Haddie Of The Year
Bill Simpson

Performance Of The Year
Dell Rae
For The Tour Of Fife

Lifetime Achievement Award
Bill Hutchison

Club Member Of The Year
George Findlay

Junior Award
Colin McKie

Race Award
Gordon Halliday
Saturday 26th December 2015
St Andrews Parkrun 5k
Elise Methven - 22mins 56secs - 1st FV40 - *3rd Female Overall*

Saturday 26th December 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 32secs - 1st MV60

Saturday 25th December 2015
St Andrews Parkrun 5k
Ronan McKinstry - 18mins 53secs - 1st MS18
Bill Simpson - 24mins 26secs - 2nd MV60
Elise Methven - 33mins 57secs
Carole Fraser - 37mins 10secs

Saturday 19th December 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 42secs - 1st MV60
Ailsa Cruickshanks - 22mins 16secs - 1st FJ - *3rd Female Overall*
Pamela Cruickshanks - 23mins 41secs - 1st FV50

Saturday 19th December 2015
St Andrews Parkrun 5k
Bill Simpson - 23mins 8secs - 2nd MV60
Saturday 19th December 2015
Jingle Bell 5k, Pitreavie
Jane Anderson -
Angela Small -

Thursday 17th December 2015
St Andrews Santa Shuffle 4k
Colin McKie - 16mins 38secs - 1st MJ - *1st Overall*
Elise Methven - 28mins 6secs

Wednesday 16th December 2015
Christmas Cracker 5k, Ravenscraig
Jane Anderson -

Wednesday 16th December 2015
Mars Bar Race (3) 4miles
Stuart McKenzie - 24mins 22secs
Ronan McKinstray - 24mins 34secs
Jonny Knox - 25mins 43secs
Ian Mills - 27mins 15secs
Colin McKie - 27mins 16secs - course pb
Mike Reilly - 28mins 8secs
Davie Brisland - 28mins 35secs
George Findlay - 28mins 36secs
Jas Baillie - 29mins 20secs
Bill Simpson - 29mins 58secs
Fiona Cruickshanks - 30mins 41secs
Pamela Cruickshanks - 31mins 26secs
Nick Fry - 31mins 54secs
Jaz Hay - 32mins 29secs
Allan Gibson - 33mins 23secs
Tracy Knox - 33mins 56secs
Jim Hogsflesh - 34mins 35secs - course pb
Yvonne Dehn - 34mins 38secs
Angela Small - 34mins 51secs
Dave Nuttall - 35mins 28secs
Karen Shepherd - 36mins 32secs
Tracy Chalmers - 36mins 35secs
Sarah Gerson - 37mins 27secs - course pb
Carole Fraser - 41mins 20secs

**Saturday 12th December 2015**

**St Andrews Parkrun 5k**

Neil Smith - 18mins 1secs - 1st MV40 - *1st Overall*
Ronan McKinstray - 18mins 22secs - 1st MS18 - *2nd Overall*
Jas Baillie - 21mins 46secs - 1st MV55 - course pb
Dave Nuttall - 26mins 54secs - course pb
Sarah Gerson - 28mins 51secs - 1st FS30
David Paterson - 31mins 41secs

**Saturday 12th December 2015**

**Kirkcaldy Parkrun 5k**

Bill Simpson - 23mins 6secs - 3rd MV60
Jackie Galloway - 28mins 29secs - 2nd FV55  
Tracy Chalmers - 28mins 30secs

**Saturday 12th December 2015**  
**Perth Parkrun 5k**  
Colin McKie - 22mins 5secs - 1st MJ11-14 - course pb

**Saturday 12th December 2015**  
**Perth Santa Run 5k**  
Colin McKie -  
Jane Anderson -  
Angela Small -

**Friday 11th December 2015**  
**Nightmare Series (3) Blacker Than Black Black Rock, Kinghorn, 2.6miles**  
Jane Anderson - 24mins 6secs

**Sunday 6th December 2015**  
**Frostbite Trail Race (2) Falkland, 5k**  
Colin McKie - 31mins 8secs - 1st MJ  
Bill Simpson - 34mins 50secs - 2nd MV60  
Chris Broome - 35mins 52secs  
Fiona Cruickshanks - 36mins 18secs  
Jaz Hay - 37mins 31secs  
Jane Anderson - 37mins 54secs
Yvonne Dehn - 39mins 56secs
Angela Small - 41mins 14secs

Saturday 5th December 2015
Highbury Fields Parkrun 5k
Ailsa Cruickshanks - 22mins 31secs - 1st FJ15-17 - *2nd Female Overall*

Saturday 5th December 2015
St Andrews Parkrun 5k
Colin McKie - 21mins 2secs - 3rd MJ11-14
Bill Simpson - 23mins 20secs - 1st MV60
Dave Nuttall - 27mins 49secs

Saturday 5th December 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 28secs - 1st MV60

Saturday 28th November 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 18secs - 1st MV60
Jas Baillie - 21mins 43secs - 2nd MV55
Allan Galloway - 38mins 43secs
Yvonne Dehn - 38mins 44secs - 3rd FS25
Pamela Cruickshanks - 38mins 45secs - 3rd FV50
Jackie Galloway - 38mins 46secs - 3rd FV55
Fiona Cruickshanks - 38mins 46secs - 3rd FS20
Alice Hall - 38mins 47secs
Tracy Chalmers - 38mins 47secs

Saturday 28th November 2015
St Andrews Parkrun 5k
Bill Simpson - 23mins 44secs - 2nd MV60
Dave Nuttall - 28mins 2secs

Saturday 28th November 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 19mins 22secs - 1st MS25

Sunday 22nd November 2015
Cyprus Aphrodite Half Marathon
Ewan Davidson - 1hr 43mins 42secs - 1st MV65

Sunday 22nd November 2015
Frostbite Trail Race (1) Falkland, 5k
Colin McKie - 29mins 32secs - 3rd MJ
Jaz Hay - 30mins 37secs
Chris Broome - 31mins 45secs
Fiona Cruickshanks - 32mins 26secs
Jane Anderson - 38mins 57secs
Saturday 21st November 2015
East District Cross Country League, Alloa

Senior Men - 8.2k
Tich Shaw - 42mins 56secs
Allan Gibson - 51mins 53secs

Senior Women - 5.6k
Pamela Cruickshanks - 32mins 14secs

Saturday 21st November 2015
Kirkcaldy Parkrun 5k
Jas Baillie - 22mins 13secs - 3rd MV55
Jackie Galloway - 33mins 35secs - 3rd FV55
Tracy Chalmers - 33mins 36secs

Saturday 21st November 2015
St Andrews Parkrun 5k
Colin McKie - 28mins 7secs - 1st MJ11-14

Friday 20th November 2015
Nightmare Series (2) Beast of Balbirnie 5k, Markinch
Jane Anderson - 25mins 38secs
Saturday 14th November 2015
British and Irish Masters Cross Country International, Dublin
Hazel Bradley - 28mins 13secs

Saturday 14th November 2015
Glen Clova Half Marathon
Jaz Hay - 1hr 52mins 4secs - distance pb
Debz Hay - 1hr 57mins 2secs
Jane Anderson - 1hr 59mins 45secs

Saturday 14th November 2015
St Andrews Parkrun 5k
Bill Simpson - 22mins 27secs - 1st MV60
David Paterson - 25mins 54secs
Colin McKie - 26mins 12secs

Saturday 14th November 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 7secs - 1st MV60
Jas Baillie - 22mins 3secs - 2nd MV55

Saturday 14th November 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 18mins 42secs - 1st MS25 - *1st Overall*
Wednesday 11th November 2015

Mars Bar Race (2) 4miles
Ronan McKinstray - 25mins 25secs
Jonny Knox - 26mins 5secs
Mike Reilly - 26mins 20secs
Davie Brisland - 27mins 35secs
Jas Baillie - 28mins 43secs
George Findlay - 29mins 23secs
Bill Simpson - 29mins 55secs
Rosie Knox - 30mins 25secs
Nick Fry - 31mins 19secs - course pb
Gordon Halliday - 31mins 48secs
Jeff Taylor - 31mins 58secs
Jaz Hay - 32mins 2secs
Allan Gibson - 33mins 34secs
Colin McKie - 33mins 44secs
John Dickson - 33mins 51secs
Tracy Knox - 34mins 40secs
Angela Small - 34mins 45secs - course pb
Jim Hogsflesh - 36mins 10secs
Dave Nuttall - 39mins 50secs
Carole Fraser - 40mins 38secs

Sunday 8th November 2015

Hartley Cup 1mile Relay, Dundee
Pink = Fastest Male & Female In Team
Anster Haddies Mixed Team 1 - 58mins 37secs
Ronan McKinstry - 5mins 5secs, 5mins 11secs
Hazel Bradley - 6mins 24secs, 6mins 31secs
George Findlay - 6mins 7secs, 6mins 7secs
Colin McKie - 5mins 42secs, 5mins 43secs
Ailsa Cruickshanks - 5mins 50secs, 5mins 57secs

Anster Haddies Mixed Team 2 - 1hr 10mins 9secs
Pamela Cruickshanks - 6mins 15secs, 6mins 28secs
Lucy McKie - 7mins 39secs, 7mins 38secs
Erin Robbins - 7mins 56secs, 7mins 42secs
Sarah Gerson - 7mins 44secs, 7mins 47secs
Ross Vanderwert - 5mins 25secs, 5mins 35secs

Saturday 7th November 2015
Glen Ogle 33miles, Killin
Gordon Halliday - 5hrs 37mins 11secs
Angela Small - 6hrs 36mins 45secs - course pb

Saturday 7th November 2015
Supernova Kelpies 5k
Jackie Galloway - 34mins 59secs

Saturday 7th November 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 11secs - 1st MV60
Jas Baillie - 21mins 37secs - 1st MV55
Tracy Chalmers - 27mins 58secs - 3rd FV40

Saturday 7th November 2015
St Andrews Parkrun 5k
Bill Simpson - 22mins 25secs - 2nd MV60
David Paterson - 29mins 9secs - 2nd MV55
Elise Methven - 33mins 31secs

Saturday 7th November 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 19mins 26secs - 1st MS25 - *3rd Overall*

Sunday 1st November 2015
Mens 10k, Edinburgh
Ewan Davidson - 44mins 22secs - 1st MV55

Sunday 1st November 2015
New York Marathon
Karen Cunningham - 4hrs 43mins 35secs

Sunday 1st November 2015
Templeton 10mile, Dundee
Dell Rae - 58mins 5secs - 1st MS - *1st Overall*
Mike Reilly - 1hr 12mins 5secs - **course pb**  
Tich Shaw - 1hr 16mins 45secs  
Jane Anderson - 1hr 30mins 29secs

**Sunday 1st November 2015**  
**Great Barrier Reef Marathon, Queensland**  
Eck Anderson - 4hrs 57mins 17secs  
Yvonne Dehn - 5hrs 33mins 28secs

**Saturday 31st October 2015**  
**Maribyrnong Parkrun 5k, Melbourne**  
Duncan Hall - 17mins 52secs - **1st MS25** - *(1st Overall)* - **course pb**

**Saturday 31st October 2015**  
**Dumyat Dash Hill Race, Menstrie, 4.8k/440m**  
Thomas Knox - 36mins 28secs - **course pb**  
Jonny Knox - 36mins 49secs - **1st MV50**

**Saturday 31st October 2015**  
**St Andrews Parkrun 5k**  
Bill Simpson - 23mins 11secs - **2nd MV60**  
Colin McKie - 25mins 55secs  
Catriona Duncan - 26mins 13secs - **2nd FV60**  
Dave Nuttall - 28mins 34secs  
Sarah Gerson - 30mins 6secs
Friday 30th October 2015
Nightmare Series (1), Heatherhall Halloween Horror, 4miles
Bill Simpson - 32mins 15secs
Angela Small - 38mins 31secs
Jane Anderson - 38mins 32secs

Thursday 29th October 2015
GTC Halloween 5k, Beveridge Park
Jane Anderson -
Angela Small -

Wednesday 28th October 2015
FAC Halloween Race, Cairnie Farm, 2miles
Juniors
Colin McKie - 12mins 40secs - 2nd MJ13 - *3rd Male Overall*

Novices
Sarah Gerson - 18mins 57secs - 2nd FS - *3rd Female Overall*

Saturday 24th October 2015
Path Of Condie Half Marathon, Milnathort
Jane Anderson - 2hrs 24mins 22secs
Saturday 24th October 2015
National Cross Country Relay Champs, Cumbernauld, 4k Each
Pamela Cruickshanks - 19mins 16secs
Hazel Bradley - 19mins 18secs
Angela Small - 22mins 7secs

Saturday 24th October 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 19secs - 1st MV60
Jas Baillie - 21mins 57secs - 1st MV55
Fiona Cruickshanks - 23mins 38secs - 1st FS20 - *1st Female Overall*

Saturday 24th October 2015
St Andrews Parkrun 5k
Colin McKie - 21mins 17secs - 1st MJ11-14
Bill Simpson - 23mins 23secs - 2nd MV60
David Patterson - 27mins 5secs
Dave Nuttall - 28mins 16secs
Sarah Gerson - 30mins 18secs - 3rd FS30

Saturday 24th October 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 18mins 56secs - 1st MS25 - *2nd Overall*
Sunday 18th October 2015
**Antonine Trail Race, 13.8 miles**
Tich Shaw - 1hr 52mins 52secs - **2nd MV60**
Jas Baillie - 1hr 53mins 15secs - **course pb**
Jane Anderson - 2hrs 28mins 41secs
Angela Small - 2hrs 28mins 42secs - **course pb**

Sunday 18th October 2015
**Melbourne Marathon**
Duncan Hall - 2hrs 54mins 45secs - **distance pb**

Saturday 17th October 2015
**Perth Parkrun 5k**
Colin McKie - 27mins 2secs

Saturday 17th October 2015
**St Andrews Parkrun 5k**
Bill Simpson - 21mins 43secs - **1st MV60** - **course pb**
Ewan Davidson - 22mins 24secs - **1st MV65**

Saturday 17th October 2015
**Kirkcaldy Parkrun 5k**
Jackie Galloway - 27mins 57secs - **2nd FV55** - **course pb**
Saturday 17th October 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 21mins 52secs - 1st MS25

Sunday 11th October 2015
Pentland Skyline, 16miles/6200ft
Jonny Knox - 2hrs 58mins 29secs - 2nd MV50
Gordon Mathieson - 3hrs 14mins 14secs
Eck Anderson - 3hrs 27mins 28secs

Sunday 11th October 2015
Falkland Tufty Trail Race, 5.5miles
Bill Hutchison - 37mins 31secs - 1st MV60
Tich Shaw - 39mins 41secs - 2nd MV60
Jas Baillie - 40mins 52secs
Bill Simpson - 43mins 56secs - 3rd MV60
Colin McKie - 44mins 4secs - 2nd MJ
Chris Broome - 47mins 23secs
Sharon Brown - 49mins 7secs
Fiona Cruickshanks - 49mins 11secs
Jane Anderson - 52mins 2secs
Carol Fraser - 58mins 27secs

Sunday 11th October 2015
Yorkshire Marathon
Angela Small - 4hrs 41mins 1sec
Sunday 11th October 2015
Aviemore Half Marathon
Ian Mills - 1hr 23mins 58secs - 1st MV50
George Findlay - 1hr 39mins 35secs - course pb
Hazel Bradley - 1hr 44mins 9secs - 3rd FV60

Saturday 10th October 2015
Manor Water Hill Race, Peebles, 15.2k/670m
Debz Hay - 2hrs 12mins 6secs
George Hay - 2hrs 46mins 43secs

Saturday 10th October 2015
Kirkcaldy Parkrun 5k
Bill Simpson - 22mins 24secs - 2nd MV60

Saturday 10th October 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 23mins 25secs - 3rd MS25

Wednesday 7th October 2015
Mars Bar Race (1) 4miles
Eck Anderson - 25mins 25secs - course pb
Ronan McKinstray - 26mins 8secs
Ailsa Cruickshanks - 26mins 41secs
Mike Reilly - 27mins 4secs
Davie Brisland - 27mins 51secs
Jas Baillie - 28mins 22secs - course pb
Gordon Halliday - 28mins 50secs
George Findlay - 28mins 53secs
Colin McKie - 29mins 7secs
Bill Simpson - 29mins 30secs
Rosie Knox - 30mins 00secs
Ross Vanderwert - 30mins 16secs
Pamela Cruickshanks - 30mins 22secs
Fiona Cruickshanks - 31mins 22secs
Tracy Knox - 32mins 31secs - course pb
Yvonne Dehn - 33mins 7secs
Sharon Brown - 33mins 34secs
Jeff Taylor - 33mins 50secs
Nick Fry - 35mins 3secs
Karen Cunningham - 35mins 20secs
Katrina Duncan - 35min 50secs
Jim Hogsflesh - 35mins 52secs
John Dickson - 35mins 56secs
Jaz Hay - 36mins 39secs
Carole Fraser - 40mins 38secs

Sunday 4th October 2015
Cairngorms Hill Race, 21k/900m
Debz Hay - 3hrs 51mins 18secs - 3rd FV40
George Hay - 4hrs 14mins 12secs
Sunday 4th October 2015
Bing Blazer Obstacle 10k, West Lothian
Jane Anderson - 1hr 21mins 16secs

Sunday 4th October 2015
Great Scottish Half Marathon, Glasgow
Dell Rae - 1hr 11mins 58secs - distance pb
Susan Penman - 2hrs 7mins 12secs

Sunday 4th October 2015
Giffordtown 5k
Pamela Cruickshanks - 22mins 53secs - 2nd FV50
Fiona Cruickshanks - 24mins 30secs

Saturday 3rd October 2015
Ben Venue Hill Race, 12k/860m
Thomas Knox - 1hr 24mins 36secs - 3rd MS - *3rd Overall* - course pb
Jonny Knox - 1hr 24mins 43secs - 1st MV50

Saturday 3rd October 2015
Dunbar 10mile
Davie Burgess - 1hr 4mins 48secs - 3rd MV40
Saturday 3rd October 2015
Camperdown Parkrun 5k
Elise Methven - 25mins 00secs - 1st FV40

Saturday 3rd October 2015
St Andrews Parkrun 5k
Bill Simpson - 21mins 53secs - 2nd MV60
Ross Vanderwert - 22mins 4secs - 2nd MS35 - course pb
Colin McKie - 25mins 15secs
Sarah Gerson - 27mins 39secs - 3rd FS30 - course pb

Saturday 3rd October 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 20mins 51secs - 1st MS25

Sunday 27th September 2015
Loch Ness Marathon
Giles Harris - 3hrs 19mins 6secs - distance pb
Mike Reilly - 3hrs 30mins 29secs
Sharon Brown - 4hrs 23mins 22secs
Jaz Hay - 4hrs 31mins 55secs
Debz Hay - 4hrs 31mins 55secs
Allan Galloway - 5hrs 4mins 55secs
Sunday 27th September 2015

Loch Ness 10k
Jackie Galloway - 56mins 7secs - *course pb*
George Hay - 60mins 9secs

Sunday 27th September 2015

East Neuk 10k
Dell Rae - 33mins 41secs - 2nd MS - *2nd Overall*
Mark Harris - 35mins 47secs - 2nd MV40
Ian Mills - 38mins 15secs - 2nd MV50 - *course pb*
Ailsa Cruickshanks - 40mins 49secs - 1st FJ - *distance pb*
Rachael Grieve - 41mins 6secs - *distance pb*
Jas Baillie - 43mins 54secs
Gordon Halliday - 44mins 1secs
Ross Vanderwert - 46mins 00secs
Rosie Knox - 46mins 50secs - 2nd FJ - *distance pb*
Sarah Gerson - 59mins 13secs
Carole Fraser - 1hr 1mins 38secs - *course pb*
Angela Small - 1hr 21mins 56secs
Ewan Cameron - 1hr 21mins 56secs
Jane Anderson - 1hr 21mins 56secs

Saturday 26th September 2015

Two Breweries Hill Race, Traquair, 29k/1500m
Thomas Knox - 3hrs 24mins 47secs
Jonny Knox - 3hrs 28mins 51secs - 1st MV50
Eck Anderson - 3hrs 58mins 34secs - *course pb*
Saturday 26th September 2015
Trossachs 10k
Tich Shaw - 43mins 56secs

Saturday 26th September 2015
Black Light 5k, Edinburgh
Jane Anderson - 28mins 31secs

Saturday 26th September 2015
Camperdown Parkrun 5k
Elise Methven - 25mins 21secs - 2nd FV40

Saturday 26th September 2015
Kirkcaldy Parkrun 5k
Bill Simpson - 22mins 48secs - 1st MV60

Saturday 26th September 2015
St Andrews Parkrun 5k
Colin McKie - 22mins 23secs - 2nd MJ 11-14
Ross Vanderwert - 23mins 54secs
Sarah Gerson - 29mins 47secs
Sunday 20th September 2015

Cumbernauld 10k
Angela Small - 53mins 39secs
Jane Anderson - 53mins 41secs

Saturday 19th September 2015

World Mountain Running Champs, Home International, Wales, 4.7k
U20 Women
Ailsa Cruickshanks - 24mins 40secs - Bronze Team Medal

Saturday 19th September 2015

Kirkcaldy Parkrun 5k
Bill Simpson - 23mins 15secs - 1st MV60

Saturday 19th September 2015

St Andrews Parkrun 5k
Colin McKie - 22mins 53secs

Saturday 19th September 2015

Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 22mins 4secs - 3rd MS25

Tuesday 15th September 2015

Heal Riverside 4k, Dundee
Rachael Grieve - 15mins 40secs - 1st FU23 - *2nd Female Overall* - distance pb
Sunday 13th September 2015
**Great North Run Half Marathon, Newcastle**
Yvonne Dehn - 2hrs 4mins 00secs
Angela Small - 2hrs 11mins 9secs

Sunday 13th September 2015
**Scottish 10k Road Running Championship, Stirling**
Dell Rae - 32mins 59secs
Jas Baillie - 44mins 35secs
Pamela Cruickshanks - 50mins 33secs
Fiona Cruickshanks - 52mins 27secs

Sunday 13th September 2015
**Mr G’s MND 5k, St Andrews**
Ronan McKinstray - 17mins 58secs
Jane Anderson - 25mins 10secs

Saturday 12th September 2015
**Portobello Parkrun 5k**
Colin McKie - 21mins 16secs - *1st MJ11-14*

Saturday 12th September 2015
**Kirkcaldy Parkrun 5k**
Bill Simpson - 23mins 16secs - *2nd MV60*
Saturday 12th September 2015
St Andrews Parkrun 5k
David Patterson - 26mins 17secs
David Nuttall - 29mins 59secs

Saturday 12th September 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 21mins 55secs

Wednesday 9th September 2015
Final Positions of “Get A Grip” Downhill Series 2015
Thomas Knox - 6th MS - 10th Overall
Jonny Knox - 2nd MV50 - 11th Overall
Lizzie Knox - 1st FJ - *2nd Female Overall*
Rosie Knox - 7mins 47secs - 2nd FJ - *3rd Female Overall*

Wednesday 9th September 2015
Caerketton Downhill, Edinburgh, 1.8k/-300m
Thomas Knox - 6mins 3secs
Jonny Knox - 6mins 22secs - 2nd MV50
Rosie Knox - 7mins 47secs - 1st F - *2nd Female Overall*
Lizzie Knox - 7mins 47secs - 2nd F - *3rd Female Overall*
Wednesday 9th September 2015
Kingsbarns Fun Run, 4 miles
Ronan McKinstry - 23mins 30secs - 3rd MJ
Eck Anderson - 24mins 49secs - 2nd MS - course pb
Ailsa Cruickshanks - 25mins 15secs - 1st FJ - *1st Female Overall* - course pb
Mike Reilly - 25mins 38secs - 3rd MV40
Giles Harris - 25mins 45secs
Colin McKie - 26mins 12secs - course pb
Bill Simpson - 28mins 31secs
Fiona Cruickshanks - 28mins 58secs - 2nd FS - *3rd Female Overall* - course pb
Ross Vanderwert - 30mins 18secs
Pamela Cruickshanks - 30mins 24secs - 3rd FV50
Gavin Gibson - 31mins 7secs
Allan Gibson - 31mins 17secs
Yvonne Dehn - 31mins 33secs - 3rd FS - course pb
Jim Hogsflesh - 32mins 58secs - course pb
Elise Methven - 34mins 00secs - 1st FV40
Susan Penman - 35mins 24secs
Angela Small - 35mins 29secs
Jane Anderson - 41mins 9secs
Sarah Gerson - 37mins 18secs
Carole Fraser - 43mins 2secs

Tuesday 8th September 2015
Stuart Duncan Memorial 5k, Glenrothes
Gordon Mathieson - 17mins 10secs - 1st MS - *1st Overall*
Karen Cunningham - 25mins 1secs - distance pb
Jane Anderson - 33mins 4secs
Saturday 5th September 2015
The Glenmore 24hrs Trail Race
Bill Hutchison - 100miles - 20hrs - course pb
Gordon Halliday -

Saturday 5th September 2015
National Mid Trail Championships, Falkland, 15k
Davie Burgess - 58mins 12secs

Saturday 5th September 2015
St Andrews Parkrun 5k
Ailsa Cruickshanks - 20mins 9secs - 1st FJ15-17 - *1st Female Overall* - course pb
Colin McKie - 20mins 13secs - 1st MJ11-14
George Findlay - 21mins 52secs
Bill Simpson - 22mins 5secs - 1st MV60
Ewan Cameron - 22mins 41secs
Pamela Cruickshanks - 23mins 17secs - 2nd FV50
Fiona Cruickshanks - 24mins 35secs - 1st FS20
Angela Small - 26mins 27secs - 3rd FV40

Saturday 5th September 2015
Kirkcaldy Parkrun 5k
Neil Smith - 17mins 2secs - 1st MV40 - *2nd Overall*
Saturday 12th September 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 21mins 55secs - 2nd MS25

Wednesday 2nd September 2015
Bishop Downhill Race, Kinnesswood, 1.1k/-240m
Gordon Mathieson - 4mins 38secs
Thomas Knox - 5mins 00secs
Jonny Knox - 5mins 15secs - 2nd MV50
Lizzie Knox - 5mins 57secs - 1st FS - *1st Female Overall*

Wednesday 2nd September 2015
Gateside Gallop, 4.2miles
Stuart McKenzie - 26mins 24secs - 3rd MS
Giles Harris - 28mins 6secs
Tich Shaw - 30mins 17secs - 2nd MV60
Gordon Halliday - 31mins 2secs
Ross Vanderwert - 32mins 42secs
Hazel Bradley - 32mins 44secs - 1st FV60
Bill Simpson - 34mins 11secs
Pamela Cruickshanks - 34mins 38secs
Fiona Cruickshanks - 35mins 17secs - 2nd FS
Yvonne Dehn - 38mins 6secs
Angela Small - 38mins 43secs - course pb
Karen Cunningham - 40mins 15secs
Tracy Chalmers - 40mins 36secs
Katrina Duncan - 40mins 55secs
Sunday 30th August 2015  
Perth 10k  
Jas Baillie - 44mins 15secs

Sunday 23rd August 2015  
Forfar 10k  
Hazel Bradley - 46mins 19secs - 1st FV60  
Jane Anderson - 1hr 8mins 31secs

Saturday 22nd August 2015  
Ochils 2000's, Bridge of Allan, 31.2k/1200m  
Jonny Knox - 3hrs 18mins 52secs - 2nd MV50  
Eck Anderson - 3hrs 51mins 44secs

Saturday 22nd August 2015  
St Andrews Parkrun 5k  
George Findlay - 22mins 00secs - 2nd MV55  
Bill Simpson - 22mins 34secs - 2nd MV60

Saturday 22nd August 2015  
Kirkcaldy Parkrun 5k  
Gordon Halliday - 20mins 45secs - 1st MV45
Wednesday 19th August 2015
Nebit Downfall, Alva, 1.6km/-419m
Jonny Knox - 6mins 25secs - 3rd MV50
Lizzie Knox - 6mins 39secs - 1st FS - *1st Female Overall*
Rosie Knox - 7mins 44secs - 1st FJ

Tuesday 18th August 2015
Ravenscraig Relay, 1mile each
Gordon Halliday - 6mins 2secs
Colin McKie - 6mins 9secs
George Findlay - 6mins 40secs
Bill Simpson - 6mins 43secs
Jackie Galloway - 8mins 29secs

Sunday 16th August 2015
Lomonds of Fife Hill Race, 16.2k/800m
Jonny Knox - 1hr 39mins 19secs - 1st MV50
Eck Anderson - 1hr 52mins 12secs
Yvonne Dehn - 2hrs 56mins 10secs

Saturday 15th August 2015
St Andrews Parkrun 5k
David Patterson - 24mins 52secs - 2nd MV55
Friday 14th August 2015
Beveridge Park 5k
Jeff Taylor - 20mins 54secs
Gordon Taylor - 21mins 47secs
Tracy Chalmers - 28mins 49secs
Jackie Galloway - 28mins 49secs

Thursday 13th August 2015
Balmullo Trail Race 4.8m, Haddies Summer Grand Prix Series, Race 11
Eck Anderson - 35mins 4secs - course pb
Tich Shaw - 38mins 9secs - 3rd MV60
George Findlay - 40mins 33secs
Jas Baillie - 42mins 2secs
Yvonne Dehn - 45mins 48secs - course pb
Tracy Chalmers - 51mins 18secs
Jackie Galloway - 51mins 19secs

Tuesday 11th August 2015
Ceres 8, Haddies Summer Grand Prix Series, Race 10
Dell Rae - 44mins 48secs - 2nd MS - *2nd Overall*
Eck Anderson - 55mins 13secs
Mike Reilly - 56mins 56secs
Gordon Halliday - 57mins 57secs
George Findlay - 1hr 00mins 47secs - 1st MV55
Ross Vanderwert - 1hr 1mins 53secs
Nick Fry - 1hr 6mins 35secs - course pb
Liam McMonagle - 1hr 7mins 59secs - course pb
Jim Hogsflfesh - 1hr 15mins 33secs - course pb
Sarah Gerson - 1hr 19mins 9secs

Sunday 9th August 2015
Forth Bridge 10k
Sharon Brown - 51mins 41secs - distance pb
Karen Cunningham - 55mins 21secs
Jane Anderson - 56mins 45secs
Angela Small - 56mins 45secs
Carole Fraser - 1hr 5mins 46secs

Sunday 9th August 2015
West Lothian Half Marathon
Jas Baillie - 1hr 36mins 4secs

Saturday 8th August 2015
St Andrews Parkrun 5k
David Patterson - 24mins 39secs
Colin McKie - 25mins 13secs - 3rd MJ11-14

Saturday 8th August 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 7secs - 2nd MV60
Saturday 8th August 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 20mins 32secs - 2nd MS25

Tuesday 4th August 2015
Carnegie Harriers Memorial Race, Knockhill, 3.9miles
Davie Burgess - 22mins 45secs

Sunday 2nd August 2015
Tour Of Fife, Overall Results
Dell Rae - 1hr 42mins 3secs - 1st MS - *1st Overall*
Eck Anderson - 2hrs 2mins 15secs
Gordon Halliday - 2hrs 10mins 12secs
Tich Shaw - 2hrs 11mins 26secs - 1st MV60
Bill Simpson - 2hrs 19mins 31secs
Ewan Cameron - 2hrs 22mins 49secs
Jaz Hay - 2hrs 29mins 47secs
Fiona Cruickshanks - 2hrs 34mins 39secs
Yvonne Dehn - 2hrs 42mins 23secs
Tracy Chalmers - 2hrs 53mins 30secs
Jackie Galloway - 2hrs 59mins 4secs
Carole Fraser - 3hrs 15mins 46secs

Sunday 2nd August 2015
Tour Of Fife, Day 5
Mega Monimail Marvel, Letham, 4.2miles
Dell Rae - 26mins 33secs - 2nd MS - *2nd Overall*
Eck Anderson - 31mins 43secs
Gordon Halliday - 33mins 29secs
Ailsa Cruickshanks - 33mins 41secs - 1st FJ
Tich Shaw - 33mins 45secs - 1st MV60
Bill Simpson - 35mins 37secs
Ewan Cameron - 36mins 46secs
Jaz Hay - 38mins 14secs
Fiona Cruickshanks - 41mins 19secs
Yvonne Dehn - 41mins 44secs
Tracy Chalmers - 44mins 9secs
Jackie Galloway - 46mins 25secs
Carole Fraser - 51mins 56secs

Sunday 2nd August 2015
Donkey Brae, Aberdour, 7miles
Jane Anderson - 1hr 19mins 27secs

Saturday 1st August 2015
Devil O' The Highlands Ultra Marathon, 42miles
Tyndrum to Fort William
Angela Small - 9hrs 54mins 56secs

Saturday 1st August 2015
The Celtic Games Internationals, Grangemouth, 1500m Steeplechase
Ailsa Cruickshanks - 5mins 19secs - 2nd FU18 - distance pb - *2nd Overall*
Saturday 1st August 2015
Highbury Fields Parkrun 5k, London
Pamela Cruickshanks - 25mins 30secs - 1st FV50

Saturday 1st August 2015
Dunfermline Parkrun 5k
Colin McKie - 22mins 17secs - 1st MJ11-14

Saturday 1st August 2015
St Andrews Parkrun 5k
David Paterson - 25mins 3secs

Saturday 1st August 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 21mins 27secs

Saturday 1st August 2015
Tour Of Fife, Day 4
Cambo Estate, Near Kingsbarns, 4miles
Dell Rae - 24mins 14secs - 1st MS - *1st Overall*
Eck Anderson - 28mins 23secs
Gordon Halliday - 30mins 19secs
Tich Shaw - 30mins 41secs - 1st MV60
Bill Simpson - 33mins 0secs
Ewan Cameron - 33mins 48secs
Jaz Hay - 32mins 48secs  
Alice Hall - 36mins 22secs - 3rd FV50  
Yvonne Dehn - 37mins 37secs  
Fiona Cruickshanks - 39mins 5secs  
Tracy Chalmers - 40mins 56secs  
Jackie Galloway - 41mins 48secs  
Carole Fraser - 46mins 18secs

Friday 31st July 2015  
Tour Of Fife, Day 3  
Uphell Time Trial, St Andrews, 1.4miles  
Dell Rae - 10mins 13secs - 1st MS - course pb - *1st Overall*  
Eck Anderson - 12mins 38secs - course pb  
Gordon Halliday - 14mins 2secs  
Bill Simpson - 14mins 19secs - 1st MV60  
Tich Shaw - 14mins 44secs - 2nd MV60  
Ewan Cameron - 15mins 24secs  
Fiona Cruickshanks - 15mins 37secs - course pb  
Jaz Hay - 16mins 2secs  
Tracy Chalmers - 18mins 25secs  
Yvonne Dehn - 18mins 38secs - course pb  
Jackie Galloway - 19mins 55secs  
Carole Fraser - 20mins 33secs

Thursday 30th July 2015  
Tour Of Fife, Day 2  
Hill of Tarvit Trail Race, Ceres, 3.1miles  
Dell Rae - 18mins 25secs - 2nd MS - *2nd Overall*
Eck Anderson - 21mins 39secs - course pb
Tich Shaw - 23mins 57secs - 1st MV60
Gordon Halliday - 24mins 9secs
Ewan Cameron - 26mins 2secs
Bill Simpson - 26mins 15secs
Fiona Cruickshanks - 26mins 39secs - course pb
Jaz Hay - 27mins 28secs
Alice Hall - 28mins 13secs - 2nd FV50
Yvonne Dehn - 28mins 57secs - course pb
Jackie Galloway - 32mins 33secs
Tracy Chalmers - 33mins 30secs
Carole Fraser - 35mins 52secs

Wednesday 29th July 2015
Tour Of Fife, Day 1
Chariots Of Fire Beach Race, St Andrews, 4.2miles
Dell Rae - 22mins 38secs - 2nd MS - course pb - *2nd Overall*
Ailsa Cruickshanks - 26mins 30secs - 1st FJ - course pb
Eck Anderson - 27mins 52secs - course pb
Gordon Halliday - 28mins 13secs
Tich Shaw - 28mins 19secs - 1st MV60 - course pb
Bill Simpson - 30mins 20secs
Ewan Cameron - 30mins 49secs - course pb
Fiona Cruickshanks - 31mins 59secs - course pb
Jaz Hay - 32mins 48secs
Alice Hall - 33mins 27secs - 2nd FV50
Yvonne Dehn - 35mins 13secs - course pb
Jackie Galloway - 37mins 26secs
Sunday 26th July 2015
Fort William Marathon
Hazel Bradley - 4hrs 15mins 50secs - 1st FV60 - distance pb

Sunday 26th July 2015
The Dirty Weekend, Overall Results
Eck Anderson - 1hr 47mins 13secs - 8th MS
Ewan Cameron - 2hrs 5mins 44secs - 11th FS
Chris Broome - 2hrs 12mins 37secs - 8th MV55
Sharon Brown - 2hrs 13mins 57secs - 11th FS
Yvonne Dehn - 2hrs 19mins 57secs - 15th FS
Karen Cunningham - 2hrs 25mins 20secs - 19th FS
Angela Small - 2hrs 26mins 28secs - 6th FV40
Jane Anderson - 2hrs 32mins 7secs - 9th FV40
George Hay - 2hrs 37mins 54secs - 11th MV50
Carole Fraser - 2hrs 51mins 32secs - 6th FV50

Sunday 26th July 2015
The Dirty Weekend, Day 3
Skull Mountain Trail Race, Falkland, 4.7miles
Eck Anderson - 33mins 20secs
Gordon Halliday - 36mins 11secs
Ewan Cameron - 39mins 27secs
Chris Broome - 41mins 39secs
Sharon Brown - 42mins 30secs
Yvonne Dehn - 44mins 0secs
Angela Small - 44mins 15secs
Karen Cunningham - 45mins 31secs
Debz Hay - 46mins 32secs
Jane Anderson - 47mins 11secs
George Hay - 48mins 47secs
Carole Fraser - 54mins 15secs

Saturday 25th July 2015
The Dirty Weekend, Day 2
Psycho Skwerl Splash, Falkland, 5.2miles
Eck Anderson - 38mins 20secs
Ewan Cameron - 44mins 41secs
Chris Broome - 46mins 32secs
Sharon Brown - 47mins 3secs
Yvonne Dehn - 49mins 33secs
Karen Cunningham - 51mins 2secs
Angela Small - 51mins 49secs
Jane Anderson - 54mins 15secs
George Hay - 58mins 3secs
Carole Fraser - 1hr 0mins 11secs

Saturday 18th July 2015
St Andrews Parkrun 5k
Mike Reilly - 19mins 31secs - 2nd MV40 - course pb
Saturday 25th July 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 6secs - 1st MV60
Jas Baillie - 21mins 30secs - 2nd MV55 - course pb

Friday 24th July 2015
The Dirty Weekend, Day 1
The Nutcracker, Falkland, 4.7miles
Eck Anderson - 35mins 33secs
Gordon Halliday - 37mins 59secs
Ewan Cameron - 41mins 46secs
Sharon Brown - 44mins 24secs
Chris Broome - 44mins 26secs
Yvonne Dehn - 46mins 24secs
Karen Cunningham - 48mins 47secs
Debz Hay - 49mins 1secs
Angela Small - 50mins 24secs
Jane Anderson - 50mins 51secs
George Hay - 51mins 4secs
Carole Fraser - 57mins 6secs

Saturday 18th July 2015
Clyde Stride Ultra Marathon, 43miles
Bill Hutchison - 5hrs 50mins 52secs - 1st MV60 - course pb
Saturday 18th July 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 6secs - 2nd MV60 - course pb
Jas Baillie - 21mins 52secs - 1st MV55 - course pb
Bill Simpson - 22mins 42secs - 3rd MV60

Saturday 18th July 2015
St Andrews Parkrun 5k
Jaz Hay - 24mins 13secs - 2nd FS20 - course pb
David Patterson - 25mins 22secs - 3rd MV55

Friday 17th July 2015
Beveridge Park 5k, Haddies Summer Grand Prix Series, Race 9
Jeff Taylor - 20mins 13secs
Colin McKie - 21mins 16secs - 1st MU17
Bill Simpson - 21mins 51secs - 1st MV60
Ewan Cameron - 22mins 59secs
Fiona Cruickshanks - 23mins 35secs - 2nd FS - *3rd Female Overall*
Sharon Brown - 24mins 43secs - 3rd FS
Susan Penman - 25mins 33secs - 2nd FV40

Wednesday 15th July 2015
Maddie Moss Mash Hill Race, 10k/760m
Jonny Knox - 58mins 13secs - 1st MV50
Ian Mills - 1hr 8mins 25secs
Lizzie Knox - 1hr 17mins 42secs - course pb
Rosie Knox - 1hr 20mins 49secs - 1st FJ
Tracy Knox - 1hr 27mins 22secs

**Tuesday 14th July 2015**

**Ravenscraig 1mile**
Allan Galloway - 10mins 0secs
Jackie Galloway - 10mins 1secs - 3rd FV50
Tracy Chalmers - 10mins 1secs

**Sunday 12th July 2015**

**Dram Marathon, Dundee**
Mike Reilly - 4hrs 14mins 15secs

**Sunday 12th July 2015**

**Dram Half Marathon, Dundee**
Susan Penman - 2hrs 00mins 1secs
Sharon Brown - 2hrs 7mins 00secs

**Sunday 12th July 2015**

**Heart of the Park Challenge, Braemar 12k**
Eck Anderson - 1hr 3mins 50secs
Tich Shaw - 1hr 8mins 17secs - 1st MV60
Jas Baillie - 1hr 12mins 38secs
Jaz Hay - 1hr 26mins 35secs - course pb
Yvonne Dehn - 1hr 26mins 36secs - course pb
Debz Hay - 1hr 40mins 21secs
George Hay - 1hr 40mins 24secs

Saturday 11th July 2015
St Cuthberts Way Ultra Marathon, Scottish Borders, 100k
Gordon Halliday - 14hrs 4mins 35secs - 2nd MV40

Saturday 11th July 2015
Edinburgh Parkrun 5k
Colin McKie - 22mins 1secs - 3rd MJ11-14

Saturday 11th July 2015
Kirkcaldy Parkrun 5k
Bill Simpson - 23mins 25secs - 1st MV60
Catriona Duncan - 26mins 7secs - 1st FV60

Saturday 11th July 2015
St Andrews Parkrun 5k
Ross Vanderwert - 22mins 33secs - 1st MS30
David Paterson - 25mins 39secs
Sarah Gerson - 28mins 51secs
David Nuttall - 29mins 15secs
Jane Anderson - 47mins 10secs
Wednesday 8th July 2015
Newburgh 4.2miles, Haddies Summer Grand Prix Series, Race 8
Dell Rae - 24mins 16secs - 2nd MS - *2nd Overall*
Ailsa Cruickshanks - 30mins 8secs - 1st FU18 - course pb
Eck Anderson - 28mins 19secs - course pb
Tich Shaw - 29mins 27secs - 3rd MV60
Gordon Halliday - 29mins 29secs - 1st MV45
Bill Simpson - 31mins 41secs
Ross Vanderwert - 31mins 54secs
Fiona Cruickshanks - 33mins 53secs - course pb
Pamela Cruickshanks - 33mins 57secs
Jaz Hay - 34mins 51secs
Sharon Brown - 35mins 9secs
Yvonne Dehn - 35mins 26secs - course pb
Colin McKie - 35mins 39secs
Tracy Chalmers - 39mins 14secs
Jackie Galloway - 40mins 43secs
Sarah Gerson - 40mins 55secs
Carole Fraser - 44mins 56secs

Sunday 5th July 2015
Stonehaven Half Marathon
Davie Burgess - 1hr 27mins 35secs
Mike Reilly - 1hr 39mins 49secs
Sunday 5th July 2015
Race for Life 10k, Perth
Jane Anderson - 55mins 00secs

Saturday 4th July 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 47secs - 1st MV60
Jackie Galloway - 29mins 22secs
Tracy Chalmers - 29mins 23secs - 3rd FV40

Saturday 4th July 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 22mins 21secs - 2nd MS25

Thursday 2nd July 2015
Sandy Slither 6.1miles, Haddies Summer Grand Prix Series, Race 7
Stuart McKenzie - 42mins 5secs
Ailsa Cruickshanks - 45mins 33secs - 1st FJ - course pb - *2nd Female Overall*
Eck Anderson - 46mins 8secs
Mike Reilly - 48mins 3secs
Tich Shaw - 48mins 17secs - 2nd MV60
Gordon Halliday - 48mins 23secs
Jas Baillie - 48mins 55secs
Ross Vanderwert - 50mins 25secs
Bill Simpson - 51mins 30secs - 3rd MV60
George Findlay - 51mins 48secs
Tuesday 30th June 2015

Ravenscraig 1mile

Dell Rae - 4mins 49secs - 2nd MS

Sunday 28th June 2015

Benarty Trail Race, 5.5m, Haddies Summer Grand Prix Series, Race 6

Eck Anderson - 34mins 32secs
Colin McKie - 37mins 48secs - 1st MJ
Gordon Halliday - 36mins 37secs
Bill Simpson - 38mins 2secs - 2nd MV60
Ewan Cameron - 38mins 55secs
Yvonne Dehn - 41mins 43secs
Sharon Brown - 42mins 53secs
Fiona Cruickshanks - 43mins 52secs
Susan Penman - 45mins 10secs
Karen Cunningham - 45mins 22secs
Jane Anderson - 48mins 20secs
Carole Fraser - 52mins 40secs

Fiona Cruickshanks - 54mins 55secs - 1st MJ
Alice Hall - 56mins 36secs
Pamela Cruickshanks - 56mins 38secs
Yvonne Dehn - 58mins 11secs - course pb
Sharon Brown - 58mins 39secs
Jim Hogsflesh - 1hr 4mins 9secs
Sarah Gerson - 1hr 7mins 42secs
Saturday 27th June 2015
Ultimate Trails Challenge, Lake District, 55k
Christine Bowie - 9hrs 48mins 53secs

Saturday 27th June 2015
Largo Law Hill Race
Stuart Mckenzie - 52mins 19secs
Tich Shaw - 1hr 0mins 38secs
Ross Vanderwert - 1hr 8mins 13secs

Saturday 27th June 2015
St Andrews Parkrun 5k
David Patterson - 25mins 17secs
David Nuttall - 27mins 34secs
Sarah Gerson - 29mins 27secs

Saturday 27th June 2015
Kirkcaldy Parkrun 5k
Tracy Chalmers - 27mins 31secs - 2nd FV40 - course pb

Saturday 27th June 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 19mins 33secs - 1st MS25
Thursday 25th June 2015
Milnathort Dash, 5.5miles
Bill Simpson - 39mins 25secs

Wednesday 24th June 2015
Strawberry Novice Race, Cairnie Fruit Farm, Cupar, 2miles
Colin McKie - 10mins 55secs - 2nd MJ13 - *3rd Overall*

Sunday 21st June 2015
Seven Hills of Edinburgh Challenge, 22.4k/670m
Ewan Davidson - 3hrs 25mins 19secs
Alice Hall - 3hrs 25mins 24secs - course pb
Pamela Cruickshanks - 3hrs 25mins 24secs - course pb
Hazel Bradley - 3hrs 25mins 27secs - course pb
Jaz Hay - 3hrs 25mins 29secs
Sharon Brown - 3hrs 25mins 30secs - course pb

Sunday 21st June 2015
Glenrothes 10k, Haddies Summer Grand Prix Series, Race 5
Dell Rae - 34mins 27secs - 2nd MS - *2nd Overall*
Stuart McKenzie - 38mins 34secs - course pb
Ailsa Cruickshanks - 43mins 7secs
Jas Baillie - 44mins 49secs
Gordon Halliday - 45mins 24secs
Ewan Cameron - 48mins 50secs
Fiona Cruickshanks - 55mins 38secs
Jane Anderson - 55mins 37secs
Susan Penman - 55mins 57secs
Angela Small - 57mins 58secs
Jackie Galloway - 58mins 59secs
Tracy Chalmers - 1hr 1mins 16secs

Glenrothes 4k
Colin McKie - *3rd Overall*

Sunday 21st June 2015
Sameons Trail Race, France, 31k/2200m
Jonny Knox - 4hrs 9mins 3secs
Eck Anderson - 4hrs 37mins 55secs

Saturday 20th June 2015
Sameons Trail Race, France, 18k/1200m
Rosie Knox - 2hrs 26mins 48secs
Yvonne Dehn - 2hrs 45mins 30secs
Tracy Knox - 2hrs 50mins 44secs

Saturday 20th June 2015
St Andrews Parkrun 5k
Bill Simpson - 25mins 16secs - 2nd MV60
David Patterson - 25mins 58secs - 3rd MV55
Saturday 20th June 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 19mins 27secs - 1st MS25

Friday 19th June 2015
Beveridge Park 5k
Stuart McKenzie - 18mins 20secs

Wednesday 17th June 2015
Haddies 4 x 400 Relay Race, St Andrews
Davie Burgess, Pamela, Tracy K, Ross - 4mins 54secs - 1st Overall*
Ronan, Sharon, Jaz, Sophie - 5mins 13secs - 2nd Overall*
Davie Brisland, Ian, Lizzie, Hannah - 5mins 19secs - 3rd Overall*
Ailsa, Ewan C, Ewan L, Jennifer - 5mins 27secs
Gordon, Jeff, Audrey, Lucy - 5mins 30secs
Colin, Fiona, Gary, Kylie - 5mins 31secs
Jonny, Yvonne, Angela, Tracy C - 5mins 34secs
Thomas, Jackie, Rosie, Lynne - 5mins 37secs
Eck, Hazel, George F, Jo - 5mins 53secs

Saturday 13th June 2015
Scottish Schools Track and Field Champs, Grangemouth, 3000m
Ailsa Cruickshanks - 11mins 8secs
Saturday 13th June 2015
Traprain Law Hill Race, East Linton, 6.5miles/710ft
Davie Burgess - 44mins 2secs - **2nd MV40**

Saturday 13th June 2015
St Andrews Parkrun 5k
Neil Smith - 18mins 4secs - **1st MV40** - *1st Overall*
David Nuttall - 29mins 00secs

Saturday 13th June 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 25secs - **1st MV60** - course pb
Catriona Duncan - 26mins 37secs - **1st FV60**
Tracy Chalmers - 27mins 36secs - course pb

Friday 12th June 2015
Scottish Schools Track and Field Champs, Grangemouth
1500m Steeplechase
Ailsa Cruickshanks - 5mins 31secs - *1st Overall* - *Gold Medal*

Friday 12th June 2015
Mini-Tour of Fife
Kingsbarns Multi-Terrain Race
**U15** - 5k
Colin McKie - 18mins 58secs
Thursday 11th June 2015
Mini-Tour of Fife
Tarvit Estate Time Trial
U15 - 2.1k
Colin McKie - 8mins 21secs - course pb

Wednesday 10th June 2015
Mini-Tour of Fife
Morton of Pitmilly Trail Race, Kingsbarns
U15 - 3miles
Colin McKie - 23mins 31secs

Tuesday 9th June 2015
Fife Schools Track and Field, Pitreavie, 1500m
Over 17 Girls
Ailsa Cruickshanks - *1st Overall*

Under 17 Girls
Rosie Knox - *2nd Overall*

Tuesday 9th June 2015
Mini-Tour of Fife
East Lomond Hill Race
U15 - 3miles
Colin McKie - 22mins 49secs
Monday 8th June 2015
Mini-Tour of Fife
West Sands Beach Race, St Andrews
U15 - 3miles
Colin McKie - 20mins 46secs

Sunday 7th June 2015
Strathearn Marathon, Perthshire
Angela Small - 5hrs 1mins 37secs

Saturday 6th June 2015
St Andrews Parkrun 5k
David Paterson - 3rd MV55

Saturday 6th June 2015
Kirkcaldy Parkrun 5k
Tich Shaw - 21mins 54secs - 3rd MV60

Saturday 6th June 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 18mins 3secs - 1st MS25
Wednesday 3rd June 2015
Hill Of Tarvit 5.5miles, 3rd Race in FAC Midweek Series
Haddies Summer Grand Prix Series, Race 4

Thomas Knox - 37mins 50secs
Jonny Knox - 37mins 56secs - 2nd MV50
Eck Anderson - 40mins 38secs
Ailsa Cruickshanks - 41mins 52secs - 1st FU20 - course pb
Gordon Halliday - 43mins 00secs
Davie Brisland - 43mins 3secs
Colin McKie - 43mins 8secs - 2nd MU18
Rosie Knox - 44mins 45secs - 2nd FU20 - course pb
George Findlay - 46mins 6secs - 2nd MV55
Ross Vanderwert - 47mins 51secs
Pamela Cruickshanks - 49mins 13secs - 3rd FU50
Yvonne Dehn - 49mins 16secs - course pb
Fiona Cruickshanks - 50mins 25secs - course pb
Nick Fry - 50mins 50secs
Tracy Knox - 51mins 15secs - course pb
Sharon Brown - 52mins 3secs
Chris Broome - 52mins 18secs
Jaz Hay - 52mins 20secs
Liam McMonagle - 53mins 22secs
Susan Penman - 56mins 1secs - course pb
Jim Hogsflesh - 57mins 7secs
Debz Hay - 57mins 20secs
Tracy Chalmers - 58mins 19secs
Jackie Galloway - 59mins 24secs
George Hay - 1hr 1mins 57secs
Sunday 31st May 2015

**Edinburgh Marathon**

Giles Harris - 3hr 22mins 29secs - distance pb
Davie Brisland - 3hr 27mins 29secs - distance pb
Jas Baillie - 3hr 35mins 15secs - course pb
Darren Anderson - 4hr 22mins 15secs

Sunday 31st May 2015

**Edinburgh Half Marathon**

Rachael Grieve - 1hr 34mins 16secs - distance pb
Yvonne Dehn - 1hr 51mins 17secs - distance pb
Susan Penman - 1hr 52mins 45secs - distance pb
Jaz Hay - 1hr 58mins 41secs - course pb
George Hay - 2hrs 20mins 1secs

Sunday 31st May 2015

**Chariots Of Fire 5k, St Andrews**

Colin McKie - 22mins 40secs
George Findlay - 23mins 30secs
Liam McMonagle - 24mins 51secs
Bill Simpson - 25mins 19secs

Saturday 29th May 2015

**Edinburgh 5k**

Colin McKie - 21mins 26secs
Saturday 29th May 2015
Kirkcaldy Parkrun 5k
Sharon Brown - 25mins 49secs - 1st FS30
Tracy Chalmers - 35mins 20secs

Friday 29th May 2015
Mega Monimail Marvel Trail Race, Letham, 4.4miles
Carol Fraser - 54mins 17secs

Saturday 23rd May 2015
Isle of Jura Fell Race, 16miles/7500ft
Thomas Knox - 4hrs 51mins 4secs - course pb
Eck Anderson - 5hrs 29mins 31secs

Saturday 23rd May 2015
Kirkcaldy Parkrun 5k, Haddies Summer Grand Prix Series, Race 3
Ailsa Cruickshanks - 20mins 30secs - 1st FJ15 - *2nd Female Overall*
Colin McKie - 21mins 1secs - 1st MJ11
George Findlay - 21mins 59secs - 2nd MV55
Gordon Halliday - 22mins 39secs - 1st MV45
Ewan Cameron - 22mins 45secs - 3rd MV55
Pamela Cruickshanks - 23mins 13secs - 1st FV50 - course pb
Yvonne Dehn - 23mins 42secs - 2nd FS25
Sharon Brown - 25mins 3secs - 3rd FS30 - course pb
Fiona Cruickshanks - 25mins 27secs - 1st FS20
Carole Fraser - 30mins 39secs - 3rd FV50
Tracy Chalmers - 31mins 5secs
Saturday 23rd May 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 19mins 19secs - 2nd MS25

Friday 22nd May 2015
Beveridge Park 5k
Stuart McKenzie - 18mins 50secs
Jeff Taylor - 20mins 13secs
Fiona Cruickshanks - 23mins 4secs

Sunday 17th May 2015
Windermere Marathon
Eck Anderson - 3hrs 53mins 27secs

Saturday 16th May 2015
Cateran Ultra Marathon, 110miles
Gordon Halliday - 28hrs 34mins 16secs - 2nd MV40 - *3rd Overall*

Saturday 16th May 2015
Goatfell Hill Race, Isle of Arran, 15.5km/870m
Christine Bowie - 2hrs 22mins 33secs - 3rd FV50

Saturday 16th May 2015
Kirkcaldy Parkrun 5k
Ewan Lumsden - 18mins 47secs - 1st MS35 - course pb - *3rd Overall*
Saturday 16th May 2015
St Andrews Parkrun 5k
Ross Vanderwert - 22mins 13secs - 3rd MS30 - course pb
Colin McKie - 25mins 20secs - 3rd MJ11
Sarah Gerson - 32mins 34secs

Saturday 16th May 2015
Motor Neuron Disease Charity Run, Strathclyde, 4miles
Jane Anderson -

Friday 15th May 2015
Black Rock 5
Dell Rae - 25mins 15secs
Yvonne Dehn - 37mins 40secs - course pb
Sharon Brown - 39mins 10secs
Tich Shaw - 42mins 8secs
Tracy Chalmers - 43mins 58secs
Jackie Galloway - 44mins 2secs

Wednesday 13th May 2015
Cape Wrath Challenge The Around Durness Run, 6miles
Carole Fraser - 1hr 9mins 1secs
Tuesday 12th May 2015
Cape Wrath Challenge Hill Run, 5.2miles
Carole Fraser - 1hr 1mins 59secs

Monday 11th May 2015
Cape Wrath Challenge 10k
Carole Fraser - 1hr 5mins 31secs

Saturday 9th May 2015
Loch Leven Half Marathon
Giles Harris - 1hr 27mins 36secs
Stuart McKenzie - 1hr 31mins 7secs
Yvonne Dehn - 1hrs 58mins 8secs
Jaz Hay - 1hr 58mins 22secs
Angela Small - 2hrs 1mins 32secs

Saturday 9th May 2015
Kirkcaldy Parkrun 5k
Ewan Lumsden - 19mins 8secs - 2nd MS35 -*3rd Overall*

Saturday 9th May 2015
Edinburgh Parkrun 5k
Colin McKie - 19mins 55secs - 2nd MJ11 - course pb
Saturday 9th May 2015
St Andrews Parkrun 5k
George Findlay - 22mins 23secs
Carole Fraser - 30mins 22secs

Saturday 9th May 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 19mins 53secs - 1st MS25

Wednesday 6th May 2015
St Andrews 5k, 2nd Race in FAC Midweek Series
Haddies Summer Grand Prix Series, Race 2
Ronan McKinstray - 17min 23secs - 2nd MU20 - course pb
Jonny Knox - 19mins 2secs
Bill Hutchison - 19min 21secs - 2nd MV60
Eck Anderson - 19mins 36secs - course pb
Thomas Knox - 19mins 43secs
Mike Reilly - 19mins 57secs
Colin McKie - 19mins 59secs - 3rd MU13
Gordon Halliday - 20mins 25secs
Ross Vanderwert - 21mins 56secs
Ewan Cameron - 22min 14secs - course pb
Jaz Hay - 23mins 57secs
Sarah Gerson - 27mins 22secs
Tracy Chalmers - 27mins 48secs
Carole Fraser - 31min 13secs - course pb
Saturday 2nd May 2015
Stuc o’ Chroin Hill Race, 22k/1500m
Mark Harris - 2hrs 35mins 6secs - 2nd MV40
Jonny Knox - 2hrs 49mins 57secs - 2nd MV50
Eck Anderson - 3hrs 53mins 2secs

Saturday 2nd May 2015
Kirkcaldy Parkrun 5k
Ailsa Cruickshanks - 20mins 39secs - 1st FJ15 -*1st Female Overall*
Fiona Cruickshanks - 24mins 22secs - 1st FS20

Saturday 2nd May 2015
St Andrews Parkrun 5k
Colin McKie - 19mins 42secs - 1st MJ11 - distance pb
Yvonne Dehn - 24mins 30secs - 3rd FS25 - distance pb

Thursday 30th April 2015
Kinross 10k
Sharon Brown - 52mins 53secs - distance pb

Tuesday 28th April 2015
Ravenscraig 1mile
Gordon Halliday - 5mins 57secs
Bill Simpson - 6mins 34secs - 1st MV60
Sunday 26th April 2015
London Marathon
Neil Smith - 2hrs 36mins 10secs - distance pb - *Club Record*
Dell Rae - 2hrs 40mins 40secs - distance pb
Elise Methven - 3hrs 54mins 36secs - distance pb
Susan Penman - 3hrs 59mins 18secs - distance pb

Sunday 26th April 2015
Balmoral 15mile Trail Race
Chris Broome - 2hrs 23mins 57secs

Sunday 26th April 2015
Lomond Junior Hill Race
Colin McKie - 17mins 48secs

Saturday 25th April 2015
Balmoral 10k
Jennifer Gallagher - 1hr 15mins 46secs

Saturday 25th April 2015
Kirkcaldy Parkrun
Sharon Brown - 25mins 7secs - 2nd FS30
Jackie Galloway - 28mins 4secs - course pb
Tracy Chalmers - 28mins 4secs - 2nd FV40 - course pb
Saturday 25th April 2015
St Andrews Parkrun
Bill Simpson - 21mins 46secs - 2nd MV60
Dave Nuttall - 31mins 17secs

Saturday 18th April 2015
Normans Law Hill Race, Luthrie, 8k/215m
Jonny Knox - 34mins 53secs - 1st MV50
Tracy Knox - 50mins 8secs - 3rd FV50

Saturday 18th April 2015
Kirkcaldy Parkrun
Bill Simpson - 21mins 55secs - 1st MV60 - course pb
Jas Baillie - 21mins 58secs - 1st MV55
Jackie Galloway - 28mins 18secs - course pb
Tracy Chalmers - 28mins 18secs - 1st FV40 - course pb

Saturday 18th April 2015
St Andrews Parkrun
Colin McKie - 20mins 11secs - 1st MJ11 - course pb
Angela Small - 35mins 19secs

Friday 17th April 2015
Beveridge Park 5k
Stuart McKenzie - 18mins 37secs
Jeff Taylor - 20mins 31secs
Gordon Halliday - 20mins 43secs
Bill Simpson - 21mins 45secs - 1st MV60

Wednesday 15th April 2015
Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series
Haddies Summer Grand Prix Series, Race 1
Ronan McKinstray - 27min 13secs - 2nd MJU20 - course pb
Jonny Knox - 28min 54secs - 2nd MV50 - course pb
Bill Hutchison - 30min 34secs - 2nd MV60
Eck Anderson - 30min 39secs
Ailsa Cruickshanks - 30min 41secs - 1st FJU20 - course pb
Davie Brisland - 30min 48secs - 2nd MV45
Mike Reilly - 32min 38secs
Gordon Halliday - 32min 41secs
Bill Simpson - 33min 51secs
George Findlay - 34min 8secs
Rosie Knox - 34min 39secs - 2nd FJU20 - course pb
Ewan Cameron - 34min 53secs
Hazel Bradley - 36min 16secs - 1st FV60
Alice Hall - 36min 36secs - 2nd FV50 - course pb
Fiona Cruickshanks - 36min 55secs - 3rd FJU20
Pamela Cruickshanks - 37min 29secs
Jaz Hay - 38min 6secs
Tracy Knox - 39min 36secs
Catriona Duncan - 40min 6secs - 3rd FV60
Allan Galloway - 40min 48secs
Susan Penman - 40min 50secs
Sarah Gerson - 42min 7secs
Jackie Galloway - 45min 18secs
Sunday 12th April 2015
Angus Half Marathon
Davie Brisland - 1hr 32mins 44secs
Angela Small - 2hrs 6mins 42secs

Sunday 12th April 2015
Paris Marathon
Yvonne Dehn - 4hrs 19mins 00secs - distance pb

Sunday 12th April 2015
Round The Houses 10k, Grangemouth
Hazel Bradley - 44mins 47secs - 1st FV60
Jane Anderson - 1hr 2mins 30secs

Sunday 12th April 2015
Round The Houses 2k, Grangemouth
Colin McKie - distance pb

Saturday 11th April 2015
Oxfam Trailwalkers, Melbourne, 100k
Duncan Hall - 13hrs 37mins
Saturday 11th April 2015
St Andrews Parkrun
Dave Nuttall - 27mins 1secs - course pb
Ross Vanderwert - 28mins 17secs
Sarah Gerson - 28mins 18secs - 2nd FS30 - course pb

Saturday 11th April 2015
Kirkcaldy Parkrun
Bill Simpson - 22mins 22secs - 1st MV60
Fiona Cruickshanks - 24mins 55secs - 1st FJ18
Carole Fraser - 30mins 14secs - 3rd FV50

Sunday 5th April 2015
Tom Scott Memorial 10 Miles
Dell Rae - 54mins 48secs

Sunday 5th April 2015
West Lothian Easter 10k
Angela Small
Jane Anderson

Saturday 4th April 2015
Glasgow to Edinburgh Ultra, 55miles
Allan Galloway - 11hrs 30mins
Saturday 4th April 2015
Kirkcaldy Parkrun
Colin McKie - 20mins 55secs - 2nd MJ11 - course pb
Fiona Cruickshanks - 23mins 44secs - 1st FJ18
Sarah Gerson - 28mins 52secs - 2nd FS30

Tuesday 31st March 2015
Ravenscraig 2miles
Dell Rae - 10mins 42secs
Ronan McKinstray - 11mins 9secs - 2nd MU20
Gordon Halliday - 12mins 47secs - 3rd MV40
Bill Simpson - 13mins 47secs - 3rd MV60

Sunday 29th March 2015
Kilomathon, Edinburgh, 13.1k
Ewan Davidson - 1hrs 00mins 25secs - 2nd MV65

Saturday 28th March 2015
St Andrews Parkrun
Elise Methven - 21mins 45secs - 2nd FV40 - course pb -*3rd Female Overall*
David Patterson - 25mins 39secs - 2nd MV55
Dave Nuttall - 27mins 8secs
Sarah Gerson - 30mins 2secs - course pb

Saturday 28th March 2015
Kirkcaldy Parkrun
Ailsa Cruickshanks - 20mins 35secs - 1st FJ15 - *1st Female Overall*
Bill Simpson - 22mins 22secs - 2nd MV60
Fiona Cruickshanks - 24mins 8secs - 1st FJ18
Jackie Galloway - 28mins 36secs - 3rd FV50 - course pb
Tracy Chalmers - 28mins 37secs - 2nd FV40 - course pb

Friday 27th March 2015
Nightmare Race (6), Hill Of Tarvit, Ceres
Davie Burgess - 19mins 31secs - *2nd Overall*
Bill Simpson - 25mins 11secs

Sunday 22nd March 2015
Loch Katrine Half Marathon
Angela Small - 2hrs 10mins 40secs

Sunday 22nd March 2015
The Lost Trails 5.5miles, Falkland
Ronan McKinstray - 35mins 57secs - 2nd MJ
Ailsa Cruickshanks - 41mins 25secs - 1st FJ - *3rd Female Overall*
Gordon Halliday - 43mins 14secs
Colin McKie - 43mins 22secs
Bill Simpson - 45mins 57secs - 1st MV60
Hazel Bradley - 46mins 25secs - 1st FV60
Pamela Cruickshanks - 47mins 28secs - 1st FV50
Fiona Cruickshanks - 49mins 51secs - 3rd FJ
Chris Broome - 52mins 19secs
Sharon Brown - 53mins 14secs
Saturday 21st March 2015
Kirkcaldy Parkrun
Stuart McKenzie - 18mins 51secs - 2nd MS30
Ailsa Cruickshanks - 19mins 58secs - 1st FJ15 - course pb - *2nd Female Overall*
Gordon Halliday - 21mins 15secs
Bill Simpson - 22mins 8secs - 2nd MV60 - course pb
Fiona Cruickshanks - 23mins 46secs - 1st FJ18
Jackie Galloway - 28mins 52secs - course pb
Tracy Chalmers - 28mins 52secs - course pb

Saturday 21st March 2015
St Andrews Parkrun
David Patterson - 25mins 16secs - 1st MV55
Colin McKie - 26mins 49secs
Jane Anderson - 26mins 58secs - 3rd FV40
Jaz Hay - 32mins 51secs - 2nd FS20
George Hay - 32mins 54secs
Debz Hay - 33mins 3secs

Saturday 21st March 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 18mins 18secs - 2nd MS25
Sunday 15th March 2015

Alloa Half Marathon
Dell Rae - 1hr 13mins 35secs - course pb
Davie Brisland - 1hr 28mins 39secs distance pb
Angela Small - 2hrs 11mins 10secs
Jane Anderson - 2hrs 11mins 10secs

Saturday 14th March 2015

Kirkcaldy Parkrun
Bill Simpson - 22mins 23secs - 2nd MV60
Pamela Cruickshanks - 23mins 14secs - 1st FV50
Fiona Cruickshanks - 24mins 22secs - 1st FJ18
Stuart McKenzie - 35mins 52secs

Saturday 14th March 2015

St Andrews Parkrun
Colin McKie - 20mins 46secs - 2nd MJ11 - course pb
David Patterson - 25mins 1secs - 2nd MV55

Wednesday 11th March 2015

Mars Bar Race (6) 4miles
Ronan McKinstray - 23mins 49secs
Jonny Knox - 26mins 00secs
Jeff Taylor - 26mins 39secs - course pb
Ailsa Cruickshanks - 27mins 55secs
Rosie Knox - 28mins 20secs - course pb
Colin McKie - 28mins 42secs - course pb
Darren Anderson - 28mins 44secs - course pb
Eck Anderson - 29mins 1secs
Bill Simpson - 29mins 2secs
Fiona Cruickshanks - 30mins 13secs
Ross Vanderwert - 30mins 44secs
Yvonne Dehn - 30mins 45secs - course pb
Jaz Hay - 31mins 3secs - course pb
Liam McMonagle - 31mins 9secs - course pb
Pamela Cruickshanks - 32mins 19secs
Susan Penman - 33min 41secs - course pb
Dave Nuttall - 36mins 7secs
Jackie Galloway - 39mins 30secs
Tracy Chalmers - 39mins 52secs
Sarah Gerson - 39mins 52secs

Sunday 8th March 2015
Lindsay's Borders Marathon, Kelso
Giles Harris - 3hrs 34mins 28secs

Sunday 8th March 2015
Gartmorn 6, Alloa
Gordon Halliday - 44mins 58secs
Saturday 7th March 2015
Scottish Schools Cross Country Championships, Irvine, 3miles
Girls Over 17
Ailsa Cruickshanks - 18mins 46secs - *3rd Overall* - *Bronze Medal*

Saturday 7th March 2015
Kirkcaldy Parkrun
Stuart McKenzie - 18mins 50secs - 1st MS30 - *2nd Overall*
Bill Simpson - 22mins 32secs - 1st MV60
Fiona Cruickshanks - 23mins 00secs - 1st FJ18 - course pb - *3rd Female Overall*

Saturday 7th March 2015
St Andrews Parkrun
David Patterson - 25mins 49secs - 2nd MV55

Monday 2nd March 2015
Shellbay Torch-lit Race, Elie, 3.2miles
Colin McKie - 24mins 47secs - 2nd MJ
Gordon Halliday - 25mins 9secs - 3rd MV40
Eck Anderson - 25mins 10secs
Jim Anderson - 34mins 26secs
Jane Anderson - 34mins 27secs

Sunday 1st March 2015
Bishop Hill Race, Scotlandwell, 3.5k/300m
Gordon Mathieson - 20mins 36secs
Sunday 1st March 2015
Smokies 10, Arbroath
Elise Methven - 1hr 16mins 52secs - distance pb
Fiona Cruickshanks - 1hr 23mins 49secs - distance pb
Pamela Cruickshanks - 1hr 25mins 35secs
Susan Penman - 1hr 25mins 39secs - distance pb
Yvonne Dehn - 1hr 26mins 57secs - distance pb
Angela Small - 1hr 43mins 22secs

Saturday 28th February 2015
Cupar 5
Ronan McKinstray - 28mins 35secs - 2nd MJ - course pb
Stuart McKenzie - 30mins 5secs - course pb
Gordon Halliday - 34mins 6secs
Bill Simpson - 35mins 39secs

Saturday 28th February 2015
St Andrews Parkrun
David Patterson - 25mins 13secs - 1st MV55
Darcey Mackenzie - 39mins 11secs
Jim Hogsflesh - 39mins 13secs
Mhairi Mackenzie - 39mins 13secs

Friday 27th February 2015
Nightmare Series (5) Coull Den, Glenrothes, 3.6miles
Bill Simpson -
Sunday 22nd February 2015
Scottish National Cross Country Championships, Falkirk
Senior Men - 12k
Gordon Mathieson - 47mins 15secs
Davie Burgess - 51mins 40secs
Stuart McKenzie - 53mins 18secs

Senior Women - 8k
Pamela Cruickshanks - 39mins 47secs

U13 Boys - 3.2k
Colin McKie - 14mins 14secs

Saturday 21st February 2015
St Andrews Parkrun
David Patterson - 25mins 45secs - 2nd MV55
Angela Small - 35mins 54secs

Saturday 21st February 2015
Kirkcaldy Parkrun
Bill Simpson - 22mins 45secs - 1st MV60
Fiona Cruickshanks - 23mins 3secs - 1st FJ18 - course pb - *2nd Female Overall*
Tracy Chalmers - 28mins 57secs - course pb

Saturday 21st February 2015
Maribyrnong Parkrun 5k, Melbourne
Duncan Hall - 18mins 14secs - 1st MS25 - course pb - *1st Overall*

Wednesday 18th February 2015
Mars Bar Race (5) 4miles
Ronan McKinstry - 23mins 24secs - course pb
Davie Burgess - 24mins 27secs
Stuart McKenzie - 24mins 51secs
Jonny Knox - 25mins 32secs
Ailsa Cruickshanks - 26mins 29secs
Mike Reilly - 26mins 46secs
Davie Brisland - 26mins 50secs
Jake Grieve - 26mins 53secs
Jeff Taylor - 27mins 10secs - course pb
Gordon Taylor - 27mins 47secs - course pb
Colin McKie - 28mins 42secs - course pb
Bill Simpson - 29mins 28secs
Rosie Knox - 29mins 52secs
Fiona Cruickshanks - 31mins 4secs
Jaz Hay - 31mins 38secs - course pb
Liam McMonagle - 32mins 17secs - course pb
Yvonne Dehn - 33mins 11secs
Susan Penman - 33min 54secs - course pb
Lizzie Knox - 33mins 55secs
Eck Anderson - 34mins 21secs
Graham Gilmour - 34mins 50secs
Tracy Knox - 35mins 12secs
Nick Fry - 35mins 30secs
John Dickson - 36mins 30secs
Jim Hogsflesh - 36mins 40secs
Angela Small - 39mins 40secs
Jim Anderson - 43mins 23secs

Saturday 14th February 2015
Kirkcaldy Parkrun
Ailsa Cruickshanks - 21mins 3secs - 1st FJ15
Bill Simpson - 22mins 27secs - 1st MV60
Fiona Cruickshanks - 23mins 4secs - 1st FJ18
Colin McKie - 25mins 32secs - 1st MJ11
David Paterson - 25mins 42secs
Tracy Chalmers - 29mins 35secs
Angela Small - 35mins 46secs

Sunday 8th February 2015
Devilla 15k Trail Race, Tulliallan
Gordon Halliday - 1hr 10mins 31secs
Elise Methven - 1hr 12mins 1secs - course pb
Sharon Brown - 1hr 26mins 29secs
Sunday 8th February 2015

Overall Results - Frostbite Trail Race Series

Elise Methven - 3rd FV40 - 583 points
Fiona Cruickshanks - 1st FJ - 561 points
Yvonne Dehn - 552 points
Susan Penman - 494 points
Karen Cunningham - 490 points
Bill Simpson - 1st MV60 - 464 points
Carole Fraser - 3rd FV50 - 440 points
Jane Anderson - 412 points
Chris Broome - 399 points
Allan Galloway - 389 points
Stuart McKenzie - 386 points
Sharon Brown - 339 points
Jim Anderson - 336 points
Jackie Galloway - 160 points
Tracy Chalmers - 159 points

Sunday 8th February 2015

Frostbite Trail Race (4) Falkland, 5.5k

Bill Simpson - 27mins 57secs - 1st MV60 - course pb
Fiona Cruickshanks - 30mins 10secs - 1st FJ
Yvonne Dehn - 30mins 27secs - course pb
Allan Galloway - 32mins 32secs - course pb
Susan Penman - 32mins 32secs - course pb
Karen Cunningham - 33mins 17secs - course pb
Jackie Galloway - 36mins 47secs - 3rd FV50
Tracy Chalmers - 36mins 48secs - course pb
Carole Fraser - 37mins 50secs
Jane Anderson - 39mins 29secs
Jim Anderson - 39mins 29secs

Saturday 7th February 2015
St Andrews Parkrun
Colin McKie - 21mins 56secs - 3rd MJ11
David Patterson - 25mins 42secs
Angela Small - 33mins 23secs
Jane Anderson - 33mins 22secs

Sunday 1st February 2015
Forfar Multi Terrain Half Marathon
Jaz Hay - 1hr 57mins 50secs - distance pb
Pamela Cruickshanks - 2hrs 2mins 37secs
Fiona Cruickshanks - 2hrs 2mins 37secs
Susan Penman - 2hrs 7mins 23secs
George Hay - 2hrs 22mins 34secs

Saturday 31st January 2015
Scottish Masters Cross Country Championship, Kilmarnock, 8k
Neil Smith - 29mins 55secs

Friday 30th January 2015
Nightmare Series (4) West Wemyss, 4miles
Bill Simpson -
Allan Galloway -
Sharon Brown -
Angela Small -
Jackie Galloway -
Tracy Chalmers -

Saturday 25th January 2015
Gran Canaria Marathon
Tich Shaw - 3hrs 28mins 45secs

Saturday 24th January 2015
Devil’s Burden Hill Relay Race
Anster Haddies A - 3hrs 51mins 34secs - 62nd
Leg 1 - George Findlay - 36mins 14secs
Leg 2 - Chris Broome, Allan Gibson - 1hr 42mins 36secs
Leg 3 - Davie Burgess, Stuart McKenzie - 52mins 12secs
Leg 4 - Ewan Cameron - 40mins 32secs

Anster Haddies Ailsa’s Team - 4hrs 3mins 8secs - 80th
Leg 1 - Ailsa Cruickshanks - 32mins 33secs
Leg 2 - Hazel Bradley, Elise Methven - 1hr 42mins 11secs
Leg 3 - Rachael Grieve, Rosie Knox - 1hr 3mins 36secs
Leg 4 - Sharon Brown - 44mins 48secs

Anster Haddies Christine’s Team - 4hrs 37mins 59secs - 107th
Leg 1 - Christine Bowie - 40mins 39secs
Leg 2 - Fiona Cruickshanks, Yvonne Dehn - 1hr 48mins 1secs
Leg 3 - Alice Hall, Pamela Cruickshanks - 1hr 15mins 5secs
Leg 4 - Angela Small - 54mins 14secs

**Anster Haddies B - 4hrs 43mins 3secs - 110th**
Leg 1 - Jim Hogsflesh - 45mins 19secs
Leg 2 - George Hay, Allan Galloway - 2hrs 16mins 33secs
Leg 3 - Gordon Halliday, Giles Harris - 59mins 18secs
Leg 4 - Colin McKie - 41mins 53secs

**Anster Haddies Carole’s Team - 5hrs 23mins 44secs - 119th**
Leg 1 - Carole Fraser, Karen Shepherd - 48mins 13secs
Leg 2 - Jaz Hay, Ryan Hood - 2hrs 5mins 45secs
Leg 3 - Jane Anderson, Susan Penman - 1hr 25mins 14secs
Leg 4 - Jackie Galloway, Tracy Chalmers - 1hr 4mins 32secs

**Wednesday 21st January 2015**

**Mars Bar Race (4) 4miles**
Ronan McKinstray - 23mins 55secs - course pb
Stuart McKenzie - 24mins 9secs
Davie Burgess - 24mins 14secs
Ailsa Cruickshanks - 26mins 7secs - course pb - *Female Course Record*
Giles Harris - 26mins 9secs - course pb
Jeff Taylor - 27mins 41secs
Jas Baillie - 28mins 45secs
Bill Simpson - 29mins 48secs
George Findlay - 29mins 53secs
Colin McKie - 30mins 27secs
Pamela Cruickshanks - 30mins 52secs
Fiona Cruickshanks - 30mins 11secs - course pb
Yvonne Dehn - 32mins 5secs
Jaz Hay - 32mins 15secs - course pb
Liam McMonagle - 32mins 50secs - course pb
Susan Penman - 34min 21secs
Graham Gilmour - 34mins 30secs
Karen Cunningham - 35mins 10secs
Angela Small - 35mins 41secs
Katrina Duncan - 37min 16secs
Dave Nuttall - 38min 17secs
Jim Anderson - 42mins 14secs
Eck Anderson - 43mins 58secs

Saturday 17th January 2015
East District Cross Country League, Broxburn
Senior Men - 8.1k
Gordon Mathieson - 32mins 10secs

Senior Women - 5.4k
Pamela Cruickshanks - 27mins 22secs

U13 Boys - 2.7k
Colin McKie - 12mins 35secs

Saturday 17th January 2015
St Andrews Parkrun
Karen Cunningham - 27mins 18secs - 3rd FV35
Monday 12th January 2015
Kennoway Haddie Torch-lit Race, Kennoway, 4miles
Bill Simpson - 29mins 4secs - 1st MV60
Colin McKie - 29mins 52secs - 2nd MJ
Jas Baillie - 30mins 1secs - 1st MV55
Gordon Halliday - 31mins 22secs
Allan Gibson - 32mins 35secs - 3rd MV60
Susan Penman - 35mins 53secs - 2nd FV40
Angela Small - 35mins 54secs - 3rd FV40
Jackie Galloway - 39mins 49secs - 1st FV50
Allan Galloway - 39mins 50secs
Carole Fraser - 46mins 56secs - 3rd FV50
Jane Anderson - 51mins 00secs

Sunday 11th January 2015
Frostbite Trail Race (3) Falkland, 5.5k
Stuart McKenzie - 23mins 32secs
Elise Methven - 27mins 31secs - 3rd FV40
Bill Simpson - 29mins 20secs - 1st MV60
Yvonne Dehn - 30mins 34secs - course pb
Fiona Cruickshanks - 30mins 54secs - 1st FJ
Chris Broome - 32mins 3secs
Carole Fraser - 39mins 44secs - 3rd FV50

Saturday 10th January 2015
Bupa Great Winter Run 5k, Edinburgh
Yvonne Dehn - 26mins 6secs - course pb
Saturday 10th January 2015  
Great Edinburgh Cross Country, 4k  
Ailsa Cruickshanks - 20mins 1secs

Saturday 10th January 2015  
St Andrews Parkrun  
Colin McKie - 23mins 33secs - 2nd MJ11  
Gwen Tivendale - 27mins 25secs - 2nd FV45

Saturday 10th January 2015  
Maribyrnong Parkrun 5k, Melbourne  
Duncan Hall - 18mins 25secs - 1st MS25 - distance pb

Saturday 3rd January 2015  
Glasgow AA National 3000m Championships, Emirates Arena  
Ailsa Cruickshanks - 11mins 6secs

Saturday 3rd January 2015  
St Andrews Parkrun  
Colin McKie - 23mins 22secs - 1st MJ11  
Gwen Tivendale - 24mins 29secs - 2nd FV45  
Carole Fraser - 30mins 55secs  
Elise Methven - 32mins 54secs  
Ollie Anderson - 35mins 55secs  
Jim Anderson - 36mins 2secs
Thursday 1st January 2015
Falkland Trail Runners Resolution Run, 4miles, Falkland Estate
Yvonne Dehn - 30mins 13secs - 3rd FS
Liam McMonagle - 32mins 32secs
Carole Fraser - 38mins 8secs - 3rd FV50