

Run 4 It Proms 3K Results

4th February 2022

Race Number 5

Posn	No	Forename	Surname	Club	Cat	Time
1	93	Martin	Mueller	Metro Aberdeen RC	M	09:31
2	90	Stephen	Molloy	Grammar RC	M	09:40
3	14	Mark	Beagrie	Peterhead AAC	M	10:01
4	132	Jamie	Coventry	Metro Aberdeen RC	M45	10:10
5	214	Jodie	Smith	Aurora Triathlon Team	M40	10:12
6	145	Jamie	Ross	Deeside Runners	M45	10:15
7	159	Jegers	Slobodcikous	Unattached	M	10:26
8	200	Keiran	Downie	Aberdeen AAC	MJ	10:35
9	223	Debbie	Greig	Unattached	F	10:44
10	126	Kenny	Wood	Unattached	M	10:52
11	75	Calum	MacLeod	Unattached	M	10:54
12	157	Craig	Walker	Metro Aberdeen RC	M40	10:55
13	206	Chloe	Gray	Metro Aberdeen RC	F	10:58
14	176	David	Cornwell	Metro Aberdeen RC	M40	10:58
15	26	Quintin	Chalmers	Metro Aberdeen RC	M45	11:03
16	174	Mark	Sutherland	JSK Running Club	M45	11:08
17	219	Neil	Mosgrove	Unattached	M	11:09
18	109	Aimee	Tawse	Aberdeen AAC	FJ	11:10
19	136	Paul	Knight	Metro Aberdeen RC	M40	11:11
20	207	Jennifer	Lyne	Inverclyde AC	F	11:19
21	135	Julie	Hoyle	JSK Running Club	F40	11:22
22	80	Neil	McBain	Metro Aberdeen RC	M	11:30
23	92	Bruce	Morrison	Jog Scotland Hatton	M40	11:31
24	33	Davide	Cranna	Unattached	M	11:36
25	95	Stuart	Murray	Unattached	M40	11:37
26	85	Drew	McLelland	JSK Running Club	M45	11:40
27	198	Ross	McNeil	Unattached	M40	11:44
28	140	Jenny	Stanning	Metro Aberdeen RC	F	11:47
29	34	Kelly	Cruden	Peterhead AAC	F40	11:48
30	213	Liam	Sammon	Aurora Triathlon Team	M40	11:49
31	57	Kevin	Heath	Cosmic Hillbashers	M60	11:50
32	107	Gillian	Strachan	Fraserburgh Running Club	F45	11:53
33	186	David	Park	Unattached	M40	11:54
34	81	Graham	McDermid	Metro Aberdeen RC	M60	12:04
35	147	Estera	Zak	Unattached	F	12:05
36	42	Keith	Dunnett	Metro Aberdeen RC	M50	12:06
37	117	Andy	Traill	Newburgh Dunes RC	M45	12:13
38	141	Jamie	Walker	JSK Running Club	M40	12:16
39	142	Royston	Walker	Unattached	M45	12:20
40	137	Tony	McGarva	Metro Aberdeen RC	M55	12:21
41	20	Greg	Bruce	Fraserburgh Running Club	M	12:23
42	218	Simon	Bains	Cosmic Hillbashers	M50	12:24
43	110	Vince	Taylor	Newburgh Dunes RC	M50	12:27
44	166	Vivienne	Bruce	Metro Aberdeen RC	F	12:28
45	216	Gary	Clark	Unattached	M40	12:32
46	175	Paul	Coxall	Metro Aberdeen RC	M55	12:38
47	119	Ailsa	Webster	Jog Scotland Westhill	F55	12:50
48	84	Ewan	McGee	Peterhead AAC	M40	12:53
49	102	William	Skinner	Aberdeen AAC	M60	12:58
50	65	Louise	Kelly	Stonehaven Running Club	F55	13:03
51	35	Greig	Cruickshank	JSK Running Club	M60	13:07
52	23	Colin	Burnett	Unattached	M60	13:08
53	9	Jonathan	Ashdown	Unattached	M55	13:10
54	115	Morag	Thompson	Fraserburgh Running Club	F45	13:18
55	55	Mark	Hale	Metro Aberdeen RC	M40	13:23
56	78	Carol	Massie	Fraserburgh Running Club	F55	13:32
57	31	David	Coutts	Jog Scotland Westhill	M40	13:40
58	67	Lauren	Knowles	JSK Running Club	F	13:43
59	59	Michael	Howden	Unattached	M40	13:55
60	179	Izzie	McDonald	Metro Aberdeen RC	F55	13:58
61	52	Sarah	Gibbon	Rebel PT	F	14:10
62	39	Andrea	Drummond	JSK Running Club	F50	14:11
63	3	David	Abernethy	Fraserburgh Running Club	M50	14:15
64	123	Andrew	Whyte	Metro Aberdeen RC	M40	14:23
65	15	Paul	Bate	Metro Aberdeen RC	M50	14:29
66	68	Sonya	Ledford	JSK Running Club	F40	14:30
67	89	Craig	Miller	Jogscotland Hazlehead	M55	14:36
68	187	Kevin	Maciver	Unattached	M50	14:41
69	217	David	Oliver	Deeside Runners	M60	14:44
70	46	Paul	Finch	Hazlehead JogScotland	M50	14:49
71	30	Murray	Clark	Metro Aberdeen RC	M70	15:12
72	21	Murray	Bryce	Cosmic Hillbashers	M70	15:21
73	51	Sheila	Gauld	JogScotland	F65	15:37
74	18	Michelle	Brearley	Metro Aberdeen RC	F45	15:44
75	25	Frank	Campbell	Metro Aberdeen RC	M40	15:47
76	197	Janice	Mitchell	Unattached	F	15:49
77	47	Cynthia	Fry	Unattached	F60	16:09
78	124	Ian	Williamson	Lynx Pack	M65	16:26
79	54	Lana	Hadden	Metro Aberdeen RC	F65	16:47
80	44	John	Elrick	JSK Running Club	M65	16:47
81	49	Alan	Fulton	Unattached	M70	16:50
82	196	Jane	Oliver	Deeside Runners	F60	16:56
83	184	Susan	Glennie	Buns on the Run	F40	17:01
84	24	Charlie	Burr	Unattached	M65	17:02
85	112	Colin	Taylor	Cosmic Hillbashers	M60	17:34
86	83	Alison	McGee	Peterhead AAC	F50	18:27
87	73	Jane	MacAskill	Metro Aberdeen RC	F65	18:49
88	121	Tracey	Weston	Fraserburgh Running Club	F50	19:50