

## Run 4 It Proms 3K Results

**2nd November 2018**

**Race Number 2**

Posn	No	Name	Club	Cat	Time
1	136	Donnie Macdonald	Inverness Harriers	MV	09:12
2	21	Jason Kelly	Metro Aberdeen	M	09:30
3	135	Patrick Mochan	Swindon Harriers	MJ	09:51
4	155	Chris Hill	Cosmics	M	09:56
5	165	Ross Barnes	Jog Scotland Kintore RC	M	09:59
6	146	Steve Buchan	Metro Aberdeen	MV	10:00
7	182	Stephen Molloy	Unattached	M	10:05
8	147	Tom Martin	Metro Aberdeen	M	10:07
9	140	Colin Munday	Metro Aberdeen	MV	10:09
10	143	Jamie Ross	Deeside	MV	10:11
11	159	Steven Morrison	Metro Aberdeen	M	10:13
12	174	Richard Horne	Metro Aberdeen	MSV	10:14
13	11	Jegors Slobodnikovs	Unattached	M	10:19
14	149	Jonny Mcintosh	Metro Aberdeen	M	10:21
15	120	Brian Robb	Metro Aberdeen	MV	10:27
16	161	Andrew Thompson	Metro Aberdeen	MV	10:28
17	76	David Cornwell	Metro Aberdeen	MV	10:31
18	164	Dirk Wallace	Deeside	M	10:39
19	178	David Purvis	Unattached	M	10:47
20	145	Mark McDonald	Jog Scotland B.O.D.	M	10:48
21	23	Dennis Chalmers	Newburgh Dunes	MV	10:48
22	55	Peter Hall	Fraserburgh RC	MSV	10:50
23	53	George MvPherson	Metro Aberdeen	M60+	10:51
24	180	Rajendra Regmi	Unattached	MV	10:52
25	125	Jason Williamson	Cosmics	MV	11:01
26	157	Richard Roulson	Metro Aberdeen	MSV	11:09
27	26	Emma Watt	Jog Scotland Kintore	F	11:11
28	168	Keith Cowe	Jog Scotland Kintore RC	MV	11:13
29	15	Rob Taylor	Metro Aberdeen	M60+	11:14
30	175	David Muir	Unattached	MV	11:16
31	185	Mark Young	Metro Aberdeen	M	11:20
32	30	Kevin Heath	Cosmics	MSV	11:22

## Run 4 It Proms 3K Results

**2nd November 2018**

**Race Number 2**

Posn	No	Name	Club	Cat	Time
33	100	Denis McDonald	Cosmics	MSV	11:29
34	114	Keith Dunnett	Metro Aberdeen	MV	11:32
35	152	Carly McNeil	Unattached	F	11:32
36	43	Jason Topley	Cosmics	MSV	11:37
37	27	Tony McGarva	Metro Aberdeen	MSV	11:44
38	109	Lawrence Wattie	Metro Aberdeen	MV	11:47
39	5	Graeme Clark	Fraserburgh RC	M60+	11:47
40	107	Arash Saharie	Fleet Feet Tri	MSV	11:48
41	176	Kelly Williamson	Unattached	F	11:48
42	99	Grant Walker	Unattached	M	11:49
43	84	Sarah Milne	Metro Aberdeen	F	11:50
44	79	Ben Elliott	Unattached	M	11:58
45	24	Graham McDermid	Unattached	MSV	12:00
46	62	Malcolm Harvey	Unattached	M	12:04
47	111	Ryan Milne	Unattached	MV	12:05
48	48	Andy Trail	Newburgh Dunes	MV	12:05
49	28	Tom Litterick	Metro Aberdeen	MSV	12:06
50	129	Andy Redman	Metro Aberdeen	MSV	12:10
51	144	Sophie Radcliffe	Metro Aberdeen	F	12:11
52	141	Kevin Watson	Fleet Feet Tri	M	12:14
53	163	Christopher Goodall	Metro Aberdeen	M	12:15
54	169	Dave Tawse	Jog Scotland Kintore RC	MSV	12:16
55	10	Greig Cruickshank	Jog Scotland Kintore RC	MSV	12:17
56	74	Steven Taylor	Metro Aberdeen	M	12:19
57	35	Charlie Noble	Fraserburgh RC	M60+	12:21
58	121	Julie Hoyle	Jog Scotland Kintore RC	FV	12:27
59	133	Mike Hartley	Fraserburgh	M60+	12:29
60	186	Louise Provan	Fife AC	FV	12:30
61	127	Alan Cormack	Cosmics	MSV	12:30
62	39	Mark Findlay	Unattached	MSV	12:37
63	98	Bob Pringle	Unattached	MSV	12:40
64	166	Kenny Monk	Garioch RR	MSV	12:42

## Run 4 It Proms 3K Results

**2nd November 2018**

**Race Number 2**

Posn	No	Name	Club	Cat	Time
65	68	Campbell Hayden	Metro Aberdeen	MV	12:43
66	158	Ruth Wolfe	Metro Aberdeen	FSV	12:46
67	156	Jayne Addie	Metro Aberdeen	FV	12:47
68	181	Paul Sykes	Unattached	M	12:53
69	17	Morag Thompson	Fraserburgh RC	FV	12:55
70	151	Gail Rennie	Metro Aberdeen	FV	12:57
71	63	Arnar Arnason	Unattached	MSV	12:59
72	134	Philip Kammer	Cosmics	M60+	13:02
73	162	Greg Bruce	Fraserburgh	M	13:04
74	167	Anne Sutherland	Jog Scotland Kintore RC	FV	13:05
75	154	Carol Massie	Fraserburgh	FSV	13:06
76	18	David Abernethy	Fraserburgh RC	MSV	13:07
77	19	Tracy Morris	Jog Scotland Kintore	FV	13:12
78	137	Victoria Brown	Unattached	FV	13:14
79	128	Laura Sarkis	Unattached	F	13:21
80	96	Robin White	UTEC	M	13:25
81	122	Lauren Knowles	Jog Scotland Kintore RC	F	13:29
82	20	Louise Kelly	Stonehaven	FSV	13:35
83	183	Neil Harcus	Unattached	M	13:36
84	170	Gordon Smith	Unattached	M	13:38
85	87	Birgitte Stevens	Metro Aberdeen	FV	13:39
86	177	Bill Irvine	Jog Scotland Hazlehead	MSV	13:44
87	97	Paul Bate	UTEC	MSV	13:56
88	50	Robin Dillaway	Unattached	MV	14:01
89	38	John Duff	Metro Aberdeen	M60+	14:02
90	80	Pauline Larmour	Cosmics	FSV	14:03
91	153	Steve Clark	Unattached	M60+	14:12
92	45	Frank Campbell	Jog Scotland Hazlehead	MV	14:15
93	172	Imogen Dey	Jog Scotland Kintore	FSV	14:20
94	150	Jim McCurrach	Metro Aberdeen	MSV	14:23
95	117	Alice McAra	Rebel PT	F	14:32
96	124	Giancarlo Rizzi	Unattached	MSV	14:49

## Run 4 It Proms 3K Results

**2nd November 2018**

**Race Number 2**

Posn	No	Name	Club	Cat	Time
97	171	Sheila Gauld	Jog Scotland Westhill	F60+	14:51
98	179	Brian Paterson	Jog Scotland Hazlehead	MV	15:00
99	37	Murray Bryce	Cosmics	M60+	15:03
100	86	Dave Nugent	Metro Aberdeen	MSV	15:04
101	8	Cynthia Fry	Unattached	FSV	15:06
102	148	Mark Milne	Jog Scotland Hazlehead	MV	15:23
103	83	Laura Angus	Jog Scotland Airyhall	FV	15:25
104	42	Lana Hadden	Metro Aberdeen	F60+	15:28
105	64	Colin Taylor	Cosmics	MSV	15:33
106	138	Thomas Gunn	Unattached	M60+	15:46
107	112	Karin Goodwin	Jog Scotland Kintore	F	15:49
108	103	Alan Fulton	AAAC	M70+	16:04
109	184	Catriona Fulton	Jog Scotland Kingswells	F	16:21
110	173	Jason Bohan	Glasgow Fronrunners	MV	16:29
111	61	Pam Thomson	Unattached	FSV	16:35
112	92	Amy Mackie	Metro Aberdeen	FV	16:43
113	142	Bob Masson	AAAC	M70+	16:56
114	187	John Rochford	Unattached	MSV	17:01
115	65	Russell Gray	Unattached	MSV	17:10
116	139	James Wright	HBT	M60+	17:18
117	16	Jane MaCaskill	Metro Aberdeen	F60+	17:40
118	113	Kirsty Quin	Jog Scotland Kintore	F	18:03
119	160	Tracey Rhind	Fraserburgh JS	FSV	18:49
120	51	Claire Doig	Jog Scotland Kintore	FV	18:52
121	32	Alison McGee	Peterhead AC	F	19:39
122	132	Gaynor Devine	Fraserburgh	F60+	20:29
123	73	Louise Whitelock	Unattached	F	22:46
124	72	Tony Hayman	Unattached	M60+	22:46