**February 2013 – Results**

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| LONG |  |  |  |  |
| **Athlete** | **Start** | **Finish** | **Time** | **Comments** |
| Malcolm, Stephen | 19:36:00 | 19:58:23 | 00:22:23 | **Winner + PB** |
| Young, Paul | 19:36:00 | 19:58:44 | 00:22:44 | PB |
| Partridge, Colin | 19:39:20 | 19:58:48 | 00:19:28 | **PB + Fastest Time** |
| Greig, Martin | 19:33:40 | 19:58:50 | 00:25:10 | PB |
| McInnes, Ewan | 19:33:40 | 19:58:52 | 00:25:12 | First Timer |
| MacDonald, Pol | 19:35:00 | 19:58:55 | 00:23:55 | PB |
| Young, Shona | 19:33:20 | 19:59:30 | 00:26:10 | PB |
| Jones, Saran | 19:33:20 | 19:59:30 | 00:26:10 |  |
| Dicker, Cliff | 19:32:40 | 19:59:47 | 00:27:07 | PB |
| Mackie, Elaine | 19:33:00 | 19:59:53 | 00:26:53 |  |
| Nelson, Scott | 19:39:00 | 20:00:03 | 00:21:03 |  |
| Turnbull, Mike | 19:20:40 | 20:00:18 | 00:39:38 |  |
|  |  |  |  |  |
| Short |  |  |  |  |
| **Athlete** | **Start** | **Finish** | **Time** | **Comments** |
| Kellock, Stephanie | 19:38:00 | 19:53:44 | 00:15:44 | **Winner** |
| Maybury, Jack | 19:43:40 | 19:53:47 | 00:10:07 | PB |
| Mooney, Edel | 19:45:00 | 19:53:47 | 00:08:47 | **Fastest Time** |
| Armstrong, Neve | 19:42:20 | 19:54:14 | 00:11:54 | PB |
| McCafferty, Cara | 19:42:40 | 19:54:28 | 00:11:48 | PB |
| Nelson, Bethany | 19:43:00 | 19:54:36 | 00:11:36 |  |

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| **Winter Long Course - March 2013**  **(Sheet 1)** |  |  |  |  |  |
| **Runner's Name** | **Start Time** | **Finish Time** | **Running Time** | **Last Run** | **PB** |
| Turnbull, Mike | 19:20:20 |  |  | 00:39:38 | 00:31:41 |
| Bruce, Susan | 19:20:40 |  |  | 00:39:28 | 00:33:20 |
| Finch, Val | 19:23:00 |  |  | 00:37:03 | 00:37:03 |
| West, Douglas | 19:24:00 |  |  | 00:36:04 | 00:36:04 |
| Lee, Jennie | 19:24:00 |  |  | 00:36:04 | 00:36:04 |
| Finch, Simon | 19:25:40 |  |  | 00:34:24 | 00:34:24 |
| Hughes, Pauline | 19:26:40 |  |  | 00:33:24 | 00:26:15 |
| Mabon, Carol | 19:28:20 |  |  | 00:31:38 | 00:28:29 |
| Steel, Lara | 19:28:40 |  |  | 00:31:29 | 00:31:29 |
| Turnbull, Margaret | 19:30:00 |  |  | 00:29:48 | 00:25:19 |
| Greig, Shona | 19:30:20 |  |  | 00:29:48 | 00:28:17 |
| Greig, Keri | 19:30:20 |  |  | 00:29:48 | 00:29:48 |
| Morris, Brian | 19:30:20 |  |  | 00:29:40 | 00:29:40 |
| Inglis, Mary | 19:31:20 |  |  | 00:28:38 | 00:27:18 |
| Bird, Stuart | 19:32:00 |  |  | 00:27:56 | 00:26:53 |
| Godfrey, Kevin | 19:32:00 |  |  | 00:28:02 | 00:26:18 |
| Banham, Colin | 19:32:20 |  |  | 00:27:43 | 00:28:06 |
| Agnew, Alex | 19:32:20 |  |  | 00:27:34 | 00:21:37 |
| Barclay, John | 19:32:20 |  |  | 00:27:33 | 00:27:33 |
| Finch, Ted | 19:32:40 |  |  | 00:27:23 | 00:24:30 |
| Dicker, Cliff | 19:32:40 |  |  | 00:27:07 | 00:27:07 |
| Horsburgh, Jill | 19:33:00 |  |  | 00:27:06 | 00:24:48 |
| **Winter Long Course - March 2013 (Sheet 2)** | | | | | |
| **Runner's Name** | **Start Time** | **Finish Time** | **Running Time** | **Last Run** | **PB** |
| Welsh, Fraser | 19:33:00 |  |  | 00:26:53 | 00:27:08 |
| Mackie, Elaine | 19:33:00 |  |  | 00:26:53 | 00:26:17 |
| Leggett, Ian | 19:33:20 |  |  | 00:28:05 | 00:24:40 |
| Robertson, Alan | 19:33:20 |  |  | 00:26:41 | 00:26:00 |
| Young, Shona | 19:33:40 |  |  | 00:26:10 | 00:26:10 |
| McInnes, Ewan | 19:34:40 |  |  | 00:25:12 | 00:25:12 |
| Greig, Martin | 19:34:40 |  |  | 00:25:10 | 00:25:10 |
| Mearns, Kenny | 19:34:00 |  |  | 00:26:50 | 00:25:58 |
| Slane, Finlay | 19:34:00 |  |  | 00:25:51 | 00:25:51 |
| Alexander, Jim | 19:34:00 |  |  | 00:25:55 | 00:25:55 |
| Jones, Saran | 19:34:00 |  |  | 00:26:10 | 00:23:10 |
| Turnbull, Lana | 19:35:00 |  |  | 00:24:28 | 00:23:19 |
| Seggie, Ian | 19:35:00 |  |  | 00:24:53 | 00:23:48 |
| MacDonald, Pol | 19:36:00 |  |  | 00:23:55 | 00:23:55 |
| Hannah, Suzie | 19:35:00 |  |  | 00:24:52 | 00:24:52 |
| Moffat, Alan | 19:35:00 |  |  | 00:25:05 | 00:25:05 |
| Young, Paul | 19:37:20 |  |  | 00:22:44 | 00:22:44 |
| Hall, Jo | 19:36:00 |  |  | 00:23:51 | 00:23:51 |
| Malcolm, Stephen | 19:37:20 |  |  | 00:22:23 | 00:22:23 |
| Lachlan, Wallace | 19:36:00 |  |  | 00:24:05 | 00:24:05 |
| Jones, Kenton | 19:36:00 |  |  | 00:24:03 | 00:20:59 |
| McCafferty, Gerry | 19:36:20 |  |  | 00:23:35 | 00:23:10 |
| Bryce, John | 19:36:20 |  |  | 00:23:38 | 00:23:38 |
| Mabon, Dave | 19:36:40 |  |  | 00:23:10 | 00:23:10 |

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| **Winter Long Course - March 2013 (Sheet 3)** | | |  | |  | |  | |  |  | |
| **Runner's Name** | | | **Start Time** | | **Finish Time** | | **Running Time** | | **Last Run** | **PB** | |
| Northan, Chris | | | 19:36:40 | |  | |  | | 00:23:23 | 00:22:10 | |
| Williams, Owen | | | 19:36:40 | |  | |  | | 00:23:30 | 00:23:30 | |
| Berrill, David | | | 19:37:00 | |  | |  | | 00:22:54 | 00:21:33 | |
| Malcolm, John | | | 19:37:00 | |  | |  | | 00:23:08 | 00:21:55 | |
| West, Peter | | | 19:37:20 | |  | |  | | 00:22:36 | 00:22:10 | |
| Shaw, Donald | | | 19:37:20 | |  | |  | | 00:22:42 | 00:22:40 | |
| Lind, Kenny | | | 19:37:40 | |  | |  | | 00:22:16 | 00:22:16 | |
| Gilhooley, George | | | 19:38:20 | |  | |  | | 00:21:46 | 00:21:45 | |
| Nelson, Scott | | | 19:39:00 | |  | |  | | 00:21:03 | 00:20:54 | |
| Meek, Colin | | | 19:39:00 | |  | |  | | 00:21:10 | 00:19:56 | |
| Broadman, Keith | | | 19:39:00 | |  | |  | | 00:21:23 | 00:20:16 | |
| Partridge, Colin | | | 19:40:20 | |  | |  | | 00:19:28 | 00:19:28 | |
| Inglis, Sarah | | | 19:39:40 | |  | |  | | 00:20:29 | 00:20:03 | |
| Robertson, Alastair | | | 19:40:00 | |  | |  | | 00:20:00 | 00:20:00 | |
| **Runner's Name** | | | **Start Time** | | **Finish Time** | | **Running Time** | | **Comments** | | |
| **Winter Long Course - March 2013 (FIRST TIMERS)** | | |  | |  | |  | |  |  | |
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| **Winter Short Course - March 2013** |  |  | |  | |  | |  | | |  | |
| **Runner's Name** | **Actual Start Time** | **Start Time** | | **Finish Time** | | **Running Time** | | **Last Fiddle** | | | **Best Fiddle** | |
| Steel, Rebecca | 19:40:20 | 19:40:20 | |  | |  | | 00:14:40 | | | 00:14:40 | |
| Miles, Hannah | 19:40:30 | 19:40:30 | |  | |  | | 00:14:30 | | | 00:14:30 | |
| Horsburgh, Alice | 19:40:42 | 19:40:40 | |  | |  | | 00:14:18 | | | 00:11:30 | |
| McLaughlin, Marie | 19:40:42 | 19:40:40 | |  | |  | | 00:14:18 | | | 00:14:18 | |
| Greig, Keri | 19:40:49 | 19:40:40 | |  | |  | | 00:14:11 | | | 00:14:11 | |
| Balharrie, Megan | 19:40:55 | 19:41:00 | |  | |  | | 00:14:05 | | | 00:14:05 | |
| Kerr, Louise | 19:43:40 | 19:41:00 | |  | |  | | 00:11:20 | | | 00:12:47 | |
| MacAndrew, Linsey | 19:41:31 | 19:41:40 | |  | |  | | 00:13:29 | | | 00:13:29 | |
| Kellock, Stephanie | 19:39:16 | 19:40:00 | |  | |  | | 00:15:44 | | | 00:13:01 | |
| Sheridan, Eirann | 19:42:01 | 19:42:00 | |  | |  | | 00:12:59 | | | 00:12:59 | |
| Nelson, Scott Jnr | 19:42:12 | 19:42:00 | |  | |  | | 00:12:48 | | | 00:12:48 | |
| Yule, Zoe | 19:41:41 | 19:42:00 | |  | |  | | 00:13:19 | | | 00:12:17 | |
| Armstrong, Neve | 19:42:10 | 19:42:20 | |  | |  | | 00:12:50 | | | 00:12:50 | |
| McCafferty, Cara | 19:43:12 | 19:43:00 | |  | |  | | 00:11:48 | | | 00:11:48 | |
| Armstrong, Neve | 19:43:06 | 19:43:00 | |  | |  | | 00:11:54 | | | 00:11:54 | |
| Cunningham, Gordon | 19:42:59 | 19:43:00 | |  | |  | | 00:12:01 | | | 00:12:01 | |
| Steel, Lara | 19:42:58 | 19:43:00 | |  | |  | | 00:12:02 | | | 00:10:16 | |
| Hill, Nikita | 19:43:12 | 19:43:00 | |  | |  | | 00:11:48 | | | 00:11:48 | |
| Nelson, Bethany | 19:43:24 | 19:43:20 | |  | |  | | 00:11:36 | | | 00:10:53 | |
| Dunne, Liam | 19:43:27 | 19:43:20 | |  | |  | | 00:11:33 | | | 00:11:33 | |
| Maybury, Jack | 19:44:53 | 19:44:20 | |  | |  | | 00:10:07 | | | 00:10:07 | |
| Arbuckle, Lauren | 19:43:51 | 19:44:00 | |  | |  | | 00:11:09 | | | 00:10:16 | |
| Horsburgh, Iain | 19:44:32 | 19:44:40 | |  | |  | | 00:10:28 | | | 00:10:28 | |
| Mooney, Edel | 19:46:13 | 19:46:20 | |  | |  | | 00:08:47 | | | 00:08:35 | |

**New to the Long Winter Fiddlers?**

The table below provides a suggested start time based on your 5k time. Feel free to discuss / negotiate your start time with a coach prior to the start ☺

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| **5k Time** | **How long the Winter Fiddlers could take** | **Suggested Start Time** |
| **00:15:00** | **00:17:40** | **07:42:20** |
| 00:16:00 | 00:18:40 | 07:41:20 |
| 00:17:00 | 00:20:00 | 07:40:00 |
| 00:18:00 | 00:21:00 | 07:39:00 |
| 00:19:00 | 00:22:20 | 07:37:40 |
| **00:20:00** | **00:23:20** | **07:36:40** |
| 00:21:00 | 00:24:40 | 07:35:20 |
| 00:22:00 | 00:25:40 | 07:34:20 |
| 00:23:00 | 00:27:00 | 07:33:00 |
| 00:24:00 | 00:28:00 | 07:32:00 |
| **00:25:00** | **00:29:20** | **07:30:40** |
| 00:26:00 | 00:30:20 | 07:29:40 |
| 00:27:00 | 00:31:40 | 07:28:20 |
| 00:28:00 | 00:32:40 | 07:27:20 |
| 00:29:00 | 00:34:00 | 07:26:00 |
| **00:30:00** | **00:35:00** | **07:25:00** |
| 00:31:00 | 00:36:20 | 07:23:40 |
| 00:32:00 | 00:37:20 | 07:22:40 |
| 00:33:00 | 00:38:40 | 07:21:20 |
| 00:34:00 | 00:39:40 | 07:20:20 |
| **00:35:00** | **00:41:00** | **07:19:00** |
| 00:36:00 | 00:42:00 | 07:18:00 |
| 00:37:00 | 00:43:20 | 07:16:40 |
| 00:38:00 | 00:44:20 | 07:15:40 |
| 00:39:00 | 00:45:40 | 07:14:20 |
| **00:40:00** | **00:46:40** | **07:13:20** |