



## ANSTER HADDIES RACE RESULTS 2017

### Sunday 17th September 2017

#### Pitlochry 10k

Colin McKie - 41mins 39secs - **2nd MJ**

George Findlay - 46mins 54secs

### Sunday 17th September 2017

#### Gateway to the Glens 10k

Sharon Brown - 53mins 23secs

Angela Small - 1hr 2mins 53secs

### Saturday 16th September 2017

#### Beinn Resipol, Ardnamurchan, 12k/845m

CJ MacPhail - 1hr 58mins 1sec

### Saturday 16th September 2017

#### St Andrews Parkrun 5k

Eric Anderson - 19mins 13secs - **2nd MV40** - **course pb**

Mike Reilly - 21mins 54secs

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

Colin McKie - 27mins 40secs - **1st MJ15**

Saturday 16th September 2017

Kirkcaldy Parkrun 5k

Fiona Cruickshanks - 22mins 16secs - **\*2nd Female Overall\*** - **1st FS20** - **course pb**

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

Saturday 16th September 2017

East Grinstead Parkrun 5k

Neil Smith - 17mins 43secs - **\*1st Overall\*** - **1st MV40** - **course pb**

Saturday 16th September 2017

Cannibalc Cave Parkrun 5k, South Africa

Ewan Davidson - 24mins 39secs - **1st MV65** - **\*MV65 course record\***

Saturday 16th September 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 43secs

Sunday 10th September 2017

BraemarAthon Half Marathon

Debz Hay - 1hr 51mins 44secs

Sunday 10th September 2017

Stirling 10k

Eric Anderson - 41mins 36secs - **distance pb**

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

Fiona Cruickshanks - 46mins 41secs - **course pb**

Saturday 9th September 2017

East Grinstead Parkrun 5k

Neil Smith - 17mins 58secs - **\*1st Overall\*** - **1st MV40**

Saturday 9th September 2017

St Andrews Parkrun 5k

Catriona Duncan - 25mins 12secs - **1st FV60**

Saturday 9th September 2017

Ballito Parkrun 5k, South Africa

Ewan Davidson - 23mins 51secs - **1st MV65** - **\*MV65 course record\***

Saturday 9th September 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 52secs

## Wednesday 6th September 2017

### Caerketton Downhill Race, 1.8k/-300m

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

## Wednesday 6th September 2017

### Kingsbarns Fun Run, 4miles

#### Haddies Summer Grand Prix Series

Tom Harris - 22mins 29secs - **\*1st Overall\*** - **1st MJ**

Colin McKie - 23mins 21secs - **\*2nd Overall\*** - **2nd MJ** - **course pb**

Jonny Knox - 24mins 32secs - **1st MV50**

Eck Anderson - 25mins 2secs - **1st MS**

Mike Reilly - 25mins 35secs - **2nd MV40**

Davie Brisland - 25mins 44secs - **3rd MV40** - **course pb**

Eric Anderson - 25mins 48secs

George Findlay - 27mins 17secs - **2nd MV60** - **course pb**

Jas Baillie - 27mins 31secs - **2nd MV50**

Jaz Hay - 28mins 7secs - **\*3rd Female Overall\*** - **2nd FS**

Fiona Cruickshanks - 29mins 28secs - **3rd FS**

Allan Gibson - 30mins 46secs

Tracy Knox - 31mins 48secs - **2nd FV50** - **course pb**

Catriona Duncan - 33mins 22secs - **2nd FV60**

Jackie Galloway - 36mins 55secs

Tracy Chalmers - 36mins 55secs

## Sunday 3rd September 2017

### Skull Mountain Trail Series, Race 4, Balbirnie, 5miles

George Findlay - 30mins 51secs - **1st MV60** - **course pb**

Ewan Cameron - 33mins 45secs - **2nd MV55** - **course pb**

Jennifer Gallagher - 47mins 29secs

Saturday 2nd September 2017

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

Jonny Knox - 31mins 28secs - **1st MV50**

Eck Anderson - 35mins 8secs

Lizzie Knox - 36mins 8secs

CJ McPhail - 38mins 54secs

Fiona Cruickshanks - 43mins 16secs

Jaz Hay - 43mins 23secs

Tracy Knox - 46mins 21secs

Pamela Cruickshanks - 47mins 11secs

Debz Hay - 47mins 49secs

Saturday 2nd September 2017

Tonbridge Parkrun 5k

Neil Smith - 16mins 41secs - **\*2nd Overall\*** - **2nd MV40**

Saturday 2nd September 2017

Kirkcaldy Parkrun 5k

Tich Shaw - 20mins 55secs - **1st MV60**

Jas Baillie - 21mins 10secs - **1st MV55**

Saturday 2nd September 2017

St Andrews Parkrun 5k

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

## Saturday 2nd September 2017

### Brimbank Parkrun 5k, Melbourne

Duncan Hall - 19mins 38secs - **\*2nd Overall\*** - **1st MS30**

## Friday 1st September 2017

### Ultra Trail Du Mont-Blanc (UTMB), France, 171k/10,000m

Gordon Halliday - 42hrs 15mins 21secs

## Wednesday 30th August 2017

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

Lizzie Knox - 5mins 47secs - **\*1st Female Overall\*** - **1st FS**

Jonny Knox - 6mins 9secs - **3rd MV50**

## Wednesday 30th August 2017

### Gateside Gallop, 4miles

Thomas Knox - 25mins 27secs - **\*2nd Overall\*** - **1st MS** - **course pb**

Colin McKie - 27mins 6secs - **1st MJ**

Eck Anderson - 30mins 25secs

Eric Anderson - 30mins 47secs

George Findlay - 31mins 41secs - **course pb**

Fiona Cruickshanks - 31mins 50secs - **3rd FS** - **course pb**

Tich Shaw - 31mins 59secs

Bill Simpson - 35mins 5secs

Ewan Cameron - 35mins 9secs

## Sunday 27th August 2017

### Aberdeen Half Marathon

Eric Anderson - 1hr 40mins 51secs

## Sunday 27th August 2017

### Forth Bridge 10k

Fiona Cruickshanks - 47mins 2secs

Jaz Hay - 49mins 4secs

## Saturday 26th August 2017

### Ochils 2000 Hill Race, 31.2k/1200m

Mark Harris - 3hrs 24mins 32secs - **\*2nd Overall\*** - **2nd MV40**

Tom Harris - 3hrs 46mins 26secs

Jonny Knox - 3hrs 56mins 13secs - **2nd MV50**

## Saturday 26th August 2017

### Blackpool Parkrun 5k

Neil Smith - 16mins 45secs - **\*1st Overall\*** - **1st MV40**

## Saturday 26th August 2017

### St Andrews Parkrun 5k

Ewan Davidson - 22mins 9secs - **2nd MV65**

Mike Reilly - 23mins 15secs

Ewan Cameron - 23mins 37secs - **3rd MV55**

Bill Simpson - 24mins 48secs - **3rd MV60**

Saturday 26th August 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 2secs

Tuesday 22nd August 2017

Bill Duff Charity Trail Race, Glenrothes, 4miles

Ewan Cameron - 28mins 9secs - **3rd MV55**

Tuesday 22nd August 2017

Ravenscraig 2x 1mile Relay

Tracy Chalmers - 7mins 57secs - **3rd FV40**

Davie Burgess - 5mins 30secs - **2nd MV40**

Bill Simpson - 6mins 41secs - **3rd MV60**

Jackie Galloway - 8mins 31secs

Allan Galloway - 7mins 59secs

Oscar Burgess - 7mins 27secs - **1st MU11**

Sunday 20th August 2017

Lomonds of Fife Hill Race, 14.5k/760m

Mark Harris - 1hr 31mins 26secs - **2nd MV40**

Tom Harris - 1hr 37mins 59secs

Eck Anderson - 1hr 55mins 18secs

Sharon Brown - 2hrs 24mins 15secs



Saturday 19th August 2017

Speyside Way Ultra Marathon, Moray, 36.5miles

Jaz Hay - 6hrs 30mins 31secs

Debz Hay - 6hrs 34mins 22secs

Saturday 19th August 2017

Ganavan Sands Parkrun 5k, Oban

Neil Smith - 17mins 6secs - **\*1st Overall\*** - **1st MV40**

Saturday 19th August 2017

St Andrews Parkrun 5k

Colin McKie - 18mins 00secs - **\*2nd Overall\*** - **1st MJ15** - **course pb**

Saturday 19th August 2017

Dunfermline Parkrun 5k

Catriona Duncan - 26mins 51secs - **1st FV60**

Saturday 19th August 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 47secs - **3rd MS30**

Friday 18th August 2017

Beveridge Park 5k, Kirkcaldy

Fiona Cruickshanks - 21mins 44secs - **\*3rd Female Overall\*** - **1st FS** - **course pb**

Tracy Chalmers - 27mins 35secs

Friday 18th August 2017

Beveridge Park 1k, Kirkcaldy

Oscar Burgess - 10mins 11secs

Tuesday 15th August 2017

Graham Clark Memorial Race, Knockhill, 3.9miles

Haddies Summer Grand Prix Series

Jas Baillie - 27mins 9secs

Ewan Cameron - 29mins 10secs

Sunday 13th August 2017

New Gilston 5k

Haddies Summer Grand Prix Series

Neil Smith - 17mins 26secs - **\*1st Overall\*** - **1st MV40** - **\*Course Record\***

Colin McKie - 19mins 52secs - **1st MJ**

Eric Anderson - 21mins 38secs

Gordon Halliday - 22mins 15secs

George Findlay - 22mins 57secs - **2nd MV60**

Bill Simpson - 23mins 42secs - **3rd MV60**

Sharon Brown - 26mins 6secs

Catriona Duncan - 27mins 11secs - **1st FV60**

Sunday 13th August 2017

New Gilston 1k

Corey Lumsden - 4mins 53secs

Saturday 12th August 2017

Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 12secs - **1st MV60**

Saturday 12th August 2017

St Andrews Parkrun 5k

Bill Simpson - 22mins 24secs - **2nd MV60**

Saturday 12th August 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 37secs - **2nd MS30**

Thursday 10th August 2017

Balmullo Trail Race, 4.9miles, 5th Race in FAC Midweek Series

Haddies Summer Grand Prix Series

Thomas Knox - 30mins 54secs - **\*1st Overall\*** - **1st MS** - **course pb**

Mark Harris - 31mins 22secs - **\*3rd Overall\*** - **1st MV40**

Colin McKie - 34mins 14secs - **2nd MU20** - **course pb**

Eck Anderson - 36mins 46secs

Gordon Halliday - 37mins 9secs

Mike Reilly - 37mins 54secs

Tich Shaw - 38mins 47secs

George Findlay - 39mins 50secs

Fiona Cruickshanks - 40mins 50secs - **course pb**

Jaz Hay - 40mins 50secs - **course pb**

Bill Simpson - 42mins 32secs

Sharon Brown - 44mins 35secs - **course pb**

Catriona Duncan - 50mins 11secs

### Sunday 6th August 2017

#### Skull Mountain Trail Series, Race 3, Balbirnie, 5miles

George Findlay - 33mins 43secs - **1st MV60**

Jennifer Gallagher - 51mins 28secs

### Saturday 5th August 2017

#### Dunfermline Parkrun 5k

Colin McKie - 19mins 25secs - **\*1st Overall\*** - **1st MJ15** - **course pb**

Eric Anderson - 21mins 7secs - **1st MV40**

### Saturday 5th August 2017

#### Nonsuch Parkrun 5k, London

Neil Smith - 16mins 8secs - **\*2nd Overall\*** - **1st MV40** - **course pb**

### Saturday 5th August 2017

#### St Andrews Parkrun 5k

Bill Simpson - 23mins 19secs - **2nd MV60**

Saturday 5th August 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 21secs - **\*3rd Overall\*** - **2nd MS30**

Sunday 30th July 2017

The Dirty Weekend Race 3

The Blue Brae Polka, Falkland, 5.2miles

Davie Burgess - 40mins 19secs - **\*3rd Overall\*** - **2nd MV45**

Jas Baillie - 47mins 23secs - **1st MV55**

Tich Shaw - 47mins 30secs - **3rd MV60**

Saturday 29th July 2017

The Dirty Weekend Race 2

Tufty's Revenge, Falkland, 5.2miles

Davie Burgess - 37mins 10secs - **\*3rd Overall\*** - **2nd MV45**

Jas Baillie - 43mins 46secs - **1st MV55**

Tich Shaw - 44mins 54secs - **3rd MV60**

Saturday 29th July 2017

Aviemore Parkrun 5k

George Findlay - 21mins 53secs - **1st MV60**

Saturday 29th July 2017

St Andrews Parkrun 5k

Mike Reilly - 19mins 1secs - **2nd MV40** - **course pb**

Catriona Duncan - 25mins 44secs - **1st FV60**

Saturday 29th July 2017

Kirkcaldy Parkrun 5k

In Honour of Alastair Robertson

Bill Simpson - 23mins 28secs - **2nd MV60**  
Fiona Cruickshanks - 27mins 31secs - **1st FS20**  
Yvonne Dehn - 27mins 31secs - **2nd FS25**  
Sandy Chalmers - 32mins 30secs - **1st MV80**  
Jackie Galloway - 32mins 43secs  
Carole Fraser - 32mins 44secs  
Angela Small - 32mins 45secs - **course pb**  
Tracy Chalmers - 32mins 45secs  
Pamela Cruickshanks - 32mins 45secs

Saturday 29th July 2017

Maribyrnong Parkrun 5k, Melbourne

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

Friday 28th July 2017

Durness Hill Race, 4miles

Colin McKie - 25mins 58secs - **1st MJ**

Friday 28th July 2017

The Dirty Weekend Race 1

The Dusky Maiden Chase, Falkland, 4.5miles

Davie Burgess - 34mins 4secs - **2nd MV45**  
Jas Baillie - 39mins 58secs - **1st MV55**  
Tich Shaw - 40mins 8secs - **2nd MV60**

Saturday 22nd July 2017

Splash & Dash Beach Race, St Andrews, 4miles

Haddies Summer Grand Prix Series

Colin McKie - 32mins 12secs - **1st MJ**

Eric Anderson - 33mins 20secs

Gordon Halliday - 33mins 53secs

Jas Baillie - 34mins 11secs - **2nd MV55**

George Findlay - 35mins 39secs - **1st MV60**

Ewan Cameron - 37mins 39secs - **3rd MV55**

Bill Simpson - 38mins 56secs - **2nd MV60**

Carole Fraser - 51mins 7secs

Saturday 22nd July 2017

Musselburgh 10k

Fiona Cruickshanks - 45mins 22secs - **distance pb**

Yvonne Dehn - 46mins 45secs

Saturday 22nd July 2017

St Andrews Parkrun 5k

Eric Anderson - 19mins 29secs - **2nd MV40**

George Findlay - 20mins 59secs - **2nd MV60**

Bill Simpson - 22mins 52secs - **3rd MV60**

Angela Small - 29mins 23secs

Saturday 22nd July 2017

Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 43secs - **2nd MV60**

Saturday 22nd July 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 47secs - **\*3rd Overall\*** - **1st MS30**

Wednesday 19th July 2017

Newburgh 4.23miles, 4th Race in FAC Midweek Series

Haddies Summer Grand Prix Series

Colin McKie - 23mins 20secs - **2nd MU20**

Eck Anderson - 24mins 51secs

Eric Anderson - 25mins 44secs

CJ MacPhail - 26mins 51secs

Gordon Halliday - 26mins 53secs

George Findlay - 27mins 14secs

Yvonne Dehn - 27mins 31secs

Jas Baillie - 27mins 31secs

Fiona Cruickshanks - 27mins 32secs

Jaz Hay - 28mins 8secs

Bill Simpson - 30mins 5secs

Ewan Cameron - 30mins 25secs

Allan Gibson - 31mins 13secs

Sunday 16th July 2017

Dram Half Marathon, Dundee

Eric Anderson - 1hr 40mins 20secs

Hazel Ednie - 1hr 44mins 6secs



## Saturday 15th July 2017

### Lee Pen Hill Race, Innerleithen, 4.8k/350m

Jonny Knox - 28mins 6secs - **1st MV50**

Lizzie Knox - 35mins 13secs - **\*2nd Female Overall\*** - **1st FS**

Rosie Knox - 36mins 50secs - **\*3rd Female Overall\*** - **2nd FS**

## Saturday 15th July 2017

### St Andrews Parkrun 5k

Eric Anderson - 19mins 41secs - **3rd MV40**

Jas Baillie - 20mins 50secs - **2nd MV55**

Gordon Halliday - 22mins 2secs

Ewan Cameron - 23mins 39secs - **3rd MV55**

## Saturday 15th July 2017

### Kirkcaldy Parkrun 5k

Tracy Chalmers - 29mins 24secs

Jackie Galloway - 29mins 24secs - **3rd FV55**

Sandy Chalmers - 31mins 48secs - **1st MV80**

## Saturday 15th July 2017

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 39secs - **2nd MS30**

## Friday 14<sup>th</sup> July 2017

### Beveridge Park 5k, Kirkcaldy

Fiona Cruickshanks - 22mins 15secs - **1st FS**

Gordon Halliday - 22mins 19secs

Ewan Cameron - 23mins 41secs

### Wednesday 12th July 2017

#### Maddy Moss Hill race, Tillicoultry, 9.8k/710m

Thomas Knox - 58mins 14secs - **course pb**

Jonny Knox - 1hr 00min 55secs - **3rd MV50**

Lizzie Knox - 1hr 19min 24secs

Tracy Knox - 1hr 35min 56secs

### Tuesday 11th July 2017

#### Chilly Willy Trail Race 3, Glenrothes, 4miles

Fiona Cruickshanks - 33mins 11secs - **\*3rd Female Overall\*** - **3rd FS**

Jaz Hay - 34min 2secs

### Tuesday 11th July 2017

#### Ravenscraig 1mile

Eric Anderson - 5mins 31secs - **course pb**

### Sunday 9th July 2017

#### The Heart of the Park Challenge, Braemar, 12k/300m

Thomas Knox - 57mins 56secs - **course pb**

Jonny Knox - 59min 58secs - **1st MV50**

Eck Anderson - 1hr 00mins 17secs - **course pb**

Lizzie Knox - 1hr 10min 12secs - **\*3rd Female Overall\*** - **3rd FS** - **course pb**

Tich Shaw - 1hr 11min 3secs - **1st MV60**

CJ MacPhail - 1hr 11min 52secs

Rosie Knox - 1hr 15min 53secs

Yvonne Dehn - 1hr 14min 2secs - **course pb**

Tracy Knox - 1hr 23min 32secs - **3rd FV50** - **course pb**

## Sunday 9th July 2017

### Tour of Fife, Overall Results

Fiona Cruickshanks - 2hrs 18mins 5secs

Jaz Hay - 2hrs 22mins 14secs

Pamela Cruickshanks - 2hrs 23mins 30secs - **3rd FV50**

Ewan Cameron - 2hrs 25mins 5secs

Alice Hall - 2hrs 30mins 22secs

Sharon Brown - 2hrs 30mins 43secs

George Hay - 2hrs 59mins 49secs

Debz Hay - 3hrs 5mins 3secs

## Sunday 9th July 2017

### Tour of Fife, Day 5

#### Trail Race, Strathmiglo, 7k

Jaz Hay - 38mins 31secs

Fiona Cruickshanks - 38mins 43secs

Pamela Cruickshanks - 39mins 23secs - **3rd FV50**

Ewan Cameron - 39mins 26secs

Sharon Brown - 40mins 29secs

Alice Hall - 41mins 16secs

George Hay - 50mins 25secs

Debz Hay - 51mins 16secs

Saturday 8th July 2017

The Great Glen Ultra, 70miles

Gordon Halliday - 13hrs 30mins 6secs - **course pb**

Saturday 8th July 2017

Tour of Fife, Day 4

Road Race, Glenrothes, 5k

CJ MacPhail - 21mins 12secs

Fiona Cruickshanks - 21mins 35secs

Pamela Cruickshanks - 22mins 34secs - **3rd FV50**

Jaz Hay - 22mins 34secs

Ewan Cameron - 23mins 50secs

Alice Hall - 24mins 2secs

Sharon Brown - 24mins 13secs

George Hay - 28mins 10secs

Debz Hay - 30mins 18secs

Saturday 8th July 2017

St Andrews Parkrun 5k

Colin McKie - 19mins 8secs - **2nd MJ15-17**

Catriona Duncan - 25mins 43secs - **1st FV60**

Saturday 8th July 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 43secs

Friday 7th July 2017

Tour of Fife, Day 3

Time Trial, Kirkcaldy Promenade, 1mile

CJ MacPhail - 5mins 55secs

Fiona Cruickshanks - 6mins 7secs

Jaz Hay - 6mins 34secs

Pamela Cruickshanks - 6mins 37secs - **2nd FV50**

Sharon Brown - 6mins 49secs

Ewan Cameron - 6mins 51secs

Alice Hall - 7mins 6secs

George Hay - 7mins 57secs

Debz Hay - 8mins 26secs

Thursday 6th July 2017

Tour of Fife, Day 2

East Lomond Hill Race, 6k/360m

CJ MacPhail - 38mins 20secs

Fiona Cruickshanks - 41mins 37secs

Ewan Cameron - 42mins 47secs

Pamela Cruickshanks - 43mins 8secs - **2nd FV50**

Jaz Hay - 43mins 31secs

Sharon Brown - 44mins 41secs

Alice Hall - 45mins 13secs

Debz Hay - 54mins 37secs

George Hay - 55mins 33secs

Wednesday 5th July 2017

The Law Breaker, Tillicoultry, 5.4k/630m

Jonny Knox - 43mins 13secs - **1st MV50**

Thomas Knox - 47mins 39secs

Lizzie Knox - 53mins 38secs - **2nd FS**

Tracy Knox - 1hr 5mins 44secs - **2nd FV50**

Rosie Knox - 1hr 6mins 26secs

Wednesday 5th July 2017

Tour of Fife, Day 1

Beach Race, West Sands, St Andrews, 4miles

CJ MacPhail - 29mins 34secs

Fiona Cruickshanks - 30mins 53secs

Jaz Hay - 31mins 4secs

Pamela Cruickshanks - 32mins 7secs - **3rd FV50**

Ewan Cameron - 32mins 15secs

Alice Hall - 32mins 45secs

Sharon Brown - 34mins 31secs

George Hay - 37mins 44secs

Debz Hay - 40mins 26secs

Sunday 2nd July 2017

Stonehaven Half Marathon

Eric Anderson - 1hr 39mins 58secs - **distance pb**

## Sunday 2nd July 2017

### Skull Mountain Trail Series, Race 2, Balbirnie, 5miles

George Findlay - 31mins 11secs - **2nd MV60**

Ewan Cameron - 34mins 12secs - **2nd MV55**

Sharon Brown - 35mins 18secs - **3rd FS**

## Saturday 1st July 2017

### Ben Ledi Hill Race, Near Callander, 10k/750m

Thomas Knox - 58mins 41secs

Jonny Knox - 1hr 1min 49secs

Tracy Knox - 1hr 27mins 41secs

## Saturday 1st July 2017

### Dollar Hill Race, 15k/960m

Tom Harris - 1hr 30mins 12secs

Mark Harris - 1hr 30mins 49secs

## Saturday 1st July 2017

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

Gordon Halliday - 56mins 15secs - **course pb**

CJ MacPhail - 59mins 22secs

Lizzie Knox - 1hr 1min 25secs - **course pb**

Catriona Duncan - 1hr 22mins 30secs

Saturday 1st July 2017

Kirkcaldy Parkrun 5k

Jas Baillie - 20mins 28secs - **1st MV55**

Saturday 1st July 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 21secs - **2nd MS30**

Tuesday 27th June 2017

Ravenscraig 1mile

Eric Anderson - 5mins 37secs

Sunday 25th June 2017

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

Mike Reilly - 4hrs 49mins 13secs

Sunday 25th June 2017

Benarty Gala Trail Race, Lochore Meadows, 5.5miles

Haddies Summer Grand Prix Series

Colin McKie - 30mins 38secs - **2nd MJ** - **course pb**

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

George Findlay - 34mins 50secs - **2nd MV60** - **course pb**

Tich Shaw - 36mins 46secs - **3rd MV60**

Sharon Brown - 40mins 11secs - **course pb**



**Saturday 24th June 2017**

**Surf Coast Trail Half Marathon, Near Melbourne**

Duncan Hall - 1hrs 46mins 22secs

**Saturday 24th June 2017**

**Falkland Hill Race, 3.5k/360m**

Thomas Knox - 23mins 12secs - **\*2nd Overall\*** - **course pb**

Jonny Knox - 23mins 25secs - **\*3rd Overall\*** - **1st MV50**

Lizzie Knox - 28mins 55secs - **course pb**

Tracy Knox - 33mins 18secs - **2nd FV50**

**Saturday 24th June 2017**

**Camperdown Parkrun 5k**

Eric Anderson - 21mins 18secs - **1st MV40**

**Saturday 24th June 2017**

**St Andrews Parkrun 5k**

Colin McKie - 27mins 34secs - **2nd MJ15**

**Friday 23rd June 2017**

**Black Rock, Kinghorn, 5miles**

Neil Smith - 39mins 53secs

Tracy Chalmers - 43mins 50secs

Thursday 22nd June 2017

Sandy Slither, 6.1miles

Haddies Summer Grand Prix Series

Neil Smith - 37mins 56secs - **1st MV40**

Thomas Knox - 39mins 53secs - **course pb**

Colin McKie - 42mins 14secs - **1st MJ** - **course pb**

Davie Burgess - 42mins 23secs - **3rd MV40**

Jonny Knox - 44mins 17secs - **2nd MV50**

Eck Anderson - 45mins 00secs

Mike Reilly - 45mins 4secs - **course pb**

Gordon Halliday - 45mins 33secs - **3rd MV50** - **course pb**

Jas Baillie - 46mins 36secs

Ailsa Cruickshanks - 47mins 26secs

George Findlay - 48mins 55secs - **course pb**

Tich Shaw - 49mins 52secs

Fiona Cruickshanks - 51mins 12secs

Jaz Hay - 53mins 34secs

Lizzie Knox - 54mins 15secs - **course pb**

Pamela Cruickshanks - 55mins 40secs - **1st FV50**

Tracy Knox - 55mins 42secs - **2nd FV50** - **course pb**

Allan Gibson - 56mins 12secs

Alice Hall - 56mins 19secs - **3rd FV50**

Sharon Brown - 57mins 30secs - **course pb**

Nick Fry - 59mins 59secs

Jim Hogsflesh - 1hr 4mins 25secs

Debz Hay - 1hr 8mins 39secs

Tuesday 20th June 2017

Chilly Willy Trail Race, Glenrothes, 4miles

Jennifer Gallagher - 39mins 16secs

Sunday 18th June 2017

Verticale du Criou, Sameons, France, 2.88k/1450m

Thomas Knox - 1hr 20mins 6secs

Eck Anderson - 1hr 37mins 11secs

Sunday 18th June 2017

Glenrothes 10k

Haddies Summer Grand Prix Series

Colin McKie - 40mins 33secs - **distance pb**

Jas Baillie - 42mins 40secs

Gordon Halliday - 43mins 14secs

George Findlay - 43mins 55secs - **2nd MV60**

Eric Anderson - 45mins 8secs

Jackie Galloway - 57mins 12secs

Sandy Chalmers - 1hr 9mins 44secs - **1st MV80**

Saturday 17th June 2017

Tour Du Giffre, Sameons, France, 33k/2250m

Thomas Knox - 4hrs 21mins 34secs

Jonny Knox - 4hrs 23mins 9secs - **2nd MV50**

Eck Anderson - 5hrs 17mins 25secs

Jaz Hay - 7hrs 18mins 4secs

Debz Hay - 7hrs 18mins 7secs

Saturday 17th June 2017

Trail Decouverte, Sameons, France, 18k/1100m

Ailsa Cruickshanks - 2hrs 13mins 51secs - **2nd FJ**

Lizzie Knox - 2hrs 30mins 35secs - **2nd FU25**

Yvonne Dehn - 2hrs 36mins 52secs

Tracy Knox - 2hrs 37mins 33secs - **3rd FV50**

Fiona Cruickshanks - 2hrs 42mins 44secs - **3rd FU25**

Alice Hall - 2hrs 46mins 59secs

Pamela Cruickshanks - 2hrs 47mins 1sec

Rosie Knox - 3hrs 3mins 32secs - **3rd FJ**

George Hay - 3hrs 37mins 45secs

Saturday 17th June 2017

St Andrews Parkrun 5k

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

Saturday 17th June 2017

Kirkcaldy Parkrun 5k

Tich Shaw - 22mins 23secs - **1st MV60**

Saturday 17th June 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 56secs

## Friday 16<sup>th</sup> June 2017

### Beveridge Park 5k, Kirkcaldy

Colin McKie - 18mins 36secs - **1st MU17**

Eric Anderson - 20mins 18secs

George Findlay - 21mins 2secs - **1st MV60**

## Wednesday 14<sup>th</sup> June 2017

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

Thomas, Fiona, Eck, Charlie McKie - 4mins 52secs - **\*1st Overall\***

Colin, Christine, Alan McKie, Lizzie - 5mins 1sec - **\*2nd Overall\***

Ailsa, Jaz, Eric, Jill - 5mins 6secs - **\*3rd Overall\***

Davie Burgess, Rosie, Gordon, Corey - 5mins 11secs

Jonny, CJ, Davie Brisland, Ian McKie - 5mins 22secs

Jennifer, Pamela, George F, Bill S - 5mins 38secs

## Sunday 11th June 2017

### Dechmont Law 10k, Livingston

Tich Shaw - 49mins 19secs

## Sunday 11th June 2017

### Bamburgh 10k

Jas Baillie - 42mins 7secs - **3rd MV55**

## Saturday 10th June 2017

### Skye Half Marathon

Ewan Davidson - 1hr 43mins 53secs

## Saturday 10th June 2017

### Camperdown Parkrun 5k

Colin McKie - 19mins 58secs - **\*3rd Overall\*** - **2nd MJ15** - course pb

Ewan Cameron - 25mins 19secs - **3rd MV55**

## Saturday 10th June 2017

### St Andrews Parkrun 5k

Eric Anderson - 20mins 49secs - **1st MV40**

Bill Simpson - 22mins 40secs - **2nd MV60**

## Saturday 10th June 2017

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 22mins 38secs - **3rd MS30**

## Wednesday 7th June 2017

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

#### Haddies Summer Grand Prix Series

Mark Harris - 36mins 55secs - **1st MV45**

Jonny Knox - 38mins 10secs - **1st MV50**

Colin McKie - 38mins 58secs - **2nd MU20** - course pb

Eck Anderson - 40mins 47secs

Mike Reilly - 42mins 22secs

Gordon Halliday - 42mins 25secs - course pb

Jas Baillie - 42mins 46secs - **1st MV55** - course pb

Ailsa Cruickshanks - 44mins 31secs - **1st FU20**

George Findlay - 45mins 10secs

CJ MacPhail - 46mins 47secs

Rosie Knox - 47mins 40secs - **2nd FU20**  
Pamela Cruickshanks - 48mins 25secs - **1st FV50**  
Fiona Cruickshanks - 48mins 30secs  
Lizzie Knox - 48mins 39secs  
Ewan Cameron - 48mins 41secs - **course pb**  
Bill Simpson - 51mins 6secs  
Tracy Knox - 51mins 10secs - **3rd FV50**  
Chris Broome - 51mins 28secs  
Alice Hall - 51mins 34secs - **2nd FV55**  
Allan Gibson - 51mins 56secs - **2nd MV65**

### Sunday 4th June 2017

#### Traralgon 10k, Melbourne

Duncan Hall - 39mins 35secs

### Sunday 4th June 2017

#### Chariots of Fire Beach Race, 5k

Eric Anderson - 21mins 10secs - **2nd MV40**

Chris Broome - 25mins 59secs

Karen Cunningham - 28mins 13secs

### Saturday 3rd June 2017

#### Kirkcaldy Parkrun 5k

Eric Anderson - 20mins 16secs

Tich Shaw - 22mins 10secs - **2nd MV60**

Jas Baillie - 22mins 30secs - **2nd MV55**

Saturday 3rd June 2017

St Andrews Parkrun 5k

Bill Simpson - 22mins 55secs - **1st MV60**

Saturday 3rd June 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 36secs

Friday 2nd June 2017

Mini-Tour of Fife

Kingsbarns Multi Terrain Race

U9 - 1mile

Corey Lumsden - 7mins 26secs - **3rd MU9**

Oscar Burgess - 7mins 54secs

Thursday 1st June 2017

Mini-Tour of Fife

Tarvit Estate Time Trial

U9 - 2.1k

Oscar Burgess - 10mins 33secs

Corey Lumsden - 10mins 35secs



**Wednesday 31st May 2017**

**Mini-Tour of Fife**

**Kellie Farmland Race**

**U9 - 1mile**

Corey Lumsden - 10mins 39secs

Oscar Burgess - 10mins 57secs

**Tuesday 30th May 2017**

**Mini-Tour of Fife**

**East Lomond Hill Race**

**U9 - 1.5miles**

Corey Lumsden - 16mins 37secs

Oscar Burgess - 17mins 17secs

**Monday 29th May 2017**

**Mini-Tour of Fife**

**West Sands Beach Race, St Andrews**

**U9 - 1mile**

Corey Lumsden - 9mins 11secs

Oscar Burgess - 9mins 12secs

**Sunday 28th May 2017**

**Edinburgh Marathon**

Jackie Galloway - 4hrs 39mins 21secs

Allan Galloway - 5hrs 43mins 13secs

## Sunday 28th May 2017

### Edinburgh Half Marathon

Davie Brisland - 1hr 29mins 21secs

Ewan Davidson - 1hr 39mins 9secs

Eric Anderson - 1hr 42mins 15secs

## Sunday 28th May 2017

### Monifieth 10k

Ewan Lumsden - 39mins 58secs - **\*2nd Overall\*** - **2nd MS**

## Saturday 27th May 2017

### Isle of Jura Hill Race, 28k/2370m

Thomas Knox - 4hrs 8mins 58secs - **course pb**

Mark Harris - 4hrs 24mins 1secs

Jonny Knox - 4hrs 29mins 10secs - **3rd MV50**

## Saturday 27th May 2017

### Perth Parkrun 5k

Eric Anderson - 19mins 36secs

## Saturday 27th May 2017

### Kirkcaldy Parkrun 5k

Tich Shaw - 22mins 35secs - **3rd MV60**

Jas Baillie - 22mins 35secs - **1st MV55**

Saturday 27th May 2017

St Andrews Parkrun 5k

Catriona Duncan - 25mins 37secs - **1st FV60**

Tuesday 23rd May 2017

Ravenscraig 1mile

Corey Lumsden - 7mins 34secs - **1st MJ11** - **distance pb**

Ewan Lumsden - 7mins 34secs

Sunday 21st May 2017

The Brack Hill Race, Ardgartan, Near Arrochar, 7k/750m

Eck Anderson - 1hr 12mins 58secs - **3rd MS**

Thomas Knox - 1hrs 32mins 22secs

Sunday 21st May 2017

Stirling Marathon

Jas Baillie - 3hrs 26mins 21secs - **distance pb**

Eric Anderson - 3hrs 36mins 22secs

Hazel Ednie - 3hrs 45mins 23secs - **distance pb**

Sharon Brown - 4hrs 18mins 47secs - **distance pb**

George Findlay - 4hrs 23mins 31secs

Giles Harris - 4hrs 29mins 27secs

Yvonne Dehn - 4hrs 38mins 29secs

**Saturday 20th May 2017**

**Kirkcaldy Parkrun 5k**

Tich Shaw - 22mins 47secs - **3rd MV60**

**Friday 19<sup>th</sup> May 2017**

**Beveridge Park 5k, Kirkcaldy**

Gordon Halliday - 20mins 24secs

Fiona Cruickshanks - 22mins 14secs - **1st FS**

**Saturday 13th May 2017**

**Loch Leven Half Marathon**

Davie Brisland - 1hr 30mins 9secs

Pamela Cruickshanks - 1hr 49mins 51secs - **distance pb**

Jackie Galloway - 2hrs 6mins 48secs

Tracy Chalmers - 2hrs 9mins 44secs

**Saturday 13th May 2017**

**Perth Parkrun 5k**

Colin McKie - 19mins 14secs - **2nd MJ15-17 - course pb**

Jas Baillie - 19mins 44secs - **2nd MV55 - course pb**

Gordon Halliday - 19mins 44secs - **1st MV50**

**Saturday 13th May 2017**

**Kirkcaldy Parkrun 5k**

Tich Shaw - 23mins 19secs - **2nd MV60**

Saturday 13th May 2017

St Andrews Parkrun 5k

Ewan Davidson - 22mins 22secs - **1st MV65**

Saturday 13th May 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 40secs

Sunday 7th May 2017

Skull Mountain Trail Series, Race 1, Balbirnie, 5miles

George Findlay - 31mins 13secs - **2nd MV60**

Sharon Brown - 36mins 6secs

Carole Fraser - 48mins 15secs - **3rd FV55**

Jennifer Gallagher - 48mins 50secs

Saturday 6th May 2017

Glen Lyon Ultra, Near Killin, 31miles

Debz Hay - 6hrs 15mins 39secs

Saturday 6th May 2017

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

Thomas Knox - 2hrs 38mins 22secs - **course pb**

Jonny Knox - 2hrs 48mins 33secs

Saturday 6th May 2017

Perth Parkrun 5k

Jas Baillie - 19mins 55secs - **2nd MV55** - course pb

Saturday 6th May 2017

Kirkcaldy Parkrun 5k

Tich Shaw - 24mins 14secs - **2nd MV60**

Saturday 6th May 2017

St Andrews Parkrun 5k

Ewan Davidson - 23mins 7secs - **1st MV65**

Bill Simpson - 24mins 00secs

Wednesday 3rd May 2017

Dumyat Hill Race, Stirling, 7.8k/440m

Thomas Knox - 40mins 7secs

Jonny Knox - 41mins 32secs - **1st MV50**

Rosie Knox - 53mins 34secs

Sunday 30th April 2017

The Lost Trails Race, Falkland, 5miles

Ewan Cameron - 50mins 54secs - **3rd MV55**

Bill Simpson - 53mins 8secs

Jennifer Gallagher - 1hr 16mins 00secs

**Saturday 29th April 2017**

**Road To The Isles Half Marathon, Mallaig**

Debz Hay - 1hr 54mins 15secs - **2nd FV50**

Jaz Hay - 1hr 54mins 52secs

George Hay - 2hrs 30mins 44secs

**Saturday 29th April 2017**

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

**Haddies Summer Grand Prix Series**

Thomas Knox - 33mins 37secs

Jonny Knox - 34mins 52secs - **1st MV50**

Colin McKie - 35mins 11secs - **2nd MU20**

Gordon Halliday - 38mins 32secs

Ewan Cameron - 44mins 27secs

Tracy Knox - 47mins 9secs

Catriona Duncan - 55mins 7secs

**Saturday 29th April 2017**

**Kirkcaldy Parkrun 5k**

Bill Simpson - 23mins 5secs - **1st MV60**

**Saturday 29th April 2017**

**St Andrews Parkrun 5k**

Karen Cunningham - 37mins 55secs

## Wednesday 26<sup>th</sup> April 2017

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

#### Haddies Summer Grand Prix Series

Thomas Knox - 28min 35secs

Colin McKie - 28min 40secs - **2nd MU20**

Mike Reilly - 30min 00secs - **course pb**

Jonny Knox - 30min 21secs

Ailsa Cruickshanks - 30min 37secs - **1st FJU20**

Eric Anderson - 30min 39secs

Eck Anderson - 30min 39secs

Gordon Halliday - 31min 6secs - **course pb**

George Findlay - 32min 23secs

Jas Baillie - 32min 56secs

Rosie Knox - 33min 35secs - **2nd FJU20** - **course pb**

Yvonne Dehn - 34min 1secs - **course pb**

Pamela Cruickshanks - 34min 45secs - **1st FV50**

Bill Simpson - 35min 16secs

Fiona Cruickshanks - 35min 56secs

Tracy Knox - 37min 19secs - **course pb**

Allan Gibson - 37min 38secs

Catriona Duncan - 38min 42secs - **course pb**

Nick Fry - 39min 23secs

Jim Hogsflesh - 43min 54secs

## Tuesday 25<sup>th</sup> April 2017

### Ravenscraig 1mile

Oscar Burgess - 9mins 10secs - **2nd MJ11**

Davie Burgess - 9mins 11secs



**Sunday 23rd April 2017**

**London Marathon**

Mike Reilly - 3hrs 22mins 25secs - **distance pb**

Sarah Hutchison - 5hrs 10mins 21secs - **distance pb**

**Sunday 23rd April 2017**

**Great Edinburgh Run, 10miles**

Hazel Ednie - 1hr 17mins 59secs

**Sunday 23rd April 2017**

**Balmoral 15mile Trail Race**

Debz Hay - 2hrs 50mins 22secs

Carole Fraser - 3hrs 19mins 4secs

George Hay - 3hrs 40mins 22secs

**Saturday 22nd April 2017**

**Balmoral 10k**

Debz Hay - 54mins 25secs

George Hay - 1hr 8mins 41secs

**Saturday 22nd April 2017**

**Balmoral 5k**

Debz Hay - 24mins 58secs

George Hay - 30mins 6secs

## Saturday 22nd April 2017

### Kirkcaldy Parkrun 5k

Colin McKie - 18mins 21secs - **\*1st Overall\*** - **1st MJ11-14** - course pb

Gordon Halliday - 20mins 4secs - **1st MV50** - course pb

Bill Simpson - 22mins 50secs - **1st MV60**

## Saturday 22nd April 2017

### St Andrews Parkrun 5k

Jas Baillie - 19mins 54secs - **1st MV55**

Catriona Duncan - 25mins 14secs - **3rd FV60**

Karen Cunningham - 27mins 10secs

## Sunday 16th April 2017

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

Colin McKie - 34mins 46secs - **1st MJ**

Bill Simpson - 40mins 44secs - **1st MV60**

CJ MacPhail - 1hr 00mins 45secs

## Saturday 15th April 2017

### Kirkcaldy Parkrun 5k

Eric Anderson - 19mins 36secs - **1st MV40** - course pb

Jas Baillie - 20mins 46secs - **1st MV55**

Ewan Cameron - 23mins 37secs

Catriona Duncan - 26mins 3secs - **1st FV60**

Saturday 15th April 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 39secs

Friday 14<sup>th</sup> April 2017

Beveridge Park 5k, Kirkcaldy

Davie Burgess - 18mins 40secs - **\*3rd Overall\*** - **2nd MV40**

Jas Baillie - 20mins 52secs

Ewan Cameron - 23mins 24secs

Sharon Brown - 24mins 27secs - **1st FS** - **distance pb**

Wednesday 12<sup>th</sup> April 2017

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

Haddies Summer Grand Prix Series

Davie Burgess - 18mins 34secs - **1st MV40**

Thomas Knox - 18mins 45secs - **course pb**

Mike Reilly - 19mins 23secs - **course pb**

Eric Anderson - 19mins 33secs

Ailsa Cruickshanks - 20mins 17secs - **1st FU20** - **course pb**

Jas Baillie - 20mins 23secs - **course pb**

Gordon Halliday - 20mins 43secs

Eck Anderson - 21mins 1secs

George Findlay - 21mins 26secs - **2nd MV60**

Yvonne Dehn - 21mins 37secs - **course pb**

Pamela Cruickshanks - 22mins 12secs - **1st FV50** - **course pb**

CJ MacPhail - 22mins 36secs

Jaz Hay - 21mins 48secs - **course pb**

Bill Simpson - 23mins 2secs

Ewan Cameron - 23mins 10secs  
Fiona Cruickshanks - 23mins 38secs  
Allan Gibson - 24mins 25secs  
Chris Broome - 25mins 4secs  
Debz Hay - 25mins 25secs  
Catriona Duncan - 25mins 58secs - **2nd FV60**

Wednesday 12<sup>th</sup> April 2017

St Andrews 1mile

Oscar Burgess - 9mins 40secs - **1st Age 6**

Sunday 9th April 2017

Kilomathon, Edinburgh, 13.1k

Ewan Davidson - 1hr 00mins 06secs - **2nd MV65**

Saturday 8th April 2017

Kirkcaldy Parkrun 5k

George Findlay - 21mins 13secs - **1st MV60**  
Corey Lumsden - 35mins 41secs - **1st MJ10**  
Sharon Brown - 35mins 41secs

Saturday 8th April 2017

St Andrews Parkrun 5k

Bill Simpson - 22mins 21secs - **2nd MV60**  
Catriona Duncan - 25mins 47secs - **1st FV60**  
Karen Cunningham - 28mins 5secs

Saturday 8th April 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 1secs

Sunday 2nd April 2017

Tay Ten, Perth, 10miles

George Findlay - 1hr 12mins 39secs - **2nd MV60**

Jaz Hay - 1hr 24mins 27secs

Debz Hay - 1hr 26mins 56secs

Saturday 1st April 2017

Camperdown Parkrun 5k

Colin McKie - 20mins 13secs - **1st MJ11-14** - **course pb**

Saturday 1st April 2017

Kirkcaldy Parkrun 5k

Jas Baillie - 20mins 22secs - **1st MV55**

Oscar Burgess - 32mins 48secs - **2nd MJ10**

Davie Burgess - 32mins 55secs

Saturday 1st April 2017

St Andrews Parkrun 5k

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

## Tuesday 28th March 2017

### Ravenscraig 2miles

Oscar Burgess - 20mins 4secs

Corey Lumsden - 20mins 36secs - **1st MJ11**

Jackie Galloway - 20mins 36secs - **2nd FV50**

Sharon Brown - 20mins 36secs

Tracy Chalmers - 20mins 36secs - **1st FV40**

## Saturday 25th March 2017

### Birnham Hill Race, Dunkeld, 6.6k/360m

Thomas Knox - 34mins 56secs

Jonny Knox - 36mins 6secs - **2nd MV50**

Tracy Knox - 52mins 13secs

## Saturday 25th March 2017

### Jersey Parkrun 5k, St Brelade, Channel Islands

Ewan Davidson - 23mins 16secs - **2nd MV65**

## Saturday 25th March 2017

### Kirkcaldy Parkrun 5k

Jas Baillie - 20mins 16secs - **2nd MV55**

## Saturday 25th March 2017

### St Andrews Parkrun 5k

Eric Anderson - 19mins 59secs - **2nd MV40**

## Sunday 19th March 2017

### Alloa Half Marathon

Jas Baillie - 1hr 33mins 44secs - **course pb**

Yvonne Dehn - 1hr 41mins 17secs - **distance pb**

Sharon Brown - 1hr 55mins 29secs - **distance pb**

## Saturday 18th March 2017

### Chapelgill Hill Race, Peebleshire, 2.6k/410m

Jonny Knox - 24mins 59secs - **2nd MV50**

Thomas Knox - 26mins 6secs - **1st MS**

Rosie Knox - 34mins 29secs - **\*3rd Female Overall\* - 1st FS**

Lizzie Knox - 34mins 34secs - **2nd FS**

Tracy Knox - 43mins 33secs

## Saturday 18th March 2017

### Kirkcaldy Parkrun 5k

Oscar Burgess - 30mins 27secs - **1st MJ10 - course pb**

Tracy Chalmers - 30mins 28secs - **3rd FV40**

Jackie Galloway - 30mins 28secs

Sandy Chalmers - 30mins 39secs - **1st MV80**

## Saturday 18th March 2017

### Dunedin Parkrun 5k, South Island, New Zealand

Jaz Hay - 25mins 50secs - **2nd FS20**

Debz Hay -

George Hay -

## Wednesday 15th March 2017

### Mars Bar Race (6) 4miles

Colin McKie - 24mins 49secs - **course pb**

Davie Brisland - 25mins 52secs

Jonny Knox - 26mins 16secs

Alan McKie - 27mins 4secs - **course pb**

Gordon Halliday - 27mins 5secs

Eck Anderson - 27mins 44secs

Rosie Knox - 28mins 27secs

Eric Anderson - 28mins 34secs

George Findlay - 28mins 47secs

Yvonne Dehn - 28mins 49secs

Bill Simpson - 29mins 20secs

Pamela Cruickshanks - 30mins 33secs

John Pendell - 31mins 55secs - **course pb**

Chris Broome - 33mins 20secs

Allan Gibson - 34mins 21secs

Tracy Knox - 34mins 37secs

Tracy Chalmers - 35mins 27secs

Catriona Duncan - 35mins 55secs

Carole Fraser - 42mins 25secs

Jenny Henderson - 48mins 33secs

## Saturday 11th March 2017

### D33, Aberdeen, 33miles

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



## Saturday 11th March 2017

### St Andrews Parkrun 5k

Neil Smith - 16mins 00secs - **\*1st Overall\*** - **1st MV40**

Jas Baillie - 20mins 21secs - **1st MV55**

## Saturday 11th March 2017

### Kirkcaldy Parkrun 5k

Colin McKie - 18mins 40secs - **1st MJ11-14** - **course pb**

Bill Simpson - 22mins 56secs - **1st MV60**

## Saturday 11th March 2017

### Kingscliff Parkrun 5k, Gold Coast, Australia

Jaz Hay - 23mins 1secs - **1st FS20**

Debz Hay -

George Hay -

## Friday 10th March 2017

### Nightmare Series (6) Escape from Arkham Asylum, Glenrothes, 3miles

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

## Sunday 5th March 2017

### Bishop Hill Race, Scotlandwell, 3.5k/300m

Eck Anderson - 25mins 30secs

## Sunday 5th March 2017

### Smokies 10, Arbroath

Yvonne Dehn - 1hr 17mins 10secs - **3rd FS20** - **distance pb**

Pamela Cruickshanks - 1hr 22mins 38secs

Sharon Brown - 1hr 26mins 58secs

Fiona Cruickshanks - 1hr 28mins 19secs

Susan Penman - 1hr 28mins 49secs

Jackie Galloway - 1hr 38mins 37secs

Tracy Chalmers - 1hr 38mins 38secs

## Saturday 4th March 2017

### Cupar 5

Jas Baillie - 33mins 58secs

Richard McKinstry - 43mins 25secs

## Saturday 4th March 2017

### Kirkcaldy Parkrun 5k

Colin McKie - 18mins 59secs - **\*2nd Overall\*** - **1st MJ11-14** - **course pb**

Bill Simpson - 23mins 29secs - **1st MV60**

## Saturday 4th March 2017

### St Andrews Parkrun 5k

Eric Anderson - 19mins 59secs - **1st MV40**

## Sunday 26th February 2017

### Balbirnie Trail Busters Series, Race 3, 3.5miles

Eric Anderson - 27mins 50secs

George Findlay - 29mins 16secs - **1st MV60**

Bill Simpson - 31mins 29secs - **2nd MV60**

Ewan Cameron - 31mins 49secs

Jennifer Gallagher - 47mins 43secs

## Saturday 25th February 2017

### Glentress Trail Marathon

Jaz Hay - 5hrs 26mins 24secs

Debz Hay - 5hrs 40mins 1secs - **2nd FV50**

Alice Hall - 6hrs 30mins 16secs

Pamela Cruickshanks - 6hrs 30mins 16secs

## Saturday 25th February 2017

### Glentress Trail Half Marathon

Fiona Cruickshanks - 2hrs 44mins 57secs

Yvonne Dehn - 2hrs 44mins 58secs

Angela Small - 2hrs 59mins 13secs

Jim Hogsflesh - 3hrs 35mins 59secs

George Hay - 3hrs 36mins 2secs

## Saturday 25th February 2017

### St Andrews Parkrun 5k

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

Saturday 25th February 2017

Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 10secs - **2nd MV60**

Saturday 25th February 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 58secs

Wednesday 22nd February 2017

Mars Bar Race (5) 4miles

Colin McKie - 24mins 59secs - **course pb**

Davie Brisland - 25mins 35secs - **course pb**

Gordon Halliday - 27mins 2secs

Eric Anderson - 28mins 29secs

CJ MacPhail - 28mins 31secs - **course pb**

Rosie Knox - 28mins 55secs

George Findlay - 29mins 40secs

Alan McKie - 31mins 16secs

John Cunningham - 31mins 16secs

Bill Simpson - 31mins 30secs

Jaz Hay - 31mins 33secs

John Pendell - 32mins 9secs - **course pb**

Lizzie Knox - 32mins 22secs

Thomas Knox - 32mins 22secs

Fiona Cruickshanks - 32mins 33secs

Yvonne Dehn - 32mins 37secs

Chris Broome - 34mins 16secs

Sarah Hutchison - 34mins 35secs - **course pb**

Allan Gibson - 34mins 35secs  
Alice Hall - 36mins 5secs  
Pamela Cruickshanks - 36mins 5secs  
Graham Bennison - 38mins 33secs

**Sunday 19th February 2017**

**Devilla 15k Trail Race, Tulliallan**

Mike Reilly - 1hr 7mins 50secs - **course pb**  
Jaz Hay - 1hr 16mins 2secs  
Debz Hay - 1hr 23mins 13secs  
George Hay - 1hr 38mins 6secs  
Carole Fraser - 1hr 57mins 24secs

**Saturday 18th February 2017**

**Kirkcaldy Parkrun 5k**

Bill Simpson - 22mins 48secs - **2nd MV60**

**Saturday 18th February 2017**

**St Andrews Parkrun 5k**

Colin McKie - 18mins 52secs - **1st MJ11-14**  
Eric Anderson - 19mins 37secs - **2nd MV40**  
CJ MacPhail - 21mins 11secs - **1st FS25**  
Karen Cunningham - 29mins 13secs

**Saturday 18th February 2017**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 19mins 46secs

**Saturday 11th February 2017**

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

Eck Anderson - 1hr 18mins 41secs

Debz Hay - 1hr 38mins 22secs

Jaz Hay - 1hr 38mins 30secs - **course pb**

Pamela Cruickshank - 1hr 45mins 13secs

Sharon Brown - 1hr 45mins 13secs

Alice Hall - 1hr 45mins 14secs

George Hay - 2hrs 10mins 00secs

**Saturday 11th February 2017**

**Kirkcaldy Parkrun 5k**

Jas Baillie - 20mins 57secs - **1st MV55**

CJ MacPhail - 21mins 59secs - **\*3rd Female Overall\* - 2nd FS25**

**Saturday 11th February 2017**

**St Andrews Parkrun 5k**

Bill Simpson - 23mins 45secs - **1st MV60**

**Saturday 11th February 2017**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 20mins 50secs

## Sunday 5th February 2017

### Forfar Multi Terrain Half Marathon

Mike Reilly - 1hr 36mins 52secs

Yvonne Dehn - 1hr 46mins 36secs - **course pb**

Jaz Hay - 1hr 48mins 22secs - **distance pb**

Pamela Cruickshanks - 1hr 53mins 7secs

Fiona Cruickshanks - 1hr 57mins 50secs - **course pb**

Sharon Brown - 2hrs 1mins 25secs - **course pb**

Debz Hay - 2hrs 3mins 4secs

## Saturday 4th February 2017

### Kirkcaldy Parkrun 5k

Jas Baillie - 20mins 42secs - **3rd MV55**

## Saturday 4th February 2017

### Albert Parkrun 5k, Melbourne

Tich Shaw - 23mins 40secs

## Saturday 4th February 2017

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 18secs

## Wednesday 1st February 2017

### Sunset Series Race 1, Melbourne Zoo, 8k

Tich Shaw - 48mins 18secs

**Saturday 29th January 2017**

**Balbirnie Trail Busters Series, Race 2, 3.5miles**

Eric Anderson - 19mins 31secs

Jas Baillie - 19mins 48secs - **2nd MV55**

George Findlay - 21mins 11secs - **1st MV60**

Ewan Cameron - 22mins 5secs

Bill Simpson - 22mins 18secs - **2nd MV60**

Jennifer Gallagher - 34mins 46secs

**Saturday 28th January 2017**

**Scottish National Masters Cross Country Championships, Dundee**

**MV40 - 8k**

Neil Smith - 28mins 27secs - **3rd MV40**

**MV65 - 6k**

Allan Gibson - 33mins 35secs

**Saturday 28th January 2017**

**St Andrews Parkrun 5k**

Bill Simpson - 22mins 30secs - **2nd MV60**

**Saturday 28th January 2017**

**Kirkcaldy Parkrun 5k**

Oscar Burgess - 32mins 51secs - **1st MJ10**

Jackie Galloway - 32mins 52secs - **2nd FV55**

Tracy Chalmers - 32mins 53secs



**Saturday 28th January 2017**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 19mins 59secs

**Saturday 21st January 2017**

**Devil's Burden Hill Relay Race**

**Anster Haddies Mens Team 3 - 3hrs 21mins 22secs - 21<sup>st</sup>**

Leg 1 - Davie Burgess- 29mins 8secs

Leg 2 - Jonny Knox, Stuart McKenzie - 1hr 3mins 44secs

Leg 3 - Gordon Halliday, Jake Grieve - 1hr 9mins 34secs

Leg 4 - Colin McKie - 38mins 56secs

**Anster Haddies Mixed Team 1 - 4hrs 9mins 44secs - 77<sup>th</sup>**

Leg 1 - Ailsa Cruickshanks - 32mins 7secs

Leg 2 - Lizzie Knox, Rosie Knox - 1hr 23mins 13secs

Leg 3 - Alice Hall, Pamela Cruickshanks - 1hr 21mins 42secs

Leg 4 - Euan Hall - 52mins 42secs

**Anster Haddies Mens Team 2 - 4hrs 31mins 20secs - 105<sup>th</sup>**

Leg 1 - Giles Harris - 30mins 31secs

Leg 2 - Eck Anderson, Bill Simpson - 1hr 45mins 21secs

Leg 3 - Allan Gibson, George Findlay - 1hr 20mins 20secs

Leg 4 - Gavin Gibson - 55mins 8secs

**Anster Haddies Ladies Team - 4hrs 41mins 48secs - 116<sup>th</sup>**

Leg 1 - Jill Thomson - 43mins 49secs

Leg 2 - Fiona Cruickshanks, Yvonne Dehn - 1hr 39mins 1secs

Leg 3 - Debz Hay, Jaz Hay - 1hr 19mins 18secs

Leg 4 - Tracy Chalmers - 59mins 40secs

**Anster Haddies Mens Team 1 - 5hrs 9mins 36secs - 133<sup>rd</sup>**

Leg 1 - Dougie Lund - 37mins 42secs

Leg 2 - George Hay, Richard McKinstry - 2hrs 4mins 51secs

Leg 3 - Ewan Cameron, Nick Fry - 1hr 22mins 17secs

Leg 4 - Allan Galloway - 1hr 4mins 46secs

**Anster Haddies Mixed Team 2 - 5hrs 18mins 2secs - 136<sup>th</sup>**

Leg 1 - Sarah Hutchison - 44mins 2secs

Leg 2 - Angela Small, Christine Bowie - 2hrs 14mins 39secs

Leg 3 - Sharon Brown, Ewan Lumsden - 1hr 17mins 53secs

Leg 4 - Jackie Galloway - 1hr 1mins 28secs

**Saturday 21st January 2017**

**St Andrews Parkrun 5k**

Jennifer Gallagher - 35mins 29secs

**Saturday 21st January 2017**

**Miles End Parkrun 5k, London**

Yuri Bouwhuis - 21mins 9secs

**Wednesday 18th January 2017**

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

Gordon Halliday - 27mins 32secs

Eck Anderson - 27mins 10secs

Alan McKie - 27mins 35secs - **course pb**

Mike Reilly - 27mins 36secs

Eric Anderson - 27mins 44secs - **course pb**

Davie Brisland - 27mins 56secs  
Yvonne Dehn - 28mins 28secs - **course pb**  
George Findlay - 28mins 55secs  
Jaz Hay - 29mins 42secs - **course pb**  
Bill Simpson - 29mins 58secs  
Fiona Cruickshanks - 30mins 8secs  
Jill Thomson - 30mins 44secs - **course pb**  
Pamela Cruickshanks - 30mins 44secs  
Sharon Brown - 32mins 6secs - **course pb**  
Nick Fry - 33mins 52secs  
Jim Hogsflesh - 34mins 8secs  
Chris Broome - 34mins 46secs  
Allan Gibson - 35mins 18secs  
Angela Small - 35mins 48secs  
John Pendell - 35mins 50secs

**Saturday 14th January 2017**

**East District Cross Country League, Broxburn**

**Senior Men - 8.1k**

Tich Shaw - 42mins 43secs

**Saturday 14th January 2017**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 20mins 11secs - **3rd MS30**

Sunday 8th January 2017

Balbirnie Trail Busters Series, Race 1, 3.5miles

George Findlay - 27mins 54secs - **1st MV60**

Bill Simpson - 29mins 59secs - **2nd MV60**

Jennifer Gallagher - 47mins 27secs

Saturday 7th January 2017

Edinburgh Great Winter Run 5k

Yvonne Dehn - 22mins 49secs - **course pb**

Saturday 7th January 2017

St Andrews Parkrun 5k

Carole Fraser - 49mins 6secs

Sunday 1st January 2017

Kirkcaldy Parkrun 5k

Jas Baillie - 23mins 1secs - **2nd MV55**

Sunday 1st January 2017

Coburg Parkrun 5k, Victoria, Australia

Duncan Hall - 20mins 2secs - **3rd MS30**

Sunday 1st January 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 1secs - **3rd MS30**

