

## MARCH 2002

### Chapelgill Hill Race, Glenholm

Glenrothes over 50 veteran Joe Holden turned out at one of Scotland's steepest hill races - the Chapelgill race at Glenholm, which rises 1400 feet over just 1.5 miles. Holden placed a fine 13th, clocking 26 minutes 17 seconds. Winner, Alan Smith (Deeside), was timed at 20 minutes 52 seconds.

### Criffel Hill Race, New Abbey, Dumfries

260 runners turned out at the Criffel Hill Race (seven mile, 1800 feet), at New Abbey, Dumfries - a counting event for both the British and Scottish hill running championships. Adrian Davis, Ladybank, excelled to place 28th, second Scot, timed at 53 minutes 13 seconds, followed by Dave Weir 53rd. Louise Provan, Gaudry, and Louise Burt, St Andrews, both ran well to place amongst the leading women in 165th and 175th respectively.

**Results:** 1 I. Holmes (Bingley), 49.11; 2 S. Booth (Borrowdale), 49.55; 3 R. Hope (Pudsey and Bramley) 50.07; 4 P. Davies (Borrowdale), 50.09; 5 J. Taylor (Bingley), 50.12; 6 R. Jebb (Bingley), 50.26; 18 Adrian Davis, 53.13; 53 Dave Weir, 57.27; 86 Alex McGuire, 60.48; 148 Joe Holden, 68.10; 165 Louise Provan, 71.38; 175 Louise Burt, 73.28; 180 Alan Meiklejohn, 74.03; 211 Jim Haig, 88.57. **Teams** - 1 Borrowdale, 2 Bingley, 3 Pudsey & Bramley.

### Dundee Schools Cross-Country Championship

Jamie Lamb, Cupar, placed second in the Dundee Schools Cross-Country Championship, representing Dundee High School. Graeme Oudney (Menziesshill) was first home in the senior boys' race at Baxter Park, followed closely by Lamb.

### Scottish Services League, Tentsmuir Forest

Dave Adam, Leuchars, won the Scottish Services League title for the third consecutive year, but had to give way on the day to Fife colleague Dusty Spates running as a guest. Spates covered the 10km Tentsmuir Forest course in 36 minutes 06 seconds, with Adam in second, timed at 36 minutes 31 seconds. Steff Quinn placed fourth, clocking 37 minutes 47 seconds, helping RAF Leuchars to team victory. Adam has a superb record in Scottish Services races having been beaten only twice in four years.

### Fife AC Normans Law Hill Race, Luthrie

Fife AC Glenrothes member Brian Cruickshank headed a field of 75 runners at the Normans Law Hill Race held at Luthrie. Cruickshank forged ahead on the descent from the 700ft summit and carved out a 37 second advantage back to the finish at Lower Luthrie Farm. Cruickshank clocked 33 minutes 05 seconds over the 5.5 mile course with North of England athlete Alastair Tatham (Quakers) in second - 33.42 and Neil Munro (Unatt) in third. 33.46. Fife AC over 50 runner Tom Scott, by Dairsie, excelled to place fourth timed at 33 minutes 50 seconds while in ninth Jamie Lamb, Cupar, took the first junior award. Hunters Bog Trotter Megan Clark placed 28th overall to win the women's prize clocking 38 minutes 28 seconds with St Andrews member Louise Burt second woman home in 36th (40.02). The most outstanding performance of the day came from under 11 St Andrews member Andrew Evans who opted to contest the Normans Law event rather than the junior race. Andrew placed a magnificent 38th taking the club junior bronze medal as the race incorporated the Fife AC Hill Running Championship.

There was a good turnout of 15 runners in the 1.5 mile Emily Hill junior race won by unattached athlete John Hargreaves

in seven minutes one second. Third place went to unattached Kirkcaldy runner Mark Harley timed at eight minutes three seconds. Dundee Hawkhill's Laura Brown placed fourth overall, first girl clocking eight minutes 22 seconds.

**Results: (Fife AC unless stated)** - 1 Brian Cruickshank 33.05; 2 A. Tatham (Quakers) 33.42; 3 N. Munro (Unatt) 33.46; 4 Tom Scott, 1st over 50, 33.50; 5 C. Glencorse (Strathearn) 33.59; 6 D. White (J. W. Kilmarnock) 34.07; 7 S. Wombwell (Pitreavie) 1st veteran, 34.33; 8 S. Bennet (Carnegie) 34.50; 9 Jamie Lamb, 1st junior, 36.02; 10 G. Pryde (Lomond HR) 2nd veteran, 36.05; 11 Mike Mitchell 36.08; 12 C. Roberts (Unatt) 36.10; 13 Alex McGuire, 3rd veteran, 36.30; 14 G. Robinson (Westerlands) 36.31; 15 S. Morton (Dundee Hawkhill) 36.32; 16 D. Reid (Westerlands) 36.42; 17 P. Buchanan (Ochil HR) 36.46; 18 P. Maddocks (Dundee RR) 37.03; 19 Angus McLachlan, 2nd junior, 37.08; 20 Roy McLachlan, 2nd over 50, 37.37; 21 D. Booth (RAF) 37.11; 22 Brian Landels 37.14; 23 N. Imrie (Dundee Hawkhill) 37.57; 24 J. Robb (Carnegie) 38.09; 25 Stuart Knowles 38.16; 26 J. Beech (HBT) 38.20; 27 D. Duncan (Ochil HR) 38.25; 28 Megan Clerk (HBT) 38.28; 29 G. Wright (Carnethy HR) 38.33; 30 F. Benham (Arbroath Footers) 1st over 60, 38.39; 31 Ian Whyte, 3rd over 50, 38.52; 32 T. Bowie (Carnegie) 39.16; 33 N. Royle (Unatt) 39.23; 34 Alan Meiklejohn 39.31; 35 S. Cromar (Dundee Hawkhill) 40.00; 36 Louise Burt 40.02; 37 Isobel Knox (HBT) 40.08; 38 Andrew Evans, 3rd junior, 40.18; 39 Alf Tupper 40.56; 40 Fabienne Thompson (Carnegie) 41.11; 41 K. Daniels (Carnegie) 41.11; 42 S. Greer (Carnegie) 41.28; 43 Debbie MacDonald (HBT) 41.41; 44 G. Steel (Dundee Hawkhill) 42.11; 45 P. Mallett (Lomond HR) 42.18; 46 M. Frodsham (Anster Haddies) 42.35; 47 R. Heinsar (Haddington ELP) 42.45; 48 J. Lambert (Unatt) 42.50; 49 Margaret McLaren 42.52; 50 G. Murdoch (Carnegie) 43.28; 51 John Keenlyside 43.35; 52 G. Armstrong (Haddington ELP) 43.52; 53 Louise Provan 43.55; 54 L. Finn (Unatt) 43.58; 55 Duncan McLachlan 44.02; 56 I. Mathieson (Thames Valley H) 44.57; 57 Dave Francis 45.04; 58 Mike Kuzyszyn 45.38; 59 Eliza McLachlan 45.40; 60 Caroline Armstrong 45.40; 61 J. Marshall (Unatt) 45.40; 62 Miriam Rennet (Dundee RR) 46.10; 63 Graham Bennison 47.05; 64 J. McArthur (Carnegie) 47.19; 65 Fiona Muir 47.34; 66 A. Talbert (Unatt) 47.36; 67 M. Wombwell (Unatt) 47.50; 68 Alastair Robertson 47.65; 69 A. Wright (Unatt) 47.59; 70 Graeme Duncan 48.05; 71 B. Thornton (Dundee Hawkhill) 48.49; 72 I. Marshall (HBT) 50.40; 73 P. McKay (Unatt) 54.18; 74 W. Stable (Unatt) 54.35; 75 Heather Steel (Dundee RR) 64.50.

**Emily Hill 1.5 mile junior race:** 1 J. Hargreaves (Unatt) 7.01; 2 G. Wright (HBT) 7.24; 3 M. Harley (Unatt) 8.03; 4 Laura Brown (Dundee Hawkhill) 8.22; 5 Philip Salter 8.49; 6 Thomas Salter 8.50; 7 Neil Gray 9.03; 8 Ruth Evans (Unatt) 9.06; 9 Jennifer Kibble 9.21; 10 C. Howden (Unatt) 9.26; 11 R Brown (Unatt) 9.54; 12 Jade Wright (Lothian RC) 10.09; 13 C. Roberts (Unatt) 10.23; 14 Ewan Gray 10.32; 15 M. Roberts (Unatt) 14.01

## APRIL 2002

### Scottish Universities Track & Field Championships, Grangemouth

Fife AC members won two titles at the Scottish Universities Track and Field Championships at Grangemouth. Great Britain internationalist Andrew Lemoncello, representing Stirling University, got in some useful speed work for his specialist event, the steeplechase, winning the 1500m title in four minutes 10.32 seconds, two seconds clear of Simon Millage

*(Continued on page 2)*

(Continued from page 1)

(Strathclyde). Meanwhile Dusty Spates (St Andrews) won the 3000m steeplechase in 11 minutes 12.85 seconds.

### **Central & South of Scotland Track & Field League, Grangemouth**

The club contested the opening round of the Central and South of Scotland League at Grangemouth. Having topped Division Four last season, fifth place at the end of the day in Division Three was a creditable result. Chris Baily excelled to win the under 17 long jump with a superb new personal best of 6.19 metres. Chris added more valuable points placing second in the high jump (1.55m). Kenneth Mowbray had an encouraging start to the new season clocking 21.1 seconds to win the under 17 100m as well as winning the shot putt competition with a 10.02m throw. Jude Beimers continued the club domination of the under 17 age group winning the long jump B competition (4.74m) and the B high jump (1.40m). Nicola Barnes took second place in the under 17 girls 300m (47.5) as well as placing third in the 100m. Simone Redpath placed third in the under 15 girls 100m timed at 14.1 seconds. **Results:** 1 Livingston 1061; 2 Victoria Park 1059; 3 Airdrie 900; 4 Harmeny 885.5; 5 Fife AC 700.5; 6 Perth Strathgait Harriers 548; 6 Lasswade 719; 7 Irvine 531.

### **Clachnaben Hill Race, South Deeside**

Kirkcaldy hill runner Alex McGuire rounded off a busy week at the Clachnaben Hill race, South Deeside placing 12th overall, first over 50. Alex clocked one hour 34 minutes 47 seconds over the 10.5 mile course including 3500 ft of ascent.

### **Spelga Skyline Hill Race, Northern Ireland**

Earlier in the week Alex returned home from a trip to Northern Ireland where he contested the Spelga Skyline Hill Race - the second counting event in the British Hill Championships. Alex placed 40th in the top class field, second Scot, timed at two hours 58 minutes 11 seconds over the 13 mile course taking in a gruelling total of 6500ft of ascent.

### **Hunters Bog Trot, Edinburgh**

A small band of Fife AC hill runners made the short tip across the water to Arthur's Seat in Edinburgh to contest the Hunters Bog Trot. The team managed second place consisting of Graham Bee in 5th place, Tom Scott in 18th place and Laurie Anderson in 20th place.

**Results:** 1 J. Brooks (Lochaber AC) 27.11; 2 I. Donnan, (Lothian AC), 27.43; 3 J. McDonald, (Central), 27.48; 4 A. Athony, (EUHH), 28.04; 5 Graham Bee, 28.28; 18 T. Scott, 3rd veteran, 32.00; 20 Laurie Anderson, 32.46; 29 Jamie Lamb, 6th junior, 33.50; 36 Tom Ross, 34.57; 44 Roy McLachlan 36.13; 54 Alan Meiklejohn 38.04; 76 Frank Cation, 43.20; 58 Cath Sinclair, 2nd veteran, 39.08. Eighty five athletes completed the course.

### **Fife AC Mid-Week Series St Andrews 5K Race**

Eighty five runners contested the St Andrews five kilometre race around the university playing fields - the first event in the Fife Mid-Week Summer Series. Irish internationalist Gary Crossan (Dundee Hawkhill) won in 17 minutes 33 seconds with Hawkhill colleague Neil Gunstone the runner-up in 18 minutes 19 seconds. Terry Mitchell placed fourth for Fife (18.24) first veteran followed by Kirkcaldy's Graham Bee fifth, first junior (18.36) and Glenrothes runner Chris Russell seventh (19.08). Dysart athlete John Cunningham came home in eighth clocking 19 minutes 11 seconds.

Scottish hill internationalist Claire Miller (Aberdeen) placed

18th overall to take the women's prize in 19 minutes 57 seconds with Toni McIntosh (Edinburgh University) the second woman home in 21 minutes 23 seconds. For Fife Louise Provan placed third woman clocking 22 minutes 17 seconds.

**Results:** 1 G. Crossan (Dundee Hawkhill) 17.33; 2 N. Gunstone (Dundee Hawkhill) 18.19; 3 T. Neill (Dundee Hawkhill) 18.21; 4 Terry Mitchell, 1st veteran, 18.24; 5 Graham Bee, 1st junior, 18.36; 61. Stewart (Carnegie) 2nd veteran, 18.50; 7 Chris Russell 19.08; 8 John Cunningham 19.11; 9 John Thomson, 3rd veteran, 19.13; 10 S. McDonald (Carnegie) 19.16; 11 Brian Cruickshank 19.22; 12 S. Quinn (RAF) 19.23; 13 L. Lawson (Carnegie) 19.25; 14 Tom Scott, 1st over 50, 19.29; 15 S. Mason (Dundee Hawkhill) 19.41.

**Teams:** 1 Dundee Hawkhill 6; 2 Fife AC 16; 3 Fife B 28; 4 Carnegie 29. **Women:** 1 C. Miller (Aberdeen) 19.57; 2 T. McIntosh (Edinburgh University) 21.23; 3 Louise Provan 22.17; 4 M. Lamont (Pitreavie) 1st veteran 23.19; 4 Jocelyn Scott, 2nd veteran, 23.47; 6 Margaret McLaren, 3rd veteran, 23.55; 7 H. Bradley (Anster Haddies) 23.59; 8 Kim Macgregor 24.57; 9 M. Rennet (Dundee Road, Runners) 26.33; 10 M. Robertson (Dundee Road Runners) 26.16. First female junior: Jennifer Kibble 27.59. **Team:** 1 Fife AC 13.

### **Scottish Men's Track & Field League Division 2, Coatbridge**

New recruit to Fife AC, Bruce Aitken was in top form for the club at the opening round of the Scottish Men's Track and Field League at Coatbridge. Scots hammer record holder Aitken, Auchenblae, placed second in the hammer in a new club record of 46.97 metres before winning the shot putt with a one throw of 15.53 metres. Aitken ended the day with second place in the discus reaching out to 42.04 metres. A triple jump double came in the very last round of the competition as Barry Normand, Newport, won the A event with 12.04 metres and James Gill, Newburgh, won the B section with 11.82 metres. Another points double came in the pole vault where Matthew McPherson, Dunshelt, cleared 4.00m to win the A event and club captain Dave Roberts, Wormit, won the B event (3.50m). The club went on to win the competition.

**RESULTS:** 100m - (A) 7 Barry Normand 12.3, (B) 4 Richard Dowdalls 12.3; 200m (A) 4 Stephen Payton 23.5, (B) 5 Dowdalls 26.2; 400m - (A) 5 Paul Parkinson 54.8, (B) 5 Payton 52.5; 800m - (A) 7 David Ovens 2:10.7, (B) 7 Dave Anderson 2:28.2; 1500m - (A) 5 Ovens 4:29.4, (B) 4 Dusty Spates 4:30.7; 5000m - (A) 6 John Cunningham 16:09.1, (B) 5 Anderson 17:12.6; 3000m Steeplechase - (A) 2 Spates 10:57.1, (B) 1 Brian Cruickshank 11:15.2; 110mH - (A) 5 James Gill 21.4, (B) 3 Matthew McPherson 20.5; 400mH - (A) 2 Andrew Lemoncello 62.1, (B) 1 Colin Christie 65.6; High Jump - (A) 3 Gill 1.80m, (B) 1 Christie 1.60m; Triple Jump - (A) 1 Normand 12.04m, (B) 1 Gill 11.82m; Shot Putt - (A) 1 Bruce Aitken 15.53m, (B) 7 Christie 7.27m; Discus - (A) 2 Aitken 42.04, (B) 6 Christie 20.20; Pole Vault - (A) 1 McPherson 4.00m, (B) 1 Dave Roberts 3.50m; Hammer - (A) 1 Aitken 46.97m (club record). (B) 3 Ronnie Morrison 20.98m; 4 x 100m relay - (A) 6 Fife AC 50.1; 4 x 400m relay - (A) 7 Fife AC 4:05.4.

### **Kinross PTA 10km Race**

Brian Cruickshank won the Kinross 10K road race through the grounds of Kinross House. Cruickshank led from start to finish grinding out a minute advantage before the long finishing straight. A final time of 34 minutes 14 seconds was well clear of Neil Adamson (Armada) in second -35 minutes 17 seconds. Cruickshank had an eventful four days following up this victory with fourth place at the Five Hills Race on the

(Continued on page 3)

*(Continued from page 2)*

Saturday before clocking a personal best of 11 minutes 15.2 seconds to win the B steeplechase at Coatbridge on the Sunday.

### **Strathpeffer Hill Race**

Alan Meiklejohn had a fine run at the Strathpeffer hill race to finish 19th timed at 51 minutes 04 seconds for the five mile (1200ft) course chased by Kirkcaldy colleague Chris Fox in 22nd (52.12).

### **Five Hills of Fife Race**

The club hosted the Five Hills of Fife race taking in ascents of the West and East Lomond, Bishophill, Largo Law and Normans Law. Adrian Davis and Graham Bee played a cat and mouse game over the final run over Normans Law with Carnethy challengers Adam Ward and Stewart Whitlie holding back until the 3.30pm deadline before starting the final run in an effort to track the Fife duo. Davis and Bee, however, prevailed with a final advantage of two minutes and 20 seconds over the Carnethy runners. The total time of one hour 59 minutes 32 seconds was a new course record with third placed Chris Russell/Dave Anderson and fourth placers Brian Cruickshank/Tom Scott also inside the 2001 record of 2:14.51. Kirkcaldy section members Frank and Margaret McLaren placed ninth, first mixed pairing (2:38.53) while Louise Provan and Jocelyn Scott followed in 10th. first women's team (2:39.22).

## **MAY 2002**

### **Young Athletes Track & Field League, Scotstoun, Glasgow.**

Fife AC junior members commenced their Young Athletes Track and Field campaign at Scotstoun, Glasgow. Both boys' and girls' teams placed fifth out of the nine teams participating. Under 17 Glenrothes athlete Chris Baily won the long jump (5.93m) before winning the 100m hurdles, his first attempt at the event, in a fast 14.8 seconds. Chris added more valuable points placing fourth in the shot putt (10.96m). Kenneth Mowbray improved his 100m time for the new season taking third place in 11.9 seconds before placing second in the triple jump in a personal best of 11.25 metres. Ryan Jex finished third in the triple jump B competition clearing 10.79m. Chris, Kenneth and Ryan teamed up with Jude Beimers to place second in the 4 x 100m relay. Matthew Sim, Crail, tackled one of the more difficult events the 400m hurdles placing fourth (69.0) while in the field Rory Scott finished third in the javelin (28.62m). John Buchan, Burntisland was the top points scorer in the under 15 age group winning the 1500m in four minutes 38 seconds. Phillip Salter clocked a fine personal best in the under 15's 800m timed at two minutes 40 seconds. Connor Hill, St Andrews, was the star of the under 13's team winning the 100m (13.8), 200m (28.6) and 75m hurdles (15.7). Frankie Scott took two second placings 100m B (14.3) and the long jump A (4.12m). Andrew Evans also gained a second in the 800m B in two minutes 43 seconds. Michael O'Neill, Kirkcaldy placed third in the 1500m clocking five minutes 29 seconds. The under 13's rounded off the day with victory in the 4 x 100m relay timed at 58.4 seconds (Hill, Evans, Scott and O'Neill). Cupar sprinter Nony Mordi was the top girls scorer placing second in the under 17 200m (27.5) and third in the 80m hurdles (13.0). Stephanie Jones placed second in the 100m (13.7). In the under 15 girls section Alison Calvin, Newport, placed fourth in the high jump (1.25m) while Freya Marks finished fifth in the 75m hurdles (14.6). Amanda Woodrow took fourth place in the 200m (29.4).

**Results: Boys** - 1 Pitreavie 412, 2 Shettleston 367, 3 Clydesdale 257, 4 Kirkintilloch Olymp 235, 5 Fife AC 207, 6 Perth SH 162, 7 Lasswade 150, 8 Harmeny 112, 9 Stewartry 9. **Girls** - 1 City of Glasgow 351, 2 Pitreavie 337, 3 Kirkintilloch Olymp 226, 4 West Dumbarton 216, 5 Fife AC 149, 6 Harmeny 134.5, 7 Lasswade 120, 8 Perth SH 116.5, 9 Stewartry 61.

### **Stuc A' Chroin Hill Race, Strathyre**

Alex McGuire, Kirkcaldy, was first home for the club at the tough Stuc A' Chroin hill race at Strathyre - a 14 mile race taking in a gruelling 5,000 feet of ascent Alex placed 11th in two hours 38 minutes 57 seconds taking the over 50 prize. Jocelyn Scott, by Dairsie, finished third in the women's race clocking three hours 11 minutes 34 seconds.

**Results:** 1 M. Rigby (Ambleside) 2:11.07; 2 R. Gallagher (Westerlands) 1st veteran, 2:22.32; 3 D. Whitehead (CHB) 2:24.51; 11 Alex McGuire, 1st over 50, 2:38.57; 35 Joe Holden 3:03.41; 40 Alan Meiklejohn 3:09.54; 43 Jocelyn Scott, 3rd woman/2nd veteran, 3:11.34; 68 Jim Haig 3:37.15.

### **Fife AC Blebocraigs 5 Mile Race, Kemback**

Sixty eight runners completed the Blebocraigs five mile race from Kemback won by Dundee Hawkhill's Neil Gunstone in 28 minutes 10 seconds. Andrew Liston (St Andrews University) placed second 26 minutes 26 seconds followed by Fife's first counter Graham Bee in third (26.39). Terry Mitchell followed home in fourth, first veteran (26.45) with Chris Russell fifth (28.37) and Scott Taylor sixth (28.55). Fiona Lothian, Baldinnie, placed eighth overall to easily win the women's race in 29 minutes 07 seconds well ahead of Morag Taggart (Dundee Road Runners) in 29th - 33 minutes 08 seconds with Louise Provan, Gauldry, in 31st - 33 minutes 31 seconds.

**Results:** 1 N. Gunstone (DHH) 26.10; 2 A. Liston (St Andrews University) 26.26; 3 Graham Bee 26.39; 4 Terry Mitchell, 1st veteran, 26.45; 5 Chris Russell 28.37; 6 Scott Taylor 28.55; 7 E. Donaldson (Falkirk Vic) 29.03; 8 Fiona Lothian 29.07; 9 P. Maddocks (Dundee RR) 29.12; 10 John Murdoch 29.17; 11 Brian Cruickshank 29.39; 12 Tom Scott, 1st over 50, 29.34; 13 L. Lawson (Carnegie) 29.47; 14 Joe Holden, 2nd over 50, 29.51; 15 A. Wilson (Unatt) 29.56; 16 Andrew Cassidy 29.57; 18 Mike Mitchell 30.10; 19 Ronnie Mill 30.17; 20 Roy McLachlan 31.16; 21 Tom Ross 31.18; 24 Brian Landels 31.33; 26 Jim Rough 32.09; 31 Louise Provan 33.31; 32 Brian Peachey 33.33; 33 Martin Farrally 33.54; 36 Ricky Forrester 34.44; 37 Doug Gunstone 34.49; 38 Jim Taylor 34.50; 44 David Bee 35.23; 45 Jocelyn Scott 35.34; 48 John McFarlane 36.05; 49 John Keenlyside 36.46; 53 Eliza McLachlan 37.32; 55 Eric Nachman 38.06; 56 Crawford Mackie 38.24; 57 Irene Pennycook 38.43; 61 Graeme Duncan 40.12; 62 Alan Lees 40.24; 63 Catriona Duncan 40.54.

### **Britannia Women's 10K Road Race, Glasgow**

An amazing total of 7931 women finished the Britannia Women's 10km road race in Glasgow won by Kenyan Lorna Kiplagat in 31 minutes 14 seconds. Louise Provan, Gauldry, was Fife's first counter in 50th (42.07) followed by: 74 Jocelyn Scott 43.22; 320 Eliza McLachlan 48.20; 445 Caroline Armstrong 49.36; 932 Anne McFarlane.

### **East Scotland Track & Field Championships, Meadowbank**

Under 17 athlete Chris Baily, Glenrothes, returned home

*(Continued on page 4)*

(Continued from page 3)

from Meadowbank Stadium with a medal haul at the East of Scotland Track and Field Championships - one gold, two silver and one bronze. Chris launched the javelin a personal best of 38.67 metres to win the competition as well as placing second in the long jump (5.96m). On the track Chris clocked a personal best of 11.58 seconds to place third in the 100m before another personal best secured second in the 200m (23.89). Also excelling was Kenneth Mowbray who improved his personal best in the triple jump taking the silver medal with a mark of 11.65m.

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

Junior internationalist Graham Bee, Kirkcaldy, led home the Fife runners at the Kinnoull hill race placing second to Dundee Hawkhill's Neil Gunstone. Bee clocked 26 minutes 27 seconds over the 4.5mile 800ft course. Brian Cruickshank, Glenrothes, followed in sixth chased by Tom Scott in seventh, first veteran over 50, Ian Overton, St Andrews, also made the top 10 in ninth.

**RESULTS:** 1 N. Gunstone (Dundee Hawkhill) 25.49; 2 Graham Bee (Fife AC) 1st junior, 26.27; 3 D. Wright (HBT) 27.05; 4 J. Stevenson (Ochil HR) 1st veteran, 27.27; 5 C. Glencorse (Perth RR) 27.27; 6 Brian Cruickshank (Fife AC) 27.46; 7 Tom Scott (Fife AC) 1st over 50, 28.08; 8 P. Mowbray (HBT) 28.26; 9 Ian Overton (Fife AC) 28.29; 10 J. Thin (Carnethy HR) 28.33; 20 Jamie Lamb, 2nd junior, 29.37; 24 Tom Ross 30.35; 28 Roy McLachlan 30.59; 34 Graeme Barker, 3rd junior 37 Jim Rough 32.12; 38 Frank McLaren 32.14; 39 Gary Barker 33.12; 43 Chris Fox 33.51; 47 Alan Meiklejohn 33.58; 54 Jocelyn Scott 34.22; 56 Margaret McLaren 34.46; 62 Dave Francis 35.33; 64 Louise Provan 35.51; 67 Sam I:Graves 35.59; 70 Frank Cation 36.55; 78 Graham Bennison 39.08; 85 Jennifer Kibble, 2nd female junior, 40.10; 86 Eliza McLachlan 40.13; 90 William Lamb 40.39. Ninety five finished.

### **Young Athletes Track & Field League Grangemouth**

The Fife AC boys' team made a significant improvement at the second Scottish young athletes track and field match at Grangemouth placing third out of the eight teams - the team placed fifth in the first match.

Under 13 athlete Connor Hill and under 17's Chris Baily were both outstanding in their respective age groups winning all three of their events. Both athletes had won all three of their events at the first league outing. St Andrews athlete Hill won the 100m in 14.1 seconds as well as winning the 75m hurdles in 14.5 seconds before returning to the track at the end of the meeting to score victory in the 200m (29.5).

Gordon Robertson, Glenrothes placed second in the 100m B (14.9) while Neil Gray, St Andrews finished third in the 800m B race (three minutes 05 seconds).

Andrew Evans featured in a fast 800m A race placing fifth in two minutes 47 seconds before placing second in the long jump B competition (3.61m). Lewis Johnston gained two seemed places - 200m B (33.2) and shot putt B (5.42m) while Frankie Scott took third in the shot putt A (6.09m) and fourth in the long jump A (4.10m).

Andrew Reid, St Andrews contested the under 15 200m placing third in 26.7 while Phillip Salter finished third in the discus B (14.02m) with brother Thomas fourth in the shot putt (6.95m). Glenrothes Chris Baily won the 100m and 200m (23.7) as well as winning the 100m hurdles in a fast 14.9 seconds.

Having won the 1500m at the first match, under 17 Burntisland runner John Buchan tried his hand at the 1500m steeplechase clocking a winning five minutes 08 seconds.

Kenneth Mowbray added further valuable points in the under 17 age group winning the 200m B race (23.7) as well as placing third in the 100m B. Mowbray also finished second in the shot putt A competition with a throw of 10.27 metres. Matthew Sim, Crail, finished third in the 400m (60.1) while Rory Scott, by Dairsie, completed the club's domination in the under 17 age group with a throw of 9.31 metres to win the shot putt B event (9.31m).

The girls team matched their fifth place at the opening fixture with under 17 Cupar sprinter Nony Mordi the top individual points scorer placing second in the 80m hurdles (13.3), and third in the 100m (13.6) and 200m (28.6). Stephanie Jones placed third in the under 17 100m B race clocking 14.3 seconds. There were third placings in the 800m races for Kirkcaldy athletes Kim Paterson and Aillie Scobie. Aillie clocked two minutes 40 seconds in the under 13 event while Kim was timed at two minutes 33 seconds in the under 15 race. Amanda Woodrow placed third in the under 15 800m B race in two minutes 35 seconds. The best field performance for the club came in the under 15 girls long jump where Freya Marks, St Andrews leapt 4.34 metres to finish in second place.

**RESULTS: Boys** - 1 City of Edinburgh 425, 2 Shettleston 370, 3 Fife AC 275, 4 Inverclyde 248, 5 Central AC 213, 6 Nithsdale 190, 7 Harmeny 188, 8 Irvine AC 77. **Girls** - 1 City of Glasgow 349, 2 Central AC 288, 3 City of Edinburgh 259, 4 Nithsdale 198, 5 Fife AC 160, 6 Inverclyde 143, 7 Harmony 138, 8 Irvine AC 77.

### **Scottish 50km Road Race, Glenrothes**

Fife AC's Terry Mitchell retained his Scottish 50km title at Fife Institute, Glenrothes only six days after placing 14th at the Belfast Marathon. The St Andrews veteran was pushed all the way over the 14 lap 50km (31.25 miles) course by Yorkshire athlete Ian Anderson (Knavesmire) who had also achieved a top 30 place at Belfast. Having consistently swapped the lead until the 25 mile point Mitchell made his move to break away passing through the marathon distance in two hours 43 minutes 58 seconds only three minutes slower than his Belfast clocking. Anderson clocked two hours 44 minutes 40 seconds at the marathon marker 42 seconds down. Mitchell held his form over the final five miles to finish on the Glenrothes athletic track in three hours 16 minutes 18 seconds with Anderson having closed the deficit to just 21 seconds clocking three hours 16 minutes 39 seconds. John McLaughlin (Springburn) placed third (3:23.58) while Carol Cadger (Perth Strathtay H) finished 10th overall to win the women's title (4:06.39).

Once again the event was a triumph of meticulous organisation from Jim Taylor, Glenrothes, and the large team of Fife AC helpers.

**RESULTS:** 1 Terry Mitchell (Fife AC) 1st veteran, 3:16.18; 2 I. Anderson (Knavesmire) 3:16.39; 3 J. McLaughlin (Springburn) 3:23.58; 4 S. Mason (Dundee Hawkhill) 3:28.20; 5 C. Noble (Metro Aberdeen) 1st over 50, 3:31.23; 6 A. Stewart (Moray RR) 2nd veteran, 3:39.38; 7 N. Macgregor (Shettleston) 2nd over 50, 3:42.56; 8 M. Hawtree (York) 3:50.59; 9 P. Baxter (Pitreevie) 3:59.5; 10 Carol Cadger (Perth SH) 4:05.39; 13 Debbie Cox (City of Glasgow) 4:24.21; 15 Lynne Kuz (EZ Carnegie) 4:27.44.

### **Ben Lomond Hill Race**

Dave Weir, placed seventh overall, first veteran at the Ben Lomond hill race covering the nine mile 3192 feet course in 71 minutes 44 seconds. Alex McGuire, Kirkcaldy, continued his unbeaten run in the over 50 age group placing 22nd over-

(Continued on page 5)

(Continued from page 4)

all (79.14) while Joe Holden, Glenrothes, closed in the team scoring finishing 43rd (86.41). Kirkcaldy veteran Alan Meiklejohn ran well to place 72nd timed at 92 minutes 44 seconds. Jocelyn Scott, by Dairsie, placed a fine 86th overall (96.03), fourth woman, first veteran.

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

The Auld Toun event attracted a field of 470 runners where John Cunningham in eighth clocked 34 minutes 19 seconds. Chris Russell followed in 14th (34.59) with Tom Scott, 17th (35.56) taking the first over 50's prize. Kirkcaldy's Bryce Aitken completed the team scoring in 19th (35.59) to place Fife second team behind host club Carnegie. Jocelyn Scott was the club's first woman finisher placing 143rd (44.09).

**Results:** 1 J. Reid (Law and District) 31.59; 2 S. Wyllie (Cambuslang) 32.29; 3 N.Cunningham (Pitreavie) 32.42; 8 John Cunningham 34.19; 14 Chris Russell 34.59; 17 Tom Scott, 1st over 50, 35.56; 19 Bryce Aitken 35.59; 22 Ian Overton 36.32; 27 Jim Hannagan 37.23; 37 Ronnie Mill 38.04; 42 Joe Holden, 2nd over 50, 38.42; 48 Mike Mitchell 39.16; 143 Jocelyn Scott 44.09; 150 Martin Farrally 44.20; 166 David Shepherd 45.06; 217 John McFarlane 47.12.

**Teams:** 1 EZ Carnegie 39, 2 Fife AC 58, 3 Pitreavie 68.

### **Black Rock 5 Race, Kinghorn**

Four hundred and ten runners completed the 4.5 mile Black Rock race at Kinghorn where Fife won the team race in the closest of finishes with Hunters Bog Trotters. John Cunningham was again first home in 24 minutes 17 seconds leading a line of club runners - Scott Taylor sixth (24.19), Alan Milligan seventh (24.22) and first junior Graham Bee, Kirkcaldy - eighth (24.24). For Dunfermline member Alan Milligan the race was the first step back to top level following a severe foot injury early last September. The close packing saw Fife total 26 points, the same score as the Bog Trotters but with Fife's fourth scoring runner in eighth and the Trotters fourth scorer in 13th the award went to Fife. Chris Russell, Glenrothes, placed 16th while Tom Scott continued to pile up the over 50 prizes in 21st just ahead of Brian Cruickshank, Glenrothes, in 23rd.

**Results:** 1 D. Naylor (HBT) 22.30; 2 P. Mowbray (HBT) 23.57; 3 N. Gunstone (Dundee Hawkhill) 24.03; 4 D. Blackie (City of Edinburgh) 1st veteran, 24.15; 5 John Cunningham 24.17; 6 Scott Taylor 24.19; 7 Alan Milligan 24.22; 8 Graham Bee, 1st junior, 24.24; 9 A. Anthony (Edinburgh University) 24.30; 10 D. Wright (HBT) 24.46; 11 D. Knight (Perth SH) 25.03; 12 K. Hood (Corstorphine) 25.06; 13 J. Heap (HBT) 25.10; 14 S. Ogg (Carnegie) 25.13; 15 S. O'Brien (Corstorphine) 25.19; 16 Chris Russell 25.20; 21 Tom Scott, 1st over 50, 25.40; 23 Brian Cruickshank 26.02; 31 Ian Overton 26.24. Only results available. **Teams:** 1 Fife AC 26, 2 Hunters Bog Trotters 26, 3 Corstorphine 66.

### **Culter Horseshoe Hill Race**

The Fife AC women's team placed second to Carnethy Hill Runners at the Culter Horseshoe Hill Race, a 12 mile race with ascent of 4000ft. Adrian Davis was the club's first finisher in 24th (two hours 17 minutes 45 seconds) just ahead of Kirkcaldy super veteran Alex McGuire in 28th (2:18.07) - third over 50. Louise Burt in 54th placed fifth woman with Jocelyn Scott 66th/seventh woman and Louise Provan 67th/eighth woman. This result was the club's best ever woman's placing in a Scottish Hill Running Championship counting event. **Results:** 1 M. Rigby (Ambleside) 1:53.27; 2 L. Taggart (Buxton) 1:54.16; 3 P. Davies (Borrowdale) 1:55.26; 4 S. Whitelie (Carnethy HR) 1st veteran, 1:58.42; 24 Adrian Davis

2:17.45; 28 Alex McGuire 2:18.07; 38 Joe Holden 2:32.12; 52 Alan Meiklejohn 2:42.52; 54 Louise Burt 2:44.01; 66 Jocelyn Scott 2:56.27; 67 Louise Provan 2:57.47.

## **JUNE 2002**

### **Scottish League Division 2, Grangemouth**

Fife AC's men's track and field team placed fifth at the Scottish League Division Two match at Grangemouth where Great Britain internationalist Andrew Lemoncello scored a distance double. Lemoncello first won the 1500m clocking four minutes 03.8 seconds ahead of Central AC's Ross Houston before winning the 5000m in 15 minutes 07 seconds three seconds clear of Shettleston's Ryan Montgomery. Dysart athlete John Cunningham placed second in the 5000m B race. A winning field double came in the pole vault where Matthew McPherson, Dunshelt, won the A competition (4.00m) and captain Dave Roberts won the B event (3.60m). Under 20 Newburgh athlete James Gill excelled in the high jump winning with a personal best of 1.90m. Barry Normand, Newport, placed second in the long jump (5.99m) while Gill registered another win taking the B event (5.66m).

**Results:** 1 Shettleston 278; 2 Central AC 263; 3 Corstorphine 238; 4 Inverness H 217; 5 Fife AC 214; 6 Lasswade 156; 7 Black Isle 152; 8 Falkirk Vic 137.

### **Dunfermline Half Marathon**

Four hundred and seventy runners completed the Dunfermline half marathon where Kennoway veteran Andrew Cassidy completed his first half marathon in five years placing 40th in 88 minutes 05 seconds. Cardenden veteran John Gilfillan placed 60th timed at 91 minutes 29 seconds.

### **Strathmiglo Highland Games Hill Race**

Glenrothes runner Chris Russell won the inaugural West Lomond race at Strathmiglo Highland Games covering the eight mile (1600ft) course in 60 minutes 56 seconds. Unattached runner Paul Fettes placed second with Mark Higginbottom (Carnethy HR) in third.

### **Haddington 5 Mile Road Race**

Kirkcaldy veteran Bryce Aitken was the club's first finisher at the annual five mile road race placing 12th/4th veteran in 28 minutes 23 seconds. Ronnie Mill, Kinghorn, followed in 26th (29.42) while Mel Scobie, Kirkcaldy placed 51st/4th over 50 (31.57). Other club placings: 100 David Shepherd 37.13; 128 Sheila Barbour 39.57; 132 Sandra Aitken 40.34; 135 Bob Mustard 41.24. One hundred and sixty finished.

### **Bens of Jura Hill Race**

Two Kirkcaldy members contested the Bens of Jura Hill Race, a punishing 16 miles with climbs totalling a gruelling 7500ft. Scottish hill internationalist Dave Rodgers (Lochaber) won in three hours 19 minutes ahead of Bingley's Ian Holmes (3:27.28) with Bill Bolland (Horwich RMI) in third (3:40.34). Alex McGuire placed 33rd/5th over 50 (4:26.21) while Alan Meiklejohn came home in 85th (5:33.43).

### **Knock Hill Race, Crieff**

Fiona Lothian, Baldinnie, headed a procession of Fife prize winners at the Crieff hill race winning the womens race over the five mile course in 35 minutes 48 seconds with Louise Provan, Gaudry, in second (38.23). Tom Scott won the veterans' award (32.20) while Cupar under 20 runner Jamie

(Continued on page 6)

*(Continued from page 5)*

Lamb was first junior (33.39) and Jocelyn Scott second female veteran (40.21).



