

Metro Aberdeen Proms 3K Results

3rd October 2025

Race Number 1

Posn	No	Forename	Surname	Club	Cat	Time
1	553	Paul	Knight	Metro Aberdeen RC	M45	10:05
2	597	Jegors	Slobodcikovs	Unattached	M40	10:12
3	537	Iain	Grigor	Metro Aberdeen RC	M40	10:15
4	614	William	Wilson	Turriff Running Club	M	10:16
5	526	Jennifer	Donaldson	Aberdeen AAC	F	10:25
6	536	Sean	Gibson	Metro Aberdeen RC	M	10:26
7	591	Dino	Roussias	Metro Aberdeen RC	M50	10:31
8	589	Jamie	Ross	Deeside Runners	M45	10:39
9	545	James	Horne	Peterhead Athletics Club	MJ	10:44
10	615	Neil	Young	Unattached	M45	10:45
11	515	Quintin	Chalmers	Metro Aberdeen RC	M50	10:51
12	544	David	Horne	Peterhead Athletics Club	M50	10:56
13	599	Mark	Stockton	Cosmic Hillbashers	M40	11:06
14	560	Richard	Masson	Metro Aberdeen RC	M45	11:13
15	590	Richard	Roulson	Metro Aberdeen RC	M60	11:14
16	571	Ross	McNeill	Unattached	M45	11:15
17	577	Graham	Moar	Metro Aberdeen RC	M50	11:17
18	512	Kevin	Buchan	Metro Aberdeen RC	M45	11:18
19	542	Benjamin	Heard	Metro Aberdeen RC	M	11:20
20	502	Lisa	Allan	Fraserburgh Running Club	F45	11:22
21	561	Neil	McBain	Metro Aberdeen RC	M40	11:29
22	606	Kelly	Vine-Jones	Unattached	F	11:41
23	609	Andrew	Weir	Unattached	M40	11:43
24	568	Chris	Mclean	Unattached	M	11:52
25	580	David	Muir	Unattached	M50	11:55
26	593	Darren	Shannon	Metro Aberdeen RC	M45	12:02
27	516	Chee Kong	Chen	Metro Aberdeen RC	M40	12:04
28	566	Ewan	McGee	Peterhead Athletics Club	M45	12:07
29	554	Julie	Lefevre	Metro Aberdeen RC	F50	12:09
30	569	Drew	McLelland	JSK Running Club	M45	12:09
31	572	George	McPherson	Metro Aberdeen RC	M65	12:10
32	521	Lawrie	Currie	Moray Road Runners	M45	12:13
33	511	Greg	Bruce	Peterhead Athletics Club	M	12:25
34	592	Laura	Sarkis	Unattached	F45	12:29
35	551	Sifiso	Khathi	Unattached	M	12:30
36	531	Keith	Dunnett	Metro Aberdeen RC	M55	12:32
37	607	Graham	Watson	Hidden Peak Running	M60	12:32
38	534	Kevin	Galbraith	Metro Aberdeen RC	M45	12:46
39	509	Clare	Bostock	Unattached	F45	12:46
40	518	Alan	Cormack	Cosmic Hillbashers	M55	12:47
41	611	Wilson	Willox	Fraserburgh Running Club	M65	12:52
42	510	Vivienne	Bruce	Metro Aberdeen RC	F40	12:54
43	573	Kerryn	Meston	Unattached	F	12:55
44	601	Gillian	Strachan	Fraserburgh Running Club	F50	12:57
45	576	Ryan	Milne	Unattached	M45	13:06
46	528	Helen	Duguid	Metro Aberdeen RC	F40	13:09
47	522	Andrew	Davidson	Peterhead Athletics Club	M60	13:13
48	505	Laura	Barrie	Metro Aberdeen RC	F	13:16
49	558	Phil	Mann	Unattached	M65	13:35
50	583	Philip	Owens	Aberdeen AAC	M65	13:36
51	556	Neil	MacBean	Unattached	M55	13:40
52	604	Morag	Thompson	Fraserburgh Running Club	F45	13:41
53	613	Colin	Wilson	Hidden Peak Running	M60	13:45
54	508	Demi	Beattie	JSK Running Club	F	13:45
55	600	Susan	Strachan	Unattached	F50	13:47
56	529	Philip	Duguid	Unattached	M40	13:48
57	530	Justine	Dunbar	Unattached	F	13:51
58	596	William	Skinner	Aberdeen AAC	M65	13:55
59	524	Ian	Delph	Hidden Peak Running	M40	14:07

60	559	Carol	Massie	Fraserburgh Running Club	F60	14:22
61	563	Izzie	Mcdonald	Metro Aberdeen RC	F60	14:24
62	520	Sean	Craig	Hidden Peak Running	M55	14:33
63	523	Simon	Davies	Unattached	M40	14:36
64	527	Andrea	Drummond	JSK Running Club	F50	14:38
65	532	Christina	Farquhar	JSK	F45	14:40
66	610	Alison	West	Fraserburgh Running Club	F50	15:01
67	598	Birgitte	Stevens	Metro Aberdeen RC	F50	15:06
68	555	Nicola	Ley	JSK Running Club	F40	15:24
69	535	Sarah	Garden	Peterhead Athletics Club	F	15:34
70	605	Kevin	Tulloch	Pictou County Y Tri	M60	15:37
71	570	Tina	Mcleod	Cosmic Hillbashers	F45	15:50
72	565	Alison	McGee	Peterhead Athletics Club	F50	15:53
73	587	Michael	Rose	Peterhead Athletics Club	M65	15:55
74	517	Murray	Clark	Metro Aberdeen RC	M70	16:02
75	533	Cynthia	Fry	Unattached	F65	16:18
76	579	Heidi	Morrison	Unattached	F	16:50
77	581	Fiona	Mutch	JSK Running Club	F60	17:05
78	586	Mark	Reid	Hidden Peak Running	M60	17:17
79	602	Denise	Sweeney	Hidden Peak Running	F50	17:29
80	584	Mandeep	Purba	Hidden Peak Running	F	17:35
81	574	Lynn	Miller	Jog Scotland Bridge of Don	F40	17:36
82	513	Charlie	Burr	Hidden Peak Running	M70	17:37
83	501	Carol	Adam	JSK Running Club	F60	17:44
84	514	Frank	Campbell	Metro Aberdeen RC	M45	18:18
85	540	Margaret	Hammond	Unattached	F60	18:31
86	612	Patricia	Willox	Fraserburgh Running Club	F60	18:36
87	564	Clare	McDonald	Unattached	F40	19:28
88	588	Lorna	Rose	Unattached	F60	19:53

Wheelchair athletes

1	585	Danny	Purdie	Aberdeen AAC	NB	12:07
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