

APRIL 2000

Carnegie Harriers 1 Mile Race, Dunfermline

Glenrothes member Scott Taylor led from start to finish. Over the hilly one mile course Taylor clocked 4 minutes 30 seconds, fourteen seconds clear of Central AC's Jamie McDonald in second place. Kenneth Anderson, Markinch, placed a fine 4th, first junior while Chris Russell, Glenrothes, finished 6th.

RESULTS: 1. Scott Taylor (Fife AC) 4.30. 2. J.McDonald (Central AC) 4.44. 3. R.Milton (Carnegie) 4.48. 4. Kenneth Anderson (Fife AC) 1st junior. 4.49. 5. A.Ronald (Falkirk Vic.) 4.50. 6. Chris Russell (Fife AC) 4.51. 7. Paul Parkinson (Fife AC) 2nd junior. 4.52. 8. I.Stewart (Carnegie) 1st veteran. 4.54. 26. Abigail Morrison 3rd woman. 5.51.

Tom Scott 10 Mile Road Race, Law

Peter Morrison, Dunfermline, was the only Fife member in action placing 10th out of 225 runners in a fast 52 minutes 52 seconds.

RESULTS: 1. A. Adams (Clydesdale) 48.28. 2. T. Murray (Inverclyde) 48.47. 3. B. Coyle (Shettleston) 49.12. 10. Peter Morrison (Fife AC) 52.52.

Fife AC Midweek Series - St Andrews 5K Race

Fife AC dominated the first Summer Series race placing 13 runners in the top twenty. Under 20 internationalist Andrew Lemoncello, Ceres, edged ahead over the final 400m to clock 16 minutes 04 seconds just two seconds clear of Alan Milligan. Glenrothes member Scott Taylor (16.09) out-sprinted Terry Mitchell, St.Andrews, (16.10) for third followed by John Cunningham, Dysart, in 5th (16.15). Kirkcaldy under 20 athlete Paul Parkinson had a superb run placing 14th in 17 minutes 22 seconds. Fiona Lothian kept the club prize haul going to finish 24th (18.21) first woman. 95 runners finished. Kirkcaldy Under 13 athlete Craig Guzy lead all the way to win the junior one mile race in 6 minutes 04 seconds.

RESULTS: 1. Andrew Lemoncello, 1st junior. 16.04. 2. Alan Milligan 16.06. 3. Scott Taylor 16.09. 4. Terry Mitchell 1st veteran. 16.10. 5. John Cunningham 16.15. 6. I. Stewart (Carnegie) 2nd veteran. 16.33. 7. Kenneth Anderson 16.56. 8. Bryan McManus 16.58. 9. Chris Russell 17.04. 10. Jim Meek 17.10. 11. L. Lawson (Carnegie) 17.16. 12. Adrian Davis 17.19. 13. Martin Laing 3rd veteran. 17.22. 14. Paul Parkinson 2nd junior. 17.22. 15. John Thomson 4th veteran. 17.22. 16. W. Hutchison (Unatt.) 17.22. 17. A. Stewart (Ayr Seaforth) 17.29. 18. C. Glencorse (Perth RR) 17.30. 19. R. Bell (Dundee Hawkhill) 17.32. 20. S. Kerr (Dundee Hawkhill) 17.32. 21. Steve Doig 17.43. 24. Fiona Lothian 18.21. 25. Joe Holden 1st over 50. 18.21. 26. Ronnie Mill 18.24. 28. Tom Ross 2nd over 50. 18.39. 29. Doug Gunstone 18.41. 32. Andrew Cassidy 19.05. 34. Gary Barker 19.12. 35. Sam Graves 3rd over 50. 19.16. 36. Jim Rough 19.21. 38. Graham Bennison 4th over 50. 19.25. 39. Graeme Noble 3rd junior. 19.28. 45. Brian Landels 19.47. 46. Louise Burt 3rd woman, 1st veteran. 19.50. 48. Frances Meek 1st female junior. 19.52. 49. Abigail Morrison 19.52. 50. Ricky Forrester 19.57. 54. Andy Barker 20.21. 56. Brian Peachey 20.27. 58. Frank McLaren 20.36. 59. George Black 1st over 60. 20.37. 62. Leonard Rhone 20.42. 65. Angus McLachlan 20.47. 67. Craig Guzy 20.53. 68. Louise Provan 20.58. 70. Graham Barker 21.16. 71. Jim Taylor 21.21. 72. Michael Taylor 21.25. 75. Ian Watters 21.57. 75. Dave Francis 22.01. 77. Margaret McLaren 22.09. 78. Chris Clark 22.23. 79. A. Pike (St.Andrew's Univ.) 22.31. 81. Kim Macgregor 22.46. 83. Chris Conroy 23.00. 84. Mike Kuzyszyn 23.02. 85. Wilf Parkinson 23.06. 86. Fiona Muir 23.09. 87. Phyllis

Lemoncello 23.15. 89. Ron Hilditch 24.11. 91. Laura Nicholson 24.46. 92. Eliza McLachlan 25.12. 95 finished

Balmoral International 5 Mile Race

Dundee member Hugh McKay placed 36th (27 minutes) at the Balmoral International 5 mile road race won by Fita Bayissa's (Ethiopia) 22 minutes 29 seconds. Chris Russell, Glenrothes finished 40th clocking 27 minutes 40 seconds.

Scottish Universities Track & Field Championships, Meadowbank

St.Andrews Graeme Walker retained both his 1500m and 3,000m Steeplechase titles at the Scottish Universities Track & Field Championships at Meadowbank clocking 4 minutes 07.4 seconds over 1500m and 10 minutes 27.8 seconds for the Steeplechase. Owen Greene, St.Andrews won the 5,000m title in a fast 15 minutes 27.2 seconds well clear of silver medallist Steven Mcgregor (Strathclyde) - 15:35.8. Jamie Kilpatrick, St.Andrews represented Abertay in the 200m placing second in his heat with 23.5 seconds and just failing to make the final.

Nike 12 Stage Road Relay Championships, Birmingham

Fife AC enhanced their growing reputation as one of the UK's top athletic clubs placing 20th at the Nike AAA's 12-stage road relay championships at Sutton Park, Birmingham - road running's cup final. Fifty-nine invited clubs faced the starter for the 52 mile race run over alternate stages of 5.8 miles and 3 miles. With only three of the team that placed 17th last year, John Cunningham, Dysart, last year's opener again took on the difficult task of contesting the first stage placing 31st in 27 minutes 58 seconds. Glenrothes athlete Scott Taylor followed with 15 minutes 20 seconds which saw the team up to 26th while Alan Milligan, Dunfermline, completed his 5.8 mile (28.18) stage in 27th place. Under 20 internationalist Andrew Lemoncello, Ceres, clocked 15 minutes 32 seconds improving one place to 26th before Adrian Davis, Ladybank, (29:51) finished a highly competitive stage 5 in 30th. Under 20 Owen Greene, St.Andrews, contested the 3 mile stage 6 clocking the clubs fastest short stage time of 15 minutes 12 seconds improving to 25th while Dave Adam, Leuchars, (31.01) completed stage 7 in 28th place. Kenneth Anderson, Markinch, (16.27) proceeded to improve two places to 26th while Jim Meek, Cellardyke, (29.11) ran a fine stage 9 to finish 25th closing on the group of clubs up ahead. Bryan McManus (16.03) took Fife into 24th a position held over the penultimate stage by Glenrothes colleague Chris Russell (30.06). A 15 minute 42 seconds effort by Sandy Moss over the anchor stage saw the club into 20th overtaking London club Harrow only 200 metres out from the finish. Twentieth in the UK's top road relay event saw the club finish with a total time of 4 hours 30 minutes 41 seconds. Winners Salford clocked 4 hours 08 minutes 04 seconds two minutes ahead of 1999 champions Tipton with London Irish another minute back in third.

RESULTS: 1. Salford 4:08.04. 2. Tipton 4:10.32. 3. London Irish 4: 11.39. 4. Birchfield 4:12.02. 5. Swansea 4:13.25. 6. Shaftesbury Barnet 4:17.19. 7. Border AC 4:18.29. 8. Morpeth 4:18.46. 9. Bingley 4:19.20. 10. Sale 4:23.23. 20. Fife AC 4:30.41. 56 finished.

Lochaber Marathon, Fort William

Dunfermline member Peter Morrison led the Fife contingent at Lochaber placing 13th out of the field of 181 runners in 2

(Continued on page 2)

(Continued from page 1)

hours 55 minutes 24 seconds. Kingskettle veteran George Black successfully completed his first marathon for some years, the first athlete over 60 in a highly respectable 3 hours 13 minutes 14 seconds while easily under the 4 hour mark John McNally, Cupar placed 131st, second over 60.

RESULTS: 1. D. Rodgers (Lochaber) 2:28.53. 2. N. Maltman (Teviotdale) 1st veteran. 2:38.40. 3. A. Reid (Peterhead) 2:40.32. 13. Peter Morrison 2:55.24. 35. George Black 1st over 60. 3:13.14. 63. Jim Haig 3:22.47. 121. Jim Taylor 3:51.20. 131. John McNally 2nd over 60. 3:57.20.

Kinross 10K Road Race

Adrian Davis, Ladybank, led home the Fife team placing 7th in 35 minutes 08 seconds. Brian Cruickshank finished 11th followed by Kirkcaldy athlete Ronnie Mill 16th while in 23rd Glenrothes veteran Joe Holden clocked 36 minutes 57 seconds, the second over 50 athlete amongst the field of 139 finishers.

RESULTS: 1. C. Meek (Livingston & Dist.) 1st veteran. 32.40. 2. K. Leitch (Wee County H.) 32.52. 3. N. Cunningham (Pitreavie) 32.59. 7. Adrian Davis 35.08. 11. Brian Cruickshank 35.18. 16. Ronnie Mill 36.07. 23. Joe Holden 36.57. 30. Andy Barker 39.01. 35. Graham Bennison 39.12. 42. Ricky Forrester 39.34. 43. Chris Fox 39.37. 49. Brian Peachey 40.26. 51. Alan Meiklejohn 40.30. 89. John Keenlyside 44.39.

Scree Hill Race, Castle Douglas

Scottish World Hill Championship runner Alan Milligan, Dunfermline, led from start to finish. Milligan covered the 4 mile (1,300ft ascent) course in 29 minutes 20 seconds thirty-four seconds clear of Andrew Davenhill (Shettleston) in second. **RESULTS:** 1. Alan Milligan (Fife AC) 29.20. 2. A. Davenhill (Shettleston) 29.54. 3. D. Hope (Achilli Ratti) 30.15.

Hunters Bog Trot Hill Race, Edinburgh

Fife AC dominated this race taking individual and team titles. Alan Milligan, Dunfermline, was a clear winner covering the 4.5 mile (800ft ascent) course over Salisbury Crags in 28 minutes 15 seconds followed home in second place by Andrew Lemoncello, Ceres, first male junior (29.15). With Kirkcaldy under 17 runner Graham Bee in 12th (31.46) Fife AC retained their team title, just, totalling 15 points ahead of Livingston's 16 points. Glenrothes veteran Joe Holden placed 21st overall (34.52) easily winning the over 50's award. 15-year-old Cellardyke athlete Frances Meek had an outstanding run placing second woman, first junior, 37th overall in 37 minutes 26 seconds beating Scottish Under 17 cross-country champion Freya Murray (Lasswade) by nearly one and a half minutes. Frances was supported by Angela Frame (69th) and Fiona Muir (79th) to add the womens team award to the prize haul.

RESULTS: 1. Alan Milligan (Fife AC) 28.15. 2. Andrew Lemoncello (Fife AC) 1st junior. 29.15. 3. C. Meek (Livingston & Dist.) 1st veteran. 30.00. 12. Graham Bee 31.46. 15. Jonathan Seeley 33.15. 21. Joe Holden 1st over 50. 34.52. 26. Scott Pryde 35.41. 32. Lianne Harrison (City of Edinburgh) 1st woman. 36.29. 37. Frances Meek 1st female junior. 37.26. 39. Graham Bennison 3rd over 50. 37.36. 40. Gary Barker 38.02. 45. Chris Fox 38.50. 52. Alan Meiklejohn 39.16. 54. Andy Barker 39.37. 64. Dave Francis 41.24. 69. Angela Frame 43.05. 79. Fiona Muir 47.16. 83. Ronnie Morrison 50.54.

Clachnaben Hill Race, Banchory

261 runners finished in this points counting event in both the British and Scottish Hill Running Championships. The race was dominated by runners from the North of England with Bingley's Ian Holmes two minutes 20 seconds over the 10.5 mile (3,500ft ascent) course. Martin Laing was first home for Fife placing 50th (86 minutes 15 seconds) while Jim Meek finished 52nd. Over 60 Kirkcaldy veteran Don Adam ran well to complete the tough course in 238th place (2 hours 05 minutes 26 seconds).

RESULTS: 1. I. Holmes (Bingley) 1:14.20. 2. G. Bland (Borrowdale) 1:15.05. 3. R. Jebb (Bingley) 1:15.24. 50. Martin Laing 1:26.15. 52. Jim Meek 1:26.22. 127. Tom Ross 1:37.35. 150. Laurie Anderson 1:41.20. 168. Louise Burt 13th woman. 1:46.00. 200. Frank Cation 1:52.08. 238. Don Adam 2:05.26.

Normans Law Hill Race

From the start at Lower Luthrie Farm, Alan Milligan was content to sit in as 1987 World Hill silver medallist Colin Donnelly (Eiyri) and Dan Whitehead (Cosmic Hill Bashers) made the early pace. At the 700ft summit it was Donnelly and Whitehead that shared the lead a few strides ahead of Milligan and former Scottish Hill Champion John Brooks (Lochaber). Milligan's fast descent and local knowledge, however, took him clear as he teased out a 49 second advantage over the return journey to the finish at Luthrie. Milligan clocked 28 minutes 42 seconds over the five mile course with Donnelly holding second just thirteen seconds clear of Whitehead in third. St.Andrews athlete Martin Laing ran superbly to place 5th, second veteran just 10 seconds down on Brooks in 4th. Milligan also won the Fife AC championship incorporated in the race while in 9th place overall Jim Meek took the club silver medal with Brian Cruickshank in 19th the club bronze medallist. Simon Haworth, St.Andrews finished 12th overall, first junior taking the club junior gold medal ahead of Jonathan Seeley, St.Andrews 15th overall, second junior. Newburgh veteran Tom Ross 16th, was the first over 50 home with Graham Bennison, Ceres (33rd) second over 50. Clare Miller (Cosmic Hill Bashers) placed 21st overall (34.24) to easily win the womens prize ahead of Karen Newman (Carnethy HR) 38th overall. One place and three seconds behind Newman came Louise Provan, Dundee, winning the Fife women's championship while in 53rd overall Frances Meek, Cellardyke, won the club junior title.

RESULTS: 1. Alan Milligan (Fife AC) 28.42. 2. C. Donnelly (Eiyri) 1st veteran. 29.31. 3. D. Whitehead (CHB) 29.44. 4. J. Brooks (Lochaber) 30.24. 5. Martin Laing (Fife AC) 2nd veteran. 30.34. 6. C. Meek (Livingston) 3rd veteran. 30.41. 7. K. Varney (CHB) 4th veteran. 31.04. 8. T. Wilkinson (Unatt.) 5th veteran. 31.10. 9. Jim Meek (Fife AC) 31.16. 10. M. Robertson (Livingston) 31.49. 11. A. Hunter (McDonald's Carnegie) 33.06. 12. Simon Haworth (Fife AC) 1st junior. 33.17. 13. M. Johnston (Metro Aberdeen) 33.30. 14. S. Bennet (Kinross RR) 33.38. 15. Jonathan Seeley (Fife AC) 2nd junior. 33.45. 16. Tom Ross (Fife AC) 1st over 50. 34.00. 17. Graham Bee (Fife AC) 3rd junior. 34.12. 18. P. Buchanan (Ochil HR) 34.19. 19. Brian Cruickshank (Fife AC) 34.22. 20. I. Normand (HBT) 34.23. 21. Clare Miller (CHB) 1st woman. 34.24. 23. Stuart Knowles 35.22, 26. Ian Overton 35.41. 30. Jim Rough 36.52. 33. Graham Bennison 2nd over 50. 37.35. 38. Karen Newman (Carnethy HR) 2nd woman. 38.11. 39. Louise Provan 3rd woman. 38.14. 41. Alan Meiklejohn 3rd over 50. 38.37. 42. Frank Cation 38.40. 43. Angus

(Continued on page 3)

(Continued from page 2)

McLachlan 38.43. 44. Andy Barker 38.46. 50. Abigail Morrison 39.23. 53. Frances Meek 1st female junior. 40.43. 56. Jim Taylor 41.57. 59. Roy McLachlan 42.28. 60. Dave Francis 42.34. 61. Margaret McLaren 43.00. 67. Mike Kuzyszyn 44.33. 71. Michael Taylor 45.27. 74. Phyllis Lemoncello 46.26. 75. Fiona Muir 2nd female junior. 46.28. 76. Eliza McLachlan 47.47. 77. Alastair Robertson 48.06. 79. Chris Conroy 55.00. 80. Laura Nicholson 3rd female junior. 60.00.

Scottish & North West League, Glasgow

The team finished third of the eight clubs totalling 814 points behind Central AC (890) and Perth Strathhtay Harriers (821). In the Under 17 age group Andrew Farmer, St.Andrews won the Discus with a throw of 22.81 metres. Just behind Andrew came Ross Smith, Strathkinness, easily winning the B competition with 22.77m. Ross went on to win the javelin with a 24.55m throw. Further valuable points came in the Under 15 throws where Rory Scott won the discus (22.43m) and placed 2nd in the javelin B (19.36m). Cameron Johnston, St Andrews posted a fast 26.4 seconds to win the Under 15 boys 200m while Grant Jeffrey, Kingskettle won the Under 13's 200m (29.1). Katie Armstrong, St.Andrews provided the girls team with a 200m victory taking the Under 13's race in 31.0 seconds. Frankie Scott won the Under 11's 80m race (12.9) with St.Andrews colleague Connor Hill second in the B race (13.1). Frances Meek, Cellardyke, was again in action stepping up to the Women's 3,000m to place third in 11 minutes 15.6 seconds. Jim Meek finished second in the mens 5,000m (16 minutes 39.8 seconds).

TEAM RESULTS: 1. Central AC 890. 2. Perth SH 821. 3. Fife AC 814. 4. Scottish Borders. 735. 5. Stewarty 306. 6. Helensburgh 206. 7. Beith 125. 8. Garscube 106.

MAY 2000

Fife AC Midweek Series - Blebocraigs 5 Mile Race

Eighty-two runners completed the second race of the Mid-Week Summer Series at Dura Den. Alan Milligan (27 minutes 02 seconds) turned the tables on winner of the first series race Andrew Lemoncello, Ceres, (27.11) with John Cunningham (27.55) giving Fife a monopoly of the top positions. Fife took the team race with 6 points ahead of Dundee Hawkhill (19)

Fiona Lothian, Baldinnie, placed 19th overall to take the women's award clocking 31 minutes 52 seconds with Louise Burt in 32nd, third woman, first over 35 veteran.

RESULTS: 1. Alan Milligan (Fife AC) 27.02. 2. Andrew Lemoncello (Fife AC) 1st junior. 27.11. 3. John Cunningham (Fife AC) 27.55. 4. N. Gunstone (Dundee Hawkhill) 28.03. 5. N. Raitt (Dundee Hawkhill) 28.10. 6. Chris Russell (Fife AC) 28.12. 7. Martin Laing (Fife AC) 1st veteran. 28.46. 8. B. Hutchison (Unatt.) 2nd veteran. 29.08. 9. Brian Cruickshank (Fife AC) 30.01. 10. S. Kerr (Dundee Hawkhill) 3rd veteran. 30.11. 13. Bryce Aitken 4th veteran. 31.04. 15. Ronnie Mill 31.22. 17. Andrew Cassidy 31.34. 18. Tom Ross 1st over 50. 31.39. 19. Fiona Lothian 1st woman. 31.52. 21. Gary Barker 32.13. 23. Laurie Anderson 32.22. 24. Jim Rough 32.26. 27. Doug Gunstone 32.40. 32. Louise Burt 3rd woman. 33.22. 34. Ricky Forrester 33.32. 38. Brian Landels 33.37. 39. Andy Barker 33.44. 40. Louise Provan 4th woman. 33.47. 41. Graham Bennison 33.54. 42. Frank Cation 34.07. 44. Brian Peachey 34.33. 49. Leonard Rhone 35.09. 51. Angus McLachlan 2nd junior. 35.11. 52. Michael Taylor 3rd junior. 35.23. 53. Frank McLaren 35.23. 56. Jim Taylor

35.59. 58. Margaret McLaren 36.21. 59. Martin Farrally 36.28. 62. David Bee 37.15. 65. Pete Buchan 37.28. 68. Sam Delahaye 1st female junior. 38.55. 69. Anna McPherson 2nd female junior. 38.57. 71. Phyllis Lemoncello 39.41. 66. Crawford Mackie 38.12. 72. Chris Conway 40.18. 74. Irene Pennycook 41.22. 75. Alastair Robertson 41.33. 77. Sandra Aitken 42.42. 78. John McIntosh 44.24. 82. Eliza McLachlan 50.17.

Sri Chinmoy 5 Mile Race, Edinburgh

New Fife recruit Claire Couper placed second woman in 29 minutes 41 seconds, twenty-two seconds down on winner Janette Stevenson (Falkirk Victoria).

Scottish 50K Road Race Championships, Glenrothes

Fife AC hosted the SAF 50km Championships at Glenrothes track where Peterhead's Allan Reid successfully retained his title in 3 hours 07 minutes 42 seconds. 1999 winner Reid set a fast pace from the start with Fife AC's Terry Mitchell the only challenger. With Mitchell later forced to retire from the race Reid pressed on alone to finish over eleven minutes clear of silver medallist Clyde Marwick (Shettleston). The womens race proved to be a much closer affair as early leader Sharon Gayter (New Marske) was pulled back over the final two miles by 1999 winner Carol Cadger (Perth Strathhtay H.). Gayter, however, rallied over the final half mile and realising that the women's course record was a possibility produced a strong finish to clock 3 hours 58 minutes 04 seconds - an agonising four seconds outside the record ! Peter Morrison was the only Fife club member out of the 41 finishers to complete the course placing 5th.

RESULTS: 1. A. Reid (Peterhead) 3:07.42. 2. C. Marwick (Shettleston) 3:19.05. 3. K. Tulloch (Metro Aberdeen) 3:27.44. 4. S. Reeve (Moray RR) 3:29.42. 5. Peter Morrison (Fife AC) 3:32.11. 6. C. Mathieson (Pitreavie) 1st veteran. 3:32.35. 7. D. Ritchie (Moray RR) 2nd veteran/ 1st over 50. 3:33.59. 8. J. Bigham (Maryhill) 3rd veteran. 3:38.59. **Women:** 1. S. Gayter (New Marske) 3:58.04. 2. C. Cadger (Perth Strathhtay H.) 4:01.26. 3. A. Dudek (Perth Strathhtay H.) 4:10.48.

Penicuik 10K Road Race

Claire Couper scored her first win in Fife colours taking the women's prize in 39 minutes 20 seconds. City of Edinburgh's Justine Hewson placed second (41.45) while Fife's Abigail Morrison followed home in third (42.50).

City of Aberdeen 10K Road Race

1300 runners contested the race won by Keith's Simon Pride in 30 minutes 33 seconds. Fife AC's Claire Couper followed up her victory at Penicuik to take the womens title in a fast 38 minutes 07 seconds well clear of runner-up Ruth MacKenzie (Deeside) - 39 minutes 53 seconds.

Auld Toun 10K Road Race, Dunfermline

Fife AC athlete John Cunningham, Dysart, headed over 400 runners. Out on his own after the opening half mile Cunningham covered the hilly three lap course in 32 minutes 09 seconds, a full minute clear of runner-up Robert Napier (Unatt.). Glenrothes runner Chris Russell excelled to place 6th in a personal best of 34 minutes 06 seconds while Peter Morrison finished 10th (35.08). Fiona Lothian, Baldinnie, finished in 44th position overall (38.06) second woman to Trudi Thomson (Pitreavie) who clocked a fast 36 minutes 39 seconds.

(Continued on page 4)

(Continued from page 3)

RESULTS: 1. John Cunningham (Fife AC) 32.09. 2. R. Napier (Unatt.) 33.09. 3. N. Cunningham (Pitreavie) 33.12. 4. J. Farquhar (Pitreavie) 1st veteran. 33.26. 5. S. Ogg (McDonald's Carnegie) 34.05. 6. Chris Russell (Fife AC) 34.06. 7. M. Harvey (Carnegie) 34.14. 8. R. Bell (Dundee Hawhill) 2nd veteran. 34.26. 9. J. Gartside (Perth RR) 34.32. 10. Peter Morrison (Fife AC) 35.08. 24. Trudi Thomson (Pitreavie) 36.39. 44. Fiona Lothian 38.06. 48. Doug Gunstone 38.13. 80. Graham Bennison 4th over 50. 40.24. 118. Leonard Rhone 42.35. 145. Sam Nelson 43.54. 154. Martin Farrally 44.07. 175. John McFarlane 44.46.

Sri Chinmoy 1 Mile Race, Edinburgh

Markinch athlete John Thomson was in fine form at the Sri Chinmoy 1 mile race. Winner Steve Cairns (HBT) clocked a fast 4 minutes 18 seconds well clear of runner-up Jamie Pringle (City of Edinburgh) - 4:32. Thomson placed 7th clocking 4 minutes 46 seconds, first veteran over 40.

Ben Lomond Hill Race, Rowardennan

Fife AC's Alan Milligan scored his fourth consecutive hill race victory. Milligan in second place at the 3,192 foot summit, thirty seconds down on leader Dan Whitehead (Cosmic Hill Bashers), excelled on the descent pulling out an 83 second advantage to cover the nine mile course in 70 minutes 07 seconds. Milligan led Fife to the team title with fellow Scottish hill internationalist Dave Weir in 5th (73.47) while Jim Meek placed a fine 7th (75.02) totalling a low 13 points ahead of Carnethy Hill Runners (34) and Ochil Hill Runners (36). Louise Provan placed 69th, fourth woman (100:13) as 108 runners finished.

RESULTS: 1. Alan Milligan (Fife AC) 70.07. 2. D. Whitehead (Cosmic Hill Bashers) 71.30. 3. H. Lorimer (HBT) 72.40. 5. Dave Weir (Fife AC) 73.47. 7. Jim Meek (Fife AC) 75.02. 9. Angela Mudge (Carnethy HR) 75.16. 32. Laurie Anderson 86.22. 46. Stuart Knowles 91.33. 69. Louise Provan 4th woman. 100.13.

Teams: 1. Fife AC 13. 2. Carnethy Hill Runners 34. 3. Ochil Hill Runners 36.

Kinnoull Hill Race, Perth

Martin Laing, St.Andrews, was the first club runner home placing sixth, first veteran, covering the 4.5 mile (800ft) course in 26 minutes 35 seconds. Dundee member Louise Proven had an outstanding run to place 42nd out of the field of 167 runners in 31 minutes, third woman, just 27 seconds down on winner Val Houston (Unatt.).

RESULTS: 1. P. Mowbray (HBT) 23.38. 2. C. Robison (Inverclyde) 23.54. 3. J. Brooks (Lochaber) 24.56. 6. Martin Laing (Fife AC) 1st veteran. 26.35. 29. Tom Ross 29.55. 36. Sam Graves 30.30. 40. Gary Barker 30.54. 42. Louise Proven 3rd women. 31.00. 53. Doug Gunstone 32.16. 56. Frank Cation 32.44. 58. Graham Bennison 33.04. 64. Alan Meiklejohn 33.37. 84. Pete Buchan 35.58. 86. Pete Low 36.16. 92. Fiona Muir 37.47. 167 finished.

Knockdhu International Hill Race, Larne, Northern Ireland

Fife AC athletes represented Scotland with distinction at the P & O Ferries Knockdhu Home Countries Hill Race International. Scotland's John Brooks (Lochaber) prevented an English clean-sweep of the top placings taking the individual title covering the 7km (1500ft) course in 34 minutes 05 seconds, four seconds ahead of 1999 winner Simon Bailey (England). English runners filled the next three places before Fife AC Dunfermline member Alan Milligan came home

in 6th (35.38) followed by Scottish team colleague Dan Whitehead in 7th (35.55). England won the team race with 8 points with Scotland second (15) and Wales third (24). Fife veteran Martin Laing, St.Andrews, excelled to place 19th overall (37.56) third veteran with Scotland (15) again second to England (6) while Jonathan Seeley, St.Andrews, placed 39th (40.42) eighth junior helping Scotland to another second place. England's Kate Bailey retained her womens individual title timed at 40 minutes 40 seconds with Fife member Helene Diamantides leading Scotland home in second (41.35). England (6) completed a clean-sweep of the team titles ahead of Scotland (20) and Northern Ireland (28). Cel-lardyke athlete Frances Meek represented Scotland in the Under 17 race won by team colleague Marbeth Shiell (18 minutes 29 seconds) with Frances third (20 minutes 03 seconds). **RESULTS:** 1. J. Brooks (Scotland) 34.05. 2. S. Bailey (England) 34.09. 3. G. Bland (England) 34.42. 4. D. Neill (England) 1st veteran. 35.24. 6. Alan Milligan (Scotland) 35.38. 7. D. Whitehead (Scotland) 35.55. 18. R. Gallagher 2nd veteran. 37.36. 19. Martin Laing 3rd veteran. 37.56. 30. E. Jardine 5th junior. 39.10. 39. Jonathan Seeley 8th junior. 40.42. 45. C.Meek 41.36. **Women.** 1. K. Bailey (England) 40.40. 2. Helene Diamantides (Scotland) 41.35. 3. S. Newman (England) 42.36.

McDonalds Young Athletes East Division, Pitreavie

The Fife AC boys track and field team topped the nine strong league table winning the match with 359 points ahead of second-placed Pitreavie (347.5 points). Under 17 athlete James Gill's, Cupar, high jump victory of 1.80 metres won the match of the match award for the best field performance. The girls team placed fifth (227 points) with runaway winners Edinburgh Woollen Mill topping the table with 422.5 points.

SAF East District Championships Grangemouth

Colinsburgh's Kym Forbes recorded her first success in the under 20 women's age group winning the East of Scotland 3,000m title. Kym recorded a respectable time of 11 minutes 57.41 seconds over the seven and a half laps of the track. Kenneth Mowbray excelled to win the Under 15 boys long jump title with a superb leap of 5.20 metres. Dysart athlete John Cunningham took the bronze medal in the Senior Men's 5,000m championships timed at 15 minutes 44.02 seconds just twenty seconds down on winner Max Colligan (Mizuno). Dave Adam, Leuchars, took silver in the 3,000m Steeplechase (10 minutes 27.6 seconds) nineteen seconds behind winner Jamie McDonald (Central AC).

Chirside Border Games

Kenneth Anderson, Markinch won the 800m race in 2 minutes 10.11 seconds. Scott Taylor, Glenrothes placed third in the 2 mile race around the town won by Max Colligan (Mizuno) in 8 minutes 52 seconds.

JUNE 2000

Black Rock '5' Race, Kinghorn

Fife AC athletes were in prize-winning form winning both mens and womens team titles. 450 runners lined up to contest the 4.5 mile race where the course takes the field of athletes across Pettycur Sands to the Black Rock and returns to the finish at Kinghorn. Hunters Bog Trotter Donald Naylor made his move at the halfway point ahead of Fife's John Cunningham, Dysart, and Steve Cairns (HBT) extending his

(Continued on page 5)

(Continued from page 4)

lead over the return journey to notch up a hat-trick of individual wins in 22 minutes 31 seconds. Fife's Alan Milligan came through over the uphill half mile to claim second place (23.06) with Cairns in third (23.23) and Cunningham fourth (23.27). With Glenrothes member Scott Taylor 6th (24.00) and Owen Greene, St.Andrews, 8th (24.07) Fife easily retained the team title ahead of the Bog Trotters. British hill running womens champion Angela Mudge (Carnethy) was a clear winner of the women's prize placing 20th overall 925.17 followed by Anne Buckley (HBT) 30th (25.46). Fife's Fiona Lothian, Baldinnie, took third womens prize placing 45th (27.00) and with Claire Couper 86th (28.17) and Helene Diamantides 102nd (29.02) the club added the womens team award to their prize haul. Paul Parkinson, Kirkcaldy had an outstanding run to place 33rd overall (25:57) taking the first juniors award followed home by Graham Bee in 35th (26.03) second junior.

RESULTS: 1. D. Naylor (HBT) 22.31. 2. Alan Milligan (Fife AC) 23.06. 3. S. Cairns (HBT) 23.23. 4. John Cunningham (Fife AC) 23.27. 5. A. Hart (HBT) 23.47. 6. Scott Taylor (Fife AC) 24.00. 7. S. Gould (Bingley) 24.03. 8. Owen Greene (Fife AC) 24.07. 9. D. Knight (PSH) 24.13. 10. I. Stewart (McDonald's Carnegie) 1st veteran. 24.17. 15. Bryan McManus 24.62. 18. Graeme Walker 25.05. 22. Kenneth Anderson 25.17. 33. Paul Parkinson 1st junior. 25.57. 35. Graham Bee 2nd junior. 26.03. 38. Jonathan Seeley 3rd junior. 26.18. 39. Kevin Wallace 4th junior. 26.20. 46. Fiona Lothian 27.00. 49. John Murdoch 27.06. 66. Gary Barker 27.32. 75. Andrew Cassidy 27.49. 79. Joe Holden 2nd over 50. 27.56. 86. Claire Couper 28.17. 94. Doug Gunstone 28.38. 102. Helene Diamantides 29.02. 144. Brian Peachey 30.05. 145. Brian Landels 30.07. 149. Alan Meiklejohn 30.12. 155. Graham Bennisson 30.21. 164. Abigail Morrison 30.40. 165. Martin Farally 30.43. 173. Frances Meek 31.01. 183. Roy McLachlan 31.16. 197. Leonard Rhone 31.32. 199. Ian Watters 31.34. 223. Sam Nelson 32.15. 231. Angus McLachlan 32.27. 232. Dave Francis 32.28. 262. Karen Ritchie 34.04. 269. Dick Westwater 34.12. 271. Fiona Muir 34.18. 284. Mike Kuszyszyn 34.36. 297. Alastair Robertson 35.02. 319. Eric Nachman 36.05. 321. Ronnie Morrison 36.10. 324. Irene Pennycook 36.34. 329. Stuart Hamilton 36.48. 338. Graeme Barker 37.14. 352. Laura Nicholson 38.07. 353. Robert Mustard 38.08. 369. Helen Kuszyszyn 39.31. 372. Catriona Duncan 39.35.

Haddington 5 Mile Road Race

Bryce Aitken led home the team in 21st place out of the field of 220 runners clocking 28 minutes 20 seconds. Lasswade veteran Addy Gerrard, now a Fife member, won the womens prize in 29 minutes 39 seconds just strides ahead of Claire Couper (29.41) who was contesting her second race within twenty-four hours. Ronnie Mill 27th (28.40), Mel Scobie 65th (31.06) and Sandra Aitken (39.50) also completed the course.

Fife AC Midweek Series – Hill of Tarvit Race, Ceres

Eighty-seven runners completed the race from Ceres where Fife AC's Alan Milligan retained his individual title covering the 5.5 mile course in 31 minutes 03 seconds. Scottish hill internationalist Milligan pulled away from the opposition at the one and a half mile mark gradually extending his advantage over junior hill internationalist Andrew Lemoncello. Lemoncello followed home in second (32.07) while John Cunningham, Dysart, tenth at the hill summit, came through over the

return journey to Ceres to finish third (32.19). Jacqui Higginbottom (Carnethy HR) placed 39th overall (39.14) to win the women's prize followed by City of Edinburgh's Lianne Harrison in 41st (39.41). Louise Provan was the first Fife women home in 54th, 4th woman (42.06). Michael Ritchie, Springfield won the junior one mile race clocking 7 minutes 06 seconds.

RESULTS: 1. Alan Milligan (Fife AC) 31.03. 2. Andrew Lemoncello (Fife aC) 1st junior. 32.07. 3. John Cunningham (Fife AC) 32.19. 4. Owen Greene (Fife AC) 32.47. 5. R. Bell (Dundee Hawkhill) 1st veteran. 32.53. 6. Graeme Walker (Fife AC) 33.02. 7. Martin Laing (Fife AC) 2nd veteran. 33.07. 8. Peter Morrison (Fife AC) 33.13. 9. Dave Adam (Fife AC) 33.17. 10. Chris Russell 33.20. 12. Adrian Davis 34.09. 22. Neil Young 36.13. 23. Ian Overton 36.25. 26. Ronnie Mill 37.06. 27. Gary Barker 37.14. 29. Tom Ross 1st over 50. 37.35. 33. Jim Rough 38.13. 34. Laurie Anderson 38.18. 43. Graham Bennisson 39.5 44. Andy Barker 40.04. 45. Doug Gunstone 40.09. 48. Frank McLaren 40.52. 52. Alan Meiklejohn 41.17. 54. Louise Provan 42.06. 58. Abigail Morrison 42.21. 59. Jim Taylor 42.57. 60. Pete Buchan 43.05. 62. Michael Taylor 2nd junior. 43.27. 65. Chris Clark 43.46. 67. Margaret McLaren 43.52. 69. John McQuillan 44.08. 75. John McIntosh 3rd junior 45.45. 76. Fiona Muir 1st female junior. 46.46. 79. Phyllis Lemoncello 47.32. 80. Eliza McLachlan 47.37. 81. Eric Nachman 47.38. 82. Kim Macgregor 48.21. 83. Alastair Robertson 50.01. 87. Dave Ellison 53.44. **Junior One Mile :** 1. Michael Ritchie 7.06. 2. Sarina Kidd 7.15. 3. Ryan Ritchie 8.10. 4. Becky Graham 9.42.

McDonalds 1 Mile Race, Dunfermline

Dave Adams placed second timed at 4 minutes 51 seconds only three seconds down on winner Nigel Cunningham (Pitreavie). Fife under 20 Paul Parkinson, Kirkcaldy, placed 4th, first junior in 4 minutes 58 seconds.

Sri Chinmoy 3.5 Mile Trail Race, Edinburgh

Ceres veteran Graham Bennisson won the over 50's award, timed at 25 minutes 39 seconds over the hilly, woodland course at Corstorphine Hill.

Milnathort Dash

Dunfermline member Peter Morrison was Fife's first runner home timed at 29 minutes 30 seconds for the 5.8 mile hilly course. Martin Laing placed 10th overall, third veteran.

RESULTS: 1. D. Knight (PSH) 28.14. 2. B. Rennie (Dundee Hawkhill) 28.23. 3. J. Farquhar (Pitreavie) 1st veteran. 28.40. 4. I. Stewart (McDonald's Carnegie) 2nd veteran. 28.50. 5. Peter Morrison 29.30. 10. Martin Laing 3rd veteran. 30.34. 18. Brian Cruickshank 31.24. 61. Louise Provan, 4th woman. 36.39.

Raytheon Glenrothes Road Running Festival

The Raytheon Road Running Festival at Glenrothes attracted a record number of competitors with Fife AC veteran Terry Mitchell the winner of the half marathon race in 71 minutes 34 seconds. Previous winner Mitchell overhauled early leader John Cunningham, Dysart, at the ten mile mark extending his advantage to 26 seconds at the finish. Cunningham followed home in second in 72 minutes. Dave Knight (Perth Strathray) finished an isolated 3rd (74:09). Kirkcaldy member James Watson ran well to place 7th followed by Chris Russell, Glenrothes in 10th. British marathon internationalist Trudi Thomson (Pitreavie) was a runaway winner of the womens title placing 9th overall in 79 minutes.

(Continued on page 6)

(Continued from page 5)

RESULTS: 1. Terry Mitchell (Fife AC) 41.34. 2. John Cunningham (Fife AC) 72.00. 3. D. Knight (PSH) 74.09. 4. F. Harper (Carnegie) 1st veteran. 74.50. 5. C. Hutt (Bo'ness RC) 75.56. 6. B. Adams (Shetland) 2nd veteran/1st over 50. 78.31. 7. James Watson (Fife AC) 78.57. 8. A. Campbell (Unatt.) 79.27. 9. A. Hunter (Carnegie) 79.43. 10. Chris Russell (Fife AC) 79.58. 11. N. Renton (Edinburgh) 3rd veteran. 80.36. 11. John Murdoch (Fife AC) 80.44.

Other Fife finishers: Brian Cruickshank 84.33 Ricky Forrester 93.04. Alan Meiklejohn 96.13. Brian Peachey 97.22. David Bee 97.46. John McFarlane 101.32. John Keenlyside 103.55. Pete Buchan 109.36. John McNally 113.24. Rachel Edgar 2:21.52.

Keith and District's Frank Barton won the 10K race in 33 minutes 08 seconds with Bryce Aitken the first Fife AC member home in 5th place (35.52). Jim Taylor, Stenton placed 16th in 41 minutes 07 seconds. The womens prize went to Emily Hutchison (Carnegie) in 39 minutes 50 seconds followed by Fife AC's Margaret McLaren, Kirkcaldy, (43.28). Tamar Brown, Markinch, had her best race in Fife colours to place 3rd (43.45) while Sandra Aitken, Kirkcaldy placed 14th (50.01) and Catriona Duncan 20th (51.39).

RESULTS: 1. F. Barton (Keith) 33.08. 2. I. Grant (RH Cambuslang) 34.47. 3. I. Arnett (Unatt.) 35.07. 4. D. Murray (Falkirk Vic.) 35.46. 5. Bryce Aitken 35.52. 6. John Gilfillan 38.32. 15. Gary Barker 40.42. 16. Jim Taylor 41.07. 20. Frank McLaren 1st over 50. 42.24. 26. Brian Landels 43.15.

Club members also fared well in the Senior Biathlon (swim/run 10K) won by under 17 Kirkcaldy member Graham Bee in a total time of 48 minutes 24 seconds with Neil Young in second (48.36). Cupar member Scott Pride was a clear winner of the under 17 biathlon ahead of Jamie Milne, St.Andrews, while Owen McCue, Kirkcaldy, won the under 13 event. Sarah Bee, Kirkcaldy, finished second in the Under 17 girls biathlon.

Ship Inn Shell Bay Sandy Slither, Elie

1998 winner Terry Mitchell, St.Andrews repeated his victory leading from start to finish. British internationalist Mitchell made all the running as the field of seventy headed out across Largo Bay from the start at Lower Largo beach car-park. Following the climb over Kinncraig Head and the descent to Earlsferry links Mitchell holding a clear lead, eased back allowing club colleague Chris Russell, Glenrothes, to close the gap down to 13 seconds as the field covered the final mile across Elie sands to the finish at the Ship Inn. Mitchell clocked 36 minutes 56 seconds with Russell timed at 37 minutes 09 seconds. Neil Gunstone (Dundee Hawkhill) followed home in third (37.51) ahead of Fife's Neil Young in 4th Elie athlete Bill Hutchison (Unatt.) had an outanding run to place 5th, first veteran clocking 38 minutes 55 seconds while equally outstanding in 6th place was ex-Raith Rovers player Christopher Mill, Kirkcaldy. The 20-year-old clocked 39 minutes 09 seconds, well clear of more experienced runners. Ceres veteran Graham Bennison was in inspired form finishing 18th overall, first over 50, hard on the heels of the leading over 40 athletes. The womens race was close as Glenrothes member Tamara Brown placed 35th overall clocking 46 minutes 40 seconds just fifteen seconds clear of Davala Stott (Sri Chinmoy) with Margaret McLaren, Kirkcaldy, in third timed at 48 minutes 49 seconds.

RESULTS: 1. Terry Mitchell (Fife AC) 36.56. 2. Chris Russell (Fife AC) 37.09. 3. N. Gunstone (Dundee Hawkhill) 37.51. 4. Neil Young (Fife AC) 38.55. 5. W. Hutchison (Unatt.) 1st veteran. 38.55. 6. C. Mill (Unatt.) 39.09. 7. James Watson 39.27. 8. Brian Cruickshank 39.33. 9. David

Anderson 39.50. 10. Ian Overton 40.06. 11. R.Shaw (Anster Haddies) 2nd veteran. 41.02. 12. John Gilfillan 3rd veteran. 41.23. 15. Laurie Anderson 41.52. 16. Gary Barker 42.05. 18. Graham Bennison 1st over 50. 42.35. 19. Doug Gunstone 42.50. 20. Adrian Davis 43.36. 23.. Sam Graves 2nd over 50. 44.36. 24. Frank McLaren 3rd over 50. 44.37. 26. Alan Meiklejohn 45.20. 31. Brian Landels 46.02. 34. Tamara Brown 46.40. 35. Davala Stott (Sri Chinmoy) 2nd woman. 46.55. 36. Andy Barker 47.04. 41. Margaret McLaren 48.49. 42. Chris Clark 48.58. 43. John Keenlyside 49.25. 44. Karen Ritchie 49.38. 45. Dave Francis 49.55. 50. Eric Nachman 51.10. 51. Kim Macgregor 52.05. 53. Phyllis Lemoncello 53.20. 54. Fiona Muir (under 15) 53.56. 55. Alastair Robertson 54.13. 56. Ronnie Morrison 54.51. 57. Martha Mill 56.01. 66 finished

European Mountain Running Series, Slovenia

Alan Milligan representing Scotland placed 15th in 54 minutes 39 seconds with former world champion Antonio Molinari (Italy) the winner in 49 minutes 49 seconds.

Knock Hill Race, Crieff

Dave Adam, Leuchars, won the Knock Hill race covering the 5 mile course in 24 minutes 35 seconds.

RESULTS: 1. Dave Adam (Fife AC) 24.35. 2. J. Gartside (Perth RR) 24.59. 3. C. Meek (Livingston & Dist.) 1st veteran. 25.19.

Glas Tulaichen Hill Race, Glenshee

Dave Weir won the Glas Tulaichean 4.5 mile race, an uphill race of 2,500ft ascent, in 36 minutes 24 seconds.

RESULTS: 1. Dave Weir (Fife AC) 36.24. 2. K. Varney (Metro Aberdeen) 38.01. 3. N. Raitt (Dundee Hawkhill) 40.15. 28. Dave Francis 3rd over 50. 53.26.

Yetholm Hill Race, Kirk Yetholm

Over 40 veteran Martin Laing, St.Andrews, was Fife's first runner home at the Yetholm Festival 8 mile (2,500ft) hill race at Kirk Yetholm, a counting event in this years Scottish hill championship. Laing finished an outstanding 9th in 68 minutes 22 seconds as the first eleven led home by John Brooks (Lochaber) in 62 minutes 02 seconds finished inside the old course record. The junior 2 mile race (1,000ft) was dominated by Fife AC runners with new recruit to Fife colours Euan Jardine a clear winner in 15 minutes 42 seconds. Jardine, who has already represented the Scottish junior hill team, was followed home by Scott Pride, Cupar (18.39) while John McIntosh, Anstruther excelled to place third (19.48).

RESULTS: 1. J. Brooks (Lochaber) 62.02. 2. C. Robison (Inverclyde) 65.08. 3. D. Whitehead (CHB) 66.06. 9. Martin Laing (Fife AC) 1st veteran. 68.22. 46. Jim Meek 81.17. 90. Dave Francis 98.10. 106. Eliza McLachlan 1 hour 54 minutes.

Glen Rosa Horseshoe Hill Race, Arran

Newburgh veteran Tom Ross placed 13th overall first over 50, covering the gruelling 13 mile course with 5,500ft of ascent in 3 hours 04 minutes 40 seconds.

RESULTS: 1. D. Cummins (Shettleston) 2:31.41. 2. G. Allison (Arran) 2:38.46. 3. C. Brash (Solway) 2:40.41. 13 Tom Ross 1st over 50. 3:04.40.

Eildon Two Hills Race, Melrose

Alan Milligan posted his fourth hill race victory of the year winning the Eildon 2 Hills race clocking 27 minutes 26 seconds over the 4.5 mile (1500ft ascent) course. Steve Culshaw of Lancashire club Horwich RMI followed over two min-

(Continued on page 7)

(Continued from page 6)

utes adrift in 29 minutes 29 seconds while recent Fife recruit Euan Jardine placed 3rd, first junior. Scott Cassidy, Kennoway, back home on army leave from London. ran well to finish 7th, second junior giving Fife the team title with a total 11 points. Glenrothes under 15 athlete Michael Taylor had his best-ever run on the hills to place 25th, fourth junior timed at 37 minutes 18 seconds.

RESULTS: 1. Alan Milligan (fife AC) 27.26. 2. S. Culshaw (Horwich RMI) 29.29. 3. Euan Jardine (Fife AC) 1st junior. 7. Scott Cassidy 2nd junior. 32.34. 25. Michael Taylor 4th junior. 37.18. 42. Dave Francis 39.58. **Teams:** 1. Fife AC 11. 2. Gala H. 19.

Falkland Hill Race

Over 40 veteran Martin Laing, St.Andrews, was Fife's first runner home at the Falkland Hill Race timed at 20 minutes 57 seconds for the 3 mile (1200ft) course up and down the East Lomond. Laing placed 3rd, first veteran while Scott Cassidy contested his second race of the weekend finishing 6th, first junior in 22 minutes 49 seconds. Newburgh veteran Tom Ross had his usual good race race at this tough event placing 13th overall to win the over 50's prize. Louise Provan placed 35th overall, second in the womens race clocking 29 minutes 47 seconds.

RESULTS: 1. D. Whitehead (Cosmic Hill Bashers) 20.12. 2. N. Martin (Lomond HR) 20.16. 3. Martin Laing (Fife AC) 1st veteran. 20.57. 13. Tom Ross 1st over 50. 24.03. 14. Laurie Anderson 24.09. 18. Alex McGuire 25.44. 19. Stuart Knowles 25.45. 29. Ken McGuire 28.02. 31. Frank Cation 28.29. 53 finished.

White Tops Hill Race, Auchterhouse

Up in the Sidlaw Hills club veteran Martin Laing won the White Tops Hill Race covering the 6 mile (900ft) course in 34 minutes 07 seconds. Louise Provan made it a double celebration for Fife winning the womens prize timed at 41 minutes 07 seconds. Laing was back in action twenty four hours later on the Saturday placing 5th, first veteran at the Dollar Hill Race.

Bank of Scotland U17/U20

Championships, Grangemouth

Fife AC's Andrew Lemoncello scored his first success as an under 20 athlete winning the Scottish Under 20 Steeplechase title at Grangemouth Stadium. The Ceres runner produced a top class time for the 2,000m distance a fraction inside the 6 minute barrier with a clocking of 5 minutes 59.97 seconds. Silver medallist B.Raeside (Nottingham) clocked 6 minutes 00.80 seconds just a stride down with Grant Ritchie (Arbroath & District) taking the bronze in 6 minutes 03.95 seconds.

McDonalds Young Athletes League, Grangemouth

Under 15 athlete Nicola Thomson was in excellent form winning the High Jump (1.35m) as well as placing second in the Long Jump (4.36m). Under 17 athlete Jennifer Forbes was also in good form winning the Discus (23.00m) and placing second in the Shot Putt (8.21m). Katie Armstrong, St. Andrews, won the Under 13's 150m (21.5) while Shirras Moir placed 4th in the 800m in a fast 2 minutes 52.8 seconds. Kim Paterson, Kirkcaldy took 3rd place in the Under 13's 1200m in 4 minutes 26.4 seconds. For the boys team Greig Murray took second in the Under 17 Shot Putt (10.79m) while Paul Smith, St Andrews had his first race over the hurdles placing 2nd in the 100m hurdles in 16.8 seconds. Ken-

neth Mowbray was in excellent form in the Under 15 age group winning the 100m in a fine 12.8 seconds as well as winning the Long Jump (5.01m). Rory Scott, St Andrews, won the under 15 discus with a personal best of 28.44 metres as well as winning the 400m in a good 59.8 seconds. Graeme Noble, St.Andrews, placed second in the 800m (2:25.1) as well as second in the 1500m in a personal best of 5 minutes 01.1 seconds. Craig Guzy, Kirkcaldy was a prolific points scorer in the under 13 boys section with 2nd in the 800m (2 minutes 28.1 seconds) and second in the 1500m. Grant Jeffrey, Kingskettle, won the under 13's 75m hurdles in 41.1 seconds.

TEAM RESULTS: Boys: 1. City of Edinburgh 365. 2. Fife AC 362.5. 3. Pitreavie 318.5. **Girls:** 1. Edinburgh Woollen Mill 395. 2. Pitreavie 353. 3. Dunfermline & West Fi277.5. 4. Fife AC 239.

Scottish Athletics League Division 2, Scotstoun, Glasgow

There were some good individual performances from Fife AC members. John Cunningham, second in the 5,000m at the opening fixture repeated this position but clocked a fast 15 minutes 29.4 seconds. Dave Adam, Leuchars, won the B race in 16 minutes 23.9 seconds, a new personal best time. Earlier the RAF athlete won the 3,000m Steeplechase in 9 minutes 42.3 seconds. Graeme Walker, St Andrews made his last appearance for the Fife track team before taking a year out from University studies placing second in the 400m hurdles (63.0) as well as placing second in the 1500m in 4 minutes 12 seconds where the Fife athlete was only beaten over the final few strides of the race. Paul Davis placed 3rd in the 800m (2:04.9) having travelled to Glasgow on public transport from Montrose to support the team effort. Dunshelt athlete Matthew McPherson contested no less than six events with his top results coming in the Pole Vault A competition (3.80m) where club captain Dave Roberts, Wormit won the B competition (3.40m). McPherson's other notable performance came in the Long Jump where a 5.78m leap claimed 3rd place. Jamie Kilpatrick, St.Andrews, clocked a fine 11.5 seconds over 100m to take 5th place while in the 200m Paul Parkinson's 24.6 seconds gained 4th place. Fife's fifth place was disappointing following second at the opening league fixture.

RESULTS: 1. Kirkintilloch Olympians 257. 2. Kilbarchan 247. 3. Law & Dist. 238. 4. Falkirk Vic. 233. 5. Fife AC 202. 6. Victoria Park 200. 7. Scottish Borders 147. 8. JW Kilmarnock 122.

Pitreavie AAC Mile Ellium Race, Dunfermline

Glenrothes athlete Kenneth Anderson placed 4th clocking a fast 4 minutes 47.5 seconds closely followed by Paul Parkinson, Kirkcaldy in 6th (4:54.9)

McDonalds Young Athletes League, Grangemouth

Under 15 athlete Nicola Thomson was in excellent form winning the High Jump (1.35m) as well as placing second in the Long Jump (4.36m). Under 17 athlete Jennifer Forbes was also in good form winning the Discus (23.00m) and placing second in the Shot Putt (8.21m). Katie Armstrong, St Andrews, won the Under 13's 150m (21.5) while Shirras Moir placed 4th in the 800m in a fast 2 minutes 52.8 seconds. Kim Paterson, Kirkcaldy took 3rd place in the Under 13's 1200m in 4 minutes 26.4 seconds.

For the boys team Greig Murray took second in the Under 17

(Continued on page 8)

(Continued from page 7)

Shot Putt (10.79m) while Paul Smith, St Andrews had his first race over the hurdles placing 2nd in the 100m hurdles in 16.8 seconds. Kenneth Mowbray was in excellent form in the Under 15 age group winning the 100m in a fine 12.8 seconds as well as winning the Long Jump (5.01m). Rory Scott, St Andrews, won the under 15 discus with a personal best of 28.44 metres as well as winning the 400m in a good 59.8 seconds. Graeme Noble, St Andrews, placed second in the 800m (2:25.1) as well as second in the 1500m in a personal best of 5 minutes 01.1 seconds.

Craig Guzy, Kirkcaldy was a prolific points scorer in the under 13 boys section with 2nd in the 800m (2 minutes 28.1 seconds) and second in the 1500m. Grant Jeffrey, Kingskettle, won the under 13's 75m hurdles in 41.1 seconds.

TEAM RESULTS: Boys. 1. City of Edinburgh 365. 2. Fife AC 362.5. 3. Pitreavie 318.5. **Girls:** 1. Edinburgh Woollen Mill 395. 2. Pitreavie 353. 3. Dunfermline & West Fife 277.5. 4. Fife AC 239.

Olympiad Meeting, Pointose, France

Fife AC young athletes excelled at Pointoise near Paris representing the Glenrothes Olympiad team. Under 20 internationalist Andrew Lemoncello stormed to a 4 minute 06 second personal best to win the 1500m with club colleagues Thomas Greene (4th) and Andrew Murphy (5th) clocking 4:28 and 4:33 respectively. Lemoncello then proceeded to win the hilly 3,000m cross-country event in 12 minutes with Murphy only 40 seconds down in second ahead of the leading French athlete in third. Greene completed the teams domination of the event placing 4th. On the track Paul Parkinson, Kirkcaldy, recorded a fast 52.54 seconds to place second in the 400m.

JULY 2000

The Mount 8 Mile Race, Cupar

Louise Provan scored her second success of the weekend winning the womens award at the Cupar Highland Games 8 mile road/hill race. Dysart athlete John Cunningham was the overall winner sharing a time of 53 minutes 03 seconds with Fife club colleague Peter Morrison. Terry Mitchell had his second race of the weekend to place third (54.35).

RESULTS: 1. John Cunningham 53.07. 2. Peter Morrison 53.07. 3. Terry Mitchell 1st veteran. 54.35. 4. Martin Laing 2nd veteran. 55.07. 5. Chris Russell 55.46. 10. Louise Provan 68.04. 13. Margaret Hands (Motherwell) 2nd woman. 74.16.

Fife AC Balgonie 10K Race

Fife AC hosted the Balgonie 10K race from Milton of Balgonie where Pitreavie's Nigel Cunningham took an early lead over farm roads and tracks to come home in 32 minutes 35 seconds over a minute clear of Kirkcaldy member Steve Doig (33.48). James Watson, Kirkcaldy, and Ian Overton, St Andrews, both had their best runs of the year to place 3rd and 4th respectively while Dave Anderson, Milnathort, also made the top ten following his return from injury placing 9th. Angus Clark (Victoria Park) was the first veteran to finish in 5th overall while Ceres veteran Graham Bennison placed 25th, first over 50. Fiona Lothian kept Fife in the prizes taking the womens award in 18th place overall clocking 36 minutes 47 seconds nine seconds and one place clear of Sue Ridley (Edinburgh Woollen Mill). Margaret McLaren, Kirkcaldy, placed fourth woman for Fife in 51st position overall.

RESULTS: 1. N. Cunningham (Pitreavie) 32.35. 2. Steve

Doig (Fife AC) 33.48. 3. James Watson (Fife AC) 34.46. 4. Ian Overton (Fife AC) 35.06. 5. A. Clark (Victoria Park) 1st veteran. 35.12. 6. W. Law (Aberdeen Univ.) 35.24. 7. Alan McIntosh (Livingston & Dist.) 35.27. 8. S. Kerr (Dundee Hawkhill) 2nd veteran. 35.27. 9. Dave Anderson (Fife AC) 35.32. 10. J. Buick (City of Edinburgh) 35.33. 11. John Murdoch 35.44. 18. Fiona Lothian 1st woman. 36.47. 19. Sue Ridley (EWM) 2nd woman. 36.56. 20. Doug Gunstone 37.23. 21. Mike Mitchell 37.50. 23. John Gilfillan 38.45. 25. Graham Bennison 1st over 50. 38.58. 30. Frank McLaren 3rd over 50. 39.47. 34. Jack Stanford 40.02. 38. Doug Provan 40.37. 41. Martin Farrally 40.56. 48. Debbie McDonald (HBT) 3rd woman. 42.20. 50. Dave Bee 42.39. 51. Margaret McLaren 4th woman. 42.44. 56. John Leggate 44.03. 60. Ian McCready 45.36. 61. Steve Bruce 45.51. 62. John Keenlyside 45.57. 66. Crawford Mackie 46.23. 88 finished.

Glenturret Distillery 7 Mile Race, Crieff

Fife AC athlete Chris Russell, Glenrothes, put in an outstanding performance to place second at this road/hill race clocking 41 minutes 08 seconds just ten seconds down on winner Jamie Gartside (Perth Road Runners). Glenrothes member Brian Cruickshank had his best race of the summer to date placing 8th only five seconds and one place clear of Fife colleague Neil Young.

RESULTS: 1. J. Gartside (Perth RR) 40.58. 2. Chris Russell (Fife AC) 41.08. 3. W. Hensman (Ochil HR) 41.32. 4. I. Taylor (Carnegie) 41.55. 5. C. Glencorse (Perth RR) 42.17. 6. W. Law (Aberdeen Univ.) 42.48. 7. G. Watson (Dundee Hawkhill) 1st veteran. 43.08. 8. Brian Cruickshank 43.17. 9. Neil Young 43.22. 90 finished.

Brig Bash 5 Mile Race, Bridge of Earn

Chris Russell placed 14th out of 163 finishers, covering the 5 mile course in 26 minutes 43 seconds. Dundee member Hugh McKay made a sensational debut as an over 40 veteran in 4th place overall, first veteran (25.54) while Steve Doig, Kirkcaldy also ran well to place 11th (26.40). Martha Mill broke the 40 minute barrier for the first time.

RESULTS: 1. C. Robison (Inverclyde) 24.03. 2. T. Havel (Olympique Prague) 25.39. 3. B. Rennie (Dundee Hawkhill) 25.47. 4. Hugh McKay 1st veteran. 25.54. 11. Steve Doig 26.40. 14. Chris Russell 26.43. 17. Neil Young 27.49. 20. Brian Cruickshank 27.59. 26. Ronnie Mill 28.27. 27. John Murdoch 28.36. 35. John Gilfillan 29.35. 50. Graham Bennison 31.11. only results available.

Fife AC Midweek Series – Newburgh 5 Race

British Cross-Country internationalist Phil Mowbray (HBT) headed the field of 108 runners at the Newburgh 4 mile race. Mowbray clocked 21 minutes 05 seconds breaking away from Fife's Alan Milligan over the final half mile. Mowbray's time over the multi-terrain course improved the course record by one second. Milligan finished 6 seconds back in second place while John Cunningham, Dysart, 4th and Andrew Lemoncello, Ceres, 5th helped Fife to team victory. St Andrew's under 20 athlete Thomas Greene was in outstanding form placing 9th overall, second junior while in 76th place Newburgh under 15 athlete Fiona Muir excelled to win the female junior prize. Fiona Lothian, Baldinnie, (24.45) placed a superb 19th overall to win the women's prize revising the womens course record by ten seconds. Second woman home Mary McIntyre (Dundee Hawkhill) was left three minutes adrift placing 48th overall. Newburgh under 11 athlete John Innes was a clear winner of the junior mile race timed

(Continued on page 9)

(Continued from page 8)

at 5 minutes 03 seconds nineteen seconds clear of Niall Anderson, Milnathort in second place.

RESULTS: 1. P. Mowbray (HBT) 21.05. record. 2. Alan Milligan (Fife AC) 21.11. 3. D. Knight (PSH) 22.10. 4. John Cunningham 22.36. 5. Andrew Lemoncello 1st junior. 23.00. 6. C. Farquharson (HBT) 1st veteran. 23.12. 7. Chris Russell 23.14. 8. Steve Doig 23.33. 9. Thomas Greene 2nd junior. 23.47. 11. Martin Laing 2nd veteran. 23.59. 12. James Watson 24.02. 15. Dave Anderson 24.34. 17. Ian Overton 24.37. 18. Brian Cruickshank 24.39. 19. Fiona Lothian 24.45 (record). 21. Ronnie Mill 25.05. 24. John Murdoch 25.20. 26. John Gilfillan 25.45. 34. Laurie Anderson 26.16. 35. Doug Gunstone 26.22. 41. Ricky Forrester 27.21. 42. Graham Bennison 3rd over 50. 27.22. 43. Frank McLaren 4th over 50. 27.27. 53. Brian Peachey 28.00. 57. George Black 2nd over 60. 28.46. 58. Michael Taylor 3rd junior. 28.48. 59. Jim Taylor 28.57. 60. Louise Provan 4th woman. 28.55. 61. Alan Meiklejohn 28.57. 65. Angus McLachlan 4th junior. 29.26. 67. Dave Bee 29.35. 69. Margaret McLaren 29.49. 72. Pete Low 30.12. 76. Fiona Muir 1st female junior. 30.33. 77. Johnathan Waldie 5th junior. 30.43. 78. John Leggate 30.46. 82. Dave Francis 31.14. 85. Angela Frame 2nd female junior. 31.52. 89. Eliza McLachlan 32.31. 93. Mike Kuzyszyn 32.38. 97. Alastair Robertson 33.56. 98. Martha Mill 34.35. 100. Laura Nicholson 3rd female junior. 35.55. 105. Ronnie Morrison 38.59. 108 finished.

Findglass Marathon, Ireland

Terry Mitchell, St Andrews, was a run-away winner of the Findglass Marathon in Ireland clocking 2 hours 38 minutes over the 26.2 mile course in hot conditions, an amazing 32 minutes ahead of second-placed Peter Ferris (Coleraine).

Donkey Brae 7 Mile Race, Aberdour

Fife AC's Peter Morrison stormed his way back to top form with a winning 37 minutes 12 seconds and with Kirkcaldy members Steve Doig 7th, James Watson 8th, and Bryce Aitken 13th Fife totalled 28 points to win the team prize. John Gilfillan 24th and John Murdoch 27th also finished well up the field of 324 finishers. Claire Couper made it a Fife double taking the women's title in 42 minutes 43 seconds as the Fife women also annexed the team award. Margaret McLaren 9th, Isobel Cater 15th and Sheila Barbour 20th closed in the women's team scoring.

Kirkcaldy under 13 athlete Craig Guzy was an outstanding winner of the associated 2 mile race heading 318 runners in a time of 11 minutes 32 seconds three seconds clear of second-placed Lewis Miller. Abigail Morrison placed 5th, first senior woman (11.57) while in 18th overall Kirkcaldy under 15 athlete Kim Paterson was the fifth girl home timed at 13 minutes 58 seconds. Glenrothes under 15 athlete Michael Taylor placed 11th (12.54).

RESULTS: 1. Peter Morrison (Fife AC) 37.12. 2. R. McCulloch (Kilbarchan) 37.30. 3. N. Cunningham (Pitreavie) 37.36. 7. Steve Doig 39.15. 8. James Watson 39.38. 13. Bryce Aitken 3rd veteran. 40.43. 22. Claire Couper 42.43. 24. John Gilfillan 42.53. 27. John Murdoch 43.14. 49. Jim Taylor 45.43. 50. Leonard Rhone 45.45. 64. Jack Stanford 47.12. 65. Frank McLaren 47.19. 111. Margaret McLaren 50.22. 155. Dick Westwater 53.14. 156. Iona Cater 53.15. 177. Sheila Barbour 54.59. 211. Robert Mustard 58.20. 217. Sandra Aitken 58.37. 283. John Cater 66.03.

Ballater 10 Mile Race

Adrian Davis, Ladybank, placed second at the Ballater 10 mile road race clocking 57 minutes 37 seconds with Fife former member Craig Ross (Dundee Hawkhill) the winner in 56 minutes 41 seconds.

Fort William Hill Running Festival

Under 20 athlete Scott Cassidy, Kennoway, took first junior prizes at two hill races over the weekend contesting the Meall A-nt Suidhe race on the Saturday and the Half Ben Nevis race on the Sunday. The army apprentice placed 8th overall, first junior at the Meall A-nt Suidhe event covering the 3.5 mile (1500ft) course in 36 minutes 53 seconds with winner Ronnie Gallacher (Westerlands) clocking 32 minutes 02 seconds. Scottish hill internationalist John Brooks was a runaway winner of the Half Nevis race timed at 49 minutes 23 seconds over nine minutes clear of second-placed Gallacher. Cassidy was again the first Fife AC runner home in 6th place overall, first junior clocking 60 minutes 15 seconds for the 6 mile (2200ft) course. Newburgh veteran Tom Ross took both over 50 prizes placing 11th at the Meall A-nt Suidhe and 12th at the Half Ben. Also in top form was Kirkcaldy over 60 veteran Don Adam who placed first over 60 at both events finishing 35th at the Meall Ant Suidhe and 52nd at the Half Ben.

RESULTS: Meall Ant Suidhe. 1. R. Gallacher (Westerlands) 1st veteran. 32.02. 2. R. Cant (Lochaber) 33.01. 3. A. Smith (Deeside) 2nd veteran. 34.10. 8. Scott Cassidy 1st junior. 36.53. 11. Tom Ross 1st over 50. 38.54. 34. Louise Provan 6th woman. 46.38. 35. Don Adam 1st over 60. 47.24.

Half Ben Nevis: 1. J. Brooks (Lochaber) 49.23. 2. R. Gallacher (Westerlands) 1st veteran. 58.36. 3. R. Cant (Lochaber) 59.05. 6. Scott Cassidy 1st junior. 60.15. 12. Tom Ross 1st over 50. 64.54. 15. Laurie Anderson 66.03. 50. Louise Provan 6th woman. 87.26. 52. Don Adam 88.11.

Glamaig Hill Race, Isle of Skye

Scottish Hill internationalist Martin Laing, St. Andrews, was the clubs first runner home at the gruelling Glamaig Hill Race. Laing placed 10th overall, second veteran clocking 54 minutes 44 seconds over the 4.5 mile course with its punishing 2,400 ft climb.

RESULTS: 1. J. Brooks (Lochaber) 46.55. 2. M. Rigby (Westerlands) 52.05. 3. R. Gallacher (Westerlands) 1st veteran. 53.03. 10. Martin Laing 2nd veteran. 54.44. 16. Jim Meek 58.05. 32. Tom Ross 62.34. 60. Alan Meiklejohn 72.06. 87. Frank Cation 87.45.

Snowdon International Hill Race

Fife AC's Alan Milligan helped Scotland to team victory at the Snowden International Hill Race. Holder Neil Wilkinson (RH Cambuslang) retained his individual title nearly two minutes ahead of Italy's Fabio Ciapponi clocking 65 minutes 45 seconds for the 10 mile (3250ft) course. Milligan followed home in sixth (69.32) with veteran Colin Donnelly (Eryri) completing the team scoring in eighth to total 13 points ahead of England (15) and Italy (24).

RESULTS: 1. N. Wilkinson (Scotland) 65.45. 2. F. Ciapponi (Italy) 67.24. 3. I. Holmes (England) 67.48. 6. Alan Milligan 69.32. 8. C. Donnelly 70.36.

Durness Hill Race, Cape Wrath

Dave Adam, Leuchars, won in a record time covering the 3.5

(Continued on page 10)

(Continued from page 9)

mile course in 23 minutes 26 seconds - 90 seconds inside the previous best performance.

Maddy Moss Mash Hill Race, Tillicoultry

Dave Weir placed second, covering the 6 mile (2,500ft) course in 51 minutes 11 seconds. Tom Ross, Newburgh, was the next club member home placing 26th, first over 50 in 59 minutes 06 seconds for the 6 mile (2,500ft) course. Helene Diamantides placed 29th overall to easily win the womens prize clocking 60 minutes 02 seconds. Under 17 athlete Scott Pride, Cupar, finished first junior 48th overall in 64 minutes 08 seconds.

RESULTS: 1. P. Mowbray (HBT) 48.46. 2. Dave Weir (Fife AC) 51.11. 3. W. Ensmann (Ochil HR) 51.47. 26. Tom Ross 1st over 50. 59.06. 29. Helene Diamantides 1st woman. 60.02. 31. Laurie Anderson 60.32. 44. Stuart Knowles 63.41. 48. Scott Pride 1st junior. 64.08. 70. Frank Cation 70.00. 77. Michael Taylor 71.50. 78. Dave Francis 71.52. 82. Don Adam 73.40.

Scottish Athletics League Division 2, Grangemouth

The Fife AC Mens Track and Field team finished 4th team and with one fixture remaining at Inverness held fourth place in the league only two points adrift of the second place promotion spot. Team captain Dave Roberts, Wormit led the way with victory in the Pole Vault (3.70m) and with Matthew McPherson, Dunshelt, first in the B competition (3.50m) Fife took maximum points in that event. Maximum points also came in the 5,000m won by John Cunningham with Hugh McKay the B race winner.

RESULTS: 1. Falkirk Victoria 300. 2. Law & Dist. 294. 3. Kilbarchan 265. 4. Fife AC 241. 5. Kirkintilloch Olymp. 232. 6. Victoria Park 174. 7. JW Kilmarnock 98. 8. Scottish Borders. 44.

Home Countries Schools International, Blackpool

Derek Kibble, Montrave, placed 6th in the 100m hurdles for the Scottish Schools Under 17 team clocking 14.30 seconds. Cupar member James Gill placed 7th in the High Jump (1.80m). Scotland place third team (262) behind England (510) and Ireland (310) with Wales fourth (231).

McDonalds Young Athletes League, Grangemouth

The Fife AC boys track and field team retained their league title despite only finishing third team on the day. Holiday absences severely weakened the Fife team but it was Under 17 athlete Adrian Dempster, St Andrews, that led the challenge with first place in the discus (33.15m) and first place in the javelin (44.25m). Brother Keith also added to the points tally placing second in the Under 15's Shot Putt with a throw of 9.71 metres. Dempster was backed up in the Under 17 throws by Greig Murray, Glenrothes, who took first place in the Shot Putt (10.12m) and won the B discus competition (31.09m). Glenrothes athlete Kenneth Mowbray added more valuable points in the Under 15 age group winning the High Jump (1.50m) and placing second in the 100 metres (12.8 seconds). Grant Jeffrey, Kingskettle, was in top form in the under 13 age group winning the 75 metre hurdles in 12.5 seconds only one tenth of a second outside the league record. Jeffrey also won the 100 metres (14.2) as well as placing third in the long jump (3.24m) earning the Man of the

Match award. Kirkcaldy under 13 athlete Craig Guzy featured in both the 800m and 1500m fourth in each race with times of 2 minutes 35.8 seconds and 5 minutes 25.9 seconds. Joe Gunstone, Balmalcolm, placed 5th in the 800m B race with 2:50.9.

Kirkcaldy athlete Kim Paterson produced the girls top performance of the day placing second in the under 13's 800m with a fast 2 minutes 28.2 seconds. Jennifer Forbes, Glenrothes, placed 3rd in the under 17 girls Shot Putt (7.07m) and 2nd in the Discus B competition (21.43m). Gemma Todd's throw of 21.48 metres took second place in the Discus while a throw of 7.03 metres gained second spot in the Shot Putt B competition.

RESULTS: Boys. 1. City of Edinburgh 455.5. 2. Pitreavie 340. 3. Fife AC 293. **Overall Final Placings:** 1. Fife AC 25. 2. City of Edinburgh 24. 3. Pitreavie 23. 4. Perth Straththay H. 17. 5. Dunfermline & West Fife 12. 7. Lasswade 9. 8. Harmeny 6. 9. Dunbar 3. **Girls:** 1. Edinburgh Woolen Mill 384.5. 2. Pitreavie. 339.5. 3. Dunfermline & West Fife 289. 7. Fife AC 122. **Overall Final Placings:** 1. EWM 27. 2. Pitreavie 24. 3. Dunfermline & West Fife 21. 4. City of Edinburgh 15. 5. Fife AC 14. 6 = Harmeny and Perth S.H. 12. 8. Lasswade 7. 9. Dunbar 3.

AUGUST 2000

Haddington Half Marathon

Recently elevated to the veteran over 40 ranks Hugh McKay excelled to place third overall, first veteran, timed at 75 minutes dead. Winner Nigel Cunningham (Pitreavie) clocking 73 minutes 32 seconds ahead of second-paced Colin Hutt (Bo'ness RC) - 74.17. Fife AC's Claire Couper finished nearly five minutes clear of the opposition to easily take the women's title timed at 87 minutes 23 seconds.

Scottish Gas 5K Road Race, Edinburgh

Peter Morrison raced to victory in the 5K race held at Granton, Edinburgh. Morrison clocked 15 minutes 24 seconds well clear of Alan Meikle's (Gala) 15.46 with USA visitor M. Gunn 3rd (16.23). A. Paolillo (Switzerland won the women's race timed at 18 minutes 18 seconds with Abigail Morrison a fine second in a personal best of 18 minutes 26 seconds.

Fife AC Mill Lum Race, Kinghorn

Second last year John Cunningham, Dysart, took the Mill Lum 6 mile title in 34 minutes 04 seconds eleven seconds clear of Nigel Cunningham (Pitreavie). Chris Russell, Glenrothes, continued his fine form to place 4th while James Watson, Kirkcaldy, placed 6th. St. Andrews veteran Martin Laing followed in 7th, second veteran while Under 17 athlete Graham Bee, Kirkcaldy excelled to place 8th, first junior. Broughty Ferry member Doug Gunstone celebrated thirty-three years in the sport contesting his first race as an over 50 veteran. The former Scottish internationalist placed well up the field in 28th taking the over 50's award. One of Scotland's top veteran athletes Addy Gerrard, Forfar, made her debut in Fife colours to easily win the women's race placing 20th overall in 38 minutes 59 seconds. Margaret McLaren, Kirkcaldy, placed 3rd woman (62nd overall). Kirkcaldy under 13 athlete Craig Guzy was a runaway winner of the associated 1.25 mile race timed at 5 minutes 48 seconds forty-one seconds clear of the opposition.

RESULTS: 1. John Cunningham (Fife AC) 34.04. 2. N. Cunningham (Pitreavie) 34.15. 3. C. Farquharson (HBT) 1st veteran. 34.50. 4. Chris Russell (Fife AC) 35.03. 5. N. Raitt (Dundee Hawhill) 35.23. 6. James Watson (Fife AC)

(Continued on page 11)

(Continued from page 10)

36.16. 7. Martin Laing (Fife AC) 2nd veteran. 36.35. 8. Graham Bee (Fife AC) 1st junior. 36.41. 9. G. Rennet (Dundee Hawkhill) 37.18. 10. Brian Cruickshank (Fife AC) 37.49. 11. A. McIntosh (Livingston & Dist.) 37.56. 12. S. Bennet (Kinross RR) 38.00. 13. S. Kerr (Dundee Hawkhill) 3rd veteran. 38.05. 14. Kevin Wallace (Fife AC) 2nd junior. 37.16. 15. Bryce Aitken 4th veteran. 38.24. 20. Addy Gerrard 1st woman. 38.59. 26. Gary Barker 40.29. 28. Doug Gunstone 1st over 50. 40.41. 30. John Gilfillan 40.51. 34. Jack Stanford 42.34. 36. Pat Connolly 42.37. 37. Ricky Forrester 42.38. 38. Jim Taylor 42.51. 43. Frank McLaren 43.31. 45. Andy Barker 43.46. 47. George Black 1st over 60. 44.00. 49. Brian Peachey 44.16. 55. David Bee 46.03. 62. Margaret McLaren 3rd woman. 47.01. 64. Louise Provan 47.39. 78. Sandra Aitken 54.15. 79. Martha Mill 57.00. **1.25 mile run:** 1. Craig Guzy (Fife AC) 5.48. 2. A. Wombwell (Pitreavie) 6.29. 3. S. Haldane (Unatt.) 6.39. 4. Sarah Laing (Fife AC) 6.39. 5. John Innes (Fife under 11) 6.56.

Pattiesmuir Six Multi-Terrain Race, Dunfermline

John Cunningham, retained his title at Pattiesmuir. Cunningham pulled away from Pitreavie's Nigel Cunningham to cover the multi-terrain course in 32 minutes 13 seconds, twenty seven seconds clear of the Pitreavie athlete in second. Jim Meek, Cellardyke, placed 10th two seconds and one place ahead of Brian Cruickshank and with Addy Gerrard, the second woman home in 16th (36.34) Fife took the team prize totalling 38 points ahead of Pitreavie (42) and Carnegie (50) - the first time in the nine year history of the race that a woman had scored in the winning team. Womens winner Trudi Thomson (Pitreavie) placed 13th overall setting a course record of 36 minutes 12 seconds.

RESULTS: 1. John Cunningham (Fife AC) 32.13. 2. N. Cunningham (Pitreavie) 32.50. 3. K. Leitch (Wee County H.) 33.09. 4. I. Stewart (Carnegie) 1st veteran. 33.16. 5. R. Milton (Carnegie) 34.20. 6. J. Farquhar (Pitreavie) 2nd veteran. 35.25. 7. E. Coppinger 9 Dublin) 3rd veteran. 35.28. 8. D. Howatt (Carnegie) 35.30. 9. P. Bundy (Carnegie) 35.33. 10. Jim Meek 35.35. 11. Brian Cruickshank 35.37. 16. Addy Gerrard 36.34. 25. Gary Barker 38.04. 27. Laurie Anderson 38.37. 30. George Black 2nd over 50./1st over 60. 39.21. 46. Andy Barker 41.19. 90. Alastair Robertson 47.36. 92. Mike Kuzyszyn 47.51. 93. Eric Nachman 47.54. 113. Helen Kuzyszyn 52.56.

Fife AC Midweek Series – Strathmiglo Straddle

The final race in the Fife Mid-Week Summer Series saw Alan Milligan win both the race and the overall series title. The Fife AC hill internationalist took an early lead ahead of Fife under 20 internationalist Andrew Lemoncello, Ceres, covering the 5.5 mile hilly course in 26 minutes 55 seconds with Lemoncello timed at 27 minutes 54 seconds back in second place. Fife AC runners filled the first five places with Chris Russell, Glenrothes, continuing his improved form in third place ahead of first veteran Martin Laing, St.Andrews, in fourth. Fiona Lothian, Baldinnie, was in positively explosive form placing fifth overall out of eighty finishers clocking 29 minutes 15 seconds. New recruit to Fife colours Addy Gerrard, Forfar, placed 23rd, second woman, first woman veteran.

Newburgh under 11 athlete John Innes won the associated one mile race timed at 6 minutes 25 seconds.

RESULTS: 1. Alan Milligan (Fife AC) 26.55. 2. Andrew Lemoncello (Fife AC) 1st junior. 27.54. 3. Chris Russell (Fife AC) 28.48. 4. Martin Laing (Fife AC) 1st veteran. 29.04. 5. Fiona Lothian (Fife AC) 29.04. 6. E. McKay (Ochil HR) 2nd veteran. 29.18. 7. Adrian Davis (Fife AC) 29.24. 8. S. Bennet (Kinross RR) 29.53. 9. John Cunningham (Fife AC) 30.03. 10. S. Kerr (Dundee Hawkhill) 3rd veteran. 30.14. 11. Ian Overton (Fife AC) 30.23. 12. Brian Cruickshank (Fife AC) 30.40. 13. D. Stewart (Dundee RR) 30.58. 14. B. Hutchison (Unatt.) 4th veteran. 31.09. 15. T. Neill (Dundee Hawkhill) 31.12. 20. Tom Ross 1st over 50. 32.00. 21. Ronnie Mill 32.14. 23. Addy Gerrard 32.29. 24. Laurie Anderson 32.33. 26. Stuart Knowles 32.40. 29. Gary Barker 33.01. 38. Scott Pride 2nd junior. 34.38. 39. Andy Barker 34.41. 44. Pat Connolly 35.30. 45. Michael Taylor 3rd junior. 35.34. 46. Martin Farrally 35.42. 47. Chris Fox 35.46. 49. Jim Taylor 35.59. 50. John Gilfillan 36.04. 51. Frank McLaren 36.07. 52. Leonard Rhone 36.08. 56. Tamar Brown 36.24. 57. Graham Bennison 36.28. 59. George Black 2nd over 60. 36.54. 60. Dave Francis 36.58. 67. Ian Watters 37.51. 69. Margaret McLaren 38.43. 71. Pete Buchan 39.22. 74. Louise Provan 40.33. 75. Doug Gunstone 40.40. 76. Angela Frame 40.52. 77. Eric Nachman 43.20. 78. Eliza McLachlan 44.04. 80. Laura Nicholson 45.37.

Teams: 1. Fife AC 6 2. Fife B 20

OVERALL FINAL RANKINGS: 1. Alan Milligan 355. 2. Andrew Lemoncello 350. 3. John Cunningham 339. 4. Chris Russell 327. **Veteran Men.** 1. Martin Laing 320. 2. Bill Hutchison (Unatt.) 297. 3. Stuart Kerr (Dundee Hawkhill) 289. **Over 50 veteran.** 1. Alan McLeod (Dundee Road Runners) 205. 2. Tom Ross 194. 3. Graham Bennison 154. **Junior Men:** 1. Andrew Lemoncello 350. 2. Thomas Greene 72. 3. Michael Taylor 64. 4. Angus McLachlan 58. **Women.** 1. Mary McIntyre (Dundee Hawkhill) 83. 2. Fiona Lothian 82. 3. Louise Provan 67. 4. Margaret McLaren 58. **Female Juniors.** 1. Fiona Muir 32. 2. Angela Frame 20. 3. Frances Meek 16. 4. Laura Nicholson 15.

Two Bridges 35 Mile Race, Dunfermline

The Two Bridges race took place around the Firth of Forth with Peter Morrison improving his personal best for the course by nine minutes placing second timed at 3 hours 47 minutes 20 seconds. Colin Hutt (Bo'ness RC) won in 3 hours 41 minutes 48 seconds. Jim Taylor, Glenrothes, finished 51st in 5 hours 12 minutes 56 seconds.

Perth Two Inches 10K Race, Perth

Jim Meek continued his return to top form placing tenth out of 508 runners. Meek clocked 35 minutes 39 seconds with winner Alan Derrick (Calderglen) timed at 33 minutes 08 seconds.

RESULTS: 1. A. Derrick (Calderglen) 33.08. 2. B. Kirkwood (Mizuno) 1st veteran. 33.31. 3. B. Cook (Dundee Hawkhill) 33.49. 4. E. Coppinger (Dublin) 2nd veteran. 33.57. 5. J. Gartside (Perth RR) 34.06. 6. E. McKay (Ochil HR) 3rd veteran. 34.25. 7. J. Whittet (PSH) 34.38. 8. P. Huls 4th veteran. 35.18. 9. J. Matheson (Metro Aberdeen) 35.27. 10. Jim Meek 35.39. 93. Graham Bennison 42.20. 134. Louise Provan 44.17. 170. John Keenlyside 46.08. 268. Robert Mustard 51.05.

Ceres 8 Mile Road Race

1. P. Mowbray (HBT) 40.59. 2. J. Cunningham (Fife AC) 42.34. 3. K. Leitch (Wee County H.) 43.36. 4. I. Stewart (McDonald's Carnegie) 1st veteran. 43.45. 5. C. Ross

(Continued on page 12)

(Continued from page 11)

(Dundee Hawkhill) 2nd veteran. 44.06. 6. C. Russell (Fife AC) 44.18. 7. N. Raitt (Dundee Hawkhill) 44.27. 8. A. Davis (Fife AC) 45.46. 9. Fiona Lothian (Fife AC) 46.36. record. 10. I. Overton (Fife AC) 46.42. 11. W. Law (Aberdeen Univ.) 46.48. 12. B. Cruickshank (Fife AC) 46.50. 13. G. Watson (Perth RR) 3rd veteran. 47.29. 14. J. Meek (Fife AC) 47.48. 15. S. Bennet (Kinross RR) 48.18. 16. Addy Gerrard (Fife AC) 1st female veteran. 48.22. 20. L. Anderson (Fife AC) 49.51. 30. R. Forrester (Fife AC) 53.02. 32. A. Barker (Fife AC) 3rd over 50. 53.16. 35. L. Rhone (Fife AC) 53.30. 40. P. Grist (Fife AC) 53.50. 45. B. Peachey (Fife AC) 54.35. 46. G. Black (Fife AC) 1st over 60. 54.51. 47. M. Farrally (Fife AC) 54.55. 53. D. Bee (Fife AC) 55.45. 63. J. Leggate (Fife AC) 58.32. 64. Ilona Cater (Fife AC) 1st local. 58.48. 65. Kim Macgregor (Fife AC) 58.55. 66. C. Clark (Fife AC) 59.49. 76. E. Nachman (Fife AC) 61.45. 87. J. McNally (Fife AC) 64.51. 90. Margaret Martin (Fife AC) 66.30.

Fife AC Largo Law Hill Race, Lower Largo

Alan Milligan (Fife AC) posted the second fastest time in the 23-year history of the race. Leading from the start at the Crusoe Hotel the Scottish hill internationalist was already descending from the 900ft summit as the chasing group led by 15-year old prospect Ian Donnan (Lothian) were still contesting the final climb. Milligan covered the five and a half mile course back to Lower Largo in 28 minutes 07 seconds - only seven seconds outside Terry Mitchell's (Fife AC) course record set in 1987. Tim Brand (Lothian) followed home a distant second over three minutes adrift as team colleague Donnan took a wrong turning eventually placing 20th. Martin Laing, St.Andrews, placed 5th (31.57) to win first veteran's prize while in 8th Scott Cassidy, Kennoway took first junior's award clocking 33 minutes 55 seconds. Ian Overton, St Andrews, had his best ever race over the hills to place 11th (34.13) while in 15th place British marathon internationalist Trudi Thomson (Pitreavie) shared a time of 34 minutes 45 seconds with Bill Hutchison, Elie (16th) the first local.

1 Alan Milligan 28.07; 2 Tim Brand (Lothian) 31.08; 3 Neil Raitt (DHH) 31.11; 5 Martin Laing 31.57; 8 Scott Cassidy 33.55; 11 Ian Overton 34.13; 13 Brian Cruickshank 34.24; 15 Trudi Thomson (Pitreavie) 34.45; 23 Tracy Brindlay (Cosmic) 35.41; 24 Laurie Anderson 35.53; 27 Stuart Knowles V40 36.24; 28 Brian Landels 36.46; 35 Michael Taylor 39.18; 38 Graham Bennison V50 40.24 42 Francis Meek 40.42; 43 Frank Cation 41.10; 48 Ken MacGuire 42.00; 60 Louise Provan 45.13; 64 Dave Ellison V50 50.00 65 Angela Frame 51.05.

Scottish World Hill Trials, Tweedsmuir

Fife AC athletes dominated the trials winning three of the four races to select the Scottish team for the world Championships in Bergen, Germany. Dunfermline member Alan Milligan took off at the four mile point from Neil Wilkinson (Ron Hill Cambuslang) to come home the winner of the Senior Mens trial covering the 8 mile (1700ft ascent) course in 53 minutes 42 seconds - one minutes 40 seconds clear of second-placed Wilkinson with Colin Donnelly (Eryri) just a further nine seconds back in third. Dave Weir, Abernethy, placed 9th timed at 59 minutes 36 seconds. The Junior Mens 6.5 mile (1800ft) saw Andrew Lemoncello, Ceres, go off course as Fife colleague Euan Jardine came home the winner in 51 minutes 50 seconds. 18-year old Scott Cassidy, Kennoway, booked his ticket for Bergen coming home in second (56.46) ahead of Simon Goldworthy (Wigtown) - 57.21. Lemoncello placed 5th (59.05) while the youngest member of the team Scott Pride, Cupar, followed in 6th (70.05). Helene Diaman-

tides won the womens race over the same 6.5 mile course timed at 58 minutes 08 seconds well clear of Janet Rae (Westerlands) - 59.14. Frances Meek, Cellardyke, contested the Junior Women's race placing 5th covering the 2.5 mile (1500 ft) course in 34 minutes 44 seconds. Carnethy's Marbeth Shiell was a clear winner (30.40) ahead of Briony Curtis (Banchory & Stonehaven) - 31.36.

RESULTS: Senior Men. 1. Alan Milligan (Fife AC) 53.42. 2. N. Wilkinson (RH Cambuslang) 55.22. 3. C. Donnelly (Eryri) 1st veteran. 55.31. 4. A Hart (HBT) 55.34. 5. D. Whitehead (Cosmic Hill Bashers) 56.38. 6. J. McDonald (Central AC) 57.32. 9. Dave Weir 59.36. **Senior Women.** 1. Helene Diamantides (Fife AC) 58.08. 2. J. Rae (Westerlands) 59.14. 3. S. Armitage (Cosmic HB) 60.01. 4. T. Brindley (Cosmic HB) 62.45. **Junior Men.** 1. Euan Jardine (Fife AC) 51.50. 2. Scott Cassidy (Fife AC) 56.46. 3. S. Goldworthy (Wigtown) 57.21. 5. Andrew Lemoncello 59.05. 6. Scott Pride 70.05. **Junior Women.** 1. M. Shiell (Carnethy HR) 30.40. 2. B. Curtis (Banchory & Stonehaven) 31.36. 3. E. Waterhouse (Central) 34.06. 4. Frances Meek (Fife AC) 34.44. 5. Angela Frame (Fife AC) 38.51.

Lomonds of Fife Hill Race, Gateside

Dave Weir was the first Fife AC runner home at the Lomonds of Fife hill race covering the 9 mile (2,200ft) course over both the West and East Lomonds in 71 minutes 20 seconds. Winner was Westerlands veteran Ronnie Gallacher (68.34). Jim Meek, Cellardyke, returned to form after injury to place eighth (77.05) while Scott Cassidy, Kennoway, finished 12th, first junior (78.28). Newburgh veteran Tom Ross followed up his over 50's first place at Strathmiglo placing 13th overall (78.45) to again win the over 50's award.

U20 Track & Field International, Belgium

Junior internationalist Andrew Lemoncello, Ceres, finished 3rd for Scotland timed at 9 minutes 24.98 seconds for the 3,000m Steeplechase, one second inside the personal best recorded in winning the Scottish senior title.

Pitreavie AAC Mile Ellium, Dunfermline

Abigail Morrison placed 4th woman (5 minutes 38.5 seconds) while Under 17 athlete Frances Meek clocked 5 minutes 44.9 seconds to place 6th woman, third junior

Scottish Athletics League Division 2

Inverness

The Fife Mens Track & Field team finished in 4th place at the final match the team overall fifth in the final Division 2 table. John Cunningham, Dysart, placed 3rd in the 5,000m earning the track award over the four match series while Colin Christie took the best all-rounder award for the season. Newburgh High Jumper, James Gill, the Scottish Schools Champion cleared 1.75m to win the A competition while Christie won the B competition as well as placing 3rd in the long jump and 3rd in the Pole Vault. Adrian Dowdalls placed 3rd in the 200m B race while Steve Payton placed 5th in both the 100m and 400m. Even without the clubs top performers in the 3,000m steeplechase James Reid (2nd A) and Paul Davies (4th B) gained valuable points.

Results: 1. Kirkintilloch Olympians 364. 2. Falkirk Vic. 252. 3. Kilbarchan 235. 4. Fife AC 224. 5. Law & Dist. 200. 6. JW Kilmarnock 157. 7. Scottish Borders 96. 8. Victoria Park 16.

FINAL LEAGUE PLACINGS. 1. Kirkintilloch Olymp. 28. 2. Falkirk Vic. 24. 3. Kilbarchan 22. 4. Law & Dist. 22. 5.

(Continued on page 13)

(Continued from page 12)

Fife AC 21. 6. Victoria Park 9. 7. Scottish Borders 7. 8.
JW Kilmarnock 7.