

Metro Aberdeen Proms 3K Results

3rd March 2023
Race Number 5

Posn	No	Forename	Surname	Club	Cat	Time
1	371	Martin	Mueller	Metro Aberdeen Running Club	M	09:09
2	399	Caleb	McGuire	AAAC	MJ	09:10
3	146	Stephen	Molloy	Grammar RC	M	09:13
4	517	Matthew	Dailey	JSK Running Club	M	09:36
5	234	Garry	Joss	Unattached	M	10:11
6	98	David	Horne	Peterhead AAC	M50	10:20
7	366	Dino	Roussias	Metro Aberdeen Running Club	M50	10:21
8	150	Neil	Mosgrove	Banchory Running Club	M	10:27
9	30	David	Cornwell	Metro Aberdeen Running Club	M40	10:37
10	359	Neil	Young	Unattached	M40	10:39
11	302	Andrew	Thompson	Metro Aberdeen Running Club	M45	10:49
12	471	Theo	Jones	Albyn School Ltd	MJ	10:53
13	300	Joanna	Robertson	AAAC	F	10:56
14	127	Harry	McAuley	Albyn School Ltd	MJ	11:03
15	100	Julie	Hoyle	JSK Running Club	F40	11:05
16	271	Stephen	Simpson	JSK Running Club	M	11:09
17	170	Nate	Rennie	Albyn School Ltd	MJ	11:10
18	425	Ludovic	Krauss	Metro Aberdeen Running Club	M	11:10
19	240	Archie	Louis	Albyn School Ltd	MJ	11:14
20	297	Glen	Chalmers	Newburgh Dunes RC	M45	11:15
21	184	Karen	Simpson	Thistle Fitness	F40	11:18
22	93	Mark	Hale	Metro Aberdeen Running Club	M40	11:22
23	88	Martin	Goodlad	Unattached	M45	11:23
24	281	Richard	Holland	Woodford Green AC	M60	11:31
25	207	Kevin	Watson	Unattached	M	11:34
26	505	Blair	Blackwood	Albyn School Ltd	MJ	11:36
27	182	Martin	Shaw	Unattached	M50	11:37
28	267	Matthew	Cooke	Metro Aberdeen Running Club	M40	11:38
29	138	Drew	McLelland	JSK Running Club	M45	11:40
30	470	Michael	Jannetta	Newburgh Dunes RC	M40	11:42
31	304	Jason	Williamson	Cosmic Hillbashers	M50	11:44
32	61	Keith	Dunnett	Metro Aberdeen Running Club	M50	11:45
33	509	Sarah	Hodgkinson	Unattached	F	11:49
34	196	Aimee	Tawse	JSK Running Club	FJ	11:51
35	18	Greg	Bruce	Fraserburgh Running Club	M	11:57
36	287	Tony	McGarva	Metro Aberdeen Running Club	M55	11:58
37	9	Craig	Anderson	Metro Aberdeen Running Club	M50	11:58
38	229	Vivienne	Bruce	Metro Aberdeen Running Club	F	12:03
39	131	Graham	McDermid	Metro Aberdeen Running Club	M60	12:09
40	192	Caris	Strachan	Newburgh Dunes RC	F	12:12
41	515	Gavin	McLennan	Metro Aberdeen Running Club	M45	12:15
42	516	Jennifer	Robertson	Peterhead AC	F45	12:24
43	37	Paul	Coxall	Metro Aberdeen Running Club	M55	12:29
44	11	Freddie	Anderson	Albyn School Ltd	MJ	12:32
45	189	Susan	Strachan	Peterhead AAC	F45	12:41
46	354	William	Skinner	AAAC	M60	12:41
47	360	Kim	King	Newburgh Dunes RC	F40	12:49
48	506	Grace	Chau	Garioch Road Runners	F50	12:50
49	259	Andy	Traill	Newburgh Dunes RC	M45	12:50
50	60	Helen	Duguid	Metro Aberdeen Running Club	F40	12:53
51	105	Colin	Larmour	Cosmic Hillbashers	M55	12:57
52	39	Davide	Cranna	Unattached	M	12:58
53	48	Andrew	Davidson	Peterhead AAC	M55	13:01
54	21	Colin	Burnett	Unattached	M60	13:03
55	208	Ailsa	Webster	Jogscotland Westhill	F55	13:11
56	514	Andy	Redman	Metro Aberdeen Running Club	M60	13:12
57	511	John	Purcell	Unattached	M50	13:13
58	198	Morag	Thompson	Fraserburgh Running Club	F45	13:16
59	44	Greig	Cruickshank	JSK Running Club	M60	13:19

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Posn	No	Forename	Surname	Club	Cat	Time
60	451	Chaniel	Echebiri	Albyn School Ltd	MJ	13:27
61	46	Reni	Dada	Albyn School Ltd	FJ	13:28
62	250	Philip	Owens	Garioch Road Runners	M60	13:29
63	14	Ethan	Baird	Albyn School Ltd	MJ	13:34
64	507	Emma Grace	Davies	Albyn School Ltd	FJ	13:39
65	430	David	Muir	Unattached	M50	13:40
66	221	Milo	Birkenshaw	Albyn School Ltd	MJ	13:43
67	249	Ellie	O'Hara	Albyn School Ltd	FJ	13:44
68	220	Amelia	Bain	Albyn School Ltd	FJ	13:51
69	210	Wilson	Willox	Unattached	M65	13:52
70	309	Nicola	Ley	JSK Running Club	F40	14:03
71	494	Fiona	Willox	Unattached	F	14:08
72	164	Andrew	O'Hara	Albyn School Ltd	MJ	14:14
73	233	James	Ferguson	Albyn School Ltd	MJ	14:19
74	16	Paul	Bate	Metro Aberdeen Running Club	M50	14:19
75	383	Rosemary	Leiper	Metro Aberdeen Running Club	F65	14:35
76	114	Bea	Louis	Albyn School Ltd	FJ	14:36
77	59	Andrea	Drummond	JSK Running Club	F50	14:37
78	219	Ross	Arris	Albyn School Ltd	MJ	14:45
79	346	Duncan	Munro	Unattached	M55	14:46
80	6	David	Abernethy	Fraserburgh Running Club	M50	14:50
81	244	Lewis	McDonald	Albyn School Ltd	MJ	14:52
82	394	Romana	McGuire	AAAC	F40	14:53
83	111	Sonya	Ledford	JSK Running Club	F45	14:56
84	82	Sheila	Gauld	JogScotland	F65	15:00
85	72	Paul	Finch	Jog Scotland Hazlehead	M50	15:03
86	275	Gabriela	Dumitrache-Niculescu	Unattached	F	15:12
87	455	Christina	farquhar	Unattached	F40	15:14
88	255	Milly	Smith	Albyn School Ltd	FJ	15:16
89	29	Murray	Clark	Metro Aberdeen Running Club	M70	15:18
90	99	Michael	Howden	JSK Running Club	M40	15:19
91	493	Kirsty	Scott Brown	Albyn School Ltd	FJ	15:21
92	106	Pauline	Larmour	Cosmic Hillbashers	F55	15:33
93	508	Charlotte	Fuller	Albyn School Ltd	FJ	15:34
94	283	Seonaid	McLaren	Unattached	F45	15:36
95	78	Cynthia	Fry	Unattached	F60	15:36
96	92	Lana	Hadden	Metro Aberdeen Running Club	F65	15:57
97	69	John	Elrick	JSK Running Club	M65	16:12
98	450	Jasmine	Bowler	Albyn School Ltd	FJ	16:22
99	495	Evan	Wilson	Albyn School Ltd	MJ	16:23
100	510	Amainah	Ogunbadejo	Albyn School Ltd	MJ	16:24
101	135	Alison	McGee	Peterhead AAC	F50	17:16
102	81	Alan	Fulton	AAAC	M70	17:32
103	512	Sammy	Razzouk	Albyn School Ltd	MJ	17:38
104	176	Sarah	Roberts	Albyn School Ltd	FJ	17:44
105	50	Victorie	De Braucourt	Albyn School Ltd	FJ	17:45
106	262	Patricia	Willox	Unattached	F55	18:37
107	491	Ciara	Pratt	Albyn School Ltd	FJ	19:34