

Linlithgow Canal Fun Run 10/6/15 Results

Name	Time (hrs, mins & secs)			Club	Age
	Finish	Start	Taken		
Louis Macdonald	7.13.03	7.02	11.03	Lothian	13
Aiden McGinty	7.12.11	7.00	12.11	Lothian	10
Robyn MacDonald	7.14.23	7.02	12.23	Lothian	10
Finlay Shields	7.16.19	7.03	13.19	Lothian	11
Sorley Macdonald	7.16.51	7.02	14.51	Lothian	8
Grace Parton	7.15.00	7.00	15.00	-	7
Ross Duncan	7.19.17	7.03	16.17	Linlithgow	11
Lauren Park	7.16.18	7.00	16.18	-	8
Lily Paton	7.16.19	7.00	16.19	Linlithgow	9
Aiden Anderson	7.17.35	7.01	16.35	Linlithgow	9
Sam Jones	7.19.10	7.01	18.10	Linlithgow	11
Aiden Mochrie	7.19.16	7.01	18.16	Linlithgow	10
Abi Wardrop	7.23.56	7.04	19.56	Lothian	6
Isla Reid	7.32.00	7.03	29.00	-	4

Congratulations to all the cheerful fun runners and thanks for helping to organise yourselves. Grateful thanks to the excellent Fun Run stewards.

Do you know that I organise a series of Fun Runs in conjunction with annual hill races? Each one is roughly a mile and costs 10p to enter (half price for pensioners) but all smiling finishers get a carton of juice, a chunky Kit Kat and a certificate.

The next ones are:

Dounans Doodle

Aberfoyle

Sunday August 30th

Tinto Tiptoe

Near Biggar

Saturday November 13th

Cockleroy Chaser

Beecraigs

Saturday December 26th

Martin

Trail Race Results 10/6/15

Pos	Name.	Time			Team	Age
		Finish	Start	Taken		
1	Joyce Salvona	19.35	6.56	23.35	Lothian	57
2	Edel Mooney	19.40	6.59	20.40	Lothian	40
2	Christine McVarish	19.40	6.59	20.40	Lothian	43
4	Jo Williams	20.00	7.00	20.00	Lothian	27
5	Jocelyn Moar	20.11	7.00	20.11	Lothian	27
6	Mhairi Inglis	20.35	7.00	20.35	Lothian	23
7	Jill Horsburgh	21.25	6.56	25.25	Linlithgow	56
8	Karen Duncan	21.41	7.00	21.41	Linlithgow	34
9	Angus Gallie	22.10	7.01	21.10	Linlithgow	59
9	Anne Gumbley	22.10	7.00	22.10	-	31
11	Mark Johnston	22.32	7.04	18.32	Linlithgow	42
12	Keith Boardman	22.44	7.02	20.44	-	53
13	Leanne Webster	22.53	7.00	22.53	Lothian	32
14	Graham Burrows	23.02	7.00	23.02	Linlithgow	64
15	Monica Anderson	23.13	6.58	25.13	Lothian	46
16	Roddy Simpson	23.21	6.59	24.21	Linlithgow	67
17	Alex Oliver	23.33	7.03	20.33	Linlithgow	45
18	Robert Myler	23.36	7.02	21.36	-	50
19	Malcolm Finlayson	23.39	7.03	20.39	Lothian	48
20	Ian Logan	23.48	7.05	18.48	Linlithgow	36
20	Paul Dudchenko	23.48	7.03	20.48	Linlithgow	49
22	Gerry McCafferty	23.55	7.02	21.55	Lothian	50
23	Paul Cackette	24.17	7.01	23.17	Lothian	55
24	Fiona Ross	24.21	6.58	26.21	-	47
25	Brian Reid	24.29	7.02	22.29	Lothian	55
26	Gerry McCardle	24.34	7.04	20.34	Linlithgow	42
27	Louisa Cockburn	24.39	7.00	24.39	Linlithgow	34
28	Jacqueline Ndaro	24.40	7.00	24.40	-	39
29	Stephen Malcolm	24.48	7.03	21.48	Lothian	46
30	Raymond Evenden	25.04	7.03	22.04	Lothian	45

Trail Race Results 10/6/15 (Continued)

Pos	Name	Time			Team	Age
		Finish	Start	Taken		
31	Alex Wood	25.03	7.00	25.05	Linlithgow	64
32	Iain Horsburgh	25.20	7.04	21.04	Lothian	16
33	Yohan Meintjies	25.23	7.03	22.23	Linlithgow	46
34	Cara McCafferty	25.39	6.59	26.39	Lothian	17
35	Mhairi Simpson	26.07	6.59	27.07	Lothian	42
36	Drew Santry	26.40	7.01	25.40	Lothian	58
37	Cliff Dicker	26.48	6.59	27.48	Lothian	67
38	Lisa McCann	26.50	7.00	26.50	-	34
38	Steph Sharp	26.50	7.00	26.50	-	38
40	Hannah Danson	27.07	7.00	27.07	Linlithgow	30
41	Lesley McGuire	27.25	6.56	31.25	Linlithgow	55
42	Felicity Harrison	27.50	7.00	27.50	Linlithgow	29
43	Brian Couper	27.57	7.04	23.57	-	40
44	Gary Aitkenhead	28.01	7.04	24.01	-	42
45	Jennifer Grant	28.52	7.00	28.52	Linlithgow	28
46	Ryan Santry	28.53	7.05	23.53	Lothian	22
47	Bry an Grome	29.08	7.02	27.08	Linlithgow	50
48	Gillian Wells #	29.11	7.04	25.05	Linlithgow	40
49	James Dalglish	29.35	7.02	27.35	-	50
50	Brian Cowan	29.38	7.03	26.38	-	47
51	Karen Siegel	29.52	7.00	29.52	-	35
52	Lee McKemmie	29.58	7.00	29.58	-	38
53	Fiona Duff	30.12	6.59	31.12	-	42
54	Phillip Jurczyk	30.38	6.59	30.38	Lothian	69
55	Nelson Liddle	30.39	7.00	30.39	Linlithgow	28
56	William Francis	32.07	7.04	28.07	Lothian	44
57	Pauline Gardiner	33.13	6.59	34.14	-	43
58	John Dalton	34.11	7.02	32.11	Linlithgow	51
59	Darren Auld	34.50	7.05	34.50	Lothian	27
60	Mike Hood	39.11	6.57	42.11	Lothian	78
61	Kathleen Dempsey	39.50	7.00	39.50	Lothian	24
62	Mike Lieberman	39.50	7.00	39.50	Lothian	64

Gillian seems to have started 5minutes late, but her overall time is the same.

Trail Race and Fun Run at Linlithgow 10/6/15 - Comments

Above are my attempts to process the results. I would be happy to correct any mistakes that you can identify, though times are less important to me than camaraderie and enjoyment.

My running career started 75 years ago as a small sickly child, who attended 10 different schools as a refugee from Hitler. I was often bullied and rarely got picked for games teams, but I liked to run. By the time I was 17, I was the third best cross-country runner in my school and my running continued to improve in the next 17 years or more. The more I ran the more my health improved, and with it my confidence. I only took 4 days illness leave in all my working life. We cannot all win races and set records but my passion is to convince folk to run for enjoyment and to improve the length and quality of their lives.

I also believe that running is most enjoyable in a natural environment and I wanted you to see the exquisitely attractive opportunities that you have on your doorstep. The project succeeded beyond my wildest dreams and I would like to bottle the camaraderie and joy which abounded. My only regret is that I did not have a chance to talk to all of you, runners and helpers, and thank you for your contribution.

Folk were telling me that my organisation was perfect, but the truth is that my energy levels and memory are fast failing and it only worked so well because many old friends and new acquaintances filled in and covered for my mistakes. Thanks to all of you and to everyone who took part in such a wonderful spirit. I would love to see the event continuing in future years but, in truth, it is getting beyond me. However, if Xcite Linlithgow continue to offer such excellent support, I am sure that the folk who did the work this time, could easily manage by themselves. I would gladly offer support, including equipment for course marking, timing, recording, etc. and up to £100 for numbers, prizes and expendables. I even heard rumours that Linlithgow members were considering suggesting that their club have a go.

Mob Match Scores

(Calculated by adding the individual positions of the first 20 finishers for each team.)

Lowest total wins.

Lothian: 432

Linlithgow: 566

In fact the results would have been very close, were it not for the intervention of some formidable Lothian lassies, including members of the reigning Scottish Road Relay Champion team.

