



## ANSTER HADDIES RACE RESULTS 2010

### Haddie Of The Year

**Ian Shield**

### Performance Of The Year

**Bill Hutchison**

**For MSV Silver Medal In Scottish Ultra Marathon Series**

### Club Member Of The Year

**Pamela Cruickshanks**

### Race Award

**Ian Shield**

### Championship Award

**Ian Shield**

### Training Award

**Davie Burgess**

**Saturday 25th December 2010**

**Edinburgh Park Run 5k**

Tricia Wallace - 30mins 29secs

**Sunday 5th December 2010**

**Central Park, Joe Kleiner Memorial 10k, New York**

Pamela Cruickshanks - 49min 18secs

**Saturday 27th November 2010**

**San Dimas, Turkey Trot 10k, California**

Hazel Bradley - 49min 23secs - **1st FV60**

**Thursday 25<sup>th</sup> November 2010**

**Nightmare Series No 1, Ceres, 2.6miles**

Davie Burgess - 17min 8secs

Eck Anderson - 20min 21secs

Bill Simpson - 21min 49secs

Allan Gibson - 23min 14secs

**Saturday 20<sup>th</sup> November 2010**

**Brecon Beacons, 45miles**

Ross Moreland - 8hrs 5min

Saturday 20<sup>th</sup> November 2010

East District Cross Country, Broxburn

Senior Men

Allan Gibson - 44min 37secs

Senior Women

Pamela Cruickshanks - 28min 7secs

Karen Cunningham - 32min 17secs

Tricia Wallace - 33min 8secs

Saturday 13<sup>th</sup> November 2010

Glen Clova Half Marathon

Tricia Wallace - 2hrs 15min 52secs

Saturday 13<sup>th</sup> November 2010

British + Irish Masters X Country Championships, Dublin 6k

Hazel Bradley - 28min 15secs - **3rd Team**

Sunday 7<sup>th</sup> November 2010

Lasswade Cross Country, Gorebridge

Senior Men

Tich Shaw - 49min 7secs

Senior Women

Hazel Bradley - 31min 39secs

Pamela Cruickshanks - 32min 47secs

## U17 Women

Jennifer Cruickshanks - 22min 33secs

## U13 Girls

Ailsa Cruickshanks - 16min 12secs

## Sunday 7<sup>th</sup> November 2010

### Templeton 10, Dundee

Colin McIntosh - 1hr 12min 56secs

Ian Shield - 1hr 24min 20secs

Stuart Gibson - 1hr 31min 8secs

Gavin Gibson - 1hr 31min 9secs

Susan Penman - 1hr 32min 25secs

Douglas Campbell - 1hr 35min 35secs

Jacqui Murray - 1hr 39min 59secs

Tracy Chalmers - 1hr 42min 53secs

## Sunday 31<sup>st</sup> October 2010

### Jedburgh Half Marathon

Karen Cunningham - 2hrs 3min 57secs

## Sunday 31<sup>st</sup> October 2010 Hartley Cup Relay, Perth

### Men's A Team - 68mins 18secs

Zach Delaney - 5min 26secs, 5min 38secs

Thomas Knox - 5min 48secs, 6min 3secs

Jake Grieve - 5min 50secs, 5min 57secs

Jonny Knox - 5min 34secs, 5min 39secs

Ian Mills - 5min 45secs, 5min 50secs

Davie Burgess - 5min 21secs, 5min 27secs

**Men's B Team - 76mins 34secs**

Colin McIntosh - 5min 56secs, 6min 13secs

Gavin Gibson - 6min 29secs, 6min 33secs

Eck Anderson - 6min 6secs, 6min 9secs

Bill Arnott - 6min 22secs, 6min 46secs

Ewan Davidson - 6min 37secs, 6min 33secs

Stewart Barnett - 6min 29secs, 6min 31secs

**Men's C Team - 85mins 37secs**

Glen Rickman - 6min 48secs, 7min 2secs

George Findlay - 6min 50secs, 6min 43secs

Dougie Campbell - 7min 38secs, 7min 33secs

Allan Gibson - 7min 26secs, 7min 20secs

Ian Shield - 7min 3secs, 7min 3secs

Murray Barnett - 6min 55secs, 7min 15secs

**Naji Naji Onion Baji (Junior Team) - 89mins 33secs**

Rachael Grieve - 7min 10secs, 7min 13secs

Rosie Knox - 8min 10secs, 8min 21secs

Fiona Cruickshanks - 8min 4secs, 7min 52secs

Lizzie Knox - 8min 13secs, 7min 31secs

Ailsa Cruickshanks - 7min 11secs, 7min 21secs

Ronan McInstry - 6min 17secs, 6min 10secs

**Ladie's Team - 91mins 37secs**

Pamela Cruickshanks - 6min 44secs, 7min 1sec

Elise Methven - 7min 46secs, 7min 58secs

Hazel Bradley - 6min 57secs, 7min 4secs

June Penman - 7min 53secs, 7min 45secs

Tracy Knox - 7min 48secs, 7min 35secs

Tracy Chalmers - 8min 34secs, 8min 32secs

**Mixed Team - 99mins 17secs**

David Nuttall - 7min 30secs, 8min 3secs

George Hay - 8min 35secs, 8min 56secs

Debz Hay - 8min 34secs, 8min 36secs

Jacqui Murray - 8min 14secs, 8min 12secs

Catherine Richardson - 8min 19secs, 8min 17secs

John Dixon - 7min 54secs, 8min 12secs

**Monday 25<sup>th</sup> October 2010**

**Dublin Marathon**

Alice Hall - 3hrs 52min 23secs - **distance pb**

Karen Shepherd - 4hrs 45min 43secs

**Sunday 17<sup>th</sup> October 2010**

**Aviemore 10k**

Gordon Mitchell - 49min 20secs

Fiona Mitchell - 60min 21secs

**Saturday 16<sup>th</sup> October 2010**

**East District Cross Country League, Stirling**

**6km**

Hazel Bradley - 28min 3secs

Pamela Cruickshanks - 28min 26secs

## 9km

Jas Baillie - 39mins 44secs

Allan Gibson - 43mins 22secs

## Sunday 10<sup>th</sup> October 2010

### Giffordtown 5k

Stewart Barnett - 20min 40secs - **distance pb**

Ronan McInstry - 21min 7secs - **distance pb**

## Sunday 10<sup>th</sup> October 2010

### Pentland Skyline, Edinburgh 16miles, 1890m

Jonny Knox - 2hr 57min 19secs

## Sunday 10<sup>th</sup> October 2010

### Salomon Trail Turbo X 10 mile Run

#### Mugdock Country Park

Tich Shaw - 1hr 32min 5secs - **2nd MV50** - **course pb**

Jas Baillie - 1hr 34min 8secs - **3rd MV50** - **course pb**

Chris Broome - 1hr 43min 16secs - **course pb**

## Saturday 9<sup>th</sup> October 2010

### East District Cross Country Relays, Prestonpans

Leg 1 - Hazel Bradley - 18min 23secs

Leg 2 - Pamela Cruickshanks - 18min 19secs

Leg 3 - Christine Bowie - 18min 45secs

Thursday 7<sup>th</sup> October 2010

The Haribo Classic Series 6k, Falkland

Colin McIntosh - 18min 39secs

Sunday 3<sup>rd</sup> October 2010

Scottish Kilomathon, Edinburgh, 16.3 miles

Ewan Davidson - 2hrs 1min 18secs - **2nd MV60**

Christine Bowie - 2hrs 19mins 22secs

Bill Arnott - 2hrs 19mins 22secs

Susan Penman - 2hrs 34mins 48secs

Tricia Wallace - 2hrs 41mins 4secs

Sunday 3<sup>rd</sup> October 2010

Loch Ness Marathon, Inverness

Jacqui McDonald - 5hrs 25mins 35secs

Sunday 3<sup>rd</sup> October 2010

Loch Ness 10k, Inverness

Finlay Kerr - 52mins 44secs

Thursday 30<sup>th</sup> September 2010

The Haribo Classic Series, Glenrothes, 3.75k

Colin McIntosh - 25mins 46secs

Tricia Wallace - 34mins 49secs



## Sunday 26<sup>th</sup> September 2010

### East Neuk 10k

Ian Mills - 38mins 30secs - **1st Local Male** - course pb  
Jake Grieve - 40mins 3secs - distance pb  
Zach Delaney - 40mins 4secs - **2nd MJ**  
Thomas Knox - 40mins 55secs - **3rd MJ** - distance pb  
Timothy Grieve - 41mins 21secs  
Jas Baillie - 42mins 7secs - course pb  
Bill Simpson - 43mins 37secs - course pb  
Jennifer Cruickshanks - 44mins 34secs - **1st FJ** - distance pb  
Pamela Cruickshanks - 46mins 9secs - distance pb  
Chris Broome - 46mins 13secs  
Christine Bowie - 47mins 39secs - distance pb  
Murray Barnett - 48mins 6secs  
Rachael Grieve - 48mins 42secs - **2nd FJ** - distance pb  
Douglas Campbell - 51mins 54secs  
Fiona Kerr - 54mins 34secs  
Stuart Gibson - 55mins 2secs  
Jacqui Murray - 55mins 36secs  
Lizzie Knox - 57mins 15secs - **3rd FJ**  
Fiona Cruickshanks - 59mins 37secs  
Tracy Chalmers - 60mins 8secs  
Carlie Hay - 72mins 3secs  
Jaz Hay - 72mins 3secs

## Sunday 26<sup>th</sup> September 2010

### East Neuk 1k

#### Under 11 Girls

Abby Grieve - **1st**

Rosie Knox

Jessie Barnett

Over 11 Girls

Ailsa Cruickshanks - **1st**

Sally Mills - **2nd**

Saturday 25<sup>th</sup> September 2010

Two Breweries Hill Race 18miles, 4900' Climb

Jonny Knox - 3hrs 19mins 43secs - **course pb**

Ian Mills - 3hrs 39mins 43secs

Saturday 25<sup>th</sup> September 2010

Scafell Pike Fell Race, Lake District

4.5miles, 3000' Climb

Tich Shaw - 1hr 25mins

Wednesday 22<sup>nd</sup> September 2010

The Haribo Classic Series, Markinch, 5.3k

Tricia Wallace - 28mins

Sunday 19<sup>th</sup> September 2010

Great North Run, Newcastle

Stewart Barnett - 1hr 36mins 42secs

Sunday 19<sup>th</sup> September 2010

Stirling 10k

Colin McIntosh - 40mins 52secs

Tricia Wallace - 52mins 54secs

Sunday 19<sup>th</sup> September 2010

Junior Home Hill Running International, Ireland

Jennifer Cruickshanks - 31mins 24secs - **Team Bronze**

Saturday 18<sup>th</sup> September 2010

Scottish Ultra Marathon Series

Bill Hutchison - **2nd MSV - Silver Medal**

Saturday 18<sup>th</sup> September 2010

River Ayr Way 41miles

Ross Moreland - 6hrs 1min 29secs - **course pb**

Bill Hutchison - 6hrs 21min 20secs - **2nd MSV**

Ian Shield - 8hrs 38min 19secs

Saturday 11<sup>th</sup> September 2010

Edinburgh Park Run 5k

Tricia Wallace - 25mins 34secs

Sunday 5<sup>th</sup> September 2010

The Ryedale 10mile Run

North Yorkshire

Jas Baillie - 1hr 12mins

Sunday 5<sup>th</sup> September 2010

Glasgow Half Marathon

Susan Penman - 2hrs 2mins 42secs

Liam McGonigle - 2hrs 4mins 27secs

Jennifer Gallacher - 2hrs 26mins 30secs

Saturday 4<sup>th</sup> September 2010

Morrone Hill Race, 1000'

Braemar Highland Gathering

Jonny Knox - 29mins 36secs - **1st MV**

Thomas Knox - 30mins 54secs

Ian Mills - 31mins 26secs - **2nd MV**

John Low - 35mins 50secs

Colin McIntosh - 38mins 26secs

Jennifer Cruickshanks - 38mins 37secs

Pamela Cruickshanks - 44mins 51secs

Saturday 4<sup>th</sup> September 2010

Ben Nevis Hill Race, 4406'

Tich Shaw - 2hrs 33mins 24secs - **course pb**

Tuesday 31<sup>st</sup> August 2010

Graham Clark 3.9mile, Knockhill

Colin McIntosh - 25mins 13secs

John Low - 25mins 53secs

Saturday 28<sup>th</sup> August 2010

Speyside Way 35.5miles, Buckie

Bill Hutchison - 5hrs 30mins 4secs - **3rd MV50**

Tuesday 24<sup>th</sup> August 2010

Ravenscraig Park 2miles

Bill Simpson - 12mins 56secs - **1st MV55** - **course pb**

Sunday 22<sup>nd</sup> August 2010

Scottish Hill Run, Menstrie

Open Race, 6.3k 410m climb

Jonny Knox - 31mins 56secs - **2nd**

U19 Girls, 4.6k 280m climb

Jennifer Cruickshanks - 25mins 57secs - **3rd**

U16 Boys, 4.6k 280m climb

Thomas Knox - 23mins 44secs - **3rd**

U14 Girls, 3k 165m climb

Lizzie Knox - 19mins 51secs - **3rd**

Sunday 22<sup>nd</sup> August 2010

Menstrie Mystery Hill Fun Run

Rosie Knox - 6mins 24secs

Tracy Knox - 6mins 44secs

Saturday 21<sup>st</sup> August 2010

Edinburgh Park Run 5k

Tricia Wallace - 25mins 30secs

Tuesday 17<sup>th</sup> August 2010

Ceres 8

Davie Burgess - 47mins 18secs

Eck Anderson - 58mins 35secs

Stewart Barnett - 59mins 26secs - **course pb**

Hazel Bradley - 60mins 30secs - **1st FV60**

Pamela Cruickshanks - 63mins 57secs - **course pb**

Alice Hall - 66mins 39secs - **course pb**

Karen Shepherd - 71mins 18secs

Susan Penman - 72mins 15secs

Douglas Campbell - 75mins 36secs

Tricia Wallace - 76mins 28secs

Sunday 15<sup>th</sup> August 2010

Lomand Hill Race 11miles

John Low - 2hrs 22mins

Colin McIntosh - 2hrs 32mins

## Sunday 15<sup>th</sup> August 2010

### Forfar 10k

Hazel Bradley - 46mins 14secs - **1st FV60**

Tricia Wallace - 59mins 43secs

## Thursday 12<sup>th</sup> August 2010

### Balmullo Trail Race 4.9miles

Eck Anderson - 36mins 8secs

John Low - 36mins 42secs

Colin McIntosh - 36mins 52secs

Stewart Barnett - 38mins 22secs

Tich Shaw - 38mins 34secs - **2nd MV55**

Jennifer Cruickshanks - 39mins 10secs - **1st FJU17**

Bill Simpson - 39mins 43secs - **3rd MV55**

Jas Baillie - 40mins 26secs

Ronan McInstry - 42mins 36secs - **2nd MJ**

Murray Barnett - 45mins 17secs

Fiona Cruickshanks - 52mins 30secs - **1st FJU15**

Tricia Wallace - 52mins 51secs

## Sunday 8<sup>th</sup> August 2010

### The 6km Muchty Run Auchtermuchty

Colin McIntosh - 25mins 7secs - **3rd MV50**

John Low - 27mins 11secs - **3rd MV40**

## Saturday 7<sup>th</sup> August 2010

### Devil O' The Highlands 43miles

#### Tyndrum To Fort William

Bill Hutchison - 7hrs 19mins 43secs - **3rd MSV**

Kev Brereton - 7hrs 59mins 7secs

Tich Shaw - 8hrs 36mins 40secs - **course pb**

## Saturday 7<sup>th</sup> August 2010

### Largo Law Challenge

Jonny Knox - 48mins 18secs - **\*2nd Overall\*** - **1st MV40** - **course pb**

Davie Burgess - 49mins 14secs

Ian Mills - 52mins 7secs - **course pb**

Thomas Knox - 53mins 6secs - **1st MJ**

John Low - 59mins 24secs

Jake Grieve - 61mins 19secs

Jennifer Cruickshanks - 64mins 25secs - **2nd FJ** - **course pb**

Allan Galloway - 68mins 45secs - **course pb**

Alice Hall - 73mins 58secs

Fiona Cruickshanks - 79mins 3secs - **3rd FJ**

Karen Shepherd - 83mins 54secs - **course pb**

## Saturday 7<sup>th</sup> August 2010

### Largo Law Junior Race

Ryan Low - 17mins 5sec - **2nd Boy**

Lizzie Knox - 18mins 22secs - **2nd Girl**

Ailsa Cruickshanks - 18mins 44secs - **3rd Girl**

Rachael Grieve - 21mins 12secs - **4th Girl**



## Wednesday 4<sup>th</sup> August 2010

### North Berwick Law 4.8km

Jonny Knox - 21mins 19sec - **1st MV**

Ian Mills - 22mins 30secs

Thomas Knox - 22mins 42secs - **1st MJU15**

Lizzie Knox

Tracy Knox

## Sunday 1<sup>st</sup> August 2010

### Donkey Brae 7miles

Colin McIntosh - 48mins 21secs

## Saturday 31<sup>st</sup> July 2010

### Tour Of Fife Overall Results

Colin McIntosh - 3hrs 18mins 18secs - **3rd MV50**

John Low - 3hrs 23mins 33secs

Bill Simpson - 3hrs 30mins 57secs - **2nd MV55**

Jennifer Cruickshanks - 3hrs 33mins 26secs - **1st FU17**

George Findlay - 3hrs 41mins 28secs

Pamela Cruickshanks - 3hrs 45mins 20secs

Ian Shield - 3hrs 51mins 43secs - **3rd MV60**

Allan Galloway - 3hrs 51mins 46secs

Liam McGonigle - 4hrs 5mins 22secs

Karen Shepherd - 4hrs 19mins 15secs

Susan Penman - 4hrs 21mins 28secs

Fiona Cruickshanks - 4hrs 22mins 46secs - **3rd FU17**

Tricia Wallace - 4hrs 26mins 56secs

Jennifer Gallacher - 5hrs 16mins 14secs

## Saturday 31<sup>st</sup> July 2010

### Tour Of Fife Day 6

#### The Twisted Chicken Run, Strathmiglo 5.5miles

Colin McIntosh - 41mins 16secs - **3rd MV50**

Jennifer Cruickshanks - 43mins 40secs - **1st FU17**

John Low - 43mins 56secs

Bill Simpson - 44mins 27secs - **2nd MV55**

George Findlay - 46mins 1sec

Pamela Cruickshanks - 46mins 46secs

Allan Galloway - 47mins 19secs

Hazel Bradley - 48mins 20secs - **1st FV60**

Ian Shield - 49mins 1sec - **3rd MV60**

Liam McGonigle - 52mins 50secs

Alice Hall - 52mins 57secs

Karen Shepherd - 54mins 2secs

Fiona Cruickshanks - 54mins 32secs - **3rd FU17**

Susan Penman - 55mins 15secs

Tricia Wallace - 58mins 9secs

Jennifer Gallacher - 67mins 2secs

## Friday 30<sup>th</sup> July 2010

### Tour Of Fife Day 5

#### Uphell Time Trial, Near Glenrothes

John Low - 12mins 46secs - **course pb**

Bill Simpson - 14mins 00secs - **2nd MV55**

Colin McIntosh - 14mins 4secs

Jennifer Cruickshanks - 14mins 57secs - **1st FU17**

Allan Galloway - 15mins 22secs

Pamela Cruickshanks - 15mins 48secs - **course pb**

George Findlay - 15mins 58secs

Hazel Bradley - 16mins 5secs - **1st FV60** - \*AGE GROUP COURSE RECORD\*

Ian Shield - 16mins 16sec - **3rd MV60**

Fiona Cruickshanks - 16mins 55secs - **3rd FU17**

Karen Shepherd - 17mins 42secs

Alice Hall - 17mins 43secs

Liam McGonigle - 17mins 49secs

Tricia Wallace - 18mins 58secs

Susan Penman - 19mins 5secs

Jennifer Gallacher - 22mins 20secs

## Thursday 29<sup>th</sup> July 2010

### Tour Of Fife Day 4

#### Chariots Of Fire Beach Race, St Andrews

Jonny Knox - 27mins 23secs - **2nd MV45**

Colin McIntosh - 29mins 33secs - **3rd MV50**

John Low - 30mins 20secs

Jennifer Cruickshanks - 32mins 28secs - **1st FU17**

Pamela Cruickshanks - 33mins 18secs

Bill Simpson - 39mins 57secs - **2nd MV55**

George Findlay - 33mins 21secs

Hazel Bradley - 33mins 46secs - **1st FV60**

Ian Shield - 34mins 27sec - **3rd MV60**

Allan Galloway - 35mins 5secs

Liam McGonigle - 35mins 42secs

Alice Hall - 37mins 11secs

Karen Shepherd - 38mins 5secs

Susan Penman - 38mins 13secs

Fiona Cruickshanks - 39mins 19secs - **3rd FU17**

Tricia Wallace - 39mins 35secs  
Jennifer Gallacher - 47mins 23secs

Tuesday 27<sup>th</sup> July 2010

Tour Of Fife Day 3

Lomands Lungbuster 4.5mile 697' Hill Race, Falkland

Jonny Knox - 31mins 43secs - **1st MV45**  
Thomas Knox - 33mins 57secs - **1st MJ**  
John Low - 35mins 59secs  
Colin McIntosh - 36mins 15secs - **3rd MV50**  
Jennifer Cruickshanks - 38mins 43secs - **1st FU17**  
Bill Simpson - 39mins 57secs - **2nd MV55**  
George Findlay - 40mins 20secs  
Hazel Bradley - 41mins 4secs - **1st FV60**  
Pamela Cruickshanks - 41mins 11secs  
Allan Galloway - 43mins 25secs  
Ian Shield - 44mins 11sec - **3rd MV60**  
Fiona Cruickshanks - 45mins 58secs - **3rd FU17**  
Alice Hall - 46mins 8secs  
Liam McGonigle - 47mins 10secs  
Karen Shepherd - 50mins 11secs  
Susan Penman - 50mins 18secs  
Tricia Wallace - 50mins 21secs  
Jennifer Gallacher - 63mins 35secs

## Monday 26<sup>th</sup> July 2010

### Tour Of Fife Day 2

#### Loopy Loch 6.5mile Trail Race, Lochore Meadows

Jonny Knox - 40mins 45sec

Colin McIntosh - 43mins 9secs - **3rd MV50**

Thomas Knox - 43mins 48secs - **1st MJ**

John Low - 45mins 14secs

Bill Simpson - 45mins 45secs - **2nd MV55**

Jennifer Cruickshanks - 47mins 9secs - **1st FU17**

Hazel Bradley - 47mins 38secs - **1st FV60**

George Findlay - 48mins 23secs

Pamela Cruickshanks - 49mins 24secs

Ian Shield - 49mins 48sec - **3rd MV60**

Allan Galloway - 50mins 39secs

Liam McGonigle - 53mins 16secs

Karen Shepherd - 55mins 43secs

Susan Penman - 55mins 58secs

Tricia Wallace - 56mins 49secs

Fiona Cruickshanks - 61mins 10secs - **2nd FU17**

Jennifer Gallacher - 66mins 16secs

## Sunday 25<sup>th</sup> July 2010

### Tour Of Fife Day 1

#### Teddy Bear 5mile Race, Giffordtown

Colin McIntosh - 34mins 1sec

Bill Simpson - 34mins 53secs - **2nd MV55**

John Low - 35mins 18secs

Jennifer Cruickshanks - 36mins 29secs - **1st FU17**

George Findlay - 37mins 25secs

Ian Shield - 38mins 1sec - **3rd MV60**

Liam McGonigle - 38mins 35secs

Pamela Cruickshanks - 38mins 53secs

Allan Galloway - 39mins 53secs

Alice Hall - 42mins 1sec

Susan Penman - 42mins 39secs

Tricia Wallace - 43mins 4secs

Karen Shepherd - 43mins 32secs

Fiona Cruickshanks - 44mins 53secs - **3rd FU17**

Jennifer Gallacher - 49mins 38secs

Carole Fraser - 51mins 40secs

### Sunday 25<sup>th</sup> July 2010

#### Uk National Junior Athletics League

#### Scotstoun Glasgow

#### 3000 metres

Jennifer Cruickshanks - 11mins 50secs

#### 1500 metres

Jennifer Cruickshanks - 6mins 19secs

### Saturday 24<sup>th</sup> July 2010

#### International Snowdon Mountain Race

#### Llanberis, Wales - 10miles, 3560ft

Tich Shaw - 1hr 43mins 40secs

Saturday 24<sup>th</sup> July 2010

Downhill 6hr Endurance Biking Marathon

Fort William

Lewis Low - \*\*\*\*1st Overall\*\*\*\*

Zak Delaney

Friday 23<sup>rd</sup> July 2010

Aonach Mor Uphill Race 2000' Climb

Fort William

John Low - 29mins 13secs

Saturday 17<sup>th</sup> July 2010

Clyde Stride 40 miles

Bill Hutchison - 6hrs 2mins 00secs - **2nd MSV**

Ross Moreland - 6hrs 31mins 00secs

Saturday 17<sup>th</sup> July 2010

Edinburgh Park Run 5k

Tricia Wallace - 24mins 18secs - **distance pb**

Wednesday 14<sup>th</sup> July 2010

Newburgh 5

Colin McIntosh - 30mins 20secs

Bill Simpson - 30mins 36secs

John Low - 31mins 10secs

Hazel Bradley - 32mins 45secs - **1st FV55**

Allan Gibson - 34mins 42secs  
Liam McGonagle - 35mins 32secs  
Ian Shield - 36mins 14secs  
Tricia Wallace - 38mins 00secs  
Jennifer Gallacher - 47mins 28secs

Tuesday 13<sup>th</sup> July 2010

Ravenscraig 1mile Road Race

Bill Simpson - 6mins 3secs - **1st MV55**

Sunday 11<sup>th</sup> July 2010

Crieff 10k

Colin McIntosh - 45mins 21secs

Saturday 10<sup>th</sup> July 2010

Edinburgh Park Run 5k

Tricia Wallace - 24mins 58secs

Wednesday 7<sup>th</sup> July 2010

Carnethy Midweek Hill ace

Tich Shaw - 34mins 28secs - **course pb**

Wednesday 7<sup>th</sup> July 2010

Brig Bash 5

Colin McIntosh - 33mins 36secs



Tricia Wallace - 41mins 40secs

John Low - 44mins 15secs

### Saturday 4<sup>th</sup> July 2010

#### Cupar Highland Games

Colin McIntosh - 1hr 4mins 28secs

John Low - 1hr 6mins 28secs

Ian Shield - 1hr 12mins 35secs

### Friday 2<sup>nd</sup> July 2010

#### White Tops Hill Race, Dundee

Colin McIntosh - 45mins 48secs

### Tuesday 29<sup>th</sup> June 2010

#### Ravenscraig 1mile Road Race

Bill Simpson - 6mins 14secs - **1st MV55**

### Sunday 27<sup>th</sup> June 2010

#### Dundee Half Marathon

Ian Shield - 1hr 48mins 14secs - **course pb**

Tricia Wallace - 2hrs 3mins 26secs - **course pb**

### Sunday 27<sup>th</sup> June 2010

#### Glenrothes 10k

Jas Baillie - 42mins 57secs - **course pb**

Jennifer Cruickshanks - 44mins 59secs - **distance pb**

Hazel Bradley - 46mins 22secs

Pamela Cruickshanks - 50mins 18secs

Susan Penman - 55mins 8secs

Karen Shepherd - 55mins 37secs

Fiona Cruickshanks - 57mins 46secs

### Glenrothes 4k

Jessie Barnett

Stewart Barnett

### Glenrothes Biathlon/Swim and Run

Carole Fraser - 1hr 21mins 53secs

Ailsa Cruickshanks - 18mins 58secs - **2nd Girl**

### Sunday 27<sup>th</sup> June 2010

#### Falkland Hill Race

Thomas Knox - 23mins 48secs - **1st MJ** - **course pb**

Ian Mills - 23mins 59secs - **3rd MV40** - **course pb**

Gregoire Jay - 25mins 43secs - **2nd MJ**

John Low - 26mins 41secs

Jake Grieve - 27mins 37secs

Tich Shaw - 28mins 6secs - **3rd MV50** - **course pb**

Glen Rickman - 30mins 12secs

Bill Simpson - 31mins 49secs - **course pb**

Rachel Grieve - 35mins 23secs - **3rd FJ**

## Friday 25<sup>th</sup> June 2010

### Shell Bay Sandy Slither, 6.1 miles

Davie Burgess - 41mins 6secs

Ian Mills - 42mins 2secs - **2nd MV40** - **course pb**

Thomas Knox - 43mins 57secs - **2nd MJ17**

Eck Anderson - 45mins 29secs - **course pb**

Jonny Knox - 45mins 59secs

Tich Shaw - 46mins 5secs

Jake Grieve - 46mins 18secs - **course pb**

Jas Baillie - 46mins 32secs - **course pb**

John Low - 48mins 17secs - **course pb**

Stewart Barnett - 48mins 45secs - **course pb**

Glen Rickman - 49mins 00secs

Ewan Cameron - 52mins 47secs

Pamela Cruickshanks - 53mins 58secs - **course pb**

Alice Hall - 54mins 23secs

Rachael Grieve - 54mins 51secs - **1st FJU17**

Ian Shield - 56mins 8secs

## Thursday 24<sup>th</sup> June 2010

### Milnathort Dash

Colin McIntosh - 37mins 17secs

John Low - 37mins 46secs - **course pb**

Tricia Wallace - 48mins 33secs

## Tuesday 22<sup>nd</sup> June 2010

### Fife Primary Schools Cross Country

#### Beveridge Park

Ailsa Cruickshanks - **3rd Girl**

Ryan Low

**Sunday 20<sup>th</sup> June 2010**

**Seven Hills of Edinburgh**

John Low - 2hrs 33mins 5secs

Colin McIntosh - 2hrs 45mins 23secs

Ian Shield - 3hrs 6mins 37secs

**Sunday 20<sup>th</sup> June 2010**

**Race For Life 5k**

**Camper Down Park, Dundee**

Alice Hall

Ellie Hall

**Sunday 20<sup>th</sup> June 2010**

**Race For Life 5k**

**Beveridge Park, Kirkcaldy**

Jennifer Cruickshanks - 19mins 50secs - **1st**

Ailsa Cruickshanks - 20mins 56secs - **3rd**

Fiona Cruickshanks - 28mins

Karen Shepherd - 28mins

**Sunday 20<sup>th</sup> June 2010**

**Edinburgh to St Andrews Cycle**

**In Aid Of Lepira - 65miles**

Debz Hay - 5hrs 30mins

George Hay - 5hrs 30mins

Jordan Hay - 5hrs 30mins

Friday 18<sup>th</sup> June 2010

Templeton Trail Race

Tricia Wallace - 49mins

Wednesday 16<sup>th</sup> June 2010

Waid Academy School Sports

1500metres

Jennifer Cruickshanks - **1st Senior Girl**

Thomas Knox - **1st Senior Boy**

800metres

Fiona Cruickshanks - **1st Third Year Girl**

Lizzie Knox - **1st Second Year Girl**

200metres

Rachel Grieve - **1st Third Year Girl**

100metres

Rachel Grieve - **1st Third Year Girl**

Hurdles

Rachel Grieve - **1st Third Year Girl**

Sunday 13<sup>th</sup> June 2010

Dunfermline Half Marathon

Ian Shield - 1hr 46mins 56secs

Iain McConnell - 1hr 51mins 47secs - **course pb**

Saturday 12<sup>th</sup> June 2010

Edinburgh Park Run 5k

Carole Fraser - 29mins 43secs

Friday 11<sup>th</sup> June 2010

The Black Rock 5

Iain McConnell - 35mins 47secs

Friday 11<sup>th</sup> June 2010

Mini-Tour of Fife

Overall Results after 5 Events

U11 Girls

Jessie Barnett - 46mins 41secs - **2nd Girl**

U13 Girls

Ailsa Cruickshanks - 1hr 29mins 43secs - **2nd Girl**

U18 Girls

Jennifer Cruickshanks - 1hr 37mins 11secs - **1st Girl**

Friday 11<sup>th</sup> June 2010

Mini-Tour of Fife

Cambo Estate Multi Terrain Race - 3miles

U13 Girls

Ailsa Cruickshanks - 23mins 32secs - **2nd Girl**

U18 Boys

Thomas Knox - 20mins 20secs - **2nd Boy**

U18 Girls

Jennifer Cruickshanks - 22mins 42secs - **1st Girl**

Fiona Cruickshanks - 24mins 1sec

Rachel Grieve - 25mins 21secs

Thursday 10<sup>th</sup> June 2010

Mini-Tour of Fife - Tarvit Estate Time Trial

U11 Girls

Jessie Barnett - 10mins 13secs

U13 Girls

Ailsa Cruickshanks - 9mins 4secs - **2nd Girl**

U18 Girls

Jennifer Cruickshanks - 8mins 19secs - **1st Girl**

Wednesday 9<sup>th</sup> June 2010

Mini-Tour of Fife - Tentsmuir Forest Trail Race

U11 Girls

Jessie Barnett - 7mins 35secs

### U13 Girls

Ailsa Cruickshanks - 16mins 0secs - **2nd Girl**

### U18 Girls

Jennifer Cruickshanks - 20mins 29secs - **1st Girl**

Fiona Cruickshanks - 22mins 12secs

### Tuesday 8<sup>th</sup> June 2010

#### Mini-Tour of Fife

#### East Lomand Hill Race

### U11 Girls

Jessie Barnett - 12mins 43secs - **2nd Girl**

### U13 Girls

Ailsa Cruickshanks - 25mins 28secs - **3rd Girl**

### U18 Girls

Jennifer Cruickshanks - 22mins 52secs - **2nd Girl**

Fiona Cruickshanks - 26mins 32secs - **3rd Girl**

### Monday 7<sup>th</sup> June 2010

#### Mini-Tour of Fife

#### St Andrews Beach Race

### U11 Girls - 1mile

Jessie Barnett - 8mins 47secs - **2nd Girl**



### U13 Girls - 1.5miles

Ailsa Cruickshanks - 15mins 39secs - **1st Girl**

### U18 Girls - 3miles

Jennifer Cruickshanks - 22mins 49secs - **1st Girl**

Fiona Cruickshanks - 24mins 45secs - **3rd Girl**

### Saturday 5<sup>th</sup> June 2010

#### Strathallan 5mile

Carole Fraser - 50mins 58secs

### Saturday 5<sup>th</sup> June 2010

#### Edinburgh Park Run 5k

Tricia Wallace - 24mins 28secs - **distance pb**

### Wednesday 2<sup>nd</sup> June 2010

#### Auld Toun 10k

Carole Fraser - 60mins 3secs

### Wednesday 2<sup>nd</sup> June 2010

#### Hill O' Tarvit 5.5miles

Jonny Knox - 38mins 37secs

Thomas Knox - 39mins 38secs - **1st MJU17** - **course pb**

Tich Shaw - 41mins 2secs

Colin McIntosh - 41mins 10secs

Stewart Barnett - 44mins 16secs - **course pb**

Christine Bowie - 46mins 2secs - **2nd FV45** - **course pb**  
Allan Gibson - 47mins 22secs - **course pb**  
Pamela Cruickshanks - 48mins 25secs - **3rd FV45** - **course pb**  
Iain McConnell - 49mins 40secs  
Ian Shield - 50mins 00secs  
Aile Knox - 50mins 49secs  
Liam McGonagle - 52mins 21secs  
Alice Hall - 53mins 9secs  
Lizzie Knox - 54mins 42secs - **2nd FJ**  
Tracey Knox - 54mins 50secs  
Elise Methven - 55mins 30secs  
Karen Shepherd - 56mins 36secs - **course pb**  
Tricia Wallace - 57mins 56secs - **course pb**  
June Penman - 60mins 51secs  
Jennifer Gallacher - 70mins 13secs

### Sunday 30<sup>th</sup> May 2010

Broughty Ferry to Tayport 8 miles

In aid of Cancer for Ward 34 at Ninewells

John Low - 56mins 24secs - **3rd equal**

Colin McIntosh - 56mins 24secs - **3rd equal**

### Saturday 29<sup>th</sup> May 2010

Isle Of Jura Fell Race - 16miles 7500ft

Jonny Knox - 4hrs 18mins 55secs

Saturday 29<sup>th</sup> May 2010

Cairnpapple Hill Race

Bathgate Highland Games

Tich Shaw - 43mins 38secs

Saturday 29<sup>th</sup> May 2010

Edinburgh Park Run 5k

Tricia Wallace - 24mins 50secs

Carole Fraser - 29mins 42secs

Wednesday 26<sup>th</sup> May 2010

Knock Hill Race Crieff

Thomas Knox - 37mins 34secs - **2nd Junior**

John Low - 37mins 42secs

Tich Shaw - 38mins 49secs

Colin McIntosh - 39mins 5secs

Tuesday 25<sup>th</sup> May 2010

Ravenscraig Park 1mile Road Race

Carole Fraser - 8mins 53secs

Sunday 23<sup>rd</sup> May 2010

Edinburgh Marathon

Dell Rae - 3hrs 5mins 56secs

Tricia Wallace - 5hrs 16mins 35secs

Ian Shield - 5hrs 19mins 35secs

Sunday 23<sup>rd</sup> May 2010

Edinburgh Half Marathon

Stewart Barnett - 1hr 44mins 13secs

Murray Barnett - 1hr 44mins 37secs

Sunday 23<sup>rd</sup> May 2010

National Junior Athletics League 1500m Steeplechase

Jennifer Cruickshanks - 6mins 21secs - 2nd - **distance pb**

Saturday 22<sup>nd</sup> May 2010

Edinburgh Park Run 5k

Carole Fraser - 28mins 58secs

Saturday 22<sup>nd</sup> May 2010

Glasgow Park Run 5k

Liam McMonagle - 23mins 8secs - **course pb**

Jennifer Gallacher - 31mins 32secs

Friday 21<sup>st</sup> May 2010

Beveridge Park 5k

Tich Shaw - 19mins 50secs - **2nd MV55**

Jas Baillie - 19mins 52secs - **3rd MV55** - **distance pb**

Pamela Cruickshanks - 22mins 24secs - **2nd FV45** - **course pb**

Jennifer Cruickshanks - 23mins 21secs - **1st FJ16**

Fiona Cruickshanks - 24mins 15secs - **1st FJ15**

## Wednesday 19<sup>th</sup> May 2010

### Kinnoull Hill Race

Jonny Knox - 28mins 47secs - **2ndMV**

Thomas Knox - 31mins 50secs

John Low - 33mins 5secs

Colin McIntosh - 34mins 5secs

Glen Rickman - 35mins 10secs

## Sunday 16<sup>th</sup> May 2010

### Quarriers 5k

Glen Rickman - 21mins 16secs - **distance pb**

Jennifer Cruickshanks - 22mins 1sec - **2nd Female** - **course pb**

Liam McMonaghie - 23mins 46secs

June Penman - 24mins 37secs - **1st LV40**

Rachael Grieve - 25mins 12secs - **1st FJ**

Fiona Cruickshanks - 25mins 15secs

## Sunday 16<sup>th</sup> May 2010

### Quarriers 1k Junior Race

Ryan Low - 5mins 30secs - **1st Boy** - **distance pb**

Ailsa Cruickshanks - 6mins - **1st Girl**

## Sunday 16<sup>th</sup> May 2010

### Etape Caledonia 81mile Cycle Challenge

George Hay - 5hrs 17mins 25secs

Debz Hay - 5hrs 22mins 8secs

## Saturday 15<sup>th</sup> May 2010

### Loch Leven Half Marathon

Jas Baillie - 1hr 33mins 36secs - **distance pb**

## Wednesday 12<sup>th</sup> May 2010

### St Andrews 5k

Davie Burgess - 17mins 28secs

Jas Baillie - 20mins 31secs

Colin McInosh - 20mins 35secs - **course pb**

Eck Anderson - 20mins 38secs

John Low - 20mins 41secs - **course pb**

Bill Simpson - 21mins 14secs

Glen Rickman - 21mins 46secs

Ewan Davidson - 21mins 50secs - **3rd MV60**

Jennifer Cruickshanks - 22mins 2secs - **2nd FJ**

Chris Broome - 22mins 21secs - **distance pb**

Hazel Bradley - 22mins 25secs - **1st FV50**

Pamela Cruickshanks - 22mins 41secs

Ian Shield - 22mins 55secs

Allan Gibson - 22mins 57secs

Christine Bowie - 23mins 18secs

Fiona Cruickshanks - 23mins 20secs - **course pb**

Gwen Tivendale - 24mins 24secs

Tricia Wallace - 24mins 58secs - **distance pb**

## Wednesday 12<sup>th</sup> May 2010

### St Andrews Junior Race, 1.8k

Ailsa Cruickshanks - 7mins 36secs - **1st Female** - **course pb**

Sunday 9<sup>th</sup> May 2010

Glasgow Womens 10k

Alice Hall - 50mins 43secs

Fiona Mitchell - 1hr 4mins 51secs

Jennifer Gallacher - 1hr 5mins 17secs - **distance pb**

Sunday 9<sup>th</sup> May 2010

Glen Lednock 8.5mile Road Race

Davie Burgess - 52mins 29secs - **\*2nd Overall\***

Saturday 8<sup>th</sup> May 2010

Ben Lomond Hill Race

Jonny Knox - 1hr 19mins 11secs

Tich Shaw - 1hr 43mins 33secs

Saturday 8<sup>th</sup> May 2010

Ben Lomond Junior Hill Race

Thomas Knox

Lizzie Knox - **2nd U14 Girl**

Wednesday 5<sup>th</sup> May 2010

Strathkinness/Blebocraigs, 4.5miles

Davie Burgess - 26mins 00secs - **\*1st Overall\***

Jonny Knox - 27mins 53secs - **2nd MV40 - course pb**

Ian Mills - 28mins 7secs - **3rd MV40 - course pb**

Thomas Knox - 30mins 35secs - **2nd MJU17 - course pb**

Eck Anderson - 30mins 36secs - **course pb**  
Tich Shaw - 30mins 40secs  
John Low - 30mins 52secs - **course pb**  
Jas Baillie - 31mins 6secs  
Stewart Barnett - 32mins 1sec - **course pb**  
Bill Simpson - 32mins 15secs - **course pb**  
Glen Rickman - 32mins 53secs  
Chris Broome - 32mins 54secs - **course pb**  
Murray Barnett - 33mins 32secs - **course pb**  
Hazel Bradley - 34mins 19secs - **1st FV55**  
Iain McConnell - 34mins 34secs - **course pb**  
Allan Gibson - 34mins 41secs - **course pb**  
Jennifer Cruickshanks - 34mins 48secs - **1st FJU17**  
Pamela Cruickshanks - 34mins 56secs - **course pb**  
Bella Dessain - 35mins 30secs  
Ian Shield - 36mins 28secs  
Fiona Cruickshanks - 36mins 31secs - **2nd FJU17 - course pb**  
Rachel Grieve - 36mins 54secs - **3rd FJU17 - course pb**  
Aile Knox - 37mins 25secs  
Ailsa Cruickshanks - 38mins 11secs - **1st FJU13 - course pb**  
Tricia Wallace - 38mins 24secs - **course pb**  
Lizzie Knox - 39mins 31secs - **1st FJU15 - course pb**  
Tracy Knox - 39mins 37secs  
June Penman - 40mins 11secs  
Susan Penman - 40mins 21secs  
Karen Shepherd - 41mins 1sec  
Audrey Wishart - 41mins 48secs  
Jane McBride - 48mins 9secs  
Zach Delaney - 49mins 36secs



Sunday 2<sup>nd</sup> May 2010

The Bupa Great Edinburgh 10k

Tricia Wallace - 53mins 48secs

Saturday 1<sup>st</sup> May 2010

Stuc a Chroin Hill Race, 14miles, 5000ft

Jonny Knox - 2hrs 37mins 54secs - **course pb**

Ian Mills - 2hrs 47mins 55secs - **course pb**

Thursday 29<sup>th</sup> April 2010

Kinross 10k

John Low - 44mins 14secs

Sunday 25<sup>th</sup> April 2010

London Marathon

Neil Smith - 2hrs 40mins 30secs - **\*Club Record\***

Davie Burgess - 2hrs 54mins 53secs

Ewan Davidson - 3hr 33mins 55secs

Christine Bowie - 3hrs 37mins 3secs - **distance pb - \*Club Record\***

Bill Simpson - 3hrs 57mins 1sec

Allan Galloway - 4hrs 30mins 0secs

Jacqui Murray - 4hrs 50mins 51secs

Carole Fraser - 5hrs 10mins 30secs

George Hay - 6hrs 50mins 58secs

**Sunday 24<sup>th</sup> April 2010**

**Highland Fling**

Ross Moreland - 9hrs 45mins 31secs

Chris Broome - 12hrs 50mins 15secs

Ian Shield - 13hrs 59mins 40secs

**Saturday 24<sup>th</sup> April 2010**

**National Primary Schools Cross Country, 1500m**

Ryan Low - 6mins 10secs

Ailsa Cruickshanks - 6mins 45secs

**Sunday 18<sup>th</sup> April 2010**

**Chris Hoy Edinburgh Half Marathon**

Ian Shield - 1hr 40mins 55secs - **age distance pb**

Tricia Wallace - 1hr 54mins 43secs - **distance pb**

Susan Penman - 1hr 57mins 26secs - **distance pb**

**Saturday 17<sup>th</sup> April 2010**

**Clachnaben Hill Race, 17k/1000m Climb**

Jonny Knox - 1hr 36mins - **3rd Vet**

Thomas Knox - 1hr 44mins

**Saturday 17<sup>th</sup> April 2010**

**St Andrews Cross Country 5k**

Jennifer Cruickshanks - 23mins 11secs

Pamela Cruickshanks - 23mins 34secs

Fiona Cruickshanks - 25mins 37secs

Ailsa Cruickshanks - 27mins 21secs

**Sunday 11<sup>th</sup> April 2010**

**Paris Marathon**

Iain McConnell - 4hrs 9mins 36secs

**Sunday 11<sup>th</sup> April 2010**

**Heaven and Hell Half Marathon**

John Low - 1hr 43mins 54secs

Colin McIntosh - 1hr 45mins 48secs

Christine Bowie - 1hr 49mins 34secs

Tricia Wallace - 2hrs 8mins 25secs

**Sunday 11<sup>th</sup> April 2010**

**Help For Heroes 5k**

Davie Burgess - 19mins 12secs

Eck Anderson - 20mins 46secs

**Saturday 10<sup>th</sup> April 2010**

**Fife AC XC, Cairnie Fruit Farm**

**Junior Race**

Ailsa Cruickshanks - 14mins 50secs

## Senior Race

Ian Shield - 34mins 45secs

Jennifer Cruickshanks - 36mins 00secs

## Sunday 4<sup>th</sup> April 2010

### Norman's Law Hill Race, 5miles, 700ft

Jonny Knox - 32mins 55secs - **3rd MV40**

Thomas Knox - 35mins 50secs - **2nd MJU17**

John Low - 37mins 19secs - **course pb**

Colin McIntosh - 40mins 8secs - **course pb**

Glen Rickman - 41mins 27secs

Lizzie Knox - 51mins 29secs - **3rd FJ**

Tracy Knox - 52mins 2secs

## Sunday 28<sup>th</sup> March 2010

### Monikie Park Running Sisters 5k

Tricia Wallace - 25mins 9secs - **course pb**

## Sunday 28<sup>th</sup> March 2010

### The Worthing Road Race, 20miles

Neil Smith - 1hr 54mins 11secs

## Sunday 28<sup>th</sup> March 2010

### Round The Houses 10k, Grangemouth

Dell Rae - 35mins 26secs

Jas Baillie - 41mins 34secs - **distance pb**

Carole Fraser - 59mins 42secs

March 2010

Auckland 10k, New Zealand

Hazel Bradley - 45mins 16secs

March 2010

The Waid Academy Cross Country

2nd Year Girls

Lizzie Knox - **1st**

3rd Year Girls

Fiona Cruickshanks - **1st**

Rachel Grieve - **2nd**

Senior Girls

Jennifer Cruickshanks - **1st**

2nd Year Boys

Timothy Grieve - **1st**

4th Year Boys

Zach Delaney - **1st**

Thomas Knox - **2nd**

Lewis Low - **3rd**

## Sunday 21<sup>st</sup> March 2010

### Alloa Half Marathon

Derek Rae - 1hr 19mins 23secs

Davie Burgess - 1hr 19mins 27secs

Stewart Barnett - 1hr 34mins 1secs - **distance pb**

Colin McIntosh - 1hr 37mins 19secs

John Low - 1hr 40mins 12secs - **distance pb**

Ian Shield - 1hr 43mins 36secs - **age distance pb**

Christine Bowie - 1hr 44mins 12secs

Gordon Mitchell - 1hr 53mins 14secs

Tricia Wallace - 1hr 57mins 45secs - **distance pb**

Carole Fraser - 2hrs 13mins 15secs

Fiona Mitchell - 2hrs 31mins 0secs

## Sunday 21<sup>st</sup> March 2010

### Mighty Deerstalker 10k

Chris Broome - 1hr 57mins 23secs

Murray Barnett - 2hrs 06mins 23secs

## Sunday 14<sup>th</sup> March 2010

### Inverness Half Marathon

George Hay - 2hrs 55mins 43secs

## Saturday 13<sup>th</sup> March 2010

### Scottish Schools Cross Country Championships

Jennifer Cruickshanks - 18mins 29secs

Fiona Cruickshanks

**Saturday 13<sup>th</sup> March 2010**

**Inter Counties Cross Country Birmingham, 12k**

Neil Smith - 40mins 34secs

**Sunday 7<sup>th</sup> March 2010**

**Bishop Hill Race - 2.5 miles, 1000ft**

Jonny Knox - 22mins 7secs

Thomas Knox - 23mins 46secs - **2nd Junior**

**Sunday 7<sup>th</sup> March 2010**

**Smokies 10**

Tricia Wallace - 1hr 30mins 14secs

**Sunday 7<sup>th</sup> March 2010**

**Dieuchary Hill Race, Dunkeld**

Colin McIntosh - 1hr 17mins 20secs

John Low - 1hr 17mins 20secs

**Wednesday 3<sup>rd</sup> March 2010**

**Weymss Castle Bagger Nightmare**

Ian Shield - 42mins 54secs

Tricia Wallace - 44mins 12secs

Debz Hay - 47mins 23secs

Sunday 28<sup>th</sup> February 2010

Tunbridge Wells Half Marathon

Neil Smith - 1hr 14mins 54secs

Saturday 27<sup>th</sup> February 2010

Cupar 5

Eck Anderson - 32mins 13secs

Jas Baillie - 33mins 8secs - **course pb**

John Low - 33mins 12secs

Colin McIntosh - 33mins 14secs

Jennifer Cruickshanks - 34mins 32secs - **1<sup>st</sup> FJ**

Pamela Cruickshanks - 36mins 25secs

Tricia Wallace - 42mins 37secs

Tuesday 23<sup>rd</sup> February 2010

Fife Schools Cross Country - Beveridge Park

S2/S3 Girls

Fiona Cruickshanks

Rachael Grieve

Lizzie Knox

Senior Girls

Jennifer Cruickshanks - **Bronze Medal**



**Saturday 20<sup>th</sup> February 2010**

**Scottish National XC Championships Falkirk**

**Senior Men - 12k**

Allan Gibson - 1hr 13secs

**Senior Women - 8k**

Christine Bowie - 40mins 2secs

Pamela Cruickshanks - 40mins 23secs

Tricia Wallace - 50mins 23secs

**Women 17/20 - 4.8k**

Jennifer Cruickshanks - 20mins 33secs

**Girls Under 15 - 4k**

Fiona Cruickshanks - 20mins 25secs

**Saturday 13<sup>th</sup> February 2010**

**Carnethy 5 Hill Race, 6 miles, 2500ft**

Tich Shaw - 1hr 10mins 58secs

Debz Hay - 1hr 53mins 14secs

**Scald Law Junior Race 4.5k**

Jennifer Cruickshanks - 34mins - **1<sup>st</sup> Girl**

**Col Hill Race 2.5k**

Ailsa Cruickshanks - 25mins - **\*1<sup>st</sup> Overall\***

## Sunday 7<sup>th</sup> February 2010

### Forfar Multi-Terrain Half Marathon

Davie Burgess - 1hr 23mins 25secs - **\*3rd Overall\***

Eck Anderson - 1hr 37mins 55secs - **distance pb**

Colin McIntosh - 1hr 38mins 28secs

John Low - 1hr 41mins 28secs - **course pb**

Chris Broome - 1hr 47mins 24secs

Ian Shield - 1hr 53mins 29secs

Debz Hay - 2hrs 16mins 32secs

George Hay - 2hrs 21mins 34secs

## Saturday 6<sup>th</sup> February 2010

### Tortoise and Hare Relay Race - 2 x 2miles each

Jennifer Cruickshanks, Mark Buchan - 49mins 44 secs

Pamela Cruickshanks, Fiona Cruickshanks - 62mins 59secs

Carole Fraser, Bob Thornton - 68mins 45secs

## Wednesday 3<sup>rd</sup> February 2010

### Falkland Nightmare, 5k

Bill Simpson - 43mins 32secs - **2nd MV50**

Debz Hay - 57mins 5secs

Fiona Cruickshanks - 59mins 57secs

Ailsa Cruickshanks - 59mins 58secs

Neil Cruickshanks - 59mins 59secs

Sunday 31<sup>st</sup> January 2010

Epsom Perch 10.05k

Neil Smith - 35mins 53secs - **\*3rd Overall\***

Saturday 23<sup>rd</sup> January 2010

Devil's Burdens Hill Relay Race

Team 1 - 2hrs 46mins 31secs - 9<sup>th</sup>

Leg 1 - Ian Mills, Neil Smith - 40mins 1sec

Leg 2 - Colin McIntosh - 34mins 38secs

Leg 3 - Davie Burgess, Derek Rae - 64mins 15secs

Leg 4 - Brian Cruickshank - 27mins 37secs

Team 2 - 3hrs 7mins 58secs - 31<sup>st</sup>

Leg 1 - John Low, Thomas Knox - 43mins 38secs

Leg 2 - Gavin Gibson - 35mins 20secs

Leg 3 - Tich Shaw, Eck Anderson - 75mins 22secs

Leg 4 - Jas Baillie - 33mins 38secs

Team 3 - 3hrs 39mins 35secs - 85<sup>th</sup>

Leg 1 - Bill Arnott, Pete Peddie - 53mins 30secs

Leg 2 - Glenn Rickmann - 36mins 52secs

Leg 3 - Chris Broome, Allan Gibson - 94mins 1sec

Leg 4 - Bill Simpson - 35mins 12secs

Team 4 - 3hrs 49mins 48secs - 92<sup>nd</sup>

Leg 1 - Lizzie Knox, Rachael Grieve - 65mins 36secs

Leg 2 - Fred Newell, Jack Newell - 39mins 24secs

Leg 3 - Peter Knox, Ian Mills - 52mins 24secs

Leg 4 - Ryan Low, John Low - 72mins 24secs

**Team 5 - 4hrs 6mins 24secs - 105<sup>th</sup>**

Leg 1 - Pamela Cruickshanks, Alice Hall - 60mins 28secs

Leg 2 - Tricia Wallace - 54mins 17secs

Leg 3 - Hazel Bradley, Christine Bowie - 94mins 6secs

Leg 4 - Ian Shield - 37mins 33secs

**Team 6 - 5hrs 19mins 49secs - 119<sup>th</sup>**

Leg 1 - Karen Shepherd, Jacqui Murray - 77mins 2secs

Leg 2 - Carole Fraser - 52mins 27secs

Leg 3 - Debz Hay, Allan Galloway - 117mins 29secs

Leg 4 - George Hay - 73mins 20secs

**Sunday 16<sup>th</sup> January 2010**

**East District Cross Country, Broxburn**

**Men 9k**

Allan Gibson - 48mins 41secs

**Women 6k**

Christine Bowie - 31mins 35secs

Hazel Bradley - 32mins 11secs

Pamela Cruickshanks - 32mins 36secs

**Sunday 9<sup>th</sup> January 2010**

**Junior Bupa Great Winter Run Edinburgh, 2.5Km**

Ailsa Cruickshanks - 10mins 30secs

Friday 1<sup>st</sup> January 2010

Center Parcs Race, 1mile

Andrew Cameron - 8mins 15secs - **1<sup>st</sup> Junior**

Ewan Cameron -

