



## ANSTER HADDIES RACE RESULTS 2011

### Haddie Of The Year

Bill Hutchison and Zach Delaney

### Performance Of The Year

Dell Rae

For The Lairig Ghru Hill Race

### Club Member Of The Year

Davie Burgess

### Junior Award

Zach Delaney

### Race Award

Ross Moreland

### Training Award

Ronan McKinstray

Saturday 31<sup>st</sup> December 2011

Inverness Park Run 5k

Duncan Hall - 21min 55secs

Wednesday 21<sup>st</sup> December 2011

Mars Bar Race (3) 4miles

Zach Delaney - 21min 58secs - **course pb**

Davie Burgess - 23min 37secs

Jake Grieve - 24min 28secs

Ian Mills - 25min 21secs - **course pb**

Stuart McKenzie - 25min 30secs

Eck Anderson - 26min 8secs - **course pb**

Ronan McKinstray - 26min 28secs

Glenn Rickman - 27min 26secs

Ewan Davidson - 27min 55secs - **course pb**

Jennifer Cruickshanks - 28min 9secs - **course pb**

Bill Simpson - 28min 20secs - **course pb**

Pamela Cruickshanks - 29min 48secs - **course pb**

Ian Muir - 29min 57secs - **course pb**

George Findlay - 30min 4secs - **course pb**

Peter Peddie - 30min 41secs - **course pb**

Rory Marsden - 31min 38secs

Debz Hay - 31min 45secs

Dougie Campbell - 31mins 50secs - **course pb**

George Hay - 31min 59secs

Elise Methven - 32min 5secs

John Dickson - 33min 2secs

Allan Gibson - 34min 25secs

Richard McKinstray - 34min 47secs

Tracy Chalmers - 35min 15secs

Yvonne Dehn - 35min 21secs - **course pb**  
June Penman - 35min 50secs  
Susan Penman - 36min 6secs  
Jacqui Murray - 36min 10secs - **course pb**  
Carole Fraser - 39min 34secs  
Fiona Mitchell - 40min 36secs  
Jim Hogsflesh - 40min 36secs - **course pb**

### Sunday 18<sup>th</sup> December 2011

#### Christmas Cracker Trail Race, Falkland 3.8miles

Zach Delaney - 21min 30secs - **1st MJ** - **\*1st Overall\***  
Ewan Lumsden - 22min 40secs  
Ronan McKinstry - 24min 49secs - **3rd MJ**  
Stuart McKenzie - 25min 11secs  
Bill Simpson - 28min 1sec  
Richard McKinstry - 32min 36secs  
Allan Galloway - 34min 42secs  
Jacqui Murray - 37min 51secs  
Tracy Chalmers - 37min 52secs  
Carole Fraser - 38min 57secs

### Saturday 10<sup>th</sup> December 2011

#### East District Cross Country Championships Aberdeen

##### U15 Boys

Ronan McKinstry - 18min 4secs

##### U15 Girls

Ailsa Cruickshanks - 19min 30secs

## Senior Men

Zach Delaney - 34min 49secs

## Senior Women

Jennifer Cruickshanks - 28min 49secs

Pamela Cruickshanks - 31min 16secs

## Friday 9<sup>th</sup> December 2011

### Black Rock Nightmare Race (2) 2.9miles

Bill Simpson - 20min 37secs

## Saturday 3<sup>rd</sup> December 2011

### Winter Ultra 29miles

#### Kinlochleven to Tyndrum

Ross Moreland - 4hrs 29min

## Wednesday 23<sup>rd</sup> November 2011

### Mars Bar Race (2) 4miles

Zach Delaney - 22min 22secs - **course pb**

Davie Burgess - 23min 10secs

Bill Hutchison - 24min 22secs - **course pb**

Jonny Knox - 24min 29secs - **course pb**

Stuart McKenzie - 25min 9secs - **course pb**

Ian Mills - 25min 17secs

Duncan Hall - 25min 29secs - **course pb**

Ronan McKinstry - 25min 38secs - **course pb**

Thomas Knox - 26min 8secs - **course pb**

Eck Anderson - 26min 10secs - **course pb**  
Glenn Rickman - 27min 21secs - **course pb**  
Bill Simpson - 28min 30secs - **course pb**  
George Findlay - 30min 10secs  
Rory Marsden - 30min 36secs  
Peter Peddie - 30min 58secs  
Ian Muir - 31min 10secs  
Debz Hay - 31min 19secs - **course pb**  
Ailsa Cruickshanks - 30min 36secs - **course pb**  
Alice Hall - 30min 36secs - **course pb**  
Elise Methven - 31min 28secs - **course pb**  
George Hay - 31min 50secs - **course pb**  
Craig Hughes - 32min 15secs - **course pb**  
John Dickson - 33min 2secs - **course pb**  
Karen Shepherd - 33min 38secs - **course pb**  
Catherine Richardson - 34min 34secs - **course pb**  
Lizzie Knox - 34min 52secs  
Susan Penman - 35min 4secs - **course pb**  
Rosie Knox - 35min 8secs  
Tracy Knox - 35min 12secs  
Tricia Wallace - 35min 24secs  
Tracy Chalmers - 35min 34secs  
Yvonne Dehn - 36min 8secs - **course pb**  
Karen Cunningham - 36min 14secs  
June Penman - 36min 20secs  
Christine Bowie - 36min 36secs - **course pb**  
Carole Fraser - 39min 48secs  
Fiona Mitchell - 43min 00secs  
Jim Hogsflesh - 43min 00secs

Sunday 20<sup>th</sup> November 2011

Fraserburgh Half Marathon

Debz Hay - 1hrs 56mins 3secs

George Hay - 2hrs 3mins 21secs

Saturday 19<sup>th</sup> November 2011

Tyrebagger Trail Run, Aberdeen 5miles

Debz Hay - 45mins 58secs

George Hay - 48mins 22secs

Saturday 19<sup>th</sup> November 2011

Rosedale Rumble North Yorkshire 40miles

Ross Moreland - 7hrs 2mins - **\*3rd Male\***

Sunday 13<sup>th</sup> November 2011 Hartley Cup Relay Alva (Muddy Grass)

Anster Haddies Marlins - 68mins 58secs - **\*2nd Overall Team\***

Davie Burgess - 5min 28secs, 5min 35secs

Stuart McKenzie - 5min 52secs, 6min 3secs

Jonny Knox - 5min 50secs, 5min 45secs

Ian Mills - 5min 57secs, 5min 57secs

Ronan McInstry - 5min 58secs, 6min 9secs

Zach Delaney - **5min 10secs**, 5min 14secs - **\*Fastest Split\***

Anster Haddies Flyers - 73mins 18secs

Ewan Lumsden - **5min 33secs**, 5min 40secs

Jake Grieve - 5min 48secs, 6min 3secs

Duncan Hall - 6min 3secs, 5min 50secs

Gavin Gibson - 6min 44secs, 7min 1sec

Thomas Knox - 6min 3secs, 6min 1sec

Eck Anderson - 6min 1sec, 6min 11secs

### **Anster Haddies Sole Mates - 82mins 59secs**

Glenn Rickman - 6min 30secs, 6min 46secs, 7min 8secs, 6min 39secs

Bill Simpson - 6min 50secs, 6min 46secs

George Findlay - 7min 9secs, 7min 16secs

Ewan Davidson - 7min 1sec, 6min 56secs

Freddie Newell - 6min 57secs, 6min 56secs

### **Anster Fishy Mix - 89mins 32secs - \*1st Female Team\***

Alice Hall - 7min 11secs, 7min 26secs

Pamela Cruickshanks - 6min 49secs, 7min 3secs

Fiona Cruickshanks - 7min 43secs, 7min 54secs

Christine Bowie - 7min 58secs, 7min 17secs

Lizzie Knox - 7min 54secs, 8min 6secs

Rachael Grieve - 7min 5secs, 7min 6secs

### **Anster Haddies Hopefuls - 95mins 50secs**

Ian Shield - 8min 1sec, 7min 43secs

Cairn McKinstry - 8min 54secs, 8min 58secs

George Hay - 7min 40secs, 8min 2secs

Gordon Mitchell - 7min 12secs, 7min 50secs

Eck Anderson Junior - 7min 39secs, 8min 46secs

Richard McKinstry - 8min 26secs, 7min 31secs

### **Anster Haddies Squirts - 97mins 26secs - \*3rd Junior Team\***

Ailsa Cruickshanks - 6min 32secs, 7min 6secs

Rosie Knox - 7min 28secs, 8min 43secs

Ellie Hall - 8min 15secs, 8min 32secs

Sally Mills - 7min 24secs, 7min 45secs

Innes Methven - 8min 3secs, 8min 58secs

Ben King - 9min 3secs, 9min 37secs

**Anster Wee Plaiced - 98mins 45secs**

Debz Hay - 7min 36secs, 7min 46secs, 7min 50secs

Karen Shepherd - 7min 59secs, 8min 9secs, 8min 10secs

Tracy Chalmers - 8min 31secs, 8min 22secs

Catherine Richardson - 8min 22secs, 8min 29secs

Yvonne Dehn - 8min 34secs, 8min 52secs

**Anster Turbo Charged - 99mins 31secs**

June Penman - 8min 9secs, 7min 21secs

Jacqui Murray - 8min 37secs, 8min 36secs

Elise Methven - 7min 42secs, 8min 13secs

Fiona Mitchell - 9min 40secs, 9min 55secs

Tracy Knox - 7min 40secs, 7min 40secs

Hazel Bradley - 8min 13secs, 7min 21secs

**Saturday 12<sup>th</sup> November 2011**

**Glen Clova Half Marathon**

Eck Anderson - 1hr 42mins 48secs

Gordon Mitchell - 1hr 50mins 22secs

Debz Hay - 1hr 54mins 1sec - **distance pb**

Elise Methven - 1hr 55mins 50secs

George Hay - 2hrs 1min 55secs - **distance pb**

Catherine Richardson - 2hrs 7mins 45secs

Fiona Mitchell - 2hrs 22mins 32secs



**Sunday 6<sup>th</sup> November 2011**

**Lasswade Cross Country**

**U15 Boys - 3miles**

Ronan McKinstry - 20mins 39secs

**U15 Girls - 2miles**

Ailsa Cruickshanks - 15mins 30secs

**Senior Men - 6miles**

Richard McKinstry - 59mins 59secs

**Senior Women - 3.8miles**

Pamela Cruickshanks - 31mins 59secs

**Sunday 6<sup>th</sup> November 2011**

**New York Marathon**

Neil Smith - 2hrs 48mins 45secs

Christine Bowie - 3hrs 48mins

**Sunday 6<sup>th</sup> November 2011**

**Templeton 10miles Dundee**

Davie Burgess - 1hr 2mins 14secs

Stuart McKenzie - 1hr 8mins 8secs

Colin McIntosh - 1hr 13mins 58secs

Debz Hay - 1hr 28mins 31secs - **course pb**

George Hay - 1hr 32mins 12secs

Dougie Campbell - 1hr 33mins 11secs - **course pb**

Tricia Wallace - 1hr 35min 11secs

Carole Fraser - 1hr 47mins 3secs

**Saturday 5<sup>th</sup> November 2011**

**Leeds Park Run 5k**

Duncan Hall - 19min 55secs

**Thursday 3<sup>rd</sup> November 2011**

**Nightmare Race (1) Heatherhall Woods Ladybank 4miles**

Bill Simpson - 40min 22secs

**Sunday 30<sup>th</sup> October 2011**

**Jedburgh Half Marathon**

Liam McGonagle - 2hrs 37min 25secs

Jennifer Gallacher - 2hrs 37min 26secs

**Saturday 29<sup>th</sup> October 2011**

**Meall a Bhuachaille, Aviemore 13km/720m**

Debz Hay - 1hrs 53min 37secs

George Hay - 2hrs 10min 39secs

**Thursday 27<sup>th</sup> October 2011**

**Cairnie Creepy Crawley Junior Race 2miles**

Ailsa Cruickshanks - 11min 52secs - **\*1st Female\***

Rory Marsden - 13min 00secs

**Wednesday 26<sup>th</sup> October 2011**

**Mars Bar Race (1) 4miles**

Deek Selfridge - 22min 34secs - **course pb**

Zac Delaney - 22min 57secs - **course pb**  
Davie Burgess - 22min 59secs - **course pb**  
Bill Hutchison - 24min 55secs  
Jake Grieve - 24min 55secs - **course pb**  
Ian Mills - 24min 56secs - **course pb**  
Jonny Knox - 25min 27secs  
Stuart McKenzie - 25min 31secs - **course pb**  
Duncan Hall - 26min 12secs - **course pb**  
Ronan McKinstry - 26min 12secs - **course pb**  
Eck Anderson - 26min 28secs - **course pb**  
Glenn Rickman - 27min 43secs - **course pb**  
Thomas Knox - 27min 50secs  
Bill Simpson - 28min 30secs - **course pb**  
Ewan Davidson - 28min 40secs - **course pb**  
Jas Baillie - 29min 51secs  
George Findlay - 30min 25secs  
Rachael Grieve - 31min 30secs  
Allan Gibson - 31min 35secs - **course pb**  
Elise Methven - 32min 3secs - **course pb**  
Ailsa Cruickshanks - 32min 6secs  
Alice Hall - 32min 6secs  
Debz Hay - 32min 29secs - **course pb**  
Ian Shield - 33min 10secs  
Dougie Walker - 33min 26secs - **course pb**  
John Dickson - 33min 33secs - **course pb**  
Craig Hughes - 33min 38secs  
George Hay - 33min 43secs - **course pb**  
Fiona Cruickshanks - 33min 47secs  
Lizzie Knox - 33min 59secs  
Rosie Knox - 34min 13secs - **course pb**

Tracy Knox - 34min 13secs - **course pb**  
David Nuttall - 34min 32secs  
Catherine Richardson - 34min 40secs - **course pb**  
Yvonne Dehn - 36min 14secs - **course pb**  
Karen Cunningham - 38min 40secs  
Fiona Mitchell - 39min 57secs  
Carole Fraser - 40min 38secs  
Nikki Wood- 40min 55secs  
Susan Hutchison - 55min 27secs

**Sunday 23<sup>rd</sup> October 2011**

**Run of the Mill Hill Race, Alva 14.7km/910m**

Debz Hay - 2hrs 1min 38secs

**Sunday 23<sup>rd</sup> October 2011**

**Holyrood 5k Edinburgh**

Yvonne Dehn - 30mins 1sec - **distance pb**

**Saturday 22<sup>nd</sup> October 2011**

**Edinburgh Park Run 5k**

Tricia Wallace - 25mins 3secs

Carole Fraser - 30mins 29secs

**Sunday 16<sup>th</sup> October 2011**

**Survival of Fittest 10k Edinburgh**

Debz Hay - 1hrs 13mins 51secs

George Hay - 1hrs 13mins 51secs

**Sunday 16<sup>th</sup> October 2011**

**Istanbul 15k**

Tricia Wallace - 1hrs 24mins 35secs

**Sunday 16<sup>th</sup> October 2011**

**Aviemore Half Marathon**

Ian Mills - 1hrs 22mins 00secs

Duncan Hall - 1hrs 28mins 32secs

Glenn Rickman - 1hrs 32mins 17secs

Heather Rickman - 2hrs 8mins 54secs

Carole Fraser - 2hrs 19mins 58secs

**Sunday 9<sup>th</sup> October 2011**

**Kielder Marathon, Northumberland**

Debz Hay - 4hrs 28mins 24secs

**Saturday 8<sup>th</sup> October 2011**

**Kielder Run (11km) Bike (26km) Run (5km), Northumberland**

George Hay - 3hrs 3mins 18secs

## Sunday 9<sup>th</sup> October 2011

### Kingston London 16miles

Neil Smith - 1hrs 33mins 38secs - **\*1st Overall\*** - course pb

## Sunday 9<sup>th</sup> October 2011

### Giffordtown 5k

Ronan McKinstry - 19mins 42secs - course pb

Pamela Cruickshanks - 22mins 4secs - distance pb

Ailsa Cruickshanks - 22mins 31secs

Richard McKinstry - 24mins 21secs - distance pb

Tricia Wallace - 24mins 31secs

John Dickson - 25mins 42secs

Tracy Chalmers - 27mins 3secs

## Saturday 8<sup>th</sup> October 2011

### East District CC Relays 4k each

#### Camperdown Park

#### Senior Men

Eck Anderson - 16mins 9secs

Duncan Hall - 15mins 11secs

Stuart McKenzie - 15mins 17secs

Liam McGonagle - 21mins 32secs

#### Masters Men

Ian Shield - 19mins 6secs

Richard McKinstry - 19mins 4secs

George Findlay - 17mins 14secs

Tich Shaw - 18mins 15secs

## Masters Ladies

Pamela Cruickshanks - 17mins 41secs

Tricia Wallace - 20mins 4secs

Alice Hall - 18mins 44secs

## Senior Ladies

Elise Methven - 19mins 8secs

Catherine Richardson - 21mins 10secs

Yvonne Dehn - 21mins 52secs

## Sunday 2<sup>nd</sup> October 2011

### Loch Ness Marathon

Jacqui McDonald - 4hrs 11mins 11secs

Allan Galloway - 4hrs 19mins 44secs - **distance pb**

Catherine Richardson - 4hrs 34mins 40secs

Elise Methven - 4hrs 34mins 40secs

## Sunday 2<sup>nd</sup> October 2011

### Loch Ness 10k

Zach Delaney - 34mins 33secs - **distance pb**

Jacqui Murray - 57mins 22secs

## Sunday 2<sup>nd</sup> October 2011

### Edinburgh 10k

Dell Rae - 38mins 25secs

Bill Simpson - 45mins 00secs

Tricia Wallace - 53mins 33secs - **course pb**

Yvonne Dehn - 59mins 39secs

Susan Bonellie - 59mins 52secs

Saturday 1<sup>st</sup> October 2011

The Stoney Stomp 7miles

Fetteresso Forest, Stonehaven

Debz Hay - 1hr 2mins 49secs - **\*3rd Female\***

George Hay - 1hr 12mins 21secs

Saturday 1<sup>st</sup> October 2011

Banstead Woods Park Run 5k

Neil Smith - 17mins 3secs - **\*1st Overall\*** - course pb

Sunday 25<sup>th</sup> September 2011

East Neuk 10k

Zach Del - 34mins 54secs - **1st MJ** - **\*3rd Overall\*** - distance pb

Dell Rae - 38mins 44secs - distance pb

Ewan Lumsden - 39mins 1sec

Thomas Knox - 39mins 43secs - **2nd MJ** - distance pb

Duncan Hall - 40mins 15secs

Stuart McKenzie - 40mins 56secs - distance pb

Gregoire Jay - 41mins 28secs

Eck Anderson - 43mins 25secs - course pb

Ewan Davidson - 44mins 1sec - **3rd MV60**

Tim Grieve - 45mins 8secs - **3rd MJ**

Fiona Cruickshanks - 50mins 3secs - **1st FJ** - distance pb

Rachael Grieve - 50mins 24secs - **3rd FJ**

Debz Hay - 50mins 31sec - distance pb

Tricia Wallace - 51mins 40sec

Jacqui McDonald - 53mins 22sec



Catherine Richardson - 53mins 54secs - **distance pb**

David Nuttall - 56mins 48secs

Richard McKinstry - 57mins 36secs

Yvonne Dehn - 58mins 44secs - **distance pb**

Susan Bonellie - 61mins 50secs

Jaz Hay - 63mins 26secs - **distance pb**

**Saturday 24<sup>th</sup> September 2011**

**Scottish Ultra Marathon Series**

Bill Hutchison - **1st MV50 in Series** - **8th Overall in Series**

**Saturday 24<sup>th</sup> September 2011**

**The River Ayr Way 41miles**

Bill Hutchison - 6hrs 27mins 4secs - **2nd MV50**

**Saturday 24<sup>th</sup> September 2011**

**Hardmoor 60miles, Yorkshire**

Ross Moreland - 12hrs 53mins 4secs

**Sunday 18<sup>th</sup> September 2011**

**Great North Run Half Marathon**

Catherine Richardson - 1hrs 58mins 10secs - **distance pb**

Yvonne Dehn - 2hrs 26mins 36secs - **course pb**

**Sunday 18<sup>th</sup> September 2011**

**Stirling 10k**

Ewan Davidson - 43mins 28secs

Ian Shield - 48mins 3secs - **age distance pb**

Tricia Wallace - 52mins 29secs

### Wednesday 14<sup>th</sup> September 2011

#### Kingsbarns Fun Run 4miles

Zach Delaney - 23mins 47secs - **1st MJ** - **\*1st Overall\***

Davie Burgess - 24mins 55secs

Jonny Knox - 25mins 28secs - **3rd MV**

Jake Grieve - 26mins 00secs

Thomas Knox - 26mins 9secs - **3rd MJ**

Stuart McKenzie - 26mins 34secs

Ronan McKinstry - 27mins 47secs

Eck Anderson - 28mins 57secs

Glenn Rickman - 29mins 30secs

Jennifer Cruickshanks - 29mins 35secs - **1st FJ**

Pamela Cruickshanks - 30mins 5secs - **1st FV**

Ewan Davidson - 30mins 11secs

Ewan Cameron - 31mins 7secs

Ailsa Cruickshanks - 31mins 17secs - **2nd FJ**

Fiona Cruickshanks - 32mins 18secs - **3rd FJ**

Rachael Grieve - 32mins 50secs

Tracy Knox - 35mins 00sec

John Dickson - 35mins 38sec

Debz Hay - 35mins 43sec

David Nutall - 36mins 32secs

### Wednesday 7<sup>th</sup> September 2011

#### Gateside Gallop 4miles

Zach Delaney - 24mins 28secs - **1st MJ** - **\*2nd Overall\***

Dell Rae - 26mins 22secs - **2nd MS**

Stuart McKenzie - 28mins 14secs - **3rd MS**

Jennifer Cruickshanks - 30mins 6secs - **1st FJ - \*3rd Female\***

Eck Anderson - 30mins 53secs

Ailsa Cruickshanks - 31mins 45secs - **2nd FJ**

Jas Baillie - 31mins 49secs - **3rd MV50**

Pamela Cruickshanks - 32mins 20secs - **1st FV45**

Stewart Barnett - 33mins 19secs - **2nd MV45**

Fiona Cruickshanks - 35mins 14secs - **3rd FJ**

Allan Gibson - 35mins 24secs

Debz Hay - 37mins 9sec

Catherine Richardson - 39mins 37secs

Karen Shepherd - 40mins 14secs

John Dickson - 40mins 39sec

Yvonne Dehn - 41mins 12secs

### Sunday 4<sup>th</sup> September 2011

#### Great Scottish Half Marathon, Glasgow

Elise Methven - 1hrs 53mins 49secs - **distance pb**

Eck Anderson - 2hrs 2mins 34secs

Catherine Richardson - 2hrs 10mins 26secs

### Saturday 3<sup>rd</sup> September 2011

#### Glenmore 24 Trial Race, 116miles

Ross Moreland - 24hrs 00mins 00secs - **\*2nd Overall\***

### Saturday 3<sup>rd</sup> September 2011

#### Morrone Hill Race 1000ft

#### Braemar Highland Gathering

Jonny Knox - 29mins 53secs

Jennifer Cruickshanks - 41mins 17secs  
Lizzie Knox - 43mins 17secs  
Debz Hay - 48mins 40secs - **course pb**  
Pamela Cruickshanks -  
Fiona Cruickshanks -

**Tuesday 30<sup>th</sup> August 2011**

**Graham Clark Race, Knockhill 3.9miles**

Tricia Wallace - 31mins 10secs - **course pb**  
Karen Shepherd - 31mins 35secs - **course pb**  
Yvonne Dehn - 34mins 47secs

**Saturday 27<sup>th</sup> August 2011**

**Speyside Way 36.5 miles, Buckie**

Bill Hutchison - 4hrs 46mins 52secs - **1st MV50** - **course pb**  
**\*AGE GROUP COURSE RECORD\***

**Saturday 27<sup>th</sup> August 2011**

**Highland Perthshire 100mile Cycle Challenge**

Dougie Campbell - 7hrs 2mins 35secs  
Debz Hay - 7hrs 2mins 36secs  
George Hay - 7hrs 2mins 39secs

**Tuesday 23<sup>rd</sup> August 2011**

**Ravensraig 2 Miles**

Stuart McKenzie - 12mins 2secs

Sunday 21<sup>st</sup> August 2011

Lomonds of Fife Hill Race 11miles/3400ft

Jonny Knox - 1hr 35mins 20secs

Sunday 21<sup>st</sup> August 2011

Forfar 10k

Colin McIntosh - 45mins 58secs

Jacqui McDonald - 51mins 23secs - **distance pb**

Tricia Wallace - 55mins 27secs - **course pb**

Sunday 21<sup>st</sup> August 2011

Burnham Beeches Half Marathon

Neil Smith - 1hr 16mins 43secs

Friday 19<sup>th</sup> August 2011

Beveridge Park 5k - Overall Series Results

Male Seniors

Richard McKinstry - **16th**

Stuart McKenzie - **25th**

Eck Anderson - **30th**

Male Juniors

Ronan McKinstry - **2nd**

Zach Delaney - **3rd**

## Friday 19<sup>th</sup> August 2011

### Beveridge Park 5k

Zach Delaney - 17mins 2secs - 3rd Overall - **1st MJ** - distance pb

Ronan McKinstry - 19mins 4secs - **3rd MJ** - distance pb

Eck Anderson - 21mins 50secs

Richard McKinstry - 25mins 31secs - distance pb

## Tuesday 16<sup>th</sup> August 2011

### Ceres 8 miles

Zach Delaney - 47mins 54secs - **1st MJ**

Dell Rae - 50mins 14secs

Jonny Knox - 50mins 58secs

Ian Mills - 52mins 33secs

Duncan Hall - 54mins 2secs

Jake Grieve - 54mins 9secs

Stuart McKenzie - 54mins 58secs

Bill Simpson - 58mins 43secs

Ewan Davidson - 59mins 23secs - **2nd MV60**

Eck Anderson - 59mins 32secs

Pamela Cruickshanks - 61mins 12secs - **1st FV45** - course pb

Ewan Cameron - 61mins 45secs - course pb

Ian Shield - 65mins 26secs

Catherine Richardson - 67mins 50secs

Debz Hay - 68mins 1sec - course pb

Elise Methven - 68mins 20secs

John Dickson - 73mins 1sec

Tricia Wallace - 74mins 9secs

Karen Shepherd - 74mins 49secs

Dougie Campbell - 76mins 49secs

Yvonne Dehn - 81mins 24secs

Sunday 14<sup>th</sup> August 2011

Great Yarmouth Half Marathon

Catherine Richardson - 2hrs 1min 39secs

Sunday 14<sup>th</sup> August 2011

Forth Road Bridge 10k

Pamela Cruickshanks - 46mins 12secs

Elise Methven - 51mins 18secs

Gwen Tivendale - 53mins 2secs

Tricia Wallace - 53mins 46secs

Fiona Cruickshanks - 60mins 5secs

Saturday 13<sup>th</sup> August 2011

Edinburgh Park Run 5k

Carole Fraser - 31mins 32secs

Thursday 11<sup>th</sup> August 2011

Balmullo Trail Race

Jake Grieve - 35mins 13secs

Ronan McKinstry - 36mins 49secs - **course pb**

Jennifer Cruickshanks - 38mins 55secs - **1st FJ** - **course pb**

Eck Anderson - 39mins 43secs

Ewan Cameron - 41mins 34secs - **course pb**

Pamela Cruickshanks - 42mins 24secs

Ailsa Cruickshanks - 45mins 22secs - **2nd FJ**

Rachael Grieve - 45mins 36secs - **3rd FJ**

Elise Methven - 46mins 52secs

Fiona Cruickshanks - 47mins 49secs - **course pb**

Richard McKinstry - 48mins 41secs

Tricia Wallace - 54mins 7secs

Yvonne Dehn - 54mins 45secs

Saturday 6<sup>th</sup> August 2011

Devil O' The Highlands 43miles

Tyndrum to Fort William

Ross Moreland - 6hrs 32mins 30secs - **course pb**

Jacqui McDonald - 8hrs 40mins 55secs - **course pb**

Saturday 6<sup>th</sup> August 2011

Largo Law Challenge

Zach Delaney - 48mins 25secs - **1st MJ**

Jonny Knox - 48mins 36secs - **3rd MV40**

Ian Mills - 52mins 55secs

Jake Grieve - 55mins 8secs - **course pb**

Thomas Knox - 57mins 29secs - **3rd MJ**

Stuart McKenzie - 57mins 42secs

Jennifer Cruickshanks - 59mins 9secs - **1st FJ** - **course pb**

Pamela Cruickshanks - 67mins 42secs - **course pb**

Elise Methven - 72mins 56secs

Fiona Cruickshanks - 77mins 57secs - **2nd FJ** - **course pb**

Lizzie Knox - 80mins 44secs - **3rd FJ**

Dougie Campbell - 83mins 43secs

John Dickson - 88mins 51secs

Yvonne Dehn - 90mins 20secs



## Wednesday 3rd August 2011

### North Berwick Law Race

Zach Delaney - 21mins 29secs  
Jonny Knox - 21mins 44secs  
Thomas Knox - 23mins 15secs  
Jake Grieve - 24mins 10secs  
Timothy Grieve - 24mins 55secs  
Glenn Rickman - 29mins 36secs  
Alistair Couttie - 30mins 36secs  
Hamish Couttie - 30mins 49secs  
Rachel Grieve - 31mins 28secs  
Fred Newell - 31mins 34secs  
Tracy Knox - 32mins 6secs  
Lizzie Knox - 32mins 9secs - **course pb**

## Sunday 31<sup>st</sup> July 2011

### Tour Of Fife Overall Results

Davie Burgess - 2hrs 7mins 20secs  
Dell Rae - 2hrs 11mins 30secs  
Bill Simpson - 2hrs 47mins 51secs - **3rd MV55**  
Ian Shield - 2hrs 57mins 54secs - **3rd MV60**  
Karen Shepherd - 3hrs 13mins 28secs  
Catherine Richardson - 3hrs 13mins 34secs  
Susan Penman - 3hrs 18mins 4secs  
Tricia Wallace - 3hrs 18mins 45secs  
Liam McMonagle - 3hrs 19mins 13secs  
Jennifer Gallagher - 4hrs 26mins 13secs

## Sunday 31<sup>st</sup> July 2011

### Tour Of Fife Day 5

#### The Twisted Chicken Run, Strathmiglo 5.1miles

Davie Burgess - 30mins 10secs

Dell Rae - 31mins 9secs

Thomas Knox - 37mins 21secs - **3rd MJ**

Bill Simpson - 39mins 52secs - **3rd MV55**

Ian Shield - 42mins 51secs

Elise Methven - 43mins 34secs

Catherine Richardson - 45mins 24secs

Karen Shepherd - 46mins 10secs

Tricia Wallace - 46mins 56secs

Liam McMonagle - 48mins 7secs

Susan Penman - 48mins 33secs

Jennifer Gallagher - 63mins 49secs

## Saturday 30<sup>th</sup> July 2011

### Tour Of Fife Day 4

#### Chariots Of Fire Beach Race, St Andrews, 4.25miles

Davie Burgess - 24mins 55secs

Dell Rae - 25mins 38secs

Bill Simpson - 32mins 28secs - **3rd MV55**

Ian Shield - 34mins 1sec - **3rd MV60**

Elise Methven - 34mins 29secs

Catherine Richardson - 35mins 56secs

Liam McMonagle - 36mins 20secs

Tricia Wallace - 37mins 3secs

Karen Shepherd - 37mins 20secs

Susan Penman - 37mins 59secs

Jennifer Gallagher - 49mins 52secs

Friday 29<sup>th</sup> July 2011

Tour Of Fife Day 3

Up Hell Time Trial Near Glenrothes, 1.4miles/754ft

Zach Delaney - 10mins 56secs - **3rd MJ**

Davie Burgess - 11mins 19secs

Dell Rae - 11mins 23secs

Tich Shaw - 14mins 40secs - **Equal 2nd MV55**

Bill Simpson - 14mins 40secs - **Equal 2nd MV55**

Ian Shield - 16mins 13secs - **3rd MV60**

Elise Methven - 17mins 15secs

Karen Shepherd - 17mins 43secs

Susan Penman - 18mins 12secs

Catherine Richardson - 18mins 33secs

Tricia Wallace - 18mins 44secs

Liam McMonagle - 18mins 57secs

Jennifer Gallagher - 24mins 26secs

Thursday 28<sup>th</sup> July 2011

Tour Of Fife Day 2

Tarvit Trail Race Near Ceres, 4.7miles

Zach Delaney - 29mins 20secs - **2nd MJ**

Davie Burgess - 29mins 53secs

Dell Rae - 30mins 52secs

Tich Shaw - 36mins 47secs - **2nd MV55**

Bill Simpson - 39mins 46secs

Ian Shield - 41mins 18secs - **3rd MV60**

Elise Methven - 43mins 50secs

Debz Hay - 44mins 0secs

Karen Shepherd - 44mins 42secs

Susan Penman - 46mins 10secs

Catherine Richardson - 46mins 48secs

Liam McMonagle - 47mins 8secs

Tricia Wallace - 47mins 25secs

Jennifer Gallagher - 63mins 54secs

### Wednesday 27<sup>th</sup> July 2011

#### Tour Of Fife Day 1

#### Black Hill Race Falkland, 5miles/525ft

Zach Delaney - 29mins 45secs - **2nd MJ**

Davie Burgess - 31mins 3secs

Dell Rae - 32mins 28secs

Tich Shaw - 37mins 13secs - **2nd MV55**

Bill Simpson - 41mins 5secs

Ian Shield - 43mins 31secs - **3rd MV60**

Debz Hay - 45mins 28secs

Catherine Richardson - 46mins 53secs

Susan Penman - 47mins 10secs

Karen Shepherd - 47mins 33secs

Tricia Wallace - 48mins 37secs

Liam McMonagle - 48mins 44secs

Jennifer Gallagher - 64mins 12secs

### Wednesday 20<sup>th</sup> July 2011

#### Newburgh 4.23miles

Zach Delaney - 24mins 33secs - **1st MJ** - **\*3rd Overall\***

Dell Rae - 27mins 2secs

Ronan McKinstry - 29mins 33secs - **2nd MJ**

Duncan Hall - 29mins 37secs

Tich Shaw - 30mins 47secs

Jas Baillie - 31mins 24secs

Jennifer Cruickshanks - 31mins 27secs - **1st FJ** - course pb

Ailsa Cruickshanks - 31mins 51secs - **2nd FJ** - course pb

Pamela Cruickshanks - 32mins 6secs - **1st FV45** - course pb

Ewan Cameron - 32mins 46secs - course pb

Elise Methven - 35mins 25secs

Debz Hay - 36mins 31secs - **1st FV40** - course pb

George Hay - 37mins 17secs - course pb

Catherine Richardson - 37mins 42secs

Tricia Wallace - 38mins 49secs

Fiona Cruickshanks - 38mins 56secs - **3rd FJ**

Susan Penman - 39mins 19secs

Richard McKinstry - 39mins 58secs

Yvonne Dehn - 41mins 33secs

### Sunday 17<sup>th</sup> July 2011

#### Dundee Half Marathon

Elise Methven - 2hrs 00mins 24secs

Catherine Richardson - 2hrs 2mins 36secs

### Sunday 17<sup>th</sup> July 2011

#### High Wycombe Half Marathon

Neil Smith - 1hr 17mins 27secs

### Saturday 16<sup>th</sup> July 2011

#### Maxi Marathon, Killarney, Ireland, 15miles

Tricia Wallace - 2hrs 29mins 5secs

## Friday 15<sup>th</sup> July 2011

### Beveridge Park 5k

Ronan McKinstry - 19mins 33secs - **3rd MJ** - **distance pb**

## Wednesday 13<sup>th</sup> July 2011

### Maddy Moss Hill Race, Tillicoultry 10k/760m

Jonny Knox - 56mins 46secs

Thomas Knox - 1hr 12mins 6secs

## Tuesday 12<sup>th</sup> July 2011

### Ravensraig 1 mile

Jennifer Cruickshanks - 5mins 53secs - **1st FJ** - **distance pb**

Ailsa Cruickshanks - 6mins 22secs - **2nd FJ** - **distance pb**

Pamela Cruickshanks - 6mins 27secs - **2nd FV45** - **distance pb**

Fiona Cruickshanks - 6mins 46secs - **3rd FJ**

## Sunday 10<sup>th</sup> July 2011

### Heart Of The Park Challenge, Braemar 12k

Debz Hay - 1hr 24mins 12secs - **course pb**

George Hay - 1hr 30mins 41secs

## Saturday 9<sup>th</sup> July 2011

### Creag Choinnich Challenge, Braemar 5k/250m

Debz Hay - 37mins 47secs

George Hay - 37mins 47secs

Saturday 2<sup>nd</sup> July 2011

Dollar Hill Race 9.4miles/3150ft

Debz Hay - 2hrs 31mins 16secs

Saturday 2<sup>nd</sup> July 2011

Osmotherley Phoenix, North Yorkshire 33miles

Ross Moreland - 5hrs 22mins 11secs

Friday 1<sup>st</sup> July 2011

Black Rock 5, Kinghorn

Dell Rae - 28mins 50secs

Tich Shaw - 33mins 7secs

Thursday 30<sup>th</sup> June 2011

Sandy Slither 6.1miles

Zach Delaney - 38mins 22secs - **1st MJ** - \*2nd Overall\*

Jonny Knox - 42mins 13secs - **3rd MV40** - **course pb**

Thomas Knox - 42mins 20secs - **2nd MJ** - **course pb**

Ross Moreland - 45mins 14secs

Jake Grieve - 46mins 56secs

Eck Anderson - 48mins 37secs

Jennifer Cruickshanks - 48mins 54secs - **1st FJ**

Jas Bailie - 49mins 38secs

Pamela Cruickshanks - 54mins 11secs - **1st FV45**

Rachel Grieve - 54mins 19secs - **2nd FJ** - **course pb**

Fiona Cruickshanks - 57mins 3secs - **3rd FJ**

Lizzie Knox - 62mins 26secs

Tracy Chalmers - 63mins 50secs

Jackie Murray - 67mins 30secs

**Wednesday 29<sup>th</sup> June 2011**

**Largo Law 2.75m/290m**

Zach Delaney - 23mins 9secs  
Jonny Knox - 24mins 17secs  
Davie Burgess - 24mins 56secs  
Thomas Knox - 27mins 9secs  
Jake Grieve - 28mins 34secs  
Stuart McKenzie - 29mins 24secs  
Jennifer Cruickshanks - 31mins 51secs  
Ronan McKinstry - 31mins 53secs  
Pamela Cruickshanks - 34mins 19secs  
Ailsa Cruickshanks - 35mins 16secs  
Allan Gibson - 37mins 5secs  
Fiona Cruickshanks - 37mins 10secs  
Tracy Knox - 37mins 33secs  
Lizzie Knox - 38mins 58secs  
Dougie Campbell - 40mins 10secs  
Debz Hay - 40mins 59secs  
George Hay - 41mins 35secs  
Tracy Chalmers - 43mins 4secs  
Ian Shield - 43mins 25secs  
Catherine Richardson - 43mins 30secs  
Karen Shepherd - 43mins 56secs  
Jackie Murray - 45mins 48secs

**Sunday 26<sup>th</sup> June 2011**

**Edinburgh Women's Triathlon**

**400m Swim/10k Cycle/5k Run**

Tricia Wallace - 1hr 4mins 29secs



Sunday 26<sup>th</sup> June 2011

Lairig Ghru Hill Race, Braemar, 26.6miles/2733ft

Dell Rae - 5hrs 6mins 56secs

Tich Shaw - 5hrs 6mins 57secs

Chris Broome - 5hrs 37mins 27secs

Debz Hay - 6hrs 23mins

Sunday 26<sup>th</sup> June 2011

Race For Life Beveridge Park 5k

Jennifer Cruickshanks

Fiona Cruickshanks

Ailsa Cruickshanks

Sunday 26<sup>th</sup> June 2011

Falkland Hill Race, 3miles/1200ft

Jonny Knox - 22mins 43secs - **course pb**

Thomas Knox - 24mins 9secs - **1st MJ**

Ronan McKinstry - 27mins 41secs - **3rd MJ**

Sunday 26<sup>th</sup> June 2011

Glenrothes 10k

Stuart McKenzie - 43mins 20secs - **distance pb**

Ian Shield - 50mins 13secs

Susan Penman - 55mins 22secs

John Dickson - 57mins 49secs - **distance pb**

**Saturday 25<sup>th</sup> June 2011**

**Arrochar Alps, Loch Lomond, 25k/2400m**

Jonny Knox - 4hrs 10mins 59secs - [course pb](#)

**Thursday 23<sup>rd</sup> June 2011**

**Milnathort Dash, 5.5miles**

Elise Methven - 43mins 48secs

Catherine Richardson - 46mins 10secs

**Sunday 19<sup>th</sup> June 2011**

**Seven Hills of Edinburgh, 14miles 2200ft**

Tricia Wallace - 3hrs 26mins 37secs

**Saturday 18<sup>th</sup> June 2011**

**West Highland Way, 95miles 12,000ft**

Ross Moreland - 20hrs 51mins 18secs

**Saturday 18<sup>th</sup> June 2011**

**Edinburgh to St Andrews Bike Ride, 68miles**

Zac Delaney -

Thomas Knox -

Dougie Campbell -

George Hay - 4hrs 7mins

Debz Hay - 4hrs 49mins

## Friday 17<sup>th</sup> June 2011

### Beveridge Park 5k

Ronan McKinstry - 19mins 52secs - **2nd MJ** - **distance pb**

Richard McKinstry - 25mins 55secs

## Friday 17<sup>th</sup> June 2011

### Templeton Trail Race, Dundee, 5miles

Allan Gibson - 45mins 27secs

Debz Hay - 48mins 19secs

George Hay - 50mins 42secs

## Saturday 11<sup>th</sup> June 2011

### Isle of Skye Half Marathon

Davie Burgess - 1hr 22mins 12secs - **\*3rd Overall\***

## Friday 10<sup>th</sup> June 2011

### Mini-Tour of Fife

#### Overall Results

#### U13

Rory Marsden - 1hr 23mins 49secs

#### U15

Ronan McKinstry - 1hr 31mins 12secs - **2nd Boy**

Ailsa Cruickshanks - 1hr 42mins 13secs - **1st Girl**

#### U18

Zach Delaney - 1hr 19mins 41secs - **1st Boy**

Jennifer Cruickshanks - 1hr 36mins 42secs - **1st Girl**

Fiona Cruickshanks - 1hr 48mins 4secs - **2nd Girl**

**Friday 10<sup>th</sup> June 2011**

**Mini-Tour of Fife**

**Cambo Estate Multi Terrain race**

**U13 - 5km**

Rory Marsden - 22mins 17secs

**U15 - 5km**

Ronan McKinstry - 20mins 8secs - **2nd Boy**

Ailsa Cruickshanks - 22mins 14secs - **1st Girl**

**U18 - 5km**

Zach Delaney - 18mins 24secs - **1st Boy**

Jennifer Cruickshanks - 21mins 46secs - **1st Girl**

Fiona Cruickshanks - 23mins 47secs - **2nd Girl**

**Thursday 9<sup>th</sup> June 2011**

**Mini-Tour of Fife**

**Tarvit Estate Time Trial**

**U13 - 2.1km**

Rory Marsden - 8mins 51secs

**U15 - 2.1km**

Ronan McKinstry - 7mins 53secs - **2nd Boy**

Ailsa Cruickshanks - 9mins 2secs - **1st Girl**

**U18 - 2.1km**

Zach Delaney - 6mins 51secs - **1st Boy**

Jennifer Cruickshanks - 8mins 48secs - **1st Girl**

Fiona Cruickshanks - 9mins 7secs - **2nd Girl**

Wednesday 8<sup>th</sup> June 2011

Mini-Tour of Fife

Heatherhall Trail Race

U11 - 1 mile

Jessie Barnett - 10mins 23secs

U13 - 2miles

Rory Marsden - 14mins 15secs

Cairn McKinstray - 17mins 58secs

U15 - 3miles

Ronan McKinstray - 19mins 26secs - **1st Boy**

Ailsa Cruickshanks - 21mins 37secs - **1st Girl**

U18 - 3miles

Zach Delaney - 17mins 48secs - **1st Boy**

Jennifer Cruickshanks - 20mins 51secs - **1st Girl**

Fiona Cruickshanks - 22mins 7secs - **2nd Girl**

Tuesday 7<sup>th</sup> June 2011

Mini-Tour of Fife

East Lomand Hill Race

U13 - 2miles

Rory Marsden - 21mins 54secs

U15 - 3miles

Ronan McKinstray - 19mins 25secs - **3rd Boy**

Ailsa Cruickshanks - 23mins 17secs - **1st Girl**

## U18 - 3miles

Zach Delaney - 16mins 33secs - **1st Boy**

Jennifer Cruickshanks - 20mins 41secs - **1st Girl**

Fiona Cruickshanks - 24mins 56secs - **2nd Girl**

## Monday 6<sup>th</sup> June 2011

### Mini-Tour of Fife

### Tentsmuir Beach Race

## U13 - 2miles

Rory Marsden - 16mins 32secs

Abbey Grieve - 22mins 42secs

## U15 - 3miles

Ronan McKinstry - 24mins 20secs - **3rd Boy**

Ailsa Cruickshanks - 26mins 3secs - **2nd Girl**

## U18 - 3miles

Zach Delaney - 20mins 5secs - **1st Boy**

Jennifer Cruickshanks - 24mins 36secs - **1st Girl**

Rachael Grieve - 26mins 45secs - **2nd Girl**

Fiona Cruickshanks - 28mins 7secs - **3rd Girl**

## Saturday 4<sup>th</sup> June 2011

### Cairngorm Classic Bike Ride 100miles, 8837ft

Debz Hay - 7hrs 30mins

George Hay - 7hrs 30mins

Saturday 4<sup>th</sup> June 2011

Cairngorm Classic Bike Ride 50miles, 3678ft

Rachael Grieve -

Jake Grieve -

Wednesday 1<sup>st</sup> June 2011

Hill O' Tarvit 5.5miles

Zach Delaney - 34mins 12secs - **1st MJ** - \*2nd Overall\*

Davie Burgess - 35mins 7secs - **2nd MS**

Jonny Knox - 36mins 49secs - **3rd MV40** - **course pb**

Dell Rae - 39mins 1sec

Stuart McKenzie - 39mins 11secs

Tich Shaw - 42mins 42secs - **1st MV55**

Ronan McKinstrie - 43mins 00secs - **3rd MJ**

Colin McIntosh - 43mins 4secs

Jennifer Cruickshanks - 44mins 29secs - **1st FJ**

Glenn Rickman - 46mins 18secs

Pamela Cruickshanks - 47mins 48secs - **1st FV45** - **course pb**

Christine Bowie - 48mins 44secs - **2nd FV45**

Allan Gibson - 49mins 35secs - **3rd MV55**

Debz Hay - 51mins 1sec - **course pb**

Elise Methven - 51mins 30secs - **course pb**

Ian Shield - 52mins 31secs

Tracy Knox - 52mins 39secs - **course pb**

George Hay - 54mins 1sec

Lizzie Knox - 54mins 17secs - **2nd FJ** - **course pb**

Catherine Richardson - 54mins 30secs

Tricia Wallace - 55mins 30secs - **course pb**

Tracy Chalmers - 57mins 12secs

**Saturday 29<sup>th</sup> May 2011**

**Arbroath 10k**

Tricia Wallace - 56mins 58secs - **course pb**

**Saturday 28<sup>th</sup> May 2011**

**Isle of Jura 16miles, 7500ft**

Jonny Knox - 4hrs 8mins 3secs - **course pb**

**Friday 27<sup>th</sup> May 2011**

**Hyde Park 5k**

Catherine Richardson - 24mins 29secs - **distance pb**

**Wednesday 24<sup>th</sup> May 2011**

**Ravenscraig 1 Mile**

Bill Simpson - 6mins 20secs

**Sunday 22<sup>nd</sup> May 2011**

**Edinburgh Marathon**

Dell Rae - 3hrs 22mins 6secs

Tich Shaw - 3hrs 51mins

Jacqui McDonald - 4hrs 9mins 26secs

Jennifer Gallagher - 6hrs 11mins 9secs



## Sunday 22<sup>nd</sup> May 2011

### Edinburgh Marathon Relay

#### Team 1 - 3hrs 39mins 29secs

1st Leg - 8.1miles - Pamela Cruickshanks - 1hr 8mins 13secs

2nd Leg - 5.4miles - Tracy Chalmers - 44mins 44secs

3rd Leg - 8.0miles - Karen Shepherd - 1hr 14mins 5secs

4th Leg - 4.7miles - Fiona Cruickshanks - 32mins 27secs

#### Team 2 - 3hrs 46mins

1st Leg - 8.1miles - Alice Hall - 1hr 8min 10secs

2nd Leg - 5.4miles - Catherine Richardson - 44mins 58secs

3rd Leg - 8.0miles - Elise Methven - 1hr 19mins 58secs

4th Leg - 4.7miles - Gwen Tivendale - 32mins 54secs

#### Team 3 - 3hrs 47mins 55secs

1st Leg - 8.1miles - Stewart Barnett - 1hr 1min 44secs

2nd Leg - 5.4miles - Fiona Mitchell - 51mins 46secs

3rd Leg - 8.0miles - Liam McMonagle - 1hr 14mins 42secs

4th Leg - 4.7miles - Carole Fraser - 39mins 43secs

## Saturday 21<sup>st</sup> May 2011

### Cateran 55 Ultra Marathon, Glenshee, 55miles

Bill Hutchison - 10hrs 7mins 45secs - **1st MV50**

## Saturday 21<sup>st</sup> May 2011

### Edinburgh Park Run 5k

Carole Fraser - 29mins 51secs

**Friday 20<sup>th</sup> May 2011**

**Beveridge Park 5k**

Zach Delaney - 17mins 19secs - **1st MJ** - **distance pb**

Stuart McKenzie - 19mins 51secs

Ronan McKinstry - 20mins 6secs - **distance pb**

Richard McKinstry - 25mins 52secs - **distance pb**

**Wednesday 18<sup>th</sup> May 2011**

**Kinnoull Hill Race, Perth**

Colin McIntosh - 34mins 20secs

**Sunday 15<sup>th</sup> May 2011**

**Etape Caledonia 81mile Cycle Challenge**

Jonny Knox - 4hrs 00mins 28secs

Jake Grieve - 4hrs 05mins 27secs

Ian Mills - 4hrs 26mins 11secs

George Hay - 4hrs 28mins 6secs

Glenn Rickman - 4hrs 56mins 18secs

Debz Hay - 5hrs 19mins 33secs

**Sunday 15<sup>th</sup> May 2011**

**North Berwick Novice Triathlon**

**250metre Swim/6mile Cycle/2.5mile Run**

Tricia Wallace - 56 mins 39secs

## Sunday 15<sup>th</sup> May 2011

### Quarriers 5k, Anstruther

Zach Delaney - 17mins 33secs - **1st MJ** - **\*1st Overall\***

Stuart McKenzie - 19mins 42secs - **distance pb**

Colin McIntosh - 20mins 32secs - **2nd MV50**

Ronan McKinstry - 21mins 6secs - **3rd MJ** - **distance pb**

Jennifer Cruickshanks - 21mins 31secs - **2nd FJ**

Bill Simpson - 21mins 46secs - **3rd MV50**

Rachael Grieve - 23mins 8secs - **3rd FJ** - **distance pb**

Sally Mills - 24mins 4secs - **distance pb**

Rosie Knox - 24mins 32secs

Dougie Campbell - 24mins 40secs - **distance pb**

Catherine Richardson - 25mins 2secs - **course pb**

Fiona Cruickshanks - 25mins 46secs

Tracy Chalmers - 27mins 31secs

## Saturday 14<sup>th</sup> May 2011

### Loch Leven Half Marathon

Elise Methven - 1hr 55mins 41secs - **distance pb**

Catherine Richardson - 1hr 58mins 42secs - **distance pb**

Tricia Wallace - 2hrs 1min 11secs

## Wednesday 11<sup>th</sup> May 2011

### Kellie Law

Zach Delaney - 23mins 15secs - **course pb**

Davie Burgess - 23mins 27secs - **course pb**

Jonny Knox - 23mins 48secs - **course pb**

Ross Moreland - 25mins 57secs

Dell Rae - 26mins 5secs

Thomas Knox - 26mins 28secs  
Jake Grieve - 27mins 22secs  
Ronan McKinstry - 27mins 50secs  
Stuart McKenzie - 27mins 57secs - **course pb**  
Jennifer Cruickshanks - 28mins 51secs  
Colin McIntosh - 29mins 9secs  
Chris Broome - 30mins 56secs - **course pb**  
Ewan Cameron - 31mins 8secs  
Rachael Grieve - 32mins 33secs  
Allan Gibson - 33mins 41secs  
Lizzie Knox - 33mins 54secs  
Ailsa Cruickshanks - 34mins 13secs  
Allan Galloway - 34mins 58secs - **course pb**  
Tracy Knox - 35mins 7secs  
Elise Methven - 35mins 11secs  
Debz Hay - 35mins 14secs - **course pb**  
Ian Shield - 35mins 34secs  
Dougie Campbell - 36mins 22secs - **course pb**  
Rosie Knox - 36mins 45secs - **course pb**  
Liam McMonagle - 36mins 52secs - **course pb**  
George Hay - 37mins 12secs - **course pb**  
Tracy Chalmers - 39mins 33secs - **course pb**  
Tricia Wallace - 39mins 33secs  
June Penman - 40mins 10secs  
Karen Cunningham - 40mins 10secs  
Karen Shepherd - 42mins 5secs  
Jackie Murray - 42mins 6secs  
Caroline Horsburgh - 42mins 50secs  
Jennifer Gallagher - 52mins 30secs

## Sunday 8<sup>th</sup> May 2011

### Glasgow Ladies 10k

Alice Hall - 49mins 45secs - **distance pb**

Fiona Mitchell - 63mins 43secs

Jennifer Gallagher - 64mins 19secs - **distance pb**

## Sunday 8<sup>th</sup> May 2011

### Ben Lomond Juniors Scottish Championship Hill Race

#### U19 Boys 6k/380metre climb

Zach Delaney - 31mins 20secs - **2nd**

#### U19 Girls 4.3k/235metre climb

Jennifer Cruickshanks - 25mins 54secs - **3rd**

#### U14 Girls 2.7k/160metre climb

Jennifer Cruickshanks - 17mins 4secs - **3rd**

## Wednesday 4<sup>th</sup> May 2011

### Strathkinness/Blebocraigs 4.5miles

Zach Delaney - 26mins 6secs - **1st MJ** - **course pb**

Davie Burgess - 26mins 32secs - **3rd MS**

Jonny Knox - 28mins 1sec

Dell Rae - 28mins 15secs

Thomas Knox - 31mins 8secs - **3rd MJ**

Stuart McKenzie - 31mins 17secs

Colin McIntosh - 31mins 42secs - **course pb**

Stewart Barnett - 32mins 18secs

Stuart McKenzie - 31mins 17secs

Ronan McKinstry - 32mins 58secs  
Jennifer Cruickshanks - 33mins 6secs - **1st FJ** - **course pb**  
Tich Shaw - 33mins 30secs  
Ailsa Cruickshanks - 34mins 59secs - **2nd FJ** - **course pb**  
Pamela Cruickshanks - 35mins 2secs - **2nd FV40**  
Ian Shield - 36mins 13secs  
Allan Gibson - 37mins 18secs  
Debz Hay - 37mins 25secs - **3rd FV40** - **course pb**  
Liam McMonagle - 38mins 9secs  
Lizzy Knox - 38mins 41secs - **3rd FJ** - **course pb**  
Dougie Campbell - 38mins 42secs  
Tricia Wallace - 38mins 59secs  
Catherine Richardson - 39mins 12secs  
Tracy Knox - 39mins 15secs - **course pb**  
George Hay - 39mins 16secs  
Karen Shepherd - 40mins 40secs - **course pb**  
Tracy Chalmers - 40mins 45secs  
David Nuttall - 42mins 32secs  
Jennifer Gallagher - 49mins 18secs

### Sunday 1<sup>st</sup> May 2011

### Angus Half Marathon, Monikie Park

Ian Shield - 1hr 59mins 47secs  
Elise Methven - 1hr 59mins 49secs  
Tricia Wallace - 2hrs 3mins 3secs  
Catherine Richardson - 2hrs 7mins 26secs

**Saturday 30<sup>th</sup> April 2011**

**Tiree 10k**

Gordon Mitchell - 51mins 11secs - **1st MV50**

Debz Hay - 51mins 59secs - **1st FV**

George Hay - 58mins 22secs

Fiona Mitchell - 64mins 5secs

**Saturday 30<sup>th</sup> April 2011**

**Stuc A Chroin 22k/5000', Perthshire**

Jonny Knox - 2hrs 38mins 43secs

**Saturday 30<sup>th</sup> April 2011**

**Highland Fling**

Ross Moreland - 9hrs 22mins 30secs - **course pb**

**Thursday 28<sup>th</sup> April 2011**

**Kinross 10k**

Tricia Wallace - 52mins 33secs - **course pb**

**Wednesday 27<sup>th</sup> April 2011**

**Kellie Law**

Zach Delaney - 23mins 25secs

Davie Burgess - 23mins 46secs

Jonny Knox - 24mins 12secs

Thomas Knox - 25mins 7secs

Ross Moreland - 25mins 30secs

Bill Hutchison - 25mins 55secs

Jake Grieve - 26mins 53secs

Stuart McKenzie - 28mins 45secs  
Colin McIntosh - 28mins 46secs  
Glenn Rickman - 30mins 12secs  
Ewan Cameron - 30mins 31secs  
Chris Broome - 31mins 4secs  
Lizzie Knox - 33mins 4secs  
Alice Hall - 33mins 40secs  
Tracy Knox - 34mins 16secs  
Elise Methven - 34mins 22secs  
Allan Galloway - 35mins 44secs  
Debz Hay - 36mins 44secs  
Liam McMonagle - 37mins 15secs  
Dougie Campbell - 38mins 13secs  
George Hay - 38mins 32secs  
Tracy Chalmers - 40mins 38secs  
Jackie Murray - 41mins 26secs  
Rosie Knox - 41mins 56secs  
Carol Fraser - 43mins 48secs  
Jennifer Gallagher - 52mins 26secs

### Sunday 24<sup>th</sup> April 2011

#### Balmoral Multi Terrain Half Marathon

Jennifer Gallagher - 2hrs 35mins 50secs  
Liam McMonagle - 2hrs 35mins 53secs

### Saturday 23<sup>rd</sup> April 2011

#### Norman's Law Hill Race, Luthrie

Jonny Knox - 32mins 41secs - [course pb](#)  
Thomas Knox - 35mins 49secs - [course pb](#)



Ronan McKinstry - 41mins 8secs

Pamela Cruickshanks - 45mins 25secs - **course pb**

Tracy Knox - 48mins 19secs - **course pb**

Debz Hay - 49mins 35secs - **course pb**

Lizzie Knox - 51mins 34secs - **2nd FJ**

### Saturday 23<sup>rd</sup> April 2011

#### Emily Hill Junior Race, Luthrie

Ailsa Cruickshanks - 10mins - **3rd FJ**

### Wednesday 20<sup>th</sup> April 2011

#### St Andrews 5k

Zac Delaney - 17mins 23secs - **2nd MJ**

Jonny Knox - 18mins 40secs

Bill Hutchison - 19mins 2secs

Thomas Knox - 19mins 55secs

Ronan McKinstry - 20mins 20secs

Stuart McKenzie - 20mins 21secs

Colin McIntosh - 20mins 52secs

Jennifer Cruickshanks - 21mins 41secs

Stewart Barnett - 22mins 1sec - **course pb**

Ailsa Cruickshanks - 22mins 24secs - **course pb**

Pamela Cruickshanks - 22mins 27secs - **course pb**

Chris Broome - 22mins 32secs

Alice Hall - 22mins 59secs - **course pb**

Ian Shield - 23mins 7secs

Fiona Cruickshanks - 23mins 11secs - **course pb**

Rachel Grieve - 23mins 23secs

Christine Bowie - 23mins 32secs

Allan Gibson - 23mins 37secs  
Debz Hay - 24mins 36secs - **distance pb**  
Dougie Campbell - 25mins 5secs  
Tricia Wallace - 25mins 11secs  
George Hay - 25mins 22secs  
June Penman - 25mins 25secs - **course pb**  
Richard McKinstry - 26mins 6secs  
David Nuttall - 27mins 50secs  
Karen Cunningham - 28mins 41secs

### Sunday 17<sup>th</sup> April 2011

#### London Marathon

Stewart Barnett - 3hrs 48mins 46secs  
Murray Barnett - 3hrs 58mins 24secs - **distance pb**  
Liam McMonagle - 4hrs 46mins 25secs - **distance pb**  
Tracy Chalmers - 4hrs 48mins 44secs

### Sunday 17<sup>th</sup> April 2011

#### Kilomathon Edinburgh 16.3miles

Jacqui McDonald - 2hrs 30mins 4secs

### Saturday 16<sup>th</sup> April 2011

#### Hunters Bog Trot, Edinburgh 6.5k/240m

Debz Hay - 55mins 38secs  
George Hay - 55mins 38secs

Friday 15<sup>th</sup> April 2011

Beveridge Park 5k

Ronan McKinstry - 20mins 49secs - **2nd MJ**

Richard McKinstry - 27mins 28secs

Sunday 10<sup>th</sup> April 2011

Edinburgh Half Marathon

Susan Penman - 1hr 53mins 53secs - **distance pb**

Tricia Wallace - 1hr 57mins 30secs

Sunday 10<sup>th</sup> April 2011

Glenlivet 10k, Cairngorms

Debz Hay - 54mins 53secs

George Hay - 62mins 38secs

Saturday 9<sup>th</sup> April 2011

Nevis Duathlon 5k Run/20k Cycle/5k Run

Debz Hay - 2hrs 10mins 59secs

George Hay - 2hrs 17mins 22secs

Sunday 27<sup>th</sup> March 2011

Deuchary Hill Race 12m/2600'

Debz Hay - 2hrs 36mins

**Sunday 27<sup>th</sup> March 2011**

**Lomonds of Fife Junior Hill Race**

**U12 Girls**

Sally Mills - 26mins 12secs

**U14 Boys**

Ronan McKinstrey - 29mins 58secs

**U14 Girls**

Ailsa Cruickshanks - 40mins 8secs

**U16 Males**

Timmy Grieve - 45mins 12secs

**U19 Males**

Zac Delaney - 72mins 8secs

**U19 Females**

Jennifer Cruickshanks - 62mins 52secs

**Sunday 27<sup>th</sup> March 2011**

**Round The Houses 10k, Grangemouth**

Dell Rae - 39mins 17secs

**Saturday 26<sup>th</sup> March 2011**

**Birnham Hill Race, Dunkeld 6.5k/535m**

Debz Hay - 53mins 14secs

## Sunday 20<sup>th</sup> March 2011

### Alloa Half Marathon

Gordon Mitchell - 1hr 52mins 33secs

Elise Methven - 1hr 57mins 08secs

Susan Penman - 1hr 57mins 10secs - **distance pb**

Tricia Wallace - 2hrs 1min 30secs

Catherine Richardson - 2hrs 2mins 41secs - **distance pb**

Fiona Mitchell - 2hrs 22mins 30secs

## Saturday 19<sup>th</sup> March 2011

### D33 Ultra Marathon, Aberdeen, 33Miles

Bill Hutchison - 4hrs 17mins 22secs - **1st MV50**

## Saturday 19<sup>th</sup> March 2011

### Mighty Deerstalker 10k and then some

Chris Broome - 2hrs 8mins 5secs

Debz Hay - 3hrs 6mins 8secs

George Hay - 3hrs 6mins 8secs

## Saturday 12<sup>th</sup> March 2011

### Scottish Secondary Schools CC Championships, Irvine

#### Girls Under 14

Ailsa Cruickshanks - 13mins 24secs

#### Girls 15-17

Fiona Cruickshanks - 21mins 15secs

## Girls Over 17

Jennifer Cruickshanks - 18mins 39secs

## Saturday 12<sup>th</sup> March 2011

### Haworth Hobble, Pennines, 33Miles, 4400'

Ross Moreland - 5hr 11mins 30secs

## Sunday 6<sup>th</sup> March 2011

### Bishop Hill Race - 2.5Miles, 1000ft

Jonny Knox - 20mins 10secs - **3rd MV40** - **course pb**

Zach Delaney - 20mins 50secs - **2nd MJ**

Tim Grieve - 22mins 00secs - **3rd MJ**

Thomas Knox - 24mins 00secs

## Sunday 6<sup>th</sup> March 2011

### Smokies 10, Arbroath

Susan Penman - 1hr 26mins 10secs - **distance pb**

Debz Hay - 1hr 27mins 53secs

Tricia Wallace - 1hr 29mins 58secs - **course pb**

## Saturday 5<sup>th</sup> March 2011

### Falkland Flyer 6 Mile Trail Race

Zach Delaney - 39mins 10secs - **1st MJ**

Bill Simpson - 45mins 45secs

Pamela Cruickshanks - 48mins 24secs

Debz Hay - 54mins 22secs

George Hay - 60mins 37secs

John Dickson - 65mins 17secs

## Sunday 27<sup>th</sup> February 2011

### Great North West Half Marathon, Blackpool

Dell Rae - 1hr 33mins 17secs

## Saturday 26<sup>th</sup> February 2011

### Cupar 5

Bill Hutchison - 29mins 36secs

Jas Baillie - 32mins 49secs - **distance pb**

Ronan McKinstry - 33mins 56secs

Bill Simpson - 34mins 34secs

Pamela Cruickshanks - 35mins 36secs - **distance pb**

Tricia Wallace - 41mins 36secs - **distance pb**

Fiona Cruickshanks - 40mins 19secs - **3rd FJ**

John Dickson - 46mins 28secs

Tich Shaw - 47mins 20secs

Gemma Shaw - 47mins 21secs

## Saturday 19<sup>th</sup> February 2011

### Banstead Woods Park Run 5k

Neil Smith - 17mins 37secs

## Saturday 19<sup>th</sup> February 2011

### Arisaig Duathlon

#### 5k Run/25k Cycle/5k Run

Debz Hay - 2hrs 21mins 19secs - **2nd FV**

Chris Broome - 2hrs 22mins 9secs - **2nd MSV**

George Hay - 2hrs 39mins 32secs

**Saturday 19<sup>th</sup> February 2011**

**Scottish National CC Champs, Falkirk**

**Under 15 Boys, 4k**

Ronan McKinstry - 17mins 37secs

**Under 17 Men, 6.4k**

Zach Delaney - 28mins 10secs

**Senior Women, 8k**

Pamela Cruickshanks - 39mins 45secs - **course pb**

**Senior Men, 12k**

Dell Rae - 52mins 51secs

Jas Baillie - 56mins 25secs

Colin McIntosh - 56mins 28secs

Tich Shaw - 57mins 36secs

Allan Gibson - 64mins 4secs

**Saturday 12<sup>th</sup> February 2011**

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

Jonny Knox - 1hr 00mins 10secs

Debz Hay - 1hr 44mins 19secs - **course pb**

**Saturday 12<sup>th</sup> February 2011**

**Scald Law Junior Hill Race 4k, 290m**

Zac Delaney - 23mins 52secs - **2nd MJ**

Thomas Knox - 26mins 42secs



## Sunday 6<sup>th</sup> February 2011

### Forfar Multi Terrain Half Marathon

Eck Anderson - 1hr 41mins 39secs  
Allan Galloway - 2hr 3mins 26secs  
Debz Hay - 2hr 9mins 33secs  
Catherine Richardson - 2hr 15mins 33secs  
Tricia Wallace - 2hr 17mins 23secs  
Tracy Chalmers - 2hr 18mins 17secs  
Jackie Murray - 2hr 19mins 45secs

## Saturday 5<sup>th</sup> February 2011

### Scottish Masters CC Champs, Kirkcaldy

#### Senior Women 6k

Pamela Cruickshanks - 30mins 30secs  
Hazel Bradley - 30mins 40secs - **1st FV60**  
Tricia Wallace - 36mins 30secs

#### Senior Men 8k

Colin McIntosh - 41mins 47secs  
Tich Shaw - 42mins 00secs  
Jas Baillie - 42mins 17secs  
Stewart Barnett - 42mins 41secs

## Saturday 22<sup>nd</sup> January 2011

### Devil's Burden Hill Relay Race

#### Team 2 - 3hrs 8mins 49secs - 36<sup>th</sup>

Leg 1 - John Low, Colin McIntosh - 47mins 41secs  
Leg 2 - Zak Delaney - 29mins 49secs  
Leg 3 - Jas Baillie, Eck Anderson - 77mins 36secs  
Leg 4 - Tich Shaw - 33mins 43secs

**Team 1 - 3hrs 21mins 36secs - 57<sup>th</sup>**

Leg 1 - Ian Mills, Thomas Knox - **course pb** - 40mins 54sec

Leg 2 - Jake Grieve - 30mins 26secs

Leg 3 - Jonny Knox, Neil Smith - 100mins 42secs

Leg 4 - Bill Hutchison - 29mins 34secs

**Vets - 3hrs 45mins 33secs - 75<sup>th</sup>**

Leg 1 - Bill Arnott, Pete Peddie - 54mins 42secs

Leg 2 - Glenn Rickmann - 36mins 8secs

Leg 3 - Chris Broome, Allan Gibson - 98mins 35sec

Leg 4 - Bill Simpson - 36mins 8secs

**Fish Wives - 3hrs 54mins 36secs - 80<sup>th</sup>**

Leg 1 - Pamela Cruickshanks - **course pb**, Alice Hall - **course pb** - 55mins 9secs

Leg 2 - Tracy Knox - 43mins 41secs

Leg 3 - Hazel Bradley, Christine Bowie - 94mins 13secs

Leg 4 - Elise Methven - 41mins 33secs

**Small Fry - 3hrs 57mins 49secs - 82<sup>nd</sup>**

Leg 1 - Lizzie Knox - **course pb**, Fiona Cruickshanks - 65mins 8secs

Leg 2 - Ronan McInstry - 37mins 3secs

Leg 3 - Rachael Grieve, Timmy Grieve - 92mins 54secs

Leg 4 - Ailsa Cruickshanks - 42mins 44secs

**Prize Fillets - 4hrs 37mins 7secs - 101<sup>st</sup>**

Leg 1 - Ewan Cameron, Dougie Campbell - 64mins 59secs

Leg 2 - George Findlay - 40mins 37secs

Leg 3 - Allan Galloway, Murray Barnett - 126mins 40secs

Leg 4 - George Hay - **course pb** - 44mins 51secs

## Lemon Souls - 4hrs 38mins 39secs - 102<sup>nd</sup>

Leg 1 - Karen Shepherd - **course pb**, Karen Cunningham - 67mins 46secs

Leg 2 - Catherine Richardson - 50mins 20secs

Leg 3 - Debz Hay - **course pb**, Jackie Murray - 116mins 20secs

Leg 4 - Tricia Wallace - 44mins 13secs

## Saturday 15th January 2011

### Glencoe Duathlon 5k Run/15k Bike/5k Run

Chris Broome - 1hr 10mins - **3rd MV**

George Hay - 1hr 24mins

Debz Hay - 1hr 24mins 15secs - **2nd FV**

## Saturday 15th January 2011

### Scottish Athletics East District CC Champs, Livingston

#### Senior Men 9.6k

Tich Shaw - 47mins 36secs

Jas Baillie - 47mins 45secs

Allan Gibson - 53mins 3secs

#### Senior Women 6.4k

Hazel Bradley - 32mins 49secs - **1st FV60**

Pamela Cruickshanks - 33mins 37secs

## Saturday 8th January 2011

### Bupa Great Winter Run 5k, Edinburgh

Jennifer Cruickshanks - 22mins 9secs

Fiona Cruickshanks - 29mins 23secs

Carole Fraser - 35mins 9secs

Saturday 8th January 2011

Bupa Great Winter Junior Run 2.5k, Edinburgh

Ailsa Cruickshanks - 9mins 1sec

Sunday 2nd January 2011

Tortoise and Hare Relay Race, 3miles each

Falkland

Davie Burgess + Tracy Chalmers - 45mins 36secs

Jennifer + Ailsa Cruickshanks - 49mins 4secs

Pamela + Fiona Cruickshanks - 51mins 49secs

Saturday 1st January 2011

Portobello Promathon 4m, Edinburgh

Carol Fraser - 44mins 22secs

Saturday 1st January 2011

Edinburgh Park Run 5k

Tricia Wallace - 26mins 35secs



**HAPPY  
NEW  
YEAR!**