

Metro Aberdeen Proms 3K Results

4th October 2024

Race Number 1

Posn	No	Forename	Surname	Club	Cat	Time
1	430	Stephen	Molloy	The Green Run Club	M	08:55
2	455	James	Tole	Metro Aberdeen Running Club	M45	08:57
3	421	Richard	McGaw	Metro Aberdeen Running Club	M	10:05
4	404	Paul	Knight	Metro Aberdeen Running Club	M40	10:11
5	444	Jamie	Ross	Deeside Runners	M45	10:12
6	464	William	Wilson	Turriff Running Club	M	10:13
7	458	Tom	Watson	Metro Aberdeen Running Club	M	10:19
8	214	Lukasz	Czyzycki	Unattached	M40	10:30
9	446	Duncan	Ryan	Perth Road Runners	M55	10:40
10	278	Chris	Ferguson	Metro Aberdeen Running Club	M40	10:42
11	336	Ethan	Gravil	Albyn School Ltd	MJ	10:51
12	47	Allan	Bartlet	Newburgh Dunes RC	M50	10:53
13	414	Calum	MacLeod	Fleet Feet Triathletes	M	10:56
14	429	Graham	Moar	Metro Aberdeen Running Club	M45	10:57
15	435	Stuart	Murray	Unattached	M45	10:59
16	466	Dino	Roussias	Metro Aberdeen Running Club	M50	11:07
17	395	Matt	Huntington	JogScotland Westhill	M50	11:10
18	72	Blair	Blackwood	Albyn School Ltd	MJ	11:11
19	416	Steve	Mc Morrow	Peterhead Athletics Club	M45	11:13
20	206	Coco	Czekalowska	Albyn School Ltd	FJ	11:19
21	417	Neil	McBain	Metro Aberdeen Running Club	M40	11:23
22	393	Julie	Hoyle	JSK Running Club	F45	11:24
23	411	Archie	Louis	Albyn School Ltd	MJ	11:32
24	118	Quintin	Chalmers	Metro Aberdeen Running Club	M45	11:33
26	219	Jess	Davidson	Albyn School Ltd	FJ	11:35
27	461	Jason	Williamson	Cosmic Hillbashers	M50	11:41
28	14	Craig	Anderson	Metro Aberdeen Running Club	M50	11:43
29	427	Bryan	Mills	Garioch Roadrunners	M55	11:43
30	202	Michael	Craig	Unattached	M	11:45
31	263	Keith	Dunnnett	Metro Aberdeen Running Club	M50	11:46
32	450	Callum	Smith	Albyn School Ltd	MJ	11:54
33	262	Mark	Dunn	Newburgh Dunes RC	M55	11:57
34	152	Matthew	Cooke	Metro Aberdeen Running Club	M40	11:59
35	34	David	Barnes	Metro Aberdeen Running Club	M40	12:06
36	451	Matthew	Snedden	The Green Run Club	M	12:08
37	428	Carolyn	Milne	Unattached	F65	12:08
38	376	Robbie	Hanratty	Jog Scotland Bridge of Don	M	12:13
39	445	Richard	Roulson	Metro Aberdeen Running Club	M60	12:15
40	437	Karley	Paterson	Aberdeen AAC	FJ	12:19
41	465	Lindsey	Young	Unattached	F	12:24
42	318	Daniel	Freeman	Albyn School Ltd	FJ	12:25
43	433	David	Muir	Unattached	M50	12:26
44	447	Emil	Samulewicz	Albyn School Ltd	MJ	12:27
45	459	Ailsa	Webster	Jogscotland Westhill	F60	12:29
46	163	Paul	Coxall	Metro Aberdeen Running Club	M60	12:32
47	275	Aaron	Farrell	Albyn School Ltd	MJ	12:34
48	426	Gavin	McLennan	Metro Aberdeen Running Club	M45	12:35
49	398	George	Keith	Newburgh Dunes RC	M50	12:36
50	431	Geoffrey	Morrison	Metro Aberdeen Running Club	M40	12:38
51	77	Marin	Bouvot	Albyn School Ltd	MJ	12:43
52	100	Greg	Bruce	Peterhead Athletics Club	M	12:46
53	462	Wilson	Willox	Fraserburgh Running Club	M65	12:49
54	59	Thomas	Bernard	Albyn School Ltd	MJ	12:50
55	423	Linda	McGee	Peterhead Athletics Club	F50	12:52
56	407	Ludovic	Lacan	Metro Aberdeen Running Club	M40	12:55
57	443	Alana	Robertson	Metro Aberdeen Running Club	FJ	12:59
58	104	Colin	Burnett	Unattached	M60	13:00
59	456	Ian	Vaughan	Metro Aberdeen Running Club	M40	13:11
60	17	Ross	Arris	Albyn School Ltd	MJ	13:17

61	449	William	Skinner	Aberdeen AAC	M65	13:18
62	436	Philip	Owens	Aberdeen AAC	M65	13:22
63	282	Bruce	Flett	Young Meldrum Runners	MJ	13:23
64	238	Emma Grace	Davies	Albyn School Ltd	FJ	13:25
65	157	David	Cornwell	Metro Aberdeen Running Club	M45	13:31
66	310	Magnus	Foy	Albyn School Ltd	MJ	13:35
67	31	Kevin	Barclay	Unattached	M55	13:49
68	303	Rose	Flett	Young Meldrum Runners	FJ	13:50
69	442	Andy	Redman	Metro Aberdeen Running Club	M60	13:51
70	441	Sai	Premkumar	Albyn School Ltd	MJ	13:53
71	415	Carol	Massie	Fraserburgh Running Club	F60	14:01
72	247	Tony	Denison	Unattached	M60	14:03
73	312	Tyler	Fraser	Albyn School Ltd	MJ	14:05
74	180	Sean	Craig	Hidden Peak Running	M50	14:10
75	419	Izzie	McDonald	Metro Aberdeen Running Club	F60	14:13
76	218	Eilidh	Dalgarno	Albyn School Ltd	FJ	14:18
77	149	Graeme	Clark	Fraserburgh Running Club	M70	14:25
78	438	Cameron	Paton	Albyn School Ltd	MJ	14:31
79	91	Raegan	Brooks	Albyn School Ltd	FJ	14:34
80	298	Penny	Flett	Young Meldrum Runners	FJ	14:35
81	413	Neil	MacBean	Unattached	M55	14:36
82	50	Paul	Bate	Metro Aberdeen Running Club	M55	14:37
83	460	Alison	West	Fraserburgh Running Club	F45	14:45
84	254	Andrea	Drummond	JSK Running Club	F50	14:53
85	409	Rosemary	Leiper	Metro Aberdeen Running Club	F65	14:54
86	327	Sheila	Gauld	Unattached	F65	15:00
87	354	Lana	Hadden	Metro Aberdeen Running Club	F70	15:20
88	420	Lewis	McDonald	Albyn School Ltd	MJ	15:21
89	320	Cynthia	Fry	Unattached	F60	15:21
90	274	Christina	Farquhar	JSK	F40	15:31
91	453	Andrew	Thom	Peterhead Athletics Club	M55	15:46
92	130	Murray	Clark	Metro Aberdeen Running Club	M70	15:58
93	424	Seonaid	McLaren	Unattached	F50	16:11
94	467	Stephanie	Bouvot	Unattached	F	16:13
95	422	Alison	McGee	Peterhead Athletics Club	F50	16:23
96	418	Jim	McCurrach	Metro Aberdeen Running Club	M65	16:46
97	105	Charlie	Burr	Hidden Peak Running	M70	17:12
98	370	Margaret	Hammond	Jog Scotland Hazlehead	F60	18:16
99	381	Michael	Howden	JSK Running Club	M40	18:30
100	412	Bea	Louis	Albyn School Ltd	FJ	19:02
101	410	Annabelle	Lindsey	Albyn School Ltd	FJ	19:03
102	357	Gemma	Hadden	Metro Aberdeen Running Club	F40	19:04
103	271	John	Elrick	JSK Running Club	M65	19:05
104	463	Patricia	Wilcox	Fraserburgh Running Club	F60	19:07
105	322	Alan	Fulton	Aberdeen AAC	M70	23:14

Wheelchair athletes

1	432	Finlay	Morrison	Aberdeen AAC	M	11:33
---	-----	--------	----------	--------------	---	-------