

Women Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
1	00:43:51	26	Kilbarchan AAC B (Sen)	1	3	00:14:35	Elspeth Curran
				2	3	00:15:21	Kerry MacAngus
				3	1	00:13:55	Jemma Reekie
2	00:44:15	36	Shettleston Harriers A (Sen)	1	4	00:14:40	Jessica Oliver-Bell
				2	1	00:14:32	Ruth Joss
				3	2	00:15:03	Shona Robertson
3	00:44:21	40	VP-Glasgow AC A (Sen)	1	2	00:14:19	Mhairi Hendry
				2	2	00:15:35	Julie Dobbin
				3	3	00:14:27	Anna Tait
4	00:44:44	23	Inverclyde AC A (Sen)	1	8	00:15:21	Rachael Bushfield
				2	5	00:14:53	Sharon Muir
				3	4	00:14:30	Nymke Mulholland
5	00:45:34	41	VP-Glasgow AC B (Sen)	1	5	00:14:55	Suzanne Gilmour
				2	4	00:15:03	Rhian Dawes
				3	5	00:15:36	Claire Thompson
6	00:46:56	12	Dumbarton AAC A (Sen)	1	9	00:15:27	Nikki Lyons
				2	7	00:15:57	Charlene Kelly
				3	6	00:15:32	Lindsey Currie
7	00:48:55	27	Kilbarchan AAC C (Sen)	1	11	00:15:56	Elaine Eadie
				2	9	00:16:37	Holly Thompson
				3	7	00:16:22	Jennifer Rooney
8	00:49:16	43	Garscube Harriers C (Sen)	1	6	00:15:01	Nicola Hendry
				2	8	00:16:55	Emma Blair
				3	8	00:17:20	Marian Kelly
9	00:50:52	9	Cambuslang Harriers A (Vet) (V)	1	15	00:16:24	Bernadette O'Neil
				2	11	00:16:20	Jennifer Reid
				3	9	00:18:08	Lynn Angely
10	00:51:00	38	Springburn Harriers C (Sen)	1	1	00:14:18	Michelle Sandison
				2	10	00:18:19	Jeanette Craig
				3	10	00:18:23	Pauline Doherty
11	00:52:00	46	Motherwell AC B (Vet) (V)	1	25	00:18:07	Phyllis Hands
				2	16	00:17:33	Clare Barr
				3	11	00:16:20	Joanne Clark
12	00:52:09	25	Kilbarchan AAC A (Vet) (V)	1	21	00:17:52	Julia Wylie
				2	17	00:17:58	Caroline Cochran
				3	12	00:16:19	Sharon Hastie
13	00:52:55	1	Ayr Seaforth AC (Sen)	1	7	00:15:17	Laura Wallace
				2	6	00:16:01	Toni McIntosh
				3	13	00:21:37	Susie Hubbard

Women Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
14	00:53:10	44	Garscube Harriers D (Sen)	1	17	00:17:14	Chloe McAdam
				2	13	00:17:37	Alison Wood
				3	14	00:18:19	Diane Clark
15	00:53:15	2	Bellahouston Harriers A (Sen)	1	24	00:18:05	Emily Jackson
				2	18	00:18:16	Stephanie Baird
				3	15	00:16:54	Lynne McDowall
16	00:53:39	8	Calderglen Harriers A (Sen)	1	14	00:16:17	Julie Beveridge
				2	12	00:16:55	Joanne McEvoy
				3	16	00:20:27	Alexandra Hayden
17	00:54:18	16	Giffnock North AAC A (Sen)	1	10	00:15:49	Allie Chong
				2	25	00:22:53	Irene Zingone
				3	17	00:15:36	Jill Smylie
18	00:54:42	11	Cumbernauld AAC (Sen)	1	20	00:17:51	Alicia Paton
				2	20	00:19:06	Marta Majka
				3	18	00:17:45	Victoria Robertson
19	00:55:05	29	Kilmarnock H&AC A (Sen)	1	26	00:18:15	Bethany Ross
				2	19	00:18:07	Elizabeth McDerment
				3	19	00:18:43	Paula Wilson
20	00:55:52	6	Bellahouston Road Runners B (Sen)	1	12	00:16:01	Louise Ross
				2	14	00:18:58	Julia McDonald
				3	20	00:20:53	Terry Nimmo
21	00:57:45	14	East Kilbride A.C. (Sen)	1	16	00:16:31	Heather Addison
				2	21	00:20:38	Gemma Kirwan
				3	21	00:20:36	Rachael Thomson
22	00:58:14	13	Dumbarton AAC B (Sen)	1	29	00:19:25	Alison Gallacher
				2	23	00:19:07	Clare Egan
				3	22	00:19:42	Laura Johnston
23	00:58:22	31	Kirkintilloch Olympians A (Vet) (V)	1	28	00:19:01	Allison Law
				2	24	00:19:33	Ada Stewart
				3	23	00:19:48	Vivien Fraser
24	00:58:29	32	Kirkintilloch Olympians B (Sen)	1	23	00:18:00	Ausrine Ward
				2	22	00:19:49	Shirley MacNab
				3	24	00:20:40	Maira Smith
25	00:58:32	20	Greenock Glenpark Harriers A (Sen)	1	33	00:19:51	Angeline Austin
				2	27	00:19:30	Lana Hanson
				3	25	00:19:11	Viki Wilkinson
26	00:59:43	42	Garscube Harriers B (Vet) (V)	1	34	00:20:16	Morag Casey
				2	30	00:21:46	Joanne Robertson
				3	26	00:17:41	Debbie Martin-Consani
27	00:61:21	3	Bellahouston Harriers B (Sen)	1	32	00:19:45	Claire Fitzsimmons
				2	28	00:20:48	Jennifer Tait
				3	27	00:20:48	Katy Smith

Women Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
28	00:61:41	33	Law & District AAC (Sen)	1	22	00:17:57	Margaret Newell
				2	26	00:21:02	Nicola Donnelly
				3	28	00:22:42	Hannah Stark
29	00:62:33	30	Kilmarnock H&AC B (Sen)	1	30	00:19:40	Laura Carruthers
				2	31	00:22:46	Stephanie Dale
				3	29	00:20:07	Victoria Anderson
30	00:63:16	4	Bellahouston Harriers C (Vet) (V)	1	31	00:19:42	Christine Mackay
				2	29	00:21:50	Anne Macfie
				3	30	00:21:44	Deirdre Hoyle
- -	xx:xx:xx	5	Bellahouston Road Runners A (Vet) (V)	1	19	00:17:46	Judith Macgregor
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	10	Cambuslang Harriers B (Sen)	1	18	00:17:34	Lesley McArdle
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	18	Glasgow Caledonian University AC A (Sen)	1	35	00:24:31	Katelyn Elizabeth
				2	32	00:20:17	Megan Gemmell
				3		xxxx	xxxx
- -	xx:xx:xx	24	Inverclyde AC B (Sen)	1	13	00:16:02	Julie Gordon
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	47	Motherwell AC C (Sen)	1	27	00:18:23	Emma Hunter
				2	15	00:16:57	Emma Stevenson
				3		xxxx	xxxx

Women Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
F- FU20	1	00:13:55	122	Jemma Reekie	Kilbarchan AAC	3
F- FU20	2	00:14:27	187	Anna Tait	VP-Glasgow AC	3
F- FU20	3	00:15:21	126	Kerry MacAngus	Kilbarchan AAC	2
F- FU20	4	00:16:31	62	Heather Addison	East Kilbride A.C.	1
F- FU20	5	00:16:37	120	Holly Thompson	Kilbarchan AAC	2
F- FU20	6	00:17:45	59	Victoria Robertson	Cumbernauld AAC	3
F- FU20	7	00:17:51	57	Alicia Paton	Cumbernauld AAC	1
F- FU20	8	00:17:57	157	Margaret Newell	Law & District AAC	1
F- FU20	9	00:18:23	171	Emma Hunter	Motherwell AC	1
F- FU20	10	00:19:06	58	Marta Majka	Cumbernauld AAC	2
F- FU20	11	00:20:17	195	Megan Gemmell	Glasgow Caledonian University AC	2
F- FU20	12	00:22:42	158	Hannah Stark	Law & District AAC	3
F- F65	1	00:18:19	186	Jeanette Craig	Springburn Harriers	2
F- F65	2	00:21:44	12	Deirdre Hoyle	Bellahouston Harriers	3
F- F65	3	00:22:53	204	Irene Zingone	Giffnock North AAC	2
F- F60	1	00:18:07	165	Phyllis Hands	Motherwell AC	1
F- F50	1	00:17:52	124	Julia Wylie	Kilbarchan AAC	1
F- F50	2	00:19:01	135	Allison Law	Kirkintilloch Olympians	1
F- F50	3	00:19:33	131	Ada Stewart	Kirkintilloch Olympians	2
F- F50	4	00:19:42	10	Christine Mackay	Bellahouston Harriers	1
F- F50	5	00:19:48	133	Vivien Fraser	Kirkintilloch Olympians	3
F- F50	6	00:19:49	132	Shirley MacNab	Kirkintilloch Olympians	2
F- F50	7	00:20:40	146	Moira Smith	Kirkintilloch Olympians	3
F- F50	8	00:20:53	13	Terry Nimmo	Bellahouston Road Runners	3
F- F50	9	00:21:50	11	Anne Macfie	Bellahouston Harriers	2
F- F45	1	00:15:03	178	Shona Robertson	Shettleston Harriers	3
F- F45	2	00:15:32	42	Lindsey Currie	Dumbarton AAC	3
F- F45	3	00:15:49	202	Allie Chong	Giffnock North AAC	1
F- F45	4	00:16:24	29	Bernadette O'Neil	Cambuslang Harriers	1
F- F45	5	00:17:33	167	Clare Barr	Motherwell AC	2
F- F45	6	00:17:58	114	Caroline Cochran	Kilbarchan AAC	2
F- F45	7	00:18:07	155	Elizabeth McDerment	Kilmarnock H&AC	2
F- F45	8	00:18:23	185	Pauline Doherty	Springburn Harriers	3
F- F45	9	00:18:43	147	Paula Wilson	Kilmarnock H&AC	3
F- F45	10	00:20:38	66	Gemma Kirwan	East Kilbride A.C.	2
F- F45	11	00:20:48	9	Katy Smith	Bellahouston Harriers	3
F- F45	12	00:21:37	207	Susie Hubbard	Ayr Seaforth AC	3
F- F45	13	00:21:46	78	Joanne Robertson	Garscube Harriers	2
F- F40	1	00:14:53	111	Sharon Muir	Inverclyde AC	2
F- F40	2	00:14:55	190	Suzanne Gilmour	VP-Glasgow AC	1
F- F40	3	00:15:36	192	Claire Thompson	VP-Glasgow AC	3
F- F40	4	00:16:02	112	Julie Gordon	Inverclyde AC	1
F- F40	5	00:16:19	129	Sharon Hastie	Kilbarchan AAC	3
F- F40	6	00:16:20	31	Jennifer Reid	Cambuslang Harriers	2
F- F40	7	00:16:20	168	Joanne Clark	Motherwell AC	3
F- F40	8	00:17:41	77	Debbie Martin-Consani	Garscube Harriers	3
F- F40	9	00:17:46	17	Judith Macgregor	Bellahouston Road Runners	1
F- F40	10	00:18:08	32	Lynn Angely	Cambuslang Harriers	3
F- F40	11	00:19:07	44	Clare Egan	Dumbarton AAC	2
F- F40	12	00:19:11	96	Viki Wilkinson	Greenock Glenpark Harriers	3

Women Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
F- F40	13	00:19:51	95	Angeline Austin	Greenock Glenpark Harriers	1
F- F40	14	00:20:07	151	Victoria Anderson	Kilmarnock H&AC	3
F- F40	15	00:20:16	69	Morag Casey	Garscube Harriers	1
F- F Sen	1	00:14:18	184	Michelle Sandison	Springburn Harriers	1
F- F Sen	2	00:14:19	188	Mhairi Hendry	VP-Glasgow AC	1
F- F Sen	3	00:14:30	113	Nymke Mulholland	Inverclyde AC	3
F- F Sen	4	00:14:32	176	Ruth Joss	Shettleston Harriers	2
F- F Sen	5	00:14:35	118	Elspeth Curran	Kilbarchan AAC	1
F- F Sen	6	00:14:40	177	Jessica Oliver-Bell	Shettleston Harriers	1
F- F Sen	7	00:15:01	74	Nicola Hendry	Garscube Harriers	1
F- F Sen	8	00:15:03	191	Rhian Dawes	VP-Glasgow AC	2
F- F Sen	9	00:15:17	1	Laura Wallace	Ayr Seaforth AC	1
F- F Sen	10	00:15:21	110	Rachael Bushfield	Inverclyde AC	1
F- F Sen	11	00:15:27	41	Nikki Lyons	Dumbarton AAC	1
F- F Sen	12	00:15:35	189	Julie Dobbin	VP-Glasgow AC	2
F- F Sen	13	00:15:36	201	Jill Smylie	Giffnock North AAC	3
F- F Sen	14	00:15:56	117	Elaine Eadie	Kilbarchan AAC	1
F- F Sen	15	00:15:57	40	Charlene Kelly	Dumbarton AAC	2
F- F Sen	16	00:16:01	2	Toni McIntosh	Ayr Seaforth AC	2
F- F Sen	17	00:16:01	16	Louise Ross	Bellahouston Road Runners	1
F- F Sen	18	00:16:17	47	Julie Beveridge	Calderglen Harriers	1
F- F Sen	19	00:16:22	123	Jennifer Rooney	Kilbarchan AAC	3
F- F Sen	20	00:16:54	6	Lynne McDowall	Bellahouston Harriers	3
F- F Sen	21	00:16:55	46	Joanne McEvoy	Calderglen Harriers	2
F- F Sen	22	00:16:55	72	Emma Blair	Garscube Harriers	2
F- F Sen	23	00:16:57	169	Emma Stevenson	Motherwell AC	2
F- F Sen	24	00:17:14	75	Chloe McAdam	Garscube Harriers	1
F- F Sen	25	00:17:20	71	Marian Kelly	Garscube Harriers	3
F- F Sen	26	00:17:34	37	Lesley McArdle	Cambuslang Harriers	1
F- F Sen	27	00:17:37	80	Alison Wood	Garscube Harriers	2
F- F Sen	28	00:18:00	134	Ausrine Ward	Kirkintilloch Olympians	1
F- F Sen	29	00:18:05	4	Emily Jackson	Bellahouston Harriers	1
F- F Sen	30	00:18:15	152	Bethany Ross	Kilmarnock H&AC	1
F- F Sen	31	00:18:16	5	Stephanie Baird	Bellahouston Harriers	2
F- F Sen	32	00:18:19	68	Diane Clark	Garscube Harriers	3
F- F Sen	33	00:18:58	14	Julia McDonald	Bellahouston Road Runners	2
F- F Sen	34	00:19:25	45	Alison Gallacher	Dumbarton AAC	1
F- F Sen	35	00:19:30	82	Lana Hanson	Greenock Glenpark Harriers	2
F- F Sen	36	00:19:40	153	Laura Carruthers	Kilmarnock H&AC	1
F- F Sen	37	00:19:42	43	Laura Johnston	Dumbarton AAC	3
F- F Sen	38	00:19:45	7	Claire Fitzsimmons	Bellahouston Harriers	1
F- F Sen	39	00:20:27	48	Alexandra Hayden	Calderglen Harriers	3
F- F Sen	40	00:20:36	65	Rachael Thomson	East Kilbride A.C.	3
F- F Sen	41	00:20:48	8	Jennifer Tait	Bellahouston Harriers	2
F- F Sen	42	00:21:02	160	Nicola Donnelly	Law & District AAC	2
F- F Sen	43	00:22:46	148	Stephanie Dale	Kilmarnock H&AC	2
F- F Sen	44	00:24:31	197	Katelyn Elizabeth	Glasgow Caledonian University AC	1

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Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
1	00:48:47	72	Shettleston Harriers A (Sen)	1	3	00:12:32	Paul Sorrie
				2	3	00:12:12	Peter Avent
				3	1	00:12:19	Alasdair McLeod
				4	1	00:11:44	Tewoldeberhan Mengisteab
2	00:49:53	53	Kilbarchan AAC A (Sen)	1	9	00:13:01	Ewan McKerral
				2	1	00:11:08	Callum Hawkins
				3	2	00:12:56	Scott MacAulay
				4	2	00:12:48	Callum Matthews
3	00:49:58	13	Cambuslang Harriers A (Sen)	1	4	00:12:43	Gavin Smith
				2	4	00:12:10	Ryan Thomson
				3	3	00:12:44	Ian Reid
				4	3	00:12:21	Craig Jardine
4	00:50:59	81	VP-Glasgow AC A (Sen)	1	2	00:12:21	Afwerki Haile
				2	5	00:12:52	Jamie MacKinnon
				3	5	00:13:00	Max Milarvie
				4	4	00:12:46	Martin Hayes
5	00:51:59	47	Inverclyde AC A (Sen)	1	21	00:13:33	Matthew McKinnon
				2	8	00:12:52	John Bell
				3	6	00:12:40	Ross Gray
				4	5	00:12:54	Mark Pollard
6	00:52:16	36	Giffnock North AAC A (Sen)	1	1	00:12:17	Grant Muir
				2	2	00:12:06	Jack Walker
				3	4	00:13:22	Andrew Clark
				4	6	00:14:31	Keir Carolan
7	00:52:45	29	Garscube Harriers A (Sen)	1	6	00:12:48	Del Young
				2	7	00:13:22	Garry Mathew
				3	7	00:13:12	Alan Blair
				4	7	00:13:23	Neal Robertson
8	00:53:08	15	Cambuslang Harriers C (Vet) (V)	1	27	00:13:50	Brian Douglas
				2	11	00:12:46	Robert Gilroy
				3	10	00:13:39	Justin Carter
				4	8	00:12:53	Jamie Reid
9	00:53:22	17	Cambuslang Harriers E (Sen)	1	26	00:13:49	Brendan Carey
				2	20	00:13:43	Richard Carr
				3	13	00:12:50	Alistair Campbell
				4	9	00:13:00	Iain MacCorquodale
10	00:53:42	41	Greenock Glenpark Harriers A (Sen)	1	19	00:13:30	Christopher Mooney
				2	9	00:12:58	Shaun Lyon
				3	9	00:13:41	Kevin O'Donoghue
				4	10	00:13:33	Daniel Doherty
11	00:53:51	54	Kilbarchan AAC B (Sen)	1	22	00:13:39	Graham Evans
				2	12	00:13:05	Scott McLardie
				3	11	00:13:33	Conor Thomson
				4	11	00:13:34	Sam McNair
12	00:53:53	3	Bellahouston Harriers A (Sen)	1	17	00:13:18	Cris Walsh
				2	10	00:13:16	Gregor Yates
				3	8	00:13:30	Stuart Miller
				4	12	00:13:49	Darren McQuade

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Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
13	00:54:05	14	Cambuslang Harriers B (Sen)	1	8	00:12:59	Paul Morrison
				2	17	00:14:08	Ross Stephen
				3	12	00:13:12	Gordon Robertson
				4	13	00:13:46	Colin Reilly
14	00:54:10	65	Law & District AAC A (Sen)	1	13	00:13:14	Ross Macdonald
				2	13	00:13:36	Jamie McMorro
				3	14	00:13:34	Jonathan Kennedy
				4	14	00:13:46	Ross Hill
15	00:54:11	48	Inverclyde AC B (Sen)	1	7	00:12:55	David Henderson
				2	16	00:14:05	Callum Hunter
				3	16	00:13:49	Sean Gaffney
				4	15	00:13:22	Michael Houston
16	00:54:19	73	Shettleston Harriers B (Sen)	1	5	00:12:46	Grant Boyne
				2	6	00:13:18	William Bardsley
				3	15	00:14:24	Thomas Coratger
				4	16	00:13:51	Paul Masson
17	00:54:57	30	Garscube Harriers B (Sen)	1	15	00:13:17	Alasdair MacMillan
				2	14	00:13:37	Ally Maciver
				3	17	00:14:15	Steven Currie
				4	17	00:13:48	Craig Shields
18	00:55:14	82	VP-Glasgow AC B (Sen)	1	38	00:14:16	Patrick Bowman
				2	31	00:13:54	Christopher Boyle
				3	19	00:13:22	Kieron Rafferty
				4	18	00:13:42	Steven Bryce
19	00:55:22	42	Greenock Glenpark Harriers B (Vet) (V)	1	33	00:14:04	Mark Vance
				2	32	00:14:07	Andrew White
				3	20	00:13:47	Paul Monaghan
				4	19	00:13:24	Steven Campbell
20	00:55:40	62	Kirkintilloch Olympians B (Vet) (V)	1	16	00:13:17	Stephen Allan
				2	19	00:14:09	David Hogg
				3	18	00:14:02	Howard Elliott
				4	20	00:14:12	Vincent Carroll
21	00:56:22	58	Kilmarnock H&AC B (Vet) (V)	1	32	00:13:59	Robert Lindsay
				2	26	00:13:52	Gordon Reid
				3	21	00:14:18	Colin Glencorse
				4	21	00:14:13	Scott Martin
22	00:56:33	7	Bellahouston Road Runners A (Vet) (V)	1	20	00:13:31	Bruce Carmichael
				2	29	00:14:33	Liam Conway
				3	30	00:15:00	Gerard Scullion
				4	22	00:13:29	Graeme Paterson
23	00:56:38	8	Bellahouston Road Runners B (Sen)	1	29	00:13:54	Marc Bromwich
				2	37	00:15:07	Peter Gallanagh
				3	27	00:13:48	James Montgomery
				4	23	00:13:49	Iain Burns
24	00:56:42	87	Irvine Running Club A (Sen)	1	40	00:14:21	Colin Whitby
				2	33	00:13:55	Alex Allardyce
				3	28	00:14:34	Paul Lafferty
				4	24	00:13:52	Jamie Findlay

Men Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
25	00:57:14	37	Giffnock North AAC B (Vet) (V)	1	18	00:13:18	Chris Greenhalgh
				2	25	00:14:32	Ted Gourley
				3	25	00:14:54	Jason Steele
				4	25	00:14:30	Luke Chamberlain
26	00:57:26	33	Garscube Harriers E (Vet) (V)	1	25	00:13:46	Marco Consani
				2	22	00:13:53	John Bell
				3	22	00:14:32	Malcolm Shepherd
				4	26	00:15:15	Robert McLennan
27	00:57:53	49	Inverclyde AC C (Sen)	1	31	00:13:57	Stephen Cooke
				2	21	00:13:37	Graeme Hyett
				3	31	00:15:33	Mathew Thomson
				4	27	00:14:46	Thomas Jamieson
28	00:57:58	24	Dumbarton AAC A (Sen)	1	24	00:13:44	Peter Currie
				2	24	00:14:02	James McLaughlin
				3	24	00:14:52	Stephen Cole
				4	28	00:15:20	Peter Walsh
29	00:58:01	16	Cambuslang Harriers D (Vet) (V)	1	28	00:13:54	Craig Harrow
				2	27	00:14:02	Stan MacKenzie
				3	26	00:14:50	Paul Thompson
				4	29	00:15:15	Tony Mccutcheon
30	00:58:10	55	Kilbarchan AAC C (Vet) (V)	1	12	00:13:08	Robert Quinn
				2	23	00:14:32	Robert McCulloch
				3	29	00:15:20	Alan Craig
				4	30	00:15:10	Donald Petrie
31	00:58:11	57	Kilmarnock H&AC A (Sen)	1	11	00:13:06	Gavin Hogarth
				2	18	00:14:03	Neil Walker
				3	23	00:15:07	Scott Lyden
				4	31	00:15:55	Stewart McAllister
32	00:58:12	31	Garscube Harriers C (Sen)	1	35	00:14:08	Daniel Burns
				2	35	00:14:48	Ian Thomson
				3	33	00:14:53	Simon Sheridan
				4	32	00:14:23	Duncan McKellar
33	00:58:30	4	Bellahouston Harriers B (Sen)	1	39	00:14:18	Thomas Smith
				2	34	00:14:21	David Mackintosh
				3	35	00:15:21	Calum Ferguson
				4	33	00:14:30	Paul Clawson
34	00:59:01	1	Ayr Seaforth AC A (Sen)	1	10	00:13:03	Kenneth Neill
				2	28	00:14:57	Craig Brown
				3	34	00:15:50	Simon Kirk
				4	34	00:15:11	John Ross
35	00:59:07	74	Shettleston Harriers C (Sen)	1	34	00:14:05	Mark McColl
				2	39	00:15:12	Duncan McCauley
				3	40	00:15:22	William Coyle
				4	35	00:14:28	Brian Scally
36	00:59:20	67	Motherwell AC A (Sen)	1	23	00:13:42	Allan Cameron
				2	15	00:13:13	Christopher MacDonald
				3	32	00:16:40	Ross Burton
				4	36	00:15:45	Scott Dickson

Men Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
37	00:59:22	61	Kirkintilloch Olympians A (Sen)	1	37	00:14:14	Aidan McCaffrey
				2	30	00:13:51	Kieran Pugh
				3	36	00:15:57	John Pugh
				4	37	00:15:20	Scott Bradley
38	00:59:58	27	East Kilbride A.C. A (Sen)	1	48	00:14:42	David Thomson
				2	44	00:15:04	Jack kirwan
				3	37	00:14:19	Niall Walker
				4	38	00:15:53	Graeme Haddow
39	00:60:14	43	Greenock Glenpark Harriers C (Sen)	1	41	00:14:21	Stephen McLoone
				2	40	00:15:10	John Stevenson
				3	43	00:15:29	Robert Dolan
				4	39	00:15:14	Gordon Hepburn
40	00:60:33	63	Kirkintilloch Olympians C (Vet) (V)	1	66	00:15:54	Robert Rogerson
				2	55	00:14:59	Derek Martin
				3	46	00:15:00	Sean Casey
				4	40	00:14:40	Robert Bartley
41	00:60:47	38	Giffnock North AAC C (Sen)	1	14	00:13:15	Keir Geatrell
				2	41	00:16:22	Neal Gibson
				3	41	00:15:04	Chris Marsh
				4	41	00:16:06	Michael Hampson
42	00:60:48	71	North Ayrshire AC (Vet) (V)	1	52	00:15:01	Ian McIlwraith
				2	43	00:14:42	Alan Donachy
				3	48	00:16:31	Thomas Street
				4	42	00:14:34	David Blane
43	00:60:49	20	Cambuslang Harriers H (Vet) (V)	1	51	00:15:00	Scott Hunter
				2	42	00:14:40	Paul Kernohan
				3	44	00:15:59	Francis Hurley
				4	43	00:15:10	Kenny Finlayson
44	00:60:57	18	Cambuslang Harriers F (Vet) (V)	1	45	00:14:36	Alick Walkinshaw
				2	36	00:14:22	Des Dickson
				3	38	00:15:11	Chris Upson
				4	44	00:16:48	Edward Carr
45	00:61:04	21	Cambuslang Harriers I (Sen)	1	42	00:14:28	David Thom
				2	38	00:14:36	Simon Gold
				3	42	00:15:48	Steven Phillips
				4	45	00:16:12	David Scott
46	00:61:06	78	Springburn Harriers G (Sen)	1	50	00:14:57	Joseph Junior Chambers
				2	58	00:16:06	David McCauley
				3	50	00:15:27	Damian McAuley
				4	46	00:14:36	Ross McEachern
47	00:61:42	25	Dumbarton AAC B (Sen)	1	58	00:15:20	Paul Kelly
				2	53	00:15:15	CRAIG BINNIE
				3	45	00:15:05	David Fenwick
				4	47	00:16:02	Kieran McQuade
48	00:61:52	19	Cambuslang Harriers G (Vet) (V)	1	46	00:14:39	Daniel O'Connell
				2	46	00:15:14	Ken McInnes
				3	39	00:14:27	Michael O'Hagan
				4	48	00:17:32	David Stirling

Men Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
49	00:62:28	44	Greenock Glenpark Harriers D (Sen)	1	49	00:14:50	David Roberts
				2	52	00:15:35	Graham Mcgrattan
				3	49	00:15:52	Sam McVictor
				4	49	00:16:11	Stephen Hanley
50	00:62:39	89	Hamilton Harriers (Sen)	1	75	00:17:09	David Dawson
				2	60	00:14:37	Stephen Duffy
				3	52	00:14:54	Murray McAlpine
				4	50	00:15:59	Andrew McLinen
51	00:62:42	22	Clydesdale Harriers A (Sen)	1	36	00:14:10	Iain Robertson
				2	47	00:15:48	Tony Dolan
				3	47	00:16:00	Ryan Nelson
				4	51	00:16:44	Hugh Laverty
52	00:62:56	11	Calderglen Harriers B (Vet) (V)	1	30	00:13:55	Alan Derrick
				2	51	00:16:16	Jim Holmes
				3	56	00:17:31	Stuart Waugh
				4	52	00:15:14	Mark Saez
53	00:63:07	32	Garscube Harriers D (Sen)	1	57	00:15:18	John Murray
				2	45	00:14:28	Patrick Gibbons
				3	54	00:17:21	Chris Kilshaw
				4	53	00:16:00	Sean McAneny
54	00:63:22	83	VP-Glasgow AC C (Vet) (V)	1	59	00:15:23	Ralph Connolly
				2	54	00:15:18	Duncan Thomson
				3	55	00:16:35	Tom Ord
				4	54	00:16:06	Jonathan Miller
55	00:63:27	34	Garscube Harriers F (Vet) (V)	1	61	00:15:32	Jim McAneny
				2	57	00:15:24	Alexander Chisholm
				3	53	00:15:46	Michael Gallacher
				4	55	00:16:45	Craig Brown
56	00:63:48	50	Inverclyde AC D (Sen)	1	65	00:15:52	Gavin Morrison
				2	48	00:14:07	Nicholas Gemmell
				3	60	00:18:53	Robert Shaw
				4	56	00:14:56	Jude Boulton
57	00:64:36	86	Troon Tortoises AC (Sen)	1	64	00:15:51	Robert Carrol
				2	65	00:16:37	Ian McNee
				3	62	00:16:37	Lewis Wilson
				4	57	00:15:31	Matt Pearce
58	00:64:50	66	Law & District AAC B (Sen)	1	53	00:15:11	Bobby Hill
				2	56	00:15:44	Jim Gillon
				3	58	00:17:28	Conor Butters
				4	58	00:16:27	Shaun Burke
59	00:65:11	45	Greenock Glenpark Harriers E (Sen)	1	69	00:16:08	Stuart Austin
				2	66	00:16:39	Daniel McLaughlin
				3	63	00:16:25	Michael Harrington
				4	59	00:15:59	Duncan Anderson
60	00:65:43	59	Kilmarnock H&AC C (Vet) (V)	1	44	00:14:32	James Connelly
				2	59	00:17:02	William Duffy
				3	57	00:16:14	John Parker
				4	60	00:17:55	Leslie-James McDerment

Men Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
61	00:66:41	51	Inverclyde AC E (Sen)	1	71	00:16:10	Scott McCluckie
				2	64	00:16:12	Shaun Tonner
				3	64	00:17:30	Mark Magee
				4	61	00:16:49	Craig Winter
62	00:66:58	10	Calderglen Harriers A (Sen)	1	43	00:14:31	Andrew Buchanan
				2	61	00:17:20	Richard Lawton
				3	61	00:17:09	William Buchanan
				4	62	00:17:58	Gordon McNally
63	00:67:05	26	Dumbarton AAC C (Sen)	1	63	00:15:47	William Goldie
				2	68	00:17:26	Peter Walsh
				3	59	00:15:30	Leigh Davies
				4	63	00:18:22	Jonathon McRae
64	00:67:22	2	Ayr Seaforth AC B (Vet) (V)	1	62	00:15:46	Stuart McColm
				2	67	00:17:18	John Hannah
				3	66	00:17:59	Stephen McDowall
				4	64	00:16:19	Laurence Baker
65	00:70:04	68	Motherwell AC B (Sen)	1	68	00:16:05	Robert Pattinson
				2	71	00:17:42	Thomas Sneddon
				3	65	00:17:02	Jim White
				4	65	00:19:15	Steven McCaw
66	00:71:13	40	Glasgow Caledonian University AC (Sen)	1	78	00:18:03	Alex Benin
				2	73	00:16:50	Terry Mulholland
				3	69	00:17:11	David McKenna
				4	66	00:19:09	Derek Scott
--	xx:xx:xx	5	Bellahouston Harriers C (Sen)	1	54	00:15:14	Francis Gilroy
				2	49	00:14:52	Paul Houston
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	6	Bellahouston Harriers D (Sen)	1	60	00:15:27	Donald Kennedy
				2	72	00:19:10	Robert Carson
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	9	Bellahouston Road Runners C (Sen)	1	67	00:16:03	Henry Merriweather
				2	63	00:15:55	Christopher Logue
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	12	Calderglen Harriers C (Sen)	1	74	00:17:01	Kenny Leinster
				2	76	00:20:38	Russell Couper
				3	70	00:16:10	Martin Howell
				4		xxxx	xxxx
--	xx:xx:xx	35	Garscube Harriers G (Sen)	1	76	00:17:20	Stephen Wilson
				2		xxxx	xxxx
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	39	Giffnock North AAC D (Sen)	1	56	00:15:17	Colin Wylie
				2	75	00:20:22	David Logan
				3	71	00:20:49	Alan Stewart
				4		xxxx	xxxx

Men Team Categories - All

08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
--	xx:xx:xx	46	Greenock Glenpark Harriers F (Sen)	1	79	00:18:38	John Carruthers
				2	74	00:16:38	Stephen Reid
				3	68	00:16:45	Alan O'Rourke
				4		xxxx	xxxx
--	xx:xx:xx	52	Inverclyde AC F (Sen)	1	80	00:21:55	Thomas Tracey
				2		xxxx	xxxx
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	56	Kilbarchan AAC D (Sen)	1	47	00:14:41	Ryan Waldron
				2	50	00:15:28	Robert Snodgrass
				3	51	00:16:21	Steven Hill
				4		xxxx	xxxx
--	xx:xx:xx	64	Kirkintilloch Olympians D (Sen)	1	70	00:16:08	David Mitchell
				2	70	00:17:33	Paul Reilly
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	75	Shettleston Harriers D (Sen)	1	77	00:17:57	Anton Manley
				2		xxxx	xxxx
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	79	Springburn Harriers H (Sen)	1	72	00:16:11	Robert White
				2	69	00:17:18	Donnie Inglis
				3	67	00:17:53	Alistair Peat
				4		xxxx	xxxx
--	xx:xx:xx	84	VP-Glasgow AC D (Sen)	1	73	00:16:13	Damien Moore
				2	77	00:21:39	Kenneth McVey
				3		xxxx	xxxx
				4		xxxx	xxxx
--	xx:xx:xx	88	Irvine Running Club B (Sen)	1	55	00:15:15	Alan Douglas
				2	62	00:16:43	Andrew Rennie
				3		xxxx	xxxx
				4		xxxx	xxxx

Men Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M- MU20	1	00:12:21	340	Craig Jardine	Cambuslang Harriers	4
M- MU20	2	00:12:40	453	Ross Gray	Inverclyde AC	3
M- MU20	3	00:12:43	345	Gavin Smith	Cambuslang Harriers	1
M- MU20	4	00:12:52	652	Jamie MacKinnon	VP-Glasgow AC	2
M- MU20	5	00:12:59	343	Paul Morrison	Cambuslang Harriers	1
M- MU20	6	00:13:00	655	Max Milarvie	VP-Glasgow AC	3
M- MU20	7	00:13:01	523	Ewan McKerral	Kilbarchan AAC	1
M- MU20	8	00:13:05	534	Scott McLardie	Kilbarchan AAC	2
M- MU20	9	00:13:18	588	William Bardsley	Shettleston Harriers	2
M- MU20	10	00:13:33	519	Conor Thomson	Kilbarchan AAC	3
M- MU20	11	00:13:33	461	Matthew McKinnon	Inverclyde AC	1
M- MU20	12	00:13:34	532	Sam McNair	Kilbarchan AAC	4
M- MU20	13	00:13:49	339	Brendan Carey	Cambuslang Harriers	1
M- MU20	14	00:13:54	646	Christopher Boyle	VP-Glasgow AC	2
M- MU20	15	00:14:14	500	Aidan McCaffrey	Kirkintilloch Olympians	1
M- MU20	16	00:14:31	436	Keir Carolan	Giffnock North AAC	4
M- MU20	17	00:15:21	254	Calum Ferguson	Bellahouston Harriers	3
M- MU20	18	00:16:27	546	Shaun Burke	Law & District AAC	4
M- MU20	19	00:16:37	639	Lewis Wilson	Troon Tortoises AC	3
M- MU20	20	00:16:50	668	Terry Mulholland	Glasgow Caledonian University AC	2
M- MU20	21	00:17:28	538	Conor Butters	Law & District AAC	3
M- MU20	22	00:19:09	667	Derek Scott	Glasgow Caledonian University AC	4
M- M65	1	00:15:59	714	Andrew McLinen	Hamilton Harriers	4
M- M65	2	00:16:43	701	Andrew Rennie	Irvine Running Club	2
M- M65	3	00:17:09	273	William Buchanan	Calderglen Harriers	3
M- M65	4	00:17:31	267	Stuart Waugh	Calderglen Harriers	3
M- M65	5	00:19:10	256	Robert Carson	Bellahouston Harriers	2
M- M65	6	00:20:49	443	Alan Stewart	Giffnock North AAC	3
M- M65	7	00:21:39	654	Kenneth McVey	VP-Glasgow AC	2
M- M60	1	00:15:24	678	Alexander Chisholm	Garscube Harriers	2
M- M60	2	00:15:35	423	Graham Mcgrattan	Greenock Glenpark Harriers	2
M- M60	3	00:15:47	362	William Goldie	Dumbarton AAC	1
M- M60	4	00:15:59	295	Francis Hurley	Cambuslang Harriers	3
M- M60	5	00:16:44	351	Hugh Laverty	Clydesdale Harriers	4
M- M60	6	00:17:26	364	Peter Walsh	Dumbarton AAC	2
M- M60	7	00:18:53	465	Robert Shaw	Inverclyde AC	3
M- M60	8	00:21:55	464	Thomas Tracey	Inverclyde AC	1
M- M55	1	00:14:22	298	Des Dickson	Cambuslang Harriers	2
M- M55	2	00:14:28	300	David Thom	Cambuslang Harriers	1
M- M55	3	00:14:36	301	Alick Walkinshaw	Cambuslang Harriers	1
M- M55	4	00:14:50	296	Paul Thompson	Cambuslang Harriers	3
M- M55	5	00:15:10	520	Donald Petrie	Kilbarchan AAC	4
M- M55	6	00:15:15	672	Robert McLennan	Garscube Harriers	4
M- M55	7	00:15:32	691	Jim McAneny	Garscube Harriers	1
M- M55	8	00:15:46	694	Michael Gallacher	Garscube Harriers	3
M- M55	9	00:15:54	491	Robert Rogerson	Kirkintilloch Olympians	1
M- M55	10	00:16:19	212	Laurence Baker	Ayr Seaforth AC	4
M- M55	11	00:16:25	421	Michael Harrington	Greenock Glenpark Harriers	3
M- M55	12	00:16:35	658	Tom Ord	VP-Glasgow AC	3
M- M55	13	00:16:37	638	Ian McNee	Troon Tortoises AC	2

Men Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M- M55	14	00:16:39	422	Daniel McLaughlin	Greenock Glenpark Harriers	2
M- M55	15	00:16:48	299	Edward Carr	Cambuslang Harriers	4
M- M55	16	00:17:01	272	Kenny Leinster	Calderglen Harriers	1
M- M55	17	00:20:22	440	David Logan	Giffnock North AAC	2
M- M50	1	00:13:08	530	Robert Quinn	Kilbarchan AAC	1
M- M50	2	00:13:55	264	Alan Derrick	Calderglen Harriers	1
M- M50	3	00:14:02	302	Stan MacKenzie	Cambuslang Harriers	2
M- M50	4	00:14:21	420	Stephen McLoone	Greenock Glenpark Harriers	1
M- M50	5	00:14:28	630	Brian Scally	Shettleston Harriers	4
M- M50	6	00:14:32	435	Ted Gourley	Giffnock North AAC	2
M- M50	7	00:14:32	528	Robert McCulloch	Kilbarchan AAC	2
M- M50	8	00:14:34	571	David Blane	North Ayrshire AC	4
M- M50	9	00:14:36	575	Ross McEachern	Springburn Harriers	4
M- M50	10	00:14:39	304	Daniel O'Connell	Cambuslang Harriers	1
M- M50	11	00:15:00	226	Gerard Scullion	Bellahouston Road Runners	3
M- M50	12	00:15:11	303	Chris Upson	Cambuslang Harriers	3
M- M50	13	00:15:14	252	Francis Gilroy	Bellahouston Harriers	1
M- M50	14	00:15:22	615	William Coyle	Shettleston Harriers	3
M- M50	15	00:15:23	647	Ralph Connolly	VP-Glasgow AC	1
M- M50	16	00:15:27	583	Damian McAuley	Springburn Harriers	3
M- M50	17	00:15:44	547	Jim Gillon	Law & District AAC	2
M- M50	18	00:15:53	376	Graeme Haddow	East Kilbride A.C.	4
M- M50	19	00:16:06	432	Michael Hampson	Giffnock North AAC	4
M- M50	20	00:16:06	656	Jonathan Miller	VP-Glasgow AC	4
M- M50	21	00:16:08	504	David Mitchell	Kirkintilloch Olympians	1
M- M50	22	00:16:14	483	John Parker	Kilmarnock H&AC	3
M- M50	23	00:17:02	484	William Duffy	Kilmarnock H&AC	2
M- M50	24	00:17:09	717	David Dawson	Hamilton Harriers	1
M- M50	25	00:17:20	695	Stephen Wilson	Garscube Harriers	1
M- M50	26	00:17:58	270	Gordon McNally	Calderglen Harriers	4
M- M50	27	00:20:38	263	Russell Couper	Calderglen Harriers	2
M- M45	1	00:13:47	408	Paul Monaghan	Greenock Glenpark Harriers	3
M- M45	2	00:13:53	692	John Bell	Garscube Harriers	2
M- M45	3	00:13:54	312	Craig Harrow	Cambuslang Harriers	1
M- M45	4	00:13:55	700	Alex Allardyce	Irvine Running Club	2
M- M45	5	00:14:02	497	Howard Elliott	Kirkintilloch Olympians	3
M- M45	6	00:14:07	413	Andrew White	Greenock Glenpark Harriers	2
M- M45	7	00:14:09	494	David Hogg	Kirkintilloch Olympians	2
M- M45	8	00:14:12	496	Vincent Carroll	Kirkintilloch Olympians	4
M- M45	9	00:14:13	478	Scott Martin	Kilmarnock H&AC	4
M- M45	10	00:14:27	308	Michael O'Hagan	Cambuslang Harriers	3
M- M45	11	00:14:32	689	Malcolm Shepherd	Garscube Harriers	3
M- M45	12	00:14:32	480	James Connelly	Kilmarnock H&AC	1
M- M45	13	00:14:33	219	Liam Conway	Bellahouston Road Runners	2
M- M45	14	00:14:42	570	Alan Donachy	North Ayrshire AC	2
M- M45	15	00:14:52	355	Stephen Cole	Dumbarton AAC	3
M- M45	16	00:14:52	250	Paul Houston	Bellahouston Harriers	2
M- M45	17	00:14:59	503	Derek Martin	Kirkintilloch Olympians	2
M- M45	18	00:15:00	493	Sean Casey	Kirkintilloch Olympians	3
M- M45	19	00:15:07	220	Peter Gallanagh	Bellahouston Road Runners	2
M- M45	20	00:15:10	411	John Stevenson	Greenock Glenpark Harriers	2
M- M45	21	00:15:14	307	Ken McInnes	Cambuslang Harriers	2
M- M45	22	00:15:15	310	Tony Mccutcheon	Cambuslang Harriers	4
M- M45	23	00:15:18	661	Duncan Thomson	VP-Glasgow AC	2

Men Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M- M45	24	00:15:20	516	Alan Craig	Kilbarchan AAC	3
M- M45	25	00:15:27	257	Donald Kennedy	Bellahouston Harriers	1
M- M45	26	00:15:28	529	Robert Snodgrass	Kilbarchan AAC	2
M- M45	27	00:15:46	215	Stuart McColm	Ayr Seaforth AC	1
M- M45	28	00:15:52	460	Gavin Morrison	Inverclyde AC	1
M- M45	29	00:15:52	410	Sam McVictor	Greenock Glenpark Harriers	3
M- M45	30	00:15:57	506	John Pugh	Kirkintilloch Olympians	3
M- M45	31	00:16:03	223	Henry Merriweather	Bellahouston Road Runners	1
M- M45	32	00:16:05	564	Robert Pattinson	Motherwell AC	1
M- M45	33	00:16:10	280	Martin Howell	Calderglen Harriers	3
M- M45	34	00:16:11	578	Robert White	Springburn Harriers	1
M- M45	35	00:16:16	274	Jim Holmes	Calderglen Harriers	2
M- M45	36	00:16:45	412	Alan O'Rourke	Greenock Glenpark Harriers	3
M- M45	37	00:16:49	463	Craig Winter	Inverclyde AC	4
M- M45	38	00:17:18	581	Donnie Inglis	Springburn Harriers	2
M- M45	39	00:17:32	313	David Stirling	Cambuslang Harriers	4
M- M45	40	00:17:33	502	Paul Reilly	Kirkintilloch Olympians	2
M- M45	41	00:17:55	482	Leslie-James McDerment	Kilmarnock H&AC	4
M- M45	42	00:18:38	409	John Carruthers	Greenock Glenpark Harriers	1
M- M40	1	00:12:46	319	Robert Gilroy	Cambuslang Harriers	2
M- M40	2	00:12:53	316	Jamie Reid	Cambuslang Harriers	4
M- M40	3	00:13:17	492	Stephen Allan	Kirkintilloch Olympians	1
M- M40	4	00:13:18	251	Cris Walsh	Bellahouston Harriers	1
M- M40	5	00:13:18	429	Chris Greenhalgh	Giffnock North AAC	1
M- M40	6	00:13:24	402	Steven Campbell	Greenock Glenpark Harriers	4
M- M40	7	00:13:29	225	Graeme Paterson	Bellahouston Road Runners	4
M- M40	8	00:13:31	218	Bruce Carmichael	Bellahouston Road Runners	1
M- M40	9	00:13:39	315	Justin Carter	Cambuslang Harriers	3
M- M40	10	00:13:42	555	Allan Cameron	Motherwell AC	1
M- M40	11	00:13:44	357	Peter Currie	Dumbarton AAC	1
M- M40	12	00:13:46	696	Marco Consani	Garscube Harriers	1
M- M40	13	00:13:50	314	Brian Douglas	Cambuslang Harriers	1
M- M40	14	00:13:52	488	Gordon Reid	Kilmarnock H&AC	2
M- M40	15	00:13:59	477	Robert Lindsay	Kilmarnock H&AC	1
M- M40	16	00:14:02	365	James McLaughlin	Dumbarton AAC	2
M- M40	17	00:14:04	404	Mark Vance	Greenock Glenpark Harriers	1
M- M40	18	00:14:07	447	Nicholas Gemmell	Inverclyde AC	2
M- M40	19	00:14:18	481	Colin Glencorse	Kilmarnock H&AC	3
M- M40	20	00:14:28	676	Patrick Gibbons	Garscube Harriers	2
M- M40	21	00:14:30	430	Luke Chamberlain	Giffnock North AAC	4
M- M40	22	00:14:37	715	Stephen Duffy	Hamilton Harriers	2
M- M40	23	00:14:40	498	Robert Bartley	Kirkintilloch Olympians	4
M- M40	24	00:14:53	688	Simon Sheridan	Garscube Harriers	3
M- M40	25	00:14:54	433	Jason Steele	Giffnock North AAC	3
M- M40	26	00:14:56	459	Jude Boulton	Inverclyde AC	4
M- M40	27	00:15:00	317	Scott Hunter	Cambuslang Harriers	1
M- M40	28	00:15:01	568	Ian McIlwraith	North Ayrshire AC	1
M- M40	29	00:15:10	318	Kenny Finlayson	Cambuslang Harriers	4
M- M40	30	00:15:11	209	John Ross	Ayr Seaforth AC	4
M- M40	31	00:15:14	268	Mark Saez	Calderglen Harriers	4
M- M40	32	00:15:17	434	Colin Wylie	Giffnock North AAC	1
M- M40	33	00:15:18	685	John Murray	Garscube Harriers	1
M- M40	34	00:15:29	406	Robert Dolan	Greenock Glenpark Harriers	3
M- M40	35	00:15:31	640	Matt Pearce	Troon Tortoises AC	4

Men Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M- M40	36	00:15:50	211	Simon Kirk	Ayr Seaforth AC	3
M- M40	37	00:15:51	637	Robert Carrol	Troon Tortoises AC	1
M- M40	38	00:16:06	580	David McCauley	Springburn Harriers	2
M- M40	39	00:16:08	405	Stuart Austin	Greenock Glenpark Harriers	1
M- M40	40	00:16:22	439	Neal Gibson	Giffnock North AAC	2
M- M40	41	00:16:31	569	Thomas Street	North Ayrshire AC	3
M- M40	42	00:16:38	407	Stephen Reid	Greenock Glenpark Harriers	2
M- M40	43	00:16:45	677	Craig Brown	Garscube Harriers	4
M- M40	44	00:17:02	561	Jim White	Motherwell AC	3
M- M40	45	00:17:18	214	John Hannah	Ayr Seaforth AC	2
M- M40	46	00:17:20	265	Richard Lawton	Calderglen Harriers	2
M- M40	47	00:17:42	559	Thomas Sneddon	Motherwell AC	2
M- M40	48	00:17:57	631	Anton Manley	Shettleston Harriers	1
M- M40	49	00:17:59	210	Stephen McDowall	Ayr Seaforth AC	3
M- M Sen	1	00:11:08	518	Callum Hawkins	Kilbarchan AAC	2
M- M Sen	2	00:11:44	593	Tewoldeberhan Mengisteab	Shettleston Harriers	4
M- M Sen	3	00:12:06	438	Jack Walker	Giffnock North AAC	2
M- M Sen	4	00:12:10	337	Ryan Thomson	Cambuslang Harriers	2
M- M Sen	5	00:12:12	618	Peter Avent	Shettleston Harriers	2
M- M Sen	6	00:12:17	431	Grant Muir	Giffnock North AAC	1
M- M Sen	7	00:12:19	610	Alasdair McLeod	Shettleston Harriers	3
M- M Sen	8	00:12:21	648	Afwerki Haile	VP-Glasgow AC	1
M- M Sen	9	00:12:32	596	Paul Sorrie	Shettleston Harriers	1
M- M Sen	10	00:12:44	322	Ian Reid	Cambuslang Harriers	3
M- M Sen	11	00:12:46	649	Martin Hayes	VP-Glasgow AC	4
M- M Sen	12	00:12:46	629	Grant Boyne	Shettleston Harriers	1
M- M Sen	13	00:12:48	517	Callum Matthews	Kilbarchan AAC	4
M- M Sen	14	00:12:48	674	Del Young	Garscube Harriers	1
M- M Sen	15	00:12:50	331	Alistair Campbell	Cambuslang Harriers	3
M- M Sen	16	00:12:52	452	John Bell	Inverclyde AC	2
M- M Sen	17	00:12:54	449	Mark Pollard	Inverclyde AC	4
M- M Sen	18	00:12:55	454	David Henderson	Inverclyde AC	1
M- M Sen	19	00:12:56	533	Scott MacAulay	Kilbarchan AAC	3
M- M Sen	20	00:12:58	388	Shaun Lyon	Greenock Glenpark Harriers	2
M- M Sen	21	00:13:00	327	Iain MacCorquodale	Cambuslang Harriers	4
M- M Sen	22	00:13:03	208	Kenneth Neill	Ayr Seaforth AC	1
M- M Sen	23	00:13:06	472	Gavin Hogarth	Kilmarnock H&AC	1
M- M Sen	24	00:13:12	326	Gordon Robertson	Cambuslang Harriers	3
M- M Sen	25	00:13:12	679	Alan Blair	Garscube Harriers	3
M- M Sen	26	00:13:13	566	Christopher MacDonald	Motherwell AC	2
M- M Sen	27	00:13:14	544	Ross Macdonald	Law & District AAC	1
M- M Sen	28	00:13:15	441	Keir Geatrell	Giffnock North AAC	1
M- M Sen	29	00:13:16	253	Gregor Yates	Bellahouston Harriers	2
M- M Sen	30	00:13:17	681	Alasdair MacMillan	Garscube Harriers	1
M- M Sen	31	00:13:22	451	Michael Houston	Inverclyde AC	4
M- M Sen	32	00:13:22	659	Kieron Rafferty	VP-Glasgow AC	3
M- M Sen	33	00:13:22	682	Garry Mathew	Garscube Harriers	2
M- M Sen	34	00:13:22	442	Andrew Clark	Giffnock North AAC	3
M- M Sen	35	00:13:23	684	Neal Robertson	Garscube Harriers	4
M- M Sen	36	00:13:30	393	Christopher Mooney	Greenock Glenpark Harriers	1
M- M Sen	37	00:13:30	255	Stuart Miller	Bellahouston Harriers	3
M- M Sen	38	00:13:33	396	Daniel Doherty	Greenock Glenpark Harriers	4
M- M Sen	39	00:13:34	543	Jonathan Kennedy	Law & District AAC	3
M- M Sen	40	00:13:36	545	Jamie McMorro	Law & District AAC	2
M- M Sen	41	00:13:37	687	Ally Maciver	Garscube Harriers	2

Men Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M- M Sen	42	00:13:37	448	Graeme Hyett	Inverclyde AC	2
M- M Sen	43	00:13:39	524	Graham Evans	Kilbarchan AAC	1
M- M Sen	44	00:13:41	394	Kevin O'Donoghue	Greenock Glenpark Harriers	3
M- M Sen	45	00:13:42	645	Steven Bryce	VP-Glasgow AC	4
M- M Sen	46	00:13:43	328	Richard Carr	Cambuslang Harriers	2
M- M Sen	47	00:13:46	541	Ross Hill	Law & District AAC	4
M- M Sen	48	00:13:46	330	Colin Reilly	Cambuslang Harriers	4
M- M Sen	49	00:13:48	224	James Montgomery	Bellahouston Road Runners	3
M- M Sen	50	00:13:48	686	Craig Shields	Garscube Harriers	4
M- M Sen	51	00:13:49	247	Darren McQuade	Bellahouston Harriers	4
M- M Sen	52	00:13:49	217	Iain Burns	Bellahouston Road Runners	4
M- M Sen	53	00:13:49	450	Sean Gaffney	Inverclyde AC	3
M- M Sen	54	00:13:51	632	Paul Masson	Shettleston Harriers	4
M- M Sen	55	00:13:51	505	Kieran Pugh	Kirkintilloch Olympians	2
M- M Sen	56	00:13:52	708	Jamie Findlay	Irvine Running Club	4
M- M Sen	57	00:13:54	216	Marc Bromwich	Bellahouston Road Runners	1
M- M Sen	58	00:13:57	457	Stephen Cooke	Inverclyde AC	1
M- M Sen	59	00:14:03	473	Neil Walker	Kilmarnock H&AC	2
M- M Sen	60	00:14:05	466	Callum Hunter	Inverclyde AC	2
M- M Sen	61	00:14:05	597	Mark McColl	Shettleston Harriers	1
M- M Sen	62	00:14:08	338	Ross Stephen	Cambuslang Harriers	2
M- M Sen	63	00:14:08	673	Daniel Burns	Garscube Harriers	1
M- M Sen	64	00:14:10	348	Iain Robertson	Clydesdale Harriers	1
M- M Sen	65	00:14:15	680	Steven Currie	Garscube Harriers	3
M- M Sen	66	00:14:16	644	Patrick Bowman	VP-Glasgow AC	1
M- M Sen	67	00:14:18	258	Thomas Smith	Bellahouston Harriers	1
M- M Sen	68	00:14:19	371	Niall Walker	East Kilbride A.C.	3
M- M Sen	69	00:14:21	260	David Mackintosh	Bellahouston Harriers	2
M- M Sen	70	00:14:21	703	Colin Whitby	Irvine Running Club	1
M- M Sen	71	00:14:23	675	Duncan McKellar	Garscube Harriers	4
M- M Sen	72	00:14:24	628	Thomas Coratger	Shettleston Harriers	3
M- M Sen	73	00:14:30	249	Paul Clawson	Bellahouston Harriers	4
M- M Sen	74	00:14:31	266	Andrew Buchanan	Calderglen Harriers	1
M- M Sen	75	00:14:34	699	Paul Lafferty	Irvine Running Club	3
M- M Sen	76	00:14:36	323	Simon Gold	Cambuslang Harriers	2
M- M Sen	77	00:14:40	321	Paul Kernohan	Cambuslang Harriers	2
M- M Sen	78	00:14:41	531	Ryan Waldron	Kilbarchan AAC	1
M- M Sen	79	00:14:42	374	David Thomson	East Kilbride A.C.	1
M- M Sen	80	00:14:46	456	Thomas Jamieson	Inverclyde AC	4
M- M Sen	81	00:14:48	683	Ian Thomson	Garscube Harriers	2
M- M Sen	82	00:14:50	384	David Roberts	Greenock Glenpark Harriers	1
M- M Sen	83	00:14:54	716	Murray McAlpine	Hamilton Harriers	3
M- M Sen	84	00:14:57	584	Joseph Junior Chambers	Springburn Harriers	1
M- M Sen	85	00:14:57	213	Craig Brown	Ayr Seaforth AC	2
M- M Sen	86	00:15:04	373	Jack kirwan	East Kilbride A.C.	2
M- M Sen	87	00:15:04	444	Chris Marsh	Giffnock North AAC	3
M- M Sen	88	00:15:05	359	David Fenwick	Dumbarton AAC	3
M- M Sen	89	00:15:07	487	Scott Lyden	Kilmarnock H&AC	3
M- M Sen	90	00:15:11	540	Bobby Hill	Law & District AAC	1
M- M Sen	91	00:15:12	627	Duncan McCauley	Shettleston Harriers	2
M- M Sen	92	00:15:14	390	Gordon Hepburn	Greenock Glenpark Harriers	4
M- M Sen	93	00:15:15	358	CRAIG BINNIE	Dumbarton AAC	2
M- M Sen	94	00:15:15	709	Alan Douglas	Irvine Running Club	1

Men Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M- M Sen	95	00:15:20	354	Paul Kelly	Dumbarton AAC	1
M- M Sen	96	00:15:20	356	Peter Walsh	Dumbarton AAC	4
M- M Sen	97	00:15:20	499	Scott Bradley	Kirkintilloch Olympians	4
M- M Sen	98	00:15:30	360	Leigh Davies	Dumbarton AAC	3
M- M Sen	99	00:15:33	458	Mathew Thomson	Inverclyde AC	3
M- M Sen	100	00:15:45	554	Scott Dickson	Motherwell AC	4
M- M Sen	101	00:15:48	349	Tony Dolan	Clydesdale Harriers	2
M- M Sen	102	00:15:48	325	Steven Phillips	Cambuslang Harriers	3
M- M Sen	103	00:15:55	476	Stewart McAllister	Kilmarnock H&AC	4
M- M Sen	104	00:15:55	222	Christopher Logue	Bellahouston Road Runners	2
M- M Sen	105	00:15:59	395	Duncan Anderson	Greenock Glenpark Harriers	4
M- M Sen	106	00:16:00	690	Sean McAneny	Garscube Harriers	4
M- M Sen	107	00:16:00	347	Ryan Nelson	Clydesdale Harriers	3
M- M Sen	108	00:16:02	367	Kieran McQuade	Dumbarton AAC	4
M- M Sen	109	00:16:10	468	Scott McCluckie	Inverclyde AC	1
M- M Sen	110	00:16:11	386	Stephen Hanley	Greenock Glenpark Harriers	4
M- M Sen	111	00:16:12	469	Shaun Tonner	Inverclyde AC	2
M- M Sen	112	00:16:12	320	David Scott	Cambuslang Harriers	4
M- M Sen	113	00:16:13	657	Damien Moore	VP-Glasgow AC	1
M- M Sen	114	00:16:21	535	Steven Hill	Kilbarchan AAC	3
M- M Sen	115	00:16:40	553	Ross Burton	Motherwell AC	3
M- M Sen	116	00:17:11	666	David McKenna	Glasgow Caledonian University AC	3
M- M Sen	117	00:17:21	693	Chris Kilshaw	Garscube Harriers	3
M- M Sen	118	00:17:30	467	Mark Magee	Inverclyde AC	3
M- M Sen	119	00:17:53	579	Alistair Peat	Springburn Harriers	3
M- M Sen	120	00:18:03	665	Alex Benin	Glasgow Caledonian University AC	1
M- M Sen	121	00:18:22	361	Jonathon McRae	Dumbarton AAC	4
M- M Sen	122	00:19:15	556	Steven McCaw	Motherwell AC	4

West District CC Relays - Young Female Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
1	00:28:41	71	Giffnock North AAC A (Jun)	1	5	00:10:06	Isla Ward
				2	1	00:09:03	Heather Barnes
				3	1	00:09:32	Lynn McKenna
2	00:28:45	93	Inverclyde AC A (Jun)	1	12	00:10:28	Abi Hammerman
				2	7	00:09:18	Nuala McCheyne
				3	2	00:08:59	Shelby Morrison
3	00:29:02	72	Giffnock North AAC B (Jun)	1	6	00:10:06	Erin Ward
				2	2	00:09:17	Kate Richardson
				3	3	00:09:39	Emily Crusher
4	00:29:23	125	VP-Glasgow AC A (Jun)	1	3	00:09:45	Valencia Wright
				2	3	00:09:41	Joanna Littlefield
				3	4	00:09:57	Adrienne Murray
5	00:29:25	48	Ayr Seaforth AC A (Jun)	1	7	00:10:09	Morven Hubbard
				2	5	00:09:27	Rosie Davidson
				3	5	00:09:49	Emma Frew
6	00:29:37	67	Garscube Harriers A (Jun)	1	1	00:09:33	Anya Maclean
				2	4	00:09:56	Ellie Isabella Hinks
				3	6	00:10:08	Alexandra Jones
7	00:29:43	100	Kilbarchan AAC A (Jun)	1	4	00:10:00	Rachel Muir
				2	6	00:09:41	Alisha Sivell
				3	7	00:10:02	Leona Murray
8	00:30:03	73	Giffnock North AAC C (Jun)	1	16	00:10:39	Niamh McWilliams
				2	12	00:09:46	Jill Carswell
				3	8	00:09:38	Charlotte McKenna
9	00:30:05	75	Giffnock North AAC E (Jun)	1	17	00:10:39	Eva Chong
				2	10	00:09:44	Helen Chong
				3	9	00:09:42	Sofia Kirkpatrick
10	00:30:34	101	Kilbarchan AAC B (Jun)	1	10	00:10:25	Louise Hastie
				2	9	00:09:56	Laine Alemu
				3	10	00:10:13	Libby Sutherland
11	00:30:46	112	Kirkintilloch Olympians A (Jun)	1	13	00:10:30	Rachel Paton
				2	8	00:09:49	Hannah Paton
				3	11	00:10:27	Emma Mahon
12	00:31:00	74	Giffnock North AAC D (Jun)	1	19	00:10:49	Millie McGeehan
				2	13	00:09:42	Francesca Davidson
				3	12	00:10:29	Danielle Kelly
13	00:31:06	107	Kilmarnock H&AC A (Jun)	1	2	00:09:38	Jennifer Murray
				2	11	00:10:47	Ava Heron
				3	13	00:10:41	Molly Murray

West District CC Relays - Young Female Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
14	00:31:21	126	VP-Glasgow AC B (Jun)	1	11	00:10:27	Holly Kirkwood
				2	14	00:10:20	Rhian Callan
				3	14	00:10:34	Holly Little
15	00:31:23	86	Glasgow School of Sport A (Jun)	1	58	00:11:43	Silver Nwabuzor
				2	19	00:09:33	Laura Ferguson
				3	15	00:10:07	Kirsten Forster
16	00:31:35	63	East Kilbride A.C. A (Jun)	1	40	00:11:27	Kayla McCrone
				2	18	00:09:40	Hannah Anderson
				3	17	00:10:28	Lucy Muirhead
17	00:31:35	94	Inverclyde AC B (Jun)	1	47	00:11:32	Erin Law
				2	22	00:09:55	Georgia Morrison
				3	16	00:10:08	Jennifer Lyne
18	00:31:54	77	Giffnock North AAC G (Jun)	1	29	00:11:15	Holly McAneny
				2	20	00:10:07	Annabel Ballantyne
				3	18	00:10:32	Orla Lang
19	00:32:04	76	Giffnock North AAC F (Jun)	1	26	00:11:05	Isla Scott
				2	16	00:09:52	Clare Wallace
				3	19	00:11:07	Leah Sinforiani
20	00:32:18	78	Giffnock North AAC H (Jun)	1	38	00:11:27	Ella McGregor
				2	25	00:10:21	Lauren Paterson
				3	20	00:10:30	Emma Chamberlain
21	00:32:26	69	Garscube Harriers C (Jun)	1	15	00:10:36	Isabelle Burnside
				2	21	00:10:46	Orla Doherty
				3	21	00:11:04	Kerry Gallacher
22	00:32:34	64	East Kilbride A.C. B (Jun)	1	18	00:10:48	Abbie Kirwan
				2	31	00:11:15	Emma Graham
				3	22	00:10:31	Sarah Connolly
23	00:32:43	95	Inverclyde AC C (Jun)	1	61	00:12:01	Orla McGeehan
				2	32	00:10:06	Zoe Renfrew
				3	23	00:10:36	Nicola Doohan
24	00:32:44	53	Cambuslang Harriers A (Jun)	1	8	00:10:13	Niamh Riggins
				2	15	00:10:40	Christie Dalgleish
				3	24	00:11:51	Ruth Kelly
25	00:32:54	79	Giffnock North AAC I (Jun)	1	33	00:11:25	Kate Paul
				2	28	00:10:31	Hannah Miller
				3	25	00:10:58	Rachel Norrie
26	00:33:00	127	VP-Glasgow AC C (Jun)	1	34	00:11:25	Abbey Orr
				2	33	00:10:42	Emma Gilmour
				3	26	00:10:53	Amy Bissett
27	00:33:02	50	Ayr Seaforth AC C (Jun)	1	41	00:11:27	Tess Crooks
				2	34	00:10:47	Evie Mackay
				3	27	00:10:48	Alexandra Smiley

West District CC Relays - Young Female Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
28	00:33:10	116	Law & District AAC A (Jun)	1	48	00:11:33	Dayna Littlejohn
				2	24	00:10:13	Rachel Donnelly
				3	28	00:11:24	Caitlin Thomson
29	00:33:16	68	Garscube Harriers B (Jun)	1	14	00:10:32	Grace Maclean
				2	17	00:10:33	Mia Padmanabhan
				3	29	00:12:11	Sophie Lathan
30	00:33:18	102	Kilbarchan AAC C (Jun)	1	20	00:10:52	Ola Zurakowska
				2	30	00:11:07	Millie Spence
				3	31	00:11:19	Eve Griffiths
31	00:33:18	128	VP-Glasgow AC D (Jun)	1	50	00:11:35	Estere Sudmale
				2	36	00:10:41	Jenna Little
				3	30	00:11:02	Beth Gibbons
32	00:33:20	81	Giffnock North AAC K (Jun)	1	32	00:11:23	Stella Cowey
				2	42	00:11:26	Rhiannon Morris
				3	32	00:10:31	Leila Hickey-Fugaccia
33	00:33:23	80	Giffnock North AAC J (Jun)	1	42	00:11:27	Bethany Drummond
				2	38	00:11:09	Jenny Dougall
				3	33	00:10:47	Miriam Gilbride
34	00:33:28	97	Inverclyde AC E (Jun)	1	62	00:12:03	Amelie Jay
				2	41	00:10:43	Clara Pollock
				3	34	00:10:42	Leah Cameron
35	00:33:34	58	Clydesdale Harriers A (Jun)	1	24	00:11:03	Kenzie Macintosh
				2	26	00:10:45	Skye Birnie
				3	35	00:11:46	Iona Allan
36	00:33:35	61	Cumbernauld AAC A (Jun)	1	37	00:11:27	Kerri Reilly
				2	53	00:12:09	Lucy Winning
				3	36	00:09:59	Lucy Sommerville
37	00:33:37	119	North Ayrshire AC A (Jun)	1	25	00:11:05	Mary - Jane McInally
				2	27	00:10:44	Carla Murray
				3	37	00:11:48	Phoebe Lewis
38	00:33:41	65	East Kilbride A.C. C (Jun)	1	22	00:11:02	Leah Muirhead
				2	29	00:10:55	Ella Comiskey
				3	38	00:11:44	Rachel Wardrope
39	00:33:42	96	Inverclyde AC D (Jun)	1	74	00:12:57	Catriona McPherson
				2	48	00:10:20	Hannah McGeehan
				3	39	00:10:25	Cliona McCheyne
40	00:34:06	49	Ayr Seaforth AC B (Jun)	1	49	00:11:34	Islay Hubbard
				2	37	00:10:47	Charlotte McDowall
				3	40	00:11:45	Caitlin Chilton
41	00:34:12	104	Kilbarchan AAC E (Jun)	1	46	00:11:31	Sarah Forbes
				2	44	00:11:30	Abbie Alemu
				3	41	00:11:11	Emma Johnstone

West District CC Relays - Young Female Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
42	00:34:15	108	Kilmarnock H&AC B (Jun)	1	21	00:10:54	Mhairi Chalmers
				2	46	00:12:12	Phoebe McCutcheon
				3	42	00:11:09	Leonie McCutcheon
43	00:34:18	89	Helensburgh AAC A (Jun)	1	28	00:11:09	Jennifer Scott
				2	51	00:12:20	Amirah Hassan
				3	43	00:10:49	Jessica Noble
44	00:34:30	122	Shettleston Harriers (Jun)	1	43	00:11:28	Chloe Orr
				2	35	00:10:47	Elsie Hollywood
				3	44	00:12:15	Emma Purdey
45	00:34:47	103	Kilbarchan AAC D (Jun)	1	52	00:11:37	Julia Daws
				2	52	00:11:52	Kimberley Gilchrist
				3	45	00:11:18	Katharine McGinn
46	00:34:51	117	Law & District AAC B (Jun)	1	36	00:11:25	Abbie White
				2	40	00:11:21	Leah Keisler
				3	46	00:12:05	Elle Henderson
47	00:34:53	109	Kilmarnock H&AC C (Jun)	1	45	00:11:30	Eilidh Ballantyne
				2	56	00:12:15	Tiana Stevenson
				3	47	00:11:08	Laura Jedrusiak
48	00:35:02	120	North Ayrshire AC B (Jun)	1	59	00:11:50	Leah Murray
				2	49	00:11:34	Megan Pettigrew
				3	48	00:11:38	Lara Diamond
49	00:35:19	59	Clydesdale Harriers B (Jun)	1	31	00:11:22	Polly Anderson
				2	39	00:11:17	Jade Steele-Milne
				3	49	00:12:40	Natasha Shaw
50	00:35:58	54	Cambuslang Harriers B (Jun)	1	30	00:11:19	Eilidh Kennedy
				2	43	00:11:37	Chloe Burton
				3	50	00:13:02	Kate Moss
51	00:36:00	121	North Ayrshire AC C (Jun)	1	64	00:12:09	Rebecca Booth
				2	60	00:12:15	Jilly Lefebvre
				3	51	00:11:36	Emma Donachy
52	00:36:05	113	Kirkintilloch Olympians B (Jun)	1	9	00:10:22	Coaoimhe Quail
				2	58	00:13:34	Katie Martin
				3	52	00:12:09	Iona Smith
53	00:36:16	82	Giffnock North AAC L (Jun)	1	56	00:11:43	Kirsten O'Donoghue
				2	57	00:12:04	Nuala O'Donnell
				3	53	00:12:29	Rhona Mowat
54	00:36:25	124	Springburn Harriers (Jun)	1	53	00:11:38	Nicola Farmer
				2	65	00:13:31	Chloe Emordy
				3	54	00:11:16	Ellie Doherty
55	00:36:27	83	Giffnock North AAC M (Jun)	1	39	00:11:27	Lauren Agnew
				2	55	00:12:15	Nina Crossan
				3	55	00:12:45	Hannah Dougall

West District CC Relays - Young Female Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
56	00:36:41	90	Helensburgh AAC B (Jun)	1	73	00:12:46	Amelia Murphy
				2	63	00:11:54	Evelyn Dennison
				3	56	00:12:01	Katie Flett
57	00:36:49	91	Helensburgh AAC C (Jun)	1	65	00:12:11	Lexy Kenhard
				2	61	00:12:24	Eva McAloon
				3	57	00:12:14	Jenny Hyde
58	00:38:17	110	Kilmarnock H&AC D (Jun)	1	51	00:11:36	Hannah Burn
				2	62	00:12:59	Lucy Glencorse
				3	58	00:13:42	Emily Nix
59	00:39:30	114	Kirkintilloch Olympians C (Jun)	1	75	00:13:16	Robyn O'Hare
				2	67	00:13:25	Eve Reilly
				3	59	00:12:49	Mhairi Quinn
- -	xx:xx:xx	1	VP-Glasgow AC F (---)	1	27	00:11:08	Anna Mccallum
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	2	VP-Glasgow AC G (---)	1	55	00:11:40	Beth Bushell
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	3	VP-Glasgow AC H (---)	1	35	00:11:25	Niamh Finnieston
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	55	Cambuslang Harriers C (Jun)	1	60	00:11:53	Hannah Lang
				2	47	00:11:20	Shona Carey
				3		xxxx	xxxx
- -	xx:xx:xx	56	Cambuslang Harriers D (Jun)	1	23	00:11:03	Millie Nicholl
				2	45	00:12:02	Demi Scott
				3		xxxx	xxxx
- -	xx:xx:xx	57	Cambuslang Harriers E (Jun)	1	67	00:12:17	Cara McDowall
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	60	Clydesdale Harriers C (Jun)	1	77	00:13:56	Heather McDaid
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	62	Cumbernauld AAC B (Jun)	1	71	00:12:36	Amy Kennedy
				2	64	00:12:31	Aimie Hendry
				3		xxxx	xxxx
- -	xx:xx:xx	66	East Kilbride A.C. D (Jun)	1	69	00:12:25	Olivia Carlin
				2		xxxx	xxxx
				3		xxxx	xxxx
- -	xx:xx:xx	70	Garscube Harriers D (Jun)	1	44	00:11:29	Beth Raeside
				2		xxxx	xxxx
				3		xxxx	xxxx

West District CC Relays - Young Female Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
--	xx:xx:xx	87	Glasgow School of Sport B (Jun)	1	57	00:11:43	Emily Rooney
				2	23	00:09:59	Aimee Anderson
				3		xxxx	xxxx
--	xx:xx:xx	88	Greenock Glenpark Harriers (Jun)	1	70	00:12:31	Anna Docherty
				2	59	00:11:37	Beth McKenna
				3		xxxx	xxxx
--	xx:xx:xx	92	Helensburgh AAC D (Jun)	1	66	00:12:14	Kyla Dorizon
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	98	Inverclyde AC F (Jun)	1	76	00:13:52	Amy Cumming
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	105	Kilbarchan AAC F (Jun)	1	63	00:12:09	Poppy Pitts
				2	50	00:11:20	Chloe Cameron
				3		xxxx	xxxx
--	xx:xx:xx	106	Kilbarchan AAC G (Jun)	1	72	00:12:37	Kirstie Cochran
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	111	Kilmarnock H&AC E (Jun)	1	68	00:12:21	Amy Anderson
				2	66	00:13:59	Kirstyn Park
				3		xxxx	xxxx
--	xx:xx:xx	115	Kirkintilloch Olympians D (Jun)	1	78	00:14:58	Lauren O'Hare
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	118	Law & District AAC C (Jun)	1	79	00:25:03	Niav Douglas
				2	68	00:12:13	Lorna Jackson
				3		xxxx	xxxx
--	xx:xx:xx	129	VP-Glasgow AC E (Jun)	1	54	00:11:39	Catriona Scott
				2	54	00:11:58	Nicole Macgilp
				3		xxxx	xxxx

Young Female Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
F-GU17	1	00:08:59	1234	Shelby Morrison	Inverclyde AC	3
F-GU17	2	00:09:32	1183	Lynn McKenna	Giffnock North AAC	3
F-GU17	3	00:09:38	1182	Charlotte McKenna	Giffnock North AAC	3
F-GU17	4	00:09:39	1179	Emily Crusher	Giffnock North AAC	3
F-GU17	5	00:09:57	1360	Adrienne Murray	VP-Glasgow AC	3
F-GU17	6	00:09:59	1089	Lucy Sommerville	Cumbernauld AAC	3
F-GU17	7	00:10:07	1195	Kirsten Forster	Glasgow School of Sport	3
F-GU17	8	00:10:08	1232	Jennifer Lyne	Inverclyde AC	3
F-GU17	9	00:10:27	1250	Emma Mahon	Kirkintilloch Olympians	3
F-GU17	10	00:10:29	1181	Danielle Kelly	Giffnock North AAC	3
F-GU17	11	00:10:34	1359	Holly Little	VP-Glasgow AC	3
F-GU17	12	00:10:36	1235	Nicola Doohan	Inverclyde AC	3
F-GU17	13	00:10:49	1214	Jessica Noble	Helensburgh AAC	3
F-GU17	14	00:10:53	1361	Amy Bissett	VP-Glasgow AC	3
F-GU17	15	00:11:02	1362	Beth Gibbons	VP-Glasgow AC	3
F-GU17	16	00:11:04	1139	Kerry Gallacher	Garscube Harriers	3
F-GU17	17	00:11:07	1186	Leah Sinforiani	Giffnock North AAC	3
F-GU17	18	00:11:11	1278	Emma Johnstone	Kilbarchan AAC	3
F-GU17	19	00:11:18	1279	Katharine McGinn	Kilbarchan AAC	3
F-GU17	20	00:11:19	1282	Eve Griffiths	Kilbarchan AAC	3
F-GU17	21	00:11:38	1326	Lara Diamond	North Ayrshire AC	3
F-GU17	22	00:11:45	1064	Caitlin Chilton	Ayr Seaforth AC	3
F-GU17	23	00:11:46	1106	Iona Allan	Clydesdale Harriers	3
F-GU17	24	00:11:48	1325	Phoebe Lewis	North Ayrshire AC	3
F-GU17	25	00:11:51	1081	Ruth Kelly	Cambuslang Harriers	3
F-GU17	26	00:12:05	1316	Elle Henderson	Law & District AAC	3
F-GU17	27	00:12:11	1138	Sophie Lathan	Garscube Harriers	3
F-GU17	28	00:12:15	1336	Emma Purdey	Shettleston Harriers	3
F-GU17	29	00:12:29	1173	Rhona Mowat	Giffnock North AAC	3
F-GU17	30	00:12:40	1107	Natasha Shaw	Clydesdale Harriers	3
F-GU17	31	00:13:02	1082	Kate Moss	Cambuslang Harriers	3
F-GU15	1	00:09:03	1160	Heather Barnes	Giffnock North AAC	2
F-GU15	2	00:09:17	1177	Kate Richardson	Giffnock North AAC	2
F-GU15	3	00:09:18	1226	Nuala McCheyne	Inverclyde AC	2
F-GU15	4	00:09:27	1063	Rosie Davidson	Ayr Seaforth AC	2
F-GU15	5	00:09:33	1191	Laura Ferguson	Glasgow School of Sport	2
F-GU15	6	00:09:40	1118	Hannah Anderson	East Kilbride A.C.	2
F-GU15	7	00:09:41	1269	Alisha Sivell	Kilbarchan AAC	2
F-GU15	8	00:09:41	1352	Joanna Littlefield	VP-Glasgow AC	2
F-GU15	9	00:09:42	1164	Francesca Davidson	Giffnock North AAC	2
F-GU15	10	00:09:42	1169	Sofia Kirkpatrick	Giffnock North AAC	3
F-GU15	11	00:09:44	1163	Helen Chong	Giffnock North AAC	2
F-GU15	12	00:09:46	1161	Jill Carswell	Giffnock North AAC	2
F-GU15	13	00:09:49	1243	Hannah Paton	Kirkintilloch Olympians	2
F-GU15	14	00:09:49	1056	Emma Frew	Ayr Seaforth AC	3
F-GU15	15	00:09:52	1178	Clare Wallace	Giffnock North AAC	2
F-GU15	16	00:09:55	1227	Georgia Morrison	Inverclyde AC	2
F-GU15	17	00:09:56	1134	Ellie Isabella Hinks	Garscube Harriers	2
F-GU15	18	00:09:56	1265	Laine Alemu	Kilbarchan AAC	2

Young Female Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
F-GU15	19	00:09:59	1192	Aimee Anderson	Glasgow School of Sport	2
F-GU15	20	00:10:02	1264	Leona Murray	Kilbarchan AAC	3
F-GU15	21	00:10:06	1229	Zoe Renfrew	Inverclyde AC	2
F-GU15	22	00:10:07	1159	Annabel Ballantyne	Giffnock North AAC	2
F-GU15	23	00:10:08	1136	Alexandra Jones	Garscube Harriers	3
F-GU15	24	00:10:13	1310	Rachel Donnelly	Law & District AAC	2
F-GU15	25	00:10:13	1266	Libby Sutherland	Kilbarchan AAC	3
F-GU15	26	00:10:20	1231	Hannah McGeehan	Inverclyde AC	2
F-GU15	27	00:10:20	1353	Rhian Callan	VP-Glasgow AC	2
F-GU15	28	00:10:21	1175	Lauren Paterson	Giffnock North AAC	2
F-GU15	29	00:10:25	1225	Cliona McCheyne	Inverclyde AC	3
F-GU15	30	00:10:28	1120	Lucy Muirhead	East Kilbride A.C.	3
F-GU15	31	00:10:30	1162	Emma Chamberlain	Giffnock North AAC	3
F-GU15	32	00:10:31	1119	Sarah Connolly	East Kilbride A.C.	3
F-GU15	33	00:10:31	1172	Hannah Miller	Giffnock North AAC	2
F-GU15	34	00:10:31	1168	Leila Hickey-Fugaccia	Giffnock North AAC	3
F-GU15	35	00:10:32	1170	Orla Lang	Giffnock North AAC	3
F-GU15	36	00:10:33	1135	Mia Padmanabhan	Garscube Harriers	2
F-GU15	37	00:10:40	1076	Christie Dalglish	Cambuslang Harriers	2
F-GU15	38	00:10:41	1295	Molly Murray	Kilmarnock H&AC	3
F-GU15	39	00:10:41	1357	Jenna Little	VP-Glasgow AC	2
F-GU15	40	00:10:42	1354	Emma Gilmour	VP-Glasgow AC	2
F-GU15	41	00:10:42	1230	Leah Cameron	Inverclyde AC	3
F-GU15	42	00:10:43	1228	Clara Pollock	Inverclyde AC	2
F-GU15	43	00:10:44	1322	Carla Murray	North Ayrshire AC	2
F-GU15	44	00:10:45	1100	Skye Birnie	Clydesdale Harriers	2
F-GU15	45	00:10:47	1060	Charlotte McDowall	Ayr Seaforth AC	2
F-GU15	46	00:10:47	1167	Miriam Gilbride	Giffnock North AAC	3
F-GU15	47	00:10:47	1333	Elsie Hollywood	Shettleston Harriers	2
F-GU15	48	00:10:47	1291	Ava Heron	Kilmarnock H&AC	2
F-GU15	49	00:10:47	1062	Evie Mackay	Ayr Seaforth AC	2
F-GU15	50	00:10:48	1058	Alexandra Smiley	Ayr Seaforth AC	3
F-GU15	51	00:10:58	1174	Rachel Norrie	Giffnock North AAC	3
F-GU15	52	00:11:07	1272	Millie Spence	Kilbarchan AAC	2
F-GU15	53	00:11:08	1292	Laura Jedrusiak	Kilmarnock H&AC	3
F-GU15	54	00:11:09	1290	Leonie McCutcheon	Kilmarnock H&AC	3
F-GU15	55	00:11:09	1165	Jenny Dougall	Giffnock North AAC	2
F-GU15	56	00:11:15	1122	Emma Graham	East Kilbride A.C.	2
F-GU15	57	00:11:16	1341	Ellie Doherty	Springburn Harriers	3
F-GU15	58	00:11:17	1103	Jade Steele-Milne	Clydesdale Harriers	2
F-GU15	59	00:11:21	1309	Leah Keisler	Law & District AAC	2
F-GU15	60	00:11:24	1312	Caitlin Thomson	Law & District AAC	3
F-GU15	61	00:11:34	1323	Megan Pettigrew	North Ayrshire AC	2
F-GU15	62	00:11:36	1327	Emma Donachy	North Ayrshire AC	3
F-GU15	63	00:11:37	1200	Beth McKenna	Greenock Glenpark Harriers	2
F-GU15	64	00:11:37	1078	Chloe Burton	Cambuslang Harriers	2
F-GU15	65	00:11:44	1121	Rachel Wardrope	East Kilbride A.C.	3
F-GU15	66	00:11:52	1270	Kimberley Gilchrist	Kilbarchan AAC	2
F-GU15	67	00:12:01	1211	Katie Flett	Helensburgh AAC	3
F-GU15	68	00:12:09	1246	Iona Smith	Kirkintilloch Olympians	3
F-GU15	69	00:12:09	1087	Lucy Winning	Cumbernauld AAC	2
F-GU15	70	00:12:12	1297	Phoebe McCutcheon	Kilmarnock H&AC	2

Young Female Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
F-GU15	71	00:12:13	1311	Lorna Jackson	Law & District AAC	2
F-GU15	72	00:12:14	1212	Jenny Hyde	Helensburgh AAC	3
F-GU15	73	00:12:15	1293	Tiana Stevenson	Kilmarnock H&AC	2
F-GU15	74	00:12:31	1088	Aimie Hendry	Cumbernauld AAC	2
F-GU15	75	00:12:49	1247	Mhairi Quinn	Kirkintilloch Olympians	3
F-GU15	76	00:12:59	1296	Lucy Glencorse	Kilmarnock H&AC	2
F-GU15	77	00:13:25	1248	Eve Reilly	Kirkintilloch Olympians	2
F-GU15	78	00:13:34	1245	Katie Martin	Kirkintilloch Olympians	2
F-GU15	79	00:13:42	1299	Emily Nix	Kilmarnock H&AC	3
F-GU15	80	00:13:59	1298	Kirstyn Park	Kilmarnock H&AC	2
F-GU13	1	00:09:33	1130	Anya Maclean	Garscube Harriers	1
F-GU13	2	00:09:38	1287	Jennifer Murray	Kilmarnock H&AC	1
F-GU13	3	00:09:45	1344	Valencia Wright	VP-Glasgow AC	1
F-GU13	4	00:10:00	1255	Rachel Muir	Kilbarchan AAC	1
F-GU13	5	00:10:06	1158	Isla Ward	Giffnock North AAC	1
F-GU13	6	00:10:06	1157	Erin Ward	Giffnock North AAC	1
F-GU13	7	00:10:09	1051	Morven Hubbard	Ayr Seaforth AC	1
F-GU13	8	00:10:13	1070	Niamh Riggins	Cambuslang Harriers	1
F-GU13	9	00:10:22	1240	Coaoimhe Quail	Kirkintilloch Olympians	1
F-GU13	10	00:10:25	1254	Louise Hastie	Kilbarchan AAC	1
F-GU13	11	00:10:27	1345	Holly Kirkwood	VP-Glasgow AC	1
F-GU13	12	00:10:28	1217	Abi Hammerman	Inverclyde AC	1
F-GU13	13	00:10:30	1239	Rachel Paton	Kirkintilloch Olympians	1
F-GU13	14	00:10:32	1129	Grace Maclean	Garscube Harriers	1
F-GU13	15	00:10:36	1137	Isabelle Burnside	Garscube Harriers	1
F-GU13	16	00:10:39	1151	Niamh McWilliams	Giffnock North AAC	1
F-GU13	17	00:10:39	1143	Eva Chong	Giffnock North AAC	1
F-GU13	18	00:10:46	1132	Orla Doherty	Garscube Harriers	2
F-GU13	19	00:10:48	1112	Abbie Kirwan	East Kilbride A.C.	1
F-GU13	20	00:10:49	1149	Millie McGeehan	Giffnock North AAC	1
F-GU13	21	00:10:52	1253	Ola Zurakowska	Kilbarchan AAC	1
F-GU13	22	00:10:54	1288	Mhairi Chalmers	Kilmarnock H&AC	1
F-GU13	23	00:10:55	1110	Ella Comiskey	East Kilbride A.C.	2
F-GU13	24	00:11:02	1114	Leah Muirhead	East Kilbride A.C.	1
F-GU13	25	00:11:03	1072	Millie Nicholl	Cambuslang Harriers	1
F-GU13	26	00:11:03	1094	Kenzie Macintosh	Clydesdale Harriers	1
F-GU13	27	00:11:05	1156	Isla Scott	Giffnock North AAC	1
F-GU13	28	00:11:05	1319	Mary - Jane McNally	North Ayrshire AC	1
F-GU13	29	00:11:08	1350	Anna McCallum	VP-Glasgow AC	1
F-GU13	30	00:11:09	1204	Jennifer Scott	Helensburgh AAC	1
F-GU13	31	00:11:15	1148	Holly McAneny	Giffnock North AAC	1
F-GU13	32	00:11:19	1074	Eilidh Kennedy	Cambuslang Harriers	1
F-GU13	33	00:11:20	1068	Shona Carey	Cambuslang Harriers	2
F-GU13	34	00:11:20	1261	Chloe Cameron	Kilbarchan AAC	2
F-GU13	35	00:11:22	1092	Polly Anderson	Clydesdale Harriers	1
F-GU13	36	00:11:23	1144	Stella Cowey	Giffnock North AAC	1
F-GU13	37	00:11:25	1348	Niamh Finnieston	VP-Glasgow AC	1
F-GU13	38	00:11:25	1155	Kate Paul	Giffnock North AAC	1
F-GU13	39	00:11:25	1306	Abbie White	Law & District AAC	1
F-GU13	40	00:11:25	1346	Abbey Orr	VP-Glasgow AC	1
F-GU13	41	00:11:26	1152	Rhiannon Morris	Giffnock North AAC	2

Young Female Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
F-GU13	42	00:11:27	1054	Tess Crooks	Ayr Seaforth AC	1
F-GU13	43	00:11:27	1085	Kerri Reilly	Cumbernauld AAC	1
F-GU13	44	00:11:27	1113	Kayla McCrone	East Kilbride A.C.	1
F-GU13	45	00:11:27	1150	Ella McGregor	Giffnock North AAC	1
F-GU13	46	00:11:27	1147	Bethany Drummond	Giffnock North AAC	1
F-GU13	47	00:11:27	1142	Lauren Agnew	Giffnock North AAC	1
F-GU13	48	00:11:28	1331	Chloe Orr	Shettleston Harriers	1
F-GU13	49	00:11:29	1131	Beth Raeside	Garscube Harriers	1
F-GU13	50	00:11:30	1263	Abbie Alemu	Kilbarchan AAC	2
F-GU13	51	00:11:30	1285	Eilidh Ballantyne	Kilmarnock H&AC	1
F-GU13	52	00:11:31	1257	Sarah Forbes	Kilbarchan AAC	1
F-GU13	53	00:11:32	1219	Erin Law	Inverclyde AC	1
F-GU13	54	00:11:33	1305	Dayna Littlejohn	Law & District AAC	1
F-GU13	55	00:11:34	1053	Islay Hubbard	Ayr Seaforth AC	1
F-GU13	56	00:11:35	1347	Estere Sudmale	VP-Glasgow AC	1
F-GU13	57	00:11:36	1286	Hannah Burn	Kilmarnock H&AC	1
F-GU13	58	00:11:37	1260	Julia Daws	Kilbarchan AAC	1
F-GU13	59	00:11:38	1339	Nicola Farmer	Springburn Harriers	1
F-GU13	60	00:11:39	1356	Catriona Scott	VP-Glasgow AC	1
F-GU13	61	00:11:40	1349	Beth Bushell	VP-Glasgow AC	1
F-GU13	62	00:11:43	1154	Kirsten O'Donoghue	Giffnock North AAC	1
F-GU13	63	00:11:43	1189	Silver Nwabuzor	Glasgow School of Sport	1
F-GU13	64	00:11:43	1190	Emily Rooney	Glasgow School of Sport	1
F-GU13	65	00:11:50	1324	Leah Murray	North Ayrshire AC	1
F-GU13	66	00:11:53	1069	Hannah Lang	Cambuslang Harriers	1
F-GU13	67	00:11:54	1207	Evelyn Dennison	Helensburgh AAC	2
F-GU13	68	00:11:58	1351	Nicole Macgilp	VP-Glasgow AC	2
F-GU13	69	00:12:01	1222	Orla McGeehan	Inverclyde AC	1
F-GU13	70	00:12:02	1071	Demi Scott	Cambuslang Harriers	2
F-GU13	71	00:12:03	1220	Amelie Jay	Inverclyde AC	1
F-GU13	72	00:12:04	1153	Nuala O'Donnell	Giffnock North AAC	2
F-GU13	73	00:12:09	1258	Poppy Pitts	Kilbarchan AAC	1
F-GU13	74	00:12:09	1320	Rebecca Booth	North Ayrshire AC	1
F-GU13	75	00:12:11	1208	Lexy Kenhard	Helensburgh AAC	1
F-GU13	76	00:12:14	1206	Kyla Dorizon	Helensburgh AAC	1
F-GU13	77	00:12:15	1321	Jilly Lefebvre	North Ayrshire AC	2
F-GU13	78	00:12:15	1145	Nina Crossan	Giffnock North AAC	2
F-GU13	79	00:12:17	1073	Cara McDowall	Cambuslang Harriers	1
F-GU13	80	00:12:20	1209	Amirah Hassan	Helensburgh AAC	2
F-GU13	81	00:12:21	1289	Amy Anderson	Kilmarnock H&AC	1
F-GU13	82	00:12:24	1205	Eva McAloon	Helensburgh AAC	2
F-GU13	83	00:12:25	1111	Olivia Carlin	East Kilbride A.C.	1
F-GU13	84	00:12:31	1199	Anna Docherty	Greenock Glenpark Harriers	1
F-GU13	85	00:12:36	1086	Amy Kennedy	Cumbernauld AAC	1
F-GU13	86	00:12:37	1262	Kirstie Cochran	Kilbarchan AAC	1
F-GU13	87	00:12:45	1146	Hannah Dougall	Giffnock North AAC	3
F-GU13	88	00:12:46	1210	Amelia Murphy	Helensburgh AAC	1
F-GU13	89	00:12:57	1236	Catriona McPherson	Inverclyde AC	1
F-GU13	90	00:13:16	1242	Robyn O'Hare	Kirkintilloch Olympians	1
F-GU13	91	00:13:31	1340	Chloe Emordy	Springburn Harriers	2
F-GU13	92	00:13:52	1218	Amy Cumming	Inverclyde AC	1
F-GU13	93	00:13:56	1095	Heather McDaid	Clydesdale Harriers	1
F-GU13	94	00:14:58	1241	Lauren O'Hare	Kirkintilloch Olympians	1
F-GU13	95	00:25:03	1307	Niav Douglas	Law & District AAC	1

WEST DISTRICT XC RELAY CHAMPIONSHIP - 8 OCTOBER 2016
PROVISIONAL RESULTS

Young Male Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M-MU17	1	00:08:21	734	Lewis Ross	Ayr Seaforth AC	3
M-MU17	2	00:08:23	973	Andrew MacAngus	Kilbarchan AAC	3
M-MU17	3	00:08:24	1003	Jamie Burns	Shettleston Harriers	3
M-MU17	4	00:08:24	872	Nikolai Gajic	Giffnock North AAC	3
M-MU17	5	00:08:25	769	Drew Pollock	Cambuslang Harriers	3
M-MU17	6	00:08:25	843	Cody Stevenson	Garscube Harriers	3
M-MU17	7	00:08:26	1021	James Gillon	Law & District AAC	3
M-MU17	8	00:08:29	844	Lorn Webster	Garscube Harriers	3
M-MU17	9	00:08:29	1042	Charlie Milarvie	VP-Glasgow AC	3
M-MU17	10	00:08:30	877	Jamie Sturrock	Giffnock North AAC	3
M-MU17	11	00:08:32	974	Michael Simson	Kilbarchan AAC	3
M-MU17	12	00:08:36	941	Luke McCaffrey	Kirkintilloch Olympians	3
M-MU17	13	00:08:40	976	Craig Kennedy	Kilbarchan AAC	3
M-MU17	14	00:08:42	875	Ben Shaw	Giffnock North AAC	3
M-MU17	15	00:08:45	1043	Lewis Priest	VP-Glasgow AC	3
M-MU17	16	00:08:48	764	Eamon Carr	Cambuslang Harriers	3
M-MU17	17	00:08:49	931	Cameron Watson	Inverclyde AC	3
M-MU17	18	00:08:49	968	Cameron Wright	Kilbarchan AAC	3
M-MU17	19	00:08:49	871	Nicholas Boyle	Giffnock North AAC	3
M-MU17	20	00:08:50	770	James Hannoway	Cambuslang Harriers	3
M-MU17	21	00:08:53	768	Ryan Stephen	Cambuslang Harriers	3
M-MU17	22	00:08:58	874	Harry Nimmo	Giffnock North AAC	3
M-MU17	23	00:08:59	846	Berry Thomas	Garscube Harriers	3
M-MU17	24	00:08:59	784	Thomas Whiteford	Cumbernauld AAC	3
M-MU17	25	00:09:08	735	Declan McGhee	Ayr Seaforth AC	3
M-MU17	26	00:09:10	807	Michael Miller	Clydesdale Harriers	3
M-MU17	27	00:09:12	980	Cameron Corrigan	Kilbarchan AAC	3
M-MU17	28	00:09:13	927	Dylan Crawford	Inverclyde AC	3
M-MU17	29	00:09:15	992	Jamie Nix	Kilmarnock H&AC	3
M-MU17	30	00:09:21	1044	Andrew Hopeland	VP-Glasgow AC	3
M-MU17	31	00:09:26	901	Ryan Brown	Greenock Glenpark Harriers	3
M-MU17	32	00:09:26	972	Jordan Gilchrist	Kilbarchan AAC	3
M-MU17	33	00:09:27	736	Aidan Copland	Ayr Seaforth AC	3
M-MU17	34	00:09:32	1020	Adam Kelly	Law & District AAC	3
M-MU17	35	00:09:38	785	Sean Kennedy	Cumbernauld AAC	3
M-MU17	36	00:09:41	993	Aidan Hessett	Kilmarnock H&AC	3
M-MU17	37	00:09:43	737	Daniel Martin	Ayr Seaforth AC	3
M-MU17	38	00:09:43	806	Michael Dunn	Clydesdale Harriers	3
M-MU17	39	00:09:44	842	Fraser Gordon	Garscube Harriers	3
M-MU17	40	00:09:54	845	Robbie Burnside	Garscube Harriers	3
M-MU17	41	00:09:55	1005	Jordan Dolan	Shettleston Harriers	3
M-MU17	42	00:09:56	771	Andrew Carey	Cambuslang Harriers	3
M-MU17	43	00:10:04	1046	Calum Brown	VP-Glasgow AC	3
M-MU17	44	00:10:08	1022	James McClafferty	Law & District AAC	3
M-MU17	45	00:10:22	808	Marcus Beckford-Young	Clydesdale Harriers	2
M-MU17	46	00:10:35	786	Jack McCleneghen	Cumbernauld AAC	3
M-MU17	47	00:11:02	942	Harry Lamond	Kirkintilloch Olympians	3
M-MU17	48	00:12:16	2000	a n OTHER	ua	1
M-MU17	49	00:33:04	970	Liam Donoghue	Kilbarchan AAC	1
M-MU15	1	00:08:25	961	David McNair	Kilbarchan AAC	2
M-MU15	2	00:08:39	1002	Cameron Campbell	Shettleston Harriers	2
M-MU15	3	00:08:46	962	Jack Patton	Kilbarchan AAC	2

WEST DISTRICT XC RELAY CHAMPIONSHIP - 8 OCTOBER 2016
PROVISIONAL RESULTS

Young Male Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M-MU15	4	00:08:47	779	Alasdair McMonagle	Cumbernauld AAC	2
M-MU15	5	00:08:52	862	Ethan Carolan	Giffnock North AAC	2
M-MU15	6	00:08:52	886	Ross J Whitelaw	Glasgow School of Sport	2
M-MU15	7	00:08:52	963	Lewis Hannigan	Kilbarchan AAC	2
M-MU15	8	00:08:53	836	Elliot Duff	Garscube Harriers	2
M-MU15	9	00:08:54	869	Andrew Robertson	Giffnock North AAC	2
M-MU15	10	00:08:56	884	Gary McPake	Glasgow School of Sport	3
M-MU15	11	00:08:58	837	Jack Trainer	Garscube Harriers	2
M-MU15	12	00:08:58	897	Harry McGill	Greenock Glenpark Harriers	2
M-MU15	13	00:08:59	920	Josh Law	Inverclyde AC	2
M-MU15	14	00:08:59	990	Jonathan Houson	Kilmarnock H&AC	2
M-MU15	15	00:09:00	835	James Cathro	Garscube Harriers	2
M-MU15	16	00:09:02	839	James Connelly	Garscube Harriers	2
M-MU15	17	00:09:05	727	Scott Sprang	Ayr Seaforth AC	2
M-MU15	18	00:09:05	938	Dylan Elliott	Kirkintilloch Olympians	2
M-MU15	19	00:09:08	885	Lewis Elliot	Glasgow School of Sport	2
M-MU15	20	00:09:09	780	Calum Little	Cumbernauld AAC	2
M-MU15	21	00:09:09	864	Murray Fotheringham	Giffnock North AAC	2
M-MU15	22	00:09:11	728	Logan Cotter	Ayr Seaforth AC	2
M-MU15	23	00:09:11	924	Sean Fischer-Keogh	Inverclyde AC	3
M-MU15	24	00:09:13	868	Eoghan O'Donnell	Giffnock North AAC	2
M-MU15	25	00:09:15	1037	Calum Bryne	VP-Glasgow AC	2
M-MU15	26	00:09:16	803	Robert Whittick	Clydesdale Harriers	2
M-MU15	27	00:09:22	838	Luke Aitken	Garscube Harriers	3
M-MU15	28	00:09:23	1014	Matthew Gillon	Law & District AAC	2
M-MU15	29	00:09:24	921	Ben Nichol	Inverclyde AC	2
M-MU15	30	00:09:26	922	Andrew Winter	Inverclyde AC	2
M-MU15	31	00:09:27	1036	Blayne Wright	VP-Glasgow AC	2
M-MU15	32	00:09:27	823	Shane Wilson	East Kilbride A.C.	3
M-MU15	33	00:09:33	761	Brodie Aitken	Cambuslang Harriers	2
M-MU15	34	00:09:33	960	Kyle Irvine	Kilbarchan AAC	2
M-MU15	35	00:09:39	755	Keir Crawford	Cambuslang Harriers	2
M-MU15	36	00:09:46	760	Arron Grew	Cambuslang Harriers	2
M-MU15	37	00:09:46	983	Hunter Daws	Kilbarchan AAC	2
M-MU15	38	00:09:46	965	Cameron Hunter	Kilbarchan AAC	2
M-MU15	39	00:09:48	999	Ethan Wilson	Shettleston Harriers	2
M-MU15	40	00:09:49	800	John Docherty	Clydesdale Harriers	2
M-MU15	41	00:09:52	759	Sean Friel	Cambuslang Harriers	2
M-MU15	42	00:09:52	819	Hamish Anderson	East Kilbride A.C.	3
M-MU15	43	00:09:52	867	Lewis Mitchell	Giffnock North AAC	3
M-MU15	44	00:09:52	729	Euan Ramsay	Ayr Seaforth AC	2
M-MU15	45	00:09:57	1038	Jack MacKinnon	VP-Glasgow AC	2
M-MU15	46	00:09:59	894	Ewan Ferguson	Greenock Glenpark Harriers	2
M-MU15	47	00:10:01	782	Christopher Main	Cumbernauld AAC	2
M-MU15	48	00:10:02	939	Louis O'Hare	Kirkintilloch Olympians	2
M-MU15	49	00:10:06	762	Michael Black	Cambuslang Harriers	2
M-MU15	50	00:10:09	824	Elliot Bain	East Kilbride A.C.	2
M-MU15	51	00:10:09	820	Joseph Hagan	East Kilbride A.C.	2
M-MU15	52	00:10:09	781	Jacob Brown	Cumbernauld AAC	2
M-MU15	53	00:10:10	801	Evan McCallum	Clydesdale Harriers	2
M-MU15	54	00:10:10	991	Bruce Holden	Kilmarnock H&AC	2
M-MU15	55	00:10:10	726	Greig Oakley	Ayr Seaforth AC	2
M-MU15	56	00:10:13	863	Nicholas Duffy	Giffnock North AAC	3
M-MU15	57	00:10:14	989	Aidan Jenner	Kilmarnock H&AC	2
M-MU15	58	00:10:15	870	Christopher Watson-Sweeney	Giffnock North AAC	2
M-MU15	59	00:10:16	1039	Rogan Kelly	VP-Glasgow AC	2

WEST DISTRICT XC RELAY CHAMPIONSHIP - 8 OCTOBER 2016
PROVISIONAL RESULTS

Young Male Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M-MU15	60	00:10:21	840	Ruaridh Stickland	Garscube Harriers	2
M-MU15	61	00:10:23	899	Tom Forrest	Greenock Glenpark Harriers	3
M-MU15	62	00:10:23	907	Joshua Bain	Helensburgh AAC	2
M-MU15	63	00:10:30	866	Jack Meikle	Giffnock North AAC	2
M-MU15	64	00:10:30	940	Liam Casey	Kirkintilloch Olympians	2
M-MU15	65	00:10:34	802	Jake MacPherson	Clydesdale Harriers	3
M-MU15	66	00:10:37	919	Ross Davidson	Inverclyde AC	2
M-MU15	67	00:10:51	758	Liam Angely	Cambuslang Harriers	2
M-MU15	68	00:10:52	1019	Alan McCulloch	Law & District AAC	2
M-MU15	69	00:10:55	787	Calum Stewart	Cumbernauld AAC	3
M-MU15	70	00:11:16	1015	David McCormack	Law & District AAC	2
M-MU15	71	00:11:21	908	Finn Burden	Helensburgh AAC	3
M-MU15	72	00:11:22	1029	Connor Emordy	Springburn Harriers	3
M-MU15	73	00:11:24	1027	Stephen Emordy	Springburn Harriers	1
M-MU15	74	00:11:25	825	Andrew Kelly	East Kilbride A.C.	3
M-MU15	75	00:11:25	818	Sam Sweeney	East Kilbride A.C.	2
M-MU15	76	00:11:38	798	Stuart Aird	Clydesdale Harriers	1
M-MU15	77	00:11:43	821	Oliver Evans	East Kilbride A.C.	3
M-MU15	78	00:12:35	783	Josh Hampson	Cumbernauld AAC	2
M-MU13	1	00:09:05	998	Gregor Campbell	Shettleston Harriers	1
M-MU13	2	00:09:07	829	Finlay Ross-Davie	Garscube Harriers	1
M-MU13	3	00:09:18	1031	Fraser Gilmour	VP-Glasgow AC	1
M-MU13	4	00:09:20	851	Jacob Luc	Giffnock North AAC	1
M-MU13	5	00:09:23	852	Reuben Macdonald	Giffnock North AAC	1
M-MU13	6	00:09:23	1032	Russell Barnett	VP-Glasgow AC	1
M-MU13	7	00:09:24	1012	Fraser Simpson	Law & District AAC	1
M-MU13	8	00:09:31	1034	Devan Miller	VP-Glasgow AC	1
M-MU13	9	00:09:32	718	Alexander Crooks	Ayr Seaforth AC	1
M-MU13	10	00:09:38	914	Robert Gray	Inverclyde AC	1
M-MU13	11	00:09:41	854	Joseph McKay	Giffnock North AAC	1
M-MU13	12	00:09:44	850	Cameron Green	Giffnock North AAC	1
M-MU13	13	00:09:44	830	Liam Bennett	Garscube Harriers	2
M-MU13	14	00:09:46	790	Josh McNicol	Clydesdale Harriers	1
M-MU13	15	00:09:50	915	Lewis Hainey	Inverclyde AC	1
M-MU13	16	00:09:54	857	Hugh Shiels	Giffnock North AAC	1
M-MU13	17	00:09:54	987	Jonathon Downey	Kilmarnock H&AC	1
M-MU13	18	00:09:56	858	Charlie Tomkinson	Giffnock North AAC	1
M-MU13	19	00:09:57	720	Euan Bell	Ayr Seaforth AC	1
M-MU13	20	00:09:57	892	Cameron Patton	Greenock Glenpark Harriers	1
M-MU13	21	00:09:59	859	Gordon Wylie	Giffnock North AAC	1
M-MU13	22	00:10:03	889	Jude Dolan	Greenock Glenpark Harriers	1
M-MU13	23	00:10:06	934	Lewis Hale	Kirkintilloch Olympians	1
M-MU13	24	00:10:07	813	Paul Cairns	East Kilbride A.C.	1
M-MU13	25	00:10:12	744	Robbie Woods	Cambuslang Harriers	1
M-MU13	26	00:10:12	847	Adam Insall	Garscube Harriers	1
M-MU13	27	00:10:15	774	Craig Little	Cumbernauld AAC	1
M-MU13	28	00:10:16	775	Jude Neville	Cumbernauld AAC	1
M-MU13	29	00:10:17	828	Marcus Donnelly	Garscube Harriers	1
M-MU13	30	00:10:20	912	Caleb Dunning	Inverclyde AC	1
M-MU13	31	00:10:25	746	Stewart Millard	Cambuslang Harriers	1
M-MU13	32	00:10:25	809	Euan MacMillian	Clydesdale Harriers	1
M-MU13	33	00:10:26	724	Samuel Drummond	Ayr Seaforth AC	1
M-MU13	34	00:10:26	725	Fergus Muir	Ayr Seaforth AC	1
M-MU13	35	00:10:33	937	Ethan McDonald	Kirkintilloch Olympians	1
M-MU13	36	00:10:33	1035	Louis Sharp	VP-Glasgow AC	1

WEST DISTRICT XC RELAY CHAMPIONSHIP - 8 OCTOBER 2016
PROVISIONAL RESULTS

Young Male Runner Categories - split time on any leg

Category	Pos	Time	No	Name	Club	Leg
M-MU13	37	00:10:34	883	Matthew Stewart	Glasgow School of Sport	1
M-MU13	38	00:10:36	1009	Oscar Logan	Law & District AAC	1
M-MU13	39	00:10:38	947	Ross Hastie	Kilbarchan AAC	1
M-MU13	40	00:10:39	750	Fearghus MacGregor	Cambuslang Harriers	1
M-MU13	41	00:10:45	849	Andrew Combe	Giffnock North AAC	2
M-MU13	42	00:10:45	1026	Lewis Apperson-McHugh	Springburn Harriers	1
M-MU13	43	00:10:46	1006	Euan Charlwood	Shettleston Harriers	1
M-MU13	44	00:10:48	745	Mark Cassidy	Cambuslang Harriers	1
M-MU13	45	00:10:48	881	Harris Finlayson	Glasgow School of Sport	1
M-MU13	46	00:10:48	935	Connor Kalkman	Kirkintilloch Olympians	1
M-MU13	47	00:10:51	811	Dillan McAuslin	East Kilbride A.C.	1
M-MU13	48	00:10:54	1025	Ben Emordy	Springburn Harriers	2
M-MU13	49	00:10:54	791	Fraser McKechnie	Clydesdale Harriers	1
M-MU13	50	00:10:55	777	Luke Tervit	Cumbernauld AAC	1
M-MU13	51	00:10:55	739	Lewis Hill	Ayr Seaforth AC	1
M-MU13	52	00:10:57	776	Josh Adam	Cumbernauld AAC	1
M-MU13	53	00:10:58	1033	Eoghan Connolly	VP-Glasgow AC	1
M-MU13	54	00:11:02	955	Ewan Walker	Kilbarchan AAC	1
M-MU13	55	00:11:04	812	Christopher Cairns	East Kilbride A.C.	1
M-MU13	56	00:11:05	748	Lewis Roddis	Cambuslang Harriers	1
M-MU13	57	00:11:08	918	Charlie Semple	Inverclyde AC	1
M-MU13	58	00:11:08	778	Max Mccafferty	Cumbernauld AAC	1
M-MU13	59	00:11:09	1011	Kian Scullion	Law & District AAC	1
M-MU13	60	00:11:11	834	Tom Gibbons	Garscube Harriers	1
M-MU13	61	00:11:11	986	Luke Baird	Kilmarnock H&AC	1
M-MU13	62	00:11:14	831	Hugh Borthwick	Garscube Harriers	1
M-MU13	63	00:11:14	904	Matthew Cameron	Helensburgh AAC	1
M-MU13	64	00:11:14	952	Isaac O'Neill	Kilbarchan AAC	1
M-MU13	65	00:11:18	722	Lewis Martin	Ayr Seaforth AC	2
M-MU13	66	00:11:25	949	Martin Burnhope	Kilbarchan AAC	1
M-MU13	67	00:11:31	988	Max Jenner	Kilmarnock H&AC	1
M-MU13	68	00:11:33	815	Thomas O'Neil	East Kilbride A.C.	1
M-MU13	69	00:11:40	905	Cameron Picken	Helensburgh AAC	1
M-MU13	70	00:11:45	751	Joseph Gallagher	Cambuslang Harriers	1
M-MU13	71	00:11:49	833	Jamie Glen	Garscube Harriers	1
M-MU13	72	00:11:53	816	Keir Orr	East Kilbride A.C.	1
M-MU13	73	00:12:16	848	Thomas Logan	Garscube Harriers	2
M-MU13	74	00:12:51	832	Edward Howat	Garscube Harriers	1
M-MU13	75	00:12:56	913	Edward Docherty	Inverclyde AC	1
M-MU13	76	00:13:01	950	Ross Kennedy	Kilbarchan AAC	1
M-MU13	77	00:13:11	814	Cameron Smith	East Kilbride A.C.	2
M-MU13	78	00:14:08	956	Ben Stevenson	Kilbarchan AAC	1

WEST DISTRICT XC RELAY CHAMPIONSHIP - 8 OCTOBER 2016
PROVISIONAL RESULTS

West District CC Relays - Young Male Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
1	00:26:08	160	Shettleston Harriers A (Jun)	1	1	00:09:05	Gregor Campbell
				2	1	00:08:39	Cameron Campbell
				3	1	00:08:24	Jamie Burns
2	00:26:25	115	Garscube Harriers A (Jun)	1	2	00:09:07	Finlay Ross-Davie
				2	2	00:08:53	Elliot Duff
				3	2	00:08:25	Cody Stevenson
3	00:26:42	120	Giffnock North AAC A (Jun)	1	4	00:09:20	Jacob Luc
				2	3	00:08:52	Ethan Carolan
				3	3	00:08:30	Jamie Sturrock
4	00:26:58	90	Ayr Seaforth AC A (Jun)	1	9	00:09:32	Alexander Crooks
				2	7	00:09:05	Scott Sprang
				3	4	00:08:21	Lewis Ross
5	00:27:02	164	VP-Glasgow AC A (Jun)	1	3	00:09:18	Fraser Gilmour
				2	4	00:09:15	Calum Bryne
				3	5	00:08:29	Charlie Milarvie
6	00:27:13	157	Law & District AAC A (Jun)	1	7	00:09:24	Fraser Simpson
				2	9	00:09:23	Matthew Gillon
				3	6	00:08:26	James Gillon
7	00:27:17	121	Giffnock North AAC B (Jun)	1	12	00:09:44	Cameron Green
				2	11	00:09:09	Murray Fotheringham
				3	7	00:08:24	Nikolai Gajic
8	00:27:18	123	Giffnock North AAC D (Jun)	1	6	00:09:23	Reuben Macdonald
				2	6	00:09:13	Eoghan O'Donnell
				3	8	00:08:42	Ben Shaw
9	00:27:24	122	Giffnock North AAC C (Jun)	1	11	00:09:41	Joseph McKay
				2	5	00:08:54	Andrew Robertson
				3	9	00:08:49	Nicholas Boyle
10	00:27:26	137	Inverclyde AC A (Jun)	1	10	00:09:38	Robert Gray
				2	8	00:08:59	Josh Law
				3	11	00:08:49	Cameron Watson
11	00:27:26	143	Kilbarchan AAC A (Jun)	1	38	00:10:38	Ross Hastie
				2	16	00:08:25	David McNair
				3	10	00:08:23	Andrew MacAngus
12	00:27:35	165	VP-Glasgow AC B (Jun)	1	5	00:09:23	Russell Barnett
				2	10	00:09:27	Blayne Wright
				3	12	00:08:45	Lewis Priest
13	00:27:46	116	Garscube Harriers B (Jun)	1	28	00:10:17	Marcus Donnelly
				2	21	00:09:00	James Cathro
				3	13	00:08:29	Lorn Webster

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Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
14	00:27:47	154	Kirkintilloch Olympians A (Jun)	1	22	00:10:06	Lewis Hale
				2	19	00:09:05	Dylan Elliott
				3	14	00:08:36	Luke McCaffrey
15	00:28:01	106	Cumbernauld AAC A (Jun)	1	26	00:10:15	Craig Little
				2	15	00:08:47	Alasdair McMonagle
				3	15	00:08:59	Thomas Whiteford
16	00:28:09	117	Garscube Harriers C (Jun)	1	24	00:10:12	Adam Insall
				2	18	00:08:58	Jack Trainer
				3	16	00:08:59	Berry Thomas
17	00:28:10	95	Cambuslang Harriers B (Jun)	1	25	00:10:12	Robbie Woods
				2	26	00:09:33	Brodie Aitken
				3	17	00:08:25	Drew Pollock
18	00:28:12	101	Clydesdale Harriers A (Jun)	1	13	00:09:46	Josh McNicol
				2	14	00:09:16	Robert Whittick
				3	18	00:09:10	Michael Miller
19	00:28:16	91	Ayr Seaforth AC B (Jun)	1	19	00:09:57	Euan Bell
				2	17	00:09:11	Logan Cotter
				3	19	00:09:08	Declan McGhee
20	00:28:21	132	Greenock Glenpark Harriers A (Jun)	1	18	00:09:57	Cameron Patton
				2	13	00:08:58	Harry McGill
				3	20	00:09:26	Ryan Brown
21	00:28:29	138	Inverclyde AC B (Jun)	1	14	00:09:50	Lewis Hailey
				2	20	00:09:26	Andrew Winter
				3	21	00:09:13	Dylan Crawford
22	00:28:34	151	Kilmarnock H&AC A (Jun)	1	16	00:09:54	Jonathon Downey
				2	12	00:08:59	Jonathan Houson
				3	22	00:09:41	Aidan Hessett
23	00:28:36	130	Glasgow School of Sport A (Jun)	1	42	00:10:48	Harris Finlayson
				2	23	00:08:52	Ross J Whitelaw
				3	23	00:08:56	Gary McPake
24	00:28:46	145	Kilbarchan AAC C (Jun)	1	59	00:11:14	Isaac O'Neill
				2	29	00:08:52	Lewis Hannigan
				3	24	00:08:40	Craig Kennedy
25	00:28:55	139	Inverclyde AC C (Jun)	1	29	00:10:20	Caleb Dunning
				2	25	00:09:24	Ben Nichol
				3	25	00:09:11	Sean Fischer-Keogh
26	00:29:00	144	Kilbarchan AAC B (Jun)	1	63	00:11:25	Martin Burnhope
				2	30	00:08:46	Jack Patton
				3	26	00:08:49	Cameron Wright
27	00:29:03	107	Cumbernauld AAC B (Jun)	1	27	00:10:16	Jude Neville
				2	22	00:09:09	Calum Little
				3	27	00:09:38	Sean Kennedy

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West District CC Relays - Young Male Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
28	00:29:04	97	Cambuslang Harriers D (Jun)	1	31	00:10:25	Stewart Millard
				2	31	00:09:46	Arron Grew
				3	28	00:08:53	Ryan Stephen
29	00:29:08	166	VP-Glasgow AC C (Jun)	1	8	00:09:31	Devan Miller
				2	27	00:10:16	Rogan Kelly
				3	29	00:09:21	Andrew Hopeland
30	00:29:12	124	Giffnock North AAC E (Jun)	1	20	00:09:59	Gordon Wylie
				2	33	00:10:15	Christopher Watson-Sweeney
				3	30	00:08:58	Harry Nimmo
31	00:29:20	147	Kilbarchan AAC E (Jun)	1	51	00:11:02	Ewan Walker
				2	45	00:09:46	Hunter Daws
				3	31	00:08:32	Michael Simson
32	00:29:28	96	Cambuslang Harriers C (Jun)	1	43	00:10:48	Mark Cassidy
				2	41	00:09:52	Sean Friel
				3	32	00:08:48	Eamon Carr
33	00:29:57	118	Garscube Harriers D (Jun)	1	58	00:11:11	Tom Gibbons
				2	32	00:09:02	James Connelly
				3	33	00:09:44	Fraser Gordon
34	00:30:01	98	Cambuslang Harriers E (Jun)	1	53	00:11:05	Lewis Roddis
				2	51	00:10:06	Michael Black
				3	34	00:08:50	James Hannoway
35	00:30:03	92	Ayr Seaforth AC C (Jun)	1	33	00:10:26	Samuel Drummond
				2	40	00:10:10	Greig Oakley
				3	35	00:09:27	Aidan Copland
36	00:30:08	110	East Kilbride A.C. A (Jun)	1	23	00:10:07	Paul Cairns
				2	34	00:10:09	Elliot Bain
				3	36	00:09:52	Hamish Anderson
37	00:30:16	125	Giffnock North AAC F (Jun)	1	15	00:09:54	Hugh Shiels
				2	36	00:10:30	Jack Meikle
				3	37	00:09:52	Lewis Mitchell
38	00:30:25	133	Greenock Glenpark Harriers B (Jun)	1	21	00:10:03	Jude Dolan
				2	28	00:09:59	Ewan Ferguson
				3	38	00:10:23	Tom Forrest
39	00:30:26	102	Clydesdale Harriers B (Jun)	1	46	00:10:54	Fraser McKechnie
				2	43	00:09:49	John Docherty
				3	39	00:09:43	Michael Dunn
40	00:30:27	111	East Kilbride A.C. B (Jun)	1	45	00:10:51	Dillan McAuslin
				2	48	00:10:09	Joseph Hagan
				3	40	00:09:27	Shane Wilson
41	00:30:29	161	Shettleston Harriers B (Jun)	1	41	00:10:46	Euan Charlwood
				2	38	00:09:48	Ethan Wilson
				3	41	00:09:55	Jordan Dolan

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West District CC Relays - Young Male Teams 08/10/2016

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
42	00:30:34	167	VP-Glasgow AC D (Jun)	1	34	00:10:33	Louis Sharp
				2	37	00:09:57	Jack MacKinnon
				3	42	00:10:04	Calum Brown
43	00:30:36	152	Kilmarnock H&AC B (Jun)	1	57	00:11:11	Luke Baird
				2	52	00:10:10	Bruce Holden
				3	43	00:09:15	Jamie Nix
44	00:30:54	126	Giffnock North AAC G (Jun)	1	17	00:09:56	Charlie Tomkinson
				2	42	00:10:45	Andrew Combe
				3	44	00:10:13	Nicholas Duffy
45	00:31:00	158	Law & District AAC B (Jun)	1	37	00:10:36	Oscar Logan
				2	53	00:10:52	Alan McCulloch
				3	45	00:09:32	Adam Kelly
46	00:31:09	103	Clydesdale Harriers C (Jun)	1	30	00:10:25	Euan MacMillian
				2	39	00:10:10	Evan McCallum
				3	46	00:10:34	Jake MacPherson
47	00:31:27	93	Ayr Seaforth AC D (Jun)	1	32	00:10:26	Fergus Muir
				2	56	00:11:18	Lewis Martin
				3	47	00:09:43	Daniel Martin
48	00:31:29	119	Garscube Harriers E (Jun)	1	60	00:11:14	Hugh Borthwick
				2	54	00:10:21	Ruaridh Stickland
				3	48	00:09:54	Robbie Burnside
49	00:31:41	108	Cumbernauld AAC C (Jun)	1	49	00:10:57	Josh Adam
				2	50	00:10:09	Jacob Brown
				3	49	00:10:35	Jack McCleneghen
50	00:31:51	109	Cumbernauld AAC D (Jun)	1	48	00:10:55	Luke Tervit
				2	47	00:10:01	Christopher Main
				3	50	00:10:55	Calum Stewart
51	00:31:52	155	Kirkintilloch Olympians B (Jun)	1	44	00:10:48	Connor Kalkman
				2	46	00:10:02	Louis O'Hare
				3	51	00:11:02	Harry Lamond
52	00:32:13	148	Kilbarchan AAC F (Jun)	1	74	00:13:01	Ross Kennedy
				2	64	00:09:46	Cameron Hunter
				3	52	00:09:26	Jordan Gilchrist
53	00:32:32	99	Cambuslang Harriers F (Jun)	1	68	00:11:45	Joseph Gallagher
				2	63	00:10:51	Liam Angely
				3	53	00:09:56	Andrew Carey
54	00:32:33	159	Law & District AAC C (Jun)	1	56	00:11:09	Kian Scullion
				2	61	00:11:16	David McCormack
				3	54	00:10:08	James McClafferty
55	00:32:53	146	Kilbarchan AAC D (Jun)	1	75	00:14:08	Ben Stevenson
				2	66	00:09:33	Kyle Irvine
				3	55	00:09:12	Cameron Corrigan

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Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
56	00:33:01	162	Springburn Harriers A (Jun)	1	40	00:10:45	Lewis Apperson-McHugh
				2	55	00:10:54	Ben Emordy
				3	56	00:11:22	Connor Emordy
57	00:33:24	135	Helensburgh AAC A (Jun)	1	67	00:11:40	Cameron Picken
				2	60	00:10:23	Joshua Bain
				3	57	00:11:21	Finn Burden
58	00:33:27	172	Garscube Harriers G (Jun)	1	69	00:11:49	Jamie Glen
				2	68	00:12:16	Thomas Logan
				3	58	00:09:22	Luke Aitken
59	00:35:01	113	East Kilbride A.C. D (Jun)	1	70	00:11:53	Keir Orr
				2	65	00:11:25	Sam Sweeney
				3	59	00:11:43	Oliver Evans
60	00:36:09	112	East Kilbride A.C. C (Jun)	1	65	00:11:33	Thomas O'Neil
				2	69	00:13:11	Cameron Smith
				3	60	00:11:25	Andrew Kelly
--	xx:xx:xx	94	Cambuslang Harriers A (Jun)	1	39	00:10:39	Fearghus MacGregor
				2	35	00:09:39	Keir Crawford
				3		xxxx	xxxx
--	xx:xx:xx	104	Clydesdale Harriers D (Jun)	1	66	00:11:38	Stuart Aird
				2	59	00:10:22	Marcus Beckford-Young
				3		xxxx	xxxx
--	xx:xx:xx	114	East Kilbride A.C. E (Jun)	1	52	00:11:04	Christopher Cairns
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	131	Glasgow School of Sport B (Jun)	1	36	00:10:34	Matthew Stewart
				2	24	00:09:08	Lewis Elliot
				3		xxxx	xxxx
--	xx:xx:xx	136	Helensburgh AAC B (Jun)	1	61	00:11:14	Matthew Cameron
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	140	Inverclyde AC D (Jun)	1	54	00:11:08	Charlie Semple
				2	58	00:10:37	Ross Davidson
				3		xxxx	xxxx
--	xx:xx:xx	141	Inverclyde AC E (Jun)	1	73	00:12:56	Edward Docherty
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	149	Kilbarchan AAC G (Jun)	1	76	00:33:04	Liam Donoghue
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	153	Kilmarnock H&AC C (Jun)	1	64	00:11:31	Max Jenner
				2	57	00:10:14	Aidan Jenner
				3		xxxx	xxxx

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West District CC Relays - Young Male Teams **08/10/2016**

Pos	Total Time	Team	Team Name	Lap	Pos	Split Time	Runner
--	xx:xx:xx	156	Kirkintilloch Olympians C (Jun)	1	35	00:10:33	Ethan McDonald
				2	49	00:10:30	Liam Casey
				3		xxxx	xxxx
--	xx:xx:xx	163	Springburn Harriers B (Jun)	1	62	00:11:24	Stephen Emordy
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	168	VP-Glasgow AC E (Jun)	1	50	00:10:58	Eoghan Connolly
				2		xxxx	xxxx
				3		xxxx	xxxx
--	xx:xx:xx	169	Ayr Seaforth AC E (Jun)	1	47	00:10:55	Lewis Hill
				2	44	00:09:52	Euan Ramsay
				3		xxxx	xxxx
--	xx:xx:xx	170	Cumbernauld AAC E (Jun)	1	55	00:11:08	Max Mccafferty
				2	67	00:12:35	Josh Hampson
				3		xxxx	xxxx
--	xx:xx:xx	171	Garscube Harriers F (Jun)	1	72	00:12:51	Edward Howat
				2	62	00:09:44	Liam Bennett
				3		xxxx	xxxx
--	xx:xx:xx	173	???? (Jun)	1	71	00:12:16	a n OTHER
				2		xxxx	xxxx
				3		xxxx	xxxx