

ACW route				Falkland to Strathmiglo			Strathmiglo to Kinnesswood				Kinnesswood to Maspie Glen				Maspie Glen to Falkland				Approx
Team no. Category				7.7km, 150m (change)			11.5km, 700m (change)				11.5km, 420m (slight change)				5.5km, 390m climb				
2018																			
10:30	3 (3rd)	140	Open Senior	Eóin Lennon	00:24:03	10:54	Konrad Rawlik & James Britton	01:10:39	01:34:42	12:04	Liam Braby & Andy Fallas	00:48:18	02:23:00	12:53	Iain Gilmore	00:28:27	02:51:27	13:21	
10:30	24 (1st)	141	Women Senior	Jasmin Paris	00:31:22	11:01	Angela Mudge & Helen Bonsor	01:20:53	01:52:15	12:22	Nicola Duncan & Rachel Normand	01:01:45	02:54:00	13:24	Elizabeth Leason	00:36:46	03:30:46	14:00	
10:30	17	135	Open Senior B	Jeff Roberts	00:33:43	11:03	Jim Hardie & Mark Lunt	01:18:32	01:52:15	12:22	Euan Boyd & Will Normand	01:00:45	02:53:00	13:23	Auren Clarke	00:29:45	03:22:45	13:52	
10:30	102	139	Mixed Senior	Emma Jeffrey	00:53:01	11:23	Jonny Muir & Nigel Shekleton	01:30:52	02:23:53	12:53	Aisling Allum & Abigail Robertson	01:37:07	04:01:00	14:31	Jonathan Marks	00:32:02	04:33:02	15:03	
10:30	7	136	Open 40+	Graham Nash	00:27:02	10:57	Dessie Flanagan & Stewart Whittle	01:12:48	01:39:50	12:09	Michael Reid & Mark Johnston	00:51:10	02:31:00	13:01	Simon Titmus	00:31:36	03:02:36	13:32	
10:30	29	137	Open 40+ B	Billy Elliot	00:37:38	11:07	Alan Renville & Neil Burnett	01:21:05	01:58:43	12:28	Mike Lynch & Mark Hartree	01:03:17	03:02:00	13:32	Bruce Smith	00:33:00	03:35:00	14:05	
10:30	22 (1st)	138	Open 50+	Adam Ward	00:32:32	11:02	Andrew Patience & Neil Gilmore	01:19:54	01:52:26	12:22	Gary Macinnes & Steve Fallon	00:58:34	02:51:00	13:21	Andy Spenceley	00:35:33	03:26:33	13:56	
9:20	86	14	Open Senior B	Dorothy Elliot	00:41:16	10:01	Ross Henderson & Chris Boustred	01:34:34	02:15:50	11:35	Micha Stanbridge & John Preston	01:04:10	03:20:00	12:40	Margaret Forrest	00:58:33	04:18:33	13:38	
9:20	73	15	Mixed Senior	Lauren McKay	00:43:01	10:03	Tracy Ballinger & Helen Boyd	01:46:13	02:29:14	11:49	Ryan Forgie & Lucas Lefevre	01:12:46	03:42:00	13:02	Alex McVey	00:30:37	04:12:37	13:32	
9:20	67 (1st)	17	Women 40+	Fiona Fulton	00:37:07	9:57	Michelle Hetherington & Joanne Anderson	01:36:08	02:13:15	11:33	Sarah Foster & Philippa Ivison	01:17:45	03:31:00	12:51	Fionna Mackinnon	00:39:59	04:10:59	13:30	
9:20	121	18	Women 50+	Hilary Spenceley	00:37:58	9:57	Kathy Jarvis & Moira Stewart	01:55:56	02:33:54	11:53	Maggie Creber & Nicki Innes	01:22:06	03:56:00	13:16	Mairi Brown	00:50:44	04:46:44	14:06	
9:20	119	16	Open 60+	Brian Howie	00:43:55	10:03	Bob Waterhouse & Trevor Collins	01:56:05	02:40:00	12:00	Digby Maass & Gordon Cameron	01:11:00	03:51:00	13:11	Cal Ingham	00:55:05	04:46:05	14:06	
			Team no. Category	7.2km 217m (4.48 miles 135m)			10km, 680m climb				11.5km, 420m				5.5km, 390m				
2017																			
10:30	4 (1st)	108	Mens V40 A	Graham Nash	0:25:57	10:55	Dessie Flanagan & Stewart Whittle	0:58:28	1:24:25	11:54	Mike Reid & Mark Johnston	0:52:05	2:16:30	12:46	Jon Ascroft	0:31:18	2:47:48	13:17	
10:30	5	106	Mens A	Fergus Johnston	0:28:20	10:58	Konrad Rawlik & James Waldie	0:57:10	1:25:30	11:55	Alex McVey & Iain Gilmore	0:54:09	2:19:39	12:49	James Britton	0:29:06	2:48:45	13:18	
10:30	18 (1st)	110	Mens V50 A	Gordon Cameron	0:31:31	11:01	Bob Johnson & Steven Fallon	1:11:04	1:42:35	12:12	Harry Gilmore & Bruce Smith	1:00:15	2:42:50	13:12	Mike Andrew	0:32:48	3:15:38	13:45	
10:30	20	107	Mens B	Chris Boustred	0:28:57	10:58	Jim Hardie & John Ryan	1:09:56	1:38:53	12:08	Euan Boyd & John Busby	0:59:57	2:38:50	13:08	Duncan Davis	0:37:47	3:16:37	13:46	
10:30	22	109	Mens V40 B	Matt Jones	0:31:13	11:01	Mike Lynch & Gregor Heron	1:11:37	1:42:50	12:12	Simon Titmuss & Neil Burnett	0:58:36	2:41:26	13:11	Chris Henty	0:40:02	3:21:28	13:51	
10:30	42 (3rd)	105	Ladies A	Mary Lye	0:31:36	11:01	Sarah Sigsworth & Jasmin Paris	1:18:00	1:49:36	12:19	Charlotte Morgan & Angela Mudge	1:06:08	2:55:44	13:25	Lisa Gamble	0:38:39	3:34:23	14:04	
10:30	73	111	Mens C	Ally Robertson	0:31:01	11:01	Noel Tomnay & David Harrington	1:51:38	2:22:39	12:52	Konrad Rawlik & Alan Swanson	1:06:21	3:29:00	13:59	Iain Gilmore	0:37:53	4:06:53	14:36	
9:30	87	16	Ladies B	Tracy Ballinger	0:35:43	10:05	Zofia Lisowski & Rachel Newstead	1:35:19	2:11:02	11:41	Lorna Ascroft & Georgina McAllister	1:21:08	3:32:10	13:20	Laura Faithfull	0:43:17	4:15:27	13:45	
9:30	91	17	Ladies V40	Dorothy Elliott	0:37:57	10:07	Maggie Creber & Joanne Anderson	1:24:02	2:01:59	11:31	Philipa Ivison & Fionna Mackinnon	1:16:56	3:18:55	12:48	Patricia McMaster	0:57:45	4:16:40	13:46	
9:30	99	19	Mens V50 B	Richard Chandler	0:36:13	10:06	Mark Hartree & Bob Waterhouse	1:35:08	2:11:21	11:41	Keith Burns & Digby Maass	1:18:30	3:29:51	12:59	Brian Howie	0:49:51	4:19:42	13:49	
9:30	113	18	Ladies V50	Hilary Spenceley	0:35:25	10:05	Moira Stewart & Kathy Jarvis	1:33:30	2:08:55	11:38	Cal Ingham & Margaret Forrest	1:40:00	3:48:55	13:18	Joanne Thin	0:49:33	4:38:28	14:08	
2016																			
10:30	4 (4th)	105	Open Senior	Jonny Muir	00:26:16	10:56	Eoin Lennon & Andy Fallas	00:58:18	01:24:34	11:54	Andrew Gilmore & Iain Gilmore	00:51:39	02:16:13	12:46	Liam Braby	00:29:53	02:46:06	13:16	
10:30	6 (1st)	107	Open 40+	Graham Nash	00:25:45	10:55	Stewart Whittle & Mike Reid	01:03:46	01:29:31	11:59	John Ascroft & Mark Johnston	00:53:27	02:22:58	12:52	Olly Stephenson	00:34:10	02:57:08	13:27	
10:30	17 (1st)	109	Open 50+	Gordon Cameron	00:31:28	11:01	Adam Ward & Steve Fallon	01:08:34	01:40:02	12:10	Neil Gilmore & Bruce Smith	00:59:52	02:39:54	13:09	Andy Spenceley	00:33:49	03:13:43	13:43	
10:30	19	106	Open Senior	Vivian Busby	00:26:48	10:56	Konrad Rawlik & Alex McVey	01:10:47	01:37:35	12:07	Euan Boyd & Nigel Shekleton	01:05:56	02:43:31	13:13	Jim Hardie	00:34:50	03:18:21	13:48	
10:30	27 (2nd)	104	Women Senior	Helen Bonsor	00:29:52	10:59	Charlotte Morgan & Jasmin Paris	01:06:12	01:36:04	12:06	Abigail Robertson & Aisling Allum	01:10:55	02:46:59	13:16	Joanne Anderson	00:40:06	03:27:05	13:57	
10:30	28	108	Open 40+	Duncan Davis	00:30:46	11:00	Neil Burnett & Mike Lynch	01:12:44	01:43:30	12:13	Simon Titmuss & Mark Hartree	01:04:20	02:47:50	13:17	John Sylvester	00:39:44	03:27:34	13:57	
9:30	81	17	Women Senior	Jessie Dahl	00:32:42	10:02	Catherine Southworth & Fionna Mackinnon	01:28:44	02:01:26	11:31	Zofia Lisowski & Georgina McAllister	01:21:35	03:23:01	12:53	Lorna Ascroft	00:41:36	04:04:37	13:34	
9:30	103	19	Open 60+	Digby Maass	00:39:45	10:09	Keith Burns & Bob Waterhouse	01:43:25	02:23:10	11:53	Brian Howie & Jean Jumelle	01:24:11	03:47:21	13:17	Digby Maass (sub)	00:44:18	04:31:39	14:01	
9:30	124	18	Women 50+	Hilary Spenceley	00:37:05	10:07	Kate Crowe & Sarah Robertson	02:04:54	02:41:59	12:11	Cal Ingham & Margaret Forrest	01:43:35	04:25:34	13:55	Mairi Brown	00:50:15	05:15:49	14:45	
2015											Shorter route avoiding shoot								
10:30	2	106	Men A	James Waldie	00:25:18	10:55	Eoin Lennon & Andy Fallas	00:58:39	01:23:57	11:53	Iain Whiteside & Michael Reid	00:44:34	02:08:31	12:38	Andrew Gilmore	00:27:22	02:35:53	13:05	
10:30	8	109	Mixed	Lisa Gamble	00:30:57	11:00	Konrad Rawlik & Jasmin Paris	01:04:13	01:35:10	12:05	Ross Christie & Andrew Normand	00:48:47	02:23:57	12:53	Helen Bonsor	00:32:47	02:56:44	13:26	
10:30	9	107	Men B	Steve Best	00:28:16	10:58	Jim Hardie & Euan Boyd	01:12:09	01:40:25	12:10	Matthew Curry & Iain Gilmore	00:47:40	02:28:05	12:58	Alex McVey	00:29:58	02:58:03	13:28	
10:30	16	110	MV40	Graeme Dunbar	00:29:25	10:59	Gregor Heron & Stewart Whittle	01:12:25	01:41:50	12:11	Matt Davis & Olly Stevenson	00:52:48	02:34:38	13:04	Mark Johnston	00:29:57	03:04:35	13:34	
10:30	24	112	MV50	Adam Ward	00:30:05	11:00	Adrian Davis & Steven Fallon	01:13:07	01:43:12	12:13	Mike Andrew & Neil Gilmore	00:52:34	02:35:46	13:05	Bruce Smith	00:34:00	03:09:46	13:39	
10:30	25	111	MV40 B	Graham Nash	00:29:28	10:59	Mark Hartree & Joel Sylvester	01:19:44	01:49:12	12:19	Neil Burnett & Mike Lynch	00:52:20	02:41:32	13:11	Simon Titmus	00:31:48	03:13:20	13:43	
10:30	34	108	Men C	Duncan Davis	00:31:13	11:01	Nigel Shekleton & Matt Jones	01:17:09	01:48:22	12:18	Alan Renville & Andrew Patience	00:59:13	02:47:35	13:17	Anthony Hemming	00:33:10	03:20:45	13:50	
10:30	44	113	MV50-2	Roddy McCrae	00:30:59	11:00	Andrew Shepherd & Andy Spenceley	01:16:59	01:47:58	12:17	Willie Gibson & Bob Waterhouse	01:06:48	02:54:45	13:24	Gordon Cameron	00:37:00	03:31:46	14:01	
10:30	74	105	Ladies	Georgina McAlliste	00:39:10	11:09	Joanne Anderson & Myvanwy Fenton May	01:28:08	02:07:18	12:37	Mary Lye & Kathy Henly	01:04:04	03:11:22	13:41	Annie Gaillard	00:46:09	03:57:31	14:27	
9:30	105	16	MV60	Ian Nimmo	00:55:47	10:25	Keith Burns & Trevor Collins	01:41:27	02:37:14	12:07	Digby Maass & Jean Jumelle	01:10:27	03:47:41	13:17	Brian Howie	00:44:29	04:32:10	14:02	
9:30	108	15	FV50	Hilary Spenceley	00:36:41	10:06	Moira Stewart & Karen Meikle	01:43:11	02:19:52	11:49	Cal Ingham & Irene Schierloh	01:22:04	03:41:56	13:11	Marqaret Forrest	00:56:05	04:38:01	14:08	
9:30	113	14	FV40	Kathy Jarvis	00:39:58	10:09	Joanne Thin & Nicola Dunn (est. time)	01:50:02	02:30:00	12:00	Carolyn Dyson & Ina Donat (est. time)	01:18:05	03:48:05	13:18	Kirsty Loudon	00:59:35	04:47:40	14:17	