

Metro Aberdeen Proms 3K Results

6th October 2022

Race Number 1

Posn	No	Forename	Surname	Club	Cat	Time
1	146	Stephen	Molloy	Grammar RC	M	09:14
2	42	Rhys	Crawford	Albyn School Ltd	MJ	09:15
3	104	Paul	Knight	Metro Aberdeen RC	M40	09:39
4	108	Rankin	Lascelles	Metro Aberdeen RC	M	09:56
5	98	David	Horne	TrYthan	M50	10:14
6	102	Jeremy	Kibble	Metro Aberdeen RC	M40	10:22
7	170	Nate	Rennie	Albyn School Ltd	MJ	10:29
8	127	Harry	McAuley	Albyn School Ltd	MJ	10:31
9	76	Peter	Frampton	Unattached	M	10:37
10	150	Neil	Mosgrove	Banchory Running Club	M	10:46
11	212	Kenny	Wood	Unattached	M	10:50
12	160	Neil	Murray	Garioch Roadrunners	M40	10:53
13	100	Julie	Hoyle	JSK Running Club	F40	10:57
14	211	Elaine	Wilson	Hidden Peak Running	F	11:02
15	15	Allan	Bartlet	Newburgh Dunes RC	M45	11:03
16	128	Neil	McBain	Metro Aberdeen RC	M40	11:04
17	185	Paul	Smith	Metro Aberdeen RC	M45	11:04
18	182	Martin	Shaw	Unattached	M50	11:13
19	12	Alex	Arris	Albyn School Ltd	MJ	11:14
20	196	Aimee	Tawse	JSK Running Club	FJ	11:21
21	166	Mark	Perry	Unattached	M50	11:26
22	184	Karen	Simpson	Thistle Fitness	F40	11:31
23	19	Kevin	Buchan	Metro Aberdeen RC	M45	11:36
24	95	Graham	Henderson	Metro Aberdeen RC	M40	11:54
25	138	Drew	McLelland	JSK Running Club	M45	11:58
26	9	Craig	Anderson	Metro Aberdeen RC	M50	12:04
27	43	Kelly	Cruden	Peterhead AAC	F40	12:09
28	131	Graham	McDermid	Metro Aberdeen RC	M60	12:11
29	210	Wilson	Wilcox	Unattached	M65	12:20
30	17	Billy	Brooks	Unattached	M45	12:22
31	207	Kevin	Watson	Unattached	M	12:26
32	37	Paul	Coxall	Metro Aberdeen RC	M55	12:39
33	70	Julie	Erskine	Metro Aberdeen RC	F40	12:40
34	61	Keith	Dunnett	Metro Aberdeen RC	M50	12:41
35	11	Freddie	Anderson	Albyn School Ltd	MJ	12:43
36	192	Carls	Strachan	Newburgh Dunes RC	F	12:44
37	60	Helen	Duguid	Metro Aberdeen RC	F40	12:45
38	18	Greg	Bruce	Fraserburgh Running Club	M	12:56
39	36	David	Coutts	Unattached	M40	13:02
40	48	Andrew	Davidson	Peterhead AAC	M55	13:03
41	189	Susan	Strachan	Peterhead AAC	F45	13:03
42	44	Greig	Cruikshank	JSK Running Club	M60	13:11
43	198	Morag	Thompson	Fraserburgh Running Club	F45	13:15
44	21	Colin	Burnett	Unattached	M60	13:17
45	137	Linda	McGee	Peterhead AAC	F45	13:18
46	124	Ingrid	Machell	Metro Aberdeen RC	F55	13:26
47	148	Ross	Morgan	Unattached	M60	13:31
48	46	Reni	Dada	Albyn School Ltd	FJ	13:36
49	96	Roger	Homyer	Highland Hill Runners	M65	13:38
50	168	Mark	Rennie	Unattached	M50	13:39
51	14	Ethan	Baird	Albyn School Ltd	MJ	13:48
52	144	Tina	McLeod	Metro Aberdeen RC	F45	13:52
53	164	Andrew	O'Hara	Albyn School Ltd	MJ	13:53
54	145	Andy	Moig	Unattached	M40	14:04
55	186	Birgitte	Stevens	Metro Aberdeen RC	F50	14:06
56	121	Neil	MacBean	Unattached	M50	14:08
57	176	Sarah	Roberts	Albyn School Ltd	FJ	14:21
58	203	Louis	Vallet	Albyn School Ltd	MJ	14:22
59	99	Michael	Howden	JSK Running Club	M40	14:25
60	16	Paul	Bate	Metro Aberdeen RC	M50	14:25
61	134	Izzie	McDonald	Metro Aberdeen RC	F60	14:36
62	111	Sonya	Ledford	JSK Running Club	F45	14:44
63	72	Paul	Finch	Jog Scotland Hazlehead	M50	14:45
64	53	Esteban	Dionnet	Albyn School Ltd	MJ	15:08
65	106	Pauline	Larmour	Cosmic Hillbashers	F55	15:10
66	175	Grant	Riddoch	Unattached	M	15:12
67	208	Ailsa	Webster	Jogscotland Westhill	F55	15:22
68	7	Adeola	Adeyemi	Albyn School Ltd	FJ	15:23
69	82	Sheila	Gauld	JogScotland	F65	15:23
70	114	Bea	Louis	Albyn School Ltd	FJ	15:24
71	167	Emmanuelle	Renaud	Albyn School Ltd	FJ	15:30
72	78	Cynthia	Fry	Unattached	F60	15:31
73	92	Lana	Hadden	Metro Aberdeen RC	F65	16:21
74	69	John	Elrick	JSK Running Club	M65	16:21
75	28	Philippine	Chambault	Albyn School Ltd	FJ	16:23
76	81	Alan	Fulton	Aberdeen AAC	M70	16:41
77	135	Alison	McGee	Peterhead AAC	F50	16:43
78	161	Leslie	Nicol	Metro Aberdeen RC	M80	17:17
79	75	Megan	Forrest	Albyn School Ltd	FJ	17:23
80	68	Nicole	Duthie	Albyn School Ltd	FJ	17:23
81	50	Victorie	De Braucourt	Albyn School Ltd	FJ	18:23
82	118	Jane	MacAskill	Metro Aberdeen RC	F65	19:52