

# RELAY

Reviews the sport - reveals the idiots!

**THE OFFICIAL FIFE AC COMIC**



- Christmas 2004 -

The Italian Jog

Jocelyn's Joggers hit the streets (and the trails and the beaches and the hills...)

Marathons in hobbit land - are big furry feet an advantage?

Comedy corner

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RELAY goes to the Relays

On yer bike by Fife AC President Jim Taylor

The LAMM by Louise Burt

How much do you know about Fife? Alastair has the answers.

Fife AC race reports and results for 2004.

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FREE TO ALL CLUB MEMBERS

## - MESSAGE FROM THE EDITORS -

Hello Folks

I haven't had to write anything like this since I was junior ladies captain in my Hawkhill Harrier days and as you are obviously a much more discerning, sophisticated readership I apologise in advance for the rubbish I churn out!

However, the saving grace is that publisher extraordinaire John MacPherson is now on board the **RELAY** editorial team to make this the truly professional publication that will meet your high expectations, as are old favourites such as Graham Bennison's results service, not to mention the odd bits and pieces I have "borrowed" from earlier editions of **RELAY** by Brian Cruickshank when I ran out of my own ideas.

So what else is new? For a start there's 40 or so new female runners courtesy of Jocelyn Scott's amazingly successful beginners classes. 2004 also saw the rise of a new Fife AC star in Andrew "Chunky" Liston who was selected to compete for Scotland in the World Mountain running championships in Italy. The club's fine tradition of producing top hill runners continues.

As always thanks very much to all those who have contributed to **RELAY**, please keep your articles coming. This is your magazine and put it this way - the more stuff I have to put in this magazine the less of my deranged ramblings you will have to read.

Finally I hope you like your new edition of **RELAY** magazine. If not, well, when you've run out of Andrex...!. (Note to publisher - print on soft paper)

All the best - and enjoy!

*Louise X*



## - THE ITALIAN JOG -

The 20<sup>th</sup> World Mountain Running Trophy was held in the Italian ski resort of Sauze d'Oulx, north west of Turin. This year it was uphill only with the 10k route taking in a loop of the town and then winding its way up the ski slopes into the mountains above.

Fife Vets Phyllis Lemoncello and Laurie Anderson took part in the veterans trophy event placing 10<sup>th</sup> in and 51<sup>st</sup> in their respective races (over 55 and over 45) while Adrian Davis finished 52<sup>nd</sup> (over 40) in 55.02. Adrian also finished in 8<sup>th</sup> place in the open senior race in held a week later having used the intervening week to walk the Tour de Mont Blanc.

Andrew "Chunky" Liston was Scotland's 2nd counter in the mens team placing 85<sup>th</sup> overall in the senior mens race, but this was not half so impressive as his bagpipe playing at the post race party. The Scottish senior womens team were also treated to bagpipe music during their race. Whether it was appreciated or not has yet to be established.

Andrew placed 85<sup>th</sup> in the only global championship, apart from the Commonwealth Games, where the home countries field individual teams. Donald Naylor of Edinburgh club The Hunters Bog Trotters finished in 58<sup>th</sup> place, competing for Wales. 45-year-old Colin Donnelly made a unique 19<sup>th</sup> appearance for Scotland to finish first scorer in 59<sup>th</sup> clocking 55 minutes 46 seconds over the 10,140 km (1,017m ascent) course with a final descent of 240 metres. Andrew clocked 57 minutes 40 seconds one place and nine seconds ahead of former Scottish Cross-Country Champion Bobby Quinn (Kilbarchan) - a regular team member for Scotland at these championships.

2002 champion Jonathan Wyatt (New Zealand) regained his individual crown in 48 minutes 47 seconds with Italy retaining their team title - 44 points ahead of Eritrea (66) and Switzerland (75). Scotland placed 17<sup>th</sup> (318 points).

Louise Provan contested the women's open race won by M.Seaton (New Zealand) - 57 minutes 09 seconds. Louise placed 12<sup>th</sup> (83.05) whilst former Fife junior Briony Curtis finished 18<sup>th</sup> (93.41). In the male Veteran's open race winner T.Borschel (USA) was timed at 55 minutes 36 seconds. Adrian Davis, Ladybank, finished 8<sup>th</sup> in 63 minutes 58 seconds.

### *Louise Provan*



Andrew 'Chunky' Liston powers on at Sauze de ouix - closely challenged by 'The Thing' from the Adams family.

# - JOCELYN'S JOGGERS - THE BEGINNING -

## ***Women's Running Group***

Anne Morrison called us Jocelyn's Joggers for that first 5K outing, but basically we're unattached, a kind of loose satellite group with some runners joining Fife A.C. as they do more races and get to know people.

Somewhere in the dark months of November at one of the committee meetings, Adrian Davis had a bright idea about getting more women along to the club. (Chris Russell checked and, yes, Adrian did seem to be suggesting lots of women went out running and then came back to his house afterwards...or not quite, I'm not sure.) Anyway, the problem seemed to be women lacking confidence in making that first step of turning up. An athletic club was for highly trained athletes only, wasn't it? The local newspaper assurance that ages 9 to 99 and all abilities would be welcome couldn't erase this perception that you had to be a budding Paula Radcliffe.

Since I was meant to be making a structured, sensible return to running after a foot injury (having tried several times the "go all out and wreck it again" approach), I volunteered to take a Women's Starter Group. Brian made up some posters and Graham gave it a good push regularly in the paper. The aim was to give women a taster, start them off on walk/jogging into running ( and at the same time bring myself back sensibly). Hopefully, if it all worked out women would be less shy about joining the club and coming along to races. (Adrian absconded to Carnethy Hillrunning club before he found out if hordes of Ernie Hamilton lookalikes appeared at club training sessions.)

I can't tell if it has been successful for the club, or for all would be runners who have tried it, but I've had a lot of fun out of it..... and I 'm back running again, along with more female company in local races. Not everyone who has been through the early sessions continues to come to club training sessions, but Dave Francis has been great at encouraging a regular core of improvers to keep turning up on Tues/Thursdays. Anne Morrison has been taking a fresh Starter group since July which may well swell now that holidays are over. The good thing is that quite a lot of women now run in St.Andrews and Cupar, turning out for the occasional local 5K or 10K. The Ceres 8 Road Race relay was a reunion of the St.Andrews 5K achievement group from April, with a few newcomers and strays roped in. The 14 teams made it a hectic pre-race time. Many thanks to Graham Bennison who was calm under pressure, taking long lists of names, patient with our varied combinations and last minute additions. Thankfully he delayed the start for Louise and others stuck in traffic, and even allowed me time for a last minute dash across to the toilets.

Final point: Many thanks to all those highly trained athletes in the club who have been very friendly and supportive as they speed past our beginners. They have really appreciated the " Keep it going" and " Well done" etc as they have splashed through the water at the Black Rock or headed up the cliff path on the Sandy Bay Slither....(muttering their curses about Jocelyn never mentioned the tide would be in .... that extra lap she forgot ....or hills and more hills).

Below are some thoughts from Starter Group Survivors.

## ***The Beginner's Stories***

### **Further Faster**

Fat, fair and forty(+); seven months ago I was persuaded to join the " Running for Women" group organised by Jocelyn Scott. This mixed ability group meets twice a week at 6pm ( Tuesdays in Cupar and Thursdays in St.Andrews). AT these sessions we set off at increasingly hazardous speeds down to and along the beach or around the pitches. It gets no easier, but we gradually get further faster for our efforts. The first weeks saw me puffing from lamp post to lamp post with rests every minute. We improved gradually and I can now run continuously for over an hour. Last week I completed the 6 mile Sandy Bay Slither, from Lower Largo to Elie( without stopping). My running c. v. now includes three 5K and two X-country races. I know I want to continue and I certainly feel much better; it's fun and it's good craik.

*Margaret Ingledew*

From raincoats and thermal vests to dodging potholes and jogging from lamppost to lamppost on those cold Tuesday January nights.... Who would have thought that the three of us would have a 5K under our belts! Our stamina has been built up thanks to Jocelyn's "estimated" time-keeping!

*Linda Tulleth, Fiona Whyte and Elaine Carstairs*

### **Jocelyn's Joggers...**

A couple of years ago I enquired about Fife AC's Tuesday and Thursday night training....but due to abject fear of being left for dead by long legged athletes, I'm afraid I chickened out. After all, I just go out jogging with my old collie dog, and no way am I that *serious*! Then in January this year I spotted a wee note in the local paper about the starting up of a women's beginners jogging group. After 6 weeks of serious hawing I went along one night in February to the St Andrews Sports centre.....it was dark and cold yet there were 40 or more women, all intent on trying a 1 mile time trial. And then there was tea and cakes! Struth....not quite the torture I'd vividly imagined! What really struck me was that everyone was having a great time, loads of blether and banter....and over the following weeks I soon realised everyone was putting in a lot of effort too. In the middle of all this, Jocelyn coaxes and encourages everyone....and she can talk you into doing things you perhaps wouldn't *normally* want to do. In April a great gaggle of us did the 5km race at St Andrews....we may be travelling at half the pace of the clubs speediest, but this was a huge achievement for many of us ladies! Over the weeks and months the training meetings got a little more challenging, but never dull or desperate. At the end of some evenings Jocelyn says..."there's a race on such and such a night, are you going to give it a go"? There are usually some takers, now named *Jocelyn's Joggers*. And believe me it is fun! Blebocraigs, Hill of Tarvit, Black Rock, Beveridge Park, Sandy Bay Slither...and even one stalwart having a go at the Tour of Fife, and this week a massive turn out for parts or all of the Ceres 8.... So now I know what Tuesday and Thursday nights training entail, no more chickening out....and just point me in the direction of the next race! Thanks to all in Fife AC in making us newcomers welcome, and especially thanks to Jocelyn.

*Nessie Kirkbride*

*Congratulations to Jocelyn and Anne. Getting so many "learner" runners out and running, and in some cases even competing, is a fantastic achievement. Well done to Jocelyn's Joggers, its great to see so many of you running and improving so dramatically and if you are looking for a new challenge during the winter there are always the cross country races, just ask Jocelyn about them and she'll point you in the right direction - Eds.*

## - MIDDLE EARTH MARATHONS -

Volcanoes, forests, spectacular scenery, towering waterfalls, snow capped peaks, New Zealand's got it all and what better way to experience it at close quarters than by running through it?

### **KAWEKA CHALLENGE (42k 10,000ft)**

The Kaweka Challenge was the first of my New Zealand marathon races and really I should have known better when the entry form stated that Helene Diamantides held the womens record for the race - 6 hr 38. It was going to be a long day. The Kaweka challenge is actually made up of several events, a long, medium and a short solo event and a long and medium Karrimor style event that is run in pairs and has an overnight camping stop.

The day before the race the weatherman had said that a tropical cyclone was due to collide with a cold front just over the Kaweka hills on race day and he was spot on with that, so much so that the race was shortened to 35k but they still managed to give us the same amount of climbing so that we didn't feel cheated. At the time I felt sort of mixed emotions about this, I was disappointed not to be able to run to the top of the highest mountain in this range but by then I was getting a bit fed up with hanging onto the shrubbery to avoid being blown over. I also felt quite sorry for the poor souls who were doing the 2 day event and who were having to camp overnight in pretty awful conditions.

The race became even more interesting when it transpired that the organisers hadn't organised a bad weather alternative route so the format of the second half of the race was to run to a checkpoint and then get sent in completely the opposite direction to what was the original course and to what I was expecting. I believe they do a similar exercise in the army to psychologically destroy new recruits. One unexpected obstacle on the new route was a walk wire high above a river, being the tough fearless hill runner that I am..... I chickened out and splashed through the river! Possibly a bad idea as by this time it was quite high due to the bad weather.

The course was nice and interesting, big climbs through pine and semi tropical forests, big descents through thick sticky clay and flat areas of more sticky clay pans to slide about in. The mountain ridges themselves were very exposed and windy but at times when the swirling clouds and mists blew apart I was rewarded with glimpses into a vast area of wooded mountainside with steep drops plunging into dark valleys. I guess the positive aspect of such bad weather is the incredible mysterious atmosphere created in these mountains, a real feeling of wilderness.

I had joined up with two kiwi runners for the weekend who did a remarkable impression of "Bill and Ted" . "Awesome dude" seemed to be their favourite expression - I think that I impressed them with my knowledge of Led Zeppelin and Whitesnake. Anyway, I finished 7 1/2 hours later not feeling particularly like the "awesome dude" that my new friends insisted I was. A great race was rounded off by a great evening in an Irish pub complete with Irish band - although my new friends had to be persuaded that it was highly unlikely that the band would play "Smoke on the Water" on a violin and a squeeze box.

### **THE SOUTHERN CROSSING (42k, 8000ft)**

The Tararua mountain range lies a couple of hours drive to the north of Wellington and the Southern Crossing is a race through it. As it was described in the race blurb as the "toughest race in New Zealand" it made me think "I've gotta do that one". The main features of these mountains are firstly the very changeable weather. One competitor told me that he had been training and racing on these mountains for 10 years and had only seen the view from the ridge twice. Secondly, the thick dense forest covering them. Running through these forests it's easy to see how Peter Jackson got his inspiration for his Lord of the Rings film sets. The creepers winding their way around the trees and trailing down from the branches, the dense covering of the canopy and the huge ferns growing on the dark forest floor make it a perfect goblin forest (oh god, goblins? I really must have been in oxygen debt). However I could have sworn my feet had grown to the size of a hobbits feet going by the number of tree routes that I seemed to trip over.

Recent heavy storms (see Kaweka report) had left not only areas of the country officially described as a national disaster zone but had also added some interesting features to this race, fallen trees to climb over, eroded and collapsed hillside to scramble across.

I think I summarised the race at the time as:-

First 13 miles - ankle deep mud and tree roots

Next 6 miles:- ankle deep mud, mountain ridge, zero visibility

Last 7 miles:- ankle deep mud and slippery boulders.

One of the conditions of entry to do this race was that you either had to have successfully completed the race previously or, if not, then you had to run in pairs. As normally I live 12000 miles away neither was really an option so I lied. Predictably enough I also got lost (the goblins must have hidden the route markers). My predicted 7 \_ hour finishing time became 9 1/2 hours, not really a problem in itself except by the time I had reached the finish Don and Matt had scoffed all of the food. It felt like a long 26 miles but yet again an incredible race.

One of the interesting things about mountain marathons in NZ is that they tend to be organised by walking clubs rather than running clubs and so their interpretation of necessary kit to be carried in a race is very different from ours. The kit checks were very stringent- right down to checking the elasticated cuffs on your waterproof jacket and quite frankly the amount of medical kit that was required was crazy. If you were in a situation where you actually needed it then the likelihood is that you would be monumentally stuffed anyway. The concept of lightweight did not seem to exist.

## **QUEEN CHARLOTTE TRAIL RACE (50k)**

My final race in NZ, also my favourite, was the Queen Charlotte trail race. The distance was estimated to be somewhere between 48k and 52k depending on who you asked. As this race was actually organised by a running club rather than a walking club everything was a little more relaxed and informal. The Queen Charlotte trail is one of the designated "Great Walks" of NZ and so the race took place on nice runnable paths although it was very undulating. The route follows one of the finger like peninsular that stretch out into the Marlborough Sounds from the small town of Picton at the very northern tip of the South Island. It was a glorious day with a cooling sea breeze to keep the runners cool. It was hard to concentrate on the running because of the beautiful scenery, the deep blue waters of the sounds with its playful dolphin population, deserted beaches that I had reached by sea kayak two months earlier, glimpses of the North Island across the Cook Strait, small flightless birds scurrying along the path in front of us and even disturbed patches of ground signalling the presence of wild pigs (for "pig" read huge hairy boar complete with tusks - not cute little pink creature).

It was also possible to do this race as a two person relay so you had to be careful not to be carried along too quickly in the early miles by competitors only doing half the distance. The miles passed quite quickly until I reached a sign saying "Ship Cove - 2 hours". (On the great walks distances tend to be measured in walking time rather than in miles or kilometres - presumably for the brain dead who can't grasp the concept of hills = longer time on feet than flat ground). 20 minutes of running later I came across another sign saying "Ship Cove - 2 hours"... and then another one 15 minutes after that, It obviously had a psychologically damaging effect as I passed several people in the last couple of miles.

After one final quad cruncher of a descent I reached the finish in a lovely little cove where the very considerate race organisers provided some refreshments.....ok, yes I mean beer! As the race only followed a section of the trail the competitors were taken to the start by boat and then again after the race we taken by boat to a little cove, which had a nice pub surrounded by holiday chalets, for the prize giving and a BBQ on the lawn before being transported back to Picton by boat.

On getting back to Picton I headed straight for a relaxing soak in the outdoor hot tub at the backpackers hostel where I was staying for the weekend. The owner of the hostel was even kind enough to let me stay in the hot tub past their kicking out time of 11pm and also let me sample some of the NZ wines that I had won while I was soaking away the aches and pains. Bliss.

*Louise Provan*

## - COMEDY CORNER -

All contributor's remain anonymous!

### ***Good Branding***

This sporty, ultra cool runner has his girlfriend home for the first time. As the snogging session gets a bit heated she pulls off his t-shirt and notices a small tattoo on his shoulder which reads 'NIKE'. After a while off come the trousers too and there's another tattoo on his thigh - 'REEBOK'.

Goodness, she thinks, what a sportswear fanatic!

With the Calvin Klein boxers now off she gasps in horror as she sees 'AIDS' tattooed on his old man.

'Relax,' assured the kinky sportsman - it'll be 'ADIDAS' any minute now!

### ***Time for a break...***



...Because sometimes a whole  
Marathon is too much

### ***...or perhaps to take up swimming!***

A Fife AC committee member recently responded to an article in the local press regarding the use of parks and open spaces around Kirkcaldy. They later received a lovely letter thanking Fife Arthritic Club for taking the time to get in touch! Zimmer frames are now mandatory for all club runners in 2005 races...

## - STRANGE GOINGS ON -

### *The Ballad of Prince Twiggy of Darkness*

In ancient times past our tale begins  
A nightmarish challenge, and for he who wins  
The hand of a fair maid of the night  
Immortality and everlasting light.\*

Dark forces are on the move  
Brave nightmarists will have to prove  
That they can meet any task  
The Ministry of Darkness ask.

The first battle with the evil Sauron  
Was in the dark, dark depths of Coull Den  
Where bats fly and black cats prowl  
Silence broken by the call of the owl.

Our injured hero beset by pain  
Struggled on but in vain  
A win was not destined for tonight  
But survived to again Sauron fight

The second battle fell upon a night  
When dense fog obscured the bright moonlight  
Three brave maids sauron tried to destroy  
But they soon saw through his evil ploy

Uphill they bravely battled forth  
As our hero could only look on aghast  
But soon he led the brave rescue  
Prince Twiggy's strength again to prove

The battle Sauron gave was immense  
But the Lady of the Night showed her strength  
Though mountains and bogs laid in her way  
'That was easy' she was heard to say.

The challenges are not hard enough so far  
Mused Sauron sitting in the bar  
Where nightmarists young and old  
Gathered to tell stories and be told

Sauron now twice faced with defeat  
Wonders how he will ever beat  
The Prince who is just getting faster  
Auron needs the help of the Tide master.

The Tidemaster chuckles with unabandoned glee  
Visions of Egyptians in the Red Sea  
Will teach the nightmarists a lesson they won't forget  
At very least they'll end up wet

Out on a rock his evil apprentice  
(Ugly, as every sidekick is)  
with a light to show the enemy the path  
but our hero will surely have the last laugh?

Sauron will be back to vengeance wreak  
On those who old traditions break  
Heed the Purple Pixies tale  
It's a challenge all nightmarists can't fail.

Raising armies from Southern Lords  
Raising Haddies in ghsatly hordes  
Will evil Sauron stop at nothing  
The nightmare challenge for to win?

But Dark Disciple and fair Lady will be there  
And in our hero's trials will share  
And will the enemy be really that bad  
When threatened with a kick in the 'nads?

Time will tell, the night looms near  
Brave warriors there is no place for fear  
The time and place decided hence  
Let the mighty battle commence!!!

(\*or everlasting night if he prefers)

## - RUNNING FAR AND WIDE -

In the last few weeks Nairn Road Runners have literally travelled the length and breadth of the country matching their abilities to the challenges of some of Scotland's finest terrain in, luckily for most, generally favourable weather conditions.

Starting the travelogue in the west, Malcolm Beharrell journeyed to Skye to tackle the "half-marathon" actually a very hilly almost 14-mile traverse of one of our most romantic islands. Finding it rather tougher than expected ("how can it all be uphill?") he nevertheless crossed the finish-line in 46th place out of 213 in a very creditable 1.40.35 before turning his attentions nearer to home in the low-key Mosstowie 5-mile race held in conditions more like winter than summer on flooded back roads encompassing a circular route around Miltonduff. Of the 19 finishers, Malcolm finished 7th in 32 minutes 43 seconds, a time which would undoubtedly have been faster had conditions been more favourable.

On the weekend of the 19th and 20th of June, starting at Milngavie in Glasgow at 1a.m. just as the heavy rain let up, Phyllis Lemoncello tackled her longest race ever and a true multi-terrain challenge - the West Highland Way race which finished 95 miles further north at Lochaber Leisure Centre in Fort William. Out of 104 registered starters only 84 lined up in the dark with their head torches and one runner even changed his mind about the race as the starting whistle blew. However, the weather gods were kind and in near perfect conditions and ably supported by her back-up team of husband Campbell, and friends Margaret and Frank McLaren and Louise Provan, Phyllis raced, climbed, slithered, jogged, trotted and walked through Colin Baxter-calendar scenery to the finish in 31 hours 46 minutes - well inside the 35-hour cut-off time, with no blisters, midgie bites, sprains or falls, finishing 8th lady overall out of the eventual 73 finishers.

Nevertheless a few days later in drizzly conditions, Phyllis again lined up with fellow club members for the much shorter Quarrelwood Forest Run, 3rd in the series of evening fund-raisers, held in the hilly woodlands just outside Elgin. A good turnout of Nairn Road Runners was seen with Geoff Main in his customary place at the top of the leaderboard, and no relation Gordon Main taking his first race as a super-vet more cautiously than usual as he found himself nursing a flare-up of previous knee problems. However the steep terrain and slippery wet conditions daunted no-one and all club members were across the line and heading for a welcome cup of tea in the hall 40 minutes later.

Results (all NRR unless stated): 1 Paul Rogan (FH) 24.21, 2 Dave Adam (FH) 24.27, 3 Mark Mitchell (U21) (FH) 24.35, 7 Geoff Main 25.13, 14 Danny Bow (3rdSV) 28.06, 21 Niall Wilson 29.11, 32 Malcolm Beharrell (V) 30.20, 34 Donald Ross (V) 30.38, 35 Gordon Main (SV) 30.50, 39 Elspeth Duckworth (1stF) (MRR) 31.23, 60 Jenny Henderson 34.57, 66 Jim Connelly (SV) 35.32, Phyllis Lemoncello (FSV) 36.22, 89 John Ferrie (SV) 40.14, Carol Stewart (FV) 40.40.



Phyllis takes on Cairngorm

## ***MORE FROM PHYLLIS...***

On the last Saturday in August Phyllis Lemoncello travelled to Italy where the IV World Masters Mountain Running Championships were held at altitude in the Piedmont area of the Italian Alps.

Although based in the village of Sauze d'Oulx encircled by majestic peaks, the championship course itself left much to be desired for although almost 30 nations were represented, the race route followed a twisting one-mile course through the narrow cobbled streets of the village before rising steeply up through the first Alpine meadow then zig-zagging across the grass before repeating itself across the next meadow all in blazing 32-degree heat.

A short respite was gained as the next section entered the trees until two-thirds of the way up the mountain the route took a sharp descent - unusual for continental courses which are usually uphill-only, unlike in Britain where races are normally run up the mountains then back down again, giving opportunities for both the ascenders and descenders to shine - two quite different skills. Unfortunately the race organisers then saw fit to route the athletes straight up a 200-metre wide bulldozed strip of the mountain which had been partially cleared in the process of preparing new ski runs for the 2006 Winter Olympics to be held in the area. This was not so much challenging as boring and tiring and after ploughing up this ugly scar the competitors were then faced with a run round the ski tow buildings at the top of the site before having to scale a pile of rubble to the finish line.

Although the heat and altitude affected a number of the athletes and the reigning World champion in the M70 class Bill Gauld from Edinburgh-based Carnethy Running Club had to withdraw because of the conditions, Lemoncello managed to complete the 8.75km course in 1.15.21 without mishap finishing 10th in her category, an improvement of two places on last year's ranking where the world championships were held in much more beautiful surroundings in the Black Forest.

Thankfully the 2005 World Championships are to be held in the Lake District where beautiful scenery is guaranteed on an up-and-down course much more suited to Scottish runners!

***Phyllis Lemoncello***

## - POLITICAL RELAY -

### ***Raising awareness***

In the light of the recent US elections, the *Relay* editorial team feel that it would be beneficial to include current affairs articles to keep Fife AC members up to date with what's going on in world of politics. It was also felt that these items should be kept simple so that readers can understand why certain major events have happened in recent times without being bored to death.

This extract below explains a hell of a lot!



## - **RELAY** - RELAY SPECIAL -

### ***The CATERAN Trail Relay***

This was, I believe, the fourth running of this beautifully scenic relay from Blairgowrie to the Spittal of Glenshee Hotel which appears to get more popular each year and inspired three teams from Fife to run the 24 miles of the CATERAN trail, in pairs, over three legs. The ladies team comprised Lisa Gamble and Eliza McLachlan, Jennifer Kibble and Margaret McLaren, Kim McGregor and Jocelyn Scott. The men's veterans, defending last years first vets prize, Frank Caition and Dave Francis, Tom Scott and Tom Ross, Frank McLaren and Roy McLachlan with a men's team of Nigel Fowler and myself, Dave Anderson and Chris Russell, Andrew Evans and John McPherson.

The first leg starts beside the river Ericht in Blairgowrie and sets off on a mixture of track and roads for six and a half miles up to Bridge of Cally, the weather was perfect with blue skies and a warm sun. A nifty bit of strategic planning by the vets team to "relegate" me from their line up and into the men's team paid off nicely for them as I plodded up the steep road sections of the first leg, trying not to hold Nigel up too much, but slowing us down all the same. Thankfully the dry weather had kept a notoriously boggy section, which Mr Caition had assured us would be up to our knees, relatively dry and we set off down the hill towards the change over. Unfortunately we had one further short delay when Nigel disappeared into the bushes when a loud "call of nature" deafened him into the woods 100 meters from the end. So its not only the bears .....!!!

We had reached the change over in seventh place. However, Dave and Chris were to quickly make up time after our plodding (assisted by a couple of the leading teams taking wrong turnings) moving through into third place after the 8 mile relatively flat but rough second leg to Kirkmichael, with the vets and the ladies also moving up the field.

The final leg saw the teams set off for the Spittal of Glenshee, a nine mile leg along forestry tracks and paths before a final climb over the hill and the long picturesque downhill run to the finish. A great run from John and especially young Andrew saw the men maintain third place in a time of 3:12 approx 5 minutes behind the winners, Dundee Hawkhill, with the veterans retaining the first vets' title in seventh overall in 3:35 and the ladies claiming the first women's team, ninth overall in 3:54.

A great day out and with the distraction of the race over it was into the hotel for a few refreshments and a plate of chips. With next year being the fifth anniversary of the race, the organisers are considering opening it up to single runners who wish to run the full 24 miles ... and there were a few "I could do that" to be heard ... or was that the Guinness.

### ***Dougie Robertson***



Dangerous Dave Anderson in action



Margaret and Jennifer on the second leg



The team at Spittal of Glenshee

- **RELAY** - RELAY SPECIAL -

*The Glasgow to Edinburgh Canal Relay - photo report*



'Turn left, then right, then left again....Wouldn't it be easier if we just followed the canal??' concludes Nigel.



Contrary to all expectations Alastair manages not to get lost on a straight path following a canal



Lisa had a great run and couldn't stop grinning all day.



I hope he washed his hands! John misses the start of leg four answering a call of nature



After some interesting logistics, Jocelyn puts in a typically solid performance on leg 5



Dougie was top navigator for the day and heroically suppressed the urge to strangle Louise Provan.



Louise, you're going the wrong way - remember canal to your right!

***A great day was had by all who took part***

## - ON YER BIKE! -

### ***THE "CORRIE"***

The Corriyairack Challenge is a 17 mile hill run and 26 mile bike from Fort Augustus to Kincaig through the Corrieyairack Pass. The pass is a highland drove road and was well used even before General Wade built one of his roads connecting the bases at Ruthven and Fort Augustus in 1731.

The run and bike section is done by teams of 4 with one of the team helping the organisers. The other 3 sorry souls have all the fun. The race starts by being ferried from Kincaig to Fort Augustus, with walkers and cyclists also taking part there is quite a colourful crowd milling around at the three different start times.

The day of the race dawned nice after a night of torrential rain this changed after about 4 miles into the run when a pleasant drizzle started soon to be replaced by a downpour. After getting soaked and being as uncomfortable as you were going to get there was nothing else to do but get on with the race. Although the walkers started before the runners it was a boost when you started passing them.

The path on the pass is very clear and generally in good condition and with very little navigation required when the weather cleared you could take some time to glance around at the spectacular countryside you were running through. The descent to the changeover point is possibly the hardest part of the race with a zig zag boulder strewn path to be negotiated before reaching road at the bottom. After clearing the zig zags it was a clear run in to the change over point at Garva Bridge.

The transition area was well manned and as I came running in I was directed to my trusty steed, a banana thrust in my mouth and a cup of water in my hand. Just time to fasten my helmet and I was on my way after less than a minute in transition.

Using a mountain bike with "chunkies" on I realised I was going to take a lot longer and not have the turn of speed that the racers had so I settled into the saddle head down determined to grind the 26 miles out. It wasn't long and the first of the flash Harrys shot passed leaving me struggling in their slipstream. Marshalling at road junctions was very good and I was waved straight through at every one.

Like all good races this finishes going uphill the final push taking you over the crest of a hill across the road and into the finish field where the Kincaig Village Fete is going on. A massage is available as is food and drink.

A well organised event well worth doing.

*Jim Taylor*

## - THE LAMM 2004 -

The Lowe Alpine Mountain Marathon is held in Scotland in mid-June. Pairs of runners compete over two days carrying a tent, sleeping bags, stove, food and dry clothes and waterproofs - everything needed to be self-sufficient - and with the location only revealed 2 days before the event, there is a real sense of adventure about it. This year it was held at Glen Carron, Wester Ross. Cathy Sinclair and I headed north on the Friday night getting more excited and more apprehensive as the scenery got wilder and the mountains higher. We registered at the event centre in Strathcarron, filled up on pasta and then headed for the comfort of a B+B.

It was raining the next morning as we collected our maps and headed to the buses to take us to the start further up the glen. There are six different classes, Elite, A, B, C, D and Novice, and we were doing the C class. On starting, we were handed the descriptions and grid references of the checkpoints we had to visit and the first task was to mark them on to the maps. Spots of rain turned my carefully positioned circles into red splotches. Taking a bearing to the first checkpoint we set off up the first climb, glad to be moving. At the checkpoint, the weather was fair but as we climbed higher, it started to deteriorate. Soon it was snowing and visibility was limited. Cathy, an expert navigator, constantly took bearings to keep us on track. Descending steeply (and avoiding a collision with two guys using the out-of-control method of descent) we dropped out of the cloud and into the valley. From here, we had to decide whether to climb over a Munro to reach the next checkpoint or take a longer, lower route. Given the blizzard conditions that you expect in June, we decided to stay low. A bridge that I had spotted on the map, turned out to be a ford. Wading through the river didn't make us wetter, as we were wet through anyway, just colder. From there, we contoured round several more mountains to reach checkpoints.

Eventually we reached the overnight campsite and somehow managed to put up my miniscule tent despite our hands shaking with cold. Changing into dry clothes and brewing hot tea were the next priorities. The tussocky ground meant that the stove was unstable and so after it fell over I used Cathy's map case as a base to make it more stable. After several mugs of hot tea, soup, noodles, and cake and with the sky brightening, my murmurings of 'I am never doing this again' were getting less and our situation didn't seem so miserable. However, Cathy's map was now more use as papier-ma\_hé! As I washed the pots in the river, Cathy, somehow, procured a new map! There was more good news as after day 1 we were lying in second place (within the female teams that is).

I had only just got to sleep when, at 5am, the sound of bagpipes heralded the start of the second day. The leaders of each class started at 6am and all teams within 50 minutes of them followed in a chasing start. The rest of us started between 7 - 7:30am and Cathy and I were thinking that we would be finished by lunchtime. Wrong! Our first mistake was to rely on my approach to navigation, which involves running round like the proverbial headless chicken hoping to stumble across the checkpoint. By the time Cathy decided this wasn't going to work and more reliable methods, like using a compass were needed, we were over a kilometre away and heading in the wrong direction. This was a costly mistake as we saw the third placed female team (from Westerlands) heading in the right direction.

On track again, the route was along a narrow ridge with breaks in the cloud offering spectacular views. After dropping down from the ridge the sun came out, we took off our waterproofs for the first time that weekend and we overtook the Westerlands team. Things were looking up - but not for long. We then made a complete mess of finding the next checkpoint. Fortunately, from there we could see the event centre and it was all down hill. A brisk run lifted our spirits, only to see the Westerlands team finishing ahead of us. However, we had done enough to hang onto second place and we were in time to see Adrian Davis and Alec Keith receive their prize for a magnificent third place in the Elite class. The things I have learned from my LAMM experience are 1. take an extra thermal because it will be cold, 2. always take a bearing and 3. stop moaning or Cathy will take someone else!

*Louise Burt*

## - ALASTAIR'S FACTS O' FIFE -

### *Oswald's of Dunnikier*

The first mention of the Oswalds appeared in 1702, when Henry Oswald was elected provost in that year. The family were obviously well off as James Oswald bought the estate of Dunnikier which included the village of the same name (now known as Pathhead) which included a mansion house built by the previous owner, John Watson of Burntisland. This house stands at the top of Pathhead and is now a doctor's surgery.

As Dunnikier was a separate entity from Kirkcaldy a town house was at the bottom of Dishington Wynd, now Oswald's Wynd, so that James Oswald could retain his Burgess-ship in Kirkcaldy. As MP for Kirkcaldy, he probably sat in the last Scottish Parliament before it was dissolved in 1703. He did not pay rent on his town house.

As one of the family always held a Burgess-ship in the town they were Feu-holders of common ground in Kirkcaldy, and able to lend the money when needed. Through mis-management and a storm which wrecked the harbour the town became bankrupt. After this rent was paid on the town house, but in lieu was given about 100 acres of land called Wester and Easter Muirhouses, now known as Pathhead Muir. As Burgesses were on the town council, the Oswalds were not the only ones to benefit; this was like paying out with one hand and getting back more in the other - sound familiar?!

A new Dunnikier House was built around 1790 and as the title 'of Dunniker' was held by the Oswalds this was transferred to the new estate, after which the old house became known as Pathhead.

Dunnikier Policies is now the town's land, but cannot be sold under the conditions of the gift, given during the Second World War by the last daughter who married and moved south. She was no longer interested in the big house and this is now known as Dunnikier House Hotel.

The high level, 'Smithies', is now so called because this was as high up or as near as Oswald would allow licensed premises to his house.

### *St Clair's of Rosslyn*

The St. Clair (Sinclair) family were originally the Earls of Orkney and Caithness. They came across from France with William the Conqueror and at that time the patronym was Ste. Clair. They acquired Orkney and Caithness through marriage.

In 1459, James II started building Ravenscraig Castle the only Royal residence built as such in Fife. In 1470, the castle and its policies were exchanged for Orkney so that James III could bring the Orkney Islands under royal control. The St. Clair's already held lands surrounding and including Dysart by this time, which royal charter had destroyed. Ravenscraig Castle was part of the marriage dowry of James III to Princess Margaret of Denmark. The castle was continued by his widow.

In 1651, Oliver Cromwell attacked and partially ruined the castle and subsequently the Sinclair's Dysart House. In 1722, Old Dysart House (The Hermitage) was burnt down due to carelessness in the kitchen. Much of the family records were destroyed. In 1726, The New Dysart House was built and in 1896 Sir Michael Nairn bought Dysart House to help pay off gambling debts incurred by Lord Rosslyn. Ravenscraig Park was the policies of Ravenscraig Castle and Lord Loughborough is the hereditary title of the eldest son.

*Alastair Robertson*

## - THE GAULDRY GALLOP -

### *Have Kingdom of Fife Orienteers completely lost their way???*

After years of secret developments involving NASA and Russian scientists, Kingdom of Fife Orienteers unveiled their brand new state of the art time keeping machine at the recent Gauldry Gallop cross country race. The effectiveness of this creation was so stunning the race from now on will be known as the Shambles on Shambleton Hill.

SAL are considering buying the rights to the machine due to the unbelievable performances it credits athletes with (see below). Another £63k well spent by SAL this year!



*Another exclusive bought to you from RELAY magazine.*

# - FIFE AC RESULTS NOV & DEC 2004 -

## *Week ending 7<sup>th</sup> November*

### **Dundee RR Templeton Woods 10 mile road race.**

Fife AC won the team title at the Dundee Road Runner's Templeton Woods 10 mile road race last Sunday, a title they have dominated over the past decade.

Led home by Ian Overton 5th (58 minutes 46 seconds), Hugh McKay 6th (59.51), Tom Scott 7th (59.54) and Neil Young 11th (60.45) the team totalled 29 points ahead of Dundee Hawkhill's 34 points. Hugh also took the first veteran's award whilst Tom won the over 50's prize.

Jocelyn Scott placed 7th woman in 72 minutes 25 seconds winning the veteran over 50 award.

Additional club placings: 33 Mike Mitchell 65.03, 43 Nigel Fowler 66.25, 59 Bill Smith 68.52, 74 Doug Gunstone 70.45, 85 Jocelyn Scott 72.25, 87 Ian Poolman 72.51, 88 Steve Shanks 72.53, 139 Grant Laycock 77.39, 142 Rosie Stenhouse 78.11, 170 John Keenlyside 80.17, 237 Val Herkes 87.47, 260 Kate Pether-Smith 91.59, 305 Nessie Kirkbride 110.32.

### **Fifers at the Big Apple**

Farther from home St. Andrew's group member Lisa Gamble recorded a personal best time of 3 hours 17 minutes 25 seconds at the New York Marathon well inside her target of a sub-3:30 clocking. Lisa placed 1360th amongst the colossal field passing through 10km in 46 minutes 12 seconds and the half marathon distance in 97 minutes 53 seconds. A surprise awaited Lisa at the finish where she was congratulated by fellow St. Andrew's group member Dusty Spates. There was also a significant graduation for Women's Jogging Club member Elaine Carstairs who completed the 26.2 miles in 25,984th place clocking 5 hours 03 minutes 13 seconds. Elaine passed through the halfway point in 2 hours 18 minutes 25 seconds. From jogging group to New York finisher in ten months!! Well done!

Some of the club juniors were also in action last Sunday at the Lasswade Open Cross-Country Meeting at Bonnyrigg winning two individual and two sets of team medals.

Success for the girls at the 23rd Open Lasswade XC. Meya Stone, Cupar, placed second in the under 11 girl's one mile race in 5 minutes 51 seconds having tracked Edinburgh Southern athlete Emily Ovens (5.48) all the way over the muddy course. Helena Rees, Crail, made a spectacular debut for Fife coming through the field over the final quarter mile to place 6th (6.01) while Katy Tan, Falkland, finished 22nd (7.01) to total 30 points. Sharon Neville 46th (8.31) and Charlotte Penthouse 47th (8.32) also ran well in the large field. Giffnock North won with 23 points ahead of Edinburgh Southern's 30 points taking silver on count-back ahead of Fife's 30. Adam Harris completed the under 11 boy's one mile in 6 minutes 11 seconds placing 22nd.

Gauldry runner Fiona Bracegirdle contested the under 13 girl's 2 mile with a fine performance to finish 5th in 12 minutes 38 seconds only 18 seconds away from the bronze medal position.

Jennifer Kibble, Balmullo, took individual silver in the girl's under 15 two miles in 12 minutes 18 seconds and with Jenny Tan 15th (13.23) and Emma Todd 21st (13.48) took team silver totalling 38 points pipped by Edinburgh Southern's 37 points. Kirkcaldy athlete Natasha McIntosh also ran well placing 29th (14.27).

There was a high-class field in the under 17 men's 3.75 mile race where the top ten was dominated by West of Scotland athletes. Kirkcaldy runner Elliott Simpson placed a fine 9th in 25 minutes 09 seconds with David Bale (Giffnock North) the winner in 23 minutes 23 seconds.

Senior 6 miles: 32 John Cunningham 37.50, 105 Graham Bennison 48.29.

## *Week ending 14<sup>th</sup> November*

### **East of Scotland XC League - Livingston**

Fife AC returned from the opening round of the East of Scotland Cross-Country League at Livingston with its best set of results for four years.

Kirkcaldy athlete Graham Bee led home the senior men's team placing a fine 4th out of 230 runners in the 8.4km race timed at 26 minutes 27 seconds. The team placed 7th while Dave Anderson in 41st and Tom Scott 50th helped the veteran's trio to 3rd team place. The veteran team scoring was completed by Kinghorn runner Neil Martin in 64th making a welcome return to competition for the club.

The senior women placed 5th team led by Louise Proven in 20th timed at 24 minutes 44 seconds over the 6km course. Lorraine Brown, Kirkcaldy, made her league debut with a fine run to place 53rd (29.00).

The under 17 men's team of Elliott Simpson (8th), Phillip Salter (18th) and Fraser Dillon (29th) took an excellent 3rd team place while the under 15 boys ran out of their socks to place first team with Andrew Evans (10th), Frankie Scott (11th) and Ryan Ritchie (16th) the team scorers. The under 15 girls were led home by Jennifer Kibble in 3rd and with Jenny Tan 11th and Natasha McIntosh 16th placed 4th team.

Second-placed Fiona Bracegirdle, Gauldry, was just pipped by two seconds in the under 13 girl's race placing 2nd while Cassie Littler finished in 23rd. Robyn Binnington made a brave contribution to ensure that the club finished a scoring team. Competing at this level for the first time the Kirkcaldy runner placed 35th. Jamie Flucker, Cupar, was the club's leading under 13 boy's race in 19th followed by Matthew Morgan 26th and Ian Ronaldson 32nd. Maya Stone, Cupar, placed 2nd in the under 11 girl's race while Helena Rees, Crail, made her league debut to finish a fine 5th. Shannon Neville, Cupar, in 20th completed the team scoring which saw the youngsters register a clear team win.

The club await the overall aggregate male and female rankings but there could have been no more better start to the defence of the women's and girl's league title while the men and boys made their best start since dominating all age groups in the late 90's. The encouragement of the various age groups having run their race and then shouting on their club colleagues was

appreciated and will hopefully multiply at the Kirkcaldy fixture on Sunday 28th, November.

Results: Senior Men. 1 S.Cairns (HBT) 25.49, 2 P.Mowbray (HBT) 26.10, 3 D.Naylor (HBT) 26.22, 4 Graham Bee (Fife AC) 26.27, 5 K.Johnstone (Falkirk Vic.) 26.37, 6 N.Altmann (HBT) 26.41, 41 Dave Anderson 29.04, 50 Tom Scott 29.33, 64 Neil Martin 29.49, 65 Gray Pirie 30.24, 69 Neil Young 30.41, 102 John Cunningham 31.46, 105 Nigel Fowler 31.49, 108 Ron Mill 31.54, 135 Roger Rees 32.06, 146 Gary Barker 33.35 147 Frank McLaren 33.35, 153 Mel Scobie 34.09, 156 Doug Gunstone 34.11, 161 Ian Poolman 34.42, 189 Andy Barker 36.02, 198 Alf Tupper 36.31, 206 Alan Meiklejohn 37.19, 207 Dave Francis 37.24, 211 Jim Taylor 37.41, 212 David Bee 37.44, 215 Steven Horsburgh 38.11 216 Alastair Robertson 38.38, 224 Graham Bennison 40.37, 227 Mike Kuzyszyn 42.02.

Teams: 1 Hunters Bog trotters 63, 2 Central AC 142, 3 City of Edinburgh 159, 4 Corstorphine 178, 5 Falkirk Victoria 239, 6 Edinburgh University 289, 7 Fife AC 292, 8 Lothian RC 326, 9 City of Edinburgh B 331, 10 Aberdeen AAC 410.

Veterans: 1 City of Edinburgh 118, 2 EZ Carnegie 139, 3 Fife AC 157, 4 Hunters Bog Trotters 217, 5 Lothian RC 227, 6 Perth RR 255.

Senior Women: 1 M.Shiell (ESH) 21.33, 2 R.Chamberlain (C of E) 22.10, 3 H.Dean (Lothian RC) 1st veteran. 22.14, 4 F.Mathieson (Falkirk Vic.) 2nd veteran. 22.25, 5 G.Inglis (Gala H.) 3rd veteran. 22.41, 6 J.Laing (C of E) 4th veteran. 25.50, 20 Louise Provan 24.44, 28 Jocelyn Scott 25.24, 32 Margaret McLaren 25.41, 36 Rosie Stenhouse 26.16, 48 Sarah Cullen 27.36, 53 Lorraine Brown 29.00, 57 Frances Meek 30.30, 60 Kate Pether-Smith 31.29, 61 Innes Bracegirdle 33.33.

Teams: 1 City of Edinburgh 17, 2 Central AC 34, 3 EZ Carnegie 44, 4 Falkirk Victoria 57, 5 Fife AC 61, 6 Dundee Road Runners 75. Under 17 Men: 1 Michael Gillespie (Central AC) 19.31, 2 D.Steel (C of E) 20.09, 3 C.McKenzie (Corstorphine) 20.14, 8 Elliott Simpson 21.15, 18 Phillip Salter 22.37, 29 Fraser Dillon 26.38. Teams: 1 Pitreavie 38, 2 Dundee Hawkhill 48, 3 Fife AC 55, 4 George Heriots 60.

Under 17 Women: 1 S.Coleman (Pitreavie) 14.44, 2 L.Bann (Lothian) 15.55, 3 M.Smith (Corstorphine) 16.27, 32 Claire Jarvis 22.22.

Under 15 Boys: 1 Matthew Gillespie (Central AC) 13.44, 2 C.Angus (Dundee Hawkhill) 14.25, 3 L.Poulin (C of E) 14.31 10 Andrew Evans 13.39, 11 Frankie Scott 15.43, 16 Ryan Ritchie 15.55, 22 Scott Ronaldson 16.37, 28 Neil Gray 18.19. Teams: 1 Fife AC 37, 2 Lasswade 37, 3 City of Edinburgh 38.

Under 13 Girls: 1 M.McLeish (Falkirk Vic.) 11.38, 2 F.Bracegirdle (Fife AC) 11.40, 3 S.Blair (C of E) 11.47, 23 Cassie Littler 13.51, 35 Robyn Binnington 17.10. Teams: 1 Lasswade 17, 2 Central AC 31, 3 City of Edinburgh 39.

Under 11 Boys: 1 R.Irvine (Central AC) 6.46, 2 R.Milne (Central AC) 6.51, 3 B.Stevenson (Falkirk Vic.) 6.55. Teams: 1 Corstorphine 19, 2 Central AC 27, 3 City of Edinburgh 35.

Under 11 girls: 1 A.Haining (Gala H.) 6.42, 2 M.Stone (Fife AC) 6.55, 3 E.Ovens (ESH) 7.13, 5 Helena Rees 7.19, 20 Shannon Neville 8.17, 22 Katy Tan 8.21. Teams: 1 Fife AC 27, 2 City of Edinburgh 45, 3 Pitreavie 56.

## Week ending 21<sup>st</sup> November

Fife AC member Vicky Gill placed a fine 6th at the Reebok Cross-Country at Parliament Hill Fields, London, an event incorporating the GB Trials for next months European Championships. Hayley Yelling (Windsor Slough & Eton) won with a time of 16 minutes 37 seconds over the 5km course with Vicky timed at 17 minutes 21 seconds. The 2001 East of Scotland Champion eventually lost out on European selection with the first five finishers named in the GB 6-strong team along with Athens Olympic 5000m fifth placer Jo Pavey (Exeter).

The 27th Gauldry Gallop Cross-Country Meeting took place last Saturday over corn-stubble fields. The senior men's 8200m race saw Joe Symonds (Dundee Hawkhill) the winner in 27 minutes 37 seconds with Dave Anderson in 4th leading the Fife team of Ian Overton 6th, Scott Taylor 10th, and Roger Clark 13th to team victory on 29 points ahead of Dundee Hawkhill's 30 points.

There was a big bonus for Fife AC in the return to competition of stalwart Terry Mitchell, St.Andrews, who placed 14th helping the veteran team to 2nd place. Louise Provan placed 64th overall, 3rd woman whilst 1999 Scottish women's champion Fiona Lothian placed further down the field than usual having missed the start before carving her way through the field to place 73rd. Fife under 11 runner Maya Stone, Cupar, was first home in the under 11's 1400m race in 5 minutes 39 seconds heading the combined boy's and girl's field. Halina Rees, Crail, took the individual bronze medal with a time of 6 minutes 07 seconds. Fiona Bracegirdle, Gauldry, was a runaway winner of the under 13 girls 2500m race in 7 minutes 28 seconds with Lucy Duff in 5th (8.25) only eight seconds away from the bronze medal position. Jennifer Kibble, Balmullo, was another female winner heading both boys and girls in the under 15's race timed at 11 minutes 42 seconds. Jenny Tan, Falkland, improves with every outing placing 3rd (13.14). Phillip Salter, St.Andrews, added to the club gold medal tally winning the under 17 men's race having worked his way steadily through the field to finish five seconds clear of Pitreavie's Stuart Chisholm.

There was the usual high standard of course lay-out and marking plus the excellent traditional home-made soup at the finish. The prize-giving was somewhat delayed and a pen and paper back-up at the finish to record prize winners should be given consideration.

Results: Seniors. 8200m 1 J.Symonds (Dundee Hawkhill) 27.37, 2 L.Ottermoller (c of E) 28.03, 3 S.Clark (E.Fife Tri.) 28.06, 4 Dave Anderson 1st veteran. 28.08, 5 N.Gunstone (Dundee Hawkhill) 28.09, 6 Ian Overton 28.19, 13 Roger Clark 29.36, 14 Terry Mitchell 29.44, 15 John Murdoch 30.02, 21 Nigel Fowler 30.46, 23 William Law 31.06, 25 Mike Mitchell 31.18, 28 Brian Cruickshank 31.38, 30 Ronnie Mill 31.53, 32= Roger Rees & Chris Dibben 32.02, 34 Bill Smith 32.09, 39 Sarah Legge (EZ Carengie) 1st woman. 32.35, 42 Ian Poolman 33.03, 47 Mel Scobie 33.39, 49 Richard Shaw 33.35, 52 Erni Hamilton (Perth RR) 2nd female, /1st veteran. 33.52, 57 Steve Moffat 34.11, 60 Doug Gunstone 34.31, 64 Louise Provan 3rd woman. 35.09, 66 Doug Robertson 35.11, 68 Andy Barker 35.22, 69 Jocelyn Scott 2nd veteran. 35.28, 73 Fiona Lothian 36.04, 75 Rennie Urquhart 36.35, 77 Alan Meiklejohn 36.45, 86 Rosie Stenhouse 37.20, 91 Brian Peachey 38.05, 93 Andy Wright 38.10, 95 Graham Bennison 38.38, 98 Chris Clark 39.00, 104 Alastair Robertson 39.25, 110 Louise Burt 40.38, 113 Maurice Paterson 41.00, 114 Graham Wilson 41.28, 115 Mike Kuzyszyn 41.57, 117 Kim Macgregor 41.49, 118 Graham Duncan 43.14, 120 Val Herkes 44.01, 121 Lorraine Brown 44.02, 124 Kate Pether-Smith 44.48, 126 Joe Holden 45.25, 128 Hilary Ritchie 46.51, 129 Innes Bracegirdle 46.52, 130 Margaret Ingledew 47.59, 132 Jenny Henderson 50.03, 135 Mary Mitchell 50.55, 140 Susan Basten 55.41.

Teams: 1 Fife AC 29, 2 Dundee Hawkhill 30, 3 Dundee RR 161.

Veterans: 1 EZ Carnegie 32, 2 Fife AC 33, 3 Dundee RR 189.

Under 17 Men. 5260m. 1 Phillip Salter 18.58, 2 S.Chisholm (Pitreavie) 19.03, 3 L.Yates (George Heriots) 19.30.

Under 15 Boys. 3530m. 1 J.Libby (Perth SH) 11.50, 2 J.Neville (George Heriots) 12.03, 3 J.Mildred (George Heriots) 12.15, 8 Neil Gray 14.05.

Under 15 Girl's. 1 J.Kibble (Fife AC) 11.42, 2 R.Burns (Pitreavie) 11.50, 3 J.Tan (Fife AC) 13.14, 4 Emma Todd 13.36.

Under 13 Boy's. 2700m. 1 C.Robinson (Pitreavie) 6.58, 2 A.Young (Pitreavie) 6.59, 3 F.Rayner (George Heriots) 7.05, 6 Matthew Morgan 7.34, 7 Iain Ronaldson 7.55, 8 Alex Prentice 8.07.

Under 13 Girl's. 1 F.Bracegirdle (Fife AC) 6.28, 2 K.Ferry (Carnoustie) 7.25, 3 R.Mills (Central) 8.17, 5 Lucy Duff 8.25, 7 Robyn lea Binnington 9.21, 11 Amy McKechnie 11.17

## **Week ending 28<sup>th</sup> November.**

### **East of Scotland Cross-Country League. Beveridge Park, Kirkcaldy. 28th, Nov.**

Fife AC continued their East of Scotland cross-country campaign hosting the second round match at Beveridge Park, Kirkcaldy last Sunday.

The under 11 girls were again on top form registering their second league win ahead of Edinburgh Woollen Mill and City of Edinburgh. Maya Stone, Cupar, always at the front of the action, placed 2nd (7 minutes 19 seconds) over the 1.25 mile course with Halina Rees, Crail, 9th (7.53) and Katy Tan, Falkland, 19th (8.42). The under 11 boys were led home by 8-year old Jack Robb, Glenrothes, who had an outstanding race to place 23rd followed by Archie Fowden, St.Andrews, a fine debut in 33rd. Gauldry runner Fiona Bracegirdle took a fine 4th in the under 13 girls backed up by Lucy Duff 22nd, Cassia Littler 30th, Robyn Binnington 48th, Natalie Houston 50th and Amy McKechnie 56th. The only down-point of the day was the lack of an under 13 boy's team.

Under 15 runner Jennifer Kibble, Balmullo, won her first ever league race over the 3 mile course in 17 minutes 53 seconds and with Jenny Tan 6th, Emma Todd 17th and Natasha McIntosh 22nd placed 3rd team in what was a mixed under 17/15 team race. The under 15 boys also placed 3rd team with Andrew Evans 8th, Ryan Ritchie 15t, Frankie Scott 22nd and Danny Barlow 31st. The under 17 men were clear team winners totalling 27 points ahead of George Heriots (41) and Pitreavie (50). The team was led home by Kirkcaldy runner Elliott Simpson 4th, Phillip Salter 11th and Alex Jones 12th with Daniel Laing in 25th.

There was a fine turn-out of club seniors with 16 club members amongst the field of 75 women led in by Cathy Sinclair 20th, Louise Provan 24th and Margaret McLaren 32nd - 6th team. Twenty-nine club men battled over a tough six mile course in the field of 240 senior men with over 40 Dundee member Hugh McKay heading the team effort in 28th. The senior men also placed 6th team while the veteran team placed 2nd behind City of Edinburgh.

This was a fabulous turn-out for Fife AC not forgetting the dozens of members marshalling the course and manning the refreshments back at Balwearie High School.

Under 11 Girls. 1 A.Haining (Gala) 7.04, 2 Maya Stone (Fife AC) 7.19, 3 E.Ovens (ESH) 7.21, 9 Halina Rees 7.53, 19 Katy Tan 8.42, 23 Kaitlan Smith 8.52, 24 Shannon Neville 8.52, 27 Rebecca Robb 8.59, 30, Bronach Hughes 9.07, 44 Hayley Ferguson 10.05, 45 Lisa Stobbs 10.07, 48 Rebecca Hooton 10.34.

Teams 1 Fife AC 30, 2 Edinburgh Woollen Mill 31, 3 City of Edinburgh 34.

Under 11 Boys. 1 T. Miligan (C of E) 7.10, 2 R.Irvine 9Central) 7.10, 3 D.McLaughlin (Lothian) 7.14, 23 Jack Robb 7.46, 33 Archie Fowden 8.15, 55 Lewis Gordon 10.32. Teams: 1 Central AC 17, 2 Corestorphine 20, 3 City of Edinburgh 36.

Under 13 Girls. 1 E.Stewart (EWM) 9.41, 2 M.McLeish (Falkirk Vic.) 9.59, 3 L.Cameron (Central) 10.03, 4 Fiona Bracegirdle 10.11, 22 Lucy Duff 11.31, 30 Cassia littler 12.06, 48 Robyn Binnington 12.55, 50 Natalie Houston 13.32, 56 Amy McKechnie 15.57. Teams: 1 EWM 14, 2 Central AC 30, Lasswade 46.

Under 15 Girls. 1 Jennifer Kibble (Fife AC) 17.53, 2 E.McLeish 9Dundee Hawkhill) 17.59, 3 S.Inglis (Lothian) 18.01, 6 Jenny Tan 18.40, 17 Emma todd 19.56, 22 Natasha McIntosh 20.19. Teams: 1 Pitreavie 11, 2 Dundee Hawkhill 25, 3 Fife AC 28.

Under 15 Boys. 1 Matthew Gillespie (Central) 15.00, 2 C.O'Hare (C of e) 15.14, 3 C.Angus (Dundee Hawkhill) 15.36, 8 Andrew Evans 16.49, 15 Ryan Ritchie 17.16, 22 Frankie Scott 17.38, 31 Danny Barlow 19.51. Teams: 1 C of E 24, 2 Teviotdale 29, 3 Fife AC 45.

Under 17 Men. 1 Michael Gillespie (Central) 24.54, 2 D.Steel (C of e) 25.21, 3 M.Haskett (Aberdeen) 25.36, 4 Elliott Simpson 27.08, 11 Phillip Salter 27.59, 12 Alex Jones 28.52, 25 Daniel Laing 28.52. Teams: 1 Fife AC 27, 2 George Heriots CCC 41, 3 Pitreavie 50.

Senior Women. 5 miles. 1 K.Montador (Central) 27.40, 2 M.Shiell (EWM) 27.44, 3 F.Mathieson (Falkirk Vic.) 1st veteran. 28.49, 20 Cathy Sinclair 31.10, 24 Louise Provan 31.26, 32 Margaret McLaren 32.19, 34 Jocelyn Scott 32.30, 37 Rosie Stenhouse 32.54, 49 Kim Macgregor 35.38, 54 Rhona Graham 36.32, 57 Sarah Cullen 37.03, 58 Ann McConnell 37.13, 59 Jean Bowman 38.40, 62 Lorraine Brown 40.00, 63 Kate Pether-Smith 40.38, 64 Innes Bracegirdle 40.59, 66 Hilary Ritchie 42.32, 69 Mary Mitchell 45.35, 70 Nessie Kirkbride.

Teams: 1 Central AC 15, 2 EZ Carnegie 32, 3 Falkirk Vic. 60, 4 C of E 67, 5 Lothian RC 70, 6 Fife AC 76.

Men: 6 miles. 1 S.Cairns 9HBT) 32.49, 2 D.Naylor (HBT) 33.11, 3 D.Cavers (Teviotdale) 1st veteran. 33.36, 28 Hugh McKay 36.30, 36 Tom Scott 37.23, 38 Scott Taylor 37.30, 45 Bryce Aitken 37.41, 52 John Murdoch 38.09, 57 Neil Young 38.39, 67 Neil Martin 39.00, 68 Vincent MacPherson 39.04, 71 Nigel Fowler 39.14, 75 John Cunningham 39.23, 105 Brian Cruickshank 40.48, 110 Stewart Biggar 40.56, 116 John MacPherson 41.07, 117 Alastair Bagnall 41.10, 120 Bill Smith 41.26, 148 Kenneth Anthony 43.06, 151 Ian Poolman 43.13, 152 Mel Scobie 43.15, 155 Doug Gunstone 43.28, 169 Steve Moffat 44.21, 177 Doug Robertson 45.17, 192 Angus Bowman 46.13, 212 Daqvid Shepherd 48.00, 213 Jim Taylor 48.08, 214 Chris clark 48.15, 216 Brian Peachey 48.20, 224 Malcolm McPhee 50.09, 231 Graham Bennison 52.30, 233 Ricky Forrester 53.04.

Teams: 1 Hunters Bog Trotters 130, 2 Corstorphine 144, 3 Central 167, 4 City of Edinburgh 168, 5 Aberdeen AAC 250, 6 = Fife aC / Falkirk Vic. 256, 8 C of E 'B' 328, 9 EZ Carnegie 354.

Veterans: 1 C of E 81, 2 Fife AC 109, 3 EZ Carnegie 155, 4 Falkirk Vic. 180, 5 Corstorphine 255.

## **Week ending 5<sup>th</sup> December**

### **Coomonwealth Youth Games**

Fife AC under 20 athletes Jude Beimers and Nony Mordi returned from the Commonwealth Youth Games in Bendigo, Australia with medals.

As part of the 12-strong Scottish squad at this, the 2nd Commonwealth Youth Games, both athletes were in action for the first days programme on the Thursday of last week. Glenrothes athlete Jude suffered a hamstring injury during his triple jump competition but his one valid mark of 14.38 metres was enough to claim the bronze medal. Cupar member Noni was unlucky to

miss out on an individual medal placing 4th in her triple jump competition with 12.27m.

Noni was back in action last Friday as the first leg runner for the Scottish quartet in the Medley relay putting the team in contention over the opening 200m stage. Kim Skinner (200m), Gemma Nicol (400m) and Morag MacLarty (800m) completed the team effort to place second in 3 minutes 53.82 seconds behind South Africa's 3:52.53.

Credit goes to Glenrothes section track and field coach Ian Gordon for preparing his two athletes for the Games.

## Reebok XC Challenge, Liverpool

Down at Sefton Park, Liverpool, last Saturday the 4th Reebok Challenge Cross-Country race of the winter saw Vicky Gill a runaway winner of the women's race. Currently back in the UK from her work-base at Florida State University Sports Centre it was Gill that made all the running from the start ahead of the field of 124 runners. Having placed 6th in the recent GB Trial, missing out on a place for this weekend's European Championships, the former St.Andrews student opened up a twenty-four second gap over the chasing pack to finish the 6km course in 19 minutes 31 seconds. Well clear of 2003 Scottish champion Susan Partridge (City of Glasgow) in fourth - 20.01.

## Nightmare Rankings (with corrected score !)

After two races in the Winter Nightmare Series Scottish veteran hill internationalist Adrian Davis, Ladybank, heads the rankings courtesy of a win at the East Lomond race plus a 3rd placing at the opening event at Coul Den, Glenrothes. Davis' total of 68 points opens up a two point gap over reigning champion Chris Russell, Glenrothes.

A two-way tie in the women's table sees Jocelyn Scott and Louise Provan share top ranking.

The Bulletin board on the Fife AC website features the Nightmare rankings debate - a hot topic with 233 hits and 13 replies in the last week alone!

Leading rankings: Men. 1 A.Davis (Fife AC) 68, 2 C.Russell (Fife AC) 66, 3 N.Munro (HBT) 62, 4 E.Simpson (Fife junior) 61, 5= S.Bennet (EZ Carnegie) & W.Law (Fife AC) 57, 7 B.Cruickshank (Fife AC) 53, 8 B.Davie (Pitreavie) 48, 9 B.Smith (Fife AC) 47, 10 G.Barker (Fife AC) 44.

Women: 1= Jocelyn Scott & Louise Provan (both Fife AC) 27, 3 J.Bowman (Beacon R.) 22, 4= K.P.Smith (Fife AC), N.Drysdale & D.Hay (both Anster Haddies) 20.

## Week ending 12<sup>th</sup> December

### East District Cross-Country Championships. Stirling University.

Fife AC enjoyed their most successful East of Scotland Cross-Country Championships for two years taking individual and team medals at Stirling University.

Andrew Liston returned home from his work-base in Germany to place 4th in the senior men's 9km race clocking 27 minutes 10 seconds while Kirkcaldy athlete Graham Bee followed in 10th (28.11). Adrian Davis 26th, Ian Overton 38th, Hugh McKay 39th and Tom Scott 56th /1st over 50 completed the team scoring for 4th team place. The veteran team of Adrian Davis, Tom Scott and Hugh McKay took team silver only a mere one point down on winners Metro Aberdeen. Kirkcaldy under 20 runner Mark Harley contested his first senior championship in 145th (34.48) amongst the large field of 239 finishers.

1999 Scottish champion Fiona Lothian was another club member returning from her work placement at Gateshead Stadium to finish 8th /3rd veteran in the senior women's 6km race. Margaret McLaren 47th and Sarah Cullen 50th followed to place Fife 7th team.

The under 17 men excelled to take team bronze led home by Elliott Simpson , Kirkcaldy,11th with St.Andrew's duo Phillip Salter 13th and Alex Jones 17th. Jennifer Kibble, Balmullo, continued her fine form taking individual silver in the under 15 girl's race and backed up by Jenny Tan 17th and Natasha McIntosh 18th claimed another set of team bronze. Emma Todd 22nd and Aillie Scobie 31st also ran well in a highly competitive under 15 girl's race. The under 15 boys placed 5th team with Andrew Evans 9th, Ryan Ritchie 17th and Frankie Scott 28th the team scorers. Fiona Bracegirdle, Gaudry, was the clubs leading under 13 girl in 5th followed by Lucy Duff 18th and Robyn Binnington 41st helping the team to 5th place. Iain Ronaldson placed 36th chased by Matthew Morgan 37th in the under 13 boy's race.

A splendid turn-out of Fife AC runners with plenty of support and encouragement from club members around the course.

Results: Senior Men: 1 R.Russell (Central AC) 26.33, 2 J.Newsom (Pitreavie U20) 26.46, 3 D.Naylor (HBT) 26.54, 4 A.Liston (Fife AC) 27.10, 5 K.Berry (Corstorphine U20) 27.29, 6 A.Anthony (Central AC) 27.42, 7 D.Shinnie (Aberdeen U20) 27.42, 8 D.Cavers (Teviotdale) 1st veteran. 28.00, 9 M.Bell (C of E) 28.03, 10 G.Bee (Fife AC) 28.11, 26 Adrian Davis 5th veteran. 29.28, 38 Ian Overton 29.54, 39 Hugh McKay 29.54, 56 T.Scott (Fife AC) 1st over 50. 30.48, 60 Bryce Aitken 31.04, 61 Neil Young 31.04, 71 John Murdoch 31.40, 85 Neil Martin 32.19, 113 Mike Mitchell 33.24, 117 Ronnie Mill 33.33, 134 Stuart Knowles 34.17, 145 Mark Harley 34.48, 149 Frank McLaren 35.16, 150 Bill Smith 35.19, 151 Ian Poolman 35.21, 154 Doug Gunstone 35.24, 161 Mel Scobie 35.58, 177 Trevor Jones 36.47, 200 Roy McLachlan 38.18, 203 Martin Farrally 38.40, 206 David Shepherd 39.05, 207 Brian Peachey 39.10, 216 Dave Francis 39.52, 222 Jim Taylor 40.43, 232 Alastair Robertson 42.45, 233 Graham Bennison 43.13, 238 Mike Kuzyszyn 45.07, 239 Chris Clark 45.27.

Teams: 1 Central AC 144, 2 City of Edinburgh 148, 3 Aberdeen AAC 153, 4 Fife AC 173, 5 Falkirk Victoria 284, 6 Metro Aberdeen 306, 7 Corstorphine 357, 8 Dundee Hawkhill 413, 9 Lothian RC 454, 10 Gala H. 496, 11 EZ Carnegie 594, 12 Pitreavie 609, 13 Perth RR 661.

Veteran Teams: 1 Metro Aberdeen 26, 2 Fife AC 27, 3 City of Edinburgh 29, 4 EZ Carnegie 33, 4 Falkirk Vic.37, 6 Central AC 62, 7 Dundee Hawkhill 69, 8 Perth RR 101.

Senior Women: 1 M.MacLarty (Central AC U20) 19.28, 2 L.Wilson (CHR) 19.30, 3 S.Ridley (ESH) 1st veteran. 20.01, 4 T.McIntosh (Central) 20.20, 5 H.Dean (Central) 2nd veteran. 20.23, 6 J.Tait (CHR) 20.26, 7 S.Blake (Penicuik U20) 20.30, 8 F.Lothian (Fife AC) 3rd veteran. 20.37, 9 J.MacLean (C of E) 20.39, 10 S.Armitage (Aberdeen) 4th veteran. 20.50, 47 Margaret McLaren 23.37, 50 Sarah Cullen 23.50, 55 Rosie Stenhouse 24.03, 58 Jocelyn Scott 24.16, 64 Kim Macgregor 25.30, 66 Sue Thomson 25.38, 70 Lorraine Brown 26.17, 72 Johanna Paananen 26.26, 88 Catriona Duncan 30.00, 89 Innes Bracegirdle 30.02, 90 Kate Pether-Smith 30.02, 94 finished.

Teams: 1 Central AC 10, 2 Carnethy HR 24, 3 City of Edinburgh) 35, 4 EZ Carnegie 61, 5 Edinburgh Southern H. 91, 6 Livingston & Dist. 101, 7 Fife AC 105, 8 Falkirk Vic. 110, 9 Perth RR 125, 10 Hunters Bog Trotters 127.

Under 17 Men: 1 K.Gauson (C of E) 17.29, 2 Micheal Gillespie (Central) 17.33, 3 D.Steel (C of E) 18.10, 11 Elliott Simpson 19.36, 13 Philip Salter 19.58, 17 Alex Jones 20.30.

Teams: 1 City of Edinburgh 8, 2 Aberdeen AAC 18, 3 Fife AC 41, 4 George Heriots CCC 61.

Under 17 Women: 1 S.Coleman (Pitreavie) 151.51, 2 M.Smith (Corstorphine) 17.41, 3 R.Campbell (ESH) 17.49, 14 Claire Jarvis 22.37. Team: 1 Edinburgh Southern H. 26.

Under 15 Boys: 1 Matthew Gillespie (Central) 14.29, 2 J.Smith (C of E) 14.45, 3 D.Newsom (Pitreavie) 14.51, 9 Andrew Evans 15.42, 17 Ryan Ritchie 16.24, 28 Frankie Scott 17.08, 31 Scott Ronaldson 17.24, 44 Neil Gray 20.01. Teams: 1 City of Edinburgh 13, 2 Central AC 28, 3 Aberdeen 31, 4 Pitreavie 51, 5 Fife AC 54, 6 Falkirk Vic. 74, 7 Montrose & Dist. 88.

Under 15 Girls: 1 C.Sinclair (ESH) 16.54, 2 J.Kibble (Fife AC) 17.17, 3 R.Burne (Pitreavie) 17.23, 4 C.Noble (Aberdeen) 17.27, 5 E.MacLeish (Dundee Hawkhill) 17.28, 17 Jenny Tan 19.10, 18 Natasha McIntosh 19.11, 22 Emma Todd 19.40, 31 Aillie Scobie 21.08. Teams: 1 Aberdeen AAC 17, 2 Edinburgh Southern H. 31, 3 Fife AC 37, 4 Pitreavie 46, 5 Dundee Hawkhill 52, 6 Lasswade 59.

Under 13 Boys: 1 J.Wolf (C of E) 11.59, 2 R.Poolman (George Heriots) 12.00, 3 R.Anderson (Teviotdale) 12.03, 36 Iain Ronaldson 14.00, 37 Matthew Morgan 14.02. Teams: 1 City of Edinburgh 17, 2 Falkirk Vic. 40, 3 Pitreavie 41.

Under 13 Girls: 1 E.Stewart (ESH) 12.46, 2 M.McLeish (Falkirk Vic.) 12.55, 3 E.Dudgeon (ESH) 13.00, 4 L.Cameron (Central) 13.02, 5 F.Bracegirdle (Fife AC) 13.18, 6 B.Dunphy (Carnoustie) 13.26, 18 Lucy Duff 14.30, 41 Robyn Binnington 18.19, 43 Amy McKechnie 22.17. Teams: 1 Edinburgh Southern H. 11, 2 Central AC 43, 3 Falkirk Vic. 54, 4 City of Edinburgh 58, 5 Fife AC 64, 6 Aberdeen 69, 7 Pitreavie 77, 8 Dundee Hawkhill 78.

**FOR FULL FIFE AC RESULTS FOR 2004 SEE THE RELAY  
PDF ON OUR WEBSITE [www.fifeac.co.uk](http://www.fifeac.co.uk)**