

Position	Name	Points	Distance PB's	Course PB's	Number of Races
1	Jane Anderson	586.5	2	3	79
2	Tricia Wallace	385.5	3	5	38
3	Bill Simpson	383.5		4	48
4	Pamela Cruickshanks	367.5		3	33
5	Fiona Cruickshanks	340		7	30
6	Carole Fraser	339.5		1	36
7	Johnny Knox	337		2	18
8	Duncan Hall	333.5	8	1	32
9	Yvonne Dehn	326	2	5	27
10	Dell Rae	317.5	5	3	19
11	Hazel Bradley	304		2	22
12	Debz Hay	289.5		1	13
13	Sharon Brown	286	4	5	29
14	George Hay	266.5		1	13
15	Vhairi Walker	261	2		15
16	Susan Penman	250	1	3	21
17	Elise Methven	238.5	3	3	26
18	Eck Anderson	237.5		1	21
19	Ronan McKinstry	208.5	2	4	18
20	Jim Anderson	202.5	1	3	26
21	Tich Shaw	196			17
22	George Findlay	194.5		2	19
23	Angela Small	184.5		1	15
24	Karen Cunningham	180.5		1	17
25	Colin McKie	170		6	32
26	Allan Gibson	167.5			10
27	Jae Baillie	167		1	20
28	Stuart McKenzie	165.5		4	19
29	Gordon Halliday	163.5			5
30	Ailsa Cruickshanks	161		4	17
31	Davie Burgess	150			9
32	Alice Hall	141.5			6
33	Bill Hutchison	131.5			5
34	Rosie Knox	129	1	1	10
35	Ruby Methven	120.5		5	14
36	Rachel Grieve	116.5	2		10
37	Chris Broome	111.5		2	9
38	Sharon Cobain	108.5		1	16
39	Christine Bowie	108			4
40	Uzzie Knox	106.5		1	6
41	Ewan Cameron	101			12
42	Jim Hogsflesh	99		2	4
43	Gwen Tivendale	98.5			24
44	John Dickson	90.5			8
45	Thomas Knox	87		1	7
46	Dave Brisland	86.5		1	6
47	Mike Reilly	84.5			9
48	Ewan Davidson	78.5			7
49	Allan Galloway	67.5		2	6
50	Jacqui Galloway	66.5			7
51	Tracy Knox	60			4
52	Ollie Anderson	51	2		10
53	Ian Muir	47.5			4
54	Nick Fry	46		1	3
55	Ewan Lumsden	44		1	3
56	Tracy Chalmers	36			4
57	Ian Mills	35.5			3
58	Richard Bevens	33.5		1	7
59	Richard McKinstry	30			2
60	Neil Smith	28	1		2
61	Karen Shepherd	26			3
62	Carli Hay	22			2
63	Dave Nutall	22			1
64	Glenn Rickman	17		1	1
65	John Marston	9			3
66	Pete Nimmo	9			1
67	Rory Marston	6			2
68	Fiona Mitchell	6			1
69	Susan Bonellie	3			1
70	Spare	0			
71	Spare	0			
72	Spare	0			

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
01/01/2014	Edinburgh Triathlon	29m 43s	3.5	Road	3.5	No	0	No	0	3.5
12/01/14	Monikie Duathlon	18m 12s	2.5	Road	2.5	No	0	Age 1	3	5.5
18/01/14	East District Cross Country, Broxburn	28m 54s	4	CC	6	No	0	No	0	6
25/01/14	Camperdown Parkrun	24m 5s	3	Park	3	No	0	No	0	3
1/2/14	St Andrews Parkrun	22m 31s	3	Park	3	No	0	No	0	3
09/02/14	Monikie Duathlon		5	Road	5	No	0	Age 1	3	8
13/04/14	East Fife Triathlon	21m 20s	3	Road	3	No	0	No	0	3
16/04/14	St Andrews 5k	22m 19s	3	Road	3	Course	5	Age 1	3	11
30/04/14	Strathkinnes/Blebo	34m 27s	4.5	Road	4.5	Course	5	Age 1	3	12.5
01/05/14	Tuftly Time Trial	16m 59s	2	Trail	3	No	0	No	0	3
07/05/14	Scottish 5k Edinburgh	21m 17s	3	Road	3	Distance	10	No	0	13
17/05/14	National Trail Champs	49m 22s	6	Trail	9	No	0	No	0	9
25/05/14	Aberfeldy Triathlon		3	Road	3	No	0	2 nd	10	13
08/06/14	Scottish Triathlon Champs	23m 55s	3	Road	3	No	0	Age 3	1	4
15/06/14	Puffin Billy 1	22m 59s	3	Trail	4.5	No	0	Age 2	2	6.5
20/06/2014	Beveridge Park 5k	21m 23s	3	Road	3	Distance	10	2 nd	10	23
26/06/14	Sandy Slither	50m 23s	6	Trail	9	Course	5	Age 3	1	15
13/07/14	Monikie Triathlon	23m 19s	3	Road	3	No	0	2 nd	10	13
14/08/14	Monikie Duathlon	n/a	4.5	Road	4.5	No	0	Age 3	1	5.5
06/09/2014	Scottish Aquathon Champs		3	Road	3	No	0	Age 2	2	5
18/10/14	East District Cross Country, Stirling	27m 33s	4	CC	6	No	0	No	0	6
25/10/14	Nation CC Relays	19m 13s	2.5	CC	4	No	0	No	0	4
02/11/14	Lasswade X Country	29m 52s	4	CC	6	No	0	No	0	6
08/11/14	Camperdown Parkrun	22m 27s	3	Park	3	Distance	10	2 nd	10	23
23/11/14	Frostbite Trail Race	26m 24s	4	Trail	6	No	0	Age 1	3	9
06/12/14	East District CC, Dundee	30m 52s	4	CC	6	No	0	No	0	6
14/12/14	Frostbite Series 2	39m 6s	4	Trail	6	No	0	Age 2	2	8

227.5

Training Points
marshalling Points

11
0

Total Points

238.5

Richard McKinstry

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
13/04/14	London Marathon	5h 8m 12s	26	Road	26	No	0	No	0	26
27/12/14	St Andrews Parkrun	29m 45s	3	Park	3	No	0	No	0	3

29

29

Training Points

1

Marshalling Points

0

Total Points

30

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
11/01/2014	BUPA Great Winter Run	25m 4s	3	Road	3	Course	5	No	0	8
12/01/14	Frostbite Series 3	29m 30s	4	Trail	6	No	0	Age 3	1	7
25/01/14	Devils Burden	53m 48s	n/a	Hill	9	Course	5	No	0	14
09/02/14	Frostbite Series 4	29m 55s	4	Trail	6	No	0	Age 2	2	8
30/03/14	Lost Trails Race	45m 24s	6	Trail	9	No	0	Age 2	2	11
16/04/14	St Andrews 5k	23m 18s	3	Road	3	No	0	Age 2	2	5
19/04/14	Normans Law Hill Race	52m 23s	5	Hill	10	No	0	No	0	10
27/04/14	BUPA Great Edinburgh Run	1h 31m 26s	10	Road	10	No	0	No	0	10
30/04/14	Strathkinnes/Blebo	36m 15s	4.5	Road	4.5	Course	5	Age 1	3	12.5
25/05/2014	Edinburgh Half Marathon	2h 2m 47s	13	Road	13	No	0	No	0	13
04/06/2014	Hill of Tarvit	55m 0s	5.5	Hill	11	No	0	Age 2	2	13
22/06/14	7 Hills of Edinburgh	3h 45m 47s	14	Hill	28	No	0	No	0	28
26/06/14	Sandy Slither	55m 10s	6	Trail	9	No	0	No	0	9
09/07/14	Newburgh Midweek	34m 58s	4	Trail	6	Course	5	Age 2	2	13
22/07/14	Ravenscraig 1mile	6m 49s	1	Road	1	No	0	No	0	1
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	33m 37s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	27m 34s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	15m 51s	1.5	Hill	3	Course	5	No	0	8
09/08/14	Tour of Fife Day 4, Giffordtown	29m 6s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	50m 55s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	1h 2m 55s	8	Road	8	Course	5	No	0	13
24/08/14	Puffin Billy 3	26m 46s	3	Trail	4.5	No	0	Age 3	1	5.5
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
10/09/14	Kingsbarns Fun Run	30m 0s	3.7	Trail	5.5	No	0	Age 3	1	6.5
21/09/14	East Neuk 10k	50m 23s	6	Road	6	No	0	No	0	6
05/10/14	Gelncoe Half Marathon	2h 33m 29s	13	Hill	26	No	0	Age 1	3	29
12/10/14	Tufty Trail Race	48m 45s	5.5	Trail	8	No	0	Age 3	1	9
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
23/11/14	Frostbite Trail Race	38m 16s	4	Trail	6	Course	5	Age 1	3	14
14/12/14	Frostbite Series 2	30m 14s	4	Trail	6	No	0	Age 1	3	9
										295
	Training Points		45							
	Marshalling Points		0					Total Points		340

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	21m 51s	4	Trail	6	No	0	Age 2	2	8
25/01/14	Devils Burden	36m 22s	n/a	Hill	9	No	0	No	0	9
09/02/14	Frostbite Series 4	22m 12s	4	Trail	6	No	0	Age 1	3	9
15/02/14	St Andrews Parkrun	18m 44s	3	Park	3	No	0	No	0	3
30/03/14	Lost Trails Race	34m 5s	6	Trail	9	No	0	Age 1	3	12
25/04/14	Beveridge Park 5k	18m 13s	3	Road	3	Distance	10	3 rd	5	18
30/04/14	Strathkinnes/Blebo	28m 23s	4.5	Road	4.5	Course	5	Age 2	2	11.5
09/07/14	Newburgh Midweek	26m 47s	4	Trail	6	Course	5	No	0	11
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	26m 54s	4	Trail	6	No	0	Age 2	2	8
07/08/14	Tour of Fife Day 2, Hill of Tarvit	20 m 32s	3	Trail	4.5	No	0	Age 2	2	6.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	12m 9s	1.5	Hill	3	Course	5	Age 2	2	10
09/08/14	Tour of Fife Day 4, Giffordtown	22m 14s	4	Road	4	No	0	Age 2	2	6
10/08/14	Tour of Fife Day 5, Strathmiglo	38m 15s	5.5	Trail	8	No	0	Age 2	2	10
03/09/14	Gateside Gallop	26m 28s	4	Trail	6	Course	5	No	0	11
10/09/14	Kingsbarns Fun Run	23m 18s	3.7	Trail	5.5	No	0	Age 2	2	7.5
21/09/14	East Neuk 10k	38m 3	6	Road	6	Distance	10	No	0	16
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
27/12/14	St Andrews Parkrun	18m 21s	3	Park	3	No	0	2 nd	10	13
										172.5
Training Points		36								
Marshalling Points		0						Total Points		208.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	25m 29s	4	Trail	6	No	0	Age 1	3	9
18/01/14	East District Cross Country, Broxburn	28m 34s	4	CC	6	No	0	No	0	6
25/01/14	Devils Burden	1h 41m 16s	n/a	Hill	9	course	5	No	0	14
09/02/14	Frostbite Series 4	26m 49s	4	Trail	6	No	0	Age 1	3	9
22/02/14	Scottish National CC, Falkirk	40m 40s	5	CC	7.5	No	0	No	0	7.5
30/03/14	Lost Trails Race	41m 35s	6	Trail	9	No	0	Age 1	3	12
16/04/14	St Andrews 5k	22m 51s	3	Road	3	No	0	Age 1	3	6
19/04/14	Normans Law Hill Race	52m 19s	5	Hill	10	No	0	Age 2	2	12
30/04/14	Strathkinnes/Blebo	34m 39s	4.5	Road	4.5	No	0	Age 1	3	7.5
17/05/14	National Trail Champs	54m 56s	6	Trail	9	No	0	No	0	9
22/06/14	7 Hills of Edinburgh	3h 45m 45s	14	Hill	28	No	0	No	0	28
28/06/14	Dollar Hill Race	2h 7m 12s	9.5	Hill	19	course	5	No	0	24
09/07/14	Newburgh Midweek	33m 49s	4	Trail	6	No	0	Age 1	3	9
22/07/14	Ravenscraig 1mile	6m 37s	1	Road	1	No	0	Age 2	2	3
03/08/14	Donkey Brae	55m 54s	7	Road	7	No	0	No	0	7
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	32m 23s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	26m 24s	3	Trail	4.5	No	0	Age 3	1	5.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	15m 35s	1.5	Hill	3	Course	5	Age 3	1	9
09/08/14	Tour of Fife Day 4, Giffordtown	28m 22s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	47m 58s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	1h 3m 3s	8	Road	8	No	0	Age 2	2	10
14/08/14	Balmullo Trail Race	43m 5s	5	Trail	7.5	No	0	Age 2	2	9.5
01/09/14	Labor Day 5k New York	24m 18s	3	Road	3	No	0	Age 1	3	6
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
10/09/14	Kingsbarns Fun Run	32m 0s	3.7	Trail	5.5	No	0	Age 1	3	8.5
05/10/14	Glencoe Marathon	6h 13m 37s	26	Hill	52	No	0	No	0	52
12/10/14	Tufty Trail Race	46m 7s	5.5	Trail	8	No	0	Age 2	2	10
18/10/14	East District Cross Country, Stirling	30m 2	4	CC	6	No	0	No	0	6
25/10/14	Nation CC Relays	20m 42s	2.5	CC	4	No	0	No	0	4
02/11/14	Lasswade X Country	32m s	4	CC	6	No	0	No	0	6
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
22/11/14	Alloa CC	30m 39s	4	CC	6	No	0	No	0	6
06/12/14	East District CC, Dundee	32m 25s	4	CC	6	No	0	No	0	6

329.5

Training Points
 Marshalling Points

38
 0

Total Points

367.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
09/02/14	Frostbite Series 4	26m 10s	4	Trail	6	No	0	3 rd	5	11
30/03/14	Lost Trails Race	40m 15s	6	Trail	9	No	0	Age 1	3	12
04/06/2014	Hill of Tarvit	42m 37s	5.5	Hill	11	Course	5	Age 1	3	19
09/07/14	Newburgh Midweek	30m 28s	4	Trail	6	Course	5	Age 1	3	14
14/08/14	Balmullo Trail Race	38m 37s	5	Trail	7.5	No	0	3 rd	5	12.5
03/09/14	Gateside Gallop	31m 10s	4	Trail	6	No	0	Age 1	3	9
06/09/14	Braemar Gathering Hill Race	37m 28s	3.5	Hill	7	No	0	3 rd	5	12
21/09/14	East Neuk 10k	46m 9s	6	Road	6	No	0	No	0	6
05/10/14	Glencoe 10k	59m 4s	6	Hill	12	No	0	No	0	12
12/10/14	Tufty Trail Race	40m 50s	5.5	Trail	8	No	0	Age 1	3	11
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
14/12/14	Santa Clause Bolt, Elie		1	Trail	1.5	No	0	No	0	1.5

123

Training Points
 Marshalling Points

38

0

Total Points

161

Davie Burgess

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden (2 legs)		n/a	Hill	18	No	0	No	0	18
05/04/2014	Glasgow to Edinburgh Ultra	9h 5m 54s	55	Road	55	No	0	No	0	55
06/06/2014	Templeton Trail	36m 49s	5	Trail	7.5	No	0	Age 2	2	9.5
26/06/14	Sandy Slither	41m 19s	6	Trail	9	No	0	Age 2	2	11
05/08/2014	Carnegie Memorial	22m 15s	4	Road	4	No	0	No	0	4
14/08/14	Ballater Hill Race		2.5	Hill	5	No	0	No	0	5
03/09/14	Gateside Gallop	25m 43s	4	Trail	6	No	0	Age 1	3	9
10/09/14	Kingsbarns Fun Run	22m 54s	3.7	Trail	5.5	No	0	3 rd	5	10.5
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3

125

Training Points
Marshalling Points

25
0

Total Points

150

Tracy Chalmers

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	30m 31s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	1h 2m 56s	n/a	Hill	9	No	0	No	0	9
09/02/14	Frostbite Series 4	34m 16s	4	Trail	6	No	0	No	0	6
14/12/14	Frostbite Series 2	39m 6s	4	Trail	6	No	0	No	0	6
										27
Training Points		9								
Marshalling Points		0						Total Points		36

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
01/01/2014	BUPA Great Edinburgh Run	26m 16s	3	Road	3	Course	5	No	0	8
12/01/14	Frostbite Series 3	29m 58s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	53m 48s	n/a	Hill	9	Course	5	No	0	14
09/02/14	Frostbite Series 4	30m 51s	4	Trail	6	No	0	No	0	6
16/03/14	Alloa Half Marathon	2h 1m 28s	13	Road	13	Course	5	No	0	18
16/04/14	St Andrews 5k	25m 49s	3	Road	3	No	0	No	0	3
30/04/14	Strathkinnes/Blebo	41m 6s	4.5	Road	4.5	No	0	No	0	4.5
06/05/14	Markinch Mile	7m 1s	1	Road	1	No	0	No	0	1
17/05/14	Windemere Marathon	5h 16m 5s	26	Road	26	No	0	No	0	26
04/06/2014	Hill of Tarvit	53m 59s	5.5	Hill	11	No	0	No	0	11
22/06/14	7 Hills of Edinburgh	3h 45m 46s	14	Hill	28	No	0	No	0	28
26/06/14	Sandy Slither	1h 1m 51s	6	Trail	9	No	0	No	0	9
09/07/14	Newburgh Midweek	39m 10s	4	Trail	6	No	0	No	0	6
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	37m 4s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	31m 9s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	19m 3s	1.5	Hill	3	Course	5	No	0	8
09/08/14	Tour of Fife Day 4, Giffordtown	32m 8s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	53m 46s	5.5	Trail	8	No	0	No	0	8
14/08/14	Balmullo Trail Race	48m 1s	5	Trail	7.5	No	0	No	0	7.5
03/09/14	Gateside Gallop	36m 45s	4	Trail	6	No	0	No	0	6
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
10/09/14	Kingsbarns Fun Run	31m 38s	3.7	Trail	5.5	No	0	Age 2	2	7.5
21/09/14	East Neuk 10k	50m 3s	6	Road	6	Distance	10	No	0	16
05/10/14	Gelnoe Half Marathon	2h 33m 29s	13	Hill	26	Course	5	No	0	31
08/11/14	Glen Clova Half Marathon	1h 54m 44s	13	Road	13	Distance	10	No	0	23
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
14/12/14	Frostbite Series 2	31m 2s	4	Trail	6	No	0	No	0	6

278

Training Points
Marshalling Points

48
0

Total Points

326

Alice Hall

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 41m 16s	n/a	Hill	9	No	0	No	0	9
02/02/14	Forfar Multi Terrain Half Marathon	1h 54m 49s	13	Trail	19.5	No	0	No	0	19.5
11/05/14	BUPA Womens 10k	49m 41s	6	Road	6	No	0	No	0	6
22/06/14	7 Hills of Edinburgh	3h 45m 38s	14	Hill	28	No	0	No	0	28
26/06/14	Sandy Slither	59m 47s	6	Trail	9	No	0	No	0	9
05/10/14	Glencoe Marathon	6h 13m 38	26	Hill	52	No	0	No	0	52
										123.5
	Training Points	18								
	Marshalling Points	0						Total Points		141.5

Richard Bevens

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
19/04/14	St Andrews Parkrun	26m 1s	3	Park	3	No	0	No	0	3
01/06/14	Chariots of Fire Beach	27m 37s	3	Trail	4.5	No	0	No	0	4.5
21/06/2014	St Andrews Parkrun	26m 19s	3	Park	3	No	0	No	0	3
26/06/14	Sandy Slither	1h 0m 29s	6	Trail	9	Course	5	No	0	14
02/08/14	St Andrews Parkrun	26m 0s	3	Park	3	No	0	No	0	3
18/10/14	St Andrews Parkrun	26m 53	3	Park	3	No	0	No	0	3
25/10/14	St Andrews Parkrun	26m 43s	3	Park	3	No	0	No	0	3

33.5

Training Points
marshalling Points

0
0

Total Points

33.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	26m 52s	4	Trail	6	No	0	Age 2	2	8
18/01/14	St Andrews Parkrun	25m 10s	3	Park	3	No	0	No	0	3
25/01/14	St Andrews Parkrun	22m 53s	3	Park	3	No	0	No	0	3
½/14	St Andrews Parkrun	23m 33s	3	Park	3	No	0	No	0	3
09/02/14	Frostbite Series 4	28m 13s	4	Trail	6	No	0	No	0	6
22/02/14	St Andrews Parkrun	23m 19s	3	Park	3	No	0	No	0	3
15/03/14	St Andrews Parkrun	25m 56s	3	Park	3	Course	5	No	0	8
22/03/14	St Andrews Parkrun	24m 20s	3	Park	3	No	0	No	0	3
24/05/14	St Andrews Parkrun	30m 8s	3	Park	3	No	0	No	0	3
07/06/14	St Andrews Parkrun	24m 45s	3	Park	3	No	0	No	0	3
14/06/14	St Andrews Parkrun	23m 41s	3	Park	3	No	0	No	0	3
15/06/14	Puffin Billy 1	25m 58s	3	Trail	4.5	No	0	Age 3	1	5.5
21/06/2014	St Andrews Parkrun	23m 38s	3	Park	3	No	0	No	0	3
12/07/14	St Andrews Parkrun	24m 13s	3	Park	3	No	0	No	0	3
27/09/14	St Andrews Parkrun	29m 10s	3	Park	3	No	0	No	0	3
04/10/14	St Andrews Parkrun	37m 45s	3	Park	3	No	0	No	0	3
11/10/14	St Andrews Parkrun	31m 40s	3	Park	3	No	0	No	0	3
25/10/14	St Andrews Parkrun	54m 26s	3	Park	3	No	0	No	0	3
08/11/14	St Andrews Parkrun	24m 42s	3	Park	3	No	0	No	0	3
15/11/14	St Andrews Parkrun	25m 32s	3	Park	3	No	0	No	0	3
22/11/14	St Andrews Parkrun	23m 43s	3	Park	3	No	0	No	0	3
29/11/14	St Andrews Parkrun	42m 15s	3	Park	3	No	0	No	0	3
13/12/14	St Andrews Parkrun	28m 7s	3	Park	3	No	0	No	0	3
20/12/14	st Andrews Parkrun	23m 25s	3	Park	3	No	0	No	0	3
25/12/14	st Andrews Parkrun	25m 9s	3	Park	3	No	0	No	0	3
										90.5
Training Points		8								
marshalling Points		0						Total Points		98.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	26m 22s	4	Trail	6	No	0	Age 2	2	8
25/01/14	Devils Burden	37m 17s	n/a	Hill	9	No	0	No	0	9
09/02/14	Frostbite Series 4	28m 3s	4	Trail	6	No	0	Age 1	3	9
28/02/14	Nightmare Series 1	30m 40s	3.7	Trail	5.5	No	0	Age 1	3	8.5
09/03/14	Gartmorn 6	45m 35s	6	Trail	9	No	0	No	0	9
16/03/14	Errol 6k	27m 2s	4	Road	4	No	0	Age 1	3	7
28/03/14	Nightmare Series 6	27m 59s	3.7	Trail	5.5	No	0	No	0	5.5
30/03/14	Lost Trails Race	40m 53s	6	Trail	9	No	0	Age 3	1	10
¼/14	Ravenscraig 2 Mile	13m 29s	2	Road	2	No	0	Age 1	3	5
13/04/14	St Andrews Half Marathon	1h 46m 0s	13	Road	13	No	0	No	0	13
16/04/14	St Andrews 5k	21m 38s	3	Road	3	No	0	Age 3	1	4
24/04/14	Kinross 10k	44m 0s	6	Road	6	No	0	No	0	6
25/04/14	Beveridge Park 5k	21m 30s	3	Road	3	No	0	Age 1	3	6
29/04/14	Ravenscraig 1 mile	6m 14s	1	Road	1	No	0	Age 2	2	3
30/04/14	Strathkinnes/Blebo	33m 52	4.5	Road	4.5	No	0	Age 3	1	5.5
06/05/14	Markinch Mile	5m 55s	1	Road	1	No	0	Age 2	2	3
23/05/14	Beveridge Park 5k	21m 16s	3	Road	3	No	0	Age 1	3	6
25/05/2014	Edinburgh Half Marathon	1h 38m 22s	13	Road	13	No	0	No	0	13
27/05/14	Ravenscraig Mile	6m 52s	1	Road	1	No	0	Age 2	2	3
04/06/2014	Hill of Tarvit	53m 45s	5.5	Hill	11	No	0	No	0	11
19/06/14	Milnathort Dash	38m 11s	5	Road	5	No	0	Age 2	2	7
20/06/2014	Beveridge Park 5k	22m 32s	3	Road	3	No	0	Age 1	3	6
22/06/2014	Glenrothes 10k	46m 12s	6	Road	6	No	0	Age 3	1	7
09/07/14	Newburgh Midweek	31m 55s	4	Trail	6	No	0	Age 2	2	8
18/07/14	Beveridge Park 5k	21m 27s	3	Road	3	No	0	Age 2	2	5
20/07/14	Puffin Billy 2	24m 3s	3	Trail	4.5	No	0	Age 2	2	6.5
22/07/14	Ravenscraig 1mile	6m 11s	1	Road	1	No	0	Age 2	2	3
03/08/14	Muchty Festival	21m 53s	3	Road	3	No	0	Age 1	3	6
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	29m 43s	4	Trail	6	No	0	Age 1	3	9
07/08/14	Tour of Fife Day 2, Hill of Tarvit	25m 22s	3	Trail	4.5	No	0	Age 1	3	7.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	13m 31s	1.5	Hill	3	Course	5	Age 1	3	11
09/08/14	Tour of Fife Day 4, Giffordtown	25m 46s	4	Road	4	No	0	Age 1	3	7
10/08/14	Tour of Fife Day 5, Strathmiglo	44m 27s	5.5	Trail	8	No	0	Age 1	3	11
12/08/14	Ceres 8	57m 35s	8	Road	8	No	0	Age 2	2	10
14/08/14	Balmullo Trail Race	39m 39s	5	Trail	7.5	No	0	No	0	7.5
19/08/14	Ravenscraig Relay	6m 7s	1	Road	1	No	0	No	0	1
22/08/14	Beveridge Park 5k	20m 27s	3	Road	3	No	0	Age 1	3	6
03/09/14	Gateside Gallop	30m 46s	4	Trail	6	Course	5	No	0	11
07/09/14	Puffin Billy 4	23m 15s	3	Trail	4.5	Course	5	Age 1	3	12.5
10/09/14	Kingsbarns Fun Run	25m 58s	3.7	Trail	5.5	No	0	Age 1	3	8.5
21/09/14	East Neuk 10k	42m 59s	6	Road	6	Course	5	No	0	11
28/09/14	Cambo Canter	22m 51s	3	Trail	4.5	No	0	Age 1	3	7.5
05/10/14	Giffordtown 5k	20m 42s	3	Road	3	No	0	Age 3	1	4
12/10/14	Tufty Trail Race	42m 8s	5.5	Trail	8	No	0	Age 1	3	11
10/11/14	Gauldry Torch Lit	21m 25s	2.3	Trail	3.5	No	0	Age 1	3	6.5
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
08/12/14	Torch Lit Tayside	22m 5s	3	Trail	4.5	No	0	Age 1	3	7.5
14/12/14	Frostbite Series 2	28m 4s	4	Trail	6	No	0	Age 1	3	9
										354.5
Training Points		29								
Marshalling Points		0								
								Total Points		383.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 41m 16s	n/a	Hill	9	No	0	No	0	9
23/02/2014	Devilla Trail Race	1h 3m 25s	9	Trail	13.5	No	0	No	0	13.5
30/03/14	Lost Trails Race	40m 53s	6	Trail	9	No	0	Age 1	3	12
06/04/2014	Round the Houses	45m 18s	6	Road	6	No	0	Age 1	3	9
30/04/14	Strathkinnes/Blebo	34m 47s	4.5	Road	4.5	No	0	Age 1	3	7.5
04/06/2014	Hill of Tarvit	47m 52s	5.5	Hill	11	No	0	Age 1	3	14
15/06/14	Puffin Billy 1	25m 25s	3	Trail	4.5	No	0	Age 1	3	7.5
22/06/14	7 Hills of Edinburgh	3h 45m 39s	14	Hill	28	No	0	No	0	28
06/07/14	Stonehaven Half Marathon	1h 48m 51s	13	Road	13	No	0	Age 1	3	16
09/07/14	Newburgh Midweek	32m 58s	4	Trail	6	No	0	Age 1	3	9
20/07/14	Puffin Billy 2	24m 56s	3	Trail	4.5	Course	5	Age 1	3	12.5
24/08/14	Puffin Billy 3	24m 3s	3	Trail	4.5	Course	5	Age 1	3	12.5
03/09/14	Gateside Gallop	32m 32s	4	Trail	6	No	0	Age 1	3	9
06/09/14	Derwentwater 15k Trail Race	1h 22m 46s	10	Trail	15	No	0	Age 1	3	18
10/09/14	Kingsbarns Fun Run	32m 0s	3.7	Trail	5.5	No	0	Age 1	3	8.5
05/10/14	Glencoe Marathon	6h 13m 37s	26	Hill	52	No	0	Age 2	2	54
12/10/14	Tufty Trail Race	43m 56s	5.5	Trail	8	No	0	Age 1	3	11
18/10/14	East District Cross Country, Stirling	28m 40s	4	CC	6	No	0	No	0	6
25/10/14	Nation CC Relays	20m 29s	2.5	CC	4	No	0	No	0	4
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
22/11/14	B&I Masters	28m 3s	4	CC	6	No	0	No	0	6
06/12/14	East District CC, Dundee	33m 3s	4	CC	6	No	0	Age 2	2	8

278

Training Points
Marshalling Points

26
0

Total Points

304

Tich Shaw

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
15/02/2014	Carnethy 5	1h 14m 16s	6	hill	12	No	0	No	0	12
16/03/14	Alloa Half Marathon	1h 35m 28s	13	Road	13	No	0	No	0	13
13/04/14	London Marathon	3h 30m 34s	26	Road	26	No	0	No	0	26
24/04/14	Kinross 10k	43m 40s	6	Road	6	No	0	No	0	6
30/04/14	Strathkinnes/Blebo	33m 18s	4.5	Road	4.5	Course	5	Age 1	3	12.5
30/04/14	Strathkinnes/Blebo	31m 54s	4.5	Road	4.5	No	0	No	0	4.5
10/05/14	Penicuik 10k	43m 24s	6	Road	6	No	0	No	0	6
17/05/14	National Trail Champs	1h 8m 22s	9	Trail	13.5	No	0	No	0	13.5
25/05/2014	Edinburgh Half Marathon	1h 56m 25s	13	Road	13	No	0	No	0	13
04/06/2014	Hill of Tarvit	42m 47s	5.5	Hill	11	No	0	Age 3	1	12
08/06/14	Dechmont Law 10k	46m 16s	6	Trail	9	No	0	No	0	9
13/07/14	Crieff 10k	49m 11s	6	Road	6	No	0	No	0	6
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
21/09/14	East Neuk 10k	41m 59s	6	Road	6	No	0	No	0	6
19/10/14	Antonine Trail Race	1h 50m 27s	14	Trail	21	No	0	Age 2	2	23
02/11/14	Templeton 10	1h 13m 33s	10	Road	10	No	0	No	0	10
22/11/14	Alloa CC	41m 3s	5	CC	7.5	No	0	No	0	7.5
06/12/14	East District CC, Dundee	44m 48s	6	CC	9	No	0	No	0	9
										196
	Training Points		0							
	Marshalling Points		0					Total Points		196

Ewan Lumsden

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
09/02/14	Frostbite Series 4	22m 21s	4	Trail	6	No	0	No	0	6
17/08/2014	Lomonds of Fife Hill Race	2h 42m 39s	10	Hill	20	Course	5	No	0	25
21/09/2014	Spartan Elite Race		8	Trail	12	No	0	No	0	12
										43
Training Points		1								
Marshalling Points		0						Total Points		44

Bill Hutchison

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	22m 0s	4	Trail	6	No	0	Age 1	3	9
02/02/14	Forfar Multi Terrain Half Marathon	1h 34m 5s	13	Trail	19.5	No	0	Age 1	3	22.5
30/03/14	Lost Trails Race	35m 37s	6	Trail	9	No	0	Age 1	3	12
25/05/2014	Edinburgh Marathon	3h 27m 5s	26	Road	26	No	0	No	0	26
06/09/2014	Glenmore 24	7hrs	40	Trail	60	No	0	No	0	60
										129.5
Training Points		2								
Marshalling Points		0						Total Points		131.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	20m 51s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	1h 13m 14s	n/a	Hill	9	Course	5	No	0	14
09/02/14	Frostbite Series 4	21m 18s	4	Trail	6	No	0	Age 2	2	8
30/03/14	Lost Trails Race	32m 52s	6	Trail	9	No	0	3 rd	5	14
16/04/14	St Andrews 5k	18m 55s	3	Road	3	Course	5	Age 1	3	11
19/04/14	St Andrews Parkrun	18m 15s	3	Park	3	No	0	Age 2	2	5
30/04/14	Strathkinnes/Blebo	28m 16s	4.5	Road	4.5	No	0	No	0	4.5
10/05/14	Loch Leven Half Marathon	1h 29m 9s	13	Road	13	Course	5	No	0	18
23/05/14	Beveridge Park 5k	18m 6s	3	Road	3	No	0	No	0	3
20/06/2014	Beveridge Park 5k	18m 5s	3	Road	3	No	0	3 rd	5	8
22/06/2014	Glenrothes 10k	38m 45s	6	Road	6	Course	5	No	0	11
26/06/14	Sandy Slither	42m 16s	6	Trail	9	No	0	No	0	9
18/07/14	Beveridge Park 5k	18m 16s	3	Road	3	No	0	No	0	3
17/08/2014	Lomonds of Fife Hill Race	1h 51m 34s	10	Hill	20	No	0	No	0	20
03/09/14	Gateside Gallop	25m 44s	4	Trail	6	No	0	No	0	6
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
14/12/14	Frostbite Series 2	23m 9s	4	Trail	6	No	0	No	0	6
20/12/14	st Andrews Parkrun	18m 40s	3	Park	3	No	0	No	0	3
										152.5
Training Points		13								
Marshalling Points		0						Total Points		165.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	48m 13s	n/a	Hill	9	Course	5	No	0	14
22/02/14	Scottish National CC, Falkirk	59m 55s	7.5	CC	11	No	0	No	0	11
16/04/14	St Andrews 5k	22m 0s	3	Road	3	No	0	No	0	3
30/04/14	Strathkinnes/Blebo	33m 28s	4.5	Road	4.5	No	0	No	0	4.5
10/05/14	St Andrews Parkrun	21m 9s	3	Park	3	No	0	No	0	3
17/05/14	National Trail Champs	1h 11m 25s	9	Trail	13.5	No	0	No	0	13.5
25/05/2014	Edinburgh Marathon	3h 57m 13s	26	Road	26	No	0	No	0	26
04/06/2014	Hill of Tarvit	46m 53s	5.5	Hill	11	No	0	No	0	11
21/06/2014	St Andrews Parkrun	20m 46s	3	Park	3	Course	5	No	0	8
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	30m 8s	4	Trail	6	No	0	Age 3	1	7
07/08/14	Tour of Fife Day 2, Hill of Tarvit	25m 7s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	14m 38s	1.5	Hill	3	No	0	No	0	3
09/08/14	Tour of Fife Day 4, Giffordtown	25m 47s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	44m 46s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	59m 21s	8	Road	8	No	0	Age 3	1	9
14/08/14	Balmullo Trail Race	40m 44s	5	Trail	7.5	No	0	No	0	7.5
06/12/14	East District CC, Dundee	51m 33s	6	CC	9	No	0	No	0	9
14/12/14	Santa Clause Bolt, Elie		1	Trail	1.5	No	0	No	0	1.5
20/12/14	st Andrews Parkrun	23m 16s	3	Park	3	No	0	No	0	3
										150.5
	Training Points	44								
	Marshalling Points	0						Total Points		194.5

Ian Muir

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
16/04/14	St Andrews 5k	21m 32s	3	Road	3	Course	5	No	0	8
01/06/14	Chariots of Fire Beach	31m 17s	3	Trail	4.5	No	0	No	0	4.5
04/06/2014	Hill of Tarvit	47m 2s	5.5	Hill	11	No	0	No	0	11
26/06/14	Sandy Slither	52m 35s	6	Trail	9	No	0	No	0	9

32.5

Training Points
Marshalling Points

15
0

Total Points

47.5

Timmy Grieve

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
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0

Training Points 0

marshalling Points 0

Total Points 0

Chris Broome

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	27m 14s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	1h 41m 52s	n/a	Hill	9	Course	5	No	0	14
09/02/14	Frostbite Series 4	28m 10s	4	Trail	6	No	0	No	0	6
23/02/2014	Devilla Trail Race	1h 6m 59s	9	Trail	13.5	No	0	No	0	13.5
27/04/14	Balmoral Trail Race	2h 10m 45s	15	Trail	22.5	No	0	No	0	22.5
30/04/14	Strathkinnes/Blebo	36m 17s	4.5	Road	4.5	No	0	No	0	4.5
06/09/14	Perthshire Half Marathon	1h 49m 38s	13	Road	13	No	0	No	0	13
23/11/14	Frostbite Trail Race	31m 49s	4	Trail	6	No	0	No	0	6
14/12/14	Frostbite Series 2	30m 36s	4	Trail	6	Course	5	No	0	11
										96.5
	Training Points	15								
	Marshalling Points	0						Total Points		111.5

Rachel Grieve

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 33m 7s	n/a	Hill	9	No	0	No	0	9
26/06/14	Sandy Slither	50m 48s	6	Trail	9	No	0	No	0	9
14/08/14	Monikie Duathlon	n/a	4.5	Road	4.5	No	0	Age 2	2	6.5
10/09/14	Kingsbarns Fun Run	26m 15s	3.7	Trail	5.5	No	0	1 st	15	20.5
21/09/14	East Neuk 10k	41m 57s	6	Road	6	Distance	10	No	0	16
18/10/14	Camperdown Parkrun	22m 17s	3	Park	6	Distance	10	2 nd	10	26
25/10/14	St Andrews Duathlon		4.5	Road	6	Distance	10	Age 1	3	19
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
06/12/14	East District CC	22m 14	3	CC	4.5	No	0	No	0	4.5

113.5

Training Points
Marshalling Points

3
0

Total Points

116.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	29m 39s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	57m 29s	n/a	Hill	9	No	0	No	0	9
02/02/14	Forfar Mull Terrain Half Marathon	2h 9m 18s	13	Trail	19.5	No	0	No	0	19.5
09/02/14	Frostbite Series 4	34m 58s	4	Trail	6	No	0	No	0	6
16/02/14	Devilla 15k	1h 29m 54s	9	Trail	13.5	No	0	No	0	13.5
23/02/14	Great North West Half Marathon	2h 33m 50s	13	Road	13	No	0	No	0	13
28/02/14	Nightmare Series 1	34m 52s	3.7	Trail	5.5	No	0	No	0	5.5
02/03/14	Smokies 10 miles	1h 28m 46s	10	Road	10	Distance	10	No	0	20
09/03/14	Gartmorn 6	54m 32s	6	Trail	9	No	0	No	0	9
16/03/14	Alloa Half Marathon	2h 15m 30s	13	Road	13	No	0	No	0	13
23/03/14	Loch Katrine Half Marathon	2h 32m 35s	13	Road	13	No	0	No	0	13
28/03/14	Nightmare Series 6	27m 59s	3.7	Trail	5.5	No	0	No	0	5.5
30/03/13	Stroke 10k	51m 40s	6	Road	6	No	0	No	0	6
06/04/14	Tay Ten	1h 25m 59s	10	Road	10	Distance	10	No	0	20
16/04/14	St Andrews 5k	25m 34s	3	Road	3	No	0	No	0	3
19/04/14	Angus Half Marathon	2h 0m 28s	13	Road	13	No	0	No	0	13
24/04/14	Kinross 10k	51m 54s	6	Road	6	No	0	No	0	6
25/04/14	Beveridge Park 5k	24m 44s	3	Road	3	No	0	Age 2	2	5
27/04/14	Balforn 10k	54m 1s	6	Road	6	No	0	No	0	6
30/04/14	Strathkinnes/Blebo	37m 33s	4.5	Road	4.5	No	0	No	0	4.5
04/05/14	Hopetoun House 10k	53m 21s	6	Road	6	No	0	No	0	6
10/05/14	Loch Leven Half Marathon	1h 59m 21s	13	Road	13	No	0	No	0	13
17/05/14	Strathclyde 10k	52m 17s	6	Road	6	No	0	No	0	6
23/05/14	Beveridge Park 5k	24m 19s	3	Road	3	Course	5	Age 3	1	9
25/05/2014	Edinburgh Half Marathon	1h 53m 48s	13	Road	13	No	0	No	0	13
31/05/14	Strathallan 5	41m 41s	5	Road	5	No	0	No	0	5
01/06/14	Chariots of Fire Beach	25m 42s	3	Trail	4.5	No	0	No	0	4.5
08/06/14	Colour me Rad 5k		3	Road	3	No	0	No	0	3
13/06/14	Blackrock 5	38m 28s	5	Trail	7.5	No	0	No	0	7.5
15/06/14	Puffin Billy 1	31m 43s	3	Trail	4.5	No	0	No	0	4.5
19/06/14	Milnathort Dash	43m 44s	5	Road	5	No	0	No	0	5
20/06/2014	Beveridge Park 5k	25m 20s	3	Road	3	No	0	Age 2	2	5
22/06/14	7 Hills of Edinburgh	3h 45m 43s	14	Hill	28	No	0	No	0	28
26/06/14	Sandy Silthier	1h 0m 37s	6	Trail	9	No	0	No	0	9
29/06/14	Fleetwood Sotcs 10k	52m 20s	6	Road	6	No	0	No	0	6
06/07/14	Helping Hearts 5k		3	Road	3	No	0	No	0	3
09/07/14	Newburgh Midweek	39m 15s	4	Trail	6	No	0	No	0	6
12/07/14	St Andrews Parkrun	34m 44s	3	Park	3	No	0	No	0	3
13/07/14	Heart of the Park Challenge	1h 38m 25s	7.5	Trail	11	No	0	No	0	11
18/07/14	Beveridge Park 5k	24m 53s	3	Road	3	No	0	Age 3	1	4
19/07/14	St Andrews Parkrun	38m 25s	3	Park	3	No	0	No	0	3
20/07/14	Dundee Half Marathon	2h 11m 9s	13	Road	13	No	0	No	0	13
26/07/14	St Andrews Parkrun	35m 36s	3	Park	3	No	0	No	0	3
02/08/14	St Andrews Parkrun	35m 38s	3	Park	3	No	0	No	0	3
03/08/14	Donkey Brae	1h 13m 55s	7	Road	7	No	0	No	0	7
05/08/2014	Carnegie Memorial	31m 17s	4	Road	4	No	0	No	0	4
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	35m 37s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	27m 59s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hill Time Trial	15m 33s	1.5	Hill	3	No	0	No	0	3
09/08/14	Tour of Fife Day 4, Giffordtown	30m 24s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	50m 26s	5.5	Trail	8	No	0	No	0	8
17/08/2014	Forfar 10k	1h 1m 40s	6	Road	6	No	0	No	0	6
23/08/2014	Percy Sutton 5k, New York	25m 18s	3	Road	3	No	0	No	0	3
30/08/14	St Andrews Parkrun	33m 31s	3	Park	3	No	0	No	0	3
31/08/14	Barry Buddon Half Marathon	2h 13m 50s	13	Road	13	No	0	No	0	13
03/09/14	Gateside Gallop	45m 12s	4	Trail	6	No	0	No	0	6
06/09/14	Perthshire Half Marathon	2h 3m 5s	13	Road	13	No	0	No	0	13
07/09/14	Puffin Billy 4	30m 44s	3	Trail	4.5	Course	5	No	0	9.5
10/09/14	Kingsbarns Fun Run	37m 0s	3.7	Trail	5.5	No	0	Age 3	1	6.5
13/09/14	Ormeau Parkrun	30m 38s	3	Park	3	No	0	No	0	3
14/09/14	Belfast Half Marathon	2h 24m 12s	13	Road	13	No	0	No	0	13
27/09/14	St Andrews Parkrun	28m 24s	3	Park	3	No	0	No	0	3
05/10/14	Neil McCover Half Marathon	2h 20m 19s	13	Road	13	No	0	No	0	13
11/10/14	St Andrews Parkrun	33m 47s	3	Park	3	No	0	No	0	3
12/10/14	Tuffly Trail Race	59m58s	5.5	Trail	8	No	0	No	0	8
18/10/14	Beat Beethoven 5k	30m 20s	3	Road	3	No	0	No	0	3
25/10/14	St Andrews Parkrun	34m 21	3	Park	3	No	0	No	0	3
01/11/14	St Andrews Parkrun	48m 20s	3	Park	3	No	0	No	0	3
02/11/14	Templeton 10	2h 4m 0s	10	Road	10	No	0	No	0	10
08/11/14	St Andrews Parkrun	26m 47s	3	Park	3	No	0	No	0	3
10/11/14	Gauldry Torch Lit	27m 15s	2.3	Trail	3.5	No	0	No	0	3.5
15/11/14	St Andrews Parkrun	30m 8s	3	Park	3	No	0	No	0	3
23/11/14	Frostbite Trail Race	38m 16s	4	Trail	6	No	0	No	0	6
29/11/14	St Andrews Parkrun	33m 58s	3	Park	3	No	0	No	0	3
06/12/14	Perth Parkrun	27m 45s	3	Park	3	No	0	No	0	3
06/12/14	Perth Santa Dash	34m 0s	3	Road	3	No	0	No	0	3
08/12/14	Torch Lit Tayside	27m 1s	3	Trail	4.5	No	0	No	0	4.5
14/12/14	Santa Clause Bolt, Elie		1	Trail	1.5	No	0	No	0	1.5
14/12/14	Frostbite Series 2	38m 4s	4	Trail	6	Course	5	No	0	11
26/12/14	Boxing Day Handicap Race		1.5	Road	1.5	No	0	No	0	1.5

571.5

Training Points
Marshalling Points15
0

Total Points

586.5

Christine Bowie

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	41m 2	n/a	Hill	9	No	0	No	0	9
22/06/14	7 Hills of Edinburgh	3h 45m 41s	14	Hill	28	No	0	No	0	28
26/06/14	Sandy Slither	59m 49s	6	Trail	9	No	0	No	0	9
05/10/14	Glencoe Marathon	6h 13m 37s	26	Hill	52	No	0	No	0	52
										98
	Training Points	10								
	marshalling Points	0						Total Points		108

Debz Hay

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	2h 22m 21s	n/a	Hill	9	No	0	No	0	9
28/03/14	River Tay Dash Race	27m 30s	5	Hill	10	No	0	No	0	10
29/03/14	Birnam Hill Race	1h 0m 24s	4	Hill	8	No	0	No	0	8
30/03/14	Deuchary Hill Race	2h 42m 11s	11	Hill	22	No	0	No	0	22
03/05/14	Marmot T42 Trail Marathon New Zealand	5h 48m 45s	26	Trail	39	No	0	No	0	39
13/07/14	Heart of the Park Challenge	1h 41m 78s	7.5	Trail	11	No	0	No	0	11
14/08/14	Monikie Duathlon	n/a	4.5	Road	4.5	No	0	Age 2	2	6.5
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
21/09/14	Glen Clova Xtreme Duathlon		8	Hill	16	No	0	No	0	16
05/10/14	Glencoe Marathon	5h 41m 27s	26	Hill	52	Course	5	No	0	57
19/10/14	Antonine Trail Race	2h 26m 56s	14	Trail	21	No	0	No	0	21
01/11/14	Glenogle 33	6h 7m 9s	33	Hill	66	No	0	No	0	66
08/11/14	Glen Clova Half Marathon	2h 10m 40s	13	Road	13	No	0	No	0	13

285.5

Training Points
Marshalling Points

4
0

Total Points

289.5

Nick Fry

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 59m 59s	n/a	Hill	9	No	0	No	0	9
21/06/2014	Largo Law Hill Race	1h 20m 39s	6	Hill	12	No	0	No	0	12
12/08/14	Ceres 8	1h 11m 56s	8	Road	8	Course	5	No	0	13
										34
Training Points		12								
marshalling Points		0						Total Points		46

Dave Nutall

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	34m 36s	n/a	Hill	9	No	0	No	0	9
										9
Training Points		13								
marshalling Points		0						Total Points		22

John Dickson

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points	
12/01/14	Frostbite Series 3	31m 35s	4	Trail	6	No	0	No	0	6	
09/02/14	Frostbite Series 4	34m 55s	4	Trail	6	No	0	No	0	6	
30/04/14	Strathkinnes/Blebo	42m 27s	4.5	Road	4.5	No	0	No	0	4.5	
04/06/2014	Hill of Tarvit	1h 2m 51s	5.5	Hill	11	No	0	No	0	11	
09/07/14	Newburgh Midweek	39m 17s	4	Trail	6	No	0	No	0	6	
14/08/14	Balmullo Trail Race	48m 17s	5	Trail	7.5	No	0	No	0	7.5	
06/09/14	Great North Run	2h 15m 10s	13	Road	13	No	0	No	0	13	
10/09/14	Kingsbarns Fun Run	33m 0s	3.7	Trail	5.5	No	0	No	0	5.5	
										59.5	
Training Points		31									
Marshalling Points		0								Total Points	90.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
01/01/14	Camperdown Parkrun	27m 11s	3	Park	5.5	No	0	No	0	5.5
12/01/14	Monikie Duathlon	20m 8s	2.5	Road	2.5	No	0	Age 1	3	5.5
25/01/14	St Andrews Parkrun	25m 10s	3	Park	3	No	0	No	0	3
½/14	St Andrews Parkrun	26m 40s	3	Park	3	No	0	No	0	3
02/02/14	Forfar Multi Terrain Half Marathon	2h 6m 31s	13	Trail	19.5	No	0	No	0	19.5
08/02/14	St Andrews Parkrun	26m 20s	3	Park	3	No	0	No	0	3
09/02/14	Monikie Duathlon		5	Road	5	No	0	Age 1	3	8
16/02/14	Devilla 15k	1h 29m 54s	9	Trail	13.5	No	0	No	0	13.5
28/02/14	Nightmare Series 1	34m 5s	3.7	Trail	5.5	No	0	No	0	5.5
15/03/14	St Andrews Parkrun	25m 56s	3	Park	3	No	0	No	0	3
05/04/14	St Andrews Parkrun	25m 4	3	Park	3	Course	5	No	0	8
06/04/14	Tay Ten	1h 25m 35s	10	Road	10	Distance	10	No	0	20
27/04/14	BUPA Great Edinburgh Run	1h 29m 37s	10	Road	10	Distance	10	No	0	20
30/04/14	Strathkinnes/Blebo	39m 48s	4.5	Road	4.5	No	0	Age 3	1	5.5
03/05/14	Edinburgh to North Berwick	3h 18m 10s	20	Road	20	No	0	No	0	20
06/05/14	Markinch Mile	6m 47s	1	Road	1	No	0	No	0	1
10/05/14	Loch Leven Half Marathon	1h 57m 57s	13	Road	13	Course	5	No	0	18
25/05/2014	Liverpool Marathon	4h 43m 36s	26	Road	26	Distance	10	No	0	36
01/06/14	Chariots of Fire Beach	25m 21s	3	Trail	4.5	No	0	No	0	4.5
14/06/14	Lochalsh Dirty 30	8h 7m 0s	30	Trail	45	No	0	No	0	45
20/07/14	Dundee Half Marathon	2h 5m 30s	13	Road	13	No	0	No	0	13
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	34m 43s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	29m 16s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	17m 3s	1.5	Hill	3	Course	5	No	0	8
09/08/14	Tour of Fife Day 4, Giffordtown	30m 5s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	51m 38s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	1h 9m 42s	8	Road	8	No	0	Age 3	1	9
14/08/14	Monikie Duathlon	n/a	4.5	Road	4.5	No	0	No	0	4.5
14/09/14	Stirling 10k	51m 57s	6	Road	6	No	0	No	0	6
20/09/14	St Andrews Parkrun	24m 29s	3	Park	3	Course	5	No	0	8
27/09/14	St Andrews Parkrun	24m 53s	3	Park	3	No	0	No	0	3
04/10/14	St Andrews Parkrun	37m 45s	3	Park	3	No	0	No	0	3
05/10/14	Great Scottish Half Marathon	1h 55m 24s	13	Road	13	No	0	No	0	13
02/11/14	Templeton 10	1h 35m 18s	10	Road	10	No	0	No	0	10
08/11/14	Glen Clova Half Marathon	2h 1m 59s	13	Road	13	Course	5	No	0	18
15/11/14	St Andrews Parkrun	25m 29s	3	Park	3	No	0	No	0	3
19/11/14	Nightmare Series	28m 4s	3.5	Trail	5	No	0	No	0	5
25/12/14	st Andrews Parkrun	27m 31s	3	Park	3	No	0	No	0	3

376.5

Training Points
Marshalling Points

9

0

Total Points

385.5

Jim Hogsflesh

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 59m 59s	n/a	Hill	9	No	0	No	0	9
12/08/14	Ceres 8	1h 17m 54s	8	Road	8	Course	5	No	0	13
05/10/14	Glencoe Marathon	7h 15m 18s	26	Hill	52	Course	5	No	0	57
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
										82
Training Points		17								
Marshalling Points		0						Total Points		99

Fiona Mitchell

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
11/05/14	BUPA Womens 10k	1h 5m 27s	6	Road	6	No	0	No	0	6

6

Training Points 0
Marshalling Points 0

Total Points 6

Jim Anderson

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
09/02/2014	Frostbite Trail Race	34m 57s	4	Trail	6	No	0	No	0	6
23/02/2014	Great North West Half Marathon	2h 33m 50s	13	Road	13	No	0	No	0	13
16/03/2014	Alloa Half Marathon	2h 15m 29s	13	Road	13	Distance	10	No	0	23
23/03/14	Loch Katrine Half Marathon	2h 32m 35s	13	Road	13	No	0	No	0	13
15/06/14	Puffin Billy 1	31m 21s	3	Trail	4.5	No	0	No	0	4.5
12/07/14	St Andrews Parkrun	28m 47s	3	Park	3	No	0	No	0	3
26/07/14	St Andrews Parkrun	36m 42s	3	Park	3	No	0	No	0	3
03/08/14	Donkey Brae	1h 13m 55s	7	Road	7	No	0	No	0	7
12/08/14	Ceres 8	1h 18m 54 s	8	Road	8	No	0	No	0	8
17/08/2014	Forfar 10k	1h 1m 41s	6	Road	6	No	0	No	0	6
24/08/14	Puffin Billy 3	31m 23s	3	Trail	4.5	No	0	No	0	4.5
30/08/14	St Andrews Parkrun	33m 34s	3	Park	3	No	0	No	0	3
03/09/14	Gateside Gallop	45m 12s	4	Trail	6	No	0	No	0	6
06/09/14	St Andrews Parkrun	33m 44s	3	Park	3	No	0	No	0	3
07/09/14	Puffin Billy 4	30m 44s	3	Trail	4.5	Course	5	No	0	9.5
10/09/14	Kingsbarns Fun Run	37m 0s	3.7	Trail	5.5	No	0	No	0	5.5
13/09/14	Ormeua Parkrun	30m 39s	3	Park	3	No	0	No	0	3
14/09/14	Belfast Half Marathon	2h 24m 12s	13	Road	13	No	0	No	0	13
27/09/14	St Andrews Parkrun	28m 23s	3	Park	3	Course	5	No	0	8
05/10/14	Neil McCover Half Marathon	2h 20m 19s	13	Road	13	No	0	No	0	13
12/10/14	Tufty Trail Race	59m 58s	5.5	Trail	8	No	0	No	0	8
18/10/14	Beat Beethoven 5k	30m 20s	3	Road	3	No	0	No	0	3
02/11/14	Templeton 10	2h 4m 0s	10	Road	10	No	0	No	0	10
15/11/14	St Andrews Parkrun	30m 8s	3	Park	3	No	0	No	0	3
23/11/14	Frostbite Trail Race	38m 16s	4	Trail	6	No	0	No	0	6
14/12/14	Santa Clause Bolt, Elie		1	Trail	1.5	No	0	No	0	1.5
14/12/14	Frostbite Series 2	38m 4s	4	Trail	6	Course	5	No	0	11

197.5

Training Points
Marshalling Points

5
0

Total Points

202.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	26m 3s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden (2 legs)		n/a	Hill	18	No	0	No	0	18
16/04/14	St Andrews 5k	28m 22s	3	Road	3	No	0	No	0	3
30/04/14	Strathkinnes/Blebo	33m 9s	4.5	Road	4.5	No	0	No	0	4.5
26/06/14	Sandy Slither	1h 1m 52s	6	Trail	9	No	0	No	0	9
09/07/14	Newburgh Midweek	30m 58s	4	Trail	6	No	0	No	0	6
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	29m 1s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	23m 34s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	13m 42s	1.5	Hill	3	No	0	No	0	3
09/08/14	Tour of Fife Day 4, Giffordtown	25m 25s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	42m 16s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	57m 5s	8	Road	8	No	0	No	0	8
14/08/14	Balmullo Trail Race	37m 21s	5	Trail	7.5	No	0	No	0	7.5
03/09/14	Gateside Gallop	29m 50s	4	Trail	6	No	0	No	0	6
06/09/14	Braemar Gathering Hill Race	37m 25s	3.5	Hill	7	No	0	No	0	7
10/09/14	Kingsbarns Fun Run	24m 58s	3.7	Trail	5.5	No	0	Age 2	2	7.5
05/10/14	Glencoe Marathon	4h 30m 5s	26	Hill	52	Course	5	No	0	57
08/11/14	Glen Clova Half Marathon	1h 33m 25s	13	Road	13	No	0	No	0	13
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
22/11/14	Alloa CC	42m 43s	5	CC	7.5	No	0	No	0	7.5
06/12/14	East District CC, Dundee	44m 4s	6	CC	9	No	0	No	0	9
										197.5
Training Points		40								
Marshalling Points		0						Total Points		237.5

George Hay

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 13m 39s	n/a	Hill	9	No	0	No	0	9
28/03/14	River Tay Dash Race	29m 36s	5	Hill	10	No	0	No	0	10
29/03/14	Birnam Hill Race	1h 11m 36s	4	Hill	8	No	0	No	0	8
30/03/14	Deuchary Hill Race	3h 11m 16s	11	Hill	22	No	0	No	0	22
13/04/14	East Fife Triathlon	31m 13	3	Road	3	No	0	No	0	3
03/05/14	Marmot T42 Trail New Zealand	4h 24m 1s	15	Trail	22.5	No	0	No	0	22.5
13/07/14	Heart of the Park Challenge	1h 41m 18s	7.5	Trail	11	No	0	No	0	11
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
21/09/14	Glen Clova Xtreme Duathlon		8	Hill	16	No	0	No	0	16
05/10/14	Glencoe Marathon	7h 15m 19s	26	Hill	52	Course	5	No	0	57
19/10/14	Antonine Trail Race	2h 40m 29s	14	Trail	21	No	0	No	0	21
01/11/14	Glenogle 33	7h 35m 0s	33	Hill	66	No	0	No	0	66
08/11/14	Glen Clova Half Marathon	2h 27m 43s	13	Road	13	No	0	No	0	13
										265.5
	Training Points	1								
	Marshalling Points	0						Total Points		266.5

Susan Hutchison

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
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0

Training Points 0
Marshalling Points 0

Total Points 0

Ewan Davidson

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
27/04/14	Shakespeare Half Marathon	1h37m27s	13	Road	13	No	0	Age 1	3	16
15/06/2014	Hoy Half Marathon	1h 36m 59s	13	Road	13	No	0	Age 1	3	16
06/09/14	St Andrews Parkrun	21m 38s	3	Park	3	No	0	No	0	3
28/09/14	Linlithgow 10k	45m 49s	6	Road	6	No	0	No	0	6
05/10/14	Octoberfest, Cambridge Massachussettes	22m 47s	3.5	Road	3.5	No	0	Age 1	3	6.5
12/10/14	Yarmouth Festival 5k	21m 20s	3	Road	3	No	0	Age 1	3	6
19/10/14	Mount Desert Island Half Marathon	1h 44m 36s	13	Road	13	No	0	Age 1	3	16
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3

72.5

Training Points
Marshalling Points

6
0

Total Points

78.5

Ewan Cameron

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
30/04/14	Strathkinnes/Blebo	35m 15s	4.5	Road	4.5	No	0	No	0	4.5
04/06/2014	Hill of Tarvit	47m 27s	5.5	Hill	11	No	0	No	0	11
26/06/14	Sandy Slither	52m 50s	6	Trail	9	No	0	No	0	9
09/07/14	Newburgh Midweek	33m 41s	4	Trail	6	No	0	No	0	6
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	32m 6s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	25m 52s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	15m 32s	1.5	Hill	3	No	0	No	0	3
09/08/14	Tour of Fife Day 4, Giffordtown	27m 39s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	47m 5s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	1h 2m 51s	8	Road	8	No	0	No	0	8
10/09/14	Kingsbarns Fun Run	28m 49s	3.7	Trail	5.5	No	0	Age 1	3	8.5
16/11/14	Hartley Cup		3	Trail	4.5	No	0	No	0	4.5

77

Training Points
Marshalling Points

24
0

Total Points

101

Neil Smith

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
02/08/14	St Andrews Parkrun	16m 22s	3	Park	3	Distance	10	1 st	15	28
13/09/14	St Andrews Parkrun	16m 9s	3	Park	3	Distance	10	1 st	15	28

28

Training Points 0
Marshalling Points 0

Total Points 28

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Monikie Duathlon	25m 4s	2.5	Road	2.5	No	0	No	0	2.5
25/01/14	Devils Burden	44m 55s	n/a	Hill	9	No	0	No	0	9
02/02/14	Forfar Multi Terrain Half Marathon	2h 29m 30s	13	Trail	19.5	Course	5	No	0	24.5
09/02/14	Monikie Duathlon		5	Road	5	No	0	No	0	5
23/02/2014	Devilla Trail Race	1h 28m 6s	9	Trail	13.5	No	0	No	0	13.5
09/03/14	Gartmorn 6	1h 5m 18s	6	Trail	9	No	0	No	0	9
30/03/14	Lost Trails Race	56m 48s	6	Trail	9	No	0	No	0	9
19/04/14	Normans Law Hill Race	1h 5m 20s	5	Hill	10	No	0	No	0	10
27/04/14	Balmoral Trail Race	3h 4m 56s	15	Trail	22.5	No	0	No	0	22.5
10/05/14	St Andrews Parkrun	29m 47s	3	Park	3	No	0	No	0	3
12/05/14	Cape Wrath 10k	1h 5m 5s	6	Road	6	No	0	No	0	6
13/05/14	Cape Wrath Hill Run	59m 45s	5	Hill	10	No	0	No	0	10
14/05/14	Cape Wrath Durness Challenge	2h 2m 56s	10	Trail	15	No	0	No	0	15
17/05/14	Cape Wrath Marathon	5h 41m 26s	26	Road	26	No	0	No	0	26
31/05/14	St Andrews Parkrun	30m 45s	3	Park	3	No	0	No	0	3
07/06/14	St Andrews Parkrun	30m 47s	3	Park	3	No	0	No	0	3
15/06/14	Puffin Billy 1	32m 46s	3	Trail	4.5	No	0	No	0	4.5
22/06/14	7 Hills of Edinburgh	4h 25m 51s	14	Hill	28	No	0	No	0	28
02/07/14	Bridge of Earn Brig Bash	50m 3s	5	Road	5	No	0	No	0	5
13/07/14	Crieff 10k	1h 10m 3s	6	Road	6	No	0	No	0	6
20/07/14	Puffin Billy 2	34m 00s	3	Trail	4.5	No	0	No	0	4.5
02/08/14	St Andrews Parkrun	30m 3s	3	Park	3	No	0	No	0	3
16/08/14	St Andrews Parkrun	36m 24s	3	Park	3	No	0	No	0	3
31/08/14	Barry Buddon Half Marathon	2h 35m 59s	13	Road	13	No	0	No	0	13
07/09/14	Puffin Billy 4	32m 58s	3	Trail	4.5	No	0	No	0	4.5
10/09/14	Kingsbarns Fun Run	40m 41s	3.7	Trail	5.5	No	0	No	0	5.5
13/09/14	Applecross Duathlon		9	Hill	18	No	0	No	0	18
27/09/14	St Andrews Parkrun	31m 2s	3	Park	3	No	0	No	0	3
28/09/14	Cambo Canter	24m 32s	3	Trail	4.5	No	0	No	0	4.5
05/10/14	Gelncoe Half Marathon	3h 16m 26s	13	Hill	26	No	0	No	0	26
12/10/14	Tufty Trail Race	1h 0m 10s	5.5	Trail	8	No	0	No	0	8
01/11/14	St Andrews Parkrun	29m 55s	3	Park	3	No	0	No	0	3
13/11/14	Tufty 2 Mile Trial	19m 44s	2	Trail	3	No	0	No	0	3
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
23/11/14	Frostbite Trail Race	34m 10s	4	Trail	6	No	0	No	0	6
25/12/14	st Andrews Parkrun	33m 5s	3	Park	3	No	0	No	0	3

325.5

Training Points
marshalling Points

14
0

Total Points

339.5

Allan Galloway

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
01/06/14	Chariots of Fire Beach	28m 46s	3	Trail	4.5	No	0	No	0	4.5
22/06/2014	Glenrothes 10k	58m 29s	6	Road	6	No	0	No	0	6
14/08/14	Ballater Hill Race		2.5	Hill	5	No	0	No	0	5
12/10/14	Tufty Trail Race	54m 1s	5.5	Trail	8	No	0	No	0	8
08/11/14	Glen Clova Half Marathon	2h 11m 36s	13	Road	13	Course	5	No	0	18
23/11/14	Frostbite Trail Race	33m 40s	4	Trail	6	No	0	No	0	6
14/12/14	Frostbite Series 2	33m 7s	4	Trail	6	Course	5	No	0	11

58.5

Training Points
Marshalling Points

9
0

Total Points

67.5

Jacqui Galloway

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 2m 56s	n/a	Hill	9	No	0	No	0	9
09/02/14	Frostbite Series 4	34m 16s	4	Trail	6	No	0	No	0	6
01/06/14	Chariots of Fire Beach	28m 44s	3	Trail	4.5	No	0	No	0	4.5
22/06/2014	Glenrothes 10k	55m 39s	6	Road	6	No	0	No	0	6
14/08/14	Ballater Hill Race		2.5	Hill	5	No	0	No	0	5
12/10/14	Tufty Trail Race	54m 20s	5.5	Trail	8	No	0	No	0	8
08/11/14	Glen Clova Half Marathon	2h 10m 40s	13	Road	13	No	0	No	0	13
										51.5
	Training Points	15								
	Marshalling Points	0						Total Points		66.5

Vhairi Walker

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points	
09/03/14	Gartmorn 6	54m 31s	6	Trail	9	No	0	No	0	9	
16/03/14	Alloa Half Marathon	1h 53m 54s	13	Road	13	Distance	10	No	0	23	
23/03/14	Loch Katrine Half Marathon	2h 0m 41s	13	Road	13	No	0	No	0	13	
16/04/14	St Andrews 5k	26m 18s	3	Road	3	No	0	No	0	3	
19/04/14	Angus Half Marathon	2h 0m 30s	13	Road	13	No	0	No	0	13	
27/04/14	Balfron 10k	54m 17s	6	Road	6	No	0	No	0	6	
10/05/14	Loch Leven Half Marathon	1h 59m 4s	13	Road	13	No	0	No	0	13	
25/05/2014	Edinburgh Half Marathon	1h 52m 55s	13	Road	13	Distance	10	No	0	23	
31/08/14	Barry Buddon Half Marathon	2h 10m 28s	13	Road	13	No	0	No	0	13	
06/09/14	Scottish Half Marathon	2h 6m 38s	13	Road	13	No	0	No	0	13	
21/09/14	Pitlochry 10k	51m 43s	6	Road	6	No	0	No	0	6	
28/09/14	Loch Ness Marathon	4h 24m 30s	26	Road	26	No	0	No	0	26	
05/10/14	Great Scottish Half Marathon	2h 2m 32s	13	Road	13	No	0	No	0	13	
19/10/14	Antonine Trail Race	2h 36m 54s	14	Trail	21	No	0	No	0	21	
01/11/14	Glenogle 33	6h 45m 47s	33	Hill	66	No	0	No	0	66	
										261	
Training Points		0									
Marshalling Points		0							Total Points	261	

Dell Rae

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
22/02/14	Scottish National CC, Falkirk	45m 6s	7.5	CC	11	No	0	No	0	11
16/03/14	Alloa Half Marathon	1h 14m 52s	13	Road	13	Distance	10	No	0	23
13/04/14	London Marathon	2h 44m 43s	26	Road	26	Distance	10	No	0	36
30/04/14	Strathkinnes/Blebo	26m 15s	4.5	Road	4.5	No	0	2 nd	10	14.5
07/05/14	Scottish 5k Edinburgh	16m 38s	3	Road	3	No	0	No	0	3
17/05/14	National Trail Champs	54m 9s	9	Trail	13.5	No	0	No	0	13.5
23/05/14	Beveridge Park 5k	16m 49s	3	Road	3	No	0	1 st	15	18
27/05/14	Ravenscraig 1 Mile	4m 54s	1	Road	1	No	0	1 st	15	16
13/06/14	Blackrock 5	24m 42s	5	Trail	7.5	Course	5	No	0	12.5
22/06/14	Paralympic 5k, Berlin	16m 40s	3	Road	3	Distance	10	1 st	15	28
24/06/14	Ravenscraig 1 Mile	4m 46s	1	Road	1	No	0	3 rd	5	6
13/07/14	Crieff 10k	34m 41s	6	Road	6	No	0	2 nd	10	16
22/07/14	Ravenscraig 1mile	4m 47s	1	Road	1	Distance	10	2 nd	10	21
12/08/14	Ceres 8	44m 8s	8	Road	8	Course	5	3 rd	5	18
19/08/14	Ravenscraig Relay	4m 57s	1	Road	1	No	0	2 nd	10	11
23/08/14	Frank Duffy 10 miles, Dublin	54m 45s	10	Road	10	No	0	No	0	10
14/09/14	Stirling 10k	32m 40s	6	Road	6	Distance	10	No	0	16
21/09/14	East Neuk 10k	33m 18s	6	Road	6	Course	5	2 nd	10	21
05/10/14	Great Scottish Half Marathon	1h 13m 3s	13	Road	13	Distance	10	No	0	23

317.5

Training Points
marshalling Points

0
0

Total Points

317.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	35m 54s	n/a	Hill	9	No	0	No	0	9
16/04/14	St Andrews 5k	19m 45s	3	Road	3	No	0	Age 3	1	4
19/04/14	Normans Law Hill Race	34m 50s	5	Hill	10	No	0	Age 3	1	11
03/05/14	Stuc a Chroin	2h 35m 30s	14	Hill	28	Course	5	No	0	33
24/05/14	Isle of Jura Hill Race	4h 3m 20s	16	Hill	32	Course	5	No	0	37
04/06/2014	Hill of Tarvit	33m 56s	5.5	Hill	11	No	0	3 rd	5	16
26/06/14	Sandy Slither	42m 1s	6	Trail	9	No	0	Age 3	1	10
05/07/14	Glamaig Hill Race	55m 20s	4.5	Hill	9	No	0	Age 2	2	11
03/08/14	Glenshee 9	4h 6m 54s	21	Hill	42	No	0	No	0	42
14/08/14	Balmullo Trail Race	32m 0s	5	Trail	7.5	No	0	Age 1	3	10.5
17/08/2014	Lomonds of Fife Hill Race	1h 36m 36s	10	Hill	20	No	0	No	0	20
03/09/14	Gateside Gallop	26m 20s	4	Trail	6	No	0	Age 2	2	8
06/09/14	Braemar Gathering Hill Race	29m 49s	3.5	Hill	7	No	0	Age 1	3	10
10/09/14	Kingsbarns Fun Run	23m 25s	3.7	Trail	5.5	No	0	Age 3	1	6.5
13/09/14	Applecross Duathlon		9	Hill	18	No	0	No	0	18
04/10/14	Ben Venue Hill Race	1h 23m 19s	8	Trail	12	No	0	Age 2	2	14
13/10/14	Pentland Skyline	2h 55m 41s	16	Hill	32	Course	5	No	0	37
01/11/14	Dumyat Dash	32m 10s	3	Hill	6	No	0	Age 1	3	9
										306
	Training Points	31								
	Marshalling Points	0						Total Points		337

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/04/14	Meanwood Valley Trail Race	54m 55s	7.5	Trail	11	No	0	No	0	11
19/04/14	St Andrews Parkrun	19m 56s	3	Park	3	No	0	No	0	3
27/04/14	BUPA Great Edinburgh Run	1h 7m 14s	10	Road	10	No	0	No	0	10
03/05/14	Fountains Abbey Parkrun	19m 30s	3	Park	3	No	0	Age 1	3	6
10/05/14	Loch Leven Half Marathon	1h 35m 30s	13	Road	13	No	0	No	0	13
17/05/14	St Andrews Parkrun	19m 320s	3	Park	3	No	0	No	0	3
24/05/14	Edinburgh Parkrun	21m 43s	3	Park	3	No	0	No	0	3
25/05/2014	Edinburgh Half Marathon	1h 28m 16s	13	Road	13	Distance	10	No	0	23
01/06/14	Chariots of Fire Beach	20m 16s	3	Trail	4.5	No	0	No	0	4.5
26/06/14	Sandy Slither	43m 53s	6	Trail	9	No	0	No	0	9
05/07/14	St Andrews Parkrun	19m 13s	3	Park	3	Distance	10	3 rd	5	18
12/07/14	St Andrews Parkrun	19m 3s	3	Park	3	Distance	10	Age 1	3	16
02/08/14	St Andrews Parkrun	20m 0s	3	Park	3	No	0	No	0	3
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	27m 59s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	21m 38s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	12m 23s	1.5	Hill	3	No	0	No	0	3
09/08/14	Tour of Fife Day 4, Giffordtown	23m 19s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	39m 13s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	51m 34s	8	Road	8	Course	5	No	0	13
23/08/14	Maribyrnong Parkrun	19m 15s	3	Park	3	No	0	No	0	3
24/08/14	Coburg 10.55k	40m 53s	6.5	Road	6.5	No	0	No	0	6.5
20/09/14	Maribyrnong Parkrun	18m 55s	3	Park	3	Distance	10	2 nd	10	23
04/10/14	Maribyrnong Parkrun	21m 23s	3	Park	3	No	0	No	0	3
11/10/14	Maribyrnong Parkrun	18m 45s	3	Park	3	Distance	10	2 nd	10	23
18/10/14	Maribyrnong Parkrun	20m 1s	3	Park	3	Distance	10	2 nd	10	23
25/10/14	Maribyrnong Parkrun	20m 3s	3	Park	3	No	0	3 rd	5	8
26/10/14	Spring into Shape 10k	37m 44s	6	Road	6	Distance	10	Age 2	2	18
01/11/14	Maribyrnong Parkrun	19m 27s	3	Park	3	No	0	3 rd	5	8
09/11/14	Marysville Half Marathon	1h 41m 7s	13	Road	13	No	0	No	0	13
22/11/14	Maribyrnong Parkrun	18m 40s	3	Park	3	Distance	10	3 rd	5	18
06/12/14	maribyrnong Parkrun	19m 15s	3	Park	3	No	0	2 nd	10	13
20/12/14	maribyrnong Parkrun	18m 39s	3	Park	3	Distance	10	No	0	13

333.5

Training Points 0
 Marshalling Points 0

Total Points 333.5

Pete Nimmo

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	36m 3s	n/a	Hill	9	No	0	No	0	9
										9

Training Points

0

Marshalling Points

0

Total Points

9

Thomas Knox

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	35m 54s	n/a	Hill	9	Course	5	No	0	14
19/04/14	Normans Law Hill Race	35m 53s	5	Hill	10	No	0	No	0	10
26/06/14	Sandy Slither	44m 35s	6	Trail	9	No	0	No	0	9
17/08/2014	Lomonds of Fife Hill Race	1h 58m 23s	10	Hill	20	No	0	No	0	20
03/09/14	Gateside Gallop	35m 45s	4	Trail	6	Course	5	Age 3	1	12
04/10/14	Ben Venue Hill Race	1h 31m 59s	8	Trail	12	No	0	Age 2	2	14
01/11/14	Dumyat Dash	43m 17s	3	Hill	6	No	0	No	0	6
										85
Training Points		2								
Marshalling Points		0						Total Points		87

Allan Gibson

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 41m 52s	n/a	Hill	9	No	0	No	0	9
22/02/14	Scottish National CC, Falkirk	1h 7m 38s	7.5	CC	11	No	0	No	0	11
16/04/14	St Andrews 5k	24m 7s	3	Road	3	No	0	No	0	3
19/04/14	Normans Law Hill Race	45m 59s	5	Hill	10	No	0	No	0	10
30/04/14	Strathkinnes/Blebo	37m 44s	4.5	Road	4.5	No	0	No	0	4.5
15/05/14	Kinnoul Hill Race	39m 37s	4	Hill	8	No	0	No	0	8
04/06/2014	Hill of Tarvit	51m 8s	5.5	Hill	11	No	0	No	0	11
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	27m 20s	4	Trail	6	No	0	2 nd	10	16
07/08/14	Tour of Fife Day 2, Hill of Tarvit	22m 20s	3	Trail	4.5	No	0	3 rd	5	9.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	13m 41s	1.5	Hill	3	Course	5	2 nd	10	18
09/08/14	Tour of Fife Day 4, Giffordtown	25m 1s	4	Road	4	No	0	Age 1	3	7
10/08/14	Tour of Fife Day 5, Strathmiglo	41m 45s	5.5	Trail	8	No	0	Age 2	2	10
18/10/14	East District Cross Country, Stirling		6	CC	9	No	0	No	0	9
10/11/14	Gauldry Torch Lit	22m 38s	2.3	Trail	3.5	No	0	Age 3	1	4.5
06/12/14	East District CC, Dundee	51m 18s	6	CC	9	No	0	No	0	9

139.5

Training Points
Marshalling Points

28
0

Total Points

167.5

Mike Reilly

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	32m 40s	n/a	Hill	9	No	0	No	0	9
05/04/14	St Andrews Parkrun	20m 23s	3	Park	3	No	0	No	0	3
21/06/2014	St Andrews Parkrun	19m 43s	3	Park	3	No	0	No	0	3
10/09/14	Kingsbarns Fun Run	25m 15s	3.7	Trail	5.5	No	0	No	0	5.5
28/09/14	Loch Ness Marathon	3h 27m 42s	26	Road	26	No	0	No	0	26
18/10/14	St Andrews Parkrun	20m 2s	3	Park	3	No	0	No	0	3
02/11/14	Templeton 10	1h 13m 43s	10	Road	10	No	0	No	0	10
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
27/12/14	St Andrews Parkrun	19m 49s	3	Park	3	No	0	No	0	3
										65.5
Training Points		19								
Marshalling Points		0						Total Points		84.5

Tracy Knox

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	38m 2s	n/a	Hill	9	No	0	No	0	9
14/08/14	Balmullo Trail Race	45m 11	5	Trail	7.5	No	0	Age 1	3	10.5
10/09/14	Kingsbarns Fun Run	32m 0s	3.7	Trail	5.5	No	0	Age 2	2	7.5
01/11/14	Dumyat Dash	49m 45s	3	Hill	6	No	0	Age 2	2	8
										35
Training Points		25								
Marshalling Points		0						Total Points		60

Lizzie Knox

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 33m 7s	n/a	Hill	9	No	0	No	0	9
04/06/2014	Hill of Tarvit	58m 2s	5.5	Hill	11	No	0	Age 3	1	12
14/08/14	Balmullo Trail Race	44m 37s	5	Trail	7.5	No	0	Age 1	3	10.5
17/08/2014	Lomonds of Fife Hill Race	2h 16m 1s	10	Hill	20	No	0	No	0	20
03/09/14	Bishop Hill Down Hill Race	5m 48s	1	Hill	2	Course	5	1 st	15	22
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
04/10/14	Ben Venue Hill Race	1h 58m 9s	8	Trail	12	No	0	Age 3	1	13
										93.5
Training Points		13								
marshalling Points		0						Total Points		106.5

Dougie Campbell

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
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0

Training Points

0

Marshalling Points

0

Total Points

0

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
09/02/14	Frostbite Series 4	28m 1s	4	Trail	6	No	0	No	0	6
16/04/14	St Andrews 5k	23m 3s	3	Road	3	No	0	No	0	3
24/04/14	Kinross 10k	46m 38s	6	Road	6	No	0	No	0	6
30/04/14	Strathkinnes/Blebo	35m 19s	4.5	Road	4.5	No	0	No	0	4.5
03/05/14	St Andrews Parkrun	21m 54s	3	Park	3	No	0	No	0	3
07/05/14	Scottish 5k Edinburgh	22m 20s	3	Road	3	No	0	No	0	3
25/05/2014	Edinburgh Half Marathon	1h 39m 3s	13	Road	13	No	0	No	0	13
22/06/2014	Glenrothes 10k	44m 31s	6	Road	6	No	0	No	0	6
03/08/14	Donkey Brae	50m 22s	7	Road	7	No	0	No	0	7
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	30m 18s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	24m 56s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	15m 44s	1.5	Hill	3	No	0	No	0	3
09/08/14	Tour of Fife Day 4, Giffordtown	26m 39s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	44m 30s	5.5	Trail	8	No	0	No	0	8
12/08/14	Ceres 8	1h 0m 46s	8	Road	8	No	0	No	0	8
28/09/14	Loch Ness Marathon	3h 37m 15s	26	Road	26	No	0	No	0	26
19/10/14	Antonine Trail Race	1h 53m 30s	14	Trail	21	No	0	No	0	21
02/11/14	Templeton 10	1h 18m 4s	10	Road	10	No	0	No	0	10
20/12/14	st Andrews Parkrun	21m 25s	3	Park	3	Course	5	No	0	8
27/12/14	St Andrews Parkrun	22m 15s	3	Park	3	No	0	No	0	3

153

Training Points
Marshalling Points

14
0

Total Points

167

Ian Mills

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	1h 21m 39s	n/a	Hill	9	No	0	No	0	9
21/06/2014	Largo Law Hill Race	1h 1m 7s	6	Hill	12	No	0	No	0	12
10/09/14	Kingsbarns Fun Run	25m 1s	3.7	Trail	5.5	No	0	No	0	5.5

26.5

Training Points

9

Marshalling Points

0

Total Points

35.5

Rory Marston

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
19/04/14	St Andrews Parkrun	23m 58s	3	Park	3	No	0	No	0	3
23/08/14	St Andrews Parkrun	21m 43s	3	Park	3	No	0	No	0	3

6

Training Points

0

Marshalling Points

0

Total Points

6

John Marston

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
19/04/14	St Andrews Parkrun	25m 32s	3	Park	3	No	0	No	0	3
05/07/14	St Andrews Parkrun	24m 24s	3	Park	3	No	0	No	0	3
23/08/14	St Andrews Parkrun	26m 8s	3	Park	3	No	0	No	0	3

9

Training Points
Marshalling Points

0
0

Total Points

9

Rosie Knox

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
25/01/14	Devils Burden	50m 15s	n/a	Hill	9	No	0	No	0	9
16/04/14	St Andrews 5k	22m 48s	3	Road	3	Course	5	Age 1	3	11
27/04/14	Lomond Junior Hill Race	43m 21s	3.5	Hill	7	No	0	3 rd	5	12
04/06/2014	Hill of Tarvit	49m 30s	5.5	Hill	11	No	0	Age 2	2	13
14/08/14	Balmullo Trail Race	40m 41s	5	Trail	7.5	No	0	Age 3	1	8.5
03/09/14	Gateside Gallop	31m 40s	4	Trail	6	No	0	Age 2	2	8
06/09/14	Braemar Gathering Hill Race		3.5	Hill	7	No	0	No	0	7
10/09/14	Kingsbarns Fun Run	27m 42s	3.7	Trail	5.5	No	0	3 rd	5	10.5
21/09/14	East Neuk 10k	47m 25s	6	Road	6	Distance	10	No	0	16
01/11/14	Dumyat Dash	46m 51	3	Hill	6	No	0	Age 3	1	7
										102
Training Points		27								
Marshalling Points		0						Total Points		129

Karen Cunningham

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	30m 20s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	57m 29s	n/a	Hill	9	No	0	No	0	9
09/02/14	Frostbite Series 4	32m 16s	4	Trail	6	No	0	No	0	6
15/03/14	St Andrews Parkrun	25m 56s	3	Park	3	No	0	No	0	3
06/05/14	Markinch Mile	7m 8s	1	Road	1	No	0	No	0	1
25/05/2014	Edinburgh Marathon	4h 48m 55s	26	Road	26	No	0	No	0	26
13/06/14	Blackrock 5	41m 18s	5	Trail	7.5	No	0	No	0	7.5
22/06/14	7 Hills of Edinburgh	3h 45m 42s	14	Hill	28	No	0	No	0	28
24/08/14	Puffin Billy 3	29m 27s	3	Trail	4.5	No	0	No	0	4.5
03/09/14	Gateside Gallop	38m 59s	4	Trail	6	No	0	No	0	6
07/09/14	Puffin Billy 4	27m 41s	3	Trail	4.5	Course	5	No	0	9.5
10/09/14	Kingsbarns Fun Run	32m 9s	3.7	Trail	5.5	No	0	Age 3	1	6.5
28/09/14	Loch Ness Marathon	4h 37m 25s	26	Road	26	No	0	No	0	26
10/11/14	Gauldry Torch Lit	27m 15s	2.3	Trail	3.5	No	0	No	0	3.5
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
23/11/14	Frostbite Trail Race	33m 25s	4	Trail	6	No	0	No	0	6
14/12/14	Frostbite Series 2	34m 19s	4	Trail	6	No	0	No	0	6
										157.5
Training Points		23								
Marshalling Points		0						Total Points		180.5

Dave Brisland

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
13/04/14	St Andrews Half Marathon	1h 34m 19s	13	Road	13	No	0	No	0	13
16/04/14	St Andrews 5k	20m 34s	3	Road	3	No	0	No	0	3
25/05/2014	Edinburgh Marathon	3h 34m 48s	26	Road	26	No	0	No	0	26
10/09/14	Kingsbarns Fun Run	25m 51s	3.7	Trail	5.5	No	0	Age 1	3	8.5
27/09/14	St Andrews Parkrun	19m 48s	3	Park	3	Course	5	No	0	8
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3

61.5

Training Points 25
 Marshalling Points 0

Total Points 86.5

June Penman

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
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0

Training Points

0

Marshalling Points

0

Total Points

0

Karen Shepherd

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	31m 41s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	42m 35s	n/a	Hill	9	No	0	No	0	9
16/04/14	St Andrews 5k	28m 22s	3	Road	3	No	0	Age 3	1	4
										19
Training Points		7								
marshalling Points		0						Total Points		26

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
27/04/14	Lomond Junior Hill Race	16m 42s	1.75	Hill	3.5	No	0	No	0	3.5
01/05/14	Tufty Time Trial	16m 59s	2	Trail	3	No	0	No	0	3
27/05/14	Ravenscraig 1 Mile	6m 48s	1	Road	1	No	0	No	0	1
01/06/14	Chariots of Fire Beach		1	Trail	1.5	No	0	No	0	1.5
09/06/14	Mini Tour Beach	8m 51s	1	Trail	1.5	No	0	No	0	1.5
10/06/14	Mini Tour Lomonds	16m 18s	1.5	Hill	3	Course	5	No	0	8
11/06/14	Mini Tour Cuplahills	15m 56s	1	Trail	1.5	No	0	No	0	1.5
12/06/14	Mini Tour Tarvit	9m 21s	1.5	Road	1.5	Course	5	No	0	6.5
13/06/14	Mini Tour Cambo	6m 40s	1	Trail	1.5	Course	5	Age 3	1	7.5
18/06/14	Strawberry Novice 1k	4m 16s		Trail	1	Course	5	3 rd	5	11
18/06/14	Strawberry Novice 2 miles	4m 16s	2	Trail	3	Course	5	2 nd	10	18
20/06/14	Beveridge Park Junior	9m 38s	1.5	Road	1.5	Course	5	1 st	15	21.5
24/09/14	Dairsy Dash School X Country		1	CC	1.5	No	0	1 st	15	16.5
29/10/14	Cairnie Novice Races		3	Trail	4.5	No	0	1 st	15	19.5

120.5

Training Points 0
 Marshalling Points 0

Total Points 120.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/01/14	Frostbite Series 3	28m 28s	4	Trail	6	No	0	No	0	6
25/01/14	Devils Burden	35m 4s	n/a	Hill	9	No	0	No	0	9
30/03/14	Lost Trails Race	45m 30s	6	Trail	9	No	0	No	0	9
13/04/14	St Andrews Half Marathon	2h 8m 0s	13	Road	13	No	0	No	0	13
16/04/14	St Andrews 5k	25m 11s	3	Road	3	No	0	No	0	3
25/04/14	Beveridge Park 5k	24m 46s	3	Road	3	Distance	10	Age 3	1	14
10/05/14	Loch Leven Half Marathon	2h 7m 23s	13	Road	13	Distance	10	No	0	23
25/05/2014	Edinburgh Half Marathon	2h 0m 23s	13	Road	13	Distance	10	No	0	23
15/06/14	Puffin Billy 1	27m 28s	3	Trail	4.5	No	0	No	0	4.5
20/06/2014	Beveridge Park 5k	25m 37s	3	Road	3	No	0	No	0	3
22/06/14	7 Hills of Edinburgh	3h 45m 40s	14	Hill	28	No	0	No	0	28
13/07/14	Crieff 10k	57m 3s	6	Road	6	No	0	No	0	6
18/07/14	Beveridge Park 5k	24m 32s	3	Road	3	Distance	10	Age 2	2	15
20/07/14	Puffin Billy 2	27m 32s	3	Trail	4.5	No	0	Age 1	3	7.5
02/08/14	St Andrews Parkrun	25m 38s	3	Park	3	Course	5	No	0	8
06/08/14	Tour of Fife Day 1, St Andrews Beach Race	35m 57s	4	Trail	6	No	0	No	0	6
07/08/14	Tour of Fife Day 2, Hill of Tarvit	28m 50s	3	Trail	4.5	No	0	No	0	4.5
08/08/14	Tour of Fife Day 3, Up Hell Time Trial	17m 15s	1.5	Hill	3	Course	5	No	0	8
09/08/14	Tour of Fife Day 4, Giffordtown	31m 13s	4	Road	4	No	0	No	0	4
10/08/14	Tour of Fife Day 5, Strathmiglo	52m 31s	5.5	Trail	8	No	0	No	0	8
17/08/2014	Lomonds of Fife Hill Race	2h 42m 39s	10	Hill	20	Course	5	No	0	25
22/08/14	Beveridge Park 5k	25m 4s	3	Road	3	No	0	No	0	3
24/08/14	Puffin Billy 3	27m 20s	3	Trail	4.5	Course	5	Age 3	1	10.5
05/10/14	Giffordtown 5k	25m 51a	3	Road	3	No	0	No	0	3
12/10/14	Tufty Trail Race	50m 34s	5.5	Trail	8	No	0	No	0	8
16/11/14	Hartley Cup		2	Trail	3	No	0	No	0	3
23/11/14	Frostbite Trail Race	31m 50s	4	Trail	6	No	0	No	0	6
14/12/14	Frostbite Series 2	31m 47s	4	Trail	6	No	0	No	0	6

267

Training Points
Marshalling Points

19
0

Total Points

286

Susan Bonellie

06/01/2015

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
23/05/14	Beveridge Park 5k	27m 54s	3	Road	3	No	0	No	0	3

3

Training Points
Marshalling Points

0
0

Total Points

3

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
24/05/2014	St Andrews Parkrun	22m 30s	3	Park	3	No	0	No	0	3
31/05/2014	St Andrews Parkrun	27m 52s	3	Park	3	No	0	No	0	3
09/06/14	Mini Tour Beach	15m 59s	2	Trail	3	No	0	No	0	3
10/06/14	Mini Tour Lomonds	24m 45s	2	Hill	4	No	0	No	0	4
11/06/14	Mini Tour Cuplahills	25m 40s	2	Trail	3	No	0	No	0	3
12/06/14	Mini Tour Tarvit	8m 41s	1.5	Road	1.5	No	0	No	0	1.5
13/06/14	Mini Tour Cambo	20m 10s	3	Trail	4.5	No	0	No	0	4.5
15/06/14	Puffin Billy 1	24m 34s	3	Trail	4.5	No	0	Age 3	1	5.5
21/06/14	St Andrews Parkrun	21m 14s	3	Park	3	Course	5	No	0	8
05/07/14	St Andrews Parkrun	21m 45s	3	Park	3	No	0	No	0	3
19/07/14	St Andrews Parkrun	21m 39s	3	Park	3	No	0	No	0	3
20/07/14	Puffin Billy 2	25m 10s	3	Trail	4.5	No	0	No	0	4.5
26/07/14	St Andrews Parkrun	21m 59s	3	Park	3	No	0	No	0	3
16/08/14	St Andrews Parkrun	22m 30s	3	Park	3	No	0	No	0	3
23/08/14	Edinburgh Parkrun	22m 30s	4	Park	4	Course	5	No	0	9
24/08/14	Puffin Billy 3	24m 9s	3	Trail	4.5	Course	5	No	0	9.5
30/08/14	St Andrews Parkrun	21m 17s	3	Park	3	No	0	No	0	3
07/09/14	Puffin Billy 4	24m 3s	3	Trail	4.5	Course	5	Age 3	1	10.5
10/09/14	Kingsbarns Fun Run	40m 41s	3.7	Trail	5.5	No	0	No	0	5.5
27/09/14	St Andrews Parkrun	21m 3s	3	Park	3	Course	5	No	0	8
12/10/14	Tufty Trail Race	43m 20s	5.5	Trail	8	No	0	Age 1	3	11
18/10/14	Stirling X Country	11m 53s	1.5	CC	2.5	No	0	No	0	2.5
25/10/14	St Andrews Parkrun	21m 46	3	Park	3	No	0	No	0	3
29/10/14	Cairnie Novice Races	12m 31s	2	Trail	3	No	0	3 rd	5	8
02/11/14	Lasswade X Country	13m 52s	2	CC	3	No	0	No	0	3
08/11/14	Campderdown Parkrun	22m 16s	3	Park	3	No	0	No	0	3
15/11/14	St Andrews Parkrun	27m 28s	3	Park	3	No	0	No	0	3
16/11/14	Hartley Cup	6m 35s	1	Trail	1.5	No	0	No	0	1.5
22/11/14	Alloa CC	13m 17s	1.5	CC	2.5	No	0	No	0	2.5
29/11/14	St Andrews Parkrun	22m 6s	3	Park	3	No	0	No	0	3
06/12/14	East District CC	13m 51s	2	CC	3	No	0	No	0	3
20/12/14	st Andrews Parkrun	20m 57s	3	Park	3	No	0	No	0	3
27/12/14	Edinburgh Parkrun	21m 47s	3	Park	3	Course	5	No	0	8

152

Training Points
Marshallng Points

18
0

Total Points

170

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
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0

Training Points
marshalling Points

0
0

Total Points

0

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
12/05/14	Cape Wrath 10k	55m 47s	6	Road	6	No	0	No	0	6
13/05/14	Cape Wrath Hill Run	51m 24s	5	Hill	10	No	0	No	0	10
14/05/14	Cape Wrath Durness Challenge	1h 57m 46s	10	Trail	15	No	0	No	0	15
17/05/14	Cape Wrath Marathon	4h 55m 38s	26	Road	26	No	0	No	0	26
31/05/14	St Andrews Parkrun	26m 27s	3	Park	3	No	0	No	0	3
15/06/14	Puffin Billy 1	28m 29s	3	Trail	4.5	No	0	No	0	4.5
02/07/14	Bridge of Earn Brig Bash	42m 2s	5	Road	5	No	0	No	0	5
05/07/14	St Andrews Parkrun	25m 58s	3	Park	3	No	0	No	0	3
12/07/14	St Andrews Parkrun	27m 50s	3	Park	3	No	0	No	0	3
13/07/14	Crieff 10k	1h 1m 22s	6	Road	6	No	0	No	0	6
20/07/14	Puffin Billy 2	29m 11s	3	Trail	4.5	No	0	No	0	4.5
23/08/14	St Andrews Parkrun	35m 27s	3	Park	3	No	0	No	0	3
06/09/14	St Andrews Parkrun	25m 53s	3	Park	3	No	0	No	0	3
07/09/14	Puffin Billy 4	29m 10s	3	Trail	4.5	No	0	Age 3	1	5.5
11/10/14	St Andrews Parkrun	25m5s	3	Park	3	course	5	No	0	8
08/11/14	St Andrews Parkrun	26m 47s	3	Park	3	No	0	No	0	3

108.5

Training Points
Marshalling Points

0
0

Total Points

108.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
20/07/14	Dundee Half Marathon	2h 11m 6s	13	Road	13	No	0	No	0	13
31/08/14	Barry Buddon Half Marathon	2h 13m 48s	13	Road	13	No	0	No	0	13
03/09/14	Gateside Gallop	41m 32s	4	Trail	6	No	0	No	0	6
10/09/14	Kingsbarns Fun Run	33m 37s	3.7	Trail	5.5	No	0	Age 1	3	8.5
21/09/14	East Neuk 10k	52m 38s	6	Road	6	No	0	No	0	6
28/09/14	Loch Ness Marathon	4h 38m 36s	26	Road	26	No	0	No	0	26
05/10/14	Great Scottish Half Marathon	2h 2m 32s	13	Road	13	No	0	No	0	13
12/10/14	Tufty Trail Race	52m 37s	5.5	Trail	8	No	0	No	0	8
19/10/14	Antonine Trail Race	2h 36m 53s	14	Trail	21	No	0	No	0	21
01/11/14	Glen Ogle 33	6h 45m 49s	33	Trail	49.5	No	0	No	0	49.5
10/11/14	Gauldry Torch Lit	27m 15s	2.3	Trail	3.5	No	0	No	0	3.5
13/11/14	Tufty Time Trail	16m 38s	2	Trail	3	No	0	No	0	3
15/11/14	St Andrews Parkrun	26m 8s	3	Park	3	Course	5	No	0	8
06/12/14	Perth Parkrun	27m 45s	3	Park	3	No	0	No	0	3
06/12/14	Perth Santa Dash	34m 0s	3	Road	3	No	0	No	0	3

184.5

Training Points
Marshalling Points

0
0

Total Points

184.5

Date	Race	Time	Distance	Race Type	Distance Points	Personal Best	PB Points	Placing	Placing Points	Total Race Points
06/07/14	Helping Hearts 5k		3	Road	3	No	0	No	0	3
13/07/14	St Andrews Parkrun	34m 41s	3	Park	3	No	0	No	0	3
27/07/14	St Andrews Parkrun	35m 34s	3	Park	3	No	0	No	0	3
02/08/14	St Andrews Parkrun	35m 38s	3	Park	3	No	0	No	0	3
09/08/14	St Andrews Parkrun	33m 36s	3	Park	3	Distance	10	No	0	13
30/08/14	St Andrews Parkrun	33m 27s	3	Park	3	Distance	10	No	0	13
06/09/14	St Andrews Parkrun	33m 43s	3	Park	3	No	0	No	0	3
11/10/14	St Andrews Parkrun	33m 44s	3	Park	3	No	0	No	0	3
19/10/14	Beat Beethoven 5k	30m 20s	3	Road	3	No	0	No	0	3
25/10/14	St Andrews Parkrun	33m 57s	3	Park	3	No	0	No	0	3

50

Training Points
Marshalling Points

1
0

Total Points

51