

**Midland District Cross Country Championships**  
**Senior/Junior Men**

**Team Medal Table**  
**1929-30 to 1974-5**

		<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
1	Shuttleston H	14	8	8
2	Victoria Park AAC	9	12	4
3	Motherwell YMCA H	5	1	
4	Springburn H	4	3	10
5	Bellahouston H	2	6	3
6	Garscube H	2	1	3
7	Plebeian H	1	2	2
8	Clydesdale H	1	1	3
9	Strathclyde University AC	1		
10	Shawfield H	1		
11	Glasgow University H&H		2	3
12	Maryhill H		2	3
13	Law & District AAC		1	
14	West of Scotland H		1	
15	Hamilton H			1