

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

**??y Trophy First Presented**

**First held in 1894-5**

**Scottish Athletics Federation/Scottish Athletics Limited**

2019-20	Lachlan Oates	Shettleston H	29.34	Craig Jardine	Cambuslang H	30.11	Fraser Stewart	Cambuslang H	30.31
2018-9	Lachlan Oates	Shettleston H	29.40	Andrew Douglas	Inverclyde AC	29.57	John Bell	Inverclyde AC	31.05
2017-8	Grant Sheldon	Cambuslang H	31.13	Andrew Douglas	Inverclyde AC	31.13	Lachlan Oates	Shettleston H	32.16
2016-7	Andrew Douglas	Inverclyde AC	34.43	Lachlan Oates	Inverclyde AC	34.59	Tewoldeberhan Mengisteab	Shettleston H	34.49
2015-6	Kyle McLellan	Ronhill Cambuslang H	37.19	Matthew Turner	Shettleston H	37.49	Jethro Lennox	Shettleston H	38.02
2014-5	Tewoldeberhan Mengisteab	Shettleston H	34.28	Luke Traynor	Giffnock North AAC	34.40	Craig Ruddy	Inverclyde AC	34.53
2013-4	Tewoldeberhan Mengisteab	Shettleston H	34.58	Lachlan Oates	Shettleston H	35.23	David Vernon	VP City of Glasgow	35.48
2012-3	Derek Hawkins	Kilbarchan AAC	33.55	Wegene Tafese	Ronhill Cambuslang H	34.17	Andrew Douglas	Inverclyde AC	35.35
2011-2	Andrew Douglas	Inverclyde AC	29.33	Craig Ruddy	Inverclyde AC	30.11	Mark Pollard	Inverclyde AC	30.33
2010-1	Craig Ruddy	Inverclyde AC	30.38	Paul Sorrie	Shettleston H	30.48	Lachlan Oates	Shettleston H	30.50
2009-10	Tesegai Twelde	Shettleston H	30.24	Tewoldeberhan Mengisteab	Shettleston H	30.24	Derek Hawkins	Kilbarchan AAC	30.52
2008-9	Tewoldeberhan Mengisteab	Shettleston H	30.00	Tsegezab Woldemichael	Shettleston H	30.28	Tesegai Twelde	Shettleston H	30.53
2007-8	Mark Pollard	Inverclyde AC	30.36	Chris MacKay	Inverclyde AC	30.42	Jethro Lennox	Shettleston H	30.54
2006-7	Connor McNulty	Kilbarchan AAC	33.33	Mark Pollard	Inverclyde AC	33.44	Stephen Wylie	Ronhill Cambuslang H	34.18
2005-6	Glen Stewart	West Dumbarton AC	31.05	Mark Pollard	Inverclyde AC	31.08	Connor McNulty	Kilbarchan AAC	31.24
2004-5	Robert Quinn	Kilbarchan AAC	31.45	Iain MacCorquodale	Ronhill Cambuslang H	31.53	Mark Pollard	Inverclyde AC	32.04
2003-4	Robert Quinn	Kilbarchan AAC	35.25	Jamie Reid	Ronhill Cambuslang H	35.28	Stuart Gibson	Shettleston H	35.36
2002-3	Stephen Wylie	Ronhill Cambuslang H	32.17	Thomas Murray	Inverclyde AC	33.07	Charles Thomson	Ronhill Cambuslang H	33.15
2001-2	Chris Robison	Inverclyde AC	33.53	Jamie Reid	Law & District AAC	33.57	Steven Conaghan	Inverclyde AC	34.10
2000-1	Thomas Murray	Inverclyde AC	33.12	Chris Robison	Inverclyde AC	33.54	David Rodgers	Ronhill Cambuslang H	34.10
1999-2000	Thomas Murray	Inverclyde AC	32.53	Jamie Reid	Law & District AAC	33.59	Alan Adams	Clydesdale H	34.19
1998-9	Thomas Murray	Inverclyde AC	33.33	William Coyle	Shettleston H	34.36	Graham Wight	Shettleston H	34.42
1997-8	Thomas Murray	IBM Spango Valley AC	32.34	Alastair Russell	Law & District AC	32.46	Charles Thomson	Ronhill Cambuslang H	32.56
1996-7	Thomas Murray	IBM Spango Valley AC	33.23	Adrain Callan	Shettleston H	33.44	William Coyle	Shettleston H	34.08
1995-6	Adrain Callan	Shettleston H	28.53	Graham Wight	Shettleston H	29.05	Alan Puckrin	Greenock Glenpark H	29.11
1994-5	Alan Puckrin	Greenock Glenpark H	33.57	Adrain Callan	Shettleston H	34.22	Chris Robison	IBM Spango Valley AC	34.45
1993-4	Thomas Murray	IBM Spango Valley AC	31.13	Graeme Croll	Cambuslang H	31.50	Alastair Russell	Law & District AC	31.57
1992-3	Thomas Murray	Cambuslang H	42.12	Robert Quinn	Kilbarchan AAC	43.08	Alan Puckrin	Greenock Glenpark H	43.55

Scottish Cross Country Union

1991-2	Thomas Murray	Cambuslang H	39.26	Alastair Russell	Law & District AC	39.34	David Cameron	Shettleston H	40.24
1990-1	Alastair Russell	Law & District AC	39.48	Hamilton Cox	Greenock Glenpark H	40.02	Edward Stewart	Cambuslang H	41.09
1989-90	Thomas Murray	Greenock Glenpark H	40.28	Edward Stewart	Cambuslang H	41.09	Richard Jones	Glasgow University H&H	41.47
1988-9	Thomas Murray	Greenock Glenpark H	40.21	Alastair Russell	Law & District AC	41.14	Alan Puckrin	Greenock Glenpark H	41.16
1987-8	Nat Muir	Shettleston H	37.24	Thomas Murray	Greenock Glenpark H	37.26	Adrain Callan	Springburn H	37.42
1986-7	Chris Robison	Spango Valley AC	39.22	Thomas Murray	Greenock Glenpark H	39.30	Alan Wilson	Glasgow University H&H	39.52
1985-6	Peter Fox	Motherwell YMCA H	37.41	Chris Robison	Spango Valley AC	38.17	R Lawrie Spence	Spango Valley AC	38.23
1984-5	R Lawrie Spence	Spango Valley AC	37.26	Alastair Douglas	Victoria Park AAC	37.38	Adrain Callan	Springburn H	37.51
1983-4	Nat Muir	Shettleston H	41.55	Alexander Gilmour	Cambuslang H	42.00	Edward Stewart	Cambuslang H	42.02
1982-3	George Braidwood	Bellahouston H	28.13	R Lawrie Spence	Spango Valley AC	28.17	John McNeill	Law & District AC	28.25
1981-2	R Lawrie Spence	Shettleston H	29.49	James Brown	Clyde Valley AC	29.51	Neil Black	Bellahouston H	29.58
1980-1	James Brown	Clyde Valley AC	33.07	Cameron Spence	Spango Valley AC	33.15	R Lawrie Spence	Shettleston H	33.29
1979-80	Brian McSloy	Clyde Valley AC	30.04	Graham Clark	Spango Valley AC	30.07	Cameron Spence	Spango Valley AC	30.12
1978-9	Brian McSloy	Clyde Valley AC	33.33	Graham Clark	Spango Valley AC	33.39	Fraser Clyne	Glasgow University H&H	33.48
1977-8	R Lawrie Spence	Shettleston H	36.39	Philip Dolan	Clydesdale H	36.59	Graham Clark	Spango Valley AC	37.08
1976-7	James Brown	Clyde Valley AC	30.51	John Graham	Clyde Valley AC	31.00	Philip Dolan	Clydesdale H	31.39
1975-6	R Lawrie Spence	Victoria Park AAC	30.17	Frank Clement	Strathclyde University AC	30.34	Philip Dolan	Clydesdale H	30.46

National Cross Country Union of Scotland

Before season 1949-50 the District was contested by Junior athletes defined by not having won honours in the District individual or team championships

1928-9	C P Wilson	Irvine YMCA H	42.43	J N H Gardiner	Motherwell YMCA H	42.53	J Campbell	Bellahouston H	43.07
1927-8	R Henderson	Glasgow H		J N H Gardiner	Motherwell YMCA H		G Dick	Doon H	
1926-7	Charles H Johnston	Glasgow University H & H					Walter J Gunn	Plebeian H	
1925-6	Thomas M Riddell	Shettleston H	41.21	R Henderson	Glasgow H	15y	Frank Stevenson	Monkland H	150y
1924-5	Robert Miller	Mauchline H	37.49	James Mitchell	Mauchline H		Peter Nicol	Kilmarnock H	
1923-4	Charles H Freshwater	West of Scotland H		Robert B McIntyre	West of Scotland H		James Mitchell	Mauchline H	
1922-3	W N Neilson	West of Scotland H		James G McIntyre	Shettleston H				
1921-2	A Young	Renfrew H		??? McMillan	Greenock ???		A Moffat	Shettleston H	
1920-1	David Cummings	Greenock Glenpark H		J Hill Motion	Eglinton H		P Martin	Maryhill H	
1919-20	S Small	Bellahouston H		Duncan Wright	Clydesdale H		John Cuthbert	Garscube H	
1913-4	Jack Lindsay	Bellahouston H		Andrew Semple	Shettleston H		D Cummings	Paisley Junior H	
1912-3	Robert Bell	Monkland H		A McDonald	Monkland H		Duncan McPhee	Clydesdale H	
1911-2	Andrew Loch	Clydesdale H	40.14	Robert Bell	Monkland H	40.25	George Cummings	Paisley Junior H	
1910-1	D Peat	Motherwell YMCA H	39.20	George Mason	Paisley Junior H		Archibald Craig	Bellahouston H	
1909-10	George Dallas	Maryhill H	41.05	A Aitken	Greenock Glenpark H	41.08	D Peat	Motherwell YMCA H	41.09
1908-9	W J Rodger	West of Scotland H	44.03	George Dallas	Maryhill H	44.14	George Mason	Paisley Junior H	44.15
1907-8	George Culbert	Monkland H		Thomas Miller	Motherwell YMCA H		J W Templeman	Bellahouston H	
1906-7	Alexander McPhee	Paisley H	45.48	Harry Young	Monkland H	45.49	Robert Graham	Motherwell YMCA H	46.43
1905-6	Harry Young	Monkland H	41.04	Daniel Cather	Hamilton H		D Chalmers	Motherwell YMCA H	
1904-5	Thomas W Young	Motherwell YMCA H	46.48	P C Russell	Bellahouston H		William McFarlane	Motherwell YMCA H	
1903-4	Samuel Kennedy	Garscube H		W McMurdo	Motherwell YMCA H		W Cochrane	Olympic H	

Scottish Cross Country Union

1902-3	James A Ure	Greenock Wellpark H	47.16	R Crosbie	Larkhall H	47.41	Robert Barr	Larkhall H	47.47
1901-2	H Govan	Celtic H		R Reid	Rosebank H		W Elliot	Greenock Glenpark H	
1900-1	P John McCafferty	Celtic H	41.50	A Wright	Greenock Wellpark H		T Bennie	Whiteinch H	
1899-1900	George Cunningham	Greenock Wellpark H	39.58	David Bennie	Whiteinch H		Neil McIntosh	Celtic H	
1898-9	J J McCafferty	Celtic H		W Lawson	Whiteinch H		P McLean	Wishaw H	
1897-8	William T Marshall	Springburn H	46.20	William Leggat	Springburn H		William Bell	Coatbridge H	
1896-7	W E Love	Elderslie Wallace H		J Girvan	Partick H		John Hall	Partick H	
1895-6	William Rainey	Wishaw H		James Thyne	Cambuslang H		D Daly	Whiteinch H	
1894-5	A H McCallum	Partick H	35.30	John Barclay	Whiteinch H		H Yuille	Wishaw H	
1893-4	William Lauderdale	Whiteinch H		G McCallum	Whiteinch H		W Gourley	Whiteinch H	