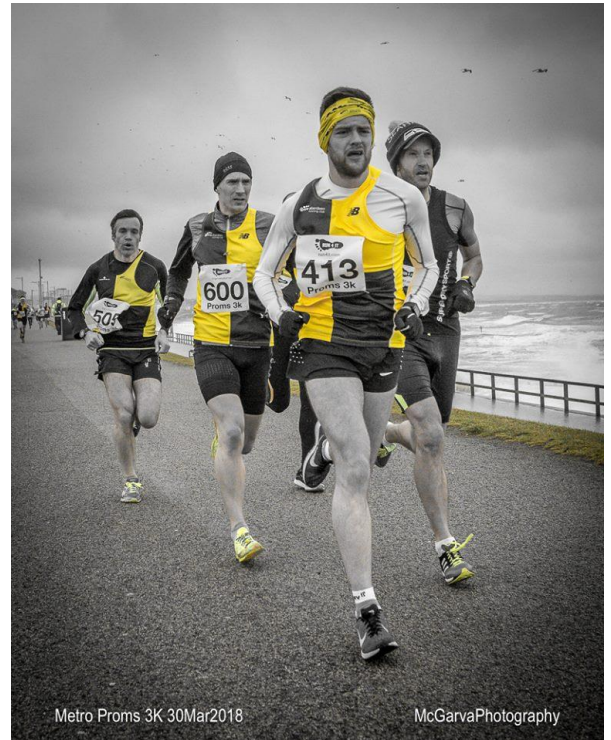


The Promenade 3K Winter Series takes place at the Aberdeen Beach Esplanade on the first Friday of the month from October through to March each year. The format is simple, 6 races over the winter with the accumulated time from 3 races to count for the overall series prizes.

The 2018/2019 edition was the 21st running of the series which started back in 1998. Incredibly over 7,000 runners have rocked up, paid their entry and enjoyed the lunchtime Friday promenade blast.

As the most recent edition welcomed a record number of runners for a series, a huge thanks should go to the people who make this race happen, namely Jackie Stewart, Peter Jennings, Alan Brown, Elly McKay, June Buchan and the other volunteers, thank you! Our thanks also goes to Run4It for sponsoring the series yet again and for providing the prizes.

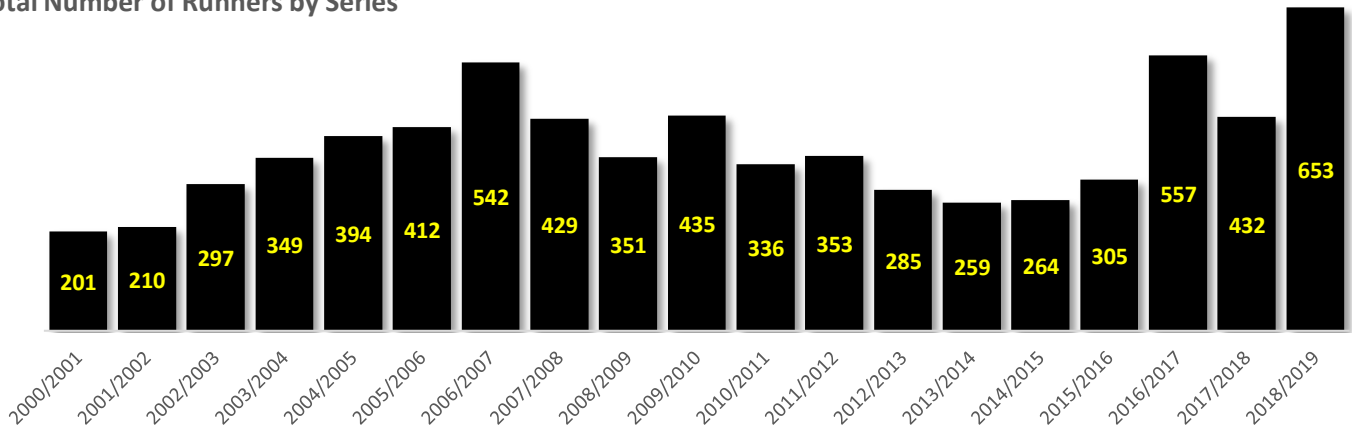
This report provides a summary of the 2018/2019 series as well as looking back to provide a history of the Proms 3K. Unfortunately, we've yet to track down the complete results from the first two series, but we've compiled the results from the other 19 series (114 races) into this report to deliver death by data.



Metro Proms 3K 30Mar2018

McGarvaPhotography

## Total Number of Runners by Series



Metro Proms 3K Jan 2019



Metro Proms 3K 20-17-18 (2)

McGarvaPhotography

The 2018/2019 senior mens competition saw a great tussle between three of our speedy Metro men with Cameron Strachan, Tom Doney and Jason Kelly making up the podium. Cameron's February time of 8:43 was the 2<sup>nd</sup> fastest time we've had at the Proms 3K. Cameron is now only 5 seconds behind the course record held by Myles Edwards. By way of consolation his 3 race cumulative time of 26:12 (8:43, 8:44, 8:45) is a new Proms 3K record - the previous record of 26.27 being held by Myles Edwards from the 2014-2015 Series.

The senior female competition was a closely fought race with Carly McNeil in 2<sup>nd</sup> and Kelly Williamson in 3<sup>rd</sup> both getting faster as the series progressed. Emma Watt of JS Kintore RC was consistently too fast throughout the series and took the win. A special mention goes to Julie Hoyle of JS Kintore RC who ran Race Result Royal Flush, in that she got progressively faster with each race (13:35, 12:27, 12:21, 11:52, 11:31 and 11:24). Thank you Julie ☺



## 2018/2019 Series Podiums

Female			
1	Emma Watt	JS Kintore RC	33:00
2	Carly McNeil		33:35
3	Kelly Williamson		34:05
Female Vet			
1	Julie Hoyle	JS Kintore RC	34:47
2	Jennifer Robertson	Peterhead	35:59
3	Gail Rennie	Metro Aberdeen	38:55
Female Super Vet			
1	Louise Kelly	Stonehaven	41:04
2	Pauline Larmour	Cosmics	42:23
3	Imogen Dey	JS Kintore	43:28
Female 60+			
1	Marion Lindsay	Metro Aberdeen	40:00
2	Rosemary Leiper	Metro Aberdeen	43:15
3	Lana Hadden	Metro Aberdeen	46:16

Male			
1	Cameron Strachan	Metro Aberdeen	26:12
2	Tom Doney	Metro Aberdeen	27:43
3	Jason Kelly	Metro Aberdeen	27:49
Male Vet			
1	Michael Barker	Stonehaven	30:07
2	David Cornwell	Metro Aberdeen	31:54
3	Dennis Chalmers	Newburgh Dunes	32:35
Male Super Vet			
1	Richard Horne	Metro Aberdeen	31:11
2	Peter Hall	Fraserburgh RC	32:50
3	Richard Roulson	Metro Aberdeen	33:38
Male 60+			
1	George McPherson	Metro Aberdeen	32:55
2	Rob Taylor	Metro Aberdeen	34:01
3	Graeme Clark	Fraserburgh RC	36:00



## All Time – Female Senior Overall Series Winner

Series	Name	Club				Cumulative Time
1998-1999	Nicola Smith	AAAC				38:02
1999-2000	Eleanor Reid	Aberdeen Uni				31:00
2000-2001	Susan Hendry	AAAC	11:01	11:09	10:49	32:59
2001-2002	Sonia Armitage	AAAC/Cosmics	11:27	11:03	10:40	33:10
2002-2003	Laura Mahady	AAAC	11:47	11:54	11:36	35:17
2003-2004	Nicola Gauld	AAAC	10:46	10:31	10:22	32:16
2004-2005	Laura Mahady	AAAC	11:03	10:59	10:59	33:01
2005-2006	Nicola Gauld	AAAC	10:26	09:58	10:21	30:45
2006-2007	Fiona Thompson	Aberdeen Uni	10:56	11:16	10:57	33:09
2007-2008	Laura Mahady	AAAC	10:48	10:46	11:15	32:49
2008-2009	Moirra Davie	Aberdeen Uni	11:27	11:09	10:57	33:33
2009-2010	Pamela Tosh	AAAC	10:27	10:30	10:31	31:28
2010-2011	Carly Hall	AAAC	11:01	11:15	11:00	33:16
2011-2012	Carolyn Milne		11:03	10:59	10:59	33:01
2012-2013	Jenny Bannerman	Inverness	10:17	10:15	10:09	30:41
2013-2014	Jenny Bannerman	Inverness	10:04	10:11	10:12	30:27
2014-2015	Jenny Bannerman	Inverness	09:51	10:03	10:04	29:58
2015-2016	Nicola Gauld	AAAC	09:58	09:58	10:11	30:07
<b>2016-2017</b>	<b>Nicola Gauld</b>	<b>AAAC</b>	<b>09:48</b>	<b>09:56</b>	<b>09:57</b>	<b>29:41</b>
2017-2018	Rebecca Eggeling	AAAC	10:45	10:29	10:25	31:39
2018-2019	Emma Watt	JS Kintore RC	11:02	11:02	10:56	33:00

## All Time – Male Senior Overall Series Winner

Series	Name	Club				Cumulative Time
1998-1999	Calum Davidson	AAAC				27:16
1999-2000	Andrew White	Metro				29:43
2000-2001	Calum Davidson	AAAC	08:57	09:10	09:14	27:21
2001-2002	Calum Davidson	AAAC	09:01	09:06	09:17	27:24
2002-2003	Calum Davidson	AAAC	09:04	09:09	09:12	27:25
2003-2004	Calum Davidson	AAAC	09:02	09:06	09:24	27:32
2004-2005	Calum Davidson	AAAC	09:04	09:05	09:08	27:17
2005-2006	Malcolm Beattie	AAAC	09:05	09:28	09:30	28:03
2006-2007	Keith Farquhar	Metro Aberdeen	09:21	09:30	09:36	28:27
2007-2008	Paul Roarty	Fife AC	09:34	09:37	09:40	28:51
2008-2009	Ross Fulton	AAAC	09:28	09:34	09:52	28:54
2009-2010	Ben Hukins	AAAC	09:06	09:16	09:24	27:46
2010-2011	Ben Hukins	AAAC	09:01	09:02	09:09	27:12
2011-2012	Ben Hukins	AAAC	08:44	08:55	09:02	26:41
2012-2013	Neil Jaffray	Metro Aberdeen	10:00	10:02	10:05	30:07
2013-2014	Stuart Milne	Fife AC	09:41	09:51	10:01	29:33
2014-2015	Myles Edwards	AAAC	08:38	08:53	08:56	26:27
2015-2016	Jim Tole	Metro Aberdeen	09:39	09:59	10:10	28:33
2016-2017	Iain Manson	Metro Aberdeen	09:40	09:45	09:48	29:13
2017-2018	Robbie Simpson	Deeside Runners	08:45	08:57	08:58	26:40
<b>2018-2019</b>	<b>Cameron Strachan</b>	<b>Metro Aberdeen</b>	<b>08:43</b>	<b>08:44</b>	<b>08:45</b>	<b>26:12</b>

## All Time - Race Winners

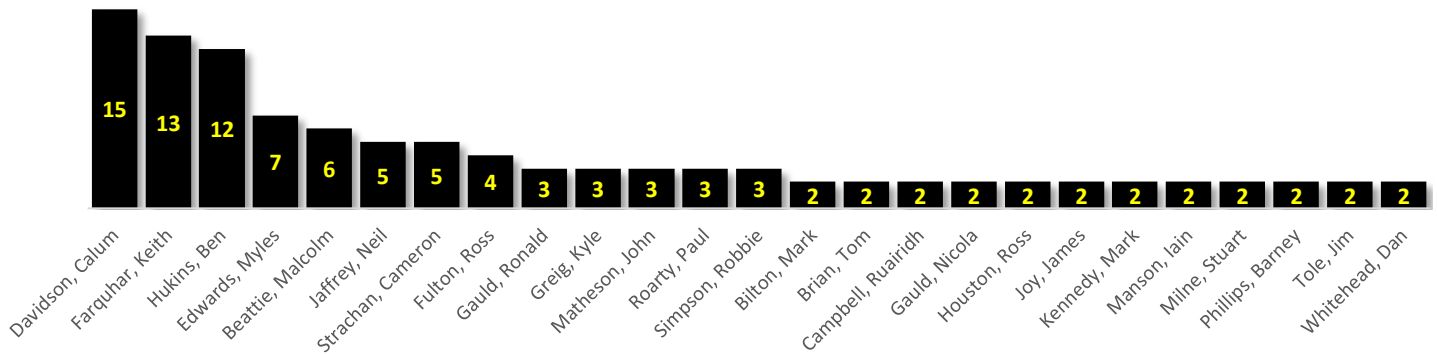
Race	Race 1			Race 2			Race 3			Race 4			Race 5			Race 6		
Series	Name	Club	Time	Name	Club	Time	Name	Club	Time	Name	Club	Time	Name	Club	Time	Name	Club	Time
1998/1999	Davidson, Calum	AAAC	09:08	Whitehead, Dan	Cosmics	09:01	Davidson, Calum	AAAC	09:22	Davidson, Calum	AAAC	08:54	Davidson, Calum	AAAC	09:14	Davidson, Calum	AAAC	09:26
1999/2000	Smith, Frank	AAAC	10:03	Whitehead, Dan	Cosmics	09:13	Farquhar, Keith	Metro	09:35	Wright, David	HBT	09:39	Cameron, Niall	Abz Uni	09:31	Mason, Stewart	Abz Uni	09:40
2000/2001	Smith, Chris	AAAC	09:05	Houston, Ross	Abz Uni	09:21	Davidson, Calum	AAAC	09:14	Davidson, Calum	AAAC	08:57	Farquhar, Keith	Metro	09:02	Farquhar, Keith	Metro	09:00
2001/2002	Houston, Ross	Abz Uni	09:14	White, Andrew	Metro	09:04	Davidson, Calum	AAAC	09:01	Farquhar, Keith	Metro	09:25	Farquhar, Keith	Metro	09:56	Farquhar, Keith	Metro	09:40
2002/2003	Davidson, Calum	AAAC	09:04	Matheson, John	Metro	09:03	Davidson, Calum	AAAC	09:12	Farquhar, Keith	Metro	09:26	Clyne, Fraser	Metro	09:32	Matheson, John	Metro	09:40
2003/2004	Davidson, Calum	AAAC	09:02	Davidson, Calum	AAAC	09:06	Kennedy, Mark	AAAC	09:17	Beattie, Malcolm	AAAC	09:17	Farquhar, Keith	Metro	09:23	Kennedy, Mark	AAAC	09:06
2004/2005	Davidson, Calum	AAAC	09:26	Davidson, Calum	AAAC	09:04	Beattie, Malcolm	AAAC	09:07	Beattie, Malcolm	AAAC	09:38	Davidson, Calum	AAAC	09:05	Farquhar, Keith	Metro	09:51
2005/2006	Farquhar, Keith	Metro	09:31	Phillips, Barney	Lasswade	09:10	Duguid, David	AAAC	10:23	Beattie, Malcolm	AAAC	09:30	Beattie, Malcolm	AAAC	09:05	Beattie, Malcolm	AAAC	09:36
2006/2007	Bilton, Mark		09:46	Bilton, Mark	Metro	09:22	Farquhar, Keith	Metro	09:30	Farquhar, Keith	Metro	09:21	Farquhar, Keith	Metro	09:36	Edwards, Myles	AAAC	09:27
2007/2008	Roarty, Paul	Fife AC	09:40	Roarty, Paul	Fife AC	09:34	Whelan, Shaun	Ldn Fron...	09:23	Fulton, Ross	AAAC	09:57	Matheson, John	Metro	09:49	Roarty, Paul	Fife AC	09:37
2008/2009	Edwards, Myles	AAAC	09:53	Fulton, Ross	AAAC	09:52	Greig, Kyle	Forres	10:24	Edwards, Myles	AAAC	09:32	Edwards, Myles	AAAC	09:37	Fulton, Ross	AAAC	09:28
2009/2010	Hukins, Ben	AAAC	09:24	Hukins, Ben	AAAC	09:29	Fulton, Ross	AAAC	09:26	Hukins, Ben	AAAC	09:16	Hukins, Ben	AAAC	09:06	Strachan, Cameron	AAAC	09:33
2010/2011	Hukins, Ben	AAAC	10:02	Hukins, Ben	AAAC	09:01	Hukins, Ben	AAAC	09:09	Joy, James	AAAC	09:42	Hukins, Ben	AAAC	09:02	Phillips, Barney	Lasswade	09:20
2011/2012	Dorkan, Eoin	AAAC	09:51	Hukins, Ben	AAAC	09:02	Hukins, Ben	AAAC	08:55	Joy, James	AAAC	09:29	Hukins, Ben	AAAC	08:44	Greig, Kyle	Forres	09:26
2012/2013	Jaffrey, Neil	Metro	10:00	Jaffrey, Neil	Metro	10:10	Chepelin, Sasha	Metro	10:02	Jaffrey, Neil	Metro	10:05	Jaffrey, Neil	Metro	10:20	Jaffrey, Neil	Metro	10:02
2013/2014	Brian, Tom	Metro	09:58	Hukins, Ben	Cambuslang	09:05	Milne, Stuart	Fife AC	10:01	Mortimer, Ken	Edin AC	11:37	Milne, Stuart	Fife AC	09:41	Gauld, Ronald	Stoneha...	09:25
2014/2015	Gauld, Ronald	Stoneha...	09:22	Brian, Tom	Metro	09:41	Tomlin, Chris	Cosmics	10:00	Edwards, Myles	AAAC	08:53	Edwards, Myles	AAAC	08:38	Edwards, Myles	AAAC	08:56
2015/2016	Gauld, Nicola	AAAC	09:58	Kirk, James		09:47	Thorn, Darren	Newmar...	09:23	Campbell, Ruairidh	Abroath	09:34	Tole, Jim	Metro	09:22	Tole, Jim	Metro	09:35
2016/2017	Battle, Hamish	Metro	09:21	Gauld, Ronald	Stonehaven	09:37	Manson, Iain	Metro	09:48	Manson, Iain	Metro	09:40	Gauld, Nicola	AAAC	09:56	Campbell, Ruairidh	Abroath	09:30
2017/2018	Simpson, Robbie	Deeside	08:45	Simpson, Robbie	Deeside	08:58	Bannerman, Jenny	Inverness	10:08	Kelly, Jason	Stoneha...	09:51	Simpson, Robbie	Deeside	08:57	Strachan, Cameron	Metro	09:54
2018/2019	Strachan, Cameron	Metro	08:45	Macdonald, Donnie	Inverness	09:12	Beattie, Craig	Metro	09:56	Greig, Kyle	Metro	09:11	Strachan, Cameron	Metro	08:43	Strachan, Cameron	Metro	08:44

## All Time – First Female Finisher

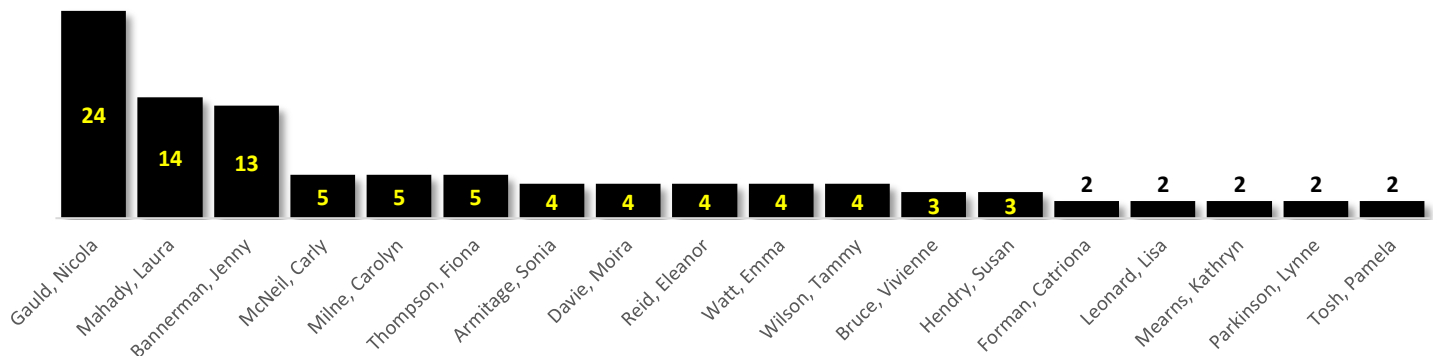
Race	Race 1			Race 2			Race 3			Race 4			Race 5			Race 6		
Series	Name	Club	Time	Name	Club	Time	Name	Club	Time	Name	Club	Time	Name	Club	Time	Name	Club	Time
1998/1999	Smith, Nicola	AAAC	12:49	Lambeth, Annie	Abz Uni	11:09	Reid, Eleanor	Abz Uni	11:13	Gordon, Janice	AAAC	13:35	Miles, Kimberley	Ellon	12:03	Mearns, Kathryn	AAAC	12:02
1999/2000	Reid, Eleanor	Abz Uni	10:56	Reid, Eleanor	Abz Uni	10:38	Buchan, Susan	Cosmics	13:21	Ross, Sally	AAAC	14:06	Mahady, Laura	AAAC	11:42	Reid, Eleanor	Abz Uni	10:26
2000/2001	Smith, Ann	Peterhead	12:33	Miller, Claire	Cosmics	11:34	Hendry, Susan	AAAC	11:01	Hendry, Susan	AAAC	11:09	Hendry, Susan	AAAC	10:49	Forman, Catriona	AAAC	12:24
2001/2002	Mahady, Laura	AAAC	12:01	Mahady, Laura	AAAC	11:34	Mahady, Laura	AAAC	11:38	Armitage, Sonia	Cosmics	11:27	Armitage, Sonia	AAAC	11:03	Armitage, Sonia	Cosmics	10:40
2002/2003	Mahady, Laura	AAAC	11:47	Mahady, Laura	AAAC	11:54	Mahady, Laura	AAAC	12:01	Mearns, Kathryn	AAAC	11:54	Mahady, Laura	AAAC	11:36	Nicol, Carol	FFT	12:27
2003/2004	Mahady, Laura	AAAC	11:35	Gauld, Nicola	AAAC	10:59	Gauld, Nicola	AAAC	10:46	Gauld, Nicola	AAAC	10:31	Forman, Catriona	AAAC	12:07	Gauld, Nicola	AAAC	10:22
2004/2005	Mahady, Laura	AAAC	11:03	Whitehead, Claire	Cosmics	10:20	Gauld, Nicola	AAAC	10:35	Thompson, Fiona	Central AC	11:03	Milne, Carolyn		11:45	Thompson, Fiona	Central AC	10:46
2005/2006	Gauld, Nicola	AAAC	10:26	Thompson, Fiona	Abz Uni	10:56	Gauld, Nicola	AAAC	11:00	Gauld, Nicola	AAAC	09:58	Mahady, Laura	AAAC	10:56	Gauld, Nicola	AAAC	10:21
2006/2007	Gauld, Nicola	AAAC	09:53	Mahady, Laura	AAAC	11:07	Mahady, Laura	AAAC	11:12	Gauld, Nicola	AAAC	09:46	Armitage, Sonia	Cosmics	10:54	Thompson, Fiona	Abz Uni	10:57
2007/2008	Gauld, Nicola	AAAC	09:45	Thompson, Fiona	Abz Uni	10:32	Parkinson, Lynne	Metro	12:04	Mahady, Laura	AAAC	11:15	Tan, Chiin-Hooi	FFT	12:03	Gauld, Nicola	AAAC	09:40
2008/2009	Hamilton, Anita	Cosmics	12:23	Gauld, Nicola	AAAC	10:02	Parkinson, Lynne	Metro	12:30	Davie, Moira	Abz Uni	11:27	Davie, Moira	Abz Uni	11:09	Davie, Moira	Abz Uni	10:57
2009/2010	Davie, Moira	Abz Uni	11:14	McNeil, Carly	AAAC	12:02	Strachan, Gillian	Fraserburgh	11:28	Gauld, Nicola	AAAC	09:44	Tosh, Pamela	AAAC	10:30	Gauld, Nicola	AAAC	10:01
2010/2011	McNeil, Carly	AAAC	12:05	Curtis, Briony	HBT	10:38	McNeil, Carly	AAAC	11:15	Bruce, Vivienne	Metro	12:14	Milne, Carolyn		11:19	McNeil, Carly	AAAC	11:00
2011/2012	Bruce, Vivienne	Metro	11:23	Bruce, Vivienne	Metro	11:13	Milne, Carolyn		11:03	Bannerman, Jenny	Inverness	10:19	Leonard, Lisa	FFT	11:03	Leonard, Lisa	FFT	10:45
2012/2013	Milne, Carolyn	JS	11:15	Bannerman, Jenny	Inverness	10:17	Bannerman, Jenny	Inverness	10:15	Bannerman, Jenny	Inverness	10:09	Milne, Carolyn	JS	11:19	Prise, Eilidh	AAAC	10:36
2013/2014	Bannerman, Jenny	Inverness	10:04	Bannerman, Jenny	Inverness	10:11	Wilson, Tammy	Garioch	10:49	Wilson, Tammy	Garioch	11:49	Bannerman, Jenny	Inverness	10:12	McLeod, Lucy	AAAC	11:51
2014/2015	McNeil, Carly	AAAC	10:59	Bannerman, Jenny	Inverness	09:51	Wilson, Tammy	Garioch	10:30	Prentice, Freyja	AAAC	10:34	Bannerman, Jenny	Inverness	10:03	Bannerman, Jenny	Inverness	10:04
2015/2016	Gauld, Nicola	AAAC	09:58	Baxter, Marie	Garioch	11:17	Gauld, Nicola	AAAC	10:15	Gauld, Nicola	AAAC	09:58	Gauld, Nicola	AAAC	10:11	Wilson, Tammy	Garioch	10:40
2016/2017	Gauld, Nicola	AAAC	10:15	Tosh, Pamela		11:17	Bannerman, Jenny	Inverness	09:53	Gauld, Nicola	AAAC	09:48	Gauld, Nicola	AAAC	09:56	Gauld, Nicola	AAAC	09:57
2017/2018	Hampton, Petra	Metro	11:44	Barrand, Ginie	Metro	10:40	Bannerman, Jenny	Inverness	10:08	Brian, Fiona	Metro	09:58	Eggeling, Rebecca	AAAC	10:25	Hendry, Julie	Metro	11:50
2018/2019	Watt, Emma	JS Kintore	11:02	Watt, Emma	JS Kintore	11:11	Watt, Emma	JS Kintore	11:23	Bannerman, Jenny	Inverness	09:51	Jarrett, Kayleigh	Metro	10:44	Watt, Emma	JS Kintore	10:56

With the Proms 3K being run over the winter months we occasionally have to postpone a race due to dangerous running conditions. Typically this means snow and ice. High winds on the other hand - then its fair game! Looking through the results the January 2014 race stood out, with only 36 competitors and a winning time of 11:37, which is over a minute slower than any other race. It really is worth a Strava stalk of some of the runners to see the pace difference between the out and back sections of the course, character building stuff!

## All Time - Most Wins



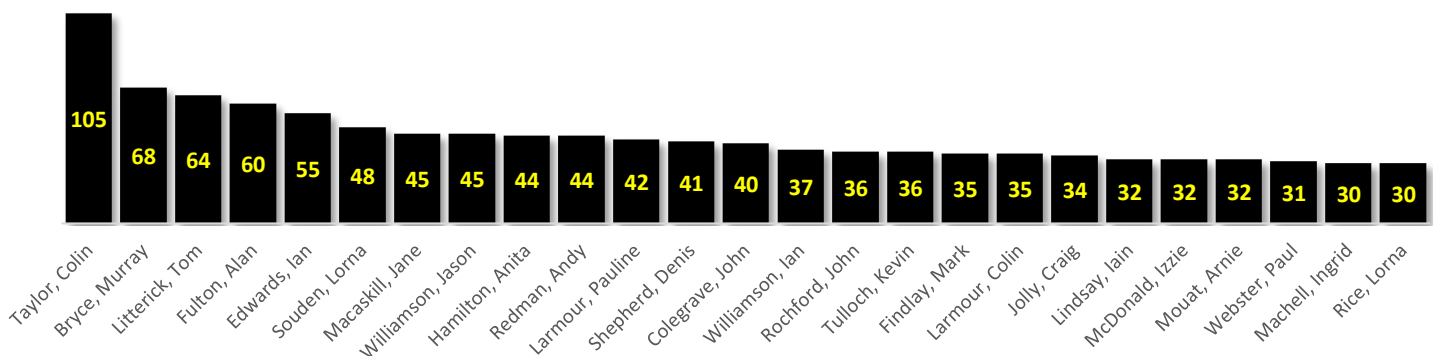
## All Time - Most First Female Finishes



Across the 6 races in the 2018/2019 proms series we had 17 hardy souls have completed all the races (Murray Bryce, Frank Campbell, Keith Dunnett, Mark Findlay, Cynthia Fry, Tony Hayman, Julie Hoyle, Lauren Knowles, Graham McDermid, Colin Taylor, Morag Thompson, Jason Topley, Andy Trail, Emma Watt and Louise Whitelock).

Looking back we can see whose addiction to the Proms 3K is a bit more advanced. Bearing in mind we have full results for 19 of the 21 series, so that's 114 races. It's incredible to see that Colin Taylor has run in 105 of them, I actually want to know the reason he couldn't make the other nine.

## All Time - Most Appearances



## Proms Series 2018-2019 Overall Finish Positions

	Name	Club		Oct '18	Nov'18	Dec '18	Jan '19	Feb '19	Mar'19	Best 3
1	Cameron Strachan	Metro Aberdeen	M	08:45				08:43	08:44	26:12
2	Tom Doney	Metro Aberdeen	M	09:21			09:16	09:06		27:43
3	Jason Kelly	Metro Aberdeen	M	09:22	09:30		09:13	09:14		27:49
4	Rankin Lascelles	Metro Aberdeen	M	09:45				09:38	09:26	28:49
5	Paul Knight	Metro Aberdeen	M			10:23	09:57	10:00	09:47	29:44
6	Michael Barker	Stonehaven	MV	09:47		10:20	10:00			30:07
6	Kenny Garden	Metro Aberdeen	M	10:25		10:19	10:04	10:01		30:24
8	Callum Crichton	Fraserburgh RC	M	10:15		10:12	10:07			30:34
9	Stephen Molloy		M		10:05	10:16	10:19			30:40
10	Richard Horne	Metro Aberdeen	MSV		10:14	10:37			10:20	31:11
11	Mark McDonald	JS B.O.D.	M		10:48	10:54	10:34	10:25	10:23	31:22
12	Jegors Slobodcikovs		M	10:35	10:19	10:41		10:35	10:35	31:29
13	David Cornwell	Metro Aberdeen	MV	10:44	10:31	10:51	10:42	10:41		31:54
14	David Purvis		M		10:47	10:50	10:54			32:31
15	Dennis Chalmers	Newburgh Dunes	MV	10:48	10:48	10:59			10:59	32:35
16	Peter Hall	Fraserburgh RC	MSV	10:54	10:50	11:06				32:50
17	George McPherson	Metro Aberdeen	M60+	10:58	10:51		11:06			32:55
18	Emma Watt	JS Kintore RC	F	11:02	11:11	11:23	11:13	11:02	10:56	33:00
19	Rajendra Regmi		MV		10:52	11:13		11:11		33:16
20=	Glen Chalmers	Newburgh Dunes	MV	11:17			11:03	11:15	11:54	33:35
20=	Carly McNeil		F		11:32		11:18	11:11	11:06	33:35
22	Richard Roulson	Metro Aberdeen	MSV		11:09		11:19		11:10	33:38
23	Rob Taylor	Metro Aberdeen	M60+	11:12	11:14			11:39	11:35	34:01
24	Kelly Williamson		F		11:48	11:49	11:30	11:17	11:18	34:05
25	Jason Topley	Fleet Feet Tri	MSV	11:46	11:37	11:43	11:38	11:19	11:12	34:08
26	Alison Matthews	Metro Aberdeen	F	11:33		11:46		11:25		34:44
27=	Keith Dunnett	Metro Aberdeen	MV	11:49	11:32	11:42	11:50	11:52	11:33	34:47
27=	Julie Hoyle	JS Kintore RC	FV	13:35	12:27	12:21	11:52	11:31	11:24	34:47
29	Jason Williamson	Cosmics	MV	12:45	11:01			11:16		35:02
30	Denis McDonald	Cosmics	MSV	11:44	11:29	11:50				35:03
31	Martin Shaw		MV			12:02	11:45	11:48	11:47	35:20
32	Vince Taylor	Newburgh Dunes	MSV	11:51		11:49	11:43	11:51	11:54	35:23
33=	Lawrence Wattie	Metro Aberdeen	MV	11:52	11:47		11:46			35:25
33=	Andy Trail	Newburgh Dunes	MV	12:14	12:05	12:07	11:53	11:54	11:38	35:25
35	Arash Saharie	Fleet Feet Tri	MSV	11:55	11:48		12:06	11:59	11:45	35:28
36	Tony McGarva	Metro Aberdeen	MSV	11:40	11:44	12:15				35:39
37	Sarah Milne	Metro Aberdeen	F	11:53	11:50	11:57				35:40
38	Ryan Milne		MV	12:05	12:05				11:42	35:52
39	Graham McDermid		MSV	12:00	12:00	12:10	11:56	12:16	12:45	35:56
40	Jennifer Robertson	Peterhead	FV			12:11		12:03	11:45	35:59
41	Graeme Clark	Fraserburgh RC	M60+	11:56	11:47	12:17				36:00
42	James Adam		M	12:02		13:31	12:54		11:39	36:35
43	Tom Litterick	Metro Aberdeen	MSV	12:09	12:06	12:54	12:33			36:48
44=	Jamie Walker	JS Kintore RC	MV				12:43	12:07	12:00	36:50
44=	Greig Cruickshank	JS Kintore RC	MSV	12:30	12:17	12:18	12:16		12:17	36:50
46	Alan Cormack	Cosmics	MSV	12:42	12:30	12:33	11:57			37:00
47	Charlie Noble	Fraserburgh RC	M60+	12:25	12:21	12:32				37:18
48	Andy Redman	Metro Aberdeen	MSV	12:49	12:10		12:22			37:21
49	Steven Taylor	Metro Aberdeen	M	12:41	12:19		12:32	12:37		37:28
50	Christopher Goodall	Metro Aberdeen	M		12:15		12:35		12:39	37:29
51	Paul Rayner		MSV	12:21				12:46	12:26	37:33
52	Phil Mann	Metro Aberdeen	MSV	13:05		12:57		11:33		37:35
53	Greg Bruce	Fraserburgh	M		13:04	13:11	12:36	12:57	12:19	37:52
54	Mark Findlay		MSV	13:13	12:37	12:49	13:06	12:45	12:50	38:11

## 2018-2019 Series - Overall Finish Positions (continued)

	Name	Club		Oct '18	Nov'18	Dec '18	Jan '19	Feb '19	Mar'19	Best 3
55	William Skinner	AAAC	MSV	12:58		12:53	12:53	12:59	13:48	38:44
56	Paul Sykes		M		12:53	13:08	13:00	12:52	13:02	38:45
57	Murray Dewar	Metro Aberdeen	M	13:26				13:02	12:23	38:51
58	Gail Rennie	Metro Aberdeen	FV		12:57	13:12		13:04	12:54	38:55
59	Morag Thompson	Fraserburgh RC	FV	13:01	12:55	13:26	13:07	13:26	13:13	39:03
60	David Abernethy	Fraserburgh RC	MSV	12:59	13:07	13:37	15:43		12:58	39:04
61	Ian Lindsay	Metro Aberdeen	MSV	13:04		13:26	13:04		12:59	39:07
62	Lauren Knowles	JS Kintore RC	F	13:35	13:29	13:41	13:13	13:19	13:06	39:38
63	Tracy Morris	JS Kintore	FV	13:27	13:12				13:17	39:56
64	Marion Lindsay	Metro Aberdeen	F60+	13:12		13:33	13:32		13:16	40:00
65	Justine Dunbar	JS Hazlehead	F	13:29		13:35	13:22	13:25		40:16
66	Andy Whyte	Metro Aberdeen	MV	13:37			13:29	13:24		40:30
67	Robin White	UTEC	M	14:07	13:25	13:39	13:40		14:45	40:44
68	Steve Wilson	JS Westhill	MSV			14:17	13:32	13:46	13:38	40:56
69	Gordon Smith		M		13:38	14:10			13:15	41:03
70	Louise Kelly	Stonehaven	FSV	13:38	13:35	14:01		14:03	13:51	41:04
71	Murray Bryce	Cosmics	M60+	14:00	15:03	14:30	14:03	13:49	13:28	41:17
72	Rhona Hadden	Fraserburgh	F			14:25	13:37	13:18		41:20
73	Paul Finch	JS Hazlehead	MV			14:18		13:50	13:21	41:29
74	Willie Skene		M60+	13:45		14:24	14:13		13:43	41:41
75	John Duff	Metro Aberdeen	M60+	14:13	14:02	14:50	14:29	13:55		42:10
76=	Sean Cremer	JS Airyhall	M	13:55		14:09		14:12		42:16
76=	Robin Dillaway		MV	13:56	14:01	14:19				42:16
78	Paul Bate	UTEC	MSV	14:24	13:56			14:17	14:05	42:18
79	Paul Smith	Metro Aberdeen	MV				14:40	14:24	13:16	42:20
80	Pauline Larmour	Cosmics	FSV	13:59	14:03			14:21		42:23
81	Steve Clark		M60+		14:12	14:23		14:27	13:55	42:30
82	Brian Paterson	JS Hazlehead	MV		15:00	14:56	14:38	14:29	13:59	43:06
83=	Rosemary Leiper	Metro Aberdeen	F60+	15:06		14:29	14:23	14:59	14:23	43:15
83=	Laura Barrie	Metro Aberdeen	F				14:49	14:34	13:52	43:15
85	Alice McAra	Rebel PT	F	14:38	14:32		14:13			43:23
86	Imogen Dey	JS Kintore	FSV		14:20		14:35	14:33		43:28
87	Jim McCurrach	Metro Aberdeen	MSV		14:23		14:11	15:09		43:43
88	Frank Campbell	JS Hazlehead	MV	15:03	14:15	15:21	15:49	15:40	15:15	44:33
89	Cynthia Fry		FSV	15:08	15:06	15:25	14:44	15:13	14:54	44:44
90	Laura Angus	JS Airyhall	FV	15:32	15:25	17:01	15:02		16:25	45:59
91	Lana Hadden	Metro Aberdeen	F60+	15:59	15:28		15:31		15:17	46:16
92	Colin Taylor	Cosmics	MSV	15:41	15:33	15:57	15:59	15:47	15:48	47:01
93	Rhona Moore	JS	F	16:55		16:32	16:32	16:11	15:25	48:08
94	John Rochford		MSV		17:01	17:05	16:38	16:14	16:27	49:19
95	Alan Fulton	AAAC	M70+	16:21	16:04	18:31		17:00		49:25
96	Bob Masson	AAAC	M70+		16:56	16:40	15:53			49:29
97	Maz Heaps	JS Hazlehead	FV	16:59		16:37		16:13		49:49
98	Amy Mackie	Metro Aberdeen	FV	17:16	16:43			16:26		50:25
99	Russell Gray		MSV	17:30	17:10			16:48	16:27	50:25
100	Pam Thomson		FSV	16:22	16:35		17:29	17:40	18:37	50:26
101	James Wright	HBT	M60+		17:18	18:19			16:44	52:21
102	Jane MaCaskill	Metro Aberdeen	F60+	17:28	17:40	18:35			18:06	53:14
103	Lucy White	JS Hazlehead	F	18:36			17:49	17:17		53:42
104	Kirsty Quin	JS Kintore	F	17:44	18:03	18:02				53:49
105	Alison McGee	Peterhead AC	F	19:20	19:39		19:45			58:44
106	Louise Whitelock		F	22:43	22:46	21:59	21:23	20:24	20:36	1:02:23
107	Tony Hayman		M60+	22:44	22:46	21:59	21:24	20:25	20:37	1:02:26

## 2018/2019 Series – The Fifty Fastest Folk

	Female	Club	Race	Time
1	Jenny Bannerman	Inverness	Jan	09:51
2	Kayleigh Jarrett	Metro Aberdeen	Feb	10:44
3	Emma Watt	JS Kintore RC	Mar	10:56
4	Carly McNeil		Mar	11:06
5	Julie Hendry	Metro Aberdeen	Oct	11:14
6	Kelly Williamson		Feb	11:17
7	Julie Hoyle	JS Kintore RC	Mar	11:24
8	Alison Matthews	Metro Aberdeen	Feb	11:25
9	Jill Bonthron	Metro Aberdeen	Mar	11:26
10	Carolyn Milne	Ambleside	Mar	11:36
11	Alison Pilichos	Metro Aberdeen	Jan	11:41
12	Sophie Radcliffe	Metro Aberdeen	Feb	11:44
13	Jennifer Robertson	Peterhead	Mar	11:45
14	Sarah Milne	Metro Aberdeen	Nov	11:50
15	Dena Cullen	Metro Aberdeen	Mar	11:51
16	Gillian Strachan	Fraserburgh	Oct	12:04
17	Alex Shaw	AAAC	Jan	12:19
18	Julie Erskine	Fleet Feet Tri	Jan	12:21
19	Linda McGee	Peterhead	Feb	12:26
20	Louise Provan	Fife AC	Nov	12:30
21	Ruth Wolfe	Metro Aberdeen	Nov	12:46
22	Jayne Addie	Metro Aberdeen	Nov	12:47
23	Gail Rennie	Metro Aberdeen	Mar	12:54
24	Morag Thompson	Fraserburgh	Nov	12:55
25	Amanda Wallis	AAAC	Oct	13:00
26	Anne Sutherland	JS Kintore RC	Nov	13:05
27	Carol Massie	Fraserburgh	Nov	13:06
28	Lauren Knowles	JS Kintore RC	Mar	13:06
29	Marion Lindsay	Metro Aberdeen	Oct	13:12
	Tracy Morris	JS Kintore RC	Nov	13:12
31	Nicola Smith		Feb	13:13
32	Victoria Brown		Nov	13:14
33	Rhona Hadden	Fraserburgh	Feb	13:18
34	Laura Sarkis		Nov	13:21
35	Justine Dunbar	JS Hazlehead	Jan	13:22
36	Marie Dobson	Newmacher RC	Jan	13:27
37	Birgitte Stevens	Metro Aberdeen	Oct	13:33
38	Louise Kelly	Stonehaven	Nov	13:35
39	Sarah Knox	Metro Aberdeen	Dec	13:47
40	Lisa Gill	Metro Aberdeen	Oct	13:49
41	Laura Barrie	Metro Aberdeen	Mar	13:52
42	Izzie McDonald	Metro Aberdeen	Oct	13:59
42=	Pauline Larmour	Cosmics	Oct	13:59
44	Fiona Skene	Sweatshop Edin.	Jan	14:05
45	Katie Strachan	JS Kintore RC	Mar	14:12
46	Alice McAra	Rebel PT	Jan	14:13
47	Emily Macdonald	JS Kintore RC	Jan	14:16
48	Sheila Gauld	JS Westhill	Jan	14:17
49	Abi Lyall	JS Kintore RC	Jan	14:18
50	Imogen Dey	JS Kintore RC	Nov	14:20

	Male	Club	Race	Time
1	Cameron Strachan	Metro Aberdeen	Feb	08:43
2	Tom Doney	Metro Aberdeen	Feb	09:06
3	Isaiah Kosgei	Kenya	Oct	09:09
4	Kyle Greig	Metro Aberdeen	Jan	09:11
5	Donnie Macdonald	Inverness Harr.	Nov	09:12
6	Jason Kelly	Metro Aberdeen	Jan	09:13
7	Barney Phillips		Jan	09:19
8	Rankin Lascelles	Metro Aberdeen	Mar	09:26
9	James Kirk	Garioch RR	Mar	09:38
10	Max Abernethy	Fraserburgh	Jan	09:40
11	Michael Barker	Stonehaven	Oct	09:47
	Paul Knight	Metro Aberdeen	Mar	09:47
13	Calum Crawford	Metro Aberdeen	Jan	09:48
14	David Langan		Oct	09:50
15	Patrick Mochan	Swindon Harriers	Nov	09:51
16	James Geddes	Inverness	Jan	09:55
17	Chris Hill	Cosmics	Nov	09:56
	Craig Beattie	Metro Aberdeen	Dec	09:56
	Jamie Pallister	Newburgh Dunes	Feb	09:56
20	Ross Barnes	JS Kintore RC	Nov	09:59
21	Steve Buchan	Metro Aberdeen	Nov	10:00
22	Kenny Garden	Metro Aberdeen	Feb	10:01
23	Jamie Ross	Deeside Runners	Mar	10:02
	Ryan Ramsay	Newburgh Dunes	Jan	10:02
25	Matthew Milne	Metro Aberdeen	Mar	10:03
26	Stephen Molloy		Nov	10:05
27	Callum Crichton	Fraserburgh	Jan	10:07
	Tom Martin	Metro Aberdeen	Nov	10:07
29	Colin Munday	Metro Aberdeen	Nov	10:09
30	Steven Morrison	Metro Aberdeen	Nov	10:13
31	Richard Horne	Metro Aberdeen	Nov	10:14
32	Jegors Slobodcikovs		Nov	10:19
33	Jonny Mcintosh	Metro Aberdeen	Nov	10:21
34	Andrew Thompson	Metro Aberdeen	Jan	10:22
35	Mark McDonald	JS B.O.D.	Mar	10:23
36	Dino Roussias	Metro Aberdeen	Oct	10:26
37	Brian Robb	Metro Aberdeen	Nov	10:27
38	David Cornwell	Metro Aberdeen	Nov	10:31
39	Bruce Taylor	Garioch RR	Feb	10:38
	Gerrard Ipenburg	Fleet Feet Tri	Feb	10:38
41	Allan Wilson	JS Kintore RC	Oct	10:39
	Dirk Wallace	Deeside Runners	Nov	10:39
43	Neil Murray	Garioch RRR	Jan	10:40
44	Grant Massie	Fraserburgh	Oct	10:41
45	David Purvis		Nov	10:47
	Matthew Douglas		Mar	10:47
47	Dennis Chalmers	Newburgh Dunes	Oct	10:48
	Scott Adams	Metro Aberdeen	Dec	10:48
49	Matthew Thompson	JS Kintore RC	Oct	10:50
	Peter Hall	Fraserburgh	Nov	10:50



## All Time – The Fifty Fastest Folk

	Female	Club	Race	Time
1	Gauld, Nicola	AAAC	Mar 2008	09:40
2	Bannerman, Jenny	Inverness	Jan 2019	09:51
3	Brian, Fiona	Metro	Feb 2018	09:58
4	Barrand, Ginie	Metro	Jan 2018	10:18
5	Whitehead, Claire	Cosmics	Nov 2004	10:20
6	Eggeling, Rebecca	AAAC	Feb 2018	10:25
7	Reid, Eleanor	Aberdeen Uni.	Mar 2000	10:26
8	Tosh, Pamela	AAAC	Apr 2010	10:27
9	Wilson, Tammy	Garioch RR	Feb 2014	10:29
10	Thompson, Fiona	Aberdeen Uni.	Nov 2007	10:32
11	Gibson, Claire	Kilbarchan	Mar 2015	10:34
11=	Moore, Debbie	Metro	Oct 2016	10:34
11=	Prentice, Freyja	AAAC	Jan 2015	10:34
14	Prise, Elidh	AAAC	Mar 2013	10:36
15	Curtis, Briony	HBT	Nov 2010	10:38
16	Armitage, Sonia	Cosmics	Mar 2002	10:40
16=	Cormack, Gemma	AAAC	Jan 2012	10:40
16=	Elvin, Jennifer	Clapham Ch.	Feb 2017	10:40
19	Jarrett, Kayleigh	Metro	Feb 2019	10:44
20	Leonard, Lisa	FFT	Mar 2012	10:45
21	Mahady, Laura	AAAC	Nov 2007	10:46
21=	McNeil, Carly	AAAC	Oct 2013	10:46
23	Baxter, Marie	Garioch RR	Oct 2015	10:49
23=	Hendry, Susan	AAAC	Feb 2001	10:49
23=	Williams, Fiona		Mar 2004	10:49
26	Bain, Katie	Metro	Dec 2015	10:53
27	Milne, Carolyn	JS	Mar 2013	10:55
28	Hendry, Julie	Metro	Nov 2017	10:56
28=	Watt, Emma	JS Kintore RC	Mar 2019	10:56
30	Davie, Moira	Aberdeen Uni.	Mar 2009	10:57
30=	Stewart, Kelsey	AAAC	Mar 2017	10:57
32	Gibbon, G		Jan 2006	10:58
33	Hepburn, Angela	AAAC	Feb 2006	11:04
34	McLeod, Lucy	AAAC	Oct 2014	11:06
35	Evans, Kathryn	Edinburgh	Mar 2015	11:08
35=	Miller, Claire	Cosmics	Dec 2000	11:08
37	Lambeth, Annie	Aberdeen Uni.	Nov 1998	11:09
38	Wyness, Hazel	Metro	Mar 2017	11:11
39	Bruce, Vivienne	Metro	Nov 2011	11:13
40	Lampkin, Fiona	Montrose	Mar 2004	11:15
41	Williamson, Kelly		Feb 2019	11:17
42	Gricci, Carlo		Feb 2017	11:18
43	Norrie, Emma	Metro	Feb 2018	11:19
44	Parkinson, Lynne	Metro	Feb 2011	11:20
45	Strachan, Gillian	Fraserburgh	Oct 2009	11:20
46	Gallant, Jenna	Aberdeen Uni.	Oct 2007	11:23
47	Hoyle, Julie	JS Kintore RC	Mar 2019	11:24
47=	Matthews, Alison	Metro	Dec 2010	11:24
49	Bonthron, Jill	Metro	Mar 2019	11:26
50	Pearson, Ashley	Fleet Feet Tri	Oct 2015	11:27

	Male	Club	Race	Time
1	Edwards, Myles	AAAC	Feb 2015	08:38
2	Strachan, Cameron	Metro	Feb 2019	08:43
3	Hukins, Ben	AAAC	Feb 2012	08:44
4	Simpson, Robbie	Deeside R.	Oct 2017	08:45
5	Davidson, Calum	AAAC	Jan 1999	08:54
5=	Phillips, Barney	Lasswade	Feb 2012	08:54
7	Gathimba, Gideon	Pace Mgmy	Mar 2015	08:56
8	Farquhar, Keith	Metro	Mar 2001	09:00
9	Whitehead, Dan	Cosmics	Nov 1998	09:01
10	Matheson, John	Metro	Nov 2002	09:03
11	Greig, Kyle	Forres H.	Feb 2012	09:04
11=	White, Andrew	Metro	Nov 2001	09:04
13	Beattie, Malcolm	AAAC	Feb 2006	09:05
13	Smith, Chris	AAAC	Oct 2000	09:05
15	Doney, Tom	Metro	Feb 2019	09:06
15=	Donnan, Ian	AAAC	Nov 2003	09:06
15=	Kennedy, Mark	AAAC	Mar 2004	09:06
15=	Masson, Mark	Metro	Oct 2000	09:06
19	Kosgei, Isaiiah	Kenya	Oct 2018	09:09
20	Burlton, Dave	Aberdeen Uni.	Mar 2004	09:10
21	Macdonald, Donnie	Inverness H	Nov 2018	09:12
22	Houston, Ross	Aberdeen Uni.	Oct 2000	09:13
22=	Kelly, Jason	Metro	Jan 2019	09:13
24	Lorimer, Hayden	HBT	Oct 2000	09:15
24=	Thornhill, Robert	RGU	Nov 2001	09:15
26	Gauld, Ronald	Stonehaven	Feb 2015	09:16
27	Duguid, David	AAAC	Dec 2003	09:18
28	Hadden, Paul		Oct 2017	09:19
28=	Varney, Keith	Metro	Nov 2001	09:19
30	Battle, Hamish	Metro	Oct 2016	09:21
30=	Bee, Graham	Aberdeen Uni.	Nov 2003	09:21
32	Bilton, Mark	Metro	Nov 2006	09:22
32=	Tole, Jim	Metro	Feb 2016	09:22
34	Thom, Darren	Newmarske	Dec 2015	09:23
34=	Whelan, Shaun	London FrntR	Dec 2007	09:23
36	McKenzie, Calum	Aberdeen Uni.	Dec 2011	09:25
37	Fulton, Ross	AAAC	Dec 2009	09:26
37=	Kirk, James	Garioch RR	Oct 2017	09:26
37=	Lascalles, Rankin	Metro	Mar 2019	09:26
37=	MacKay, Stephen	Inverness	Mar 2015	09:26
41	Moroney, Bruce	Metro	Oct 2002	09:27
42	Logan, Fraser	Central AC	Oct 2017	09:28
43	Joy, James	AAAC	Jan 2012	09:29
43=	Neyedli, Scott	Metro	Nov 2005	09:29
45	Campbell, Ruairidh	Abroath	Mar 2017	09:30
46	Cameron, Niall	Aberdeen Uni.	Feb 2000	09:31
46=	Clyne, Fraser	Metro	Oct 2002	09:31
48	Milovsorov, Nick	Metro	Jan 2012	09:32
48=	Ward, Ben	Metro	Oct 2017	09:32
50	Milton, Sam	Metro	Mar 2017	09:33
50=	Paddon, Michael	AU	Dec 2002	09:33
50=	Tulloch, Kevin	Metro	Oct 2003	09:33