Greenock Glenpark Harriers were emphatic in retaining their Renfrewshire Cross Country Men’s Championship title at Shanks Park, Johnstone.

Their dominance was demonstrated by the fact that all 6 counting athletes crossed the line ahead of the first finisher from silver medallists Bellahouston Road Runners.

It was Stephen Trainer who led the Orangefield men to victory by taking individual silver after a battling performance with Inverclyde’s Jonny Glen. After exchanging the lead several times it was Glen who finally broke clear in the final ½ mile of the 6mile course. But with David Henderson, Andrew Harkins, Steven Campbell, Shaun Lyon and David Tamburini all packing close behind, the team result was never in doubt for the Glenpark men. Steven Campbell also picked up the individual veterans bronze medal.

The Glenpark Women’s team of Lorna Coyle, Rhonda White and Liz McAuslan were also among the medals as they took team bronze, with Lorna also adding silver in the Vet50 category.

In the junior races Cameron Patton got the day off to a great start with an inspiring run. Coming from way behind in the middle of the pack in the 1 mile Under 11 race, he came storming
through like a train to take 3rd. His club-mates Alex Wiseman and Sean Hegarty also ran well, but were unlucky in just missing out on the medals with their 4th team place.

The medals continued with the under 15 girls as Shelby Morrison ran clear for her silver, and along with gutsy runs from Nicola Doohan and Mia Forrest the girls were also rewarded with a well-deserved team bronze.

Nat 4k XC Champs 9/11/14

Strong Showing at National 4K
A tired Ladies Team, most of whom had ran the 10k 24 hours earlier at the same venue.

A large turnout of 18 Men was rewarded with the team finishing 10th, equalling their best ever in the competition, and securing 9th place overall in the mini XC race series. Robert Wilson though was the star performer in the mud as he finished 1st in the Over 60s category. The Day started well when Shelby Morrison, at last putting a disappointing summer behind her, finished 9th in the under 15 girls race and 4th best in the West district, almost certainly guaranteeing her a place in the Inter-districts at Holyrood in January.
The veteran over 40s men packed well with David Tamburini, Paul Monaghan, Andrew White and Sam McVicar finishing in positions 6 through 9, while Stevie McLoone finished 6th in the Over 50s

Full results can be found here: http://chiptiming.co.uk/results/?sport=1&year=2014&event=342&race=228

PB SATURDAY

#26 Greenock Parkrun 8/11/14

Chris Watson made it a hat trick of victories on the Greenock Esplanade. His winning time of 18.41 was just outside his best, but 6 Harriers did record PBs, they were Stewart Anderson, Steven Watson, John Carruthers, Jo McGrattan, Nathalie Smith and youngest of all 11 year old Jack McDaid who finished 16th overall improving by 35 seconds for a time of 23.35.

Jimmy Irvine 10k 8/11/14

Shaun Takes 3rd at Bella

A great turnout of 15 Harriers at the Bellahouston 10k, with Shaun Lyon prominent taking 3rd in a time of 33.36 minutes. And there was further success with Andrew White and Lorna Coyle winning their age group categories. Personal bests were in abundance on this fast course, with Robin and Liz McAuslan, Marion Lisa, Lisa Ruddy and Simon Hutton all running their best ever for the distance.
Results: Shaun Lyon 36.36, Andrew White 36.20, Sam McVicar 37.45, Robert Adams 38.40, Robin McAuslan 42.16, Gillian Forrest 44.01, Lorna Coyle 44.22, Donna Clark 44.26, Lynne Rodgers 44.31, Marion Monk 45.59, Liz McAulan 48.04, Kirstin Arthur 50.12, Viki Wilkinson 50.15, Lisa Ruddy 52.45, Simon Hutton 53.44.

Colin Shields Road races 1/11/14

Stephen & Gillian Win Time Trial

Greenock Glenpark Harriers raced the challenging 4 ½ mile route from Dunlop Street around Larkfield and back again in the annual Colin Shields time trial road race. In the dry blustery conditions it turned out that the most competitive race was between the women where less than 1 minute separated the first 7 finishers.

And it was Gillian Forrest, with a well-judged race, who took the trophy from current club Champion Rhonda White, who is fast returning to her best form.

Lynne Rogers claimed the 3rd spot from the veteran Lorna Coyle, but just by a couple of seconds, with Alison King and Marion Monk following close behind.

With all the runners starting in pairs at 30 second intervals Gillian had the advantage of knowing what she had to do to catch Lynne who was off just in front of her. But pacing was vital and she got it just right as she steadily chipped away at Lynne’s lead to get within 10 metres at the finish, but enough to record the fastest time and take the trophy.
Stephen Trainer the last man to start, 12 minutes after the first runners had set off, soon made inroads to those in front of him. And one by one he eventually caught them all to cross the line comfortably in first and in doing so breaking Chris MacKay’s long standing 10 year course record by 1 second. It was a different story for 2nd across the line, after David Henderson and Andrew Harkins had set off together. At half way David pushed hard to make the break and had built up a sizeable lead over Andrew, but thinking he was safe, he was shocked in the last ¼ mile when glancing behind him realised that Andrew had closed to within a few yards, leading the pair to a lung bursting sprint up Dunlop street hill with David just holding on for the runners-up spot.

It was also encouraging to see Paul Hegarty, Stuart Crawford, Stuart Austin, Simon Hutton and Gregor Alexander competing so well in their first Harriers race.

Joshua Ruddy was the surprise winner in the Boys 2.2km race taking in 2 laps of the Murdieston Dam. He led from start to finish and held his nerve as he was chased down by Alan Mollins and Ryan Brown. In the girls race Shelby Morrison eventually broke clear of the tenacious Nicola Doohan with Megan Rodgers nearing full fitness in third.

Jude Dolan was victorious in the 1 lap race ahead of brothers Blair and Nathan Harkins. Rachel Ruddy made it a family double by emulating Joshua by winning over 1.1km from Ava Beaton and Francesca MacKay.
Thanks to Councillor Chris McEleny who took time out of his busy schedule to promote the Inverclyde Food bank, as well as competing in the race, and due to the generosity of those taking part, the Harriers were able to make a £300 donation to the local charity.

Thanks also to Lady Alice Bowling Club for accommodating the prize giving and Halloween party afterwards, Lesley Roberts of Rosie Jake Photography for the Race pictures, and all the volunteers who assisted in all the day’s activities.
More pictures can be seen on the Rosie Jake FaceBook Page: https://www.facebook.com/media/set/?set=a.700360393388612.1073742277.204619306296059&type=1

Results:

Boys 1.2km: Jude Dolan 4.08, Blair Harkins 4.16, Nathan Harkins 4.23, Bradley McLees 4.41, Shaun Hegarty 4.59, David McCluskey 5.06, Andrew Henderson 5.25.

Girls 1.1km: Rachel Ruddy 5.05, Ava Beaton 5.10, Francesca MacKay 5.24, Sophie Campbell 5.33, Kate Ferguson 5.35, Emma Henderson 5.39, Amy Carruthers 5.47.


Senior 4.5 miles: Stephen Trainer 23.09, David Henderson 24.35, Andrew Harkins 24.36, Steven Campbell 25.36, Kevin O' Donoghue 26.12, Alan Henderson 26.35, Andrew White 26.50, Andrew Osborne 27.07, Chris Watson 27.36, Graham McGrattan 28.20, Brian Harkins 28.41, David Roberts 29.12, Paul Beaton 29.17, Robert Dolan 29.37, Robert Adams 29.41, Duncan Anderson 29.44, Robert Wilson 29.49, Alan O'Rourke 29.55, Kevan McCartney 29.58, Mick Harrington 30.10, Brian McCluskey 30.37, Robin McAuslan 31.44, Stuart Crawford 31.50, Andy MacLean 32.03, Robert Mitchell 33.00, Steven Watson 33.07, Gillian Forrest 33.33, Rhonda White 33.44, Lynne Rogers 33.58, Lorna Coyle 34.00, Gregor Alexander 34.05, Alison King 34.16, Stuart Austin 34.17, Marion Monk 34.18, Stephen McDade 34.19, Kevin Gill 34.21, Donna Clark 34.32, John Carruthers 35.49, Paul Hegarty 35.54, Liz McAuslan 36.06, David Carruthers 36.51, Wendy Docherty 37.23, Lisa Ruddy 37.36, Susan Clark 38.09, Kirstin Arthur 38.29, Yvonne Prager 39.17, Sarah Aitken 39.29, Jo McGrattan 41.09, Simon Hutton 41.27, Grace Harrison 42.29, Angela Hill 43.02, Chris McEleny 43.25, Tommy Knight 51.41.

#25 Greenock Park Run 1/11/14

Brian McCluskey was top Harrier in 4th place in the 5km run on the Esplanade in a time of 19.42. Only a small turnout of 6 Harriers due to the Colin Shields race later in the afternoon but there were 2 PBs for Stewart Anderson and Kirstin Arthur.

Full results here http://www.parkrun.org.uk/greenock/results/eventhistory/.

3K on the Green 31/10/14

Kevan McCartney continues to improve, this time setting a PB at the monthly 3km race on Glasgow Green http://www.3konthegreen.com/ . Shaun Butler of Cambuslang won the race in
9.32, while Kevan with a strong finish passing 5 in the 2nd half of the race came home in 15th in 10.32

#24 Greenock Park Run 25/10/14

Chris Watson Takes 2nd Victory

Chris Watson was made to work for his 2nd win in the local Parkrun, but held on by 9 seconds. With a large contingent from the Greenock club heading to Cumbernauld for the National XC relays, there was just five from the club competing with Angela Hill gaining the only PB on the day. Full results here [http://www.parkrun.org.uk/greenock/results/eventhistory/](http://www.parkrun.org.uk/greenock/results/eventhistory/)

National XC Relays 25/10/14

Home Town Men Win National Silver
Greenock Glenpark Harriers veterans were in superlative form as the 4 local Men stormed to National silver in the mud and hills of Cumbernauld Park.

Hopes had been high after securing silver at the West Districts two weeks earlier, but it was going to take everyone to be at their very best to repeat that result in the much tougher Scottish National Championships.

David Tamburini had set off in the blistering opening leg, and with his best run of the season kept them well in contention in 4th place. But with Cambuslang the red hot favourites and their team packed with internationalists already building a sizeable lead; for the rest of the competing field the battle was for the silver and bronze.
After stage 2 the Greenock club were facing a serious threat from Kirkintilloch who had built on their lead over the Harriers, even so Steven Campbell had matched David’s time to pass Shettleston, and put the team into Bronze position.

With the ground now getting heavier, up stepped Andrew White on the penultimate leg, and just as he did at the West District, he closed the gap and passed Kirkintilloch to leave the Harriers in 2nd, but only by a few seconds.

On the anchor leg, Paul Monaghan with all the pressure piled on him, rose to the occasion, and not only did he hold on, but he increased his lead running the second fastest final lap of the day on the churned up course to the delight of the travelling supporters and club mates.

The top senior men’s quartet of Andrew Harkins, Stephen Trainer, Shaun Lyon and typified by David Henderson and his never give in commitment, were also in fine form, giving their all to improve from last year’s 23rd to finish 11th best team in Scotland.

It was a tremendous performance from the club with a demonstration of strength in depth right throughout all the teams.

Suzanne Harkins was quickest women, as she led her team of Donna Clark and Gillian Forrest to a top 40 placing, but they were pushed close by the clubs B team of Liz McAuslan, Marion Monk and Rhonda White who took 11th place in the veterans’ competition.

In the young athletes relay Zoe Renfrew in her National debut set up the more experienced Shelby Morrison and Nicola Doohan to come storming through the field to finish in 22nd overall. While the boys’ A team of Alan Mollins, Ryan Brown and Nathan Robinson continue to show steady progression. There were encouraging signs too from the boys and girls in the B and C teams with all showing marked improvement in recent weeks.


Sen B: Brian Harkins 16.10, Kevin O’Donoghue 15.22, Duncan Anderson 17.15, Alan Henderson 15.24

Sen C: Paul Beaton 16.27, Ross Neilson 17.51, David Roberts 16.47, Alan O’Rourke 17.30

Vets A: David Tamburini 15.01, Steven Campbell 15.01, Andrew White 15.28 Paul Monaghan 15.26

Vets B: Sam McVicar 15.33, Robert Adams 16.47, Kevan McCartney 16.11, Robert Wilson Snr17.40

Vets C: Mick Harrington 18.04, Ross Slater 18.41, Robin McAuslan 18.32, Kevin Gill 19.35

Ladies A: Suzanne Harkins 19.51, Donna Clark 20.20, Gillian Forrest 20.33
Ladies B: Liz McAuslan 20.49, Marion Monk 20.04, Rhonda White 20.16
Boys B: Jack McDaid 12.44, Joshua Ruddy 12.04
Boys C: Ewan Ferguson 12.38, Jonathan Slater 13.11
Girls A: Zoe Renfrew 13.17, Shelby Morrison 11.00, Nicola Doohan 12.04
Girls B: Beth McKenna 13.39, Megan Rodgers 13.00, Lauren Mulaghton 13.10
Girls C: Brooke Gallacher 16.00

Renfrewshire XC relays 18/10/14
Last Gasp Gold
David Henderson strides for gold on the anchor leg

Greenock Glenpark Harriers struck gold at the County Championships in the tightest of finishes at Bellahouston Park. And it was elation at the finish as the quartet of Sean Lyon, David Tamburini, Paul Monaghan and David Henderson delivered to take the Renfrewshire title.

Club Captain Alan O’Rourke had to draft in 2 of the clubs veterans, in to the A squad, after a couple of late call offs, with Andrew Harkins pulling out in the warm up just a few minutes before the start in what looked like a serious blow to any chance of success.
Lyon’s on the opening leg came through strongly towards the end of the 4km trail coming from 5th position to 2nd before passing on to David Tamburini who held onto 2nd but still trailed Giffnock North by 1 minute. Paul Monaghan maintained the gap behind Giffnock, but had been passed by local rivals Inverclyde AC leaving the Orangefield men a further 20 seconds adrift.

It was a tall order for David, but in his typical fighting spirit he hauled in the gap to take the lead with a quarter of a mile to go and looked certain to take gold, but a spirited fight back from Inverclyde’s Michael Houston almost snatched back the lead as the pair went stride for stride to the line, but it was the Glenpark man that prevailed for an unexpected victory.

A strong B squad placed 8th with the highlights coming from Andrew White and a rejuvenated Alan Henderson.

The Glenpark Ladies A team led by Suzanne Harkins, who had the quickest run on the day and backed by Liz McAuslan and Marion Monk put in a solid display to take 7th place with the B team a couple of place behind with Lisa Ruddy providing their fastest time on the 1st leg.

#23 Greenock Park Run 18/10/23

Successive Success for Chris

It was a second successive victory for Chris Jones at the weekly 5km race on the Esplanade, but this time with a comfortable winning margin of a minute rather than one second nail biter 7 days earlier.

A total of 8 Harriers took part in the 23rd park run, and it was a steady stream of blue vests as the Harriers filled 5 of the 6 top places, but it came as no surprise to see that there were no Personal Bests recorded from any of them as the strong winds blasted across the exposed Esplanade. Full results can be found here: http://www.parkrun.org.uk/greenock/results/eventhistory/

West District XC relays 11/10/14

Veterans Strike Silver
David Tamburini on the 3rd leg for the successful Glenpark Vets team

It was a sterling performance from Steven Campbell, Paul Monaghan, David Tamburini and Andrew White who took the runners up spot in the veteran team category to Cambuslang Harriers. But they were pushed all the way for that 2nd place by Garscube who held a 10 second lead going into the final leg. But that lead proved to be too little as Andrew set about his task to chase down the gap and he soon swept past his rival to bring the team home ½ a minute clear and in 16th overall.

Equally as impressive were the Senior men’s top quartet of Andrew Harkins, Shaun Lyon, Stephen Trainer and David Henderson who have been getting progressively quicker over the last few weeks. All went comfortably under the 13 minute mark for the tough 4km trail to finish well clear in 6th place.

It was another good turnout from the Orangefield club with 5 men’s teams taking part
The two ladies teams competing finished in 16\textsuperscript{th} and 20\textsuperscript{th} with Donna Clark quickest on the day, and ably supported by the improving Marion Monk and Liz McAuslan. This was a step up on last year where the A team could only finish in 21\textsuperscript{st}.

The Glenpark Girls A team of Beth McKenna, Nicola Doohan and Shelby Morrison came through strongly to finish in 22\textsuperscript{nd} position from the 60 starting teams, with Shelby recording the quickest time. The B team was led out by Lucy McFarlane, and a fit again Megan Rodgers came through with no ill effects.

The Boys A team performed excellently with only a few seconds separating Alan Mollins and Ryan Brown with Nathan Robinson pulling in 5 places on the anchor leg to take the trio home in 28\textsuperscript{th}.

A very young B squad did well to place 48\textsuperscript{th} with Jonathan Slater, Jack McDaid and Ewan Ferguson all very evenly matched.

#22 Greenock Parkrun 11/10/14

Chris Jones Claims Top Spot

It was another big turnout with 16 Harriers competing on the Esplanade with 6 PBs being recorded by Chris Watson, Wendy Docherty, Iain Rankin, Ross Neilson, Jo McGrattan, and Simon Hutton.

Chris Jones claimed the top spot, the 14\textsuperscript{th} time the race was won by GGH and the 6\textsuperscript{th} different Glenparker. Chris Watson followed closely behind by just a single second agonisingly close to his second win. And it was an encouraging performance from Wendy Docherty knocking a minute and a half from her best to take 2\textsuperscript{nd} place in the women’s race.


Glencoe Marathon 5/10/14

Kevin's King of the Mountains
Kevin O’Donoghue’s in his first major win saw him take the Glencoe Marathon title in a new course record.

His winning time of 3 hours and 33 minutes for the 26.2 miles might not seem that impressive but then you have to consider the course was over rough trail and on top of that you add a vertical climb totalling 1 mile in height really puts Kevin’s performance into some perspective. In the
wild wintry conditions Kevin had a few mishaps on the way, including a couple of falls and losing his bearings twice but he came through strongly to win the event which started at Ballachulish then took him through Glencoe then onto the climb over the Devils staircase before the long steep descent into Kinlochleven. Another long climb into the Mamore mountain range followed before the gentler descent into the finish at Glen Nevis to take the trophy and destroying the old record by 11 minutes. His club mates Paul Beaton, Jeremy Deveney, and Robert Dolan all taking part in their first mountain trail race all finished with very respectable times on their debuts.

Kevin O’Donoghue 3.33, Paul Beaton 4.08, Jeremy Deveney 4.38, Robert Dolan 4.51

Great Scottish Run 5/10/14
The Harriers rehydrate after their Glasgow 1/2 Marathon race

A massive turnout of over 9000 runners in the Half Marathon distance had six of the Greenock club’s men featuring in the top 100 with all lowering their previous fastest times. Andrew Harkins was the leading Harrier in 46th position, followed by veterans Stephen Campbell and Paul Monaghan just a few seconds apart and who were the 6th and 7th fastest over 40s on the course. Biggest improvement came from Marion Monk who lowered her time by 11 minutes.

Gillian Forrest had the standout run in the 10km race where she beat her personal best by two minutes to finish 4th veteran in a field of 8000 runners for the 10km distance. Brian McCluskey was the Greenock clubs fastest also setting a PB. Youngster Alan Mollins continues to improve and had a fine run in the junior 3km race held the previous day.

3k: Alan Mollins 10.45

10k: Brian McCluskey 39.35, Duncan Anderson 40.05, Gillian Forrest 42.35, Liz McAuslan 50.12, Jillian Harkins 53.56, Caroline Osborne 61.53

½ Marathon: Andrew Harkins 74.43, Steven Campbell 76.28, Paul Monaghan 76.31, Andrew Osborne 77.58, Andrew White 78.18, Liam Smart 79.29, Chris Watson 82.44, Sam McVicar 83.16, Andrew McCall 88.10, Alan O’Rourke 90.39, Donna Clark 100.30, Kevin Gill 101.20, Robert Mitchell 102.11, Marion Monk 111.25, Susie Gillies 123.49, Lisa Ruddy 124.25, Irene McVicar 121.34, Pamela McVicar 121.34, Sarah Aitken 124.51, Dorothy McCormick 146.00

McAndrew Relays, Scotstoun 4/10/14

Glenpark men put in another solid performance at the annual McAndrew Road Relays finishing 6th with Shaun Lyon recording the quickest time for the A team. The top quartet also included the Henderson brothers for the 1st time in a number of years, along with David Tamburini. Veteran Graham McGrattan was again in excellent form leading the B team to 17th, while Ross Neilson was quickest in a very evenly balanced C squad.


#21 Greenock Parkrun 4/10/14

At the 21st Park run Stuart Crawford was the highest placed Harrier in 4th just outside his best time, but there were two big PBs coming from John Carruthers and Iain Rankin, great results for all their hard work in training.
Results: Stuart Crawford 20.21, Jim Cuffe 22.08, John Carruthers 22.58, Iain Rankin 24.52, Romina Scott 28.13, Richard Hodelet 29.40, Fiona O’Donnel 30.49, Jim Sheridan 37.19

Neil McCover ½ Marathon Kirkintilloch 5/10/14

Robert Wilson took 2nd place in the over 60s age group at Kirkintilloch finishing in the top quarter in a time of 88.59 minutes. This follows on from his outstanding performance at Inverness where he completed the 26.2 miles Loch Ness Marathon in just 3 hours 15 minutes. This was fastest on the day for the over 60s category, and the 2nd quickest time in the country this year. More confirmation if needed that Glenpark are among the top veteran clubs in the country.

Kilbarchan Relays 27/9/14

Success for Glenpark Men
Glenpark were out in large numbers for the George Cummings road relays at Houston with 8 men’s and 4 women’s teams lining up on the start line on the annual 2.7 mile relay race around the village.

In opening race of the relay season Andrew Harkins got the Harriers top quartet off to the best of starts recording the clubs fastest time and keeping the men in contention for a top place finish. Followed with strong runs by Steven Campbell and Shaun Lyons they maintained their 5th overall position and 3rd in the County championship. But with just a 1 second cushion to hold on to, all the pressure was on Kevin O’Donoghue on the anchor leg, but he held his nerve to comfortably ease away to win the team the bronze medal.

There was more success as the veteran men easily won their category with their closest challengers Kilmarnock Harriers over a minute adrift. It was a quality performance from Paul Monaghan, Andrew White, David Tamburini and Sam McVicar who finished in 10th overall.

The ladies team of Alison King, Gillian Forrest, and Donna Clark placed 13th with Alison quickest for the club, Suzanne Harkins improved from last week and will now be challenging for promotion to the A squad.

There was also encouraging signs from Robert Docherty and Alan Henderson who are quickly returning to form after an absence from the club.


Shelby Morrison with her 3rd win in the local 5k parkrun, broke the women's course record by 10 seconds, to finish 4th overall. In front of her was Stephen Trainer winning the race outright in 15.27 with David Henderson in 2nd place in 17.00, making it PBs all round for the trio. Also taking part were Paul Beaton 5th (20.01), Gerard Smith 23.00, and Iain Rankin (26.23).

JG Cameron Road race 20/9/14
Stephen Trainer leads the way at the start on the Esplanade

Stephen Trainer cruised to victory in Greenock Glenpark Harriers 4km JG Cameron trophy race on a sun drenched Esplanade in the opening competition in the Harriers 2014 championship.

Fresh from his 2nd place at the Paisley 10k, he was always in control as he did just enough to hold off the chasing pack. It was a tremendous contest behind him though as Andrew Harkins broke clear from that pack of six to take the runners-up spot with Kevin O'Donoghue in 3rd.

With the top 12 men all under 14 minutes they go into the short relay season with confidence, as the veteran men, especially, are extremely strong. Highlighted by the news that Andrew Harkins and Steven Campbell received their first international call up, both gaining selection for the Scottish Veterans in the upcoming British and Irish Masters cross country International.
Shelby Morrison stepped up in distance to take on the Glenpark women, and it was youth winning over experience as she opened the gap between herself and the chasing pair of Alison King and Gillian Forrest. Alison’s finishing speed over the final 200m was enough to edge it from Gillian.

The other under 15’s taking part; Ryan Brown, Nicola Doohan and Megan Rodgers can all be pleased with their display against their more senior club-mates.

Other performances of note were from Robert Docherty returning after a few years absence who looks as if he will soon be challenging those in the top teams, Brian Harkins in 15th and Wendy Docherty in her first club race.

Earlier in the day proceedings got underway with the young athletes charging along the Esplanade in the warm autumn sunshine. Harry McGill now having moved up to the under 13s category continued his winning streak from last season in the 2km event, running clear of Alan Mollins and Jack McDaid. Beth McKenna set a personal best while winning the girls’ race from Lisa Hanlon and Mhairi Moore.

Over 1km Cameron Patton was impressive winning in his first club outing ahead of a fast finishing Connor Black, with Jude Dolan close behind. Abi Noone was quickest girl, just getting the better of Priya Boparai with Olivia Trainer in 3rd.

*Thanks to our Sponsor Robert Alexander Butchers of Port Glasgow & Gourock, and to the many volunteers that ensured a successful day.


1k Results: Cameron Patton 3.41, Connor Black 3.43, Jude Dolan 4.04, Alex Wiseman 4.21, Aeden Monaghan 4.46, Abi Noone 4.52, Priya Boparai 4.58, Dylan Boparai 4.59, Olivia Trainer 5.04, David McCluskey 5.05, Bradley McLees 5.19, Ashlin Monaghan 5.20, Kate Ferguson 5.27, Sophie Campbell 5.32, Amy Carruthers 6.03

Greenock Park Runs

#19 - 20th Sept 2014 – Brian McCluskey is top finisher in 3rd setting a PB of 19.10, with only 5 Harriers taking part due to Club race later in the afternoon.

#18 - 13th Sept 2014 – Five PBs from Alan Henderson, Mick Harrington, Steven Watson, Frank McMahon, and Jo McGrattan, as Steven Campbell claims his 5th win. 14 Harriers competed.

#17 - 6th Sept 2014 – A Super Double as Steven Campbell and Shelby Morrison take the top spots, with Shelby setting a 30 second PB in a time of 19.26. Also recording PBs were Angela Hill and Richard Hodelet, with 17 Harriers taking part.

Stirling 10k 15/9/14

Kevan on the Mend

Kevan McCartney made a cautious return to racing at the Stirling 10k after hopefully recovered from plantar fasciitis. Taking it steady he eased through the race in 39.53 with no adverse effects.

Kilmacolm Festival Of Running 14/9/14
There was a strong contingent of harriers taking part in the Kilmacolm festival of running on Sunday 14th September. There was a half marathon, 10k or 3k to choose from. Seven of those competing chose the half marathon which had a change of route this year. The remaining seniors took part in the 10k. At 10am the half marathon started with the 10k starting 30 minutes later. Both races started at Birkmyre Park and took competitors out along the cycle path. It was clear from very early that Stephen Trainer would be dominant in the half with a hefty lead which increased to 6 minutes at the finish. Four other harriers were putting in strong performances behind Stephen battling it out for the remaining podium spots. In the end Paul Monaghan was to take the runners up prize for a second year in a row, running a personal best with Andrew Osborne nudged in to 4th place in the last few miles. Andrew White and Chris Jones were next to cross the line again both running personal bests for the distance. Andrew McCall followed closely behind dipping under the hour and a half.

In the 10k race ultra-man Sam tested his speed as took on his 2nd 10k in 2 weeks and ran a personal best. Hot on his heels was Chris Watson. Alan O’Rourke who has been training hard managed to keep a steady pace and moved through the field to finish 20th. Another performance of note came from Grace Harrison who also ran a personal best for the distance.

In the 3k Shelby Morrison who has been struggling with an injury for the last few weeks was 3rd girl overall.

Half marathon:

1 Stephen Trainer 01:10:32
2 Paul Monaghan 01:16:27
4  Andrew Osborne 01:17:48
6  Andrew White 01:18:24
11 Chris Jones 01:22:46
17 Andrew McCall 01:25:23
36 David McCorkindale 01:33:41
37 Stuart Crawford 01:33:42
41 Michael Dunn 01:35:08
102 Theresa Wall 01:50:33

10k:
5  Sam McVicar 00:37:13
7  Chris Watson 00:37:59
13 Andy Clark 00:40:41
20 Alan O'Rourke 00:41:22
25 Duncan Anderson 00:42:04
34 Jim Cuffe 00:44:30
56 Marian Monk 00:48:04
108 Lisa Ruddy 00:55:06
109 Grace Harrison 00:55:07

3k:
12 Shelby Morrison 00:11:01

Paisley 10K 31/8/14
Greenock Team's Great Result in  Paisley
Stephen Trainer was in outstanding form at Paisley, in a high quality field that contained some of Scotland’s top distance runners when he finished 2nd to the Shettleston Harrier Tewolde Mengisteab of Eritrea. And he needed to be sharp at the end as he had to put in a sprint finish to hold off another Shettleston athlete Paul Sorrie in a superb time of 31.20 minutes.

David Tamburini who has been running well, was also at the head of the field of 1500 runners taking 28th place and 9th veteran. A couple of minutes behind was Sam McVicar who dropped down in distance crossing the line in 53rd.

Robert Wilson who has made a quiet comeback this year, has seen a major improvement and was delighted to finish first in the over 60 category clear by almost 5 minutes.

And it was welcome return to Glenpark colours for Emma Baxter placing high up the rankings finishing in 20th in the women’s race. Final Harriers to complete the course were Viki Wilkinson in a highly respectable time of 52 minutes, and Pamela and Irene McVicar well under their 1 hour target.
Aint No Mountain High Enough

Well done to Silke Loehndorf completing the Courmayeur Champex Chamonix in a time of 25 hours 54 minutes. It was a tremendous achievement by Silke in the ultra-endurance 100km race which included running through the darkness with an incredible climb of 6000metres on mountain track.

Starting in the Italian town of Courmayeur and winding its way through Switzerland to the finish in Chamonix in France, she came close to stopping on several occasions, especially during the night when descending the seemingly endless mud slides in the rain. But with grit and determination and the support of her husband Thomas, she persevered, and finished strongly and still smiling.

Greenock Parkrun
#16 - 30/8/14 - 1st Win for Chris & Record for Shelby

Harriers took the first 4 places with Chris Watson claiming his first ever win in 18:55. In the runners-up spot was Brian McCluskey proving just too strong for Alan O'Rourke. Shelby Morrison (20:04) on her first time over the course set a GGH women's course record to finish fastest lady and 4th overall. Of the 11 Harriers taking part only Richard Hodelet managed a PB in the windy conditions, his 4th in a row.

#15 - 23/8/14 - Paul & Lorna Out in Front

Paul Monaghan continued his dominance of the race with his 3rd win in a row, but this time David Tamburini pushed him a little closer. 3rd place went to veteran Graham McGrattan in another quick time. Fastest lady was Lorna Coyle (21.34) who finished 16th overall. There were 6 Personal Bests in the calm conditions coming from Brian McCluskey, Alan O'Rourke, Stuart Crawford, Iain Rankin, Richard Hodelet and Jim Sheridan.

RESULTS OF THESE AND ALL PREVIOUS PARKRUN RACES CAN BE FOUND ON THIS LINK

Cowell 5K Road Race 28/8/14

Harriers Over the Moon at Dunoon
There were some exceptional performances at Thursday night’s Cowal Highland Gathering with the most notable coming from Andrew Harkins who set a personal best to take the runners up spot to Inverclyde’s Craig Ruddy. David Henderson probably was the surprise of the night as his performance showed he is rapidly getting back to full fitness. Paul Monaghan improved by 2 places on last year to finish 5th overall, and fastest veteran. Young Nathan Robinson goes from strength to strength, finishing 1st local and 1st youth in his home town of Dunoon. Another of our Dunoon boys Alan Mollins continues to improve, the U15 dipping under 21 minutes. Gillian Forrest was among the prizes finishing 1st Lady vet, and delighted to be presented with her winnings from Commonwealth Games Boxing Gold medallist Charlie Flynn.

Cowal 5k Hill Race 30/8/14

Paul on the Up

Paul Monaghan was back in Dunoon for the 2nd time in 3 days, this time for the 5km run up and down the 616 feet summit of Tom Odhar. Again he was fastest veteran, but with another big improvement on last year seen him take the overall runners-up prize.

Bute Highland Games 23/8/14

More pictures taken by Brian Renfrew HERE

On a sunny day that was perfect for racing, both our juniors and seniors headed over in good numbers to Rothesay for the 2014 Bute Highland Games.
First on the track were the U13’s and it was to prove a long day for this age group as they were required to run heats in the morning in both the 100 and 200 metres with two from each heat going through to the afternoon final.

In the boys race Harry McGill and Allan Mollins proved to have too much for Jack McDaid and Tom Forrest in the 100 and 200 metres with both also progressing to the final.

And in the U13s girls heats, it was the closest of finishes for Zoe Renfrew and Beth McKenna who struggled to be separated all day with both girls comfortably making it through to both sprint finals along with Lisa Hanlon and Lucy McFarlane.

The U15s final took place shortly after with Chloe Hanlon and Megan Rodgers both featuring in the medals just edging out Rachel McFarlane in a closely fought race.

Nathan Robinson also managed to feature in the medals in both the shorter distance races and also taking the honours in his preferred longer race, the 800 metres with a comfortable win.

Luisa Davis and Rachel McKenna both ran well in the 100 and 200 metres to feature in the medals too.

In the 800 metres, there were good performances from all our athletes with Harry McGill taking a comfortable win in his age section. Allan Mollins had a strong second lap to take silver with Zoe Renfrew and Beth McKenna battling it out for medal places behind in the girls race with Beth just managing to just hold Zoe off on this occasion.

In the morning field events, the Harriers also featured prominently in them all showing our abilities are not just limited to the track.

In the afternoon finals, Harry McGill took the honours in a close 100 metres before completing an excellent triple crown in a fiercely contested 200 metres showing his running power and determination round the bend and in the closing straight to take the win. Zoe Renfrew and Beth McKenna both rounded off a fine day for themselves by featuring in the medal places in their afternoon finals.

In the senior 10k, Stephen Trainer had a fine performance to finish 2nd behind Robert Gilroy. 3rd place went to Andrew Harkins with David and Alan Henderson both recording excellent times as their long road back from absence begins to gather some pace. Jack McDaid also ran an unofficial 5k on the day in a time just outside his personal best.

Thanks to coaches Gillian Forrest, Terry Wall and Duncan Anderson for accompanying the juniors over to the games and also to all the parents and friends of the athletes who continue to show great support at both home and away races.

Greenock Glenpark Harriers would also like to thank the organisers of the Bute Highland Games for all their hard work on the day and are very much looking forward to returning next year.

**Age Group Champs 24th Aug**
Five of the young Harriers made the long trip to Aberdeen for the National Age Group Championships, and it was solid performances all round in the sunny but windy conditions on the North East coast.

Under 20 Scott McCluckie’s best performance came in the 200m, although still tired from his earlier 400m and running into a slight headwind he lowered his best by 2 tenths of a second to 24.27. He was slow in in his pick up from the blocks but recovered powering round the bend, as he almost ran his way into a place in the final with the 9th fastest time in all the heats.

Earlier in his 400m heat he was well in contention up until 100m to go, when slowing up badly he paid for his blistering start. Finishing in 55.31 seconds it was only a fraction down on his best, but being new to the event this year he will surely lower this considerably over the next 12 months.

Shelby Morrison made the final of the under 15s 1500m, after looking down and out in the heats. Trailing a very distant 6th with 200m to go and only 4 guaranteed to go through, she put in an enormous effort to close the gap to the leader to just 2 seconds, easily qualifying as fastest outside the automatic qualifiers (5.02min). But with only a short recovery between races, she couldn’t produce the same form in the final (5.08min).

Lauren Mulaghton stayed in contention until ½ way in the under 17 girls 1500m running well within her target time, but she couldn’t maintain the pace eventually dropping to 7th in 5.39min and missing out in the final.

In the under 15s 800m, Mia Forrest and Nicola Doohan both went all out for personal best times and blasted round their first lap and were well inside, but both suffered going into a stiff breeze on the back straight, but Mia (2.50min) still managed to slice 16 seconds from her previous fastest time, while Nicola (2.41min) ran her 2nd quickest time for the event.

Tour of Clydeside August 2014
Andy McCall completed the Tour of Clydeside which consisted of 5 races on consecutive nights covering a total distance of 40km. He had some company on 3 of the nights from Viki Wilkinson, Gillian Forrest and his cousin Jason, the best placed performance from the quartet came from Gillian who was 8th fastest woman at the Canal Canter. Andy's best placing coming on the opening night where he finished 15th.

11th Aug, Kilbarchan Klassic 8km - Andy 30.42, Viki Wilkinson 42.33

12th Aug, Garscube Gallop 7km - Andy 29.12
13th Aug, Canal Canter 8km - Andy 30.48 Gillian Forrest 36.38

14th August, Mugdock Meander 7km - Andy 28.05, Jason McCall 31.31

15th Aug, Bella Belter 10km - Andy 38.22

#14 Greenock Parkrun 16/8/14

GGH 1-2-3

17 Harriers were out for their Saturday morning run up and down the Esplanade, and just like last week it was Paul Monaghan and David Tamburini who took the top two places but also joining them on the podium was David Henderson who is quickly getting back to his top form to make it a GGH 1-2-3. David's PB for the course was one of Five recorded by the Glenparkers which included Alan Henderson, Stuart Crawford, Angela Hill and Richard Hodelet.

Full results for Race #14 can be found here: http://www.parkrun.org.uk/greenock/results/latestresults/

#13 Greenock Parkrun 9/8/14

Lucky 13 for Paul

It was a Glenpark 1-2 at Saturdays Greenock 5km parkrun, with top spot going to Paul Monaghan (17.22), followed by David Tamburini. It was Paul's 2nd win out of his 8 races so far over the Esplanade course.

There were 18 harriers competing with the encouraging signs of 5 PBs coming from David Henderson, Danny McLaughlin, Alan O'Rourke, John Carruthers and Richard Hodelet.

Full results for Race #13 can be found here: http://www.parkrun.org.uk/greenock/results/latestresults/

Bill Elder Races 5/8/14

Stephen & Lorna Claim Final Victories
Stephen Trainer brought the curtain down on Greenock Glenpark Harriers club championship with another fine victory to remain undefeated in all his races.

It was a cautious start in the Bill Elder 10k road race as a group containing Steven Campbell, Andrew Harkins, Neil McLaughlin, and Paul Monaghan were all still together at the half point at customhouse quay. An injection of pace at the turn soon split the pack up with Trainer striding clear for a comfortable win. If Stephen’s win was almost a foregone conclusion, the battle for 2nd place was always likely to be hotly contested, and so it turned out as behind him the remaining group began to test each other. It took a sustained effort along the Esplanade from Campbell to finally pull clear of Harkins who in turn eased away from Inverclyde’s McLaughlin. In 4th was Paul Monaghan, a placing that made certain that he retained his veterans’ championship title.

Lorna Coyle, on a good run of form, was quickest woman outpacing Rhonda White who took 5 minutes off her time from last year, with Donna Clark taking third.
It was a very close handicap competition with Paul Beaton (pictured left) just edging out Chris Watson by a single second.

In the junior races Luisa Davies and Jack McDaid claimed the top spots in the 1km race around the Battery park, whilst Shelby Morrison and Alan Mollins took the honours in the 2 lap contest.

The Harriers would like to express their gratitude to all the volunteers on the night and to race sponsors Brian Harkins Financial Services and Estate Agents.


**2km:** Shelby Morrison 7.32, Alan Mollins 7.52, Nicola Doohan 8.10, Jack McDaid 8.36, Beth McKenna 9.09

**10km:** Stephen Trainer 34.01, Steven Campbell 34.20, Andrew Harkins 34.33, Neil McLaughlin 34.49, Paul Monaghan 35.19, Andrew White 35.30, Mick McLoone 35.39, David Tamburini 36.39, Chris Watson 37.40, Graham McGrattan 37.46, Chris Jones 38.23, Robert Wilson Jnr 39.31, Paul Beaton 39.39, David Henderson 39.46, David Thomas 40.11, Andy McCall 40.53, Robert Wilson 42.09, Colin Campbell 42.25, George Hegarty 42.28, Robin McAuslan 42.50, Alan O’Rourke 42.58, Stuart Crawford 43.02, Mick Dunn 43.28, Jeremey Deveney 43.34, Lorna Coyle 43.59, Rhonda White 44.53, Donna Clark 46.02, Marion Monk 47.50, David Carruthers 48.04, John Carruthers 51.02, Michelle Morgan 51.33, Viki Wilkinson 53.12, Grace Harrison 56.21, Angela Hill 58.49,

*Devil O’ the Highlands 2/8/14*
There were excellent performances from all 3 Harriers at the 43 mile trail race from Tyndrum to Fort William. Both men produced Personal Bests with Kevin finishing in 4th in a time of 6 hours and 6 minutes, and Sam in 8th in 6:39. Fiona had the misfortune to suffer 2 falls, but after receiving some medical assistance, bravely continued to finish in 10:33.
Greenock Parkrun 2/8/14

Trainer Leads the Way

16 Harriers took part in the 12th running of the 5km Saturday morning run on Greenock Esplanade, and the Harriers dominated as expected taking 7 of the top 8 places. Winner was Stephen Trainer in a time of 15.46. There were 4 PBs recorded from Mick McLoone, Danny McLaughlin, John Carruthers and Romina Scott.

All the results can be found at: http://www.parkrun.org.uk/greenock/results/latestresults/

Inverclyde Leisure 5k 20/7/14

Harriers 1-2-3
Steven Campbell showing no signs of tiredness from his 2\textsuperscript{nd} place in the Singlehurst Shield race the day before ran comfortably for an impressive win in the IL 5k race. Also making it onto the podium were Andrew Osborne and Graham McGrattan. Shelby Morrison was first Junior girl, and there was a fine run from Jack McDaid the youngest Harrier competing.

\textbf{5k Results:} Steven Campbell 16.22, Andrew Osborne 18.14, Graham McGrattan 18.13, Chris Watson 18.28, Brian McCluskey 19.52, David McCorkindale 20.14, Robin McAuslan 20.59,
Singlehurst Trail race 19/7/14

Senior Titles Decided

Lorna Coyle & Rhonda White

Stephen Trainer put on dominant display of front running to win Greenock Glenpark Harriers Singlehurst Shield and in doing so wrapped up his 5th consecutive Club Championship with 1 race still remaining. Steven Campbell took the runners-up spot but was closely challenged by fellow veterans Mick McLoone and Andrew White, with just 12 seconds separating the trio after 6.5 miles of hard running on the challenging course over the trails above Greenock.

Lorna Coyle provided the day’s outstanding performance, winning the ladies race in a course record and beating her personal best by over 2 minutes. She had trailed Rhonda White until just before half-way, but her even paced running proved to be the key for success as she caught and
passed Rhonda, who paid for her aggressive start. Rhonda can be pleased that her consistency over the 11 club races has rewarded her with the Women’s Championship title for the first time.

David Henderson made a cautious return from his operation, completing just the first of the 2 lap course, but he showed that he has lost little of his speed, although still lacking endurance as expected after such a long layoff. Another performance of note was that of Robin McAuslan with a 3 minute PB.

Harry McGill and Alan Mollins ran neck and neck for most of the junior race before Harry put in a burst to stretch away in the final ¼ mile, for another win for the Largs youngster. In the girls race Zoe Renfrew got the better of Beth McKenna on this occasion, in a season in which the pair have been the closest of rivals.

**6.4miles:** Stephen Trainer 35.08, Steven Campbell 39.21, Mick McLoone 39.30, Andrew White 39.33, Andrew Osborne 41.30, Andrew McCall 42.01, Chris Watson 42.50, Duncan Anderson 43.24, Danny McLaughlin 44.37, Colin Campbell 46.20, Mickey Dunn 47.17, Robin McAuslan 47.23, Lorna Coyle 47.34, Rhonda White 49.18.

**1.5miles:** Harry McGill 11.24, Alan Mollins 11.32, Jack McDaid 11.54, Craig White 12.00, Zoe Renfrew 13.07, Beth McKenna 15.17.

**Greenock Parkrun 19/7/14**

Top finisher for the Esplanade 5k was Robert Wilson in 4th place, but the biggest improvement was from John Carruthers cutting his previous fastest time by 11 seconds; the only other Harrier to record a PB was Alan O’Rourke slicing off another 3 seconds.


**GGH 800/400 Time Trial Ravenscraig 17/7/14**

It was another very warm evening at Ravenscraig stadium, but it didn’t stop Duncan Anderson lowering his 800m time yet again. Flying through the first lap in 69, he did slow, but was still quick enough to reduce his best by 4 seconds. However the biggest PB of the night came from young Alex Wiseman, despite losing his shoe early in the first lap he still improved by 40 seconds. In the 400m Beth McKenna strode clear of veteran Rhonda White.

**800m:** Duncan Anderson 2.25, Jack McDaid 3.04, Jude Dolan 3.11, Alex Wiseman 3.31.

**400m:** Beth McKenna 73, Rhonda White 77, Zoe Renfrew 79, Beth Larkin 88, Ryan Findlay 95.

**Greenock Parkrun 12/7/14**
Best Yet From Graham

Graham leads Stuart Hodge

The cooler conditions seemed to encourage fast times as 8 of the 13 competing Harriers all recorded Personal Bests for the 5km run up and Down Greenock Esplanade. Best of all came from Graham McGrattan winning outright after a tough battle with Inverclyde’s Stuart Hodge and also recording his highest ever Age Grading with an impressive 87.09%.

**Results:** Graham McGrattan 17.57 PB, Chris Watson 18.59 PB, Andy McCall snr 20.11 PB, Alan O’Rourke 20.20 PB, Colin Campbell 10.25, Jeremy Deveney 20.43, Ernie Currie 24.26, David Carruthers 25.01, John Carruthers 25.40 PB, Iain Rankin 26.00 PB, Jo McGrattan 26.41 PB, Romina Scott 27.52 PB, Richard Hodelet 30.32,

*More Pictures By Thomas Loehndorf on the following link:* [https://www.flickr.com/photos/35938782@N08/sets/72157645645530555/](https://www.flickr.com/photos/35938782@N08/sets/72157645645530555/)
GGH 1500m Time Trial Ravenscraig 10/7/14

Another warm night at Ravenscraig Stadium, with the most pleased athlete on the night being Duncan Anderson who got a PB by dipping under the 2.30 mark for the first time.

1500M: Shaun Lyon 4.29, Shelby Morrison 5.27, Lauren Mulaghton 5.38, Nicola Doohan 5.38

Greenock Parkrun 5/7/14

7 PBs from the 17 Harriers taking part for the Esplanade course in the latest 5k Parkrun. Top finisher was Stephen Trainer runner-up behind IAC’s Craig Ruddy, with Paul Monaghan in 3rd and fastest veteran.


GGH 400m time trial Ravenscraig 3rd July 2014

Great performances all round in the 3 heats of the 400m at Ravenscraig. In windy conditions Shaun Lyon ran a PB, and close behind him there was little separating the U15 girls Lauren, Shelby and Nicola as the trio all easily went under the 70 second mark, along with Harry McGill.

In heat 2 Duncan Anderson was made to sweat as Beth McKenna almost caught him in the home straight, with Ryan Brown in 3rd out lasting Zoe Renfrew.

Lucy McFarlane led the final heat from start to finish in front of Jude Dolan, with the youngest athletes Ryan and Alex having a close battle to the line.

Heat 1: Shaun Lyon 58.0, Lauren Mulaghton 66.3, Shelby Morrison 66.7, Nicola Doohan 68.4, Harry McGill 69.8, Alan Mollins 72.7.
Heat 2: Duncan Anderson 69.1, Beth McKenna 70.8, Ryan Brown 72.5, Zoe Renfrew 73.5
Heat 3: Lucy McFarlane 83.8, Jude Dolan 86.7, Ryan Findlay 101.5, Alex Wiseman 102.0

Greenock Park Run 28th June 2014
Steven Campbell kept his 100% record intact with his 3rd win out of three in the weekly Esplanade Parkrun. Paul Monaghan was fastest vet and 4th overall, while Lorna Coyle took 2nd place in the women’s race but also topped the overall Age Grade with an impressive 85%. 8 of the 15 Harriers recorded PBs for the course.

**Results:** Steven Campbell 16.33(PB), Paul Monaghan 17.05 (PB), Christopher Watson 19.17(PB), Andy McCall 19.26, Mick Harrington 19.49, Robin McAuslan 20.02(PB), Colin Campbell 20.08(PB), Lorna Coyle 20.51(PB), Jim Cuffe 21.06, Andrew McCall 21.10, David Carruthers 23.15(PB), Jo McGrattan 27.30, Romina Scott 28.07(PB), Iain Rankin 28.07, John Carruthers 38.47.

More Pictures from the race by Thomas Loehndorf:

[https://www.flickr.com/photos/35938782@N08/sets/72157644997358600/](https://www.flickr.com/photos/35938782@N08/sets/72157644997358600/)

**SVHC Masters 5k**

The Scottish Veterans Harriers 5 km race took place on Wednesday 26th June in Clydebank. The route took in 3 ¾ loops of the industrial estate giving runners a flat fast course. The conditions were good on the night and in total 68 athletes took part, including seven harriers. Stevie Campbell took the runners up spot in a PB of 16.16. Andrew White was next home for the club in 17.05, also a PB, with Mick McLoone close behind. Graham McGrattan was not far off his best, dipping under the 18 minute mark in 17.54. Robin McAuslan and Rhonda White also
managed to run PBs in 20.06 and 21.11 respectively. Micky Dunn returning from some time out ran well and completed the race in 22.05. The race was won by Robert Gilroy of Cambuslang in 14.55 and the first lady was Lesley Chisholm of Carscube in 17.32.

Full Results:

2nd Steven Campbell 16.16
10th Andrew White 17.05
11th Mick McLoone 17.07
22nd Graham McGrattan 17.54
38th Robin McAuslan 20.07
51st Rhonda White 21.11
55th Micky Dunn 22.05

Time Trial Ravenscraig 26/6/14

Young Athletes PB

There was some excellent competition on the latest Tuesday night time trial which started off with the young athletes 800m, with great results for Alan Mollins and Beth McKenna who set new PBs over the 2 lap distance.

In the "A" race Nathan Robinson proved to be too strong on the night for Andrew White, while Lauren Mulaghten and Nicola Doohan continued with their current good form, with both just a fraction of a second off their best times.

Jude Dolan was dominant in the opening 200m race, but the closest finish came in heat 2 with Beth McKenna just holding off of Zoe Renfrew. In the final heat Nathan Robinson recorded his 2nd win of the night, ahead of Lauren who set a life time best.


800m Heat 2: Nathan Robinson 2.23, Andrew White 2.25, Lauren Mulaghten 2.32, Duncan Anderson 2.33, Nicola Doohan 2.37, Mick Harrington 2.40, Rhonda White 2.57

200m Heat 1: Jude Dolan 36.5, Ryan Findlay 40.9, Sean Hegarty 46.2, Luke Robinson 47.2

200m Heat 2: Beth McKenna 32.2, Zoe Renfrew 32.3, Alan Mollins 33.3, Ryan Brown 34.3, Rachel Mulaghten 35.0, Christie Mulaghten 39.7
200m Heat 3: Nathan Robinson 28.3, Lauren Mulaghton 30.3, Duncan Anderson 30.8, Mick Harrington 31.8, Nicola Doohan 32.6, Alyshia Singleton 39.3, Jenna 41.6

* A very big Thank you to race starter John Magee and time keepers Gillian Forrest and Robert Mollins

**Win on the Way**

The West Highland Way Race took place on Saturday 21st June and for the first time a relay option was included which was aptly name Mid Summer Highland Relay. The relay race was divided in to 3 stages of the West Highland Way which started in Tyndrum and finished in Fort William. There were 32 teams entered for this inaugural race and Glenpark Harriers had one team competing, Andrew White, Paul Monaghan and Kevin O’Donoghue.

Andrew took on the first 17.5 mile leg from Tyndrum to Glencoe which by comparison to the other 2 legs was the flattest stage but with over 2000ft of ascent was still as challenging. The first check point was in Bridge of Orchy, 7 miles in to the race, and Andrew came through in the lead in 43 minutes but hot on his heels were 2 runners from Kilbarchan and Carnegie. After leaving Bridge of Orchy there was a steep climb and technical terrain through Rannoch Moor and the lead changed a couple of times between the three in the leading group. Andrew won his battle and came to the first handover point in 2.05.57, with a one and a half minute advantage over Carnegie with Kilbarchan coming in third.

Paul Monaghan took up the challenge for the second stage from Glencoe to Kinlochleven. In true Monaghan style Paul took off at a blistering pace covering the first mile in under five and a half minutes. Just after crossing the main road, Paul took a tumble but his gritty determination helped
him conquer the Devils Staircase. The descent in to Kinlochleven is particularly steep and even Paul had to slow the pace down to avoid any incidents. The Carnegie harrier who was a minute and a half behind at the start of the leg made up some time on the descent. Paul was first to the change over point in 1.15.44, with the Carnegie runner just 5 seconds behind. The challenging terrain proved tough for the Kilbarchan team who came in 22 minutes later in 3rd place.

Kevin O’Donoghue took up the reigns for the anchor leg to Fort William with the Carnegie team just behind. Kevin, an expert on tough terrain, made his mark on the race and took off at the foot of the hill out of Kinlochleven, leaving the Carnegie runner in the distance. Kevin increased his lead over the 14.5 mile stretch, proving that despite some time out due to illness, his hard work in training is paying off. Coming off the final hill through the Braveheart carpark Kevin looked relaxed and had built up quite a lead over the 2nd placed team. Kevin reached the finish line at the Sports Centre to take the team title for this inaugural race in 1.44.42, a total time of 5.06.23, where he was greeted by his fellow teammates. The terrain proving a little tough for Carnegie saw them finish in 2nd place 10 minutes behind in 5.16.09 with a mixed team from Irvine taking the 3rd spot in 5.42.49. Kevin can now take some confidence in this win to The Devil O’ the Highlands Race in August.

The Glenpark club were also represented in the marshalling of the event with Silke Loehndorf and Yvonne Prager who were at 2 of the check points along the route.

GGH Ravenscraig 1500m 19/6/14

Henderson Returns with Win

It was a disappointing turnout at Ravenscraig on a perfect night for fast times as the early summer heat wave continued. But certainly not disappointed was Davie Henderson who marked his comeback from injury with a solid win. He along with Kevan McCartney ran steadily for the first 2 laps, before the pair steadied themselves on the 3rd for a burn up over the final 300m. Despite his long layoff Davie found enough to run clear of Kevan crossing the line 5.02, with Kevan a couple of seconds behind.

The diminutive Nicola Doohan was closely trailed by veteran Rhonda White until half way, but she couldn’t maintain the challenge as the youngster powered away to set a new personal best, with Rhonda dipping under the 6 minute mark.

Results: David Henderson 5.02, Kevan McCartney 5.04, Nicola Doohan 5.34, Rhonda White 5.56

Greenock Parkrun 14/6/14

David Tamburini and Rhonda White both claimed runners up spots in the 5th Greenock Park run along the Esplanade, but for Graham McGrattan a PB is a PB even if it is by just 1 second which he achieved when finishing 6th overall. Also setting a PB was Angela Hill but chopping almost 1/2 a minute from her previous best.

GGH Ravenscraig 800m 12/6/14

Scott’s Winning Step Up

The first of the Thursday evening time trials got underway in calm mild conditions at Ravenscraig Stadium. Sprinter Scott McCluckie stepped up to the longer distance and produced an encouraging result for his debut over 800m. He was kept company by Nathan Robinson for the first lap, with both going through the bell in 65 seconds, but while Nathan tired Scott maintained his pace to set the fastest time by a Harrier this season.

The other seniors taking part were Kevan McCartney who crsossed the line in 3rd, Duncan Anderson who was run down by Shelby Morrison in the home straight and Robin McAuslan enjoying his first race on the track.

In the 2nd of the races Tom Forrest and Ryan Brown had a ding dong battle throughout the last 200m with Tom’s determination seeing him across the line first by a single stride. Beth McKenna also ran well to dip under the 3 minute mark.

Race 1: Scott McCluckie 2.11 Nathan Robinson 2.18, Kevan McCartney 2.28, Shelby Morrison 2.28, Duncan Anderson 2.30, Lauren Mulaghtont 2.35, Robin McAuslan 2.40, Nicola Doohan 2.42, Mark Magee 2.48.

Polaroid 10K series May/June 2014

20 Greenock Glenpark Harriers had success when they took part in the recent 10k four race series held at Helensburgh, Clydebank, Dumbarton and the Vale of Leven.

Again the Glenpark men dominated in the Veteran categories with Steven Campbell, Mick McLoone and Robert Wilson claiming top places in the over 40, 50 and 60 categories respectively.

It was at Dumbarton where the club had their best success when led by Stephen Trainer in 5th place, they took the team prize with veteran Campbell in particular impressive finishing 11th overall from the 800 runners, closely followed by Andrew Harkins in 12th with all 3 recording personal best times.

It wasn’t just these 3 that were at their best, as 14 of the Harriers all set their quickest times over the distance. There was intense competition from the Glenpark women Rhonda White, Donna Clark and Lynne Rogers with just seconds separating the three of them.

(Fastest time in series) Stephen Trainer 31.27, Steven Campbell 33.37, Andrew Harkins 33.39, Mick McLoone 35.04, Paul Monaghan 35.06, Andrew White 35.24, David Tamburini 36.14, Andrew Osborne 36.27, Graham McGrattan 36.45, Kevin O’Donoghue 37.31, Kevan McCartney
37.56, Duncan Anderson 39.38 Brian McCluskey 39.41, Robert Wilson 40.10, Robert Wilson snr 41.01 Euan Leslie 42.37, Rhonda White 44.02, Donna Clark 44.33, Lynne Rogers 44.36, Kirstin Arthur 54.09.

Chisholm Mile Race 3/6/14

Ruddy Makes a Splash on Esplanade

Craig Ruddy stamped his class on Glenpark Harriers Chisholm Mile race along the Greenock Esplanade. The Inverclyde AC athlete ran alongside team-mate Jonathan Glen and the host club’s Stephen Trainer after the trio had broken clear of the rest of the field early in the race. Biding his time he stayed in the small group for ¾ of the distance before striking for home, and it was to prove decisive as neither could respond and he crossed the finish comfortably in front, with Jonathan holding off Stephen for the runners-up spot.

In the women’s race Nynke Mulholland came under a late challenge from Shelby Morrison, but Nynke’s strength was enough to hold off the fast finishing youngster.

The Glenpark veteran men are in outstanding form with over 40’s Steven Campbell, Paul Monaghan and Andrew White all running sub 5 minutes. Mick McLoone was just pipped by fellow veteran Internationalist Chris Upson for the top over 50 position with Graham McGrattan just a further 30metres behind.

IAC’s Ross Forbes was top junior edging out Luthais Arthur who was making his first appearance since last summer.

The popular race had 88 competitors taking part with many of the clubs from the West of Scotland represented, and it was a quality field with half the runners breaking 6minutes for the mile.
The Harriers would like to thank race sponsors Travis Perkins Builders Merchant of Bogston Lane Greenock, and all the volunteers on the evening especially the time keepers who had the difficult task of recording the hectic finish.


Results from Chisholm Mile Race

Click on Link for excel spreadsheet [RACE RESULTS]

Greenock Parkrun 31/5/14

Paul & Gillian 1st on the Splash
There was a big turnout out of 19 Harriers for the Greenock Parkrun, who made up a ¼ of the competitors for the third of the new weekly race. Warm summer weather greeted the 74 competitors for the early morning start on the Esplanade and there were victories for Paul Monaghan and Gillian Forrest, along with Personal Bests for 7 others. Also prominent was Veteran Graham McGrattan who was a clear third behind Inverclyde’s Graham Hyett. The Glenpark women made it a 1,2,3, with Donna Clark and Nikki Walker following close behind.


**Edinburgh Marathon Festival Sunday 25th May 2014**

**Capital show from Harriers**
There was a healthy turnout from the Harriers at the Edinburgh Marathon on a sunny but breezy day on the east coast. David Tamburini was the first Harrier to finish, just ahead of Andrew Osborne while Robert Wilson recorded an excellent PB. Terry Wall was first lady home for the club in 3.59


Mull of Kintyre 10k, 25th May 2014

GGH 1-2-3-4
It was a great day for the Harriers as they travelled to Campbeltown and all placed well in their
categories, with pride of place going to Lorna Coyle (pictured left) who won the over 50 women’s trophy.

**Results:**
- Kevan McCartney 38.38 (3rd o40)
- Robin McAuslan 44.03 (2nd o50)
- Lorna Coyle 44.47 (1st o50)
- Liz McAuslan 49.23 (4th o40)

**West District T&F Championships**
23rd/24th May 2014

Shelby’s Bronze & Silver

It was a successful weekend for Glenpark Juniors at the West District Track & Field Championships at the Ayrshire Arena at Kilmarnock.

In the middle distance events Shelby Morrison returned home with Silver in the 1500m on the Friday evening and then bronze in the 800m the following day. Her even pacing was the key especially in the 800m where she was in last place after going through the bell in 71 seconds and
seemingly heading for disappointment. But while all in front tired considerably Shelby carried on with her pace relentlessly picking off her rivals one by one, before striding down the home straight in the bronze position covering the last lap in exactly same time. It was a carbon copy the night before, when she picked off 2 places in the home straight to grab silver in the 1500m equalling her PB in very blustery conditions.

Lauren Mulaghton was in good early season form to comfortably ease into the under 17s 800m final, and rounded off the day with another strong run to place 7th. Nicola Doohan missed out on qualification for the final by just a second, but the satisfaction from the improvement in her time far outweighed any disappointment. Youngest competitor Alan Mollins competed well in his first major championship and will certainly improve as the season progresses.

In the sprint events Rachel McKenna in her first year as an under 20 was in excellent form in her first outdoor event of the season recorded two personal bests in the 100m and 200m Finals.

Chloe Hanlon despite a poor start from the blocks in the under 15 girls 200m recovered well to set a new best. The following day she claimed second place in a very tight finish in her heat to proceed to the final. The final was another tense affair, with Chloe and 2 other athletes dipping at the line for the bronze medal position. After an agonising wait on the official results she was to miss out on a medal by a tenth of a second, but with the consolation of yet another PB.
Scott McCluckie’s championships came to an unfortunate end in the 200m, after a very promising opening start, coming off the bend in contention he pulled out with a hamstring injury.

Shaun Lyon was the only Glenpark senior taking part was pleased to set a season’s best with a big improvement in his 1500m time since his last outing in April.

Results:

100m/200m: Chloe Hanlon 13.43, 13.39/27.86, Rachel McKenna 14.39/29.83

800m: Lauren Mulaghton 2.33, 2.37, Shelby Morrison 2.32, 2.22, Nicola Doohan 2.36, Alan Mollins 2.47

1500m: Shaun Lyon 4.19, Shelby Morrison 4.55.

Greenock Park Run 24th May 2014

At the Greenock Parkrun on the Esplanade 14 Harriers competed in the 5k race. Paul Monaghan was top finisher in 2nd place 100 metres behind Inverclyde ACs Sean Gaffney.

Clydebank 10K, 22nd May 2014

Andrew Harkins was delighted with a massive personal best at the Clydebank 10k. In the second of the Polaroid four race series he slashed over a minute from his previous quickest performance. Mick McLoone was 2nd place again in the over 50s category, while Robert Wilson matched that in the over 60s category. Personal bests came thick and fast with Andrew White, Kevan McCartney and Duncan Anderson all lowering their times for the distance. Rhonda White was quickest women from the Greenock club but there was little to separate her, from Donna Clark and Lynne Rogers.

10k Results: Andrew Harkins 33.45, Mick McLoone 35.29, Andrew White 35.45, Kevin O’Donoghue 37.31, Kevan McCartney 37.56, Duncan Anderson 39.38, Brian McCluskey 40.06, Robert Wilson 41.01, Euan Leslie 42.37, Rhonda White 44.24, Donna Clark 44.33, Lynne Rogers 44.36,

Weekend Round-Up 18th May 2014

Helensburgh 10K, 15th May 2014

The night following the Cornalees Hill race Andrew and Rhonda White had recovered sufficiently to both record personal best times at the Helensburgh 10k, the first of the Polaroid 4 race series. Mick McLoone also ran well to take 2nd place in the over 50s category.

10k Results: Andrew White 35.50, Mick McLoone 36.09, Andrew Osborne 37.14, Kevan McCartney 38.19, Brian McCluskey 40.10, Rhonda White 44.15

Greenock Park Run 17th May 2014

At Greenock’s inaugural weekly Parkrun along the Esplanade Steven Campbell took the honours winning the 5km race in 16.53. A total of a 13 Harriers took part in the race which will be held every Saturday morning at 9.30am


Strathclyde Park Triathlon 18th May 2014
At Strathclyde Country Park Gillian and Scott Forrest completed the Olympic standard distance triathlon. At the venue for the upcoming Commonwealth Games course both covered the course in 2 hours 15 minutes, with the splits being 36.38 for the 1500m open water swim, 1:24:58 for the 38km cycle and rounding off with 48.05 minutes in the 10km run.

Commonwealth Games Quad T&F meeting 18th May 2014

There were some fine performance at the 2nd of the 4 track & field meetings at Ravenscraig stadium. All the competitors took part in the High Jump, Turbo Javelin, 200/150m sprint and 800m finishing with a 4x100m relay. Alan Mollins had the biggest personal best of the day slicing 16 seconds off his 800m.

The 8 young Harriers taking part were Jude Dolan, Catriona Daisley, Harry McGill, Zoe Renfrew, Jack McDaid Alan Mollins, Chloe Hanlon, and Shelby Morrison,

Great Manchester 10K run 18th May 2014
Kimberley Stevenson travelled south to compete in the Great Manchester 10k, and successfully completed the course in just over an hour in the scorching conditions.

**Cornalees Hill race 14/5/14**

Young Lucy looking strong on the climb up to the Cut
Greenock Glenpark Harrier Steven Campbell claimed his first if unexpected win in this season’s club Championship. Following two previous second places he emerged in front after leaving it late, coming from 3rd with a late surge to take the Cornalees trophy.

Weather conditions were to play a major factor in the Harriers 5mile Cornalees Hill race, after they worsened dramatically in the hours before the race. There was perfect conditions earlier on, but as race time approached the cloud level dropped significantly reducing visibility on the hillside down to just a few yards, which was to cause a number of the runners to lose their way.

Shaun Lyon had started strongest building up a large lead reaching the cairn at the 1000 foot summit above Cornalees, in front of the on-form Paul Monaghan, who was in turn well
clear of the closely packed quartet of Steven Campbell, Andrew White, Mick McLoone and Chris Jones.

But at the turn Shaun became disorientated, he took a wrong bearing which was to prove costly, resulting in him eventually covering an extra mile.

Paul Monaghan unaware that he was now in the lead, charged downhill through the mist, but behind him Steven Campbell was relentless in his pursuit, finally closing him down with a 1/2 mile to go, to snatch an unexpected victory.

Rhonda White the Harriers leading woman at the moment continued her dominance and despite the conditions she set a new Glenpark women’s record by 90 seconds. Behind her Gillian Forrest, Nikki Walker and Donna Clark reached the turn together, but it was Gillian who was to take the runners up spot with the quickest descent.

Shelby Morrison became the first girl to be outright winner of the Junior hill race, which follows the track from Woodstock Road up on to the Cut. She cruised effortlessly up the steep muddy climb holding off her nearest challenger Nicola Doohan who had kept close on her heels, but just couldn’t narrow the small gap.

Alan Mollins was first boy, but he had to survive a late challenge from the trio of Jack McDaid, Ewan Ferguson and Connor Black who were closing him down in a chase to the finish line.

Thanks to the many volunteers on the night for providing another successful event.

Senior 5 mile race: Steven Campbell 36.03 Paul Monaghan 36.18 Mick McLoone 37.13 Andrew White 37.32 Chris Jones 37.49 Shaun Lyon 43.18 Danny McLaughlin 43.23 Kenny Pryde 43.54 Colin Campbell 43.55 Rhonda White 44.18 Ross Neilson 45.49 Gillian Forrest 52.41 Nikki Walker 52.57 Donna Clark 54.07 Kevin Gill 58.37


Kintyre Way Ultra Marathon 11/5/14

AWAY WITH THE FAIRIES!!!
Once upon a time…..three little Glenpark fairies from Gourock headed across the sea for a great adventure. Lynne, Liz and Lorna, one ‘L of a team, fluttered in to Tayinloan to share their fairy magic with runners taking part in the Kintyre Way Ultra Marathon.

Being only little fairies they decided to split up and cover the 35 miles in a relay. Lynne mingled quietly with the other runners at the start, before flapping her wings and setting off on the first leg that was to cover the 15.5 miles to Carradale on the opposite side of the peninsula. A solid 7.5 mile stretch almost straight from the start set the tone, going up and up, and up and, towards a land far away. The next few miles were almost unbearable over the now undulating route. Lynne could have been forgiven for wanting to just fly to the finish, but remembering the fairy code she gritted her teeth and battled on to the finish, keeping the Glenpark girls up in 3rd place at the changeover.

Despite the agony at the final set of steps, Lynne was able to flap her fairy wings once more, and with that she could momentarily forget how tough the run had been, allowing her encourage her fairy teammates with stories of how wondrous the journey had been.

Lynne passed the magic dibber on to Liz to run the shortest of the 3 legs, 6 miles from Carradale to Ifferdale. Liz was the fairy who was most comfortable with dipping her toes in water, which was just as well as the early part of the route took her along rocky beaches and narrow cliffs. After skipping delicately through this first mile, Liz soared
up the hills so high and through the forest of blackness before the sharp descent towards the finish, with a sprint along the farm track with her customary fairy smile to hand over to Lorna. Liz had run the 2nd leg in the quickest time of all the runners, and moved the team up to second, and first all ladies team.

Poor fairy Lorna set off in anticipation of what was to come, having trained on the hills just a few weeks before. Again there was a long uphill section to begin with, so long and so tough it was impossible to believe in the Land of Make Believe. Miles 7 – 10 of the 14 mile section were long and desolate, but Lorna must have had a Buck’s Fizz for breakfast, because the belief soon returned. With most of the last 3 miles downhill Lorna started picking the pace up. Former West Highland Way race winner Les Hill, running the full race, could be seen about half a mile ahead, but was surely out of reach. Not for our fairies; Lorna pulled him in and passed him with a mile still to go, before galloping on to the finish where she was reunited with her fairy pals, finishing 1st Ladies Relay Team and 2nd overall.

Times;
Lynne Rogers   15.5 miles   2hrs 41mins
Liz McAuslan   6 miles   1hr 07mins
Lorna Coyle    14 miles   2hrs 07mins

Weekend Round-Up 11/5/14

At the weekly parkruns Mick McLoone made a rare outing to Pollok where he finished 7th in a time of 17.43. Across the city at the inaugural Springburn parkrun Graham McGrattan covered the 5km course in 18.34 to finish 10th, while his daughter Jo was 17th lady in a time of 28.56.

In the BUPA Great Women’s 10k there were 5 Harriers competing, with the best of the crop being Suzanne Coyle finishing 64th from over 6000 runners taking part.

Results: Suzanne Coyle 44.48, Terry Wall 49.04, Pauline McCluskey 68.16, Kimberley Stevenson 69.54, Elaine Balzan 71.25

Troon 10k 7/5/14

Top Ten for Shaun & Andrew
Shaun and Andrew stride along Troon Promenade

The first big race in the 10k season got underway in the typical windy conditions of Troon seafront. The Harriers men were once again high up in the leading pack with Shaun Lyon and Andrew Harkins particularly impressive taking 3rd and 7th place.

Even in the difficult conditions there were 2 PBs recorded on the night from Donna Clark and Lisa Ruddy. Kimberley Stevenson also gained a season’s best, by improving by 8 minutes on her Dublin 10k last month.

The race was won by Shettleston Harriers Michael Deason in 32.18

Shaun Lyon 33.56, Andrew Harkins 35.22, Donna Clark 44.15, James Campbell 54.51, Kimberley Stevenson 68.12

Willie Jukes Races 3/5/14

Stephen's 5 in a Row

Greenock Glenpark Harriers once again travelled in large numbers to Dunoon for their annual Willie Jukes Road race. In what is the clubs largest family day outing, there was 70 competitors and dozens of family and friends along supporting.

In the main event, the 5 mile out and back race to Inellan, Stephen Trainer winner on the last 4 occasions showed his intent by immediately hitting the front. Full of confidence after setting a personal best on the track at the National 10000m championships last week, he pushed on and was soon clear of the field.

His win was never in doubt, but behind him an intense battle was taking place for the runners up spot, in which Shaun Lyon was to eventually claim, no doubt benefitting from his sharpness from his midweek 1500m win at Linwood. Andrew Harkins well and truly recovered from injury was delighted with his 3rd place ahead of Inverclyde’s Shaun Gaffney who reversed last week’s result with club mate Neil McLaughlin. The pair were separated by veterans Steven Campbell and Paul Monaghan.

Into strong winds on the way out quick times weren’t expected, but with the wind at their backs on the return, the leading men all showed they are running exceptionally well with some stunning times, with all 7 of the top finishing Harriers recording their quickest times on the course. Most notable is the high standard of the Veteran men with four going under 29 minutes.

The women’s race was a much closer affair with just over 30 seconds separating Rhonda White, Donna Clark and Gillian Forrest. Rhonda eased away gradually from the pair and running relaxed was never put under too much pressure. Behind her Donna and Gillian were continually swapping places; that was until the last mile when Donna finally got the upper hand and she then began to make inroads on Rhonda’s lead. But Rhonda had done enough in the early stages to win by a clear 100metres.

The winner of the Kirkwood cup in the closely fought handicap competition was Andrew White

Dunoon boy Nathan Robinson retained his 1mile title in impressive style, winning in a new personal best from Harry McGill and another local Alan Mollins, who was quicker by ½ a minute on last year. In the girls’ race Shelby
Morrison continued her dominance in this event with her 3rd win in successive years, with Nicola Doohan and Mia Forrest following closely behind for the medal positions.

It was a satisfying day for the Glenpark coaches who saw 10 of the young athletes all record new bests for the race, with biggest improvement coming from Lisa Hanlon and Catriona Daisley.

The most competitive race came in the under 11s 200m dash, where it took a photo finish to separate Bradley McLees from Aeden Monaghan and Jack Singleton. Ashlin Monaghan was pushed equally as close in the girls’ race by Emma Henderson.

The Harriers would like to thank all those responsible for a hugely successful day, all the volunteers, the race sponsors Inverclyde Leisure, all the staff at Argyll Ferries, Dunoon Riverside pool, and to the Brewery bar for their hospitality.
Stephen Trainer 25.30, Shaun Lyon 26.31, Andrew Harkins 27.14, Sean Gaffney 27.23, Steven Campbell 27.35, Paul Monaghan 27.43, Neil McLaughlin 27.52, Andrew White 28.17, Mick McLoone 28.43, Chris Watson 30.15, Graham McGrattan 30.36, Danny McLaughlin 31.34, Duncan Anderson 31.55, Ross Slater 32.24, Colin Campbell 33.45, Alan O'Rourke 34.11, Robin McAuslan 34.38, Rhonda White 34.57, Donna Clark 35.16, Robert Mitchell 35.17, Gillian Forrest 35.34, Lorna Coyle 36.37, Susan Slater 37.40, Liz McAuslan 38.56, Katie McAuslan 42.03, Lisa Rudy 43.31, Susan Clark 43.36, Stephen McDade 46.33, Angela Hill 46.55, John Carruthers 49.08, Tommy Knight 51.45

-----------------------

200 metre Under 11 race results

-------------------------

1 Mile race results

It's a Fling Thing
The HOKA Highland Fling is a 53 mile ultra race that starts in Milngavie and follows the West Highland Way and finishes in Tyndrum. Glenpark Harriers had 3 members taking part in the full Fling, Sam McVicar, Scott Forrest and Kevin Gill, all for the first time. The club also had 2 relay teams taking part with each taking a half marathon distance each, breaking it to 4 separate legs.

The three harriers began their epic journey at 6 am on Saturday 26th April with relay runners Anne Anderson and Yvonne Prager starting an hour later. Sam was the first harrier to the checkpoint at Balmaha 19 miles into the race. Kevin and Scott, running together, following a short time later. Yvonne, who is just back from injury, and Anne finishing their challenging section in Drymen passed on to the 2 Dunoon Hill Runners David Walsh and David Wilson, who stepped in at the last minute to replace injured team members to take on the hillier section of Conic Hill. By the next checkpoint at Rowardennan, Sam was still going strong, proving that his training over the last few months had paid off. Kevin had pulled just ahead of Scott who was suffering badly from cramp by this point. All three runners met up with their supporters and took on the necessary nutrition and fluid to keep them going.

At Rowardennan the Dunoon boys handed on to Kirstin Arthur and Rhonda White for the leg taking the technical lochside route to Bein Glas Farm. Kirstin had to dig deep as she suffered in the latter stages in this leg. Sam was again the first to reach the final check point at Bein Glass. Kirstin and Rhonda followed a short time later to hand over to the final relay runners of Susan Clark and Fiona Cushnaghan. Fiona had only been drafted in at the last minute to replace an injured Silke Loehndorf who had suffered a sprained ankle only days earlier, but in true harrier fashion Silke was there supporting her fellow Glenparkers and was designated driver between handover points. Kevin was next to arrive at the checkpoint, looking strong he took on some food before heading out for the final stretch of hilly miles. Scott, having recovered, followed shortly after and managed to take on some more fuel before setting off and managed to catch Kevin for the last few miles.

Sam was first harrier to experience the red carpet treatment - that is the finish of the Fling. Susan and Fiona followed an hour and a half later, finishing together in style. Kevin and Scott crossed the finish line together, applauded by their fellow harriers who were waiting to congratulate them on their achievement.

The whole day from start to finish was a fabulous experience for the club, from those taking part in the full 53 challenging and gruelling mile trail race, to those taking a relay section each, which is definitely not easy by half marathon standards. The Glenpark support teams who were on hand to supply food and support throughout were...
outstanding and a huge thank you is owed to them. At the end of the day all those who were there were impressed
and in awe of the event and the camaraderie of those taking part and it has left us thinking can I ??....


Glenpark Harriets Relay Team 1 10:18:52, Relay Team 2 10:18:52

BUPA Great Edinburgh Run 27th April 2014

David Tamburini was well placed to mark his return to Glenpark colours finishing 22nd in the large field of 5000
runners in Edinburgh. Finishing 2nd veteran he just failed to break the 1 hour mark for the 10mile hilly course from
its start in Holyrood Park through the city centre.

Results: David Tamburini 60.17, Robert Wilson 66.06, Suzanne Coyle 81.54, Kimberly Stevenson 123.11

Linwood 10k 27th April 2014

Results: 2nd Paul Monaghan 36.58

Crinnan Puffer 8.5mile 27th April 2014

Results: 60th Liz 70.28 and 33rd Robin McAuslan 63.18

3k Race on the Green 25th April 2014

Andrew White equalled his personal best as he finished 3rd and fastest veteran at the monthly 3km race around
Glasgow Green. Chris Watson was also well placed although just outside his PB
Results: 3rd Andrew White 9.57, 7th Chris Watson 10.53

10000m Scottish Championship
25th April 2014

Stephen Trainer ran a personal best when finishing 7th at the National Championships. In conditions which were much less than ideal at the Hutcheson Grammar School track he sliced 4 seconds from his best to record a time of 31.35. The race was won by Giffnock North’s Luke Traynor in 30.13.

London Marathon
13th April 2014

At Sundays London marathon Mick McLoone was the leading Glenpark Harrier with an outstanding run, the veteran completing the 26.2 mile course in 2hours 55 minutes. Paul Monaghan’s marathon inexperience on his London debut was to be his downfall, as he had started fast and hard and had already built up a 2 minute lead on his team-mates Andrew Harkins(pictured left) and McLoone, who had taken a more conservative approach going through the first 10km together in 39 minutes.
By half-way Paul was still maintaining his fast pace, but almost immediately the writing was on the wall that he would suffer for his over eager start, as each kilometre that passed was showing him slowing considerably. And by 18 miles his club mates had passed him, but at this point Harkins was also going through his own hell when a pre-race injury re-occurred forcing him to limp his way to the finish line.

By contrast to Paul, Andrew Osborne ran at an almost metronomic pace going through half way in 89 minutes, and covering the second half in just a minute longer. It was solid performances all round from the Glenpark men with all finishing within 3 hours 10, especially from Robert Dolan who recorded a 4 minute personal best.

**London:** Mick McLoone 2.55.32, Andrew Harkins 2.58.22, Andrew Osborne 2.59.51, Paul Monaghan 3.03.49, Liam Smart 3.07.34, Robert Dolan 3.10.35.

**Tom Scott 10 mile Carlisle 13th April 2014**
Stephen Trainer was in fine form when finishing 8th in the Tom Scott 10 mile road race at a cold, wet and windy Carluke. Showing signs that he is slowly getting back to his best he recorded a time of 54.51 minutes.

**Ravenscraig T&F meeting 13th April 2014**

Shelby Morrison put on a powerful display of front running to win the 1500m in 5.23 in the miserable winter like conditions, but with a promising debut at the distance, Nicola Doohan was well clear of the 3rd placed runner, to take the runners-up spot in 5.45. In the boys’ race Harry McGill also took top placing after a cat and mouse battle, he burst
to the front at the bell and never looked back. Tom Forrest held on with the leaders until ½ way before fading slightly to take 4th. Declan Devine and Beth McKenna also took the honours in impressive style, winning the 100m dash.

Parkruns 12th April 2014

At the weekly Victoria Park 5km run in Glasgow, Graham McGrattan was quickest in his age category and finished 7th overall in 18.59, his daughter Jo McGrattan was 27.34 and Angela Hill delighted with a personal best of 28.32.

Lochaber Marathon 6/4/14

Campbell Takes Title

Steven Campbell claimed the Scottish Veterans Marathon trophy after setting a new personal best by 10 minutes at a rain drenched Fort William. Completing the course in 2 hours and 49 minutes he finished in 6th place overall, after his months of meticulous training in the lead up gave him the reward he richly deserved.

The extremely strong veteran group within the Orangefield club at present was further emphasised when Andrew White making his debut at the distance finished 2nd in the Vet 45
category and 20th place overall. Danny McLaughlin a major doubt before the race, having missed a fortnights training with a sprained ankle, overcame his difficulties to take 7th in the Over 50s. Terry Wall 3 weeks after her Marathon in the sun of Barcelona went a minute quicker to finish just ahead of team-mate Fiona Cushnaghan.

**Results:** Steven Campbell 2.49.47, Andrew White 2.59.25, Danny McLaughlin 3.17.44, Terry Wall 4.09.31, Fiona Cushnaghan 4.16.30

**Weekend Round-Up 28th -30th March**

It was a much quieter weekend with only a few Harriers venturing out. Those that were racing were again facing strong cold easterly winds. On Friday lunchtime at the *3k on the Green* Andrew White was just short of his best time finishing 7th (2nd Vet) in a time of 10.05. Also taking part was Chris Watson (15th) in 11.02, and Jeremy Deveney making his debut in the race (31st) in 12.21.

In the weekly Saturday *5km Parkruns*, Angela Hill set a 2 minute personal best of 29.10, while Chris Watson was 13th in 19.10 at *Pollok*: Over at *Victoria Park* Robin McAuslan was 19th and fastest over 50 in 20.29, with Liz McAuslan also high in the vet rankings with a 2nd place in the FV45-49, in 24.24 just 19 secs outside her PB.

This is a great comeback from Liz who the week before made her return to racing for the first time in 6 months. At *Eglinton Park* Kimberley Stevenson completed the muddy trail in 34.59.

Kevan McCartney has been busy over the last few weekends competing in Duathlon’s around Britain.

Showing steady improvement each week as his fitness returns, he finished 10th vet at *Oulton Park*, 7th vet at *Clumber Park*, over the sprint distance. On Sunday he stepped up in distance to covering the 10k run/ 40k cycle/ 5k run in 2 hours 13 minutes placing 43rd overall and 12th in the veteran category in the Scottish Duathlon Championships at Stirling.

**Duncan Leaves it Late**
Duncan Anderson & Rhonda White

A hardy bunch of junior and senior Harriers headed to Gourock promenade on Saturday in cold and windy conditions for Greenock Glenpark’s annual Docherty Cup 10 mile road race.

With the women dominating the Willow Bowl earlier in the month, the men had a point to prove and were keen to contest the top positions this time around, and this indeed proved to be the case.

First off from the 20 senior athletes was Susan Clark. Running to Inverkip into a strong head wind in the first half of the race, Susan was to hold the lead till the later stages of the race eventually being passed by some of the later starters. With around three miles to go Robin McAuslan took the lead, running confidently he would prove to be a worthy contender for the handicap trophy. Close behind however was Brian McCluskey and Duncan Anderson who were both running well and it was anyone’s race with only 2 miles to go. McCluskey took the lead from McAuslan before Anderson dug deep to catch McAuslan with just one mile to go. At this point it remained to be seen whether Anderson had the required strength to catch McCluskey with the finish line in sight. However, with one final effort he passed McCluskey just before re-entering the promenade and never looked back along the finishing straight to lift his first ever running trophy, the Connie Gavin Memorial Trophy.

Steaming in behind, completing the second half of the race 5 minutes faster than the first half was Stephen Trainer smashing the course record by 3 minutes with the fastest time of the day to win the men’s scratch trophy and in doing so strengthened his position at the top of the overall club standings. The men’s V40 and V50 honours went to Paul Monaghan and Danny McLaughlin respectively who look like the men to beat in their age categories as the season moves into its second half.

Fastest lady on the day and winner of the scratch trophy and also in a course record was on fire ladies captain Rhonda White. Drawing confidence from her dominant Willow Bowl victory and personal best in every race in March, Rhonda can be very satisfied with her performance once again as she adds to her earlier success. V35 honours went to Marion Monk who has upped her training in recent months and is now reaping the rewards. Victor of the V45 category went to long distance specialist Fiona Cushnaghan returning to club colours after winter marathon training.

In the junior races over one lap of the promenade for the younger athletes and two laps for the older juniors, Harry McGill lead a total field of 22 juniors home in front of a fast finishing Jack McDaid in the U11s category. Ruby McGill was first girl in a competitive U11s girls’ race. U13s winners were the improving Alan Mollins and Beth McKenna. Moving to the U15s category, Shelby Morrison took first place but was made to work hard by Nicola Doohan. Both girls have been training with the seniors lately and it is hoped they will both go from strength to strength.

The biggest improvements though came from Catriona Daisley and Shaun Hegarty. Catriona over 1 minute quicker than in 2013, and Shaun by 50 seconds.
A big thank you to time keepers Liz McAuslan and Gillian Forrest and on course marshalls David Carruthers, John Carruthers, Richard Davidson, Katie McAuslan, Silke Loehndorf and to all supporters who cheered the athletes round in testing conditions.

Greenock Glenpark Harriers would also like to thank The Spinnaker Hotel for their continued sponsorship of this annual race. It is very much appreciated from all at the club.

Next club race is the Willie Jukes Road Race over in Dunoon on 3rd May and the club is hoping for a big turnout of runners and supporters that day.

(Scratch time in brackets): Duncan Anderson 90.18 (68.18) Brian McCluskey 90.37 (67.37) Robin McAuslan 91.08 (71.38) Danny McLaughlin 91.26 (62.56) Paul Monaghan 91.28 (58.28) Stephen Trainer 91.31 (53.31) Chris Jones 91.53 (63.23) Colin Campbell 92.04 (70.10) Andrew White 92.30 (61.30) Chris Watson 92.44 (64.14) Rhonda White 92.50 (73.20) Kevin Gill 92.59 (73.29) Paul Beaton 93.06 (66.36) Robert Dolan 93.38 (65.08) Susan Clark 94.37 (91.37) Sam McVicar 94.44 (63.44) Marian Monk 98.14 (83.14) Steven Campbell 99.14 (64.14) Jacqueline Haggerty 99.25 (78.55) Fiona Cushnaghan 101.56 (86.56)

**U11s:** Harry McGill 4.39, Jack McDade 4.51, Ewan Ferguson 5.06, Andrew McCluskey 5.25, Sean Haggerty 6.02, Ruby McGill 6.07, Bradley McAleese 6.20, Amy Cummings 6.38, Laura McFarlane 6.39, Francesca McKay 6.45, Olivia Trainer 6.47, Kate Ferguson 7.15, David McCluskey 7.31, Sophie Allan 7.42 **U13s:** Alan Mollins 10.29, Tom Forrest 10.53, Beth McKenna 12.03, Lisa Hanlon 12.30, **U15s:** Shelby Morrison 10.12, Nicola Doohan 10.18, Mia Forrest 11.11, Catriona Daisley 12.01.

**Barcelona Marathon – 16/3/14**

**3 Amigos Run in the Sun**
3 Glenparker’s escaped the Scottish wind and rain to compete in the warmth of Barcelona. Birthday boy Sam and Lynne were both rewarded with huge personal bests, but the heat and missed training reflected on Terry’s slower than normal performance.

Sam McVicar 3:06:21, Lynne Rogers 3:42:01, Terry Wall 4:10:58

Junior National Road Race Championship, Edinburgh – 16/3/14
Glenpark girls Shelby, Lauren, Nicola, and Mia all in their first year at the under 15 age group finished a very respectable 6th team in the National age group championships at Heriot Watt University campus. In the mild windy conditions Shelby went out hard with leading pack hanging on for the first mile before drifting off to finish 14th. There was not much separating Lauren (32nd) and Nicola (38th), while Mia(43rd) continued her steady improvement after her injury.

Shelby Morrison 16.50, Lauren Mulaghton 18.14, Nicola Doohan 18.39, Mia Forrest 19.39

Oulton Duathlon – 16/3/14

Lacking some race fitness Kevan McCartney finished 10th in his age group in the trial race for the world masters championships. His performance was not enough to make qualification, but he was still content with his first duathlon of the year and will be hoping for improvement in the coming months.

Inverclyde Schools XC, Tower Hill – 15/3/14
At a wet and windy Tower Hill the Glenpark youngsters were in outstanding form in the Inverclyde Schools XC races. It was a 1, 2 from Zoe Renfrew and Lucy McFarlane with Lisa Hanlon close behind in 5th, with the team Gold going to Zoe and Lisa’s Ardgowan Primary school.

Not to be outdone the boys also recorded a 1, 2 with Euan Ferguson and Connor Black leading the field. Euan perfectly pacing his run to gradually move through from 5th into the lead. Also competing was Andrew Millar, newly joined the club, who had a great run to finish 12th.

**Clydebank 5km road race – 15/3/14**

Mick McLoone continues to dominate in the veteran ranks, this time by finishing 1st v50 at Clydebank 5k in 16.59 - this was the 2nd fastest O50 time in the UK this year. In the difficult windy conditions Stephen Trainer was the leading Harrier in 8th in a time of 15.37, a good early season marker for him.

There were 3 other Personal Bests with biggest coming from Rhonda White with a 2 minute improvement.


**D33Ultra – 15/3/14**

Robert Adams completed the D33 ultra, a 33mile run along the Deeside Way. His time of 4.49 saw him finish in 83rd position from over 300 runners

**Balloch to Clydebank ½ Marathon – 9/3/14**

**Harriers on Best of Form**
Andrew Harkins & Rhonda White at previous week's Willow Bowl race

There was a great turnout from the Harriers at the Balloch to Clydebank Half Marathon with 15 runners competing, with good results all round as the first 10 men all went under the 90 min mark.

The standout performance from the Glenpark men came from Andrew Harkins with a 4 minute improvement, taking his personal best time down to 75mins and finishing in 8th place.

Equally impressive was Rhonda White who followed up last week’s Willow Bowl victory with a stunning 10 minute improvement lowering her best for the distance to 97mins.

The hard work in training was certainly paying off as the personal bests came thick and fast from Ross Slater, Robert Dolan, Paul Beaton and Brian Harkins.


Scottish Schools XC Championships 8/3/14

Shelby Morrison and Lauren Mulaghton both put in sterling performances at an exposed Irvine Beach Park as the strong westerly winds battered the competitors in the National Schools cross country championships. Shelby was always in touching distance of the leaders finishing 9th with Lauren further back in 50th.

Jack Crawford 8/3/14

Donna Clark was just ½ a minute away from her PB when finishing 7th woman in Springburn Harriers annual 10k race. This was impressive given the tough conditions in which the wind seemed to be in their face for the entire race. Robin McAuslan was also 7th - in the over 50s category, just a couple of places in front of Donna. Making up the Glenpark trio was Viki Wilkinson with a solid performance.

(Picture: Robin being chased by Donna)

Results: Robin McAuslan 45.10, Donna Clark 45.25, Viki Wilkinson 53.50
Parkrun 8/3/14

Richard Hodelet continued his comeback from injury with a 13 second improvement to 33.13 over the same 5km course at Pollok Park as last week.

IAC 5 Miler 8/3/14

Stephen Trainer was quickest in Inverclyde AC’s 5mile conceding handicap race covering the distance in a respectable 27.10, where at times he felt as if he was running on the spot into the strong wind.

Windmill10km 3/2/14
Andrew McCall managed to squeeze in a 10km road race on his San
Francisco holiday. He was just glad to finish after spraining his ankle days before flying out. He finished 13th in a time of 40.02.

Park run 1/3/14

No Holding Hodelet Back

It may not have been Richard Hodelet’s quickest run over 5km, but it was probably one of his most satisfying. After undergoing foot surgery, it was never certain whether the veteran athlete would be able to run again. But never one to shirk a challenge he wasn’t going to give up easily on his passion. So despite taking 33 minutes to get around Pollok park, he was pleased to finish unscathed and so begin another chapter in his long athletic career.

Torremolinos ½ Marathon 2/2/14

Emma’s Top 10 Debut

Emma Baxter took a big step up to the ½ marathon distance, but despite mixed feelings on her performance she can take great confidence knowing she almost equaled her 10km PB during the race, and with this experience behind her she can look forward getting close to the 90 minute mark at her next attempt in April. Here is Emma’s report on what was a great time for her debut at 13.1 miles where she finished 9th in the women’s race.

I’ve been lucky enough to have been living in Malaga, in the Costa del Sol, since the end of September. I’ve been doing a lot of training over the last few months, and on Sunday the 2nd of February I took part in my first half marathon in Torremolinos.

Many Brits head to this tourist hot-spot to spend 2 weeks lying on the beach, but the weather was rather different at the start of February! It was cold and very windy when I arrived about an hour before the 10am start. Thankfully the wind died down before the start of the race and, although the sun came out during the second part of the race, the temperature probably didn’t rise above 15 degrees, so the conditions were pretty good.

I started off very quickly and was running with my training partners for the first 6km. I then decided to drop back a bit from them, but continued at about 4 minute kilometre pace. I passed the 10km marker in exactly 40 minutes, and by the time I reached the 11km marker I knew I couldn’t keep that pace up for the remaining 10km. Unfortunately, I’d run out of steam and I had to start walking. For the rest of the race I walked for about 30 seconds almost every kilometre. However, I was determined to finish and I crossed the line in a respectable 1 hour 35 minutes.

My first feeling was one of disappointment because I had been hoping to do around the 1 hour 30 mark, but I paid the price for setting off far too quickly. It was a very hilly course and the last 3km were pretty much all uphill.
I’m now training for my second half marathon – the Malaga half marathon on the 6th of April. I definitely won’t start so quickly this time, and I hope to be able to get a new PB!

**Willow Bowl – 1/3/14**

**Men Left Weeping at Willow Bowl**

It was a clean sweep of the top positions for Greenock Glenpark Harriers women as they totally dominated at the 7 ½ mile Willow Bowl race around the Greenock “Cut”. All the more remarkable as Rhonda White’s victory was the first time in the race’s long 32 year history that a woman had taken the title.

Tommy Knight was first athlete away in the conceding handicap race and was to hold that lead for over 4 miles, until the inevitable as the faster runners closed him down, first to pass was
Marian Monk who stayed in front to just above Ravenscraig, that was until Rhonda White came storming through. With just 2 miles to hold on she was running that strongly her win was never in any doubt as the expected challenge from the men didn’t materialise. Her closest rival was Jacqueline O’Donoghue 30 seconds behind who just managed to pass Donna Clark on the Long Dam with 400m to go. O’Donoghue had the satisfaction of recording the fastest women’s time reversing the positions with White.

Stephen Trainer bounced back from his injury to claim the Centenary Cup with the fastest overall time, his nearest challenger was the on-form Andrew Harkins. Steven Campbell was the quickest veteran with the 3rd fastest time overall. In the other veteran categories Mick McLoone, Robert Mitchell and Tommy Knight were tops respectively in the over 50s, 60s and 70s. Gillian Forrest and Nikki Walker taking the honours’ in the women’s over 35 and 45s. The Harriers would like to thank The Willow Bar for race sponsorship and post race refreshments.

RESULTS (scratch times in brackets): R White 76.13 (59.36) J O'Donoghue 76.45 (59.08) D Clark 76.54 (60.17) R Slater 77.25 (53.48) M Monk 78.12 (64.35) A O'Rourke 78.52 (57.15) D Anderson 78.59 (58.22) R Wilson Snr 79.12 (58.35) K Arthur 79.17 (65.40) S Forrest 79.20 (57.43) G McGrattan 79.30 (51.53) S Mcloone 79.31 (77.54) A Harkins 79.35 (45.58) P Monaghan 79.47 (48.10) K Gill 80.05 (59.38) G Forrest 80.12 (62.35) M Mcloone 80.16 (47.49) S Campbell 80.21 (46.44) S Trainer 80.42 (44.05) R Mitchell 80.57 (57.20) R Adams 81.02 (51.55) R McAuslan 81.08 (59.31) J Bolton 81.30 (49.53) C Jones 81.35 (52.38) A McCallan 81.59 (58.22) C Campbell 82.01 (58.34) K Thomson 82.05 (58.28) K McAuslan 82.18 (75.31) D Carruthers 83.14 (52.37) N Walker 83.58 (69.21) K O'Donoghue 84.03 (50.26) V Wilkinson 84.53 (72.16) A White 84.55 (53.18) G Parker 85.26 (74.49) S McDade 86.47 (66.10) T Knight 86.55 (85.18) J Carruthers 89.03 (77.36)

National XC - Falkirk 2014

Greenock Glenpark Harriers Andrew Harkins was the men’s stand out performer at Falkirk in the National cross country championships. In the slippy muddy conditions, his improvement over the last year saw him cut his time by 3 minutes to lead the team to 13th. Steven Campbell, Shaun Lyon all finishing in the top 100, along with Mick McLoone, Paul Monaghan, and Sam McVicar were the counters in the team competition.

In the veteran categories the Greenock men continue to impress with Steven Campbell finishing 10th fastest in the over 40s and Mick McLoone 3rd in the over 50s.

Robert Wilson also performed well and had been holding on to the final counting position for the most of the race, but a late surge by McVicar running a 3 minute PB edged him back to 7th.

Rhonda White running strongly for a personal best over the course was first home for the Orangefied club heading Donna Clark and Marian Monk.
First up were the under 13s Alan Mollins and Jonathan Slater who acquitted themselves well in their first National XC. Beth McKenna was the leading girl just a second in front of Sarah Pugh.

Shelby Morrison’s turn around in form over the last 2 months has been remarkable. The under 13 Scottish Champion moving up to the U15s this year had been struggling in training and little was expected of her for this championship, but an increase in the intensity of her sessions saw her hard work rewarded with a magnificent top 10 finish with team-mates Nicola Doohan and Catriona Daisley supporting her well. Dunoon boy Nathan Robinson continues to improve, going 30 seconds quicker on his time last year.

**Under 13s/3.2km:** Alan Mollins 15.03, Johnathan Slater 16.59, Beth McKenna 17.48, Sarah Pugh 17.49, Emily Pugh 19.29, Rachel Mulaghtoon 19.41, Christie Mulaghtoon 21.58


**Women 8km:** Rhonda White 38.33, Donna Clark 39.37, Marian Monk 42.03

**Men 12km:** Andrew Harkins 44.29, Steven Campbell 45.09, Shaun Lyon 45.26, Mick McLoone 47.05, Paul Monaghan 47.26, Sam McVicar 49.33, Robert Wilson 49.46, Danny McLaughlin
Scott McCluckie, Lee Gibson and Chloe Hanlon all produced PBs at the National age group championships at the Emirates arena in Glasgow. Scott suffering from a bad cold knuckled down in the under20 men’s 200m and flew around the track taking ½ second off his previous best. Lee in his first competition since last summer didn’t show any signs of rustiness as he also showed a big improvement in the short sprint. Luisa Davies and Rachel McKenna although not at their best ran well and can look forward to the outdoor summer season. The following day in the under 16s Chloe Hanlon took 2nd place in her heat going under 28 seconds for the first time, finishing 2nd to reach the next round. She couldn’t quite reproduce the same form in the semi-final, but it was a good end to her winter season.

Scott McCluckie (**200m**) 24.51 (PB), (**400m**) 55.03,

Luisa Davies (**400m**) 66.93,

Rachel McKenna (**200m**) 30.35

Lee Gibson (**60m**) 8.42 (PB)

Chloe Hanlon (**200m**) 27.94(PB), 28.80
Parkruns 15/2/14

At Pollok Park in wet windy and cold conditions Graham McGrattan (18.48) and Chris Watson (19.21) were both at the sharp end of the field with Graham in 9th overall and Chris just 2 places behind.

Schools Indoor National Championships 6/2/14

Shelby Morrison was impressive when finishing just a 1/10th of a second behind the winner in her 1500m heat to easily qualify for the final in a new indoor best. Lacking some race fitness she couldn’t quite manage to track the leaders in a quality packed final. Nonetheless she produced a solid performance a further indication she is not far away from her very best in her build up to the National xc championships. Her training partner Nicola Doohan was also showing good early season form with a 1 second PB in the 4 lap 800m.

In the sprints Chloe Hanlon eased through to the semi-finals of the 60m sprints after finishing 2nd in her opening heat. Another quick time followed in the semi-final but not quite enough to progress through to the final. Despite a long wait for the 200m event she demonstrated her consistency with a run a fraction off her best.

Shelby Morrison (1500m) 4.59 (indoor PB) / 5.02

Chloe Hanlon (60m) 8.48 / 8.58 / (200m) 28.22

Nicola Doohan (800m) 2.45 (PB)

PARKRUNS 8/2/14

There was just the 2 Harriers out this Saturday in the wind and rain at the weekly 5km parkruns. Quickest was Graham McGrattan who finished 3rd at Victoria Park in a time of 18:23, and across at Pollok on a hillier course Ross McDonald was 13th in 18.48.

National Veterans Cross Country Championships - Hawick 1/2/14

Trio Top Ten at Veteran National XC

It was a successful Borders raid for the Greenock Glenpark Harriers trio who travelled down to Hawick for the Veterans National cross country championships. Over 6 miles of testing cross country Steven Campbell, just 2 weeks into the start of his veteran career was impressive as he finished 8th fastest over 40. Mick McLoone was left frustrated after holding on to the bronze
medal position for much of the over 50s race only to be passed late on and having to settle for 4th. Finally Graham McGrattan also made the top 10 in his age group (o55s) finishing a highly respectable 7th.

Results: Steven Campbell 32.05, Mick McLoone 33.30, Graham McGrattan 36.19
Renfrewshire Road Race Championships 2/2/14

Click on FULL RACE RESULTS

Shelby’s Silver Lining

Shelby Morrison ran a well paced race to come strongly through the field in the 2nd half of the 2 mile Under 15s event to convincingly win the silver medal in the county championship road races. Her team mates Nicola Doohan, Megan Rodgers and Lauren Mulaghton all packed well with just 30 seconds separating the three, enough to capture team bronze. Catriona Daisley showed the most progress in the junior ranks with a 94 second PB. Nathan Robinson had his best performance to date in Glenpark colours. The powerfully built multi sportsman finished in 6th position after producing a strong sprint finish in the final 200metres.
Lauren, Nicola and Megan
Shelby

Alan Mollins was first home for Harriers under 13s boys team, and that brought them the first medals of the day as along with Robert Peterson and Andrew McCluskey they collected Bronze. Emily Pugh was the leading girl.
The under 11 boys led by Jack McDaid again were all challenging in the leading group, but were unfortunately just outside the medals with only a few points of a difference between the 2nd and 4th placed teams. Alyshia Singleton was the clubs top under 11 girl but faced a strong challenge from Grace Deveny, just holding her off by a few metres.

In the 5mile race Steven Campbell showed his powers of recovery, by producing a 13 second personal best just 24 hours after his 8th place in the veterans’ national cross country championships at Hawick.
It was an under strength senior men’s squad that lined up at a wintery Battery park, and any prospect of retaining their country crown for a third successive year was always going to be wishful thinking. But nonetheless there were still some fine individual performances, especially from Paul Monaghan, another who has come on leaps and bounds in just over a year since joining the Harriers. He was 2nd finisher for the Orangefield club again holding off the consistent Andrew White who has been pushing him close in every race.

In the senior women’s race like the men, they were somewhat under strength but with Gillian Forrest running strongly and well placed in the veteran category, along with Rhonda White and the much improved Marion Monk, they kept the team in contention and were just outside a podium finish, a few points behind Bellahouston Harriers.
**Under 11s 1mile:** McDaid, Jack 06:56, Ferguson, Ewan 07:03 White, Craig 07:05 Connor Black 07:29 Dolan, Jude 08:02 Hegarty, Sean 08:58

Singleton, Alisha 08:38 McGeachie, Faith 08:41 Deveny, Grace 10:08 Moore, Mhairi 10:09 Trainer, Olivia 10:40
Under 13s 2miles: Mollins, Alan 13:14 Peterson, Robert 13:50 McCluskey, Andrew 15:10 (Team Bronze)

Pugh, Emily 14:18 Renfrew, Zoe 14:38 McKenna, Beth 15:10 Steele, Olivia 15:44 Lisa Hanlon 16:06 McFarlane, Lucy 16:52 Clair Steel 17:03 Mulaghton, Rachel 17:29 Mulaghton, Christie 18:06

Under 15s 2miles: Robinson, Nathan 11:19


National Open Emirates 18/1/14

Well done to all our junior athletes at the Emitrates Arena. Especially Scott McCluckie with a 2 second PB in the 400m (55.22secs) and dipping under 25 (just) for the first time - 24.99 in the 200m. Chloe Hanlon 28.13 & Rachel McKenna 29.88 also set new PBs in the 200 with both coming close in the 60m dash( 8.67 & 9.15). Luisa Davies despite missing a great deal of training rose to the occasion just missing out in a best for the 200 (29.94), and also giving a good account of herself in the 2 lap 400m 68.73) event. Finally Shelby Morrison demonstrated a brilliant display of even paced running in the 1500m going from last to third with metronomic pacing covering the 7 ½ laps in 5:02 well inside her expected time.

Photographs below Scott dips through the line to win his 400m heat. & Shelby on her way to running her second quickest 1500m.

Photographs of the event from Bobby Gavin at http://www.thatonemoment.co.uk/

Parkruns 18/1/14

At Victoria Park in Glasgow there were 4 Harriers competing with Graham McGrattan leading the way in 7th (18.28), followed by Chris Watson in 14th (19.07). While Mick Harrington (20.42) again kept his dominance over Robin McAuslan (21.06). Making a return to racing was Ross McDonald at Aberdeen where he covered the 5km in 20.05 finishing 13th.
Parkruns 11/1/14

As the winter chill returned Graham McGrattan, Chris Watson and Ross Neilson had their first outing to Eglinton Park. All 3 placed well on the muddy trail, with Graham finishing in 6th (and best in the Age Grading) Chris 8th and Ross 12th. Over at Pollok Danny McLaughlin and Robin McAuslan produced a couple of solid runs.

And Well done to Kimberley Stevenson who had an early start to get to the Edinburgh Great Run.

Graham, Chris, and Ross at Eglinton.
New Year Bash 4/1/14

3 of the Glenpark Sprinters made their way to the Emirates Arena in Glasgow for the New Year indoor open graded meeting.

Scott McCluckie got off to a good start by blasting down the 60m track in under 8 seconds to match his personal best. But in only his 2nd 400m, and his first one indoors he misjudged his pace with splits of 26/31, but given his inexperience he will be confident he can go under 55 seconds in his upcoming competitions.

Rachel McKenna and Mark Magee had both been nursing injuries, and had to curtail their training recently, nonetheless Rachel put in 2 consistent times over the short sprint, while Mark’s 400 wasn’t too far off his best.

With only a few minutes recovery after their 400m it was little surprise that Scott and Mark were sluggish in the 2nd round of the 60m dash.

Rachel McKenna 60m: 9.35, 9.38
Scott McCluckie 60m: 7.85, 8.04, / 400m: 57.35
Mark Magee 60m: 8.51, 9.18, / 400m: 61.90

Harris Trophy Race 4th January 2014

Lyons pride after 2 trophy haul

Shaun Lyon emerged as the Harriers top dog after an eventful days racing for the Harris Trophy at Coves Reservoir. The Bute man hit the front early on the 5.5 mile course and held on to his advantage as he scooped the trophies for both the fastest scratch time and the fastest handicap time on the day. Andrew Harkins took second place with Stevie Campbell pipping Kevin O’Donoghue for the 3rd place spot.

Paul Monaghan was top V40 ahead of Andrew White while Danny McLaughlin edged out Graham McGrattan and Micky Dunn for the V50 prize. Tommy Knight was the winner in both V60 and V70 categories.

In the ladies race preparations were disrupted after Rhonda White was bitten by a collie during her warm up but the captain showed her mettle by battling through the pain barrier to finish 3rd - also winning the V35 prize before heading off to A&E. Donna Clark ran an excellent race to take second, behind Emma Baxter who won the prize for first female for the second year in a row. Silke Loehndorf took the prize in the V45 category.

The junior races saw Jack McDaid win a very competitive U11s race just ahead of Craig White and Ewan Ferguson. In the U13 category Alan Mollins finished just in front of Tom Forrest. Zoe
Renfrew was 3rd overall and also scooped the prize for top U13 girl. Shelby Morrison finished first in the U15 category.

The Harriers would like to thank WB Smith Trees and Turf for sponsoring the race – their continuing support is much appreciated by all at the club. Thanks also go to all those who assisted with clubhouse duties, registration, timekeeping, stewarding and post-race catering.

Results:

U11 - Jack McDaid 2.16, Craig White 2.17, Ewan Ferguson 2.19, Connor Black 2.20, Jude Dolan 2.26...

U13 - Alan Mollins 10.03, Tom Forrest 10.13, Zoe Renfrew 11.24
Jonathan Slater 11.35, Beth McKenna 12.08, Lucy McFarlane 12.30

U15 - Shelby Morrison 20.02

Seniors (Scratch) - Shaun Lyon 31.51, Andrew Harkins 32.02, Stevie Campbell 32.36, Kevin O'Donoghue 32.44, Andrew Osborne 34.03, Paul Monaghan 34.31, Andrew White 35.05, Danny McLaughlin 35.45, Robert Wilson Jr 37.00, Graham McGrattan 37.25, Micky Dunn 37.51, Paul Beaton 38.08, Emma Baxter 38.15, Brian Harkins 38.58, Ross Slater 39.11, Colin Campbell 40.06, Alan O'Rourke 41.09, Robin McAuslan 41.21, Scott Forrest 41.51, Kevin Gill 42.14, Donna Clark 42.56, Rhonda White 43.31, David Carruthers 44.52, Frank McMahon 45.49, Duncan Munro 47.19, Kirsten Arthur 47.49, Marion Monk 48.43, Vicky Wilkinson 48.59, Lisa Ruddy 50.18, Silke Loehndorf 51.36, John Carruthers 52.29, June Dalziel 55.34, Tommy Knight 60.03

Seniors (Handicap) - Shaun Lyon 29.51, Donna Clark 29.56, Andrew Harkins 30.02, Andrew Osborne 30.03, Tommy Knight 30.03, Danny McLaughlin 30.15, Paul Monaghan 30.31, Stevie Campbell 30.36, Paul Beaton 30.38, Ross Slater 30.41, Kevin O'Donoghue 30.44, Andrew White 31.05, Colin Campbell 31.06, Micky Dunn 31.21, Brian Harkins 31.28, Robert Wilson Jr 31.30, Rhonda White 31.31, Kirsten Arthur 31.49, David Carruthers 31.52, Graham McGrattan 31.55, Kevin Gill 32.14, Robin McAuslan 32.21, Alan O'Rourke 33.09, Emma Baxter 33.15, Scott Forrest 33.21, John Carruthers 33.29, Lisa Ruddy 33.48, Frank McMahon 33.49, Vicky Wilkinson 33.59, June Dalziel 34.34, Marion Monk 34.43, Duncan Munro 35.19, Silke Loehndorf 35.36

Festive Park Runs

At Pollock park on the 28th December there was a couple of fine performances from Stevie Campbell and Graham McGrattan with both finishing in the top 10. They were close to PB’s with Steven 4th (17.10) and Graham 9th (18.34) and top in his category.

Euan Leslie and Lynne Rogers were the clubs only First Footers in the Ne'er day run at Pollok, with Euan recording a time of 21.07 and Lynne 23.01.
Inverclyde AC Boxing Day 3 Miler

4 Harriers ran off the Christmas day excesses with some fine performances. Kevin was our top finisher in 3rd, Robert Wilson was 2nd Glenparker back, with Mick & Robin having a great battle spurring Robin onto a 44 second PB

1st J Glen 14.36
2nd S Gaffney 15.49
3rd K O’Donoghue 15.51 GGH
4th D McFadyen 16.56
5th C Hunter 17.04
6th G Gaffney 17.12
7th R Wilson 17.31 GGH
8th D Johnston 17.48
9th G Morrison 17.51
10th M Harrington 19.05 GGH
11th R McAuslan 19.09 GGH
12th J Smillie 20.07
13th J Colquhoun 22.10 Guest
14th G Newman 31.09

Wilson Cup Race 21st December 2013

It's a Dunn Deal
Micky Dunn overhauled long time leader Viki Wilkinson to win the Wilson Cup by 30 seconds, in Greenock Glenpark Harriers 4.5 mile conceding handicap race. In blustery cold conditions in the hills above the “Cut” Wilkinson had already caught five of the earlier starters but her hopes of glory vanished with ½ mile to go, as the chasing pack headed by the veteran Dunn eventually caught her and moved clear, with the much improved Kevin Gill then Robin McAuslan taking 2\textsuperscript{nd} and 3\textsuperscript{rd}. The trio were then quickly followed home by the rest of the field. There couldn’t be a more deserved winner than the tenacious Dunn, who has waited over 30 years to get his hands on his first club handicap trophy.

The fastest time overall came from Shaun Lyon but it was a close run thing with very little separating the top 4 men. Jacqueline O’Donoghue was fastest lady, with the runners-up spot decided by a single second, as Gillian Forrest literally snatched the fastest veteran’s trophy from Rhonda White’s grasp.

The evenly matched Paul Monaghan and Andrew White renewed their rivalry for the veterans men’s over 40 title, but this time it was Paul who came out on top. In the other categories Danny McLaughlin edged out Graham McGrattan in the O50’s while Tommy Knight gained maximum points in the O60’s.

The Junior race was moved off the hill due to the strong winds, and thankfully the hail and rain had eased off by the time they got underway. Nathan Robinson was last to get under orders in the 1800m conceding handicap and soon made progress in closing down the younger athletes in front. And just as it looked like Catriona Daisley would hold on for the win, the 2 Dunoon boys came to the fore as Nathan prevailed catching Alan Mollins then Catriona only yards before the line. In an exciting finish all the runners crossed the line within ½ a minute of each other. Shelby Morrison recorded the quickest girls’ time.

Thanks James Campbell of Keyline Builders Merchants for race sponsorship, the small army of volunteers who braved the wintry conditions and to Robert Alexander Butchers for after race catering.

\textbf{Results, Scratch time in brackets:} 
\textbf{Juniors:} Nathan Robinson 8.56 (5.56), Alan Mollins 8.57 (6.27), Catriona Daisley 9.02 (7.42), Craig White 9.04 (6.44), Shelby Morrison 9.05 (6.25), Ewan Ferguson 9.09 (6.49), Jack McDaid 9.19 (6.49), Kate Kilpatrick 9.22 (7.12), Beth McKenna 9.27 (7.37), Lucy McFarlane 9.28 (7.58)

\textbf{Seniors:} Micky Dunn, 44.40, (33.10), Kevin Gill, 45.12, (36.42), Steven Campbell, 45.14, (28.44), Robin McAuslan, 45.26, (35.26), Viki Wilkinson, 45.34, (42.04), Robert Wilsonjnr, 45.57, (31.27), Andrew Harkins, 46.01, (28.31), Danny McLaughlin, 46.15, (31.15), Kevin O'Donoghue, 46.21, (28.51), Shaun Lyon, 46.22, (28.22), Sam McVicar, 46.24, (30.54), Rhonda White, 46.29, (38.59), Ross Slater, 46.31, (35.01), Paul Monaghan, 46.32, (30.02), Robert Mitchell, 46.36, (35.06), Scott Forrest, 46.43, (35.13), Graham McGrattan, 46.45, (31.45), Jacqueline O’Donoghue, 47.00, (37.00), Liam Smart, 47.04, (30.34), Andrew White, 47.06, (30.36), Donna Clark, 47.20, (39.50), Colin Campbell, 47.29, (35.59), John Carruthers, 47.34, (45.34), Gillian Forrest, 47.58, (38.58), Ross Neilson, 48.11, (34.41), Susan Clark,
Victoria Park Run 14/12/13

Graham was fastest in his age group and 6th overall, while Robin finished 21st setting a 20 second PB as he edges ever closer to the 20 minute mark.

Results: Graham McGrattan 18.07, Robin McAuslan 20.17

Santa Run Greenock 8/12/13
Angela, David, John and June at the Greenock Santa Dash on a wet cold and windy day on Greenock Esplanade.

Ravenscraig OGM 7/12/13
Steely Display at Ravenscraig

Sprinters Scott McCluckie and Rachel McKenna in their first indoor competition of winter were in outstanding form at Ravenscraig, Motherwell.

In the 100m Scott blasted down the straight winning easily in a Personal Best of 12.44 seconds. Rachel also set a new best when finishing 3rd in her heat in 14.79.

In the 60 metres, Scott, despite sitting a fraction too long in the blocks quickly recovered to gain his 2nd win of the day, going under the 8 second mark for the first time.

Rachel again repeated her 3rd place with another personal best in the short sprint.

West Distict XC, Kilmarnock 7/12/13

Shaun Lyon led the Glenpark men to 9th place in the West District cross country championships in what was another test of strength for the athletes as they struggled through stretches of mud, knee high in places, at the course at Kilmarnock. Paul Monaghan showed that he is almost back to his best after being out with a stress fracture to finish just ahead of Andrew White.

Rhonda White was first back for the ladies team, she along with the improving Marion Monk, Silke Loehndorf and Susan Clark placed 10th.

The under 15 girls were the Greenock clubs top placed team finishing in a highly creditable 7th with all the girls packed close together behind Shelby Morrison.

The under 13 girls continue to improve with sisters Sarah and Emily Pugh heading the team to 12th overall. Alan Mollins was the most improved athlete finishing mid-way up the field in the boys race.


Under 15’s (7th): 15:06 Shelby Morrison, 15:25 Nichola Doohan, 15:40 Lauren Mulaghton, 17:03 Mia Forrest,

Under 13’s (12th): 12:05 Alan Mollins, 14:12 Sarah Pugh, 14:24 Emily Pugh, 15:06 Lucy McFarlane, 15:25 Christie Mulaghton, 15:32 Olivia Steele, 16:05 Rachel Mulaghton.
Silke Loehndorf, Marion Monk, Susan Clark, Lisa Ruddy, and Rhonda White
30/11/13 Pollok Parkrun
Graham McGrattan 18.37, Robin McAuslan 20.57, Johann McGrattan 29.34

23/11/13 Victoria Parkrun
Graham McGrattan went under the 18 minute mark for the first time at a Parkrun, at his first outing at Glasgow’s Victoria Park.

3rd Graham McGrattan 17:57, 8th Chris Watson 18:24

10/11/13 National 4k XC Championships

The Harriers men at last made the top 10 after 3 years of finishing 11th at the National short course cross country championships. Stephen Trainer was the clubs first man home, followed by Andrew Harkins who is now established as one of the clubs top runners. Just 1 second behind was Kevin O’Donoghue with Shaun Lyon the final counter to place the Men 10th best in Scotland.

6 of the Glenpark women took part, led by Jacqueline O’Donoghue, they were all closely grouped to take 15th position in the team competition. Marion Monk continues to improve as she again closed the gap on her team-mates


Renfrewshire XC 17/11/13

Triple Crown for GGH Men
Greenock Glenpark Harriers recorded a historic treble when their senior men completed the treble of County titles in the mud and hills of Gourock’s Darroch Park. After convincingly winning the Road Race title in January, then the cross country relays last month at Pollok, their hardest challenge was always going to be the 6mile event. After 2 of the 3 laps of the challenging course they were trailing local rivals Inverclyde AC by a single place, but with the treble within touching distance, it took an inspired final lap by all six counting athletes to
overhaul the deficit to go 10 points clear. It was impressive packing by the men, led by Kevin O’Donoghue in 4th place, benefitting from his intensive training over the course for the last few weeks, then in quick succession Shaun Lyon, Steven Campbell and Andrew Harkins. Andrew White, also winning the veterans bronze, had his best ever run over the country, while final counter Captain David Henderson typified the spirit in the team, defying an injury, he pushed through the pain barrier to secure the win.

The Orangefield club’s women were also among the medals as Jacqueline O’Donoghue recorded a top 10 finish along with Lorna Coyle and Rhonda White took team Bronze, with Coyle also being awarded Gold for the fastest over 50.

The standout performance of the day was undoubtedly from Kilbarchan’s veteran athlete Bobby Quinn who 29 years ago won his first senior County title, spectacularly left his opponents trailing in his wake.

The under 11 boys are proving to be a force to be reckoned with as they added the xc title to their previous relay victory. Led by Harry McGill who won the individual bronze, only 25 seconds separated the first 6 boys. Rachel Robertson was Glenpark’s top girl as her team-mates all packed closely behind.
The under 15’s girls team claimed bronze medals with Shelby Morrison starting to show signs of returning to form after injury, and the consistent Lauren Mulaghton and Nicola Doohan.

Sarah Pugh and Alan Mollins were the clubs quickest under 13’s on a day where even the youngest athletes had to face an extremely challenging course which had steep climbs, fast descents and stretches of mud that brought all but the strongest to a virtual standstill.
It was a successful Championships hosted by Glenpark Harriers with 10 races and 300 athletes competing from all over the County, with that success down to the countless volunteers, with thanks also to Gourock YAC for use of their clubhouse, and Inverclyde Council and staff for their assistance.

More on the Harriers can be found at www.glenparkharriers.webs.com


**Under 15s:** Shelby Morrison 14:30 Lauren Mulaghton 15:01 Nicola Doohan 15:30 Catriona Daisley 18:45

**Under 17s:** Laura Hamill 26:04


For Full Renfrewshire full results click **Race Results,**

**British & Irish Masters International XC 16/11/13**
Michael McLoone (No 5047) placed 19th overall in the 8km course at Cardiff finishing 3rd Scot in 27.51, as the team narrowly missed out on the medals.

Park Runs 16/11/13

Steven & Johann were furthest travelled as they took in the Melbourne Parkrun, while closer to home Richard & Jim went to Eglinton, and Graham & Chris headed to Pollok.

Albert Melbourne
Parkrun.
51 Steven WATSON 22:47
105 Johann McGRATTAN
27:21
Eglinton
parkrun.

58 Richard HODELET 29:51
75 Jim SHERIDAN
36:27
Glasgow parkrun.

5 Graham McGRATTAN 18:20
11 Christopher WATSON 19:00

Jimmy Irvine 10k 9/11/13

Campbell Feeling Greight
Steven Campbell just keeps getting better, the hard working athlete recorded yet another personal best, this time at Bellahouston’s Jimmy Irvine 10k, where he knocked off 19 seconds to finish eighth. He edged out Irish athlete Nicola Duncan who posted the qualifying time for the 2014 European Marathon Championship after running 2.36 hours at Amsterdam a few weeks ago. Now much more experienced Campbell’s even paced running saw him move steadily through the field from back in 15th to catch the faster starters.
Gillian Forrest was in top form also running a new PB when finishing 20\textsuperscript{th} lady with a 1 minute improvement. Another PB followed from Robin McAuslan by 31 secs. There were fine performances in the rain from new members Euan Leslie, Sara McGonigle, and John Carruthers who made the biggest gain by an incredible 7 minutes.

**Results:** Steven Campbell 34.17, Euan Leslie 42.25, Robin McAuslan 42.55, Gillian Forrest 43.46, David Carruthers 44.30, John Carruthers 53.51, Sara McGonigle 54.39, Susan Slater 54.40.
Parkrun 9/11/13

Age No Barrier

At Pollok Park in the wind and rain Richard & Jim finished 2\textsuperscript{nd} and 3\textsuperscript{rd} in the &70 category behind another athlete that continues to defy his age, their long-time adversary veteran internationalist Bobby Young of Clydesdale Harriers.

Results: Richard Hodelet 30.11 Jim Sheridan 34.57

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 form 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 4.5 mile 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.

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