

## The 37<sup>th</sup> Skrunce (171st Race) – 7<sup>th</sup> May 2019

### SHR Permit – 4miles 740 feet climb

With thanks to Forest Enterprise for access. Good conditions for running.

	<b>Name</b>	<b>Cat.</b>	<b>Time</b>	<b>%</b>	<b>Pts</b>	<b>Total</b>
1	Sam Griffin	JM16*	24-42			
2	Tom Martin	M	25-01			
3	Scott McLeod	M	25-12	101.9	3	3
4	Edwyn Oliver-Evans	M	25-24	103.6	5	5
5	David Barclay	M40	25-37	98.5	1	1
6	Martin Reid	M	25-50	104.6	6	6
7	Lewis Fyfe	M	26-47			
8	Alex Rose	M40	27-00			
9	Matt Thompson	M	27-33			
10	Tim Griffin	M50*	27-43			
11	Ian Adamson	M	28-07	101.1	3	3
12	Chris Mills	M*	28-12	105.3	7	7
13	Jason Williamson	M40	28-23			
14	Martin McKinnon	M50	28-41	100.9	2	2
15	David Dewhurst	M50	103.6	103.6	5	5
16	Ralph McIntosh	M	28-59	104.4	6	6
17	Stuart Mathieson	M	29-04	102.8	4	4
18	Thomas Blair	M	29-24			
19	Scott Robb	M*	29-28	104.4	6	6
20	Fiona McDonald	F40	29-45	101.9	3	3
21	Shelley Strachan	F	29-51	104.9	6	6
22	Keith Cowe	M40	29-54	102.1	4	4
23	Richard Ingram	M40*	30-02			
24	Luke Harold	M	30-07			
25	Tobben Tymons	M40	30-09	99.8	1	1
26	Michael Bott	M	30-10			
27	Greig Cruickshank	M50	30-18	102.7	4	4
28	Kevin Heath	M50	30-20			
29	Malcolm Scott	M40	30-35			
30	Ali Black	M	30-36			
31	Julie Hoyle	F40*	30-38	106.6	8	8
32	Malcolm Finlayson	M50	30-42	111.2	9	9

33	Eric Simpson	M60	30-56	103.8	5	5
34	Caeden Thom	JM14*	30-57			
35	Alex Smith	M	31-19			
36	Andrew Sykes	M50*	31-31			
37	Sarah Milne	F	31-50			
38	Phil Kammer	M60*	32-37	100.1	2	2
39	Marie Entwistle	F40	32-41			
40	Ian Hamilton	M50	33-04	102.4	4	4
41	Craig Kennedy	M40	33-12			
42	Jamie Walker	M40*	33-33	102.7	4	4
43	John Colegrave	M60	33-34	104.7	6	6
44	Darryn Smith	M	33-38			
45	David Fraser	M	33-41	99.0	1	1
46	Alan Cormack	M50*	33-43	107.5	9	9
47	Ally Sutherland	M40	34-07	117.2	9	9
48	Sarah O'Toole	F	34-42	106.8	8	8
49	Ian Donald	M*	34-55	102.3	4	4
50	Rachel Hendry	F40	35-05			
51	David Duncan	M60	35-08	102.6	4	4
52	Lauren Anderson	F	35-11			
53	Paul Sykes	M	35-23			
854	Tearle Harlan	M40	35-26			
55	Martin Cossar	M50	35-30			
56	Alan Smith	M50	35-34			
57	Catherine Howe	F	35-40	100.2	2	2
58	Jo Whyte	F40	35-47	106.5	8	8
59	Abi Lyall	F40*	35-49	105.8	7	7
60	Martin Kirk	M60	36-03			
61	Emily Colegrave	F	36-22			
62	Alasdair MacIvar	M50*	36-24	101.5	3	3
63	Hugh Robertson	M50*	36-39	105.9	7	7
64	Leanne Kitchener	F	36-58			
65	Derek Brown	M40	37-23	105.2	7	7
66	Graham Stephen	M40	37-31			
67	Hammah Stephen	JF16	37-32			
68	Pamela Dawson	F	37-52	103.7	5	5
69	Jessica Barbour	F	38-15			

70	Pauline Larmour	F50*	39-33	106.9	8	8
71	Emma McPherson	F	39-47			
72	Rod Campbell	M70*	39-54			
73	John Elrick	M60	40-10			
74	Carla Ammerlann	F40	40-23			
75	Colin Taylor	M50*	40-31	103.5	5	5
76	Alan Leslie	M50*	41-26			
77	Morag Gerrard	F40	41-34	109.8	9	9
78	Murray Bryce	M60*	42-25	99.3	1	1
79	Lyndsay McEwan	F40*	42-44	115.9	9	9
80	Kerry Anderson	F40	43-36			
81	Adele Piggot	F40	43-36			
82	Caroline Tawse	F	45-21	101.3	3	3
83	Alan Fulton	M70*	46-30			
84	Brigitte Stevens	F40	48-28	81.4	1	1
85	Lana Hadden	F60*	48-29			
86	Helen Kirk	F50	50-24			
87	Karen Homer	F50	50-25			

\* denotes SAF Member

#### Course best by Age Group

Open	<b>Ben Hukins</b>	22-01	Jun-14	<b>Clare Whitehead</b>	26-03	May-14
0/40s	<b>Dan Whithead</b>	22-46	Jul-14	<b>Veronique Oldham</b>	27-28	Jun-13
0/50s	<b>Alan Smith</b>	25-10	Jun-13	<b>Veronique Oldham</b>	28-07	Jul-16
0/60s	<b>Keith Varney</b>	28-32	Sept-16	<b>Anita Hamilton</b>	37-02	Sept-16
U/18s	<b>Sasha Cheplin</b>	23-42	May-14	<b>Josie Gomersall</b>	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 102 for 5 points, 106+ getting 9points down to 1 point for 98 or less.