March 2012 Results – Winter Course

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| **March Results** |   |   |   |   |
| **Name** | **Start** | **Finish Time** | **Time** | **Winner / Fastest Time** |
| **Welsh, Fraser** | **07:30:00** | **07:58:02** | **00:28:02** | **WINNER** |
| 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 |   |
| **Partridge, Colin** | **07:39:20** | **07:59:20** | **00:20:00** | **FASTEST TIME** |
| 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 |   |

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| Summer Course 1 |   |   |   |   |   |
| **Name** | **Start** | **Finish Time** | **Time** | **Last Month** | **PB** |
| 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 |   |   |   |   |

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| Summer Course 2 |   |   |   |   |   |
| **Name** | **Start** | **Finish Time** | **Time** | **Last Month** | **PB** |
| 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 |   |   |   |   |
| McIIwraith, 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 |   |   |   |   |

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| Summer Course 3 |   |   |   |   |   |
| **Name** | **Start** | **Finish Time** | **Time** | **Last Month** | **PB** |
| 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 |   |   |   |   |   |
| **Name** | **Start** | **Finish Time** | **Time** | **Comments** |  |
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**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 ☺

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| **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 |
| **00:20:00** | **00:27:40** | **07:32:20** |
| 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 |
| **00:25:00** | **00:34:40** | **07:25:20** |
| 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 |
| **00:30:00** | **00:41:20** | **07:18:40** |
| 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 |
| **00:35:00** | **00:48:18** | **07:11:42** |
| 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 |
| **00:40:00** | **00:55:00** | **07:05:00** |