

Run 4 It Proms 3K**6th December 2021****Race Number 3**

Posn	No	Forename	Surname	Club	Cat	Time
1	43	Myles	Edwards	Aberdeen AAC	M	08:31
2	12	Michael	Barker	Unattached	M45	09:53
3	165	Ross	Macdonald	Plymouth Muskateers	M	09:55
4	136	Paul	Knight	Metro Aberdeen Running Club	M40	10:03
5	173	Luke	Nelson	Unattached	M	10:08
6	159	Jegers	Slobodcikous	Unattached	M	10:21
7	132	Jamie	Coventry	Metro Aberdeen Running Club	M45	10:27
8	177	Stuart	Johnston	Unattached	M	10:42
9	75	Calum	MacLeod	Unattached	M	10:56
10	26	Quintin	Chalmers	Metro Aberdeen Running Club	M45	10:57
11	109	Aimee	Tawse	Aberdeen AAC	FJ	11:05
12	178	Bryan	McKinnon	JSK Running Club	M	11:06
13	182	Phil	Mann	Metro Aberdeen Running Club	M60	11:10
14	95	Stuart	Murray	Unattached	M40	11:14
15	28	Stuart	Clark	Metro Aberdeen Running Club	M40	11:15
16	116	Matthew	Tillman	Metro Aberdeen Running Club	M	11:16
17	125	Elaine	Wilson	Unattached	F	11:19
18	176	David	Cornwell	Metro Aberdeen Running Club	M40	11:22
19	114	Andrew	Thompson	Metro Aberdeen Running Club	M45	11:23
20	158	Jensen	Strachan	Unattached	MJ	11:25
21	174	Mark	Sutherland	JSK Running Club	M45	11:26
22	134	Rosie	Hislop	Metro Aberdeen Running Club	F	11:27
23	86	Gavin	McLennan	Metro Aberdeen Running Club	M40	11:30
24	92	Bruce	Morrison	Jog Scotland Hatton	M40	11:33
25	103	Paul	Smith	Metro Aberdeen Running Club	M45	11:35
26	80	Neil	McBain	Metro Aberdeen Running Club	M	11:42
27	107	Gillian	Strachan	Fraserburgh Running Club	F45	11:44
28	42	Keith	Dunnett	Metro Aberdeen Running Club	M50	11:48
29	85	Drew	McLelland	JSK Running Club	M45	11:55
30	38	Andrew	Davidson	Peterhead AAC	M55	11:56
31	147	Esteria	Zak	Unattached	F	11:59
32	81	Graham	McDermid	Metro Aberdeen Running Club	M60	12:04
33	117	Andy	Traill	Newburgh Dunes RC	M45	12:10
34	57	Kevin	Heath	Cosmic Hillbashers	M60	12:12
35	130	Stephen	Cole	Metro Aberdeen Running Club	M55	12:15
36	153	Claire	Macaskill	Unattached	F45	12:18

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37	141	Jamie	Walker	JSK Running Club	M40	12:25
38	166	Vivienne	Bruce	Metro Aberdeen Running Club	F	12:28
39	167	Andy	Redman	Metro Aberdeen Running Club	M60	12:36
40	71	Thomas	Litterick	Metro Aberdeen Running Club	M55	12:38
41	33	Davide	Cranna	Unattached	M	12:39
42	175	Paul	Coxall	Metro Aberdeen Running Club	M55	12:42
43	20	Greg	Bruce	Fraserburgh Running Club	M	12:47
44	180	David	Muir	Unattached	M45	12:48
45	119	Ailsa	Webster	Jogscotland Westhill	F55	12:49
46	115	Morag	Thompson	Fraserburgh Running Club	F45	12:57
47	29	Graeme	Clark	Fraserburgh Running Club	M65	13:00
48	40	Helen	Duguid	Metro Aberdeen Running Club	F	13:04
49	31	David	Coutts	Jog Scotland Westhill	M40	13:05
50	35	Greig	Cruickshank	JSK Running Club	M60	13:09
51	102	William	Skinner	Aberdeen AAC	M60	13:09
52	65	Louise	Kelly	Stonehaven Running Club	F55	13:24
53	123	Andrew	Whyte	Metro Aberdeen Running Club	M40	13:42
54	7	Sarah	Anderson	Unattached	F45	13:44
55	16	Linda	Beaton	JSK Running Club	F40	13:47
56	41	Justine	Dunbar	Jogscotland Hazlehead	F	13:53
57	143	Graham	Watson	Metro Aberdeen Running Club	M65	13:56
58	59	Michael	Howden	Unattached	M40	13:57
59	179	Izzie	Mcdonald	Metro Aberdeen Running Club	F55	14:09
60	3	David	Abernethy	Fraserburgh Running Club	M50	14:22
61	52	Sarah	Gibbon	Rebel PT	F	14:25
62	39	Andrea	Drummond	JSK Running Club	F50	14:29
63	32	Jackie	Cowe	JSK Running Club	F45	14:36
64	25	Frank	Campbell	Metro Aberdeen Running Club	M40	14:38
65	170	Linda	Silcocks	Unattached	F60	14:39
66	76	John	Macpherson	Metro Aberdeen Running Club	M70	14:45
67	51	Sheila	Gauld	JogScotland	F65	15:02
68	148	Neil	MacBean	Unattached	M50	15:03
69	46	Paul	Finch	Hazlehead JogScotland	M50	15:08
70	171	Donald	MacLeod	Carnegie Harriers	M60	15:11
71	169	Greig	Russell	Unattached	M	15:27
72	49	Alan	Fulton	Unattached	M70	15:55
73	47	Cynthia	Fry	Unattached	F60	15:58
74	154	Debbie	Riley	JSK Running Club	F45	16:14
75	67	Lauren	Knowles	JSK Running Club	F	16:15

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76	172	Jane	MacLeod	Carnegie Harriers	F65	16:25
77	112	Colin	Taylor	Cosmic Hillbashers	M60	16:47
78	149	Les	Nicol	Metro Aberdeen Running Club	M80	17:12
79	54	Lana	Hadden	Metro Aberdeen Running Club	F65	17:25
80	44	John	Elrick	JSK Running Club	M65	17:25
81	83	Alison	McGee	Peterhead AAC	F50	17:58
82	73	Jane	MacAskill	Metro Aberdeen Running Club	F65	20:12
83	121	Tracey	Weston	Fraserburgh Running Club	F50	20:23
84	24	Charlie	Burr	Unattached	M65	20:24