

**South West District Cross Country Relay Championships  
Senior/Junior Men**

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

		<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
1	Beith H	11	10	2
2	Greenock Wellpark H	10	4	9
3	Ayr Seaforth AC	4	1	1
4	Greenock Glenpark H	3	12	3
5	Irvine YMCA H	3	3	3
6	West Kilbride AAC	3	1	2
7	Eglinton H	1	3	1
8	Paisley H	1	1	1
9	Ardeer Recreation Club	1		1
10	Barleith H	1		1
11	Ayrshire AAC	1		
12	Auchmountain H		2	
13	Kilmarnock H		1	10
14	Plebian H			3
15	Kilbarchan AAC			1