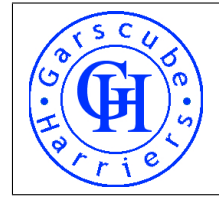




Garscube Harriers Winter League 2016-17



Final Standings

March 29, 2017

Notes

- Each column in the tables below contains the league points for each race; someone having come first in a race would have earned 20 league points, someone having come second, 19 league points and so. 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.
- Rules and fixtures can be found at the end of this document.
- Please notify any corrections or omissions to moragcasey@gmail.com.

Event 1: West District XC Relays

October 8, 2016

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Nicola	Adams-Hendry	00:15:01	20
2	Emma	Blair	00:16:55	19
3	Chloe	McAdam	00:17:14	18
4	Marian	Kelly	00:17:20	17
5	Alison	Wood	00:17:37	16
6	Debbie	Martin-Consani	00:17:41	15
7	Diane	Clark	00:18:19	14
8	Morag	Casey	00:20:16	13
9	Joanne	Robertson	00:21:46	12

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Del	Young	00:12:48	20
2	Alan	Blair	00:13:12	19
3	Alasdair	MacMillan	00:13:17	18
4	Garry	Mathew	00:13:22	17
5	Neal	Robertson	00:13:23	16
6	Alasdair	Maciver	00:13:37	15
7	Marco	Consani	00:13:46	14
8	Craig	Shields	00:13:48	13
9	John	Bell	00:13:53	12
10	Daniel	Burns	00:14:08	11
11	Steven	Currie	00:14:15	10
12	Duncan	McKellar	00:14:23	9
13	Patrick	Gibbons	00:14:28	8
14	Malcolm	Shepherd	00:14:32	7
15	Ian	Thomson	00:14:48	6
16	Simon	Sheridan	00:14:53	5
17	Robert	McLennan	00:15:15	4
18	John	Murray	00:15:18	3
19	Alexander	Chisholm	00:15:24	2
20	Jim	McAney	00:15:32	1
21	Michael	Gallacher	00:15:46	1
22	Sean	McAney	00:16:00	1
23	Craig	Brown	00:16:45	1
24	Stephen	Wilson	00:17:20	1
25	Christopher	Kilshaw	00:17:21	1

Event 2: Dunbartonshire XC Relays
October 16, 2016

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Nicola	Adams-Hendry	00:15:43	20
2	Mairi	Stanley	00:16:03	19
3	Marian	Kelly	00:17:32	18
4	Emma	Blair	00:17:34	17
5	Hannah	Berry	00:17:43	16
6	Chloe	McAdam	00:18:04	15
7	Alison	Wood	00:18:07	14
8	Martha	Lovatt	00:18:28	13
9	Morag	Casey	00:19:59	12
10	Petra	Sambale	00:20:05	11
11	Mary	Cox	00:21:45	10
12	Caroline	Dow	00:24:22	9
13	Joan	Morris	00:30:03	8

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Alasdair	MacMillan	00:13:46	20
2	Neal	Robertson	00:13:55	19
3	Garry	Mathew	00:13:56	18
4	Donald	McPartlin	00:13:57	17
5	Timothy	Martin	00:14:18	16
6	Duncan	McKellar	00:14:58	15
7	Daniel	Burns	00:15:02	14
8	Alasdair	Maciver	00:15:03	13
9	Robert	McLennan	00:15:36	12
10	Michael	Gallacher	00:16:01	11
11	Patrick	Gibbons	00:16:26	10
12	John	Murray	00:16:32	9
13	Craig	Brown	00:17:21	8
14	Kieran	McLaughlin	00:19:33	7
15	Raghbir	Singh	00:26:01	6
16	Robert	Cuthbertson	00:27:25	5

Event 3: National XC Relays
October 22, 2016

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Nicola	Adams-Hendry	00:15:44	20
2	Louise	Torr	00:16:47	19
3	Emma	Blair	00:16:49	18
4	Jill	O'Neil	00:17:17	17
5	Chloe	McAdam	00:17:21	16
5	Hannah	Berry	00:17:21	16
7	Daisy	Ochoa	00:17:27	14
8	Mary	Senior	00:17:34	13
9	Arlene	Lewis	00:17:36	12
10	Petra	Sambale	00:18:50	11
11	Amy	Cromarty	00:20:31	10
12	Mary	Cox	00:21:24	9

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Alan	Blair	00:13:04	20
2	Donald	McPartlin	00:13:21	19
3	Alasdair	MacMillan	00:13:26	18
4	Garry	Mathew	00:13:30	17
4	Alasdair	Maciver	00:13:30	17
6	Kevin	Liddle	00:13:39	15
7	Thomas	Wilson	00:13:51	14
8	Craig	Shields	00:13:52	13
9	Steven	Currie	00:14:11	12
10	David	Lindsay	00:14:31	11
11	Daniel	Burns	00:14:32	10
12	Simon	Sheridan	00:14:42	9
13	Patrick	Gibbons	00:14:58	8
14	Robert	McLennan	00:15:09	7
15	Alexander	Chisholm	00:15:12	6
16	Chris	Stockdale	00:15:15	5
17	John	Murray	00:15:20	4
18	Jim	McAneny	00:15:41	3
19	Michael	Gallacher	00:16:10	2
20	Neil	Douglas	00:16:50	1
21	Craig	Marsden	00:17:02	1
22	Craig	Brown	00:17:24	1
23	Stefan	Kuhr	00:18:12	1
24	Kieran	McLaughlin	00:18:58	1
25	Allan	Jenkins	00:19:03	1
26	David	Esler	00:19:13	1
27	Robert	Cuthbertson	00:25:30	1
28	Raghibir	Singh	00:25:36	1

Event 4: National Short Course XC
November 5, 2016

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Katie	White	00:15:02	20
2	Lesley	Chisholm	00:15:09	19
3	Chloe	McAdam	00:17:42	18
4	Alison	Wood	00:17:45	17
5	Mary	Senior	00:17:52	16
6	Ann	White	00:18:00	15
6	Marian	Kelly	00:18:00	15
8	Martha	Lovatt	00:18:19	13
9	Alison	Locke	00:18:43	12
9	Diane	Clark	00:18:43	12
11	Petra	Sambale	00:19:13	10
12	Morag	Casey	00:20:13	9
13	Irene	Veza	00:20:22	8
14	Anna	Walker	00:20:36	7
15	Alison	Condie	00:21:16	6
16	Mary	Cox	00:21:28	5
17	Caroline	Dow	00:22:39	4

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Garry	Mathew	00:13:39	20
2	Donald	McPartlin	00:13:40	19
3	Alasdair	MacMillan	00:13:54	18
4	Alasdair	Maciver	00:14:04	17
5	Craig	Shields	00:14:10	16
6	Nicholas	Heaney	00:14:26	15
7	Steven	Currie	00:14:32	14
8	Daniel	Burns	00:14:36	13
9	David	Lindsay	00:14:43	12
10	Peter	Harper	00:14:59	11
10	Patrick	Gibbons	00:14:59	11
12	Simon	Sheridan	00:15:02	9
13	Chris	Stockdale	00:15:21	8
14	Ian	Thomson	00:15:35	7
15	Robert	McLennan	00:15:40	6
16	Alexander	Chisholm	00:15:41	5
17	Michael	Gallacher	00:16:19	4
18	Paul	Cooke	00:16:24	3
19	John	Murray	00:16:26	2
20	Craig	Brown	00:17:07	1
21	Craig	Marsden	00:17:37	1
22	Kieran	McLaughlin	00:18:03	1
23	Stephen	Wilson	00:18:22	1
24	Stefan	Kuhr	00:18:26	1
25	Ragbir	Singh	00:25:46	1

Event 5: Dunbartonshire XC Championships
November 13, 2016

Women's Results

Position	Firstname	Surname	Race Time	League Pts	PB?	Total
1	Chloe	McAdam	00:27:40	20		20
2	Mary	Senior	00:28:14	19		19
3	Martha	Lovatt	00:28:19	18		18
4	Fiona	Martin	00:28:21	17		17
5	Emma	Blair	00:28:39	16		16
6	Alison	Wood	00:28:59	15		15
7	Morag	Casey	00:31:22	14		14
8	Deborah	Shipton	00:31:38	13		13
9	Kali	Heaney	00:31:45	12		12
10	Amy	Cromarty	00:32:54	11		11
11	Caroline	Dow	00:38:05	10		10

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Donald	McPartlin	00:32:27	20
2	Alasdair	MacMillan	00:32:57	19
3	Alan	Blair	00:33:20	18
4	Nicholas	Heaney	00:34:08	17
5	David	Lindsay	00:34:20	16
6	Finlay	Finlay	00:34:52	15
7	Daniel	Burns	00:35:14	14
8	Simon	Sheridan	00:35:26	13
9	Peter	Harper	00:36:02	12
10	Ian	Thomson	00:36:24	11
11	Chris	Stockdale	00:36:33	10
12	Patrick	Gibbons	00:37:23	9
13	John	Murray	00:38:28	8
14	Paul	Cooke	00:39:06	7
15	Paul	O'Brien	00:39:15	6
16	Jacob	Lovatt	00:40:33	5
17	Nicholas	Parker	00:40:50	4

Paul O'Brien completed 2 laps in the male V60 race in a time of 00:25:32. This time scaled using Riegel formula to a predicted time of 00:39:15 for 3 laps for comparison with senior / masters males.

Event 6: Glasgow University 5 mile Road Race
Handicapped
November 26, 2016

[Handicaps for male and female races both flat-fielded to 00:25:56 (time for race winner, Paul Sorrie (Shettleston)).]

Women's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Alison	Wood	00:36:46	00:10:10	00:26:36	20
2	Caroline	Dow	00:45:15	00:18:32	00:26:43	19
3	Linda	Kennedy	00:38:39	00:11:47	00:26:52	18
4	Aileen	Wilson	00:36:34	00:09:18	00:27:16	17
5	Emma	Blair	00:36:01	00:08:05	00:27:56	16
6	Isabella	Sheldon	00:33:09	00:04:32	00:28:37	15

Men's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Simon	Sheridan	00:29:59	00:03:28	00:26:31	20
1	Graham	Andrew	00:30:49	00:04:18	00:26:31	20
3	Peter	Dow	00:39:09	00:12:30	00:26:39	18
4	Alasdair	MacMillan	00:28:35	00:01:51	00:26:44	17
5	Ade	Kearns	00:35:00	00:08:07	00:26:53	16
6	Paul	O'Brien	00:32:23	00:05:08	00:27:15	15
7	John	Murray	00:31:50	00:04:28	00:27:22	14
8	Craig	Brown	00:35:52	00:08:27	00:27:25	13
9	David	Geddes	00:40:07	00:12:38	00:27:29	12
10	Barrie	Johnstone	00:32:03	00:03:44	00:28:19	11
11	David	Campbell	00:33:31	00:05:09	00:28:22	10
12	Allan	Wallace	00:36:46	00:08:15	00:28:31	9

Event 7A: West District XC Championships
December 4, 2016

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Katie	White	00:26:26	20
2	Lesley	Chisholm	00:26:45	19
3	Frances	Wardle	00:29:29	18
4	Louise	Torr	00:30:44	17
5	Marian	Kelly	00:32:12	16
6	Martha	Lovatt	00:32:29	15
7	Emma	Blair	00:32:35	14
8	Alison	Wood	00:33:30	13
9	Morag	Casey	00:34:50	12
10	Deborah	Shipton	00:37:36	11
11	Amy	Cromarty	00:38:17	10
12	Alison	Condie	00:38:21	9
13	Mary	Cox	00:38:56	8
14	Joanne	Robertson	00:41:17	7
15	Caroline	Dow	00:42:01	6

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Donald	McPartlin	00:38:42	20
2	Garry	Mathew	00:38:56	19
3	Neal	Robertson	00:39:13	18
4	Alasdair	MacMillan	00:40:35	17
5	Alasdair	Maciver	00:41:08	16
6	Steven	Currie	00:41:15	15
7	Finlay	Finlay	00:42:33	14
8	Chris	Stockdale	00:43:00	13
9	Ian	Thomson	00:43:46	12
10	Alexander	Chisholm	00:44:05	11
11	Robert	McLennan	00:45:18	10
12	Duncan	McKellar	00:45:38	9
13	Patrick	Gibbons	00:46:48	8
14	John	Murray	00:47:02	7
15	David	Dickson	00:50:50	6
16	Paul	Coia	00:54:33	5
17	Stefan	Kuhr	00:55:21	4
18	Craig	Brown	00:56:26	3
19	Craig	Marsden	00:57:11	2

Event 7B: McCaa Cup Handicap
(Results Derived From West District XC Champs)

December 4, 2016

[Handicaps by Dave Heppell.]

Women's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Katie	White	00:26:26	00:03:50	00:22:36	20
2	Lesley	Chisholm	00:26:45	00:04:01	00:22:44	19
3	Morag	Casey	00:34:50	00:11:09	00:23:41	18
4	Louise	Torr	00:30:44	00:06:38	00:24:06	17
5	Martha	Lovatt	00:32:29	00:08:05	00:24:24	16
6	Alison	Condie	00:38:21	00:13:49	00:24:32	15
7	Marian	Kelly	00:32:12	00:07:31	00:24:41	14
8	Mary	Cox	00:38:56	00:14:01	00:24:55	13
9	Frances	Wardle	00:29:29	00:04:00	00:25:29	12
10	Alison	Wood	00:33:30	00:07:58	00:25:32	11
11	Amy	Cromarty	00:38:17	00:12:37	00:25:40	10
12	Emma	Blair	00:32:35	00:06:41	00:25:54	9
13	Caroline	Dow	00:42:01	00:16:01	00:26:00	8
14	Deborah	Shipton	00:37:36	00:11:25	00:26:11	7
15	Joanne	Robertson	00:41:17	00:14:37	00:26:40	6

Men's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Garry	Mathew	00:38:56	00:01:52	00:37:04	20
2	Steven	Currie	00:41:15	00:03:59	00:37:16	19
3	Neal	Robertson	00:39:13	00:01:56	00:37:17	18
4	Alexander	Chisholm	00:44:05	00:06:35	00:37:30	17
5	Donald	McPartlin	00:38:42	00:00:00	00:38:42	16
6	Robert	McLennan	00:45:18	00:06:27	00:38:51	15
7	Chris	Stockdale	00:43:00	00:04:06	00:38:54	14
8	Alasdair	Maciver	00:41:08	00:02:13	00:38:55	13
9	Ian	Thomson	00:43:46	00:03:57	00:39:49	12
10	Alasdair	MacMillan	00:40:35	00:00:30	00:40:05	11
11	Finlay	Finlay	00:42:33	00:02:24	00:40:09	10
12	John	Murray	00:47:02	00:06:01	00:41:01	9
13	Stefan	Kuhr	00:55:21	00:14:17	00:41:04	8
14	Duncan	McKellar	00:45:38	00:04:29	00:41:09	7
15	Paul	Coia	00:54:33	00:12:50	00:41:43	6
16	Patrick	Gibbons	00:46:48	00:04:42	00:42:06	5
17	David	Dickson	00:50:50	00:06:25	00:44:25	4
18	Craig	Marsden	00:57:11	00:11:17	00:45:54	3
19	Craig	Brown	00:56:26	00:06:22	00:50:04	2

Event 8A: National XC Championships

February 25, 2017

Women's Results

[Hannah Berry (00:32:55) and Isabella Sheldon (00:31:14) ran 6.8 km in the U20 races. These times scaled to 10 km using $N=1.18$ in Reigel formula, this being calculated using a best-fit applied to early-season cross-country races.]

Position	Firstname	Surname	Race Time	League Pts
1	Katie	White	00:40:05	20
2	Isabella	Sheldon	00:49:14	19
3	Nicola	Adams-Hendry	00:50:12	18
4	Lynne	Macdougall	00:50:26	17
5	Marian	Kelly	00:50:49	16
6	Mary	Senior	00:51:13	15
7	Emma	Blair	00:51:15	14
8	Hannah	Berry	00:51:53	13
9	Martha	Lovatt	00:52:54	12
10	Alison	Wood	00:53:29	11
11	Daisy	Ochoa	00:54:56	10
12	Morag	Casey	00:59:47	9

Men's Results

[All males ran 10 km, no scaling applied.]

Position	Firstname	Surname	Race Time	League Pts
1	Kevin	Liddle	00:39:54	20
2	Donald	McPartlin	00:40:36	19
3	Alasdair	Maciver	00:42:00	18
4	Alexander	Chalmers	00:42:34	17
5	Duncan	McKellar	00:44:50	16
6	Chris	Stockdale	00:45:05	15
7	John	Murray	00:46:10	14
8	David	Dickson	00:50:47	13
9	Paul	Cooke	00:51:14	12
10	Jim	McAneny	00:55:05	11
11	Craig	Brown	00:55:51	10
12	Stefan	Kuhr	00:59:19	9

Event 8B: National XC Championships Handicap
(Results Derived From National XC Champs)
February 25, 2017

Women's Results

[Female handicaps flat-fielded to 00:38:32 (winning time of Morag MacLarty, Central AC). Lynne MacDougall running off scratch (no early-season XC data).]

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Katie	White	00:40:05	00:05:47	00:34:18	20
2	Marian	Kelly	00:50:49	00:14:32	00:36:17	19
3	Martha	Lovatt	00:52:54	00:15:28	00:37:26	18
4	Mary	Senior	00:51:13	00:13:15	00:37:58	17
5	Morag	Casey	00:59:47	00:21:04	00:38:43	16
6	Hannah	Berry	00:51:53	00:12:37	00:39:16	15
7	Alison	Wood	00:53:29	00:13:48	00:39:41	14
8	Emma	Blair	00:51:15	00:11:03	00:40:12	13
9	Isabella	Sheldon	00:49:14	00:08:53	00:40:21	12
10	Daisy	Ochoa	00:54:56	00:12:55	00:42:01	11
11	Nicola	Adams-Hendry	00:50:12	00:07:51	00:42:21	10
12	Lynne	Macdougall	00:50:26	00:00:00	00:50:26	9

Men's Results

[Male handicaps flat-fielded to 00:33:34 (winning time of Callum Hawkins, Kilbarchan AC). Alexander Chalmers running off scratch (no early-season XC data).]

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Kevin	Liddle	00:39:54	00:08:11	00:31:43	20
2	Chris	Stockdale	00:45:05	00:13:04	00:32:01	19
3	Duncan	McKellar	00:44:50	00:12:04	00:32:46	18
4	John	Murray	00:46:10	00:13:20	00:32:50	17
5	Donald	McPartin	00:40:36	00:07:16	00:33:20	16
6	David	Dickson	00:50:47	00:17:16	00:33:31	15
7	Alasdair	Maciver	00:42:00	00:07:43	00:34:17	14
8	Paul	Cooke	00:51:14	00:16:35	00:34:39	13
9	Craig	Brown	00:55:51	00:19:39	00:36:12	12
10	Stefan	Kuhr	00:59:19	00:22:06	00:37:13	11
11	Jim	McAney	00:55:05	00:14:24	00:40:41	10
12	Alexander	Chalmers	00:42:34	00:00:00	00:42:34	9

Event 9: Balloch to Clydebank HM

March 5, 2017

Women's Results

[CANCELLED.]

Men's Results

[CANCELLED.]

Event 10: Clydebank 5k (Handicap)

March 18, 2017

Women's Results

[CANCELLED.]

Men's Results

[CANCELLED.]

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 10 races but 12 results in total in the competition.

- The University of Glasgow 5 mile road race will be handicapped but scratch positions will be used to determine the overall winners of the Club 5 mile championships.
- The data from the West District XC Championships will be used to produce two sets of results: one set will be based on overall finishing times (scratch times) and a separate set will be based on handicap position. The handicap positions will be used to determine the overall winner of the McCaa Cup.
- The data from the National XC Championships will be used to produce two sets of results: one set will be based on overall finishing times (scratch times) and a separate set will be based on handicap position. The scratch positions will be used to determine the overall winners of the Club XC championship.

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 six performances in qualifying races.
- (b) Participation points – in addition, runners will receive 1 point for competing in each qualifying race irrespective of their position in the race. For example, a competitor running nine races will get nine participation points plus the league points for their best six performances.

Rule 4: Relay Races

In relay races points will be awarded based on the time achieved in the race. Performances in incomplete teams will count. In the event of a tie on times in a relay race all runners with the same time will be awarded the same number of points.

Rule 5: Distances of Cross Country Races

In the event that different age groups run different distances, the Riegel formula will be used to flat-field the results for all competitors, within each gender group.

Rule 6: Handicapped Races

The following races will be handicapped and league points for these races will awarded on the basis of competitors' finishing positions in the handicap not scratch positions:

- (a) University of Glasgow 5 mile road race.
- (b) West District XC Championships – McCaa Cup.
- (c) National XC Championships.
- (d) Clydebank 5k.

Rule 7: 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 Rule 3(b).

Rule 8: Race Results and Chip-timing

Only official race results will count. Where chip-timing is used in calculation of the results of a race League points will be based on chip-times rather than gun times.

Rule 9: Club Vests

Club vests must be worn.

Rule 10: Prizes

Prizes will be awarded for 1st (£50), 2nd (£30) and 3rd (£20) places in both Male and Female Leagues. No prize will be awarded to any member whose subscriptions are not paid up to date on the final day of the competition.

Rule 11: 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 12: 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 13: Eligibility for Prizes

No prize will be awarded to a member whose 2016-17 subscriptions are not paid up to date on 30 April 2017.

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.

Fixtures

Event	Date	Race	Details
1	Saturday 08/10/16	West District XC Relays	Club entry, see Team Managers
2	Sunday 16/10/16	Dunbartonshire XC Relays	Club entry, see Team Managers.
3	Saturday 22/10/16	National XC Relays	Club entry, see Team Managers.
4	Saturday 05/11/16	National Short Course XC	Club entry, see Team Managers.
5	Saturday 13/11/16	Dunbartonshire XC Championships	Club entry, see Team Managers.
6	Saturday 26/11/16	University of Glasgow 5 mile Road Race (HANDICAP)	www.entrycentral.com .
7A	Sunday 04/12/16	West District XC Championships	Club entry, see Team Managers
7B	Sunday 04/12/16	McCaa Cup (HANDICAP)	Results derived from West District XC Championships finishing times.
8A	Saturday 25/02/17	National XC Championships	Club entry, see Team Managers.
8B	Saturday 25/02/17	National XC Championships (HANDICAP)	Results derived from National XC Championships finishing times.
9	Sunday 05/03/17	Balloch to Clydebank Half Marathon	www.entrycentral.com
10	Saturday 18/03/17	Clydebank 5k (HANDICAP)	Clydebank Playdrome