ANSTER HADDIES RACE RESULTS 2023

Sunday 29th October 2023
Dublin Marathon
Eric Anderson - 3hrs 29mins 3secs

Sunday 29th October 2023
Hydrox Dublin, Indoor Fitness Competition, Ireland
Phoebe Somerville - 1hr 19mins 5secs - **2nd FU24**

Saturday 28th October 2023
Path of Condie Half Marathon, Milnathort
Davie Burgess - 1hr 44mins 33secs

Saturday 28th October 2023
Kirkcaldy Parkrun 5k
Bill Simpson - 27mins 27secs - **2nd MV70**

Saturday 28th October 2023
Poolbeg Parkrun 5k, Dublin
Jamie Anderson - 18mins 17secs - ***3rd Overall*** - **1st MS18**

Eric Anderson - 24mins 44secs - **3rd MV45**

Saturday 28th October 2023
St Andrews Parkrun 5k
Orla Gage - 23mins 19secs - **1st FJ11**
Will Gage - 23mins 48secs - **2nd MV50**
Euan Kay - 25mins 56secs - **1st MV40**
Catriona Duncan - 28mins 54secs - **1st FV70**
Jacqui McDonald - 34mins 35secs

Wednesday 25th October 2023
Mars Bar (4), 4miles
Ross Young - 24mins 11secs - **course pb**
Tom Rainey - 24mins 56secs - **course pb**
Luca Anderson - 25mins 4secs - **course pb**
Lynne Herd - 28mins 3secs
Hailey Marshall - 28mins 15secs
Logan Reilly - 28mins 43secs
Mike Reilly - 28mins 53secs
Phoebe Somerville - 29mins 24secs
Eric Anderson - 30mins 00secs
Will Gage - 30mins 44secs
Orla Gage - 31mins 40secs
Catriona Duncan - 38mins 53secs

Sunday 22nd October 2023
Women's 10k Edinburgh
Jacqui McDonald - 1hr 12mins 52mins

Saturday 21st October 2023
Kirkcaldy Parkrun 5k
Hailey Marshall - 21mins 14secs -**2nd Female Overall**-1st FV35 - course pb

Sunday 15th October 2023
Yorkshire Marathon
Mike Reilly - 3hrs 12mins 48mins

Sunday 15th October 2023
Hartley Cup 1mile each x 2, Alva
Haddie Flying Fish - 1hr 2mins 6secs -*3rd Team Overall*-*2nd Mixed Team*
Jamie Anderson - 5mins 31secs,5mins 38secs
Hailey Marshall - 6mins 45secs, 6mins 43secs
Luca Anderson - 5mins 50secs, 5mins 52secs
Lynne Herd - 6mins 47secs, 6mins 51secs
Oscar Burgess - 5mins 59secs, 6mins 10secs

Haddie Hurricanes - 1hr 8mins 12secs
Tom Rainey - 5mins 57secs, 6mins 2secs
Orla Gage - 7mins 6secs, 7mins 10secs
Davie Burgess - 6mins 26secs, 6mins 19secs
Pamela Cruickshanks - 7mins 47secs, 7mins 49secs
Will Gage - 6mins 46secs, 6mins 50secs

Saturday 14th October 2023
East District Cross Country League, Race 1, Beveridge Park
Senior Women, 5.2k
Pamela Cruickshanks - 29mins 22secs
Debz Hay - 31mins 24secs

Saturday 14th October 2023
Aviemore Parkrun 5k
Hailey Marshall - 20mins 50secs -**3rd Overall**-**1st Female Overall**-1st FV35-course pb

Saturday 14th October 2023
St Andrews Parkrun 5k
Luca Anderson - 18mins 48secs - 1st MJ11
Logan Reilly - 20mins 42secs - 2nd MJ11
Eric Anderson - 20mins 52secs - 1st MV45
Bill Simpson - 25mins 47secs - 1st MV70
Carol Irvine - 32mins 4secs
Jacqui McDonald - 34mins 58secs

Saturday 14th October 2023
University of Stirling Parkrun 5k
Lynne Herd - 25mins 4secs - 1st FV45

Sunday 8th October 2023
Chicago Marathon
Eric Anderson - 3hrs 22mins 41secs

Sunday 8th October 2023
Sophia Half Marathon, Bulgaria
Yvonne Dehn - 1hr 39mins 55secs - **distance pb**

Saturday 7th October 2023
Aviemore Half Marathon
Lynne Herd - 1hr 43mins 35secs

Saturday 7th October 2023
Glen Clova Extreme Duathlon
Cycle 21k, Run 5k
Eck Anderson - 1hr 17mins 37secs - **2nd MV40**
Cycle - 38mins 11secs Run - 37mins 22secs

Ross Young - 1hr 18mins 18secs
Cycle - 39mins 56secs Run - 35mins 34secs

Mike Reilly - 1hr 37mins 46secs
Cycle - 53mins 00secs Run - 40mins 50secs

Saturday 7th October 2023
Hydrox Milan, Indoor Fitness Competition, Italy
Phoebe Somerville - 1hr 14mins 21secs - **2nd FU24**

Saturday 7th October 2023
Abbott Chicago 5k
Luca Anderson - 17mins 55secs - **2nd MJ** - **distance pb**

Robbie Anderson - 22mins 38secs
Eric Anderson - 25mins 39secs

Saturday 7th October 2023
Falkirk Parkrun 5k
Jacqui McDonald - 37mins 50secs

Saturday 7th October 2023
St Andrews Parkrun 5k
Jamie Anderson - 18mins 29secs - **2nd MS18**
Will Gage - 22mins 42secs - **3rd MV50**

Sunday 1st October 2023
Loch Ness Marathon
Jackie Galloway - 5hrs 5mins 57secs
Allan Galloway - 6hrs 57mins 43secs

Saturday 30th September 2023
EcoTrail Wicklow Race, Ireland, 19k/760m
Debz Hay - 2hrs 31mins 54secs - **2nd FV50**

Saturday 30th September 2023
Bob Stark Memorial Run, Foodieash Fields, Cupar, 4.1miles
Allan Gibson - 24mins 5secs
Ewan Cameron - 24mins 59secs

Saturday 30th September 2023
Faskally Forest Parkrun 5k
Bill Simpson - 29mins 58secs - **1st MV70**

Saturday 30th September 2023
The Pastures Parkrun 5k, Alnwick
Hailey Marshall - 21mins 46secs - ***3rd Overall*-*1st Female Overall*** - **1st FV35**

Saturday 30th September 2023
Ruchill Parkrun 5k, Glasgow
Jamie Anderson - 19mins 18secs - ***3rd Overall*** - **1st MS18**

Saturday 30th September 2023
St Andrews Parkrun 5k
Logan Reilly - 19mins 40secs - **1st MJ11**
Orla Gage - 22mins 33secs - **2nd FJ11** - **course pb**
Will Gage - 22mins 48secs

Sunday 24th September 2023
Craggy Island Triathlon, Isle of Kerrera, Oban
Swim 600m, Cycle 16k, Run 8.5k
Ross Young - 1hr 48mins 35secs
Swim - 10mins 21secs Cycle - 46mins 27secs Run - 45mins 29secs

Eck Anderson - 2hrs 16mins 31secs
Swim - 9mins 48secs Cycle - 40mins 53secs Run - 1hr 20mins 24secs

Sunday 24th September 2023
Scottish Half Marathon, Musselburgh
Will Gage - 1hr 42mins 18secs
Eric Anderson - 2hrs 18mins 22secs

Sunday 24th September 2023
Scottish 10k, Musselburgh
Susan Hutchison - 1hr 21mins 49secs

Saturday 23rd September 2023
The Two Breweries Hill Race, Edinburgh, 30k/1500m
Ross Young - 4hrs 5mins 15secs
Jonny Knox - 4hrs 20mins 59secs
Eck Anderson - 4hrs 37mins 55secs

Saturday 23rd September 2023
Gdansk Parkrun 5k, Poland
Carol Irvine - 30mins 25sec

Saturday 23rd September 2023
Loch Leven Parkrun 5k
Bill Simpson - 27mins 23secs - **1st MV70**

Saturday 23rd September 2023
St Andrews Parkrun 5k
Luca Anderson - 18mins 00secs - **2nd MJ11** - **course pb**
Hailey Marshall - 20mins 51secs
Mike Reilly - 22mins 32secs
Will Gage - 24mins 11secs
Orla Gage - 24mins 14secs
Eric Anderson - 26mins 52secs
Catriona Duncan - 29mins 51secs - **1st FV70**
Angela Small - 40mins 8secs

Saturday 23rd September 2023
Stonehaven Parkrun 5k
Jacqui McDonald - 52mins 43secs - **3rd FV45**

Saturday 23rd September 2023
University of Stirling Parkrun 5k
Lynne Herd - 31mins 51secs

Sunday 17th September 2023
East Neuk 10k
Phoebe Sommerville - 43mins 52secs - ***3rd Female Overall*** - **2nd FS**

Sunday 17th September 2023
Aviemore Durty Triathlon
Open Water Swim 500m, Mountain Bike 12k, Trail Run 5k
Debz Hay - 1hr 34mins 2secs - **2nd FSV**

Swim- 19mins 00secs Cycle - 47mins 5ecs Run - 22mins 22secs

Saturday 16th September 2023
Dunfermline Parkrun 5k

Lynne Herd - 21mins 38secs - *2nd Female Overall* - 1st FV45

Jacqui McDonald - 35mins 52secs

Saturday 16th September 2023
Kirkcaldy Parkrun 5k

Bill Simpson - 27mins 16secs - 1st MV70

Saturday 16th September 2023
St Andrews Parkrun 5k

Luca Anderson - 18mins 6secs - *2nd Overall* - 1st MJ11 - course pb

Eric Anderson - 21mins 30secs

Orla Gage - 23mins 23secs - 1st FJ11 - course pb

Allan Gibson - 26mins 6secs - 2nd MV70

Catriona Duncan - 28mins 6secs - 1st FV70

Sunday 10th September 2023
Great North Run Half Marathon, Newcastle

Mike Reilly - 1hr 37mins 6secs

Eric Anderson - 1hr 43mins 21secs

Sunday 10th September 2023
Half BraemarAthon, Aberdeenshire

Debz Hay - 1hr 58mins 43secs

Sunday 10th September 2023
Braemar 10k, Aberdeenshire

George Hay - 1hr 15mins 12secs

Saturday 9th September 2023
Falkirk Parkrun 5k

Lynne Herd - 22mins 7secs - ***3rd Female Overall*** - **2nd FV45** - **course pb**

Saturday 9th September 2023
St Andrews Parkrun 5k

Luca Anderson - 18mins 47secs - **2nd MJ11**

Orla Gage - 24mins 28secs - **2nd FJ11** - **course pb**

Sharon Brown - 25mins 15secs - **2nd FV35** - **course pb**

Eric Anderson - 25mins 42secs - **3rd MV45**

Bill Simpson - 27mins 5secs - **2nd MV70**

Catriona Duncan - 28mins 23secs - **1st FV70**

Jamie Anderson - 31mins 18secs

Jacqui McDonald - 35mins 35secs

Susan Hutchison - 40mins 25secs

Sunday 3rd September 2023
Tiree Ultra Marathon, 35miles
Hailey Marshall - 6hrs 46mins 1secs

Saturday 2nd September 2023
Morrone Hill Race, Braemar Gathering, 5.3k/390m
Jonny Knox - 36mins 9secs
Tracy Knox - 45mins 4secs
Debz Hay -
George Hay -

Saturday 2nd September 2023
Fascally Forest Parkrun 5k
Bill Simpson - 29mins 36secs - **1st MV70**

Saturday 2nd September 2023
Kirkcaldy Parkrun 5k
Ross Young - 19mins 5secs - ***2nd Overall*** - **1st MS25**
Sharon Brown - 24mins 28secs - **3rd FV35**

Saturday 2nd September 2023
St Andrews Parkrun 5k
Jamie Anderson - 18mins 31secs - **1st MS18**
Luca Anderson - 19mins 1secs - **1st MJ11**
Logan Reilly - 19mins 35secs - **2nd MJ11** - **course pb**
Eric Anderson - 22mins 37secs

Orla Gage - 24mins 41secs - **2nd FJ11** - **course pb**
Will Gage - 24mins 42secs
Catriona Duncan - 27mins 47secs - **1st FV70**
Jacqui McDonald - 1hr 4mins 12secs

Saturday 2nd September 2023
University of Stirling Parkrun 5k
Lynne Herd - 21mins 18secs - ***1st Female Overall*** - **1st FV45** - **course pb**

Sunday 27th August 2023
Kirkcaldy Parks Half Marathon
Ross Young - 1hr 19mins 57secs - **distance pb**
Eric Anderson - 1hr 41mins 33secs
Will Gage - 1hr 42mins 30secs
Lynne Herd - 1hrs 45mins 34secs - **course pb**
Phoebe Somerville - 1hrs 48mins 48secs
Jackie Galloway - 2hrs 11mins 37secs
Allan Galloway - 2hrs 47mins 3secs

Saturday 26th August 2023
Kirkcaldy Parks Trail Race, 5miles
Davie Burgess - 37mins 7secs
Tracy Chalmers - 51mins 40secs
Carol Irvine - 56mins 26secs

Saturday 26th August 2023
Aviemore Parkrun 5k
Jacqui McDonald - 34mins 19secs - **3rd FV50** - **course pb**

Saturday 26th August 2023
Loch Leven Parkrun 5k
Bill Simpson - 27mins 34secs - **3rd MV70**

Saturday 26th August 2023
St Andrews Parkrun 5k
Luca Anderson - 18mins 52secs - **1st MJ11**
Eric Anderson - 26mins 52secs
Catriona Duncan - 28mins 19secs - **1st FV70**
Jamie Anderson - 34mins 13secs - **1st MS18**
Susan Hutchison - 37mins 29secs

Friday 25th August 2023
Kirkcaldy Promenade 1mile
Jamie Anderson - 5mins 8secs
Luca Anderson - 5mins 11secs - **1st MJ**
Oscar Burgess - 5mins 11secs - **2nd MJ**
Davie Burgess - 6mins 1secs

Sunday 20th August 2023
Aberfeldy Half Ironman
Swim 1900m, Cycle 90k, Run 12.4miles
Eck Anderson & Lynne Herd - 5hrs 3mins 35secs
Eck Anderson - Swim - 36mins 22secs Cycle - 2hrs 49mins 11secs
Lynne Herd - Run - 1hr 33mins 42secs

Saturday 19th August 2023
Palacerigg Country Park Parkrun 5k, Cumbernauld
Jacqui McDonald - 37mins 40secs

Saturday 19th August 2023
St Andrews Parkrun 5k
Luca Anderson - 19mins 38secs - **1st MJ11**
Orla Gage - 24mins 44secs - **2nd FJ11** - **course pb**
Alice Hall - 1hr 2mins 4secs
Tom Rainey - 1hr 2mins 7secs

Thursday 17th August 2023
FAC Midweek Series (5 Races) Prize Winners
Men
Tom Rainey - **1st MV40**
Will Gage - **3rd MV50**
Allan Gibson - **1st MV70**

Women
Pamela Cruickshanks - **1st FV50**

Thursday 17th August 2023
Balmullo Trail Race, 9k
FAC Midweek Series - Race 5
Tom Rainey - 35mins 54secs
Will Gage - 39mins 15secs
Allan Gibson - 49mins 15secs - **2nd MV70**

Sunday 13th August 2023
Arbroath Half Marathon
Jamie Anderson - 1hr 28mins 50secs

Saturday 12th August 2023
Elgin Parkrun 5k
Pamela Cruickshanks - 24mins 6secs - **1st FV55**

Saturday 12th August 2023
Fascally Forest Parkrun 5k
Bill Simpson - 29mins 42secs - **2nd MV70**

Saturday 12th August 2023
Kirkcaldy Parkrun 5k
Susan Hutchison - 39mins 49secs

Saturday 12th August 2023
Plean Parkrun 5k
Lynne Herd - 22mins 51secs - *1st Female Overall* - 1st FV45
Jacqui McDonald - 37mins 44secs - course pb

Saturday 12th August 2023
St Andrews Parkrun 5k
Mike Reilly - 19mins 29secs
Logan Reilly - 21mins 34secs - 1st MJ11
Will Gage - 21mins 47secs - 3rd MV50
Jamie Anderson - 25mins 23secs - 1st MS18

Tuesday 8th August 2023
Ceres 8
Jamie Anderson - 50mins 45secs - 2nd MU20
Hailey Marshall - 56mins 30secs - *3rd Female Overall* - 1st FS
Davie Burgess - 58mins 31secs
Will Gage - 1hr 1mins 12secs
Pamela Cruickshanks - 1hr 7mins 28secs

Saturday 5th August 2023
Chipping Norton School Parkrun 5k, Oxfordshire
Mike Reilly - 19mins 48secs - *2nd Overall* - 1st MV45

Saturday 5th August 2023
Lochore Meadows Parkrun 5k

Tracy Chalmers - 30mins 6secs - **3rd FV45**

Jacqui McDonald - 36mins 1sec

Saturday 5th August 2023
St Andrews Parkrun 5k

Jamie Anderson - 17mins 51secs - ***3rd Overall*** - **1st MS18** - **course pb**

Lynne Herd - 20mins 29secs - ***2nd Female Overall*** - **1st FV45** - **course pb**

Orla Gage - 26mins 10secs - **2nd FJ11**

Will Gage - 28mins 50secs

Saturday 29th July 2023
Loch Leven Parkrun 5k

Susan Hutchison - 39mins 57secs - **3rd FV65**

Saturday 29th July 2023
St Andrews Parkrun 5k

Jamie Anderson - 17mins 58secs - **1st MJ15**

Luca Anderson - 18mins 47secs - **1st MJ11**

Logan Reilly - 20mins 42secs - **2nd MJ11**

Mike Reilly - 22mins 51secs - **3rd MV45**

Bill Simpson - 26mins 14secs - **2nd MV70**

Eric Anderson - 27mins 2secs

<u>Sunday 23rd July 2023</u>
<u>Scurry To The Sea, Edinburgh, 12miles</u>
Pamela Cruickshanks - 1hrs 51mins 39secs - **course pb**

<u>Saturday 22nd July 2023</u>
<u>Aviemore Parkrun 5k</u>
Catriona Duncan - 28mins 8secs - **1st FV70**

<u>Saturday 22nd July 2023</u>
<u>Dunfermline Parkrun 5k</u>
Jacqui McDonald - 36mins 36secs

<u>Saturday 22nd July 2023</u>
<u>Kirkcaldy Parkrun 5k</u>
Jas Baillie - 22mins 46secs - **2nd MV60**

<u>Saturday 22nd July 2023</u>
<u>St Andrews Parkrun 5k</u>
Ross Young - 18mins 24secs - **1st MS25**
Luca Anderson - 19mins 1secs - **1st MJ11**
Jamie Anderson - 19mins 2secs - **2nd MJ15**
Mike Reilly - 23mins 3secs
Orla Gage - 25mins 47secs - **1st FJ11**
Will Gage - 25mins 51secs

Sunday 16th July 2023
Run The Blades Half Marathon, Eaglesham, Near Glasgow
Lynne Herd - 1hr 45mins 40secs - **3rd FV40**

Saturday 15th July 2023
Run The Blades 50k, Eaglesham, Near Glasgow
Lynne Herd - 5hrs 00mins 31secs - **3rd FV40** - **course pb**

Saturday 15th July 2023
Aviemore Parkrun 5k
Catriona Duncan - 28mins 23secs - **1st FV70**

Saturday 15th July 2023
Richmond Parkrun 5k, London
Yvonne Dehn - 26mins 49secs

Saturday 15th July 2023
St Andrews Parkrun 5k
Logan Reilly - 20mins 57secs - **1st MJ11**
Mike Reilly - 23mins 24secs - **2nd MV45**
Luca Anderson - 24mins 43secs
Eric Anderson - 25mins 2secs
Will Gage - 31mins 15secs
Jamie Anderson - 34mins 29secs - **3rd MJ15**

Friday 14th July 2023
Run The Blades 10k, Eaglesham, Near Glasgow
Lynne Herd - 47mins 14secs - **3rd FV40**

Sunday 9th July 2023
Half Dram Half Marathon, Dundee
Mike Reilly - 1hr 30mins 24secs - **course pb**

Saturday 8th July 2023
David Shepherd Memorial Glamaig Hill Race, Skye, 4.5miles/2500ft
Jonny Knox - 1hr 8mins 1sec - **2nd MV50**

Saturday 8th July 2023
St Andrews Parkrun 5k
Logan Reilly - 20mins 14secs - **1st MJ11**
Mike Reilly - 24mins 13secs
Jacqui McDonald - 37mins 25secs

Wednesday 5th July 2023
Dunnikier Park Two Bridges Trail Race, 5miles
FAC Midweek Series - Race 4
Ross Young - 30mins 27secs - ***3rd Overall*** - **3rd MS**
Tom Rainey - 32mins 14secs - **1st MV40**
Lynne Herd - 35mins 53secs - ***3rd Female Overall*** - **1st FV40**
Pamela Cruickshanks - 39mins 13secs - **2nd FV50**
Allan Gibson - 45mins 12secs - **2nd MV70**
Jackie Galloway - 51mins 9secs - **2nd FV60**

Tracy Chalmers - 51mins 11secs - **3rd FV40**
Allan Galloway - 52mins 2secs

Saturday 1st July 2023
Kirkcaldy Parkrun 5k
Mike Reilly - 22mins 58secs - **2nd MV45**

Saturday 1st July 2023
Lochore Meadows Parkrun 5k
Catriona Duncan - 29mins 26secs - **1st FV70** - **course pb**

Saturday 1st July 2023
Plean Parkrun 5k
Lynne Herd - 23mins 6secs - ***1st Female Overall*** - **1st FV45**

Friday 30th June 2023
Kirkcaldy Promenade 2mile
Ross Young - 11mins 20secs
Oscar Burgess - 11mins 53secs - **1st MJ**
Davie Burgess - 12mins 45secs - **3rd MV50**

Wednesday 28th June 2023
The Law Breaker Hill Race, Tillicoultry, 630m/5.4k
Tracy Knox - 1hr 4mins 42secs

Wednesday 28th June 2023
Balbirnie Duathlon, Markinch
Run 5k, Cycle 20k, Run 2.5k

Ross Young - 1hr 14mins 17secs
Run - 24mins 57secs Cycle - 37mins 41secs Run - 10mins 28secs

Will Gage - 1hr 21mins 6secs
Run - 24mins 56secs Cycle - 39mins 46secs Run - 13mins 42secs

Ewan Cameron - 1hr 44mins 26secs
Run - 33mins 4secs Cycle - 48mins 18secs Run - 19mins 56secs

Carol Irvine - 1hr 49mins 45secs
Run - 34mins 34secs Cycle - 54mins 31secs Run - 18mins 34secs

Wednesday 28th June 2023
The Law Breaker, Tillicoultry, 5.4k/630m

Jonny Knox - 49mins 29secs

Wednesday 28th June 2023
Balbirnie Duathlon Relay, Markinch
Run 5k, Cycle 20k, Run 2.5k - 1hr 10mins 58secs - *2nd Team*

Lynne Herd - Run 5k - 23mins 37secs / Run 2.5k - 11mins 49secs
Eck Anderson - Cycle 20k - 34mins 31secs

Saturday 24th June 2023
Kirkcaldy Parkrun 5k

Bill Simpson - 27mins 4secs - 2nd MV70

Saturday 24th June 2023
Lews Castle Parkrun 5k, Isle of Lewis
Lynne Herd - 22mins 14secs - *3rd Female Overall* - 1st FV45
Jacqui McDonald - 37mins 35secs - 1st FV50

Saturday 24th June 2023
St Andrews Parkrun 5k
Jamie Anderson - 17mins 58secs - 1st MJ15
Logan Reilly - 20mins 6secs - 2nd MJ11
Mike Reilly - 22mins 11secs - 2nd MV45
Orla Gage - 26mins 28secs
Catriona Duncan - 28mins 39secs - 1st FV70
Will Gage - 31mins 30secs
Eric Anderson - 57mins 3secs

Sunday 18th June 2023
Glenrothes 10k
Jackie Galloway - 1hr 1mins 14secs
Allan Galloway - 1hr 10mins 36secs

Sunday 18th June 2023
Glenrothes 4k
Logan Reilly - *2nd Overall*

Saturday 17th June 2023
Faskally Forest Parkrun 5k
Bill Simpson - 29mins 49secs - **1st MV70**

Saturday 17th June 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 22mins 27secs - **1st MV60**

Saturday 17th June 2023
Plean Parkrun Parkrun 5k
Lynne Herd - 22mins 47secs - ***3rd Overall*-*1st Female Overall*-**1st FV45** - **course pb**
Jacqui McDonald - 38mins 1secs - **3rd FV50**

Saturday 17th June 2023
St Andrews Parkrun 5k
Jamie Anderson - 18mins 14secs - **2nd MJ15**
Logan Reilly - 19mins 38secs - **3rd MJ11** - **course pb**
Luca Anderson - 19mins 48secs
Mike Reilly - 22mins 49secs
Eric Anderson - 25mins 11secs
Orla Gage - 25mins 18secs - **3rd FJ11** - **course pb**
Will Gage - 25mins 19secs
Catriona Duncan - 28mins 52secs - **1st FV70**

Saturday 10th/Sunday 11th June 2023
Saltire 24 hour Race, Banchory
Lynne Herd - 17 laps = 71.4miles

Sunday 11th June 2023
Roon The Toon 10k, Kilmarnock
Susan Hutchison - 1hr 25mins 40secs

Saturday 10th June 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 22mins 6secs - **1st MV60**

Saturday 10th June 2023
Loch Leven Parkrun 5k
Bill Simpson - 27mins 31secs - **2nd MV70**

Saturday 10th June 2023
St Andrews Parkrun 5k
Logan Reilly - 20mins 30secs - **1st MJ11**
Mike Reilly - 22mins 6secs - **2nd MV45**
Orla Gage - 27mins 19secs - **3rd FJ11** - **course pb**

Saturday 10th June 2023
University of Stirling Parkrun 5k
Ross Young - 19mins 2secs - ***3rd Overall*** - **1st MS25**

Luca Anderson - 19mins 56secs - **1st MJ11**
Eric Anderson - 22mins 14secs - **1st MV45**

Wednesday 7th June 2023
Hill Of Tarvit 5.5miles
FAC Midweek Series - Race 3
Mike Reilly - 41mins 39secs
Tom Rainney - 42mins 19secs
Will Gage - 45mins 3secs
Eric Anderson - 45mins 23secs
Pamela Cruickshanks - 48mins 21secs - **1st FV50**
Debz Hay - 52mins 57secs - **2nd FV50**
Allan Gibson - 53mins 24secs - **2nd MV70**

Sunday 4th June 2023
Chariots of Fire Beach Race, St Andrews, 5k
Luca Anderson - 19mins 40secs - **1st MJU13**
Eric Anderson - 21mins 21secs
Gary Ovenstone - 29mins 1secs

Saturday 3rd June 2023
Aviemore Parkrun 5k
Logan Reilly - 21mins 37secs - **1st MJ11** - **course pb**
Mike Reilly - 21mins 43secs - **1st MV45** - **course pb**

Saturday 3rd June 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 22mins 19secs - **2nd MV60**

Saturday 3rd June 2023
St Andrews Parkrun 5k
Will Gage - 21mins 33secs - **2nd MV50**
Fiona Cruickshanks - 24mins 56secs
Bill Simpson - 26mins 27secs - **2nd MV70**
Catriona Duncan - 28mins 15secs - **1st FV70**
Jacqui McDonald - 36mins 3secs
Hazel Ednie - 38mins 19secs

Saturday 3rd June 2023
Stretford Parkrun 5k, Manchester
Jamie Anderson - 34mins 57secs

Saturday 3rd June 2023
University of Stirling Parkrun 5k
Lynne Herd - 21mins 36secs - **1st FV45**

Thursday 1st June 2023
Mini-Tour of Fife
Time Trial, Tarvit Estate
MU15 - 2.1miles
Logan Reilly - 8mins 8secs - **1st MJ15**

Thursday 1st June 2023

Mini-Tour of Fife

Time Trial, Tarvit Estate

FU15 - 2.1miles

Orla Gage - 10mins 2secs

Thursday 1st June 2023

Mini-Tour of Fife

Time Trial, Tarvit Estate

MU13 - 2.1miles

Luca Anderson - 8mins 7secs - **1st MJ13**

Wednesday 31st May 2023

Mini-Tour of Fife

Farmland Race, Cairnie Farm, Cupar

MU15 - 3miles

Logan Reilly - 17mins 1secs - **2nd MJ15**

Wednesday 31st May 2023

Mini-Tour of Fife

Farmland Race, Cairnie Farm, Cupar

FU15 - 3miles

Orla Gage - 20mins 49secs - **3rd FJ15**

Wednesday 31st May 2023

Mini-Tour of Fife

Farmland Race, Cairnie Farm, Cupar

MU13 - 2miles

Luca Anderson - 10mins 53secs - **1st MJ13**

Tuesday 30th May 2023

Mini-Tour of Fife

Hill Race, East Lomond

FU15 - 3miles

Orla Gage - 34mins 51secs

Tuesday 30th May 2023

Mini-Tour of Fife

Hill Race, East Lomond

MU13 - 2miles

Luca Anderson - 21mins 52secs - **1st MJ13**

Monday 29th May 2023

Mini-Tour of Fife

West Sands Beach Race, St Andrews

MU15 - 3miles

Logan Reilly - 22mins 54secs - **2nd MJ15**

Monday 29th May 2023
Mini-Tour of Fife
West Sands Beach Race, St Andrews
FU15 - 3miles
Orla Gage - 29mins 7secs

Monday 29th May 2023
Mini-Tour of Fife
West Sands Beach Race, St Andrews
MU13 - 2miles
Luca Anderson - 14mins 27secs - **1st MJ13**

Sunday 28th May 2023
Edinburgh Half Marathon
Tom Rainey - 1hr 26mins 00secs
Fiona Cruickshanks - 1hr 39mins 48secs
Yvonne Dehn - 1hr 40mins 45secs - **distance pb**
Will Gage - 1hr 42mins 7secs
Lynne Herd - 1hr 45mins 27secs
Euan Kay - 2hrs 1mins 49secs
Jacqui McDonald - 2hrs 57mins 58secs

Saturday 27th May 2023
St Andrews Parkrun 5k
Jamie Anderson - 18mins 6secs - **2nd MJ15**
Luca Anderson - 19mins 33secs - **1st MJ11**
Logan Reilly - 20mins 15secs - **2nd MJ11** - **course pb**

Eric Anderson - 20mins 28secs - **3rd MV45**
Mike Reilly - 22mins 31secs
George Findlay - 23mins 15secs - **2nd MV65**
Will Gage - 25mins 41secs
Gary Ovenstone - 28mins 37secs
Catriona Duncan - 28mins 39secs - **1st FV70**
Jacqui McDonald - 1hr 13mins 00secs

Saturday 27th May 2023
Unisee Parkrun 5k, Bremen, Germany
Pamela Cruickshanks - 22mins 35secs - ***1st Female Overall*** - **1st FV55**

Wednesday 24th May 2023
Fortmonthills Recycle Trail Race, Glenrothes, 4miles
Tracy Chalmers - 45mins 1secs - **2nd FV40**
Jackie Galloway - 45mins 1secs - **3rd FV60**

Sunday 21st May 2023
Monikie 10k
George Findlay - 50mins 28secs - **1st MV60**
Ewan Cameron - 58mins 7secs

Saturday 20th May 2023
Lochore Meadows Parkrun 5k
Jacqui McDonald - 35mins 52secs - **2nd FV50**

Saturday 20th May 2023

St Andrews Parkrun 5k

Jamie Anderson - 17mins 58secs - **1st MJ15** - **course pb**

Logan Reilly - 21mins 9secs - **1st MJ11** - **course pb**

Will Gage - 21mins 56secs - **2nd MV50**

Mike Reilly - 22mins 47secs

Catriona Duncan - 28mins 39secs - **1st FV70**

Sunday 14th May 2023

Montane Howgills Trail Half Marathon, Sedbergh, Lake District

Alice Hall - 3hrs 21mins 2secs - **1st FV60**

Sunday 14th May 2023

Race for Life 5k, Beveridge Park, Kirkcaldy

In Honour of Haddie Member Sandy Chalmers

Davie Burgess -

Tracy Chalmers -

Jackie Galloway -

Allan Galloway -

Sunday 14th May 2023

Loch Leven Half Marathon, Kinross

Jamie Anderson - 1hr 28mins 30secs - **3rd MJ**

Eric Anderson - 1hr 32mins 47secs

Ewan Lumsden - 1hr 33mins 5secs

Lynne Herd - 1hr 37mins 45secs - **course pb**

Will Gage - 1hr 41mins 55secs
Gwen Tivendale - 1hr 44mins 21secs
Fiona Cruickshanks - 1hr 47mins 32secs - **course pb**
Pamela Cruickshanks - 1hr 50mins 24secs
George Findlay - 2hrs 18mins 11secs
Ewan Cameron - 2hrs 19mins 1secs

<u>Saturday 13th May 2023</u>
<u>Normans Law Hill Race, Cupar, 210m/8k</u>
Debz Hay - 49mins 41secs
Allan Gibson - 53mins 36secs - **1st MV70**

<u>Saturday 13th May 2023</u>
<u>Faskally Forest Parkrun 5k</u>
Bill Simpson - 28mins 55secs - **1st MV70**

<u>Saturday 13th May 2023</u>
<u>Kirkcaldy Parkrun 5k</u>
Jas Baillie - 22mins 40secs - **2nd MV60**

<u>Saturday 13th May 2023</u>
<u>St Andrews Parkrun 5k</u>
Orla Gage - 27mins 48secs - **3rd FJ11**
Will Gage - 27mins 48secs
Jamie Anderson - 33mins 26secs - **2nd MJ15**
Jacqui McDonald - 33mins 52secs

Friday 12th May 2023
Ravenscraig Park 1mile
Davie Burgess - 5mins 59secs
Tracy Chalmers - 9mins 4secs - **3rd FV40**

Saturday 6th May 2023
Ben Lomond Hill Race, Loch Lomond, 12k/970m
Sharon Brown - 2hrs 1mins 33secs
Ewan Lumsden - 2hrs 1mins 36secs

Saturday 6th May 2023
Aviemore Parkrun 5k
Catriona Duncan - 29mins 38secs - **1st FV70**

Saturday 6th May 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 23mins 53secs - **3rd MV60**

Saturday 6th May 2023
St Andrews Parkrun 5k
Jamie Anderson - 18mins 25secs - **2nd MJ15**
Luca Anderson - 19mins 3secs - **1st MJ11**
Mike Reilly - 21mins 21secs
Eric Anderson - 25mins 16secs
Bill Simpson - 26mins 00secs

Gary Ovenstone - 33mins 9secs
Jacqui McDonald - 34mins 7secs
Lynne Herd - 34mins 8secs

Wednesday 3rd May 2023
Strathkinness/Blebocraigs 4.5miles
FAC Midweek Series - Race 2
Tom Rainney - 29mins 29secs - **2nd MV40**
Fiona Cruickshanks - 31mins 51secs - **3rd FS**
Eric Anderson - 33mins 00secs
Will Gage - 33mins 26secs
Pamela Cruickshanks - 34mins 59secs - **2nd FV50**
Tracy Knox - 38mins 14secs
Alice Hall - 38mins 46secs
Allan Gibson - 40mins 26secs - **3rd MV70**
Catriona Duncan - 45mins 3secs - **1st FV70**

Saturday 29th April 2023
Ayr Parkrun 5k
Eric Anderson - 23mins 24secs - **3rd MV45**

Saturday 29th April 2023
Lochore Meadows Parkrun 5k
Jacqui McDonald - 35mins 37secs - **course pb**

Saturday 29th April 2023
St Andrews Parkrun 5k
Mike Reilly - 20mins 30secs - **3rd MV45**
Logan Reilly - 21mins 10secs - **1st MJ11** - **course pb**
Will Gage - 21mins 17secs - **2nd MV50** - **course pb**
Orla Gage - 27mins 48secs - **2nd FJ11**

Saturday 29th April 2023
University of Stirling Parkrun 5k
Lynne Herd - 21mins 31secs - ***2nd Female Overall*** - **1st FV45** - **course pb**

Friday 28th April 2023
Ravenscraig Park 2miles
Davie Burgess - 12mins 59secs

Wednesday 26th April 2023
Daffodil Dash Trail Race, Lochore Meadows, 4.5miles
Tracy Chalmers - 49mins 23secs
Jackie Galloway - 49mins 23secs
Allan Galloway - 51mins 00secs

Sunday 23rd April 2023
London Marathon
Hailey Marshall - 3hrs 26mins 50secs
Jas Baillie - 3hrs 34mins 4secs
Fiona Cruickshanks - 3hrs 55mins 48secs - **distance pb**
Laura-Jayne Mackay - 3hrs 58mins 57secs

Ross Young - 4hrs 49mins 1secs

Hamburg Marathon
Eric Anderson - 3hrs 21mins 53secs

Sunday 23rd April 2023
Balmoral 15mile Trail Race
Mike Reilly - 2hrs 6mins 59secs
Lynne Herd - 2hrs 29mins 16secs

Sunday 23rd April 2023
Apollo Duathlon, Balmoral
6k Run, 16k Cycle, 5k Run
Eck Anderson - 1hr 43mins 33secs
Run - 35min 25secs Cycle - 39min 38secs Run - 27min 18secs

Mike Reilly - 1hr 49mins 46secs
Run - 29min 33secs Cycle - 52min 9secs Run - 26min 4secs

Lynne Herd - 2hrs 1mins 56secs
Run - 31min 12secs Cycle - 1hr 1min 12secs Run - 27min 16secs

Debz Hay - 2hrs 2mins 59secs
Run - 37min 43secs Cycle - 52min 29secs Run - 29min 49secs

George Hay - 2hrs 38mins 49secs

Run - 49min 33secs Cycle - 1hr 00min 24secs Run - 46min 35secs

Sunday 23rd April 2023
Scone 10k
George Findlay - 50mins 1secs

Saturday 22nd April 2023
Stena Drilling 10k, Balmoral
Mike Reilly - 44mins 37secs
Lynne Herd - 49mins 51secs
Jacqui McDonald - 1hr 26mins 45secs

Saturday 22nd April 2023
Harbour Energy 5k, Balmoral
Mike Reilly - 19mins 32secs
Lynne Herd - 21mins 27secs
Jacqui McDonald - 35mins 45secs

Saturday 22nd April 2023
Alstervorland Parkrun 5k, Hamburg
Eric Anderson - 24mins 21secs - **3rd MV45**

Saturday 22nd April 2023
St Andrews Parkrun 5k
Jamie Anderson - 18mins 6secs - **1st MJ15** - **course pb**

Bill Simpson - 25mins 59secs - **2nd MV70**
Orla Gage - 29mins 57secs - **2nd FJ11**
Will Gage - 29mins 58secs
Gary Ovenstone - 41mins 25secs

Sunday 16th April 2023
Round The Houses 10k, Grangemouth
Lynne Herd - 44mins 14secs

Saturday 15th April 2023
St Andrews Parkrun 5k
Tom Rainey - 18mins 24secs - **1st MV40** - **course pb**
Luca Anderson - 18mins 45secs - **1st MJ11** - **course pb**
Logan Reilly - 21mins 18secs - **2nd MJ11** - **course pb**
Orla Gage - 29mins 23secs
Jamie Anderson - 33mins 36secs - **3rd MJ15**
Lynne Herd - 56mins 36secs

Wednesday 12th April 2023
Craigtoun Country Chase, St Andrews, 5miles
FAC Midweek Series - Race 1
Jamie Anderson - 29mins 39secs - **2nd MU20**
Tom Rainey - 30mins 9secs - **2nd MV40**
Mike Reilly - 33mins 3secs
Eric Anderson - 33mins 51secs
Lynne Herd - 35mins 5secs - **3rd FV40**
Gwen Tivendale - 35mins 59secs - **2nd FV50**

Pamela Cruickshanks - 36mins 23secs - **3rd FV50**
Will Gage - 36mins 31secs
Ewan Cameron - 43mins 9secs
Allan Gibson - 44mins 6secs

Sunday 9th April 2023
Kilomathon, Edinburgh, 13.1k
Eric Anderson - 54mins 40secs

Saturday 8th April 2023
Aviemore Parkrun 5k
Catriona Duncan - 29mins 29secs - **1st FV70**

Saturday 8th April 2023
Faskally Forest Parkrun 5k
Bill Simpson - 29mins 44secs - **1st MV70**

Saturday 8th April 2023
Kirkcaldy Parkrun 5k
Fiona Cruickshanks - 21mins 36secs - ***3rd Female Overall*** - **2nd FS25**
Pamela Cruickshanks - 23mins 19secs - **1st FV55**

Saturday 8th April 2023
Perth Parkrun 5k
Luca Anderson - 19mins 16secs - **3rd MJ11**

Eric Anderson - 21mins 4secs - **3rd MV45**

Saturday 8th April 2023
Plean Parkrun 5k
Lynne Herd - 22mins 57secs - ***1st Female Overall*** - **1st FV45** - **course pb**

Saturday 8th April 2023
West Links Parkrun 5k, Arbroath
Yvonne Dehn - 25mins 16secs - **2nd FS30**
Jacqui McDonald - 34mins 45secs

Sunday 2nd April 2023
Berlin Half Marathon
Eric Anderson - 1hr 29mins 46secs

Sunday 2nd April 2023
London Half Marathon
Will Gage - 1hr 38mins 38secs
George Findlay - 1hr 50mins 41secs
Carol Irvine - 2hrs 35mins 21secs

Sunday 2nd April 2023
Tom Scott Road Race 10miles, Strathclyde Country Park
Jas Baillie - 1hr 9mins 41secs

Sunday 2nd April 2023
Badass Trail Race - The Sequel, 4.5miles, Markinch
Davie Burgess - 33mins 57secs

Sharon Brown - 39mins 52secs - **3rd FS**

Tracy Chalmers - 48mins 8secs

Saturday 1st April 2023
Auldcathie District Parkrun 5k, West Lothian
Jacqui McDonald - 34mins 14secs

Saturday 1st April 2023
Aviemore Parkrun 5k
Debz Hay - 25mins 39secs - **2nd FV55**

George Hay - 33mins 24secs - **3rd MV55**

Saturday 1st April 2023
Hasenheide Parkrun 5k, Berlin
Eric Anderson - 22mins 26secs

Saturday 1st April 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 24mins 44secs

Saturday 1st April 2023
St Andrews Parkrun 5k
Luca Anderson - 19mins 12secs - **1st MJ11**
Logan Reilly - 21mins 31secs - **2nd MJ11**
Mike Reilly - 23mins 48secs - **2nd MV45**
Bill Simpson - 25mins 31secs - **2nd MV70**
Catriona Duncan - 29mins 44secs - **1st FV70**

Wednesday 29th March 2023
Mars Bar (3), 4miles
Jamie Anderson - 25mins 20secs - **course pb**
Ross Young - 25mins 22secs
Tom Rainey - 25mins 23secs- **course pb**
Luca Anderson - 27mins 12secs - **course pb**
Eric Anderson - 27mins 38secs
Mike Reilly - 27mins 38secs
Fiona Cruickshanks - 28mins 43secs
Will Gage - 30mins 11secs

Sunday 26th March 2023
20miles along the Forth, Edinburgh
Ross Young - 2hrs 16mins 23secs

Sunday 26th March 2023
Gartmorn 6, Alloa
Lynne Herd - 44mins 46secs - **2nd FV45**

Saturday 25th March 2023
Aviemore Parkrun 5k
Debz Hay - 26mins 00secs - **1st FV55**
George Hay - 32mins 17secs - **3rd MV55**

Saturday 25th March 2023
Falkirk Parkrun 5k
Lynne Herd - 22mins 15secs **- *1st Female Overall* - 1st FV45**

Saturday 25th March 2023
Perth Parkrun 5k
Jas Baillie - 20mins 29secs - **1st MV60**

Saturday 25th March 2023
St Andrews Parkrun 5k
Mike Reilly - 24mins 16secs - **3rd MV45**
Orla Gage - 28mins 55secs - **3rd FJ11**
Will Gage - 28mins 56secs
Jacqui McDonald - 34mins 36secs

Saturday 18th March 2023
Cupar 5miles
Ewan Lumsden - 32mins 7secs
Davie Burgess - 34mins 22secs
Jas Baillie - 34mins 32secs
Allan Gibson - 43mins 33secs

Saturday 18th March 2023
Aviemore Parkrun 5k
Catriona Duncan - 29mins 28secs - **1st FV70**

Saturday 18th March 2023
Kirkcaldy Parkrun 5k
Fiona Cruickshanks - 21mins 53secs - ***2nd Female Overall*** - **2nd FS25**
Pamela Cruickshanks - 23mins 52secs - ***3rd Female Overall*** - **1st FV55**

Saturday 18th March 2023
St Andrews Parkrun 5k
Luca Anderson - 19mins 19secs - **2nd MJ11**
Lynne Herd - 20mins 39secs - ***2nd Female Overall*** - **1st FV45** - **course pb**
Logan Reilly - 21mins 22secs - **3rd MJ11** - **course pb**
Mike Reilly - 21mins 23secs - **3rd MV45**
Bill Simpson - 25mins 46secs - **3rd MV65**
Jamie Anderson - 31mins 21secs - **3rd MJ15**
Jacqui McDonald - 34mins 8secs
Gary Ovenstone - 44mins 51secs

Sunday 12th March 2023
Carlisle Half Marathon
Eric Anderson - 1hr 32mins 29secs

Sunday 12th March 2023
Alloa Half Marathon
Hailey Marshall - 1hr 28mins 28secs

Jas Baillie - 1hr 36mins 58secs

<u>Sunday 12th March 2023</u>
<u>Callander 10k</u>
Lynne Herd - 44mins 59secs - **3rd FV45**
Jacqui McDonald - 1hr 14mins 42secs

<u>Saturday 11th March 2023</u>
<u>Dunfermline Parkrun 5k</u>
Jacqui McDonald - 35mins 48secs

<u>Saturday 11th March 2023</u>
<u>Kirkcaldy Parkrun 5k</u>
Jas Baillie - 24mins 59secs - **2nd MV60**

<u>Saturday 11th March 2023</u>
<u>Loch Leven Parkrun 5k</u>
Bill Simpson - 26mins 46secs - **1st MV65**

<u>Saturday 11th March 2023</u>
<u>St Andrews Parkrun 5k</u>
Jamie Anderson - 18mins 23secs - ***1st Overall*** - **1st MJ15**
Luca Anderson - 19mins 9secs - ***3rd Overall*** - **2nd MJ11** - **course pb**
Logan Reilly - 21mins 47secs - **3rd MJ11**
Mike Reilly - 21mins 56secs - **3rd MV45**

Eric Anderson - 27mins 13secs

Saturday 11th March 2023
University of Stirling Parkrun 5k
Lynne Herd - 23mins 57secs - **1st FV45**

Sunday 5th March 2023
Smokies 10, Arbroath
Hailey Marshall - 1hr 7mins 35secs - *3rd Overall* - **1st FS18** - distance pb
Pamela Cruickshanks - 1hr 19mins 52secs - **1st FV55** - distance pb
Debz Hay - 1hr 28mins 17secs
Alice Hall - 1hr 28mins 30secs

Saturday 4th March 2023
Hay Lodge Parkrun 5k, Peebles
Jacqui McDonald - 36mins 00secs

Saturday 4th March 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 21mins 56secs - **2nd MV60**

Saturday 4th March 2023
Lochore Meadows Parkrun 5k
Bill Simpson - 26mins 58secs - **2nd MV60**

Saturday 4th March 2023
Plean Parkrun 5k
Lynne Herd - 23mins 15secs - *1st Female Overall* - 1st FV45

Saturday 4th March 2023
St Andrews Parkrun 5k
Ross Young - 18mins 00secs - *2nd Overall* - 2nd MS25 - course pb
Jamie Anderson - 18mins 23secs - 1st MJ15 - course pb
Logan Reilly - 22mins 20secs - 1st MJ11
Eric Anderson - 25mins 14secs
Orla Gage - 27mins 25secs - course pb
Will Gage - 27mins 27secs

Sunday 26th February 2023
Badass Trail Race, Markinch, 4.5miles
Tracy Chalmers - 48mins 38secs
Jackie Galloway - 49mins 28secs
Allan Galloway - 57mins 32secs

Saturday 25th February 2023
Faskally Forest Parkrun 5k
Jacqui McDonald - 37mins 55secs

Saturday 25th February 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 22mins 16secs - 1st MV60

Saturday 25th February 2023
St Andrews Parkrun 5k
Logan Reilly - 22mins 25secs - **1st MJ11**
Fiona Cruickshanks - 24mins 3secs - **2nd FS25**
Bill Simpson - 26mins 00secs - **2nd MV65**

Saturday 25th February 2023
University of Stirling Parkrun 5k
Lynne Herd - 21mins 47secs - ***3rd Female Overall*** - **1st FV45** - **course pb**

Wednesday 22nd February 2023
Mars Bar (2), 4miles
Ross Young - 25mins 59secs
Tom Rainey - 26mins 22secs
Lynne Herd - 29mins 1secs
Will Gage - 29mins 25secs - **course pb**
Pamela Cruickshanks - 31mins 22secs
Luca Anderson - 31mins 40secs
Eric Anderson - 31mins 41secs
Euan Kay- 31mins 47secs
Bill Simpson - 34mins 41secs
Allan Gibson - 36mins 33secs
Mike Reilly - 57mins 6secs

Saturday 18th February 2023
Dunfermline Parkrun 5k
Luca Anderson - 20mins 33secs - **1st MJ11**

Eric Anderson - 20mins 52secs - **2nd MV45** - course pb

Saturday 18th February 2023
Kirkcaldy Parkrun 5k
Bill Simpson - 26mins 23secs - **2nd MV65**

Saturday 18th February 2023
St Andrews Parkrun 5k
Logan Reilly - 22mins 42secs - **1st MJ11**
Lynne Herd - 27mins 5secs - **1st FV45**
Jacqui McDonald - 34mins 9secs

Sunday 12th February 2023
Devilla Forest 15k, Tulliallan
Ewan Cameron - 1hr 35mins 36secs

Saturday 11th February 2023
St Andrews Parkrun 5k
Luca Anderson - 19mins 43secs - **2nd MJ11** - course pb
Eric Anderson - 19mins 57secs - **2nd MV45**
Pamela Cruickshanks - 22mins 40secs - **1st FV55**
Fiona Cruickshanks - 23mins 8secs - **2nd FS25**
Bill Simpson - 25mins 54secs - **3rd MV65**
Orla Gage - 27mins 59secs - course pb
Will Gage - 27mins 59secs
Yvonne Dehn - 30mins 1secs - **3rd FS30**

Jacqui McDonald - 34mins 9secs

Saturday 11th February 2023
University of Stirling Parkrun 5k
Lynne Herd - 22mins 18secs **- *3rd Female Overall* - 1st FV45**

Sunday 5th February 2023
7hr Ultra Trail Race, Callendar Park, Falkirk
Carol Irvine - 51.45kms

Sunday 5th February 2023
Forfar Multi Terrain Half Marathon
Ross Young - 1hr 28mins 57secs - **distance pb**
Pamela Cruickshanks - 1hr 53mins 36secs - **2nd FV50**
Debz Hay - 2hrs 8mins 36secs

Saturday 4th February 2023
Loch Leven Parkrun 5k
Bill Simpson - 27mins 1secs - **2nd MV65**

Saturday 4th February 2023
St Andrews Parkrun 5k
Lynne Herd - 21mins 20secs **- *3rd Female Overall* - 1st FV45**
Will Gage - 22mins 32secs - **2nd MV50 - course pb**
Jacqui McDonald - 33mins 12secs

Saturday 4th February 2023
West Links Parkrun 5k, Arbroath
Luca Anderson - 19mins 56secs - **1st MJ11**
Eric Anderson - 19mins 58secs - **1st MV45**

Saturday 28th January 2023
Dunfermline Parkrun 5k
Yvonne Dehn - 28mins 28secs

Saturday 28th January 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 20mins 57secs - **1st MV60**

Saturday 28th January 2023
Lochore Meadows Parkrun 5k
Bill Simpson - 27mins 18secs - **1st MV65**

Saturday 28th January 2023
St Andrews Parkrun 5k
Eric Anderson - 20mins 33secs - **2nd MV45**
Lynne Herd - 21mins 43secs - **2nd FV45**
Mike Reilly - 23mins 39secs
Will Gage - 28mins 27secs
Catriona Duncan - 29mins 51secs - **1st FV70**
Jacqui McDonald - 34mins 5secs

Wednesday 25th January 2023
Mars Bar (1), 4miles
Ross Young - 25mins 00secs
Tom Rainey - 25mins 42secs
Fiona Cruickshanks - 28mins 33secs
Eric Anderson - 29mins 33secs
Lynne Herd - 29mins 27secs
Mike Reilly - 30mins 40secs
Will Gage - 30mins 40secs - **course pb**
Pamela Cruickshanks - 31mins 00secs
Yvonne Dehn - 31mins 4secs
Richard McKinstray - 41mins 34secs
Carol Irvine - 46mins 40secs
Angela Small - 47mins 15secs

Saturday 21st January 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 21mins 5secs - **1st MV60**

Saturday 21st January 2023
St Andrews Parkrun 5k
Logan Reilly - 21mins 56secs - **2nd MJ11**
Lynne Herd - 22mins 3secs - **1st FV45**
Mike Reilly - 23mins 43secs
Bill Simpson - 25mins 14secs - **2nd MV65**
Allan Gibson - 26mins 10secs - **1st MV70**
Will Gage - 33mins 4secs

Saturday 21st January 2023
University of Stirling Parkrun 5k
Jacqui McDonald - 36mins 8secs - **course pb**

Sunday 15th January 2023
Chilly Willy Trail Race, Lochore Meadows, 4.8k
Tracy Chalmers - 50mins 25secs
Jackie Galloway - 51mins 22secs
Allan Galloway - 55mins 37secs

Saturday 14th January 2023
St Andrews Parkrun 5k
Logan Reilly - 22mins 4secs - **1st MJ11**
Lynne Herd - 22mins 13secs - **1st FV45**
Will Gage - 23mins 26secs
Mike Reilly - 23mins 43secs
Bill Simpson - 26mins 2secs - **3rd MV65**
Richard McKinstray - 30mins 37secs
Jacqui McDonald - 35mins 43secs

Sunday 8th January 2023
Falkland Yomp, 11k
Sharon Brown - 1hr 10mins 57secs
George Findlay - 1hr 11mins 00secs
Debz Hay - 1hr 16mins 32secs
Allan Gibson - 1hr 18mins 41secs - **2nd MV70**

Saturday 7th January 2023
Kirkcaldy Parkrun 5k
Jas Baillie - 21mins 10secs - **1st MV60**

Saturday 7th January 2023
St Andrews Parkrun 5k
Ross Young - 18mins 29secs - **1st MS25**
Luca Anderson - 20mins 39secs - **2nd MJ11** - **course pb**
Eric Anderson - 21mins 15secs - **2nd MV45**
Bill Simpson - 26mins 00secs - **3rd MV65**
Richard McKinstray - 31mins 6secs
Jacqui McDonald - 38mins 14secs

Sunday 1st January 2023
New Years Day Triathlon, Edinburgh
400m Swim / 11mile Cycle / 3.5k Run
Ross Young - 1hr 15mins 27secs
Swim - 7min 39secs Cycle - 38min 24secs Run - 24min 44secs

Yvonne Dehn - 1hr 31mins 8secs
Swim - 10min 39secs Cycle - 46min 33secs Run - 30min 4secs

Sunday 1st January 2023
Kirkcaldy Parkrun 5k
Eric Anderson - 22mins 00secs

<u>University of Stirling Parkrun 5k</u>

Robyn McDonald - 25mins 8secs - **2nd FS25**