

**West District Cross Country Championships Individual Medallists (Junior Men)**

**No Trophy**

**First held in season 1975-6**

**First Junior in the District Championships until 1982-3  
Separate race 1983-4 until ???**

**Scottish Athletics Federation/Scottish Athletics Limited**

2019-20	Thomas Berry	Garscube H	25.42	Andrew MacAngus	Kilbarchan AAC	26.02	James Gillon	Law & District AAC	26.27
2018-9	Cameron Wright	Kilbarchan AAC	22.56	Gavin Smith	Cambuslang H	23.10	Lewis Raeburn	Shettleston H	23.12
2017-8	Gavin Smith	Cambuslang H	26.57	Finlay Todd	Glasgow University H&H	27.18	Ross Gray	Inverclyde AC	27.36
2016-7	Jonathan Glen	Inverclyde AC	26.47	Craig Jardine	Cambuslang H	26.53	Gavin Smith	Cambuslang H	28.00
2015-6	Jonathan Glen	Inverclyde AC	27.31	Craig Jardine	Ronhill Cambuslang H	27.46	Ryan Thomson	Ronhill Cambuslang H	28.02
2014-5	Ewan Gillham	Kilbarchan AAC	22.47	Ryan Thomson	Ronhill Cambuslang H	26.30	Luke Foss	Law & District AAC	26.43
2013-4	Mark Austin	VP-City of Glasgow AC	23.31	Grant Sheldon	Ronhill Cambuslang H	23.39	Ryan Thomson	Bellahouston H	24.07
2012-3	David Vernon	VP-City of Glasgow AC	26.07	Grant Sheldon	Ronhill Cambuslang H	27.38	Thomas McDonald	Bellahouston H	28.24
2011-2	Jack Hamilton	Ronhill Cambuslang H	31.12	Ethan Sloan-Dennison	VP-City of Glasgow AC	32.29	Luke Traynor	Giffnock North AAC	33.06
2010-1	Lachlan Oates	Shettleston H	30.50	David Vernon	VP-City of Glasgow AC	31.28	Luke Traynor	Giffnock North AAC	32.04
2009-10	Tesgai Twelde	Shettleston H	30.24	Lachlan Oates	Shettleston H	32.09	Andrew Coulter	Ronhill Cambuslang H	34.42
2008-9	Tesgai Twelde	Shettleston H	30.53	Craig Ruddy	Inverclyde AC	31.26	Derek Hawkins	Kilbarchan AAC	31.27
2007-8	Connor McNulty	Kilbarchan AAC	31.37	Derek Hawkins	Kilbarchan AAC	31.51	Stuart Greenway	Shettleston H	32.23
2006-7	Connor McNulty	Kilbarchan AAC	33.33	Craig Ruddy	Inverclyde AC	34.46	Stephan Trainer	Greenock Glenpark H	34.59
2005-6	Connor McNulty	Kilbarchan AAC	31.24	Craig Ruddy	Inverclyde AC	32.27	Chris Devenney	Kilbarchan AAC	34.29
2004-5	Adam Lee	Shettleston H	33.16	David Ward	Ronhill Cambuslang H	33.58	Chris Devenney	Kilbarchan AAC	31.41
2003-4	Callum Morrison	Kilbarchan AAC	38.51	Alistair Campbell	Ronhill Cambuslang H	39.03	Christopher McCall	Greenock Glenpark H	39.48
2002-3	Ian McCorquandale	Ronhill Cambuslang H	35.28	Chris McKay	Greenock Glenpark H	35.49	Adam Lee	Shettleston H	36.18
2001-2	Kevin Forster	Victoria Park AAC	35.12	Ian McCorquandale	Ronhill Cambuslang H	35.19	Mark Rudzinski	Clydesdale H	36.22
2000-1	Martin Graham	Shettleston H	35.26	Gareth Melvin	Ronhill Cambuslang H	36.24	Kristain Forster	Victoria Park AAC	36.50
1999-2000	Kevin Kealey	Ronhill Cambuslang H	36.34	Daniel Fraser	Inverclyde AC	38.27	Edward McLoone	Kirkintilloch O	38.51
1998-9	Jim Tonner	Strathclyde University AC	35.30	David Gow	Shettleston H	37.19	John McLoone	Kirkintilloch O	37.58
1997-8	Ryan Montgomery	Irvine AC	34.48	David Gow	Strathclyde University AC	35.20	Graham Ferguson	Cambuslang H	35.29
1996-7	Gary Lyon	East Kilbride AAC	37.52	Grant Baillie	East Kilbride AAC	38.05	Martin Paton	Springburn H	38.19
1995-6	Des Roache	Clydesdale H	30.26						
1994-5	David Connelly	Shettleston H	36.50						
1993-4	Gordon McDonald	Cambuslang H							
1992-3	Christopher Greenhaugh	Victoria Park AAC	34.52	Edward Toner	JW Kilmarnock H	35.45	Edward McCafferty	Cambuslang H	37.08

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1991-2	Christopher Greenhalgh	Victoria Park AAC	27.38	Alan Smith	East Kilbride AAC	27.54	Bruce Lewis	East Kilbride AAC	27.57
1990-1	Stephen Wylie	Cambuslang H	27.50	William Richardson	Irvine AC	28.01	D Johnston	Clydesdale H	28.14
1989-90	Malcolm Campbell	Clydebank AC	33.18	Frank McGowan	Victoria Park AAC	33.54	Glen Stewart	Clydebank AC	34.08
1988-9	Alistair Currie	Maryhill H	43.27	Ian Tierney	East Kilbride AAC	43.40	Steven Murray	JW Kilmarnock H	43.57
1987-8	Alistair Russell	Law & District AC							
1986-7	Paul Mayles	Kilbarchan AC	29.32	Tommy Hearle	Kilbarchan AC	29.44	Paul McAvoy	Cambuslang H	30.13
1985-6	Steven Begen	Springburn H	26.54	Steven Connaghan	Spango Valley AC	26.02	Robert Carey	Annan & District AC	26.12
1984-5	Robert Quinn	Kilbarchan AC	27.00	Steven Begen	Springburn H	27.37	David McShane	Cambuslang H	27.59
1983-4	Robert Quinn	Kilbarchan AC	33.02	Alan Puckrin	Kilbarchan AC	33.09	David McShane	Cambuslang H	35.24
1982-3	John McNeill	Law & District AC	28.25						
1981-2	Ralph Rioch	East Kilbride AC	30.41	David Ferry	Cambuslang H	31.51	Robert McKay	Shettleston H	32.05
1980-1	Adrian Callan	Springburn H	34.34	Andrew Daly	Bellahouston H	34.46	Alastair Douglas	Victoria Park AAC	34.51
1979-80	Alastair Douglas	Victoria Park AAC							
1978-9	Brian McSloy	Clyde Valley AC							
1977-8	George Braidwood	Bellahouston H							
1976-7	Nat Muir	Shettleston H							
1975-6	Jim Burns	Shettleston H							