



## ANSTER HADDIES RACE RESULTS 2018

### Saturday 29th December 2018

#### Kirkcaldy Parkrun 5k

Ross Young - 20mins 31secs - **3rd MS25**

Jas Baillie - 21mins 40secs

Ailsa Cruickshanks - 21mins 52secs - **1st FS20**

Fiona Cruickshanks - 22mins 11secs - **2nd FS20**

Pamela Cruickshanks - 22mins 52secs - **1st FV50**

Yvonne Dehn - 23mins 45secs - **2nd FS25**

Bill Simpson - 24mins 45secs

### Saturday 29th December 2018

#### St Andrews Parkrun 5k

Mike Reilly - 22mins 7secs

Innes Knight - 22mins 21secs

Eric Anderson - 23mins 49secs

Angela Small - 28mins 54secs

Jacqui McDonald - 29mins 12secs

### Saturday 29th December 2018

#### Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 6secs - **\*3rd Overall\*** - **1st MS30**

## Tuesday 25th December 2018

### St Andrews Parkrun 5k

Neil Smith - 17mins 56secs - **1st MV45**

Ross Young - 22mins 34secs

Innes Knight - 23mins 46secs

Robyn McDonald - 29mins 26secs - **2nd FS20**

Jacqui McDonald - 29mins 28secs

Carole Fraser - 35mins 45secs

## Tuesday 25th December 2018

### Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 18mins 51secs - **\*2nd Overall\*** - **1st MS30** - **course pb**

## Sunday 23rd December 2018

### Chilly Willy Christmas Pick 'n' Mix Trail Race, Glenrothes, 4miles

Jacqui McDonald - 41mins 33secs - **1st FV45**

## Saturday 22nd December 2018

### Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 48secs - **3rd MV55**

## Saturday 22nd December 2018

### St Andrews Parkrun 5k

Bill Simpson - 27mins 13secs - **2nd MV65**

Saturday 22nd December 2018

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 00secs - **\*3rd Overall\*** - **1st MS30**

Wednesday 19th December 2018

Mars Bar Race (3) 4miles

Colin McKie - 25mins 4secs

Eck Anderson - 26mins 18secs

Ross Young - 27mins 21secs - **course pb**

Fiona Cruickshanks - 27mins 54secs

Jas Baillie - 28mins 14secs

CJ MacPhail - 29mins 8secs

Jaz Hay - 29mins 8secs

George Findlay - 29mins 39secs

Pamela Cruickshanks - 30mins 25secs

Robyn McDonald - 30mins 58secs - **course pb**

Lynne Herd - 31mins 8secs

Bill Simpson - 31mins 15secs

Karli Hay - 32mins 34secs - **course pb**

Yvonne Dehn - 32mins 37secs

Lucy Nuttall - 33mins 25secs - **course pb**

Davie Brisland - 34mins 15secs

Eric Anderson - 34mins 20secs

Dave Nuttall - 35mins 48secs - **course pb**

Karen Shepherd - 36mins 20secs

Jacqui McDonald - 36mins 49secs

Hannah Allum - 39mins 2secs

Lucy McKie - 39mins 44secs

**Sunday 16th December 2018**

**Santa's Sleighs of Fire Beach Race 5k, St Andrews**

Bill Simpson - 24mins 48secs

Jacqui McDonald - 44mins 8secs

**Saturday 15th December 2018**

**Camperdown Parkrun 5k**

Robyn McDonald - 25mins 35secs - **3rd FS20** - **course pb**

**Saturday 15th December 2018**

**St Andrews Parkrun 5k**

Jas Baillie - 20mins 54secs - **2nd MV55**

Colin McKie - 27mins 36secs

**Saturday 15th December 2018**

**Highlands Parkrun 5k, Near Melbourne**

Duncan Hall - 19mins 10secs - **\*1st Overall\*** - **1st MS30**

**Sunday 9th December 2018**

**Monikie Duathlon, Angus**

**Run 4k, Cycle 21.5k**

Jacqui McDonald - 1hr 21mins 14secs

Run - 24mins 25secs Cycle - 56mins 28secs

## Sunday 9th December 2018

### Cani-Cross Lochore Meadows, 5k

Debz Hay + Willow - 25mins 27secs

## Saturday 8th December 2018

### Inter-Club Christmas Pub Race, Anstruther, 5 Pubs 5 Drinks, 6miles

CJ McPhail - 1hr 00mins 33secs - **\*1st Overall\***

Yvonne Dehn - 1hr 00mins 33secs - **\*1st Overall\***

Davie Burgess - 1hr 1min 1sec - **\*2nd Overall\***

Eck Anderson - 1hr 1min 1sec - **\*2nd Overall\***

Jonny Knox - 1hr 6mins 23secs - **\*3rd Overall\***

Pamela Cruickshanks -

Tracy Knox -

## Saturday 8th December 2018

### Portobello Parkrun 5k

Pamela Cruickshanks - 23mins 56secs - **1st FV50**

## Saturday 8th December 2018

### St Andrews Parkrun 5k

Jas Baillie - 21mins 5secs

Bill Simpson - 23mins 5secs - **1st MV65**

Robyn McDonald - 24mins 28secs - **2nd FS20** - **course pb**

Jacqui McDonald - 38mins 44secs

## Saturday 8th December 2018

### Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 56secs - **\*2nd Overall\*** - **1st MS30**

## Sunday 2nd December 2018

### Bob Stark Memorial 5k, Falkland

George Findlay - 23mins 59secs

Bill Simpson - 25mins 6secs

## Saturday 1st December 2018

### Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 20secs - **1st MV65**

## Saturday 1st December 2018

### Lochore Meadows Parkrun 5k

Dave Nuttall - 26mins 45secs

## Saturday 1st December 2018

### St Andrews Parkrun 5k

Colin McKie - 19mins 2secs - **3rd MJ15-17**

Ross Young - 20mins 7secs - **2nd MS25** - **course pb**

Jas Baillie - 21mins 9secs - **1st MV55**

Jaz Hay - 22mins 33secs - **\*2nd Female Overall\*** - **1st FS25** - **course pb**

Debz Hay - 23mins 51secs - **2nd FV50**

Natalie McKay - 24mins 59secs - **3rd FS25**

## Saturday 1st December 2018

### Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 41secs - **1st MS30**

## Wednesday 28th November 2018

### Mars Bar Race (2) 4miles

Thomas Knox - 25mins 34secs

Colin McKie - 25mins 44secs

Mike Reilly - 26mins 9secs

Eck Anderson - 26mins 37secs

CJ MacPhail - 26mins 59secs

Ross Young - 28mins 35secs

Jaz Hay - 28mins 43secs

Jas Baillie - 29mins 58secs

Davie Brisland - 30mins 28secs

George Findlay - 30mins 40secs

Yvonne Dehn - 31mins 1secs

Lynne Herd - 31mins 25secs

Robyn McDonald - 32mins 3secs - **course pb**

Karli Hay - 33mins 45secs - **course pb**

Lucy Nuttall - 36mins 17secs - **course pb**

Allan Gibson - 36mins 32secs

Dave Nuttall - 37mins 2secs - **course pb**

Jacqui McDonald - 37mins 32secs

Hannah Allum - 37mins 47secs

Eric Anderson - 38mins 57secs

Lucy McKie - 39mins 10secs

Sunday 25th November 2018

Aphrodite Half Marathon, Cyprus

Ewan Davidson - 1hr 44mins 17secs - **2nd MV70**

Sunday 25th November 2018

Blairadam Forest Winter Challenge Race, Kelty, 5miles

Jaz Hay - 38mins 11secs - **\*2nd Female Overall\*** - **1st FS**

Robyn McDonald - 43mins 40secs - **course pb**

Ewan Cameron - 43mins 47secs

Jacqui McDonald - 51mins 5secs

Saturday 24th November 2018

Aviemore Parkrun 5k

Natalie McKay - 24mins 32secs - **\*3rd Female Overall\*** - **1st FS25**

Saturday 24th November 2018

Kirkcaldy Parkrun 5k

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

Saturday 24th November 2018

Loch Leven Parkrun 5k

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

Robyn McDonald - 24mins 31secs - **3rd FS20**



## Saturday 24th November 2018

### St Andrews Parkrun 5k

Bill Simpson - 23mins 4secs - **1st MV65**

Jaz Hay - 24mins 13secs - **1st FS25**

Debz Hay - 24mins 14secs - **2nd FV50**

Allan Gibson - 24mins 32secs - **3rd MV65**

Mike Reilly - 25mins 28secs

Catriona Duncan - 25mins 3secs - **1st FV65**

Karli Hay - 25mins 7secs - **2nd FS25**

Jacqui McDonald - 40mins 45secs

## Saturday 24th November 2018

### Highlands Parkrun 5k, Near Melbourne

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

## Friday 23rd November 2018

### Nightmare Series (2) Blacker than Black Rock, Kinghorn, 2.75miles

CJ MacPhail - 19mins 40secs - **\*1st Female Overall\*** - **1st FS25**

Jaz Hay - 21mins 14secs - **2nd FS25**

Fiona Cruickshanks - 21mins 33secs - **1st FS20**

Robyn McDonald - 23mins 27secs - **2nd FS20**

## Sunday 18th November 2018

### Hartley Cup 1 mile Relay, Kinross

Haddie Ladies - 1hr 8mins 34secs - **\*3rd Female Team\***

**Pink = Fastest Time In Team**

Pamela Cruickshanks - 6mins 50secs, 6mins 59secs

Fiona Cruickshanks - 6mins 39secs, 6mins 31secs

Jaz Hay - **6mins 26secs**, 6mins 32secs

Debz Hay - 7mins 11secs, 7mins 13secs

Robyn McDonald - 7mins 3secs, 7mins 10secs

## Saturday 17th November 2018

### Largo Law Hill Race

Eck Anderson - 52mins 57secs

CJ MacPhail - 53mins 28secs - **\*1st Female Overall\* - course pb**

Ailsa Cruickshanks - 55mins 28secs - **\*2nd Female Overall\***

Ross Young - 56mins 47secs

Rosie Knox - 1hr 3mins 24secs - **course pb**

Lizzie Knox - 1hr 10mins 00secs

Allan Galloway - 1hr 18mins 12secs

## Saturday 17th November 2018

### Glentress Half Marathon

Jaz Hay - 2hrs 00mins 30secs - **course pb**

Debz Hay - 2hrs 15mins 8secs - **course pb**

George Findlay - 2hrs 22mins 8secs

Lynne Herd - 2hrs 22mins 9secs

Karli Hay - 2hrs 27mins 43secs

Jacqui McDonald - 2hrs 53mins 27secs

Lucy Wilson - 2hrs 53mins 20secs

Saturday 17th November 2018

Elgin Parkrun 5k

Natalie McKay - 24mins 45secs - **2nd FS25**

Saturday 17th November 2018

Inch Beach Parkrun 5k, Ireland

Alice Hall - 26mins 29secs - **\*1st Female Overall\*** - **1st FV55**

Saturday 17th November 2018

Kirkcaldy Parkrun 5k

Robyn McDonald - 24mins 55secs - **1st FS20** - **course pb**

Saturday 17th November 2018

St Andrews Parkrun 5k

Eric Anderson - 29mins 37secs

Saturday 17th November 2018

Albert Parkrun 5k, Melbourne

Duncan Hall - 19mins 9secs

Saturday 10th November 2018

Glen Clova Half Marathon

Mike Reilly - 1hr 31mins 56secs

Jaz Hay - 1hr 41mins 45secs - **distance pb**

Fiona Cruickshanks - 1hr 41mins 50secs - **distance pb**

Eric Anderson - 1hr 42mins 28secs

Debz Hay - 1hr 49mins 8secs - **course pb**

Pamela Cruickshanks - 1hr 49mins 58secs

Robyn McDonald - 1hr 55mins 12secs - **distance pb**

Karli Hay - 1hr 57mins 46secs - **distance pb**

Allan Galloway - 1hr 58mins 31secs - **distance pb**

Jacqui McDonald - 2hrs 17mins 59secs

### Saturday 10th November 2018

#### Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 27secs - **2nd MV55**

### Saturday 10th November 2018

#### St Andrews Parkrun 5k

Colin McKie - 18mins 28secs - **\*3rd Overall\*- 1st MJ15-17**

Catriona Duncan - 26mins 37secs - **1st FV65**

### Saturday 10th November 2018

#### Highland Parkrun 5k, Melbourne

Duncan Hall - 19mins 28secs - **\*3rd Overall\*- 1st MS30**

### Sunday 4th November 2018

#### New York Marathon

Neil Smith - 2hrs 49mins 43secs

## Sunday 4th November 2018

### Templeton 10miles, Dundee

Fiona Cruickshanks - 1hr 17mins 9secs - **distance pb**

Yvonne Dehn - 1hr 26mins 00secs - **course pb**

Lynne Herd - 1hr 26mins 42secs - **distance pb**

Hannah Allum - 1hr 46mins 57secs

## Sunday 4th November 2018

### Mens 10k, Edinburgh

Ewan Davidson - 45mins 34secs - **2nd MV65**

## Saturday 3rd November 2018

### Glen Ogle 33miles

Jaz Hay - 5hrs 7mins 57secs - **course pb**

Debz Hay - 5hrs 47mins 2secs

Karli Hay - 6hrs 38mins 32secs

George Hay - 8hrs 20mins 16secs

## Saturday 3rd November 2018

### St Andrews Parkrun 5k

Bill Simpson - 23mins 10secs - **2nd MV65**

Natalie McKay - 26mins 32secs - **1st FS25**

Robyn McDonald - 26mins 32secs - **3rd FS20**

Catriona Duncan - 26mins 33secs - **2nd FV65**

Jacqui McDonald - 39mins 19secs

Saturday 3rd November 2018

Highland Parkrun 5k, Melbourne

Duncan Hall - 19mins 3secs - **\*2nd Overall\*** - **1st MS30** - course pb

Sunday 28th October 2018

Jedburgh Half Marathon

Lucy Wilson - 2hrs 13mins 31secs

Saturday 27th October 2018

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

CJ MacPhail - 1hr 26mins 41secs - **\*3rd Female Overall\*** - **2nd FS** - course pb

Saturday 27th October 2018

Canicross Jedburgh, 7.3k

Jaz Hay & Willow - 38mins 27secs

Saturday 27th October 2018

Perth Parkrun 5k

Jas Baillie - 21mins 6secs - **2nd MV55**

Saturday 27th October 2018

St Andrews Parkrun 5k

Bill Simpson - 22mins 57secs - **1st MV65**

Natalie McKay - 24mins 25secs - **1st FS25**

Allan Gibson - 25mins 59secs - **3rd MV65**

Jacqui McDonald - 44mins 10secs

## Saturday 27th October 2018

### Maribyrnong Parkrun 5k, Melbourne

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

## Wednesday 24th October 2018

### Mars Bar Race (1) 4miles

Colin McKie - 24mins 44secs

Mike Reilly - 25mins 21secs - **course pb**

CJ MacPhail - 26mins 6secs - **course pb**

Eck Anderson - 26mins 20secs

Fiona Cruickshanks - 26mins 48secs - **course pb**

Thomas Knox - 27mins 46secs

Ross Young - 28mins 32secs - **course pb**

Jas Baillie - 29mins 11secs

Jaz Hay - 29mins 11secs

George Findlay - 29mins 37secs

Davie Brisland - 29mins 55secs

Yvonne Dehn - 30mins 10secs

Eric Anderson - 30mins 19secs

Robyn McDonald - 32mins 11secs - **course pb**

Allan Gibson - 34mins 20secs

Karen Shepherd - 37mins 00secs

Tracy Chalmers - 37mins 54secs

Lucy Nuttall - 38mins 12secs

Dave Nuttall - 38mins 12secs

Hannah Allum - 38mins 20secs

Jacqui McDonald - 38mins 37secs

### Sunday 21st October 2018

#### Nutcracker Trail Race 2, Couls Den, Near Glenrothes, 5.5miles

Tich Shaw - 43mins 34secs - **1st MV60**

George Findlay - 43mins 37secs - **2nd MV60**

Ewan Cameron - 47mins 21secs

Lynne Herd - 47mins 25secs - **3rd FV40**

Allan Galloway - 53mins 11secs

Tracy Chalmers - 1hr 1mins 27secs

Jackie Galloway - 1hr 1mins 27secs - **2nd FV55**

### Saturday 20th October 2018

#### East District Cross Country League, Stirling

##### Senior Men 9k

Allan Gibson - 49mins 41secs

##### Senior Women 6k

Fiona Cruickshanks - 28mins 3secs

Pamela Cruickshanks - 29mins 11secs

### Saturday 20th October 2018

#### Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 11secs - **2nd MV55**

Natalie McKay - 24mins 19secs - **\*3rd Female Overall\*** - **2nd FS25**



**Saturday 20th October 2018**

**St Andrews Parkrun 5k**

Eric Anderson - 30mins 17secs

**Saturday 20th October 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 33mins 29secs

**Friday 19th October 2018**

**Nightmare Series (1) Autumnal Antics at Annsmuir, Ladybank, 4.4miles**

Jaz Hay - 34mins 35secs - **3rd FS**

Karli Hay - 41mins 40secs

**Sunday 14th October 2018**

**Loch Rannoch Half Marathon**

Ross Young - 1hr 37mins 31secs - **distance pb**

**Sunday 14th October 2018**

**Aviemore Half Marathon**

Ewan Cameron - 1hr 50mins 40secs

**Sunday 14th October 2018**

**Melbourne 10k**

Duncan Hall - 41mins 18secs

**Saturday 13th October 2018**

**East District Cross Country Relays, Glamis Castle, Angus**

**Senior Women, 4k each**

Pamela Cruickshanks - 18mins 46secs - **3rd FV50**

Jaz Hay - 18mins 30secs

**Saturday 13th October 2018**

**Aviemore Parkrun 5k**

Ewan Cameron - 23mins 56secs - **3rd MV55**

**Saturday 13th October 2018**

**Kirkcaldy Parkrun 5k**

Tich Shaw - 21mins 59secs - **1st MV60**

Jas Baillie - 22mins 4secs - **2nd MV55**

**Saturday 13th October 2018**

**St Andrews Parkrun 5k**

Bill Simpson - 22mins 54secs - **1st MV65**

Robyn McDonald - 24mins 33secs - **1st FS20**

Jaz Hay - 24mins 34secs - **1st FS25**

Fiona Cruickshanks - 24mins 34secs - **2nd FS20**

Natalie McKay - 24mins 35secs - **2nd FS25**

Lucy Nuttall - 26mins 9secs - **2nd FJ11-14**

Dave Nuttall - 26mins 44secs - **1st FV45**

Angela Small - 27mins 54secs - **1st FV45**

Jacqui McDonald - 28mins 12secs - **3rd FV45**

**Saturday 13th October 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 24mins 26secs

**Sunday 7th October 2018**

**The Craggy Islands Triathlon, Near Oban**

**Swim 550m, Cycle 14k, Run 8k**

Eck Anderson - 1hr 23mins 13secs

Swim - 6mins 42secs    Cycle - 43mins 2secs    Run - 27mins 29secs

Jonny Knox - 1hr 23mins 42secs

Swim - 6mins 53secs    Cycle - 43mins 35secs    Run - 29mins 32secs

**Sunday 7th October 2018**

**Giffordtown 5k**

Fiona Cruickshanks - 21mins 34secs - **course pb**

Pamela Cruickshanks - 22mins 28secs - **3rd FV50**

Natalie McKay - 23mins 53secs

Robyn McDonald - 24mins 16secs - **distance pb**

**Saturday 6th October 2018**

**Glen Clova Duathlon**

**Cycle 27k, Run 14k, Cycle 6k**

Eck Anderson - 2hrs 58mins 50secs

Cycle - 53mins 31secs    Run - 1hr 53mins 34secs    Cycle - 9mins 40secs

Yvonne Dehn - 4hrs 22mins 26secs

Cycle - 1hr 8mins 25secs    Run - 2hrs 56mins 4secs    Cycle - 14mins 30secs

### Saturday 6th October 2018

#### Meall nan Tarmachan Hill Race, Near Killin, 9.5k/700m

Thomas Knox - 56mins 47secs - **course pb**

Mark Harris - 57mins 22secs - **1st MV40**

Jonny Knox - 1hr 00mins 59secs - **1st MV50**

CJ MacPhail - 1hr 6mins 6secs - **\*1st Female Overall\*** - **1st FS**

### Saturday 6th October 2018

#### Dunbar 10miles

Davie Burgess - 1hr 11mins 24secs - **3rd MV40**

### Saturday 6th October 2018

#### Nutcracker Trail Race 1, Couls Den, Near Glenrothes, 5.5miles

Tich Shaw - 47mins 29secs - **2nd MV60**

Bill Simpson - 49mins 33secs - **1st MV65**

Allan Galloway - 1hr 5mins 7secs - **2nd MV40**

Jackie Galloway - 1hr 5mins 7secs - **2nd FV55**

### Saturday 6th October 2018

#### Kirkcaldy Parkrun 5k

Jacqui McDonald - 29mins 17secs

## Saturday 6th October 2018

### Loch Leven Parkrun 5k

Natalie McKay - 24mins 23secs - **\*3rd Female Overall\*** - **1st FS25**

## Saturday 6th October 2018

### St Andrews Parkrun 5k

Mike Reilly - 21mins 54secs - **3rd MV40**

Bill Simpson - 23mins 5secs - **1st MV65**

Dave Nuttall - 25mins 6secs - **course pb**

Lucy Nuttall - 25mins 16secs

Robyn McDonald - 25mins 39secs - **1st FS20**

## Saturday 6th October 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 59secs

## Sunday 30th September 2018

### Glencoe Marathon

Eck Anderson - 4hrs 38mins 15secs

George Findlay - 5hrs 50mins 39secs

Lynne Herd - 5hrs 50mins 39secs

## Sunday 30th September 2018

### Glen Nevis 10k

Yvonne Dehn - 61mins - **\*2nd Overall\*** - **\*1st Female Overall\*** - **1st FS**

## Sunday 30th September 2018

### Great Scottish Run Half Marathon, Glasgow

Davie Brisland - 1hr 32mins 5mins

Alice Hall - 2hrs 30mins 11mins

Craig Horsburgh - 2hrs 30mins 11mins

## Sunday 30th September 2018

### Great Scottish Run 10k, Glasgow

Ross Young - 44mins 3mins

## Sunday 30th September 2018

### East Neuk 10k

Colin McKie - 40mins 17secs - **2nd MJ**

Sandy Chalmers - 1hr 8mins 47secs - **1st MV80**

## Saturday 29th September 2018

### Ochil Ultra Marathon, 30miles

Debz Hay - 5hrs 37mins 32secs - **2nd FV50** - **course pb**

## Saturday 29th September 2018

### Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 31secs - **1st MV65**

Natalie McKay - 27mins 44secs

## Saturday 29th September 2018

### Perth Parkrun 5k

Catriona Duncan - 25mins 26secs - **1st FV65**

## Saturday 29th September 2018

### St Andrews Parkrun 5k

Eric Anderson - 21mins 37secs - **2nd MV40**

Ewan Davidson - 22mins 19secs - **1st MV65**

Robyn McDonald - 25mins 54secs - **2nd FS20**

## Sunday 23rd September 2018

### Loch Ness Marathon

Mike Reilly - 3hrs 9mins 40secs - **distance pb**

Debz Hay - 3hrs 45mins 1secs - **distance pb**

Jaz Hay - 3hrs 49mins 24secs - **distance pb**

Ross Young - 3hrs 51mins 56secs

Robyn McDonald - 4hrs 13mins 25secs - **distance pb**

Karli Hay - 4hrs 17mins 27secs

Allan Galloway - 4hrs 47mins 18secs

Jacqui McDonald - 5hrs 13mins 5secs

George Hay - 5hrs 38mins 38secs

## Sunday 23rd September 2018

### Loch Ness 10k

Fiona Cruickshanks - 43mins 2secs - **distance pb**

Jackie Galloway - 1hr 7mins 28secs

Sandy Chalmers - 1hr 9mins 44secs

## Sunday 23rd September 2018

### Tufty Trail Race, Falkland, 5miles

Tich Shaw - 37mins 38secs - **1st MV60**

Bill Simpson - 40mins 29secs - **1st MV65**

## Saturday 22nd September 2018

### St Andrews Parkrun 5k

Bill Simpson - 22mins 58secs - **2nd MV65**

Natalie McKay - 25mins 7secs - **2nd FS25**

## Saturday 22nd September 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 24mins 37secs

## Saturday 15th September 2018

### Cairngorm Adventure Triathlon

#### 3k Canoe/25k Cycle/5k Run

Colin McKie - 1hr 52mins 2secs

Canoe - 15mins 45secs    Cycle - 1hr 7mins 47secs    Run - 26mins 16secs

Alan McKie - 1hr 52mins 3secs

Canoe - 15mins 45secs    Cycle - 1hr 7mins 51secs    Run - 26mins 15secs

Lynne Herd - 2hrs 23mins 40secs

Canoe - 17mins 11secs    Cycle - 1hr 35mins 22secs    Run - 28mins 55secs

Lucy Wilson - 2hrs 27mins 36secs

Canoe - 19mins 39secs    Cycle - 1hr 33mins 59secs    Run - 32mins 18secs



**Saturday 15th September 2018**

**Beinn Resipol Hill Race, Ardnamurchan, 7.5miles/845m**

CJ MacPhail - 1hr 39mins 1secs

Lizzie Knox - 1hr 53mins 29secs - **2nd FU23**

**Saturday 15th September 2018**

**Loch Leven Parkrun 5k**

Bill Simpson - 23mins 45secs - **2nd MV65**

**Saturday 15th September 2018**

**St Andrews Parkrun 5k**

Jacqui McDonald - 27mins 59secs

**Saturday 15th September 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 28mins 5secs

**Sunday 9th September 2018**

**Tiree Ultramarathon, 35miles**

Debz Hay - 6hrs 35mins 39secs

Jaz Hay - 6hrs 36mins 21secs

Karli Hay - 7hrs 23mins 14secs

George Hay - 9hrs 6mins 6secs

## Sunday 9th September 2018

### Glenrothes Triathlon

#### 750m Swim/20k Cycle/5k Run

Yvonne Dehn - 1hr 33mins 5secs

Swim - 16mins 46secs   Cycle - 49mins 47secs   Run - 24mins 47secs

## Sunday 9th September 2018

### Auchterarder Half Marathon

Davie Brisland - 1hr 34mins 46secs

Sharon Brown - 1hr 52mins 45secs - **distance pb**

Robyn McDonald - 2hrs 3mins 56secs

Jacqui McDonald - 2hrs 18mins 20secs

## Sunday 9th September 2018

### Stirling 10k

Fiona Cruickshanks - 44mins 19secs - **distance pb**

## Saturday 8th September 2018

### Kirkcaldy Parkrun 5k

Tracy Chalmers - 27mins 39secs - **3rd FV40**

## Saturday 8th September 2018

### St Andrews Parkrun 5k

Mike Reilly - 22mins 8secs - **3rd MV40**

Robyn McDonald - 24mins 33secs - **2nd FS20** - **course pb**

Natalie McKay - 24mins 37secs - **1st FS25**

Eric Anderson - 26mins 41secs

Hannah Allum - 28mins 19secs

Carole Fraser - 29mins 10secs - **3rd FV55**

### Saturday 8th September 2018

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 31mins 23secs

### Wednesday 5th September 2018

#### Kingsbarns Fun Run, 4miles

Mike Reilly - 24mins 7secs - **\*2nd Overall\*** - **2nd MV40**

Eck Anderson - 24mins 18secs - **\*3rd Overall\*** - **1st MS**

Colin McKie - 24mins 34secs - **1st MJ**

Fiona Cruickshanks - 26mins 55secs - **\*2nd Female Overall\*** - **2nd FS**

Jaz Hay - 27mins 41secs - **\*3rd Female Overall\*** - **3rd FS**

Davie Brisland - 28mins 41secs

Pamela Cruickshanks - 29mins 36secs - **1st FV50**

Ewan Cameron - 30mins 50secs

Natalie McKay - 31mins 25secs

Robyn McDonald - 31mins 26secs

Yvonne Dehn - 31mins 27secs

Allan Gibson - 32mins 23secs - **2nd MV60**

Susan Penman - 34mins 24secs - **2nd FV40**

Hannah Allum - 38mins 22secs

Jacqui McDonald - 38mins 23secs

Carole Fraser - 39mins 50secs

## Sunday 2nd September 2018

### Trailbusters Race 3, Markinch, 5miles

Tich Shaw - 31mins 7secs - **1st MV60**

Ewan Cameron - 33mins 37secs - **2nd MV55**

Sharon Brown - 33mins 39secs - **2nd FS**

## Saturday 1st September 2018

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

Mark Harris - 31mins 4secs

Eck Anderson - 33mins 57secs

Davie Burgess - 35mins 36secs

CJ McPhail - 36mins 18secs - **course pb**

Ailsa Cruickshanks - 40mins 12secs

Yvonne Dehn - 41mins 48secs

Jaz Hay - 41mins 49secs - **course pb**

Pamela Cruickshanks - 48mins 21secs

## Saturday 1st September 2018

### St Andrews Parkrun 5k

Eric Anderson - 21mins 00secs

Jacqui McDonald - 28mins 47secs

## Saturday 1st September 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 32mins 19secs

## Wednesday 29th August 2018

### Gateside Gallop 4miles

Thomas Knox - 28mins 12secs - **3rd MS**

Sharon Brown - 38mins 22secs - **3rd FS**

Tracy Chalmers - 42mins 34secs

## Sunday 26th August 2018

### Aberdeen Half Marathon

Fiona Cruickshanks - 1hr 44mins 5secs

## Sunday 26th August 2018

### Perth 10k

Angela Small - 55mins 59secs

## Saturday 25th August 2018

### Killin 10k

Carole Fraser - 1hr 1mins 50secs

## Saturday 25th August 2018

### Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 34secs - **2nd MV60**

Jas Baillie - 21mins 51secs - **1st MV55**

Natalie McKay - 24mins 54secs - **3rd FS25**

**Saturday 25th August 2018**

**St Andrews Parkrun 5k**

Mike Reilly - 22mins 13secs

Jacqui McDonald - 54mins 00secs

**Saturday 25th August 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 39mins 20secs

**Friday 24th August 2018**

**Eyemouth Twilight 5k**

Ewan Davidson - 23mins 41secs

**Wednesday 22nd August 2018**

**Ravenscraig 2x 1mile Relay**

Davie Burgess/Eric Anderson - 11mins 42secs

Oscar Burgess/Tracy Chalmers - 15mins 11secs

**Tuesday 21st August 2018**

**Chilly Willy Trail Race 5, Glenrothes, 4.5miles**

Jacqui McDonald - 44mins 23secs - **1st FV40**

**Saturday 18th August 2018**

**Aviemore Parkrun 5k**

Debz Hay - 23mins 38secs - **1st FV50**

## Saturday 18th August 2018

### Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 39secs - **2nd MV60**

Eric Anderson - 21mins 55secs

Natalie McKay - 24mins 10secs - **3rd FS25**

## Tuesday 14th August 2018

### Ceres 8

Eck Anderson - 55mins 31secs

Davie Brisland - 56mins 3secs

Mike Reilly - 56mins 34secs

Fiona Cruickshanks - 58mins 19secs

Pamela Cruickshanks - 1hr 5mins 57secs

## Sunday 12th August 2018

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

Thomas Knox - 1hr 36mins 35secs - **course pb**

## Sunday 12th August 2018

### New Gilston 5k

George Findlay - 23mins 31secs - **2nd MV60**

Bill Simpson - 23mins 35secs - **3rd MV60**

Eric Anderson - 24mins 18secs

Lynne Herd - 24mins 50secs - **1st FV40** - **course pb**

Catriona Duncan - 28mins 9secs - **1st FV60**

Hannah Allum - 36mins 57secs

**Sunday 12th August 2018**

**Aviemore Triathlon, Long**

**1500m Swim/18k Cycle/9k Run**

Eck Anderson - 2hrs 27mins 45secs

Swim - 31mins 27secs   Cycle - 1hr 6mins 48secs   Run - 44mins 52secs

Karli Hay - 3hrs 21mins 43secs

Swim - 39mins 30secs   Cycle - 1hr 41mins 40secs   Run - 57mins 12secs

Jim Hogsflesh - 3hrs 52mins 57secs

Swim - 36mins 57secs   Cycle - 1hr 39mins 17secs   Run - 1hr 24mins 17secs

George Hay - 3hrs 52mins 59secs

Swim - 45mins 12secs   Cycle - 1hr 39mins 41secs   Run - 1hr 24mins 24secs

**Sunday 12th August 2018**

**Aviemore Triathlon, Short**

**750m Swim/12k Cycle/5k Run**

Jaz Hay - 1hr 33mins 3secs

Swim - 19mins 48secs   Cycle - 48mins 15secs   Run - 21mins 21secs

Debz Hay - 1hr 39mins 40secs - **3rd FV50**

Swim - 25mins 39secs   Cycle - 45mins 15secs   Run - 22mins 56secs

**Saturday 11th August 2018**

**Touch of Tarton Half Marathon, Perth**

Mike Reilly - 1hr 34mins 17secs



Saturday 11th August 2018

Aviemore Parkrun 5k

Debz Hay - 23mins 24secs - **1st FV50** - **course pb**

Saturday 11th August 2018

Crosby Parkrun 5k, Liverpool

Neil Smith - 22mins 27secs - **\*1st Overall\*** - **1st MV45** - **course pb**

Saturday 11th August 2018

St Andrews Parkrun 5k

Bill Simpson - 22mins 51secs - **1st MV65**

Natalie McKay - 24mins 24secs - **3rd FS25**

Jacqui McDonald - 36mins 52secs

Thursday 9th August 2018

Balmullo Trail Race, 4.9miles, FAC Midweek Series - Race 5

Eck Anderson - 34mins 15secs - **course pb**

Mike Reilly - 34mins 34secs - **course pb**

Bill Simpson - 43mins 3secs

Dave Nuttall - 46mins 58secs

Sunday 5th August 2018

Trail Busters Race 2, Markinch, 4.5miles

George Findlay - 35mins 40secs - **2nd MV60**

Bill Simpson - 36mins 20secs - **1st MV65**

## Saturday 4th August 2018

### Elie Triathlon

#### 550m Swim/29k Cycle/6k Run

Thomas Knox - 1hr 24mins 49secs

Swim - 9mins 19secs   Cycle - 51mins 39secs   Run - 23mins 49secs

Jonny Knox - 1hr 27mins 27secs

Swim - 16mins 4secs   Cycle - 46mins 15secs - **cpb**   Run - 25mins 6secs

Eck Anderson - 1hr 30mins 26secs - **course pb**

Swim - 16mins 5secs   Cycle - 49mins 9secs - **cpb**   Run - 25mins 12secs - **cpb**

Davie Burgess - 1hr 40mins 53secs - **course pb**

Swim - 13mins 26secs - **cpb**   Cycle - 1hr 1mins 47secs - **cpb**   Run - 25mins 39secs

Yvonne Dehn - 1hr 44mins 15secs

Swim - 11mins 19secs   Cycle - 1hr 4mins 30secs   Run - 28mins 25secs

CJ MacPhail - 1hr 46mins 40secs

Swim - 14mins 00secs   Cycle - 1hr 5mins 52secs   Run - 26mins 47secs

Jim Hogsflesh - 1hr 53mins 39secs

Swim - 14mins 42secs   Cycle - 1hr 2mins 57secs   Run - 35mins 59secs

## Saturday 4th August 2018

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

Debz Hay - 8hrs 48mins 55secs

## Saturday 4th August 2018

### Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 39secs - **1st MV60**

Jas Baillie - 21mins 59secs - **1st MV55**

Natalie McKay - 24mins 35secs - **1st FS25**

## Saturday 4th August 2018

### St Andrews Parkrun 5k

Bill Simpson - 22mins 27secs - **2nd MV65**

Ewan Davidson - 22mins 33secs - **3rd MV65**

## Saturday 4th August 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 45mins 20secs

## Friday 3rd August 2018

### Beveridge Park 5k Series, Race 5

Fiona Cruickshanks - 20mins 36secs - **\*3rd Female Overall\*** - **2nd FS** - distance pb

## Sunday 29th July 2018

### Donkey Brae Race, Aberdour, 7miles

Angela Small - 1hr 10mins 51secs

## Saturday 28th July 2018

### Kirkcaldy Parkrun 5k

Tich Shaw - 22mins 3secs - **1st MV60**

Natalie McKay - 24mins 6secs - **1st FS25**

## Saturday 28th July 2018

### Lochore Meadows Parkrun 5k

Bill Simpson - 22mins 59secs - **1st MV65** - **course pb**

## Saturday 28th July 2018

### St Andrews Parkrun 5k

Robyn McDonald - 26mins 58secs

Catriona Duncan - 27mins 21secs - **1st FV65**

## Saturday 21st July 2018

### Run The Blades 50k Ultra, Eaglesham, East Renfrewshire

Jaz Hay - 4hrs 59mins 43secs - **2nd FS25**

Debz Hay - 5hrs 16mins 52secs - **2nd FV50**

## Saturday 21st July 2018

### Run The Blades Half Marathon, Eaglesham, East Renfrewshire

Robyn McDonald - 2hrs 5mins 53secs - **course pb**

Jacqui McDonald - 2hrs 22mins 00secs

George Hay - 2hrs 35mins 30secs

## Saturday 21st July 2018

### Splash n Dash Beach Race, St Andrews, 4miles

George Findlay - 37mins 6secs - **2nd MV60**

Ewan Cameron - 40mins 00secs

Carole Fraser - 47mins 23secs

Jennifer Gallagher - 58mins 24secs

## Saturday 21st July 2018

### Kirkcaldy Parkrun 5k

Fiona Cruickshanks - 21mins 46secs - **\*1st Female Overall\*** - **1st FS20** - **course pb**

Jas Baillie - 22mins 17secs - **1st MV55**

Natalie McKay - 32mins 36secs

## Saturday 21st July 2018

### St Andrews Parkrun 5k

Bill Simpson - 22mins 12secs - **1st MV65**

Pamela Cruickshanks - 22mins 37secs - **2nd FV50**

Eric Anderson - 23mins 28secs

Lucy Nuttall - 26mins 4secs

## Saturday 21st July 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 49mins 18secs

## Wednesday 18th July 2018

### Newburgh 4.23miles, FAC Midweek Series - Race 4

Fiona Cruickshanks - 25mins 42secs - **3rd FS** - **course pb**

Ross Young - 26mins 41secs

George Findlay - 28mins 28secs

Bill Simpson - 28mins 41secs - **course pb**

Pamela Cruickshanks - 29mins 2secs - **2nd FV50** - **course pb**

Natalie McKay - 30mins 43secs

Dave Nuttall - 31mins 24secs

Catriona Duncan - 34mins 7secs - **course pb**

Tracy Chalmers - 35mins 47secs - **course pb**

## Sunday 15th July 2018

### Tour of Fife, Overall Results

Ross Young - 2hrs 18mins 35secs

Fiona Cruickshanks - 2hrs 18mins 50secs

Jaz Hay - 2hrs 23mins 12secs

Bill Simpson - 2hrs 30mins 41secs

Pamela Cruickshanks - 2hrs 32mins 50secs - **2nd FV50**

Debz Hay - 2hrs 33mins 3secs

Natalie McKay - 2hrs 41mins 21secs

Alice Hall - 2hrs 41mins 3secs

Allan Galloway - 3hrs 7mins 21secs

Jackie Galloway - 3hrs 8mins 14secs

George Hay - 3hrs 28mins 18secs

## Sunday 15th July 2018

### Tour of Fife, Day 5

#### 10k Trail Race, Falkland

Ross Young - 46mins 13secs

Jaz Hay - 48mins 51secs

Fiona Cruickshanks - 48mins 52secs

Bill Simpson - 50mins 53secs

Debz Hay - 51mins 41secs - **3rd FV50**

Pamela Cruickshanks - 51mins 54secs

Natalie McKay - 54mins 17secs

Alice Hall - 55mins 14secs

Carole Fraser - 1hr 3mins 34secs

Allan Galloway - 1hr 3mins 41secs

Jackie Galloway - 1hr 3mins 58secs

George Hay - 1hr 11mins 36secs

## Saturday 14th July 2018

### Tour of Fife, Day 4

#### Road Race, Glenrothes, 5k

Fiona Cruickshanks - 20mins 45secs - **course pb**

Ross Young - 20mins 54secs

Jaz Hay - 21mins 42secs - **course pb**

Bill Simpson - 22mins 32secs

Debz Hay - 22mins 37secs - **2nd FV50 - distance pb**

Pamela Cruickshanks - 22mins 43secs - **3rd FV50**

Natalie McKay - 24mins 17secs

Alice Hall - 24mins 40secs

Allan Galloway - 26mins 27secs

Jackie Galloway - 27mins 16secs

Carole Fraser - 28mins 7secs

George Hay - 30mins 39secs

Sandy Chalmers - 31mins 49secs - **1st MV80**

### Saturday 14th July 2018

#### Crosby Parkrun 5k, Liverpool

Neil Smith - 17mins 25secs - **\*1st Overall\*** - **1st MV45**

### Saturday 14th July 2018

#### Kirkcaldy Parkrun 5k

Robyn McDonald - 26mins 46secs - **1st FS20**

Jacqui McDonald - 29mins 13secs

### Saturday 14th July 2018

#### St Andrews Parkrun 5k

Mike Reilly - 20mins 46secs - **2nd MV40**

Catriona Duncan - 26mins 43secs - **2nd FV65**

### Saturday 14th July 2018

#### Maribyrnong Parkrun 5k, Melbourne

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



## Friday 13th July 2018

### Tour of Fife, Day 3

#### Time Trial, Kirkcaldy Promenade, 1mile

Fiona Cruickshanks - 5mins 51secs - **course pb**

Ross Young - 5mins 57secs

Jaz Hay - 6mins 15secs - **course pb**

Bill Simpson - 6mins 29secs

Pamela Cruickshanks - 6mins 31secs - **2nd FV50** - **course pb**

Natalie McKay - 6mins 46secs

Debz Hay - 6mins 51secs - **course pb**

Alice Hall - 7mins 10secs

Allan Galloway - 7mins 49secs

Jackie Galloway - 8mins 9secs

Carole Fraser - 8mins 11secs

George Hay - 9mins 14secs

## Thursday 12th July 2018

### Tour of Fife, Day 2

#### East Lomond Hill Race, 6k/360m

Fiona Cruickshanks - 34mins 2secs

Ross Young - 35mins 47secs

Jaz Hay - 35mins 50secs

Pamela Cruickshanks - 39mins 19secs - **3rd FV50**

Debz Hay - 39mins 38secs

Bill Simpson - 39mins 56secs

Alice Hall - 40mins 26secs

Natalie McKay - 41mins 41secs

Jackie Galloway - 49mins 51secs

Allan Galloway - 51mins 1secs

George Hay - 52mins 58secs

Wednesday 11th July 2018

Maddie Moss Mash Hill Race, Tillicoultry, 6miles/2500ft

CJ MacPhail - 1hr 9mins 56secs - **\*1st Female Overall\*** - **1st FS**

Wednesday 11th July 2018

Tour of Fife, Day 1

Beach Race, West Sands, St Andrews, 4.2miles

Fiona Cruickshanks - 29mins 20secs - **course pb**

Ross Young - 29mins 44secs

Jaz Hay - 30mins 34secs - **course pb**

Bill Simpson - 30mins 51secs

Pamela Cruickshanks - 32mins 23secs - **2nd FV50**

Debz Hay - 32mins 47secs - **3rd FV50** - **course pb**

Alice Hall - 33mins 33secs

Natalie Mckay - 34mins 20secs

Allan Galloway - 38mins 23secs

Jackie Galloway - 39mins 00secs

Carole Fraser - 39mins 29secs - **course pb**

George Hay - 43mins 51secs

Saturday 7th July 2018

Dollar Hill Race, 15k/960m

CJ MacPhail - 1hr 48mins 34secs - **\*3rd Female Overall\*** - **2nd FS**

**Saturday 7th July 2018**

**Aviemore Parkrun 5k**

Colin McKie - 20mins 24secs - **1st MJ15**

Debz Hay - 23mins 25secs - **1st FV50** - **course pb**

**Saturday 7th July 2018**

**Kirkcaldy Parkrun 5k**

Bill Simpson - 22mins 40secs - **1st MV65**

**Saturday 7th July 2018**

**Mole Valley Parkrun 5k, Surrey**

Neil Smith - 17mins 30secs - **\*1st Overall\*** - **1st MV45** - **course pb**

**Saturday 7th July 2018**

**St Andrews Parkrun 5k**

Robyn McDonald - 28mins 1secs - **2nd FS20**

Natalie McKay - 28mins 2secs

Jacqui McDonald - 29mins 34secs

**Saturday 7th July 2018**

**Altona Beach Parkrun 5k, Melbourne**

Duncan Hall - 18mins 43secs - **\*1st Overall\*** - **1st MS30** - **course pb**

## Friday 6th July 2018

### Beveridge Park 5k Series, Race 4

Fiona Cruickshanks - 21mins 2secs - **3rd FS** - **course pb**

## Sunday 1st July 2018

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

Jonny Knox - 59mins 53secs - **1st MV50**

Eck Anderson - 59mins 38secs - **course pb**

CJ MacPhail - 1hr 5mins 26secs - **\*1st Female Overall\*** - **1st FS** - **course pb**

Rosie Knox - 1hr 8mins 42secs - **\*2nd Female Overall\*** - **2nd FS** - **course pb**

Lizzie Knox - 1hr 11mins 22secs

Yvonne Dehn - 1hr 14mins 5secs

Tracy Knox - 1hr 20mins 36secs - **3rd FV50** - **course pb**

## Sunday 1st July 2018

### Trail Busters Series, Race 1, Markinch, 6k

Ewan Cameron - 35mins 23secs - **3rd MV55**

## Saturday 30th June 2018

### Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 34secs - **1st MV65**

## Saturday 30th June 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 10secs - **\*2nd Overall\*** - **2nd MS30**

## Thursday 28th June 2018

### Balbirnie Duathlon, Markinch

#### Run 5k, Cycle 20k, Run 2.5k

Bill Hutchison - 1hr 11mins 27secs - **course pb** - **2nd MV60**

Run - 22mins 5secs - **cpb** Cycle - 36mins 53secs - **cpb** Run - 11mins 37secs - **cpb**

Eck Anderson - 1hr 13mins 47secs - **course pb**

Run - 22mins 35secs - **cpb** Cycle - 38mins 55secs - **cpb** Run - 11mins 40secs - **cpb**

Lynne Herd - 1hr 34mins 25secs

Run - 28mins 14secs Cycle - 49mins 38secs Run - 14mins 6secs

## Wednesday 27th June 2018

### The Law Breaker, Tillicoultry, 5.4k/630m

Mark Harris - 47mins 13secs - **3rd MV40**

Jonny Knox - 47mins 13secs - **1st MV50**

Lizzie Knox - 1hr 00mins 38secs - **2nd FS**

Tracy Knox - 1hr 4mins 6secs - **2nd FV50** - **course pb**

## Wednesday 27th June 2018

### Sandy Slither, 6.1miles

Colin McKie - 42mins 41secs - **1st MJ**

Eck Anderson - 44mins 28secs

Mike Reilly - 45mins 28secs

CJ MacPhail - 46mins 3secs - **\*3rd Female Overall\*** - **3rd FS**

Fiona Cruickshanks - 49mins 1secs - **course pb**

Ross Young - 49mins 44secs

George Findlay - 51mins 4secs

Jaz Hay - 51mins 42secs - **course pb**

Ewan Cameron - 54mins 7secs

Nick Fry - 56mins 24secs - **course pb**

Pamela Cruickshanks - 56mins 45secs - **2nd FV50**

Alice Hall - 57mins 10secs - **3rd FV50**

Dave Nuttall - 57mins 43secs

Karli Hay - 1hr 1mins 58secs

Robyn McDonald - 1hr 2mins 2secs

Jim Hogsflesh - 1hr 4mins 26secs

Tracy Chalmers - 1hr 6mins 27secs

Jackie Galloway - 1hr 6mins 55secs

Lucy Wilson - 1hr 10mins 3secs

Jacqui McDonald - 1hr 10mins 5secs

### Sunday 24th June 2018

#### Benarty Gala Trail Race, Lochore Meadows, 5.5miles

Davie Burgess - 33mins 46secs

George Findlay - 35mins 57secs

Ewan Cameron - 38mins 18secs - **3rd MV55** - **course pb**

Natalie McKay - 38mins 42secs

Lynne Herd - 40mins 35secs - **3rd FV40** - **course pb**

Robyn McDonald - 46mins 42secs

Hannah Allum - 51mins 57secs

### Saturday 23rd June 2018

#### Lochore Meadows Parkrun 5k

Bill Simpson - 23mins 28secs - **3rd MV65**

## Saturday 23rd June 2018

### St Andrews Parkrun 5k

Yvonne Dehn - 22mins 44secs - **2nd FS25**

Jacqui McDonald - 29mins 50secs

## Saturday 23rd June 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 45secs - **1st MS30**

## Friday 22nd June 2018

### Summer Solstice Midsummer Nightmare, Elie, 4miles

Eck Anderson - 21mins 16secs - **\*2nd Overall\***

Mike Reilly - 21mins 35secs

Davie Burgess - 21mins 47secs

Jaz Hay - 24mins 4secs - **\*2nd Female Overall\***

Fiona Cruickshanks - 24mins 14secs

Ewan Cameron - 26mins 24secs

Robyn McDonald - 30mins 53secs

Natalie McKay - 30mins 54secs

Debz Hay - 33mins 9secs

Jacqui McDonald - 35mins 35secs

## Sunday 17th June 2018

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

Jonny Knox -

Eck Anderson -

## Sunday 17th June 2018

### Glenrothes 10k

Bill Simpson - 46mins 41secs

Natalie McKay - 48mins 32secs - **distance pb**

Allan Galloway - 58mins 27secs

Tracy Chalmers - 58mins 44secs

Jackie Galloway - 58mins 52secs

## Saturday 16th June 2018

### Falkland Hill Race, 3miles/1200ft

Mark Harris - 22mins 30secs - **1st MV40**

## Saturday 16th June 2018

### East Grinstead Parkrun 5k

Neil Smith - 17mins 38secs - **\*1st Overall\*** - **1st MV45** - **course pb**

## Saturday 16th June 2018

### St Andrews Parkrun 5k

George Findlay - 21mins 43secs - **2nd MV60**

Lynne Herd - 23mins 00secs - **2nd FV40** - **distance pb**

Natalie McKay - 27mins 37secs

Hannah Allum - 27mins 40secs

Robyn McDonald - 28mins 52secs

Jacqui cDonald - 38mins 11secs



## Saturday 16th June 2018

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

Jonny Knox - 1hr 54mins 8secs - **1st MV50**

Eck Anderson - 2hrs 5mins 36secs

CJ MacPhail - 2hrs 5mins 52secs - **\*3rd Female Overall\*** - **3rd FS**

Ailsa Cruickshanks - 2hrs 14mins 23secs - **1st FU25**

Rosie Knox - 2hrs 23mins 17secs - **1st FJ** - **course pb**

Yvonne Dehn - 2hrs 25mins 29secs - **course pb**

Lizzie Knox - 2hrs 31mins 1secs - **2nd FU25**

Fiona Cruickshanks - 2hrs 32mins 3secs - **course pb**

Jaz Hay - 2hrs 32mins 5secs

Debz Hay - 2hrs 34mins 32secs

Karli Hay - 2hrs 47mins 1secs

Tracy Knox - 2hrs 51mins 33secs

Pamela Cruickshanks - 2hrs 51mins 36secs

Alice Hall - 2hrs 51mins 37secs

George Hay - 3hrs 59mins 18secs

## Saturday 16th June 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 7secs - **1st MS30**

## Wednesday 13th June 2018

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

Colin McKie, Lizzie Knox, Lynne Herd, Ryan Hood - 5mins 7secs - **\*1st Overall\***

Thomas Knox, Ross Young, Christine Bowie, Luca Anderson - 5mins 15secs - **\*2nd Overall\***

Davie Burgess, Pamela Cruickshanks, Allan Gibson, Lucy Nutall - 5mins 18secs - **\*3rd Overall\***

Yvonne Dehn, George Findlay, Natalie McKay, Tracy Chalmers - 5mins 30secs

Rosie Knox, Alan McKie, Karli Hay, George Hay - 5mins 43secs

Davie Brisland, Debz Hay, David Nuttall, Hannah Allum - 5mins 51secs

Fiona Cruickshanks, Bill Simpson, Robyn McDonald, Oscar Burgess - 5mins 55secs

## Sunday 10th June 2018

### Lochore Meadows Sprint Triathlon

#### 750m Swim, 18k Cycle, 5k Run

Ewan Lumsden - 1hr 21mins 32secs

Swim - 17mins 25secs Cycle - ? Run - ?

Yvonne Dehn - 1hr 27mins 51secs

Swim - 16mins 54secs Cycle - 46mins 11secs Run - 22mins 52secs

## Saturday 9th June 2018

### St Andrews Parkrun 5k

Mike Reilly - 20mins 41secs

Bill Simpson - 22mins 30secs - **1st MV65**

Jaz Hay - 24mins 16secs - **1st FS25**

Debz Hay - 24mins 17secs - **1st FV50**

Fiona Cruickshanks - 24mins 18secs - **1st FS20**

Pamela Cruickshanks - 24mins 31secs - **2nd FV50**

Catriona Duncan - 26mins 42secs - **2nd FV65**

Natalie McKay - 27mins 47secs - **2nd FS25**

Jas Baillie - 36mins 50secs

Jacqui McDonald - 42mins 21secs

Saturday 9th June 2018

Stretford Parkrun 5k

Robyn McDonald - 27mins 32secs

Saturday 9th June 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 28secs - **2nd MS30**

Friday 8th June 2018

Templeton Trail Race, Dundee, 6miles

Jaz Hay - 44mins 21secs

CJ MacPhail - 44mins 21secs

Thursday 7th June 2018

Waid Academy 1500m Race

Colin McKie - 5mins 1sec - **1st MJ15** - distance pb - **\*New Millenium Record\***

Wednesday 6th June 2018

Hill Of Tarvit 5.5miles, FAC Midweek Series - Race 3

Thomas Knox - 35mins 58secs - **course pb**

Eck Anderson - 39mins 44secs

Fiona Cruickshanks - 44mins 15secs - **course pb**

Yvonne Dehn - 45mins 54secs

Rosie Knox - 46mins 8secs - **1st FU20**

George Findlay - 46mins 14secs

Jaz Hay - 46mins 18secs - **course pb**

Natalie McKay - 48mins 57secs  
Pamela Cruickshanks - 48mins 59secs  
Ewan Cameron - 49mins 6secs  
Bill Simpson - 49mins 32secs  
Debz Hay - 49mins 33secs - **course pb**  
Nick Fry - 51mins 34secs  
Karli Hay - 52mins 9secs  
Dave Nuttall - 52mins 36secs  
Jim Hogsflesh - 1hr 00mins 25secs  
Tracy Chalmers - 1hr 4mins 6secs  
Jackie Galloway - 1hr 4mins 7secs

### Sunday 3rd June 2018

#### Alloa Half Marathon

Mike Reilly - 1hr 36mins 56secs  
Debz Hay - 1hr 44mins 32secs - **3rd FV50** - **distance pb**  
Fiona Cruickshanks - 1hr 45mins 20secs  
Sharon Brown - 1hr 56mins 10secs  
Karli Hay - 1hr 59mins 00secs  
Tracy Chalmers - 2hrs 10mins 59secs

### Sunday 3rd June 2018

#### Traralgon Half Marathon, Victoria

Duncan Hall - 1hr 21mins 7secs - **\*2nd Overall\*** - **2nd MS**

## Sunday 3rd June 2018

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

Innes Knight - 13mins 36secs

## Saturday 2nd June 2018

### Race The Train Trail Race, Aviemore, 7k

George Findlay - 33mins 3secs - **1st MV60**

Lynne Herd - 37mins 23secs

## Saturday 2nd June 2018

### St Andrews Parkrun 5k

Eric Anderson - 21mins 47secs - **2nd MV40**

Debz Hay - 22mins 37secs - **\*2nd Female Overall\*** - **2nd FV50** - **distance pb**

Mike Reilly - 22mins 39secs

Bill Simpson - 23mins 00secs - **1st MV65**

Jaz Hay - 23mins 43secs - **1st FS25**

Natalie McKay - 26mins 17secs - **2nd FS25**

Carole Fraser - 29mins 10secs - **3rd FV55**

Jacqui McDonald - 43mins 30secs

## Saturday 2nd June 2018

### Kirkcaldy Parkrun 5k

Yvonne Dehn - 23mins 36secs - **1st FS25**

Saturday 2nd June 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 53secs - **3rd MS30**

Friday 1st June 2018

Mini-Tour of Fife

Kingsbarns Multi-Terrain Race

U9 - 1mile

Oscar Burgess - 7mins 8secs

Corey Lumsden - 7mins 34secs

Thursday 31st May 2018

Mini-Tour of Fife

Tarvit Estate Time Trial

U9 - 2.1k

Oscar Burgess - 9mins 31secs - **2nd MJU9**

Corey Lumsden - 10mins 44secs

Wednesday 30th May 2018

Mini-Tour of Fife

Farmland Race, Kellie Farm, Arncroach, 1mile

U9 - 1.5miles

Oscar Burgess - 8mins 8secs - **2nd MJU9**

Corey Lumsden - 8mins 35secs

Tuesday 29th May 2018

Mini-Tour of Fife

East Lomond Hill Race

U9 - 1.5miles

Oscar Burgess - 13mins 34secs - **3rd MJU9**

Corey Lumsden - 13mins 49secs

Monday 28th May 2018

Mini-Tour of Fife

West Sands Beach Race, St Andrews

U9 - 1mile

Oscar Burgess - 8mins 28secs - **1st MJU9**

Corey Lumsden - 10mins 4secs

Sunday 27th May 2018

Edinburgh Marathon

Davie Brisland - 3hrs 19mins 55secs - **distance pb**

Ewan Davidson - 3hrs 55mins 20secs

Giles Harris - 4hrs 27mins 43secs

Sunday 27th May 2018

Edinburgh Half Marathon

Fiona Cruickshanks - 1hr 42mins 46secs - **distance pb**

Pamela Cruickshanks - 1hr 46mins 6secs - **distance pb**

**Sunday 27th May 2018**

**Edinburgh 10k**

Natalie McKay - 1hr 5mins 18secs

**Sunday 27th May 2018**

**Dunblane 12k**

Angela Small - 1hr 20mins 48secs

**Sunday 27th May 2018**

**Shettleston 10k**

Eric Anderson - 44mins 49secs

**Saturday 26th May 2018**

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

Thomas Knox - 4hrs 00mins 05secs - **course pb**

Jonny Knox - 4hrs 48mins 11secs

**Saturday 26th May 2018**

**Lochore Meadows Parkrun 5k**

Colin McKie - 19mins 27secs - **1st MJ15**

**Saturday 26th May 2018**

**St Andrews Parkrun 5k**

Innes Knight - 20mins 52secs

Bill Simpson - 22mins 50secs - **1st MV65**



Yvonne Dehn - 23mins 51secs - **1st FS25**

Jacqui McDonald - 31mins 22secs

### Saturday 26th May 2018

#### Altona Beach Parkrun 5k, Melbourne

Duncan Hall - 18mins 57secs - **\*1st Overall\*** - **1st MS30**

### Friday 25th May 2018

#### Black Rock 5, Kinghorn

Davie Burgess - 29mins 3secs

Mike Reilly - 29mins 41secs

Eric Anderson - 33mins 4secs

### Wednesday 23rd May 2018

#### Ravenscraig 1mile, Kirkcaldy

Davie Burgess - 5mins 43secs

Oscar Burgess - 7mins 10secs - **3rd MJ** - **distance pb**

Tracy Chalmers - 8mins 29secs

Jackie Galloway - 8mins 32secs - **3rd FV50**

### Saturday 19th May 2018

#### East Grinstead Parkrun 5k

Neil Smith - 17mins 49secs - **\*1st Overall\*** - **1st MV45**

Saturday 19th May 2018

Kirkcaldy Parkrun 5k

Tich Shaw - 23mins 1secs

Debz Hay - 23mins 29secs - **2nd FV50**

Saturday 19th May 2018

Lochore Meadows Parkrun 5k

Angela Small - 29mins 27secs

Saturday 19th May 2018

St Andrews Parkrun 5k

Jaz Hay - 24mins 18secs - **2nd FS25**

Fiona Cruickshanks - 24mins 32secs - **1st FS20**

Natalie McKay - 24mins 50secs - **3rd FS25**

Dave Nuttall - 25mins 51secs - **course pb**

Catriona Duncan - 25mins 58secs - **1st FV65**

Karli Hay - 28mins 10secs

Eric Anderson - 28mins 59secs

Jacqui McDonald - 32mins 13secs

Hannah Allum - 33mins 26secs

Saturday 19th May 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 26secs - **\*1st Overall\*** - **1st MS30**

**Thursday 17th May 2018**

**Dumbarton 10k**

Eric Anderson - 44mins 45secs

**Wednesday 16th May 2018**

**Cape Wrath Challenge, Around Durness Run, 6miles**

Carole Fraser - 1hr 2mins 9secs

**Tuesday 15th May 2018**

**Chilly Willy Trail Race 3, Glenrothes, 4.5miles**

Angela Small - 42mins 18secs - **2nd FV45**

**Tuesday 15th May 2018**

**Cape Wrath Challenge, Two Lochs Trail Run, 5.5miles**

Carole Fraser - 51mins 57secs

**Monday 14th May 2018**

**Cape Wrath Challenge, 10k**

Carole Fraser - 1hr 3mins 42secs

**Sunday 13th May 2018**

**Monklands Half Marathon**

Eric Anderson - 1hr 39mins 50secs

## Sunday 13th May 2018

### Smokies 10, Arbroath

Fiona Cruickshanks - 1hr 18mins 16secs - **3rd FS20** - distance pb

Pamela Cruickshanks - 1hr 20mins 43secs - **3rd FV50** - distance pb

## Saturday 12th May 2018

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

CJ MacPhail - 1hr 40mins 43secs

## Saturday 12th May 2018

### Loch Leven Half Marathon

Davie Brisland - 1hr 30mins 20secs

Davie Burgess - 1hr 32mins 18secs

Giles Harris - 1hr 33mins 53secs

Natalie McKay - 1hr 50mins 50secs - distance pb

Lynne Herd - 1hrs 51mins 17secs - distance pb

Ewan Cameron - 2hrs 3mins 21secs

Robyn McDonald - 2hrs 13mins 18secs

Hannah Allum - 2hrs 22mins 47secs

## Saturday 12th May 2018

### Road to the Isles Half Marathon

George Findlay - 1hr 38mins 54secs - **1st MV60**

Debz Hay - 1hr 46mins 23secs - **2nd FV50** - course pb

George Hay - 2hrs 44mins 1secs

## Saturday 12th May 2018

### Glen Affric Duathlon

#### 7.5mile Run, 18mile Cycle, 2.5mile Run

Eck Anderson - 2hrs 38mins 55secs - **course pb**

Run - 1hr 5mins 14secs Cycle - 1hr 14mins 6secs Run - 18mins 6secs

Jonny Knox - 2hrs 43mins 8secs - **3rd MV50**

Run - 1hr 8mins 26secs Cycle - 1hr 14mins 6secs Run - 19mins 14secs

Thomas Knox - 2hrs 47mins 42secs

Run - 1hr 4mins 31secs Cycle - 1hr 24mins 1secs Run - 17mins 7secs

Tracy Knox - 3hrs 31mins 51secs

Run - 1hr 32mins 54secs Cycle - 1hr 35mins 45secs Run - 21mins 39secs

Yvonne Dehn - 3hrs 41mins 18secs

Run - 1hr 18mins 28secs Cycle - 1hr 56mins 36secs Run - 23mins 35secs

## Saturday 12th May 2018

### Kirkcaldy Parkrun 5k

Tich Shaw - 20mins 58secs - **1st MV60**

## Saturday 12th May 2018

### St Andrews Parkrun 5k

Innes Knight - 20mins 49secs - **2nd MV45**

Eric Anderson - 22mins 17secs - **3rd MV40**

Bill Simpson - 23mins 12secs - **1st MV65**

Lucy Nuttall - 29mins 25secs

Saturday 12th May 2018

Newport Lakes Parkrun 5k, Melbourne

Duncan Hall - 19mins 55secs - **\*1st Overall\*** - **1st MS30**

Thursday 10th May 2018

Helensburgh 10k

Eric Anderson - 44min 59secs

Wednesday 9th May 2018

Strathkinness/Blebocraigs 4.5miles, FAC Midweek Series - Race 2

Thomas Knox - 28min 12secs

Eck Anderson - 29min 48secs - **course pb**

CJ MacPhail - 31min 34secs

Fiona Cruickshanks - 33mins 2secs - **course pb**

George Findlay - 33mins 21secs

Pamela Cruickshanks - 35mins 34secs - **2nd FV50**

Bill Simpson - 35min 54secs

Ewan Cameron - 36mins 11secs

Ross Young - 36mins 16secs

Lynne Herd - 37mins 18secs

Yvonne Dehn - 38mins 25secs

Allan Gibson - 38mins 52secs

Jaz Hay - 40mins 21secs

Debz Hay - 40mins 22secs

Dave Nuttall - 41mins 48secs

**Saturday 5th May 2018**

**Glen Lyon Ultra, 31miles**

Jaz Hay - 5hrs 51mins 40secs

Debz Hay - 5hrs 51mins 44secs - **3rd FV50** - **course pb**

**Saturday 5th May 2018**

**Crichton Parkrun 5k, Dumfries**

Neil Smith - 16mins 57secs - **\*3rd Overall\*** - **1st MV45**

**Saturday 5th May 2018**

**Kirkcaldy Parkrun 5k**

Tich Shaw - 21mins 12secs - **2nd MV60**

Jas Baillie - 21mins 45secs - **1st MV55**

Bill Simpson - 23mins 17secs

**Saturday 5th May 2018**

**Pollock Parkrun 5k**

Ewan Cameron - 24mins 49secs

**Saturday 5th May 2018**

**St Andrews Parkrun 5k**

Innes Knight - 20mins 47secs - **3rd MV45** - **course pb**

Eric Anderson - 21mins 51secs

Fiona Cruickshanks - 22mins 57secs - **1st FS20**

Yvonne Dehn - 24mins 42secs - **3rd FS25**

Robyn McDonald - 25mins 45secs - **3rd FS20**

Karli Hay - 25mins 57secs

Catriona Duncan - 26mins 9secs - **1st FV65**

Hannah Allum - 26mins 33secs - **1st FS35** - course pb

Dave Nuttall - 26mins 40secs

Lucy Nuttall - 27mins 19secs - **3rd FJ11-14**

Carole Fraser - 28mins 59secs - course pb

Jacqui McDonald - 29mins 39secs

### Sunday 29th April 2018

#### Stirling Half Marathon

Davie Brisland - 1hr 29mins 2secs

Eric Anderson - 1hr 34mins 4secs

### Saturday 28th April 2018

#### Normans Law Hill Race, 8km/215m

Eck Anderson - 36mins 23secs

Jonny Knox - 36mins 54secs

CJ MacPhail - 41mins 31secs

Rosie Knox - 44mins 1secs - **2nd FU20**

Yvonne Dehn - 45mins 15secs

Ewan Cameron - 45mins 20secs

Sharon Brown - 46mins 17secs - course pb

Debz Hay - 47mins 1secs - course pb

Tracy Knox - 47mins 30secs



Saturday 28th April 2018

Emily Hill Junior Race, Luthrie, 1mile

Corey Lumsden - 10mins 50secs

Saturday 28th April 2018

Hove Promenade Parkrun 5k

Neil Smith - 16mins 8secs - **\*2nd Overall\*** - **1st MV45**

Saturday 28th April 2018

Kirkcaldy Parkrun 5k

Tich Shaw - 25mins 29secs - **3rd MV60**

Saturday 28th April 2018

St Andrews Parkrun 5k

Bill Simpson - 22mins 48secs - **1st MV65**

Debz Hay - 23mins 4secs - **1st FV50** - **course pb**

Lucy Nuttall - 26mins 8secs - **3rd FJ11-14**

Fiona Cruickshanks - 26mins 16secs - **2nd FS20**

Robyn McDonald - 26mins 16secs - **3rd FS20**

Catriona Duncan - 26mins 16secs - **1st FV65**

Dave Nuttall - 27mins 29secs

Hannah Allum - 35mins 22secs

Saturday 28th April 2018

Vogrie Parkrun 5k, Gorebridge

Innes Knight - 21mins 57secs - **1st MV45**

**Saturday 28th April 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 19mins 7secs - **2nd MS30**

**Wednesday 25th April 2018**

**Kinross 10k**

Mike Reilly - 41mins 49secs

**Wednesday 25th April 2018**

**Ravenscraig 1mile, Kirkcaldy**

Oscar Burgess - 7mins 12secs - **distance pb**

Davie Burgess - 7mins 13secs

Corey Lumsden - 7mins 17secs - **distance pb**

Ewan Lumsden - 7mins 17secs

Tracy Chalmers - 8mins 21secs - **3rd FV40** - **distance pb**

Allan Galloway - 10mins 17secs

Sandy Chalmers - 10mins 17secs - **1st MV80**

**Sunday 22nd April 2018**

**London Marathon**

Eric Anderson - 3hrs 58mins 49secs

Jaz Hay - 4hrs 9mins 30secs

**Sunday 22nd April 2018**

**Balmoral 15mile Trail Race**

Lynne Herd - 2hrs 17mins 12secs - **distance pb**

George Findlay - 2hrs 17mins 12secs

Hannah Allum - 2hrs 48mins 50secs

### Sunday 22nd April 2018

#### Balmoral Duathlon

Eck Anderson - 1hr 32mins 46secs

6k Run - 28mins 00secs 16k Cycle - 40mins 34secs 5k Run - 22mins 48secs

### Sunday 22nd April 2018

#### Chilly Willy Trail Race 2, Glenrothes, 4.5miles

Carole Fraser - 45mins 40secs

### Saturday 21st April 2018

#### Balmoral 10k

Innes Knight - 47mins 50secs

### Saturday 21st April 2018

#### Montrose Parkrun 5k

Robyn McDonald - 25mins 52secs - **1st FS20**

Jacqui McDonald - 29mins 8secs

### Saturday 21st April 2018

#### St Andrews Parkrun 5k

Duncan Hall - 18mins 26secs - **1st MS30**

Natalie Mckay - 23mins 26secs - **3rd FV25** - **course pb**

Debz Hay - 23mins 32secs - **2nd FV50**

Karli Hay - 25mins 7secs - **course pb**

### Sunday 15th April 2018

#### The Lost Trails Race, Falkland, 5miles

Colin McKie - 45mins 35secs - **1st MJ**

George Findlay- 47mins 9secs - **2nd MV60**

Lynne Herd - 55mins 3secs

Lucy Wilson- 1hr 00mins 53secs

### Saturday 14th April 2018

#### Edinburgh Parkrun 5k

Robyn McDonald - 25mins 23secs - **3rd FS20**

Jacqui McDonald - 28mins 5secs

### Saturday 14th April 2018

#### East Grinstead Parkrun 5k

Neil Smith - 19mins 38secs - **\*1st Overall\*** - **1st MV45**

### Saturday 14th April 2018

#### Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 31secs - **1st MV55**

Tich Shaw - 21mins 56secs - **1st MV60**

## Saturday 14th April 2018

### Livingston Parkrun 5k

Colin McKie - 19mins 8secs - **1st MJ15** - course pb

## Saturday 14th April 2018

### St Andrews Parkrun 5k

Duncan Hall - 18mins 42secs - **3rd MS30**

Mike Reilly - 21mins 3secs

Karli Hay - 25mins 30secs - **3rd FV25** - course pb

Jaz Hay - 25mins 30secs

Debz Hay - 25mins 30secs - **1st FV50**

Natalie McKay - 25mins 32secs

Fiona Cruickshanks - 25mins 32secs - **1st FS20**

Lucy Nuttall - 25mins 51secs - **3rd FJ11-14**

Dave Nuttall - 28mins 7secs

Carole Fraser - 30mins 26secs

## Wednesday 11<sup>th</sup> April 2018

### St Andrews 5k, FAC Midweek Series - Race 1

Duncan Hall - 19mins 12secs

Eric Anderson - 20mins 29secs

Fiona Cruickshanks - 22mins 00secs - course pb

George Findlay - 22mins 18secs

Jaz Hay - 22mins 37secs - course pb

Jas Baillie - 22mins 42secs

Tich Shaw - 23mins 00secs

Pamela Cruickshanks - 23mins 29secs - **3rd FV50**

Natalie McKay - 23mins 59secs

Debz Hay - 24mins 43secs  
Sharon Brown - 25mins 12secs  
Tracy Chalmers - 27mins 28secs  
Hannah Allum - 27mins 38secs  
Karli Hay - 27mins 45secs

Wednesday 11<sup>th</sup> April 2018

St Andrews Junior 1mile Race

Oscar Burgess - 7mins 40secs - **1st MJ7**  
Corey Lumsden - 8mins 37secs - **2nd MJ8**

Sunday 8th April 2018

East Fife Sprint Triathlon, St Andrews

750m Swim. 24k Cycle. 4.9k Run

Eck Anderson - 1hr 25mins 23secs  
Swim - 14mins 13secs    Cycle - 47mins 40secs    Run - 21mins 45secs

Sunday 8th April 2018

East Fife Novice Triathlon, St Andrews

400m Swim, 14k Cycle, 2.5k Run

Yvonne Dehn - 58mins 23secs - **\*3rd Female Overall\*** - **2nd FS**  
Swim - 9mins 11secs    Cycle - 34mins 47secs    Run - 12mins 57secs

Sunday 8th April 2018

Round The Houses 10k, Grangemouth

Jas Baillie - 44mins 42secs

Fiona Cruickshanks - 48mins 9secs

Robyn McDonald - 53mins 46secs

### Saturday 7th April 2018

#### Kirkcaldy Parkrun 5k

Robyn McDonald - 25mins 49secs - **1st FS20**

Corey Lumsden - 32mins 23secs - **3rd MJ10** - **course pb**

Sharon Brown - 32mins 24secs

### Saturday 7th April 2018

#### St Andrews Parkrun 5k

Mike Reilly - 21mins 18secs

Natalie Mckay - 23mins 58secs - **2nd FS25**

Jaz Hay - 24mins 31secs

Debz Hay - 24mins 39secs - **3rd FV50**

Lucy Nuttall - 28mins 14secs - **3rd FJ11-14**

### Friday 6th April 2018

#### Beveridge Park 5k Series, Race 1

Fiona Cruickshanks - 21mins 35secs - **2nd FS** - **distance pb**

Sharon Brown - 24mins 37secs

Tracy Chalmers - 27mins 58secs - **3rd FV40**

Jackie Galloway - 27mins 58secs - **1st FV50**

### Friday 6th April 2018

#### Beveridge Park Junior 1mile Series, Race 1

Oscar Burgess - 10mins 14secs - **2nd MJU10**

## Sunday 1st April 2018

### Tom Scott Memorial Race, Motherwell, 10miles

Jas Baillie - 1hr 11mins 56secs - **distance pb**

## Sunday 1st April 2018

### Tay Ten, Perth, 10miles

Debz Hay - 1hr 20mins 29secs **course pb**

Jaz Hay - 1hr 20mins 29secs - **distance pb**

Fiona Cruickshanks - 1hr 22mins 47secs - **distance pb**

## Saturday 31st March 2018

### Kirkcaldy Parkrun 5k

Natalie Mckay - 24mins 00secs - **2nd FS25** - **course pb**

Tracy Chalmers - 27mins 19secs

## Saturday 31st March 2018

### St Andrews Parkrun 5k

Innes Knight - 21mins 26secs

Jaz Hay - 23mins 14secs - **1st FS25** - **course pb**

Debz Hay - 23mins 16secs - **2nd FV50** - **course pb**

Bill Simpson - 23mins 25secs - **2nd MV65**

Eric Anderson - 24mins 13secs

Karli Hay - 27mins 53secs - **3rd FS25** - **course pb**

Dave Nuttall - 28mins 14secs

George Hay - 28mins 37secs



## Sunday 25th March 2018

### National Road Relay Championships, Livingston

Leg 1 - 3.15miles - Eck Anderson - 20mins 22secs

Leg 2 - 5.8miles - Davie Brisland - 39mins 34secs

Leg 3 - 3.15miles - George Findlay - 22mins 27secs

Leg 4 - 5.8miles - Giles Harris - 40mins 51secs

Leg 5 - 3.15miles - Davie Burgess - 19mins 43secs

Leg 6 - 5.8miles - Eric Anderson - 41mins 35secs

## Sunday 25th March 2018

### Chilly Willy Trail Race 1, Glenrothes, 4.5miles

Ewan Cameron - 34mins 42secs

Carole Fraser - 45mins 13secs

## Saturday 24th March 2018

### Kirkcaldy Parkrun 5k

Yvonne Dehn - 24mins 36secs - **1st FS25**

Natalie Mckay - 24mins 37secs - **2nd FS25** - **course pb**

Oscar Burgess - 32mins 1secs

Tracy Chalmers - 32mins 15secs

## Saturday 24th March 2018

### St Andrews Parkrun 5k

Colin McKie - 18mins 17secs - **\*2nd Overall\*** - **1st MJ15**

Eric Anderson - 20mins 39secs - **3rd MV40**

Innes Knight - 21mins 2secs

Bill Simpson - 23mins 41secs - **2nd MV65**

Lucy Nuttall - 25mins 13secs

Catriona Duncan - 26mins 14secs - **2nd FV65**

Dave Nuttall - 28mins 7secs

Jacqui McDonald - 29mins 32secs

### Saturday 24th March 2018

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 50secs

### Wednesday 21st March 2018

#### Mars Bar Race (6) 4miles

Colin McKie - 24mins 27secs

Davie Burgess - 25mins 27secs

Eck Anderson - 26mins 45secs

Innes Knight - 28mins 36secs

Jaz Hay - 28mins 45secs

George Findlay - 28mins 48secs

Fiona Cruickshanks - 28mins 57secs

Eric Anderson - 29mins 46secs

Davie Brisland - 29mins 47secs

Debz Hay - 30mins 36secs - **course pb**

Yvonne Dehn - 30mins 50secs

Pamela Cruickshanks - 30mins 50secs

Natalie McKay - 31mins 24secs

Jas Baillie - 32mins 4secs

Robyn McDonald - 33mins 48secs

Catriona Duncan - 35mins 6secs

Hannah Allum - 35mins 16secs

Lucy McKie - 37mins 42secs

Sunday 18th March 2018

Run for the Kids 15k, Melbourne

Duncan Hall - 58mins 2secs

Saturday 17th March 2018

Falkirk Parkrun 5k

Pamela Cruickshanks - 24mins 2secs - **1st FV50**

Saturday 17th March 2018

Kirkcaldy Parkrun 5k

Tich Shaw - 21mins 57secs - **1st MV60**

Saturday 17th March 2018

St Andrews Parkrun 5k

Innes Knight - 21mins 59secs - **1st MV45**

Debz Hay - 23mins 59secs - **2nd FV50** - course pb

Jaz Hay - 24mins 00secs - **1st FS25** - course pb

Karli Hay - 29mins 56secs - **1st FS25**

Yvonne Dehn - 29mins 56secs - **1st FS25**

Saturday 17th March 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 36secs - **3rd MS30**

Sunday 11th March 2018

Gartmorn 6, Alloa

Davie Burgess - 41mins 20secs

Saturday 10th March 2018

East Grinstead Parkrun 5k

Neil Smith - 20mins 4secs - **\*1st Overall\*** - **1st MV45**

Saturday 10th March 2018

Kirkcaldy Parkrun 5k

Eric Anderson - 19mins 29secs - **1st MV40** - **course pb**

Tich Shaw - 21mins 55secs - **1st MV60**

Bill Simpson - 25mins 20secs - **2nd MV60**

Saturday 10th March 2018

St Andrews Parkrun 5k

Natalie McKay - 23mins 34secs - **\*3rd Female Overall\*** - **1st FS25** - **course pb**

Debz Hay - 25mins 14secs - **2nd FV50**

Lucy Nuttall - 27mins 16secs - **2nd FJ11-14**

Jacqui McDonald - 27mins 22secs - **3rd FV45**

Dave Nuttall - 29mins 25secs

Saturday 10th March 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 18secs

## Sunday 4th March 2018

### Cyprus Marathon

Jackie Galloway - 4hrs 54mins 38secs - **2nd FV55**

Allan Galloway - 5hrs 45mins 16secs

## Sunday 4th March 2018

### Cyprus 10k

Sandy Chalmers - 1hr 6mins 8secs - **2nd MV70**

## Sunday 4th March 2018

### Paris Half Marathon

Eric Anderson - 1hr 32mins 54secs - **distance pb**

## Saturday 3rd March 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 20mins 56secs

## Saturday 3rd March 2018

### Rocks Riverside Parkrun 5k, Brisbane

Jaz Hay - 22mins 33secs - **1st FS25**

## Sunday 25th February 2018

### Glentress Trail Marathon

Sharon Brown - 5hrs 29mins 42secs

## Sunday 25th February 2018

### Skull Mountain Winter Trail Series, Race 3

George Findlay - 35mins 10secs - **1st MV60**

Jennifer Gallagher - 55mins 34secs

## Saturday 24th February 2018

### Scottish National Cross Country Championships, Falkirk, 10k

Pamela Cruickshanks - 54mins 48secs

## Saturday 24th February 2018

### Kirkcaldy Parkrun 5k

Bill Simpson - 22mins 53secs - **1st MV60**

## Saturday 24th February 2018

### St Andrews Parkrun 5k

Neil Smith - 16mins 19secs - **\*1st Overall\*** - **1st MV45**

Jas Baillie - 21mins 7secs - **1st MV55**

Fiona Cruickshanks - 23mins 21secs - **1st FS20**

Yvonne Dehn - 25mins 27secs - **2nd FS25**

Debz Hay - 25mins 52secs - **3rd FV50**

Robyn McDonald - 26mins 8secs - **3rd FS20**

Natalie McKay - 26mins 9secs - **3rd FS25**

Jacqui McDonald - 27mins 15secs - **2nd FV45**

Saturday 24th February 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 13secs - **3rd MS30**

Wednesday 21st February 2018

Mars Bar Race (5) 4miles

Colin McKie - 23mins 52secs - **course pb**

Eck Anderson - 26mins 16secs

Mike Reilly - 26mins 23secs

Eric Anderson - 26mins 28secs - **course pb**

CJ MacPhail - 26mins 33secs - **course pb**

Jaz Hay - 28mins 22secs

George Findlay - 28mins 26secs

Jas Baillie - 28mins 31secs

Callum Smith - 29mins 20secs - **course pb**

Innes Knight - 29mins 59secs

Fiona Cruickshanks - 30mins 23secs

Ross Young - 30mins 26secs - **course pb**

Bill Simpson - 30mins 30secs

Debz Hay - 30mins 48secs

Natalie McKay - 31mins 10secs - **course pb**

Lynne Herd - 31mins 38secs

Robyn McDonald - 32mins 26secs - **course pb**

Catriona Duncan - 35mins 10secs

Hannah Allum - 35mins 10secs - **course pb**

Alice Hall - 37mins 5secs

Hazel Bradley - 37mins 5secs

Pamela Cruickshanks - 37mins 5secs

Sharon Brown - 37mins 5secs

Jackie Galloway - 37mins 16secs  
Jacqui McDonald - 37mins 27secs  
Tracy Chalmers - 37mins 30secs

### Sunday 18th February 2018

#### Devilla 15k Trail Race, Tulliallan

Mike Reilly - 1hr 6mins 49secs - **course pb**  
Davie Brisland - 1hr 7mins 5secs  
Jaz Hay - 1hr 13mins 46secs - **course pb**  
Debz Hay - 1hr 18mins 41secs - **course pb**  
Ewan Cameron - 1hr 22mins 3secs  
Lynne Herd - 1hr 26mins 12secs - **course pb**  
Robyn McDonald - 1hr 32mins 55secs  
Jacqui McDonald - 1hr 36mins 51secs

### Saturday 17th February 2018

#### East Grinstead Parkrun 5k

Neil Smith - 20mins 14secs - **\*1st Overall\*** - **1st MV45**

### Saturday 17th February 2018

#### Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 17secs - **2nd MV55**  
Tich Shaw - 21mins 52secs - **1st MV60**  
Bill Simpson - 23mins 7secs - **2nd MV60**



## Saturday 17th February 2018

### St Andrews Parkrun 5k

Eric Anderson - 19mins 40secs - **2nd MV40**

Jaz Hay - 24mins 46secs - **1st FS25**

Debz Hay - 24mins 47secs - **2nd FV50**

Robyn McDonald - 26mins 45secs

Natalie McKay - 26mins 53secs - **2nd FS25**

Lucy Nuttall - 26mins 54secs

Hannah Allum - 26mins 54secs - **1st FV35** - **course pb**

Yvonne Dehn - 28mins 11secs

Jacqui McDonald - 28mins 46secs

## Saturday 17th February 2018

### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 32secs

## Sunday 11th February 2018

### Livingston Half Marathon

Davie Brisland - 1hr 36mins 59secs

## Saturday 10th February 2018

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

Thomas Knox - 1hr 1mins 5secs - **course pb**

Jonny Knox - 1hr 5mins 28secs

Eck Anderson - 1hr 10mins 36secs - **course pb**

CJ MacPhail - 1hr 21mins 7secs

Lizzie Knox - 1hr 22mins 20secs - **course pb**

Debz Hay - 1hr 33mins 41secs  
Tracy Knox - 1hr 39mins 24secs

### Saturday 10th February 2018

#### Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 4secs - **3rd MV55**  
Bill Simpson - 23mins 50secs - **3rd MV60**

### Saturday 10th February 2018

#### St Andrews Parkrun 5k

Neil Smith - 16mins 36secs - **\*2nd Overall\*** - **1st MV45**  
Natalie McKay - 24mins 29secs - **1st FS25**  
Robyn McDonald - 25mins 11secs - **1st FS20**  
Catriona Duncan - 26mins 37secs - **1st FV65**  
Jennifer Gallagher - 33mins 50secs  
Jacqui McDonald - 45mins 7secs

### Saturday 10th February 2018

#### Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 15secs - **2nd MS30**

### Sunday 4th February 2018

#### Forfar Multi Terrain Half Marathon

Mike Reilly - 1hr 35mins 32secs - **course pb**  
George Findlay - 1hr 45mins 29secs - **2nd MV60**  
Jaz Hay - 1hr 46mins 10secs - **course pb**

Fiona Cruickshanks - 1hr 52mins 30secs - **distance pb**

Debz Hay - 1hr 53mins 50secs - **1st FV50**

Sharon Brown - 1hr 55mins 13secs - **distance pb**

Pamela Cruickshanks - 1hr 57mins 43secs - **2nd FV50**

Lynne Herd - 2hrs 00mins 59secs

Allan Galloway - 2hrs 25mins 00secs

Jackie Galloway - 2hrs 25mins 2secs

### Sunday 4th February 2018

#### Candelania 10k Trail Race, Lanzarote

Ewan Davidson - 1hr 3mins 34secs

### Saturday 3rd February 2018

#### Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 11secs - **2nd MV60**

### Saturday 3rd February 2018

#### St Andrews Parkrun 5k

Innes Knight - 21mins 25secs - **3rd MV45**

Natalie McKay - 25mins 4secs - **2nd FS25**

Jaz Hay - 25mins 4secs

Debz Hay - 25mins 4secs - **2nd FV50**

Catriona Duncan - 25mins 4secs - **1st FV65**

Saturday 3rd February 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 51secs - **3rd MS30**

Sunday 28<sup>th</sup> January 2018

Skull Mountain Race Series, Race 2

George Findlay - 36mins 15secs - **2nd MV60**

Lynne Herd - 38mins 8secs

Sunday 28<sup>th</sup> January 2018

Carrera Popular de Tabayesco Hill Race, Lanzarote, 10.5k

Ewan Davidson - 54mins 30secs

Saturday 27<sup>th</sup> January 2018

Devil's Burden Hill Relay Race

Anster Haddies Men's 1 - 3hrs 42mins 44secs - 38<sup>th</sup>

Leg 1 - Giles Harris - 31mins 41secs

Leg 2 - Eck Anderson, Mike Reilly - 1hr 31mins 46secs

Leg 3 - Davie Burgess, Colin McKie - 1hr 1mins 33secs

Leg 4 - Davie Brisland - 37mins 44secs

Anster Haddies Speedy Gals - 4hrs 10mins 14secs - 65<sup>th</sup>

Leg 1 - CJ MacPhail - 34mins 38secs

Leg 2 - Rosie Knox, Lizzie Knox - 1hr 45mins 28secs

Leg 3 - Jaz Hay, Fiona Cruickshanks - 1hr 10mins 54secs

Leg 4 - Ailsa Cruickshanks - 39mins 14secs

**Anster Haddies Elite Ladies - 5hrs 39mins 3secs - 144<sup>th</sup>**

Leg 1 - Robyn McDonald - 44mins 5secs

Leg 2 - Tracy Chalmers, Jackie Galloway - 2hrs 29mins 44secs

Leg 3 - Debz Hay, Pamela Cruickshanks - 1hr 18mins 11secs

Leg 4 - Jill Smith - 1hr 7mins 3secs

**Anster Haddies Men's 2 - 5hrs 51mins 2secs - 148<sup>th</sup>**

Leg 1 - Richard McKinstry - 48mins 47secs

Leg 2 - Jim Hogsflesh, George Hay - 2hrs 32mins 58secs

Leg 3 - Allan Gibson, Chris Broome - 1hr 29mins 15secs

Leg 4 - Allan Galloway - 1hr 00mins 2secs

**Saturday 27th January 2018**

**Kirkcaldy Parkrun 5k**

Jas Baillie - 21mins 32secs - **1st MV55**

Bill Simpson - 23mins 36secs - **1st MV60**

**Saturday 27th January 2018**

**St Andrews Parkrun 5k**

Innes Knight - 21mins 43secs - **1st MV45**

Jacqui McDonald - 26mins 41secs - **1st FV45**

Natalie McKay - 30mins 19secs

**Saturday 27th January 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 19mins 57secs - **1st MS30**

**Saturday 20th January 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 19mins 43secs

**Wednesday 17th January 2018**

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

Colin McKie - 24mins 50secs

Eck Anderson - 26mins 18secs

Davie Brisland - 26mins 34secs

Eric Anderson - 28mins 10secs

George Findlay - 28mins 51secs

Jas Baillie - 28mins 59secs

Jaz Hay - 29mins 19secs

Kirk Kilbane - 30mins 10secs

Fiona Cruickshanks - 30mins 27secs

CJ MacPhail - 32mins 00secs

Debz Hay - 32mins 17secs

Ross Young - 33mins 25secs

Robyn McDonald - 33mins 38secs - **course pb**

Natalie McKay - 33mins 41secs

Jacqui McDonald - 34mins 20secs

Callum Smith - 34mins 50secs

Lucy Wilson - 35mins 36secs - **course pb**

Hannah Allum - 35mins 42secs

Alice Hall - 36mins 1sec

Pamela Cruickshanks - 36mins 1sec

Craig Horsburgh - 40mins 00secs

**Saturday 13th January 2018**

**Kirkcaldy Parkrun 5k**

Jas Baillie - 21mins 7secs - **1st MV55**

**Saturday 13th January 2018**

**Plean Parkrun 5k**

Colin McKie - 19mins 18secs - **\*1st Overall\*** - **1st MJ15**

**Saturday 13th January 2018**

**St Andrews Parkrun 5k**

Eric Anderson - 20mins 8secs - **2nd MV40**

Bill Simpson - 23mins 33secs - **2nd MV60**

Jacqui McDonald - 26mins 00secs - **2nd FV45**

**Saturday 13th January 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 21mins 6secs

**Friday 12th January 2018**

**Nightmare Series (4) The Wicked Witch of West Wemyss, 4 miles**

Bill Simpson - 34mins 4secs - **3rd MV60**

**Sunday 7th January 2018**

**Skull Mountain Winter Trail Series, Race 1**

George Findlay - 29mins 29secs - **2nd MV60**

Lynne Herd - 32mins 33secs  
Hannah Allum - 36mins 59secs  
Jennifer Gallagher - 49mins 12secs

**Saturday 6th January 2018**

**Kirkcaldy Parkrun 5k**

Jas Baillie - 21mins 29secs - **3rd MV55**

**Saturday 6th January 2018**

**St Andrews Parkrun 5k**

Bill Simpson - 23mins 42secs - **2nd MV60**

Jacqui McDonald - 25mins 57secs - **3rd FV45**

**Saturday 6th January 2018**

**Maribyrnong Parkrun 5k, Melbourne**

Duncan Hall - 21mins 6secs

**Monday 1st January 2018**

**Camperdown Parkrun 5k**

Jacqui McDonald - 26mins 31secs - **3rd FV45** - **course pb**

**Monday 1st January 2018**

**Kirkcaldy Parkrun 5k**

Jas Baillie - 21mins 27secs - **2nd MV55**

Fiona Cruickshanks - 24mins 56secs - **1st FS20**



Carole Fraser - 33mins 23secs

Monday 1st January 2018

Perth Parkrun 5k

Jacqui McDonald - 26mins 30secs

Monday 1st January 2018

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 19mins 41secs - **1st MS30**

