

## MARCH 2001

### Yokohama Ekiden Road Relay, Japan

East of Scotland Women's cross country champion Vicky Gill returned to St Andrews following a successful debut in the Great Britain team contesting the Yokohama Ekiden Relay - a 6-stage event run over the marathon distance of 26.2 miles. Vicky ran the third stage of 6km clocking a fast 19 minutes 42 seconds to bring the Great Britain team into 12th at the changeover.

Vicky commented, " This was my first GB vest so I was really nervous especially as I waited for 2nd -stage runner Debbie Robinson to come in. I was lucky because Debbie and the Australian runner came in together. We had a quick changeover (the runners exchange a sash) and I got away from the Australian. I started off quite fast then settled into pace and began to close down the Ukrainian runner in front but did not catch her. The race was over quickly because I was feeling good and a great crowd was cheering us on."

Vicky pulled back 41 seconds on the Ukraine. The GB team eventually finished 10th in a total time of 2 hours 23 minutes 05 seconds with Russia the winners (2:12.15) ahead of Japan (2:16.13).

### Scottish Veterans Cross Country Championships, Aberdeen

The Scottish Veteran Cross-Country Championships survived Foot & Mouth Disease restrictions being held over the Aberdeen University Playing Fields at Bridge of Don. Fife AC athletes Tom Scott, by Dairsie, and George Black, Kettlebridge, excelled, to win the over 50 and over 60 titles respectively with Black adding the cross-country title to the Scottish over 60 marathon title won last year. Tom Scott placed a superb 25th overall timed at 40 minutes 40 seconds over the snow-covered 10km course in what is his first season of cross-country competition.

George Black came home in 65th (44 minutes 23 seconds) following a fast start which saw him gain a minute advantage over rival Ian Leggate (Lothian RC). Andy Barker, Burntisland, followed in 79th and with Chris Clark, St Andrews, 97th the Fife team placed 9th totalling 266 points.

Displayed in the refectory at Bridge of Don Academy were the results of the 1989 Championship, the last occasion when the championships were held at Aberdeen. A team of Fife 40-year-olds took the team bronze medals - the start of a successful period in veteran championships.

Kirkcaldy member Margaret McLaren was the first Fife AC athlete home in the womens 6.5 km championship placing 16th (32:23). Jocelyn Scott 24th and Kim Macgregor 29th completed the Fife team scoring which saw the club place 4th team (69 points) eleven points adrift of bronze medallists Irvine AC.

**RESULTS: Mens 10km.** 1. C. Donnelly (RH Cambuslang) 37.11. 2. F. Clyne (Metro Aberdeen) 37.40. 3. F. Barton (RH Cambuslang) 37.51. 4. C. Meek (Lothian) 37.52. 5. B. Gardner (Swindon) 37.52 6 M. Flynn (Moray RR) 38.10. 25. Tom Scott 1st over 50. 40.40. 65. George Black 1st over 60. 44.23. 79. Andy Barker 46.07. 97. Chris Clark 49.45. 99. Graham Bennison 50.23. 101. Frank McLaren 50.33. 118. Alastair Robertson 55.57.

**Teams:** 1. Ron Hill Cambuslang 34. 2. Metro Aberdeen 38. 3. Falkirk Victoria 83 4. Dundee Hawkhill 106. 9. Fife AC 266.

**Womens 6.5km.** 1. S. Ridley (EWM) 27.09. 2. S. Armitage (Aberdeen) 28.06. 3. E. McBrinn (Shettleston) 29.12. 11. Hazel Bradley (Pitreavie) 1st vet 50. 32.01. 16. Margaret McLaren 32.23. 24. Jocelyn Scott 34 16. 29. Kim Macgregor 35.25.

**Teams:** 1. Shettleston 21. 2. Aberdeen AAC 24. 3. Irvine AC 58. 4. Fife AC 69.

### Del Boscheo International Cross Country Race, Italy

Leuchars member Dave Adam was in action in warmer climes placing 6th at the Del Boscheo International Cross-Country at Murge, Italy. Dave clocked a fast 20 minutes 05 seconds over the 6km country course only 25 seconds down on the Moroccan winner.

### National Cross-Country Championships, Canosa, Italy

Leuchars' Dave Adam contested the Italian 7.5km cross-country championship at Canosa near Foggia placing 16th (7th amateur) clocking 25 minutes 45 seconds in hot conditions.

### Marcialonga Di San Giuseppe 8.5km, Italy

The conditions were even hotter for the 22nd Marcialonga Di San Giuseppe 8.5km race where 2,500 runners experienced 23 degrees centigrade heat. Adam again placed 16th overall but first in his category timed at 28 minutes 35 seconds. Winner Marsali Redouane (Morocco) clocked 26 minutes 30 seconds.

### Spacca Noci 9K Race, Italy

Leuchars athlete Dave Adam continued his fine run of hot form in Italy, placing 10th, first in the open category at the Spacca Noci 9km race contested by over a thousand athletes. Dave passed through the 5km point in 17 minutes 16 seconds before going on to clock 30 minutes 02 seconds with winner Francesco Mieso timed at 29 minutes 20 seconds. The temperature was the hottest ever March day on record for the area at a soaring 35 degrees celcius.

### IAAF World Cross-Country Championships, Ostend, Belgium

As Paula Radcliffe battled her way through the Ostend mud to the World Cross-Country title, Fife AC athlete Ellen Leggate made her Great Britain debut placing 74th. Radcliffe put in a determined final sprint over the final 80 metres of the women's 7.7km championship to shake off rival Gete Wami (Ethiopia) clocking 27 minutes 49 seconds. Ellen, who won the Scottish women's title, was the sixth British counter to finish timed at 32 minutes 41 seconds.

### Alloa Half Marathon

Peter Morrison was Fife AC's leading athlete at the Alloa half marathon placing a fine 4th in 70 minutes 57 seconds. John Cunningham followed in 7th (72.45) and with Adrian Davis 19th (74.52) the team placed second to Carnegie Harriers. Kirkcaldy veteran Bryce Aitken placed a fine 42nd out of the file of 800 runners clocking 78 minutes 37 seconds.

**RESULTS:** 1. A. Adams (Clydesdale) 66.33. 2. D. Hart (Falkirk Vic.) 1st veteran 70.19 3. M. Buchanan (Carnegie) 70.54. 4. Peter Morrison (Fife AC) 70.57. 5. A. Robson (Mizuno) 2nd veteran. 71.17. 6. F. Harper (Carnegie) 3rd veteran. 72.28. 7. John Cunningham 72.45. 19. Adrian Davis 74.52. 28. Chris Russell 76.24. 42. Bryce Aitken 78.37. 49. S.Wallace (HELP) 1st over 50. 79.53. 88. Laurie Anderson 84.06. 122. Andy Barker 86.52. 210. David Bee 91.42. 470. John McNally 103.26. 480. Sheila Barbour 103.52. 637. Bob Mustard 1:51.35.

### 5.5 Mile Handicap Race, Kirkcaldy

Jack Stanford was first home at a club 5.5 mile road handicap from Balwearie High School timed at 40 minutes 39 seconds.

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Chris Russell in 15th was the fastest of the race clocking 29 minutes 09 seconds.

**RESULTS:** 1. Jack Stanford 40.39. 2. Ronnie Mill 40.49. 3. Craig Guzy 1st junior 41.18. 4. David Bee 41.21. 5. Margaret McLaren 41.25. 6. Gary Barker 41.28. 7. Steve Doig 41.30. 8. John Murdoch 42.10. 9. Pat Green 42.18. 10. Frank McLaren 42.20. 11. Kevin Wallace 42.24. 12. Eric Nachman 42.28. 13. Leonard Rhone 42.43. 14. Bryce Aitken 42.50. 15. Chris Russell 43.09. 16. Adrian Davis 44.08. 17. Andy Barker 44.10. 18. Sheila Barbour 45.12.

**Fastest:** Russell 29.09. Doig 29.30. Davis 30.08. Murdoch 30.10. Wallace 30.24. Aitken 30.50.

### Scottish 6 Stage Road Relays, Livingston

The Fife AC men's team contested the Scottish 6-stage road relay championships at Livingston run over alternate stages of 3.15 and 5.8 miles. Scottish hill internationalist Alan Milligan gave Fife a good start over the opening short stage placing 6th (16 minutes 08 seconds) a position held by second stage runner Terry Mitchell, St.Andrews clocking 30 minutes 18 seconds over the long stage. Markinch athlete John Thomson made his first appearance for the club following a winter trip 'down under' to place 9th (17.20) which was held by John Cunningham over the next long stage (31.59). Glenrothes under 17 athlete Kevin Wallace excelled over the penultimate stage holding 9th timed at 17 minutes 49 seconds. Chris Russell, Glenrothes rounded off the team effort clocking 32 minutes 40 seconds to come home 10th in a total 2 hours 26 minutes 14 seconds. The B team of Graham Bee, Brian Cruickshank, Kenneth Anderson, Dave Anderson, Scott Pryde and Ian Overton finished 22nd (2:36.11).

**RESULTS:** 1. Mizuno RC 2:17.12. 2. Ron Hill Cambuslang 2:19.48. 3. Metro Aberdeen 2:21.16. 4. Shettleston 2:21.44. 5. Clydesdale 2:22.08. 6. Kilbarchan 2:22.40. 7. City of Edinburgh 2:23.15. 8. Lothian RC 2:23.52. 9. Falkirk Victoria 2:25.27. 10. Fife AC ( Milligan 16.08. Mitchell 30.18. Thomson 17.20. Cunningham 31.59. Wallace 17.49. Russell 32.40.) 2:26.14.

22. Fife B (Graham Bee 17.28. Brian Cruickshank 34.09. Kenneth Anderson 17.26. Dave Anderson 32.43. Scott Pryde 19.22. Ian Overton 35.03) 2:36.11.

Fife C (incomplete) - Frank Cation 21.50. Andy Barker 37.16. Graham Bennison 21.11 Dave Francis 40.28. Doug Gunstone 20.07.

### Sports Hall Athletics, Glenrothes

Fife AC junior athletes formed the East Fife team that contested the Norwich Union Sports Hall Athletics Regional Heat at Glenrothes Sports Institute. Teams from Midlothian, East Lothian, South Lanarkshire, West Lothian, Edinburgh, Dunfermline and East Fife all participated, with the winners progressing to the Scottish Final and the chance to then reach the UK Final in Birmingham. Carrie Marshall, Upper Largo, ran well to place second in the 4 lap race behind Claire Soutar (Dunfermline) in the under 13 girls competition. East Lothian won the team event with East Fife in 6th. The under 13 boys team placed 4th - winners in this age group were Dunfermline. Cupar athlete Nony Mordi won the Standing Long Jump for the under 15 girls team with a distance of 2.22 metres while Nene Udofot, St.Andrews, won the Shot Putt with a throw of 6.90 metres. Top team in this category was South Lanarkshire with East Fife 3rd. Rory Scott, St Andrews, second place in the Shot Putt and Graeme Noble's third in the Standing Long Jump helped the Under 15 boys team to 4th team place with South Lanarkshire scoring yet another team victory.

**RESULTS: Under 13 Girls:** 1. East Lothian 167. 2. Dunfermline 153. 3. South Lanarkshire 137. 4. Mid Lothian 99. 6. West Lothian 68.5. 6. East Fife 59. 7. Edinburgh 7.5. **Un-**

**der 13 Boys:** 1. Dunfermline 167. 2. West Lothian 141. 3. East Lothian 122. 4. East Fife 109. 5. South Lanarkshire. 90. 6. Mid Lothian 60. 7. Edinburgh 15. **Under 15 Girls:** 1. South Lanarkshire 684. 2. West Lothian 592. 3. East Fife 505. 4. Mid Lothian 495. 5. East Lothian 464. **Under 15 Boys:** 1. South Lanarkshire 674. 2. Mid Lothian 569. 3. West Lothian 521. 4. East Fife 489. 5. East Lothian 296.

### 10K Paarlauf, St.Andrews

The 2-man Paarlauf held over a distance of 10km at the St Andrews University track saw under 20 Scottish internationalist Andrew Lemoncello, Ceres, and Glenrothes athlete Kenneth Anderson smash the track record with a superb 27 minutes 38.40 seconds.

Alternating runs of 200m the pair passed through the mile mark in 4 minutes 20 seconds with two miles reached in 8 minutes 48 seconds. Both maintained their form and over the final mile upped to pace to finish over two minutes clear of the nearest opposition - Brian Cruickshank and Jim Meek who ran well to dip under the 30 minutes barrier with a finishing time of 29 minutes 58 seconds. Tom Scott and Ian Overton placed third wishing that the final sprint for the finish had been just one second quicker as they recorded a frustrating 30 minutes dead. Glenrothes under 17 runner Kevin Wallace partnered Kirkcaldy under 13 athlete Craig Guzy to place 4th clocking 30 minutes 26 seconds.

St Andrews under 11 athlete Frankie Scott won the junior mile in 6 minutes 28.13 seconds ahead of Brenden Seenan (6:32.05) while Carrie Marshall, Largo, ran well to place third in 6 minutes 32.79 seconds.

**RESULTS: 10km Paarlauf.** 1. Andrew Lemoncello/Kenneth Anderson 27:38.40. 2. Brian Cruickshank/Jim Meek 29:58. 3. Ian Overton/Tom Scott 30.00. 4. Craig Guzy/Kevin Wallace 30:26. 5. Stewart Watkin/Nick Moir 31:19. 6. Gary Barker/Andy Barker 32:23. 7. Jonathan Seeley/Vince McPherson 32:50. 8. Scott Pryde/Frances Meek 33:15. 9. Micheal Taylor/Chris Conway 33:27. 10. Brian Peachey/Ricky Forrester 33:32. 11. Louise Burt/Jocelyn Scott 35:26. 12. Dave Francis/Fiona Muir 35:38.

**Junior One Mile.** 1. Frankie Scott 6:28.13. 2. Brenden Seenan 6:32.05. 3. Carrie Marshall 6:32.79. 4. Andrew Evans 6:35.36. 5. Sarina Kidd 6:42.62. 6. Euan Thomson 7:05.11. 7. Stuart Milne 7:39.01.

## APRIL 2001

### Fife AC St Andrews 5km Race

The St Andrews 5km race at St Andrews University playing fields was won by Andrew Lemoncello, Ceres, in 16 minutes 34 seconds. Glenrothes runner Chris Russell placed second (17.25) with John Thomson, Markinch, 3rd/first veteran (17.30). St Andrews athlete Ian Overton had his best ever race to place 4th while Kirkcaldy under 20 athlete Paul Parkinson was also in top form placing 5th overall/second junior. Fiona Lothian, Baldinnie, placed 9th overall winning the women's prize in 18 minutes 20 seconds outsprinting Hayley Parkinson-Ovens (Edinburgh Woollen Mill) by one place and one second. Under 17 athlete Frances Meek, Cellardyke, warmed up for her run in the London Mini-Marathon placing 26th overall, third female (21.39).

Frankie Scott headed the junior one mile circuit of the playing fields in 5 minutes 58 seconds where all finishers clocked respectable times.

**RESULTS:** 1. Andrew Lemoncello 16.34. 2. Chris Russell 17.25. 3. John Thomson 1st veteran. 17.30. 4. Ian Overton 17.38. 5. Paul Parkinson 17.44. 6. Brian Cruickshank 17.46. 7. Dave Adam 17.53. 8. Tom Scott 1st over 50. 18.13. 9.

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Fiona Lothian 18.20. 10. Hayley Parkinson-Ovens (EWM) 18.21. 11. A.Stewart (Ayr Seaforth) 2nd veteran. 18.50. 12. Gary Barker 19.27. 13. A. McLeod (Dundee RR) 2nd over 50. 19.52. 14. Michael Taylor 19.54. 15. John Buchan 19.35. 16. Laurie Anderson 20.01. 17. Graeme Barker 20.11. 18. Andy Barker 3rd over 50. 20.18. 19. Doug Gunstone 20.40. 20. Ricky Forrester 20.45. 21. Jim Taylor 20.47. 22. K. McLeod (Dundee RR) 20.57. 23. Brian Paechey 21.12. 24. Martin Farrally 21.20. 25. T. Reid (Aero Dynamic) 21.37. 26. Frances Meek 21.39. 27. Graham Bennison 21.39. 28. Jocelyn Scott 22.17. 29. S. Wilson (Unatt) 22.28. 30. George Black 1st over 60. 22.34. 31. Chris Clark 22.36. 32. Frank Cation 22.55. 33. Kim Macgregor 23.12. 34. Angela Frame 23.26. 35. Mike Kuzyszyn 23.47. 36. Louise Provan 23.54. 37. Margaret Robertson (Dundee RR) 23.58. 38. Alastair Robertson 24.01. 39. Phyllis Lemoncello 24.03. 40. Les Easson 27.42.

**Junior One Mile.** 1. Frankie Scott 5.58. 2. Connor Hill 6.19. 3. Sarina Kidd 6.23. 4. Neil Gray 6.33. 5. Andrew Evans 6.34. 6. Caitlyn Lyons 6.46. 7. Sam Room 7.01.

### **Chariots of Fire Beach Race, St Andrews**

With Fife AC's traditional Easter race, the Normans Law Hill Race cancelled due to FMD restrictions the club provided members with a flatter alternative event - the Chariots of Fire Beach race over the West Sands, St Andrews. Scottish hill internationalist Alan Milligan, Dunfermline, still came out on top over the flat, soft 4.25 mile surface timed at 22 minutes 34 seconds, nine seconds clear of cross-country internationalist Owen Greene, St Andrews. Chris Russell, Glenrothes, followed in third another ten seconds back. First woman finisher was Louise Burt, St Andrews, placing 15th overall in 27 minutes 31 seconds.

**RESULTS:** 1. Alan Milligan 22.34. 2. Owen Greene 22.43. 3. Chris Russell 22.53. 4. Brian Cruickshank 23.04. 5. Ian Overton 23.09. 6. Jonathan Seeley 23.47. 7. Dusty Spates 24.04. 8. Stewart Watkin 24.13. 9. Tom Scott 1st over 50. 24.20. 10. Kevin Wallace 1st junior. 24.42. 11. Gary Barker 1st veteran. 25.55. 12. Laurie Anderson 2nd veteran. 26.35. 13. Andy Barker 2nd over 50. 27.00. 14. Craig Guzy 2nd junior. 27.27. 15. Louise Burt 27.31. 16. Graeme Barker 3rd junior. 27.56. 17. Alan Meiklejohn 3rd over 50. 28.22. 18. Graham Bennison 28.45. 19. Jocelyn Scott 28.54. 20. Chris Clark 29.31. 21. Clive Wilson (Dark Peak Fell Runners) 30.46. 22. Kim Macgregor 32.34. 23. John Cater 35.03.

**Two Mile Beach Race:** 1. Rory Scott 13.21. 2. Michael Fedo 14.20. 3. Neil Gray 14.27. 4. Emma Fedo 15.18.

### **Glasgow Caledonian 5K Road Race**

Dysart athlete John Cunningham placed third out of a field of 143 runners at the Glasgow Caledonian 5km road race timed at 15 minutes 38 seconds. M. Morris (Morpeth) won in 15 minutes 05 seconds.

### **McDonald's 1 Mile Race, Dunfermline**

The first McDonald's Friday evening race of the year at saw Scottish hill internationalist Alan Milligan get in some useful speed-work over the hilly, one mile course placing second in 4 minutes 53 seconds, nine seconds down on winner Jamie McDonald (Central AC).

### **Tom Scott 10 Mile Road Race, Motherwell**

Glenrothes runner Chris Russell was the first Fife AC runner home at the 10 mile road race from Law to Motherwell placing 12th in 55 minutes 06 seconds. Over 40 Kirkcaldy veteran Bryce Aitken finished 20th out of the field of 185 runners clocking 56 minutes 48 second while Addy Gerrard was an easy

winner of the women's prize clocking 59 minutes 25 seconds.

**RESULTS:** 1. J.Reid (Law & Dist.) 50.24. 2. A.Robertson (RH Cambuslang) 50.28. 3. C.Meek (Lothian RC) 1st veteran. 51.12. 12. Chris Russell 55.06. 20. Bryce Aitken 4th veteran. 56.48. **Times only:** John Gilfillan 60.21. Gary Barker 61.13. Andy Barker 61.22. Sandra Aitken 81.33.

**Women:** 1. Addy Gerrard (Fife AC) 59.25. 2. J.Rae (Ambleside) 61.41. 3. J.Laing (Portobello) 63.12.

### **Balmoral International Road Race**

Fife AC's Andrew Lemoncello lined up with the world's greatest long distance runners representing the Scotland under 23 team at the televised Balmoral International 5 mile road race. A two man sprint for the finish saw world cross-country champion Mohammed Mourhit (Belgium) breast the tape in 22 minutes 40 seconds a fraction ahead of Olympic 10,000m bronze medallist Assefa Mezegebu (Ethiopia). Ceres athlete Lemoncello placed a fine 42nd out of the elite field of 70 runners, Scotland's second scorer clocking 25 minutes 54 seconds.

### **Lecce 10km Road Race, Italy**

Leuchars member Dave Adam returned home having spent the last three months in Italy. Dave's final race was the Lecce 10km road race in southern Italy where he placed a fine 12th out of the field of 1,000 runners clocking 33 minutes 18 seconds.

### **London Marathon**

Adrian Davis, Ladybank, was Fife's first runner home at the London Marathon clocking 2 hours 38 minutes followed by Kirkcaldy members John Cunningham (2:47) and David Bee (3:18) - only results received.

### **Central & South of Scotland Division 4, Grangemouth**

Fife AC made a heart-warming start to a cold, damp track season winning the Central and South of Scotland Division 4 track and field league match at Grangemouth Stadium.

Under 17 athlete Kenneth Mowbray, Glenrothes, won the 100m (12.4) before winning the long jump (5.32m). James Gill, Cupar, took the high jump with a fine leap of 1.80m and with Rory Scott, first in the Shot Putt (9.30m) the club dominated the under 17 age group.

Stephanie Parsons won the womens high jump with a 1.55m clearance while Nicola Barnes won the under 15's 100m in 14.4 seconds. Cupar sprinter Nony Mordi was even faster winning the under 15 'B' 100m in 14.0 seconds. Kirkcaldy middle distance runner Kim Paterson had her first outing in the under 15 age group winning the 800m in a fast 2:31.

Freya Marks, St Andrews excelled in the under 13 age group winning the long jump (3.96m) as well as placing third in the 100m (15.2). Sarina Kidd of St Andrews moved up to the under 13 age group and won the long jump B (3.25m) as well as placing third in the 800m (2:54.8).

Fife dominated the younger boys age groups with Connor Hill winning the 100m (15.0) and Frankie Scott second in the 100m B (14.9). The club won all three individual events in the under 11 age group with Lewis Johnson a double winner of the 80m (12.6) and long jump (3.07m) while Neil Gray won the 800m (2:59.5). Andrew Evans added more valuable points winning the 800m B race in 3 minutes 00.8 seconds.

Caitlyn Lyons won the under 11 girls long jump (2.85m) while Jenny Tan won the B competition (2.61m). The two paired up in the 800m with Jenny third in the A race (3:16.5) and Caitlyn first in the B race (3:19.0). Altogether a fine effort with the club youngsters being supported by some senior athletes and en-

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couraged by parents.

**RESULTS:** 1. Fife AC 891. 2. Greenock Glenpark 799. 3. Beith 507. 4. Dunbar RC 470. 5. Helensburgh 351. 6. Stewartry 271.

### Scottish Athletics League, Coatbridge

The Fife AC mens track and field team made a useful start at the opening fixture of the Scottish league match at Coatbridge placing sixth team. The club recorded a middle-distance double with Kirkcaldy's Paul Parkinson winning the 800m (2 minutes 02.5 seconds) and Andrew Lemoncello, Ceres, winning the 1500m (4 minutes 00.3 seconds). Parkinson also contested the 400m 'A' race placing 5th in 53.6 seconds while Lemoncello made his debut over 400m hurdles placing 3rd (60.8). St.Andrews runner Ian Overton excelled in the 5,000m placing sixth in a personal best time of 16 minutes 25.8 seconds, his first clocking under 17 minutes. Dysart athlete John Cunningham turned out only a week after his effort at the London Marathon to place 2nd in the 5,000m B race clocking 16 minutes 44.1 seconds. Over 55 Kirkcaldy veteran Alastair Robertson gamely turned out in the 1500m B race placing 6th (6:32.0) The clubs best field result came in the pole vault with team captain Dave Roberts, Wormit reaching 3.70m for second place with Matthew McPherson, Dunshelt, second in the B competition (3.20m).

Richard Dowdells, Cupar contested both sprints and relays with his best results coming in the 200m to place 7th in 24.8 seconds. Richard Holt, Glenrothes contested the B sprints but reserved his best performance for the Triple Jump to place 3rd B (11.13m). Newburgh under 17 athlete James Gill gained valuable points in the High Jump where he finished 4th (1.75m) before contesting his first ever 110m hurdles race placing 2nd B runner (21.0). The throws produced steady points with over 50 veterans Ronnie Morrison (23.72m) and Andrew Arbuckle (23.06) placing 4th A and 2nd B in the hammer respectively. Alex Sutherland, Tayport, made a welcome return to the team placing 6th in both the Shot (9.21m) and Discus (22.86m). Originally announced as placing seventh team at the end of the day, team captain Dave Roberts expressed relief when later that evening it was found that a number of points had not been added to the Fife total which saw the team move up to sixth.

**RESULTS:** 1. Kilbarchan 282. 2. Law & District. 255. 3. Inverclyde 252. 4. Victoria Park 249. 5. Corstorphine 225. 6. Fife AC 222. 7. Black Isle 171. 8. Dunfermline & West Fife 119.

### 5,000m Race, St. Andrews University

Fife AC held track races at the University of St Andrews Sports Centre where battling against windy conditions under 20 internationalist Andrew Lemoncello, Ceres, recorded an excellent 15 minutes 38 seconds over 5,000m. Scottish Universities cross-country champion Owen Greene, St.Andrews, finished second with Glenrothes athlete Kenneth Anderson running well to place third.

Under 13 athlete Frankie Scott won the junior 1500m clocking 5 minutes 56 seconds while Andrew Evans was the first under 11 runner timed at 6 minutes 02 seconds.

**RESULTS:** 1. Andrew Lemoncello 15.38. 2. Owen Greene 16.33. 3. Kenneth Anderson 17.22. 4. Brian Cruickshank 17.29. 5. Tom Scott 18.28. 6. Laurie Anderson 19.48. 7. Graham Bennison 21.30. 7. Jocelyn Scott 23.20.

### Hunters Bog Trot, Edinburgh

Alan Milligan finished runner-up at the Hunters Bog Trot in Edinburgh's Holyrood Park covering the 4.5 mile course with its

two ascents of Salisbury Crags (total 800ft) in 27 minutes 18 seconds. British cross-country internationalist Phil Mowbray (HBT) won in 26 minutes 08 seconds. Euan Jardine was Fife's next scorer in 14th/3rd junior (30.19) with Ian Overton 20th (31.09) and Kevin Wallace 30th (32.19) totalling 68 points to place Fife fourth team.

Jocelyn Scott, by Dairsie, excelled in her first ever hill race to place 58th overall, fourth woman winning the veteran women's award in 37 minutes 51 seconds.

Frankie Scott placed 5th at the finish in the Junior Haggis Knowe challenge having been first to catch the haggis released from the top of the Knowe en route !

**RESULTS:** 1. P.Mowbray (HBT) 26.08. 2. Alan Milligan (Fife AC) 27.18. 3. A.Hart (HBT) 27.31. 4. J.McDonald (Central) 27.31. 5. C.Meek (Lothian) 1st veteran. 27.34. 6. T. Bracegirdle (Ed.Univ.) 27.59. 7. P.Davies (Borrowdale) 28.20. 8. A.Ward (Carnethy) 28.26. 9. I.Donnan (Lothian) 1st junior. 28.38. 10. R.Gallagher (Westerlands) 2nd veteran. 29.00. 14. Euan Jardine 3rd junior. 30.19. 20. Ian Overton 31.09. 30. Kevin Wallace 32.19. 38. Scott Pryde 33.31. 58. Jocelyn Scott 1st veteran. 37.51. 62. Alan Meiklejohn 4th over 50. 38.12. 68. Dave Francis 39.10. 73. Frank Cation 39.52. 74. John McIntosh 40.09. 76. Graham Bennison 40.33. 92. Fiona Muir 2nd female junior. 43.50. 97. Donald Muir 51.55.

Teams: 1. Lothian RC 38. 2. Carnethy Hill Runners 54. 3. Hunters Bog Trotters 54. 4. Fife AC 68. Women: 1. Hunters Bog Trotters.

### 10km Paarlaf, St.Andrews

The club held a 10km Paarlaf at the University of St.Andrews track where Owen Greene teamed up with American athlete Dusty Spates to clock 28 minutes 03 seconds with Brian Cruickshank & Jonathan Seeley second (28.40). Celebrating a sub-30 minute clocking in third place Ian Overton, St Andrews and Tom Scott, by Dairsie, clocked 29 minutes 27 seconds having stopped the watch two weeks previous at a frustrating 30 minutes dead.

Frankie Scott won the junior one mile track race in 6 minutes 10 seconds with Sarina Kidd (4th overall) the first girl in 6 minutes 50 seconds.

**RESULTS:** 1. Owen Greene/Dusty Spates 28.03. 2. Brian Cruickshank/Jonathan Seeley 28.40. 3. Ian Overton/Tom Scott 29.27. 4. Andy Barker/Gary Barker 31.57. 5. Jim Taylor/Phil Grist 33.14. 6. Craig Guzy/Graeme Barker 34.34. 7. Dave Francis/Michael Taylor 34.39. 8. Louise Provan/Louise Burt 36.27. 9. Kim Macgregor/Chris Clark 36.49. 10. Ronnie Morrison/Jocelyn Scott 37.44.

**Junior One Mile:** 1. Frankie Scott 6.10. 2. Connor Hill 6.46. 3. John Innes 6.46. 4. Sarina Kidd 6.50. 5. Caitlin Lyons 7.38. 6. Stephen Lyons 8.00.

## MAY 2001

### Fife AC Coul Den Race, Glenrothes

The club held a tough four mile race over hilly paths with Chris Russell, Glenrothes, heading twenty-eight finishers in 22 minutes 41 seconds. Veteran hill internationalist Martin Laing, St. Andrews, followed in 23.21 with Scottish over 50 cross-country champion Tom Scott third. Jocelyn Scott, by Dairsie, excelled to place 15th overall, first woman.

**RESULTS** - 1. Chris Russell 22.41. 2. Martin Laing 1st veteran. 23.21. 3. Tom Scott 1st over 50. 23.37. 4. Bryce Aitken 24.09. 5. John Murdoch 24.21. 6. Brian Cruickshank 24.58. 7. Richard Shaw (Anster Haddies) 25.04. 8. Andy Barker 26.06. 9. Laurie Anderson 26.10. 10. John Buchan 1st junior. 26.22. 11. Jim Taylor 26.51. 12. Frank McLaren

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27.05. 13. Craig Guzy 2nd junior. 27.09. 14. Brian Peachey 27.24. 15. Jocelyn Scott 27.31. 16. Leonard Rhone 27.40. 17. Michael Taylor 3rd junior. 27.58. 18. Alan Meiklejohn 28.31. 19. Chris Clark 28.51. 20. Graham Bennison 29.13. 21. Scott Wilson 29.44. 22. Sarah Laing 29.57. 23. Kim Macgregor 30.34. 24. Mike Kuzyszyn 30.52. 25. Eric Nachman 32.02. 26. John Simpson 32.52. 27. Alastair Robertson 33.42. 28. Sandra Aitken 35.06.

### **Sri Chimnoy 5 Mile Road Race, Edinburgh**

Glenrothes athlete Chris Russell was the club's first runner home at the Sri Chimnoy 5 mile road race at Silverknowes, Edinburgh placing 8th out of the field of 240 timed at 27 minutes 30 seconds. Ronnie Mill, Kinghorn, followed in 28th/3rd veteran (29.38) and with Gary Barker, Kirkcaldy, 34th (30.03) the team placed fourth. Burntisland over 50 veteran Andy Barker ran well to place 48th (31.01).

### **Bathgate 10km**

Chris Russell finished 11th at the Bathgate 10km road race contested by a field of 397 runners. Russell clocked a fast 34 minutes 45 seconds while Kirkcaldy veteran Bryce Aitken placed 28th (36.28)

### **The Black Rock 5, Kinghorn**

There was a large turn-out of fifty-one Fife AC members at the Black Rock 5 mile race at Kinghorn contested by 405 runners. Phil Mowbray covered the 5 mile course from Kinghorn across Pettycur Beach to the Black Rock and return in 22 minutes 19 seconds eleven seconds clear of Hunters Bog Trotters colleague Donald Naylor. Scottish hill internationalist Alan Milligan was Fife's first counter placing fourth (23.27) followed by John Cunningham 7th (24.25), Paul Parkinson 12th (24.50) and Adrian Davis 15th (24.58). Kirkcaldy athlete Parkinson was particularly outstanding winning the junior award for the second year in succession over a minute faster than his time of last year. Scottish over 50 cross-country champion Tom Scott, by Dairsie, continued his domination of the over 50 age group placing 30th overall, 79 seconds clear of second over 50 Mike Hulme (Corstorphine). The team totalled 38 points placing second to Hunters Bog Trotters 11 points.

British marathon internationalist Trudi Thomson (Pitreavie) fresh from her 2 hour 41 minute clocking in the North Korea marathon placed 44th overall to win the womens prize while Louise Burt, St.Andrews put in her best performance of the year so far to place 98th overall, fourth women. Jocelyn Scott, by Dairsie had another fine race - 184th overall, 13th woman.

**RESULTS:** 1. P. Mowbray (HBT) 22.19. 2. D. Naylor (HBT) 22.30. 3. J. Heap (HBT) 23.20. 4. Alan Milligan (Fife AC) 23.27. 5. A. Hart (HBT) 23.33. 6. D. Whitehead (CHB) 23.36. 7. John Cunningham (Fife AC) 24.25. 8. N. Guntson (Dundee Hawkhill) 24.26. 9. I. Stewart (Carnegie) 1st veteran. 24.32. 10. G. Stewart (C of E) 24.39. 11. N. Raitt (Dundee Hawkhill) 24.45. 12. Paul Parkinson (Fife AC) 1st junior 24.50. 13. B. Cook (Dundee Hawkhill) 24.55. 14. M. Bain (Stornoway) 24.57. 15. Adrian Davis 24.58. 16. Dave Anderson 24.58. 17. Ian Overton 24.59. 23. Brian Cruickshank 25.47. 24. Dave Weir 3rd veteran. 25.52. 29. Kevin Wallace 26.15. 30. Tom Scott 1st over 50. 26.20. 34. Graham Bee 26.47. 40. Gary Barker 27.08. 54. Andrew Cassidy 27.49. 65. Graeme Barker 28.37. 67. John Buchan 28.42. 68. Laurie Anderson 28.43. 71. Andy Barker 28.46. 86. Ricky Forrester 29.11. 88. Doug Gunstone 29.20. 95. Frank McLaren 29.31. 98. Louise Burt 29.36. 106. Alex McGuire 29.32. 107. Jack Stanford 29.59. 117. Jim Taylor 30.22. 122. Martin Farrally 30.29. 132. Phillip Grist 30.41. 138. Brian Peachey 30.57. 142. Alan Meiklejohn 31.09. 148. Graham Bennison 31.20. 166. David Bee 31.49. 171. Leonard Rhone 31.57.

184. Jocelyn Scott 32.16. 187. Ken McGuire 32.22. 188. Margaret McLaren 32.25. 216. Duncan McGuire 33.08. 219. Fraser Matthew 33.12. 225. Fiona Muir 33.20. 242. Mike Kuzyszyn 33.46. 252. John McFarlane 34.11. 272. Joe McManus 34.52. 274. Irene Pennycook 34.54. 282. Alastair Robertson 35.27. 286. Eric Nachman 35.50. 289. Phyllis Lemoncello 35.58. 292. Robert Mustard 36.04. 316. Martha Mill 37.32. 322. Gareme Duncan 38.12. 342. Catriona Duncan 39.32. 344. Michael Fedo 39.36. 379. Carol Davie 43.17.

### **Kinnoull Hill Race, Perth**

Perth & Kinross Council opened up the footpaths around Kinnoull Hill, Perth where Chris Russell placed second in the 4 mile hill race (800ft) clocking 25 minutes 59 seconds, fifteen seconds down on winner William Law (Unatt.). With Dave Anderson 6th (26.30) and Adrian Davis 7th (26.44) Fife won the team award totalling 15 points head of Carnethy Hill Runners (26). St Andrews athlete Louise Burt placed second woman in 45th overall (31.51) and with Jocelyn Scott 59th/4th woman and Sarah Laing 74th/9th woman Fife placed first womens team ahead of Hunters Bog Trotters.

**RESULTS:** 1. W. Law (Unatt.) 25.44. 2. Chris Russell (Fife AC) 25.59. 3. A. Ward (Carnethy) 26.02. 4. D. Crowe (Shett) 1st veteran. 26.24. 5. N. Leslie (Dundee RR) 26.28. 6. Dave Anderson 26.30. 7. Adrian Davis 26.44. 16. Martin Laing 4th veteran. 27.36. 25. Tom Scott 1st over 50. 28.54. 35. Laurie Anderson 30.26. 42. Andy Barker 31.32. 43. Gary Barker 31.37. 45. Louise Burt 31.51. 50. Graeme Barker 1st junior. 32.11. 59. Jocelyn Scott 33.30. 65. Alan Meiklejohn 34.56. 73. Graham Bennison 35.27. 74. Sarah Laing 35.51. 83. Phyllis Lemoncello 38.31. 84. Fiona Muir 38.34.

### **Goatfell Hill Race, Arran**

Laurie Anderson placed 50th and over 50 veteran Alan Meiklejohn 84th out of 135 finishers at the tough Goatfell Hill Race on the Isle of Arran - 8 mile (3,000ft) .

**RESULTS:** 1. M. Donnelley (Northumberland Fell Runners) 1:17.47. 2. D. Whitehead (Cosmic Hill Bashers) 1:19.13. 3. B. Rodgers (Lochaber) 1:19.59. 50. Laurie Anderson 1:39.20. 84. Alan Meiklejohn 8th over 50. 1:49.54.

### **Belfast Marathon**

Fife AC athlete Terry Mitchell, St Andrews, placed a fine sixth at the Belfast Marathon clocking 2 hours 34 minutes 28 seconds in warm conditions. Mitchell, a previous winner of this event took the veteran's award. Peter Morrison also ran well to place 8th timed at 2 hours 44 minutes 16 seconds. Kenyan runner Joseph Riri won in 2:25.59 ahead of colleague Wilson Cheruyiot (2:28.23).

### **Celtic Nations 100K Road Race**

Fife AC's Peter Morrison made an impressive debut over the distance of 100km (62.5 miles) representing Scotland at the Celtic Nations International race at Moreton-in-the-Marsh in the Cotswolds. Morrison, eighth in the Belfast Marathon two weeks previous, placed fourth clocking 7 hours 39 minutes 45 seconds with Alan Reid (Scotland) the winner timed at 7:13.31.

**RESULTS:** 1. Alan Reid (Scotland) 7;13.31. 2. I. Anderson (Eire) 7;17.20. 3. C. Finhill (England) 7;24.19. 4. Peter Morrison (Scotland) 7:39.45.

### **Sri Chimnoy 2 Mile Race, Edinburgh**

Kirkcaldy under 20 athlete Paul Parkinson was in outstanding form at the Sri Chimnoy 2 mile race at Edinburgh's Meadows

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winning in a fast 10 minutes 11 seconds six seconds clear of second placed Ken Rankin (Falkirk Vic). Sister Hayley Parkinson-Ovens (Edinburgh Woollen Mill) was the first woman home placing 6th overall in 10 minutes 55 seconds.

### **Dunblane 7.5 Mile Road Race**

Dysart athlete John Cunningham bounced back to top form winning the Livingwell and Hilton road race at Dunblane ahead of a field of 190 runners. Cunningham led from the start to finish over the hilly 7.5 mile course clocking 41 minutes 55 seconds. Lothian's Tim Brand followed home runner-up 23 seconds down.

**RESULTS:** 1 J. Cunningham (Fife AC) 41.55; 2 T. Brand (Lothian RC) 42.18; 3 B. Cook (Dundee Hawkhill) 42.27; 4 A. Hunter (Carnegie) 43.29; 5 H. McInnes (City of Edinburgh) 43.42; 6 G. Reid (RH Cambuslang), 1st veteran, 43.59.

### **Fife AC 50K Road Race, Glenrothes**

Only six days after placing sixth at the Belfast Marathon, Terry Mitchell tested his legs with an early morning run before lining up at the Fife Institute to contest the Scottish 50km (31.25 miles) Championship. Three hours, nineteen minutes and eleven seconds later Mitchell had won the Scottish title for the third time having proceeded to draw away from the opposition as early as the eight mile mark. Passing through the marathon in two hours 43 minutes Mitchell went on to finish over 5 minutes clear of second placed Clyde Marwick (Shettleston).

Terry commented, " *I'm delighted to be Scottish 50km Champion - at the start I lined up just to see if I could finish*". Glenrothes veteran Laurie Anderson placed 16th clocking 4 hours 16 minutes 53 seconds. The event, as usual, was a masterpiece of organisation and thanks go to convenor Jim Taylor and to all who helped on the day.

**RESULTS:** 1. Terry Mitchell (Fife AC) 1st veteran. 3:19.11. 2. C. Marwick (Shettleston) 3:25.03. 3. J. McMillan (Kilbarchan) 3:28.55. 4. C. Noble (Metro Aberdeen) 1st over 50. 3:29.15. 5. S. Mason (Dundee Hawkhill) 3:31.28. 6. G. Walsh (Shettleston) 3:36.00. 7. B.Hall (Standard Life) 3:39.00. 8. N.Renton (Gala) 3:46.20. 9. R.Davidson (Dundee RR) 3:46.51. 10. S.Mulrine (Garscube) 3:53.56. 16. Laurie Anderson 4:16.53. 17. Avril Dudek (Perth SH) 1st woman 4:19.35.

### **Auld Toun 10K Road Race, Dunfermline**

Five hundred runners contested the Auld Toun 10km road race at Dunfermline where Fife AC athlete Fiona Lothian won the women's title. Fiona, three times Scottish women's road champion, waited until the second of the three punishing climbs up the high street before overhauling British marathon internationalist Trudi Thomson (Pitreavie), winner of the women's race for the previous two years. Fiona went on to finish 19th overall clocking 36 minutes 36 seconds with Thomson 27th overall (37.14). Over 45 veteran Jocelyn Scott, by Dairsie, excelled to be placed 132nd overall, fourth woman, first super-veteran in 43 minutes 36 seconds. The Fife women's team were placed second behind winners Pitreavie.

Twice winner John Cunningham, Dysart, was first back for the men's team in fifth (34.15), and with Glenrothes athlete Chris Russell 10th (34.40), Dave Weir 12th (35.14) and Brian Cruickshank 16th (36.02) the team placed second totalling 44 points to Carnegie's 29. Tom Scott, by Dairsie, excelled to finish 21st (36.49), winning the first over 50's prize and, along with Jocelyn, completing a 'family double'. Kevin Wallace, Glenrothes, followed in 28th (37.34) first junior.

### **Central & South Scotland League**

### **Division 4, Ayr**

The club won their second Central & South of Scotland League match of the season making the long journey to Dam Park, Ayr. Fife topped the Division four table over 300 points ahead of second-placed Dunbar with Greenock Glenpark third of the seven clubs.

### **East District Track & Field Championships, Edinburgh**

Under 20 internationalist Andrew Lemoncello, Ceres, was an impressive winner of the East of Scotland 3,000m Steeplechase title at Meadowbank clocking 9 minutes 21.4 seconds twenty seconds clear of Rod Leach (City of Edinburgh). Andrew's time was faster than the 9:23.39 he clocked at Scotstoun last year to win the Scottish Senior title. Leuchars athlete Dave Adam placed 4th timed at 10 minutes 56.53 seconds. Sydney Paralympic athlete Stephen Payton just missed out on the final of the mens 200m placing 5th in his heat (23.85 seconds). Paul Parkinson got in some useful speed work contesting the under 20 400m placing 5th in the final in 52.65 seconds. John Cunningham, Dysart, placed 11th in the mens 5,000m clocking 17 minutes 21.69 seconds.

Glenrothes athlete Sean Frew won the Under 17 Discus title (28.65m) and placed second in the Shot Putt (9.94m). Chris Bailey won the Under 15 Shot Putt title (10.72m) as well as taking bronze in the Long Jump with a leap of 5.09 metres. Kenneth Mowbray placed 6th in the Under 17 Long Jump (4.82m). Nicola Thomson, Glenrothes, took two silver medals reaching up to 1.50 metres in the Under 17 women's High Jump on the Saturday before returning to place second in Sunday's Long Jump final (4.65m).

Daryn Mowbray placed 5th in the under 13 boys 800m final clocking 2 minutes 44.3 seconds while Graeme Lister placed 5th in the Under 15 boys 200m final (27.22). Kim Paterson placed 4th in her heat of the under 15 girls 800m clocking 2 minutes 32.6 seconds.

### **Scottish Veterans Track & Field Championships, Dunfermline**

Markinch Fife AC member John Thomson was in top form winning the 1500m title at the Scottish veteran Track & Field Championships at Pitreavie. A slow opening two laps saw the race boil up over the final 300m covered in 46 seconds as Thomson claimed the gold medal in 4 minutes 25.71 seconds with Scottish veteran internationalist Brian Gardner (Calne, Wilts) second in 4 minutes 27 seconds. Andrew Arbuckle, Lutrie, inflicted what he described as yet another humiliating defeat on Ronnie Morrison, St Andrews, to win the over 55's Pole Vault title clearing 2.10m Ronnie's consolation came in the Hammer placing second (30.58m) to Andrew's third (24.50m).

### **Under 20 International, Corinth, Greece**

Fife AC under 20 internationalist Andrew Lemoncello carved a massive 17 seconds from his 3000m steeplechase personal best clocking 9 minutes 04.41 seconds to place second for Scotland at the under 20 International Track and Field match in Corinth, Greece. The Ceres runner and the leading Greek athlete shared the lead in the hot conditions for the first five laps before the home runner gained a 10 metre advantage. Lemoncello pulled back the deficit over the final two laps to finish just three seconds down. Scotland placed second in the match behind Greece ahead of Israel third and Cyprus fourth. Lemoncello recorded 9 minutes 21.41 to win the East of Scotland senior title just two weeks previously, having clocked 9.26.5 to win the Scottish senior title at Scotstoun last July.

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### Ladybank Woods 5 Mile Race

Chris Russell headed forty-five runners at the club run in Ladybank Woods covering the twisting five mile course in 27 minutes 40 seconds, thirty-eight seconds clear of Dave Anderson. Brian Cruickshank ran well to place third with Markinch veteran John Thomson in fourth. Over 45 veteran Jocelyn Scott, by Dairsie excelled to place 24th overall, first woman in 34 minutes 10 seconds, two minutes and twenty seconds clear of Gill Hanlon (Dunndee Road Runners) 33rd overall. Newburgh under 13 athlete John Innes contested his longest race to date placing a fine 38th, fourth junior.

**RESULTS:** 1. Chris Russell 27.40. 2. Dave Anderson 28.18. 3. Brian Cruickshank 28.46. 4. John Thomson 1st veteran. 28.49. 5. Tom Scott 1st over 50. 29.10. 6. Ian Overton 29.14. 8. M. Higginbottom (Carnethy) 29.37. 9. Kevin Wallace 1st junior. 29.41. 10. John Murdoch 2nd veteran. 29.41. 11. R. Shaw (Anster Haddies) 3rd veteran. 30.50. 12. S. Wombwell (Pitreavie) 31.01. 13. Laurie Anderson 32.00. 14. Andy Barker 2nd over 50. 32.30. 15. I. Mitchell (Carnegie) 32.38. 16. Chris Fox 32.40. 17. Ricky Forrester 32.58. 18. Alex McGuire 33.11. 19. Gary Barker 33.19. 20. Martin Farrally 3rd over 50. 33.29. 21. Brian Peachey 33.42. 22. M. Page (Unatt) 33.50. 23. Craig Guzy 2nd junior 34.02. 24. Jocelyn Scott 34.10. 25. Graham Bennisson 34.23. 26. Leonard Rhone 34.56. 27. Graeme Barker 3rd junior 35.02. 28. P. Simpson (Unatt.) 35.25. 29. S. Davidson (Dundee Hawkhill) 35.29. 30. Alan Meiklejohn 35.42. 31. Scott Wilson 36.07. 32. C. Barrie (Unatt.) 36.27. 33. Gill Hanlon (Dundee Road Runners) 36.30. 34. Eric Nachman 37.08. 35. Mike Kuzyszyn 37.27. 36. Fiona Dahl (Unatt.) 37.36. 37. Frank Cation 37.37. 38. John Innes 38.17. 39. Phyllis Lemoncello 38.46. 40. B. Thornton (Dundee Hawkhill) 40.28. 41. Alastair Robertson 40.48. 42. Susan Wilson (Dundee Hawkhill) 45.31. 43. Margaret Davidson (Dundee Hawkhill) 45.32. 44. Cecilia McIntosh (Dundee Hawkhill) 49.01. 45. Claire Prior (Dundee Hawkhill) 49.01.

### McDonalds 1 Mile Road Race, Dunfermline

Under 20 Kirkcaldy athlete Paul Parkinson continued his fine form over the shorter distances finishing second at the McDonald's one mile race at Pittencrieff Park, Dunfermline. Parkinson clocked four minutes 47 seconds, 10 seconds down on winner Jamie McDonald (Central). Kirkcaldy veteran John Murdoch ran well to place eight (5.15).

### Haddington 5 Mile Road Race

Chris Russell was the first club runner home at the Haddington Festival five mile road race, placed ninth in 26 minutes 43 seconds. Kirkcaldy veteran Bryce Aitken followed in 32nd (29.05) while Sandra Aitken was placed 170th.

### Blackburn 10K Road Race

Fife AC athlete Chris Russell set a new personal best over 10km as he placed sixth at the Blackburn 10K road race slicing a minute off his previous best time to clock 33 minutes 05 seconds. Tom Hearle (Kilbarchan) won in 30 minutes 24 seconds. Steve Doig, Kinghorn, followed in seventh with Kirkcaldy veteran Bryce Aitken 16th. Mel Scobie, Kirkcaldy had his first race in over a year to finish a fine 22nd, first over 55 clocking 38 minutes 30 seconds. Sandra Aitken placed 50th in 49 minutes 23 seconds winning the veteran female award.

**RESULTS:** 1. T. Hearle (Kilbarchan) 30.24. 2. A. Robertson (RH Cambuslang) 31.32. 3. C. Meek (Lothian) 1st veteran. 31.55. 4. A. Robson (Mizuno RC) 2nd veteran 32.23. 5. C. Thomson (RH Cambuslang) 32.46. 6. Chris Russell 33.05. 7. Steve Doig 33.13. 16. Bryce Aitken 36.08. 22. Mel Scobie 38.30. 50. Sandra Aitken 49.23.

### Glenrothes Road Running Festival

Fife AC placed five athletes in the top 11 at the Raytheon 10K Road Race at Glenrothes with Kinghorn member Steve Doig the second runner home behind triathlete Paul Gallacher. Gallacher led the field of 500 runners after the first 400m and gradually extended his advantage to clock 32 minutes 52 seconds with Doig timed at 33 minutes 28 seconds. Glenrothes athlete Chris Russell came home in fifth (33.33) followed by John Cunningham, seventh (34.23) and Ian Overton, ninth (34.52). Markinch veteran John Thomson placed 10th, first veteran (35.11) and over 50 Scottish Champion Tom Scott in 11th, second veteran (35.17). Kirkcaldy under 20 athlete Graham Bee placed 18th overall in the 10 km run finishing third overall in the senior biathlon. Kirkcaldy veteran Bryce Aitken followed in 21st (36.34) while over 55 veteran Mel Scobie had another excellent race clocking 38 minutes 28 seconds. Jocelyn Scott excelled to win the womens race in a personal best time of 41 minutes 25 seconds, 35 seconds clear of Alison Fry (Unatt) in second.

Eleven-year-old Sarina Kidd, St Andrews placed second in the junior biathlon with a 400m swim time of four minutes 46 seconds followed by a 5 km clocking of 23 minutes 47 seconds.

**Further Results 10K** - 18 Graham Bee, 1st junior, 36.02; 25 Mike Mitchell, 31.21; 26 Andrew Cassidy, 37.22; 31 John Gilfillan, 38.00; 33 Kevin Wallace, 2nd junior, 38.05; 37 Mel Scobie, 38.28; 46 Ricky Forrester, 39.30; 58 Brian Peachey, 40.20; 73 Jocelyn Scott, 1st woman, 41.25; 75 Leonard Rhone, 41.30; 85 Jim Taylor, 42.05; 122 Chris Clark, 43.57; 137 Colin Trail, 44.29; 142 Dick Westwater, 44.49; 154 Kim Macgregor, 45.13; 178 Eric Nachman, 46.16; 206 Ian McReady, 46.55.

### Milnathort Dash Road Race

First home for Fife AC at the Milnathort Dash was Glenrothes runner Chris Russell, who placed fourth covering the hilly 4.8 mile course in 29 minutes 17 seconds. Dave Anderson, seventh (30.19) and Brian Cruickshank, eighth (30.31) ran well to make the top 10 out of a field of 124 finishers

**Results** - 1 C. Meek (Lothian RC) 1st veteran, 28.06; 2 D. Knight (PSH) 28.54; 3 W. Law (Unattached) 29.13; 4 Chris Russell 29.17; 5 J. Farquhar (Pitreavie) 2nd veteran, 29.31; 6 R. Milton (Carnegie) 30.10; 7 Dave Anderson 30.19; 8 Brian Cruickshank 30.31; 9 I. Taylor (Carnegie), 31.05; 10 I. Johnson (Carnegie) 3rd veteran, 31.17; 14 Bryce Aitken 31.26; 15 Andrew Cassidy, 31.48; 19 Steve Doig 32.38; 27 Ricky Forrester 34.38; 31 Leonard Rhone 35.41; 35 Brian Peachey 35.52; 70 Doug Gunstone 39.59; 93 Sandra Aitken 44.05. 124 finished.

### The Mount 8 Mile Race, Cupar

William Law won his second race of the weekend at Cupar Highland Games, covering the tough eight mile road/hill race in 48 minutes 35 seconds with Chris Russell again the runner-up in 49 minutes 11 seconds ahead of third-placed Brian Cruickshank (50.45).

### Glas Tulaichean Hill Race, Glenshee

Dave Weir placed eighth, second veteran at the Glas Tulaichean Uphill Race at Spittal of Glenshee covering the 4.5 mile (2,200ft) course in 39 minutes 14 seconds. The race which included the Scottish trial for the European Trophy in Slovenia was won by Bobby Quinn (Kilbarchan) in 34 minutes 13 seconds. Louise Burt finished eighth in the women's race clocking 49 minutes 25 seconds.

### Scottish Junior Hill Trial, Peebles

Under 17 athlete Frances Meek, Cellardyke, who represented

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Scotland at the Black Forest Teenager Games last year, earned her second trip to this event placing fourth in the Scottish Junior Hill Trial at Glen Tress, near Peebles. Frances clocked 14 minutes for the uphill 2.6km course with a climb of 800ft. Fife colleague Fiona Muir, Newburgh, placed fifth (15.33). In the boys' trial Kirkcaldy's Craig Guzy placed eighth (13.08) over the same 2.5km course while John Buchan, Burntisland, came home in 40th (13.48).

**Results - Girls:** 1 M. Shiell (Carnethy), 13.22; 2 S. Marshall (Pitreavie), 18.52; 3 B. Curtis (Banchory and Stonehaven), 14.08; 4 Frances Meek, 14.59; 6 Fiona Muir, 13.48.

**Boys:** 1 D. Macauley (Nairn), 10.54; 2 S. Fraser (Lothian), 11.06; 3 A. Hay (Central), 11.10; 8 Craig Guzy, 13.08; 40 John Buchan, 13.48.

### **Falkland Festival Hill Race**

St Andrews veteran, Martin Laing was first home for Fife at the Falkland Hill Race covering the three mile (1200ft) course in 23 minutes 37 seconds. Junior Martha Aitken excelled to place 23rd overall, third woman, first female junior in 26 minutes 39 seconds.

**Results -1S.** Whiteley (Carnethy), 20.17; 2 N. Martin (LHR), 22.26; 3 C. Durn (Standard Life), 22.31; 4 D. McLean (LHR), 1st veteran, 22.48; 5 Martin Laing, 2nd veteran, 23.37; 6 J. Emeleus (unattached) 24.09; 7 Alex McGuire, 3rd veteran, 24.26. Women - 1 M. Smith (HBT), 26.54; 2 J. Smith (Carnethy), 30.57; 3 Martha Aitken, 32.18.

### **West Highland Way Race**

Glenrothes over 40 veteran Laurie Anderson, successfully completed the gruelling 96 mile West Highland Way race from Milngavie to Fort William in 23 hours 48 minutes, placing a fine 15th. Winner M. Meir (Germany) clocked 17 hours 33 minutes

### **Low Alpine Mountain Marathon, Loch Laggan**

Ladybank hill runner Adrian Davis partnered Alex Keith (HBT) to finish as runners-up in the Lowe Alpine two-day mountain marathon at Loch Laggan covering 30km (11,000 ft) on the first day and 25 km (9000 ft) on the second day of competition. The pair totalled eight hours 45 minutes behind Borrowdale's Andrew and Jim Davies timed at 8 hours 16 minutes.

### **Correyairick Challenge Duathlon**

Ladybank hill runner Adrian Davis contested the Correyairick Challenge Duathlon from Fort Augustus to Kincaig. Leading after the opening 17 mile run Davis then completed the 26 mile cycle route to finish third overall in three hours 20 minutes 55 seconds just five minutes down on winner Stuart Whittle (Carnethy).

### **McDonalds Young Athletes League, Coatbridge**

Under 17 Glenrothes athlete Chris Baily was the star of the McDonald's Young Athletes team at Coatbridge, winning all three of his events - long jump (5.12m), shot putt (9.85m) and javelin (32.36m). Andrew Farmer, St Andrews, took second in the under 17 high jump clearing 1.45m. Steven Baird was the top performer for the under 13 boys winning the 75m hurdles race in 14.7 seconds while Keith Simpson was placed second in the 800m (2:34.7) and Frankie Scott second in the long jump (4.27m). Cupar sprinter Noni Mordi won her 75m hurdles race in a fast 12.8 seconds while Emma Fedo, Ceres, was placed third in the under 15's high jump (1.30m). Kirkcaldy under 15 athlete Kim Paterson recorded a fast two minutes 32.9 seconds to come second in the 800m.

**Team results: Boys-** 1 Giffnock North 482, 2 RH Cambuslang

210.5, 3 Inverclyde 207, 4 Fife AC 196, 5 Kirkintilloch Olympians 182, 6 Dunbar 165.5, 7 Irvine 50 **Girls** - 1. Edinburgh Woollen Mill 400, 2 Giffnock North 390, 3 Kirkintilloch Olympians 228, 4 Fife AC 186, 5 Dunbar 141, 6 Irvine 116, 7 Inverclyde 85.

### **Scottish U17/20 Track & Field Championships, Grangemouth**

Three bronze medals were won by club members at the Scottish Under 17/20 Track & Field Championships at Grangemouth last Sunday. Kirkcaldy athlete Paul Parkinson featured in a class under 20 800m final clocking 1 minute 56.99 seconds behind Ian Munro (Cambuslang) - 1:53.63 and Derrick Watson (Victoria Park) - 1:55.25.

Sean Frew, Glenrothes, produced a personal best throw of 33.18 metres to place third in the under 17 discus championship while Nicola Thomson, Glenrothes, placed third in the under 17 long jump (4.68m). Kenneth Mowbray placed 8th in the under 17 long jump with a leap of 5.58m.

### **International Track & Field Meeting, Crete**

Under 20 internationalist Andrew Lemoncello, Ceres, returned home from international duty in Crete having placed seventh in a senior international 3,000m steeplechase race equalling his personal best of 9 minutes 04 seconds set two weeks previously in Greece.

### **Scottish Schools Track & Field Championships, Grangemouth**

Madras pupil Keith Dempster struck gold at the Scottish Schools Track and Field Championships at Grangemouth winning the group C (14-15) boys' shot putt with a throw of 10.82 metres. Nony Mordi took silver in the group C (14-15) girls' 75m hurdles final clocking 12.59 seconds as well as placing fourth in the 100m final in 13.63 seconds. Balwearie High School athlete Kim Paterson featured in one of the most exciting finishes contesting the group D under 14 girls 800m final. The Fife AC 800m runner came through into third position with 220 metres remaining and driving around the last bend improved to second to chase race leader Emma Cloggie (Banchory). Paterson launched an all out effort in the final straight rapidly closing down Cloggie who hung on to take the gold in two minutes 27.60 with Paterson a 10th of a second behind in 2:27.71. Kirkcaldy under 20 athlete Paul Parkinson followed up his record-breaking one minute 57 second run at the previous Wednesday's Fife Schools Championship taking the Scottish Schools' bronze medal 1 minute 59.11 seconds. Glenrothes athlete Chris Baily took two silver medals for Glenwood High reaching out to 5.24 metres in the group C (14-15) long jump and throwing 10.79m in the shot putt behind Keith Dempster. Glenwood's Nicola Thomson placed seventh in the high jump with 1.50m losing out on count-back of clearances as the next six athletes after winner S. Stewart (Hunter High) on 1.60m all cleared 1.50m. There was a massive field of 29 competitors in the group B (15-17) boys' long jump where Kenneth Mowbray placed 14th with a jump of 5.29m.

### **Scottish League Division 2, Greenock**

The Fife AC men's track and field team improved on their first match position of sixth to take fourth team place at the Scottish League Division Two match at Greenock. Under 20 internationalist Andrew Lemoncello, Ceres was an outstanding winner of the 5000m race clocking a personal best 14 minutes 58.6 seconds while Owen Greene, St Andrews, placed second in the B race. Lemoncello and Greene also took third places in the 400m hurdles A and B races respectively. Greene rounded

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off a busy day with third in the 3000m steeplechase partnered by Dusty Spates - third in the B race. Kirkcaldy under 20 athlete Paul Parkinson was in action again following up his run at the Scottish Schools Championships only 24 hours earlier. Parkinson opted for some speed work contesting the 200m B race to place a fine second. The best field results for the club came in the pole vault where Matthew McPherson placed second (3.70m) and captain Dave Roberts second in the B competition (3.50m). In the long jump Cupar athlete James Gill placed third with Richard Dowdalls fourth in the B competition. Gill also placed a second in the javelin. The team were kindly sponsored by Tommy's Autos, Waterend Road, Cupar.  
**Results:** 1 Law and District 300; 2 Inverclyde 286; 3 Kilbarchan 230; 4 Fife AC 218; 5 Corstorphine 194; 6 Dunfermline and West Fife 179; 7 Black Isle 155; 8 Victoria Park 67.

### Scottish Track & Field Championships, Scotstoun, Glasgow

Fife AC picked up three medals at the Scottish track and field championships at Scotstoun, Glasgow with Kirkcaldy member Daniel Leggate finishing second to Andrew Caine (Tynedale) in the 5000m, clocking 14 minutes 59.80 seconds, just three seconds down. Under 20 internationalist Andrew Lemoncello, Ceres, placed second in the 3000m steeplechase timed at 9 minutes 14.29 seconds behind Northern Ireland internationalist Steve Cairns (HBT) who clocked 9.03.08. Scottish National Cross Country Champion Ellen Leggate got in some speed work to take the 800m bronze medal in 2 minutes 08.23 seconds. Under 20 athlete Paul Parkinson, Kirkcaldy, clocked a superb new personal best of 1 minute 54.3 seconds in his heat of the men's 800m before losing out in the semi-final (2.00.34). Graeme Walker clocked 1 minute 55.14 in his heat of the 800m before improving to 1 minute 64.83 in his semi-final where he placed fourth, only just losing out on a place in the final.

### McDonalds Young Athletes League, Grangemouth

There was a poor turn-out of Fife AC athletes at the McDonalds Young Athletes match at Grangemouth where the boys' team placed seventh out of eight and the girls' seventh and last. Chris Baily, Glenrothes, however, was presented the best field award winning the under 15 boys' shot putt with a throw of 11.08.

**Results: Boys** -1 Pitreavie 220; 2 Falkirk Vic 203; 3 Victoria Park 188; 4 Lasswade 183; 5 Dunbar RC 123; 6 Central AC 106; 7 Fife AC 99; 8 Law and District 72. **Girls** - 1 Pitreavie 347; 2 Falkirk Vic 216; 3 Central AC 241; 4 Dunbar RC 167.5; 5 Law and District 120; 6 Lasswade 118; 7 Fife AC 109.

### Ceres Highland Games

Chris Russell was in action at the Ceres Highland Games placing second in the one mile race and fourth in the two mile race. Brian McManus, Glenrothes won the 800m and two mile race while John Thomson, Coaltown of Balgonie, won the one mile.

## JULY 2001

### McDonalds 2 Mile Road Race, Pittencrieff Park, Dunfermline

John Cunningham, Dysart, was Fife AC's only athlete in action at the McDonald's two mile race at Pittencrieff Park, Dunfermline. Cunningham, winner of a whole string of races last year, has struggled to find his form recently but over the hilly two mile course certainly stamped his authority over the opposition clocking 10 minutes 17 seconds, five seconds clear of Pitreavie's Jeff Farquhar with Nigel

Cunningham (Pitreavie) another six seconds back in third.

**Results:** 1 John Cunningham (Fife AC) 10.17; 2 J. Farquhar (Pitreavie) 1st veteran, 10.22; 3 N. Cunningham (Pitreavie) 10.28; 4 R. Milton (Carnegie) 10.38; 5 I. Taylor (Carnegie) 10.52; 6 D. Howatt (Carnegie) 10.53; 10 L. Miller (Central AC) 1st junior, 11.35; 14 Fabienne Thompson (Carnegie) 1st woman, 12.33.

### Brig Bash 5 Mile Road Race, Bridge of Earn

177 runners contested the Brig Bash five mile road race at Bridge of Earn week with three Fife runners taking top 10 placings. Ladybank athlete Adrian Davis excelled to place sixth (26.09) followed by William Law, eighth (26.15), and Chris Russell, ninth (26.16).

**Results** -1 C. Meek (Lothian), 1st veteran 25.21; 2 F. Harper (Carnegie), 2nd veteran, 25.40; 3 I. Stewart (Carnegie) 3rd veteran, 25.63; 6 Adrian Davis, 26.09; 8 William Law, 26.15; Chris Russell, 26.16; 12 Dave Weir 4th veteran, 26.55; 17 Brian Cruickshank, 27.24; 22 Martin Laing 28.28; 23 Bryce Aitken, 28.23; 33 Andrew Cassidy, 29.25; George Black, 2nd over 60, 31.52; 59 Graham Bennison, 4th over 50, 70 Jim Taylor, 32.17; 78 Tom Graham, 33.11; 110 Louise Provan, 35.10; 137 Sandra Aitken, 38.55; 138 Martha Mill, 39.03; 152 John Cater, 41.21.

### Meal An'T Suidhe Hill Race, Fort William

Laurie Anderson was Fife's first runner home at the Meal An'T Suidhe Hill Race at Fort William placing 32nd covering the 3.6 mile (1500ft) course in 39 minutes. Craig Guzy, Kirkcaldy, won the under 14's race in 18 minutes 35 seconds with Andrew Evans, St Andrews, second (21.37). John Buchan, Burntisland, won the over 14's event in 24 minutes 25 seconds over two minutes clear of A. Smith (Lochaber).

**Results** - 1 B. Rodgers (Royal Navy) 30.48; 2 S. Whiteley (Carnethy) 31.38; 3 J. Blackett (Mandale) 31.49; 32 Laurie Anderson 39.00; 36 Scott Pryde, 1st junior, 39.35; 44 Ian Overton 41.12; 65 Steve Robinson, 45.50; 68 Dave Francis, 45.59.

### Lochearnhead Highland Games Hill Race

William Law contested his fifth race in six days winning the Reanduher 5.5 mile hill race at the Lochearnhead Games in 30 minutes 11 seconds, 58 seconds clear of Colin Glencorse (Strathearn) in second.

### Innerleithen Highland Games Hill Race

At Innerleithen there was no repeat of last year's hill victory for Alan Milligan who, leading at the summit, badly injured his ankle and tore ligaments leaving Fife club colleague Euan Jardine the winner in 26 minutes 32 seconds, 63 seconds ahead of Mick McGovern (Cardrona) in second.

### AAA's Track & Field Championships, Birmingham

Fife AC's Ellen Leggate became the first ever club member to win a AAA's senior medal taking bronze at the AAA's World Trials Championships at the Alexander Stadium, Birmingham. Featured on BBC's Grandstand the Scottish Women's cross-country champion doggedly followed the pace set by Helen Pattinson (Preston) and Liz Yelling (Bedford and County) as the rest of the field fell away with 400 metres remaining. Leggate chased home winner Pattinson (4 minutes 14.49 seconds) and runner-up Yelling (4.15.01), clocking 4 minutes 16.13 seconds to take a superb third. A delighted Ellen commented *"Third place was fantastic especially as I didn't realise it was going to be a straight final until we were called but I think that made me more relaxed going into it. My*

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**outside thought before the race was possibly a bronze because I had a contemporary who got a bronze last year and she showed me that it was achievable".**

Halifax-based member Jonathan Stewart made it through heats and semi-final to claim a place in the 800m final where he placed eighth in 1 minute 52.02 seconds having clocked 1.51.80 in his heat and 1.52.15 in the semi-final. Graeme Walker missed out on a semi-final place finishing sixth in his heat (1.53.49).

## Scottish League Division 2, Grangemouth

At Grangemouth the men's track and field team could only place seventh of the eight teams in their Scottish Division 2 match despite some fine individual performances. Under 20 athlete Paul Parkinson, Kirkcaldy, was an outstanding winner of the 1500m in 4 minutes 18 seconds while club captain Dave Roberts, Wormit, placed second in the pole vault (3.60m). Matthew McPherson, Dunshelt, placed second in the pole vault B competition (3.60m) and second in the triple jump B (11.63m). Making a welcome return to competition was Barry Normand, Newport, with a fine leap of 12.41 metres to place third in the A triple jump. Good points came in the 200m with Richard Dowdalls, Cupar, fifth in the A race (24.9) as well as placing fourth in the 100m (12.2). With no athletes contesting both 110m hurdles and 400m hurdles the club lost out on valuable points as only 12 points covered the fifth to eighth placed clubs. **Results** - 1 Kilbarchan 300; 2 Law and District 292; 3 Inverclyde 260; 4 Corstorphine 227; 5 Black Isle 182; 6 Victoria Park 173; 7 Fife AC 171; 8 Dunfermline and West Fife 170.

## Invitation Meeting, Scotstoun, Glasgow

Matthew McPherson, Dunshelt, produced an outstanding result at the invitation track and field meeting at Scotstoun, Glasgow placing second in the pole vault with a personal best of 4.00 metres. Ian McKenzie (Inverclyde) won with a 4.40m clearance but for McPherson this was a race to also beat club captain Dave Roberts to reach the 4.00m barrier with both athletes having reached up to 3.80m over the past few years.

## Fife AC Tour of Fife Race

Fife AC more than made up for the loss of recent races due to the foot and mouth disease restrictions promoting a four day Tour of Fife. Monday's four mile beach race at St.Andrews saw Chris Russell, Glenrothes, head the field of 37 starters clocking 22 minutes 27 seconds, 15 seconds clear of William Law, Dunshelt, with Scott Taylor, Glenrothes, a further six seconds back in third. Louise Provan placed 25th overall (28.40) to win the women's race.

On Tuesday, The Tour took to the hills for a 6.5 mile race up and down East Lomond from Coul Den, Glenrothes. Scottish hill internationalist Alan Milligan broke away halfway up the long climb and was never headed returning to Coul Den in 37 minutes 35 seconds with Law in second (38.15) ahead of Russell (38.40). Louise Provan maintained her overall lead placing first woman, 22nd overall (52.32). Beveridge Park, Kirkcaldy hosted Wednesday's four mile race consisting of three laps around the road circuit. Law, usually more at home on the softer ground, excelled over the road surface to clock 21 minutes 29 seconds, 14 seconds clear of Russell with Adrian Davis, Ladybank, in third (22.11). Sally Ibbotson (Dundee Road Runners) posed an early threat in the women's race but it was Louise Provan that came through yet again to place 25th overall timed at 27 minutes 58 seconds. Law went into Thursday's final four mile cross-country race at Coul Den with an overall 24 seconds lead ahead of Russell. Russell pushed the pace throughout but with just one mile remaining was only three seconds clear of Law. An all out effort over the closing

stages saw Russell grind out an advantage of 14 seconds clocking a course record of 21 minutes 36 seconds. Law, however, with a time of 21 minutes 50 seconds held a 10 second overall cushion to win the series title. Adrian Davis placed third on the night (22.24) but it was under 20 Kirkcaldy athlete Graham Bee that placed fourth on the night, third overall. Louise Provan maintained her 100 per cent record finishing 29th overall (29.50), 13 seconds clear of Margaret McLaren but well clear in the series.

## RESULTS: Stage 1 - Beach Race, St.Andrews (4miles)

1 Chris Russell, 22.27; 2 William Law, 22.42; 3 Scott Taylor, 22.48; 4 Brian Cruickshank, 23.13; 5. Kevin Wallace, 1st junior, 23.40; 6 G. Rennet (Dundee Hawks), 23.44; 7 Martin Laing, 1st veteran, 23.47; 8 Graham Bee, 2nd junior, 23.53; 9 John Murdoch, 2nd veteran, 24.15. 10 Mike Mitchell, 24.26; 11 K. Morris, 25.10; 12 Ronnie Mill, 3rd veteran, 25.26; 13 Ricky Forrester, 25.51; 14 Gary Barker, 25.55; 15 G. Colvin (E. Kilbride), 25.56; 16 Jim Rough, 26.11; 17 G. Steel (Dundee Hawks), 26.18; 18 Brian Peachey, 26.37; 19 G. Mitchell (Dundee Hawks), 27.17; 20 George Black, 1st over 60, 27.24; 21 Graham Bennison, 1st over 50, 27.27; 22 I. Armstrong (Carnegie), 27.28; 23 Alan Meiklejohn, 27.40; 24 David Bee, 28.36; 25 Louise Provan, 28.40; 26 A. Gibson (Anster Haddies), 28.43; 27 S. Davidson (unattached), 28.49; 28 John Keenlyside, 28.61; 29 Doug Provan, 29.10; 30 G. Hunter (Dundee RR), 29.38; 31 Sally Ibbotson (Dundee RR), 29.39; 32 B. Thornton (Dundee Hawks), 30.36; 33 Miriam Rennet (Dundee RR), 30.39; 34 Phyllis Lemoncello, 31.32; 35 Ca-triona Duncan, 32.10; 36 Alastair Robertson, 33.17; 37 Susan Wilson (unattached), 33.28.

## RESULTS: Stage 2 - East Lomond Hill Race (6.5miles)

1 Alan Milligan 37.35; 2 William Law 38.15; 3 Chris Russell 38.40; 4 Adrian Davis 39.49; 5 Scott Taylor 40.10; 6 Martin Laing 40.21; 7 Graham Bee 40.28; 8 Kevin Wallace 40.34; 9 G. Rennet (Dundee Hawkhill) 43.23; 10 Mike Mitchell 43.25; 11 John Murdoch 43.32; 12 Ricky Forrester 46.24; 13 Brian Landels 46.50; 14 Gary Barker 47.56; 15 Jim Rough 48.02; 16 George Black 48.02; 17 Brian Peachey 49.30; 18 Alan Meiklejohn 50.14; 19 I. Armstrong (Carnegie) 50.19; 20 Jim Taylor 51.42; 21 Graeme Barker 52.19; 22 Louise Provan 52.32; 23 Frank McLaren 53.12; 24 Graham Bennison 53.57; 25 Margaret McLaren 54.00; 26 Jim Close 55.22; 27 R. Thornton (Dundee Hawkhill) 55.53; 28 Sally Ibbotson (Dundee RR) 56.10; 29 G. Hunter (Dundee RR) 56.19; 30 Miriam Rennet (Dundee RR) 56.59; 31 S. Davidson (Unatt) 57.40; 32 John Keenlyside 60.18; 33 Susan Wilson (Unatt) 60.23; 34 Alastair Robertson 63.06.

## RESULTS: Stage 3 - Road Race, Beveridge Park, Kirkcaldy (4 miles)

1 Law 21.29; 2 Russell 21.43; 3 Davis 22.11; 4 Brian Cruickshank 22.14; 5 Bee 22.27; 6 Paul Parkinson 22.41; 7 Dave Anderson 22.45; 8 Wallace 22.47; 9 Rennet 23.02; 10 Murdoch 23.05; 11 Laing 23.31; 12 J. Hargreaves (Unatt) 24.01; 13 Mitchell 24.02; 14 K. Morris (Unatt) 24.27; 15 J. Hannigan (Unatt) 24.35; 16 Forrester 25.25; 17 Black 25.28; 18 Gary Barker 25.37; 19 Peachey 26.12; 20 Graeme Barker 26.41; 21 Meiklejohn 27.12; 22 Armstrong 27.15; 23 Frank McLaren 27.35; 24 Thornton 27.51; 25 Provan 27.58; 26 Alan Gibson (Anster Haddies) 28.23; 27 Keenlyside 28.31; 28 Davidson 28.32; 29 Margaret McLaren 28.48; 30 David Bee 28.52; 31 Ibbotson 28.55; 32 Hunter 28.55; 33 Miriam Rennet 30.01; 34 Robertson 31.29; 35 Sandy Cruickshank 31.46; 36 Wilson 32.28.

## RESULTS: Stage 4 - Cross-Country Race, Coul Den, Glenrothes (4 miles)

1 Russell 21.36 (record); 2 Law 21.50; 3 Davis 22.24; 4 Bee 22.46; 5 Cruickshank 23.00; 6 Anderson 23.11; 7 Laing 23.24; 8 Wallace 23.28; 9 Rennet 23.45; 10 Murdoch 24.00; 11 Har-

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greaves 24.08; 12 Mitchell 24.25; 13 Graham Mitchell.(Dundee Hawkhill) 26.11; 14 Hannigan 26.12; 15 Black 26.18; 16 Gary Barker 26.31; 17 G. Colvin (East Kilbride) 26.36; 18 Chris Fox 26.40; 19 Forrester 26.54; 20 Armstrong 27.00; 21 Peachey 27.30; 22 Meiklejohn 27.56; 23 Taylor 28.15; 24 Frank McLaren 28.24; 25 Thornton 28.24; 26 David Bee 28.26; 27 Gibson 28.27; 28 Davidson 29.27; 29 Provan 29.50; 30 Margaret McLaren 30.03; 31 Ibbotson 30.22; 32 Hunter 30.23; 33 Close 30.25; 34 Keenlyside 30.43; 35 Miriam Rennet 32.11 36 Wilson 33.47; 37 Robertson 34.25

**OVERALL:** 1 Law 1:44.16 2 Russell 1:44.26; 3 Bee 1:49.34; 4 Wallace 1:50.29; 5 Laing 1:51.03; 6 Rennet 1:53.54; 7 Murdoch 1:54.52; 8 Mitchell 1:56.18; 9 Forrester 2:04.34; 10 Gary Barker 2:05.59; 11 Black 2:07.12; 12 Peachey 2:09.49; 13 Armstrong 2:12.02; 14 Meiklejohn 2:12.42; 15 Provan 2:19.00; 16 Thornton 2:22.44; 17 Davidson 2:24.28; 18 Ibbotson 2:25.06; 19 Hunter 2:25.15; 20 Keenlyside 2:28.23; 21 Miriam Rennet 2:29.50; 22 Wilson 2:40.06; 23 Robertson 2:42.17.

### Shell Bay Sandy Slither, Elie

A record field of 84 finishers completed the Ship Inn Shell Bay Sandy Slither race from Lower Largo to Elie with the incoming tide at Elie providing a sting in the tail. The heavy rainfall abated just in time for the start as the field headed across Largo Bay with Glenrothes athlete Chris Russell holding the lead as the runners passed through Shell Bay Caravan Park. Russell held pole position up the Kinraig Head climb chased by Pitreavie's Jeff Farquhar and Fife new recruit William Law. Along Earlsferry Links it was Law that moved in to first place and teased out an eight second advantage over Russell along Chapel Green with the final mile over Elie beach. It was within just two hundred yards of the finish at the Ship Inn that the runners encountered a surprise package with the tide on the rise, necessitating a 100 yard waist high wade before completing the short final run-in. Dunshelt athlete Law clocked 35 minutes 52 seconds with Russell in second (36.00) while Dave Anderson, Milnathort, came through into third to complete a Fife AC treble timed at 36 minutes 40 seconds. Farquhar followed in fourth, first veteran while Scott Taylor, Glenrothes, made a welcome return to racing in fifth one ahead of Tom Scott, by Dairsie in sixth, first over 50, Under 20 Glenrothes athlete Kevin Wallace took the first junior award placing eighth. British internationalist Vicky Gill, St Andrews, who represented Great Britain in Japan and South Korea earlier this year had her first outing following a stress fracture of the foot to place 26th overall. Vicky posted a time of 48 minutes 46 seconds over two minutes inside the previous women's course record set in 1998. Second woman home Dhavala Stott (Sri Chimnoy) was also inside the old mark with 44 minutes 55 seconds while Jocelyn Scott placed third, first veteran, in 45 minutes 58 seconds only five seconds outside the old record. Thanks go to Ship Inn, Elie for their generous sponsorship.

**Results:** 1 William Law (Fife AC) 35.52; 2 Chris Russell (Fife AC) 36.00; 3 Dave Anderson (Fife AC) 36.40; 4 J. Farquhar (Pitreavie) 1st veteran, 36.58; 5 Scott Taylor (Fife AC) 37.45; 6 Tom Scott (Fife AC) 1st over 50, 38.06; 7 C. Hutt (Bo'ness RC) 38.21; 8 Kevin Wallace (Fife AC) 1st junior, 38.38; 9 Ian Overton (Fife AC) 38.46. 10 Brian Cruickshank (Fife AC) 39.03; 12 Bryce Aitken, 2nd veteran, 39.59; 13 Andrew Cassidy, 3rd veteran, 39.59; 14 John Murdoch 40.05; 17 Mike Mitchell 41.18; 19 Joe Holden, 2nd over 50, 42.00. 21 Martin Laing 42.54; 22 Andy Barker 42.56; 23 Steve Robertson 43.14; 25 Alex McGuire 43.44; 26 Vicky Gill 43.46; 28 Graham Bennison 44.33; 31 David Holden 45.41; 35 Jocelyn Scott 45.56; 36 Brian Peachey 46.16; 39 Alan Meiklejohn 46.46. 48 Dave Francis 47.16; 41 Chris Clark 48.48; 49 John McFarlane 48.56; 57 Kim Macgregor 50.21; 61 Eric Nachman 50.57; 63

John Simpson 52.08; 64 Crawford Mackie 53.07; 67 Louise Provan 53.41; 68 John Keenlyside 54.03; 70 Alastair Robertson 55.21; 71 Catriona Duncan 55.51; 12 Martha Mill 56.04; 76 Graeme Duncan 57.10.

### Donkey Brae Run, Aderdour

Fife AC athletes dominated the prize list at the Aderdour Festival Donkey Brae seven mile road race although it was Hunters Bog Trotters John Heap that headed the field of 354 runners in 36 minutes 47 seconds followed home by John Cunningham (37.30) and William Law (37.42). Dave Weir (sixth) took the first veterans prize in 39 minutes dead with Bryce Aitken second veteran (40.19) while Mel Scobie placed second over 50 (44.53).

Pitreavie's John Newsom won the junior two mile race in 13 minutes 47 seconds with Craig Guzy second (14.39). Kim Paterson placed third girl clocking 16 minutes 21 seconds. A healthy entry of 300 runners contested the junior race.

**Results:** 1 J Heap (HBT) 36.47; 2 John Cunningham 37.30; 3 William Law 37.42; 6 Dave Weir 1st veteran 39.00; 9 Graham Bee 39.34; 10 Brian Cruickshank 40.12; 11 Bryce Aitken 2nd veteran 40.19; 16 Paul Parkinson 41.04; 21 Mike Mitchell 41.59; 33 John Gilfillan 43.11; 39 Richard Shaw 44.08; 42 Laurie Anderson 44.25; 43 Mel Scobie 44.53; 52 Sam Gillespie 46.21; 61 Leonard Rhone 46.40; 125 John Keenlyside 50.50; 139 Crawford Mackie 52.04; 154 Mike Hogg 52.33.

## AUGUST 2001

### Birnam Hill Race, Dunkeld

Superior course navigation saw Adrian Davis run out the winner of the Birnam Hill Race covering the seven mile (1200ft ascent) course in 50 minutes 05 seconds. Jocelyn Scott placed 15th overall to take the women's prize.

**RESULTS:** 1 Adrian Davis 50.05; 2 Graham Bee, 1st junior, 51.03; 3 M. Higginbottom (Carnethy) 51.50; 5 Tom Scott, 1st veteran, 53.40; 6 Brian Cruickshank 54.21; 7 Ian Overton 54.54; 11 Jim Meek 60.35; 14 Gary Barker 63.37; 19 Craig Guzy, 2nd junior, 66.15; 21 John Buchan, 3rd junior, 66.23  
**Women:** 1 Jocelyn Scott 63.46; 2 E. Scott (Westerlands) 66.20; 3 Frances Meek 68.02

### Largo Law Hill Race, Lower Largo

William Law, Dunshelt, was a convincing winner in his first attempt of the Largo Law hill race. Law was content to sit just behind the early leaders, but once they turned around the summit he opened up a comfortable lead on the descent back to the Crusoe Hotel car park, finishing 40 seconds ahead of Donnan in second place. Chris Russell, Glenrothes, also had a good descent coming through the field to finish fourth. Martin Laing, St Andrews showed some return to form finishing eighth overall, second veteran. Richard Shaw, Lower Largo, marked his Fife AC debut by winning the first locals prize in 36.47.

Fiona Lothian was first woman home while Frances Meek also ran well to finish third woman, first female junior. Thanks go to race sponsors Cadar Ltd., and local farmer Bill Clarke, who allowed the race to go ahead despite the ongoing risks of foot and mouth disease.

**RESULTS:** 1 William Law 30.43; 2 I.Donnan (Lothian), 1st junior, 31.23; 3 K.Varney (Cosmic), 1st veteran, 31.32; 4 Chris Russell 32.24; 5 Scott Taylor 32.46; 6 Graham Bee, 2nd junior, 32.59; 7 S.Bennet (Carnegie) 33.10; 8 Martin Laing, 2nd veteran, 33.21; 9 S.Wombwell (Pitreavie), 3rd veteran, 34.03; 10 Brian Cruickshank 34.35; 12 Fiona Lothian, 1st woman, 35:12; 16 Laurie Anderson 36.02; 18 Ian Overton 36.09; 19 Tom Ross 36.33; 20 Richard Shaw 36.47; 21 Brian Landels 36.56; 25 Stuart Knowles 38.38; 27 Gary Barker 39.00; 31 Jocelyn

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Scott, 2nd woman, 39.39; 34 Alan Meiklejohn 40.24; 41 Frances Meek, 3rd woman/junior, 41.24; 48 Peter Morrison 43.29; 52 Louise Provan 44.02; 55 John McIntosh 44.57; 57 Sam Wilson 45.33; 59 John Kennlyside 46.57; 63 Mike Kuzyszyn 52.50