

South Side Six 3/11/13

Harriers on Tour

Feeling less than optimistic following Saturdays weather for the Colin Shields race. Four harriers competed in the popular 26km South Six event on Sunday.

Lynne Rogers, Donna Clark, Lorna Coyle and Kevan McCartney took a tour of the Glasgow's Queens, Kings, Pollock, Rouken Glen, Bellahouston and Linn parks in a mixture of physical, emotional, and hydrated conditions.

Never the less the weary four worked well together moving steadily from park to park passing numerous runners sometimes twice who perhaps pushed too hard in the earlier stages.

The most inspired run of the day came from Donna Clark who had not ran more than 7 miles in training and feared her over indulgence of an apple beverage at the GGH Halloween party would impair her run.

Taking in the autumnal sights of the Glasgow parks and even taking time for photo shoots and a couple of emergency detours the team of four still crossed the line in 2 hours 19 minutes, and 32 seconds.

Lorna Coyle (4th Super Vet)
Donna Clark (23rd senior)
Lynne Rogers (24th senior)
Kevan McCartney (67th senior)

Lochaber Half Marathon 3/11/13

Robert Wilson took wee trip up to Fort William on Sunday for Eddies Half Marathon where the sun was shining but with gusting winds times were slightly down, Robert finished in 14th place in a time of 1.27.44

Colin Shields 2/11/13

Trainer Bowls Them Over

Greenock Glenpark Harriers Stephen Trainer just 5 days after completing the Dublin Marathon, showed his remarkable powers of recovery by winning the Colin Shields Road Race.

Trainer lined up with 42 others at the top of Dunlop Street for the testing 4.5mile course which looped around Larkfield. It was the Harriers newest members Lesley Mackay and Sarah McGonigle who got the time trial under way with the rest following them in pairs at 30 second intervals, but it was soon clear that Trainer was feeling no ill effects from his top ten finish at Dublin where he recorded a personal best of 2 hours 26 minutes – the 4th fastest by a Scot this year – when he eased away from Steven Campbell. He then proceeded to catch and pass everyone else

to go a minute clear of runner up Campbell. The final podium place went to Mick McLoone who edged out Kevin O'Donoghue by a single second.

Jacqueline O'Donoghue continues to dominate the women's competition this time with a 90 second personal best, but with Alison King and Gillian Forrest improving fast, she will come under increasing pressure as the season continues.

An encouraging sign for the club was that 20 of the 24 athletes who ran the race last year were quicker, with the biggest improvement coming from Scott Forrest taking off 4 minutes.

The youngest athletes had earlier got the proceedings underway in the worst of the weather as torrential rain pounded down on them. Christy Campbell crossing the line to be first winner of the day, on the tough 300m race up Dunlop Street.

In the 1500m metre boys race it was Dunoon pair Nathan Robinson and Alan Mollins who dominated, Nathan retaining his title from last year, ahead of Jack McDaid in 3rd.

Lauren Mulaghton claimed the win in the girls race, with the on form Nicola Doohan running Lauren close, and just ahead of Megan Rodgers, who continues to improve after her return from injury. Competition was keen among the 41 youngsters with their hard work in training being rewarded as all recorded impressive times.

It was a massive effort by everyone in the club on Saturday to organise so many things in a short space of time. Registration, club photographs, 3 races

with 84 runners competing, Race presentation, and then rounded off with a Halloween Party.

And with torrential rain most of the day, the added problems of getting everyone up and down to the start.

A special mention to Liz McAuslan and Duncan Anderson who pulled everything together, gave everyone their tasks whilst at the same time selling kit and gathering in membership fees. Also to the Lady Alice Bowling club for hosting us.

Without members and their families support we would be unable to function as a club...so once again a very big thank you to everyone who came along on Saturday whether it was timekeeping, marshalling, DJ'ing, home baking, organising party games, supporting or running.

Race Report to follow:

1500m: Nathan Robinson 4.26, Lauren Mulaghton 4.50, Nicola Doohan 4.55, Megan Rogers 4.56, Alan Mollins 5.02, Luisa Davies 5.04, Jack McDaid 5.05, Tom Forrest 5.05, Sean Fischer Keogh 5.06, Craig White 5.09, Ewan Ferguson 5.14, Connor Black 5.22, Kate Kilpatrick 5.23, Jude Dolan 5.26, Jonathan Slater 5.41, Laura Hamill 5.42, Beth McKenna 5.44, Emily Pugh 5.45, Christie Mulaghton 5.55, Lucy McFarlane 6.03, Alistair White 6.05, Catriona Daisley 6.07, Rachel Mulaghton 6.09, Olivia Steele 6.16, Rachel McFarlane 6.16, Lucas Fischer Keogh 6.17, Sarah Pugh 6.20, Alisha Singleton 6.21, Laura McFarlane 6.32, Mhairi Moore 7.03, Olivia Trainer 7.05, Zoe Crighton 7.09, Eve Crighton 7.14, Amy Lee Black 7.17, Priya Boparai 7.27, Kristin Delussey 7.33.

300m: Christy Campbell 1.30, Ava Beaton 1.46, Kate Ferguson 1.53, Mia Smith 1.57, Francesca MacKay 1.59.

4.5miles: Stephen Trainer 23.43, Steven Campbell 24.49, Mick McLoone 25.25, Kevin O'Donoghue 25.26, Andrew White 26.33, Alan Henderson 26.43, Andrew Osborne 26.44, Graham McGrattan 27.07, Danny McLaughlin 27.30, Chris Watson 27.45, Robert Dolan 28.35, Ross Slater 29.40, Kevan McCartney 29.56, Scott Forrest 30.09, Mick Harrington 30.22, Micky Dunn 30.22, Robert Mitchell 30.35, George Mitchell 30.43, Jim Cuffe 30.56, Jacqueline O'Donoghue 31.04, Colin Campbell 31.09, Ewan Leslie 31.09, Robin McAuslan 31.39, Alison King 31.47, Gillian Forrest 32.09, Kevin Gill 32.29, Donna Clark 33.10, Stephen McDade 33.17, Lorna Coyle 33.23, David Carruthers 33.28, Rhonda White 33.41, Charles Kerr 34.08, Marion Monk 35.06, Lesley Mackay 35.35, Kirsten Arthur 35.51, Viki Wilkinson 37.28, Sarah Aitken 38.02, Lisa Ruddy 38.36, Susan Clark 38.41, John Carruthers 38.57, James Campbell 40.35, Sarah McGonigle 40.55, Richard Hodelet 46.05

Excellent photographs taken at the Lady Alice Bowling Club by Thomas Loehndorf:<http://www.flickr.com/photos/35938782@N08/sets/72157637229905776/>





Dublin Marathon 28/10/13

Trainer's Top Ten

Stephen Trainer smashed his personal best to record a time of 2:26:36 when finishing 10th in the Dublin Marathon. The 5 minute improvement in only his 2nd ever time over the distance moved him up to 4th fastest Scot in 2013, and 26th in the UK. The Glenpark man has only recently moved up in distance and his performance is just reward for the incredible amount of work he has put in over the last 12 months.

There was a record turnout for the event which was won by Irishman Sean Hehir in 2:18:19



National XC Relays 26/10/13

Glenpark Smiles Better at National

Donna Clark smiling on the hill with the backing of the young GGH drummers

A Fabulous day at the National XC championships at Cumbernauld for the Harriers who had 15 teams competing.

The senior men's A team remained unchanged for all 3 cross country relays, rounded off the relay season with another solid performance. The quartet of Kevin O'Donoghue, Andrew Harkins, Steven Campbell and Sean Lyon can be proud of their achievements over the last few weeks which was highlighted with their winning of the County Championship for the club, for the first time in 10 years last week at Lochinch. But it was a sterner test on the strength sapping hills of Cumbernauld Park, all 4 posting times which were similar with O'Donoghue just edging it as they finished in a respectable 23rd position.

There was real encouraging signs from the women with big improvement on times for last year's 4km. Jacqueline O'Donoghue, fastest in the A team, was ably backed up by Suzanne Coyle and Gillian Forrest. Rhonda White was quickest in the B team, while Marion Monk and Lisa Ruddy handled the pressure of their first national competition with ease.

The 7 junior teams competing were mainly a very young and inexperienced group with the notable exception of Luisa Davies who was running in her 6th and final National junior relay before moving into the senior ranks.

Best run of the day from the boys came from Nathan Robinson who pulled in 25 places on his 2nd leg in the A team, and the pick of the day for the girls was Nicola Doohan who came within a second of her training partners Lauren Mulaghton and Shelby Morrison.

All the young Harriers surpassed the expectations of their coaches with some gritty and determined running, then remained behind to encourage their senior clubmates with some very noisy backing.

Juniors 2.5km: Tom Forrest 12.01, Nathan Robinson 10.05, Joshua Ruddy 12.38, Alan Mollins 11.13, Jonathan Slater 12.46, Ewan Stewart 12.54, Sarah Pugh 12.38, Nicola Doohan 11.19, Lauren Mulaghton 11.18, Beth McKenna 13.15, Mia Forrest 12.52, Shelby Morrison 11.18, Emily Pugh 12.38, Megan Rodgers 11.41, Luisa Davies 12.19, Rachel Mulaghton 14.39, Lucy McFarlane 14.01, Kate Kilpatrick 12.45, Christie Mulaghton 14.23, Catriona Daisley 14.59, Laura Hamill 12.29

Seniors 4km: Suzanne Coyle 17.42, Jacqueline O'Donoghue 17.15, Gillian Forrest 18.35, Donna Clark 19.24, Marian Monk 20.14, Rhonda White 18.50, Viki Wilkinson 20.57, Jane MacLean 20.48, Kirstin Arthur 19.59, Lisa Ruddy 23.20, Susan Clark 22.18. Kevin O'Donoghue 13.42, Andrew Harkins 13.48, Steven Campbell 13.48, Shaun Lyon 14.21, Alan Henderson 15.12, Kevan McCartney 15.10, Ross Neilson 16.08, Andrew White 14.59, Sam McVicar 15.31, Robert Adams 15.17, Ross Slater 16.50, Scott Forrest 17.40, Mick Harrington 17.14, Michael Dunn 16.54, Graham McGrattan 15.33.

Renfrewshire XC Relays 20/10/13

10 Year Wait is Over

Greenock Glenpark Harriers men at long last brought back the County cross country relay title after a long 10 year wait. After the first leg it looked like another fruitless year would go by, despite the best efforts of Andrew Harkins, after the perennial Bobby Quinn of Kilbarchan ran away from the rest of the field to give his team a massive lead.

But Captain David Henderson's inspired decision to put his fastest runner Shaun Lyon out on lap 2 hauled the Orangefield club back within touching distance of the early leader. Kevin O'Donoghue then set about closing down the gap and soon hit the front and continued to build up a cushion for Steven Campbell on the anchor leg. Not knowing what was happening behind him, it was a nervous time as he ploughed through the mud on the hilly 4km course at Lochinch. But as in every occasion this season it was sterling performance from Campbell as he strode home arms aloft 100metres clear to take the title.

The under 11 boys started the day off in winning fashion. With company from team mate Craig White, Jack McDaid's steady paced running proved the right tactics coming through from the middle of the pack to pass on to Sean Fischer Keogh in 2nd place. New boy Sean relished the challenge by bursting into the lead to give Harry McGill a 20 metre lead, and Harry was immediately under pressure by the Giffnock North athlete

who was chasing him down. At half way the lead was gone and daylight was opening up between the pair. But it wasn't over as the new leader began to struggle, McGill responded and regained pole position. But in a spirited fight back the Giffnock boy ran neck and neck all the way to the line, but a last gasp sprint was enough to give the Greenock boys the win and retain their team title.

Suzanne Coyle on the opening stage was quickest of the Glenpark women for the first time this season, as the clubs top trio finished in 6th place. Sarah Pugh and Robert Peterson were the best of the under 13's, while all 5 under 13 girls were evenly matched.

Results

Senior Men (4k): Andrew Harkins 13.11, Shaun Lyon 12.50, Kevin O'Donoghue 13.09, Steven Campbell 13.02, Danny McLaughlin 14.44, Graham McGrattan 14.28, Andrew White 14.08, Michael Dunn 15.42, Keiran Finan 16.24

Senior Women (4k): Suzanne Coyle 16.37, Lorna Coyle 17.21, Jaqueline O'Donoghue 17.05, Donna Clark 18.10, Gillian Forrest 17.57, Rhonda White 17.55, Viki Wilkinson 19.26, Jane MacLean 20.11, Susan Clark 20.18, Marian Monk 18.40, Lisa Ruddy 21.15, Silke Loehndorf 19.52

Under 17 (4k): Laura Hamill 21.18

Under 15 (2.4k): Mia Forrest 11.39, Megan Rodgers 11.52, Shelby Morrison 11.23, Kate Kilpatrick 11.52, Catriona Daisley 14.40.

Under 13 (2.4k): Tom Forrest 11.45, Robert Peterson 10.41, Alan Mollins 12.13, Sarah Pugh 13.01, Beth McKenna 13.13, Emily Pugh 13.40, Lucy McFarlane 13.40

Under 11 (1.6k): Craig White 6.52, Jack McDaid 6.23, Sean Fischer-Keogh 6.45, Harry McGill 6.08, Alyshia Singleton 8.03, Mhairi Moore 9.12

Aviemore 1/2 Marathon 13/10/13

Lorna Coyle (1.41.17 hours) was again in good form this time in the Scottish Highlands where she finished 196th position from over 800 runners taking part, and 4th in her age category.

The first half was through the forest tracks of Glenmore Forest Park with the Cairngorm Mountains setting a spectacular backdrop before heading into Aviemore

West District XC Relays 12/10/13

The Harriers had nine teams competing at Hamilton Race course, the first time the trail had been used for cross country running since the 1960's. It was perfect day for running with sunshine, mild weather and fast underfoot conditions.

First race of the day involved our 3 young girl's teams, who were all closely grouped after the first leg, but strong 2nd and 3rd legs by the A teams more experienced Nicola Doohan and Lauren Mulaghton pulled them up to 21st place. It was a good learning experience for the youngsters, most of whom were stepping up to their first major championship race.

The Ladies A team, which included Captain Rhonda White for the first time this season, finished comfortably in the top half of the field, while the B squad's Viki Wilkinson and Susan Clark making big improvements on last week's McAndrew relay.

The men's top quartet despite carrying a few injuries between them put in solid team performance with their times all closely matched to claim a top ten finish.

The veteran men had been in good form going into the race and they knew a medal was an outside possibility, but despite a storming run by Mick McLoone on the anchor leg they finished a short head behind the bronze medal position, and 29th overall.

A welcome sight for the Harriers was the return of Alan Henderson back in club colours after his extended maternity leave, he recorded the C teams 2nd fastest time behind opening runner Kevan McCartney.

*A massive thank you to Alison , Linda and Lawrence for providing transport for the youngsters.

A (9th) Steven Campbell 13.26, Kevin O'Donoghue 13.31, Andrew Harkins 13.41, Shaun Lyon 13.03

B (29th) Paul Monaghan 14.21, Graham McGrattan 14.55, Danny McLaughlin 14.55, Mick McLoone 14.08

C (38th) Kevan McCartney 14.41, Ross Slater 16.16, Ross Neilson 15.42, Alan Henderson 15.12

D (60th) Micky Dunn 16.03, David Carruthers 17.59

Ladies A (21st) Jacqueline O'Donoghue 16.54, Suzanne Coyle 17.31, Rhonda White 18.16

Ladies B (35th) Viki Wilkinson 20.28, Susan Clark 22.07

Girls A (31st) Beth McKenna 12.21, Nicola Doohan 10.42, Lauren Mulaghton 10.12

Girls B (50th) Lucy McFarlane 12.11, Emily Pugh 12.02, Laura Hamill 12.21

Girls C (52nd) Christie Mulaghton 12.04, Rachel Mulaghton 12.35, Catriona Daisley 13.49

Park Run 12/10/13

There was 5 harriers competing in the various Parkruns around the country with all performing well.

Lisa Ruddy 27.35, and Marian Monk 24.28 2 produced 2 big personal bests at Pollok park, while Robin McAuslan 21.01 also set a new best at Strathclyde Park.

Richard Hodelet proved you're never too old to get a PB by improving by almost 2 minutes on his only previous appearance at Eglinton Park with a 29.17. His training partner Jim Sheridan, not to be outdone had his fastest run in 2 years with his 34.27.

Cowal Trail Race 12/10/13

Youngster Nathan Robinson won the Cowal Trail race at Benmore in 17.40 minutes, an excellent time for the tough 5km course. The multi-talented Nathan has shown a steady improvement over the last 12 months since joining the club.

Great Scottish Run 10/10/13 - McAndrew Relays 9/10/13

Steven Campbell & Mick McLoone at the GSR

It was an extremely busy weekend for Greenock Glenpark Harriers with 6 teams taking part in the annual McAndrew relays at Glasgow. The men were in excellent form as the senior A team finished 6th overall, with the B team also placing 6th in the veteran category over the 4 stage 5km loop around the roads of Scotstoun.

There was a massive improvement on last year from Paul Monaghan cutting 2 minutes from his time, but even that paled compared to the form of Scott Forrest who ran a 3 ½ minute best for the course. Fastest man on the day was David Henderson playing a real captain's role on the anchor leg.

Three ladies teams also took part with the top trio led by Jacqueline O'Donoghue placing 9th. Gillian Forrest and Liz McAuslan were fastest in the B and C teams respectively.

The following day it was a return to Glasgow, where there were 19 Harriers competing in the televised Great Scottish run ½ Marathon. The large crowds were treated to the first appearance in Scotland of the great Haile Gebrselassie who didn't disappoint as the Ethiopian showed even at the age of 40 he is still a world class athlete winning the race in a new Scottish record and a world age record for the distance.

Alongside him on the start line was Stephen Trainer, although a bit disappointed with his time, down slightly on his best, he was more than happy to place 12th in the top quality field.

Next to finish for the Greenock club was Steven Campbell who has stepped up his training in recent months and he is showing the benefits, by running PB's in almost every race, this time by nearly 2 minutes to finish in 36th position from the 24,000 finishers.

Best of all came from Mick McLoone who can also be delighted with his performance, having reached his half century last month, he showed he remains one of the top endurance veterans in the country; his time for the hilly 13.1 mile course was the 2nd fastest by a Scot, and 20th in the UK for 2013 for over 50's. The clubs first lady home was Terry Wall, with performances of note coming from Anne Anderson and Marion Monk who were making their debut at the longer distance.

Robert Dolan was the leading Glenparker in the earlier 10km race.

It wasn't just at Glasgow where there was a ½ marathon taking place, across at Kirkintilloch Graham McGrattan and Micky Dunn took part in the Neil McCover memorial race, which saw both veterans in outstanding form; Graham finished

3rd (82.39) and Micky 7th (88.41) in the over 50 age category, with Graham taking 13th overall position.

½ Marathon: Stephen Trainer 68.42, Steven Campbell 76.39, Mick McLoone 78.25, Andrew Osborne 81.17, Chris Watson 82.42, Liam Smart 85.31, Robert Adams 85.53, Kevin Gill 101.14, George Cook 105.59, Terry Wall 108.11, Michael Skelton 109.18, Stephen McDade 114.29, Kirstin Arthur 115.07, Anne Anderson 117.50, Silke Loehndorf 117.55, Susie Gillies 121.30, Fiona Cushnaghan 121.43, Marion Monk 122.27, Yvonne Prager 125.57, Sarah Aitken 128.19.

10Km: Robert Dolan 39.19, Brian McCluskey 41.03, Colin Campbell 41.55, Lisa Ruddy 57.55, Pauline McCluskey 68.13.

McAndrew 5km Relays:

A: Paul Monaghan 18.32, Kevin O'Donoghue 18.28, Andrew Harkins 18.24, David Henderson 18.02

B: Mick McLoone 18.19, Mick Harrington 21.59, Scott Forrest 21.54, G. Parker 19.51

C: Ross Neilson 20.56, Gerard Smith 22.09, Susan Clark 29.04, Robin McAuslan 23.12

LA: Jacqueline O'Donoghue 22.32, Lorna Coyle 22.59, Suzanne Coyle 23.09

LB: Gillian Forrest 23.35, Donna Clark 24.12, Rhonda White 24.21

LC: Liz McAuslan 25.29, Katie McAuslan 27.58, Viki Wilkinson 27.37

Great Scottish Junior Run 5/10/13

4 of our Youngsters all had a great experience at the junior run in Glasgow, all putting in great performances, as well as meeting world class athletes Haile Gebrselassie, Joseph Birech, Freya Murray-Ross, and Susan Partridge

Harry & Zoe at the front of the field

Shelby & Harry with Freya



Shelby with her pal Haile



Results: 22nd Zoe Renfrew 11.22, 82nd Gracie McGill 13.04, 7th Harry McGill 13.04, 22nd Shelby Morrison 10.36

Loch Ness Marathon 29/9/13

Robert's Monster Effort

Robert Wilson jnr completed the Loch Ness Marathon in 3hours 12min 41 seconds finishing well up the field in 138th position from almost 3000 runners taking part

Kilbarchan Relays 28/9/13

Souper Performance by Campbell

An outstanding run in the Renfrewshire road race relays by Steven Campbell pulled Glenpark Harriers senior men's A team into bronze medal position, building on the solid start by Andrew Harkins. And after getting into that position Kevin O'Donoghue and Captain David Henderson were determined not to let the medals slip from their grasp as both battled over the tough hilly 2.7mile course to round off an excellent day for the Greenock club.

The women's A team of Jacqueline O'Donoghue, Gillian Forrest and Alison King couldn't quite emulate the men having to settle for 5th place.

The Harriers made the short journey to Houston taking yet another large squad consisting of 6 women's and 6 men's teams for the George Cummings road relays. And in the warm sunny conditions there were fine performances all round, none more so than the men's novice F team, 3 of whom were competing for the first time in serious competition.

Men's A team: Andrew Harkins, David Henderson, Kevin O'Donoghue and Steven Campbell

A: Andrew Harkins 14.31, Stevie Campbell 14.09, Kevin O'Donoghue 14.36, David Henderson 14.31
B: Graham McGrattan 15.29, Michael Dunn 16.41, Gordon Morrison 17.21, Ross Slater 17.17
C: Kevan McCartney 15.34, Frank McKnight 16.08, Ross Neilson 16.50, Alan O'Rourke 17.28
D: Chris Watson 16.12, Mick Harrington 17.07, Scott Forrest 17.27, Robert Mitchell 17.27
E: George Mitchell 17.44, Sam McVicar 16.40, Duncan Anderson 20.01, Stevie McDade 18.54
F: Raymond O'Donoghue **28.38**, David Carruthers 18.54, Alan Crighton **24.20**, John Carruthers 24.28
WA: Jacqueline O'Donoghue 17.45, Gillian Forrest 18.44, Alison King 18.46
WB: Lorna Coyle 18.10, Terry Wall 20.14, Rhonda White 19.28
WC: Donna Clark 19.34, Kirstin Arthur 21.10, Lynne Rogers 18.43
WD: Luisa Davies **20.30**, Katie McAuslan **21.20**, Susan Clark 23.09
WE: Marian Monk 21.07, Liz McAuslan 20.33, Lorna Hanlon 24.22
WF: Fiona Cushnaghan 22.12, Viki Wilkinson **22.15**, Brenda McFarlane **23.16**

Parkrun 28/9/13

Richard Hodelet completed his 61st parkrun at Pollok winning his age category in 29.31, a 1 minute improvement on his last outing.

JG Cameron 21/9/13

Stephen Trainer and Jacqueline O'Donoghue got their new season off to a winning start in their quest to again retain their club championships at Greenock Glenpark Harriers JG Cameron 4km road race.

The race was a tactical affair with the leading group of 6 packed closely for the first 3km. It was here that Trainer decided to pick up the pace with only Steven Campbell able to respond. Trainer eventually running away comfortably to ensure the win, but Campbell delighted with his runners-up spot with yet again another impressive personal best. Ultra runner Kevin O'Donoghue dropping down in distance was still sharp enough to take 3rd.

Jacqueline O'Donoghue employed different tactics, but it was equally as effective, by running hard from the start she proved too strong on the day for her opposition putting 200m between her and Suzanne Coyle with Alison King close behind.

The closest competition last year was for the veteran titles, and it is shaping up that way again. Paul Monaghan was quickest over 40, and Danny McLaughlin back in form and needed to be get the better of Graham McGrattan in the over 50s, and Richard Hodelet winning the over 70s head to head with Tommy Knight. Gillian Forrest and Liz McAuslan were out in front in the women's over 35 and 45's.

Senior 4Km: Stephen Trainer 12.46, Steven Campbell 12.59, Kevin O'Donoghue 13.17, David Henderson 13.21, Paul Monaghan 13.30, Mick McLoone 13.38, Andrew White 13.43, Danny McLaughlin 13.57, Graham McGrattan 13.58, Kevan McCartney 14.07, Frank McKnight 14.50, Ross Neilson 14.54, Robert Dolan 14.57, Alan O'Rourke 15.04, Brian McCluskey 15.14, Mick Dunn 15.26, Gordon Morrison 15.38, Ross Slater 15.39, Gavin Harris 15.40, Mick Harrington 15.42, Jacqueline O'Donoghue 15.45, Scott Forrest 15.50, Jim Cuffe 5.51, Suzanne Coyle 16.25, Robin McAuslan 16.37, Alison King 16.41, Gillian Forrest 16.45, Kevin Gill 16.50, David Carruthers 17.27, Ernie Currie 17.45, Lynne Rogers 17.51, Rhonda White 18.00, Donna Clark 18.05, Marion Monk 18.25, Liz McAuslan 18.38, Kirsten Arthur 18.53, Viki Wilkinson 20.13, Sarah Aitken 20.35, Lucy McFarlane 21.52, Alan Crighton 22.19, Richard Hodelet 22.34, Tommy Knight 25.34,

38 of the Harriers young athletes were on show over 1km and 2km, with many in Glenpark colours for the first time, but it was no surprise to see Harry McGill come out as top boy in the 1km race, but it looks like he will have some tougher competition this season with a big group all closely packed behind, including new boy Sean Fischer-Keogh. It was a family affair as Ruby McGill ran out winner in the girls' race, and like the boys race it was very close for the minor placing's with just a few seconds separating the next 4 girls.

In the 2km race Shelby Morrison maintained her unbeaten club winning streak ahead of Nicola Doohan with Zoe Renfrew claiming the final podium place. Fastest boy was Joshua Ruddy who just managed to hold off the late challenge from Tom Forrest with Ewan Stewart in 3rd.

Junior 1km: Harry McGill 3.26, Jack McDaid 3.34, Conor Black 3.38, Sean Fisher-Keogh 3.40, Andrew McCluskey 3.46, Craig White 3.50, Ewan Ferguson 3.52, Jude Dolan 3.59, Lukas Fisher-Keogh 4.01, Ruby McGill 4.14, Rachel Robertson 4.24, Faith McGeachie 4.26, Aylish Singleton 4.26, Abi Noone 4.27, Mhari Moore 4.40, Eve Crighton 4.41, Laura McFarlane 4.42, Betty Fisher-Keogh 4.44, Shaun Heggarty 4.48, Andrew Henderson 4.50, Jamie Lee Black 4.51, Olivia Trainer 4.53, David McCluskey 5.19,

Junior 2km: Shelby Morrison 7.07, Nicola Doohan 7.58, Joshua Ruddy 7.59, Tom Forrest 8.01, Ewan Stewart 8.12, Zoe Renfrew 8.26, Kate Kilpatrick 8.40, Beth McKenna 8.51, Laura Hamill 9.04, Lucy McFarlane 9.11, Gracie McGill 9.13, Alistair White 9.23, Catriona Daisley 9.48, Olivia Steele 9.52, Zoe Crighton 9.54,



Thanks to our sponsors Robert Alexander Master Butchers of Port Glasgow and Gourock.

Weekend Round-Up 15/9/13

A busy weekend with 41 Harriers competing despite the horrendous conditions on Sunday as the high winds and heavy rain returned to the country.

There was a great turnout of Harriers at the Kilmacolm Running Festival on Sunday and there were some notable performances despite the difficult conditions.

First race up was the 3K and Shelby Morrison delivered another great performance to finish 2nd girl and take 5th place overall. Harry McGill also put in an excellent shift to finish 2nd boy in the 8-11 category and 10th overall. All the athletes should be pleased with their performance as they had to contend with the worst of the weather.

In the 10K the ever-consistent Graham McGrattan finished 3rd overall scooping the 1st over-55 prize in the process. Jacqueline O'Donoghue ran a solid race to finish as 2nd female, just shading junior girl Deborah Staber, a fantastic performance on her first time over the distance. Marian Monk also had an excellent run knocking nearly 2 and a half minutes off her previous PB. Congratulations are due to June Dalziel, John Carruthers and Angela Hill for completing their first 10K's.

The half marathon saw another podium finish with Paul Monaghan taking an excellent 2nd place. There were also solid runs by Andrew Osborne and Andrew White which saw them both finish in the top 10.

Great North Run - 15/9/13

Stephen Trainer was just outside his quickest for the ½ marathon distance finishing 33rd in a time of 68.20. Kimberley Stevenson was pleased to achieve her target to get round the course to raise money for her chosen charity.

Stirling 10k Scottish championships - 15/9/13

Kevan McCartney was in the form of his life with a PB of 38.30.

Kilmacolm Festival of Running - 15/9/13

3km: Shelby Morrison 11.35, Harry McGill 11.53, Nicola Doohan 13.12, Craig White 13.21, Zoe Renfrew 14.34, Lucy McFarlane 16.03, Gracie McGill 16.08, Alistair White 17.09.

10km: Graham McGrattan 38.17, Chris Watson 40.10, Gordon Morrison 41.27, Ross Neilson 41.38, Colin Campbell 43.07, Robert Wilson 43.28, Robin McAuslan 44.09, Jim Cuffe 44.11, Jacqueline O'Donoghue 44.14, Deborah Staber 44.17, Stephen McDade 45.40, Lynne Rogers 46.31, David Carruthers 46.54, Donna Clark 48.55, Rhonda White 49.01, Liz McAuslan 49.27, Emma O'Rourke 51.30, Marion Monk 52.59, James Campbell 52.51, Kate McAuslan 54.25, Viki Wilkinson 55.04, June Dalziel 61.54, John Carruthers 62.08, Angela Hill 62.15.

½ Marathon: Paul Monaghan 79.37, Andrew Osborne 81.13, Andrew White 85.46, Terry Wall 108.52.

Parkruns - 14/9/13

It was a change of scenery for Richard Hodelet with his first outing at Eglinton for the weekly parkrun recording a time of 30.58. And it was a welcome return for superveteran Pat Duffy finishing 6th at the Edinburgh parkrun in a PB of 18.31.

Glasgow Parkrun 7/9/13

Graham's Half Century

7 Harriers completed the Pollok parkrun, and for Graham McGrattan it was his 50th time over the course. And it was another typical gritty performance, just a few seconds outside his best time set last year, Graham was top in the “Age Grading system” with an impressive 86%.

Also in good form was Robin McAuslan 2 seconds away from his quickest previous time.

Results: Graham McGrattan 18.16, Robin McAuslan 21.15, Kenny Scott 23.46, Marian Monk 24.53, Katie McAuslan 26.38, Richard Hodelet 30.27, Jim Sheridan 37.11

Cowal 5km 29/8/13

Vintage Display by Vets

Winning veterans Gillian Forrest and Paul Monaghan, pictures by Thomas Loehndorf

Stephen Trainer smashed through the 15 minute mark for the first time at the Cowal 5k. It was a titanic battle as he went head to head with Inverclyde ACs Craig Ruddy. Craig continually putting in surges throughout with Stephen pegging him back each time. That was until the final 400 metres, when he couldn't quite match Craig's decisive burst.

It was another big turnout from the Harriers with 20 competing with outstanding performances from David Henderson returning to form to take 3rd place, Steven Campbell and Andrew Harkins running personal bests placing 5th and 6th, Nathan Robinson improving by 2 minutes on last year to finish first boy, and that was matched by Shelby Morrison who was fastest girl. More success came from Gillian Forrest and Paul Monaghan both winning in the veteran categories.

Cowal 5km: Stephen Trainer 14:49, David Henderson 16:18, Steven Campbell 16:26, Andrew Harkins 16:35, Paul Monaghan 16:59, Graham McGrattan 17:46, Nathan Robinson 18:13, Michael Dunn 18:52, Shelby Morrison 19:06, Allan O'Rourke 19:17, Gordon Morrison 19:19, Scott Forrest 20:09, Jacqueline O'Donoghue 20:42, Gillian Forrest 21:23, Lynne Rogers 21:24, Donna Clark 23:13, Yvonne Prager 26:34, Susan Clark 27:30, Tommy Knight 29:18, Jim Sheridan 46:16

Others competing in 5k's over the weekend were Michael McLoone who set a PB at the Pollok parkrun finishing 4th in a time of 17:21 for the hilly route.

Rhonda and Andrew White were at the Bellahouston 5k with Andrew completing the course in 17:25 (PB) to finish 13th and 2nd vet, and Rhonda ran 23:37, just 2 seconds away from her best and 5th F35.

Stephen Campbell followed up his fine run the previous Thursday to take the runners-up spot at the Cowal highland games hill race. Close behind him came, Kevin O'Donoghue in 5th and Paul Monaghan in 7th.

Another Bute of a Day

Stephen Trainer with one of the fastest times in Scotland this year, totally dominated the field at the Bute Highland Games 10k road race to record his 4th consecutive win at Rothesay. Immediately behind him were Shaun Lyon and Andrew Harkins with all 3 setting personal bests. It was an impressive display from the Greenock club with 7 Harriers finishing in the top 9 positions. Danny McLaughlin was also in the best of form, finishing fastest veteran.

It was another perfect day at the best Highland Games in Scotland, with warm sunshine and large friendly crowds. And for 18 of Glenpark's young athletes it provided a fantastic opportunity to test themselves in a packed stadium, and they relished the challenge over 100m, 200m and 800m and for the older youngsters to also take part in the traditional games event of tossing the Caber. All came through with flying colours on what was another successful away day.

10km: Stephen Trainer 31.17, Shaun Lyon, 33.05, Andrew Harkins 34.47, Davie Henderson 36.44, Danny McLaughlin 37.51, Graham McGrattan 38.01, Chris Watson 38.34, David Carruthers 45.00

Junior competitors: Luthais Arthur, Alan Mollins, Harry McGill, Luisa Davies, Rachel McKenna, Kate Kilpatrick, Shelby Morrison, Rachel McFarlane, Chloe Hanlon, Megan Rodgers, Nicola Doohan, Catriona Daisley, Gracie McGill, Lisa Hanlon, Lucy McFarlane, Zoe Renfrew, Mia Forrest, Emily Pugh.

British Masters 10K 18/8/13

Mick McLoone (35.39) and Graham McGrattan (above) (37.40) performed well at the British Masters 10k Championships at Pollok Park both recording top 10 finishes in their age categories. Mick in 7th in the over 45's and Graham going one place better in 6th in the over 55's.

Scottish Age Group T&F Championships Aberdeen 17th and 18th Aug 2013

Congratulations to our young athletes that made the long trek north to Aberdeen. Luisa had the best performance of the weekend coming through strongly in the 1 lap race in the windy conditions. This was her very first competitive race over 400m having stepped down from her usual 800m distance.

400m Luisa Davies 64.72 (5th in Final)

800m Megan Rodgers 2.42 (3rd in heat) 2.43 (3rd in B Final)

200m Nicola Doohan 33.57(6th in heat)

1500m Shelby Morrison 5.10(4th in heat) 5.09 (7th in Final)

1500m Lauren Mulaghton 5.27 (8th in heat)

Parkruns 17/8/13

4 Harriers took part in Saturday's parkrun's, where at Strathclyde Robin McAuslan (21.15) was first home for the club followed by Liz McAuslan in a Personal Best (24.07) and then Viki Wilkinson (26.08) with her long awaited return to racing. Over at Pollok Richard Hodelet was top in the over 70s in 29.29.

National T&F Champs 11/8/13

Stephen and Shaun at their Very Best

Stephen Trainer and Shaun Lyon delivered on their expectations at the Senior National track & field championships at Scotstoun stadium. Although out of the medals in the high quality line-up, producing your best in a National final is all that can be asked and they certainly did that, as the pair ran faster than they have ever done before.

Stephen finishing in the middle of the pack sliced 6 seconds from his previous quickest time to record a time of 15:05 minutes, while Shaun learned from his last 5000m outing on the track when he faded badly after trying to go with the pack. This time he ran his own race, starting at the very back his steady pacing saw him pull back Costorphine's Bryan Clark as he produced a life time best also by 6 seconds to at last break the 16 minute mark (15:54).

World Age Group Duathlon Ottawa 10/8/13

World Class Performance from Kevan

Congratulations to Kevan McCartney who finished 9th in the World age group Championships in Ottawa Canada.

Race report in "Triathlon Section" page.

Park Runs 10/8/13

Super Vet Graham

The Harriers had 2 runners at Pollock and 2 at Strathclyde and it was more success for our athletes with Graham McGrattan (above) finishing 12th overall, easily winning his age group, but more significantly producing his best ever “Age group” rating at

86% making him the club's best time for age runner at Pollok. Graham's daughter Jo also took part, running well on the tough hilly course.

At Strathclyde Park Steven Campbell came close to the win, having to settle for the runners-up spot, just a few seconds away from his best time. Jacqueline O'Donoghue did well on her return to competition after a short break, also finishing in 2nd place.

Results: Graham McGrattan 18.10, Jo McGrattan 29.02, Steven Campbell 17.05, Jacqueline O'Donoghue 20.48

Bill Elder Races 6/8/13

Titles Decided in Final Race

It was the closest of finishes at Greenock Glenpark Harriers Bill Elder 10k race as Stephen Trainer and Inverclyde AC's Mark Pollard crossed the line together at the Battery Park. The pair were both holding a little back for this weekend's National 5000m championships but not as much as they wanted as Shaun Lyon pushed them right to the line just 2 seconds adrift, with the Bute man recording a massive personal best, which will also give him a confidence boost ahead of the Nationals. Meanwhile Trainer's win on the last race of the championship gives him his 4th consecutive club title overtaking long-time leader David Henderson.

Paul Monaghan arguably had the run of the night, knowing that only a win would guarantee him the veterans' champion's crown. With an inspired run he overcame internationalist Mick McLoone for the first time and also nearest title challenger Andrew White. The impressive Graham McGrattan clinched the over 50's title with the 3rd fastest time in Scotland in his category for the year. Equally remarkable was Lorna Coyle, consistently one of the fastest women in Britain in her age group, winning the women's competition ahead of Rhonda White recently returned from injury who just had enough to see off Liz McAuslan. In the over 70's race Richard Hodelet made the decisive break at half way to get away from Tommy Knight.

With a combination of hard training and perfect conditions there were personal bests set right throughout the field including 4th placed Steven Campbell, Chris Watson, Scott Forrest and Katie McAuslan. The deserved winner of the handicap competition was David Carruthers.

Earlier in the evening, the races got underway with the young sprinters blasting their way 100 metres down the centre of the park with Scott McCluckie dipping under 13seconds, and Chloe Hanlon winning the girls race in a Personal Best to hold off Luisa Davies and Rachel McKenna. The 200m was much closer as Mark Magee almost snatched 1st place forcing

Scott to run a PB to deny him. The girls' places were reversed as Luisa proved to be stronger than Chloe over the longer distance.

Harry McGill made it a clean sweep in the under 11s for the season ahead of Jack McDaid and the improving Alan Mollins in the 1km race, while Haylie Cowper pushed Zoe Renfrew all the way for the top girls spot with Lucy McFarlane grabbing 3rd. Over 2km Evan Warwick cruised to victory heading Joshua Ruddy. Shelby Morrison dominated but nothing could separate Lauren Mulaghton and Megan Rodgers for the runners up spot.

The Harriers would like to thank all the volunteers who helped the evening pass off so successfully, which saw 80 athletes' young and old competing over 5 races from 100m to 10,000m, and to Brian Harkins Estate Agents and Financial Services for race sponsorship. More details on the Harriers can be found at www.glenparkharriers.webs.com

10km Race: Stephen Trainer 33.11, Mark Pollard 33.11, Shaun Lyon 33.13, Steven Campbell 34.36, Andrew Harkins 34.57, Paul Monaghan 35.09, Mick McLoone 35.30, Andrew White 37.05, Graham McGrattan 37.06, Chris Watson 37.29, Danny McLaughlin 38.16, Alan Henderson 38.58, Gerry Gaffney 39.13, Mick Dunn 39.54, Andrew McCulloch 40.02, Brian McCluskey 40.52, Frank McKnight 41.18, Gordon Morrison 41.50, Alan O'Rourke 41.57, George Hegarty 42.21, Kenny Pryde 42.26, Robert Mitchell 42.51, Ross Slater 43.31, Lorna Coyle 43.41, Scott Forrest 43.49, Brian Harkins 43.58, Robin McAuslan 44.03, David Carruthers 45.00, Kevin Gill 45.04, Stephen McDade 46.34, Ernie Currie 47.32, Rhonda White 49.08, Liz McAuslan 49.25, Gerry Langan 51.30, Yvonne Prager 55.46, Katie McAuslan 56.06, Grace Harrison 57.31, Richard Hodelet 59.32, Tommy Knight 64.08, Alison King dnf, Stephen McCulloch dnf,

1km Race: Harry McGill 3.31, Jack McDaid 3.53, Zoe Renfrew 3.53, Alan Mollins 3.56, Craig White 4.00, Haylie Cowper 4.02, Ewan Ferguson 4.03, Lucy McFarlane 4.27, Blair Harkins 4.28, Mark Barilli 4.29, Gavin Doran 4.34, Nathan Harkins 4.54, Lauren McFarlane 4.56, Aedan Monaghan 5.05, Kate Ferguson 5.17, Andrew Henderson 5.21, Ashlin Monaghan 5.24, Aaron Harkins 5.39, Rebecca Harkins 5.56, Emma Henderson 6.02.

2km Race: Evan Warwick 7.12, Shelby Morrison 7.15, Lauren Mulaghton 7.37, Megan Rodgers 7.37, Joshua Ruddy 8.14, Christie Mulaghton 10.03, Gracie McGill 10.07, Catriona Daisley 10.08, Rachel Mulaghton 10.10, Alistair White 10.20.

100m Race: Scott McCluckie 12.94, Chloe Hanlon 13.66, Luisa Davies 14.04, Rachel McKenna 14.67, Nicola Doohan 15.05, Rachel McFarlane 15.63.

200m Race: Scott McCluckie 25.34, Mark Magee 25.67, Luisa Davies 28.96, Chloe Hanlon 29.34, Harry McGill 30.66, Rachel McKenna 30.75, Zoe Renfrew 31.66, Nicola Doohan 32.41, Alan Mollins 33.13.

Helensburgh ½ Marathon 4/8/13

Mick McLoone was top performer at Helensburgh finishing 8th overall and 2nd veteran, next Harrier home was Andrew Harkins in 19th with a 2 minute improvement on last year.

Results: Mick McLoone 1:18, Andrew Harkins 1:21, Ross Slater 1:39, Gillian Forrest 1:44

Carlisle Sprint Triathlon 4/8/13

There were excellent performances from Danny and Colin at Carlisle, with Danny finishing 6th and winning the over 50s category. Colin also did well taking 5th spot in the 50s category and 29th overall. Both had to come from well behind after the swim, their weakest discipline, lying in 45th and 71st respectively but strong cycles and runs saw them motor through the field.

Results: Danny McLaughlin 64:19, Colin Campbell 72:18

Devil o'the Highlands Foot race 3/8/13

Kevin O'Donoghue was rewarded with a podium finish in the 43 mile trail race from Tyndrum to Fort William. In wet and windy conditions he was still challenging for the win at Kinlochleven, but the experienced John McLaughlin from Shettleston came storming through for the victory. Debutants to ultra-running Sam McVicar and Fiona Cushnaghan acquitted themselves well with very respectable times, as did Silke Loehndorf, with both ladies finishing as 6th and 7th in the Supervets category.

Results: Kevin O'Donoghue 6:17hrs, Sam McVicar 7:46hrs, Silke Loehndorf 9:40hrs, Fiona Cushnaghan 10.02hrs

Scotstoun 2/8/13

At the BMC miler meeting at Scotstoun Stephen Trainer ran a personal best of 8.36 finishing 6th in the "A" 3000m event, in the "B" event David Henderson led from the start to win in 9.28 at his first time over the distance. Another great result following his previous BMC win at 5000m last month.

Linwood 31/7/13

Thank you to all the parents who travelled to Linwood helping with transport and support for all the youngsters, it's greatly appreciated!

Glenpark girls Chloe, Luisa, Rachel and Lauren set a new club record with a tremendous performance in the 4x100m relay at Linwood. With just 10 minutes of baton practice beforehand, they nailed every changeover to perfection to get the baton round the track in just 57 seconds.

Making their club debuts were Allan Mollins who had a storming finish in his 800m just failing to break 3 minutes by a fraction of a second, and Hayley Cowper who took 3rd in the long jump.

Harry McGill lying a distant 4th at half way in his 800m, came through strongly to win his heat in a new personal best. Another winner was Lee Gibson also in a PB in the 200.

Lauren Mulaghton had a head to head battle with Luisa Davies in their 800 which went all the way to the line, Lauren just edging it in a PB.

Shaun Lyon in the last race of the night delayed for 90 minutes, was pipped on the line when finishing 2nd in the 1500m.

4x100M Chloe Hanlon, Luisa Davies, Rachel McFarlane, Lauren Mulaghton 57.67 secs

100m: Chloe Hanlon 14.20, Harry McGill 15.62

200m: Lee Gibson 28.43, Nicola Doohan 33.44, Allan Mollins 35.39, Rachel Mulaghton 37.84, Lucy McFarlane 38.72, Christie Mulaghton 39.33

800m: Gerard Smith 2.15, Lauren Mulaghton 2.31, Luisa Davies 2.32, Harry McGill 2.42, Nicola Doohan 2.55, Allan Mollins 3.00, , Hayley Cowper 3.08, Christie Mulaghton 3.18, Lucy McFarlane 3.28, Rachel Mulaghton 3.36,

1500m: Shaun Lyon 4.18

Long Jump: Hayley Cowper 2.86metres

3000m: Evan Warwick 10.55

St Mary's Loch Triathlon 28/7/13



Four harriers made the trip south to St Mary's Loch on Sunday traveling through extremely heavy rain to compete in the inaugural Olympic triathlon. The event was hosted by Dirty Events who are better known for off road triathlons. The event was made up of a 1500m loch swim, a shortened 35k cycle due to road works and a 10k lochside run. The fab four, Danny McLaughlin, Andrew White, Scott Forrest and Alan Crighton, were joined by fellow local athlete Colin Campbell.

The weather conditions were not ideal as there had been torrential rain overnight but that did nothing to dampen the spirits of all those competing. The event started off with the swim in the picturesque St Mary's Loch. The athletes then took to their bikes to complete 2 loops of a fairly hilly out and back course which was made more difficult by the wet road conditions. After completing the cycle leg they made their way on to part of the Southern Upland way to

complete a tough 10k along the side of the loch which included manoeuvring over styles and stone walls.

First home for the club was Andrew White, finishing 10th in 2:19:38. Danny McLaughlin was next back, finishing 31st overall and 4th in his age category in 2:28:09. Colin Campbell was 59th in 2:35:50, and Scott Forrest 69th in 2:38:22, recording a 10k PB in the process on a very tough run course. Alan Crichton, in only his 3rd triathlon and first standard distance did well to complete the course in 3:30:31. All athletes enjoyed the day and hope to return next year where we hope the conditions will be better.

Parkruns 27/7/13

Richard Hodelet improved for the 3rd week in a row at Pollok with a time of 28.47, Jim Sheridan returned to action 46.42, further North Ross McDonald finished 9th at Aberdeen in 18.59.

3K on the Green 26/7/13

A hot day on Glasgow Green saw three Harriers race 3 kilometres with fifty five other lunch time runners. Andrew White had another good race to finish third overall and first veteran. Chris Watson continues to run strong over the distance taking 8th and setting a PB. The third Harrier home was Kevan McCartney running just inside his PB in 11th and setting a seasons best by over 30 seconds.

3rd Andrew White 10.09

8th Chris Watson 10.38

11th Kevan McCartney 10.43

Inverclyde Leisure 5km 21/7/13



Well done to the large contingent of Harriers competing in windy conditions along Greenock's waterfront.

Shaun Lyon was the top performer running clear of the field to take the win. The conditions put paid to Shaun's attempt to break the 16 minute mark for the first time, but only just, falling 7 seconds short of his target. Davie Henderson just back from holiday also made the podium in 3rd.



Shelby Morrison was in close contention with the leading lady until ½ way before dropping back. But she was rewarded with a big personal best and finishing top junior girl. Her dad Gordon was also in top form winning his first medal for 1st over 45 with a 3 minute improvement on 2012. Graham McGrattan was fastest vet overall.

Also doing well were new starts June, John, Raymond, Kevin and Kate comfortably beating their expected finish times.

Full Results to follow:

5km Parkruns 20/7/13

Steven Campbell ran a PB of 17.03 when finishing 2nd to Cambuslang's Gordon Robertson at Strathclyde Park while Richard Hodelet completed his 55th run at Pollok park in 28.50 finishing 2nd in his category.

Edinburgh 10K 14/7/13



Stephen Trainer representing the West District had another superb run this time at the Interdistrict 10k road race incorporated into the Great Edinburgh run over an extremely hilly course around the Capital city. But undoubtedly the performance of the day came from Shaun Lyon who was just a few seconds off his best for the distance taking quite a few notable scalps from the selected district runners.

13th Stephen Trainer 32.40

18th Shaun Lyon 34.02

Pollok Parkrun 13/7/13

Kenneth Pryde 20.29
Richard Hodelet 29.24

Strathclyde Parkrun 13/7/13

6. Graham McGrattan 18.04
13. Chris Watson 18.57
26. Robin McAuslan 21.19
Johann McGrattan 26.15

Florida 5k Saturday 13/7/13

Davie's 2nd Win in Florida

Davie Henderson took one last chance of Clermont parkrun success before dashing to the airport for his flight home...arriving at the old historic park at 6.30am after a 50 minute drive, only to find the race cancelled. Frustrated not to get a race Davie headed out along the route to find the "Cool Summer Morning Running Festival & Triathlon starting in 15 minutes. He approached the race officials and on hearing the Scottish accent he pulled out all the stops to get him a championship and race start. Eager to justify his late entry Henderson hit the start hard and took the lead from the gun. With no time to recce the the course Henderson was unaware of the undulating asphalt route!!! He had a commanding lead by 2km, only for the lead bikes straying off the course some 100m. An about turn and pushing hard up one of the many hills Davie had again established his lead however the searing 28 degrees C heat and 90% humidity made the last 2km a real tough effort. Henderson was delighted to cross the line as run away winner in a time of 17.38. He conceded after the race it felt as tough as his 16.04 from 3 weeks ago...Nice to see the GGH colours at the top of the podium at one of the regions highest regarded events.

Singlehurst Shield Races 6/7/13

Trainer's Trail Triumph



More pictures from Thomas Loehndorf can be found [HERE](#)

In the summer sunshine Jacqueline O'Donoghue clinched victory and at the same time retained her club champion title in convincing style in Greenock Glenpark Harriers Singlehurst Shield trail race. Also in dominant form was Stephen Trainer, who powered his way 2 minutes clear of Shaun Lyon over the two laps on the trails on the "Cut", Stephen though still has it all to do in next month's Bill Elder 10k race to overturn current championship leader David Henderson's 6 point advantage.

Jacqueline had broken away early from her main rival Lorna Coyle, knowing she needed that early cushion, because Lorna is always strong in the second half of races. Her tactics paid off as Lorna's late push just wasn't enough, but she did have the consolation of taking the ladies veteran title. Liz McAuslan finished in 3rd place ahead of Yvonne Prager.

While all the women's titles have now been settled, the competition couldn't be fiercer in the men's championships, with the Senior and over 40's and over 50's titles still to be decided in what promises to be an exciting finale in August.

Paul Monaghan in his first season with the club could be the surprise 40's veterans champion putting himself in contention with 4 wins in the last 6 races, only Scottish Internationalist Mick McLoone denying him on Saturday. The over 50's is even closer with just 6 points separating the top three. The form of Graham McGrattan, the Scottish veteran silver medallist over 5000m, makes him clear favourite if he can maintain his recent form.

In the one lap race Luthais Arthur prevailed over Nathan Robinson, but nothing could separate Luisa Davies, Lauren Mulaghton and Shelby Morrison, all three crossing the line together with Katie McAuslan following just behind.

Harry McGill maintained his perfect record with another win in the junior 1 ½ mile race ahead of Ewan Ferguson. Nicola Doohan was once again outstanding running clear of Lucy McFarlane and Christie Mulaghton.

The Harriers would like to thank race sponsors Inverclyde Association for Mental Health for their support and Lady Alice bowling club for hosting the presentation.



Chris Trainer of IAMH presents the trophies to Jacqueline & Stephen

(6.4Miles) Stephen Trainer 34.51, Shaun Lyon 37.12, Mick McLoone 38.16, Kevin O'Donoghue 38.57, Steven Campbell 39.53, Paul Monaghan 40.29, Ross McDonald 41.00, Andy Osborne 41.30, Graham McGrattan 42.40, Mick Dunn 45.30, Gordon Morrison 46.00, Kenny Pryde 46.30, Alan O'Rourke 47.15, Mick Harrington 48.00, Jacqueline O'Donoghue 48.49, Lorna Coyle 49.44, Kevin Gill 50.00, Robin McAuslan 50.43, David Carruthers 52.00, Liz McAuslan 53.58, Yvonne Prager 60.01.

(3.2Miles) Luthais Arthur 21.20, Nathan Robinson 22.47, Shelby Morrison 28.03, Lauren Mulaghton 28.03, Luisa Davies 28.03, Katie McAuslan 29.28, Tommy Knight 33.30

(1.5 Miles) Harry McGill 11.18, Nicola Doohan 12.01, Ewan Ferguson 13.57, Lucy McFarlane 14.29, Christie Mulaghton 14.46, Gracie McGill 14.48, Rachel Mulaghton 15.40,

Fair Weekend Round-up

Clermont (Florida) 5k Parkrun Saturday 29/6/13

1st David Henderson 17.36

Pollok 5k Parkrun Saturday 29/6/13

8th Graham McGrattan 18.10, 27th Ross Neilson 19.27 (34sec PB)

Eglington 5k Parkrun Saturday 29/6/13

Kimberley Stevenson 32.37

Linwood OGM Wednesday 26/6/13

3000m: Shaun Lyon 9.26, Evan Warwick 10.48, Shelby Morrison 11.01

800m: Jack McDaid 2.52,

1500m: Harry McGill 5.35,

400m: Gerard Smith 57.16, Shaun Lyon 59.32

100m: Shelby Morrison 15.36

200m: Harry McGill 35.66, Jack McDaid 35.51

Scottish Veterans 5k road race Wednesday 26/6/13

Great results from the Harriers with Graham finishing top over 55 and Mick 2nd in the over 45s just a couple of seconds behind Kilmarnock's Keith Haining.

4th Mick McLoone 16.36, 14th Graham McGrattan 17.47

Dunoon Schools 800m 25/6/13

800m 1st Nathan Robinson 2.24

Weekend Round-Up

Ayr Sprint Triathlon Sunday 23/6/13

In very blustery conditions Andrew and Danny were well placed among the 100 starters in the Ayr Sprint distance Triathlon. The pair were well down after the 750m open water swim in the river Doon but soon worked their way through the field in the 20km cycle section in the undulating out and back route through the village of Dunure, and in the 5km run around Doonfoot.

11. Andrew White 1:13:43 (4th vet), 18. Danny McLaughlin 1:16:28 (4th supervet)



Glenrothes 10K Sunday 23/6/13

Liam Smart 36.30 (pictured left)

Pollok 5k Parkrun Saturday 22/6/13

Andy McCall 18.19

Eglington 5k Parkrun Saturday 22/6/13

Kimberley Stevenson 32.54

Tollcross 5k Parkrun Saturday 22/6/13

Graham McGrattan 19.05

Chris Watson 19.28

Jo McGrattan 27.39

Bellahouston Harriers Brian Goodwin 10K Friday 21/6/13

11. Mick McLoone 35.13 - 2nd Vet

32. Alan Henderson 37.42

37. Steven Watson 38.00

39. Chris Watson 38.01

Scotstoun Stadium Miler's meeting Friday 21/6/13

David Henderson smashed his personal best in the opening race of the milers meeting on a warm summer evening at Scotstoun stadium. Mark Pollard had perfectly paced the race for the first 7 laps for the target time of 16mins, but on his own for the remainder of the race he just dipped out, nonetheless a fantastic effort to improve by almost 30 seconds.

Shaun Lyon was disappointed with his time after having to wait until 9pm before taking part in the 5000m A race. With the leaders setting out for a sub 15 minute, Shaun soon found himself adrift from the pack, and had the difficult task of running the entire race on his own.

David Henderson 16.05, Shaun Lyon 16.21

Inter Area Schools Championships Thursday 20/6/13

Congratulations to Shelby Morrison and Chloe Hanlon who gained selection for the Inverclyde Schools team at Grangemouth, and both produced their best ever with PB's in the 1500m for Shelby winning in a time of 4.55mins and Chloe blasting the 100m in 13.78

MHFS 16/6/13

Brian's Breakthrough

Good wee report from Brian McCluskey on his 40 minute breakthrough: Well deserved for his perseverance.

“With six 10k races in 5 weeks my aim was to break the 40 minute barrier for the first time. I started with a PB of 40.08 at Helensburgh before improving with a 40.06 at Clydebank. I then had a disappointing 40.55 at Dumbarton and 41.44 at the Frank Sinclair. I didn’t know whether to laugh or cry with a new PB of 40.00 at Vale of Leven, but finally cracked it at the MHFS in Glasgow with a 39.34. – Thanks to fellow Harriers for all the support and encouragement.....who knows what I could achieve if I got my butt back to training!”

National T&F Champs 16/6/13

Graham Grabs Double

A small squad travelled to the National Relay , Masters and Senior 10k championships at Grangemouth stadium. Pride of place went to Graham McGrattan who collected a brace of medals, winning Bronze in the +55s 1500m, and then went one better with Silver in the 5000m. Stephen Trainer just missed out in the senior 10000m but was satisfied with a PB of 31.39 in which he held off a late challenge from defending Champion Neil Renault of Edinburgh to hold onto 4th place.



Graham Gives Pursuit in the 5000m



Stephen strides out in the Men's 10000m

The very inexperienced relay squad of Luthais Arthur, Declan Devine Mark Magee and Scott McCluckie made it through their heat to claim a place in the U18mens 4x100m final, although finishing in 8th they performed to their best expectations with 3 smooth baton exchanges. Then with just a few minutes recovery Luthais, Mark & Scott stepped back on the Track for the Final of the 4x400m - with late call-up Nathan Robinson replacing Declan Devine. The short recovery time had put their sub 4 minute target in jeopardy, but the quartet were in inspired mood and were always in contention with Nathan the surprise package on the anchor leg to take them home in 4th in a time of 3.53minutes.



Luthais Arthur and Declan Devine execute a slick changeover in the 4X100m Final.

Scots' Strike Silver



Stephen, Kyle Greig and Ben Hukins

Stephen Trainer's purple patch continued with an outstanding performance at the UKtrail running International at Keswick where he led the Scots to team silver. This was the Glenpark Harrier's 3rd race in a week, after winning locally at the Frank Sinclair 10k, and Chisholm mile, and this was to be his toughest challenge yet. Against top class opposition and on a testing 11km hilly trail it was no surprise that it was the experienced mountain runners that set the pace.

Stephen started at the back of the field picking off runners one by one until moving into 3rd spot, but his hope for individual bronze was to falter after half way on the steep climb up Latrigg Fell where he dropped back a couple of places. The race was won by England's Steve Vernon who has been in brilliant form all year, with Stephen leading the Scots home in 5th position, as teammates Kyle Greig and Ben Hukins packed well in 6th & 7th to ensure the silverware.

Weekend Round-Up 9/6/13

PB's Galore

There were 2 personal bests set at the weekly 5k parkruns, with Ross McDonald taking 3rd at Aberdeen in a time of 17.42; a 33 second improvement, while at Pollok Liz McAuslan went 16 seconds better to 24.08, with her husband in Robin in 21.55. And over at the Strathclyde Parkrun Kevin O'Donoghue finished 6th in a time of 17.29.

At the Karrimor Great Trail challenge Kimberley Stevenson completed the tough LakeDistrict 11km course in 95 minutes.

The warm conditions on Sunday also helped four of the 13 Harriers competing in the Vale of Leven races on their way to personal bests with the most significant coming from Kirstin Arthur with a reduction of over a minute to break through the 50 minute barrier.

VoL10K: Mick McLoone 35.11, David Henderson 36.19, Andrew White 36.20PB, Andrew Osborne 36.28PB, Robert Adams 37.31, Alan Henderson 38.22, Brian McCluskey 40.04PB, Robert Wilson 41.48, Robert Mitchell 42.43, Lorna Coyle 43.18, Kirstin Arthur 48.57PB.

VoL5K: Duncan Anderson 19.19, Rhonda White 24.37

Chisholm Mile 4/6/13

Trainer's all sMILEs

A very big thank you to all the volunteers who helped: time-keep (Hugh Cameron, Fiona Cushnaghan, Susan Slater, Peter McLaughlin), Starter (Gerry Gaffney) Finishing stewards (Terry Wall, Liz McAuslan), Registration (David Carruthers), Refreshments (David Robinson) and the cyclists Rhonda White, Scott Forrest & Jim Cuffe for leading the race to clear the esplanade, Thomas Loehndorf and Alison Daisley for pictures and all the parents for their support. [and apologies to everyone I forgot to mention :-)]

Stephen Trainer was victorious again, this time on Greenock Esplanade. With warm conditions and a steady breeze on the backs of the 72 runners in Glenpark Harriers Chisholm mile race fast times were guaranteed. But Stephen wasn't having it all his own way as Inverclyde AC's youngster Michael Houston took an early lead. Michael maintained the gap until half way but was coming under increasing pressure from the Harriers Trainer and David Henderson as they started to make their move. Trainer's strength was to tell in the end as he eased into pole position, but Houston battled hard to the line holding off the fast finishing Henderson. There was a bit of a gap to Kevin O'Donoghue who did extremely well to edge ahead of IAC rivals Josh Houston and Stephen Cook in a very close finish for 4th.

Shelby Morrison was in blistering form, winning the trophy for 1st female, with Megan Rodgers and Luisa Davies neck and neck for the runners-up spot; the Glenpark youngsters' speed was just too hot to handle for the Harriers senior women Jacqueline O'Donoghue and Alison King who followed just behind.

There was a real scrap to be first veteran home with Paul Monaghan blasting away from the start, followed more cautiously by Andrew White and Mick McLoone. It was a risky tactic but with Andrew unable to close the early advantage, it was one that paid off for Paul. It was a quality run by the over 40 vets with all 3 going under the 5 minute mark. Graham McGrattan wasn't slouching either running 5.06 to be first in the O50 category. Tommy Knight came out on top against fellow septuagenarians Richard Hodelet and Jim Sheridan

Pictures from Thomas Loehndorf click on link:

<http://www.flickr.com/photos/35938782@N08/sets/72157633936246478/>



One of the few races where the Harriers young & Not so young run together

RESULTS:

Stephen Trainer 4.18, Michael Houston 4.21, Davie Henderson 4.26, Kevin O'Donoghue 4.40, Josh Houston 4.41, Stephen Cook 4.43, Luthais Arthur 4.45, Andrew Harkins 4.47, Paul Monaghan 4.51, Andrew White 4.55, Mick McLoone 4.57, Robert Wilson 5.05, Graham McGrattan 5.06, Nathan Robinson 5.08, Ross Neilson 5.10, Tony Quinn 5.10, Steven Watson 5.10, Scott Cochrane 5.13, Shelby Morrison 5.14, Evan Warwick 5.17, Chris Watson 5.22, Danny McLaughlin 5.26, Brian McCluskey 5.28, Cameron Watson 5.28, Darren McMaster 5.31, Ross Slater 5.36, Gordon Morrison 5.38, Harry McGill 5.41, Megan Rodgers 5.43, Luisa Davies 5.43, Jacqueline O'Donoghue 5.45, Ross Gregson 5.45, Robin McAuslan 5.49, Iain Crawley 5.50, Alison King 5.51, Sammy Hearl 5.53, Nicola Doohan 5.53, Robert Peterson 5.55, Clara Pollock 5.55, Jack McDaid 6.08, Tom Forrest 6.08, Nikki Walker 6.13, Douglas Nicholson 6.15, Lorna Coyle 6.15, Gillian Carmichael 6.16, Zoe Renfrew 6.19, Craig White 6.20, Hayley Cowper 6.25, Cara Hogg 6.27, Ewan Ferguson 6.30, Marco Rebecchi 6.37, Andrew Winter 6.41, Theresa Watson 6.43, Gina McGill 6.55, Beth McKenna 7.00, Rachel McFarlane 7.10, Catriona Daisley 7.12, Gracie McGill 7.13, Keir Crawley 7.15, Ruby McGill 7.18, Siphon Ngoma 7.21, Grace Harrison 7.27, Jude Dolan 7.29, Lucy McFarlane 7.42, Ciaran Hogg 7.52, Tommy Knight 7.53, Sean Hegarty 7.55, Alistair White 8.11, Richard Hodelet 8.19, Abbi Noone 9.00, Laura McFarlane 9.24, Jim Sheridan 10.02

Danny's Duathlon 2/6/13

Duathlon Course Records Set

Andrew White won the 2nd of Danny's duathlons beating his own course record from Gourrock Pool by 47 seconds. The biggest improvement though came from Steven Campbell by 6.30mins. Guest Lindsay MacNeill set a new women's record by 10 minute while Cyclists Matt Hennon showed his class on the bike taking just 29.20mins for the 20km. course. Danny would have been out right winner if the race was based on Transition times only - but unfortunately for Danny it's not 😊

Frank Sinclair 10k 1/6/13

Stephen Celebrates Scotland Call-up with Win



Pictures from race **HERE** and **HERE**

Stephen Trainer won Inverclyde AC's Frank Sinclair 10k race in a personal best time in windy conditions along Gourrock sea front. He was soon clear of his challengers after dropping the host club's Mark Pollard after 2km, and reached the turn in 16.47, but with the wind behind him he blistered the second half in 14.57 (his best time for the 5k distance) to give him victory in this race for the 3rd consecutive year. His recent excellent form see's him gain selection for Scotland, his first senior vest.

<http://www.scottishathletics.org.uk/index.php?p=17&itemType=news&itemId=7160> . Andrew Harkins had a ding dong battle with Paul Monaghan, before Andrew finally

went clear on Ashton promenade, with Paul close behind finishing as first veteran. It was another good turnout from the Harriers with 13 competing.

Results: Stephen Trainer 31.44, Andrew Harkins 35.58, Paul Monaghan 36.07, Steven Campbell 36.59, Alan Henderson 38.35, Steven Watson 38.53, Robert Wilson jnr 39.31, Chris Watson 39.48, Brian McCluskey 41.44, Mick Harrington 41.59, Robert Mitchell 42.46, Kevin Gill 46.31, Tommy Knight 61.36

Park Run 1/6/13

At Pollok Park Graham McGrattan (18.54) finished 15th overall and first in his category, with Richard Hodelet maintaining his consistency with another 28 minute run (28.31) for the 5km.

3k On The Green 31/5/7

Green & White

It was 2 personal bests in 2 days for Andrew White as he edged closer to the 10 minute mark as he finished 4th in Glasgow. It was an impressive performance from Andrew as he showed he had the speed over the shorter distance to beat Cambuslang Veteran Dave Thom who ran 34.27 compared to Andrew's 36.30 the previous night in the Dumbarton 10k. Andrew covered the 3k in 10.04 with Thom 4 seconds adrift.

Dumbarton 10K 30/5/13

Lorna Keeps Her Cool



Lorna Coyle was in outstanding form, setting a PB to finish 2nd in the O50 category, just a minute behind veteran internationalist Hazel Deane of Central AC. 12 Harriers took part in the 3rd of the Polaroid 10k series at Dumbarton in very warm conditions.

Results: Andrew Harkins 35.04, Mick McLoone 35.45, Andrew White 36.30, Andrew Osborne 37.16, Robert Adams 37.57, Robert Wilson 38.49, Kevan McCartney 39.09, Brian McCluskey 40.55, Robert Mitchell 41.37, Euan Leslie 41.50, Lorna Coyle 42.09, Lynne Rogers 47.49.

Linwood OGM 29/5/13

Hurry Up Harry

There were good conditions for the 2nd of the Linwood Open Graded meetings, with some fast times being produced on the night. Luthais Arthur set new PBs in the 800 and 200, but Harry McGill went 1 better with 3 PBs in all his events. Rachel McKenna set a new best in the 100 dash then went on to win her 200m heat.

Everyone else were very close to their best times, and should better them by the end of the season

800m: Luthais Arthur 2.08, Gerard Smith 2.11, Luisa Davies 2.32, Lauren Mulaghton 2.37, Jacqueline O'Donoghue 2.46

200m: Luthais Arthur 25.80, Mark Magee 26.60, Rachel McKenna 31.20, Jacqueline O'Donoghue 32.10, Harry McGill 32.90,

100m: Mark Magee 12.90, Rachel McKenna 14.90, Harry McGill 15.80

1500m: Harry McGill 5.50

Thanks to Caroline Mulaghton, Duncan MacNeill, Gillian Forrest and Rachel McGill for transport and to Kimberley Stevenson for officiating on at the track.

Kilpatricks Hill Race 29/5/13

Harriers Go Fourth

David Henderson finished 4th in the Kilpatricks hill race. Steven Campbell, Kevin O'Donoghue, Danny McLaughlin and Andy McCall were also competing, in which there was a record turnout for the race organised by Westerlands CCC on the hills adjacent to the Erskine Bridge. Westies were in top form making it a 1,2,3 for their senior men.

Results to follow

Weekend Round-Up 26/5/13

As well as Falkland and Kilmarnock there were athletes from the Greenock club competing in Fort William, Glasgow, Campbeltown, and Edinburgh



Facing the toughest challenge on Sunday were Andrew White, Danny McLaughlin, and Kirstin Arthur who were competing in the Highland Warrior Triathlon in Lochaber. This included a 1.2mile swim in Loch Linnhe, followed by a 56 mile cycle, and rounded off by a 13 mile run around Glen Nevis. Their training schedules prepared them well with Andrew finishing in 6th in a time of 4.27 hours, Danny was 20th in 4:45 and Kirstin taking just 5:50 and 9th in her category. Both men picked up medals with Andrew 3rd over 40 and Danny also 3rd over 50s.

Closer to home Alison King showed that she is getting back to her best when she finished 2nd in the "Race for Life". She took just 18.47minutes to get round the 5km course at Glasgow Green.

In the Edinburgh Marathon Liam Smart (pictured above), Andrew Osborne and Susan Slater were the the stand out performers , with Liam and Andrew breaking the 3 hour mark for the first time and Susan running 3:54 on her debut at the distance. Robert Wilson jnr tackled the ½M course in 88.45.

Marathon Results: Liam Smart 2:55, Andrew Osborne 2.59, Robert Adams 3.13, Sam McVicar 3.25, Susan Slater 3.54, Terry Wall 4.00, Yvonne Prager 4.49

In the Mull of Kintyre ½ marathon Lorna Coyle had a 3 minute improvement as she finished 2nd O50 in 1:38, Robin McAuslan in his first ½M was 1:47, and his wife Liz 1:53. (Looking suitably shattered below)



West District T&F Kilmarnock 24th & 25th May 2013



**Thanks to all those that helped with transport for the event: Duncan McNeill, Mark Magee, Caroline Mulaghton, Linda Doohan, and Lorna Hanlon

On the Friday evening the Harriers travelled to the Ayrshire Athletic Stadium in Kilmarnock for the West District T&F championships, and there was 3 personal best's recorded on a warm breezy evening. Shaun Lyon in his typical gutsy all out style ground out a 3 second improvement to bring his best time down to 4.16minutes in the 1500metres. While Nicola Doohan and Scott McCluckie reduced their bests in the 200m.

The following day the stronger winds made it difficult for quick times especially for the sprinters, but despite this all performed well, especially Rachel McKenna, who has progressed well over the winter and Chloe Hanlon just missing out in a place in the final. Scott McCluckie was top boy, a fraction ahead of Scott Renfrew and Mark Magee.

The highlight of the day however came from the performance by Megan Rodgers in the 800m. Lying 3rd after the first lap she upped the pace and powered her way to a 3 second PB. She followed that with a strong showing in the final although outside the medals.

Results - 1500m: Shaun Lyon 4.16, **200m:** Nicola Doohan 31.70, Mark Magee 26.27, Scott McCluckie 25.88. **100m:** Chloe Hanlon 14.17, Rachel McKenna 15.30, Scott McCluckie 13.02, Mark Magee 13.20, Scott Renfrew 13.50, **400m:** Mark Magee 59.84. **800m:** Nicola Doohan 2.48, Megan Rodgers 2.35, Shelby Morrison 2.35, Lauren Mulaghton 2.42, Luthais Arthur 2.13.

National Trail race 25/5/13

Stephen Wins National Bronze



Greenock Glenpark Harriers Stephen Trainer struck bronze to win his first Senior National medal. His dedication has been rewarded and richly deserved as Injury has been a major factor for the talented athlete – up until now - not realising his early promise; he won a Scottish cross country bronze aged 12 before becoming national under 20 champion on the track over 5000m. This was followed by a long term injury, but now relatively pain free for 18 months he has gone from strength to strength, and his perseverance was rewarded on Saturday with his 3rd place in the 15km National trail race championship.

The race in Falkland in Fife was dominated by the red vests of Cambuslang, who took 4 of the top 5 places, with only the blue & gold of Glenpark spoiling a clean sweep of the medals for the Glasgow club. Ethiopian born Wegen Tafese, who won the National cross country championship in February dominated over this longer distance, ahead of Anglo team-mate Josh Lilly, with Stephen a clear 3rd(48.42). Also competing was Kevin O'Donoghue with a fine run finishing in 23rd (57.01).

Glasgow Parkrun 25/5/13

Richard Hodelet had his quickest time (28.22) in almost a year at the Pollock 5k, as Ernie Currie got back into running action after a long lay off recording a time of 24.25.

Clydebank 10k 23/5/13

It was a PB from Andrew Harkins at Clydebank in the 2nd of the Polaroid 10k race series. He delivered another big improvement this time by 30 seconds in the race, which also saw Mick McLoone return after being laid low by a virus after his London Marathon. Robert Adams, Robert Wilson (also a PB), Brian McCluskey, and Robert Mitchell all improved on their runs the previous week at Helensburgh.

Results: Andrew Harkins 34.56, Mick McLoone 35.44, Robert Adams 37.19, Robert Wilson Jnr 38.01, Brian McCluskey 40.06, Robert Mitchell 41.28, Kirstin Arthur 52.00, Susan Clark 55.02

European Triathlon 19/5/13

Pain In Spain for Nicky



Nicky Walker returned with the triumphant British team as they came back with a haul of 2 gold 3 silver and 4 bronze medals from the European age group Triathlon championships in Spain. And Nicky was unlucky herself not to medal finishing in 4th in a time of 6 hours 22 minutes.

The “Challenge Barcelona” race lived up to its name as race conditions were tough, with many agreeing that the swim and the bike leg ranked among the toughest they had encountered.

As Nicky explained “the swim was the most surreal experience; way way rougher than I would ever swim in, given the choice! Sighting was difficult because of the size of the waves. Everyone I spoke to after the race found it very difficult and were slightly in shock afterwards. It even made the very hilly 90km bike course afterwards come as a huge relief. The ½ marathon run was a bit of a slog, but we received masses of support wearing the GB kit and I pushed myself quite hard as a result.”

Team Manager Joan Lennon commented “The sense of achievement in the GB team after the race was immense and there was great camaraderie and mutual encouragement during the day for all the team. To finish this race was a feat in itself and I congratulate the medallists and all team members.

Park Run 19/5/13

A quiet weekend with Just a few Harriers out and about. Birthday boy Andy McCall finished 8th at Pollok in 18.29minutes for the 5km course and Richard and Joy Hodelet ran the MND charity 6 mile road race at Strathclyde park taking 59:39mins.

Helensburgh 10K 16/5/13



Andrew Osborne, Kirstin Arthur, Robert Adams, Robert Wilson.

Robert edged out Andrew as Kirstin just failed to break the 50 minute barrier, but very pleased to destroy her PB by 2.30minutes.

Results: Robert Adams 37.31, Andrew Osborne 37.32, Robert Wilson 38.08, Brian McCluskey 40.08, Robert Mitchell 41.46, Kirstin Arthur 50.03,

Cornalees Hill race 15/5/13

Stephen's Course Record

Cracking pictures from Thomas Loehndorf click [HERE](#)

Stephen Trainer set a course record as he led Greenock Glenpark Harriers to victory in the annual match against Glasgow club Westerlands in the Cornalees hill race. His main challenge came from team mate David Henderson, the current leader in the club championship, but it wasn't until they got off the tracks and onto the open hillside that Trainer made the break that was to seal his win. The on form Henderson though can be pleased with his nights work after setting a best time by 2 minutes.

Shaun Lyon, last year's winner, was third as the Greenock club dominated by taking 8 of the top ten places.

The ladies race was won by Westerlands Sarah Adam with Jacqueline O'Donoghue first back for the Harriers a couple of minutes clear of veteran Lorna Coyle and Fiona Cushnaghan.

It was an important result for Paul Monaghan finishing ahead of Andrew White, keeping alive his title hopes in the O40's veterans' championship. In the Over 50's it is even closer with Danny McLaughlin reducing Richard Davidson's lead to a single point with just three races remaining.

There was a nail biting end to the junior 800m uphill race with just 5 seconds separating the first three. Nathan Robinson had led from the start on Woodstock road, building up a substantial lead. But as the climb steepened in the final third towards the finish on the "Cut" Luthais Arthur and Evan Warwick quickly reduced his advantage. Then just as though it looked as if he would hold on for the win, agonisingly for him, he was passed first by Luthais and then Evan.

It took a sprint finish from Shelby Morrison to finally kill off the strong challenge of Megan Rodgers who had stayed right on her heels until the last 100metres. Also looking impressive in 3rd, a short distance behind was Nicola Doohan. The top under 11s were Harry McGill and Lucy McFarlane.



Senior 5miles: Stephen Trainer 31.51, David Henderson 32.51, Shaun Lyon 34.52, Kevin O'Donoghue 35.17, David Riach 35.21, Andy McCall 35.23, Owen O'Neill 35.38, Steven Campbell 36.21, Paul Monaghan 36.26, Andrew White 37.23, Donald Petrie 38.10, Graham Hyett 38.11, Jamie Provan 39.10, Danny McLaughlin 39.15, Tim Harbinson 39.45, Richard Davidson 39.49, Chris McKiddie 41.15, David Dickinson 41.29, Kenny Pryde 42.50, Sarah Adam 43.01, John Hamer 43.02, Gordon Morrison 43.17, John Quinn 43.18, Mick Dunn 43.26, John Donnelly 43.58, Lorna McMillan 44.34, Peter Midgley 45.44, David Hamill 45.59, Jacqueline O'Donoghue 46.35, Andy MacLean 47.30, Lorna Coyle 48.53, John Hutchison

49.21, Kevin Gill 49.27, John Duncan 51.09, Pat McLaughlin 59.29, Max McFarlane 59.31, Fiona Cushnaghan 60.42.



Junior 800m: Luthais Arthur 2.51, Evan Warwick 2.54, Nathan Robinson 2.56, Shelby Morrison 3.04, Megan Rodgers 3.12 Harry McGill 3.20, Nicola Doohan 3.26, Jack McDaid 3.40, Craig White 3.48, Ewan Ferguson 3.57, Connor Cowan 4.05, Kate Kilpatrick 4.07, Alexander Jamieson 4.17, Christie Mulaghton 4.24, Gracie McGill 4.25, Rachel Mulaghton 4.36, Lucy McFarlane 4.45, Oliver Curry 4.54, Kate Ferguson 5.10, Ellis Folan 5.17, Kristen Delussey 6.25,

Bute Triathlon 12/5/13



Sunday 12th May saw the welcome return of the Bute Triathlon. Pool renovations in 2012 led to the event being cancelled. The competitors had a choice of Sprint or Novice distances. Eleven Glenparkers made the trip to compete in the event, eight for the main event and three for novice . For Gillian Forrest and James Campbell this was to be their debut in the multi-sport event. The day started out wet and windy and unfortunately didn't improve very much but that did nothing to dampen the spirits of those competing.

The first event was the swim in which Scott Forrest recorded the fastest Glenpark time for the Sprint with Andrew Osborne close behind, both comfortably breaking 15 minutes. In the Novice event Alan Crighton recorded the fastest time overall for the 16 lengths which is by far his strongest discipline. After the pool based swim the athletes took to their bikes for the cycle. The conditions meant that the outward journey was in to the wind which made the undulating route slightly more challenging. Andrew White being last out of the pool, had a lot to make up on the bike. He stormed his way through the field making up several places and eventually posted the fastest bike time overall. The run was the final event and over a 3 lap course and 2 laps for the novice, Bute local Shaun Lyon triumphed with the fastest Glenpark time which also gave him a 3rd place finish for the Sprint, closely followed by Andrew White in 4th.

Within the top 30 were three other Harriers, Andrew Osbourne 22nd, Scott Forrest 24th and Richard Davidson 27th. In the novice event Mick Harrington took the highest Glenpark position with a 7th place finish and 1st place in the Super Vet category.

The Glenpark ladies were also well represented. Gillian Forrest in her first triathlon performed exceptionally well. Liz McAuslan and Donna Clark also competed. Liz had been undecided on the morning of the event as she had been unwell during the week, but her determination saw her

struggle through the three stages. Donna who is also suffering from injury didn't disappoint, she was 2nd out of the pool in her heat in what appears to be a great discipline for her.

Glenpark Harriers would like to thank Bute Wheelers for organising such a fantastic event and for their hospitality. We would also like to thank the marshalls, volunteers and time keepers for giving up their time as these events would not be possible without them.

We look forward to coming back next year when hopefully the sun will shine.

Sprint Results:

Pos.	Name	Time	Swim	T1	Cycle	T2	Run
3	Shaun Lyon	1:11:26	00:15:43	0:45	36:02	0:40	18:15
4	Andrew White	1:11:52	00:16:25	1:00	34:11	0:43	19:31
22	Andrew Osborne	1:20:51	00:14:40	1:29	43:11	0:22	21:07
24	Scott Forest	1:21:41	00:14:17	1:00	41:37	0:23	24:23
27	Richard Davidson	1:22:51	00:16:14	1:10	43:21	1:17	20:47
48	Gillian Forest	1:32:30	00:16:30	1:04	49:00	0:36	25:18
58	Liz Mcauslan	1:39:57	00:18:44	2:06	51:43	0:35	26:47
67	Donna Clark	1:54:30	00:16:21	1:48	1:07:06	1:17	27:57

Novice Results

7	Michael Harrington	55:28	10:08	1:32	27:57	1:13	14:36
13	Allan Crighton	1:00:40	07:39	1:28	28:53	0:56	21:42
28	James Campbell	1:09:29	10:01	1:28	38:31	0:53	18:34

No Stopping Kirstin

Kirstin Arthur took on the toughest challenge of the weekend when she competed in the "Full Mucker" Rat Race over a distance of 20 miles. There was no stopping her over the energy sapping course which included tackling 200 military style obstacles. She finished in the top third from over 3000 competitors, beating her predicted time by 90 minutes to cover the course in just 4 and a half hours.

Weekend Round-Up 12/5/13

Over the weekend the return of wintry conditions didn't deter Greenock Glenpark Harriers getting out and about to 7 events all around the country.

A significant milestone was reached when Richard Hodelet reached his 50th run at the weekly 5km at **Pollok park**. In heavy rain the veteran athlete equalled exactly his time from last week. Steven Watson was the first Harrier home in 13th, and was just 2 seconds off his PB in the poor conditions. (Results: Steven Watson 18.59, Chris Watson 19.33, Graham McGrattan 21.00, Kenny Scott 24.09, Richard Hodelet 28.54.)

On the hills Andy McCall took just 84 minutes to get up and down **Ben Lomond**. He reached the 3196 ft summit in 30th position where the winds were gusting to 40 miles an hour and visibility down to just a few feet, with a strong descent he pulled back 6 places.

All 5 harriers were at the head of the field at a wind swept **Largs** sea front for the local 10k, where Robert Wilson was a runaway winner. His team mates were closely packed with Ross Neilson 4th, Evan Warwick 5th and first junior, Robin McAuslan 7th, and David Carruthers in 8th.

At the **Loch Leven** ½ Marathon a few days after Troon, David Henderson finished in 7th place (79.09) and Steven Campbell 9th (81.49). Excellent times given the pair had to battle into gale force winds in the second half of the race.

In **Glasgow** where almost 6000 runners took part in the Bupa Great Women's 10k, Lorna Coyle (44.36) and Lynne Rogers (44.37), were in the top 100, with Lorna finishing 6th in her age category. Just a couple of minutes behind came Terry Wall (47.33) in 200th place.

Changing sports Iain Rankin and Susan Clarke completed the Caledonia Etape at **Pitlochry** in just over 5 hours. The cycle route covered 81 miles of the Perthshire countryside with lots of challenging climbs totalling over 6000 feet.

On the island of **Bute** the 11 harriers competing produced some excellent results in the Novice and Sprint events at the Bute Triathlon. (Race Report to follow)

Sprint 750m swim, 20km cycle, 5km run: (3)Shaun Lyon 71.26, (4)Andrew White 71.52, (22)Andrew Osborne 80.51, (24)Scott Forrest 81.41, (27)Richard Davidson 82.51, (48)Gillian Forrest 92.30, (58)Liz McAuslan 99.57, (67)Donna Clark 114.30,

Novice 400m swim, 13km cycle, 3km run : (7)Mick Harrington 55.28,(13)Allan Crighton 60.40, (28)James Campbell 69.29

Pollok Parkrun 11/5/13

Richard's Milestone



Richard Hodelet reached the 50 run milestone at Pollok park. In heavy rain the veteran athlete equalled exactly his time from last week. Steven Watson was the first Harrier home in 13th, and was just 2 seconds off his PB in the poor conditions.

Results: Steven Watson 18.59, Chris Watson 19.33, Graham McGrattan 21.00, Kenny Scott 24.09, Richard Hodelet 28.54.

GGH Award 9/5/13

National Club Accreditation Success for Greenock Glenpark Harriers



Greenock Glenpark Harriers have recently achieved national recognition with the news that they have obtained **scottishathletics** National Club Accreditation Foundation Award. The National Club Accreditation programme recognises clubs who meet national standards of practice and who provide a safe and effective structure for members.

Allison Simpson West Regional Development Manager said, “**scottishathletics** are delighted to recognise and commend the efforts of the Harriers who have demonstrated their commitment to delivering an effective club structure. They have produced a realistic plan with targets which will provide a framework and focus in taking the club forward. The challenge now for the club is to continue to bring the plan to life. My congratulations to all involved. Also, to the club management, coaches and officials within the club for their hard work and commitment over the years. Greenock Glenpark Harriers are organised, proactive and a family friendly club.”

Allison presented the award to the Harriers President Yvonne Prager at the clubs training night. Also in attendance to mark the official re-opening of the refurbished Orangefield clubhouse was Inverclyde Councillor Ronnie Ahlfeld.

The Inverclyde Council Sports Champion said “I was delighted to attend and very pleased the membership includes more than 100 young people. I have been very impressed with the enthusiasm and commitment shown throughout the club. Sport plays a vital role in the health and well being of our communities and I am delighted Inverclyde Council was able to make a significant contribution to the club and its members.”

Yvonne said “this is a fantastic achievement for the club and a huge thank you is due to everyone who contributed to this award”

“It is appropriate that this award coincided with the completion of the refurbishment of the clubhouse. As this is a great example of what can be achieved when organisations with the same aims work together for the benefit of the community. The support and help from Allison and Scottish Athletics, the funding from Inverclyde Council through the Community Facilities grant and the assistance of Council staff, Sport Inverclyde, and of course all our hard working volunteers, will ensure our club’s continued success. The outlay in improving our facilities, and the investment in our coaches has seen our membership more than double in recent years“.

Troon 10K 8/5/13

Davie & Andrew PB at Troon



Robert Mitchell, Andrew Harkins, and Davie Henderson.

In the usual windy conditions at the Troon Tortoises 10k Davie Henderson and Andrew Harkins both smashed their personal bests as they made the top 10 in the traditional opener to the 10k season. David's 15 second improvement saw him finish 5th and brings his best down to 34.20, while Andrew in 10th sliced 63 seconds to reduce his to 35.27. In the very large field of almost 1000 runners Robert Mitchell was 11th in the over 50s in 42.34, and club President Yvonne Prager was 13th over 55 just dipping under the hour mark with a 59.41.

Bishopbriggs Novice Triathlon 5/5/13

Congratulations to Alan Crighton who finished 30th from a field of 67 competitors in the Novice Bishopbriggs triathlon.

In his first ever “Tri” he got off to a brilliant start with the 5th fastest swim taking just 7.55 to cover 400m. He also did well on the bike with the 18th quickest time for the 10km bike ride in 24;08. On the 3km run, obviously tiring dropped 15 places in 19.03 but still delighted with his performance.

Glenpark Harriers “Danny’s” Duathlon 5/5/13

Andrew’s White Hot Performance



9 competitors lined up for Danny’s Duathlon consisting of two 5km runs and a 20km cycle at the new course starting at Gourrock pool.

Andrew White the Harriers most improved athlete this year led from start to finish recording the quickest times on both runs and on the bike. In 2nd place just 57 seconds adrift was super veteran Danny McLaughlin, who with the help of some slick transitions actually closed the gap after Andrews blistering opening 5km. Kevan McCartney took 3rd from Graeme Hyett thanks to a strong cycle leg, as the pair had almost identical times on the run.

Kirstin Arthur set the standard for the other Glenpark ladies to aim for with her time of 90 minutes.

Name	Run1	T1	Bike	T2	Run 2	Total
Andrew White	00:18:09	00:00:36	00:32:10	00:00:37	00:19:21	01:10:53
Danny McLaughlin	00:19:22	00:00:21	00:32:29	00:00:10	00:19:28	01:11:50
Kevan McCartney	00:19:26	00:00:40	00:34:27	00:00:32	00:20:26	01:15:31
Graeme Hyett	00:19:28	00:00:34	00:35:21	00:00:27	00:20:26	01:16:16
Steven Campbell	00:18:48	00:00:18	00:38:54	00:00:16	00:20:59	01:19:15
Richard Davidson	00:19:53	00:01:16	00:36:49	00:00:53	00:20:33	01:19:24
Andrew Osborne	00:19:35	00:00:11	00:39:35	00:00:18	00:21:17	01:20:56
Kirstin Arthur	00:24:24	00:00:26	00:38:32	00:00:34	00:26:27	01:30:23
Kevin Gill	00:23:05	00:00:35	00:43:25	00:00:35	00:25:03	01:32:43

Gigha Road race 4/5/13



This year the Harriers have been travelling far and wide, this time it was Liz McAuslan hopping over to the beautiful Hebridean island of Gigha. In windy cold conditions, she completed the 11.3mile hilly road race which covered the length of the island in 1.32 hours.

Pollok Park Run 4/5/13

At the weekly Pollok 5k parkrun Ross McDonald in a personal best moved up to 10th in the all time GGH records with 18.04, while Richard Hodelet in 28.54 is now just one away from reaching his 50th run.

Sunderland 10k 28/4/13

Richard and Joy Hodelet ran the Sunderland 10k in 65.42minutes in conditions Richard describes as “the coldest and windiest conditions I have experienced for many a day”. Their brother-in-law Ian Hall (53.16) also completed the course starting and finishing at the Stadium of Light.

Highland Fling 27/4/13



Congratulations to Kevin O'Donoghue on his 19th position taking 8hours and 52minutes in his first Ultra race, the 53 miles (with a climb/descent of 1200m climb) from Milngavie to Tyndrum along the West Highland way trail.

Click **Race report** for Kevin's account of his highs and lows.

Park runs 27/4/13

Walk in the park for Nicky

Results from Pollok; Chris Watson 18.55, Steven Watson 19.12, Johann McGrattan 25.52 with her fastest time of the year, and jogging around. Andy McCall 27.11 in his 3rd race in 4 days. At Eglinton park Nicky Walker was triumphant with a superb time of 22.49 , 1/2 a minute ahead of Kilmarnock Junior Amanda Humes. Kimberley Stevenson in 32.06 was delighted to go 1.40minutes quicker than last week.

3k on the Green 26/4/13

An excellent 3rd place for Andrew White at Glasgow Green, also from Andy McCall 2 days after his hill race at Luss.

Results: 3rd Andrew White 10.07, 6th Andy McCall 10.36, 18th Chris Watson 10.54

Beinn Dhub Hill Race, Luss 24/4/13

(Thanks again to Andy McCall for the race report) On a glorious night for hill running there were 5 Harriers competing in the new Beinn Dubh hill race at Luss. The warm night provided the perfect race conditions which saw a field of 88 runners toe the start line.

Davie Henderson, just about recovered from his previous weeks exertions at Kaim, set off with the experienced leaders from the gun. With a good fast pace Davie found himself 7th at the turn and was looking strong. Paul had also went off at a fast pace reaching the summit in an incredible 17th position, while just behind came Danny running steadily to the top of the 620 metre steep climb in 22nd. Andy McCall continuing his comeback fell well behind in 35th at half way, while Postie Andy MacLean on his first race of the year was working hard behind them.

On the Downhill David ran well despite losing 1 place. Behind him the hill running experience of McLaughlin and McCall was telling as the both sliced through the field (especially Andy catching 12 places) both finishing close together. Paul although losing ground on the descent should be extremely happy with his performance in only his 2nd hill race, he showed great strength in such a tough event. While Andy McLean was only too happy to be back competing in the hills.

Results : 8th David Henderson 39.56, 18th Danny McLaughlin 43.25, 23rd Andy McCall 43.49, 26th Paul Monaghan 44.47, 87th Andy MacLean 61.50.

Linwood OGM 24/4/13

Some fine performances at the first outdoor track meeting of the year for the Harriers, with a double win for Scott McCluckie in the sprints, and Luthais Arthur and Harry McGill in the 800m. Shelby Morrison showed some very promising early season form with a PB in her 800m

(100m/200m) Scott McCluckie 13.02, 25.94, Mark Magee 13.29, 26.83, Scott Renfrew 13.45, 26.88, Chloe Hanlon 14.46, 29.83, Rachel McKenna 15.30, Nicola Doohan 16.04, 32.51 **(100m/800m)** Lucy McFarlane 18.02, 3.26 **(200m/800m)** Shelby Morrison 31.51, 2.25 **(100/200/800)** Harry McGill 16.60, 34.27, 2.53 **(3000m)** Evan Warwick 11.17 **(800m)** Luthais Arthur 2.13, Jacqueline O'Donoghue 2.52, Mia Forrest 3.09, Ewan Ferguson 3.20

Thanks to everyone who helped out on the night, track judge Kimberley Stevenson. Coaches Alan O'Rourke, Duncan MacNeill, Gillian Forrest, Stevie McLoone, and all the parents who helped with support and transport.

Harriers get on their bikes and run to the Hills!!

Another very busy period for the Harriers young and old, with 26 of us competing around the UK and Holland

London Marathon 21/4/13



For someone making his debut at the Marathon distance and it being at London, one of the biggest televised events in the UK, you would expect a lot of nerves, but not for Glenpark Harrier Stephen Trainer, where he made his way to the front of the field and lined up alongside Mo Farah and the rest of the elite athletes. But his confidence wasn't unfounded as his build up to the race had seen a very promising result at the Inverness ½ marathon in March where he ran 68 minutes. He started the race at a fast pace going through the first 10k in 33 minute, but with temperatures rising, he understandably tired over the last 5 miles, from that point it was then just a matter of trying to hang on, and he did just that, with his determination taking him to a highly creditable 35th position.



It wasn't just Stephen but all nine harriers among the 36,000 runners that found the conditions tough with the heat taking its toll on their shattered bodies as they entered the closing stages. Shaun Lyon was also well pleased with his Marathon debut despite "blowing up big time at 17 miles", recording a time just 6 minutes off his target, after having missed a lot of training leading into the race with a knee injury,

It was an excellent performance from the veteran Mick McLoone running a 30 second personal best, but the biggest improvement though came from Andrew Harkins who with the experience of running London the previous year and hard training and racing over the winter months went an astounding 30 minutes quicker.

Unfortunately for Andrew Osborne he was the one to suffer the most in the gruelling contest; when he slowed badly after the 22 miles, when on course to easily beat the 3 hour mark, but he can take great confidence from his 10 minute PB.

The vastly experienced Marathon runner Robert Mitchell, ran steadily as expected, finishing high up in his age category just behind Robert Dolan jnr who was delighted just to finish after being a doubtful starter with a foot injury prior to the race.

The final Harriers to finish were Pamela and Sam McVicar who went comfortably under 5 hours, a major achievement by Pamela who only recently started running late last year.

Results: 35th Stephen Trainer 2:31:42
285th Shaun Lyon 2:43:44
800th Mick McLoone 2:54:29
929th Andrew Harkins 2:56:19
1784th Andrew Osborne 3:05:45
4923rd Robert Dolan 3:31:18
(v55 - 96th) Robert Mitchell 3:33:53
21852nd SamMcVicar 4:47:58
21853rd Pamela McVicar 4:47:58

European Duathlon Championships 21/4/13



Greenock Glenpark Harrier Kevan McCartney rose to the occasion at the European Duathlon Championships in Horst Holland on his Great Britain debut.

With an inspired performance he beat many of those that had finished ahead of him at the British trials in March.

That race in Oulton Chesire earned him the chance to compete for Britain in this the European age group championships and he didn't let himself down when he placed 11th in the 35-40 age group category, and 91st overall from the 230 competitors.

It was his effort on the 20km bike leg that was most impressive recording the 7th fastest time, that along with 2 solid runs and 2 very slick transitions kept him in contention in a very close race which saw just 3 minutes separating the 3rd placed athlete Van Beek of Holland and Kevan in 11th

Total time 63.53 : Splits (5km run) 17.57, (T1) 1.07, (20km bike) 33.44, (T2) 0.51, (2.8km run) 10.15

Crinan Puffer 21/4/13

The Crinan Puffer 8.5mile canal race starts at Ardrishaig and ends in Crinan along the beautiful and scenic Crinan Canal. Not that Liz McAuslan was hanging about to admire the views as she stormed to a 4 minute personal best of 67.40, finishing just outside the prizes. Her husband Robin was going well until the 6 mile mark when his calf tightened, slowing him to 64.19

Callander 10k 20/4/13



Graham McGrattan and David Carruthers took part in this tough 10k trail race, the route went through the picturesque town of Callender, before venturing out into the surrounding forests and then returning into the town along the banks of the river Teith. It was a real test for the pair with lots of challenging climbs, with Graham running well to finish 3rd veteran and 10th overall (40.30). David was 40th(48.03) from the 135 finishers. The race was won by International hill runner Prasad Prasad in 34.13.

Primary School XC championships Kirkcaldy 20/4/13

5 young harriers were competing for Ardgowan primary in the National primary schools xc championships, and there was fantastic runs from Zoe Renfrew (19th) and Hayley Cowper (20th) crossing the line just 30 seconds behind the top 3 girls in the P6 race. Jack McDaid was our top placed boy in 43rd in the P6, and in the P7 boys race there was creditable performances from Jonathan Slater (75th) and Tom Forrest (85th).

Park Runs 20/4/13

Richard Hodelet completed his 48th Pollok Parkrun in 29.46, and at the new Parkrun venue at Eglinton Park in Irvine, Kimberley Stevenson recorded a time of 33.45

Kaim Hill 17/4/13



(Thanks to Andy McCall for the race report) On a wet and windy Wednesday night 5 Harriers set off on the short journey for the Kaim Hill Race in Fairlie

With Davie in good form and a record field of 74 runners it was always going to be a great race. Davie managed to keep in touching distance with the leaders to the summit when he turned in 4th position, but the descent was not long enough for him to catch Niall McAlinden of Westerlands.

Danny, Andy, Andrew and Paul in his debut hill race, all set off at the same pace and this stayed the same until half way up the steep grassy hillside when Andy started to drift back from the group. By the summit Danny had taken the advantage and with all his experience showed that age did not matter on the hill as he stormed down the tricky terrain to hang on for a great time and position.

Andy had lost over a minute on his team mates on the climb but managed to catch Paul after his superb dive half way down. Andrew who was carefully descending had a perfectly paced race and managed to hold his position to the finish line.

All of the harriers can be proud of the effort they put in on a miserable night, with Andy just glad to have a weeks training under his belt and to be back in racing action.

Results: 4th David Henderson 32.39, 15th Danny McLaughlin 35.58, 17th Andy McCall 36.08, 20th Andrew White 36.45 , 23rd, Paul Monaghan 37.49.

Weekend Roundup

The Harriers were out and about the country with some mixed results:

Lochaber Marathon Marathon 14/4/13

In wet and windy conditions and still not fully recovered from her marathon in Rome last month Fiona Cushnaghan still managed to complete her 15th Marathon at Fort William in a creditable time under the circumstances(4hours 22min).

Ayr Duathlon 14/4/13

Danny McLaughlin finished 2nd Suprevet at Ayrodynamics Duathlon at Doonfoot. After his first 5k run (19.22) he was lying in 17th, but with a steady 27km (58.22) on the bike, and one of the few to go faster on his 2nd run (19.01) he had moved through to 12th overall. The unfortunate Andrew White was well placed in 8th after the first run (18.22) but a double puncture forced him to retire.

Pollok Park run 13/4/13

It was a rare defeat for Graham McGrattan in his age category when he was beaten by a solitary second from Garscube's Alex Chisholm at the weekly 5km parkrun at Pollok. In his fastest time of the year (18.18) he finished 5th overall. Steven Watson (19.10) finished in 13th just outside his best time.

Balloch to Clydebank ½ Marathon 14/4/13



Full results to follow:

5th Steven Campbell (pictured left)

Ross Slater 1.33 (PB)

Robert Wilson

Chris Watson

Gillian Forrest 1.41

Edinburgh Rock&Roll ½ Marathon 14/4/13

Congratulations to Lorna Coyle finishing 2nd in her age category in a time of 1.41.56, Lynne Rogers wasn't too far behind (1.43.01). The race in the capital was run in "brutal conditions of wind and rain and hills all the way".



Lorna and Lynne enjoy their pre-race lemonades

Willie Jukes Road Race 6/3/13

Stephen's 4 in a row

Greenock Glenpark Harrier Stephen Trainer maintained his stranglehold on the Willie Jukes 5mile road race trophy with his 4th consecutive win in the competition.

Stephen was again looking dominant as he finalises his preparations for his first Marathon at London in a fortnight. . He had run with David Henderson and Shaun Lyon, another London debutant, to half way before making his break first dropping Lyon at 3 miles then in the last 1/2mile picking up the pace again to ease away to another win. Henderson was delighted with his form in taking the runners up spot ahead of Lyon. Outside the top trio came Andrew Harkins running on his own for most of the race in an excellent time.



Stephen Trainer leads at the turn from Shaun Lyon and David Henderson

A large contingent of 80 competitors from the Harriers had travelled across to Dunoon for their annual road race festival held in memory of their former stalwart, which had a wide range of ages as runners from 3 years old to veterans in their 70's competing in distances from 100metres to 5 miles.

Jacqueline O'Donoghue was the surprise winner In the women's race where competition was once again fierce with the first 4 all within 20 seconds of each other. Alison King was left disappointed after she had set the early pace with some courageous front running. She had opened up a significant gap to the half-way point at Inellan running into the strong breeze. But with the wind now at their backs Gillian Forrest and Jacqueline working together had started to eat into her lead and with Lorna Coyle further back but now making big gains, it was a question of whether Alison would be able to hang on after expending herself in the first half.

Just when it looked as if Alison's tactics would pay off, and with the finish line in sight, O'Donoghue burst into the lead in the final 200m for the hardest fought of wins. Coyle eventually moved to 3rd ahead of Forrest who can take great satisfaction with an 8 minute improvement on her time 2 years ago.

The top veterans Paul Monaghan and Andrew White are providing each other with very close clashes with little separating the pair in the last 3 races, Graham McGrattan was not far behind being the fastest over 50.

The over 70's category produced another close encounter with adversaries Tommy Knight and Richard Hodelet again battling it out, Tommy this time gaining the advantage over the current Champion.

Kenny Scott, with his training curtailed over recent months, was the deserving winner of the handicap trophy a minute clear of the next challenger.



Nathan Robinson leads out the 1 mile race

In the junior athletes 1 mile race Dunoon boy Nathan Robinson made home advantage count as he led from the start to finish winning from Declan Devine in his first race for the Harriers, with Harry McGill in bronze position. Shelby Morrison sealed the under 15 girls championship with her victory, as Lauren Mulaghton bounced back from last weeks disappointing run to head Megan Rodgers by a few strides. Sarah Pugh was the most improved youngster on the day winning the handicap.

For the first time there were races for the sprinters over 100 and 200m along the West bay promenade which saw the impressive Scott McCluckie edge out Scott Renfrew. Chloe Hanlon was fastest girl, posting quick times ahead of the improving Rachel McKenna.

Thanks to all the volunteers: Ross Neilson, David Carruthers organising tickets and sweep, Thomas Loehndorf stewarding, Scott Forrest and Sam McVicar marking the course, Caroline Mulaghton, Rhonda White and David Robinson for timekeeping, Alan O'Rourke and Yvonne Prager starting the junior races, and everyone else who assisted on a very busy day.

- The Harriers would like to thank the Jukes Family, Riverside Pool at Dunoon, the Brewery Bar, and Argyll Ferries for their hospitality and assistance.

5mile Results (handicap time in bracket): Stephen Trainer 26.37(26.37) David Henderson 26.52 (25.22) Shaun Lyon 27.18 (26.18) Andrew Harkins 28.27 (26.57) Steven Campbell 28.59 (27.29) Paul Monaghan 29.11 (26.11) Andrew White 29.16 (26.46) Graham McGrattan 30.02 (25.02) Liam Smart 30.27 (25.57) Danny McLaughlin 30.42 (27.42) Richard Davidson 30.47 (26.17) Steven Watson 31.00 (26.00) Robert Wilson 31.05 (26.05) Chris Watson 31.09 (26.09) Alan O'Rourke 32.11 (27.11) Ross Neilson 32.31 (26.31) Sam McVicar 32.53 (26.23) Robert Mitchell 34.03 (27.03) Jacqueline O'Donoghue 35.07 (26.07) Alison King 35.14 (25.14) Lorna Coyle 35.18 (27.18) David Carruthers 35.24 (27.54) Gillian Forrest 35.27 (26.27) Scott Forrest 35.58 (26.28) Kevin Gill 36.31 (25.31) Kenny Scott 38.02 (24.02) Paul Heggarty 39.26 Jane MacLean 39.34 (27.34) S.Loehndorf 41.34 (30.34) Yvonne Prager 43.08 (28.08) Moira McCluckie 44.22 Tommy Knight 47.05 (29.05) Richard Hodelet 47.20 (29.20)

1 mile results: Nathan Robinson 5.32, Declan Devine 5.43, Shelby Morrison 5.45, Lauren Mulaghton 5.59, Megan Rodgers 6.01, Harry McGill 6.07, Luisa Davies 6.09, Nicola Doohan 6.15, Danielle Hunter 6.25, Jack McDaid 6.28, Tom Forrest 6.28, Alan Mollins 6.36, Mia Forrest 6.37, Hayley Cowper 6.42, Emily Pugh 6.42, Craig White 6.49, Zoe Renfrew 6.50, Sarah Pugh 7.01, Ewan Ferguson 7.22, Rachel McFarlane 7.23, Christie Mulaghton 7.27, Beth McKenna 7.46, Rachel Mulaghton 7.46, Lucy McFarlane 7.53, Catriona Daisley 7.53, Lisa Hanlon 8.05, Rebecca Pugh 8.18

Sprints 100m: Scott McCluckie 11.84, Scott Renfrew 12.30, Chloe Hanlon 13.17, Rachel McKenna 13.95,

200m Heat 1: Scott McCluckie 26.04, Scott Renfrew 26.80, Chloe Hanlon 29.35, Rachel McKenna 30.16,

200m Heat 2;Nathan Robinson 29.30, Shelby Morrison 31.80, Rachel McFarlane 32.10, Tom Forrest 35.20,

200m Heat 3:Nicola Doohan 31.70, Zoe Renfrew 32.50, Mia Forrest 35.80, Hayley Cowper 37.80, Lucy McFarlane 39.80

Under 9's 200m fun run: Nathan Harkins 37, Laura McFarlane 38, Eve Crighton 40, Ruby McGill 40, Andrew Henderson 43, Kate Ferguson 45, Olivia Trainer 46, Shaun Heggarty 47, Carly Lauffer 49, Emma Henderson 50, Leah Knox 51, Aaron Harkins 53, Ruri Trainer 1.26, William Lauffer 1.27, Logon O'Donoghue 1.36.

Docherty Cup 30/3/13



Shelby Morrison leads from the start of Junior race

Terry Wall is the new name on the trophy of Greenock Glenpark Harriers 10 mile conceding handicap race after an outstanding run in the sun.

Despite the sunshine the 41 junior and senior runners had to face a biting cold breeze in the early morning start on Ashton promenade.

Terry set about chasing down the 4 earlier starters and hit the front at the turn at Inverkip. With the knowledge that the faster runners were now closing her down she had to hold her nerve on the long Cloch road back to Gourrock. But any doubts she may have had never came to fruition as she coasted home to win the Connie Gavin memorial trophy in outstanding style by almost 3 minutes.

Her nearest challenger was David Henderson who was last man away, he had set off at a blistering pace catching everyone except Terry on his way to winning the Docherty Cup for the fastest time; the result also puts him in pole position for the overall club championship.

Steven Campbell defending the trophy couldn't quite match the early fast pace of Henderson, but his second spot keeps him in touch of the club title waiting any slip ups. In 3rd was Andrew White who was the only other to dip under the hour mark, just

ahead of his main rival Paul Monaghan, he now has one hand firmly on the veterans championship title.



Lorna Coyle (pictured left) made it back to back wins as she proves to hold the upper hand when it comes to the longer distances. Starting together with Lynne Rogers the two favourites went head to head, with Lynne taking the early initiative building up a lead at Inverkip. But it was veteran Lorna who had the judged the pace better, and with a strong second half she eased past the tiring Lynne to win the trophy for the fastest lady. In 3rd place was Gillian Forrest who looks as if she will be a major threat in the coming races as she edges ever closer to her team-mates.

In the junior race Shelby Morrison was in a confident mood from the start as she pushed the pace along the 2 laps of Ashton promenade. She quickly opened up a gap on her rivals striding clear to beat her own course record by 22 seconds. Megan Rodgers battled hard to go with the fast pace and was rewarded with the runners-up spot ahead of the much improved Nicola Doohan who was 40 seconds quicker than last year. Robert Peterson was another who improved on his 2012 time to win the boys' race from Alistair White.

Over the one lap race for the under 11's it was a much closer affair between the evenly matched Jack McDaid and Craig White. But into the cold breeze after the ½ way turn Jack proved to have the edge to go clear by 10 metres, with Euan Ferguson following close behind the pair. The youngest in the race Shaun Heggarty did well to break the 7 minute mark for the ¾ mile course. Another who was impressive was Zoe Renfrew with her 2nd win in the U11 girls' championship ahead of Lucy McFarlane.

10mile Results (handicap time in bracket): David Henderson 56.38(95.38) Steven Campbell 58.00(97.00) Andy White 59.46(95.46) Paul Monaghan 60.27(96.27) Robert Wilson 64.44(97.44) Alan O'Rourke 67.07(101.07) Andy McCall 68.25(96.25) Danny McLaughlin 69.03(105.03) Gordon Morrison 69.26(100.26) Brian McCluskey 70.53(100.53) Robert Mitchell 71.25(101.25) David Carruthers 72.37(99.37) Lorna Coyle 73.53(100.53) Lynne Rogers 74.48(101.48) Gillian Forrest 75.44(100.44) Terry Wall 75.56(92.56) Jacqueline O'Donoghue 77.00(103.00) Kevin Gill 79.34(103.34) Fiona Cushnaghan 85.36(100.36) Susan Clark 87.15(102.15) Yvonne Prager 87.20(99.20) Tommy Knight 102.18(104.18) Chris Watson DNF

2400m results: Shelby Morrison 9.39, Megan Rodgers 10.07, Nicola Doohan 10.30, Luisa Davies 10.47, Robert Peterson 10.48, Lauren Mulaghton 10.58, Mia Forrest 11.37, Emily Pugh 11.59, Christie Mulaghton 12.47, Rachel Mulaghton 13.20, Catriona Daisley 13.25, Alistair White 14.54.

1200m results: Jack McDaid 4.57, Craig White 5.02, Zoe Renfrew 5.12, Euan Ferguson 5.28, Lucy McFarlane 5.54, Shaun Heggarty 6.53.

Round The Houses 10K 24/3/13

Scottish Title for Emma

Emma Baxter was in excellent form at Grangemouth for the 47th running of the round the houses 10k road race. Her time of 39.29 ensured her the Scottish Universities 10k Championship title, beating her Edinburgh University teammate Jennifer Dybeck by 30 seconds. With the Hares 7 Hounds also finishing 3rd they easily scooped the team title.

Oulton Park Duathlon 17/3/13

Kevan's GB Selection



Kevan McCartney got Greenock Glenpark Harriers fledgling triathlon section off to a flying start at the European trials with an outstanding performance that saw him gain selection for the Great Britain team in his age group.

Kevan had travelled to Chester's Oulton Park sprint duathlon on Sunday in a less than confident manner, having logged only a few running miles since the National cross country championships last month where he picked up an ankle injury. Even with snow on the ground of the race car circuit and sinking temperatures this qualifier for the European Championships in Holland next month proved to be popular with the age groupers trying to gain a coveted place in the GB team and duathletes/triathletes from across England.

As potentially the only Scot, Kevan in full GGH kit and Scotland flags well displayed had something to prove. Reminding himself that he is a harrier first and cyclist second he took off at a blistering pace, which would have seen him shatter his 5k PB if the first lap of the race track had only covered more than the 2.7 miles.

Into transition things were going well, with a good first run completed he advanced well on the bike. Passing several cyclists after a fast exit from the pits, in true race car style. However 5 laps of undulating track saw him lose several places to the stronger cyclists. The first lap went well, the second much the same however as more cyclists took to the track, things started to get interesting. With over 250 riders undertaking, overtaking, cornering and climbing the gradients in enthusiastic fashion Kevan was relieved to get back to transition and start his final run.

Once into transition the cold morning conditions impaired him slightly as he found it difficult to remove his cycling shoes and replace them with running shoes due to frozen fingers. However back on the run this harrier's focus was on catching the strong riders in the hope that running wasn't their strength too. So again driving hard he managed to regain a number of places, even taking one on the line.

R1 – 16.31 – T1 – 1.07 – C – 37.29 – T2 – 1.19 – R2 – 16.50 (Total = 1hour 13m 14sec- Overall position 54th – over 35s Age Category 8th)

Rome Marathon 17/3/13

A ROMAN EPIC and the buff came too!

Five intrepid Glenparkers set off on a trip to Rome - and the buff came too. The aim was to run the marathon but to have a lot of fun along the way and we surely did. A combination of the 6 nations rugby, the announcement of the new Pope, St Patrick's Day and of course the marathon, made Rome an exciting place to be last weekend. A trip to the expo on the Friday afternoon, followed by a whirlwind sightseeing tour including the Vatican City, the Trevi Fountain, the Spanish Steps and to check out the start/finish at the Colosseum on the Saturday and we were ready for the big event on Sunday.



As it was Heather Kangley's first marathon, the more experienced trio of Dorothy McCormick (marathon no 2), Fiona Cushnaghan (no 14) and Yvonne Prager (no 17) went with Heather to her start pen to help keep her calm. As it turned out, Heather was too fast for us all, was soon into her stride and she was off. Fiona did well to keep going in spite of interrupted training and Dorothy and Yvonne stayed together pretty much the whole way round to give each other support and encouragement. We all enjoyed the sights and sounds of an amazing city, unfortunately the same can't be said for the many thousands of cobblestones we ran over. As Dorothy said, they were brutal. But the weather conditions were ideal and the threatened rain soon disappeared.

We couldn't have done it without the support and encouragement of the injured Irene McDade who managed to catch us at several points along the route - in between a few essential refreshments on Piazza Navona. There was also some welcome support from Rachel Gillies who was there to support another Glenpark runner, her mum Susie Gillies.

And the girls were surprised to meet a fellow Greenockian – Jim Robertson (4.41.02) - who was spotted by Dorothy and Yvonne as they crossed the finish line. Jim was persuaded to pose for a group photo with the girls.

Some fantastic times on a very challenging course, especially well done to Heather on her first marathon and for raising funds for Yorkhill Sick Children's Hospital. Results: Heather Kangley 4.12.07; Fiona Cushnaghan 4.16.34, Dorothy McCormick 4.29.14; Yvonne Prager 4.29.25, Susie Gillies 4.35.41.

PB's galore on St Paddy's Weekend



Junior Road Race Championships Under 13 girls win National team silver: **2.8km** Shelby Morrison 10.54, Megan Rodgers 11.37, Nicola Doohan 12.11, Mia Forrest 13.09, and Emily Pugh 13.55. In the under 15s. **4.5km** Lauren Mulaghton 19.25 30th

Inverclyde Schools races Johnathan Slater and Jack McDaid P7&P6 series winners

Pollok Parkrun Nicky Walker 22.53, Richard Hodelet 28.36, Jim Sheridan 36.30

Oulton Park, Cheshire, Duathlon Kevan McCartney 4.3km/21.6km/4.3km 53rd from field of 300. 16.30/37.00/16.49

Clydebank 5k Graham McGrattan 18.03, Chris Watson 18.38, Ross Neilson 19.18, Brian McCluskey 19.19, Robin McAuslan 20.37.

Alloa ½ Marathon Shaun Lyon 74.27, Andrew Osborne 77.43, David Henderson 78.08, Andrew Harkins 79.56, Andrew White 81.17, Kirstin Arthur 112.31.

Inverness ½ Marathon Stephen Trainer 5th 68.11, Lynne Rogers 1.43.22, Kimberley Stevenson 2.34.53

Rome Marathon Heather Kangley 4.12, Fiona Cushnaghan 4.16, Yvonne Prager 4.29, Dorothy McCormick 4.29



Stephen Trainer (centre of picture) on his way to a new best time at Inverness

Weekend Roundup 9/3/13

Park Run 2/3/13 & 9/3/13

Richard Hodelet gets ever closer to the 50 mark after he completed his 46th parkrun at Pollok since 2009. Over the last two Saturday mornings he produced a couple of solid runs recording times of 29.05 and 28.38.

Jack Crawford 10k 9/3/13



It was good performances all round on a wet cold and windy day at Bishopbriggs. Top finisher was David Henderson in 4th behind winner Michael Deason of Shettleston and Kerry Wilson (Cambuslang) and Greig Glendinning (Bellahouston). Kevin O'Donoghue was close behind in 7th but run of the day came from Robin McAuslan with a personal best, his run along with Chris Watson ensured the Harriers finished 3rd in the team competition.

Results: 4th David Henderson 34.43,
7th Kevin O'Donoghue 35.42, 30th Chris
Watson 38.49, 69th Robin McAuslan 43.26
PB, 119th Liz McAuslan 49.38

Red Nose Run 9/3/13

Well done to Alan Crighton completing the 11 ½ miles race from Birkmyre sports centre to Gourrock Pool.

Scottish Schools National XC 9/3/13

The Glenpark girls were again outstanding, but this time they were representing their schools at the Beach park Irvine in the National xc championships. Shelby after coming down with a bad cold after her under 13 Scottish title winning exertions at Falkirk 2 weeks ago bounced back to finish just outside the medals. This was another exceptional run by Shelby with only under 15 girls beating her. Her recent performances have been rewarded as she will now pull on a Scottish vest for the first time in the British Scool's championships in 2 weeks time in Wales.

Also prominent were Lauren, Megan and Nicola all finishing in the top 26. It is a real testament to the young athletes' dedication and the work put in by their coaches to have 6 girls all finish in the top 100.

5th Shelby Morrison, 21st Lauren Mulaghton, 24th Megan Rodgers, 26th Nicola Doohan, 68th Mia Forrest, 100th Catriona Daisley





Dannys Duathlon 10/3/13

On a bitterly cold and windy day Andrew White came out on top.

Race Results: Andrew White 1.15, Colin Campbell 1.26, Kirsten Arthur 1.35

[run/cycle] Rhonda White 1.15 , [Run Only] - Alan O'Rourke 19.15, Andy MacLean 22.36, David Hamilton 20.29, [Cycle only] Kevan McCartney 36.59



Age Group T&F Championships, Emirates 2nd & 3rd March 2013

Youngsters on the right track

Luisa Davies had been in sparkling form in training leading up to the under 18 championships and was well in contention for 3 laps of her 800m semi final, but was unable to hold onto the blistering pace set by the leaders in the final quarter. But despite fading she was rewarded with a new indoor best with the indications that a little more race sharpness will see a big drop in her times.

Rachel McKenna is the most improved athlete in the sprint group, and it was no surprise to see her record 2 personal bests in the 60 and 200m sprints.

Scott Renfrew also PB'd in the 60m dash while Scott McCluckie was just a fraction outside his best in both sprints, but the experience gained in a major competition will be more valuable to the young athletes in their first year in the sport.

In the under 16s the following day Chloe Hanlon went in to the competition a bit apprehensive due to a dip in her early season form, but her hard work over the last couple of months was rewarded with a seasons best in the 60m to put her into the semi-finals, although not progressing

to the final she recorded another quick time. She then followed this up with an indoor best in the 200m.

Results: R.McKenna 9.37, 30.82, L.Davies 30.39, 2.30.85, S.McCluckie 8.18, 25.99, S.Renfrew 8.18, 26.93, C.Hanlon 8.61, 8.71, 29.03

Willow Bowl 2/3/13

Danny's Super Bowl



In glorious conditions along the Greenock Cut Men's Captain Danny McLaughlin captured the Willow Bowl from a field of 34 runners, many of whom running this race for the first time, with a tremendous display of strength and determination. Danny showed that he is still a force to be reckoned with on his continuing comeback from injury as he reeled in the 19 runners who had set off before him in the handicap race. With both knees strapped up Danny gave a dogged display around the 7.75 mile route as he pushed through the pain barrier to record a time of 51:11. Followed across the line by Kevin Gill and Robert Mitchell this was a day when the veterans certainly showed how it's done.

In the Senior Men's race, back-marker David Henderson led the way with the fastest scratch time of 44:54 with a fantastic run to capture the men's trophy for the first time. Davie has been

delivering some sterling displays recently and this trophy is testament to the hard work he has been putting in. Kevin O'Donoghue and Stevie Campbell took the other two podium places with times of 45:10 and 47:02 respectively. Paul Monaghan also shone through with another impressive run taking the M40 title by less than 30 seconds from Andrew White with Richard Davidson taking the M50.

In a poignant day for the McDade family, Lorna Coyle took the brand-new McDade Overton Cup kindly donated by the family for the fastest lady in the Willow Bowl. Setting off with Jacqueline O'Donoghue and Alison King, Lorna was trailing behind the two as they crossed the brow of the punishing first climb of the race. However, Lorna's strength over the flat sections of the Cut shone through as she hauled them back in and then stretched her lead to win by almost a minute from O'Donoghue in second place. Donna Clark, on the way to recapturing some of her best form, took third place with Gillian Forrest maintaining her excellent recent improvements by taking the Women's F35 title whilst Terry Wall and Yvonne Prager took F45 and F55 respectively.

As always, the now-legendary Harriers support was evident all around the course from Overton to Inverkip spurring the runners on. Special thanks must go to Duncan Anderson, Scott and Mia Forrest and Terry Wall for timekeeping and results as well as all those who helped get the clubhouse in tip-top condition for Saturday's race and presentation.

All at Greenock Glenpark Harriers would like to extend a warm thanks to the race sponsors the Willow Bar for providing water for the race and some post-race refreshments: as always their continued support in very much appreciated.

Results (scratch times in brackets): Danny McLaughlin 72.41(51.11) Kevin Gill 73.50(59.50) Robert Mitchell 74.10(54.10) Richard Davidson 74.15(50.15) Donna Clark 74.33(59.33) Kevin O'Dooghue 74.40(45.10) Gordon Morrison 74.47(53.17) Lorna Coyle 74.50(57.50) Susan Slater 74.51(60.51) David Henderson 74.54(44.54) Paul Monaghan 74.59(47.59) Mick Harrington 75.03(55.03) David Carruthers 75.05(57.05) Alan O'Rourke 75.07(50.37) Fiona Cushnaghan 75.44(66.44) Bernie Kangley 75.46(56.46) Jac O'Donoghue 75.47(58.47) Gillian Forrest 75.50(59.50) Graeme McGrattan 76.08(52.08) Yvonne Prager 76.12(69.12) Andrew White 76.25(48.25) Kenny Pryde 76.49(56.19) Stevie Campbell 77.02(47.02) Ross Slater 77.15(54.15) Andrew Osborne 77.33(48.33) Alison King 77.46(60.46) Susan Clark 78.09(67.09) Stephen McDade 78.30(52.30) Kirstin Arthur 78.40(66.15) Tommy Knight 79.20(79.27) James Campbell 80.07(66.07) Alan Henderson 80.31(53.31) Terry Wall 81.46(65.46) Alan Crighton 84.18(82.18)

National XC Falkirk 23/2/13

Shelby's Grand National



Shelby Morrison ran the race of her life at Falkirk on Saturday to win the under 13 National cross country title, Greenock Glenpark Harriers first “National” winner since 1989.

Considered a rank outsider, Shelby executed her race tactics to perfection as she took it steady over the hilly first mile of the course, while her rivals proceeded to burn each other out with their all out approach.

Lying 7th at halfway she quickly picked off her opponents one by one, and as she passed the Glenpark tent with $\frac{3}{4}$ mile to go she surged into second spot and had leader Wallace of Giffnock North within her sights. Then with 500m to go a huge roar went up from the Glenpark support as TV commentator Bryan Burnett announced “this is incredible Morrison has taken the lead”. One final look over her shoulder and she moved into 5th gear down the finishing straight leaving her enough time for a “mo-bot” crossing the line. There then followed wild scenes of jubilation as team-mates, coaches, and parents swamped the newly crowned champion to congratulate her.

To put it into perspective, she is the first ever female at the club to win a national title and only the 2nd ever junior to win at the Nationals, the last being D.Addison back in 1931. Backed up by Megan Rodgers, Nicola Doohan, and Mia Forrest, the girls just finished outside the team medals in 4th place, they were followed home by the next crop of promising youngsters Kate Kilpatrick Emily Pugh and Rachel and Christie Muaghton, in what was a brilliant team effort.

Lauren Mulaghton was the top counter in the under 15s race with a much improved Danielle Hunter close behind. The spirit in the team was typified by Anna Barrie who was brought down early in the race then received a kick in the ribs but still got back to her feet and finished strongly, with Laura Hamil ensuring 9th team place for the girls.

Euan Stewart was the sole representative in the under 13s boys race and equipped himself well especially as he like Anna was a victim of a pile up and was badly spiked in the early stages. Nathan Robinson is turning out to be the find of the season as he led home the U15s team of Evan Warwick and Calum Johnston. Gerard Smith after a disappointing winter season by his standards returned to better form in the U17 men's race with a steady performance.

Stephen Trainer was once again the top man finishing in an excellent 17th in what was the best senior individual performance in over 20 years. Shaun Lyon again excelled on his favourite course, taking over a minute off his best time and his highest finish. The remaining 4 counters David Henderson, Kevin O'Donoghue, Steven Campbell and Mick McLoone all packed well with only 17 places separating them, and Thomas Loehndorf the Scottish Ultra champion a few seconds behind as the Men were once again in the top 9 teams in Scotland. Other noteworthy performances came from Paul Monaghan, Andrew White, Kevan McCartney and Gordon Morrison.

In the Women's race Lorna Coyle demonstrated her strength on the country to lead home the ladies to 23rd position. Like the men the girls packed well with only 5 places between the next 3 counters of Jacqueline O'Donoghue, Gillian Forrest and Donna Clark. Others excelling were Kirstin Arthur who took an incredible 4 minutes off last years time and Fiona Cushnaghan running in her last National Championship. Also with a notable performance was Emma Baxter in the colours of her university team helping them to 9th.

The report would not be complete without praising the incredible Greenock support on the day with each and every runner being cheered with drums trumpets and clappers creating a tremendous atmosphere on a day that will go down in history as one of the best Glenpark days ever.



Parkrun 16/2/13

Brothers Best Yet

Chris and Steven Watson were in sparkling form at Pollok park where both recorded personal bests for the hilly 5k course. It was Steven that showed the biggest improvement slicing 27 seconds from his previous fastest time, getting ever closer to Graham McGrattan who is quickly getting back to his best after a recent injury. His daughter Jo also showed a remarkable return to form, cutting 2 minutes from her time at Inverness last week

Chris Watson 18.42

Graham McGrattan 18.49

Steven Watson 18.57

Jo McGrattan 27.09

Wokingham ½ Marathon 10/2/13

Stephen in Top Form

Stephen Trainer showed an 80 second improvement in the Half Marathon distance to finish in 5th at Wokingham. Although disappointed not to dip under 69 minutes, his time was impressive considering the wet, cold and windy conditions

Close behind was training partner Mark Pollard of Inverclyde in 9th position in 69.48 also in a new PB. The race was won by Adam Bowden of Harrow AC - who has competed in the Commonwealth games and European Championships – in a time of 65.53.

Scottish Schools indoor Champs 7/2/13

Great Scott

Glenpark Harriers youngsters were in action in the Scottish schools indoor championships at the Emirates Arena. There were competent performances all round but Scott McCluckie stood out with 2 new personal bests in the sprints. Luisa Davies who has been concentrating on the shorter distances was also rewarded with a new best in the 800m. Shelby Morrison was the unluckiest athlete missing out on a place in the final by 1/100th of a second in the 1500m.

Results:

Sprints 60m/200m: Scott McCluckie 8.07 (PB), 25.96(PB), Chloe Hanlon 8.83, 29.63, Mark Magee 8.39, Saskia Cooper 8.80

1500m: Lauren Mulaghton 5.24, Shelby Morrison 5.13

800m: Luisa Davies 2.31 (PB)

Shot Putt: Anna Barrie 5.70 metres

Park Runs 9/2/13

It was a great performance from Robin McAuslan now in the vet50 category setting a PB at the Pollok Parkrun with a 21 second improvement. Graham made a welcome return after his recent injury, and further afield Jo and Steven travelled north to Inverness, with Steven finishing in 8th.

Pollok 5km: Graham McGrattan 19.20, Ross Neilson 20.??, Robin McAuslan 21.13, David Carruthers 21.20

Inverness 5km: Steven Watson 20.38, Jo McGrattan 29.10

British University Championships, Leeds 2/2/13

Emma Baxter was in fine form at the National University XC Championships held in Leeds. In a high quality field she finished 106th from almost 500 runners. She covered the tough 6.6km of thick mud in 30.19 just 90 seconds behind the leading Scot.

The Edinburgh University student will be full of confidence for Falkirk in 2 weeks time at the National XC champs.

Also competing for the Edinburgh Hares & Hounds were Emily and Katie Pollock, Their Uni team finishing 13th overall and top Scots varsity team

Renfrewshire RR 3/2/13

Men Retain County Champions Title



Shaun Lyon, Stephen Trainer, Steven Campbell, Kevin O'Donoghue, David Henderson, and Andrew Harkins

Greenock Glenpark Harriers retained their Renfrewshire Road Race Champions title in emphatic style at the Battery Park on Sunday. With Stephen Trainer clinching individual gold, David Henderson bronze, and the remaining 4 counters Shaun Lyon, Steven Campbell, Andrew Harkins in the top 10 and Kevin O'Donoghue in 13th the result was never in doubt. Providing important back up was Thomas Loehndorf who earned a silver in the veterans category, and the improving Andrew White recording a 3 minute personal best.

The title was just reward for the intense work being put in by Trainer as he prepares for his first marathon, and with the National cross country championships just 3 weeks away he will go in with growing confidence as will the rest of the hard working senior men's' squad of emulating their 2012 result at Falkirk.

That same confidence is evident in the youngsters with Shelby Morrison again outstanding among the under 13 girls, securing 2nd place as she led her team mates Megan Rodgers and Nicola Doohan to team silver. Mia Forrest after a long lay off looks as if she will soon be back at her best followed them home with Emily Pugh close behind.

Harry McGill with a tremendous finish came from behind to win individual bronze also setting up Craig White and Tom Forrest for the same colour of medal in the under 11 boys' team race with Ewan Ferguson also performing well just a few seconds adrift.

Among the senior ladies Suzanne Coyle was Glenparks top finisher, and despite improving performances from Alison King and Gillian Forrest they had to settle for 4th place. Others to stand out were Grace Harrison and Kirstin Arthur who even with the windy conditions ran personal bests.

Also just missing out on a podium place were the under 11 girls with Sarah Pugh leading Faith McGeachie and Laura McFarlane to 4th spot.

Under 15s Lauren Mulaghton and Evan Warwick can be content with their days work both putting in solid displays, as did Robert Peterson who was the top finisher in the under 13 boys.

It was a successful day for the whole Orangfield club who came back with a haul of 5 individual and 3 team medals from their 56 competing athletes.

Senior 5miles: Stephen Trainer 25.44, David Henderson 27.04, Shaun Lyon 27.27, Steven Campbell 27.54, Andrew Harkins 28.07, Kevin O'Donoghue 28.23, Thomas Loehndorf 28.45, Andrew White 29.15, Monaghan Paul 30.29, Alan O'Rourke 30.33, Kevan McCartney 31.43, Ross Neilson 32.42, Ross Slater 32.54, Brian McCluskey 33.25, Pryde Kenny 33.39, Gordon Morrison 33.41, Michael Harrington 33.45, David Carruthers 34.51, Wilson Robert 35.01, Suzanne Coyle 35.30, Robin McAuslan 35.40, Alison King 35.59, Gillian Forrest 36.50, Stephen McDade 37.15, Nicky Walker 37.25, James Campbell 37.44, Kevin Gill 38.04, Jacqueline O'Donoghue 38.17, Jane Maclean 39.50, Kirstin Arthur 40.16, Viki Wilkinson 41.51, Harrison Grace 45.21, **1 mile:** Harry McGill 6.46, Craig White 7.12, Tom Forrest 7.38, Ewan Ferguson 7.42, Sarah Pugh 7.34, Faith McGeachie 8.54, Laura McFarlane 8.55, Rebecca Pugh 9.00, Lauren Doherty 9.37, Aalyah Hughes 10.06, **1.5 miles:** Robert Peterson 13.49, Jonathan Slater 14.49, Shelby Morrison 11.50, Megan Rogers 12.49, Nicola Doohan 12.55, Mia Forrest 14.14, Emily Pugh 15.44, Christie Mulaghton 15.56, Rachel McFarlane 16.31, Catriona Daisley 16.50, Evan Warwick 12.21, Calum Johnston 13.34, Lauren Mulaghton 12.55 **3 miles:** Luthais Arthur 21.29,

Scottish National Open Emirates Arena 19/1/13



Scott Renfrew dips for the line in the 60m

Glenpark's young sprinters headed to the Emirates Arena for the national indoor open more in hope than expectation. With the athletes suffering from a mixture of winter illnesses and injuries, prospects weren't too good, but the results proved better than expected.

Scott Renfrew making his debut looked impressive, in particular when finishing 2nd in his 200m heat. Scott McCluckie claimed a victory in his 200m and also a new best in the 60m dash, but the most improved was Lee Gibson setting 2 new personal bests.

Mark Magee having just returned from a bad hamstring pull, was down on his best in all his three events, but delighted to come through without any reoccurrence.

Saskia Cooper, Chloe Hanlon and Rachel McKenna were slightly disappointed but even this early in the year all 3 were close to their best times, and will improve as the season progresses.

Shaun Lyon the only senior Harrier competing; in the 1500metres decided to hit the front after a slow first lap and set his own pace which immediately split the chasing pack, with only Fife ACs Euan Berry managing to hang on. As the race progressed Berrystarted to put the pressure on, but each time Shaun responded to keep pole position. It wasn't until the final bend that the Fife man managed to burst clear. Shaun's first indoor race provided him with a lung bursting session, and an excellent time so early in the season.

Results: (Sprints 60m/200m/400m) Chloe Hanlon 8.78, Saskia Cooper 8.72, Rachel McKenna 9.53 / 32.48, Lee Gibson 9.14 / 30.42, Scott Renfrew 8.27 / 26.64, Scott McCluckie 8.13 / 26.37, Mark Magee 8.52 / 27.35 / 61.56 , **1500m**; Shaun Lyon 4.23.36

Dannys Duathlon 5k/20k/5k Greenock 19/1/13



Andrew White was dominant in the first in the series of this years Danny's Duathlons. In the bitterly cold and windy conditions, right from the start he went clear on the run never to be challenged, completing the course in 77 minutes. Lewis Beck took the runners up spot with a very strong cycle. Kirsten Arthur was leading lady despite being out run by Liz McAuslan, her speed on the bike saw her go clear by 2 minutes. Forgoing the bike section Robin McAuslan and Robert Adams decided to complete three 5k runs

RESULTS: Duathlon: Andrew White 77.21, Lewis Beck 84.21, Kirstin Arthur 95.12, Liz McAuslan 97.52, Kevan McCartney 102.48, Lynne Rogers 102.48 **Triple 5k:** Robin McAuslan 21.08 / 22.48 / 22.04, Robert Adams 19.50 / 22.48 / 19.21 **1st Run & Bike only;** Danny McLaughlin 60.20 **Bike Only:** Rhonda White 46.35 **5k run only:** Stuart Ormond 26.06

Harris Trophy 13/1/13

Harriers Kick Start 2013

Stephen Trainer came out on top at Greenock Glenpark Harriers Harris Trophy race around Coves reservoirs and there was more than a feeling of déjà vu. Just as last year he ran the first of the 4 lap course locked with Shaun Lyon and David Henderson, before easing away to win with the exact same time, the only difference this year was that Lyon reversed the runner-up spot with Henderson.





Race winners Emma Baxter and Stephen Trainer

Behind the leaders there were personal battles going on right through out the field, with the most intense one for 4th place where Andrew Harkins, Steven Campbell and Kevin O'Donoghue were taking turns to try and make a break away. Neither could make a decisive gap and it came down to a full out sprint to the line with Andrew just edging it, all 3 were rewarded with big personal bests.

Emma Baxter was fastest lady setting a new ladies course record and beating her best time on the course by over 2 minutes finishing in 9th place overall, a display that justifiably won her the handicap trophy. Donna Clark claimed 2nd place with Alison King just 40metres adrift.

Andrew White was leading veteran, and Luthais Arthur top Junior finishing just behind the experienced Danny McLaughlin.

The under 13 girls Shelby Morrison, Nicola Doohan and Megan Rodgers are full of confidence at the moment and show no fear, even having the cheek to lead Stephen Trainer et al from the start of the joint junior/senior race. Her form over the last year has been outstanding, and there were encouraging signs of more to come as she smashed the 1 lap course record by 30 seconds. Nicola Doohan also improved her time and position as she held off Megan Rodgers who was returning from injury. Joshua Ruddy was clear winner in the boys' race from Jamie Fulton and Scott Graham.



In the first race of the day Young Harry McGill was top boy where he continues to dominate in the under 11 category, but Jack McDaid and Craig White close behind are providing him with stiff competition. Lucy McFarlane was quickest in the girls' race just ahead of Sarah Pugh and her sister Laura.





The Harriers would like to thank the numerous volunteers and to race sponsors WB Smith Trees & Turf Ltd for making the race a success.



Race Sponsor Andrew Smith of WB Smith Trees & Turf Ltd presents the Harris trophy to Stephen Trainer

Results 5.5 Miles (handicap times in brackets): Stephen Trainer 30.54 (30.54) Shaun Lyon 31.57 (29.27) David Henderson 32.08 (29.38) Andrew Harkins 32.53 (29.53) Steven Campbell 32.55 (30.25) Kevin O'Donoghue 33.03 (30.03) Andrew Osborne 34.48 (29.48) Andrew White 35.16 (31.16) Emma Baxter 36.53 (29.23) Alan O'Rourke 37.01 (31.01) Steven Watson 38.02 (32.02) Ross Slater 38.39 (30.09) Danny McLaughlin 38.52 (32.52) Luthais Arthur 39.05 (31.05) Kenny Pryde 39.11 (30.41) Mick Harrington 39.22 (30.52) Jim Cuffe 39.35 (30.36) Robert Mitchell 39.48 (30.48) Brian McCluskey 40.05 (31.35) Gordon Morrison 40.33 (31.13) Evan Warwick 40.43 (32.43) Mick Dunn 41.20 (32.50) Robin McAuslan 41.28 (30.58) David Carruthers 42.01 (32.21) Paul Fulton 43.43

(33.43) Donna Clark 44.24 (32.54) Alison King 44.32 (34.32) Fiona Cushnaghan 48.09 (32.09) Kirstin Arthur 49.19 (32.19) Tommy Knight 59.44 (32.44) Robert Dolan 63.00 (50.00).

1.4 Miles: Shelby Morrison 9.04, Nicola Doohan 9.53, Megan Rodgers 10.01, Kate Kilpatrick 11.28, Joshua Ruddy 11.38, Emily Pugh 11.52, Rachel McFarlane 12.28, Jamie Fulton 12.43, Christie Mulaghton 12.52, Gracie McGill 13.00, Scott Graham 13.17, Lucy McFarlane 13.36, Alistair White 14.23. **2.8 Miles:** Lauren Mulaghton 20.25. **600 metres:** Harry McGill 2.08, Jack McDaid 2.15, Craig White 2.17, Lucy McFarlane 2.35, Sarah Pugh 2.38, Laura McFarlane 2.46, Rebecca Pugh 2.49, Lauren Doherty 2.58, Rachel Ruddy 3.00.

Inter- District Championships 5/1/13

Golden Girl Shelby



2013 got off to a great start for Glenpark with three harriers competing in the capital at the prestigious Inter-District cross country championships.

Pride of place went to Shelby Morrison (pictured with Olympian Freya Murray Ross) who was the club's highest finisher. After a couple of below par performances, Shelby ditched her usual all out attack for a more cautious approach. Starting at the back of the field she gradually worked her way up the leader board over the 3 lap course and even managed a blistering sprint finish to cross the line in 11th place, securing a gold medal for the West of Scotland under 13 girls team.

Club champion Stephen Trainer's marathon training looks to be paying dividends as he exceeded expectations in the senior men's race finishing in 12th and just missing out on a team gold medal by 1 second. Stephen should now look forward to the National cross country championships at Falkirk, confident of a top 20 finish in the climax of the winter season.

Emma Baxter was making her senior debut in the women's race and like her two team-mates didn't disappoint. Using the same tactics as Trainer, she went off hard from the start and after a sticky middle lap rallied well in the 3rd to hold off the chasing pack to claim a fine 29th position. Emma is in the form of her life having recently run a 39 minute best for 10k at Ayr during the festive period, and she will be approaching her next challenge at the British Universities championships with renewed confidence.

In the high profile Bupa Great Scottish 5km race held earlier Shaun Lyon romped to victory, winning by over 100m from his nearest rival. With Trainer and Lyon in hot form, and the rest of the

Orangefield men showing improvement, hopes are high that they can at least match their excellent 7th place at Falkirk next month. Also competing in the 5k was Kimberley Stevenson, despite a lengthy lay-off was not far off her best for the course.

New Year Bash 3/1/13

Glenpark youngsters got the opportunity to compete at the impressive new Emirates arena in Glasgow. All performed well but those standing out were Mark Magee running a personal best in the 60m dash, Nicola Doohan doing likewise over 4 laps in the 800m, and in the under 12s multi events Harry McGill finishing in the top 7 in all his track races.

50m Hurdles: Harry McGill 10.91, Jack McDaid 13.01, Lucy McFarlane 13.03, **60m:** Mark Magee 8.09, Saskia Cooper 8.73, Chloe Hanlon 8.78, Lee Gibson 9.37, Kate Kilpatrick 9.45, Rachel McFarlane 9.51, Rachel McKenna 9.51, Harry McGill 9.70, Jack McDaid 10.28, Lucy McFarlane 10.41, **300m:** Kate Kilpatrick 53.10, Rachel McFarlane 54.20, Rachel McKenna 54.80, **400m:** Lee Gibson 68.70, **800m:** Nicola Doohan 2.46 **600m:** Harry McGill 2.03, Jack McDaid 2.11, Lucy McFarlane 2.27, **3000m:** Evan Warwick 11.06, Shelby Morrison 11.25, Lauren Mulaghton 12.16

IAC Boxing Day road races – Greenock 26/12/12

Andrew White continued his good run of form at IACs boxing day 3 miler. Going into the race, he was full of confidence after winning the Wilson Cup on Saturday, and putting in an impressive speed session on the esplanade on Christmas eve. And his confidence wasn't misplaced, running at a pace that would have smashed his 5k pb he finished in 6th behind winner Jonny Glen who was a minute clear of the field, but just 45 seconds separated the next 5 runners.

Also following up a win at the Wilson Cup with an impressive performance was Shelby Morrison in the 1.5mile race where she was first girl just a short gap behind the leading boy.



Andy and Shelby make the early pace

Andrew White 16.41
Steven Watson 17.52
Gordon Morrison 18.37
Mick Harrington 18.49
David Carruthers 19.49
Robin McAuslan 19.54

1.5 mile road race
1st Shelby Morrison 10.25

Yule Tide Meet Emirates Arena -27/12/12

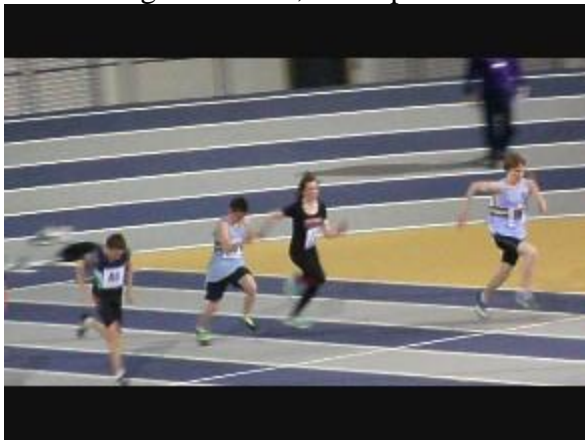
4 young Glenpark sprinters went to the new Emirates Arena in Glasgow for the traditional Christmas indoor meeting.

With only Mark having competed on the track before, it was all about gaining experience, and they certainly did that with some excellent displays.

Scott was the surprise package, winning his opening 60m heat, but also equalling Mark's new PB which he had set in the previous heat. Then in the 200m only 4/100th of a second separated the pair, with Mark again setting a new indoor best.

Rachel and Lee were drawn together in both their 60m heats, in the opener Lee was clear by a few metres but in the final race of the meet, Rachel flew out of the blocks and only lost to Lee by the thickness of his vest. The 200m was a different story with Rachel getting the better of Lee.

Their hard work in training has got the indoor season off to a fantastic start for the sprint group with three great debuts, and 2 personal bests.



Lee, Rachel and Scott



Mark rounds the final bend

RESULTS (60M/200M/60M)

Scott McCluckie 8.18, 26.28, 8.35

Mark Magee 8.18, 26.24, 8.43

Rachel McKenna 9.39, 31.70, 9.62

Lee Gibson 9.23, 33.10, 9.56

Wislon Cup 22/12/12/

It's A White Christmas



Andrew White on his way to his first victory

* A Special thanks to all the volunteers making tea, soup, cakes, clearing up, and especially those out on the moors timekeeping, stewarding, marking the course, and giving their support to all the runners!

In twenty years time there will be people saying “Remember THAT RACE up the Cut at Christmas”, The Glenpark Harriers running on Saturday must have felt that the Mayan gods miscalculated the end of the world by 24 hours as they battled through rain, hail, sleet and gale force winds up on the moors for the club’s festive Wilson Cup.

First up were 18 hardy juniors, or as one parent called them “Lambs to the slaughter” who bore the brunt of the weather running into horizontal hailstones. In a conceding handicap, reigning champion Alistair White led until just 50metres from home only to be passed by Robert Peterson. White dug deep and made Peterson work all the way, who just broke clear in the home straight to claim his first victory. The finish came all too soon for young Harry McGill who was closing fast on the two leaders. Fastest boy overall on the day was Evan Warwick, who is slowly returning to his best form, with Jack McDaid claiming 3rd behind McGill.

Quickest girl was again Shelby Morrison, as she prepares to represent the West of Scotland in January, with Lauren Mulaghton and Nicola Doohan close behind. Most improved runs of the

day came from Danielle Hunter and Kate Kilpatrick who are finally getting results from all their recent good training.

Overall however this was an incredible effort by all junior athletes, running in conditions that would have reduced grown men to tears.

Shaun Lyon's scratch victory was never in doubt although the injury hit David Henderson pushed him hard until Lyon finally broke clear in the latter stages as David finally paid the price of his lack of full fitness.

Best run of the day came from Andrew Harkins who claimed several scalps in what was a breakthrough performance. 20secs split the next three spots with Kevin O'Donoghue taking it ahead of Steven Campbell and Mick McLoone, just reward for O'Donoghue who has been the most improved athlete in 2012, quickly moving up the club rankings and cementing his place in the top 6 runners at championship races.

Emma Baxter's victory in the ladies race was never in danger as she put in a class performance cruising to victory, 4mins ahead of current champ Jacqueline O'Donoghue and Lorna Coyle who won the trophy for top veteran. Like young Shelby, Emma is preparing to run in the Interdistricts at Holyrood in January.



Emma Baxter fastest lady

After a dip in form Jacqueline is returning to her best and will no doubt be going all out to retain her club title in 2013 whilst Lorna has proved to be the surprise package over the cross-country in recent weeks. Surprise result of the day came from the much improved Liz McAuslan with Vicki Wilkinson making a welcome return to racing after a lengthy layoff.

The biggest prize of the day was however the Wilson Cup Handicap. Andrew White went out hard from the gun soon dropping Davidson and Adams and setting on the task of pulling in the backmarkers. With only the 600m climb to go White surged past the Emma Baxter. Baxter didn't give up however and clung onto White's tail with 200m to go when White finally broke clear with a devastating sprint to earn his first ever club title.

Captain Danny McLaughlin proved there was life in the old warhorse yet as he completed the course with the bonus of being able to walk at the end. Whilst Danny has been a fixture in the club for decades, Alan Crighton only recently joined the club and had picked the probably the worst race ever as a debut. First away and last home didn't deter him as he was cheered home by the Glenpark faithful at the finish line in what was a fantastic effort.

On a day when the course was more suited to white water rafting than cross country one senior member summed it up succinctly "50 Runners, 50 Winners".

The club would like to thank Keyline Builders Merchants for sponsoring Saturday's race.

2012 was a vintage year for the club, with fantastic individual and team performances and the membership smashing through the 200+ barrier for the first time. The club would like to express their gratitude to the committee, members, parents and volunteers who all made 2012 a success and wish everyone a Merry Xmas and Happy New Year.

And Finally..... "Remember THAT RACE up the Cut"



James Campbell of Keyline Builders Merchants presents fastest man's trophy to Shaun Lyon

JUNIORS: Evan Warwick 5.50, Shelby Morrison 5.56, Lauren Mulaghton 6.11, Harry McGill 6.16, Nicola Doohan 6.22, Daniell Hunter 6.28, Jack McDauid 6.30, Robert Peterson 6.34, Kate Kilpatrick 6.50, Craig White 7.16, Tom Forrest 7.17, Mia Forrest 7.17, Lucy McFarlane 7.33, Rachel McFarlane 7.35, Emily Pugh 7.38, Cat Daisley 7.49, Sarah Pugh 8.07, Alistair White 8.23.

SENIORS (scratch time in brackets) : Andrew White 53.36 (30.36) Emma Baxter 53.39 (33.39) Andrew Harkins 54.00 (29.20) Gordon Morrison 54.11 (36.41) James Campbell 54.13 (39.43) Shaun Lyon 54.15 (28.15) Mick Dunn 4.25 (35.25) Kevin O'Donoghue 54.29 (29.49) David Henderson 54.32 (28.52) Richard Davidson 54.40 (31.40) Kenny Pryde 54.46 (35.46) Robert Dolan Snr 54.51 (40.51) Ross Slater 54.58 (35.58) Steven Campbell 55.31 (29.51) Alan O'Rourke 55.37 (33.37) Viki Wilkinson 55.47 (43.47) Mick McLoone 55.54 (30.14) Robin McAuslan 56.01 (39.01) Andrew Osborne 56.06 (32.36) Robert Adams 56.12 (33.12) Jacqueline O'Donoghue 56.21 (37.41) Robert Dolan jnr 56.21 (35.21) Fiona Cushnaghan 56.27 (44.27) Brian Allen 56.37 (37.37) Liz McAuslan 57.00 (41.30) Kirsten Arthur 57.17 (45.17) Lorna Coyle 58.04 (40.04) Yvonne Prager 58.31 (47.31) Danny McLaughlin 60.23 (38.23) Alison King 60.23 (42.23) Alan Crighton 62.37 (51.37)

Park Run 15/12/12

Lynne Win at Pollok

Lynne Rogers was in winning form at the weekly park run Just 5 seconds outside her best time in the wet underfoot conditions. Donna Clark was 4th at her first attempt, also making her debut at Pollok was Debbie Bradley, meanwhile Robin showed that he is almost back to his best getting close to his PB.

Lynne Rogers 21.50

Robin McAuslan 22.01

Donna Clark 23.00

Debbie Bradley 31.03

West District XC Champs 8/12/12

Glenparks Muddy Marvels

Greenock Glenpark Harriers delivered their best team performance in 24 years at Inverkip. With the West District cross country championships being held on home soil for the very first time, their senior and veteran men and women all made the most of their advantage and proved they are among the best in the district.

In a low key build up to Championships, expectations were surprisingly played down, possibly due to a disappointing 8th in last years event at Irvine. But those with doubts needn't to have worried, as on their own patch the men rose to the occasion with a performance not bettered since 1988.

Led by Stephen Trainer the Glenpark men finished 4th behind the Glasgow giants Cambuslang and Shettleston Harriers and agonisingly only 5 points behind county rivals Kilbarchan who were bolstered by Derek Hawkins, Scotland's best endurance athlete denying them a District medal.

The two 5km laps over the fields of the Ardgowan estate provided a true test of old fashioned cross country running with the athletes having to negotiate long stretches of knee high mud which brought even the strongest to a virtual standstill.

Behind Trainer followed Shaun Lyon clearly at home on the farm land with a tremendous 25th place. The remaining team counters from the 20 senior men competing for the Orangefield club were veterans Michael McLoone and Steven Campbell, also David Henderson returning from injury, and the improving Kevin O'Donoghue.



Kevin O'Donoghue and David Henderson

The frustration of missing out was lifted when Michael McLoone, Steven Campbell and Paul Monaghan went one place better winning bronze in the veteran team event. The form of Paul was particularly pleasing, having only recently joined the club.

Glenpark women were out in strength making up 20% of the field and they too surpassed expectations. Emma Baxter never held back and was aggressive from the start, and when

she dropped 2 places with a kilometre to go her hopes of a top ten finish seemed over. However she responded to recover 3 places in the closing stages to finish in 9th.

The ladies Lorna Coyle, Jacqueline O'Donoghue and Lynne Rogers strengthened by the inclusion of Emma made up the counting quartet, that showed a remarkable improvement going from 15th team in 2011 to 6th.

Like the men there was also disappointment when the ladies veteran team of Lorna Coyle, Gillian Forrest and Gillian McClure missed out on a bronze medal by a solitary point to Kirkintilloch Olympians.



Gillian Forest, Lorna Coyle and Gillian McClure

Shelby Morrison was first back for the under 13 girls team which included Nicola Doohan, and Megan Rodgers , who finished in 5th place with strong back-up from Kate Kilpatrick.

In the under 15's 4km race Evan Warwick after a steady start got stronger the longer the race went, catching 20 places over the 2nd half. Lauren Mulaghton also showed that she is returning to form with her 17th place. Sprinter Mark Magee stepping up in distance had a useful work-out over 4miles.



Men: Stephen Trainer 36:18, Shaun Lyon 38:55, Michael McLoone 40:30, Steven Campbell 40:43, David Henderson 41:22, Kevin O'Donoghue 41:40, Paul Monaghan 43:23, Richard Davidson 43:44, Andrew White 43:50, Andrew McCall 44:08, Alan O'Rourke 45:01, Kevan McCartney 46:38, Duncan Anderson 47:56, Michael Dunn 48:22, Jim Cuffe 48:23, Gordon Morrison 50:11, Michael Harrington 53:19, James Campbell 57:12,

Women: Emma Baxter 24:35, Lorna Coyle 28:48, Jacqueline O'Donoghue 29:28, Lynne Rogers 29:45, Gillian Forrest 29:58, Gillian Mc Clure 30:22, Elizabeth McAuslan 30:25, Donna Clark 30:32, Jane MacLean 31:49, Rhonda White 32:22, Fiona Cushnaghan 32:53, Kirstin Arthur 33:12, Viki Wilkinson 33:49, Debbie Bradley 41:74

U13 Girls: Shelby Morrison 12:40, Nicola Doohan 13:05, Megan Rogers 13:28, Kate Kilpatrick 14:17, Christie Mulaghton 15:59, Emily Pugh 16:14, Catriona Daisley 16:48.

U15 Boys: Evan Warwick 16.53, **U17 Boys:** Mark Magee 27.16, **U15 Girls:** Lauren Mulaghton 18.32

3k on the Green 30/11/12

The last event of the year in the '3k on the Green' series was the coldest yet at -3 degrees.

Two Glenpark Harriers Andrew White and Kevan McCartney fitted their skates and braved the elements. Andrew true to form accelerate off with easy over the icy ground while Kevan adopted a more cautious pace for the first half of the race. At half way Andrew continued to

accelerate over the icy ground and improved his personal best by a further 7 seconds to take position as first veteran. Kevan's speed increased in the second half of the race, however he failed to better his previous best by 25 seconds.

This race series continues to attract a number of fast club runners from around Scotland, this month six runners ran under 10 minutes with the race being won Stuart Gibson of Ronhill Cambuslang in a time of 9:04 and a new course record set. Commiserations to Kevin Brydon of Shettleston harriers who set the previous record of 9.22 only last month and even bettered that time with a 9.18 to gain him second place

8th (1st Vet) Andrew White 10:14 PB
14th Kevan McCartney 11:09

<http://www.3konthegreen.com/wp-content/uploads/2012/11/3kOnTheGreenResults20121130.pdf>

Park Run 24/11/12

Campbell Wins

Steven Campbell skated to victory at a frozen Strathclyde Park, - over a longer course than normal, due to the icy conditions. Rhonda made her comeback from injury taking the 3rd lady's position, but more importantly without any reaction to her foot. There was a good performance from Andrew, with only the extra distance robbing him from a 5k PB.

1st Steven Campbell 18.45

6th Andrew White 20.07

3rd Lady Rhonda White 26.51

Renfrewshire XC Championships 17/11/12

Ladies Strike Gold



Glenpark Women struck Gold in the mud at Linwood at the Renfrewshire cross country championships. To just medal was the pre-season target but to take the County title far exceeded any expectations. After a tense wait on the results the Greenock team of Jacqueline O'Donoghue, Lorna Coyle and Gillian Forrest were on the same points as Giffnock North, but were announced winners on account of having their 3rd counter ahead of their rivals. With only 3 points separating the first 4 clubs it required teammates Liz McAuslan, Silke Loehndorf and Fiona Cushnaghan to give them the edge.

In the men's race Stephen Trainer made an early bid to break the field from the start, with only host club Kilbarchan's Chris Devenny going with him. They ran together for the first lap before the Kilbarchan man went clear eventually opening a gap of 30 seconds with Trainer having to settle for individual silver.

Shaun Lyon was next counter in 8th followed by Andrew Harkins, who's aggressive start was rewarded with a top 15 place. Chris McCall back wearing club colours after a long absence, his cousin Andrew and Thomas Loenndorf were the counters as the team clinched silver, with Thomas also winning bronze in the veterans category.

The under 11 boys came close to emulating their golden relay success, but fell short by a single point to Giffnock. In an exciting race Harry McGill took the individual silver medal with excellent backing from Jack McDaid, and Craig White. Sarah Pugh was the clubs top under 11 girl finishing in 12th.



Shelby Morrison led Megan Rogers and Nicola Doohan to bronze, in what was an encouraging performance from all the under 13 girls especially Kate Kilpatrick.

Rounding off a successful day Gerard Smith, Luthais Arthur and Mark Magee also won team bronze in the U17 race.

Under 11s: Harry McGill 5.22, Jack McDaid 5.26, Craig White 5.51, Sarah Pugh 6.28, Tom Forrest 6.29, Ewan Ferguson 6.50, Lucy McFarlane 6.54

Under 13s: Shelby Morrison 10.18, Megan Rogers 10.22, Nicola Doohan 10.39, Euan Stewart 10.40, Kate Kilpatrick 11.26, Emily Pugh 13.08, Rachel McFarlane 13.12, Christine Mulaghton 13.54, Catriona Daisley 14.21.

Under 15s: Evan Warwick 15.26, Nathan Robinson 15.43, Lauren Mulaghton 17.02, Danielle Hunter 18.18

Under 17s: Gerard Smith 14.59, Luthais Arthur 15.09, Mark Magee 17.10

Women: Jacqueline O'Donoghue 23.52, Lorna Coyle 24.22, Gillian Forrest 24.26, Elizabeth McAuslan 25.13, Silke Loehndorf, 26.57, Fiona Cushnaghan 27.55.

Men: Stephen Trainer 25.32, Shaun Lyon 27.25, Andrew Harkins 28.39, Chris McCall 29.03, Andrew McCall 29.15, Thomas Loehndorf 29.35, Richard Davidson 30.29, Andrew White 30.30, Alan O'Rourke 31.32, Mick Dunn 34.41, Gordon Morrison 35.25, David Carruthers 36.34, Scott Forrest 37.03,

Park Run 17/11/12

Graham Best For Age

Another good weekend for the club at the Glasgow parkrun where there were 4 out of 4 personal bests for the Harriers. Graham McGrattan, cutting his best by 12 seconds, was first back for club in 10th place - and first in the age category system.

- 10. Graham McGrattan 18.05
- 17. Christopher Watson 18.46
- 24. Duncan Anderson 19.11
- 36. Ross Neilson 20.01

Irish & British Masters International XC 10/11/12

Mick Caps Fine Performance in Belfast

Mick McLoone was in excellent form in the Home international cross country championships held in Belfast. He was 2nd Scot in the over 45 age group just 46 seconds behind Cambuslang's Charlie Thompson, and 11th in the over 45 race. Earning his second call up for the National squad he was pleased with another fine run in Scottish colours, although the team finished just outside the medals.

Scottish National 4k XC 11/11/12

Men & Women Make Top 11



Harriers Top Finisher Stephen Trainer

Well done to all 15 Harriers at the National Cross Country Short Course at a chilly Bellahouston Park. The Ladies took pride of place finishing 9th and the Men just two places behind in 11th position - for the 3rd consecutive year .

All 5 women packed close together – only 1 minute separating them – with Suzanne Coyle out in front leading the team to their highest ever finish. Their hard work in training is now starting to deliver promising results at National level.

The men did not disappoint either with Stephen Trainer top man in 12th, 25 seconds adrift of winner Mark Mitchell of Forres Harriers. Steven Campbell with his best result of the season produced a storming run to finish 5th in the veterans category. David Henderson with an injured foot ran through the pain barrier to come home just behind 2nd counter Shaun Lyon.

Results: 12. Stephen Trainer 12.43, 60. Shaun Lyon 13.57, 62. David Henderson 14.01, 69. Steven Campbell 14.22, 75. Andrew Harkins 14.38, 99. Andrew White 15.15, 106. Richard Davidson 15.22, 120. Kevan McCartney 16.01, 126. Duncan Anderson 16.19, 150. Scott Forrest 18.09

39. Suzanne Coyle 18.17, 43. Lorna Coyle 18.36, 44. Lynne Rogers 18.39, 50. Gillian McClure 19.09, 54. Donna Clark 19.21,

Jimmy Irvine 10k Bellahouston 10/11/12

Harriers Steady Improvement



Kevin, Stephen, Lynne, Donna, Susan, Gillian, James, Liz, Susan, Jo, Robin, and Ross.

19 Glenparkers had a field day when they made the short trip to Bellahouston Park for the annual running of the Jimmy Irvine 10k.

On a course greatly changed this year, the Glenpark contingent was in fine form with personal bests being recorded by most. These performances were made all the more impressive given the undulating nature of the course coupled with a large number of very sharp turns.

First Harrier home was Kevin O'Donoghue in 20th place and not too far behind was Graham McGrattan who won the veterans prize with the 8th fastest time in Scotland in his category this year.

Three of the Glenpark women all went under 45 minutes, Donna Clark and Gillian Forrest both for the first time, thanks to great pace making by Lynne Rogers, the trio crossing the line together.

Many other pbs were achieved with Liz McAuslan improving by over 2 minutes on her time in 2011, David Carruthers taking a minute off, and James Campbell continuing to progress with every outing, but best of all came from Johann McGrattan slicing over 4 minutes from her previous best.

Kevin O'Doghue 36:47, Graham McGrattan 37:24, Steven Watson 37:46, Andrew White 38:14, Robert Adams 38:17, Chris Watson 38:20, Ross Slater 41:40, David Carruthers 42:28, Stephen McDade 44:29, Donna Clark 44:52, Lynne Rogers 44:53, Gillian Forrest 44:54, Robin McAuslan 45:28, Susan Slater 46:25, James Campbell 47:32, Liz McAuslan 48:13, Johann McGrattan 51:41, Kimberley Stevenson 64:30.



Donna Clark and Lynne Rogers

Colin Shields Road Race 3/11/12

Club Photographs taken before the Colin Shields Road race at the Lady Alice Bowling Green in Greenock. (Click on picture for larger image)



Back Row: Ewan Stewart, Calum Johnston, Luisa Davies, Gerard Smith, Lee Gibson, Scott Renfrew, Mark Magee. Mia

2nd Back Row: Kate Kilpatrick, Rachel McFarlane, Shelby Morrison, Rachel McKenna, Luthais Arthur, Nathan Robinson.

2nd Front Row: Scott Graham, Danielle Hunter, Lewis Warwick, Alister White, Reece Footit, David Curley, Curtys Footit, Megan Rodgers, Forrest, Lauren Mulaghton, Sarah Pugh, Rachel Mulaghton, Beth McKenna, Lauren Docherty, Christie Mulaghton, Evan Warwick.

Front Row: Jack McDaid, Ewan Ferguson, Nicola Doohan, David McCluskey, Alexander Jamieson, Emily Pugh, Catriona Daisley, Andrew McCluskey, Craig White, Harry McGill, Tom Forrest, Oliver Currie, Lucy McFarlane, Laura McFarlane.



Top Row: Gillian McClure, Liz McAuslan, Johann McGrattan, Kirsten Arthur, Jane MacLean

Middle Row: Silke Loehndorf, Rhonda White (captain) Yvonne Prager (president) Grace Harrison, Lorna Coyle.

Front Row: Lynne Rogers, Fiona Cushnaghan, Alison King, Jacqueline O'Donoghue, Suzanne Coyle, Donna Clark, Gillian Forrest, Jillian McNee, Kimberley Stevenson.



Back Row: Robert Mitchell, Richard Hodelet, Ernie Currie, Mick Harrington, Kevin Gill, Robert Dolan, Stephen McDade, Steven Campbell, Stephen Trainer, Kevin O'Donoghue.
Middle Row: Andrew Osborne, Robin McAuslan, Brian McCluskey, Scott Forrest, Alan O'Rourke, Robert Adams, Gordon Morrison, Kevan McCartney, James Campbell, Kenny Pryde, Andrew Harkins, David Henderson.
Front Row: Tommy Knight, David Carruthers, Kenny Scott, Steven Watson, Andrew White, Duncan Anderson, Robert Dolan, Andy McCall, Paul Monaghan, Jim Cuffe, Liam Smart, Chris Watson, Graham McGrattan, Richard Davidson.