



## ANSTER HADDIES RACE RESULTS 2014

### Haddies who have run 25 Races in our 25th Year

Jane Anderson, Bill Simpson, Carole Fraser, Tricia Wallace, Fiona Cruickshanks  
Pamela Cruickshanks, Yvonne Dehn, Sharon Brown, Duncan Hall, Jim Anderson, Colin McKie  
Elise Methven, Ronan McKinstry, Gwen Tivendale, Susan Penman, Karen Cunningham  
Hazel Bradley, Eck Anderson, George Findlay, Ailsa Cruickshanks, Stuart McKenzie, Jas Baillie

### Haddie Of The Year

**Ailsa Cruickshanks**

### Performance Of The Year

**Jas Baillie**

### Lifetime Achievement Award

**Hazel Bradley**

### Club Member Of The Year

**George Findlay**

### Junior Award

**Fiona Cruickshanks**

### Race Award

**Jane Anderson**

### Training Award

**Yvonne Dehn**

## Saturday 27th December 2014

### St Andrews Parkrun 5k

Ronan McKinstry - 18mins 21secs - **1st MJ15** - \*2nd Overall\*

Mike Reilly - 19mins 49secs - **2nd MV40**

Jas Baillie - 22mins 15secs - **1st MV55**

Richard McKinstry - 29mins 45secs

## Saturday 27th December 2014

### Edinburgh Parkrun 5k

Colin McKie - 21mins 47secs - **course pb**

## Friday 26th December 2014

### Beveridge Park Boxing Day 1.33mile Handicap Race

Ollie Anderson - 13mins 26secs

Jane Anderson - 13mins 26secs

## Thursday 25th December 2014

### St Andrews Parkrun 5k

Gwen Tivendale - 25mins 9secs - **1st FV45**

Tricia Wallace - 27mins 31secs - **2nd FV45**

Carole Fraser - 33mins 5secs

## Saturday 20th December 2014

### St Andrews Parkrun 5k

Stuart McKenzie - 18mins 40secs - **2nd MS30**

Colin McKie - 20mins 57secs

Jas Baillie - 21mins 25secs - **2nd MV55** - **course pb**

George Findlay - 23mins 16secs - **3rd MV55**

Gwen Tivendale - 23mins 25secs - **2nd FV45**

### Saturday 20th December 2014

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 39secs - **2nd MS25** - **distance pb**

### Wednesday 17th December 2014

#### Mars Bar Race (3) 4miles

Ronan McKinstray - 23mins 59secs - **course pb**

Stuart McKenzie - 24mins 50secs

Giles Harris - 26mins 9secs - **course pb**

Davie Brisland - 26mins 31secs - **course pb**

Mike Reilly - 27mins 18secs

Jeff Taylor - 27mins 35secs - **course pb**

Bill Simpson - 27mins 35secs - **course pb**

Jas Baillie - 28mins 44secs

Colin McKie - 29mins 7secs - **course pb**

Gordon Taylor - 29mins 18secs

George Findlay - 31mins 00secs

Pamela Cruickshanks - 31mins 39secs

Yvonne Dehn - 31mins 41secs - **course pb**

Allan Gibson - 31mins 41secs

Fiona Cruickshanks - 31mins 54secs

Alice Hall - 33mins 43secs

Graham Gilmour - 33mins 49secs  
Liam McMonagle - 34mins 5secs  
Susan Penman - 34min 18secs - **course pb**  
Karen Cunningham - 35mins 34secs  
Angela Small - 36mins 2secs  
Eck Anderson - 42mins 39secs

### Sunday 14th December 2014

#### Frostbite Trail Race (2) Falkland, 5.5k

Stuart McKenzie - 23mins 9secs  
Elise Methven - 26mins 49secs - **2nd FV40**  
Bill Simpson - 28mins 4secs - **1st MV60**  
Fiona Cruickshanks - 30mins 14secs - **1st FJ**  
Chris Broome - 30mins 36secs - **course pb**  
Yvonne Dehn - 31mins 2secs  
Sharon Brown - 31mins 47secs - **course pb**  
Allan Galloway - 33mins 7secs - **course pb**  
Karen Cunningham - 34mins 19secs  
Susan Penman - 34mins 19secs  
Jane Anderson - 38mins 4secs - **course pb**  
Jim Anderson - 38mins 4secs - **course pb**  
Tracy Chalmers - 39mins 6secs

### Sunday 14th December 2014

#### Santa Clause Elie One Mile Bolt

Ailsa Cruickshanks  
George Findlay

Ollie Anderson  
Ben Anderson  
Jane Anderson  
Jim Anderson

**Saturday 13th December 2014**

**St Andrews Parkrun 5k**

Gwen Tivendale - 28mins 7secs - **3rd FV45**

**Monday 8th December 2014**

**Torch-lit Race, Tayside, 3.14miles**

Bill Simpson - 22mins 5secs - **1st MV60**

Jane Anderson - 27mins 1secs

**Saturday 6th December 2014**

**Scottish East District CC Championships, Dundee**

**Senior Men - 9.6k**

Gordon Mathieson - 38mins 16secs

Eck Anderson - 44mins 4secs

Tich Shaw - 44mins 48secs

Allan Gibson - 51mins 18secs

George Findlay - 51mins 33secs

**Senior Women - 6.4k**

Elise Methven - 30mins 52secs

Pamela Cruickshanks - 32mins 25secs

Hazel Bradley - 33mins 3secs - **2nd FV60**

**U20 Women - 5k**

Rachael Grieve - 22mins 14secs

**U13 Boys - 3.2k**

Colin McKie - 13mins 51secs

**Saturday 6th December 2014**

**Perth Santa Dash 5k**

Angela Small - 34mins 00secs

Ollie Anderson - 34mins 00secs

Jane Anderson - 34mins 00secs

**Saturday 6th December 2014**

**Perth Parkrun 5k**

Angela Small - 27mins 45secs - **1st FV40**

Jane Anderson - 27mins 46secs - **2nd FV40**

**Saturday 6th December 2014**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 19mins 15secs - **1st MS25** - \*2nd Overall\*

## Saturday 29th November 2014

### St Andrews Parkrun 5k

Colin McKie - 22mins 6secs - **1st MJ11**

Liam McMonagle - 25mins 27secs - **course pb**

Jane Anderson - 33mins 58secs

Gwen Tivendale - 42mins 15secs

## Sunday 23rd November 2014

### Frostbite Trail Race (1) Falkland, 5.5k

Elise Methven - 26mins 24secs - **3rd FV40**

Fiona Cruickshanks - 29mins 12secs - **1st FJ** - **course pb**

Chris Broome - 31mins 49secs

Sharon Brown - 31mins 50secs

Karen Cunningham - 33mins 25secs

Susan Penman - 33mins 25secs

Allan Galloway - 33mins 40secs

Sandy Chalmers - 34mins 10secs - **1st MV80**

Carole Fraser - 34mins 10secs

Jane Anderson - 38mins 16secs

Jim Anderson - 38mins 16secs

## Saturday 22nd November 2014

### East District Cross Country League, Alloa

#### Senior Men - 8.2k

Tich Shaw - 41mins 3secs

Eck Anderson - 42mins 43secs

### Senior Women - 5.6k

Pamela Cruickshanks - 30mins 39secs

### U13 Boys - 2.7k

Colin McKie - 13mins 17secs

### Saturday 22nd November 2014

#### British and Irish Masters Cross Country International, Nottingham

Hazel Bradley - 28mins 3secs - **\*2nd FV60 Team\***

### Saturday 22nd November 2014

#### St Andrews Parkrun 5k

Gwen Tivendale - 23mins 43secs - **1st FV45**

### Saturday 22nd November 2014

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 40secs - **1st MS25** - **distance pb** - **\*3rd Overall\***

### Wednesday 19th November 2014

#### Mars Bar Race (2) 4miles

Davie Burgess - 24mins 17secs

Ronan McKinstry - 24mins 26secs

Jonny Knox - 25mins 14secs

Ailsa Cruickshanks - 26mins 22secs - **course pb**

Giles Harris - 26mins 55secs - **course pb**

Mike Reilly - 27mins 4secs



Eck Anderson - 27mins 8secs  
Jas Baillie - 28mins 33secs - **course pb**  
Rosie Knox - 29mins 23secs  
Ewan Davidson - 29mins 58secs  
Fiona Cruickshanks - 30mins 14secs - **course pb**  
Pamela Cruickshanks - 30mins 53secs  
Colin McKie - 31mins 1secs - **course pb**  
Allan Gibson - 32mins 10secs  
Chris Broome - 33mins 14secs  
Sharon Brown - 33mins 37secs  
Liam McMonagle - 33mins 39secs - **course pb**  
Tracy Knox - 33mins 42secs  
Jim Hogsflesh - 34mins 40secs - **course pb**  
Susan Penman - 34min 46secs - **course pb**  
Karen Cunningham - 34mins 50secs  
Angela Small - 35mins 10secs - **course pb**  
Katrina Duncan - 35mins 15secs - **course pb**  
Jaz Hay - 35mins 16secs  
Jim Anderson - 39mins 19secs - **course pb**  
Carole Fraser - 39mins 22secs  
Darcy McKenzie - 42mins 35secs - **course pb**  
George Findlay - 48mins 22secs

**Wednesday 19th November 2014**

**Nightmare Series (2) St Andrews, 3.5miles**

Tricia Wallace - 28mins 4secs

Sunday 16<sup>th</sup> November 2014

Hartley Cup 1mile Relay, Anstruther

Pink = Fastest Male & Female Times In Team

Best We Could Get - 1hr 1mins 10secs - \*1st Mixed Team\*

Ronan McKinstry - 5mins 43secs, 5mins 48secs

Giles Harris - 6mins 23secs, 6mins 29secs

Ailsa Cruickshanks - 6mins 26secs, 6mins 32secs

Davie Burgess - 5mins 52secs, 5mins 54secs

Stuart McKenzie - 6mins 0secs, 6mins 3secs

Flying Fishies - 1hr 10mins 36secs

Pamela Cruickshanks - 7mins 14secs, 7mins 22secs

Hazel Bradley - 7mins 17secs, 7mins 25secs

Mike Reilly - 6mins 20secs, 6mins 20secs

Rachael Grieve - 6mins 36secs, 6mins 38secs

Allan Gibson - 7mins 40secs, 7mins 44secs

Seafood Salad - 1hr 12mins 19secs

Yvonne Dehn - 7mins 31secs, 7mins 36secs

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

Fiona Cruickshanks - 7mins 37secs, 7mins 42secs

Sharon Brown - 7mins 55secs, 8mins 2secs

Davie Brisland - 6mins 31secs, 6mins 32secs

Better Than The Mars Bar - 1hr 18mins 10secs

Ewan Cameron - 7mins 28secs, 7mins 30secs, 7mins 35secs

Susan Penman - 8mins 36secs, 8mins 40secs

Gordon Halliday - 7mins 4secs, 7mins 0secs, 7mins 20secs

Karen Cunningham - 8mins 22secs, 8mins 35secs

### Fast and No Last - 1hr 20mins 51secs

Jim Hogsflesh - 9mins 54secs, 8mins 0secs

Gavin Gibson - 7mins 22secs, 7mins 29secs

Ewan Davidson - 7mins 26secs, 7mins 31secs

Carole Fraser - **9mins 31secs**, 9mins 33secs

Bill Simpson - **7mins 0secs**, 7mins 5secs

### Small Fries - 38mins 55secs - \*1st Juniors Under 12\*

Colin McKie - **6mins 35secs**

Jamie Scott - 8mins 18secs

Eva Smith - 7mins 52secs

Rosa Bracken Ingram - **7mins 49secs**

Josie Bell - 7mins 5secs

### Haddie Tiddlers - 44mins 46secs

Ian McKie - **7mins 58secs**

Billy Howie - 8mins 15secs

Julia Haemer - 9mins 2secs

Nathan Singh - 10mins 46secs

Mirren Bell - **7mins 0secs**

### Saturday 15th November 2014

#### St Andrews Parkrun 5k

Tricia Wallace - 25mins 29secs - **3rd FV45**

Gwen Tivendale - 25mins 32secs

Angela Small - 26mins 8secs - **3rd FV40** - **course pb**

Colin McKie - 27mins 28secs - **1st MJ11**

Jim Anderson - 30mins 8secs

Jane Anderson - 30mins 8secs

Thursday 13th November 2014

Tufty 2mile Time Trial, Falkland

Angela Small -16mins 38secs

Carole Fraser - 19mins 44secs

Monday 10th November 2014

Torch-lit Race, Gauldry, 2.3miles

Bill Simpson - 21mins 25secs - **1st MV60**

Allan Gibson - 22mins 38secs - **3rd MV60**

Jane Anderson - 27mins 15secs

Angela Small - 27mins 15secs

Karen Cunningham - 27mins 15secs

Sunday 9th November 2014

Marysville Half Marathon, Melbourne

Duncan Hall - 1hr 41mins 7secs

Saturday 8th November 2014

Glen Clova Half Marathon

Eck Anderson - 1hr 33mins 25secs

Yvonne Dehn - 1hr 54mins 44secs - **distance pb**

Tricia Wallace - 2hrs 1mins 59secs - **course pb**

Susan Penman - 2hrs 4mins 28secs

Jaz Hay - 2hrs 4mins 28secs

Debz Hay - 2hrs 10mins 40secs

Jackie Galloway - 2hrs 10mins 40secs

Allan Galloway - 2hrs 11mins 36secs - **course pb**

George Hay - 2hrs 27mins 43secs

### Saturday 8th November 2014

#### Camperdown Parkrun 5k

Colin McKie - 22mins 16secs - **1st MJ11**

Elise Methven - 22mins 27secs - **1st FV40** - **distance pb** - \*2nd Female Overall\*

### Saturday 8th November 2014

#### St Andrews Parkrun 5k

Gwen Tivendale - 24mins 42secs - **1st FV45**

Sharon Cobain - 26mins 14secs - **2nd FV50**

Jane Anderson - 26mins 57secs

### Sunday 2nd November 2014

#### Lasswade Cross Country, Gorebridge

##### Senior Women 3.8miles

Elise Methven - 29mins 52secs

Pamela Cruickshanks - 32mins 00secs

##### U13 Boys 2miles

Colin McKie - 13mins 52secs

## Sunday 2nd November 2014

### Templeton 10, Dundee

Tich Shaw - 1hr 13mins 33secs

Mike Reilly - 1hr 13mins 43secs

Jas Baillie - 1hr 18mins 4secs

Tricia Wallace - 1hr 35mins 18secs

Jim Anderson - 2hrs 4mins 00secs

Jane Anderson - 2hrs 4mins 00secs

## Saturday 1st November 2014

### Glen Ogle 33

Debz Hay - 6hrs 7mins 9secs

Vhairi Walker - 6hrs 45mins 47secs

Angela Small - 6hrs 45mins 49secs

George Hay - 7hrs 35mins 00secs

## Saturday 1st November 2014

### Dumyat Dash, Menstrie, 4.8k/440m

Jonny Knox - 32mins 10secs - **1st MV40**

Thomas Knox - 43mins 17secs

Rosie Knox - 46mins 51secs - **3rd FS**

Tracy Knox - 49mins 45secs - **2nd FV50**

## Saturday 1st November 2014

### St Andrews Parkrun 5k

Carole Fraser - 29mins 55secs - **3rd FV50**

Jane Anderson - 48mins 20secs

Saturday 1st November 2014

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 27secs - **1st MS25** - \*2nd Overall\*

Wednesday 29th October 2014

Hallowe'en Novice and Kids Cairnie Crawley Races

1k

Ruby Methven - 4mins 37secs

2miles

Colin McKie - 12mins 31secs - **2nd MJ** - \*3rd Overall\*

5k

Ruby Methven - 14mins 19secs - **1st FJ** - \*1st Overall\*

Sunday 26th October 2014

Spring into Shape 10k, Melbourne

Duncan Hall - 37mins 44secs - **2nd MS18** - distance pb

Sunday 26th October 2014

St Andrews Duathlon

Rachael Grieve - 5k Run - 22mins 10secs - **1st FJ**

20k Cycle - 51mins 36secs

2.5k Run - 10mins 52secs  
Total - 1hr 26mins 10secs

**Saturday 25th October 2014**

**Scottish National Relay Championships, Cumbernauld, 4k each**

Elise Methven - 19mins 13secs  
Hazel Bradley - 20mins 29secs  
Pamela Cruickshanks - 20mins 42secs

**Saturday 25th October 2014**

**St Andrews Parkrun 5k**

Colin McKie - 21mins 46secs - **1st MJU11**  
Richard Bevens - 26mins 43secs - **1st MV55**  
Oli Anderson - 33mins 57secs  
Jane Anderson - 34mins 21secs  
Gwen Tivendale - 54mins 26secs

**Saturday 25th October 2014**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 20mins 3secs - **3rd MS25** - \***3rd Overall\***

**Wednesday 22<sup>nd</sup> October 2014**

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

Ronan McKinstray - 24mins 13secs  
Stuart McKenzie - 24mins 17secs



Eck Anderson - 26mins 27secs  
Davie Brisland- 26mins 55secs  
Mike Reilly - 27mins 16secs  
Giles Harris - 27mins 31secs  
Bill Simpson - 27mins 47secs - **course pb**  
Jeff Taylor - 28mins 9secs - **course pb**  
Ailsa Cruickshanks - 29mins 12secs  
Jas Baillie - 29mins 28secs - **course pb**  
Hazel Bradley - 30mins 12secs - **course pb**  
Fiona Cruickshanks - 30mins 29secs - **course pb**  
Christine Bowie - 31mins 5secs  
Yvonne Dehn - 31mins 57secs - **course pb**  
Colin McKie - 32mins 33secs  
Alice Hall - 32mins 40secs  
Graham Gilmour - 33mins 34secs  
John Dickson - 33mins 40secs  
Sharon Brown - 34mins 9secs  
Jaz Hay - 34mins 37secs  
Susan Penman - 35min 6secs  
Debz Hay - 35mins 8secs  
Liam McMonagle - 35mins 25secs  
Nick Fry - 35mins 32secs  
Angela Small - 37mins 35secs  
Karen Cunningham - 37mins 35secs  
Katrina Duncan - 39mins 34secs  
Jim Anderson - 41mins 14secs  
George Hay - 41mins 43secs  
Darcy McKenzie - 49mins 18secs - **course pb**  
Jim Hogsflesh - 49mins 18secs

Susan Hutchison - 59mins 21secs

**Sunday 19th October 2014**

**Mount Desert Island Half Marathon, Bar Harbor, Maine**

Ewan Davidson - 1hr 44mins 36secs - **1st MV60**

**Sunday 19th October 2014**

**Antonine Trail Race, North Lanarkshire, 13.8miles**

Tich Shaw - 1hr 50mins 27secs - **2nd MV50**

Jas Baillie - 1hr 53mins 30secs

Debz Hay - 2hrs 26mins 56secs

Jaz Hay - 2hrs 26mins 56secs

Angela Small - 2hrs 36mins 53secs

Vhairi Walker - 2hrs 36mins 54secs

George Hay - 2hrs 40mins 29secs

**Sunday 19th October 2014**

**Beat Beethoven 5k, Stirling**

Oli Anderson - 30mins 20secs

Jim Anderson - 30mins 20secs

Jane Anderson - 30mins 20secs

## Saturday 18th October 2014

### East District Cross Country League (1), Stirling

#### Senior Men

Allan Gibson -

#### Senior Women

Elise Methven - 27mins 33secs

Hazel Bradley - 28mins 40secs

Pamela Cruickshanks - 30mins 2secs

#### U13 Boys

Colin McKie - 11mins 53secs

## Saturday 18th October 2014

### Camperdown Parkrun 5k

Rachael Grieve - 22mins 17secs - **2nd FJ18** - distance pb - **\*2nd Female Overall\***

## Saturday 18th October 2014

### St Andrews Parkrun 5k

Mike Reilly - 20mins 2secs - **1st MV40**

Richard Bevins - 26mins 53secs - **1st MV55**

## Saturday 18th October 2014

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 1secs - **1st MS25**

Sunday 13th October 2014

Pentland Skyline, 16miles/6200ft

Jonny Knox - 2hrs 55mins 41secs - **course pb**

Sunday 12th October 2014

Yarmouth Seaside Festival 5k, Cape Cod

Ewan Davidson - 21mins 20secs - **1st MV60**

Sunday 12th October 2014

Falkland Tufty Trail Race 5.5miles

Ailsa Cruickshanks - 40mins 50secs - **1st FJ**

Bill Simpson - 42mins 8secs - **1st MV60**

Colin McKie - 43mins 20secs - **1st MJ**

Hazel Bradley - 43mins 56secs - **1st FV60**

Pamela Cruickshanks - 46mins 7secs - **2nd FV50**

Fiona Cruickshanks - 48mins 45secs - **3rd FJ**

Sharon Brown - 50mins 34secs

Angela Small - 52mins 37secs

Allan Galloway - 54mins 1secs

Jackie Galloway - 54mins 20secs

Susan Penman - 55mins 52secs

Jane Anderson - 59mins 58secs

Jim Anderson - 59mins 58secs

Carole Fraser - 1hr 00mins 10secs

Sandy Chalmers - 1hr 00mins 13secs - **1st MV80**

## Saturday 11th October 2014

### St Andrews Parkrun 5k

Sharon Cobain - 25mins 5secs - **1st FV50** - **course pb**

Gwen Tivendale - 31mins 40secs - **3rd FV45**

Oli Anderson - 33mins 44secs

Jane Anderson - 33mins 47secs

## Saturday 11th October 2014

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 45secs - **2nd MS25** - **distance pb** - **\*2nd Overall\***

## Sunday 5th October 2014

### Octoberfest 3.3miles, Cambridge, Massachusetts

Ewan Davidson - 22mins 47secs - **1st MV60**

## Sunday 5th October 2014

### Glencoe Marathon

Eck Anderson - 4hrs 30mins 5secs - **course pb**

Debz Hay - 5hrs 41mins 27secs - **course pb**

Hazel Bradley - 6hrs 13mins 35secs - **2nd FV60**

Pamela Cruickshanks - 6hrs 13mins 37secs

Christine Bowie - 6hrs 13mins 37secs

Alice Hall - 6hrs 13mins 38secs

Jim Hogsflesh - 7hrs 15mins 18secs - **course pb**

George Hay - 7hrs 15mins 19secs - **course pb**

**Sunday 5th October 2014**

**Glencoe Half Marathon**

Yvonne Dehn - 2hrs 33mins 29secs - **course pb**

Fiona Cruickshanks - 2hrs 33mins 29secs - **1st FU20**

Jaz Hay - 2hrs 52mins 35secs

Carole Fraser - 3hrs 16mins 26secs

**Sunday 5th October 2014**

**Glencoe 10k**

Ailsa Cruickshanks - 59mins 4secs

**Sunday 5th October 2014**

**Chester Marathon**

Susan Penman - 4hrs 11mins 00secs - **distance pb**

**Sunday 5th October 2014**

**Great Scottish Half Marathon, Glasgow**

Dell Rae - 1hr 13mins 3secs - **distance pb**

Tricia Wallace - 1hr 55mins 24secs

Angela Small - 2hrs 2mins 32secs

Vhairi Walker - 2hrs 2mins 32secs

**Sunday 5th October 2014**

**Neil McCover Memorial Half Marathon, Kirkintilloch**

Jane Anderson - 2hrs 20mins 19secs

Jim Anderson - 2hrs 20mins 19secs

**Sunday 5th October 2014**

**Giffordtown 5k**

Bill Simpson - 20mins 42secs - **3rd MV60**

Sharon Brown - 25mins 51secs

**Saturday 4th October 2014**

**Ben Venue Hill Race, Trossachs, 12k/860m**

Jonny Knox - 1hr 23mins 19secs - **2nd MV40**

Thomas Knox - 1hr 31mins 59secs

Lizzie Knox - 1hr 58mins 9secs - **3rd FS**

**Saturday 4th October 2014**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 21mins 23secs

**Saturday 4th October 2014**

**St Andrews Parkrun 5k**

Tricia Wallace - 25mins 5secs - **1st FV45**

Gwen Tivendale - 37mins 35secs - **3rd FV45**

## Sunday 28th September 2014

### Loch Ness Marathon

Mike Reilly - 3hrs 27mins 42secs

Jas Baillie - 3hrs 37mins 15secs

Vhairi Walker - 4hrs 24mins 30secs

Karen Cunningham - 4hrs 37mins 25secs

Angela Small - 4hrs 38mins 36secs

## Sunday 28th September 2014

### Linlithgow 10k

Ewan Davidson - 45mins 49secs

## Sunday 28th September 2014

### Cambo Canter 5k

Bill Simpson - 22mins 51secs - **1st MV60**

Carole Fraser - 34mins 32secs

## Saturday 27th September 2014

### St Andrews Parkrun 5k

Davie Brisland - 19mins 48secs - **2nd MV45** - **course pb**

Colin McKie - 21mins 3secs - **1st MJ11** - **course pb**

Tricia Wallace - 24mins 53secs - **2nd FV45**

Jim Anderson - 28mins 23secs - **course pb**

Jane Anderson - 28mins 24secs

Gwen Tivendale - 29mins 10secs

Carole Fraser - 31mins 2secs



Wednesday 24th September 2014

Dairsy Dash Primary Schools Cross Country, 1400m/200m climb

Ruby Methven - **1st FJ** - **\*1st Female Overall\***

Sunday 21st September 2014

East Neuk 10k

Dell Rae - 33mins 16secs - **course pb** - **\*2nd Overall\***

Ronan McKinstry - 38mins 3secs - **distance pb**

Rachael Grieve - 41mins 57secs - **distance pb**

Tich Shaw - 41mins 59secs

Bill Simpson - 42mins 59secs - **course pb**

Ailsa Cruickshanks - 46mins 9secs

Rosie Knox - 47mins 25secs - **distance pb**

Yvonne Dehn - 50mins 3secs - **distance pb**

Fiona Cruickshanks - 50mins 23secs

Angela Small - 52mins 38secs

Alan Nairn - 53mins 1secs

Sunday 21st September 2014

Elite Spartan Race, Edinburgh

Ewan Lumsden -

Sunday 21st September 2014

Pitlochry 10k

Vhairi Walker - 51mins 43secs

## Sunday 21st September 2014

### Glen Clova Xtreme Duathlon, 27k Bike/14k Run/6k Bike

Debz Hay - 3hrs 51mins 13secs

George Hay - 4hrs 16mins 35secs

## Saturday 20th September 2014

### St Andrews Parkrun 5k

Tricia Wallace - 24mins 29secs - **course pb**

## Saturday 20th September 2014

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 55secs - **1st MS25** - **distance pb** - **\*2nd Overall\***

## Sunday 14th September 2014

### Stirling 10k

Dell Rae - 32mins 40secs - **distance pb**

Tricia Wallace - 51mins 57secs

## Sunday 14th September 2014

### Belfast Half Marathon

Jane Anderson - 2hrs 24mins 12secs

Jim Anderson - 2hrs 24mins 12secs

## Saturday 13th September 2014

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

Jonny Knox - 1hr 52mins 45secs - **3rd MV40**

Carole Fraser - 3hrs 51mins 00secs -

## Saturday 13th September 2014

### St Andrews Parkrun 5k

Neil Smith - 16mins 9secs - **1st MV40** - **distance pb** - **\*1st Overall\***

## Saturday 13th September 2014

### Ormeau Parkrun 5k, Belfast

Jane Anderson - 30mins 38secs

Jim Anderson - 30mins 39secs

## Wednesday 10th September 2014

### Kingsbarns Fun Run 3.7miles

Davie Burgess - 22mins 54mins - **1st MV40** - **\*3rd Overall\***

Ronan McKinstry - 23mins 18mins - **2nd MJ**

Jonny Knox - 23mins 25mins - **3rd MV40**

Eck Anderson - 24mins 58mins - **2nd MS**

Ian Mills - 25mins 1mins

Mike Reilly - 25mins 15mins

Davie Brisland - 25mins 51mins - **1st MV45**

Bill Simpson - 25mins 58mins - **1st MV60**

Rachael Grieve - 26mins 15mins - **1st FJ** - **\*1st Female Overall\***

Rosie Knox - 27mins 42mins - **2nd FJ** - **\*3rd Female Overall\***

Ewan Cameron - 28mins 49mins - **1st MV50**  
Fiona Cruickshanks - 30mins 00mins - **3rd FJ**  
Colin McKie - 30mins 55mins  
Ross Buchanan - 30mins 57mins - **3rd MS**  
Yvonne Dehn - 31mins 38mins - **2nd FS**  
Pamela Cruickshanks - 32mins 00mins - **1st FV45**  
Hazel Bradley - 32mins 00mins - **1st FV60**  
Tracy Knox - 32mins 00mins - **2nd FV50**  
Karen Cunningham - 32mins 9mins - **3rd FS**  
John Dickson - 33mins 00mins  
Angela Small - 33mins 37mins - **1st FV40**  
Susan Penman - 34mins 20mins - **2nd FV40**  
Jane Anderson - 37mins 00mins - **3rd FV40**  
Jim Anderson - 37mins 00mins  
Carole Fraser - 40mins 41mins

### Sunday 7th September 2014

#### Puffin Billy 5k (4), St Andrews

Bill Simpson - 23mins 15secs - **1st MV60** - **course pb**  
Colin McKie - 24mins 3secs - **3rd MJ** - **course pb**  
Ross Buchanan - 25mins 57secs  
Sharon Brown - 27mins 20secs - **3rd FS**  
Karen Cunningham - 27mins 41secs - **course pb**  
Sharon Cobain - 29mins 10secs - **3rd FV50**  
Jane Anderson - 30mins 44secs - **course pb**  
Jim Anderson - 30mins 44secs - **course pb**  
Carole Fraser - 32mins 58secs

## Saturday 6th September 2014

### The Glenmore 24 Trail Race

Bill Hutchison - 40miles - 7hrs 00mins

## Saturday 6th September 2014

### Scottish Championships Aquathon, Loch Lomond

Elise Methven - 750m Swim - **2nd FV**

5k Run -

## Saturday 6th September 2014

### Derwentwater 15km Trail Race, Lakelands, Keswick

Hazel Bradley - 1hr 22mins 46mins - **1st FV60**

## Saturday 6th September 2014

### Braemar Gathering Hill Race, 5.3k/390m

Jonny Knox - 29mins 49mins - **1st MV40**

Thomas Knox - 32mins 57mins

Eck Anderson - 37mins 25mins

Ailsa Cruickshanks - 37mins 28mins - **\*3rd Female Overall\***

Lizzie Knox - 38mins 48mins

Tich Shaw - 39mins 5mins

Rosie Knox - 41mins 30mins

Yvonne Dehn -

Fiona Cruickshanks -

Pamela Cruickshanks -

Debz Hay -

George Hay -

**Saturday 6th September 2014**

**Great North Run, Newcastle**

John Dickson - 2hrs 15mins 10secs

**Saturday 6th September 2014**

**Scottish Half Marathon, Edinburgh**

Susan Penman - 1hr 56mins 16secs

Vhairi Walker - 2hrs 6mins 38secs

**Saturday 6th September 2014**

**Highland Perthshire Half Marathon, Aberfeldy**

Chris Broome - 1hr 49mins 38secs

Jane Anderson - 2hrs 3mins 5secs

**Saturday 6th September 2014**

**St Andrews Parkrun 5k**

Ewan Davidson - 21mins 38secs - **1st MV65**

Sharon Cobain - 25mins 53secs - **3rd FV50**

Oli Anderson - 33mins 43secs

Jim Anderson - 33mins 44secs

## Wednesday 3<sup>rd</sup> September 2014

### Bishop Hill Downhill Race

Lizzie Knox - 5mins 48secs - **\*1st Female Overall+Female Course Record\***

## Wednesday 3<sup>rd</sup> September 2014

### Gateside Gallop 4miles

Davie Burgess - 25mins 43secs - **1st MV40**

Stuart McKenzie - 25mins 44secs

Jonny Knox - 26mins 20secs - **2nd MV40**

Ronan McKinstry - 26mins 28secs - **course pb**

Eck Anderson - 29mins 50secs

Bill Simpson - 30mins 46secs - **course pb**

Ailsa Cruickshanks - 31mins 10secs - **1st FJ**

Rosie Knox - 31mins 40secs - **2nd FJ**

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

Ross Buchanan - 34mins 26secs

Tracy Knox - 35mins 45secs - **3rd FV50** - **course pb**

Yvonne Dehn - 36mins 45secs

Karen Cunningham - 38mins 59secs

Angela Small - 41mins 32secs

Jane Anderson - 45mins 12secs

Jim Anderson - 45mins 12secs

## Monday 1st September 2014

### Labor Day 5k, Roosevelt Island, New York

Jennifer Cruickshanks - 20mins 35secs - **1st FS** - **\*1st Female Overall\***

Pamela Cruickshanks - 24mins 18secs - **1st FV**

## Sunday 31st August 2014

### Barry Buddon Half Marathon, Carnoustie

Vhairi Walker - 2hrs 10mins 28secs

Angela Small - 2hrs 13mins 48secs

Jane Anderson - 2hrs 13mins 50secs

Carole Fraser - 2hrs 35mins 59secs

## Saturday 30th August 2014

### St Andrews Parkrun 5k

Colin McKie - 21mins 17secs - **2nd MJ11**

Oli Anderson - 33mins 27secs - **3rd MJ11** - **distance pb**

Jane Anderson - 33mins 31secs - **3rd FV35**

Jim Anderson - 33mins 34secs

## Sunday 24th August 2014

### Puffin Billy 5k (3), St Andrews

Hazel Bradley - 24mins 3secs - **1st FV60** - **course pb**

Colin McKie - 24mins 9secs - **3rd MJ** - **course pb**

Fiona Cruickshanks - 26mins 46secs - **3rd FJ**

Sharon Brown - 26mins 59secs - **3rd FS** - **course pb**

Karen Cunningham - 29mins 27secs

Jim Anderson - 31mins 23secs

## Sunday 24th August 2014

### Coburg 10.55k, Melbourne

Duncan Hall - 40mins 53secs - **3rd MS** - **\*3rd Overall\***



Saturday 23rd August 2014

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 15secs - **1st MS25**

Saturday 23rd August 2014

Frank Duffy 10 miles, Dublin

Dell Rae - 54mins 45secs

Saturday 23rd August 2014

Percy Sutton Harlem 5k, New York

Jane Anderson - 25mins 18secs

Saturday 23rd August 2014

St Andrews Parkrun 5k

Rory Marston - 21mins 43secs - **3rd MJ15**

John Marston - 26mins 8secs

Sharon Cobain - 35mins 27secs

Saturday 23rd August 2014

Edinburgh Parkrun 5k

Colin McKie - 22mins 30secs - **2nd MJ11** - **course pb**

Friday 22nd August 2014

Beveridge Park 5k

Bill Simpson - 20mins 27secs - **1st MV60**

Jeff Taylor - 20mins 50secs

Gordon Taylor - 21mins 00secs - **distance pb**

Sharon Brown - 25mins 4secs

### Tuesday 19th August 2014

#### Ravenscraig Relay, 1mile each

Dell Rae - 4mins 57secs - **2nd MS** - **\*2nd Overall\***

Bill Simpson - 6mins 7secs

### Sunday 17th August 2014

#### Lomonds of Fife Hill Race, 16.2k/800m

Jonny Knox - 1hr 36mins 36secs

Stuart McKenzie - 1hr 51mins 34secs

Thomas Knox - 1hr 58mins 23secs

Lizzie Knox - 2hrs 16mins 1secs

Sharon Brown - 2hrs 42mins 39secs - **course pb**

Ewan Lumsden - 2hrs 42mins 39secs - **course pb**

### Sunday 17th August 2014

#### Forfar 10k

Jane Anderson - 1hr 1mins 40secs

Jim Anderson - 1hr 1mins 41secs

Saturday 16th August 2014

St Andrews Parkrun 5k

Carole Fraser - 36mins 24secs

Saturday 16th August 2014

Edinburgh Parkrun 5k

Colin McKie - 22mins 30secs - **2nd MJ11** - **course pb**

Thursday 14<sup>th</sup> August 2014

Final Standings in FAC Midweek Series

Ailsa Cruickshanks - 788 pts - **1st FU20** - **\*2nd (Equal) Person Overall\***

Pamela Cruickshanks - 763 pts - **1st FV45**

Fiona Cruickshanks - 738 pts - **2nd FU20**

Yvonne Dehn - 717 pts - **3rd FS**

Bill Simpson - 638 pts - **2nd MV60**

George Findlay - 616 pts

John Dickson - 545 pts

Thursday 14<sup>th</sup> August 2014

Balmullo Trail Race, 5th Race in FAC Midweek Series

Jonny Knox - 32mins 00secs - **1st MV40**

Eck Anderson - 37mins 21secs

Ailsa Cruickshanks - 38mins 37secs - **1st FJ17** - **\*3rd Female Overall\***

Bill Simpson - 39mins 39secs - **3rd MV60**

Rosie Knox - 40mins 41secs - **3rd FJ17**

George Findlay - 40mins 44secs

Pamela Cruickshanks - 43mins 5secs - **2nd FV45**

Lizzie Knox - 44mins 37secs - **1st FJ20**

Tracy Knox - 45mins 11secs - **1st FV50**

Yvonne Dehn - 48mins 1secs

John Dickson - 48mins 17secs

### Thursday 14<sup>th</sup> August 2014

#### Ballater Hill Race, 2.5miles/375m

Davie Burgess -

Allan Galloway -

Jackie Galloway -

Sandy Chalmers -

### Thursday 14<sup>th</sup> August 2014

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

Rachael Grieve - 24mins 19secs/40mins 4secs/12mins 5secs - **2nd FS**

Elise Methven - 24mins 18secs/39mins 18secs/12mins 52secs - **3rd FV**

Tricia Wallace - 28mins 10secs/45mins 30secs/14mins 40secs

Debz Hay - 30mins 7secs/24mins 19secs/15mins 24secs - **2nd FSV**

### Tuesday 12<sup>th</sup> August 2014

#### Ceres 8 miles

Dell Rae - 44mins 8secs - **3rd MS** - **course pb** - **\*3rd Overall\***

Duncan Hall - 51mins 34secs - **course pb**

Eck Anderson - 57mins 5secs

Gordon Halliday - 57mins 23secs

Bill Simpson - 57mins 35secs - **2nd MV60**  
George Findlay - 59mins 21secs - **1st MV55**  
Jas Baillie - 1hr 00mins 46secs  
Ewan Cameron - 1hr 2mins 51secs  
Fiona Cruickshanks - 1hr 2mins 55secs - **course pb**  
Pamela Cruickshanks - 1hr 3mins 3secs - **2nd FV45**  
Tricia Wallace - 1hr 9mins 42secs - **3rd FV45**  
Susan Penman - 1hr 11mins 36secs - **course pb**  
Nick Fry - 1hr 11mins 56secs - **course pb**  
Jim Hogsflesh - 1hr 17mins 54secs - **course pb**  
Jim Anderson - 1hr 18mins 54secs

## Sunday 10<sup>th</sup> August 2014

### Tour Of Fife Overall Results

Ronan McKinstry - 2hrs 00mins 4secs - **2nd MJ**  
Duncan Hall - 2hrs 4mins 32secs  
Ailsa Cruickshanks - 2hrs 10mins 7secs - **2nd FJ**  
Eck Anderson - 2hrs 13mins 58secs  
Bill Simpson - 2hrs 18mins 49secs - **1st MV60**  
George Findlay - 2hrs 20mins 26secs  
Jas Baillie - 2hrs 22mins 7secs  
Ewan Cameron - 2hrs 28mins 14secs  
Pamela Cruickshanks - 2hrs 30mins 22secs  
Fiona Cruickshanks - 2hrs 37mins 3secs  
Jane Anderson - 2hrs 39mins 59secs  
Tricia Wallace - 2hrs 42mins 45secs  
Sharon Brown - 2hrs 45mins 46secs  
Yvonne Dehn - 2hrs 53mins 10secs  
Susan Penman - 2hrs 56mins 10secs - **2nd FV40**

## Sunday 10<sup>th</sup> August 2014

### Tour Of Fife Day 5

#### Trail Race, Strathmiglo, 5.6miles

Ronan McKinstry - 38mins 15secs - **2nd MJ**

Duncan Hall - 39mins 13secs

Ailsa Cruickshanks - 41mins 45secs - **2nd FJ**

Eck Anderson - 42mins 16secs

Bill Simpson - 44mins 27secs - **1st MV60**

Jas Baillie - 44mins 30secs

George Findlay - 44mins 46secs

Ewan Cameron - 47mins 5secs

Pamela Cruickshanks - 47mins 58secs

Jane Anderson - 50mins 26secs

Fiona Cruickshanks - 50mins 55secs

Tricia Wallace - 51mins 38secs

Sharon Brown - 52mins 31secs

Yvonne Dehn - 53mins 46secs

Susan Penman - 56mins 14secs - **2nd FV40**

Karen Cunningham - 58mins 57secs

## Saturday 9th August 2014

### Tour Of Fife Day 4

#### Road Race, Giffordtown, 3.8miles

Ronan McKinstry - 22mins 14secs - **2nd MJ**

Duncan Hall - 23mins 19secs

Ailsa Cruickshanks - 25mins 1secs - **3rd FJ**

Eck Anderson - 25mins 25secs

Bill Simpson - 25mins 46secs - **1st MV60**

George Findlay - 25mins 47secs  
Jas Baillie - 26mins 39secs  
Ewan Cameron - 27mins 39secs  
Pamela Cruickshanks - 28mins 22secs  
Fiona Cruickshanks - 29mins 6secs  
Tricia Wallace - 30mins 5secs  
Jane Anderson - 30mins 24secs  
Sharon Brown - 31mins 13secs  
Susan Penman - 31mins 41secs  
Yvonne Dehn - 32mins 8secs  
Karen Cunningham - 33mins 20secs

### Saturday 9th August 2014

#### Haddington Half Marathon

Vhairi Walker - 1hr 58mins 33secs

### Saturday 9th August 2014

#### St Andrews Parkrun 5k

Richard Bevens - 25mins 16secs - **2nd MV55**

Oli Anderson - 33mins 36secs - **distance pb**

Jim Anderson - 33mins 38secs

### Friday 8th August 2014

#### Tour Of Fife Day 3

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

Ronan McKinstry - 12mins 9secs - **2nd MJ** - **course pb**

Duncan Hall - 12mins 23secs

Bill Simpson - 13mins 31secs - **1st MV60** - **\*MV60 Course Record\***

Ailsa - 13mins 41secs - **1st FJ** - **course pb** - **\*2nd Female Overall\***

Eck Anderson - 13mins 42secs

George Findlay - 14mins 38secs

Ewan Cameron - 15mins 32secs

Jane Anderson - 15mins 33secs

Pamela Cruickshanks - 15mins 35secs - **3rd FV45** - **course pb**

Jas Baillie - 15mins 44secs

Fiona Cruickshanks - 15mins 51secs - **course pb**

Tricia Wallace - 17mins 3secs - **course pb**

Sharon Brown - 17mins 15secs - **course pb**

Susan Penman - 18mins 55secs - **2nd FV40** - **course pb**

Yvonne Dehn - 19mins 3secs - **course pb**

Karen Cunningham - 19mins 44secs

## Thursday 7th August 2014

### Tour Of Fife Day 2

#### Tarvit Trail Race, Near Ceres, 3.1miles

Ronan McKinstry - 20mins 32secs - **2nd MJ**

Duncan Hall - 21mins 38secs

Ailsa Cruickshanks - 22mins 20secs - **2nd FJ** - **\*3rd Female Overall\***

Eck Anderson - 23mins 34secs

Jas Baillie - 24mins 56secs

George Findlay - 25mins 7secs

Bill Simpson - 25mins 22secs - **1st MV60**

Ewan Cameron - 25mins 52secs

Pamela Cruickshanks - 26mins 24secs - **3rd FV45**



Fiona Cruickshanks - 27mins 34secs  
Jane Anderson - 27mins 59secs  
Sharon Brown - 28mins 50secs  
Tricia Wallace - 29mins 16secs  
Yvonne Dehn - 31mins 9secs  
Susan Penman - 32mins 54secs  
Karen Cunningham - 33mins 21secs

### Thursday 7th August 2014

#### Tuffy 2mile Time Trial, Falkland

Davie Burgess - 11mins 28secs - **1st MV40** - **\*2nd Overall\***  
Carole Fraser - 18mins 46secs

### Wednesday 6th August 2014

#### North Berwick Law Race, 4.8km/180m

Jonny Knox - 21mins 48secs  
Ian Mills - 24mins 50secs  
Jake Grieve - 24mins 55secs  
Rachael Grieve - 26mins 32mins - **course pb** - **\*3rd Female Overall\***  
Glenn Rickman - 27mins 20secs  
Lizzie Knox - 27mins 56secs - **course pb**  
Tracy Knox - 30mins 17secs - **course pb**  
Nick Fry - 33mins 17secs

## Wednesday 6th August 2014

### Tour Of Fife Day 1

#### Chariots Of Fire Beach Race, St Andrews, 4.2miles

Ronan McKinstry - 26mins 54secs - **2nd MJ**

Ailsa Cruickshanks - 27mins 20secs - **1st FJ** - **\*2nd Female Overall\***

Duncan Hall - 27mins 59secs

Eck Anderson - 29mins 1secs

Bill Simpson - 29mins 43secs - **1st MV60**

George Findlay - 30mins 8secs - **3rd MV55**

Jas Baillie - 30mins 18secs

Ewan Cameron - 32mins 6secs

Pamela Cruickshanks - 32mins 23secs

Fiona Cruickshanks - 33mins 37secs

Tricia Wallace - 34mins 43secs

Jane Anderson - 35mins 37secs

Sharon Brown - 35mins 57secs

Susan Penman - 36mins 26secs - **2nd FV40**

Yvonne Dehn - 37mins 4secs

## Tuesday 5th August 2014

### Carnegie Memorial Race, Knockhill, 3.9miles

Davie Burgess - 22mins 15secs

Jane Anderson - 31mins 17secs

## Sunday 3rd August 2014

### Glenshee 9 (Munroes) 21miles/6000ft

Jonny Knox - 4hrs 6mins 54secs

## Sunday 3rd August 2014

### The Muchty Festival 5k

Bill Simpson - 21mins 53secs - **1st MV60**

## Sunday 3rd August 2014

### Donkey Brae 7miles, Aberdour

Jas Baillie - 50mins 22secs

Pamela Cruickshanks - 55mins 54secs

Jane Anderson - 1hr 13mins 55secs

Jim Anderson - 1hr 13mins 55secs

## Saturday 2nd August 2014

### St Andrews Parkrun 5k

Neil Smith - 16mins 22secs - **1st MV40** - distance pb - **\*1st Overall\***

Duncan Hall - 20mins 00secs - **1st MS25**

Sharon Cobain - 25mins 38secs - **1st FV50** - course pb

Richard Bevins - 26mins 00secs - **2nd MV55**

Carole Fraser - 30mins 3secs

Oli Anderson - 35mins 38secs

Jane Anderson - 35mins 39secs

## Saturday 26th July 2014

### St Andrews Parkrun 5k

Duncan Hall - 19mins 39secs

Colin McKie - 21mins 59secs

Oli Anderson - 35mins 34secs

Jane Anderson - 35mins 36secs

Jim Anderson - 35mins 42secs

## Tuesday 22<sup>nd</sup> July 2014

### Ravenscraig 1mile

Dell Rae - 4mins 47secs - **2nd MS** - **distance pb** - **\*2nd Overall\***

Bill Simpson - 6mins 11secs - **2nd MV60**

Pamela Cruickshanks - 6mins 37secs - **2nd FV40**

Fiona Cruickshanks - 6mins 49secs

## Sunday 20<sup>th</sup> July 2014

### Puffin Billy 5k (2), St Andrews

Bill Simpson - 24mins 3secs - **2nd MV60**

Hazel Bradley - 24mins 56secs - **1st FV60** - **course pb**

Colin McKie - 25mins 10secs

Sharon Brown - 27mins 32secs - **1st FS**

Sharon Cobain - 29mins 11secs

Carole Fraser - 34mins 00secs

## Sunday 20<sup>th</sup> July 2014

### Dundee Half Marathon

Tricia Wallace - 2hrs 5mins 30secs

Angela Small - 2hrs 11mins 6secs

Jane Anderson - 2hrs 11mins 9secs

## Saturday 19th July 2014

### St Andrews Parkrun 5k

Colin McKie - 21mins 39secs - **3rd MJ11**

Jane Anderson - 38mins 25secs

## Friday 18<sup>th</sup> July 2014

### Beveridge Park 5k

Stuart McKenzie - 18mins 16secs

Jeff Taylor - 20mins 27secs

Gordon Taylor - 21mins 12secs - **distance pb**

Bill Simpson - 21mins 27secs - **1st MV60**

Sharon Brown - 24mins 32secs - **2nd FS** - **distance pb**

Jane Anderson - 24mins 53secs - **3rd FS**

## Sunday 13<sup>th</sup> July 2014

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

Jane Anderson - 1hr 38mins 25secs

Jaz Hay - 1hr 41mins 16secs

Debz Hay - 1hr 41mins 17secs

George Hay - 1hr 41mins 18secs

## Sunday 13<sup>th</sup> July 2014

### Crieff 10k

Dell Rae - 35mins 41secs - **2nd MS** - **\*2nd Overall\***

Tich Shaw - 49mins 11secs

Sharon Brown - 57mins 3secs

Sharon Cobain - 1hr 1mins 22secs

Carole Fraser - 1hr 10mins 3secs

### Sunday 13<sup>th</sup> July 2014

#### Monikie Sprint Triathlon

Elise Methven - **1st FV** - **\*2nd Female Overall\***

750m Swim - 12mins 31secs

21k Cycle - 40mins 10secs

5k Run - 23mins 19secs

### Saturday 12th July 2014

#### St Andrews Parkrun 5k

Duncan Hall - 19mins 3secs - **1st MS** - **distance pb**

Gwen Tivendale - 24mins 13secs - **1st FV45**

Sharon Cobain - 27mins 50secs - **2nd FV50**

Jim Anderson - 28mins 47secs

Oli Anderson - 34mins 41secs

Jane Anderson - 34mins 44secs

### Wednesday 9<sup>th</sup> July 2014

#### Newburgh 4.2miles, 4th Race in FAC Midweek Series

Ronan McKinstry - 26mins 37secs - **course pb**

Ailsa Cruickshanks - 30mins 28secs - **1st FJ17** - **course pb**

Eck Anderson - 30mins 58secs

Bill Simpson - 31mins 55secs - **2nd MV60**

Hazel Bradley - 32mins 58secs - **1st FV60**

Ewan Cameron - 33mins 41secs

Pamela Cruickshanks - 33mins 49secs - **1st FV45**

Susan Penman - 34mins 35secs - **2nd FV40** - **course pb**

Fiona Cruickshanks - 34mins 58secs - **2nd FJ20** - **course pb**

Yvonne Dehn - 39mins 10secs

Jane Anderson - 39mins 15secs (**40 of 40....well done Jane**)

John Dickson - 39mins 17secs



### Sunday 6th July 2014

#### Stonehaven Half Marathon

Hazel Bradley - 1hr 48mins 51secs - **1st FV60**

### Sunday 6th July 2014

#### Subway Helping Hearts 5k, Edinburgh

Oli Anderson -

Jane Anderson - (**39 of 40**)

### Saturday 5th July 2014

#### Glamaig Hill Race, Skye, 7km/775m

Jonny Knox - 55mins 20secs - **2nd MV40**

### Saturday 5th July 2014

#### The Great Glen Ultra, Fort William, 72miles

Gordon Halliday - 14hrs 44mins 28secs

## Saturday 5th July 2014

### St Andrews Parkrun 5k

Duncan Hall - 19mins 13secs - **3rd MS** - **distance pb** - **\*3rd Overall\***

Colin McKie - 21mins 45secs - **1st MJU11**

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

Sharon Cobain - 25mins 58secs - **1st FV50**

## Wednesday 2nd July 2014

### Brig Bash 5, Bridge of Earn

Sharon Cobain - 42mins 2secs

Carole Fraser - 50mins 3secs

## Sunday 29<sup>th</sup> June 2014

### Fleetwood Sotos 10k, Lancashire

Jane Anderson - 52mins 20secs **(38 of 40)**

## Saturday 28<sup>th</sup> June 2014

### Dollar Hill Race, 9.4miles/315ft

Pamela Cruickshanks - 2hrs 7mins 12secs - **course pb**

## Thursday 26<sup>th</sup> June 2014

### Sandy Slither 6.1miles

Davie Burgess - 41mins 19secs - **2nd MV40**

Jonny Knox - 42mins 1secs - **3rd MV40**

Stuart McKenzie - 42mins 16secs



Duncan Hall - 43mins 53secs

Thomas Knox - 44mins 35secs

Elise Methven - 50mins 23secs - **3rd FV40** - **course pb**

Rachael Grieve - 50mins 48secs

Ian Muir - 52mins 35secs

Ewan Cameron - 52mins 50secs

Sarah Knox - 54mins 48secs

Fiona Cruickshanks - 55mins 10secs

Alice Hall - 59mins 47secs

Christine Bowie - 59mins 49secs

Richard Bevans - 1hr 00mins 29secs - **course pb**

Jane Anderson - 1hr 00mins 37secs (**37 of 40**)

Yvonne Dehn - 1hr 1mins 46secs

Eck Anderson - 1hr 1mins 52secs

### Tuesday 24<sup>th</sup> June 2014

#### Ravenscraig 1mile

Dell Rae - 4mins 56secs - **1st MS** - **\*3rd Overall\***

### Sunday 22<sup>nd</sup> June 2014

#### Paralympics Grand Prix 5k, Berlin

Dell Rae - 16mins 40secs - **1st MS** - **distance pb** - **\*1st Overall\***

### Sunday 22<sup>nd</sup> June 2014

#### Race For Life 10k, Dundee

Darcy McKenzie -

## Sunday 22<sup>nd</sup> June 2014

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

Alice Hall - 3hrs 45mins 38secs

Hazel Bradley - 3hrs 45mins 39secs

Sharon Brown - 3hrs 45mins 40secs

Christine Bowie - 3hrs 45mins 41secs

Karen Cunningham - 3hrs 45mins 42secs

Jane Anderson - 3hrs 45mins 43secs (36 of 40)

Susan Penman - 3hrs 45mins 44secs

Pamela Cruickshanks - 3hrs 45mins 45secs

Yvonne Dehn - 3hrs 45mins 46secs

Fiona Cruickshanks - 3hrs 45mins 47secs

Carole Fraser - 4hrs 25mins 51secs

## Sunday 22<sup>nd</sup> June 2014

### Glenrothes 10k

Stuart McKenzie - 38mins 45secs - **course pb**

Jas Baillie - 44mins 31secs

Bill Simpson - 46mins 12secs - **3rd MV60**

Jackie Galloway - 55mins 39secs

Allan Galloway - 58mins 29secs

Sandy Chalmers - 1hr 5mins 11secs - **1st MV80**

## Saturday 21<sup>st</sup> June 2014

### Largo Law Hill Race

Ian Mills - 1hr 1mins 7secs

Gordon Halliday - 1hr 2mins 56secs

Nick Fry - 1hr 20mins 39secs

Saturday 21<sup>st</sup> June 2014

St Andrews Parkrun 5k

Mike Reilly - 19mins 43secs - **2nd MV40**

George Findlay - 20mins 46secs - **2nd MV55** - course pb

Colin McKie - 21mins 14secs - **3rd MJU11** - course pb

Gwen Tivendale - 23mins 38secs - **2nd FV45**

Richard Bevens - 26mins 19secs

Friday 20<sup>th</sup> June 2014

Beveridge Park 5k

Stuart McKenzie - 18mins 5secs - **3rd MS** - **\*3rd Overall\***

Jeff Taylor - 20mins 54secs

Elise Methven - 21mins 23secs - **1st FV40** - **\*2nd Female Overall\*** - distance pb

Gordon Taylor - 21mins 42secs

Bill Simpson - 22mins 32secs - **1st MV60**

Jane Anderson - 25mins 20secs **(35 of 40)**

Sharon Brown - 25mins 37secs

Friday 20<sup>th</sup> June 2014

Beveridge Park Junior 2.5k

Ruby Methven - 9mins 38secs - **\*1st Female Overall\***

Friday 20<sup>th</sup> June 2014

Bergama 2014 Olympiad, Turkey

Boys 3000m

Ronan McKinstray - **\*3rd Overall\*** - BRONZE

Girls 800m

Ailsa Cruickshanks - **\*1st Overall\*** - GOLD

Girls 4 x 400m Relay

Ailsa Cruickshanks - **\*2nd Overall\*** - SILVER

Thursday 19<sup>th</sup> June 2014

Bergama 2014 Olympiad, Turkey

Girls 1500m

Ailsa Cruickshanks - **\*1st Overall\*** - GOLD

Boys 1500m

Ronan McKinstray - **\*4th Overall\***

Thursday 19<sup>th</sup> June 2014

Milnathort Dash

Bill Simpson - 38mins 11secs - **2nd MV60**

Jane Anderson - 43mins 44secs **(34 of 40)**

## Wednesday 18<sup>th</sup> June 2014

### Haddies 4 x 400 Relay Race, St Andrews

D Burgess, J Galloway, S Knox, S McKenzie - 4mins 58secs - **\*1st Overall\***

C Bowie, Y Dehn, D Hall, J Knox - 5mins 6secs - **\*2nd Overall\***

E Anderson, H Bradley, K Cunningham, J Taylor - 5mins 10secs - **\*3rd Overall\***

R Buchanan, G Findlay, G Halliday P Cruickshanks - 5mins 13secs

Fiona and Pamela Cruickshanks, John Dickson, Jim Hogsflesh - 5mins 25secs

Jas Baillie, Allan Galloway, Rosie Knox, Thomas Knox - 5mins 28secs

Nick Fry, Alice Hall, Darcy McKenzie, Colin McKie - 6mins 18secs

## Wednesday 18<sup>th</sup> June 2014

### Strawberry Novice Race, Cupar

#### 1km

Ruby Methven - 4mins 16secs - **\*3rd Female Overall\*** - course pb

#### 2miles

Ruby Methven - 12mins 54secs - **\*2nd Female Overall\*** - course pb

## Sunday 15<sup>th</sup> June 2014

### Hoy Half Marathon

Ewan Davidson - 1hr 36mins 59secs - **1st MV60**

## Sunday 15<sup>th</sup> June 2014

### Puffin Billy 5k (1), St Andrews

Elise Methven - 22mins 59secs - **2nd FV40**

Colin McKie - 24mins 34secs - **3rd MJ**

Hazel Bradley - 25mins 25secs - **1st FV60**  
Gwen Tivendale - 25mins 58secs - **3rd FV40**  
Sharon Brown - 27mins 28secs  
Susan Penman - 28mins 18secs  
Sharon Cobain - 28mins 29secs  
Jim Anderson - 31mins 21secs  
Jane Anderson - 31mins 43secs (**33 of 40**)  
Carole Fraser - 32mins 46secs

**Saturday 14<sup>th</sup> June 2014**

**Lochalsh Dirty 30miles Challenge**

Tricia Wallace - 8hrs 7mins 00secs

**Saturday 14<sup>th</sup> June 2014**

**St Andrews Parkrun 5k**

Gwen Tivendale - 23mins 41secs - **1st FV45**

**Friday 13<sup>th</sup> June 2014**

**Black Rock 5, Kinghorn**

Dell Rae - 24mins 42secs - **course pb**  
Jane Anderson - 38mins 28secs (**32 of 40**)  
Karen Cunningham - 41mins 18secs

Friday 13<sup>th</sup> June 2014

Mini-Tour of Fife

Overall Results

U11

Ruby Methven - 57mins 8secs

U13

Colin McKie - 1hr 35mins 15secs

Friday 13<sup>th</sup> June 2014

Mini-Tour of Fife

Cambo Estate Multi-Terrain Race

U11 - 1mile

Ruby Methven - 6mins 40secs - **3rd FU11** - **course pb**

U13 - 5k

Colin McKie - 20mins 10secs

Thursday 12<sup>th</sup> June 2014

Mini-Tour of Fife

Tarvit Estate Time Trial

U11 - 2.1k

Ruby Methven - 9mins 22secs - **course pb**

U13 - 2.1k

Colin McKie - 8mins 41secs

**Wednesday 11<sup>th</sup> June 2014**

**Mini-Tour of Fife**

**The Trail Race, Cuplahills Farm, Balmullo**

**U11 - 1mile**

Ruby Methven - 15mins 56secs

**U13 - 2miles**

Colin McKie - 25mins 40secs

**Tuesday 10<sup>th</sup> June 2014**

**Mini-Tour of Fife**

**East Lomond Hill Race**

**U11 - 1.5miles**

Ruby Methven - 16mins 18secs - **course pb**

**U13 - 2miles**

Colin McKie - 24mins 45secs

**Monday 9<sup>th</sup> June 2014**

**Mini-Tour of Fife**

**West Sands Beach Race, St Andrews**

**U11 - 1mile**

Ruby Methven - 8mins 51secs

**U13 - 2miles**

Colin McKie - 15mins 59secs



Sunday 8<sup>th</sup> June 2014

Dechmont Law 10k Trail Race

Tich Shaw - 46mins 16secs

Sunday 8<sup>th</sup> June 2014

Color Me Rad 5k, Ingliston, Edinburgh

Jane Anderson - (31 of 40)

Saturday 7<sup>th</sup> June 2014

St Andrews Parkrun

Gwen Tivendale - 24mins 45secs

Carole Fraser - 30mins 47secs

Friday 6<sup>th</sup> June 2014

Templeton Trail Race Dundee, 5miles

Davie Burgess - 36mins 49secs - 2nd MV40

Wednesday 4<sup>th</sup> June 2014

Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series

Jonny Knox - 33mins 56secs - 1st MV45 - \*3rd Overall\*

Ailsa Cruickshanks - 42mins 37secs - 1st FU17 - course pb

Tich Shaw - 42mins 47secs - 3rd MV55

George Findlay - 46mins 43secs

Ian Muir - 47mins 2secs

Ewan Cameron - 47mins 27secs

Hazel Bradley - 47mins 52secs - **1st FV60**

Rosie Knox - 49mins 30secs - **2nd FU17**

Allan Gibson - 51mins 8secs

Bill Simpson - 53mins 45secs

Ross Buchanan - 53mins 48secs

Yvonne Dehn - 53mins 59secs

Maddie Knox - 54mins 32secs - **1st FU20**

Fiona Cruickshanks - 55mins 00secs - **2nd FU20**

Lizzie Knox - 58mins 2secs - **3rd FU20**

John Dickson - 1hr 2mins 51secs

Susan Penman - 1hr 2mins 53secs

## Sunday 1<sup>st</sup> June 2014

### Two Bridges Challenge Relay

#### Tay Bridge to Forth Bridge

#### Tay Bridge

Alice Hall, Bill Hutchison, Bill Simpson, Carole Fraser, Ewan Cameron  
Fiona Cruickshanks, George Findlay, Jane Anderson **(30 of 40)**

Jennifer Cruickshanks, Karen Shepherd, Lauren McQuade

Pamela Cruickshanks, Susan Hutchison, Susan Penman, Yvonne Dehn

#### Leg 1 - Dundee to Tayport, 5miles

Bill Hutchison, Ewan Cameron

#### Leg 2 - Tayport to Kinshaldy Car Park, 5miles

Bill Hutchison, Chris Broome, Davie Brisland

**Leg 3 - Kinshaldy Car Park to Leuchars, 5.2miles**

Bill Hutchison, Chris Broome, George Findlay

**Leg 4 - Leuchars to St Andrews, 5miles**

Audrey Nairn, Ewan Cameron, Gary Scott, George Findlay  
Gordon Taylor, Hazel Hughes, Jeff Taylor, John Dickson  
Linda Kirkcaldy, Susan Duncan

**Leg 5 - St Andrews to Boarhills, 4.8miles**

1st mile - Ewan Cameron, 3.8miles - Mike Reilly

**Leg 6 - Boarhills to Kingsbarns, 3.4miles**

Mike Reilly

**Leg 7 - Kingsbarns to Crail, 6miles**

Allan Gibson, Ewan Cameron

**Leg 8 - Crail to Anstruther Harbour, 4.3miles**

Debz, George, Jaz and Karli Hay, Liam McMonagle, Rachael Grieve

**Leg 9 - Anstruther Harbour to St Monans Harbour, 3.5miles**

Jennifer Cruickshanks, Ronan McKinstray

**Leg 10 - St Monans Harbour to Earlsferry, 3.7miles**

Alan and Colin McKie, Davie Brisland, Ewan Davidson, Lucy McKie

**Leg 11 - Earlsferry to Lower Largo, 5.2miles**

Davie Brisland, Hannah Allum, Kylie Kirkcaldy

**Leg 12 - Lower Largo to Leven, 3.1miles**

Ewan Cameron, Jennifer Cruickshanks, Ross Buchanan

**Leg 13 - Leven to Buckhaven, 3miles**

Bill Hutchison, Ross Buchanan

**Leg 14 - Buckhaven to Dysart, 5miles**

Bill Hutchison, Bill Simpson, Davie Burgess

**Leg 15 - Dysart to Kirkcaldy, 3miles**

Allan Galloway, Bill Hutchison, Davie Burgess, Jas Baillie  
Jackie Galloway, Jane Anderson, Jim Anderson

**Leg 16 - Kirkcaldy to Burntisland, 4.8miles**

Bill Hutchison, Carole Fraser, Davie Burgess, Jane Anderson, Susan Penman, Tich Shaw

**Leg 17 - Burntisland to Aberdour, 4miles**

Bill Hutchison, Bill Simpson, Pamela Cruickshanks, Tich Shaw

**Leg 18 - Aberdour to Inverkeithing, 6miles**

Bill Hutchison, Christine Bowie, Ewan Cameron, Karen Shepherd  
Fiona Cruickshanks, Jas Baillie, Pamela Cruickshanks, Tich Shaw,  
Yvonne Dehn

**Leg 19 - Inverkeithing to Forth Bridge, 3miles**

Alice Hall, Allan Galloway, Audrey Wishart, Ben Anderson  
Bill Hutchison, Bill Simpson, Callum Wishart, Christine Bowie  
Debz Hay, Elise Methven, Ewan Cameron, Fiona Cruickshanks

George Findlay, George Hay, Gordon Halliday, Jackie Galloway  
Jane Anderson, Jas Baillie, Jaz Hay, Jennifer Cruickshanks  
Jim Anderson, Karen Shepherd, Karli Hay, Olly Anderson  
Pamela Cruickshanks, Tich Shaw, Yvonne Dehn

### **Forth Bridge**

Alice Hall, Allan Galloway, Audrey Wishart, Ben Anderson  
Bill Hutchison, Bill Simpson, Callum Wishart, Carole Fraser  
Christine Bowie, Debz Hay, Elise Methven, Ewan Cameron  
Fiona Cruickshanks, George Findlay, George Hay, Gordon Halliday  
Jackie Galloway, Jane Anderson, Jas Baillie, Jaz Hay  
Jennifer Cruickshanks, Jim Anderson, Karen Shepherd, Karli Hay  
Oli Anderson, Pamela Cruickshanks, Susan Hutchison  
Susan Penman, Tich Shaw, Yvonne Dehn

### **Sunday 1<sup>st</sup> June 2014**

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

Duncan Hall - 20mins 16secs  
Tricia Wallace - 25mins 21secs  
Jane Anderson - 25mins 42secs - (29 of 40)  
Richard Bevens - 27mins 37secs  
Jackie Galloway - 28mins 44secs  
Allan Galloway - 28mins 46secs  
Ian Muir - 31mins 17secs

Sunday 1<sup>st</sup> June 2014

Chariots of Fire Children's Beach Race, St Andrews

Ruby Methven

Saturday 31<sup>st</sup> May 2014

Kentmere 10k Trail Race, Stavelly

Hazel Bradley - 1hr 6mins 23secs - **1st FV60**

Saturday 31<sup>st</sup> May 2014

Strathallan 5

Jane Anderson - 41mins 41secs **(28 of 40)**

Saturday 31<sup>st</sup> May 2014

St Andrews Parkrun, 5k

Sharon Cobain - 26mins 27secs - **1st FV50**

Colin McKie - 27mins 52secs - **3rd MJ11**

Carole Fraser - 30mins 45secs

Tuesday 27<sup>th</sup> May 2014

Ravenscraig Park 1mile

Dell Rae - 4mins 54secs - **1st MS** - **\*1st Overall\***

Ruby Methven - 6mins 48secs

Bill Simpson - 6mins 52secs - **2nd MV60**

## Sunday 25<sup>th</sup> May 2014

### Edinburgh Marathon

Bill Hutchison - 3hrs 27mins 5secs

Davie Brisland - 3hrs 34mins 48secs

Darren Anderson - 3hrs 54mins 10secs

George Findlay - 3hrs 57mins 13secs

Karen Cunningham - 4hrs 48mins 55secs

## Sunday 25<sup>th</sup> May 2014

### Liverpool Marathon

Tricia Wallace - 4hrs 43secs 36secs - **distance pb**

## Sunday 25<sup>th</sup> May 2014

### Edinburgh Half Marathon

Duncan Hall - 1hr 28mins 16secs - **distance pb**

Bill Simpson - 1hr 38mins 22secs

Jas Baillie - 1hr 39mins 3secs

Vhairi Walker - 1hr 52mins 55secs - **distance pb**

Jane Anderson - 1hr 53mins 48secs **(27 of 40)**

Susan Penman - 1hr 53mins 54secs

Tich Shaw - 1hr 56mins 25secs

Gemma Shaw - 1hr 56mins 26secs

Sharon Brown - 2hrs 00mins 23secs - **distance pb**

Jaz Hay - 2hrs 2mins 15secs

Fiona Cruickshanks - 2hrs 2mins 47secs

Karli Hay - 2hrs 14mins 54secs

Sunday 25<sup>th</sup> May 2014

Aberfeldy Sprint Triathlon

Elise Methven - 750m Swim - **1st FV** - **\*2nd Female Overall\***  
20k Cycle -  
5k Run -

Saturday 24<sup>th</sup> May 2014

Isle of Jura Fell Race, 16miles/7500ft

Jonny Knox - 4hrs 3mins 20secs - **course pb**

Saturday 24<sup>th</sup> May 2014

Edinburgh Parkrun 5k

Duncan Hall - 21mins 43secs

Saturday 24<sup>th</sup> May 2014

St Andrews Parkrun 5k

Colin McKie - 22mins 30secs

Gwen Tivendale - 30mins 8secs

Friday 23<sup>rd</sup> May 2014

Beveridge Park 5k

Dell Rae - 16mins 49secs - **1st MS** - **\*1st Overall\***

Stuart McKenzie - 18mins 6secs

Jeff Taylor - 20mins 13secs

Jennifer Cruickshanks - 20mins 17secs - **\*1st Female Overall\***



Bill Simpson - 21mins 16secs - **1st MV60**

Gordon Taylor - 21mins 53secs

Jane Anderson - 24mins 19secs - **3rd FS** - **course pb (26 of 40)**

Susan Bonellie - 27mins 54secs

### Sunday 18<sup>th</sup> May 2014

#### Brathay Windermere Marathon

Yvonne Dehn - 5hrs 16mins 5secs

### Saturday 17<sup>th</sup> May 2014

#### Cape Wrath Challenge Marathon

Sharon Cobain - 4hrs 55mins 38secs

Carole Fraser - 5hrs 41mins 26secs

### Saturday 17<sup>th</sup> May 2014

#### Scottish National Trail Race Championships, Falkland

##### Men, 15k

Dell Rae - 54mins 9secs

Tich Shaw - 1hr 8mins 22secs

George Findlay - 1hr 11mins 25secs

##### Women, 10k

Elise Methven - 49mins 22secs

Pamela Cruickshanks - 54mins 56secs

**Saturday 17<sup>th</sup> May 2014**

**Strathclyde 10k**

Jane Anderson - 52mins 17secs (25 of 40)

**Saturday 17<sup>th</sup> May 2014**

**St Andrews Parkrun 5k**

Duncan Hall - 19mins 20secs - **2nd MS25**

**Thursday 15<sup>th</sup> May 2014**

**Kinnoull Hill Race, Perth 6.4k/240m**

Allan Gibson - 39mins 37secs

**Wednesday 14<sup>th</sup> May 2014**

**Cape Wrath Challenge The Around Durness Run, 10miles**

Sharon Cobain - 1hr 57mins 46secs

Carole Fraser - 2hrs 2mins 56secs

**Tuesday 13<sup>th</sup> May 2014**

**Cape Wrath Challenge Hill Run, 5.2miles**

Sharon Cobain - 51mins 24secs

Carole Fraser - 59mins 45secs

**Monday 12<sup>th</sup> May 2014**

**Cape Wrath Challenge 10k**

Sharon Cobain - 55mins 47secs

Carole Fraser - 1hr 5mins 5secs

**Sunday 11<sup>th</sup> May 2014**

**Bupa Glasgow Women's 10k**

Alice Hall - 49mins 41secs

Fiona Mitchell - 1hr 5mins 27secs

**Saturday 10<sup>th</sup> May 2014**

**Penicuik 10k**

Tich Shaw - 43mins 24secs

**Saturday 10<sup>th</sup> May 2014**

**Loch Leven Half Marathon**

Stuart McKenzie - 1hr 29mins 9secs - **course pb**

Duncan Hall - 1hr 35mins 30secs

Tricia Wallace - 1hr 57mins 57secs - **course pb**

Vhairi Walker - 1hrs 59mins 4secs

Jane Anderson - 1hr 59mins 41secs **(24 of 40)**

Sharon Brown - 2hrs 7mins 23secs - **distance pb**

Saturday 10<sup>th</sup> May 2014

St Andrews Parkrun 5k

George Findlay - 21mins 9secs - **1st MV55**

Carole Fraser - 29mins 47secs

Wednesday 7<sup>th</sup> May 2014

Self Transcendence Scottish Championships 5k, Edinburgh

Dell Rae - 16mins 38secs

Elise Methven - 21mins 17secs - **distance pb**

Jas Baillie - 22mins 20secs

Tuesday 6<sup>th</sup> May 2014

60th Anniversary Sub4Mile, Markinch Miracle Mile Road Race

Bill Simpson - 5mins 55secs - **2nd MV60**

Tricia Wallace - 6mins 47secs

Yvonne Dehn - 7mins 1sec

Karen Cunningham - 7mins 8secs

Sunday 4<sup>th</sup> May 2014

Etape Loch Ness Cycle Sportive, 107km/900m

Dougie Campbell -

Sunday 4<sup>th</sup> May 2014

Hopetoun House 10k, Edinburgh

Jane Anderson - 53mins 21secs **(23 of 40)**

Saturday 3<sup>rd</sup> May 2014

Stuc A Chroin 22k/5000', Perthshire

Jonny Knox - 2hrs 35mins 30secs - **course pb**

Saturday 3<sup>rd</sup> May 2014

Edinburgh to North Berwick Road Race, 20miles

Tricia Wallace - 3hrs 18min 10secs

Saturday 3<sup>rd</sup> May 2014

Fountains Abbey Parkrun 5k, Ripon, Yorkshire

Duncan Hall - 19mins 30secs - **1st MS**

Saturday 3<sup>rd</sup> May 2014

St Andrews Parkrun 5k

Jas Baillie - 21min 54secs

Saturday 3<sup>rd</sup> May 2014

Marmot T42 Trail Marathon, New Zealand, 42.2km

Debz Hay - 5hrs 48min 45secs

Saturday 3<sup>rd</sup> May 2014

Marmot T42 Trail Run, New Zealand, 24km

George Hay - 4hrs 24min 1sec

Thursday 1st May 2014

Tufty 2 mile Time Trial, Falkland

Ruby Methven - 16min 59secs

Elise Methven - 16min 59secs

Wednesday 30<sup>th</sup> April 2014

Strathkinness/Blebocraigs 4.5miles, 2nd Race in FAC Midweek Series

Dell Rae - 26min 15secs - **1st MS** - **\*2nd Overall\***

Stuart McKenzie - 28min 16secs

Ronan McKinstry - 28min 23secs - **2nd MJU20** - **course pb**

Tich Shaw - 31min 54secs

Ailsa Cruickshanks - 33min 8secs - **1st FJU17** - **course pb**

Eck Anderson - 33min 9secs

George Findlay - 33min 28secs

Bill Simpson - 33min 52secs - **3rd MV60**

Elise Methven - 34min 27secs - **1st FV40** - **course pb**

Pamela Cruickshanks - 34min 39secs - **1st FV45**

Hazel Bradley - 34min 47secs - **1st FV60**

Ewan Cameron - 35min 15secs

Jas Baillie - 35min 19secs

Fiona Cruickshanks - 36min 15secs - **1st FJU20** - **course pb**

Chris Broome - 36min 17secs

Jane Anderson - 37min 33secs **(22 of 40)**

Allan Gibson - 37min 44secs

Tricia Wallace - 39min 48secs - **3rd FV45**

Yvonne Dehn - 41min 6secs

Susan Penman - 42min 2secs - **3rd FV40**

John Dickson - 42min 27secs

Tuesday 29<sup>th</sup> April 2014

Ravenscraig Park 1mile, Kirkcaldy

Bill Simpson - 6mins 14secs - **2nd MV60**

Sunday 27<sup>th</sup> April 2014

Shakespeare Half Marathon, Stratford On Avon

Ewan Davidson - 1hrs 37mins 27secs - **1st MV65**

Sunday 27<sup>th</sup> April 2014

Balmoral Trail Race, 15miles

Chris Broome - 2hrs 10mins 45secs

Carole Fraser - 3hrs 4mins 56secs

Sunday 27<sup>th</sup> April 2014

Bupa Great Edinburgh Run, 10miles

Duncan Hall - 1hr 7mins 14secs

Tricia Wallace - 1hr 29mins 37secs - **distance pb**

Susan Penman - 1hr 30mins 18secs

Fiona Cruickshanks - 1hr 31mins 26secs

Sunday 27<sup>th</sup> April 2014

Balfron 10k

Jane Anderson - 54mins 1secs **(21 of 40)**

Vhairi Walker - 54mins 17secs

Sunday 27<sup>th</sup> April 2014

Lomond Junior Hill Race

U17 Girls

Rosie Knox - 43mins 21secs - **\*3rd Overall\***

U13 Girls

Ruby Methven - 16mins 42secs

Saturday 26<sup>th</sup> April 2014

Kinross Sportive Cycle Race, 44miles

Tricia Wallace - 3hrs 30mins 52secs

Friday 25<sup>th</sup> April 2014

Beveridge Park 5k

Ronan McKinstry - 18mins 13secs - **1st MU20** - **\*3rd Overall\*** - distance pb

Stuart McKenzie - 18mins 15secs - **2nd MS**

Bill Simpson - 21mins 30secs - **1st MV60**

Jane Anderson - 24mins 44secs - **2nd FS (20 of 40...Halfway there!!!!)**

Sharon Brown - 24mins 46secs - **3rd FS** - distance pb

Thursday 24<sup>th</sup> April 2014

Kinross 10k

Tich Shaw - 43mins 40secs

Bill Simpson - 44mins 00secs

Jas Baillie - 46mins 38secs

Jane Anderson - 51mins 54secs **(19 of 40)**



## Saturday 19<sup>th</sup> April 2014

### Norman's Law Hill Race, Luthrie

Jonny Knox - 34mins 50secs - **3rd MV40**

Thomas Knox - 35mins 53secs

Allan Gibson - 45mins 59secs

Pamela Cruickshanks - 52mins 19secs - **2nd FV45**

Fiona Cruickshanks - 52mins 23secs

Carole Fraser - 1hr 5mins 20secs

## Saturday 19<sup>th</sup> April 2014

### Angus Half Marathon

Jane Anderson - 2hrs 00mins 28secs **(18 of 40)**

Vhairi Walker - 2hrs 00mins 30secs

## Saturday 19<sup>th</sup> April 2014

### St Andrews Parkrun 5k

Stuart McKenzie - 18mins 15secs - **2nd MS**

Duncan Hall - 19mins 56secs - **3rd MS**

Rory Marston - 23mins 58secs - **1st MJ15**

John Marston - 25mins 32secs

Richard Bevens - 26mins 1sec

## Wednesday 16<sup>th</sup> April 2014

### St Andrews 5k, 1st Race in FAC Midweek Series

Stuart McKenzie - 18mins 55secs - **1st MS** - **course pb**

Jonny Knox - 19mins 45secs - **3rd MV45**

Davie Brisland - 20mins 34secs  
Ian Muir - 21mins 32secs - **course pb**  
Bill Simpson - 21mins 38secs - **3rd MV60**  
George Findlay - 22mins 00secs  
Elise Methven - 22mins 19secs - **1st FV40** - **course pb**  
Rosie Knox - 22mins 48secs - **1st FU15** - **course pb**  
Pamela Cruickshanks - 22mins 51secs - **1st FV45**  
Jas Baillie - 23mins 3secs  
Fiona Cruickshanks - 23mins 18secs - **2nd FU20**  
David Nuttall - 23mins 31secs - **course pb**  
Allan Gibson - 24mins 7secs  
Sharon Brown - 25mins 11secs  
Jane Anderson - 25mins 34secs **(17 of 40)**  
Yvonne Dehn - 25mins 49secs  
Vhairi Walker - 26mins 18secs  
Karen Shepherd - 26mins 42secs - **3rd FV45**  
Eck Anderson - 28mins 22secs

### Sunday 13<sup>th</sup> April 2014

#### St Andrews Half Marathon

David Brisland - 1hr 34mins 19secs  
Bill Simpson - 1hr 46mins 00secs  
David Nuttall - 1hr 56mins 5secs  
Sharon Brown - 2hrs 8mins 00secs

## Sunday 13<sup>th</sup> April 2014

### London Marathon

Dell Rae - 2hrs 44mins 43secs - **distance pb**

Tich Shaw - 3hrs 30mins 34secs

Richard McKinstry - 5hrs 8mins 12secs

## Sunday 13<sup>th</sup> April 2014

### East Fife Triathlon

George Hay - 750metre Swim - 18mins 46secs

15mile Cycle - 56mins 50secs

5k Run - 31mins 13secs

Ines Methven - 400metre Swim - 7mins 57secs - **3rd FJ**

7.5mile Cycle - 47mins 1sec

3k Run - 23mins 49secs

## Saturday 12<sup>th</sup> April 2014

### Meanwood Valley Trail Race, Leeds 7.5miles

Duncan Hall - 54mins 55secs

## Sunday 6<sup>th</sup> April 2014

### Round The Houses 10k, Grangemouth

Hazel Bradley - 45mins 18secs - **1st FV60**

## Sunday 6<sup>th</sup> April 2014

### Tay Ten, Perth, 10miles

Tricia Wallace - 1hr 25mins 35secs - **distance pb**

Jane Anderson - 1hr 25mins 59secs - **distance pb (16 of 40)**

## Saturday 5<sup>th</sup> April 2014

### Glasgow to Edinburgh Ultra, 55miles

Davie Burgess - 9hrs 5mins 54secs

## Saturday 5<sup>th</sup> April 2014

### St Andrews Parkrun 5k

Mike Reilly - 20mins 23secs - **2nd MV35**

Tricia Wallace - 25mins 4secs - **1st FV45** - **course pb**

Lauren Mcquade - 30mins 10secs - **3rd FV35**

## Tuesday 1<sup>st</sup> April 2014

### Ravenscraig Park 2miles, Kirkcaldy

Bill Simpson - 13mins 29secs - **1st MV60**

## Sunday 30<sup>th</sup> March 2014

### The Lost Trails 8k, Falkland

Stuart McKenzie - 32mins 52secs - **\*3rd Overall\***

Ronan McKinstry - 34mins 5secs - **1st MJ**

Bill Hutchison - 35mins 37secs - **1st MV60**

Ailsa Cruickshanks - 40mins 15secs - **1st FJ**

Bill Simpson - 40mins 43secs - **3rd MV60**  
Hazel Bradley - 40mins 53secs - **1st FV60**  
Pamela Cruickshanks - 41mins 35secs - **1st FV40**  
Fiona Cruickshanks - 45mins 24secs - **2nd FJ**  
Sharon Brown - 45mins 30secs  
Carole Fraser - 56mins 48secs

### Sunday 30<sup>th</sup> March 2014

#### Deuchary Hill Race, Dunkeld 18km/800m

Debz Hay - 2hrs 42mins 11secs  
George Hay - 3hrs 11mins 16secs

### Sunday 30<sup>th</sup> March 2014

#### Stroke 10k, Beveridge Park

Jane Anderson - 51mins 40secs **(15 of 40)**

### Saturday 29th March 2014

#### Birnham Hill Race, Dunkeld 6.5km/535m

Debz Hay - 1hr 00mins 24secs  
George Hay - 1hr 11mins 36secs

### Friday 28th March 2014

#### River Tay Dash Race, Dunkeld 8km/50m

Debz Hay - 27mins 30secs  
George Hay - 29mins 36secs

## Friday 28<sup>th</sup> March 2014

### Nightmare Series Final Standings

Bill Simpson - 78 points - **3rd MV60**

Jane Anderson - 57 points

Tricia Wallace - 35 points

David Nuttall - 16 points

Tracy Chalmers - 14 points

Jackie Galloway - 12 points

## Friday 28<sup>th</sup> March 2014

### Nightmare Series (6)

Bill Simpson - 26mins 37secs - **1st MV60**

Jane Anderson - 27mins 59secs **(14 of 40)**

## Sunday 23<sup>rd</sup> March 2014

### Loch Katrine Half Marathon, The Trossachs

Vhairi Walker - 2hrs 00mins 41secs

Jane Anderson - 2hrs 32mins 35secs **(13 of 40)**

Jim Anderson - 2hrs 32mins 35secs

## Saturday 22<sup>nd</sup> March 2014

### St Andrews Parkrun 5k

Gwen Tivendale - 24mins 20secs - **1st FV45**

## Sunday 16<sup>th</sup> March 2014

### Alloa Half Marathon

Dell Rae - 1hr 14mins 52secs - **distance pb**

Tich Shaw - 1hr 35mins 28secs

Vhairi Walker - 1hr 53mins 54secs - **distance pb**

Yvonne Dehn - 2hrs 1mins 28secs - **course pb**

Jim Anderson - 2hrs 15mins 29secs - **distance pb**

Jane Anderson - 2hrs 15mins 30secs **(12 of 40)**

## Sunday 16<sup>th</sup> March 2014

### Errol 6k

Bill Simpson - 27mins 2secs - **1st MV60**

## Saturday 15<sup>th</sup> March 2014

### St Andrews Parkrun 5k

Gwen Tivendale - 22mins 32secs - **1st FV45** - **course pb**

Tricia Wallace - 25mins 21secs - **3rd FV45**

Karen Cunningham - 25mins 56secs - **1st FV35**

## Wednesday 12<sup>th</sup> March 2014

### Mars Bar Series Final Positions

Jeff Taylor - **\*1st Overall\***

Gwen Tivendale - **\*2nd Equal Overall\***

David Nuttall - **\*2nd Equal Overall\***

Yvonne Dehn - **\*3rd Overall\***

## Males

Stuart McKenzie - **1st Male**

Ian Muir - **2nd Male**

George Findlay - **3rd Male**

## Females

Elise Methven - **1st Female**

Sharon Brown - **2nd Female**

Karen Cunningham - **3rd Female**

## Juniors

Fiona Cruickshanks - **1st Junior**

Ronan McKinstry - **2nd Junior**

Rosie Knox - **3rd Junior**

## Wednesday 12<sup>th</sup> March 2014

### Mars Bar Race (6) 4miles

Ronan McKinstry - 24mins 7secs - **course pb**

Stuart McKenzie - 24mins 24secs

Mike Reilly - 26mins 18secs - **course pb**

Davie Burgess - 26mins 25secs

Davie Brisland- 26mins 36secs - **course pb**

Ailsa Cruickshanks - 26mins 48secs - **course pb** - **\*Female Course Record\***

Ian Muir - 27mins 59secs - **course pb**

Bill Simpson - 28mins 8secs - **course pb**

Jeff Taylor - 28mins 12secs - **course pb**

Elise Methven - 28mins 22secs - **course pb**

George Findlay - 28mins 30secs



Gordon Taylor - 28mins 40secs - **course pb**  
Rosie Knox - 28mins 47secs - **course pb**  
Gwen Tivendale - 28mins 49secs - **course pb**  
Darren Anderson - 29mins 59secs - **course pb**  
Pamela Cruickshanks - 30mins 4secs  
David Nuttall - 30mins 18secs - **course pb**  
Fiona Cruickshanks - 30mins 42secs - **course pb**  
Allan Gibson - 31mins 39secs  
Ross Buchanan - 31mins 59secs - **course pb**  
Yvonne Dehn - 32mins 59secs  
Jane Anderson - 33mins 6secs **(11 of 40)**  
Tracy Knox - 33min 27secs  
Sharon Brown - 33mins 44secs  
Karen Cunningham - 34mins 26secs  
Nick Fry - 34mins 45secs  
Lizzie Knox - 35mins 12secs  
Susan Penman - 35min 22secs  
Karli Hay - 36mins 28secs - **course pb**  
June Penman - 37mins 30secs  
Darcy McKenzie - 49mins 52secs  
Jim Hogsflesh - 49mins 52secs

### Sunday 9<sup>th</sup> March 2014

#### Gartmorn 6, Alloa

Bill Simpson - 45min 35secs  
Vhairi Walker - 54min 31secs  
Jane Anderson - 54min 32secs **(10 of 40)**  
Carole Fraser - 1hr 5min 18secs

Sunday 2<sup>nd</sup> March 2014

Bishop Hill Race, Scotlandwell 2.5miles,1000ft

Bill Simpson - 33min 25secs

Sunday 2<sup>nd</sup> March 2014

Smokies 10 Arbroath

Tricia Wallace - 1hr 25mins 46secs - **distance pb**

Jane Anderson - 1hr 28mins 46secs - **distance pb (9 of 40)**

Sharon Cobain - 1hr 29mins 52secs

Yvonne Dehn - 1hr 36mins 18mins

Karen Cunningham - 1hr 38mins 22secs

Carole Fraser - 1hr 53mins 12secs

Saturday 1<sup>st</sup> March 2014

Camperdown Parkrun 5k

Elise Methven - 23mins 39secs - **1st FV40** - **course pb**

Gwen Tivendale - 24mins 29secs - **2nd FV45**

Saturday 1<sup>st</sup> March 2014

Cupar 5

Dell Rae - 26mins 57secs

Ronan McKinstry - 29mins 41secs - **distance pb**

Ailsa Cruickshanks - 33mins 54secs - **1st FJ**

Bill Simpson - 35mins 55secs

Friday 28<sup>th</sup> February 2014

Nightmare Series (5) Coul Den, 3.73miles

Bill Simpson - 30mins 40secs - **1st MV60**

Tricia Wallace - 34mins 5secs

Jane Anderson - 34mins 52secs **(8 of 40)**

Sunday 23<sup>rd</sup> February 2014

Great North West Half Marathon

Jane Anderson - 2hrs 33mins 50secs **(7 of 40)**

Jim Anderson - 2hrs 33mins 50secs

Sunday 23<sup>rd</sup> February 2014

Devilla Trail Race (nearly) 15k (Carnegie Harriers)

Hazel Bradley - 1hr 3mins 25secs - **1st FV60**

Chris Broome - 1hr 6mins 59secs

Carole Fraser - 1hr 28mins 6secs

Saturday 22<sup>nd</sup> February 2014

Scottish National Cross Country Championships, Falkirk

Senior Men

Dell Rae - 45mins 6secs

George Findlay - 59mins 55secs

Allan Gibson - 1hr 7mins 38secs

Senior Women

Pamela Cruickshanks - 40mins 40secs

Saturday 22<sup>nd</sup> February 2014

St Andrews Parkrun 5k

Gwen Tivendale - 23mins 19secs - **1st FV45**

Sunday 16<sup>th</sup> February 2014

Devilla Trail Race 15k (Official)

Tricia Wallace - 1hr 27mins 59secs

Jane Anderson - 1hr 29mins 54secs (6 of 40)

Saturday 15<sup>th</sup> February 2014

Carnethy 5 Hill Race 6miles/2500ft

Tich Shaw - 1hr 14mins 16secs

Saturday 15<sup>th</sup> February 2014

St Andrews Parkrun 5k

Ronan McKinstry - 18mins 44secs

Wednesday 12<sup>th</sup> February 2014

Mars Bar Race (5) 4miles

Stuart McKenzie - 24mins 33secs

Ronan McKinstry - 25mins 4secs

Jonny Knox - 25mins 54secs

Davie Burgess - 25mins 57secs

Mike Reilly - 27mins 49secs

Ailsa Cruickshanks - 28mins 20secs - **course pb**

Ian Muir - 28mins 51secs  
Jeff Taylor - 29mins 1secs  
Elise Methven - 29mins 6secs  
Gordon Taylor - 30mins 9secs  
Bill Simpson - 30mins 17secs  
Gwen Tivendale - 30mins 23secs  
Rosie Knox - 30mins 23secs - **course pb**  
Ewan Davidson - 30mins 35secs  
Pamela Cruickshanks - 31mins 32secs  
David Nuttall - 31mins 56secs - **course pb**  
Eck Anderson - 32mins 00secs  
Fiona Cruickshanks - 32mins 23secs  
Darren Anderson - 32mins 25secs - **course pb**  
George Findlay - 32mins 25secs  
Yvonne Dehn - 33mins 2secs  
Ross Buchanan - 33mins 30secs  
Lizzie Knox - 33mins 49secs  
Tracy Knox - 33min 59secs  
Allan Gibson - 34mins 5secs  
Susan Penman - 35min 52secs  
Sharon Brown - 36mins 41secs  
Tracy Chalmers - 37mins 4secs  
Karli Hay - 37mins 54secs - **course pb**  
Carole Fraser - 41mins 12secs

**Sunday 9<sup>th</sup> February 2014**

**Monikie Winter Duathlon Series (3) 4k Run/20k Bike/4k Run**

Tricia Wallace - 20mins 46secs/56mins 54secs/22mins 40secs

Carole Fraser - 25mins 42secs/1hr 10mins 30secs/32mins 35secs

### Sunday 9<sup>th</sup> February 2014

#### Frostbite Trail Series, Overall Winners

Stuart McKenzie - **2nd MS** - **\*3rd Overall\***

Bill Hutchison - **1st MV60**

Ronan McKinstry - **2nd MJ**

Pamela Cruickshanks - **1st FV45**

Chris Broome - **2nd MV55**

Fiona Cruickshanks - **1st FJ**

Sandy Chalmers - **1st MV80**

### Sunday 9<sup>th</sup> February 2014

#### Frostbite Trail Race (4) Falkland, 5.5k

Stuart McKenzie - 21mins 18secs - **2nd MS**

Ronan McKinstry - 22mins 12secs - **1st MJ**

Ewan Lumsden - 22mins 21secs

Ailsa Cruickshanks - 26mins 10secs - **1st FJ** - **\*3rd Female Overall\***

Pamela Cruickshanks - 26mins 49secs - **1st FV45**

Jas Baillie - 28mins 1secs

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

Chris Broome - 28mins 10secs

Gwen Tivendale - 28mins 13secs

Fiona Cruickshanks - 29mins 55secs - **2nd FJ**

Yvonne Dehn - 30mins 51secs

Karen Cunningham - 32mins 16secs

Jackie Galloway - 34mins 16secs

Tracy Chalmers - 34mins 16secs  
John Dickson - 34mins 55secs  
Jim Anderson - 34mins 57secs  
Jane Anderson - 34mins 58secs (5 of 40)

**Saturday 8<sup>th</sup> February 2014**

**St Andrews Parkrun 5k**

Tricia Wallace - 26mins 20secs

**Sunday 2<sup>nd</sup> February 2014**

**Forfar Multi-Terrain Half Marathon**

Bill Hutchison - 1hr 34mins 5secs - **1st MV60**

Alice Hall - 1hr 54min 49secs

Tricia Wallace - 2hrs 6mins 31secs

Jane Anderson - 2hrs 9mins 18secs (4 of 40)

Carole Fraser - 2 hrs 29mins 30secs - **course pb**

**Saturday 1<sup>st</sup> February 2014**

**St Andrews Parkrun 5k**

Elise Methven - 22mins 31secs

Gwen Tivendale - 23mins 33secs

Tricia Wallace - 26mins 40secs

**Saturday 25<sup>th</sup> January 2014**

**Devil's Burden Hill Relay Race**

**Anster Haddies A - 2hrs 38mins 39secs - 17<sup>th</sup>**

Leg 1 - Mike Reilly - 32mins 40secs

Leg 2 - Davie Burgess, Stuart McKenzie - **course pb** - 1hr 13mins 14secs

Leg 3 - Ronan McKinstry - 26mins 22secs

Leg 4 - Thomas Knox - **course pb**, Jonny Knox - 35mins 54secs - **\*6th Fastest Overall\***

**Anster Haddies B - 3hrs 16mins 15secs - 42<sup>nd</sup>**

Leg 1 - Pete Nimmo - 36mins 3secs

Leg 2 - Glenn Rickman - **course pb**, Ian Mills - 1hr 21mins 39secs

Leg 3 - Eck Anderson - 30mins 20secs

Leg 4 - George Findlay - **course pb**, Gordon Halliday - 48mins 13secs

**Anster Haddies C - 3hrs 41mins 38secs - 72<sup>nd</sup>**

Leg 1 - Bill Simpson - 37mins 17secs

Leg 2 - Chris Broome - **course pb**, Allan Gibson - 1hr 41mins 52secs

Leg 3 - Davie Burgess - 32mins 14secs

Leg 4 - Rosie Knox, Eck Anderson - 50mins 15secs

**Hazel's Hattie Ladies - 3hrs 51mins 43secs - 84<sup>th</sup>**

Leg 1 - Hazel Bradley - 37mins 54secs

Leg 2 - Alice Hall, Pamela Cruickshanks - **course pb** - 1hr 41mins 16secs

Leg 3 - Sharon Brown - 35mins 4secs

Leg 4 - Karen Cunningham, Jane Anderson - 57mins 29secs **(3 of 40)**

**Karen's Hattie Ladies - 4hrs 3mins 33secs - 94<sup>th</sup>**

Leg 1 - Karen Shepherd - 42mins 35secs

Leg 2 - Rachael Grieve, Lizzie Knox - 1hr 33mins 7secs

Leg 3 - Carole Fraser - 44mins 55secs



Leg 4 - Tracy Chalmers - [course pb](#), Jackie Galloway - [course pb](#) - 1hr 2mins 56secs

### Anster Haddies D - 4hrs 27mins 58secs - 104<sup>th</sup>

Leg 1 - Bill Arnott - 39mins 44secs

Leg 2 - Jim Hogsflesh , Nick Fry - 1hr 59mins 59secs

Leg 3 - David Nuttall - 34mins 36secs

Leg 4 - George Hay, Jaz Hay - 1hr 13mins 39secs

### Christine's Haddie Ladies - 4hrs 35mins 13secs - 107<sup>th</sup>

Leg 1 - Christine Bowie - 41mins 2secs

Leg 2 - Debz Hay, Karli Hay - 2hrs 22mins 21secs

Leg 3 - Tracy Knox - 38mins 2secs

Leg 4 - Fiona Cruickshanks - [course pb](#), Yvonne Dehn - [course pb](#) - 53mins 48secs

### Saturday 25<sup>th</sup> January 2014

#### Camperdown Parkrun 5k, Dundee

Elise Methven - 24mins 5secs

### Saturday 25<sup>th</sup> January 2014

#### St Andrews Parkrun 5k

Gwen Tivendale - 22mins 53secs

Tricia Wallace - 25mins 10secs

### Saturday 18<sup>th</sup> January 2014

#### East District Cross Country League, Broxburn, 5.8k

Pamela Cruickshanks - 28mins 34secs

Elise Methven - 28mins 54secs

Saturday 18<sup>th</sup> January 2014

St Andrews Parkrun 5k

Gwen Tivendale - 25mins 10secs

Wednesday 16<sup>th</sup> January 2014

Mars Bar Race (4) 4miles

Davie Burgess - 24mins 28secs

Stuart McKenzie - 24mins 32secs

Ronan McKinstry - 25mins 15secs

Jonny Knox - 25mins 39secs

Eck Anderson - 26mins 52secs

Jennifer Cruickshanks - 27mins 1sec - **course pb** - **\*Female Course Record\***

Davie Brisland - 27mins 12secs - **course pb**

Mike Reilly - 27mins 47secs

Glenn Rickman - 27mins 56secs

George Findlay - 28mins 18secs

Ian Muir - 28mins 50secs

Bill Simpson - 28mins 58secs

Jeff Taylor - 29mins 00secs - **course pb**

Elise Methven - 29mins 15secs

Gordon Taylor - 29mins 45secs

Gwen Tivendale - 30mins 23secs - **course pb**

Chris Broome - 31mins 14secs

Fiona Cruickshanks - 31mins 51secs

David Nuttall - 32mins 22secs - **course pb**

Rosie Knox - 32mins 24secs  
Lizzie Knox - 32mins 27secs  
Alice Hall - 32mins 41secs  
Pamela Cruickshanks - 32mins 41secs  
Yvonne Dehn - 32mins 57secs - **course pb**  
Allan Gibson - 33mins 14secs  
Sharon Brown - 33mins 23secs  
Jane Anderson - 33mins 38secs **(2 of 40)**  
Karen Cunningham - 33mins 48secs  
Hazel Bradley - 33mins 48secs  
Darren Anderson - 33mins 48secs  
John Dickson - 33mins 51secs  
Tracy Chalmers - 34mins 3secs  
Nick Fry - 35mins 38secs  
Jackie Galloway - 36min 00secs  
Susan Penman - 36min 00secs  
Tracy Knox - 37min 2secs  
Hannah Starbuck - 38min 00secs  
Karli Hay - 38mins 52secs - **course pb**  
Debz Hay - 40min 00secs  
Christine Bowie - 40min 00secs  
June Penman- 40min 00secs  
Tricia Wallace - 40min 19secs  
Darcy McKenzie - 49min 45secs - **course pb**  
Jim Hogsflesh - 49min 45secs  
Susan Hutchison - 55min 29secs

## Sunday 12<sup>th</sup> January 2014

### Frostbite Trail Race (3) Falkland, 5.5k

Stuart McKenzie - 20mins 51secs  
Ronan McKinstry - 21mins 51secs - **2nd MJ**  
Bill Hutchison - 22mins 00secs - **1st MV60**  
Pamela Cruickshanks - 25mins 29secs - **1st FV45**  
Eck Anderson - 26mins 3secs  
Bill Simpson - 26mins 22secs - **2nd MV60**  
Gwen Tivendale - 26mins 52secs - **2nd FV45**  
Chris Broome - 27mins 14secs  
Sharon Brown - 28mins 28secs  
Fiona Cruickshanks - 29mins 30secs - **3rd FJ**  
Jane Anderson - 29mins 39secs (**1 of 40**)  
Yvonne Dehn - 29mins 58secs  
Karen Cunningham - 30mins 20secs  
Tracy Chalmers - 30mins 31secs  
John Dickson - 31mins 35secs  
Karen Shepherd - 31mins 41secs  
Sandy Chalmers - 39mins 23secs - **1st MV80**

## Sunday 12<sup>th</sup> January 2014

### Monikie Winter Duathlon Series (2) 4k Run/20k Bike

Tricia Wallace - 20mins 8secs/53mins 41secs  
Carole Fraser - 25mins 4secs/1hr 8mins 35secs

Saturday 11<sup>th</sup> January 2014

Bupa Great Winter Run, Edinburgh, 5k

Fiona Cruickshanks - 25mins 4secs - **course pb**

Yvonne Dehn - 26mins 16secs - **course pb**

Wednesday 1<sup>st</sup> January 2014

Camperdown Parkrun 5k

Tricia Wallace - 27mins 11secs

Wednesday 1<sup>st</sup> January 2014

Edinburgh Triathlon

Elise Methven - 400metre Swim - 8mins 6secs - **1st FV**

12mile Cycle - 40mins 24secs

3.5mile Run - 29mins 43secs



**HAPPY  
NEW  
YEAR!**