

## March 2012 Results – Winter Course

<b>March Results</b>				
<b>Name</b>	<b>Start</b>	<b>Finish Time</b>	<b>Time</b>	<b>Winner / Fastest Time</b>
<b>Welsh, Fraser</b>	<b>07:30:00</b>	<b>07:58:02</b>	<b>00:28:02</b>	<b>WINNER</b>
MacDonald, Pol	07:33:40	07:58:36	00:24:56	
Bryce, John	07:35:00	07:58:38	00:23:38	
Young, Shona	07:32:40	07:58:52	00:26:12	
Malcolm, Stephen	07:35:40	07:58:55	00:23:15	
Godfrey, Kevin	07:32:20	07:59:18	00:26:58	
<b>Partridge, Colin</b>	<b>07:39:20</b>	<b>07:59:20</b>	<b>00:20:00</b>	<b>FASTEST TIME</b>
Horsburgh, Jill	07:32:20	07:59:26	00:27:06	
Turnbull, Lana	07:36:00	07:59:52	00:23:52	
Greig, Martin	07:33:40	08:00:10	00:26:30	
Turnbull, Mike	07:21:00	08:00:11	00:39:11	
McCafferty, Gerry	07:36:40	08:00:15	00:23:35	
Seggie, Ian	07:35:40	08:00:33	00:24:53	
Malcolm, John	07:37:20	08:01:15	00:23:55	

**Summer Course****1**

<b>Name</b>	<b>Start</b>	<b>Finish Time</b>	<b>Time</b>	<b>Last Month</b>	<b>PB</b>
Bruce, Susan	07:11:20				
Turnbull, Mike	07:12:20				
Kassyk, Mark	07:16:20				
Hughes, Pauline	07:19:00				
Cleary, Margaret	07:19:00				
Toner, Julie	07:19:20				
James, Chris	07:19:20				
McGiffen, Lesley	07:19:20				
Kerr, Hayley	07:20:00				
Mabon, Carol	07:21:00				
Finch, Simon	07:22:40				
Dickson, Paul	07:23:00				
Robertson, Lesley	07:23:00				
Sneddon, Kirsty	07:23:00				
Wardman, Dave	07:23:20				
Hall, Ian	07:23:40				
McMenemy, Teresa	07:23:40				
Young Shona	07:24:20				
Finch, Ted	07:24:40				
Turnbull, Margaret	07:25:00				
Moncrieff, Jane	07:25:00				
Greig, Shona	07:25:00				
Lowe, Richard	07:25:20				
Banham, Colin	07:25:20				
Drummond, Neal	07:25:20				
Guy, Alistair	07:25:20				
Inglis, Mary	07:25:40				
Godfrey, Kevin	07:25:40				
Arbuckle, Lauren	07:26:00				
Shanley, Claire	07:26:00				
Salvage, Jim	07:26:00				
Bird, Stuart	07:26:40				

**Summer Course 2**

<b>Name</b>	<b>Start</b>	<b>Finish Time</b>	<b>Time</b>	<b>Last Month</b>	<b>PB</b>
Mowat, Kenny	07:27:00				
Leggett, Ian	07:27:00				
Horsburgh, Jill	07:27:40				
Nelson, Bethany	07:27:40				
Mearns, Kenny	07:28:20				
Steel, Lara	07:28:40				
Greig, Martin	07:28:40				
Reid, Mark	07:28:40				
Young, Paul	07:28:40				
Jones, Saran	07:29:00				
Mabon, Gordon	07:29:00				
Agnew, Alex	07:29:00				
Greig, Keri	07:29:40				
Seggie, Ian	07:29:40				
Austin, Matt	07:30:00				
Mcllwraith, Rachael	07:30:00				
Moir, Richard	07:30:00				
Storrie, Marie	07:30:00				
Lachlan, Wallace	07:30:00				
Shanley, Alan	07:30:00				
Malcolm, Stephen	07:30:00				
Crilley, Yvonne	07:30:20				
Crilley, Louise	07:30:20				
Turnbull, Lana	07:30:20				
Docherty, Richard	07:30:40				
Mackenzie, Euan	07:31:00				
Northan, Chris	07:31:00				
Mabon, David	07:31:00				
Hannah, Suzie	07:31:20				
Mullholland, Harry	07:31:40				
West, Peter	07:32:00				
Moar, Jocelyn	07:32:00				
Milne, Christine	07:32:00				

**Summer Course****3**

<b>Name</b>	<b>Start</b>	<b>Finish Time</b>	<b>Time</b>	<b>Last Month</b>	<b>PB</b>
McCafferty, Gerry	07:32:20				
Young, Tim	07:32:20				
Berrill, Dave	07:33:00				
Malcolm, John	07:33:00				
McIntosh, Alan	07:33:00				
Cox, Chloe	07:33:00				
Inglis, Mhairi	07:33:00				
Jones, Kenton	07:33:00				
Nelson, Scott	07:33:00				
Blair, Jamie	07:33:20				
Shaw Donald	07:34:00				
Mooney, Edel	07:34:00				
Laurie, Steve	07:34:00				
Robertson, Joe	07:34:00				
Miles, Paul	07:34:20				
McDowall, Craig	07:34:40				
Broadman, Keith	07:35:00				
Thomson, Darren	07:35:20				
Partridge, Colin	07:35:20				
Inglis, Sarah	07:36:00				
Turner, Brian	07:36:00				
McNeill, Max	07:36:00				
Inglis, Robert	07:36:00				
Robertson, Alastair	07:36:40				
Donnan, Iain	07:39:40				

**Summer Course -  
First Timers**

<b>Name</b>	<b>Start</b>	<b>Finish Time</b>	<b>Time</b>	<b>Comments</b>	

## New to the Summer Fiddlers Course?

Here's a guide to how long you could expect to take and a suggested start time.

This is based on 5k and Fiddlers times of some of the club's athletes.

This is only a guide (and isn't properly calibrated yet!) so feel free to discuss with a coach beforehand to fine-tune to your ability 😊

5k Time	How long the Summer Fiddlers could take	Suggested Start Time
00:16:00	00:22:00	07:38:00
00:17:00	00:23:40	07:36:20
00:18:00	00:25:00	07:35:00
00:19:00	00:26:00	07:34:00
<b>00:20:00</b>	<b>00:27:40</b>	<b>07:32:20</b>
00:21:00	00:29:00	07:31:00
00:22:00	00:30:20	07:29:40
00:23:00	00:31:40	07:28:20
00:24:00	00:33:00	07:27:00
<b>00:25:00</b>	<b>00:34:40</b>	<b>07:25:20</b>
00:26:00	00:36:00	07:24:00
00:27:00	00:37:00	07:23:00
00:28:00	00:38:40	07:21:20
00:29:00	00:40:00	07:20:00
<b>00:30:00</b>	<b>00:41:20</b>	<b>07:18:40</b>
00:31:00	00:42:40	07:17:20
00:32:00	00:44:20	07:15:40
00:33:00	00:45:40	07:14:20
00:34:00	00:47:00	07:13:00
<b>00:35:00</b>	<b>00:48:18</b>	<b>07:11:42</b>
00:36:00	00:49:40	07:10:20
00:37:00	00:51:00	07:09:00
00:38:00	00:52:20	07:07:40
00:39:00	00:54:00	07:06:00
<b>00:40:00</b>	<b>00:55:00</b>	<b>07:05:00</b>

