

West District Cross Country Championships Individual Medallists (Masters Men)

No Trophy

First held on 2/12/1995

Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Jethro Lennox	Shettleston H	32.41	Kenneth Campbell	Cambuslang H	33.12	Ben Hukins	Cambuslang H	33.26
2018-9	Jethro Lennox	Shettleston H	32.26	Ben Hukins	Cambuslang H	32.32	Iain Reid	Cambuslang H	32.49
2017-8	Iain Reid	Cambuslang H	33.43	Robert Gilroy	Cambuslang H	34.56	Darran Muir	Law & District AAC	35.12
2016-7	Robert Gilroy	Cambuslang H	37.26	Steven Campbell	Greenock Glenpark H	39.15	Bruce Carmichael	Bellahouston RR	39.22
2015-6	Kenneth Campbell	Ronhill Cambuslang H	40.04	Kerry-Liam Wilson	Ronhill Cambuslang H	40.53	Kenny Richmond	Shettleston H	42.07
2014-5	Stephen Wylie	Ronhill Cambuslang H	37.33	Stephen Allan	Kirkintilloch O	38.26	Mark Hand	Law & District AAC	38.55
2013-4	Kerry-Liam Wilson	Ronhill Cambuslang H	37.52	Andrew Little	Shettlestpn H	38.58	Jamie Reid	Ronhill Cambuslang H	39.21
2012-3	Kerry-Liam Wilson	Ronhill Cambuslang H	36.11	Robert Quinn	Kilbarchan AAC	36.59	Charles Thomson	Ronhill Cambuslang H	38.50
2011-2	David Miller	Irvine AC	31.43	Kerry-Liam Wilson	Ronhill Cambuslang H	32.28	William Richardson	Irvine AC	33.08
2010-1	David Miller	Irvine AC	31.19	Robert Quinn	Kilbarchan AAC	31.41	Kenneth Richmond	Bellahouston RR	32.12
2009-10	Robert Quinn	Kilbarchan AAC	32.28	David Miller	Irvine AC	32.40	Kenneth Richmond	Bellahouston RR	33.34
2008-9	Robert Quinn	Kilbarchan AAC	31.19	David Rodgers	Ronhill Cambuslang H	33.11	Kenneth Richmond	Bellahouston RR	33.26
2007-8	Robert Quinn	Kilbarchan AAC	31.15	Andrew Little	Shettleston H	31.49	Kenneth Richmond	Bellahouston RR	32.33
2006-7	Andrew Little	Shettleston H	35.04	John Brown	Ronhill Cambuslang H	35.31	Edward Stewart	Ronhill Cambuslang H	36.19
2005-6	Tommy Murray	Inverclyde AC	32.05	John Brown	Ronhill Cambuslang H	32.41	George Irving	Irvine AC	34.29
2004-5	Tommy Murray	Inverclyde AC	32.08	John Brown	Ronhill Cambuslang H	32.54	Andrew Little	Shettleston H	33.16
2003-4	John Brown	Ronhill Cambuslang H	36.19	Tommy Murray	Inverclyde AC	36.56	Andrew Little	Shettleston H	37.24
2002-3	Tommy Murray	Inverclyde AC	33.07	Graham Gaffney	Inverclyde AC	35.04	Dermot McGonigle	Shettleston H	36.23
2001-2	Chris Robison	Inverclyde AC	33.53	Peter Carton	Shettleston H	36.08	Ronald Bruce	Ronhill Cambuslang H	36.41
2000-1	Graham Crawford	Springburn H	35.50	Kevin Forster	Victoria Park AAC	36.29	Graham Gaffney	Inverclyde AC	36.43
1999-2000	Kevin Forster	Victoria Park AAC	33.58	Thomas Anderson	Kilbarchan AAC	36.32	J Ferguson	Gates Power Trans	37.03
1998-9	Gerard Gaffney	Inverclyde AC	36.09	Archibald Jenkins	Ronhill Cambuslang H	36.56	Thomas Anderson	Kilbarchan AAC	37.42
1997-8									
1996-7	Archibald Jenkins		36.52	Cameron Spence	IBM Spano Valley AC	37.15	Douglas Gemmell	Clydesdale H	27.18
1995-6	Charles McDougall	Cambuslang H	30.55	James Robertson	Cambuslang H	31.32	John Duffy	Shettleston H	31.39

Age IAAF Qualifying age 35
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Over 50

2019-20	David Gardiner	Motherwell AC	35.14
2018-9	Stephen Allen	Motherwell AC	35.14
2017-8	Michael Mcloone Snr	Greenock Glenpark H	36.59
2016-7	Robert Quinn	Kilbarchan AAC	38.46
2015-6	Andrew Little	Shettleston H	42.28
2014-5	Andrew Little	Shettleston H	38.43
2013-4	Paul Thompson	Ronhill Cambuslang H	40.26
2012-3	David Thom	Ronhill Cambuslang H	41.22
2011-2			
2010-1			
2009-10			
2008-9			
2007-8			
2006-7			
2005-6			
2004-5			
2003-4			
2002-3			
2001-2	David Miller	Irvine AC	40.13
2000-1	G Robinson	Westerlands AAC	38.45
1999-2000	Robert Young	Clydesdale H	39.24
1998-9	Robert Young	Clydesdale H	39.56
1997-8			
1996-7			
1995-6	Robert Young	Clydesdale H	33.29