

The 39th Skrunce (173rd Race) – 2nd July 2019

SHR Permit – 4miles 740 feet climb

With thanks to Forest Enterprise for access, to John Elrick and Abi Lyall for marking the course and to Christine Appel and Hunter Claire for help at the finish. Reasonable conditions for running.

	Name	Cat.	Time	%	Pts	Total
1	Ben Hukins	M40*	23-24	98.7	4	4
2	David Jamieson	M*	23-53			
3	Peter Henry	M*	23-57			
4	Sam Griffin	JM16*	23-58	103.1	9	9
5	Stefan Wagner	M40	25-41	104.1	9	9
6	Wullie Nicolson	M40	26-08	95.2	1	1
7	Lewis Fyfe	M	27-11	98.5	4	5
8	Liam Barron	M	27-34	97.3	3	3
9	Ian Adamson	M	27-45	101.3	7	7
10	Gareth Haycroft	M	27-47			
11	Hayden Lorimer	M40	27-55	101.8	7	7
12	Mike Winn	M40	27-57	99.6	5	11
13	Christopher Mills	M*	28-19	99.6	5	5
14	Stephen Molloy	M	28-29			
15	Samuel Orr	M	28-34			
16	Mark McDonald (Dyce)	M	29-02			
17	Thomas Blair	M	29-12	100.7	6	7
18	John Dargie	M	29-18			
19	Scott Robb	M*	29-23	97.5	3	14
20	David Dewhurst	M50	29-32	97.5	3	11
21	Tobben Tymons	M40	29-37	98.4	4	10
22	Nick McKay	M	29-51	103.5	9	9
23	Caeden Thom	JM14*	30-19	97.8	3	10
24	Greig Cruikshank	M50	30-54	97.9	3	10
25	Malcolm Finlayson	M50	31-43	96.8	2	12
26	Mark McDonald (Portlethen)	M	31-47	103.8	9	9
27	Lauren Gane	F	32-23	99.7	5	5
28	Richard Ingram	M40*	32-47	91.6	1	2

29	Colin Larmour	M50*	32-53	94.8	1	2
30	Ally Sutherland	M40	33-09	101.9	7	19
31	Ian Hamilton	M50	33-23	99.1	5	10
32	Lauren Knowles	F	33-29	100.4	6	11
33	Ann Gallon	F40	33-43	94.2	1	1
34	Kevin Heath	M50	33-49	89.7	1	1
35	David Duncan	M60	33-58	101.6	7	15
36	Alan Cormack	M50*	34-00	98.9	4	16
37	Marco Ferrara	M	34-18	97.8	3	3
38	Jonathan Fleetham	M*	34-52			
39	Emily MacDonald	F40	35-12	107.6	9	9
40	Ian Cran	M60	35-20	99.5	5	12
41	Paul Sykes	M	35-38	97.8	3	7
42	Graham Stephen	M40	35-40	105.2	9	9
43	Hannah Stephen	JF16	35-41	105.2	9	9
44	Martin Kirk	M60	35-51	97.4	3	9
45	Jamie Walker	M40*	36-23	92.2	1	1
46	Sarah O'Toole	F	36-34	94.5	1	1
47	Alasdair MacIvar	M50*	36-52	98.6	4	10
48	Gavin Forsyth	M	37-09			
49	Hugh Robertson	M40*	37-16	98.3	4	12
50	Abi Lyall	F40*	37-27	95.6	1	1
51	Neil Strachan	M40	38-06			
52	Susan MacIvar	F50	38-31	102.9	8	8
53	Pauline Larmour	F50*	38-45	101.9	7	18
54	Derek Brown	M40	39-17	95.1	1	1
55	Katherine Thomson	F	39-18	103.7	9	18
56	Alison Broad	F	39-40	102.5	8	13
57	Murray Bryce	M60*	40-10	102.9	8	13
58	Kirsten Ferguson-Jones	F	40-39	104.9	9	9
59	Anita Hamilton	F60	40-43			
60	Lyndsay McEwan	F40*	40-59	101.8	7	21
61	Colin Taylor	M50*	41-01	98.8	4	10
62	John Elrick	M60	41-05	97.8	3	4

63	Quinton Chalmers	M40	41-09			
64	Lucy Petersen	F	41-22	102.1	8	8
65	Frank Campbell	M40	41-51	97.7	3	12
66	Lana Hadden	F60*	46-30	100.5	6	12
67	Helen Kirk	F50	48-20	101.0	7	14
68	Karen Homer	F50	48-57	99.8	5	16

* 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-1 6	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 needed only needed 99% for 5 points, 103+ getting 9points down to 1 point for 95 or less but I still think conditions should have been worth faster times for most.