



Motherwell Athletics Club

2010 Road Runners' Leagues

In addition to the overall Road Runners' Championship, athletes are divided into 5 ability leagues (mixed-sex) using existing Time Trial performances and/or race results. Athletes of similar abilities compete throughout the season at nominated events to accumulate points. Each league scores points as per the overall Championship (but on a non-gender basis) with 10 points for the fastest finisher within each league, 9 points for 2nd and so on. The eight best results count towards the final total.

Road Runners remain fixed within their league for the duration of the season. In exceptional circumstances a runner may be reassigned to a different league if it becomes clear they have been misallocated.

In the event of a points draw for first place at the end of the season, the winner will be decided by which of the relevant runners achieves the faster time in the November Time Trial (NB: time, not finishing position).

Season Duration, Eligibility, Races

Rules are identical to the Road Runners' Championship, with the exception that no bonus points will be awarded for marathons or team events.

Results

Points will be compiled from official published race results.

Points tables will be displayed at <http://www.motherwellac.com/leagues2010.shtml> and on the notice board within the Boathouse gym.

Prizes

At the Annual prize giving, a prize will be awarded to the Road Runner within each league, male or female, with the most points accumulated throughout the season (plus 2nd and 3rd).

League Placement

All athletes who have renewed their memberships have been placed in the leagues as below, with some revision for new members who have posted marker times in handicaps/races.

For athletes yet to renew, their times for last year have been noted and will be placed in the appropriate league on renewal.

League 1	Less than 25.29 (15)
Craig Cassidy	X (1 st MAC @ ATHelite 5k 2009)
Graeme Kennedy	22.44
Alex Hay	23.05
Craig Adams	23.16
Derek Wylie	23.26
Alan Tait	23.47
Brian McLinden	24.16
Stephen Irwin	24.23
Nick Hughes	24.35
James Smith	24.37
Benny Hands	24.46
John Hughes	24.50
Matthew Purser	25.14
Jessie Miller	25.19
Luke McIlvenna	Provisional Placement



League 2	25.30 to 27.29 (17)
Stan Kavanagh	25.34
<i>Richard Martin (19.06.93)</i>	<i>25.44 (age 17 in June)</i>
Michael Wedlock	26.08
Stuart Riley	26.22
Roddy Quinn	26.24
Robert Owen	26.33
Jo Clark	26.54
Graham Hawkins	26.55
Allan Ferguson	26.59
Graeme Lennox	27.00
Paul Harkins	27.01
Michael Hampson	X 27.02 (Aug 2008)
William Martin	27.06
Stephen Riley	27.08
Alex Barr	X (27.08 Oct 07)
Gerald Hartley	27.18
<i>Scott Dickson (12.05.93)</i>	<i>27.29 (age 17 in May)</i>
League 3	27.30 to 29.29 (16)
Carole Munro	27.39
Mark Coyle	X 27.48 (March 2008)
Elaine Jamieson	27.49
Clare Barr	27.56
Robert McCourt	28.06
Mae McIsaac	28.29
Jim Riley	28.38
Joe Fennessy	28.38
Clare Hughes	28.46
Phyllis Hands	28.47
Jim Tracey	28.52
Gayle Tait	28.56
Laura McTavish	29.01
Graeme St John	29.12
Paul Kavanagh	29.22
David Cowan	Provisional Placement
League 4	29.30 to 32.59 (15)
Jane Wedlock	29.40
John Allan	29.46
Lorna Gall	29.48
Derek Abernethy	29.53
Jill Logan	30.18
Catherine Wotherspoon	30.25
Elizabeth Martin	30.28
Dougie O'Hare	30.52
Jimmy Mullen	30.57
Ceri Evans	31.07 Prov. Placement (29.18 March)
Angela Downie	31.20
Pat Allen	31.28
Ewen Cameron	X 31.38 (Sept 2008)
Fiona Moran	32.28
Gordon Megahy	32.39
League 5	33.00 and greater (11)
Anne Hughes	33.14
Lesanne Cherry	34.05



Carol Ferguson	X 34.24 (Jan 2009)
Diane Litterick	35.16
Alastair Kerr	35.53
Wendy Kerr	36.54
Ian Young	37.13
George Cooper	39.07
Malcolm Moffat	40.39
Catherine (Irene) Kerr	45.56
Pauline Ewart	Provisional Placement

A minimum of two (preferably three) Time Trial times and/or race results are required before allocation into a League