

## Points List

Name	Miles	Races	Distance Point	PB's	B Point	Placings	Placing Point	Total Points
<a href="#">Gordon Halliday</a>	568	35	762	7	35	4	14	811
<a href="#">Allen Marr</a>	298	87	335	11	85	43	121	541
<a href="#">Thomas Knox</a>	182	22	349	10	55	7	34	438
<a href="#">Yvonne Dehn</a>	234	40	317	16	95	1	10	422
<a href="#">Jaz Hay</a>	249	32	319	9	75	1	1	395
<a href="#">Jonny Knox</a>	206	29	352	1	5	15	36	393
<a href="#">Debz Hay</a>	227	22	304	3	15	1	2	321
<a href="#">Fiona Cruickshanks</a>	190	39	235	10	60	2	12	307
<a href="#">Jaz Baillie</a>	208	53	255	3	15	7	15	285
<a href="#">Angela Small</a>	206	21	251	3	20	0	0	271
<a href="#">Pamela Cruickshanks</a>	162	34	238	2	10	8	11	259
<a href="#">Rosie Knox</a>	106	20	178	3	20	10	58	256
<a href="#">Ailsa Cruickshanks</a>	76	20	102	6	30	15	115	247
<a href="#">Bill Hutchison</a>	194	10	207	2	6	9	26	239
<a href="#">Mark Harris</a>	113	10	216	1	5	5	15	236
<a href="#">Colin McKie</a>	132	37	168	5	25	6	26	219
<a href="#">Tich Shaw</a>	123	28	159	0	0	15	37	196
<a href="#">Karen Cunningham</a>	154	16	191	0	0	0	0	191
<a href="#">Jackie Galloway</a>	116	18	162	1	5	3	18	185
<a href="#">Sharon Brown</a>	118	20	155	4	20	0	0	175
<a href="#">George Hay</a>	121	15	166	0	0	0	0	166
<a href="#">Mike Reilly</a>	135	17	153	2	10	1	2	165
<a href="#">Alice Hall</a>	105	13	134	2	10	1	3	147
<a href="#">Bill Simpson</a>	120	37	140	0	0	3	5	145
<a href="#">George Findlay</a>	112	22	132	0	0	4	8	140
<a href="#">Duncan Hall</a>	133	42	133	0	0	0	0	133
<a href="#">Tracy Knox</a>	60	14	99	3	15	3	7	121
<a href="#">Lizzie Knox</a>	42	7	81	3	15	2	25	121
<a href="#">Tracy Chalmers</a>	86	22	111	1	5	0	0	116
<a href="#">Ewan Cameron</a>	80	20	107	0	0	3	5	112
<a href="#">Davie Brisland</a>	94	13	101	1	5	1	2	108
<a href="#">Hazel Bradley</a>	63	13	88	0	0	8	18	106
<a href="#">Stuart McKenzie</a>	66	11	93	2	10	2	3	106
<a href="#">Davie Burgess</a>	66	4	101	0	0	0	0	101

## Points List

<a href="#">Yuri Bouwhuis</a>	79	15	85	1	5	0	0	90
<a href="#">Allan Galloway</a>	59	6	89	0	0	0	0	89
<a href="#">Ronan McKinstry</a>	45	12	61	1	5	2	17	83
<a href="#">Susan Penman</a>	61	7	66	3	15	0	0	81
<a href="#">Allan Gibson</a>	45	11	62	0	0	1	15	77
<a href="#">Christine Bowie</a>	59	9	68	0	0	1	5	73
<a href="#">Jane Anderson</a>	54	8	68	0	0	0	0	68
<a href="#">Catriona Duncan</a>	56	16	64	0	0	2	4	68
<a href="#">Eck Anderson</a>	47	7	66	0	0	0	0	66
<a href="#">Jill Thomson</a>	51	7	58	0	0	1	1	59
<a href="#">Carole Fraser</a>	51	13	57	0	0	0	0	57
<a href="#">Sandy Chalmers</a>	41	8	48	0	0	3	9	57
<a href="#">Jeff Taylor</a>	36	10	45	1	5	1	2	52
<a href="#">Giles Harris</a>	52	3	52	0	0	0	0	52
<a href="#">Neil Smith</a>	33	10	35	0	0	2	12	47
<a href="#">Jim Hogsflesh</a>	25	5	40	1	5	0	0	45
<a href="#">Jennifer Gallagher</a>	29	6	44	0	0	0	0	44
<a href="#">Richard McKinstry</a>	24	4	40	0	0	0	0	40
<a href="#">Nick Fry</a>	19	4	31	1	5	0	0	36
<a href="#">Dell Rae</a>	23	2	23	1	10	0	0	33
<a href="#">Liam McMonagle</a>	28	2	28	1	5	0	0	33
<a href="#">Alan McKie</a>	17	5	17	1	5	1	10	32
<a href="#">Jennifer Cruickshanks</a>	14	4	22	0	0	1	10	32
<a href="#">Ewan Lumsden</a>	20	2	27	0	0	0	0	27
<a href="#">Tracy McAusland</a>	14	3	17	2	10	0	0	27
<a href="#">John Dickson</a>	24	6	26	0	0	0	0	26
<a href="#">Elise Methven</a>	13	3	20	0	0	0	0	20
<a href="#">Jenny Henderson</a>	16	4	18	0	0	0	0	18
<a href="#">Dave Nuttall</a>	17	5	17	0	0	0	0	17
<a href="#">Karli Hay</a>	7	1	14	0	0	0	0	14
<a href="#">Richard Ingram</a>	13	2	13	0	0	0	0	13
<a href="#">Ross Vanderwert</a>	13	4	13	0	0	0	0	13
<a href="#">Ryan Hood</a>	6	1	12	0	0	0	0	12
<a href="#">Karen Shepherd</a>	12	3	12	0	0	0	0	12
<a href="#">Aileen Bracken</a>	10	1	10	0	0	0	0	10

Points List

<a href="#">Chris Broome</a>	6	2	9	0	0	0	0	9
<a href="#">Sarah Gerson</a>	7	2	7	0	0	0	0	7
<a href="#">Ian Mills</a>	3	1	7	0	0	0	0	7
<a href="#">David Patterson</a>	0	0	0	0	0	0	0	0
<a href="#">Ewan Davidson</a>	0	0	0	0	0	0	0	0
<a href="#">Gordon Mathieson</a>	0	0	0	0	0	0	0	0
<a href="#">Gordon Taylor</a>	0	0	0	0	0	0	0	0
<a href="#">Jim Anderson</a>	0	0	0	0	0	0	0	0
<a href="#">Rachael Grieve</a>	0	0	0	0	0	0	0	0

2016		AILS A CRUICKSHANKS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				76	20	102	6	30	15	115	247	
Training Points				Road: 7			Course: 6		1st: 6			
				Track: 1			Distance: 0		2nd: 0			
Marshalling Points				Trail: 10			Age Course: 0		3rd: 3			
				Hill: 2			Age Dist: 0		Age 1st: 2			
									Age 2nd: 2			
									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	13/01/2016	Mars Bar Race (4) 4 Miles	0:25:43	4.0	Road	4	Course	5	Female cou	0	9	
2	16/01/2016	East District Cross Country League, Bro	0:24:23	3.0	Trail	5		0		0	5	
3	23/01/2016	Devils Burden Hill Race Ladies Team 1 l	0:31:27	4.7	Hill	10		0	4th fastest l	0	10	
4	03/02/2016	Mars Bar Race (5) 4 Miles	0:26:58	4.0	Road	4		0		0	4	
5	06/02/2016	Kirkcaldy Parkrun	0:20:12	3.0	Road	3		0	Age 1st	3	6	
6	02/03/2016	Mars Bar Race (6) 4 Miles	0:28:01	4.0	Road	4		0		0	4	
7	05/03/2016	Kirkcaldy Parkrun	0:20:17	3.0	Road	3		0	1st	15	18	
8	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:29:44	4.5	Trail	7	Course	5	Age 1st	3	15	
9	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:18:20	3.0	Road	3		0	3rd	5	8	1st fu20
10	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:24	1.0	Track	1		0	3rd	5	6	

11	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:49:26	6.1	Trail	9		0		0	9	
12	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:29:29	4.2	Trail	6	Course	5	Age 2nd	2	13	
13	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:27:42	4.2	Trail	6		0	1st	15	21	1stFJ
14	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:21:29	3.1	Trail	5	Course	5	1st	15	25	1stFJ
15	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:12:55	1.4	Hill	3	Course	5	1st	15	23	1stFJ
16	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:28:58	4.0	Trail	4		0	1st	15	19	1stFJ
17	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:36:01	4.9	Trail	8		0	1st	15	23	1stFJ
18	31/08/2016	Gateside Gallop, 4miles	0:29:41	4.0	Trail	6		0	3rd	5	11	3rdfs
19	25/09/2016	East Neuk 10k	0:42:05	6.2	Trail	9	Course	5	Age 2nd	2	16	2ndfj
20	21/12/2016	Mars Bar Race (3) 4miles	0:26:51	4.0	Road	4		0		0	4	

2016		AILEEN BRACKEN									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				10	1	10	0	0	0	0	10
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	03/04/2016	Tay Ten, Perth, 10miles	1:29:27	10.0	Road	10		0		0	10
2						0		0		0	0

2016		ALICE HALL									
<b>Summary</b>				<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>
				105	13	134	2	10	1	3	147
					Road: 2		Course: 0		1st: 0		
					Track: 0		Distance: 0		2nd: 0		
					Trail: 4		Age Course: 0		3rd: 0		
Training Points					Hill: 1		Age Distance: 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	23/01/2016	Devils Burden Hill Race Ladies	1:18:54	7.2	Hill	14		0		0	14
2	07/02/2016	Forfar Multi Terrain Half Marathon	2:16:22	13.1	Trail	19		0		0	19
3	21/02/2016	Devilla 15k Trail Race, Tulliallan	1:25:17	9.0	Trail	13		0		0	13
4	06/03/2016	Smokies 10 Arbroath	1:23:09	10.0	Road	10		0		0	10
5	31/05/2016	The Great Wall Marathon, Cullinstown	7:11:13	26.2	Road	26		0		0	26
6	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:54:07	6.1	Trail	9		0	Age 1st	3	12
7	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:33:58	4.2	Trail	6		0		0	6
8	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:27:13	3.1	Trail	5	Course	5		0	10





2016		ALAN MCKIE									
<b>Summary</b>				<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>
				17	5	17	1	5	1	10	32
					Road: 2		Course: 1		1st: 0		
					Track: 1		Distance: 0		2nd: 1		
					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		
				h:mm:ss	Miles						
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	03/02/2016	Mars Bar Race (5) 4 Miles	0:32:58	4.0	Road	4	Course	5		0	9
2	15/07/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:02	1.0	Track	1		0	2nd	10	11
3	26/10/2016	Mars Bar Race (1) 4miles	0:31:00	4.0	Road	4		0		0	4
4	21/11/2016	Mars Bar Race (2) 4miles	0:28:19	4.0	Road	4		0		0	4
5	21/12/2016	Mars Bar Race (3) 4miles	0:28:20	4.0	Road	4		0		0	4





2016		ALLAN GIBSON									
<b>Summary</b>				<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>
				45	11	62	0	0	1	15	77
					Road: 1		Course: 0		1st: 0		
					Track: 0		Distance: 0		2nd: 0		
					Trail: 1		Age Course: 0		3rd: 0		
Training Points					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	13/01/2016	Mars Bar Race (4) 4 miles	0:33:02	4.0	Road	4		0		0	4
2	16/01/2016	East District Cross Country Lea	0:45:26	5.0	Trail	8		0		0	8
3	23/01/2016	Devils Burden Hill Race Mens	1:42:33	6.2	Hill	12		0		0	12
4	03/02/2016	Mars Bar Race (5) 4 Miles	0:33:04	4.0	Road	4		0		0	4
5	02/03/2016	Mars Bar Race (6) 4 Miles	0:33:53	4.0	Road	4		0		0	4
6	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:38:39	4.5	Trail	7		0		0	7
7	16/04/2016	Normans Law Hill Race, Luthri	0:48:57	4.5	Hill	10		0		0	10
8	15/07/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:00	1.0	Track	1		0	1st	15	16
9	26/10/2016	Mars Bar Race (1) 4miles	0:34:25	4.0	Road	4		0		0	4
10	21/11/2016	Mars Bar Race (2) 4miles	0:33:31	4.0	Road	4		0		0	4
11	21/12/2016	Mars Bar Race (3) 4miles	0:33:52	4.0	Road	4		0		0	4

2016		ALLEN MARR										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				298	87	335	11	85	43	121	541	
Training Points Marshalling Points				Road: 3			Course: 1		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	03/02/2016	Mars Bar Race (5) 4 Miles	0:28:49	4.0	Road	4	Course	5		0	9	
2	02/03/2016	Mars Bar Race (6) 4 Miles	0:29:04	4.0	Road	4		0		0	4	
3	12/03/2016	Cupar 5	0:36:11	5.0	Road	5		0		0	5	
4	19/03/2016	St Andrews Park Run	0:21:11	3.0	Road	3		0		0	3	
5	29/03/2016	Ravenscraig 2 miles	0:13:14	2.0	Road	2		0	Age 3rd	1	3	
6	02/04/2016	Kirkcaldy Park Run 5k	0:21:19	3.0	Road	3		0		0	3	
7	09/04/2016	St Andrews Park Run	0:21:41	3.0	Road	3		0		0	3	
8	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:34:18	4.5	Trail	7		0	Age 3rd	1	8	
9	15/04/2016	Beveridge Park 5k, Race 1	0:20:55	3.0	Road	3		0		0	3	
10	16/04/2016	St Andrews Parkrun	0:21:19	3.0	Road	3		0		0	3	
11	16/04/2016	Normans Law Hill Race, Luthr	0:44:23	4.5	Hill	5		0		0	5	
12	19/04/2016	Skull Mountain Trail Race Series, Race 1, Falkland	0:32:06	5.0	Road	5		0	Age 2nd	2	7	

13	23/04/2016	Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:22:14	3.0	Road	3		0		0	3	
14	24/04/2016	Ravenscraig 1mile, Kirkcaldy	0:06:02	1.0	Road	1		0	Age 1st	3	4	
15	28/04/2016	Kinross 10k	0:45:38	6.2	Road	6		0	Age 3rd	1	7	
16	30/04/2016	St Andrews Parkrun 5k	0:20:43	3.0	Road	3		0		0	3	
17	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:19:43	3.0	Road	3		0	Age 2nd	2	5	
18	07/05/2016	St Andrews Parkrun 5k	0:20:29	3.0	Road	3		0		0	3	
19	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:21:22	3.0	Road	3		0		0	3	
20	17/05/2016	Skull Mountain Trail Race Series, Race 2, Falkland	0:41:45	5.0	Road	5		0	Age 2nd	2	7	
21	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:20:41	3.0	Road	3		0		0	3	
22	21/05/2016	St Andrews Parkrun	0:21:10	3.0	Road	3		0		0	3	
23	24/05/2016	Ravenscraig 1mile	0:05:57	1.0	Road	1		0	Age 2nd	2	3	
24	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:45:22	5.5	Hill	6		0		0	6	
25	03/06/2016	Black Rock 5, Kinghorn	0:34:39	5.0	Road	5		0		0	5	
26	04/06/2016	Perth Parkrun 5k Haddies Summer Grand Prix Series, Race 8	0:20:33	3.0	Road	3		0	Age 1st	3	6	Mv60

27	05/06/2016	Chariots of Fire 5k, St Andrews	0:22:16	3.0	Trail	5		0	Age 1st	3	8	Mv60
28	11/06/2016	St Andrews Parkrun	0:20:08	3.0	Road	3		0	Age 1st	3	6	Mv60
29	12/06/2016	Woodmill Road Runners 5k, Dunfermline	0:22:02	3.0	Road	3		0	Age 1st	3	6	Mv60
30	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:02	1.0	Track	1		0	2nd	10	11	
31	17/06/2016	Beveridge Park 5k Series, Race 3	0:22:29	3.0	Road	3		0		0	3	
32	18/06/2016	St Andrews Parkrun	0:20:54	3.0	Road	3		0		0	3	
33	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:43:55	6.0	Road	6	Distance	10	Age 2nd	2	18	
34	21/06/2016	Skull Mountain Trail Race Series, Race 3, Falkland	0:40:45	5.0	Road	5		0	Age 2nd	2	7	
35	22/06/2016	Self Transcendence 2 miles	0:12:38	2.0	Road	2	Distance	10	Age 1st	3	15	
36	25/06/2016	St Andrews Parkrun	0:21:24	3.0	Road	3		0		0	3	
37	26/06/2016	Benarty Gala Trail Race, Lochore Meadows, 5miles Haddies Summer Grand Prix Series, Race 10	0:34:52	5.0	Trail	8		0	Age 1st	3	11	mv60
38	28/06/2016	Ravenscraig 1 mile	0:05:49	1.0	Road	1	Distance	10	Age 1st	3	14	mv60
39	29/06/2016	Self Transcendence 1 mile	0:05:39	1.0	Road	1	Distance	10	Age 1st	3	14	
40	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:46:45	6.1	Trail	9	Course	5	Age 1st	3	17	
41	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:31:30	4.2	Trail	6		0	Age 3rd	1	7	
42	23/07/2016	St Andrews Parkrun	0:21:43	3.0	Road	3		0		0	3	

43	26/07/2016	Skull Mountain Trail Race Series, Race 4, Falkland	0:34:40	5.0	Trail	8		0	Age 1st	3	11	mv60
44	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:29:46	4.2	Trail	6		0	Age 1st	3	9	mv60
45	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:23:59	3.1	Trail	5		0	Age 1st	3	8	
46	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:15:06	1.4	Hill	3		0	Age 2nd	2	5	
47	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:30:30	4.0	Trail	6		0	Age 1st	3	9	
48	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:38:02	4.9	Trail	8		0		0	8	
49	09/08/2016	Carnegie Harriers Memorial Race, Knockhill, 3.9miles	0:25:39	3.9	Road	4		0	Age 2nd	2	6	MV50
50	11/08/2016	Balmullo Trail Race, 5th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 15	0:39:34	4.0	Trail	6		0	Age 2nd	2	8	MV50
51	13/08/2016	St Andrews Parkrun	0:20:39	3.0	Road	3		0	Age 1st	3	6	MV60
52	14/08/2016	New Gilston 5k, Haddies Summer Grand Prix Series, Race 16	0:22:08	3.0	Trail	5		0	Age 1st	3	8	mv60
53	18/08/2016	Balbirnie Trail Race, 4 miles	0:25:34	4.0	Trail	6		0	Age 1st	3	9	mv60



54	19/08/2016	Beveridge Park 5k Series, Race 5	0:25:34	3.0	Road	3		0	2nd	10	13	mv60
55	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:21:04	3.0	Road	3		0		0	3	mv60
56	23/08/2016	Ravenscraig 1mile	0:05:46	1.0	Hill	1	Course	5	Age 1st	3	9	mv60
57	24/08/2016	Livingstone AC 3k	0:11:58	2.0	Hill	2		0	Age 1st	3	5	mv60
58	27/08/2016	St Andrews Parkrun	0:20:17	3.0	Road	3		0		0	3	
59	28/08/2016	Perth 10k	0:42:47	6.2	Trail	9	Distance	10	Age 2nd	2	21	
60	31/08/2016	Gateside Gallop, 4miles	0:31:29	4.0	Trail	6	Course	5	Age 3rd	1	12	
61	03/09/2016	St Andrews Parkrun	0:20:52	3.0	Road	3		0		0	3	mv60
62	04/09/2016	Mr G's MND 5k, St Andrews	0:19:48	3.3	Road	3		0	Age 1st	3	6	mv60
63	06/09/2016	Stuart Duncan Memorial 5k, Glenrothes	0:20:21	3.1	Road	3		0	Age 2nd	2	5	mv60
64	07/09/2016	Self Transcendence 5k, Edinburgh	0:20:00	3.1	Road	3		0	Age 1st	3	6	mv60
65	10/09/2016	St Andrews Parkrun	0:20:14	3.0	Road	3		0		0	3	
66	10/09/2016	Self Transcendence 2miles, Ed	0:12:34	2.0	Road	2	Distance	10	Age 1st	3	15	mv60
67	17/09/2016	Kirkcaldy Parkrun 5k	0:20:38	3.0	Road	3		0		0	3	
68	18/09/2016	Pitlochry 10k	0:43:16	6.2	Road	6		0	Age 2nd	2	8	mv60
69	24/09/2016	St Andrews Parkrun	0:20:45	3.0	Road	3		0		0	3	mv60 2nd
70	25/09/2016	East Neuk 10k	0:43:46	6.2	Trail	9	Course	5		0	14	
71	01/10/2016	Kirkcaldy ParkRun 5k	0:20:42	3.0	Road	3		0		0	3	mv60 1st
72	08/10/2016	East District Cross Country Relay Championships, Livingston 4k each	0:17:12	2.5	Trail	4		0		0	4	
73	22/10/2016	St Andrews Parkrun	0:23:05	3.0	Trail	3		0		0	3	2ndmv60
74	26/10/2016	Mars Bar Race (1) 4miles	0:28:10	4.0	Road	4		0		0	4	coursepb
75	28/10/2016	Nightmare Series (1) Last Rites at Ladybank, 4miles	0:27:58	4.0	Road	4		0	Age 1st	3	7	1stmv60
76	29/10/2016	St Andrews Parkrun	0:20:32	3.0	Trail	3		0		0	3	1stmv60
77	05/11/2016	St Andrews Parkrun 5k	0:20:07	3.0	Trail	3		0		0	3	1stmv60 coursepb

78	12/11/2016	Kirkcaldy Parkrun (5k)	0:21:22	3.0	Road	3		0		0	3	1stmv60
79	12/11/2016	Livingston Cross Country, Dec	0:17:06	2.4	Road	2		0	Age 1st	3	5	1stmv60
80	19/11/2016	St Andrews Parkrun 5k	0:23:39	3.0	Trail	3		0		0	3	1stmv60
81	21/11/2016	Mars Bar Race (2) 4miles	0:28:32	4.0	Road	4		0		0	4	
82	25/11/2016	Nightmare Series (2) Kinghorn	0:35:11	4.2	Road	4		0		0	4	
83	26/11/2016	St Andrews Parkrun	0:23:28	3.0	Trail	3		0		0	3	1stmv60
84	10/12/2016	St Andrews Parkrun	0:21:55	3.0	Trail	3		0		0	3	2ndmv60
85	11/12/2016	Bob Stark Memorial 5k, Falkla	0:23:43	3.0	Road	3		0		0	3	
86	21/12/2016	Mars Bar Race (3) 4miles	0:31:15	4.0	Road	4		0		0	4	
87	31/12/2016	St Andrews Parkrun	0:26:50	3.0	Trail	3		0		0	3	2ndmv60

2016		ANGELA SMALL										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				206	21	251	3	20	0	0	271	
Training Points Marshalling Points				Road: 13			Course: 2			1st: 0		
				Track: 0			Distance: 1			2nd: 0		
				Trail: 7			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	Distance	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	01/01/2016	Kirkcaldy Parkrun	0:34:27	3.0	Road	3		0	0	3		
2	23/01/2016	Devils Burden Hill Race Ladies Te	0:56:13	3.4	Hill	3		0	0	3		
3	29/01/2016	Nightmare Series (4) Chariots Of Ice, St Andrews, 3.5miles	0:31:48	3.5	Trail	5		0	0	5		
4	06/02/2016	St Andrews Parkrun	0:27:22	3.0	Road	3		0	0	3		
5	07/02/2016	Forfar Multi Terrain Half Maratho	2:24:29	13.1	Trail	20		0	0	20		
6	02/03/2016	Mars Bar Race (6) 4 Miles	0:34:59	4.0	Road	4		0	0	4		
7	06/03/2016	Smokies 10 Arbroath	1:30:56	10.0	Road	10	Course	5	0	15		
8	10/04/2016	Round The Houses 10k, Grangen	0:53:11	6.0	Road	6		0	0	6		
9	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:45:06	4.5	Trail	7		0	0	7		
10	17/04/2016	Angus Half Marathon	2:02:38	13.1	Road	13		0	0	13		
11	14/05/2016	Loch Leven Half Marathon	2:00:40	6.0	Road	6	Distance	10	0	16		
12	28/05/2016	St Andrews Parkrun	0:35:26	3.0	Road	3		0	0	3		





coursepb
3rd FV40



2016		BILL SIMPSON										
<b>Summary</b>				<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>	
				120	37	140	0	0	3	5	145	
					Road: 14		Course: 0		1st: 0			
					Track: 0		Distance: 0		2nd: 0			
					Trail: 22		Age Course: 0		3rd: 0			
					Hill: 1		Age Dist: 0		Age 1st: 0			
Training Points									Age 2nd: 2			
Marshalling Points									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	10/01/2016	Frostbite Trail Race (3) Falklan	0:38:23	3.0	Trail	5		0		0	5	
2	07/02/2016	Frostbite Trail Race (4) Falklan	0:35:33	3.0	Trail	5		0		0	5	
3	13/02/2016	Kirkcaldy Parkrun (5k)	0:24:51	3.0	Road	3		0		0	3	
4	02/03/2016	Mars Bar Race (6) 4 Miles	0:35:00	4.0	Road	4		0		0	4	
5	30/04/2016	St Andrews Parkrun 5k	0:24:24	3.0	Road	3		0		0	3	
6	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:21:56	3.0	Road	3		0		0	3	
7	07/05/2016	St Andrews Parkrun 5k	0:23:47	3.0	Road	3		0		0	3	
8	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:24:53	3.0	Road	3		0		0	3	
9	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:23:29	3.0	Road	3		0		0	3	



10	21/05/2016	St Andrews Parkrun	0:23:44	3.0	Trail	3		0		0	3	
11	23/07/2016	St Andrews Parkrun	0:23:56	3.0	Trail	3		0		0	3	
12	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:34:21	4.2	Trail	6		0		0	6	
13	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:27:21	3.1	Trail	5		0		0	5	
14	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:15:43	1.4	Hill	3		0		0	3	
15	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:34:31	4.0	Trail	6		0		0	6	
16	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:41:29	4.9	Trail	8		0		0	8	
17	06/08/2016	St Andrews Parkrun	0:23:41	3.0	Road	3		0		0	3	MV60
18	14/08/2016	New Gilston 5k, Haddies Summer Grand Prix Series, Race 16	0:24:25	3.0	Trail	5		0		0	5	mv60
19	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:23:20	3.0	Road	3		0		0	3	
20	27/08/2016	St Andrews Parkrun	0:23:05	3.0	Trail	3		0		0	3	
21	31/08/2016	Gateside Gallop, 4miles	0:35:36	4.0	Trail	6		0		0	6	
22	03/09/2016	St Andrews Parkrun	0:23:10	3.0	Trail	3		0		0	3	mv60
23	07/09/2016	Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:29:44	4.0	Trail	6		0	Age 3rd	1	7	

24	10/09/2016	St Andrews Parkrun	0:22:40	3.0	Trail	3		0		0	3	
25	17/09/2016	St Andrews Parkrun	0:22:29	3.0	Trail	3		0		0	3	
26	24/09/2016	Kirkcaldy ParkRun	0:23:41	3.0	Trail	3		0		0	3	3rdmv60
27	15/10/2016	Kirkcaldy ParkRun	0:23:18	3.0	Trail	3		0		0	3	2ndmv60
28	22/10/2016	St Andrews Parkrun	0:22:31	3.0	Trail	3		0		0	3	1stmv60
29	26/10/2016	Mars Bar Race (1) 4miles	0:29:41	4.0	Road	4		0		0	4	
30	28/10/2016	Nightmare Series (1) Last Rites at Ladybank, 4miles	0:31:23	4.0	Road	4		0	Age 2nd	2	6	2ndmv60
31	29/10/2016	St Andrews Parkrun	0:21:54	3.0	Trail	3		0		0	3	2ndmv60
32	30/10/2016	Grim Beaver Halloween Trail F	0:27:56	4.0	Trail	6		0		0	6	
33	12/11/2016	St Andrews Parkrun	0:22:15	3.0	Trail	3		0		0	3	1stmv60
34	19/11/2016	Kirkcaldy Parkrun	0:22:50	3.0	Trail	3		0		0	3	2ndmv60
35	03/12/2016	St Andrews Parkrun	0:22:14	3.0	Road	3		0		0	3	1stmv60
36	11/12/2016	Bob Stark Memorial 5k, Falkla	0:23:59	3.0	Road	3		0		0	3	
37	16/12/2016	Nightmare Series (3) Chariots	0:26:13	3.5	Road	4		0	Age 2nd	2	6	2ndmv60



2016		CATRIONA DUNCAN																		
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts									
				56	16	64	0	0	2	4	68									
Training Points Marshalling Points				Road: 1	Track: 0	Trail: 3	Hill: 0	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0	1st: 0	2nd: 0	3rd: 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	06/02/2016	Kirkcaldy Parkrun	0:25:52	3.0	Road	3		0		0	3									
2	20/02/2016	St Andrews Parkrun	0:26:38	3.0	Trail	3		0		0	3									
3	02/04/2016	St Andrews Parkrun	0:25:35	3.0	Trail	3		0		0	3									
4	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:40:34	4.5	Trail	6		0	Age 3rd	1	7									
5	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:36:50	4.2	Trail	6		0		0	6									
6	14/08/2016	New Gilston 5k, Haddies Summer Grand Prix Series, Race 16	0:27:00	3.0	Trail	5		0	Age 1st	3	8	fv60								
7	10/09/2016	St Andrews Parkrun	0:25:54	3.0	Trail	3		0		0	3	fv60								
8	25/09/2016	East Neuk 10k	0:53:24	6.2	Trail	9		0		0	9									
9	22/10/2016	St Andrews Parkrun	0:27:22	3.0	Trail	3		0		0	3	2ndfv60								

10	26/10/2016	Mars Bar Race (1) 4miles	0:35:03	4.0	Road	4		0		0	4	
11	29/10/2016	St Andrews Parkrun	0:25:27	3.0	Trail	3		0		0	3	1stfv60
12	21/11/2016	Mars Bar Race (2) 4miles	0:35:35	4.0	Road	4		0		0	4	
13	26/11/2016	Perth Parkrun (5k)	0:25:13	3.0	Road	3		0		0	3	1stfv60
14	03/12/2016	Hazelhead Parkrun 5k, Aberdeen	0:28:54	3.0	Road	3		0		0	3	2ndfv60
15	17/12/2016	St Andrews Parkrun	0:25:21	3.0	Road	3		0		0	3	2ndfv60
16	31/12/2016	St Andrews Parkrun	0:25:17	3.0	Trail	3		0		0	3	2ndfv60

2016		CHRIS BROOME									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				6	2	9	0	0	0	0	0
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 2			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	10/01/2016	Frostbite Trail Race (3) Falklan	0:38:40	3.0	Trail	5		0		0	5
2	07/02/2016	Frostbite Trail Race (4) Falklan	0:36:27	3.0	Trail	5		0		0	5
3						0		0		0	0
4						0		0		0	0
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0
9						0		0		0	0
10						0		0		0	0
11						0		0		0	0

2016		CHRISTINE BOWIE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				59	9	68	0	0	1	5	73
Training Points Marshalling Points				Road: 1	Course: 0	1st: 0					
				Track: 1	Distance: 0	2nd: 0					
				Trail: 0	Age Course: 0	3rd: 1					
				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	
					0		0		0	0	
1	17/04/2016	Great Edinburgh Run, 10m	1:35:13	10.0	Road	10		0	0	10	
2	15/07/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:24	1.0	Track	1		0	3rd	5	6
3	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:37:50	4.2	Trail	6		0		0	6
4	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:30:11	3.1	Trail	5		0		0	5
5	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:19:24	1.4	Hill	3		0		0	3
6	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:40:04	4.0	Trail	6		0		0	6

7	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:48:53	4.9	Trail	8		0		0	8
8	26/10/2016	Mars Bar Race (1) 4miles	0:31:34	4.0	Road	4		0		0	4
9	03/12/2016	Port Elisabeth Marathon, South	5:00:00	26.2	Road	26		0		0	26



2016		COLIN McKIE										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				132	37	168	5	25	6	26	219	
Training Points Marshalling Points				Road: 17			Course: 5		1st: 1			
				Track: 1			Distance: 0		2nd: 0			
				Trail: 16			Age Course: 0		3rd: 0			
				Hill: 3			Age Dist: 0		Age 1st: 2			
									Age 2nd: 2			
								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	01/01/2016 Kirkcaldy Parkrun (5k)	0:22:02	3.0	Road	3		0		0	3		
2	10/01/2016 Frostbite Trail Race (3) Falkland	0:33:56	3.0	Trail	5		0		0	5		
3	13/01/2016 Mars Bar Race (4) 4 Miles	0:27:09	4.0	Road	4	Course	5		0	9		
4	16/01/2016 Livingston Parkrun 5k	0:26:28	3.0	Trail	3		0		0	3		
5	23/01/2016 Devils Burden Hill Race Mens Te	0:36:33	3.4	Hill	7		0		0	7		
6	30/01/2016 Kirkcaldy Parkrun (5k)	0:26:23	3.0	Road	3		0		0	3		
7	03/02/2016 Mars Bar Race (5) 4 Miles	0:26:40	4.0	Road	4	Course	5		0	9		
8	07/02/2016 Frostbite Trail Race (4) Falkland	0:28:17	3.0	Trail	5		0	Age 1st	3	8		
9	02/03/2016 Mars Bar Race (6) 4 Miles	0:26:53	4.0	Road	4		0		0	4		
10	13/04/2016 Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:31:38	4.5	Trail	6		0		0	6		
11	23/04/2016 Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:20:41	3.0	Trail	3		0		0	3		
12	24/04/2016 Lomonds Junior Hill Race Haddies Summer Grand Prix Series, Race 3	0:16:03	3.0	Hill	6		0		0	6		

13	30/04/2016	Kirkcaldy Parkrun (5k)	0:23:57	3.0	Road	3		0		0	3	
14	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix	0:17:52	3.0	Road	3		0		0	3	
15	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:19:50	3.0	Road	3		0		0	3	
16	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:39:09	5.5	Hill	12	Course	5		0	17	
17	11/06/2016	St Andrews Parkrun	0:18:58	3.0	Road	3		0		0	3	mj11-14
18	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:30	1.0	Track	1		0		0	1	
19	19/06/2016	Glenrothes 4k Haddies summer grand prix series, race 9	0:14:57	2.0	Road	2		0	1st	15	17	
20	26/06/2016	Benarty Gala Trail Race, Lochore Meadows, 5miles Haddies Summer Grand Prix Series, Race 10	0:31:34	5.0	Trail	8		0	Age 1st	3	11	mj
21	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:43:01	6.1	Trail	9		0	Age 2nd	2	11	mj
22	09/07/2016	Cardiff Parkrun	0:20:29	3.0	Road	3		0		0	3	
23	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:28:25	4.2	Trail	6	Course	5	Age 3rd	1	12	
24	11/08/2016	Balmullo Trail Race, 5th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 15	0:34:59	4.0	Trail	6		0		0	6	

25	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:20:09	3.0	Road	3		0		0	3	mj11-14
26	07/09/2016	Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:24:41	4.0	Trail	6	Course	5		0	11	
27	18/09/2016	Pitlochry 5k	0:38:30	3.0	Road	3		0		0	3	
28	25/09/2016	East Neuk 10k	0:42:52	6.2	Trail	9		0		0	9	
29	08/10/2016	Camperdown Parkrun 5k	0:21:35	3.0	Trail	3		0		0	3	1stmj11-14
30	22/10/2016	Kirkcaldy Parkrun (5k)	0:19:41	3.0	Road	3		0		0	3	1stmj11-14 2nd overall coursepb
31	26/10/2016	Mars Bar Race (1) 4miles	0:26:28	4.0	Road	4		0		0	4	coursepb
32	30/10/2016	Grim Beaver Halloween Trail Race	0:23:41	4.0	Trail	6		0	Age 2nd	2	8	mj 2nd
33	21/11/2016	Mars Bar Race (2) 4miles	0:26:09	4.0	Road	4		0		0	4	coursepb
34	10/12/2016	Kirkcaldy Parkrun	0:19:23	3.0	Trail	3		0		0	3	1stmj11-14 coursepb
35	21/12/2016	Mars Bar Race (3) 4miles	0:26:23	4.0	Road	4		0		0	4	
36	24/12/2016	St Andrews Parkrun	0:18:35	3.0	Trail	3		0		0	3	1stmj11-14 coursepb
37	27/12/2016	Coul Den Winter Trail Race, Glenrothes, 4miles	0:26:19	4.0	Trail	7		0		0	7	1stmj 2nd overall

2016		DARCEY MACKENZIE											
		Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
					0	0	0	0	0	0	0	0	0
		Training Points Marshalling Points			Road: 0	Hill: 0		Course: 0	Age 1st: 0 Age 2nd: 0 Age 3rd: 0		1st: 0		
					Track: 0			Distance: 0			2nd: 0		
					Trail: 0			Age Course: 0			3rd: 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						0		0		0	0		
						0		0		0	0		

	<b>2016</b>	<b>DARREN ANDERSON</b>									
		<b>Summary</b>		<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>
				0	0	0	0	0	0	0	0
					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		
			h:mm:ss	Miles							
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
1						0		0		0	0
						0		0		0	0



9	25/09/2016	East Neuk 10k	0:41:43	6.2	Trail	9	Course	5		0	14	
10	16/10/2016	Amsterdam Marathon	3:36:38	26.2	Road	26		0		0	26	
11	26/10/2016	Mars Bar Race (1) 4miles	0:26:31	4.0	Road	4		0		0	4	
12	21/11/2016	Mars Bar Race (2) 4miles	0:28:17	4.0	Road	4		0		0	4	
13	21/12/2016	Mars Bar Race (3) 4miles	0:26:29	4.0	Road	4		0		0	4	coursepb

2016		DAVIE BURGESS																
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts							
				66	4	101	0	0	0	0	101							
Training Points Marshalling Points				Road: 1	Track: 0	Trail: 2	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0	1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 0	Age 3rd: 0		
				Hill: 1														
			h:mm:ss	Miles														
	Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts							
1	23/01/2016	Devils Burden Hill Race Mens T	0:58:57	7.2	Hill	14		0		0	14							
2	07/02/2016	Forfar Multi Terrain Half Maraf	1:31:46	13.1	Trail	20		0		0	20							
3	06/08/2016	Devil O' The Highlands Ultra M	07:24:33	42.0	Trail	63		0		0	63							
4	21/11/2016	Mars Bar Race (2) 4miles	0:24:49	4.0	Road	4		0		0	4							
5						0		0		0	0							
6						0		0		0	0							
7						0		0		0	0							
8						0		0		0	0							
9						0		0		0	0							



2016		DAVE NUTTALL									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				17	5	17	0	0	0	0	17
Training Points Marshalling Points				Road: 5	Track: 0	Trail: 0	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0	1st: 0
				Hill: 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	09/01/2016	St Andrews Parkrun	0:27:45	3.0	Road	3		0		0	3
2	13/01/2016	Mars Bar Race (4) 4 Miles	0:36:00	4.0	Road	4		0		0	4
3	20/02/2016	St Andrews Parkrun	0:31:55	3.0	Road	3		0		0	3
4	02/03/2016	Mars Bar Race (6) 4 Miles	0:40:00	4.0	Road	4		0		0	4
5	05/03/2016	St Andrews Parkrun	0:27:18	3.0	Road	3		0		0	3
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0
9						0		0		0	0
10						0		0		0	0
11						0		0		0	0



2016		DEBZ HAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				227	22	304	3	15	1	2	321	
Training Points Marshalling Points				Road: 2	Track: 0	Trail: 2	Hill: 3	Course: 0	Distance: 0	Age Course: 0	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
1	23/01/2016	Devils Burden Hill Race Ladies	1:47:06	7.2	Hill	14		0		0	14	
2	07/02/2016	Forfar Multi Terrain Half Mara	2:15:16	13.1	Trail	20		0		0	20	
3	13/02/2016	Carnethy Hill Race (6miles)	1:53:43	6.0	Hill	12		0		0	12	
4	20/03/2016	Alloa Half Marathon	2:26:31	13.1	Road	13		0		0	13	
5	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:42:36	4.5	Trail	7		0		0	7	
6	16/04/2016	Hunters Bog Trot, Holyrood Ec	0:57:33	4.0	Hill	8		0	Age 2nd	2	10	
7	17/04/2016	Great Edinburgh Run, 10m	1:42:05	10.0	Road	10		0		0	10	
8	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:25:36	3.0	Road	3		0		0	3	





coursepb

2016		DELL RAE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				23	2	23	1	10	0	0	33
Training Points Marshalling Points				Road: 2			Course: 0		1st: 0		
				Track: 0			Distance: 1		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	20/03/2016	Alloa Half Marathon	1:14:30	13.1	Road	13		0		0	13
2	10/04/2016	Tom Scott Memorial 10miles, Strathclyde	0:54:00	10.0	Road	10	Distance	10		0	20
3						0		0		0	0
4						0		0		0	0
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0

2016		DUNCAN HALL										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				133	42	133	0	0	0	0	0	133
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 8			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	01/01/2016	Maribyrnong Parkrun Melbou	0:19:03	3.0	Trail	3		0		0	3	
2	09/01/2016	Maribyrnong Parkrun Melbou	0:18:44	3.0	Trail	3		0		0	3	
3	06/02/2016	Maribyrnong Parkrun Melbou	0:19:31	3.0	Trail	3		0		0	3	
4	13/02/2016	Maribyrnong Parkrun Melbou	0:17:56	3.0	Trail	3		0		0	3	
5	20/02/2016	Maribyrnong Parkrun Melbou	0:21:16	3.0	Trail	3		0		0	3	
6	27/02/2016	Maribyrnong Parkrun Melbou	0:19:37	3.0	Trail	3		0		0	3	
7	05/03/2016	Maribyrnong Parkrun Melbou	0:21:04	3.0	Trail	3		0		0	3	
8	12/03/2016	Maribyrnong Parkrun Melbou	0:18:15	3.0	Trail	3		0		0	3	
9	19/03/2016	Maribyrnong Parkrun Melbou	0:21:32	3.0	Trail	3		0		0	3	
10	20/03/2016	Run For The Kids, Melbourne	0:59:01	10.0	Road	10		0		0	10	
11	09/04/2016	Maribyrnong Parkrun Melbou	0:20:26	3.0	Trail	3		0		0	3	
12	23/04/2016	Maribyrnong Parkrun Melbou	0:19:49	3.0	Trail	3		0		0	3	
13	30/04/2016	Maribyrnong Parkrun Melbou	0:21:52	3.0	Trail	3		0		0	3	
14	07/05/2016	Maribyrnong Parkrun Melbou	0:19:26	3.0	Trail	3		0		0	3	
15	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:18:51	3.0	Road	3		0		0	3	
16	21/05/2016	St Andrews Parkrun	0:18:13	3.0	Trail	3		0		0	3	
17	04/06/2016	Maribyrnong Parkrun Melbou	0:19:07	3.0	Trail	3		0		0	3	



18	11/06/2016	Traralgon Parkrun 5k, Victoria	0:18:19	3.0	Trail	3		0		0	3	
19	18/06/2016	Maribyrnong Parkrun Melbou	0:19:53	3.0	Trail	3		0		0	3	
20	02/07/2016	Maribyrnong Parkrun Melbou	0:20:00	3.0	Trail	3		0		0	3	
21	09/07/2016	Maribyrnong Parkrun Melbou	0:20:12	3.0	Trail	3		0		0	3	
22	16/07/2016	Maribyrnong Parkrun Melbou	0:19:05	3.0	Trail	3		0		0	3	
23	23/07/2016	Maribyrnong Parkrun Melbou	0:17:44	3.0	Trail	3		0		0	3	
24	30/07/2016	Maribyrnong Parkrun Melbou	0:22:01	3.0	Trail	3		0		0	3	
25	06/08/2016	Maribyrnong Parkrun Melbou	0:19:52	3.0	Trail	3		0		0	3	MS30
26	06/08/2016	Maribyrnong Parkrun Melbou	0:18:49	3.0	Trail	3		0		0	3	MS30
27	20/08/2016	Maribyrnong Parkrun Melbou	0:20:48	3.0	Trail	3		0		0	3	
28	27/08/2016	Maribyrnong Parkrun Melbou	0:18:21	3.0	Trail	3		0		0	3	ms30
29	03/09/2016	Maribyrnong Parkrun Melbou	0:21:10	3.0	Trail	3		0		0	3	ms30
30	10/09/2016	Maribyrnong Parkrun Melbou	0:20:22	3.0	Trail	3		0		0	3	
31	17/09/2016	Maribyrnong Parkrun Melbou	0:21:24	3.0	Trail	3		0		0	3	
32	24/09/2016	Maribyrnong Parkrun Melbou	0:21:24	3.0	Trail	3		0		0	3	
33	01/10/2016	Maribyrnong Parkrun Melbou	0:19:52	3.0	Trail	3		0		0	3	2ndms30
34	08/10/2016	Maribyrnong Parkrun Melbou	0:18:36	3.0	Trail	3		0		0	3	2ndms30
35	15/10/2016	Maribyrnong Parkrun Melbou	0:20:11	3.0	Trail	3		0		0	3	1stms30 3rd overall
36	22/10/2016	Maribyrnong Parkrun Melbou	0:18:44	3.0	Trail	3		0		0	3	2ndms30 coursepb
37	29/10/2016	Maribyrnong Parkrun Melbou	0:18:56	3.0	Trail	3		0		0	3	2ndms30
38	05/11/2016	Maribyrnong Parkrun Melbou	0:20:58	3.0	Trail	3		0		0	3	3rdms30
39	19/11/2016	Sale Parkrun 5k, Victoria	0:18:25	3.0	Trail	3		0		0	3	1stms30 1stoverall
40	03/12/2016	Maribyrnong Parkrun Melbou	0:21:59	3.0	Trail	3		0		0	3	
41	17/12/2016	Maribyrnong Parkrun Melbou	0:19:19	3.0	Trail	3		0		0	3	3rdms30
42	31/12/2016	Maribyrnong Parkrun Melbou	0:19:27	3.0	Trail	3		0		0	3	3rdms30

2016		ECK ANDERSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				47	7	66	0	0	0	0	66
Training Points Marshalling Points				Road: 3	Trail: 2	Hill: 2	Course: 0	Distance: 0	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	03/09/2016 Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Hill	6		0		0	6	
2	02/10/2016 Glencoe Marathon	6:26:50	26.2	Trail	39		0		0	39	
3	15/10/2016 St Andrews Parkrun	0:21:51	3.0	Trail	3		0		0	3	
4	26/10/2016 Mars Bar Race (1) 4miles	0:30:53	4.0	Road	4		0		0	4	
5	29/10/2016 Dumyat Dash Hill Race, Menstrie, 4.8k/440m	1:00:03	3.0	Hill	6		0		0	6	
6	21/11/2016 Mars Bar Race (2) 4miles	0:27:56	4.0	Road	4		0		0	4	
7	21/12/2016 Mars Bar Race (3) 4miles	0:27:43	4.0	Road	4		0		0	4	
8					0		0		0	0	





2016		EWAN CAMERON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				80	20	107	0	0	3	5	112
Training Points Marshalling Points				Road: 8			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 8			Age Course: 0		3rd: 0		
				Hill: 2			Age Dist: 0		Age 1st: 0		
									Age 2nd: 2		
									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	23/01/2016	Devils Burden Hill Race Mens	0:39:18	4.7	Hill	9		0		0	9
2	16/04/2016	Normans Law Hill Race, Luthri	0:47:16	4.5	Hill	9		0		0	9
3	19/04/2016	Skull Mountain Trail Race Series, Race 1, Falkland	0:34:57	5.0	Road	5		0	Age 3rd	1	6
4	23/04/2016	Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:25:30	3.0	Trail	5		0		0	5
5	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:24:54	3.0	Road	3		0		0	3
6	17/05/2016	Skull Mountain Trail Race Series, Race 2, Falkland	0:47:33	5.0	Road	5		0		0	5
7	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:23:57	3.0	Road	3		0		0	3
8	21/05/2016	Kirkcaldy Parkrun 5k	0:24:50	3.0	Trail	5		0		0	5
9	21/06/2016	Skull Mountain Trail Race Series, Race 3, Falkland	0:47:12	5.0	Road	5		0		0	5





2016		EWAN LUMSDEN										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				20	2	27	0	0	0	0	27	
Training Points				Road: 1			Course: 0			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	23/01/2016	Devils Burden Hill Race Mens T	1:09:21	7.2	Hill	14		0		0	14	
2	20/03/2016	Alloa Half Marathon	1:32:28	13.1	Road	13		0		0	13	



2016		FIONA CRUICKSHANKS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				190	39	235	10	60	2	12	307	
Training Points Marshalling Points				Road: 17			Course: 8			1st: 0		
				Track: 1			Distance: 2			2nd: 1		
				Trail: 14			Age Course: 0			3rd: 0		
				Hill: 4			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	13/01/2016 Mars Bar Race (4) 4 miles	0:30:14	4.0	Road	4		0		0	4		
2	09/01/2016 Edinburgh Great Winter Run	0:26:07	3.0	Trail	5		0		0	5		
3	23/01/2016 Devils Burden Hill Race Ladies Team 2 le	1:44:20	6.2	Hill	12		0		0	12		
4	07/02/2016 Forfar Multi Terrain Half Marathon	2:04:38	13.1	Trail	20		0		0	20		
5	02/03/2016 Mars Bar Race (6) 4 Miles	0:30:53	4.0	Road	4		0		0	4		
6	06/03/2016 Smokies 10 Arbroath	1:29:20	10.0	Road	10		0		0	10		
7	10/04/2016 Round The Houses 10k, Grangemouth	0:49:27	6.0	Road	6	Distance	10		0	16		
8	13/04/2016 Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:35:49	4.5	Trail	7	Course	5		0	12		
9	23/04/2016 Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:24:37	3.0	Trail	3		0		0	3		

10	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:21:13	3.0	Road	3		0		0	3
11	14/05/2016	Loch Leven Half Marathon	1:59:45	13.1	Road	13	Distance	10		0	23
12	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:22:28	3.0	Road	3		0		0	3
13	29/05/2016	Edinburgh Half Marathon	1:59:20	13.1	Road	13		0		0	13
14	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:47:04	5.5	Hill	11	Course	5		0	16
15	04/06/2016	Falkirk Parkrun 5k	0:25:48	3.0	Road	3		0		0	3
16	11/06/2016	Kirkcaldy Parkrun 5k	0:24:01	3.0	Road	3		0		0	3
17	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:02	1.0	Track	1		0	2nd	10	11
18	17/06/2016	Beveridge Park 5k Series, Race 3	0:22:32	5.0	Road	5		0		0	5
19	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:51:17	6.0	Road	6		0		0	6
20	25/06/2016	Largo Law Hill Race 10k	1:06:59	6.0	Hill	12	Course	5		0	17
21	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:52:08	6.1	Trail	6		0		0	6
22	15/07/2016	Beveridge Park 5k Series, Race 4	0:24:22	3.0	Road	3		0		0	3
23	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:32:52	4.2	Trail	4	Course	5		0	9
24	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:32:32	4.2	Trail	6		0		0	6











2016		GEORGE FINDLAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				112	22	132	0	0	4	8	140	
Training Points Marshalling Points				Road: 8			Course: 0		1st: 0			
				Track: 1			Distance: 0		2nd: 0			
				Trail: 3			Age Course: 0		3rd: 0			
				Hill: 1			Age Dist: 0		Age 1st: 1			
									Age 2nd: 1			
									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	13/01/2016	Mars Bar Race (4) 4 Miles	0:29:40	4.0	Road	4		0		0	4	
2	23/01/2016	Devils Burden Hill Race Mens	1:42:33	6.2	Hill	12		0		0	12	
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:29:34	4.0	Road	4		0		0	4	
4	02/03/2016	Mars Bar Race (6) 4 Miles	0:30:35	4.0	Road	4		0		0	4	
5	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:33:57	4.5	Trail	7		0		0	7	
6	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:21:10	3.0	Road	3		0		0	3	
7	29/05/2016	Edinburgh Marathon	4:21:03	26.2	Road	26		0		0	26	
8	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:32	1.0	Track	1		0		0	1	
9	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:44:02	6.0	Road	6		0	Age 3rd	1	7	mv60



10	26/06/2016	Benarty Gala Trail Race, Lochore Meadows, 5miles Haddies Summer Grand Prix Series, Race 10	0:35:15	5.0	Trail	8		0	Age 2nd	2	10	mv55
11	11/08/2016	Balmullo Trail Race, 5th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 15	0:41:19	4.0	Trail	6		0		0	6	
12	14/08/2016	New Gilston 5k, Haddies Summer Grand Prix Series, Race 16	0:23:17	3.0	Road	3		0	Age 1st	3	6	mv50
13	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:22:02	3.0	Road	3		0		0	3	mv55
14	27/08/2016	St Andrews Parkrun	0:21:48	3.0	Road	3		0		0	3	
15	31/08/2016	Gateside Gallop, 4miles	0:32:35	4.0	Trail	6		0		0	6	
16	18/09/2016	Pitlochry 10k	0:45:13	6.2	Road	6		0		0	6	
17	25/09/2016	East Neuk 10k	0:44:07	6.2	Trail	9		0		0	9	
18	26/10/2016	Mars Bar Race (1) 4miles	0:29:27	4.0	Road	4		0		0	4	
19	30/10/2016	Grim Beaver Halloween Trail F	0:25:27	4.0	Trail	6		0	Age 2nd	2	8	2nd mv55
20	21/11/2016	Mars Bar Race (2) 4miles	0:29:00	4.0	Road	4		0		0	4	
21	11/12/2016	Bob Stark Memorial 5k, Falkla	0:23:30	3.0	Road	3		0		0	3	2nd mv60
22	21/12/2016	Mars Bar Race (3) 4miles	0:29:03	4.0	Road	4		0		0	4	

2016		GEORGE HAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				121	15	166	0	0	0	0	166
Training Points Marshalling Points				Road: 3	Track: 0	Trail: 2	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0	1st: 0 2nd: 0 3rd: 0 Age 1st: 0 Age 2nd: 0 Age 3rd: 0
				Hill: 4							
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	23/01/2016	Devils Burden Hill Race Mens	2:19:12	6.2	Hill	12		0	0	12	
2	07/02/2016	Forfar Multi Terrain Half Mara	2:41:22	13.1	Trail	20		0	0	20	
3	20/03/2016	Alloa Half Marathon	2:38:22	13.1	Road	13		0	0	13	
4	16/04/2016	Hunters Bog Trot, Holyrood Ed	0:57:33	4.0	Hill	8		0	0	8	
5	17/04/2016	Great Edinburgh Run, 10m	1:49:31	10.0	Road	10		0	0	10	
6	05/06/2016	Lakelands Half Marathon Challenge, Coniston 13.1m	3:19:46	13.1	Road	13		0	0	13	
7	02/07/2016	Dollar Hill Race, 15k/960m	3:19:26	9.0	Hill	18		0	0	18	
8	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:20:20	1.4	Hill	3		0	0	3	
9	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:42:20	4.0	Trail	6		0	0	6	
10	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:55:15	4.9	Trail	8		0	0	8	

11	03/09/2016	Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Hill	7		0		0	7
12	22/10/2016	Meall a Bhuachaille Hill Race, /	2:23:38	8.0	Hill	16		0		0	16
13	29/10/2016	Cannicross 7.3k, Jedburgh	0:54:28	4.5	Trail	7		0		0	7
14	30/10/2016	Jedburgh Half Marathon	2:23:43	13.1	Road	13		0		0	13
15	12/11/2016	Glen Clova Half Marathon	2:18:56	13.1	Road	13		0		0	13



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2016		GORDON HALLIDAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				568	35	762	7	35	4	14	811	
Training Points				Road: 16			Course: 7		1st: 0			
				Track: 1			Distance: 0		2nd: 0			
Marshalling Points				Trail: 15			Age Course: 0		3rd: 2			
				Hill: 3			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	12/03/2016	St Andrews Parkrun	0:22:06	3.0	Road	3		0		0	3	
2	26/03/2016	St Andrews Parkrun	0:22:14	3.0	Road	3		0		0	3	
3	02/04/2016	St Andrews Parkrun	0:20:57	3.0	Road	3		0		0	3	
4	09/04/2016	St Andrews Parkrun	0:21:19	3.0	Road	3		0		0	3	
4	16/04/2016	St Andrews Parkrun	0:21:02	3.0	Road	3		0		0	3	
5	16/04/2016	Normans Law Hill Race, Luthrie, 8k/2	0:39:43	4.5	Hill	9		0		0	9	
7	19/04/2016	Skull Mountain Trail Race Series, Race 1, Falkland	0:29:49	5.0	Trail	8		0	Age 1st	3	11	
8	23/04/2016	The John Muir Way Ultra Marathon, 50k Haddies Summer Grand Prix Series, Race 3	4:48:52	31.1	Trail	46		0		0	46	
9	30/04/2016	St Andrews Parkrun 5k	0:20:48	3.0	Road	3		0		0	3	
10	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:19:58	3.0	Road	3		0		0	3	
11	07/05/2016	Cateran Ultra Marathon, 110miles	24:11:46	110.0	Road	110	Course	5		0	115	
12	13/05/2016	Glen Lyon Ultra	5:10:08	30.0	Road	30		0		0	30	
13	28/05/2016	St Andrews Parkrun	0:20:35	3.0	Trail	3		0		0	3	

14	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:42:40	5.5	Hill	11	Course	5		0	16	
15	04/06/2016	St Andrews Parkrun	0:20:24	3.0	Road	3		0		0	3	
16	11/06/2016	St Andrews Parkrun	0:20:13	3.0	Road	3		0		0	3	mv45
17	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:24	1.0	Track	1		0	3rd	5	6	
18	02/07/2016	Great Glen Way Ultra, 70miles	13:59:02	70.0	Trail	105	Course	5		0	110	
19	09/07/2016	St Andrews Parkrun Haddies Summer Grand Prix Series, Race 12	0:55:00	3.0	Road	3		0		0	3	
20	09/07/2016	Clyde Stride Ultra, 40 miles	6:44:15	40.0	Trail	60		0		0	60	
21	26/07/2016	Skull Mountain Trail Race Series, Race 4, Falkland	0:34:04	5.0	Trail	8		0		0	8	
22	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:29:55	4.2	Trail	6		0		0	6	
23	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:23:38	3.1	Trail	5	Course	5		0	10	
24	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:13:59	1.4	Hill	3	Course	5		0	8	
25	30/07/2016	St Andrews Parkrun	0:29:47	3.0	Road	3		0		0	3	
26	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:30:12	4.0	Trail	6	Course	5		0	11	
27	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:37:54	4.9	Trail	8		0		0	8	
28	27/08/2016	St Andrews Parkrun	0:21:16	3.0	Road	3		0		0	3	mv45
29	31/08/2016	Gateside Gallop, 4miles	0:30:12	4.0	Trail	6	Course	5		0	11	
30	07/09/2016	Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:26:48	4.0	Trail	6		0	Age 3rd	1	7	



31	17/09/2016	River Ayr Way Ultra Marathon, 40mi	7:02:39	40.0	Trail	60		0		0	60	
32	22/10/2016	Sandstone Way Ultra, 120miles	28:45:13	120.0	Trail	180		0	3rd	5	185	2ndmv40 3rdoverall
33	05/11/2016	Glen Ogle 33	5:12:31	33.0	Trail	50		0		0	50	
34	21/11/2016	Mars Bar Race (2) 4miles	0:28:08	4.0	Road	4		0		0	4	
35	21/12/2016	Mars Bar Race (3) 4miles	0:28:14	4.0	Road	4		0		0	4	

2016		GORDON MATHIESON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				0	0	0	0	0	0	0	0
Training Points Marshalling Points				Road: 0			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					0		0		0	0	
2					0		0		0	0	
3					0		0		0	0	
4					0		0		0	0	
5					0		0		0	0	
6					0		0		0	0	

2016		GORDON TAYLOR									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				0	0	0	0	0	0	0	0
Training Points Marshalling Points				Road: 0			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						0		0		0	0
						0		0		0	0

2016		HAZEL BRADLEY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				63	13	88	0	0	8	18	106	
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 7			Age Course: 0		3rd: 0			
				Hill: 2			Age Dist: 0		Age 1st: 2			
									Age 2nd: 4			
									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	16/01/2016	East District Cross Country League	0:28:01	3.0	Trail	5		0		0	5	
2	23/01/2016	Devils Burden Hill Race Ladies Tea	0:35:46	4.7	Hill	9		0		0	9	
3	21/02/2016	Devilla 15k Trail Race, Tulliallan	1:24:50	9.0	Trail	14		0	Age 1st	3	17	
4	27/03/2016	Eildons 10mile Trail Race, Melrose	1:51:08	10.0	Trail	15		0		0	15	
5	12/07/2016	Mabie Trail Race 10k, Dumfries	0:51:20	6.0	Trail	9		0	Age 1st	3	12	fv60
6	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:31:23	4.2	Trail	6		0	Age 2nd	2	8	fv60
7	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:25:30	3.1	Trail	5		0	Age 2nd	2	7	fv60
8	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:15:45	1.4	Hill	3		0	Age 2nd	2	5	FV60
9	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:33:00	4.0	Trail	6		0	Age 2nd	2	8	
10	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:40:26	4.9	Road	5		0	Age 2nd	2	7	FV60
11	21/08/2016	Forfar 10k	0:47:19	6.2	Road	6		0	Age 2nd	2	8	FV60
12	22/10/2016	National Cross Country Relay Chan	0:18:21	2.5	Road	2		0		0	2	

13	12/11/2016	British & Irish Masters Cross Count	0:26:27	3.7	Road	4		0		0	4	gold team medal
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2016		IAN MILLS									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				3	1	7	0	0	0	0	7
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			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	23/01/2016	Devils Burden Hill Race Mens T	0:36:33	3.4	Hill	7		0		0	7
2						0		0		0	0
3						0		0		0	0

2016		JACKIE GALLOWAY															
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts						
				116	18	162	1	5	3	18	185						
Training Points Marshalling Points				Road: 8	Trail: 4	Hill: 4	Course: 1	Distance: 0	Age Course: 0	Age Dist: 0	1st: 1	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 1	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	13/01/2016	Mars Bar Race (4) 4 Miles	0:38:37	4.0	Road	4		0		0	4		
				2	23/01/2016	Devils Burden Hill Race Ladies Team	2:19:57	6.2	Hill	12		0		0	12		
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:36:30	4.0	Road	4		0		0	4						
4	07/02/2016	Forfar Multi Terrain Half Marathon	2:32:33	13.1	Trail	20		0		0	20						
5	13/02/2016	Kirkcaldy Parkrun (5k)	0:30:23	3.0	Road	3		0		0	3						
6	19/03/2016	Clic Seargent 3k Dundee	0:16:53	1.0	Road	2		0		0	2						
7	10/04/2016	Tom Scott Memorial 10miles, Strathclyde	1:38:27	10.0	Road	10		0		0	10						
8	24/04/2016	Ravensraig 1mile, Kirkcaldy	0:09:36	1.0	Road	1		0	Age 2nd	2	3						
9	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:57:44	5.5	Hill	11		0		0	11						
10	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:00	1.0	Track	1		0	1st	15	16						

11	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:56:57	6.0	Road	6		0		0	6
12	25/06/2016	Largo Law Hill Race 10k	1:25:29	6.0	Hill	12	Course	5		0	17
13	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:39:32	4.2	Trail	6		0		0	6
14	11/08/2016	Ballater Highland Games Hill Race	0:44:06	4.0	Hill	8		0	Age 3rd	1	9
15	31/08/2016	Gateside Gallop, 4miles	0:42:22	4.0	Trail	6		0		0	6
16	02/10/2016	Glencoe Marathon	7:16:05	26.2	Trail	39		0		0	39
17	26/10/2016	Mars Bar Race (1) 4miles	0:36:39	4.0	Road	4		0		0	4
18	12/11/2016	Glen Clova Half Marathon	2:13:08	13.1	Road	13		0		0	13



2016		JANE ANDERSON												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				54	8	68	0	0	0	0	68			
Training Points Marshalling Points				Road: 4	Track: 0	Trail: 4	Hill: 0	Course: 0	Distance: 0	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	01/01/2016	Kirkcaldy Parkrun	0:34:29	3.0	Road	3		0		0
2	10/01/2016	Frostbite Trail Race (3) Falkland	0:43:30	3.0	Trail	5		0		0	5			
3	29/01/2016	Nightmare Series (4) Chariots Of Ice, St Andrews, 3.5miles	0:31:14	3.5	Trail	5		0		0	5			
4	01/01/2016	St Andrews Parkrun	0:27:24	3.0	Road	3		0		0	3			
5	07/02/2016	Forfar Multi Terrain Half Marathon	2:32:33	13.1	Trail	20		0		0	20			
6	21/02/2016	Devilla 15k Trail Race, Tulliallan	1:54:22	9.0	Trail	14		0		0	14			
7	20/03/2016	Alloa Half Marathon	2:01:15	13.1	Road	13		0		0	13			
8	10/04/2016	Round The Houses 10k, Grangemouth	0:53:11	6.0	Road	6		0		0	6			

2016		JAS BAILLIE									
		<b>Summary</b>									
		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts		
		208	53	255	3	15	7	15	285		
					Road: 12	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				
		Training Points									
		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	01/01/2016	Kirkcaldy Parkrun	0:23:01	3.0	Road	3		0		0	3
2	02/01/2016	St Andrews Parkrun	0:22:53	3.0	Road	3		0		0	3
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:31:47	4.0	Road	4		0		0	4
4	12/03/2016	Cupar 5	0:36:32	5.0	Road	5		0		0	5
5	20/03/2016	Alloa Half Marathon	1:43:57	13.1	Road	13		0		0	13
6	26/03/2016	St Andrews Parkrun	0:22:52	3.0	Road	3		0		0	3
7	09/04/2016	Kirkcaldy Parkrun	0:21:55	3.0	Road	3		0		0	3
8	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:34:10	4.5	Trail	7		0		0	7
9	15/04/2016	Beveridge Park 5k, Race 1	0:21:41	3.0	Road	3		0		0	3
10	16/04/2016	Normans Law Hill Race, Luthrie	0:44:37	4.5	Hill	9		0		0	9
11	19/04/2016	Skull Mountain Trail Race Series, Race 1, Falkland	0:33:08	5.0	Trail	8		0	Age 2nd	2	10
12	23/04/2016	Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:23:21	3.0	Road	3		0		0	3
13	28/04/2016	Kinross 10k	0:46:11	6.2	Road	6		0		0	6
14	30/04/2016	Kirkcaldy Parkrun (5k)	0:21:11	3.0	Road	3		0		0	3

15	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:20:29	3.0	Road	3		0		0	3		
16	07/05/2016	St Andrews Parkrun 5k	0:21:11	3.0	Road	3		0		0	3		
17	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:21:42	3.0	Road	3		0		0	3		
18	14/05/2016	Penicuik 10k	0:46:22	6.0	Road	6		0		0	6		
19	17/05/2016	Skull Mountain Trail Race Series, Race 2, Falkland	0:41:33	5.0	Trail	8		0	Age 2nd	2	10		
20	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:21:07	3.0	Road	3		0		0	3		
21	21/05/2016	St Andrews Parkrun	0:20:58	3.0	Road	3		0		0	3		
22	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:43:29	5.5	Hill	11		0		0	11		
23	04/06/2016	Perth Parkrun 5k Haddies Summer Grand Prix Series, Race 8	0:20:45	3.0	Road	3		0		0	3	Mv55	
24	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:45:51	6.0	Road	6		0		0	6		
25	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:48:54	6.1	Trail	9		0		0	9		
26	05/07/2016	Kirkcaldy Parkrun 5k	0:21:57	3.0	Road	3		0	Age 2nd	2	5		
27	09/07/2016	St Andrews Parkrun Haddies Summer Grand Prix Series, Race 12	0:55:00	3.0	Road	3		0	Age 2nd	2	5		

28	16/07/2016	St Andrews Parkrun	0:21:12	3.0	Road	3		0		0	3		
29	19/07/2016	Hill Of Hope Trail Race, Strath	0:38:40	5.0	Trail	8		0	Age 3rd	1	9		
30	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:30:21	4.2	Trail	6	Course	5		0	11		
31	23/07/2016	St Andrews Parkrun	0:20:46	3.0	Road	3		0		0	3		
32	26/07/2016	Skull Mountain Trail Race Series, Race 4, Falkland	0:34:32	5.0	Trail	8		0	Age 1st	3	11	MV55	
33	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:30:07	4.2	Trail	6	Course	5		0	11		
34	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:24:37	3.1	Trail	5	Course	5		0	10		
35	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:15:34	1.4	Hill	3		0		0	3		
36	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:31:37	4.0	Trail	6		0		0	6		
37	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:39:01	4.9	Trail	8		0		0	8		
38	18/08/2016	Balbirnie Trail Race, 4 miles	0:27:23	4.0	Trail	6		0		0	6		
39	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:21:40	3.0	Road	3		0		0	3	mv55	
40	10/09/2016	Kirkcaldy Parkrun 5k	0:22:00	3.0	Road	3		0		0	3	Mv55	
41	17/09/2016	Kirkcaldy Parkrun 5k	0:20:59	3.0	Road	3		0		0	3	mv55	
42	24/09/2016	Kirkcaldy ParkRun 5k	0:21:11	3.0	Road	3		0		0	3	MV55 1st	
43	01/10/2016	Kirkcaldy ParkRun 5k	0:20:55	3.0	Road	3		0		0	3	mv55 1st coursepb	

44	08/10/2016	East District Cross Country Relay Championships, Livingston 4k each	0:18:12	2.5	Trail	4		0		0	4		
45	15/10/2016	East District Cross Country League, Stirling 9k	0:43:27	5.6	Trail	8		0		0	8		
46	22/10/2016	Aberdeen Parkrun 5k Melbourne	0:20:58	3.0	Trail	3		0		0	3	MV55 1st	
47	30/10/2016	Grim Beaver Halloween Trail R	0:24:37	4.0	Trail	6		0	Age 1st	3	9	MV55 1st	
48	05/11/2016	St Andrews Parkrun 5k	0:20:36	3.0	Trail	3		0		0	3	coursepb	
49	12/11/2016	St Andrews Parkrun	0:20:24	3.0	Trail	3		0		0	3	2ndmv55 coursepb	
50	26/11/2016	Kirkcaldy Parkrun	0:20:18	3.0	Trail	3		0		0	3	MV55 1st coursepb	
51	03/12/2016	St Andrews Parkrun	0:19:53	3.0	Road	3		0		0	3	2ndmv55 coursepb	
52	10/12/2016	Kirkcaldy Parkrun	0:20:35	3.0	Trail	3		0		0	3	MV55 1st	
53	17/12/2016	Fife AC Cross Country, Kirkcaldy	0:27:41	5.0	Trail	8		0		0	8		

2016		JAZ HAY										
Summary					Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
					249	32	319	9	75	1	1	395
Training Points					Road: 7	Course: 2		1st: 0				
					Track: 0	Distance: 3		2nd: 0				
					Trail: 7	Age Course: 0		3rd: 0				
					Hill: 4	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	13/01/2016	Mars Bar Race (4) 4 miles	0:31:43	4.0	Road	4		0		0	4	
2	23/01/2016	Devils Burden Hill Race Ladies	1:44:29	4.7	Hill	10		0		0	10	
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:31:47	4.0	Road	4		0		0	4	
4	07/02/2016	Forfar Multi Terrain Half Mara	2:02:02	13.1	Trail	20		0		0	20	
5	13/02/2016	Carnethy Hill Race (6miles)	1:53:42	6.0	Hill	12		0		0	12	
6	20/03/2016	Alloa Half Marathon	1:50:34	13.1	Road	13	Distance	10		0	23	
7	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:36:52	4.5	Trail	7	Course	5		0	12	
8	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:21:48	3.0	Road	3		0		0	3	
9	14/05/2016	Loch Leven Half Marathon	1:53:51	13.1	Road	13		0		0	13	

10	29/05/2016	Edinburgh Marathon	4:13:24	26.2	Road	26	Distance	10		0	36
11	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:50:44	6.0	Road	6	Distance	10		0	16
12	25/06/2016	Largo Law Hill Race 10k	1:13:55	6.0	Hill	12		0		0	12
13	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:52:58	6.1	Trail	9		0		0	9
14	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:32:45	4.2	Trail	6		0		0	6
15	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:32:49	4.2	Trail	6		0		0	6
16	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:26:19	3.1	Trail	5	Course	5		0	10
17	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:16:17	1.4	Hill	3		0		0	3
18	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:34:07	4.0	Trail	6		0		0	6
19	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:41:13	4.9	Road	5		0		0	5

20	11/08/2016	Balmullo Trail Race, 5th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 15	0:43:02	4.0	Trail	6		0		0	6
21	21/08/2016	Lomond of Fife Hill Race, 16.2k/800m	2:35:40	10.1	Hill	20		0		0	20
22	03/09/2016	Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Hill	7		0		0	7
23	11/09/2016	Stirling 10k	0:48:30	6.2	Road	6	Distance	10		0	16
24	25/09/2016	Loch Ness Marathon	3:58:06	26.2	Road	26	Distance	10		0	36
25	08/10/2016	East District Cross Country Relay Championships, Livingston 4k each	0:18:39	2.5	Trail	4		0		0	4
26	26/10/2016	Mars Bar Race (1) 4miles	0:29:48	4.0	Road	4		0		0	4
27	05/11/2016	Glen Ogle 33	5:38:03	33.0	Trail	50		0		0	50
28	12/11/2016	Glen Clova Half Marathon	1:48:27	13.1	Road	13	Distance	10		0	23
29	25/11/2016	Nightmare Series (2) Kinghorn	0:35:59	4.2	Road	4		0		0	4
30	11/12/2016	Jaz and Willow - Cani-Cross 5k	0:21:21	3.0	Road	3	Course	5		0	8
31	16/12/2016	Nightmare Series (3) Chariots c	0:26:18	3.5	Road	4		0	Age 3rd	1	5
32	21/12/2016	Mars Bar Race (3) 4miles	0:29:46	4.0	Road	4		0		0	4







dist pb
3rd Fml overall
coursepb

2016		JEFF TAYLOR										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				36	10	45	1	5	1	2	52	
Training Points				Road: 3			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			
									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	13/01/2016	Mars Bar Race (4) 4 Miles	0:29:41	4.0	Road	4		0		0	4	
2	02/03/2016	Mars Bar Race (6) 4 Miles	0:29:02	4.0	Road	4		0		0	4	
3	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:32:08	4.5	Trail	7		0		0	7	
4	23/04/2016	Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:22:11	3.0	Road	3		0		0	3	
5	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:19:03	3.0	Road	3		0		0	3	
6	07/05/2016	St Andrews Parkrun 5k	0:20:10	3.0	Road	3		0		0	3	
7	14/05/2016	Dunfermline Parkrun 5k Haddies Summer Grand Prix Series, Race 5	0:21:13	3.0	Road	3		0		0	3	

8	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:20:01	3.0	Road	3		0		0	3	
9	01/07/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:43:09	5.5	Hill	11	Course	5		0	16	
10	05/07/2016	Chariots of Fire 5k, St Andrews	0:21:16	3.0	Trail	5		0	Age 2nd	2	7	mv50

2016		JENNIFER CRUICKSHANKS									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				14	4	22	0	0	1	10	32
Training Points Marshalling Points				Road: 1		Course: 0		1st: 0			
				Track: 1		Distance: 0		2nd: 1			
				Trail: 1		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	13/01/2016	Mars Bar Race (4) 4 miles	0:30:14	4.0	Road	4		0		0	4
2	09/01/2016	Edinburgh Great Winter Run	0:26:07	3.0	Trail	5		0		0	5
3	23/01/2016	Devils Burden Hill Race Ladies Team 1 le	1:44:29	6.2	Hill	12		0		0	12
4	15/07/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:02	1.0	Track	1		0	2nd	10	11
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0
9						0		0		0	0
10						0		0		0	0
11						0		0		0	0
12						0		0		0	0
13						0		0		0	0
14						0		0		0	0
15						0		0		0	0
16						0		0		0	0













2016		JIM HOGSFLESH									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				25	5	40	1	5	0	0	45
Training Points Marshalling Points				Road: 2	Track: 0	Trail: 1	Hill: 2	Course: 1	Distance: 0	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
1	23/01/2016	Devils Burden Hill Race Mens 1	1:29:37	7.2	Hill	14		0		0	14
2	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:43:00	4.5	Trail	7	Course	5		0	12
3	01/07/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:56:12	5.5	Hill	11		0		0	11
4	26/10/2016	Mars Bar Race (1) 4miles	0:35:43	4.0	Road	4		0		0	4
5	21/12/2016	Mars Bar Race (3) 4miles	0:35:00	4.0	Road	4		0		0	4
6						0		0		0	0

2016		JOHN DICKSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				24	6	26	0	0	0	0	26
Training Points Marshalling Points				Road: 5	Track: 0	Trail: 1	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0	1st: 0
				Hill: 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	13/01/2016 Mars Bar Race (4) 4 Miles	0:34:26	4.0	Road	4		0		0	4	
2	03/02/2016 Mars Bar Race (5) 4 Miles	0:33:35	4.0	Road	4		0		0	4	
3	02/03/2016 Mars Bar Race (6) 4 Miles	0:33:59	4.0	Road	4		0		0	4	
4	07/09/2016 Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:35:28	4.0	Trail	6		0		0	6	
5	26/10/2016 Mars Bar Race (1) 4miles	0:33:24	4.0	Road	4		0		0	4	
6	21/11/2016 Mars Bar Race (2) 4miles	0:34:07	4.0	Road	4		0		0	4	

2016		JONNY KNOX									
		<b>Summary</b>									
		<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>		
		206	29	352	1	5	15	36	393		
					Road: 3	Course: 0	1st: 0				
					Track: 1	Distance: 0	2nd: 0				
					Trail: 1	Age Course: 0	3rd: 1				
					Hill: 10	Age Dist: 0	Age 1st: 1				
		Training Points				Age 2nd: 2					
		Marshalling Points				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	13/01/2016	Mars Bar Race (4) 4 Miles	0:25:58	4.0	Road	4		0		0	4
2	17/01/2016	Feel The Burn Hill Race, Selkirk	1:59:11	13.3	Hill	27		0		0	27
3	23/01/2016	Devils Burden Hill Race Mens T	1:04:09	6.2	Hill	12		0		0	12
4	03/02/2016	Mars Bar Race (5) 4 Miles	0:26:25	4.0	Road	4		0		0	4
5	13/02/2016	Carnethy Hill Race (6miles)	1:03:51	6.0	Hill	12		0		0	12
6	02/03/2016	Mars Bar Race (6) 4 Miles	0:26:08	4.0	Road	4		0		0	4
7	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:29:19	4.5	Trail	7		0	Age 2nd	2	9
8	16/04/2016	Normans Law Hill Race, Luthrie	0:34:23	4.5	Hill	9		0	3rd	5	14
9	30/04/2016	Stuc o' Chroin Hill Race, 22k/11	2:50:16	13.7	Hill	28		0	Age 3rd	1	29
10	28/05/2016	Isle of Jura Hill Race, 28k/2370m	4:12:58	17.4	Hill	35		0	Age 3rd	1	36

11	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:38:17	5.5	Hill	11		0	Age 2nd	2	13	
12	04/06/2016	Highlander Mountain Marathon	6:19:13	26.2	Hill	26		0		0	26	
13	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:32	1.0	Track	1		0		0	1	
14	25/06/2016	Largo Law Hill Race 10k	0:49:55	6.0	Hill	12		0		0	12	
15	02/07/2016	Dollar Hill Race, 15k/960m	1:31:12	9.0	Hill	18		0	Age 1st	3	21	mv50
16	13/07/2016	Maddie Moss Mash Hill Race, 10k/760m	0:59:09	6.0	Hill	12		0	Age 1st	3	15	mv50
17	21/08/2016	Lomond of Fife Hill Race, 16.2k/800m	1:42:26	16.2	Hill	32		0	Age 1st	3	35	mv50
18	28/08/2016	Baddingsill Round, West Linton, 17.8k/700m	1:45:43	11.0	Hill	22		0	Age 1st	3	25	mv50
19	31/08/2016	Bishop DownHill Race,1.1k/-240m	0:05:45	0.7	Trail	2		0	Age 2nd	2	4	
20	03/09/2016	Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Road	7		0		0	7	
21	07/09/2016	Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:24:31	4.0	Trail	6		0	Age 3rd	1	7	mv50
22	14/09/2016	Nebit Downfall, Alva, 1.6k/-419m	0:06:18	1.0	Hill	2	Course	5	Age 3rd	1	8	mv50
23	25/09/2016	East Neuk 10k	0:40:28	6.2	Trail	9		0		0	9	
24	01/10/2016	Ben Venue Hill Race 12k/860m	1:28:16	7.5	Hill	15		0	Age 1st	3	18	mv50

25	08/10/2016	Manor Water Hill Race Peebles 15.2k/670m	1:22:55	9.4	Hill	19		0	Age 1st	3	22	mv50
26	26/10/2016	Mars Bar Race (1) 4miles	0:26:39	4.0	Road	4		0		0	4	
27	29/10/2016	Dumyat Dash Hill Race, Menstrie, 4.8k/440m	0:43:01	3.0	Hill	6		0	Age 1st	3	9	1stmv50
28	21/11/2016	Mars Bar Race (2) 4miles	0:25:40	4.0	Road	4		0		0	4	
29	21/12/2016	Mars Bar Race (3) 4miles	0:26:15	4.0	Road	4		0		0	4	



2016		KAREN CUNNINGHAM												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				154	16	191	0	0	0	0	191			
Training Points Marshalling Points				Road: 4	Track: 0	Trail: 4	Hill: 1	Course: 0	Distance: 0	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	02/03/2016	Mars Bar Race (6) 4 Miles	0:38:46	4.0	Road	4		0		0
2	20/03/2016	Alloa Half Marathon	2:00:18	13.1	Road	13		0		0	13			
3	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:45:07	4.5	Trail	7		0		0	7			
4	24/04/2016	London Marathon	4:27:03	26.0	Road	26		0		0	26			
5	14/05/2016	Loch Leven Half Marathon	2:08:00	13.1	Road	13		0		0	13			
6	17/05/2016	Skull Mountain Trail Race Series, Race 2, Falkland	0:51:04	5.0	Trail	8		0		0	8			
7	01/07/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:56:35	5.5	Hill	11		0		0	11			
8	05/07/2016	Chariots of Fire 5k, St Andrews	0:27:00	3.0	Trail	5		0		0	5			
9	21/06/2016	Skull Mountain Trail Race Series, Race 3, Falkland	0:49:38	5.0	Trail	8		0		0	8			

10	21/06/2016	Skull Mountain Trail Race Series, Race 3, Falkland	0:49:38	5.0	Trail	8		0		0	8
11	26/07/2016	Skull Mountain Trail Race Series, Race 4, Falkland	0:45:43	5.0	Trail	8		0		0	8
12	31/07/2016	Fort William Marathon, 26.2 miles	5:04:27	26.2	Road	26		0		0	26
13	31/08/2016	Gateside Gallop, 4miles	0:39:49	4.0	Trail	6		0		0	6
14	02/10/2016	Glencoe Marathon	7:14:09	26.2	Trail	39		0		0	39
15	26/10/2016	Mars Bar Race (1) 4miles	0:37:36	4.0	Road	4		0		0	4
16	27/12/2016	Coul Den Winter Trail Race, Glenrothes, 4miles	0:43:35	4.0	Trail	7		0		0	7

2016		KARLI HAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				12	3	12	0	0	0	0	12
Training Points Marshalling Points				Road: 3			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	26/10/2016	Mars Bar Race (1) 4miles	0:36:01	4.0	Road	4		0		0	4
2	21/11/2016	Mars Bar Race (2) 4miles	0:36:15	4.0	Road	4		0		0	4
3	21/12/2016	Mars Bar Race (3) 4miles	0:36:01	4.0	Road	4		0		0	4
4						0		0		0	0
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0

2016		KARLI HAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				7	1	14	0	0	0	0	14
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			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	23/01/2016	Devils Burden Hill Race Ladies	1:47:06	7.2	Hill	14		0		0	14
2						0		0		0	0
3						0		0		0	0
4						0		0		0	0
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0

2016		KATRINA DUNCAN												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				8	2	8	1	5	0	0	13			
Training Points Marshalling Points				Road: 2	Track: 0	Trail: 0	Course: 1	Distance: 0	Age Course: 0	Hill: 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	03/02/2016	Mars Bar Race (5) 4 Miles	0:34:47	4.0	Road	4	Course	5	0	9
2	02/03/2016	Mars Bar Race (6) 4 Miles	0:35:35	4.0	Road	4		0	0	4				
3						0		0	0	0				
4						0		0	0	0				
5						0		0	0	0				
6						0		0	0	0				
7						0		0	0	0				
8						0		0	0	0				

2016		LIAM MCMONAGLE										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				28	2	28	1	5	0	0	33	
Training Points				Road: 2			Course: 1			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 0			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	24/04/2016	Balmoral 15miles	2:23:53	15.0	Road	15		0		0	15	
2	02/10/2016	Great Scottish Half Marathon	1:54:00	13.1	Road	13	Course	5		0	18	
3						0		0		0	0	
4						0		0		0	0	







2016		MHAIRI MACKENZIE									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				0	0	0	0	0	0	0	0
Training Points Marshalling Points				Road: 0		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						0		0		0	0
						0		0		0	0

2016		MARK HARRIS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				113	10	216	1	5	5	15	236	
Training Points Marshalling Points				Road: 1			Course: 0		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 0			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	23/01/2016	Devils Burden Hill Race Mens T	1:04:09	6.2	Hill	12		0		0	12	
2	03/02/2016	Mars Bar Race (5) 4 Miles	0:23:19	4.0	Road	4		0		0	4	
3	02/03/2016	Mars Bar Race (6) 4 Miles	0:25:00	4.0	Road	4		0		0	4	
4	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:27:18	4.5	Trail	7		0	Age 1st	3	10	
5	16/04/2016	Teenager with Altitude Fell Race, Lake District, 24.7k/2318m Haddies Summer Grand Prix Series, Race 1	3:00:37	17.0	Hill	34		0	Age 2nd	2	36	
6	30/04/2016	Stuc o' Chroin Hill Race, 22k/11	2:41:24	13.7	Hill	27		0	Age 1st	3	30	
7	07/05/2016	Ben Lomond Hill Race, 12.6k/9	1:18:01	7.8	Hill	16	Course	5	Age 2nd	2	23	
8	21/05/2016	Slioch Horseshoe Hill Race, Kin	2:05:01	12.4	Hill	25		0	3rd	5	30	1stMV40
9	28/05/2016	Isle of Jura Hill Race, 28k/2370m	3:45:10	17.4	Hill	35		0		0	35	
10	04/07/2016	Highlander Mountain Marathon	4:59:24	26.2	Hill	52		0		0	52	

2016		MIKE REILLY										
<b>Summary</b>				<b>Miles</b>	<b>Races</b>	<b>Dist Pts</b>	<b>PB's</b>	<b>PB Pts</b>	<b>Placings</b>	<b>Place Pts</b>	<b>Total Pts</b>	
				135	17	153	2	10	1	2	165	
					Road: 6		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			
Training Points									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	13/01/2016	Mars Bar Race (4) 4 Miles	0:26:46	4.0	Road	4		0		0	4	
2	02/01/2016	St Andrews Parkrun	0:19:20	3.0	Road	3		0		0	3	
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:26:21	4.0	Road	4		0		0	4	
4	21/02/2016	Devilla 15k Trail Race, Tulliallan	1:10:17	9.0	Trail	14		0		0	14	
5	02/03/2016	Mars Bar Race (6) 4 Miles	0:27:12	4.0	Road	4		0		0	4	
6	20/03/2016	Alloa Half Marathon	1:29:01	13.1	Road	13		0		0	13	
7	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:31:40	4.5	Trail	7	Course	5		0	12	
8	29/05/2016	Edinburgh Marathon	3:27:39	26.2	Road	26		0		0	26	
9	25/06/2016	Largo Law Hill Race 10k	0:56:43	6.0	Hill	12		0		0	12	
10	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:45:08	6.1	Trail	9	Course	5	Age 2nd	2	16	mv40

11	11/08/2016	Balmullo Trail Race, 5th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 15	0:37:12	4.0	Trail	6		0		0	6	
12	25/09/2016	Loch Ness Marathon	3:29:37	26.2	Road	26		0		0	26	
13	26/10/2016	Mars Bar Race (1) 4miles	0:26:42	4.0	Road	4		0		0	4	
14	06/11/2016	Templeton 10miles, Dundee	1:12:11	10.0	Road	10		0		0	10	
15	21/11/2016	Mars Bar Race (2) 4miles	0:25:45	4.0	Road	4		0		0	4	coursepb
16	21/12/2016	Mars Bar Race (3) 4miles	0:27:00	4.0	Road	4		0		0	4	
17	31/12/2016	St Andrews Parkrun	0:19:12	3.0	Trail	3		0		0	3	1stmv40 coursepb





2016		NICK FRY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				19	4	31	1	5	0	0	36
Training Points Marshalling Points				Road: 0	Trail: 1	Hill: 1	Course: 1	Distance: 0	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	13/04/2016 Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:38:28	4.5	Trail	7	Course	5		0	12	
2	16/04/2016 Normans Law Hill Race, Luthrie	0:49:07	4.5	Hill	9		0		0	9	
3	01/07/2016 Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:52:45	5.5	Hill	11		0		0	11	
4	21/12/2016 Mars Bar Race (3) 4miles	0:32:57	4.0	Road	4		0		0	4	

2016		PAMELA CRUICKSHANKS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				162	34	238	2	10	8	11	259	
Training Points Marshalling Points				Road: 8			Course: 1		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 8			Age Course: 0		3rd: 0			
				Hill: 4			Age Dist: 0		Age 1st: 0			
									Age 2nd: 3			
								Age 3rd: 3				
			h:mm:ss	Miles								
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts		
1	02/01/2016	Kirkcaldy Parkrun	0:23:47	3.0	Road	3		0		0	3	
2	09/01/2016	Edinburgh Great Winter Run 5k	0:23:20	3.0	Trail	5		0		0	5	
3	13/01/2016	Mars Bar Race (4) 4 miles	0:30:45	4.0	Road	4		0		0	4	
4	16/01/2016	East District Cross Country League, Broxbur	0:27:14	3.0	Trail	5		0		0	5	
5	23/01/2016	Devils Burden Hill Race Ladies Team 2 leg 3	1:18:54	7.2	Hill	14		0		0	14	
6	07/02/2016	Forfar Multi Terrain Half Marathon	2:05:31	13.1	Trail	20		0		0	20	
7	27/02/2016	Scottish National Cross Country Champions	0:42:12	5.0	Trail	8		0		0	8	
8	02/03/2016	Mars Bar Race (6) 4 Miles	0:31:19	4.0	Road	4		0		0	4	
9	06/03/2016	Smokies 10 Arbroath	1:21:48	10.0	Road	10	Course	5		0	15	
10	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:35:20	4.5	Trail	7		0	Age 3rd	1	8	
11	16/04/2016	Normans Law Hill Race, Luthrie, 8k/215m	0:45:41	4.5	Hill	9		0	Age 2nd	2	11	
12	23/04/2016	Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:23:41	3.0	Road	3		0		0	3	
13	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:22:33	3.0	Road	3		0		0	3	



14	01/07/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:47:42	5.5	Hill	11		0	Age 3rd	1	12	
15	04/07/2016	Falkirk Parkrun 5k	0:23:27	3.0	Road	3		0		0	3	fv50
16	01/07/2016	Sandy Slither, 6.1 miles Haddies Summer Grand Prix Series, Race 11	0:54:08	6.1	Trail	9		0	Age 2nd	2	11	
17	02/07/2016	Dollar Hill Race, 15k/960m	2:22:00	9.0	Hill	18		0	Age 3rd	1	19	
18	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:32:29	4.2	Trail	6		0	Age 2nd	2	8	
19	23/07/2016	Edinburgh Parkrun 5k	0:22:22	3.0	Road	3		0		0	3	fv50
20	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:32:06	4.2	Trail	6		0		0	6	
21	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:25:38	3.1	Trail	5	Course	5		0	10	
22	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:15:44	1.4	Hill	3		0		0	3	
23	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:33:21	4.0	Trail	6		0		0	6	
24	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:42:11	4.9	Trail	8		0		0	8	
25	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:22:41	3.0	Road	3		0		0	3	fv50 2nd
26	21/08/2016	Lomond of Fife Hill Race, 16.2k/800m	2:35:40	16.2	Hill	32		0		0	32	
27	27/08/2016	Knocknacarra Parkrun 5k, Galway	0:25:04	3.0	Road	3		0		0	3	
28	31/08/2016	Gateside Gallop, 4miles	0:34:04	4.0	Trail	6		0	Age 3rd	1	7	
29	07/09/2016	Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:32:08	4.0	Trail	6		0	Age 3rd	1	7	

30	08/10/2016	East District Cross Country Relay Championships, Livingston 4k each	0:18:17	2.5	Trail	4		0		0	4	
31	15/10/2016	East District Cross Country League, Stirling 6k	0:28:22	3.7	Trail	5		0		0	5	
32	22/10/2016	National Cross Country Relay Champs, Cum	0:18:02	2.5	Road	2		0		0	2	
33	26/10/2016	Mars Bar Race (1) 4miles	0:29:54	4.0	Road	4		0		0	4	
34	29/10/2016	St Andrews Parkrun	0:21:38	3.0	Trail	3		0		0	3	1stfv50



2016		RICHARD INGRAM									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				13	2	13	0	0	0	0	13
Training Points Marshalling Points				Road: 2	Trail: 0	Hill: 0	Course: 0	Distance: 0	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	03/04/2016 Tay Ten, Perth, 10miles	1:29:24	10.0	Road	10		0		0	10	
2	04/05/2016 St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:24:19	3.0	Road	3		0		0	3	
3					0		0		0	0	
4					0		0		0	0	
5					0		0		0	0	
6					0		0		0	0	
7					0		0		0	0	
8					0		0		0	0	

2016		RICHARD MCKINSTRAY									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				24	4	40	0	0	0	0	40
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 2			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	23/01/2016	Devils Burden Hill Race Mens Team 3 I	1:29:37	7.2	Hill	14		0		0	14
2	06/02/2016	St Andrews Parkrun	0:25:47	3.0	Trail	3		0		0	3
3	27/02/2016	Scottish National Cross Country Cham	1:19:59	7.5	Trail	11		0		0	11
4	25/06/2016	Largo Law Hill Race 10k	1:35:00	6.0	Hill	12		0		0	12
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0
9						0		0		0	0

2016		RONAN MCKINSTRAY										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				45	12	61	1	5	2	17	83	
Training Points Marshalling Points				Road: 5	Track: 0	Trail: 0	Hill: 2	Course: 1	Distance: 0	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
1	13/01/2016	Mars Bar Race (4) 4 Miles	0:24:56	4.0	Road	4		0		0	4	
2	23/01/2016	Devils Burden Hill Race Mens Team 1	0:28:32	4.6	Hill	9		0		0	9	
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:24:09	4.0	Road	4		0		0	4	
4	06/02/2016	St Andrews Parkrun	0:18:11	3.0	Road	3		0		0	3	
5	02/03/2016	Mars Bar Race (6) 4 Miles	0:25:14	4.0	Road	4		0		0	4	
6	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:18:51	3.0	Road	3		0		0	3	
7	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:39:05	5.5	Hill	11	Course	5		0	16	
8	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:00	1.0	Track	1		0	1st	15	16	
9	17/06/2016	Beveridge Park 5k Series, Race 3	0:18:46	3.0	Road	3		0		0	3	
10	25/06/2016	Largo Law Hill Race 10k	0:53:04	6.0	Hill	12		0		0	12	
11	15/07/2016	Beveridge Park 5k Series, Race 4	0:18:27	3.0	Road	3		0		0	3	



2016		ROSIE KNOX										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				106	20	178	3	20	10	58	256	
Training Points Marshalling Points				Road: 3			Course: 1		1st: 0			
				Track: 1			Distance: 0		2nd: 0			
				Trail: 1			Age Course: 0		3rd: 0			
				Hill: 4			Age Dist: 0		Age 1st: 2			
									Age 2nd: 2			
									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	13/01/2016	Mars Bar Race (4) 4 Miles	0:30:12	4.0	Road	4		0		0	4	
2	23/01/2016	Devils Burden Hill Race Ladies	0:42:11	3.4	Hill	6		0		0	6	
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:31:47	4.0	Road	4		0		0	4	
4	13/02/2016	Carnethy Hill Race (6miles)	1:28:50	6.0	Hill	12		0	Age 2nd	2	14	
5	02/03/2016	Mars Bar Race (6) 4 Miles	0:30:55	4.0	Road	4		0		0	4	
6	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:34:54	4.5	Trail	7		0	Age 2nd	2	9	
7	16/04/2016	Normans Law Hill Race, Luthrie	0:44:20	4.5	Hill	10		0	Age 1st	3	13	
8	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:44:25	5.5	Hill	11	Course	5	Age 1st	3	19	
9	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:30	1.0	Track	1		0		0	1	



10	25/06/2016	Largo Law Hill Race 10k	1:03:40	6.0	Hill	12		0	2nd	10	22	
11	02/07/2016	Dollar Hill Race, 15k/960m	1:58:13	9.0	Hill	18		0		0	18	
12	21/08/2016	Lomond of Fife Hill Race, 16.2k/800m	2:08:40	16.2	Hill	32		0	2nd	10	42	1st FJ
13	28/08/2016	Baddinsgill Round, West Linton, 17.8k/700m	2:21:14	11.0	Hill	22		0	Age 2nd	2	24	
14	03/09/2016	Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Road	7		0		0	7	
15	07/09/2016	Kingsbarns 4mile Multi- Terrain Race Haddies Summer Grand Prix Series, Race 18	0:27:47	4.0	Trail	6	Course	5	1st	15	26	1st FJ
16	14/09/2016	Nebit Downfall, Alva, 1.6k/- 419m	0:08:14	1.0	Hill	2		0	2nd	10	12	1stfj
17	25/09/2016	East Neuk 10k	0:44:33	6.2	Trail	9	Distance	10	Age 3rd	1	20	3rdfj
18	26/10/2016	Mars Bar Race (1) 4miles	0:28:57	4.0	Road	4		0		0	4	
19	21/11/2016	Mars Bar Race (2) 4miles	0:29:27	4.0	Road	4		0		0	4	
20	21/12/2016	Mars Bar Race (3) 4miles	0:28:53	4.0	Road	4		0		0	4	

2016		ROSS VANDERWERT									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				13	4	13	0	0	0	0	13
Training Points Marshalling 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		
									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	01/01/2016	Kirkcaldy Parkrun	0:22:18	3.0	Road	3		0		0	3
2	13/01/2016	Mars Bar Race (4) 4 miles	0:30:16	4.0	Road	4		0		0	4
3	25/06/2016	Cardiff Parkrun	0:23:56	3.0	Road	3		0		0	3
4	09/07/2016	Cardiff Parkrun	0:22:53	3.0	Road	3		0		0	3
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0

2016		RYAN HOOD									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				6	1	12	0	0	0	0	12
Training Points Marshalling Points				Road: 0			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 0			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	23/01/2016	Devils Burden Hill Race Mens Team 3	2:19:12	6.2	Hill	12		0		0	12
2						0		0		0	0
3						0		0		0	0
4						0		0		0	0
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0

2016		SANDY CHALMERS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				41	8	48	0	0	3	9	57	
Training Points Marshalling Points				Road: 6			Course: 0		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 1			Age Course: 0		3rd: 0			
				Hill: 1			Age Dist: 0		Age 1st: 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	27/02/2016	Kirkcaldy Parkrun (5k)	0:30:46	3.0	Road	3		0		0	3	
2	16/04/2016	Kirkcaldy Parkrun (5k)	0:30:23	3.0	Road	3		0		0	3	
3	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	1:04:12	6.0	Road	6		0	Age 1st	3	9	
4	16/07/2016	Kirkcaldy Parkrun (5k)	0:30:08	3.0	Road	3		0		0	3	
5	11/08/2016	Ballater Highland Games Hill Race	0:44:07	4.0	Hill	8		0	Age 1st	3	11	MV80
6	25/09/2016	East Neuk 10k	1:03:19	6.2	Trail	9		0	Age 1st	3	12	MV80
7	22/10/2016	Kirkcaldy Parkrun (5k)	0:30:16	3.0	Road	3		0		0	3	1stmv80 coursepb
8	12/11/2016	Glen Clova Half Marathon	2:23:50	13.1	Road	13		0		0	13	

2016		SARAH GERSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				7	2	7	0	0	0	0	7
Training Points Marshalling Points				Road: 2			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	01/01/2016	Kirkcaldy Parkrun	0:30:58	3.0	Road	3		0		0	3
2	13/01/2016	Mars Bar Race (4) 4 Miles	0:37:27	4.0	Road	4		0		0	4
3						0		0		0	0
4						0		0		0	0
5						0		0		0	0
6						0		0		0	0
7						0		0		0	0
8						0		0		0	0









coursepb
coursepb

2016		STUART MCKENZIE												
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts			
				66	11	93	2	10	2	3	106			
Training Points Marshalling Points				Road: 4	Track: 0	Trail: 5	Hill: 2	Course: 2	Distance: 0	Age Course: 0	Age Dist: 0			
				1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 1	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	13/01/2016	Mars Bar Race (4) 4 Miles	0:24:54	4.0	Road	4		0		0
2	23/01/2016	Devils Burden Hill Race Mens Team	0:58:57	7.2	Hill	14		0		0	14			
3	07/02/2016	Forfar Multi Terrain Half Marathon	1:32:57	13.1	Trail	20		0		0	20			
4	19/03/2016	Kirkcaldy Park Run	0:18:59	3.0	Road	3		0		0	3			
5	29/03/2016	Ravenscraig 2 miles	0:11:29	2.0	Road	2		0		0	2			
6	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:28:41	4.5	Trail	7		0	Age 2nd	2	9			
7	14/05/2016	Loch Leven Half Marathon	1:30:10	13.1	Road	13		0		0	13			
8	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:37:10	5.5	Hill	11	Course	5	Age 3rd	1	17			



2016		SUSAN PENMAN										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				61	7	66	3	15	0	0	81	
Training Points Marshalling Points				Road: 6	Track: 0	Trail: 0	Course: 3	Distance: 0	Age Course: 0	1st: 0	2nd: 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
1	06/03/2016	Smokies 10 Arbroath	1:24:59	10.0	Road	10	Course	5		0	15	
2	17/04/2016	Great Edinburgh Run, 10m	1:27:40	10.0	Road	10		0		0	10	
3	20/05/2016	Beveridge Park 5k Series, Race 2 Haddies Summer Grand Prix Series, Race 6	0:25:15	3.0	Road	3		0		0	3	
4	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:56:14	5.5	Hill	11		0		0	11	
5	19/06/2016	Glenrothes 10k Haddies summer grand prix series, race 9	0:53:47	6.0	Road	6		0		0	6	
6	17/07/2016	Dundee Half Marathon	1:57:46	13.1	Road	13	Course	5		0	18	
7	02/10/2016	Great Scottish Half Marathon	1:57:06	13.1	Road	13	Course	5		0	18	
8						0		0		0	0	

2016		TICH SHAW									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				123	28	159	0	0	15	37	196
Training Points Marshalling Points				Road: 14			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 6			Age Course: 0		3rd: 0		
				Hill: 3			Age Dist: 0		Age 1st: 7		
									Age 2nd: 3		
									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	01/01/2016	Kirkcaldy Parkrun	0:21:18	3.0	Road	3		0		0	3
2	02/01/2016	St Andrews Parkrun	0:21:17	3.0	Road	3		0		0	3
3	20/03/2016	Alloa Half Marathon	1:34:24	13.1	Road	13		0		0	13
4	24/03/2016	Nightmare Series (5) Falkland	0:23:26	3.5	Trail	5		0	Age 1st	3	8
5	29/03/2016	Ravenscraig 2 miles	0:12:57	2.0	Road	2		0	Age 2nd	2	4
6	02/04/2016	Kirkcaldy Park Run 5k	0:20:41	3.0	Road	3		0		0	3
7	16/04/2016	Normans Law Hill Race, Luthri	0:41:19	4.5	Hill	9		0	Age 1st	3	12
8	19/04/2016	Skull Mountain Trail Race Series, Race 1, Falkland	0:30:00	5.0	Trail	8		0	Age 1st	3	11
9	28/04/2016	Kinross 10k	0:43:19	6.2	Road	6		0	Age 1st	3	9
10	30/04/2016	Kirkcaldy Parkrun (5k)	0:20:42	3.0	Road	3		0		0	3
11	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:19:04	3.0	Road	3		0	Age 1st	3	6
12	14/05/2016	Penicuik 10k	0:43:30	6.0	Road	6		0	Age 2nd	2	8
13	17/05/2016	Skull Mountain Trail Race Series, Race 2, Falkland	0:40:00	5.0	Trail	8		0	Age 1st	3	11

14	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:42:13	5.5	Hill	11	0	Age 2nd	2	13	
15	03/06/2016	Black Rock 5, Kinghorn	0:32:16	5.0	Road	5	0	Age 3rd	1	6	
16	12/06/2016	Dechmont Law 10k	0:45:52	6.0	Hill	12	0		0	12	
17	21/06/2016	Skull Mountain Trail Race Series, Race 3, Falkland	0:40:30	5.0	Trail	8	0	Age 1st	3	11	mv60
18	17/09/2016	Kirkcaldy Parkrun 5k	0:21:32	3.0	Road	3	0		0	3	
19	24/09/2016	Kirkcaldy ParkRun 5k	0:20:53	3.0	Road	3	0		0	3	mv60 1st
20	02/10/2016	Giffordtown 5k	0:20:23	3.0	Road	3	0		0	3	
21	08/10/2016	East District Cross Country Relay Championships, Livingston 4k each	0:16:54	2.5	Trail	4	0	Age 3rd	1	5	mv60 3rd
22	15/10/2016	East District Cross Country League, Stirling 9k	0:41:16	5.6	Trail	8	0		0	8	
23	22/10/2016	Kirkcaldy Parkrun (5k)	0:20:36	3.0	Road	3	0		0	3	1stmv60 coursepb
24	30/10/2016	Grim Beaver Halloween Trail F	0:24:28	4.0	Trail	6	0	Age 2nd	2	8	2ndmv50
25	19/11/2016	East District Cross Country League, Alloa Senior Men, 9k	0:42:25	5.6	Trail	8	0		0	8	
26	26/11/2016	Kirkcaldy Parkrun	0:20:38	3.0	Trail	3	0		0	3	1stmv60
27	11/12/2016	Bob Stark Memorial 5k, Falkla	0:22:01	3.0	Road	3	0	Age 1st	3	6	1st mv60
28	17/12/2016	Fife AC Cross Country, Kirkcald	0:27:12	5.0	Trail	8	0	Age 1st	3	11	1st mv60

2016		THOMAS KNOX										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				182	22	349	10	55	7	34	438	
Training Points Marshalling Points				Road: 1			Course: 3		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 0			Age Course: 0		3rd: 0			
				Hill: 6			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	17/01/2016	Feel The Burn Hill Race, Selkir	1:58:35	13.3	Hill	26		0		0	26	
2	23/01/2016	Devils Burden Hill Race Mens	0:58:57	7.2	Hill	14		0		0	14	
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:24:30	4.0	Road	4	Course	5		0	9	
4	13/02/2016	Carnethy Hill Race (6miles)	1:03:49	6.0	Hill	12		0		0	12	
5	30/04/2016	Stuc o' Chroin Hill Race, 22k/1	3:13:55	13.7	Hill	28	Course	5		0	33	
6	28/05/2016	Isle of Jura Hill Race, 28k/2370m	4:17:35	17.4	Hill	35	Course	5		0	40	
7	04/06/2016	Highlander Mountain Marathon	6:19:13	26.2	Hill	52		0		0	52	
8	25/06/2016	Largo Law Hill Race 10k	0:48:47	6.0	Hill	12	Course	5	3rd	5	22	
9	21/08/2016	Lomond of Fife Hill Race, 16.2k/800m	1:41:35	16.2	Hill	32	Course	5		0	37	
10	28/08/2016	Baddinsgill Round, West Linton, 17.8k/700m	1:45:05	11.0	Hill	22		0		0	22	
11	31/08/2016	Bishop Down Hill Race, 1.1k/- 240m	0:04:59	0.7	Trail	2	Course	5	Age 3rd	1	8	3rdMS
12	03/09/2016	Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Hill	7		0		0	7	





2016		TRACY CHALMERS										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				86	22	111	1	5	0	0	116	
Training Points Marshalling Points				Road: 16			Course: 1		1st: 0			
				Track: 0			Distance: 0		2nd: 0			
				Trail: 2			Age Course: 0		3rd: 0			
				Hill: 4			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	13/01/2016	Mars Bar Race (4) 4 Miles	0:36:22	4.0	Road	4		0		0	4	
2	09/01/2016	Kirkcaldy Parkrun	0:27:45	3.0	Road	3		0		0	3	
3	23/01/2016	Devils Burden Hill Race Ladies Tea	2:19:57	6.2	Hill	12		0		0	12	
4	03/02/2016	Mars Bar Race (5) 4 Miles	0:36:19	4.0	Road	4		0		0	4	
5	06/02/2016	Kirkcaldy Parkrun (5k)	0:27:26	3.0	Road	3		0		0	3	
6	13/02/2016	Kirkcaldy Parkrun (5k)	0:30:24	3.0	Road	3		0		0	3	
7	27/02/2016	Kirkcaldy Parkrun (5k)	0:27:07	3.0	Road	3		0		0	3	
8	10/04/2016	Tom Scott Memorial 10miles, Strathclyde	1:38:27	10.0	Road	10		0		0	10	
9	16/04/2016	Kirkcaldy Parkrun (5k)	0:27:14	3.0	Road	3		0		0	3	
10	24/04/2016	Ravenscraig 1mile, Kirkcaldy	0:08:43	1.0	Road	1		0		0	1	
11	07/05/2016	Kirkcaldy Parkrun (5k)	0:26:59	3.0	Road	3		0		0	3	
12	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:55:39	5.5	Hill	11		0		0	11	
13	18/06/2016	Kirkcaldy Parkrun (5k)	0:27:07	3.0	Road	3		0		0	3	
14	25/06/2016	Largo Law Hill Race 10k	1:24:59	6.0	Hill	12	Course	5		0	17	



2016		TRACY KNOX									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				60	14	99	3	15	3	7	121
Training Points Marshalling Points				Road: 3	Track: 0	Trail: 1	Hill: 1	Course: 1	Distance: 0	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
1	13/01/2016	Mars Bar Race (4) 4 Miles	0:33:04	4.0	Road	4		0		0	4
2	23/01/2016	Devils Burden Hill Race Ladies	0:46:12	3.4	Hill	7		0		0	7
3	03/02/2016	Mars Bar Race (5) 4 Miles	0:34:12	4.0	Road	4		0		0	4
4	02/03/2016	Mars Bar Race (6) 4 Miles	0:36:02	4.0	Road	4		0		0	4
5	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:38:09	4.5	Trail	7	Course	5		0	12
6	16/04/2016	Normans Law Hill Race, Luthrie	0:48:17	4.5	Hill	9		0	Age 3rd	1	10
7	01/06/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:49:59	5.5	Hill	11	Course	5		0	16
8	15/06/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:24	1.0	Track	1		0	3rd	5	6





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2016		TRACY MCAUSLAND										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				14	3	17	2	10	0	0	27	
Training Points Marshalling Points				Road: 2			Course: 2			1st: 0		
				Track: 0			Distance: 0			2nd: 0		
				Trail: 1			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	03/02/2016	Mars Bar Race (5) 4 Miles	0:39:06	4.0	Road	4	Course	5		0	9	
2	02/03/2016	Mars Bar Race (6) 4 Miles	0:37:24	4.0	Road	4	Course	5		0	9	
3	25/09/2016	East Neuk 10k	0:54:55	6.2	Trail	9		0		0	9	
4						0		0		0	0	
5						0		0		0	0	





2016		YVONNE DEHN										
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
				234	40	317	16	95	1	10	422	
Training Points Marshalling Points				Road: 16			Course: 13		1st: 0			
				Track: 1			Distance: 3		2nd: 1			
				Trail: 14			Age Course: 0		3rd: 0			
				Hill: 7			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	09/01/2016	Edinburgh Great Winter Run	0:26:11	3.0	Trail	5		0		0	5	
2	13/01/2016	Mars Bar Race (4) 4 Miles	0:34:22	4.0	Road	4		0		0	4	
3	23/01/2016	Devils Burden Hill Race Ladies	1:44:20	6.2	Hill	12		0		0	12	
4	03/02/2016	Mars Bar Race (5) 4 Miles	0:34:09	4.0	Road	4		0		0	4	
5	07/02/2016	Forfar Multi Terrain Half Mara	2:02:58	13.1	Trail	20		0		0	20	
6	02/03/2016	Mars Bar Race (6) 4 Miles	0:33:53	4.0	Road	4		0		0	4	
7	20/03/2016	Alloa Half Marathon	1:51:41	13.1	Road	13	Course	5		0	18	
8	10/04/2016	Round The Houses 10k, Grang	0:47:40	6.0	Road	6	Distance	10		0	16	
9	13/04/2016	Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 1	0:34:38	4.5	Trail	7	Course	5		0	12	
10	23/04/2016	Camperdown Parkrun 5k Haddies Summer Grand Prix Series, Race 3	0:23:32	3.0	Road	3		0		0	3	

11	04/05/2016	St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short) Haddies Summer Grand Prix Series, Race 4	0:20:40	3.0	Road	3		0		0	3	
12	14/05/2016	Loch Leven Half Marathon	1:47:46	13.1	Road	13		0		0	13	
13	21/05/2016	Kirkcaldy Parkrun 5k	0:22:57	3.0	Trail	5		0		0	5	1stFS25
14	29/05/2016	Edinburgh Half Marathon	1:44:57	13.1	Road	13	Distance	10		0	23	
15	01/07/2016	Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 7	0:45:03	5.5	Hill	11	Course	5		0	16	
16	04/07/2016	Falkirk Parkrun 5k	0:22:48	3.0	Road	3		0		0	3	
17	11/07/2016	Kirkcaldy Parkrun 5k	0:22:26	3.0	Road	3		0		0	3	fs25
18	15/07/2016	Haddies 4 x 400 Relay Race, St Andrews	0:05:30	1.0	Track	1		0		0	1	
19	13/07/2016	Maddie Moss Mash Hill Race, 10k/760m	1:21:01	6.0	Hill	12		0		0	12	
20	20/07/2016	Newburgh, 4.23miles, 4th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 13	0:31:14	4.2	Trail	6	Course	5		0	11	
21	27/07/2016	Tour of Fife, Day 1, Chariots of Fire Beach Race, St Andrews, 4.2 miles	0:31:11	4.2	Trail	6	Course	5		0	11	
22	28/07/2016	Tour of Fife, Day 2, Hill of Tarvit Trail Race, Ceres, 3.1 miles	0:24:45	3.1	Trail	5	Course	5		0	10	

23	29/07/2016	Tour of Fife, Day 3, Uphell Time Trial, East Lomond, 1.4 miles	0:15:22	1.4	Hill	3	Course	5		0	8	
24	30/07/2016	Tour of Fife, Day 4, Trail Race, Cambo Estate, Near Kingsbarns, 4 miles	0:31:56	4.0	Trail	6	Course	5		0	11	
25	31/07/2016	Tour of Fife, Day 5, Monimail Mega Marvel, Letham, 4.9 miles	0:38:48	4.9	Trail	8		0		0	8	
26	11/08/2016	Balmullo Trail Race, 5th Race in FAC Midweek Series Haddies Summer Grand Prix Series, Race 15	0:40:07	4.0	Trail	6	Course	5		0	11	
27	20/08/2016	Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 17	0:22:02	3.0	Road	3		0		0	3	1st fs25
28	21/08/2016	Lomond of Fife Hill Race, 16.2k/800m	2:35:40	16.2	Hill	32	Course	5		0	37	
29	31/08/2016	Gateside Gallop, 4miles	0:32:16	4.0	Trail	6	Course	5		0	11	
30	03/09/2016	Braemar Highland Gathering, Morrone Hill Race, 5.3k/390m	0:00:00	3.3	Hill	6		0		0	6	
31	07/09/2016	Kingsbarns 4mile Multi-Terrain Race Haddies Summer Grand Prix Series, Race 18	0:28:09	4.0	Trail	6	Course	5	2nd	10	21	1stFS
32	25/09/2016	East Neuk 10k	0:44:59	6.2	Trail	9	Distance	10		0	19	
33	02/10/2016	Glencoe Marathon	5:17:27	26.2	Trail	39		0		0	39	

34	15/10/2016	St Andrews Parkrun	0:21:41	3.0	Trail	3		0	0	3	1stfs25 2nd overall course pb
35	22/10/2016	National Cross Country Relay (	0:18:14	2.5	Road	2		0	0	2	
36	26/10/2016	Mars Bar Race (1) 4miles	0:29:00	4.0	Road	4		0	0	4	
37	29/10/2016	Dumyat Dash Hill Race, Menstrie, 4.8k/440m	1:02:58	3.0	Hill	6		0	0	6	
38	12/11/2016	Glen Clova Half Marathon	1:45:41	13.1	Road	13	Course	5	0	18	
39	21/11/2016	Mars Bar Race (2) 4miles	0:31:41	4.0	Road	4		0	0	4	
40	21/12/2016	Mars Bar Race (3) 4miles	0:29:10	4.0	Road	4		0	0	4	

# 2016 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		
		Hill: 0			Age Dist: 0		Age 1st: 0		
Training Points						Age 2nd: 0			
Marshalling Points						Age 3rd: 0			

Date	Race	h:mm:ss	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
5	3.1

PB	Placing		Race Type		
Course	5	1st	15	Road	1
Distance	10	2nd	10	Track	1
Age		3rd	5	Trail	1
Age Course	3	Age 1st	3	Hill	1
Age Distance	7	Age 2nd	2		
		Age 3rd	1		