



## ANSTER HADDIES RACE RESULTS 2013

### Haddie Of The Year

Ronan McKinstry

### Performance Of The Year

Dell Rae

For The Tour Of Fife

### Club Member Of The Year

Pamela Cruickshanks

### Junior Award

Ronan McKinstry

### Race Award

Eck Anderson

### Training Award

Yvonne Dehn and Eck Anderson

## Saturday 28<sup>th</sup> December 2013

### St Andrews Parkrun 5k

Allan Gibson - 24mins 4secs - **1st MV60**

Gwen Tivendale - 24mins 29secs - **1st FV45**

## Wednesday 25<sup>th</sup> December 2013

### St Andrews Parkrun 5k

Duncan Hall - 21mins 52secs - **3rd MS**

## Wednesday 25<sup>th</sup> December 2013

### Edinburgh Parkrun 5k

Tricia Wallace - 24mins 22secs

## Sunday 22<sup>nd</sup> December 2013

### Santa Clause Elie One Mile Bolt

Paul Gourlay

Jennifer Cruickshanks

Alan Nairn

Stewart Barnett

Jessie Barnett

Ailsa Cruickshanks

Fiona Cruickshanks

Yvonne Dehn

Anja Gourlay

Jane Anderson

Ben Anderson

Oliver Anderson

Jim Anderson

## Sunday 15<sup>th</sup> December 2013

### Frostbite Trail Race (2) Falkland, 5.4k

Stuart McKenzie - 22mins 33secs - **3rd MS**

Bill Hutchison - 23mins 10secs - **1st MV60**

Ronan McKinstry - 23mins 39secs

Pamela Cruickshanks - 27mins 16secs - **1st FV45**

Chris Broome - 28mins 48secs - **3rd MV55**

Gwen Tivendale - 29mins 50secs

Sharon Brown - 30mins 1secs

Fiona Cruickshanks - 30mins 13secs

Tracy Chalmers - 32mins 52secs

Karen Cunningham - 34mins 4secs

Carole Fraser - 35mins 48secs

Yvonne Dehn - 35mins 58secs

Anja Gourlay - 35mins 58secs

## Saturday 14<sup>th</sup> December 2013

### St Andrews Park Run 5k

Kerrie Muir - 26mins 6secs

## Friday 13<sup>th</sup> December 2013

### Blacker than Black Rock Nightmare Race, Kinghorn, 2.8miles

Bill Simpson - 24mins 47secs

Jane Anderson - 25mins 11secs

Tricia Wallace - 26mins 44secs

## Wednesday 11<sup>th</sup> December 2013

### Mars Bar Race (3) 4miles

Davie Burgess - 24mins 30secs

Stuart McKenzie - 24mins 29secs

Ronan McKinstry - 24mins 53secs

Bill Hutchison - 25mins 11secs

Eck Anderson - 26mins 9secs

Mike Reilly - 26mins 59secs - **course pb**

George Findlay - 27mins 46secs - **course pb**

Gordon Halliday - 28mins 21secs

Ian Muir - 28mins 28secs

Bill Simpson - 28mins 35secs

Elise Methven - 28mins 55secs - **course pb**

Jeff Taylor - 29mins 2secs - **course pb**

Gordon Taylor - 29mins 21secs

Pamela Cruickshanks - 30mins 21secs

Gwen Tivendale - 32mins 19secs - **course pb**

David Nuttall - 33mins 3secs

Yvonne Dehn - 33mins 4secs - **course pb**

Sharon Brown - 33mins 16secs - **course pb**

Karen Cunningham - 33mins 41secs - **course pb**

Jane Anderson - 33mins 58secs

John Dickson - 35mins 12secs

Nick Fry - 35mins 42secs

## Sunday 8<sup>th</sup> December 2013

### Monikie Winter Duathlon Series (1) 4k Run/20k Bike

Elise Methven - 18mins 32secs/43mins 45secs - **1st FV**

Ian Muir - 17mins 54secs/50mins 4secs

Tricia Wallace - 20mins 6secs/55mins 30secs

Carole Fraser - 25mins 11secs/1hr 13mins 53secs

## Saturday 7<sup>th</sup> December 2013

### East District Cross Country Championships

#### Camperdown Park, Dundee

#### Men - 9.6k

Stuart McKenzie - 40mins 10secs

Eck Anderson - 41mins 19secs

Tich Shaw - 43mins 11secs

George Findlay - 45mins 5secs

Allan Gibson - 51mins 12secs

#### Women - 6.4k

Pamela Cruickshanks - 30mins 34secs

Sharon Brown - 35mins 10secs

Yvonne Dehn - 36mins 3secs

#### Girls U15 - 4k

Rosie Knox - 20mins 22secs

## Saturday 30<sup>th</sup> November 2013

### Edinburgh Park Run 5k

Tricia Wallace - 24mins 12secs

## Sunday 24<sup>th</sup> November 2013

### Frostbite Trail Race (1) Falkland, 5.3k

Stuart McKenzie - 21mins 22secs - **2nd MS** - **\*2nd Overall\***

Bill Hutchison - 22mins 45secs - **1st MV60**

Pamela Cruickshanks - 26mins 48secs - **1st FV45**

Chris Broome - 27mins 36secs - **3rd MV55**

Alice Hall - 27mins 40secs - **1st FV50**

Sharon Brown - 29mins 10secs

Karen Cunningham - 31mins 11secs

Fiona Cruickshanks - 32mins 26secs - **1st FJ**

Jackie Galloway - 32mins 39secs - **3rd FV50**

Tracy Chalmers - 32mins 39secs

Carole Fraser - 35mins 13secs

### Saturday 23<sup>rd</sup> November 2013

#### East District Cross Country League (2), Alloa

##### Men 8k

Tich Shaw - 39mins 38secs

##### Women 5.4k

Elise Methven - 28mins 29secs

Pamela Cruickshanks - 28mins 50secs

### Saturday 23<sup>rd</sup> November 2013

#### Edinburgh Park Run 5k

Tricia Wallace - 24mins 00secs - **2nd FV40** - **distance pb**

### Saturday 23<sup>rd</sup> November 2013

#### St Andrews Park Run 5k

Karen Shepherd - 26mins 15secs - **2nd FV40**

### Friday 22<sup>nd</sup> November 2013

#### Nightmare Series (2) Ladybank, 4miles

Bill Simpson - 28mins 9secs - **1st MV60**

Wednesday 20<sup>th</sup> November 2013

Mars Bar Race (2) 4miles

Stuart McKenzie - 25mins 1secs

Ronan McKinstry - 25mins 49secs

Bill Hutchison - 26mins 23secs

David Brisland - 27mins 43secs

Ailsa Cruickshanks - 28mins 57secs

Ian Muir - 29mins 20secs

George Findlay - 29mins 27secs

Elise Methven - 29mins 32secs - **course pb**

Bill Simpson - 29mins 49secs

Rosie Knox - 30mins 25secs - **course pb**

Jeff Taylor - 30mins 40secs - **course pb**

Pamela Cruickshanks - 30mins 43secs

Eck Anderson - 30mins 46secs

Alice Hall - 32mins 53secs

Sharon Brown - 33mins 48secs - **course pb**

David Nuttall - 33mins 49secs

Jane Anderson - 34mins 4secs

Fiona Cruickshanks - 34mins 5secs

Kerrie Muir - 34mins 8secs - **course pb**

Gwen Tivendale - 34mins 51secs - **course pb**

Karen Cunningham - 35mins 7secs - **course pb**

Karen Shepherd - 35mins 32secs

Tracy Chalmers - 35mins 34secs

Yvonne Dehn - 35mins 38secs

Jackie Galloway - 35mins 51secs

Debz Hay - 36mins 1secs

Susan Penman - 36mins 2secs

Nick Fry - 37mins 00secs

John Dickson - 38mins 54secs

Darcy McKenzie - 51mins 29secs - **course pb**

Jim Hogsflesh - 51mins 29secs  
Susan Hutchison - 52mins 55secs

### Sunday 17<sup>th</sup> November 2013

#### Istanbul Marathon

Ewan Davidson - 3hrs 29mins 29secs - **2nd MV65**

### Sunday 17<sup>th</sup> November 2013

#### Zevenheuvelenloop 15k, Nijmegen, Holland

Richard McKinstry - 1hr 29mins 39secs

### Sunday 17<sup>th</sup> November 2013

#### Hartley Cup 1.3mile Relay, Forfar

Fishy 6 - 1hr 32mins 24secs - \*2nd Overall Team\*

**Pink = Fastest Male & Female Times In Team**

Ewan Lumsden - 7mins 28secs, 7mins 28secs

Ronan McKinstry - 7mins 32secs, 7mins 41secs

Davie Burgess - **7mins 25secs**, 7mins 29secs

Stuart McKenzie - 7mins 39secs, 7mins 33secs

Bill Hutchison - 7mins 58secs, 8mins 9secs

Thomas Knox - 7mins 46secs, 8mins 5secs

#### Anster Haddies Mixed A - 1hr 32mins 34secs

Bill Simpson - 9mins 12secs, 9mins 5secs

Jane Anderson - 10mins 12secs, 10mins 16secs

Ian Mills - **7mins 58secs**, 9mins 42secs

Sally Mills - **10mins 2secs**, 10mins 8secs



Eck Anderson - 8mins 00secs, 7mins 59secs

**Muddy Mermaids - 1hr 33mins 11secs - \*2nd Overall Ladies Team\***

Ailsa Cruickshanks - 8mins 49secs, 8mins 49secs

Rosie Knox - 9mins 10secs, 9mins 43secs

Elise Methven - 9mins 12secs, 9mins 47secs

Pamela Cruickshanks - 9mins 8secs, 9mins 25secs

Christine Bowie - 9mins 44secs, 9mins 43secs

**Haddie Mermaids - 1hr 44mins 18secs**

Fiona Cruickshanks - 10mins 32secs, 10mins 4secs

Yvonne Dehn - 10mins 16secs, 10mins 13secs

Tracy Chalmers - 10mins 42secs, 10mins 32secs

Karen Cunningham - 10mins 39secs, 10mins 36secs

Tracy Knox - 10mins 15secs, 10mins 29secs

**Team Effort - 1hr 50mins 4secs**

Alex Anderson Junior - 9mins 27secs, 10mins 51secs

Gwen Tivendale - 9mins 40secs, 10mins 3secs

Ines Methven - 13mins 16secs, 13mins 32secs

Nick Fry - 10mins 55secs, 10mins 58secs

John Dickson - 10mins 24secs, 10mins 58secs

**Lilly's Team - 1hr 54mins 55secs**

David Nuttall - 9mins 44secs, 9mins 54secs, 9mins 58secs

Allan Gibson - 10mins 7secs, 10mins 23secs, 10mins 13secs

Susan Hutchison - 16mins 19secs, 16mins 17secs

Jackie Galloway - 11mins 8secs, 10mins 52secs

**Anster Allsort Juniors - 50mins 35secs**

Colin McKie - 9mins 13secs

Ruby Methven - 10mins 31secs

Jessica Mills - 11mins 44secs

Mairi Noble - **10mins 25secs**

Frank Fry - 9mins 42secs

**The Revel Juniors - 59mins 38secs**

Taine McKinstry - **11mins 32secs**

Mhairi McDonald - 13mins 35secs

Cameron Watson - 12mins 15secs

Jamie Scott - **11mins 10secs**

Eva Smith - 11min 46secs

**Saturday 16<sup>th</sup> November 2013**

**British and Irish Masters CC International, Wales, 6k**

Hazel Bradley - 26mins 13secs

**Saturday 16<sup>th</sup> November 2013**

**Edinburgh University Braid Hills Cross Country, 10k**

Gordon Halliday - 43mins 36secs

Tich Shaw - 44mins 18secs

**Saturday 9<sup>th</sup> November 2013**

**Tinto Hill Race, Symington 4.4miles/1500ft**

Thomas Knox - 41mins 49secs

Tracy Knox - 1hr 2mins 8secs

## Saturday 9<sup>th</sup> November 2013

### Glen Clova Half Marathon

Davie Burgess - 1hr 24mins 15secs

Eck Anderson - 1hr 32mins 18secs - **distance pb**

Chris Broome - 1hr 44mins 58secs

Alice Hall - 1hr 53mins 14secs

Debz Hay - 1hr 59mins 1secs

Yvonne Dehn - 2hrs 2mins 52secs - **course pb**

Tracy Chalmers - 2hrs 4mins 5secs

Jackie Galloway - 2hrs 4mins 5secs

Allan Galloway - 2hrs 18mins 7secs

Carole Fraser - 2hrs 19mins 41secs

## Saturday 9<sup>th</sup> November 2013

### St Andrews Park Run 5k

Sharon Cobain - 26mins 3secs - **2nd FV45**

Richard Bevens - 26mins 10secs - **3rd MV50**

## Sunday 3<sup>rd</sup> November 2013

### Lasswade Cross Country, Gorebridge

#### Senior Men - 6miles

Tich Shaw - 43mins 7secs

#### Senior Women - 3.8miles

Pamela Cruickshanks - 30mins 15secs

Christine Bowie - 31mins 53secs

**Sunday 3<sup>rd</sup> November 2013**

**Templeton 10miles, Dundee**

Eck Anderson - 1hr 14mins 28secs

Alice Hall - 1hr 25mins 45secs

Jane Anderson - 1hr 30mins 17secs

Yvonne Dehn - 1hr 35mins 17secs

Sharon Cobain - 1hr 36mins 4secs

Susan Penman - 1hr 39mins 1sec

Carole Fraser - 1hr 47mins 54secs

**Saturday 2<sup>nd</sup> November 2013**

**Glen Ogle 33miles**

Debz Hay - 5hrs 41mins 26secs - **course pb**

**Wednesday 30<sup>th</sup> October 2013**

**Fife AC Cairnie Creepy Crawley Races, Cupar**

**Under P5 1k**

Ruby Methven - 5mins 1sec

**Junior 2Mile**

Ronan McKinstry - 11mins 17secs - **\*2nd Overall\***

Ailsa Cruickshanks - 12mins 53secs - **\*2nd Female Overall\***

**Sunday 27<sup>th</sup> October 2013**

**Washington Marathon**

Bill Simpson - 4hrs 14mins 32secs

**Sunday 27<sup>th</sup> October 2013**

**Scottish Hill Running Final Championship Series Race**

**Run of the Mill, Alva, 14.5k/850m**

Jonny Knox - 1hr 22mins 35secs

Thomas Knox - 1hr 34mins 31secs

Bill Hutchison - 1hr 36mins 50secs - **1st MV60**

Eck Anderson - 1hr 38mins 28secs - **course pb**

**Saturday 26<sup>th</sup> October 2013**

**Scottish Athletic National CC Relay Championships**

**Cumbernauld, 4k each**

Pamela Cruickshanks - 18mins 11secs - **course pb**

Hazel Bradley - 18mins 31secs - **course pb**

Elise Methven - 18mins 35secs

Christine Bowie - 19mins 44secs - **course pb**

Fiona Cruickshanks - 20mins 37secs

Yvonne Dehn - 21mins 36secs

**Saturday 26<sup>th</sup> October 2013**

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

Debz Hay - 2hrs 6mins 00secs

George Hay - 2hrs 33mins 47secs

**Saturday 26<sup>th</sup> October 2013**

**St Andrews Park Run 5k**

Alice Hall - 23mins 7secs

## Friday 25<sup>th</sup> October 2013

### Nightmare Series (Race 1) Kinghorn, 4miles

David Nuttall - 35mins 36secs

Tracy Chalmers - 45mins 58secs

Jackie Galloway - 45mins 59secs

## Wednesday 23<sup>rd</sup> October 2013

### Mars Bar Race (1) 4miles

Zach Delaney - 22min 21secs

Davie Burgess - 24min 8secs

Ronan McKinstry - 24min 52secs - **course pb**

Stuart McKenzie - 24min 59secs

Jonny Knox - 25min 1secs

Bill Hutchison - 25min 41secs

Eck Anderson - 26min 54secs

Gordon Halliday - 27min 00secs

David Brisland - 27min 17secs - **course pb**

Glenn Rickman - 27min 27secs

George Findlay - 28min 19secs - **course pb**

Ailsa Cruickshanks - 28min 30secs - **course pb**

Ian Muir - 28min 44secs

Mike Reilly - 28min 49secs

Pamela Cruickshanks - 29min 15secs

Ewan Davidson - 29min 29secs

Chris Broome - 30min 8secs - **course pb**

Bill Simpson - 30min 17secs

Jeff Taylor - 31min 55secs

Allan Gibson - 33min 21secs

Yvonne Dehn - 33min 50secs

Jane Anderson - 34min 46secs

Hazel Bradley - 29min 8secs  
Elise Methven - 29min 52secs  
Alice Hall - 30min 28secs  
Rosie Knox - 32min 10secs  
David Nuttall - 34min 2secs  
Fiona Cruickshanks - 34min 7secs  
Sharon Brown - 34min 18secs  
Kerry Muir - 34min 36secs  
Tracy Knox - 34min 37secs  
Karen Shepherd - 34min 46secs  
Tracy Chalmers - 34min 54secs  
Gwen Tivendale - 35min 50secs  
John Dickson - 35min 51secs  
Karen Cunningham - 35min 56secs  
Jackie Galloway - 36min 00secs  
Debz Hay - 37min 7secs  
June Penman - 40min 00secs  
Liam McMonagle - 40min 26secs  
Carole Fraser- 40min 38secs  
Jenny Henderson - 42min 19secs  
Darcy McKenzie - 52min 00secs  
Jim Hogsflesh - 52min 00secs  
Susan Hutchison - 54min 11secs

**Sunday 20<sup>th</sup> October 2013**

**Ronnie McIntosh 10k, Dundee**

Jane Anderson -

Tricia Wallace - 53mins 53secs

## Saturday 19<sup>th</sup> October 2013

### Scottish East District Cross Country League, Stirling

#### Men, 9k

Tich Shaw - 39mins 33secs

#### Women, 6k

Pamela Cruickshanks - 27mins 11secs - **course pb**

Hazel Bradley - 28mins 6secs

Elise Methven - 28mins 21secs

Fiona Cruickshanks - 32mins 14secs

#### Girls, U11

Ruby Methven - 7mins 10secs

## Saturday 19<sup>th</sup> October 2013

### St Andrews Park Run 5k

Carole Fraser - 29mins 6secs - **course pb**

## Sunday 13<sup>th</sup> October 2013

### Pentland Skyline, 16miles/6200ft

Eck Anderson - 3hrs 21mins 29secs

Thomas Knox - 3hrs 35mins 55secs

Davie Burgess - 3hrs 50mins 47secs

Bill Hutchison - 3hrs 54mins 48secs

## Sunday 13<sup>th</sup> October 2013

### East District Cross Country Relay Champs, Livingston, 4k

Pamela Cruickshanks - 17mins 58secs



Hazel Bradley - 18mins 13secs

Christine Bowie - 19mins 8secs

### Sunday 13<sup>th</sup> October 2013

#### Aviemore Half Marathon

Ian Mills - 1 hr 24mins 54secs

### Sunday 13<sup>th</sup> October 2013

#### The Craigtoun Dash 12k

Sharon Brown - 1hr 8mins 41secs

### Saturday 12<sup>th</sup> October 2013

#### Manor Water Hill Race, Peebles, 10miles/2300ft

Debz Hay - 2hrs 6mins 12secs - **3rd FV40** - **course pb**

### Saturday 12<sup>th</sup> October 2013

#### St Andrews Park Run 5k

Ian Shield - 24mins 46secs - **2nd MV60**

Richard Bevens - 25mins 31secs

Karen Shepherd - 25mins 50secs - **1st FV40**

### Sunday 6<sup>th</sup> October 2013

#### Glencoe Marathon, 26.2m/1608m

Eck Anderson - 4hrs 43mins 43secs

Debz Hay - 6hrs 18mins 38secs

Dougie Campbell - 7hrs 24mins 9secs

Jim Hogsflesh - 7hrs 24mins 11secs

George Hay - 7hrs 24mins 18secs

**Sunday 6<sup>th</sup> October 2013**

**Mamores Half Marathon, Glencoe, 13.1m/326m**

Yvonne Dehn - 2hrs 34mins 39secs - **\*3rd Female Overall\***

**Sunday 6<sup>th</sup> October 2013**

**Giffordtown 5k**

Bill Simpson - 21mins 41secs

**Sunday 6<sup>th</sup> October 2013**

**Glasgow 10k**

Christine Bowie - 57mins 31secs

Carole Fraser - 1hr 5mins 45secs

**Sunday 6<sup>th</sup> October 2013**

**Strathcarron 10k**

Jane Anderson - 55mins 17secs

**Saturday 5<sup>th</sup> October 2013**

**Ben Venue Hill Race, Trossachs, 7.5miles/3000ft**

Jonny Knox - 1hr 21mins 41secs - **3rd MV40**

Thomas Knox - 1hr 31mins 49secs

Saturday 5<sup>th</sup> October 2013

St Andrews Park Run 5k

Ian Shield - 25mins 2secs - **1st MV60**

Sunday 29<sup>th</sup> September 2013

Loch Ness Marathon

Dave Nuttall - 4hrs 6mins 17secs

Susan Penman - 4hrs 24mins 55secs

Sunday 29<sup>th</sup> September 2013

Falkland Tufty Trail Race 5.5Miles

Stuart McKenzie - 34mins 31secs - **3rd MS**

Tich Shaw - 38mins 36secs - **2nd MV50**

Bill Simpson - 42mins 46secs - **1st MV60**

Alice Hall - 45mins 48secs - **2nd FV50**

Sharon Cobain - 49mins 3secs

Karen Cunningham - 49mins 44secs

Saturday 28<sup>th</sup> September 2013

Two Breweries Hill Race 18miles, 4900' Climb

Eck Anderson - 4hrs 17mins 34secs

Saturday 28<sup>th</sup> September 2013

26 Extreme Causeway Coast Marathon, Ireland

Debz Hay - 5hrs 44mins

Saturday 28<sup>th</sup> September 2013

26 Extreme Causeway Coast Half Marathon, Ireland

George Hay - 3hrs 14mins

Saturday 28<sup>th</sup> September 2013

St Andrews Park Run 5k

Ian Shield - 24mins 21secs - **2nd MV60**

Carole Fraser - 29mins 41secs

Sunday 22<sup>nd</sup> September 2013

East Neuk 10k

Jonny Knox - 38mins 44secs - **3rd MV40** - **distance pb**

David Brisland - 42mins 6secs

Rachael Grieve - 46mins 33secs - **1st FJ** - **distance pb**

Rosie Knox - 48mins 56secs - **2nd FJ**

Stewart Barnett - 51mins 59secs

Richard McKinstry - 53mins 18secs - **course pb**

Sharon Cobain - 53mins 35secs

Sharon Brown - 55mins 21secs

Hannah Starbuck - 57mins 39secs - **3rd FJ**

John Dickson - 58mins 18secs

Jane Anderson - 59mins 31secs

Saturday 21<sup>st</sup> September 2013

British Junior Hill Running International, Aberfoyle

3.8k/225m

Ailsa Cruickshanks - Bronze Team Medal

## Saturday 21<sup>st</sup> September 2013

### St Andrews Park Run 5k

Ronan McKinstry - 18mins 19secs - **1st MJ** - **\*2nd Overall\*** - distance pb

Ian Shield - 25mins 42secs - **1st MV60**

## Sunday 15<sup>th</sup> September 2013

### Great North Run Half Marathon

Yvonne Dehn - 1hr 54mins 48secs - distance pb

## Sunday 15<sup>th</sup> September 2013

### Scottish Athletics 10k Championships, Stirling

Hazel Bradley - 46mins 27secs

Richard McKinstry - 51mins 5secs - distance pb

Jane Anderson - 52mins 45secs

## Saturday 14<sup>th</sup> September 2013

### St Andrews Park Run 5k

Richard Bevins - 25mins 13secs - **2nd MV50**

Ian Shield - 25mins 38secs - **1st MV60**

Taine McKinstry - 27mins 50secs

Richard McKinstry - 27mins 55secs - **2nd MS35**

## Saturday 14<sup>th</sup> September 2013

### Applecross Duathlon, 15mile Bike, 9mile/3300ft Hill Run

Carole Fraser - 3hrs 47mins 45secs

## Saturday 14<sup>th</sup> September 2013

### Glen Clova Xtreme Duathlon, 34km Bike, 14km/948m Hill Run

Jonny Knox - 2hrs 37mins 7secs

Thomas Knox - 2hrs 45mins 13secs

Debz Hay - 4hrs 2mins 16secs

George Hay - 4hrs 30mins 10secs

## Thursday 12<sup>th</sup> September 2013

### Tufty Twisted Squirrel Time Trial, Falkland 2.2miles

Davie Burgess - 13mins 13secs

Carole Fraser - 21mins 42secs

## Wednesday 11<sup>th</sup> September 2013

### London ITU Aquathon World Championships, 1000m/5k

Elise Methven - Swim - 16mins 17secs

Run - 22mins 29secs

## Wednesday 11<sup>th</sup> September 2013

### Kingsbarns Fun Run 4.25miles

Jonny Knox - 23mins 15secs - **2nd MV40** - **course pb**

Ronan McKinstry - 24mins 21secs - **3rd MJ** - **course pb**

Ian Mills - 25mins 59secs

Eck Anderson - 26mins 51secs - **course pb**

Ailsa Cruickshanks - 27mins 42secs - **1st FJ** - **course pb**

George Findlay - 27mins 53secs - **2nd MV50**

Bill Simpson - 28mins 13secs - **1st MV60**

Rosie Knox - 29mins 11secs - **2nd FJ**

Chris Broome - 30mins 00secs - **3rd MV50**

Alice Hall - 30mins 15secs - **1st FV50** - **course pb**

Pamela Cruickshanks - 30mins 15secs - **1st FV40**  
Hazel Bradley - 30mins 15secs - **1st FV60**  
David Nuttall - 30mins 38secs - **course pb**  
Christine Bowie - 30mins 45secs - **2nd FV40**  
Allan Gibson - 30mins 55secs - **2nd MV60**  
Lizzie Knox - 31mins 6secs - **3rd FJ**  
Kerry Muir - 31mins 30secs  
Yvonne Dehn - 31mins 42secs  
Richard McKinstry - 32mins 33secs  
Fiona Cruickshanks - 33mins 3secs  
Tracy Knox - 33mins 17secs - **2nd FV50** - **course pb**  
Tracy Chalmers - 33mins 37secs  
Karen Shepherd - 33mins 53secs  
Karen Cunningham - 33mins 54secs  
Jim Hogsflesh - 34mins 8secs  
John Dickson - 34mins 52secs - **course pb**  
Jackie Galloway - 35mins 25secs  
Hannah Starbuck - 36mins 48secs  
Carol Fraser - 39mins 45secs - **course pb**

### Sunday 8<sup>th</sup> September 2013

#### Skagit Flats Half Marathon, Washington, USA

Ewan Davidson - 1hr 36secs 59mins - **2nd MV60**

### Saturday 7<sup>th</sup> September 2012

#### Braemar Highland Gathering 5.3k/390m

Jonny Knox - 28mins 59secs - **course pb**  
Thomas Knox - 30mins 24secs - **course pb**  
Eck Anderson - 33mins 52secs - **course pb**

Lizzie Knox - 41mins 15secs - **course pb**

Sarah Knox - 41mins 52secs

Yvonne Dehn

### Saturday 7<sup>th</sup> September 2013

#### Aberfeldy Half Marathon

Davie Burgess - 1hr 22secs 16mins - **1st MV40**

Chris Broome - 1hr 49secs 29mins

### Saturday 7<sup>th</sup> September 2013

#### Highbury Fields Park Run 5k, London

Elise Methven - 23secs 31mins

### Saturday 7<sup>th</sup> September 2013

#### St Andrews Park Run 5k

Carole Fraser - 30mins 32secs

Ian Shield - 30mins 27secs - **2nd MV60**

### Wednesday 4<sup>th</sup> September 2013

#### Gateside Gallop 4miles

Stuart McKenzie - 25mins 19secs - **2nd MS** - **\*3rd Overall\*** - **course pb**

Thomas Knox - 25mins 28secs - **3rd MS**

Jonny Knox - 26mins 6secs - **1st MV40**

Ronan McKinstry - 27mins 7secs

Eck Anderson - 28mins 17secs - **2nd MJU20** - **course pb**

Ailsa Cruickshanks - 30mins 4secs - **1st FJ** - **course pb**

Rory Morrice - 31mins 27secs



Bill Simpson - 32mins 16secs - **1st MV60**  
Hazel Bradley - 32mins 26secs - **1st FV60**  
Pamela Cruickshanks - 33mins 32secs - **1st FV45**  
Lizzie Knox - 34mins 10secs - **2nd FJ**  
David Nuttall - 34mins 32secs - **course pb**  
Yvonne Dehn - 35mins 58secs - **course pb**  
Tracy Knox - 36mins 17secs - **2nd FV50**  
Fiona Cruickshanks - 36mins 51mins - **3rd FJ**  
Richard McKinstry - 37mins 4secs  
Tracy Chalmers - 37mins 10secs - **course pb**  
Kerrie Muir - 37mins 26secs - **1st FV35**  
Karen Cunningham - 38mins 44secs - **course pb**  
Hannah Starbuck - 41mins 12secs  
John Dickson - 41mins 21secs  
Jackie Galloway - 41mins 21secs  
Carole Fraser - 46mins 31secs

### Saturday 31<sup>st</sup> August 2013

#### St Andrews Park Run 5k

Stuart McKenzie - 17mins 38secs - **1st MS** - **\*2nd Overall\*** - **distance pb**  
Karen Cunningham - 25mins 27secs - **3rd FV35** - **distance pb**  
Carole Fraser - 37secs 29mins

### Sunday 25<sup>th</sup> August 2013

#### Perth 10k

Vhairi Walker - 49mins 32secs - **distance pb**  
Jane Anderson - 51mins 7secs

## Sunday 25<sup>th</sup> August 2013

### Tough Mudder Obstacle Course, Edinburgh

Jim Hogsflesh - 3hrs 10mins

George Hay - 3hrs 10mins

Debz Hay - 3hrs 10mins

Yvonne Dehn - 3hrs 10mins

Fiona Cruickshanks - 3hrs 10mins

## Saturday 24<sup>th</sup> August 2013

### Ochil's 2000 Hill Race, 18miles/5000ft

Jonny Knox - 3hrs 6mins 37secs

Thomas Knox - 3hrs 35mins 34secs

## Saturday 24<sup>th</sup> August 2013

### Frank Duffy 10miles, Dublin

Dell Rae - 56mins 52secs

## Saturday 24<sup>th</sup> August 2013

### St Andrews Park Run 5k

Ronan McKinstry - 18mins 53secs - **1st MJ** - **\*2nd Overall\***

Rory Marston - 19mins 9secs - **2nd MJ** - **\*3rd Overall\*** - distance pb

Elise Methven - 21mins 54secs - **\*1st Female Overall\*** - distance pb

John Marston - 23mins 58secs - **2nd MV50** - distance pb

Richard Bevins - 24mins 38secs - **3rd MV50** - distance pb

## Friday 23<sup>rd</sup> August 2013

### Beveridge Park 5k

Ronan McKinstry - 18mins 59secs - **1st MU20**

Richard McKinstry - 25mins 36secs

Tracy Chalmers - 26mins 38secs - **3rd FS**

## Tuesday 20<sup>th</sup> August 2013

### Ravenscraig Relay, 1mile each

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

Bill Simpson - 6mins 23secs - **1st MV60**

Fiona Cruickshanks - 7mins 00secs - **2nd FU20**

## Sunday 18<sup>th</sup> August 2013

### Lomond of Fife Hill Race 16.2km/760m

Jonny Knox - 1hr 34mins 56secs - **course pb**

Thomas Knox - 1hr 44mins 4secs

Eck Anderson - 1hr 53mins 23secs - **course pb**

Sharon Brown - 2hrs 42mins 43secs

Ewan Lumsden - 2hrs 42mins 45secs

## Sunday 18<sup>th</sup> August 2013

### Forfar 10k

Hazel Bradley - 46mins 25secs - **1st FV60**

## Saturday 17<sup>th</sup> August 2013

### St Andrews Park Run 5k

Ronan McKinstry - 18mins 34secs - **1st MJ** - **\*3rd Overall\*** - **distance pb**

George Findlay - 21mins 1secs - **1st MV55**

Richard McKinstry - 24mins 38secs - **3rd MS35**

Thursday 15<sup>th</sup> August 2013

Tufty Twisted Squirrel Time Trial, Falkland 2.2miles

Carole Fraser - 22mins 00secs

Thursday 15<sup>th</sup> August 2013

St Saviour Le Lalande 8k Trail Race, France

Pamela Cruickshanks - 37mins 3secs - **\*2nd Female Overall\***

Tuesday 13<sup>th</sup> August 2013

Ceres 8 miles

Dell Rae - 44mins 48secs - **1st MS** - **\*1st Overall\*** - **course pb**

Davie Burgess - 49mins 19secs

Stuart McKenzie - 51mins 27secs - **course pb**

Duncan Hall - 52mins 13secs - **course pb**

Eck Anderson - 54mins 16secs

George Findlay - 57mins 6secs - **2nd MV55**

Ewan Davidson - 57mins 47secs - **1st MV60** - **course pb**

Bill Simpson - 59mins 38secs - **3rd MV60**

Yvonne Dehn - 1hr 8mins 6secs - **course pb**

David Nuttall - 1hr 8mins 14secs - **course pb**

Allan Gibson - 1hr 8mins 50secs

Fiona Cruickshanks - 1hr 8mins 58sec - **3rd FJ** - **course pb**

Kerrie Muir - 1hr 10mins 23secs

Karen Shepherd - 1hr 15mins 12secs

Jackie Galloway - 1hr 17mins 4secs

## Sunday 11<sup>th</sup> August 2013

### Forth Bridge 10k

Yvonne Dehn - 54mins 6secs - **distance pb**

## Saturday 10<sup>th</sup> August 2013

### St Andrews Park Run 5k

Ronan McKinstray - 18mins 52secs - **1st MJ** - **\*3rd Overall\*** - **distance pb**

Eck Anderson - 19mins 30secs - **3rd MS**

Ian Shield - 23mins 41secs - **1st MV60**

## Thursday 8<sup>th</sup> August 2013

### Balmullo Trail Race

Dell Rae - 30mins 15secs - **1st MS** - **\*3rd Overall\*** - **course pb**

Stuart McKenzie - 32mins 50secs - **course pb**

Ronan McKinstray - 34mins 59secs - **2nd MJU20** - **course pb**

Eck Anderson - 35mins 16secs

George Findlay - 38mins 51secs

Ailsa Cruickshank - 35mins 16secs - **1st FJ** - **course pb**

Bill Simpson - 41mins 22secs - **2nd MV60**

Pamela Cruickshank - 42mins 33secs - **1st FV45**

Chris Broome - 43mins 15secs

Sharon Brown - 46mins 7secs

Yvonne Dehn - 47mins 00secs - **course pb**

Ian Shield - 47mins 58secs

Tracy Chalmers - 51mins 25secs

Jackie Galloway - 52mins 28secs

## Wednesday 7<sup>th</sup> August 2013

### North Berwick Law 4.5k/185m

Jonny Knox - 21mins 40sec - **3rd MV**

Jake Grieve - 24mins 22secs

Ian Mills - 25mins 49secs

Glenn Rickman - 27mins 42secs

Rachael Grieve - 27mins 47secs - **course pb**

## Tuesday 6<sup>th</sup> August 2013

### Graham Clark Road Race, 3.9miles

Ailsa Cruickshanks - 24mins 49secs - **1st FJ** - **course pb**

Chris Broome - 30mins 20secs

Fiona Cruickshanks - 30mins 52secs - **2nd FJ**

Yvonne Dehn - 31mins 29secs - **course pb**

## Sunday 4<sup>th</sup> August 2013

### Tour Of Fife Overall Results

Dell Rae - 1hr 54mins 33secs - **2nd MS** - **\*2nd Overall\***

Ronan McKinstry - 2hrs 13mins 22secs - **1st MJ**

Eck Anderson - 2hrs 15mins 56secs

Tich Shaw - 2hrs 23mins 23secs - **3rd MV55**

Ailsa Cruickshanks - 2hrs 28mins 59secs - **2nd FJ**

George Findlay - 2hrs 30mins 37secs

Bill Simpson - 2hrs 33mins 26secs - **1st MV60**

Elise Methven - 2hrs 36mins 6secs - **1st FV40**

Ian Shield - 2hrs 53mins 11secs

Sharon Brown - 2hrs 59mins 28secs

Yvonne Dehn - 3hrs 00mins 50secs

Karen Shepherd - 3hrs 2mins 19secs - **3rd FV40**

Richard McKinstry - 3hrs 3mins 59secs

Fiona Cruickshanks - 3hrs 5mins 15secs - **3rd FJ**

Tracy Chalmers - 3hrs 9mins 8secs

## Sunday 4<sup>th</sup> August 2013

### Tour Of Fife Day 5

#### Skull Mountain Race, Falkland, 3.2miles

Dell Rae - 23mins 20secs - **3rd MS** - **\*3rd Overall\***

Ronan McKinstry - 26mins 43secs - **1st MJ**

Eck Anderson - 27mins 39secs

Tich Shaw - 29mins 24secs - **3rd MV55**

George Findlay - 30mins 51secs

Ailsa Cruickshanks - 31mins 40secs - **3rd FJ**

Bill Simpson - 31mins 45secs - **1st MV60**

Elise Methven - 32mins 7secs - **2nd FV40**

Sharon Brown - 36mins 19secs

Ian Shield - 36mins 32secs

Richard McKinstry - 37mins 3secs

Karen Shepherd - 37mins 23secs

Yvonne Dehn - 37mins 28secs

Fiona Cruickshanks - 38mins 32secs

Tracy Chalmers - 38mins 54secs

Karen Cunningham - 39mins 20secs

Susan Bonellie - 42mins 24secs

## Saturday 3<sup>rd</sup> August 2013

### St Andrews Park Run 5k

Stuart McKenzie - 17mins 50secs - **2nd MS** - **\*2nd Overall\*** - distance pb

Pamela Cruickshanks - 22mins 56secs - **2nd FV45**

Ian Shield - 24mins 23secs - **2nd MV60**

## Saturday 3<sup>rd</sup> August 2013

### Harrogate Park Run 5k

Duncan Hall - 20mins 27secs

## Saturday 3<sup>rd</sup> August 2013

### Tour Of Fife Day 4

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

Dell Rae - 24mins 19secs - **3rd MS** - **\*3rd Overall\*** - **course pb**

Eck Anderson - 28mins 3secs

Ronan McKinstry - 28mins 6secs - **1st MJ**

Tich Shaw - 30mins 5secs

Ailsa Cruickshanks - 30mins 27secs - **3rd FJ**

Bill Simpson - 31mins 17secs - **1st MV60** - **course pb**

George Findlay - 31mins 37secs

Elise Methven - 32mins 34secs - **3rd FV40** - **course pb**

Ian Shield - 34mins 34secs

Fiona Cruickshanks - 36mins 36secs

Richard McKinstry - 37mins 2secs

Karen Cunningham - 37mins 32secs

Yvonne Dehn - 37mins 34secs

Sharon Brown - 37mins 56secs

Karen Shepherd - 38mins 33secs

Tracy Chalmers - 38mins 47secs - **course pb**

Susan Bonellie - 41mins 25secs

## Friday 2<sup>nd</sup> August 2013

### Tour Of Fife Day 3

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

Dell Rae - 10mins 26secs - **2nd MS** - **\*2nd Overall\*** - **course pb**

Ronan McKinstry - 12mins 28secs - **2nd MJ**



Eck Anderson - 13mins 1secs - **course pb**  
Tich Shaw - 14mins 10secs - **course pb**  
Ailsa Cruickshanks - 14mins 12secs - **2nd FJ**  
Bill Simpson - 14mins 32secs - **2nd MV60**  
Elise Methven - 14mins 46secs - **3rd FV40** - **course pb**  
George Findlay - 14mins 50secs  
Sharon Brown - 17mins 39secs  
Fiona Cruickshanks - 17mins 41secs  
Ian Shield - 17mins 54secs  
Karen Shepherd - 17mins 56secs  
Richard McKinstry - 18mins 5secs  
Tracy Chalmers - 18mins 31secs  
Yvonne Dehn - 19mins 26secs - **course pb**  
Susan Bonellie - 19mins 51secs

### Thursday 1<sup>st</sup> August 2013

#### Tour Of Fife Day 2

#### Tarvit Trail Race, Near Ceres, 4.8miles

Dell Rae - 29mins 3secs - **2nd MS** - **\*2nd Overall\*** - **course pb**  
Ronan McKinstry - 33mins 33secs - **1st MJ**  
Eck Anderson - 34mins 27secs - **course pb**  
Tich Shaw - 35mins 46secs - **2nd MV55** - **course pb**  
Ailsa Cruickshanks - 37mins 2secs - **3rd FJ**  
George Findlay - 37mins 34secs  
Bill Simpson - 39mins 14secs - **1st MV60** - **course pb**  
Elise Methven - 39mins 31secs - **2nd FV40** - **course pb**  
Ian Shield - 43mins 4secs  
Yvonne Dehn - 44mins 30secs - **course pb**  
Sharon Brown - 45mins 20secs  
Karen Shepherd - 45mins 22secs  
Tracy Chalmers - 47mins 2secs - **course pb**

Richard McKinstry - 47mins 14secs  
Karen Cunningham - 47mins 26secs  
Fiona Cruickshanks - 49mins 59secs

### Wednesday 31<sup>st</sup> July 2013

#### Tour Of Fife Day 1

##### Squirrel Twirl Race, Falkland, 4.8miles

Dell Rae - 27mins 35secs - **2nd MS** - **\*2nd Overall\***

Ronan McKinstry - 32mins 22secs - **1st MJ**

Eck Anderson - 32mins 46secs

Tich Shaw - 33mins 58secs - **2nd MV55**

Ailsa Cruickshanks - 35mins 38secs - **3rd FJ**

George Findlay - 35mins 45secs

Bill Simpson - 36mins 38secs - **1st MV60**

Elise Methven - 37mins 8secs - **2nd FV40**

Ian Shield - 41mins 7secs

Yvonne Dehn - 41mins 42secs

Sharon Brown - 42mins 14secs

Fiona Cruickshanks - 42mins 27secs

Karen Shepherd - 43mins 5secs

Richard McKinstry - 44mins 35secs

Karen Cunningham - 44mins 38secs

Tracy Chalmers - 45mins 54secs

Susan Bonellie - 49mins 21secs

### Saturday 20<sup>th</sup> July 2013

#### St Andrews Park Run 5k

Stuart McKenzie - 18mins 3secs - **1st MS** - **\*1st Overall\*** - distance pb

Rory Marston - 19mins 44secs - **1st MJ**

Ian Shield - 23mins 59secs - **1st MV60**

John Marston - 24mins 41secs

### Saturday 20<sup>th</sup> July 2013

#### St Andrews Park Run 5k

Stuart McKenzie - 18mins 9secs - **1st MS** - **\*1st Overall\*** - distance pb

Rory Marston - 19mins 35secs - **2nd MJ**

John Marston - 25mins 44secs

Ian Shield - 26mins 12secs - **2nd MV60**

### Tuesday 16<sup>th</sup> July 2013

#### Ravenscraig 1mile

Bill Simpson - 6mins 29secs - **3rd MV60**

### Sunday 14<sup>th</sup> July 2013

#### Heart of the Park Challenge, Braemar 12k

Jonny Knox - 55mins 31secs - **3rd MV** - course pb

Eck Anderson - 1hr 00mins 54secs - course pb

Lizzie Knox - 1hr 15mins 2secs - course pb

Tracy Knox - 1hr 24mins 22secs - **2nd FSV**

Yvonne Dehn - 1hr 27mins 41secs - course pb

Debz Hay - 1hr 40mins 27secs

Jaz Hay - 1hr 40mins 27secs

George Hay - 1hr 40mins 27secs

### Saturday 13<sup>th</sup> July 2013

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

Eck Anderson - 25mins 15secs - **2nd MS** - **\*3rd Overall\*** - course pb

Yvonne Dehn - 37mins 5secs - **2nd FS** - **course pb**

### Saturday 13<sup>th</sup> July 2013

#### St Andrews Park Run 5k

Stuart McKenzie - 18mins 24secs - **1st MS** - **\*2nd Overall\***

Richard Bevens - 25mins 44secs - **3rd MV50**

Ian Shield - 27mins 3secs

### Thursday 11<sup>th</sup> July 2013

#### Tuffy Twisted Squirrel Time Trial, Falkland 2.2miles

Carole Fraser - 21mins 32secs

### Wednesday 10<sup>th</sup> July 2013

#### Newburgh 4.2miles

Dell Rae - 24mins 14secs - **2nd MS** - **\*2nd Overall\*** - **course pb**

Ronan McKinstry - 27mins 33secs - **1st MJ** - **course pb**

Eck Anderson - 28mins 33secs

Tich Shaw - 29mins 34secs - **2nd MV50**

Elise Methven - 32mins 41secs - **2nd FV40** - **course pb**

Bill Simpson - 33mins 26secs - **2nd MV60**

Fiona Cruickshanks - 36mins 41secs - **3rd FJ** - **course pb**

Yvonne Dehn - 37mins 49secs - **course pb**

Tracy Chalmers - 39mins 00secs

### Sunday 8<sup>th</sup> July 2013

#### Crieff 10k

Dell Rae - 36mins 15secs

## Saturday 7<sup>th</sup> July 2013

### St Andrews Park Run 5k

Duncan Hall - 19mins 16secs - **2nd MS** - **distance pb**

Rory Marston - 19mins 27secs - **1st MJ** - **distance pb**

Ian Shield - 24mins 17secs - **3rd MV60**

John Marston - 26mins 13secs - **3rd MV60**

Aidan McKenzie - 38mins 31secs

Stuart McKenzie - 38mins 31secs

## Saturday 7<sup>th</sup> July 2013

### Brig Bash 5, Bridge of Earn

Carole Fraser - 47mins 18secs

## Wednesday 4<sup>th</sup> July 2013

### Sandy Slither 6.1miles

Dell Rae - 37mins 13secs - **2nd MS** - **\*3rd Overall\*** - **course pb**

Jonny Knox - 40mins 44secs - **2nd MV40** - **course pb**

Stuart McKenzie - 41mins 9secs

Duncan Hall - 41mins 31secs - **course pb**

Eck Anderson - 43mins 1sec - **course pb**

Ronan McKinstray - 44mins 52secs - **2nd MJU20** - **course pb**

Tich Shaw - 44mins 54secs - **1st MV55**

Pete Nimmo - 44mins 59secs - **3rd MV50**

Ailsa Cruickshanks - 48mins 17secs - **1st FJ** - **course pb**

Ian Muir - 48mins 22secs - **course pb**

Rachel Grieve - 49mins 1sec - **2nd FJ**

Lewis Low - 51mins 16secs

Elise Methven - 52mins 14secs - **2nd FV40**

David Nuttall - 54mins 38secs

Ian Shield - 57mins 21secs  
Sharon Brown - 57mins 51secs  
Yvonne Dehn - 59mins 28secs - **course pb**  
Tracy Chalmers - 1hr 00mins 37secs  
Jackie Murray - 1hr 3mins 9secs

### Sunday 30<sup>th</sup> June 2013

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

Jonny Knox - 3hrs 57mins 49secs  
Eck Anderson - 4hrs 33mins 6secs  
Pete Nimmo - 4hrs 33mins 30secs

### Saturday 29<sup>th</sup> June 2013

#### Camperdown Park Run 5k, Dundee

Ian Shield - 27mins 24secs - **2nd MV60**

### Friday 28<sup>th</sup> June 2013

#### White Tops Hill Race, Angus 10.5km/360m

Jonny Knox - 48mins 47secs

### Wednesday 26<sup>th</sup> June 2013

#### Strawberry Run, Cairnie Fruit Farm

##### 1km

Ruby Methven - 5mins 4secs

##### 2miles

Ruby Methven - 14mins 56secs - **3rd FJ**

## Wednesday 26<sup>th</sup> June 2013

### Kelly Law

Jonny Knox - 24mins 12secs

Thomas Knox - 24mins 36secs - **course pb**

Ronan McKinstry - 25mins 43secs - **course pb**

Jake Grieve - 28mins 21secs

George Findlay - 28mins 58secs

Rosie Knox - 31mins 35secs - **course pb**

Eck Anderson - 33mins 38secs

Tracy Knox - 33mins 54secs - **course pb**

Rachael Grieve - 34mins 10secs

Richard McKinstry - 34mins 49secs

Ailsa Cruickshanks - 40mins 56secs

Yvonne Dehn - 40mins 56secs

Fiona Cruickshanks - 41mins 1sec

## Sunday 23<sup>rd</sup> June 2013

### Race For Life 5k, Kirkcaldy

Karen Shepherd

## Sunday 23<sup>rd</sup> June 2013

### Falkland Hill Race, 3miles/1200ft

Jonny Knox - 22mins 16secs - **2nd MV40**

Thomas Knox - 23mins 20secs - **1st MU20** - **course pb**

Eck Anderson - 26mins 15secs

Lizzie Knox - 31mins 46secs - **1st FU17** - **course pb**

Tracy Knox - 32mins 17secs

Rosie Knox - 33mins 14secs - **1st FU15**

Yvonne Dehn - 39mins 3secs

## Sunday 23<sup>rd</sup> June 2013

### Glenrothes 10k

Dell Rae - 34mins 27secs - **1st MS** - **\*1st Overall\***

Davie Burgess - 38mins 26secs

Stuart McKenzie - 38mins 55secs - **course pb**

Ewan Lumsden - 43mins 28secs

Vhairi Walker - 53mins 57secs

Karen Cunningham - 54mins 38secs - **distance pb**

Fiona Cruickshanks - 54mins 45secs

## Sunday 23<sup>rd</sup> June 2013

### Glenrothes Junior Track Jog, 300metres

Oscar Burgess

Thomas McKenzie

Aidan McKenzie

## Saturday 22<sup>nd</sup> June 2013

### Largo Law Hill Race

Jonny Knox - 48mins 34secs - **1st MV**

Thomas Knox - 53mins 20secs - **1st MJ** - **course pb**

Tich Shaw - 1hr 00mins 00secs

George Findlay - 1hr 2mins 26secs

Sharon Brown - 1hr 14mins 34secs

Lizzie Knox - 1hr 20mins 53secs - **1st FJ**



**Friday 21<sup>st</sup> June 2013**

**Mini-Tour of Fife**

**Overall Results**

**U11**

Ruby Methven - 57mins 27secs

**U18**

Ronan McKinstry - 1hr 31mins 32secs - **1st Male**

Ailsa Cruickshanks - 1hr 39mins 8secs - **1st Female**

**Friday 21<sup>st</sup> June 2013**

**Mini-Tour of Fife**

**Cambo Estate Multi-Terrain Race**

**U11 - 1mile**

Ruby Methven - 8mins 28secs

**U18 - 5k**

Ronan McKinstry - 17mins 35secs - **1st Male**

Ailsa Cruickshanks - 19mins 6secs - **1st Female**

**Friday 21<sup>st</sup> June 2013**

**Black Rock 5, Kinghorn**

Dell Rae - 25mins 38secs - **course pb**

Stuart McKenzie - 29mins 8secs

Duncan Hall - 29mins 27secs

Eck Anderson - 30mins 19secs - **course pb**

Tich Shaw - 31mins 17secs

Yvonne Dehn - 38mins 26secs

Vhairi Walker - 38mins 31secs

Karen Cunningham - 39mins 1sec

Susan Bonellie - 46mins 22secs

### Thursday 20<sup>th</sup> June 2013

#### Balbirnie Duathlon, Markinch, 5k Run/21k Bike/2.5k Run

Bill Hutchison - 1hr 18mins 53secs - **1st MV60**

Elise Methven - 1hr 24mins 55secs - **\*2nd Female Overall\***

Tricia Wallace - 1hr 39mins 27secs

### Thursday 20<sup>th</sup> June 2013

#### Mini-Tour of Fife

#### Time Trial in Tarvit Estate

#### U11 - 2.1k

Ruby Methven - 11mins 21secs

#### U18 - 2.1k

Ronan McKinstry - 7mins 50secs - **1st Male**

Ailsa Cruickshanks - 8mins 30secs - **1st Female**

### Wednesday 19<sup>th</sup> June 2013

#### Mini-Tour of Fife

#### CuplaHills Farm Race, Balmullo

#### U11 - 1mile

Ruby Methven - 11mins 52secs

#### U18 - 3miles

Ronan McKinstry - 25mins 10secs - **1st Male**

Ailsa Cruickshanks - 27mins 9secs - **1st Female**

**Tuesday 18<sup>th</sup> June 2013**

**Mini-Tour of Fife**

**East Lomond Hill Race**

**U11 - 1.5miles**

Ruby Methven - 17mins 8secs

**U18 - 3miles**

Ronan McKinstry - 20mins 47secs - **1st Male**

Ailsa Cruickshanks - 23mins 52secs - **1st Female**

**Monday 17<sup>th</sup> June 2013**

**Mini-Tour of Fife**

**West Sands Beach Race, St Andrews**

**U11 - 1mile**

Ruby Methven - 8mins 38secs

**U18 - 3miles**

Ronan McKinstry - 20mins 10secs - **1st Male - course pb**

Ailsa Cruickshanks - 23mins 52secs - **1st Female - course pb**

**Sunday 16<sup>th</sup> June 2013**

**Seven Hills of Edinburgh Challenge, 22.4k/670m**

Tricia Wallace - 3hrs 19mins 18secs - **course pb**

**Saturday 15<sup>th</sup> June 2013**

**Falls Park Run 5k, Belfast**

Jackie Murray - 30mins 22secs

Karen Shepherd - 30mins 22secs

Yvonne Dehn - 30mins 22secs  
Alice Hall - 30mins 22secs  
Debz Hay - 30mins 22secs  
Tracy Chalmers - 30mins 22secs

Saturday 15<sup>th</sup> June 2013

St Andrews Park Run 5k

Ian Shield - 24mins 18secs - **2nd MV60**

Thursday 13<sup>th</sup> June 2013

Tuffy Twisted Squirrel Time Trial, Falkland 2.2miles

Elise Methven - 16mins 51secs  
Ian Shield - 19mins 56secs  
Carole Fraser - 21mins 31secs

Saturday 8<sup>th</sup> June 2013

St Andrews Park Run 5k

Rory Marston - 20mins 21secs - **3rd MJ** - **distance pb**  
Ian Shield - 25mins 44secs - **2nd MV60**

Wednesday 5<sup>th</sup> June 2013

Hill Of Tarvit 5.5miles

Dell Rae - 33mins 56secs - **1st MS** - **\*2nd Overall\*** - **course pb**  
Stuart McKenzie - 37mins 21secs - **course pb**  
Eck Anderson - 39mins 43secs  
Ronan McKinstry - 39mins 46secs - **2nd MJU20** - **course pb**

Tich Shaw - 41mins 15secs - **1st MV55**  
George Findlay - 42mins 57secs - **3rd MV50**  
Ailsa Cruickshanks - 45mins 27secs - **1st FJ**  
Pamela Cruickshanks - 45mins 30secs - **1st FV45** - **course pb**  
Ian Muir - 45mins 36secs - **course pb**  
Bill Simpson - 46mins 53secs - **3rd MV60**  
Chris Broome - 47mins 16secs - **2nd MV55** - **course pb**  
Allan Gibson - 50mins 59secs  
Yvonne Dehn - 52mins 00secs - **course pb**  
Tricia Wallace - 55mins 6secs - **3rd FV45** - **course pb**  
Jim Hogsflesh - 55mins 36secs - **course pb**

### Sunday 2<sup>nd</sup> June 2013

#### San Diego Marathon

Christine Bowie - 4hrs 47mins 45secs  
Bill Arnot - 4hrs 47mins 45secs

### Sunday 2<sup>nd</sup> June 2013

#### Chariots of Fire 5k Race, St Andrews

Bill Simpson - 22mins 16secs  
Niall Hall - 22mins 31secs  
Pamela Cruickshanks - 22mins 51secs  
Chris Broome - 23mins49  
Vhairi Walker - 25mins 39secs  
Richard Bevins - 25mins 40secs  
Yvonne Dehn - 26mins 19secs  
Alice Hall - 28mins 58secs  
Euan Hall - 28mins 58secs

Sunday 2<sup>nd</sup> June 2013

Chariots of Fire Junior 1mile Race, St Andrews

Ruby Methven - 7mins 43secs - **3rd FJ**

Saturday 1<sup>st</sup> June 2013

St Andrews Park Run 5k

Rory Marston - 20mins 37secs - **2nd MJ** - **distance pb**

George Findlay - 20mins 55secs - **2nd MV50** - **course pb**

John Marston - 29mins 41secs - **3rd MV50**

Wednesday 29<sup>th</sup> May 2013

Tenzing Hillary Everest Marathon

Debz Hay - 12hrs 21mins 22secs

George Hay - 12hrs 21mins 24secs

Tuesday 28<sup>th</sup> May 2013

Ravenscraig Park Mile Series, 1 mile

Bill Simpson - 6mins 25secs - **2nd MV60**

Sunday 26<sup>th</sup> May 2013

Edinburgh Marathon

Dell Rae - 2hrs 52mins 55secs - **distance pb**

Duncan Hall - 3hrs 14mins 38secs

Karen Cunningham - 4hrs 26mins 28secs

**Sunday 26<sup>th</sup> May 2013**

**Edinburgh Half Marathon**

Yvonne Dehn - 1hrs 58mins 26secs - **distance pb**

Vhairi Walker - 2hrs 1mins 52secs

**Saturday 25<sup>th</sup> May 2013**

**Isle of Jura Fell Race, 16miles/7500ft**

Jonny Knox - 4hrs 3mins 28secs - **course pb**

**Saturday 25<sup>th</sup> May 2013**

**St Andrews Park Run 5k**

Rory Marston - 20mins 39secs - **3rd MJ**

John Marston - 24mins 31secs - **3rd MV50**

Richard Bevens - 25mins 13secs - **distance pb**

**Saturday 25<sup>th</sup> May 2013**

**Scottish Trail Championships, Falkland**

**Men 15k**

Stuart McKenzie - 1hr 3mins 35secs

Eck Anderson - 1hr 7mins 18secs

Chris Broome - 1hr 16mins 56secs

Richard McKinstry - 1hr 40mins 52secs

**Women 10k**

Pamela Cruickshanks - 52mins 14secs

Alice Hall - 55mins 10secs

Tracy Chalmers - 1hr 1min 4secs

Fiona Cruickshanks - 1hr 3mins 12secs

**Friday 24<sup>th</sup> May 2013**

**Beveridge Park 5k**

Ronan McKinstry - 18mins 55secs - **1st MU20** - **distance pb**

Tich Shaw - 20mins 36secs - **3rd MV50**

Bill Simpson - 21mins 34secs - **3rd MV60**

Richard McKinstry - 25mins 57secs

**Sunday 19<sup>th</sup> May 2013**

**Muckle Toon Trail Half Marathon, Langholm**

Chris Broome - 2hrs 13mins 5secs

**Sunday 19<sup>th</sup> May 2013**

**Douro Valley Half Marathon, Portugal**

Ewan Davidson - 1hr 34mins 54secs - **distance pb**

**Saturday 19<sup>th</sup> May 2013**

**Cape Wrath Challenge**

**Relay Marathon, 15.2miles**

Carole Fraser - 3hr 1min 16secs



Wednesday 15<sup>th</sup> May 2013

Cape Wrath Challenge

The Around Durness Run, 10miles

Carole Fraser - 2hr 10min 52secs

Tuesday 14<sup>th</sup> May 2013

Cape Wrath Challenge

Hill Run, 5.2miles

Carole Fraser - 1hr 3min 13secs

Monday 13<sup>th</sup> May 2013

Cape Wrath Challenge

10k

Carole Fraser - 1hr 4min 37secs - **course pb**

Saturday 18<sup>th</sup> May 2013

St Andrews Park Run 5k

John Marston - 24mins 5secs - **distance pb**

Richard McKinstry - 24mins 49secs

Sunday 12<sup>th</sup> May 2013

Womens Glasgow 10k

Alice Hall - 49mins 11secs

Fiona Mitchell - 58mins 56secs

## Saturday 11<sup>th</sup> May 2013

### Loch Leven Half Marathon

George Findlay - 1hr 42mins 6secs

David Nuttall - 1hr 53mins 00secs - **distance pb**

Bill Arnott - 1hr 53mins 19secs

Pete Peddie - 1hr 59mins 7secs

Tricia Wallace - 2hrs 2mins 47secs

## Saturday 11<sup>th</sup> May 2013

### St Andrews Park Run 5k

Ewan Davidson - 21mins 17secs - **1st MV60**

Richard Bevins - 25mins 48secs

Ian Shield - 29mins 56secs - **3rd MV60**

## Wednesday 8<sup>th</sup> May 2013

### Strathkinness/Blebocraigs 4.5miles

Stuart McKenzie - 28min 11secs - **3rd MS**

Jonny Knox - 28min 16secs

Ronan McKinstray - 29min 17secs - **course pb**

Thomas Knox - 31min 18secs

George Findlay - 32min 27secs

Ailsa Cruickshanks - 33min 10secs - **1st FJ - course pb**

Ian Muir - 33min 12secs

Pamela Cruickshanks - 33min 52secs - **2nd FV45 - course pb**

Bill Simpson - 34min 25secs - **2nd MV60**

Ewan Cameron - 34min 39secs

David Nuttall - 36min 55secs - **course pb**

Rosie Knox - 38min 21secs - **2nd FJ**

Tricia Wallace - 38min 56secs - **3rd FV40**

Tracy Knox - 39min 32secs

Tracy Chalmers - 40min 45secs

Fiona Cruickshanks - 49min 42secs - **3rd FJ**

### Sunday 5<sup>th</sup> May 2013

#### Tri-Trail Foxlake Trail Race, 9miles

Tricia Wallace - 1hr 25mins 57secs

Yvonne Dehn - 1hr 33mins 13secs

### Sunday 5<sup>th</sup> May 2013

#### Edinburgh to North Berwick Road Race 20miles

Duncan Hall - 2hrs 27mins 58secs

### Saturday 4<sup>th</sup> May 2013

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

Jonny Knox - 2hrs 45mins 3secs

Thomas Knox - 3hrs 39mins 46secs

Eck Anderson - 3hrs 45mins 57secs

### Saturday 4<sup>th</sup> May 2013

#### St Andrews Park Run 5k

Ronan McKinstry - 19mins 27secs

Richard McKinstry - 24mins 42secs

## Sunday 28<sup>th</sup> April 2013

### Madrid Marathon

Elise Methven - 4hrs 9mins 4secs - **distance pb**

## Saturday 27<sup>th</sup> April 2013

### Balmoral Trail Race 15k

Chris Broome - 2hrs 10mins 53secs - **course pb**

Carole Fraser - 2hrs 53mins 37secs

## Saturday 27<sup>th</sup> April 2013

### St Andrews Park Run 5k

Richard Bevens - 25mins 44secs - **3rd MV50**

Ian Shield - 25mins 58secs - **3rd MV60**

Chris Broome - 25mins 58secs

John Marston - 26mins 48secs

## Tuesday 23<sup>rd</sup> April 2013

### Ravenscraig 1mile

Ailsa Cruickshanks - 6min 9secs - **\*2nd Female Overall\* - 1st FU17**

Bill Simpson - 6min 30secs - **1st MV60**

Fiona Cruickshanks - 7min 00secs - **1st FU20**

## Sunday 21<sup>st</sup> April 2013

### London Marathon

Davie Burgess - 3hrs 7min 35secs

Eck Anderson - 3hrs 23min 30secs - **distance pb**

Vhairi Walker - 4hrs 23min 15secs

Allan Galloway - 5hrs 00min 21secs

Richard McKinstry - 5hrs 15min 30secs

### Saturday 20<sup>th</sup> April 2013

#### St Andrews Park Run 5k

George Findlay - 22mins 28secs

Elise Methven - 23mins 55secs - **2nd Female** - **course pb**

### Friday 19<sup>th</sup> April 2013

#### Beveridge Park 5k

Ewan Lumsden - 17min 11secs - **\*1st Overall\*** - **distance pb**

Stuart McKenzie - 17min 52secs - **\*3rd Overall\*** - **distance pb**

Bill Simpson - 21min 27secs - **2nd MV60**

### Wednesday 17<sup>th</sup> April 2013

#### St Andrews Junior 1Mile

Ruby Methven - 9min 38secs

### Wednesday 17<sup>th</sup> April 2013

#### St Andrews 5k

Ewan Lumsden - 17min 29secs - **2nd MS**

Stuart McKenzie - 19min 35secs - **course pb**

Jonny Knox - 19min 38secs - **2nd MV45**

Ronan McKinstry - 19min 52secs - **3rd MU20** - **course pb**

Ailsa Cruickshanks - 21min 45secs - **1st FU17** - **course pb**

Bill Simpson - 22min 35secs - **2nd MV60**

Pamela Cruickshanks - 22min 39secs - **1st FV45**

Ian Muir - 22min 43secs

Elise Methven - 24min 3secs - **2nd FV40**

Chris Broome - 24min 8secs - **1st MV55**

Fiona Cruickshanks - 24min 26secs - **2nd FU20**

Jane Anderson - 24min 27secs

Rosie Knox - 24min 28secs - **1st FU15**

David Nuttall - 25min 26secs - **course pb**

Tracy Knox - 25min 15secs - **3rd FV50**

Karen Shepherd - 25min 56secs - **3rd FV45** - **course pb**

Tricia Wallace - 27min 4secs

John Dickson - 27min 40secs

### Monday 15<sup>th</sup> April 2013

#### Boston Marathon

Neil Smith - 2hrs 59mins 10secs

### Sunday 14<sup>th</sup> April 2013

#### Brighton Marathon

Yvonne Dehn - 4hrs 28mins 42secs - **distance pb**

### Sunday 14<sup>th</sup> April 2013

#### Rock n Roll Edinburgh Half Marathon

Jane Anderson - 1hr 47mins 59mins

David Nuttall - 1hr 54mins 52mins - **distance pb**

Susan Penman - 2hrs 7mins 43mins

Tricia Wallace - 2hrs 7mins 43mins

Saturday 13<sup>th</sup> April 2013

Edinburgh Park Run 5k

Chris Broome - 24mins 41secs

Saturday 13<sup>th</sup> April 2013

St Andrews Park Run 5k

Ian Shield - 23mins 31secs - **1st MV60**

Richard McKinstry - 25mins 6secs

Richard Bevens - 26mins 8secs

Tracy Chalmers - 26mins 58secs

Taine McKinstry - 29mins 2secs

Sunday 7<sup>th</sup> April 2013

Foulee Imperiale De Fontainebleau 10k, France

Ronan McKinstry - 41mins 20secs - **1st MJ**

Sunday 7<sup>th</sup> April 2013

Foulee Imperiale De Fontainebleau Half Marathon, France

Richard McKinstry - 2hrs 6mins 57secs

Sunday 7<sup>th</sup> April 2013

Blackpool Marathon

Jane Anderson - 3hrs 53mins 25secs

Saturday 6<sup>th</sup> April 2013

St Andrews Park Run 5k

Pamela Cruickshanks - 21mins 53secs - **distance pb**

Ailsa Cruickshanks - 23mins 13secs - **course pb**

Ian Shield - 25mins 3secs - **1st MV60**

Richard Bevens - 26mins 45secs

### Tuesday 2<sup>nd</sup> April 2013

#### Ravenscraig 2 Miles

Bill Simpson - 13mins 18secs - **1st MV60**

### Monday 1<sup>st</sup> April 2013

#### Clonakilty 10k, Ireland

Alice Hall - 48mins 55secs

### Saturday 30<sup>th</sup> March 2013

#### Birnham Hill Race, Dunkeld 4miles/535m

Debz Hay - 54mins 33secs

Jaz Hay - 1hr 15mins 4secs

Karli Hay - 1hr 15mins 4secs

George Hay - 1hr 15mins 4secs

### Saturday 31<sup>st</sup> March 2013

#### Deuchary Hill Race, Dunkeld 11miles/800m

Debz Hay - 2hr 44mins 40secs

### Saturday 30<sup>th</sup> March 2013

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

Jonny Knox - 36mins 32secs



Thomas Knox - 39mins 13secs

Tracy Knox - 53mins 7secs

### Saturday 30<sup>th</sup> March 2013

#### St Andrews Park Run 5k

Elise Methven - 24mins 25secs

Ian Shield - 25mins 55secs - **1st MV60**

### Sunday 24<sup>th</sup> March 2013

#### Round The Houses 10k, Grangemouth

Hazel Bradley - 45mins 26secs - **1st FV60**

Jane Anderson - 46mins 8secs

### Friday 20<sup>th</sup> March 2013

#### Nightmare Race (6) Craighall Den, Ceres 3.5miles

Jonny Knox - 23mins 00secs

Bill Simpson - 28mins 33secs - **1st MV60**

Ian Shield - 32mins 12secs

Tracy Knox - 32mins 51secs

### Sunday 17<sup>th</sup> March 2013

#### Alloa Half Marathon

Dell Rae - 1hr 16mins 37secs - **distance pb**

Jane Anderson - 1hr 40mins 31secs - **distance pb**

Ian Shield - 1hr 51mins 56secs

Sunday 17<sup>th</sup> March 2013

Inverness Half Marathon

Duncan Hall - 1hr 30mins 6secs - **distance pb**

Sunday 10<sup>th</sup> March 2013

Loch Katrine Half Marathon

Jane Anderson - 1hr 43mins 19secs - **3rd FV35**

Saturday 9<sup>th</sup> March 2013

St Andrews Park Run 5k

George Findlay - 22mins 34secs

Ian Shield - 26mins 14secs - **1st MV60**

Friday 8<sup>th</sup> March 2013

Nightmare Race (5) Tentsmuir Forest 3.85miles

Bill Simpson - 29mins 00secs - **1st MV60**

Wednesday 6<sup>th</sup> March 2013

Mars Bar Series

Overall Winners

1st - David Nuttall

2nd - Jim Hogsflesh

3rd - George Findlay

Wednesday 6<sup>th</sup> March 2013

Mars Bar Race (7) 4miles

Stuart McKenzie - 24min 16secs

Jonny Knox - 25min 32secs

Ronan McKinstry - 26min 24secs

David Brisland - 27min 40secs - **course pb**

George Findlay - 28min 31secs

Pamela Cruickshanks - 28min 48secs - **course pb**

Rachael Grieve - 28min 57secs - **course pb**

Elise Methven - 29min 24secs - **course pb**

Ian Muir - 29min 27secs

Ailsa Cruickshanks - 30min 8secs

Hazel Bradley - 30min 21secs

Ian Shield - 30min 30secs - **course pb**

Alice Hall - 30min 59secs

David Nuttall - 32min 50secs - **course pb**

Rosie Knox - 33min 5secs

Tricia Wallace - 33min 8secs - **course pb**

John Dickson - 33min 38secs

Tracy Chalmers - 33min 45secs - **course pb**

Yvonne Dehn - 34min 45secs

Vhairi Walker - 35min 00secs - **course pb**

Tracy Knox - 35min 6secs

Lizzie Knox - 35min 32secs

Fiona Cruickshanks - 35min 36secs

Karen Cunningham - 35min 43secs

Jim Hogsflesh - 35min 50secs

Susan Penman - 35min 54secs

June Penman - 38min 00secs

Susan Hutchison - 48min 36secs - **course pb**

## Sunday 3<sup>rd</sup> March 2013

### Bishop Hill Race, Scotlandwell 2.5miles, 1000ft

Jonny Knox - 20min 16secs - **2nd MV40**

Thomas Knox - 22min 23secs - **3rd MU20** - course pb

Lizzie Knox - 32min 32secs - **1st FU17** - course pb

Tracy Knox - 32min 38secs - **3rd FV50**

## Sunday 3<sup>rd</sup> March 2013

### Smokies 10 Arbroath

Elise Methven - 1hr 20mins 5secs - **distance pb**

Tricia Wallace - 1hr 29mins 50secs - **distance pb**

Susan Penman - 1hr 30mins 38secs

Karen Cunningham - 1hr 33mins 48secs

Catherine Richardson - 1hr 38mins 00secs

## Saturday 2<sup>nd</sup> March 2013

### St Andrews Park Run 5k

Stuart McKenzie - 18mins 12secs - **\*3rd Overall\*** - course pb

Ian Shield - 24mins 38secs - **2nd MV60**

## Sunday 24<sup>th</sup> February 2013

### Devilla 15

Jane Anderson - 1hr 15min 11secs

Elise Methven - 1hr 17min 42secs - **course pb**

Alice Hall - 1hr 22min 12secs

Vhairi Walker - 1hr 26min 33secs

## Saturday 23<sup>rd</sup> February 2013

### Scottish National CC Championships, Falkirk

#### Men, 12k

Ewan Lumsden - 46min 37secs

Stuart McKenzie - 51min 41secs - **course pb**

Tich Shaw - 54min 39secs

Allan Gibson - 1hr 5min 37secs

Richard McKinstry - 1hr 11min 53secs

#### Women, 8k

Pamela Cruickshanks - 37min 54secs - **course pb**

Christine Bowie - 41min 34secs

## Saturday 23<sup>rd</sup> February 2013

### St Andrews Park Run 5k

Ian Shield - 23mins 29secs - **2nd MV60**

## Wednesday 20<sup>th</sup> February 2013

### Mars Bar Race (6) 4miles

Davie Burgess - 23min 50secs

Stuart McKenzie - 24min 15secs

Jonny Knox - 25min 9secs

Ronan McKinstry - 26min 39secs

Ian Muir - 28min 13secs - **course pb**

Pamela Cruickshanks - 28min 59secs - **course pb**

George Findlay - 29min 3secs

Rory Marsden - 29min 13secs

Ailsa Cruickshanks - 29min 21secs

Bill Simpson - 29min 42secs

Jane Anderson - 29min 54secs - **course pb**

Eck Anderson - 30min 32secs  
Ian Shield - 30min 33secs - **course pb**  
Allan Galloway - 33min 8secs - **course pb**  
Yvonne Dehn - 33min 16secs - **course pb**  
Tricia Wallace - 33min 34secs  
David Nuttall - 33min 57secs  
Tracy Chalmers - 34min 00secs  
Susan Penman - 34min 49secs - **course pb**  
Jim Hogsflesh - 35min 19secs  
Jackie Murray - 35min 43secs - **course pb**  
Rosie Knox - 35min 57secs  
Vhairi Walker - 36min 7secs  
Karen Cunningham - 36min 16secs  
John Marsden - 36min 37secs  
John Dickson - 37min 4secs  
Susan Hutchison - 49min 25secs - **course pb**

**Saturday 16<sup>th</sup> February 2013**

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

Tich Shaw - 1hr 13mins 4secs

**Saturday 16<sup>th</sup> February 2013**

**Melbourne Park Run 5k**

Duncan Hall - 19mins 30secs

Saturday 16<sup>th</sup> February 2013

Edinburgh Park Run 5k

Alice Hall - 29mins 42secs

Saturday 16<sup>th</sup> February 2013

St Andrews Park Run 5k

Ian Shield - **3rd MV60**

Richard McKinstry

Richard Bevens

Karen Cunningham

Friday 15<sup>th</sup> February 2013

Nightmare Race (4) Beat of Balbirnie 3.8miles

Bill Simpson - 28mins 3secs - **1st MV60**

Ian Shield - 39min 5secs - **3rd MV60**

Wednesday 13<sup>th</sup> February 2013

Mars Bar Race (5) 4miles

Davie Burgess - 24min 50secs

Ronan McKinstry - 27min 38secs

Glenn Rickman - 28min 56secs

George Findlay - 28min 49secs

Ian Muir - 29min 00secs

Elise Methven - 30min 32secs - **course pb**

Alice Hall - 32min 27secs

Debz Hay - 32min 48secs

Richard McKinstry - 33min 10secs - **course pb**

Eck Anderson - 33min 22secs

David Nuttall - 33min 54secs - **course pb**

Tricia Wallace - 35min 28secs

Tracy Chalmers - 35min 59secs

Jim Hogsflesh - 38min 47secs

George Hay - 45min 00secs

Karli Hay - 45min 00secs

Susan Hutchison - 50min 15secs

### Saturday 9<sup>th</sup> February 2013

#### Devil's Burden Hill Relay Race

Anster Haddies C - 2hrs 38mins 39secs - **\*\*4th OVERALL\*\***

Leg 1 - Zak Delaney - 27mins 12secs - **7th Fastest Overall**

Leg 2 - Dell Rae, Jonny Knox - 1hr 7mins 27secs - **8th Fastest Overall**

Leg 3 - Bill Hutchison - 27mins 4secs - **8th Fastest Overall**

Leg 4 - Davie Burgess, Ewan Lumsden - 36mins 55secs - **7th Fastest Overall**

Anster Haddies D - 3hrs 6mins 16secs - 26<sup>th</sup>

Leg 1 - Duncan Hall - 30mins 31secs

Leg 2 - Stuart McKenzie, Eck Anderson - 1hr 22mins 32secs

Leg 3 - Pete Nimmo - 30mins 11secs

Leg 4 - Ronan McKinstry, Thomas Knox - 43mins 2secs

Anster Haddies E - 3hrs 29mins 32secs - 50<sup>th</sup>

Leg 1 - Timmy Grieve - 33mins 31secs

Leg 2 - Glenn Rickman, Tich Shaw - 1hr 25mins 28secs

Leg 3 - Allan Gibson - 36mins 12secs

Leg 4 - Bill Simpson, George Findlay - 54min 21secs

Anster Haddies G - 3hrs 54mins 45secs - 83<sup>rd</sup>

Leg 1 - Jim Hogsflesh - 44mins 34secs



Leg 2 - Nick Tosca, Becs Tosca - 1hr 33mins 23secs

Leg 3 - Richard McKinstry - 39mins 29secs

Leg 4 - Lizzie Knox, Tracy Knox - 57mins 19secs

**Anster Haddies A - 4hrs 3mins 41secs - 93<sup>rd</sup>**

Leg 1 - Alice Hall - 37mins 34secs

Leg 2 - Pamela Cruickshanks, Hazel Bradley - 1hr 48mins 00secs

Leg 3 - Rachael Grieve - 36mins 54secs

Leg 4 - Fiona Cruickshanks, Yvonne Dehn - 1hr 1min 13secs

**Anster Haddies F - 4hrs 35mins 45secs - 106<sup>th</sup>**

Leg 1 - Ian Shield - 40mins 20secs

Leg 2 - Chris Broome, Allan Galloway - 2hrs 6mins 50secs

Leg 3 - Nick Fry - 40mins 43secs

Leg 4 - George Hay, Dougie Campbell - 1hr 7min 52secs

**Anster Haddies E - 4hrs 54mins 35secs - 110<sup>th</sup>**

Leg 1 - Carole Fraser - 47mins 27secs

Leg 2 - Debz Hay, Christine Bowie - 1hr 57mins 27secs

Leg 3 - Jane Askey - 50mins 21secs

Leg 4 - Tracy Chalmers, Jackie Murray - 1hr 19mins 20secs

**Sunday 3<sup>rd</sup> February 2013**

**Forfar Multi-Terrain Half Marathon**

Jane Anderson - 2hrs 2mins 5secs

Allan Galloway - 2hrs 7mins 58secs

Jackie Murray - 2hrs 20mins 12secs

Vhairi Walker - 2hrs 30mins 7secs

Carole Fraser - 2hrs 30mins 34secs

## Saturday 2<sup>nd</sup> February 2013

### St Andrews Park Run 5k

Neil Smith - 16min 43secs - **course pb** - **\*1st Overall\***

Ian Shield - 24min 38secs - **3rd MV60**

## Saturday 2<sup>nd</sup> February 2013

### Dundee Park Run 5k

Ewan Cameron - 25mins 1sec

## Sunday 20<sup>th</sup> January 2013

### Gran Canaria Half Marathon

Ewan Davidson - 1hr 38min 53secs

## Wednesday 16<sup>th</sup> January 2013

### Mars Bar Race (4) 4miles

Davie Burgess - 23min 48secs

Ewan Lumsden - 23min 55secs

Bill Hutchison - 23min 55secs - **course pb**

Stuart McKenzie - 24min 16secs

Glenn Rickman - 28min 8secs

George Findlay - 28min 22secs

Ian Muir - 28min 36secs

Ailsa Cruickshanks - 28min 54secs

Timmy Grieve - 29min 50secs

Hazel Bradley - 29min 50secs

Chris Broome - 30min 22secs - **course pb**

Pamela Cruickshanks - 30min 35secs

Alice Hall - 30min 54secs

Rachael Grieve - 31min 4secs  
Jane Anderson - 31min 6secs  
Christine Bowie - 32min 4secs  
Debz Hay - 32min 38secs  
Fiona Cruickshanks - 32min 45secs - **course pb**  
Nick Fry - 33min 24secs  
David Nuttall - 33min 57secs - **course pb**  
John Dickson - 33min 59secs  
Tracy Chalmers - 34min 22secs  
Tricia Wallace - 34min 37secs  
Jim Hogsflesh - 35min 00secs - **course pb**  
Susan Penman - 35min 56secs  
Ian Shield - 36min 10secs  
Fiona Mitchell - 39min 00secs  
Jenny Henderson - 39min 14secs  
Yvonne Dehn - 39min 15secs  
Eck Anderson - 39min 15secs  
Jock Anderson - 40min 19secs  
George Hay - 40min 19secs  
Susan Hutchison - 50min 12secs - **course pb**

### **Saturday 12<sup>th</sup> January 2013**

### **East District Cross Country Championships, Broxburn**

#### **Senior Men 8.7k**

Tich Shaw - 41min 6secs

#### **Senior Women 5.8k**

Pamela Cruickshanks - 28min 25secs

Hazel Bradley - 29min 39secs

## Saturday 12<sup>th</sup> January 2013

### St Andrews Park Run 5k

Elise Methven - 24min 22secs - **course pb**

Ian Shield - 25min 36secs - **1st MV60**

## Wednesday 10<sup>th</sup> January 2013

### Nightmare Race (3) The Blacker than Black Rock 2.7miles

Bill Simpson - 22min 2secs - **1st MV60**

Ian Shield - 23min 53secs - **2nd MV60**

## Saturday 5<sup>th</sup> January 2013

### St Andrews Park Run 5k

Alice Hall - 24min 28secs

Richard Bevins - 25min 44secs

Ian Shield - 25min 59secs - **2nd MV60**

## Saturday 5<sup>th</sup> January 2013

### Bupa Great Winter Run Edinburgh 5k

Yvonne Dehn - 40min 6secs

## Wednesday 2<sup>nd</sup> January 2013

### Tortoise and Hare Relay Race

#### Giffordtown 3miles Each

Davie Burgess + Tracy Chalmers - 49min 55secs

Pamela + Ailsa Cruickshanks - 50min 18secs

Richard + Ronan McKinstry - 51min 39secs

Fiona Cruickshanks + Jennifer Cruickshanks (FAC) - 54min 38secs

Tuesday 1st January 2013

Waterworks Park Run 5k, Belfast

Elise Methven - 24mins 12secs

