Garscube Harriers

Winter League

2022–2023

Events 13
19 March 2023

Notes

- Each column in the tables below contains the league points for each race; someone having come first in a race would have earned 20 league points, someone having come second, 19 league points and so. In addition, 1 participation point is awarded for each race run. The total number of points is the sum of these two and is shown for each competitor at the end the row.

- In the event that a competitor has completed more than six events, the cell in the third column from the right shall be highlighted and the performance(s) with the lowest league points struck from the record.

- In the overall standings, V40 are shown in blue, V50 in orange and V60 in green.

- Rules and fixtures can be found at the end of this document.

- Please notify any corrections or omissions to kt_m_white@hotmail.com

Women's League Standings

Position	First name	Surname	West District XC Relays	National XC Relays	National Short Course XC	Brampton to Carlisle	Dunbartonshire XC	West District XC (scratch)	West District XC (handicap)	Kilmarnock West XC league	Nigel Barge 10k	Bellahouston West XC league	National XC (scratch)	National XC (handicap)	DAAA 10 miles	Top 6 races only?	Participation Points	League Points
1	Lesley	Bell	20	20	20	20		20	16						20	TOP 6	6	126
2	Katie	White		19	19			19	18			20	20	12		TOP 6	5	120
2	Gill	Blee		18		19	20	18	15		20		19	13		TOP 6	6	120
4	Holly	Smith	19		18		19	17	13			19	18	14		TOP 6	6	116
5	Laura	Gray	18	15	16			15	12				16	11	18	TOP 6	6	104
6	Martha	Lovatt	15		15		16	14	14				14	9		TOP 6	5	93
7	Kathryn	Scott	13	9	13	14	15					17	13	10		TOP 6	7	92
8	Morag	Casey	9	7	10	11		11	19				10	16	15	TOP 6	7	89
9	Catriona	Padmanabhan	11	11	12			13	11				15	18		TOP 6	5	85
9	Lucy	Donaldson		13			17	16	17			18					4	85
11	Emma	Blair	17	16		17					19						4	73
12	Mary	Senior		17	17								17	17			3	71
13	Alison	Rutherford	12	8	14								11	19			4	68
13	Alison	Wood	16	14		16					18						4	68
15	Amy	Cromarty	10			12					15		9	15			4	65
16	Maureen	Campbell						12	20						16		2	50
17	Kirsten	Mathew			11								12	20			2	45
18	Aileen	Wilson		10		13					16						3	42
19	Marian	Kelly					18								19		2	39
20	Emily	Tomasso		12	18												2	32
21	Lyndsay	Kerrigan													17		1	18
21	Suzanne	Rae									17						1	18
23	Kara	Rafferty				15											1	16
24	Debbie	Martin-Consani	14														1	15

Men's League Standings

Position	First name	Surname	West District XC Relays	National XC Relays	National Short Course XC	Brampton to Carlisle	Dunbartonshire XC	West District XC (scratch)	West District XC (handicap)	Kilmarnock West XC league	Nigel Barge 10k	Bellahouston West XC league	National XC (scratch)	National XC (handicap)	DAAA 10 mile s	Top 6 races only?	Participation Points	League Points
1	James	Wilkes	19	19		20	17	19	16						20	TOP 6	6	120
2	James	MacLeod	18	20	20		20	20	15		15					TOP 6	6	119
3	Mattia	Mancinelli			13	14		14	19	19	13	19	17	19	14	TOP 6	8	115
4	Euan	Convery	13	15	18		19	16	17		16		19	17	16	TOP 6	8	114
5	Jordan	Queen			17	19	18				17		18	15			5	109
6	Robert	McLennan	3	8	12			13	20		8		13	14		TOP 6	6	86
7	Garry	Mathew	16		19			18	18								3	74
8	Gareth	Treharne	8		14		16	15	14								4	71
9	Donald	McPartlin	18	17				17	13								3	68
10	Norman	Baillie	1	1	8	6					3	17	9	9	6	TOP 6	8	63
11	John	Murray						13	10				16	18			2	59
11	Craig	Prior	20	18											18		3	59
13	Craig	Shields			16						19				17		3	55
14	Alan	Blair											20	11	19		2	52
15	Ken	MacMahon										18	11	12	7		3	51
15	Finlay	Finlay	14	14							20						3	51
17	Angus	Moffat	10		15	17											3	45
18	Iain	McFarlane						10	7		12				13		3	44
18	Jim	McAneny		1	10		11	7	11								4	44
18	Gavin	Hinde	4	10		11	15										4	44
21	Keith	Wall					13						12	16			2	43
22	Daniel	Scroop								20		20					2	42
23	David	Butterly					15						14	10			2	41
24	Martin	Egan					10						8	20			2	40
25	Alexander	Chisholm	1	4			12	9	9								4	39
25	Nathan	Smit	5	9		10					11						4	39
27	Alex	Vendittelli			16		11	8									2	37
28	David	Dickson			11			8	12								2	33
28	John	Coyle	15	16													2	33
30	Athole	Smith		2	9	8									8		4	31
31	Graham	Andrew											15	13			1	29
32	Fraser	Godden	12	12													2	26
32	Joe	Fitzgibbon	11	13													2	26
34	Marco	Consani	9	11													2	22
35	Anthony	McGale		1									10	8			2	21
35	Peter	Scott									7				12		2	21
37	David	McKay	2	6		9											3	20
37	John	Bell				7									11		2	20
39	Colin	Whitby									18						1	19
39	Douglas	Findlay				18											1	19
41	Patrick	Gibbons	7	8													2	17
42	Gary	McQueen													15		1	16

Rank	First	Last							Count	Total
43	Matt	MacDonald					14		1	15
43	Mike	Donaldson				14			1	15
43	Chris	Collingwood	1	5			6		3	15
46	Lewis	Sinclair			13				1	14
47	Ian	Thomson			12				1	13
48	Kristan	Alexander			5			5	2	12
49	Daniel	Burns						10	1	11
49	Robbie	Drummond					10		1	11
51	Paul	Elliot					9		1	10
51	David	Carr						9	1	10
53	Ross	Cleland	6						1	7
54	Stephen	Craig	1	3					2	6
54	Craig	Brown					5		1	6
56	Lance	Voute					4		1	5
56	David	Hamill						4	1	5
56	Paul	Collins			4				1	5
56	Tariq	Abdullah					1	2	2	5
60	Allan	Jenkins						3	1	4
60	Stuart	Donald			3				1	4
62	Allan	Wallace					2		1	3
63	Stephen	Wilson					1		1	2
63	John	McLaughlin						1	1	2
63	Stephen	Cullen					1		1	2
63	Paul	Coia						1	1	2

Event 1: West District Relays
9 October 2022

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:14:58	20
2	Holly	Smith	00:16:13	19
3	Laura	Gray	00:17:03	18
4	Emma	Blair	00:17:12	17
5	Alison	Wood	00:17:50	16
6	Martha	Lovatt	00:18:14	15
7	Debbie	Martin-Consani	00:18:25	14
8	Kathryn	Scott	00:19:00	13
9	Alison	Rutherford	00:19:23	12
10	Catriona	Padmanabhan	00:19:45	11
11	Amy	Cromarty	00:20:17	10
12	Morag	Casey	00:21:24	9

Men's results

Position	First name	Surname	Race Time	League Pts
1	Craig	Prior	00:13:35	20
2	James	Wilkes	00:13:38	19
3	Donald	McPartlin	00:13:43	18
3	James	MacLeod	00:13:43	18
5	Garry	Mathew	00:14:17	16
6	John	Coyle	00:14:18	15
7	Finlay	Finlay	00:14:23	14
8	Euan	Convery	00:14:27	13
9	Fraser	Godden	00:14:42	12
10	Joe	Fitzgibbon	00:14:52	11
11	Angus	Moffat	00:15:00	10
12	Marco	Consani	00:15:08	9
13	Gareth	Treharne	00:15:10	8
14	Patrick	Gibbons	00:15:14	7
15	Ross	Cleland	00:15:18	6
16	Nathan	Smit	00:15:49	5
17	Gavin	Hinde	00:15:56	4
18	Robert	McLennan	00:16:43	3
19	David	McKay	00:16:45	2
20	Chris	Collingwood	00:16:54	1
21	Anthony	McGale	00:17:27	1
22	Stephen	Craig	00:17:29	1
23	Norman	Baillie	00:19:13	1

Event 2: National Relays
22 October 2022

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:15:10	20
2	Katie	White	00:16:01	19
3	Gill	Blee	00:16:13	18
4	Mary	Senior	00:17:20	17
5	Emma	Blair	00:17:26	16
6	Laura	Gray	00:17:49	15
7	Alison	Wood	00:17:56	14
8	Lucy	Donaldson	00:18:10	13
9	Emily	Tomasso	00:18:12	12
10	Catriona	Padmanabhan	00:19:19	11
11	Aileen	Wilson	00:19:35	10
12	Kathryn	Scott	00:19:44	9
13	Alison	Rutherford	00:20:09	8
14	Morag	Casey	00:22:03	7

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	MacLeod	00:13:55	20
2	James	Wilkes	00:13:57	19
3	Craig	Prior	00:14:04	18
4	Donald	McPartlin	00:14:18	17
5	John	Coyle	00:14:23	16
6	Euan	Convery	00:14:55	15
7	Finlay	Finlay	00:14:56	14
8	Joe	Fitzgibbon	00:15:13	13
9	Fraser	Godden	00:15:17	12
10	Marco	Consani	00:15:33	11
11	Gavin	Hinde	00:16:14	10
12	Nathan	Smit	00:16:23	9
13	Robert	McLennan	00:17:01	8
13	Patrick	Gibbons	00:17:01	8
15	David	McKay	00:17:12	6
16	Chris	Collingwood	00:17:22	5
17	Alexander	Chisholm	00:17:51	4
18	Stephen	Craig	00:18:10	3
19	Athole	Smith	00:18:21	2
20	Anthony	McGale	00:18:25	1
21	Jim	McAneny	00:19:28	1
22	Norman	Baillie	00:20:16	1

Event 3: National Short Course
5 November 2022

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:13:55	20
2	Katie	White	00:14:50	19
3	Holly	Smith	00:15:01	18
4	Mary	Senior	00:15:48	17
5	Laura	Gray	00:16:08	16
6	Martha	Lovatt	00:17:19	15
7	Alison	Rutherford	00:17:46	14
8	Kathryn	Scott	00:17:58	13
9	Catriona	Padmanabhan	00:18:23	12
10	Kirsten	Mathew	00:19:37	11
11	Morag	Casey	00:20:36	10

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	MacLeod	00:12:58	20
2	Garry	Mathew	00:13:19	19
3	Euan	Convery	00:13:41	18
4	Jordan	Queen	00:13:53	17
5	Craig	Shields	00:13:58	16
6	Angus	Moffat	00:14:38	15
7	Gareth	Treharne	00:14:41	14
8	Mattia	Mancinelli	00:15:32	13
9	Robert	McLennan	00:15:52	12
10	David	Dickson	00:16:54	11
11	Jim	McAneny	00:17:24	10
12	Athole	Smith	00:17:33	9
13	Norman	Baillie	00:18:13	8

Event 4: Brampton to Carlisle
20 November 2022

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	01:00:16	20
2	Gill	Blee	01:04:03	19
3	Emily	Tomasso	01:07:41	18
4	Emma	Blair	01:07:48	17
5	Alison	Wood	01:10:01	16
6	Kara	Rafferty	01:11:31	15
7	Kathryn	Scott	01:14:46	14
8	Aileen	Wilson	01:17:24	13
9	Amy	Cromarty	01:25:22	12
10	Morag	Casey	00:00:00	11

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:54:59	20
2	Jordan	Queen	00:56:02	19
3	Douglas	Findlay	00:57:09	18
4	Angus	Moffat	01:01:05	17
5	Alex	Vendittelli	01:01:14	16
6	David	Butterly	01:01:17	15
7	Mattia	Mancinelli	01:02:08	14
8	Lewis	Sinclair	01:03:41	13
9	Ian	Thomson	01:03:56	12
10	Gavin	Hinde	01:04:57	11
11	Nathan	Smit	01:06:06	10
12	David	McKay	01:07:10	9
13	Athole	Smith	01:08:10	8
14	John	Bell	01:11:59	7
15	Norman	Baillie	01:15:54	6
16	Kristan	Alexander	01:17:12	5
17	Paul	Collins	01:23:33	4
18	Stuart	Donald	01:26:20	3

Event 5: Dunbartonshire XC
26 November 2022

Women's results

Position	First name	Surname	Race Time	League Pts
1	Gill	Blee	00:38:52	20
2	Holly	Smith	00:40:04	19
3	Marian	Kelly	00:42:16	18
4	Lucy	Donaldson	00:44:07	17
5	Martha	Lovatt	00:45:14	16
6	Kathryn	Scott	00:47:59	15

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	MacLeod	00:33:24	20
2	Euan	Convery	00:34:36	19
3	Jordan	Queen	00:35:46	18
4	James	Wilkes	00:36:03	17
5	Gareth	Treharne	00:37:34	16
6	Gavin	Hinde	00:37:55	15
7	Mike	Donaldson	00:39:35	14
8	Keith	Wall	00:41:24	13
9	Alexander	Chisholm	00:42:49	12
10	Jim	McAneny	00:44:07	11
11	Martin	Egan	00:51:46	10

Event 6: West District XC (scratch)
3 December 2022

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:32:37	20
2	Katie	White	00:34:15	19
3	Gill	Blee	00:35:11	18
4	Holly	Smith	00:35:45	17
5	Lucy	Donaldson	00:38:08	16
6	Laura	Gray	00:38:33	15
7	Martha	Lovatt	00:40:44	14
8	Catriona	Padmanabhan	00:44:21	13
9	Maureen	Campbell	00:45:29	12
10	Morag	Casey	00:46:05	11

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	MacLeod	00:30:54	20
2	James	Wilkes	00:31:01	19
3	Garry	Mathew	00:31:04	18
4	Donald	McPartlin	00:31:21	17
5	Euan	Convery	00:32:15	16
6	Gareth	Treharne	00:34:53	15
7	Mattia	Mancinelli	00:35:16	14
8	John	Murray	00:35:42	13
8	Robert	McLennan	00:35:42	13
10	Alex	Vendittelli	00:36:03	11
11	Iain	McFarlane	00:37:06	10
12	Alexander	Chisholm	00:39:29	9
13	David	Dickson	00:39:53	8
14	Jim	McAneny	00:41:12	7

Event 7: West District XC (handicap)
3 December 2022

Women's results

Position	First name	Surname	Race Time	Handicap time	League Pts
1	Maureen	Campbell	00:45:29	00:28:41	20
2	Morag	Casey	00:46:05	00:29:17	19
3	Katie	White	00:34:15	00:30:06	18
4	Lucy	Donaldson	00:38:08	00:30:15	17
5	Lesley	Bell	00:32:37	00:30:31	16
6	Gill	Blee	00:35:11	00:30:49	15
7	Martha	Lovatt	00:40:44	00:31:04	14
8	Holly	Smith	00:35:45	00:31:12	13
9	Laura	Gray	00:38:33	00:31:31	12
10	Catriona	Padmanabhan	00:44:21	00:32:19	11

Men's results

Position	First name	Surname	Race Time	Handicap time	League Pts
1	Robert	McLennan	00:35:42	00:29:20	20
2	Mattia	Mancinelli	00:35:16	00:29:34	19
3	Garry	Mathew	00:31:04	00:30:18	18
4	Euan	Convery	00:32:15	00:30:40	17
5	James	Wilkes	00:31:01	00:30:48	16
6	James	MacLeod	00:30:54	00:30:54	15
7	Gareth	Treharne	00:34:53	00:31:04	14
8	Donald	McPartlin	00:31:23	00:31:05	13
9	David	Dickson	00:39:53	00:31:09	12
10	Jim	McAneny	00:41:12	00:31:21	11
11	John	Murray	00:35:42	00:31:57	10
12	Alexander	Chisholm	00:39:29	00:32:18	9
13	Alex	Vendittelli	00:36:03	00:33:45	8
14	Iain	McFarlane	00:37:06	00:35:25	7

Event 8: Kilmarnock West District League
21 January 2023

Women's results

Men's results

Position	First name	Surname	Race Time	League Pts
1	Daniel	Scroop	00:28:57	20
2	Mattia	Mancinelli	00:31:34	19

Event 9: Nigel Barge 10K
22 January 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Gill	Blee	00:39:04	20
2	Emma	Blair	00:41:24	19
3	Alison	Wood	00:42:51	18
4	Suzanne	Rae	00:42:56	17
5	Aileen	Wilson	00:44:53	16
6	Amy	Cromarty	00:55:47	15

Men's results

Position	First name	Surname	Race Time	League Pts
1	Finlay	Finlay	00:33:37	20
2	Craig	Shields	00:33:46	19
3	Colin	Whitby	00:33:58	18
4	Jordan	Queen	00:34:23	17
5	Euan	Convery	00:34:27	16
6	James	MacLeod	00:35:30	15
7	Matt	MacDonald	00:35:33	14
8	Mattia	Mancinelli	00:37:30	13
9	Iain	McFarlane	00:38:01	12
10	Nathan	Smit	00:38:51	11
11	Robbie	Drummond	00:38:55	10
12	Paul	Elliot	00:39:16	9
13	Robert	McLennan	00:39:39	8
14	Peter	Scott	00:41:58	7
15	Chris	Collingwood	00:42:19	6
16	Craig	Brown	00:44:59	5
17	Lance	Voute	00:45:23	4
18	Norman	Baillie	00:46:01	3
19	Allan	Wallace	00:50:29	2
20	Tariq	Abdullah	00:52:13	1
21	Stephen	Wilson	00:52:37	1
22	Stephen	Cullen	00:54:59	1

Event 10: Bellahouston XC
11 February 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:32:17	20
2	Holly	Smith	00:34:01	19
3	Lucy	Donaldson	00:38:06	18
4	Kathryn	Scott	00:40:10	17

Men's results

Position	First name	Surname	Race Time	League Pts
1	Daniel	Scroop	00:30:31	20
2	Mattia	Mancinelli	00:31:57	19
3	Ken	MacMahon	00:35:18	18
4	Norman	Baillie	00:40:25	17

Event 11: National XC (scratch)
25 February 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:42:42	20
2	Gill	Blee	00:44:06	19
3	Holly	Smith	00:44:27	18
4	Mary	Senior	00:46:08	17
5	Laura	Gray	00:48:39	16
6	Catriona	Padmanabhan	00:52:36	15
7	Martha	Lovatt	00:53:22	14
8	Kathryn	Scott	00:53:41	13
9	Kirsten	Mathew	00:56:02	12
10	Alison	Rutherford	00:56:43	11
11	Morag	Casey	00:59:30	10
12	Amy	Cromarty	00:59:51	9

Men's results

Position	First name	Surname	Race Time	League Pts
1	Alan	Blair	00:37:11	20
2	Euan	Convery	00:38:52	19
3	Jordan	Queen	00:40:23	18
4	Mattia	Mancinelli	00:42:34	17
5	John	Murray	00:43:50	16
6	Graham	Andrew	00:44:03	15
7	David	Butterly	00:45:15	14
8	Robert	McLennan	00:45:34	13
9	Keith	Wall	00:46:32	12
10	Ken	MacMahon	00:46:38	11
11	Anthony	McGale	00:47:31	10
12	Norman	Baillie	00:54:00	9
13	Martin	Egan	00:56:27	8

Event 12: National XC (handicap)
25 February 2023

Women's results

Position	First name	Surname	Race Time	Handicap time	League Pts
1	Kirsten	Mathew	00:56:02	00:40:31	20
2	Alison	Rutherford	00:56:43	00:40:56	19
3	Catriona	Padmanabhan	00:52:36	00:40:57	18
4	Mary	Senior	00:46:08	00:41:09	17
5	Morag	Casey	00:59:30	00:41:46	16
6	Amy	Cromarty	00:59:51	00:41:51	15
7	Holly	Smith	00:44:27	00:41:54	14
8	Gill	Blee	00:44:06	00:42:19	13
9	Katie	White	00:42:42	00:42:42	12
10	Laura	Gray	00:48:39	00:44:17	11
11	Kathryn	Scott	00:53:41	00:45:13	10
12	Martha	Lovatt	00:53:22	00:45:32	9

Men's results

Position	First name	Surname	Race Time	Handicap time	League Pts
1	Martin	Egan	00:56:27	00:24:12	00:32:15
2	Mattia	Mancinelli	00:42:34	00:08:59	00:33:35
3	John	Murray	00:43:50	00:10:06	00:33:44
4	Euan	Convery	00:38:52	00:05:00	00:33:52
5	Keith	Wall	00:46:32	00:11:51	00:34:41
6	Jordan	Queen	00:40:23	00:05:08	00:35:15
7	Robert	McLennan	00:45:34	00:09:57	00:35:37
8	Graham	Andrew	00:44:03	00:07:01	00:37:02
9	Ken	MacMahon	00:46:38	00:09:34	00:37:04
10	Alan	Blair	00:37:11	00:00:00	00:37:11
11	David	Butterly	00:45:15	00:07:16	00:37:59
12	Norman	Baillie	00:54:00	00:15:13	00:38:47
13	Anthony	McGale	00:47:31	00:08:42	00:38:49

Event 13: DAAA 10 miles
19 March 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:59:11	20
2	Marian	Kelly	01:11:02	19
3	Laura	Gray	01:11:37	18
4	Lyndsay	Kerrigan	01:24:49	17
5	Maureen	Campbell	01:27:23	16
6	Morag	Casey	01:28:00	15

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:54:19	20
2	Alan	Blair	00:54:52	19
3	Craig	Prior	00:55:13	18
4	Craig	Shields	00:56:05	17
5	Euan	Convery	00:56:18	16
6	Gary	McQueen	00:59:35	15
7	Mattia	Mancinelli	01:00:45	14
8	Iain	McFarlane	01:01:28	13
9	Peter	Scott	01:03:01	12
10	John	Bell	01:03:43	11
11	Daniel	Burns	01:03:52	10
12	David	Carr	01:09:37	9
13	Athole	Smith	01:09:47	8
14	Ken	MacMahon	01:10:55	7
15	Norman	Baillie	01:14:37	6
16	Kristan	Alexander	01:14:47	5
17	David	Hamill	01:24:08	4
18	Allan	Jenkins	01:25:22	3
19	Tariq	Abdullah	01:25:35	2
20	Paul	Coia	01:26:37	1
21	John	McLaughlin	01:37:40	1

Rules

Rule 1: Male and female leagues and eligibility

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

Rule 2: Number of races

There are 12 races but 14 results for points in the competition. The finish times from the West District Championship and National XC Championships shall be used to produce two sets of results: one based on overall finishing times (scratch times) and one based on handicap position.

The scratch positions in the National XC shall be used to determine the female and male Club XC champions.

The handicap positions shall be used to determine the winners of the XC female and male handicap prizes.

The handicap positions in the West District XC Championship shall be used to determine the McCAA Cup winner.

Rule 3: Points

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

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

(c) League points for the DAAA 10 mile or half marathon will be awarded based on handicap times.

Rule 4: Relay races

In relay races points will be awarded based on the time achieved in the race. Performances in incomplete teams will count. In the event of a tie on times, runners with the same time will be awarded the same number of points.

Rule 5: League tables

League tables shall show the points awarded for the best six performances calculated in accordance with Rule 3(a) and all points awarded in accordance with Rule 3(b). For example, a competitor running nine races shall get nine participation points plus the league points for their best six performances.

Rule 6: Race results and chip-timing

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

Rule 7: Club vests

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

Rule 8: Competing for another club

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

Rule 9: Running with another competitor's race number

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

Rule 10: Eligibility for prizes

No prize will be awarded to a member whose 2022 subscriptions are not paid and up to date.

Rule 11: Prizes

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

Results and corrections

Interim scores shall be published as soon as possible after each race and are subject to change until the final day of the competition. Corrections should be emailed to kt_m_white@hotmail.com

Fixtures

Event	Date	Race
1	Saturday 08 October 2022	West District cross-country relay
2	Saturday 22 October 2022	National cross-country relay
3	Saturday 05 November 2022	National short course cross-country
4	Sunday 20 November 2022	Brampton to Carlisle 10 mile road race
5	Saturday 26 November 2022	Dunbartonshire cross-country
6	Saturday 03 December 2022	West District cross-country
7	Saturday 21 January 2023	Kilmarnock West District cross-country league event 2
8	Sunday 22 January 2023	Nigel Barge 10k
9	Saturday 11 February 2023	Bellahouston West District cross-country league (event 3)
10	Saturday 25 February 2023	National cross-country
11	Sunday 19 March 2023	DAAA 10 miles