

Athletics Trust Scotland Proms 3K
6th July 2022
Race Number 4

Posn	No	Forname	Surname	Club	Cat	Time
1	111	Martin	Mueller	Metro Aberdeen RC	M	09:06
2	102	Luke	Nelson	Aberdeen University AC	M	09:46
3	55	Kenny	Garden	Metro Aberdeen RC	M45	09:48
4	34	Matthew	Hodkinson	Metro Aberdeen	M50	09:53
5	108	Michael	Barker	Cambuslang Harriers	M45	09:54
6	54	Joe	Folan	Metro Aberdeen RC	M	09:55
7	106	Jamie	Ross	Deeside Runners	M45	10:17
8	81	Mark	McDonald	Jogscotland Bridge of Don	M	10:26
9	57	Kyle	Gibson	Young Meldrum Runners	MJ	10:33
10	10	Kevin	Morice	Moray RR	M45	10:36
11	115	Joanna	Robertson	Aberdeen AAC	F	10:45
12	9	Quintin	Chalmers	Metro Aberdeen RC	M45	11:06
13	4	Elaine	Wilson	Hidden Peak Running	F	11:07
14	110	Bob	Crowe	Hidden Peak Running	M45	11:30
15	109	Dave	More	Metro Aberdeen RC	M45	11:52
16	114	Mark	Hale	Metro Aberdeen RC	M40	11:53
17	104	Steve	Donaghy	Moray Road Runners	M55	12:21
18	113	Wilson	Willox		M60	12:51
19	91	Louise	Kelly	Stonehaven Running Club	F55	12:52
20	103	David	Morrison	Metro Aberdeen RC	M60	13:09
21	12	William	Skinner	AAAC	M60	13:37
22	68	Fiona	Naylor	Jog Scotland Bridge of Don	F	13:56
23	29	Steven	Chalmers		M55	14:10
24	27	Izzie	Mcdonald	Metro Aberdeen RC	F60	14:12
25	88	Justine	Dunbar	Jogscotland Hazlehead	F	14:25
26	63	Kevin	Mackie	Metro Aberdeen Running Club	M45	14:43
27	90	Rosemary	Leiper	Metro Aberdeen Running Club	F65	14:55
28	6	Frank	Campbell	Metro Aberdeen	M40	15:04
29	17	Douglas	Garrick	Jog Scotland Bridge of Don	M60	15:34
30	105	Cynthia	Fry		F60	15:36
31	28	Lana	Hadden	Metro Aberdeen Running Club	F65	15:56
32	78	Lynne	Craib		F	16:02
33	77	Raymond	Simpson	Jogscotland Bridge of Don	M65	16:26
34	107	Amy	Mackie		F50	16:55
35	75	Alan	Fulton	Aberdeen AAC	M70	18:09
36	112	Patricia	Willox		F55	18:55