



## ANSTER HADDIES RACE RESULTS 2016

### Saturday 31st December 2016

#### St Andrews Parkrun 5k

Mike Reilly - 19mins 12secs - **1st MV40** - **course pb**

Yuri Bouwhuis - 21mins 4secs

Catriona Duncan - 25mins 17secs - **2nd FV60**

Allen Marr - 26mins 50secs - **2nd MV60**

### Saturday 31st December 2016

#### Tilgate Parkrun 5k

Neil Smith - 16mins 46secs - **1st MV40** - **\*2nd Overall\*** - **course pb**

### Saturday 31st December 2016

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 27secs - **3rd MS30**

### Tuesday 27th December 2016

#### Coul Den Winter Trail Race, Glenrothes, 4miles

Colin McKie - 26mins 19secs - **1st MJ** - **\*2nd Overall\***

Angela Small - 42mins 5secs - **3rd FV40**

Karen Cunningham - 43mins 35secs

## Sunday 25th December 2016

### St Andrews Parkrun 5k

Yuri Bouwhuis - 21mins 59secs - **2nd MV40**

## Saturday 24th December 2016

### St Andrews Parkrun 5k

Colin McKie - 18mins 35secs - **1st MJ11-14** - **course pb**

Yuri Bouwhuis - 21mins 54secs - **2nd MV40**

## Saturday 24th December 2016

### Nonsuch Parkrun 5k

Neil Smith - 17mins 13secs - **1st MV40** - **\*2nd Overall\***

## Wednesday 21st December 2016

### Mars Bar Race (3) 4miles

Jonny Knox - 26mins 15secs

Colin McKie - 26mins 23secs

Davie Brisland - 26mins 29secs - **course pb**

Ailsa Cruickshanks - 26mins 51secs

Mike Reilly - 27mins 00secs

Eck Anderson - 27mins 43secs

Gordon Halliday - 28mins 14secs

Alan McKie - 28mins 20secs

Rosie Knox - 28mins 53secs

George Findlay - 29mins 3secs

Yvonne Dehn - 29mins 10secs

Jaz Hay - 29mins 46secs - **course pb**

Fiona Cruickshanks - 31mins 2secs

Allen Marr - 31mins 15secs

Sharon Brown - 32mins 8secs - **course pb**

Nick Fry - 32mins 57secs

Lizzie Knox - 33mins 30secs

Allan Gibson - 33mins 52secs

Jim Hogsflesh - 35mins 00secs

Karen Shepherd - 36mins 1secs

Jenny Henderson - 50mins 36secs

### Saturday 17th December 2016

#### Fife AC Cross Country, Kirkcaldy

Tich Shaw - 27mins 12secs - **1st MV60**

Jas Baillie - 27mins 41secs

### Saturday 17th December 2016

#### St Andrews Parkrun 5k

Catriona Duncan - 25mins 21secs - **2nd FV60**

### Saturday 17th December 2016

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 19secs - **3rd MS30**

Friday 16th December 2016

Nightmare Series (3) Chariots of Ice, St Andrews, 3.5miles

Bill Simpson - 26mins 13secs - **2nd MV60**

Jaz Hay - 26mins 18secs - **3rd FS** - **\*3rd Female Overall\***

Sunday 11th December 2016

Bob Stark Memorial 5k, Falkland

Tich Shaw - 22mins 1secs - **1st MV60**

George Findlay - 23mins 30secs - **2nd MV60**

Allen Marr - 23mins 43secs

Bill Simpson - 23mins 59secs

Ewan Cameron - 25mins 22secs

Carole Fraser - 35mins 50secs

Sunday 11th December 2016

Canicross 5k, Lochore Meadows

Jaz & Willow Hay - 21mins 21secs - **course pb**

Saturday 10th December 2016

St Andrews Parkrun 5k

Neil Smith - 15mins 55secs - **1st MV40** - **\*1st Overall\*** - **course pb**

Allen Marr - 21mins 55secs - **2nd MV60**

Saturday 10th December 2016

Kirkcaldy Parkrun 5k

Colin McKie - 19mins 23secs - **1st MJ11-14** - course pb

Jas Baillie - 20mins 35secs - **1st MV55**

Saturday 3rd December 2016

Port Elisabeth Marathon, South Africa

Christine Bowie - 5hrs

Saturday 3rd December 2016

Watergrove Parkrun 5k, Rochdale

Carole Fraser - 37mins 21secs - **1st FV55**

Saturday 3rd December 2016

St Andrews Parkrun 5k

Jas Baillie - 19mins 53secs - **2nd MV55** - course pb

Bill Simpson - 22mins 14secs - **1st MV60**

Saturday 3rd December 2016

Hazelhead Parkrun 5k, Aberdeen

Catriona Duncan - 28mins 54secs - **2nd FV60**

Saturday 3rd December 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 59secs

Saturday 26th November 2016

Kirkcaldy Parkrun 5k

Jas Baillie - 20mins 18secs - **1st MV55** - **course pb**

Tich Shaw - 20mins 38secs - **1st MV60**

Saturday 26th November 2016

St Andrews Parkrun 5k

Allen Marr - 23mins 28secs - **1st MV60**

Saturday 26th November 2016

Perth Parkrun 5k

Catriona Duncan - 25mins 13secs - **1st FV60**

Friday 25th November 2016

Nightmare Series (2) Kinghorn Coastal Path Chaos, 4.2miles

Allen Marr - 35mins 11secs

Jaz Hay - 35mins 59secs

## Wednesday 23rd November 2016

### Mars Bar Race (2) 4miles

Davie Burgess - 24mins 49secs

Jonny Knox - 25mins 40secs

Mike Reilly - 25mins 45secs - **course pb**

Colin McKie - 26mins 9secs - **course pb**

Eck Anderson - 27mins 56secs

Gordon Halliday - 28mins 8secs

Davie Brisland - 28mins 17secs

Alan McKie - 28mins 19secs - **course pb**

Allen Marr - 28mins 32secs

George Findlay - 29mins 00secs

Fiona Cruickshanks - 29mins 26secs

Rosie Knox - 29mins 27secs

Jill Thomson - 31mins 4secs - **course pb**

Yvonne Dehn - 31mins 41secs

Sharon Brown - 32mins 50secs - **course pb**

Allan Gibson - 33mins 31secs

John Dickson - 34mins 7secs

Catriona Duncan - 35mins 35secs

Karen Shepherd - 36mins 15secs

Jenny Henderson - 48mins 48sec

## Saturday 19th November 2016

### East District Cross Country League, Alloa

#### Senior Men, 9k

Tich Shaw - 42mins 25secs

Saturday 19th November 2016

Kirkcaldy Parkrun 5k

Bill Simpson - 22mins 50secs - **2nd MV60**

Saturday 19th November 2016

St Andrews Parkrun 5k

Allen Marr - 23mins 39secs - **1st MV60**

Saturday 19th November 2016

Sale Parkrun 5k, Victoria

Duncan Hall - 18mins 25secs - **1st MS30** - **\*1st Overall\***

Saturday 12th November 2016

British & Irish Masters Cross Country International, Glasgow, 6k

Hazel Bradley - 26mins 27secs - **\*Gold Team Medal\***

Saturday 12th November 2016

Glen Clova Half Marathon

Yvonne Dehn - 1hr 45mins 41secs - **course pb**

Jaz Hay - 1hr 48mins 27secs - **distance pb**

Debz Hay - 1hr 53mins 50secs - **course pb**

Jackie Galloway - 2hrs 13mins 8secs

George Hay - 2hrs 18mins 56secs

Sandy Chalmers - 2hrs 23mins 50secs



Saturday 12th November 2016

Livingston Cross Country, Dechmont Law Park, 3.9k

Allen Marr - 17mins 6secs - **1st MV60**

Saturday 12th November 2016

Kirkcaldy Parkrun 5k

Allen Marr - 21mins 22secs - **1st MV60**

Tracy Chalmers - 31mins 2secs

Saturday 12th November 2016

St Andrews Parkrun 5k

Jas Baillie - 20mins 24secs - **2nd MV55** - course pb

Bill Simpson - 22mins 15secs - **1st MV60**

Sunday 6th November 2016

Templeton 10miles, Dundee

Bill Hutchison - 1hr 8mins 25secs - **1st MV60**

Mike Reilly - 1hr 12mins 11secs

Saturday 5th November 2016

Glen Ogle 33

Gordon Halliday - 5hrs 12mins 31secs

Jaz Hay - 5hrs 38mins 3secs

Debz Hay - 5hrs 50mins 14secs

Angela Small - 6hrs 22mins 38secs - course pb

## Saturday 5th November 2016

### St Andrews Parkrun 5k

Allen Marr - 20mins 7secs - **1st MV60** - course pb

Jas Baillie - 20mins 36secs - course pb

Catriona Duncan - 25mins 19secs - **1st FV60**

## Saturday 5th November 2016

### Grangemoor Parkrun 5k

Ross Vanderwert - 23mins 45secs

## Saturday 5th November 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 58secs - **3rd MS30**

## Sunday 30th October 2016

### Grim Beaver Halloween Trail Race, Balbirnie, 4miles

Bill Hutchison - 23mins 2secs - **1st MV60**

Colin McKie - 23mins 41secs - **2nd MJ**

Tich Shaw - 24mins 28secs - **2nd MV60**

Jas Baillie - 24mins 37secs - **1st MV55**

George Findlay - 25mins 27secs - **2nd MV55**

Bill Simpson - 27mins 56secs

Ewan Cameron - 28mins 44secs

Jennifer Gallagher - 41mins 52secs

Jenny Henderson - 47mins 88secs

Sunday 30th October 2016

Jedburgh Half Marathon

George Hay - 2hrs 23mins 43secs

Saturday 29th October 2016

Dumyat Dash Hill Race, Menstrie, 4.8k/440m

Thomas Knox - 42mins 35secs

Jonny Knox - 43mins 1sec - **1st MV50**

Eck Anderson - 1hr 00mins 3secs

Yvonne Dehn - 1hr 2mins 58secs

Tracy Knox - 1hr 5mins 52secs - **3rd FV50**

Saturday 29th October 2016

Cannicross 7.3k, Jedburgh

George & Willow Hay - 54mins 28secs

Saturday 29th October 2016

Whitley Bay Parkrun 5k

Mike Reilly - 20mins 27secs - **1st MV40**

Saturday 29th October 2016

Grangemoor Parkrun 5k

Ross Vanderwert - 23mins 9secs - **2nd MS35**

## Saturday 29th October 2016

### St Andrews Parkrun 5k

Allen Marr - 20mins 32secs - **1st MV60**

Pamela Cruickshanks - 21mins 38secs - **1st FV50**

Bill Simpson - 21mins 54secs - **2nd MV60**

Fiona Cruickshanks - 22mins 1secs - **1st FS20**

Catriona Duncan - 25mins 27secs - **1st FV60**

## Saturday 29th October 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 56secs - **2nd MS30**

## Friday 28th October 2016

### Nightmare Series (1) Last Rites at Ladybank, 4miles

Allen Marr - 27mins 58secs - **1st MV60**

Bill Simpson - 31mins 23secs - **2nd MV60**

## Wednesday 26th October 2016

### Mars Bar Race (1) 4miles

Thomas Knox - 25mins 29secs

Colin McKie - 26mins 28secs - **course pb**

Davie Brisland - 26mins 31secs

Jonny Knox - 26mins 39secs

Mike Reilly - 26mins 42secs

Allen Marr - 28mins 10secs - **course pb**

Rosie Knox - 28mins 57secs

Yvonne Dehn - 29mins 00secs - **course pb**  
Fiona Cruickshanks - 29mins 25secs - **course pb**  
George Findlay - 29mins 27secs  
Bill Simpson - 29mins 41secs  
Jaz Hay - 29mins 48secs - **course pb**  
Pamela Cruickshanks - 29mins 54secs  
Eck Anderson - 30mins 53secs  
Alan McKie - 31mins 00secs - **course pb**  
Jill Thomson - 31mins 11secs - **course pb**  
Christine Bowie - 31mins 34secs  
John Dickson - 33mins 24secs  
Tracy Knox - 33mins 55secs  
Allan Gibson - 34mins 25secs  
Catriona Duncan - 35mins 3secs  
Angela Small - 35mins 38secs  
Jim Hogsflesh - 35mins 43secs  
Karen Shepherd - 36mins 1secs  
Tracy Chalmers - 36mins 36secs  
Jackie Galloway - 36mins 39secs  
Karen Cunningham - 37mins 36secs  
Carole Fraser - 44mins 13secs  
Jenny Henderson - 50mins 1sec

### Sunday 23rd October 2016

### Run Of The Mill Hill Race, Alva, 14.5k/850m

Thomas Knox - 1hr 17mins 16secs - **course pb**

**Saturday 22nd October 2016**

**Sandstone Way Ultra, 120miles**

Gordon Halliday - 28hrs 45mins 13secs - **2nd MV40** - **\*3rd Overall\***

**Saturday 22nd October 2016**

**Meall a Bhuachaille Hill Race, Aviemore, 13k/720m**

Thomas Knox - 1hr 9mins 48secs

Debz Hay - 1hr 54mins 46secs

George Hay - 2hrs 23mins 38secs

**Saturday 22nd October 2016**

**National Cross Country Relay Champs, Cumbernauld, 4k each**

Pamela Cruickshanks - 18mins 2secs

Fiona Cruickshanks - 18mins 13secs

Yvonne Dehn - 18mins 14secs

Hazel Bradley - 18mins 21secs

**Saturday 22nd October 2016**

**Kirkcaldy Parkrun 5k**

Colin McKie - 19mins 41secs - **1st MJ11-14** - **\*2nd Overall\*** - course pb

Tich Shaw - 20mins 36secs - **1st MV60** - course pb

Sandy Chalmers - 30mins 16secs - **1st MV80** - course pb

Tracy Chalmers - 32mins 48secs

Saturday 22nd October 2016

St Andrews Parkrun 5k

Bill Simpson - 22mins 31secs - **1st MV60**

Allen Marr - 23mins 5secs - **2nd MV60**

Catriona Duncan - 27mins 22secs - **2nd FV60**

Saturday 22nd October 2016

Aberdeen Parkrun 5k, Melbourne

Jas Baillie - 20mins 58secs - **1st MV55**

Saturday 22nd October 2016

Albert Parkrun 5k, Melbourne

Duncan Hall - 18mins 44secs - **2nd MS30** - **course pb**

Sunday 16th October 2016

Amsterdam Marathon

Davie Brisland - 3hrs 36mins 38secs

Sunday 16th October 2016

Aviemore Half Marathon

Bill Hutchison - 1hr 25mins 54secs - **1st MV60**

Jill Thomson - 1hr 52mins 40secs

Alice Hall - 2hrs 4mins 40secs

Saturday 15th October 2016

East District Cross Country League, Stirling

Senior Men, 9k

Tich Shaw - 41mins 16secs

Jas Baillie - 43mins 27secs

Senior Women, 6k

Pamela Cruickshanks - 28mins 22secs

Saturday 15th October 2016

St Andrews Parkrun 5k

Yvonne Dehn - 21mins 41secs - **1st FS25** - **\*2nd Female Overall\*** - course pb

Eck Anderson - 21mins 51secs - **3rd MS35**

Saturday 15th October 2016

Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 18secs - **2nd MV60**

Saturday 15th October 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 11secs - **1st MS30** - **\*3rd Overall\***

Saturday 8th October 2016

Manor Water Hill Race, Peebles 15.2k/670m

Thomas Knox - 1hr 20mins 58secs

Jonny Knox - 1hr 22mins 25secs - **1st MV50**



**Saturday 8th October 2016**

**East District Cross Country Relay Championships, Livingston**

**Senior Men, 4k each**

Bill Hutchison - 16mins 2secs - **1st MV60**

Tich Shaw - 16mins 54secs - **3rd MV60**

Allen Marr - 17mins 12secs

Jas Baillie - 17mins 12secs

**Senior Women, 4k each**

Pamela Cruickshanks - 18mins 17secs

Jaz Hay - 18mins 39secs

Fiona Cruickshanks - 19mins 9secs

**Saturday 8th October 2016**

**Grangemoor Parkrun 5k**

Ross Vanderwert - 22mins 54secs - **2nd MS35**

**Saturday 8th October 2016**

**Camperdown Parkrun 5k**

Colin McKie - 21mins 35secs - **1st MJ11-14**

**Saturday 8th October 2016**

**Kirkcaldy Parkrun 5k**

Tracy Chalmers - 26mins 57secs - **3rd FV40** - **course pb**

Saturday 8th October 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 36secs - **2nd MS30** - **\*3rd Overall\***

Sunday 2nd October 2016

Glencoe Marathon

Yvonne Dehn - 5hrs 17mins 27secs  
Eck Anderson - 6hrs 26mins 50secs  
Karen Cunningham - 7hrs 14mins 9secs  
Jackie Galloway - 7hrs 16mins 5secs  
Allan Galloway - 7hrs 21mins 29secs  
Angela Small - 8hrs 3mins 23secs

Sunday 2nd October 2016

Great Scottish Half Marathon, Glasgow

Liam McMonagle - 1hr 54mins 00secs - **course pb**  
Susan Penman - 1hr 57mins 6secs - **course pb**  
Sharon Brown - 2hrs 2mins 32secs

Sunday 2nd October 2016

Giffordtown 5k

Bill Hutchison - 19mins 14secs - **2nd MV60**  
Tich Shaw - 20mins 23secs

## Saturday 1st October 2016

### Ben Venue Hill Race, 12k/860m

Thomas Knox - 1hr 22mins 53secs - **1st MS** - **\*1st Overall\*** - **course pb**

Jonny Knox - 1hr 28mins 16secs - **1st MV55**

## Saturday 1st October 2016

### Kirkcaldy Parkrun 5k

Allen Marr - 20mins 42secs - **1st MV60**

Jas Baillie - 20mins 55secs - **1st MV55** - **course pb**

Tracy Chalmers - 27mins 32secs - **2nd FV40**

## Saturday 1st October 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 52secs - **2nd MS30**

## Sunday 25th September 2016

### Loch Ness Marathon

Mike Reilly - 3hrs 29mins 37secs

Jaz Hay - 3hrs 58mins 6secs - **distance pb**

Debz Hay - 3hrs 58mins 39secs - **course pb**

## Sunday 25th September 2016

### East Neuk 10k

Thomas Knox - 38mins 52secs - **3rd MS** - **distance pb**

Bill Hutchison - 40mins 12secs - **1st MV60**

Jonny Knox - 40mins 28secs  
Davie Brisland - 41mins 43secs - **course pb**  
Ailsa Cruickshanks - 42mins 5secs - **2nd FJ** - **course pb**  
Colin McKie - 42mins 52secs  
Allen Marr - 43mins 46secs - **course pb**  
George Findlay - 44mins 7secs  
Rosie Knox - 44mins 33secs - **3rd FJ** - **distance pb**  
Yvonne Dehn - 44mins 59secs - **distance pb**  
Fiona Cruickshanks - 49mins 39secs - **course pb**  
Jill Thomson - 51mins 12secs  
Catriona Duncan - 53mins 24secs  
Tracy McAusland - 54mins 55secs  
Sandy Chalmers - 1hr 3mins 19secs - **1st MV80**  
Jennifer Gallagher - 1hr 19mins 28secs

### Saturday 24th September 2016

#### Morven Hill Race, Aboyne, 8k/640m

Thomas Knox - 52mins 29secs - **3rd MS**

### Saturday 24th September 2016

#### Grangemoor Parkrun 5k

Ross Vanderwert - 26mins 00secs

### Saturday 24th September 2016

#### Kirkcaldy Parkrun 5k

Tich Shaw - 20mins 53secs - **1st MV60**

Jas Baillie - 21mins 11secs - **1st MV55**

Bill Simpson - 23mins 41secs - **3rd MV60**

Saturday 24th September 2016

St Andrews Parkrun 5k

Allen Marr - 20mins 45secs - **2nd MV60**

Saturday 24th September 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 53secs - **3rd MS30**

Sunday 18th September 2016

Pitlochry 10k

Allen Marr - 43mins 16secs - **2nd MV60**

George Findlay - 45mins 13secs

Sunday 18th September 2016

Pitlochry 5k

Colin McKie - 38mins 30secs

Sunday 18th September 2016

Scottish Half Marathon, Musselburgh

Giles Harris - 1hr 26mins 13secs

Saturday 17th September 2016

River Ayr Way Ultra Marathon, 40miles

Gordon Halliday - 7hrs 2mins 39secs

Saturday 17th September 2016

Splash and Dash Beach Race, St Andrews, 4miles

Ewan Cameron - 34mins 6secs - **2nd MV55**

Saturday 17th September 2016

Kirkcaldy Parkrun 5k

Allen Marr - 20mins 38secs - **1st MV60** - course pb

Jas Baillie - 20mins 59secs - **1st MV55** - course pb

Tich Shaw - 21mins 32secs - **2nd MV60**

Saturday 17th September 2016

St Andrews Parkrun 5k

Bill Simpson - 22mins 29secs - **2nd MV60**

Saturday 17th September 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 24secs

Wednesday 14th September 2016

Nebit Downfall, Alva, 1.6k/-419m

Thomas Knox - 6mins 8secs - **3rd MS**

Jonny Knox - 6mins 18secs - **3rd MV50** - course pb

Lizzie Knox - 6mins 35secs - **1st FS** - **\*1st Female Overall\*** - course pb

Rosie Knox - 8mins 14secs - **1st FJ** - **\*2nd Female Overall\***

Wednesday 14th September 2016

Self Transcendence 2miles, Edinburgh

Allen Marr - 12mins 34secs - **1st MV60** - distance pb

Sunday 11th September 2016

Stirling 10k

Jaz Hay - 48mins 30secs - **distance pb**

Fiona Cruickshanks - 52mins 39secs

Saturday 10th September 2016

St Andrews Parkrun 5k

Neil Smith - 16mins 46secs - **1st MV40** - **\*1st Overall\***

Allen Marr - 20mins 14secs - **2nd MV60**

Bill Simpson - 22mins 40secs - **3rd MV60**

Catriona Duncan - 25mins 54secs - **2nd FV60**

**Saturday 10th September 2016**

**Kirkcaldy Parkrun 5k**

Jas Baillie - 22mins 00secs - **2nd MV55**

**Saturday 10th September 2016**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 20mins 22secs - **2nd MS30**

**Wednesday 7th September 2016**

**Self Transcendence 5k, Edinburgh**

Allen Marr - 20mins 00secs - **1st MV60**

**Wednesday 7th September 2016**

**Kingsbarns 4mile Multi-Terrain Race**

**Haddies Summer Grand Prix Series, Race 18**

Thomas Knox - 23mins 27secs - **1st MS** - **\*2nd Overall\*** - course pb

Jonny Knox - 24mins 31secs - **3rd MV50**

Colin McKie - 24mins 41secs - **course pb**

Davie Brisland - 26mins 40secs - **2nd MV50**

Gordon Halliday - 26mins 48secs - **3rd MV50**

Rosie Knox - 27mins 47secs - **1st FJ** - **\*1st Female Overall\***

Yvonne Dehn - 28mins 9secs - **1st FS** - **\*2nd Female Overall\*** - course pb

Bill Simpson - 29mins 44secs - **3rd MV60**

Fiona Cruickshanks - 30mins 47secs - **2nd FS**

Ewan Cameron - 31mins 9secs

Jill Thomson - 31mins 40secs - **3rd FS**



Pamela Cruickshanks - 32mins 8secs - **3rd FV50**

Tracy Knox - 32mins 8secs

John Dixon - 35mins 28secs

Carole Fraser - 46mins 8secs

### Tuesday 6th September 2016

#### Stuart Duncan Memorial 5k, Glenrothes

Allen Marr - 20mins 21secs - **2nd MV60**

### Sunday 4th September 2016

#### Mr G's MND 5k, St Andrews

Allen Marr - 19mins 48secs - **1st MV60**

### Saturday 3rd September 2016

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

Thomas Knox - 29mins 10secs

Jonny Knox - 30mins 26secs

Rosie Knox - 35mins 55secs

Eck Anderson - 39mins 26secs

Yvonne Dehn - 41mins 11secs

Tracy Knox - 44mins 7mins

Jaz Hay - 44mins 59mins

Debz Hay -

George Hay -

## Saturday 3rd September 2016

### St Andrews Parkrun 5k

Neil Smith - 17mins 18secs - **1st MV40** - **\*3rd Overall\***

Allen Marr - 20mins 52secs - **2nd MV60**

Bill Simpson - 23mins 10secs - **3rd MV60**

## Saturday 3rd September 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 10secs - **2nd MS30**

## Wednesday 31st August 2016

### Bishop DownHill Race, 1.1k/-240m

Thomas Knox - 4mins 59secs - **3rd MS** - **course pb**

Lizzie Knox - 5mins 39secs - **1st FS** - **\*1st Female Overall\*** - **course pb**

Jonny Knox - 5mins 45secs - **2nd MV50**

## Wednesday 31st August 2016

### Gateside Gallop, 4miles

Neil Smith - 25mins 3secs - **1st MV40** - **\*2nd Overall\***

Ailsa Cruickshanks - 29mins 41secs - **3rd FS** - **\*3rd Female Overall\*** - **course pb**

Gordon Halliday - 30mins 12secs - **course pb**

Allen Marr - 31mins 29secs - **3rd MV60** - **course pb**

Yvonne Dehn - 32mins 16secs - **course pb**

George Findlay - 32mins 35secs

Fiona Cruickshanks - 33mins 57secs - **course pb**

Pamela Cruickshanks - 34mins 4secs - **3rd FV50**

Bill Simpson - 35mins 36secs  
Karen Cunningham - 39mins 49secs  
Angela Small - 41mins 55secs  
Jackie Galloway - 42mins 22secs  
Tracy Chalmers - 42mins 22secs

Sunday 28th August 2016

Baddinsgill Round, West Linton, 17.8k/700m

Thomas Knox - 1hr 45mins 5secs  
Jonny Knox - 1hr 45mins 43secs - **1st MV50**  
Rosie Knox - 2hrs 21mins 14secs - **2nd FS**  
Lizzie Knox - 3hrs 2mins 24secs

Sunday 28th August 2016

Glasgow Clyde Marathon

Angela Small - 5hrs 5mins 49secs

Sunday 28th August 2016

Perth 10k

Allen Marr - 42mins 47secs - **2nd MV60** - **distance pb**

Saturday 27th August 2016

Knocknacarra Parkrun 5k, Galway

Pamela Cruickshanks - 25mins 4secs - **2nd FV50**  
Alice Hall - 25mins 4secs - **3rd FV50**

Saturday 27th August 2016

Lytham Hall Parkrun 5k

Neil Smith - 17mins 7secs - **1st MV40** - **\*3rd Overall\***

Saturday 27th August 2016

St Andrews Parkrun 5k

Allen Marr - 20mins 17secs - **1st MV60**

Gordon Halliday - 21mins 16secs - **3rd MV45**

George Findlay - 21mins 48secs - **2nd MV55**

Bill Simpson - 23mins 5secs - **3rd MV60**

Saturday 27th August 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 21secs - **2nd MS30** - **\*3rd Overall\***

Wednesday 24th August 2016

Livingston AC 3k

Allen Marr - 11mins 58secs - **1st MV60**

Tuesday 23rd August 2016

Ravenscraig 1mile

Allen Marr - 5mins 46secs - **1st MV60** - **course pb**

## Sunday 21st August 2016

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

Thomas Knox - 1hr 41mins 35secs - **course pb**

Jonny Knox - 1hr 42mins 26secs - **1st MV50**

Rosie Knox - 2hrs 8mins 40secs - **1st FJ** - **\*2nd Female Overall\***

Yvonne Dehn - 2hrs 35mins 40secs - **course pb**

Pamela Cruickshanks - 2hrs 35mins 40secs

Jaz Hay - 2hrs 35mins 40secs

## Sunday 21st August 2016

### Forfar 10k

Hazel Bradley - 47mins 19secs - **2nd FV60**

## Saturday 20th August 2016

### Grangemoor Parkrun 5k

Ross Vanderwert - 24mins 28secs - **3rd MS35**

## Saturday 20th August 2016

### Kirkcaldy Parkrun 5k

### Haddies Summer Grand Prix Series, Race 17

Colin McKie - 20mins 9secs - **1st MJ11-14** - **course pb**

Allen Marr - 21mins 4secs - **1st MV60** - **course pb**

Jas Baillie - 21mins 40secs - **2nd MV55**

Yvonne Dehn - 22mins 2secs - **1st FS25** - **\*2nd Female Overall\*** - **course pb**

George Findlay - 22mins 2secs - **3rd MV55**

Pamela Cruickshanks - 22mins 41secs - **2nd FV50** - **\*3rd Female Overall\*** - **course pb**

Bill Simpson - 23mins 20secs

Ewan Cameron - 24mins 20secs - **2nd MV50**

Fiona Cruickshanks - 25mins 53secs - **course pb**

Saturday 20th August 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 48secs

Friday 19th August 2016

Beveridge Park 5k Series, Race 5

Allen Marr - 20mins 42secs - **2nd MV60**

Thursday 18th August 2016

Balbirnie Trail Race, 4miles

Allen Marr - 25mins 34secs - **1st MV60**

Jas Baillie - 27mins 23secs

Ewan Cameron - 30mins 40secs

Jennifer Gallagher - 44mins 20secs

Sunday 14th August 2016

Forth Bridge 10k

Angela Small - 55mins 59secs

## Sunday 14th August 2016

### New Gilston 5k

#### Haddies Summer Grand Prix Series, Race 16

Allen Marr - 22mins 8secs - **1st MV60**

George Findlay - 23mins 17secs - **1st MV50**

Bill Simpson - 24mins 25secs - **2nd MV60**

Ewan Cameron - 25mins 22secs - **2nd MV50**

Catriona Duncan - 27mins 00secs - **1st FV60**

## Saturday 13th August 2016

### Miles End Parkrun 5k, London

Yuri Bouwhuis - 21mins 4secs - **3rd MV40**

## Saturday 13th August 2016

### St Andrews Parkrun 5k

Allen Marr - 20mins 39secs - **1st MV60**

Carole Fraser - 32mins 20secs - **3rd FV55**

## Saturday 13th August 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 49secs - **1st MS30** - **\*2nd Overall\***

## Thursday 11th August 2016

### Ballater Highland Games Hill Race

Allan Galloway - 44mins 6secs

Jackie Galloway - 44mins 6secs - **3rd FV50**

Tracy Chalmers - 44mins 7secs

Sandy Chalmers - 44mins 7secs - **1st MV80**

### Thursday 11th August 2016

#### Balmullo Trail Race, 5th Race in FAC Midweek Series

#### Haddies Summer Grand Prix Series, Race 15

Stuart McKenzie - 33mins 6secs

Colin McKie - 34mins 59secs

Mike Reilly - 37mins 12secs

Allen Marr - 39mins 34secs - **2nd MV60**

Yvonne Dehn - 40mins 7secs - **course pb**

George Findlay - 41mins 19secs

Jaz Hay - 43mins 2secs

Ewan Cameron - 44mins 46secs

### Tuesday 9th August 2016

#### Carnegie Harriers Memorial Race, Knockhill, 3.9miles

#### Haddies Summer Grand Prix Series, Race 14

Allen Marr - 25mins 39secs - **2nd MV60**

Ewan Cameron - 29mins 55secs

Angela Small - 32mins 49secs

### Saturday 6th August 2016

#### Devil O' The Highlands Ultra Marathon, 42miles

Davie Burgess - 7hrs 24mins 33secs



Saturday 6th August 2016

St Andrews Parkrun 5k

Bill Simpson - 23mins 41secs - **1st MV60**

Saturday 6th August 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 52secs - **3rd MS30**

Sunday 31st July 2016

Fort William Marathon

Karen Cunningham - 5hrs 4mins 27secs

Angela Small - 5hrs 4mins 27secs

Sunday 31st July 2016

Tour Of Fife, Overall Results

Ailsa Cruickshanks - 2hrs 7mins 4secs - **1st FJ** - **\*1st Female Overall\***

Gordon Halliday - 2hrs 15mins 38secs

Allen Marr - 2hrs 17mins 23 - **1st MV60**

Jas Baillie - 2hrs 20mins 56secs

Yvonne Dehn - 2hrs 22mins 2secs

Hazel Bradley - 2hrs 26mins 4secs - **2nd FV60**

Pamela Cruickshanks - 2hrs 29mins 00secs

Jaz Hay - 2hrs 30mins 45secs

Fiona Cruickshanks - 2hrs 32mins 18secs

Bill Simpson - 2hrs 33mins 25secs

Alice Hall - 2hrs 39mins 7secs

Sharon Brown - 2hrs 41mins 31secs  
Debz Hay - 2hrs 47mins 50secs  
Christine Bowie - 2hrs 56mins 22secs

## Sunday 31st July 2016

### Tour Of Fife, Day 5

#### Monimail Mega Marvel, Letham, 4.9miles

Ailsa Cruickshanks - 36mins 1secs - **1st FJ** - **\*1st Female Overall\***  
Gordon Halliday - 37mins 54secs  
Allen Marr - 38mins 2secs - **2nd MV60**  
Yvonne Dehn - 38mins 48secs  
Jas Baillie - 39mins 1secs  
Hazel Bradley - 40mins 26secs - **2nd FV60**  
Jaz Hay - 41mins 13secs  
Bill Simpson - 41mins 29secs  
Pamela Cruickshanks - 42mins 11secs  
Sharon Brown - 44mins 35secs  
Fiona Cruickshanks - 44mins 37secs  
Alice Hall - 44mins 50secs  
Debz Hay - 45mins 54secs  
Christine Bowie - 48mins 53secs  
George Hay - 55mins 15secs

## Saturday 30th July 2016

### Tour Of Fife, Day 4

#### Trail Race, Cambo Estate, Near Kingsbarnes, 4miles

Ailsa Cruickshanks - 28mins 58secs - **1st FJ** - **\*1st Female Overall\***  
Gordon Halliday - 30mins 12secs - **course pb**

Allen Marr - 30mins 30secs - **1st MV60**  
Jas Baillie - 31mins 37secs  
Yvonne Dehn - 31mins 56secs - **course pb**  
Hazel Bradley - 33mins 00secs - **2nd FV60**  
Pamela Cruickshanks - 33mins 21secs  
Fiona Cruickshanks - 33mins 32secs - **course pb**  
Jaz Hay - 34mins 7secs  
Bill Simpson - 34mins 31secs  
Alice Hall - 35mins 35secs - **course pb**  
Sharon Brown - 36mins 17secs  
Debz Hay - 37mins 25secs  
Christine Bowie - 40mins 4secs  
George Hay - 42mins 20secs

### Saturday 30th July 2016

#### St Andrews Parkrun 5k

Gordon Halliday - 29mins 47secs

### Saturday 30th July 2016

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 22mins 1secs

### Friday 29th July 2016

#### Tour Of Fife, Day 3

#### Uphell Time Trial, East Lomond, 1.4miles

Ailsa Cruickshanks - 12mins 55secs - **1st FJ** - **\*1st Female Overall\*** - **course pb**  
Gordon Halliday - 13mins 59secs - **course pb**

Allen Marr - 15mins 6secs - **2nd MV60**  
Yvonne Dehn - 15mins 22secs - **course pb**  
Jas Baillie - 15mins 34secs  
Fiona Cruickshanks - 15mins 40secs  
Bill Simpson - 15mins 43secs  
Pamela Cruickshanks - 15mins 44secs  
Hazel Bradley - 15mins 45secs - **2nd FV60**  
Jaz Hay - 16mins 17secs  
Sharon Brown - 17mins 15secs  
Alice Hall - 17mins 31secs  
Debz Hay - 19mins 17secs  
Christine Bowie - 19mins 24secs  
George Hay - 20mins 20secs

## Thursday 28th July 2016

### Tour Of Fife, Day 2

#### Hill of Tarvit Trail Race, Ceres, 3.1miles

Ailsa Cruickshanks - 21mins 29secs - **1st FJ** - **\*1st Female Overall\*** - **course pb**  
Gordon Halliday - 23mins 38secs - **course pb**  
Allen Marr - 23mins 59secs - **1st MV60**  
Jas Baillie - 24mins 37secs - **course pb**  
Yvonne Dehn - 24mins 45secs - **course pb**  
Hazel Bradley - 25mins 30secs - **2nd FV60**  
Pamela Cruickshanks - 25mins 38secs - **course pb**  
Fiona Cruickshanks - 25mins 57secs - **course pb**  
Jaz Hay - 26mins 19secs - **course pb**  
Alice Hall - 27mins 13secs - **course pb**  
Bill Simpson - 27mins 21secs  
Sharon Brown - 27mins 46secs - **course pb**

Debz Hay - 28mins 58secs

Christine Bowie - 30mins 11secs

### Wednesday 27th July 2016

#### Tour Of Fife, Day 1

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

Ailsa Cruickshanks - 27mins 42secs - **1st FJ** - **\*1st Female Overall\***

Yuri Bouwhuis - 27mins 56secs

Allen Marr - 29mins 46secs - **1st MV60**

Gordon Halliday - 29mins 55secs

Jas Baillie - 30mins 7secs - **course pb**

Yvonne Dehn - 31mins 11secs - **course pb**

Hazel Bradley - 31mins 23secs - **2nd FV60**

Pamela Cruickshanks - 32mins 6secs

Fiona Cruickshanks - 32mins 32secs

Jaz Hay - 32mins 49secs

Alice Hall - 33mins 58secs

Bill Simpson - 34mins 21secs

Sharon Brown - 35mins 38secs - **course pb**

Debz Hay - 36mins 16secs

Christine Bowie - 37mins 50secs

### Tuesday 26th July 2016

#### Skull Mountain Trail Race Series, Race 4, Falkland

Gordon Halliday - 34mins 4secs

Jas Baillie - 34mins 32secs - **1st MV55**

Allen Marr - 34mins 40secs - **1st MV60**

Karen Cunningham - 45mins 43secs

Jennifer Gallagher - 54mins 12secs

**Saturday 23rd July 2016**

**Edinburgh Parkrun 5k**

Pamela Cruickshanks - 22mins 22secs - **2nd FV50**

**Saturday 23rd July 2016**

**Ayr Parkrun 5k**

Sharon Brown - 26mins 43secs

**Saturday 23rd July 2016**

**St Andrews Parkrun 5k**

Neil Smith - 16mins 27secs - **1st MV40** - **\*2nd Overall\***

Jas Baillie - 20mins 46secs - **2nd MV55**

Allen Marr - 21mins 43secs - **1st MV60**

Bill Simpson - 23mins 56secs - **2nd MV60**

Catriona Duncan - 25mins 38secs - **2nd FV60**

**Saturday 23rd July 2016**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 17mins 44secs - **1st MS30** - **\*1st Overall\*** - **course pb**

## Wednesday 20th July 2016

### Newburgh, 4.23miles, 4th Race in FAC Midweek Series

#### Haddies Summer Grand Prix Series, Race 13

Stuart McKenzie - 26mins 20secs - **course pb**

Ronan McKinstry - 27mins 12secs - **2nd MJ**

Colin McKie - 28mins 25secs - **3rd MJ** - **course pb**

Ailsa Cruickshanks - 29mins 29secs - **2nd FJ** - **course pb**

Jas Baillie - 30mins 21secs - **course pb**

Yvonne Dehn - 31mins 14secs - **course pb**

Allen Marr - 31mins 30secs - **3rd MV60**

Pamela Cruickshanks - 32mins 29secs - **2nd FV50**

Jaz Hay - 32mins 45secs

Fiona Cruickshanks - 32mins 52secs - **course pb**

Catriona Duncan - 36mins 50secs

Tracy Chalmers - 38mins 13secs

Jackie Galloway - 39mins 32secs

## Tuesday 19th July 2016

### Hill Of Hope Trail Race, Strathmiglo, 5miles

Jas Baillie - 38mins 40secs - **3rd MV55**

## Sunday 17th July 2016

### Regents Park 10k, London

Yuri Bouwhuis - 42mins 32secs

Sunday 17th July 2016

Dundee Half Marathon

Susan Penman - 1hrs 57mins 46secs - **course pb**

Jill Thomson - 2hrs 4mins 8secs

Saturday 16th July 2016

Clyde Stride Ultra, 40miles

Gordon Halliday - 6hrs 44mins 15secs

Saturday 16th July 2016

Kirkcaldy Parkrun 5k

Sandy Chalmers - 30mins 8secs - **1st MV80**

Saturday 16th July 2016

St Andrews Parkrun 5k

Jas Baillie - 21mins 12secs - **2nd MV55**

Catriona Duncan - 25mins 5secs - **2nd FV60**

Saturday 16th July 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 5secs - **3rd MS30**

Friday 15th July 2016

Beveridge Park 5k Series, Race 4

Ronan McKinstray - 18mins 27secs - **1st MU20**



Fiona Cruickshanks - 24mins 22secs

Wednesday 13th July 2016

Maddie Moss Mash Hill Race, 10k/760m

Jonny Knox - 59mins 9secs - **1st MV50**

Yvonne Dehn - 1hr 21mins 1secs

Tracy Knox - 1hr 26mins 24secs - **course pb**

Saturday 9th July 2016

Cardiff Parkrun 5k

Colin McKie - 20mins 29secs - **2nd MJ11-14**

Ross Vanderwert - 22mins 53secs - **course pb**

Saturday 9th July 2016

St Andrews Parkrun 5k

Haddies Summer Grand Prix Series, Race 12

Jas Baillie - 20mins 52secs - **2nd MV55**

Catriona Duncan - 25mins 3secs - **3rd FV60** - **course pb**

Gordon Halliday - 55mins 00secs

Saturday 9th July 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 12secs - **1st MS30** - **\*3rd Overall\***

Saturday 2nd July 2016

Dollar Hill Race, 15k/960m

Jonny Knox - 1hr 31mins 12secs - **1st MV50**

Jack Starbuck - 1hr 57mins 50secs

Rosie Knox - 1hr 58mins 13secs

Pamela Cruickshanks - 2hrs 22mins 00secs - **3rd FV50**

Tracy Knox - 2hrs 22mins 00secs

Debz Hay - 2hrs 24mins 34secs

George Hay - 3hrs 19mins 26secs

Saturday 2nd July 2016

Great Glen Way Ultra, 70miles

Gordon Halliday - 13hrs 59mins 2secs - **course pb**

Saturday 2nd July 2016

Royal Tunbridge Wells Parkrun 5k

Neil Smith - 17mins 13secs - **1st MV40** - **\*1st Overall\*** - **course pb**

Saturday 2nd July 2016

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 57secs - **2nd MV55**

Saturday 2nd July 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 00secs - **2nd MS30**

Friday 1st July 2016

Sandy Slither, 6.1miles

Haddies Summer Grand Prix Series, Race 11

Colin McKie - 43mins 1sec - **2nd MJ**

Mike Reilly - 45mins 8secs - **2nd MV40** - **course pb**

Allen Marr - 46mins 45secs - **1st MV60** - **course pb**

Jas Baillie - 48mins 54secs

Ailsa Cruickshanks - 49mins 26secs

Fiona Cruickshanks - 52mins 8secs

Jaz Hay - 52mins 58secs

Alice Hall - 54mins 7secs - **1st FV50**

Pamela Cruickshanks - 54mins 8secs - **2nd FV50**

Ewan Cameron - 55mins 49secs

Jill Thomson - 57mins 45secs

Wednesday 29th June 2016

Self Transcendence 1mile, Edinburgh

Allen Marr - 5mins 39secs - **1st MV60** - **distance pb**

Tuesday 28th June 2016

Ravenscraig 1mile

Allen Marr - 5mins 49secs - **1st MV60** - **distance pb**

Sunday 26th June 2016

Greenwich Park 10k, London

Yuri Bouwhuis - 46mins 38secs

## Sunday 26th June 2016

### Benarty Gala Trail Race, Lochore Meadows, 5miles

#### Haddies Summer Grand Prix Series, Race 10

Stuart McKenzie - 29mins 31secs

Colin McKie - 31mins 34secs - **1st MJ**

Allen Marr - 34mins 52secs - **1st MV60**

George Findlay - 35mins 15secs - **2nd MV55**

Ewan Cameron - 39mins 23secs

## Saturday 25th June 2016

### Largo Law Hill Race, 10k/330m

Thomas Knox - 48mins 47secs - **\*3rd Overall\*** - course pb

Jonny Knox - 49mins 55secs

Ronan McKinstry - 53mins 4secs

Mike Reilly - 56mins 43secs

Rosie Knox - 1hr 3mins 40secs - **\*2nd Female Overall\***

Fiona Cruickshanks - 1hr 6mins 59secs - course pb

Jaz Hay - 1hr 13mins 55secs

Debz Hay - 1hr 17mins 32secs - course pb

Tracy Chalmers - 1hr 24mins 59secs - course pb

Jackie Galloway - 1hr 25mins 29secs - course pb

Allan Galloway - 1hr 26mins 44secs

Richard McKinstry - 1hr 35mins 00secs

## Saturday 25th June 2016

### St Andrews Parkrun 5k

Allen Marr - 21mins 24secs - **1st MV60**

Catriona Duncan - 25mins 18secs - **1st FV60**

Saturday 25th June 2016

Cardiff Parkrun 5k

Ross Vanderwert - 23mins 56secs

Wednesday 22nd June 2016

Self Transcendence 2miles, Edinburgh

Allen Marr - 12mins 38secs - **1st MV60** - distance pb

Tuesday 21st June 2016

Skull Mountain Trail Race Series, Race 3, Falkland

Tich Shaw - 40mins 30secs - **1st MV60**

Allen Marr - 40mins 45secs - **2nd MV60**

Ewan Cameron - 47mins 12secs

Karen Cunningham - 49mins 38secs

Jennifer Gallagher - 1hr 9mins 13secs

Sunday 19th June 2016

Glenrothes 10k

Haddies Summer Grand Prix Series, Race 9

Allen Marr - 43mins 55secs - **2nd MV60** - distance pb

George Findlay - 44mins 2secs - **3rd MV60**

Jas Baillie - 45mins 51secs

Jaz Hay - 50mins 44secs - distance pb

Fiona Cruickshanks - 51mins 17secs

Susan Penman - 53mins 47secs

Jackie Galloway - 56mins 57secs

Allan Galloway - 59mins 19secs

Sandy Chalmers - 1hr 4mins 12secs - **1st MV80**

Sunday 19th June 2016

Glenrothes 4k

Haddies Summer Grand Prix Series, Race 9

Colin McKie - 14mins 57secs - **1st MJ** - **\*1st Overall\***

Saturday 18th June 2016

St Andrews Parkrun 5k

Allen Marr - 20mins 54secs - **1st MV60**

Saturday 18th June 2016

Kirkcaldy Parkrun 5k

Tracy Chalmers - 27mins 7secs

Saturday 18th June 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 53secs - **1st MS25**

## Friday 17th June 2016

### Beveridge Park 5k Series, Race 3

Ronan McKinstry - 18mins 46secs - **3rd MU20**

Allen Marr - 22mins 29secs - **2nd MV60**

Fiona Cruickshanks - 22mins 32secs - **2nd FS** - **\*3rd Female Overall\***

## Wednesday 15<sup>th</sup> June 2016

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

Ronan, Allan Gibson, Jill, Jack - 5mins 00secs - **\*1st Overall\***

Jennifer, Alan M, Fiona, Alan Mc - 5mins 2secs - **\*2nd Overall\***

Ailsa, Gordon, Tracy K, Christine - 5mins 24secs - **\*3rd Overall\***

Colin, Rosie, Yvonne, Lucy - 5mins 30secs

Jonny, George F, Karen S, Ian Mc - 5mins 32secs

## Sunday 12th June 2016

### Mabie Trail Race 10k, Dumfries

Hazel Bradley - 51mins 20secs - **1st FV60**

## Sunday 12th June 2016

### Woodmill Road Runners 5k, Dunfermline

Allen Marr - 22mins 2secs - **1st MV60**

## Sunday 12th June 2016

### Dechmont Law 10k

Tich Shaw - 45mins 52secs - **1st MV60**

## Saturday 11th June 2016

### St Andrews Parkrun 5k

Colin McKie - 18mins 58secs - **1st MJ11-14** - course pb

Allen Marr - 20mins 8secs - **1st MV60** - course pb

Gordon Halliday - 20mins 13secs - **2nd MV45** - course pb

Catriona Duncan - 25mins 9secs - **2nd FV60** - course pb

## Saturday 11th June 2016

### Kirkcaldy Parkrun 5k

Yvonne Dehn - 22mins 26secs - **1st FS25** - **\*2nd Female Overall\*** - course pb

Fiona Cruickshanks - 24mins 1secs - **1st FS20**

## Saturday 11th June 2016

### Traralgon Parkrun 5k, Victoria

Duncan Hall - 18mins 19secs - **1st MS25** - **\*3rd Overall\***

## Sunday 5th June 2016

### Lakelands Marathon Challenge, Coniston

Debz Hay - 5hrs 46mins 43secs

## Sunday 5th June 2016

### Lakelands Half Marathon Challenge, Coniston

George Hay - 3hrs 19mins 46secs



## Sunday 5th June 2016

### Chariots of Fire 5k, St Andrews

Jeff Taylor - 21mins 16secs - **2nd MV50**

Allen Marr - 22mins 16secs - **1st MV60**

Karen Cunningham - 27mins 00secs

## Saturday 4th June 2016

### Highlander Mountain Marathon

Mark Harris - 4hrs 59mins 24secs

Jonny Knox - 6hrs 19mins 13secs

Thomas Knox - 6hrs 19mins 13secs

## Saturday 4th June 2016

### Falkirk Parkrun 5k

Yvonne Dehn - 22mins 48secs - **1st FS25**

Pamela Cruickshanks - 23mins 27secs - **2nd FV50**

Fiona Cruickshanks - 25mins 48secs - **2nd FS20**

## Saturday 4th June 2016

### Perth Parkrun 5k

### Haddies Summer Grand Prix Series, Race 8

Allen Marr - 20mins 33secs - **1st MV60**

Jas Baillie - 20mins 45secs - **1st MV55**

Catriona Duncan - 24mins 35secs - **1st FV60**

Saturday 4th June 2016

Camperdown Parkrun 5k

Neil Smith - 18mins 7secs - **1st MV40** - **\*2nd Overall\***

Saturday 4th June 2016

St Andrews Parkrun 5k

Gordon Halliday - 20mins 24secs - **3rd MV45** - **course pb**

Saturday 4th June 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 7secs - **2nd MS25** - **\*3rd Overall\***

Friday 3rd June 2016

Black Rock 5, Kinghorn

Neil Smith - 26mins 5secs - **2nd MV40**

Tich Shaw - 32mins 16secs - **3rd MV60**

Allen Marr - 34mins 39secs

Wednesday 1st June 2016

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

Haddies Summer Grand Prix Series, Race 7

Stuart McKenzie - 37mins 10secs - **3rd MS** - **course pb**

Jonny Knox - 38mins 17secs - **2nd MV50**

Ronan McKinstry - 39mins 5secs - **course pb**

Colin McKie - 39mins 9secs - **course pb**

Tich Shaw - 42mins 13secs - **2nd MV60**  
Gordon Halliday - 42mins 40secs - **course pb**  
Jeff Taylor - 43mins 9secs - **course pb**  
Jas Baillie - 43mins 29secs  
Rosie Knox - 44mins 25secs - **1st FJ - course pb**  
Yvonne Dehn - 45mins 3secs - **course pb**  
Allen Marr - 45mins 22secs  
Fiona Cruickshanks - 47mins 4secs - **course pb**  
Pamela Cruickshanks - 47mins 42secs - **3rd FV50**  
Lizzie Knox - 48mins 28secs - **course pb**  
Tracy Knox - 49mins 59secs - **course pb**  
Sharon Brown - 51mins 44secs - **course pb**  
Nick Fry - 52mins 45secs  
Tracy Chalmers - 55mins 39secs  
Jim Hogsflesh - 56mins 12secs  
Susan Penman - 56mins 14secs  
Karen Cunningham - 56mins 35secs  
Jackie Galloway - 57mins 44secs

### Sunday 29th May 2016

#### Edinburgh Marathon

Mike Reilly - 3hrs 27mins 39secs  
Jaz Hay - 4hrs 13mins 24secs - **distance pb**  
George Findlay - 4hrs 21mins 3secs

### Sunday 29th May 2016

#### Edinburgh Half Marathon

Davie Brisland - 1hr 31mins 51secs

Yvonne Dehn - 1hr 44mins 57secs - **distance pb**

Fiona Cruickshanks - 1hr 59mins 20secs

Saturday 28th May 2016

Isle of Jura Hill Race, 28k/2370m

Mark Harris - 3hrs 45mins 10secs

Jonny Knox - 4hrs 12mins 58secs - **3rd MV50**

Thomas Knox - 4hrs 17mins 35secs - **course pb**

Saturday 28th May 2016

Southsea Parkrun 5k

Neil Smith - 16mins 46secs - **1st MV40** - **\*2nd Overall\***

Saturday 28th May 2016

Dunfermline Parkrun 5k

Tich Shaw - 21mins 4secs - **1st MV60**

Saturday 28th May 2016

Inverness Parkrun 5k

Allen Marr - 20mins 28secs - **1st MV60**

Saturday 28th May 2016

St Andrews Parkrun 5k

Gordon Halliday - 20mins 35secs - **2nd MV45** - **course pb**

Catriona Duncan - 25mins 55secs - **1st FV60**

Angela Small - 35mins 26secs

### Tuesday 24th May 2016

#### Ravenscraig 1mile

Allen Marr - 5mins 57secs - **2nd MV60**

Sharon Brown - 8mins 40secs

### Saturday 21st May 2016

#### The Great Wall Marathon, China

Alice Hall - 7hrs 11mins 13secs

### Saturday 21st May 2016

#### Miles End Parkrun 5k, London

Yuri Bouwhuis - 20mins 16secs

### Saturday 21st May 2016

#### Slioch Horseshoe Hill Race, Kinlochewe, 20k/1180m

Mark Harris - 2hrs 5mins 1secs - **1st MV40** - **\*3rd Overall\***

### Saturday 21st May 2016

#### Kirkcaldy Parkrun 5k

Yvonne Dehn - 22mins 57secs - **1st FS25** - **\*3rd Female Overall\*** - course pb

Ewan Cameron - 24mins 50secs - **2nd MV55**

## Saturday 21st May 2016

### St Andrews Parkrun 5k

Duncan Hall - 18mins 13secs - **2nd MS25** - course pb

Jas Baillie - 20mins 58secs - **2nd MV55**

Allen Marr - 21mins 10secs - **1st MV60**

Bill Simpson - 23mins 44secs - **2nd MV60**

## Saturday 21st May 2016

### Cape Wrath Challenge

#### 3 Person Relay, 11miles

Carole Fraser - 2hrs 15mins 1secs

## Friday 20th May 2016

### Beveridge Park 5k Series, Race 2

#### Haddies Summer Grand Prix Series, Race 6

Ronan McKinstry - 18mins 51secs - **2nd MU20**

Jeff Taylor - 20mins 1secs - course pb

Allen Marr - 20mins 41secs - **2nd MV60** - course pb

Jas Baillie - 21mins 7secs

George Findlay - 21mins 10secs

Fiona Cruickshanks - 22mins 28secs - course pb

Pamela Cruickshanks - 22mins 33secs - **3rd FV50**

Elise Methven - 23mins 27secs

Bill Simpson - 23mins 29secs

Ewan Cameron - 23mins 57secs

Susan Penman - 25mins 15secs - course pb

Wednesday 18th May 2016

Cape Wrath Challenge

Around Durness, 10miles

Carole Fraser - 2hrs 12mins 36secs

Tuesday 17th May 2016

Cape Wrath Challenge

Two Lochs Trail Run, 5.5miles

Carole Fraser - 57mins 16secs

Tuesday 17th May 2016

Skull Mountain Trail Race Series, Race 2, Falkland

Tich Shaw - 40mins 00secs - **1st MV60**

Jas Baillie - 41mins 33secs - **2nd MV55**

Allen Marr - 41mins 45secs - **2nd MV60**

Ewan Cameron - 47mins 33secs

Karen Cunningham - 51mins 4secs

Jennifer Gallagher - 1hr 10mins 13secs

Saturday 14<sup>th</sup> May 2016

Loch Leven Half Marathon

Stuart McKenzie - 1hr 30mins 10secs

Yvonne Dehn - 1hr 47mins 46secs - **distance pb**

Jaz Hay - 1hr 53mins 51secs - **course pb**

Fiona Cruickshanks - 1hr 59mins 45secs - **distance pb**

Angela Small - 2hrs 0mins 40secs - **distance pb**

Sharon Brown - 2hrs 5mins 42secs - **course pb**

Karen Cunningham - 2hrs 8mins 0secs

### Saturday 14<sup>th</sup> May 2016

#### Penicuik 10k

Tich Shaw - 43mins 30secs - **2nd MV60**

Jas Baillie - 46mins 22secs

### Saturday 14<sup>th</sup> May 2016

#### Dunfermline Parkrun 5k

#### Haddies Summer Grand Prix Series, Race 5

Duncan Hall - 18mins 51secs - **1st MS25** - **\*1st Overall\***

Colin McKie - 19mins 50secs - **1st MJ11** - **course pb**

Jeff Taylor - 21mins 13secs - **2nd MV50**

Allen Marr - 21mins 22secs - **1st MV60**

Jas Baillie - 21mins 42secs - **3rd MV55**

Bill Simpson - 24mins 53secs - **2nd MV60**

Ewan Cameron - 24mins 54secs

### Saturday 14<sup>th</sup> May 2016

#### Camperdown Parkrun 5k

Elise Methven - 24mins 16secs - **2nd FV40**

### Saturday 14<sup>th</sup> May 2016

#### Miles End Parkrun 5k, London

Yuri Bouwhuis - No Time - **3rd MV40**



**Friday 13<sup>th</sup> May 2016**

**Cateran Ultra Marathon, 110miles**

Gordon Halliday - 24hrs 11mins 46secs - **course pb**

**Saturday 7<sup>th</sup> May 2016**

**Glen Lyon Ultra, 30miles**

Gordon Halliday - 5hrs 10mins 8secs

**Saturday 7<sup>th</sup> May 2016**

**Ben Lomond Hill Race, 12.6k/960m**

Mark Harris - 1hr 18mins 1secs - **2nd MV40** - **course pb**

**Saturday 7<sup>th</sup> May 2016**

**St Andrews Parkrun 5k**

Jeff Taylor - 20mins 10secs - **3rd MV50** - **course pb**

Allen Marr - 20mins 29secs - **2nd MV60** - **course pb**

Jas Baillie - 21mins 11secs - **1st MV55** - **course pb**

Bill Simpson - 23mins 47secs

**Saturday 7<sup>th</sup> May 2016**

**Kirkcaldy Parkrun 5k**

Tracy Chalmers - 26mins 59secs - **course pb**

Saturday 7<sup>th</sup> May 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 26secs - **1st MS25**

Wednesday 4<sup>th</sup> May 2016

St Andrews 5k, 2nd Race in FAC Midweek Series (slightly short)

Haddies Summer Grand Prix Series, Race 4

Colin McKie - 17mins 52secs

Ailsa Cruickshanks - 18mins 20secs - **1st FU20** - **\*3rd Female Overall\***

Davie Brisland - 18mins 56secs

Jeff Taylor - 19mins 3secs

Tich Shaw - 19mins 4secs - **1st MV60**

Allen Marr - 19mins 43secs - **2nd MV60**

Gordon Halliday - 19mins 58secs

Jas Baillie - 20mins 29secs

Yvonne Dehn - 20mins 40secs

Fiona Cruickshanks - 21mins 13secs

Jaz Hay - 21mins 48secs

Bill Simpson - 21mins 56secs

Richard Ingram - 24mins 19secs

Debz Hay - 25mins 36secs

Saturday 30<sup>th</sup> April 2016

Hoka Highland Fling, Milngavie to Tyndrum, 53miles/7500ft

Bill Hutchison - 9hrs 34mins 33secs - **1st MV60** - **\*MV60 Course Record\***

Saturday 30th April 2016

Stuc o' Chroin Hill Race, 22k/1500m

Mark Harris - 2hrs 41mins 24secs - **1st MV40**

Jonny Knox - 2hrs 50mins 16secs - **3rd MV50**

Thomas Knox - 3hrs 13mins 55secs - **course pb**

Lizzie Knox - 4hrs 11mins 54secs

Saturday 30th April 2016

Miles End Parkrun 5k, London

Yuri Bouwhuis - 19mins 48secs - **2nd MV40** - **course pb**

Saturday 30th April 2016

Kirkcaldy Parkrun 5k

Tich Shaw - 20mins 42secs - **1st MV60**

Jas Baillie - 21mins 11secs - **1st MV55** - **course pb**

Colin McKie - 23mins 57secs

Saturday 30th April 2016

St Andrews Parkrun 5k

Allen Marr - 20mins 43secs - **1st MV60** - **course pb**

Gordon Halliday - 20mins 48secs - **3rd MV45** - **course pb**

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

Saturday 30th April 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 52secs - **2nd MS25**

## Thursday 28th April 2016

### Kinross 10k

Tich Shaw - 43mins 19secs - **1st MV60**

Allen Marr - 45mins 38secs - **3rd MV60**

Jas Baillie - 46mins 11secs

## Tuesday 26th April 2016

### Ravenscraig 1mile, Kirkcaldy

Allen Marr - 6mins 2secs - **1st MV60**

Tracy Chalmers - 8mins 43secs

Jackie Galloway - 9mins 36secs - **2nd FV50**

## Sunday 24th April 2016

### London Marathon

Yuri Bouwhuis - 3hrs 29mins 33secs

Giles Harris - 3hrs 29mins 43secs

Karen Cunningham - 4hrs 27mins 3secs

## Sunday 24th April 2016

### Balmoral 15miles

Liam McMonagle - 2hrs 23mins 53secs

## Sunday 24th April 2016

### Lomonds Junior Hill Race

Colin McKie - 16mins 3secs

Saturday 23rd April 2016

The John Muir Way Ultra Marathon, 50k

Gordon Halliday - 4hrs 48mins 52secs

Saturday 23rd April 2016

Camperdown Parkrun 5k

Haddies Summer Grand Prix Series, Race 3

Colin McKie - 20mins 41secs - **1st MJ11-14** - course pb

Jeff Taylor - 22mins 11secs - **2nd MV50** - course pb

Allen Marr - 22mins 14secs - **2nd MV60**

Jas Baillie - 23mins 21secs - **2nd MV55**

Yvonne Dehn - 23mins 32secs - **1st FS25** - **\*3rd Female Overall\***

Pamela Cruickshanks - 23mins 41secs - **1st FV50**

Fiona Cruickshanks - 24mins 37secs - **2nd FS20**

Ewan Cameron - 25mins 30secs

Saturday 23rd April 2016

Inverness Parkrun 5k

Tich Shaw - 20mins 48secs - **2nd MV60**

Saturday 23rd April 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 49secs - **1st MS25**

## Tuesday 19th April 2016

### Skull Mountain Trail Race Series, Race 1, Falkland

Gordon Halliday - 29mins 49secs

Tich Shaw - 30mins 00secs - **1st MV60**

Allen Marr - 32mins 6secs - **2nd MV60**

Jas Baillie - 33mins 8secs - **2nd MV55**

Ewan Cameron - 34mins 57secs - **3rd MV55**

## Sunday 17th April 2016

### Angus Half Marathon

Davie Brisland - 1hr 35mins 35secs

Angela Small - 2hrs 2mins 38secs

## Sunday 17th April 2016

### Great Edinburgh Run, 10miles

Susan Penman - 1hr 27mins 40secs

Christine Bowie - 1hr 35mins 13secs

Debz Hay - 1hr 42mins 5secs

George Hay - 1hr 49mins 31secs

## Saturday 16th April 2016

### Teenager with Altitude Fell Race, Lake District, 24.7k/2318m

Mark Harris - 3hrs 00mins 37secs - **2nd MV40**

Saturday 16th April 2016

Hunters Bog Trot, Holyrood Park, Edinburgh, 6.5k/240m

Debz Hay - 57mins 33secs - **2nd FV40**

George Hay - 57mins 33secs

Saturday 16th April 2016

Normans Law Hill Race, Luthrie, 8k/215m

Haddies Summer Grand Prix Series, Race 2

Jonny Knox - 34mins 23secs - **1st MV50** - \*3rd Overall\*

Gordon Halliday - 39mins 43secs

Tich Shaw - 41mins 19secs - **1st MV60**

Rosie Knox - 43mins 20secs - **1st FU20**

Allen Marr - 44mins 23secs

Jas Baillie - 44mins 37secs

Pamela Cruickshanks - 45mins 41secs - **2nd FV50**

Jeff Taylor - 45mins 44secs

Ewan Cameron - 47mins 16secs

Tracy Knox - 48mins 17secs - **3rd FV50**

Allan Gibson - 48mins 57secs

Nick Fry - 49mins 7secs

Sharon Brown - 49mins 56secs

Saturday 16th April 2016

Miles End Parkrun 5k, London

Yuri Bouwhuis - 22mins 8secs - **2nd MV40**

## Saturday 16th April 2016

### Kirkcaldy Parkrun 5k

Tracy Chalmers - 27mins 14secs

Sandy Chalmers - 30mins 23secs - **1st MV80** - **course pb**

## Saturday 16th April 2016

### St Andrews Parkrun 5k

Gordon Halliday - 21mins 2secs - **1st MV45**

Allen Marr - 21mins 19secs - **1st MV60**

Carole Fraser - 31mins 28secs

## Friday 15th April 2016

### Beveridge Park 5k Series, Race 1

Allen Marr - 20mins 55secs - **1st MV60**

Jas Baillie - 21mins 41secs

Sharon Brown - 25mins 15secs

## Wednesday 13<sup>th</sup> April 2016

### Strathkinness/Blebocraigs 4.5miles, 1st Race in FAC Midweek Series

### Haddies Summer Grand Prix Series, Race 1

Mark Harris - 27min 18secs - **1st MV40**

Stuart McKenzie - 28min 41secs

Jonny Knox - 29min 19secs - **2nd MV50**

Ailsa Cruickshanks - 29min 44secs - **1st FJU20** - **course pb**

Colin McKie - 31min 38secs

Mike Reilly - 31min 40secs - **course pb**



Jeff Taylor - 32min 8secs  
Davie Brisland - 33min 23secs  
George Findlay - 33min 57secs  
Jas Baillie - 34min 10secs  
Allen Marr - 34min 18secs - **3rd MV60**  
Yvonne Dehn - 34min 38secs - **course pb**  
Rosie Knox - 34min 54secs - **2nd FJU20**  
Pamela Cruickshanks - 35min 20secs - **3rd FV50**  
Fiona Cruickshanks - 35min 49secs - **course pb**  
Jaz Hay - 36min 52secs - **course pb**  
Tracy Knox - 38min 9secs - **course pb**  
Nick Fry - 38min 28secs - **course pb**  
Allan Gibson - 38min 39secs  
Catriona Duncan - 40min 34secs - **3rd FV60**  
Debz Hay - 42min 36secs  
Jim Hogsflesh - 43min 0secs - **course pb**  
Angela Small - 45min 6secs  
Karen Cunningham - 45min 7secs

### Sunday 10th April 2016

#### Tom Scott Memorial 10miles, Strathclyde

Tracy Chalmers - 1hr 38mins 27secs  
Jackie Galloway - 1hr 38mins 27secs

### Sunday 10th April 2016

#### Round The Houses 10k, Grangemouth

Yvonne Dehn - 47mins 40secs - **distance pb**

Fiona Cruickshanks - 49mins 27secs - **distance pb**

Angela Small - 53mins 11secs

Saturday 9th April 2016

Miles End Parkrun 5k, London

Yuri Bouwhuis - 20mins 7secs - **2nd MV40** - **course pb**

Saturday 9th April 2016

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 55secs

Saturday 9th April 2016

St Andrews Parkrun 5k

Gordon Halliday - 21mins 19secs - **3rd MV45**

Allen Marr - 21mins 41secs - **3rd MV60**

Saturday 9th April 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 26secs - **3rd MS25**

Sunday 3rd April 2016

Tay Ten, Perth, 10miles

Richard Ingram - 1hr 29mins 24secs

Aileen Bracken - 1hr 29mins 27secs

## Saturday 2nd April 2016

### Miles End Parkrun 5k, London

Yuri Bouwhuis - 22mins 15secs

## Saturday 2nd April 2016

### Kirkcaldy Parkrun 5k

Tich Shaw - 20mins 41secs - **2nd MV60** - course pb

Allen Marr - 21mins 19secs - **3rd MV60** - course pb

## Saturday 26th March 2016

### St Andrews Parkrun 5k

Gordon Halliday - 20mins 57secs - **3rd MV45** - course pb

Catriona Duncan - 25mins 35secs - **2nd FV60** - course pb

## Tuesday 29th March 2016

### Ravenscraig 2miles

Stuart McKenzie - 11mins 29secs

Tich Shaw - 12mins 57secs - **2nd MV60**

Allen Marr - 13mins 14secs - **3rd MV60**

Sharon Brown - 15mins 40secs

## Sunday 27th March 2016

### Self-Transcendence 100k Ultra Race, North Inch Park, Perth

Bill Hutchison - 8hrs 58mins 51secs - **1st MV60** - **\*MV60 Scottish Record\***

Sunday 27th March 2016

Eildons 10mile Trail Race, Melrose, 16.4k/540m

Hazel Bradley - 1hr 51mins 8secs

Sunday 27th March 2016

Easter 5k Fun Run in aid of World Cancer Research, St Andrews

Carole Fraser - 30mins 5secs

Saturday 26th March 2016

Miles End Parkrun 5k, London

Yuri Bouwhuis - 20mins 31secs - **3rd MV40**

Saturday 26th March 2016

St Andrews Parkrun 5k

Gordon Halliday - 22mins 14secs

Jas Baillie - 22mins 52secs

Carole Fraser - 32mins 46secs

Thursday 24th March 2016

Nightmare Series (5) Falkland Estate, 3.5miles

Tich Shaw - 23mins 26secs - **1st MV60**

## Sunday 20th March 2016

### Run For The Kids, Melbourne, 16k

Duncan Hall - 59mins 1secs

## Sunday 20th March 2016

### Alloa Half Marathon

Giles Harris - 1hr 27mins 54secs

Mike Reilly - 1hr 29mins 1secs

Ewan Lumsden - 1hr 32mins 28secs

Tich Shaw - 1hr 34mins 24secs

Jas Baillie - 1hr 43mins 57secs

Jaz Hay - 1hr 50mins 34secs - **distance pb**

Yvonne Dehn - 1hr 51mins 41secs - **course pb**

Karen Cunningham - 2hrs 00mins 18secs

Sharon Brown - 2hrs 4mins 54secs

Debz Hay - 2hrs 26mins 31secs

George Hay - 2hrs 38mins 16secs

## Saturday 19th March 2016

### St Andrews Parkrun 5k

Allen Marr - 21mins 11secs - **1st MV60** - **course pb**

## Saturday 19th March 2016

### Kirkcaldy Parkrun 5k

Stuart McKenzie - 18mins 59secs - **1st MS30**

Saturday 19th March 2016

Clic Seargent 3k, Dundee

Jackie Galloway - 16mins 53secs

Saturday 19th March 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 32secs - **3rd MS25**

Sunday 13th March 2016

Gartmorn Junior Race, 1.8miles

Colin McKie - 14mins 27secs

Saturday 12th March 2016

D33, Aberdeen, 33miles

Bill Hutchison - 4hrs 18mins 47secs - **1st MV60** - **\*MV60 Course Record\***

Saturday 12th March 2016

Corralejo 5k, Fuerteventura

Tich Shaw - 19mins 2secs

Saturday 12th March 2016

Cupar 5

Allen Marr - 36mins 11secs

Jas Baillie - 36mins 32secs

Sharon Brown - 41mins 39secs

**Saturday 12th March 2016**

**St Andrews Parkrun 5k**

Gordon Halliday - 22mins 6secs - **1st MV45**

**Saturday 12th March 2016**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 18mins 15secs - **1st MS25**

**Sunday 6th March 2016**

**Smokies 10, Arbroath**

Pamela Cruickshanks - 1hr 21mins 48secs - **course pb**

Alice Hall - 1hr 23mins 9secs

Susan Penman - 1hr 24mins 59secs - **distance pb**

Fiona Cruickshanks - 1hr 29mins 20secs

Angela Small - 1hr 30mins 56secs - **course pb**

**Saturday 5th March 2016**

**Kirkcaldy Parkrun 5k**

Ailsa Cruickshanks - 20mins 17secs - **1st FJ15-17 - \*1st Female Overall\***

**Saturday 5th March 2016**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 21mins 4secs - **1st MS25**

Wednesday 2nd March 2016

Sunset Series Race 2, The Tan, Melbourne, 8k

Duncan Hall - 30mins 23secs

Wednesday 2nd March 2016

Mars Bar Race (6) 4miles

Mark Harris - 25mins 00secs

Ronan McKinstry - 25mins 14secs

Jonny Knox - 26mins 8secs

Colin McKie - 26mins 53secs - **course pb**

Mike Reilly - 27mins 12secs

Ailsa Cruickshanks - 28mins 1secs

Davie Brisland - 28mins 15secs

Jeff Taylor - 29mins 2secs

Allen Marr - 29mins 4secs

George Findlay - 30mins 35secs

Fiona Cruickshanks - 30mins 53secs

Rosie Knox - 30mins 55secs

Pamela Cruickshanks - 31mins 19secs

Yvonne Dehn - 31mins 38secs

Allan Gibson - 33mins 53secs

John Dickson - 33mins 59secs

Angela Small - 34mins 59secs

Bill Simpson - 35mins 00secs

Catrina Duncan - 35mins 35secs

Tracy Knox - 36mins 2secs

Tracy McAusland - 37mins 24secs - **course pb**

Lucy McKie - 38mins 11secs



Karen Cunningham - 38mins 46secs

Carole Fraser - 41mins 56secs

Saturday 27th February 2016

Scottish National Cross Country Championships, Falkirk

Senior Men - 12k

Richard McKinstray - 1hr 19mins 59secs

Senior Women - 8k

Pamela Cruickshanks - 42mins 12secs

Saturday 27th February 2016

Kirkcaldy Parkrun 5k

Tracy Chalmers - 27mins 7secs - **course pb**

Sandy Chalmers - 30mins 46secs - **1st MV80** - **course pb**

Saturday 27th February 2016

St Andrews Parkrun 5k

Carole Fraser - 30mins 40secs - **3rd FV55**

Saturday 27th February 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 37secs - **2nd MS25**

Sunday 21st February 2016

Devilla 15k Trail Race, Tulliallan

Mike Reilly - 1hr 10mins 17secs

Hazel Bradley - 1hr 24mins 50secs - **1st FV60**

Alice Hall - 1hr 25mins 17secs

Sharon Brown - 1hr 28mins 33secs

Carole Fraser - 1hr 54mins 44secs

Sunday 21st February 2016

Run with the Wind Half Marathon, Strathaven

Yuri Bouwhuis - 1hr 36mins 38secs

Saturday 20th February 2016

Edinburgh Parkrun 5k

Yuri Bouwhuis - 20mins 42secs

Saturday 20th February 2016

St Andrews Parkrun 5k

Catriona Duncan - 26mins 38secs - **2nd FV60**

Saturday 20th February 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 16secs - **2nd MS25**

Wednesday 17th February 2016

Sunset Series Race 2, Princes Park, Melbourne, 8k

Duncan Hall - 29mins 32secs - **3rd MS18-29**

Saturday 13th February 2016

Carnethy 5 Hill Race 6miles/2500ft

Thomas Knox - 1hr 3mins 49secs

Jonny Knox - 1hr 3mins 51secs

Rosie Knox - 1hr 28mins 50secs - **2nd FJ**

Lizzie Knox - 1hr 29mins 25secs

Jaz Hay - 1hr 53mins 42secs

Debz Hay - 1hr 53mins 43secs

Saturday 13th February 2016

Kirkcaldy Parkrun 5k

Bill Simpson - 24mins 51secs

Jackie Galloway - 30mins 23secs

Tracy Chalmers - 30mins 24secs

Saturday 13th February 2016

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 17mins 56secs - **2nd MS25**

Sunday 7th February 2016

Forfar Multi Terrain Half Marathon

Davie Burgess - 1hr 31mins 46secs

Stuart McKenzie - 1hr 32mins 57secs  
Jaz Hay - 2hrs 2mins 2secs  
Yvonne Dehn - 2hrs 2mins 58secs - **course pb**  
Fiona Cruickshanks - 2hrs 4mins 38secs  
Pamela Cruickshanks - 2hrs 5mins 31secs  
Sharon Brown - 2hrs 10mins 53secs  
Debz Hay - 2hrs 15mins 16secs  
Alice Hall - 2hrs 16mins 22secs  
Angela Small - 2hrs 24mins 29secs  
Jackie Galloway - 2hrs 32mins 33secs  
Allan Galloway - 2hrs 41mins 22secs  
George Hay - 2hrs 41mins 22secs

### Sunday 7th February 2016

#### Frostbite Trail Race (4) Falkland, 5k

Colin McKie - 28mins 17secs - **1st MJ**  
Bill Simpson - 35mins 33secs - **2nd MV60**

### Saturday 6th February 2016

#### St Andrews Parkrun 5k

Ronan McKinstry - 18mins 11secs - **1st MS18-19** - **\*3rd Overall\*** - **course pb**  
Richard McKinstry - 25mins 47secs  
Angela Small - 27mins 22secs

## Saturday 6th February 2016

### Kirkcaldy Parkrun 5k

Ailsa Cruickshanks - 20mins 12secs - **1st FJ15-17** - **\*1st Female Overall\***

Catriona Duncan - 25mins 52secs - **1st FV60** - **course pb**

Tracy Chalmers - 27mins 26secs - **2nd FV40** - **course pb**

## Saturday 6th February 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 31secs - **2nd MS25**

## Wednesday 3rd February 2016

### Sunset Series Race 1, Melbourne Zoo, 7.5k

Duncan Hall - 28mins 28secs

## Wednesday 3rd February 2016

### Mars Bar Race (5) 4miles

Mark Harris - 23mins 19secs

Ronan McKinstry - 24mins 9secs

Thomas Knox - 24mins 30secs - **course pb**

Yuri Bouwhuis - 25mins 45secs - **course pb**

Mike Reilly - 26mins 21secs

Jonny Knox - 26mins 25secs

Colin McKie - 26mins 40secs - **course pb**

Ailsa Cruickshanks - 26mins 58secs

Allen Marr - 28mins 49secs - **course pb**

Davie Brisland - 29mins 2secs

George Findlay - 29mins 34secs  
Jas Baillie - 31mins 47secs  
Jaz Hay - 31mins 47secs  
Rosie Knox - 31mins 47secs  
Alan McKie - 32mins 58secs - **course pb**  
Allan Gibson - 33mins 4secs  
John Dickson - 33mins 35secs  
Yvonne Dehn - 34mins 9secs  
Tracy Knox - 34mins 12secs  
Catrina Duncan - 34mins 47secs - **course pb**  
Tracy Chalmers - 36mins 19secs  
Jackie Galloway - 36mins 30secs  
Tracy McAusland - 39mins 6secs - **course pb**  
Lucy McKie - 39mins 27secs

### Saturday 30th January 2016

#### Kirkcaldy Parkrun 5k

Colin McKie - 26mins 23secs - **1st MJ11-14**

### Saturday 30th January 2016

#### St Andrews Parkrun 5k

Yuri Bouwhuis - 20mins 54secs - **3rd MV40**

### Friday 29th January 2016

#### Nightmare Series (4) Chariots Of Ice, St Andrews, 3.5miles

Angela Small - 31mins 48secs

**Saturday 23<sup>rd</sup> January 2016**

**Devil's Burden Hill Relay Race**

**Anster Haddies Mens Team 1 - 3hrs 2mins 45secs - 11<sup>th</sup>**

Leg 1 - Ronan McKinstry - 28mins 32secs

Leg 2 - Jonny Knox, Mark Harris - 1hr 4mins 9secs - **7<sup>th</sup> Fastest Overall**

Leg 3 - Davie Burgess, Stuart McKenzie - 58mins 57secs - **9<sup>th</sup> Fastest Overall**

Leg 4 - Thomas Knox - 31mins 7secs

**Anster Haddies Mens Team 2 - 4hrs 0mins 46secs - 77<sup>th</sup>**

Leg 1 - Yuri Bouwhuis - 32mins 19secs

Leg 2 - George Findlay, Allan Gibson - 1hr 42mins 33secs

Leg 3 - Bill Hutchison, Ewan Lumsden - 1hr 9mins 21secs

Leg 4 - Colin McKie, Ian Mills - 36mins 33secs

**Anster Haddies Ladies Team 1 - 4hrs 19mins 50secs - 96<sup>th</sup>**

Leg 1 - Ailsa Cruickshanks - 31mins 27secs - **4<sup>th</sup> Fastest Lady Overall**

Leg 2 - Jaz Hay, Jennifer Cruickshanks - 1hr 44mins 29secs

Leg 3 - Sharon Brown, Elise Methven - 1hr 21mins 43secs

Leg 4 - Rosie Knox - 42mins 11secs

**Anster Haddies Ladies Team 2 - 4hrs 25mins 12secs - 100<sup>th</sup>**

Leg 1 - Hazel Bradley - 35mins 46secs

Leg 2 - Fiona Cruickshanks, Yvonne Dehn - 1hr 44mins 20secs

Leg 3 - Alice Hall, Pamela Cruickshanks - 1hr 18mins 54secs

Leg 4 - Tracy Knox - 46mins 12secs

**Anster Haddies Mens Team 3 - 5hrs 28mins 22secs - 127<sup>th</sup>**

Leg 1 - Ewan Cameron - 39mins 18secs

Leg 2 - George Hay, Ryan Hood - 2hrs 19mins 12secs

Leg 3 - Jim Hogsflesh, Richard McKinstry - 1hr 29mins 37secs

Leg 4 - Allan Galloway - 1hr 00mins 15secs

**Anster Haddies Ladies Team 3 - 5hrs 53mins 37secs - 130<sup>th</sup>**

Leg 1 - Carole Fraser - 50mins 42secs

Leg 2 - Jackie Galloway, Tracy Chalmers - 2hrs 19mins 57secs

Leg 3 - Debz Hay, Karli Hay - 1hr 47mins 6secs

Leg 4 - Angela Small - 56mins 13secs

**Sunday 17th January 2016**

**Feel The Burn Hill Race, Selkirk 21.4k/800m**

Thomas Knox - 1hr 58mins 35secs

Jonny Knox - 1hr 59mins 11secs

**Saturday 16th January 2016**

**Livingston Parkrun 5k**

Colin McKie - 26mins 28secs - **2nd MJ11-14**

**Saturday 16th January 2016**

**East District Cross Country League, Broxburn**

**Senior Men - 8.1k**

Allan Gibson - 45mins 26secs

**Senior Women - 5.4k**

Ailsa Cruickshanks - 24mins 23secs

Pamela Cruickshanks - 27mins 14secs

Hazel Bradley - 28mins 1secs



## Wednesday 13th January 2016

### Mars Bar Race (4) 4miles

Stuart McKenzie - 24mins 54secs

Ronan McKinstry - 24mins 56secs

Ailsa Cruickshanks - 25mins 43secs - **course pb** - **\*Female Course Record\***

Jonny Knox - 25mins 58secs

Mike Reilly - 26mins 46secs

Colin McKie - 27mins 9secs - **course pb**

Davie Brisland - 27mins 36secs

George Findlay - 29mins 40secs

Jeff Taylor - 29mins 41secs

Rosie Knox - 30mins 12secs

Fiona Cruickshanks - 30mins 14secs

Ross Vanderwert - 30mins 16secs

Pamela Cruickshanks - 30mins 45secs

Jaz Hay - 31mins 43secs

Allan Gibson - 33mins 2secs

Tracy Knox - 33mins 4secs

Yvonne Dehn - 34mins 22secs

John Dickson - 34mins 26secs

Dave Nuttall - 36mins 00secs

Tracy Chalmers - 36mins 22secs

Sarah Gerson - 37mins 27secs

Jackie Galloway - 38mins 37secs

Carole Fraser - 41mins 24secs

**Sunday 10th January 2016**

**Frostbite Trail Race (3) Falkland, 5k**

Colin McKie - 33mins 56secs - **2nd MJ**

Bill Simpson - 38mins 23secs - **2nd MV60**

Chris Broome - 38mins 40secs

Jane Anderson - 43mins 30secs

**Saturday 9th January 2016**

**Edinburgh Great Winter Run 5k**

Pamela Cruickshanks - 23mins 20secs

Fiona Cruickshanks - 26mins 7secs

Yvonne Dehn - 26mins 11secs

**Saturday 9th January 2016**

**Kirkcaldy Parkrun 5k**

Tracy Chalmers - 28mins 13secs - **1st FV40**

**Saturday 9th January 2016**

**St Andrews Parkrun 5k**

David Nuttall - 27mins 45secs

**Saturday 9th January 2016**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 18mins 44secs - **2nd MS25**

## Saturday 2nd January 2016

### St Andrews Parkrun 5k

Mike Reilly - 19mins 20secs - **1st MV40** - **course pb**

Tich Shaw - 21mins 17secs - **2nd MV60**

Jas Baillie - 22mins 53secs - **3rd MV55**

Catriona Duncan - 26mins 22secs - **2nd FV60**

## Saturday 2nd January 2016

### Kirkcaldy Parkrun 5k

Pamela Cruickshanks - 23mins 47secs - **1st FV50**

## Friday 1st January 2016

### Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 18secs - **2nd MV60**

Colin McKie - 22mins 2secs - **1st MJ11-14**

Ross Vanderwelt - 22mins 18secs - **3rd MS35** - **course pb**

Jas Baillie - 23mins 1secs

Sarah Gerson - 30mins 58secs

Angela Small - 34mins 27secs - **course pb**

Jane Anderson - 34mins 29secs

## Friday 1st January 2016

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 3secs

