

Run 4 It Proms 3K Results

1st February 2019

Race Number 5

Posn	No	Name	Club	Cat	Time
1	71	Cameron Strachan	Metro Aberdeen	M	08:43
2	36	Tom Doney	Metro Aberdeen	M	09:06
3	21	Jason Kelly	Metro Aberdeen	M	09:14
4	12	Rankin Lascelles	Metro Aberdeen	M	09:38
5	259	Jamie Pallister	Newburgh Dunes	M	09:56
6	195	Paul Knight	Metro Aberdeen	M	10:00
7	14	Kenny Garden	Metro Aberdeen	M	10:01
8	145	Mark McDonald	Jog Scotland B.O.D.	M	10:25
9	11	Jegors Slobodcikovs	Unattached	M	10:35
10	240	Gerrard Ipenburg	Fleet Feet Tri	MV	10:38
11	266	Bruce Taylor	Garioch RR	MSV	10:38
12	76	David Cornwell	Metro Aberdeen	MV	10:41
13	261	Kayleigh Jarrett	Metro Aberdeen	F	10:44
14	260	Matthew Douglas	Unattached	M	10:49
15	26	Emma Watt	Jog Scotland Kintore	F	11:02
16	244	Chris Mcleod	Unattached	M	11:10
17	180	Rajendra Regmi	Unattached	MV	11:11
18	152	Carly McNeil	Unattached	F	11:11
19	22	Glen Chalmers	Newburgh Dunes	MV	11:15
20	125	Jason Williamson	Cosmics	MV	11:16
21	176	Kelly Williamson	Unattached	F	11:17
22	43	Jason Topley	Fleet Feet Tri	MSV	11:19
23	185	Mark Young	Metro Aberdeen	M	11:24
24	57	Alison Matthews	Metro Aberdeen	F	11:25
25	121	Julie Hoyle	Jog Scotland Kintore RC	FV	11:31
26	85	Phil Mann	Metro Aberdeen	MSV	11:33
27	15	Rob Taylor	Metro Aberdeen	M60+	11:39
28	144	Sophie Radcliffe	Metro Aberdeen	F	11:44
29	270	Graham Henderson	Metro Aberdeen	M	11:46
30	209	Martin Shaw	Unattached	MV	11:48
31	75	Vince Taylor	Newburgh Dunes	MSV	11:51
32	114	Keith Dunnett	Metro Aberdeen	MV	11:52
33	48	Andy Trail	Newburgh Dunes	MV	11:54
34	107	Arash Saharie	Fleet Feet Tri	MSV	11:59
35	193	Jennifer Robertson	Fraserburgh	FV	12:03

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Posn	No	Name	Club	Cat	Time
36	247	Jamie Walker	Jog Scotland Kintore RC	MV	12:07
37	263	Dena Cullen	Metro Aberdeen	F	12:11
38	24	Graham McDermid	Unattached	MSV	12:16
39	256	Linda McGee	Peterhead	FV	12:26
40	74	Steven Taylor	Metro Aberdeen	M	12:37
41	264	Peter Wood	Unattached	MV	12:43
42	39	Mark Findlay	Unattached	MSV	12:45
43	82	Paul Rayner	Unattached	MSV	12:46
44	181	Paul Sykes	Unattached	M	12:52
45	162	Greg Bruce	Fraserburgh	M	12:57
46	13	William Skinner	AAAC	MSV	12:59
47	33	Murray Dewar	Metro Aberdeen	M	13:02
48	151	Gail Rennie	Metro Aberdeen	FV	13:04
49	269	Nicola Smith	Unattached	FV	13:13
50	196	Rhona Hadden	Fraserburgh	F	13:18
51	122	Lauren Knowles	Jog Scotland Kintore RC	F	13:19
52	243	Paul Milne	Unattached	M	13:22
53	154	Carol Massie	Fraserburgh	FSV	13:23
54	41	Andy Whyte	Metro Aberdeen	MV	13:24
55	47	Justine Dunbar	Jog Scotland Hazlehead	F	13:25
56	17	Morag Thompson	Fraserburgh RC	FV	13:26
57	262	Chris Bird	Unattached	MSV	13:30
58	211	Steve Wilson	Jog Scotland Westhill	MSV	13:46
59	37	Murray Bryce	Cosmics	M60+	13:49
60	190	Paul Finch	Jog Scotland Hazlehead	MV	13:50
61	38	John Duff	Metro Aberdeen	M60+	13:55
62	20	Louise Kelly	Stonehaven	FSV	14:03
63	49	Sean Cremer	Jog Scotland Airyhall	M	14:12
64	97	Paul Bate	UTEC	MSV	14:17
65	80	Pauline Larmour	Cosmics	FSV	14:21
66	254	Paul Smith	Metro Aberdeen	MV	14:24
67	153	Steve Clark	Unattached	M60+	14:27
68	179	Brian Paterson	Jog Scotland Hazlehead	MV	14:29
69	265	Neil MacBean	Unattached	MSV	14:30
70	251	Imogen Dey	Jog Scotland Kintore	FSV	14:33
71	245	Laura Barrie	Metro Aberdeen	F	14:34
72	268	Mark Sutherland	Jog Scotland Kintore	MV	14:44
73	77	Rosemary Leiper	Metro Aberdeen	F60+	14:59
74	150	Jim McCurrach	Metro Aberdeen	MSV	15:09
75	8	Cynthia Fry	Unattached	FSV	15:13
76	45	Frank Campbell	Jog Scotland Hazlehead	MV	15:40
77	64	Colin Taylor	Cosmics	MSV	15:47

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Posn	No	Name	Club	Cat	Time
78	234	Pauline Irving	Jog Scotland Airyhall	FSV	16:00
79	108	Rhona Moore	Jog Scotland	F	16:11
80	89	Maz Heaps	Jog Scotland Hazlehead	FV	16:13
81	187	John Rochford	Unattached	MSV	16:14
82	272	Liam Morris	Unattached	M	16:15
83	92	Amy Mackie	Metro Aberdeen	FV	16:26
84	90	Erin Heaps	Jog Scotland Hazlehead	F	16:42
85	65	Russell Gray	Unattached	MSV	16:48
86	103	Alan Fulton	AAAC	M70+	17:00
87	40	Lucy White	Jog Scotland Hazlehead	F	17:17
88	61	Pam Thomson	Unattached	FSV	17:40
89	257	Paul Douglas	Jog Scotlnd Meldrum	M60+	18:25
90	258	Gillian Douglas	Jog Scotlnd Meldrum	FSV	18:50
91	73	Louise Whitelock	Unattached	F	20:24
92	72	Tony Hayman	Unattached	M60+	20:25