

3/1/16 - Glasgow AA Metric Miler Meeting Inc Scottish 3000m Championships

600m

Rory Muir - 1:21.52

3000m

James Donald - 8:49.78 **1st U20**

Gordon Barrie - 9:17.48 **1st M40**

Ryan Donald - 10:34.79

6/1/16 - Grangemouth open Graded

60m Hurdles

Blair Scott - 11.16

9/1/16 - Inter District Championships

U13 Boys

23rd Aidan Simpson - 11:50

24th Jack Dalgety- 11:50

28th - Blair Scott- 11:55

U15 Girls

27th - Anna Bennett - 17:08

U17 Men

8th - James Donald - 21:34 (**James was part of the 6 man winning team**)

35th - Andrew Merry - 23:35

10/1/16 - Falkland Trail Runners Frostbite Trail Race 3

15th - Ryan Donald 31:06 (**1st Junior**)

16/1/16 - East Cross Country League - Broxburn

U11 Boys (1.4km) 67 ran

10th - Josh Taylor - 5.57

31st - Kieran Simpson - 6.31

32nd - Callum Gibson - 6.34

U11 Girls (1.4km) 58 ran

7th - Lola Venditozzi - 6.31

14th - Cameryn Barclay - 6.53

24th - Alex Tully - 7.07

27th - Grace Matthews - 7.14

29th - Katie Clark - 7.20

3rd Team

U13 Boys (2.7km) 56 ran

10th - Blair Scott - 10.47

16th - Aidan Simpson - 11.02

22nd - Scott Vigrow - 11.18

3rd Team

U13 Girls (2.7km) 59 ran

33rd - Iona Esslemont - 13.11

43rd - Isla Manning - 13.33

51st - Lara Manning - 14.13

U15 Boys (4.1km) 50 ran

16th - Bradley Duff - 16.01

36th - Jamie Simpson - 17.41

37th - Ben McDermid - 17.45

43rd - Eion Simpson - 18.27

U15 Girls (4.1km) 44 ran

12th - Anna Bennett - 17:14

39th - Claire Roberts - 20.38

16/1/16 - East Cross Country League – Broxburn

U17 Men (5.4km) 26 ran

2nd - Andrew Merry - 19.17
11th - Callum McCormack - 21.15
18th - Declan Gall - 22.24
25th - Calum Letham - 27.14
26th - Rowan Downie - 28.50

3rd Team

U17 Women (4.1km) 16 ran

12th - Alex Barclay - 20.55
16th - Danielle McDermid - 22.37

Senior/junior men (8.1km) - 278 ran

49th - 40th senior - Billy Gibson - 30.57
82nd - 64th senior - Munro Stewart - 32.22
173rd - 55th vet - Raymond Tully - 36.41
185th - 64th vet - Phil Forte - 37.17

Senior/junior women (5.4km) 118 ran

40th - 24th senior - Louise Beveridge - 24.57
52nd - 8th junior - Eilidh Reynolds - 25.39
69th - 27th vet - Catriona Reynolds - 27.22
75th - 31st vet - Catherine Matthews - 27.39
112th - 54th vet - Nicola Tully - 32.06

16/1/16 - National Indoor Open

60m

Rachel Broadfoot - 8.32s
Anna Ferguson - 8.41s

200m

Michael Tarnawsky - 23.21s
Mike Tarnawsky - 24.93s
Anna Ferguson - 28.34s
Emily Paul - 29.14s

300m

Shaney McCabe - 43.18s
Niamh Robertson - 43.38s

400m

Michael Tarnawsky - 53.22s
Laura Muir - 55.36s
Mike Tarnawsky - 58.25s

800m

Rory Muir - 1:55.08
Laura Muir - 2:01.11

1500m

James Donald - 4:07.35
Ryan Donald - 4:58.72
Jack Donald - 5:51.25

60m Hurdles

Katie Patullo - 9.29s
Rachel Broadfoot - 9.67s
Niamh Robertson - 9.67s
Scott Oswald - 10.50s
Emily Paul - 12.31s

Triple Jump

Michael Tarnawsky - 11.82m
Mike Tarnawsky - 11.07m

High Jump

Scott Oswald - 1.55m
Katie Patullo - 1.50m

17/1/16 - Strathearn Trail Series Race 2

Scott Vigrow - 11:45 - **1st Junior**

Alan Vigrow - 28:19 - **12th Sen Man**

24/1/16 - Winter Cross Country Series Haddo

U11 Boys

2nd Josh Taylor 5:38

6th Keiran Simpson 6:00

14th Jack Donald 6:26

U11 Girls

4th Alex Tully 6:15

5th Katie Clark 6:38

U13 Boys

2nd Aidan Simpson 10:26

4th Scott Vigrow 11:21

U15 Boys

4th Ryan Donald 21:22

6th Jamie Simpson 22:05

7th Davey Begg 23:06

8th Ben McDermid 23:06

U15 Girls

11th Jodie Taylor 13:55

3 mile race

1st U17 James Donald 18:31

39th (8th Senior) Elidh Reynolds 24:36

45th (10th Senior) Kirsty Reynolds 25:38

49th (5th U17) Danielle McDermid 26:38

53rd (4th Supervet) Kenny Letham 27:10

56th (4th vet) Angus Donald 27:50

61st (6th Supervet) Alan Vigrow 29:04

62nd (3rd Supervet) Joyce Donald 29:08

63rd (6th vet) Lorraine Simpson 30:40

66th (5th vet) David Taylor 32:38

6 mile race

61st (3rd Supervet) Catriona Reynolds 54:25

24/1/16 - Aberdeen Open Graded

60m

Michael Tarnawsky - 7.49

Michael Tarnawsky - 7.50

Mike Tarnawsky - 7.86

Mike Tarnawsky - 7.88

Niamh Robertson - 8.31

Niamh Robertson - 8.37

Rachel Broadfoot - 8.42

Blair Scott - 9.11

Blair Scott - 9.21

60m Hurdles

Rachel Broadfoot - 9.59

Niamh Robertson - 9.65

Blair Scott - 10.46

Long Jump

Rachel Broadfoot - 4.68m

27/1/16 - Ravenscraig Open Graded

60m - Mike Tarnawsky - 7.84

100m - Mike Tarnawsky - 12.12

30/1/16 - National Masters XC Championships

12th - Gordon Barrie - 30:46
34th - Billy Gibson - 32:12
53rd - Roger Van Gompel - 33:30
111st - Craig Ross - 36:57
115th - Phil Forte - 37:03

Over 65's

4th - Alan Lawson - 29:41

30/1/16 - National Senior Indoor Open

1500m - James Donald - 4:07.29 (Heat), 4:11.94 (Final)

30/1/16 - National U17 Indoor Open

60m - Anna Ferguson - 8.36 (Heat), 8.35 (Semi)
60m hurdles - Niamh Robertson - 9.55 (Heat)
200m - Niamh Robertson - 27.16 (Heat), 26.98 (Semi)
200m - Anna Ferguson - 28.11 (Heat)