

Race Reports 2020

Wilson Trophy

[Leave a reply](#)

For the first time since March of this year, Greenock Glenpark Harriers were able to host one of their club championship races on its usual course. In the past few months, Scottish Athletics guidance has allowed us to hold two time trials, but these have been away from the public eye. The Wilson Trophy race is always held on the trails behind the Greenock Cut, and as always is a conceding handicap race which allowed us to spread the start times for the runners to keep group sizes down.



Shaun Lyon

The runners are set off in reverse order, with fastest runners starting last. The winner of the handicap race is the first person back to the finish line. In between, the runners have to contest with an undulating 4.5 mile course across the tracks and trails behind Overton. For the second year in a row, the fastest time was good enough to win the overall race and the handicap trophy. Shaun Lyon was last out and first back, tearing the course to pieces in a great time of 26.47, the fastest time in at least five years.



Kevin O'Donoghue and Kyle Wilson

For once, the weather was favourable. This is a race synonymous with poor weather conditions, and is often cancelled for snow or ice! However this year, there was no rain or wind to be found. The weeks leading up to the race have been wet, and the trails were very much chewed up making it quite heavy going underfoot. It is also typically the club's poorest attended event, with the most runners in the last five events being just over 30. An amazing 56 runners toed the line for this year's event, no doubt excited for the opportunity to race! The club have done wonders during lockdown to get regular training, and now some events, all carried out safely and in line with Scottish Athletics guidelines.



Fiona MacFarlane

In the ladies race, the scratch winner was Sue Hewitson, defending her title from 2019. Sue is at home on the trails, and has spent most of lockdown training on the runners' paradise around The Cut and Cornalees. Fiona MacFarlane had a fantastic run in second place (third handicap), and Marian Monk was not far behind in third spot overall. Sandra Devine was so close to winning the handicap race, only being caught by Shaun with 11 seconds to spare! It was a really good run from Sandra, and there were a lot of good performances from the newcomers on the ladies side. Olivia Devine, Jennifer Boyd and Emma Sinclair all ran well on their Wilson debut, but it was Lynsey McLaughlin who perhaps had the best of the bunch. The regular training has been paying off for this group in particular!



Sue Hewitson

Andy McCall couldn't quite defend his double win at this race from last year, but he was still second in the scratch race and took over two and a half minutes off of his time from last year. Debutant Kyle Wilson was set off with a group of the fastest runners in the club, but he didn't let that affect him. He held off multiple club champion Stevie Campbell to claim third spot. Stevie did however claim first vet. There was some fine performances from the likes of Daniel Doherty, Kevin Craig and Michael McLoone.



George McCallum and Oliver Reilly

Appropriate footwear is always an essential for this race, and a better choice of shoes allowed Oliver Reilly to take seven whole minutes off of his time from last year! One of the runs of the day came in the v60 category, with Graham McGrattan running a hair over 33 minutes for the course, over 3 minutes quicker than his last time on the course. Age is no barrier in the club, and it was fantastic to see Eddie Devine and Charlotte McKay competing and winning their respective age categories.



Graham McGrattan

Gavin Morrison and Campbell Cromar made their Glenpark debuts having recently switched to the club, and both ran well and enjoyed the chance to compete against so many fellow club members. Everyone at the club was buoyed to see George McCallum competing in the race, and the sense of community spirit was high among all those running and volunteering. It was great to be back to racing as a club, and everyone hopes it is the start of things to come in the New Year.

A big thanks must go to the race sponsors, Wilson Buses. Also thanks to the volunteers who braved the cold on the day, and the day before to set the course up. A lot of work went in prior to the race to make sure it could be ran safely, and we are looking forward to our next opportunity to race in the new year.

Results: Shaun Lyon 26.47, Andrew McCall 27.59, Kyle Wilson 28.23, Steven Campbell 28.27, Daniel Doherty 28.41, Kevin Craig 28.46, Kevin O'Donoghue 28.51, Neil Lafferty 29.00 Michael McLoone Jnr 29.05, Andrew Osborne 29.52, Gavin Morrison 30.09, Oliver Reilly 30.45, Chris Jones 31.03, Robert Dolan 32.23, Gordon Hepburn 32.23, Stephen Hanley 32.51, David Roberts 32.59, Graham McGrattan 33.03, Owen Atkinson 33.14, Sue Hewitson 34.24 Eric Lindsay 34.35, Alan O'Rourke 35.59, Stuart Austin 37.11, Stephen Reid 37.27, Fiona McFarlane 37.28, Campbell Cromar 37.4, Callum Gorry 37.42, Danny McLaughlin 38.11, Frank McMahon 38.22, Craig Canning 38.34, Marian Monk 38.41, Mick Harrington 39.08, Stuart David Crawford 40.32, Debbie McKenzie 41.04, Kenneth Scott 41.24, Marianne McKay 41.31, Matthew Young 41.38, George McCallum 41.4, Lisa Boonsanong 41.44, Cheryl Thomas 41.51, Claire Monaghan 42.05, Heather Lafferty 42.22, Aidan Coyle 42.23, Alex Paterson 42.39, Liz Ness 43.55, Lynsey McLaughlin 44.23, Olivia Devine 44.54, Fiona Cushnaghan 46.04, Jennifer Boyd 46.33, Elaine Medinelli 46.59, Sandra Devine 47.58, Helen Crawford 48.44, Angela Nelson 49.14, Emma Sinclair 50, Charlotte McKay 61.46, Eddie Devine 64.35

Harriers During Lockdown

2020 has been a challenging year for everyone. Greenock Glenpark Harriers should have spent the year with a number of events to mark the club's 125th anniversary. When the world was put on hold in March, the club had to find new ways to commemorate this special year, and keep the members engaged in running.

One of the first club races to fall was the Doherty Cup, a ten mile road race. So instead of a race, that weekend the club held a virtual 'how far can you run in an hour' challenge, which kept within the government restrictions at the time. This was the first of many virtual running events put on by the club and latterly by Scottish Athletics too.



Graham McGrattan ready for one hour on the treadmill

The Scottish Athletics challenges proved very popular, and the club were regularly in the top 3 in Scotland in terms of participation numbers. One of the most popular virtual events was 'how far can you climb in 30 minutes' which challenged the runners to run continuously on a hill for half an hour to gain as much elevation as possible. Inverclyde offers a few good locations for this sort of fiendish challenge!

Social media running site Strava has been a great tool to help keep our runners engaged with each other. During lockdown, it was creatively used as a way to set up virtual leaderboards. GPS watches and smartphones allowed us to create routes across Inverclyde, and Strava compiles leaderboards on each of them. The routes were all 1.25 miles long (a nod to the 125 years) and involved some of the area's steepest hills. The competitive juices were flowing once again! To give an idea of the toughness involved, try running from Port Glasgow's Glen Avenue all the way to the golf course (and a bit further...). These routes were steep! There were 6 in total, and one of our runners Kevin Craig was mental enough to complete all 6 in one run, a total route of over 31 miles. If you're on Strava, get involved!



Kevin Craig ready for action

Social media engagement was high throughout lockdown. Daily photos from the club's archives were posted on our Facebook group to amuse and bemuse in equal measures. Somehow baby photos of the club's committee members snuck their way in too!



Erin McEleny during a SA Virtual Challenge on The Esplanade

Scottish Athletics have worked hard with the government to provide ever changing guidelines as the country eased its way out of Lockdown. In recent months, the club has been able to get senior and junior training sessions up and running again. Running was very popular during lockdown. Perhaps with the gyms closed, and also due to the various charitable challenges doing the rounds on social media. The club have benefited greatly from this, taking on a huge number of new members as a result. The senior training sessions have been the lifeblood of the club in recent months, with numbers almost doubling from pre-lockdown. A huge credit must go to Alan O'Rourke, Alison King and a whole host of volunteers and coaches for keeping these organised and safe.

In recent months, some club time trials have also been organised, but held away from the public eye and in line with Scottish Athletics guidelines. Perhaps the public are not quite ready for the sight of our runners in the famous sky blue vests charging along the Esplanade. The lockdown put pay to our 2019/20 club championship after only 5/11 races complete. We will be carrying the points from these over to the 20/21 championship. The two time trials held since the relaxation of rules will count towards the championship. We have held these up Greenock Cut and at Ravenscraig Track. They have proven very popular, and have given our runners a much needed excuse to get the special 125th anniversary vest on!



Stuart Austin sporting the club gear

Our annual New Year's Day race, The Lyle Mile, is likely to be going ahead as a virtual event. We hope we can get the community engaged with running to start the New Year, and we all hope that 2021 will see a return to something closer to normality. Not just for our club, but the whole of Inverclyde.

If you want to know more about the club, please drop us an email at greenockglenparkharriers@gmail.com. Big thank you to the Greenock Telegraph for publishing the article in the paper last Wednesday, and for their continued publicity.

#shecanshewill

#shecanshewill #ActiveGirls @scotathletics @inverclyde @InverclydeL

This is Scottish Women and Girls in Sport Week and @GGHarriers girls & ladies will join in the celebrations by competing on Sunday at Ravenscraig stadium in the Annual Colin Shields races. Our Seniors will contest the 5000m, and Juniors will go over 2000m and some shorter sprint races.











































Greenock Glenpark Harriers

In this month in 1895, the famous Greenock Glenpark Harriers were established.







Back Row—T. Harris (Hon. Secy.), R. Shaw, J. Addison, D. Paton, D. Canning, J. Armour (Trainer).
 Front Row—A. Pettigrew, D. Turner, D. Cadenhead, J. G. Cameron (President), J. Rowan, R. Holmes, W. Balloch

GREENOCK GLENPARK HARRIERS.

RENFREWSHIRE CROSS COUNTRY TEAM CHAMPIONS.
 1930-31. 1931-32. 1932-33.

SUNDAY MAIL, JANUARY 19



Eight teams competed in the Renfrewshire Cross Country Championship held at Gourock House yesterday, and everyone seemed to enjoy it.



GREENOCK GLENPARK HARRIERS.

South Western District Champions,
1933-4, 1937-8.



Back—D. Brown (197-8), D. Cuning (1931-4), J. Thomson (1937-8), C. Berry (1937-8).
Middle—R. McIntyre (1933-4), D. Torrey (1933-4), A. Mathew (1931-4), J. Wilson (1937-8), R. Holmes (1933-4), H. McLeod (1937-8).
Front—E. Lough (Captain, 1931-4), W. McKinnick (Hon. Coach), Provost J. Ross-Pullar (Patron), J. Rowan (President), M. Ryan (Captain, 1937-8).



HEIR
GREENOCK

















Glenpark Harriers Smash the Virtual London Marathon 2020

This year has been very different for Greenock Glenpark Harriers. It was supposed to be a year of joy celebrating the club's 125th anniversary. Those celebrations will have to be put on hold. There have been no races throughout the summer, and the runners have all kept themselves busy with a variety of virtual races set by Scottish Athletics and the club itself.

Each year in April, Glenpark have always sent a good contingent down to London to run one of the world's best marathons. This year, the marathon was initially postponed until October, before ultimately being reduced to an elite race only. To try and keep the runners interested, London decided to organise a virtual marathon for those lucky enough to have a place in the actual run.

So whilst Eliud Kipchoge was being proven to be human, and Sarah Hall was sprinting over the finish line in one of the best finishes London has seen, our club runners were out pounding the pavements of Inverclyde in a bid to record their time for the 26.2 miles. We had 7 athletes competing in the race, and some inspirational stories amongst them.

The Battery Park is just over a kilometre in circumference, and all Inverclyde runners know it as a great training ground. It's flat, it has nice pavement or grass, it usually has a toilet. However, not many people would think that over 41 laps of the park sounds like a good idea? Step forward Oliver Reilly. One of the rising stars within Greenock Glenpark Harriers he was the lucky recipient of the club's ballot place in the marathon. Well he didn't want that ballot place going to waste, and he wanted to represent his club with pride. Boy did he do that.



Oliver has ran two marathons before (PB of 3.17), and wanted his solid training to go to use. So he set out with a target of sub 3, and as close to the good for age time of 2.57 as possible. To help, the club rallied round Oliver and he was met with over ten runners and countless supporters who came down to the Battery Park to help with pacing and support. It was a fantastic sight to see the club vest out there for the first time in 6 months. Needless to say, Oliver absolutely smashed it, running 2.57.35! A big thanks must go out to Kevin O'Donoghue, who paced the whole distance with Oliver, and provided many words of 'encouragement', especially in the dying stages...

Some of the pacers deserve a shout out too. The likes of Andy McCall and Duncan Anderson, running 20 miles at that pace just shows how well they've been training over the summer. Here's hoping there's something for these guys to compete in soon.



A traditional Sunday run route for our runners is to head out the IBM road, and loop back through Gourrock. It's essentially a half marathon route, so Donna Campbell set out to do it twice! Donna ran an absolute stormer, completing in under 3.40! A fantastic run! That time is within the good for age rankings, and will see Donna get to experience the real deal next year hopefully. Other ladies competing included

Sue Hewitson who ran 4.08 and Kirsty Ormond who walked it in 7.27. Unreal effort from Kirsty, who went down the Old Largs Road and back up the coast. That's a lot of time on your feet!



Inverclyde was host to Scotland's first mass participation marathons in 1981. To commemorate this, and take part in their own virtual London, Robert Dolan and John Stevenson set out to recreate the route. It starts with a loop of the Esplanade, then out to Gourock Road end via the Cloch Road. It then turns and heads all the way back to Coronation Park in Port Glasgow before turning back for a finish on the Esplanade.

Robert, club president and London marathon regular, assisted by different generations of his family on foot and bike, got round the route in 3.23.46. The finish on the Esplanade was greeted with champagne and family members a plenty. It might not quite be The Mall, but it's not bad. John had less fun in his run. Having went out with Robert, the marathon distance took a prisoner. Not for the first time, and definitely not for the last, a fantastic runner hit the wall. John, a veteran of London and multiple ultra marathons ran well through 16 miles, but the last 10 were not as easy. However club captain John stuck at it, and battled to the finish. Finishing in under 4 hours has to be hugely commended!



Craig Canning picked up a late entry into the virtual marathon, and ran a very steady 3.52 which is brilliant considering the lack of marathon training. Craig benefitted from some more Harriers helping him round the final few laps of the Battery Park.

The stories of the help and support on offer throughout the day sums up what this running club is all about. It's been a tough year for everyone, but Greenock Glenpark Harriers are going to emerge from it stronger than ever. Bring on 2021.

2020 AGM

Wednesday 30th September

Unfortunately due to restrictions, we cannot meet as a group this year. So it is proposed that the following format is adopted in order to get some sort of AGM and bring this season to a close.

Leading up to the 30th September we'll invite members to email in anything they would like to have brought up under Any Other Business (AOB) to greenockglenparkharriers@gmail.com

This will be discussed by the committee, minuted, and a reply sent. This will all be put together with the President, Treasurer and Secretary's report and emailed to all members on the 30th September.

As far as setting the fees for next season Yvonne Prager (Treasurer) proposes keeping the fees the same as recent years.

Senior £50

Junior £50

Family £100
2nd member from same household £30
Early bird (paid before 31st October)
Senior £45
Junior £45
Family £95
2nd member from same household £25

Fees will be due from 1st October bank details to follow.

I hope you will support this format and we can move forward and plan for season 2020/21

The current committee is listed below. There has been a couple of changes recently. There are two vacancies at the moment. One for the treasurers position, Yvonne Prager has decided to step down after 4 years as Treasurer and 8 years before that as President. Graham McGrattan is also stepping down as Clubhouse Manager (with someone showing an interest in the position). Steven Watson stepped down recently as Membership secretary with Liz Ness taking over. We would like to thank everyone for their hard work over the years. If anyone is interested in the Treasurers position please get in touch.

Robert Dolan – President
Yvonne Prager – Treasurer (vacant)
Stevie McLoone – Secretary/Coaching rep
Alison King Welfare – Officer/Assistant Secretary/Covid Co-ordinator
John Stevenson – Mens Captain
Elaine Medinelli – Ladies Captain (newly filled position)
Stephen Hanley – Communication Secretary
Liz Ness – Membership Secretary
Stephen Reid – Kit Manager
Graham McGrattan – Clubhouse Manager (Stepping Down, someone showing interest)
Claire Melville – Social Convenor
Alan O'Rourke – Ordinary Member
Lorna Coyle – Ordinary Member

GGH return to Ravenscraig Stadium

At long last we are able to return to Ravenscraig stadium for training, commencing Tuesday 15th September 2020. Times are slightly different than usual, and there are some restrictions been put in place. *****Please note that there will be NO toilet facilities available.**

Tuesday

Junior training – Ravenscraig Stadium 6.15 to 7.15pm (upto 7.45pm for sprint group). Meet outside the stadium – no entry prior to 6.15pm.

Thursday

Junior training – Ravenscraig Stadium 6.00 to 7.00pm (upto 7.30pm for sprint group). Meet outside the stadium – no entry prior to 6.00pm.

Saturday

Junior training – Ravenscraig Stadium 11.45am to 12.45pm (sprint group speak to Kenny M. for your times). Meet outside the stadium – no entry prior to 11.45am.



GGH Clubhouse Update

We have taken advantage of the Covid shutdown to refurbish the Orangefield clubhouse. The work is nearing completion, with expectation that we can start using it again by the 1st October 2020.

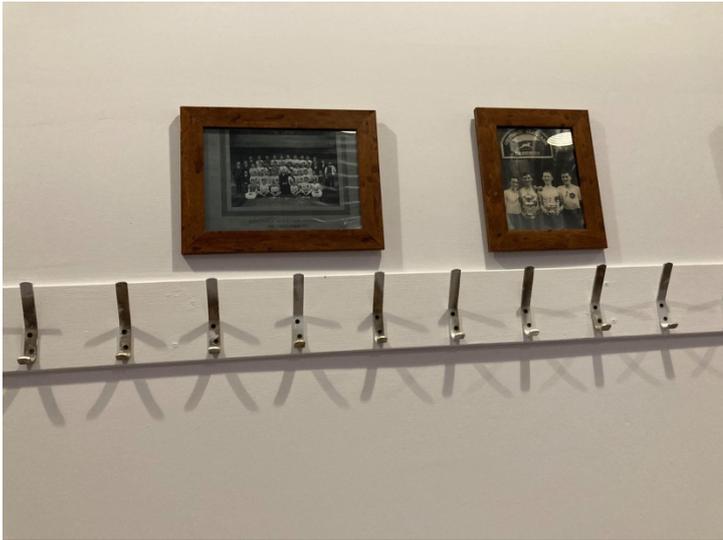
Unfortunately there will be quite significant restrictions in order to comply with Government guidance. This will include:- clubhouse limited to TWO users at any one time: Coming changed for your session: No use of the showers. Users Wiping down equipment on completion of session: Toilets can be used, and users to follow all current Government guidance.

There will be a booking system in place on the clubwebsite. Members may book a single 1 hour gym session up to 1 week in advance**. The Gym will be available 24/7.

**If an adjacent slot is available 24 hours prior to your current booking, you may book a back to back session.

Please note: You will need to Contact committee for a new key, as lock has been changed on outer door.









Training Sessions and New Members

We are delighted to once again begin taking on new senior members to Greenock Glenpark Harriers. We have had our popular Monday and Wednesday senior training sessions up and running now for the last month, and we are now in a position where we can open these sessions up to new senior members and free trials.

If you are interested in joining the club or coming along to one of our training sessions, then please drop us an email at greenockglenparkharriers@gmail.com

Our senior training sessions run on Monday and Wednesday nights at 6.20pm. These sessions are for all abilities, please do not feel that you are not fast enough for these sessions. That will never be the case. Currently, Monday nights are in Greenock Cemetery and Wednesday will be in the Battery Park until the clocks change. Pre-booking for sessions is currently essential so that we comply with track and trace. More information on this will be passed on if you email in.

We are currently offering membership for free until the start of our new season next month, so now is the perfect time to come along and give it a bash!

Unfortunately, our popular Couch to Club Runner group on a Tuesday night will not return until Spring 2021. It was always the plan this year to stop this for winter due to too many cancellations last year, and poor visibility on the Esplanade. The lockdown easing just came too late to run a full block before the clocks change.

However, we hope that the runners who were attending this will give one of our other sessions a chance for free in the next month, and we guarantee that you'll love it! You won't find a more welcoming bunch of folk than the Harriers on a Monday or Wednesday night.



Isaiah Williams GGH 1914-18

We recently received an old Harriers picture taken during the Great War. We are very grateful to Peter Hayden who's grandfather is featured, for the photo and the background story. (see below)



my grandfather, Isaiah Williams in his Glenpark running kit with other members of his team and their coach (I bet your current coaches don't look as scary!)

The photo was taken during the First World War when my grandfather was stationed , we believe, in the dockyards. He was a steelworks engineer in Llanelli, South Wales when the War broke out...and we understand his expertise was needed in the dockyards when the ships and submarines were being built for the War effort.

He is seated in the front row on the right as you look at the photo. Both he and the other athlete standing back left have the club emblem on their running kit...it looks like GGH which would make sense. He was born in 1889 and died..sadly... a few weeks after he retired in 1959. He moved back to the steel/tin industry in Llanelli and married his childhood sweetheart. They had two daughters...one being my mother. His elder daughter...my Aunty... died in 2015..aged 93 and it was in her albums we found this great photo.

New to Running?

Whether it is the Run5 Donate5 Nominate5, the 2.6 challenge or a different type of contest, there has been a great deal of virtual running ideas keeping people busy in the last month or so. Even within the club, we've had our virtual Docherty Cup door to door race, the Scottish Athletics 15 minute challenge and this weekend we will have our virtual Willie Jukes 5 mile race. The charitable success of the Docherty was recently publicised in the Greenock Telegraph. The GGH 125 Strava segments have also proven to be very popular in getting some competitive juices flowing.

One thing that we have noticed as a club is that there are a lot of people out there running, taking full advantage of the daily exercise. Maybe it is because the local gyms are shut? Maybe it is the lack of structure team training sessions? However, we are sure there are a number of people who have tried running for the first time. Maybe you even enjoy it? Maybe you'd like to keep it up after this situation calms down?

Well if that is the case, then perhaps a little more information on Greenock Glenpark Harriers is what you're after. Under normal circumstances, we offer runner focussed training sessions for ages 9-90. We compete at a national level and we have 11 of our own unique club races from 1 to 10 miles. We also have a newly initiated and already popular free beginners group which meets once a week, with the name "Couch to Club Runner" which does exactly as advertised.

Obviously, we cannot offer these services now. We will be hoping to be up and running as soon as we can. However, if you are just getting into your running and you have any questions, then why not drop up a message at any of the below:

@ggharriers on Twitter
Greenock Glenpark Harriers on Facebook
greenockglenpark on Instagram
greenockglenparkharriers@gmail.com

Maybe you want to know what sort of training you could be doing to allow yourself to run further/faster? Maybe you want to know good local routes to run? Or maybe you want to know more about us as a club? Anything at all, drop us a line and we'll get back you. In the mean time, stay safe and enjoy your running!



Harry Top of his Class



Harry McGill put in a fantastic performance to win the Scottish schools National cross country championships. Representing Largs Academy he came from behind to win by 8 seconds over Glennifer HS Lewis Hannigan

There were also a dozen young harriers representing their schools at the Hopetoun estate in South Queensferry, with large numbers in each of the races. There were excellent runs from the youngsters over the testing, hilly course, especially from Shaun Wiseman, and Ruby McGill placing well up the field.

Age Group D girls: Sophie McGinty 124th

Age Group D boys: David Docherty 52nd; Euan Johnson 66th

Age Group C girls: Katie Johnson 86th; Sophie Campbell 110th; Gabby Henderson 143rd

Age Group B girls: Ruby McGill 39th; Abbie Tosh 77th; Olivia Trainer 115th

Age Group B boys: Shaun Wiseman 40th; Jude Dolan 74th

Age Group A boys: Harry McGill 1st

Harris & Ava make National Final

On day 2 of the National Indoor championships at the Emirates Arena it was the turn of the under 15 athletes, with Ava Beaton and Sophie Campbell competing the 1500metres. Sophie was pleased to have improved her previous quickest time by two seconds (6.13minutes); while Ava's 5:23 was enough to take her through to the final.

In the 800m Katie Johnson, surprisingly running for the first time indoors, set off in a determined fashion chasing one of the 2 automatic qualifying places. It was a pace she couldn't maintain, and she slipped back to 4th in 2:42min, but she should take great confidence from her speed over her opening 400m. David Docherty was next up and good solid run (2:31min) saw him record a 5 second PB. Harris Morrison was drawn against the clear favourite Central AC's Connor Bell. A very quick 200m saw the pair quickly open up a gap on the rest of the field for a very comfortable progression to the final (2:12mins).

In that final it was again Bell setting the pace with a pack of 4 chasing the remaining 2 medals. Harris had kept himself in contention in 3rd with a lightning first lap of 29 seconds, but with no let-up in the pace his rivals were gathering on his shoulder going into the last lap. Unfortunately despite being faster than his heat, Harris couldn't hold on and narrowly missed out on a medal, in a time just a second off his best(2:10mins).

In Ava's 1500m final she turned in another solid performance to place 10th, although disappointed, she can look forward to the summer track season after an injury laden winter.

Flying Scott wins Bronze



Scott Hannaway takes 3rd in the 400m Final, Picture by : 4J Studios National Indoor Age Groups 2020

(C)Bobby Gavin







Glenpark's young athletes were in the best of form with 5 out of 6 recording personal bests at the National Indoor Championships at the Emirates Arena in Glasgow.

Under13s Summer Taggart and Sophie McGinty got proceedings underway in the 800metres, with both drawn together in the first of 4 heats. They pair went out hard hanging on to the tail of the leader, and were rewarded with lifetime bests; Summer (2:45) slashing 17 seconds from her previous best and finishing second, and Sophie (2:49) improving by 4 seconds holding on for 4th.

Next over 1500metres were Erin McEleny and Maria McCabe. Maria in the first heat, bravely battled round the 7 ½ laps after a niggle in the warm up flared up early during the race, but despite her pain she ground out a new best of 6:02 improving by 4 seconds. Erin followed in the quickest of the girls heats, she was holding on to the pack, but the very fast early pace took its toll and she faded in the closing stages, nevertheless it was an outstanding effort just outside her best. Also competing was Euan Johnson who was drawn in the quickest boys' 1500m heat. He too went out quickly with the leading pack, but despite drifting off he managed to improve his best by 3 seconds to 5minutes 28sec.

The final race involved Under 20 Scott Hannaway, who had earlier won his heat to set up a much anticipated 400m final. And it didn't disappoint; Scott who had kept within touching distance of Kilbarchan's Stephen Johnston for a lap and a half, put in an attempt to strike for gold in the last bend, but it wasn't to be, as he couldn't quite get on terms, only to then see Glasgow's Niall MacLean slip by in the last few strides, with less than 4 tenths of a second separating the 3 medallists. It wasn't all disappointment for Scott as he clinched Bronze in a new lifetime best of 49.32 seconds.

David Wins XC League

The 10th and final round in the GGH Junior XC League took place at Tower Hill with 20 juniors turning out in the cold and windy conditions. Despite the weather and boggy underfoot conditions there were some excellent times in the 2km time trial. Congratulations to Overall winner David Docherty and to all the age category winners Beth Docherty, Summer Taggart, Ava Beaton, Abbie Tosh, Grant Munro, David Docherty, Harris Morrison, and Shaun Wiseman. The most improved athlete over the long winter contest was Euan Johnson.











GGH XC League



GGH Junior XC league will go ahead on Sunday 16th Feb at 11am. The worst of the storm will have passed, but it will be chilly and windy so wrap up well and make sure you wear your spikes 🏠🌨️🌪️⚡ See you all at Tower Hill. *This is the 10th and final round of the league so its double points for everyone 😁

Renfrewshire Road Race 2020

There was a fantastic turnout of Greenock Glenpark Harriers for the annual Renfrewshire 5 mile road race last Sunday. This event always seems to bring with it some West of Scotland weather challenges, and this year was no different! However, it didn't stop 57 seniors from braving the wind a rain. A super turnout from the club in our 125th year.

The opportunity for a fast and flat 5 mile race always brings out a string field. Kilbarchan's Olympian Derek Hawkins cruised to victory in 24.36. Derek and his reflection was perfectly captured by our photographer just prior to the masses splashing their way through one of the large puddles. It was a Kilbarchan one two, with Holly Thompson winning the ladies race. There were also comfortable wins for Bellahouston Road runners and Inverclyde AC in the ladies and mens team competitions respectively.



Sue Hewitson was first Harrier female with a good run in 33.2, just missing out on v40 bronze too. There was a silver in the v50 category for Fiona Cushnaghan and also a silver in the v60 for Charlotte McKay. Well done girls! Marian Monk is steadily making her way back to top racing form, as she outfought Claire Monaghan for 2nd Harrier. The ladies team were pushed out into 4th place and sadly missed out on a medal. It was good to see Fiona MacFarlane and Cheryl Thomas pushing the top 3 ladies very close, almost getting themselves in as a team counter.



Shaun Lyon finished as the top male harrier and was 8th overall in 26.10. Run of the day has to go to Neil Lafferty. He has been flying in recent weeks with storming runs at the vets relays and at parkrun, but he took a good few scalps with his brilliant time of 27.06 for 2nd Harrier and 12th overall. This also saw Neil claim a v40 bronze, brilliant run Neil! Neil was narrowly ahead of Paul Monaghan and Stevie Campbell.

Andy White and Daniel Doherty made up the six counters for the male team to claim a brilliant silver medal.



There were also medals for Danny McLaughlin, with a v60 silver. The solo gold medal of the day for the club came to Andy White, who strolled to victory in the v50 race in under 28 minutes. It wasn't as fast as Andy's run here last year, but his training is going well ahead of an other assault on the London Marathon.



Marathon training was paying off further down the field, as Oliver Reilly continued his great form to claim 7th spot on the team in just over 29 minutes. Similarly, Robert Dolan also ran a big 5 mile PB (with a 5k PB thrown in during the race too). Sandwiched between these two were the returning Chris Mooney who held off Stephen Hanley's charging sprint finish. It is good to see former club champion Chris making a return to racing after 12 months of injury woes, and he followed this race up with a cracking 17.18 at parkrun yesterday.





Duncan Anderson made a return to racing after a quiet winter, and picked up where he left off at the tail end of last year by dipping under 30. There were good runs for Kevin Craig, James Doherty and Liam McFadden, who have recently joined the club. Another new face Stuart Clark really surprised himself with his time, and really felt the benefit of the Harriers training and the quality of the field on show.





There were two graduates from our Tuesday night Couch to Club Runner sessions taking part in the race. Emma Sinclair has ran 10k races since joining the club, but perhaps not in this sort of weather! Jennifer Boyd took part in her longest race, and indeed longest run to date and was delighted to get round in well under 50 minutes. Hopefully we see a few more graduates as the season progresses.





A big thank you to all of the race volunteers and marshals for helping out in such terrible conditions. The times for our runners are below (noting that there is still a slight issue with the ladies times)

Results: Shaun Lyon 26:10, Neil Lafferty 27:06, Paul Monaghan 27:16, Steven Campbell 27:19, Andrew White 27:53, Daniel Doherty 28:48, Oliver Reilly 29:12, Chris Mooney 29:15
Stephen Hanley 29:16, Robert Dolan 29:21, Duncan Anderson 29:51, Kevin Craig 30:17
Michael McLoone 31:17, John Stevenson 31:23, Owen Atkinson 31:33, Sean Marshall 32:15, David McCorkindale 32:46, Sue Hewitson 33:27, Danny McLaughlin 33:47, James Doherty 34:46, Stephen Reid 34:59, James McFadden 35:08, Liam McFadden 35:30, Stuart Austin 35:42, Richard Jow 35:44, David

Holmes 35:51, Alan O'Rourke 35:55, Ian McKee 35:57, Eric Lindsay 36:07, Marian Monk 36:11, Calum Gorry 36:12, Stuart Clark 36:16
Robin McAuslan 36:18, Claire Monaghan 36:19, Fiona MacFarlane 36:40, Cheryl Thomas 36:45, James Campbell 36:56, Scot Hill 37:22, Frank McMahon 37:51, Lucas Bezian 38:08
Lisa Boonsanong 39:12, Debbie McKenzie 39:18, Lynsey Mooney 39:35, Gerry Gillespie 40:09, Kenny Scott 40:21, Stuart Crawford 40:36, Fiona Cushnaghan 40:54, Heather Lafferty 40:55, Boyd MacKenzie 42:19, Elaine Medinelli 43:28, Angela Nelson 43:33, Julie Smith 43:49, David Carruthers 45:29, Jennifer Boyd 47:42, Emma Sinclair 50:04, Charlotte McKay 52:10, Simon Hutton 52:31

GGH Sprinters Make History



History Makers: Mark Holliman, Scott Hannaway, Scott McCluckie, Mark McLachlan

GREENOCK Glenpark Harriers sprint relay quartet set local history in the club's 125th year by winning silver in the National Indoor Relay championships held at the Emirates Indoor Arena, Glasgow.

Scott Hannaway, Mark Holliman, Scott McCluckie and Mark McLachlan, contesting the senior men 4 x 200m relay, made light work of the heat qualifying for a spot in the final with room to spare.

Scott Hannaway, on the lead-off leg, lived up to the announcer's introduction as one of the country's top juniors by getting out of his blocks sharp. He ignited the back straight as he overcame the stagger, hitting the home straight in the lead as he handed over to Mark Holliman for the second leg.

Mark, coming down in distance from his usual 400m and 800m, had a strong leg, holding off his competitors in the last 100 metres before the smoothest of changeovers with Scott McCluckie, the Harriers still contesting for the title.

Scott used his valuable experiences to cruised on to the back straight and remain calm under the pressure of the Giffnock North athlete. On the last changeover with Mark McLachlan, it was neck and neck with Giffnock gaining a slight edge over the local team.

With the two leaders running clear from the field and into the final 150 metres, Mark began attacking the leader and, despite closing the gap, ran out of time before crossing the line.

The quartet made local history, being the first senior sprint team to reach the podium, and created a new local record of 1:30.3, less than a quarter of a second off the title.

*Congratulations also to the Harriers Sprint Coach Kenny Morrison, who has overseen the sprint groups tough training plan over the winter months.

Girls Make National S/F



Greenock Glenpark Harriers under 13 girls surpassed their expectations when competing in the National Relay Championships at the Emirates Arena. Prior to their opening 4x200m heat they only gave themselves a slim outside chance of making it through to the semi-finals.

The girls, predominately endurance athletes and no prior relay experience, a fastest loser spot was the best the girls had hoped for.

In the first round heats the diminutive **Maria McCabe** led the quartet out on the opening leg, and although back in 4th and out of the automatic qualifying positions Maria was still within touching distance of the teams in front.

A slick exchange of the baton and an explosive start from **Sophie McGinty** saw the Harriers surge into 2nd place by the time she had rounded the first bend, Sophie then continued to extend the lead over the 3rd placed athlete.

There was another faultless baton switch to **Erin Mceleny** on the 3rd leg, who's powerful running put more daylight between the chasing pack, before passing onto **Summer Taggart**. With the pressure now off, Summer cruised around the 200m track recording the teams fastest time and an automatic place in the semi-final.

The semi-final saw a switch in the team format, with Maria stepping aside to make way for **Islay Newsome**. And it was another flawless performance from the girls, although not making it through to that elusive final, a 4th place finish, and all 5 girls recording personal bests on the day, it was highly successful; with the bonus of seeing the Harriers Men's team win Silver, and also watch trackside an exciting 800m race as Jemma Reekie outsprinted Laura Muir to set a new British record.

Results: Heats – 2nd Place (Maria McCabe; Sophie McGinty; Erin McEleny, Summer Taggart) 2:14.10

Semi-Final – 4th Place: (Summer Taggart; Sophie McGinty; Erin McEleny; Islay Newsome) 2:16.80





Young Harriers Impress Indoors

Greenock Glenpark Harriers youngest athletes were out in force at the National indoor Open Championships, with all competing in the 1500metres event.



First away over 7 ½ laps of the tight 200m track was Ruby McGill, who started very cautiously at the back of the field. As the race progressed her confidence grew and she moved effortlessly through the pack to finish in 4th improving her personal best by 9 seconds.

Six of the Harriers were drawn in Heat 10, and it was an impressive display of front running by Shaun Wiseman winning clear from team mate David Docherty, with Abbie Tosh running superbly for 3rd. Sophie McGinty, Maria McCabe and Francesca McKay followed closely behind.



Shaun Wiseman

The trio of Ava Beaton, Ruari Trainer and Sophie Campbell were up next. Ava ran solidly to take 3rd, with Ruari producing a speedy final lap to come within a fraction of a second of breaking the 6 minute barrier. Sophie also rallied well in the last 200m to record an excellent debut at the distance.

In the final Heat there was another large contingent of Harriers competing, and it turned out to be the most exciting race of the day, with Leo Beaton, Douglas Campbell and Euan Johnson pitted against each other. Euan had been the leading Harrier until the bell, but in an exciting tussle which saw their positions exchange numerous times over the final circuit, Leo edged it with just one second separating all three. Erin McEleny and Summer Taggart were impressive in the same heat. Erin stayed close on the heels of the boys with both girls going comfortably under 6 minutes.



Leo Beaton, Douglas Campbell & Erin McEleny

For many, this was the first time they had competed indoors, and their performances evidence of the hard work they have put into training over the winter months.

Photos courtesy of (C) Bobby Gavin.

Results: Shaun Wiseman 4.48, David Docherty 5.13, Ruby McGill 5.17, Ava Beaton 5.22, Leo Beaton 5.30, Douglas Campbell 5.30, Euan Johnson 5.31, Erin McEleny 5.44, Abbie Tosh 5.48, Summer Taggart 5.56, Ruari Trainer 6.00, Sophie McGinty 6.04, Maria McCabe 6.06, Sophie Campbell 6.15, Francesca McKay 6.27.

Sprint Squad in Top Form

The 'Harriers' senior sprint squad were on top form at the recent National Indoor Open Championship held at the Emirates Indoor Arena, Glasgow. 17 year old Scott Hannaway reaffirmed his status as the area's fastest athlete with two blistering runs over 200m and 400m.



Scott Hannaway

First up in the 400m event Scott faced the country's top senior athletes, after a steady first 200m Scott eased into another gear which saw him close the gap to his senior competitors, his steely determination not to be overawed pulled him through the field to stop the clock in a top position with another sub 50 clocking to add to his impressive performances. Next up in the 200m a blistering start had Scott flying into the back straight and closing the stagger on the athletes in the outer lanes, before entering the home straight in a top two place. As he was stride for stride with his competitor crossing the line, the photo finish was required to decide who was victorious with Scott placed second with a very quick 22 second run.



Scott McCluckie

Scott McCluckie tackled the shorter double 60m and 200m. Having worked on his start over the last few weeks Scott was out and flying as he covered the shortest race in little over 7 seconds just off his lifetime best to secure victory on the day. In his 200m his start again was impressive before he moved into the back straight and was always contesting the lead holding his position onto the home straight and crossing the line just off his 200m best.

Mark Magee similar to Scott Hannaway contested the 200m and 400m. A mature first lap in the longer sprint had Mark contesting the lead at the bell, and an aggressive back straight saw Mark overtake the leader before being pipped on the line for victory in his fastest time for 2 years. In his 200m, Mark was out of his blocks sharply and moved into the lead on the back straight. With an efficient bend Mark's lead was cut, however his strength over the last 50m proved valuable as he ran to victory in his fastest 200m for 18 months.



Mark Magee

The 'Harriers' sprint squad now looking forward to the coming weeks of indoor competition to enhance their preparation for their outdoor summer season.

Photos courtesy of (C) Bobby Gavin.

Results:

400m: Scott Hannaway 49.95; Mark Magee 54.33

200m: Scott Hannaway 22.74, Scott McCluckie 24.10, Mark Magee 24.94

60m: Scott McCluckie 7.53

WB Smith Trees & Turf sponsor Harriers 1st race of 2020

Special thanks to our race sponsor Andy Smith(4th from left) of WB Smith Trees & Turf Ltd for coming along to cheer the runners in the Harriers first club championship race in our 125th year.



Harris Trophy 2020

The first club championship race of 2020 was held at the Coves Reservoirs in Greenock on the first Saturday of the year. Seniors and Juniors tackled the tricky undulating trails in good numbers. This race is typically met with freezing temperatures, but this year was a bit milder for the runners albeit with a strong southerly wind to add to the difficulty.



The senior race takes on 4 full laps of the reservoir, with each lap measuring around 1.35 miles (2.2km). The senior men and women tackle the same route with all runners starting at the same time. Shaun Lyon made his full return to club racing, and the 2017 club champion took an early lead. Steven Campbell kept pace with Shaun in the early stages, but Shaun charged ahead and held on for the victory. Andrew White made a steady start to the race, and took his time picking his way through the field in what was a well timed run, eventually leading to a third place finish and narrowly missing out on catching Steven by just 12 seconds.



Daniel Doherty held off the challenge of Neil Lafferty to finish in fourth, and our previous race winner Andrew McCall faded to 6th after a fast start. Elsewhere in the mens race, there were good runs from Owen Atkinson, taking a minute off of his time from last year, and from James Doherty who has recently joined his brother Daniel in the club.



Sue Hewitson was in imperious form in the ladies race. Sue powered round the course in under 40 minutes to take her third straight club race win and cement herself firmly at the top of the lady's club championship table. Sandra Campbell held off the challenge of Donna Campbell to claim second place. Nicola Stevenson survived a scare as she fell en route to a solid run in fourth place. Marian Monk was not far behind Nicola as she looks to be recapturing some of the form that saw her win so many races in recent years.



The handicap race is always interesting at this race. The runners all start at the same time and it comes down to the maths after the race when the handicaps are subtracted to reveal the winner. This time it was the turn of popular runner Stuart Austin to take the glory. Stuart has been back in the club racing frame this year, and his recent hard work paid off with a 30 second PB on a day where there were not many PBs to be had. Stuart just edged out Viki Smith who also had an incredible run. Viki managed to finally get her sub 50 minute 10k target over the Christmas period at Beith, and her sub 45 minute time for this race shows that her times elsewhere should continue to tumble. Stephen Reid ran really well to claim third place.



There was a good turnout from the juniors as well. Starting at the same time as the seniors, but doing less laps (lucky them!). Leo Beaton and Aimee McEleny won the under 11 races, while Aimee's sister Erin claimed the under 13 race with David Docherty winning for the boys. The family affair continued with Ava Beaton winning the under 15 race. The under 17s race was won by Shaun Wiseman, as he continues to smash it this season. Abbie Tosh won ahead of Anna Docherty in the girls under 17 race, and well done to the 7 under 15s and 17s who took on 2 full tough laps of the course.





As always, a big thanks to all of our volunteers for their efforts and keeping us safe around the course. Also to our club members who helped out with a morning litter pick at the Coves prior to the race, and thanks to the Friends of Coves Community Nature Reserve who are making a great job of keeping the area clean and safe. Finally a big thank you to our race sponsor WB Smith Trees and Turf.

Results: Shaun Lyon 32:11, Steven Campbell 33:19, Andrew White 33:31, Daniel Doherty 33:53, Neil Lafferty 34:01, Andy McCall 34:20, Andrew Osborne 35:44, Kevin Craig 36:08, Owen Atkinson 36:31, Robert Dolan 36:55, Stephen Hanley 37:19, John Stevenson 37:53, George McCallum 38:48, Sue Hewitson 39:42, Danny

McLaughlin 40:39, Chris Watson 40:45, Stuart Austin 41:10, Stephen Reid 41:22, Graham McGrattan 41:33, Alan O'Rourke 43:01, Sandra Campbell 43:07, Donna Campbell 43:19, Liam McFadden 43:58, Nicola Stevenson 44:01, James Doherty 44:04, Marian Monk 44:28, Callum Gorry 44:39, Frank McMahon 44:46, Viki Smith 44:53, Robin McAuslan 45:07, Rich Jow 45:13, Lucas Bezian 45:30, Cheryl Thomas 46:00, Marianne McKay 46:28, Colin Campbell 46:57, Debbie McKenzie 48:51, Stuart D Crawford 49:29, Fiona Cushnaghan 52:27, Helen Crawford 55:03, Angela Nelson 55:08, Susan Clark 57:10, Liz McAuslan 57:10, Charlotte McKay 35:04 (2 laps)

Lyle Mile 2020

<https://greenockglenparkharriers.com/2020/01/02/lyle-mile-2020/> - respond

The fourth annual Lyle Mile took place on New Year's Day and was once again the perfect way to start the new year. The turnout was way above 100 for the second year running and the weather once again was kind to all involved. The forecasted southerly winds never really materialised, and it was dry and mild conditions throughout.







The start was once again frantic as runners set off from underneath the railway bridge o Lyle Road and headed up the hill. 350ft of climb awaited them, with some of the steepest climbs occurring right from the off! The hill evens out to a steady climb in the middle section, before one last steep section at the final turn before the route heads towards the finish at the beacon.



Greenock Glenpark Harrier's Neil Lafferty was 3rd last year, having lead the race in the early stages. He was not to be outdone this year as he once again lead from the off and held off all challengers to finish in a fantastic time of 6.37, four seconds quicker than the previous year. Graeme Hyett was second in 6.43 closely followed by young Shaun Wiseman in 6.45. Shaun was first junior on the day and it tops off a great few weeks for the Glenpark athlete having recently broke the 18 minute mark at Greenock parkrun.



All three previous editions of the race have been won by Claire Thompson, but she was not in attendance this year. Ayr Seaforth's Toni McIntosh won this year and smashed the female course record by 49 seconds, becoming the first female to break 8 minutes with a super time of 7.38. Impressively, the second ever sub 8 minute female came along just moments later as Greenock Glenpark's own junior runner Ava Beaton came through in 7.53! A phenomenal run from Ava.



Ava and Shaun were not the only standout juniors on display. Scott Newman, Ben Campbell, Jude Dolan and David Docherty all breaking the 8 minute barrier. Leo Beaton and Euan Johnson both had great runs, with Aimee and Erin McEleney both having huge PBs. It could be a brilliant 2020 for our junior athletes who are continuing to produce great results!



It was great to see a big turnout from members of the club's couch to club runner group taking part in the route. Many of whom would never have thought that 6 months ago they could run up the Lyle Hill the hard way!

The group is completely free and a new block starts again on Tuesday 7th January. Email the club at greenockglenparkharriers@gmail.com for more information.





The event raises money for charity each year and this year we were able to donate £270.00 to the Inverclyde Homeless Forum. A big thank you must go to Alison King and all of the other volunteers who dedicated their time to making sure the event ran smoothly.



As well as the volunteers, we had a big team of photographers out on the route getting some great shots. As well as our very own Emma Benstead, we also had great photo albums from GBR Photographs and Ross Cameron Photography

It was a big day for our members across Scotland. There was a great turnout for Greenock parkrun in the morning, with 47 Harriers in attendance. There were 3 PBs, including youngster Connor McCrorey and not so youngsters George McCallum and Gordon Hepburn. A couple of our members even managed the New Year double taking on 2 parkruns in one day, with Sue Hewitson and Kirsty Ormond doing Victoria at 9.30 and Greenock/Linwood at 11am. Elsewhere, Julie Smith completed the New Year's Day Triathlon in Edinburgh and Scott Hannaway was racing in Musselburgh.

Lyle Mile Results: Neil Lafferty 6:37, Graeme Hyett 6:43, Shaun Wiseman 6:45, Sean Gaffney 6:47, Daniel Doherty 6:54, Stevie Campbell 7:09, Paul Monaghan 7:12, Andrew Osborne 7:19, Scott Newman 7:25, Owen Atkinson 7:29, Colin Morrison 7:29, Ben Campbell 7:34, Oliver Reilly 7:35, Dylan Crawford 7:36, Andrew White 7:36, Jude Dolan 7:37, Toni McIntosh 7:38, Mark Wheeler 7:39, James Healey 7:41, Gordon Hepburn 7:50, Ava Beaton 7:53, David Docherty 7:54, Richard Wheeler 8:00, Leo Beaton 8:06, Daniel Ashworth 8:14, Finn Boyd 8:30, Euan Johnson 8:33, Stephen Hanley 8:33, Ross Neilson 8:34, Ian McKee 8:40, Stephen Reid 8:43, Kai Wheeler 8:47, Erin McEleny 8:51, Graham McGrattan 8:55, Andy McLean 9:05, Summer Taggart 9:07, George Hegarty 9:08, Katie Johnson 9:10, Steven Jackson 9:12, Lucas Bezian 9:19, Stuart Clark 9:21, James Doherty 9:22, Frank McMahon 9:24, Eric Lindsay 9:25, Jim Cuffe 9:30, Marian Monk 9:34, Claire Monaghan 9:36, Lynsey Mooney 9:40, Grant Reilly 9:41, Liam McFadden 9:42, James Prior 9:45, Gerry Gillespie 9:46, Sean Woodman 9:50, Alan O'Rourke 9:52, Alex Wiseman 9:56, Cameron Crawford 9:56, John Gordon 10:00, Lesley McKay 10:02, Malcolm McLean 10:04, Nicola Falconer 10:05, Abbie Tosh 10:05, Cheryl Thomas 10:08, Ann Marie Reid 10:09, Jim Nellis 10:10, Gordon Gallacher 10:16, Colin Campbell 10:18, Francesca McKay 10:25, Aimee McEleny 10:26, Marianne McKay 10:27, Ian Hanley 10:27, Islay Newsome 10:33, Ken MacFarlane 10:43, Lynne Lesley 10:44, Katrina Nisbet 10:46, Gordon Murray 10:49, Kevin Gill 10:50, John Green 10:51, Sinead Mclaughlin 10:58, Heather Lafferty 10:58, Debbie McKenzie 10:59, Stacey Hearl 11:10, John MacDonald 11:16, Douglas Green 11:18, Kenny Scott 11:25, Sarah Williamson 11:26, Susan Falconer 11:34, Andy McGilp 11:34, Barbara Watt 11:37, Douglas McCorrie 11:39, Colin Robertson 11:44, John McLaughlan 11:46, Carol Currie 11:50, Sharon Black 11:53, Vicky Cookson 11:54, Sarah McBride 11:55, Moira McCluckie 12:05, Ben Mullen 12:09, Angela Nelson 12:14, Jennifer Boyd 12:21, Claire Melville 12:22, Davie Peaston 12:22, Richie Currie 12:26, Susan Clark 12:29, Liz McAuslan 12:29, Gerry McNellis 12:32, Jan Green 12:33, Stuart Chalmers 12:40, Beth Docherty 12:46, Catherine Macnaughton 12:49, Ross Mullen 12:52, George Nedley 13:06, Chris Lang 13:19, Charlotte McKay 13:30, Brian Heffron 13:32, Shona McCormack 13:41, Rebecca Young 13:42, Adele Newton 14:11, Simon Hutton 14:11, Natalia Doherty 14:38, Sharon McNeil 14:40, David Black 14:57, Lorna McLean 15:36, Joe Hefferman 19:05, Lorna McCartney 19:05