

Run 4 It Proms 3K**6th December 2019****Race Number 3**

Posn	No	Name	Club	Cat	Time
1	38	Robbie Simpson	Deeside	M	09:09
2	742	David Langan	Unattached	M	09:38
3	690	Michael Barker	Stonehaven	MV	09:49
4	59	Tom Martin	Metro Aberdeen RC	M	10:00
5	53	Jamie Pallister	Newburgh Dunes	M	10:05
6	63	Paul Knight	Metro Aberdeen RC	M	10:11
7	41	Nicola Gauld	Metro Aberdeen RC	F	10:18
8	716	Calum Crichton	Fraserburgh RC	M	10:20
9	18	Neil Young	Unattached	MV	10:27
10	49	Scott Adams	Metro Aberdeen RC	M	10:30
11	69	Idwer Stolk	Metro Aberdeen RC	M	10:32
12	19	Mark McDonald	Jog Scotland B.O.D.	M	10:35
13	612	Kenny Wood	Unattached	M	10:44
14	672	Emma Watt	Jog Scotland Kintore RC	F	10:44
15	689	Ryan Gordon	Stonehaven	M	10:52
16	60	Harriet Cross	Unattached	F	10:53
17	65	Chris Paterson	Metro Aberdeen RC	M	10:55
18	46	Mark Walker	Newburgh Dunes	MV	10:56
19	61	Joe Saunders	Metro Aberdeen RC	M	11:04
20	669	Jason Osborne	Newburgh Dunes	MV	11:08
21	620	Jegors Slobodcikovs	Unattached	M	11:09
22	48	Keith Cowe	Jog Scotland Kintore RC	MV	11:09
23	731	Mark Young	Metro Aberdeen RC	M	11:11
24	62	Angus Morrison	Garioch Road Runners	MV	11:20
25	661	Julie Hoyle	Jog Scotland Kintore RC	FV	11:24
26	64	Scott Paterson	Unattached	MV	11:33
27	663	Thomas Blair	Jog Scotland Kintore RC	M	11:41
28	687	Chris Fryer	Unattached	MSV	11:45
29	24	Martin Shaw	Unattached	MV	11:47
30	728	Greig Ritchie	Unattached	M	11:48
31	66	Chris Kelly	Unattached	M	11:52
32	637	Stuart Gall	Unattached	MV	11:53
33	632	Andy Traill	Newburgh Dunes	MV	11:55
34	42	Graham McDermid	Metro Aberdeen RC	MSV	11:56
35	58	Callum Smith	Jog Scotland B.O.D.	M	11:57
36	730	Andy Redman	Metro Aberdeen RC	MSV	11:58
37	614	Jennifer Robertson	Peterhead AC	FV	11:59
38	43	Aimee Tawse	Jog Scotland Kintore RC	FJ	12:01
39	45	Paul Anderson	Newburgh Dunes	M	12:02
40	50	Lewis McNeil	Newburgh Dunes	M	12:02
41	741	Linda McGee	Peterhead AC	FV	12:05
42	671	Keith Dunnnett	Metro Aberdeen RC	MV	12:06
43	695	Colin Larmour	Cosmic	MSV	12:07
44	744	Gillian Strachan	Fraserburgh RC	FV	12:08
45	14	Jamie Walker	Jog Scotland Kintore RC	MV	12:09
46	57	Vince Taylor	Newburgh Dunes	MSV	12:10
47	56	George McPherson	Metro Aberdeen RC	M60+	12:15
48	725	Tony McGarva	Metro Aberdeen RC	MSV	12:20
49	610	Susan Strachan	Peterhead AC	FV	12:20
50	616	Greig Cruickshank	Jog Scotland Kintore RC	MSV	12:22
51	723	Chloe Sangster	Metro Aberdeen RC	F	12:23
52	12	Stuart Reid	Unattached	M	12:37
53	653	Sarah Bartlett	Jog Scotland Kintore RC	F	12:38
54	27	Petra Hampton	Metro Aberdeen RC	F	12:38
55	51	Gail Rennie	Metro Aberdeen RC	FV	12:39
56	44	Andrew Davidson	Peterhead AC	MSV	12:42
57	658	George Keith	Newburgh Dunes	MV	12:48
58	67	Alexander Duncan	Unattached	M	12:49
59	739	Olivier Stanzione	Lynx Pack	MV	12:52

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Posn	No	Name	Club	Cat	Time
60	52	Becky Strachan	Metro Aberdeen RC	F	12:53
61	664	Greg Bruce	Fraserburgh RC	M	12:55
62	39	Charlie Noble	Fraserburgh RC	M60+	12:55
63	655	Lauren Knowles	Jog Scotland Kintore RC	F	12:57
64	727	Chris Goodall	Metro Aberdeen RC	M	13:00
65	26	Scott Hutcheson	Unattached	M	13:02
66	679	Robin Dillaway	Unattached	MV	13:03
67	682	John Colegrave	Cosmic	M60+	13:04
68	688	Drew Cameron	Unattached	M	13:09
69	68	Bill Irvine	FFT	MSV	13:10
70	634	Phil Owens	Garioch RR	M60+	13:10
71	675	Caris Strachan	Newburgh Dunes	F	13:11
72	636	Ailsa Webster	Jog Scotland Westhill	FSV	13:11
73	47	Victoria Brown	Unattached	FV	13:13
74	656	Michael Kinsella	Jog Scotland Kintore RC	M	13:15
75	743	William Skinner	AAAC	M60+	13:17
76	677	Paul Hewitt	Unattached	MV	13:22
77	623	Morag Thompson	Fraserburgh RC	FV	13:27
78	625	Helen Duguid	Unattached	F	13:35
79	37	Paul Finch	Jog Scotland Hazlehead	MV	13:40
80	13	Sarah Anderson	Unattached	FV	13:41
81	643	Iain Lindsay	Metro Aberdeen RC	MSV	13:42
82	639	Demi Beattie	Jog Scotland Kintore	F	13:42
83	644	Birgitte Stevens	Metro Aberdeen RC	FV	13:52
84	630	Frank Campbell	Metro Aberdeen RC	MV	13:58
85	694	John Duff	Metro Aberdeen RC	M70+	14:02
86	648	Murray Bryce	Cosmic	M60+	14:09
87	715	Robin White	Unattached	M	14:14
88	11	Eilidh Clarkson	Unattached	F	14:17
89	722	Pauline Larmour	Cosmic	FSV	14:21
90	747	Jeanette Lowe	Jog Scotland B.O.D.	FV	14:22
91	673	Rosemary Leiper	Metro Aberdeen RC	F60+	14:30
92	738	Ian Williamson	Lynx Pack	M60+	14:35
93	54	Ian Douglas	Jog Scotland B.O.D.	M70+	14:35
94	635	Sheila Gauld	Jog Scotland Westhill	F60+	15:05
95	665	Michelle Brearley	Metro Aberdeen RC	FV	15:06
96	33	Patricia Murray	Unattached	FV	15:13
97	628	Gail Irvine	Jog Scotland Kintore	F	15:14
98	707	Colin Taylor	Cosmic	MSV	15:31
99	613	Cynthia Fry	Unattached	FSV	15:32
100	631	Lana Hadden	Metro Aberdeen RC	F60+	15:39
101	745	John Elrick	Jog Scotland Hazlehead	M60+	15:39
102	15	Alan Fulton	AAAC	M70+	17:22
103	55	Gregor McDonald	FFT	M	17:24
104	40	Gaenor Devine	Fraserburgh RC	F60+	18:57
105	692	Louise Whitelaw	Unattached	F	21:26
106	693	Tony Hayman	Unattached	M60+	21:26