

Run 4 It Proms 3K Results

7th February 2020

Race Number 5

Posn	No	Name	Club	Cat	Time
1	104	Owen Miller	Fife AC	M	09:33
2	63	Paul Knight	Metro Aberdeen RC	M	09:52
3	650	Stephen Malloy	Unattached	M	10:04
4	87	Richard Horne	Metro Aberdeen RC	MSV	10:15
5	108	Jamie Ross	Deeside Runners	MV	10:18
6	716	Calum Crichton	Fraserburgh RC	M	10:23
7	97	Jordan Cruickshank	Metro Aberdeen RC	MJ	10:28
8	670	Jennifer Harrison	AAAC	F	10:30
9	672	Emma Watt	Jog Scotland Kintore RC	F	10:32
10	620	Jegors Slobodcikovs	Unattached	M	10:44
11	689	Ryan Gordon	Stonehaven	M	10:50
12	19	Mark McDonald	Jog Scotland B.O.D.	M	10:57
13	699	Dave Cornwell	Metro Aberdeen RC	MV	11:01
14	46	Mark Walker	Newburgh Dunes	MV	11:02
15	106	Bob Sheridan	Deeside Runners	MSV	11:06
16	669	Jason Osborne	Newburgh Dunes	MV	11:07
17	109	Grant Massie	Fraserburgh RC	M	11:09
18	661	Julie Hoyle	Jog Scotland Kintore RC	FV	11:12
19	56	George McPherson	Metro Aberdeen RC	M60+	11:14
20	697	Glen Chalmers	Newburgh Dunes	MV	11:15
21	115	Kelly Williamson	Unattached	F	11:20
22	45	Paul Anderson	Newburgh Dunes	M	11:24
23	746	Sophie Radcliffe	Metro Aberdeen RC	F	11:27
24	111	Neil McBain	Metro Aberdeen RC	M	11:29
25	118	Andrew Bostock	FFT	MV	11:31
26	733	Charlie Denham	Metro Aberdeen RC	M	11:38
27	734	Michael Torburn	Unattached	M	11:42
28	24	Martin Shaw	Unattached	MV	11:43
29	744	Gillian Strachan	Fraserburgh RC	FV	11:49
30	43	Aimee Tawse	Jog Scotland Kintore RC	FJ	11:50
31	58	Callum Smith	Jog Scotland B.O.D.	M	11:51
32	687	Chris Fryer	Unattached	MSV	11:54
33	3	Murray Dewar	Metro Aberdeen RC	MV	11:54
34	632	Andy Traill	Newburgh Dunes	MV	11:55
35	42	Graham McDermid	Metro Aberdeen RC	MSV	11:55

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Posn	No	Name	Club	Cat	Time
36	614	Jennifer Robertson	Peterhead AC	FV	11:57
37	82	Vicki McFarlane	Metro Aberdeen RC	F	12:02
38	728	Greig Ritchie	Unattached	M	12:04
39	110	Quintin Chalmers	Metro Aberdeen RC	MV	12:06
40	610	Susan Strachan	Peterhead AC	FV	12:14
41	664	Greg Bruce	Fraserburgh RC	M	12:15
42	84	Steven Taylor	Unattached	M	12:17
43	671	Keith Dunnett	Metro Aberdeen RC	MV	12:22
44	21	Andrew Moy	Unattached	MV	12:28
45	633	Paul Smith	Metro Aberdeen RC	MV	12:29
46	695	Colin Larmour	Cosmic	MSV	12:31
47	616	Greig Cruickshank	Jog Scotland Kintore RC	MSV	12:35
48	23	Alistair Beck	Unattached	MV	12:37
49	739	Olivier Stanzione	Lynx Pack	MV	12:38
50	113	Beth Jones	FFT	F	12:42
51	72	Louise Kelly	Stonehaven	FSV	12:45
52	658	George Keith	Newburgh Dunes	MV	12:46
53	103	Graeme Clark	Fraserburgh RC	M60+	12:48
54	86	Bruce Morrison	Hatton Jog Scotland	M	12:50
55	720	Peter Wood	Unattached	MV	12:53
56	719	Paul Rayner	Unattached	MSV	12:54
57	7	Carol Massie	Fraserburgh RC	FSV	12:59
58	101	Daniel Smith	Unattached	M	13:05
59	626	Laura Barrie	Metro Aberdeen RC	F	13:09
60	67	Alexander Duncan	Unattached	M	13:12
61	634	Phil Owens	Garioch RR	M60+	13:13
62	636	Ailsa Webster	Jog Scotland Westhill	FSV	13:17
63	718	Ross Craig	Fleet Feet Tri	M	13:25
64	643	Iain Lindsay	Metro Aberdeen RC	MSV	13:25
65	623	Morag Thompson	Fraserburgh RC	FV	13:27
66	117	Justine Dunbar	Jog Scotland Hazlehead	F	13:30
67	625	Helen Duguid	Unattached	F	13:33
68	120	Aidan Glennie	Unattached	M	13:37
69	679	Robin Dillaway	Unattached	MV	13:40
70	644	Birgitte Stevens	Metro Aberdeen RC	FV	13:41
71	721	Mark Findlay	Unattached	MSV	13:46
72	648	Murray Bryce	Cosmic	M60+	13:47
73	37	Paul Finch	Jog Scotland Hazlehead	MV	13:48
74	711	Arash Saharie	Fleet Feet Tri	MSV	13:51
75	35	Taha Abadi	Unattached	M	13:55
76	677	Paul Hewitt	Unattached	MV	14:00
77	36	Fraser Adam	Unattached	M	14:03

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Posn	No	Name	Club	Cat	Time
78	714	Paul Bate	Metro Aberdeen RC	MSV	14:05
79	81	Martin Fairley	Unattached	M	14:07
80	112	Lucy Peterson	Metro Aberdeen RC	F	14:11
81	639	Demi Beattie	Jog Scotland Kintore	F	14:17
82	745	John Elrick	Jog Scotland Hazlehead	M60+	14:20
83	624	David Abernethy	Fraserburgh RC	MSV	14:26
84	686	Neil MacBean	Unattached	MSV	14:32
85	34	Willie Skene	Unattached	M60+	14:35
86	611	Steve Clark	Metro Aberdeen RC	M60+	14:44
87	635	Sheila Gauld	Jog Scotland Westhill	F60+	14:46
88	630	Frank Campbell	Metro Aberdeen RC	MV	14:55
89	96	Gavin Mann	Unattached	MV	14:58
90	747	Jeanette Lowe	Jog Scotland B.O.D.	FV	15:01
91	665	Michelle Brearley	Metro Aberdeen RC	FV	15:05
92	94	Emma Young	Metro Aberdeen RC	F	15:09
93	116	Ian Edwards	Newburgh Dunes	M60+	15:09
94	738	Ian Williamson	Lynx Pack	M60+	15:30
95	613	Cynthia Fry	Unattached	FSV	15:42
96	707	Colin Taylor	Cosmic	MSV	15:46
97	681	Giancarlo Rizzi	Unattached	MSV	16:00
98	15	Alan Fulton	AAAC	M70+	16:07
99	638	Carol Adam	Jog Scotland Newmachar	FSV	16:11
100	88	Sean Hassard	Unattached	M	16:11
101	79	Jane Oliver	Deeside Runners	F60+	16:18
102	717	Les Nicol	Metro Aberdeen RC	M70+	16:46
103	105	Andrew Higgins	Fraserburgh RC	M60+	16:50
104	706	Russell Gray	Unattached	MSV	17:19
105	55	Gregor McDonald	FFT	M	17:25
106	5	James Wright	HBT	M60+	18:17