

Metro Aberdeen Proms 3K Results

3rd November 2023

Race Number 2

Posn	No	Forname	Surname	Club	Cat	Time
1	596	Chris	Richardson	Metro Aberdeen Running Club	M	09:26
2	556	Matthew	Hodkinson	Metro Aberdeen Running Club	M	09:39
3	559	Charles	Howorth	Stonehaven Running Club	M40	10:15
4	633	Neill	Kelly	Metro Aberdeen Running Club	M60	10:17
5	673	Dan	Whitehead	Deeside Runners	M50	10:31
6	656	William	Wilson	Turriff Running Club	M	10:32
7	505	Allan	Bartlet	Newburgh Dunes RC	M50	10:39
8	647	Jamie	Ross	Deeside Runners	M45	10:42
9	564	David	Langan	Unattached	M40	10:48
10	542	Lillie	Giggle	Orkney Athletic Club	0	10:50
11	650	Duncan	Ryan	Perth Road Runners	M50	10:50
12	645	Gary	Pirie	PH Racing Club	M55	10:53
13	654	Mark	Sreenan	Unattached	M	11:02
14	508	Blair	Blackwood	Albyn School Ltd	MJ	11:16
15	602	Ender	Sayhan	Albyn School Ltd	MJ	11:18
16	648	Dino	Roussias	Metro Aberdeen Running Club	M50	11:26
17	634	Ludovic	Krauss	Metro Aberdeen Running Club	M40	11:27
18	643	Neil	McBain	Metro Aberdeen Running Club	M40	11:30
19	560	Julie	Hoyle	Jog Scotland Kintore RC	F45	11:35
20	587	Stuart	Murray	Unattached	M45	11:37
21	666	Oliver	Riddell	Albyn School Ltd	MJ	11:44
22	661	Glen	Chalmers	Newburgh Dunes RC	M45	11:45
23	672	Graham	Henderson	Metro Aberdeen Running Club	M40	11:50
24	532	William	Ellwood	Unattached	M	11:51
25	546	Ethan	Gravil	Albyn School Ltd	MJ	11:54
26	531	Keith	Dunnett	Metro Aberdeen Running Club	M50	11:54
27	651	Martin	Shaw	Unattached	M50	11:57
28	625	Lindsey	Young	Unattached	F	11:58
29	608	Jenny	Stanning	Metro Aberdeen Running Club	F40	11:59
30	637	Claire	Macaskill	Unattached	F45	12:05
31	551	Mark	Hale	Metro Aberdeen Running Club	M45	12:06
32	581	Drew	McLelland	Jog Scotland Kintore RC	M45	12:06
33	599	Cameron	Robertson	Unattached	M45	12:08
34	590	Cameron	Paton	Albyn School Ltd	MJ	12:15
35	586	Ryan	Milne	Unattached	M45	12:16
36	663	Rachel	Gove	Albyn School Ltd	FJ	12:20
37	584	Carolyn	Milne	Unattached	F60	12:22
38	609	Caris	Strachan	Newburgh Dunes RC	F	12:23
39	665	Nate	Rennie	Albyn School Ltd	MJ	12:24
40	555	Kevin	Heath	Cosmic Hillbashers	M60	12:24
41	576	Tony	Mcgarva	Metro Aberdeen Running Club	M55	12:26
42	598	Jennifer	Robertson	Peterhead Athletics Club	F45	12:28
43	652	Gemma	Slater	Metro Aberdeen Running Club	F40	12:34
44	660	Stephen	Smith	Unattached	M45	12:40
45	624	Kenneth	Young	Unattached	M55	12:45
46	520	Paul	Coxall	Metro Aberdeen Running Club	M55	12:46
47	649	Rose	Ryan	Perth Road Runners	F	12:47
48	664	Henrik	Gundereson	Albyn School Ltd	MJ	12:47
49	642	Rory	Macpherson	Cosmic Hillbashers	M40	12:48
50	572	Alasdair	Maciver	Metro Aberdeen Running Club	M55	12:50
51	620	Wilson	Willox	Fraserburgh Running Club	M65	12:56
52	610	Susan	Strachan	Peterhead Athletics Club	F50	12:57
53	632	Andrew	Davidson	Peterhead Athletics Club	M60	12:58
54	653	Iona	Smith	Kirkintilloch Olympians	F	12:59
55	612	Andy	Traill	Newburgh Dunes RC	M45	13:00
56	512	Greg	Bruce	Fraserburgh Running Club	M	13:02
57	627	Stuart	Gall	Unattached	M45	13:06
58	659	Louise	Kelly	Stonehaven Running Club	F55	13:07
59	519	David	Coutts	Unattached	M45	13:08
60	530	Helen	Duguid	Metro Aberdeen Running Club	F40	13:10

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Posn	No	Forname	Surname	Club	Cat	Time
61	671	Clare	Bostock	Unattached	F40	13:13
62	641	Donald	MacLeod	Blairgowrie Runners	M50	13:14
63	535	Aaron	Farrell	Albyn School Ltd	FJ	13:18
64	644	Gavin	Milne	JSK Running Club	M40	13:20
65	588	Philip	Owens	Garioch Road Runners	M60	13:35
66	547	Moray	Greig	Cosmic Hillbashers	M40	13:36
67	636	Ludovic	Lacan	Metro Aberdeen Running Club	M40	13:38
68	510	Marin	Bouvot	Albyn School Ltd	FJ	13:40
69	639	Ingrid	Machell	Metro Aberdeen Running Club	F55	13:40
70	521	Greig	Cruickshank	Jog Scotland Kintore RC	M60	13:43
71	525	Emma Grace	Davies	Albyn School Ltd	FJ	13:59
72	617	Jamie	Walker	Jog Scotland Kintore RC	M45	14:10
73	571	Neil	MacBean	Unattached	M50	14:13
74	563	Leanne	Kitchener	Jog Scotland Kintore RC	F40	14:15
75	669	Angus	Grant	Albyn School Ltd	MJ	14:26
76	511	Raegan	Brooks	Albyn School Ltd	FJ	14:27
77	506	Paul	Bate	Metro Aberdeen Running Club	M55	14:32
78	569	Nicola	Ley	Jog Scotland Kintore RC	F40	14:41
79	529	Andrea	Drummond	Jog Scotland Kintore RC	F50	14:44
80	670	Matteo	D'Onofrio	Albyn School Ltd	MJ	14:50
81	526	Esteban	Dionnet	Albyn School Ltd	MJ	15:03
82	616	Louis	Vallet	Albyn School Ltd	MJ	15:12
83	646	Mark	Rennie	JSK Running Club	M50	15:15
84	658	Dobromir	Zhekov	Unattached	M	15:25
85	534	Christina	Farquhar	Unattached	F40	15:32
86	566	Pauline	Larmour	Cosmic Hillbashers	F55	15:39
87	558	Michael	Howden	Jog Scotland Kintore RC	M40	15:45
88	580	Sadie	McClean	Albyn School Ltd	FJ	15:49
89	655	Ian	Williamson	Unattached	M70	15:51
90	662	Douglas	Garrick	Jog Scotland B.O.D.	M60	15:56
91	540	Cynthia	Fry	Unattached	F60	15:58
92	628	Stephanie	Bouvot	Albyn School Ltd	FJ	16:17
93	668	Marie-Gabrielle	Yobouet	Unattached	F	16:23
94	544	Sheila	Gauld	Unattached	F65	16:35
95	504	Billy	Bannerman	Metro Aberdeen Running Club	M60	16:36
96	533	John	Elrick	Jog Scotland Kintore RC	M65	16:43
97	577	Alison	McGee	Peterhead Athletics Club	F50	16:50
98	514	Charlie	Burr	Hidden Peak Running	M70	17:09
99	561	Freddie	Hutchison	Albyn School Ltd	MJ	18:08
100	552	Margaret	Hammond	Jog Scotland Hazlehead	F55	18:48