

West District Cross Country Relay Championships (Men Masters)

Scottish Athletics Federation/Scottish Athletics Ltd

2019-20	Cambuslang H	54.35	Garscube H	58.15	Giffnock North AC	58.45
2018-9	Cambuslang H	56.54	Garscube H	59.06	Cumbernauld AAC	59.26
2017-8	Cambuslang H	58.14	Cumbernauld AAC	61.25	Kilmarnock H&AC	61.49
2016-7	Cambuslang H	53.08	Greenock Glenpark H	55.22	Kirkintilloch O	55.40
2015-6	Ronhill Cambuslang H	54.50	Kirkintilloch O	56.09	Garscube H	58.14
2014-5	Ronhill Cambuslang H	52.14	Greenock Glenpark H	54.00	Garscube H	54.25
2013-4	Ronhill Cambuslang H	55.31	Shettleston H	55.51	Garscube H	57.09
2012-3	Ronhill Cambuslang H	56.43	Bellahouston RR	58.05	Kirkintilloch O	61.13
2011-2	Ronhill Cambuslang H	55.49	Garscube H	60.53	Calderglen H	62.37
2010-1	Ronhill Cambuslang H	61.50	Shettleston H	62.22	Calderglen H	63.00