

## Garscube Harriers Summer League 2017



Final Standings

October 8, 2017

## 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 $1^{\text {st }}$ October 2016 and $30^{\text {th }}$ September 2017.
- Rules and fixtures can be found at the end of this document.
- Please notify any corrections or omissions to moragcasey@gmail.com.

Women's League Standings - April 10, 2018

| $\begin{aligned} & \text { 흔 } \\ & \text { 흥 } \end{aligned}$ |  |  |  |  |  |  |  |  |  |  | Charlie Kilshaw 5 miles |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Katie | White | 21 |  |  |  | 26 | 20 |  | 20 | 2 | 20 | 20 | 21 | TOP 6 | 8 | 130 |
| 2 | Mary | Senior |  | 19 | 20 | 20 | 19 |  | 19 | 19 |  |  |  | 14 | TOP 6 | 7 | 123 |
| 3 | Alison | Wood |  | 8 | 19 |  |  |  | 11 | 16 | 17 | 15 | 16 | 4 | TOP 6 | 8 | 102 |
| 4 | Laura | Gray |  | 13 | 17 | 28 | 14 | 16 | 15 |  |  |  |  | 13 | TOP 6 | 7 | 95 |
| 5 | Anne | Sillars |  |  |  | 18 | 17 |  |  |  | 13 | 19 |  | 16 |  | 5 | 88 |
| 6 | Casey | Thompson |  | 12 | 17 |  | 15 |  |  |  | 10 |  | 16 | 11 |  | 6 | 87 |
| 7 | Martha | Lovatt | 17 | 14 |  | 11 |  | 18 | 17 |  |  |  |  |  |  | 5 | 82 |
| 8 | Emma | Blair |  | 18 |  | 19 | 16 |  |  |  | 18 |  |  |  |  | 4 | 75 |
| 9 | Jill | O'Neil | 19 |  |  |  | 18 |  |  | 14 | 18 |  |  |  |  | 4 | 73 |
| 10 | Nighean | Stevenson |  | 11 | 19 |  |  |  | 16 | 13 | 8 |  |  |  |  | 5 | 72 |
| 11 | Debbie | Martin-Consani | 18 | 16 |  |  |  |  |  | 18 |  |  |  | 15 |  | 4 | 71 |
| 12 | Amy | Cromarty | 15 | 7 |  |  |  |  |  |  |  | 13 | 15 | 7 |  | 5 | 62 |
| 13 | Aileen | Wilson | 18 |  |  |  |  | 19 |  | 17 |  |  |  |  |  | 3 | 57 |
| 14 | Fiona | Martin |  |  |  |  |  |  | 13 | 16 | 21 |  |  |  |  | 3 | 53 |
| 15 | Chloe | McAdam |  | 15 |  | 16 |  |  |  |  |  | 18 |  |  |  | 3 | 52 |
| 16 | Gillian | Fowler |  |  |  | 13 |  |  |  | 10 | 12 |  |  | 10 |  | 4 | 49 |
| 17 | Theresa | Miln |  |  |  |  |  |  | 20 |  | 7 |  |  | 13 |  | 3 | 43 |
| 18 | Claire | McKeown |  | 10 | 16 |  |  |  |  | 11 |  |  |  |  |  | 3 | 40 |
| 18 | Kirsty | Harvie |  |  |  |  | 13 |  |  | 12 | 6 |  |  | 5 |  | 4 | 40 |
| 20 | Elsie | MacDonald |  |  |  |  |  |  |  |  | 19 |  | 18 |  |  | 2 | 39 |
| 21 | Morag | Casey |  | 9 |  |  |  |  |  |  |  | 14 |  | 8 |  | 3 | 34 |
| 22 | Ann | White |  |  |  |  |  |  |  |  | 15 | 16 |  |  |  | 2 | 33 |
| 23 | Alison | Condie |  | 8 |  |  |  |  | 14 |  | 5 |  |  |  |  | 3 | 30 |
| 24 | Jennifer | Sorbie |  |  |  |  |  |  | 18 |  |  |  |  | 7 |  | 2 | 27 |
| 25 | Sinead | McLaughlin |  |  |  | 14 |  |  |  |  | 9 |  |  |  |  | 2 | 25 |
| 26 | Kathryn | Scott |  | 20 |  |  |  |  |  |  |  |  |  |  |  | 1 | 21 |
| 26 | Nicola | Adams-Hendry |  |  |  |  |  |  |  |  |  |  |  | 20 |  | 1 | 21 |
| 28 | Charlotte | Wilson |  |  |  |  |  |  |  |  |  | 19 |  |  |  | 1 | 20 |
| 28 | Kara | McCurrach |  |  |  | 19 |  |  |  |  |  |  |  |  |  | 1 | 20 |
| 28 | Emma | Hatherley |  |  |  |  |  |  |  |  |  |  | 19 |  |  | 1 | 20 |
| 31 | Mairi | Stanley |  |  |  |  |  |  |  |  |  |  |  | 18 |  | 1 | 19 |
| 31 | Marian | Kelly |  |  |  |  |  |  |  |  |  |  |  | 18 |  | 1 | 19 |
| 33 | Alison | Locke |  |  |  |  |  |  |  |  |  |  | 17 |  |  | 1 | 18 |
| 33 | Arlene | Lewis |  | 17 |  |  |  |  |  |  |  |  |  |  |  | 1 | 18 |
| 33 | Barbara | Anderson |  |  |  |  |  | 17 |  |  |  |  |  |  |  | 1 | 18 |
| 36 | Francesca | Vidler |  |  |  |  |  |  |  |  | 15 |  |  |  |  | 1 | 16 |
| 36 | Fiona | Maurer |  |  |  | 15 |  |  |  |  |  |  |  |  |  | 1 | 16 |
| 38 | Caroline | Dow |  |  |  |  |  |  | 12 |  |  |  |  |  |  | 1 | 13 |
| 39 | Maureen | Macleod |  |  |  |  |  |  |  |  |  |  |  | 11 |  | 1 | 12 |
| 40 | Mary | Cox |  |  |  |  |  |  |  |  | 4 |  |  |  |  | 1 | 5 |
| 41 | Linda | Kennedy |  |  |  |  |  |  |  |  |  |  |  | 3 |  | 1 | 4 |
| 41 | Ann | Boal |  |  |  |  |  |  |  |  | 3 |  |  |  |  | 1 | 4 |
| 43 | Liz | Short |  |  |  |  |  |  |  |  | 2 |  |  |  |  | 1 | 3 |

Men's League Standings - April 10, 2018

| $\begin{aligned} & \text { 든 } \\ & \text { 든 } \\ & \text { no } \end{aligned}$ |  |  |  |  |  |  |  |  |  |  | Charlie Kilshaw 5 miles |  |  | $\begin{aligned} & \text { z } \\ & \text { 오 } \\ & \mathbf{k} \\ & \frac{\alpha}{4} \\ & \frac{\mathbf{x}}{\mathbf{\Sigma}} \end{aligned}$ |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | David | Lindsay | 20 |  |  | 20 | 20 | 19 | $18$ |  |  | 20 |  | 20 | TOP 6 | 7 | 126 |
| 2 | Garry | Mathew |  |  |  | 19 | 20 | 20 | 16 | 20 |  |  | 20 | 17 | TOP 6 | 7 | 123 |
| 3 | Finlay | Finlay | 17 | 19 |  | 18 |  |  | 14 |  | 20 |  | 18 | 15 | TOP 6 | 7 | 114 |
| 4 | Simon | Sheridan |  |  | 20 | 13 | 13 | 17 |  |  | 18 | 19 | 17 |  | TOP 6 | 7 | 111 |
| 5 | Paul | O'Brien | 14 | 17 | 18 | 11 | 10 | 11 |  |  |  |  |  |  |  | 6 | 87 |
| 6 | Craig | Shields |  | 20 |  | 17 | 16 | 18 |  |  |  |  |  | 10 |  | 5 | 86 |
| 7 | Daniel | Burns | 18 |  | 19 | 15 |  | 16 |  |  |  |  |  |  |  | 4 | 72 |
| 8 | Stephen | Porteous |  |  |  | 16 | 15 |  |  |  |  |  | 20 | 16 |  | 4 | 71 |
| 8 | David | McKay |  | 15 | 17 | 6 |  |  |  |  | 14 | 14 |  |  |  | 5 | 71 |
| 10 | Patrick | Gibbons | 16 | 18 |  |  |  |  |  |  |  | 16 | 11 | 3 |  | 5 | 69 |
| 11 | Kieran | McLaughlin |  |  |  | 7 | 9 | 12 |  |  | 16 | 15 |  |  |  | 5 | 64 |
| 12 | David | Campbell | 13 |  |  |  |  | 15 |  |  | 17 |  | 14 |  |  | 4 | 63 |
| 13 | Ian | Thomson |  |  |  |  |  |  | 17 | 18 |  |  | 14 | 8 |  | 4 | 61 |
| 14 | lain | Aird | 12 |  |  | 2 |  |  |  | 15 | 13 |  | 11 |  |  | 5 | 58 |
| 15 | Alan | Blair |  |  |  |  | 17 |  |  |  |  | 19 |  | 17 |  | 3 | 56 |
| 16 | Timothy | Martin |  |  |  |  | 14 |  | 15 |  | 19 |  |  |  |  | 3 | 51 |
| 17 | Jim | McAneny |  |  | 17 | 4 | 8 | 13 |  |  |  |  |  |  |  | 4 | 46 |
| 18 | Stuart | Donald |  |  |  | 3 |  |  | 13 | 15 |  |  | 9 |  |  | 4 | 44 |
| 19 | Craig | Marsden |  | 13 |  | 9 |  | 14 |  |  |  |  |  | 3 |  | 4 | 43 |
| 19 | Stuart | Irvine |  | 9 |  |  |  | 6 |  | 12 |  | 12 |  |  |  | 4 | 43 |
| 21 | Chris | Stockdale |  |  |  | 15 | 12 |  |  |  |  |  |  | 12 |  | 3 | 42 |
| 22 | Athole | Smith |  |  |  |  |  |  | 20 |  | 13 |  |  | 5 |  | 3 | 41 |
| 23 | Stephen | Wilson |  | 14 |  |  |  | 10 | 11 |  |  |  |  |  |  | 3 | 38 |
| 23 | lain | Paterson |  |  |  |  |  |  | 12 | 13 | 10 |  |  |  |  | 3 | 38 |
| 23 | David | Hamill |  | 12 |  |  |  |  |  |  | 8 | 13 |  | 1 |  | 4 | 38 |
| 26 | Robert | Morrison | 17 |  |  |  |  |  |  |  |  |  | 16 |  |  | 2 | 35 |
| 27 | John | McLaughlin |  | 11 |  | 1 | 6 | 9 |  |  | 1 |  |  |  |  | 5 | 33 |
| 28 | Jim | Boyle |  |  |  |  |  | 8 | 19 |  |  |  |  | 1 |  | 3 | 31 |
| 29 | Gavin | Hinde |  |  |  |  |  |  |  |  |  | 18 |  | 10 |  | 2 | 30 |
| 30 | Nicholas | Parker |  |  |  |  |  |  | 9 |  |  |  | 12 |  |  | 2 | 23 |
| 31 | Alasdair | MacMillan | 20 |  |  |  |  |  |  |  |  |  |  |  |  | 1 | 21 |
| 31 | Kevin | Liddle |  |  |  |  |  |  |  |  |  |  |  | 20 |  | 1 | 21 |
| 31 | Craig | Brown |  |  |  | 8 |  |  |  |  | 11 |  |  |  |  | 2 | 21 |
| 34 | Alexander | Chisholm |  |  |  |  |  |  |  | 19 |  |  |  |  |  | 1 | 20 |
| 34 | Norman | Baillie | 12 |  |  | 6 |  |  |  |  |  |  |  |  |  | 2 | 20 |
| 36 | Donald | McPartlin |  |  |  |  | 18 |  |  |  |  |  |  |  |  | 1 | 19 |
| 36 | Euan | Geddes |  |  |  |  |  |  |  |  |  |  |  | 18 |  | 1 | 19 |
| 36 | Alexander | Chalmers |  |  |  |  |  |  | 18 |  |  |  |  |  |  | 1 | 19 |
| 39 | Lance | Voute |  |  |  |  |  |  |  | 17 |  |  |  |  |  | 1 | 18 |
| 39 | John | Murray |  |  |  | 12 |  |  |  |  |  |  |  | 4 |  | 2 | 18 |
| 41 | Calum | Esler |  | 16 |  |  |  |  |  |  |  |  |  |  |  | 1 | 17 |
| 41 | Andre | Alexander |  |  |  |  |  |  |  | 16 |  |  |  |  |  | 1 | 17 |


|  | 쓴 든 는 |  | Tom Scott 10 miles | Drumchapel Parkrun 5k |  |  | 5k Track Championships |  |  | $\begin{aligned} & \text { 듬 } \\ & \text { 등 } \\ & \text { 읃 } \\ & \text { 들 } \\ & \underline{y} \end{aligned}$ | Charlie Kilshaw 5 miles | Around Cumbrae 10 miles |  |  |  | Participation Points |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 43 | Alex | Patrick |  |  |  |  |  |  |  |  | 15 |  |  |  |  | 1 | 16 |
| 43 | Duncan | McKellar |  |  |  |  |  |  |  |  |  |  | 15 |  |  | 1 | 16 |
| 45 | Alan | McIntosh |  |  |  |  |  |  |  |  | 6 |  | 7 |  |  | 2 | 15 |
| 45 | Nicholas | Heaney |  |  |  |  |  |  |  |  |  |  |  | 14 |  | 1 | 15 |
| 47 | David | Geddes |  |  |  |  |  | 7 |  |  | 5 |  |  |  |  | 2 | 14 |
| 47 | Tariq | Abdullah |  |  |  |  | 7 |  |  |  | 1 |  | 3 |  |  | 3 | 14 |
| 49 | Paul | McMahon |  |  |  |  |  |  |  |  |  |  |  | 12 |  | 1 | 13 |
| 50 | John | Coyle |  |  |  |  | 11 |  |  |  |  |  |  |  |  | 1 | 12 |
| 51 | Alexander | Parker |  |  |  |  |  |  |  |  | 10 |  |  |  |  | 1 | 11 |
| 51 | David | Esler |  | 10 |  |  |  |  |  |  |  |  |  |  |  | 1 | 11 |
| 51 | Hugh | Duff |  |  |  | 10 |  |  |  |  |  |  |  |  |  | 1 | 11 |
| 52 | Peter | Dow |  |  |  |  |  |  | 10 |  |  |  |  |  |  | 1 | 11 |
| 55 | Jonny | Hendry |  |  |  |  |  |  |  |  |  |  | 9 |  |  | 1 | 10 |
| 56 | Robbie | Drummond |  |  |  |  |  |  |  |  |  |  |  | 8 |  | 1 | 9 |
| 57 | Paul | Coia |  |  |  |  |  |  |  |  | 7 |  |  |  |  | 1 | 8 |
| 58 | Ross | McMillan |  |  |  |  |  |  |  |  |  |  |  | 6 |  | 1 | 7 |
| 58 | Paul | Cooke |  |  |  |  |  |  |  |  |  |  | 6 |  |  | 1 | 7 |
| 60 | Timothy | Brown |  |  |  |  |  |  |  |  |  |  | 5 |  |  | 1 | 6 |
| 61 | Scott | Nicol2 |  |  |  |  |  |  |  |  |  |  | 4 |  |  | 1 | 5 |
| 61 | Allan | Jenkins |  |  |  |  |  |  |  |  | 4 |  |  |  |  | 1 | 5 |
| 63 | Mark | Cathro |  |  |  |  |  |  |  |  | 3 |  |  |  |  | 1 | 4 |
| 64 | Stewart | Hendry |  |  |  |  |  |  |  |  | 2 |  |  |  |  | 1 | 3 |
| 65 | Thomas | McKay |  |  |  |  |  |  |  |  | 1 |  |  |  |  | 1 | 2 |
| 65 | Paul | Clark |  |  |  |  |  |  |  |  | 1 |  |  |  |  | 1 | 2 |
| 65 | Derek | Buchanan |  |  |  |  |  |  |  |  | 1 |  |  |  |  | 1 | 2 |

Event 1: Tom Scott Memorial 10 mile Road Race
April 2, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $00: 58: 20$ | 20 | 1 | 21 |
| 2 | Jill | O'Neil | $01: 11: 53$ | 19 |  | 19 |
| 3 | Debbie | Martin-Consani | $01: 13: 28$ | 18 |  | 18 |
| 4 | Aileen | Wilson | $01: 14: 39$ | 17 | 1 | 18 |
| 5 | Martha | Lovatt | $01: 15: 16$ | 16 | 1 | 17 |
| 6 | Amy | Cromarty | $01: 26: 35$ | 15 |  | 15 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | David | Lindsay | $00: 56: 11$ | 20 |  | 20 |
| 2 | Alasdair | MacMillan | $00: 57: 24$ | 19 | 1 | 20 |
| 3 | Daniel | Burns | $00: 59: 03$ | 18 |  | 18 |
| 4 | Finlay | Finlay | $00: 59: 28$ | 17 |  | 17 |
| 5 | Robert | Morrison | $01: 01: 37$ | 16 | 1 | 17 |
| 6 | Patrick | Gibbons | $01: 03: 04$ | 15 | 1 | 16 |
| 7 | Paul | O'Brien | $01: 06: 30$ | 14 |  | 14 |
| 8 | David | Campbell | $01: 08: 29$ | 13 |  | 13 |
| 9 | Norman | Baillie | $01: 13: 01$ | 12 |  | 12 |
| 10 | lain | Aird | $01: 16: 46$ | 11 | 1 | 12 |

Event 2: Drumchapel Parkrun
April 23, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Kathryn | Scott | $00: 23: 09$ | 20 |  | 20 |
| 2 | Mary | Senior | $00: 23: 15$ | 19 |  | 19 |
| 3 | Emma | Blair | $00: 23: 30$ | 18 |  | 18 |
| 4 | Arlene | Lewis | $00: 23: 34$ | 17 |  | 17 |
| 5 | Debbie | Martin-Consani | $00: 23: 45$ | 16 |  | 16 |
| 6 | Chloe | McAdam | $00: 24: 05$ | 15 |  | 15 |
| 7 | Martha | Lovatt | $00: 24: 51$ | 14 |  | 14 |
| 8 | Laura | Gray | $00: 25: 49$ | 13 |  | 13 |
| 9 | Casey | Thompson | $00: 26: 07$ | 12 |  | 12 |
| 10 | Nighean | Stevenson | $00: 26: 23$ | 11 |  | 11 |
| 11 | Claire | McKeown | $00: 26: 47$ | 10 |  | 10 |
| 12 | Morag | Casey | $00: 27: 35$ | 9 |  | 9 |
| 13 | Alison | Condie | $00: 28: 01$ | 8 |  | 8 |
| 14 | Amy | Cromarty | $00: 29: 31$ | 7 |  | 7 |
| 15 | Alison | Wood | $00: 29: 32$ | 6 |  | 6 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Craig | Shields | $00: 19: 13$ | 20 |  | 20 |
| 2 | Finlay | Finlay | $00: 19: 28$ | 19 |  | 19 |
| 3 | Patrick | Gibbons | $00: 19: 45$ | 18 |  | 18 |
| 4 | Paul | O'Brien | $00: 21: 08$ | 17 |  | 17 |
| 5 | Calum | Esler | $00: 23: 07$ | 16 |  | 16 |
| 6 | David | McKay | $00: 23: 10$ | 15 |  | 15 |
| 7 | Stephen | Wilson | $00: 24: 52$ | 14 |  | 14 |
| 8 | Craig | Marsden | $00: 25: 13$ | 13 |  | 13 |
| 9 | David | Hamill | $00: 25: 15$ | 12 |  | 12 |
| 10 | John | McLaughlin | $00: 25: 22$ | 11 |  | 11 |
| 11 | David | Esler | $00: 25: 52$ | 10 |  | 10 |
| 12 | Stuart | Irvine | $00: 29: 52$ | 9 |  | 9 |

Event 3: Helensburgh 10k
May 3, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Mary | Senior | $00: 41: 52$ | 20 |  | 20 |
| 2 | Alison | Wood | $00: 45: 14$ | 19 |  | 19 |
| 3 | Nighean | Stevenson | $00: 47: 18$ | 18 | 1 | 19 |
| 4 | Laura | Gray | $00: 47: 35$ | 17 |  | 17 |
| 5 | Casey | Thompson | $00: 47: 41$ | 16 | 1 | 17 |
| 6 | Claire | McKeown | $00: 48: 48$ | 15 | 1 | 16 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Simon | Sheridan | $00: 36: 53$ | 20 |  | 20 |
| 2 | Daniel | Burns | $00: 37: 30$ | 19 |  | 19 |
| 3 | Paul | O'Brien | $00: 41: 02$ | 18 |  | 18 |
| 4 | Jim | McAneny | $00: 43: 01$ | 17 |  | 17 |
| 5 | David | McKay | $00: 44: 12$ | 16 | 1 | 17 |

Event 4: Dumbarton 10k
May 11, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Mary | Senior | $00: 42: 09$ | 20 |  | 20 |
| 2 | Emma | Blair | $00: 43: 30$ | 19 |  | 19 |
| 3 | Anne | Sillars | $00: 45: 15$ | 18 |  | 18 |
| 3 | Kara | McCurrach | $00: 45: 15$ | 18 | 1 | 19 |
| 5 | Chloe | McAdam | $00: 45: 43$ | 16 |  | 16 |
| 6 | Fiona | Maurer | $00: 47: 28$ | 15 |  | 15 |
| 7 | Sinead | McLaughlin | $00: 47: 49$ | 14 |  | 14 |
| 8 | Gillian | Fowler | $00: 48: 17$ | 13 |  | 13 |
| 9 | Laura | Gray | $00: 48: 47$ | 12 |  | 12 |
| 10 | Martha | Lovatt | $00: 49: 12$ | 11 |  | 11 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | David | Lindsay | $00: 34: 27$ | 20 |  | 20 |
| 2 | Garry | Mathew | $00: 34: 52$ | 19 |  | 19 |
| 3 | Finlay | Finlay | $00: 35: 20$ | 18 |  | 18 |
| 4 | Craig | Shields | $00: 35: 21$ | 17 |  | 17 |
| 5 | Stephen | Porteous | $00: 35: 57$ | 16 |  | 16 |
| 6 | Daniel | Burns | $00: 36: 52$ | 15 |  | 15 |
| 7 | Chris | Stockdale | $00: 37: 04$ | 14 | 1 | 15 |
| 8 | Simon | Sheridan | $00: 37: 15$ | 13 |  | 13 |
| 9 | John | Murray | $00: 38: 45$ | 12 |  | 12 |
| 10 | Paul | O'Brien | $00: 40: 13$ | 11 |  | 11 |
| 11 | Hugh | Duff | $00: 41: 26$ | 10 |  | 10 |
| 12 | Craig | Marsden | $00: 41: 55$ | 9 |  | 9 |
| 13 | Craig | Brown | $00: 42: 12$ | 8 |  | 8 |
| 14 | Kieran | McLaughlin | $00: 42: 24$ | 7 |  | 7 |
| 15 | Norman | Baillie | $00: 43: 07$ | 6 |  | 6 |
| 16 | David | McKay | $00: 43: 18$ | 5 | 1 | 6 |
| 17 | Jim | McAneny | $00: 43: 30$ | 4 |  | 4 |
| 18 | Stuart | Donald | $00: 44: 19$ | 3 |  | 3 |
| 19 | lain | Aird | $00: 44: 43$ | 2 |  | 2 |
| 20 | John | McLaughlin | $00: 50: 14$ | 1 |  | 1 |

## Event 5: DAAA 5000 m Track Championships

May 23, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $00: 19: 18$ | 20 |  | 20 |
| 2 | Mary | Senior | $00: 21: 51$ | 19 |  | 19 |
| 3 | Jill | O'Neil | $00: 22: 46$ | 18 |  | 18 |
| 4 | Anne | Sillars | $00: 22: 48$ | 17 |  | 17 |
| 5 | Emma | Blair | $00: 22: 50$ | 16 |  | 16 |
| 6 | Casey | Thompson | $00: 25: 11$ | 15 |  | 15 |
| 7 | Laura | Gray | $00: 25: 12$ | 14 |  | 14 |
| 8 | Kirsty | Harvie | $00: 25: 55$ | 13 |  | 13 |

NB: The length of the women's race was 5400 m .

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Garry | Mathew | $00: 16: 14$ | 20 |  | 20 |
| 2 | David | Lindsay | $00: 16: 17$ | 19 | 1 | 20 |
| 3 | Donald | McPartlin | $00: 16: 20$ | 18 |  | 18 |
| 4 | Alan | Blair | $00: 16: 32$ | 17 |  | 17 |
| 5 | Craig | Shields | $00: 17: 08$ | 16 |  | 16 |
| 6 | Stephen | Porteous | $00: 17: 18$ | 15 |  | 15 |
| 7 | Timothy | Martin | $00: 17: 35$ | 14 |  | 14 |
| 8 | Simon | Sheridan | $00: 17: 47$ | 13 |  | 13 |
| 9 | Chris | Stockdale | $00: 17: 54$ | 12 |  | 12 |
| 10 | John | Coyle | $00: 17: 56$ | 11 |  | 11 |
| 11 | Paul | O'Brien | $00: 18: 54$ | 10 |  | 10 |
| 12 | Kieran | McLaughlin | $00: 19: 34$ | 9 |  | 9 |
| 13 | Jim | McAneny | $00: 19: 38$ | 8 |  | 8 |
| 14 | Tariq | Abdullah | $00: 23: 15$ | 7 |  | 7 |
| 15 | John | McLaughlin | $00: 23: 40$ | 6 |  | 6 |

Event 6: Shettleston 10k
May 28, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $00: 36: 06$ | 20 |  | 20 |
| 2 | Aileen | Wilson | $00: 43: 34$ | 19 |  | 19 |
| 3 | Martha | Lovatt | $00: 46: 04$ | 18 |  | 18 |
| 4 | Barbara | Anderson | $00: 46: 58$ | 17 |  | 17 |
| 5 | Laura | Gray | $00: 48: 20$ | 16 |  | 16 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Garry | Mathew | $00: 33: 56$ | 20 |  | 20 |
| 2 | David | Lindsay | $00: 34: 21$ | 19 |  | 19 |
| 3 | Craig | Shields | $00: 35: 59$ | 18 |  | 18 |
| 4 | Simon | Sheridan | $00: 36: 36$ | 17 |  | 17 |
| 5 | Daniel | Burns | $00: 37: 20$ | 16 |  | 16 |
| 6 | David | Campbell | $00: 40: 52$ | 15 |  | 15 |
| 7 | Craig | Marsden | $00: 41: 27$ | 14 |  | 14 |
| 8 | Jim | McAneny | $00: 41: 38$ | 13 |  | 13 |
| 9 | Kieran | McLaughlin | $00: 42: 04$ | 12 |  | 12 |
| 10 | Paul | O'Brien | $00: 43: 39$ | 11 |  | 11 |
| 11 | Stephen | Wilson | $00: 47: 04$ | 10 |  | 10 |
| 12 | John | McLaughlin | $00: 48: 13$ | 9 |  | 9 |
| 13 | Jim | Boyle | $00: 49: 32$ | 8 |  | 8 |
| 14 | David | Geddes | $00: 50: 34$ | 7 |  | 7 |
| 15 | Stuart | Irvine | $00: 57: 36$ | 6 |  | 6 |

## Event 7: Henderson Cup

June 15, 2017

Women's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Theresa | Miln | $00: 38: 52$ | $00: 21: 23$ | $00: 17: 29$ | 20 |
| 2 | Mary | Senior | $00: 34: 25$ | $00: 15: 32$ | $00: 18: 53$ | 19 |
| 3 | Jennifer | Sorbie | $00: 41: 24$ | $00: 21: 00$ | $00: 20: 24$ | 18 |
| 4 | Martha | Lovatt | $00: 35: 39$ | $00: 14: 20$ | $00: 21: 19$ | 17 |
| 5 | Nighean | Stevenson | $00: 38: 32$ | $00: 16: 40$ | $00: 21: 52$ | 16 |
| 6 | Laura | Gray | $00: 39: 06$ | $00: 16: 50$ | $00: 22: 16$ | 15 |
| 7 | Alison | Condie | $00: 44: 21$ | $00: 20: 37$ | $00: 23: 44$ | 14 |
| 8 | Fiona | Martin | $00: 35: 12$ | $00: 11: 03$ | $00: 24: 09$ | 13 |
| 9 | Caroline | Dow | $00: 46: 21$ | $00: 21: 25$ | $00: 24: 56$ | 12 |
| 10 | Alison | Wood | $00: 37: 18$ | $00: 11: 45$ | $00: 25: 33$ | 11 |

## Men's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Athole | Smith | $00: 33: 03$ | $00: 13: 09$ | $00: 19: 54$ | 20 |
| 2 | Jim | Boyle | $00: 39: 22$ | $00: 19: 15$ | $00: 20: 07$ | 19 |
| 3 | Alexander | Chalmers | $00: 28: 32$ | $00: 05: 45$ | $00: 22: 47$ | 18 |
| 4 | lan | Thomson | $00: 30: 50$ | $00: 07: 45$ | $00: 23: 05$ | 17 |
| 5 | Garry | Mathew | $00: 27: 09$ | $00: 03: 39$ | $00: 23: 30$ | 16 |
| 6 | Timothy | Martin | $00: 28: 19$ | $00: 04: 42$ | $00: 23: 37$ | 15 |
| 7 | Finlay | Finlay | $00: 28: 42$ | $00: 05: 02$ | $00: 23: 40$ | 14 |
| 8 | Stuart | Donald | $00: 36: 09$ | $00: 11: 52$ | $00: 24: 17$ | 13 |
| 9 | lain | Paterson | $00: 39: 48$ | $00: 15: 27$ | $00: 24: 21$ | 12 |
| 10 | Stephen | Wilson | $00: 36: 00$ | $00: 11: 38$ | $00: 24: 22$ | 11 |
| 11 | Peter | Dow | $00: 37: 26$ | $00: 11: 54$ | $00: 25: 32$ | 10 |
| 12 | Nicholas | Parker | $00: 32: 58$ | $00: 06: 43$ | $00: 26: 16$ | 9 |
| 13 | David | Lindsay | $00: 28: 18$ | $00: 01: 11$ | $00: 27: 07$ | 8 |

## Event 8: Kirkintilloch 10k

June 22, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $00: 36: 24$ | 20 |  | 20 |
| 2 | Mary | Senior | $00: 41: 52$ | 19 |  | 19 |
| 3 | Debbie | Martin-Consani | $00: 43: 23$ | 18 |  | 18 |
| 4 | Aileen | Wilson | $00: 43: 57$ | 17 |  | 17 |
| 5 | Fiona | Martin | $00: 44: 29$ | 16 |  | 16 |
| 6 | Alison | Wood | $00: 44: 54$ | 15 | 1 | 16 |
| 7 | Jill | O'Neil | $00: 44: 55$ | 14 |  | 14 |
| 8 | Nighean | Stevenson | $00: 47: 20$ | 13 |  | 13 |
| 9 | Kirsty | Harvie | $00: 49: 59$ | 12 |  | 12 |
| 10 | Claire | McKeown | $00: 50: 45$ | 11 |  | 11 |
| 11 | Gillian | Fowler | $00: 52: 50$ | 10 |  | 10 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Garry | Mathew | $00: 33: 34$ | 20 |  | 20 |
| 2 | Alexander | Chisholm | $00: 38: 37$ | 19 |  | 19 |
| 3 | lan | Thomson | $00: 39: 27$ | 18 |  | 18 |
| 4 | Lance | Voute | $00: 39: 35$ | 17 |  | 17 |
| 5 | Andre | Alexander | $00: 41: 02$ | 16 |  | 16 |
| 6 | Stuart | Donald | $00: 44: 10$ | 15 |  | 15 |
| 7 | lain | Aird | $00: 44: 42$ | 14 | 1 | 15 |
| 8 | lain | Paterson | $00: 45: 45$ | 13 |  | 13 |
| 9 | Stuart | Irvine | $00: 55: 22$ | 12 |  | 12 |

## Event 9: Charlie Kilshaw 5 miles

July 13, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Fiona | Martin | $00: 34: 48$ | 20 | 1 | 21 |
| 2 | Elsie | MacDonald | $00: 34: 55$ | 19 |  | 19 |
| 3 | Jill | O'Neil | $00: 35: 01$ | 18 |  | 18 |
| 4 | Emma | Blair | $00: 35: 04$ | 17 | 1 | 18 |
| 5 | Alison | Wood | $00: 35: 40$ | 16 | 1 | 17 |
| 6 | Francesca | Vidler | $00: 35: 53$ | 15 |  | 15 |
| 7 | Ann | White | $00: 36: 15$ | 14 | 1 | 15 |
| 8 | Katie | White | $00: 36: 16$ | 13 |  | 13 |
| 9 | Anne | Sillars | $00: 36: 17$ | 12 | 1 | 13 |
| 10 | Gillian | Fowler | $00: 37: 13$ | 11 | 1 | 12 |
| 11 | Casey | Thompson | $00: 37: 36$ | 10 |  | 10 |
| 12 | Sinead | McLaughlin | $00: 38: 19$ | 9 |  | 9 |
| 13 | Nighean | Stevenson | $00: 38: 45$ | 8 |  | 8 |
| 14 | Theresa | Miln | $00: 39: 13$ | 7 |  | 7 |
| 15 | Kirsty | Harvie | $00: 41: 14$ | 6 |  | 6 |
| 16 | Alison | Condie | $00: 41: 50$ | 5 |  | 5 |
| 17 | Mary | Cox | $00: 42: 33$ | 4 |  | 4 |
| 18 | Ann | Boal | $00: 42: 35$ | 3 |  | 3 |
| 19 | Liz | Short | $00: 44: 03$ | 2 |  | 2 |

## Event 9: Charlie Kilshaw 5 miles

July 13, 2017

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Finlay | Finlay | $00: 29: 11$ | 20 |  | 20 |
| 2 | Timothy | Martin | $00: 30: 05$ | 19 |  | 19 |
| 3 | Simon | Sheridan | $00: 30: 14$ | 18 |  | 18 |
| 4 | David | Campbell | $00: 33: 53$ | 17 |  | 17 |
| 5 | Kieran | McLaughlin | $00: 34: 03$ | 16 |  | 16 |
| 6 | Alex | Patrick | $00: 34: 22$ | 15 |  | 15 |
| 7 | David | McKay | $00: 34: 40$ | 14 |  | 14 |
| 8 | Athole | Smith | $00: 34: 46$ | 13 |  | 13 |
| 9 | lain | Aird | $00: 35: 30$ | 12 | 1 | 13 |
| 10 | Craig | Brown | $00: 35: 35$ | 11 |  | 11 |
| 11 | Alexander | Parker | $00: 36: 03$ | 10 |  | 10 |
| 12 | lain | Paterson | $00: 36: 05$ | 9 | 1 | 10 |
| 13 | David | Hamill | $00: 36: 56$ | 8 |  | 8 |
| 14 | Paul | Coia | $00: 37: 04$ | 7 |  | 7 |
| 15 | Alan | McIntosh | $00: 37: 40$ | 6 |  | 6 |
| 16 | David | Geddes | $00: 38: 05$ | 5 |  | 5 |
| 17 | Allan | Jenkins | $00: 38: 32$ | 4 |  | 4 |
| 18 | Mark | Cathro | $00: 39: 01$ | 3 |  | 3 |
| 19 | Stewart | Hendry | $00: 39: 45$ | 2 |  | 2 |
| 20 | Tariq | Abdullah | $00: 40: 12$ | 1 |  | 1 |
| 21 | Thomas | McKay | $00: 42: 05$ | 1 |  | 1 |
| 22 | John | McLaughlin | $00: 44: 39$ | 1 |  | 1 |
| 23 | Derek | Buchanan | $00: 47: 53$ | 1 |  | 1 |
| 24 | Paul | Clark | $01: 01: 41$ | 1 |  | 1 |

## Event 10: Round Cumbrae 10 miles

September 10, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $01: 00: 36$ | 20 |  | 20 |
| 2 | Charlotte | Wilson | $01: 09: 04$ | 19 |  | 19 |
| 3 | Anne | Sillars | $01: 13: 44$ | 18 | 1 | 19 |
| 4 | Chloe | McAdam | $01: 16: 08$ | 17 | 1 | 18 |
| 5 | Ann | White | $01: 16: 14$ | 16 |  | 16 |
| 6 | Alison | Wood | $01: 17: 52$ | 15 |  | 15 |
| 7 | Morag | Casey | $01: 20: 46$ | 14 |  | 14 |
| 8 | Amy | Cromarty | $01: 26: 43$ | 13 |  | 13 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | David | Lindsay | $00: 58: 09$ | 20 |  | 20 |
| 2 | Alan | Blair | $00: 59: 20$ | 19 |  | 19 |
| 3 | Simon | Sheridan | $01: 02: 28$ | 18 | 1 | 19 |
| 4 | Gavin | Hinde | $01: 04: 51$ | 17 | 1 | 18 |
| 5 | Patrick | Gibbons | $01: 05: 34$ | 16 |  | 16 |
| 6 | Kieran | McLaughlin | $01: 10: 24$ | 15 |  | 15 |
| 7 | David | McKay | $01: 11: 14$ | 14 |  | 14 |
| 8 | David | Hamill | $01: 17: 42$ | 13 |  | 13 |
| 9 | Stuart | Irvine | $01: 38: 17$ | 12 |  | 12 |

## Event 11: Great Scottish Run Half Marathon

October 1, 2017

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $01: 17: 34$ | 20 |  | 20 |
| 2 | Emma | Hatherley | $01: 34: 59$ | 19 |  | 19 |
| 3 | Elsie | MacDonald | $01: 38: 39$ | 18 |  | 18 |
| 4 | Alison | Locke | $01: 43: 51$ | 17 |  | 17 |
| 5 | Alison | Wood | $01: 45: 20$ | 16 |  | 16 |
| 6 | Casey | Thompson | $01: 47: 00$ | 15 | 1 | 16 |
| 7 | Amy | Cromarty | $01: 52: 16$ | 14 | 1 | 15 |

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Garry | Mathew | $01: 17: 28$ | 20 |  | 20 |
| 2 | Stephen | Porteous | $01: 18: 42$ | 19 | 1 | 20 |
| 3 | Finlay | Finlay | $01: 19: 34$ | 18 |  | 18 |
| 4 | Simon | Sheridan | $01: 21: 22$ | 17 |  | 17 |
| 5 | Robert | Morrison | $01: 25: 10$ | 16 |  | 16 |
| 6 | Duncan | McKellar | $01: 25: 17$ | 15 |  | 15 |
| 7 | lan | Thomson | $01: 25: 34$ | 14 |  | 14 |
| 8 | David | Campbell | $01: 27: 19$ | 13 | 1 | 14 |
| 9 | Nicholas | Parker | $01: 30: 53$ | 12 |  | 12 |
| 10 | Patrick | Gibbons | $01: 32: 57$ | 11 |  | 11 |
| 11 | lain | Aird | $01: 36: 13$ | 10 | 1 | 11 |
| 12 | Jonny | Hendry | $01: 37: 48$ | 9 |  | 9 |
| 13 | Stuart | Donald | $01: 40: 25$ | 8 | 1 | 9 |
| 14 | Alan | Mclntosh | $01: 40: 56$ | 7 |  | 7 |
| 15 | Paul | Cooke | $01: 41: 24$ | 6 |  | 6 |
| 16 | Timothy | Brown | $01: 47: 49$ | 5 |  | 5 |
| 17 | Scott | Nicol | $01: 50: 10$ | 4 |  | 4 |
| 18 | Tariq | Abdullah | $01: 56: 13$ | 3 |  | 3 |

## Event 12: Any Marathon Worldwide

Final Standings: April 10, 2018

Women's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total | Where? |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: | :---: |
| 1 | Katie | White | $02: 42: 37$ | 20 | 1 | 21 | London_170423 |
| 2 | Nicola | Adams-Hendry | $03: 03: 27$ | 19 | 1 | 20 | Chester_161002 |
| 3 | Mairi | Stanley | $03: 07: 13$ | 18 |  | 18 | London_170423 |
| 4 | Marian | Kelly | $03: 21: 17$ | 17 | 1 | 18 | London_170423 |
| 5 | Anne | Sillars | $03: 28: 45$ | 16 |  | 16 | London_170423 |
| 6 | Debbie | Martin-Consani | $03: 30: 12$ | 15 |  | 15 | Stirling_170521 |
| 7 | Mary | Senior | $03: 31: 40$ | 14 |  | 14 | Chester_161002 |
| 8 | Theresa | Miln | $03: 47: 56$ | 13 |  | 13 | Stirling_170521 |
| 9 | Laura | Gray | $03: 50: 57$ | 12 | 1 | 13 | Manchester_170402 |
| 10 | Maureen | Macleod | $03: 51: 52$ | 11 |  | 11 | London_170423 |
| 11 | Casey | Thompson | $03: 57: 38$ | 10 | 1 | 11 | Paris_170409 |
| 12 | Gillian | Fowler | $03: 58: 08$ | 9 | 1 | 10 | Stirling_170521 |
| 13 | Morag | Casey | $04: 03: 36$ | 8 |  | 8 | Stirling_170521 |
| 14 | Jennifer | Sorbie | $04: 14: 10$ | 7 |  | 7 | Stirling_170521 |
| 15 | Amy | Cromarty | $04: 16: 53$ | 6 | 1 | 7 | Stirling_170521 |
| 16 | Kirsty | Harvie | $04: 18: 31$ | 5 |  | 5 | Manchester_170402 |
| 17 | Alison | Wood | $04: 22: 56$ | 4 |  | 4 | Edinburgh_170528 |
| 18 | Linda | Kennedy | $04: 27: 03$ | 3 |  | 3 | London_170423 |

Event 12: Any Marathon Worldwide
Provisional Standings: April 10, 2018

Men's Results

| Position | Firstname | Surname | Race Time | League Pts | PB? | Total | Where? |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: | :---: |
| 1 | David | Lindsay | $02: 37: 24$ | 20 |  | 20 | London_170423 |
| 2 | Kevin | Liddle | $02: 38: 27$ | 19 | 1 | 20 | London_170423 |
| 3 | Euan | Geddes | $02: 39: 03$ | 18 |  | 18 | NYC_161106 |
| 4 | Alan | Blair | $02: 42: 48$ | 17 |  | 17 | Frankfurt_161030 |
| 5 | Garry | Mathew | $02: 44: 36$ | 16 | 1 | 17 | London_170423 |
| 6 | Stephen | Porteous | $02: 46: 43$ | 15 | 1 | 16 | London_170423 |
| 7 | Finlay | Finlay | $02: 48: 16$ | 14 | 1 | 15 | Stirling_170521 |
| 8 | Nicholas | Heaney | $02: 51: 21$ | 13 | 1 | 14 | London_170423 |
| 9 | Paul | McMahon | $02: 56: 11$ | 12 |  | 12 | Derry_170604 |
| 10 | Chris | Stockdale | $02: 57: 21$ | 11 | 1 | 12 | London_170423 |
| 11 | Craig | Shields | $02: 59: 54$ | 10 |  | 10 | Amsterdam_161016 |
| 12 | Gavin | Hinde | $03: 06: 13$ | 9 | 1 | 10 | LochNess_170924 |
| 13 | lan | Thomson | $03: 10: 23$ | 8 |  | 8 | London_170423 |
| 14 | Robbie | Drummond | $03: 11: 08$ | 7 | 1 | 8 | Manchester_170402 |
| 15 | Ross | McMillan | $03: 17: 54$ | 6 |  | 6 | Stirling_170521 |
| 16 | Athole | Smith | $03: 21: 18$ | 5 |  | 5 | London_170423 |
| 17 | John | Murray | $03: 21: 38$ | 4 |  | 4 | London_170423 |
| 18 | Patrick | Gibbons | $03: 29: 04$ | 3 |  | 3 | Paris_170409 |
| 19 | Craig | Marsden | $03: 37: 12$ | 2 | 1 | 3 | Barcelona_170312 |
| 20 | Jim | Boyle | $04: 06: 31$ | 1 |  | 1 | Stirling_170521 |
| 21 | David | Hamill | $04: 20: 01$ | 1 |  | 1 | Stirling_170521 |

## 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 moragcasey@gmail.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 competitors best performance achieved during the period 1st October 2015 - 30th September 2016 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 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

| Event | Date | Race | Details |
| :--- | :--- | :--- | :--- |
| 1 | Sunday 02/04/17 | Tom Tom Scott Memorial <br> Race (10 miles) | www.tomscottroadraces.com |
| 2 | Saturday 22/04/17 | Drumchapel Parkrun (5km) | www.parkrun.org.uk/drumchapel |
| 3 | Wednesday 03/05/17 | Helensburgh 10k | www.babcock10kseries.co.uk |
| 4 | Thursday 11/05/17 | Dumbarton 10k | www.babcock10kseries.co.uk |
| 5 | Tuesday 23/05/17 | DAAA 5000 m Track Cham- <br> pionships / Club 5k Champi- <br> onships | St Peter the Apostle Track, Clyde- <br> bank, G81 2DB. Please bring at least <br> £2 to donate to Beatson Cancer Char- <br> ity. Women's race 1900, men's race <br> thereafter; registration closes shortly <br> before each race. |
| 6 | Sunday 28/05/17 | Shettleston 10k | www.babcock10kseries.co.uk |
| 7 | Thursday 15/06/17 | Henderson Cup / Foodbank <br> Race (Off-road, 10 km) | Mugdock Country Park Visitor Cen- <br> tre. Please bring at least £10 of non- <br> perishable foods for donation to the <br> Glasgow North West Foodbank. Start <br> time 1915. |
| 8 | Thursday 22/06/17 | Kirkintilloch 10k | www.entrycentral.com |
| 9 | Thursday 13/07/17 | Charlie Kilshaw Memorial <br> Race (5 miles) | Milngavie Reservoirs - club event. |
| 10 | Sunday 10/09/17 | Around Cumbrae Road Race <br> $(10$ miles) | www.entrycentral.com |
| 11 | Sunday 01/10/17 | Great Scottish Run Half <br> Marathon | www.greatscottishrun.com <br> Club Half Marathon Championships. |
| 12 | From 01/10/2016 to <br> $30 / 09 / 2017$ | Any marathon worldwide | Positions based on finishing times. <br> Club Marathon Championships. |

