

Midland District Cross Country Relay Championships
Senior/Junior Men

Team Medal Table
1929-30 to 1974-5

		Gold	Silver	Bronze
1	Shettleston H	17	12	6
2	Motherwell YMCA H	8	1	5
3	Victoria Park AAC	4	9	7
4	Plebeian H	4	2	1
5	Bellahouston H	2	3	6
6	Springburn H	1	3	4
7	Maryhill H	1	4	1
8	Strathclyde University AC	1	1	
9	Clyde Valley AC	1		
10	Garscube H		2	2
11	Clydesdale H		1	1
12	Law & District AAC		1	1
13	St Modan's AAC			2
14	Monkland H			1
15	Dumbarton AAC			1
16	Vale of Leven AC			1