

Metro Aberdeen Proms 3K Results

6th January 2023

Race Number 3

Posn	No	Forename	Surname	Club	Cat	Time
1	371	Martin	Mueller	Metro Aberdeen Running Club	M	09:15
2	325	Sebastian	Davies	Dundee Hawkhill Harriers	M	09:16
3	146	Stephen	Molloy	Grammar RC	M	09:26
4	329	Matthew	Drummond	Dundee Hawkhill Harriers	M	09:29
5	335	Ben	Kinninmonth	Fife Athletic Club	M	09:29
6	399	Caleb	McGuire	AAAC	MJ	09:33
7	104	Paul	Knight	Metro Aberdeen Running Club	M40	09:57
8	422	David	Marshall	Metro Aberdeen Running Club	M	10:15
9	366	Dino	Roussias	Metro Aberdeen Running Club	M50	10:36
10	359	Neil	Young	Unattached	M40	10:38
11	234	Garry	Joss	Unattached	M	10:46
12	302	Andrew	Thompson	Metro Aberdeen Running Club	M45	10:47
13	310	Jenny	Bannerman	Inverness Harriers	F	10:48
14	362	Ieuan	Harries	Glasgow Uni Hare and Hounds	M	10:51
15	350	Cameron	Scott	Banchory Stonehaven AC	MJ	10:54
16	300	Joanna	Robertson	AAAC	F	11:20
17	128	Neil	McBain	Metro Aberdeen Running Club	M40	11:22
18	345	Richard	Masson	Peterhead AAC	M45	11:23
19	281	Richard	Holland	Woodford Green AC	M60	11:33
20	326	Kieran	Downie	AAAC	M	11:34
21	297	Glen	Chalmers	Newburgh Dunes RC	M45	11:37
22	290	Simon	Bains	Cosmic Hillbashers	M50	11:40
23	182	Martin	Shaw	Unattached	M50	11:45
24	39	Davide	Cranna	Unattached	M	11:51
25	404	Jenny	Stanning	Metro Aberdeen Running Club	F	11:52
26	372	Patrick	Wolfe	Unattached	M55	11:55
27	287	Tony	McGarva	Metro Aberdeen Running Club	M55	12:08
28	61	Keith	Dunnnett	Metro Aberdeen Running Club	M50	12:09
29	131	Graham	McDermid	Metro Aberdeen Running Club	M60	12:11
30	43	Kelly	Cruden	Peterhead AAC	F40	12:13
31	276	Estera	Zak	Unattached	F	12:14
32	196	Aimee	Tawse	JSK Running Club	FJ	12:15
33	284	Donald	Macleod	Blairgowrie Runners	M50	12:19
34	192	Caris	Strachan	Newburgh Dunes RC	F	12:20
35	9	Craig	Anderson	Metro Aberdeen Running Club	M50	12:21
36	149	Gavin	Morris	Newburgh Dunes RC	M	12:29
37	37	Paul	Coxall	Metro Aberdeen Running Club	M55	12:33
38	204	Jamie	Walker	JSK Running Club	M45	12:35
39	189	Susan	Strachan	Peterhead AAC	F45	12:35
40	138	Drew	McLelland	JSK Running Club	M45	12:36
41	354	William	Skinner	AAAC	M60	12:41
42	70	Julie	Erskine	Metro Aberdeen Running Club	F40	12:43
43	60	Helen	Duguid	Metro Aberdeen Running Club	F40	12:59
44	339	Jake	Ledford	Jog Scotland Kintore Juniors	MJ	13:05
45	360	Kim	King	Newburgh Dunes RC	F40	13:07
46	18	Greg	Bruce	Fraserburgh Running Club	M	13:11
47	336	Ludovic	Lacan	Metro Aberdeen Running Club	M	13:15
48	21	Colin	Burnett	Unattached	M60	13:21
49	198	Morag	Thompson	Fraserburgh Running Club	F45	13:37
50	210	Wilson	Willox	Unattached	M65	13:39
51	250	Philip	Owens	Garioch Road Runners	M60	13:43
52	124	Ingrid	Machell	Metro Aberdeen Running Club	F55	13:48
53	324	Steven	Chalmers	Unattached	M55	13:49
54	96	Roger	Homyer	Highland Hill Runners	M65	13:57
55	391	Graeme	Clark	Fraserburgh Running Club	M65	14:00
56	121	Neil	MacBean	Unattached	M50	14:01
57	208	Ailsa	Webster	JogScotland Westhill	F55	14:18
58	344	Calum	Ledford	Jog Scotland Kintore Juniors	MJ	14:19
59	134	Izzie	McDonald	Metro Aberdeen Running Club	F60	14:22
60	186	Birgitte	Stevens	Metro Aberdeen Running Club	F50	14:27
61	72	Paul	Finch	Jog Scotland Hazlehead	M50	14:37
62	59	Andrea	Drummond	JSK Running Club	F50	14:47
63	16	Paul	Bate	Metro Aberdeen Running Club	M50	14:49
64	111	Sonya	Ledford	JSK Running Club	F45	14:52
65	6	David	Abernethy	Fraserburgh Running Club	M50	14:52
66	346	Duncan	Munro	Unattached	M55	14:59
67	15	Allan	Bartlet	Newburgh Dunes RC	M45	15:01
68	82	Sheila	Gauld	JogScotland	F65	15:24
69	29	Murray	Clark	Metro Aberdeen Running Club	M70	15:26
70	283	Seonaid	McLaren	Unattached	F45	15:39
71	78	Cynthia	Fry	Unattached	F60	15:41
72	388	Katrina	McKay	Unattached	F45	15:57
73	394	Romana	McGuire	AAAC	F40	16:02
74	92	Lana	Hadden	Metro Aberdeen Running Club	F65	16:36
75	69	John	Elrick	JSK Running Club	M65	16:36
76	135	Alison	McGee	Peterhead AAC	F50	17:17
77	161	Leslie	Nicol	Metro Aberdeen Running Club	M80	17:26
78	81	Alan	Fulton	AAAC	M70	18:18
79	262	Patricia	Willox	Unattached	F55	18:31
80	355	Sophie	Thompson	Ellon AAC	FJ	22:00
81	254	Lisa	Shearer	Ellon AAC	F45	22:00