

August Results - Long Summer Course

Name	Start	Finish Time	Time	Winner / Fastest Time
Nelson, Scott	19:32:00	19:58:28	00:26:28	Winner / Fastest Time
McInnes, Euan	19:32:00	19:59:05	00:27:05	
Mabon, David	19:31:00	20:00:00	00:29:00	
Robertson, Alan	19:29:23	20:00:00	00:30:37	
Mackie, Elaine	19:27:00	20:00:02	00:33:02	
Horsburgh, Jill	19:27:40	20:00:15	00:32:35	
Welsh, Fraser	19:27:40	20:00:15	00:32:35	
Finch, Ted	19:25:40	20:00:38	00:34:58	
Malcolm, John	19:33:00	20:00:43	00:27:43	
Banham, Colin	19:25:20	20:00:48	00:35:28	

August Results - Short Summer Course

Name	Start	Finish Time	Time	Winner / Fastest Time
Horsburgh, Iain	19:42:18	19:54:16	00:11:58	Winner / Fastest Time
Nelson, Bethany	19:42:18	19:55:09	00:12:50	
Horsburgh, Alice	19:40:20	19:55:49	00:15:29	

Long Summer Course				
Sheet 1		05 September 2012		
Name	Start Time	Finish Time	Time	Time Last Month
Bruce, Susan	19:11:20			
Turnbull, Mike	19:12:40			
Kassyk, Mark	19:16:20			
Finch, Val	19:16:20			
Hughes, Pauline	19:19:00			
Cleary, Margaret	19:19:00			
Toner, Julie	19:19:20			
James, Chris	19:19:20			
McGiffen, Lesley	19:19:20			
Kerr, Hayley	19:20:00			
Mabon, Carol	19:21:20			
Finch, Simon	19:22:40			
Dickson, Paul	19:23:00			
Robertson, Lesley	19:23:00			
Sneddon, Kirsty	19:23:00			
Wardman, Dave	19:23:20			
Hall, Ian	19:23:40			
McMenemy, Teresa	19:23:40			
Banham, Colin	19:24:40			00:35:28
Turnbull, Margaret	19:25:00			
Moncrieff, Jane	19:25:00			
Nelson, Bethany	19:25:00			
Finch, Ted	19:25:00			00:34:58
Lowe, Richard	19:25:20			
Drummond, Neal	19:25:20			
Guy, Alistair	19:25:20			
Inglis, Mary	19:25:40			
Godfrey, Kevin	19:25:40			
Greig, Shona	19:26:00			
Arbuckle, Lauren	19:26:00			
Shanley, Claire	19:26:00			
Salvage, Jim	19:26:00			
Bird, Stuart	19:26:40			
Mowat, Kenny	19:27:00			
Leggett, Ian	19:27:00			
Greig, Martin	19:27:20			
Horsburgh, Jill	19:27:20			00:32:35
Welsh, Fraser	19:27:20			00:32:35
Young Shona	19:27:40			
Mearns, Kenny	19:28:20			
Steel, Lara	19:28:40			

Long Summer Course				
Sheet 2		05 September 2012		
Name	Start Time	Finish Time	Time	Time Last Month
Reid, Mark	19:28:40			
Mabon, Gordon	19:29:00			
Agnew, Alex	19:29:00			
Greig, Keri	19:29:40			
Seggie, Ian	19:29:40			
Young, Paul	19:30:00			
Bryce, John	19:30:00			
Austin, Matt	19:30:00			
McIlwraith, Rachael	19:30:00			
Moir, Richard	19:30:00			
Storrie, Marie	19:30:00			
Lachlan, Wallace	19:30:00			
Shanley, Alan	19:30:00			
Jones, Saran	19:30:20			
Crilley, Yvonne	19:30:20			
Crilley, Louise	19:30:20			
Turnbull, Lana	19:30:20			
Docherty, Richard	19:30:20			
Northan, Chris	19:31:00			
Mabon, David	19:31:00			00:29:00
Hannah, Suzie	19:31:20			
MacDonald, Pol	19:31:20			
Mullholland, Harry	19:31:40			
West, Peter	19:32:00			
Moar, Jocelyn	19:32:00			
Milne, Christine	19:32:00			
Malcolm, Stephen	19:32:20			
McCafferty, Gerry	19:32:20			
Young, Tim	19:32:20			
Malcolm, John	19:32:20			00:27:43
Berrill, Dave	19:32:40			
McInnes, Euan	19:33:00			00:27:05
Nelson, Scott	19:33:00			00:26:28
McIntosh, Alan	19:33:00			
Cox, Chloe	19:33:00			
Inglis, Mhairi	19:33:00			
Jones, Kenton	19:33:00			
Blair, Jamie	19:33:20			
Shaw Donald	19:34:00			
Mooney, Edel	19:34:00			
Laurie, Steve	19:34:00			

New to the Long Summer Fiddlers course?

Here's a guide to how long you could expect it 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 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	19:38:00
00:17:00	00:23:40	19:36:20
00:18:00	00:25:00	19:35:00
00:19:00	00:26:00	19:34:00
00:20:00	00:27:40	19:32:20
00:21:00	00:29:00	19:31:00
00:22:00	00:30:20	19:29:40
00:23:00	00:31:40	19:28:20
00:24:00	00:33:00	19:27:00
00:25:00	00:34:40	19:25:20
00:26:00	00:36:00	19:24:00
00:27:00	00:37:00	19:23:00
00:28:00	00:38:40	19:21:20
00:29:00	00:40:00	19:20:00
00:30:00	00:41:20	19:18:40
00:31:00	00:42:40	19:17:20
00:32:00	00:44:20	19:15:40
00:33:00	00:45:40	19:14:20
00:34:00	00:47:00	19:13:00
00:35:00	00:48:18	19:11:42
00:36:00	00:49:40	19:10:20
00:37:00	00:51:00	19:09:00
00:38:00	00:52:20	19:19:40
00:39:00	00:54:00	19:06:00
00:40:00	00:55:00	19:05:00