

# 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

Position	Firstname	Surname	George Cummings Relays RR	West District Relays XC	Dunbartonshire Relays XC	National Relays XC	Dunbartonshire Champs XC	University of Glasgow 5 mile RR	West District Champs XC	Club XC Championships	National Champs XC	McCaa Cup XC	Balloch to Clydebank HM RR	Clydebank 5k RR	Top 6 races only?	Participation Points	League Points
1	Christopher	Devine		19	20	19		$\gg$			20	18	20		TOP 6	7	123
2	Neal	Robertson				20		16	20		19	20	19			6	120
3	Alan	Blair		18	19	18	$\gg$		$\times$		17	17	17	$\gg$	TOP 6	9	115
4	Matthew	O'Brien			<b>X</b>	16	16	19	19		$\times$	14		14	TOP 6	8	107
5	Del	Young						7	18	18	18	13		20		6	100
6	Donald	McPartlin		20	18		20				16	10				5	89
7	John	Bell		14	17	17	18		13							5	84
8	David	Dickson		12		13	11	14	10		10	$\gg$			TOP 6	7	77
9	John	McLaughlin				8		6	9		8	19	15			6	71
9	Stephen	Cullen	13	6	3			10		20				13		6	71
11	Kieran	McLaughlin	17			$\gg$		13	6		6	11	10		TOP 6	7	70
11	Daniel	Burns		10	12	12	12							19		5	70
13	Howard	Smith									15	9	18	18		4	64
14	John	Murray				8	9		8		11	7	14			6	63
15	Alasdair	MacKay	14	7	8		5	20								5	59
16	John	McManus		13							12	12	16			4	57
17	Paul	O'Brien	20					17						16		3	56
18	Marco	Consani		17			19		16							3	55
19	Barry	Queen		11	13		14		12							4	54
20	Alexander	Chalmers		15			17		15							3	50
21	Robbie	Drummond		9		9					9	16				4	47
22	Jim	McAneny	18		11	6	7									4	46
23	Robert	McLennan				14		12	14							3	43
24	Alistair	Cuthbertson	19	40	10	6										3	38
25	Nicholas	Heaney		16	16	2	2	44								5	34
26	Tony	Hall			5	2	3	11	4		13	10				2	30
	Steven	Currie McKellar				11		15			13	15				2	28
28	Duncan Christopher	Kilshaw	16			4		15					4			3	27
30	Mark	Cathro	10		9	-	6		7				4			3	25
30	Craig	Brown			3		U	5	,					18		2	25
32	Athole	Smith		-		10	10	-						10		2	22
32	Nicholas	Parker				20	8						12			2	22
34	Mark	Turnbull					_			19						1	20
35	David	Hamill						8					8			2	18
35	Peter	Dow		-			4		5				6			3	18
37	Kenneth	Macanna		8	7											2	17
38	Sean	McAneny	15													1	16
38	Andrew	Gibson				15										1	16

# Men's League Standings Continued – March 23, 2015

Position	Firstname	Surname	George Cummings Relays RR	West District Relays XC	Dunbartonshire Relays XC	National Relays XC	Dunbartonshire Champs XC	University of Glasgow 5 mile RR	West District Champs XC	Club XC Championships	National Champs XC	McCaa Cup XC	Balloch to Clydebank HM RR	Clydebank 5k RR	Top 6 races only?	Participation Points	League Points
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

Position	Firstname	Surname	George Cummings Relays RR	West District Relays XC	Dunbartonshire Relays XC	National Relays XC	Dunbartonshire Champs XC	University of Glasgow 5 mile RR	West District Champs XC	Club XC Championships	National Champs XC	McCaa Cup XC	Balloch to Clydebank HM RR	Clydebank 5k RR	Top 6 races only?	Participation Points	League Points
=			G						5	O			<u>B</u>				=
1	Laura	Devine		20	20	19	20	19	40		19	$\mathbb{X}$		20	TOP 6	7	124
2	Marian	Kelly		40	40	×	20		18	20	18	18		18	TOP 6	7	119
3	Ann	White	40	16	19	47	18	14			16	15				6	104
4	Diane	Clark	16	18		17					17	16				5	89
5	Catriona	Graves			45	20			20	40	20	19				4	83
6	Martha	Lovatt	40	40	15				40	19	15	20				4	73
7	Frances	Brown	19	19					19							3	60
8	Chloe	McAdam		17	19	15										3	54
9	Emma	Blair	45	15	17	14							47			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	McIlvenna							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

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	<b>1</b> 5

# 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

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

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

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

 $<sup>[\</sup>ast]$  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.

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 [*]	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

 $[\ast]$  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 [*]	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	<b>1</b> 8
4	Alan	Blair	00:39:15	17
5	Marco	Consani	00:39:19	<b>1</b> 6
6	Alexander	Chalmers	00:40:09	<b>1</b> 5
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 8 000 m in the U20 category; rest of field ran 10 000 m. Scale time to 10 000 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	McIlvenna	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 5 000 m in the U20 category; rest of field ran 6 400 m. Scale times to 6 400 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	landicapped 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 8 000 m in the U20 category; rest of field ran 12 000 m. Scale time to 12 000 m using Riegel formula.

## Women's Results

Position	Firstname	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 4 800 m in the U20 category; rest of field ran 8 000 m. Scale time to 8 000 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 12 000 m, senior women ran 8 000 m, U20 men (Matthew O'Brien) ran 8 000 m, U20 women (Catriona Graves) ran 4 800 m. Flat-field ALL races results to 12 000 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	<b>1</b> 5
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	McPartlin	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 12 000 m (distance run by senior men) and handicaps (supplied by David Heppell) applied. Matthew O'Brien (U20) ran 8 000 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  $12\,000\,\mathrm{m}$  and handicaps (supplied by David Heppell) applied. Senior women ran  $8\,000\,\mathrm{m}$ , Catriona Graves (U20) ran  $4\,800\,\mathrm{m}$ .

# 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

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 Championships	Club entry, see Team Managers.
6	Saturday 29/11/14	University of Glasgow 5 mile Road Race (HANDICAP)	Club 5 mile championships. www.entrycentral.com.
7	Saturday 06/12/14	West District XC Championships	Club entry, see Team Managers.
8	Saturday 07/02/15	Club XC Championships (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 finishing times.
10	Sunday 08/03/15	Balloch to Clydebank Half Marathon	Balloch.
11	Saturday 21/03/15	Clydebank 5k (Handicap)	Clydebank.