

**West District Cross Country Championships
Senior/Junior Men**

Team Medal Table

First Championship 1893-4 to 2019-20

		Gold	Silver	Bronze
1	Cambuslang H	26	12	4
2	Shettleston H	16	19	3
3	Bellahouston H	6	8	5
4	Motherwell YMCA H	4	3	2
5	Maryhill H	4		4
6	Garscube H	3	2	5
7	Clydesdale H	2	4	11
8	Greenock Glenpark H	2	4	4
9	Spango Valley AC	2	1	1
10	Wishaw H	2	1	
11	Springburn H	1	4	1
12	Hamilton H	1	1	2
13	Glasgow YMCA H	1	1	1
14	Larkhall H	1	1	1
15	Victoria Park AAC	1	1	
16	Plebeian H	1	1	
17	Elderslie Wallace H	1		3
18	Greenock Welipark H	1		1
19	Monkland H	1		
20	Paisley Junior H	1		
21	Inverclyde AC		3	7
22	Kilbarchan AAC		3	6
23	Whiteinch H		3	2
24	West of Scotland		2	1
25	Irvine AC		1	3
26	Bellahouston RR			2
27	East Kilbride AAC			2
28	Annan & District AC			1
29	Ayr Seaforth AAC			1
30	Clyde Valley AC			1
31	Beith H			1
31	Partick H			1