



ANSTER HADDIES RACE RESULTS 2009

Haddie Of The Year

Debz Hay

Performance Of The Year

Debz Hay

For The West Highland Way

Club Member Of The Year

Davie Burgess

Race Award

Debz Hay

Championship Award

Debz Hay

Training Award

Debz Hay

Friday 26th December 2009

Turners Hill Cross Country, 4.5 miles

Neil Smith - 27mins 47secs

Friday 18th December 2009

Serpentine 5k

Neil Smith - 16mins 34secs - **distance pb**

Wednesday 16th December 2009

Black Rock Nightmare, 3 miles

Ian Shield - 24mins 22secs

Debz Hay - 26mins 35secs

Karen Shepherd - 26mins 40secs

Sunday 5th December 2009

East District Cross Country Championships, Livingston

Men 9.6k

Allan Gibson - 48mins 49secs

Women 6.4k

Christine Bowie - 32mins 39secs

Pamela Cruickshanks - 32mins 56secs

Tricia Wallace - 38mins 58secs

Sunday 29th November 2009

Glentress Duathlon- 12.2k Cycle, 7.2k Run

Jonny Knox - 1hr 18mins/39mins 24secs - **3rd MV**

Ian Mills - 1hr 28mins/ 39mins 23secs

John Low - 1hr 26mins 41secs/ 42mins 57secs

Thomas Knox - 1hr 44mins 18secs/ 52mins 15secs

Thursday 26th November 2009

Kinghorn Nightmare, 4 miles

Bill Simpson - 38mins 45secs

Debz Hay - 45mins 20secs

Sunday 22nd November 2009

John Cock Epsom 10 Mile

Neil Smith - 56mins 26secs - **distance pb**

Sunday 22nd November 2009

East District League Cross Country, Dunfermline, 8.6k

Allan Gibson - 46mins 8secs

The Hartley Cup Relay, Kinross, 1.09 mile laps

Anster Haddie Crabby Pates (12 laps) - 1hr 10mins 44secs

Davie Burgess - 5mins 37secs, 5mins 41secs

Chris Russell - 5mins 37secs, 5mins 46secs

Colin McIntosh - 6mins 13secs, 6mins 26secs

Ian Mills - 5mins 53secs, 5mins 59secs

Brian Cruickshank - 5mins 47secs, 5mins 52secs

Jonny Knox - 6mins 6secs, 5mins 59secs

Anster Haddies East Fife Flyers (12 laps) - 1hr 22mins 31secs

Gavin Gibson - 6mins 25secs, 6mins 43secs, 6mins 36secs

Eck Anderson, 6mins 25secs, 6mins 28secs

George Findlay - 8mins 39secs

Jas Baillie - 6mins 38secs, 6mins 42secs

Glenn Rickman - 7mins 5secs, 7mins 18secs,

Stewart Barnett - 6mins 45secs, 6mins 47secs

Anster Haddies Crisp & Dry (12 laps) - 1hr 26mins 56secs

Thomas Knox - 6mins 42secs, 6mins 59secs

Ian Shield - 7mins 21secs, 7mins 33secs

Zac Delaney - 6mins 27secs, 6mins 32secs

Iain McConnell - 6mins 50secs, 7mins 12secs

Ewan Cameron - 7mins 54secs, 8mins 4secs

Murray Barnett - 7mins 39secs, 7mins 47secs

Anster Haddie Naji Naji Onion Baji (10 laps) - 1hr 14mins 39secs

Tim Grieve - 7mins 6secs, 7mins 18secs, 7mins 7secs

Lewis Low - 6mins 56secs, 7mins 22secs, 7mins 28secs

Fiona Cruickshanks - 7mins 48secs, 8mins 3secs

Rachael Grieve - 7mins 32secs, 7mins 59secs

Anster Haddie Fish Fingers (10 laps) - 1hr 18mins 29secs

Jennifer Cruickshanks - 6mins 44secs, 7mins 3secs

Christine Bowie - 7mins 28secs, 7mins 25secs

Pamela Cruickshanks - 7mins 23secs, 7mins 31secs

Tracy Chalmers - 8mins 54secs, 8mins 58secs

Debz Hay - 8mins 26secs, 8mins 29secs

Anster Haddie Scallops (10 laps) - 1hr 26mins 20secs

Fiona Mitchell - 9mins 28secs, 9mins 43secs

Allan Galloway - 7mins 58secs, 8mins 1secs

Gordon Mitchell - 7mins 42secs, 7mins 50secs

Finlay Kerr - 7mins 50secs, 7mins 53secs

George Hay - 9mins, 36secs, 10mins 19secs

Anster Haddie Babies (10 laps) - 1hr 27mins 30secs

Jessie Barnett - 8mins 44secs, 9mins 6secs

Sally Mills - 8mins 1secs, 8mins 1secs

Abby Grieve - 9mins 57secs, 10mins 32secs

Rosie Knox - 8mins 54secs, 8mins 29secs

Ailsa Cruickshanks - 7mins 47secs, 7mins 59secs

Anster Haddie Fish Pies (10 laps) - 1hr 28mins 32secs

Tricia Wallace - 8mins 9secs, 8mins 19sec, 8mins 21secs

Susan Penman - 8mins 47secs, 8mins 54sec, 8mins 51secs

Carole Fraser - 9mins 45secs, 10mins 21secs

Tracy Knox - 8mins 30secs, 8mins 35secs

Saturday 14th November 2009

Glen Clova Half Marathon

Chris Broome - 1hr 43mins 19secs - **distance pb**

Allan Gibson - 1hr 44mins 40secs

Alice Hall - 1hr 51mins 38secs - **course pb**

Debz Hay - 2hrs 6mins 3secs

Karen Shepherd - 2hrs 11mins 45secs

Saturday 7th November 2009

Ballbuster Duathlon, Box Hill - 2 x 8mile runs

Neil Smith - 44mins, 49mins

Sunday 1st November 2009

Lasswade Cross Country, 3.8 miles

Hazel Bradley - 32mins 49secs

Pamela Cruickshanks - 33mins 6secs

Sunday 1st November 2009

Templeton 10, Dundee

Ian Shield - 1hr 19mins 15secs

Saturday 31st October 2009

Meall a Bhuachaille - 6miles/2100ft

Jonny Knox - 58mins 13secs

Ian Mills - 1hr 2mins 41secs

Glenn Rickman - 1hr 22 mins 26secs

Debz Hay - 1hr 51sec 30secs

Thursday 29th October 2009

Cairnie Fruit Farm 1k

Ailsa Cruickshanks - 4mins 15secs

2 miles

Fiona Cruickshanks - 16mins 59secs

Monday 26th October 2009

Dublin Marathon

Christine Bowie - 3hrs 39mins 36secs - **distance pb**

Bill Arnott - 3hrs 43sec 6secs - **course pb**

Peter Peddie - 4hrs 8mins 29secs

Carole Fraser - 5hrs 18mins 24secs

Saturday 24th October 2009

Jedburgh Half Marathon

Colin McIntosh - 1hr 35mins 9secs

Ewan Davidson - 1hr 35mins 12secs

John Low - 1hr 41mins 6secs

Saturday 24th October 2009

National Cross Country Champs, Cumbernauld 4x4k Relay

Hazel Bradley - 20mins 21secs

Pamela Cruickshanks - 20mins 32secs

Alice Hall - 21mins 28secs

Sunday 18th October 2009

Palma Half Marathon, Majorca

Susan Penman - 2hrs 2mins

Sunday 18th October 2009

Scone 10k

Bill Arnott -

Christine Bowie - 48mins 00secs - **distance pb**

Saturday 17th October 2009

5k Forest Run, Carrbridge

Sally Mills - 26mins 8secs - ***1st Female Overall***

Saturday 17th October 2009

Aviemore Half Marathon

Ian Mills - 1hr 21mins 6secs - **distance pb**

George Findlay - 1hr 39mins 55secs

Chris Broome - 1hr 49mins 22secs - **distance pb**

Gordon Mitchell - 1hr 50mins 48secs

Fiona Mitchell - 2hrs 24mins 50secs

Saturday 17th October 2009

Stirling Cross Country

Men 9k

Bill Simpson - 40mins 41secs

Allan Gibson - 41mins 14secs

Women 6k

Pamela Cruickshanks - 28mins 11secs

Hazel Bradley - 28mins 18secs

Sunday 11th October 2009

Giffordtown 5k

Davie Burgess - 17mins 8secs

Colin McIntosh - 19mins 20secs

Jake Grieve - 19mins 29secs

John Low - 19mins 44secs

Jennifer Cruickshanks - 21mins 35secs

Pamela Cruickshanks - 22mins 9secs - **distance pb**

Ian Shield - 22mins 16secs

Rachel Grieve - 23mins 22secs

Fiona Cruickshanks - 25mins 00secs

Tracy Chalmers - 25mins 58secs
Ailsa Cruickshanks - 26mins 13secs
Debz Hay - 26mins 27secs
Jessie Barnett - 31mins 9secs
Stewart Barnett - 31mins 14secs

Sunday 11th October 2009

Run Kingston, London, 16 miles

Neil Smith - 1hr 34mins 53 secs - **distance pb**

Sunday 4th October 2009

Loch Ness Marathon

Stewart Barnett - 3hrs 42mins 20secs - **course pb**

Sunday 4th October 2009

Loch Ness 10k

Davie Burgess - 35mins 18secs
Tracy Chalmers - 53mins 48secs

Sunday 4th October 2009

New Town Hall Race, Dunkeld

Debz Hay - 1hr 4 mins
George Hay - 1hr 4 mins

Sunday 4th October 2009

Home Countries Junior Hill Running Champs, Sedbergh

U14 Girls - 3.2k/200m

Lizzie Knox - 6th

Rachel Grieve - 7th

Sunday 27th September 2009

East Neuk 10k

Davie Burgess - 35mins 30secs - **course pb**

Gavin Gibson - 39mins 54secs

Colin McIntosh - 40mins 40secs

Jake Grieve - 41mins 42secs

John Low - 41mins 59secs - **distance pb**

Duncan Pentland - 42mins 43secs

Stewart Barnett - 43mins 27secs

Jas Baillie - 43mins 30secs

George Findlay - 43mins 58secs

Thomas Knox - 45mins 14secs

Jennifer Cruickshanks - 45mins 17secs - **distance pb**

Glenn Rickman - 45mins 22secs

Murray Barnett - 47mins 47secs

Rachel Grieve - 49mins 38secs

Allan Galloway - 51mins 48secs - **distance pb**

Kirsten McKenzie - 54mins 4secs - **course pb**

Saturday 26th September 2009

Two Breweries - 18 miles/5000ft

Jonny Knox - 3hrs 20mins 24secs - **course pb**

Ian Mills - 3hrs 25mins 52secs - **course pb**

Sunday 20th September 2009

Stirling 10k

Duncan Pentland - 43mins 4secs

Tricia Wallace - 51mins 25secs

Sunday 20th September 2009

Great North Run Half Marathon

Debz Hay - 2hrs 32mins 30secs

George Hay - 2hrs 32 mins 30secs

Sunday 13th September 2009

River Ayr Way, 44 miles

Davie Burgess - 6hrs 56mins

Ross Moreland - 7hrs 15mins

Saturday 12th September 2009

Salomon Turbo X, Mugdock Park, 10 miles

Chris Broome - 1hr 54mins

Debz Hay - 2hrs 13mins

Saturday 5th September 2009

Morrone Hill Race, Braemar, 4miles/1000ft

Jonny Knox - 29mins 57secs - **1st MV** - **course pb**

Davie Burgess - 30mins 54secs

Ian Mills - 31mins 52secs - **3rd MV**

Thomas Knox - 34mins 47secs

John Low - 34mins 57secs

Jennifer Cruickshanks - 39mins 45secs

Lewis Low - 41mins 00secs

Pamela Cruickshanks - 47mins 30secs - **1st FV**

Tracy Chalmers - 52mins 30secs

Debz Hay - 54mins 00secs

Sunday 30th August 2009

Hawick 10k

Ian Shield - 46mins 7secs

Sunday 30th August 2009

Perth 10k

Colin McIntosh - 39mins 42secs

John Low - 41mins 59secs - **course pb**

Lewis Low - 44mins 54secs - **distance pb**

Tricia Wallace - 52mins 16secs

Tuesday 25th August 2009

Ravenscraig 2 Mile

Jennifer Cruickshanks - 13mins 27secs

Pamela Cruickshanks - 13mins 59secs - **distance pb**

Fiona Cruickshanks - 14mins 56secs

Ailsa Cruickshanks - 16mins 43secs

Friday 21st August 2009

Beveridge Park 5k

Jennifer Cruickshanks - 21mins 43secs

Fiona Cruickshanks - 25mins 53secs

2 Mile Junior Race

Ailsa Cruickshanks - 14mins 49secs - ***3rd Female Overall***

Thursday 20th August 2009

Graham Clark Memorial, Knockhill, 3.9 miles

Pamela Cruickshanks - 28mins 11secs - **course pb**

Ian Shield - 28mins 19secs

Tricia Wallace - 31mins 39secs

Ailsa Cruickshanks - 31mins 39secs - **course pb**

Sunday 16th August 2009

Forfar 10k

Davie Burgess - 36mins 53secs

Neil Smith - 37mins 2secs

Duncan Pentland - 45mins 8secs

Pete Peddie - 48mins 16secs

Jennifer Cruickshanks - 48mins 19secs

Christine Bowie - 48mins 41secs

Pamela Cruickshanks - 51mins 10secs

Tracy Chalmers - 55mins 48secs

Debz Hay - 55mins 54secs

Sunday 16th August 2009

Lomonds of Fife, 11miles/3400ft

Ian Mills - 1hr 48mins 49secs

Colin McIntosh - 2hrs 16mins 2secs

John Low - 2hrs 16mins 3secs

Saturday 8th August 2009

Largo Law Hill Race, 6.8 miles/781ft

Jonny Knox - 49mins 44secs

Colin McIntosh - 55mins 36secs

John Low - 58mins 57secs

Stewart Barnett - 1hr 0mins 46secs

Jennifer Cruickshanks - 1hr 6mins 37secs

Christine Bowie - 1hr 6mins 38secs - **course pb**

Peter Peddie - 1hr 7mins 31secs

Pamela Cruickshanks - 1hr 13mins 34secs

Allan Galloway - 1hr 15mins 1sec

Debz Hay - 1hr 20mins 50secs

Karen Shepherd - 1hr 26mins 45secs

Saturday 8th August 2009

Haddington Half Marathon

Ewan Davidson - 1hr 34mins 27secs - **1st MV60**

Saturday 8th August 2009

Devil O' The Highlands, 43 miles

Ross Moreland - 7hrs 54mins 12secs

Saturday 8th August 2009

Forth Bridge 10k

Tricia Wallace - 52mins 34secs

Wednesday 5th August 2009

North Berwick Law Race, 3 miles/600ft

Jonny Knox - 21mins 58secs - **1st MV** - course pb

Iain Mills - 22mins 21secs - **2nd MV** - course pb

Thomas Knox - 26mins 00secs

Jake Grieve - 26mins 9secs

Rachel Grieve - 29mins 45secs - **1st FJ U15**

Lizzie Knox - 31mins 20secs

Sunday 2nd August 2009

Scottish Gas 10k

Duncan Pentland - 44mins 14secs

Susan Penman - 56mins 19secs

Tour of Fife 2009

Overall Results

Davie Burgess - 1hr 50mins 27secs

Colin McIntosh - 2hrs 7mins 10secs

John Low - 2hrs 11mins 36secs

Bill Simpson - 2hrs 17mins 47secs

Jennifer Cruickshanks - 2hrs 27mins 46secs - **1st FU17**

Ian Shield - 2hrs 31mins 48secs

Iain McConnell - 2hrs 34mins 9secs

Pamela Cruickshanks - 2hrs 34mins 44secs

Alice Hall - 2hrs 41mins 46secs

Tracy Chalmers - 2hrs 50mins 40secs

Tricia Wallace - 2hrs 52mins 23secs

Sunday 2nd August 2009

Tour of Fife 2009

Arso Veritas, Maspie Den, Falkland, 3.7 miles

Davie Burgess - 22mins 49secs
Colin McIntosh - 25mins 59secs
John Low - 27mins 23secs
Bill Simpson - 29mins 16secs
Jennifer Cruickshanks - 31mins 59secs
Ian Shield - 32mins 6secs
Iain McConnell - 32mins 28secs
Pamela Cruickshanks - 32mins 32secs
Alice Hall - 34mins 47secs
Tracy Chalmers - 35mins 37secs
Karen Shepherd - 35mins 39secs
Tricia Wallace - 35mins 54secs
Debz Hay - 37mins 23secs
Jackie Murray - 37mins 53secs

Saturday 1st August 2009

Tour of Fife 2009

Run, Forrest, Run, Tentsmuir, 5miles

Davie Burgess - 28mins 2secs
Colin McIntosh - 31mins 40secs
John Low - 33mins 13secs
Bill Simpson - 35mins 4secs
Jennifer Cruickshanks - 36mins 28secs
Ian Shield - 36mins 42secs
Iain McConnell - 37mins 53secs
Pamela Cruickshanks - 38mins 3secs

Alice Hall - 40mins 19secs
Tricia Wallace - 42mins 25secs
Tracy Chalmers - 42mins 27secs
Debz Hay - 43mins 44secs
Jackie Murray - 45mins 17secs

Friday 31st July 2009

Tour of Fife

Up Hell Time Trial, Falkland 2.25k/754ft

Davie Burgess - 10mins 55secs
John Low - 12mins 53secs
Colin McIntosh - 13mins 11secs
Bill Simpson - 13mins 15secs
Jennifer Cruickshanks - 14mins 42secs
Pamela Cruickshanks - 16mins 17secs
Christine Bowie - 16mins 34secs
Ian Shield - 16mins 36secs
Iain McConnell - 16mins 38secs
Alice Hall - 17mins 1secs
Karen Shepherd - 17mins 27secs
Tracy Chalmers - 17mins 54secs
Tricia Wallace - 18mins 33secs
Jackie Murray - 19mins 36secs

Thursday 30th July 2009

Tour of Fife

Chariots of Fire Beach Race, 3.7 miles

Davie Burgess - 20mins 54secs
Colin McIntosh - 23mins 47secs

John Low - 24mins 27secs
Bill Simpson - 25mins 26secs
Jennifer Cruickshanks - 27mins 36secs
Christine Bowie - 28mins 5secs
Iain McConnell - 28mins 8secs
Ian Shield - 28mins 15secs
Pamela Cruickshanks - 28mins 45secs
Alice Hall - 29mins 24secs
Tracy Chalmers - 31mins 34secs
Tricia Wallace - 32mins 28secs
Karen Shepherd - 32mins 29secs
Debz Hay - 33mins 19secs
Jackie Murray - 34mins 21secs
Tich Shaw - 34mins 40secs

Wednesday 29th July 2009

Tour of Fife

Chicken Run, Strathmiglo, 5miles/700ft

Davie Burgess - 27mins 47secs
Colin McIntosh - 32mins 33secs
John Low - 33mins 40secs
Tich Shaw - 34mins 6secs
Bill Simpson - 34mins 46secs
Jennifer Cruickshanks - 37mins 1sec
Ian Shield - 38mins 9secs
Christine Bowie - 38mins 19secs
Iain McConnell - 39mins 2secs
Pamela Cruickshanks - 39mins 10secs
Alice Hall - 40mins 15secs
Tricia Wallace - 43mins 3secs
Tracy Chalmers - 43mins 8secs

Karen Shepherd - 44mins 22secs

Debz Hay - 44mins 54secs

Tuesday 28th July 2009

Ravenscraig 1 mile

Bill Simpson - 6mins 2secs - **1st MV50**

Fiona Cruickshanks - 6mins 40secs - **1st FJ** - **course pb**

Ailsa Cruickshanks - 6mins 50secs - **3rd FJ** - **course pb**

Sunday 26th July 2009

Nairns Hill Race, Edinburgh, 5 miles/1350ft

Tich Shaw - 45mins 47secs

Sunday 26th July 2009

Ballater 10 Mile

Davie Burgess - 59mins 29secs - **course pb**

Tracy Chalmers - 94mins 33secs

Debz Hay - 95mins 20secs

Saturday 25th July 2009

Mussellburgh 10k

Colin McIntosh - 39mins 33secs - **distance pb**

Ewan Davidson - 42mins 37secs

Tricia Wallace - 53mins 39secs

Wednesday 22nd July 2009

Turnhouse Hill Race - 3 mile/1100ft

Tich Shaw - 35mins 57secs

Wednesday 15th July 2009

Maddie Moss, Tillicoultry, 10k/760m

Tich Shaw - 1hr 12mins

Sunday 12th July 2009

Half Nevis, Fort William, 6miles/2200ft

Tich Shaw - 1hr 20mins 43secs

Wednesday 8th July 2009

Newburgh 5

Davie Burgess - 26mins 33secs

Colin McIntosh - 30mins 19secs

Stewart Barnett - 32mins 1secs

Duncan Pentland - 32mins 20secs

Ewan Davidson - 32mins 44secs

Bill Simpson - 33mins 32secs

Jennifer Cruickshanks - 35mins 2secs - **1st FJ**

Ian Shield - 37mins 32secs

Ewan Cameron - 39mins 25secs

Tracy Chalmers - 41mins 33secs

Tricia Wallace - 41mins 58secs

Ailsa Cruickshanks - 43mins 13secs

Pamela Cruickshanks - 43mins 13secs

Wednesday 8th July 2009

Carnethy Midweek Hill Race, 3miles/1100ft

Tich Shaw - 35mins 42secs

Sunday 5th July 2009

Cupar Highland Games Hill Race, 8 miles/700ft

Davie Burgess -

Tich Shaw -

Ian Shield -

Friday 3rd July 2009

Shell Bay Sandy Slither

Davie Burgess - 35mins 59secs

Ian Mills - 38mins 18secs

Colin McIntosh - 40mins 9secs

Tich Shaw - 42mins 36secs

Stewart Barnett - 42mins 56secs

John Low - 43mins 39secs

Bill Simpson - 45mins 23secs

Jake Grieve - 45mins 54secs

Lewis Low - 45mins 59secs - **3rd MJ**

Jennifer Cruickshanks - 46mins 54secs - **1st FJ**

Pamela Cruickshanks - 48mins 32secs

Rachel Grieve - 48mins 44secs

Allan Gibson - 48mins 48secs

Josh Wight - 50mins 4secs

Ian Shield - 50mins 7secs

Fiona Cruickshanks - 51mins 2secs

Ewan Cameron - 51mins 57secs
Tracy Chalmers - 56mins 13secs
Tricia Wallace - 56mins 54secs
Susan Penman - 57mins 51secs

Wednesday 1st July 2009

Brig Bash, 5 miles

John Moran - 33mins 25secs
Stewart Barnett - 34mins 20secs
Duncan Pentland - 34mins 23secs
Bill Simpson - 34mins 24secs

Tuesday 30th June 2009

Ravenscraig 1 mile

Bill Simpson - 5mins 57secs - **distance pb**
Fiona Cruickshanks - 6mins 47secs
Ailsa Cruickshanks - 7mins 16secs

Sunday 28th June 2009

Glenrothes 10k

Davie Burgess - 35mins 28secs
Colin McIntosh - 40mins 51secs
Tich Shaw - 42mins 1secs
Stewart Barnett - 43mins 17secs
Bill Simpson - 43mins 19secs
Duncan Pentland - 43mins 54secs
Ian Shield - 47mins 38secs
Pamela Cruickshanks - 48mins 54secs - **distance pb**

Allan Galloway - 53mins 11secs
Susan Penman - 53mins 34secs
Tracy Chalmers - 54mins 52secs
Jackie Murray - 57mins 32secs

Sunday 28th June 2009

Junior Biathlon, Glenrothes

Ailsa Cruickshanks - *3rd in age group*
Fiona Cruickshanks -
Jessie Barnett -

Saturday 27th June 2009

Arrochar Alps, 15.6 miles/7900ft

Jonny Knox - 4hrs 23mins 42secs
Ian Mills - 4hrs 31sec 55secs - course pb

Thursday 25th June 2009

Milnathort Dash, 5.5miles

Davie Burgess - 31mins 2secs
Colin McIntosh - 34mins 51secs
Stewart Barnett - 36mins 50secs
John Low - 37mins 47secs
Bill Simpson - 38mins 23secs
Tracy Chalmers - 49mins 00secs
Allan Galloway - 49mins 49secs
Jackie Murray - 50mins 21secs

Wednesday 24th June 2009

Cairnie Fruit Farm 1k Junior Race

Jessie Barnett - 4mins 51secs

Julie Speight - 4mins 47secs

Wednesday 24th June 2009

Red Moss Hill Race, 9k/220metres

Tich Shaw - 46mins 57secs

Sunday 21st June 2009

Dundee Half Marathon

Davie Burgess - 1hr 17mins 58secs - ***1st Overall***

Stewart Barnett - 1hr 38mins 44secs

Ian Shield - 1hr 49mins 23secs

Tricia Wallace - 2hrs 8mins 18secs

Sunday 21st June 2009

Race for Life 5k, Beveridge Park

Jennifer Cruickshanks - 19mins 58secs - **distance pb - *1st Female Overall***

Pamela Cruickshanks - distance pb - ***3rd Female Overall***

Fiona Cruickshanks - 21mins 58secs - **distance pb**

Ailsa Cruickshanks - **distance pb**

Sunday 21st June 2009

West Highland Way, 95miles/12,000ft

Debz Hay - 33hrs 31mins 37secs

Sunday 21st June 2009

Falkland Hill Race, 3miles/1200ft

Jonny Knox - 22mins 57secs

John Low - 25mins 51secs

Thomas Knox - 28mins 19secs

Tich Shaw - 34mins 46secs

Bill Simpson - 33mins 11secs

Lizzie Knox - 35mins 5secs - **3rd FJ**

Sunday 21st June 2009

Weald of Kent 10mile

Neil Smith - 56mins 54secs - **distance pb**

Friday 19th June 2009

Beveridge Park 5k

Colin McIntosh - 19mins 43secs

John Low - 20mins 25secs

Bill Simpson - 21mins 30secs

Lewis Low - 21mins 49secs

Jennifer Cruickshanks - 22mins 28secs

Pamela Cruickshanks - 23mins 1sec

Fiona Cruickshanks - 23mins 33secs

Junior 2mile Race

Ailsa Cruickshanks - 12mins 44secs - ***3rd Female Overall***

Tuesday 16th June 2009

Summer 10k Paarlauf, Cupar

Davie Burgess/Daniel McQueen - 30mins 15secs - ***1st Overall***

Tich Shaw/Craig Liddle - 34mins 52secs

Stewart Barnett/Ian Shield - 38mins 10secs

Sunday 14th June 2009

Beltane 10k, Peebles

Ewan Davidson - 42mins 5secs

Friday 12th June 2009

Mini Tour of Fife

Overall Results

U11

Jessie Barnett - 44mins 21secs

Sally Mills - 44mins 47secs

Rosie Knox - 48mins 39secs

Abby Grieve - 49mins 54secs

Jessica Mills - 68mins 10secs

U13

Ailsa Cruickshanks - 1hr 23mins 32secs - ***2nd Female Overall***

U15

Rachael Grieve - 1hr 39mins 50secs

Fiona Cruickshanks - 1hr 40mins 40secs

Lizzie Knox - 1hr 49mins 56secs

U18

Jennifer Cruickshanks - 1hr 33mins 20secs - ***1st Female Overall***

Friday 12th June 2009

Mini Tour of Fife

Cambo Multi Terrain Race

U11 Boys - 1 mile

Ryan Low - 6mins 18secs - ***1st Overall***

U11 - 1mile

Jessie Barnett - 7mins 32secs

Sally Mills - 7mins 58secs

Rosie Knox - 8mins 43secs

Abby Grieve - 8mins 44secs

Jessica Mills - 12mins 29secs

U13 - 5k

Ailsa Cruickshanks - 24mins 39secs

U15 Girls - 5k

Fiona Cruickshanks - 23mins 28secs

Rachael Grieve - 23mins 51secs

Lizzie Knox - 24mins 18secs

U18 - 5k

Lewis Low - 21mins 42secs

Thomas Knox - 22mins 1secs

Jennifer Cruickshanks - 22mins 12secs

Thursday 11th June 2009

Mini Tour of Fife

Tarvit Hill Time Trial, 2.1k

U11 Boys

Ryan Low - 8mins 54secs - ***2nd Overall***

U11 Girls

Jessie Barnett - 10mins 11secs

Sally Mills - 10mins 23secs

Rosie Knox - 11mins 25secs

Abby Grieve - 11mins 45secs

Jessica Mills - 15mins 22secs

U13 Girls - 2 miles

Ailsa Cruickshanks - 10mins 14secs

U15 Girls - 3miles

Rachael Grieve - 9mins 42secs

Fiona Cruickshanks - 10mins 6secs

Lizzie Knox - 10mins 7secs

U18 - 3miles

Lewis Low - 8mins 59secs

Jennifer Cruickshanks - 9mins 13secs

Thomas Knox - 9mins 39secs

Wednesday 10th June 2009

Mini Tour of Fife

Tentsmuir Forest

U11 Boys - 1 mile

Ryan Low - 6mins 52secs

U11 Girls - 1 mile

Sally Mills - 8mins 15secs

Jessie Barnett - 8mins 21secs

Rosie Knox - 8mins 42secs

Abby Grieve - 9mins 21secs

Jessica Mills - 12mins 52secs

U13 Girls - 2 miles

Ailsa Cruickshanks - 17mins 14secs

U15 Girls - 3 miles

Rachael Grieve - 21mins 52secs

Fiona Cruickshanks - 22mins 8secs

Lizzie Knox - 27mins 51secs

U18 - 3miles

Lewis Low - 20mins 36secs

Jennifer Cruickshanks - 21mins 26secs

Tuesday 9th June 2009

Mini Tour of Fife

East Lomond Hill Race

U11 Girls - 1.5 miles

Sally Mills - 10mins 30secs

Jessie Barnett - 10mins 33secs

Rosie Knox - 10mins 49secs
Abby Grieve - 10mins 59secs
Jessica Mills - 13mins 59secs

U13 Girls - 2 miles

Ailsa Cruickshanks - 16mins 3secs

U15 Girls - 3miles

Lizzie Knox - 20mins 50secs
Rachael Grieve - 21mins 43secs
Fiona Cruickshanks - 22mins 17secs

U18 - 3miles

Thomas Knox - 17mins 53secs
Jennifer Cruickshanks - 19mins 1secs

Monday 8th June 2009

Mini Tour of Fife

St Andrews Beach Race

U11 Boys - 1mile

Ryan Low - 6mins 22secs - ***2nd Overall***

U11 Girls - 1mile

Jessie Barnett - 7mins 44secs
Sally Mills - 7mins 41secs
Rosie Knox - 9mins 00secs
Abby Grieve - 9mins 5secs
Jessica Mills - 10mins 26secs

U13 Girls - 2miles

Ailsa Cruickshanks - 15mins 22secs

U15 Girls - 3miles

Fiona Cruickshanks - 22mins 41secs

Rachael Grieve - 22mins 42secs

Lizzie Knox - 26mins 50secs

U18 - 3miles

Jennifer Cruickshanks - 21mins 28secs

Lewis Low - 21mins 37secs

Thomas Knox - 21mins 51secs

Sunday 7th June 2009

Arbroath 10k

Tricia Wallace - 58mins 2secs

Saturday 6th/Sunday 7th 2009

Low e Alpine Mountain Marathon, Kintail, 25miles/9186ft

Chris Broome - Course 'C' - 12hrs 56mins 38secs

Wednesday 3rd June 2009

Hill O'Tarvit, 5.5 miles

Davie Burgess - 34mins 3secs - ***3rd Overall***

Jonny Knox - 37mins 14secs

Colin McIntosh - 39mins 54secs

John Low - 40mins 17secs - **course pb**

Jennifer Cruickshanks - 43mins 53secs - **1st FJ**

Lewis Low - 44mins 9secs

Bill Arnott - 44mins 10secs
Bill Simpson - 45mins 00secs
Thomas Knox - 45mins 42secs
Stewart Barnett - 46mins 35secs
Christine Bowie - 46mins 50secs - **course pb**
Ian Shield - 50mins 31secs
Ewan Cameron - 50mins 31secs
Allan Galloway - 53mins 32secs
Tracy Chalmers - 54mins 52secs
Jackie Murray - 56mins 26secs
Tricia Wallace - 61mins 34secs

Sunday 31st May 2009

Edinburgh Marathon

Tich Shaw - 3hrs 34mins 7secs
Jas Baillie - 4hrs 11mins 41secs
Stewart Barnett - 3hrs 41mins 5secs - **distance pb**
Bill Simpson - 3hrs 56mins 52secs
Debz Hay - 4hrs 52mins 47secs

Sunday 31st May 2009

Edinburgh Hairy Haggis Relay

Leg 1 - 8 miles - June Penman - 1hr 16mins 24secs
Leg 6 - 4 miles - Susan Hutchison - 49mins 56secs

Wednesday 27th May 2009

Knock Hill, Crieff, 5 miles/685ft

Colin McIntosh - 38mins 49secs

Wednesday 27th May 2009

Auld Toun 10k, Dunfermline

Davie Burgess - 35mins 13secs

Bill Simpson - 43mins 41secs

Stewart Barnett - 43mins 41secs

Jennifer Cruickshanks - 46mins 32secs - **1st FJ U20**

Tracy Chalmers - 55mins 54secs

Susan Hutchison - 69mins 30secs

Tuesday 26th May 2009

Ravenscraig 1 mile

Colin McIntosh - 5mins 57secs

Jennifer Cruickshanks - 6mins 9secs

Bill Simpson - 6mins 9secs

Fiona Cruickshanks - 6mins 41secs

Ailsa Cruickshanks - 7mins 28secs

Monday 25th May 2009

Riggs Race, Balerno, 6 miles

Colin McIntosh - 40mins 14secs

Sunday 24th May 2009

Dunblane Hydro, 7.5 miles

Colin McIntosh - 51mins 29secs

Friday 22nd May 2009

Black Rock 5

Davie Burgess - 25mins 26secs

Tich Shaw - 30mins 28secs

Iain McConnell - 34mins 7secs

Tracy Chalmers - 40mins 41secs

Wednesday 20th May 2009

Kinnoull Hill Race, Perth, 4 miles/800ft

John Low - 32mins 55secs

Colin McIntosh - 34mins 5secs

Sunday 17th May 2009

Quarriers 5k

Chris Russell - 17mins 19secs - ***1st Overall***

Jonny Knox - 19mins 8secs

Gavin Gibson - 19mins 31secs

John Low - 20mins 28secs - **distance pb**

Colin McIntosh - 20mins 41secs

Bill Simpson - 21mins 38secs

Lewis Low - 21mins 56secs

Thomas Knox - 22mins 25secs

Jennifer Cruickshanks - 22mins 27secs

Fiona Cruickshanks - 23mins 32secs

Rachel Grieve - 24mins 28secs

Tracy Chalmers - 26mins 42secs

Jackie Murray - 27mins 29secs

Lizzie Knox - 28mins 23secs

1 Mile Race

Ryan Low - 5mins 50secs - **1st boy**

Sally Mills - 7mins 28secs - **2nd girl**

Rosie Knox - 7mins 32secs - **3rd girl**

Jessie Barnett -

Saturday 16th May 2009

Loch Leven Half Marathon

John Moran - 1hr 34mins 43secs

Tricia Wallace - 2hrs 11mins 10secs

Friday 15th May 2009

Beveridge Park 5k

Tich Shaw - 20mins 48secs

Jennifer Cruickshanks - 21mins 50secs

Rachel Grieve - 24mins 28secs

Fiona Cruickshanks - 26mins 19secs

Lizzie Knox - 26mins 57secs

Sunday 10th May 2009

Dunfermline Half Marathon

Davie Burgess - 1hr 19mins 37secs

Iain McConnell - 1hr 53mins 34secs

Tracy Chalmers - 2hrs 5mins 2secs

Sunday 10th May 2009

Glasgow Womens's 10k

Alice Hall - 50mins 29secs

Fiona Mitchell - 55mins 31secs

Saturday 9th May 2009

Scottish U15/U17 Championships, 1500m

U15

Fiona Cruickshanks - 6mins 4secs

U17

Jennifer Cruickshanks - 5mins 31secs

Wednesday 6th May 2009

Strathkinness/Blebocraigs, 4.5miles

Davie Burgess - 26mins 20secs

Ian Mills - 29mins 8secs

Jonny Knox - 29mins 16secs

Tom Lillico - 29mins 23secs

John Low - 31mins 17secs

Colin McIntosh - 31mins 43secs

Bill Arnott - 33mins 1sec

Bill Simpson - 33mins 11secs

Lewis Low - 33mins 13secs

Jennifer Cruickshanks - 34mins 16secs

Stewart Barnett - 34mins 27secs - **course pb**

Chris Broome - 34mins 51secs

Allan Gibson - 35mins 8secs

Thomas Knox - 35mins 35secs

Iain McConnell - 35mins 42secs

Christine Bowie - 35mins 46secs

Fiona Cruickshanks - 37mins 37secs

Rachel Grieve - 37mins 53secs

Ewan Cameron - 38mins 42secs

Tracy Chalmers - 40mins 40secs

Ian Shield - 41mins 11secs

Debz Hay - 41mins 36secs

Tricia Wallace - 42mins 16secs

Ailsa Cruickshanks - 45mins 52secs

Lizzie Knox - 45mins 52secs

Susan Hutchison - 50mins 20secs

Tuesday 5th May - Saturday 9th May 2009

Scottish Ultra Marathon, Islay/Jura, 135miles

Tich Shaw - 31hrs 44mins 55secs

Jas Baillie - 32hrs 43mins 28secs

Sunday 3rd May 2009

The Great Edinburgh Run, 10k

Iain McConnell - 50mins 24secs

Tricia Wallace - 1hr 00mins 20secs

Saturday 2nd May 2009

Stuc a Chroin Hill Race, 14 miles/5000ft

Ian Mills - 2hrs 49mins 30secs - **course pb**

Jonny Knox - 2hrs 49mins 30secs - **course pb**

Thursday 30th April 2009

Kinross 10k

Tom Lillico - 38mins 53secs - **distance pb**

Colin MacIntosh - 41mins 49secs

John Low - 42mins 29secs - **distance pb**

Tricia Wallace - 57mins 6secs

Tuesday 28th April 2009

Ravenscraig 1 Mile

Jennifer Cruickshanks - 5mins 57secs

Bill Simpson - 6mins 10secs

Neil Cruickshanks - 6mins 55secs

Fiona Cruickshanks - 6mins 59secs

Ailsa Cruickshanks - 7mins 7secs

Sunday 26th April 2009

St Andrews West Sands, 5k

Colin McIntosh -

Jennifer Cruickshanks - 22mins 27secs - ***1st Female Overall***

Pamela Cruickshanks - 23mins 26secs - ***3rd Female Overall***

Sunday 26th April 2009

London Marathon

Davie Burgess - 2hrs 49mins 12secs - **distance pb**

Christine Bowie - 3hrs 40mins 40secs - **distance pb**

Stewart Barnett - 3hrs 41mins 52secs - **distance pb**

Bill Arnott - 3hrs 52mins 51secs

Alice Hall - 4hrs 0mins 58secs

Pete Peddie - 4hrs 14mins 57secs

Jackie Murray - 4hrs 41mins 58secs

Tracy Chalmers - 4hrs 41mins 59secs - **course pb**

Karen Shepherd - 5hrs 2mins 7secs

Saturday 25th April 2009

National Primary Schools Cross Country, Kirkcaldy

1.5K

Alisa Cruickshanks - 6mins 40secs

1mile

Ryan Low - 5mins 50secs - **distance pb**

Wednesday 15th April 2009

St Andrews 5k

Davie Burgess - 16mins 47secs

Tom Lillico - 19mins 46secs

John Low - 20mins 43secs - **distance pb**

Colin McIntosh - 20mins 45secs

Jennifer Cruickshanks - 21mins 6secs - **distance pb**

Murray Barnett - 21mins 19secs - **distance pb**

Lewis Low - 21mins 48secs - **distance pb**

Stewart Barnett - 22mins 8secs

Peter Peddie - 22mins 22secs

Christine Bowie - 22mins 29secs - **distance pb**

Pamela Cruickshanks - 22mins 35secs - **distance pb**

Allan Gibson - 22mins 46secs

Iain McConnell - 23mins 2secs - **course pb**

Chris Broome - 23mins 47secs

Fiona Cruickshanks - 24mins 13secs - **distance pb**

Tracy Chalmers - 24mins 47secs

Ian Shield - 27mins 27secs

Tricia Wallace - 27mins 37secs

Susan Hutchison - 32mins 35secs - **course pb**

Junior Race, 1.8k

Ailsa Cruickshanks - 7mins 57secs

Jessie Barnett - 9mins 12secs

Sunday 12th April 2009

Tom Scott Memorial 10 Mile Road Race, Strathclyde Park

Davie Burgess - 56mins 57secs - **distance pb**

Tracy Chalmers - 1hr 27mins 26secs - **distance pb**

Jackie Murray - 1hr 27mins 53secs - **distance pb**

Saturday 11th April 2009

Norman's Law Hill Race, Luthrie

Richard Scott - 36mins 57secs

John Low - 38mins 00secs

Colin McIntosh - 41mins 49secs

Pamela Cruickshanks - 46mins 00secs

Debz Hay - 53mins 42secs - **course pb**

Saturday 11th April 2009

Emily Law Hill Race

Jennifer Cruickshanks - 7mins 16secs - ***2nd Female Overall***

Fiona Cruickshanks - 7mins 59secs

Sunday 5th April 2009

Edinburgh Half Marathon

Tich Shaw - 1hr 29mins 57secs

Stewart Barnett - 1hr 36mins 48secs - **distance pb**

Murray Barnett - 1hr 41mins 39secs - **distance pb**

Iain McConnell - 1hr 48mins 11secs

Tricia Wallace - 2hrs 13mins 19secs

Sunday 5th April 2009

Heaven and Hell Half Marathon, Perth

John Low - 1hr 41mins 37secs - **distance pb**

Sunday 5th April 2009

Paddock Wood Half Marathon

Neil Smith - 1hr 14mins 15secs - **distance pb**

Sunday 5th April 2009

Waid Cross Country

1st Year Girls

Lizzie Knox - ***1st Overall***

2nd Year Girls

Fiona Cruickshanks - ***1st Overall***

Rachel Grieve - ***2nd Overall***

3rd Year Boys

Lewis Low - ***2nd Overall***

Senior Girls

Jennifer Cruickshanks - ***1st Overall***

Tuesday 31st March 2009

Ravenscraig 2 Mile Race

Bill Simpson - 13mins 7secs

Jennifer Cruickshanks - 13mins 41secs

Pamela Cruickshanks - 14mins 10secs

Fiona Cruickshanks - 15mins 35secs

Ailsa Cruickshanks - 16mins 7secs

Wednesday 25th March 2009

Anster Haddies Shell Bay Nightmare, 3.7miles

Ian Mills - 23mins 48secs

Tom Lillico - 24mins 33secs

Jonny Knox - 25mins 42secs

John Low - 28mins 28secs

Lewis Low - 29mins 36secs

Chris Broome - 29mins 50secs

Jennifer Cruickshanks - 32mins 22secs

Fiona Cruickshanks - 32mins 42secs

Lizzie Knox - 37mins 5secs

Rachel Grieve - 37mins 5secs

Ailsa Cruickshanks - 37mins 6secs

Pamela Cruickshanks - 37mins 11secs

Jenny Adams - 37mins 36secs

Gwen Peddie - 39mins 35secs

Susan Hutchison - 50mins 29secs

Anne Maiden - 50mins 29secs

Ghouls-in-the-gloom:

Audrey Nairn

Alice Hall

Bill Hutchison

Christine Bowie

Davie Burgess

Debz Hay

Eck Anderson

Ewan Cameron

Fiona Mitchell

George Findlay

Gordon Mitchell

Ian Shield

Jackie Murray

June Penman

Karen Shepherd

Kevin Brereton

Neil Cruickshanks

Tracy Chalmers

Sunday 22nd March 2009

National Young Athletes Road Race, East Kilbride

Under 15 Girls, 4.5K

Jennifer Cruickshanks - 18mins 54secs

Fiona Cruickshanks - 21mins 29secs

Sunday 22nd March 2009

Alloa Half Marathon

Tich Shaw - 1hr 29mins 53secs

Gordon Mitchell - 1hr 51mins 43secs

Fiona Mitchell - 2hrs 16mins 49secs

Saturday 21st March 2009

The Mighty Deerstalker, Innerleithen, 10k and more

Murray Barnett - 1hr 56mins 57secs

Chris Broome - 2hrs 12mins 56secs

George Hay - 3hrs 11mins 51secs

Debz Hay - 3hrs 11mins 52secs

Saturday 21st March 2009

Spring Ballbuster Triathlon, 8 mile run x2

Neil Smith - 44mins 19secs/ 51mins 30secs

Saturday 14th March 2009

Scottish Schools Cross Country Championships

Girls 14-15 yrs, 3k

Fiona Cruickshanks

Girls 15-16yrs, 3.9k

Jennifer Cruickshanks

Saturday 14th March 2009

Lairig Mor Hill Race, 21k/520m

Chris Broome - 2hrs 15mins 39secs

Sunday 8th March 2009

Gartmore 6

Davie Burgess - 35mins 18secs - **course pb**

Pamela Cruickshanks - 49mins 57secs

Junior Race, 2 miles

Jennifer Cruickshanks - 15mins 4secs - **2nd U15 Girl**

Sunday 1st March 2009

Bishop Hill Race, 2.5 miles/1000ft

Colin McIntosh - 27mins 11secs

Sunday 1st March 2009

Smokies 10

Fiona Mitchell - 1hr 42mins 21secs

Sunday 1st March 2009

Lasswade 10

Davie Burgess - 59mins 24secs - **distance pb**

Ian Shield - 1hr 26mins 46secs

Sunday 1st March 2009

Glentress Duathlon, 10k Run/15k Cycle

Jonny Knox - 50mins 24secs/57mins 28secs/

John Low - 58mins 20mins/1hr 3mins 33secs

Debz Hay - Run - 1hr 13mins 34secs

George Hay - Cycle - 1hr 39mins

Saturday 28th February 2009

Cupar 5

Tich Shaw - 31mins 51secs

John Low - 33mins 19secs - **course pb**

Colin McIntosh - 33mins 21secs

Bill Arnott - 33mins 40secs - **course pb**

Bill Simpson - 34mins 17secs

Lewis Low - 35mins 6secs

Jennifer Cruickshanks - 36mins 38secs

Pamela Cruickshanks - 38mins 1secs

Wednesday 25th February 2009

Balmullo Nightmare, 4.5 miles/650ft

Jonny Knox - 41mins 29secs - **1st MV**

Tom Lillico - 41mins 39secs

Thomas Knox - 45mins 50secs - **1st MJ**

John Low - 48mins 10secs

Lewis Low - 48mins 10secs

Jennifer Cruickshanks - 49mins 15secs

Rachel Grieve - 52mins 45secs

Fiona Cruickshanks - 53mins 38secs

Ian Shield - 53mins 46secs

Lizzie Knox - 56mins 49secs

Ailsa Cruickshanks - 59mins 18secs

Pamela Cruickshanks - 59mins 18secs

Wednesday 25th February 2009

Kirkintilloch Olympians 12.5k

Davie Burgess - 46mins 00secs - ***3rd Overall***

Saturday 21st February 2009

National Cross Country Championships, Falkirk

U15 Girls, 4k

Jennifer Cruickshanks - 17mins 54 secs

Fiona Cruickshanks - 20mins 5secs

Tuesday 17th February 2009

Fife Schools Cross Country, Beveridge Park

Jennifer Cruickshanks - **4th - (Senior Girls)**

Fiona Cruickshanks - **7th - (2nd/3rd Year Girls)**

Sunday 15th February 2009

East Lothian Cross Country Championships, Prestonpans

Women 6k

Pamela Cruickshanks - 35mins 5secs - **3rd LV**

Girls 5k

Jennifer Cruickshanks - 21mins 54secs - **3rd U15 - distance pb**

Saturday 14th February 2009

Carnethy 5, 6 miles/2500ft

Davie Burgess - 1hr 5mins 1secs

Jas Baillie - 1hr 11mins 59secs

Tich Shaw - 1hr 12mins 54 secs

Tracy Chalmers - 1hr 58mins 20secs

Debz Hay - 2hrs 5mins 23secs

Friday 5th February 2009

SSAA Indoor Athletics Championships, Kelvin Hall, 1500m

Jennifer Cruickshanks - 5mins 44secs

Wednesday 21st January 2009

St Andrews Nightmare, 3.6miles

Davie Burgess - 20mins 40secs - ***3rd Overall***

Tom Lillico - 24mins 52 secs

Stewart Barnett - 25mins 28secs

Bill Simpson - 26mins 9secs

Murray Barnett - 28mins 25secs

Jennifer Cruickshanks - 28mins 26secs

Debz Hay - 35mins 34secs

Ailsa Cruickshanks - 35mins 35secs

Pamela Cruickshanks - 35mins 36secs

Sunday 1st February 2009

Forfar Multi-Terrain Half Marathon

Davie Burgess - 1hr 21mins 1secs - **course pb**

Ross Moreland - 1hr 38mins 8secs - **course pb**

John Low - 1hr 45mins 57secs

Christine Bowie - 1hr 54mins 41secs

Alice Hall - 1hr 55mins 27secs

Pamela Cruickshanks - 1hr 55mins 27secs - **distance pb**

Tracy Chalmers - 2hrs 6mins 12secs - **course pb**

Debz Hay - 2hrs 9mins 7secs - **course pb**

Karen Shepherd - 2hrs 17mins 34secs

Jackie Murray - 2hrs 17mins 35secs

Saturday 24th January 2009

Devil's Burdens Hill Relay Race

Anster Haddies "A Team" - 2hrs 54mins 39secs - 18th

Leg 1 - Jas Baillie, Tich Shaw - 47mins 21secs

Leg 2 - Davie Burgess - 28mins 13secs

Leg 3 - Ian Mills, Neil Smith - 1hr 5mins 31secs

Leg 4 - Bill Hutchison - 33mins 34secs

Anster Haddies "B Team" - 3hrs 35mins 56secs - 70th

Leg 1 - John Low, Tom Lillico - 48mins 27secs

Leg 2 - Bill Simpson - 35mins 20secs

Leg 3 - Gavin Gibson, Ross Moreland - 75mins 22secs

Leg 4 - Ian Shield - 46mins 23secs

Anster Haddies "C Team" - 4hrs 2mins 5secs - 90th

Leg 1 - Eck Anderson, Pete Peddie - 54mins 22secs

Leg 2 - Ewan Cameron - 42mins 34secs

Leg 3 - Allan Gibson, Chris Broome - 1hr 31mins 21secs

Leg 4 - Colin Drysdale - 53mins 48secs

Anster Haddies "D Team" - 4hrs 46mins 17secs - 108th

Leg 1 - Gwen Peddie, Jenny Adams -

Leg 2 - Christine Bowie -

Leg 3 - Pamela Cruickshanks, Alice Hall -

Leg 4 - Susan Hutchison -

Anster Haddies "E Team" - 4hrs 51mins 25secs - 109th

Leg 1 - Jackie Murray, Karen Shepherd -

Leg 2 - Iain McConnell -

Leg 3 - Tracy Chalmers, Debz Hay -

Leg 4 - June Penman -

Wednesday 21st January 2009

St Andrews Nightmare, 3.6 miles

Davie Burgess - 20mins 40secs - ***3rd Overall***

Tom Lillico - 24mins 52secs

Stewart Barnett - 25mins 28secs

Bill Simpson - 26mins 9secs

Lewis Low - 26mins 33secs

Murray Barnett - 28mins 25secs

Jennifer Cruickshanks - 28mins 26secs

Tracy Chalmers - 32mins 47ses

Debz Hay - 35mins 34secs

Ailsa Cruickshanks - 35mins 35secs

Pamela Cruickshanks - 35mins 36secs

Sunday 18th January 2009

Plumpton Classic, 7.5k Cross Country

Neil Smith - 27mins 35secs - ***1st Overall***

Sunday 4th January 2009

Tadworth 10

Neil Smith - 1hr 00mins 50secs - [distance pb](#)

Saturday 3rd January 2009

Cairnie Fruit Farm Cross Country, 4.5 miles

Christine Bowie - 33mins 24secs - [course pb](#)

Ian Shield - 34mins 3secs

Thursday 1st January 2009

Box Hill Knacker Cracker 10k

Neil Smith - 49mins 17secs - [course pb](#)

