



# **Garscube Harriers**

## **Winter League**



### **2019–2020**

**Final results**

**29 March 2020**

#### **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 completed more than six events, the cell in the third column from the right shall 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 [kt\\_m\\_white@hotmail.com](mailto:kt_m_white@hotmail.com)







## Event 1: West District Relays

### 12 October 2019

#### Women's results

Position	First name	Surname	Race Time	League Pts
1	Katie	White	0:15:22	20
2	Lesley	Bell	0:15:35	19
3	Yvonne	Burgess	00:17:20	18
4	Laura	Gray	00:17:24	17
5	Arlene	Lewis	00:17:28	16
6	Elsie	MacDonald	00:17:45	15
7	Mary	Senior	00:17:53	14
8	Catriona	Padmanabhan	00:18:13	13
9	Debbie	Martin-Consani	0:18:18	12
10	Martha	Lovatt	00:18:38	11
11	Ann	White	00:19:08	10
12	Marian	Kelly	0:19:13	9
13	Kathryn	Scott	00:19:36	8
14	Morag	Casey	0:19:47	7
15	Casey	Thompson	0:19:55	6
16	Kirsten	Mathew	0:20:08	5
17	Alison	Rutherford	00:20:28	4
18	Mary	Cox	0:20:34	3
19	Emma	Waine	00:20:47	2
20	Jennifer	Sorbie	00:21:08	1
21	Theresa	Miln	00:21:35	1
22	Liz	Short	00:24:43	1

## Men's results

Position	First name	Surname	Race Time	League Pts
1	Thomas	Berry	00:13:02	20
2	Cody	Stevenson	0:13:33	19
3	Donald	McPartlin	00:13:41	18
4	John	Coyle	00:14:05	17
5	Craig	Shields	00:14:06	16
6	Daniel	Scroop	00:14:23	15
7	James	MacLeod	00:14:24	14
8	Marco	Consani	0:14:46	13
9	Alexander	Chalmers	00:15:01	12
10	Ian	Thomson	0:15:04	11
11	Timothy	Martin	00:15:11	10
12	John	Murray	00:15:48	9
13	Duncan	Boyd	00:16:06	8
14	Iain	McFarlane	00:16:08	7
15	Alexander	Chisholm	00:16:27	6
16	Peter	Scott	0:16:43	5
17	David	McKay	00:17:18	4
18	Jim	McAneny	0:17:44	3
19	Ade	Kearns	00:18:06	2
20	Kristan	Alexander	00:18:17	1
21	Mark	Cathro	00:18:25	1
22	Norman	Baillie	00:18:39	1
23	Paul	Collins	0:19:33	1
24	Thomas	McKay	00:23:49	1

## Event 2: Dunbartonshire XC Relays

19 October 2019

### Women's results

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:13:33	20
2	Lesley	Bell	00:13:37	19
3	Laura	Gray	00:15:11	18
4	Yvonne	Burgess	00:15:18	17
5	Catriona	Padmanabhan	00:16:06	16
6	Emily	Thomasso	00:16:14	15
7	Holly	Maciver	00:16:42	14
8	Alison	Wood	00:16:59	13
9	Kirsten	Mathew	00:18:23	12
10	Liz	Short	00:22:17	11

### Men's results

Position	First name	Surname	Race Time	League Pts
1	Del	Young	00:12:21	20
2	John	Coyle	00:12:35	19
3	Timothy	Martin	00:13:14	18
4	Iain	McFarlane	00:13:31	17
5	Stephen	Craig	00:14:38	16
6	Andy	Downey	00:15:05	15
7	Craig	Brown	00:15:23	14
8	Ade	Kearns	00:15:44	13
9	Kevin	Gilfillan	00:16:43	12

**Event 3: National Relays**  
**26 October 2019**

**Women's results**

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:15:12	20
2	Laura	Gray	00:16:47	19
3	Yvonne	Burgess	00:16:53	18
4	Emma	Blair	00:17:14	17
5	Gill	Blee	00:17:16	16
6	Mary	Senior	00:17:19	15
7	Holly	Maciver	00:17:48	14
8	Debbie	Martin-Consani	00:18:03	13
9	Alison	Wood	00:18:17	12
10	Martha	Lovatt	00:18:38	11
11	Morag	Casey	00:18:44	10
12	Marian	Kelly	00:18:54	9
13	Aileen	Wilson	00:18:55	8
14	Kathryn	Scott	00:19:08	7
15	Kirsten	Mathew	00:19:45	6
16	Mary	Cox	00:20:06	5
17	Melanie	Carmichael	00:21:27	4
18	Liz	Short	00:24:44	3



## Men's results

Position	First name	Surname	Race Time	League Pts
1	Thomas	Berry	00:12:40	20
2	Del	Young	00:13:55	19
3	John	Coyle	00:13:57	18
4	James	MacLeod	00:14:12	17
5	Daniel	Scroop	00:14:41	16
6	Timothy	Martin	00:14:56	15
6	Marco	Consani	00:14:56	15
8	Robert	McLennan	00:15:04	13
9	Ian	Thomson	00:15:31	12
10	Gavin	Harvie	00:15:47	11
11	Robbie	Drummond	00:15:53	10
12	Stephen	Craig	00:16:12	9
13	Alexander	Chisholm	00:16:28	8
14	Peter	Scott	00:16:29	7
15	John	Murray	00:16:52	6
15	Gary	Goldie	00:16:52	6
17	Andy	Downey	00:17:10	4
18	David	McKay	00:17:11	3
19	David	Carr	00:17:33	2
20	Craig	Brown	00:17:39	1
21	Jim	McAneny	00:18:04	1
22	Mark	Cathro	00:18:27	1
23	Norman	Baillie	00:18:56	1
24	Kevin	Gilfillan	00:18:57	1
25	Peter	Dow	00:21:26	1
26	Tariq	Abdullah	00:26:29	1

**Event 4: National short course XC**  
**9 November 2019**

**Women's results**

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:15:25	20
2	Gill	Blee	00:16:41	19
3	Yvonne	Burgess	00:16:42	18
4	Laura	Gray	00:17:13	17
5	Mary	Senior	00:17:17	16
6	Elsie	MacDonald	00:17:34	15
7	Alison	Wood	00:18:13	14
8	Ann	White	00:18:27	13
9	Morag	Casey	00:18:44	12
10	Aileen	Wilson	00:18:53	11
11	Martha	Lovatt	00:19:03	10
12	Melanie	Carmichael	00:20:08	9
13	Liz	Short	00:23:41	8

**Men's results**

Position	First name	Surname	Race Time	League Pts
1	Thomas	Berry	00:12:47	20
2	John	Coyle	00:13:52	19
3	Daniel	Scroop	00:14:25	18
4	Timothy	Martin	00:14:45	17
5	Alexander	Chalmers	00:15:08	16
6	Robert	McLennan	00:15:32	15
7	Alexander	Chisholm	00:16:17	14
8	Ade	Kearns	00:18:06	13
9	Paul	Collins	00:19:59	12
10	Stuart	Irvine	00:21:24	11

**Event 5: Brampton to Carlisle 10 miles**  
**17 November 2019**

**Women's results**

Position	First name	Surname	Race Time	League Pts
1	Alison	Wood	01:12:54	20

**Men's results**

Position	First name	Surname	Race Time	League Pts
1	Alexander	Chalmers	01:00:20	20
2	Iain	Aird	01:11:28	19
3	John	McLaughlin	01:21:30	18

## Event 6: Dumbartonshire XC

### 23 November 2019

#### Women's results

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:34:14	20
2	Lesley	Bell	00:34:29	19
3	Gill	Blee	00:38:13	18
4	Emma	Blair	00:40:02	17
5	Emily	Thomasso	00:40:14	16
6	Debbie	Martin-Consani	00:40:41	15
7	Mary	Senior	00:41:38	14
8	Marian	Kelly	00:42:20	13
9	Ann	White	00:42:25	12
10	Alison	Wood	00:42:38	11
11	Chloe	McAdam	00:43:48	10
12	Agnieszka	Magierecka	00:44:34	9
13	Kathryn	Scott	00:44:38	8
14	Casey	Thompson	00:45:08	7
15	Melanie	Carmichael	00:46:32	6
16	Anna	Walker	00:49:16	5

#### Men's results

Position	First name	Surname	Race Time	League Pts
1	John	Coyle	00:31:27	20
2	Robert	McLennan	00:34:41	19
3	Gavin	Harvie	00:35:51	18
4	Mattia	Mancinelli	00:36:36	17
5	Gary	Goldie	00:36:54	16
6	Alexander	Chisholm	00:36:58	15
7	Peter	Scott	00:38:40	14
8	Stephen	Craig	00:39:04	13
9	Craig	Brown	00:40:11	12
10	Kristan	Alexander	00:43:38	11

## Event 7 West District XC (scratch)

7 December 2019

### Women's results

Position	First name	Surname	Race Time	League Pts
1	Frances	Wardle	00:38:55	20
2	Gill	Blee	00:40:03	19
3	Elsie	MacDonald	00:41:07	18
4	Yvonne	Burgess	00:41:37	17
5	Debbie	Martin-Consani	00:43:07	16
6	Holly	Maciver	00:43:50	15
7	Marian	Kelly	00:44:18	14
8	Catriona	Padmanabhan	00:44:37	13
9	Ann	White	00:44:56	12
10	Alison	Wood	00:45:02	11
11	Chloe	McAdam	00:45:43	10
12	Morag	Casey	00:46:33	9
13	Aileen	Wilson	00:46:54	8
14	Kathryn	Scott	00:47:08	7
15	Casey	Thompson	00:48:07	6
16	Mary	Cox	00:49:55	5

## Men's results

Position	First name	Surname	Race Time	League Pts
1	Thomas	Berry	00:29:46	20
2	Cameron	McClymont	00:34:08	19
3	Cody	Stevenson	00:35:59	18
4	Marco	Consani	00:36:00	17
5	Daniel	Scroop	00:36:27	16
6	Alexander	Chalmers	00:37:10	15
7	John	Murray	00:38:47	14
8	Gary	Goldie	00:39:20	13
9	Robert	McLennan	00:39:56	12
10	Keith	Wall	00:40:21	11
11	Alexander	Chisholm	00:40:35	10
12	Gavin	Harvie	00:41:02	9
13	Andy	Downey	00:43:04	8
14	Peter	Scott	00:43:38	7
15	Kristan	Alexander	00:47:09	6
16	David	Dickson	00:48:37	5
17	Martin	Egan	00:50:36	4

## Event 8 West District XC (handicap)

7 December 2019

### Women's results

Position	First name	Surname	Handicap Time	League Pts
1	Debbie	Martin-Consani	00:28:45	20
2	Chloe	McAdam	00:29:06	19
3	Marian	Kelly	00:29:14	18
4	Gill	Blee	00:29:20	17
5	Kathryn	Scott	00:29:38	16
6	Alison	Wood	00:29:39	15
7	Ann	White	00:29:47	14
8	Casey	Thompson	00:30:06	13
9	Holly	Maciver	00:30:20	12
10	Elsie	MacDonald	00:30:24	11
11	Morag	Casey	00:31:13	10
12	Yvonne	Burgess	00:31:51	9
13	Mary	Cox	00:32:48	8
14	Catriona	Padmanabhan	00:32:51	7
15	Aileen	Wilson	00:33:46	6
16	Frances	Wardle	00:36:57	5

## Men's results

Position	First name	Surname	Handicap Time	League Pts
1	Thomas	Berry	00:29:46	20
2	Gary	Goldie	00:30:00	19
3	Kristan	Alexander	00:30:32	18
4	Alexander	Chisholm	00:31:11	17
5	Marco	Consani	00:32:04	16
6	Peter	Scott	00:32:26	15
7	John	Murray	00:32:30	14
8	Alexander	Chalmers	00:32:40	13
9	Gavin	Harvie	00:32:49	12
10	Robert	McLennan	00:32:56	11
11	Cameron	McClymont	00:32:57	10
12	Daniel	Scroop	00:33:23	9
13	Andy	Downey	00:33:45	8
14	Cody	Stevenson	00:34:49	7
15	Keith	Wall	00:37:17	6
16	Martin	Egan	00:41:54	5
17	David	Dickson	00:43:06	4



## Event 9: National XC (scratch)

22 February 2020

### Women's results

Position	First name	Surname	Race Time	League Pts
1	Frances	Wardle	00:46:29	20
2	Gill	Blee	00:47:57	19
3	Julie	Gordon	00:50:49	18
3	Yvonne	Burgess	00:50:49	18
5	Emily	Thomasso	00:51:16	16
6	Alice	Wilson	00:53:25	15
7	Catriona	Padmanabhan	00:53:30	14
8	Alison	Wood	00:53:35	13
9	Kathryn	Scott	00:54:34	12
10	Claire	Tippett	00:55:10	11
11	Morag	Casey	00:56:40	10
12	Kirsten	Mathew	00:58:31	9
13	Casey	Thompson	00:59:30	8
14	Mary	Cox	01:00:38	7
15	Jennifer	Sorbie	01:02:18	6
16	Theresa	Miln	01:02:23	5

## Men's results

Position	First name	Surname	Race Time	League Pts
1	Donald	McPartlin	00:40:43	20
2	Timothy	Martin	00:42:48	19
2	James	MacLeod	00:42:48	19
4	John	Coyle	00:43:03	17
5	Alexander	Chalmers	00:44:56	16
6	John	Murray	00:46:38	15
7	Keith	Wall	00:48:16	14
8	Cameron	McClymont	00:48:41	13
9	Andy	Downey	00:50:08	12
10	Stephen	Craig	00:50:09	11
10	David	Butterly	00:50:09	11
12	Gary	Goldie	00:50:36	9
13	Iain	McFarlane	00:50:40	8
14	Jim	McAneny	00:53:50	7
14	Ade	Kearns	00:53:50	7
16	David	Dickson	00:54:33	5
17	Brian	Gilmartin	00:55:57	4
18	Craig	Brown	00:56:07	3
19	Stephen	Wilson	00:56:59	2
20	Norman	Baillie	00:57:38	1
20	Kristan	Alexander	00:57:38	1
22	Martin	Egan	01:00:03	1
23	Tariq	Abdullah	01:11:30	1

## Event 10: National XC (handicap)

22 February 2020

### Women's results

Position	First name	Surname	Race Time	League Pts
1	Kathryn	Scott	00:35:06	20
2	Alison	Wood	00:36:43	19
3	Frances	Wardle	00:36:59	18
4	Gill	Blee	00:37:04	17
5	Catriona	Padmanabhan	00:37:05	16
6	Mary	Cox	00:37:47	15
7	Morag	Casey	00:37:54	14
8	Yvonne	Burgess	00:38:02	13
9	Casey	Thompson	00:38:50	12
10	Julie	Gordon	00:38:55	11
11	Emily	Thomasso	00:39:11	10
12	Theresa	Miln	00:40:37	9
13	Kirsten	Mathew	00:42:05	8
13	Jennifer	Sorbie	00:42:05	8
15	Alice	Wilson	00:45:42	6
16	Claire	Tippett	00:46:35	5

## Men's results

Position	First name	Surname	Race Time	League Pts
1	David	Dickson	00:33:17	20
2	Andy	Downey	00:35:36	19
3	Martin	Egan	00:36:22	18
4	Keith	Wall	00:37:01	17
5	John	Murray	00:37:17	16
6	Alexander	Chalmers	00:37:33	15
7	Kristan	Alexander	00:38:08	14
8	Tariq	Abdullah	00:38:12	13
9	Stephen	Craig	00:39:04	12
10	Timothy	Martin	00:39:35	11
11	John	Coyle	00:40:30	10
12	Gary	Goldie	00:40:35	9
13	Donald	McPartlin	00:40:43	8
14	Jim	McAneny	00:41:10	7
15	James	MacLeod	00:41:35	6
16	Craig	Brown	00:42:23	5
17	Norman	Baillie	00:42:38	4
18	Ade	Kearns	00:43:18	3
19	Cameron	McClymont	00:44:59	2
20	David	Butterly	00:46:28	1
21	Stephen	Wilson	00:46:53	1
22	Iain	McFarlane	00:46:56	1
23	Brian	Gilmartin	00:49:45	1

## Event 11: Balloch to Clydebank

### 15 March 2020

#### Women's results

Position	First name	Surname	Race Time	Handicap Time	League Pts
1	Aileen	Wilson	01:46:57	01:18:04	20
2	Gill	Blee	01:31:57	01:19:39	19
3	Frances	Wardle	01:30:06	01:19:58	18
4	Kirsten	Mathew	01:50:19	01:20:07	17
5	Emily	Thomasso	01:36:40	01:20:14	16
6	Shauna	McMullan	02:00:04	01:20:26	15
7	Chloe	McAdam	01:44:14	01:24:52	14
8	Alison	Wood	01:44:59	01:28:47	13

#### Men's results

Position	First name	Surname	Race Time	Handicap Time	League Pts
1	Kristan	Alexander	01:37:09	01:13:59	20
2	John	McLaughlin	01:53:32	01:15:14	19
3	Ian	Thomson	01:15:47	01:15:47	18
4	John	Murray	01:25:50	01:16:18	17
5	Brian	Gilmartin	01:36:29	01:17:07	16
6	Timothy	Martin	01:18:44	01:17:18	15
7	Keith	Wall	01:26:57	01:18:38	14
8	Andy	Downey	01:32:32	01:19:47	13
9	Peter	Scott	01:31:13	01:19:50	12
10	Iain	McFarlane	01:24:49	01:20:19	11
11	Jeremy	Couling	01:35:50	01:20:53	10
12	Tariq	Abdullah	02:00:39	01:21:56	9
13	Craig	Brown	01:44:26	01:23:42	8
14	David	Hamill	01:54:05	01:26:45	7
15	Paul	Coia	02:04:17	01:38:23	6

# Winter League Rules

## Rule 1: Male and female leagues and eligibility

The competition will have male and female leagues and will be open to all senior members of the club.

## Rule 2: Number of races

There will be 9 races but 10 results in total in the competition. The data from the West District and National XC Championships shall be used to produce two sets of results: one based on overall finishing times (scratch times) and one based on handicap position. The scratch positions in the National XC shall be used to determine the overall winners of the Club XC championship.

## Rule 3: Points

(a) League points will be allocated on the basis of 20 points for first place down to 1 point for twentieth place (and all lower places)

(b) In addition, runners will receive 1 point for competing in each race irrespective of their position in the race.

(c) League points for the Balloch to Clydebank half marathon will be awarded based on age-adjusted times. Times will be calculated based on the competitors age on the day of the event and their chip time, using the WMA 2015 factors (<http://www.howardgrubb.co.uk/athletics/wmalookup15.html>).

## 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, runners with the same time will be awarded the same number of points.

## Rule 5: League Tables

League tables shall 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). For example, a competitor running nine races shall get nine participation points plus the league points for their best six performances.

## Rule 6: Race Results and Chip-timing

Only official race results will be used. Where chip-timing is used, League points will be based on chip-times rather than gun times.

## Rule 7: Club Vests

No points will be awarded if a runner does not wear their club vest.

## Rule 8: Competing for another Club

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

**Rule 9: Running with Another Competitor's Race Number**

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

**Rule 10: Eligibility for Prizes**

No prize will be awarded to a member whose 2018-19 subscriptions are not paid and up to date.

**Rule 11: Prizes**

Prizes shall be awarded for 1st (£50), 2nd (£30) and 3rd (£20) places and 1<sup>st</sup> Vet 40, 50 and 60 (£30) in both Male and Female Leagues. Age categories will be based on age on the day of the first event. If someone wins more than one prize, they will be awarded the highest value prize only and the lower value prize will be awarded to the next eligible participant.

**Results and Corrections**

Interim scores shall be published as soon as possible after each race and are subject to change until the final day of the competition. Corrections should be emailed to [kt\\_m\\_white@hotmail.com](mailto:kt_m_white@hotmail.com)

## Fixtures

Event	Date	Race
1	Saturday 12 October	West District cross country relay
2	Saturday 19 October	Dunbartonshire cross country relay
3	Saturday 26 October	National cross country relay
4	Saturday 9 November	National short course cross country
5	Sunday 17 November	<a href="#">Brampton to Carlisle 10 mile road race</a>
6	Saturday 23 November	Dunbartonshire cross country
7	Saturday 7 December	West District cross country
8	Saturday 22 February	National cross country
9	TBC	Balloch to Clydebank half marathon