



ANSTER HADDIES RACE RESULTS 2017

Wednesday 22nd November 2017

Mars Bar Race (2) 4miles

Thomas Knox - 24mins 40secs

Colin McKie - 24mins 52secs

Jonny Knox - 26mins 15secs

Eck Anderson - 26mins 47secs

CJ MacPhail - 26mins 56secs - **course pb**

Eric Anderson - 26mins 57secs - **course pb**

Davie Brisland - 28mins 10secs

Jas Baillie- 28mins 21secs - **course pb**

George Findlay - 28mins 46secs

Innes Knight - 28mins 49secs

Jaz Hay - 28mins 59secs - **course pb**

Bill Simpson - 31mins 8secs

Lynne Herd - 31mins 23secs - **course pb**

Debz Hay - 32mins 17secs

Jacqui McDonald - 33mins 52secs

Pamela Cruickshanks - 34mins 46secs

Karen Cunningham - 36mins 23secs

Saturday 18th November 2017

Glentress Winter Trail Half Marathon

Jaz Hay - 2hrs 9mins 29secs

CJ MacPhail - 2hrs 9mins 31secs

Debz Hay - 2hrs 18mins 56secs

Saturday 18th November 2017

Kirkcaldy Parkrun 5k

Colin McKie - 18mins 52secs - ***2nd Overall*** - **1st MJ15**

Jas Baillie - 21mins 9secs - **2nd MV55**

Saturday 18th November 2017

St Andrews Parkrun 5k

Bill Simpson - 23mins 8secs - **1st MV60**

Jacqui McDonald - 23mins 36secs - **2nd FV45**

Catriona Duncan - 25mins 41secs - **1st FV65**

Eric Anderson - 31mins 43secs

Sunday 12th November 2017

Silvery Tay Trail Race, Wormit, 4.6miles

Ewan Cameron - 42mins 14secs - **2nd MV55**

Jacqui McDonald - 43mins 7secs - **1st FV45**

Liam McMonagle - 46mins 27secs

Saturday 11th November 2017

Glen Clova Half Marathon

Jaz Hay - 1hr 43mins 7secs - **distance pb**

Debz Hay - 1hr 49mins 54secs - **course pb**

Jacqui McDonald - 1hr 53mins 42secs - **course pb**

Jackie Galloway - 2hrs 11mins 11secs

George Hay - 2hrs 33mins 3secs

Allan Galloway - 2hrs 33mins 3secs

Saturday 11th November 2017

National Short Course Cross Country Champs, Kirkcaldy, 4k

Fiona Cruickshanks - 18mins 18secs

Saturday 11th November 2017

St Andrews Parkrun 5k

Tich Shaw - 20mins 39secs - **2nd MV60** - **course pb**

Saturday 11th November 2017

East Grinstead Parkrun 5k

Neil Smith - 19mins 10secs - ***1st Overall*** - **1st MV40**

Saturday 11th November 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 36secs

Sunday 5th November 2017

Bob Stark Memorial 5k, Falkland

Colin McKie - 19mins 44secs - **1st MJ**

Tich Shaw - 22mins 48secs

George Findlay - 23mins 14secs - **course pb**

Ewan Cameron - 25mins 16secs - **course pb**

Sharon Brown - 25mins 33secs - **3rd FS**

Carole Fraser - 35mins 55secs

Saturday 4th November 2017

Glen Ogle 33miles

Debz Hay - 5hrs 20mins 43secs - **3rd FV50** - **course pb**

Jaz Hay - 5hrs 20mins 50secs - **course pb**

Jacqui McDonald - 5hrs 49mins 33secs

George Hay - 7hrs 41mins 35secs

Saturday 4th November 2017

Kirkcaldy Parkrun 5k

Ailsa Cruickshanks - 20mins 56secs - ***1st Female Overall*** - **1st FS18**

Fiona Cruickshanks - 23mins 11secs - **1st FS20**

Tracy Chalmers - 26mins 55secs - **3rd FV40** - **course pb**

Saturday 4th November 2017

St Andrews Parkrun 5k

Colin McKie - 17mins 59secs - **1st MJ15** - **course pb**

Jas Baillie - 20mins 53secs

Gordon Halliday - 23mins 25secs

Jackie Galloway - 27mins 40secs - **1st FV55** - **course pb**

Saturday 4th November 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 31secs - **3rd MS30**

Wednesday 1st November 2017

Halloween Hustle 5k, Beveridge Park

Allan Galloway - 33mins 37secs

Jackie Galloway - 33mins 37secs

Sunday 29th October 2017

Jedburgh Half Marathon

Jaz Hay - 1hr 45mins 21secs - **distance pb**

Debz Hay - 1hr 49mins 35secs - **3rd FV50**

George Hay - 2hrs 18mins 11secs

Saturday 28th October 2017

Path of Condie Half Marathon, Kinross

Mike Reilly - 1hr 37mins 14secs

Allan Gibson - 2hrs 18mins 11secs

Saturday 28th October 2017

Cannicross 7.6k, Jedburgh

Debz & Willow Hay - 41mins 58secs - **2nd FV50**

Saturday 28th October 2017

East Grinstead Parkrun 5k

Neil Smith - 17mins 55secs - ***1st Overall*** - **1st MV40** - **course pb**

Saturday 28th October 2017

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 29secs - **2nd MV55**

Fiona Cruickshanks - 29mins 14secs

Wednesday 25th October 2017

Mars Bar Race (1) 4miles

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

Colin McKie - 24mins 50secs

Davie Burgess - 25mins 42secs

Jonny Knox - 25mins 55secs

Ailsa Cruickshanks - 26mins 2secs

Mike Reilly - 26mins 6secs

CJ MacPhail - 27mins 11secs - **course pb**

Eck Anderson - 27mins 14secs

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

Fiona Cruickshanks - 28mins 35secs - **course pb**

Gordon Halliday - 28mins 47secs

George Findlay - 29mins 10secs
Jas Baillie- 29mins 10secs
Jaz Hay - 29mins 50secs - **course pb**
Davie Brisland - 32mins 14secs
Lynne Herd - 32mins 20secs
Sharon Brown - 32mins 38secs - **course pb**
Debz Hay - 32mins 52secs
Jacqui McDonald - 32mins 52secs
Susan Penman - 34mins 45secs
Allan Gibson - 34mins 51secs
Pamela Cruickshanks - 35mins 9secs
Tracy Knox - 35mins 9secs

Saturday 21st October 2017

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

CJ MacPhail - 1hr 33mins 43secs - ***3rd Female Overall*** - **2nd FS**
Jaz Hay - 1hr 57mins 26secs
Debz Hay - 2hrs 00mins 42secs

Saturday 21st October 2017

East Grinstead Parkrun 5k

Neil Smith - 18mins 19secs - ***1st Overall*** - **1st MV40**

Saturday 21st October 2017

Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 21secs - **1st MV60**
Jas Baillie - 21mins 40secs - **3rd MV55**

Carole Fraser - 33mins 11secs

Saturday 21st October 2017

Aviemore Parkrun 5k

Jaz Hay - 25mins 8secs - **1st FS25**

Debz Hay - 25mins 17secs - **2nd FV50**

Sunday 15th October 2017

Loch Rannoch Marathon

Mike Reilly - 3hrs 41mins 32secs

Sunday 15th October 2017

Aviemore Half Marathon

George Findlay - 1hr 37mins 00secs - **2nd MV60** - **course pb**

Tich Shaw - 1hr 37mins 57secs - **3rd MV60**

Hazel Ednie - 1hr 44mins 36secs

Debz Hay - 1hr 46mins 19secs - **3rd FV50** - **distance pb**

Jaz Hay - 2hr 5mins 4secs

Carol Fraser - 2hrs 22mins 22secs

George Hay - 2hrs 36mins 8secs

Sunday 15th October 2017

Aviemore 10k

Jas Baillie - 42mins 22secs

Saturday 14th October 2017

Nutcracker Trail Race, Glenrothes, 5.5miles

Colin McKie - 39mins 33secs - ***3rd Overall*** - **1st MJ**

Ewan Cameron - 48mins 46secs

Sharon Brown - 50mins 20secs

Saturday 14th October 2017

Aviemore Parkrun 5k

Jaz Hay - 23mins 10secs - ***2nd Female Overall*** - **1st FS25**

Debz Hay - 24mins 28secs - **2nd FV50**

Saturday 14th October 2017

Southampton Parkrun 5k

Neil Smith - 16mins 21secs - ***1st Overall*** - **1st MV40**

Saturday 14th October 2017

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 5secs - **2nd MV55**

Saturday 14th October 2017

St Andrews Parkrun 5k

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

Catriona Duncan - 25mins 7secs - **1st FV65**

Sunday 8th October 2017

Chester Marathon

Susan Penman - 4hrs 43mins 27secs

Sunday 8th October 2017

Linlithgow 10k

Eric Anderson - 43mins 3secs

Sharon Brown - 52mins 19secs - **distance pb**

Saturday 7th October 2017

Meall nan Tarmachan Hill Race, 9.5k/700m

Tom Harris - 55mins 43secs - ***3rd Overall*** - **1st MU23**

Mark Harris - 57mins 5secs - **2nd MV40**

Thomas Knox - 57mins 52secs - **1st MV50**

Jonny Knox - 58mins 19secs

Eck Anderson - 1hr 10mins 10secs

Tracy Knox - 1hr 29mins 44secs - **1st FV50**

Saturday 7th October 2017

Falkirk Parkrun 5k

Colin McKie - 19mins 4secs - ***3rd Overall*** - **1st MJ15** - **course pb**

Saturday 7th October 2017

St Andrews Parkrun 5k

Eric Anderson - 19mins 51secs - **1st MV40**

Mike Reilly - 21mins 33secs

Saturday 7th October 2017

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 37secs - **2nd MV55**

Tich Shaw - 21mins 58secs - **1st MV60**

Fiona Cruickshanks - 22mins 56secs - **2nd FS20**

Saturday 7th October 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 15secs

Sunday 1st October 2017

Tufty Trail Race, Falkland, 8.1k

Bill Simpson - 44mins 19secs

Sunday 1st October 2017

Great Scottish Half Marathon, Glasgow

Hazel Ednie - 1hr 41mins 42secs

Liam McMonagle - 1hr 52mins 47secs

Jackie Galloway - 2hrs 15mins 38secs

Tracy Chalmers - 2hrs 15mins 38secs

Allan Galloway - 2hrs 24mins 16secs

Jennifer Gallagher - 2hrs 34mins 23secs

Sunday 1st October 2017

Great Scottish 10k, Glasgow

Sandy Chalmers - 1hr 9mins 35secs

Sunday 1st October 2017

Giffordtown 5k

Eric Anderson - 19mins 12secs - **distance pb**

Saturday 30th September 2017

Ochil Ultra 30miles

Debz Hay - 5hrs 44mins 36secs - **3rd FV50**

Saturday 30th September 2017

Kirkcaldy Parkrun 5k

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

Saturday 30th September 2017

St Andrews Parkrun 5k

Eric Anderson - 27mins 47secs

Saturday 30th September 2017

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 55secs

Sunday 24th September 2017

Loch Ness Marathon

Jaz Hay - 3hrs 52mins 42secs - **distance pb**

Allan Galloway - 5hrs 16mins 54secs

Sunday 24th September 2017

Loch Ness 10k

Jackie Galloway - 55mins 2secs - **course pb**

Sunday 24th September 2017

Scottish 10k, Edinburgh

Chris Broome - 51mins 45secs

Sunday 24th September 2017

East Neuk 10k

Colin McKie - 39mins 18secs - **2nd MJ** - **distance pb**

Eric Anderson - 41mins 36secs

Liam McMonagle - 49mins 17secs - **distance pb**

Saturday 23rd September 2017

Two Breweries Hill Race, Traquair, 29k/1500m

Mark Harris - 3hrs 16mins 17secs

Jonny Knox - 3hrs 36mins 7secs

Saturday 23rd September 2017

St Andrews Parkrun 5k

Mike Reilly - 21mins 54secs - **2nd MV40**

Saturday 23rd September 2017

Kirkcaldy Parkrun 5k

Bill Simpson - 22mins 27secs - **1st MV60**

Fiona Cruickshanks - 22mins 57secs - ***3rd Female Overall*** - **1st FS20**

Saturday 23rd September 2017

Highlands Parkrun 5k, Melbourne

Duncan Hall - 19mins 44secs - ***1st Overall*** - **1st MS30**

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 14th 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

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

Rosie Knox - 1hr 15min 53secs

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 - **distance pb**

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 16th June 2017

Beveridge Park 5k, Kirkcaldy

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

Eric Anderson - 20mins 18secs

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

Wednesday 14th 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 19th May 2017

Beveridge Park 5k, Kirkcaldy

Gordon Halliday - 20mins 24secs - **course pb**

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

Thursday 18th May 2017

Kinnoull Hill Race, Perth, 6.4k/240m

Gordon Halliday - 34mins 15secs

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 - **course pb**

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

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

Gordon Halliday - 38mins 32secs - **course pb**

Ewan Cameron - 44mins 27secs - **course pb**

Tracy Knox - 47mins 9secs - **course pb**

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 26th 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 25th 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 14th 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 12th 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 12th 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 - **course pb**

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 - 21st

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 - 77th

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 - 105th

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 - 116th

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 - 133rd

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 - 136th

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 - **course pb**

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**



