

**Run 4 It Proms 3K****6th March 2020****Race Number 6**

<b>Posn</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
1	622	Jason Kelly	Metro Aberdeen RC	M	09:27
2	63	Paul Knight	Metro Aberdeen RC	M	09:50
3	650	Stephen Malloy	Unattached	M	09:58
4	87	Richard Horne	Metro Aberdeen RC	MSV	09:59
5	125	Michael Simpson	Metro Aberdeen RC	M	10:06
6	108	Jamie Ross	Deeside Runners	MV	10:07
7	731	Mark Young	Metro Aberdeen RC	M	10:15
8	121	Rankin Lascelles	Metro Aberdeen RC	M	10:28
9	129	Debbie Greig	Metro Aberdeen RC	F	10:36
10	19	Mark McDonald	Jog Scotland B.O.D.	M	10:38
11	109	Grant Massie	Fraserburgh RC	M	10:39
12	16	Kevin Buchan	Metro Aberdeen RC	MV	10:40
13	122	Julie Brox	Metro Aberdeen RC	F	10:42
14	46	Mark Walker	Newburgh Dunes	MV	10:43
15	620	Jegors Slobodcikovs	Unattached	M	10:44
16	118	Andrew Bostock	FFT	MV	10:48
17	670	Jennifer Harrison	AAAC	F	10:49
18	697	Glen Chalmers	Newburgh Dunes	MV	10:50
19	699	Dave Cornwell	Metro Aberdeen RC	MV	10:51
20	736	Mark Perry	Unattached	MV	10:54
21	669	Jason Osborne	Newburgh Dunes	MV	10:57
22	106	Bob Sheridan	Deeside Runners	MSV	11:00
23	115	Kelly Williamson	Unattached	F	11:01
24	64	Scott Paterson	Unattached	MV	11:01
25	746	Sophie Radcliffe	Metro Aberdeen RC	F	11:05
26	657	Craig Anderson	Metro Aberdeen RC	MV	11:21
27	45	Paul Anderson	Newburgh Dunes	M	11:22
28	734	Michael Torburn	Unattached	M	11:26
29	2	Graham Henderson	Metro Aberdeen RC	M	11:33
30	43	Aimee Tawse	Jog Scotland Kintore RC	FJ	11:33
31	713	Matthew Tilman	Unattached	M	11:36
32	687	Chris Fryer	Unattached	MSV	11:37
33	733	Charlie Denham	Metro Aberdeen RC	M	11:38
34	136	Colin Zimmer	Unattached	MV	11:39
35	614	Jennifer Robertson	Peterhead AC	FV	11:43
36	671	Keith Dunnett	Metro Aberdeen RC	MV	11:48

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37	730	Andy Redman	Metro Aberdeen RC	MSV	11:53
38	744	Gillian Strachan	Fraserburgh RC	FV	11:59
39	26	Scott Hutcheson	Unattached	M	12:00
40	632	Andy Traill	Newburgh Dunes	MV	12:06
41	711	Arash Saharie	Fleet Feet Tri	MSV	12:07
42	723	Chloe Sangster	Metro Aberdeen RC	F	12:09
43	610	Susan Strachan	Peterhead AC	FV	12:12
44	98	Graeme Lornie	Cosmics	MSV	12:14
45	14	Jamie Walker	Jog Scotland Kintore RC	MV	12:16
46	695	Colin Larmour	Cosmic	MSV	12:17
47	616	Greig Cruickshank	Jog Scotland Kintore RC	MSV	12:21
48	127	Kim King	Newburgh Dunes	F	12:25
49	7	Carol Massie	Fraserburgh RC	FSV	12:28
50	633	Paul Smith	Metro Aberdeen RC	MV	12:30
51	133	Colin Burnett	Unattached	MSV	12:33
52	86	Bruce Morrison	Hatton Jog Scotland	M	12:34
53	679	Robin Dillaway	Unattached	MV	12:39
54	73	Claire Macaskill	Unattached	FV	12:40
55	137	Mike King	Unattached	MSV	12:41
56	718	Ross Craig	Fleet Feet Tri	M	12:42
57	135	Remy Dewinter	Unattached	M	12:42
58	720	Peter Wood	Unattached	MV	12:44
59	719	Paul Rayner	Unattached	MSV	12:45
60	739	Olivier Stanzione	Lynx Pack	MV	12:50
61	656	Michael Kinsella	Jog Scotland Kintore RC	M	12:59
62	625	Helen Duguid	Unattached	F	13:06
63	636	Ailsa Webster	Jog Scotland Westhill	FSV	13:08
64	646	Graham Watson	Metro Aberdeen RC	M60+	13:15
65	623	Morag Thompson	Fraserburgh RC	FV	13:17
66	721	Mark Findlay	Unattached	MSV	13:19
67	698	Clare Bond	Unattached	FV	13:21
68	677	Paul Hewitt	Unattached	MV	13:25
69	36	Fraser Adam	Unattached	M	13:33
70	655	Lauren Knowles	Jog Scotland Kintore RC	F	13:38
71	34	Willie Skene	Unattached	M60+	13:41
72	660	Anne Sutherland	Jog Scotland Kintore RC	FV	13:49
73	88	Sean Hassard	Unattached	M	13:50
74	648	Murray Bryce	Cosmic	M60+	13:54
75	81	Martin Fairley	Unattached	M	14:04
76	126	Alison West	Fraserburgh RC	FV	14:13
77	624	David Abernethy	Fraserburgh RC	MSV	14:17
78	35	Taha Abadi	Unattached	M	14:25

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79	635	Sheila Gauld	Jog Scotland Westhill	F60+	14:27
80	715	Robin White	Unattached	M	14:28
81	747	Jeanette Lowe	Jog Scotland B.O.D.	FV	14:35
82	722	Pauline Larmour	Cosmic	FSV	14:42
83	628	Gail Irvine	Jog Scotland Kintore	F	14:49
84	116	Ian Edwards	Newburgh Dunes	M60+	14:50
85	94	Emma Young	Metro Aberdeen RC	F	14:59
86	613	Cynthia Fry	Unattached	FSV	15:18
87	707	Colin Taylor	Cosmic	MSV	15:29
88	693	Tony Hayman	Unattached	M60+	15:34
89	131	Steve Barrow	Unattached	MSV	15:38
90	681	Giancarlo Rizzi	Unattached	MSV	16:03
91	717	Les Nicol	Metro Aberdeen RC	M70+	16:14
92	706	Russell Gray	Unattached	MSV	16:50
93	123	Jackie Oliveros	Unattached	F	17:14
94	124	Gemma Hadden	Unattached	F	19:07
95	745	John Elrick	Jog Scotland Hazlehead	M60+	19:08