



# Garscube Harriers Summer League 2016



## Provisional Standings

May 17, 2017

### Notes

- Each column in the tables below contains the combination of league and personal best points for each race. For example, someone having come first in a race, having achieved a personal best, would have earned 20 league points plus 1 personal best point for that race, a total of 21 league points. In addition, 1 participation point is awarded for each race run. The total number of points is the sum of these two and is shown for each competitor at the end the row.
- In the event that a competitor has more completed than six events, the cell in the third column from the right will be highlighted and the performance(s) with the lowest league points struck from the record.
- The window for claiming a worldwide marathon performance runs between 1<sup>st</sup> October 2016 and 30<sup>th</sup> September 2017.
- Rules and fixtures can be found at the end of this document.
- Please notify any corrections or omissions to [moragcasey@gmail.com](mailto:moragcasey@gmail.com).





Event 1: Tom Scott Memorial 10 mile Road Race  
April 2, 2017

Women's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:58:20	20	1	21
2	Debbie	Martin-Consani	01:13:28	19		19
3	Aileen	Wilson	01:14:39	18	1	19
4	Martha	Lovatt	01:15:16	17	1	18
5	Amy	Cromarty	01:26:35	16		16

Men's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	David	Lindsay	00:56:11	20		20
2	Alasdair	MacMillan	00:57:24	19	1	20
3	Daniel	Burns	00:59:03	18		18
4	Finlay	Finlay	00:59:28	17		17
5	Robert	Morrison	01:01:37	16	1	17
6	Patrick	Gibbons	01:03:04	15	1	16
7	Paul	O'Brien	01:06:30	14		14
8	David	Campbell	01:08:29	13		13
9	Norman	Baillie	01:13:01	12		12
10	Iain	Aird	01:16:46	11	1	12

## Event 2: Drumchapel Parkrun

April 23, 2017

### Women's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Kathryn	Scott	00:23:09	20		20
2	Mary	Senior	00:23:15	19		19
3	Emma	Blair	00:23:30	18		18
4	Arlene	Lewis	00:23:34	17		17
5	Debbie	Martin-Consani	00:23:45	16		16
6	Chloe	McAdam	00:24:05	15		15
7	Martha	Lovatt	00:24:51	14		14
8	Laura	Gray	00:25:49	13		13
9	Casey	Thompson	00:26:07	12		12
10	Nighean	Stevenson	00:26:23	11		11
11	Claire	McKeown	00:26:47	10		10
12	Morag	Casey	00:27:35	9		9
13	Alison	Condie	00:28:01	8		8
14	Amy	Cromarty	00:29:31	7		7
15	Alison	Wood	00:29:32	6		6

### Men's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Craig	Shields	00:19:13	20		20
2	Finlay	Finlay	00:19:28	19		19
3	Patrick	Gibbons	00:19:45	18		18
4	Paul	O'Brien	00:21:08	17		17
5	Calum	Esler	00:23:07	16		16
6	David	McKay	00:23:10	15		15
7	Stephen	Wilson	00:24:52	14		14
8	Craig	Marsden	00:25:13	13		13
9	David	Hamill	00:25:15	12		12
10	John	McLaughlin	00:25:22	11		11
11	David	Esler	00:25:52	10		10
12	Stuart	Irvine	00:29:52	9		9

### Event 3: Helensburgh 10k

May 3, 2017

#### Women's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Mary	Senior	00:41:52	20		20
2	Alison	Wood	00:45:14	19		19
3	Nighean	Stevenson	00:47:18	18	1	19
4	Laura	Gray	00:47:35	17		17
5	Casey	Thompson	00:47:41	16	1	17
6	Claire	McKeown	00:48:48	15	1	16

#### Men's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Murray	Maclarty	00:35:31	20		20
2	Simon	Sheridan	00:36:53	19		19
3	Daniel	Burns	00:37:30	18		18
4	Jim	McAney	00:43:01	17		17
5	David	McKay	00:44:12	16	1	17

## Event 4: Dumbarton 10k

May 11, 2017

### Women's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Mary	Senior	00:42:09	20		20
2	Emma	Blair	00:43:30	19		19
3	Anne	Sillars	00:45:15	18		18
3	Kara	McCurrach	00:45:15	18	1	19
5	Chloe	McAdam	00:45:43	16		16
6	Fiona	Maurer	00:47:28	15		15
7	Sinead	McLaughlin	00:47:49	14		14
8	Gillian	Fowler	00:48:17	13		13
9	Laura	Gray	00:48:47	12		12
10	Martha	Lovatt	00:49:12	11		11

### Men's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	David	Lindsay	00:34:27	20		20
2	Garry	Mathew	00:34:52	19		19
3	Finlay	Finlay	00:35:20	18		18
4	Craig	Shields	00:35:21	17		17
5	Stephen	Porteous	00:35:57	16		16
6	Daniel	Burns	00:36:52	15		15
7	Chris	Stockdale	00:37:04	14		14
8	Simon	Sheridan	00:37:15	13		13
9	John	Murray	00:38:45	12		12
10	Paul	O'Brien	00:40:13	11		11
11	Hugh	Duff	00:41:26	10		10
12	Craig	Marsden	00:41:55	9		9
13	Craig	Brown	00:42:12	8		8
14	Kieran	McLaughlin	00:42:24	7		7
15	Norman	Baillie	00:43:07	6		6
16	David	McKay	00:43:18	5	1	6
17	Jim	McAney	00:43:30	4		4
18	Stuart	Donald	00:44:19	3		3
19	Iain	Aird	00:44:43	2		2
20	John	McLaughlin	00:50:14	1		1

Event 12: Any Marathon Worldwide  
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Women's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total	Where?
1	Katie	White	02:42:37	20	1	21	London_170423
2	Nicola	Adams-Hendry	03:03:27	19	1	20	Chester_161002
3	Mairi	Stanley	03:07:13	18		18	London_170423
4	Marian	Kelly	03:21:17	17	1	18	London_170423
5	Anne	Sillars	03:28:45	16		16	London_170423
6	Mary	Senior	03:31:40	15		15	Chester_161002
7	Laura	Gray	03:50:57	14	1	15	Manchester_170402
8	Maureen	Macleod	03:51:52	13		13	London_170423
9	Casey	Thompson	03:57:38	12		12	Paris_170409
10	Kirsty	Harvie	04:18:31	11		11	Manchester_170402
11	Linda	Kennedy	04:27:03	10		10	London_170423

Men's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total	Where?
1	David	Lindsay	02:37:24	20		20	London_170423
2	Kevin	Liddle	02:38:27	19	1	20	London_170423
3	Euan	Geddes	02:39:03	18		18	NYC_161106
4	Alan	Blair	02:42:48	17		17	Frankfurt_161030
5	Alasdair	Maciver	02:44:03	16	1	17	Manchester_170402
6	Garry	Mathew	02:44:36	15	1	16	London_170423
7	Stephen	Porteous	02:46:43	14	1	15	London_170423
8	Nicholas	Heaney	02:51:21	13	1	14	London_170423
9	Finlay	Finlay	02:54:05	12		12	BostonUK_170417
10	Chris	Stockdale	02:57:21	11	1	12	London_170423
11	Craig	Shields	02:59:54	10		10	Amsterdam_161016
12	Ian	Thomson	03:10:23	9		9	London_170423
13	Robbie	Drummond	03:11:08	8	1	9	Manchester_170402
14	Athole	Smith	03:21:18	7		7	London_170423
15	John	Murray	03:21:38	6		6	London_170423
16	Patrick	Gibbons	03:29:04	5		5	Paris_170409
17	Craig	Marsden	03:37:12	4	1	5	Barcelona_170312



## Rules

### Rule 1: Male and Female Leagues and Eligibility

The competition will have male and female leagues and will be open to all members of the club who are eligible to compete in UKA age category U20 and upwards.

### Rule 2: Number of Races

There will be 12 races in total in the competition, including any marathon worldwide.

### Rule 3: Points

- (a) League points – points will be allocated on the basis of 20 points for first place down to 1 point for twentieth place (and all lower places) in respect of each competitor's best 6 performances in qualifying races.
- (b) Participation Points – in addition, runners will be awarded 1 point for competing in each qualifying race irrespective of their position in the race. For example, a competitor running nine races will be awarded nine participation points plus the league points for their best six performances.
- (c) Personal Bests – one point will be awarded for a personal best (PB) for all league events except the Henderson Cup (which is off-road). This is in addition to points awarded as detailed above, subject to runners notifying [moragcasey@gmail.com](mailto:moragcasey@gmail.com).

### Rule 4: Race Results and Chip Timing

Only official race results will count. Where chip timing is used in a race, league points will be based on chip times rather than gun times.

**Rule 5: League Tables** League tables will show the points awarded for the best six performances calculated in accordance with Rule 3(a) and all points awarded in accordance with Rules 3(b) and 3(c). Points earned in all races are provisional until the conclusion of the competition.

### Rule 6: Marathon Races

Only a competitor's best performance achieved during the period 1st October 2015 – 30th September 2016 in a marathon race will count for League Points.

### Rule 7: Handicapped Races

TBC.

**Rule 8: Club Vests** Club vests must be worn.

### Rule 9: Competing for another Club

No points will be awarded to a member in respect of a race where that member has competed for another club.

### Rule 10: Running with Another Competitor's Race Number

No points will be awarded to a member in respect of any race in which the member has raced with another competitor's race number.

### Rule 11: Prizes

Prizes will be awarded for 1st (£50), 2nd (£30) and 3rd (£20) places in both Male and Female Leagues.

### Rule 12: Eligibility for Prizes

No prize will be awarded to a member whose subscriptions are not paid up to date on 1st July 2016.

### Results and Corrections

Interim scores will be published as soon as possible after each qualifying race and are subject to change until the final day of the competition. Corrections should be emailed to [moragcasey@gmail.com](mailto:moragcasey@gmail.com).

## Fixtures

Event	Date	Race	Details
1	Sunday 02/04/17	Tom Tom Scott Memorial Race (10 miles)	<a href="http://www.tomscottroadraces.com">www.tomscottroadraces.com</a>
2	Saturday 22/04/17	Drumchapel Parkrun (5 km)	<a href="http://www.parkrun.org.uk/drumchapel">www.parkrun.org.uk/drumchapel</a>
3	Wednesday 03/05/17	Helensburgh 10k	<a href="http://www.babcock10kseries.co.uk">www.babcock10kseries.co.uk</a>
4	Thursday 11/05/17	Dumbarton 10k	<a href="http://www.babcock10kseries.co.uk">www.babcock10kseries.co.uk</a>
5	Tuesday 23/05/17	DAAA 5000m Track Championships / Club 5k Championships	St Peter the Apostle Track, Clydebank, G81 2DB. Please bring at least £2 to donate to Beatson Cancer Charity. Women's race 1900, men's race thereafter; registration closes shortly before each race.
6	Sunday 28/05/17	Shettleston 10k	<a href="http://www.babcock10kseries.co.uk">www.babcock10kseries.co.uk</a>
7	Thursday 15/06/17	Henderson Cup / Foodbank Race (Off-road, 10 km)	Mugdock Country Park Visitor Centre. Please bring at least £10 of non-perishable foods for donation to the Glasgow North West Foodbank. Start time 1915.
8	Thursday 22/06/17	Kirkintilloch 10k	<a href="http://www.entrycentral.com">www.entrycentral.com</a>
9	Thursday 13/07/17	Charlie Kilshaw Memorial Race (5 miles)	Milngavie Reservoirs – club event.
10	Sunday 10/09/17	Around Cumbrae Road Race (10 miles)	<a href="http://www.entrycentral.com">www.entrycentral.com</a>
11	Sunday 01/10/17	Great Scottish Run Half Marathon	<a href="http://www.greatscottishrun.com">www.greatscottishrun.com</a> Club Half Marathon Championships.
12	From 01/10/2016 to 30/09/2017	Any marathon worldwide	Positions based on finishing times. Club Marathon Championships.