



ANSTER HADDIES RACE RESULTS 2019

Saturday 28th December 2019

Tillicoultry 10k

Lynne Herd - 45mins 23secs - **distance pb**

Pamela Cruickshanks - 49mins 30secs

Robyn McDonald - 51mins 27secs

Jacqui McDonald - 59mins 41secs

Angela Small - 1hr 2mins 3secs

Saturday 28th December 2019

Kirkcaldy Parkrun 5k

Tracy Chalmers - 31mins 24secs

Saturday 28th December 2019

Lochend Woods Parkrun 5k, Dunbar

Innes Knight - 22mins 39secs - **1st MV45**

Saturday 28th December 2019

St Andrews Parkrun 5k

Colin McKie - 19mins 2secs - **1st MJ15**

Bill Simpson - 23mins 49secs - **2nd MV65**

Catriona Duncan - 27mins 23secs - **2nd FV65**

Saturday 28th December 2019

University of Stirling Parkrun 5k

Eric Anderson - 20mins 11secs - **2nd MV45**

Saturday 28th December 2019

Sunbury Parkrun 5k, Melbourne

Duncan Hall - 40mins 51secs

Wednesday 25th December 2019

St Andrews Parkrun 5k

Ross Young - 20mins 52secs - **3rd MS25**

Innes Knight - 22mins 53secs - **1st MV45**

George Findlay - 24mins 59secs - **1st MV60**

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

Fiona Cruickshanks - 26mins 33secs

Lynne Herd - 26mins 34secs - **2nd FV40**

Pamela Cruickshanks - 26mins 35secs - **1st FV55**

Eric Anderson - 29mins 32secs

Catriona Duncan - 30mins 18secs - **2nd FV65**

Carole Fraser - 30mins 37secs

Wednesday 25th December 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 41mins 52secs

Sunday 22nd December 2019

Chilly Willy Winter Challenge Trail Race, Glenrothes, 4.5miles

Jacqui McDonald - 43mins 59secs

Saturday 21st December 2019

Kirkcaldy Parkrun 5k

Bill Simpson - 24mins 19secs - **1st MV65**

Carole Fraser - 30mins 49secs

Saturday 21st December 2019

St Andrews Parkrun 5k

Lynne Herd - 21mins 24secs - **2nd FV40** - **course pb**

Innes Knight - 21mins 36secs - **3rd MV45**

Mike Reilly - 22mins 53secs

Catriona Duncan - 27mins 39secs - **1st FV65**

Saturday 21st December 2019

University of Stirling Parkrun 5k

Colin McKie - 19mins 23secs - **1st MJ15**

Saturday 21st December 2019

Westerfolds Parkrun 5k, Melbourne

Duncan Hall - 49mins 55secs

Sunday 15th December 2019

Monikie Run, Angus, 6k

Jacqui McDonald - 34mins 31secs

Saturday 14th December 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 22mins 16secs - **3rd MV60**

Saturday 14th December 2019

St Andrews Parkrun 5k

Innes Knight - 21mins 38secs - **3rd MV45**

Yvonne Dehn - 23mins 2secs - ***3rd Female Overall* - 1st FS30**

Bill Simpson - 23mins 53secs - **1st MV65**

Eric Anderson - 24mins 57secs

Saturday 14th December 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 44mins 41secs

Wednesday 11th December 2019

Mars Bar Race 6, 4miles

Colin McKie - 24mins 41secs

Thomas Knox - 25mins 11secs

Ross Young - 25mins 43secs - **course pb**

Mike Reilly - 26mins 00secs

Eric Anderson - 26mins 4secs - **course pb**

Gary Ovenstone - 28mins 25secs
Stewart Warrington - 28mins 43secs - **course pb**
Dave Brisland - 28mins 55secs
Innes Knight - 29mins 13secs
Lynne Herd - 29mins 15secs
Jaz Hood - 30mins 00secs
Yvonne Dehn - 30mins 32secs
George Findlay - 31mins 00secs
Robyn McDonald - 31mins 38secs
Lizzie Knox - 31mins 42secs
Karli Hay - 34mins 23secs
Karen Shepherd - 37mins 16secs
Catriona Duncan - 37mins 16secs
Jacqui McDonald - 38mins 5secs
Lucy Wilson - 38mins 25secs
Dave Nuttall - 39mins 54secs
Hannah Allum - 40mins 32secs

Sunday 8th December 2019

Cani-Sports Scotland Lochore Meadows, 5k

Jaz Hood -
Debz Hay -

Saturday 7th December 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 49secs - **2nd MV60**
Carole Fraser - 29mins 58secs - **course pb**

Saturday 7th December 2019

St Andrews Parkrun 5k

Ross Young - 19mins 13secs - **1st MS25** - **course pb**

Innes Knight - 21mins 56secs - **3rd MV45**

Mike Reilly - 23mins 6secs

Jaz Hood - 23mins 7secs - **1st FS25**

Bill Simpson - 23mins 51secs - **1st MV65**

Robyn McDonald - 25mins 45secs - **2nd FS20**

Fiona Cruickshanks - 25mins 45secs - **3rd FS20**

Catriona Duncan - 27mins 30secs - **1st FV65**

Debz Hay - 32mins 3secs

Karli Hay - 32mins 8secs - **3rd FS25**

Saturday 7th December 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 39mins 12secs

Saturday 7th December 2019

Wangaratta Parkrun 5k, Melbourne

Alice Hall - 25mins 7secs - ***3rd Female Overall*** - **1st FV55**

Sunday 1st December 2019

Blairadam Badass Trail Race, Kelty, 5.5miles

Ewan Cameron - 34mins 15secs

Saturday 30th November 2019

Lochore Meadows Parkrun 5k

Jas Baillie - 22mins 25secs - **1st MV60** - **course pb**

Saturday 30th November 2019

St Andrews Parkrun 5k

Eric Anderson - 19mins 42secs - **1st MV45**

Bill Simpson - 23mins 51secs - **2nd MV65**

Debz Hay - 25mins 12secs - **3rd FV50**

Jaz Hay - 25mins 13secs - **3rd FS25**

Karli Hay - 25mins 19secs

Mike Reilly - 34mins 20secs

Susan Hutchison - 41mins 15secs

Saturday 30th November 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 42mins 28secs

Sunday 24th November 2019

Bob Stark Memorial 5k, Falkland

Allan Gibson - 27mins 19secs

Carole Fraser - 32mins 35secs

Saturday 23rd November 2019

Edinburgh Parkrun 5k

Innes Knight - 21mins 56secs

Saturday 23rd November 2019

Loch Leven Parkrun 5k

Bill Simpson - 24mins 56secs - **2nd MV65**

Saturday 23rd November 2019

Lochore Meadows Parkrun 5k

Jas Baillie - 22mins 42secs - **2nd MV60**

Saturday 23rd November 2019

St Andrews Parkrun 5k

Mike Reilly - 21mins 10secs - **3rd MV45**

Lynne Herd - 21mins 27secs - ***3rd Female Overall*** - **1st FV40** - **course pb**

Robyn McDonald - 25mins 26secs - **3rd FS20**

Ross Young - 26mins 30secs - **2nd MS25**

Susan Hutchison - 41mins 59secs

Saturday 23rd November 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 42mins 21secs

20th November 2019

Mars Bar Race 5, 4miles

Thomas Knox - 25mins 39secs

Mike Reilly - 25mins 46secs

Ross Young - 26mins 9secs

Eric Anderson - 26mins 14secs - **course pb**

Adrian Wood - 27mins 29secs
Gary Ovenstone - 28mins 4secs
Lynne Herd - 28mins 20secs - **course pb**
Fiona Cruickshanks - 29mins 17secs
Innes Knight - 29mins 36secs
George Findlay - 30mins 5secs
Jaz Hood - 32mins 58secs
Stewart Warrington - 32mins 58secs
Robyn McDonald - 33mins 14secs
Karli Hay - 34mins 32secs
Tracy Knox - 34mins 37secs
Allan Gibson - 35mins 16secs
Jacqui McDonald - 37mins 4secs
Yvonne Dehn - 37mins 5secs

Sunday 17th November 2019

Tweed Valley Ultramarathon, 50k

Sharon Brown - 5hrs 40mins 28secs

Sunday 17th November 2019

Hartley Cup 1 mile Relay, Strathearn

Haddie Mens Team - *3rd Overall*

Davie Burgess -
Eric Anderson -
Ross Young -
Colin McKie -
Jamie Anderson -

Haddie Mixed Team-

Lynne Herd -

Tracy Chalmers -

Jacqui McDonald -

Lucy Wilson -

Oscar Burgess -

Saturday 16th November 2019

Glentress Winter Trail Half Marathon

Robyn McDonald - 2hrs 37mins 4secs

Jacqui McDonald - 2hrs 46mins 31secs - **course pb**

Saturday 16th November 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 22mins 51secs - **2nd MV60**

Bill Simpson - 24mins 9secs - **2nd MV65**

Saturday 16th November 2019

Loch Leven Parkrun 5k

Colin McKie - 20mins 26secs - **1st MJ15**

Saturday 16th November 2019

Lochore Meadows Parkrun 5k

Innes Knight - 22mins 4secs

Saturday 16th November 2019

Aurora Parkrun 5k, Melbourne

Duncan Hall - 25mins 8secs - **2nd MS30**

Sunday 10th November 2019

Amsterdam 10k

Ross Young - 41mins 18secs - **distance pb**

Sunday 10th November 2019

Silvery Tay Trail Race, Wormit, 5miles

Colin McKie - 45mins 41secs - **1st MJ**

Jacqui McDonald - 58mins 54secs - **3rd FV45**

Lucy Wilson - 1hr 2mins 24secs

Saturday 9th November 2019

Glen Clova Half Marathon

Eric Anderson - 1hr 31mins 16secs - **course pb**

Lynne Herd - 1hr 44mins 43secs - **distance pb**

Gary Ovenstone - 1hr 44mins 50secs - **course pb**

Yvonne Dehn - 1hr 45mins 36secs - **course pb**

Debz Hay - 1hr 54mins 31secs

Karli Hay - 2hrs 10mins 20secs

Carol Irvine - 2hrs 12mins 42secs

David Nuttall - 2hrs 22mins 53secs

Hannah Allum - 2hrs 36mins 18secs

Saturday 9th November 2019

Camperdown Parkrun 5k

Neil Smith - 18mins 2secs - ***2nd Overall*** - **1st MV45**

Saturday 9th November 2019

St Andrews Parkrun 5k

Innes Knight - 21mins 33secs - **3rd MV45**

Bill Simpson - 24mins 13secs - **1st MV65**

Mike Reilly - 33mins 35secs

Susan Hutchison - 41mins 28secs - **2nd FV65**

Saturday 9th November 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 32mins 38secs

Sunday 3rd November 2019

Auchterarder Half Marathon

Sharon Brown - 1hr 51mins 25secs - **course pb**

Sunday 3rd November 2019

Templeton Woods 10, Dundee

Mike Reilly - 1hr 9mins 14secs - **course pb**

Sunday 3rd November 2019

Edinburgh Mens 10k

Eric Anderson - 41mins 1secs

Saturday 2nd November 2019

Glen Ogle 33

Debz Hay - 5hrs 41mins 42secs

Stewart Warringham - 5hrs 59mins 29secs

Robyn McDonald - 6hrs 5mins 18secs

Karli Hay - 6hrs 33mins 12secs - **course pb**

Jacqui McDonald - 7hrs 8mins 59secs

Saturday 2nd November 2019

Kirkcaldy Parkrun 5k

Yvonne Dehn - 28mins 53secs - **2nd FS30**

Saturday 2nd November 2019

St Andrews Parkrun 5k

Innes Knight - 22mins 5secs - **3rd MV45**

Mike Reilly - 22mins 31secs

Colin McKie - 24mins 53secs - **3rd MJ15**

Saturday 2nd November 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 36mins 18secs

Sunday 27th October 2019

Dublin Marathon

Fiona Cruickshanks - 3hrs 58mins 25secs - **distance pb**

Angela Small - 4hrs 59mins 11secs

Sunday 27th October 2019

Benarty Hill Race, Lochore Meadows, 6miles/1000ft

Mike Reilly - 47mins 53secs - **1st MV40**

Ross Young - 48mins 37secs

Sharon Brown - 58mins 7secs - **3rd FS**

Sunday 27th October 2019

Leven 10k

Jacqui McDonald - 1hr 00mins 1secs - **3rd FV45**

Saturday 26th October 2019

Meall a Bhuachaille, Glenmore, near Aviemore, 13k/720m

Thomas Knox - 1hr 11mins 50secs

CJ MacPhail - 1hr 21mins 26secs - **2nd FS** - **course pb**

Saturday 26th October 2019

King Valley Challenge, 15k, Near Melbourne

Alice Hall - 1hr 30mins 10secs

Saturday 26th October 2019

Camperdown Parkrun 5k, Dundee

Lynne Herd - 23mins 26secs - **1st FV40**

Robyn McDonald - 25mins 38secs - **2nd FS20**

Jacqui McDonald - 29mins 17secs - **2nd FV45**

Saturday 26th October 2019

Lochore Meadows Parkrun 5k

Susan Hutchison - 44mins 14secs - **2nd FV65**

Saturday 26th October 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 25mins 53secs

Wednesday 23rd October 2019

Mars Bar Race 4, 4miles

Thomas Knox - 23mins 45secs - **course pb**

Mike Reilly - 25mins 45secs

Ross Young - 26mins 7secs - **course pb**

Eric Anderson - 26mins 25secs - **course pb**

Adrian Wood - 27mins 10secs

Gary Ovenstone - 29mins 21secs

Yvonne Dehn - 29mins 41secs

George Findlay - 29mins 50secs

Innes Knight - 30mins 15secs

Pamela Cruickshanks - 31mins 34secs

Allan Gibson - 34mins 56secs

Tracy Knox - 35mins 13secs
Karli Hay - 35mins 24secs
Fiona Cruickshanks - 35mins 45secs
Jaz Hood - 35mins 46secs
Catriona Duncan - 37mins 30secs
Karen Shepherd - 37mins 40secs
Dave Nuttall - 37mins 48secs
Lucy Wilson - 38mins 52secs
Colin McKie - 38mins 52secs

Sunday 20th October 2019

Last Dual Trail Race, Cardenden, 5.5miles

Sharon Brown - 53mins 54secs

Saturday 19th October 2019

Kirkcaldy Parkrun 5k

Colin McKie - 18mins 49secs - **1st MJ15**

Bill Simpson - 23mins 41secs - **1st MV65**

Saturday 19th October 2019

St Andrews Parkrun 5k

Mike Reilly - 19mins 28secs - **1st MV45**

Robyn McDonald - 25mins 29secs - **1st FS20**

Saturday 19th October 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 32mins 13secs

Sunday 13th October 2019

Loch Rannoch Marathon

Ross Young - 3hrs 26mins 49secs - **distance pb**

Sunday 13th October 2019

Pentland Skyline Hill Race, Hillend, Edinburgh, 26.6k/1890m

Thomas Knox - 2hrs 51mins 10secs - **course pb**

Lizzie Knox - 4hrs 00mins 12secs

Sunday 13th October 2019

Lochore 10k

Jacqui McDonald - 58mins 17secs

Saturday 12th October 2019

St Andrews Parkrun 5k

Mike Reilly - 22mins 12secs - **3rd MV45**

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

Jacqui McDonald - 51mins 43secs

Saturday 12th October 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 42mins 35secs

Sunday 6th October 2019

Chester Marathon

Eric Anderson - 3hrs 18mins 4secs

Mike Reilly - 3hrs 25mins 18secs

Sunday 6th October 2019

Loch Ness Marathon

Neil Smith - 2hrs 47mins 58secs - **3rd MV40**

Debz Hay - 3hrs 52mins 40secs

Lynne Herd - 3hrs 55mins 8secs - **distance pb**

George Findlay - 3hrs 55mins 25secs

Karli Hay - 4hrs 24mins 56secs

Jackie Galloway - 4hrs 44mins 12secs

Allan Galloway - 5hrs 19mins 52secs

Sunday 6th October 2019

St Andrews Duathlon

Run 5k, Cycle 22k, Run 2.5k

Jacqui McDonald - 1hr 37mins 8secs - **3rd FV45**

Run - 28mins 35secs Cycle - 49mins 57secs Run - 15mins 18secs

Sunday 6th October 2019

Loch Ness 10k

Tracy Chalmers - 58mins 39secs

Sandy Chalmers - 1hr 18mins 14secs

Sunday 6th October 2019

Linlithgow 10k

Lucy Wilson - 59mins 48secs

Sunday 6th October 2019

Loch Ness 5k

Oscar Burgess - 23mins 57secs - **distance pb**

Davie Burgess - 23mins 57secs

Saturday 5th October 2019

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

CJ MacPhail - 1hr 2mins 50secs - ***1st Female Overall*** - **1st FS** - **course pb**

Saturday 5th October 2019

St Andrews Parkrun 5k

Yvonne Dehn - 22mins 34secs - **2nd FS30**

Ewan Davidson - 24mins 29secs - **1st MV70**

Dave Nuttall - 27mins 58secs

Susan Hutchison - 40mins 55secs

Saturday 5th October 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 43mins 32secs

Sunday 29th September 2019

Great Scottish Half Marathon, Glasgow

Hazel Ednie - 1hr 48mins 8secs

Ewan Cameron - 2hrs 13mins 5secs

Sunday 29th September 2019

East Neuk 10k

Colin McKie - 40mins 11secs - **1st MJ**

Carol Irvine - 58mins 14secs

Gary Ovenstone - 1hr 25mins 52secs

Saturday 28th September 2019

The Two Breweries Hill Race, Scottish Borders, 18m/4920ft

Thomas Knox - 3hrs 12mins 1secs - **course pb**

Eck Anderson - 4hrs 17mins 16secs

Saturday 28th September 2019

Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 33secs - **1st MV65**

Saturday 28th September 2019

St Andrews Parkrun 5k

Mike Reilly - 21mins 32secs - **2nd MV45**

Susan Hutchison - 43mins 36secs

Saturday 28th September 2019

Fukakitaryokuchi Parkrun 5k, Japan

Eric Anderson - 20mins 22secs - **1st MV45**

Saturday 28th September 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 40mins 5secs

Sunday 22nd September 2019

Belfast Half Marathon

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

Sunday 22nd September 2019

Scottish Half Marathon, Edinburgh

Pamela Cruickshanks - 1hr 56mins 26secs

Saturday 21st September 2019

Glen Clova Duathlon

Cycle 27k, Run 14k, Cycle 6k

Eck Anderson - 3hrs 33mins 50secs

Cycle - 49mins 12secs - **cpb** Run - 2hrs 29mins 55secs Cycle - 13mins 43secs

Yvonne Dehn - 3hrs 47mins 3secs - **course pb**

Cycle - 1hr 3mins 26secs - **cpb** Run - 2hr 24mins 00secs - **cpb** Cycle - 17mins 21secs

Saturday 21st September 2019

Kirkcaldy Parkrun 5k

Catriona Duncan - 26mins 51secs - **1st FV65**

Saturday 21st September 2019

Loch Leven Parkrun 5k

Bill Simpson - 24mins 43secs - **1st MV65**

Saturday 21st September 2019

St Andrews Parkrun 5k

Bill Hutchison - 19mins 29secs - **1st MV65**

David Nuttall - 26mins 25secs

Robyn McDonald - 26mins 42secs - **3rd FS20**

Jacqui McDonald - 27mins 45secs

Saturday 21st September 2019

Futakotamagawa Parkrun 5k, Japan

Eric Anderson - 20mins 2secs - **3rd MV45**

Saturday 21st September 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 42mins 31secs

Wednesday 18th September 2019

Shellbay Race, 4miles

Haddies Championship Series Race 9

Thomas Knox - 24mins 43secs

Colin McKie - 25mins 33secs

Bill Hutchison - 27mins 33secs

Ross Young - 27mins 34secs

Adrian Wood - 28mins 51secs

Jaz Hood - 29mins 26secs

Eric Anderson - 30mins 5secs

Lizzie Knox - 31mins 7secs

George Findlay - 31mins 15secs

Gary Ovenstone - 31mins 25secs

Yvonne Dehn - 32mins 6secs

Lynne Herd - 32mins 6secs

Mike Reilly - 32mins 19secs

Pamela Cruickshanks - 33mins 24secs

Karli Hay - 33mins 55secs

Bill Simpson - 34mins 4secs

Tracy Knox - 34mins 34secs

Allan Gibson - 35mins 7secs

Alice Hall - 35mins 42secs

Dave Nuttall - 36mins 18secs

Carol Irvine - 39mins 15secs

Karen Shepherd - 39mins 31secs

Jacqui McDonald - 40mins 10secs

Lucy Wilson - 40mins 46secs

Tracy Chalmers - 41mins 31secs

Jackie Galloway - 41mins 31secs

Debz Hay - 42mins 00secs

Saturday 14th September 2019

River Ayr Way Ultra, 40miles

Jacqui McDonald - 9hrs 7mins 57secs - **1st FV45**

Saturday 14th September 2019

Beinn Resipol Hill Race, Lochaber, 12k/845m

CJ MacPhail - 1hr 38mins 19secs - ***2nd Female Overall*** - **1st FS** - course pb

Saturday 14th September 2019

The Tufty Trail Race, Falkland, 5.1miles

Thomas Knox - 28mins 5secs - ***2nd Overall*** - **1st MS**

Lizzie Knox - 34mins 25secs - **1st FS**

Bill Simpson - 37mins 23secs - **1st MV65**

Saturday 14th September 2019

Kirkcaldy Parkrun 5k

Colin McKie - 18mins 32secs - ***3rd Overall*** - **1st MJ15**

Saturday 14th September 2019

St Andrews Parkrun 5k

Ross Young - 19mins 14secs - **2nd MS25** - course pb

Innes Knight - 21mins 24secs - **3rd MV45**

Pamela Cruickshanks - 23mins 48secs

Bill Simpson - 23mins 50secs - **1st MV65**

Eric Anderson - 24mins 14secs

Susan Hutchison - 43mins 16secs

Saturday 14th September 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 24mins 13secs - **2nd MS30**

Sunday 8th September 2019

Tiree Ultramarathon, 35miles

Debz Hay - 6hrs 8mins 11secs - course pb

Jaz Hood - 6hrs 8mins 11secs - course pb

Karli Hay - 6hrs 40mins 12secs - course pb

Pamela Cruickshanks - 7hrs 17mins 1secs

Alice Hall - 7hrs 17mins 2secs

Allan Galloway - 8hrs 41mins 9secs

Jackie Galloway - 8hrs 41mins 9secs

Sunday 8th September 2019

Glencoe Marathon

Mike Reilly - 4hrs 21mins 21secs - **3rd MV40**

Lynne Herd - 6hrs 16mins 39secs

George Findlay - 6hrs 16mins 39secs

Sunday 8th September 2019

Cowdenbeath 5k

Jas Baillie - 21mins 15secs - **1st MV60**

Saturday 7th September 2019

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

Thomas Knox - 29mins 14secs - ***3rd Overall*** - **3rd MS**

Jonny Knox - 35mins 4secs

Lizzie Knox - 36mins 20secs - ***1st Female Overall*** - **1st FS**

Tracy Knox - 43mins 23secs - **course pb**

Saturday 7th September 2019

Kirkcaldy Parkrun 5k

Oscar Burgess - 27mins 50secs - **1st MJ10** - **course pb**

Tracy Chalmers - 28mins 12secs

Saturday 7th September 2019

Lochore Meadows Parkrun 5k

Innes Knight - 21mins 41secs - **course pb**

Saturday 7th September 2019

St Andrews Parkrun 5k

Bill Simpson - 23mins 16secs - **1st MV65**

Robyn McDonald - 30mins 9secs

Saturday 7th September 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 29mins 24secs

Wednesday 4th September 2019

Kingsbarns Fun Run, 4miles

Colin McKie - 25mins 20secs

Mike Reilly - 25mins 27secs

Ross Young - 25mins 38secs

Jaz Hood - 29mins 15secs

Fiona Cruickshanks - 29mins 19secs

Lizzie Knox - 29mins 43secs

Gary Ovenstone - 29mins 51secs

George Findlay - 29mins 52secs

Bill Simpson - 30mins 57secs

Lynne Herd - 31mins 41secs

Debz Hay - 33mins 10secs

Allan Gibson - 34mins 25secs

Alice Hall - 35mins 51secs

Pamela Cruickshanks - 35mins 51secs

Tracy Knox - 35mins 51secs

Lucy Wilson - 38mins 37secs

Jacqui McDonald - 39mins 4secs

Sunday 1st September 2019

Perth 10k

Eric Anderson - 40mins 16secs - **distance pb**

Saturday 31st August 2019

Kirkcaldy Parkrun 5k

Robyn McDonald - 24mins 58secs - **1st FS20**

Jacqui McDonald - 28mins 8secs

Saturday 31st August 2019

St Andrews Parkrun 5k

Bill Simpson - 23mins 43secs - **1st MV65**

Mike Reilly - 30mins 4secs

Susan Hutchison - 42mins 5secs

Saturday 31st August 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 41mins 56secs

Wednesday 28th August 2019

Gateside Gallop, 4miles

Sharon Brown - 34mins 46secs

Sunday 25th August 2019

Kirkcaldy Parks Half Marathon

Neil Smith - 1hr 20mins 51secs

Ross Young - 1hr 30mins 14secs
Eric Anderson - 1hr 30mins 55secs
Davie Burgess - 1hr 31mins 9secs
Jas Baillie - 1hr 42mins 12secs
George Findlay - 1hr 45mins 11secs
Yvonne Dehn - 1hr 46mins 1secs
Sharon Brown - 1hr 49mins 28secs
Hazel Ednie - 1hr 52mins 57secs
Ewan Cameron - 1hr 57mins 31secs
Lynne Herd - 2hrs 00mins 00secs
Robyn McDonald - 2hrs 3mins 45secs
Jackie Galloway - 2hrs 10mins 49secs
Tracy Chalmers - 2hrs 11mins 23secs
Karen Shepherd - 2hrs 11mins 42secs
Carol Irvine - 2hrs 14mins 57secs
Allan Galloway - 2hrs 15mins 43secs
Lucy Wilson - 2hrs 16mins 37secs
Angela Small - 2hrs 17mins 9secs
Jacqui McDonald - 2hrs 21mins 42secs
Hannah Allum - 2hrs 41mins 6secs

Saturday 24th August 2019

Killin 10k

Innes Knight - 46mins 16secs

Saturday 24th August 2019

Percy Sutton Harlem 5k, New York

Fiona Cruickshanks - 22mins 34secs

Pamela Cruickshanks - 23mins 49secs

Saturday 24th August 2019

Kirkcaldy Parkrun 5k

Bill Simpson - 23mins 28secs - **1st MV65**

Saturday 24th August 2019

Lochore Meadows Parkrun 5k

Susan Hutchison - 42mins 25secs - **2nd FV65**

Saturday 24th August 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 23mins 35secs - **3rd MS30**

Wednesday 21st August 2019

Kellie Law Race, 4miles

Haddies Championship Series Race 8

Colin McKie - 27mins 15secs

Mike Reilly - 27mins 47secs

Davie Burgess - 28mins 41secs

Ross Young - 29mins 47secs

Eric Anderson - 30mins 37secs

Adrian Wood - 30mins 41secs

Fiona Cruickshanks - 31mins 51secs

Yvonne Dehn - 33mins 22secs

George Findlay - 33mins 37secs

Gary Ovenstone - 33mins 59secs
Pamela Cruickshanks - 35mins 20secs
Debz Hay - 36mins 51secs
Lynne Herd - 37mins 46secs
Catriona Duncan - 42mins 53secs
Lucy Wilson - 42mins 57secs

Saturday 17th August 2019

Path of Condie Half Marathon, Kinross

Eric Anderson - 1hr 35mins 39secs

Saturday 17th August 2019

Kirkcaldy Parkrun 5k

Ross Young - 19mins 43secs - **2nd MS25**

Jas Baillie - 21mins 57secs - **3rd MV60**

Saturday 17th August 2019

Lochore Meadows Parkrun 5k

Bill Simpson - 24mins 47secs - **1st MV65**

Saturday 17th August 2019

St Andrews Parkrun 5k

Lynne Herd - 24mins 30secs - **2nd FV40**

Jacqui McDonald - 28mins 39secs

Mike Reilly - 32mins 00secs

Susan Hutchison - 41mins 27secs

Saturday 17th August 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 20mins 57secs - ***2nd Overall*** - **1st MS30**

Tuesday 13th August 2019

Ceres 8

Mike Reilly - 52mins 50secs - **course pb**

Eric Anderson - 52mins 59secs

Ross Young - 55mins 36secs

Fiona Cruickshanks - 1hr 2mins 33secs

Pamela Cruickshanks - 1hr 6mins 55secs

Jacqui McDonald - 1hr 21mins 16secs

Sunday 11th August 2019

Chilly Willy Trail Race, Glenrothes, 4.5miles

Jacqui McDonald - 40mins 58secs

Sunday 11th August 2019

New Gilston 5k

Eric Anderson - 20mins 34secs - ***2nd Overall*** - **1st MV40**

Innes Knight - 23mins 3secs

Dave Nuttall - 28mins 4secs

Carol Irvine - 29mins 10secs

Saturday 10th August 2019

Marathon Hebrides, Isle of Harris

Neil Smith - 3hrs 7mins 44secs - ***2nd Overall*** - **1st MV40**

Saturday 10th August 2019

Abernethy Forest 10mile Road Race

George Findlay - 1hr 17mins 35secs

Lynne Herd - 1hr 27mins 56secs

Saturday 10th August 2019

Aviemore Parkrun 5k

Lynne Herd - 26mins 1secs - **1st FV40**

Saturday 10th August 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 57secs - **3rd MV60**

Saturday 10th August 2019

Perth Parkrun 5k

Catriona Duncan - 29mins 44secs - **2nd FV65**

Saturday 10th August 2019

St Andrews Parkrun 5k

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

Bill Simpson - 23mins 17secs - **1st MV65**

Robyn McDonald - 26mins 36secs - **2nd FS20**

Jacqui McDonald - 29mins 12secs

Susan Hutchison - 41mins 50secs

Saturday 10th August 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 24mins 57secs - **2nd MS30**

Thursday 8th August 2019

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

Thomas Knox - 35mins 31secs

Ross Young - 35mins 40secs

Eric Anderson - 39mins 8secs

Rosie Knox - 40mins 3secs - **course pb**

Lizzie Knox - 42mins 14secs - **course pb**

Bill Simpson - 45mins 14secs

Jacqui McDonald - 54mins 53secs

Wednesday 7th August 2019

North Berwick Law Hill Race, 4.8k/180m

Thomas Knox - 22mins 55secs

Rosie Knox - 28mins 18secs

Tracy Knox - 32mins 31secs

Wednesday 7th August 2019

Killin Games Hill Race, 3.5k/400m

Thomas Knox - 27mins 19secs

Lizzie Knox - 32mins 34secs - ***1st Female Overall*** - **1st FS**

Sunday 4th August 2019

Mhor Marathon, Callander

Jaz Hay - 4hrs 15mins 53secs

Debz Hay - 4hrs 15mins 53secs

Karli Hay - 4hrs 28mins 10secs

Christine Bowie - 5hrs 16mins 35secs

Carol Irvine - 5hrs 23mins 32secs

Saturday 3rd August 2019

Elie Triathlon

550m Swim/29k Cycle/6k Run

Eck Anderson - 1hr 43mins 54secs

Swim - 10mins 42secs - **cpb** Cycle - 1hr 2mins 56secs Run - 30mins 15secs

Yvonne Dehn - 1hr 50mins 45secs

Swim - 12mins 7secs Cycle - 1hr 8mins 21secs Run - 30mins 16secs

Saturday 3rd August 2019

Islay Half Marathon

Colin McKie - 1hr 34mins 50secs - **1st MJ** - **distance pb**

Lucy Wilson - 2hrs 16mins 5secs

Saturday 3rd August 2019

Devil O' The Highlands, 43miles

Tyndrun to Fort William

Jacqui McDonald - 10hrs 52mins 21secs

Saturday 3rd August 2019

Lochore Meadows Parkrun 5k

Catriona Duncan - 30mins 51secs - **1st FV65**

Saturday 3rd August 2019

St Andrews Parkrun 5k

Eric Anderson - 18mins 51secs - **1st MV45** - **course pb**

Mike Reilly - 20mins 56secs

Saturday 3rd August 2019

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 21mins 41secs

Sunday 28th July 2019

Donkey Brae, Aberdour, 7miles

Angela Small - 1hr 6mins 21secs - **course pb**

Saturday 27th July 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 22mins 58secs - **3rd MV60**

Saturday 27th July 2019

The Pastures Parkrun 5k, Alnwick

Eric Anderson - 26mins 37secs

Saturday 27th July 2019

St Andrews Parkrun 5k

Catriona Duncan - 26mins 36secs - **2nd FV65**

Jacqui McDonald - 28mins 29secs

Saturday 27th July 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 22mins 54secs - **1st MS30**

Saturday 20th July 2019

Run The Blades 50k, Eaglesham, Near Glasgow

Lynne Herd - 5hrs 31mins 54secs

Jacqui McDonald - 6hrs 24mins 40secs

Saturday 20th July 2019

Trailbusters Splash & Dash Beach Race, St Andrews, 4miles

Eric Anderson - 32mins 39secs

George Findlay - 36mins 51secs

Ewan Cameron - 40mins 10secs

Carole Fraser - 48mins 4secs

Hannah Allum - 51mins 45secs

Saturday 20th July 2019

St Andrews Parkrun 5k

Innes Knight - 21mins 23secs

Bill Simpson - 23mins 14secs - **1st MV65**

Mike Reilly - 28mins 5secs

Saturday 20th July 2019

Woolacombe Dune Parkrun 5K, Devon

Dave Nuttall - 33mins 8secs

Saturday 20th July 2019

Sandgate Parkrun 5k, Brisbane

Susan Hutchison - 40mins 57secs - **3rd FV65**

Saturday 20th July 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 20mins 48secs - ***1st Overall*** - **1st MS30**

Wednesday 17th July 2019

Newburgh 4.2miles, FAC Midweek Series - Race 4

Ross Young - 25mins 53secs

Eric Anderson - 26mins 21secs

Fiona Cruickshanks - 27mins 51secs

Pamela Cruickshanks - 29mins 14secs - **2nd FV50**

Bill Simpson - 29mins 42secs

Robyn McDonald - 30mins 35secs

Chloe Herd - 33mins 1sec
Jacqui McDonald - 34mins 55secs

Sunday 14th July 2019

Tour of Fife - Day 5

Falkland Trail Race, 6 miles

Ross Young - 43mins 45secs
Eric Anderson - 44mins 40secs
Jaz Hay - 45mins 59secs
Fiona Cruickshanks - 49mins 57secs
Bill Simpson - 52mins 8secs
Robyn McDonald - 53mins 53secs
Chloe Herd - 57mins 51secs
Jacqui McDonald - 59mins 11secs
Dave Nuttall - 59mins 21secs

Saturday 13th July 2019

Tour of Fife - Day 4

5km Road Race, Glenrothes

Eric Anderson - 19mins 3secs
Ross Young - 20mins 14secs
Jaz Hay - 21mins 10secs
Fiona Cruickshanks - 21mins 13secs
Bill Simpson - 23mins 8secs
Robyn McDonald - 23mins 40secs
Dave Nuttall - 25mins 51secs
Chloe Herd - 26mins 48secs
Jacqui McDonald - 27mins 47secs

Saturday 13th July 2019

Maylands Peninsula Parkrun 5k, Perth , Western Australia

Bill Hutchison - 20mins 38secs - **1st MV65**

Susan Hutchison - 41mins 40secs - **1st FV65**

Saturday 13th July 2019

Gardeners Creek Parkrun 5k, Melbourne

Duncan Hall - 19mins 48secs - **1st MS30**

Friday 12th July 2019

Tour of Fife - Day 3

1 Mile Time Trial, Kirkcaldy

Eric Anderson - 5mins 20secs

Ross Young - 5mins 45secs

Fiona Cruickshanks - 5mins 57secs

Jaz Hay - 6mins 8secs

Bill Simpson - 6mins 33secs

Robyn McDonald - 6mins 52secs

Chloe Herd - 7mins 15secs

Dave Nuttall - 7mins 24secs

Jacqui McDonald - 8mins 5secs

Thursday 11th July 2019

Tour of Fife - Day 2

East Lomond Hill Race, 6k/360m

Ross Young - 33mins 40secs

Jaz Hay - 35mins 51secs

Fiona Cruickshanks - 37mins 58secs
Eric Anderson - 39mins 22secs
Pamela Cruickshanks - 41mins 9secs - **2nd FV50**
Robyn McDonald - 42mins 43secs
Dave Nuttall - 42mins 43secs
Bill Simpson - 43mins 24secs
Jacqui McDonald - 46mins 41secs
Chloe Herd - 50mins 5secs

Wednesday 10th July 2019

Tour of Fife - Day 1

Beach Race, West Sands, St Andrews, 4.2miles

Ross Young - 30mins 48secs
Jaz Hay - 30mins 49secs
Eric Anderson - 30mins 57secs
Fiona Cruickshanks - 31mins 51secs
Bill Simpson - 32mins 2secs
Pamela Cruickshanks - 32mins 52secs - **2nd FV50**
Robyn McDonald - 34mins 44secs
Dave Nuttall - 35mins 49secs
Chloe Herd - 38mins 42secs
Jacqui McDonald - 38mins 53secs

Wednesday 10th July 2019

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

Eck Anderson - 1hr 7mins 26secs
CJ MacPhail - 1hr 9mins 20secs - ***2nd Female Overall*** - **1st FS** - course pb
Lizzie Knox - 1hr 17mins 35secs

Yvonne Dehn - 1hr 24mins 32secs

Sunday 7th July 2019

Dundee Half Dram

Sharon Brown - 1hr 46mins 16secs - **distance pb**

Gary Ovenstone - 2hrs 4mins 23secs

Sunday 7th July 2019

The Crieff 10k

Tracy Chalmers - 1hr 4mins 50secs

Saturday 6th July 2019

Dollar Hill Race, 15k/960m

CJ MacPhail - 1hr 48mins 14 sec - ***2nd Female Overall*** - **1st FS** - **course pb**

Saturday 6th July 2019

Falkirk Parkrun 5k

Pamela Cruickshanks - 23mins 53secs - **1st FV50**

Saturday 6th July 2019

Inverness Parkrun 5k

Jacqui McDonald - 30mins 19secs - **2nd FV45**

Saturday 6th July 2019

Loch Leven Parkrun 5k

Bill Simpson - 24mins 14secs - **1st MV65**

Saturday 6th July 2019

St Andrews Parkrun 5k

Robyn McDonald - 24mins 23secs - **2nd FS**

Fiona Cruickshanks - 24mins 26secs - **3rd FS**

Catriona Duncan - 26mins 30secs - **1st FV65**

Mike Reilly - 31mins 8secs

Saturday 6th July 2019

Warner Lakes Parkrun 5k, Brisbane

Bill Hutchison - 19mins 46secs - ***3rd Overall*** - **1st MV65** - **course pb**

Susan Hutchison - 41mins 45secs - **1st FV65** - **course pb**

Saturday 6th July 2019

Highlands Parkrun 5k, Melbourne

Duncan Hall - 22mins 19secs - **1st MS30**

Sunday 30th June 2019

Benarty Gala Trail Race 4.5miles

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

Saturday 29th June 2019

Arrochar Alps Hill Race, Succoth, Arrochar, 25k/2400m

CJ MacPhail - 4hrs 50mins 3secs - **2nd FS**

Saturday 29th June 2019

Warner Lakes Parkrun 5k, Brisbane

Bill Hutchison - 20mins 12secs - **1st MV65**

Susan Hutchison - 42mins 57secs - **1st FV65**

Saturday 29th June 2019

Albert Parkrun 5k, Melbourne

Duncan Hall - 18mins 17secs - ***3rd Overall*** - **1stMS30** - **course pb**

Saturday 29th June 2019

Kirkcaldy Parkrun 5k

Mike Reilly - 20mins 24secs

Jas Baillie - 21mins 17secs - **1st MV60**

Bill Simpson - 23mins 59secs - **2nd MV65**

Wednesday 26th June 2019

Balbirnie Duathlon, Markinch

Run 5k, Cycle 20k, Run 2.5k

Eck Anderson - 1hr 13mins 35secs

Run - 21mins 17secs Cycle - 39mins 51secs Run - 11mins 42secs

Mike Reilly - 1hr 17mins 57secs

Run - 21mins 14secs Cycle - 44mins 28secs Run - 11mins 25secs

Davie Burgess - 1hr 18mins 23secs

Run - 22mins 9secs Cycle - 43mins 35secs Run - 11mins 52secs

Yvonne Dehn - 1hr 26mins 35secs

Run - 25mins 35secs Cycle - 46mins 58secs Run - 13mins 20secs

Dave Nuttall - 1hr 29mins 31secs

Run - 29mins 20secs Cycle - 42mins 2secs Run - 15mins 25secs

Saturday 22nd June 2019

Eildon Three Hill Race, Melrose, 7.2k/480m

Eck Anderson - 46mins 7secs

Davie Burgess - 47mins 33secs

Saturday 22nd June 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 22mins 11secs - **1st MV60**

Saturday 22nd June 2019

St Andrews Parkrun 5k

Mike Reilly - 20mins 22secs - **1st MV45**

Innes Knight - 21mins 6secs - **2nd MV45**

Bill Simpson - 23mins 43secs - **2nd MV65**

Robyn McDonald - 26mins 8secs - **2nd FS20**

Eric Anderson - 26mins 56secs

Jacqui McDonald - 27mins 17secs - **1st FV45**

Susan Hutchison - 43mins 2secs

Saturday 22nd June 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 21mins 56secs - **1st MS30**

Thursday 20th June 2019

Suzuki Midnight Half Marathon, Iceland

Colin McKie - 1hr 54mins 31secs

Lucy Wilson - 2hrs 20mins 44secs

Wednesday 19th June 2019

The Law Breaker Hill Race, Tillicoultry, 5.4k/630m

CJ MacPhail - 49mins 31secs - ***1st Female Overall*** - **1st FS**

Wednesday 19th June 2019

Shellbay Race, 4miles

Haddies Championship Series Race 6

Thomas Knox - 26mins 9secs

Mike Reilly - 26mins 31secs

Eck Anderson - 27mins 36secs

Davie Burgess - 27mins 50secs

Gary Ovenstone - 28mins 26secs

Ross Young - 29mins 52secs

Fiona Cruickshanks - 30mins 59secs

Jaz Hay - 31mins 24secs
George Findlay - 31mins 28secs
Joe Swankie - 31mins 48secs
Rosie Knox - 31mins 55secs
Adrian Wood - 32mins 11secs
Lynne Herd - 32mins 43secs
Pamela Cruickshanks - 33mins 4secs
Robyn McDonald - 33mins 27secs
Debz Hay - 35mins 24secs
Dave Nuttall - 36mins 16secs
Allan Gibson - 36mins 39secs
Chloe Herd - 38mins 00secs
Jacqui McDonald - 38mins 47secs
Karli Hay - 38mins 48secs
Catriona Duncan - 40mins 4secs
Karen Shepherd - 40mins 4secs
Hannah Allum - 44mins 57secs

Sunday 16th June 2019

Glenrothes 10k

Eric Anderson - 40mins 27secs - **distance pb**
Ross Young - 43mins 37secs - **distance pb**
George Findlay - 45mins 2secs
Lynne Herd - 46mins 8secs - **3rd FV40** - **distance pb**
Joe Swankie - 47mins 3secs
Bill Simpson - 47mins 51secs
Sharon Brown - 49mins 14secs - **distance pb**
Robyn McDonald - 49mins 37secs - **distance pb**
Angela Small - 55mins 22secs - **course pb**

Chloe Herd - 55mins 58secs
Jacqui McDonald - 56mins 50secs
Jackie Galloway - 1hr 2mins 15secs
Tracy Chalmers - 1hr 2mins 15secs

Sunday 16th June 2019

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

Jonny Knox - 2hrs 7mins 59secs - **1st MV50**
Rosie Knox - 2hrs 23mins 39secs - **1st FJ**
Lizzie Knox - 2hrs 24mins 3secs
Yvonne Dehn - 2hrs 27mins 22secs

Saturday 15th June 2019

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

Thomas Knox - 4hrs 13mins 28secs
CJ MacPhail - 4hrs 23mins 50secs - ***2nd Female Overall*** - **2nd FS**
Eck Anderson - 5hrs 00mins 19secs

Saturday 15th June 2019

St Andrews Parkrun 5k

Hazel Ednie - 22mins 55secs - **1st FV40** - **course pb**
Dave Nuttall - 25mins 21secs
Carole Fraser - 29mins 1secs
Robyn McDonald - 1hr 00mins 3secs
Chloe Herd - 1hr 00mins 5secs

Saturday 15th June 2019

Highlands Parkrun 5k, Near Melbourne

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

Friday 14th June 2019

Black Rock 5, Kinghorn

Gary Ovenstone - 40mins 35secs

Thursday 13th June 2019

Sandy Slither Beach Race, 6.1miles

Eck Anderson - 43mins 25secs - **3rd MV40**

Mike Reilly - 43mins 34secs - **course pb**

Gary Ovenstone - 48mins 56secs - **course pb**

Jaz Hay - 50mins 59secs - **course pb**

Fiona Cruickshanks - 51mins 43secs

Ewan Cameron - 55mins 37secs

Pamela Cruickshanks - 55mins 54secs - **2nd FV50**

Robyn McDonald - 56mins 27secs - **course pb**

Debz Hay - 57mins 31secs - **3rd FV50** - **course pb**

Alice Hall - 58mins 11secs

Karli Hay - 59mins 32secs - **course pb**

Allan Gibson - 1hr 1mins 38secs

Catriona Duncan - 1hr 4mins 31secs - **3rd FV60**

Saturday 8th June 2019

St Andrews Parkrun 5k

Mike Reilly - 18mins 25secs - ***3rd Overall*** - **1st MV40** - **course pb**

Jacqui McDonald - 27mins 26secs

Saturday 8th June 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 22mins 8secs - **2nd MS30**

Wednesday 5th June 2019

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

Eck Anderson - 39mins 21secs - **2nd MV40** - **course pb**

Mike Reilly - 39mins 46secs - **3rd MV40** - **course pb**

Davie Burgess - 40mins 25secs

CJ MacPhail - 40mins 32secs - ***2nd Female Overall*** - **1st FS** - **course pb**

Yvonne Dehn - 45mins 49secs

George Findlay - 46mins 54secs

Lizzie Knox - 47mins 14secs - **course pb**

Lynne Herd - 48mins 48secs

Ewan Cameron - 50mins 4secs

Sharon Brown - 50mins 24secs - **course pb**

Karli Hay - 54mins 33secs

Allan Gibson - 55mins 25secs

Chloe Herd - 58mins 2secs - **2nd FU20**

Sunday 2nd June 2019

Chariots of Fire Beach Race 5k, St Andrews

Gary Ovenstone - 25mins 18secs

Saturday 1st June 2019

Trotternish Ridge Hill Race, Isle of Skye, 28k/2000m

CJ MacPhail - 5hrs 25mins 31secs - **1st FS**

Saturday 1st June 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 19secs - **1st MV60**

Sharon Brown - 23mins 56secs - **2nd FS30** - **course pb**

Saturday 1st June 2019

St Andrews Parkrun 5k

Innes Knight - 20mins 56secs

Mike Reilly - 20mins 57secs

Bill Simpson - 23mins 15secs - **1st MV65**

Catriona Duncan - 26mins 52secs - **2nd FV65**

Saturday 1st June 2019

Highlands Parkrun 5k, Near Melbourne

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

Friday 31st May 2019

Mini-Tour of Fife

Kingsbarns Multi-Terrain Race

U9 - 1mile

Oscar Burgess - 6mins 30secs - **1st MJU9** - **course pb**

Thursday 30th May 2019

Mini-Tour of Fife

Tarvit Estate Time Trial

U9 - 2.1k

Oscar Burgess - 9mins 14secs - **1st MJU9** - course pb

Wednesday 29th May 2019

Mini-Tour of Fife

Farmland Race, Kellie Farm, Arncroach

U9 - 1mile

Oscar Burgess - 7mins 52secs - **3rd MJU9** - course pb

Tuesday 28th May 2019

Mini-Tour of Fife

East Lomond Hill Race

U9 - 1.5miles

Oscar Burgess - 13mins 7secs - **2nd MJU9** - course pb

Monday 27th May 2019

Mini-Tour of Fife

West Sands Beach Race, St Andrews

U9 - 1mile

Oscar Burgess - 7mins 54secs - **2nd MJU9** - course pb

Sunday 26th May 2019

Dunblane 12k

Joe Swankie - 57mins 31secs

Lynne Herd - 57mins 54secs

Chloe Herd - 1hr 8mins 37secs

Angela Small - 1hr 9mins 59secs

Sunday 26th May 2019

Liverpool Marathon

Karen Cunningham - 5hrs 11mins 16secs

Sunday 26th May 2019

Edinburgh Half Marathon

Jackie Galloway - 2hrs 11mins 15secs

Allan Galloway - 2hrs 14mins 14secs

Saturday 25th May 2019

Isle of Jura Fell Race, 28k/2370m

Jonny Knox - 4hrs 54mins 48secs

Eck Anderson - 5hrs 16mins 3secs - **course pb**

Saturday 25th May 2019

St Andrews Parkrun 5k

Mike Reilly - 20mins 47secs - **2nd MV40**

Innes Knight - 21mins 8secs - **2nd MV45**

Bill Simpson - 22mins 38secs - **1st MV65**

Jacqui McDonald - 27mins 15secs

Hannah Allum - 31mins 25secs - **3rd FV35**

Saturday 25th May 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 59secs - ***3rd Overall*** - **1st MS30**

Friday 24th May 2019

Beveridge Park 5k

Bill Simpson - 23mins 11secs - **3rd MV60**

Saturday 18th May 2019

Goatfell Hill Race, Arran, 15.5k/870m

CJ MacPhail - 1hr 42mins 53secs - ***3rd Female Overall*** - **2nd FS**

Saturday 18th May 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 19secs - **2nd MV60**

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

Saturday 18th May 2019

St Andrews Parkrun 5k

Innes Knight - 21mins 18secs - **3rd MV45**

Eric Anderson - 25mins 51secs

Jacqui McDonald - 28mins 20secs - **3rd FV45**

Saturday 18th May 2019

Terry Hershey Parkrun 5k, Houston Texas

Catriona Duncan - 28mins 31secs - **1st FV65**

Saturday 18th May 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 18mins 34secs - ***2nd Overall*** - **1st MS30** - **course pb**

Friday 17th May 2019

Recycle Re-Use Trail Race, Glenrothes, 4miles

Robyn McDonald - 36mins 37secs - **3rd FS**

Jacqui McDonald - 41mins 27secs

Wednesday 15th May 2019

Kellie Law Race, 4miles

Haddies Championship Series Race 5

Colin McKie - 27mins 14secs

Mike Reilly - 27mins 31secs

Eck Anderson - 27mins 56secs

Davie Burgess - 28mins 40secs

Adrian Wood - 29mins 54secs

Eric Anderson - 30mins 23secs

Gary Ovenstone - 30mins 30secs

George Findlay - 31mins 44secs

Yvonne Dehn - 32mins 15secs

Fiona Cruickshanks - 32mins 18secs

Lynne Herd - 33mins 19secs

Pamela Cruickshanks - 33mins 43secs

Robyn McDonald - 34mins 11secs

Alice Hall - 35mins 10secs

Dave Nuttall - 37mins 4secs

Ross Young - 37mins 55secs

Allan Gibson - 38mins 18secs

Jacqui McDonald - 37mins 13secs

Hannah Allum - 42mins 17secs

Lucy Wilson - 42mins 17secs

Carol Irvine - 52mins 11secs

Wednesday 15th May 2019

Cape Wrath Challenge Around Durness 5miles

Carol Fraser - 1hr 7mins 28secs

Tuesday 14th May 2019

Cape Wrath Challenge Two Lochs Trail Run, 5.5miles

Carol Fraser - 54mins 51secs

Monday 13th May 2019

Cape Wrath Challenge 10k

Carol Fraser - 1hr 4mins 44secs

Saturday 11th May 2019

Ben Lomond Hill Race, 12.6k/960m

CJ MacPhail - 1hr 34mins 25secs - **3rd FS** - **course pb**

Saturday 11th May 2019

Cateran 55miles

Allan Galloway - 14hrs 53mins 59secs

Saturday 11th May 2019

Road to the Isles Marathon

Jaz Hay - 4hrs 14mins 34secs - **3rd FS**

Debz Hay - 4hrs 15mins 29secs - **2nd FV50**

Saturday 11th May 2019

Road to the Isles Half Marathon

Karli Hay - 2hrs 24mins 8secs

George Hay - 2hrs 56mins 36secs

Saturday 11th May 2019

Loch Leven Half Marathon

Eric Anderson - 1hr 32mins 29secs

George Findlay - 1hr 40mins 42secs - **3rd MV60**

Lynne Herd - 1hr 50mins 37secs - **distance pb**

Chloe Herd - 2hrs 12mins 11secs

Hannah Allum - 2hrs 20mins 16secs - **distance pb**

Saturday 11th May 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 29secs - **2nd MV60**

Saturday 11th May 2019

St Andrews Parkrun 5k

Bill Simpson - 23mins 1secs - **2nd MV65**

Robyn McDonald - 24mins 00secs - **1st FS20** - **course pb**

Fiona Cruickshanks - 24mins 00secs - **2nd FS20**

Jacqui McDonald - 27mins 36secs - **2nd FV45**

Hazel Ednie - 29mins 32secs - **3rd FV45**

Dave Nuttall - 31mins 1secs

Saturday 11th May 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 23mins 36secs - **1st MS30**

Saturday 4th May 2019

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

Thomas Knox - 2hrs 36mins 41secs - **course pb**

Jonny Knox - 3hrs 4mins 53secs

CJ McPhail - 3hrs 7mins 20secs

Saturday 4th May 2019

Glen Lyon Ultra, 31.5miles

Sharon Brown - 5hrs 26mins 26secs - **2nd FS**

Debz Hay - 5hrs 46mins 22secs - **2nd FV50** - **course pb**

Saturday 4th May 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 25mins 38secs

Saturday 4th May 2019

Loch Leven Parkrun 5k

Innes Knight - 22mins 34secs - **1st MV45**

Saturday 4th May 2019

Lochore Meadows Parkrun 5k

Bill Simpson - 23mins 47secs - **1st MV65**

Saturday 4th May 2019

St Andrews Parkrun 5k

Eric Anderson - 20mins 12secs

Mike Reilly - 20mins 36secs

Jacqui McDonald - 38mins 26secs

Saturday 4th May 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 47secs - ***1st Overall*** - **1st MS30**

Wednesday 1st May 2019

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

Thomas Knox - 27mins 16secs - **3rd MS** - **course pb**

Mike Reilly - 28mins 52secs - **course pb**
Eck Anderson - 29mins 45secs - **course pb**
CJ McPhail - 30mins 21secs - ***3rd Female Overall*** - **3rd FS** - **course pb**
Eric Anderson - 31mins 51secs
George Findlay - 33mins 4secs - **1st MV60**
Yvonne Dehn - 34mins 19secs
Jaz Hay - 34mins 59secs - **course pb**
Lynne Herd - 35mins 8secs - **course pb**
Bill Simpson - 35mins 20secs
Pamela Cruickshanks - 35mins 55secs
Chloe Herd - 39mins 49secs - **1st FU20**
Debz Hay - 39mins 49secs
Jackie Galloway - 43mins 34secs
Tracy Chalmers - 43mins 41secs
Hannah Allum - 45mins 4secs

Sunday 28th April 2019

London Marathon

Neil Smith - 2hrs 42mins 34secs
Jas Baillie - 3hrs 31mins 52secs
Gary Ovenstone - 3hrs 43mins 3secs
Hazel Ednie - 3hrs 52mins 47secs

Sunday 28th April 2019

Stirling Marathon

Eric Anderson - 3hrs 15mins 45secs - **distance pb**

Sunday 28th April 2019

Stirling Half Marathon

Lucy Wilson - 2hrs 11mins 30secs

Hannah Allum - 2hrs 29mins 54secs

Sunday 28th April 2019

Balmoral 15mile Trail Race

Angela Small - 2hrs 46mins 40secs

Jacqui McDonald - 2hrs 57mins 47secs

Sunday 28th April 2019

Balmoral Duathlon

Eck Anderson - 1hr 36mins 12secs

6k Run - 28mins 41secs 16k Cycle - 42mins 42secs 5k Run - 23mins 16secs

Debz Hay - 1hr 53mins 16secs - **2nd FV50**

6k Run - 34mins 29secs 16k Cycle - 48mins 49secs 5k Run - 27mins 53secs

Yvonne Dehn - 2hrs 8mins 7secs

6k Run - 34mins 2secs 16k Cycle - 1hr 4mins 59secs 5k Run - 27mins 29secs

Jacqui McDonald - 2hrs 12mins 29secs

6k Run - 40mins 25secs 16k Cycle - 55mins 5secs 5k Run - 33mins 27secs

George Hay - 2hrs 23mins 9secs

6k Run - 45mins 00secs 16k Cycle - 54mins 24secs 5k Run - 41mins 41secs

Saturday 27th April 2019

Normans Law Hill Race, 8km/215m

Eck Anderson - 37mins 15secs

Jonny Knox - 39mins 51secs

Rosie Knox - 43mins 43secs

Yvonne Dehn - 44mins 3secs - **course pb**

Lizzie Knox - 45mins 13secs - **course pb**

Saturday 27th April 2019

Hidden Glen 10k, Balquidder

CJ McPhail - 44mins 4secs - ***1st Female Overall* - 1st FS**

Saturday 27th April 2019

Balmoral 10k

Jacqui McDonald - 1hr 2mins 46secs

Saturday 27th April 2019

Balmoral 5k

Jacqui McDonald - 27mins 47secs

Saturday 27th April 2019

St Andrews Parkrun 5k

Mike Reilly - 21mins 31secs - **2nd MV40**

Innes Knight - 21mins 40secs - **1st MV45**

Joe Swankie - 22mins 25secs - **2nd MS20 - course pb**

Bill Simpson - 22mins 35secs - **1st MV65**

Fiona Cruickshanks - 23mins 5secs - **2nd FS20**

Chloe Herd - 26mins 31secs

Saturday 27th April 2019

Sunbury Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 1secs - ***2nd Overall*** - **1st MS30**

Friday 26th April 2019

Ravenscraig 2 Mile, Kirkcaldy

Oscar Burgess - 16mins 22secs - **distance pb**

Tracy Chalmers - 18mins 39secs - **distance pb**

Jackie Galloway - 18mins 39secs - **distance pb**

Sunday 21st April 2019

Nutcracker Easter Trail Race, Markinch, 4miles

Ross Young - 30mins 59secs - **2nd MS**

George Findlay - 35mins 46secs - **1st MV60**

Lynne Herd - 37mins 5secs

Chloe Herd - 42mins 27secs

Jacqui McDonald - 44mins 12secs

Tracy Chalmers - 45mins 40secs

Saturday 20th April 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 22mins 40secs

Robyn McDonald - 26mins 15secs - **3rd FS20**

Jacqui McDonald - 27mins 54secs

Saturday 20th April 2019

Loch Leven Parkrun 5k

Bill Simpson - 23mins 40secs - **1st MV65** - **course pb**

Saturday 20th April 2019

Lochore Meadows Parkrun 5k

Eric Anderson - 21mins 26secs - **2nd MV45**

Saturday 20th April 2019

Darebin Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 17secs - ***3rd Overall*** - **1st MS30**

Monday 15th April 2019

Boston Marathon

Ewan Davidson - 4hrs 5mins 18secs

Sunday 14th April 2019

Livingston Half Marathon

Eric Anderson - 1hr 29mins 10secs - **distance pb**

Sunday 14th April 2019

East Fife Triathlon

750m Swim / 24k Cycle / 4.9k Run

Ross Young - 1hr 44mins 33secs

Swim - 15mins 59secs Cycle - 1hr 1mins 27secs Run - 22mins 25secs

Jacqui McDonald - 1hr 47mins 42secs

Swim - 16mins 58secs Cycle - 57mins 16secs Run - 28mins 42secs

Sunday 14th April 2019

Angus Ham Half Marathon, Monikie

Mike Reilly - 1hr 28mins 10secs - **distance pb**

Sunday 14th April 2019

Brighton 10k

Lynne Herd - 47mins 7secs - **distance pb**

Sunday 14th April 2019

Round The Houses 10k, Grangemouth

Davie Burgess - 40mins 58secs

Saturday 13th April 2019

Kirkcaldy Parkrun 5k

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

Saturday 13th April 2019

Loch Leven Parkrun 5k

Bill Simpson - 24mins 6secs - **1st MV65**

Saturday 13th April 2019

Shepton Mallet Parkrun 5k, Near Glastonbury

Neil Smith - 16mins 53secs - ***2nd Overall*** - **1st MV45**

Saturday 13th April 2019

St Andrews Parkrun 5k

Eck Anderson - 19mins 37secs - **3rd MV40**

Eric Anderson - 21mins 40secs

Mike Reilly - 21mins 43secs

Jaz Hay - 23mins 30secs - **1st FS25**

Robyn McDonald - 24mins 14secs - **1st FS20** - **course pb**

Fiona Cruickshanks - 24mins 17secs - **2nd FS20**

Chloe Herd - 24mins 59secs - **3rd FS20** - **course pb**

Joe Swankie - 25mins 21secs - **2nd MS20**

Yvonne Dehn - 25mins 42secs - **2nd FS25**

Ross Young - 25mins 44secs

Dave Nuttall - 26mins 48secs

Jacqui McDonald - 32mins 27secs

Saturday 13th April 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 39secs - ***1st Overall*** - **1st MS30**

Wednesday 10th April 2019

Kingsbarns Race, 4miles

Haddies Championship Series Race 4

Colin McKie - 25mins 2secs
Mike Reilly - 26mins 5secs
Adrian Wood - 26mins 57secs
Ross Young - 27mins 10secs
Eck Anderson - 27mins 25secs
Davie Brisland - 27mins 55secs
Gary Ovenstone - 28mins 9secs
Yvonne Dehn - 31mins 14secs
Alice Hall - 34mins 5secs
Allan Gibson - 34mins 42secs
Dave Nuttall - 34mins 56secs
Chloe Herd - 35mins 1secs
Jacqui McDonald - 37mins 13secs
Hannah Allum - 37mins 27secs
Lucy Wilson - 40mins 22secs
Carol Irvine - 40mins 24secs

Wednesday 10th April 2019

St Andrews 5k, FAC Midweek Series - Race 1

Bill Simpson - 23mins 39secs
Robyn McDonald - 24mins 42secs
Fiona Cruickshanks - 24mins 43secs

Sunday 7th April 2019

Manchester Marathon

Jaz Hay - 3hrs 45mins 18secs - **distance pb**

Fiona Cruickshanks - 4hrs 00mins 18secs

Robyn McDonald - 4hrs 9mins 58secs - **distance pb**

Karli Hay - 4hrs 31mins 1secs

Sunday 7th April 2019

Tay Ten

Lynne Herd - 1hr 19mins 25secs - **distance pb**

Angela Small - 1hr 30mins 4secs - **distance pb**

George Hay - 1hr 50mins 58secs

Saturday 6th April 2019

Camperdown Parkrun 5k

Innes Knight - 22mins 30secs - **1st MV45**

Saturday 6th April 2019

Kirkcaldy Parkrun 5k

Eric Anderson - 20mins 48secs

Bill Simpson - 23mins 33secs - **1st MV65**

Saturday 6th April 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 21mins 25secs - ***3rd Overall* - 1st MS30**

Sunday 31st March 2019

Alloa Half Marathon

Eric Anderson - 1hr 29mins 35secs

Ewan Davidson - 1hr 43mins 12secs

Susan Lindsay - 1hr 57mins 21secs

Lynne Herd - 1hr 57mins 51secs - **course pb**

Chloe Herd - 1hr 57mins 51secs

Hannah Allum - 2hrs 30mins 43secs

Sunday 31st March 2019

Tom Scott 10mile

Jas Baillie - 1hr 9mins 35secs - **distance pb**

Saturday 30th March 2019

Aviemore Parkrun 5k

Debz Hay - 23mins 31secs - **1st FV50**

Saturday 30th March 2019

Edinburgh Parkrun 5k

Eric Anderson - 28mins 00secs

Saturday 30th March 2019

Kirkcaldy Parkrun 5k

Jackie Galloway - 29mins 17secs

Tracy Chalmers - 29mins 18secs

Saturday 30th March 2019

Lochore Meadows Parkrun 5k

Innes Knight - 22mins 13secs

Saturday 30th March 2019

St Andrews Parkrun 5k

Mike Reilly - 20mins 57secs - **3rd MV40**

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

Allan Gibson - 24mins 47secs - **3rd MV65**

Robyn McDonald - 25mins 52secs - **3rd FS20**

Fiona Cruickshanks - 25mins 52secs

Catriona Duncan - 25mins 53secs - **1st FV65**

Jacqui McDonald - 36mins 34secs

Saturday 30th March 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 22mins 1secs - **2nd MS30**

Sunday 24th March 2019

Loch Katrine Half Marathon,

Angela Small - 2hrs 9mins 18secs

Sunday 24th March 2019

Gartmorn 6, Alloa

Davie Burgess - 40mins 18secs

Saturday 23rd March 2019

Kirkcaldy Parkrun 5k

Yvonne Dehn - 24mins 6secs - **1st FS25**

Saturday 23rd March 2019

St Andrews Parkrun 5k

Innes Knight - 21mins 43secs - **3rd MV45**

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

Robyn McDonald - 24mins 27secs - **1st FS20** - **course pb**

Chloe Herd - 25mins 21secs - **2nd FS20**

Lynne Herd - 25mins 22secs

Jaz Hay - 26mins 23secs - **2nd FS25**

Karli Hay - 26mins 25secs - **3rd FS25**

Debz Hay - 26mins 36secs - **1st FV50**

Jacqui McDonald - 27mins 22secs

Saturday 23rd March 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 10secs - ***2nd Overall*** - **1st MS30**

Wednesday 20th March 2019

Mars Bar Race (3), 4miles

Haddies Championship Series Race 3

Colin McKie - 25mins 32secs

Davie Burgess - 25mins 32secs

Mike Reilly - 25mins 48secs

Adrian Wood - 26mins 10secs - **course pb**

Davie Brisland - 26mins 46secs
Ross Young - 26mins 47secs - **course pb**
Gary Ovenstone - 27mins 20secs - **course pb**
Eric Anderson - 27mins 29secs
Jaz Hay - 27mins 50secs - **course pb**
Yvonne Dehn - 29mins 11secs
George Findlay - 29mins 18secs
Robyn McDonald - 30mins 11secs - **course pb**
Lynne Herd - 30mins 11secs
Eck Anderson - 30mins 14secs
Karli Hay - 31mins 52secs - **course pb**
Chloe Herd - 34mins 17secs - **course pb**
Catriona Duncan - 35mins 35secs
Dave Nuttall - 35mins 59secs
Jacqui McDonald - 36mins 30secs
Hannah Allum - 37mins 00secs
Lucy Wilson - 38mins 34secs

Sunday 17th March 2019

Northumberland Half Marathon

Jas Baillie - 1hr 37mins 30secs - **3rd MV55**

Sunday 17th March 2019

Skull Trail Race, Markinch, 5miles

George Findlay - 42mins 7secs - **2nd MV60**

Lynne Herd - 43mins 36secs - **2nd FV40**

Chloe Herd - 51mins 24secs

Jacqui McDonald - 52mins 37secs

Saturday 16th March 2019

Highbury Fields Parkrun 5k, London

Eric Anderson - 20mins 20secs

Saturday 16th March 2019

Kirkcaldy Parkrun 5k

Oscar Burgess - 31mins 46secs - **2nd JM10**

Tracy Chalmers - 31mins 47secs

Saturday 16th March 2019

St Andrews Parkrun 5k

Jacqui McDonald - 38mins 26secs

Saturday 16th March 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 18mins 58secs - ***1st Overall*** - **1st MS30**

Sunday 10th March 2019

Inverness Half Marathon

Eric Anderson - 1hr 29mins 24secs - **distance pb**

Saturday 9th March 2019

Hazeldean Parkrun 5k, Aberdeen

Jacqui McDonald - 29mins 5secs

Saturday 9th March 2019

Kirkcaldy Parkrun 5k

Tracy Chalmers - 27mins 58secs - **2nd FV40**

Saturday 9th March 2019

Lochore Meadows Parkrun 5k

Bill Simpson - 24mins 53secs - **2nd MV65**

Saturday 9th March 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 18mins 40secs - ***1st Overall*** - **1st MS30** - **course pb**

Sunday 3rd March 2019

Smokies 10miles

Jaz Hay - 1hr 17mins 29secs - **distance pb**

Debz Hay - 1hr 20mins 51secs

Lynne Herd - 1hr 21mins 47secs - **distance pb**

Fiona Cruickshanks - 1hr 21mins 50secs - **2nd FS20**

Pamela Cruickshanks - 1hr 22mins 8secs

Yvonne Dehn - 1hr 25mins 48secs

Karli Hay - 1hr 27mins 37secs

Susan Penman - 1hr 28mins 39secs

Karen Cunningham - 1hr 39mins 33secs

Hannah Allum - 1hr 47mins 49secs - **distance pb**

Saturday 2nd March 2019

Loch Leven Parkrun 5k

Bill Simpson - 24mins 5secs - **2nd MV65**

Saturday 2nd March 2019

St Andrews Parkrun 5k

Ross Young - 19mins 53secs - **1st MS25** - **course pb**

Mike Reilly - 21mins 30secs - **2nd MV40**

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

Catriona Duncan - 26mins 25secs - **2nd FV65**

Jacqui McDonald - 28mins 49secs - **1st FV45**

Saturday 2nd March 2019

Lalor Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 1secs - ***2nd Overall*** - **1st MS30**

Sunday 24th February 2019

Glentress Trail Marathon

Sharon Brown - 5hrs 18mins 27secs - **course pb**

Sunday 24th February 2019

Skull Trail Race, Markinch, 4miles

George Findlay - 35mins 48secs - **2nd MV60**

Lynne Herd - 36mins 50secs - **2nd FV40**

Ewan Cameron - 39mins 12secs

Chloe Herd - 43mins 5secs - **1st FJ**

Jacqui McDonald - 45mins 59secs

Hannah Allum - 47mins 34secs

Saturday 23rd February 2019

Scottish National Cross Country Championships, Falkirk, 10k

Eric Anderson - 50mins 12secs

Pamela Cruickshanks - 57mins 00secs

Saturday 23rd February 2019

Camperdown Parkrun 5k

Ewan Cameron - 30mins 33secs

Saturday 23rd February 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 3secs - **1st MV55**

Oscar Burgess - 29mins 30secs

Tracy Chalmers - 29mins 32secs

Saturday 23rd February 2019

St Andrews Parkrun 5k

Bill Simpson - 19mins 39secs - **1st MV65**

Debz Hay - 24mins 41secs

Karli Hay - 25mins 21secs - **2nd FS25**

Jacqui McDonald - 35mins 4secs

Saturday 23rd February 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 2secs - ***2nd Overall*** - **1st MS30**

Wednesday 20th February 2019

Mars Bar Race (2), 4miles

Haddies Championship Series Race 2

Thomas Knox - 25mins 34secs

Mike Reilly - 25mins 36secs

Adrian Wood - 26mins 11secs - **course pb**

Eck Anderson - 26mins 19secs

Colin McKie - 26mins 33secs

Eric Anderson - 26mins 49secs

Ross Young - 27mins 4secs - **course pb**

Gary Ovenstone - 28mins 00secs - **course pb**

Jaz Hay - 28mins 4secs - **course pb**

Jas Baillie - 28mins 29secs

Davie Brisland - 29mins 1secs

Yvonne Dehn - 29mins 10secs

George Findlay - 29mins 39secs

Lynne Herd - 30mins 5secs - **course pb**

Debz Hay - 31mins 10secs

Robyn McDonald - 31mins 16secs

Joe Swankie - 31mins 51secs

Bill Simpson - 31mins 51secs

Karli Hay - 32mins 28secs - **course pb**

Tracy Knox - 32mins 43secs

Allan Gibson - 34mins 50secs

Sharon Brown - 35mins 37secs

Karen Shepherd - 35mins 39secs
Chloe Herd - 36mins 2secs
Dave Nuttall - 36mins 8secs
Catriona Duncan - 36mins 17secs
Lucy Wilson - 36mins 38secs
Hannah Allum - 37mins 25secs
Kylie Kirkcaldy - 42mins 52secs
Jacqui McDonald - 42mins 52secs

Sunday 17th February 2019

Devilla 15k Trail Race, Tulliallan

Mike Reilly - 1hr 6mins 1secs - **course pb**
Eric Anderson - 1hr 10mins 28secs
Debz Hay - 1hr 18mins 10secs - **course pb**
Lynne Herd - 1hr 19mins 23secs - **course pb**
Ewan Cameron - 1hr 24mins 5secs
Karli Hay - 1hr 27mins 26secs
Hannah Allum - 1hr 42mins 25secs

Saturday 16th February 2019

Camperdown Parkrun 5k

Robyn McDonald - 34mins 2secs

Saturday 16th February 2019

Kirkcaldy Parkrun 5k

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

Saturday 16th February 2019

Loch Leven Parkrun 5k

Bill Simpson - 24mins 16secs - **1st MV65**

Saturday 16th February 2019

St Andrews Parkrun 5k

Eric Anderson - 19mins 39secs ***2nd Overall*** - **2nd MV40**

Eck Anderson - 19mins 43secs - **3rd MV40**

Mike Reilly - 21mins 15secs

Yvonne Dehn - 22mins 38secs - **2nd FS25**

Catriona Duncan - 26mins 58secs - **2nd FV65**

Jacqui McDonald - 39mins 55secs

Saturday 16th February 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 38secs - ***3rd Overall*** - **1st MS30**

Sunday 10th February 2019

Strathearn Trail 10k

Angela Small - 1hr 21mins 7secs

Sunday 10th February 2019

Monikie Duathlon, Angus

Run 4k, Cycle 21.5k, Run 4k

Jacqui McDonald - 1hr 49mins 1sec

Run - 26mins 44secs Cycle - 51mins 28secs Run - 28mins 35secs

Saturday 9th February 2019

Carnethy 5 Hill Race 6miles/2500ft

Eck Anderson - 1hr 10mins 58secs

CJ MacPhail - 1hr 13mins 29secs - **course pb**

Sharon Brown - 1hr 30mins 9secs - **course pb**

Yvonne Dehn - 1hr 35mins 25secs

Saturday 9th February 2019

Kirkcaldy Parkrun 5k

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

Saturday 9th February 2019

St Andrews Parkrun 5k

Jaz Hay - 23mins 23secs - ***3rd Female Overall*** - **1st FS25**

Bill Simpson - 23mins 40secs - **1st MV65**

Catriona Duncan - 27mins 4secs - **1st FV65**

Robyn McDonald - 27mins 10secs

Jacqui McDonald - 30mins 59secs - **2nd FV45**

Saturday 9th February 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 34secs - ***1st Overall*** - **1st MS30**

Sunday 3rd February 2019

Forfar Multi Terrain Half Marathon

Mike Reilly - 1hr 35mins 23secs - **course pb**

Eck Anderson - 1hr 37mins 46secs - **course pb**
Jaz Hay - 1hr 45mins 48secs - **course pb**
Sharon Brown - 1hr 51mins 37secs - **distance pb**
Debz Hay - 1hr 53mins 7secs
Pamela Cruickshanks - 1hr 54mins 55secs
Robyn McDonald - 1hr 59mins 8secs
Karli Hay - 2hrs 7mins 18secs
Allan Galloway - 2hrs 10mins 40secs
Karen Shepherd - 2hrs 22mins 16secs
Jackie Galloway - 2hrs 34mins 10secs
Tracy Chalmers - 2hrs 34mins 15secs
George Hay - 2hrs 45mins 26secs

Saturday 2nd February 2019

St Andrews Parkrun 5k

Jas Baillie - 21mins 33secs - **1st MV55**

Saturday 2nd February 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 13secs - ***2nd Overall*** - **1st MS30**

Saturday 26th January 2019

Devil's Burden Hill Relay Race

Anster Haddies Men's Team 1 - 3hrs 40mins 11secs - 34th

Leg 1 - Giles Harris - 31mins 33secs

Leg 2 - Jonny Knox, Eck Anderson - 1hr 20mins 7secs

Leg 3 - George Findlay, Ian Mills - 1hr 13mins 19secs

Leg 4 - Mark Harris - 35mins 12secs

Anster Haddies Men's Team 3 - 4hrs 9mins 42secs - 84th

Leg 1 - Eric Anderson - 32mins 36secs

Leg 2 - Mike Reilly, Stuart McKenzie - 1hr 34mins 36secs

Leg 3 - Colin McKie, Alan McKie - 1hr 38mins 31secs

Leg 4 - Charlie McKie - 43mins 21secs

Anster Haddies Ladies Team A - 4hrs 11mins 39secs - 87th

Leg 1 - Natalie McKay - 42mins 37secs

Leg 2 - Lizzie Knox, Rosie Knox - 1hr 40mins 9secs

Leg 3 - Fiona Cruickshanks, Jaz Hay - 1hr 9mins 28secs

Leg 4 - Yvonne Dehn - 39mins 25secs

Anster Haddies Ladies Team B - 4hrs 26mins 29secs - 121st

Leg 1 - Lynne Herd - 36mins 12secs

Leg 2 - Pamela Cruickshanks, Alice Hall - 1hr 48mins 50secs

Leg 3 - Debz Hay, Sharon Brown - 1hr 18mins 10secs

Leg 4 - Tracy Knox - 43mins 17secs

Anster Haddies Ladies Team C - 5hrs 19mins 10secs - 158th

Leg 1 - Lucy Wilson - 41mins 36secs

Leg 2 - Robyn McDonald, Karli Hay - 1hr 52mins 52secs

Leg 3 - Jackie Galloway, Christine Bowie - 1hr 39mins 58secs

Leg 4 - Hannah Allum - 1hr 4mins 52secs

Anster Haddies Men's Team 2 - 5hrs 24mins 30secs - 159th

Leg 1 - Nick Fry - 39mins 21secs

Leg 2 - Jim Hogsflesh, George Hay - 2hrs 25mins 5secs

Leg 3 - Allan Galloway, Craig Watson - 1hr 41mins 14secs

Leg 4 - Allan Gibson - 44mins 30secs

Saturday 26th January 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 47secs - **1st MV55**

Saturday 26th January 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 58secs - ***2nd Overall*** - **1st MS30**

Sunday 20th January 2019

Skull Trail Race, Markinch, 4miles

George Findlay - 36mins 53secs - **3rd MV60**

Ewan Cameron - 39mins 48secs - **3rd MV55**

Bill Simpson - 40mins 29secs - **2nd MV65**

Lynne Herd - 40mins 50secs - **2nd FV40**

Jacqui McDonald - 48mins 20secs

Hannah Allum - 51mins 28secs

Saturday 19th January 2019

East District Cross Country League Race 3, Livingston

Senior Women - 6k

Pamela Cruickshanks - 29mins 32secs

Saturday 19th January 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 21mins 22secs - **2nd MV55**

Saturday 19th January 2019

Montrose Parkrun 5k

Eric Anderson - 21mins 33secs - **2nd MV40**

Saturday 19th January 2019

St Andrews Parkrun 5k

Mike Reilly - 21mins 2secs - **1st MV40**

Bill Simpson - 23mins 39secs - **1st MV65**

Catriona Duncan - 26mins 41secs - **1st FV65**

Jacqui McDonald - 37mins 41secs

Saturday 19th January 2019

Hasenheide Parkrun 5k, Berlin

Jaz Hay - 22mins 39secs - ***2nd Female Overall*** - **1st FS25**

Fiona Cruickshanks - 22mins 45secs - **1st FS20**

Karli Hay - 25mins 52secs - **3rd FS25**

Robyn McDonald - 25mins 53secs - **2nd FS20**

Saturday 19th January 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 28secs - ***3rd Overall*** - **1st MS30**

Wednesday 16th January 2019

Mars Bar Race (1), 4miles

Haddies Championship Series Race 1

Colin McKie - 24mins 36secs

Mike Reilly - 25mins 27secs

Eck Anderson - 26mins 14secs

Adrian Wood - 26mins 40secs

Jaz Hay - 28mins 13secs - **course pb**

Eric Anderson - 28mins 20secs

Pamela Cruickshanks - 29mins 16secs

Gary Ovenstone - 29mins 26secs

George Findlay - 29mins 33secs

Davie Brisland - 29mins 56secs

Yvonne Dehn - 30mins 00secs

Jas Baillie - 30mins 10secs

Lynne Herd - 31mins 25secs

Sharon Brown - 31mins 30secs - **course pb**

Robyn McDonald - 33mins 27secs

Lucy Nuttall - 33mins 56secs

Dave Nuttall - 36mins 43secs

Lucy Wilson - 38mins 12secs

Catriona Duncan - 39mins 37secs

Hannah Allum - 40mins 34secs

Sunday 13th January 2019

Monikie Duathlon, Angus

Run 4k, Cycle 21.5k, Run 4k

Jacqui McDonald - 1hr 47mins 23secs

Run - 25mins 21secs Cycle - 51mins 25secs - **cpb** Run - 27mins 34secs

Saturday 12th January 2019

Elgin Parkrun 5k

Natalie McKay - 26mins 28secs

Saturday 12th January 2019

Kirkcaldy Parkrun 5k

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

Saturday 12th January 2019

Portobello Parkrun 5k

Ailsa Cruickshanks - 20mins 36secs - **3rd FS20** - **course pb**

Pamela Cruickshanks - 22mins 30secs - **1st FV50** - **course pb**

Saturday 12th January 2019

St Andrews Parkrun 5k

Bill Simpson - 24mins 23secs - **3rd MV65**

Angela Small - 27mins 10secs - **1st FV45**

Jacqui McDonald - 35mins 37secs

Mike Reilly - 35mins 44secs

Saturday 12th January 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 21mins 18secs - **1st MS30**

Saturday 5th January 2019

Kirkcaldy Parkrun 5k

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

Saturday 5th January 2019

St Andrews Parkrun 5k

Ailsa Cruickshanks - 20mins 18secs - ***2nd Female Overall*** - **1st FS20**

Mike Reilly - 21mins 10secs

Pamela Cruickshanks - 22mins 3secs - **2nd FV50**

Eric Anderson - 23mins 30secs

Catriona Duncan - 27mins 14secs - **1st FV65**

Saturday 5th January 2019

Highlands Parkrun 5k, Near Melbourne

Duncan Hall - 20mins 59secs - ***3rd Overall*** - **1st MS30**

Tuesday 1st January 2019

New Years Day Triathlon, Edinburgh

400m Swim / 16.5k Cycle / 5.6k Run

Eck Anderson - 1hr 14mins 34secs - **course pb**

Swim - 8mins 25secs - **cpb** Cycle - 37mins 11secs - **cpb** Run - 26mins 13secs - **cpb**

Yvonne Dehn - 1hr 28mins 41secs

Swim - 9mins 27secs Cycle - 45mins 51secs Run - 31mins 2secs

Tuesday 1st January 2019

Camperdown Parkrun 5k

Robyn McDonald - 25mins 43secs - **3rd FS20**

Jacqui McDonald - 31mins 38secs

Tuesday 1st January 2019

Kirkcaldy Parkrun 5k

Jas Baillie - 20mins 57secs - **2nd MV55**

Natalie McKay - 26mins 28secs

Carole Fraser - 29mins 58secs - **course pb**

Tuesday 1st January 2019

Loch Leven Parkrun 5k

Jas Baillie - 22mins 52secs - **2nd MV55**

Natalie McKay - 27mins 51secs - **3rd FS25**

Tuesday 1st January 2019

Perth Parkrun 5k

Robyn McDonald - 23mins 22secs - **3rd FS20 - course pb**

Jacqui McDonald - 28mins 46secs

Tuesday 1st January 2019

Coburg Parkrun 5k, Near Melbourne

Duncan Hall - 19mins 15secs - **1st MS30 - course pb**

Tuesday 1st January 2019

Maribyrnong Parkrun 5k, Melbourne

Duncan Hall - 18mins 58secs - **3rd MS30**

