

Metro Aberdeen Proms 3K Results

4th November 2022

Race Number 2

Posn	No	Forname	Surname	Club	Cat	Time
1	146	Stephen	Molloy	Grammar RC	M	09:25
2	104	Paul	Knight	Metro Aberdeen RC	M40	09:36
3	282	Neill	Kelly	Metro Aberdeen RC	M60	10:10
4	234	Garry	Joss	Unattached	M	10:27
5	273	Andy	Fenwick	Newburgh Dunes RC	M40	10:36
6	30	David	Cornwell	Metro Aberdeen RC	M40	10:36
7	150	Neil	Mosgrove	Banchory Running Club	M	10:42
8	76	Peter	Frampton	Unattached	M	10:45
9	212	Kenny	Wood	Unattached	M	10:55
10	160	Neil	Murray	Garioch Roadrunners	M40	10:58
11	222	Joanna	Bisset	Metro Aberdeen RC	F	11:11
12	271	Stephen	Simpson	JSK Running Club	M	11:18
13	128	Neil	McBain	Metro Aberdeen RC	M40	11:20
14	182	Martin	Shaw	Unattached	M50	11:24
15	153	Stuart	Murray	Unattached	M45	11:25
16	166	Mark	Perry	Unattached	M50	11:30
17	39	Davide	Cranna	Unattached	M	11:42
18	268	Mark	Ramsey	Metro Aberdeen RC	M	11:46
19	280	Ian	Thom	Metro Aberdeen RC	M65	11:51
20	240	Archie	Louis	Albyn School Ltd	MJ	11:52
21	9	Craig	Anderson	Metro Aberdeen RC	M50	11:56
22	88	Martin	Goodlad	Unattached	M45	11:58
23	138	Drew	McLelland	JSK Running Club	M45	11:59
24	43	Kelly	Cruden	Peterhead AAC	F40	12:02
25	243	Claire	Macaskill	Unattached	F45	12:03
26	229	Vivienne	Bruce	Metro Aberdeen RC	F	12:07
27	197	Vince	Taylor	Newburgh Dunes RC	M50	12:08
28	131	Graham	McDermid	Metro Aberdeen RC	M60	12:09
29	61	Keith	Dunnett	Metro Aberdeen RC	M50	12:10
30	276	Estera	Zak	Unattached	F	12:16
31	207	Kevin	Watson	Unattached	M	12:18
32	253	Chloe	Sangster	Metro Aberdeen RC	F	12:23
33	11	Freddie	Anderson	Albyn School Ltd	MJ	12:30
34	37	Paul	Coxall	Metro Aberdeen RC	M55	12:31
35	242	Euan	Macalister	Newburgh Dunes RC	M40	12:31
36	259	Andy	Traill	Newburgh Dunes RC	M45	12:33
37	189	Susan	Strachan	Peterhead AAC	F45	12:39
38	248	Marie	O' Hanlon	Unattached	F50	12:40
39	220	Amelia	Bain	Albyn School Ltd	FJ	12:41
40	210	Wilson	Willox	Unattached	M65	12:52
41	264	Gemma	Slater	Metro Aberdeen RC	F40	12:55
42	18	Greg	Bruce	Fraserburgh Running Club	M	12:56
43	21	Colin	Burnett	Unattached	M60	13:02
44	60	Helen	Duguid	Metro Aberdeen RC	F40	13:12
45	233	james	ferguson	Albyn School Ltd	MJ	13:13
46	36	David	Coutts	Unattached	M40	13:15
47	75	Megan	Forrest	Albyn School Ltd	FJ	13:17
48	219	Ross	Arris	Albyn School Ltd	MJ	13:18
49	250	Philip	Owens	Garioch Road Runners	M60	13:20
50	96	Roger	Homyer	Highland Hill Runners	M65	13:23
51	124	Ingrid	Machell	Metro Aberdeen RC	F55	13:27
52	14	Ethan	Baird	Albyn School Ltd	MJ	13:40
53	198	Morag	Thompson	Fraserburgh Running Club	F45	13:45
54	137	Linda	McGee	Peterhead AAC	F45	13:49
55	221	Milo	Birkenshaw	Albyn School Ltd	MJ	13:54
56	168	Mark	Rennie	Unattached	M50	13:59
57	231	Timothy	Capper	Unattached	M	14:02
58	249	Ellie	O'Hara	Albyn School Ltd	FJ	14:08
59	269	Alison	West	Metro Aberdeen RC	F45	14:13
60	121	Neil	MacBean	Unattached	M50	14:18

Metro Aberdeen Proms 3K Results

4th November 2022

Race Number 2

Posn	No	Forname	Surname	Club	Cat	Time
61	134	Izzie	Mcdonald	Metro Aberdeen RC	F60	14:26
62	16	Paul	Bate	Metro Aberdeen RC	M50	14:33
63	72	Paul	Finch	Jog Scotland Hazlehead	M50	14:36
64	111	Sonya	Ledford	JSK Running Club	F45	14:41
65	59	Andrea	Drummond	JSK Running Club	F50	14:44
66	164	Andrew	O'Hara	Albyn School Ltd	MJ	14:48
67	244	Lewis	McDonald	Albyn School Ltd	MJ	15:13
68	203	Louis	Vallet	Albyn School Ltd	MJ	15:15
69	106	Pauline	Larmour	Cosmic Hillbashers	F55	15:18
70	14	Ethan	Baird	Albyn School Ltd	MJ	15:19
71	167	Emmanuelle	Renaud	Albyn School Ltd	FJ	15:21
72	53	Esteban	Dionnet	Albyn School Ltd	MJ	15:29
73	283	Seonaid	McLaren	Unattached	F45	15:31
74	29	Murray	Clark	Metro Aberdeen RC	M70	15:36
75	255	Milly	Smith	Albyn School Ltd	FJ	15:42
76	78	Cynthia	Fry	Unattached	F60	15:45
77	275	Gabriela	Dumitrache-Niculescu	Unattached	F	15:57
78	22	Frank	Campbell	Metro Aberdeen RC	M40	16:06
79	230	Charlie	Burr	Hidden Peak Running	M65	16:13
80	92	Lana	Hadden	Metro Aberdeen RC	F65	16:20
81	135	Alison	McGee	Peterhead AAC	F50	16:45
82	28	Philippine	Chambault	Albyn School Ltd	FJ	17:19
83	68	Nicole	Duthie	Albyn School Ltd	FJ	17:29
84	232	Kitty	Donovan	Albyn School Ltd	FJ	17:35
85	262	Patricia	Willox	Unattached	F55	18:14
86	254	Lisa	Shearer	Ellon AAC	F45	19:19
87	218	Dilinna	Amalu	Albyn School Ltd	FJ	20:51
88	266	Nichola	Crawford	Albyn School Ltd	F40	21:01
89	237	Sairah	Kukreti	Albyn School Ltd	FJ	21:50