



ANSTER HADDIES RACE RESULTS 2012

Haddie Of The Year

Alice Hall

Performance Of The Year

Dell Rae

For The East Neuk 10k

Club Member Of The Year

Davie Burgess

Junior Award

Fiona Cruickshanks

Race Award

Debz Hay

Training Award

Yvonne Dehn

Saturday 29th December 2012

St Andrews Park Run 5k

Ian Shield - 28mins 9secs

Saturday 29th December 2012

Edinburgh Park Run 5k

Tricia Wallace - 26mins 46secs

Saturday 26th December 2012

Beveridge Park Boxing Day Handicap Race 1.33Miles

Bill Simpson

Saturday 22nd December 2012

Edinburgh Park Run 5k

Tricia Wallace - 24mins 23secs

Saturday 22nd December 2012

St Andrews Park Run 5k

Tracy Chalmers - 28mins 25secs

Wednesday 19th December 2012

Mars Bar Race (3) 4miles

Davie Burgess - 24min 2secs

Jonny Knox - 24min 50secs

Jake Grieve - 25min 5secs

Stuart McKenzie - 25min 15secs

Thomas Knox - 25min 23secs - **course pb**
Duncan Hall - 25min 25secs
Ronan McKinstry - 27min 21secs
Ian Muir - 28min 25secs - **course pb**
Jennifer Cruickshanks - 28min 31secs
Rory Marsden - 28min 44secs - **course pb**
David Brisland - 28min 55secs
Bill Simpson - 28min 59secs
George Findlay - 29min 3secs
Pamela Cruickshanks - 30min 5secs
Elise Methven - 31min 41secs
Debz Hay - 32min 4secs
Alice Hall - 32min 7secs
Ian Shield - 34min 3secs - **course pb**
John Dickson - 34min 10secs
Eck Anderson - 34min 14secs
Dave Nuttall - 34min 17secs - **course pb**
Tricia Wallace - 34min 39secs
Richard McKinstry - 34min 39secs - **course pb**
Richard Bevens - 34min 45secs - **course pb**
George Hay - 35min 39secs
Jim Hogsflesh - 36min 7secs - **course pb**
Ailsa Cruickshanks - 36min 9secs
Yvonne Dehn - 37min 39secs
Carole Fraser - 39min 3secs
Tracy Chalmers - 39min 22secs
Jenny Henderson - 39min 49secs
John Marsden - 45min 00secs

Saturday 15th December 2012

Edinburgh Park Run 5k

Tricia Wallace - 24mins 58secs

Saturday 15th December 2012

St Andrews Park Run 5k

Ian Shield - 25mins 10secs

Wednesday 13th December 2012

Nightmare Race (2) St Andrews 3.3miles

Ian Shield - 29min 20secs - **3rd MV60**

Susan Hutchison - 41min 29secs

Bill Hutchison - 41min 29secs

Saturday 8th December 2012

Edinburgh Park Run 5k

Tricia Wallace - 25mins 3secs

Saturday 8th December 2012

Clonakilty Waterfront Marathon, Ireland

Alice Hall - 3hrs 58mins 45secs

Carole Fraser - 5hrs 10mins 15secs

Fiona Mitchell - 5hrs 15mins 19secs

Saturday 8th December 2012

East District Cross Country Championships, Cupar

Senior Men 9.5k

Ewan Lumsden - 40mins 20secs

Davie Burgess - 41mins 29secs

Eck Anderson - 46mins 38secs

Tich Shaw - 47mins 43secs

George Findlay - 51mins 5secs

Allan Gibson - 53mins 27secs

Richard McKinstry - 62mins 39secs

Women 6.4k

Pamela Cruickshanks - 32mins 20secs

Hazel Bradley - 33mins 7secs

Christine Bowie - 34mins 17secs

Saturday 8th December 2012

St Andrews Park Run 5k

Ian Shield - 26mins 51secs

Debz Hay - 27mins 5secs

Sunday 2nd December 2012

Monikie Duathlon

Elise Methven - 4.8k Run - 24mins 47secs

20k Cycle - 49mins 33secs

Total - 1hr 14mins 20secs

Saturday 1st December 2012

St Andrews Park Run 5k

Duncan Hall - 19mins 22secs - **course pb**

Ian Shield - 28mins 16secs

Saturday 1st December 2012

Edinburgh Park Run 5k

Tricia Wallace - 26mins 21secs

Saturday 24th November 2012

East District Cross Country Championships, Livingston

Men 9.6k

Tich Shaw - 45mins 7secs

Women 6.4k

Pamela Cruickshanks - 31mins 46secs

Saturday 24th November 2012

Edinburgh Park Run 5k

Tricia Wallace - 27mins 44secs

Saturday 24th November 2012

St Andrews Park Run 5k

Duncan Hall - 19mins 36secs - **course pb**

George Findlay - 21mins 55secs

Friday 23rd November 2012

Donut 10mile, Dubai

Bill Simpson

Wednesday 21st November 2012

Mars Bar Race (2) 4miles

Zach Delaney - 21min 44secs - **course pb**

Davie Burgess - 23min 59secs

Stuart McKenzie - 24min 42secs

Bill Hutchison - 24min 45secs

Jake Grieve - 25min 00secs

Thomas Knox - 25min 27secs - **course pb**

Eck Anderson - 26min 1secs

Ian Mills - 26min 7secs

Glenn Rickman - 27min 18secs - **course pb**

Jennifer Cruickshanks - 27min 23secs - **course pb**

George Findlay - 28min 22secs - **course pb**

Ronan McKinstry - 28min 32secs

Ian Muir - 28min 43secs - **course pb**

Ailsa Cruickshanks - 28min 53secs

Rachael Grieve - 28min 58secs - **course pb**

Hazel Bradley - 29min 7secs

Mike Horsburgh - 30min 41secs - **course pb**

Elise Methven - 31min 6secs

Jonny Knox - 31min 31secs

Lizzie Knox - 31min 31secs - **course pb**

Rosie Knox - 31min 36secs - **course pb**

Debz Hay - 31min 56secs

Tracy Knox - 32min 39secs - **course pb**

Fiona Cruickshanks - 32min 48secs - **course pb**

Tricia Wallace - 33min 13secs - **course pb**

Ian Shield - 32min 30secs

Alice Hall - 33min 4secs - **(50 of 50..Done and dusted)**

Pamela Cruickshanks - 33min 4secs

Well done Alice!

Nick Fry - 34min 00secs

Dave Nuttall - 34min 33secs

Karen Shepherd - 34min 34secs

June Penman - 35min 00secs - **course pb**

George Hay - 35min 25secs

John Dickson - 35min 49secs

Karen Cunningham - 36min 2secs

Jim Hogsflesh - 36min 12secs - **course pb**

Richard Bevans - 36min 50secs

Tracy Chalmers - 38min 11secs

Jackie Murray - 38min 11secs

Fiona Mitchell - 39min 00secs

Carole Fraser - 39min 22secs

Jenny Henderson - 39min 41secs

Yvonne Dehn - 44min 26secs

Susan Hutchison - 52min 1secs - **course pb**



Sunday 18th November 2012

Brampton to Carlisle Road Race, 10miles

Susan Penman - 1hr 28min 45secs

Sunday 18th November 2012 Hartley Cup Relay, Burntisland

Anster Haddies Bluefins - 77mins 47secs - *1st Overall Team*

Pink = Fastest Male & Female Times In Team

Dell Rae - **5min 58secs**, 6min 7secs

Ewan Lumsden - 6min 11secs, 6min 14secs

Stuart McKenzie - 6min 43secs, 6min 38secs

Thomas Knox - 6min 35secs, 6min 48secs

Jake Grieve - 6min 36secs, 6min 45secs

Duncan Hall - 6min 37secs, 6min 32secs

Anster Haddies Yellowfins - 88mins 43secs

Eck Anderson - **6min 40secs**, 6min 47secs

Ian Mills - 7min 8secs, 6min 46secs

Glenn Rickman - 7min 20secs, 7min 25secs

George Findlay - 7min 36secs, 7min 37secs

Gavin Gibson - 7min 58secs, 8min 00secs

Bill Simpson - 7min 39secs, 7min 47secs

Anster Haddies Prime Fillets - 79mins 13secs

Pamela Cruickshanks - 8min 10secs, 8min 23secs

Rachael Grieve - 7min 56secs, 7min 44secs

Alice Hall - 8min 14secs, 8min 19secs

Hazel Bradley - 8min 6secs, 8min 13secs

Jennifer Cruickshanks - **7min 13secs**, 7min 15secs

Anster Haddies Skipjacks - 83mins 53secs

Mike Horsburgh - **7min 42secs**, 7min 48secs

Christine Bowie - **8min 16secs**, 8min 23secs

Ewan Cameron - 8min 8secs, 8min 5secs

Elise Methven - 8min 22secs, 8min 33secs

George Hay - 9min 2secs, 9min 34secs

Anster Haddies Wee Tunnies - 87mins 39secs - ***1st Junior Team***

Ailsa Cruickshanks - 7min 47secs, 8min 2secs

Rosie Knox - 9min 6secs, 8min 34secs

Innes Methven - 9min 45secs, 10min 48secs

Sally Mills - 7min 54secs, **7min 45secs**

Lizzie Knox - 8min 30secs, 8min 38secs

Anster Haddies Dolphin Friendlies - 87mins 58secs

Fiona Cruickshanks - **8min 34secs**, 8min 47secs

Dave Nuttall - **8min 32secs**, 8min 37secs

Tracy Knox - 9min 00secs, 8min 56secs

John Dickson - 8min 46secs, 8min 52secs

Debz Hay - 9min 1secs, 8min 53secs

Anster Haddies Albacorse - 100mins 15secs

Richard Bevens - **8min 36secs**, 8min 38secs

June Penman - 9min 25secs, 9min 28secs

Susan Hutchison - 13min 46secs, 13min 45secs

Eck Anderson Junior - 9min 11secs, 9min 33secs

Tricia Wallace - 8min 58secs, **8min 55secs**

Saturday 17th November 2012

St Andrews Park Run 5k

Richard Bevens - 26mins 25secs

Saturday 10th November 2012

Glen Clova Half Marathon

Davie Burgess - 1hr 24mins 48secs

Jonny Knox - 1hr 26mins 36secs

Stuart McKenzie - 1hr 30mins 45secs

Duncan Hall - 1hr 31mins 7secs - **distance pb**

Eck Anderson - 1hr 32mins 48secs - **distance pb**

Debz Hay - 1hr 54min 00secs - **course pb**

Tracy Chalmers - 1hr 57min 16secs - **course pb**

Yvonne Dehn - 2hr 8mins 50secs

George Hay - 2hrs 23min 11secs

Saturday 10th November 2012

Tinto Hill Race, Carlisle, 4.4miles/1500ft

Peter Nimmo - 46min 37secs

Saturday 10th November 2012

Edinburgh Park Run 5k

Tricia Wallace - 25mins 40secs

Saturday 10th November 2012

St Andrews Park Run 5k

Richard Bevins - 25mins 38secs

Ian Shield - 29mins 11secs

Wednesday 7th November 2012

Nightmare Race (1) Ladybank 3.55miles

Jonny Knox - 23min 16secs

Eck Anderson - 24min 50secs

Mike Horsburgh - 28min 45secs

Bill Simpson - 28min 54secs

Dave Nuttall - 29min 14secs

Lizzie Knox - 31min 12secs - **1st Junior**

Pamela Cruickshanks - 31min 16secs - **1st FV**

Rosie Knox - 31min 39secs - **2nd Junior**

Debz Hay - 34min 9secs

George Hay - 34min 9secs

Yvonne Dehn - 34min 12secs

Tracy Knox - 34min 22secs

Fiona Cruickshanks - 34min 26secs - **3rd Junior**

Karen Cunningham - 34min 30secs

John Dickson - 36min 10secs

Tricia Wallace - 36min 43secs

Susan Hutchison - 50min 13secs

Bill Hutchison - 50min 14secs

Saturday 3rd November 2012

Dumyat Dash, Menstrie, 9k/600m

Eck Anderson - 1hr 3mins 10secs

Yvonne Dehn - 1hr 42mins 15secs

Saturday 3rd November 2012

Glen Ogle 33miles

Debz Hay - 6hrs 00mins 26secs

George Hay - 6hrs 52mins 32secs

Saturday 3rd November 2012

St Andrews Park Run 5k

Ian Shield - 25mins 3secs

Ruby Methven - 35mins 46secs - **course pb**

Susan Hutchison - 38mins 27secs

Wednesday 31st October 2012

Cairnie Creepy Crawley Race

1km

Ruby Methven - 7mins 34secs

2miles

Ailsa Cruickshanks - 12mins 22secs - **1st FJ**

Sunday 28th October 2012

Jedburgh Half Marathon

Ewan Lumsden - 1hr 37mins 32secs

Saturday 27th October 2012

Meall a Bhuachaille, Aviemore 13km/720m

George Hay - 2hrs 21mins 4secs

Saturday 27th October 2012

Scottish National CC Relay Champs Cumbernauld, 4k

Hazel Bradley - 19mins 53secs

Pamela Cruickshanks - 20mins 27secs

Christine Bowie - 20mins 56secs

Saturday 27th October 2012

Leeds Park Run 5k

Duncan Hall - 19mins 46secs - **course pb**

Saturday 27th October 2012

Edinburgh Park Run 5k

Tricia Wallace - 26mins 50secs

Saturday 27th October 2012

St Andrews Park Run 5k

Eck Anderson - 20mins 6secs - **course pb**

Ian Shield - 25mins 2secs

Yvonne Dehn - 26mins 57secs

Wednesday 24th October 2012

Mars Bar Race (1) 4miles

Davie Burgess - 23min 26secs

Jonny Knox - 24min 48secs

Stuart McKenzie - 24min 50secs

Duncan Hall - 25min 35secs

Jake Grieve - 25min 51secs

Eck Anderson - 26min 19secs

Ronan McKinstray - 27min 52secs

Bill Simpson - 28min 13secs - **course pb**

David Brisland - 28min 36secs

Ailsa Cruickshanks - 28min 39secs - **course pb**

Hazel Bradley - 28min 40secs - **course pb**

Ian Muir - 29min 00secs

George Findlay - 29min 8secs - **course pb**

Rachael Grieve - 29min 53secs - **course pb**

Alice Hall - 30min 6secs - **course pb (49 of 50...1 to go...yay)**

Pamela Cruickshanks - 30min 12secs

Allan Gibson - 30min 26secs - **course pb**

Elise Methven - 30min 39secs - **course pb**
Mike Horsburgh - 30min 49secs
Ian Shield - 32min 15secs - **course pb**
Tracy Knox - 33min 3secs - **course pb**
Lizzie Knox - 33min 29secs
Yvonne Dehn - 33min 40secs - **course pb**
Fiona Cruickshanks - 33min 50secs
Tracy Chalmers - 33min 50secs - **course pb**
Allan Nairn - 34min 7secs
Annie Adams - 34min 15secs
Susan Penman - 35min 9secs
Tricia Wallace - 35min 9secs - **course pb**
June Penman - 35min 11secs - **course pb**
Dave Nuttall - 35min 22secs
George Hay - 35min 33secs
John Dickson - 35min 39secs
Nick Fry - 35min 39secs
Richard Bevans - 35min 41secs
Karen Cunningham - 36min 16secs
Jim Hogsflesh - 36min 26secs - **course pb**
Fiona Mitchell - 39min 1secs
Carole Fraser - 39min 26secs
Jenny Henderson - 40min 20secs
Susan Hutchison - 52min 31secs - **course pb**

Sunday 21st October 2012

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

Eck Anderson - 1hr 42mins 56secs
George Hay - 2hr 58mins 25secs

Sunday 21st October 2012

Survival of Fittest 10k Edinburgh

Davie Burgess - 49mins 52secs

Richard McKinstry - 1hr 23mins 38secs

Christine Bowie - 1hr 35mins 30secs

Allan Galloway - 1hr 35mins 30secs

Alice Hall - 1hr 35mins 30secs (48 of 50)

Elise Methven - 1hr 35mins 30secs

Fiona Cruickshanks - 1hr 35mins 30secs

Pamela Cruickshanks - 1hr 35mins 31secs

Jackie Murray - 1hr 35mins 31secs

Tracy Chalmers - 1hr 35mins 31secs

Nikki Wood - 1hr 35mins 31secs

Saturday 20th October 2012

East District CC League (1), Stirling

Men, 9k

Eck Anderson - 40mins 53secs

Allan Gibson - 46mins 21secs

Women, 6k

Hazel Bradley - 28mins 30secs

Pamela Cruickshanks - 30mins 9secs

Christine Bowie - 30mins 46secs

Saturday 20th October 2012

St Andrews Park Run 5k

Yvonne Dehn - 27mins 43secs

Sunday 14th October 2012

Aviemore Half Marathon

Ian Mills - 1hr 23mins 30secs

Glenn Rickman - 1hr 31mins 6secs - **distance pb**

Alice Hall - 1hr 44mins 42secs - **distance pb (47 of 50)**

Gordon Mitchell - 1hr 50mins 6secs - **course pb**

Heather Rickman - 2hr 5mins 09secs - **course pb**

Fiona Mitchell - 2hrs 13mins 23secs - **course pb**

Carole Fraser - 2hrs 21mins 51secs

Sunday 14th October 2012

Giffordtown 5k

Ewan Lumsden - 17mins 32secs

Eck Anderson - 19mins 33secs - **distance pb**

Ronan McKinstry - 20mins 00secs

Bill Simpson - 21mins 23secs - **2nd MV55**

Richard McKinstry - 24mins 9secs - **course pb**

Yvonne Dehn - 24mins 59secs - **distance pb**

Saturday 13th October 2011

East District CC Relays 4k each

Camperdown Park, Dundee

Master Men

Davie Burgess - 14mins 41secs

Allan Gibson - 19mins 19secs

Tich Shaw - 18mins 38secs

Richard McKinstry - 20mins 43secs

Master Ladies

Tracy Chalmers - 21mins 25secs

Hazel Bradley - 18mins 25secs
Christine Bowie - 19mins 39secs

Saturday 13th October 2012

St Andrews Park Run 5k

Ian Shield - 30mins 21secs

Sunday 7th October 2012

Glencoe Marathon

Debz Hay - 6hrs 13mins

George Hay - 7hrs 15mins

Sunday 7th October 2012

Edinburgh 10k

Dell Rae - 34mins 51secs

Susan Bonellie - 56mins 27secs

Saturday 6th October 2012

Kielder Marathon, Northumberland

Chris Broome - 4hrs 50mins 55secs

Saturday 6th October 2012

St Andrews Park Run 5k

Ronan McKinstry - 19mins 27secs

Richard Bevens - 26mins 4secs

Yvonne Dehn - 26mins 30secs - **course pb**

Eck Anderson - 26mins 31secs - **course pb**

Ruby Methven - 40mins 42secs

Sunday 30th September 2012

Edinburgh Kilomathon 13.1k

Christine Bowie - 1hr 5mins 13secs - **2nd FV45**

Sunday 30th September 2012

Loch Ness Marathon

Stuart McKenzie - 3hrs 25mins 23secs

Eck Anderson - 3hrs 59mins 9secs

Yvonne Dehn - 4hrs 36mins 55secs - **distance pb**

Richard McKinstry - 4hrs 57mins 00secs

Saturday 29th September 2012

St Andrews Park Run 5k

Ian Shield - 25mins 14secs

Saturday 29th September 2012

26 Extreme Causeway Coast Half Marathon, Ireland

Elise Methven - 2hrs 23mins 14secs

Sunday 23rd September 2012

Eyemouth Triathlon

Elise Methven - 750m Swim - 12mins 41secs

20km Cycle - 50mins 54secs

5km Run - 24mins 33secs

Sunday 23rd September 2012

East Neuk 10k

Dell Rae - 34mins 4secs - ***3rd Overall*** - distance pb

Ewan Lumsden - 35mins 49secs - course pb

Alice Hall - 46mins 37secs - distance pb (46 of 50)

Allan Gibson - 46mins 42secs

Rory Marsden - 47mins 19secs - **3rd MJ**

Ian Shield - 48mins 32secs

John Harston - 51mins 8secs

Jordan Hay - 55mins 43secs - distance pb

Karen Cunningham - 56mins 28secs - distance pb

Saturday 22nd September 2012

St Andrews Park Run 5k

Duncan Hall - 21mins 9secs

Yvonne Dehn - 27mins 12secs

Eck Anderson - 27mins 12secs

Ian Shield - 31mins 45secs

Ruby Methven - 38mins 59secs

Sunday 16th September 2012

Stirling 10k

Ewan Davidson - 42mins 40secs

Sunday 16th September 2012

Great North Run Half Marathon

Alice Hall - 1hrs 52mins 47secs (45 of 50)

Yvonne Dehn - 1hrs 58mins 42secs - distance pb

Sunday 16th September 2012

Garstang Half Marathon, Lancashire

Jim Hogsflesh - 2hrs 12mins 32secs

Saturday 15th September 2012

St Andrews Park Run 5k

Ronan McKinstry - 19mins 59secs

Ian Shield - 23mins 36secs

Richard McKinstry - 24mins 36secs

Richard Bevan - 25mins 38secs

Elise Methven - 25mins 46secs - **course pb**

Wednesday 12th September 2012

Caerketton Downhill Race, Hillend 1.8km/300m

Thomas Knox - 6mins 10secs - **course pb**

Wednesday 12th September 2012

Kingsbarns Fun Run 4.25miles

Elise Methven - 32mins 36secs - **1st FV40**

Alice Hall - 32mins 39secs - **2nd FV40 (44 of 50)**

Debz Hay - 34mins 40secs - **3rd FV40 - course pb**

George Hay - 36mins 44secs

Fiona Mitchell - 40mins 53secs - **2nd FV50**

Carole Fraser - 41mins 31secs - **3rd FV50**

Sunday 9th September 2012

Braemar Half Marathon

Debz Hay - 1hr 49mins 14secs

Chris Broome - 1hr 53mins 11secs

Gordon Mitchell - 2hrs 1min 23secs

George Hay - 2hrs 11mins 57secs

Fiona Mitchell - 2hrs 24mins 23secs - **2nd FSV**

Carole Fraser - 2hrs 34mins 49secs - **3rd FSV**

Saturday 8th September 2012

St Andrews Park Run 5k

Ronan McKinstry - 19mins 40secs

Richard McKinstry - 24mins 19secs

Ian Shield - 24mins 32secs

Ruby Methven - 39mins 13secs

Elise Methven - 39mins 14secs

Wednesday 5th September 2012

Gateside Gallop 4miles

Dell Rae - 24mins 14secs - ***1st Overall*** - course pb

Ewan Lumsden - 24mins 53secs - ***2nd Overall***

Stuart McKenzie - 26mins 25secs - course pb

Ailsa Cruickshanks - 31mins 12secs - **1st FJ** - course pb

Hazel Bradley - 32mins 10secs - **1st FV60**

Pamela Cruickshanks - 32mins 49secs - **1st FV45**

Allan Gibson - 33mins 48secs - course pb

Ian Shield - 35mins 13secs

David Nuttall - 35mins 35secs

Debz Hay - 36mins 00secs - course pb

Fiona Cruickshanks - 36mins 10secs - **2nd FJ** - course pb

Yvonne Dehn - 37mins 4secs - **course pb**
Tracy Chalmers - 38mins 48secs
Karen Cunningham - 42mins 14secs
Carole Fraser - 45mins 56secs - **2nd FV45**

Sunday 2nd September 2012

Glasgow Half Marathon

Christine Bowie - 1hrs 45mins 57secs
David Nuttall - 1hrs 59mins 24secs
Liam McMonagle - 2hrs 9mins 28secs
Jordan Hay - 2hrs 13mins 41secs
Fiona Mitchell - 2hrs 29mins 8secs
Jennifer Gallagher - 2hrs 49mins 33secs

Saturday 1st September 2012

Dingle Half Marathon, Ireland

Niall Hall - 1hrs 46mins 29secs
Alice Hall - 1hrs 50mins 25secs **(43 of 50)**
Elise Methven - 1hrs 56mins 24secs

Saturday 1st September 2012

Highland Perthshire Marathon

Debz Hay - 3hrs 49mins 34secs - **3rd FV40** - **distance pb**

Saturday 1st September 2012

Highland Perthshire Half Marathon

Ewan Davidson - 1hr 39mins 29secs

George Hay - 2hrs 22mins 52secs

Saturday 1st September 2012

Morrone Hill Race 1000ft

Braemar Highland Gathering

Jonny Knox - 29mins 52secs

Thomas Knox - 30mins 47secs - **course pb**

Dell Rae - 30mins 50secs

Eck Anderson - 35mins 37secs

Lizzie Knox - 42mins 50secs - **course pb**

Pamela Cruickshanks - 45mins 40secs

Yvonne Dehn

Fiona Cruickshanks

Sunday 26th August 2012

St Andrews Sportive 80mile Cycle

Dougie Campbell - 5hrs 58mins 29secs

Debz Hay - 5hrs 58mins 31secs

Ian Muir - 5hrs 58mins 32secs

George Hay - 5hrs 58mins 39secs

Sunday 26th August 2012

Edinburgh "Spartan Obstacle Race"

Allan Galloway

Jackie Murray

Nikki Wood

Sunday 26th August 2012

Edinburgh Festival "Speed Of Light Run"

Alice Hall

Elise Methven

Ewan Davidson

Saturday 25th August 2012

St Andrews Park Run 5k

Ian Shield - 23mins 6secs - **course pb**

Debz Hay - 27mins 46secs

George Hay - 27mins 47secs

Jackie Murray - 28mins 2secs

Tracy Chalmers - 28mins 2secs

Ruby Methven - 36mins 24secs

Elise Methven - 36mins 56secs

Ines Methven - 41mins 29secs - **course pb**

Friday 24th August 2012

Series Winners Beveridge Park 5k

Stuart McKenzie - **1st MS**

Richard McKinstry - **2nd MS**

Ronan McKinstry - **2nd MJ20**

Friday 24th August 2012

Beveridge Park 5k

Stuart McKenzie - 18min 50secs

Ronan McKinstry - 19min 33secs - **2nd MJ20**

Richard McKinstry - 24min 00secs - **course pb**

Tuesday 21st August 2012

Ravenscraig Park (2 x Half Mile Relay)

Bill Simpson + Alex Keenan (FAC) - 5mins 26secs

Ailsa Cruickshanks + Jennifer Cruickshanks (FAC) - 5mins 33secs

Jas Baillie + Jenny Gibb (FAC) - 5mins 58secs

Sunday 19th August 2012

Lomond of Fife Hill Race 16.2km/760m

Eck Anderson - 1hr 56mins 57secs

Debz Hay - 2hrs 54mins 12secs - **Equal 3rd FV40**

Elise Methven - 2hrs 54mins 12secs - **Equal 3rd FV40**

Alice Hall - 2hrs 54mins 12secs - **Equal 3rd FV40 (42 of 50)**

George Hay - 3hrs 10mins 48secs

Dougie Campbell - 3hrs 28mins 42secs

Saturday 18th August 2012

Haddington Half Marathon

Liam McMonagle - 2hrs 3mins 44secs

Jennifer Gallagher - 2hrs 38mins 22secs

Saturday 18th August 2012

St Andrews Park Run 5k

Neil Smith - 18mins 48secs - ***1st Overall***

Ian Shield - 24mins 55secs

Richard McKinstry - 25mins 29secs

Elise Methven - 27mins 23secs - **course pb**

Fiona Cruickshanks - 29mins 10secs

George Hay - 29mins 18secs

Ines Methven - 54mins 18secs

Tuesday 14th August 2012

Ceres 8 miles

Dell Rae - 46mins 53secs - **3rd MS** - **course pb**

Ewan Lumsden - 48mins 49secs

Thomas Knox - 52mins 8secs - **2nd MJ**

Eck Anderson - 54mins 13secs - **course pb**

Bill Simpson - 1hr 1mins 22secs

Pamela Cruickshanks - 1hr 4mins 3secs - **1st FV45**

Allan Gibson - 1hr 5mins 32secs

Elise Methven - 1hr 5mins 59secs - **course pb**

Debz Hay - 1hr 6mins 25sec - **course pb**

Fiona Cruickshanks - 1hr 12mins 30sec - **2nd FJ**

Liam McMonagle - 1hr 12mins 57secs

Nick Fry - 1hr 13mins 58secs

George Hay - 1hr 14mins 38secs

Karen Shepherd - 1hr 16mins 43secs

Jim Hogsflesh - 1hr 18mins 9secs

Fiona Mitchell - 1hr 19mins 39secs

Jennifer Gallagher - 1hr 32mins 51secs

Sunday 12th August 2012

Beat The Clock Race, Edzell, 4.1 miles

Debz Hay - 31mins 52secs - **2nd Female**

George Hay - 33mins 41secs

Saturday 11th August 2012

Aberfeldy Highland Games

100metre Race

George Hay

Saturday 11th August 2012

Aberfeldy Highland Games

De'il Tak The Hindmost Cycle Race

George Hay - ***1st Overall***

Saturday 11th August 2012

Aberfeldy Highland Games

Weem Hill Race

Debz Hay - 39mins 11secs - **1st Female**

George Hay - 46mins 49secs

Saturday 11th August 2012

St Andrews Park Run 5k

Ewan Cameron - 22mins 25secs - **course pb**

Elise Methven - 30mins 8secs

Saturday 11th August 2012

Newbury Park Run 5k

Ian Shield - 24mins 1secs - **course pb**

Thursday 9th August 2012

Balmullo Trail Race

Dell Rae - 30mins 31secs - **2nd MS**

Thomas Knox - 33mins 35secs - **3rd MJ**

Stuart McKenzie - 34mins 5secs

Eck Anderson - 35mins 12secs - **course pb**

Ronan McKinstry - 35mins 41secs - **course pb**

Niall Hall - 39mins 53secs

Ailsa Cruickshanks - 40mins 41secs - **1st FJ** - **course pb**

Pamela Cruickshanks - 42mins 6secs - **2nd FV45** - **course pb**

Bill Simpson - 42mins 6secs

Alice Hall - 42mins 54secs (**41 of 50**)

Allan Gibson - 44mins 14secs

Debz Hay - 44mins 24secs - **course pb**

Richard McKinstry - 46mins 12secs - **course pb**

Fiona Cruickshanks - 47mins 24secs

Yvonne Dehn - 48mins 16secs - **course pb**

Tuesday 7th August 2012

Graham Clark Road Race, 3.9miles

Ailsa Cruickshanks - 26mins 51secs - **1st FJ** - **course pb**

Pamela Cruickshanks - 28mins 2secs - **course pb**

Debz Hay - 30mins 26secs - **course pb**

Fiona Cruickshanks - 30mins 45secs - **3rd FJ** - **course pb**

Yvonne Dehn - 31mins 38secs - **course pb**

George Hay - 32mins 27secs

Dougie Campbell - 34mins 10secs

Saturday 4th August 2012

St Andrews Park Run 5k

Ian Shield - 23mins 10secs - **course pb**

Saturday 4th August 2012

Largo Law Hill Race

Jonny Knox - 51mins 30secs - **2nd MV40** - ***2nd Overall***

Thomas Knox - 55mins 41secs - **1st MJ**

Peter Nimmo - 1hr 5mins 31secs

Ewan Cameron - 1hr 8mins 36secs

Alice Hall - 1hr 13mins 19secs - **course pb (40 of 50)**

Lizzie Knox - 1hr 14mins 17secs - **2nd FJ** - **course pb**

Allan Gibson - 1hr 18mins 4secs

Debz Hay - 1hr 20mins 55secs

Allan Galloway - 1hr 29mins 44secs

Jackie Murray - 1hr 30mins 32secs

Tracy Chalmers - 1hr 30mins 32secs

Jim Hogsflesh - 1hr 30mins 47secs

George Hay - 1hr 31mins 36secs

Karen Shepherd - 1hr 31mins 41secs

Fiona Cruickshanks - 1hr 31mins 53secs - **3rd FJ**

Saturday 4th August 2012

The World Kickbiking Championship Marathon

St Wendel, Germany

Bill Hutchison - 1hr 29mins 55secs

Friday 3rd August 2012

The World Kickbiking Championship Criterium 8mile Race

St Wendel, Germany

Bill Hutchison - 33mins 22secs

Thursday 2nd August 2012

The World Kickbiking Championship 400metre Sprint Race

St Wendel, Germany

Bill Hutchison - 56secs

Sunday 29th July 2012

Dundee Dram Half Marathon

Ewan Davidson - 1hr 38mins 5secs

Elise Methven - 1hr 57mins 36secs

Jenny Henderson - 2hr 28mins 41secs

Carole Fraser - 2hr 29mins 00secs

Sunday 29th July 2012

Tour Of Fife Overall Results

Dell Rae - 2hrs 1mins 26secs

Tich Shaw - 2hrs 27mins 25secs - **1st MV55**

Jas Baillie - 2hrs 34mins 22secs

Ewan Cameron - 2hrs 41mins 51secs

Bill Simpson - 2hrs 42mins 33secs

Pamela Cruickshanks - 2hrs 43mins 12sec - **2nd FV45**

Hazel Bradley - 2hrs 44mins 8sec - **1st FV60**

Alice Hall - 2hrs 49mins 19secs - **3rd FV45**

Ian Shield - 2hrs 52mins 9secs - **3rd MV60**

Debz Hay - 2hrs 55mins 5secs

Fiona Cruickshanks - 3hrs 1mins 46secs - **2nd FU20**

George Hay - 3hrs 6mins 00secs

Tracy Chalmers - 3hrs 11mins 41secs

Liam McMonagle - 3hrs 11mins 55secs

Susan Bonellie - 3hrs 12mins 55secs

Fiona Mitchell - 3hrs 38mins 00secs

Jennifer Gallagher - 3hrs 54mins 42secs

Sunday 29th July 2012

Tour Of Fife Day 5

Black Hill Race, Falkland, 4.25miles

Dell Rae - 26mins 19secs

Tich Shaw - 32mins 54secs - **1st MV55**

Jas Baillie - 33mins 42secs

Pamela Cruickshanks - 37mins 1sec - **2nd FV45**

Bill Simpson - 37mins 1sec

Hazel Bradley - 37mins 1sec - **1st FV60**

Ewan Cameron - 37mins 2secs

Alice Hall - 37mins 29secs **(39 of 50)**

Ian Shield - 38mins 4secs - **3rd MV60**

Debz Hay - 38mins 52secs

Fiona Cruickshanks - 40mins 41secs - **2nd FU20**

George Hay - 42mins 12secs

Susan Bonellie - 42mins 33secs

Tracy Chalmers - 42mins 49secs

Karen Shepherd - 43mins 3secs

Liam McMonagle - 43mins 37secs

Yvonne Dehn - 45mins 2secs

Eck Anderson - 45mins 6secs

Jackie Murray - 45mins 11secs

Fiona Mitchell - 49mins 18secs
Jennifer Gallagher - 53mins 57secs

Saturday 28th July 2012

Tour Of Fife Day 4

Chariots Of Fire Beach Race, St Andrews, 4.25miles

Dell Rae - 25mins 22secs
Tich Shaw - 30mins 17secs - **1st MV55**
Jas Baillie - 31mins 46secs
Bill Simpson - 32mins 54secs
Hazel Bradley - 33mins 14secs - **1st FV60**
Ewan Cameron - 33mins 21secs
Pamela Cruickshanks - 33mins 28secs - **2nd FV45**
Ian Shield - 35mins 3secs - **3rd MV60**
Alice Hall - 35mins 33secs - **3rd FV45 (38 of 50)**
Debz Hay - 35mins 47secs
Fiona Cruickshanks - 36mins 44secs - **2nd FU20**
George Hay - 37mins 16secs
Liam McMonagle - 38mins 16secs
Susan Bonellie - 39mins 23secs
Karen Shepherd - 40mins 24secs
Tracy Chalmers - 40mins 24secs
Jackie Murray - 41mins 39secs
Fiona Mitchell - 44mins 44secs
Jennifer Gallagher - 47mins 22secs

Saturday 28th July 2012

St Andrews Park Run 5k

Ronan McKinstray - 19mins 37secs - ***1st Overall***
Richard McKinstray - 23mins 51secs - **distance pb**

Richard Bevens - 25mins 30secs - **distance pb**

Taine McKinstry - 28mins 2secs

Debz Hay - 31mins 16secs

Ian Shield - 31mins 17secs

Friday 27th July 2012

Tour Of Fife Day 3

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

Dell Rae - 11mins 3secs

Eck Anderson - 13mins 27secs

Tich Shaw - 14mins 35secs - **2nd MV55** - **course pb**

Bill Simpson - 15mins 8secs

Jas Baillie - 15mins 23secs

Ewan Cameron - 15mins 53secs

Pamela Cruickshanks - 16mins 21secs - **2nd FV45**

Hazel Bradley - 16mins 25secs - **1st FV60**

Alice Hall - 16mins 51secs - **course pb (37 of 50)**

Fiona Cruickshanks - 16mins 56secs - **2nd FU20**

Ian Shield - 16mins 57secs - **3rd MV60**

Debz Hay - 17mins 45secs - **course pb**

Karen Shepherd - 17mins 52secs - **course pb**

Tracy Chalmers - 18mins 22secs

George Hay - 18mins 43secs

Susan Bonellie - 18mins 58secs

Liam McMonagle - 19mins 43secs

Yvonne Dehn - 19mins 54secs

Gordon Mitchell - 49mins 28secs

Jackie Murray - 20mins 5sec

Fiona Mitchell - 20mins 39secs

Carole Fraser - 20mins 53secs

Jennifer Gallagher - 23mins 8secs

Thursday 26th July 2012

Tour Of Fife Day 2

Hill Of Tarvit Mansion House, Near Ceres 4.5miles

Dell Rae - 30mins 24secs - **course pb**

Eck Anderson - 35mins 38secs

Tich Shaw - 36mins 18secs - **1st MV55** - **course pb**

Jas Baillie - 38mins 24secs

Ewan Cameron - 39mins 45secs

Pamela Cruickshanks - 40mins 19secs - **2nd FV45**

Bill Simpson - 40mins 38secs

Hazel Bradley - 41mins 30secs - **1st FV60**

Alice Hall - 41mins 47secs - **3rd FV45** (36 of 50)

Ian Shield - 42mins 50secs - **3rd MV60**

Debz Hay - 43mins 22secs - **course pb**

George Hay - 45mins 56secs

Fiona Cruickshanks - 46mins 40secs - **2nd FU20**

Yvonne Dehn - 46mins 49secs

Tracy Chalmers - 47mins 6secs

Karen Shepherd - 48mins 6secs

Susan Bonellie - 48mins 47secs

Liam McMonagle - 48mins 54secs

Gordon Mitchell - 49mins 28secs

Jackie Murray - 50mins 51sec

Fiona Mitchell - 54mins 54secs

Jennifer Gallagher - 58mins 55secs - **course pb**

Wednesday 25th July 2012

Tour Of Fife Day 1

Teddy Bear Race, Giffordtown 5miles

Dell Rae - 28mins 18secs

Eck Anderson - 32mins 22secs

Tich Shaw - 33mins 21secs - **1st MV55**

Jas Baillie - 35mins 7secs

Ewan Cameron - 35mins 50secs

Hazel Bradley - 35mins 58secs - **1st FV60**

Pamela Cruickshanks - 36mins 3secs - **2nd FV45** - **course pb**

Bill Simpson - 36mins 52secs

Alice Hall - 37mins 39secs - **3rd FV45** - **course pb (35 of 50)**

Chris Broome - 38mins 2secs

Ian Shield - 39mins 15secs - **3rd MV60**

Debz Hay - 39mins 19secs

Gordon Mitchell - 39mins 47secs

Fiona Cruickshanks - 40mins 45secs - **2nd FU20** - **course pb**

Yvonne Dehn - 41mins 8secs

Liam McMonagle - 41mins 25secs

George Hay - 41mins 53secs

Tracy Chalmers - 42mins 42secs

Susan Bonellie - 43mins 14secs

Jackie Murray - 43mins 37sec

Fiona Mitchell - 48mins 25secs

Jennifer Gallagher - 51mins 20secs

Sunday 22nd July 2012

Bolton Ironman

Ian Muir - 2.4mile Swim - 1hr 22mins 50secs
112mile Cycle - 7hrs 5mins 16secs
26.2mile Run - 5hrs 3mins 9secs
Total - 13hrs 44mins 47secs

Sunday 22nd July 2012

Donkey Brae 7miles

Colin McIntosh - 54mins 11secs
Elise Methven - 57mins 28secs
Carole Fraser - 1hr 15mins 56secs

Saturday 21st July 2012

Clyde Stride 40miles

Debz Hay - 7hrs 38mins 9secs

Saturday 21st July 2012

St Andrews Park Run 5k

Ronan McKinstray - 19mins 23secs - **course pb - *1st Overall***
Ian Shield - 23mins 58secs
Richard McKinstray - 24mins 36secs
George Hay - 26mins 5secs
Dougie Campbell - 26mins 13secs
Tracy Chalmers - 26mins 26secs
Karen Cunningham - 27mins 2secs
Taine McKinstray - 28mins 54secs

Thursday 19th July 2012

Beveridge Park 5k

Stuart McKenzie - 18mins 58secs

Ronan McKinstry - 19mins 13secs - **3rd MU20**

Richard McKinstry - 24mins 12secs - **distance pb**

Sunday 15th July 2012

Heart of the Park Challenge, Braemar 12k

Jonny Knox - 56mins 8secs - **1st MV** - ***3rd Overall***

Thomas Knox - 1hr 00mins 14secs

Eck Anderson - 1hr 2mins 24secs

Cameron Knox - 1hr 2mins 25secs

Debz Hay - 1hr 21mins 27secs - **1st FV** - **course pb**

George Hay - 1hr 27mins 42secs - **course pb**

Yvonne Dehn - 1hr 31mins 9secs

Lizzie Knox - 1hr 39mins 26secs

Saturday 14th July 2012

Creag Chonnich Challenge, Braemar, 5k/250m

Jonny Knox - 22mins 33secs - **1st MV** - ***2nd Overall***

Thomas Knox - 24mins 16secs - **3rd MS**

Cameron Knox - 24mins 39secs

Eck Anderson - 25mins 50secs

Lizzie Knox - 33mins 28secs

Yvonne Dehn - 39mins 6secs

Saturday 14th July 2012

Killarney 10k, Ireland

Alice Hall - 49mins 45secs (34 of 50)

Saturday 14th July 2012

St Andrews Park Run 5k

Ronan McKinstry - 19mins 33secs - **course pb** - ***2nd Overall***

Pamela Cruickshanks - 22mins 28secs - **course pb**

Ian Shield - 23mins 41secs - **course pb**

Richard McKinstry - 24mins 26secs - **course pb**

Richard Bevins - 25mins 38secs - **distance pb**

Fiona Cruickshanks - 25mins 45secs

Karen Cunningham - 26mins 39secs - **distance pb**

Taine McKinstry - 27mins 23secs

Friday 13th July 2012

Forfar Hill Race

Debz Hay - 42mins 12secs

George Hay - 46mins 47secs

Wednesday 11th July 2012

Maddy Moss Mash Hill Race, Tillicoultry 6m/2500ft

Jonny Knox - 59mins 41secs - **3rd MV**

Cameron Knox - 1hr 6mins 30secs

Jake Grieve - 1hr 8mins 18secs

Eck Anderson - 1hr 12mins 35secs

Lizzie Knox - 1hr 38mins 18secs

Wednesday 11th July 2012

Newburgh 4.2miles

Stuart McKenzie - 28mins 42secs

Ronan McKinstry - 29mins 23secs - **3rd MJ** - **course pb**

Tich Shaw - 30mins 30secs - **3rd MV50**

Colin McIntosh - 33mins 2secs

Ailsa Cruickshanks - 33mins 12secs - **1st FJ**

Pamela Cruickshanks - 33mins 29secs - **1st FV45**

Gavin Gibson - 33mins 37secs

Hazel Bradley - 34mins 27secs - **1st FV60**

Allan Gibson - 34mins 50secs

Ian Shield - 36mins 58secs

Debz Hay - 37mins 6secs - **2nd FV40**

George Hay - 37mins 56secs

Yvonne Dehn - 38mins 28secs

Scott McKenzie - 39mins 15secs

Karen Cunningham - 40mins 58secs

Fiona Cruickshanks - 41mins 27secs - **3rd FJ**

Jim Hogsflesh - 45mins 20secs

Fiona Mitchell - 45mins 37secs

Tuesday 10th July 2012

Ravenscraig 1mile

Ailsa Cruickshanks - 6mins 5secs - **1st FU17** - **distance pb**

Pamela Cruickshanks - 6mins 39secs - **2nd FV45**

Fiona Cruickshanks - 6mins 59secs - **2nd FU20**

Saturday 7th July 2012

St Andrews Park Run 5k

Ronan McKinstry - 19mins 40secs - ***3rd Overall***

Richard McKinstry - 24mins 50secs

Wednesday 4th July 2012

Brig Bash 5miles

Carlisle Fraser - 51mins 55secs

Wednesday 4th July 2012

Sandy Slither 6.1miles

Dell Rae - 41mins 46secs - **3rd MS**

Jonny Knox - 42mins 54secs - **3rd MV40**

Eck Anderson - 45mins 50secs

Ronan McKinstry - 48mins 7secs - **1st MJ**

Tich Shaw - 48mins 8secs - **2nd MV50**

Jas Baillie - 49mins 59secs - **3rd MV50**

Colin McIntosh - 52mins 1sec

Ewan Cameron - 52mins 18secs

Ian Muir - 52mins 50secs

Ailsa Cruickshanks - 54mins 15secs - **1st FJ**

Alice Hall - 55mins 54secs - **1st FV45 (33 of 50)**

Allan Gibson - 56mins 24secs

Rachel Grieve - 56mins 47secs - **2nd FJ**

Jake Grieve - 56mins 48secs

George Hay - 59mins 42secs - **course pb**

Debz Hay - 1hr 0mins 19secs - **1st FV40**

Ian Shield - 1hr 0mins 58secs

Fiona Cruickshanks - 1hr 1mins 14secs - **3rd FJ**

Richard Bevens - 1hr 2mins 7secs

Yvonne Dehn - 1hr 4mins 8secs

Tracy Chalmers - 1hr 6mins 2secs

Jackie Murray - 1hr 6mins 55secs

Fiona Mitchell - 1hr 10mins 00secs - **course pb**

Sunday 1st July 2012

Edinburgh Women's Triathlon

Elise Methven - 400m Swim - 8mins 43secs

10km Cycle - 23mins 12secs

5km Run - 22mins 34secs - **distance pb**

Total - 54mins 29secs

Saturday 30th June 2012

Dollar Hill Race, 9.4miles/315ft

Jonny Knox - 1hr 28mins 00secs - **3rd MV**

Debz Hay - 2hrs 15mins 42secs - **3rd FV**

Pamela Cruickshanks - 2hrs 18mins 20secs

Alice Hall - 2hrs 18mins 23secs **(32 of 50)**

George Hay - 2hrs 35mins 35secs

Saturday 30th June 2012

St Andrews Park Run 5k

Duncan Hall - 20mins 30secs - **course pb**

Ewan Cameron - 23mins 00secs

Davie Burgess - 23mins 2secs

Richard Bevens - 26mins 5secs

Tracy Chalmers - 26mins 6secs - [course pb](#)

Friday 29th June 2012

**Strawberry Novice Races, Cairnie Fruit Farm, Cupar
2miles**

David Nuttall - 14mins 32secs

Junior 2miles

Ailsa Cruickshanks - 12mins 22secs

Primary 4 and Younger 1km

Ruby Methven - 6mins 1sec

Lucy Nuttall - 7mins 2secs

Wednesday 27th June 2012

The Law Breaker, Tillicoultry, 5.4km/630m climb

Jonny Knox - 41mins 49secs

Cameron Knox - 49mins 35secs

Jake Grieve - 51mins 23secs

Lizzie Knox - 1hr 9mins 35secs

Sunday 24th June 2012

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

Debz Hay - 5hrs 52mins

Sunday 24th June 2012

Race for Life 5k, Beveridge Park

Ailsa Cruickshanks - ***1st Overall***

Sunday 24th June 2012

The Wall Ultra Run Relay, Hadrians Wall, 22miles

Nikki Wood -

Sunday 24th June 2012

Falkland Hill Race, 3miles/1200ft

Jonny Knox - 21mins 59secs - ***2nd Overall*** - **1st MV** - **course pb**

Lizzie Knox - 36mins 23secs - **2nd FJ**

Saturday 23rd June 2012

St Andrews Park Run 5k

Davie Burgess - 18mins 15secs

Ewan Cameron - 23mins 23secs

Tracy Chalmers - 32mins 10secs

Friday 22nd June 2012

Beveridge Park 5k

Stuart McKenzie - 18min 58secs

Ronan McKinstry - 19min 2secs - **3rd MJ20** - **distance pb**

Richard McKinstry - 24min 43secs

Sunday 17th June 2012

Race for Life 10k, Camperdown Dundee

Jennifer Gallagher - 1hrs 4mins 7secs - **distance pb**

Sunday 17th June 2012

Seven Hills of Edinburgh, 14miles/2200ft

Debz Hay - 3hrs 11mins 4secs

Pamela Cruickshanks - 3hrs 11mins 4secs

Alice Hall - 3hrs 11mins 6secs **(31 of 50)**

Saturday 16th June 2012

Durisdeer Hill Race, Thornhill 14.7km/1240m

Jonny Knox - 1hr 45mins 39secs

Saturday 16th June 2012

St Andrews Park Run 5k

Ian Shield - 23mins 58secs - **course pb**

Friday 15th June 2012

Templeton Trail Race Dundee, 5miles

George Hay - 48mins 44secs - **course pb**

Debz Hay - 49mins 59secs

Friday 15th June 2012

Mini-Tour of Fife

Overall Results

U11

Ruby Methven - 54mins 4secs

U18

Ronan McKinstry - 1hr 11mins 22secs - **2nd Male**

Fiona Cruickshanks - 1hr 32mins 12secs - **1st Female**

Friday 15th June 2012

Mini-Tour of Fife

Cambo Estate Multi Terrain race

U11 - 1m

Ruby Methven - 10mins 57secs

U15 - 5km

Ailsa Cruickshanks - 24mins 15secs - **3rd Female**

U18 - 5km

Ronan McKinstry - 20mins 14secs - **3rd Male**

Fiona Cruickshanks - 24mins 54secs - **1st Female**

Thursday 14th June 2012

Mini-Tour of Fife

Tarvit Estate Time Trial

U11 - 2.1km

Ruby Methven - 12mins 42secs

U15 - 2.1km

Ailsa Cruickshanks - 8mins 37secs - **1st Female** - **course pb**

U18 - 2.1km

Ronan McKinstry - 7mins 43secs - **course pb**

Fiona Cruickshanks - 9mins 21secs - **1st Female**

Wednesday 13th June 2012

Edinburgh Meadows 5k

Ewan Davidson - 21mins 25secs

Wednesday 13th June 2012

Auld Toun 10k, Dunfermline

Hazel Bradley - 46mins 56secs - **1st FV60**

Wednesday 13th June 2012

Mini-Tour of Fife

Falkland Trail Race

U11 - 1 mile

Ruby Methven - 14mins 43secs

U15 - 3miles

Ailsa Cruickshanks - 30mins 7secs - **2nd Female**

U18 - 3miles

Ronan McKinstry - 24mins 15secs

Fiona Cruickshanks - 31mins 51secs - **1st Female**

Tuesday 12th June 2012

Mini-Tour of Fife

East Lomond Hill Race

U11 - 1.5miles

Ruby Methven - 16mins 42secs

U15 - 3miles

Ailsa Cruickshanks - 22mins 58secs - **2nd Female** - **course pb**

U18 - 3miles

Ronan McKinstry - 18mins 56secs - **course pb**

Fiona Cruickshanks - 26mins 29secs - **1st Female**

Monday 11th June 2012

Mini-Tour of Fife

Tentsmuir Beach Race

U11 - 1mile

Ruby Methven - 9mins 57secs

U18 - 3miles

Ronan McKinstry - 20mins 28secs - **2nd Male** - **course pb**

Fiona Cruickshanks - 24mins 31secs - **1st Female** - **course pb**

Sunday 10th June 2012

Amersfoort, Holland 10k

Ewan Davidson - 44min 34secs

Sunday 10th June 2012

Skye Half Marathon

Gordon Mitchell - 1hr 53min 59secs

Debz Hay - 1hr 55min 51secs - **2nd Ladies Team**

Alice Hall - 1hr 59min 19secs - **2nd Ladies Team (30 of 50)**

Elise Methven - 2hrs 4min 44secs - **2nd Ladies Team**

Catherine Richardson - 2hrs 10min 5secs

George Hay - 2hrs 27min 7secs

Fiona Mitchell - 2hrs 29min 31secs

Sunday 10th June 2012

Glenrothes 10k

Deek Selfridge - 35min 35secs - **3rd MS**

Stuart McKenzie - 39min 17secs - **distance pb**

Hazel Bradley - 46min 16secs - **1st FV60**

Fiona Cruickshanks - 51min 2secs - **course pb**

David Nuttall - 53min 33secs - **distance pb**

Susan Penman - 53min 46secs

Yvonne Dehn - 54min 43secs - **distance pb**

Karen Cunningham - 56min 34secs

Carole Fraser - 63min 48secs

Saturday 9th June 2012

Strathallan 5miles

Carole Fraser - 50min 39secs - **course pb**

Saturday 9th June 2012

Traprain Hill Race 9.7km/190m

Peter Nimmo - 57min 2secs

Saturday 9th June 2012

St Andrews Park Run 5k

Ailsa Cruickshanks - 23min 37secs

Ian Shield - 24min 39secs - **course pb**

Wednesday 6th June 2012

Hill O' Tarvit 5.5miles

Davie Burgess - 36mins 9secs - **2nd MV40**

Thomas Knox - 36mins 46secs - **2nd MJ** - **course pb**

Jonny Knox - 37mins 18secs - **3rd MV40**

Stuart McKenzie - 38mins 18secs - **2nd MS** - **course pb**

Ronan McKinstry - 40mins 48secs - **3rd MJ** - **course pb**

Glenn Rickman - 43mins 29secs - **course pb**

Ian Muir - 46mins 24secs

Chris Broome - 47mins 45secs

Hazel Bradley - 48mins 9secs - **1st FV60**

Alice Hall - 48mins 37secs - **2nd FV45** - **course pb (29 of 50)**

Richard McKinstry - 51mins 48secs

David Nuttall - 52mins 15secs

Allan Gibson - 52mins 50secs

Fiona Cruickshanks - 53mins 3secs - **2nd FJ**

Lizzie Knox - 53mins 21secs - **3rd FJ** - **course pb**

George Hay - 55mins 38sec

Yvonne Dehn - 56mins 10secs

Jim Hogsflesh - 59mins 41secs

Tracy Chalmers - 60mins 59secs
Jackie Murray - 60mins 59sec
Susan Penman - 60mins 59sec

Sunday 3rd June 2012

Yetholm Hill Race, 12.8km/762m

Debz Hay - 2hrs 5min 32secs
George Hay - 2hrs 27min 29secs

Sunday 3rd June 2012

Chariots of Fire 1mile Race, St Andrews

Ruby Methven - 10min 49secs

Sunday 3rd June 2012

Chariots of Fire 2mile Race, St Andrews

Ronan McKinstray - 13min 15secs - ***1st Overall***

Sunday 3rd June 2012

Chariots of Fire 5k Race, St Andrews

Eck Anderson - 20min 25secs
Niall Hall - 22min 3secs
Ewan Cameron - 22min 52secs
Alice Hall - 23min 18secs **(28 of 50)**
Chris Broome - 23min 24secs
Jordan Hay - 24min 17secs
Elise Methven - 24min 21secs
Gavin Gibson - 29min 15secs

Sunday 3rd June 2012

Stirling Novice Triathlon

Carole Fraser - 400m Swim - 10min 9secs
14km Cycle - 49min 40secs
2.5km Run - 16min 18secs
Total - 1hr 18min 41secs

Saturday 2nd June 2012

St Andrews Park Run 5k

Stuart McKenzie - 18min 41secs
Alice Hall - 22min 56secs - **distance pb (27 of 50)**

Saturday 2nd June 2012

Edinburgh Park Run 5k

Debz Hay - 25min 12secs
George Hay - 25min 29secs

Sunday 27th May 2012

Edinburgh Marathon

Deek Selfridge - 2hrs 53min 50secs
Dell Rae - 3hrs 27min 15secs
Susan Bonellie - 4hrs 49mins 34secs

Saturday 26th May 2012

Isle of Jura Fell Race 16miles, 7500ft

Jonny Knox - 4hrs 13min 5secs
Thomas Knox - 5hrs 4min 11secs

Ian Mills - 5hrs 53min 9secs

Saturday 26th May 2012

St Andrews Park Run 5k

Duncan Hall - 19min 42secs - **distance pb**

David Brisland - 20min 21secs - **course pb**

Debz Hay - 25min 27secs

George Hay - 26min 21secs

Friday 25th May 2012

Beveridge Park 5k

Stuart McKenzie - 18min 39secs

Ronan McKinstry - 19min 44secs - **3rd MJ20**

Richard McKinstry - 24min 13secs - **distance pb**

Saturday 19th May 2012

Norwich Park Run 5k

Ian Shield - 24min 40secs

Saturday 19th May 2012

Cateran 55 Ultra Marathon, Glenshee, 55miles

Debz Hay - 13hrs 0min 0secs

Saturday 19th May 2012

St Andrews Park Run 5k

Stuart McKenzie - 18min 54secs - ***2nd Overall***

Duncan Hall - 20min 40secs

Ewan Davidson - 21min 15secs

Ewan Cameron - 22min 37secs - **course pb**

Pamela Cruickshanks - 22min 40secs

Alice Hall - 23min 34secs - **course pb (26 of 50)**

Fiona Cruickshanks - 24min 49secs - **course pb**

Saturday 19th May 2012

Cape Wrath Challenge

Relay Marathon, 15.2miles

Carole Fraser - 3hr 1min 16secs

Thursday 17th May 2012

Cape Wrath Challenge

Fancy Dress Beach Race, 3miles

Carole Fraser - 32min 5secs

Wednesday 16th May 2012

Kinnoull Hill Race

Alice Hall - 39min 18secs **(25 of 50...Halfway there!!!!!!)**

Elise Methven - 41min 9secs

Wednesday 16th May 2012

Cape Wrath Challenge

Durness Trail Race, 6miles

Carole Fraser - 1hr 4min 45secs

Tuesday 15th May 2012

Cape Wrath Challenge

Hill Run, 5.2miles

Carole Fraser - 57min 58secs

Monday 14th May 2012

Cape Wrath Challenge

10k

Carole Fraser - 1hr 4min 54secs

Sunday 13th May 2012

Etape Caledonia 81mile Cycle Challenge

Jonny Knox - 3hr 39min 1secs

Jake Grieve - 4hr 11min 46secs

Ian Muir - 4hr 25min 10secs

Thomas Knox - 4hr 32min 20secs

George Hay - 4hr 46min 29secs

Debz Hay - 5hr 29min 37secs

Sunday 13th May 2012

Womens Glasgow 10k

Alice Hall - 48min 00sec - **course pb (24 of 50)**

Fiona Mitchell - 57min 58secs

Jennifer Gallagher - 1hr 4min 26secs

Sunday 13th May 2012

Haddies 5k, Anstruther

Ronan McKinstray - 20min 37sec - **2nd MJ**

Ian Mills - 21min 36secs - **3rd MV40**
Glenn Rickman - 22min 45sec
Richard McKinstry - 25min 6sec
Ian Shield - 25min 19secs
Allan Gibson - 25min 26sec
Fiona Cruickshanks - 25min 38sec - **2nd FJ**
David Nuttall - 26min 14sec
Yvonne Dehn - 26min 36secs
Tracy Knox - 26min 40sec - **2nd FV40**
Rosie Knox - 26min 42sec
Nick Fry - 26min 43secs
Richard Bevens - 26min 57sec
Karen Cunningham - 27min 46sec - **distance pb**
Jim Hogsflesh - 28min 12secs
Tracy Chalmers - 28min 55sec
Lizzie Knox - 30min 42sec

Saturday 12th May 2012

Loch Leven Half Marathon

Stuart McKenzie - 1hr 30min 45sec
Bill Arnot - 1hr 46min 58secs
Christine Bowie - 1hr 48min 45sec
Elise Methven - 1hr 52min 29secs - **distance pb**
Pete Peddie - 1hr 54min 19sec
Gordon Mitchell - 1hr 54min 53sec

Saturday 12th May 2012

St Andrews Park Run 5k

Debz Hay - 24min 41sec

Ian Shield - 24min 49secs - **course pb**
Fiona Cruickshanks - 26min 2secs
Liam McMonagle - 26min 14secs

Saturday 5th May 2012

Stuc A Chroin 22k/5000', Perthshire

Jonny Knox - 2hrs 40min 11secs
Thomas Knox - 2hrs 56min 47secs
Eck Anderson - 3hrs 18min 55secs

Saturday 5th May 2012

Mallaig Half Marathon

Davie Burgess - 1hr 25min - ***1st Overall***

Saturday 5th May 2012

St Andrews Park Run 5k

Ian Shield - 25min 39secs - **course pb**
Jennifer Gallagher - 32min 12secs

Friday 4th May 2012

Black Rock 5

Jas Baillie - 31min 14secs
Alice Hall - 36min 14secs **(23 of 50)**
Elise Methven - 36min 48secs
Susan Bonellie - 39min 46secs - **course pb**

Wednesday 2nd May 2012

Strathkinness/Blebocraigs 4.5miles

Davie Burgess - 27min 3secs - **2nd MV40**
Thomas Knox - 28min 00secs - **3rd MJ** - **course pb**
Stuart McKenzie - 28min 7secs - **course pb**
Bill Hutchison - 28min 23secs - **2nd MV50**
Jonny Knox - 29min 7secs
Ronan McKinstry - 29mins 45secs - **course pb**
Eck Anderson - 30min 2secs - **course pb**
Ian Muir - 32min 47secs
Bill Simpson - 32min 52secs
Ailsa Cruickshanks - 35min 5secs - **1st FJ**
Chris Broome - 35mins 34secs
Elise Methven - 36min 39secs
George Hay - 37min 25secs - **course pb**
Fiona Cruickshanks - 37min 26secs - **2nd FJ**
Tracy Knox - 38min 21secs - **course pb**
Dave Nuttall - 38min 52secs - **course pb**
Lizzie Knox - 38mins 53secs
Alice Hall - 38min 57secs - **3rd FV45 (22 of 50)**
Nick Fry - 39min 10secs
June Penman - 39min 17secs - **course pb**
Ian Shield - 39min 24secs
Debz Hay - 39min 31secs
Yvonne Dehn - 40min 20secs
Liam McMonagle - 40min 42secs
Colin Drysdale - 41min 9sec
Karen Cunningham - 41mins 41secs
Jim Hogsflesh - 43min 48secs
Carole Fraser - 45min 56secs
George Findlay - 47min 10secs

Jennifer Gallagher - 50min 7secs

Sunday 29th April 2012

Balmoral 15miles

Chris Broome - 2hrs 12min 5secs

Pamela Cruickshanks - 2hrs 17min 18secs

Alice Hall - 2hrs 17min 18secs - (21 of 50)

Karen Shepherd - 2hrs 35min 56secs

Carole Fraser - 2hrs 52min 20secs - **3rd FSV**

Jennifer Gallagher - 3hrs 18min 29secs

Liam McMonagle - 3hrs 18min 30secs

Sunday 29th April 2012

Gozo, Malta 8miles

Ewan Davidson - 1hr 1min 36secs - **1st MV60**

Saturday 28th April 2012

Balmoral Secondary Schools 2.5miles

Ailsa Cruickshanks - 9min 31secs

Saturday 28th April 2012

Balmoral 5k

Pamela Cruickshanks - 21min 58secs - **1st FV** - **distance pb**

Alice Hall - 23min 3secs - **3rd FV (20 of 50)**

Karen Shepherd - 24min 30secs - **distance pb**

Carole Fraser - 29min 20secs

Saturday 28th April 2012

St Andrews Park Run 5k

Stuart McKenzie - 18min 15secs - ***1st Overall***

Ewan Cameron - 22min 50secs - **course pb**

Debz Hay - 24min 30secs - **distance pb**

George Hay - 25min 10secs - **distance pb**

Ian Shield - 26min 32secs

Sunday 22nd April 2012

London Marathon

Davie Burgess - 2hrs 58min 17secs

Christine Bowie - 3hrs 50min 15secs

Eck Anderson - 3hrs 58min 39secs - **distance pb**

Debz Hay - 4hrs 6min 57secs

Jackie Murray - 4hrs 24min 18secs - **distance pb**

Elise Methven - 4hrs 26min 45secs - **distance pb**

Allan Galloway - 4hrs 37min 52secs

Catherine Richardson - 4hrs 50min 54sec

Dougie Campbell - 4hrs 51min 38sec

Yvonne Dehn - 5hrs 7min 48secs - **distance pb**

George Hay - 5hrs 27min 54secs - **distance pb**

Nikki Wood - 5hrs 48min 44secs

Saturday 21st April 2012

St Andrews Park Run 5k

Ewan Cameron - 22mins 52secs

Alice Hall - 23mins 45secs **(19 of 50)**

Liam McMonagle - 25mins 54secs

Jennifer Gallagher - 32mins 02secs

Friday 20th April 2012

Beveridge Park 5k

Stuart McKenzie - 18mins 11secs - **distance pb**
Ronan McKinstry - 19mins 20secs
Tich Shaw - 20mins 13secs
Jas Baillie - 20mins 46secs
Richard McKinstry - 24mins 38secs - **course pb**

Wednesday 20th April 2012

St Andrews 5k (Slightly Shorter Course)

Stuart McKenzie - 17min 20secs
Bill Hutchison - 17min 34secs
Thomas Knox - 17min 42secs
Duncan Hall - 17min 43secs
Eck Anderson - 17min 53secs
Jonny Knox - 17min 54secs
Tich Shaw - 19min 6secs
Jas Baillie - 19min 36secs
Bill Simpson - 19min 53secs
Ailsa Cruickshanks - 20min 25secs
Ian Muir - 20min 32secs
Ewan Davidson - 20min 38secs
Pamela Cruickshanks - 20min 41secs
Ewan Cameron - 21min 20secs
Alice Hall - 22min 8secs **(18 of 50)**
Chris Broome - 22min 21sec
George Hay - 23min 28secs
Dave Nuttall - 23min 53secs
Yvonne Dehn - 24min 8secs
June Penman - 24min 8secs
Liam McMonagle - 24min 52secs

Tracy Chalmers - 25min 55secs
Carole Fraser - 27min 27secs
Jennifer Gallagher - 30min 43secs

Sunday 8th April 2012

Normans Law Hill Race, Luthrie

Tich Shaw - 39mins 25secs

Saturday 7th April 2012

Dunbar 10k

Colin McIntosh - 44mins 41secs

Tuesday 27th March 2012

Coniston 14miles, Cumbria

Elise Methven - 2hrs 4mins 30secs

Tuesday 27th March 2012

Ravenscraig Park 2mile Road Race

Stuart McKenzie - 11mins 16secs - **distance pb**

Bill Simpson - 13mins 22secs

Ailsa Cruickshanks - 13mins 41secs - **distance pb - 2nd FU15**

Pamela Cruickshanks - 14mins 1sec - **2nd FV40**

Sunday 25th March 2012

Round The Houses 10k, Grangemouth

Dell Rae - 35mins 5secs - **distance pb**

Hazel Bradley - 45mins 3secs - **1st FV60**

Alice Hall - 47mins 2secs - **distance pb (17 of 50)**

Susan Bonellie - 53mins 49secs - **distance pb**

Fiona Cruickshanks - 56mins 51secs - **2nd FU17**

Pamela Cruickshanks - 57mins 41secs

Saturday 24th March 2012

Tay Dash, Dunkeld 5k

George Hay - 25mins 30secs

Debz Hay - 27mins 55secs

Saturday 24th March 2012

Birnham Hill Race, Dunkeld 4miles/535m

Debz Hay - 53mins 57secs

George Hay - 59mins 44secs

Saturday 24th March 2012

Deuchary Hill Race, Dunkeld 11miles/800m

Jonny Knox - 1hr 41mins 11secs

Tich Shaw - 1hr 52mins 36secs

Craig Liddle - 1hr 55mins 20secs

Thomas Knox - 2hr 5mins 34secs

Debz Hay - 2hr 28mins 39secs - **course pb**

Thursday 22nd March 2012

Ceres Nightmare Race (6) 2.4miles

Eck Anderson - 19min 18secs

Bill Simpson - 19min 20secs

Yvonne Dehn - 26min 47secs

Sunday 18th March 2012

Alloa Half Marathon

Dell Rae - 1hr 17mins 47secs - **course pb**

Deek Selfridge - 1hr 19mins 59secs

Stuart McKenzie - 1hr 25mins 13secs - **distance pb**

Gordon Mitchell - 1hr 45mins 13secs - **course pb**

Catherine Richardson - 1hr 53mins 17secs - **distance pb**

Susan Bonellie - 2hr 7mins 23secs

Yvonne Dehn - 2hr 12mins 00secs - **distance pb**

Carole Fraser - 2hr 14mins 4secs

Fiona Mitchell - 2hr 14mins 42secs - **course pb**

Saturday 17th March 2012

Mighty Deerstalker 10k and then some

Alice Hall - 2hrs 58mins 58secs **(16 of 50)**

Debz Hay - 2hrs 58mins 58secs - **course pb**

Elise Methven - 2hrs 58mins 58secs

George Hay - 2hrs 58mins 58secs - **course pb**

Wednesday 14th March 2012

Mars Bar Series

Overall Winners

1st - Yvonne Dehn - 128 points

2nd Equal - Stuart McKenzie - 120 points

2nd Equal - George Hay - 120 points

3rd - Debz Hay - 113 points

Males

Eck Anderson - 104 points

Duncan Hall - 102 points

Glenn Rickman - 101 points

Females

Elise Methven - 106 points

Catherine Richardson - 89 points

Alice Hall - 83 points

Juniors

Zach Delaney - 97 points

Ronan McKinstry - 84 points

Rosie Knox - 72 points

Wednesday 14th March 2012

Mars Bar Race (6) 4miles

Zach Delaney - 21min 49secs - **course pb**

Stuart McKenzie - 23min 56secs - **course pb**

Jake Grieve - 24min 28secs

Duncan Hall - 24min 32secs - **course pb**

Jonny Knox - 24min 45secs

Eck Anderson - 25min 42secs - **course pb**
Ronan McKinstry - 26min 24secs
Thomas Knox - 27min 20secs
Glenn Rickman - 27min 53secs - **course pb**
Alice Hall - 30min 14secs - **course pb (15 of 50)**
Chris Broome - 30min 37sec
George Hay - 30min 34secs - **course pb**
Debz Hay - 30min 44secs - **course pb**
Dougie Campbell - 30min 55sec
Elise Methven - 31min 12secs
Lizzie Knox - 31min 59secs - **course pb**
Catherine Richardson - 32min 1sec
Nick Fry - 33min 21secs - **course pb**
Rosie Knox - 33min 46secs
Tracy Knox - 33min 46secs
Yvonne Dehn - 33min 54secs - **course pb**
Liam McMonagle - 34min 4secs - **course pb**
Karen Cunningham - 34min 39secs - **course pb**
Karen Shepherd - 35min 42secs
June Penman - 36min 24secs
Dave Nuttall - 37min 26secs
Fiona Mitchell - 37min 55secs - **course pb**
Carole Fraser - 38min 10secs - **course pb**
Ian Shield - 40min 00secs

Sunday 11th March 2012

Gartmorn 6miles, Alloa

Alice Hall - 46min 54secs **(14 of 50)**
Elise Methven - 48min 28secs - **distance pb**
Catherine Richardson - 52min 49secs - **distance pb**
Carole Fraser - 1hr 00min 50secs

Sunday 11th March 2012

Inverness Half Marathon

Debz Hay - 1hrs 47min 13secs - **distance pb**

Liam McMonagle - 1hrs 57min 43secs

George Hay - 2hrs 00min 56secs - **course pb**

Jennifer Gallagher - 2hrs 32min 11secs

Sunday 4th March 2012

Bishop Hill Race, Scotlandwell 2.5miles, 1000ft

Jonny Knox - 20min 30secs - **3rd MV40**

Lizzie Knox - 33min 26secs - **1st FJ**

Sunday 4th March 2012

Smokies 10 Arbroath

Alice Hall - 1hr 18min 40secs **(13 of 50)**

Debz Hay - 1hr 20min 28secs - **distance pb**

Elise Methven - 1hr 22min 35secs

Catherine Richardson - 1hr 23min 34secs

Susan Penman - 1hr 34min 5secs

Carole Fraser - 1hr 39min 39secs

Saturday 3rd March 2012

Aberdeen Park Run 5k

Ailsa Cruickshanks - 25min 32secs

Wednesday 29th February 2012

Balbirnie Park Nightmare Race (5) 3miles

Bill Simpson - 25min 4secs

Sunday 26th February 2012

Devilla Forest Trail Race, Tulliallan 15k

Bill Hutchison - 59min 45secs

Tich Shaw - 1hr 7min 40secs

Jas Baillie - 1hr 11min 00secs

Hazel Bradley - 1hr 15min 4secs - **1st FV60**

Alice Hall - 1hr 16min 39secs **(12 of 50)**

Elise Methven - 1hr 20min 42secs

Debz Hay - 1hr 23min 10secs

Liam McMonagle - 1hr 30min 21secs

Jenny Henderson - 1hr 39min 50secs

Jennifer Gallagher - 1hr 54min 46secs

Saturday 25th February 2012

Cupar 5

Stuart McKenzie - 30min 36secs

Pamela Cruickshanks - 36min 28secs

Alice Hall - 38min 00secs **(11 of 50)**

Richard McKinstry - 41min 21secs

Fiona Cruickshanks - 43min 2secs

Karen Shepherd - 44min 31secs

Sunday 19th February 2012

Glen 10k Fort William

Alice Hall - 47min 8secs - **distance pb (10 of 50)**

Saturday 18th February 2012

Scottish National Cross Country Champs, Falkirk

Senior Men 12k

Dell Rae - 47min 43secs - **course pb**

Stuart McKenzie - 52min 40secs

Duncan Hall - 53min 1sec

Eck Anderson - 57min 29secs

Craig Hughes - 1hr 4min 15secs

Senior Women 8k

Pamela Cruickshanks - 41min 7secs

U15 Boys 4k

Ronan McKinstray - 16min 57secs - **course pb**

Wednesday 15th February 2012

Mars Bar Race (5) 4miles

Davie Burgess - 23min 22secs

Bill Hutchison - 24min 21secs - **course pb**

Stuart McKenzie - 24min 22secs - **course pb**

Duncan Hall - 25min 19secs - **course pb**

Eck Anderson - 25min 45secs - **course pb**

Ronan McKinstray - 26min 57secs

Glenn Rickman - 27min 37secs - **course pb**

Ian Muir - 28min 54secs - **course pb**

Ailsa Cruickshanks - 29min 31secs - **course pb**
Pamela Cruickshanks - 29min 35secs - **course pb**
Gavin Gibson - 29min 45secs
George Findlay - 30min 11sec
Alice Hall - 30min 21secs - **course pb (9 of 50)**
Rory Marsden - 30min 30secs - **course pb**
Christine Bowie - 30min 38secs
Chris Broome - 30min 48sec
Dougie Campbell - 30min 54sec - **course pb**
Debz Hay - 31min 8secs - **course pb**
George Hay - 31min 13secs - **course pb**
Catherine Richardson - 31min 26secs - **course pb**
Elise Methven - 31min 28secs - **course pb**
Allan Gibson - 31min 41secs
Fiona Cruickshanks - 33min 36secs
Tracy Chalmers - 34min 18secs - **course pb**
Yvonne Dehn - 34min 38secs - **course pb**
Susan Penman - 35min 26secs
Karen Cunningham - 35min 34sec
Nick Fry - 35min 45secs - **course pb**
June Penman - 36min 7secs
Dave Nuttall - 37min 57secs
Liam McMonagle - 38min 8secs
Jim Hogsflesh - 38min 9secs - **course pb**
Carole Fraser - 38min 51secs - **course pb**
Jennifer Gallagher - 42min 00secs - **course pb**
Ian Shield - 45min 00secs
John Marsden - 45min 00secs

Saturday 11th February 2012

Carnethy 5 Hill Race

Dell Rae - 58min 27secs

Jonny Knox - 59min 33secs - **course pb**

Tich Shaw - 1hr 13min 8secs

Debz Hay - 1hr 28min 17secs - **course pb**

Alice Hall - 1 hr 29min 22secs **(8 of 50)**

Pamela Cruickshanks - 1hr 29min 23secs

George Hay - 1hr 41min 7secs

Saturday 11th February 2012

Edinburgh Park Run 5k

Chris Broome - 23min 44secs - **course pb**

Wednesday 8th February 2012

St Andrews Nightmare Race (4) 3.52miles

Bill Simpson - 25min 8secs

Sunday 5th February 2012

Forfar Multi-Terrain Half Marathon

Davie Burgess - 1 hr 26min 11secs

Bill Hutchison - 1hr 26min 20secs

Stuart McKenzie - 1hr 31min 6secs

Duncan Hall - 1hr 31min 18secs

Pete Nimmo - 1hr 39min 21secs

Eck Anderson - 1hr 41min 46secs

Christine Bowie - 1hr 50min 21secs - **course pb**

Alice Hall - 1hr 51min 22secs - **distance pb (7 of 50)**

Pamela Cruickshanks - 1hr 51min 23secs - **distance pb**

Debz Hay - 1hr 52min 50secs - **distance pb**

Ian Muir - 1hr 53min 49secs

Elise Methven - 1hr 58min 49secs

George Hay - 2hrs 00min 9secs - **distance pb**

Catherine Richardson - 2hrs 00min 49secs - **course pb**

Yvonne Dehn - 2hrs 25min 47secs

Jenny Henderson - 2hrs 29min 19secs

Carole Fraser - 2 hrs 29min 19secs

Saturday 28th January 2012

Edinburgh Park Run 5k

Alice Hall - 23min 12secs - **course pb (6 of 50)**

Saturday 21st January 2012

Devil's Burden Hill Relay Race

Anster Haddies Marlins - 2hrs 39mins 6secs - 9th

Leg 1 - Jake Grieve, Stuart McKenzie - 40mins 57secs

Leg 2 - Neil Smith - 29mins 52secs

Leg 3 - Davie Burgess - **course pb**, Dell Rae - **course pb** - 1hr 2mins 00secs

Leg 4 - Zach Delaney - 26mins 17secs

Anster Haddies Piranhas - 2hrs 50mins 59secs - 21st

Leg 1 - Nick Tosca, Ross Moreland - 46mins 27secs

Leg 2 - Bill Hutchison - 30mins 54secs

Leg 3 - Ian Mills, Jonny Knox - 1hr 4mins 49secs

Leg 4 - Ewan Lumsden - 28mins 49secs

Anster Haddies Orcas - 3hrs 7mins 27secs - 49th

Leg 1 - Glenn Rickmann, Tich Shaw - **course pb** - 46mins 58secs

Leg 2 - Ronan McKinstry - 33mins 11secs - **course pb**

Leg 3 - Duncan Hall, Eck Anderson - **course pb** - 1hr 13mins 5secs

Leg 4 - Pete Nimmo - 34mins 13secs

Anster Haddies Ladies A - 3hrs 46mins 22secs - 91st

Leg 1 - Pamela Cruickshanks - **course pb**, Alice Hall - **course pb** - 53mins 37secs

Leg 2 - Elise Methven - 42mins 17secs (5 of 50)

Leg 3 - Hazel Bradley, Christine Bowie - **course pb** - 1hr 32mins 20secs

Leg 4 - Ailsa Cruickshanks - 38mins 8secs - **course pb**

Anster Haddies Swordfish - 3hrs 53mins 58secs - 97th

Leg 1 - George Findlay, Allan Gibson - 57mins 11secs

Leg 2 - Pete Peddie - 40mins 51secs

Leg 3 - Bill Simpson, Jas Baillie - 1hr 38mins 44secs

Leg 4 - Bill Arnott - 37mins 12secs

Anster Haddies Ladies B - 4hrs 15mins 42secs - 111th

Leg 1 - Fiona Cruickshanks - **course pb**, Lizzie Knox - **course pb** - 1hr 1min 5secs

Leg 2 - Tracy Knox - 41mins 59secs - **course pb**

Leg 3 - Debz Hay - **course pb**, Tracy Chalmers - **course pb** - 1hr 53mins 41secs

Leg 4 - Rachael Grieve - 38mins 57secs

Anster Haddies Great Whites - 4hrs 18mins 41secs - 113th

Leg 1 - Chris Broome, Gavin Gibson - 57mins 44secs

Leg 2 - Richard McKinstry - 44mins 51secs

Leg 3 - Dougie Campbell, George Hay - 1hr 50mins 26secs

Leg 4 - Jaz Hay - 45mins 40secs

Anster Haddies Mixed - 4hrs 42mins 31secs - 122nd

Leg 1 - Catherine Richardson, Yvonne Dehn - 1hr 10mins 6secs

Leg 2 - Carole Fraser - 50mins 52secs - **course pb**

Leg 3 - Allan Galloway, Jackie Murray - 1hr 57mins 22secs

Leg 4 - Karen Shepherd - 44mins 11secs

Wednesday 18th January 2012

West to East Wemyss Nightmare Race (3) 4.2miles

Bill Simpson - 32min 30secs

Saturday 14th January 2012

Edinburgh Park Run 5k

Alice Hall - 23min 38secs **(4 of 50)**

Chris Broome - 24min 9secs

Saturday 14th January 2012

East District Cross Country Broxburn

Senior Men 5miles

Tich Shaw - 39min 30sec

Eck Anderson - 48min 44sec

U15 Boys 2miles

Ronan McKinstry - 15min 50secs

Saturday 14th January 2012

Glencoe Duathlon 5k Run, 15k Cycle, 5k Run

Debz Hay - 5k Run - 18mins 58secs
Cycle - 34mins 00secs
5k Run - 19mins 21secs
Total - 1hr 12min 20secs

George Hay - 5k Run - 19mins 32secs
Cycle - 30mins 55secs
5k Run - 22mins 19secs
Total - 1hr 12min 48secs

Wednesday 11th January 2012

Mars Bar Race (4) 4miles

Zach Delaney - 22min 29secs
Paul Roarty - 22min 59secs
Davie Burgess - 23min 53secs
Jake Grieve - 24min 17secs - **course pb**
Stuart McKenzie - 24min 30secs - **course pb**
Nick Tosca - 24min 30secs
Ian Mills - 24min 36secs - **course pb**
Jonny Knox - 24min 40secs
Bill Hutchison - 25min 6secs
Duncan Hall - 25min 32secs
Ronan McKinstry - 26min 39secs
Nick Fry - 27min 30sec
Eck Anderson - 27min 39secs
Glenn Rickman - 28min 1sec
Pete Nimmo - 28min 5sec
Ian Muir - 29min 43secs - **course pb**

Gavin Gibson - 30min 7secs
Debz Hay - 31min 21secs
Alice Hall - 31min 24secs (3 of 50)
Elise Methven - 31min 29secs
Rory Marsden - 31min 38secs
Christine Bowie - 31min 39secs
Pamela Cruickshanks - 31min 39secs
Ailsa Cruickshanks - 31min 42secs
Ewan Davidson - 32min 19secs
Hazel Bradley - 33min 11sec
George Hay - 33min 21secs
Fiona Cruickshanks - 33min 38sec
Rosie Knox - 33min 43secs - **course pb**
Tracy Knox - 33min 43secs - **course pb**
John Dickson - 34min 3secs
Dougie Campbell - 34min 21sec
Catherine Richardson - 35min 17secs
Yvonne Dehn - 35min 17secs - **course pb**
Susan Penman - 35min 30secs
Tracy Chalmers - 35min 45secs
Karen Shepherd - 35min 49sec
Jackie Murray - 37min 5secs
Craig Hughes - 37min 35secs
Jenny Henderson - 37min 35secs - **course pb**
Lizzie Knox - 37min 56secs
Fiona Mitchell - 39min 40secs - **course pb**

Saturday 7th January 2012

Bupa Great Winter Run Edinburgh 5k

Elise Methven - 26min 38secs - **distance pb**

Catherine Richardson - 27min 26secs

Yvonne Dehn - 28min 54secs - **distance pb**

Monday 2nd January 2012

Tortoise and Hare Relay Race

Giffordtown 3.4miles Each

Jas Baillie + Tich Shaw - 49min 20secs

Richard + Ronan McKinstry - 51min 31secs

Carole Fraser + Alice Hall - 61min 18secs **(2 of 50)**

Sunday 1st January 2012

Portobello Promathon 4miles

Alice Hall - 29min 29secs **(1 of 50)**

Elise Methven - 31min 40secs

Catherine Richardson - 34min 44secs

Carole Fraser - 37min 52secs - **course pb**

