

West District Cross Country Championships

Bellahouston Park, Sunday 6th December 2015

OFFICIALS

Race Referee (x1):	John Rodger
Co-ordinator (x1):	Margaret Daly
Declarations (x2):	Ron Cheyne Dave Campbell Graham Sword
Announcer (x1):	Alan Potts
Starters/Marksman (x2):	Angus Cameron David Hughes Bill Simpson
Timekeepers (x4):	Cyril McPherson Des Gilmore Ian McWatt
Time Recorders (x2):	Margaret Daly Anne McManus
Place Recorders (x4): & Funnel Management	Carrol Finlay Jean Youden Margaret-Ann Maclachlan
Video operator (x1):	Reps from Bellahouston Road Runners
Results Runners (x2):	Reps from Bellahouston Road Runners
Results (x2):	Ian Gebbie Alasdair Murray
Presentations (x2):	Leslie Roy John Rodger
Convenor:	Clare Barr

Programme Name	Club
U13 Girls	
Lucia Wright (GU13)	Airdrie Harriers
Rosie Davidson (GU13)	Ayr Seaforth AC
Evie Mackay (GU13)	Ayr Seaforth AC
Sophie McKay (GU13)	Ayr Seaforth AC
Morven Hubbard (GU13)	Ayr Seaforth AC
Robyn MacDonald (GU13)	Ayr Seaforth AC
Cara Wotherspoon (GU13)	Bellahouston Harriers
Skye Birnie (GU13)	Clydesdale Harriers
Maria Threwal (GU13)	Clydesdale Harriers
Lauren Fox (GU13)	Clydesdale Harriers
Abbie Kirwan (GU13)	East Kilbride A.C.
Hannah Anderson (GU13)	East Kilbride A.C.
Kayla McCronie (GU13)	East Kilbride A.C.
Emma Graham (GU13)	East Kilbride A.C.
Any Maclean (GU13)	Garscube Harriers
Grace Maclean (GU13)	Garscube Harriers
Alexandra Jones (GU13)	Garscube Harriers
Ellie Isabella Hinks (GU13)	Garscube Harriers
Emma Raeside (GU11)	Garscube Harriers
Jill Carswell (GU13)	Giffnock North AAC
Emma Chamberlain (GU13)	Giffnock North AAC
Helen Chong (GU13)	Giffnock North AAC
Stella Cowey (GU13)	Giffnock North AAC
Francesca Davidson (GU13)	Giffnock North AAC
Hannah Dougall (GU13)	Giffnock North AAC
Tara Garioch (GU13)	Giffnock North AAC
Miriam Gilbride (GU13)	Giffnock North AAC
Leila Hickey-Fugaccia (GU13)	Giffnock North AAC
Holly McAneny (GU13)	Giffnock North AAC
Sophie Taylor-McGuinness (GU13)	Giffnock North AAC
Niamh McWilliams (GU13)	Giffnock North AAC
Rhiannon Morris (GU13)	Giffnock North AAC
Allison Preece (GU13)	Giffnock North AAC
Kate Richardson (GU13)	Giffnock North AAC
Isla Ward (GU13)	Giffnock North AAC
Katie Young (GU13)	Giffnock North AAC
Katie Flett (GU13)	Helensburgh AAC
Catie MacGillivray (GU13)	Helensburgh AAC
Leah Cameron (GU13)	Inverclyde AC
Natasha Clark (GU13)	Inverclyde AC
Abi Hammerman (GU13)	Inverclyde AC
Grace Lynch (GU13)	Inverclyde AC
Hannah McGeehan (GU13)	Inverclyde AC
Daisy Wilson (GU13)	Inverclyde AC
Louise Hastie (GU13)	Kilbarchan AAC
Ola Zurakowska (GU13)	Kilbarchan AAC
Rachel Muir (GU13)	Kilbarchan AAC

Iris Dickie (GU13)	Kilbarchan AAC
Hannah Fleming (GU13)	Kilbarchan AAC
Kimberley Gilchrist (GU13)	Kilbarchan AAC
Alisha Sivell (GU13)	Kilbarchan AAC
Kirsty Loudon (GU13)	Kilbarchan AAC
Tiana Stevenson (GU13)	Kilmarnock H&AC
Eilidh Ballantyne (GU13)	Kilmarnock H&AC
Jennifer Murray (GU13)	Kilmarnock H&AC
Rachel Paton (GU13)	Kirkintilloch Olympians
Caoimhe Quail (GU13)	Kirkintilloch Olympians
Mhairi Quinn (GU13)	Kirkintilloch Olympians
Abbie White (GU13)	Law & District AAC
Rachel Donnelly (GU13)	Law & District AAC
Evie Glen (GU13)	Law & District AAC
Jessica Robson (GU13)	Law & District AAC
Lorna Jackson (GU13)	Law & District AAC
Keri Gillan (GU13)	Law & District AAC
Chloe Burton (GU13)	Ron Hill Cambuslang Harriers
Ciara McKeown (GU13)	Ron Hill Cambuslang Harriers
Carla Fay (GU13)	Ron Hill Cambuslang Harriers
Maura Mackinnon (GU13)	Ron Hill Cambuslang Harriers
Hannah Lang (GU13)	Ron Hill Cambuslang Harriers
Niamh Riggins (GU13)	Ron Hill Cambuslang Harriers
Katie Dingwall (GU13)	Ron Hill Cambuslang Harriers
Demi Scott (GU13)	Ron Hill Cambuslang Harriers
Emily Watson (GU13)	Ron Hill Cambuslang Harriers
Anna young (GU13)	Shettleston Harriers
Lauren O'Neil (GU13)	Shettleston Harriers
Elsie Hollywood (GU13)	Shettleston Harriers
Chloe Emordy (GU13)	Springburn Harriers
Isla Britton (GU13)	VP-Glasgow AC
Jenna Little (GU13)	VP-Glasgow AC
Lily Jane Evans-Haggerty (GU13)	VP-Glasgow AC
Rhian Callan (GU13)	VP-Glasgow AC
Niamh Hay (GU13)	VP-Glasgow AC
Grace Hamilton (GU13)	VP-Glasgow AC
Jojo Little (GU13)	VP-Glasgow AC
Abbie Leanord (GU13)	VP-Glasgow AC
Caitlin Cameron Coyle (GU13)	VP-Glasgow AC
Róisín Cameron Coyle (GU13)	VP-Glasgow AC
Emma Williams (GU13)	VP-Glasgow AC
Estere Sudmale (GU13)	VP-Glasgow AC
Rayna Coia (GU13)	VP-Glasgow AC
Nicole MacGilp (GU13)	VP-Glasgow AC
Kirsty McNair (GU13)	VP-Glasgow AC

Programme Name	Club
U13 Boys	
Rory Murray (BU13)	Annan & District AC
Euan Bell (BU13)	Ayr Seaforth AC
Max Cunningham (BU13)	Ayr Seaforth AC
Alexander Crooks (BU13)	Ayr Seaforth AC
Jacob Cairns (BU13)	Ayr Seaforth AC
Charlie Walker (BU13)	Ayr Seaforth AC
Max Hay (BU13)	Ayr Seaforth AC
Samuel Drummond (BU13)	Ayr Seaforth AC
Max McLean (BU13)	Ayr Seaforth AC
Euan Ramsay (BU13)	Ayr Seaforth AC
Josh McNicol (BU13)	Clydesdale Harriers
Stuart Aird (BU13)	Clydesdale Harriers
Jake MacPherson (BU13)	Clydesdale Harriers
Calum Little (BU13)	Cumbernauld AAC
Jamie Holland (BU13)	Cumbernauld AAC
Alasdair McMonagle (BU13)	Cumbernauld AAC
Thomas McCourt (BU13)	East Kilbride A.C.
Elliot Bain (BU13)	East Kilbride A.C.
Hamish Anderson (BU13)	East Kilbride A.C.
Rudy Brown (BU13)	East Kilbride A.C.
Ross Hamilton (BU13)	East Kilbride A.C.
Cameron MacDonald (BU13)	East Kilbride A.C.
Alasdair McMonagle (BU13)	East Kilbride A.C.
Luke Aitken (BU13)	Garscube Harriers
Ross - Davie Finlay (BU13)	Garscube Harriers
James Connelly (BU13)	Garscube Harriers
Christopher Lathan (BU13)	Garscube Harriers
Euan Chapman (BU13)	Garscube Harriers
Ruaridh Stickland (BU13)	Garscube Harriers
Lewis McArthur (BU13)	Garscube Harriers
Ethan Carolan (BU13)	Giffnock North AAC
Murray Fotheringham (BU13)	Giffnock North AAC
Kian McConville (BU13)	Giffnock North AAC
Joseph McKay (BU13)	Giffnock North AAC
Harris Paterson (BU13)	Giffnock North AAC
Calum Smith (BU13)	Giffnock North AAC
Christopher Watson-Sweeney (BU13)	Giffnock North AAC
James Hair (BU13)	Glasgow School of Sport
Ewan Ferguson (BU13)	Greenock Glenpark Harriers
Harry McGill (BU13)	Greenock Glenpark Harriers
Scott Meechan (BU13)	Greenock Glenpark Harriers
Ewan Ferguson (BU13)	Greenock Glenpark Harriers
Harry McGill (BU13)	Greenock Glenpark Harriers
Calum MacGillivray (BU13)	Helensburgh AAC
Jonathan Houson (BU13)	Kilmarnock Harriers
Ross Davidson (BU13)	Inverclyde AC
Caleb Dunning (BU13)	Inverclyde AC

Lewis Hainey (BU13)	Inverclyde AC
Josh Law (BU13)	Inverclyde AC
Jack Stewart (BU13)	Inverclyde AC
Andrew Winter (BU13)	Inverclyde AC
Lewis Hannigan (BU13)	Kilbarchan AAC
Cameron Hunter (BU13)	Kilbarchan AAC
Seamus Mowberry (BU13)	Kilbarchan AAC
Ross Kennedy (BU13)	Kilbarchan AAC
Brodie Gillanders (BU13)	Kilbarchan AAC
Lewis Seddon (BU13)	Kilbarchan AAC
Max Hendry (BU13)	Kilbarchan AAC
Jack Patton (BU13)	Kilbarchan AAC
Finlay Gray (BU13)	Kilbarchan AAC
Fraser McDiarmid (BU13)	Kilbarchan AAC
James Taylor (BU13)	Kilbarchan AAC
Ryan Mcdermott (BU13)	Kilbarchan AAC
Martin Burnhope (BU13)	Kilbarchan AAC
Dylan Elliott (BU13)	Kirkintilloch Olympians
Liam Browning (BU13)	Law & District AAC
Finn Milligan (BU13)	Law & District AAC
Michael Glen (BU13)	Law & District AAC
Alan McCulloch (BU13)	Law & District AAC
David Yue (BU13)	Law & District AAC
Liam Angely (BU13)	Ron Hill Cambuslang Harriers
Euan McLew (BU13)	Ron Hill Cambuslang Harriers
Sean Friel (BU13)	Ron Hill Cambuslang Harriers
Arron Grew (BU13)	Ron Hill Cambuslang Harriers
Michael Black (BU13)	Ron Hill Cambuslang Harriers
Harry Kent (BU13)	Ron Hill Cambuslang Harriers
Robbie Woods (BU13)	Ron Hill Cambuslang Harriers
Geordon Davies (BU13)	Ron Hill Cambuslang Harriers
Josh Keegan (BU13)	Ron Hill Cambuslang Harriers
Ethan Wilson (BU13)	Shettleston Harriers
Kasey Fraser (BU13)	Shettleston Harriers
Gregor Campbell (BU13)	Shettleston Harriers
Theo Carter (BU13)	Shettleston Harriers
Max Campbell (BU13)	Shettleston Harriers
Connor Emordy (BU13)	Springburn Harriers
Ben Emordy (BU13)	Springburn Harriers
Callum Byrne (BU13)	VP-Glasgow AC
Blayne Wright (BU13)	VP-Glasgow AC
Devan Miller (BU13)	VP-Glasgow AC
Nate Jordorn (BU13)	VP-Glasgow AC
Jack MacKinnon (BU13)	VP-Glasgow AC
Nate Jordan (BU13)	VP-Glasgow AC
Euan Menzies (BU13)	VP-Glasgow AC
Matthew Ireland (BU13)	VP-Glasgow AC

Programme Name	Club
U15 Girls	
Grace Pow (GU15)	Annan & District AC
Caitlin Chilton (GU15)	Ayr Seaforth AC
Emma Frew (GU15)	Ayr Seaforth AC
Kelly Cunningham (GU15)	Ayr Seaforth AC
Charlotte McDowall (GU15)	Ayr Seaforth AC
Rachel Stirling (GU15)	Ayr Seaforth AC
Natasha Shaw (GU15)	Clydesdale Harriers
Tiegan Breen (GU15)	Clydesdale Harriers
Francesca Devine (GU15)	Clydesdale Harriers
Sarah Connolly (GU15)	East Kilbride A.C.
Lucy Muirhead (GU15)	East Kilbride A.C.
Sophie Lathan (GU15)	Garscube Harriers
Kerry Gallagher (GU15)	Garscube Harriers
Annabel Ballantyne (GU15)	Giffnock North AAC
Heather Barnes (GU15)	Giffnock North AAC
Sarah Chamberlain (GU15)	Giffnock North AAC
Emily Crusher (GU15)	Giffnock North AAC
Jenny Dougall (GU15)	Giffnock North AAC
Zoe Jamieson (GU15)	Giffnock North AAC
Rebecca Kinnear (GU15)	Giffnock North AAC
Sofia Kirkpatrick (GU15)	Giffnock North AAC
Charlotte McKenna (GU15)	Giffnock North AAC
Lynn McKenna (GU15)	Giffnock North AAC
Hannah Miller (GU15)	Giffnock North AAC
Lisa Miller (GU15)	Giffnock North AAC
Rachel Norrie (GU15)	Giffnock North AAC
Leah Sinforiani (GU15)	Giffnock North AAC
Clare Wallace (GU15)	Giffnock North AAC
Laura Ferguson (GU15)	Glasgow School of Sport
Kirsten Forster (GU15)	Glasgow School of Sport
Morgan Mcburnie (GU15)	Glasgow School of Sport
Sinead Owen (GU13)	Helensburgh Ac
Gillian Carmichael (GU15)	Inverclyde AC
Samantha Dunning (GU15)	Inverclyde AC
Nyah Gillan (GU15)	Inverclyde AC
Jennifer Lyne (GU15)	Inverclyde AC
Cliona McCheyne (GU15)	Inverclyde AC
Nuala McCheyne (GU15)	Inverclyde AC
Clara Pollock (GU15)	Inverclyde AC
Zoe Renfrew (GU15)	Inverclyde AC
Niamh Docherty (GU15)	Inverclyde AC
Eilidh Gibson (GU15)	Kilbarchan AAC
Ella Dominguez (GU15)	Kilbarchan AAC
Leona Murray (GU15)	Kilbarchan AAC
Kim Crawford (GU15)	Kilbarchan AAC
Emily Nix (GU15)	Kilmarnock H&AC
Phoebe McCutcheon (GU15)	Kilmarnock H&AC

Leonie McCutcheon (GU15)	Kilmarnock H&AC
Molly Murray (GU15)	Kilmarnock H&AC
Erin Pastuloviuc (GU15)	Kilmarnock H&AC
Hannah Paton (GU15)	Kirkintilloch Olympians
Iona Smith (GU15)	Kirkintilloch Olympians
Megan Grew (GU15)	Law & District AAC
Niah Welsh (GU15)	Law & District AAC
Caitlin Thomson (GU15)	Law & District AAC
Pamela Newell (GU15)	Law & District AAC
Ciara Scullion (GU15)	Law & District AAC
Molly Carruthers (GU15)	Nithsdale AC
Keira Watson (GU15)	Ron Hill Cambuslang Harriers
Ruth Kelly (GU15)	Ron Hill Cambuslang Harriers
Kate moss (GU15)	Ron Hill Cambuslang Harriers
Charlotte Moss (GU15)	Ron Hill Cambuslang Harriers
Kelly Mccutcheon (GU15)	Ron Hill Cambuslang Harriers
Christie Dalglish (GU15)	Ron Hill Cambuslang Harriers
Lauren McEwan (GU15)	Ron Hill Cambuslang Harriers
Gaia Salandini (GU15)	Shettleston Harriers
Emma Gilmour (GU15)	VP-Glasgow AC
Adrienne Murray (GU15)	VP-Glasgow AC
Beth Gibbons (GU15)	VP-Glasgow AC
Rachel Gillespie (GU15)	VP-Glasgow AC

Programme Name	Club
U15 Boys	
Bryn Davies (BU15)	Helensburgh AAC
Logan Cotter (BU15)	Ayr Seaforth AC
Declan McGhee (BU15)	Ayr Seaforth AC
Aidan Copland (BU15)	Ayr Seaforth AC
Scott Sprang (BU15)	Ayr Seaforth AC
Greig Oakley (BU15)	Ayr Seaforth AC
Declan MacFarlane (BU15)	Bellahouston Harriers
Sol White Wood (BU15)	Bellahouston Harriers
Michael Miller (BU15)	Clydesdale Harriers
Robert Whittick (BU15)	Clydesdale Harriers
Evan McCallum (BU15)	Clydesdale Harriers
Cairn Wallace (BU15)	Clydesdale Harriers
Elliot Duff (BU15)	Garscube Harriers
Arun Smith (BU15)	Garscube Harriers
Jack Cuthbertson (BU15)	Garscube Harriers
Fraser Gordon (BU15)	Garscube Harriers
Daniel McGarrie (BU15)	Garscube Harriers
James Cathro (BU15)	Garscube Harriers
Ross Chapman (BU15)	Garscube Harriers
Hamish Armitt (BU15)	Giffnock North AAC
Jack Bell (BU15)	Giffnock North AAC
Donald Maclean (BU15)	Giffnock North AAC
Thomas McAuliffe (BU15)	Giffnock North AAC
Cameron McClymont (BU15)	Giffnock North AAC
Scott Metcalfe (BU15)	Giffnock North AAC
Lewis Mitchell (BU15)	Giffnock North AAC
Luke Nelson (BU15)	Giffnock North AAC
Andrew Robertson (BU15)	Giffnock North AAC
Ben Shaw (BU15)	Giffnock North AAC
Austin Thomson (BU15)	Giffnock North AAC
Calum Young (BU15)	Giffnock North AAC
Lewis Elliot (BU15)	Shettleston Harriers
Ryan Brown (BU15)	Greenock Glenpark Harriers
Alan Mollins (BU15)	Greenock Glenpark Harriers
Robert Peterson (BU15)	Greenock Glenpark Harriers
Finlay Gray (BU15)	Helensburgh AAC
Dylan Crawford (BU15)	Inverclyde AC
Adam Hay (BU15)	Inverclyde AC
Ben Nichol (BU15)	Inverclyde AC
Jack Stuart (BU15)	Inverclyde AC
Cameron Watson (BU15)	Inverclyde AC
Niall Macdonald (BU15)	Inverclyde AC
David McNair (BU15)	Kilbarchan AAC
Andrew MacAngus (BU15)	Kilbarchan AAC
Craig Kennedy (BU15)	Kilbarchan AAC
Michael Simson (BU15)	Kilbarchan AAC
Cameron Corrigan (BU15)	Kilbarchan AAC

Cameron Wright (BU15)	Kilbarchan AAC
Harry Walton (BU15)	Kilbarchan AAC
Gavin Mckay (BU15)	Kilbarchan AAC
Liam Donoghue (BU15)	Kilbarchan AAC
Finn Fowler (BU15)	Kilbarchan AAC
Hamish Loudon (BU15)	Kilbarchan AAC
Jordan Gilchrist (BU15)	Kilbarchan AAC
Aiden Hendry (BU15)	Kilbarchan AAC
Kyle Irvine (BU15)	Kilbarchan AAC
David Martin (BU15)	Kilbarchan AAC
Scott Ritchie (BU15)	Kilbarchan AAC
Eoighan Small (BU15)	Kilbarchan AAC
Fergal McClosesky (BU15)	Kilbarchan AAC
Hunter Daws (BU15)	Kilbarchan AAC
Andrew Devine (BU15)	Kilbarchan AAC
Aidan Hessematt (BU15)	Kilmarnock H&AC
Bruce Holden (BU15)	Kilmarnock H&AC
Luke McCaffrey (BU15)	Kirkintilloch Olympians
Frankie Quail (BU15)	Kirkintilloch Olympians
Thomas Watson (BU15)	Larkhall YMCA Harriers
Matthew Gillon (BU15)	Law & District AAC
James Gillon (BU15)	Law & District AAC
David McCormack (BU15)	Law & District AAC
Ben Logan (BU15)	Law & District AAC
Ewan Hamilton (BU15)	Nithsdale AC
Alexander Orderley (BU15)	North Ayrshire AC
Leodhais MacPherson (BU15)	Ron Hill Cambuslang Harriers
Ryan Stephen (BU15)	Ron Hill Cambuslang Harriers
Drew Pollock (BU15)	Ron Hill Cambuslang Harriers
James Hannoway (BU15)	Ron Hill Cambuslang Harriers
Christopher McLew (BU15)	Ron Hill Cambuslang Harriers
Keir Crawford (BU15)	Ron Hill Cambuslang Harriers
Ruairidh MacGregor (BU15)	Ron Hill Cambuslang Harriers
Max Monteith (BU15)	Ron Hill Cambuslang Harriers
Jamie Burns (BU15)	Shettleston Harriers
Lewis Raeburn (BU15)	Shettleston Harriers
Cameron Campbell (BU15)	Shettleston Harriers
Adam Donaldson (BU15)	Shettleston Harriers
Stephen Emordy (BU15)	Springburn Harriers
Josh McDermott (BU15)	VP-Glasgow AC
Thomas Connolly (BU15)	VP-Glasgow AC
Calum Brown (BU15)	VP-Glasgow AC
Edan Webb (BU15)	VP-Glasgow AC
Fraser Mcdonald (BU15)	VP-Glasgow AC
Tom Keeley (BU15)	VP-Glasgow AC
Niall Macdonald (BU15)	VP-Glasgow AC
Rogan Kelly (BU15)	VP-Glasgow AC

Programme Name	Club
U17 Women	
Mia Cullis (FU17)	Ayr Seaforth AC
India Birrell (FU17)	Ayr Seaforth AC
Kara Bruce (FU17)	Clydesdale Harriers
Charlotte Ross (FU17)	Clydesdale Harriers
Iona Allan (FU17)	Clydesdale Harriers
Alicia Paton (FU17)	Cumbernauld AAC
Heather Addison (FU17)	East Kilbride A.C.
Fern Conway (FU17)	Giffnock North AAC
Sarah Olivia Eunson (FU17)	Giffnock North AAC
Kirsty Griffiths (FU17)	Giffnock North AAC
Danielle Kelly (FU17)	Giffnock North AAC
Lucy Meehan (FU17)	Giffnock North AAC
Nikki Miller (FU17)	Giffnock North AAC
Kate Saxon (FU17)	Giffnock North AAC
Rachel Storey (FU17)	Giffnock North AAC
Erin Wallace (FU17)	Giffnock North AAC
Lori Agnew (FU17)	Glasgow School of Sport
Jenny Bichan (FU17)	Glasgow School of Sport
Leanne Findlay (FU17)	Glasgow School of Sport
Neve Littlejohn (FU17)	Glasgow School of Sport
Melissa Robinson (FU17)	Helensburgh AAC
Lucy Connolly (FU17)	Inverclyde AC
Nicola Doohan (FU17)	Inverclyde AC
Shelby Morrison (FU17)	Inverclyde AC
Emma Johnstone (FU17)	Kilbarchan AAC
Rona Tytler (FU17)	Kilbarchan AAC
Emma Fulton (FU17)	Kilbarchan AAC
Laura Stark (FU17)	Kilbarchan AAC
Holly Thompson (FU17)	Kilbarchan AAC
Iona Miller (FU17)	Kilbarchan AAC
Rebecca Louise Craig (FU17)	Kilbarchan AAC
Katie Hall (FU17)	Kilbarchan AAC
Claire Orr (FU17)	Kilmarnock H&AC
Iona Charles (FU17)	Kilmarnock H&AC
Perri McCluskey (FU17)	Kirkintilloch Olympians
Jill Hamilton (FU17)	Law & District AAC
Mhairi Watret (FU17)	Nithsdale AC
Emma Purdie (FU17)	Shettleston Harriers
Holly Little (FU17)	VP-Glasgow AC
Tessa Hickey (FU17)	VP-Glasgow AC
Sarah Robertson (FU17)	VP-Glasgow AC
Tanvi Robertson (FU17)	VP-Glasgow AC
Talia Quigley (FU17)	Shettleston Harriers

Struan Paton (MU17)	Ron Hill Cambuslang Harriers
Eamon Carr (MU17)	Ron Hill Cambuslang Harriers
Joshua Boyle (MU17)	Ron Hill Cambuslang Harriers
James Duffy (MU17)	Ron Hill Cambuslang Harriers
Lewis Tracey (MU17)	Ron Hill Cambuslang Harriers
Max Milarvie (MU17)	VP-Glasgow AC
Lewis Priest (MU17)	VP-Glasgow AC
Ewan Rae (MU17)	VP-Glasgow AC
Robbie Smith (MU17)	VP-Glasgow AC
Charlie Milarvie (MU17)	VP-Glasgow AC
Jamie MacKinnon (MU17)	VP-Glasgow AC
Darren Carruthers (MU17)	VP-Glasgow AC
Guy Evans-Haggerty (MU17)	VP-Glasgow AC
Daniel Smith (MU17)	VP-Glasgow AC
Cameron Kemp (MU17)	VP-Glasgow AC

Programme Name	Club
U17 Men	
Fraser Stirling (MU17)	Ayr Seaforth AC
Lewis Ross (MU17)	Ayr Seaforth AC
Rhys Sim (MU17)	Ayr Seaforth AC
Jack Heathwood (MU17)	Bellahouston Harriers
Robbie Ferguson (MU17)	Bellahouston Harriers
Robbie Smith (MU17)	Bellahouston Harriers
Adam MacFarlane (MU17)	Bellahouston Harriers
Martin Lynas (MU17)	East Kilbride A.C.
Aidan Abberley (MU17)	East Kilbride A.C.
Cody Stevenson (MU17)	Garscube Harriers
Craig Weston (MU17)	Garscube Harriers
Neil Anderson (MU17)	Giffnock North AAC
Nicholas Boyle (MU17)	Giffnock North AAC
Keir Carolan (MU17)	Giffnock North AAC
Andrew Love (MU17)	Giffnock North AAC
Joseph Lowrie (MU17)	Giffnock North AAC
Michael Lowrie (MU17)	Giffnock North AAC
Harry Nimmo (MU17)	Giffnock North AAC
Oliver Watson-Sweeney (MU17)	Giffnock North AAC
John Law (MU17)	Glasgow School of Sport
Joshua Ruddy (MU17)	Greenock Glenpark Harriers
Ryan Gray (MU17)	Inverclyde AC
Sammy Hearl (MU17)	Inverclyde AC
Mathew MacFarlane (M Sen)	Inverclyde AC
Ryan Gray (MU17)	Inverclyde AC
Sammy Hearl (MU17)	Inverclyde AC
Matthew MacKinnon (MU17)	Inverclyde AC
Conor Thomson (MU17)	Kilbarchan AAC
Sam McNair (MU17)	Kilbarchan AAC
Aidan Comerford (MU17)	Kilbarchan AAC
Josh Hendry (MU17)	Kilbarchan AAC
James Toal (MU17)	Kilbarchan AAC
Jamie Eatock (MU17)	Kilbarchan AAC
Suleiman Niven (MU17)	Kilbarchan AAC
Jake Scott (MU17)	Kilbarchan AAC
Jamie Nix (MU17)	Kilmarnock H&AC
Ryan Devlin (MU17)	Kilmarnock H&AC
Aidan McCaffrey (MU17)	Kirkintilloch Olympians
Harry Lamond (MU17)	Kirkintilloch Olympians
Conor Butters (MU17)	Law & District AAC
Kieran Cubis (MU17)	Law & District AAC
Adam Kelly (MU17)	Law & District AAC
Ben Fountain (MU17)	Law & District AAC
Gregor Gillespie (MU17)	Law & District AAC
Patryk Szymanski (MU17)	Law & District AAC
Keir Morton (MU17)	Ron Hill Cambuslang Harriers
Gavin Smith (MU17)	Ron Hill Cambuslang Harriers

Programme Name	Club
U20 Women	
Kirstin Oakley (FU20)	Ayr Seaforth AC
Bethany Macrae (FU20)	Ayr Seaforth AC
Victoria Robertson (FU20)	Cumbernauld AAC
Fleur Drummond (FU20)	Garscube Harriers
Megan Robertson (FU20)	Glasgow University Hare and H
Katrina Ballantyne (FU20)	Glasgow University Hare and H
Katherine Mitchell (FU20)	Glasgow University Hare and H
Annabel Simpson (FU20)	Glasgow University Hare and H
Susie Kybett (FU20)	Glasgow University Hare and H
Chloe Simpson (FU20)	Inverclyde AC
Sarah Dempsey (FU20)	Kilbarchan AAC
Lorne Kerr (FU20)	Kilmarnock H&AC
Alanis Brydon (FU20)	Kilmarnock H&AC
Hannah Stark (FU20)	Law & District AAC
Margaret Newell (FU20)	Law & District AAC
Eve MacKinnon (FU20)	Ron Hill Cambuslang Harriers
Gillian Black (FU20)	VP-Glasgow AC
Mhairi Hendry (FU20)	VP-Glasgow AC
Erin McGill (FU20)	Springburn Harriers

Programme Name	Club
U20 Men	
Scott Burns (MU20)	Airdrie Harriers
Fraser Armstrong (MU20)	Bellahouston Harriers
Calum Ferguson (MU20)	Bellahouston Harriers
Matthew O'Brien (MU20)	Garscube Harriers
Paul Harper (MU20)	Glasgow School of Sport
Alastair Thurlbeck (MU20)	Glasgow University Hare and H
Glenn Davis (MU20)	Glasgow University Hare and H
Jonathan Glen (MU20)	Inverclyde AC
Callum Hunter (MU20)	Inverclyde AC
Ross Gray (MU20)	Inverclyde AC
Kieran Pugh (MU20)	Kirkintilloch Olympians
Stuart Leghorn (MU20)	Law & District AAC
Shaun burke (MU20)	Law & District AAC
Luke Foss (MU20)	Law & District AAC
Angus Johnstone (MU20)	Nithsdale AC
Ryan Thomson (MU20)	Ron Hill Cambuslang Harriers
Ross Stephen (MU20)	Ron Hill Cambuslang Harriers
Craig Jardine (MU20)	Ron Hill Cambuslang Harriers
Scott Somerville (MU20)	Ron Hill Cambuslang Harriers
Callum Drummond (MU20)	Shettleston Harriers
Josh McDonald (MU20)	VP-Glasgow AC
Callum Matthews (MU20)	Kilbarchan AAC
Cameron Dickson (MU20)	Kilbarchan AAC
Charlie Wighton (MU20)	Kilbarchan AAC
Euan Trout (MU20)	Kilbarchan AAC
Ewan McKerral (MU20)	Kilbarchan AAC
Scott McLardie (MU20)	Kilbarchan AAC
Vincent Hastings (MU20)	East Kilbride A.C.
Luke Kirwan (MU20)	East Kilbride A.C.

Programme Name	Club
Women	
Marie Rodgers (F40)	Airdrie Harriers
Christine McMenemy (F50)	Airdrie Harriers
Anne Smith (F50)	Airdrie Harriers
Gael Riddle (F Sen)	Ayr Seaforth AC
Laura Wallace (F Sen)	Ayr Seaforth AC
Toni McIntosh (F Sen)	Ayr Seaforth AC
Susan Hubbard (F45)	Ayr Seaforth AC
Caroline Cochran (F45)	Bellahouston Harriers
Lynne McDowall (F Sen)	Bellahouston Harriers
Rhona Martin (F Sen)	Bellahouston Harriers
Erica Christie (F55)	Bellahouston Harriers
Stephanie Baird (F Sen)	Bellahouston Harriers
Claire Norman (F Sen)	Bellahouston Harriers
Emily Jackson (F Sen)	Bellahouston Harriers
Suzanne Boyle (F Sen)	Bellahouston Harriers
Linda Moffat (F40)	Bellahouston Harriers
Susan MacRitchie (F Sen)	Bellahouston Harriers
Nicola Milligan (F45)	Bellahouston Harriers
Bernadette O'Neil (F45)	Bellahouston Harriers
Deirdre Hoyle (F60)	Bellahouston Harriers
Sarah Munn (F Sen)	Bellahouston Harriers
Janine Dickie (F Sen)	Bellahouston Harriers
Lisa Gilmore (F40)	Bellahouston Harriers
Stella McCulloch (F45)	Bellahouston Harriers
Clare Macaulay (F Sen)	Bellahouston Harriers
Angela Campbell (F Sen)	Bellahouston Harriers
Robyn Millar (F Sen)	Bellahouston Harriers
Liz McGady (F55)	Bellahouston Harriers
Jennifer Hoyle (F Sen)	Bellahouston Harriers
Katherine Hylands (F Sen)	Bellahouston Harriers
Katherine Livingstone (F Sen)	Bellahouston Harriers
Melaine Ronald (F40)	Bellahouston Harriers
Alison Brown (F50)	Bellahouston Road Runners
Ann Robin (F Sen)	Bellahouston Road Runners
Anne Campbell (F Sen)	Bellahouston Road Runners
Ciara O'Connell (F Sen)	Bellahouston Road Runners
Claire Wharton (F45)	Bellahouston Road Runners
Deborah Gray (F40)	Bellahouston Road Runners
Elaine Somerville (F40)	Bellahouston Road Runners
Elizabeth Hughes (F50)	Bellahouston Road Runners
Helen Craig (F Sen)	Bellahouston Road Runners
Jacqueline McGuire (F45)	Bellahouston Road Runners
Jill Herbert (F Sen)	Bellahouston Road Runners
Judith Macgregor (F Sen)	Bellahouston Road Runners
Louise Ross (F Sen)	Bellahouston Road Runners
Lynn Reid (F45)	Bellahouston Road Runners
Lynne Goldie (F45)	Bellahouston Road Runners

Madeline Smillie (F40)	Bellahouston Road Runners
Maree Shepherd (F Sen)	Bellahouston Road Runners
Nicola Barrington (F Sen)	Bellahouston Road Runners
Roz Wilson (F45)	Bellahouston Road Runners
Shona Donnelly (F45)	Bellahouston Road Runners
Terry Nimmo (F50)	Bellahouston Road Runners
Frances Maxwell (F50)	Calderglen Harriers
Alison Lessells (F Sen)	Calderglen Harriers
Kay Conneff (F Sen)	Calderglen Harriers
Joanne McEvoy (F Sen)	Calderglen Harriers
Ruth Kelly (F45)	Calderglen Harriers
Jennifer Martin (F Sen)	Campbeltown RC
Elaine McGeachy (F Sen)	Campbeltown RC
Jennifer Reid (F40)	Campbeltown RC
Pamela McCrossan (F50)	Clydesdale Harriers
Marina McCallum (F40)	Clydesdale Harriers
Lindsey Currie (F40)	Dumbarton AAC
Melissa Wylie (F45)	Dumbarton AAC
Charlene Kelly (F Sen)	Dumbarton AAC
Marian Kelly (F Sen)	Garscube Harriers
Lesley Chisholm (F40)	Garscube Harriers
Alison Wood (F Sen)	Garscube Harriers
Laura Devine (F Sen)	Garscube Harriers
Louise Crilly (F Sen)	Garscube Harriers
Daisy Tickner (F Sen)	Garscube Harriers
Morag Casey (F40)	Garscube Harriers
Ann White (F60)	Garscube Harriers
Martha Lovatt (F Sen)	Garscube Harriers
Amy Cromarty (F Sen)	Garscube Harriers
Daisy Ochoa (F Sen)	Garscube Harriers
Mary Cox (F60)	Garscube Harriers
Frances Wardle (F Sen)	Garscube Harriers
#N/A	Garscube Harriers
Arlene Lewis (F40)	Garscube Harriers
Caroline Dow (F55)	Garscube Harriers
Joanne Robertson (F45)	Garscube Harriers
Fiona Maurer (F Sen)	Garscube Harriers
Karen McIlrenna (F45)	Garscube Harriers
Joan Morris (F45)	Garscube Harriers
Isobel Martin (F45)	Garscube Harriers
Ann Clanachan (F60)	Garscube Harriers
Anne Williamson (F50)	Giffnock North AAC
Heather Thompson (F Sen)	Giffnock North AAC
Mary McCutcheon (F50)	Giffnock North AAC
Maureen McVey (F50)	Giffnock North AAC
Angela Hammond (F40)	Giffnock North AAC
Irene Zingone (F65)	Giffnock North AAC
Allie Chong (F40)	Giffnock North AAC
Nicola Mcbeth (F Sen)	Giffnock North AAC

Nicole McLeod (F Sen)	Giffnock North AAC
Jill Smylie (F Sen)	Giffnock North AAC
Lisa Christy (F Sen)	Glasgow University Hare and H
Ellie Waugh (F Sen)	Glasgow University Hare and H
Skye Dick (F Sen)	Glasgow University Hare and H
Marian Monk (F40)	Greenock Glenpark Harriers
Lisa Ruddy (F Sen)	Greenock Glenpark Harriers
Lorna Coyle (F55)	Greenock Glenpark Harriers
Iana Hanson (F Sen)	Greenock Glenpark Harriers
Susan Clark (F45)	Greenock Glenpark Harriers
Kirstin Arthur (F40)	Greenock Glenpark Harriers
Angeline Austin (F40)	Greenock Glenpark Harriers
Catriona Stirling (F Sen)	Greenock Glenpark Harriers
Suzanne Coyle (F Sen)	Greenock Glenpark Harriers
Janet Fellowes (F60)	Helensburgh AAC
Natalie Stevenson (F Sen)	Helensburgh AAC
Madeline Robinson (F Sen)	Helensburgh AAC
Julie Gordon (F Sen)	Inverclyde AC
Sharon Muir (F40)	Inverclyde AC
Rachael Bushfield (F Sen)	Inverclyde AC
Nyke Mullholland (F Sen)	Inverclyde AC
Shona Mcmanus (F Sen)	Kelvin Runners
Julia Harris (F45)	Kilbarchan AAC
Sharon Hastie (F40)	Kilbarchan AAC
Christina Rankin (F Sen)	Kilbarchan AAC
Paula Wilson (F45)	Kilmarnock H&AC
Janice Millar (F55)	Kilmarnock H&AC
Elizabeth McDerment (F45)	Kilmarnock H&AC
Kirsten Salisbury (F Sen)	Kilmarnock H&AC
Stephanie Hewitt (F Sen)	Kilmarnock H&AC
Elaine Hogg (F45)	Kirkintilloch Olympians
Shirley MacNab (F50)	Kirkintilloch Olympians
Ausrine Ward (F Sen)	Kirkintilloch Olympians
Anne Marie McGregor (F40)	Kirkintilloch Olympians
Allison Law (F50)	Kirkintilloch Olympians
Roxanne Yue (F45)	Law & District AAC
Phyllis Hands (F60)	Motherwell AC
Susan Stewart (F Sen)	Motherwell AC
Clare Barr (F Sen)	Motherwell AC
Emma Stevenson (F Sen)	Motherwell AC
Joanne Clark (F40)	Motherwell AC
Lynn Angely (F40)	Ron Hill Cambuslang Harriers
Caitie Gorton-Phillips (F40)	Ron Hill Cambuslang Harriers
Kirsty Anderson (F Sen)	Ron Hill Cambuslang Harriers
Vicky Semple (F Sen)	Ron Hill Cambuslang Harriers
Alexandra Lamond (F Sen)	Ron Hill Cambuslang Harriers
Jessica Oliver - Bell (F Sen)	Shettleston Harriers
Charlene McCallum (F Sen)	Shettleston Harriers
Ruth Joss (F Sen)	Shettleston Harriers

Fionnuala Ross (F Sen)	Shettleston Harriers
Carole Setchell (F Sen)	Shettleston Harriers
Avril Mason (F40)	Shettleston Harriers
Hayley McCrorie (F Sen)	Shettleston Harriers
Mhairi donaldson (F Sen)	Shettleston Harriers
Rhona Galloway (F Sen)	Shettleston Harriers
Clara Horswell (F Sen)	Shettleston Harriers
Michelle Sandison (F Sen)	Springburn Harriers
Barbara Knox (F50)	Springburn Harriers
Hannah Terrance (F Sen)	Springburn Harriers
Caroline Brownlie (F40)	Springburn Harriers
Caroline Mutch (F40)	Troon Tortoises AC
Rhian Dawes (F Sen)	VP-Glasgow AC
Danielle Beattie (F Sen)	VP-Glasgow AC
Christine Catterson (F55)	VP-Glasgow AC
Julie Dobbin (F Sen)	VP-Glasgow AC
Donna Finlayson (F Sen)	VP-Glasgow AC
Suzanne Gilmour (F40)	VP-Glasgow AC
Deborah Hannah (F40)	VP-Glasgow AC
Nicola Hood (F Sen)	VP-Glasgow AC
Emma Kay (F Sen)	VP-Glasgow AC
Alison Kerr (F40)	VP-Glasgow AC
Erin McIlveen (F Sen)	VP-Glasgow AC
Josephine Moultrie (F Sen)	VP-Glasgow AC
Claire Thompson (F Sen)	VP-Glasgow AC
Hollie Young (F Sen)	VP-Glasgow AC
Becky Dunpy (F Sen)	VP-Glasgow AC
Stephanie Lawrie (F Sen)	VP-Glasgow AC
Iesley Pirie (F Sen)	VP-Glasgow AC
Claire Larravide (F Sen)	Westerlands XC Club
Patricia McLaughlin (F60)	Westerlands XC Club

Programme Name	Club
Men	
Alan Burns (M 40)	Airdrie Harriers
Mark Connelly (M Sen)	Airdrie Harriers
Francis Cullen (M Sen)	Airdrie Harriers
Stephen McCrorie (M 40)	Ayr Seaforth AC
Kenneth Neill (M Sen)	Ayr Seaforth AC
Stephen McDowall (M 40)	Ayr Seaforth AC
Iain Pettigrew (M 45)	Ayr Seaforth AC
Peter Laing (M 55)	Ayr Seaforth AC
Craig McPike (M Sen)	Ayr Seaforth AC
Paul Turnbull (M 50)	Ayr Seaforth AC
David Jones (M 40)	Ayr Seaforth AC
John Ross (M 40)	Ayr Seaforth AC
Darren McQuade (M Sen)	Bellahouston Harriers
Robert Carson (M 65)	Bellahouston Harriers
Craig Lamont (M Sen)	Bellahouston Harriers
David Mackintosh (M Sen)	Bellahouston Harriers
Crispin Walsh (M 40)	Bellahouston Harriers
John Cunningham (M 45)	Bellahouston Harriers
Paul Clawson (M Sen)	Bellahouston Harriers
Ian Sim (M Sen)	Bellahouston Harriers
Iain Burke (M 65)	Bellahouston Harriers
Stuart Miller (M Sen)	Bellahouston Harriers
Gregor Yates (M Sen)	Bellahouston Harriers
Brian Douglas (M 40)	Bellahouston Harriers
Donald Kennedy (M 45)	Bellahouston Harriers
Stewart Mulholland (M 55)	Bellahouston Harriers
James McMillan (M 70)	Bellahouston Harriers
Alastair Scott (M Sen)	Bellahouston Harriers
Thomas Smith (M Sen)	Bellahouston Harriers
John Softley (M 65)	Bellahouston Harriers
Iain Morrison (M 50)	Bellahouston Harriers
Gary Stewart (M 45)	Bellahouston Harriers
Brian Macfarlane (M 45)	Bellahouston Harriers
Paul Houston (M 45)	Bellahouston Harriers
Francis Gilroy (M 50)	Bellahouston Harriers
Jack Arnold (M Sen)	Bellahouston Harriers
Alastair Ewen (M 40)	Bellahouston Road Runners
Andrew Allen (M 50)	Bellahouston Road Runners
Anthony Lucio Jannetta (M Sen)	Bellahouston Road Runners
Bruce Carmichael (M 40)	Bellahouston Road Runners
Bruce Carse (M Sen)	Bellahouston Road Runners
Christopher Logue (M Sen)	Bellahouston Road Runners
David Stakes (M 50)	Bellahouston Road Runners
Derek Rigmand (M 45)	Bellahouston Road Runners
George Rooney (M 45)	Bellahouston Road Runners
Gerard Scullion (M 50)	Bellahouston Road Runners
Gerry Hanlon (M 50)	Bellahouston Road Runners
Graeme Paterson (M 40)	Bellahouston Road Runners
Grant MacDonald (M Sen)	Bellahouston Road Runners
Greig Glendinning (M 40)	Bellahouston Road Runners
Hamish Barbour (M 50)	Bellahouston Road Runners
Iain Burns (M Sen)	Bellahouston Road Runners
Jim Robinson (M 55)	Bellahouston Road Runners
Keith Gibb (M 50)	Bellahouston Road Runners
Kenny McDonald (M 40)	Bellahouston Road Runners
Lea Macleod (M Sen)	Bellahouston Road Runners
Marc Bromwich (M Sen)	Bellahouston Road Runners
Owen McQuade (M 55)	Bellahouston Road Runners
Peter Gallanagh (M 45)	Bellahouston Road Runners
Richard Leyton (M 40)	Bellahouston Road Runners
Stuart McMillan (M Sen)	Bellahouston Road Runners
Thomas O'Connell (M Sen)	Bellahouston Road Runners
Russell Couper (M 50)	Calderglen Harriers
Alan Derrick (M 50)	Calderglen Harriers
Richard Lawton (M 40)	Calderglen Harriers
Jim Holmes (M 45)	Calderglen Harriers
John McBride (M 55)	Calderglen Harriers
Hugh Simpson (M 50)	Calderglen Harriers
Colin Banks (M 40)	Calderglen Harriers
David Herbertson (M 45)	Calderglen Harriers
Andrew Buchanan (M Sen)	Calderglen Harriers
Stuart Waugh (M 65)	Calderglen Harriers
Jim Mearns (M 50)	Calderglen Harriers
Kenny Leinster (M 55)	Calderglen Harriers
Stuart McGeachy (M Sen)	Campbeltown RC

James Murdoch (M Sen)	Campbeltown RC
Peter Rudzinski (M 60)	Clydesdale Harriers
Craig Prior (M Sen)	Clydesdale Harriers
Paul McKendry (M 55)	Clydesdale Harriers
Robert Young (M 70)	Clydesdale Harriers
Pete Cartwright (M 70)	Clydesdale Harriers
Iain Robertson (M Sen)	Clydesdale Harriers
Ryan Nelson (M Sen)	Clydesdale Harriers
Hugh Lavery (M 55)	Clydesdale Harriers
Ryan Nelson (M Sen)	Clydesdale Harriers
Simon Lennox (M Sen)	Dumbarton AAC
Stephen Cole (M 40)	Dumbarton AAC
William Goldie (M 55)	Dumbarton AAC
Eddie Caldwell (M 50)	Dumbarton AAC
Richie Birt (M 40)	Dumbarton AAC
Paul Kelly (M Sen)	Dumbarton AAC
Peter Walsh (M 60)	Dumbarton AAC
Andrew Mahoney (M 45)	Dumbarton AAC
James McLaughlin (M 40)	Dumbarton AAC
Jamie Clements (M Sen)	East Kilbride A.C.
David Thomson (M Sen)	East Kilbride A.C.
Niall Walker (M Sen)	East Kilbride A.C.
Brian O'Neill (M 40)	East Kilbride A.C.
Grant Baillie (M Sen)	East Kilbride A.C.
Graeme Haddow (M 50)	East Kilbride A.C.
Ross Grant (M Sen)	East Kilbride A.C.
Malcolm Shepherd (M 45)	Garscube Harriers
Neal Robertson (M Sen)	Garscube Harriers
Alan Blair (M Sen)	Garscube Harriers
Craig Brown (M 40)	Garscube Harriers
David Campbell (M Sen)	Garscube Harriers
Patrick Gibbons (M 40)	Garscube Harriers
Alasdair MacMillan (M Sen)	Garscube Harriers
Craig Marsden (M Sen)	Garscube Harriers
Del Young (M Sen)	Garscube Harriers
Garry Mathew (M Sen)	Garscube Harriers
Robbie Drummond (M 45)	Garscube Harriers
Peter Dow (M 55)	Garscube Harriers
Alexander Chisholm (M 55)	Garscube Harriers
David Geddes (M 55)	Garscube Harriers
Donald McPartlin (M Sen)	Garscube Harriers
James McAneny (M 55)	Garscube Harriers
Marco Consani (M 40)	Garscube Harriers
Craig Shields (M Sen)	Garscube Harriers
John McLaughlin (M 50)	Garscube Harriers
Christopher Devine (M Sen)	Garscube Harriers
Ian Thomson (M Sen)	Garscube Harriers
Alexander Chalmers (M 45)	Garscube Harriers
Steven Currie (M Sen)	Garscube Harriers
Daniel Burns (M Sen)	Garscube Harriers
Charles Gordon (M 45)	Garscube Harriers
Nick Heaney (M 40)	Garscube Harriers
Mark Cathro (M 50)	Garscube Harriers
Simon Sheridan (M 40)	Garscube Harriers
John Murray (M 40)	Garscube Harriers
Stefan Kuhr (M 40)	Garscube Harriers
David Dickson (M 55)	Garscube Harriers
Neal Gibson (M Sen)	Giffnock North AAC
Andrew Clark (M Sen)	Giffnock North AAC
David Sawyer (M 40)	Giffnock North AAC
Chris Marsh (M Sen)	Giffnock North AAC
Luke Chamberlain (M 40)	Giffnock North AAC
Derren Thomson (M 40)	Giffnock North AAC
Stuart MacDonald (M Sen)	Giffnock North AAC
Chris Greenhalgh (M 40)	Giffnock North AAC
Douglas McConville (M 50)	Giffnock North AAC
Jason Steele (M 40)	Giffnock North AAC
Donald MacBride (M Sen)	Giffnock North AAC
Jan Bienkowski (M Sen)	Giffnock North AAC
Keir Geatrell (M Sen)	Giffnock North AAC
Colin Wylie (M 40)	Giffnock North AAC
Greg Turner (M Sen)	Giffnock North AAC
Grant Boyne (M Sen)	Glasgow University Hare and H
Mark Sutherland (M Sen)	Glasgow University Hare and H
Alexander Affleck (M Sen)	Glasgow University Hare and H
Andrew White (M 45)	Greenock Glenpark Harriers
Kevin O'donoghue (M Sen)	Greenock Glenpark Harriers

Robert Wilson (M Sen)	Greenock Glenpark Harriers
Robert Wilson (M 60)	Greenock Glenpark Harriers
David Carruthers (M 40)	Greenock Glenpark Harriers
Shaun Lyon (M Sen)	Greenock Glenpark Harriers
Frank McMahon (M 65)	Greenock Glenpark Harriers
Paul Monaghan (M 40)	Greenock Glenpark Harriers
Steven Campbell (M 40)	Greenock Glenpark Harriers
Michael Dunn (M 60)	Greenock Glenpark Harriers
Mark Vance (M 40)	Greenock Glenpark Harriers
Stephen McLoone (M 50)	Greenock Glenpark Harriers
John Stevenson (M 45)	Greenock Glenpark Harriers
John Carruthers (M 45)	Greenock Glenpark Harriers
Alan O'Rourke (M 45)	Greenock Glenpark Harriers
Michael Harrington (M 50)	Greenock Glenpark Harriers
Gordon Hepburn (M Sen)	Greenock Glenpark Harriers
David Rafferty (M 50)	Greenock Glenpark Harriers
Kevan McCartney (M 40)	Greenock Glenpark Harriers
Stuart Austin (M 40)	Greenock Glenpark Harriers
Andrew McLinden (M 60)	Hamilton Harriers
Stephen Duffy (M 40)	Hamilton Harriers
James Breen (M 50)	Hamilton Harriers
Neil Richardson (M 40)	Hamilton Harriers
Kenneth White (M 60)	Helensburgh AAC
Christopher Moses (M Sen)	Helensburgh AAC
Campbell Fullarton (M Sen)	Helensburgh AAC
Michael Logan (M Sen)	Helensburgh AAC
Craig Ruddy (M Sen)	Inverclyde AC
Mark Pollard (M Sen)	Inverclyde AC
Michael Houston (M Sen)	Inverclyde AC
Gerard Gaffney (M 60)	Inverclyde AC
David Tamburini (M 40)	Inverclyde AC
John Bell (M Sen)	Inverclyde AC
Damien Mallet (M Sen)	Inverclyde AC
Mathew Thomson (M Sen)	Inverclyde AC
Jason Kane (M Sen)	Inverclyde AC
Craig Winter (M 45)	Inverclyde AC
Jon Hammerman (M Sen)	Inverclyde AC
Nicholas Gemmell (M 40)	Inverclyde AC
Sean Gaffney (M Sen)	Inverclyde AC
Robert Shaw (M 55)	Inverclyde AC
Jude Boulton (M 40)	Inverclyde AC
Paul Lafferty (M Sen)	Irvine Running Club
Alex Allardyce (M 45)	Irvine Running Club
William Richardson (M 40)	Irvine Running Club
Alan Douglas (M Sen)	Irvine Running Club
Mark Livingstone (M 40)	Irvine Running Club
Colin Whitby (M Sen)	Irvine Running Club
Graeme Jack (M 50)	Kelvin Runners
Norman Groves (M 50)	Kilbarchan AAC
Stuart McColm (M 45)	Kilbarchan AAC
Alan Craig (M 45)	Kilbarchan AAC
Donald Petrie (M 55)	Kilbarchan AAC
Graham Evans (M Sen)	Kilbarchan AAC
John Kynaston (M 55)	Kilbarchan AAC
Norman Groves (M 50)	Kilbarchan AAC
Robert Snodgrass (M 45)	Kilbarchan AAC
Scott MacAulay (M Sen)	Kilbarchan AAC
Steven Hill (M Sen)	Kilbarchan AAC
Thomas McDonald (M Sen)	Kilbarchan AAC
Leslie-James McDerment (M 45)	Kilmarnock H&AC
Connell Drummond (M 40)	Kilmarnock H&AC
William Duffy (M 50)	Kilmarnock H&AC
Stewart McAllister (M Sen)	Kilmarnock H&AC
Kenny Wales (M 45)	Kilmarnock H&AC
Stephen Emerson (M Sen)	Kilmarnock H&AC
John Parker (M 50)	Kilmarnock H&AC
Steven Milligan (M Sen)	Kilmarnock H&AC
Ross Connelly (M Sen)	Kilmarnock H&AC
Robert Rogerson (M 50)	Kirkintilloch Olympians
Gary Mitchell (M 45)	Kirkintilloch Olympians
Graham McCabe (M 40)	Kirkintilloch Olympians
Stephen Allan (M 40)	Kirkintilloch Olympians
Edward McLoone (M Sen)	Kirkintilloch Olympians
Sean Casey (M 45)	Kirkintilloch Olympians
David Hogg (M 45)	Kirkintilloch Olympians
Louis O'Hare (M 40)	Kirkintilloch Olympians
Vincent Carroll (M 45)	Kirkintilloch Olympians

Howard Elliott (M 45)	Kirkintilloch Olympians
John Pugh (M 45)	Kirkintilloch Olympians
Gary Shaw (M 40)	Kirkintilloch Olympians
Bobby Hill (M Sen)	Law & District AAC
Ross Hill (M Sen)	Law & District AAC
Darran Muir (M Sen)	Law & District AAC
Anthony Higgins (M 45)	Law & District AAC
Patrick Kelly (M 65)	Law & District AAC
William Drysdale (M 80+)	Law & District AAC
James Rowley (M 65)	Law & District AAC
James Scullion (M Sen)	Law & District AAC
Ross MacDonald (M Sen)	Law & District AAC
William Scoular (M Sen)	Law & District AAC
Jim White (M 40)	Motherwell AC
Nicholas Hughes (M Sen)	Motherwell AC
Marcus Whyte (M Sen)	Motherwell AC
Scott Dickson (M Sen)	Motherwell AC
Peter Blackmore (M 40)	Motherwell AC
John Burns (M 50)	Motherwell AC
Colin Feechan (M 55)	Ron Hill Cambuslang Harriers
David Thom (M 55)	Ron Hill Cambuslang Harriers
Chris Upson (M 50)	Ron Hill Cambuslang Harriers
Daniel O'Connell (M 45)	Ron Hill Cambuslang Harriers
Michael O'Hagan (M 45)	Ron Hill Cambuslang Harriers
John Kelly (M 45)	Ron Hill Cambuslang Harriers
Frank McGowan (M 45)	Ron Hill Cambuslang Harriers
Kerry-Liam Wilson (M 45)	Ron Hill Cambuslang Harriers
Brian Campbell (M 40)	Ron Hill Cambuslang Harriers
Justin Carter (M 40)	Ron Hill Cambuslang Harriers
Jamie Reid (M 40)	Ron Hill Cambuslang Harriers
Scott Hunter (M 40)	Ron Hill Cambuslang Harriers
Kenneth Campbell (M 40)	Ron Hill Cambuslang Harriers
Iain Nicholl (M Sen)	Ron Hill Cambuslang Harriers
Robert Gilroy (M Sen)	Ron Hill Cambuslang Harriers
Iain Reid (M Sen)	Ron Hill Cambuslang Harriers
Benjamin Hukins (M Sen)	Ron Hill Cambuslang Harriers
Gordon Robertson (M Sen)	Ron Hill Cambuslang Harriers
Stuart Gibson (M Sen)	Ron Hill Cambuslang Harriers
Shaun Butler (M Sen)	Ron Hill Cambuslang Harriers
Richard Carr (M Sen)	Ron Hill Cambuslang Harriers
Alistair Campbell (M Sen)	Ron Hill Cambuslang Harriers
Kyle McLellan (M Sen)	Ron Hill Cambuslang Harriers
Grant Sheldon (M Sen)	Ron Hill Cambuslang Harriers
Jethro Lennox (M Sen)	Shettleston Harriers
Joe Symonds (M Sen)	Shettleston Harriers
Daniel Bradford (M Sen)	Shettleston Harriers
Kamil Sierecai (M Sen)	Shettleston Harriers
Teweldeberhan Mengisteab (M Sen)	Shettleston Harriers
Alasdair McLeod (M Sen)	Shettleston Harriers
Kevin Slaven (M Sen)	Shettleston Harriers
Lachlan Oates (M Sen)	Shettleston Harriers
Paul Sorrie (M Sen)	Shettleston Harriers
John Oates (M 55)	Shettleston Harriers
Michael Deason (M Sen)	Shettleston Harriers
David I Houston (M Sen)	Shettleston Harriers
Gerry Mason (M 65)	Shettleston Harriers
Michael Paxton (M Sen)	Shettleston Harriers
Matthew Turner (M Sen)	Shettleston Harriers
Brian McGarrity (M Sen)	Shettleston Harriers
Peter Mackie (M Sen)	Shettleston Harriers
Mark McColl (M Sen)	Shettleston Harriers
William Breckenridge (M 45)	Shettleston Harriers
Kenny Richmond (M 45)	Shettleston Harriers
Scott Kennedy (M 45)	Shettleston Harriers
Kevin Brydon (M Sen)	Shettleston Harriers
John J Duffy (M 50)	Shettleston Harriers
Andy Little (M 50)	Shettleston Harriers
Matthew Sullivan (M Sen)	Shettleston Harriers
Kenny Richmond (M 45)	Shettleston Harriers
David Murphy (M 40)	Shettleston Harriers
Stephen Winter (M 40)	Shettleston Harriers
Graham Crawford (M 55)	Springburn Harriers
Ross McEachern (M 45)	Springburn Harriers
Emilio Cosimo (M 40)	Springburn Harriers
John Henderson (M 50)	Springburn Harriers
Joseph Junior Chambers (M Sen)	Springburn Harriers
Andrew Callan (M 45)	Springburn Harriers

Damian McAuley (M 45)	Springburn Harriers
James Lewis (M 40)	Springburn Harriers
Scott Partyka (M Sen)	Springburn Harriers
Daniel Sheldrick (M Sen)	Campbeltown RC
George McGregor (M 65)	Troon Tortoises AC
Graeme McKenzie (M 40)	Troon Tortoises AC
Jim Phillips (M 40)	Troon Tortoises AC
Robert Carrol (M 40)	Troon Tortoises AC
Fraser McPhail (M 40)	Troon Tortoises AC
Matt Pearce (M 40)	Troon Tortoises AC
Mark Ashby (M 55)	VP-Glasgow AC
Mark Austin (M Sen)	VP-Glasgow AC
Ian Dunn (M 45)	VP-Glasgow AC
Peter Jardine (M 45)	VP-Glasgow AC
Crawford Little (M 45)	VP-Glasgow AC
Damien Moore (M Sen)	VP-Glasgow AC
Tom Ord (M 55)	VP-Glasgow AC
Alex Potter (M 55)	VP-Glasgow AC
Adam Redpath (M Sen)	VP-Glasgow AC
Duncan Thomson (M 45)	VP-Glasgow AC
Derek Watson Snr. (M 50)	VP-Glasgow AC
Kenneth Taylor (M Sen)	Bellahouston Harriers
Niall McAlinden (M Sen)	Westerlands XC Club
John Quinn (M 55)	Westerlands XC Club
James Callender (M Sen)	Westerlands XC Club
Alasdair Duke (M Sen)	Westerlands XC Club
Daniel Reid (M 55)	Westerlands XC Club
David Riach (M 45)	Westerlands XC Club
Gwyn Bellamy (M Sen)	Westerlands XC Club

Competition Information

Event: **Scottish Athletics West District Cross Country Championships**

Date: **Sunday 6th December 2015**

Venue: **Bellahouston Park, Paisley Rd West, Glasgow GB41**

Medals

Individual medals: 1st, 2nd and 3rd in each race except Masters Over 50 (1st only).

Team medals: 1st, 2nd and 3rd with 3 to count, except Senior Men (6) and Senior Women (4).

There will be team medals for the 1st Masters Team only (3 to count).

Important Notes

The Senior, Masters and Masters O50 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 O40 and O50 individual championships – only their own age category.

In scoring the Masters team placings, only Masters athletes are considered.

Prizegiving

Medals will be presented in the Scottish Athletics gazebo (near the Start/Finish area) shortly after each race, or inside the sports hall depending on the weather. Medals can also be posted on if necessary.

Results will be posted on the Scottish Athletics website.

Directions

Postcode for Sat Navs is G52 1HH (Glasgow Club Bellahouston)

Travelling on the M8 from Glasgow, take exit 24 Govan, turn left at end of slip road and right at roundabout. Turn left to Bellahouston Drive, through the mini roundabout and left to the Centre.

Travelling on the M8 from Greenock/Paisley, take exit 24 Govan, turn right at end of slip road and right at roundabout. Turn left to Bellahouston Drive, through the mini roundabout and left to the Centre.

Travelling on the M77 from the south take exit 1 Dumbreck, turn left, left again onto Mossspark Boulevard, then next right onto Bellahouston Drive at the end of the park. The Centre is on your right.

Travelling on the M77 from Glasgow take exit 1 Pollok, turn right, cross the motorway, then left onto Mossspark Boulevard, then next right onto Bellahouston Drive at the end of the park. The centre is on your right.

For public transport options please use Traveline Scotland (www.travelinescotland.co.uk)

Parking

Car Parking is available at Glasgow Club Bellahouston, accessible from Bellahouston Drive. There is also plenty of on street parking on Paisley Rd West, on the north side of the park. On street parking is also available at Mossspark Boulevard on the south side of the park. There are car parks available at Palace of Arts, accessible from Paisley Rd West, and at the House for An Art Lover accessible from Dumbreck Road.

Buses should not use the Leisure Centre car park but can drop off and park on Mossspark Boulevard near the entrance at the cycle track (Bellahouston Drive side of the park).

Declarations

Declarations are in the indoor sports hall in Glasgow Club Bellahouston from 10.00am. The hall can also be used as a club meeting area. Belongings are left at owner's risk. Lockers are available in the corridor - valuables should not be left unattended. All spikes and muddy shoes should be removed before entering the sports centre (to avoid damage to flooring). Course maps and race details will be available at Registration and on the Scottish Athletics and Bellahouston Road Runners (www.bellahoustonroadrunners.co.uk) websites one week prior to the race.

Changing and Toilets

Changing is available at Glasgow Club Bellahouston, staff can direct if necessary. There are toilets and showers available. There are lockers available (£1 coin required).

Start Times and Distances

Declarations close 11:00 race start 11:30 U13 Girls – 2 x small loop = $2 \times 1.5 = 3\text{km}$
Declarations close 11:15 race start 11:45 U13 Boys – 2 x small loop = $2 \times 1.5 = 3\text{km}$
Declarations close 11:30 race start 12:00 U15 Girls – 1 small + 1 large loop = $1.5 + 2.5 = 4\text{km}$
Declarations close 11:50 race start 12:20 U15 Boys – 1 small + 1 large loop = $1.5 + 2.5 = 4\text{km}$
Declarations close 12:10 race start 12:40 U17/U20 Women – 2 large loop – $2 \times 2.5 = 5\text{K}$
Declarations close 12:30 race start 13:00 Senior Ladies – 1 small + 2 large loops = $1.5 + 2 \times 2.5 = 6.5\text{km}$
Declarations close 13:00 race start 13:30 U17 Men 2 large loops + 1 small loop = $2 \times 2.5 + 1 \times 1.5 = 6.5\text{km}$
Declarations close 13:00 race start 13:30 U20 men - 3 large loops = $3 \times 2.5 = 7.5\text{km}$
Declarations close 13:30 race start 14:00 Senior Men – 4 large loops = $4 \times 2.5 = 10\text{km}$

Course

Weather conditions on the day and in the preceding days will determine the underfoot conditions of the course. It may be frozen hard or it may be very muddy and slippery, or water-logged. Please carefully consider the most appropriate footwear choice for the course, plus dress according to the weather conditions. It is advisable to walk the course beforehand to check your choices are appropriate.

First Aid

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

Club Tents

There is space for club tents near the Start/Finish area, on the grass lawn area adjacent to the start/finish, off course on the other side of the tarmac path closest to Paisley Rd West. Please see the course map where tents are marked.

Catering

Hot/cold drinks and snacks will be available from the Glasgow Club Bellahouston café.

Queries

On the day, please address queries about the race to the Referee or Chief Timekeeper.

Many thanks to all the officials and volunteers for their invaluable and much-appreciated help, and to Bellahouston Road Runners for generously hosting the event, plus Glasgow Life and the staff of Glasgow Club Bellahouston.

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

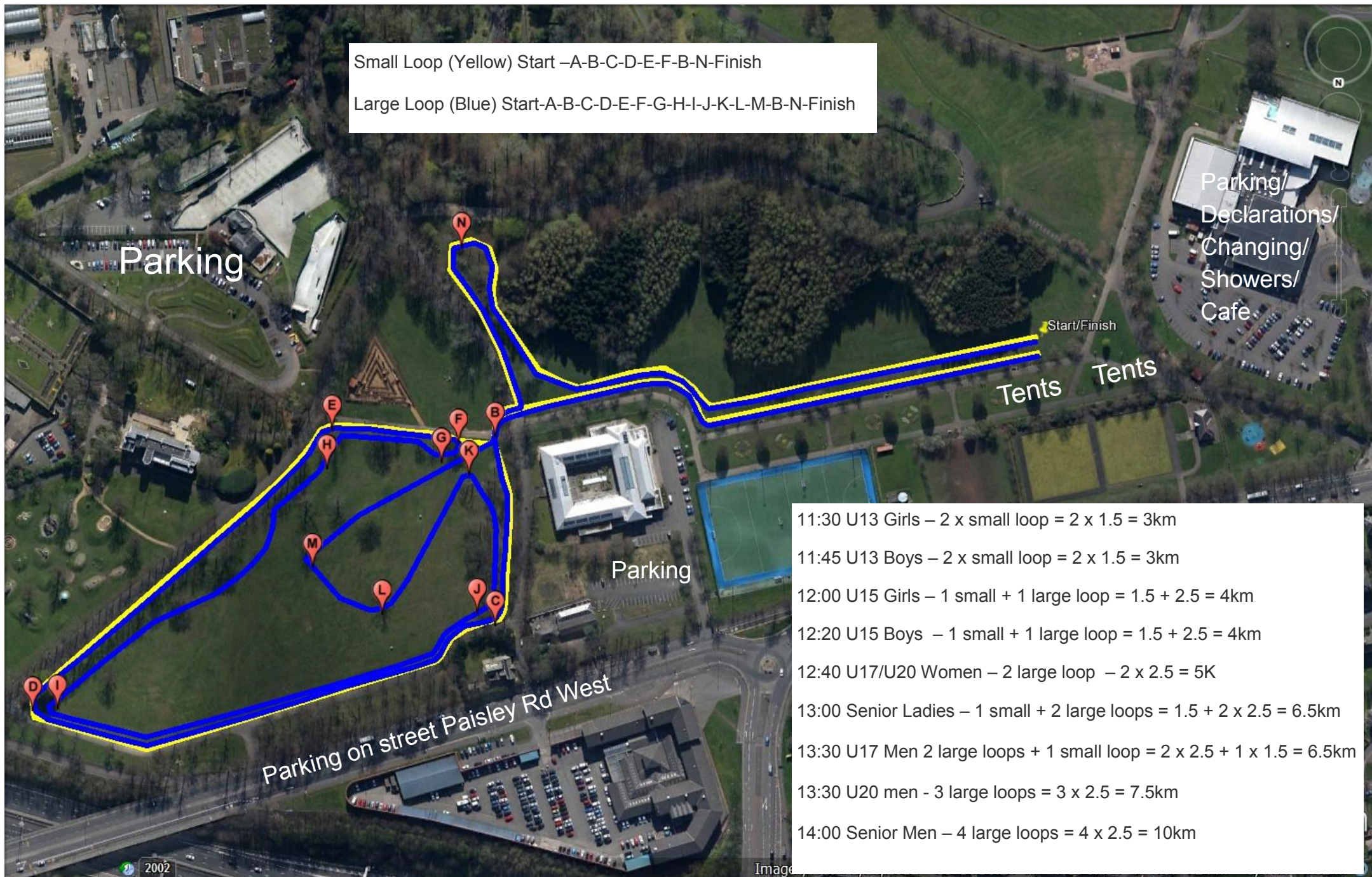
DON'T – Pitch your tent on the course

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



- 11:30 U13 Girls – 2 x small loop = $2 \times 1.5 = 3\text{km}$
- 11:45 U13 Boys – 2 x small loop = $2 \times 1.5 = 3\text{km}$
- 12:00 U15 Girls – 1 small + 1 large loop = $1.5 + 2.5 = 4\text{km}$
- 12:20 U15 Boys – 1 small + 1 large loop = $1.5 + 2.5 = 4\text{km}$
- 12:40 U17/U20 Women – 2 large loop – $2 \times 2.5 = 5\text{K}$
- 13:00 Senior Ladies – 1 small + 2 large loops = $1.5 + 2 \times 2.5 = 6.5\text{km}$
- 13:30 U17 Men 2 large loops + 1 small loop = $2 \times 2.5 + 1 \times 1.5 = 6.5\text{km}$
- 13:30 U20 men - 3 large loops = $3 \times 2.5 = 7.5\text{km}$
- 14:00 Senior Men – 4 large loops = $4 \times 2.5 = 10\text{km}$