

Run 4 It Proms 3K**7th December 2018****Race Number 3**

| Posn | No | Name | Club | Cat | Time |
|-------------|-----------|---------------------|-------------------------|------------|-------------|
| 1 | 192 | Craig Beattie | Metro Aberdeen | M | 09:56 |
| 2 | 2 | Callum Crighton | Fraserburgh RC | M | 10:12 |
| 3 | 182 | Stephen Molloy | Unattached | M | 10:16 |
| 4 | 14 | Kenny Garden | Metro Aberdeen | M | 10:19 |
| 5 | 6 | Michael Barker | Stonehaven | MV | 10:20 |
| 6 | 195 | Paul Knight | Metro Aberdeen | M | 10:23 |
| 7 | 174 | Richard Horne | Metro Aberdeen | MSV | 10:37 |
| 8 | 11 | Jegors Slobodcikovs | Unattached | M | 10:41 |
| 9 | 206 | Scott Adams | Metro Aberdeen | M | 10:48 |
| 10 | 178 | David Purvis | Unattached | M | 10:50 |
| 11 | 76 | David Cornwell | Metro Aberdeen | MV | 10:51 |
| 12 | 145 | Mark McDonald | Jog Scotland B.O.D. | M | 10:54 |
| 13 | 23 | Dennis Chalmers | Newburgh Dunes | MV | 10:59 |
| 14 | 55 | Peter Hall | Fraserburgh RC | MSV | 11:06 |
| 15 | 200 | Andrew Ferguson | Metro Aberdeen | M | 11:08 |
| 16 | 180 | Rajendra Regmi | Unattached | MV | 11:13 |
| 17 | 26 | Emma Watt | Jog Scotland Kintore | F | 11:23 |
| 18 | 202 | Ronan Anderson | Fleet Feet Tri | M | 11:30 |
| 19 | 168 | Keith Cowe | Jog Scotland Kintore RC | MV | 11:32 |
| 20 | 208 | Karl Lebedis | Unattached | MV | 11:34 |
| 21 | 114 | Keith Dunnett | Metro Aberdeen | MV | 11:42 |
| 22 | 43 | Jason Topley | Fleet Feet Tri | MSV | 11:43 |
| 23 | 203 | Alastair Swanston | Unattached | MV | 11:45 |
| 24 | 57 | Alison Matthews | Metro Aberdeen | F | 11:46 |
| 25 | 198 | Nick Mardell | Deeside | MSV | 11:48 |
| 26 | 75 | Vince Taylor | Newburgh Dunes | MSV | 11:49 |
| 27 | 176 | Kelly Williamson | Unattached | F | 11:49 |
| 28 | 100 | Denis McDonald | Cosmics | MSV | 11:50 |
| 29 | 84 | Sarah Milne | Metro Aberdeen | F | 11:57 |
| 30 | 209 | Martin Shaw | Unattached | MV | 12:02 |
| 31 | 197 | Bryan McKinnon | Jog Scotland Kintore RC | M | 12:06 |
| 32 | 48 | Andy Trail | Newburgh Dunes | MV | 12:07 |
| 33 | 24 | Graham McDermid | Unattached | MSV | 12:10 |
| 34 | 193 | Jennifer Robertson | Peterhead | FV | 12:11 |
| 35 | 27 | Tony McGarva | Metro Aberdeen | MSV | 12:15 |

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|-------------|-----------|-------------------|-------------------------|------------|-------------|
| 36 | 141 | Kevin Watson | Fleet Feet Tri | M | 12:16 |
| 37 | 5 | Graeme Clark | Fraserburgh RC | M60+ | 12:17 |
| 38 | 10 | Greig Cruickshank | Jog Scotland Kintore RC | MSV | 12:18 |
| 39 | 121 | Julie Hoyle | Jog Scotland Kintore RC | FV | 12:21 |
| 40 | 204 | Mike Thompson | Unattached | MV | 12:24 |
| 41 | 35 | Charlie Noble | Fraserburgh RC | M60+ | 12:32 |
| 42 | 127 | Alan Cormack | Cosmics | MSV | 12:33 |
| 43 | 133 | Mike Hartley | Fraserburgh | M60+ | 12:37 |
| 44 | 194 | Craig Jolly | Unattached | MV | 12:48 |
| 45 | 39 | Mark Findlay | Unattached | MSV | 12:49 |
| 46 | 13 | William Skinner | AAAC | MSV | 12:53 |
| 47 | 28 | Tom Litterick | Metro Aberdeen | MSV | 12:54 |
| 48 | 85 | Phil Mann | Metro Aberdeen | MSV | 12:57 |
| 49 | 156 | Jayne Addie | Metro Aberdeen | FV | 12:58 |
| 50 | 102 | Dino Roussias | Metro Aberdeen | MV | 12:58 |
| 51 | 181 | Paul Sykes | Unattached | M | 13:08 |
| 52 | 212 | Scott Hutchison | Unattached | MSV | 13:09 |
| 53 | 162 | Greg Bruce | Fraserburgh | M | 13:11 |
| 54 | 151 | Gail Rennie | Metro Aberdeen | FV | 13:12 |
| 55 | 191 | Steve Donaghy | Jog Scotland Elgin | MSV | 13:25 |
| 56 | 3 | Ian Lindsay | Metro Aberdeen | MSV | 13:26 |
| 57 | 17 | Morag Thompson | Fraserburgh RC | FV | 13:26 |
| 58 | 205 | John Colegrave | Cosmics | M60+ | 13:28 |
| 59 | 95 | James Adam | Unattached | M | 13:31 |
| 60 | 4 | Marion Lindsay | Metro Aberdeen | F60+ | 13:33 |
| 61 | 47 | Justine Dunbar | Jog Scotland Hazlehead | F | 13:35 |
| 62 | 18 | David Abernethy | Fraserburgh RC | MSV | 13:37 |
| 63 | 96 | Robin White | UTEC | M | 13:39 |
| 64 | 137 | Victoria Brown | Unattached | FV | 13:40 |
| 65 | 122 | Lauren Knowles | Jog Scotland Kintore RC | F | 13:41 |
| 66 | 188 | Sarah Knox | Metro Aberdeen | FV | 13:47 |
| 67 | 20 | Louise Kelly | Stonehaven | FSV | 14:01 |
| 68 | 207 | Paul Hewitt | Unattached | M | 14:08 |
| 69 | 49 | Sean Cremer | Jog Scotland Airyhall | M | 14:09 |
| 70 | 170 | Gordon Smith | Unattached | M | 14:10 |
| 71 | 211 | Steve Wilson | Jog Scotland Westhill | MSV | 14:17 |
| 72 | 190 | Paul Finch | Jog Scotland Hazlehead | MV | 14:18 |
| 73 | 50 | Robin Dillaway | Unattached | MV | 14:19 |
| 74 | 153 | Steve Clark | Unattached | M60+ | 14:23 |
| 75 | 123 | Willie Skene | Unattached | M60+ | 14:24 |
| 76 | 196 | Rhona Hadden | Fraserburgh | F | 14:25 |

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|-------------|-----------|------------------|------------------------|------------|-------------|
| 77 | 77 | Rosemary Leiper | Metro Aberdeen | F60+ | 14:29 |
| 78 | 37 | Murray Bryce | Cosmics | M60+ | 14:30 |
| 79 | 44 | Izzie McDonald | Metro Aberdeen | FSV | 14:36 |
| 80 | 38 | John Duff | Metro Aberdeen | M60+ | 14:50 |
| 81 | 179 | Brian Paterson | Jog Scotland Hazlehead | MV | 14:56 |
| 82 | 189 | Bob Watson | Unattached | MSV | 15:14 |
| 83 | 45 | Frank Campbell | Jog Scotland Hazlehead | MV | 15:21 |
| 84 | 8 | Cynthia Fry | Unattached | FSV | 15:25 |
| 85 | 64 | Colin Taylor | Cosmics | MSV | 15:57 |
| 86 | 108 | Rhona Moore | Jog Scotland | F | 16:32 |
| 87 | 89 | Maz Heaps | Jog Scotland Hazlehead | FV | 16:37 |
| 88 | 142 | Bob Masson | AAAC | M70+ | 16:40 |
| 89 | 83 | Laura Angus | Jog Scotland Airyhall | FV | 17:01 |
| 90 | 187 | John Rochford | Unattached | MSV | 17:05 |
| 91 | 113 | Kirsty Quin | Jog Scotland Kintore | F | 18:02 |
| 92 | 139 | James Wright | HBT | M60+ | 18:19 |
| 93 | 103 | Alan Fulton | AAAC | M70+ | 18:31 |
| 94 | 16 | Jane MaCaskill | Metro Aberdeen | F60+ | 18:35 |
| 95 | 160 | Tracey Rhind | Fraserburgh JS | FSV | 18:59 |
| 96 | 132 | Gaynor Devine | Fraserburgh | F60+ | 19:53 |
| 97 | 73 | Louise Whitelock | Unattached | F | 21:59 |
| 98 | 72 | Tony Hayman | Unattached | M60+ | 21:59 |