

## Athletics Trust Scotland Proms 3K

**3rd August 2022**
**Race Number 5**

Posn	No	Forname	Surname	Club	Cat
1	62	Jason	Kelly	Metro Aberdeen RC	M
2	111	Martin	Mueller	Metro Aberdeen RC	M
3	55	Kenny	Garden	Metro Aberdeen RC	M
4	34	Matthew	Hodkinson	Metro Aberdeen RC	M
5	54	Joe	Folan	Metro Aberdeen RC	M
6	115	Joanna	Robertson	Aberdeen AAC	F - Para
7	106	Jamie	Ross	Deeside Runners	M45
8	81	Mark	McDonald	Jogscotland Bridge of Don	M40
9	10	Kevin	Morice	Moray Road Runners	M45
10	4	Elaine	Wilson	Hidden Peak Running	F
11	9	Quintin	Chalmers	Metro Aberdeen RC	M45
12	109	Dave	More	Metro Aberdeen RC	M45
13	121	Brian	Urquhart	Fraserburgh RC	M65
14	45	Kelly	Cruden	Peterhead AAC	F40
15	113	Wilson	Willox		M60
16	123	Francis	Walker		M
17	91	Louise	Kelly	Stonehaven RC	F55
18	122	Philip	Owens		M60
19	68	Fiona	Naylor	Jogscotland Bridge of Don	F40
20	27	Izzie	MacDonald	Metro Aberdeen RC	F55
21	90	Rosemary	Leiper	Metro Aberdeen RC	F65
22	16	Richard	Arnold		M50
23	6	Frank	Campbell	Metro Aberdeen RC	M40
24	105	Cynthia	Fry		F60
25	28	Lana	Hadden	Metro Aberdeen RC	F65
26	77	Raymond	Simpson	Jogscotland	M65
27	75	Alan	Fulton	Aberdeen AAC	M70
28	8	James	Wright		F65

<b>Time</b>
09:02
09:04
09:44
09:49
09:52
10:16
10:27
10:34
10:56
11:08
11:30
11:40
11:42
11:45
12:45
12:49
12:56
12:56
13:53
14:14
14:49
14:57
15:01
15:57
16:00
16:36
17:27
19:02