



Garscube Harriers

Summer League 2024



Final results

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.
- In the overall standings, V40 are shown in blue, V50 in orange and V60 in green.
- The window for claiming a worldwide marathon performance runs between 1st October 2023 and 30th September 2024.
- 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	Tom Scott 10 miles	Round the houses 10K	DAA 10 miles	5K road championship	Shettleston 10K	DAA Track 5K	Dumbarton 10K	Helensburgh 10K	WHW relay	Club track 5K	SVHC 5K	Charlie Kilshaw 5 miles	Cumbræ 10 miles	Newtonmore hill race	Club 1 mile	Henderson cup	Stirling 10K	Springburn parkrun	Great Scottish run HM	Marathon	Top 6 races only?	Participation Points	League Points	
1	Gill	Blee	19				18	20	19	18		20		16	20		18			20	21		TOP 6	11	131	
2	Mary	Senior	20			20	19		18	19		19	20				15							TOP 6	8	125
3	Alison	Wood			19	18	17	18	16	16	10	16	19				16	15		19	12		TOP 6	13	123	
4	Monica	Blair					20		20	20				7							19	21			6	113
5	Emily	Tomasso							17		10	15		17				14			19	20	TOP 6	7	109	
6	Martha	Lovatt			18		16			15		12		12	17	20	14							TOP 6	8	108
7	Amy	Cromarty			15		12	12	13	11	10				15	17				13				TOP 6	9	94
8	Fiona	Moar					13	13	12							18	10	16							6	88
9	Heather	Church					11	10	9	7	10	8		18			7	19			4		TOP 6	10	87	
10	Aileen	Wilson					14				10	11			16		13				15	8	TOP 6	7	86	
11	Kate	Holmes						17		17		18		8			19								5	84
12	Kara	Rafferty										14	18		18										5	82
13	Lyndsay	Kerrigan			14		7	10	7	8	10									12	1		TOP 6	8	69	
13	Emma	Blair									10				19						18	18			4	69
15	Alison	Rutherford					11		10	9		8		9			8				6		TOP 6	7	62	
16	Sinead	McLaughlin						14			10	9		11			11								5	60
17	Ashley	Clancy						8				5		20			6			15					5	59
18	Moira	Young			17					13	10														4	53
19	Jennifer	Sorbie												14	12			20							3	49
19	Amanda	Connelly						16	16	14															3	49
21	Catriona	Tennant						16													14	14			3	47
21	Shona	Nicolson										11							19		14				3	47

Men's League Standings

Position	First name	Surname	Tom Scott 10 miles	Round the houses 10K	DAA 10 miles	5K road championship	Shettleston 10K	DAA Track 5K	Dumbarton 10K	Helensburgh 10K	WHW relay	Club track 5K	SVHC 5K	Charlie Kilshaw 5 miles	Cumbræ 10 miles	Newtonmore hill race	Club 1 mile	Henderson cup	Stirling 10K	Springburn parkrun	Great Scottish run HM	Marathon	Top 6 races only?	Participation Points	League Points	
1	James	Wilkes	21			21	20		21	20	10	15					20							TOP 6	8	131
2	Iain	McFarlane	18	20	20		17	18	15	17		14		12			16						16	TOP 6	11	121
3	Gavin	Spence			21		19	19	17	17	10	17		10										TOP 6	8	118
4	Euan	Convery						20	17	15	10			13	13	20		12			17	18		TOP 6	10	117
5	Matt	MacDonald						17			10	19					17			20	20	14	TOP 6	7	114	
6	Craig	Shields				17	12	19	15	19												19			6	107
7	Joe	Fitzgibbon							20								19		21		20	18			5	103
8	Mykola	Kulakov					11	11		11			19	19			18	17						TOP 6	7	102
9	Mattia	Mancinelli			19		16	14											19		14	13			6	101
10	Jordan	Queen	17			16		15											19		18				5	90
11	Paul	O'Brien			16				8	9		10					8	20		18				TOP 6	7	88
11	Graeme	Little								2	10	5		17		17	3		16	15				TOP 6	8	88
13	Duncan	Boyd						10		10		11		7	20		13	10						TOP 6	7	81
14	Nicholas	Gemmell					19		18	18												20			4	79
15	Graeme	Taylor	14				6		8	4				20	17		5				1			TOP 6	8	78
16	John	Murray					8	10	11	12	10						11	14				7		TOP 6	8	76
17	Nathan	Smit					14					12	20								12	12			5	75
18	Neil	Smith					9		10	6			17		19						6				6	73
19	Stephen	Cullen						5			10	3	13	16			1			12				TOP 6	7	66
20	James	Reid			18	16								6			12					7			5	64
20	Graham	Andrew						14		14								15			17				4	64
22	Andy	Downey						8					16	9				18			4				5	60
23	Peter	Scott					15		12	7											11	8			5	58
23	Nicholas	Parker					10		9	8		10					7				7	5	TOP 6	7	58	

Event 1: Tom Scott 10 miles
31 March 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Mary	Senior	01:05:50	20	0	20
2	Gill	Blee	01:07:18	19	0	19
3	Laura	Gray	01:13:43	18	0	18

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	James	Wilkes	00:53:51	20	1	21
2	John	Coyle	00:57:38	19	1	20
3	Iain	McFarlane	01:00:19	18	0	18
4	Jordan	Queen	01:00:41	17	0	17
5	David	Butterly	01:03:58	16	0	16
6	Allan	Wallace	01:10:20	15	0	15
7	Craig	Brown	01:10:42	14	1	15
8	Graeme	Taylor	01:17:41	13	1	14

Event 2: Round the houses 10K
14 April 2024

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Iain	McFarlane	00:36:18	20	0	20
2	Ian	Thomson	00:38:03	19	0	19

Event 3: DAA 10 miles

21 April 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Katie	White	01:03:02	20	0	20
2	Alison	Wood	01:13:00	19	0	19
3	Martha	Lovatt	01:16:24	18	0	18
4	Moira	Young	01:18:50	17	0	17
5	Maureen	Macleod	01:21:04	16	0	16
6	Amy	Cromarty	01:25:50	15	0	15
7	Lyndsay	Kerrigan	01:35:55	14	0	14

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Gavin	Spence	00:57:37	20	1	21
2	Iain	McFarlane	00:59:01	19	1	20
3	Mattia	Mancinelli	01:00:09	18	1	19
4	James	Reid	01:07:03	17	1	18
5	Paul	O'Brien	01:07:43	16	0	16
6	Kenneth	MacMahon	01:12:35	15	0	15
7	David	Campbell	01:12:57	14	0	14
8	Norman	Baillie	01:15:04	13	0	13
9	Allan	Jenkins	01:24:17	12	0	12

Event 4: Scottish 5K road championship
3 May 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Louisa	Brown	00:18:14	20	0	20
2	Mary	Senior	00:19:08	19	1	20
3	Alison	Wood	00:20:33	18	0	18

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	James	Wilkes	00:15:13	20	1	21
2	James	MacLeod	00:16:30	19	0	19
2	John	Coyle	00:16:30	19	1	20
4	Craig	Shields	00:16:41	17	0	17
5	Jordan	Queen	00:16:50	16	0	16
6	James	Reid	00:18:21	15	1	16
7	Jim	McAneny	00:20:59	14	0	14

Event 5: Babcock Shettleston 10k
12 May 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Monica	Blair	00:38:42	20	0	20
2	Mary	Senior	00:40:25	19	0	19
3	Gill	Blee	00:41:38	18	0	18
4	Alison	Wood	00:44:22	17	0	17
5	Martha	Lovatt	00:45:23	16	0	16
6	Lauren	Liversidge	00:45:34	15	0	15
7	Aileen	Wilson	00:46:45	14	0	14
8	Fiona	Moar	00:53:03	13	0	13
9	Amy	Cromarty	00:53:24	12	0	12
10	Alison	Rutherford	00:54:23	11	0	11
11	Heather	Church	00:55:16	10	1	11
12	Megan	McCrossan	00:56:49	9	1	10
13	Helen	Collingwood	00:57:01	8	0	8
14	Lyndsay	Kerrigan	00:58:11	7	0	7
15	Kirsty	Harvie	00:58:57	6	0	6

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	James	Wilkes	00:33:36	20	0	20
2	Nicholas	Gemmell	00:35:19	19	0	19
3	Gavin	Spence	00:35:38	18	1	19
4	Iain	McFarlane	00:36:41	17	0	17
5	Mattia	Mancinelli	00:37:57	16	0	16
6	Peter	Scott	00:39:27	15	0	15
7	Nathan	Smit	00:39:38	14	0	14
8	Simon	Sheridan	00:39:44	13	0	13
9	Craig	Shields	00:40:30	12	0	12
10	Mykola	Kulakov	00:41:50	11	0	11
11	Nicholas	Parker	00:43:06	10	0	10
12	Neil	Smith	00:43:46	9	0	9
13	John	Murray	00:43:51	8	0	8
14	David	Campbell	00:44:50	7	0	7
15	Graeme	Taylor	00:45:25	6	0	6
16	Jim	McAneny	00:46:10	5	0	5
17	Norman	Baillie	00:46:40	4	0	4
18	Paul	Henderson	00:48:11	3	1	4
19	Allan	Jenkins	00:51:21	2	0	2
20	David	Hamill	00:53:27	1	0	1
21	Mark	Turnbull	00:56:45	1	0	1
22	Paul	Coia	01:00:07	1	0	1
23	Kevin	Boyle	01:04:48	1	0	1

Event 6: DAAA 5k

15 May 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Lesley	Bell	00:18:22	20	0	20
2	Gill	Blee	00:19:38	19	1	20
3	Alison	Wood	00:20:25	18	0	18
4	Kate	Holmes	00:20:40	17	0	17
5	Catriona	Tennant	00:21:22	16	0	16
6	Amanda	Connelly	00:22:01	15	1	16
7	Sinead	McLaughlin	00:22:27	14	0	14
8	Fiona	Moar	00:23:21	13	0	13
9	Amy	Cromarty	00:23:51	12	0	12
10	Helen	Collingwood	00:24:05	11	0	11
11	Lyndsay	Kerrigan	00:25:38	10	0	10
12	Heather	Church	00:25:46	9	1	10
13	Ashley	Clancy	00:26:30	8	0	8
14	Kirsty	Harvie	00:27:09	7	0	7

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Euan	Convery	00:16:49	20	0	20
2	Craig	Shields	00:16:51	19	0	19
3	Gavin	Spence	00:16:52	18	1	19
4	Iain	McFarlane	00:16:57	17	1	18
5	Matt	MacDonald	00:17:09	16	1	17
6	Jordan	Queen	00:17:20	15	0	15
7	Graham	Andrew	00:17:32	14	0	14
8	Mattia	Mancinelli	00:17:44	13	1	14
9	Grant	MacDonald	00:17:45	12	1	13
10	Mykola	Kulakov	00:18:46	11	0	11
11	John	Murray	00:18:55	10	0	10
12	Duncan	Boyd	00:19:09	9	1	10
13	Andy	Downey	00:19:40	8	0	8
14	Neil	Pentland	00:20:12	7	0	7
15	Jim	McAneny	00:20:48	6	0	6
16	Stephen	Cullen	00:27:55	5	0	5

Event 7: Dumbarton 10K

23 May 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Monica	Blair	00:36:25	20	0	20
2	Gill	Blee	00:40:11	19	0	19
3	Mary	Senior	00:41:23	18	0	18
4	Emily	Tomasso	00:42:20	17	0	17
5	Alison	Wood	00:43:42	16	0	16
6	Amanda	Connelly	00:45:56	15	1	16
7	Shauna	McMullan	00:49:59	14	0	14
8	Amy	Cromarty	00:50:10	13	0	13
9	Fiona	Moar	00:51:06	12	0	12
10	Lynette	Harkins	00:51:09	11	0	11
11	Alison	Rutherford	00:52:04	10	0	10
12	Megan	McCrossan	00:54:00	9	1	10
13	Heather	Church	00:54:33	8	1	9
14	Lyndsay	Kerrigan	00:55:00	7	0	7
15	Kirsty	Harvie	00:57:24	6	0	6

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	James	Wilkes	00:32:27	20	1	21
2	Joe	Fitzgibbon	00:34:11	19	1	20
3	Nicholas	Gemmell	00:34:31	18	0	18
4	Euan	Convery	00:34:53	17	0	17
5	Gavin	Spence	00:35:04	16	1	17
6	Craig	Shields	00:35:42	15	0	15
7	Iain	McFarlane	00:36:14	14	1	15
8	Simon	Sheridan	00:38:09	13	0	13
9	Peter	Scott	00:38:35	12	0	12
10	John	Murray	00:40:49	11	0	11
11	Neil	Smith	00:41:26	10	0	10
12	Nicholas	Parker	00:41:31	9	0	9
13	Paul	O'Brien	00:42:35	8	0	8
14	Graeme	Taylor	00:43:32	7	1	8
15	Jim	McAneny	00:47:58	6	0	6
16	Allan	Jenkins	00:49:28	5	0	5
17	David	Hamill	00:53:21	4	0	4

Event 8: Helensburgh 10K

30 May 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Monica	Blair	00:37:45	20	0	20
2	Mary	Senior	00:39:49	19	0	19
3	Gill	Blee	00:40:42	18	0	18
4	Kate	Holmes	00:42:37	17	0	17
5	Alison	Wood	00:43:21	16	0	16
6	Martha	Lovatt	00:46:07	15	0	15
7	Amanda	Connelly	00:48:42	14	0	14
8	Moira	Young	00:49:10	13	0	13
9	Maureen	Macleod	00:49:39	12	0	12
10	Amy	Cromarty	00:50:34	11	0	11
11	Lynette	Harkins	00:51:01	10	0	10
12	Alison	Rutherford	00:53:33	9	0	9
13	Lyndsay	Kerrigan	00:57:13	8	0	8
14	Heather	Church	00:57:25	7	0	7
15	Kirsty	Harvie	00:58:05	6	0	6

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	James	Wilkes	00:32:35	20	0	20
2	Craig	Shields	00:34:35	19	0	19
3	Nicholas	Gemmell	00:34:52	18	0	18
4	Gavin	Spence	00:35:44	17	0	17
5	Iain	McFarlane	00:35:49	16	1	17
6	Euan	Convery	00:36:01	15	0	15
7	Graham	Andrew	00:37:19	14	0	14
8	Simon	Sheridan	00:38:48	13	0	13
9	John	Murray	00:40:00	12	0	12
10	Mykola	Kulakov	00:40:20	11	0	11
11	Duncan	Boyd	00:40:56	10	0	10
12	Paul	O'Brien	00:40:58	9	0	9
13	Nicholas	Parker	00:41:16	8	0	8
14	Peter	Scott	00:41:39	7	0	7
15	Neil	Smith	00:42:51	6	0	6
16	Athole	Smith	00:43:30	5	0	5
17	Graeme	Taylor	00:43:53	4	0	4
18	Ian	Sproull	00:46:28	3	0	3
19	Graeme	Little	00:48:58	2	0	2
20	David	Hamill	00:51:17	1	0	1
21	Mark	Turnbull	00:56:51	1	0	1

Event 9: West Highland Way Relay

1 June 2024

Women's results

First name	Surname	Total
Moira	Young	10
Alison	Wood	10
Aileen	Wilson	10
Irene	Veza	10
Emily	Tomasso	10
Sinead	McLaughlin	10
Megan	McCrossan	10
Isobel	Martin	10
Lyndsay	Kerrigan	10
Marian	Kelly	10
Amy	Cromarty	10
Mary	Cox	10
Emma	Blair	10
Heather	Church	10
Jill	O'Neil	4

Men's results

First name	Surname	Total
James	Wilkes	10
Gavin	Spence	10
Athole	Smith	10
Simon	Sheridan	10
Daniel	Scroop	10
John	Murray	10
Grant	MacDonald	10
Matt	MacDonald	10
Graeme	Little	10
Gavin	Hinde	10
Stephen	Cullen	10
Euan	Convery	10
Marco	Consani	10
Paul	Collins	10

Event 10: Club track 5k

11 June 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Anya	Maclean	00:17:18	20	0	20
2	Gill	Blee	00:19:12	19	1	20
3	Mary	Senior	00:19:27	18	1	19
4	Kate	Holmes	00:19:49	17	1	18
5	Alison	Wood	00:20:28	16	0	16
6	Emily	Tomasso	00:20:51	15	0	15
7	Cat	Francesca	00:21:01	14	1	15
8	Kara	Rafferty	00:21:04	13	1	14
9	Martha	Lovatt	00:21:13	12	0	12
10	Aileen	Wilson	00:21:46	11	0	11
11	Shona	Nicolson	00:22:02	10	1	11
12	Sinead	McLaughlin	00:22:11	9	0	9
13	Alison	Rutherford	00:24:32	8	0	8
14	Heather	Church	00:25:21	7	1	8
15	Maureen	Campbell	00:25:53	6	0	6
16	Ashley	Clancy	00:26:21	5	0	5

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Rory	Treharne	00:15:45	20	0	20
2	Crawford	Smith	00:15:52	19	0	19
3	Matt	MacDonald	00:17:00	18	1	19
4	Gavin	Spence	00:17:08	17	0	17
5	Fraser	Godden	00:17:24	16	0	16
6	James	Wilkes	00:17:25	15	0	15
7	Iain	McFarlane	00:17:40	14	0	14
8	Grant	MacDonald	00:18:06	13	0	13
9	Nathan	Smit	00:18:54	12	0	12
10	Duncan	Boyd	00:19:13	11	0	11
11	Paul	O'Brien	00:19:28	10	0	10
12	Nicholas	Parker	00:19:47	9	1	10
13	Allan	Wallace	00:19:53	8	0	8
14	Alan	Dick	00:22:32	7	0	7
15	Paul	Henderson	00:23:31	6	0	6
16	Graeme	Little	00:23:38	5	0	5
17	David	Hamill	00:24:35	4	0	4
18	Stephen	Cullen	00:27:55	3	0	3
19	Marc	Peebles	00:27:57	2	0	2
20	Kenneth	Macanna	00:29:06	1	0	1

Event 11: SVHC road 5k

26 June 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Mary	Senior	00:19:44	20	0	20
2	Alison	Wood	00:20:25	19	0	19
3	Kara	Rafferty	00:21:06	18	0	18
4	Laura	Gray	00:21:13	17	0	17

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Nathan	Smit	00:18:44	20	0	20
2	Mykola	Kulakov	00:18:47	19	0	19
3	Craig	Brown	00:19:20	18	1	19
4	Neil	Smith	00:19:29	17	0	17
5	Andy	Downey	00:19:39	16	0	16
6	Stuart	Donald	00:21:47	15	0	15
7	Anthony	Mcgale	00:22:49	14	0	14
8	Stephen	Cullen	00:27:45	13	0	13

Event 12: Charlie Kilshaw handicap race

18 July 2024

Women's results

Position	First name	Surname	League Pts
1	Ashley	Clancy	20
2	Eilidh	Fitzgibbon	19
3	Heather	Church	18
4	Emily	Tomasso	17
5	Gill	Blee	16
6	Caroline	Cherry	15
7	Jennifer	Sorbie	14
8	Theresa	Miln	13
9	Martha	Lovatt	12
10	Sinead	McLaughlin	11
11	Mary	Cox	10
12	Alison	Rutherford	9
13	Kate	Holmes	8
14	Monica	Blair	7
15	Anne	Mckechnie	6
16	Michelle	Fleming	5

Men's results

Position	First name	Surname	League Pts
1	Graeme	Taylor	20
2	Mykola	Kulakov	19
3	Paul	McNally	18
4	Graeme	Little	17
5	Stephen	Cullen	16
6	Kevin	Boyle	15
7	Martin	Egan	14
8	Euan	Convery	13
9	Iain	McFarlane	12
10	Archie	Loch	11
11	Gavin	Spence	10
12	Andy	Downey	9
13	Stuart	Donald	8
14	Duncan	Boyd	7
15	James	Reid	6

Event 13: Round Cumbrae 10 miles

28 July 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Gill	Blee	01:07:55	20	0	20
2	Emma	Blair	01:13:46	19	0	19
3	Kara	Rafferty	01:15:46	18	0	18
4	Martha	Lovatt	01:16:54	17	0	17
5	Aileen	Wilson	01:24:56	16	0	16
6	Amy	Cromarty	01:29:12	15	0	15
7	Shauna	McMullan	01:30:17	14	0	14
8	Theresa	Miln	01:32:04	13	0	13
9	Jennifer	Sorbie	01:35:08	12	0	12
10	Isobel	Martin	01:38:52	11	0	11
11	Mary	Cox	01:41:02	10	0	10
12	Irene	Veza	01:43:55	9	0	9

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Duncan	Boyd	01:10:17	20	0	20
2	Neil	Smith	01:13:04	19	0	19
3	David	Dickson	01:16:57	18	0	18
4	Graeme	Taylor	01:19:52	17	0	17
5	Paul	Henderson	01:27:01	16	0	16
6	Paul	Collins	01:29:06	15	0	15
7	Stuart	Donald	01:29:34	14	0	14
8	Euan	Convery	01:31:06	13	0	13
9	David	Hamill	01:37:26	12	0	12
10	Paul	Coia	01:43:24	11	0	11

Event 14: Newtonmore hill race

3 August 2024

Women's results

Position	First name	Surname	Race Time	League Pts	Total
1	Martha	Lovatt	00:01:00	20	20
2	Catriona	Padmanabhan	00:02:00	19	19
3	Fiona	Moar	00:03:00	18	18
4	Amy	Cromarty	00:04:00	17	17

Men's results

Position	First name	Surname	Race Time	League Pts	Total
1	Euan	Convery	00:05:00	20	20
2	Kenneth	MacMahon	00:06:00	19	19
3	Martin	Egan	00:07:00	18	18
4	Graeme	Little	00:08:00	17	17

Event 15: Club 1 mile
13 August 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Lesley	Bell	00:05:18	20		20
2	Kate	Holmes	00:05:42	19		19
3	Gill	Blee	00:05:54	18		18
4	Ali	Rainey	00:05:57	17		17
5	Alison	Wood	00:06:04	16		16
6	Mary	Senior	00:06:12	15		15
7	Martha	Lovatt	00:06:18	14		14
8	Aileen	Wilson	00:06:20	13		13
9	Rosie	Haddock	00:06:22	12		12
10	Sinead	McLaughlin	00:06:40	11		11
11	Fiona	Moar	00:06:48	10		10
12	Denise	Lambie	00:06:59	9		9
13	Alison	Rutherford	00:07:17	8		8
14	Heather	Church	00:07:27	7		7
15	Ashley	Clancy	00:07:44	6		6
16	Jan	Boyd	00:07:47	5		5
17	Christina	Nicolson	00:08:13	4		4
18	Caroline	Cherry	00:08:28	3		3
19	Anne	Mckechnie	00:08:44	2		2

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	James	Wilkes	00:04:43	20		20
2	Joe	Fitzgibbon	00:04:55	19		19
3	Mykola	Kulakov	00:05:11	18		18
4	Matt	MacDonald	00:05:13	17		17
5	Iain	McFarlane	00:05:15	16		16
6	Grant	MacDonald	00:05:16	15		15
7	Craig	Smith	00:05:39	14		14
8	Duncan	Boyd	00:05:40	13		13
9	James	Reid	00:05:41	12		12
10	John	Murray	00:05:43	11		11
11	Robert	McLennan	00:06:01	10		10
12	David	Butterly	00:06:02	9		9
13	Paul	O'Brien	00:06:03	8		8
14	Nicholas	Parker	00:06:04	7		7
15	Will	Rooney	00:06:06	6		6
16	Graeme	Taylor	00:06:13	5		5
17	David	Dickson	00:06:20	4		4
18	Graeme	Little	00:06:35	3		3
19	Alan	Dick	00:06:49	2		2
20	Gordon	MacKay	00:06:56	1		1
21	Paul	Henderson	00:07:05	1		1
22	Allan	Jenkins	00:07:13	1		1
23	Dougie	Lambie	00:07:25	1		1
24	David	Hamill	00:07:35	1		1
25	Stephen	Cullen	00:08:20	1		1

Event 16: Henderson Cup (handicapped)

19 August 2024

Women's results

Position	First name	Surname	League Pts
1	Jennifer	Sorbie	20
2	Heather	Church	19
3	Jan	Boyd	18
4	Suzanne	Rae	17
5	Fiona	Moar	16
6	Alison	Wood	15
7	Emily	Tomasso	14

Men's results

Position	First name	Surname	League Pts
1	Paul	O'Brien	20
2	Craig	Prior	19
3	Andy	Downey	18
4	Mykola	Kulakov	17
5	Martin	Egan	16
6	Graham	Andrew	15
7	John	Murray	14
8	Paul	Henderson	13
9	Euan	Convery	12
10	Jim	McAneny	11
11	Duncan	Boyd	10
12	Kieran	Daw	9
13	Will	Rooney	8
14	Allan	Jenkins	7
15	Craig	Brown	6

Event 17: Stirling 10K

8 September 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Anya	Maclean	00:35:06	20	1	21
2	Shona	Nicolson	00:45:52	19	0	19

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Joe	Fitzgibbon	00:33:45	20	1	21
2	Jordan	Queen	00:36:05	19	0	19
3	Mattia	Mancinelli	00:36:37	18	1	19
4	David	Butterly	00:41:49	17	0	17
5	Graeme	Little	00:47:19	16	0	16

Event 18: Springburn parkrun

14 September 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Gill	Blee	00:19:11	20	0	20
2	Alison	Wood	00:21:05	19	0	19
3	Jan	Boyd	00:25:19	18	0	18
4	Maureen	Campbell	00:25:45	17	0	17
5	Christina	Nicolson	00:25:47	16	0	16
6	Ashley	Clancy	00:26:07	15	0	15
7	Michelle	Fleming	00:27:52	14	0	14
8	Amy	Cromarty	00:28:12	13	0	13
9	Lyndsay	Kerrigan	00:28:47	12	0	12

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Matt	MacDonald	00:17:12	20	0	20
2	Allan	Wallace	00:20:07	19	0	19
3	Paul	O'Brien	00:20:38	18	0	18
4	David	Campbell	00:20:54	17	0	17
5	Paul	McNally	00:21:00	16	0	16
6	Graeme	Little	00:21:57	15	0	15
7	Athole	Smith	00:22:49	14	0	14
8	Jim	Boyle	00:25:39	13	0	13
9	Stephen	Cullen	00:26:41	12	0	12
10	Stuart	Irvine	00:27:30	11	0	11

Event 19: Great Scottish Run

6 October 2024

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Gill	Blee	01:25:07	20	1	21
2	Monica	Blair	01:29:42	19	0	19
3	Emily	Tomasso	01:30:30	18	1	19
4	Emma	Blair	01:32:28	17	1	18
5	Kara	Rafferty	01:34:43	16	1	17
6	Aileen	Wilson	01:39:17	15	0	15
7	Catriona	Tennant	01:39:41	14	0	14
8	Shona	Nicolson	01:39:46	13	1	14
9	Alison	Wood	01:39:55	12	0	12
10	Debbie	Martin-Consani	01:41:57	11	0	11
11	Maisie	Blair	01:44:31	10	1	11
12	Anais	Farges	01:45:00	9	0	9
13	Iona	Smith	01:46:11	8	0	8
14	Alison	Locke	01:47:42	7	0	7
15	Alison	Rutherford	01:51:15	6	0	6
16	Lynette	Harkins	01:54:43	5	0	5
17	Christina	Nicolson	01:58:13	4	1	5
18	Heather	Church	01:58:37	3	1	4
19	Caroline	Cherry	02:14:29	2	0	2
20	Lyndsay	Kerrigan	02:15:48	1	0	1
21	Anne	Mckechnie	02:25:23	1	0	1
22	Sarah	Attwood	02:25:37	1	0	1
23	Joan	Muir	03:00:59	1	0	1

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Joe	Fitzgibbon	01:16:21	20	0	20
2	Matt	MacDonald	01:17:38	19	1	20
3	Jordan	Queen	01:18:25	18	0	18
4	Euan	Convery	01:19:02	17	0	17
5	Graham	Andrew	01:20:33	16	1	17
6	Ian	Thomson	01:21:09	15	0	15
7	Mattia	Mancinelli	01:25:07	14	0	14
8	Alex Lloyd	Young	01:26:20	13	1	14
9	Nathan	Smit	01:26:42	12	0	12
10	Peter	Scott	01:27:34	11	0	11
11	Christopher	Jenkins	01:28:56	10	0	10
12	Craig	Smith	01:29:31	9	0	9
13	Chris	Pratt	01:29:40	8	0	8
14	Nicholas	Parker	01:30:54	7	0	7
15	Neil	Smith	01:31:00	6	0	6
16	Paul	McNally	01:33:59	5	0	5
17	Andy	Downey	01:37:00	4	0	4
18	Craig	Brown	01:37:49	3	0	3
19	Ian	Sproull	01:37:52	2	1	3
20	Jim	McAney	01:38:01	1	0	1
21	David	Campbell	01:41:29	1	0	1
22	Graeme	Taylor	01:44:08	1	0	1
23	Paul	Henderson	01:47:08	1	0	1
24	Andrew	Leck	01:47:50	1	0	1
25	Stuart	Donald	01:48:06	1	0	1
26	Allan	Jenkins	01:50:21	1	0	1
27	Gordon	MacKay	01:51:10	1	1	2
28	Brian	McCloney	02:04:17	1	0	1

Event 20: Marathon

Women's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Monica	Blair	02:57:19	20	1	21
2	Emily	Tomasso	03:16:17	19	1	20
3	Mairi	Stanley	03:19:30	18	0	18
4	Emma	Blair	03:22:27	17	1	18
5	Debbie	Martin-Consani	03:28:49	16	0	16
6	Chloe	McAdam	03:38:18	15	0	15
7	Catriona	Tennant	03:38:30	14	0	14
8	Suzanne	Rae	03:39:38	13	0	13
9	Ann	White	03:47:53	12	0	12
10	Marian	Kelly	03:48:47	11	0	11
11	Kara	Rafferty	03:52:09	10	0	10
12	Moira	Young	03:52:45	9	0	9
13	Aileen	Wilson	04:08:33	8	0	8
14	Jade	Gilmour	04:34:01	7	0	7

Men's results

Position	First name	Surname	Race Time	League Pts	PB?	Total
1	Nicholas	Gemmell	02:35:46	20	0	20
2	Craig	Shields	02:38:57	19	0	19
3	Euan	Convery	02:41:00	18	0	18
4	Joe	Fitzgibbon	02:41:05	17	1	18
5	Timothy	Martin	02:47:29	16	1	17
6	Iain	McFarlane	02:48:57	15	1	16
7	Matt	MacDonald	02:53:56	14	0	14
8	Mattia	Mancinelli	03:01:23	13	0	13
9	David	Butterly	03:03:48	12	0	12
10	Nathan	Smit	03:06:28	11	1	12
11	Christopher	Jenkins	03:07:31	10	0	10
12	Robbie	Drummond	03:10:25	9	0	9
13	Peter	Scott	03:11:41	8	0	8
14	John	Murray	03:19:13	7	0	7
15	James	Reid	03:35:01	6	1	7
16	Nicholas	Parker	03:35:10	5	0	5
17	Jim	Boyle	03:38:03	4	1	5
18	Craig	Smith	03:46:29	3	1	4
19	Athole	Smith	03:48:33	2	0	2
20	Brian	Gilmartin	04:00:12	1	0	1
21	Peter	Walker	04:02:46	1	0	1
22	Duncan	Robertson	04:05:25	1	0	1
23	Paul	Collins	04:08:01	1	0	1
24	Dave	McKay	04:15:43	1	0	1
25	Paul	Coia	04:58:13	1	0	1
26	Derrick	Gibbons	05:10:31	1	0	1

Summer League Rules

Rule 1: Male and Female Leagues and Eligibility. There are male and female leagues that are 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 20 races in total, 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) for 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 – 1 point will be awarded for a personal best 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 kt_m_white@hotmail.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 competitor's best performance achieved during the period 1st October 2023 – 30th September 2024 in a marathon race will count for League Points.

Rule 7: Handicapped races. Points for the Charlie Kilshaw race and Henderson Cup will be awarded based on the handicapped results.

Rule 8: West Highland Way relay. Participants running in the West Highland Way relay will be awarded 10 points and anyone supporting/driving will be awarded 4 points.

Rule 9: Club Vests. Club vests must be worn for all events except those organised by Garscube Harriers.

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 any race in which the member has raced with another competitor's race number.

Rule 12: 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.

Rule 13: Eligibility for Prizes. No prize will be awarded to a member whose subscriptions are not paid by 1st July 2024.

Results and Corrections. Interim scores will be published as soon as possible after each event 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	Information
1	Sunday 31 March	Tom Scott 10 miles	https://www.tomscottroadraces.com/
2	Sunday 14 April	Round the Houses 10k	Round The Houses - EntryCentral SVHC championship event
3	Sunday 21 April	Dunbartonshire Athletics Association 10 miles	The 2nd DAAA 10 Mile Road Race – DAAA (dunbartonshireaaa.co.uk) West District championship
4	Friday 3 May	Scottish 5k road championship, Silverknowes	https://uk.srichinmoyraces.org/scottish5k
5	Sunday 12 May	Babcock Shettleston 10k, Glasgow Green	RunABC : Babcock Shettleston 10K
6	Wednesday 15 May	DAAA 5k St Peter Apostle track	DAAA 5000 metres Track Championship (dunbartonshireaaa.co.uk)
7	Thursday 23 May	Babcock Dumbarton 10k	RunABC : Babcock Dumbarton 10K Club 10k Championship
8	Thursday 30 May	Babcock Helensburgh 10k	RunABC : Babcock Helensburgh 10K West District 10k
9	Saturday 1 June	West Highland Way Relay	Club event, details to follow
10	Tuesday 11 June	Club track 5k	Entry on the night
11	Wednesday 26 June	SVHC road 5K, Clydebank	Entries TBC
12	Thursday 18 July	Charlie Kilshaw 5 miles, canal	Entries TBC
13	Sunday 28 July	Kenny Philips Around Cumbrae 10 miles	The Kenny Phillips 10 Mile Road Race around Cumbrae (formerly Around Cumbrae 10 Mile Road) - EntryCentral
14	Saturday 3 August	Newtonmore hill race	Newtonmore Highland Games, Newtonmore held the 1st Saturday in August, including the Clan Macpherson Rally (newtonmorehighlandgames.com)
15	Tuesday 6 August	Club 1 mile Championship, St Peter the Apostle	Club event, entry on the night
16	Monday 19 August	Henderson Cup 10k trail race	Entries TBC Part of Tour of North Clydeside
17	Sunday 8 September	Stirling 10k	Podfather Stirling 10k with 3.5k and 2k fun runs - EntryCentral Scottish 10k Championship
18	Saturday 14 September	Springburn parkrun	https://www.parkrun.org.uk/springburn/ Entry on the day
19	Sunday 6 October	Glasgow half marathon	AJ Bell Great Scottish Run Glasgow 6 October 2024 (greatrun.org) Club half marathon championship
20	1 October 2023 – 30 September 2024	Any marathon, worldwide	Positions based on finish times. Club marathon championship