

## Garscube Harriers Winter League 2014-15



## Winter League Standings

Final Standings - March 23, 2015

## 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, 2015


Men's League Standings Continued - March 23, 2015

| $\begin{aligned} & \text { 든 } \\ & \frac{1}{\omega} \\ & 0.0 \end{aligned}$ |  |  | George Cummings Relays RR |  |  | U x $\frac{n}{\pi}$ $\frac{\pi}{\omega}$ $\frac{\pi}{\pi}$ $\frac{\pi}{\pi}$ $\frac{0}{\pi}$ $\frac{\pi}{Z}$ |  | University of Glasgow 5 mile RR |  | Club XC Championships |  | U 0 0.3 U Uू Un |  |  | Top 6 races only? |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | Stephen | Porteous |  |  | 14 |  |  |  |  |  |  |  |  |  |  | 1 | 15 |
| 40 | Roddy | Chapman |  |  |  |  |  |  |  |  | 7 | 6 |  |  |  | 2 | 15 |
| 42 | James | Thompson |  |  |  |  | 13 |  |  |  |  |  |  |  |  | 1 | 14 |
| 42 | George | Lambie |  |  |  |  |  |  |  |  |  |  | 13 |  |  | 1 | 14 |
| 44 | Ross | McMillan |  |  |  |  |  |  |  |  |  |  | 11 |  |  | 1 | 12 |
| 44 | Alexander | Chisholm |  |  |  |  |  |  | 11 |  |  |  |  |  |  | 1 | 12 |
| 46 | Stefan | Kuhr |  |  |  |  |  |  |  |  |  |  | 9 |  |  | 1 | 10 |
| 46 | Timothy | Brown |  |  |  |  |  | 9 |  |  |  |  |  |  |  | 1 | 10 |
| 48 | Dermot | Williamson |  |  | 4 |  |  | 2 |  |  |  |  |  |  |  | 2 | 8 |
| 48 | lain | Peers |  |  |  |  |  |  |  |  |  |  | 7 |  |  | 1 | 8 |
| 50 | Charles | Gordon |  |  | 6 |  |  |  |  |  |  |  |  |  |  | 1 | 7 |
| 51 | Edmund | McKillop |  |  |  |  |  |  |  |  |  |  | 5 |  |  | 1 | 6 |
| 52 | David | Geddes |  |  |  |  |  | 4 |  |  |  |  |  |  |  | 1 | 5 |
| 53 | Paul | Clark |  |  |  |  |  | 3 |  |  |  |  |  |  |  | 1 | 4 |
| 54 | Raghbir | Singh |  |  | 2 |  |  |  |  |  |  |  |  |  |  | 1 | 3 |

Women's League Standings - March 23, 2015

| $\begin{aligned} & \text { 든 } \\ & \frac{0}{\omega} \\ & 0 \\ & \hline 0 \end{aligned}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Laura | Devine |  | 20 | 20 | 19 |  | 19 |  |  | 19 | 27 |  | 20 | TOP 6 | 7 | 124 |
| 2 | Marian | Kelly |  |  |  | 16 | 20 |  | 18 | 20 | 18 | 18 |  | 18 | TOP 6 | 7 | 119 |
| 3 | Ann | White |  | 16 | 19 |  | 18 | 14 |  |  | 16 | 15 |  |  |  | 6 | 104 |
| 4 | Diane | Clark | 16 | 18 |  | 17 |  |  |  |  | 17 | 16 |  |  |  | 5 | 89 |
| 5 | Catriona | Graves |  |  |  | 20 |  |  | 20 |  | 20 | 19 |  |  |  | 4 | 83 |
| 6 | Martha | Lovatt |  |  | 15 |  |  |  |  | 19 | 15 | 20 |  |  |  | 4 | 73 |
| 7 | Frances | Brown | 19 | 19 |  |  |  |  | 19 |  |  |  |  |  |  | 3 | 60 |
| 8 | Chloe | McAdam |  | 17 | 19 | 15 |  |  |  |  |  |  |  |  |  | 3 | 54 |
| 9 | Emma | Blair |  | 15 | 17 | 14 |  |  |  |  |  |  |  |  |  | 3 | 49 |
| 10 | Morag | Casey | 15 |  |  | 13 |  |  |  |  |  |  | 17 |  |  | 3 | 48 |
| 11 | Charlotte | Wilson | 20 |  |  | 18 |  |  |  |  |  |  |  |  |  | 2 | 40 |
| 12 | Aileen | Wilson | 17 |  |  |  |  | 18 |  |  |  |  |  |  |  | 2 | 37 |
| 12 | Jill | O'Neil | 18 |  |  |  |  | 17 |  |  |  |  |  |  |  | 2 | 37 |
| 14 | Caroline | Dow |  |  |  |  | 17 |  | 16 |  |  |  |  |  |  | 2 | 35 |
| 15 | Jennifer | Dryden |  |  |  |  |  | 20 |  |  |  |  | 12 |  |  | 2 | 34 |
| 16 | Joan | Morris |  |  |  |  |  | 15 |  |  |  |  | 11 |  |  | 2 | 28 |
| 17 | Nicola | Adams-Hendry |  |  |  |  |  |  |  |  |  |  | 20 |  |  | 1 | 21 |
| 18 | Mairi | Stanley |  |  |  |  |  |  |  |  |  |  | 19 |  |  | 1 | 20 |
| 18 | Kathryn | Scott |  |  |  |  | 19 |  |  |  |  |  |  |  |  | 1 | 20 |
| 18 | Lesley | Chisholm |  |  |  |  |  |  |  |  |  |  |  | 19 |  | 1 | 20 |
| 21 | Debbie | Martin-Consani |  |  |  |  |  |  |  |  |  |  | 18 |  |  | 1 | 19 |
| 22 | Karen | Mclivenna |  |  |  |  |  |  | 17 |  |  |  |  |  |  | 1 | 18 |
| 23 | Fiona | Maurer |  |  | 16 |  |  |  |  |  |  |  |  |  |  | 1 | 17 |
| 23 | Mary | Cox |  |  |  |  |  |  |  |  |  |  | 16 |  |  | 1 | 17 |
| 23 | Alison | Condie |  |  |  |  |  | 16 |  |  |  |  |  |  |  | 1 | 17 |
| 26 | Katy | Heppell |  |  |  |  |  |  |  |  |  |  | 15 |  |  | 1 | 16 |
| 27 | Joanne | Hall |  |  |  |  |  |  |  |  |  |  | 14 |  |  | 1 | 15 |
| 28 | Heather | McKillop |  |  |  |  |  |  |  |  |  |  | 13 |  |  | 1 | 14 |
| 28 | Sara | Cameron |  |  |  |  |  | 13 |  |  |  |  |  |  |  | 1 | 14 |
| 30 | Isobel | Martin |  |  |  | 12 |  |  |  |  |  |  |  |  |  | 1 | 13 |

## Event 1: George Cummings Road Relays

September 27, 2014

Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Paul | O'Brien | $00: 16: 39$ | 20 |
| 2 | Alistair | Cuthbertson | $00: 17: 12$ | 19 |
| 3 | Jim | McAneny | $00: 17: 22$ | 18 |
| 4 | Kieran | McLaughlin | $00: 17: 32$ | 17 |
| 5 | Christopher | Kilshaw | $00: 17: 36$ | 16 |
| 6 | Sean | McAneny | $00: 18: 07$ | 15 |
| 7 | Alasdair | MacKay | $00: 19: 55$ | 14 |
| 8 | Stephen | Cullen | $00: 21: 43$ | 13 |

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Charlotte | Wilson | $00: 16: 29$ | 20 |
| 2 | Frances | Brown | $00: 17: 27$ | 19 |
| 3 | Jill | O'Neil | $00: 17: 35$ | 18 |
| 4 | Aileen | Wilson | $00: 18: 06$ | 17 |
| 5 | Diane | Clark | $00: 18: 17$ | 16 |
| 6 | Morag | Casey | $00: 20: 04$ | 15 |

Event 2: West District XC Relays
October 11, 2014

Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Donald | McPartlin | $00: 12: 39$ | 20 |
| 2 | Christopher | Devine | $00: 12: 50$ | 19 |
| 3 | Alan | Blair | $00: 13: 08$ | 18 |
| 4 | Marco | Consani | $00: 13: 15$ | 17 |
| 5 | Nicholas | Heaney | $00: 13: 20$ | 16 |
| 6 | Alexander | Chalmers | $00: 13: 25$ | 15 |
| 7 | John | Bell | $00: 13: 26$ | 14 |
| 8 | John | McManus | $00: 13: 54$ | 13 |
| 9 | David | Dickson | $00: 14: 14$ | 12 |
| 10 | Barry | Queen | $00: 14: 22$ | 11 |
| 11 | Daniel | Burns | $00: 14: 53$ | 10 |
| 12 | Robbie | Drummond | $00: 15: 43$ | 9 |
| 13 | Kenneth | Macanna | $00: 17: 13$ | 8 |
| 14 | Alasdair | MacKay | $00: 17: 47$ | 7 |
| 15 | Stephen | Cullen | $00: 20: 41$ | 6 |

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Laura | Devine | $00: 15: 02$ | 20 |
| 2 | Frances | Brown | $00: 15: 38$ | 19 |
| 3 | Diane | Clark | $00: 16: 42$ | 18 |
| 4 | Chloe | McAdam | $00: 16: 59$ | 17 |
| 5 | Ann | White | $00: 17: 12$ | 16 |
| 6 | Emma | Blair | $00: 17: 17$ | 15 |

Event 3: Dunbartonshire XC Relays
October 18, 2014

Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Christopher | Devine | $00: 13: 53$ | 20 |
| 2 | Alan | Blair | $00: 14: 09$ | 19 |
| 3 | Donald | McPartlin | $00: 14: 10$ | 18 |
| 4 | John | Bell | $00: 14: 45$ | 17 |
| 5 | Nicholas | Heaney | $00: 14: 47$ | 16 |
| 6 | Matthew | O'Brien | $00: 15: 12$ | 15 |
| 7 | Stephen | Porteous | $00: 15: 20$ | 14 |
| 8 | Barry | Queen | $00: 15: 25$ | 13 |
| 9 | Daniel | Burns | $00: 16: 06$ | 12 |
| 10 | Jim | McAneny | $00: 18: 01$ | 11 |
| 11 | Alistair | Cuthbertson | $00: 18: 34$ | 10 |
| 12 | Mark | Cathro | $00: 18: 59$ | 9 |
| 13 | Alasdair | MacKay | $00: 19: 20$ | 8 |
| 14 | Kenneth | Macanna | $00: 19: 30$ | 7 |
| 15 | Charles | Gordon | $00: 20: 12$ | 6 |
| 16 | Tony | Hall | $00: 20: 48$ | 5 |
| 17 | Dermot | Williamson | $00: 22: 30$ | 4 |
| 18 | Stephen | Cullen | $00: 23: 23$ | 3 |
| 19 | Raghbir | Singh | $00: 25: 32$ | 2 |

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Laura | Devine | $00: 16: 16$ | 20 |
| 2 | Ann | White | $00: 18: 50$ | 19 |
| 2 | Chloe | McAdam | $00: 18: 50$ | 19 |
| 4 | Emma | Blair | $00: 18: 54$ | 17 |
| 5 | Fiona | Maurer | $00: 19: 23$ | 16 |
| 6 | Martha | Lovatt | $00: 20: 18$ | 15 |

Event 4: National XC Relays
October 25, 2014

## Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Neal | Robertson | $00: 14: 04$ | 20 |
| 2 | Christopher | Devine | $00: 14: 15$ | 19 |
| 3 | Alan | Blair | $00: 14: 51$ | 18 |
| 4 | John | Bell | $00: 14: 55$ | 17 |
| 5 | Matthew | O'Brien | $00: 14: 59$ | 16 |
| 6 | Andrew | Gibson | $00: 15: 14$ | 15 |
| 7 | Robert | McLennan | $00: 15: 26$ | 14 |
| 8 | David | Dickson | $00: 16: 07$ | 13 |
| 9 | Daniel | Burns | $00: 16: 27$ | 12 |
| 10 | Duncan | McKellar | $00: 16: 39$ | 11 |
| 11 | Athole | Smith | $00: 16: 59$ | 10 |
| 12 | Robbie | Drummond | $00: 17: 26$ | 9 |
| 13 | John | Murray | $00: 17: 34$ | 8 |
| 13 | John | McLaughlin | $00: 17: 34$ | 8 |
| 15 | Jim | McAneny | $00: 17: 59$ | 6 |
| 15 | Alistair | Cuthbertson | $00: 17: 59$ | 6 |
| 17 | Christopher | Kilshaw | $00: 18: 43$ | 4 |
| 18 | Kieran | McLaughlin | $00: 19: 38$ | 3 |
| 19 | Tony | Hall | $00: 20: 42$ | 2 |

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Catriona | Graves | $00: 16: 02$ | 20 |
| 2 | Laura | Devine | $00: 16: 57$ | 19 |
| 3 | Charlotte | Wilson | $00: 17: 42$ | 18 |
| 4 | Diane | Clark | $00: 18: 46$ | 17 |
| 5 | Marian | Kelly | $00: 18: 57$ | 16 |
| 6 | Chloe | McAdam | $00: 19: 20$ | 15 |
| 7 | Emma | Blair | $00: 19: 39$ | 14 |
| 8 | Morag | Casey | $00: 21: 03$ | 13 |
| 9 | Isobel | Martin | $00: 22: 46$ | 12 |

Event 5: Dunbartonshire XC Championships
November 15, 2014

Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Donald | McPartlin | $00: 33: 40$ | 20 |
| 2 | Marco | Consani | $00: 33: 49$ | 19 |
| 3 | John | Bell | $00: 34: 04$ | 18 |
| 4 | Alexander | Chalmers | $00: 34: 12$ | 17 |
| 5 | Matthew | O'Brien | $00: 34: 20$ | 16 |
| 6 | Alan | Blair | $00: 34: 29$ | 15 |
| 7 | Barry | Queen | $00: 36: 28$ | 14 |
| 8 | James | Thompson | $00: 37: 14$ | 13 |
| 9 | Daniel | Burns | $00: 37: 18$ | 12 |
| 10 | David | Dickson | $00: 37: 19$ | 11 |
| 11 | Athole | Smith | $00: 38: 29$ | 10 |
| 12 | John | Murray | $00: 39: 22$ | 9 |
| 13 | Nicholas | Parker | $00: 39: 32$ | 8 |
| 14 | Jim | McAneny | $00: 42: 02$ | 7 |
| 15 | Mark | Cathro | $00: 43: 27$ | 6 |
| 16 | Alasdair | MacKay | $00: 45: 33$ | 5 |
| 17 | Peter | Dow | $00: 45: 40$ | 4 |
| 18 | Tony | Hall [ $"]$ | $00: 46: 45$ | 3 |

[*] Tony Hall ran 00:30:25 in Over 60 race which was 2 laps long; rest of field ran 3 laps. Predicted time for Tony had he run 3 laps calculated using Riegel formula is 00:46:45.

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Marian | Kelly | $00: 27: 22$ | 20 |
| 2 | Kathryn | Scott | $00: 27: 44$ | 19 |
| 3 | Ann | White | $00: 28: 37$ | 18 |
| 4 | Caroline | Dow | $00: 35: 50$ | 17 |

Event 6: University of Glasgow 5 mile Road Race HANDICAPPED EVENT

November 15, 2014

Men's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Alasdair | MacKay | $00: 36: 50$ | $00: 11: 20$ | $00: 25: 30$ | 20 |
| 2 | Matthew | O'Brien | $00: 28: 59$ | $00: 02: 28$ | $00: 26: 31$ | 19 |
| 3 | Christopher | Devine | $00: 27: 13$ | $00: 00: 16$ | $00: 26: 57$ | 18 |
| 4 | Paul | O'Brien | $00: 32: 00$ | $00: 04: 40$ | $00: 27: 20$ | 17 |
| 5 | Neal | Robertson [ $]$ | $00: 27: 24$ | $00: 00: 00$ | $00: 27: 24$ | 16 |
| 6 | Duncan | McKellar | $00: 31: 57$ | $00: 04: 26$ | $00: 27: 31$ | 15 |
| 7 | David | Dickson | $00: 30: 12$ | $00: 02: 39$ | $00: 27: 33$ | 14 |
| 8 | Kieran | McLaughlin | $00: 35: 03$ | $00: 07: 24$ | $00: 27: 39$ | 13 |
| 9 | Robert | McLennan | $00: 28: 47$ | $00: 01: 03$ | $00: 27: 44$ | 12 |
| 10 | Tony | Hall | $00: 38: 21$ | $00: 10: 36$ | $00: 27: 45$ | 11 |
| 11 | Stephen | Cullen | $00: 42: 27$ | $00: 14: 26$ | $00: 28: 01$ | 10 |
| 12 | Timothy | Brown | $00: 37: 18$ | $00: 09: 08$ | $00: 28: 10$ | 9 |
| 13 | David | Hamill | $00: 37: 52$ | $00: 09: 40$ | $00: 28: 12$ | 8 |
| 14 | Del | Young [ $\left.{ }^{*}\right]$ | $00: 28: 38$ | $00: 00: 00$ | $00: 28: 38$ | 7 |
| 15 | John | McLaughlin | $00: 32: 09$ | $00: 02: 52$ | $00: 29: 17$ | 6 |
| 16 | Craig | Brown | $00: 36: 36$ | $00: 06: 28$ | $00: 30: 08$ | 5 |
| 17 | David | Geddes | $00: 40: 20$ | $00: 08: 52$ | $00: 31: 28$ | 4 |
| 18 | Paul | Clark | $00: 53: 43$ | $00: 21: 07$ | $00: 32: 36$ | 3 |
| 19 | Dermot | Williamson | $00: 54: 04$ | $00: 17: 29$ | $00: 36: 35$ | 2 |

[*] Insufficient background data for Neal Robertson and Del Young; scratch handicaps.

Women's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Jennifer | Dryden | $00: 46: 48$ | $00: 21: 01$ | $00: 25: 47$ | 20 |
| 2 | Laura | Devine | $00: 31: 45$ | $00: 04: 55$ | $00: 26: 50$ | 19 |
| 3 | Aileen | Wilson | $00: 35: 24$ | $00: 08: 09$ | $00: 27: 15$ | 18 |
| 4 | Jill | O'Neil | $00: 34: 30$ | $00: 05: 45$ | $00: 28: 45$ | 17 |
| 5 | Alison | Condie | $00: 46: 11$ | $00: 16: 58$ | $00: 29: 13$ | 16 |
| 6 | Joan | Morris | $00: 54: 04$ | $00: 22: 52$ | $00: 31: 12$ | 15 |
| 7 | Ann | White [`] | $00: 36: 27$ | $00: 00: 00$ | $00: 36: 27$ | 14 |
| 8 | Sara | Cameron [ $\left.{ }^{*}\right]$ | $00: 42: 47$ | $00: 00: 00$ | $00: 42: 47$ | 13 |

[*] Insufficient background data for Ann White and Sara Cameron; scratch handicaps.

Event 7: West District XC Championships
December 6, 2014

Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Neal | Robertson | $00: 37: 51$ | 20 |
| 2 | Matthew | O'Brien ["] | $00: 38: 31$ | 19 |
| 3 | Del | Young | $00: 39: 01$ | 18 |
| 4 | Alan | Blair | $00: 39: 15$ | 17 |
| 5 | Marco | Consani | $00: 39: 19$ | 16 |
| 6 | Alexander | Chalmers | $00: 40: 09$ | 15 |
| 7 | Robert | McLennan | $00: 40: 28$ | 14 |
| 8 | John | Bell | $00: 40: 36$ | 13 |
| 9 | Barry | Queen | $00: 41: 49$ | 12 |
| 10 | Alexander | Chisholm | $00: 43: 06$ | 11 |
| 11 | David | Dickson | $00: 43: 18$ | 10 |
| 12 | John | McLaughlin | $00: 44: 57$ | 9 |
| 13 | John | Murray | $00: 45: 14$ | 8 |
| 14 | David | Connor | $00: 49: 39$ | 7 |
| 15 | Mark | Cathro | $00: 51: 52$ | 6 |
| 16 | Kieran | McLaughlin | $00: 54: 38$ | 5 |
| 17 | Peter | Dow | $00: 54: 46$ | 4 |
| 18 | Tony | Hall | $00: 55: 25$ | 3 |

[*] Matthew O'Brien ran 00:30:20 over 8000 m in the U20 category; rest of field ran 10000 m . Scale time to 10000 m using Riegel formula.

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Catriona | Graves ["] | $00: 25: 42$ | 20 |
| 2 | Frances | Brown ["] | $00: 28: 24$ | 19 |
| 3 | Marian | Kelly | $00: 29: 26$ | 18 |
| 4 | Karen | Mcllvenna | $00: 32: 10$ | 17 |
| 5 | Caroline | Dow | $00: 39: 15$ | 16 |

[*] Catriona Graves and Frances Brown ran 00:19:46 and 00:21:51 respectively over 5000 m in the U20 category; rest of field ran 6400 m . Scale times to 6400 m using Riegel formula.

## Event 8: Club XC Championships

March 14, 2015

## Men's Results

| Position | Firstname | Surname | Race Time | Handicap | landicapped Tim | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Stephen | Cullen | $00: 56: 56$ | $00: 21: 35$ | $00: 35: 21$ | 20 |
| 2 | Mark | Turnbull | $00: 56: 09$ | $00: 19: 56$ | $00: 36: 13$ | 19 |
| 3 | Del | Young | $00: 38: 15$ | $00: 00: 00$ | $00: 38: 15$ | 18 |

Handicaps by David Heppell

Women's Results

| Position | Firstname | Surname | Race Time | Handicap | handicapped Tim | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Marian | Kelly | $00: 29: 47$ | $00: 00: 00$ | $00: 29: 47$ | 20 |
| 2 | Martha | Lovatt | $00: 35: 05$ | $00: 03: 27$ | $00: 31: 38$ | 19 |

Handicaps by David Heppell

Event 9.A: Scottish National XC Championships
February 22, 2015

## Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Christopher | Devine | $00: 43: 33$ | 20 |
| 2 | Neal | Robertson | $00: 43: 39$ | 19 |
| 3 | Del | Young | $00: 44: 29$ | 18 |
| 4 | Alan | Blair | $00: 44: 52$ | 17 |
| 5 | Donald | McPartlin | $00: 45: 13$ | 16 |
| 6 | Howard | Smith | $00: 46: 05$ | 15 |
| 7 | Matthew | O'Brien [ $]$ | $00: 46: 40$ | 14 |
| 8 | Steven | Currie | $00: 47: 56$ | 13 |
| 9 | John | McManus | $00: 48: 48$ | 12 |
| 10 | John | Murray | $00: 50: 18$ | 11 |
| 11 | David | Dickson | $00: 51: 41$ | 10 |
| 12 | Robbie | Drummond | $00: 53: 25$ | 9 |
| 13 | John | McLaughlin | $00: 53: 41$ | 8 |
| 14 | Roddy | Chapman | $00: 54: 38$ | 7 |
| 15 | Kieran | McLaughlin | $01: 01: 19$ | 6 |

[*] Matthew O'Brien ran 00:30:22 over 8000 m in the U20 category; rest of field ran 12000 m . Scale time to 12000 m using Riegel formula.

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Catriona | Graves ["] | $00: 29: 52$ | 20 |
| 2 | Laura | Devine | $00: 32: 43$ | 19 |
| 3 | Marian | Kelly | $00: 35: 17$ | 18 |
| 4 | Diane | Clark | $00: 36: 37$ | 17 |
| 5 | Ann | White | $00: 37: 51$ | 16 |
| 6 | Martha | Lovatt | $00: 40: 23$ | 15 |

[*] Catriona Graves ran 00:17:23 over 4800 m in the U20 category; rest of field ran 8000 m . Scale time to 8000 m using Riegel formula.

## McCaa Cup

February 22, 2015

Integrated Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time |
| :---: | :--- | :--- | :---: | :---: | :---: |
| 1 | Martha | Lovatt | $01: 02: 04$ | $00: 24: 31$ | $00: 37: 33$ |
| 2 | Catriona | Graves | $00: 45: 54$ | $00: 07: 10$ | $00: 38: 44$ |
| 3 | Neal | Robertson | $00: 43: 39$ | $00: 04: 33$ | $00: 39: 06$ |
| 4 | John | McLaughlin | $00: 53: 41$ | $00: 14: 00$ | $00: 39: 41$ |
| 5 | Marian | Kelly | $00: 54: 14$ | $00: 12: 45$ | $00: 41: 29$ |
| 6 | Laura | Devine | $00: 50: 17$ | $00: 07: 38$ | $00: 42: 39$ |
| 7 | Christopher | Devine | $00: 43: 33$ | $00: 00: 35$ | $00: 42: 58$ |
| 8 | Diane | Clark | $00: 56: 17$ | $00: 12: 59$ | $00: 43: 18$ |
| 9 | Alan | Blair | $00: 44: 52$ | $00: 01: 33$ | $00: 43: 19$ |
| 10 | Robbie | Drummond | $00: 53: 25$ | $00: 09: 50$ | $00: 43: 35$ |
| 10 | Ann | White | $00: 58: 10$ | $00: 14: 35$ | $00: 43: 35$ |
| 12 | Steven | Currie | $00: 47: 56$ | $00: 04: 00$ | $00: 43: 56$ |
| 13 | Matthew | O'Brien | $00: 46: 40$ | $00: 02: 41$ | $00: 43: 59$ |
| 14 | Del | Young | $00: 44: 29$ | $00: 00: 00$ | $00: 44: 29$ |
| 15 | John | McManus | $00: 48: 48$ | $00: 04: 00$ | $00: 44: 48$ |
| 16 | Kieran | McLaughlin | $01: 01: 19$ | $00: 16: 21$ | $00: 44: 58$ |
| 17 | Donald | McPartlin | $00: 45: 13$ | $00: 00: 00$ | $00: 45: 13$ |
| 18 | Howard | Smith | $00: 46: 05$ | $00: 00: 00$ | $00: 46: 05$ |
| 19 | David | Dickson | $00: 51: 41$ | $00: 05: 05$ | $00: 46: 36$ |
| 20 | John | Murray | $00: 50: 18$ | $00: 02: 12$ | $00: 48: 06$ |
| 21 | Roddy | Chapman | $00: 54: 38$ | $00: 00: 00$ | $00: 54: 38$ |

The McCaa Cup results are derived from the Scottish National XC Championship results displayed in Table 9.A of the Winter League results. Senior men ran 12000 m , senior women ran 8000 m , U20 men (Matthew O'Brien) ran 8000 m , U20 women (Catriona Graves) ran 4800 m . Flat-field ALL races results to 12000 m using Riegel formula then apply handicaps (supplied by David Heppell).

Insufficient background data for Howard Smith and Roddy Chapman; scratch handicaps.
Winter league points awarded separately by gender in Table 9.B of the Winter League results.

## Event 9.B: McCaa Cup

February 22, 2015

## Men's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Neal | Robertson | $00: 43: 39$ | $00: 04: 33$ | $00: 39: 06$ | 20 |
| 2 | John | McLaughlin | $00: 53: 41$ | $00: 14: 00$ | $00: 39: 41$ | 19 |
| 3 | Christopher | Devine | $00: 43: 33$ | $00: 00: 35$ | $00: 42: 58$ | 18 |
| 4 | Alan | Blair | $00: 44: 52$ | $00: 01: 33$ | $00: 43: 19$ | 17 |
| 5 | Robbie | Drummond | $00: 53: 25$ | $00: 09: 50$ | $00: 43: 35$ | 16 |
| 6 | Steven | Currie | $00: 47: 56$ | $00: 04: 00$ | $00: 43: 56$ | 15 |
| 7 | Matthew | O'Brien | $00: 46: 40$ | $00: 02: 41$ | $00: 43: 59$ | 14 |
| 8 | Del | Young | $00: 44: 29$ | $00: 00: 00$ | $00: 44: 29$ | 13 |
| 9 | John | McManus | $00: 48: 48$ | $00: 04: 00$ | $00: 44: 48$ | 12 |
| 10 | Kieran | McLaughlin | $01: 01: 19$ | $00: 16: 21$ | $00: 44: 58$ | 11 |
| 11 | Donald | McPartin | $00: 45: 13$ | $00: 00: 00$ | $00: 45: 13$ | 10 |
| 12 | Howard | Smith | $00: 46: 05$ | $00: 00: 00$ | $00: 46: 05$ | 9 |
| 13 | David | Dickson | $00: 51: 41$ | $00: 05: 05$ | $00: 46: 36$ | 8 |
| 14 | John | Murray | $00: 50: 18$ | $00: 02: 12$ | $00: 48: 06$ | 7 |
| 15 | Roddy | Chapman | $00: 54: 38$ | $00: 00: 00$ | $00: 54: 38$ | 6 |

All results flat-fielded to 12000 m (distance run by senior men) and handicaps (supplied by David Heppell) applied. Matthew O'Brien (U20) ran 8000 m .

Women's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Martha | Lovatt | $01: 02: 04$ | $00: 24: 31$ | $00: 37: 33$ | 20 |
| 2 | Catriona | Graves | $00: 45: 54$ | $00: 07: 10$ | $00: 38: 44$ | 19 |
| 3 | Marian | Kelly | $00: 54: 14$ | $00: 12: 45$ | $00: 41: 29$ | 18 |
| 4 | Laura | Devine | $00: 50: 17$ | $00: 07: 38$ | $00: 42: 39$ | 17 |
| 5 | Diane | Clark | $00: 56: 17$ | $00: 12: 59$ | $00: 43: 18$ | 16 |
| 6 | Ann | White | $00: 58: 10$ | $00: 14: 35$ | $00: 43: 35$ | 15 |

All results flat-fielded to 12000 m and handicaps (supplied by David Heppell) applied. Senior women ran 8000 m , Catriona Graves (U20) ran 4800 m .

Event 10: Balloch to Clydebank Half Marathon
March 8, 2015

Men's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :---: | :--- | :--- | :---: | :---: |
| 1 | Christopher | Devine | $01: 13: 17$ | 20 |
| 2 | Neal | Robertson | $01: 14: 29$ | 19 |
| 3 | Howard | Smith | $01: 15: 23$ | 18 |
| 4 | Alan | Blair | $01: 16: 13$ | 17 |
| 5 | John | McManus | $01: 22: 13$ | 16 |
| 6 | John | McLaughlin | $01: 25: 31$ | 15 |
| 7 | John | Murray | $01: 27: 33$ | 14 |
| 8 | George | Lambie | $01: 28: 51$ | 13 |
| 9 | Nicholas | Parker | $01: 30: 40$ | 12 |
| 10 | Ross | McMillan | $01: 33: 20$ | 11 |
| 11 | Kieran | McLaughlin | $01: 40: 31$ | 10 |
| 12 | Stefan | Kuhr | $01: 42: 07$ | 9 |
| 13 | David | Hamill | $01: 45: 16$ | 8 |
| 14 | lain | Peers | $01: 45: 21$ | 7 |
| 15 | Peter | Dow | $01: 46: 08$ | 6 |
| 16 | Edmund | McKillop | $01: 58: 40$ | 5 |
| 17 | Christopher | Kilshaw | $02: 13: 54$ | 4 |

Women's Results

| Position | Firstname | Surname | Race Time | League Pts |
| :--- | :--- | :--- | :--- | :--- |


| 1 | Nicola | Adams-Hendry | $01: 30: 21$ | 20 |
| :---: | :--- | :--- | :---: | :---: |
| 2 | Mairi | Stanley | $01: 33: 56$ | 19 |
| 3 | Debbie | Martin-Consani | $01: 34: 02$ | 18 |
| 4 | Morag | Casey | $01: 47: 45$ | 17 |
| 5 | Mary | Cox | $01: 58: 25$ | 16 |
| 6 | Katy | Heppell | $02: 02: 37$ | 15 |
| 7 | Joanne | Hall | $02: 05: 30$ | 14 |
| 8 | Heather | McKillop | $02: 05: 34$ | 13 |
| 9 | Jennifer | Dryden | $02: 07: 20$ | 12 |
| 10 | Joan | Morris | $02: 35: 46$ | 11 |

Event 11: Clydebank 5k
March 21, 2015

Men's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Del | Young | $00: 15: 52$ | $00: 00: 40$ | $00: 15: 12$ | 20 |
| 2 | Daniel | Burns | $00: 17: 48$ | $00: 02: 09$ | $00: 15: 39$ | 19 |
| 3 | Howard | Smith | $00: 16: 04$ | $00: 00: 00$ | $00: 16: 04$ | 18 |
| 3 | Craig | Brown | $00: 19: 46$ | $00: 03: 42$ | $00: 16: 04$ | 18 |
| 5 | Paul | O'Brien | $00: 19: 10$ | $00: 03: 02$ | $00: 16: 08$ | 16 |
| 6 | Alan | Blair | $00: 16: 34$ | $00: 00: 24$ | $00: 16: 10$ | 15 |
| 7 | Matthew | O'Brien | $00: 17: 33$ | $00: 01: 01$ | $00: 16: 32$ | 14 |
| 8 | Stephen | Cullen | $00: 24: 12$ | $00: 04: 42$ | $00: 19: 30$ | 13 |

Handicaps by David Heppell

Women's Results

| Position | Firstname | Surname | Race Time | Handicap | Handicapped Time | League Pts |
| :---: | :--- | :--- | :---: | :---: | :---: | :---: |
| 1 | Laura | Devine | $00: 18: 35$ | $00: 02: 54$ | $00: 15: 41$ | 20 |
| 2 | Lesley | Chisholm | $00: 17: 39$ | $00: 01: 20$ | $00: 16: 19$ | 19 |
| 3 | Marian | Kelly | $00: 20: 34$ | $00: 04: 13$ | $00: 16: 21$ | 18 |

Handicaps by David Heppell

## 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 11 races but 12 results in total in the competition. The data from the National XC Championships will be used twice to produce two separate 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.

## 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: 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) University of Glasgow 5 mile Road Race.
(b) Club XC Championships.
(c) McCaa Cup XC.
(d) Clydebank 5k.

The McCaa Cup results will be derived from the National XC Championships which will take place on 22/02/15.

## Rule 6: 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 7: 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 8: Club Vests
Club vests should be worn.

## Rule 9: 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 10: 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 11: 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 competitors race number.
Rule 12: Eligibility for Prizes
No prize will be awarded to a member whose subscriptions are not paid up to date on 30 April 2015.

## Results and Corrections

Interim scores will be published on the club website 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 2014-15

| Event | Date | Race | Details |
| :--- | :--- | :--- | :--- |
| 1 | Saturday 27/09/14 | George Cummings Relays | Club entry, see Team Managers. |
| 2 | Saturday 11/10/14 | West District XC Relays | Club entry, see Team Managers |
| 3 | Saturday 18/10/14 | Dunbartonshire XC Relays | Club entry, see Team Managers. |
| 4 | Saturday 25/10/14 | National XC Relays | Club entry, see Team Managers. |
| 5 | Saturday 15/11/14 | Dunbartonshire XC Champi- <br> onships | Club entry, see Team Managers. |
| 6 | Saturday 29/11/14 | University of Glasgow 5 mile <br> Road Race (HANDICAP) | Club 5 mile championships. <br> www.entrycentral.com. |
| 7 | Saturday 06/12/14 | West District XC Champi- <br> onships | Club entry, see Team Managers. |
| 8 | Saturday 07/02/15 | Club XC Championships <br> (HANDICAP) | Venue TBC. Enter on day. |
| 9.A | Sunday 22/02/15 | National XC Championships | Club entry, see Team Managers. |
| 9.B | Sunday 22/02/15 | McCaa Cup (HANDICAP) | Results derived from National XC <br> finishing times. |
| 10 | Sunday 08/03/15 | Balloch to Clydebank Half <br> Marathon | Balloch. |
| 11 | Saturday 21/03/15 | Clydebank 5k (Handicap) | Clydebank. |

