Tortoises AC        |
| 161             | Becky           | Dunphy         | (Sen)            | VP-Glasgow AC             |
| 162             | Donna           | Finlayson      | (Sen)            | VP-Glasgow AC             |
| 163             | Suzanne         | Gilmour        | (V45)            | VP-Glasgow AC             |
| 164             | Tamara          | Kennedy        | (V40)            | VP-Glasgow AC             |
| 165             | Stephanie       | Lawrie         | (Sen)            | VP-Glasgow AC             |
| 166             | Emma            | Matheson       | (Sen)            | VP-Glasgow AC             |
| 167             | Amanda          | McFarlane      | (Sen)            | VP-Glasgow AC             |
| 168             | Erin            | McIlveen       | (Sen)            | VP-Glasgow AC             |
| 169             | Suzanne         | Fletcher       | (V45)            | West End RR               |
| 170             | Sarah           | Jones          | (Sen)            | West End RR               |
| 171             | Nat             | King           | (Sen)            | West End RR               |
| 172             | Isobel          | McFarlane      | (V50)            | West End RR               |
| 173             | Beth            | Murrison       | (V40)            | West End RR               |
| 174             | Raghed          | Musleh         | (V40)            | West End RR               |
| 175             | Cordelia        | O'Neill        | (Sen)            | West End RR               |
| 176             | Karen           | Patel          | (V45)            | West End RR               |
| 177             | Rhona           | Proctor        | (V40)            | West End RR               |
| 178             | Ana             | Richardson     | (V50)            | West End RR               |
| 179             | Romy            | Beard          | (Sen)            | Westerlands XC Club       |
| 180             | Gaynor          | Gillespie      | (V50)            | Westerlands XC Club       |
| 181             | Lucia           | Minto          | (Sen)            | Westerlands XC Club       |
| 182             | Katie           | Rademaker      | (Sen)            | Westerlands XC Club       |
| 183             | Sharon          | Taylor         | (V55)            | Westerlands XC Club       |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U20 Women

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                         |
|-----------------|-----------------|----------------|------------------|-------------------------------------|
| 185             | Emma            | Frew           | (U20)            | Ayr Seaforth AC                     |
| 186             | Charlotte       | McDowall       | (U20)            | Ayr Seaforth AC                     |
| 187             | Rachel          | Wardrope       | (U20)            | Cambuslang Harriers                 |
| 188             | Rhona           | Mowat          | (U20)            | Giffnock North AC                   |
| 189             | Erin            | Wallace        | (U20)            | Giffnock North AC                   |
| 190             | Clare           | Wallace        | (U20)            | Giffnock North AC                   |
| 191             | Emily           | Crusher        | (U20)            | Glasgow University Hares and Hounds |
| 192             | Lynn            | McKenna        | (U20)            | Glasgow University Hares and Hounds |
| 193             | Charlotte       | McKenna        | (U20)            | Glasgow University Hares and Hounds |
| 194             | Clare           | Stewart        | (U20)            | Glasgow University Hares and Hounds |
| 195             | Stefanie        | Tucker         | (U20)            | Glasgow University Hares and Hounds |
| 196             | Laine           | Alemu          | (U20)            | Kilbarchan AAC                      |
| 197             | Eilidh          | Gibson         | (U20)            | Kilbarchan AAC                      |
| 198             | Libby           | Sutherland     | (U20)            | Kilbarchan AAC                      |
| 199             | Rona            | Tytler         | (U20)            | Kilbarchan AAC                      |
| 200             | Jennifer        | Muir           | (U20)            | Kirkintilloch Olympians             |
| 92              | Pamela          | Newell         | (U20)            | Law & District AAC                  |
| 93              | Hannah          | Lynch          | (U20)            | Shettleston Harriers                |
| 94              | Joanna          | Gillies        | (U20)            | Strathclyde Univ Harriers           |
| 95              | Katy            | McGonigal      | (U20)            | Strathclyde Univ Harriers           |
| 96              | Emma            | Gilmour        | (U20)            | VP-Glasgow AC                       |
| 97              | Holly           | Little         | (U20)            | VP-Glasgow AC                       |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U17 Women

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                |
|-----------------|-----------------|----------------|------------------|----------------------------|
| 1               | Kitty           | Hinton         | (U17)            | Ayr Seaforth AC            |
| 2               | Morven          | Hubbard        | (U17)            | Ayr Seaforth AC            |
| 3               | Lucy            | Stanley        | (U17)            | Ayr Seaforth AC            |
| 4               | Shona           | Carey          | (U17)            | Cambuslang Harriers        |
| 5               | Susie           | McLaughlin     | (U17)            | Cambuslang Harriers        |
| 6               | Peggy-Nan       | Rodger         | (U17)            | Cambuslang Harriers        |
| 7               | Hannah          | Anderson       | (U17)            | East Kilbride AC           |
| 8               | Abbie           | Kirwan         | (U17)            | East Kilbride AC           |
| 9               | Emma            | Livingstone    | (U17)            | East Kilbride AC           |
| 10              | Isabelle        | Burnside       | (U17)            | Garscube Harriers          |
| 11              | Ellie Isabella  | Hinks          | (U17)            | Garscube Harriers          |
| 12              | Alexandra       | Jones          | (U17)            | Garscube Harriers          |
| 13              | Anyia           | Maclean        | (U17)            | Garscube Harriers          |
| 14              | Summer          | McDonald       | (U17)            | Garscube Harriers          |
| 15              | Morvern         | McLafferty     | (U17)            | Garscube Harriers          |
| 16              | Mia             | Padmanabhan    | (U17)            | Garscube Harriers          |
| 17              | Julia           | Cash           | (U17)            | Giffnock North AC          |
| 18              | Helen           | Chong          | (U17)            | Giffnock North AC          |
| 19              | Zoe             | Flower         | (U17)            | Giffnock North AC          |
| 20              | Miriam          | Gilbride       | (U17)            | Giffnock North AC          |
| 21              | Kirsten         | O'Donoghue     | (U17)            | Giffnock North AC          |
| 22              | Kate            | Richardson     | (U17)            | Giffnock North AC          |
| 23              | Aimee           | Anderson       | (U17)            | Glasgow School of Sport    |
| 24              | Meredith        | Reid           | (U17)            | Glasgow School of Sport    |
| 25              | Abbie           | Tosh           | (U17)            | Greenock Glenpark Harriers |
| 26              | Katie           | Flett          | (U17)            | Helensburgh AAC            |
| 27              | Jennifer        | Scott          | (U17)            | Helensburgh AAC            |
| 28              | Iona            | Wilson         | (U17)            | Helensburgh AAC            |
| 29              | Abi             | Hammerman      | (U17)            | Inverclyde AC              |
| 30              | Louise          | Hastie         | (U17)            | Kilbarchan AAC             |
| 31              | Nicole          | Macgilp        | (U17)            | Kilbarchan AAC             |
| 32              | Belle           | McCormack      | (U17)            | Kilbarchan AAC             |
| 33              | Rachel          | Muir           | (U17)            | Kilbarchan AAC             |
| 34              | Alisha          | Sivell         | (U17)            | Kilbarchan AAC             |
| 35              | Aurelia         | Tiffoney       | (U17)            | Kilbarchan AAC             |



Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U17 Women

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>          |
|-----------------|-----------------|----------------|------------------|----------------------|
| 36              | Eilidh          | Ballantyne     | (U17)            | Kilmarnock H&AC      |
| 37              | Laura           | Jedrusiak      | (U17)            | Kilmarnock H&AC      |
| 38              | Victoria        | McDowall       | (U17)            | Kilmarnock H&AC      |
| 39              | Nina            | Fyfe           | (U17)            | Law & District AAC   |
| 40              | Cara            | Baldwin        | (U17)            | Motherwell AC        |
| 41              | Abigail         | Fyall          | (U17)            | Nithsdale AC         |
| 42              | Niamh           | Murphy         | (U17)            | North Ayrshire AC    |
| 43              | Lily Jane       | Evans-Haggerty | (U17)            | Shettleston Harriers |
| 44              | Elsie           | Hollywood      | (U17)            | Shettleston Harriers |
| 45              | Niamh           | Hay            | (U17)            | VP-Glasgow AC        |
| 46              | Jenna           | Little         | (U17)            | VP-Glasgow AC        |
| 47              | Charlie         | Frew           | (U17)            | Whitemoss AAC        |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U15 Girls

Balloch Country Park

| Race No. | Forename | Surname    | Age Group | Club                  |
|----------|----------|------------|-----------|-----------------------|
| 1        | Ellie    | Byers      | (U15)     | Annan and District AC |
| 2        | Isla     | Cooper     | (U15)     | Annan and District AC |
| 3        | Tess     | Crooks     | (U15)     | Ayr Seaforth AC       |
| 4        | Islay    | Hubbard    | (U15)     | Ayr Seaforth AC       |
| 5        | Sophie   | McColm     | (U15)     | Ayr Seaforth AC       |
| 6        | Clare    | McLaughlin | (U15)     | Ayr Seaforth AC       |
| 7        | Emma     | McMillan   | (U15)     | Ayr Seaforth AC       |
| 8        | Katie    | Murray     | (U15)     | Ayr Seaforth AC       |
| 9        | Mya      | Carmichael | (U15)     | Cambuslang Harriers   |
| 10       | Fiona    | Hay        | (U15)     | Cambuslang Harriers   |
| 11       | Eilidh   | Kennedy    | (U15)     | Cambuslang Harriers   |
| 12       | Abbie    | McClue     | (U15)     | Cambuslang Harriers   |
| 13       | Eva      | Ritchie    | (U15)     | Cambuslang Harriers   |
| 14       | Polly    | Anderson   | (U15)     | Clydesdale Harriers   |
| 15       | Kenzie   | Macintosh  | (U15)     | Clydesdale Harriers   |
| 16       | Millie   | Aitken     | (U15)     | East Kilbride AC      |
| 17       | Gracie   | Carlin     | (U15)     | East Kilbride AC      |
| 18       | Hannah   | Kelly      | (U15)     | East Kilbride AC      |
| 19       | Cara     | McAneny    | (U15)     | East Kilbride AC      |
| 20       | Cailyn   | Downey     | (U15)     | Garscube Harriers     |
| 21       | Chrissie | Francis    | (U15)     | Garscube Harriers     |
| 22       | Ingrid   | Imrie      | (U15)     | Garscube Harriers     |
| 23       | Thea     | Kernohan   | (U15)     | Garscube Harriers     |
| 24       | Amiya    | Patel      | (U15)     | Garscube Harriers     |
| 25       | Beth     | Trainer    | (U15)     | Garscube Harriers     |
| 26       | Eva      | Chong      | (U15)     | Giffnock North AC     |
| 27       | Esme     | Dougall    | (U15)     | Giffnock North AC     |
| 28       | Abigail  | Flower     | (U15)     | Giffnock North AC     |
| 29       | Mia      | McBain     | (U15)     | Giffnock North AC     |
| 30       | Melissa  | Mcintosh   | (U15)     | Giffnock North AC     |
| 31       | Emma     | McLennan   | (U15)     | Giffnock North AC     |
| 32       | Daniel   | O'Donnell  | (U15)     | Giffnock North AC     |
| 33       | Kate     | Paul       | (U15)     | Giffnock North AC     |
| 34       | Hannah   | Ryding     | (U15)     | Giffnock North AC     |
| 35       | Isla     | Scott      | (U15)     | Giffnock North AC     |
| 36       | Caitlin  | Smillie    | (U15)     | Giffnock North AC     |
| 37       | Ruby     | White      | (U15)     | Giffnock North AC     |
| 38       | Tuscany  | Wright     | (U15)     | Giffnock North AC     |
| 39       | Valencia | Wright     | (U15)     | Giffnock North AC     |
| 40       | Kirsty   | Wylie      | (U15)     | Giffnock North AC     |
| 41       | Ella     | Youngs     | (U15)     | Giffnock North AC     |



Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U15 Girls

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                |
|-----------------|-----------------|----------------|------------------|----------------------------|
| 42              | Emma            | Kingston       | (U15)            | Glasgow School of Sport    |
| 43              | Katie           | Slimon         | (U15)            | Glasgow School of Sport    |
| 44              | Abbigael        | Crawford       | (U15)            | Greenock Glenpark Harriers |
| 45              | Gabby           | Henderson      | (U15)            | Greenock Glenpark Harriers |
| 46              | Katie           | Johnson        | (U15)            | Greenock Glenpark Harriers |
| 47              | Ruby            | McGill         | (U15)            | Greenock Glenpark Harriers |
| 48              | Rowan           | Mair           | (U15)            | Helensburgh AAC            |
| 49              | Maddie          | Rooney         | (U15)            | Helensburgh AAC            |
| 50              | Abbie           | Alemu          | (U15)            | Kilbarchan AAC             |
| 51              | Chloe           | Cameron        | (U15)            | Kilbarchan AAC             |
| 52              | Ailsa           | Carrigan       | (U15)            | Kilbarchan AAC             |
| 53              | Kaitlyn         | Laou           | (U15)            | Kilbarchan AAC             |
| 54              | Evie            | Livingstone    | (U15)            | Kilbarchan AAC             |
| 55              | Isla            | Marshall       | (U15)            | Kilbarchan AAC             |
| 56              | MaryJane        | McInally       | (U15)            | Kilbarchan AAC             |
| 57              | Ellie           | Nayar          | (U15)            | Kilbarchan AAC             |
| 58              | Ellie           | Anderson       | (U15)            | Kilmarnock H&AC            |
| 59              | Lucy            | Hoy            | (U15)            | Kilmarnock H&AC            |
| 60              | Isla            | Raeburn        | (U15)            | Kilmarnock H&AC            |
| 61              | Fiona           | Currie         | (U15)            | Law & District AAC         |
| 62              | Jessie          | Gilchrist      | (U15)            | Law & District AAC         |
| 63              | Elizabeth       | Kay            | (U15)            | Law & District AAC         |
| 64              | Hannah          | Todd           | (U15)            | Law & District AAC         |
| 65              | Skye            | Rae            | (U15)            | Nithsdale AC               |
| 66              | Aoibha          | Ballard        | (U15)            | North Ayrshire AC          |
| 67              | Rana            | Tatar          | (U15)            | North Ayrshire AC          |
| 68              | Iman            | Djoudi         | (U15)            | Shettleston Harriers       |
| 69              | Erin            | Ellor          | (U15)            | Shettleston Harriers       |
| 70              | Jessica         | Grant          | (U15)            | Shettleston Harriers       |
| 71              | Chloe           | Keenan         | (U15)            | Shettleston Harriers       |
| 72              | Olivia          | Millar         | (U15)            | Shettleston Harriers       |
| 73              | Rachel          | Giffen         | (U15)            | Springburn Harriers        |
| 74              | Millie          | O'Neill        | (U15)            | Springburn Harriers        |
| 75              | Lucy            | Bennett        | (U15)            | Whitemoss AAC              |

Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U13 Girls

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b>    | <b>Age Group</b> | <b>Club</b>             |
|-----------------|-----------------|-------------------|------------------|-------------------------|
| 1               | Erica           | Baird             | (U13)            | Ayr Seaforth AC         |
| 2               | Marnie          | Harrower          | (U13)            | Ayr Seaforth AC         |
| 3               | Iona Stroma     | Hubbard           | (U13)            | Ayr Seaforth AC         |
| 4               | Anna            | Kirk              | (U13)            | Ayr Seaforth AC         |
| 5               | Sophie          | McCallum          | (U13)            | Ayr Seaforth AC         |
| 6               | Karyss          | McKenzie          | (U13)            | Ayr Seaforth AC         |
| 7               | Lucy            | North             | (U13)            | Ayr Seaforth AC         |
| 8               | Drew            | Walker            | (U13)            | Ayr Seaforth AC         |
| 9               | Hayley          | Clarke            | (U13)            | Cambuslang Harriers     |
| 10              | Amy             | Mcgoldrick        | (U13)            | Cambuslang Harriers     |
| 11              | Lucy            | McGrandle         | (U13)            | Cambuslang Harriers     |
| 12              | Olivia          | McNicol           | (U13)            | Cambuslang Harriers     |
| 13              | Emily           | Brown             | (U13)            | Clydesdale Harriers     |
| 14              | Lucy            | Denholm           | (U13)            | Clydesdale Harriers     |
| 15              | Orla            | Hodgson           | (U13)            | Clydesdale Harriers     |
| 16              | Kristie         | Nicol             | (U13)            | Clydesdale Harriers     |
| 17              | Rebekah         | Lawman            | (U13)            | Cumbernauld AAC         |
| 18              | Brodie          | McAneny           | (U13)            | East Kilbride AC        |
| 19              | Anna            | Chapman           | (U13)            | Garscube Harriers       |
| 20              | Millie          | Kirkland          | (U13)            | Garscube Harriers       |
| 21              | Rachael         | Kirkland          | (U13)            | Garscube Harriers       |
| 22              | Nina            | Padmanabhan       | (U13)            | Garscube Harriers       |
| 23              | Freya           | Campbell          | (U13)            | Giffnock North AC       |
| 24              | Daisy           | Dalziel           | (U13)            | Giffnock North AC       |
| 25              | Katy            | Donnelly          | (U13)            | Giffnock North AC       |
| 26              | Emilia          | Hickey-Fugaccia   | (U13)            | Giffnock North AC       |
| 27              | Lexie           | Martin            | (U13)            | Giffnock North AC       |
| 28              | Caitlin         | McGeachy          | (U13)            | Giffnock North AC       |
| 29              | Ruby            | Neilson           | (U13)            | Giffnock North AC       |
| 30              | Hazel           | O'Donoghue        | (U13)            | Giffnock North AC       |
| 31              | Lucy            | O'Donoghue        | (U13)            | Giffnock North AC       |
| 32              | Gabrielle       | Paddison          | (U13)            | Giffnock North AC       |
| 33              | Hannah          | Sluman            | (U13)            | Giffnock North AC       |
| 34              | Amy             | Vincent           | (U13)            | Giffnock North AC       |
| 35              | Amber           | Wade              | (U13)            | Giffnock North AC       |
| 36              | Holly           | Walsh             | (U13)            | Giffnock North AC       |
| 37              | Sophie          | Frater            | (U13)            | Glasgow School of Sport |
| 38              | Millie          | McClelland-Brooks | (U13)            | Glasgow School of Sport |
| 39              | Annie           | McLean            | (U13)            | Glasgow School of Sport |
| 40              | Zoe             | Wilson            | (U13)            | Glasgow School of Sport |

Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U13 Girls

Balloch Country Park

|    |            |            |       |                            |
|----|------------|------------|-------|----------------------------|
| 41 | Ava        | Beaton     | (U13) | Greenock Glenpark Harriers |
| 42 | Maria      | McCabe     | (U13) | Greenock Glenpark Harriers |
| 43 | Erin       | McEleny    | (U13) | Greenock Glenpark Harriers |
| 44 | Summer     | Taggart    | (U13) | Greenock Glenpark Harriers |
| 45 | Molly      | Ferguson   | (U13) | Helensburgh AAC            |
| 46 | Iris       | Paterson   | (U13) | Inverclyde AC              |
| 47 | Elizabeth  | Burke      | (U13) | Kilbarchan AAC             |
| 48 | Charlotte  | Clark      | (U13) | Kilbarchan AAC             |
| 49 | Emma       | Gribben    | (U13) | Kilbarchan AAC             |
| 50 | Kirsty     | Hutton     | (U13) | Kilbarchan AAC             |
| 51 | Sarah      | Lyle       | (U13) | Kilbarchan AAC             |
| 52 | Ellie      | MacDougall | (U13) | Kilbarchan AAC             |
| 53 | Romy       | MacInnes   | (U13) | Kilbarchan AAC             |
| 54 | Grace      | McGowan    | (U13) | Kilbarchan AAC             |
| 55 | Molly-Rose | McLoughlin | (U13) | Kilbarchan AAC             |
| 56 | Cara       | McMinn     | (U13) | Kilbarchan AAC             |
| 57 | Zara       | Redmond    | (U13) | Kilbarchan AAC             |
| 58 | Adele      | Street     | (U13) | Kilbarchan AAC             |
| 59 | Eva        | Watkins    | (U13) | Kilbarchan AAC             |
| 60 | Mhairi     | Ballantyne | (U13) | Kilmarnock H&AC            |
| 61 | Libby      | Henderson  | (U13) | Kilmarnock H&AC            |
| 62 | Molly      | Hunter     | (U13) | Kilmarnock H&AC            |
| 63 | Amelka     | Jedrusiak  | (U13) | Kilmarnock H&AC            |
| 64 | Isla       | Tonner     | (U13) | Kilmarnock H&AC            |
| 65 | Olivia     | Warboys    | (U13) | Kilmarnock H&AC            |
| 66 | Miho       | Sharp      | (U13) | Kirkintilloch Olympians    |
| 67 | Kirsty     | Currie     | (U13) | Law & District AAC         |
| 68 | Ruth       | Hynd       | (U13) | Law & District AAC         |
| 69 | Jessica    | Inglis     | (U13) | Law & District AAC         |
| 70 | Susannah   | Kay        | (U13) | Law & District AAC         |
| 71 | Joscelyn   | Kennedy    | (U13) | Law & District AAC         |
| 72 | Alayna     | McCann     | (U13) | Law & District AAC         |
| 73 | Rachel     | Stevenson  | (U13) | Law & District AAC         |
| 74 | Beatrice   | Todd       | (U13) | Law & District AAC         |
| 75 | Katie      | Towers     | (U13) | Law & District AAC         |
| 76 | Lindsay    | Wishart    | (U13) | Law & District AAC         |
| 77 | Ellen      | MacRae     | (U13) | Mull AC                    |
| 78 | Gemma      | MacRae     | (U13) | Mull AC                    |
| 79 | Isabella   | Robertson  | (U13) | Nithsdale AC               |
| 80 | Naideen    | Dailly     | (U13) | North Ayrshire AC          |
| 81 | Abby       | Docherty   | (U13) | North Ayrshire AC          |

Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U13 Girls

Balloch Country Park

|    |         |            |       |                      |
|----|---------|------------|-------|----------------------|
| 82 | Katie   | Burns      | (U13) | Shettleston Harriers |
| 83 | Violet  | Campbell   | (U13) | Shettleston Harriers |
| 84 | Chloe   | Fox        | (U13) | Shettleston Harriers |
| 85 | Emma    | Leiper     | (U13) | Shettleston Harriers |
| 86 | Amelia  | Roberts    | (U13) | Shettleston Harriers |
| 87 | Katie   | Woods      | (U13) | Shettleston Harriers |
| 88 | Rebecca | Barnett    | (U13) | VP-Glasgow AC        |
| 89 | Jessica | Donnelly   | (U13) | VP-Glasgow AC        |
| 90 | Isla    | Donnelly   | (U13) | VP-Glasgow AC        |
| 91 | Erin    | Downie     | (U13) | VP-Glasgow AC        |
| 92 | Hannah  | McDermott  | (U13) | VP-Glasgow AC        |
| 93 | Carys   | Murrison   | (U13) | VP-Glasgow AC        |
| 94 | Orla    | Stewart    | (U13) | VP-Glasgow AC        |
| 95 | Ruth    | Walsh      | (U13) | VP-Glasgow AC        |
| 96 | Amelia  | Wilson     | (U13) | VP-Glasgow AC        |
| 97 | Rachel  | McPhillips | (U13) | Whitemoss AAC        |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| Race No. | Forename      | Surname         | Age Group | Club                  |
|----------|---------------|-----------------|-----------|-----------------------|
| 1        | Francis       | Cullen          | (Sen)     | Airdrie Harriers      |
| 2        | John          | Brogan          | (V45)     | Airdrie Harriers      |
| 3        | Daniel Stuart | Graham          | (Sen)     | Ayr Seaforth AC       |
| 4        | Grahame       | Hopper          | (Sen)     | Ayr Seaforth AC       |
| 5        | Simon         | Kirk            | (V45)     | Ayr Seaforth AC       |
| 6        | Stephen       | McCrorie        | (V45)     | Ayr Seaforth AC       |
| 7        | Stuart        | McLean          | (V45)     | Ayr Seaforth AC       |
| 8        | Alasdair      | Meldrum         | (V45)     | Ayr Seaforth AC       |
| 9        | Stuart        | McColm          | (V50)     | Ayr Seaforth AC       |
| 10       | Iain          | Pettigrew       | (V50)     | Ayr Seaforth AC       |
| 11       | Laurence      | Baker           | (V60)     | Ayr Seaforth AC       |
| 12       | Tony          | Di Carlo        | (V75)     | Ayr Seaforth AC       |
| 13       | Fred          | Allingham       | (Sen)     | Bellahouston Harriers |
| 14       | Anthony       | Carson          | (Sen)     | Bellahouston Harriers |
| 15       | Paul          | Clawson         | (Sen)     | Bellahouston Harriers |
| 16       | Greig         | Corr            | (Sen)     | Bellahouston Harriers |
| 17       | Miguel        | Delgado Sillero | (Sen)     | Bellahouston Harriers |
| 18       | Conor         | Doherty         | (Sen)     | Bellahouston Harriers |
| 19       | Calum         | Ferguson        | (Sen)     | Bellahouston Harriers |
| 20       | Scott         | Mason           | (Sen)     | Bellahouston Harriers |
| 21       | Mark          | Matheson        | (Sen)     | Bellahouston Harriers |
| 22       | Robbie        | McElroy         | (Sen)     | Bellahouston Harriers |
| 23       | Darren        | McQuade         | (Sen)     | Bellahouston Harriers |
| 24       | Stuart        | Miller          | (Sen)     | Bellahouston Harriers |
| 25       | Darren        | Shields         | (Sen)     | Bellahouston Harriers |
| 26       | Thomas        | Smith           | (Sen)     | Bellahouston Harriers |
| 27       | Max           | Steele          | (Sen)     | Bellahouston Harriers |
| 28       | Greg          | Templeton       | (Sen)     | Bellahouston Harriers |
| 29       | James         | Weir            | (Sen)     | Bellahouston Harriers |
| 30       | Gregor        | Yates           | (Sen)     | Bellahouston Harriers |
| 31       | Simon         | McDougall       | (V40)     | Bellahouston Harriers |
| 32       | Ian           | Sim             | (V40)     | Bellahouston Harriers |
| 33       | Ian           | Birch           | (V45)     | Bellahouston Harriers |
| 34       | Brent         | Brodie          | (V45)     | Bellahouston Harriers |
| 35       | Gordon        | Gallacher       | (V45)     | Bellahouston Harriers |
| 36       | John          | Cunningham      | (V50)     | Bellahouston Harriers |
| 37       | Graham        | McMillan        | (V50)     | Bellahouston Harriers |
| 38       | Jeremy        | Sutton-Hibbert  | (V50)     | Bellahouston Harriers |
| 39       | Hugh          | Gardiner        | (V55)     | Bellahouston Harriers |
| 40       | Francis       | Gilroy          | (V55)     | Bellahouston Harriers |
| 41       | Stuart        | Macdonald       | (V55)     | Bellahouston Harriers |
| 42       | Iain          | Morrison        | (V55)     | Bellahouston Harriers |
| 43       | Kevin         | Smith           | (V60)     | Bellahouston Harriers |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>         |
|-----------------|-----------------|----------------|------------------|---------------------|
| 44              | Matthew         | Campbell       | (Sen)            | Bellahouston RR     |
| 45              | Paul            | Gordon         | (Sen)            | Bellahouston RR     |
| 46              | Stuart          | Laurence       | (Sen)            | Bellahouston RR     |
| 47              | Stephen         | McQuade        | (Sen)            | Bellahouston RR     |
| 48              | Alan            | Moss           | (Sen)            | Bellahouston RR     |
| 49              | BRYAN           | MULGREW        | (Sen)            | Bellahouston RR     |
| 50              | Iain            | Murphy         | (Sen)            | Bellahouston RR     |
| 51              | Grant           | Murphy         | (Sen)            | Bellahouston RR     |
| 52              | Jamie           | Robinson       | (Sen)            | Bellahouston RR     |
| 53              | Craig           | Ross           | (Sen)            | Bellahouston RR     |
| 54              | Bruce           | Carse          | (V40)            | Bellahouston RR     |
| 55              | David           | Ferguson       | (V40)            | Bellahouston RR     |
| 56              | Ross            | McGeoch        | (V40)            | Bellahouston RR     |
| 57              | Jonny           | Moran          | (V40)            | Bellahouston RR     |
| 58              | Garry           | Porch          | (V40)            | Bellahouston RR     |
| 59              | James           | Shepherd       | (V40)            | Bellahouston RR     |
| 60              | Marty           | Campbell       | (V45)            | Bellahouston RR     |
| 61              | Richard         | Leyton         | (V45)            | Bellahouston RR     |
| 62              | Martin          | Murphy         | (V45)            | Bellahouston RR     |
| 63              | Kevin           | Queenan        | (V45)            | Bellahouston RR     |
| 64              | Tom             | Ferris         | (V50)            | Bellahouston RR     |
| 65              | Derek           | Rigmand        | (V50)            | Bellahouston RR     |
| 66              | GERARD          | Scullion       | (V50)            | Bellahouston RR     |
| 67              | Allon           | Galbraith      | (V60)            | Bellahouston RR     |
| 68              | Andrew          | Buchanan       | (Sen)            | Calderglen Harriers |
| 69              | Kevin           | Farmer         | (Sen)            | Calderglen Harriers |
| 70              | David           | Wardrope       | (V45)            | Calderglen Harriers |
| 71              | Russell         | Couper         | (V50)            | Calderglen Harriers |
| 72              | Alan            | Derrick        | (V50)            | Calderglen Harriers |
| 73              | Jim             | Holmes         | (V50)            | Calderglen Harriers |
| 74              | Kenny           | Leinster       | (V60)            | Calderglen Harriers |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| Race No. | Forename | Surname   | Age Group | Club                |
|----------|----------|-----------|-----------|---------------------|
| 75       | Andrew   | Anderson  | (Sen)     | Cambuslang Harriers |
| 76       | Alasdair | Campbell  | (Sen)     | Cambuslang Harriers |
| 77       | Richard  | Carr      | (Sen)     | Cambuslang Harriers |
| 78       | Stuart   | Gibson    | (Sen)     | Cambuslang Harriers |
| 79       | Craig    | Jardine   | (Sen)     | Cambuslang Harriers |
| 80       | Jamie    | MacKinnon | (Sen)     | Cambuslang Harriers |
| 81       | Iain     | McDonald  | (Sen)     | Cambuslang Harriers |
| 82       | Colin    | Reilly    | (Sen)     | Cambuslang Harriers |
| 83       | Grant    | Sheldon   | (Sen)     | Cambuslang Harriers |
| 84       | Fraser   | Stewart   | (Sen)     | Cambuslang Harriers |
| 85       | Ryan     | Thomson   | (Sen)     | Cambuslang Harriers |
| 86       | Kenneth  | Campbell  | (V40)     | Cambuslang Harriers |
| 87       | Simon    | Gold      | (V40)     | Cambuslang Harriers |
| 88       | Benjamin | Hukins    | (V40)     | Cambuslang Harriers |
| 89       | John     | Macnamara | (V40)     | Cambuslang Harriers |
| 90       | Stuart   | McGeachy  | (V40)     | Cambuslang Harriers |
| 91       | Iain     | Reid      | (V40)     | Cambuslang Harriers |
| 92       | Justin   | Carter    | (V45)     | Cambuslang Harriers |
| 93       | Greg     | Hastie    | (V45)     | Cambuslang Harriers |
| 94       | Gordon   | McDonald  | (V45)     | Cambuslang Harriers |
| 95       | David    | Stirling  | (V45)     | Cambuslang Harriers |
| 96       | Iain     | Crawford  | (V50)     | Cambuslang Harriers |
| 97       | Daniel   | O'Connell | (V50)     | Cambuslang Harriers |
| 98       | Michael  | O'Hagan   | (V50)     | Cambuslang Harriers |
| 99       | David    | Thom      | (V55)     | Cambuslang Harriers |
| 100      | Des      | Dickson   | (V60)     | Cambuslang Harriers |
| 101      | Francis  | Hurley    | (V65)     | Cambuslang Harriers |
| 102      | Peter    | Ogden     | (V65)     | Cambuslang Harriers |
| 103      | Dominic  | Sharkey   | (Sen)     | Campbeltown RC      |
| 104      | Iain     | McKinnon  | (V45)     | Campbeltown RC      |
| 105      | Ewan     | Smith     | (V50)     | Campbeltown RC      |
| 106      | Tony     | Dolan     | (Sen)     | Clydesdale Harriers |
| 107      | Ryan     | Nelson    | (Sen)     | Clydesdale Harriers |
| 108      | James    | Austin    | (V50)     | Clydesdale Harriers |
| 109      | Paul     | Carroll   | (V50)     | Clydesdale Harriers |
| 110      | Michael  | Diver     | (V50)     | Clydesdale Harriers |
| 111      | Hugh     | Lavery    | (V60)     | Clydesdale Harriers |
| 112      | Tom      | Collins   | (V65)     | Clydesdale Harriers |
| 113      | Peter    | Rudzinski | (V65)     | Clydesdale Harriers |
| 114      | Robert   | Young     | (V75)     | Clydesdale Harriers |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>      |
|-----------------|-----------------|----------------|------------------|------------------|
| 115             | Alexander       | Reid           | (V40)            | Cumbernauld AAC  |
| 116             | Stephen         | Allan          | (V45)            | Cumbernauld AAC  |
| 117             | David           | Hogg           | (V45)            | Cumbernauld AAC  |
| 118             | Vincent         | Carroll        | (V50)            | Cumbernauld AAC  |
| 119             | Sean            | Casey          | (V50)            | Cumbernauld AAC  |
| 120             | Ross            | McEachern      | (V50)            | Cumbernauld AAC  |
| 121             | Paul            | McMonagle      | (V50)            | Cumbernauld AAC  |
| 122             | Stuart          | McGillivray    | (Sen)            | Dumbarton AAC    |
| 123             | David           | Shaw           | (Sen)            | Dumbarton AAC    |
| 124             | Jonathan        | Burdon         | (V40)            | Dumbarton AAC    |
| 125             | Simon           | Lennox         | (V40)            | Dumbarton AAC    |
| 126             | Stephen         | Cole           | (V45)            | Dumbarton AAC    |
| 127             | Peter           | Currie         | (V45)            | Dumbarton AAC    |
| 128             | Michael         | McKean         | (Sen)            | Dumfries RC      |
| 129             | Charlie         | Storrie        | (Sen)            | Dumfries RC      |
| 130             | Jamie           | Clements       | (Sen)            | East Kilbride AC |
| 131             | John            | Fergusson      | (Sen)            | East Kilbride AC |
| 132             | Andrew          | Forteach       | (Sen)            | East Kilbride AC |
| 133             | Luke            | Kirwan         | (Sen)            | East Kilbride AC |
| 134             | Jack            | Kirwan         | (Sen)            | East Kilbride AC |
| 135             | Martin          | Lynas          | (Sen)            | East Kilbride AC |
| 136             | Daryl           | Reid           | (Sen)            | East Kilbride AC |
| 137             | David           | Thomson        | (Sen)            | East Kilbride AC |
| 138             | Niall           | Walker         | (Sen)            | East Kilbride AC |
| 139             | Grant           | Baillie        | (V40)            | East Kilbride AC |
| 140             | Michael         | Carlin         | (V40)            | East Kilbride AC |
| 141             | John            | Edwards        | (V40)            | East Kilbride AC |
| 142             | Gerard          | O'Neil         | (V40)            | East Kilbride AC |
| 143             | Vincent         | Glennon        | (V45)            | East Kilbride AC |
| 144             | Keith           | Charters       | (V50)            | East Kilbride AC |
| 145             | Graeme          | Haddow         | (V55)            | East Kilbride AC |
| 146             | Arthur          | Mulholland     | (V55)            | East Kilbride AC |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| Race No. | Forename  | Surname     | Age Group | Club              |
|----------|-----------|-------------|-----------|-------------------|
| 147      | Gary      | Goldie      | (Sen)     | Garscube Harriers |
| 148      | Mattia    | Mancinelli  | (Sen)     | Garscube Harriers |
| 149      | Timothy   | Martin      | (Sen)     | Garscube Harriers |
| 150      | Donald    | Mcpartlin   | (Sen)     | Garscube Harriers |
| 151      | Ian       | Thomson     | (Sen)     | Garscube Harriers |
| 152      | Kristan   | Alexander   | (V40)     | Garscube Harriers |
| 153      | David     | Butterly    | (V40)     | Garscube Harriers |
| 154      | John      | Murray      | (V40)     | Garscube Harriers |
| 155      | Peter     | Scott       | (V40)     | Garscube Harriers |
| 156      | Craig     | Brown       | (V45)     | Garscube Harriers |
| 157      | Marco     | Consani     | (V45)     | Garscube Harriers |
| 158      | John      | Coyle       | (V45)     | Garscube Harriers |
| 159      | Andy      | Downey      | (V45)     | Garscube Harriers |
| 160      | Gavin     | Harvie      | (V45)     | Garscube Harriers |
| 161      | Daniel    | Scroop      | (V45)     | Garscube Harriers |
| 162      | Keith     | Wall        | (V45)     | Garscube Harriers |
| 163      | Alexander | Chalmers    | (V50)     | Garscube Harriers |
| 164      | Martin    | Egan        | (V50)     | Garscube Harriers |
| 165      | Alex      | Chisholm    | (V60)     | Garscube Harriers |
| 166      | David     | Dickson     | (V60)     | Garscube Harriers |
| 167      | James     | McAney      | (V60)     | Garscube Harriers |
| 168      | Robert    | McLennan    | (V60)     | Garscube Harriers |
| 169      | Jordan    | Orr         | (Sen)     | Giffnock North AC |
| 170      | Oliver    | Traynor     | (Sen)     | Giffnock North AC |
| 171      | Iain      | Carroll     | (V40)     | Giffnock North AC |
| 172      | Andy      | Macdonald   | (V40)     | Giffnock North AC |
| 173      | Nick      | Vaughan     | (V40)     | Giffnock North AC |
| 174      | Luke      | Chamberlain | (V45)     | Giffnock North AC |
| 175      | Chris     | Greenhalgh  | (V45)     | Giffnock North AC |
| 176      | David     | Shaw        | (V45)     | Giffnock North AC |
| 177      | Jason     | Steele      | (V45)     | Giffnock North AC |
| 178      | Ewan      | Wallace     | (V45)     | Giffnock North AC |
| 179      | Cris      | Walsh       | (V45)     | Giffnock North AC |
| 180      | Scott     | Wilson      | (V45)     | Giffnock North AC |
| 181      | Rob       | Crusher     | (V50)     | Giffnock North AC |
| 182      | Jeremy    | Fellick     | (V50)     | Giffnock North AC |
| 183      | Ted       | Gourley     | (V55)     | Giffnock North AC |



## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| Race No. | Forename    | Surname    | Age Group | Club                                |
|----------|-------------|------------|-----------|-------------------------------------|
| 184      | Vitalijs    | Brejevs    | (Sen)     | Glasgow University Hares and Hounds |
| 185      | Andrew      | Grieve     | (Sen)     | Glasgow University Hares and Hounds |
| 186      | Euan        | Rose       | (Sen)     | Glasgow University Hares and Hounds |
| 187      | Cameron     | Smith      | (Sen)     | Glasgow University Hares and Hounds |
| 188      | Andrew      | McCall     | (Sen)     | Greenock Glenpark Harriers          |
| 189      | Kevin       | O'Donoghue | (Sen)     | Greenock Glenpark Harriers          |
| 190      | Andrew      | Osborne    | (Sen)     | Greenock Glenpark Harriers          |
| 191      | Oliver      | Reilly     | (Sen)     | Greenock Glenpark Harriers          |
| 192      | Owen        | Atkinson   | (V40)     | Greenock Glenpark Harriers          |
| 193      | Daniel      | Doherty    | (V40)     | Greenock Glenpark Harriers          |
| 194      | Steven      | Campbell   | (V45)     | Greenock Glenpark Harriers          |
| 195      | Robert      | Dolan      | (V45)     | Greenock Glenpark Harriers          |
| 196      | Paul        | Monaghan   | (V45)     | Greenock Glenpark Harriers          |
| 197      | Stephen     | Reid       | (V45)     | Greenock Glenpark Harriers          |
| 198      | John        | Stevenson  | (V45)     | Greenock Glenpark Harriers          |
| 199      | Kevin James | Gill       | (V50)     | Greenock Glenpark Harriers          |
| 200      | Alan        | O'Rourke   | (V50)     | Greenock Glenpark Harriers          |
| 201      | Andrew      | White      | (V50)     | Greenock Glenpark Harriers          |
| 202      | Daniel      | McLaughlin | (V60)     | Greenock Glenpark Harriers          |
| 203      | Frank       | Mcmahon    | (V65)     | Greenock Glenpark Harriers          |
| 204      | Mark        | Doherty    | (Sen)     | Inverclyde AC                       |
| 205      | Andrew      | Douglas    | (Sen)     | Inverclyde AC                       |
| 206      | Sean        | Gaffney    | (Sen)     | Inverclyde AC                       |
| 207      | Ross        | Gray       | (Sen)     | Inverclyde AC                       |
| 208      | Alan        | Henderson  | (Sen)     | Inverclyde AC                       |
| 209      | Graeme      | Hyett      | (Sen)     | Inverclyde AC                       |
| 210      | Thomas      | Jamieson   | (Sen)     | Inverclyde AC                       |
| 211      | Jason       | Kane       | (Sen)     | Inverclyde AC                       |
| 212      | Jack        | Letson     | (Sen)     | Inverclyde AC                       |
| 213      | Jonathan    | Roebuck    | (Sen)     | Inverclyde AC                       |
| 214      | Craig       | Ruddy      | (Sen)     | Inverclyde AC                       |
| 215      | Jon         | Hammerman  | (V40)     | Inverclyde AC                       |
| 216      | Andrew      | Harkins    | (V40)     | Inverclyde AC                       |
| 217      | David       | Henderson  | (V40)     | Inverclyde AC                       |
| 218      | Nicholas    | Gemmell    | (V45)     | Inverclyde AC                       |
| 219      | David       | Tamburini  | (V45)     | Inverclyde AC                       |
| 220      | Gavin       | Morrison   | (V50)     | Inverclyde AC                       |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| Race No. | Forename | Surname     | Age Group | Club                    |
|----------|----------|-------------|-----------|-------------------------|
| 221      | Alan     | Douglas     | (Sen)     | Irvine RC               |
| 222      | Paul     | Lafferty    | (Sen)     | Irvine RC               |
| 223      | Owen     | McWilliams  | (Sen)     | Irvine RC               |
| 224      | Lee      | Shaw        | (Sen)     | Irvine RC               |
| 225      | Scott    | Brown       | (V40)     | Irvine RC               |
| 226      | Mark     | Sands       | (V40)     | Irvine RC               |
| 227      | Alex     | Allardyce   | (V45)     | Irvine RC               |
| 228      | Mark     | Livingstone | (V45)     | Irvine RC               |
| 229      | Colin    | Miller      | (V60)     | Irvine RC               |
| 230      | Martin   | Begg        | (Sen)     | Kilbarchan AAC          |
| 231      | Robbie   | Ferguson    | (Sen)     | Kilbarchan AAC          |
| 232      | Stuart   | Kerr        | (Sen)     | Kilbarchan AAC          |
| 233      | Connor   | Maclean     | (Sen)     | Kilbarchan AAC          |
| 234      | Callum   | Matthews    | (Sen)     | Kilbarchan AAC          |
| 235      | Conor    | Thomson     | (Sen)     | Kilbarchan AAC          |
| 236      | Ryan     | Waldron     | (Sen)     | Kilbarchan AAC          |
| 237      | Donald   | Petrie      | (V60)     | Kilbarchan AAC          |
| 238      | Martin   | Brown       | (Sen)     | Kilmarnock H&AC         |
| 239      | Craig    | Ferguson    | (Sen)     | Kilmarnock H&AC         |
| 240      | Richard  | Mair        | (Sen)     | Kilmarnock H&AC         |
| 241      | Paul     | Markac      | (Sen)     | Kilmarnock H&AC         |
| 242      | MURRAY   | MCDONALD    | (Sen)     | Kilmarnock H&AC         |
| 243      | Stuart   | Nibloe      | (Sen)     | Kilmarnock H&AC         |
| 244      | Dan      | Thompson    | (Sen)     | Kilmarnock H&AC         |
| 245      | Mark     | Alexander   | (V40)     | Kilmarnock H&AC         |
| 246      | Robert   | Lindsay     | (V45)     | Kilmarnock H&AC         |
| 247      | Leslie   | Mc Dement   | (V45)     | Kilmarnock H&AC         |
| 248      | Ken      | Monaghan    | (V45)     | Kilmarnock H&AC         |
| 249      | Scott    | Martin      | (V50)     | Kilmarnock H&AC         |
| 250      | Russell  | Duncan      | (V55)     | Kilmarnock H&AC         |
| 251      | Euan     | Craig       | (Sen)     | Kirkintilloch Olympians |
| 252      | Edward   | McLoone     | (Sen)     | Kirkintilloch Olympians |
| 253      | Jason    | McMinn      | (Sen)     | Kirkintilloch Olympians |
| 254      | Marc     | Pollock     | (Sen)     | Kirkintilloch Olympians |
| 255      | Jonathan | Sharp       | (Sen)     | Kirkintilloch Olympians |
| 256      | David    | Allsop      | (V45)     | Kirkintilloch Olympians |
| 257      | Daniel   | Chandler    | (V45)     | Kirkintilloch Olympians |
| 258      | Graham   | McCabe      | (V45)     | Kirkintilloch Olympians |
| 259      | Norman   | Mcneill     | (V45)     | Kirkintilloch Olympians |
| 260      | Mark     | Welsford    | (V45)     | Kirkintilloch Olympians |
| 261      | Drew     | Paterson    | (V50)     | Kirkintilloch Olympians |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                 |
|-----------------|-----------------|----------------|------------------|-----------------------------|
| 262             | Richard         | Beattie        | (Sen)            | Law & District AAC          |
| 263             | Ben             | Fountain       | (Sen)            | Law & District AAC          |
| 264             | Bobby           | Hill           | (Sen)            | Law & District AAC          |
| 265             | Ross            | Hill           | (Sen)            | Law & District AAC          |
| 266             | Jonathan        | Kennedy        | (Sen)            | Law & District AAC          |
| 267             | Martin          | Kay            | (V40)            | Law & District AAC          |
| 268             | Darran          | Muir           | (V40)            | Law & District AAC          |
| 269             | Mark            | Milligan       | (V45)            | Law & District AAC          |
| 270             | Patrick         | Kelly          | (V70)            | Law & District AAC          |
| 271             | Patrick         | Burns          | (V60)            | Milburn Harriers            |
| 272             | Gary            | Arthur         | (Sen)            | Motherwell AC               |
| 273             | Paul            | Burns          | (Sen)            | Motherwell AC               |
| 274             | Nicholas        | Hughes         | (Sen)            | Motherwell AC               |
| 275             | Scott           | Kelman         | (Sen)            | Motherwell AC               |
| 276             | Christopher     | Macdonald      | (Sen)            | Motherwell AC               |
| 277             | Ewen            | Cameron        | (V40)            | Motherwell AC               |
| 278             | Kevin           | McPhillips     | (V45)            | Motherwell AC               |
| 279             | David           | Gardiner       | (V50)            | Motherwell AC               |
| 280             | Craig           | Dailly         | (Sen)            | North Ayrshire AC           |
| 281             | Ian             | McIlwraith     | (V45)            | North Ayrshire AC           |
| 282             | James           | Chalmers       | (Sen)            | Ron's Runners               |
| 283             | Matthew         | Watson         | (V45)            | Ron's Runners               |
| 284             | Andrew          | Stewart        | (V55)            | Ron's Runners               |
| 285             | Daniel          | O'Neill        | (V50)            | Royal Mail Run GMC          |
| 286             | Robert          | White          | (V50)            | Royal Mail Run GMC          |
| 287             | Gerry           | Gallacher      | (V40)            | Scottish Prison Service AAC |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>          |
|-----------------|-----------------|----------------|------------------|----------------------|
| 288             | Kevin           | Alston         | (Sen)            | Shettleston Harriers |
| 289             | William         | Bardsley       | (Sen)            | Shettleston Harriers |
| 290             | Daniel          | Bradford       | (Sen)            | Shettleston Harriers |
| 291             | Lucas           | Cheskin        | (Sen)            | Shettleston Harriers |
| 292             | Paul            | Cornock        | (Sen)            | Shettleston Harriers |
| 293             | Michael         | Deason         | (Sen)            | Shettleston Harriers |
| 294             | Lachlan         | Oates          | (Sen)            | Shettleston Harriers |
| 295             | Thomas          | Owens          | (Sen)            | Shettleston Harriers |
| 296             | Michael         | Paxton         | (Sen)            | Shettleston Harriers |
| 297             | Adam            | Peters         | (Sen)            | Shettleston Harriers |
| 298             | Craig           | Shannon        | (Sen)            | Shettleston Harriers |
| 299             | Matthew         | Sullivan       | (Sen)            | Shettleston Harriers |
| 300             | James           | Thompson       | (Sen)            | Shettleston Harriers |
| 301             | Matthew         | Turner         | (Sen)            | Shettleston Harriers |
| 302             | Iain            | Burns          | (V40)            | Shettleston Harriers |
| 303             | David           | Keenan         | (V40)            | Shettleston Harriers |
| 304             | Jethro          | Lennox         | (V40)            | Shettleston Harriers |
| 305             | Peter           | Mackie         | (V40)            | Shettleston Harriers |
| 306             | Duncan          | McCauley       | (V40)            | Shettleston Harriers |
| 307             | Mark            | McColl         | (V40)            | Shettleston Harriers |
| 308             | Richard         | Millar         | (V40)            | Shettleston Harriers |
| 309             | Paul            | Sorrie         | (V40)            | Shettleston Harriers |
| 310             | Stephen         | Winter         | (V40)            | Shettleston Harriers |
| 311             | Gareth          | Ellor          | (V45)            | Shettleston Harriers |
| 312             | William         | Breckenridge   | (V50)            | Shettleston Harriers |
| 313             | Simon           | Gay            | (V50)            | Shettleston Harriers |
| 314             | Walter          | Henderson      | (V50)            | Shettleston Harriers |
| 315             | Kenny           | Richmond       | (V50)            | Shettleston Harriers |
| 316             | Brian           | Scally         | (V50)            | Shettleston Harriers |
| 317             | John J          | Duffy          | (V55)            | Shettleston Harriers |
| 318             | Gerard          | Mason          | (V55)            | Shettleston Harriers |
| 319             | Denis           | Williams       | (V55)            | Shettleston Harriers |
| 320             | John            | Oates          | (V60)            | Shettleston Harriers |
| 321             | Daniel          | Bond           | (Sen)            | Springburn Harriers  |
| 322             | Joe             | Chambers       | (Sen)            | Springburn Harriers  |
| 323             | Gary            | McBride        | (Sen)            | Springburn Harriers  |
| 324             | Jamie           | Williamson     | (Sen)            | Springburn Harriers  |
| 325             | Alistair        | Peat           | (V40)            | Springburn Harriers  |
| 326             | Gary            | Blackwood      | (V45)            | Springburn Harriers  |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - Senior Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>               |
|-----------------|-----------------|----------------|------------------|---------------------------|
| 327             | James           | Dobbie         | (Sen)            | Strathclyde Univ Harriers |
| 328             | Jamie           | Dow            | (Sen)            | Strathclyde Univ Harriers |
| 329             | Alfonso         | Hernandez      | (Sen)            | Strathclyde Univ Harriers |
| 330             | Jack            | Mckenna        | (Sen)            | Strathclyde Univ Harriers |
| 331             | Jamie           | Mclaren        | (Sen)            | Strathclyde Univ Harriers |
| 332             | Daniel          | Smith          | (Sen)            | Strathclyde Univ Harriers |
| 333             | Matt            | Pearce         | (V45)            | Troon Tortoises AC        |
| 334             | Martin          | Hayes          | (Sen)            | VP-Glasgow AC             |
| 335             | Craig           | Johnstone      | (Sen)            | VP-Glasgow AC             |
| 336             | Graeme          | Laing          | (V40)            | VP-Glasgow AC             |
| 337             | Stuart          | Barnett        | (V45)            | VP-Glasgow AC             |
| 338             | Sandy           | Gardner        | (V45)            | VP-Glasgow AC             |
| 339             | Peter           | Jardine        | (V50)            | VP-Glasgow AC             |
| 340             | Alex            | Potter         | (V55)            | VP-Glasgow AC             |
| 341             | Andrew          | Law            | (V60)            | VP-Glasgow AC             |
| 342             | Tom             | Ord            | (V60)            | VP-Glasgow AC             |
| 343             | Jonathan        | Bell           | (V40)            | West End RR               |
| 344             | Robert          | Churchill      | (V40)            | West End RR               |
| 345             | Allen           | Campbell       | (V45)            | West End RR               |
| 346             | James           | Speakman       | (V50)            | West End RR               |
| 347             | James           | Bowden         | (Sen)            | Westerlands XC Club       |
| 348             | Thomas          | Callan         | (Sen)            | Westerlands XC Club       |
| 349             | Tom             | Elliotte       | (Sen)            | Westerlands XC Club       |
| 350             | Roderick        | Fleming        | (Sen)            | Westerlands XC Club       |
| 351             | Robert          | Hamlin         | (Sen)            | Westerlands XC Club       |
| 352             | Niall           | McAlinden      | (Sen)            | Westerlands XC Club       |
| 353             | Andrew          | Fullwood       | (V50)            | Westerlands XC Club       |
| 354             | Chris           | Furse          | (V50)            | Westerlands XC Club       |
| 355             | David           | Calder         | (V55)            | Westerlands XC Club       |
| 356             | Ian             | Thurlbeck      | (V55)            | Westerlands XC Club       |
| 357             | David           | Cathie         | (V45)            | Whitemoss AAC             |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U20 Men

Balloch Country Park

| <b>Bib No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                         |
|----------------|-----------------|----------------|------------------|-------------------------------------|
| 358            | Alasdair        | Armstrong      | (U20)            | Ayr Seaforth AC                     |
| 359            | Lewis           | Ross           | (U20)            | Ayr Seaforth AC                     |
| 360            | Scott           | Sprang         | (U20)            | Ayr Seaforth AC                     |
| 361            | Rudi            | Paul           | (U20)            | Bellahouston Harriers               |
| 362            | Andrew          | Carey          | (U20)            | Cambuslang Harriers                 |
| 363            | Ryan            | Donnelly       | (U20)            | Cambuslang Harriers                 |
| 364            | Christopher     | McLew          | (U20)            | Cambuslang Harriers                 |
| 365            | Kai             | Newell         | (U20)            | Cambuslang Harriers                 |
| 366            | Struan          | Paton          | (U20)            | Cambuslang Harriers                 |
| 367            | Michael         | Miller         | (U20)            | Clydesdale Harriers                 |
| 368            | Thomas          | Berry          | (U20)            | Garscube Harriers                   |
| 369            | Cameron         | McClymont      | (U20)            | Garscube Harriers                   |
| 370            | Cody            | Stevenson      | (U20)            | Garscube Harriers                   |
| 371            | Jack            | Bell           | (U20)            | Giffnock North AC                   |
| 372            | Nikolai         | Gajic          | (U20)            | Giffnock North AC                   |
| 373            | Kieren          | Mooney         | (U20)            | Giffnock North AC                   |
| 374            | Andrew          | Robertson      | (U20)            | Giffnock North AC                   |
| 375            | Ben             | Shaw           | (U20)            | Giffnock North AC                   |
| 376            | Calum           | Young          | (U20)            | Giffnock North AC                   |
| 377            | Ross J          | Whitelaw       | (U20)            | Glasgow School of Sport             |
| 378            | Stephen         | Addison        | (U20)            | Glasgow University Hares and Hounds |
| 379            | Elliot          | Duff           | (U20)            | Glasgow University Hares and Hounds |
| 380            | Sandy           | Holl           | (U20)            | Glasgow University Hares and Hounds |
| 381            | Ronain          | Maguire        | (U20)            | Glasgow University Hares and Hounds |
| 382            | Magnus          | Tait           | (U20)            | Glasgow University Hares and Hounds |
| 383            | Ryan            | Brown          | (U20)            | Greenock Glenpark Harriers          |
| 384            | Alan            | Mollins        | (U20)            | Greenock Glenpark Harriers          |
| 385            | Dylan           | Crawford       | (U20)            | Inverclyde AC                       |
| 386            | Ryan            | Gray           | (U20)            | Inverclyde AC                       |
| 387            | Andrew          | MacAngus       | (U20)            | Kilbarchan AAC                      |
| 388            | Cameron         | Wright         | (U20)            | Kilbarchan AAC                      |
| 389            | James           | Gillon         | (U20)            | Law & District AAC                  |
| 390            | Matthew         | Gillon         | (U20)            | Law & District AAC                  |
| 391            | David           | Nugent         | (U20)            | Law & District AAC                  |
| 392            | Jamie           | Burns          | (U20)            | Shettleston Harriers                |
| 393            | Lewis           | Raeburn        | (U20)            | Shettleston Harriers                |
| 394            | Thomas          | Callaghan      | (U20)            | Springburn Harriers                 |
| 395            | David           | Scott          | (U20)            | Springburn Harriers                 |
| 396            | Aidan           | Colley         | (U20)            | Strathclyde Univ Harriers           |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U17 Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                |
|-----------------|-----------------|----------------|------------------|----------------------------|
| 50              | Euan            | Bell           | (U17)            | Ayr Seaforth AC            |
| 51              | Alexander       | Crooks         | (U17)            | Ayr Seaforth AC            |
| 52              | Nathan          | McColm         | (U17)            | Ayr Seaforth AC            |
| 53              | Matthew         | Pollock        | (U17)            | Bellahouston Harriers      |
| 54              | Brodie          | Aitken         | (U17)            | Cambuslang Harriers        |
| 55              | Michael         | Black          | (U17)            | Cambuslang Harriers        |
| 56              | Jack            | MacKinnon      | (U17)            | Cambuslang Harriers        |
| 57              | Zak             | Povey          | (U17)            | Cambuslang Harriers        |
| 58              | Liam            | Callan         | (U17)            | Clydesdale Harriers        |
| 59              | Josh            | McNicol        | (U17)            | Clydesdale Harriers        |
| 60              | Alasdair        | McMonagle      | (U17)            | Cumbernauld AAC            |
| 61              | Hamish          | Anderson       | (U17)            | East Kilbride AC           |
| 62              | Christopher     | Cairns         | (U17)            | East Kilbride AC           |
| 63              | Cameron         | MacDonald      | (U17)            | East Kilbride AC           |
| 64              | James           | Connelly       | (U17)            | Garscube Harriers          |
| 65              | Finlay          | Ross-Davie     | (U17)            | Garscube Harriers          |
| 66              | Craig           | Cameron        | (U17)            | Giffnock North AC          |
| 67              | Ethan           | Carolan        | (U17)            | Giffnock North AC          |
| 68              | Aidan           | Flynn          | (U17)            | Giffnock North AC          |
| 69              | Jacob           | Luc            | (U17)            | Giffnock North AC          |
| 70              | Ross            | O'brien        | (U17)            | Giffnock North AC          |
| 71              | Harris          | Paterson       | (U17)            | Giffnock North AC          |
| 72              | Charlie         | Tomkinson      | (U17)            | Giffnock North AC          |
| 73              | Christopher     | Watson-Sweeney | (U17)            | Giffnock North AC          |
| 74              | Blayne          | Wright         | (U17)            | Giffnock North AC          |
| 75              | Matthew         | Stewart        | (U17)            | Glasgow School of Sport    |
| 76              | Harry Lloyd     | McGill         | (U17)            | Greenock Glenpark Harriers |
| 77              | Shaun           | Wiseman        | (U17)            | Greenock Glenpark Harriers |
| 78              | Peter           | Bradshaw       | (U17)            | Inverclyde AC              |
| 79              | Lewis           | Hainey         | (U17)            | Inverclyde AC              |
| 80              | Ciaran          | Hogg           | (U17)            | Inverclyde AC              |
| 81              | Josh            | Law            | (U17)            | Inverclyde AC              |
| 82              | Lewis           | Barclay        | (U17)            | Kilbarchan AAC             |
| 83              | Robert          | Gunson         | (U17)            | Kilbarchan AAC             |
| 84              | Lewis           | Hannigan       | (U17)            | Kilbarchan AAC             |
| 85              | Ross            | Kennedy        | (U17)            | Kilbarchan AAC             |
| 86              | Jack            | Patton         | (U17)            | Kilbarchan AAC             |



Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U17 Men

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>          |
|-----------------|-----------------|----------------|------------------|----------------------|
| 87              | Lewis           | Ferguson       | (U17)            | Kilmarnock H&AC      |
| 88              | Davie           | Houston        | (U17)            | Kilmarnock H&AC      |
| 89              | Sam             | Lindsay        | (U17)            | Kilmarnock H&AC      |
| 90              | Ryan            | Littlejohn     | (U17)            | Kilmarnock H&AC      |
| 91              | Nathan          | Smith          | (U17)            | Kilmarnock H&AC      |
| 92              | Donald          | Gilchrist      | (U17)            | Law & District AAC   |
| 93              | Finn            | Milligan       | (U17)            | Law & District AAC   |
| 94              | Levi            | Milligan       | (U17)            | Law & District AAC   |
| 95              | Theo            | Carter         | (U17)            | Shettleston Harriers |
| 96              | Fergus          | Reid           | (U17)            | Springburn Harriers  |
| 97              | Gregory         | Gontor         | (U17)            | VP-Glasgow AC        |
| 98              | Christopher     | McDermott      | (U17)            | VP-Glasgow AC        |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U15 Boys

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>           |
|-----------------|-----------------|----------------|------------------|-----------------------|
| 1               | Calum           | Hannah         | (U15)            | Ayr Seaforth AC       |
| 2               | Evan            | Kelly          | (U15)            | Ayr Seaforth AC       |
| 3               | Brodie          | McGregor       | (U15)            | Ayr Seaforth AC       |
| 4               | Joshua          | Mirtle         | (U15)            | Ayr Seaforth AC       |
| 5               | Ethan           | Polson         | (U15)            | Ayr Seaforth AC       |
| 6               | Connor          | Scobie         | (U15)            | Ayr Seaforth AC       |
| 7               | Jamie           | Pollock        | (U15)            | Bellahouston Harriers |
| 8               | Dean            | Edmonds        | (U15)            | Cambuslang Harriers   |
| 9               | Jamie           | Kennedy        | (U15)            | Cambuslang Harriers   |
| 10              | Fearghus        | MacGregor      | (U15)            | Cambuslang Harriers   |
| 11              | Brodie          | McDonald       | (U15)            | Cambuslang Harriers   |
| 12              | Finlay          | Robb           | (U15)            | Cambuslang Harriers   |
| 13              | Lewis           | Roddie         | (U15)            | Cambuslang Harriers   |
| 14              | Daniel          | Docherty       | (U15)            | Clydesdale Harriers   |
| 15              | Calum           | Mackenzie      | (U15)            | Cumbernauld AAC       |
| 16              | Max             | McCafferty     | (U15)            | Cumbernauld AAC       |
| 17              | Luke            | Tervit         | (U15)            | Cumbernauld AAC       |
| 18              | Paul            | Cairns         | (U15)            | East Kilbride AC      |
| 19              | Calum           | Charters       | (U15)            | East Kilbride AC      |
| 20              | Sam             | Hosie          | (U15)            | East Kilbride AC      |
| 21              | Lewis           | Moir           | (U15)            | East Kilbride AC      |
| 22              | Thomas          | O'Neil         | (U15)            | East Kilbride AC      |
| 23              | Lewis           | Thorpe         | (U15)            | East Kilbride AC      |
| 24              | Stuart          | Borthwick      | (U15)            | Garscube Harriers     |
| 25              | Matthew         | Burnside       | (U15)            | Garscube Harriers     |
| 26              | Fergus          | Currie         | (U15)            | Garscube Harriers     |
| 27              | Gregor          | Murdoch        | (U15)            | Garscube Harriers     |
| 28              | Cameron         | O'Brien        | (U15)            | Garscube Harriers     |
| 30              | Alasdair        | Padmanabhan    | (U15)            | Garscube Harriers     |
| 31              | Charlie         | Treharne       | (U15)            | Garscube Harriers     |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U15 Boys

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>                |
|-----------------|-----------------|----------------|------------------|----------------------------|
| 32              | Adam            | Chamberlain    | (U15)            | Giffnock North AC          |
| 33              | Alex            | Chamberlain    | (U15)            | Giffnock North AC          |
| 34              | Matthew         | Cox            | (U15)            | Giffnock North AC          |
| 35              | Cameron         | Green          | (U15)            | Giffnock North AC          |
| 36              | Glen            | Griffiths      | (U15)            | Giffnock North AC          |
| 37              | Saul            | Hashagen       | (U15)            | Giffnock North AC          |
| 38              | Matthew         | Knak           | (U15)            | Giffnock North AC          |
| 39              | James           | Leaf           | (U15)            | Giffnock North AC          |
| 40              | Cathal          | Low            | (U15)            | Giffnock North AC          |
| 41              | Reuben          | Macdonald      | (U15)            | Giffnock North AC          |
| 42              | Innes           | McPherson      | (U15)            | Giffnock North AC          |
| 43              | Matthew         | Murphy         | (U15)            | Giffnock North AC          |
| 44              | Michael         | Nolan          | (U15)            | Giffnock North AC          |
| 45              | Findlay         | Pryor          | (U15)            | Giffnock North AC          |
| 46              | Alex            | Robin          | (U15)            | Giffnock North AC          |
| 47              | Hugh            | Shiels         | (U15)            | Giffnock North AC          |
| 48              | Josh            | Scott          | (U15)            | Glasgow School of Sport    |
| 49              | Ben             | Campbell       | (U15)            | Greenock Glenpark Harriers |
| 50              | Jude            | Dolan          | (U15)            | Greenock Glenpark Harriers |
| 51              | Alex            | Wiseman        | (U15)            | Greenock Glenpark Harriers |
| 52              | Matthew         | Cameron        | (U15)            | Helensburgh AAC            |
| 53              | Jock            | Cordner        | (U15)            | Helensburgh AAC            |
| 54              | Daniel          | Logan          | (U15)            | Helensburgh AAC            |
| 55              | Andrew          | McNair         | (U15)            | Helensburgh AAC            |
| 56              | William         | Scott          | (U15)            | Helensburgh AAC            |
| 57              | Cameron         | Williams       | (U15)            | Helensburgh AAC            |
| 58              | Tayven          | Adamson        | (U15)            | Inverclyde AC              |
| 59              | Keir            | Arthur         | (U15)            | Inverclyde AC              |
| 60              | Jonathan        | Cameron        | (U15)            | Inverclyde AC              |
| 61              | Robert          | Gray           | (U15)            | Inverclyde AC              |
| 62              | Colin           | Arthur         | (U15)            | Kilbarchan AAC             |
| 63              | Ross            | Hastie         | (U15)            | Kilbarchan AAC             |
| 64              | Jack            | Kennedy        | (U15)            | Kilbarchan AAC             |
| 65              | Luke            | Lindsay        | (U15)            | Kilbarchan AAC             |
| 66              | Josh            | McKinlay       | (U15)            | Kilbarchan AAC             |
| 67              | Ramsay          | McLeod         | (U15)            | Kilbarchan AAC             |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U15 Boys

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b>  | <b>Age Group</b> | <b>Club</b>             |
|-----------------|-----------------|-----------------|------------------|-------------------------|
| 68              | Taylor          | Cadwell         | (U15)            | Kilmarnock H&AC         |
| 69              | Callum          | Campbell        | (U15)            | Kilmarnock H&AC         |
| 70              | Jonathon        | Downey          | (U15)            | Kilmarnock H&AC         |
| 71              | Charlie         | McNulty         | (U15)            | Kilmarnock H&AC         |
| 72              | Jamie           | Phillips        | (U15)            | Kilmarnock H&AC         |
| 73              | Jordan          | Phillips        | (U15)            | Kilmarnock H&AC         |
| 74              | Gregor          | Smith           | (U15)            | Kirkintilloch Olympians |
| 75              | Crawford        | Smith           | (U15)            | Kirkintilloch Olympians |
| 76              | Craig           | Cherrie         | (U15)            | Law & District AAC      |
| 77              | Oscar           | Logan           | (U15)            | Law & District AAC      |
| 78              | Scott           | McAdam          | (U15)            | Law & District AAC      |
| 79              | Robbie          | Nugent          | (U15)            | Law & District AAC      |
| 80              | Logan           | Whitton         | (U15)            | Law & District AAC      |
| 81              | Dylan           | Walton          | (U15)            | Nithsdale AC            |
| 82              | Johnny          | Burns           | (U15)            | Shettleston Harriers    |
| 83              | Euan            | Charlwood       | (U15)            | Shettleston Harriers    |
| 84              | David           | Woods           | (U15)            | Shettleston Harriers    |
| 85              | Ruairidh        | Allen           | (U15)            | VP-Glasgow AC           |
| 86              | Fraser          | Gilmour         | (U15)            | VP-Glasgow AC           |
| 87              | Ewan            | Kennedy         | (U15)            | VP-Glasgow AC           |
| 88              | David           | Kirkpatrick     | (U15)            | VP-Glasgow AC           |
| 89              | Saul            | McGlennan       | (U15)            | VP-Glasgow AC           |
| 90              | Oscar           | Moogan Sharratt | (U15)            | VP-Glasgow AC           |
| 91              | Jake            | Speirs          | (U15)            | VP-Glasgow AC           |

Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U13 Boys

Balloch Country Park

| Race No. | Forename    | Surname    | Age Group | Club                  |
|----------|-------------|------------|-----------|-----------------------|
| 1        | Leo         | Brockie    | (U13)     | Ayr Seaforth AC       |
| 2        | Daniel      | Byers      | (U13)     | Ayr Seaforth AC       |
| 3        | Roddy       | Crean      | (U13)     | Ayr Seaforth AC       |
| 4        | Alasdair    | Maclean    | (U13)     | Ayr Seaforth AC       |
| 5        | Sam         | McCrorie   | (U13)     | Ayr Seaforth AC       |
| 6        | Fraser      | McIntyre   | (U13)     | Ayr Seaforth AC       |
| 7        | Brady       | McLean     | (U13)     | Ayr Seaforth AC       |
| 8        | Dillon      | Sim        | (U13)     | Bellahouston Harriers |
| 9        | Ben         | Buchanan   | (U13)     | Calderglen Harriers   |
| 10       | Christopher | Black      | (U13)     | Cambuslang Harriers   |
| 11       | Lewis       | Cook       | (U13)     | Cambuslang Harriers   |
| 12       | Reece       | Duncan     | (U13)     | Cambuslang Harriers   |
| 13       | Jay         | Gallacher  | (U13)     | Cambuslang Harriers   |
| 14       | Sam         | McCarthy   | (U13)     | Cambuslang Harriers   |
| 15       | Dylan       | Stefani    | (U13)     | Cambuslang Harriers   |
| 16       | Oliver      | Lang       | (U13)     | Clydesdale Harriers   |
| 17       | Jack        | McNeill    | (U13)     | Clydesdale Harriers   |
| 18       | Finn        | McCafferty | (U13)     | Cumbernauld AAC       |
| 19       | Grant       | McEachern  | (U13)     | Cumbernauld AAC       |
| 20       | Dylan       | Edwards    | (U13)     | East Kilbride AC      |
| 21       | Jonathan    | Hunter     | (U13)     | East Kilbride AC      |
| 22       | Ryan        | McNamara   | (U13)     | East Kilbride AC      |
| 23       | James       | Alexander  | (U13)     | Garscube Harriers     |
| 25       | RORY        | BEATON     | (U13)     | Garscube Harriers     |
| 26       | James       | Burchmore  | (U13)     | Garscube Harriers     |
| 27       | Fraser      | Donaldson  | (U13)     | Garscube Harriers     |
| 28       | Daniel      | Gray       | (U13)     | Garscube Harriers     |
| 29       | Callum      | Mathew     | (U13)     | Garscube Harriers     |
| 30       | Robert      | Nicol      | (U13)     | Garscube Harriers     |
| 31       | Rory        | Treharne   | (U13)     | Garscube Harriers     |
| 32       | Adam        | Weston     | (U13)     | Garscube Harriers     |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U13 Boys

Balloch Country Park

| Race No. | Forename   | Surname      | Age Group | Club                       |
|----------|------------|--------------|-----------|----------------------------|
| 33       | Oliver     | Bryers       | (U13)     | Giffnock North AC          |
| 34       | Gennaro    | Cameron      | (U13)     | Giffnock North AC          |
| 35       | Calan      | Chong        | (U13)     | Giffnock North AC          |
| 36       | Lewis      | Davidson     | (U13)     | Giffnock North AC          |
| 37       | Cameron    | Harris       | (U13)     | Giffnock North AC          |
| 38       | Luc Thomas | Hartung      | (U13)     | Giffnock North AC          |
| 39       | Jack       | Johnston     | (U13)     | Giffnock North AC          |
| 40       | Ruari      | Laskey       | (U13)     | Giffnock North AC          |
| 41       | Oliver     | MacDonald    | (U13)     | Giffnock North AC          |
| 42       | Charlie    | McAllister   | (U13)     | Giffnock North AC          |
| 43       | Jude       | McGuigan     | (U13)     | Giffnock North AC          |
| 44       | James      | Mowat        | (U13)     | Giffnock North AC          |
| 45       | Alasdair   | Nugent       | (U13)     | Giffnock North AC          |
| 46       | Tristan    | Robin        | (U13)     | Giffnock North AC          |
| 47       | Mitchell   | Scott        | (U13)     | Giffnock North AC          |
| 48       | Craig      | Shennan      | (U13)     | Giffnock North AC          |
| 49       | Cormac     | Shiels       | (U13)     | Giffnock North AC          |
| 50       | Rory       | Taylor-Young | (U13)     | Giffnock North AC          |
| 51       | Jack       | Wallace      | (U13)     | Giffnock North AC          |
| 52       | Harris     | Watt         | (U13)     | Giffnock North AC          |
| 53       | James      | Wylie        | (U13)     | Giffnock North AC          |
| 54       | Finn       | Johnston     | (U13)     | Glasgow School of Sport    |
| 55       | Tyler      | Bryce        | (U13)     | Greenock Glenpark Harriers |
| 56       | Douglas    | Campbell     | (U13)     | Greenock Glenpark Harriers |
| 57       | David      | Docherty     | (U13)     | Greenock Glenpark Harriers |
| 58       | Euan       | Johnson      | (U13)     | Greenock Glenpark Harriers |
| 59       | Robbie     | Barbour      | (U13)     | Helensburgh AAC            |
| 60       | Matthew    | Gall         | (U13)     | Helensburgh AAC            |
| 61       | Harris     | Maclean      | (U13)     | Helensburgh AAC            |
| 62       | Ben        | Gerrard      | (U13)     | Inverclyde AC              |
| 63       | Liam       | Kane         | (U13)     | Inverclyde AC              |
| 64       | Fraser     | McLaughlan   | (U13)     | Inverclyde AC              |
| 65       | Oliver     | Wagstaff     | (U13)     | Inverclyde AC              |

## Lindsays scottishathletics West District Cross Country Championships

Saturday 7th December

Entry Lists - U13 Boys

Balloch Country Park

| <b>Race No.</b> | <b>Forename</b> | <b>Surname</b> | <b>Age Group</b> | <b>Club</b>             |
|-----------------|-----------------|----------------|------------------|-------------------------|
| 66              | Grant           | Buchanan       | (U13)            | Kilbarchan AAC          |
| 67              | Luis            | Cameron        | (U13)            | Kilbarchan AAC          |
| 68              | Ryan            | Fitzpatrick    | (U13)            | Kilbarchan AAC          |
| 69              | Nathan          | Fitzpatrick    | (U13)            | Kilbarchan AAC          |
| 70              | Kirk            | Gray           | (U13)            | Kilbarchan AAC          |
| 71              | Ryan            | Knights        | (U13)            | Kilbarchan AAC          |
| 72              | Rhys            | Knights        | (U13)            | Kilbarchan AAC          |
| 73              | Lucas           | Lever          | (U13)            | Kilbarchan AAC          |
| 74              | Iain            | MacPherson     | (U13)            | Kilbarchan AAC          |
| 75              | Oliver          | Patton         | (U13)            | Kilbarchan AAC          |
| 76              | Harris          | Priest         | (U13)            | Kilbarchan AAC          |
| 77              | William         | Ronald         | (U13)            | Kilbarchan AAC          |
| 78              | Andrew          | Shorts         | (U13)            | Kilbarchan AAC          |
| 79              | Lewis           | Anderson       | (U13)            | Kilmarnock H&AC         |
| 80              | Ross            | Bain           | (U13)            | Kilmarnock H&AC         |
| 81              | Sam             | Rice           | (U13)            | Kilmarnock H&AC         |
| 82              | Andrew          | Muir           | (U13)            | Kirkintilloch Olympians |
| 83              | Ryan            | Kellock        | (U13)            | Law & District AAC      |
| 84              | Daniel          | Simpson        | (U13)            | Law & District AAC      |
| 85              | Cameron         | Robertson      | (U13)            | Nithsdale AC            |
| 86              | Harris          | McNicol        | (U13)            | North Ayrshire AC       |
| 87              | Adam            | Clifford       | (U13)            | Shettleston Harriers    |
| 88              | Adam            | Djoudi         | (U13)            | Shettleston Harriers    |
| 89              | Matthew         | Fox            | (U13)            | Shettleston Harriers    |
| 90              | Joseph          | Reilly         | (U13)            | Shettleston Harriers    |
| 91              | Kyle            | Flockhart      | (U13)            | VP-Glasgow AC           |
| 92              | Lewis           | Boal           | (U13)            | West Dunbartonshire AC  |

## 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

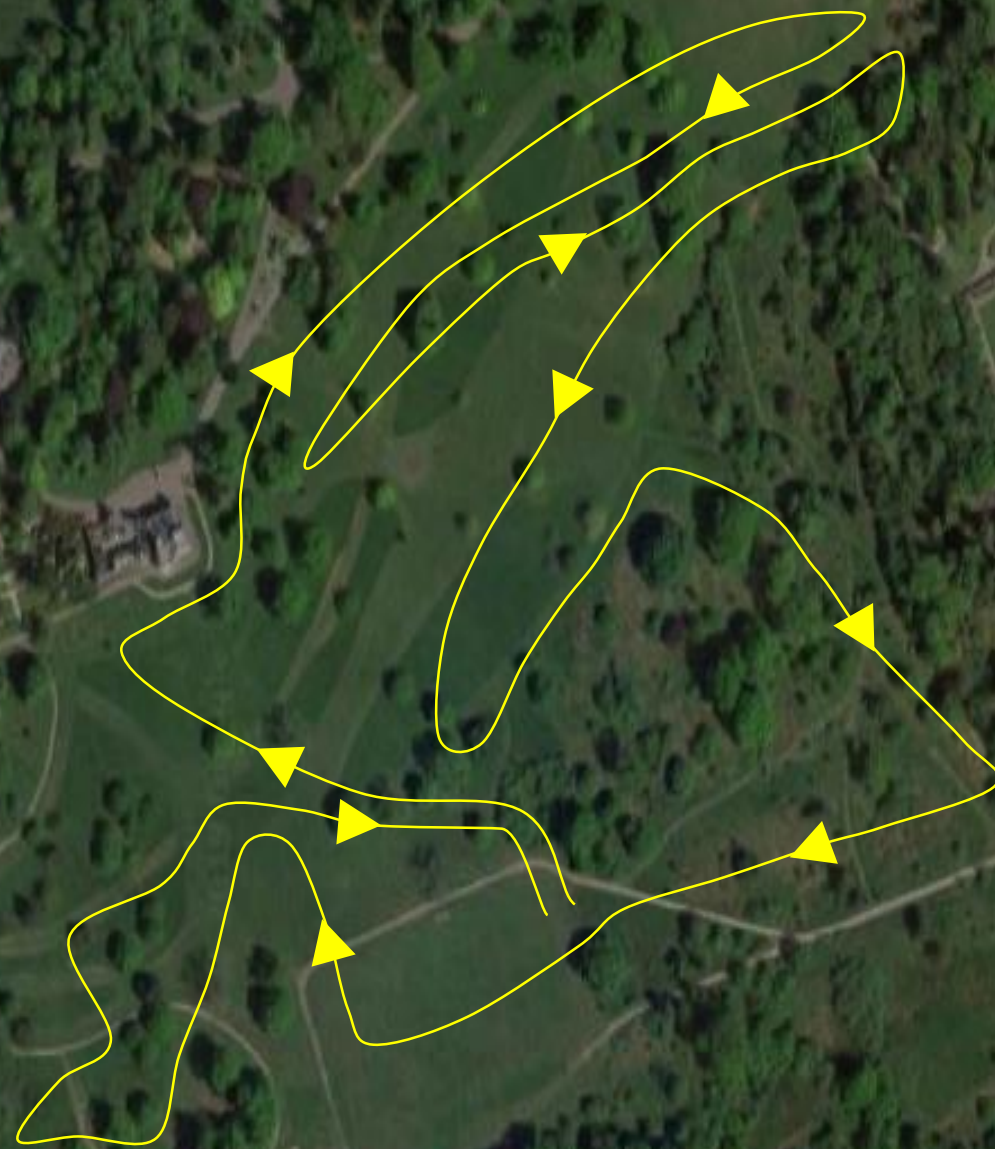
**DON'T** – Pitch your tents too close to one another – we recommend you leave at least 2m clear on all sides.

**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

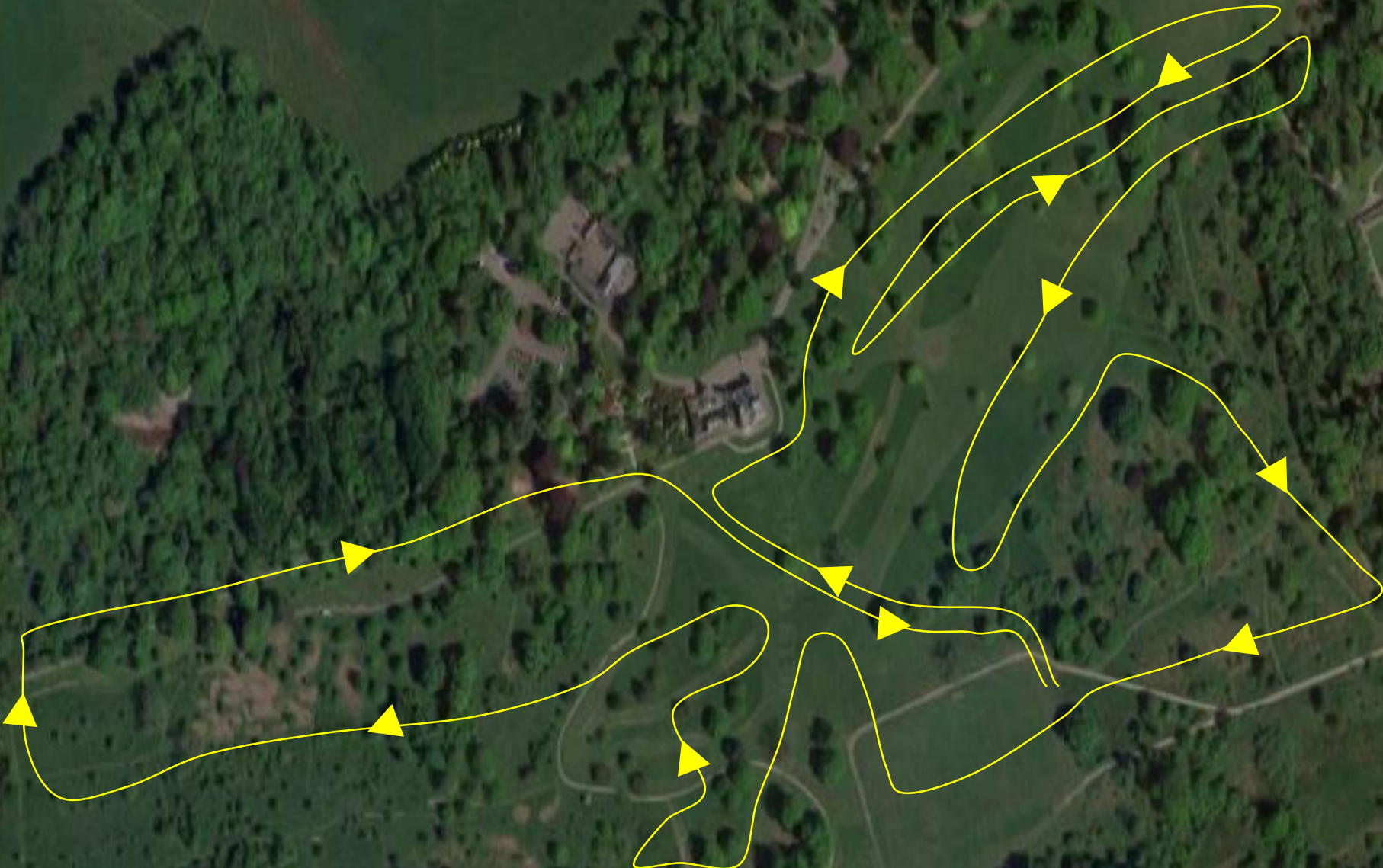
Under 13 Boys/Girls  
1 Yellow Lap  
3200m  
U13 GIRLS 1130HRS

U13 BOYS 1145HRS

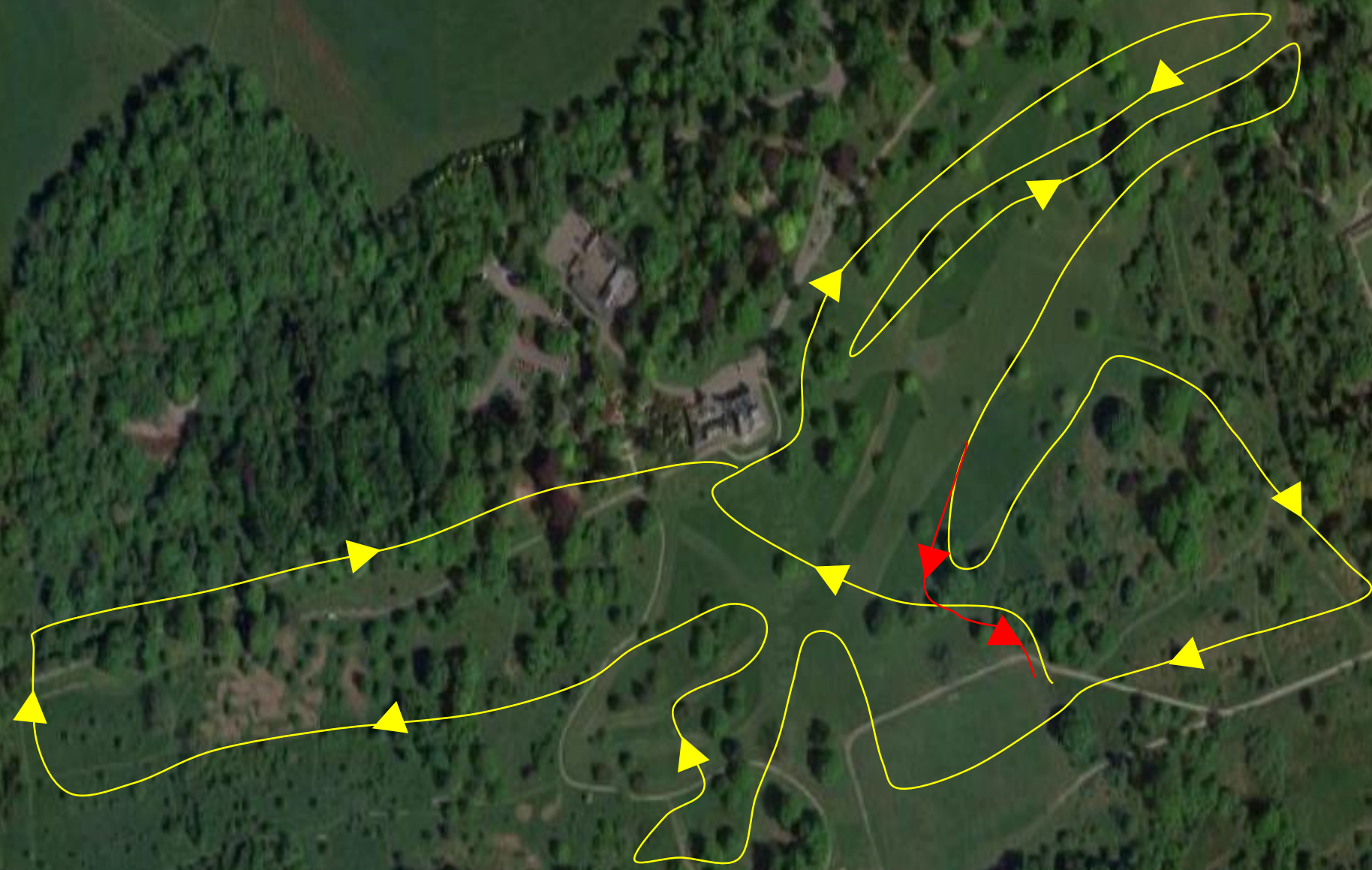


Under 15s Boys/Girls  
One Full Yellow Lap  
4000m  
U15 GIRLS 1200HRS

U15 BOYS 1220HRS



Under 17Men / Women  
1 full yellow lap + 2<sup>nd</sup> lap follows red line for finish  
5500m  
UNDER 17 WOMEN 1240HRS      UNDER 17 MEN 1355HRS



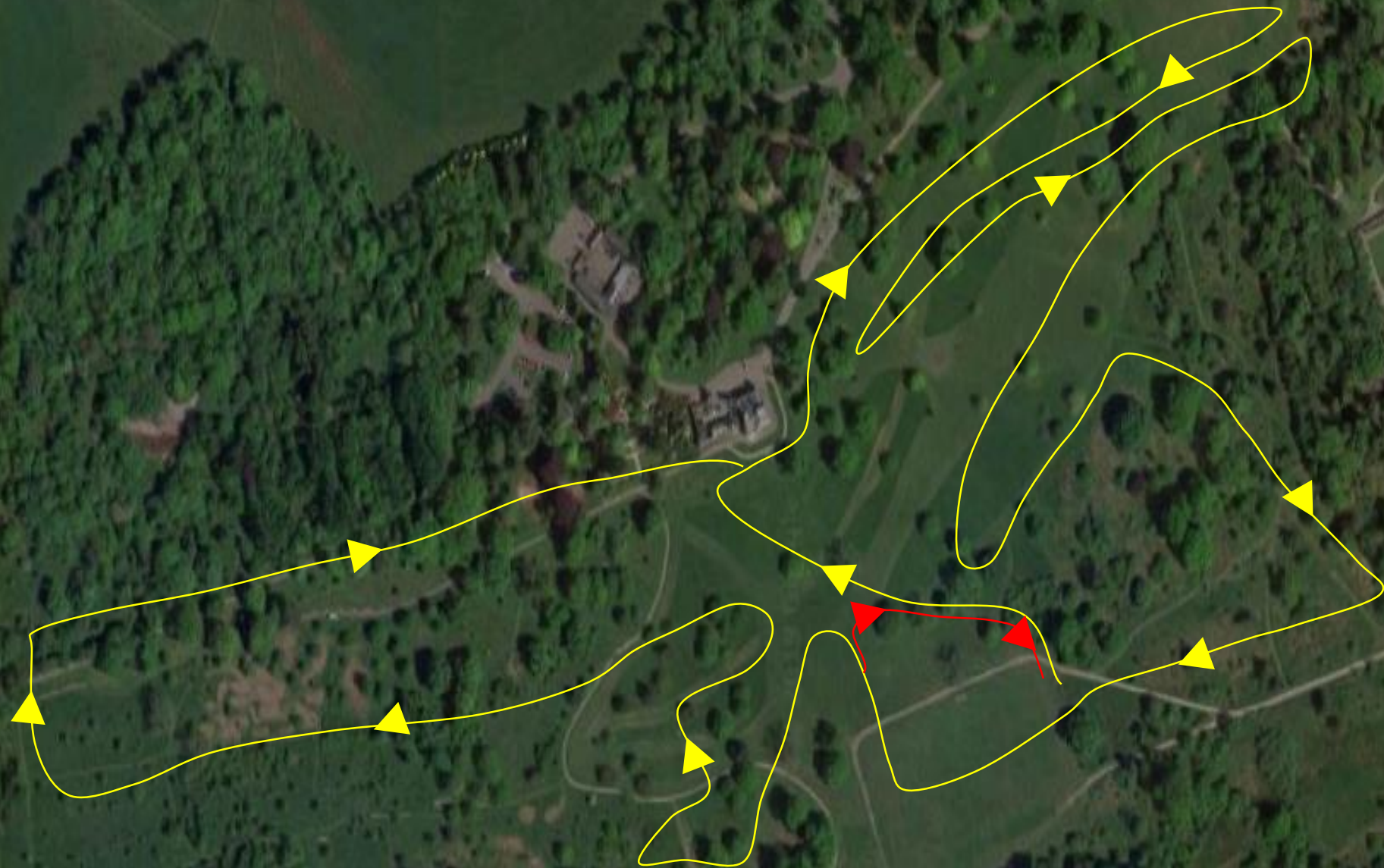
Under 20 Men / Women

1 full lap + 2<sup>nd</sup> lap follows red line for finish

6500m

UNDER 20 WOMEN 1240HRS

UNDER 20 MEN 1355HRS

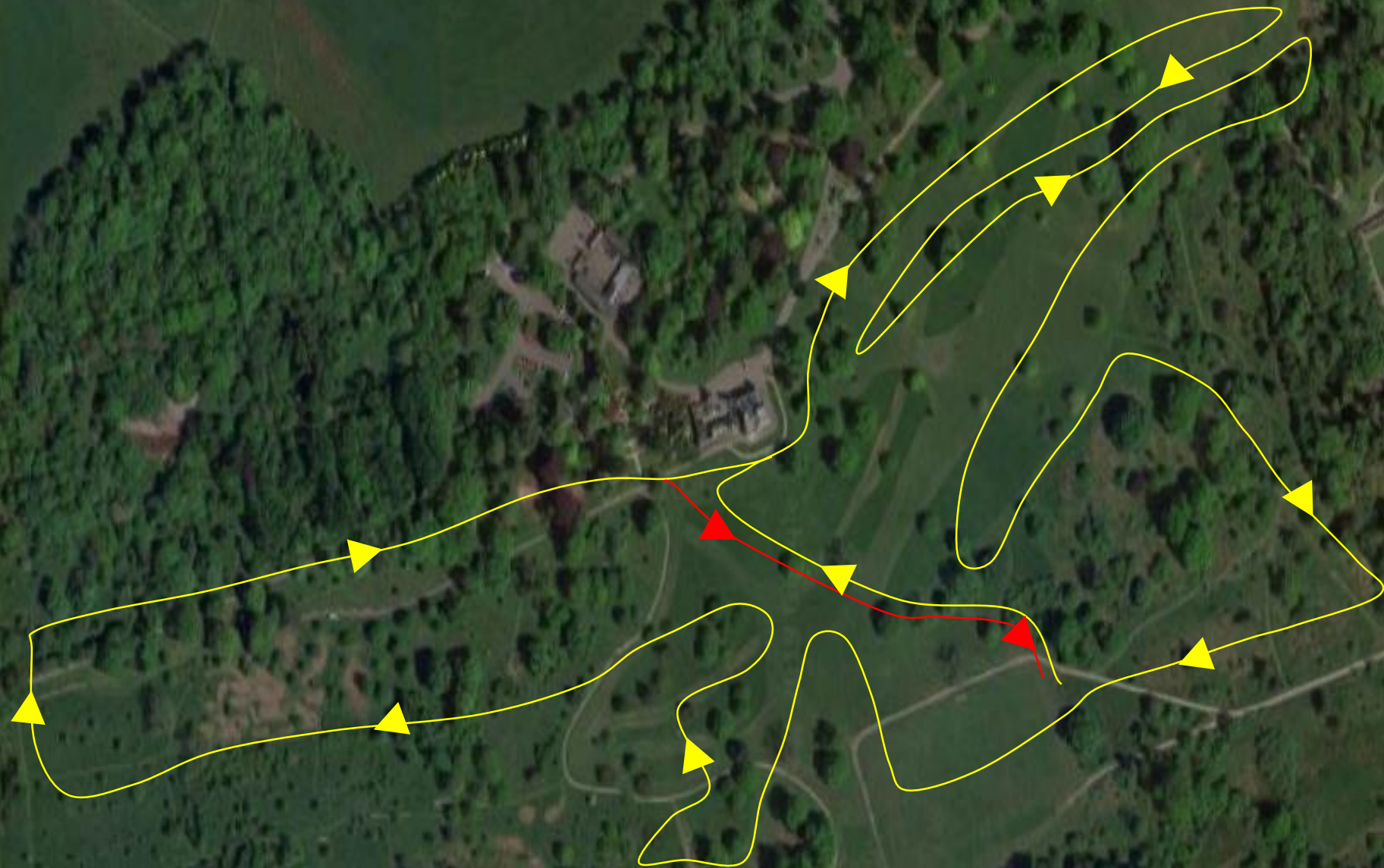


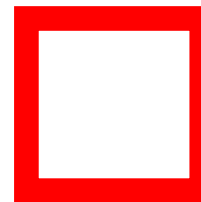
Seniors Men/Women

2 full laps. Follows red line for finish

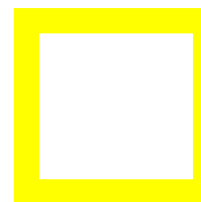
8500m

SENIOR WOMEN 1315HRS    SENIOR MEN 1415HRS





Officials Parking Only

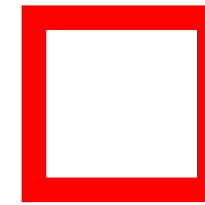
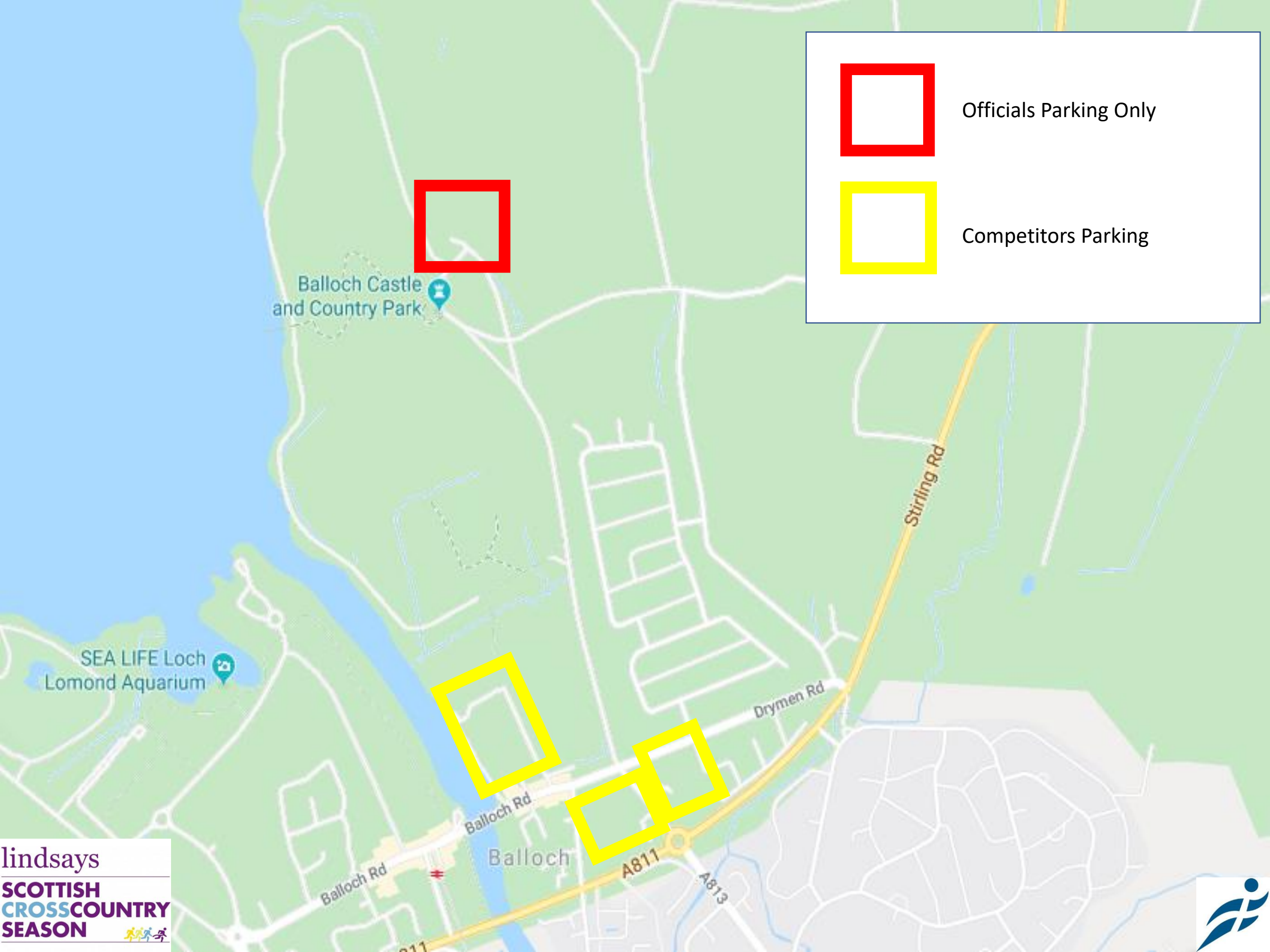


Competitors Parking

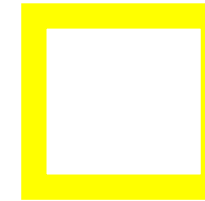
Balloch Castle  
and Country Park

SEA LIFE Loch  
Lomond Aquarium





Officials Parking Only



Competitors Parking



Balloch Castle  
and Country Park



Competitor  
Tents

Toilets

Officials

Start/Finish Area