



Name	Start	Finish Time	Time	Last Month
<b>Summer Course</b>	Sheet 1	04 July 2012		
Bruce, Susan	07:11:20			
Turnbull, Mike	07:12:40			00:47:10
Kassyk, Mark	07:16:20			
Finch, Val	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	07:21:20			
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			
Turnbull, Margaret	07:25:00			00:33:48
Moncrieff, Jane	07:25:00			
Nelson, Bethany	07:25:00			
Lowe, Richard	07:25:20			
Banham, Colin	07:25:20			
Drummond, Neal	07:25:20			
Guy, Alistair	07:25:20			
Finch, Ted	07:25:40			
Inglis, Mary	07:25:40			
Godfrey, Kevin	07:25:40			
Greig, Shona	07:26:00			
Arbuckle, Lauren	07:26:00			
Shanley, Claire	07:26:00			
Salvage, Jim	07:26:00			00:35:00
Bird, Stuart	07:26:40			
Mowat, Kenny	07:27:00			
Leggett, Ian	07:27:00			
Greig, Martin	07:27:20			
Young Shona	07:27:40			
Horsburgh, Jill	07:27:40			
Welsh, Fraser	07:27:40			

Name	Start	Finish Time	Time	Last Month
<b>Summer Course</b>	Sheet 2	04 July 2012		
Mearns, Kenny	07:28:20			
Steel, Lara	07:28:40			
Reid, Mark	07:28:40			00:30:05
Mabon, Gordon	07:29:00			
Agnew, Alex	07:29:00			
Greig, Keri	07:29:40			
Seggie, Ian	07:29:40			
Young, Paul	07:30:00			00:32:34
Bryce, John	07:30:00			
Austin, Matt	07:30:00			
McIlwraith, Rachael	07:30:00			
Moir, Richard	07:30:00			
Storrie, Marie	07:30:00			
Lachlan, Wallace	07:30:00			
Shanley, Alan	07:30:00			
Jones, Saran	07:30:20			
Crilley, Yvonne	07:30:20			
Crilley, Louise	07:30:20			
Turnbull, Lana	07:30:20			
Docherty, Richard	07:30:20			00:29:45
Northan, Chris	07:31:00			
Mabon, David	07:31:00			
Hannah, Suzie	07:31:20			
MacDonald, Pol	07:31:20			
Mullholland, Harry	07:31:40			
McInnes, Euan	07:32:00			
West, Peter	07:32:00			
Moar, Jocelyn	07:32:00			
Milne, Christine	07:32:00			
Malcolm, Stephen	07:32:20			
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			



### New to the 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	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>