

Run 4 It Proms 3K Results

10th January 2020
Race Number 4

| Posn | No | Forename | Surname | Club | Cat | Time |
|------|-----|----------|-------------|--------------------------|-----|-------|
| 1 | 93 | Martin | Mueller | Metro Aberdeen RC | M | 09:17 |
| 2 | 190 | Andrew | Johnstone | Inverness Harriers A A C | M | 09:19 |
| 3 | 189 | Joe | Battershill | Edinburgh Uni. | M | 09:21 |
| 4 | 188 | Matthew | Dailey | JSK Running Club | M | 09:22 |
| 5 | 90 | Stephen | Molloy | Grammar RC | M | 09:27 |
| 6 | 36 | Jordan | Cruickshank | Metro Aberdeen RC | M | 09:29 |
| 7 | 136 | Paul | Knight | Metro Aberdeen RC | M40 | 09:46 |
| 8 | 74 | Matthew | Maciocia | Metro Aberdeen RC | M | 09:48 |
| 9 | 14 | Mark | Beagrie | Peterhead AAC | M | 09:57 |
| 10 | 159 | Jegers | Slobodkious | Unattached | M | 10:10 |
| 11 | 145 | Jamie | Ross | Deeside Runners | M45 | 10:16 |
| 12 | 132 | Jamie | Coventry | Metro Aberdeen RC | M45 | 10:19 |
| 13 | 66 | Jeremy | Kibble | Metro Aberdeen RC | M40 | 10:25 |
| 14 | 200 | Keiran | Downie | Aberdeen AAC | MJ | 10:46 |
| 15 | 26 | Quintin | Chalmers | Metro Aberdeen RC | M45 | 10:48 |
| 16 | 75 | Calum | MacLeod | Unattached | M | 10:51 |
| 17 | 176 | David | Cornwell | Metro Aberdeen RC | M40 | 10:53 |
| 18 | 195 | Michael | Fletcher | JSK Running Club | M | 10:53 |
| 19 | 157 | Craig | Walker | Metro Aberdeen RC | M40 | 10:56 |
| 20 | 13 | Allan | Bartlet | Newburgh Dunes RC | M45 | 10:59 |
| 21 | 199 | Lavla | Todd | Shetland AAC | FJ | 11:00 |
| 22 | 134 | Rosie | Hislop | Metro Aberdeen RC | F | 11:01 |
| 23 | 114 | Andrew | Thompson | Metro Aberdeen RC | M45 | 11:06 |
| 24 | 191 | Sam | Orr | JSK Running Club | M | 11:09 |
| 25 | 97 | Sean | Phillips | Metro Aberdeen RC | M | 11:10 |
| 26 | 109 | Aimee | Tawse | Aberdeen AAC | FJ | 11:20 |
| 27 | 80 | Neil | McBain | Metro Aberdeen RC | M | 11:22 |
| 28 | 174 | Mark | Sutherland | JSK Running Club | M45 | 11:25 |
| 29 | 125 | Elaine | Wilson | Unattached | F | 11:28 |
| 30 | 87 | George | McPherson | Metro Aberdeen RC | M60 | 11:29 |
| 31 | 107 | Gillian | Strachan | Fraserburgh Running Club | F45 | 11:36 |
| 32 | 99 | Martin | Shaw | Unattached | M45 | 11:38 |
| 33 | 86 | Gavin | McLennan | Metro Aberdeen RC | M40 | 11:46 |
| 34 | 140 | Jenny | Stanning | Metro Aberdeen RC | F | 11:47 |
| 35 | 58 | Graham | Henderson | Metro Aberdeen RC | M40 | 11:49 |
| 36 | 135 | Julie | Hoyle | JSK Running Club | F40 | 11:52 |
| 37 | 85 | Drew | McLelland | JSK Running Club | M45 | 11:53 |
| 38 | 33 | Davide | Cranna | Unattached | M | 11:54 |
| 39 | 192 | Lindsey | Young | Unattached | F | 11:57 |
| 40 | 34 | Kelly | Cruden | Peterhead AAC | F40 | 12:00 |
| 41 | 186 | David | Park | Unattached | M40 | 12:03 |
| 42 | 81 | Graham | McDermid | Metro Aberdeen RC | M60 | 12:08 |
| 43 | 147 | Estera | Zak | Unattached | F | 12:09 |
| 44 | 141 | Jamie | Walker | JSK Running Club | M40 | 12:14 |
| 45 | 92 | Bruce | Morrison | Jog Scotland Hatton | M40 | 12:19 |
| 46 | 198 | Ross | McNeil | Unattached | M40 | 12:19 |
| 47 | 110 | Vince | Taylor | Newburgh Dunes RC | M50 | 12:22 |
| 48 | 142 | Royston | Walker | Unattached | M45 | 12:23 |
| 49 | 153 | Claire | Macaskill | Unattached | F45 | 12:25 |
| 50 | 175 | Paul | Coxall | Metro Aberdeen RC | M55 | 12:31 |
| 51 | 183 | Alex | Shaw | Dundee Uni. | F | 12:32 |
| 52 | 203 | Gavin | Reid | Unattached | M | 12:33 |
| 53 | 117 | Andy | Traill | Newburgh Dunes RC | M45 | 12:39 |
| 54 | 20 | Greg | Bruce | Fraserburgh Running Club | M | 12:48 |
| 55 | 166 | Vivienne | Bruce | Metro Aberdeen RC | F | 12:50 |
| 56 | 194 | Victoria | Brown | Aberdeen AAC | F45 | 12:51 |
| 57 | 31 | David | Coutts | Jog Scotland Westhill | M40 | 12:55 |
| 58 | 40 | Helen | Duguid | Metro Aberdeen RC | F | 13:00 |
| 59 | 102 | William | Skinner | Aberdeen AAC | M60 | 13:02 |
| 60 | 65 | Louise | Kelly | Stonehaven Running Club | F55 | 13:06 |
| 61 | 115 | Morag | Thompson | Fraserburgh Running Club | F45 | 13:11 |
| 62 | 71 | Thomas | Litterick | Metro Aberdeen RC | M55 | 13:15 |
| 63 | 67 | Lauren | Knowles | JSK Running Club | F | 13:19 |
| 64 | 204 | Hannah | Stephen | Moray Road Runners | FJ | 13:21 |
| 65 | 78 | Carol | Massie | Fraserburgh Running Club | F55 | 13:34 |
| 66 | 23 | Colin | Burnett | Unattached | M60 | 13:51 |
| 67 | 127 | Leanne | Kitchener | JSK Running Club | F | 13:58 |
| 68 | 179 | Izzie | Mcdonald | Metro Aberdeen RC | F55 | 14:06 |
| 69 | 39 | Andrea | Drummond | JSK Running Club | F50 | 14:16 |
| 70 | 187 | Kevin | Maciver | Unattached | M50 | 14:19 |
| 71 | 68 | Sonya | Ledford | JSK Running Club | F40 | 14:22 |
| 72 | 59 | Michael | Howden | Unattached | M40 | 14:24 |
| 73 | 123 | Andrew | Whyte | Metro Aberdeen RC | M40 | 14:26 |
| 74 | 170 | Linda | Silcocks | Unattached | F60 | 14:26 |
| 75 | 7 | Sarah | Anderson | Unattached | F45 | 14:35 |
| 76 | 3 | David | Abernethy | Fraserburgh Running Club | M50 | 14:43 |
| 77 | 46 | Paul | Finch | Hazlehead JogScotland | M50 | 14:55 |
| 78 | 15 | Paul | Bate | Metro Aberdeen RC | M50 | 15:07 |
| 79 | 89 | Craig | Miller | JogScotland Hazlehead | M55 | 15:14 |
| 80 | 51 | Sheila | Gauld | JogScotland | F65 | 15:18 |
| 81 | 18 | Michelle | Brearley | Metro Aberdeen RC | F45 | 15:24 |
| 82 | 148 | Neil | MacBean | Unattached | M50 | 15:28 |
| 83 | 47 | Cynthia | Fry | Unattached | F60 | 15:31 |
| 84 | 30 | Murray | Clark | Metro Aberdeen RC | M70 | 15:39 |
| 85 | 197 | Janice | Mitchell | Unattached | F | 16:15 |
| 86 | 49 | Alan | Fulton | Unattached | M70 | 16:24 |
| 87 | 196 | Jane | Oliver | Deeside Runners | F60 | 16:37 |
| 88 | 21 | Murray | Bryce | Cosmic Hillbashers | M70 | 16:55 |
| 89 | 25 | Frank | Campbell | Metro Aberdeen RC | M40 | 16:57 |
| 90 | 149 | Les | Nicol | Metro Aberdeen RC | M80 | 17:13 |
| 91 | 54 | Lana | Hadden | Metro Aberdeen RC | F65 | 17:14 |
| 92 | 44 | John | Erick | JSK Running Club | M65 | 17:15 |
| 93 | 184 | Susan | Glennie | Buns on the Run | F40 | 17:18 |
| 94 | 24 | Charlie | Burr | Unattached | M65 | 17:18 |
| 95 | 193 | James | Wright | HBT | M65 | 18:46 |
| 96 | 73 | Jane | MacAskill | Metro Aberdeen RC | F65 | 19:03 |
| 97 | 121 | Tracey | Weston | Fraserburgh Running Club | F50 | 19:40 |