

		Sen/Jun Men	Mas Men	Sen/Jun Women	Mas Women	Young Males	Young Females
Teams	75	38	58	28	62	67	
Airdrie Harriers	3	0	1	0	0	0	2
Ayr Seaforth AC	12	1	2	3	1	4	1
Bellahouston Harriers	9	4	0	4	0	0	1
Bellahouston RR	17	4	4	5	4	0	0
Calderglen Harriers	5	2	1	1	1	0	0
Cambuslang Harriers	24	4	6	3	2	5	4
Clydesdale Harriers	2	1	1	0	0	0	0
Cumbernauld AAC	7	2	2	2	1	0	0
Dumbarton AAC	2	1	0	1	0	0	0
East Kilbride AC	16	6	0	2	0	5	3
Garscube Harriers	21	4	4	2	2	4	5
Giffnock North AC	41	5	2	3	3	13	15
Glasgow University Hares and Hd	10	5	0	5	0	0	0
Greenock Glenpark Harriers	16	5	2	2	4	0	3
Helensburgh AAC	6	1	1	1	1	1	1
Inverclyde AC	13	3	0	2	0	3	5
Irvine RC	2	2	0	0	0	0	0
Kilbarchan AAC	15	2	0	1	0	7	5
Kilmarnock H&AC	17	3	1	2	0	5	6
Kirkintilloch Olympians	4	2	0	0	0	1	1
Law & District AAC	12	2	1	2	0	3	4
Motherwell AC	6	2	1	2	0	1	0
Newton Road Runners	5	2	0	2	1	0	0
Nithsdale AC	1	0	0	0	0	1	0
North Ayrshire AAC	2	0	0	0	0	0	2
Shettleston Harriers	17	4	3	4	0	3	3
Springburn Harriers	11	1	1	0	4	3	2
Strathclyde University Harriers	5	3	0	2	0	0	0
Troon Tortoises AC	4	2	0	2	0	0	0
VP-Glasgow AC	13	1	1	3	1	3	4
West End RR	9	1	3	2	3	0	0
Westerlands CCC	1	0	1	0	0	0	0