



Garscube Harriers Winter League 2015-16



Winter League Standings

March 23, 2016

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 with the lowest league points struck from the record.
- Please notify any corrections or omissions to moragcasey@gmail.com.

Men's League Standings – March 23, 2016

Position	Firstname	Surname	West District XC Relays	Dunbartonshire XC Relays	National XC Relays	National 4k Championships	Dunbartonshire XC Champs	Glasgow University 5 Mile RR (handicap)	West District XC Champs (Scratch)	West District XC Champs (Handicap)	National XC Champs (Scratch)	National XC (Handicap)	Balloch to Clydebank HM	Clydebank 5k (Handicap)	Top 6 races only?	Participation Points	League Points
1	Donald	McPartlin	18	20	20		20		19	18	19	18	20		TOP 6	9	127
2	Alan	Blair	19	19	18	19	19		18	18	20	18	19		TOP 6	10	125
3	Del	Young	20		19	20		18	20	18				15	TOP 6	7	119
4	Neal	Robertson				17	17	19	18	17	18	18			TOP 6	7	113
5	Alasdair	MacMillan	16	18	17	18	18		12	18					TOP 6	7	106
6	Craig	Shields		15	18	13	14	18	18	18	15	18	17	18	TOP 6	11	103
6	Nicholas	Heaney	15			15		18	18	18	17	19	18	12	TOP 6	7	103
8	Garry	Mathew			16	16	16	16	14	15						6	99
9	Ian	Thomson	10			10	13		18	18	13	15	16		TOP 6	8	85
10	Steven	Currie	13	17	15				13	20						5	83
11	Robert	McLennan	12		14	14		13			12	8				6	79
12	David	Campbell	6	12	9		18	17	18	18	8	13			TOP 6	9	74
13	John	Murray		13	12		11		18	18	9	6	14		TOP 6	8	73
13	Marco	Consani	17						11	13	16	11				5	73
15	Matthew	O'Brien	14				15		16	19						4	68
16	Craig	Marsden	5	11	5		18		18	18	6	18	10	14	TOP 6	10	61
16	Stefan	Kuhr					18		1	6	4	16	8	19	TOP 6	7	61
18	David	Dickson					9	5	3	7	11	17				6	58
19	Simon	Sheridan		16		12			8	14						4	54
20	Alexander	Chisholm	7		10	9					10	12				5	53
21	Craig	Brown		10	6	6	2	18	18	1					TOP 6	7	50
22	Malcolm	Shepherd	9			11			9	16						4	49
22	Alexander	Chalmers							10	1	14	20				4	49
24	Kieran	McLaughlin		7	4								12	16		4	43
25	Daniel	Burns	8					20	5	4						4	41
26	Peter	Dow				3	18	15	18	1	3	5	5		TOP 6	8	40
27	David	Geddes			2	18	18	9	18	1	1	7		10	TOP 6	9	39
28	Paul	O'Brien											13	18		2	33
28	Stephen	Cullen	2					8						20		3	33
30	Paul	Cooke			8		8				7	2				4	29
31	Stephen	Porteous					12						13			2	27
31	Christopher	Devine							17	8						2	27
33	Andrew	Gibson	11		13											2	26
34	Patrick	Gibbons		14									9			2	25
35	Christopher	Kilshaw		5							2	9	4			4	24
36	John	McLaughlin			7		6		1	5						4	23
37	Jim	McAneny				7	5				5	1				4	22
38	Duncan	McKellar				8	10									2	20
38	Sean	McAneny		6	3	4					1	1				5	20

Men's League Standings Continued – March 23, 2016

Position	Firstname	Surname	West District XC Relays	Dunbartonshire XC Relays	National XC Relays	National 4k XC Championships	Dunbartonshire XC Champs	Glasgow University 5 Mile RR (handicap)	West District XC Champs (Scratch)	West District XC Champs (Handicap)	National XC Champs (Scratch)	National XC (Handicap)	Balloch to Clydebank HM	Clydebank 5k (Handicap)	Top 6 races only?	Participation Points	League Points
40	Finlay	Finlay											15			1	16
40	Mark	Cathro		9		5										2	16
42	Stephen	Wilson	3			2		7								3	15
43	Kenneth	Macanna	4	8												2	14
43	Robbie	Drummond					7		2	2						3	14
45	David	Esler						12								1	13
46	Allan	Wallace											11			1	12
46	Alexander	Parker												11		1	12
48	Stuart	Irvine						10								1	11
49	David	Hamill											7			1	8
50	Allan	Jenkins											6			1	7
50	Robert	Cuthbertson		4	1											2	7
52	Nicholas	Parker					4									1	5
52	Toby	Messenger						4								1	5
54	Tariq	Abdullah											3			1	4
55	Edmund	McKillop											2			1	3
56	Raghibir	Singh			1											1	2
56	Charles	Gordon				1										1	2
56	Paul	Coia											1			1	2

Event 1: West District XC Relays

October 11, 2015

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Del	Young	00:13:18	20
2	Alan	Blair	00:13:35	19
3	Donald	McPartlin	00:13:55	18
4	Marco	Consani	00:14:04	17
5	Alasdair	MacMillan	00:14:05	16
6	Nicholas	Heaney	00:14:14	15
7	Matthew	O'Brien	00:14:22	14
8	Steven	Currie	00:14:33	13
9	Robert	McLennan	00:14:50	12
10	Andrew	Gibson	00:15:01	11
11	Ian	Thomson	00:15:03	10
12	Malcolm	Shepherd	00:15:06	9
13	Daniel	Burns	00:15:17	8
14	Alexander	Chisholm	00:15:50	7
15	David	Campbell	00:16:58	6
16	Craig	Marsden	00:17:15	5
17	Kenneth	Macanna	00:17:58	4
18	Stephen	Wilson	00:18:35	3
19	Stephen	Cullen	00:21:20	2

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Lesley	Chisholm	00:14:44	20
2	Daisy	Tickner	00:17:22	19
3	Marian	Kelly	00:17:51	18
4	Ann	White	00:18:22	17
5	Diane	Clark	00:18:32	16
6	Karen	McIlvenna	00:18:36	15
7	Martha	Lovatt	00:18:44	14
8	Alison	Wood	00:18:46	13
9	Fiona	Maurer	00:19:16	12
10	Kali	Heaney	00:20:01	11
11	Amy	Cromarty	00:20:25	10

Event 2: Dunbartonshire AAA XC Relays
October 17, 2015

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Donald	McPartlin	00:13:18	20
2	Alan	Blair	00:13:25	19
3	Alasdair	MacMillan	00:13:40	18
4	Steven	Currie	00:14:31	17
5	Simon	Sheridan	00:15:03	16
6	Craig	Shields	00:15:30	15
7	Patrick	Gibbons	00:15:45	14
8	John	Murray	00:16:04	13
9	David	Campbell	00:16:41	12
10	Craig	Marsden	00:17:01	11
11	Craig	Brown	00:17:57	10
12	Mark	Cathro	00:18:02	9
13	Kenneth	Macanna	00:18:26	8
14	Kieran	McLaughlin	00:19:05	7
15	Sean	McAneny	00:19:06	6
16	Christopher	Kilshaw	00:19:10	5
17	Robert	Cuthbertson	00:27:53	4

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Arlene	Lewis	00:16:49	20
2	Mary	Senior	00:18:00	19
3	Daisy	Ochoa	00:18:26	18
4	Ann	White	00:18:33	17
5	Karen	McIvanna	00:19:13	16
6	Morag	Casey	00:20:18	15
7	Jennifer	Duru	00:20:44	14
8	Irene	Vezza	00:20:50	13
9	Yvonne	Green	00:20:59	12
10	Amy	Cromarty	00:21:07	11
11	Alison	Condie	00:21:09	10
12	Diane	Cooper	00:21:12	9
13	Maureen	O'Hara	00:21:26	8
14	Isobel	Martin	00:22:16	7
15	Lynette	Harkins	00:22:52	6
16	Joan	Morris	00:29:36	5

Event 3: National XC Relays

October 24, 2015

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Donald	McPartlin	00:13:30	20
2	Del	Young	00:13:31	19
3	Alan	Blair	00:13:40	18
4	Alasdair	MacMillan	00:14:01	17
5	Garry	Mathew	00:14:32	16
6	Steven	Currie	00:14:42	15
7	Robert	McLennan	00:15:15	14
8	Andrew	Gibson	00:15:26	13
9	John	Murray	00:15:33	12
10	Craig	Shields	00:15:37	11
11	Alexander	Chisholm	00:16:20	10
12	David	Campbell	00:16:32	9
13	Paul	Cooke	00:17:07	8
14	John	McLaughlin	00:17:23	7
15	Craig	Brown	00:17:48	6
16	Craig	Marsden	00:18:21	5
17	Kieran	McLaughlin	00:18:48	4
18	Sean	McAneny	00:19:47	3
19	David	Geddes	00:20:53	2
20	Raghibir	Singh	00:25:58	1
21	Robert	Cuthbertson	00:27:07	1

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Lesley	Chisholm	00:14:50	20
2	Louise	Crilly	00:17:11	19
3	Charlotte	Wilson	00:17:23	18
4	Marian	Kelly	00:17:47	17
5	Daisy	Ochoa	00:18:18	16
6	Karen	McIvanna	00:18:54	15
7	Debbie	Martin-Consani	00:18:55	14
8	Alison	Wood	00:19:30	13
9	Morag	Casey	00:20:02	12

Event 4: National Short Course XC Championships

November 7, 2015

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Del	Young	00:13:07	20
2	Alan	Blair	00:13:23	19
3	Alasdair	MacMillan	00:13:36	18
4	Neal	Robertson	00:13:49	17
5	Garry	Mathew	00:14:04	16
6	Nicholas	Heaney	00:14:25	15
7	Robert	McLennan	00:14:55	14
8	Craig	Shields	00:15:01	13
9	Simon	Sheridan	00:15:04	12
10	Malcolm	Shepherd	00:15:14	11
11	Ian	Thomson	00:15:28	10
12	Alexander	Chisholm	00:15:33	9
13	Duncan	McKellar	00:15:55	8
14	Jim	McAneny	00:16:29	7
15	Craig	Brown	00:16:51	6
16	Mark	Cathro	00:17:58	5
17	Sean	McAneny	00:18:34	4
18	Peter	Dow	00:18:58	3
19	Stephen	Wilson	00:19:06	2
20	Charles	Gordon	00:19:13	1
21	David	Geddes	00:19:23	1

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Arlene	Lewis	00:16:25	20
2	Daisy	Ochoa	00:17:32	19
3	Marian	Kelly	00:17:38	18
4	Daisy	Tickner	00:18:10	17
5	Mary	Senior	00:18:18	16
6	Karen	McIlvenna	00:18:39	15
7	Alison	Wood	00:19:06	14
8	Chloe	McAdam	00:19:10	13
9	Maureen	O'Hara	00:20:34	12
10	Irene	Vezza	00:20:54	11
11	Lynette	Harkins	00:22:01	10
12	Isobel	Martin	00:22:35	9
13	Joan	Morris	00:27:21	8

Event 5: Dunbartonshire XC Championships

November 14, 2015

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Donald	McPartlin	00:33:18	20
2	Alan	Blair	00:33:30	19
3	Alasdair	MacMillan	00:33:49	18
4	Neal	Robertson	00:33:58	17
5	Garry	Mathew	00:34:52	16
6	Matthew	O'Brien	00:35:58	15
7	Craig	Shields	00:37:16	14
8	Ian	Thomson	00:37:43	13
9	Stephen	Porteous	00:38:36	12
10	John	Murray	00:39:04	11
11	Duncan	McKellar	00:39:15	10
12	David	Dickson	00:40:22	9
13	Paul	Cooke	00:40:26	8
14	Robbie	Drummond	00:40:52	7
15	John	McLaughlin	00:41:19	6
16	Jim	McAneny	00:41:31	5
17	Nicholas	Parker	00:42:17	4
18	David	Campbell	00:43:19	3
19	Craig	Brown	00:44:16	2
20	Craig	Marsden	00:44:30	1
21	Peter	Dow	00:47:34	1
22	Stefan	Kuhr	00:47:47	1
23	David	Geddes	00:48:54	1

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Arlene	Lewis	00:27:39	20
2	Daisy	Tickner	00:28:16	19
3	Mairi	Stanley	00:29:03	18
4	Diane	Clark	00:30:25	17
5	Karen	McIvanna	00:30:42	16
6	Alison	Wood	00:30:43	15
7	Chloe	McAdam	00:30:52	14
8	Morag	Casey	00:33:36	13
9	Fleur	Drummond	00:33:40	12
10	Maureen	O'Hara	00:33:51	11
11	Irene	Vezza	00:34:01	10
12	Alison	Condie	00:35:11	9
13	Ann	Clanachan	00:35:28	8
14	Amy	Cromarty	00:36:00	7
15	Isobel	Martin	00:36:58	6
15	Mary	Cox	00:36:58	6
17	Joan	Morris	00:49:38	4

Event 6: University of Glasgow 5 Mile Road Race

November 28, 2015

HANDICAPPED RACE

(Handicaps by David Heppell)

Men's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Daniel	Burns	00:29:09	00:02:59	00:26:10	20
2	Neal	Robertson	00:27:46	00:01:28	00:26:18	19
3	Craig	Brown	00:34:20	00:07:42	00:26:38	18
4	David	Campbell	00:32:59	00:06:15	00:26:44	17
5	Garry	Mathew	00:27:43	00:00:56	00:26:47	16
6	Peter	Dow	00:37:18	00:10:29	00:26:49	15
7	Del	Young	00:26:56	00:00:00	00:26:56	14
8	Robert	McLennan	00:29:07	00:02:01	00:27:06	13
9	David	Esler	00:37:15	00:09:50	00:27:25	12
10	Nicholas	Heaney	00:28:33	00:00:56	00:27:37	11
11	Stuart	Irvine	00:44:22	00:15:27	00:28:55	10
12	David	Geddes	00:38:34	00:09:26	00:29:08	9
13	Stephen	Cullen	00:44:16	00:14:55	00:29:21	8
14	Stephen	Wilson	00:38:28	00:09:03	00:29:25	7
15	Craig	Shields	00:29:36	00:00:00	00:29:36	6
16	David	Dickson	00:32:39	00:03:02	00:29:37	5
17	Toby	Messenger	00:32:39	00:00:00	00:32:39	4

Women's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Karen	McIlvenna	00:36:40	00:10:05	00:26:35	20
2	Lesley	Chisholm	00:29:09	00:02:17	00:26:52	19
3	Amy	Cromarty	00:43:50	00:16:48	00:27:02	18
4	Morag	Casey	00:39:35	00:12:10	00:27:25	17
5	Joan	Morris	00:55:27	00:27:32	00:27:55	16
6	Chloe	McAdam	00:37:14	00:09:13	00:28:01	15
7	Shona	MacLean	00:45:01	00:16:52	00:28:09	14
7	Alison	Wood	00:39:57	00:11:48	00:28:09	14
9	Mary	Senior	00:34:31	00:06:13	00:28:18	12
10	Daisy	Ochoa	00:35:33	00:07:00	00:28:33	11
11	Daisy	Tickner	00:35:37	00:07:00	00:28:37	10
12	Aileen	Wilson	00:36:06	00:06:44	00:29:22	9

Event 7A: West District XC Championships

December 6, 2015

SCRATCH RACE

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Del	Young	00:39:49	20
2	Donald	McPartlin	00:41:42	19
3	Neal	Robertson	00:41:47	18
4	Christopher	Devine	00:41:59	17
5	Matthew	O'Brien [*]	00:42:28	16
6	Alan	Blair	00:42:33	15
7	Garry	Mathew	00:42:47	14
8	Steven	Currie	00:42:53	13
9	Alasdair	MacMillan	00:42:57	12
10	Marco	Consani	00:44:28	11
11	Alexander	Chalmers	00:44:51	10
12	Malcolm	Shepherd	00:46:26	9
13	Simon	Sheridan	00:46:31	8
14	Ian	Thomson	00:47:02	7
15	Craig	Shields	00:47:44	6
16	Daniel	Burns	00:49:16	5
17	John	Murray	00:49:30	4
18	David	Dickson	00:50:29	3
19	Robbie	Drummond	00:51:24	2
20	John	McLaughlin	00:51:46	1
21	David	Campbell	00:52:58	1
22	Craig	Marsden	00:56:58	1
23	Craig	Brown	00:57:05	1
24	Stefan	Kuhr	00:58:11	1
25	Peter	Dow	01:00:01	1
26	David	Geddes	01:01:46	1

Matthew O'Brien ran 7.5 km in the U20 category. Scale finish time of 00:31:18 using Riegel formula to find equivalent time for 10 km run in senior men race.

Event 7A: West District XC Championships

December 6, 2015

SCRATCH RACE

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Lesley	Chisholm	00:27:50	20
2	Laura	Devine	00:30:50	19
3	Arlene	Lewis	00:31:27	18
4	Marian	Kelly	00:32:10	17
5	Frances	Wardle	00:32:22	16
6	Daisy	Tickner	00:32:41	15
7	Louise	Crilly	00:33:20	14
8	Chloe	McAdam	00:34:05	13
9	Daisy	Ochoa	00:34:15	12
10	Alison	Wood	00:34:20	11
11	Fiona	Maurer	00:35:13	10
12	Ann	White	00:35:36	9
13	Debbie	Martin-Consani	00:35:52	8
14	Martha	Lovatt	00:36:00	7
15	Kali	Heaney	00:37:11	6
16	Morag	Casey	00:38:22	5
17	Mary	Cox	00:41:46	4
18	Amy	Cromarty	00:42:00	3
19	Ann	Clanachan	00:42:13	2
20	Isobel	Martin	00:44:07	1
21	Joan	Morris	00:55:48	1

Event 7B: West District XC Championships

December 6, 2015

HANDICAPPED RACE

(Handicaps by David Heppell)

Men's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Steven	Currie	00:42:53	00:04:42	00:38:11	20
2	Matthew	O'Brien [*]	00:42:28	00:03:43	00:38:45	19
3	Del	Young	00:39:49	00:01:01	00:38:48	18
4	Neal	Robertson	00:41:47	00:01:38	00:40:09	17
5	Malcolm	Shepherd	00:46:26	00:06:15	00:40:11	16
6	Garry	Mathew	00:42:47	00:02:34	00:40:13	15
7	Simon	Sheridan	00:46:31	00:06:07	00:40:24	14
8	Marco	Consani	00:44:28	00:03:31	00:40:57	13
9	Donald	McPartlin	00:41:42	00:00:18	00:41:24	12
9	Alan	Blair	00:42:33	00:01:09	00:41:24	12
11	Alasdair	MacMillan	00:42:57	00:01:29	00:41:28	10
12	Ian	Thomson	00:47:02	00:05:32	00:41:30	9
13	Christopher	Devine	00:41:59	00:00:00	00:41:59	8
14	David	Dickson	00:50:29	00:08:17	00:42:12	7
15	Stefan	Kuhr	00:58:11	00:15:58	00:42:13	6
16	John	McLaughlin	00:51:46	00:09:16	00:42:30	5
17	Daniel	Burns	00:49:16	00:06:44	00:42:32	4
18	John	Murray	00:49:30	00:06:56	00:42:34	3
19	Robbie	Drummond	00:51:24	00:08:48	00:42:36	2
20	David	Campbell	00:52:58	00:10:02	00:42:56	1
21	Alexander	Chalmers	00:44:51	00:01:42	00:43:09	1
22	Peter	Dow	01:00:01	00:15:45	00:44:16	1
23	Craig	Marsden	00:56:58	00:12:34	00:44:24	1
24	David	Geddes	01:01:46	00:17:08	00:44:38	1
25	Craig	Brown	00:57:05	00:10:52	00:46:13	1
26	Craig	Shields	00:47:44	00:01:30	00:46:14	1

Matthew O'Brien ran 7.5 km in the U20 category. Scale finish time of 00:31:18 using Riegel formula to find equivalent time for 10 km run in senior men race.

Event 7B: West District XC Championships

December 6, 2015

HANDICAPPED RACE

(Handicaps by David Heppell)

Women's Results

Position	Firstname	Surname	Scaled Race Time	Handicap	Handicapped Time	League Pts
1	Marian	Kelly	00:50:47	00:12:56	00:37:51	20
2	Chloe	McAdam	00:53:49	00:15:37	00:38:12	19
3	Fiona	Maurer	00:55:36	00:17:15	00:38:21	18
4	Lesley	Chisholm	00:43:57	00:05:17	00:38:40	17
5	Alison	Wood	00:54:12	00:15:23	00:38:49	16
6	Kali	Heaney	00:58:42	00:19:14	00:39:28	15
7	Arlene	Lewis	00:49:39	00:09:43	00:39:56	14
8	Daisy	Tickner	00:51:36	00:11:28	00:40:08	13
9	Debbie	Martin-Consani	00:56:37	00:16:19	00:40:18	12
10	Mary	Cox	01:05:56	00:25:21	00:40:35	11
11	Louise	Crilly	00:52:37	00:11:45	00:40:52	10
12	Martha	Lovatt	00:56:50	00:15:50	00:41:00	9
13	Morag	Casey	01:00:34	00:19:16	00:41:18	8
14	Ann	White	00:56:12	00:14:52	00:41:20	7
15	Daisy	Ochoa	00:54:04	00:12:40	00:41:24	6
16	Laura	Devine	00:48:41	00:05:36	00:43:05	5
17	Ann	Clanachan	01:06:39	00:22:57	00:43:42	4
18	Isobel	Martin	01:09:39	00:25:10	00:44:29	3
19	Amy	Cromarty	01:06:18	00:20:17	00:46:01	2
20	Joan	Morris	01:28:06	00:38:35	00:49:31	1
21	Frances	Wardle	00:51:06	00:00:00	00:51:06	1

All senior women ran 6.5 km compared to 10 km run by senior men. Scale women's scratch finish times from event 7A using Riegel formula to find equivalent times for 10 km race, then handicap.

Event 8A: National XC Championships

February 27, 2016

SCRATCH RACE

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Alan	Blair	00:44:27	20
2	Donald	McPartlin	00:45:12	19
3	Neal	Robertson	00:45:53	18
4	Nicholas	Heaney	00:47:41	17
5	Marco	Consani	00:48:25	16
6	Craig	Shields	00:48:35	15
7	Alexander	Chalmers	00:48:38	14
8	Ian	Thomson	00:50:34	13
9	Robert	McLennan	00:52:18	12
10	David	Dickson	00:53:14	11
11	Alexander	Chisholm	00:53:23	10
12	John	Murray	00:54:44	9
13	David	Campbell	00:56:17	8
14	Paul	Cooke	00:57:49	7
15	Craig	Marsden	01:01:06	6
16	Jim	McAneny	01:01:43	5
17	Stefan	Kuhr	01:02:48	4
18	Peter	Dow	01:05:31	3
19	Christopher	Kilshaw	01:05:37	2
20	David	Geddes	01:06:45	1
21	Sean	McAneny	01:08:50	1

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Lesley	Chisholm	00:32:12	20
2	Frances	Wardle	00:37:43	19
3	Arlene	Lewis	00:37:45	18
4	Daisy	Ochoa	00:38:14	17
5	Mary	Senior	00:38:43	16
6	Ann	White	00:39:52	15
7	Debbie	Martin-Consani	00:40:04	14
8	Chloe	McAdam	00:40:55	13
9	Diane	Clark	00:42:39	12
10	Alison	Wood	00:42:53	11
11	Morag	Casey	00:43:17	10
12	Diane	Cooper	00:43:29	9
13	Amy	Cromarty	00:47:37	8
14	Mary	Cox	00:48:21	7

Event 8B: National XC Championships

February 27, 2016

HANDICAPPED RACE

(Handicaps by David Heppell)

Men's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time
1	Alexander	Chalmers	00:48:38	00:10:07	00:38:31
2	Nicholas	Heaney	00:47:41	00:04:26	00:43:15
3	Alan	Blair	00:44:27	00:01:01	00:43:26
4	David	Dickson	00:53:14	00:09:39	00:43:35
5	Stefan	Kuhr	01:02:48	00:19:00	00:43:48
6	Ian	Thomson	00:50:34	00:06:19	00:44:15
7	Neal	Robertson	00:45:53	00:01:36	00:44:17
8	David	Campbell	00:56:17	00:11:48	00:44:29
9	Alexander	Chisholm	00:53:23	00:08:39	00:44:44
10	Marco	Consani	00:48:25	00:03:18	00:45:07
11	Donald	McPartlin	00:45:12	00:00:00	00:45:12
12	Christopher	Kilshaw	01:05:37	00:20:15	00:45:22
13	Robert	McLennan	00:52:18	00:06:22	00:45:56
14	David	Geddes	01:06:45	00:20:24	00:46:21
15	John	Murray	00:54:44	00:08:01	00:46:43
16	Peter	Dow	01:05:31	00:18:43	00:46:48
17	Craig	Shields	00:48:35	00:01:27	00:47:08
18	Craig	Marsden	01:01:06	00:13:21	00:47:45
19	Paul	Cooke	00:57:49	00:09:44	00:48:05
20	Sean	McAneny	01:08:50	00:18:19	00:50:31
21	Jim	McAneny	01:01:43	00:11:06	00:50:37

Women's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Frances	Wardle	00:37:43	00:10:18	00:27:25	20
2	Diane	Cooper	00:43:29	00:13:29	00:30:00	19
3	Mary	Senior	00:38:43	00:07:26	00:31:17	18
4	Debbie	Martin-Consani	00:40:04	00:08:43	00:31:21	17
5	Morag	Casey	00:43:17	00:11:35	00:31:42	16
6	Lesley	Chisholm	00:32:12	00:00:00	00:32:12	15
7	Ann	White	00:39:52	00:07:35	00:32:17	14
8	Daisy	Ochoa	00:38:14	00:05:50	00:32:24	13
9	Mary	Cox	00:48:21	00:15:49	00:32:32	12
10	Chloe	McAdam	00:40:55	00:08:09	00:32:46	11
11	Arlene	Lewis	00:37:45	00:03:31	00:34:14	10
12	Alison	Wood	00:42:53	00:07:57	00:34:56	9
13	Diane	Clark	00:42:39	00:07:35	00:35:04	8
14	Amy	Cromarty	00:47:37	00:11:51	00:35:46	7

Event 9: Balloch to Clydebank HM

March 13, 2016

Men's Results

Position	Firstname	Surname	Race Time	League Pts
1	Donald	McPartlin	01:13:52	20
2	Alan	Blair	01:15:34	19
3	Nicholas	Heaney	01:18:08	18
4	Craig	Shields	01:20:15	17
5	Ian	Thomson	01:20:39	16
6	Finlay	Finlay	01:22:18	15
7	John	Murray	01:27:40	14
8	Paul	O'Brien	01:29:38	13
9	Kieran	McLaughlin	01:35:39	12
10	Allan	Wallace	01:35:45	11
11	Craig	Marsden	01:36:08	10
12	Patrick	Gibbons	01:36:45	9
13	Stefan	Kuhr	01:41:12	8
14	David	Hamill	01:42:54	7
15	Allan	Jenkins	01:45:31	6
16	Peter	Dow	01:46:15	5
17	Christopher	Kilshaw	01:47:01	4
18	Tariq	Abdullah	01:47:43	3
19	Edmund	McKillop	02:04:01	2
20	Paul	Coia	02:15:37	1

Women's Results

Position	Firstname	Surname	Race Time	League Pts
1	Nicola	Adams-Hendry	01:27:48	20
2	Mairi	Stanley	01:32:34	19
3	Frances	Wardle	01:33:46	18
3	Jill	O'Neil	01:33:46	18
5	Debbie	Martin-Consani	01:36:22	16
6	Ann	White	01:39:00	15
7	Aileen	Wilson	01:39:05	14
8	Daisy	Ochoa	01:40:26	13
9	Chloe	McAdam	01:40:47	12
10	Alison	Wood	01:43:12	11
11	Morag	Casey	01:46:42	10
12	Irene	Veza	01:48:17	9
13	Amy	Cromarty	01:56:46	8

Event 10: Clydebank 5k

March 19, 2016

HANDICAPPED RACE

(Handicaps by David Heppell)

Men's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Stephen	Cullen	00:24:37	00:10:33	00:14:04	20
2	Stefan	Kuhr	00:20:12	00:05:51	00:14:21	19
3	Craig	Shields	00:16:35	00:01:43	00:14:52	18
3	Paul	O'Brien	00:18:04	00:03:12	00:14:52	18
5	Kieran	McLaughlin	00:19:29	00:04:18	00:15:11	16
6	Del	Young	00:15:46	00:00:11	00:15:35	15
7	Craig	Marsden	00:20:43	00:04:50	00:15:53	14
8	Stephen	Porteous	00:17:28	00:01:21	00:16:07	13
9	Nicholas	Heaney	00:16:45	00:00:00	00:16:45	12
10	Alexander	Parker	00:20:28	00:02:46	00:17:42	11
11	David	Geddes	00:21:58	00:03:09	00:18:49	10

Women's Results

Position	Firstname	Surname	Race Time	Handicap	Handicapped Time	League Pts
1	Morag	Casey	00:22:55	00:08:05	00:14:50	20
2	Alison	Wood	00:21:42	00:06:49	00:14:53	19
3	Lesley	Chisholm	00:17:15	00:01:48	00:15:27	18

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 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 handicap positions will be used to determine the overall winner 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) McCaa Cup (using the West District XC Championship results).
- (b) Club XC Championship (using the National XC Championship results).
- (c) 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 race (or watch) times.

Rule 9: Club Vests

Club vests should 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 subscriptions are not paid up to date on 30 April 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.

Fixtures 2015-16

Event	Date	Race	Details
1	Sunday 11/10/15	West District XC Relays	Club entry, see Team Managers
2	Saturday 17/10/15	Dunbartonshire XC Relays	Club entry, see Team Managers.
3	Saturday 24/10/15	National XC Relays	Club entry, see Team Managers.
4	Saturday 07/11/15	National 4k XC Championships	Club entry, see Team Managers.
5	Saturday 14/11/15	Dunbartonshire XC Championships	Club entry, see Team Managers.
6	Saturday 28/11/15	University of Glasgow 5 mile Road Race (HANDICAP)	Club 5 mile championships. www.entrycentral.com .
7.A	Sunday 06/12/15	West District XC Championships	Club entry, see Team Managers.
7.B	Sunday 06/12/15	McCaa Cup (HANDICAP)	Results derived from West District XC finishing times.
8.A	Saturday 27/02/15	National XC Championships	Club entry, see Team Managers.
8.B	Saturday 27/02/15	Club XC Championships (HANDICAP)	Results derived from National XC finishing times.
9	Sunday 13/03/16	Balloch to Clydebank Half Marathon	Balloch. www.entrycentral.com
10	Saturday 19/03/16	Clydebank 5k (HANDICAP)	Clydebank Playdrome, 2pm (enter on day)