



Garscube Harriers

Winter League



2023–2024

Event 13: Jack Crawford 10K

10 March 2024

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	DAAA XC Relays	National XC relay	Glasgow University 5 mile	National Short Course XC	Brampton to Carlisle	Dunbartonshire XC	West District XC (scratch)	West District XC (handicap)	Nigel Barge 10k	National XC (scratch)	National XC (handicap)	Jack Crawford 10k	Top 6 races only?	Participation Points	League Points
1	Monica	Blair			20	20	20		20	19	19	20	20	18		TOP 6	7	127
2	Gill	Blee		19	17		15		19	18	17	19	18	7		TOP 6	7	117
3	Holly	Smith	17	16	14	18	17		18	17	18		15	4		TOP 6	8	113
4	Laura	Gray	18	18	15	17			17				16	6		TOP 6	6	107
5	Alison	Wood	15		11	16		19				18			20		6	105
6	Martha	Lovatt		17	12	14		18	16	16	16					TOP 6	6	103
7	Katie	White		20	19		18						19	16			4	96
8	Alison	Rutherford	12		6		10	11		13	12	12	11	20	18	TOP 6	8	95
9	Catriona	Padmanabhan	14		9	13	12			14	14		12	5		TOP 6	6	85
10	Frances	Wardle	19		18	19	19										4	79
11	Morag	Casey	5	15	2		5	13		10	12				16	TOP 6	7	78
11	Lucy	Donaldson	16		13		13		15			16					5	78
13	Meg	Currie Moodie				10				12	13	11	7	14		TOP 6	4	71
14	Amy	Cromarty	9		3		7	10		11	10		9	11		TOP 6	6	66
14	Mary	Senior			16		17						17	13			3	66
16	Fiona	Moar	13		7	11							8	19			4	62
16	Lesley	Bell	20							20	20						2	62
18	Ann	White			8		11						13	17			3	52
19	Lyndsay	Kerrigan	4	12	1		4	9				9	4	2		TOP 6	7	49
19	Bex	Currie Moodie	8			12	6	12					5	1		TOP 6	5	49
21	Ashley	Clancy			1		2		13			8	2	10		TOP 6	5	41
22	Jan	Boyd	7	14			3						6	1			4	34
23	Aileen	Wilson						16				17					2	35
24	Catriona	Tennant								15	15						1	31

25	Jack	Trainer								20	19						1	40
26	John	Murray			2				12			8	6	6			4	38
26	Matt	MacDonald			9							18	7	1			3	38
28	Andy	Downey	1	9	6								1	14			4	35
29	Paul	O'Brien							13			12	4	1			3	33
30	Ian	Thomson	9	12			8										3	32
31	Peter	Scott						11							18		2	31
32	Alan	Blair											20	9			1	30
33	Finlay	Finlay	11								15						2	28
34	Mike	Donaldson	4										3	18			2	27
34	Graeme	Little	1		1	7	1	8					1	3		TOP 6	6	27
34	Graham	Andrew				15							5	5			2	27
37	Craig	Brown				11	2	10									3	26
38	Garry	Mathew											12	12			2	25
38	Daniel	Burns	1		4		3	10					1	1		TOP 6	5	25
38	Duncan	Boyd	5	11			6										3	25
41	James	Reid											8	13			1	22
42	Robert	McLennan	1	7	3		5										4	20
43	Donald	McPartlin											17	1			1	19
43	Jim	McAneny	1		1		1	9					1	1		TOP 6	5	19
45	Ian	Sproull											1	16			1	18
46	Jim	Boyle	1		1								1	10			3	16
46	Craig	Prior						15									1	16
48	Athole	Smith		6	1		1						1	2			4	15
48	Norman	Baillie			1			9					1	1			3	15
48	Nathan	Smit						14									1	15
51	Alex Lloyd	Young				13											1	14
51	Mattia	Mancinelli									13						1	14
53	Paul	Collins			1			7					1	1			3	13
53	Joe	Fitzgibbon			12												1	13
53	Paul	Elliot						12									1	13
56	Matthew	Burnside					10										1	11
56	Lance	Voute										10					1	11
58	Kieran	Daw				8											1	9
59	Paul	Henderson										7					1	8

Event 1: West District Relays

7 October 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:15:56	20
2	Frances	Wardle	00:16:25	19
3	Laura	Gray	00:18:37	18
4	Holly	Smith	00:18:47	17
5	Lucy	Donaldson	00:18:48	16
6	Alison	Wood	00:19:34	15
7	Catriona	Padmanabhan	00:20:06	14
8	Fiona	Moar	00:20:51	13
9	Alison	Rutherford	00:21:21	12
10	Helen	Collingwood	00:21:28	11
11	Kathryn	Scott	00:22:05	10
12	Amy	Cromarty	00:22:23	9
13	Bex	Currie Moodie	00:22:25	8
14	Jan	Boyd	00:22:37	7
15	Mary	Cox	00:22:56	6
16	Morag	Casey	00:23:06	5
17	Lyndsay	Kerrigan	00:23:39	4
18	Lara	Croxford	00:24:02	3

Men's results

Position	First name	Surname	Race Time	League Pts
1	Charlie	Treharne	00:14:08	20
2	Crawford	Smith	00:14:35	19
3	James	MacLeod	00:14:44	18
4	Nicholas	Gemmell	00:14:56	17
4	Euan	Convery	00:14:56	17
6	Callum	Macdonald	00:15:14	15
7	Craig	Shields	00:15:22	14
8	John	Coyle	00:15:28	13
9	Timothy	Martin	00:15:32	12
10	Daniel	Scroop	00:15:35	11
10	Finlay	Finlay	00:15:35	11
12	Ian	Thomson	00:15:56	9
12	Jordan	Queen	00:15:56	9
14	Jamie	Flaherty	00:16:15	7
15	Gareth	Treharne	00:16:35	6
16	Duncan	Boyd	00:16:53	5
17	Mike	Donaldson	00:17:22	4
18	David	Butterly	00:17:39	3
19	Kenneth	Macmahon	00:17:50	2
20	Robert	McLennan	00:17:54	1
21	Andy	Downey	00:17:56	1
22	Alan	McIntosh	00:18:06	1
23	Daniel	Burns	00:18:14	1
24	Jim	McAneny	00:19:31	1
25	Graeme	Little	00:19:39	1
26	Gordon	MacKay	00:20:44	1
27	Jim	Boyle	00:21:17	1
28	Stuart	Irvine	00:24:43	1

Event 2: Dunbartonshire Relays

14 October 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Katie	White	00:11:26	20
2	Gill	Blee	00:12:10	19
3	Laura	Gray	00:12:27	18
4	Martha	Lovatt	00:12:36	17
5	Holly	Smith	00:12:39	16
6	Morag	Casey	00:14:54	15
7	Jan	Boyd	00:15:09	14
8	Sarah	Attwood	00:15:13	13
9	Lyndsay	Kerrigan	00:15:26	12
10	Lara	Croxford	00:15:46	11
11	Stella	MacPhee	00:21:26	10

Men's results

Position	First name	Surname	Race Time	League Pts
1	Crawford	Smith	00:09:33	20
2	James	Wilkes	00:09:42	19
3	Callum	Macdonald	00:09:53	18
4	James	MacLeod	00:10:01	17
5	Craig	Shields	00:10:02	16
6	John	Coyle	00:10:03	15
7	Colin	Whitby	00:10:06	14
8	John	Connolly	00:10:13	13
9	Ian	Thomson	00:10:48	12
10	Grant	MacDonald	00:11:10	11
10	Duncan	Boyd	00:11:10	11
12	Andy	Downey	00:11:48	9
13	Ken	MacMahon	00:11:50	8
14	Robert	McLennan	00:11:54	7
15	Athole	Smith	00:13:19	6

Event 3: National XC relays

21 October 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Monica	Blair	00:15:44	20
2	Katie	White	00:15:46	19
3	Frances	Wardle	00:16:21	18
4	Gill	Blee	00:17:25	17
5	Mary	Senior	00:17:36	16
6	Laura	Gray	00:18:03	15
7	Holly	Smith	00:18:09	14
8	Lucy	Donaldson	00:18:33	13
9	Martha	Lovatt	00:18:42	12
10	Alison	Wood	00:19:38	11
11	Chloe	McAdam	00:19:51	10
12	Catriona	Padmanabhan	00:20:12	9
13	Ann	White	00:20:36	8
14	Fiona	Moar	00:20:43	7
15	Alison	Rutherford	00:21:04	6
16	Helen	Collingwood	00:21:08	5
17	Kathryn	Scott	00:21:25	4
18	Amy	Cromarty	00:21:29	3
19	Morag	Casey	00:22:05	2
20	Maureen	Campbell	00:22:12	1
21	Ashley	Clancy	00:23:10	1
22	Lyndsay	Kerrigan	00:23:23	1
23	Mary	Cox	00:24:35	1
24	Sarah	Attwood	00:24:51	1
25	Caroline	Cherry	00:25:55	1
26	Anne	Mckechnie	00:26:08	1

Men's results

Position	First name	Surname	Race Time	League Pts
1	Crawford	Smith	00:14:19	20
2	James	MacLeod	00:14:24	19
3	Euan	Convery	00:14:26	18
4	Colin	Whitby	00:14:39	17
4	Nicholas	Gemmell	00:14:39	17
6	Craig	Shields	00:14:47	15
7	John	Coyle	00:14:50	14
8	Daniel	Scroop	00:14:54	13
9	Joe	Fitzgibbon	00:14:57	12
10	John	Connolly	00:15:01	11
11	Timothy	Martin	00:15:19	10
12	Matt	MacDonald	00:15:22	9
13	Grant	MacDonald	00:15:32	8
14	Kenneth	Macmahon	00:17:12	7
15	Andy	Downey	00:17:17	6
16	David	Butterly	00:17:28	5
17	Daniel	Burns	00:17:44	4
18	Robert	McLennan	00:17:48	3
19	John	Murray	00:18:20	2
20	Jim	McAneny	00:19:26	1
21	Graeme	Little	00:19:29	1
22	Athole	Smith	00:19:37	1
23	Graeme	Taylor	00:20:03	1
24	Jim	Boyle	00:20:29	1
25	Norman	Baillie	00:21:03	1
26	Paul	Collins	00:21:15	1
27	Martin	Egan	00:21:38	1
28	Stuart	Irvine	00:24:47	1

Event 4: Glasgow University 5 mile road race

28 October 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Monica	Blair	00:29:55	20
2	Frances	Wardle	00:31:43	19
3	Holly	Smith	00:33:38	18
4	Laura	Gray	00:35:01	17
5	Alison	Wood	00:35:22	16
6	Suzanne	Rae	00:36:02	15
7	Martha	Lovatt	00:38:45	14
8	Catriona	Padmanabhan	00:38:53	13
9	Bex	Currie Moodie	00:42:21	12
10	Fiona	Moar	00:42:49	11
11	Meg	Currie Moodie	00:45:17	10
12	Lara	Croxford	00:46:09	9
13	Sze Ki	Lam	00:46:48	8

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:26:46	20
2	Euan	Convery	00:27:37	19
3	James	MacLeod	00:27:52	18
4	Crawford	Smith	00:28:06	17
5	Timothy	Martin	00:29:21	16
6	Graham	Andrew	00:31:16	15
7	David	Butterly	00:31:30	14
8	Alex Lloyd	Young	00:32:55	13
9	Iain	McFarlane	00:33:37	12
10	Craig	Brown	00:33:47	11
11	Kenneth	Macmahon	00:33:52	10
12	Graeme	Taylor	00:36:32	9
13	Kieran	Daw	00:36:50	8
14	Graeme	Little	00:37:46	7
15	Nick	Campbell	00:41:20	6
16	Allan	Jenkins	00:43:46	5
17	Stephen	Cullen	00:46:24	4

Event 5: National Short Course XC

4 November 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Monica	Blair	00:14:26	20
2	Frances	Wardle	00:14:58	19
3	Katie	White	00:15:05	18
4	Holly	Smith	00:15:54	17
4	Mary	Senior	00:15:54	17
6	Gill	Blee	00:15:56	15
7	Lauren	Liversidge	00:16:33	14
8	Lucy	Donaldson	00:17:37	13
9	Catriona	Padmanabhan	00:17:41	12
10	Ann	White	00:18:40	11
11	Alison	Rutherford	00:18:50	10
12	Laura	Esplin	00:19:28	9
13	Kathryn	Scott	00:19:30	8
14	Amy	Cromarty	00:19:53	7
15	Bex	Currie Moodie	00:20:04	6
16	Morag	Casey	00:20:25	5
17	Lyndsay	Kerrigan	00:20:28	4
18	Jan	Boyd	00:20:30	3
19	Ashley	Clancy	00:21:26	2
20	Sarah	Attwood	00:23:27	1

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:12:40	20
2	Charlie	Treharne	00:13:05	19
3	Colin	Whitby	00:13:23	18
4	Euan	Convery	00:13:33	17
5	Callum	Macdonald	00:13:34	16
6	James	MacLeod	00:13:36	15
7	Daniel	Scroop	00:13:39	14
8	Nicholas	Gemmell	00:13:54	13
9	Jordan	Queen	00:14:06	12
10	Timothy	Martin	00:14:13	11
11	Matthew	Burnside	00:14:21	10
12	Gavin	Spence	00:14:34	9
13	Ian	Thomson	00:14:47	8
14	Gareth	Treharne	00:15:15	7
15	Duncan	Boyd	00:15:17	6
16	Robert	McLennan	00:16:11	5
17	Iain	McFarlane	00:16:15	4
18	Daniel	Burns	00:16:26	3
19	Craig	Brown	00:16:34	2
20	Jim	McAneny	00:17:28	1
21	Athole	Smith	00:17:47	1
22	Graeme	Taylor	00:18:06	1
23	Graeme	Little	00:18:09	1
24	Gordon	MacKay	00:18:52	1

Event 6: Brampton to Carlisle

19 November 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Emma	Blair	01:08:14	20
2	Alison	Wood	01:11:51	19
3	Martha	Lovatt	01:12:54	18
4	Debbie	Martin-Consani	01:17:38	17
5	Aileen	Wilson	01:18:08	16
6	Sinead	McLaughlin	01:19:11	15
7	Theresa	Miln	01:22:38	14
8	Morag	Casey	01:24:56	13
9	Bex	Currie Moodie	01:25:17	12
10	Alison	Rutherford	01:25:38	11
11	Amy	Cromarty	01:27:53	10
12	Lyndsay	Kerrigan	01:28:45	9
13	Mary	Cox	01:33:25	8
14	Ann	Clanachan	02:00:41	7

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:53:55	20
2	Craig	Shields	00:56:56	19
3	Euan	Convery	00:57:04	18
4	Jordan	Queen	00:57:51	17
5	Gavin	Spence	00:59:55	16
6	David	Butterly	01:02:42	15
7	Nathan	Smit	01:04:36	14
8	Keith	Wall	01:06:15	13
9	Paul	Elliot	01:06:23	12
10	Peter	Scott	01:07:54	11
11	Daniel	Burns	01:14:31	10
12	Norman	Baillie	01:16:40	9
13	Graeme	Little	01:19:22	8
14	Paul	Collins	01:19:34	7
15	Martin	Egan	01:21:42	6
16	David	Hamill	01:25:53	5

Event 7: Dunbartonshire XC

26 November 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Monica	Blair	00:34:23	20
2	Gill	Blee	00:38:40	19
3	Holly	Smith	00:39:50	18
4	Laura	Gray	00:40:51	17
5	Martha	Lovatt	00:41:58	16
6	Lucy	Donaldson	00:42:09	15
7	Laura	Esplin	00:52:53	14
8	Ashley	Clancy	00:53:14	13
9	Maureen	Campbell	00:53:16	12

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:31:40	20
2	Crawford	Smith	00:31:58	19
3	Nicholas	Gemmell	00:32:22	18
4	James	MacLeod	00:32:41	17
5	Colin	Whitby	00:33:27	16
6	Craig	Prior	00:33:32	15
7	Grant	MacDonald	00:34:43	14
8	Paul	O'Brien	00:38:19	13
9	John	Murray	00:39:18	12
10	Keith	Wall	00:39:54	11
11	Craig	Brown	00:42:26	10
12	Jim	McAneny	00:43:54	9
13	Graeme	Taylor	00:45:29	8
14	Martin	Egan	00:47:06	7

Event 8: West District XC (scratch)

2 December 2023

Women's results

Position	First name	Surname	Race Time	League Pts
1	Lesley	Bell	00:28:08	20
2	Monica	Blair	00:28:11	19
3	Gill	Blee	00:31:34	18
4	Holly	Smith	00:32:00	17
5	Martha	Lovatt	00:34:50	16
6	Catriona	Tennant	00:35:21	15
7	Catriona	Padmanabhan	00:36:19	14
8	Alison	Rutherford	00:38:54	13
9	Meg	Currie Moodie	00:39:40	12
10	Amy	Cromarty	00:39:42	11
11	Morag	Casey	00:41:37	10

Men's results

Position	First name	Surname	Race Time	League Pts
1	Jack	Trainer	00:24:31	20
2	James	Wilkes	00:25:26	19
3	James	MacLeod	00:26:32	18
4	Nicholas	Gemmell	00:26:48	17
5	Euan	Convery	00:27:31	16
6	Grant	MacDonald	00:27:55	15
7	Timothy	Martin	00:28:01	14
8	Kenneth	Macmahon	00:31:31	13
9	Robbie	Drummond	00:31:51	12
10	Graeme	Taylor	00:36:54	11
11	Martin	Egan	00:38:43	10

Event 9: West District XC (handicap)

2 December 2023

Women's results

Position	First name	Surname	Handicap Time	League Pts
1	Lesley	Bell	00:24:40	20
2	Monica	Blair	00:24:45	19
3	Holly	Smith	00:25:50	18
4	Gill	Blee	00:25:54	17
5	Martha	Lovatt	00:26:10	16
6	Catriona	Tennant	00:26:40	15
7	Catriona	Padmanabhan	00:26:45	14
8	Meg	Currie Moodie	00:27:00	13
9	Alison	Rutherford	00:27:05	12
9	Morag	Casey	00:27:05	12
11	Amy	Cromarty	00:27:10	10

Men's results

Position	First name	Surname	Handicap Time	League Pts
1	Grant	MacDonald	00:24:18	20
2	Jack	Trainer	00:24:30	19
3	James	Wilkes	00:25:11	18
4	Nicholas	Gemmell	00:25:28	17
5	James	MacLeod	00:25:32	16
6	Euan	Convery	00:25:49	15
7	Timothy	Martin	00:25:52	14
8	Kenneth	Macmahon	00:26:00	13
9	Robbie	Drummond	00:26:10	12
10	Martin	Egan	00:27:20	11
11	Graeme	Taylor	00:27:25	10

Event 10: Nigel Barge 10K

21 January 2024

Women's results

Position	First name	Surname	Race Time	League Pts
1	Monica	Blair	00:35:51	20
2	Gill	Blee	00:41:35	19
3	Alison	Wood	00:44:45	18
4	Aileen	Wilson	00:47:01	17
5	Lucy	Donaldson	00:47:54	16
6	Alexandra	Michnowicz	00:49:42	15
7	Maureen	Macleod	00:50:01	14
8	Moira	Young	00:50:20	13
9	Alison	Rutherford	00:52:22	12
10	Meg	Currie Moodie	00:53:04	11
11	Heather	Church	00:56:07	10
12	Lyndsay	Kerrigan	00:57:12	9
13	Ashley	Clancy	00:58:09	8

Men's results

Position	First name	Surname	Race Time	League Pts
1	Colin	Whitby	00:34:55	20
2	James	MacLeod	00:35:32	19
3	Matt	MacDonald	00:35:46	18
4	Grant	MacDonald	00:37:56	17
5	Iain	McFarlane	00:38:59	16
6	Finlay	Finlay	00:39:29	15
7	David	Butterly	00:39:40	14
8	Mattia	Mancinelli	00:40:13	13
9	Paul	O'Brien	00:41:26	12
10	Keith	Wall	00:42:20	11
11	Lance	Voute	00:44:42	10
12	Graeme	Taylor	00:45:22	9
13	John	Murray	00:47:56	8
14	Paul	Henderson	00:52:25	7
15	Graeme	Gilkes	00:53:53	6
16	Mark	Turnbull	01:04:38	5

Event 11: National XC
24 February 2024

Women's results

Position	First name	Surname	Race Time	League Pts
1	Monica	Blair	00:39:31	20
2	Katie	White	00:41:28	19
3	Gill	Blee	00:44:35	18
4	Mary	Senior	00:45:48	17
5	Laura	Gray	00:48:52	16
6	Holly	Smith	00:50:07	15
7	Emily	Tomasso	00:50:27	14
8	Ann	White	00:52:01	13
9	Catriona	Padmanabhan	00:53:29	12
10	Alison	Rutherford	00:53:34	11
11	Emma	Waine	00:54:49	10
12	Amy	Cromarty	00:55:43	9
13	Fiona	Moar	00:57:23	8
14	Meg	Currie Moodie	00:58:16	7
15	Jan	Boyd	00:59:49	6
16	Bex	Currie Moodie	01:00:23	5
17	Lyndsay	Kerrigan	01:00:50	4
18	Heather	Church	01:01:03	3
19	Ashley	Clancy	01:01:08	2
20	Caroline	Cherry	01:04:26	1
21	Sarah	Attwood	01:05:27	1

Men's results

Position	First name	Surname	Race Time	League Pts
1	Alan	Blair	00:36:50	20
2	John	Connolly	00:36:56	19
3	James	MacLeod	00:37:23	18
4	Donald	McPartlin	00:38:37	17
5	Timothy	Martin	00:39:07	16
6	Gavin	Spence	00:40:04	15
7	John	Coyle	00:40:05	14
8	Grant	MacDonald	00:40:32	13
9	Garry	Mathew	00:40:49	12
10	Euan	Convery	00:40:53	11
11	Craig	Shields	00:41:02	10
12	Gareth	Treharne	00:43:15	9
13	James	Reid	00:44:19	8
14	Matt	MacDonald	00:44:25	7
15	John	Murray	00:44:26	6
16	Graham	Andrew	00:44:49	5
17	Paul	O'Brien	00:45:02	4
18	Mike	Donaldson	00:45:18	3
19	David	Butterly	00:45:34	2
20	Keith	Wall	00:46:24	1
21	Iain	McFarlane	00:47:08	1
22	Andy	Downey	00:47:59	1
23	Ian	Sproull	00:48:35	1
24	Patrick	GIBBONS	00:49:39	1
25	Daniel	Burns	00:49:53	1
26	John	Bell	00:50:26	1
27	Athole	Smith	00:50:29	1
28	Graeme	Little	00:50:47	1
29	Daniel	Scroop	00:51:19	1
30	Graeme	Taylor	00:51:50	1
31	Norman	Baillie	00:53:12	1
32	David	Dickson	00:53:43	1
33	Jim	Boyle	00:54:10	1
34	Martin	Egan	00:56:03	1
35	Paul	Collins	00:59:08	1
36	Jim	McAneny	01:00:14	1
37	Stuart	Irvine	01:02:24	1

Event 12: National XC (handicapped)
24 February 2024

Women's results

Position	First name	Surname	League Pts
1	Alison	Rutherford	20
2	Fiona	Moar	19
3	Monica	Blair	18
4	Ann	White	17
5	Katie	White	16
6	Heather	Church	15
7	Meg	Currie Moodie	14
8	Mary	Senior	13
9	Emma	Waine	12
10	Amy	Cromarty	11
11	Ashley	Clancy	10
12	Caroline	Cherry	9
13	Sarah	Attwood	8
14	Gill	Blee	7
15	Laura	Gray	6
16	Catriona	Padmanabhan	5
17	Holly	Smith	4
18	Emily	Tomasso	3
19	Lyndsay	Kerrigan	2
20	Bex	Currie Moodie	1
21	Jan	Boyd	1

Men's results

Position	First name	Surname	League Pts
1	John	Connolly	20
2	Gareth	Treharne	19
3	Mike	Donaldson	18
4	Timothy	Martin	17
5	Ian	Sproull	16
6	Graeme	Taylor	15
7	Andy	Downey	14
8	James	Reid	13
9	Garry	Mathew	12
10	Grant	MacDonald	11
11	Jim	Boyle	10
12	Alan	Blair	9
13	James	MacLeod	8
14	Gavin	Spence	7
15	John	Murray	6
16	Graham	Andrew	5
17	John	Coyle	4
18	Graeme	Little	3
19	Athole	Smith	2
20	Donald	McPartlin	1
21	Euan	Convery	1
22	Craig	Shields	1
23	Matt	MacDonald	1
24	Paul	O'Brien	1
25	Martin	Egan	1
26	David	Butterly	1
27	Iain	McFarlane	1
28	Paul	Collins	1
29	Stuart	Irvine	1
30	Jim	McAneny	1
31	Norman	Baillie	1
32	Daniel	Scroop	1
33	David	Dickson	1
34	Patrick	GIBBONS	1
35	Daniel	Burns	1
36	Keith	Wall	1
37	John	Bell	1

Event 13: Jack Crawford 10K
10 March 2024

Women's results

Position	First name	Surname	Race Time	League Pts
1	Alison	Wood	00:45:38	20
2	Amanda	Connelly	00:47:20	19
3	Alison	Rutherford	00:50:02	18
4	Margaret	Allison	00:50:35	17
5	Morag	Casey	00:54:34	16

Men's results

Position	First name	Surname	Race Time	League Pts
1	James	Wilkes	00:33:15	20
2	Iain	McFarlane	00:37:12	19
3	Peter	Scott	00:37:34	18
4	Robbie	Drummond	00:45:02	17

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.

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 2023 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 7 October 2023	West District cross country relay
2	Saturday 14 October 2023	DAAA cross country relay
3	Saturday 21 October 2023	National cross country relay
4	Saturday 28 October 2023	Glasgow University 5 mile race
5	Saturday 4 November 2023	National short course cross country
6	Sunday 19 November 2023	Brampton to Carlisle 10 mile road race
7	Saturday 25 November 2023	Dunbartonshire cross country
8	Saturday 2 December 2023	West District cross country (scratch)
9	Saturday 2 December 2023	West District cross country (handicap)
10	Sunday 21 January 2024	Nigel Barge 10K
11	Saturday 24 February 2024	National cross country (scratch)
12	Saturday 24 February 2024	National cross country (handicap)
13	Sunday 10 March 2024	Jack Crawford 10K