

000000Points List

Name	Miles	Races	Distance Points	PB's	PB Points	Placings	Placing Points	Total Points
Gordon Halliday	403	36	403	2	10	5	12	425
Angela Small	316	36	316	3	15	0	0	331
Yvonne Dehn	227	34	227	17	100	1	1	328
Eck Anderson	249	28	249	8	40	1	2	291
Dell Rae	125	18	125	4	30	11	117	272
Ailsa Cruickshanks	92	28	91	6	40	13	95	227
Colin McKie	172	57	172	3	20	11	32	224
Fiona Cruickshanks	162	40	162	7	40	8	23	222
Jane Anderson	221	41	221	0	0	0	0	221
Bill Simpson	180	54	180	2	5	13	31	213
Tich Shaw	155	30	155	2	10	10	22	187
Jaz Hay	148	21	148	4	30	0	0	178
Bill Hutchison	153	5	153	2	10	4	10	173
Susan Penman	127	15	127	5	40	1	2	169
Sharon Brown	143	22	143	3	25	0	0	168
Johnny Knox	132	16	132	0	0	14	35	167
Carole Fraser	130	31	130	2	10	1	1	141
Jas Baillie	119	21	119	3	15	1	3	137
Pamela Cruickshanks	116	24	116	1	5	4	7	128
Duncan Hall	115	11	115	1	10	0	0	125
Tracy Chalmers	114	34	114	1	5	0	0	119
Jackie Galloway	106	31	105	1	5	3	5	116
Allan Galloway	105	9	105	1	5	0	0	110
Hazel Bradley	91	12	91	1	5	5	15	108
Mike Reilly	103	9	100	0	0	1	1	101
Elise Methven	72	11	72	2	20	2	4	96
Rosie Knox	40	9	40	2	15	7	32	87
Stuart McKenzie	73	15	73	2	10	1	1	84
Ewan Cameron	70	18	70	2	10	0	0	80
Karen Cunningham	65	10	65	2	15	0	0	80
Debz Hay	76	8	76	0	0	1	1	77
George Findlay	64	14	64	1	5	2	5	74
Thomas Knox	54	8	54	3	15	1	5	74
Sarah Gerson	69	19	67	0	0	1	5	72

000000Points List

George Hay	67	9	67	0	0	0	0	67
Rachael Grieve	26	4	26	3	30	1	10	66
David Brisland	48	5	48	2	15	1	2	65
Ross Vanderwert	63	15	63	0	0	0	0	63
Davie Burgess	59	9	59	0	0	1	2	61
Alice Hall	43	8	43	2	10	4	7	60
Chris Broome	60	11	60	0	0	0	0	60
David Patterson	57	19	57	0	0	0	0	57
Ronan McKinstry	31	9	31	2	10	6	11	52
Christine Bowie	49	3	49	0	0	1	1	50
Neil Smith	40	5	40	1	10	0	0	50
Gordon Mathieson	34	6	34	0	0	1	15	49
Ewan Davidson	44	5	44	0	0	1	2	46
Lizzie Knox	8	3	8	1	5	2	30	43
Jim Hogsflesh	31	6	31	2	10	0	0	41
Tracy Knox	31	5	31	1	5	1	1	37
Ian Mills	25	3	25	1	5	2	5	35
Dave Nuttall	33	11	33	0	0	0	0	33
Liam McMonagle	20	4	20	1	5	0	0	25
Allan Gibson	18	4	18	0	0	1	1	19
Nick Fry	13	2	13	1	5	0	0	18
Catriona Duncan	17	5	17	0	0	1	1	18
Jennifer Gallagher	14	3	14	0	0	0	0	14
Jeff Taylor	12	4	12	0	0	0	0	12
Jim Anderson	9	3	9	0	0	0	0	9
Ewan Lumsden	6	2	6	0	0	0	0	6
Gordon Taylor	3	1	3	0	0	0	0	3

2015		AILS A CRUICKSHANKS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				92	28	91	6	40	13	95	227	
Training Points				Road: 8	Trail: 11		Course: 4	Age Course: 0		1st: 3	Age 1st: 5	
				Track: 5			Distance: 2			2nd: 2		
Marshalling Points				Hill: 2	Age Dist: 0		Age Dist: 0		3rd: 3	Age 2nd: 0		
									Age 3rd: 0			
			h:mm:ss			Miles						
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	3rd Jan	National Champs 3000m	11.06	2.0	Road	2		0	0	2		
2	10th Jan	Edin Cross Country 4k	20.01	2.0	Trail	2		0	0	2		
3	24th Jan	Devils Burdens	32.33	5.0	Trail	5		0	0	5		
4	14th Feb	Kirkcaldy Parkrun	21.03	3.0	Road	3		0	0	3		
5	7th Mar	Scottish XC Champs	18.46	3.0	Trail	3		0	3rd	5	8	
6	21st Mar	Kirkcaldy Parkrun	19.38	3.0	Road	3		0		0	3	
7	22nd Mar	Lost Trails Falkland	41.25	5.0	Trail	5		0	3rd	5	10	
8	28th Mar	Kirkcaldy Parkrun	20.35	3.0	Road	3		0		0	3	
9	15th April	Strath/Blebo	30.41	4.0	Trail	4		0	Age 1st	3	7	
10	2nd May	Kirkcaldy Parkrun	20.39	3.0	Road	3		0		0	3	
11	23rd May	Kirkcaldy Parkrun	20.30	3.0	Road	3		0		0	3	
12	3rd June	Hill of tarvit	41.52	5.0	Hill	5	Course	5	Age 1st	3	13	
13	9th June	Fife 1500m Pitreavie		1.0	Track	1			1st	15	16	
14	12th June	S S 1500m Grangemouth	5.31	1.0	Track	1			1st	15	16	
15	13th June	S S 3000m Grangemouth	11.08	2.0	Track	2				0	2	
16	17th June	Haddies 4x400m Relay		1.0	Track					0	1	
17	21st June	Glenrothes 10k	43.07	6.0	Road	6		0		0	6	

18	2nd July	Sandy Slither	45.33	6.0	Trail	6		0	2nd	10	16
19	8th July	Newburgh	30.08	4.0	Trail	4	Course	5	Age 1st	3	12
20	29th July	TOF 1 Chariots	26.30	4.0	Trail	4	Course	5	Age 1st	3	12
21	1st Aug	Inter 1500m Steeplechase	5.19	1.0	Track	1	Distance	10	2nd	10	21
22	2nd Aug	TOF 5 Mega Monimail	33.41	4.0	Trail	4		0		0	4
23	5th Sept	St Andrews Parkrun	20.09	3.0	Road	3		0		0	3
24	9th Sept	Kingbarns	25.15	4.0	Trail	4	Course	5	1st	15	24
25	19th Sept	World Mountain Champs	24.40	3.0	Hill	3		0	3rd	5	8
26	27th Sept	East Neuk 10k	40.49	6.0	Trail	6	Distance	10	Age 1st	3	19
27	8th Nov	Hartley Cup Relays	5:50 5:57	2.0	Trail	2		0		0	2
28	5th Dec	Highbury Parkrun London	22:31	3.0	Road	3		0		0	3

2015		ALICE HALL									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				43	8	43	2	10	4	7	60
Training Points Marshalling Points				Road: 0			Course: 2		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 5			Age Course: 0		3rd: 0		
				Hill: 2			Age Distance: 0		Age 1st: 0		
									Age 2nd: 3		
									Age 3rd: 1		
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	24th Jan	Devils Burden	1.15.05	5.0	Trail	5		0		0	5
2	15th April	Strath/Blebo	36.36	4.0	Trail	4	Course	5	Age 2nd	2	11
3	21st June	Seven Hills	3.25.24	14.0	Hill	14	Course	5		0	19
4	2nd July	Sandy Slither	56.36	6.0	Trail	6		0		0	6
5	29th July	TOF 1 Chariots	33.27	4.0	Trail	4		0	Age 2nd	2	6
6	30th July	TOF 2 Hill of Tarvit	28.13	3.0	Hill	3		0	Age 2nd	2	5
7	1st Aug	TOF 4 Cambo estate	36.22	4.0	Trail	4		0	Age 3rd	1	5
8	28th Nov	Kirkcaldy Parkrun	38.47	3.0	Road	3		0		0	3

2015		ALLAN GALLOWAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				105	9	105	1	5	0	0	110	
Training Points				Road: 2			Course: 1			1st: 0		
				Track: 0			Dist: 0			2nd: 0		
				Trail: 6			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 0		
				Marshalling Points						Age 2nd: 0		
									Age 3rd: 0			
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	12th Jan	Kennoway Torchlit	39.50	4.0	Trail	4		0		0	4	
2	24th Jan	Devils Burden	2.16.33	5.0	Trail	5		0		0	5	
3	30th Jan	Nightmare West Wemyss		4.0	Trail	4		0		0	4	
4	8th Feb	Frostbite Falkland	32.32	3.0	Trail	3	Course	5		0	8	
5	4th April	G 2 E Ultra	11.30.00	55.0	Trail	55		0		0	55	
6	15th April	Strath/Blebo	40.48	4.0	Trail	4		0		0	4	
7	14th July	Ravenscraig 1mile	10.01	1.0	Road	1		0		0	1	
8	27th Sept	Loch Ness Marathon	5.04.55	26.0	Road	26		0		0	26	
9	28th Nov	Kirkcaldy Parkrun	38.43	3.0	Road	3		0		0	3	

2015		ALLAN GIBSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				18	4	18	0	0	1	1	19
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 3			Age Course: 0		3rd: 0		
				Hill: 0			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 1		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	12th Jan	Kennoway Torchlit	32.35	4.0	Trail	4		0	Age 3rd	1	5
2	24th Jan	Devils Burden	1.42.36	5.0	Trail	5		0		0	5
3	9th Sept	Kingbarns	31.17	4.0	Trail	4		0		0	4
4	21st Nov	East District XC Alloa	51.53	5.0	Trail	5		0		0	5

2015		ANGELA SMALL									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				316	36	316	3	15	0	0	331
Training Points Marshalling Points				Road: 15		Course: 2		1st: 0			
				Track: 1		Distance: 0		2nd: 0			
				Trail: 14		Age Course: 0		3rd: 0			
				Hill: 0		Age Dist: 0		Age 1st: 0			
								Age 2nd: 0			
								Age 3rd: 0			
			h:mm:ss	Miles							
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	12th Jan	Kennoway Torchlit	35.54	4.0	Road	4		0		0	4
2	24th Jan	Devils Burden	54.14	5.0	Trail	5		0		0	5
3	7th Feb	St Andrews Parkrun	33.23	3.0	Trail	3		0		0	3
4	30th Jan	Nightmare West Wemyss		4.0	Trail	4		0		0	4
5	14th Feb	Kirkcaldy Parkrun	35.46	3.0	Road	3		0		0	3
6	21st Feb	St Andrews Parkrun	33.54	3.0	Trail	3		0		0	3
7	1st Mar	Smokies 10	1.43.22	10.0	Road	10		0		0	10
8	15th Mar	Alloa Half	2.11.10	13.0	Road	13		0		0	13
9	22nd Mar	Loch Katrine Half	2.10.40	13.0	Road	13		0		0	13
10	5th April	Easter 10k Beecraigs	59.00	6.0	Trail	6		0		0	6
11	12th April	Angus Half	2.06.42	13.0	Road	13		0		0	13
12	18th April	St Andrews Parkrun	35.19	3.0	Trail	3		0		0	3
13	2nd May	St Andrews Parkrun	24.30	3.0	Road	3		0		0	3
14	9th May	Loch Leven Half	2.01.32	13.0	Road	13		0		0	13
15	7th June	Strathearn Marathon	5.01.37	26.0	Road	26		0		0	26
16	17th June	Haddies 4x400m relays		1.0	Track	1		0		0	1
17	21st June	Glenrothes 10k	57.58	6.0	Road	6		0		0	6

18	24th July	DW 1 Nutcracker	50.24	5.0	Trail	5		0		0	5
19	25th July	DW 2 Psycho Skwerl Splash	51.49	5.0	Trail	5		0		0	5
20	26th July	DW 3 Skull Mountain	44.15	5.0	Trail	5		0		0	5
21	1st Aug	Devil O The Highlands	9.54.56	42.0	Trail	42		0		0	42
22	9th Aug	Forth Road Bridge 10k	56.45	6.0	Road	6		0		0	6
23	2nd Sept	Gateside Gallop	38.43	4.0	Trail	4	Course	5		0	9
24	5th Sept	St Andrews Parkrun	26.27	3.0	Road	3		0		0	3
25	9th Sept	Kingbarns	35.29	4.0	Trail	4		0		0	4
26	13th Sept	Great North Run Half	2.11.09	13.0	Road	13		0		0	13
27	20th Sept	Cumbernauld 10k	53.39	6.0	Road	6		0		0	6
28	27th Sept	East Neuk 10k	1.21.56	6.0	Trail	6		0		0	6
29	11th Oct	Yorkshire Marathon	4.41.01	26.0	Road	26		0		0	26
30	18th Oct	Antonine Wall Trail Race	2.28.42	14.0	Trail	14	Course	5		0	19
31	24th Oct	National XC Cumbernauld	22.07	2.0	Trail	2		0		0	2
32	30th Oct	Nightmare Heatherhall	38.21	4.0	Trail	4		0		0	4
33	29th Oct	GTC Halloween 5k	28.30	3.0	Road	3		0		0	3
34	7th Nov	Glenogle 33	6:36:45	33.0	Road	33	Course	5		0	38
35	6th Dec	Frostbite 2.5k	41.14	3.0	Trail	3		0		0	3
36	12th Dec	Santa Dash Perth 5k	28.00	3.0	Road	3		0		0	3

2015		BILL HUTCHISON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				153	5	153	2	10	4	10	173	
Training Points				Road: 0			Course: 2			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 5			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 2		
Marshalling Points								Age 2nd: 2				
								Age 3rd: 0				
			h:mm:ss	Miles								
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	15th April	Strath/Blebo	30.34	4.0	Trail	4		0	Age 2nd	2	6	
2	6th May	FAC St Andrews 5k	19.21	3.0	Trail	3		0	Age 2nd	2	5	
3	18th July	Clydestride Ultra	5.50.52	40.0	Trail	40	Course	5	Age 1st	3	48	
4	5th Sept	Glenmore 24hr	20.00.00	100.0	Trail	100	Course	5		0	105	
5	11th Oct	Tufty Trail Falkland	37.31	6.0	Trail	6		0	Age 1st	3	9	

2015		BILL SIMPSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				180	54	180	2	5	13	31	213
Training Points Marshalling Points				Road: 24	Track: 0	Trail: 19	Hill: 3	Course: 2	Distance: 0	Age Course: 0	Age Dist: 0
				1st: 0	2nd: 0	3rd: 0	Age 1st: 8	Age 2nd: 1	Age 3rd: 3		
			h:mm:ss	Miles							
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	11th Jan	Frostbite 3 Falkland	29.20	3.0	Trail	3		0	Age 1st	3	6
2	12th Jan	Kennoway Torchlit	29.04	4.0	Road	4		0	Age 1st	3	7
3	30th Jan	Nightmare West Wemyss		4.0	Trail	4		0		0	4
4	8th Feb	Frostbite 4 Falkland	27.57	3.0	Trail	3	Course	5	Age 1st	3	11
5	14th Feb	Kirkcaldy Parkrun	22.27	3.0	Road	3		0		0	3
6	21st Feb	Kirkcaldy Parkrun	22.45	3.0	Road	3		0		0	3
7	27th Feb	Nightmare Coull Den		4.0	Trail	4		0		0	4
8	28th Feb	Cupar 5	35.39	5.0	Road	5		0		0	5
9	7th Mar	Kirkcaldy Parkrun	22.32	3.0	Road	3		0		0	3
10	14th Mar	Kirkcaldy Parkrun	22.23	3.0	Road	3		0		0	3
11	21st Mar	Kirkcaldy Parkrun	22.08	3.0	Road	3		0		0	3
12	22nd Mar	Lost Trails Falkland	45.57	5.0	Trail	5		0	Age 1st	3	8
13	27th Mar	Nightmare Hill of Tarvit	25.11	3.0	Hill	3					
14	28th Mar	Kirkcaldy Parkrun	22.22	3.0	Road	3		0		0	3
15	31st Mar	Ravensraig 2mile	13.47	2.0	Road	2		0	Age 3rd	1	3
16	11th April	Kirkcaldy Parkrun	22.22	3.0	Road	3		0		0	3
17	15th April	Strath/Blebo	33.51	4.0	Trail	4		0		0	4

18	17th April	Beveridge Park 5k	21.45	3.0	Road	3		0	Age 1st	3	6
19	18th April	Kirkcaldy Parkrun	21.55	3.0	Road	3		0		0	3
20	25th April	St Andrews Parkrun	21.46	3.0	Trail	3		0		0	3
21	28th April	Ravenscraig 1 mile	6.34	1.0	Road	1		0	Age 1st	3	4
22	20th June	St Andrews Parkrun	25.16	3.0	Trail	3		0		0	3
23	25th June	Milnathort Dash	39.25	5.0	Trail	5		0		0	5
24	28th June	Benarty Trail Race	38.02	5.0	Hill	5		0	Age 2nd	2	7
25	2nd July	Sandy Slither	51.30	6.0	Trail	6		0	Age 3rd	1	7
26	8th July	Newburgh	31.41	4.0	Trail	4	Course	0		0	4
27	11th July	Kirkcaldy Parkrun	23.25	3.0	Road	3		0		0	3
28	17th July	Beveridge Park 5k	21.51	3.0	Road	3		0	Age 1st	3	6
29	18th July	Kirkcaldy Parkrun	22.42	3.0	Road	3		0		0	3
30	29th July	TOF 1 Chariots	30.20	4.0	Trail	4		0		0	4
31	30th July	TOF 2 Hill of Tarvit	25.15	3.0	Hill	3		0		0	3
32	31st July	TOF 3 Uphell TT	14.19	1.0	Road	1		0	Age 1st	3	4
33	1st Aug	TOF 4 Cambo Estate	33.00	4.0	Trail	4		0		0	4
34	2nd Aug	TOF 5 Mega Monimail	35.37	4.0	Trail	4		0		0	4
35	18th Aug	Ravenscraig Relay	6.42	1.0	Road	1		0		0	1
36	22nd Aug	St Andrews Parkrun	22.24	3.0	Trail	3		0		0	3
37	2nd Sept	Gateside Gallop	34.11	4.0	Trail	4		0		0	4
38	5th Sept	St Andrews Parkrun	22.05	3.0	Road	3		0		0	3
39	9th Sept	Kingbarns	28.31	4.0	Trail	4		0		0	4
40	12th Sept	Kirkcaldy Parkrun	23.16	3.0	Road	3		0		0	3
41	19th Sept	Kirkcaldy Parkrun	23.15	3.0	Road	3		0		0	3
42	26 th Sept	Kirkcaldy Parkrun	22.48	3.0	Road	3		0		0	3
43	3rd Oct	St Andrews Parkrun	21.53	3.0	Road	3		0		0	3
44	10th Oct	Kirkcaldy Parkrun	22.24	3.0	Road	3		0		0	3
45	11th Oct	Tufty Trail Falkland	43.56	6.0	Trail	6		0	Age 3rd	1	7
46	17th Oct	St Andrews Parkrun	21.43	3.0	Trail	3		0		0	3
47	31st Oct	St Andrews Parkrun	23.11	3.0	Trail	3		0		0	3
48	30th Oct	Nightmare Heatherhall	32.15	4.0	Trail	4		0		0	4

49	7th Nov	St Andrews Parkrun	22:25	3.0	Trail	3		0		0	3
50	14th Nov	St Andrews Parkrun	22:27	3.0	Trail	3		0		0	3
51	28th Nov	St Andrews Parkrun	23.44	3.0	Trail	3		0		0	3
52	5th Dec	St Andrews Parkrun	23.20	3.0	Trail	3		0		0	3
53	6th Dec	Frostbite 2 5 k	34.50	3.0	Trail	3		0	Age 2nd	2	5
54	12th Dec	Kirkcaldy Parkrun	23:06	3.0	Road	3		0		0	3

2015		CAROLE FRASER										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				130	31	130	2	10	1	1	141	
Training Points				Road: 5			Course: 2			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 23			Age Course: 0			3rd: 0		
				Hill: 2			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 1				
			h:mm:ss	Miles								
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	1st Jan	Resolution Run Falkland	38.08	4.0	Trail	4		0		0	4	
2	3rd Jan	St Andrews Parkrun	30.55	3.0	Trail	3		0		0	3	
3	11th Jan	Frostbite 3 Falkland	39.44	3.0	Trail	3			Age 3rd	1	4	
4	12th Jan	Kennoway Torchlit	46.56	4.0	Road	4		0		0	4	
5	24th Jan	Devils Burden	48.13	5.0	Trail	5		0		0	5	
6	8th Feb	Frostbite 4 Falkland	37.50	3.0	Trail	3		0		0	3	
7	27th Feb	Nightmare Coull Den		4.0	Trail	4		0		0	4	
8	22nd Mar	Lost Trails Falkland	1.04.54	5.0	Trail	5		0		0	5	
9	11th April	Kirkcaldy Parkrun	30.14	3.0	Road	3		0		0	3	
10	6th May	FAC St Andrews 5k	31.13	3.0	Trail	3	Course	5		0	8	
11	9th May	St Andrews Parkrun	30.22	3.0	Trail	3		0		0	3	
12	11th May	Cape Wrath 10k	1.05.36	6.0	Trail	6		0		0	6	
13	12th May	Cape Wrath Hill Run	1.01.59	5.0	Hill	5		0		0	5	
14	13th May	Cape Wrath Durness Run	1.09.01	6.0	Trail	6		0		0	6	
15	23rd May	Kirkcaldy Parkrun	30.39	3.0	Road	3		0		0	3	
16	29th May	Mega Monimail Marvel	54.17	4.0	Trail	4		0		0	4	
17	28th June	Benarty Trail	52.40	5.0	Trail	5		0		0	5	

18	8th July	Newburgh	44.56	4.0	Trail	4		0		0	4
19	24th July	DW 1 Nutcracker	57.06	5.0	Trail	5		0		0	5
20	25th July	DW 2 Psycho Skwerl Splash	1.00.11	5.0	Trail	5		0		0	5
21	26th July	DW 3 Skull Mountain	54.15	5.0	Trail	5		0		0	5
22	29th July	TOF 1 Chariots	41.07	4.0	Trail	4		0		0	4
23	30th July	TOF 2 Hill of Tarvit	35.52	3.0	Hill	3		0		0	3
24	31st July	TOF 3 Uphell TT	20.33	1.0	Road	1		0		0	1
25	1st Aug	TOF 4 Cambo Estate	46.18	4.0	Trail	4		0		0	4
26	2nd Aug	TOF 5 Mega Monimail	51.56	4.0	Trail	4		0		0	4
27	9th Aug	Forth Road Bridge 10k	1.05.36	6.0	Road	6		0		0	6
28	2nd Sept	Gateside Gallop	46.37	4.0	Trail	4		0		0	4
29	9th Sept	Kingbarns	43.02	4.0	Trail	4		0		0	4
30	27th Sept	East Neuk 10k	1.01.38	6.0	Trail	6	Course	5		0	11
31	11th Oct	Tufty Trail Falkland	58.27	6.0	Trail	6		0		0	6

2015		CATRIONA DUNCAN									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				17	5	17	0	0	1	1	18
Training Points Marshalling Points				Road: 2	Track: 0	Trail: 2	Course: 0		1st: 0		
				Hill: 0			Distance: 0		2nd: 0		
							Age Course: 0		3rd: 0		
							Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 1		
			h:mm:ss	Miles							
Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	15th April	40.06	4.0	Trail	4		0	Age 3rd	1	5	
2	13th June	26.37	3.0	Road	3		0		0	3	
3	11th July	26.07	3.0	Road	3		0		0	3	
4	2nd Sept	40.55	4.0	Trail	4		0		0	4	
5	31st Oct	26.13	3.0	Trail	3		0		0	3	

2015		CHRIS BROOME										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				60	11	60	0	0	0	0	60	
Training Points				Road: 0			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 8			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
				Marshalling Points						Age 2nd: 0		
									Age 3rd: 0			
			h:mm:ss	Miles								
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	11th Jan	Frostbite 3 Falkland	32.03	3.0	Trail	3		0		0	3	
2	24th Jan	Devils Burden	1.42.36	5.0	Trail	5		0		0	5	
3	22nd Mar	Lost Trails Falkland	59.19	5.0	Trail	5		0		0	5	
4	26th April	Balmoral Trail Race	2.23.57	15.0	Trail	15		0		0	15	
5	3rd June	Hill of Tarvit	52.18	5.0	Hill	5		0		0	5	
6	24th July	DW 1 Nutcracker	44.26	5.0	Trail	5		0		0	5	
7	25th July	DW 2 Psycho Skwerl Splash	46.32	5.0	Trail	5		0		0	5	
8	26th July	DW 3 Skull Mountain	41.39	5.0	Trail	5		0		0	5	
9	11th Oct	Tufty Trail Falkland	47.23	6.0	Trail	6		0		0	6	
10	22nd Nov	Frostbite 1.5k	31.45	3.0	Trail	3		0		0	3	
11	6th Dec	Frostbite 2.5 k	35.52	3.0	Trail	3		0		0	3	

2015		CHRISTINE BOWIE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				49	3	49	0	0	1	1	50
Training Points Marshalling Points				Road: 0		Course: 0		1st: 0			
				Track: 0		Distance: 0		2nd: 0			
				Trail: 2		Age Course: 0		3rd: 0			
				Hill: 1		Age Dist: 0		Age 1st: 0			
								Age 2nd: 0			
								Age 3rd: 1			
			h:mm:ss	Miles							
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
	24th Jan	Devils Burden	40.39	5.0	Trail	5		0		0	5
1	16th May	Goatfell Hill Race	2.22.33	10.0	Hill	10		0	Age 3rd	1	11
2	28th June	Ultimate Trails Lake District	9.48.53	34.0	Trail	34		0		0	34

2015		COLIN McKIE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				172	57	172	3	20	11	32	224
Training Points Marshalling Points				Road: 12			Course: 2		1st: 0		
				Track: 1			Distance: 1		2nd: 0		
				Trail: 32			Age Course: 0		3rd: 2		
				Hill: 2			Age Dist: 0		Age 1st: 2		
									Age 2nd: 3		
									Age 3rd: 1		
			h:mm:ss	Miles							
	Date	Race	Time	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	3rd Jan	St Andrews Parkrun	23.22	3.0	Trail	3		0		0	3
2	10th Jan	St Andrews Parkrun	23.33	3.0	Trail	3		0		0	3
3	17th Jan	East District XC Broxburn	12.35	2.0	Trail	2		0		0	2
4	12th Jan	Kennoway Torchlit	29.52	4.0	Trail	4		0	Age 2nd	2	6
5	24th Jan	Devils Burden	41.53	5.0	Trail	5		0		0	5
6	7th Feb	St Andrews Parkrun	21.56	3.0	Trail	3		0		0	3
7	14th Feb	St Andrews Parkrun	25.32	3.0	Trail	3		0		0	3
8	22nd Feb	Scottish National XC Falkirk	14.14	2.0	Trail	2		0		0	2
9	2nd Mar	Shell bay Torchlit race	24.47	3.0	Trail	3		0		0	3
10	14th Mar	St Andrews Parkrun	20.46	3.0	Trail	3		0		0	3
11	21st Mar	St Andrews Parkrun	26.49	3.0	Trail	3		0		0	3
12	22nd Mar	Lost trails falkland	43.22	5.0	Trail	5		0		0	5
13	4th April	Kirkcaldy Parkrun	20.55	3.0	Road	3		0		0	3
14	12th April	Grangemouth 2k		1.0	Road	1	Distance	10		0	11
15	18th April	St Andrews Parkrun	20.11	3.0	Trail	3		0		0	3
16	26th April	Lomond Hill race junior	17.48	2.0	Hill	2		0		0	2
17	2nd May	St Andrews Parkrun	19.42	3.0	Trail	3		0		0	3

18	6th May	FAC St Andrews 5k	19.59	3.0	Trail	3		0	Age 3rd	1	4
19	9th May	Edinburgh Parkrun	19.55	3.0	Road	3		0		0	3
20	16th May	St Andrews Parkrun	25.20	3.0	Trail	3		0		0	3
21	23rd May	Kirkcaldy Parkrun	21.01	3.0	Road	3		0		0	3
22	23rd May	EMF 5k	21.26	3.0	Road	3		0		0	3
23	24th May	Chariots 5k	22.40	3.0	Trail	3		0		0	3
24	3rd June	Hill of Tarvit	43.08	5.0	Trail	5		0	Age 2nd	2	7
25	8th June	Mini TOF 1 West Sands	20.46	3.0	Trail	3		0		0	3
26	9th June	Mini TOF 2 East Lomond Hill	22.49	3.0	Hill	3		0		0	3
27	10th June	Mini TOF 3 Morton of Pitmilny	23.31	3.0	Trail	3		0		0	3
28	11th June	Mini TOF 4 Tarvit Estate TT	8.21	1.0	Trail	1	Course	5		0	6
29	12th June	Mini TOF 5 Kingsbarns	18.58	3.0	Trail	3		0		0	3
30	17th June	Haddies 4x400m Relay		1.0	Track	1		0		0	1
31	21st June	Glenrothes 4k		2.0	Road	2		0	3rd	5	7
32	24th June	Cairnie Strawberry Race	10.55	2.0	Trail	2		0	3rd	5	7
33	28th June	Benarty Trail Race	37.48	5.0	Trail	5		0	Age 1st	3	8
34	8th July	Newburgh	35.39	4.0	Trail	4		0		0	4
35	11th July	Edinburgh Parkrun	22.01	3.0	Road	3		0		0	3
36	17th July	Beveridge Park 5k	21.16	3.0	Road	3		0	Age 1st	3	6
37	1st Aug	Dunfermline Parkrun	22.17	3.0	Trail	3		0		0	3
38	8th Aug	St Andrews Parkrun	25.13	3.0	Trail	3		0		0	3
39	18th Aug	Ravensraig Relay	6.09	1.0	Road	1		0		0	1
40	5th Sept	St Andrews Parkrun	20.13	3.0	Road	3		0		0	3
41	9th Sept	Kingbarns	26.12	4.0	Trail	4	Course	5		0	9
42	12th Sept	Portobello Parkrun	21.16	3.0	Road	3		0		0	3
43	19th Sept	St Andrews Parkrun	22.53	3.0	Trail	3		0		0	3
44	26th Sept	St Andrews Parkrun	22.23	3.0	Trail	3		0		0	3
45	3rd Oct	St Andrews Parkrun	25.15	3.0	Road	3		0		0	3
46	11th Oct	Tufty Trail Falkland	44.04	6.0	Trail	6		0	Age 2nd	2	8
47	17th Oct	Perth Parkrun	27.02	5.0	Trail	5		0		0	5
48	28th Oct	Halloween Cairnie Farm	12.40	2.0	Trail	2		0	3rd	5	7

49	31st Oct	St Andrews Parkrun	25.55	3.0	Trail	3		0		0	3
50	8th Nov	Hartley Cup Relays	5:42 5:43	2.0	Trail	2		0		0	2
51	14th Nov	St Andrews Parkrun	26:12	3.0	Trail	3		0		0	3
52	21st Nov	St Andrews Parkrun	28:07	3.0	Trail	3		0		0	3
53	22nd Nov	Frostbite 1.5k	29.32	3.0	Trail	3		0	Age 3rd	1	4
54	5th Dec	St Andrews Parkrun	21.02	3.0	Trail	3		0		0	3
55	6th Dec	Frostbite 2.5 k	31.08	3.0	Trail	3		0	Age 1st	3	6
56	12th Dec	Santa Dash Perth 5k		3.0	Road	3		0		0	3
57	12th Dec	Perth Parkrun	22.05	3.0	Trail	3		0		0	3

2015		DARCEY MACKENZIE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				3	1	3	0	0	0	0	0
Training Points Marshalling Points				Road: 1			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			Age Course: 0		3rd: 0		
				Hill: 0			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	28th Feb	St Andrews Parkrun	39.11	3.0	Road	3		0		0	3

2015		DARREN ANDERSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				13	1	13	0	0	0	0	13
Training Points Marshalling Points				Road: 1			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			Age Course: 0		3rd: 0		
				Hill: 0			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	24th May	Edinburgh Marathon	4.22.15	13.0	Road	13		0		0	13

2015		DAVIE BRISLAND										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				48	5	48	2	15	1	2	65	
Training Points				Road: 3			Course: 1			1st: 0		
				Track: 0			Distance: 1			2nd: 0		
				Trail: 1			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
Marshalling Points									Age 2nd: 1			
									Age 3rd: 0			
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	15th Mar	Alloa Half Marathon	1.28.39	13.0	Road	13	Course	5		0	18	
2	12th April	Angus Half Marathon	1.32.44	13.0	Road	13		0		0	13	
3	15th April	Strath/Blebo	30.48	4.0	Trail	4		0	Age 2nd	2	6	
4	24th May	Edinburgh Marathon	3.27.29	13.0	Road	13	Distance	10		0	23	
5	3rd June	Hill of Tarvit	43.03	5.0	Hill	5		0		0	5	

2015		DAVIE BURGESS									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				59	9	59	0	0	1	2	61
Training Points Marshalling Points				Road: 2			Course: 0		1st: 0		
				Track: 1			Distance: 0		2nd: 0		
				Trail: 5			Age Course: 0		3rd: 0		
				Hill: 1			Age Dist: 0		Age 1st: 0		
									Age 2nd: 1		
									Age 3rd: 0		
		h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	24th Jan	Devils Burdens	52.12	5.0	Trail	5		0		0	5
2	22nd Feb	Scottish National XC Falkirk	51.40	7.0	Trail	7		0		0	7
3	27th Mar	Nightmare Hill of Tarvit	19.31	3.0	Trail	3		0		0	3
4	13th June	Traprain Law Hill Race	44.02	7.0	Hill	7		0	Age 2nd	2	9
5	17th June	Haddies 4x400m realy		1.0	Track	1		0		0	1
6	5th July	Stonehaven Half Marathon	1.27.35	13.0	Road	13		0		0	13
7	4th Aug	Carnegie Memorial Race	22.45	4.0	Road	4		0		0	4
8	5th Sept	National Trail Champs Falkland	58.12	9.0	Trail	9		0		0	9
9	3rd Oct	Dunbar 10 Mile	1.04.48	10.0	Trail	10		0		0	10

2015		DAVID PATTERSON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				57	19	57	0	0	0	0	57	
Training Points				Road: 1			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 15			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 0		
				Marshalling Points						Age 2nd: 0		
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	7th Feb	St Andrews Parkrun	25.42	3.0	Trail	3		0	0	3		
2	14th Feb	Kirkcaldy Parkrun	25.42	3.0	Road	3		0	0	3		
3	21st Feb	St Andrews Parkrun	25.45	3.0	Trail	3		0	0	3		
4	28th Feb	St Andrews Parkrun	25.13	3.0	Trail	3		0	0	3		
5	5th Mar	St Andrews Parkrun	25.49	3.0	Trail	3		0	0	3		
6	21st Mar	St Andrews Parkrun	25.16	3.0	Trail	3		0	0	3		
7	28th Mar	St Andrews Parkrun	25.29	3.0	Trail	3		0	0	3		
8	6th June	St Andrews Parkrun	25.29	3.0	Trail	3		0	0	3		
9	20th June	St Andrews Parkrun	25.58	3.0	Trail	3		0	0	3		
10	27th June	St Andrews Parkrun	25.17	3.0	Trail	3		0	0	3		
11	11th July	St Andrews Parkrun	25.39	3.0	Trail	3		0	0	3		
12	18th July	St Andrews Parkrun	25.22	3.0	Trail	3		0	0	3		
13	1st Aug	St Andrews Parkrun	25.03	3.0	Trail	3		0	0	3		
14	8th Aug	St Andrews Parkrun	24.39	3.0	Trail	3		0	0	3		
15	15th Aug	St Andrews Parkrun	24.52	3.0	Trail	3		0	0	3		
16	12th Sept	St Andrews Parkrun	26.17	3.0	Trail	3		0	0	3		
17	7th Nov	St Andrews Parkrun	29:09	3.0	Trail	3		0	0	3		

18	14th Nov	St Andrews Parkrun	25:54	3.0	Trail	3		0		0	3
19	12th Dec	St Andrews Parkrun	31:41	3.0	Trail	3		0		0	3

2015		DEBZ HAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				76	8	76	0	0	1	1	77
Training Points				Road: 1			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
Marshalling Points				Trail: 4			Age Course: 0		3rd: 0		
				Hill: 2			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 1		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	21st March	St Andrews Parkrun	33.03	3.0	Trail	3		0		0	3
2	3rd June	Hill of Tarvit	57.20	5.0	Hill	5		0		0	5
3	12th July	Heart of Park Braemar	1.40.21	7.0	Trail	7		0		0	7
4	24th July	DW 1 Nutcracker	49.01	5.0	Trail	5		0		0	5
5	26th July	DW 3 Skull mountain	46.32	5.0	Trail	5		0		0	5
6	27th Sept	Loch Ness Marathon	4.31.55	26.0	Road	26		0		0	26
7	4th Oct	Cairngorms Hill Race	3.51.18	12.0	Hill	12		0	Age 3rd	1	13
8	14th Nov	Glen Clova Half Marathon	1.57.02	13.0	Road	13		0		0	13

2015		DELL RAE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				125	18	125	4	30	11	117	272
Training Points Marshalling Points				Road: 11			Course: 2		1st: 2		
				Track: 0			Distance: 2		2nd: 7		
				Trail: 5			Age Course: 0		3rd: 0		
				Hill: 1			Age Dist: 0		Age 1st: 0		
									Age 2nd: 1		
									Age 3rd: 0		
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	15th Mar	Alloa Half Marathon	1.13.35	13.0	Road	13	Course	5	0	18	
2	31st Mar	Ravenscraig 2 mile	10.42	2.0	Road	2		0	0	2	
3	5th April	Tom Scott Memorial 10	54.48	10.0	Road	10		0	0	10	
4	26th April	London Marathon	2.40.40	26.0	Road	26	Distance	10	0	36	
5	15th May	Black Rock 5	25.15	4.0	Trail	4		0	0	4	
6	21st June	Glenrothes 10k	34.27	6.0	Road	6		0	2nd	10	
7	30th June	Ravenscraig Park 1mile	4.49	1.0	Road	1		0	Age 2nd	2	
8	8th July	Newburgh	24.16	4.0	Road	4		0	2nd	10	
9	29th July	TOF 1 Chariots	22.38	4.0	Trail	4		0	2nd	10	
10	30th July	TOF 2 Hill of Tarvit	18.25	3.0	Hill	3		0	2nd	10	
11	31st July	TOF 3 Uphell TT	10.13	1.0	Road	1	Course	5	1st	15	
12	1st Aug	TOF 4 Cambo Estate	24.14	4.0	Trail	4		0	1st	15	
13	2nd Aug	TOF 5 Mega Monimail	26.33	4.0	Trail	4		0	2nd	10	
14	11th Aug	Ceres 8	44.48	8.0	Road	8		0	2nd	10	
15	13th Sept	Stirling 10K	32.59	6.0	Road	6		0		0	
16	27th Sept	East Neuk 10k	33.41	6.0	Trail	6		0	2nd	10	
17	4th Oct	Glasgow Half Marathon	1.11.58	13.0	Road	13	Distance	10		0	

18	1st Nov	Templeton 10	58.05	10.0	Road	10		0	1st	15	25
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2015		DUNCAN HALL									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				115	11	115	1	10	0	0	125
Training Points Marshalling Points				Road: 1	Track: 0	Trail: 7	Hill: 0	Course: 0	Distance: 1	Age Course: 0	Age Dist: 0
				1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 0	Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	10th Jan	Maribyrnong Parkrun	18.25	3.0	Trail	3		0		0	3
2	11th April	Oxfam Trailwalkers	13.37.00	62.0	Trail	62		0		0	62
3	12th Sept	Maribyrnong Parkrun	21.55	3.0	Trail	3		0		0	3
4	19 th Sept	Maribyrnong Parkrun	22.04	3.0	Trail	3		0		0	3
5	3rd Oct	Maribyrnong Parkrun	20.51	3.0	Trail	3		0		0	3
6	10th Oct	Maribyrnong Parkrun	23.25	3.0	Trail	3		0		0	3
7	17th Oct	Maribyrnong Parkrun	21.52	3.0	Trail	3		0		0	3
8	18th Oct	Melbourne Marathon	2.54.45	26.0	Road	26	Distance	10		0	36
9	7th Nov	Maribyrnong Parkrun	19:26	3.0	Trail	3		0		0	3
10	14th Nov	Maribyrnong Parkrun	18:42	3.0	Trail	3		0		0	3
10	28th Nov	Maribyrnong Parkrun	19:22	3.0	Trail	3		0		0	3

2015		ECK ANDERSON												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				249	28	249	8	40	1	2	291			
Training Points Marshalling Points				Road: 3	Track: 0	Trail: 16	Course: 8	Distance: 0	Age Course: 0	Hill: 8	Age Dist: 0			
				1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 1	Age 3rd: 0					
				h:mm:ss	Miles									
				Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
				1	2nd Mar	Shell Bay Torchlit	25.10	3.0	Trail	3		0	0	3
2	15th April	Strath/Blebo	30.39	4.0	Trail	4		0	0	4				
3	2nd May	Stuc O' Chroin Hill Race	3.53.02	14.0	Hill	14		0	0	14				
4	6th May	FAC St Andrews 5k	19.36	3.0	Trail	3	Course	5	0	8				
5	17th May	Windermere Marathon	3.53.27	26.0	Road	26		0	0	26				
6	23rd May	Isle of Jura Fell Race	5.29.31	16.0	Hill	16		0	0	16				
7	3rd June	Hill of Tarvit	40.38	5.0	Hill	5		0	0	5				
8	21st June	Sameons Trail Race	4.37.55	19.0	Trail	19		0	0	19				
9	28th June	Benarty Trail Race	34.32	5.0	Trail	5		0	0	5				
10	2nd July	Sandy Slither	46.08	6.0	Trail	6		0	0	6				
11	8th July	Newburgh	28.19	4.0	Trail	4	Course	5	0	9				
12	12th July	Heart of Park Challenge	1.03.50	7.0	Trail	7		0	0	7				
13	24th July	DW 1 Nutcracker	35.33	5.0	Trail	5		0	0	5				
14	25th July	DW 2 Psycho Skwerl Splash	38.20	5.0	Trail	5		0	0	5				
15	26th July	DW 3 Skull Mountain	33.20	5.0	Trail	5		0	0	5				
16	29th July	TOF 1 Chariots	27.52	4.0	Trail	4	Course	5	0	9				
17	30th July	TOF 2 Hill of Tarvit	21.39	3.0	Hill	3	Course	5	0	8				

18	31st July	TOF 3 Uphell TT	12.38	1.0	Road	1	Course	5		0	6
19	1st Aug	TOF 4 Cambo Estate	28.23	4.0	Trail	4		0		0	4
20	2nd Aug	TOF 5 Mega Monimail	31.43	4.0	Trail	4		0		0	4
21	11th Aug	Ceres 8	55.13	8.0	Road	8		0		0	8
22	13th Aug	Balmullo Trail Race	35.04	5.0	Trail	5	Course	5		0	10
23	16th Aug	Lomond Hill Race	1.52.12	10.0	Hill	10		0		0	10
24	22nd Aug	Ochils 2000's	3.51.44	19.0	Hill	19		0		0	19
25	9th Sept	Kingbarns	24.49	4.0	Trail	4	Course	5	Age 2nd	2	11
26	26th Sept	Two Breweries Hill Race	3.58.34	18.0	Hill	18	Course	5		0	23
27	11th Oct	Pentland Skyline	3.27.28	16.0	Hill	16		0		0	16
28	1st Nov	Great Barrier Reef Marathon	4.57.17	26.0	Road	26		0		0	26

2015		ELISE METHVEN									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				72	11	72	2	20	2	4	96
Training Points Marshalling Points				Road: 2			Course: 0		1st: 0		
				Track: 0			Distance: 2		2nd: 0		
				Trail: 7			Age Course: 0		3rd: 0		
				Hill: 1			Age Dist: 0		Age 1st: 1		
									Age 2nd: 0		
									Age 3rd: 1		
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	3rd Jan	St Andrews Parkrun	32.54	3.0	Trail	3		0		0	3
2	11th Jan	Frostbite 3 Falkland	27.31	3.0	Trail	3		0	Age 3rd	1	4
3	24th Jan	Devils Burdens	1.42.11	5.0	Hill	5		0		0	5
4	8th Feb	Devilla Forrest 15K	1.12.01	9.0	Trail	9		0		0	9
5	1st Mar	Smokies 10	1.16.52	10.0	Road	10	Distance	10		0	20
6	28th Mar	St Andrews Parkrun	21.45	3.0	Trail	3		0		0	3
7	26th April	London Marathon	3.54.36	26.0	Road	26	Distance	10		0	36
8	9th Sept	Kingbarns	34.00	4.0	Trail	4		0	Age 1st	3	7
9	26th Sept	Camperdown Parkrun	25.12	3.0	Trail	3		0		0	3
10	3rd Oct	Camperdown Parkrun	25.00	3.0	Trail	3		0		0	3
11	7th Nov	St Andrews Parkrun	33:31	3.0	Trail	3		0		0	3

2015		EWAN CAMERON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				70	18	70	2	10	0	0	80	
Training Points				Road: 6			Course: 2			1st: 0		
				Track: 1			Distance: 0			2nd: 0		
				Trail: 10			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	24th Jan	Devils Burdens	40.32	5.0	Trail	5		0		0	5	
2	15th April	Strath/Blebo	34.53	4.0	Trail	4		0		0	4	
3	6th May	FAC St Andrews 5k	22.14	3.0	Road	3	Course	5		0	8	
4	23rd May	Kirkcaldy Parkrun	22.45	3.0	Road	3		0		0	3	
5	17th June	4x400m Relays		1.0	Track	1		0		0	1	
6	21st June	Glenrothes 10k	48.50	6.0	Road	6		0		0	6	
7	28th June	Benarty Trail race	38.55	5.0	Trail	5		0		0	5	
8	17th July	Beveridge Park 5k	22.59	3.0	Road	3		0		0	3	
9	24th July	DW 1 Nutcracker	41.46	5.0	Trail	5		0		0	5	
10	25th July	DW 2 Psycho Skwerl Splash	44.41	5.0	Trail	5		0		0	5	
11	26th July	DW 3 Skull Mountain	39.27	5.0	Trail	5		0		0	5	
12	29th July	TOF 1 Chariots	30.49	4.0	Trail	4	Course	5		0	9	
13	30th July	TOF 2 Hill of Tarvit	26.02	3.0	Hill	3		0		0	3	
14	31st July	TOF 3 Uphell TT	15.24	1.0	Road	1		0		0	1	
15	1st Aug	TOF 4 Cambo Estate	33.48	4.0	Trail	4		0		0	4	
16	2nd Aug	TOF 5 Mega Monimail	36.46	4.0	Trail	4		0		0	4	
17	5th Sept	St Andrews Parkrun	22.41	3.0	Road	3		0		0	3	

18	27th Sept	East Neuk 10k	1.21.56	6.0	Trail	6		0		0	6
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2015		EWAN DAVIDSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				44	5	44	0	0	1	2	46
Training Points				Road: 1			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 1			Age Course: 0		3rd: 0		
				Hill: 1			Age Dist: 0		Age 1st: 0		
Marshalling Points									Age 2nd: 1		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	29th March	Kilomathon Edinburgh	1.00.25	8.0	Road	8		0	Age 2nd	2	10
2	21st June	Seven Hills of Edinburgh	3.25.19	14.0	Hill	14		0		0	14
3	17th Oct	St Andrews Parkrun	22.24	3.0	Trail	3		0		0	3
4	1st Nov	Mens Health 10k Edinburgh	44.22	6.0	Road	6		0		0	6
5	22nd Nov	Cyprus Half Marathon	1.43.42	13.0	Road	13		0		0	13

2015		EWAN LUMSDEN										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				6	2	6	0	0	0	0	0	6
Training Points				Road: 2			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
Marshalling Points				Trail: 0			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 0		
								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	9th May	Kirkcaldy Parkrun	19.08	3.0	Road	3		0		0	3	
2	16th May	Kirkcaldy Parkrun	18.47	3.0	Road	3		0		0	3	

2015		FIONA CRUICKSHANKS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				162	40	162	7	40	8	23	222	
Training Points Marshalling Points				Road: 19	Trail: 14 Hill: 3		Course: 6	1st: 0 2nd: 0 3rd: 2 Age 1st: 3 Age 2nd: 1 Age 3rd: 2				
				Track: 0			Distance: 1					
							Age Course: 0					
							Age Dist: 0					
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	11th Jan	Frostbite 3 Falkland	30.54	3.0	Trail	3		0	Age 1st	3	6	
2	24th Jan	Devils Burdens	1.48.01	5.0	Trail	5		0		0	5	
3	1st Feb	Forfar Half Marathon	2.02.37	13.0	Trail	13		0		0	13	
4	8th Feb	Frostbite 4 Falkland	30.10	3.0	Trail	3		0	Age 1st	3	6	
5	14th Feb	Kirkcaldy Parkrun	23.04	3.0	Road	3		0		0	3	
6	21st Feb	Kirkcaldy Parkrun	23.03	3.0	Road	3		0		0	3	
7	1st Mar	Smokies 10	1.23.49	10.0	Road	10	Distance	10		0	20	
8	7th Mar	Kirkcaldy Parkrun	23.00	3.0	Road	3		0		0	3	
9	14th Mar	Kirkcaldy Parkrun	24.22	3.0	Road	3		0		0	3	
10	21st Mar	Kirkcaldy Parkrun	23.46	3.0	Road	3		0		0	0	
11	22nd Mar	Lost Trails Falkland	49.51	5.0	Trail	5		0	Age 3rd	1	6	
12	28th Mar	Kirkcaldy Parkrun	24.08	3.0	Road	3		0		0	3	
13	4th April	Kirkcaldy Parkrun	23.44	3.0	Road	3		0		0	3	
14	11th April	Kirkcaldy Parkrun	24.55	3.0	Road	3		0		0	3	
15	15th April	Strath/Blebo	36.55	4.0	Trail	4		0	Age 3rd	1	5	
16	2nd May	Kirkcaldy Parkrun	24.22	3.0	Road	3		0		0	3	
17	16th May	Kirkcaldy Parkrun	25.07	3.0	Road	3		0		0	3	

18	22nd May	Beveridge Park 5k	23.04	3.0	Road	3		0		0	3
19	23rd May	Kirkcaldy Parkrun	25.27	3.0	Road	3		0		0	3
20	3rd June	Hill of Tarvit	50.25	5.0	Hill	5	Course	5		0	10
21	21st June	Glenrothes 10k	55.38	6.0	Road	6		0		0	6
22	28th June	Benarty Trail Race	43.52	5.0	Hill	5		0		0	5
23	2nd July	Sandy Slither	54.55	6.0	Trail	6		0	Age 1st	3	9
24	8th July	Newburgh	33.53	4.0	Trail	4	Course	5		0	9
25	17th July	Beveridge Park 5k	23.35	3.0	Road	3		0	3rd	5	8
26	29th July	TOF 1 Chariots	31.59	4.0	Trail	4	Course	5		0	9
27	30th July	TOF 2 Hill of Tarvit	26.39	3.0	Hill	3	Course	5		0	8
28	31st July	TOF 3 Uphell TT	15.37	1.0	Road	1	Course	5		0	6
29	1st Aug	TOF 4 Cambo Estate	39.45	4.0	Trail	4		0		0	4
30	2nd Aug	TOF 5 Mega Monimail	41.19	4.0	Trail	4		0		0	4
31	2nd Sept	Gateside Gallop	35.17	4.0	Trail	4		0	Age 2nd	2	6
32	5th Sept	St Andrews Parkrun	24.35	3.0	Road	3		0		0	3
33	9th Sept	Kingbarns	28.58	4.0	Trail	4	Course	5	3rd	5	14
34	13th Sept	Stirling 10K	52.27	6.0	Road	6		0		0	6
35	4th Oct	Giffordtown 5k	24.30	3.0	Road	3		0		0	3
36	11th Oct	Tufty Trail Falkland	49.11	6.0	Trail	6		0		0	6
37	24th Oct	Kirkcaldy Parkrun	23.38	3.0	Road	3		0		0	3
38	22nd Nov	Frostbite 1.5k	32.36	3.0	Trail	3		0		0	3
39	28th Nov	Kirkcaldy Parkrun	38.43	3.0	Road	3		0		0	3
40	6th Dec	Frostbite 2 5 k	36.18	3.0	Trail	3		0		0	3

2015		GAVIN GIBSON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				4	1	4	0	0	0	0	4	
Training Points				Road: 0			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 1			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 0		
Marshalling Points										Age 2nd: 0		
										Age 3rd: 0		
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	9th Sept	Kingsbarns	31.07	4.0	Trail	4					4	

2015		GEORGE FINDLAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				64	14	64	1	5	2	5	74	
Training Points				Road: 5			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 7			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 1		
				Marshalling Points						Age 2nd: 1		
									Age 3rd: 0			
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	24th Jan	Devils Burden	36.14	5.0	Trail	5		0		0	5	
2	15th April	Strath/Blebo	34.08	4.0	Trail	4		0		0	4	
3	9th May	St Andrews Parkrun	22.23	3.0	Trail	3		0		0	3	
4	23rd May	Kirkcaldy Parkrun	21.59	3.0	Road	3		0		0	3	
5	24th May	Chariots 5k St Andrews	23.30	3.0	Trail	3		0		0	3	
6	3rd June	Hill of Tarvit	46.06	5.0	Hill	5		0	Age 2nd	2	7	
7	2nd July	Sandy Slither	51.48	6.0	Trail	6		0		0	6	
8	11th Aug	Ceres 8	1.00.47	8.0	Road	8		0	Age 1st	3	11	
9	13th Aug	Balmullo Trail Race	40.33	5.0	Trail	5		0		0	5	
10	18th Aug	Ravenscraig Relay	6.40	1.0	Road	1		0		0	1	
11	22nd Aug	St Andrews Parkrun	22.00	3.0	Trail	3		0		0	3	
12	5th Sept	St Andrews Parkrun	21.52	3.0	Road	3		0		0	3	
13	11th Oct	Aviemore Half Marathon	1.39.35	13.0	Road	13	Course	5		0	18	
11	8th Nov	Hartley Cup Relays	6:07 6:07	2.0	Trail	2		0		0	2	

2015		GEORGE HAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				67	9	67	0	0	0	0	67	
Training Points				Road: 2			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
Marshalling Points				Trail: 6			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
										Age 2nd: 0		
										Age 3rd: 0		
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	24th Jan	Devils Burden	2.16.33	5.0	Trail	5		0		0	5	
2	1st Feb	Forfar Half Marathon	2.22.34	13.0	Trail	13		0		0	13	
3	21st Mar	St Andrews Parkrun	32.54	3.0	Trail	3		0		0	3	
4	24th May	Edinburgh Half Marathon	2.20.01	13.0	Road	13		0		0	13	
5	24th July	DW 1 Nutcracker	51.04	5.0	Trail	5		0		0	5	
6	25th July	DW 2 Psycho Skwerl Splash	58.03	5.0	Trail	5		0		0	5	
7	26th July	DW 3 Skull Mountain	48.47	5.0	Trail	5		0		0	5	
8	27th Sept	Loch Ness 10k	1.00.09	6.0	Road	6		0		0	6	
9	4th Oct	Cairngorms Hill Race	4.14.12	12.0	Hill	12		0		0	12	

2015		GILES HARRIS												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				91	7	91	1	10	0	0	101			
Training Points Marshalling Points				Road: 3	Track: 0	Trail: 4	Hill: 0	Course: 0	Distance: 1	Age Course: 0	Age Dist: 0			
				1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 0	Age 3rd: 0					
				h:mm:ss	Miles									
				Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
				1	24th Jan	Devils Burdens	59.18	5.0	Trail	5		0	0	5
2	8th Mar	Lindsays Borders Marathon	3.43.28	26.0	Trail	26		0	0	26				
3	9th May	Loch Leven Half marathon	1.27.36	13.0	Road	13		0	0	13				
4	24th May	Edinburgh Marathon	3.22.29	13.0	Road	13	Distance	10	0	23				
5	2nd Sept	Gateside Gallop	28.06	4.0	Trail	4		0	0	4				
6	9th Sept	Kingbarns	25.45	4.0	Trail	4		0	0	4				
7	27th Sept	Loch Ness Marathon	3.19.06	26.0	Road	26		0	0	26				

2015		GORDON HALLIDAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				403	36	403	2	10	5	12	425	
Training Points				Road: 12			Course: 2			1st: 0		
				Track: 1			Distance: 0			2nd: 0		
				Trail: 20			Age Course: 0			3rd: 1		
				Hill: 2			Age Dist: 0			Age 1st: 1		
				Marshalling Points						Age 2nd: 1		
									Age 3rd: 2			
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	12th Jan	Kennoway Torchlit	31.22	4.0	Road	4		0		0	4	
2	24th Jan	Devils Burdens	59.18	5.0	Trail	5		0		0	5	
3	8th Feb	Devilla Forrest 15k	1.10.31	9.0	Trail	9		0		0	9	
4	28th Feb	Cupar 5	34.06	5.0	Road	5		0		0	5	
5	8th Mar	Gartmorn 6	44.58	6.0	Trail	6		0		0	6	
6	2nd Mar	Shell Bay Torchlit	25.09	3.0	Trail	3		0	Age 3rd	1	4	
7	22nd Mar	Lost Trails Falkland	43.14	5.0	Trail	5		0		0	5	
8	21st Mar	Kirkcaldy Parkrun	21.15	3.0	Road	3		0		0	3	
9	31st Mar	Ravenscraig Park 2mile	12.47	2.0	Road	2		0	Age 3rd	1	3	
10	15th April	Strath/Blebo	32.41	4.0	Trail	4		0		0	4	
11	17th April	Beveridge Park 5k	20.43	3.0	Road	3		0		0	3	
12	28th April	Ravenscraig Park 1mile	5.57	1.0	Road	1		0		0	1	
13	6th May	FAC St Andrews 5k	20.25	3.0	Trail	3		0		0	3	
14	16th May	Cateran Ultramarathon	28.34.16	110.0	Trail	110		0	3rd	5	115	
15	23rd May	Kirkcaldy Parkrun	22.39	3.0	Road	3		0		0	3	
16	3rd June	Hill of Tarvit	43.00	5.0	Hill	5		0		0	5	
17	17th June	Haddies 4x400m relays		1.0	Track	1		0		0	1	

18	21st June	Glenrothes 10k	45.24	6.0	Road	6		0		0	6
19	28th June	Benarty Trail Race	36.37	5.0	Trail	5		0		0	5
20	2nd July	Sandy Slither	48.23	6.0	Trail	6		0		0	6
21	8th July	Newburgh	29.29	4.0	Trail	4		0	Age 1st	3	7
22	1th July	St Cuthberts Way 100k Ultra	14.04.35	63.0	Trail	63		0	Age 2nd	2	65
23	24th July	DW 1 Nutcracker	37.59	5.0	Trail	5		0			5
24	26th July	DW 3 Skull Mountain	36.11	5.0	Trail	5		0		0	5
25	29th July	TOF 1 Chariots	24.09	4.0	Trail	4		0		0	4
26	30th July	TOF 2 Hill of Tarvit	21.39	3.0	Hill	3	Course	5		0	8
27	31st July	TOF 3 Uphell TT	14.02	1.0	Road	1	Course	5		0	6
28	1st Aug	TOF 4 Cambo Estate	30.19	4.0	Trail	4		0		0	4
29	2nd Aug	TOF 5 Mega Monimail	33.29	4.0	Trail	4		0		0	4
30	11th Aug	Ceres 8	57.57	8.0	Road	8		0		0	8
31	18th Aug	Ravenscraig Relay	6.02	1.0	Road	1		0		0	1
32	22nd Aug	Kirkcaldy Parkrun	20.45	3.0	Road	3		0		0	3
33	2nd Sept	Gateside Gallop	31.02	4.0	Trail	4		0		0	4
34	5th Sept	Glenmore 24hr Trail	24:00:00	66.0	Trail	66		0		0	66
35	27th Sept	East Neuk 10k	44.01	6.0	Trail	6		0		0	6
36	7th Nov	Glenogle 33	5.37.11	33.0	Road	33		0		0	33

2015		GORDON MATHIESON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				34	6	34	0	0	1	15	49	
Training Points				Road: 1			Course: 0			1st: 1		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 2			Age Course: 0			3rd: 0		
				Hill: 3			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	17th Jan	East District XC Broxburn	32.10	5.0	Trail	5		0		0	5	
2	22nd Feb	Scottish National XC Falkirk	47.15	7.0	Trail	7		0		0	7	
3	1st Mar	Bishop Hill Race	20.36	2.0	Hill	2		0		0	2	
4	2nd Sep	Bishop Downhill Race	4.38	1.0	Hill	1		0		0	1	
5	8th Sept	Stuart Duncan 5k	17.10	3.0	Road	3		0	1st	15	18	
6	11th Oct	Pentland Skyline	3.14.14	16.0	Hill	16		0		0	16	

2015		GORDON TAYLOR									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				3	1	3	0	0	0	0	3
Training Points Marshalling Points				Road: 1			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			Age Course: 0		3rd: 0		
				Hill: 0			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	14th August	Kirkcaldy Parkrun	21.47	3.0	Road	3		0		0	3

2015		HAZEL BRADLEY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				91	12	91	1	5	5	15	108	
Training Points				Road: 3			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 5			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 5		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	24th Jan	Devils Burdens	1.42.11	5.0	Trail	5		0		0	5	
2	22nd Mar	Lost Trails Falkland	46.25	5.0	Trail	5		0	Age 1st	3	5	
3	15th April	Strath/Blebo	36.16	4.0	Trail	4		0	Age 1st	3	7	
4	12th April	Grangemouth 10k	44.47	6.0	Road	6		0	Age 1st	3	9	
5	21st June	Seven Hills of Edinburgh	3.25.24	14.0	Hill	14	Course	5		0	19	
6	26th July	Fort William Marathon	4.15.50	26.0	Trail	26		0	Age 1st	3	29	
7	23rd Aug	Forfar 10k	46.19	6.0	Road	6		0		0	6	
8	2nd Sept	Gateside Gallop	32.44	4.0	Trail	4		0	Age 1st	3	7	
9	11th Oct	Aviemore Half Marathon	1.44.09	13.0	Road	13		0		0	13	
10	24th Oct	National XC Cumbernauld	19.18	2.0	Trail	2		0		0	2	
11	8th Nov	Hartley Cup Relays	6:24 6:31	2.0	Trail	2		0		0	2	
14	14th Nov	British/Irish Masters XC	28.13	4.0	Trail	4		0		0	4	

2015		IAN MILLS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				25	3	25	1	5	2	5	35	
Training Points				Road: 1			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 1			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 1		
Marshalling Points								Age 2nd: 1				
								Age 3rd: 0				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	15th July	Maddie Moss Hill Race	1.08.25	6.0	Hill	6		0		0	6	
2	27th Sept	East Neuk 10k	38.15	6.0	Trail	6	Course	5	Age 2nd	2	13	
3	11th Oct	Aviemore Half Marathon	1.23.58	13.0	Road	13		0	Age 1st	3	16	

2015		JACKIE GALLOWAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				106	31	105	1	5	3	5	116	
Training Points				Road: 12			Course: 1			1st: 0		
				Track: 1			Distance: 0			2nd: 0		
Marshalling Points				Trail: 11			Age Course: 0			3rd: 0		
				Hill: 2			Age Dist: 0			Age 1st: 0		
										Age 2nd: 0		
										Age 3rd: 2		
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	12th Jan	Kennoway Torchlit	39.49	4.0	Trail	4			Age 1st	3	7	
2	24th Jan	Devils Burdens	1.04.32	5.0	Trail	5		0		0	5	
3	30th Jan	Nightmare West Wemyss		4.0	Trail	4					4	
4	8th Feb	Frostbite 4 Falkland	36.47	3.0	Trail	3		0	Age 3rd	1	4	
5	27th Feb	Nightmare Coulls Den		4.0	Trail	4		0		0	4	
6	21st Mar	Kirkcaldy Parkrun	28.52	3.0	Road	3		0		0	3	
7	28th Mar	Kirkcaldy Parkrun	28.57	3.0	Road	3		0		0	3	
8	15th April	Strath/Blebo	45.18	4.0	Trail	4		0		0	4	
9	18th April	Kirkcaldy Parkrun	28.18	3.0	Road	3		0		0	3	
10	25th April	Kirkcaldy Parkrun	28.04	3.0	Road	3		0		0	3	
11	15th May	Black Rock 5	44.02	4.0	Trail	4		0		0	4	
12	3rd June	Hill of Tarvit	59.24	5.0	Hill	5		0		0	5	
13	17th June	Haddies 4x400m Relays		1.0	Track	1		0		0	1	
14	21st June	Glenrothes 10k	58.59	6.0	Road	6		0		0	6	
15	4th July	Kirkcaldy Parkrun	29.22	3.0	Road	3		0		0	3	
16	8th July	Newburgh	40.43	4.0	Trail	4		0		0	4	
17	14th July	Ravensraig 1mile	10.01	1.0	Road			0	Age 3rd	1	2	

18	29th July	TOF 1 Chariots	37.26	4.0	Trail	4		0		0	4
19	30th July	TOF 2 Hill of Tarvit	32.33	3.0	Hill	3		0		0	3
20	31st July	TOF 3 Uphell TT	19.55	1.0	Road	1		0		0	1
21	1st Aug	TOF 4 Cambo Estate	41.48	4.0	Trail	4		0		0	4
22	2nd Aug	TOF 5 Mega Monimail	46.25	4.0	Trail	4		0		0	4
23	13th Aug	Balmullo Trail Race	51.18	5.0	Trail	5		0		0	5
24	14th Aug	Beveridge Park 5k	28.49	3.0	Road	3		0		0	3
25	18th Aug	Ravenscraig Relay	8.29	1.0	Road	1		0		0	1
26	27th Sept	Loch Ness 10k	56.07	6.0	Road	6	Course	5		0	11
27	17th Oct	Kirkcaldy Parkrun	27.57	3.0	Road	3		0		0	3
28	7th Nov	Kelpies Supernova 5k	34:59	3.0	Road	3		0		0	3
29	21st Nov	Kirkcaldy Parkrun	33:35	3.0	Road	3		0		0	3
30	28th Nov	Kirkcaldy Parkrun	38.43	3.0	Road	3		0		0	3
31	12th Dec	Kirkcaldy Parkrun	28:29	3.0	Road	3		0		0	3

2015		JANE ANDERSON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				221	41	221	0	0	0	0	221	
Training Points				Road: 8			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 21			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 0		
				Marshalling Points						Age 2nd: 0		
									Age 3rd: 0			
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	12th Jan	Kennoway Torchlit	51.00	4.0	Trail	4		0		0	4	
2	24th Jan	Devils Burdens	1.25.14	5.0	Trail	5		0		0	5	
3	7th Feb	St Andrews Parkrun	33.22	3.0	Trail	3		0		0	3	
4	8th Feb	Frostbite Falkland	39.29	3.0	Trail	3		0		0	3	
5	27th Feb	Nightmare Coull Den		4.0	Trail	4		0		0	4	
6	2nd Mar	Shell Bay Torchlit	34.27	3.0	Trail	3		0		0	3	
7	15th Mar	Alloa Half Marathon	2.11.10	13.0	Road	13		0		0	13	
8	21st Mar	St Andrews Parkrun	26.58	3.0	Trail	3		0		0	3	
9	5th April	Easter 10k Beecraigs	59.00	6.0	Trail	6		0		0	6	
10	12th April	Grangemouth 10k	1.02.30	6.0	Road	6		0		0	6	
11	16th May	MND 4mile Strathclyde	40.00	4.0	Road	4		0		0	4	
12	21st June	Glenrothes 10k	55.37	6.0	Road	6		0		0	6	
13	28th June	Benarty Trail Race	48.20	5.0	Trail	5		0		0	5	
14	5th July	Race for Life 10k Perth	59.00	6.0	Trail	6		0		0	6	
15	11th July	St Andrews Parkrun	47.10	3.0	Trail	3		0		0	3	
16	24th July	DW 1 Nutcracker	50.51	5.0	Trail	5		0		0	5	
17	25th July	DW 2 Psycho Skwerl Splash	54.15	5.0	Trail	5		0		0	5	

18	26th July	DW 3 Skull Mountain	47.11	5.0	Trail	5		0		0	5
19	2nd Aug	Donkey Brae	1.19.27	7.0	Trail	7		0		0	7
20	9th Aug	Forth Road Bridge 10k	56.45	6.0	Road	6		0		0	6
21	23rd Aug	Forfar 10k	1.08.31	6.0	Road	6		0		0	6
22	8th Sept	Stuat Duncan 5k	33.04	3.0	Road	3		0		0	3
23	13th Sept	Mr G's MND 5K	25.10	3.0	Trail	3		0		0	3
24	20th Sept	Cumbernauld 10k	53.41	6.0	Road	6		0		0	6
25	26th Sept	Blacklight 5k Edinburgh	28.31	3.0	Trail	3		0		0	3
26	27th Sept	East Neuk 10k	1.21.56	6.0	Trail	6		0		0	6
27	4th Oct	Bing Blazer Obstacle 10k	1.21.16	6.0	Trail	6		0		0	6
28	11th Oct	Tufty Trail Falkland	52.02	6.0	Trail	6		0		0	6
29	18th Oct	Antonine Trail race	2.28.41	14.0	Trail	14		0		0	14
30	24th Oct	Path of Condie Half	2.02.22	13.0	Road	13		0		0	13
31	30th Oct	Nightmare 1 Heatherhall	38.22	4.0	Trail	4		0		0	4
32	29th Oct	GTC Halloween 5k	28.30	3.0	Road	3		0		0	3
33	1st Nov	Templeton 10	1.30.29	10.0	Road	10		0		0	10
34	14th Nov	Glen Clova Half marathon	1.59.45	13.0	Road	13		0		0	13
35	20th Nov	Nightmare 2 Beast of Balbirnie	25.38	3.0	Trail	3		0		0	3
36	22nd Nov	Frostbite 1.5k	38.57	3.0	Trail	3		0		0	3
37	29th Nov	Tinsel Dash 7k Obstacle Course	1.01.30	6.0	Trail	6					6
38	6th Dec	Frostbite 2.5 k	37.54	3.0	Trail	3		0		0	3
39	11th Dec	Nightmare 3 Black Rock	24.06	2.0	Trail	2		0		0	2
40	12th Dec	Santa Dash Perth 5k	28.00	3.0	Road	3		0		0	3
41	16th Dec	GTC Jingle Bell 5k	31.00	3.0	Trail	3		0		0	3

2015		JAS BAILLIE										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				119	21	119	3	15	1	3	137	
Training Points				Road: 7			Course: 3			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 8			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 1		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	12th Jan	Kennoway Torchlit	30.01	4.0	Trail	4		0	Age 1st	3	7	
2	18th April	Kirkcaldy Parkrun	21.58	3.0	Road	3		0		0	3	
3	24th May	Edinburgh Marathon	3.35.15	13.0	Road	13	Course	5		0	18	
4	21st June	Glenrothes 10k	44.49	6.0	Road	6		0		0	6	
5	2nd July	Sandy Slither	48.55	6.0	Trail	6		0		0	6	
6	12th July	Heart of Park Braemar	1.12.38	7.0	Trail	7		0		0	7	
7	18th July	Kirkcaldy Parkrun	21.52	3.0	Road	3		0		0	3	
8	25th July	Kirkcaldy Parkrun	21.30	3.0	Road	3		0		0	3	
9	9th Aug	West Lothian Half	1.36.04	13.0	Trail	13		0		0	13	
10	13th Aug	Balmullo Trail Race	42.02	5.0	Trail	5	Course	5		0	10	
11	30th Aug	Perth 10k	44.15	6.0	Road	6		0		0	6	
12	13th Sept	Stirling 10K	44.35	6.0	Road	6		0		0	6	
13	27th Sept	East Neuk 10k	43.54	6.0	Trail	6		0		0	6	
14	11th Oct	Tufty Trail Falkland	40.52	6.0	Trail	6		0		0	6	
15	18th Oct	Antonine Trail Race	1.53.15	14.0	Trail	14	Course	5		0	19	
16	24th Oct	Kirkcaldy park run	21.57	3.0	Road	3		0		0	3	
17	7th Nov	Kirkcaldy Parkrun	21:37	3.0	Road	3		0		0	3	

18	14th Nov	Kirkcaldy Parkrun	22:03	3.0	Road	3		0		0	3
19	21st Nov	Kirkcaldy Parkrun	22:13	3.0	Road	3		0		0	3
20	28th Nov	Kirkcaldy Parkrun	21:43	3.0	Road	3		0		0	3
21	12th Dec	St Andrews Parkrun	21:46	3.0	Trail	3		0		0	3

2015		JAZ HAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				148	21	148	4	30	0	0	178
Training Points				Road: 5			Course: 2			1st: 0	
				Track: 0			Distance: 1			2nd: 0	
				Trail: 10			Age Course: 0			3rd: 0	
				Hill: 3			Age Dist: 0			Age 1st: 0	
Marshalling Points								Age 2nd: 0			
								Age 3rd: 0			
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	24th Jan	Devils Burdens	2.05.45	5.0	Trail	5		0	0	5	
2	1st Feb	Forfar Half Marathon	1.47.50	13.0	Trail	13	Distance	10	0	23	
3	21st March	St Andrews Parkrun	32.51	3.0	Trail	3		0	0	3	
4	15th April	Strath/Blebo	38.06	4.0	Trail	4		0	0	4	
5	6th May	FAC St Andrews 5k	23.57	3.0	Trail	3		0	0	3	
6	9th May	Loch Leven Half Marathon	1.58.22	13.0	Road	13		0	0	13	
7	24th May	Edinburgh Half marathon	1.58.41	13.0	Road	13	Course	5	0	18	
8	3rd June	Hill of Tarvit	52.20	5.0	Hill	5		0	0	5	
9	21st June	Seven Hills of Edinburgh	3.25.29	14.0	Hill	14		0	0	14	
10	8th July	Newburgh	34.51	4.0	Road	4		0	0	4	
11	12th July	Heart of Park Braemar	1.26.35	7.0	Trail	7	Course	5	0	12	
12	18th July	St Andrews Parkrun	24.13	3.0	Trail	3		0	0	3	
13	29th July	TOF 1 Chariots	32.48	4.0	Trail	4		0	0	4	
14	30th July	TOF 2 Hill of Tarvit	27.28	3.0	Hill	3		0	0	3	
15	31st July	TOF 3 Uphell TT	16.02	1.0	Road	1		5	0	6	
16	1st Aug	TOF 4 Cambo Estate	32.48	4.0	Trail	4		0	0	4	
17	2nd Aug	TOF 5 Mega Monimail	38.14	4.0	Trail	4		0	0	4	

18	27th Sept	Loch Ness Marathon	4.31.55	26.0	Road	26		0		0	26
19	14th Nov	Glen Clova Half Marathon	1.52.04	13.0	Road	13	Course	5		0	18
20	22nd Nov	Frostbite 1.5k	30.37	3.0	Trail	3		0		0	3
21	6th Dec	Frostbite 2.5 k	37.31	3.0	Trail	3		0		0	3

2015		JEFF TAYLOR									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				12	4	12	0	0	0	0	12
Training Points				Road: 4			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			Age Course: 0		3rd: 0		
				Hill: 0			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
Marshalling Points									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	17th April	Beveridge Park 5k	20.31	3.0	Road	3		0		0	3
2	22nd May	Beveridge Park 5k	20.13	3.0	Road	3		0		0	3
3	17th July	Beveridge Park 5k	20.13	3.0	Road	3		0		0	3
4	14th Aug	Kirkcaldy Parkrun	20.54	3.0	Road	3		0		0	3

2015		JENNIFER GALLAGHER									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				14	3	14	0	0	0	0	14
Training Points				Road: 0		Course: 0		1st: 0			
				Track: 0		Distance: 0		2nd: 0			
				Trail: 3		Age Course: 0		3rd: 0			
				Hill: 0		Age Dist: 0		Age 1st: 0			
Marshalling Points								Age 2nd: 0			
								Age 3rd: 0			
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	22nd Mar	Lost Trails Falkland	1.12.00	5.0	Trail	5		0		0	5
2	25th April	Balmoral 10k	1.15.46	6.0	Trail	6		0		0	6
3	15th August	St Andrews Parkrun	34.50	3.0	Trail	3		0		0	3

2015		JIM ANDERSON										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				9	3	9	0	0	0	0	9	
Training Points				Road: 0			Course: 0			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 3			Age Course: 0			3rd: 0		
				Hill: 0			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	3rd Jan	St Andrews Parkrun	36.02	3.0	Trail	3		0		0	3	
2	8th Feb	Frostbite 4 Falkland	39.29	3.0	Trail	3		0		0	3	
3	2nd Mar	Shell Bay Torchlit	34.26	3.0	Trail	3		0		0	3	

2015		JIM HOGSFLESH										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				31	6	31	2	10	0	0	41	
Training Points				Road: 1			Course: 2			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 4			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	24th Jan	Devils Burden	45.19	5.0	Trail	5		0		0	5	
2	28th Feb	St Andrews Parkrun	39.13	3.0	Trail	3		0		0	3	
3	3rd June	Hill of Tarvit	57.07	5.0	Hill	5		0		0	5	
4	2nd July	Sandy Slither	1.04.09	6.0	Trail	6		0		0	6	
5	11th Aug	Ceres 8	1.15.33	8.0	Road	8	Course	5		0	13	
6	9th Sept	Kingbarns	32.58	4.0	Trail	4	Course	5		0	9	

2015		JONNY KNOX									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				132	16	132	0	0	14	35	167
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 3			Age Course: 0		3rd: 0		
				Hill: 12			Age Dist: 0		Age 1st: 6		
									Age 2nd: 7		
									Age 3rd: 0		
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	15th April	Strath/Blebo	28.54	4.0	Trail	4		0	Age 2nd	2	6
2	18th April	Normans Law Hill Race	34.53	5.0	Hill	5		0	Age 1st	3	8
3	2nd May	Stuc O' Chroin Hill Race	2.49.57	14.0	Hill	14		0	Age 2nd	2	16
4	6th May	FAC St Andrews 5k	19.02	3.0	Trail	3		0		0	3
5	3rd June	Hill of Tarvit	37.56	5.0	Hill	5		0	Age 2nd	2	7
6	21st June	Sameons Trail Race	4.09.03	19.0	Trail	19		0		0	19
7	15th July	Maddie Mash Hill Race	58.13	6.0	Hill	6		0	Age 1st	3	9
8	16th Aug	Lomond Hill Race	1.39.19	10.0	Hill	10		0	Age 1st	3	13
9	19th Aug	Nebit Downfall Alva	6.25	1.0	Hill	1		0	Age 1st	3	4
10	22nd Aug	Ochils 2000's	3.18.52	19.0	Hill	19		0	Age 2nd	2	21
11	2nd Sept	Bishop Downhill	5.15	1.0	Hill	1		0	Age 2nd	2	3
12	9th Sept	Caerrketton Downhill	6.22	1.0	Hill	1		0	Age 2nd	2	3
13	26th Sept	Two Breweries Hill Race	3.28.51	18.0	Hill	18		0	Age 1st	3	21
14	3rd Oct	Ben Venue Hill Race	1.24.43	7.0	Hill	7		0	Age 1st	3	10
15	11th Oct	Pentland Skyline	2.58.29	16.0	Hill	16		0	Age 2nd	2	18
8	31st Oct	Dumyat Dash Hill Race	36.49	3.0	Hill	3		0	Age 1st	3	6

2015		KAREN CUNNINGHAM									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				65	10	65	2	15	0	0	80
Training Points Marshalling Points				Road: 2	Track: 0	Trail: 7	Course: 1		1st: 0		
				Hill: 0			Distance: 1		2nd: 0		
							Age Course: 0		3rd: 0		
							Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	17th Jan	St Andrews Parkrun	27.18	3.0	Trail	3		0	0	3	
2	8th Feb	Frostbite 4 Falkland	33.17	3.0	Trail	3	Course	5	0	8	
3	28th June	Benarty Trail Race	45.22	5.0	Trail	5		0	0	5	
4	24th July	DW 1 Nutcracker	48.47	5.0	Trail	5		0	0	5	
5	25th July	DW 2 Psycho Skwerl Splash	51.02	5.0	Trail	5		0	0	5	
6	26th July	DW 3 Skull Mountain	45.31	5.0	Trail	5		0	0	5	
7	9th Aug	Forth Road Bridge 10k	55.21	6.0	Road	6		0	0	6	
8	2nd Sept	Gateside Gallop	40.15	4.0	Trail	4		0	0	4	
9	8th Sept	Stuat Duncan 5k	25.01	3.0	Road	3	Distance	10	0	13	
10	1st Nov	New York Marathon	4.43.35	26.0	Road	26		0	0	26	

2015		LIAM MCMONAGLE										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				20	4	20	1	5	0	0	25	
Training Points				Road: 1			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 2			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
				Marshalling Points			Age 2nd: 0			Age 3rd: 0		
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	1st Jan	Resolution Run Falkland	32.32	4.0	Trail	4		0	0	4		
2	24th May	Chariots 5k St Andrews	24.51	3.0	Trail	3		0	0	3		
3	3rd June	Hill of tarvit	53.22	5.0	Hill	5		0	0	5		
4	11th Aug	Ceres 8	1.07.59	8.0	Road	8	Course	5	0	13		

2015		LIZZIE KNOX										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				8	3	8	1	5	2	30	43	
Training Points				Road: 0			Course: 1			1st: 2		
				Track: 0			Distance: 0			2nd: 0		
Marshalling Points				Trail: 0			Age Course: 0			3rd: 0		
				Hill: 3			Age Dist: 0			Age 1st: 0		
										Age 2nd: 0		
										Age 3rd: 0		
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	15th July	Maddie Mash Hill Race	1.17.42	6.0	Hill	6	Course	5		0	11	
2	19th Aug	Nebit Downfall Alva	6.39	1.0	Hill	1		0	1st	15	16	
3	2nd Sept	Bishop Downhill Race	5.57	1.0	Hill	1		0	1st	15	16	

2015		MHAIRI MACKENZIE											
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts		
				3	1	3	0	0	0	0	3		
Training Points				Road: 1			Course: 0			1st: 0			
				Track: 0			Distance: 0			2nd: 0			
				Trail: 0			Age Course: 0			3rd: 0			
				Marshalling Points			Hill: 0			Age Dist: 0			Age 1st: 0
													Age 2nd: 0
									Age 3rd: 0				
			h:mm:ss	Miles									
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	28th Feb	St Andrews Parkrun	39.13	3.0	Road	3		0		0	3		

2015		MARK HARRIS									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				20	2	20	0	0	2	12	32
Training Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 1		
				Trail: 1			Age Course: 0		3rd: 0		
				Hill: 1			Age Dist: 0		Age 1st: 0		
Marshalling Points									Age 2nd: 1		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	2nd May	Stuc O' Chroin Hill Race	2.35.06	14.0	Hill	14		0	2nd	10	24
2	27th Sept	East Neuk 10k	35.47	6.0	Trail	6		0	Age 2nd	2	8

2015		NEIL SMITH									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				40	5	40	1	10	0	0	50
Training Points				Road: 2			Course: 0		1st: 0		
				Track: 0			Distance: 1		2nd: 0		
Trail: 2	Age Course: 0	3rd: 0									
Hill: 0	Age Dist: 0	Age 1st: 0									
Marshalling Points									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	31st Jan	Scot Masters XC Kilmarnock	29.55	5.0	Trail	5		0		0	5
2	26th April	London Marathon	2.36.10	26.0	Road	26	Distance	10		0	36
3	13th June	St Andrews Parkrun	18.04	3.0	Trail	3		0		0	3
4	5th Sept	Kirkcaldy Parkrun	17.02	3.0	Road	3		0		0	3
5	12th Dec	St Andrews Parkrun	18:01	3.0	Trail	3		0		0	3

2015		NICK FRY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				13	2	13	1	5	0	0	18	
Training Points				Road: 1			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 0			Age Course: 0			3rd: 0		
				Hill: 1			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 0				
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	3rd June	Hill of Tarvit	50.50	5.0	Hill	5		0		0	5	
2	11th Aug	Ceres 8	1.06.35	8.0	Road	8	Course	5		0	13	

2015		PAMELA CRUICKSHANKS									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				116	24	116	1	5	4	7	128
Training Points Marshalling Points				Road: 8			Course: 1		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 10			Age Course: 0		3rd: 0		
				Hill: 2			Age Dist: 0		Age 1st: 1		
									Age 2nd: 1		
									Age 3rd: 2		
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	17th Jan	East District XC Broxburn	27.22	3.0	Trail	3		0	0	3	
2	24th Jan	Devils Burdens	1.15.05	5.0	Trail	5		0	0	5	
3	1st Feb	Forfar Half Marathon	2.02.37	13.0	Trail	13		0	0	13	
4	21st Feb	Scottish National XC Falkirk	39.47	5.0	Trail	5		0	0	5	
5	1st Mar	Smokies 10	1.25.35	10.0	Road	10		0	0	10	
6	14th Mar	Kirkcaldy Parkrun	23.14	3.0	Road	3		0	0	3	
7	22nd Mar	Lost Trails Falkland	47.28	5.0	Trail	5		0	Age 1st	3	8
8	15th April	Strath/Blebo	37.29	4.0	Trail	4		0		0	4
9	16th May	Kirkcaldy Parkrun	23.48	3.0	Road	3		0		0	3
10	23rd May	Kirkcaldy Parkrun	23.13	3.0	Road	3		0		0	3
11	3rd June	Hill of Tarvit	49.13	5.0	Hill	5		0	Age 3rd	1	6
12	21st June	Seven Hills of Edinburgh	3.25.24	14.0	Hill	14	Course	5		0	19
13	2nd July	Sandy Slither	56.38	6.0	Trail	6		0		0	6
14	8th July	Newburgh	33.57	4.0	Trail	4		0		0	4
15	1st Aug	Highbury Parkrun London	25.30	3.0	Road	3		0		0	3
16	2nd Sept	Gateside Gallop	34.38	4.0	Trail	4		0		0	4
17	5th Sept	St Andrews Parkrun	23.17	3.0	Road	3		0		0	3

18	9th Sept	Kingbarns	30.24	4.0	Trail	4		0	Age 3rd	1	5
19	13th Sept	Stirling 10K	50.33	6.0	Road	6		0		0	6
20	4th Oct	Giffordtown 5k	22.53	3.0	Road	3		0	Age 2nd	2	5
21	24th Oct	National XC Cumbernauld	19.16	2.0	Trail	2		0		0	2
22	8th Nov	Hartley Cup Relays	6:15 6:28	2.0	Trail	2		0		0	2
23	21st Nov	East District XC Alloa	32.14	3.0	Trail	3		0		0	3
19	28th Nov	Kirkcaldy Parkrun	38:45	3.0	Road	3		0		0	3

2015	RACHAEL GRIEVE										
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
			26	4	26	3	30	1	10	66	
Training Points				Road: 2	Dist Pts	Course: 0	PB Pts	1st: 0			
				Track: 0		Distance: 3		2nd: 1			
				Trail: 2		Age Course: 0		3rd: 0			
				Hill: 0		Age Dist: 0		Age 1st: 0			
Marshalling Points								Age 2nd: 0			
								Age 3rd: 0			
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	24th Jan	Devils Burden	1.03.36	5.0	Trail	5		0	0	5	
2	24th May	Edinburgh Half Marathon	1.34.16	13.0	Road	13	Distance	10	0	23	
3	15th Sept	Riverside 4k Dundee	15.40	2.0	Road	2	Distance	10	2nd	10	
4	27th Sept	East Neuk 10k	41.06	6.0	Trail	6	Distance	10	0	16	

2015		RONAN MCKINSTRAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				31	9	31	2	10	6	11	52
Training Points				Road: 2			Course: 2			1st: 0	
				Track: 0			Distance: 0			2nd: 0	
				Trail: 5			Age Course: 0			3rd: 0	
				Hill: 0			Age Dist: 0			Age 1st: 0	
Marshalling Points										Age 2nd: 5	
										Age 3rd: 1	
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	28th Feb	Cupar 5	28.35	5.0	Road	5	Course	5	Age 2nd	2	12
2	22nd Mar	Lost Trails Falkland	35.57	5.0	Trail	5		0	Age 2nd	2	7
3	31st Mar	Ravenscraig 2 mile	11.09	2.0	Road	2		0	Age 2nd	2	4
4	15th April	Strath/Blebo	27.13	4.0	Trail	4		0	Age 2nd	2	6
5	6th May	FAC St Andrews 5k	17.23	3.0	Trail	3	Course	5	Age 2nd	2	10
6	9th Sept	Kingbarns	23.30	4.0	Trail	4		0	Age 3rd	1	5
7	13th Sept	Mr G's MND 5K	17.58	3.0	Trail	3		0		0	3
8	8th Nov	Hartley Cup Relays	5:05 5:11	2.0	Trail	2		0		0	2
9	12th Dec	St Andrews Parkrun	18:22	3.0	Trail	3		0		0	3

2015		ROSIE KNOX									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				40	9	40	2	15	7	32	87
Training Points Marshalling Points				Road: 0			Course: 1		1st: 0		
				Track: 1			Distance: 1		2nd: 2		
				Trail: 4			Age Course: 0		3rd: 0		
				Hill: 4			Age Dist: 0		Age 1st: 2		
									Age 2nd: 3		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	24th Jan	Devils Burden	1.03.36	5.0	Trail	5		0		0	5
2	15th April	Strath/Blebo	34.39	4.0	Trail	4		0	Age 2nd	2	6
3	3rd June	Hill of Tarvit	44.45	5.0	Hill	5	Course	5	Age 2nd	2	12
4	9th June	Fife 1500m Pitreavie		1.0	Track	1		0	2nd	10	11
5	21st June	Sameons Trail Race	2.26.48	11.0	Trail	11		0		0	11
6	15th July	Maddie Mash Hill Race	1.20.49	6.0	Hill	6		0	Age 1st	3	9
7	19th Aug	Nebit Downfall Alva	7.44	1.0	Hill	1		0	Age 1st	3	4
8	9th Sept	Caerrketton Downhill	7.47	1.0	Hill	1		0	2nd	10	11
9	27th Sept	East Neuk 10k	46.50	6.0	Trail	6	Distance	10	Age 2nd	2	18

2015		ROSS VANDERWERT									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				63	15	63	0	0	0	0	0
Training Points				Road: 3			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
Marshalling Points				Trail: 9			Age Course: 0		3rd: 0		
				Hill: 2			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	11th April	St Andrews Parkrun	28.17	3.0	Trail	3		0		0	3
2	6th May	FAC St Andrews 5k	21.56	3.0	Trail	3		0		0	3
3	16th May	St Andrews Parkrun	22.13	3.0	Trail	3		0		0	3
4	3rd June	Hill of Tarvit	47.51	5.0	Hill	5		0		0	5
5	27th June	Largo Law Hill Race	1.08.13	6.0	Hill	6		0		0	6
6	2nd July	Sandy Slither	50.25	6.0	Trail	6		0		0	6
7	8th July	Newburgh	31.54	4.0	Road	4		0		0	4
8	11th July	St Andrews Parkrun	22.33	3.0	Trail	3		0		0	3
9	11th Aug	Ceres 8	1.01.53	8.0	Road	8		0		0	8
10	2nd Sept	Gateside Gallop	32.42	4.0	Trail	4		0		0	4
11	9th Sept	Kingbarns	30.18	4.0	Trail	4		0		0	4
12	26 th Sept	St Andrews Parkrun	23.54	3.0	Trail	3		0		0	3
13	27th Sept	East Neuk 10k	46.00	6.0	Trail	6		0		0	6
14	3rd Oct	St Andrews Parkrun	22.04	3.0	Road	3		0		0	3
15	8th Nov	Hartley Cup Relays	5:25 5:35	2.0	Trail	2		0		0	2

2015		SARAH GERSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				69	19	67	0	0	1	5	72
Training Points Marshalling Points				Road: 3			Course: 0		1st: 0		
				Track: 1			Distance: 0		2nd: 0		
				Trail: 11			Age Course: 0		3rd: 0		
				Hill: 0			Age Dist: 0		Age 1st: 0		
									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	28th March	St Andrews Parkrun	30.02	3.0	Trail	3		0		0	3
2	4th April	St Andrews Parkrun	28.52	3.0	Trail	3		0		0	3
3	11th April	St Andrews Parkrun	28.18	3.0	Track	1		0		0	1
4	15th April	Strath/Blebo	42.07	4.0	Trail	4		0		0	4
5	6th May	FAC St Andrews 5k	27.22	3.0	Trail	3		0		0	3
6	16th May	St Andrews Parkrun	32.34	3.0	Trail	3		0		0	3
7	27th June	St Andrews Parkrun	29.27	3.0	Trail	3		0		0	3
8	2nd July	Sandy Slither	1.07.42	6.0	Trail	6		0		0	6
9	8th July	Newburgh	40.55	4.0	Road	4		0		0	4
10	11th July	St Andrews Parkrun	28.51	3.0	Trail	3		0		0	3
11	11th Aug	Ceres 8	1.19.09	8.0	Road	8		0		0	8
12	9th Sept	Kingbarns	37.18	4.0	Trail	4		0		0	4
13	26 th Sept	St Andrews Parkrun	29.47	3.0	Trail	3		0		0	3
14	27th Sept	East Neuk 10k	59.13	6.0	Trail	6		0		0	6
15	3rd Oct	St Andrews Parkrun	27.39	3.0	Road	3		0		0	3
16	28th Oct	Halloween Novice 2 mile	18.57	2.0	Trail	2		0	3rd	5	7
17	31st Oct	St Andrews Parkrun	30.06	3.0	Trail	3		0		0	3

18	8th Nov	Hartley Cup Relays	7:44 7:47	2.0	Trail	2		0		0	2
19	12th Dec	St Andrews Parkrun	28:51	3.0	Trail	3		0		0	3

2015		SHARON BROWN									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				143	22	143	3	25	0	0	168
Training Points				Road: 8			Course: 1		1st: 0		
				Track: 1			Distance: 2		2nd: 0		
Trail: 12	Age Course: 0	3rd: 0									
Hill: 1	Age Dist: 0	Age 1st: 0									
Marshalling Points									Age 2nd: 0		
									Age 3rd: 0		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	24th Jan	Devils Burdens	44.48	5.0	Trail	5		0		0	5
2	30th Jan	Nightmare West Wemyss		4.0	Trail	4		0		0	4
3	8th Feb	Devilla Forrest 15K	1.26.29	9.0	Trail	9		0		0	9
4	22nd Mar	Lost Trails Falkland	53.14	5.0	Trail	5		0		0	5
5	25th April	Kirkcaldy Parkrun	25.07	3.0	Road	3		0		0	3
6	30th April	Kinross 10k	52.53	6.0	Road	6	Distance	10		0	16
7	15th May	Black Rock 5	39.10	4.0	Trail	4		0		0	4
8	23rd May	Kirkcaldy Parkrun	25.03	3.0	Road	3		0		0	3
9	3rd June	Hill of Tarvit	52.03	5.0	Hill	5		0		0	5
10	17th June	Haddies 4x400m Relays		1.0	Track	1					1
11	21st June	Seven Hills of Edinburgh	3.25.30	14.0	Road	14	Course	5		0	19
12	28th June	Benarty Trail Race	42.53	5.0	Trail	5					5
13	2nd July	Sandy Slither	58.39	6.0	Trail	6					6
14	8th July	Newburgh	35.09	4.0	Trail	4		0		0	4
15	12th July	Dundee Half Marathon	2.07.00	13.0	Road	13				0	13
16	17th July	Beveridge Park 5k	24.43	3.0	Road	3					3
17	24th July	DW 1 Nutcracker	44.24	5.0	Trail	5		0		0	5

18	25th July	DW 2 Psycho Skwerl Splash	47.03	5.0	Trail	5		0		0	5
19	26th July	DW 3 Skull Mountain	42.30	5.0	Trail	5		0		0	5
20	9th Aug	Forth Road Bridge 10k	51.41	6.0	Road	6	Distance	10		0	16
21	27th Sept	Loch Ness Marathon	4.23.22	26.0	Road	26		0		0	26
22	11th Oct	Tufty Trail Falkland	49.07	6.0	Trail	6		0		0	6

2015		TICH SHAW										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				155	30	155	2	10	10	22	187	
Training Points				Road: 10			Course: 2			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 11			Age Course: 0			3rd: 0		
				Hill: 2			Age Dist: 0			Age 1st: 4		
Marshalling Points								Age 2nd: 4				
								Age 3rd: 2				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	25th Jan	Gran Canaria Marathon	3.28.45	26.0	Road	26		0		0	26	
2	15th May	Black Rock 5	42.08	4.0	Trail	4		0		0	4	
3	6th June	Kirkcaldy Parkrun	21.54	3.0	Road	3		0		0	3	
4	13th June	Kirkcaldy Parkrun	21.25	3.0	Road	3		0		0	3	
5	27th June	Largo Law Hill Race	1.00.38	6.0	Hill	6		0		0	6	
6	2nd July	Sandy Slither	48.17	6.0	Trail	6		0	Age 2nd	2	8	
7	4th July	Kirkcaldy Parkrun	21.47	3.0	Road	3		0		0	3	
8	8th July	Newburgh	29.27	4.0	Road	4		0	Age 3rd	1	5	
9	12th July	Heart of Park Braemar	1.08.17	7.0	Trail	7		0		0	7	
10	18th July	Kirkcaldy Parkrun	21.06	3.0	Road	3		0		0	3	
11	25th July	Kirkcaldy Parkrun	21.06	3.0	Road	3		0		0	3	
12	29th July	TOF 1 Chariots	28.19	4.0	Trail	4	Course	5	Age 1st	3	12	
13	30th July	TOF 2 Hill of Tarvit	23.57	3.0	Hill	3		0	Age 1st	3	6	
14	31st July	TOF 3 Uphell TT	14.44	1.0	Road	1	Course	5	Age 2nd	2	8	
15	1st Aug	TOF 4 Cambo Estate	30.41	4.0	Trail	4		0	Age 1st	3	7	
16	2nd Aug	TOF 5 Mega Monimail	33.45	4.0	Trail	4		0	Age 1st	3	7	
17	8th Aug	Kirkcaldy Parkrun	21.07	3.0	Road	3		0		0	3	

18	13th Aug	Balmullo Trail Race	38.09	5.0	Trail	5		0	Age 3rd	1	6
19	22nd Aug	Kirkcaldy Parkrun	20.57	3.0	Road	3		0		0	3
20	2nd Sept	Gateside Gallop	30.17	4.0	Trail	4		0	Age 2nd	2	6
21	26th Sept	Trossachs 10k	43.56	6.0	Trail	6		0		0	6
22	11th Oct	Tufty Trail Falkland	39.41	6.0	Trail	6		0	Age 2nd	2	8
23	18th Oct	Antonine Trail Race	1.52.52	14.0	Trail	14		0		0	14
24	24th Oct	Kirkcaldy Parkrun	21.19	3.0	Road	3		0		0	3
25	1st Nov	Templeton 10	1.16.45	10.0	Road	10		0		0	10
26	7th Nov	Kirkcaldy Parkrun	21:11	3.0	Road	3		0		0	3
27	14th Nov	Kirkcaldy Parkrun	21:07	3.0	Road	3		0		0	3
28	21st Nov	East District XC Alloa	42.56	5.0	Trail	5		0		0	5
29	28th Nov	Kirkcaldy Parkrun	21:18	3.0	Road	3		0		0	3
30	5th Dec	Kirkcaldy Parkrun	21:28	3.0	Road	3		0		0	3

2015		THOMAS KNOX												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				54	8	54	3	15	1	5	74			
Training Points Marshalling Points				Road: 0	Track: 0	Trail: 2	Hill: 5	Course: 2	Distance: 0	Age Course: 0	Age Dist: 0			
				1st: 0	2nd: 0	3rd: 1	Age 1st: 0	Age 2nd: 0	Age 3rd: 0					
				h:mm:ss	Miles									
				Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
				1	6th May	FAC St Andrews 5k	19.43	3.0	Trail	3		0	0	3
2	23rd May	Isle of Jura Fell Race	4.51.04	16.0	Trail	16	Course	5	0	21				
3	3rd June	Hill of Tarvit	37.50	5.0	Hill	5		0	0	5				
4	2nd Sept	Bishop Downhill	5.00	1.0	Hill	1		0	0	1				
5	9th Sept	Caerretton Downhill	6.03	1.0	Hill	1		0	0	1				
6	26th Sept	Two Breweries Hill Race	3.24.47	18.0	Hill	18		0	0	18				
7	3rd Oct	Ben Venue Hill Race	1.24.36	7.0	Hill	7	Course	5	3rd	5	17			
8	31st Oct	Dumyat Dash Hill Race	36.28	3.0	Hill	3	Course	5		0	8			

2015		TRACY CHALMERS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				114	34	114	1	5	0	0	119	
Training Points				Road: 14	Trail: 13	Hill: 2	Course: 1	Age Course: 0	Age Dist: 0	1st: 0		
				Marshalling Points					Track: 1	Distance: 0		2nd: 0
										3rd: 0		Age 1st: 0
												Age 2nd: 0
									Age 3rd: 0			
			h:mm:ss	Miles								
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	24th Jan	Devils Burdens	1.04.32	5.0	Trail	5		0		0	5	
2	30th Jan	Nightmare West Wemyss		4.0	Trail	4				0	4	
3	8th Feb	Frostbite 4 Falkland	36.48	3.0	Trail	3	Course	5		0	8	
4	14th Feb	Kirkcaldy Parkrun	29.35	3.0	Road	3		0		0	3	
5	21st Feb	Kirkcaldy Parkrun	28.57	3.0	Road	3		0		0	3	
6	27th Feb	Nightmare Coull Den		4.0	Trail	4		0		0	4	
7	21st Mar	Kirkcaldy Parkrun	28.52	3.0	Road	3		0		0	3	
8	28th Mar	Kirkcaldy Parkrun	28.57	3.0	Road	3		0		0	3	
9	15th April	Strath/Blebo	45.18	4.0	Trail	4		0		0	4	
10	18th April	Kirkcaldy Parkrun	28.18	3.0	Road	3		0		0	3	
11	25th April	Kirkcaldy Parkrun	28.04	3.0	Road	3		0		0	3	
12	6th May	FAC St Andrews 5k	27.48	3.0	Trail	3					3	
13	15th May	Blackrock 5	43.58	4.0	Trail	4					4	
14	23rd May	Kirkcaldy Parkrun	31.05	3.0	Road	3		0		0	3	
15	3rd June	Hill of Tarvit	58.19	5.0	Hill	5		0		0	5	
16	13th June	Kirkcaldy Parkrun	27.36	3.0	Road	3					3	
17	17th June	Haddies 4x400m Relays		1.0	Track	1					1	

18	21st June	Glenrothes 10k	1.01.16	6.0	Road	6		0		0	6
19	27th June	Kirkcaldy Parkrun	27.31	3.0	Road	3		0		0	3
20	4th July	Kirkcaldy Parkrun	29.23	3.0	Road	3		0		0	3
21	8th July	Newburgh	39.14	4.0	Trail	4		0		0	4
22	14th July	Ravensraig 1mile	10.01	1.0	Road	1		0		0	1
23	29th July	TOF 1 Chariots	37.27	4.0	Trail	4		0		0	4
24	30th July	TOF 2 Hill of Tarvit	33.30	3.0	Hill	3		0		0	3
25	31st July	TOF 3 Uphell TT	18.25	1.0	Road	1		0		0	1
26	1st Aug	TOF 4 Cambo Estate	40.56	4.0	Trail	4		0		0	4
27	2nd Aug	TOF 5 Mega Monimail	44.09	4.0	Trail	4		0		0	4
28	13th Aug	Balmullo Trail race	51.18	5.0	Trail	5		0		0	5
29	14th Aug	Beveridge Park 5k	28.49	3.0	Road	3		0		0	3
30	2nd Sept	Gateside Gallop	40.36	4.0	Trail	4		0		0	4
31	7th Nov	Kirkcaldy Parkrun	21:37	3.0	Road	3		0		0	3
32	21st Nov	Kirkcaldy Parkrun	33:35	3.0	Road	3		0		0	3
33	28th Nov	Kirkcaldy Parkrun	38:47	3.0	Road	3		0		0	3
34	12th Dec	Kirkcaldy Parkrun	28:30	3.0	Road	3		0		0	3

2015		TRACY KNOX										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				31	5	31	1	5	1	1	37	
Training Points				Road: 0			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 2			Age Course: 0			3rd: 0		
				Hill: 3			Age Dist: 0			Age 1st: 0		
Marshalling Points								Age 2nd: 0				
								Age 3rd: 1				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	15th April	Strath/Blebo	39.36	4.0	Trail	4		0		0	4	
2	18th April	Normans Law Hill Race	50.08	5.0	Hill	5		0	Age 3rd	1	6	
3	3rd June	Hill of Tarvit	51.15	5.0	Hill	5	Course	5		0	10	
4	21st June	Sameons Trail Race	2.50.44	11.0	Trail	11		0		0	11	
5	15th July	Maddie Mash Hill Race	1.27.22	6.0	Hill	6		0		0	6	

2015		YVONNE DEHN									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				227	34	227	17	100	1	1	328
Training Points				Road: 10			Course: 12		1st: 0		
				Track: 0			Distance: 3		2nd: 0		
Marshalling Points				Trail: 18			Age Course: 0		3rd: 0		
				Hill: 4			Age Dist: 0		Age 1st: 0		
								Age 2nd: 0			
								Age 3rd: 1			
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1	1st Jan	Resolution Run Falkland	30.13	4.0	Trail	4	Course	5		0	9
2	10th Jan	Bupa Great Winter Run	26.06	3.0	Road	3	Course	5		0	8
3	11th Jan	Frostbite 3 Falkland	30.34	3.0	Trail	3	Course	5		0	8
4	24th Jan	Devils Burdens	1.48.01	5.0	Trail	5		0		0	5
5	8th Feb	Frostbite	30.27	3.0	Trail	3	Course	5		0	8
6	1st Mar	Smokies 10	1.26.57	10.0	Road	10	Distance	10		0	20
7	12th April	Paris Marathon	4.19.00	26.0	Road	26	Distance	10		0	36
8	2nd May	St Andrews Parkrun	24.30	3.0	Road	3		0		0	3
9	9th May	Loch Leven Half Marathon	1.58.08	13.0	Road	13		0		0	13
10	15th May	Black Rock	37.40	4.0	Trail	4	Course	5		0	9
11	23rd May	Kirkcaldy Parkrun	23.42	3.0	Road	3		0		0	3
12	24th May	Edinburgh Half Marathon	1.51.17	13.0	Road	13	Distance	10		0	23
13	3rd June	Hill of Tarvit	49.16	5.0	Hill	5	Course	5		0	10
14	20st June	Sameons Trail Race	2.45.30	11.0	Trail	11		0		0	11
15	28th June	Benarty Trail Race	41.43	5.0	Hill	5		0		0	5
16	2nd July	Sandy Slither	58.11	6.0	Trail	6	Course	5		0	11
17	8th July	Newburgh	35.26	4.0	Trail	4	Course	5		0	9

18	12th July	Heart of Park Challenge	1.26.35	7.0	Trail	7	Course	5		0	12
19	24th July	DW 1 Nutcracker	46.24	5.0	Trail	5		0		0	5
20	25th July	DW 2 Psycho Skwerl Splash	49.33	5.0	Trail	5		0		0	5
21	26th July	DW 3 Skull Mountain	44.00	5.0	Trail	5		0		0	5
22	29th July	TOF 1 Chariots	35.13	4.0	Trail	4	Course	5		0	9
23	30th July	TOF 2 Hill of Tarvit	28.57	3.0	Hill	3	Course	5		0	8
24	31st July	TOF 3 Uphell TT	18.38	1.0	Road	1	Course	5		0	6
25	1st Aug	TOF 4 Cambo Estate	37.37	4.0	Trail	4		0		0	4
26	2nd Aug	TOF 5 Mega Monimail	41.44	4.0	Trail	4		0		0	4
27	13th Aug	Balmullo Trail Race	45.48	5.0	Trail	5	Course	5		0	10
28	16th Aug	Lomond Hill Race	2.56.10	10.0	Hill	10		0		0	10
29	2nd Sept	Gateside Gallop	38.06	4.0	Trail	4		0		0	4
30	9th Sept	Kingbarns	31.33	4.0	Trail	4	Course	5	Age 3rd	1	10
31	13th Sept	Great North Run Half	2.04.00	13.0	Road	13		0		0	13
32	1st Nov	Great Barrier Reef Marathon	5.33.28	26.0	Road	26		0		0	26
33	28th Nov	Kirkcaldy Parkrun	38:47	3.0	Road	3		0		0	3
34	6th Dec	Frostbite 2.5 k	39.56	3.0	Trail	3		0		0	3

2015

MASTER

Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			Road: 0		Course: 0		1st: 0		
			Track: 0		Distance: 0		2nd: 0		
			Trail: 0		Age Course: 0		3rd: 0		
Training Points		Hill: 0		Age Dist: 0		Age 1st: 0			
Marshalling Points						Age 2nd: 0			
						Age 3rd: 0			

Date	Race	h:mm:ss Time	Miles Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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km to miles converter	
Enter km below	Miles
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PB	Placing	Race Type	
Course	4 1st	15 Road	1
Distance	8 2nd	10 Track	1
Age	3rd	5 Trail	1
Age Course	3 Age 1st	3 Hill	1
Age Distance	7 Age 2nd	2	2
	Age 3rd	1	1