

Points List

Last update - 31/12/2019								
Name	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
Lynne Herd	295	39	357	13	105	4	7	493
Debz Hay	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
Karli Hay	263	24	338	5	25	0	0	366
Jaz Hood	230	31	295	9	55	1	1	366
Sharon Brown	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
Yvonne Dehn	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
Hannah Allum	143	22	168	2	20	0	0	197
Lizzie Knox	80	14	138	3	15	3	33	186
Jackie Galloway	127	11	163	1	10	0	0	179
Jaz Baillie	151	33	153	0	0	2	4	175
Gary Ovenstone	120	20	149	0	20	0	0	169
Duncan Hall	165	55	165	0	0	0	0	165
Angela Small	113	11	124	3	20	0	0	165
Chloe Herd	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

Points List

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
Dave Nuttal	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
Adrian Wood	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
Hazel Ednie	58	0	58	0	0	0	0	58
Christine Bowie	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
Davie Brisland	26	6	28	0	0	0	0	40
Karen Cunningham	36	2	36	0	0	0	0	36
Joe Swankie	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

Points List

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
			41	11	55	2	10	0	0	71
Extra Points/Marshalling			Road: 6			Course: 2		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
East Neuk 10K			Trail: 3			Age Course: 0		3rd: 0		
			Hill: 2			Age Dist: 0		Age 1st: 0		
								Age 2nd: 0		
								Age 3rd: 0		
			h:mm:ss	Miles						
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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		BILL SIMPSON									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				185	56	211	0	0	3	6	235
Extra Points/Marshalling				Road: 45			Course: 0		1st: 0		
				Track: 0			Distance: 0		2nd: 0		
				Trail: 10			Age Course: 0		3rd: 0		
				Hill: 1			Age Dist: 0		Age 1st: 1		
									Age 2nd: 1		
East Neuk 10K	6								Age 3rd: 1		
Largo Law	12										
		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
18/05/2019	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
10/07/2019	Tour of Fife 1 - St Andrews beach	0:32:02	4.0	Trail	6		0		0	6
11/07/2019	Tour of Fife 2 - East Lomond Hill	0:43:24	4.0	Hill	8		0		0	8
12/07/2019	Tour of Fife 3 - 1 mile time trial - kdy prom	0:06:33	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	0:52:08	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

2019	ALLAN GIBSON									
Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
		61	15	85	0	0	0	0	91	
Extra Points/Marshalling			Road: 6		Course: 0		1st: 0			
			Track: 0		Distance: 0		2nd: 0			
			Trail: 7		Age Course: 0		3rd: 0			
East Neuk 10K		6	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 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

					0		0		0	0
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2019	ALICE HALL									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			76	9	118	0	0	0	0	121
Extra Points/Marshalling			Road: 1			Course: 0		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
Park Run Volunteer (15/06)			Trail: 6			Age Course: 0		3rd: 0		
			Hill: 2			Age Dist: 0		Age 1st: 0		
								Age 2nd: 0		
								Age 3rd: 0		
			h:mm:ss	Miles						
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
26/01/2019	Devils Burden Leg 2, 11.5km	1:48:50	7.0	Hill	14		0		0	14
10/04/2019	Kingsbarns, Champ Race 4	0:34:05	4.0	Trail	6		0		0	6
15/05/2019	Kellie Law 4 miles	0:35:10	4.0	Hill	8		0		0	8
13/06/2019	Sandy Slither	0:58:11	6.0	Trail	9		0		0	9
04/09/2019	Kingsbarns, 4 miles	0:35:51	4.0	Trail	6		0		0	6
08/09/2019	Tiree Ultra	7:17:02	35.0	Trail	53		0		0	53
18/09/2019	Shellbay Race, 4 miles	0:35:42	4.0	Trail	6		0		0	6
26/20/2019	King Valley 15K	1:30:10	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
					0		0		0	0

2019	ANGELA SMALL									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			113	11	124	3	20	0	0	165
Extra Points/Marshalling			Road: 9	Track: 0	Trail: 2	Course: 2	Distance: 1	1st: 0		
Largo Law	12		Hill: 0			Age Course: 0		2nd: 0		
Park Run Volunteer (15/06)	3					Age Dist: 0		3rd: 0		
East Neuk 10K	6							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
12/01/2019	St Andrews Parkrun 5K	0:27:10	3.0	Road	3		0		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		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	CAROLE FRASER									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			39	10	46	0	0	0	0	46
			Road: 7			Course: 0		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
			Trail: 3			Age Course: 0		3rd: 0		
			Hill: 0			Age Dist: 0		Age 1st: 0		
Marshalling Points								Age 2nd: 0		
								Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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
21/12/2019	Kirkcaldy Parkrun 5K	0:30:49	3.0	Road	3		0		0	3
25/12/2019	St Andrews Parkrun 5K	0:30:37	3.0	Road	3		0		0	3
					0		0		0	0
					0		0		0	0
					0		0		0	0
					0		0		0	0

2019		CATRIONA DUNCAN								
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			85	25	94	0	0	1	1	98
Extra Points/Marshalling			Road: 22			Course: 0		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
			Trail: 2			Age Course: 0		3rd: 0		
			Hill: 1			Age Dist: 0		Age 1st: 0		
Park Run Volunteer (15/06)		3						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
05/01/2019	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
19/01/2019	St Andrews Parkrun 5K	0:26:41	3.0	Road	3		0		0	3
09/02/2019	St Andrews Parkrun 5K	0:27:04	3.0	Road	3		0		0	3
16/02/2019	St Andrews Parkrun 5K	0:26:58	3.0	Road	3		0		0	3
20/02/2019	Mars Bar 2, 4 miles	0:36:17	4.0	Road	4		0		0	4
02/03/2019	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
30/03/2019	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
19/06/2019	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
27/07/2019	St Andrews Parkrun 5K	0:26:36	3.0	Road	3		0		0	3
03/08/2019	Lochore Meadows Parkrun 5k	0:30:51	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

2019	CHRISTINE BOWIE									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			33	2	53	0	0	0	0	53
Marshalling Points			Road: 0	Track: 0	Trail: 1	Hill: 1	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0
			1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 0	Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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	
		133	16	246	9	45	13	110	401	
		Road: 1	Track: 0	Trail: 4	Hill: 11	Course: 9	Distance: 0	Age Course: 0	Age Dist: 0	
		1st: 3	2nd: 5	3rd: 2	Age 1st: 0	Age 2nd: 2	Age 3rd: 1			
		Marshalling Points								
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	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

2019	COLIN MCKIE									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			111	24	135	1	10	4	14	159
Marshalling Points			Road: 17	Track: 0	Trail: 4	Hill: 3	Course: 0	Distance: 1	Age Course: 0	Age Dist: 0
			1st: 0	2nd: 0	3rd: 1	Age 1st: 3	Age 2nd: 0	Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			79	19	92	0	0	0	0	92
Marshalling Points			Road: 14	Track: 0	Trail: 4	Hill: 1	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0
			1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 0	Age 3rd: 0		
			h:mm:ss	Miles						
			Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts
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
26/06/2019	Balbirnie Duathlon - 5K run + 2.5K run	0:29:20 0:15:25	5.0	Road	5		0		0	5
10/07/2019	Tour of Fife 1 - St Andrews 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
12/07/2019	Tour of Fife 3 - 1 mile time trial - 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

2019	DEBZ HAY										
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
			287	26	387	4	20	4	7	417	
Extra Points/Marshalling			Road: 12			Course: 4			1st: 0		
			Track: 0			Distance: 0			2nd: 0		
			Trail: 12			Age Course: 0			3rd: 0		
			Hill: 2			Age Dist: 0			Age 1st: 0		
Park Run Volunteer (15/06)	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	
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	
28/04/2019	Balmoral Duathlon. Run 1 (6K)	0:34:29									
	+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	

2019	DAVIE BURGESS									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			63	13	84	0	0	1	5	104
Extra Points/Marshalling			Road: 7	Trail: 3 Hill: 3	Age Course: 0	Course: 0	Age Dist: 0	1st: 0	Age 1st: 0	Age 2nd: 0
			Track: 0			Distance: 0		2nd: 0		
Primary 4 x 4 (13/05/19)	3		3rd: 1							
Largo Law	12		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
26/06/2019	Balbirnie Duathlon - 5K run + 2.5K run	0:22:09 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
			165	55	165	0	0	0	0	165
Marshalling Points			Road: 55			Course: 0		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
			Trail: 0			Age Course: 0		3rd: 0		
			Hill: 0			Age Dist: 0		Age 1st: 0		
								Age 2nd: 0		
								Age 3rd: 0		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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

2019	ECK ANDERSON									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			175	26	285	5	25	2	3	325
Marshalling Points			Road: 9		Age Course: 0	Course: 5	Age Dist: 0	1st: 0		
			Track: 0			Distance: 0		2nd: 0		
Largo Law			Trail: 8		Age Course: 0	Age Dist: 0	3rd: 0			
			Hill: 9				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
28/04/2019	Balmoral Duathlon. Run 1 (6K) +2 (5K)	0:28:41								
		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

2019	ERIC ANDERSON									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			358	61	398	12	90	2	15	509
Extra Points/Marshalling			Road: 47			Course: 5			1st: 0	
			Track: 0			Distance: 7			2nd: 1	
			Trail: 11			Age Course: 0			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	Stirling Marathon	3:15:45	26.0	Road	26	Distance	10		0	36
01/05/2019	Strathkinnes/Blebocraigs	0:31:51	5.0	Trail	8		0		0	8
04/05/2019	St Andrews Parkrun 5K	0:20:12	3.0	Road	3		0		0	3
05/05/2019	BHGE 10K	0:41:03	6.0	Road	6	Distance	10		0	16
11/05/2019	Loch Leven Half	1:32:29	13.0	Road	13		0		0	13
15/05/2019	Kellie Law 4 miles	0:30:23	4.0	Hill	8		0		0	8
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	1
16/06/2019	Glenrothes 10K	0:40:27	6.0	Road	6	Distance	10		0	16
22/06/2019	St Andrews Parkrun 5K	0:26:56	3.0	Road	3		0		0	3
10/07/2019	Tour of Fife 1 - St Andrews beach	0:30:57	4.0	Trail	6		0		0	6
11/07/2019	Tour of Fife 2 - East Lomond Hill	0:39:22	4.0	Hill	8		0		0	8
12/07/2019	Tour of Fife 3 - 1 mile time trial - kdy prom	0:05:20	1.0	Road	1		0		0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:19:03	3.0	Road	3	Distance	10		0	13
14/07/2019	Tour of Fife 5 - Trail Race 6 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	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	8
17/08/2019	Path of Condie Half	1:35:39	15.0	Road	15		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
04/09/2019	Kingsbarns, 4 miles	0:28:30	4.0	Trail	6		0		0	6

2019	EWAN CAMERON									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			71	11	89	0	0	0	0	95
Extra Points/Marshalling				Road: 5		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				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	FIONA CRUICKSHANKS									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			160	29	195	1	10	1	2	219
Marshalling Points			Road: 18		Age Course: 0	Course: 0	Age Dist: 0	1st: 0		
			Track: 0			Distance: 1		2nd: 0		
Largo Law			Trail: 7				3rd: 0			
12			Hill: 4				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

2019	GARY OVENSTONE										
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
			120	20	149	0	20	0	0	169	
Extra Points/Marshalling			Road: 9			Course: 4			1st: 0		
			Track: 0			Distance: 0			2nd: 0		
			Trail: 8			Age Course: 0			3rd: 0		
			Hill: 2			Age Dist: 0			Age 1st: 0		
			Park Run Volunteer (15/06)	3					Age 2nd: 0		
Largo Law	12					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	

2019	GEORGE FINDLAY									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			187	28	237	0	0	5	11	263
Extra Points/Marshalling			Road: 14			Course: 0		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
			Trail: 11			Age Course: 0		3rd: 0		
			Hill: 3			Age Dist: 0		Age 1st: 2		
Primary 4 x 4 (13/05/19)		3						Age 2nd: 2		
Largo Law		12						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	0:29:30	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	HAZEL EDNIE										
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
			58	0	58	0	0	0	0	0	58
			Road: 4			Course: 0			1st: 0		
			Track: 0			Distance: 0			2nd: 0		
			Trail: 0			Age Course: 0			3rd: 0		
			Hill: 0			Age Dist: 0			Age 1st: 0		
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									
Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
		93	28	93	0	0	0	0	93	
			Road: 28		Course: 0		1st: 0			
			Track: 0		Distance: 0		2nd: 0			
			Trail: 0		Age Course: 0		3rd: 0			
			Hill: 0		Age Dist: 0		Age 1st: 0			
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

2019	JACKIE GALLOWAY									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			127	11	163	1	10	0	0	179
Marshalling Points			Road: 6	Trail: 4	Age Course: 0	Course: 0	Age Dist: 0	1st: 0	Age 1st: 0	Age 2nd: 0
			Track: 0	Hill: 1		Distance: 1		2nd: 0		
East Neuk 10K			6					3rd: 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 MCDONALD									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			446	76	587	1	5	4	6	610
Extra Points/Marshalling				Road: 49		Course: 1		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
East Neuk 10K			6	Trail: 25		Age Course: 0		3rd: 0		
Park Run Volunteer (15/06)			3	Hill: 2		Age Dist: 0		Age 1st: 1		
Primary 4 x 4 (13/05)			3					Age 2nd: 0		
								Age 3rd: 3		
			h:mm:ss	Miles						
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
20/04/2019	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
28/04/2019	Balmoral Duathlon. Run 1 (6K) +2 (5K)	0:40:25								
		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
10/07/2019	Tour of Fife 1 - St Andrews beach	0:38:53	4.0	Trail	6		0		0	6

11/07/2019	Tour of Fife 2 - East Lomond Hill	0:46:41	4.0	Hill	8		0		0	8
12/07/2019	Tour of Fife 3 - 1 mile time trial - kdy prom	0:08:05	1.0	Road	1		0		0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:27:47	3.0	Road	3		0		0	3
14/07/2019	Tour of Fife 5 - Trail Race 6 miles	0:59:11	6.0	Trail	9		0		0	9
17/07/2019	Newburgh 4.2 miles	0:34:55	4.0	Trail	6		0		0	6
20/07/2019	Run the Blades ultra 50K	6:24:40	31.0	Trail	47		0		0	47
27/07/2019	St Andrews Parkrun 5K	0:28:29	3.0	Road	3		0		0	3
03/08/2019	Devil O the Highlands 43 m	10:52:21	43.0	Trail	65		0		0	65
08/08/2019	Balmullo Trail race, 4.9 miles	0:54:53	5.0	Trail	8		0		0	8
10/08/2019	St Andrews Parkrun 5K	0:29:12	3.0	Road	3		0		0	3
11/08/2019	Chilly Willy Trail Race, 4.5	0:40:58	5.0	Trail	8		0		0	8
13/08/2019	Ceres 8	1:21:16	8.0	Road	8		0		0	8
17/08/2019	St Andrews Parkrun 5K	0:28:39	3.0	Road	3		0		0	3
25/08/2019	Kirkcaldy Half Marathon	2:21:42	13.0	Road	13		0		0	13
31/08/2019	Kirkcaldy Parkrun 5K	0:28:08	3.0	Road	3		0		0	3
04/09/2019	Kingsbarns, 4 miles	0:39:04	4.0	Trail	6		0		0	6
14/09/2019	River Ayr Ultra, 40 miles	09:07:57	40	Trail	60		0	Age 1st	3	63
18/09/2019	Shellbay Race, 4 miles	0:40:10	4.0	Trail	6		0		0	6
21/09/2019	St Andrews Parkrun 5K	0:27:45	3.0	Road	3		0		0	3
06/10/2019	St Andrews Duathlon 5K + 2.5K run	00:28:35	5.0	Road	5		0	Age 3rd	1	6
12/10/2019	St Andrews Parkrun 5K	0:51:41	3.0	Road	3		0		0	3
13/10/2019	Lochore 10K	00:58:17	6.0	Trail	9		0		0	9
26/10/2019	Camperdown Parkrun 5K	0:29:17	3.0	Road	3		0		0	3
27/10/2019	Leven 10K	01:00:01	6.0	Trail	9		0	Age 3rd	1	10

2019	JAS BAILLIE									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			151	33	153	0	0	2	4	175
Extra Points/Marshalling			Road: 32	Course: 0	1st: 0					
			Track: 0	Distance: 0	2nd: 0					
			Trail: 1	Age Course: 0	3rd: 0					
			Hill: 0	Age Dist: 0	Age 1st: 1					
East Neuk 10K		6			Age 2nd: 0					
Largo Law		12			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
			230	31	295	9	55	1	1	366
Extra Points/Marshalling			Road: 19			Course: 7		1st: 0		
			Track: 0			Distance: 2		2nd: 0		
Park Run Volunteer (15/06)			Trail: 10			Age Course: 0		3rd: 0		
			Hill: 2			Age Dist: 0		Age 1st: 0		
Largo Law								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
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

2019		KAREN CUNNINGHAM									
Summary				Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
				36	2	36	0	0	0	0	36
Marshalling Points				Road: 2		Course: 0		1st: 0			
				Track: 0		Distance: 0		2nd: 0			
				Trail: 0		Age Course: 0		3rd: 0			
				Hill: 0		Age Dist: 0		Age 1st: 0			
								Age 2nd: 0			
								Age 3rd: 0			
			h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts	
1	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		LIZZIE KNOX								
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			80	14	138	3	15	3	33	186
Marshalling Points			Road: 2	Trail: 6	Age Course: 0	Course: 3	Age Dist: 0	1st: 2		
			Track: 0	Hill: 6		Distance: 0		2nd: 0		
								3rd: 0		
								Age 1st: 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
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
			110	19	131	0	0	0	0	134
Extra Points/Marshalling				Road: 11		Course: 0		1st: 0		
				Track: 0		Distance: 0		2nd: 0		
				Trail: 6		Age Course: 0		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
26/01/2019	Devils Burden Leg 1, 7.5km	0:41:36	5.0	Trail	8		0		0	8
20/02/2019	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
10/04/2019	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

2019	LUCY NUTTAL									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			8	2	8	0	0	0	0	8
Marshalling Points			Road: 2	Track: 0	Trail: 0	Hill: 0	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0
			1st: 0	2nd: 0	3rd: 0	Age 1st: 0	Age 2nd: 0	Age 3rd: 0		
			h:mm:ss	Miles						
			Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts
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		0	4
					0		0		0	0
					0		0		0	0

2019	MIKE REILLY									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			269	52	331	8	45	3	5	390
Extra Points/Marshalling			Road: 38	Track: 0	Trail: 10	Hill: 4	Course: 7	Distance: 1	Age Course: 0	Age Dist: 0
			Park Run Volunteer (15/06)	3						1st: 0
	East Neuk 10K	6							Age 1st: 1	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

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
26/06/2019	Balbirnie Duathlon - 5K run + 2.5K run	0:21:14 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

2019	OSCAR BURGESS									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			24	13	28	7	45	5	11	102
Marshalling Points			Road: 9	Track: 0	Trail: 3	Course: 5	Age Course: 0	1st: 0		
			East Neuk 10K	6	Hill: 1	Distance: 2	Age Dist: 0	2nd: 0		
Largo Law	12				3rd: 0					
					Age 1st: 2					
					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

					0		0		0	0
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2019	PAMELA CRUICKSHANKS									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			172	28	236	0	0	4	8	265
Marshalling Points			Road: 13	Trail: 11	Hill: 4	Course: 0	Distance: 0	Age Course: 0	Age Dist: 0	1st: 0 2nd: 0 3rd: 0 Age 1st: 0 Age 2nd: 4 Age 3rd: 0
Largo Law		12								
Park Run Volunteer (15/06)		3								
East Neuk 10K		6								
			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
19/01/2019	East Disrtrict Cross Country 6K	0:29:32	4.0	Trail	6		0		0	6
26/01/2019	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
23/02/2019	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
06/07/2019	Falkirk Parkrun 5K	0:23:53	3.0	Road	3		0		0	3
10/07/2019	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 MCDONALD								
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			250	48	310	5	40	1	1	354
Extra Points/Marshalling			Road: 35	Track: 0	Trail: 10	Course: 2	Distance: 3	Age Course: 0	1st: 0	
Park Run Volunteer (15/06)			3	Hill: 3		Age Dist: 0			2nd: 0	
									3rd: 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
01/01/2019	Perth Parkrun 5K	0:23:22	3.0	Road	3		0		0	3
01/01/2019	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, Be	0:25:53	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	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
20/02/2019	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
20/03/2019	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
20/04/2019	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
15/06/2019	St Andrews Parkrun 5K - 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
10/07/2019	Tour of Fife 1 - St Andrews beach	0:34:44	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
12/07/2019	Tour of Fife 3 - 1 mile time trial - kdy prom	0:06:52	1.0	Road	1		0		0	1
13/07/2019	Tour of Fife 4 - 5km Road Race	0:23:40	3.0	Road	3	Distance	10		0	13
14/07/2019	Tour of Fife 5 - Trail Race 6 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

2019	ROSS YOUNG									
Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
		172	35	210	7	50	2	7	267	
Marshalling Points		Road: 22	Track: 0	Trail: 9	Hill: 4	Course: 4	Distance: 3	Age Course: 0	Age Dist: 0	
		1st: 0	2nd: 0	3rd: 1	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
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
10/07/2019	Tour of Fife 1 - St Andrews beach	0:30:48	4.0	Trail	6		0		0	6
11/07/2019	Tour of Fife 2 - East Lomond Hill	0:33:40	4.0	Hill	8		0		0	8
12/07/2019	Tour of Fife 3 - 1 mile time trial - kdy prom	0:05:45	1.0	Road	1		0		0	1

					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
			198	18	285	10	65	2	3	359
Extra Points/Marshalling			Road: 5	Track: 0	Trail: 9	Course: 6	Age Course: 0	1st: 0		
			East Neuk 10K	6	Hill: 3	Distance: 3		2nd: 0		
						Age Dist: 0		3rd: 0		
								Age 1st: 0		
								Age 2nd: 1		
								Age 3rd: 1		
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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

2019	SUSE HUTCH									
Summary		Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
		48	16	48	0	0	0	0	51	
Extra Points/Marshalling		Road: 16	Track: 0	Trail: 0	Course: 0	Age Course: 0	1st: 0			
		Park Run Volunteer (15/06)	3	Hill: 0	Distance: 0		2nd: 0			
					Age Dist: 0		3rd: 0			
							Age 1st: 0			
							Age 2nd: 0			
							Age 3rd: 0			
		h:mm:ss	Miles							
Date	Race	Time	Dist	Race Type	Dist Pts	PB's	PB Pts	Placing	Place Pts	Total Pts
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

2019	THOMAS KNOX									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			125	17	212	5	25	3	16	253
Marshalling Points			Road: 4	Track: 0	Trail: 6	Hill: 7	Course: 5	Distance: 0	Age Course: 0	Age Dist: 0
			1st: 0	2nd: 1	3rd: 1	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
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
28/09/2019	The Two Breweries Hill Race, 18 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

2019	TRACY CHALMERS										
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts	
			77	16	93	1	10	0	0	109	
Extra Points/Marshalling			Road: 11			Course: 0			1st: 0		
			Track: 0			Distance: 1			2nd: 0		
			Trail: 5			Age Course: 0			3rd: 0		
			Hill: 0			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	
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	YVONNE DEHN									
Summary			Miles	Races	Dist Pts	PB's	PB Pts	Placings	Place Pts	Total Pts
			166	31	223	2	10	0	0	251
Extra Points/Marshalling			Road: 18			Course: 2		1st: 0		
			Track: 0			Distance: 0		2nd: 0		
			Trail: 6			Age Course: 0		3rd: 0		
			Hill: 7			Age Dist: 0		Age 1st: 0		
East Neuk 10K		6						Age 2nd: 0		
Largo Law		12						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
28/04/2019	Balmoral Duathlon. Run 1 (6K) +2 (5K)	0:34:02 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

