



Garscube Harriers

Summer League 2018



Provisional Standings

Event 12: 30 September 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 – 6 October 2018

Position	First name	Surname	Tom Scott 10 miles	Drumchapel Parkrun	5k Track Championship	5k Road Championship	Helensburgh 10k	Dumbarton 10K	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	Garry	Mathew	21					20	20	20	17		18	21	11	TOP 6	8	128
2	David	Lindsay	19						18	18	10	21	19	19	19	TOP 6	8	123
3	Gavin	Hinde	19	20	20		16	16	16	15	5	15	16	11	14	TOP 6	12	119
4	Ade	Kearns	16	12	12	21	18	3		8	1	17				TOP 6	9	105
5	Keith	Wall		18	17		12	12	14	14	11		15		10	TOP 6	9	99
6	David	Campbell	18	19	16			11	13		2	9		2		TOP 6	8	94
7	Athole	Smith					20	9		13	16	18		9	9	TOP 6	7	92
8	Finlay	Finlay						18	19	20	7				19		5	88
9	Kevin	Gilfillan	13	10	10	19	2	1	4	1		2	10	2	2	TOP 6	12	78
10	John	Coyle					19	17	15					17			4	72
11	John	Murray			18		13	15			1	17					5	69
12	Stephen	Craig		15	13		2	1	6	5	8		11		2	TOP 6	9	67
13	Andrew	Cook					10	5	12	12	19				1		6	65
14	David	Carr		8	16		9	8					14	2	2	TOP 6	7	64
15	Lance	Voute		17			18	10						7			4	56
15	Alan	Blair					16		17				20				3	56
17	Mark	Thistlethwaite							8	7	20		13		2		5	55
17	Jim	McAney	16					1	10	9	14						5	55
17	Allan	Jenkins	11				14	1	3	1	6	13				TOP 6	7	55
20	Ian	Thomson								16				17	18		3	54
21	Douglas	Findlay						14					17	15			3	49
22	David	McKay		16			3	3		4		1	11	2		TOP 6	7	46
22	Jim	Boyle		7	4	18	1	1	1	1	1	2		2	2	TOP 6	11	46
24	Gary	McQueen					11	16						13			3	43
25	Gary	Goldie					4	6	1	11	12	1					6	41
26	Craig	Brown	13	11					11		1						4	40
27	Nicholas	Heaney						19						18			2	39
28	Duncan	Robertson			13					11	3	3		1			5	36
28	Alexander	Chalmers										19		15			2	36
30	Craig	Shields										16			17		2	35
30	David	Dickson		14		19											2	35
32	Craig	Marsden	14				6	5						4			4	33
32	David	Hamill		6	6						1	7	6	1			6	33
34	Alan	McIntosh		11			2	1		3				1	4		6	28
34	Graham	Andrew									13	13					2	28
36	Iain	Paterson			9			2	7	2				2			5	27
36	Martin	Egan		5	3		3	1		1		2	5		1	TOP 6	8	27
38	Kieran	McLaughlin			14			1		7							3	25
38	Iain	McFarlane										10		6	6		3	25
40	Jeremy	Couling		13								9					2	24
41	Paul	O'Brien						7					14				2	23
42	Daniel	Scroop												12	8		2	22

42	David	Geddes	10					1		1	6				4	22
44	Nicholas	Parker								1	11		6		3	21
44	Kevin	Liddle											20		1	21
46	Robert	McLennan		19											1	20
46	John	McLaughlin		2			1		1		1	8	1		6	20
48	Mark	Turnball								18					1	19
49	Stephen	Porteous								17					1	18
49	Alexander	Parker		7			1	5	1						4	18
49	David	Esler				7	1	2			4				4	18
52	Stuart	Irvine				9			1			4			3	17
53	Euan	Geddes											15		1	16
53	Timothy	Brown								15					1	16
55	Marco	Consani											14		1	15
56	Grant	MacDonald											13		1	14
57	Allan	Wallace		10										1	2	13
57	Alasdair	MacMillan											12		1	13
57	Alasdair	MacKay								9	2				2	13
57	John	Lai					9							2	2	13
61	Paul	Coia									1	7	1		3	12
62	Tariq	Abdullah		1				1			1		1	1	5	10
63	George	Lambie											8		1	9
64	Ross	McMillan												7	1	8
64	Paul	Collins				1	1		1					1	4	8
66	Stephen	Wilson				6									1	7
66	Malcolm	Shepherd												6	1	7
66	Mark	Cathro									6				1	7
69	George	Innes				1	1	1							3	6
69	Duncan	Boyd											5		1	6
69	Norman	Baillie		5											1	6
72	Donald	McPartlin												4	1	5
72	Stephen	Cullen		4											1	5
72	Alexander	Chisholm								4					1	5
75	Paul	Clark				1					1				2	4
75	Alex	Carrutheres								1			1		2	4
77	Peter	Dow									2				1	3
78	Peter	Scott									1				1	2
78	Stuart	Munro												1	1	2
78	Thomas	McKay							1						1	2
78	Stewart	Hendry									1				1	2
78	Ian	Grant				1									1	2
78	Robbie	Drummond												1	1	2
78	Iain	Aird									1				1	2

Event 1: Tom Scott 10 mile Road Race
1 April 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:59:22	20	0	20
2	Laura	Gray	01:12:10	19	1	20
3	Aileen	Wilson	01:13:02	18	1	19
4	Alison	Wood	01:14:43	17	1	18
5	Chloe	McAdam	01:14:54	16	1	17
6	Martha	Lovatt	01:17:33	15	0	15
7	Morag	Casey	01:17:47	14	1	15
8	Casey	Thompson	01:18:20	13	1	14
9	Barbara	Anderson	01:18:42	12	0	12
10	Amy	Cromarty	01:20:07	11	0	11
11	Claire	Robertson	01:25:34	10	1	11
12	Ann	Clanachan	01:33:26	9	0	9

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Garry	Mathew	00:53:56	20	1	21
2	David	Lindsay	00:57:50	19	0	19
3	Gavin	Hinde	01:01:36	18	1	19
4	David	Campbell	01:02:33	17	1	18
5	Jim	McAneny	01:09:38	16	0	16
6	Ade	Kearns	01:11:20	15	1	16
7	Craig	Marsden	01:12:06	14	0	14
8	Craig	Brown	01:15:37	13	0	13
9	Kevin	Gilfillan	01:16:55	12	1	13
10	Allan	Jenkins	01:18:13	11	0	11
11	David	Geddes	01:25:40	10	0	10

Event 2: Drumchapel parkrun

21 April 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:19:32	20	0	20
2	Laura	Gray	00:22:28	19	0	19
3	Martha	Lovatt	00:24:14	18	0	18
4	Nighean	Stevenson	00:24:34	17	0	17
5	Fiona	Gregor	00:24:40	16	0	16
6	Morag	Casey	00:25:00	15	0	15
7	Chloe	McAdam	00:25:13	14	0	14
8	Casey	Thompson	00:25:14	13	0	13
9	Emma	Blair	00:26:16	12	0	12
10	Barbara	Watt	00:29:25	11	0	11

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Gavin	Hinde	00:19:28	20	0	20
2	David	Campbell	00:20:43	19	0	19
3	Keith	Wall	00:20:57	18	0	18
4	Lance	Voute	00:21:03	17	0	17
5	David	McKay	00:22:22	16	0	16
6	Stephen	Craig	00:23:09	15	0	15
7	David	Dickson	00:23:19	14	0	14
8	Jeremy	Couling	00:23:27	13	0	13
9	Ade	Kearns	00:23:29	12	0	12
10	Craig	Brown	00:23:35	11	0	11
11	Alan	McIntosh	00:23:37	10	1	11
12	Kevin	Gilfillan	00:23:40	9	1	10
13	David	Carr	00:24:54	8	0	8
14	Jim	Boyle	00:25:19	7	0	7
15	David	Hamill	00:26:18	6	0	6
16	Martin	Egan	00:26:42	5	0	5
17	Stephen	Cullen	00:31:12	4	0	4

Event 3: Track 5k championship

24 April 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Laura	Gray	00:20:27	20	1	21
2	Anne	Sillars	00:20:27	19	0	20
3	Suzanne	Rae	00:20:31	18	1	19
4	Alison	Wood	00:21:42	17	0	17
5	Nighean	Stevenson	00:21:49	16	0	16
6	Sinead	McLaughlin	00:21:51	15	0	15
7	Casey	Thompson	00:21:52	14	1	15
8	Amy	Cromarty	00:22:38	13	1	14
9	Mary	Cox	00:24:28	12	0	12

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Gavin	Hinde	00:18:22	20	0	20
2	Robert	McLennan	00:18:24	19	0	19
3	John	Murray	00:18:29	18	0	18
4	Keith	Wall	00:18:32	17	0	17
5	David	Campbell	00:19:05	16	0	16
6	David	Carr	00:19:50	15	1	16
7	Kieran	McLaughlin	00:19:57	14	0	14
8	Duncan	Robertson	00:20:01	13	0	13
9	Stephen	Craig	00:20:08	12	1	13
10	Ade	Kearns	00:20:11	11	1	12
11	Allan	Wallace	00:20:12	10	0	10
12	Kevin	Gilfillan	00:20:36	9	1	10
13	Iain	Paterson	00:21:14	8	1	9
14	Alexander	Parker	00:21:16	7	0	7
15	David	Hamill	00:22:02	6	0	6
16	Norman	Baillie	00:22:06	5	0	5
17	Jim	Boyle	00:23:23	4	0	4
18	Martin	Egan	00:23:37	3	0	3
19	John	McLaughlin	00:23:41	2	0	2
20	Tariq	Abdullah	00:24:34	1	0	1

Event 4: Road 5k championship
5 May 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Alison	Wood	00:21:05	20	1	21
2	Casey	Thompson	00:22:03	19	0	19
3	Morag	Casey	00:22:18	18	0	18

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Ade	Kearns	00:20:06	20	1	21
2	David	Dickson	00:20:09	19	0	19
3	Kevin	Gilfillan	00:20:22	18	1	19
4	Jim	Boyle	00:22:32	17	1	18

Event 5: Helensburgh 10k

12 May 2018

Women's results (age adjusted times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:35:02	20	1	21
2	Ann	Boal	00:38:52	19	0	19
3	Mary	Senior	00:39:27	18	0	18
4	Yvonne	Green	00:40:16	17	0	17
5	Theresa	Miln	00:40:30	16	0	16
6	Aileen	Wilson	00:41:24	15	0	15
7	Laura	Gray	00:41:54	14	1	15
8	Anne	Sillars	00:42:24	13	0	13
9	Morag	Casey	00:44:20	12	1	13
10	Suzanne	Rae	00:44:40	11	0	11
11	Martha	Lovatt	00:44:52	10	0	10
12	Claire	Tippett	00:44:57	9	1	10
13	Alison	Locke	00:45:06	8	0	8
14	Casey	Thompson	00:45:14	7	1	8
15	Alison	Wood	00:45:16	6	0	6
16	Lynette	Harkins	00:45:40	5	0	5
17	Fiona	Gregor	00:45:50	4	1	5
18	Amy	Cromarty	00:47:09	3	1	4
19	Barbara	Anderson	00:47:50	2	0	2
20	Shauna	McMullan	00:48:46	1	0	1

Women's results (chip times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:35:32	20	1	21
2	Mary	Senior	00:42:12	19	0	19
3	Anne	Sillars	00:42:24	18	0	18
4	Laura	Gray	00:42:41	17	1	18
5	Aileen	Wilson	00:43:53	16	0	16
6	Suzanne	Rae	00:44:43	15	0	15
7	Claire	Tippett	00:44:57	14	1	15
8	Martha	Lovatt	00:45:04	13	0	13
9	Alison	Wood	00:45:16	12	0	12
10	Casey	Thompson	00:45:21	11	1	12
11	Alison	Locke	00:45:44	10	0	10
12	Fiona	Gregor	00:45:53	9	1	10
13	Morag	Casey	00:47:00	8	1	9
14	Amy	Cromarty	00:47:16	7	1	8
15	Theresa	Miln	00:47:27	6	0	6
16	Yvonne	Green	00:48:22	5	0	5
17	Barbara	Anderson	00:48:44	4	0	4
18	Lynette	Harkins	00:52:13	3	0	3
19	Shauna	McMullan	00:52:40	2	0	2
19	Ann	Boal	00:52:40	2	0	2

Men's results (age adjusted times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Athole	Smith	00:33:42	20	0	20
2	John	Coyle	00:33:48	19	0	19
3	Lance	Voute	00:33:51	18	0	18
4	Ade	Kearns	00:34:25	17	1	18
5	Alan	Blair	00:34:26	16	0	16
6	Gavin	Hinde	00:35:28	15	1	16
7	Allan	Jenkins	00:36:07	14	0	14
8	John	Murray	00:36:25	13	0	13
9	Keith	Wall	00:36:42	12	0	12
10	Gary	McQueen	00:37:03	11	0	11
11	Andrew	Cook	00:37:46	10	0	10
12	Stuart	Irvine	00:38:44	9	0	9
13	David	Carr	00:39:32	8	1	9
14	David	Esler	00:40:08	7	0	7
15	Stephen	Wilson	00:41:19	6	0	6
15	Craig	Marsden	00:41:19	6	0	6
17	Gary	Goldie	00:41:20	4	0	4
18	Martin	Egan	00:41:31	3	0	3
19	David	McKay	00:41:52	2	1	3
20	Kevin	Gilfillan	00:42:15	1	1	2
21	Stephen	Craig	00:42:25	1	1	2
22	Paul	Collins	00:42:43	1	0	1
23	Alan	McIntosh	00:42:46	1	1	2
24	Jim	Boyle	00:43:28	1	0	1
25	George	Innes	00:47:33	1	0	1
26	Paul	Clark	01:02:10	1	0	1
27	Ian	Grant	01:07:50	1	0	1

Men's results (chip times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Alan	Blair	00:34:38	20	0	20
2	John	Coyle	00:36:28	19	1	20
3	Gary	McQueen	00:37:16	18	0	18
4	Gavin	Hinde	00:37:22	17	0	17
5	John	Murray	00:38:40	16	0	16
6	Keith	Wall	00:39:17	15	0	15
7	Lance	Voute	00:39:23	14	0	14
8	Andrew	Cook	00:39:47	13	0	13
9	Athole	Smith	00:39:55	12	0	12
10	David	Carr	00:40:03	11	0	11
11	Gary	Goldie	00:41:20	10	0	10
12	Ade	Kearns	00:41:30	9	0	9
13	Craig	Marsden	00:42:04	8	0	8
14	David	McKay	00:42:14	7	0	7
15	Stephen	Craig	00:42:26	6	0	6
16	Alan	McIntosh	00:42:55	5	1	6
17	Kevin	Gilfillan	00:43:31	4	0	4

18	Allan	Jenkins	00:46:28	3	1	4
19	Jim	Boyle	00:47:17	2	0	2
20	David	Esler	00:47:32	1	0	1
21	Stephen	Wilson	00:47:40	1	0	1
22	Martin	Egan	00:47:53	1	0	1
23	Paul	Collins	00:48:26	1	0	1
24	George	Innes	00:53:01	1	0	1
25	Stuart	Irvine	00:53:02	1	0	1
26	Andrew	Clark	01:21:34	1	0	1
27	Ian	Grant	01:26:27	1	0	1

Event 6: Dumbarton 10k

17 May 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:35:41	20	0	20
2	Mary	Senior	00:42:22	19	0	19
3	Anne	Sillars	00:42:30	18	0	18
4	Laura	Gray	00:43:22	17	0	17
5	Suzanne	Rae	00:43:39	16	1	17
6	Alison	Wood	00:44:12	15	1	16
7	Aileen	Wilson	00:44:21	14	0	14
8	Alison	Locke	00:45:13	13	0	13
9	Claire	Tippet	00:45:19	12	0	12
10	Fiona	Gregor	00:45:34	11	1	12
11	Martha	Lovatt	00:45:45	10	0	10
12	Nighean	Stevenson	00:45:49	9	1	10
13	Casey	Thompson	00:45:54	8	0	8
14	Sinead	McLaughlin	00:45:59	7	0	7
15	Theresa	Miln	00:47:39	6	0	6
16	Amy	Cromarty	00:47:48	5	0	5
17	Morag	Casey	00:48:00	4	0	4
18	Barbara	Anderson	00:48:55	3	0	3
19	Irene	Veza	00:51:07	2	0	2
20	Jennifer	Sorbie	00:51:20	1	0	1
21	Anna	Walker	00:51:34	1	0	1
22	Lynette	Harkins	00:51:55	1	0	1
23	Ann	Boal	00:52:38	1	0	1
24	Barbara	Watt	00:55:12	1	0	1
24	Ann	Clanachan	00:56:12	1	0	1

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Garry	Mathew	00:34:29	20	0	20
2	Nicholas	Heaney	00:34:40	19	0	19
3	Finlay	Finlay	00:35:09	18	0	18
4	John	Coyle	00:36:53	17	0	17
5	Gary	McQueen	00:37:17	16	0	16
5	Gavin	Hinde	00:37:17	16	0	16
7	John	Murray	00:37:22	14	1	15
8	Douglas	Findlay	00:37:52	13	1	14
9	Keith	Wall	00:38:14	12	0	12
10	David	Campbell	00:39:08	11	0	11
11	Lance	Voute	00:39:32	10	0	10
12	Athole	Smith	00:39:47	9	0	9
13	David	Carr	00:40:04	8	0	8
14	Paul	O'Brien	00:40:08	7	0	7
15	Gary	Goldie	00:40:21	6	0	6
16	Andrew	Cook	00:40:28	5	0	5
17	Craig	Marsden	00:41:10	4	1	5
18	Ade	Kearns	00:41:49	3	0	3
19	David	McKay	00:42:13	2	1	3
20	Kieran	McLaughlin	00:42:17	1	0	1
21	Jim	McAney	00:43:03	1	0	1
22	Alan	McIntosh	00:43:06	1	0	1
23	Stephen	Craig	00:43:08	1	0	1
24	Iain	Paterson	00:43:57	1	1	2
25	Alexander	Parker	00:44:05	1	0	1
26	Kevin	Gilfillan	00:45:34	1	0	1
27	Allan	Jenkins	00:46:37	1	0	1
28	Jim	Boyle	00:46:41	1	0	1
29	David	Esler	00:47:24	1	0	1
30	Martin	Egan	00:48:01	1	0	1
31	Paul	Collins	00:49:12	1	0	1
32	John	McLaughlin	00:50:43	1	0	1
33	George	Innes	00:51:12	1	0	1

Event 7: Shettleston 10k

27 May 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:36:20	20	0	20
2	Mary	Senior	00:43:34	19	0	19
3	Laura	Gray	00:43:39	18	0	18
4	Suzanne	Rae	00:44:18	17	0	17
5	Aileen	Wilson	00:44:56	16	0	16
6	Alison	Wood	00:45:57	15	0	15
7	Claire	Tippett	00:46:37	14	0	14
8	Alison	Locke	00:46:45	13	0	13
9	Morag	Casey	00:47:17	12	0	12
10	Nighean	Stevenson	00:48:16	11	0	11
11	Amy	Cromarty	00:49:42	10	0	10
12	Anna	Walker	00:50:04	9	0	9
13	Mary	Cox	00:50:31	8	0	8
14	Joanne	Robertson	00:53:49	7	0	7
15	Ann	Boal	00:55:56	6	0	6
16	Shauna	McMullan	00:56:48	5	0	5

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Garry	Mathew	00:34:38	20	0	20
2	Finlay	Finlay	00:35:03	19	0	19
3	David	Lindsay	00:35:26	18	0	18
4	Alan	Blair	00:37:13	17	0	17
5	Gavin	Hinde	00:38:02	16	0	16
5	John	Coyle	00:38:03	15	0	15
7	Keith	Wall	00:39:15	14	0	14
8	David	Campbell	00:39:35	13	0	13
9	Andrew	Cook	00:40:51	12	0	12
10	Craig	Brown	00:42:00	11	0	11
11	Jim	McAneny	00:42:57	10	0	10
12	John	Lai	00:43:20	9	0	9
13	Mark	Thistlethwaite	00:43:27	8	0	8
14	Iain	Paterson	00:44:01	7	0	7
15	Stephen	Craig	00:44:10	6	0	6
16	Alexander	Parker	00:44:28	5	0	5
17	Kevin	Gilfillan	00:45:52	4	0	4
18	Allan	Jenkins	00:48:03	3	0	3
19	David	Esler	00:48:32	2	0	2
20	Jim	Boyle	00:49:19	1	0	1
21	Tariq	Abdullah	00:50:59	1	0	1
22	David	Geddes	00:51:30	1	0	1
23	George	Innes	00:51:46	1	0	1
24	Gary	Goldie	01:01:12	1	0	1

Event 8: Kirkintiloch 10k

14 June 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:37:12	20	0	20
2	Mary	Senior	00:42:30	19	0	19
3	Emma	Hatherley	00:42:33	18	1	19
4	Suzanne	Rae	00:43:34	17	1	18
5	Laura	Gray	00:43:52	16	0	16
6	Anne	Sillars	00:44:01	15	0	15
7	Alison	Wood	00:45:13	14	0	14
8	Fiona	Gregor	00:45:23	13	1	14
9	Nighean	Stevenson	00:45:51	12	0	12
10	Claire	Tippett	00:46:21	11	0	11
11	Sinead	McLaughlin	00:46:43	10	0	10
12	Amy	Cromarty	00:47:32	9	0	9
13	Liz	Short	01:02:22	8	0	8

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Garry	Mathew	00:33:08	20	0	20
2	Finlay	Finlay	00:34:53	19	1	20
3	David	Lindsay	00:35:02	18	0	18
4	Stephen	Porteous	00:35:20	17	0	17
5	Ian	Thomson	00:37:28	16	0	16
6	Gavin	Hinde	00:37:43	15	0	15
7	Keith	Wall	00:38:48	14	0	14
8	Athole	Smith	00:39:32	13	0	13
9	Andrew	Cook	00:39:58	12	0	12
10	Gary	Goldie	00:40:00	11	0	11
11	Duncan	Robertson	00:41:25	10	1	11
12	Jim	McAney	00:41:50	9	0	9
13	Ade	Kearns	00:41:55	8	0	8
14	Kieran	McLaughlin	00:42:02	7	0	7
15	Mark	Thistlethwaite	00:42:04	6	1	7
16	Stephen	Craig	00:42:35	5	0	5
17	David	McKay	00:43:18	4	0	4
18	Alan	McIntosh	00:43:44	3	0	3
19	Iain	Paterson	00:44:03	2	0	2
19	Alexander	Parker	00:44:03	1	0	1
21	Kevin	Gilfillan	00:44:47	1	0	1
22	Jim	Boyle	00:46:11	1	0	1
23	Allan	Jenkins	00:46:28	1	0	1
24	Paul	Collins	00:48:10	1	0	1
25	Martin	Egan	00:48:14	1	0	1
26	John	McLaughlin	00:48:40	1	0	1
27	Stuart	Irvine	00:50:57	1	0	1
28	Thomas	McKay	00:52:44	1	0	1

Event 9: Henderson Cup

21 June 2018

Women's results

Position	First name	Surname	Race Time	Handicap Time	League Pts
1	Laura	Gray	00:30:49	00:31:49	20
2	Martha	Lovatt	00:32:24	00:32:24	19
3	Nighean	Stevenson	00:33:34	00:32:34	18
4	Alison	Wood	00:32:55	00:32:55	17
4	Mary	Cox	00:35:55	00:32:55	17
6	Fiona	Gregor	00:34:05	00:33:05	15
7	Anne	Sillars	00:31:17	00:33:17	14
8	Shauna	McMullan	00:38:25	00:33:25	13
9	Liz	Short	00:45:01	00:34:01	12
10	Mary	Senior	00:32:12	00:34:12	11
11	Theresa	Miln	00:35:39	00:34:39	10
12	Lynette	Harkins	00:39:49	00:34:49	9
13	Casey	Thompson	00:35:01	00:35:01	8
14	Kirsty	Harvie	00:50:08	00:37:08	7

Men's results

Position	First name	Surname	Race Time	Handicap Time	League Pts
1	Mark	Thistlethwaite	00:29:01	00:31:01	20
2	Andrew	Cook	00:28:21	00:31:21	19
3	Mark	Turnball	00:40:58	00:31:58	18
4	Garry	Mathew	00:24:03	00:32:03	17
5	Athole	Smith	00:29:04	00:32:04	16
6	Timothy	Brown	00:34:12	00:32:12	15
7	Jim	McAney	00:30:19	00:32:19	14
8	Graham	Andrew	00:27:36	00:32:26	13
9	Gary	Goldie	00:29:30	00:32:30	12
10	Keith	Wall	00:28:31	00:32:31	11
11	David	Lindsay	00:25:38	00:32:38	10
12	Alasdair	MacKay	00:35:47	00:32:47	9
13	Stephen	Craig	00:30:51	00:32:51	8
14	Finlay	Finlay	00:26:00	00:33:00	7
15	Allan	Jenkins	00:34:06	00:33:06	6
16	Gavin	Hinde	00:27:08	00:33:08	5
17	Alexander	Chisholm	00:29:12	00:33:12	4
18	Duncan	Robertson	00:30:16	00:33:16	3
19	David	Campbell	00:29:17	00:33:17	2
20	Ade	Kearns	00:31:18	00:33:18	1
21	Alex	Carrutheres	00:28:28	00:33:28	1
22	David	Geddes	00:36:39	00:33:39	1
23	Nicholas	Parker	00:29:49	00:33:49	1
24	David	Hamill	00:33:53	00:33:53	1
25	Jim	Boyle	00:35:30	00:34:30	1
26	Craig	Brown	00:31:33	00:34:33	1
27	John	Murray	00:29:47	00:35:47	1

Event 10: Charlie Kilshaw 5 miles

12 July 2018

Women's results (age adjusted times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	0:28:59	20	1	21
2	Ann	Boal	0:32:03	19	0	19
3	Mary	Senior	0:32:04	18	0	18
4	Theresa	Miln	0:32:49	17	0	17
5	Caroline	Dow	0:34:17	16	1	17
6	Nighean	Stevenson	0:34:27	15	1	16
7	Martha	Lovatt	0:35:39	14	1	15
8	Suzanne	Rae	0:35:43	13	1	14
9	Alison	Wood	0:35:43	12	0	12
10	Chloe	McAdam	0:36:09	11	0	11
11	Fiona	Gregor	0:36:23	10	1	11
12	Alison	Locke	0:36:52	9	0	9
13	Shauna	McMullan	0:38:28	8	1	9
14	Morag	Casey	0:39:10	7	0	8
15	Eilidh	Hall	0:39:14	6	0	6
16	Jennifer	Sorbie	0:40:07	5	0	5
17	Emma	Blair	0:40:50	4	0	4
18	Anna	Walker	0:42:16	3	0	3
19	Liz	Short	0:46:15	2	0	2

Women's results (actual times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	00:29:23	20	1	21
2	Mary	Senior	00:34:15	19	0	19
3	Alison	Wood	00:35:43	18	0	18
4	Suzanne	Rae	00:35:45	17	1	18
5	Martha	Lovatt	00:35:48	16	1	17
6	Fiona	Gregor	00:36:25	15	1	16
7	Chloe	McAdam	00:36:31	14	0	14
8	Nighean	Stevenson	00:37:08	13	1	14
9	Alison	Locke	00:37:22	12	0	12
10	Theresa	Miln	00:38:45	11	0	11
11	Eilidh	Hall	00:39:14	10	0	10
12	Emma	Blair	00:41:15	9	0	9
13	Morag	Casey	00:41:28	8	0	8
13	Shauna	McMullan	00:41:28	8	1	9
15	Anna	Walker	00:43:02	6	0	6
16	Ann	Boal	00:43:04	5	0	5
17	Jennifer	Sorbie	00:43:15	4	0	4
18	Caroline	Dow	00:44:14	3	1	4
19	Liz	Short	00:49:52	2	0	2

Men's results (age adjusted times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	David	Lindsay	0:26:27	20	1	21
2	Alexander	Chalmers	0:26:28	19	0	19
3	Athole	Smith	0:27:12	18	0	18
4	Ade	Kearns	0:28:14	17	0	17
5	John	Murray	0:28:19	16	1	17
6	Craig	Shields	0:28:43	15	1	16
7	Gavin	Hinde	0:28:51	14	1	15
8	Allan	Jenkins	0:29:30	13	0	13
9	Graham	Andrew	0:29:39	12	1	13
10	Nicholas	Parker	0:30:01	11	0	11
11	Iain	McFarlane	0:30:39	10	0	10
12	Jeremy	Couling	0:31:03	9	0	9
13	David	Campbell	0:31:40	8	1	9
14	David	Hamill	0:31:44	7	0	7
15	David	Geddes	0:31:53	6	0	6
16	Mark	Cathro	0:32:02	5	1	6
17	David	Esler	0:32:03	4	0	4
18	Duncan	Robertson	0:32:07	3	0	3
19	Peter	Dow	0:32:39	2	0	2
20	Gary	Goldie	0:32:50	1	0	1
21	Stewart	Hendry	0:33:10	1	0	1
22	Peter	Scott	0:33:21	1	0	1
23	David	McKay	0:33:30	1	0	1
24	Martin	Egan	0:33:40	1	1	2
25	Jim	Boyle	0:34:27	1	1	2
26	Kevin	Gilfillan	0:34:28	1	1	2
27	Paul	Coia	0:34:30	1	0	1
28	Alasdair	MacKay	0:34:31	1	1	2
29	John	McLaughlin	0:34:44	1	0	1
30	Tariq	Abdullah	0:37:14	1	0	1
31	Iain	Aird	0:38:04	1	0	1
32	Paul	Clark	0:49:36	1	0	1

Men's results (actual times)

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	David	Lindsay	00:27:49	20	1	21
2	Craig	Shields	00:29:13	19	1	20
3	Alexander	Chalmers	00:29:52	18	0	18
4	Graham	Andrew	00:30:10	17	1	18
5	John	Murray	00:30:14	16	1	17
6	Gavin	Hinde	00:30:34	15	1	16
7	David	Campbell	00:31:43	14	1	15
8	Iain	McFarlane	00:31:45	13	0	13
9	Athole	Smith	00:32:17	12	0	12
10	Gary	Goldie	00:32:53	11	0	11
11	Duncan	Robertson	00:33:16	10	0	10
12	Nicholas	Parker	00:33:53	9	0	9
13	David	McKay	00:34:05	8	0	8
14	Ade	Kearns	00:34:06	7	0	7
15	Peter	Scott	00:34:33	6	0	6
16	Jeremy	Couling	00:35:03	5	0	5
17	Kevin	Gilfillan	00:35:42	4	1	5
18	Mark	Cathro	00:36:46	3	1	4
19	Jim	Boyle	00:37:39	2	1	3
20	Allan	Jenkins	00:37:57	1	0	1
21	David	Esler	00:38:23	1	0	1
22	Alasdair	MacKay	00:38:39	1	1	2
23	Martin	Egan	00:38:57	1	1	2
24	David	Hamill	00:39:22	1	0	1
25	Stewart	Hendry	00:39:22	1	0	1
26	Iain	Aird	0:39:26	1	0	1
27	Paul	Coia	00:39:35	1	0	1
28	David	Geddes	00:39:54	1	0	1
29	John	McLaughlin	00:40:12	1	0	1
30	Tariq	Abdullah	0:40:23	1	0	1
31	Peter	Dow	00:40:29	1	0	1
32	Paul	Clark	01:05:01	1	0	1

Event 11: Round Cumbrae

16 September 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Kathryn	Scott	01:14:53	20	0	20
2	Martha	Lovatt	01:15:36	19	0	19
3	Sinead	McLaughlin	01:18:14	18	1	19
4	Mary	Cox	01:21:38	17	1	18
5	Amy	Cromarty	01:21:56	16	0	16
6	Claire	Robertson	01:26:38	15	0	15
7	Alison	Wood	01:31:34	14	0	14
8	Barbara	Watt	01:40:45	13	0	13

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Alan	Blair	00:57:20	20	0	20
2	David	Lindsay	00:57:31	19	0	19
3	Garry	Mathew	00:57:44	18	0	18
4	Douglas	Findlay	01:00:46	17	0	17
5	Gavin	Hinde	01:01:38	16	0	16
6	Keith	Wall	01:05:51	15	0	15
7	Paul	O'Brien	01:08:48	14		14
8	David	Carr	01:08:59	13	1	14
9	Mark	Thistlethwaite	01:11:32	12	1	13
10	David	McKay	01:11:39	11	0	11
11	Stephen	Craig	01:14:51	10	1	11
12	Kevin	Gilfillan	01:15:05	9	1	10
13	John	McLaughlin	01:17:20	8	0	8
14	Paul	Coia	01:20:46	7	0	7
15	David	Hamill	01:21:24	6	0	6
16	Martin	Egan	01:24:08	5	1	6
17	Stuart	Irvine	01:27:53	4	0	4

Event 12: Great Scottish Run

30 September 2018

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Laura	Gray	01:34:49	20	1	21
2	Gabrielle	Becher	01:36:11	19	1	20
3	Mary	Senior	01:37:17	18	0	18
4	Fiona	Gregor	01:38:26	17	1	18
5	Martha	Lovatt	01:40:24	16	1	17
6	Casey	Thompson	01:44:09	15	1	16
7	Claire	Robertson	01:50:26	14	1	15
8	Ann	Boal	01:59:21	13	0	13
9	Polly	Kenyon	02:43:57	12	0	12

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Garry	Mathew	01:12:17	20	1	21
2	David	Lindsay	01:14:53	19	0	19
3	Nicholas	Heaney	01:17:13	18	0	18
4	Ian	Thomson	01:17:29	17	0	17
5	John	Coyle	01:18:05	16	1	17
6	Alexander	Chalmers	01:19:15	15	0	15
7	Douglas	Findlay	01:19:49	14	1	15
8	Gary	McQueen	01:20:00	13	0	13
9	Alasdair	MacMillan	01:20:28	12	0	12
10	Daniel	Scroop	01:21:16	11	1	12
11	Gavin	Hinde	01:21:34	10	1	11
12	Athole	Smith	01:27:13	9	0	9
13	George	Lambie	01:27:27	8	0	8
14	Lance	Voute	01:27:37	7	0	7
15	Iain	McFarlane	01:27:38	6	0	6
16	Nicholas	Parker	01:29:27	5	1	6
17	Duncan	Boyd	01:29:29	4	1	5
18	Craig	Marsden	01:30:00	3	1	4
19	David	Campbell	01:30:42	2	0	2
20	David	Carr	01:31:02	1	1	2
21	Duncan	Robertson	01:32:10	1	0	1
22	David	McKay	01:35:03	1	1	2
23	Alan	McIntosh	01:35:21	1	0	1
24	Iain	Paterson	01:39:28	1	1	2
25	Kevin	Gilfillan	01:40:04	1	1	2
26	Alex	Carruthers	01:41:36	1	0	1
27	Jim	Boyle	01:41:56	1	1	2
28	John	McLaughlin	01:42:10	1	0	1
29	David	Hamill	01:45:14	1	0	1
30	Paul	Coia	01:55:09	1	0	1
31	Tariq	Abdullah	01:56:30	1	0	1

Event 13: Any marathon

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	02:41:16	20	1	21
2	Emma	Hatherley	03:22:08	19	1	20
3	Gabrielle	Becher	03:26:52	18	1	19
4	Debbie	Martin-Consani	03:31:21	17	0	17
5	Elsie	MacDonald	03:32:29	16	1	17
6	Aileen	Wilson	03:37:52	15	1	16
7	Ann	White	03:41:02	14	1	15
8	Mary	Senior	03:44:26	13	0	13
9	Alison	Wood	03:46:52	12	1	13
10	Polly	Kenyon	03:58:23	11	1	12
11	Claire	Robertson	04:33:37	10	1	11
12	Liz	Short	05:23:04	9	1	10

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Kevin	Liddle	02:34:05	20	0	20
2	David	Lindsay	02:45:11	19	0	19
3	Finlay	Finlay	02:47:00	18	1	19
4	Ian	Thomson	02:49:05	17	1	18
5	Craig	Shields	02:49:18	16	1	17
6	Euan	Geddes	02:50:32	15	0	15
7	Marco	Consani	02:52:45	14	0	14
8	Gavin	Hinde	02:54:36	13	1	14
9	Grant	MacDonald	02:57:37	12	1	13
10	Garry	Mathew	02:59:22	11	0	11
11	Keith	Wall	03:11:07	10	0	10
12	Athole	Smith	03:13:15	9	0	9
13	Daniel	Scroop	03:15:11	8	0	8
14	Ross	McMillan	03:18:47	7	0	7
15	Malcolm	Shepherd	03:19:04	6	0	6
16	Iain	McFarlane	03:20:20	5	1	6
17	Donald	McPartlin	03:22:15	4	0	4
18	Alan	McIntosh	03:29:42	3	1	4
19	John	Lai	03:35:32	2	0	2
20	Kevin	Gilfillan	03:36:57	1	1	2
21	Andrew	Cook	03:38:17	1	0	1
22	Stephen	Craig	03:41:35	1	1	2
23	Jim	Boyle	03:46:29	1	1	2
24	David	Carr	03:48:33	1	1	2
25	Allan	Wallace	03:53:55	1	0	1
26	Robbie	Drummond	04:04:04	1	0	1
27	Tariq	Abdullah	04:46:53	1	0	1
28	Mark	Thistlethwaite	04:53:08	1	1	2
29	Stuart	Munro	05:11:14	1	0	1
30	Paul	Collins	06:20:20	1	0	1

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 13 races in total, 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) for 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 – 1 point will be awarded for a personal best 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: Age adjusted results. For some events, age adjusted times may be used to award league points. Times will be calculated based on the competitor's age on the day of the event and their chip time, using the WMA 2015 factors (<http://www.howardgrubb.co.uk/athletics/wmalookup15.html>). Competitors will be advised in advance of the event if age-adjusted results will be used.

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 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 event and are subject to change until the final day of the competition. Corrections should be emailed to kt_m_white@hotmail.com.

Fixtures

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	Tuesday 24 April	DAA/club 5000m track championship, St Peter the Apostle Track, Clydebank, G81 2DB.	Entry on the night. Details TBC.
5	Friday 4 May	Scottish 5k road championship, Silverknowes	https://www.entrycentral.com/Self-transcendence-5km
5	Thursday 10 May	Helensburgh 10k	https://www.entrycentral.com/Helensburgh-10K
6	Thursday 17 May	Dumbarton 10k	https://www.entrycentral.com/Dumbarton-10K
7	Sunday 27 May	Shettleston 10k, Glasgow Green	https://www.entrycentral.com/Shettleston-10K
8	Thursday 14 June (TBC)	Kirkintilloch 10k	https://kirkintillocholympians.co.uk/kirkintilloch-10k-new
9	Thursday 21 June	Henderson Cup off road 10k, Garscube	TBC
10	Thursday 12 July	Charlie Kilshaw 5 miles, Milngavie reservoirs	Club event, entry on the night
11	Sunday 16 September	Around Cumbrae 10 miles	https://www.entrycentral.com/event/101088
12	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
13	1 October 2017 – 30 September 2018	Any marathon, worldwide	Positions based on finish times. Club marathon championship