

SEPTEMBER 2000

Loch Leven Half Marathon, Kinross

At Loch Leven Half Marathon recent recruit Addy Gerrard had an outstanding run placing 24th out of the 427 finishers easily winning the womens prize setting a course record of 81.00 minutes. George Black, Kingskettle, was equally outstanding finishing 62nd overall, first over 60 timed at 89 minutes 04 seconds.

Linlithgow 10K Road Race

Fife AC's Addy Gerrard broke the women's course record at the BP Linlithgow 10K road race. Addy completed the undulating course in a time of 36 minutes 5 seconds almost a full minute ahead of second placed Jan Roxburgh (37.04) Phil Mowbray was a clear winner of the mens race setting a new course record of 30 minutes 27 seconds ahead of second placed Max Colligan. Glenrothes members Chris Russell and Brian Cruickshank finished 14th and 15th respectively.

RESULTS: 1. P Mowbray (HBT) 30.27 (record) 2. M Colligan (Mizuno) 32.15 3. A Derrick (Calderglenn) 32.18 4. B Kirkwood (Mizuno) 32.30 (first vet) 14. Chris Russell 34.44 15. Brian Cruickshank 35.22 **Women** 1 Addy Gerrard 36.05 (record) 2. J Roxburgh (St. Life) 37.04 3. J Hewson (CoE) 39.53

Moray 10K Road Race, Elgin

Dunfermline member Abigail Morrison set a personal best time of 39 minutes 40 seconds to win the womens prize at the Moray Festival of Road Running 10km race.

Pitreavie AAC 7 Mile Race, Dunfermline

At Pitreavie the club's most improved athlete, Chris Russell, Glenrothes, (39.52) placed second to Nigel Cunningham's (Pitreavie) 38 minutes 48 seconds at the Pitreavie 7 mile road race.

RESULTS: 1 N Cunningham (Pitreavie) 38.48. 2. Chris Russell 39.52. 3 A Hunter (Carnegie) 41.05. 49. Wilf Parkinson 57.37.

McDonalds 2 Mile Race, Dunfermline

Newburgh athlete Fiona Muir was the club's first runner home at the final McDonald's Friday night race of the season at Pittencrieff Park, Dunfermline, placing 16th overall, first female junior.

RESULTS: 1. A Derrick (Calderglenn) 10.13. 2. B Cook (Dundee Hawkhill) 10.16. 3. R Milton (Carnegie) 10.18. 16. Fiona Muir 1st female junior. 14.00. 17. Jack Neald 14.22. 18. Brian Peachey 14.23. 20. John Innes 14.53.

AAA Inter-Counties 10K Road Race, Bradford

Fife AC's John Cunningham, Dysart, represented East of Scotland at the Inter-Counties/AAA's 10km road race at Bradford placing 59th clocking his fastest time of the year in 31 minutes 28 seconds, East's second scorer as the team placed ninth behind winners North East of England.

Angus Road Running Festival, Arbroath

George Black, Kettlebridge, had a fine run to place 7th overall, first over 60 at the Angus Road Running Festival 10km race clocking 40.00 minutes. Cupar under 17 athlete Scott Pryde contested the Biathlon finishing an excellent third against senior opposition clocking 12 minutes 07 seconds for the swim followed by 40 minutes 42 seconds over the 10km course to total 52 minutes 49 seconds.

Results: 10km. 1. P Belcher (Royal Marines) 34.53. 2. S Connor (Forfar RR) 35.50. 3. S Kerr (Dundee Hawkhill) 1st

veteran. 36.53. 7. George Black 1st over 60. 40.00. 10. P McGregor (Victoria Park) 1st over 50. 41.04. **Biathlon.** 1. N Anderson (Fleetfeet) 51.02. 2. D Stewart (Dundee RR) 51.09. 3. Scott Pryde (Fife AC) 52.49

East Neuk 10K Road Race, Anstruther

214 runners completed the East Neuk 10km road race at Anstruther incorporating the East of Scotland Championships where 47-year-old Mizuno Racing Club athlete Brian Kirkwood chalked up his fourth victory in the event. Fife AC's Peter Morrison took an early lead from the start at Waid Academy with Kirkwood in second. At Kilrenny, the 2km point Morrison was forced to pull up with breathing difficulties leaving Kirkwood to forge on ahead chased by Lothian RC's Murray Robertson. By the half-way 5km point the former Scottish veteran cross-country champion had stretched his advantage to over a minute and by the finish at Waid Academy held an 82 second lead clocking 33 minutes 10 seconds. Recently qualified veteran Hugh McKay (Fife AC) came through into second clocking 33 minutes 32 seconds relegating Robertson to third place (33.38). McKay was backed up by Glenrothes runners Chris Russell 5th (34.35) and Brian Cruickshank 6th (35.03) to claim the team award and East of Scotland team title. Fiona Lothian (Fife AC) held pole position in the women's race until the 8km mark when lying 6th overall she was forced to pull up with a knee injury. Jan Roxburgh (Irvine) came home first woman in 22nd place clocking 37 minutes 06 seconds just thirteen seconds and one place ahead of Jo McColgan (Liz McColgan Racing). The first Fife AC woman home was Abigail Morrison, 85th overall, ninth woman, timed at 43 minutes 31 seconds. Kim Macgregor placed 108th, eleventh woman 945.20) while Ilona Cater finished 119th, sixteenth woman (46.16).

RESULTS: 1. B Kirkwood (Mizuno) 1st veteran. 33.10. 2. Hugh McKay (Fife AC) 2nd veteran. 33.32. 3. M Robertson (Lothian RC) 33.38. 4. C Hutt (Bo'ness RC) 33.54. 5. Chris Russell (Fife AC) 34.35. 6. Brian Cruickshank (Fife AC) 35.03. 7. R Campbell (Arbroath Footers) 35.09. 8. S Moore (Falkirk Vic.) 35.33. 9. J Buick (City of Edinburgh) 35.45. 10. P Bundy (McDonald's Carnegie) 35.51. 11. R Davidson (Dundee RR) 3rd veteran. 35.59. 12. Paul Parkinson (Fife AC) 1st junior. 36.17. 13. G Gourley (Dundee RR) 36.20. 14. N Leslie (Dundee RR) 36.23. 15. T Walker (Carnegie) 36.32.

Other Fife AC positions: 46. Andy Barker 4th over 50. 40.06. 49. Brian Landels 40.33. 94. John Leggate 43.47. 102. John Keenlyside 44.46. 106. Chris Clark 45.09. 121. George Costello 46.18. 126. Sandy Cruickshank 47.08. 131. Ian McCready 47.24. 151. Jocelyn Scott 3rd female super-veteran. 49.53. 153. Mike Kuzyszyn 50.25.

Aberfeldy Half Marathon

Kettlebridge over 60 runner George Black had an outstanding run at the Aberfeldy half marathon placing 34th out of the field of 250 runners timed at 86 minutes 42 seconds. George was the second over 50 veteran to finish and the first over 60 athlete.

Sri Chinmoy 5K Road Race, Edinburgh

Fiona Lothian, Baldinnie, placed a superb 5th overall clocking a brilliant time of 16 minutes 43 seconds, nearly three minutes clear of second placed woman J.Laing (Portobello) -

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19.36.

RESULTS: 1. D Naylor (Hunters Bog Trotters) 14.36 (record) 2. M Flynn (Moray RR) 1st veteran 16.09. 3. R Milton (McDonald's Carnegie) 16.27. 4. G Stewart (Blackpool & Fylde) 16.34. 5. Fiona Lothian (Fife AC) 16.43. 6. R Hope (City of Edinburgh) 16.45.

Capital City Challenge 10K, Edinburgh

1,550 runners contested the inaugural Capital City Challenge 10km road race which started and finished at Meadowbank Stadium following a route through Holyrood Park, Princes St. and the Royal Mile. John Cunningham, Dysart, placed a fine 8th in 33 minutes 08 seconds while Peter Morrison forced to drop out of the previous weeks East Neuk 10km followed in 10th (33.17) three seconds ahead of East Neuk winner Brian Kirkwood (Mizuno). Kirkcaldy under 20 athlete Paul Parkinson placed 110th overall (39.34) third junior. Glen Stewart (Mizuno) won in 31 minutes 11 seconds.

RESULTS: 1. G Stewart (Mizuno RC) 31.11. 2. J Heap (HBT) 32.20. 3. M Colligan (Mizuno) 32.32. 4. B Scally (Shettleston) 32.54. 5. A Robson (Mizuno) 1st veteran. 32.57. 6. M Bell (Ed.Univ.) 32.58. 7. D Gardiner (Mizuno) 32.59. 8. John Cunningham (Fife AC) 33.08. 9. D Beagley (Falkirk Vic.) 33.14. 10. Peter Morrison (Fife AC) 33.17. 11. B Kirkwood (Mizuno) 2nd veteran. 33.20. 12. M Ferguson (City of Edinburgh) 33.25. 101. Claire Couper 8th woman 39.20. 110. Paul Parkinson 3rd junior. 39.34. 117. John Gilfillan 39.40. 165. Leonard Rhone 41.05. 266. Sam Nelson 43.20. 367. John Keenlyside 45.08. 370. John McFarlane 45.12. 747. Wilf Parkinson 50.40. 759. Anne McFarlane 50.48. 888. Robert Mustard 52.41. 893. Richard McFarlane 52.46.

Perth & Kinross Road Race Series

Glenrothes athlete Brian Cruickshank finished as the clubs highest ranked athlete in the Perth & Kinross Series placing 8th in the final league placings. Brian's points total of 347 came in just four of the nine races.

Braemar Highland Games

Fife AC's Alan Milligan warmed up for the World Hill Championships in Bergen, Germany by winning the Braemar Highland Games hill race. Milligan pulled away from Dan Whitehead (Cosmic Hill Bashers) three-quarters up the 700ft climb to cover the four mile course in 24 minutes 49 seconds, ten seconds ahead of second-placed Whitehead.

Ben Nevis Hill Race, Fort William

At the Ben Nevis Hill Race Alex McGuire, Kirkcaldy, was the first Fife runner home placing 72nd out of 381 finishers covering the 9 mile (4,400ft) course in 1 hour 59 minutes 37 seconds. Veteran Laurie Anderson, Glenrothes, followed in 94th clocking 2 hours 03 minutes 13 seconds.

RESULTS: 1 I Holmes (Bingley) 88.47. 2 S Booth (Borrowdale) 89.16. 3 D Rodgers (Lochaber) 90.10. 72 Alex McGuire 1:59.37. 94 Laurie Anderson 2:03.13. 204 Duncan McGuire 2:21.31. 210 Ken McGuire. 2:22.28.

World Hill Race Championships, Germany

Five Fife AC members represented Scotland at the World Hill Championships in Bergen, Germany with Alan Milligan Scotland's second runner home in the Senior Mens race placing 57th out of the field of 139. Milligan covered the 11.6km (1,204 metres ascent) uphill course in 55 minutes 36 seconds helping Scotland to 13th team place. Helene Dia-

mantides also finished Scotland's second scorer in the Women's championship placing 38th timed at 56 minutes 24 seconds up the 8.9km (1074 metres) course. Scotland's outstanding success came in this race with Angela Mudge (Cannethy HR) winning the title in 49 minutes 24 seconds nineteen seconds clear of Germany's Birgit Sonntag. The Scottish Junior Mens team was entirely made up of Fife AC members with Andrew Lemoncello placing 19th over the 8.9km course in 49 minutes 22 seconds. Euan Jardine followed in 42nd (52.07) with Scott Cassidy 56th (56.03).

Home Countries Junior Hill International, Sedburgh

Fife AC under 17 athlete Frances Meek, Cellardyke, was in top form representing Scotland at the Home Countries Junior Hill Race International at Sedburgh. Frances placed 5th, Scotland's second scorer in the under 16's race in 20 minutes 23 seconds with Marbeth Shiell (Carnethy) in third (19.18). Former Burntisland Fife AC member Briony Curtis (Banchory & Stonehaven) closed in the scoring at 7th (21.33) to place Scotland second team (15 points) behind England (7) with Ireland third (30). Under 17 St.Andrews athlete Angela Frame made her debut in a Scottish vest placing 13th in the Under 18 girls race while Euan Jardine placed a fine fourth in the under 18 boys race. Jim Meek contested the open senior race placing third.

Meall A' Bhucaillie Hill Race

Scottish hill internationalist Alan Milligan was a clear winner of the Meall A' Bhucaillie hill race covering the 6.5 mile (2,000ft) course in 53 minutes 08 seconds. Dan Whitehead (Cosmic HB) finished in second (54.36).

Scottish & North West League, Coatbridge

Glenrothes Under 15 athlete Kenneth Mowbray was in top form for the Fife Track & Field team at the final Scottish & North West fixture at Coatbridge winning the 100m in 12.5 seconds before winning the long jump with a leap of 5.04 metres. Mowbray proceeded to pile up the points for Fife anchoring the 4x100m relay team to victory in 51.15 seconds. Brother Darren was also in top form front-running his way to victory in the under 11 boys 800m clocking a fast 2 minutes 45.5 seconds, one of the fastest times ever recorded by a Fife under 11. The under 11's boys sprint over 80m provided maximum points as Lewis Johnstone won the A race (12.6) and Connor Hill won the B race (12.2). Maximum points also came in the under 15's 100m as St Andrews sprinter Cameron Johnstone won the B 100m clocking 12.9 seconds. The long jump provided yet more points as Frankie Scott, St Andrews won the under 11's competition (3.84m) while at the other end of the age range Paul Smith placed second in the under 17's event (5.08m). Liam Nicol, Glenrothes front-ran his way to victory in the under 15's 1500m timed at 4 minutes 54.9 seconds. One of the best performances of the day came as St Andrews under 11 athlete Sarina Kidd battled her way to victory in the 800m pulling away from her Central AC opposition with a 150m to go to clock a superb 2 minutes 58.6 seconds. Charis Bredin clocked 3 minutes 12.2 seconds to take second place in the under 11's B 800m. Earlier Sarina Kidd was a clear winner of the under 11's 80m sprint timed at 12.4 seconds. Frances Meek, Cellardyke, clocked 5 minutes 11.9 seconds to win the under 17's 1500m while Newburgh athlete Fiona Muir placed 4th in the under 15's 1500m (5:41.3) with Laura Nicholson, Glenrothes, second in the B race (5:59.8).

The sprints continued to yield top points as Cupar sprinter

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Nony Mordi blasted her way down the track after a slip at the start to win the under 15 girls 100m in 14.1 seconds. Ashley Christie, Windygates, won the Senior 100m clocking 13.6 seconds. Kirkcaldy runner Kim Paterson powered her way to victory in the under 13 girls 800m clocking a fast 2 minutes 35 seconds. Stephanie Parsons took maximum points in the women's field events winning the high Jump (1.55m) and the Discus (17.99m) while Jennifer Forbes won the under 17's discus (23.18m). Nicola Thomson took the under 15's high jump with a 1.40m clearance while Fiona Armstrong won the under 13's high jump (1.28m).

Senior Mens track and field captain Dave Roberts, Wormit, was in outstanding form in the Pole Vault equalling his personal best to win with a 3.80m clearance. Dave came close with his second attempt at 3.90m. Richard Dowdall, Cupar, had a busy afternoon finishing 3rd in the 100m B race (12.3), 3rd in the 400m A (56.2) and 4th in the Long Jump (4.82m).

Fife came second overall in the match totalling 985.5 points behind Central AC's 1027. Over the season the team placed 3rd with 25 league points with Central top (32) and Perth Strathray just pipping Fife for second spot with 26 points.

Pitreavie AAC Open Meeting, Dunfermline

The Pitreavie Millenium Track & Field Games proved to be a golden hunting ground for junior members with Under 15 athlete Kenneth Mowbray, Glenrothes, reaching out to 5.38 metres to win the long jump competition. Nicola Thomson won the under 15 girls high jump clearing 1.40m while Nicola Barr placed third in the under 15 girls 200m clocking 28.3 seconds. Freya Marks, St Andrews won the under 13 girls long jump with a leap of 3.80m Darren Mowbray took the bronze medal in the under 11 boys 150m timed at 23.1 seconds. St Andrews under 11 athlete Sarina Kidd won the silver medal in the girls 150m sharing a time of 23.3 with winner C.Izatt (Dunfermline & West Fife). Club track & field captain Dave Roberts, Wormit, won the open pole vault competition reaching up to 3.30m

BMC Meeting, Scotstoun, Glasgow

Dysart athlete John Cunningham featured in a high-class British Milers Club Meeting at Glasgow's Scotstoun Stadium placing 9th in the 3,000m timed at 8 minutes 55.77 seconds. Winner Alan Graffin (Tonbridge) clocked 8 minutes 15.44 seconds.

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A.G.M 5000m Race, Glenrothes

Fife AC held their Annual general Meeting at the Sports Institute, Glenrothes where Most Improved Athlete of the Year award winner Chris Russell, Glenrothes, won the 5,000m track race that preceded the meeting in 16 minutes 14.7 seconds. Brian Cruickshank, Glenrothes, followed in second with Jim Meek, Cellardyke, third. Kirkcaldy athletes Paul Parkinson and Graham Bee placed first and second juniors respectively, in fourth and fifth while Kingskettle over 60 athlete George Black had an outstanding run to place 10th overall.

RESULTS: 1. Chris Russell 16:14.7. 2. Brian Cruickshank 16:38.4. 3. Jim Meek 17:12.1. 4. Paul Parkinson 17:18.05. 5. Graham Bee 17:20.28. 6. Hayley Parkinson-Ovens (EWM) 17:39.6. 7. Ronnie Mill 17:49.8. 8. Gary Barker 18:43.6. 9. Ricky Forrester 18:48.2. 11. Leonard Rhone 18:58.4. 12. Brian Peachey 19:13.8. 13. Kevin Hughes 19:22.8. 14. Andy Barker 19:24.5. 15. Gordon Grieve 19:28.3. 16. Louise Provan 20:09.3. 17. Mitch McCreddie 20:15.6. 18. Graham Bennison 20:35.0. 19. David Bee

20:41.18. 20. Wilf Parkinson 22:20.9. 21. Frank Cation 23:05.0. 22. Alastair Robertson 23:30.9.

Fasque 10K Road Race, Fettercairn

Addy Gerrard was in top form at the inaugural Fasque 10km road race at Fettercairn placing 8th overall, first woman in a fast time of 36 minutes 23 seconds. Addy, second in last winters Scottish Veteran Cross-Country Championships, out-classed the female opposition by some margin with Linda Mahady (Aberdeen AAC) the second woman home timed at 42 minutes 01 seconds. Former Scottish marathon champion Fraser Clyne (Metro Aberdeen) was first home to the finish at Fasque House clocking 32 minutes 23 seconds.

Strathcarron 10K Road Race, Denny

Brian Cruickshank, Glenrothes, was one of 350 runners contesting the Strathcarron 10km road race placing an excellent 5th timed at 34 minutes 01 seconds. Race winner Colin Hutt (Bo'ness RC) clocked 33 minutes 03 seconds.

British Energy 10 Mile Race, Dunbar

Claire Couper placed third woman at the British Energy 10 mile race at Dunbar clocking 68 minutes 17 seconds over the hilly, multi-terrain 10 mile course.

East Cross-Country Relay Championships, Cupar

Fife AC hosted the first championship of the winter season - the East of Scotland Cross-Country Relays at Easter Balgavie, Cupar taking team silver in the mens and bronze in the girls races. Held over a testing course of stubble fields softened by a week of heavy rain sixty teams started the mens 4 x 2.5 mile relay with no less than ten Fife AC teams facing the starter. Elitist Edinburgh club Mizuno, winner of the previous weeks McAndrew Relays in Glasgow by over three minutes, took over at the close of the opening stage with Dave Gardiner (13 minutes 16 seconds) holding a slender seven second lead. For Fife John Cunningham, Dysart, (13.59) came home fifth to hand over to second stage runner Sandy Moss.

It was over the second stage that Mizuno effectively secured the team title with Scottish Steeplechase record holder Tom Hanlon producing an awesome display, coasting effortlessly over the sodden ground to clock an astonishing 12 minutes 35 seconds - easily the fastest of the day. Hanlon's run opened up a 99 second lead but it was Sandy Moss that came through into second clocking a fine 13 minutes 31 seconds eleven seconds ahead of Central AC in third.

It was over the penultimate stage that Fife closed down on Mizuno as 18-year-old Andrew Lemoncello's 13 minutes 36 seconds pulled back Max Colligan (14.26) to forty-nine seconds. Mizuno, however, saved Great Britain track internationalist Glen Stewart for the final anchor leg clocking the day's second fastest time of 12 minutes 56 seconds to total 53 minutes 13 seconds as Fife veteran Terry Mitchell (13.54) secured the silver medals for the home team totalling 55 minutes.

Kirkcaldy under 13 athlete Kim Paterson gave Fife the best of starts in the girls composite 3 x 1.5 mile relay handing over in first place in a time of 10 minutes 20 seconds, six seconds clear of Central AC in second. Alison Rowe, St Andrews, did well to complete the second under 15 stage in third (10.48) while under 17 runner Frances Meek, Cellardyke, contested the final stage with a battling effort closing a minute gap down to just two seconds to give Fife the team

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bronze medals behind Pitreavie and Central AC.

The women's team placed fourth in the 3 x 2.5 mile race following a good start by Louise Provan and Louise Burt before final stage runner Addy Gerrard recorded the third fastest time of the day - 16.00 minutes.

RESULTS: Senior Mens 4 x 2.5 mile relay. 1. Mizuno RC 53.13. 2. Fife AC (Cunningham 13.16. Moss 13.31. Lemoncello 13.36. Mitchell 13.54.) 55.00. 3. Falkirk Vic.H. 56.16. 6. Fife B (Adam 14.23. Hugh McKay 14.10. Russell 14.37. Morrison 14.02.) 57.12. 8. Fife C (Thomson 14.25. Greene 14.18. Anderson 14.44. McManus 14.12.) 57.39. 14. Fife D (Brian Cruickshank 14.36. Euan Jardine 14.41. Jim Meek 15.50. Dave Weir 14.21.) 59.28. 20. Fife E (Kevin McCue 14.47. Brian Thomson 16.16. Dave Anderson 15.01. Ian Overton 15.03.) 61.07. 34. Fife H. (Frank Cation 17.57. Alan Meiklejohn 18.24. Tom Ross 16.19. Brian Cruickshank 15.37.) 68.17. 37. Fife F (Bryce Aitken 15.59. George Black 17.33. Doug Gunstone 17.14. Graham Bennison 19.06.) 69.52. 39. Fife I (Brian Peachey 17.55. Tom Scott 15.49. Philip Grist 16.56. Alf Tupper 20.04.) 70.44. 40. Fife J (Scott Pryde 15.41. Tony Martin 16.33. Mike Kuzyszyn 20.01. Dave Francis 18.49.) 71.04.

Senior Women's 3 x 2.5 mile relay. 1. City of Edinburgh 50.51. 2. Edinburgh University 51.48. 3. Pitreavie 52.15. 4. Fife AC (Provan 18.26. Burt 18.06. Gerrard 16.00.) 52.32. 11. Fife B (Margaret McLaren 18.52. Kim Macgregor 19.38. Karen Ritchie 19.22.) 57.52. 13. Fife C (Angela Frame 19.05. Jocelyn Scott 20.36. Ilona Cater 18.49.) 58.30.

Boys 3 x 1.5 mile relay. 1. Aberdeen AAC 25.48. 2. Lasswade 26.04. 3. City of Edinburgh 26.06. 6. Fife AC (Owen McCue 9.53. Graeme Noble 9.06. Kevin Wallace 8.25.) 27.24. 10. Fife B (Joe Gunstone 11.12. Rory Scott 9.28. Graham Bee 8.34.) 29.14. 17. Fife C (John Innes 11.15. Frankie Scott 12.10. Andrew Shanks 8.58.) 32.23. 18. Fife E (Neil Anderson 12.35. John Buchan 10.18. Graeme Barker 9.41.) 32.34.

Girls 3 x 1.5 mile relay. 1. Pitreavie 29.57. 2. Central AC 30.54. 3. Fife AC (Paterson 10.20. Rowe 10.48. Meek 9.48.) 30.56.

Pitreavie Cross-Country Meeting, Dunfermline

Under 17 athlete Frances Meek, Cellardyke, had a successful start to her winter campaign placing second in the under 17's race at the first women's league meeting.

The Waid pupil covered the 2.5 mile course in 16 minutes 13 seconds only seventeen seconds down on winner Samatha Marshall (Pitreavie) with M.Walker (Livingston & Dist.) in third - 16 minutes 35 seconds. The under 11's Fife AC team of Sarina Kidd (4th), Caris Bredin (11th), Tanya Ogrina (18th) and Caitlyn Lions (19th) took the team bronze medals in the one mile race.

East District Cross-Country League, Livingston

At Livingston the mens and boys team had a fine start to the defence of their East of Scotland League title finishing the day at the top of the table ahead of nearest challengers City of Edinburgh. Andrew Lemoncello led home the mens team in third place covering the 5.75 mile course in 29 minutes 40 seconds as 214 runners completed the race. Dysart athlete John Cunningham followed home in 19th (31.18) with St Andrews's Terry Mitchell, third veteran, close behind in 22nd (31.35). Bryan McManus, Glenrothes, ran well to finish 23rd (31.37) while newly qualified veteran Dave Weir, Abernethy,

placed 24th (35.44). Chris Russell, Glenrothes, placed 28th (32.01) the clubs sixth scorer as the Fife A team placed second team totalling 119 points with City of Edinburgh just ahead on 108 points. Scottish junior hill internationalist Euan Jardine, Innerleithen, led home the Fife B squad in 29th helping the team to fourth team place. Kevin Wallace, Glenrothes, led home the under 17 team in 8th place followed by Scott Pryde, Cupar 9th and Graeme Barker, Kirkcaldy, 21st as the team placed second to winners Aberdeen. Rory Scott, St Andrews in 10th was first to the finish for the under 15's team chased home by training colleague Graeme Noble in 11th which helped Fife to third place in the under 15 race. Craig Guzy, Kirkcaldy, led home the club under 13's in sixth with John Innes, Newburgh 24th and Jonathan Marks, St. Andrews in 29th the other team scorers. The club dominated the under 11's race with Frankie Scott, St Andrews, first home in fourth (6 minutes 03 seconds) , Andrew Reade, Glenrothes, 7th (6.11) and Michael Fedo, Ceres, 10th (6.21). Fife won the team race with 21 points.

RESULTS: Senior Men. 5.75 miles. 1. D Cavers (Teviotdale) 29.06. 2. J Heap (HBT) 29.32. 3. Andrew Lemoncello (Fife AC) 1st junior. 29.40. 19. John Cunningham 31.18. 22. Terry Mitchell 31.35. 23. Bryan McManus 31.37. 24. Dave Weir 31.44. 28. Chris Russell 32.01. 29. Euan Jardine 32.04. 30. Kevin McCue 32.04. 39. Dave Anderson 32.33. 46. John Thomson 32.55. 49. Brian Cruickshank 33.00. 66. Ian Overton 33.54. 81. Tom Scott 34.41. 93. Bryce Aitken 35.20. 99. Tom Ross 35.37. 100. Brian Thomson 35.47. 160. Doug Gunstone 38.53. 165. George Black 39.11. 166. Andy Barker 39.11. 171. Frank Cation 31.44. 180. Alan Meiklejohn 40.32. 186. Dave Francis 41.12. 193. Graham Bennison 42.09. 214 finished. **Teams:** 1. City of Edinburgh 108. 2. Fife AC 119.

3. Falkirk Vic. 182. 4. Fife B 259. **Veteran Teams:** 1. Fife AC 76. 2. Falkirk Vic. 162. 3. Fife B 220. **Under 17 Men.**

3 miles. 1. K Berry (KF Corstorphine) 16.25. 2. I Donnan (Aberdeen) 16.31. 3. P McCloskey (Pitreavie) 16.48. 8. Kevin Wallace 17.15. 9. Scott Pryde 18.12. 21. Graeme Barker 20.11. **Teams;** 1. Aberdeen AAC 13. 2. Fife AC 38. 3. City of Edinburgh 45. **Under 15 Boys.**

2 miles. 1. S Fraser (Lasswade) 11.54. 2. M Kennedy (Aberdeen) 11.59. 3. A Hay (Central AC) 12.20. 10. Rory Scott 13.22. 11. Graeme Noble 13.25. 17. John Buchan 14.34. 20. John McIntosh 14.58. 21. Fraser Matthews 15.,02. **Teams:** 1. Aberdeen AAC 23. 2. Lasswade 37. 3. Fife AC 38. **Under 13 Boys 1.5 miles.**

1. S Rusline (Aberdeen) 8.23. 2. R Finlayson (Lasswade) 8.24. 3. D Selman (KF Corstorphine) 8.25. 6. Craig Guzy 8.41. 24. John Innes 10.03. 29. Jonathan Marks 10.16. 31. Joe Gunstone 10.28. 33. Gary White 10.47. **Under 11 Boys one mile.**

1. M Gillespie (Central AC) 5.47. 2. F Douglas (Falkirk Vic.) 5.54. 3. D Walker (Central AC) 6.01. 4. Frankie Scott 6.03. 7. Andrew Reade 6.11. 10. Michael Fedo 6.21. 12. Nicky McIntosh 6.39. 13. Connor Hill 6.40. 27. Jack Daid 7.29. **Teams:** 1. Fife AC 21. 2. Falkirk Vic. 29. 3. City of Edinburgh 41. **OVERALL:** 1. Fife AC 245.

Scottish Services Cross-Country League, Dalkeith

The previous Wednesday Dave Adam, Leuchars, maintained his 100% record in Scottish Services League races over the last two years winning the opening cross-country race of the season at Dalkeith. Adam covered the 6 miles course in 30 minutes 42 seconds, fifty-eight seconds clear of Tommy Cairns (HBT) in second.

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National Cross-Country Relay Championships, Falkirk

Fife AC athletes excelled at Scottish National Cross-Country Championships placing fourth in the mens championship while the veterans won the gold medals. Under 20 internationalist Andrew Lemoncello, Ceres, got the team off to a perfect start finishing second as the 106 teams completed the first of four 2.5 mile stages. Lemoncello clocked 13 minutes 17 seconds only two seconds down on leader Chris Watson (Victoria Park). Sandy Moss (13.29) completed the second stage in fourth as Mizuno's Tom Hanlon clocked the days fastest time of 12 minutes 21 seconds taking the Edinburgh-based club into the lead. Dysart athlete John Cunningham (14.13) held fourth for Fife over stage three as 1998 champions Inverclyde held a 17 second lead over Mizuno. British 5,000m internationalist Glen Stewart clocked the second fastest time of 12 minutes 41 seconds to overhaul Inverclyde's Chris Robison and give Mizuno their eighth relay title. Kilbarchan took the bronze medals with Alan Milligan (13.47) bringing Fife home in fourth. Chris Russell kicked off the Fife D team clocking 14 minutes 17 seconds followed by Owen Greene (13.40), Euan Jardine (14.28) and Dave Anderson (14.41) to place a fine 13th overall whilst Fife C finished 30th helped by Brian Cruickshank, Ian Overton, Kenneth Anderson and Bryan McManus. Markinch veteran John Thomson, the Scottish Highland Games Distance Runner of the Year, helped the veterans team to gold clocking 14 minutes 23 seconds over stage two. Hugh McKay's 14 minutes 07 seconds started off the challenge in 22nd followed by Thomson with Dave Weir (14.35) and Terry Mitchell (14.17) gradually coming through to 16th with the team always ahead of previous veteran champions Ron Hill Cambuslang who eventually finished 18th.

The Womens team of Margaret McLaren, (18.49), Louise Burt (17.53) and Claire Couper (17.03) improved throughout the race to finish 10th in the 3 x 2.5 mile championship won by favourites City of Glasgow.

Under 17 Cellardyke athlete Frances Meek helped the girls team to a splendid 5th place in the girls 3 x 1.5 mile championship anchoring the team home in 9 minutes 06 seconds. Kirkcaldy under 13 athlete Kim Paterson ran well over the opening stage to keep the team at the head of the field in 5th place timed at 9 minutes 47 seconds. Under 15 runner Fiona Muir, Newburgh, (9.50) came home 7th over stage two before Meek improved two places over the final leg.

Kirkcaldy under 13 runner Craig Guzy brought the boys team home over the first stage of the 3 x 1.5 mile boys relay in 13th place clocking 8 minutes 50 seconds followed by Owen McCue in 19th for the B team. Graeme Noble and Kevin Wallace contested the second and third stages respectively as the A team placed 19th with Fife B in 23rd. There was an all out 'Fife' sprint for the line as Scott Pryde for the C team just pipped Graeme Barker for the D team by just one second.

RESULTS: Senior Mens 4 x 2.5 mile. 1. Mizuno RC 52.21. 2. Inverclyde 52.38. 3. Kilbarchan 54.09. 4. Fife AC (Lemoncello 13.17. Moss 13.29. Cunningham 14.13. Milligan 13.47.) 54.46. 13. Fife D (Russell 14.17. Greene 13.40. Jardine 14.28. Anderson 14.41.) 57.06. 16. Fife B (Veterans) - (McKay 14.07. Thomson 14.23. Weir 14.35. Mitchell 14.17.) 57.22. 30. Fife C (Cruickshank 15.07. Overton 14.43. K.Anderson. 14.51. McManus 14.31.) 59.12. 67. Fife E. (Bryce Aitken 15.45. Tom Scott 15.43. Doug Gunstone 16.59. Brian Thomson 16.05) 64.32. 83. Fife F (Graham Bennison 18.52. AN Other 14.08. John Gunstone 17.32. Dave Francis 18.42.) 69.14.

Senior Womens 3x2.5 mile. 1. City of Glasgow 48.33. 2. JW Kilmarnock 49.37. 3. City of Edinburgh 49.48. 10. Fife AC (Margaret McLaren 18.49. Louise Burt 17.53. Claire Couper 17.03.) 53.45. Incomplete team:- Phyllis Lemoncello 20.09. Jocelyn Scott 20.45.

Boys 3 x 1.5 mile. 1. Giffnock North 23.34. 2. Aberdeen AAC 23.56. 3. Shettleston 24.11. 19. Fife AC (Guzy 8.50. Noble. 8.37. Wallace 8.13.) 25.40. 23. Fife B (McCue 9.08. Rory Scott 9.04. Graham Bee 8.00.) 26.12. 46. Fife C (Jonathan Marks 10.18. John McIntosh 9.52. Scott Pryde 8.29.) 29.39. 47. Fife D (Jo Gunstone 10.08. John Buchan 9.34. Graeme Barker 8.58.) 28.40.

Girls 3 x 1.5 mile. 1. Pitreavie 27.20. 2. City of Glasgow 28.07. 3. Giffnock North 28.29. 5. Fife AC (Paterson 9.47. Muir 9.50. Meek 9.06.) 28.43.

NOVEMBER 2000

Allan Scally Road Relays, Glasgow

Fife AC had another successful day at the races taking third place at the 32nd Allan Scally Memorial 4 x 4.8 mile road relay at Ballieston, Glasgow. Under 20 internationalist Andrew Lemoncello, Ceres, set the team off in 3rd place clocking 23 minutes 54 seconds eighteen seconds down on leaders Shettleston. Owen Greene, St.Andrews, moved up to 2nd timed at 24 minutes 05 seconds as Shettleston held the lead 31 seconds clear. British internationalist Tom Hanlon clocked the days fastest time of 22 minutes 11 seconds over stage 3 to take Mizuno through into the lead ahead of Shettleston as John Cunningham, Dysart, held third for Fife with 24 minutes 12 seconds. The leading positions held over the final stage with Sandy Moss anchoring Fife home in third timed at 24 minutes 36 seconds.

RESULTS: 1. Mizuno RC 1:32.47. 2. Shettleston 1:35.44. 3. Fife AC 1:36.47. 4. Mizuno B 1:37.13. 5. Shettleston B 1:39.12. 6. Edinburgh University. 1:40.48. 24. Fife B (Chris Russell 25.23; Ian Overton 26.55; Brian Thomson 29.12; Doug Gunstone 29.35.) 1:51.05.

Dundee Roadrunners 10 Mile Road Race

Chris Russell placed sixth at the Dundee Road Runners 10 mile road race at Templeton Woods in a time of 57 minutes 45 seconds. Brian Cruickshank, Glenrothes, came home in 8th, Bryce Aitken, Kirkcaldy 22nd, and Andrew Barker, Burntisland, 62nd as 353 runners finished the race.

RESULTS: 1 D Knight (PSH) 54.45. 2 S MacGregor (Strathclyde Univ.) 55.50. 3 R Campbell (Arbroath Footers) 56.15. 6 Chris Russell 57.45. 8 Brian Cruickshank 58.02. 22 Bryce Aitken 61.18. 62 Andrew Barker 66.24. 191 Kim Macgregor 77.19.

Sunlight 6 Mile Race, Aberdeen

Fife AC's Claire Couper was the clubs top performer taking the women's prize at the Sunlight 6 mile road race at Bridge of Don, Aberdeen. Couper added to her impressive list of wins over the road this year with a runaway victory timed at a fast 38 minutes 20 seconds, nearly five minutes clear of Diane Every (Unatt.) - 43.18 in second place.

Edinburgh to Glasgow Road Relay

Fife AC put in a creditable performance to finish 5th in Scotland's premier road event - the Edinburgh to Glasgow Road Relay.

Twenty invited teams lined up for the start of the eight-stage race at Fettes College with the 8.30 a.m. start designed to

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alleviate some of the problems that have dogged the event in recent years. Dysart athlete John Cunningham put in one of his best ever performances over the first stage to Maybury finishing second just three seconds down on Cambuslang. Alan Milligan reached Broxburn in third still in contact with leaders Cambuslang and second placed Hunters Bog Trotters.

Veteran Hugh McKay had a fine run over stage three to hold third place overtaking the Trotters while for defending champions Mizuno RC steeplechase internationalist Tom Hanlon put in the performance of the day to take the Edinburgh-based club through into the lead two minutes ahead of the chasing pack.

Glenrothes athlete Chris Russell completed stage 4 in fourth while under 20 St Andrews athlete Thomas Greene, hurriedly brought in as a replacement, ran well to hand over in fifth. Daniel Leggate, Kirkcaldy, put in a fine performance rapidly closing the gap on 4th-placed Kilbarchan to reach Airdrie in fourth clocking the third fastest time of the sixth stage. Owen Greene, St Andrews, ran the difficult stage to Ballieston clocking the third fastest stage time having been passed by Phil Mowbray the fastest runner over stage seven to move HBT into fourth. Dave Adam, Leuchars, held fifth place for Fife all the way to the finish at Crownpoint Stadium totalling 4 hours 05 minutes 01 second for the 45.4 mile course.

Mizuno took the title for the tenth consecutive year clocking 3 hours 55 minutes 45 seconds with Cambuslang second and Shettleston third.

RESULTS: 1. Mizuno RC 3:55.45. 2. Ron Hill Cambuslang 3:57.57. 3. Shettleston 4:00.48. 4. Hunters Bog Trotters 4:02.59. 5. Fife AC (5.5. miles John Cunningham 28.02. ; 6.6 miles Alan Milligan 31.21; 4.7 miles. Hugh McKay 27.00; 5.2 miles. Chris Russell 29.34; 5.6 miles Thomas Greene 33.53; 6.3 miles. Daniel Leggate 33.03. 6 miles. Owen Greene 32.00; 5.5 miles. Dave Adam 30.08.) 4:05.01. 6. Kilbarchan 4:06.47. 7. City of Edinburgh 4:10.40. 8. Irvine AC 4:10.47. 9. Victoria Park 4:12.41. 10. Dundee Hawkhill 4:13.49. 11. Inverclyde AC 4:16.13. 12. Law & District. 4:20.14. 13. Lothian RC 4:21.03. 14. Falkirk Victoria H. 4:22.23. 15. Gala H. 4:22.36. 16. McDonald's Carnegie 4:26.27. 17. Greenock Glenpark 4:27.22. 18. JW Kilmarnock 4:29.18. 19. Kwik Fit Corstorphine 4:33.24.

Hydrasun Cross-Country Races, Aberdeen

There were some notable successes for the club at Aberdeen where the Hydrasun Cross-Country Meeting saw Fife athletes winning both under 11 races. Frankie Scott, St Andrews, clocked 7 minutes 35 seconds in the under 11 boys race to take the gold medal only three seconds clear of Michael Fedo, Ceres, in second. With Connor Hill, St. Andrews, in 5th (7.52) Fife totalled 8 points to win the team race ahead of Aberdeen (24). St Andrew's Sarina Kidd was in a class of her own in the girls event, a runaway winner clocking 8 minutes 18 seconds, fifteen seconds clear. Tanya Ogrina placed 6th (9.25) as Fife totalled 18 points taking second team place as Arbroath & District also totalled 18 points with their third counter home before Fife's. Junior hill internationalist athlete Frances Meek, Cellardyke, had her best run of the season to date placing second in the under 17 women's race in 20 minutes 56 seconds only two seconds down on top under 17 of the new season Samantha Marshall (Pitreavie).

RESULTS: Senior Men. 1. N Milovsorov (Metro Aberdeen) 30.53. 2. A Reid (Peterhead) 31.07. 3. C Davidson (Aberdeen AAC) 32.30. 9. Tom Scott 2nd over 50. 34.46. **Senior Women.** 1. J Waterhouse (Central AC) 1st veteran. 29.45. 2. J Lundgren (Aberdeen Univ.) 29.47. 3. F Lampkin

(Montrose) 30.25. 10. Jocelyn Scott 3rd veteran. 33.29. **Under 17 Women.** 1. S Marshall (Pitreavie) 20.54. 2. Frances Meek (Fife AC) 20.56. 3. M Walker (Livingston & Dist.) 21.39. **Under 15 Boys.** 1. M Kennedy (Aberdeen) 15.12. 2. A Clark (Aberdeen) 15.43. 3. J Clark (Aberdeen) 16.27. 6. Rory Scott 17.37. **Under 15 Girls.** 1. M McLarty (Central) 14.17. 2. E Child (Pitreavie) 14.37. 3. S Reynolds (Elgin) 14.40. 6. Fiona Muir 15.50. **Under 11 Boys.** 1. Frankie Scott (Fife AC) 7.35. 2. Michael Fedo (Fife AC) 7.38. 3. B Gordon (Banchory & Stonehaven) 7.39. 4. P McNally (Arbroath & Dist.) 7.43. 5. Connor Hill (Fife AC) 7.52. Teams; 1. Fife AC 8. 2. Aberdeen AAC 24. **Under 11 Girls.** 1. Sarina Kidd (Fife AC) 8.18. 2. E McLeish (Dundee Hawkhill) 8.33. 3. R Mortimer (Aberdeen) 8.44. 6. Tanya Ogrina 9.25. Teams: 1. Arbroath & Dist. 18. 2. Fife AC 18. 3. Aberdeen AAC 20.

Lasswade Open Cross-Country Meeting

Dysart athlete John Cunningham placed fourth in the Senior Mens 6 mile race at the Lasswade Open Cross-Country Meeting at Bonnyrigg clocking 36 minutes 43 seconds while under 20 Scottish hill internationalist Euan Jardine finished 9th (37.38). John Murray scored a home victory for Lasswade timed at 35 minutes 57 seconds.

Glenrothes runner Kevin Wallace placed 8th in the under 17's 3.75 mile race timed at 26 minutes 01 seconds. Newburgh athletes Fiona Muir (15.15) 13th in the under 15 girls two miles and John Innes (15.36) 22nd in the under 13 boys 2 miles ran well amongst the large fields of runners.

Nightmare Series, West Lomond (Part 1)

Adrian Davis, Ladybank, won the first night race over the West Lomond last Wednesday timed at 33 minutes 56 seconds over the tough four mile course followed home by Cellardyke runner Jim Meek in second one second ahead of third-placed Tom Ross, Newburgh . the first veteran.

RESULTS: 1. Adrian Davis 33.56. 2. Jim Meek 35.49. 3. Tom Ross 1st veteran. 35.50. 4. Alan Graham (Lomond Hill Runners) 41.09. 5. Richard Gatehouse (Lomond Hill Runners) 41.43. 6. Alan Meiklejohn 43.05. 7. Frank Cation 47.44. 8. David Bee 51.51. 9. Phyllis Lemoncello 53.35. 10. Louise Burt 53.35.

Reebok Cross-Country Series, Margate

Under 20 internationalist Andrew Lemoncello, Ceres, represented Scotland at the Reebok Cross-Country/GB European Trials at Margate placing 27th in the top-class under 20 6km race timed at 19 minutes 25 seconds. Mohammed Farah (Hounslow) won in 18 minutes 24 seconds

St. Andrews 10K Paarlauf

Only five seconds separated the first two pairings at the finish with Jim Meek and Brian Cruickshank clocking 30 minutes 24 seconds ahead of Dave Anderson and Chris Russell (30.29). Frankie Scott clocked 5 minutes 18 seconds to win a fast Under 11's one mile three seconds ahead of Jo Parker. Sarina Kidd, first girl, placed fourth overall in 5 minutes 51 seconds.

RESULTS: 1. Jim Meek/Brian Cruickshank 30.24. 2. Dave Anderson/Chris Russell 30.29. 3. Owen Greene/Thomas Greene 31.48. 4. Ian Overton/Tom Scott 32.07. 5. George Black/Graham Bennison 36.39. 6. John Gunstone/Jo Gunstone/Kirsty Gunstone 37.24. 7. Louise Burt/Martin Farrally 38.18. 8. Jocelyn Scott/Phyllis Lemoncello 38.39. 9. Kim Macgregor/Chris Clark 39.38. 10. Frances Meek/Dave Francis 42.46. 11. Jamie Milne/Rory Scott 45.59.

Junior One mile. 1. Frankie Scott 5.18. 2. Jo Parker 5.21.

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3. Connor Hill 5.43. 4. Sarina Kidd 5.51. 5. Andrew Evans 5.54. 6. Steven Callender 5.58. 7. Ewan Thomson 6.00. 8. Michael Swift 7.00. 9. Caitlin Lyons 7.30.

Gauldry Gallop Cross Country Meeting

Fife AC's Alan Milligan retained his individual title at Gauldry. The Scottish hill internationalist took an early lead ahead of club colleague Owen Greene and Dan Whitehead (Cosmic Hill Bashers). Over the second and final lap of the tough 5.5 mile course over stubble fields and woodland tracks Milligan gradually extended his advantage. The onset of heavy rain did little to deter the Dunfermline runner who reached the finish in 30 minutes 29 seconds, thirty-three seconds clear of Whitehead who moved through into second with Greene a further eleven seconds back in third. Under 20 St Andrew's athlete Thomas Greene had the run of his life to place 5th, first junior giving Fife the team award with a low-scoring nine points. Martin Laing, St Andrew's, had his first outing over the country this season to finish 10th, second veteran.

Ilona Cater, Ceres, was Fife's first woman home 77th overall, fifth woman clocking 43 minutes 52 seconds.

Glenrothes athlete Kevin Wallace won the under 17's three mile race clocking 18 minutes 41 seconds eight seconds clear of team colleague Graham Bee, Kirkcaldy. St Andrew's under 15 runner Rory Scott recorded his best run of the winter to place second in the under 15's 2.5 mile half a minutes down on winner Keith Meldrum (Arbroath & Dist.) Fife packed six runners in the first seven in the under 11's one mile race led home by Michael Fedo, Ceres, who outsprinted early leader Jo Parker to take second in 5 minutes 12 seconds just one second ahead of the St Andrews runner.

RESULTS: 1. Alan Milligan (Fife AC) 30.29. 2. D. Whitehead (Cosmic Hill Bashers) 31.02. 3. Owen Greene (Fife AC) 31.13. 4. N. Gunstone (Dundee Hawkhill) 31.26. 5. Thomas Greene (Fife AC) 1st junior. 31.43. 6. D. Knight (Perth Strathtay H.) 31.54. 7. K. Varney (Metro Aberdeen) 1st veteran 31.59. 8. R. Campbell (Arbroath Footers) 32.09. 9. N. Cunningham (Pitreavie) 32.21. 10. Martin Laing (Fife AC) 2nd veteran. 32.47. 13. Dave Anderson 32.55. 17. Brian Cruickshank 34.04. 21. Ian Overton 34.15. 25. Tom Scott 1st over 50. 35.02. 26. Neil Young 35.11. 29. Bryce Aitken 35.54. 32. Tom Ross 36.10. 39. Jim Rough 37.41. 44. Stuart Knowles 38.19. 49. Doug Gunstone 38.49. 50. John Gunstone 38.54. 51. Andy Barker 39.05. 55. Martin Parker 40.10. 57. Frank Cation 40.17. 62. Dave Francis 41.19. 64. Alan Meiklejohn 41.51. 65. Brian Peachey 41.50. 70. Chris Clark 42.42. 71. Jim Taylor 42.44. 77. Ilona Cater 43.52. 81. Angela Frame (1st female junior) 44.25. 85. David Bee 44.58. 90. Kim Macgregor 46.43. 91. Jocelyn Scott 46.53. 92. Alastair Robertson 47.18. 97. Mike Kuzyszyn 48.51. 100. John Cater 52.08. 102. John Simpson 52.34. 103. Dave Ellison 53.38. Team: 1. Fife AC 9.

Under 17 men. 1. Kevin Wallace (Fife AC) 18.41. 2. Graham Bee (Fife AC) 18.49. 3. G. Oudney (Dundee Hawkhill) 19.51. 4. A. Milne (George Heriots) 20.23. 5. A. Simpson (George Heriots) 20.46. 6. P. Purves (George Heriots) 21.48.

Under 15 Boys. 1. K. Meldrum (Arbroath & Dist) 15.04. 2. Rory Scott (Fife AC) 15.34. 3. S. Marwick (Arbroath & Dist.) 16.15. 4. M. Shepherd (Arbroath & Dist.) 16.44. 5. J. McLay (George Heriots) 16.57. 6. John McIntosh (Fife AC) 17.34.

Under 13 Boys. 1. Michael Gillespie (Central AC) 11.16. 2. S. Harris (Perth Strathtay H.) 11.50. 3. S. Glass (George Heriots) 11.58. 4. K. Wilson (George Heriots) 12.10. 5. Jo Gunstone 12.22. 6. Jonathan Marks 12.24. 9. Gary White

13.12.

Under 11 Boys. 1. Mark Gillespie (Central AC) 5.08. 2. Michael Fedo 5.12. 3. Jo Parker 5.13. 4. Frankie Scott 5.15. 5. Andrew Reade 5.31. 6. Connor Hill 5.35. 7. Jack Neild 5.48. 10. Sarina Kidd (guest) 6.09. 11. Ewan Thomson 6.17. 14. Callum Robertson 6.22. 18. Stephen Lyons 7.10. 19. Daniel Roberts 7.13. 21. Callum Connor 7.27.

East Lothian Cross Country Meeting, Prestonpans

Frances Meek placed second under 17 covering the 3.5 mile course in 21 minutes 11 seconds. Peter Morrison finished 4th in the senior men's 5 mile race in 28 minutes 40 seconds.

Fife AC Nightmare Race Series, West Lomond (Part II)

Dave Anderson won the Nightmare race from Craigmead to the West Lomond summit and back covering the 4.5 mile course by torchlight in 34 minutes 21 seconds. Carnethy Hill Runner Mark Higginbottom followed home in second while Glenrothes athlete Chris Russell placed 3rd.

RESULTS: 1. Dave Anderson 34.21. 2. M.Higginbottom (Carnethy HR) 34.52. 3. Chris Russell 35.42. 4. Brian Cruickshank 35.50. 5. Tom Ross 1st veteran. 38.48. 6. Jim Meek 40.55. 7. Jacqui Higginbottom (Carnethy) 41.40. 8. Chris Fox 41.48. 9. R.Gatehouse (Lomond HR) 43.57. 10. Frank Cation 47.57.