

AUGUST 2002

Mill Lum Race, Kinghorn

Owen Greene, St Andrews, won his seventh race in 14 days with victory at the tough Mill Lum six mile race at Kinghorn. Greene clocked 33 minutes 59 seconds over the hilly, multi-terrain course, 11 seconds clear of Pitreavie's Nigel Cunningham in second. St Andrews University student Andrew Liston finished third followed by Graham Bee fourth, Chris Russell fifth and Alan Milligan seventh.

Fiona Lothian, Baldinnie, finished 15th overall (39.10) to win the women's award with Addy Gerrard 21st, the second female finisher.

Results: 1 Owen Greene (Fife AC) 33.59; 2 N. Cunningham (Pitreavie) 34.10; 3 A. Liston (St Andrews University) 34.28; 4 Graham Bee (Fife AC) 1st junior, 35.02; 5 Chris Russell (Fife AC) 35.12; 6 I. Stewart (EZ Carnegie) 1st veteran, 35.20; 7 Alan Milligan (Fife AC) 35.34; 8 G. Lancaster (HBT) 35.54; 9 J. Newsom (Pitreavie) 2nd junior, 37.25; 10 G. Rennet (Unatt) 1st veteran, 37.54; 11 Brian Cruickshank 38.01; 13 Scott Cassidy 38.23; 14 John Murdoch 38.24; 15 Fiona Lothian 39.10; 17 Jim Hannigan 39.41; 21 Addy Gerrard 41.02; 24 John Gilfillan 42.23; 25 Gary Barker 42.40; 27 John Cunningham 43.09; 33 Graeme Barker 44.25; 35 Jack Stanford 44.34; 38 Martin Farrally 45.21; 39 Jocelyn Scott 45.23; 41 Brian Peachey 45.44; 43 Dave Bee 47.12; 44 Alf Tupper 47.53; 46 Phyllis Lemoncello 48.41; 48 Graham Bennison 49.08; 49 David Shepherd 49.10; 52 Eric Nachman 50.52; 55 Alastair Robertson 51.54; 57 Mike Kuzyszyn 52.10; 59 Sam McCarlie 53.00; 64 Crawford Mackie 55.42; 65 Lara Peachey 55.44. Seventy three finished.

Edinburgh Festival Duathlon

Haddington Half Marathon

George Black, Kettlebridge was Fife's first finisher at the Edinburgh Festival Duathlon which incorporated the Scottish Duathlon Championship and featured over 180 competitors, ranging from novices to Scottish internationals and national champions.

Glenrothes member Bob Allison finished 102nd in his first ever duathlon (1:36:59). Bob then made the short trip through to Haddington to run in the Half Marathon being held that afternoon where he placed 162nd out of 243 finishers in a time of 1:47:42. That evening Bob celebrated his wedding anniversary with a 3 course meal and a fair amount of alcohol and the next day he took part in the Kingdom RT club 100 mile cycle run. Quite an endurance achievement!

Results: 1 Martin Yelling (Milton Keynes Tri) 01:11:54. 2 Paul Lowe (BikeTracksTri) 1:14:44. 3 Graham Beal (Edinburgh RC) 1:16:23. 73 George Black 1:32:20. 102 Bob Allison 1:36:59.

Scottish World Hill Trial, Cairngorm

Fife AC athlete Owen Greene, St Andrews, capped his run of successes gaining a place in the Scottish team for the World Hill Championships in Innsbruck, Austria. Greene placed fourth at the Scottish World Trial held over an uphill course at Cairngorm where the 10.8km (1200m) route most replicated the conditions to be faced in Austria. Fife's other hope for a senior place Andrew Lemoncello was ruled out with glandular fever but Greene made the most of his opportunity to clinch the fourth final automatic qualifying place in 68 minutes 09 seconds. Dave Weir was the next Fife athlete home in 10th followed by Adrian Davis 13th, Chris Russell 19th while Kirkcaldy veteran Alex McGuire placed 25th. Kirkcaldy athlete Graham Bee was a clear winner over the junior men's 7.4km (910m) course clocking 54 minutes 45 seconds five minutes clear of Nairn's D. McAuley. Graham represented Scotland in Italy last year so Austria will be his second World championships in Scotland colours. Louise Provan placed 10th in the women's 7.4km (910m) trial clocking 67 minutes

35 seconds. Lyn Wilson (Carnethy) was the winner in 58 minutes 45 seconds, only nine seconds clear of Janet Rae (Ambleside).

Results: Senior men - 1 C. Donnelly (Cambuslang) 66.14; 2 D. Rodgers (Lochaber) 67.22; 3 P. Davies (Borrowdale) 76.43; 4 Owen Greene (Fife AC) 68.09; 5 T. Bracegirdle (Cosmic HB) 69.12; 6 T. Lenton (Lothian RC) 69.32; 10 Dave Weir 71.19; 13 Adrian Davis 72.08; 19 Chris Russell 77.27; 25 Alex McGuire 84.49; 28 Andrew Liston (St Andrews University) 88.18.

Great Wilderness Challenge, Poolewe

Adrian Davis, Ladybank, finished 1st veteran/3rd overall at this 25 mile mountain marathon with 3,000ft of ascent. Bob Allison, Glenrothes finished 23rd out of 61 finishers.

Results: 1 Kenny Riddle (Inverness Harriers) 2:54:33; 3 Adrian Davis 3:02:19; 23 Bob Allison 3:51:10.

Fife AC Strathmiglo Straggle

Alan Milligan returned to top form winning the final mid-week series race ahead of Neil Gunstone (Dundee Hawkhill). Milligan, out of competition for six months following an injury, romped ahead following the second of two tough climbs to come home over the five mile course in 28 minutes 07 seconds, 19 seconds clear of Gunstone with Ian MacCorquodale (Cambuslang) a further 11 seconds back in third. Fourth place and the overall series title went to Glenrothes runner Chris Russell (28.46) who totalled 294 points over the five events, 20 points clear of Brian Cruickshank, Glenrothes, who placed 10th on the night and second overall in the series. Eleventh place on the night went to John Murdoch, Kirkcaldy, first veteran in 31 minutes 25 seconds. John placed third in the series overall (262 points) which easily won him the overall veteran's award. Graham Bee's total of 181 points over four races gave him the junior series title as the Kirkcaldy runner rested from competition to prepare for the World Hill Trial. The silver junior medal went to Graeme Barker, Kirkcaldy (167 points) with John Buchan, Burntisland, taking the bronze medal (89 points).

Fiona Lothian, Baldinnie, excelled to place 16th, first woman clocking 32 minutes 27 seconds ahead of Addy Gerrard in 26th. However, it was fourth woman home Louise Provan, Gaudry, who took the overall series award with 72 points to Lothian's 65. Mary McIntyre (Dundee RR) took the bronze series award totalling 53 points.

Results: 1 Alan Milligan (Fife AC) 28.07; 2 N. Gunstone (Dundee Hawkhill) 28.26; 3 I. MacCorquodale (RH Cambuslang) 1st junior, 28.37; 4 Chris Russell (Fife AC) 28.46; 5 R. Campbell (Arbroath Footers) 28.50; 6 J. Brown (RH Cambuslang) 29.01; 7 J. Pal (RH Cambuslang) 2nd junior, 29.02; 8 A. Wright (Unatt) 30.02; 9 D. Adam (St Andrews University) 30.25; 10 Brian Cruickshank (Fife AC) 31.14; 11 John Murdoch (Fife AC) 1st veteran, 31.25; 12 J. Hargreaves (Unatt) 3rd junior, 31.37; 13 Ian Overton (Fife AC) 31.42; 14 S. Bennet (Carnegie) 31.50; 15 A. Wilson (Dundee Hawkhill) 32.21; 16 Fiona Lothian (Fife AC) 32.27; 17 Andrew Cassidy (Fife AC) 2nd veteran, 32.31; 18 S. Wombwell (Pitreavie) 3rd veteran, 32.37; 19 P. Maddocks (Dundee RR) 33.11; 20 Joe Holden, 1st over 50, 33.15; 24 Tom Ross, 2nd over 50, 33.39; 26 Addy Gerrard 34.03; 27 Graeme Barker 34.17; 28 Kate Jenkins (Carnethy HR) 34.20; 31 Richard Shaw 34.37; 34 Brian Landels 35.04; 35 John Gilfillan 35.20; 37 John Buchan 35.35; 39 Louise Provan 35.54; 44 Martin Farrally 36.29; 45 Mary McIntyre (Dundee RR) 36.52; 47 Alan Meiklejohn 37.19; 49 Brian Peachey 37.53; 51 Andy Barker 38.20; 52 Jocelyn Scott 38.21; 54 Andrew Evans (under 13) 39.07; 61 David Shepherd 40.58; 63 Eric Nachman 41.15; 66 Alastair Robertson 43.12; 67 Mike Kuzyszyn 43.17; 68 Neil Gray 43.22; 74 Jim Gray 44.31; 77 Jennifer Kibble 46.13; 78 Dave Francis 46.15; 80 Alan Cassidy 46.51.

Teams: 1 Fife AC 15, 2 Ron Hill Cambuslang 16, 3 Fife B

(Continued from page 1)

0.

Overall Series: 1 Russell 294; 2 Cruickshank 274; 3 Murdoch 262; 4 N. Gunstone (Dundee Hawkhill) 255; 5 Holden 237; 6 Graham Bee 181. **Veterans:** 1 Murdoch 262; 2 Holden 237; 3 Tom Scott (Fife AC) 147. **Over 50's:** 1 Holden 237; 2 Scott 147; 3 A. McLeod (Dundee RR) 142. **Juniors:** 1 Bee 181; 2 Barker 167; 3 Buchan 89, 4 Andrew Evans 81. **Women:** 1 Provan 72; 2 Lothian 65; 3 M. McIntyre (Dundee RR) 53. **Veterans:** 1 Lothian 65; 2 M. Rennet (Dundee RR) 40; 3 Jocelyn Scott (Fife AC) 38.

Ceres 8 Road Race

Owen Greene won the Ceres eight mile road race - fittingly his eighth victory in his last nine races. The St Andrews runner made all the early pace tracked by club colleague Scott Taylor. Following the second long climb approaching Woodside the Scottish cross-country internationalist took off gradually extending his advantage over the New Gilston road back to Ceres. Greene clocked 42 minutes 30 seconds at the finish, 49 seconds clear of Taylor in second with Ruaridh Campbell (Arbroath Footers) a further eight seconds back in third. Gaudry member Louise Provan had her best ever run over the road to place 32nd overall, first woman clocking 53 minutes 22 seconds with Carol Lisle (Carnegie) 38th overall, second woman. RAF athlete David Booth received the Ceres Inn Trophy as the first local to finish timed at 50 minutes 58 seconds. The Fife AC Youth team (Kirkcaldy section) retained the Relay Quaich placing 19th overall in 49 minutes 17 seconds.

RESULTS: 1 Owen Greene (Fife AC) 42.30; 2 Scott Taylor (Fife AC) 43.19; 3 R. Campbell (Arbroath Footers) 43.27; 4 D. Beagley (Mizuno) 44.30; 5 Chris Russell (Fife AC) 44.35; 6 M. Harvey (Carnegie) 44.43; 7 C. Ross (Dundee Hawks) 1st veteran, 44.43; 8 R. Milton (Carnegie) 46.45; 9 P. Simpson (Carnegie) 46.47; 10 Brian Cruickshank (Fife AC) 46.50; 11 I. Matheson (Forfar RR) 46.53; 12 I. Taylor (Carnegie) 47.00; 13 Ian Overton (Fife AC) 47.11; 14 D. Stewart (Dundee RR) 47.25; 15 I. Johnstone, 3rd veteran, 47.47; 16 A. Kot (Unatt) 48.14; 17 S. Ferguson (Perth RR) 48.27; 18 D. Phillips (Perth RR) 49.08; 19 P. Maddocks (Dundee RR) 50.17; 20 B. Davie (Pitreavie) 50.24; 21 M. Higginbottom (Carnethy HR) 50.41; 22 I. Hornsby (Unatt) 50.42; 23 S. Wallace (HELP) 50.47; 24 D. Booth (RAF) 1st local, 50.58; 25 S. Wombwell (Pitreavie) 51.22; 26 S. Morton (Dundee Hawks) 51.53; 27 R. Milne (Forfar RR) 52.28; 28 J. Laing (Carnegie) 52.39; 29 C. Reid (Carnegie) 52.48; 30 Roy McLachlan (Fife AC) 52.57; 31 A. Beyts (Forfar RR) 53.21; 32 Louise Provan (Fife AC) 53.22; 33 K. Stewart 53.58; 34 R. Thornton (Dundee Hawks) 54.05; 35 R. McCrae 54.11; 36 G. Findlay (Anster Haddies) 54.19; 37 Jack Stanford 55.57; 47 Martin Farrally (Fife AC) 56.14; 48 A. Davie (Carnegie) 56.20; 49 K. Smith (Unatt) 6.26; 50 G. Glynn (RAF) 56.27; 51 A. Bowman 56.29; 52 C. Mathers (Anster Haddies) 56.33; 53 John Keenlyside (Fife AC) 56.35; 54 Jocelyn Scott 56.36; 55 T. Bowie (Carnegie) 56.44; 56 Fabienne Thompson (Carnegie) 56.56; 57 S. Dunn 56.57; 58 J. Dalgliesh (Linlithgow) 57.04; 59 Alan Meiklejohn (Fife AC) 57.13. 60 J. Bruce (Stornoway RC) 57.27; 61 A. Morrison (Arbroath Footers) 57.36; 62 Jim Taylor (Fife AC) 58.07; 63 D. Brady (Unatt) 58.23; 64 Sarah Legge (Carnegie) 58.41; 65 Chris Clark (Fife AC) 58.43; 66 B. Wallace (Unatt) 58.43; 67 Sally Ibbotson (Dundee RR) 58.46; 68 G. Hunter (Dundee RR) 58.47; 69 Joan Wilson (Perth RR) 58.53; 70 Alf Tupper (Fife AC) 59.01; 71 Norma Bird (Arbroath Footers) 59.26; 72 G. Miller (Unatt) 59.27; 73 Rhona Graham (Unatt) 59.31; 74 M. Campbell (Unatt) 59.44; 75 John McFarlane (Fife AC) 59.46; 76 P. Turner (Perth RR) 60.05; 77 Lynne Kuz (Carnegie) 60.16; 78 M. Newbit (Unatt) 60.36; 79 Alison West (Carnegie) 60.52; 80 Tara McGregor (Unatt) 61.02; 81 David Shepherd (Fife AC) 61.03; 82 G. Laycock (Unatt) 61.04; 83 Susan Wilson (Dundee RR) 61.05; 84 S. Davidson (Unatt)

61.22; 85 R. Leslie (Unatt) 62.38; 86 Lindsey Stotter (Unatt) 62.55; 87 P. Ritchie (Perth RR) 63.12; 88 Linda Caston (Dundee RR) 63.55; 89 K. Wallace (Unatt) 64.10; 90 A. Chalmers (Unatt) 64.17; 91 H. Adamson (Unatt) 64.57; 92 Nicola Drysdale (Anster Haddies) 65.31; 93 J. Honeyman (Unatt) 65.41; 94 Karen Renton (Gala) 66.10; 95 Caroline Stewart (Dundee RR) 66.36; 96 Eleanor Sorrell (Unatt) 66.42; 97 S. Gibb (Wee County H) 66.53; 98 Debz Hay (Anster Haddies) 67.11; 99 Eileen Gowans (Unatt) 67.25. 100 M. Hutchison (Carnegie) 67.38; 101 Cecilia McIntosh (Dundee Hawks) 67.54; 102 M. Snowden (Unatt) 68.26; 103 R. Cleary (Unatt) 68.26; 104 E. Gecchini (Unatt) 68.38; 105 M. Kesby (Unatt) 68.42; 106 K. Hay (Unatt) 68.56; 107 Gail Murdoch (Carnegie) 69.59; 108 Alan Cassidy (Fife AC) 69.59; 109 Hilda Paton (Unatt) 70.22; 110 Jane Binnie (Unatt) 70.57; 111 Margaret Long (Arbroath Footers) 72.34; 112 Jackie Thomson (Arbroath Footers) 72.53 113 Lesley Thurogood (Carnegie) 73.55; 114 Vivian Hutchison (Carnegie) 74.24; 115 Christine Kinloch (Kinross RR) 75.34; 116 K. Munro Unatt) 78.51; 117 S. Connally

Scottish Junior Track & Field Championships, Grangemouth

Under 17 athlete Chris Baily won two medals at the Scottish Junior Track and Field Championships at Grangemouth Stadium taking silver in both the long jump and javelin. Chris reached out to 6.59m in the long jump behind Mitchell Wilkins (Southend) -6.81m before a javelin mark of 40.55m. Jude Beimers placed sixth in the under 17 triple jump with a best of 12.43m while Michael Wyse, Kirkcaldy, finished fourth in the under 20 long jump (6.18m).

Lomonds of Fife Hill Race, Gateside

At the Lomonds of Fife hill race (nine miles, 2200 feet) prolific Glenrothes racer Chris Russell (fourth) led home the Fife team of Dave Weir (fifth) and William Law (11th) winning the team prize ahead of Carnethy Hill Runners on aggregate time. Kirkcaldy over 50 veteran Alex McGuire placed 16th, second over 50 (80 minutes 13 seconds). Veteran Jocelyn Scott, by Dairsie, followed up her good run at the Ceres Eight placing 29th overall to win the women's award ahead of Louise Provan, Gaudry, 38th overall.

Results: 1 M. Donnelly (Northumberland FR) 67.15; 2 T. Lenton (Lothian RC) 68.45; 3 L. Ottermoller (Carnethy) 72.32; 4 Chris Russell (Fife AC) 73.23; 5 Dave Weir (Fife AC) 1st veteran, 73.40; 6 S. Simpson (Ochil HR) 75.55; 7 B. Connor (Carnethy) 76.06; 8 L. Cunningham (Garscube) 76.25; 9 T. Higginbottom (Wrexham) 76.41; 10 M. Higginbottom (Carnethy) 76.41; 11 William Law 77.13; 16 A. McGuire, 2nd over 50, 80.13; 19 Laurie Anderson 83.53; 38 Louise Provan, 2nd woman, 95.15; 39 Jim Haig 96.01; 45 Fabienne Thompson (Carnegie) 3rd woman, 96.18; 44 Alan Meiklejohn 100.40; 53 finished.

Young Athletes Trophy Meeting, Pitreavie

Glenrothes junior athlete Chris Baily was in top form at the Pitreavie Young Athletes Trophy Meeting winning three gold medals. Chris put in the top field performance of the day winning the under 17 long jump with an impressive 6.66 metres only just short of his personal best of 6.72m. A 12.1 heat win in the 100 metres saw Chris through to the final where he clocked a winning 11.7 seconds with Fife colleague Kenneth Mowbray, Glenrothes, second in 11.8. Chris' third gold came in the shot putt where he reached 11.86m with Kenneth again taking silver on 11.35m.

There were welcome golds, too, in the girls competitions where Nony Mordi, Cupar, won the under 17 long jump (4.73m) and Nene Udofot won the discus (17.58m). Nony added a silver medal to her tally in the 80m hurdles. Kim

(Continued on page 3)

(Continued from page 2)

Paterson, Kirkcaldy, clocked a fine two minutes 26.5 seconds to win the under 15 girls 800m while Aillie Scobie, Kirkcaldy, won the under 13 girls 800m. Amanda Woodrow placed third in the under 15 girls 800m timed at two minutes 32 seconds.

Peebles Hill Running Festival, Glentress

Fife under 20 internationalist Graham Bee, Kirkcaldy, headed a field of 60 runners at the Peebles Hill Running Festival at Glentress covering the 6.5 mile (1600ft) course in 44 minutes 58 seconds, 23 seconds clear of Chris Russell, Glenrothes, (45.21). Third place went to Carnethy Hill Runner Adam Ward (45.34). Jocelyn Scott, Margaret McLaren and Phyllis Lemoncello finished fifth, sixth and seventh women respectively. Graham's 'warm-down' from the senior race consisted of winning the under 18 event in 30 minutes 40 seconds ahead of Kirkcaldy colleague Graeme Barker (38.57). Cupar member Jennifer Kibble ran well to place third in the under 14's/under 12's race timed at 14 minutes 14 seconds behind Martha Aitken (Perth Strathtay H) - 13.05 and Hilary Armitage (Aberdeen AAC) - 13.06.

Other Fife AC senior placings: 33 Jamie Lamb 57.09;35 Jocelyn Scott 57.48; 38 Alan Meiklejohn 58.10; 42 Frank McLaren 59.20; 46 Graeme Barker 62.23; 47 Margaret McLaren 63.35; 48 Phyllis Lemoncello 64.09; 50 David Bee 65.24; 54 Alistair Robertson 70.13; 55 Louise Provan 73.43; 57 Alex McGuire 76.06.

Nairn Triathlon

Over 50 veteran Phyllis Lemoncello placed third overall, first super-veteran at the Nairn Triathlon timed at one hour 23 minutes two seconds for the 500m swim, 10 mile cycle and five mile run course.

Forfar 10K

The Forfar 10km road race attracted an entry of 250 runners where Dundee club member Neil Young placed 12th in 36 minutes 14 seconds. Ceres over 55 veteran Graham Bennisson contested his first road race for some time placing 80th (44.14).

SEPTEMBER 2002

Scottish Junior Hill Race Championships

Junior internationalist Graham Bee, Kirkcaldy, had his final run-out before representing Scotland at the World Hill Championships in Austria. He was placed second at the Scottish Junior Championships at Dreghorn. Graham clocked 34 minutes 38 seconds over the 6.5km (480m ascent) course with winner Ian Donnan (Lothian RC) timed at 33 minutes 07 seconds. Jamie Lamb, Cupar, placed fifth for Fife in 41 minutes 52 seconds. In the intermediate boys' 4km (300m ascent) championship Burntisland athlete John Buchan placed sixth (24.48) while Mark Harley, Kirkcaldy made a fine debut for Fife AC finishing 12th (27.58). Elliott Simpson, Kirkcaldy, was the club's first finisher in the junior boys' 2.5km (180m) championship timed at 15 minutes 58 seconds for seventh place closely followed by St Andrews runner Andrew Evans in ninth (16.00). Cupar member Jennifer Kibble contested the girls' 2.5km (180m) championship placing a fine fourth in 18 minutes 38 seconds.

Loch Leven Half Marathon, Kinross

Fife AC over 40 veteran Dave McNicol, Leven, placed 10th at the Loch Leven Half Marathon contested by 420 runners. The long-time club member, based for most of the year in Madrid, clocked 79 minutes 45 seconds with winner Nigel Cunningham (Pitreavie) timed at 74 minutes 20 seconds.

Golspie 10K Road Race

Up north at the Golspie 10km road race Phyllis Lomoncello continued her good form taking the super-veteran award timed

at 44 minutes 25 seconds.

EZ Carnegie 2 Mile Race, Dunfermline

Fife AC club president Gary Barker was the first veteran placing ninth over the two mile course in 12 minutes 11 seconds. Frank McLaren followed in 11th, first over 50 (12.31) with Margaret McLaren 12th, second woman (13.51). Hayley Parkinson-Ovens (EWM) placed fifth overall setting a new women's course record of 11 minutes 08 seconds.

Track & Field Meeting, Grangemouth

Under 17 athlete Chris Baily had a successful trip to Grangemouth Stadium posting a new personal best over 100m of 11.36 seconds. Chris placed second in the sprint behind Scottish senior internationalist Chris Carson. Fife AC colleague Kenneth Mowbray finished in third timed at 11.7 seconds. Baily later had his first ever outing over 400m placing fifth in a respectable 55.6 seconds.

World Hill Running Championships, Austria

Fife AC's two representatives at the World Hill Running Championships in Innsbruck, Austria, suffered mixed fortunes representing Scotland. Under 20 Kirkcaldy athlete Graham Bee excelled to place 20th in the junior men's 9.2km championship over an uphill only course of 1,044 metres. Graham clocked 55 minutes 04 seconds with winner Stefano Scaini (Italy) well clear on 50 minutes 45 seconds. Scotland's other runner Donald Macaulay placed 50th (61.24). Owen Greene, St Andrews, finished 124th out of 149 runners in the senior men's race held over an 11.7km uphill course with a gruelling ascent of 1,331m. Owen recorded a time of 72 minutes 40 seconds with Jonathan Wyatt (New Zealand) a runaway winner on 56 minutes 31 seconds. While Owen will be disappointed with his placing it was his first appearance at a Championship and the experience will only serve to take this star athlete on to greater things. The Scottish men's team placed a disappointing 18th. Italy took the senior men's, senior women's and junior men's team trophies with Turkey preventing a clean sweep as junior women's team winners.

Tayside Impact Championships, Dundee

Under 17 Glenrothes athlete Chris Baily rounded off his track and field season in style at the Tayside Impact Championships at Caird Park, Dundee winning all four of his events. Chris won the long jump with a fine 6.44m as well as winning the javelin (40.27m). On the track Chris completed a sprint double with victories in the 100m (11.4) and 200m (23.1).

Aberfeldy Half Marathon

Over a new course at the Aberfeldy Half Marathon, Addy Gerard was in outstanding form placing 14th overall, first woman in 82 minutes 22 seconds well clear of Heather Marshall (unatt) in 35th who clocked 90 minutes 23 seconds. Kirkcaldy member Mike Mitchell finished 26th (86 minutes 11 seconds) while veteran Jim Hannigan, Glenrothes, placed 29th timed at 88 minutes 02 seconds. Rob Wilkinson came home in 100th out of the field of 150 timed at one hour 51 minutes 18 seconds followed by Crawford Mackie 114th (1:54.37).

World Veteran Hill Running Championships

Over 50 Fife AC veteran Phyllis Lemoncello represented Scotland at the World Veteran Hill Running Championships in Kitzbuhel, Austria placing fourth over the uphill only course. Phyllis clocked 48 minutes 20 seconds with E. Diversa (Austria) the winner timed at 46 minutes 37 seconds. Adrian Davis, Ladybank, represented Scotland in the over 40's championship placing 43rd in 60 minutes 55 seconds. The title went to Northern Ireland's Robin Bryson (50.08) followed by F. Torresani (Italy) 51.03. 2001 champion Colin Donnelly (Scotland) placed third clocking 51 minutes 46 seconds.

(Continued on page 4)

Morven Hill Race, Aboyne

Two club members won veteran titles at the Scottish Hill Running Championships - the Morven Hill Race at Aboyne. Dave Weir placed a fine sixth overall clocking a new veteran record of 47 minutes 32 seconds over the five mile course, two seconds ahead of veteran rival Ronnie Gallagher (Westerlands) in seventh. Jocelyn Scott finished fourth in the women's race timed at 62 minutes 58 seconds to win the women's veteran title.

Results: 1 J. McDonald (Ochil HR) 44.54; 2 A. Anthony (Ochil HR) 45.50; 3 J. Lennox (Shettleston) 47.09; 4 A. Davenhill (Shettleston) 47.28; 5 D. Whitehead (Cosmic Hill Bashers) 47.29; 6 Dave Weir (Fife AC) 1st veteran, 47.30; 7 R. Gallagher (Westerlands) 2nd veteran, 47.32; 8 D. Cummins (Shettleston) 48.11; 9 A. Smith (Deeside) 3rd veteran, 48.49; 10 A. White (Cosmic HB) 49.23. **Women:** 1 R. McKenzie (Deeside) 57.12; 2 F. Deal (Inverness H) 58.89; 3 K. Reinius (Deeside) 60.08; 4 Jocelyn Scott (Fife AC) 1st veteran, 62.58; 5 K. Boocock (Cosmic HB) 65.08; 6 E. Stewart (Cosmic HB) 67.41.

Capital City Challenge 10K, Edinburgh

Kirkcaldy athlete John Murdoch was the first club runner home at the Capital City Challenge 10km race in Edinburgh in 76th place followed by Paul Parkinson (83rd) and John Cunningham (90th). There was a large field of 4600 runners.

St Andrews Hospice 10K, Strathclyde Park

Two thousand three hundred runners contested the St Andrews Hospice 10km road race at Strathclyde Park where Ronnie Mill placed 37th (37.46) and Mel Scobie 84th (40.16).

Great Trail 10K Run, Loch Lomond

Four hundred and fifty seven runners contested the Great Trail 10K Run at Loch Lomond where Tom Scott finished a fine 14th overall, second over 50 in 35 minutes 54 seconds. Sixth over 50 veteran in 22nd overall (36.57) was Olympic 10,000m medallist Mick McLeod (Elswick). Jocelyn Scott placed 91st, fourth woman very close to her best ever time with 42 minutes 07 seconds.

Linlithgow 10K Road Race

There was a large field of runners at the Linlithgow 10km road race where for the second week running over 10km John Murdoch, Kirkcaldy, was the first club member home placing 12th, third veteran in 35 minutes 09 seconds. Charlie Thomson (RH Cambuslang) led home the large field in 32 minutes 10 seconds.

Loch Ness Marathon

Fife AC's Addy Gerrard produced a superb display at the inaugural Loch Ness Marathon placing 15th out of a field of 600 runners. The 26.2 mile undulating course from Foyers near Fort Augustus finished at the Queens Park track in Inverness where Addy was easily the first woman home in two hours 57 minutes 06 seconds. Kenyan Eric Kiplagat took the men's title in two hours 33 minutes 36 seconds having pulled effortlessly away at the 20 mile mark. Kirkcaldy member James Watson excelled to place sixth timed at two hours 51 minutes 17 seconds while Jim Taylor, Stanton, finished 76th (3:38).

Ben Nevis Hill Race

1 A. Peace (Bingley) 1:29.41, 2 S. Booth (Borrowdale) 1:30.40, 3 D. Rodgers (Lochaber) 1:31.50, 17 Adrian Davis, fourth veteran 1:44.48, 59 Laurie Anderson 1:58.02, 107 Tom Scott 2:06.58, 164 Jocelyn Scott 2:15.45, 232 Bob Allison 2:28.03, 233 Kenneth McGuire 2:28.06. 355 finished.

OCTOBER 2002

Angus Festival of Road Running 10K

Glenrothes athlete Chris Russell placed second at the Angus Festival of Road Running 10km at Arbroath clocking a fast 32 minutes 50 seconds. Winner Mike Simpson (Splash & Dash Stonehaven) finished in 32 minutes 27 seconds while third place went to Liz McColgan (Dundee Hawkhill) who showed she has lost none of her old form timed at 33 minutes 03 seconds. Kirkcaldy veteran John Murdoch was Fife's second counter home in fourth (33.50) taking the first veteran award while Bryce Aitken, Kirkcaldy, placed sixth, second veteran (34.24). Sandra Aitken was well up the field of 120 runners placing 63rd timed at 46 minutes 50 seconds.

Results: 1 M. Simpson (Splash & Dash Stonehaven) 32.27, 2 Chris Russell (Fife AC) 32.50, 3 Liz McColgan (Dundee Hawkhill) 33.03, 4 John Murdoch first veteran 33.50, 5 C. Youngson (Metro Aberdeen), first over 50 33.50, 6 Bryce Aitken, second veteran 34.24, 7 R. Davidson (Dundee Road Runners) third veteran 34.39, 8 P. Jennings (Metro Aberdeen) 35.41, 9 E. Alexander (Unatt) 35.42, 10 I. Campbell (Arbroath AC) 36.00.

Home Countries Junior Hill Championships, Snowdonia

Fife AC and under 20 Kirkcaldy athlete Graham Bee helped Scotland to their best ever performance at the Home Countries Junior Hill Running International Championships at Snowdonia. Graham placed seventh in the under 18 race and with Ian Donnan in first and John Newsom fifth Scotland won the team title with 13 points ahead of Ireland (15) and England in third.

East of Scotland Cross-Country Relays, Gala

The club produced their worst ever performance at the East of Scotland Cross-Country Relay Championships held over a hilly course at Gala. An embarrassing turn-out of six men and one woman meant that no Fife teams completed the boys, girls' and women's events - the club has won medals in all four races in the past. Glenrothes senior Chris Russell ran well to finish the first stage of the men's 4 x 2.25 mile relay in eighth timed at 11 minutes 59 seconds. Over 50 athlete Tom Scott performed heroically to lose only one place over the second leg (12.50) while over 50 veterans Roy McLachlan (13.42) and Andy Barker (15.17) also ran 'out of their socks' in the absence of fitter, faster seniors and over 40 veterans to finish a creditable 15th. Graham Bennison (16.54) and Frank McLaren (14.34) were helped by second runs from Chris Russell (12.45) and Tom Scott (13.10) to complete a B team in 26th place. Jocelyn Scott was the women's sole representative finishing the first stage of the women's 3 x 2.25 mile relay in seventh place clocking 15 minutes 27 seconds. A full strength City of Edinburgh team took the men's title placing their B team in third with Hunters Bog Trotters the silver medallists. Gala were never headed in the women's event while Edinburgh Woollen Mill and Central AC took the girls' and boys' titles respectively.

Pentland Skyline Hill Race

One hundred and one runners completed the Pentland Skyline Hill Race - one of Scotland's toughest races over a 16 mile course with a punishing ascent totalling 6200 feet. Adrian Davis, Ladybank, finished a fine fifth, second veteran timed at 2 hours 37 minutes 28 seconds while Dave Weir followed in 14th, third veteran in 2:45.27

Results: 1 J. Duncan (Cosmic Hill Bashers) 2:29.14; 2 A. Kitchin (Lothian RC) 2:36.35; 3 G. Ackland (Lothian RC) 2:37.02; 4 T. Lenton (Lothian RC) 2:37.15; 5 Adrian Davis (Fife AC) 2nd veteran, 2:37.28; 6 P. Davies (Borrowdale) 2:38.19; 14 Dave Weir, 3rd veteran, 2:45.27; 48 Bob Allison 3:25.03.

East Cross-Country League, Hawick

The opening round of the Railtrack East of Scotland Cross-

(Continued from page 4)

Country League at Hawick saw two of Fife AC's youngest runners produce the top result for the club. Sixty runners contested the first event - the under 11's one mile where Kiri Stone, Cupar, undaunted by the male opposition, set about chasing leader Russell Anderson (Teviotdale). Anderson clocked a finishing time of five minutes 56 seconds chased home by Kiri (six minutes 05 seconds). The second girl to finish, 13th overall, was Kiri's younger sister Maya who, following a steady start, worked her way through the field to clock seven minutes 02 seconds. Caris Horne had her best ever run to place 20th. A superb performance from all girls.

The under 13 boys' team of Frankie Scott (eighth), Andrew Evans (10th) and Jamie Mackie (35th) placed third team while in the under 17 men's race John Buchan (13th), Mark Harley (20th) and Rory Scott (27th) also took third team position.

Jennifer Kibble, Balmullo, ran well in the under 13 girls' race to place sixth and with more race experience should progress to a top three placing over the Winter season.

Another poor turn-out of seniors saw the club men place 15th, their lowest since the 1980's. Glenrothes athlete Chris Russell excelled in the field of 200 to place 22nd followed by Ian Overton (42nd) and Tom Scott (44th). Kirkcaldy veteran Gary Barker placed 124th while Graham Bennison (155th) and Dave Francis (163rd), more used to placing in the scoring six 15 years ago, closed in the team scoring. At the corresponding fixture at Gorebridge last year Fife AC headed the overall table having dominated the league for the past six years.

Results: Senior men - 1 P. Mowbray (HBT) 24.34; 2 B. Hukins (Aberdeen) 25.24; 3 J. Mareque (City of Edinburgh) 25.33; 4 F. McGowan (Mizuno) 25.48; 5 M. Ferguson (City of Edinburgh) 26.06; 6 A. Anthony (Central AC) 26.10; 22 Chris Russell 27.09; 42 Ian Overton 28.18; 44 Tom Scott 28.21; 124 Gary Barker 32.47; 155 Graham Bennison 36.19; 163 Dave Francis 37.24. **Teams:** 1 City of Edinburgh 77, 2 Corstorphine 125, 3 Teviotdale 186, 15 Fife AC 550.

Senior women - 1 C. Rougvie (Lothian) 15.41; 2 D. Lauder (Teviotdale) 15.57; 3 S. Blake (Penicuik) 16.02; 8 Jocelyn Scott, 2nd veteran, 17.05. **Teams:** 1 Lothian RC 20, 2 Pitreavie 29, 3 City of Edinburgh 56.

Under 17 men - 1 A. Hay (Central AC) 13.28; 2 S. Desport (Harmeny) 18.49; 3 M. Kennedy (Aberdeen) 13.58; 13 John Buchan 18.09; 20 Mark Harley 16.30; 27 Rory Scott 16.46. **Teams:** 1 Aberdeen AAC 30, 2 City of Edinburgh 39, 3 Fife AC 60.

Under 13 boys - 1 M. Thomson (City of Edinburgh) 8.35; 2 C. O'Hare (City of Edinburgh) 8.45; 3 S. Devenny (City of Edinburgh) 8.47; 8 Frankie Scott 9.07; 10 Andrew Evans 9.11; 35 Jamie Mackie 10.50; 36 Cameron Downie 10.60. **Teams:** 1 City of Edinburgh 6, 2 Falkirk Victoria 33, 3 Fife AC 50.

Under 13 girls - 1 L. MacLeish (Dundee Hawkhill) 9.11; 2 E. McColgan (Dundee Hawkhill) 3 A. Benham (Lasswade) 9.42; 6 Jennifer Kibble 10.23. **Teams:** 1 Dundee Hawkhill 3, 2 Lothian RC 14, 3 Dunbar 18.

Under 11 girls - 1 Kiri Stone (Fife AC) 6.05; 2 Maya Stone (Fife AC) 7.02; 3 M. Gaffney (Dunbar) 7.14; 20 Caris Horne 8.44. **Teams:** 1 Fife AC 3, 2 Dunbar 7, 3 Linlithgow 20.

Stirling Duathlon

Glenrothes runner Brian Cruickshank contested his first duathlon at Stirling placing 11th out of 106 finishers. An opening four mile run of 22 minutes 44 seconds followed by 46 minutes 18 seconds over the cycle section was rounded off with a final run of 21 minutes 27 seconds to give a final time of one hour 30 minutes 29 seconds. Winner Steven MacGregor posted a final time of 1:19.31, three minutes clean of the chasing pack.

Meall A'Bhucaillie Hill Race, Aviemore

Recently qualified over 40 veteran Adrian Davis, Ladybank, placed third overall at the Meall A'Bhucaillie Hill Race at Aviemore covering the 6.25 mile (2000ft) course in 55 minutes 43 seconds. Jim Haig finished 39th (77.10) chased by Roy

McLachlan in 40th (77.46).

10K Paarlauf, St Andrews

Dusty Spates and Simon Haworth won the 10km track Paarlauf at St Andrews University Sports Centre. Alternating 200m the pair clocked 27 minutes 57 seconds while Ian Overton and Tom Scott placed second (29.50). Roy McLachlan and Angus McLachlan took third timed at 32 minutes 02 seconds.

Under 13 athlete Frankie Scott won the junior mile in five minutes 56 seconds only one second clear of Andrew Evans while Kiri Stone placed third overall, first girl in six minutes 23 seconds. Maya Stone finished sixth overall, second girl.

Results: 1 Dusty Spates / Simon Haworth 27.57; 2 Ian Overton / Tom Scott 29.50; 3 Angus McLachlan / Roy McLachlan 32 02, 4 Chris Russell / Gillian Carmoodie 33.01, 5 Meika Bateman / Helen Carnaghan (St Andrews University) 34.00; 6 George Black / Graham Bennison 34.20; 7 Frank McLaren / Ronnie Morrison 34.21; 8 Jocelyn Scott / Louise Provan 35.31; 9 Dave Francis / Jennifer Kibble 37.24; 10 Susan Wilson / Jill Barnett (Dundee Road Runners).

Junior One Mile: Boys - 1 Frankie Scott 5.66; 2 Andrew Evans 5.57; 3 Darren Robertson 6.30; 4 Jamie Flucker 6.31.

Girls - 1 Kiri Stone 6.23; 2 Maya Stone 6.33; 3 Caris Horne 8.29.

Scottish Cross-Country Relays, Cumbernauld

Following two weeks of indifferent form Fife AC got back on track with a creditable performance at the Scottish Cross-Country Relay Championships at Cumbernauld. Under 20 internationalist Graham Bee, Kirkcaldy, brought the club home in 13th place over the opening stage of the 4 x 4km race clocking 15 minutes 04 seconds. Chris Russell recorded 16 minutes 05 seconds over stage two to place 18th. The sunny conditions disappeared over stage three as torrential rain turned the already cut-up course into a mud-bath. Undeterred Andrew Lemoncello set about overhauling 10 teams improving to eighth, clocking the fastest time of the stage - 14 minutes 33 seconds. Owen Greene returned home from Manchester University maintaining the team in eighth timed at 15 minutes 43 seconds as a fall at the final turn left Aberdeen and Kirkintilloch unchallenged over the 100m run-in. The Fife veterans team placed 39th overall, seventh veteran team while Fife C finished 67th and Fife D 84th. The women's 3 x 4km team of Jocelyn Scott, Margaret McLaren and Alex Greene placed a remarkable 22nd against all the odds. With just Margaret McLaren and Jocelyn Scott having made the journey to Cumbernauld another 'did not finish a team' looked on the cards for the Fife club. Alex Greene there to watch son Owen in the senior event, with hardly a second thought borrowed Owen's spikes and kitted out in borrowed shorts and Fife vest set about completing the final stage of the 3 x 4km race in determined fashion. Margaret McLaren completed the second stage run in 17th place while Alex lost only five places, her 23 minutes 14 seconds bettering the times of more experienced athletes behind her. The boys' trio of Frankie Scott, Elliott Simpson and John Buchan finished 23rd in the 3 x 2.5km championship having improved gradually from 30th.

Results: Senior men's 4 x 4km - 1 Mizuno RC, 58.21; 2 RH Cambuslang, 59.33; 3 Shettleston, 59.44; 4 Kilbarchan, 60.17; 5 City of Edinburgh, 60.32; 6 Kirkintilloch Olympians, 61.15; 7 Aberdeen AAC, 61.17; 8 Fife AC (Bee 15.04, Russell 16.05, Lemoncello 14.33, Greene 15.43), 61.25; 9 Central AC, 61.35; 10 Clydesdale H, 61.46; 39 Fife Veterans (Dave Weir 16.05, Bryce Aitken 17.25, John Murdoch 17.27, Tom Scott 16.55), 67.52; 67 Fife C (Ian Overton 16.20, Jamie Lamb 17.11, Dave Bee 21.26, Frank McLaren 18.59), 73.56; 84 Fife D (Alan Meiklejohn 20.08, Graham Bennison 22.10, Doug Gunstone 19.54, Ronnie Morrison 22.38), 84.50

Senior womens 3 x 4km - 1 City of Glasgow, 53.17; 2 Kilbarchan, 54.03; S Gala Harriers Veterans, 56.01; 22 Fife AC (Jocelyn Scott 20.02, Margaret McLaren 21.15, Alex Greene

(Continued on page 6)

(Continued from page 5)
23.14), 64.31.

Boys' 3x 2.5km - 1 Central AC 29.54; 2 Kilbarchan, 30.33; 3 City of Edinburgh, 31.02; 23 Fife AC (Frankie Scott 12.05, Elliott Simpson 11:27, John Buchan 10.20), 33.52; incomplete team - Connor Hill 12.24, Mark Harley 11.28.

Jedburgh Half Marathon

Chris Russell had his second outing of the weekend at the inaugural Jedburgh half marathon placing second to 1998 Commonwealth Games marathon runner Dave Cavers (Teviotdale). Cavers clocked 75 minutes 04 second with Chris moving into second at the nine mile point finishing in 76 minutes 24 seconds; 171 runners finished the hilly course flooded over many sections.

Fife AC Nightmare Race, Glenrothes

Chris Russell was first home at the four mile Nightmare Race held at Coul Den, Glenrothes. Chris finished in 23 minutes 51 seconds with William Law making a welcome return to competition in second (24.18). Jocelyn Scott placed 10th overall. first woman in 29 minutes 13 seconds.

Results - 1 Chris Russell, 23.51; 2 William Law, 24.18; 3 J. Hargreaves (unattached), first junior, 24.21; 4 Brian Cruickshank, 24.35; 5 Ian Overton, 25.02; 6 Tom Ross, first over 50, 26.45; 7 Gary Barker, first veteran, 28.03; 8 Rory Scott, second junior, 28.35; 9 R. Thornton (Dundee Hawhill), 29.10; 10 Jocelyn Scott, 29.13; 11 Alan Meiklejohn, 29.31; 12 B. Simpson (Anster Haddies), 30.16; 13 Nicola Drysdale (Anster Haddies), 33.18; 14 Graham Bennison, 33.41; 15 Debz Hay (Anster Haddies), 34.10; 16 Alastair Robertson, 34.17; 17 Frank Cation, 37.17; 18 (equal) Susan Wilson and Jill Barnett (Dundee Road Runners), 38.12.

NOVEMBER 2002

Dundee 10 Mile Road Race

A good turnout of Fife men at the Templeton Ten Mile Road Race helped continue the club's revival of fortunes. Led home by Chris Russell pushing hard on the downhill sections to come in fifth, followed in 12th by Tom Scott (first over 50) and Steve Doig in 14th, John Murdoch clinched the first team shield for Fife in 16th (second over 40). For the women, Jocelyn Scott took third veteran prize, coming in sixth (first over 45) and 108th overall. Three hundred and 40 runners tackled this tough hilly course round the back of Dundee, turning in some fast times.

Results Men: 1 N. Cunningham (Pitreavie) 54:24, 2 J. Symonds (Kendal) 54:27, 3 R. Campbell (Arbroath Footers) 55:53, 4 D. Knight (Perth Strathtay H) 56:11, 5 Chris Russell 57:18, 12 Tom Scott 59:36, 14 Steve Doig 59:46, 16 John Murdoch 60:04, 34 Brian Cruickshank 63:36, 38 David Ovens 63:46, 80 Richard Shaw 68:04, Rob Wilkinson 74:04, 142 Jim Taylor 74:28, 158 Leonard Rhone 76:20, 168 Chris Clark 77:02, 188 Alf Tupper 79:04. **Women:** 1 H. Ovens (Edinburgh AC) 63:50, 2 Alison Whyte (Pitreavie) 67:16, 3 Mary McIntyre (Dundee Road Runners) 67:55, 6 Jocelyn Scott (Fife AC) 70:30.

Lochaber Half Marathon

Enjoying their half-marathon challenges, Bryce and Sandra Aitken ran well in the Lochaber Half Marathon. Bryce came in 14th in 1:22.12 with Sandra 128th in 1:47:43 out of a field of nearly 200 runners.

Hydrasun Cross-Country Races, Aberdeen

A small band of junior athletes made their trip north to the Hydrasun cross country at Aberdeen, where they enjoyed a successful afternoon. In the under 11 boys, Michael Brooks from Cupar came second in 8:24, finishing only 14 seconds behind the winner Michael Downie of Aberdeen, and a full half a minute in front of third placed M. McPhail, also of Aberdeen. In the

under 11 girls, Kiri Stone of Cupar continued her excellent running to come second in 8:06, just 14 seconds behind the more experienced Rachel Armitage, daughter of Scottish hill internationalist Sonia. Both of these girls would have been fast enough to take first and third if the under 11's had been a boys and girls combined race! Caris Horn placed 12th in 10:10. She has improved her time and places rapidly. In the under 13 boys, Daniel Brooks from Cupar in his first race managed a real hardworking creditable 17th place with 16:33 over the longer distance. For the under 13 girls, Jennifer Kibble had a good battle with the well supported local Aberdeen girl, holding her off to secure third place in 14:59. First place went to E. McLeish (13:40) who finished ahead of Dundee Hawhill colleague E. McColgan (14:09). For the small Fife AC squad, there were three medals and two excellent runs

Glen Clova Half Marathon

Two hundred and sixty nine runners completed the Glen Clova half marathon with Kirkcaldy member Bryce Aitken the first Fife runner home in 12th place, third veteran. Bryce clocked 81 minutes 54 seconds. Jocelyn Scott, by Dairsie, excelled to place 68th overall, fifth woman in 94 minutes 25 seconds. Jocelyn took second women veteran's prize.

Results - 1 A. Robson (Mizuno RC), 72.48; 2 K. Tulloch (Metro Aberdeen), 75.05; 3 J. Matheson (Metro Aberdeen), 75.29; 12 Bryce Aitken, 81.54; 40 Richard Shaw, 89.35; 66 Jocelyn Scott, 94.25; 179 Sandra Aitken, 1.46.49; 187 David Shepherd, 1.48.02; 196 Eric Nachman, 1.50.38; 223 Crawford Mackie, 1.54.55.

Glasgow University 5 Mile Road Race

Fife AC's Andrew Lemoncello was amongst a top quality field of 250 runners that contested the Glasgow University five mile road race at Anniesland. Lemoncello placed fourth in 25 minutes 08 seconds only four seconds down on former Scottish cross-country champion Robert Quinn (Kilbrachan). Mizuno's AC Muir won in 24 minutes 41 seconds with Clydesdale's Alan Adams the runner-up in 24.54

Tinto Hill Race, Symington

The Tinto Hill Race at Symington was held over a tough 4.5 mile (1500ft) course where Dave Weir placed fifth in 34 minutes 16 seconds with winner Mark Rigby (Cosmic Hill Bashers) clocking 32 minutes 09 seconds. Gaudry athlete Louise Provan in 112th led home the women's squad of Caroline Armstrong 146th, and Eliza McLachlan, 156th to place second team behind Carnethy Hill Runners.

Results - 1 M. Rigby (CHB), 32.09; 2 A. Ward (Carnethy HR), 33.11; 3 B. Marshall (Haddington ELP), 33.57; 4 J. Stevenson (Ochil HR), 34.07; 5 Dave Weir, 34.16; 70 Roy McLachlan, 42.28; 85 Stuart Knowles, 44.28; 86 Alan Meiklejohn, 44.31; 102 Dave Francis, 46.11; 112 Louise Provan, 47.43; 146 Caroline Armstrong, 51.41; 156 Eliza McLachlan, 54.18.

ERC Duathlon Series, Kirkliston

Glenrothes member Brian Cruickshank finished 11th in his second duathlon outing. Perfect weather conditions saw a large turn out for the first of the winter duathlon series organised by Edinburgh Road Club at the Kirkliston Sports Centre. After a fast first 2.4 mile run the leading man back into transition was Ian Wellock (Edinburgh Uni) in a very fast time closely followed by Drew Sharkey (ERC) with Cruickshank in third. During the 12 mile bike leg the ERC speedster Ken Russell started to motor through the field setting the fastest bike split of the day and coming into transition with a hefty lead over Sharkey while Cruickshank dropped down to 13th. During the second 2.4 mile run Sharkey started to close the gap on Russell but eventually ran out of road as Russell was able to comfortably hold on and take the win. Meanwhile Cruickshank managed to pull back two places to finish 11th overall.

Results - 1 K Russell (Edinburgh Road Club) 58.13; 2 D

(Continued on page 7)

(Continued from page 6)

Sharkey (Edinburgh Road Club) 59.32; 3 S Allison (Strathclyde Police) 1:00.25 11 Brian Cruickshank 1:03.02 **Women** – C To-shack (Edinburgh Road Club) 1:06.30; 2 F Jackson (Glasgow Tri Club) 1:13.06; 3 J Leask (Team Caley) 1:14.26

Fife AC 10K Paarlaf, St Andrews

There was a good turnout at Fife AC's 10km track Paarlaf at St Andrews University Sports Centre with 14 pairs of runners contesting the race. Alternating legs of 200m, Dusty Spates and St Andrews University student Chris Foley led from start to finish clocking a final time of 28 minutes 46 seconds. Simon Haworth and Neil Gow placed second (29.00) followed by Chris Russell and Ian Overton (29.54). Tom and Jocelyn Scott by Dairsie, were the first mixed duo placing fifth in 32 minutes 08 seconds while Kirkcaldy club juniors Mark Haley and Elliott Simpson ran well to finish eighth (33.51).

Philip Slater, St Andrews, won a closely contested junior one mile race in five minutes 44 seconds outsprinting Andrew Evans over the final 30m by just one second. The girls race was just as close and competitive with nine year olds Catriona Scott, Emma Flodge and Caris Horne all battling together over the first three laps of the track. Catriona Scott pulled away over the final 400m to finish sixth overall in seven minutes 43 seconds one second ahead of Emma and Caris only a further 12 seconds back in third.

Results: 10km Paarlaf - 1 Dusty Spates/Chris Foley 28.46, 2 Simon Haworth/Neil Gow 29.00, 3 Ian Overton/Chris Russell 29.54, 4 Kieran Gullett/Colin Duffin 32.02, 5 Tom Scott/Jocelyn Scott 32.08, 6 Roy McLachlan/Angus McLachlan 32.20, 7 Gary Barker/Graeme Barker 32.57, 8 Elliott Simpson/Mark Harley 33.51, 9 Louise Provan/Douglas Robertson 35.32, 10 Margaret McLaren/Frank McLaren 35.56, 11 Jo Whitson/Mel Vaggers 35.58, 12 Catherine Basile/Ronnie Morrison 37.42, 13 Mike Kuzyszyn/Scott Wilson 39.00, 14 Dave Francis/Jennifer Kibble 39.25.

Junior one mile: 1 Philip Salter 5.44, 2 Andrew Evans 5.45, 3 Darren Robertson 6.32, 4 Jamie Flucker 6.33, 5 Alastair Stark 7.27, 6 Martin Seenan 7.47, 7 Duncan Laing 7.49, 8 Alan Robertson 9.23. **Girls:** 1 Catriona Scott 7.43, 2 Emma Hodge 7.44, 3 Caris Horne 7.56.

Edinburgh to Glasgow Road Relay

Scotland's top 20 teams contested the Edinburgh to Glasgow eight-stage relay held over a new course to alleviate the traffic problems of recent years. The incorporation of cycling footpaths and canal bank pathways proved to be the downfall of Fife AC - one of four clubs that endured a three mile detour over stage five!

From the start at Ingliston, club under 20 Kirkcaldy athlete Graham Bee completed the first stage to Broxburn in ninth. The second seven mile long stage saw Andrew Lemoncello in superb form coming through into fifth only 40 seconds down on the leaders. William Law (sixth) and Adrian Davis (ninth) kept Fife in contention over legs three and four before Daniel Leggate set about bringing Fife back to the fore as the route headed to Coatbridge. Having moved up to sixth Leggate had the agony of following a Kilbarchan athlete off course at an unmarked junction followed by Inverclyde and early leaders Clydesdale.

Having already lost 18 minutes, officials at Coatbridge allowed athletes from the four clubs to complete the race, not knowing when the fifth stage runners would arrive. Chris Russell, Dusty Spates and Simon Haworth brought Fife back up into 11th at he finish at Glasgow Green but the four erring teams were subsequently disqualified.

With the first 12 teams automatically qualifying for next year's race Fife wait to see if the four clubs receive special consideration.

Gauldry Cross-Country Races

The 25th Gauldry cross-country proved to be the usual stamina testing course over hilly stubble fields. Over 40 veteran Terry Mitchell, St Andrews, made his first appearance of the winter to place seventh leading Tom Scott (eighth) and Ian Overton (10th) to the team award.

The Fife AC women ran well with Fiona Lothian, Baldinnie, second to Liz McColgan (Dundee Hawkhill) followed by Jocelyn Scott (5th) Cathy Sinclair (6th) and Louise Provan (7th).

In the under 17 men's race Kirkcaldy runner Mark Harley finished fourth while Scottish junior track and field champion Chris Baily, Glenrothes, made a rare foray over the country placing eighth. Elliott Simpson, Kirkcaldy, ran well to take individual bronze in the under 15 boys' race while Andrew Evans, St Andrews, won the under 13 boys event in sprint finish. Fiona Bracegirdle, Gauldry, won the under 11 girls' event beaten on time only by two of the under 11 boys, one of whom was silver medallist Michael Brooks, Cupar.

After 25 years of ably convening the event Allan and Liz Faulds are to have a well earned rest, so hopefully somebody will step forward to continue the tradition of 'The Gauldry' - a key fixture on the local athletic scene.

Results: Seniors - 1 S. Campbell (George Heriots) 31.32; 2 N. Cunningham (Pitreavie) 33.13; 3 F. Cartmell (Forres) 33.46; 4 D. Armour (Unatt) 34.08; 5 P. Simpson (Carnegie) 1st veteran, 34.35; 6 Liz McColgan (Dundee Hawkhill) 34.51; 7 Terry Mitchell, 2nd veteran, 34.53; 8 Tom Scott, 1st over 50, 35.01; 9 K. Clark (Carnegie) 36.06; 10 Ian Overton 35.17; 14 Brian Cruickshank 36.30; 24 Tom Ross 38.15; 28 Fiona Lothian 39.05; 29 Roy McLachlan 39.09; 30 Stuart Knowles 39.11; 34 Richard Shaw 39.34; 36 Mel Scobie 39.45; 38 Frank McLaren 39.53; 45 Gary Barker 40.35; 54 Jocelyn Scott 42.03; 60 Alan Meiklejohn 43.43; 63 Cathy Sinclair 44.16; 65 Jim Taylor 44.32; 66 Louise Provan 44.44; 71 Chris Clark 45.51; 75 Graham Bennison 46.44; 79 Dave Francis 47.06; 80 Alastair Robertson 47.14; 90 Maurice Paterson 47.58; 91 Caroline Armstrong 48.30; 96 Mike Kuzyszyn 49.19; 99 Eliza McLachlan 50.02; 102 Dave Ellison 51.40; 103 Jim Gray 52.54; 106 Frank Cation 54.03. **Teams:** 1 Fife AC 25, 2 EZ Carnegie 31.

Under 17 Men: 1 S. Hardwick (Arbroath and District) 18.39; 2 J. McLay (George Heriots) 19.26; 3 C. Wilson (George Heriots) 20.27; 4 Mark Harley 21.16; 8 Chris Baily 29.05.

Under 15 Boys: 1 K. Murray (Dundee Hawkhill) 16.20; 2 S. Chisholm (Pitreavie) 16.59; 3 Elliott Simpson 17.14; 6 Duncan McLachlan 19.23.

Under 13 Boys: 1 Andrew Evans (Fife AC) 9.15; 2 C. Hardwick (Arbroath and District) 9.15; 3 B. Mellish (Dundee Hawkhill) 9.29; 7 Daniel Brooks 10.54; 9 Neil Gray 10.58.

Under 13 Girls: 1 E. McColgan (Dundee Hawkhill) 9.11; 2 E. McLeish (Dundee Hawkhill) 9.25; 3 E. Barnes (Finn Valley) 9.44; 7 Jenny Tan 11.30; 8 Claire Motion 11.44.

Under 11 Boys: 1 A. Gillespie (Central AC) 4.47; 2 Michael Brooks (Fife AC) 5.02; 3 J. Smith (Dundee Hawkhill) 5.14; 9 Ewan Gray 5.47.

Under 11 Girls: 1 Fiona Bracegirdle (Fife AC) 5.11; 2 M. Aitken (Carnethy HR) 5.14; 3 M. Gillespie (Central AC) 5.26; 5 Fiona Kinnear 5.47; 6 Caris Horn 6.19; 7 Katie Tan 6.25.

Fife AC Nightmare Series - West Lomond

William Law kept on the right path to win the second Nightmare Race of the season in 35 minutes 48 seconds as first to the summit of the West Lomond, Chris Russell, went astray on the descent eventually placing fourth. Fiona Lothian finished seventh overall, first woman timed at 42 minutes 48 seconds.

Results: 1 William Law 35.48; 2 Tom Ross, 1st over 50, 36.46; 3 Laurie Anderson 38.22 4 Chris Russell 38.37; 5 Ian Overton 39.55; 6 N. Munro (Unatt) 40.56; 7 (equal) D. Gray (Pitreavie) 1st veteran and Fiona Lothian 42.48; 9 Gary Barker 43.24; 10 G. Lees (Pitreavie) 44.51; 11 R. Gatehouse (Lomond HR) 45.12; 12 Jocelyn Scott 47.06; 13 B. Davie

(Continued on page 8)

(Continued from page 7)

(Pitreavie) 48.52; 14 B. Thornton (Dundee Hawkhill) 50.10; 15 Jim Taylor 51.20; 16 Louise Provan 51.54; 17 Dougie Robertson 51.55; 18 B. Simpson (Anster Haddies) 54.24; 19 Frank Cation 56.33.