_		Last update	- 31/12/2019					
<u>Name</u>	Miles	Races	Distance Points	PB's	PB Points	Placings	Placing Points	Total Points
Jacqui McDonald	446	76	587	1	5	4	6	610
Eric Anderson	358	61	398	12	90	2	15	509
<u>Lynne Herd</u>	295	39	357	13	105	4	7	493
<u>Debz Hay</u>	287	26	387	4	20	4	7	417
CJ MacPhail	133	16	246	9	45	13	110	401
Mike Reilly	269	52	331	8	45	3	5	390
<u>Karli Hay</u>	263	24	338	5	25	0	0	366
Jaz Hood	230	31	295	9	55	1	1	366
<u>Sharon Brown</u>	198	18	285	10	65	2	3	359
Robyn McDonald	250	48	310	5	40	1	1	354
Eck Anderson	175	26	285	5	25	2	3	325
Ross Young	172	35	210	7	50	2	7	267
Pamela Cruickshanks	172	28	236	0	0	4	8	265
George Findlay	187	28	237	0	0	5	11	263
Thomas Knox	125	17	212	5	25	3	16	253
<u>Yvonne Dehn</u>	166	31	223	2	10	0	0	251
Bill Simpson	185	56	211	0	0	3	6	235
Allan Galloway	162	7	221	0	0	0	0	227
Fiona Cruickshanks	160	29	195	1	10	1	2	219
<u>Hannah Allum</u>	143	22	168	2	20	0	0	197
<u>Lizzie Knox</u>	80	14	138	3	15	3	33	186
Jackie Galloway	127	11	163	1	10	0	0	179
<u>Jaz Baillie</u>	151	33	153	0	0	2	4	175
Gary Ovenstone	120	20	149	0	20	0	0	169
<u>Duncan Hall</u>	165	55	165	0	0	0	0	165
Angela Small	113	11	124	3	20	0	0	165
<u>Chloe Herd</u>	120	24	147	1	5	3	8	163
Colin McKie	111	24	135	1	10	4	14	159
Lucy Wilson	110	19	131	0	0	0	0	134
Jonny Knox	57	6	109	0	0	1	2	129

Neil Smith	110	7	110	0	0	3	14	124
Alice Hall	76	9	118	0	0	0	0	121
Tracy Chalmers	77	16	93	1	10	0	0	109
Davie Burgess	63	13	84	0	0	1	5	104
Carol Irvine	79	9	100	0	0	0	0	103
Oscar Burgess	24	13	28	7	45	5	11	102
Catriona Duncan	85	25	94	0	0	1	1	98
Ewan Cameron	71	11	89	0	0	0	0	95
Innes Knight	93	28	93	0	0	0	0	93
<u>Dave Nuttal</u>	79	19	92	0	0	0	0	92
Allan Gibson	61	15	85	0	0	0	0	91
George Hay	50	5	67	0	0	0	0	79
<u>Adrian Wood</u>	41	11	55	2	10	0	0	71
Tracy Knox	33	9	47	1	5	0	0	70
Rosie Knox	36	7	61	1	5	1	3	69
Karen Shephard	46	7	57	0	0	0	0	66
Stewart Warringham'	41	3	58	1	5	0	0	63
<u>Hazel Ednie</u>	58	0	58	0	0	0	0	58
<u>Christine Bowie</u>	33	2	53	0	0	0	0	53
Suse Hutch	48	16	48	0	0	0	0	51
Carole Fraser	39	10	46	0	0	0	0	46
Ewan Davidson	42	3	42	0	0	0	0	42
<u>Davie Brisland</u>	26	6	28	0	0	0	0	40
Karen Cunningham	36	2	36	0	0	0	0	36
<u>Joe Swankie</u>	28	6	30	0	0	0	0	30
Jim Hogsflesh	7	1	14	0	0	0	0	26
Susan Linsay	23	0	23	0	0	0	0	23
Bill Hutch	16	5	18	0	0	0	0	18
Ailsa Cruickshanks	10	4	10	0	0	0	0	10
Lucy Nuttall	8	2	8	0	0	0	0	8
Giles Harris	5	1	8	0	0	0	0	8
Nick Fry	5	1	8	0	0	0	0	8
Sandy Chalmers	6	1	6	0	0	0	0	6

Kylie Kirkcaldy	4	1	4	0	0	0	0	4

2019	ADRIAN WOOD									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Julililary		41	11	55	2	10	0	0	71
				Road: 6		Course: 2		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling		1	Trail: 3	,	Age Course: ()	3rd: 0		
	East Neuk 10K	6		Hill: 2		Age Dist: 0		Age 1st: 0		
					I	l		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
16/01/2019	Mars Bar 1, 4 miles	0:26:40	4.0	Road	4		0		0	4
20/02/2019	Mars Bar 2, 4 miles	0:26:11	4.0	Road	4	Course	5		0	9
20/03/2019	Mars Bar 3, 4 miles	0:26:10	4.0	Road	4	Course	5		0	9
10/04/2019	Kingsbarns, Champ Race 4	0:26:57	4.0	Trail	6		0		0	6
15/05/2019	Kellie Law, 4 miles	0:29:54	4.0	Hill	8		0		0	8
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
19/06/2019	Shell Bay Race, 4 miles	0:32:11	4.0	Trail	6		0		0	6
21/08/2019	Kellie Law, 4 miles	0:30:41	4.0	Hill	8		0		0	8
18/09/2019	Shellbay Race, 4 miles	0:28:51	4.0	Trail	6		0		0	6
23/10/2019	Mars Bar	0:27:10	4.0	Road	4		0		0	4
20/11/2019	Mars Bar	0:27:29	4.0	Road	4		0		0	4
					0		0		0	0
					0		0		0	0

2019	AILSA CRUICKSHANKS									
	Summary		Miles	Races	Dist Pts		PB Pts		Place Pts	Total Pts
	Sammary		10	4	10	0	0	0	0	10
				Road: 4 Track: 0		Course: 0		1st: 0 2nd: 0		
				Track: 0		Distance: 0 Age Course: (3rd: 0		
]	Hill: 0	·	Age Course. (Age 1st: 0		
	Marshalling Points			11111.0		Age Dist. 0	ļ	Age 1st. 0		
	Warshalling Follits							Age 3rd: 0		
		h:mm:ss	Miles					Age Sid. 0		
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
	St Andrews Parkrun 5K	0:20:18	3.0	Road	3		0	. 1001118	0	3
	Portobello Parkrun 5K	0:20:36	3.0	Road	3		0		0	3
	St Andrews Parkrun 5K	0:20:22	3.0	Road	3		0		0	3
	club 4 x 400m		1.0	Road	1		0		0	1
					0		0		0	0
					0		0		0	0
					0		0		0	0
										İ

2019	ALLAN GALLOWAY									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		162	7	221	0	0	0	0	227
				Road: 3		Course: 0		1st: 0		
	_			Track: 0		Distance: 0	J	2nd: 0		
	Extra Points/Marshalling			Trail: 3	,	Age Course:		3rd: 0		
	East Neuk 10K	6		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
26/01/2019	Devils Burden Leg 3, 11.5km	1:41:14	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	2:10:40	13.0	Trail	20		0		0	20
11/05/2019	Cateran 55 mile ultra	14:53:59	55.0	Trail	83		0		0	83
26/05/2019	Edinburgh Half Marathon	2:14:14	13.0	Road	13		0		0	13
25/08/2019	Kirkcaldy Half Marathon	2:15:43	13.0	Road	13		0		0	13
08/09/2019	Tiree Ultra	8:41:09	35.0	Trail	53		0		0	53
06/10/2019	Loch Ness Marathon	5:19:52	26.0	Road	26		0		0	26
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	BILL SIMPSON									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		185	56	211	0	0	3	6	235
	_			Road: 45		Course: 0		1st: 0		
	_			Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling		1	Trail: 10	4	Age Course: (3rd: 0		
	East Neuk 10K	6		Hill: 1		Age Dist: 0		Age 1st: 1		
	Largo Law	12		1	1	<u> </u>		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
12/01/2019	St Andrews Parkrun 5K	0:24:23	3.0	Road	3		0		0	3
19/01/2019	St Andrews Parkrun 5K	0:23:39	3.0	Road	3		0		0	3
20/01/2019	Skull Trail Race	0:40:29	4.0	Trail	6		0	Age 2nd	2	8
09/02/2019	St Andrews Parkrun 5K	0:23:40	3.0	Road	3		0		0	3
16/02/2019	Loch Leven Parkrun 5K	0:24:16	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:31:51	4.0	Road	4		0		0	4
23/02/2019	St Andrews Parkrun 5K	0:19:39	3.0	Road	3		0		0	3
02/03/2019	Loch Leven Parkrun 5K	0:24:05	3.0	Road	3		0		0	3
09/03/2019	Lochore Parkrun 5K	0:24:53	3.0	Road	3		0		0	3
23/03/2019	St Andrews Parkrun 5K	0:23:00	3.0	Road	3		0		0	3
30/03/2019	St Andrews Parkrun 5K	0:23:04	3.0	Road	3		0		0	3
06/04/2019	Kirkcaldy Parkrun 5K	0:23:33	3.0	Road	3		0		0	3
10/04/2019	St Andrews 5K	0:23:39	3.0	Trail	5		0		0	5
13/04/2019	Loch Leven Parkrun 5K	0:24:06	3.0	Road	3		0		0	3
20/04/2019	Loch Leven Parkrun 5K	0:23:40	3.0	Road	3		0		0	3
27/04/2019	St Andrews Parkrun 5K	0:22:35	3.0	Road	3		0		0	3
01/05/2019	Strathkinnes/Blebocraigs	0:35:20	5.0	Trail	8		0		0	8

04/05/2019	Lochore Parkrun 5K	0:23:47	3.0	Road	3	0		0	3
11/05/2019	St Andrews Parkrun 5K	0:23:01	3.0	Road	3	0		0	3
18/05/019	Kirkcaldy Parkrun 5K	0:23:00	3.0	Road	3	0		0	3
24/05/2019	Beveridge Park 5K	0:23:11	3.0	Road	3	0	Age 3rd	1	4
25/05/2019	St Andrews Parkrun 5K	0:22:38	3.0	Road	3	0		0	3
01/06/2019	St Andrews Parkrun 5K	0:23:15	3.0	Road	3	0		0	3
16/06/2019	Glenrothes 10K	0:47:51	6.0	Road	6	0		0	6
22/06/2019	St Andrews Parkrun 5K	0:23:43	3.0	Road	3	0		0	3
29/06/2019	Kirkcaldy Parkrun 5K	0:23:59	3.0	Road	3	0		0	3
06/07/2019	Loch Leven Parkrun 5K	0:24:14	3.0	Road	3	0		0	3
	Tour of Fife 1 - St Andrews								
10/07/2019	beach	0:32:02	4.0	Trail	6	0		0	6
	Tour of Fife 2 - East Lomond								
11/07/2019	Hill	0:43:24	4.0	Hill	8	0		0	8
	Tour of Fife 3 - 1 mile time								
12/07/2019	trial - kdy prom	0:06:33	1.0	Road	1	0		0	1
	Tour of Fife 4 - 5km Road								
13/07/2019	Race	0:23:08	3.0	Road	3	0		0	3
	Tour of Fife 5 - Trail Race 6								
14/07/2019	miles	0:52:08	6.0	Trail	9	0		0	9
17/07/2019	Newburgh 4.2 miles	0:29:42	4.0	Trail	6	0		0	6
20/07/2019	St Andrews Parkrun 5K	0:23:14	3.0	Road	3	0		0	3
08/08/2019	Balmullo Trail race, 4.9 miles	0:45:14	5.0	Trail	8	0		0	8
10/08/2019	St Andrews Parkrun 5K	0:23:14	3.0	Road	3	0		0	3
17/08/2019	Lochore Parkrun 5K	0:24:47	3.0	Road	3	0		0	3
24/08/2019	Kirkcaldy Parkrun 5K	0:23:28	3.0	Road	3	0		0	3
31/08/2019	St Andrews Parkrun 5K	0:23:43	3.0	Road	3	0		0	3
04/09/2019	Kingsbarns, 4 miles	0:30:57	4.0	Trail	6	0		0	6
07/09/2019	St Andrews Parkrun 5K	0:23:16	3.0	Road	3	0		0	3
14/09/2019	St Andrews Parkrun 5K	0:23:50	3.0	Road	3	0		0	3
14/09/2019	The Tufty Trail Race, 5.1 miles	0:37:23	5.0	Trail	8	0	Age 1st	3	11

18/09/2019	Shellbay Race, 4 miles	0:34:04	4.0	Trail	6	0	0	6
21/09/2019	Loch Leven Parkrun 5K	0:24:43	3.0	Road	3	0	0	3
28/09/2019	Kirkcaldy Parkrun 5K	0:23:33	3.0	Road	3	0	0	3
12/10/2019	St Andrews Parkrun 5K	0:23:23	3.0	Road	3	0	0	3
19/10/2019	Kirkcaldy Parkrun 5K	0:23:41	3.0	Road	3	0	0	3
09/11/2019	St Andrews Parkrun 5K	0:24:13	3.0	Road	3	0	0	3
16/11/2019	Kirkcaldy Parkrun 5K	0:24:09	3.0	Road	3	0	0	3
23/11/2019	Loch Leven Parkrun 5K	0:24:56	3.0	Road	3	0	0	3
30/11/2019	St Andrews Parkrun 5K	0:23:51	3.0	Road	3	0	0	3
07/12/2019	St Andrews Parkrun 5K	0:23:51	3.0	Road	3	0	0	3
14/12/2019	St Andrews Parkrun 5K	0:23:53	3.0	Road	3	0	0	3
21/12/2019	Kirkcaldy Parkrun 5K	0:24:19	3.0	Road	3	0	0	3
28/12/2019	St Andrews Parkrun 5K	0:23:49	3.0	Road	3	0	0	3

2019	ALLAN GIBSON									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sammary		61	15	85	0	0	0	0	91
	-			Road: 6		Course: 0		1st: 0		
	E to Balancia (Balancia III)			Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling		1	Trail: 7 Hill: 2	,	Age Course:) 1	3rd: 0		
	East Neuk 10K	6		HIII: Z		Age Dist: 0	J	Age 1st: 0		
					ı			Age 2nd: 0		
			D 0:1					Age 3rd: 0		
		h:mm:ss			-•	221	55.5			- · ! - ·
Date	Race	Time	Dist	Race Type		PB's	PB Pts	Placing	Place Pts	Total Pts
26/01/2019	Devils Burden Leg 4, 5.8km	0:44:30	4.0	Hill	8		0		0	8
20/02/2019	Mars Bar 2, 4 miles	0:34:50	4.0	Road	4		0		0	4
30/03/2019	St Andrews Parkrun 5K	0:24:47	3.0	Road	3		0		0	3
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
10/04/2019	Kingsbarns, Champ Race 4	0:34:42	4.0	Trail	6		0		0	6
15/05/2019	Kellie Law 4 miles	0:38:18	4.0	Hill	8		0		0	8
05/06/2019	Hill of Tarvit 5.5m	0:55:25	6.0	Trail	9		0		0	9
13/06/2019	Sandy Slither	1:01:38	6.0	Trail	9		0		0	9
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
19/06/2019	Shell Bay Race, 4 miles	0:36:39	4.0	Trail	6		0		0	6
04/09/2019	Kingsbarns, 4 miles	0:34:25	4.0	Trail	6		0		0	6
18/09/2019	Shellbay Race, 4 miles	0:35:07	4.0	Trail	6		0		0	6
23/10/2019	Mars Bar	0:34:56	4.0	Road	4		0		0	4
20/11/2019	Mars Bar	0:35:16	4.0	Road	4		0		0	4
24/11/2019	Bob Stark 5K	0:27:19	3.0	Trail	5		0		0	5
					0		0		0	0

	_	_	_	_
	Λ	Λ	Λ	Δ.
	U	U	U	

2019	ALICE HALL									
	Cummany		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		76	9	118	0	0	0	0	121
				Road: 1		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 6	,	Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		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
26/01/2019	Devils Burden Leg 2, 11.5km	1:48:50	7.0	Hill	14		0		0	14
	Kingsbarns, Champ Race 4	0:34:05	4.0	Trail	6		0		0	6
	Kellie Law 4 miles	0:35:10	4.0	Hill	8		0		0	8
	Sandy Slither	0:58:11	6.0	Trail	9		0		0	9
	Kingsbarns, 4 miles	0:35:51	4.0	Trail	6		0		0	6
08/09/2019		7:17:02	35.0	Trail	53		0		0	53
	Shellbay Race, 4 miles	0:35:42	4.0	Trail	6		0		0	6
	King Valley 15K	1:3010	9.0	Trail	14		0		0	14
07/12/2019	Wangaratta Parkrun 5k	0:25:07	3.0	Road	3		0		0	3
					0		0		0	0
]			0		0		0	0
					0		0		0	0

2019	ANGELA SMALL									
			8.61	D	D': 1 DI :	DDI.	DD D1	Di	Dia Dia	Table
	Summary		Miles 113	Races 11	Dist Pts 124	PB's	PB Pts	Placings 0	Place Pts	Total Pts 165
			113	Road: 9	124	Course: 2	20	1st: 0	0	105
	Extra Points/Marshalling			Track: 0		Distance: 1		2nd: 0		
	Largo Law	12	1	Trail: 2		Age Course:		3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 0	·	Age Dist: 0		Age 1st: 0		
	East Neuk 10K	6		11111.0	l	Age Dist. 0	J	Age 1st. 0		
	East Neak 10K							Age 3rd: 0		
		h:mm:ss	Miles					Age Sid. 0		
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
12/01/2019	St Andrews Parkrun 5K	0:27:10	3.0	Road	3	103	0	rideing	0	3
10/02/2019	Strathern Trail 10K	1:20:07	6.0	Trail	9		0		0	9
24/03/2019	Loch Katrine Half Marathon	2:09:18	13.0	Road	13		0		0	13
07/04/2019	Tay Ten	1:30:04	10.0	Road	10	Distance	10		0	20
28/04/2018	Balmoral 15 mile trail race	2:46:40	15.0	Trail	23	Distance	0		0	23
26/05/2019	Dunblane 12K	1:09:59	8.0	Road	8		0		0	8
16/06/2019	Glenrothes 10K	0:55:22	6.0	Road	6	Course	5		0	11
28/07/2019	Donkey Brae 7 miles	1:06: 21	7.0	Road	7	Course	5		0	12
25/08/2019	Kirkcaldy Half Marathon	2:17:09	13.0	Road	13		0		0	13
27/10/2019	Dublin Marathon	4:59:11	26.0	Road	26		0		0	26
28/12/2019	Tilli 10K	1:02:03	6.0	Road	6		0		0	6
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	BILL HUTCH									
	Cummany		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		16	5	18	0	0	0	0	18
				Road: 4		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 1	,	Age Course: (0	3rd: 0		
				Hill: 0		Age Dist: 0		Age 1st: 0		
	Marshalling Points							Age 2nd: 0		
								Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
29/06/2019	Warner Lakes Parkrun 5K	0:20:12	3.0	Road	3		0		0	3
06/07/2019	Warner Lakes Parkrun 5K	0:19:46	3.0	Road	3		0		0	3
13/07/2019	Maylands Peninsula Parkrun 5K	0:20:38	3.0	Road	3		0		0	3
18/09/2019	Shellbay Race, 4 miles	0:27:33	4.0	Trail	6		0		0	6
21/09/2019	St Andrews Parkrun 5K	0:19:29	3.0	Road	3		0		0	3

2019	CAROLE FRASER									
	Cummary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		39	10	46	0	0	0	0	46
				Road: 7		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
			_	Trail: 3	,	Age Course: (Ò	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
01/01/019	Kirkcaldy Parkrun 5K	0:29:58	3.0	Road	3		0		0	3
13/05/2019	Cape Wrath 10K	1:04:44	6.0	Road	6		0		0	6
14/05/2019	Cape Wrath Trail run 5.5m	0:54:51	6.0	Trail	9		0		0	9
15/05/2019	Cape Wrath Durness 5m	1:07:28	5.0	Road	5		0		0	5
15/06/019	St Andrews Parkrun 5K	0:29:01	3.0	Road	3		0		0	3
20/07/2019	Splash and Dash 4 miles	0:48:04	4.0	Trail	6		0		0	6
24/11/2019	Bob Stark 5K	0:32:35	3.0	Trail	5		0		0	5
07/12/2019	Kirkcaldy Parkrun 5K	0:29:58	3.0	Road	3		0		0	3
07/12/2019 21/12/2019	Kirkcaldy Parkrun 5K Kirkcaldy Parkrun 5K		3.0	Road Road	3		0		0	3
	-	0:29:58			_					
21/12/2019	Kirkcaldy Parkrun 5K	0:29:58 0:30:49	3.0	Road	3		0		0	3
21/12/2019	Kirkcaldy Parkrun 5K	0:29:58 0:30:49	3.0	Road	3		0		0	3
21/12/2019	Kirkcaldy Parkrun 5K	0:29:58 0:30:49	3.0	Road	3 3 0		0 0 0		0 0 0	3 3 0

2019	CAROL IRVINE									
			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		79	9	100	0	0	0	0	103
	,			Road: 5	100	Course: 0	J	1st: 0	- U	103
	-			Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 3		Age Course: (0	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 1	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
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
10/04/2019	Kingsbarns, Champ Race 4	0:40:24	4.0	Trail	6		0		0	6
15/05/2019	Kellie Law 4 miles	0:52:11	4.0	Hill	8		0		0	8
04/08/2019	Mhor Marathon, Callander	5:23:32	26.0	Trail	39		0		0	39
11/08/2019	New Gilston 5K	0:29:10	3.0	Road	3		0		0	3
25/08/2019	Kirkcaldy Half Marathon	2:14:57	13.0	Road	13		0		0	13
18/09/2019	Shellbay Race, 4 miles	0:39:15	4.0	Trail	6		0		0	6
29/09/2019	East Neuk 10K	0:58:14	6.0	Road	6		0		0	6
09/11/2019	Glen Clova Half	2:12:42	13.0	Road	13		0		0	13
					0		0		0	0

2019	CATRIONA DUN	CAN								
	Cuino no o riv		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		85	25	94	0	0	1	1	98
				Road: 22		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 2	,	Age Course: (0	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 1		Age Dist: 0		Age 1st: 0		
								Age 2nd: 0		
								Age 3rd: 1		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
,,	St Andrews Parkrun 5K	0:27:14	3.0	Road	3		0		0	3
16/01/2019	Mars Bar 1, 4 miles	0:29:37	4.0	Road	4		0		0	4
,,	St Andrews Parkrun 5K	0:26:41	3.0	Road	3		0		0	3
03/02/2013	St Andrews Parkrun 5K	0:27:04	3.0	Road	3		0		0	3
	St Andrews Parkrun 5K	0:26:58	3.0	Road	3		0		0	3
	Mars Bar 2, 4 miles	0:36:17	4.0	Road	4		0		0	4
- , ,	St Andrews Parkrun 5K	0:26:25	3.0	Road	3		0		0	3
20/03/2019	Mars Bar 3, 4 miles	0:35:35	4.0	Road	4		0		0	4
,,	St Andrews Parkrun 5K	0:25:53	3.0	Road	3		0		0	3
18/05/2019	Terry Hershy Parkrun 5K	0:28:20	3.0	Road	3		0		0	3
01/06/2019	St Andrews Parkrun 5K	0:26:52	3.0	Road	3		0		0	3
13/06/2019	Sandy Slither	1:04:31	6.0	Trail	9		0	Age 3rd	1	10
	Shell Bay Race, 4 miles	0:40:04	4.0	Trail	6		0		0	6
06/07/2019	St Andrews Parkrun 5K	0:26:30	3.0	Road	3		0		0	3
, - ,	St Andrews Parkrun 5K	0:26:36	3.0	Road	3		0		0	3
03/08/2019	Lochore Meadows Parkrun 5k		3.0	Road	3		0		0	3
10/08/2019	Perth Parkrun 5K	0:29:44	3.0	Road	3		0		0	3
21/08/2019	Kellie Law, 4 miles	0:42:53	4.0	Hill	8		0		0	8

21/09/2019	Kirkcaldy Parkrun 5K	0:26:51	3.0	Road	3	0	0	3
23/10/2019	Mars Bar	0:37:30	4.0	Road	4	0	0	4
07/12/2019	St Andrews Parkrun 5K	0:27:30	3.0	Road	3	0	0	3
11/12/2019	Mars Bar	0:37:16	4.0	Road	4	0	0	4
21/12/2019	St Andrews Parkrun 5K	0:27:39	3.0	Road	3	0	0	3
25/12/2019	St Andrews Parkrun 5K	0:30:18	3.0	Road	3	0	0	3
28/12/2019	St Andrews Parkrun 5K	0:27:23	3.0	Road	3	0	0	3
					0	0	0	0

2019	CHRISTINE BOWIE									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		33	2	53	0	0	0	0	53
				Road: 0		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 1		Age Course: (9	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
26/01/2019	Devils Burden Leg 3, 11.5km	1:39:58	7.0	Hill	14		0		0	14
04/08/2019	Mhor Marathon, Callander	5:16:35	26.0	Trail	39		0		0	39
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	CJ MACPHAIL									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		133	16	246	9	45	13	110	401
				Road: 1		Course: 9		1st: 3		
				Track: 0		Distance: 0		2nd: 5		
			1	Trail: 4	,	Age Course: (3rd: 2		
				Hill: 11		Age Dist: 0		Age 1st: 0		
	Marshalling Points				ı		ľ	Age 2nd: 2		
								Age 3rd: 1		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type		PB's	PB Pts	Placing	Place Pts	Total Pts
09/02/2019	Carnethy 5 Hill Race, 6 miles	1:13:29	6.0	Hill	12	Course	5		0	17
27/04/2019	Hidden Glen 10K	0:44:04	6.0	Trail	9		0	1st	15	24
01/05/2019	Strathkinnes/Blebocraigs	0:30:21	5.0	Trail	8	Course	5	3rd	5	18
04/05/2019	Stuc o' Chroin Hill Race 22K	3:07:20	14.0	Hill	28		0		0	28
11/05/2019	Ben Lomond Hill Race 12.6K	1:34:25	8.0	Hill	16	Course	5	Age 3rd	1	22
18/04/2019	Goatfell Hill Race 15.5KM	1:42:53	10.0	Hill	20		0	3rd	5	25
05/06/2019	Hill of Tarvit 5.5m	0:40:32	6.0	Trail	9	Course	5	2nd	10	24
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
15/06/2019	Tour du Giffre, Sameons, 33K	4:23:50	21.0	Trail	32		0	2nd	10	42
19/06/2019	The Law Breaker Hill Race	0:49:31	3.0	Hill	6		0	1st	15	21
29/06/2019	Arrochar Alps Hill Race, 25K	4:50:03	16.0	Hill	32		0	Age 2nd	2	34
06/07/2019	Dollar Hill Race 15K	1:48:14	9.0	Hill	18	Course	5	2nd	10	33
10/07/2019	Maddie Moss Hill Race, 6 miles	1:09:20	6.0	Hill	12	Course	5	2nd	10	27
14/09/2019	Beinn Resipol Hill Race, 12K	1:38:19	8.0	Hill	16	Course	5	2nd	10	31
05/10/2019	Meall nan Tarmachan Hill Race	1:02:50	6.0	Hill	12	Course	5	1st	15	32
26/10/2019	Meall a Bhuchallie 13K	1:21:26	8.0	Hill	16	Course	5	Age 2nd	2	23

	1				
	1				
	1				

2019	CHLOE HERD									
						_		_		_
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	
	Sammary		120	24	147	1	5	3	8	163
				Road: 13		Course: 1		1st: 0		
	E to Detate /84 and all to			Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling	l 2		Trail: 10 Hill: 1	,	Age Course: () I	3rd: 0		
	Park Run Volunteer (15/06)	3		HIII: 1		Age Dist: 0		Age 1st: 2		
								Age 2nd: 1		
		la	N 4:1					Age 3rd: 0		
Data	Do co	h:mm:ss	Miles	Da T	Dist Dts	DDI-	DD Dta	Dississ	Diago Dia	Tatal Dta
Date	Race	Time	Dist	Race Type		PB's	PB Pts	Placing	Place Pts	
	Mars Bar 2, 4 miles	0:36:02	4.0	Road	4		0	A 1 -+	0	4
	•	0:43:05	4.0	Trail	6		0	Age 1st	3	9
	Skull Trail Race, 5 miles	0:51:24	5.0	Trail	8	C	0		0	8
	Mars Bar 3, 4 miles St Andrews Parkrun 5K	0:34:17	4.0	Road	4	Course	5		0	9
	Alloa Half Marahon	0:25:21	3.0 13.0	Road	3 13		0		0	3 13
31/03/2019		1:57:51		Road			0		0	
	PSP Charity 10K Kingsbarns, Champ Race 4	0:35:01	6.0 4.0	Road Trail	6		0		0	6
	St Andrews Parkrun 5K	0:33:01	3.0	Road	3		0		0	3
	Nutcracker Trail Race	0:42:27	4.0	Trail	6		0		0	6
	St Andrews Parkrun 5K	0:42:27	3.0	Road	3		0		0	3
	Strathkinnes/Blebocraigs	0:39:49	5.0	Trail	8		0	Age 1st	3	11
	· · · · · · · · · · · · · · · · · · ·	2:12:11	13.0	Road	13		0	Age 13t	0	13
	Dunblane 12K	1:08:37	8.0	Road	8		0		0	8
05/06/2019	Hill of Tarvit 5.5m	0:58:20	6.0	Trail	9		0	Age 2nd	2	11
	St Andrews Parkrun 5K - tail runner	0.30.20	3.0	Road	3		0	Age Ziiu	0	3
	Glenrothes 10K	0:55:58	6.0	Road	6		0		0	6
· · ·	Shell Bay Race, 4 miles	0:38:00	4.0	Trail	6		0		0	6
	Tour of Fife 1 - St Andrews beach	0:38:42	4.0	Trail	6		0		0	6

11/07/2019	Tour of Fife 2 - East Lomond Hill	0:50:05	4.0	Hill	8	0	0	8
12/07/2019	Tour of Fife 3 - 1 mile time trial - kdy prom	0:07:15	1.0	Road	1	0	0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:23:08	3.0	Road	3	0	0	3
14/07/2019	Tour of Fife 5 - Trail Race 6 miles	0:57:51	6.0	Trail	9	0	0	9
17/07/2019	Newburgh 4.2 miles	0:33:01	4.0	Trail	6	0	0	6
					0	0	0	0
					0	0	0	0

2019	COLIN MCKIE									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		111	24	135	1	10	4	14	159
	-			Road: 17		Course: 0		1st: 0		
				Track: 0		Distance: 1		2nd: 0		
				Trail: 4	,	Age Course: (0	3rd: 1		
				Hill: 3		Age Dist: 0		Age 1st: 3		
	Marshalling Points					1		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
16/01/2019	Mars Bar 1, 4 miles	0:24:36	4.0	Road	4		0		0	4
26/01/2019	Devils Burden Leg 3, 11.5km	1:38:31	7.0	Hill	14		0		0	14
20/02/2019	Mars Bar 2, 4 miles	0:26:33	4.0	Road	4		0		0	4
20/03/2019	Mars Bar 3, 4 miles	0:25:32	4.0	Road	4		0		0	4
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
10/04/2019	Kingsbarns, Champ Race 4	0:25:02	4.0	Trail	6		0		0	6
15/05/2019	Kellie Law 4 miles	0:27:14	4.0	Hill	8		0		0	8
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
20/06/2019	Suzuki Midnight Half, Iceland	1:54:31	13.0	Road	13		0		0	13
03/08/2019	Islay Half Marathon	1:34:50	13.0	Road	13	Distance	10	Age 1st	3	26
21/08/2019	Kellie Law, 4 miles	0:27:15	4.0	Hill	8		0		0	8
04/09/2019	Kingsbarns, 4 miles	0:25:20	4.0	Trail	6		0		0	6
14/09/2019	Kirkcaldy Parkrun 5K	0:18:32	3.0	Road	3		0		0	3
18/09/2019	Shellbay Race, 4 miles	0:25:33	4.0	Trail	6		0		0	6
29/09/2019	East Neuk 10K	0:40:11	6.0	Road	6		0	Age 1st	3	9
19/10/2019	Kirkcaldy Parkrun 5K	0:18:49	3.0	Road	3		0		0	3
23/10/2019	Mars Bar	0:38:52	4.0	Road	4		0		0	4
02/11/2019	St Andrews Parkrun 5K	0:24:53	3.0	Road	3		0		0	3

10/11/2019	Silvery Tay Race	0:45:41	5.0	Trail	8	0	Age 1st	3	11
16/11/2019	Loch Leven Parkrun 5K	0:20:26	3.0	Road	3	0		0	3
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2	0	3rd	5	7
11/12/2019	Mars Bar	0:24:41	4.0	Road	4	0		0	4
21/12/2019	Stirling Uni Parkrun 5K	0:19:23	3.0	Road	3	0		0	3
28/12/2019	St Andrews Parkrun 5K	0:19:02	3.0	Road	3	0		0	3

2019	DAVE NUTTAL									
			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		79	19	92	0	0	0	0	92
				Road: 14		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 4		Age Course: (5	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
16/01/2019	Mars Bar 1, 4 miles	0:36:43	4.0	Road	4		0		0	4
20/02/2019	Mars Bar 2, 4 miles	0:36:08	4.0	Road	4		0		0	4
20/03/2019	Mars Bar 3, 4 miles	0:35:59	4.0	Road	4		0		0	4
15/06/2019	St Andrews Parkrun 5K	0:25:21	3.0	Road	3		0		0	3
19/06/2019	Shell Bay Race, 4 miles	0:36:16	4.0	Trail	6		0		0	6
	Balbirnie Duathlon - 5K run +	0:29:20								
26/06/2019	2.5K run	0:15:25	5.0	Road	5		0		0	5
	Tour of Fife 1 - St Andrews									
10/07/2019	beach	0:35:49	4.0	Trail	6		0		0	6
11/07/2019	Tour of Fife 2 - East Lomond Hill	0:42:43	4.0	Hill	8		0		0	8
	Tour of Fife 3 - 1 mile time trial -									
12/07/2019	kdy prom	0:07:24	1.0	Road	1		0		0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:25:51	3.0	Road	3		0		0	3
14/07/2019	Tour of Fife 5 - Trail Race 6 miles	0:59:21	6.0	Trail	9		0		0	9

20/07/2019	Woolacombe Dune Parkrun 5K	0:33:08	3.0	Road	3	0	0	3
11/08/2019	New Gilston 5K	0:28:04	3.0	Road	3	0	0	3
18/09/2019	Shellbay Race, 4 miles	0:36:18	4.0	Trail	6	0	0	6
21/09/2019	St Andrews Parkrun 5K	0:26:25	3.0	Road	3	0	0	3
05/10/2019	St Andrews Parkrun 5K	0:27:58	3.0	Road	3	0	0	3
23/10/2019	Mars Bar	0:37:48	4.0	Road	4	0	0	4
09/11/2019	Glen Clova Half	2:22:53	13.0	Road	13	0	0	13
11/12/2019	Mars Bar	0:39:54	4.0	Road	4	0	0	4
					0	0	0	0
					0	0	0	0
					0	0	0	0

2019	DAVIE BRISLAND									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		26	6	28	0	0	0	0	40
				Road: 5		Course: 0		1st: 0		
				Track: 0		Distance: 0	ı	2nd: 0		
	Marshalling Points			Trail: 1	,	Age Course: (3rd: 0		
	Largo Law	12		Hill: 0		Age Dist: 0		Age 1st: 0		
					I	Ī		Age 2nd: 0		
								Age 3rd: 0	II.	
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
16/01/2019	Mars Bar 1, 4 miles	0:29:56	4.0	Road	4		0		0	4
20/02/2019	Mars Bar 2, 4 miles	0:29:01	4.0	Road	4		0		0	4
20/03/2019	Mars Bar 3, 4 miles	0:26:46	4.0	Road	4		0		0	4
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
10/04/2019	Kingsbarns, Champ Race 4	0:27:55	4.0	Trail	6		0		0	6
11/12/2019	Mars Bar	0:28:55	4.0	Road	4		0		0	4
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	DEBZ HAY									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		287	26	387	4	20	4	7	417
				Road: 12		Course: 4		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 12	,	Age Course: (-	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 2		Age Dist: 0		Age 1st: 0		
								Age 2nd: 3		
								Age 3rd: 1		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
26/01/2019	Devils Burden Leg 3, 11.5km	1:18:10	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:53:07	13.0	Trail	20		0		0	20
17/02/2019	Devilla 15K	1:18:10	9.0	Trail	14	Course	5		0	19
20/02/2019	Mars Bar 2, 4 miles	0:31:10	4.0	Road	4		0		0	4
23/02/2019	St Andrews Parkrun 5K	0:24:41	3.0	Road	3		0		0	3
03/03/2019	Smokies 10 Mile	1:20:51	10.0	Road	10		0		0	10
23/03/2019	St Andrews Parkrun 5K	0:26:36	3.0	Road	3		0		0	3
30/03/2019	Aviemore Parkrun 5K	0:23:31	3.0	Road	3		0		0	3
	Balmoral Duathlon. Run 1 (6K)	0:34:29								
28/04/2019	+2 (5K)	0:27:53	7.0	Trail	11		0	Age 2nd	2	13
01/05/2019	Strathkinnes/Blebocraigs	0:39:49	5.0	Trail	8		0		0	8
04/05/2019	Glen Lyon Ultra 31.5 miles	5:46:22	32.0	Trail	48	Course	5	Age 2nd	2	55
11/05/2019	Road to the Isles Marathon	4:15:29	26.0	Road	26		0	Age 2nd	2	28
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
13/06/2019	Sandy Slither	0:57:31	6.0	Trail	9	Course	5	Age 3rd	1	15

19/06/2019	Shell Bay Race, 4 miles	0:35:24	4.0	Trail	6		0	0	6
04/08/2019	Mhor Marathon, Callander	4:15:53	26.0	Trail	39		0	0	39
21/08/2019	Kellie Law, 4 miles	0:36:51	4.0	Hill	8		0	0	8
04/09/2019	Kingsbarns, 4 miles	0:33:10	4.0	Trail	6		0	0	6
08/09/2019	Tiree Ultra	6:08:11	35.0	Trail	53	Course	5	0	58
18/09/2019	Shellbay Race, 4 miles	0:42:00	4.0	Trail	6		0	0	6
06/10/2019	Loch Ness Marathon	3:52:40	26.0	Road	26		0	0	26
02/11/2019	Glen Ogle 33	5:41:42	33.0	Trail	50		0	0	50
09/11/2019	Glen Clova Half	1:54:31	13.0	Road	13		0	0	13
30/11/2019	St Andrews Parkrun 5K	0:25:12	3.0	Road	3		0	0	3
07/12/2019	St Andrews Parkrun 5K	0:32:02	3.0	Road	3		0	0	3
08/12/2019	Cani-sports Lochore, 5K	0	3.0	Road	3		0	0	3
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0

2019	DAVIE BURGESS									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		63	13	84	0	0	1	5	104
				Road: 7		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 3	ļ	Age Course: (9	3rd: 1		
	Primary 4 x 4 (13/05/19	3		Hill: 3		Age Dist: 0		Age 1st: 0		
	Largo Law	12						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
20/03/2019	Mars Bar 3, 4 miles	0:25:32	4.0	Road	4		0		0	4
24/03/2019	Gartmorn 6	0:40:18	6.0	Trail	9		0		0	9
14/04/2019	Round the Houses 10K	0:40:58	6.0	Road	6		0		0	6
15/05/2019	Kellie Law 4 miles	0:28:40	4.0	Hill	8		0		0	8
05/06/2019	Hill of Tarvit 5.5m	0:40:25	6.0	Trail	9		0		0	9
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
19/06/2019	Shell Bay Race, 4 miles	0:27:50	4.0	Trail	6		0		0	6
22/06/2019	Eildon Three Hill Race, 7.2K	0:47:33	5.0	Hill	10		0		0	10
	Balbirnie Duathlon - 5K run +	0:22:09								
26/06/2019	2.5K run	0:11:52	5.0	Road	5		0		0	5
21/08/2019	Kellie Law, 4 miles	0:28:41	4.0	Hill	8		0		0	8
25/08/2019	Kirkcaldy Half Marathon	1:31:09	13.0	Road	13		0		0	13
06/10/2019	Loch Ness 5K	0:23:57	3.0	Road	3		0		0	3
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2		0	3rd	5	7
					0		0		0	0
					0		0		0	0

2019	DUNCAN HALL									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		165	55	165	0	0	0	0	165
				Road: 55		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0	4	Age Course: ()	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
01/01/2019	Maribyrnong Parkrun 5K	0:18:58	3.0	Road	3		0		0	3
01/01/2019	Coburg Parkrun 5K	0:19:15	3.0	Road	3		0		0	3
05/01/2019	Highlands Parkrun 5K	0:20:59	3.0	Road	3		0		0	3
12/01/2019	Highlands Parkrun 5K	0:21:18	3.0	Road	3		0		0	3
19/01/2019	Highlands Parkrun 5K	0:20:28	3.0	Road	3		0		0	3
26/01/2019	Highlands Parkrun 5K	0:19:58	3.0	Road	3		0		0	3
02/02/2019	Highlands Parkrun 5K	0:20:13	3.0	Road	3		0		0	3
09/02/2019	Highlands Parkrun 5K	0:19:34	3.0	Road	3		0		0	3
16/02/2019	Highlands Parkrun 5K	0:19:38	3.0	Road	3		0		0	3
23/02/2019	Highlands Parkrun 5K	0:20:02	3.0	Road	3		0		0	3
02/03/2019	Lalor Parkrun 5K	0:20:01	3.0	Road	3		0		0	3
09/03/2019	Highlands Parkrun 5K	0:18:40	3.0	Road	3		0		0	3
16/03/2019	Highlands Parkrun 5K	0:18:58	3.0	Road	3		0		0	3
23/03/2019	Highlands Parkrun 5K	0:19:10	3.0	Road	3		0		0	3
30/03/2019	Highlands Parkrun 5K	0:22:01	3.0	Road	3		0		0	3
06/04/2019	Highlands Parkrun 5K	0:21:25	3.0	Road	3		0		0	3
13/04/2019	Highlands Parkrun 5K	0:19:39	3.0	Road	3		0		0	3
20/04/2019	Darebin Parkrun 5K	0:19:17	3.0	Road	3		0		0	3

27/04/2019	Sunbury Parkrun 5K	0:20:01	3.0	Road	3	0	0	3
04/05/2019	Highlands Parkrun 5K	0:19:47	3.0	Road	3	0	0	3
11/05/2019	Highlands Parkrun 5K	0:23:36	3.0	Road	3	0	0	3
18/05/2019	Highlands Parkrun 5K	0:18:34	3.0	Road	3	0	0	3
25/05/2019	Highlands Parkrun 5K	0:19:59	3.0	Road	3	0	0	3
01/06/2019	Highlands Parkrun 5K	0:18:18	3.0	Road	3	0	0	3
08/06/2019	Highlands Parkrun 5K	0:18:08	3.0	Road	3	0	0	3
15/06/2019	Highlands Parkrun 5K	0:19:03	3.0	Road	3	0	0	3
22/06/2019	Highlands Parkrun 5K	0:21:56	3.0	Road	3	0	0	3
29/06/2019	Albert Parkrun 5K	0:18:17	3.0	Road	3	0	0	3
06/07/2019	Highlands Parkrun 5K	0:22:19	3.0	Road	3	0	0	3
13/07/2019	Gardeners Creek Parkrun 5K	0:19:48	3.0	Road	3	0	0	3
20/07/2019	Highlands Parkrun 5K	0:20:48	3.0	Road	3	0	0	3
27/07/2019	Highlands Parkrun 5K	0:22:54	3.0	Road	3	0	0	3
03/08/2019	Maribyrnong Parkrun 5K	0:21:41	3.0	Road	3	0	0	3
10/08/2019	Highlands Parkrun 5K	0:24:57	3.0	Road	3	0	0	3
17/08/2019	Highlands Parkrun 5K	0:20:57	3.0	Road	3	0	0	3
24/08/2019	Highlands Parkrun 5K	0:23:35	3.0	Road	3	0	0	3
31/08/2019	Highlands Parkrun 5K	0:41:56	3.0	Road	3	0	0	3
07/09/2019	Highlands Parkrun 5K	0:29:24	3.0	Road	3	0	0	3
14/09/2019	Highlands Parkrun 5K	0:24:13	3.0	Road	3	0	0	3
21/09/2019	Highlands Parkrun 5K	0:42:31	3.0	Road	3	0	0	3
28/09/2019	Highlands Parkrun 5K	0:40:05	3.0	Road	3	0	0	3
05/10/2019	Highlands Parkrun 5K	0:43:32	3.0	Road	3	0	0	3
12/10/2019	Highlands Parkrun 5K	0:43:35	3.0	Road	3	0	0	3
19/10/2019	Highlands Parkrun 5K	0:32:13	3.0	Road	3	0	0	3
26/10/2019	Highlands Parkrun 5K	0:25:53	3.0	Road	3	0	0	3
02/11/2019	Highlands Parkrun 5K	0:36:18	3.0	Road	3	0		3
09/11/2019	Highlands Parkrun 5K	0:32:38	3.0	Road	3	0		3
16/11/2019	Aurora Parkrun 5K	0:25:08	3.0	Road	3	0		3
23/11/2019	Highlands Parkrun 5K	0:42:21	3.0	Road	3	0		3
30/11/2019	Highlands Parkrun 5K	0:42:28	3.0	Road	3	0		3

07/12/2019	Highlands Parkrun 5K	0:39:12	3.0	Road	3	0		3
14/12/2019	Highlands Parkrun 5K	0:44:41	3.0	Road	3	0		3
21/12/2019	Westerfolds Parkrun 5K	0:49:55	3.0	Road	3	0		3
25/12/2019	Highlands Parkrun 5K	0:41:52	3.0	Road	3	0		3
28/12/2019	Sunbury Parkrun 5K	0:40:51	3.0	Road	3	0		3
					0	0		0
					0	0		0
						0		

2019	ECK ANDERSON									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sammary		175	26	285	5	25	2	3	325
				Road: 9		Course: 5		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Marshalling Points			Trail: 8	,	Age Course:	-	3rd: 0		
	Largo Law	12		Hill: 9		Age Dist: 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
01/01/2019	New Years Triathlon, Edin, 5.6K	0:26:13	4.0	Road	4	Course	5		0	9
16/01/2019	Mars Bar 1, 4 miles	0:26:14	4.0	Road	4		0		0	4
26/01/2019	Devils Burden Leg 2, 11.5km	1:20:07	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:37:46	13.0	Trail	20	Course	5		0	25
09/02/2019	Carnethy 5 Hill Race, 6 miles	1:10:58	6.0	Hill	12		0		0	12
16/02/2019	St Andrews Parkrun 5K	0:19:43	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:26:19	4.0	Road	4		0		0	4
20/03/2019	Mars Bar 3, 4 miles	0:30:14	4.0	Road	4		0		0	4
10/04/2019	Kingsbarns, Champ Race 4	0:27:25	4.0	Trail	6		0		0	6
13/03/2019	St Andrews Parkrun 5K	0:19:37	3.0	Road	3		0		0	3
27/04/2019	Normans Law Hill Race 8K	0:37:15	5.0	Hill	10		0			10
	Balmoral Duathlon. Run 1 (6K) +2	0:28:41								
28/04/2019	(5K)	0:23:16	7.0	Trail	11		0		0	11
01/05/2019	Strathkinnes/Blebocraigs	0:29:45	5.0	Trail	8	Course	5		0	13
15/05/2019	Kellie Law 4 miles	0:27:56	4.0	Hill	8		0		0	8

25/05/2019 Isle of Jura Fell Race 28K 4:54:48 17.0 Hill 34 Course 5 0 39 05/06/2019 Hill of Tarvit 5.5m 0:39:21 6.0 Trail 9 Course 5 Age 2nd 2 16 12/06/2019 Club 4 x 400m 1.0 Road 1 0 0 1 13/06/2019 1 0 0 1 1 0 0 1 1 0 0 1 1 0 0 1 1 0 0 1 1 0 0 0 1 1 0 0 0 1 1 0 0 0 1 1 0 0 0 1 1 0 0 0 32 1 0 0 0 32 1 10 0 0 0 0 6 22/06/2019 1 0 0 0 0 0 0 0 0 0 0 1 0 0 0 0 0 0 0 1											
12/06/2019 club 4 x 400m 1.0 Road 1 0 0 1 13/06/2019 Sandy Slither 0:43:25 6.0 Trail 9 0 Age 3rd 1 10 15/06/2019 Tour du Giffre, Sameons, 33K 5:00:19 21.0 Trail 32 0 0 0 32 19/06/2019 Shell Bay Race, 4 miles 0:27:36 4.0 Trail 6 0 0 0 6 22/06/2019 Eildon Three Hill Race, 7.2K 0:46:07 5.0 Hill 10 0 0 0 10 Balbirnie Duathlon - 5K run + 0:21:17 0 0 0 5 0 0 5 0 0 5 0 0 5 0 0 5 0 0 5 0 0 12 0 0 12 0 0 12 0 0 12 0 0 4 0 0 18 0 0 18 0 0 18 18 0 0 18 0 0<	25/05/2019	Isle of Jura Fell Race 28K	4:54:48	17.0	Hill	34	Course	5		0	39
13/06/2019 Sandy Slither 0:43:25 6.0 Trail 9 0 Age 3rd 1 10 15/06/2019 Tour du Giffre, Sameons, 33K 5:00:19 21.0 Trail 32 0 0 32 19/06/2019 Shell Bay Race, 4 miles 0:27:36 4.0 Trail 6 0 0 0 6 22/06/2019 Eildon Three Hill Race, 7.2K 0:46:07 5.0 Hill 10 0 0 0 10 Balbirnie Duathlon - 5K run + 0:21:17 0:21:17 0 0 0 5 10/07/2019 Maddie Moss Hill Race, 6 miles 1:07:26 6.0 Hill 12 0 0 0 12 03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 0 4 Glen Clova Extreme Duathlon, 21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 0 18 The Two Breweries Hill Race, 18 miles 4:17:16 18.0 Hill 36 0 0 <t< td=""><td>05/06/2019</td><td>Hill of Tarvit 5.5m</td><td>0:39:21</td><td>6.0</td><td>Trail</td><td>9</td><td>Course</td><td>5</td><td>Age 2nd</td><td>2</td><td>16</td></t<>	05/06/2019	Hill of Tarvit 5.5m	0:39:21	6.0	Trail	9	Course	5	Age 2nd	2	16
15/06/2019 Tour du Giffre, Sameons, 33K 5:00:19 21.0 Trail 32 0 0 32 19/06/2019 Shell Bay Race, 4 miles 0:27:36 4.0 Trail 6 0 0 6 22/06/2019 Eildon Three Hill Race, 7.2K 0:46:07 5.0 Hill 10 0 0 0 10 Balbirnie Duathlon - 5K run + 0:21:17 0 0 0 0 5 26/06/2019 2.5K run 0:11:42 5.0 Road 5 0 0 5 10/07/2019 Maddie Moss Hill Race, 6 miles 1:07:26 6.0 Hill 12 0 0 0 12 03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 4 21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 miles 4:17:16 18.0 Hill 36 0 0 36	12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
19/06/2019 Shell Bay Race, 4 miles 0:27:36 4.0 Trail 6 0 0 6 22/06/2019 Eildon Three Hill Race, 7.2K 0:46:07 5.0 Hill 10 0 0 0 10 Balbirnie Duathlon - 5K run + 0:21:17 0:21:17 0 0 0 5 26/06/2019 2.5K run 0:11:42 5.0 Road 5 0 0 5 10/07/2019 Maddie Moss Hill Race, 6 miles 1:07:26 6.0 Hill 12 0 0 0 12 03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 0 4 21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 4:17:16 18.0 Hill 36 0 0 36	13/06/2019	Sandy Slither	0:43:25	6.0	Trail	9		0	Age 3rd	1	10
22/06/2019 Eildon Three Hill Race, 7.2K 0:46:07 5.0 Hill 10 0 0 10 Balbirnie Duathlon - 5K run + 0:21:17 0 0 0 5 26/06/2019 2.5K run 0:11:42 5.0 Road 5 0 0 0 5 10/07/2019 Maddie Moss Hill Race, 6 miles 1:07:26 6.0 Hill 12 0 0 0 12 03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 4 Glen Clova Extreme Duathlon, 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 4:17:16 18.0 Hill 36 0 0 36	15/06/2019	Tour du Giffre, Sameons, 33K	5:00:19	21.0	Trail	32		0		0	32
Balbirnie Duathlon - 5K run + 0:21:17	19/06/2019	Shell Bay Race, 4 miles	0:27:36	4.0	Trail	6		0		0	6
26/06/2019 2.5K run 0:11:42 5.0 Road 5 0 0 5 10/07/2019 Maddie Moss Hill Race, 6 miles 1:07:26 6.0 Hill 12 0 0 12 03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 4 Glen Clova Extreme Duathlon, 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 miles 4:17:16 18.0 Hill 36 0 0 36	22/06/2019	Eildon Three Hill Race, 7.2K	0:46:07	5.0	Hill	10		0		0	10
10/07/2019 Maddie Moss Hill Race, 6 miles 1:07:26 6.0 Hill 12 0 0 12 03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 4 Glen Clova Extreme Duathlon, 21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 4:17:16 18.0 Hill 36 0 0 36		Balbirnie Duathlon - 5K run +	0:21:17								
03/08/2019 Elie Triathlon 6K run 0:30:15 4.0 Road 4 0 0 4 Glen Clova Extreme Duathlon, 21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 4:17:16 18.0 Hill 36 0 0 36	26/06/2019	2.5K run	0:11:42	5.0	Road	5		0		0	5
Glen Clova Extreme Duathlon, 21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 28/09/2019 miles 4:17:16 18.0 Hill 36 0 0 36	10/07/2019	Maddie Moss Hill Race, 6 miles	1:07:26	6.0	Hill	12		0		0	12
21/09/2019 14K hill run 2:29:5 9.0 Hill 18 0 0 18 The Two Breweries Hill Race, 18 miles 4:17:16 18.0 Hill 36 0 0 36	03/08/2019	Elie Triathlon 6K run	0:30:15	4.0	Road	4		0		0	4
The Two Breweries Hill Race, 18 28/09/2019 miles 4:17:16 18.0 Hill 36 0 0 36		Glen Clova Extreme Duathlon,									
28/09/2019 miles 4:17:16 18.0 Hill 36 0 0 36	21/09/2019	14K hill run	2:29:5	9.0	Hill	18		0		0	18
		The Two Breweries Hill Race, 18									
	28/09/2019	miles	4:17:16	18.0	Hill	36		0		0	36
						0		0		0	0
0 0 0						0		0		0	0
0 0 0						0		0		0	0
					_						

2019	ERIC ANDERSON									
	Cummany		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		358	61	398	12	90	2	15	509
				Road: 47		Course: 5		1st: 0		
				Track: 0		Distance: 7		2nd: 1		
	Extra Points/Marshalling		-	Trail: 11	/	Age Course: (3rd: 1		
	Park Run Volunteer (15/06)	3		Hill: 3		Age Dist: 0		Age 1st: 0		
	Primary 4 x 4 (13/05)	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
05/01/2019	St Andrews Parkrun 5K	0:23:30	3.0	Road	3		0		0	3
16/01/2019	Mars Bar 1, 4 miles	0:28:20	4.0	Road	4		0		0	4
19/01/2019	Montrose Parkrun 5K	0:21:33	3.0	Road	3		0		0	3
26/01/2019	Devils Burden Leg 1, 7.5km	0:32:36	5.0	Trail	8		0		0	8
16/02/2019	St Andrews Parkrun 5K	0:19:39	3.0	Road	3		0		0	3
17/02/2019	Devilla 15K	1:10:28	9.0	Trail	14		0		0	14
20/02/2019	Mars Bar 2, 4 miles	0:26:49	4.0	Road	4		0		0	4
23/02/2019	Cross Country, Falkirk 10K	0:50:12	6.0	Trail	9		0		0	9
10/03/2019	Inverness Half Marathon	1:29:24	13.0	Road	13	Distance	10		0	23
16/03/2019	Highbury Fields Parkrun 5K	0:20:20	3.0	Road	3		0		0	3
20/03/2019	Mars Bar 3, 4 miles	0:27:29	4.0	Road	4		0		0	4
30/03/2019	Edinburgh Parkrun 5K	0:28:00	3.0	Road	3		0		0	3
31/03/2019	Alloa Half Marahon	1:29:35	13.0	Road	13		0		0	13
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
06/04/2019	Kirkcaldy Parkrun 5K	0:20:48	3.0	Road	3		0		0	3
13/04/2019	St Andrews Parkrun 5K	0:21:40	3.0	Road	3		0		0	3
14/04/2019	Livingston Half Marathon	1:29:10	13.0	Road	13	Distance	10		0	23
20/04/2019	Lochore Parkrun 5K	0:21:26	3.0	Road	3		0		0	3

28/04/2019 Strifling Marathon 3:15:45 26.0 Road 26 Distance 10 0 36											
04/05/2019 St Andrews Parkrun 5K 0:20:12 3.0 Road 3 0 0 0 3 3 5 5 5 5 5 5 5 5	28/04/2019	Stirling Marathon	3:15:45	26.0	Road	26	Distance	10		0	36
05/05/2019 BHGE 10K 0:41:03 6.0 Road 6 Distance 10 0 16	01/05/2019	Strathkinnes/Blebocraigs	0:31:51	5.0	Trail	8		0		0	8
11/05/2019 Loch Leven Half 1:32:29 13.0 Road 13 0 0 0 13 15/05/2019 Kellie Law 4 miles 0:30:23 4.0 Hill 8 0 0 0 8 18/05/2019 St Andrews Parkrun 5K 0:25:51 3.0 Road 3 0 0 0 0 3 12/06/2019 Club 4 x 400m 1.0 Road 1 0 0 0 1 16/06/2019 Glenrothes 10K 0:40:27 6.0 Road 6 Distance 10 0 0 16 22/06/2019 St Andrews Parkrun 5K 0:26:56 3.0 Road 3 0 0 0 0 3 Tour of Fife 1 - St Andrews Deach 0:30:57 4.0 Trail 6 0 0 0 6 Tour of Fife 2 - East Lomond Hill 0:39:22 4.0 Hill 8 0 0 0 8 12/07/2019 Hill 0:39:22 4.0 Hill 8 0 0 0 1 12/07/2019 Tour of Fife 4 - 5km Road Race 0:19:03 3.0 Road 3 Distance 10 0 0 1 13/07/2019 Race 0:44:40 6.0 Trail 9 0 0 0 9 14/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 0 3 30/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 31/08/2019 St Andrews Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 3 31/08/2019 St Andrews Parkrun 5K 0:20:34 3.0 Road 3 0 0 0 0 8 31/08/2019 Rew Gliston 5K 0:20:34 3.0 Road 3 0 0 0 0 8 31/08/2019 Rational Final F	04/05/2019	St Andrews Parkrun 5K	0:20:12	3.0	Road	3		0		0	3
15/05/2019 Kellie Law 4 miles 0:30:23 4.0 Hill 8 0 0 0 8	05/05/2019	BHGE 10K	0:41:03	6.0	Road	6	Distance	10		0	16
18/05/2019 St Andrews Parkrun 5K 0:25:51 3.0 Road 3 0 0 3 12/06/2019 club 4 x 400m 1.0 Road 1 0 0 0 1 16/06/2019 St Andrews Parkrun 5K 0:26:56 3.0 Road 3 0 0 0 3 10/07/2019 St Andrews Parkrun 5K 0:26:56 3.0 Road 3 0 0 0 3 10/07/2019 St Andrews Parkrun 5K 0:26:56 3.0 Road 3 0 0 0 3 10/07/2019 St Andrews Parkrun 5K 0:30:57 4.0 Trail 6 0 0 0 6 11/07/2019 Hill 0:39:22 4.0 Hill 8 0 0 0 8 12/07/2019 Fife 3 - 1 mile time 1:0 Road 1 0 0 0 1 13/07/2019 Race 0:19:03 3.0 Road 3	11/05/2019	Loch Leven Half	1:32:29	13.0	Road	13		0		0	13
12/06/2019 Club 4 x 400m	15/05/2019	Kellie Law 4 miles	0:30:23	4.0	Hill	8		0		0	8
16/06/2019 Glenrothes 10K	18/05/2019	St Andrews Parkrun 5K	0:25:51	3.0	Road	3		0		0	3
22/06/2019 St Andrews Parkrun 5K 0:26:56 3.0 Road 3 0 0 0 3	12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
Tour of Fife 1 - St Andrews beach 0:30:57 4.0 Trail 6 0 0 0 6 0 6 11/07/2019 Hill 0:39:22 4.0 Hill 8 0 0 0 8 12/07/2019 trial - kdy prom 0:05:20 1.0 Road 1 0 0 0 1 1 Tour of Fife 4 - 5km Road Race 0:19:03 3.0 Road 3 Distance 10 0 13 13 13/07/2019 Race 0:44:40 6.0 Trail 9 0 0 0 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	16/06/2019	Glenrothes 10K	0:40:27	6.0	Road	6	Distance	10		0	16
10/07/2019 beach 0:30:57 4.0 Trail 6 0 0 0 6	22/06/2019	St Andrews Parkrun 5K	0:26:56	3.0	Road	3		0		0	3
Tour of Fife 2 - East Lomond 11/07/2019 Hill 0:39:22 4.0 Hill 8 0 0 0 0 8 Tour of Fife 3 - 1 mile time 12/07/2019 trial - kdy prom 0:05:20 1.0 Road 1 0 0 0 1 Tour of Fife 4 - 5km Road 13/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 Tour of Fife 5 - Trail Race 6 0:19:03 3.0 Road 3 Distance 10 0 0 9 14/07/2019 miles 0:44:40 6.0 Trail 9 0 0 0 0 9 17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 0 2nd 10 13 13/08/2019 Path of Condie Half 1:35:39 15.0 Road 8 0 0 0 0 8 21/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 0 16		Tour of Fife 1 - St Andrews									
11/07/2019 Hill 0:39:22 4.0 Hill 8 0 0 8 12/07/2019 trial - kdy prom 0:05:20 1.0 Road 1 0 0 0 1 13/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 14/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 14/07/2019 miles 0:44:40 6.0 Trail 9 0 0 0 9 17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 Course 5 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08	10/07/2019	beach	0:30:57	4.0	Trail	6		0		0	6
Tour of Fife 3 - 1 mile time 12/07/2019 trial - kdy prom 0:05:20 1.0 Road 1 0 0 0 1 Tour of Fife 4 - 5km Road 13/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 0 13 Tour of Fife 5 - Trail Race 6		Tour of Fife 2 - East Lomond									
12/07/2019 trial - kdy prom 0:05:20 1.0 Road 1 0 0 1 13/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 14/07/2019 miles 0:44:40 6.0 Trail 9 0 0 9 17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019	11/07/2019	Hill	0:39:22	4.0	Hill	8		0		0	8
13/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 14/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 14/07/2019 Mew Driffe 5 - Trail Race 6 miles 0:44:40 6.0 Trail 9 0 0 0 9 17/07/2019 New Durgh 4.2 miles 0:26:21 4.0 Trail 6 Course 5 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 <td></td> <td>Tour of Fife 3 - 1 mile time</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		Tour of Fife 3 - 1 mile time									
13/07/2019 Race 0:19:03 3.0 Road 3 Distance 10 0 13 14/07/2019 miles 0:44:40 6.0 Trail 9 0 0 0 9 17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 0 8 17/08/2019 Fath	12/07/2019	trial - kdy prom	0:05:20	1.0	Road	1		0		0	1
14/07/2019 Tour of Fife 5 - Trail Race 6 0:44:40 6.0 Trail 9 0 0 9 17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 8 21/08/2019 K		Tour of Fife 4 - 5km Road									
14/07/2019 miles 0:44:40 6.0 Trail 9 0 0 9 17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 8 21/08/2019 Kellie	13/07/2019	Race	0:19:03	3.0	Road	3	Distance	10		0	13
17/07/2019 Newburgh 4.2 miles 0:26:21 4.0 Trail 6 0 0 6 20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:		Tour of Fife 5 - Trail Race 6									
20/07/2019 Splash and Dash 4 miles 0:32:39 4.0 Trail 6 Course 5 0 11 27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 0 8 25/08/2019 Kirkcaldy Half Marathon	14/07/2019	miles	0:44:40	6.0	Trail	9		0		0	9
27/07/2019 Pastures Parkrun 5K 0:26:37 3.0 Road 3 0 0 0 3 03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16 <td>17/07/2019</td> <td>Newburgh 4.2 miles</td> <td>0:26:21</td> <td>4.0</td> <td>Trail</td> <td>6</td> <td></td> <td>0</td> <td></td> <td>0</td> <td>6</td>	17/07/2019	Newburgh 4.2 miles	0:26:21	4.0	Trail	6		0		0	6
03/08/2019 St Andrews Parkrun 5K 0:18:51 3.0 Road 3 0 0 0 3 08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	20/07/2019	Splash and Dash 4 miles	0:32:39	4.0	Trail	6	Course	5		0	11
08/08/2019 Balmullo Trail race, 4.9 miles 0:39:08 5.0 Trail 8 0 0 0 8 11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	27/07/2019	Pastures Parkrun 5K	0:26:37	3.0	Road	3		0		0	3
11/08/2019 New Gilston 5K 0:20:34 3.0 Road 3 0 2nd 10 13 13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	03/08/2019	St Andrews Parkrun 5K	0:18:51	3.0	Road	3		0		0	3
13/08/2019 Ceres 8 0:52:59 8.0 Road 8 0 0 8 17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	08/08/2019	Balmullo Trail race, 4.9 miles	0:39:08	5.0	Trail	8		0		0	8
17/08/2019 Path of Condie Half 1:35:39 15.0 Road 15 0 0 0 15 21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	11/08/2019	New Gilston 5K	0:20:34	3.0	Road	3		0	2nd	10	13
21/08/2019 Kellie Law, 4 miles 0:30:37 4.0 Hill 8 0 0 8 25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	13/08/2019	Ceres 8	0:52:59	8.0	Road	8		0		0	8
25/08/2019 Kirkcaldy Half Marathon 1:30:55 13.0 Road 13 0 0 0 13 01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	17/08/2019	Path of Condie Half	1:35:39	15.0	Road	15		0		0	15
01/09/2019 Perth 10K 0:40:16 6.0 Road 6 Distance 10 0 16	21/08/2019	Kellie Law, 4 miles	0:30:37	4.0	Hill	8		0		0	8
	25/08/2019	Kirkcaldy Half Marathon	1:30:55	13.0	Road	13		0		0	13
04/09/2019 Kingsbarns, 4 miles 0:28:30 4.0 Trail 6 0 0 6	01/09/2019	Perth 10K	0:40:16	6.0	Road	6	Distance	10		0	16
	04/09/2019	Kingsbarns, 4 miles	0:28:30	4.0	Trail	6		0		0	6

07/09/2019	Ayr Half	1:29:13	13.0	Road	13		0		0	13
14/09/2019	St Andrews Parkrun 5K	0:24:14	3.0	Road	3		0		0	3
18/09/2019	Shellbay Race, 4 miles	0:30:05	4.0	Trail	6		0		0	6
21/09/2019	Futakotamagawa Parkrun 5K	0:20:02	3.0	Road	3		0		0	3
28/09/2019	Fukakitaryokuchi Parkrun 5K	0:20:22	3.0	Road	3		0		0	3
06/10/2019	Chester Marathon	3:18:04	26.0	Road	26		0		0	26
23/10/2019	Mars Bar	0:26:25	4.0	Road	4	Course	5		0	9
03/11/2019	Edinburgh Mens 10K	0:41:01	6.0	Road	6		0		0	6
09/11/2019	Glen Clova Half	1:31:16	13.0	Road	13	Course	5		0	18
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2		0	3rd	5	7
20/11/2019	Mars Bar	0:26:14	4.0	Road	4	Course	5		0	9
30/11/2019	St Andrews Parkrun 5K	0:19:42	3.0	Road	3		0		0	3
11/12/2019	Mars Bar	0:26:04	4.0	Road	4	Course			0	4
14/12/2019	St Andrews Parkrun 5K	0:24:57	3.0	Road	3				0	3
25/12/2019	St Andrews Parkrun 5K	0:29:33	3.0	Road	3				0	3
28/12/2019	University of Stirling Parkrun	00:20:11	3.0	Road	3				0	3
										0

2019	EWAN CAMERON									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		71	11	89	0	0	0	0	95
				Road: 5		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 6	,	Age Course:	0	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 0		Age Dist: 0		Age 1st: 0		
	Primary 4 x 4 (13/05)	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
20/01/2019	Skull Trail Race	0:39:48	4.0	Trail	6		0	Age 3rd	1	7
17/02/2019	Devilla 15K	1:24:05	9.0	Trail	14		0		0	14
23/02/2019	Camperdown Parkrun 5K	0:30:33	3.0	Road	3		0		0	3
24/02/2019	Skull Trail Race, 4 miles	0:39:12	4.0	Trail	6		0		0	6
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
05/06/2019	Hill of Tarvit 5.5m	0:50:04	6.0	Trail	9		0		0	9
13/06/2019	Sandy Slither	0:55:37	6.0	Trail	9		0		0	9
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
20/07/2019	Splash and Dash 4 miles	0:40:10	4.0	Trail	6		0		0	6
25/08/2019	Kirkcaldy Half Marathon	1:57:31	13.0	Road	13		0		0	13
29/09/2019	Great Scottish Half	2:13:05	13.0	Road	13		0		0	13
01/12/2019	Blair Adam Trail Race, 5.5m	0:34:15	6.0	Trail	9		0		0	9
					0		0		0	0
					0		0		0	0

2019	EWAN DAVIDSON									
			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		42	3	42	0	0	0	0	42
				Road: 3		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0		Age Course: (þ	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
31/03/2019	Alloa Half Marathon	1:43:12	13.0	Road	13		0		0	13
15/04/2019	Boston Marathon	4:05:18	26.0	Road	26		0		0	26
05/10/2019	St Andrews Parkrun 5K	0:24:29	3.0	Road	3		0		0	3
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	FIONA CRUICKSHANKS									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sulfillary		160	29	195	1	10	1	2	219
				Road: 18		Course: 0		1st: 0		
		1		Track: 0		Distance: 1		2nd: 0		
	Marshalling Points			Trail: 7	,	Age Course: (3rd: 0		
	Largo Law	12		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
19/01/2019	Hasenheide Parkrun 5K, Berlin	0:22:45	3.0	Road	3		0		0	3
26/01/2019	Devils Burden Leg 3, 11.5km	1:09:28	7.0	Hill	14		0		0	14
03/03/2019	Smokies 10 Mile	1:21:50	10.0	Road	10		0	Age 2nd	2	12
30/03/2019	St Andrews Parkrun 5K	0:25:52	3.0	Road	3		0		0	3
07/04/2018	Manchester Marathon	4:00:18	26.0	Road	26		0		0	26
10/04/2019	St Andrews 5K	0:24:42	3.0	Trail	5		0		0	5
13/04/2019	St Andrews Parkrun 5K	0:24:17	3.0	Road	3		0		0	3
27/04/2019	St Andrews Parkrun 5K	0:23:05	3.0	Road	3		0		0	3
11/05/2019	St Andrews Parkrun 5K	0:24:00	3.0	Road	3		0		0	3
15/05/2019	Kellie Law 4 miles	0:32:18	4.0	Hill	8		0		0	8
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
13/06/2019	Sandy Slither	0:51:43	6.0	Trail	9		0		0	9
19/06/2019	Shell Bay Race, 4 miles	0:30:59	4.0	Trail	6		0		0	6
06/07/2019	St Andrews Parkrun 5K	0:24:56	3.0	Road	3		0		0	3
10/07/2019	Tour of Fife 1 - St Andrews beach	0:31:51	4.0	Trail	6		0		0	6
11/07/2019	Tour of Fife 2 - East Lomond Hill	0:37:58	4.0	Hill	8		0		0	8

	Tour of Fife 3 - 1 mile time trial - kdy								
12/07/2019	prom	0:05:57	1.0	Road	1		0	0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:21:13	3.0	Road	3		0	0	3
14/07/2019	Tour of Fife 5 - Trail Race 6 miles	0:49:57	6.0	Trail	9		0	0	9
17/07/2019	Newburgh 4.2 miles	0:27:51	4.0	Trail	6		0	0	6
13/08/2019	Ceres 8	1:02:33	8.0	Road	8		0	0	8
21/08/2019	Kellie Law, 4 miles	0:31:51	4.0	Hill	8		0	0	8
24/08/2019	Percy Sutton Parkrun 5k, New York	0:22:34	3.0	Road	3		0	0	3
04/09/2019	Kingsbarns, 4 miles	0:29:19	4.0	Trail	6		0	0	6
23/10/2019	Mars Bar	0:35:45	4.0	Road	4		0	0	4
27/10/2019	Dublin Marathon	3:58:25	26.0	Road	26	Distance	10	0	36
20/11/2019	Mars Bar	0:29:17	4.0	Road	4		0	0	4
07/12/2019	St Andrews Parkrun 5K	0:25:45	3.0	Road	3		0	0	3
25/12/2019	St Andrews Parkrun 5K	0:26:33	3.0	Road	3		0	0	3
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0

2019	GARY OVENSTONE									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		120	20	149	0	20	0	0	169
				Road: 9		Course: 4		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling	•	1	Trail: 8	,	Age Course:	0	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 2		Age Dist: 0		Age 1st: 0		
	Largo Law	12						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
16/01/2019	Mars Bar 1, 4 miles	0:29:36	4.0	Road	4		0		0	4
20/02/2019	Mars Bar 2, 4 miles	0:28:00	4.0	Road	4	Course	5		0	9
20/03/2019	Mars Bar 3, 4 miles	0:27:20	4.0	Road	4	Course	5		0	9
10/04/2019	Kingsbarns, Champ Race 4	0:28:09	4.0	Trail	6		0		0	6
28/04/2019	London Marathon	3:43:03	26.0	Road	26		0		0	26
15/05/2019	Kellie Law 4 miles	0:30:30	4.0	Hill	8		0		0	8
02/06/2019	Chariots of fire beach race - 5K	0:25:18	3.0	Trail	5		0		0	5
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
13/06/2019	Sandy Slither	0:48:56	6.0	Trail	9	Course	5		0	14
14/06/2019	Black Rock 5	0:40:35	4.0	Trail	6		0		0	6
19/06/2019	Shell Bay Race, 4 miles	0:28:26	4.0	Trail	6		0		0	6
07/07/2019	Dundee Half	2:04:23	13.0	Trail	20		0		0	20
21/08/2019	Kellie Law, 4 miles	0:33:59	4.0	Hill	8		0		0	8
04/09/2019	Kingsbarns, 4 miles	0:29:51	4.0	Trail	6		0		0	6
18/09/2019	Shellbay Race, 4 miles	0:31:25	4.0	Trail	6		0		0	6
29/09/2019	East Neuk 10K	1:25:52	6.0	Road	6		0		0	6
23/10/2019	Mars Bar	0:29:21	4.0	Road	4		0		0	4
09/11/2019	Glen Clova Half	1:44:50	13.0	Road	13	Course	5		0	18

20/11/2019		0:28:04	4.0	Road	4	0	0	4
11/12/2019	Mars Bar	0:28:25	4.0	Road	4	0	0	4
					0	0	0	0
					0	0	0	0
					0	0	0	

2019	GEORGE FINDLAY									
	C		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		187	28	237	0	0	5	11	263
				Road: 14		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 11		Age Course: (0	3rd: 0		
	Primary 4 x 4 (13/05/19	3		Hill: 3		Age Dist: 0		Age 1st: 2		
	Largo Law	12						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
							_			_
16/01/2019	Mars Bar 1, 4 miles Skull Trail Race	0:29:30	4.0	Road	4		0		0	4
20/01/2019	Skull Trail Race	0:36:53	4.0	Trail	6		0		0	6
26/01/2019	Devils Burden Leg 3, 11.5km	1:13:19	7.0	Hill	14		0		0	14
20/02/2019	Mars Bar 2, 4 miles	0:29:39	4.0	Road	4		0		0	4
24/02/2019	Skull Trail Race, 4 miles	0:35:48	4.0	Trail	6		0	Age 2nd	2	8
17/03/2019	Skull Trail Race, 5 miles	0:42:07	5.0	Trail	8		0	Age 2nd	2	10
20/03/2019	Mars Bar 3, 4 miles	0:29:18	4.0	Road	4		0		0	4
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
21/04/2019	Nutcracker Trail Race	0:35:46	4.0	Trail	6		0	Age 1st	3	9
01/05/2019	Strathkinnes/Blebocraigs	0:33:04	5.0	Trail	8		0	Age 1st	3	11
11/05/2019	Loch Leven Half	1:40:42	13.0	Road	13		0	Age 3rd	1	14
15/05/2019	Kellie Law 4 miles	0:31:34	4.0	Hill	8		0		0	8
05/06/2019	Hill of Tarvit 5.5m	0:46:54	6.0	Trail	9		0		0	9
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
16/06/2019	Glenrothes 10K	0:45:02	6.0	Road	6		0		0	6
19/06/2019	Shell Bay Race, 4 miles	0:31:28	4.0	Trail	6		0		0	6

20/07/2019	Splash and Dash 4 miles	0:36:51	4.0	Trail	6	0	0	6
10/08/2019	Abernethy Forest 10 mile road	1:17:35	10.0	Road	10	0	0	10
21/08/2019	Kellie Law, 4 miles	0:33:37	4.0	Hill	8	0	0	8
25/08/2019	Kirkcaldy Half Marathon	1:45:11	13.0	Road	13	0	0	13
04/09/2019	Kingsbarns, 4 miles	0:29:52	4.0	Trail	6	0	0	6
08/09/2019	Glencoe Marathon	6:16:39	26.0	Trail	39	0	0	39
18/09/2019	Shellbay Race, 4 miles	0:31:15	4.0	Trail	6	0	0	6
06/10/2019	Loch Ness Marathon	3:55:25	26.0	Road	26	0	0	26
23/10/2019	Mars Bar	0:29:50	4.0	Road	4	0	0	4
20/11/2019	Mars Bar	0:30:05	4.0	Road	4	0	0	4
11/12/2019	Mars Bar	0:31:00	4.0	Road	4	0	0	4
25/12/2019	St Andrews Parkrun 5K	0:24:59	3.0	Road	3	0	0	3
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0

2019	GEORGE HAY									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		50	5	67	0	0	0	0	79
				Road: 2		Course: 0		1st: 0		
		l		Track: 0		Distance: 0	4	2nd: 0		
	Marshalling Points		1	Trail: 2	,	Age Course:	_	3rd: 0		
	Largo Law	12		Hill: 1		Age Dist: 0	<u> </u>	Age 1st: 0		
						ı	ı	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
26/01/2019	Devils Burden Leg 2, 11.5km	2:25:05	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	2:45:26	13.0	Trail	20		0		0	20
07/04/2019	Tay Ten	1:50:58	10.0	Road	10		0		0	10
	Balmoral Duathlon. Run 1 (6K)	0:45:00								
28/04/2019	+2 (5K)	0:41:41	7.0	Trail	11		0		0	11
11/05/2019	Road to the Isles Half	2:56:36	13.0	Road	13		0		0	13
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	GILES HARRIS									
	Cummary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		5	1	8	0	0	0	0	8
				Road: 0		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 1	,	Age Course: (9	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
Date 26/01/2019	Race Devils Burden Leg 1, 7.5km	Time 0:31:33	Dist 5.0	Race Type Trail	Dist Pts 8	PB's	PB Pts 0	Placing	Place Pts 0	Total Pts 8
						PB's		Placing		
					8	PB's	0	Placing	0	8
					8	PB's	0	Placing	0	8 0 0 0
					8 0 0	PB's	0 0 0	Placing	0 0 0 0	8 0 0 0
					8 0 0 0 0	PB's	0 0 0 0 0	Placing	0 0 0 0 0	8 0 0 0 0
					8 0 0 0 0 0	PB's	0 0 0 0 0 0	Placing	0 0 0 0 0 0	8 0 0 0 0 0
					8 0 0 0 0	PB's	0 0 0 0 0	Placing	0 0 0 0 0	8 0 0 0 0
					8 0 0 0 0 0	PB's	0 0 0 0 0 0	Placing	0 0 0 0 0 0	8 0 0 0 0 0
					8 0 0 0 0 0	PB's	0 0 0 0 0 0	Placing	0 0 0 0 0 0	8 0 0 0 0 0
					8 0 0 0 0 0	PB's	0 0 0 0 0 0	Placing	0 0 0 0 0 0	8 0 0 0 0 0

2019	HANNAH ALLUM									
	Cummary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		143	22	168	2	20	0	0	197
				Road: 13		Course: 0		1st: 0		
				Track: 0		Distance: 2		2nd: 0		
	Extra Points/Marshalling			Trail: 7	,	Age Course: (þ	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 2		Age Dist: 0		Age 1st: 0		
	East Neuk 10K	6				,		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
16/01/2019	Mars Bar 1, 4 miles	0:40:34	4.0	Road	4		0		0	4
20/01/2019	Skull Trail Race	0:51:28	4.0	Trail	6		0		0	6
26/01/2019	Devils Burden Leg 4, 5.8km	1:04:52	4.0	Hill	8		0		0	8
17/02/2019	Devilla 15K	1:42:25	9.0	Trail	14		0		0	14
20/02/2019	Mars Bar 2, 4 miles	0:37:25	4.0	Road	4		0		0	4
24/02/2019	Skull Trail Race, 4 miles	0:47:34	4.0	Trail	6		0		0	6
03/03/2019	Smokies 10 Mile	1:47:49	10.0	Road	10	Distance	10		0	20
20/03/2019	Mars Bar 3, 4 miles	0:37:00	4.0	Road	4		0		0	4
31/03/2019	Alloa Half Marahon	2:30:43	13.0	Road	13		0		0	13
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
10/04/2019	Kingsbarns, Champ Race 4	0:37:27	4.0	Trail	6		0		0	6
28/04/2019	Stirling Half Marathon	2:29:54	13.0	Road	13		0		0	13
01/05/2019	Strathkinnes/Blebocraigs	0:45:04	5.0	Trail	8		0		0	8
11/05/2019	Loch Leven Half	2:20:16	13.0	Road	13	Distance	10		0	23
15/05/2019	Kellie Law 4 miles	0:42:17	4.0	Hill	8		0		0	8
25/05/2019	St Andrews Parkrun 5K	0:31:25	3.0	Road	3		0		0	3
19/06/2019	Shell Bay Race, 4 miles	0:44:57	4.0	Trail	6		0		0	6

12/06/2019	club 4 x 400m		1.0	Road	1	0	0	1
20/07/2019	Splash and Dash 4 miles	0:51:45	4.0	Trail	6	0	0	6
25/08/2019	Kirkcaldy Half Marathon	2:41:06	13.0	Road	13	0	0	13
09/11/2019	Glen Clova Half	2:36:18	13.0	Road	13	0	0	13
11/12/2019	Mars Bar	0:40:32	4.0	Road	4	0	0	4
					0	0	0	0
					0	0	0	0
					0	0	0	0

2019	HAZEL EDNIE									
			DA:Las	Dance	Dist Dts	DDI-	DD Dto	Dissipas	Dia sa Dia	Total Dia
	Summary		Miles 58	Races	Dist Pts 58	PB's	PB Pts	Placings 0	Place Pts 0	Total Pts 58
	,		56	Road: 4	36	Course: 0	U	1st: 0	U	36
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0	,	Age Course: ()	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
28/04/2019	London Marathon	3:52:47	26.0	Road	26		0		0	26
11/05/2019	St Andrews Parkrun 5K	0:29:32	3.0	Road	3		0		0	3
15/06/2019	St Andrews Parkrun 5K	0:22:55	3.0	Road	3		0		0	3
25/08/2019	Kirkcaldy Half Marathon	1:52:57	13.0	Road	13		0		0	13
29/09/2019	Great Scottish Half	1:48:08	13.0	Road	13		0		0	13
					0		0		0	0
					0		0		0	0

2019	INNES KNIGHT									
	Cummary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		93	28	93	0	0	0	0	93
				Road: 28		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0	,	Age Course: (-	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
23/03/2019	St Andrews Parkrun 5K	0:21:43	3.0	Road	3		0		0	3
30/03/2019	Lochore Parkrun 5K	0:22:13	3.0	Road	3		0		0	3
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
06/04/2019	Camperdown Parkrun 5K	0:22:30	3.0	Road	3		0		0	3
27/04/2019	St Andrews Parkrun 5K	0:21:40	3.0	Road	3		0		0	3
04/05/2019	Loch Leven Parkrun 5K	0:22:34	3.0	Road	3		0		0	3
18/05/2019	St Andrews Parkrun 5K	0:21:18	3.0	Road	3		0		0	3
25/05/2019	St Andrews Parkrun 5K	0:21:08	3.0	Road	3		0		0	3
01/06/2019	St Andrews Parkrun 5K	0:20:56	3.0	Road	3		0		0	3
22/06/2019	St Andrews Parkrun 5K	0:21:06	3.0	Road	3		0		0	3
20/07/2019	St Andrews Parkrun 5K	0:21:23	3.0	Road	3		0		0	3
10/08/2019	St Andrews Parkrun 5K	0:21:21	3.0	Road	3		0		0	3
11/08/2019	New Gilston 5K	0:23:03	3.0	Road	3		0		0	3
24/08/2019	Killin 10K	00:46:16	6.0	Road	6		0		0	6
07/09/2019	Lochore Parkrun 5K	0:21:41	3.0	Road	3		0		0	3
14/09/2019	St Andrews Parkrun 5K	0:21:24	3.0	Road	3		0		0	3

23/10/2019	Mars Bar	0:30:15	4.0	Road	4	0	0	4
02/11/2019	St Andrews Parkrun 5K	0:22:05	3.0	Road	3	0	0	3
09/11/2019	St Andrews Parkrun 5K	0:21:33	3.0	Road	3	0	0	3
16/11/2019	Lochore Parkrun 5K	0:22:04	3.0	Road	3	0	0	3
20/11/2019	Mars Bar	0:39:36	4.0	Road	4	0	0	4
23/11/2019	Edinburgh Parkrun 5K	0:21:56	3.0	Road	3	0	0	3
07/12/2019	St Andrews Parkrun 5K	0:21:56	3.0	Road	3	0	0	3
11/12/2019	Mars Bar	0:29:13	4.0	Road	4	0	0	4
14/12/2019	St Andrews Parkrun 5K	0:21:38	3.0	Road	3	0	0	3
21/12/2019	St Andrews Parkrun 5K	0:21:36	3.0	Road	3	0	0	3
25/12/2019	St Andrews Parkrun 5K	0:22:53	3.0	Road	3	0	0	3
28/12/2019	Lochend Parkrun 5K	0:22:39	3.0	Road	3	0	0	3
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
				-				

2019	JACKIE GALLOWAY									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sammary		127	11	163	1	10	0	0	179
				Road: 6		Course: 0		1st: 0		
		=		Track: 0		Distance: 1		2nd: 0		
	Marshalling Points			Trail: 4	,	Age Course: (9	3rd: 0		
	East Neuk 10K	6		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
26/01/2019	Devils Burden Leg 3, 11.5km	1:39:58	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	2:34:10	13.0	Trail	20		0		0	20
30/03/2019	Kirkcaldy Parkrun 5K	0:29:17	3.0	Road	3		0		0	3
26/04/2019	Ravenscraig 2 miles	0:18:39	2.0	Road	2	Distance	10		0	12
01/05/2019	Strathkinnes/Blebocraigs	0:43:34	5.0	Trail	8		0		0	8
26/05/2019	Edinburgh Half	2:11:15	13.0	Road	13		0		0	13
16/06/2019	Glenrothes 10K	1:02:15	6.0	Road	6		0		0	6
25/08/2019	Kirkcaldy Half Marathon	2:10:49	13.0	Road	13		0		0	13
08/09/2019	Tiree Ultra	8:41:09	35.0	Trail	53		0		0	53
18/09/2019	Shellbay Race, 4 miles	0:41:31	4.0	Trail	6		0		0	6
06/10/2019	Loch Ness Marathon	4:44:12	26.0	Road	26		0		0	26
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	JACQUI MCDON	IALD								
				_		221			51 5:	
	Summary		Miles 446	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	,	Extra Points/Marshalling		76 Road: 49	587	1 Course: 1	5	4 1st: 0	6	610
	Extra Politis/Iviaisilalling		1	Track: 0		Distance: 0		2nd: 0		
	East Neuk 10K	6		Trail: 25		Age Course: ())	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 2	,	Age Dist: 0	ĺ	Age 1st: 1		
	Primary 4 x 4 (13/05)	3		11111. 2	l	Age Dist. 0		Age 2nd: 0		
	11111di y 1 X 1 (25) 55)							Age 3rd: 3		
		h:mm:ss	Miles					3-2-47		
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
01/01/2019	Perth Parkrun 5K	0:28:46	3.0	Road	3		0		0	3
01/01/2019	Camperdown Parkrun 5K	0:31:38	3.0	Road	3		0		0	3
12/01/2019	St Andrews Parkrun 5K	0:35:37	3.0	Road	3		0		0	3
13/01/2019	Monikie Duathlon, 4K (1)	0:25:21	3.0	Road	3		0		0	3
13/01/2019	Monikie Duathlon, 4K (2)	0:27:34	3.0	Road	3		0		0	3
19/01/2019	St Andrews Parkrun 5K	0:37:40	3.0	Road	6		0		0	6
20/01/2019	Skull Trail Race	0:48:20	4.0	Trail	3		0		0	3
09/02/2019	St Andrews Parkrun 5K	0:30:59	3.0	Road	3		0		0	3
10/02/2019	Monikie Duathlon, 4K (1)	0:26:44	3.0	Road	3		0		0	3
10/02/2019	Monikie Duathlon, 4K (2)	0:28:35	3.0	Road	3		0		0	3
16/02/2019	St Andrews Parkrun 5K	0:39:55	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:42:52	4.0	Road	4		0		0	4
23/02/2019	St Andrews Parkrun 5K	0:35:04	3.0	Road	3		0		0	3
24/02/2019	Skull Trail Race, 4 miles	0:45:59	4.0	Trail	6		0		0	6
02/03/2019	St Andrews Parkrun 5K	0:28:49	3.0	Road	3		0		0	3
09/03/2019	Hazeldean Parkrun 5K	0:29:05	3.0	Road	3		0		0	3

16/03/2019	St Andrews Parkrun 5K	0:38:26	3.0	Road	3	0	0	3
17/03/2019	Skull Trail Race, 5 miles	0:52:37	5.0	Trail	8	0	0	8
20/03/2019	Mars Bar 3, 4 miles	0:36:30	4.0	Road	4	0	0	4
23/03/2019	St Andrews Parkrun 5K	0:27:22	3.0	Road	3	0	0	3
30/03/2019	St Andrews Parkrun 5K	0:36:34	3.0	Road	3	0	0	3
10/04/2019	Kingsbarns, Champ Race 4	0:37:13	4.0	Trail	6	0	0	6
13/04/2019	St Andrews Parkrun 5K	0:32:27	3.0	Road	3	0	0	3
14/04/2019	East Fife Triathlon, 4.9K run	0:28:42	3.0	Road	3	0	0	3
20/04/019	Kirkcaldy Parkrun 5K	0:27:54	3.0	Road	3	0	0	3
21/04/2019	Nutcracker Trail Race	0:44:12	4.0	Trail	6	0	0	6
27/04/2019	Balmoral 5K	0:27:47	3.0	Road	3	0	0	3
27/04/2019	Balmoral 10K	1:02:46	6.0	Road	6	0	0	6
	Balmoral Duathlon. Run 1	0:40:25						
28/04/2019	(6K) +2 (5K)	0:33:27	7.0	Trail	11	0	0	11
28/04/2018	Balmoral 15 mile trail race	2:57:47	15.0	Trail	23	0	0	23
04/05/2019	St Andrews Parkrun 5K	0:38:26	3.0	Road	3	0	0	3
11/05/2019	St Andrews Parkrun 5K	0:27:36	3.0	Road	3	0	0	3
15/05/2019	Kellie Law 4 miles	0:37:13	4.0	Hill	8	0	0	8
17/05/2019	Recycle and Re-use 4m	0:41:27	4.0	Trail	6	0	0	6
18/05/2019	St Andrews Parkrun 5K	0:28:20	3.0	Road	3	0	0	3
25/05/2019	St Andrews Parkrun 5K	0:27:15	3.0	Road	3	0	0	3
08/06/2019	St Andrews Parkrun 5K	0:27:26	3.0	Road	3	0	0	3
12/06/2019	club 4 x 400m		1.0	Road	1	0	0	1
16/06/2019	Glenrothes 10K	0:56:50	6.0	Road	6	0	0	6
19/06/2019	Shell Bay Race, 4 miles	0:48:47	4.0	Trail	6	0	0	6
22/06/2019	St Andrews Parkrun 5K	0:27:17	3.0	Road	3	0	0	3
06/07/2019	Inverness Parkrun 5K	0:30:19	3.0	Road	3	0	0	3
	Tour of Fife 1 - St Andrews							
10/07/2019	beach	0:38:53	4.0	Trail	6	0	0	6

T.					T				1
Tour of Fife 2 - East Lomond									
Hill	0:46:41	4.0	Hill	8		0		0	8
Tour of Fife 3 - 1 mile time									
trial - kdy prom	0:08:05	1.0	Road	1		0		0	1
Tour of Fife 4 - 5km Road									
Race	0:27:47	3.0	Road	3		0		0	3
Tour of Fife 5 - Trail Race 6									
miles	0:59:11	6.0	Trail	9		0		0	9
Newburgh 4.2 miles	0:34:55	4.0	Trail	6		0		0	6
Run the Blades ultra 50K	6:24:40	31.0	Trail	47		0		0	47
St Andrews Parkrun 5K	0:28:29	3.0	Road	3		0		0	3
Devil O the Highlands 43 m	10:52:21	43.0	Trail	65		0		0	65
Balmullo Trail race, 4.9 miles	0:54:53	5.0	Trail	8		0		0	8
St Andrews Parkrun 5K	0:29:12	3.0	Road	3		0		0	3
Chilly Willy Trail Race, 4.5	0:40:58	5.0	Trail	8		0		0	8
Ceres 8	1:21:16	8.0	Road	8		0		0	8
St Andrews Parkrun 5K	0:28:39	3.0	Road	3		0		0	3
Kirkcaldy Half Marathon	2:21:42	13.0	Road	13		0		0	13
Kirkcaldy Parkrun 5K	0:28:08	3.0	Road	3		0		0	3
Kingsbarns, 4 miles	0:39:04	4.0	Trail	6		0		0	6
River Ayr Ultra, 40 miles	09:07:57	40	Trail	60		0	Age 1st	3	63
Shellbay Race, 4 miles	0:40:10	4.0	Trail	6		0		0	6
St Andrews Parkrun 5K	0:27:45	3.0	Road	3		0		0	3
St Andrews Duathlon 5K +									
2.5K run	00:28:35	5.0	Road	5		0	Age 3rd	1	6
St Andrews Parkrun 5K	0:51:41	3.0	Road	3		0		0	3
Lochore 10K	00:58:17	6.0	Trail	9		0		0	9
Camperdown Parkrun 5K	0:29:17	3.0	Road	3		0		0	3
Leven 10K	01:00:01	6.0	Trail	9		0	Age 3rd	1	10
	Tour of Fife 3 - 1 mile time trial - kdy prom Tour of Fife 4 - 5km Road Race Tour of Fife 5 - Trail Race 6 miles Newburgh 4.2 miles Run the Blades ultra 50K St Andrews Parkrun 5K Devil O the Highlands 43 m Balmullo Trail race, 4.9 miles St Andrews Parkrun 5K Chilly Willy Trail Race, 4.5 Ceres 8 St Andrews Parkrun 5K Kirkcaldy Half Marathon Kirkcaldy Parkrun 5K Kingsbarns, 4 miles River Ayr Ultra, 40 miles Shellbay Race, 4 miles St Andrews Parkrun 5K Camperdown Parkrun 5K	Hill Tour of Fife 3 - 1 mile time trial - kdy prom O:08:05 Tour of Fife 4 - 5km Road Race O:27:47 Tour of Fife 5 - Trail Race 6 miles O:34:55 Run the Blades ultra 50K St Andrews Parkrun 5K O:28:29 Devil O the Highlands 43 m Balmullo Trail race, 4.9 miles O:54:53 St Andrews Parkrun 5K O:29:12 Chilly Willy Trail Race, 4.5 Ceres 8 1:21:16 St Andrews Parkrun 5K O:28:39 Kirkcaldy Half Marathon Kirkcaldy Parkrun 5K O:28:08 Kingsbarns, 4 miles O:39:04 River Ayr Ultra, 40 miles O:40:10 St Andrews Parkrun 5K O:27:45 St Andrews Parkrun 5K O:51:41 Lochore 10K O:29:17	Hill 0:46:41 4.0 Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Tour of Fife 4 - 5km Road Race 0:27:47 3.0 Tour of Fife 5 - Trail Race 6 miles 0:59:11 6.0 Newburgh 4.2 miles 0:34:55 4.0 Run the Blades ultra 50K 6:24:40 31.0 St Andrews Parkrun 5K 0:28:29 3.0 Devil O the Highlands 43 m 10:52:21 43.0 Balmullo Trail race, 4.9 miles 0:54:53 5.0 St Andrews Parkrun 5K 0:29:12 3.0 Chilly Willy Trail Race, 4.5 0:40:58 5.0 Ceres 8 1:21:16 8.0 St Andrews Parkrun 5K 0:28:39 3.0 Kirkcaldy Half Marathon 2:21:42 13.0 Kirkcaldy Parkrun 5K 0:28:08 3.0 Kingsbarns, 4 miles 0:39:04 4.0 River Ayr Ultra, 40 miles 09:07:57 40 Shellbay Race, 4 miles 0:40:10 4.0 St Andrews Duathlon 5K + 2.5K run 00:28:35 5.0 St Andrews Parkrun 5K 0:51:41 3.0	Hill 0:46:41 4.0 Hill Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Road Tour of Fife 4 - 5km Road Race 0:27:47 3.0 Road Tour of Fife 5 - Trail Race 6 miles 0:59:11 6.0 Trail Newburgh 4.2 miles 0:34:55 4.0 Trail Run the Blades ultra 50K 6:24:40 31.0 Trail St Andrews Parkrun 5K 0:28:29 3.0 Road Devil O the Highlands 43 m 10:52:21 43.0 Trail Balmullo Trail race, 4.9 miles 0:54:53 5.0 Trail St Andrews Parkrun 5K 0:29:12 3.0 Road Chilly Willy Trail Race, 4.5 0:40:58 5.0 Trail Ceres 8 1:21:16 8.0 Road St Andrews Parkrun 5K 0:28:39 3.0 Road Kirkcaldy Half Marathon 2:21:42 13.0 Road Kirkcaldy Parkrun 5K 0:28:08 3.0 Road Kingsbarns, 4 miles 0:39:04 4.0 Tr	Hill 0:46:41 4.0 Hill 8 Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Road 1 Tour of Fife 4 - 5km Road Race 0:27:47 3.0 Road 3 Tour of Fife 5 - Trail Race 6 miles 0:59:11 6.0 Trail 9 Newburgh 4.2 miles 0:34:55 4.0 Trail 6 Run the Blades ultra 50K 6:24:40 31.0 Trail 47 St Andrews Parkrun 5K 0:28:29 3.0 Road 3 Devil O the Highlands 43 m 10:52:21 43.0 Trail 65 Balmullo Trail race, 4.9 miles 0:54:53 5.0 Trail 8 St Andrews Parkrun 5K 0:29:12 3.0 Road 3 Chilly Willy Trail Race, 4.5 0:40:58 5.0 Trail 8 Ceres 8 1:21:16 8.0 Road 3 Kirkcaldy Half Marathon 2:21:42 13.0 Road 3 Kirkcaldy Parkrun 5K 0:28:08 3.0 Roa	Hill 0:46:41 4.0 Hill 8 Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Road 1 Tour of Fife 4 - 5km Road Race 0:27:47 3.0 Road 3 Tour of Fife 5 - Trail Race 6 miles 0:59:11 6.0 Trail 9 Newburgh 4.2 miles 0:34:55 4.0 Trail 6 Run the Blades ultra 50K 6:24:40 31.0 Trail 47 St Andrews Parkrun 5K 0:28:29 3.0 Road 3 Devil O the Highlands 43 m 10:52:21 43.0 Trail 8 St Andrews Parkrun 5K 0:29:12 3.0 Road 3 Chilly Willy Trail Race, 4.9 miles 0:54:53 5.0 Trail 8 St Andrews Parkrun 5K 0:29:12 3.0 Road 3 Chilly Willy Trail Race, 4.5 0:40:58 5.0 Trail 8 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 Kirkcaldy Half Marathon 2:21:42 13.0 Road 13 Kirkcaldy Parkrun 5K 0:28:08 3.0 Road 3 Kingsbarns, 4 miles 0:39:04 4.0 Trail 6 River Ayr Ultra, 40 miles 09:07:57 40 Trail 60 Shellbay Race, 4 miles 0:40:10 4.0 Trail 6 St Andrews Parkrun 5K 0:27:45 3.0 Road 3 St Andrews Parkrun 5K 0:27:45 3.0 Road 3 St Andrews Parkrun 5K 0:28:35 5.0 Road 5 St Andrews Parkrun 5K 0:28:35 5.0 Road 3 St Andrews Parkrun 5K 0:51:41 3.0 Road 3 Lochore 10K 0:58:17 6.0 Trail 9 Camperdown Parkrun 5K 0:29:17 3.0 Road 3	Hill 0:46:41 4.0 Hill 8 0 Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Road 1 0 Tour of Fife 4 - 5km Road Race 0:27:47 3.0 Road 3 0 Tour of Fife 5 - Trail Race 6 miles 0:59:11 6.0 Trail 9 0 Newburgh 4.2 miles 0:34:55 4.0 Trail 6 0 Run the Blades ultra 50K 6:24:40 31.0 Trail 47 0 St Andrews Parkrun 5K 0:28:29 3.0 Road 3 0 Devil 0 the Highlands 43 m 10:52:21 43.0 Trail 65 0 Balmullo Trail race, 4.9 miles 0:54:53 5.0 Trail 8 0 St Andrews Parkrun 5K 0:29:12 3.0 Road 3 0 Chilly Willy Trail Race, 4.5 0:40:58 5.0 Trail 8 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 Ceres 8 1:21:16 8.0 Road 8 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:09 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:09 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:09 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:08 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:08 3.0 Road 3 0 St Andrews Parkrun 5K 0:28:08 3.0 Road 3 0 St Andrews Parkrun 5K 0:27:45 3.0 Road 3 0 St Andrews Parkrun 5K 0:27:45 3.0 Road 3 0 St Andrews Parkrun 5K 0:27:45 3.0 Road 3 0 St Andrews Parkrun 5K 0:27:45 3.0 Road 3 0 St Andrews Parkrun 5K 0:51:41 3.0 Road 3 0 St Andrews Parkrun 5K 0:51:41 3.0 Road 3 0 Camperdown Parkrun 5K 0:29:17 3.0 Road 3 0	Hill 0:46:41 4.0 Hill 8 0 Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Road 1 0 Tour of Fife 4 - 5km Road Race 0:27:47 3.0 Road 3 0 Tour of Fife 5 - Trail Race 6 miles 0:59:11 6.0 Trail 9 0 Newburgh 4.2 miles 0:34:55 4.0 Trail 6 0 Run the Blades ultra 50K 6:24:40 31.0 Trail 47 0 St Andrews Parkrun 5K 0:28:29 3.0 Road 3 0 Devil O the Highlands 43 m 10:52:21 43.0 Trail 65 0 Balmullo Trail race, 4.9 miles 0:54:53 5.0 Trail 8 0 St Andrews Parkrun 5K 0:29:12 3.0 Road 3 0 Ceres 8 1:21:16 8.0 Road 8 0 St Andrews Parkrun 5K 0:28:39 3.0 Road 3 0 Kirkcaldy Half	Hill 0:46:41 4.0 Hill 8 0 0 0 0 0 0 Tour of Fife 3 - 1 mile time trial - kdy prom 0:08:05 1.0 Road 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

	T			1	ı	I				
	Glen Ogle 33	7:08:59	33.0	Trail	50		0		0	50
	Silvery Tay Race	0:58:54	5.0	Trail	8		0	Age 3rd	1	9
	Glentress Winter Half	2:46:31	13.0	Trail	20	Course	5		0	25
	Hartley Cup 1M Relay		2.0	Road	2		0		0	2
20/11/2019	Mars Bar	0:37:04	4.0	Road	4		0		0	4
11/12/2019		0:38:05	4.0	Road	4		0		0	4
15/12/2019	Monike 6km	00:34:31	4	Road	4		0		0	4
	Chilly Willy Trail Race, 4.5	00:43:59	5.0	Trail	8		0		0	8
28/12/2019	Tilli 10K	0:59:41	6.0	Road	6		0		0	6
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
	1	1		I.	l .	I.		1	l .	1

2019	JAS BAILLIE									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		151	33	153	0	0	2	4	175
				Road: 32		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 1		Age Course: ()	3rd: 0		
	East Neuk 10K	6		Hill: 0		Age Dist: 0		Age 1st: 1		
	Largo Law	12						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
01/01/019	Loch Leven Parkrun 5K	0:22:52	3.0	Road	3		0		0	3
01/01/019	Kirkcaldy Parkrun 5K	0:20:57	3.0	Road	3		0		0	3
05/01/019	Kirkcaldy Parkrun 5K	0:21:27	3.0	Road	3		0		0	3
12/01/019	Kirkcaldy Parkrun 5K	0:21:45	3.0	Road	3		0		0	3
16/01/2019	Mars Bar 1, 4 miles	0:30:10	4.0	Road	4		0		0	4
19/01/019	Kirkcaldy Parkrun 5K	0:21:22	3.0	Road	3		0		0	3
26/01/019	Kirkcaldy Parkrun 5K	0:21:47	3.0	Road	3		0		0	3
02/02/019	St Andrews Parkrun 5K	0:21:33	3.0	Road	3		0		0	3
09/02/019	Kirkcaldy Parkrun 5K	0:21:20	3.0	Road	3		0		0	3
16/02/019	Kirkcaldy Parkrun 5K	0:20:52	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:28:29	4.0	Road	4		0		0	4
23/02/019	Kirkcaldy Parkrun 5K	0:21:03	3.0	Road	3		0		0	3
17/03/2019	Northumberland Half	1:37:30	13.0	Road	13		0	Age 3rd	1	14
31/03/2019	Tom Scott 10 miles	1:09:35	10.0	Road	10		0		0	10
13/04/019	Kirkcaldy Parkrun 5K	0:20:55	3.0	Road	3		0		0	3
20/04/019	Kirkcaldy Parkrun 5K	0:22:40	3.0	Road	3		0		0	3
28/04/2019	London Marathon	3:31:52	26.0	Road	26		0		0	26
04/05/019	Kirkcaldy Parkrun 5K	0:25:28	3.0	Road	3		0		0	3
11/05/019	Kirkcaldy Parkrun 5K	0:21:29	3.0	Road	3		0		0	3
18/05/019	Kirkcaldy Parkrun 5K	0:21:19	3.0	Road	3		0		0	3

01/06/019	Kirkcaldy Parkrun 5K	0:21:19	3.0	Road	3	0		0	3
22/06/019	Kirkcaldy Parkrun 5K	0:22:11	3.0	Road	3	0		0	3
29/06/2019	Kirkcaldy Parkrun 5K	0:21:17	3.0	Road	3	0		0	3
27/07/2019	Kirkcaldy Parkrun 5K	0:22:58	3.0	Road	3	0		0	3
10/08/2019	Kirkcaldy Parkrun 5K	0:21:57	3.0	Road	3	0		0	3
17/08/2019	Kirkcaldy Parkrun 5K	0:21:57	3.0	Road	3	0		0	3
25/08/2019	Kirkcaldy Half Marathon	1:42:12	13.0	Road	13	0		0	13
08/09/2019	Cowdenbeath 5K	0:21:15	3.0	Trail	5	0	Age 1st	3	8
16/11/2019	Kirkcaldy Parkrun 5K	0:22:51	3.0	Road	3	0		0	3
23/11/2019	Lochore Parkrun 5K	0:22:42	3.0	Road	3	0		0	3
30/11/2019	Lochore Parkrun 5K	0:22:25	3.0	Road	3	0		0	3
07/12/2019	Kirkcaldy Parkrun 5K	0:21:49	3.0	Road	3	0		0	3
14/12/2019	Kirkcaldy Parkrun 5K	0:22:16	3.0	Road	3	0		0	3

2019	JAZ HOOD									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		230	31	295	9	55	1	1	366
				Road: 19		Course: 7		1st: 0		
				Track: 0		Distance: 2		2nd: 0		
	Extra Points/Marshalling			Trail: 10	,	Age Course:	-	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 2		Age Dist: 0	_	Age 1st: 0		
	Largo Law	12			1			Age 2nd: 0		
			-					Age 3rd: 1	ir	
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
16/01/2019	Mars Bar 1, 4 miles	0:28:13	4.0	Road	4	Course	5		0	9
19/01/2019	Hasenheide Parkrun 5K, Berlin	0:22:45	3.0	Road	3		0		0	3
26/01/2019	Devils Burden Leg 3, 11.5km	1:09:28	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:45:48	13.0	Trail	20	Course	5		0	25
09/02/2019	St Andrews Parkrun 5K	0:23:23	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:28:04	4.0	Road	4	Course	5		0	9
03/03/2019	Smokies 10 Mile	1:17:29	10.0	Road	10	Distance	10		0	20
20/03/2019	Mars Bar 3, 4 miles	0:27:50	4.0	Road	4	Course	5		0	9
23/03/2019	St Andrews Parkrun 5K	0:26:23	3.0	Road	3		0		0	3
07/04/2018	Manchester Marathon	3:45:18	26.0	Road	26	Distance	10		0	36
13/04/2019	St Andrews Parkrun 5K	0:23:30	3.0	Road	3		0		0	3
01/05/2019	Strathkinnes/Blebocraigs	0:34:59	5.0	Trail	8	Course	5		0	13
11/05/2019	Road to the Isles Marathon	4:14:34	26.0	Road	26		0	Age 3rd	1	27
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
13/06/2019	Sandy Slither	0:50:59	6.0	Trail	9	Course	5		0	14
19/06/2019	Shell Bay Race, 4 miles	0:31:24	4.0	Trail	6		0		0	6

	Tour of Fife 1 - St Andrews								
10/07/2019	beach	0:30:49	4.0	Trail	6		0	0	6
	Tour of Fife 2 - East Lomond								
11/07/2019	Hill	0:35:51	4.0	Hill	8		0	0	8
	Tour of Fife 3 - 1 mile time trial								
12/07/2019	- kdy prom	0:06:08	1.0	Road	1		0	0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:21:10	3.0	Road	3		0	0	3
	Tour of Fife 5 - Trail Race 6								
14/07/2019	miles	0:45:59	6.0	Trail	9		0	0	9
04/08/2019	Mhor Marathon, Callander	4:15:53	26.0	Trail	39		0	0	39
04/09/2019	Kingsbarns, 4 miles	0:29:15	4.0	Trail	6		0	0	6
08/09/2019	Tiree Ultra	6:08:11	35.0	Trail	53	Course	5	0	58
18/09/2019	Shellbay Race, 4 miles	0:29:26	4.0	Trail	6		0	0	6
23/10/2019	Mars Bar	0:35:46	4.0	Road	4		0	0	4
20/11/2019	Mars Bar	0:32:58	4.0	Road	4		0	0	4
30/11/2019	St Andrews Parkrun 5K	0:25:30	3.0	Road	3		0	0	3
07/12/2019	St Andrews Parkrun 5K	0:23:07	3.0	Road	3		0	0	3
08/12/2019	Cani-sports Lochore, 5K	0	3.0	Road	3		0	0	3
11/12/2019	Mars Bar	0:30:00	4.0	Road	4		0	0	4
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0

2019	JIM HOGSFLESH									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		7	1	14	0	0	0	0	26
				Road: 0		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0	,	Age Course:		3rd: 0		
	Largo Law	12		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
26/01/2019	Devils Burden Leg 2, 11.5km	2:25:05	7.0	Hill	14		0		0	14
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	JOE SWANKIE									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		28	6	30	0	0	0	0	30
				Road: 5		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
			,	Trail: 1	1	Age Course: (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
20/02/2019	Mars Bar 2, 4 miles	0:31:51	4.0	Road	4		0		0	4
13/04/2019	St Andrews Parkrun 5K	0:25:21	3.0	Road	3		0		0	3
27/04/2019	St Andrews Parkrun 5K	0:22:25	3.0	Road	3		0		0	3
26/05/2019	Dunblane 12K	0:57:31	8.0	Road	8		0		0	8
16/06/2019	Glenrothes 10K	0:47:03	6.0	Road	6		0		0	6
19/06/2019	Shell Bay Race, 4 miles	0:31:48	4.0	Trail	6		0		0	6
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	JONNY KNOX									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sammary		57	6	109	0	0	1	2	129
				Road: 0		Course: 0		1st: 0		
		1		Track: 0		Distance: 0		2nd: 0		
	Marshalling Points		1	Trail: 1	,	Age Course:	0	3rd: 0		
	East Neuk 10K	6		Hill: 5		Age Dist: 0		Age 1st: 0		
	Largo Law	12						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
26/01/2019	Devils Burden Leg 2, 11.5km	1:20:07	7.0	Hill	14		0		0	14
27/04/2019	Normans Law Hill Race 8K	0:39:51	5.0	Hill	10		0		0	10
04/05/2019	Stuc o' Chroin Hill Race 22K	3:04:53	14.0	Hill	28		0		0	28
25/05/2019	Isle of Jura Fell Race 28K	4:54:48	17.0	Hill	34		0		0	34
16/06/2019	Trail Decouverte 18K	2:07:59	11.0	Trail	17		0	Age 2nd	2	19
07/09/2019	Morrone Hill Race, 5.3Km	0:29:14	3.0	Hill	6		0		0	6
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

	2019	KAREN CUNNINGHA	M								
					_						
		Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
		Summary		36	2	36	0	0	0	0	36
					Road: 2		Course: 0		1st: 0		
					Track: 0		Distance: 0		2nd: 0		
					Trail: 0	,	Age Course: (Ó	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	03/03/2019	Smokies 10 Miles	1:39:33	10.0	Road	10		0		0	10
2	26/05/2019	Liverpool Marathon	5:11:16	26.0	Road	26		0		0	26
3						0		0		0	0
4						0		0		0	0

2019	KAREN SHEPHARD									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sammary		46	7	57	0	0	0	0	66
	-			Road: 4		Course: 0		1st: 0		
	E to Detail (Dan all all a			Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling		ı	Trail: 3	<i>,</i>	Age Course: (3rd: 0		
	Park Run Volunteer (15/06) East Neuk 10K	3 6		Hill: 0	l I	Age Dist: 0		Age 1st: 0		
	East Neuk 10k	б						Age 2nd: 0		
		la	N 4:1					Age 3rd: 0		
5 :		h:mm:ss	Miles	D T	51 . 51	221	20.01	DI '	DI D:	T . 15:
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
03/02/2019	Forfar Multi-Terrain Half	2:22:16	13.0	Trail	20		0		0	20
20/02/2019	Mars Bar 2, 4 miles	0:35:39	4.0	Road	4		0		0	4
19/06/2019	Shell Bay Race, 4 miles	0:40:04	4.0	Trail	6		0		0	6
25/08/2019	Kirkcaldy Half Marathon	2:11:42	13.0	Road	13		0		0	13
18/09/2019	Shellbay Race, 4 miles	0:39:31	4.0	Trail	6		0		0	6
23/10/2019	Mars Bar	0:37:40	4.0	Road	4		0		0	4
11/12/2019	Mars Bar	0:37:16	4.0	Road	4		0		0	4
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	KARLI HAY									
	Cummany		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		263	24	338	5	25	0	0	366
				Road: 14		Course: 5		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 9	/	Age Course: (3rd: 0		
	Park Run Volunteer (15/06)	3		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
19/01/2019	Hasenheide Parkrun 5K, Berlin	0:25:52	3.0	Road	3		0		0	3
26/01/2019	Devils Burden Leg 2, 11.5km	1:52:52	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	2:07:18	13.0	Trail	20		0		0	20
17/02/2019	Devilla 15K	1:27:26	9.0	Trail	14		0		0	14
20/02/2019	Mars Bar 2, 4 miles	0:32:28	4.0	Road	4	Course	5		0	9
23/02/2019	St Andrews Parkrun 5K	0:25:21	3.0	Road	3		0		0	3
03/03/2019	Smokies 10 Mile	1:27:37	10.0	Road	10		0		0	10
20/03/2019	Mars Bar 3, 4 miles	0:31:52	4.0	Road	4	Course	5		0	9
23/03/2019	St Andrews Parkrun 5K	0:26:25	3.0	Road	3		0		0	3
07/04/2018	Manchester Marathon	4:31:01	26.0	Road	26		0		0	26
11/05/2019	Road to the Isles Half	2:24:08	13.0	Road	13		0		0	13
05/06/2019	Hill of Tarvit 5.5m	0:54:33	6.0	Trail	9		0		0	9
13/06/2019	Sandy Slither	0:59:32	6.0	Trail	9	Course	5		0	14
19/06/2019	Shell Bay Race, 4 miles	0:31:48	4.0	Trail	6		0		0	6
04/08/2019	Mhor Marathon, Callander	4:28:10	26.0	Trail	39		0		0	39
08/09/2019	Tiree Ultra	6:40:12	35.0	Trail	53	Course	5		0	58

	T	1	1			1		1	T	
18/09/2019	Shellbay Race, 4 miles	0:33:55	4.0	Trail	6		0		0	6
06/10/2019	Loch Ness Marathon	4:24:56	26.0	Road	26		0		0	26
23/10/2019	Mars Bar	0:35:24	4.0	Road	4		0		0	4
02/11/2019	Glen Ogle 33	6:33:12	33.0	Trail	50	Course	5		0	55
09/11/2019	Glen Clova Half	2:10:20	13.0	Road	13		0		0	13
20/11/2019	Mars Bar	0:34:32	4.0	Road	4		0		0	4
30/11/2019	St Andrews Parkrun 5K	0:25:19	3.0	Road	3		0		0	3
11/12/2019	Mars Bar	0:37:16	4.0	Road	4		0		0	4
					0		0		0	0

2019	KYLIE KIRKCALDY									
				_						
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	- Janimar y		4	1	4	0	0	0	0	4
				Road: 0		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
			_	Trail: 0	,	Age Course: ()	3rd: 0		
				Hill: 0		Age Dist: 0		Age 1st: 0		
	Marshalling Points							Age 2nd: 0		
								Age 3rd: 0		
	1	h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
20/02/2019	Mars Bar 2, 4 miles	0:32:28	4.0	Road	4		0		0	4
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	LIZZIE KNOX									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		80	14	138	3	15	3	33	186
				Road: 2		Course: 3		1st: 2		
				Track: 0		Distance: 0		2nd: 0		
			,	Trail: 6	,	Age Course:		3rd: 0		
				Hill: 6		Age Dist: 0		Age 1st: 1		
	Marshalling Points							Age 2nd: 0		
								Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
26/01/2019	Devils Burden Leg 2, 11.5km	1:40:09	7.0	Hill	14		0		0	14
27/04/2019	Normans Law Hill Race 8K	0:45:13	5.0	Hill	10	Course	5		0	15
05/06/2019	Hill of Tarvit 5.5m	0:47:14	6.0	Trail	9	Course	5		0	14
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
16/06/2019	Trail Decouverte 18K	2:24:03	11.0	Trail	17		0		0	17
10/07/2019	Maddie Moss Hill Race, 6 miles	1:17:35	6.0	Hill	12		0		0	12
07/08/2019	Killin Games Hill Race, 3.5K	0:32:34	2.0	Hill	4		0	1st	15	19
08/08/2019	Balmullo Trail race, 4.9 miles	0:42:14	5.0	Trail	8	Course	5		0	13
04/09/2019	Kingsbarns, 4 miles	0:29:43	4.0	Trail	6		0		0	6
07/09/2019	Morrone Hill Race, 5.3Km	0:36:20	3.0	Hill	6		0	1st	15	21
14/09/2019	The Tufty Trail Race, 5.1 miles	0:34:25	5.0	Trail	8		0	Age 1st	3	11
18/09/2019	Shellbay Race, 4 miles	0:31:07	4.0	Trail	6		0		0	6
13/10/2019	Pentland Skyline,	4:00:12	17.0	Hill	34		0		0	34
11/12/2019	Mars Bar	0:31:42	4.0	Road	4		0		0	4
							0			0

2019	LUCY WILSON									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		110	19	131	0	0	0	0	134
				Road: 11		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 6	ļ.	Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		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
16/01/2019	Mars Bar 1, 4 miles	0:38:12	4.0	Road	4		0		0	4
	Devils Burden Leg 1, 7.5km	0:41:36	5.0	Trail	8		0		0	8
	Mars Bar 2, 4 miles	0:36:38	4.0	Road	4		0		0	4
20/03/2019	Mars Bar 3, 4 miles	0:38:34	4.0	Road	4		0		0	4
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
	Kingsbarns, Champ Race 4	0:40:22	4.0	Trail	6		0		0	6
28/04/2019	Stirling Half Marathon	2:11:30	13.0	Road	13		0		0	13
15/05/2019	Kellie Law 4 miles	0:42:17	4.0	Hill	8		0		0	8
20/06/2019	Suzuki Midnight Half, Iceland	2:20:44	13.0	Road	13		0		0	13
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
03/08/2019	Islay Half Marathon	2:16:05	13.0	Road	13		0		0	13
21/08/2019	Kellie Law, 4 miles	0:42:57	4.0	Hill	8		0		0	8
25/08/2019	Kirkcaldy Half Marathon	2:11:42	13.0	Road	13		0		0	13
04/09/2019	Kingsbarns, 4 miles	0:38:37	4.0	Trail	6		0		0	6
18/09/2019	Shellbay Race, 4 miles	0:40:46	4.0	Trail	6		0		0	6
06/10/2019	Linlithgow 10K	0:59:48	3.0	Trail	5		0		0	5

23/10/2019		0:38:52	4.0	Road	4	0	0	4
10/11/2019	Silvery Tay Race	1:02:24	5.0	Trail	8	0	0	8
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2	0	0	2
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0

2019	LUCY NUTTAL									
	Cupa pa a m /		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		8	2	8	0	0	0	0	8
				Road: 2		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0	,	Age Course:	Ō	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
16/01/2019	Mars Bar 1, 4 miles	0:33:56	4.0	Road	4		0		0	4
20/02/2019	Mars Bar 2, 4 miles	0:36:12	4.0	Road	4		0			4
					0		0		0	0
					0		0		0	0

2019	LYNNE HERD									
			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		295	39	357	13	105	4	7	493
	Extra ponts/Marshalling			Road: 25		Course: 5		1st: 0		
	Largo Law	12		Track: 0		Distance: 8		2nd: 0		
	East Neuk 10K	6		Trail: 12	,	Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 2		Age Dist: 0		Age 1st: 0		
	Primary 4 x 4 (13/05)	3						Age 2nd: 3		
								Age 3rd: 1		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
16/01/2019	Mars Bar 1, 4 miles	0:31:25	4.0	Road	4		0		0	4
20/01/2019	Skull Trail Race	0:40:50	4.0	Trail	6		0	Age 2nd	2	8
26/01/2019	Devils Burden Leg 1, 7.5km	0:36:12	5.0	Trail	8		0		0	8
17/02/2019	Devilla 15K	1:19:23	9.0	Trail	14	Course	5		0	19
20/02/2019	Mars Bar 2, 4 miles	0:30:05	4.0	Road	4	Course	5		0	9
24/02/2019	Skull Trail Race, 4 miles	0:36:50	4.0	Trail	6		0	Age 2nd	2	8
03/03/2019	Smokies 10 Mile	1:21:47	10.0	Road	10	Distance	10		0	20
17/03/2019	Skull Trail Race, 5 miles	0:43:36	5.0	Trail	8		0	Age 2nd	2	10
20/03/2019	Mars Bar 3, 4 miles	0:30:11	4.0	Road	4		0		0	4
31/03/2019	Alloa Half Marahon	1:57:51	13.0	Road	13	Course	5		0	18
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
07/04/2019	Tay Ten	1:19:25	10.0	Road	10	Distance	10		0	20
14/04/2019	Brighton 10K	0:47:07	6.0	Road	6	Distance	10		0	16
21/04/2019	Nutcracker Trail Race	0:37:05	4.0	Trail	6		0		0	6
01/05/2019	Strathkinnes/Blebocraigs	0:35:08	5.0	Trail	8	Course	5		0	13
11/05/2019	Loch Leven Half	1:50:37	13.0	Road	13	Distance	10		0	23

15/05/2019	Kellie Law 4 miles	0:33:19	4.0	Hill	8		0		0	8
26/05/2019	Dunblane 12K	0:57:54	8.0	Road	8		0		0	8
05/06/2019	Hill of Tarvit 5.5m	0:48:48	6.0	Trail	9		0		0	9
16/06/2019	Glenrothes 10K	0:46:08	6.0	Road	6	Distance	10	Age 3rd	1	17
19/06/2019	Shell Bay Race, 4 miles	0:32:43	4.0	Trail	6		0		0	6
20/07/2019	Run the Blades ultra 50K	5:31:54	31.0	Trail	47		0		0	47
10/08/2019	Aviemore Parkrun 5K	0:26:01	3.0	Road	3		0		0	3
10/08/2019	Abernethy Forest 10 mile road race	1:27:56	10.0	Road	10		0		0	10
17/08/2019	St Andrews Parkrun 5K	0:24:30	3.0	Road	3		0		0	3
21/08/2019	Kellie Law, 4 miles	0:37:46	4.0	Hill	8		0		0	8
25/08/2019	Kirkcaldy Half Marathon	2:00:00	13.0	Road	13		0		0	13
08/09/2019	Glencoe Marathon	6:16:39	26.0	Trail	39		0		0	39
18/09/2019	Shellbay Race, 4 miles	0:32:06	4.0	Trail	6		0		0	6
06/10/2019	Loch Ness Marathon	3:55:08	26.0	Road	26	Distance	10		0	36
26/10/2019	Camperdown Parkrun 5K	0:23:26	3.0	Road	3		0			3
09/11/2019	Glen Clova Half	1:44:43	13.0	Road	13	Distance	10			23
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2		0			2
20/11/2019	Mars Bar	0:28:20	4.0	Road	4	Course	5			9
23/11/2019	St Andrews Parkrun 5K	0:21:27	3.0	Road	3		0			3
11/12/2019	Mars Bar	0:29:15	4.0	Road	4		0			4
21/12/2019	St Andrews Parkrun 5K	0:21:24	3.0	Road	3		0			3
25/12/2019	St Andrews Parkrun 5K	0:26:34	3.0	Road	3		0			3
28/12/2019	Tilli 10K	0:45:23	6.0	Road	6	Distance	10			16
					0		0			0
					0		0			0

2019	MIKE REILLY									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		269	52	331	8	45	3	5	390
	_			Road: 38		Course: 7		1st: 0		
				Track: 0		Distance: 1		2nd: 0		
	Extra Points/Marshalling		1	Trail: 10	,	Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 4		Age Dist: 0		Age 1st: 1		
	East Neuk 10K	6			ı			Age 2nd: 0		
								Age 3rd: 2		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
05/01/2019	St Andrews Parkrun 5K	0:21:10	3.0	Road	3		0		0	3
12/01/2019	St Andrews Parkrun 5K	0:35:44	3.0	Road	3		0		0	3
16/01/2019	Mars Bar 1, 4 miles	0:25:27	4.0	Road	4		0		0	4
19/01/2019	St Andrews Parkrun 5K	0:21:02	3.0	Road	3		0		0	3
26/01/2019	Devils Burden Leg 2, 11.5km	1:34:36	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:35:23	13.0	Trail	20	Course	5		0	25
16/02/2019	St Andrews Parkrun 5K	0:21:15	3.0	Road	3		0		0	3
17/02/2019	Devilla 15K	1:06:01	9.0	Trail	14	Course	5		0	19
20/02/2019	Mars Bar 2, 4 miles	0:25:36	4.0	Road	4		0		0	4
02/03/2019	St Andrews Parkrun 5K	0:21:30	3.0	Road	3		0		0	3
20/03/2019	Mars Bar 3, 4 miles	0:25:48	4.0	Road	4		0		0	4
30/03/2019	St Andrews Parkrun 5K	0:20:57	3.0	Road	3		0		0	3
10/04/2019	Kingsbarns, Champ Race 4	0:26:05	4.0	Trail	6		0		0	6
13/04/2019	St Andrews Parkrun 5K	0:21:43	3.0	Road	3		0		0	3
14/04/2019	Angus Ham Half Marathon	1:28:10	13.0	Road	13	Distance	10		0	23
27/04/2019	St Andrews Parkrun 5K	0:21:31	3.0	Road	3		0		0	3

					ı	1				
01/05/2019	Strathkinnes/Blebocraigs	0:28:52	5.0	Trail	8	Course	5		0	13
04/05/2019	St Andrews Parkrun 5K	0:20:36	3.0	Road	3		0		0	3
15/05/2019	Kellie Law 4 miles	0:27:31	4.0	Hill	8		0		0	8
25/05/2019	St Andrews Parkrun 5K	0:20:47	3.0	Road	3		0		0	3
01/06/2019	St Andrews Parkrun 5K	0:20:57	3.0	Road	3		0		0	3
05/06/2019	Hill of Tarvit 5.5m	0:39:46	6.0	Trail	9	Course	5	Age 3rd	1	15
08/06/2019	St Andrews Parkrun 5K	0:18:25	3.0	Road	3		0		0	3
13/06/2019	Sandy Slither	0:43:34	6.0	Trail	9	Course	5		0	14
19/06/2019	Shell Bay Race, 4 miles	0:26:31	4.0	Trail	6		0		0	6
22/06/2019	St Andrews Parkrun 5K	0:20:22	3.0	Road	3		0		0	3
	Balbirnie Duathlon - 5K run +	0:21:14								
26/06/2019	2.5K run	0:11:25	5.0	Road	5		0		0	5
29/06/2019	Kirkcaldy Parkrun 5K	0:20:24	3.0	Road	3		0		0	3
06/07/2019	St Andrews Parkrun 5K	0:31:08	3.0	Road	3		0		0	3
20/07/2019	St Andrews Parkrun 5K	0:28:05	3.0	Road	3		0		0	3
03/08/2019	St Andrews Parkrun 5K	0:20:56	3.0	Road	3		0		0	3
13/08/2019	Ceres 8	0:52:50	8.0	Road	8	Course	5		0	13
17/08/2019	St Andrews Parkrun 5K	0:32:00	3.0	Road	3		0		0	3
21/08/2019	Kellie Law, 4 miles	0:27:47	4.0	Hill	8		0		0	8
31/08/2019	St Andrews Parkrun 5K	0:30:04	3.0	Road	3		0		0	3
04/09/2019	Kingsbarns, 4 miles	0:25:27	4.0	Trail	6		0		0	6
08/09/2019	Glencoe Marathon	4:21:21	26.0	Trail	39		0	Age 3rd	1	40
18/09/2019	Shellbay Race, 4 miles	0:32:19	4.0	Trail	6		0		0	6
28/09/2019	St Andrews Parkrun 5K	0:21:32	3.0	Road	3		0		0	3
06/10/2019	Chester Marathon	3:25:18	26.0	Road	26		0		0	26
12/10/2019	St Andrews Parkrun 5K	0:22:12	3.0	Road	3		0		0	3
19/10/2019	St Andrews Parkrun 5K	0:19:28	3.0	Road	3		0		0	3
23/10/2019	Mars Bar	0:25:45	4.0	Road	4		0		0	4
27/10/2019	Benarty Hill Race, 6 miles	0:47:53	6.0	Hill	12		0	Age 1st	3	15
02/11/2019	St Andrews Parkrun 5K	0:22:31	3.0	Road	3		0		0	3
03/11/2019	Templeten Ten	1:09:14	10.0	Road	10	Course	5		0	15

09/11/2019	St Andrews Parkrun 5K	0:33:35	3.0	Road	3	0	0	3
			3.0	Noau	3	U	U	3
20/11/2019	Mars Bar	0:25:46	4.0	Road	4	0	0	4
23/11/2019	St Andrews Parkrun 5K	0:21:10	3.0	Road	3	0	0	3
30/11/2019	St Andrews Parkrun 5K	0:34:20	3.0	Road	3	0	0	3
11/12/2019	Mars Bar	0:26:00	4.0	Road	4	0	0	4
21/12/2019	St Andrews Parkrun 5K	0:22:53	3.0	Road	3	0	0	3
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0

2019	NEIL SMITH									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts		Place Pts	Total Pts
	Summary		110	7	110	0	0	3	14	124
				Road: 7		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 1		
			7	Trail: 0	,	Age Course: (3rd: 0		
				Hill: 0		Age Dist: 0		Age 1st: 1		
	Marshalling Points				l	l		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
13/04/2019	Shepton Mallet Parkrun 5K	0:16:53	3.0	Road	3		0		0	3
28/04/2019	London Marathon	2:42:34	26.0	Road	26		0		0	26
10/08/2019	Marathon Hebrides	3:07:44	26.0	Road	26		0	2nd	10	36
25/08/2019	Kirkcaldy Half Marathon	1:20:51	13.0	Road	13		0		0	13
22/09/2019	Belfast Half Marfathon	1:17:17	13.0	Road	13		0	Age 1st	3	16
06/10/2019	Loch Ness Marathon	2:47:58	26.0	Road	26		0	Age 3rd	1	27
09/11/2019	Camperdown Parkrun	0:18:02	3.0	Road	3		0		0	3
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	NICK FRY									
	Circonooni		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		5	1	8	0	0	0	0	8
				Road: 0		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 1	,	Age Course: (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		PB's	PB Pts	Placing	Place Pts	Total Pts
26/01/2019	Devils Burden Leg 1, 7.5km	0:39:21	5.0	Trail	8		0		0	8
					0		0		^	0
									0	
					0		0		0	0
					0 0 0		0		0	0
					0 0 0 0		0 0 0 0		0 0 0 0	0 0 0 0
					0 0 0 0		0 0 0 0		0 0 0 0	0 0 0 0
					0 0 0 0		0 0 0 0		0 0 0 0	0 0 0 0
					0 0 0 0		0 0 0 0		0 0 0 0	0 0 0 0
					0 0 0 0 0		0 0 0 0 0		0 0 0 0 0	0 0 0 0 0

2019	OSCAR BURGESS									
	C		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		24	13	28	7	45	5	11	102
				Road: 9		Course: 5		1st: 0		
				Track: 0		Distance: 2		2nd: 0		
	Marshalling Points			Trail: 3	,	Age Course:	O	3rd: 0		
	East Neuk 10K	6		Hill: 1		Age Dist: 0		Age 1st: 2		
	Largo Law	12	'				•	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
23/02/019	Kirkcaldy Parkrun 5K	0:29:30	3.0	Road	3		0		0	3
16/03/019	Kirkcaldy Parkrun 5K	0:31:46	3.0	Road	3		0		0	3
26/04/2019	Ravenscraig 2 miles	0:16:22	2.0	Road	2	Distance	10		0	12
13/05/2019	Primary 4 x 4		1.0	Road	1		0		0	1
27/05/2019	Mini Tour 1 - West Sands 1m	0:07:54	1.0	Trail	2	Course	5	Age 2nd	2	9
28/05/2019	Mini Tour 2 - East Lomond 1.5m	0:13:07	2.0	Hill	4	Course	5	Age 2nd	2	11
29/05/2019	Mini Tour 3 - Kellie Farm 1m	0:07:52	1.0	Trail	2	Course	5	Age 3rd	1	8
30/05/2019	Mini Tour 4 - Tarvit 2.1km	0:09:14	1.0	Road	1	Course	5	Age 1st	3	9
30/05/2019	Mini Tour 5 - Kingsbarns 1m	0:06:30	1.0	Trail	2	Course	5	Age 1st	3	10
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
07/09/2019	Kirkcaldy Parkrun 5K	0:27:50	3.0	Road	3		0		0	3
06/10/2019	Loch Ness 5K	0:23:57	3.0	Road	3	Distance	10		0	13
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2		0		0	2
					0		0		0	0
					0		0		0	0
					0		0		0	0

			^	^	
			(1)		1 (1)
			U	U	

2019	PAMELA CRUICKSHANKS									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	
	Summary		172	28	236	0	0	4	8	265
				Road: 13		Course: 0		1st: 0		
	Marshalling Points			Track: 0		Distance: 0		2nd: 0		
	Largo Law	12		Trail: 11	A	Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 4		Age Dist: 0		Age 1st: 0		
	East Neuk 10K	6						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
05/01/2019	St Andrews Parkrun 5K	0:22:03	3.0	Road	3		0		0	3
12/01/2019	Portobello Parkrun 5K	0:22:30	3.0	Road	3		0		0	3
16/01/2019	Mars Bar 1, 4 miles	0:29:16	4.0	Road	4		0		0	4
	East Disrtrict Cross Country 6K	0:29:32	4.0	Trail	6		0		0	6
, ,	Devils Burden Leg 2, 11.5km	1:48:50	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:54:55	13.0	Trail	20		0		0	20
	Cross Country, Falkirk 10K	0:57:00	6.0	Trail	9		0		0	9
03/03/2019	Smokies 10 Mile	1:22:08	10.0	Road	10		0		0	10
01/05/2019	Strathkinnes/Blebocraigs	0:35:55	5.0	Trail	8		0		0	8
15/05/2019	Kellie Law 4 miles	0:33:43	4.0	Hill	8		0		0	8
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
13/06/2019	Sandy Slither	0:55:54	6.0	Trail	9		0	Age 2nd	2	11
19/06/2019	Shell Bay Race, 4 miles	0:33:04	4.0	Trail	6		0		0	6
	Falkirk Parkrun 5K	0:23:53	3.0	Road	3		0		0	3
	Tour of Fife 1 - St Andrews beach	0:32:52	4.0	Trail	6		0	Age 2nd	2	8
11/07/2019	Tour of Fife 2 - East Lomond Hill	0:41:09	4.0	Hill	8		0	Age 2nd	2	10
17/07/2019	Newburgh 4.2 miles	0:29:14	4.0	Trail	6		0	Age 2nd	2	8
13/08/2019	Ceres 8	1:06:55	8.0	Road	8		0		0	8

21/08/2019	Kellie Law, 4 miles	0:35:20	4.0	Hill	8	0	0	8
24/08/2019	Percy Sutton Parkrun 5k, New York	0:23:49	3.0	Road	3	0	0	3
04/09/2019	Kingsbarns, 4 miles	0:35:51	4.0	Trail	6	0	0	6
08/09/2019	Tiree Ultra	7:17:01	35.0	Trail	53	0	0	53
14/09/2019	St Andrews Parkrun 5K	0:23:48	3.0	Road	3	0	0	3
18/09/2019	Shellbay Race, 4 miles	0:33:24	4.0	Trail	6	0	0	6
22/09/2019	Scottish Half Marathon	1:56:26	13.0	Road	13	0	0	13
23/10/2019	Mars Bar	0:31:34	4.0	Road	4	0	0	4
25/12/2019	St Andrews Parkrun 5K	0:26:35	3.0	Road	3	0	0	3
28/12/2019	Tilli 10K	0:45:23	6.0	Road	6	0	0	6
					0	0	0	0

2019	ROBYN MCDO	NALD								
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sullillary		250	48	310	5	40	1	1	354
				Road: 35		Course: 2		1st: 0		
				Track: 0		Distance: 3		2nd: 0		
	Extra Points/Marshalling			Trail: 10	,	Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 3]	Age Dist: 0		Age 1st: 0		
					ı			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
	Perth Parkrun 5K	0:23:22	3.0	Road	3		0		0	3
	Camperdown Parkrun 5K	0:25:43	3.0	Road	3		0		0	3
16/01/2019	Mars Bar 1, 4 miles	0:33:27	4.0	Road	4		0		0	4
19/01/2019	Hasenheide Parkrun 5K, Bei	0:25:53	3.0	Road	3		0		0	3
	Devils Burden Leg 2,									
26/01/2019	1	1:52:52	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:59:08	13.0	Trail	20		0		0	20
09/02/2019	St Andrews Parkrun 5K	0:27:10	3.0	Road	3		0		0	3
16/02/2019	Camperdown Parkrun 5K	0:34:02	3.0	Road	3		0		0	3
	Mars Bar 2, 4 miles	0:31:16	4.0	Road	4		0		0	4
02/03/2019	St Andrews Parkrun 5K	0:25:39	3.0	Road	3		0		0	3
	Mars Bar 3, 4 miles	0:30:11	4.0	Road	4	Course	5		0	9
23/03/2019	St Andrews Parkrun 5K	0:24:27	3.0	Road	3		0		0	3
30/03/2019	St Andrews Parkrun 5K	0:25:52	3.0	Road	3		0		0	3
07/04/2018	Manchester Marathon	4:09:58	26.0	Road	26	Distance	10		0	36
10/04/2019	St Andrews 5K	0:24:42	3.0	Trail	5		0		0	5

13/04/2019	St Andrews Parkrun 5K	0:24:14	3.0	Road	3		0		0	3
20/04/019	Kirkcaldy Parkrun 5K	0:26:15	3.0	Road	3		0		0	3
11/05/2019	St Andrews Parkrun 5K	0:24:00	3.0	Road	3		0		0	3
15/05/2019	Kellie Law 4 miles	0:34:11	4.0	Hill	8		0		0	8
17/05/2019	Recycle and Re-use 4m	0:36:37	4.0	Trail	6		0	Age 3rd	1	7
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
13/06/2019	Sandy Slither	0:56:27	6.0	Trail	9	Course	5		0	14
	St Andrews Parkrun 5K -									
15/06/2019	Tail runner		3.0	Road	3		0		0	3
16/06/2019	Glenrothes 10K	0:49:37	6.0	Road	6	Distance	10		0	16
19/06/2019	Shell Bay Race, 4 miles	0:33:27	4.0	Trail	6		0		0	6
22/06/2019	St Andrews Parkrun 5K	0:26:08	3.0	Road	3		0		0	3
06/07/2019	St Andrews Parkrun 5K	0:24:23	3.0	Road	3		0		0	3
	Tour of Fife 1 - St Andrews									
10/07/2019	beach	0:34:44	4.0	Trail	6		0		0	6
	Tour of Fife 2 - East									
11/07/2019	Lomond Hill	0:42:43	4.0	Hill	8		0		0	8
	Tour of Fife 3 - 1 mile time									
12/07/2019	trial - kdy prom	0:06:52	1.0	Road	1		0		0	1
	Tour of Fife 4 - 5km Road									
13/07/2019	Race	0:23:40	3.0	Road	3	Distance	10		0	13
	Tour of Fife 5 - Trail Race 6									
14/07/2019	miles	0:53:53	6.0	Trail	9		0		0	9
17/07/2019	Newburgh 4.2 miles	0:30:35	4.0	Trail	6		0		0	6
10/08/2019	St Andrews Parkrun 5K	0:26:36	3.0	Road	3		0		0	3
25/08/2019	Kirkcaldy Half Marathon	2:03:45	13.0	Road	13		0		0	13
31/08/2019	Kirkcaldy Parkrun 5K	0:24:58	3.0	Road	3		0		0	3
07/09/2019	St Andrews Parkrun 5K	0:30:09	3.0	Road	3		0		0	3
21/09/2019	St Andrews Parkrun 5K	0:26:42	3.0	Road	3		0		0	3
19/10/2019	St Andrews Parkrun 5K	0:25:29	3.0	Road	3		0		0	3

26/10/2019	Camperdown Parkrun 5K	0:25:38	3.0	Road	3	0	0	3
02/11/2019	Glen Ogle 33	6:33:12	33.0	Trail	50	0	0	50
16/11/2019	Glentress Winter Half	2:37:04	13.0	Trail	20	0	0	20
20/11/2019	Mars Bar	0:33:14	4.0	Road	4	0	0	4
23/11/2019	St Andrews Parkrun 5K	0:25:26	3.0	Road	3	0	0	3
07/12/2019	St Andrews Parkrun 5K	0:25:45	3.0	Road	3	0	0	3
11/12/2019	Mars Bar	0:31:38	4.0	Road	4	0	0	4
25/12/2019	St Andrews Parkrun 5K	0:26:32	3.0	Road	3	0	0	3
28/12/2019	Tilli 10K	0:51:27	6.0	Road	6	0	0	6
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0
					0	0	0	0

2019	ROSIE KNOX									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		36	7	61	1	5	1	3	69
				Road: 1		Course: 1		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 3		Age Course: ()	3rd: 0		
				Hill: 3		Age Dist: 0		Age 1st: 1		
	Marshalling Points					,		Age 2nd: 0		
								Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
26/01/2019	Devils Burden Leg 2, 11.5km	1:40:09	7.0	Hill	14		0		0	14
27/04/2019	Normans Law Hill Race 8K	0:43:43	5.0	Hill	10		0		0	10
16/06/2019	Trail Decouverte 18K	2:23:39	11.0	Trail	17		0	Age 1st	3	20
19/06/2019	Shell Bay Race, 4 miles	0:31:55	4.0	Trail	6		0		0	6
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
07/08/2019	North Berwick Law Hill race, 4.	0:28:18	3.0	Hill	6		0		0	6
08/08/2019	Balmullo Trail race, 4.9 miles	0:40:03	5.0	Trail	8	Course	5		0	13
					0		0		0	0
					0		0		0	0
					0		0		0	0
									0	0
									0	0
									0	0

					(
					(
					(
					(
					(
1					1

2019	ROSS YOUNG									
				_						
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Sammary		172	35	210	7	50	2	7	267
	-			Road: 22		Course: 4		1st: 0		
	-			Track: 0		Distance: 3	4	2nd: 0		
			1	Trail: 9		Age Course:		3rd: 1		
	A A such allin a Dainta			Hill: 4]	Age Dist: 0	l	Age 1st: 0		
	Marshalling Points				ı			Age 2nd: 1		
		1,	D 4:1					Age 3rd: 0		
	_	h:mm:ss							-1	
Date	Race	Time	Dist	, , , , , , , , , , , , , , , , , , ,	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
20/02/2019	Mars Bar 2, 4 miles	0:27:04	4.0	Road	4	Course	5		0	9
02/03/2019	St Andrews Parkrun 5K	0:19:53	3.0	Road	3		0		0	3
20/03/2019	Mars Bar 3, 4 miles	0:26:47	4.0	Road	4	Course	5		0	9
19/03/2019	PSP Charity 10K		6.0	Road	6		0		0	6
10/04/2019	Kingsbarns, Champ Race 4	0:27:10	4.0	Trail	6		0		0	6
13/04/2019	St Andrews Parkrun 5K	0:25:44	3.0	Road	3		0		0	3
14/04/2019	East Fife Triathlon, 4.9K run	0:22:25	3.0	Road	3		0		0	3
21/04/2019	Nutcracker Trail Race	0:30:59	4.0	Trail	6		0	Age 2nd	2	8
15/05/2019	Kellie Law 4 miles	0:37:55	4.0	Hill	8		0		0	8
16/06/2019	Glenrothes 10K	0:43:37	6.0	Road	6	Distance	10		0	16
19/06/2019	Shell Bay Race, 4 miles	0:29:52	4.0	Trail	6		0		0	6
	Tour of Fife 1 - St Andrews									
10/07/2019	beach	0:30:48	4.0	Trail	6		0		0	6
	Tour of Fife 2 - East Lomond									
11/07/2019	Hill	0:33:40	4.0	Hill	8		0		0	8
	Tour of Fife 3 - 1 mile time									
12/07/2019	trial - kdy prom	0:05:45	1.0	Road	1		0		0	1

13/07/2019	Tour of Fife 4 - 5km Road Race	0:20:14	3.0	Road	3		0		0	3
	Tour of Fife 5 - Trail Race 6									
14/07/2019	miles	0:43:45	6.0	Trail	9		0		0	9
17/07/2019	Newburgh 4.2 miles	0:25:53	4.0	Trail	6		0		0	6
08/08/2019	Balmullo Trail race, 4.9 miles	0:35:40	5.0	Trail	8		0		0	8
13/08/2019	Ceres 8	0:55:36	8.0	Road	8		0		0	8
17/08/2019	Kirkcaldy Parkrun 5K	0:19:43	3.0	Road	3		0		0	3
21/08/2019	Kellie Law, 4 miles	0:29:47	4.0	Hill	8		0		0	8
25/08/2019	Kirkcaldy Half Marathon	1:30:14	13.0	Road	13		0		0	13
04/09/2019	Kingsbarns, 4 miles	0:25:38	4.0	Trail	6		0		0	6
14/09/2019	St Andrews Parkrun 5K	0:19:14	3.0	Road	3		0		0	3
18/09/2019	Shellbay Race, 4 miles	0:37:34	4.0	Trail	6		0		0	6
13/10/2019	Loch Rannoch Marathon	3:26:49	26	Road	26	Distance	10		0	36
23/10/2019	Mars Bar	0:26:07	4.0	Road	4	Course	5		0	9
27/10/2019	Benarty Hill Race, 6 miles	0:47:53	6.0	Hill	12		0		0	12
10/11/2019	Amsterdam 10K	0:41:18	6	Road	6	Distance	10		0	16
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2		0	3rd	5	7
20/11/2019	Mars Bar	0:26:09	4.0	Road	4		0		0	4
23/11/2019	St Andrews Parkrun 5K	0:25:26	3.0	Road	3		0		0	3
07/12/2019	St Andrews Parkrun 5K	0:19:13	3.0	Road	3		0		0	3
11/12/2019	Mars Bar	0:25:43	4.0	Road	4	Course	5		0	9
25/12/2019	St Andrews Parkrun 5K	0:20:52	3.0	Road	3		0		0	3
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

	0		0	0	0
	0		0	0	0

2019	SANDY CHALMERS									
			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		6	1	6	0	0	0	0	6
				Road: 1		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 0	,	Age Course: (o l	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
06/10/2019	Loch Ness 10K	1:18:14	6.0	Road	6		0		0	6
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	SHARON BROWN									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		198	18	285	10	65	2	3	359
				Road: 5		Course: 6		1st: 0		
				Track: 0		Distance: 3		2nd: 0		
	Extra Points/Marshalling			Trail: 9	1	Age Course: ()	3rd: 0		
	East Neuk 10K	6		Hill: 3		Age Dist: 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
16/01/2019	Mars Bar 1, 4 miles	0:31:30	4.0	Road	4	Course	5		0	9
26/01/2019	Devils Burden Leg 3, 11.5km	1:18:10	7.0	Hill	14		0		0	14
03/02/2019	Forfar Multi-Terrain Half	1:51:37	13.0	Trail	20	Distance	10		0	30
09/02/2019	Carnethy 5 Hill Race, 6 miles	1:30:09	6.0	Hill	12	Course	5		0	17
20/02/2019	Mars Bar 2, 4 miles	0:35:37	4.0	Road	4		0		0	4
24/02/2019	Glentress Trail Marathon	5:18:27	26.0	Trail	39	Course	5		0	44
04/05/2019	Glen Lyon Ultra 31.5 miles	5:26:26	32.0	Trail	48		0	Age 2nd	2	50
01/06/019	Kirkcaldy Parkrun 5K	0:23:56	3.0	Road	3		0		0	3
05/06/2019	Hill of Tarvit 5.5m	0:50:24	6.0	Trail	9	Course	5		0	14
16/06/2019	Glenrothes 10K	0:49:14	6.0	Road	6	Distance	10		0	16
30/06/2019	Benarty Gala Trail Race 4.5 miles	0:38:38	5.0	Trail	8	Course	5		0	13
07/07/2019	Dundee Half	1:46:16	13.0	Trail	20	Distance	10		0	30
25/08/2019	Kirkcaldy Half Marathon	1:49:28	13.0	Road	13		0		0	13
28/08/2019	Gateside Gallop, 4 miles	0:34:46	4.0	Trail	6	Course	5		0	11
20/10/2019	Last Duel Trail Race, 5.5 miles	0:53:54	6.0	Trail	9		0		0	9
27/10/2019	Benarty Hill Race, 6 miles	0:58:07	6.0	Hill	12		0	Age 3rd	1	13
03/11/2019	Auchterarder Half	1:09:14	13.0	Road	13	Course	5		0	18
17/11/2019	Tweed Valley Ultra	5:40:28	31.0	Trail	47		0		0	47

		0	0	0	0
		0	0	0	0
					0
					0

2019	Stewart Warringham									
	6		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		41	3	58	1	5	0	0	63
				Road: 2		Course: 1		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 1	,	Age Course: (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
02/11/2019	Glen Ogle 33	6:33:12	33.0	Trail	50		0		0	50
20/11/2019	Mars Bar	0:32:58	4.0	Road	4		0		0	4
11/12/2019	Mars Bar	0:28:43	4.0	Road	4	Course	5		0	9

2019	SUSAN LINDSAY									
	Cummany	1	Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		23	0	23	0	0	0	0	23
				Road: 1		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 0		Age Course: ()	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
03/03/2019	Smokies 10 Mile	1:28:39	10.0	Road	10		0		0	10
31/03/2019	Alloa Half Marahon	1:57:21	13.0	Road	13		0		0	13
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	SUSE HUTCH									
				_		221			51 5:	
	Summary		Miles 48	Races 16	Dist Pts 48	PB's 0	PB Pts	Placings 0	Place Pts	Total Pts 51
	,		40	Road: 16	40	Course: 0	U	1st: 0	U	31
	-			Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling			Trail: 0		Age Course: ()	3rd: 0		
	Park Run Volunteer (15/06)	3		Hill: 0		Age Dist: 0		Age 1st: 0		
	(, , , , ,					0	l	Age 2nd: 0		
								Age 3rd: 0		
		h:mm:ss	Miles					<u> </u>		
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
22/06/2019	St Andrews Parkrun 5K	0:43:02	3.0	Road	3		0		0	3
29/06/2019	Warner Lakes Parkrun 5K	0:42:57	3.0	Road	3		0		0	3
06/07/2019	Warner Lakes Parkrun 5K	0:41:45	3.0	Road	3		0		0	3
13/07/2019	Maylands Peninsula Parkrun 5K	0:41:41	3.0	Road	3		0		0	3
20/07/2019	Sandgate Parkrun 5K	0:40:57	3.0	Road	3		0		0	3
10/08/2019	St Andrews Parkrun 5K	0:41:50	3.0	Road	3		0		0	3
17/08/2019	St Andrews Parkrun 5K	0:41:27	3.0	Road	3		0		0	3
24/08/2019	Lochore Parkrun 5K	0:41:27	3.0	Road	3		0		0	3
31/08/2019	St Andrews Parkrun 5K	0:32:05	3.0	Road	3		0		0	3
14/09/2019	St Andrews Parkrun 5K	0:43:16	3.0	Road	3		0		0	3
28/09/2019	St Andrews Parkrun 5K	0:43:36	3.0	Road	3		0		0	3
05/10/2019	St Andrews Parkrun 5K	0:40:55	3.0	Road	3		0		0	3
26/10/2019	Lochore Parkrun 5K	0:44:14	3.0	Road	3		0		0	3
09/11/2019	St Andrews Parkrun 5K	0:41:28	3.0	Road	3		0		0	3
23/11/2019	St Andrews Parkrun 5K	0:41:59	3.0	Road	3		0		0	3
30/11/2019	St Andrews Parkrun 5K	0:41:15	3.0	Road	3		0		0	3
					0		0		0	0

		0	0	0	0
		0	0	0	0
		0	0	0	0
		0	0	0	0
		0	0	0	0
		0	0	0	0

2019	THOMAS KNOX									
				_		221				
	Summary		Miles 125	Races 17	Dist Pts	PB's 5	PB Pts 25	Placings 3	Place Pts 16	Total Pts 253
			125	Road: 4	212	Course: 5	25	1st: 0	10	255
	-			Track: 0		Distance: 0		2nd: 1		
	-			Trail: 6		Age Course: (3rd: 1		
			1	Hill: 7	,	Age Dist: 0		Age 1st: 0		
	Marshalling Points		l l	711111 7	J	7.80 5.50.0	J	Age 2nd: 0		
								Age 3rd: 1		
		h:mm:ss	Miles					1.80 0.00		
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
20/02/2019	Mars Bar 2, 4 miles	0:25:34	4.0	Road	4		0		0	4
01/05/2019	Strathkinnes/Blebocraigs	0:27:16	5.0	Trail	8	Course	5	Age 3rd	1	14
04/05/2019	Stuc o' Chroin Hill Race 22K	2:36:41	14.0	Hill	28	Course	5		0	33
15/06/2019	Tour du Giffre, Sameons, 33K	4:13:28	21.0	Trail	32		0		0	32
19/06/2019	Shell Bay Race, 4 miles	0:29:09	4.0	Trail	6		0		0	6
07/08/2019	Killin Games Hill Race, 3.5K	0:27:19	2.0	Hill	4		0		0	4
07/08/2019	North Berwick Law Hill race, 4.8K	0:22:55	3.0	Hill	6		0		0	6
08/08/2019	Balmullo Trail race, 4.9 miles	0:35:31	5.0	Trail	8		0		0	8
07/09/2019	Morrone Hill Race, 5.3Km	0:29:14	3.0	Hill	6		0	3rd	5	11
14/09/2019	The Tufty Trail Race, 5.1 miles	0:28:05	5.0	Trail	8		0	2nd	10	18
18/09/2019	Shellbay Race, 4 miles	0:24:33	4.0	Trail	6		0		0	6
	The Two Breweries Hill Race, 18									
28/09/2019	miles	4:17:16	18.0	Hill	36	Course	5		0	41
13/10/2019	Pentland Skyline,	2:51:10	17.0	Hill	34	Course	5		0	39
23/10/2019	Mars Bar	0:23:45	4.0	Road	4	Course	5		0	9
26/10/2019	Meall a Bhuchallie 13K	1:11:50	8.0	Hill	16		0		0	16
20/11/2019	Mars Bar	0:25:39	4.0	Road	4		0		0	4
11/12/2019	Mars Bar	0:25:11	4.0	Road	4		0		0	4

	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

2019	TRACY CHALMERS									
			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		77	16	93	1	10	0	0	109
				Road: 11		Course: 0		1st: 0		
				Track: 0		Distance: 1		2nd: 0		
	Extra Points/Marshalling			Trail: 5	,	Age Course: (0	3rd: 0		
	East Neuk 10K	6		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
03/02/2019	Forfar Multi-Terrain Half	1:51:37	13.0	Trail	20		0		0	20
23/02/019	Kirkcaldy Parkrun 5K	0:29:32	3.0	Road	3		0		0	3
09/03/019	Kirkcaldy Parkrun 5K	0:27:58	3.0	Road	3		0		0	3
30/03/2019	Kirkcaldy Parkrun 5K	0:29:18	3.0	Road	3		0		0	3
21/04/2019	Nutcracker Trail Race	0:45:40	4.0	Trail	6		0		0	6
26/04/2019	Ravenscraig 2 miles	0:18:39	2.0	Road	2	Distance	10		0	12
01/05/2019	Strathkinnes/Blebocraigs	0:43:41	5.0	Trail	8		0		0	8
12/06/2019	club 4 x 400m		1.0	Road	1		0		0	1
16/06/2019	Glenrothes 10K	1:02:15	6.0	Road	6		0		0	6
07/07/2019	Crief 10K	1:04:50	6.0	Trail	9		0		0	9
25/08/2019	Kirkcaldy Half Marathon	2:11:23	13.0	Road	13		0		0	13
07/09/2019	Kirkcaldy Parkrun 5K	0:28:12	3.0	Road	3		0		0	3
18/09/2019	Shellbay Race, 4 miles	0:41:31	4.0	Trail	6		0		0	6
06/10/2019	Loch Ness 10K	0:58:39	6.0	Road	6		0		0	6
17/11/2019	Hartley Cup 1M Relay		2.0	Road	2		0		0	2
28/12/2019	Kirkcaldy Parkrun 5K	0:31:24	3.0	Road	3		0		0	3

2019	TRACY KNOX									
	Cum man a mu		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
	Summary		33	9	47	1	5	0	0	70
				Road: 4		Course: 1		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling		_	Trail: 2	,	Age Course: (Ò	3rd: 0		
	East Neuk 10K	6		Hill: 3		Age Dist: 0		Age 1st: 0		
	Largo Law	12						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
26/01/2019	Devils Burden Leg 4, 5.8km	0:43:17	4.0	Hill	8		0		0	8
20/02/2019	Mars Bar 2, 4 miles	0:32:34	4.0	Road	4		0		0	4
16/03/019	Kirkcaldy Parkrun 5K	0:31:47	3.0	Road	3		0		0	3
07/08/2019	North Berwick Law Hill race, 4.8K	0:32:31	3.0	Hill	6		0		0	6
04/09/2019	Kingsbarns, 4 miles	0:35:51	4.0	Trail	6		0		0	6
07/09/2019	Morrone Hill Race, 5.3Km	0:43:23	3.0	Hill	6	Course	5		0	11
18/09/2019	Shellbay Race, 4 miles	0:34:34	4.0	Trail	6		0		0	6
23/10/2019	Mars Bar	0:35:13	4.0	Road	4		0		0	4
20/11/2019	Mars Bar	0:34:37	4.0	Road	4		0		0	4
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019	YVONNE DEHN									
	Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			166	31	223	2	10	0	0	251
				Road: 18		Course: 2		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
	Extra Points/Marshalling		1	Trail: 6	,	Age Course: ()	3rd: 0		
	East Neuk 10K	6		Hill: 7		Age Dist: 0		Age 1st: 0		
	Largo Law	12		ı	1			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
01/01/2019	New Years Triathlon, Edin, 5.6K	0:31:02	4.0	Road	4		0		0	4
16/01/2019	Mars Bar 1, 4 miles	0:30:00	4.0	Road	4		0		0	4
26/01/2019	Devils Burden Leg 4, 5.8km	0:39:25	4.0	Hill	8		0		0	8
09/02/2019	Carnethy 5 Hill Race, 6 miles	1:35:25	6.0	Hill	12		0		0	12
16/02/2019	St Andrews Parkrun 5K	0:22:38	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:29:10	4.0	Road	4		0		0	4
03/03/2019	Smokies 10 Mile	1:25:48	10.0	Road	10		0		0	10
20/03/2019	Mars Bar 3, 4 miles	0:29:11	4.0	Road	4		0		0	4
23/03/2019	Kirkcaldy Parkrun 5K	0:24:06	3.0	Road	3		0		0	3
10/04/2019	Kingsbarns, Champ Race 4	0:31:14	4.0	Trail	6		0		0	6
13/04/2019	St Andrews Parkrun 5K	0:25:42	3.0	Road	3		0		0	3
27/04/2019	Normans Law Hill Race 8K	0:45:13	5.0	Hill	10	Course	5		0	15
		0:34:02								
28/04/2019	Balmoral Duathlon. Run 1 (6K) +2 (5K)	0:27:29	7.0	Trail	11		0		0	11
01/05/2019	Strathkinnes/Blebocraigs	0:34:19	5.0	Trail	8		0		0	8
15/05/2019	Kellie Law 4 miles	0:32:15	4.0	Hill	8		0		0	8
05/06/2019	Hill of Tarvit 5.5m	0:45:49	6.0	Trail	9		0		0	9
16/06/2019	Trail Decouverte 18K	2:27:22	11.0	Trail	17		0		0	17

		0:25:35							
26/06/2019	Balbirnie Duathlon - 5K run + 2.5K run	0:13:20	5.0	Road	5		0	0	5
10/07/2019	Maddie Moss Hill Race, 6 miles	1:24:32	6.0	Hill	12		0	0	12
03/08/2019	Elie Triathlon 6K run	0:30:16	4.0	Road	4		0	0	4
21/08/2019	Kellie Law, 4 miles	0:33:22	4.0	Hill	8		0	0	8
25/08/2019	Kirkcaldy Half Marathon	2:46:01	13.0	Road	13		0	0	13
18/09/2019	Shellbay Race, 4 miles	0:32:06	4.0	Trail	6		0	0	6
	Glen Clova Extreme Duathlon, 14K hill								
21/09/2019	run	2:24:0	9.0	Hill	18		0	0	18
05/10/2019	St Andrews Parkrun 5K	0:22:34	3.0	Road	3		0	0	3
23/10/2019	Mars Bar	0:29:41	4.0	Road	4		0	0	4
05/10/2019	Kirkcaldy Parkrun 5K	0:22:34	3.0	Road	3		0	0	3
09/11/2019	Glen Clova Half	1:45:36	13.0	Road	13	Course	5	0	18
20/11/2019	Mars Bar	0:37:05	4.0	Road	4		0	0	4
11/12/2019	Mars Bar	0:30:32	4.0	Road	4		0	0	4
14/12/2019	St Andrews Parkrun 5K	0:23:02	3.0	Road	3		0	0	3
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0
					0		0	0	0