

DECEMBER 2000

10K Paarlauf, St Andrews

The Friday before Christmas the club held a 10km Paarlauf at St Andrews University track where Dave Anderson and Chris Russell powered to a track record of 29 minutes 27 seconds. Ian Overton and Tom Scott followed in 30 minutes 32 seconds with Fiona Lothian and Alastair Bagnall third.

Andrew Evans won the junior one mile (6 minutes 22.7 seconds) ahead of Sarina Kidd (6:25.5) and Susan Smart (7:08.0).

RESULTS: 1. Chris Russell/Dave Anderson 29.27. 2. Ian Overton/Tom Scott 30:32.1. 3. Fiona Lothian/Alastair Bagnall 33.08.0. 4. Louise Burt/Martin Farrally 35:09.3. 5. Ron Hilditch/Ronnie Morrison 41:26.7.

East Cross Country League Alloa

Alan Milligan placed third clocking 32 minutes 30 seconds over the heavy six mile course leading the senior men's team to first place. Milligan was supported by Sandy Moss (4th), Peter Morrison (14th), Thomas Greene, 3rd junior, (15th), Dave Anderson (19th) and Euan Jardine (24th) to total 79 points, well ahead of City of Edinburgh (128). St Andrews athlete Ian Overton ran well to place 48th followed by Tom Scott, by Dairsie, in 51st helping the B team to 4th place, the second time that the club have placed two teams in the top four. The Under 17 boys team placed 2nd to Aberdeen with Kirkcaldy athlete Graham Bee leading the way home in 5th. The under 15 boys took third team place led home by Rory Scott, St.Andrews in 14th place while the under 13's placed fifth with Craig Guzy first back for Fife in 7th. The under 11's maintained top place in their age group with Frankie Scott, St.Andrews, 4th, Michael Fedo, Ceres, 5th and Andrew Reade, Glenrothes, 11th totalling 20 points for first place ahead of Teviotdale (33).

RESULTS: 1. D. Cavers (Teviotdale) 31.18. 2. S. Cairns (HBT) 32.27. 3. Alan Milligan (Fife AC) 32.30. 4. Sandy Moss (Fife AC) 32.34. 5. B. Hukins (Aberdeen) 32.38. 6. M. Ferguson (C of E) 32.45. 14. Peter Morrison 34.02. 15. Thomas Greene 34.09. 19. Dave Anderson 35.03. 24. Euan Jardine 35.23. 26. Chris Russell 35.38. 29. John Cunningham 35.51. 39. Brian Cruickshank 36.48. 48. Ian Overton 37.18. 51. Tom Scott 37.24. 60. Jim Meek 38.13. 68. Bryce Aitken 38.59. 79. Brian Thomson 39.25. 82. Tom Ross 39.38. 111.2. George Black 41.43. 124. Doug Gunstone 42.43. 134. Frank Cation 43.38. 135. Andy Barker 43.42. 147. Alan Meiklejohn 45.19. 149. Dave Francis 45.45. 157. Jim Taylor 46.20. 166. Alastair Robertson 47.40. 167. Graham Bennison 47.42. 169. David Bee 48.05. **Teams:** 1. Fife AC 79. 2. City of Edinburgh 128. 3. Falkirk Victoria H. 156. 4. Fife B 253. 5. KF Corstorphine 280. 6. City of Edinburgh B 316. 7. Aberdeen AAC 346. 8. Gala H. 377. 9. Lothian RC 378. 10. McDonald's Carnegie 447. **Veteran teams:** 1. Falkirk Vic. 100. 2. Lothian RC 172. 3. City of Edinburgh 187. 4. Fife AC 201.

Under 17 Men. 1. A. Sales (Aberdeen) 29.48. 2. K. Berry (KF Corstorphine) 30.01. 3. I. Donnan (Aberdeen) 30.02. 4. A. Watt (Aberdeen) 30.07. 5. Graham Bee 30.54. 8. Kevin Wallace 31.34. 10. Scott Pryde 32.29. 19. Graeme Barker 40.04. **Teams:** 1. Aberdeen AAC 8. 2. Fife AC 23. 3. City of Edinburgh 28.

Under 15 Boys. 1. S. Farser (Lasswade) 16.06. 2. M. Kennedy (Aberdeen) 16.12. 3. P. McDougall (Harmeny) 16.28. 14. Rory Scott 18.52. 19. John Buchan 19.38. 23. John McIntosh 21.14. **Teams:** 1. Aberdeen 12. 2. KF Corstorphine 34. 3. Fife AC 56.

Under 13 Boys. 1. D. Selman (KF Corstorphine) 12.03. 2. C. Gauson (C of E) 12.06. 3. R. Finlayson (Lasswade)

12.08. 7. Craig Guzy 12.41. 26. Joe Gunstone 15.53. 25. Jonathan Marks 15.07. 26. John Innes 15.07. **Teams:** 1. City of Edinburgh 25. 2. KF Corstorphine 29. 3. Aberdeen AAC 30.

Under 11 Boys. 1. M. Gillespie (Central AC) 6.48. 2. G. Desporte (Teviotdale) 6.59. 3. S. Devenney (C of E) 7.07. 4. Frankie Scott 7.08. 5. Michael Fedo 7.08. 11. Andrew Reade 7.36. 13. Nicky McIntosh 7.43. 18. Connor Hill 7.56. 23. Darren Mowbray 8.12. **Teams:** 1. Fife AC 20. 2. Teviotdale 33. 3. Falkirk 38.

St Andrews veteran Jocelyn Scott ran well to place 21st in the womens 3.5 mile open race at Alloa clocking 24 minutes 31 seconds. Karen Kealy (Carnethy HR) won in 20 minutes 11 seconds only one second clear of fast finishing former Fife member Briony Curtis (Banchory & Stonehaven).

Lita Allan Memorial Cross Country Meeting Kirkcaldy

Fife AC hosted the area's biggest cross-country meeting at Beveridge Park, Kirkcaldy. Metro Aberdeen athlete Nick Milovsorov took an early lead to win the gruelling 6.5 mile race as parts of the course turned into a quagmire swollen by the recent heavy rain. Milovsorov clocked 40 minutes 53 seconds eleven seconds clear of Steve McAllister (Inverclyde) while in third Andrew Lemoncello, Ceres, (42.07) led the Fife squad of Adrian Davis (8th), Martin Laing (9th) and Chris Russell, Glenrothes, (15th) to the team title. St. Andrews athlete Laing also took the 2nd veteran award.

Newcomer to the Fife womens team Vicky Gill, St.Andrews, was a clear winner of the womens 3 mile race clocking 16 minutes 48 seconds, half a minute clear of Hayley Parkinson-Ovens (Edinburgh Woollen Mill) in second. Louise Provan placed 18th and with Kirsty Gunstone 37th Fife finished third team behind Pitreavie and Sri Chinmoy.

Fife placed third team in the under 17 men race helped by Graham Bee, Kirkcaldy in 10th, Kevin Wallace, Glenrothes 11th and Scott Pryde, Cupar 14th. The under team took the bronze team medals with Rory Scott (6th), John Buchan (15th) and Fraser Matthew (19th) the team scorers. The under 13 teams also took team bronze led home by Craig Guzy in 4th backed up by Jonathan Marks 22nd and Jo Gunstone 23rd. In the under 11's 2,000m race the team of Micheal Fedo (2nd), Frankie Scott (3rd) and Andrew Reade (8th) maintained their unbeaten record in this age group.

St Andrews junior Sarina Kidd was first home for the under 11's team placing 11th while under 13 Kirkcaldy athlete Kim Paterson placed 15th in one of the most competitive races of the day clocking 9 minutes 46 seconds over the 1.5 mile course. Newburgh runner Fiona Muir had a good run in a strong field of under 15 girls finishing 9th while Frances Meek, Cellardyke placed 5th, fourth under 17 in a joint under 20/under 17 race.

RESULTS: Senior Men. 1. N. Milovsorov (Metro Aberdeen) 40.53. 2. S. McAllister (Inverclyde) 42.04. 3. Andrew Lemoncello (Fife AC) 42.07. 4. A. Muir (Kilbarchan) 42.27. 5. M. Pollard (Edinburgh Univ.) 42.48. 6. C. Farquharson (HBT) 1st veteran. 42.57. 7. B. Rennie (Dundee Hawkhill) 43.01. 8. Adrian Davis (Fife AC) 43.46. 9. Martin Laing (Fife AC) 2nd veteran. 43.52. 10. R. Campbell (Arbroath Footers) 44.11. 15. Chris Russell 44.52. 21. Tom Scott 1st over 50. 46.47. 26. Jim Meek 47.14. 27. Ian Overton 47.18. 30. Jonathan Seeley 47.39. 38. Tom Ross 48.53. 42. Brian Thomson 49.26. 56. John Gunstone 51.32. 58. Doug Gunstone 51.46. 75. Ian Whyte 54.44. 77. Brian Peachey 54.52. 79. Alan Meiklejohn 55.20. 82. Frank Cation 55.46. 88. Danny Connolley 57.33. 99. Graham Bennison 61.56.

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Team: 1. Fife AC 35.

Senior Women. 1. Vicky Gill (Fife AC) 16.48. 2. H. Parkinson-Ovens (EWM) 17.18. 3. T. Thomson (Pitreavie) 1st veteran. 17.36. 4. K. Montador (EWM) 18.11. 5. N. May (Pitreavie) 18.46. 6. A. White (Pitreavie) 18.50. 18. Louise Proven 20.42. 37. Kirsty Guntson 26.05. **Teams:** 1. Pitreavie 14. 2. Sri Chinmoy 52. 3. Fife AC 56.

Under 17 Men. 1. A. Wales (Abredeem) 15.26. 2. A. Watt (Aberdeen) 15.34. 3. K. Berry (KF Corstorphine) 15.36. 10. Graham Bee 16.28. 11. Kevin Wallace 16.53. 14. Scott Pryde 17.20. **Teams:** 1. Aberdeen AAC 9. 2. Law & Dist. 11. 3. Fife AC 35.

Under 17/20 Women. 1. F. Murray (Lasswade) 18.12. 2. M. Walker (Livingston & Dist.) 18.21. 3. B. Curtis (Banchory & Stonehaven) 18.22. 4. S.McGrenaghan (Kilbarchan) 1st under 20. 18.53. 5. Frances Meek 19.21.

Under 15 Boys. 1. P. McDougall (Harmeny) 12.19. 2. M. Kennedy (Aberdeen) 12.26. 3. A. Clark (Aberdeen) 13.04. 6. Rory Scott 13.46. 15. John Buchan 14.40. 19. Fraser Matthew 15.06. **Teams:** 1. Kwik Fit Corstorphine 17. 2. Aberdeen AAC 22. 3. Fife AC 40. 4. Arbroath & Dist> 51. 5. George Heriots CCC 63.

Under 15 Girls. 1. S. Lamont (Pitreavie) 13.52. 2. K. McLarty (Central AC) 14.03. 3. M. Shiell (Harmeny) 14.26. 9. Fiona Muir. 15.21. **Teams:** 1. Central AC 11. 2. Pitreavie 30. 3. Kirkintilloch Olympians 48.

Under 13 Boys. 1. R. Finlayson (Lasswade) 8.11. 2. D. Selman (KF Corstorphine) 8.18. 3. K. Gausen (City of Edinburgh) 8.21. 4. Craig Guzy 8.24. 22. Jonathan Marks 9.40. 23. Jo Gunstone 9.41. 32. John Innes 10.26. **Teams:** 1. City of Edinburgh 28. 2. Kirkintilloch Olympians 47. 3. Fife AC 49. 4. Pitreavie 65. 5. Dundee Hawkhill 71. 6. East Kilbride 77.

Under 13 Girls: 1. A. Toner (Lothian RC) 9.00. 2. D. Kane (C of E) 9.01. 3. K. Summerscales (EWM) 9.02. 15. Kim Paterson 9.46. **Teams:** 1. Edinburgh Woollen Mill 43. 2. Lasswade 43. 3. Lothian RC 48.

Under 11 Boys. 1. M. Gillespie (Central AC) 6.43. 2. Michael Fedo 6.56. 3. Frankie Scott 7.03. 8. Andrew Reade 7.27. 19. Andrew Evans 7.54. 22. Connor Hill 7.56. 25. Jack Nield 8.03. 39. Stephen Lyons 9.46. **Teams:** 1. Fife AC 13. 2. Falkirk Victoria 16. 3. Giffnock North 46. 4. Aberdeen AAC 60.

Under 11 Girls. 1. L. Sharp (EWM) 6.51. 2. E. Barnes (Dunfermline & West Fife) 7.03. 3. N. McLeod (Giffnock North) 7.25. 11. Sarina Kidd 7.58. 23. Jenny Tan 8.46. 30. Caitlin Lyons 10.18. **Teams:** 1. Edinburgh Woollen Mill 14. 2. Giffnock North 28. 3. Lasswade 34. 4. Pitreavie 47. 5. Dundee Hawkhill 52. 6. Fife AC 64.

Scottish Universities Cross Country Championships Stirling

Owen Greene contested these championships duly winning the individual title in 26 minutes 52 seconds twenty-four seconds clear of Edinburgh's A Muir. Owen helped the St Andrews University team to the team silver medals, St Andrews best result for some years.

Pitmedden Forest Race, Auchtermuchty

A record field of 120 runners contested Fife AC's Pitmedden Forest race at Auchtermuchty. First home over the tough 6 mile course along forest trails and roads was Springburn veteran Graham Crawford timed at 33 minutes 19 seconds, twenty-one seconds clear of Lothian RC's Peter Dymoke. Glenrothes athlete Chris Russell had a fine race to place 3rd for Fife a further three seconds back while Terry Mitchell

came home in 5th (33.49).

RESULTS: 1. G. Crawford (Springburn) 1st veteran. 33.19. 2. P. Dymoke (Lothian RC) 33.40. 3. Chris Russell (Fife AC) 33.43. 4. J. Farquhar (Pitreavie) 2nd veteran. 33.47. 5. Terry Mitchell (Fife AC) 3rd veteran. 33.49. 6. N. Cunningham (Pitreavie) 33.50. 7. R. Campbell (Arbroath Footers) 34.05. 8. M. Robertson (Lothian RC) 34.21. 9. C. Meek (Lothian RC) 4th veteran. 34.34. 10. Dave Anderson 34.42. 14. Neil Young 35.32. 15. Ian Overton 35.38. 17. Brian Cruickshank 35.43. 20. Jim Meek 36.20. 26. Tom Ross 2nd over 50. 36.51. 40. Brian Thomson 38.15. 45. Mike Mitchell 39.17. 46. Stuart Knowles 39.25. 47. Andy Barker 39.26. 62. Frank McHarg 42.18. 64. Louise Burt 42.36. 65. Brian Peachey 42.43. 67. Alan Meiklejohn 42.53. 70. Sam Nelson 43.57. 71. John McFarlane 44.15. 75. David Bee 44.38. 94. Graham Bennison 47.38. 97. Alastair Robertson 48.03. 98. Sheila Barbour 48.04. 99. Mike Kuzyszyn 48.35. 102. Ilona Cater 51.44. 105. Bob Mustard 54.49. 106. John Cater 54.58. 107. Dave Ellison 55.11. 109. Katriona Duncan 55.48. 111. Dave Donaldson 57.54. 117 finished.

Reebok Cross Country International, Cumbernauld

Kirkcaldy member Daniel Leggate was overlooked for a place in the East District senior team at the Reebok International at Cumbernauld and proceeded to haunt the selectors by placing a fine 13th, second Scot home and the first East athlete as the match incorporated the Scottish Inter-Area Championships. Daniel clocked 26 minutes 57 seconds over the 8km course eleven seconds ahead of East of Scotland champion Dave Cavers in 15th. Sandy Moss 28th, Thomas Greene 41st and Peter Morrison 56th helped East to senior team victory and the overall team trophy. Recent recruits to the Fife womens team Ellen Leggate and Vicky Gill positively excelled in the Women's 6km race placing 4th and 5th respectively amongst the UK's top runners. Ellen clocked 22 minutes 39 seconds with Vicky eleven seconds back. Great Britain team silver medallists from the recent European Championships in Malmo, Sweden Hayley Yelling (21.24) and Tara Kryzwicki (21.37) placed first and second with Scotland's Hayley Haining in third (22.23).

Kevin Wallace ran well to place 28th under 17 race clocking 14 minutes 51 seconds over the 2.5 mile course. Graham Bee finished 35th (15.09) and Scott Pryde 39th (15.23). East totalled 50 points to West of Scotland's 53 to win the team race. Frances Meek helped East to victory in the under 17 womens race placing 16th. Fiona Muir, Newburgh, ran the race of her life to place 21st in the under 15 girls taking a team gold medal as East notched up yet another victory over West and North. Craig Guzy placed a fine 17th as East won the under 13 boys race timed at 13 minutes 21 seconds over the two mile course.

Nightmare Race Series, Beveridge Park, Kirkcaldy

The third race of the Nightmare series was won by Chris Russell timed at 31 minutes 52 seconds over the 5 mile moonlight course. Dave Anderson placed second only two seconds back while Adrian Davis shared third place with Lomond Hill Runner Neil Martin (32.48).

RESULTS: 1. Chris Russell 31.52. 2. Dave Anderson 31.54. 3= Adrian Davis & N. Martin (LHR) 32.48. 5. Brian Cruickshank 34.33. 6. Jim Meek 35.39. 7. Tom Ross

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35.47. 8. G. Pryde (LHR) 35.50. 9. Chris Fox 38.12. 10. Graeme Barker 40.01. 11. Alan Meiklejohn 40.36. 12. Frank McLaren 42.02. 13. R. Thornton (Dundee Hawkhill) 43.45. 14. Margaret McLaren 44.06. 15. Graham Bennison 44.56. 16. Frank Cation 49.55.

Scottish Services League RAF Buchan

Leuchars athlete Dave Adam maintained his 100% record in Scottish Services races winning the 6 mile cross-country at RAF Buchan timed at 32 minutes 30 seconds ten seconds clear of Brian law (Lossiemouth).

Fife AC Boxing Day Handicap Races, St Andrews

Fife AC's most improved athlete of 2000 Glenrothes runner Chris Russell maintained his form over the Christmas period winning the Boxing Day Handicap at Craigtoun Park, St Andrews. Russell placed 10th at the Kirkcaldy handicap in the morning before coming through the field at Craigtoun as one of the back markers to clock 7 minutes 46 seconds over a revised 1.5 mile course. Russell had three seconds to spare over Craig Bell (Forfar RR) with over 50 athlete Tom Scott, by Dairsie, in third as over sixty runners turned out in the icy, snowy conditions. Under 11 St Andrews club member Connor Hill won the half mile race in 3 minutes 09 seconds ahead of Andrew Evans and Jo Parker.

RESULTS: 1.5 mile. 1. Chris Russell 7.46. 2. C. Bell (Forfar RR) 7.49. 3. Tom Scott 7.56. 4. Ian Overton 8.03. 5. Brian Thomson 8.13. 6. Alan Meiklejohn 9.20. 7. Martin Laing 8.00. 8. Gary Barker 9.30. 9. Mitch McCreadie 9.10. 10. Graham Bennison 9.20. **Half Mile.** 1. Connor Hill 3.09. 2. Andrew Evans. 3. Jo Parker. 4. Callum Allison. 5. Angela Bell (Dundee Hawks) 6. Jenny Tan. 7. Sarina Kidd. 8. Stephen Lyons. 9. Caitlyn Lyons. 10. Ross Moir.

Cyclists v Harriers Race, Dundee

Cyclists filled the first eight places at the 40th annual Cyclists v Harriers race at Caird Park last Sunday with Charlie Haskett (Dundee Hawkhill) the first harrier home over the five mile course in 9th (28.22). Fife hill internationalist Martin Laing placed second harrier in 12th (28.42) with Hugh McKay 14th (29.53). Fiona Lothian was the first female runner home in 24th but had to concede first place overall to cyclist Mary Rose-Cross in 11th.

RESULTS: 1. R. Thompson (Cyc) 26.09. 2. A. Bagnall (Cyc) 27.48. 3. M. Withers (Cyc) 27.49. 4. S. Stewart (Cyc) 27.50. 5. B. Sproul (Cyc) 27.51. 6. C. Nicol (Cyc) 27.52. 7. H. Lean (Cyc) 28.20. 8. M. Frost (Cyc) 28.21. 9. C. Haskett (Dundee Hawkhill) 28.22. 10. M. Webster (Cyc) 28.27. 11. Mary Rose-Cross (Cyc) 28.40. 12. Martin Laing 28.42. 14. Hugh McKay 29.53. 24. Fiona Lothian 32.27. 29. Mitch McCreadie 33.52. 35. Doug Gunstone 35.24.

JANUARY 2001

Scottish Schools Indoor Championships, Glasgow

Three members of Fife AC returned from the Scottish Schools Indoor Championships at Glasgow's Kelvin Hall with medals. Kenneth Mowbray won the under 16 boys Long Jump competition with a fine 5.74 metres and his closest opposition came from club colleague and fellow Glenwood pupil Chris Baily who took the silver medal with a leap of 5.66m. Stephanie Parsons, also Glenwood High, rose to the occasion winning the Over 16 Girls High Jump with a clearance of 1.65m.

Fife AC Cross Country Championships, Kemback

Scottish hill internationalist Alan Milligan was in top form retaining his Fife AC individual title at the club's cross-country championships at Kemback. A re-juvenated Dave Anderson, sidelined for most of last winter with injury, made all the early running over the opening mile with its half mile climb up Kemback hill. It was at the top of the climb that Milligan broke away, rapidly opening up a one minute advantage as the runners covered the muddy woodland circuit through Blebocraigs Woods. Milligan could afford to cruise over the return downhill path to Kemback clocking 24 minutes 21 seconds as Anderson closed to within nineteen seconds at the finish.

Scottish veteran hill internationalist Martin Laing, St Andrews, placed 3rd overall taking the veterans gold medal ahead of first under 17, Graham Bee, Kirkcaldy, in 4th. The senior bronze medal went to Glenrothes athlete Chris Russell in 5th (25.21) who did well to finish at the head of the field despite suffering a broken rib in a sledging accident the previous week. Tom Scott, by Dairsie, excelled in 7th overall to easily take the over 50's gold medal. 1998 Scottish womens cross-country champion Fiona Lothian, Baldinnie, placed 10th overall to retain her women's title while the second women home was under 17 athlete Frances Meek, Cellardyke, who placed 26th overall out of the forty-four runners that completed the senior race.

Rory Scott won the under 15 boys 1.5 mile race timed at 8 minutes 45 seconds with John Buchan, Kirkcaldy in 2nd (9.25). Fiona Muir took the under 15 girls title in 9 minutes 37 seconds. Fiona Meek ran well to win the under 13 girls trophy while the under 13 boys title was won by Gary White. The under 11 boys race was one of the most competitive races of the day won by Michael Fedo in 5 minutes 46 seconds over the one mile course with Frankie Scott 2nd (5.49) and Jo Parker 3rd (5.50). Sarina Kidd took the girls under 11 title in 6 minutes 40 seconds.

RESULTS: 1. Alan Milligan 24.21. 2. Dave Anderson 24.40. 3. Martin Laing 25.07. 4. Graham Bee 25.11. 5. Chris Russell 25.21. 6. Kevin Wallace 25.26. 7. Tom Scott 25.46. 8. Brian Cruickshank 26.01. 9. Stuart Kerr (D.Hawks) 26.14. 10. Fiona Lothian 26.22. 11. Ian Overton 26.29. 12. Scott Pryde 27.42. 13. Bryce Aitken 27.46. 14. Brian Thomson 27.48. 15. George Steel (D.Hawks) 27.58. 16. Laurie Anderson 29.08. 17. Alan McLeod (Dundee RR) 29.18. 18. George Black 29.57. 19. Doug Gunstone 30.20. 20. Gary Barker 30.34. 21. Martin Parker 30.38. 22. Andy Barker 30.45. 23. Martin Farally 30.51. 24. Brian Peachey 31.03. 25. S. Mearble (D. Hawks) 31.04. 26. Frances Meek 31.17. 27. Alan Meiklejohn 31.35. 28. Graeme Barker 31.56. 29. Louise Burt 32.04. 30. Craig Guzy 32.32. 31. Chris Clark 32.40. 32. David Bee 33.34. 33. Bob Thornton (D.Hawks) 34.01. 34. Kenneth McLeod (Dundee RR) 34.04. 35. Graham Bennison 34.31. 36. Louise Provan 34.33. 37. Kim Macgregor 34.45. 38. Frank Cation 35.41. 39. Mike Kuzyszyn 35.46. 40. Jocelyn Scott 36.07. 41. Alastair Robertson 37.42. 42. John Reade 39.32. 43. Sam Connelly (Forfar RR) 40.42. 44. Dave Ellison 41.30.

Junior 1.5 miles. 1. Rory Scott 8.45. 2. John Buchan 9.25. 3. Fiona Muir 9.37. 4. John McIntosh 9.42. 5. Gary White 10.44. 6. Fiona Meek 11.02.

Junior 1 mile. 1. Michael Fedo 5.46. 2. Frankie Scott 5.49. 3. Jo Parker 5.50. 4. Andrew Reade 5.58. 6. Andrew Evans 6.11. 7. Sarina Kidd 6.40. 8. N. Gray 6.41. 9. Nicky McIntosh 6.55. 10. Jenny Tan 7.26. 11. Caitlin Lyons 8.06. 12. Ste-

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phen Lyons 8.24.

Fife AC Nightmare Race Series, Pitmedden Forest

Pitmedden Forest, Auchtermuchty, was lit by the full moon as the penultimate Nightmare race saw Glenrothes athlete Chris Russell cover the four mile course in 21 minutes 40 seconds, ten seconds clear of Dave Anderson (2nd) with Adrian Davis a further fifteen seconds back in third. Jim Meek came home fourth (22.45) outsprinting Brian Cruickshank by just one second.

RESULTS :- 1. Chris Russell 21.40. 2. Dave Anderson 21.50. 3. Adrian Davis 22 15 4. Jim Meek 22.45. 5. Brian Cruickshank 22.46. 6. Tom Ross 1st veteran. 25.00. 7. G. Pride (Lomond HR) 2nd veteran. 25.20. 8. Laurie Anderson 3rd veteran. 25.50. 9. Chris Fox 27.28. 10. Alan Meiklejohn 28.08. 11. Gary Barker 28.10. 12. Jim Haig 30.05. 13. R. Thornton (Dundee Hawkhill) 32.05. 14. Graham Bennison 33.05. 15. Anne McFarlane 35.00. 16. Elspeth Wallace 35.00.

Dunfermline & West Fife Cross Country Meeting, Lochore Meadows

Kevin Wallace was in action at the Dunfermline & West Fife Open Meeting at Lochore Meadows placing 2nd in the U17 boys race timed at 19 minutes 46 seconds over the three mile course. Kirkcaldy under 13 athlete Craig Guzy placed 3rd in the under 13's race at Lochore clocking 10 minutes 26 seconds over the two mile course. St Andrews athletes Jo Parker and Sarina Kidd had their second outings of the weekend taking bronze and silver respectively in the under 11's events.

RESULTS: Senior Men 6.5 miles. 1. S. Reid (Pitreavie) 36.53. 2. C. Meek (Lothian) 1st veteran. 37.03. 3. G. Ackland (Lothian) 38.05. 14. George Black 1st over 60. 44.06. 21. Ricky Forrester 44.54. 31. Graham Bennison 50.40.

Under 17 Men: 1. P. McCloskey (Pitreavie) 18.25. 2. Kevin Wallace (Fife AC) 19.46. 3. B. Dalgleish (C of E) 20.31

Under 13 Boys: 1. R. Finlayson (Lasswade) 10.01. 2. A. Johnstone (Falkirk Vic.) 10.20. 3. Craig Guzy (Fife AC) 10.16. 13. John Innes 13.00.

Under 11 Boys: 1. J. Campbell (Falk. Vic.) 7.38. 2. P. Douglas (Falk. Vic.) 7.42. 3. Jo Parker 8.01. 8. Stephen Lyone 9.58.

Under 11 Girls: 1. E. Barnes (Dunf & W. Fife) 7.42. 2. Sarina Kidd (Fife AC) 7.45. 3. D. Henderson (Central) 8.24. 10. Caitlin Lyons. 10.00.

East Cross Country League, Gorebridge

Fabulous Fife AC made it four consecutive league titles at Gorebridge taking the overall East of Scotland league trophy as well as winning four of the six age group trophies. Commonwealth Games marathon runner Dave Davers (Teviotdale) made all the running over the Senior 6 miles course timed at 30 minutes 16 seconds chased by Andrew Lemoncello, Ceres, in second (30.52). Alan Milligan followed in 5th and with Peter Morrison (12th), Terry Mitchell (13th), Dave Anderson (22nd) and Euan Jardine (25th) the team placed second on the day totalling 79 points, only seven points down on City of Edinburgh but 31 points clear in the final mens league totals taking the historic George Sandilands Shield for the third consecutive year.

The club veterans also took the league title with Terry Mitchell backed up by Hugh McKay (34th) and Tom Scott (41st). An unexpected bonus came in the under 17 age group where Graham Bee, Kirkcaldy (2nd), Kevin Wallace,

Glenrothes, (3rd) and Scott Pryde, Cupar, (5th) were easy team winners on the day retaining the under 17's league shield 25 five league points ahead of Falkirk Victoria.

St Andrews runner Rory Scott (8th) led home the under 15 team placing third team on the day and second over the season. Kirkcaldy under 15 runner John Buchan had his best ever run to place 10th with Fraser Matthew tying up the team scoring in 20th. The under 13's squad placed 5th on the day with Craig Guzy, Kirkcaldy, the first runner home in 7th. The Under-11 squad maintained their unbeaten run winning the team race on the day and the league trophy. Micheal Fedo, Ceres, (4th), Frankie Scott, St Andrews,(6th) and Andrew Reade, Glenrothes, (9th) totalled 19 points for the under 11's as the team placed five runners in the first twelve.

The Overall League Trophy was presented to club President Gary Barker as Fife again topped the 29 clubs in the league for the fourth consecutive year.

RESULTS: Senior Mens 6 mile. 1. D. Cavers (Teviotdale) 30.16. 2. Andrew Lemoncello (Fife AC) 1st junior 30.52. 3 N. Gunstone (Dundee Hawkhill) 31.15. 4. T. Ellacott (C of E) 31.18. 5. Alan Milligan (Fife AC) 31.20. 6. M. Ferguson (C of E) 31.22. 7. J. McDonald (Central) 31.31. 8. S. Campbell (George Heriots) 31.45. 9. M. McQuaid (Falkirk Vic.) 31.47. 10. J. Guest (C of E) 32.03. 11. S. Shannon (Ed. Univ.) 32.11. 12. Peter Morrison 32.15. 13. Terry Mitchell 1st veteran. 32.17. 22. Dave Anderson 33.15. 25. Euan Jardine 33.28. 34. Hugh McKay 33.54. 41. Tom Scott 34.26. 53. Brian Cruickshank 35.05. 56. Ian Overton 35.21. 63. Bryce Aitken 35.53. 69. Jim Meek 36.06. 97. Brian Thomson 38.03. 100. Joe Holden 38.20. 107. Laurie Anderson 38.43 112. Doug Gunstone 39.16. 117. Andy Barker 39.44. 119. George Black 39.56. 127. Martin Farrally 40.19. 138. John Gunstone 40.48. 147. Alan Meiklejohn 41.42. 149. David Bee 41.47. 157. Jim Haig 42.08. 159. Jim Taylor 42.20. 171. Dave Francis 43.58. 175. Graham Bennison 45.08. **Teams:** 1. City of Edinburgh 72. 2. Fife AC 79. 3. Lothian RC 179. 4 Falkirk Vic. H. 193. 5. City of Edinburgh B 273. 6. Fife B 316. **Final Placings:** 1. Fife AC 277. 2. City of Edinburgh 308. 3. Falkirk Victoria H. 531. **Veterans.** 1. Fife AC 87. 2. Falkirk Vic. 111. 3. City of Edinburgh 174. **Final Placings:** 1. Fife AC 364. 2. Falkirk Vic. 373. 3. City of Edinburgh 608.

Under 17 Men. 1. S. Forbes (Aberdeen) 15.30. 2. Graham Bee 15.39. 3. Kevin Wallace 15.45. 5. Scott Pryde 16.34. 12. Stephen Rowans 17.57. **Teams:** 1. Fife AC 10. 2. City of Edinburgh 23. 3. Aberdeen AAC 201. **Final Placings:** 1. Fife AC 71. 2. City of Edinburgh 96. 3. Aberdeen AAC 222.

Under 15 Boys. 1. A. Hay (Central) 2. M. Kennedy (Aberdeen) 13.13. 3. S. Fraser (Lasswade) 13.19. 8. Rory Scott 14.30. 10. John Buchan 14.33. 20. Fraser Matthew 15.54. 22. John McIntosh 16.22. **Teams:** 1. Aberdeen AAC 19. 2. Lasswade 27. 3. Fife AC 37. **Final Placings:** 1. Aberdeen AAC 54. 2. Fife AC 131. 3. George Heriots 180.

Under 13 Boys: 1. R. Finlayson (Lasswade) 9.46. 2. D. Selman (KF Corst.) 9.49. 3. C. Douglas (Falkirk Vic.) 9.52. 7. Craig Guzy 10.22. 30. Jo Gunstone 12.03. 32. Jonathan Marks 12.09. 33. John Innes 12.09. **Teams:** 1. Aberdeen AAC 27. 2. City of Edinburgh 30. 3. Lasswade 30. 5. Fife AC 61. **Final Placings:** 1. City of Edinburgh 81. 2. Aberdeen AAC 86. 3. Lasswade 92.

Under 11 Boys. 1. M. Gillespie (Central) 6.38 2. S. Deveny (C of E) 6.44. 3. S. Laurie (Gala) 6.46 4. Michael Fedo 6.46 5. Frankie Scott 6.57. 9. Andrew Reade 8.08. 10. Connor Hill 8.14. 12. Andrew Evans 8.18. **Teams:** 1. Fife AC 19. 2. City of Edinburgh 26. 3. Falkirk Vic. 30. **Final Placings:** 1. Fife AC 60. 2. Falkirk Vic. 99. 3. City of Edinburgh 107.

OVERALL LEAGUE TROPHY: 1. Fife AC 716. 2. City of Ed-

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inburgh 1311. 3. Falkirk Victoria H. 2036.

Under 17 athlete Frances Meek, excelled to place second in the Women's open four mile race at Gorebridge timed at 23 minutes 21 seconds, thirty-nine seconds down on winner Ruth Chamberlain (Edinburgh University). Fiona Muir, Newburgh, also gained a second placing in the under 15 girls 2.5 mile clocking 16 minutes 10 seconds.

East of Scotland Cross Country Championships, Corstorphine

Fife AC returned from the East of Scotland Cross-Country Championships at Corstorphine with a total of six individual and four sets of team medals. Vicky Gill, St Andrews, was in top form in the senior womens championship relentlessly closing down early leader Toni McIntosh (Edinburgh Univ.) at the end of the first of two laps. The 2nd-year St Andrews student pulled out all the stops over the final woodland climb to extend her advantage over the closing mile to finish 29 seconds clear of the Scottish Universities champion reversing the placings in December's University Championships.

One of the great performances of the day for Fife came in the Under 17 Mens championship where Glenrothes athlete Kevin Wallace excelled to place third and with Kirkcaldy runner Graham Bee in 6th and Scott Pryde, Cupar, 10th, took team silver behind Aberdeen AAC. Wallace covered the 4 mile course in 21 minutes 59 seconds only eight seconds down on junior internationalist Alan Wales (Aberdeen). Aberdeen's Iain Donnan took the individual gold in 21 minutes 29 seconds. An under strength Senior Mens team took team silver over the hilly six mile course led home by Andrew Lemoncello in fourth place, first junior. Lemoncello, Ceres, was the only athlete to take on three times champion Dave Cavers (Teviotdale) matching the Borders hill farmer stride for stride over the first of three laps. Into the second lap Lemoncello suffered a muscle pull but gallantly maintained his challenge only losing overall second and third place during the closing stages. Terry Mitchell, St Andrews, followed home in 20th, second veteran leading the veteran squad to team gold backed up by Martin Laing (41st) and Tom Scott (61st). Milnathort member Dave Anderson ran well to place 29th while Euan Jardine placed 37th overall taking the junior bronze medal. John Cunningham, Dysart, followed in 38th with Martin Laing tying up the team scoring in 41st. Frances Meek, Cellardyke, was in medal winning form placing third in the under 17 womens race won by former Fife athlete Briony Curtis (Banchory & Stonehaven). Fiona Muir, Newburgh, placed 10th in the under 15 girls 2.5 mile race clocking 18 minutes 43 seconds. A fighting performance from Rory Scott (12th), John Buchan (13th) and John McIntosh (26th) earned well-deserved team bronze medals in the under 15's boys race while in the under 13's event Kirkcaldy runner Craig Guzy (9th) led home the Fife team of Jo Gunstone (29th) and Jonathan Marks (33rd) that placed 6th team.

RESULTS: Senior Men. 1. D. Cavers (Teviotdale) 30.47. 2. A. Hart (HIBT) 31.07. 3. D. Naylor (HBT) 31.12. 4. Andrew Lemoncello (Fife AC) 1st junior. 31.14. 5. N. Milovsorov (Metro Aberdeen) 31.26. 6. J. Heap (HBT) 31.30. 7. N. Gunstone (Dundee Hawkhill) 31.36. 8. M. Feguson (C of E) 31.45. 9. J. McDonald (Central) 31.52. 10. S. Campbell (Gerorge Heriots) 2nd junior. 31.59. 16. F. Clyne (Metro Aberdeen) 1st veteran. 32.34. 20. Terry Mitchell 2nd veteran. 32.40. 29. Dave Anderson 33.16. 37. Euan Jardine 3rd Junior. 33.34. 38. John Cunningham 33.43. 41. Martin Laing 33.57. 53. Adrian Davis 34.48. 61. Tom Scott 2nd over 50. 34.57. 70. Brian Cruickshank 35.28. 76. Jim Meek 35.39. 91. Ian Overton 36.23. 96. Bryce Aitken 36.34. 112. Brian Thomson 37.32.

115. Tom Ross 37.42. 145. Joe Holden 39.21. 151. George Black 1st over 60. 39.35. 152. Doug Gunstone 39.42. 169. Andy Barker 40.24. 185. Gary Barker 41.33. 186. Brian Peachey 41.38. 189. John Gunstone 42.14. 196. Frank Cation 42.58. 197. Jim Taylor 43.02. 211. Dave Francis 43.45. 237. Graham Bennison 46.55. 245. Mike Kuzyszyn 49.08. 199. Alan Meiklejohn 43.08. 216. David Bee 44.11. 246. Alastair Robertson 50.28. **Teams:** 1. City of Edinburgh 97. 2. Fife AC 169. 3. Dundee Hawkhill 195

Senior Women: 1. Vicky Gill (Fife AC) 22.42. 2. T. McIntosh (Ed.Univ.) 23.11. 3. S. Ridley (EWM) 23.39. 4. T. Thomson (Pitreavie) 23.50. 4. M. Clark (HBT) 23.59. 6. J. McCrorie (Central) 24.43. 23. Louise Burt 26.47. 55. Jocelyn Scott 30.47. 61. Phyllis Lemoncello 32.10. **Teams :** 1. Pitreavie 26. 2. Edinburgh University 28. 3. City of Edinburgh 37. 6. Fife AC 79.

Under 17 Men: 1. I. Donnan (Aberdeen) 21.29. 2. A. Wales (Aberdeen) 21.51. 3. Kevin Wallace. 21.59. 6. Graham Bee 22.24. 10. Scott Pryde 23.53. 20. Graeme Braker 27.43 **Teams:** 1. Aberdeen AAC 8. 2. Fife AC 19. 3. C of E 40.

Under 17 Women: 1. B. Curtis (Banchory & Stonehaven) 17.19. 2. S. Marshall (Pitreavie) 17.54. 3. Frances Meek 18.18.

Under 15 Boys: 1. P. McDougall (Harmeny) 15.04. 2. M. Kennedy (Aberdeen) 15.06. 3. S. Fraser(Lasswade) 15.18. 12. Rory Scott 16.54. 13. John Buchan 16.56. 26. John McIntosh 19.12. **Teams :** 1. Aberdeen AAC 13. 2. KF Cors. 35. 3. Fife AC 51.

Under 15 Girls : 1. M. McLarty (Central) 16.35. 2. S. Lamont (Pitreavie) 17.03. 3. F. Thompson (Central) 17.39. 10. Fiona Muir 18.43.

Under 13 Boys: 1. R. Finlayson (Lasswade) 11.10. 2. D. Selman (KF Corst.) 11.15. 3. C. Douglas (Falkirk Vic.) 11.16. 9. Craig Guzy 12.04. 29. Jo Gunstone 13.39. 33. Jonathan Marks 14.20. **Teams:** 1. Aberdeen AAC 24. 2. City of Edinburgh 34. 3. KF Corstorphine 45. 6. Fife AC 71.

Fila International Cross Country, Belfast

Kenyan athletes filled four of the first five places at the Fila International in Belfast where Fife AC provided two of the three-man Scottish mens team with Daniel Leggate placing 28th (26 minutes 21 seconds) and Owen Greene 42nd (28 minutes 23 seconds) out of the eighty runners that contested the 8km race.

FEBRUARY 2001

Foggia Cross Country Race, Italy

Running in 22 degrees centigrade Dave Adam, Leuchars, placed 8th in the Foggia Cross-Country clocking 24 minutes 07 seconds over the 7km course. The race was the opening counter in a series of races over varying terrain as part of the South of Italy Championships.

Fife AC Nightmare Series, Ladybank Woods

The final race in the Nightmare Series took place with a 4 mile moonlit run through Ladybank Woods. Dave Anderson covered the twisting five mile course along icy woodland paths in 31 minutes 15 seconds outsprinting Chris Russell, Glenrothes over the final run-in by two seconds. Course convener Adrian Davis, Ladybank, followed home in third with unattached runner Gordon Shaw in fourth. Kirkcaldy under 13 athlete Craig Guzy placed a fine 8th while Margaret McLaren, Kettlebridge, was the first woman home in 17th place overall (45.37). Anderson took the overall series title just one point ahead of Russell with Davis in third.

RESULTS: 1. Dave Anderson 31.15. 2. Chris Russell 31.17.

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3. Adrian Davis 31.30. 4. G. Shaw (Unatt.) 31.35. 5. Tom Ross 1st over 50. 34.02. 6. Laurie Anderson 1st veteran 34.20 7. Joe Holden 2nd-over 50. 34.38. 8. Craig Guzy 1st junior. 38.20. 9. Gary Barker 2nd veteran. 38.41. 10. G. Pride (Lomond HR) 3rd veteran. 38.53. 11. Graeme Barker 2nd junior. 38.58. 12. Chris Fox 39.08. 13. A. Graham (Lomond HR) 39.37. 14. R. Thornton (Dundee Hawhill) 40.40. 15. Graham Bennison 3rd over 50 41.02. 16. Frank Cation 43.31. 17. Margaret McLaren 45.37. 18. Anne McFarlane 47.24. 19. Elspeth Wallace 47.26. 20. P. Mallet (Lomond), Alan Meiklejohn & Frank McLaren 49.25.

Inter Counties Cross Country Championships, Nottingham

Fife AC members excelled at the UK Inter Counties Cross-Country Championships held at Nottingham, where Ellen Leggate placed 5th in the womens championship to win a GB vest at the World Championships in Dublin. Cambridge University student Ellen has represented Great Britain before at junior level but this will be her first appearance in a GB senior team. Leggate clocked 29 minutes 23 seconds over the 8km course with Liz Yelling (Bedfordshire) clocking 28 minutes 28 seconds to win the title 23 seconds clear of her sister-in-law Hayley Yelling (Middlesex). Fife AC's Vicky Gill, St Andrews, who had previously won the East of Scotland title was also in top form representing her native Lancashire to place 9th in 29 minutes 43 seconds. Kirkcaldy member Daniel Leggate represented East of Scotland in the Senior Mens 12km championships placing 35th, East's first placer clocking 40 minutes 35 seconds while Andrew Lemoncello, Ceres, was first home for East of Scotland in the Under 20 Mens 8km championships finishing a fine 11th (27 minutes 04 seconds). Euan Jardine closed in East's team scoring placing 101st (30 minutes 02 seconds) to help the under 20 team place 7th. Frances Meek, Cellardyke, represented the East under 17 womens team placing 118th over the 5km course (23 minutes 12 seconds) while Glenrothes athlete Kevin Wallace placed 154th in the under 17 mens 6km race (24 minutes 40 seconds).

Scottish National Cross Country Championships, Irvine

Fife AC member Ellen Leggate stormed her way, literally, to the Scottish Cross-Country title at Beach Park, Irvine. The 23-year-old Cambridge student was always at the head of the leading group over the first of two laps in the Senior Womens 8km Championship when at the half-way point a raging blizzard of horizontal hail and snow swept across the coast testing the athletes to the limit. Ellen, by now 30 seconds clear commented. "It was just me against the conditions, I was glad to reach the finish. Ellen sustained her effort over the final stages although she was rapidly closed down over the run-in by Lindsay McMahon (JW Kilmarnock) who finished only three seconds adrift, Ellen clocked 30 minutes 30 seconds and with Louise Burt 25th and Louise Provan 50th the Fife team placed 5th (76 points) with Shettleston the team winners (45 points) Kirkcaldy member Daniel Leggate led home a depleted mens team in the Senior 12km race placing 11th (40 minutes 20 seconds) backed up by Alan Milligan 23rd, John Cunningham 52nd, Dave Anderson 67th, Hugh McKay 110th and Chris Russell 124th. The team placed 7th totalling 387 points with winners Hunters Bog Trotters taking gold with a low scoring 70 points. With many of Fife's top runners opting out of this championship the team result was indeed commendable. Team gold came Fife's way, however, in the Under 20 Mens Championship 'where Andrew Lemoncello, Ceres, took the individual silver medal clocking 27 minutes 19 seconds over the 8km course.

Lemoncello headed a group of eight runners around the first lap of the course, reduced to two by the second lap - Lemoncello and Derek Watson (Victoria Park). Up the final climb the two battled together before Watson put in an all-out effort over the final half mile to open up a 14 second advantage at the finish. Thomas Greene followed in 14th (29.41) and with Euan Jardine 16th (30.13) and Jonathan Seeley 18th (30.59) the team totalled 50 points a mere one point ahead of Glasgow rivals Ron Hill Cambuslang. The under 20 womens team also had to contend with unfavourable conditions led home by Sarah Laing 11th with Angela Frame 13th and Linsey Allison 15th. The team placed a fine second (39 points) behind winners Kilbarchan (11 points). The Fife under 17 mens squad placed fourth team led home by Kirkcaldy athlete Graham Bee in 22nd. Kevin Wallace 24th, Scott Pryde 29th and Graeme Barker, Kirkcaldy, 49th completed the team scoring. The under 15's finished 8th team with Kirkcaldy member John Buchan the first across the line in 53rd. Rory Scott 60th, and Graeme Noble 73rd followed with John Mcintosh anchoring the team home in 81st. The under 13 boys produced their best result of the season placing 10th team. Craig Guzy, Kirkcaldy, bounced back to top form to finish a fine 8th overall registering his best performance of the winter. Michael Fedo 54th, Frankie Scott 61st and John Innes 88th completed the team scoring.

Frances Meek, Cellardyke, was forced to withdraw from the under 17 race during the closing stages due to illness while Fiona Muir, Newburgh, ran well to place 21st in the under 15 championship. One of the outstanding performances of the day came in the under 13 girls race where North Uist AAC took the team bronze medals. A fine effort for such a small club.

RESULTS: Senior Men. 1. C. Robison (Inverclyde) 38.49. 2. A. Caine (Tynedale) 38.58. 3. T. Murray (Inverclyde) 39.04. 4. D. Naylor (HBT) 39.19. 5. S. Cairns (HBT) 39.33. 6. M. Campbell (RH Cambuslang) 39.49. 7. P. Mowbray (HBT) 40.12. 8. N. Wilkinson (RH Cambuslang) 40.16. 9. S. Pride (Keith & Dist.) 40.12. 10. D. Cavers (Teviotdale) 40.18. 11. Daniel Leggate 40.20. 23. Alan Milligan 41.50. 52. John Cunningham 43.35. 67. Dave Anderson 44.14. 110. Hugh McKay 46.24. 124. Chris Russell 46.57. 130. Tom Scott 47.05. 148. Jim Meek 47.38. 168. Ian Overton 48.13. 230. Brian Thomson 51.12. 241. Philip Grist 51.45. 244. Gary Barker 52.06. 246. Laurie Anderson 52.10. 250. Doug Gunstone 52.27. 267. Andy Barker 53.21. 320. Jim Taylor 57.10. 332. Dave Francis 58.37. 343. Graham Bennison 60.00. **Teams:** 1. Hunters Bog Trotters 70. 2. Ron Hill Cambuslang 99. 3. Inverclyde 104. 4. Mizuno RC 257. 5. City of Edinburgh 294. 6. Shettleston 345. 7. Fife AC 387.

Senior Women. 1. Ellen Leggate (Fife AC) 30.30. 2. L. McMahon (JW Kilmarnock) 30.33. 3. S. Fairweather (Glasgow Univ. 30.45. 25. Louise Burt 35.07. 50. Louise Provan 39.17. **Teams:** 1. Shettleston 45. 2. Hunters Bog Trotters 52. 3. City of Edinburgh 68. 4. Irvine AC 72. 5. Fife AC 76.

Under 20 Men. 1. D. Watson (Vic. Park) 27.05. 2. Andrew Lemoncello (Fife AC) 27.19. 3. R. Russell (Central) 27.43. 14. Thomas Greene 29.41 16. Euan Jardine 30.13. 18. Jonathan Seeley 30.59. **Teams:** 1. Fife AC 50. 2. R.H. Cambuslang 51. 3. George Heriots CCC 76.

Under 20 Women: 1. L. McCrorie (Glasgow Univ.) 18.54. 2. D. Smith (Kilbarchan) 19.13. 3. P. McNellis (City of Glasgow) 19.29. 11. Sarah Laing 22.21. 13. Angela Frame 22.53. 15. Linsey Allison 25.04. **Teams:** 1. Kilbarchan 11. 2. Fife AC 39.

Under 17 Men. 1. D. Malin (Annan & Dist.) 22.14. 2. T. Macintosh (C of E) 22.31. 3. T. Grant (Law & Dist.) 22.34. 22. Graham Bee 24.20. 24 Kevin Wallace 24.31. 29. Scott

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Pryde 25.26. 49. Graeme Barker 28.13. 51. Michael Taylor 30.34. **Teams:** 1. Aberdeen AAC 40. 2. R.H.Cambuslang 69 3. Giffnock North 72. 4. Fife AC 124. 5. C of E 140.

Under 15 Boys. 1. G. Hanson (Kilbarchan) 14.12. 2. M. Kennedy (Aberdeen) 14.14. 3. P. McDougall (Harmeny) 14.20. 53. John Buchan 16.43. 60. Rory Scott 17.05. 73. Graeme Noble 17.40. 81. John McIntosh 18.28. **Teams:** 1. Kilbarchan 33. 2. Giffnock North 64 3. RH Cambuslang 78. 8. Fife AC 267.

Under 15 Girls: 1. M. McLarty (Central) 15.57. 2. S. Lamont (Pitreavie) 16.05. 3. C. Wilson (Shetland) 16.22. 21. Fiona Muir 18.02. **Teams.** 1. Central AC 45. 2. Giffnock North 84. 3. Pitreavie 96

Under 13 Boys: 1. M. Mitchell (Forres) 11.54. 2. S. Kirk. (RH Cambuslang) 11.57 3. S. Trainer (Greenock Glenpark) 12 13. 8. Craig Guzy 12.38. 54. Michael Fedo 14.09. 6 1 . Frankie Scott 14.24. 88. John Innes 16.02. **Teams:** 1. Kilbarchan 43. 2. Gleniffer High School 105. 3. Aberdeen 123. 10. Fife AC 211.

Round the Houses 10K, Grangemouth

A large field of runners contested the Grangemouth Round the Houses 10km road race – where Dave Anderson (Milnathort), was the first Fife runner home placing 23rd. George Black, Kettlebridge, was in top form finishing 106th to take the over 60 prize.

RESULTS: 1. S.Pride (Keith & Dist.) 3139. 2. S.Campbell (Mizuno) 32.26. 3. C.Thomson (RH Cambuslang) 32.30. 25. Dave Anderson 34.33. 53. Bryce Aitken 36.10. 75. Brian Thomson 37.05. 106. George Black 1st over 60. 38.28. Times only: Sheila Barbour 47.39. Robert Mustard 50.58. Sandra Aitken 51.08.

Carnethy Hill Races, Penicuik

Fife AC athletes dominated the Scald Law Junior Hill Race at Silverburn, near Penicuik. Under 17 Kirkcaldy runner Graham Bee took the lead after the opening half mile to cover the three mile (900ft ascent) course in 21 minutes 21 seconds ahead of Glenrothes athlete Kevin Wallace and Cupar's Scott Pryde. Kirkcaldy under 13 athlete Craig Guzy placed a fine 5th in 24 minutes 04 seconds.

Under 17 athlete Frances Meek, Cellardyke, was in top form placing eighth overall, first girl. in 27 minutes 46 seconds nearly two minutes inside the girls course record of 29 minutes 41 seconds. Fife AC team colleagues Sarah Laing, St. Andrews, and Fiona Muir, Newburgh followed home in 9th and 10th respectively also inside the old record.

RESULTS: 1. Graham Bee 21.21 2. Kevin Wallace 21.54. 3. Scott Pryde 21.36. 4. A.McCall (KF Corstorphine) 23.40. 5. Craig Guzy 24.04. 6. Michael Taylor 26.22. 7. John McIntosh 26.57. 8. Frances Meek 27.46. (record) 8. Sarah Laing 29.12. 9. Fiona Muir 29.19. (Under 15 record).

397 runners contested the senior race, the Tiso Carnethy Five Hill Race with a large contingent from the north of England. Dunfermline member Alan Milligan, returning to competition following illness, was first home for Fife placing 14th covering the 6 mile (2500ft) course in 53 minutes. Adrian Davis, Ladybank, followed in 17th with St Andrews veteran Martin Laing 19th. Jim Meek, Cellardyke, tied up the team scoring in 57th.

RESULTS: 1. J. Davies (Borrowdale) 49.56. 2. M. Rigby (Ambleside) 50.23 3. T. Lenton (Lothian) 50.31. 4. A. Kitchin (Lothian) 51.24. 6. A. Schofield (Borrowdale) 51.33. 14. Alan Milligan 53.00. 17. Adrian Davis 53.49. 19. Martin Laing 3rd veteran. 54.09. 57. Jim Meek 60.35. 80. Tom Ross 4th over

50. 62.07. 106. Ian Overton 64.52. 108. Alex McGuire 65.07. 144. Louise Burt 6th woman 6807. 161. Joe Holden 69.36. 174. Andy Barker 70.17. 182. Stuart Knowles 71.19. 183. Jim Haig 71.22. 184. Alan Meiklejohn 71.26. 208. Pete Low 74.07. 212. Gary Barker 74.19. 227. Brian Thomson 75.03. 233. Frank Cation 75.22. 234. Dave Francis 75.26. 276. Don Adam 79.06. 299 Margaret McLaren 82.00. 319. Frank McLaren 84.33. 324. Dave Ellison 85.56. 359. Alastair Robertson 91.27. 369. Laurie Anderson 94.44. 374. Phyllis Lemoncello 95.31.

U13/U15 Scottish Indoors Championships, Glasgow

Glenrothes long jumper Chris Bailey was in record-breaking form at the Under 13/15 Scottish Indoor Track and Field Championships at Glasgow's Kelvin Hall breaking the five year old under 15 championship record with every one of his six jumps.

Starting with a first round jump of 5.72 metres, Bailey improved further with his second round mark of 5.84 metres, his top performance. Jumps of 5.83m, 5.77m, 5.69m and a final round of 5.62m made up an impressive series. Jonathon Marks took the silver medal in the under 13 high jump with a clearance of 1.30m while sister Freya took bronze in the under 13's long jump with a leap of 4.17m.

East of Scotland Indoor Championships, Glasgow

Under 15 Glenrothes athlete Chris Bailey was in outstanding form at Glasgow's Kelvin Hall winning the East of Scotland indoor long jump title with a Championship Best Performance of 5.66 metres. This mark eclipsed Richard McDonald's (Perth Strathray) six year old record by 20 centimetres. The Glenwood High pupil's 5.66m came in the first round followed by jumps of 5.51m and 5.50m – marks also inside the previous record.

