



Garscube Harriers

Summer League 2018



Event 1: 2 April 2018

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 1st October 2017 and 30th September 2018.
- Rules and fixtures can be found at the end of this document.
- Please notify any corrections or omissions to kt_m_white@hotmail.com

Men's League Standings – April 2 2018

Position	First name	Surname	Tom Scott 10 miles	Drumchapel Parkrun 5k	5k Road Championship	Helensburgh 10k	5k Track Championships	Shettleston 10k	Kirkintilloch 10k	Henderson Cup 10k	Charlie Kilshaw 5 miles	Around Cumbræ 10 miles	Great Scottish Run HM	MARATHON	Top 6 races only?	Participation Points	League Points
1	Kevin	Gilfillan	13											12		2	27
2	Garry	Mathew	21													1	22
3	Grant	MacDonald												20		1	21
3	Euan	Geddes												20		1	21
5	David	Lindsay	19													1	20
5	Gavin	Hinde	19													1	20
7	Keith	Wall												18		1	19
7	David	Campbell	18													1	19
9	Athole	Smith												17		1	18
9	Patrick	Gibbons												17		1	18
11	Jim	McAney	16													1	17
11	Ade	Kearns	16													1	17
13	Donald	McPartlin												15		1	16
14	Chris	Stockdale												14		1	15
14	Craig	Marsden	14													1	15
14	Jim	Boyle												14		1	15
17	Craig	Brown	13													1	14
18	Robbie	Drummond												12		1	13
19	Allan	Jenkins	11													1	12
20	David	Geddes	10													1	11
20	Tariq	Abdullah												10		1	11
22	Stuart	Munro												9		1	10
23	Paul	Collins												8		1	9

Summer League 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 kt_m_white@hotmail.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 2017 – 30th September 2018 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 2018.

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 kt_m_white@hotmail.com.

Fixtures (provisional)

Event	Date	Race	Information
1	Sunday 1 April	Tom Scott 10 miles	https://www.tomscottroadraces.com/ Pre-entry only
2	Saturday 21 April	Drumchapel parkrun	http://www.parkrun.org.uk/drumchapel/
3	Friday 4 May	Scottish 5k road championship, Silverknowes	https://www.entrycentral.com/Self-transcendence-5km
4	Thursday 10 May	Helensburgh 10k	https://www.entrycentral.com/Helensburgh-10K
5	Tuesday 22 May	DAA/club 5000m track championship, St Peter the Apostle Track, Clydebank, G81 2DB.	Entry on the night. Details TBC.
6	Sunday 27 May	Shettleston 10k, Glasgow Green	https://www.entrycentral.com/Shettleston-10K
7	Thursday 14 June (TBC)	Kirkintilloch 10k	https://kirkintillocholympians.co.uk/kirkintilloch-10k-new
8	Thursday 21 June	Henderson Cup off road 10k, Garscube	TBC
9	Thursday 12 July	Charlie Kilshaw 5 miles, Milngavie reservoirs	Club event, entry on the night
10	Sunday 16 September	Around Cumbrae 10 miles	https://www.entrycentral.com/event/101088
11	Sunday 30 September	Glasgow half marathon	http://greatscottishrun.com/events/half-marathon/ Club half marathon championship. Sold out last year, so register early to guarantee a place
12	1 October 2017 – 30 September 2018	Any marathon, worldwide	Positions based on finish times. Club marathon championship