

Cupar 5 - 2023 Provisional Results

Place	Bib#	Name	Club	Division	Time
1	243	Lewis Rodgers	Fife AC	MSen	00:24:21
2	35	Ewan Cameron	Edinburgh AC	M40	00:25:31
3	63	Dermot Cummins	Corstorphine AAC	MSen	00:25:46
4	156	Ryan Lafferty	Fife AC	MSen	00:25:54
5	266	William Stanley	Edinburgh AC	MSen	00:26:19
6	80	Chris Earl	Dundee Hawkhill H	MSen	00:26:28
7	298	David Webster	Dundee RR	MSen	00:26:32
8	73	Ryan Donald	Dundee Hawkhill H	MSen	00:26:53
9	162	Jamie Lessels	Fife AC	MU20	00:27:17
10	256	Marcus Sheridan	Dundee RR	MSen	00:27:19
11	72	Graeme Doig	PH Racing Club	M40	00:27:22
12	300	James Wiggins	Corstorphine AAC	MSen	00:27:26
13	145	Andrew Irvine	Central AC	MSen	00:27:47
14	155	Ben Kinninmonth	Fife AC	MSen	00:27:56
15	51	Sam Coull	Inverness H	MU20	00:27:59
16	105	Donald Gavine	Dundee Hawkhill H	MSen	00:28:04
17	86	Sam Fernando	Fife AC	MSen	00:28:16
18	100	Thomas Gambino	Fife AC	MSen	00:28:28
19	262	John Speirs	Kilmarnock H	M40	00:28:31
20	237	Alex Reily	Kinross RR	MSen	00:28:34
21	12	Glenn Barclay	Fife AC	MSen	00:28:35
22	274	Scott Strachan	Kinross RR	M40	00:28:36
23	47	Elliot Collins	Perth RR	MSen	00:28:37
24	49	Eoin Coull	Highland Hill Runners	M40	00:28:39
25	133	Adam Hart	Dundee RR	MSen	00:28:47
26	227	Richard O'Grady	Helensburgh AAC	M40	00:29:07
27	120	Angus Gray	University of St Andrews XC	MU20	00:29:11
28	146	Russell Jakeman		M40	00:29:13
29	257	Gordon Simpson	Dundee Hawkhill H	M50	00:29:18
30	18	Aaron Bennet	PH Racing Club	MU20	00:29:20
31	127	Rolf Gunnemann	Kirkcaldy Wizards	MSen	00:29:22
32	144	Fergus Ingledew	Fife AC	MSen	00:29:30
33	68	Barry Davie	Carnegie H	M40	00:29:46
34	261	Murray Speight	Kinross RR	MSen	00:29:47
35	224	Craig O'Donnell	Dunbar RC	MSen	00:29:48
36	10	Jenny Bannerman	Inverness H	FSen	00:29:50
37	301	Rupert Williams		MSen	00:29:51
38	135	David Henderson	Pitreavie AAC	M40	00:29:51
39	281	Charles Thomson	Cambuslang H	M50	00:30:00
40	226	Stefan O'Grady	Dundee RR	MSen	00:30:09
41	222	Matt Newton	Kinross RR	M40	00:30:10
42	111	Laura Gibson	Fife AC	FSen	00:30:11
43	249	Colin Sanderson	Fife AC	M40	00:30:26
44	271	Jamie Stewart	Dundee RR	M40	00:30:27

45	299 Mark Webster	PH Racing Club	M40	00:30:29
46	157 Catriona Laing	Dundee Hawkhill H	FSen	00:30:36
47	128 Daniel Hale	Fife AC	MSen	00:30:44
48	296 Hector Waudby-West	Dundee RR	MSen	00:30:47
49	290 Iain Wallace	PH Racing Club	M50	00:30:57
50	112 Alan Gibson	Fife AC	M60	00:31:05
51	96 Stephen Freeland	Kinross RR	M40	00:31:30
52	52 Gordon Coull	PH Racing Club	MSen	00:31:40
53	36 Geoff Campbell	Dundee RR	M40	00:31:43
54	75 Mikey Dow	Leven Las Vegas RC	M50	00:31:47
55	216 Michael Mitchell	Dundee RR	M50	00:31:49
56	110 Kerry Gibson	Fife AC	FSen	00:31:52
57	169 Miguel Luna-Sanchez		MSen	00:31:55
58	69 Tony Disley	Central AC	M50	00:31:58
59	214 Jonathan Millar		MSen	00:32:00
60	164 Mairi Littleson	Dundee RR	FSen	00:32:01
61	125 Simon Grieshaber	Perth RR	M50	00:32:01
62	62 John Crookston	PH Racing Club	M60	00:32:04
63	54 Richard Cox		M40	00:32:05
64	168 Ewan Lumsden		M40	00:32:07
65	284 Jess Tovey		FSen	00:32:10
66	76 Lukasz Drozd		M40	00:32:16
67	286 Rhona Van Rensburg	Fife AC	F50	00:32:19
68	95 Sandy Freck	Kinross RR	MSen	00:32:24
69	204 Bryan McLaren	Leven Las Vegas	MSen	00:32:30
70	6 Derrick Anderson	Dundee RR	M50	00:32:32
71	57 Russell Craig	Dundee RR	M50	00:32:47
72	173 Alistair Macdonald	Morpeth H & AC	M50	00:32:50
73	3 Bryce Aitken	Fife AC	M60	00:32:53
74	141 Peter Hodgson	Wormit Runners	M40	00:32:59
75	178 Neil Maclachlan	Pitreavie AAC	MSen	00:33:00
76	244 Kevin Rogers	Perth RR	M40	00:33:14
77	280 Damon Thoms	Fife AC	M50	00:33:23
78	254 Justas Sefleris	Dundee RR	MSen	00:33:24
79	131 Paul Harkins	Fife AC	M40	00:33:28
80	82 Duncan Edward	Dundee RR	M40	00:33:35
81	93 James Fotheringham	Perth RR	M50	00:33:43
82	217 Jim Morton	Dundee RR	M50	00:33:51
83	2 Lisa Aikman	Perth RR	FSen	00:34:06
84	242 Thomas Robertson	Fife AC	MU20	00:34:08
85	85 Siobhan Evans	Forres H	F50	00:34:13
86	234 David Place	Fife AC	M50	00:34:15
87	158 Rhiannon Laing	Perth RR	FSen	00:34:19
88	31 David Burgess	Anster Haddies RC	M50	00:34:22
89	11 Jo Barbour	Montrose Flyers RC	FSen	00:34:23
90	153 Allan Kettles	Dundee RR	M50	00:34:24
91	8 David Baird	Dundee RR	MSen	00:34:29
92	7 Jas Baillie	Anster Haddies RC	M60	00:34:32

93	143	John Hynd	Carnegie H	M60	00:34:35
94	223	Ed Norton	PH Racing Club	M70	00:34:37
95	83	Gillian Edwards	Perth RR	FSen	00:34:39
96	43	Clark Christie	Beacon Runners	M50	00:34:40
97	206	Michaela McLean	Fife AC	F40	00:34:42
98	1	Dean Abberley	Perth RR	MSen	00:34:48
99	122	Kevin Greig	Dundee RR	M40	00:34:50
100	159	Sophia Lappe	Dundee RR	FSen	00:34:59
101	148	Stephen Jones	Kinross RR	M40	00:35:08
102	39	Fiona Canavan	Dundee RR	FSen	00:35:15
103	90	Malcolm Forbes	Dundee RR	M60	00:35:19
104	289	Gerhard Van Zyl	Fife AC	M40	00:35:23
105	276	Alison Sutherland	Fife AC	FSen	00:35:24
106	240	Hilary Ritchie	Fife AC	F60	00:35:32
107	66	Stewart Dallas	Perth RR	M40	00:35:39
108	197	Claire McHardy	Wee County H	F40	00:35:57
109	196	Christopher McHardy	Central AC	M40	00:35:58
110	207	Gavin McLennan	Metro Aberdeen RC	M40	00:36:02
111	213	Louise Menzies	Dundee RR	F40	00:36:21
112	22	Colin Birtwistle	Dundee RR	M40	00:36:54
113	34	Fiona Callaghan	Dundee RR	FSen	00:36:59
114	136	Tristan Henderson		M40	00:37:00
115	239	Alan Rigby	Perth RR	M50	00:37:04
116	272	Katrina Stewart		F40	00:37:07
117	149	Charlene Junkin	Dundee RR	FSen	00:37:08
118	137	Nigel Hetherington	Fife AC	M60	00:37:12
119	134	Jackie Heilbronn	Dundee RR	F60	00:37:16
120	118	Kirsty Gray	Kinross RR	F50	00:37:22
121	291	Gillian Wallace	PH Racing Club	FSen	00:37:27
122	219	Victoria Munday	Linlithgow Athletic Clu	FSen	00:37:32
123	99	Brian Galletly	Perth RR	M50	00:37:53
124	65	Ronald Dalglish	Fife AC	M50	00:37:56
125	124	Peter Greig	Montrose Flyers	M60	00:37:58
126	117	Clare Graham	PH Racing Club	F50	00:38:01
127	24	Alan Bothwell	Perth RR	M60	00:38:03
128	160	Stuart Law	Arbroath RR	M50	00:38:06
129	176	Carol MacIver		F50	00:38:11
130	200	Morven McIntyre	Dundee RR	FSen	00:38:26
131	294	Tessa Ward	Perth RR	F50	00:38:34
132	23	Keith Bon throne	Fife AC	M60	00:38:37
133	303	Joan Wilson	Perth RR	F60	00:38:40
134	121	Alison Gregory	Kinross RR	FSen	00:38:46
135	147	Michelle Johnstone	Fife AC	F40	00:38:54
136	45	Richard Cleary	Dundee RR	M50	00:38:59
137	183	Allen Marr	PH Racing Club	M60	00:39:00
138	277	Morag Taggart	Dundee RR	F60	00:39:05
139	302	Alan Wilson	Perth RR	M50	00:39:12
140	119	Duncan Gray	Kinross RR	M50	00:39:28

141	19 Ross Bennet	PH Racing Club	M50	00:39:33
142	132 Natasha Harrow	Montrose Flyers RC	FSen	00:39:34
143	5 Jenni Alexander		FSen	00:39:36
144	77 Caroline Duffin	Perth RR	F40	00:39:37
145	248 Craig Rutherford		M40	00:39:38
146	94 Lucy Fraser	Kinross RR	F40	00:39:39
147	267 Eric Stevenson	Edinburgh AC	M70	00:39:40
148	245 Martin Rollo	Dundee RR	M50	00:39:51
149	278 Jeff Taylor	Leven Las Vegas RC	M50	00:40:07
150	247 Dale Roy		M40	00:40:13
151	273 Gail Stirling	Dundee RR	F50	00:40:14
152	92 Darren Ford	Dundee RR	M50	00:40:24
153	115 Stuart Goodfellow	Kirkcaldy Wizards	M50	00:40:29
154	4 Sandra Aitken	Fife AC	F60	00:40:42
155	235 Gail Rattray	Dundee RR	F60	00:40:52
156	263 Marti Spence	Vegan Runners UK	F40	00:40:59
157	269 Stephen Stewart	Arbroath RR	M50	00:41:02
158	152 Gillian Kemp	Kinross RR	F40	00:41:11
159	114 Phillip Gillespie	Dundee RR	M50	00:41:21
160	203 Kirsty Mckay	Wee County H	F40	00:41:34
161	59 Ashley Craig		F40	00:41:35
162	60 Austin Craig		M40	00:41:35
163	107 Keith Gelly	Dundee RR	M50	00:41:41
164	38 Barry Campbell	Perth RR	M40	00:41:46
165	292 Tak Wing Wan		M60	00:41:47
166	40 Shona Candlish	Dundee RR	FSen	00:41:47
167	165 Flora Louden	Kirkcaldy Wizards	FSen	00:41:48
168	250 Jim Scobie	Scottish Athletics	M80	00:41:54
169	138 Christopher Hill	Wormit Runners	M70	00:41:58
170	236 Paul Reed	Dundee RR	M40	00:42:11
171	193 Jacqueline McCulloch	Dundee RR	F50	00:42:25
172	170 Peter Mabe	Fife AC	M60	00:42:28
173	270 Lissa Stewart	Dundee RR	F40	00:42:29
174	255 David Shepherd	Fife AC	M60	00:42:32
175	87 Valerie Findlay	Kinross RR	F60	00:42:48
176	32 Paul Cackette	Lothian RC	M60	00:42:56
177	288 Laura Van Zyl	Fife AC	F50	00:43:03
178	151 Connor Kelly	Dunstable RR	M60	00:43:13
179	188 David McArthur	Montrose Flyers RC	M60	00:43:19
180	109 Allan Gibson	Anster Haddies RC	M70	00:43:33
181	104 Robert Garside	Dundee RR	M40	00:44:04
182	106 Alison Gelly	Dundee RR	F50	00:44:12
183	103 Rebecca Garside	Dundee RR	F40	00:44:33
184	258 May Smith	Dundee RR	FSen	00:44:41
185	268 Jillian Stevenson	Kirkcaldy Wizards	F40	00:44:53
186	33 Carol Cadger	Perth Strathtay H	F70	00:44:59
187	166 Eleanor Lowrie	Dundee RR	F50	00:45:07
188	123 Julie Greig	Dundee RR	F40	00:45:27

189	53 Elizabeth Cowie		FSen	00:45:32
190	182 Angela Malcolm	Fife AC	F50	00:45:33
191	30 Hilary Brown	Dundee RR	F50	00:45:35
192	17 Tori Bedingfield		FSen	00:45:48
193	187 Catherine McAdams	Kinross RR	F40	00:45:58
194	304 Carol Young	EK Fitness	F50	00:46:09
195	202 Josh McKay	Dundee RR	MSen	00:46:11
196	142 Caroline Hogarth	Perth RR	F40	00:46:15
197	175 Anne Macintyre	Kinross RR	F60	00:46:22
198	212 Peter Meehan	Bellahouston H	MSen	00:46:25
199	198 Eddie McInnes	Dundee RR	M50	00:46:38
200	150 John Keenlyside	Fife AC	M70	00:46:47
201	58 Isla Craig	Kinross RR	F50	00:46:53
202	21 Jane Binnie	Wee County H	F60	00:47:13
203	177 Margaret Louise Mackie	Dundee RR	F50	00:47:14
204	220 Michelle Murray	Kinross RR	F40	00:47:26
205	56 Linda Craddock	Dundee RR	F50	00:47:41
206	194 Nicky McGregor	Kirkcaldy Wizards	F50	00:47:41
207	297 Felix Waudby-West		MSen	00:48:01
208	241 Peter Ritchie	Perth RR	M60	00:48:07
209	305 Simone Young	Kinross RR	F50	00:48:12
210	108 David Gemmell	Bellahouston H	M40	00:48:26
211	259 Susan Smith	Dundee RR	F40	00:48:35
212	25 Sue Bothwell	Perth RR	F60	00:48:42
213	174 Linda MacEachen	Kinross RR	F60	00:48:45
214	199 Allan McIntosh	Arbroath RR	M40	00:48:56
215	221 Grahame Mustard	Blairgowrie Runners	M40	00:49:08
216	208 Kenneth McLeod	Fife AC	M40	00:49:09
217	71 Brenda Doig	Dundee RR	F50	00:49:11
218	14 Shona Barry	Dundee RR	F50	00:49:46
219	211 Denise Mcshane	Dundee RR	F50	00:50:33
220	186 Patricia Maxwell		F60	00:50:40
221	101 Alan Gardener	Falkland TR	M50	00:53:07
222	218 Alison Mudie	Dundee RR	F50	00:54:27
223	190 Leanne McCarthy	W4UF	F40	00:57:13
224	264 Elaine Standage		FSen	00:57:14
225	253 Jocelyn Scott	Fife AC	F70	00:57:21
226	171 Moyra Mabe		F60	00:58:29
227	189 Fiona Mccallum	Dundee RR	F40	00:59:52
228	44 Lynne Clarke		F50	00:59:59
229	233 Stacy Paterson	Dundee RR	FSen	01:01:10
230	205 Laura McLean	Dundee RR	F40	01:02:11
231	29 Barbara Mary Brown	Dundee RR	F60	01:07:02
232	9 Carrie Baird	Dundee RR	FSen	01:08:56