

The 40th Skrunce (174nd Race) – 6th August 2019

SHR Permit – 4miles 740 feet climb - corrected

With thanks to Forest Enterprise for access, to Ian Hamilton for marking the course and Christine Appel, Allan Leslie and Claire Hunter for help at the finish. Good conditions for running.

	Name	Cat.	Time	%	Pts	Total
1	Scott McLeod	M	24-57			
2	Dino Roussias	M40*	25-30			
3	Stefan Wagner	M40	25-42	99.9	6	16
4	Craig Beattie	M	25-43			
5	Martin Reid	M40*	26-33	96.6	3	3
6	Liam Barron	M	27-31	100.1	7	10
7	Kayleigh Jarrett	F	27-33			
8	Ian Adamson	M	27-40	100.3	7	14
9	Jason Williamson	M40	27-52	101.8	8	8
10	Allan Wilson	M40*	28-37			
11	Mike Winn	M40	28-39	97.1	4	15
12	Stuart Mathieson	M	28-47	100.9	7	7
13	Matthew MacGregor	M	29-14			
14	David Dewhurst	M50	29-47	99.2	6	17
15	Thomas Blair	M	30-22	96.1	4	11
16	Caden Thom	JM14*	30-40	96.7	4	14
17	Allly Sutherland	M40	30-44	107.8	9	28
18	Mark McDonald(Dyce)	M	31-07	93.3	1	1
19	Ann Gallon	F40	31-09	108.2	9	10
20	Greig Cruickshank	M50	31-15	98.9	5	15
21	Eric Simpson	M60	31-28	98.3	5	5
22	Julie Hoyle	F40*	31-41	96.7	3	3
23	Colin Larmour	M50*	32-24	96.2	3	5
24	Graeme Lornie	M50	32-52			
25	Malcolm Finlayson	M50	33-12	92.5	1	13
26	Phil Kammer	M60*	33-35	97.1	4	4
27	Andrew Sykes	M50*	33-38	92.5	1	1
28	Ian Hamilton	M50	33-40	98.2	5	15
29	Craig Kennedy	M40	34-06	97.3	4	4
30	David Gilmore	M	34-25	98.5	5	5
31	David Duncan	M60	34-52	98.9	5	20

32	Hugh Robertson	M40*	35-35	102.9	9	21
33	Beth Jones	F	35-38			
34	Martin Kirk	M60	36-07	96.7	3	12
35	Jamie Walker	M40*	36-25	92.1	1	8
36	Paul Finch	M40	36-34	100.3	7	7
37	Alasdair MacIvar	M50*	36-45	98.8	5	15
38	Gavin Forsyth	M	36-51	100.8	7	7
39	Graha Stephen	M40	36-57	96.5	3	12
40	Hannah Stephen	JF16	36-58	96.5	3	12
41	Maureen MacInnes	F	37-30	99.3	6	6
42	Rob Irvine	M50	37-32	94.7	1	1
43	Sarah O'Toole	F	37-35	92.3	1	10
44	Quintin Chalmers	M40	37-42	109.1	9	9
45	Abi Lyall	F40*	37-51	94.6	1	2
46	Pamela Dawson	F	38-05	98.4	5	5
47	Andy Chalmers	M40	38-39			
48	Leanne Kitchener	F	39-11	94.3	1	1
49	Susan MacIvar	F50	39-29	100.5	7	15
50	Murray Bryce	M60*	39-37	101.4	8	21
51	Kirsten Ferguson-Jones	F	40-25	100.6	7	16
52	Colin Taylor	M50*	40-32	99.9	6	16
53	Rod Campbell	M70*	41-12	96.8	3	3
54	Lucy Petersen	F	41-14			
55	Pauline Larmour	F50*	42-35	90.9	1	19
56	Alan Fulton	M70*	43-20	98.6	5	5
57	Lesley Forest	F40	43-29			
58	Marta Mulgrew	F	43-39			
59	Michael Howden	M	45-25			
60	Helen Kirk	F50	45-59	105.1	9	22
61	Petra Walker	F40	46-11			
62	Karen Homer	F50	46-14	105.7	9	20
63	Lana Hadden	F60*	48-18	96.3	3	15
64	Sue Taylor	F60*	50-37			
65	Michael Fletcher	M	51-10			
66	George Cherukara	M50	55-31			

* denotes SAF Member

Course best by Age Group

Open	Ben Hukins	22-01	Jun-14	Clare Whitehead	26-03	May-14
0/40s	Dan Whithead	22-46	Jul-14	Veronique Oldham	27-28	Jun-13
0/50s	Alan Smith	25-10	Jun-13	Veronique Oldham	28-07	Jul-16
0/60s	Keith Varney	28-32	Sept-16	Anita Hamilton	37-02	Sept-16
U/18s	Sasha Cheplin	23-42	May-14	Josie Gomersall	28-58	May-17

Improvement Points are awarded on the basis of your time versus your best time for the year expressed as a percentage. The mode is given 5 points with up to 9 points for going faster and at least 1 point for slower percentages.

This month you only needed 98 for 5 points.