

Metro Aberdeen Proms 3K Results

1st November 2024

Race Number 2

Posn	No	Forname	Surname	Club	Cat	Time
1	404	Paul	Knight	Metro Aberdeen Running Club	M40	10:03
2	464	William	Wilson	Turriff Running Club	M	10:13
3	278	Chris	Ferguson	Metro Aberdeen Running Club	M40	10:15
4	477	Charles	Howorth	Stonehaven Running Club	M40	10:16
5	458	Tom	Watson	Metro Aberdeen Running Club	M	10:21
6	484	Robyn	Pinder	Metro Aberdeen Running Club	F	10:22
7	491	Neil	Robb	Unattached	M	10:30
8	469	Thomas	Carter	Metro Aberdeen Running Club	M	10:32
9	496	Elina	Smith	Hidden Peak Running	F	10:51
10	488	Lucy	McLeod	Metro Aberdeen Running Club	F	10:52
11	435	Stuart	Murray	Unattached	M45	10:53
12	485	Niall	Mark	Unattached	M	10:57
13	72	Blair	Blackwood	Albyn School Ltd	MJ	11:00
14	395	Matt	Huntington	Jog Scotland Westhill	M50	11:02
15	336	Ethan	Gravil	Albyn School Ltd	MJ	11:03
16	416	Steve	Mc Morrow	Peterhead Athletics Club	M45	11:12
17	411	Archie	Louis	Albyn School Ltd	MJ	11:19
18	206	Coco	Czekalowska	Albyn School Ltd	FJ	11:23
19	262	Mark	Dunn	Newburgh Dunes RC	M55	11:23
20	578	Chris	Buchanan	Unattached	M40	11:24
21	269	William	Ellwood	Unattached	M	11:25
22	427	Bryan	Mills	Garioch Roadrunners	M55	11:27
23	219	Jess	Davidson	Albyn School Ltd	FJ	11:37
24	450	Callum	Smith	Albyn School Ltd	MJ	11:44
25	445	Richard	Roulson	Metro Aberdeen Running Club	M60	11:45
26	263	Keith	Dunnett	Metro Aberdeen Running Club	M50	11:47
27	486	Ross	McNeil	Unattached	M45	11:49
28	461	Jason	Williamson	Cosmic Hillbashers	M50	11:50
29	14	Craig	Anderson	Metro Aberdeen Running Club	M50	11:52
30	318	Daniel	Freeman	Albyn School Ltd	FJ	11:55
31	447	Emil	Samulewicz	Albyn School Ltd	MJ	11:57
32	437	Karley	Paterson	Aberdeen AAC	FJ	11:57
33	433	David	Muir	Unattached	M50	11:58
34	428	Carolyn	Milne	Unattached	F65	12:00
35	482	Fergus	MacAuley	Albyn School Ltd	MJ	12:03
36	152	Matthew	Cooke	Metro Aberdeen Running Club	M40	12:03
37	456	Ian	Vaughan	Metro Aberdeen Running Club	M40	12:21
38	426	Gavin	McLennan	Metro Aberdeen Running Club	M45	12:23
39	163	Paul	Coxall	Metro Aberdeen Running Club	M60	12:27
40	459	Ailsa	Webster	Jog Scotland Westhill	F60	12:33
41	492	Jennifer	Robertson	Peterhead Athletics Club	F45	12:33
42	100	Greg	Bruce	Peterhead Athletics Club	M	12:34
43	17	Ross	Arris	Albyn School Ltd	MJ	12:39
44	129	Chee Kong	Chen	Metro Aberdeen Running Club	M40	12:42
45	431	Geoffrey	Morrison	Metro Aberdeen Running Club	M40	12:48
46	275	Aaron	Farrell	Albyn School Ltd	MJ	12:52
47	312	Tyler	Fraser	Albyn School Ltd	MJ	12:53
48	31	Kevin	Barclay	Unattached	M55	12:54
49	495	Nate	Simpson	Albyn School Ltd	MJ	12:56
50	157	David	Cornwell	Metro Aberdeen Running Club	M45	13:00
51	238	Emma Grace	Davies	Albyn School Ltd	FJ	13:04
52	310	Magnus	Foy	Albyn School Ltd	MJ	13:10
53	479	Louise	Kelly	Stonehaven Running Club	F60	13:12
54	443	Alana	Robertson	Metro Aberdeen Running Club	FJ	13:13
55	104	Colin	Burnett	Unattached	M60	13:15
56	442	Andy	Redman	Metro Aberdeen Running Club	M60	13:17
57	59	Thomas	Bernard	Albyn School Ltd	MJ	13:19
58	423	Linda	McGee	Peterhead Athletics Club	F50	13:20
59	159	David	Coutts	Unattached	M45	13:21
60	462	Wilson	Willox	Fraserburgh Running Club	M65	13:24

Metro Aberdeen Proms 3K Results

1st November 2024

Race Number 2

Posn	No	Forname	Surname	Club	Cat	Time
61	500	Colin	Wilson	Hidden Peak Running	M60	13:46
62	153	Alan	Cormack	Cosmic Hillbashers	M55	13:52
63	441	Sai	Premkumar	Albyn School Ltd	MJ	13:56
64	470	Reni	Dada	Albyn School Ltd	FJ	13:58
65	473	Mark	Findlay	Unattached	M55	13:59
66	471	Justine	Dunbar	Unattached	F	14:02
67	413	Neil	MacBean	Unattached	M55	14:06
68	415	Carol	Massie	Fraserburgh Running Club	F60	14:12
69	419	Izzie	McDonald	Metro Aberdeen Running Club	F60	14:14
70	436	Philip	Owens	Aberdeen AAC	M65	14:21
71	180	Sean	Craig	Hidden Peak Running	M50	14:22
72	474	Cobin	Campbell	Middleton Park	MJ	14:25
73	77	Marin	Bouvot	Albyn School Ltd	MJ	14:30
74	254	Andrea	Drummond	JSK Running Club	F50	14:35
75	434	Duncan	Munro	Aberdeen AAC	M55	14:47
76	50	Paul	Bate	Metro Aberdeen Running Club	M55	14:48
77	460	Alison	West	Fraserburgh Running Club	F45	14:52
78	274	Christina	Farquhar	JSK	F40	15:04
79	494	Harris	Rumbles	Albyn School Ltd	MJ	15:11
80	327	Sheila	Gauld	Unattached	F65	15:15
81	476	Roger	Homyer	Highland Hill Runners	M65	15:27
82	472	Helen	Ewen	Jog Scotland RGU	F55	15:28
83	354	Lana	Hadden	Metro Aberdeen Running Club	F70	15:37
84	493	Georgina	Robertson	Albyn School Ltd	FJ	15:38
85	424	Seonaid	McLaren	Unattached	F50	15:40
86	467	Stephanie	Bouvot	Unattached	F	15:42
87	320	Cynthia	Fry	Unattached	F60	15:47
88	130	Murray	Clark	Metro Aberdeen Running Club	M70	16:03
89	218	Eilidh	Dalgarno	Albyn School Ltd	FJ	16:06
90	481	Felix	Louis	Albyn School Ltd	MJ	16:06
91	499	Caitlain	Willox	Peterhead Athletics Club	F	16:09
92	480	Debbie	Knorz	RGU Jog Scotland	F60	16:27
93	418	Jim	McCurrach	Metro Aberdeen Running Club	M65	16:36
94	91	Raegan	Brooks	Albyn School Ltd	FJ	16:37
95	478	Malin	Jenkins	Albyn School Ltd	FJ	16:38
96	475	Douglas	Garrick	Jog Scotland Bridge of Don	M60	18:05
97	357	Gemma	Hadden	Metro Aberdeen Running Club	F40	18:23
98	105	Charlie	Burr	Hidden Peak Running	M70	18:24
99	370	Margaret	Hammond	Jog Scotland Hazlehead	F60	18:28
100	271	John	Elrick	JSK Running Club	M65	18:40
101	463	Patricia	Willox	Fraserburgh Running Club	F60	19:12
102	468	Paulene	Bonello	Wee County Harriers	F50	19:47

Wheelchair athletes

1	490	Danny	Purdie	Aberdeen AAC	NB	13:30
---	-----	-------	--------	--------------	----	-------