

## 'Back to Basics' 10k 2020 RESULTS SHEET

Posn	Race No	Name	Surname	Club	Cat	Time	
			<b>Wave 1</b>				
1	1151	Sean	Chalmers	Inverness Harriers	Senior Male	29.55	Wave1
2	1153	Robbie	Simpson	Deeside Runners	Senior Male	30.07	Wave1
3	1152	Kenny	Wilson	Moray Road Runners	Senior Male	31.21	Wave1
4	1173	Aaron	Odentz	Aberdeen AAC	Senior Male	32.30	Wave1
5	1174	Gordon	Lennox	HHR	Senior Male	32.38	Wave1
6	1154	Ben	Livesey	RAF	Male 40	32.39	Wave1
7	1157	Ben	Ward	Metro Aberdeen	Senior Male	32.41	Wave1
8	1175	Sam	Griffin	Aberdeen AAC	Under 20 Male	32.53	Wave1
9	1155	James	Wilson	Moray Road Runners	Senior Male	32.57	Wave1
10	1158	Graham	Bee	Inverness Harriers	Senior Male	33.05	Wave1
11	1159	John	Newsom	Inverness Harriers	Senior Male	33.20	Wave1
12	1162	Lucas	Cairns	Inverness Harriers AAC	Under 20 Male	33.25	Wave1
13	1167	Eoghan	MacNamara	Aberdeen AAC	Senior Male	33.28	Wave1
14	1165	Keith	McIntyre	Fraserburgh	Senior Male	33.38	Wave1
15	1160	Tom	Roche	Jsk RC	Male 40	33.42	Wave1
16	1166	Shaun	Cumming	Highland Hill Runners	Senior Male	33.45	Wave1
17	1161	Chris	Richardson	Metro Aberdeen running cl	Senior Male	34.27	Wave1
18	1163	Angus	Smith	Inverness harriers	Under 20 Male	34.48	Wave1
19	1176	Fearghas	Thomson	Aberdeen AAC	Senior Male	34.49	Wave1
20	1168	James	Geddes	Inverness Harriers	Senior Male	35.04	Wave1
21	1170	Eoin	Coull	HHR	Male 40	35.06	Wave1
22	1172	Jenny	Bannerman	Inverness Harriers	Senior Female	35.08	Wave1
23	1171	William	Nicolson	HHR	Male 40	37.02	Wave1

## 'Back to Basics' 10k 2020 RESULTS SHEET

Wave 2							
1	1313	Steve	Sharpe	Forres harriers	Male 40	35.58	Wave 2
2	1319	Andrew	Rogan	N/A	Senior Male	37.08	Wave 2
3	1315	Catriona	Fraser	Inverness harriers	Senior Female	37.16	Wave 2
4	1316	Joshua	Milne	MRR	Under 20 Male	37.22	Wave 2
5	1321	Kirstie	Rogan	Moray Road Runners	Senior Female	37.36	Wave 2
6	1323	Robert	Maclean	Ross County AC	Senior Male	38.43	Wave 2
7	1317	Tom	McWilliam	Inverness harriers	Male 40	38.44	Wave 2
8	1322	Michelle	Slater	Moray Roadrunners	Female 40	39.04	Wave 2
9	1320	Andrew	Morgan	Forres Harriers	Senior Male	39.33	Wave 2
10	1324	Vikki	Thompson	Ross County	Senior Female	39.59	Wave 2
11	1334	Geoff	Main	Inverness Harriers	Male 40	40.13	Wave 2
12	1318	Sandy	MacKenzie	Ross County AC	Male 50	40.47	Wave 2
13	1333	Keith	Stewart	Moray Road Runners	Male 40	40.53	Wave 2
14	1332	Kirsty	Mitchell	Metro Aberdeen running cl	Senior Female	42.47	Wave 2
15	1328	Alex	Sutherland	Highland Hill Runners	Male 60+	44.23	Wave 2
16	1335	Grant	Symon	Forres Harriers	Male 40	44.30	Wave 2
17	1330	Johnstone	Johnstone Macpherson-Stewart	Free Style SC	Male 60+	52.57	Wave 2
18	1331	Joanna	Cairns	Inverness	Female 40	60.57	Wave 2
	1311	Calum	Sinclair	Peterhead Athletics Club	Senior Male	DNF	Wave 2

## 'Back to Basics' 10k 2020 RESULTS SHEET

OVERALL						
1	1151	Sean	Chalmers	Inverness Harriers	Senior Male	29.55
2	1153	Robbie	Simpson	Deeside Runners	Senior Male	30.07
3	1152	Kenny	Wilson	Moray Road Runners	Senior Male	31.21
4	1173	Aaron	Odentz	Aberdeen AAC	Senior Male	32.30
5	1174	Gordon	Lennox	HHR	Senior Male	32.38
6	1154	Ben	Livesey	RAF	Male 40	32.39
7	1157	Ben	Ward	Metro Aberdeen	Senior Male	32.41
8	1175	Sam	Griffin	Aberdeen AAC	Under 20 Male	32.53
9	1155	James	Wilson	Moray Road Runners	Senior Male	32.57
10	1158	Graham	Bee	Inverness Harriers	Senior Male	33.05
11	1159	John	Newsom	Inverness Harriers	Senior Male	33.20
12	1162	Lucas	Cairns	Inverness Harriers AAC	Under 20 Male	33.25
13	1167	Eoghan	MacNamara	Aberdeen AAC	Senior Male	33.28
14	1165	Keith	McIntyre	Fraserburgh	Senior Male	33.38
15	1160	Tom	Roche	Jsk RC	Male 40	33.42
16	1166	Shaun	Cumming	Highland Hill Runners	Senior Male	33.45
17	1161	Chris	Richardson	Metro Aberdeen running club	Senior Male	34.27
18	1163	Angus	Smith	Inverness harriers	Under 20 Male	34.48
19	1176	Fearghas	Thomson	Aberdeen AAC	Senior Male	34.49
20	1168	James	Geddes	Inverness Harriers	Senior Male	35.04
21	1170	Eoin	Coull	HHR	Male 40	35.06
22	1172	Jenny	Bannerman	Inverness Harriers	Senior Female	35.08
24	1313	Steve	Sharpe	Forres harriers	Male 40	35.58
23	1171	William	Nicolson	HHR	Male 40	37.02

## 'Back to Basics' 10k 2020 RESULTS SHEET

25	1319	Andrew	Rogan	N/A	Senior Male	37.08
26	1315	Catriona	Fraser	Inverness harriers	Senior Female	37.16
27	1316	Joshua	Milne	MRR	Under 20 Male	37.22
28	1321	Kirstie	Rogan	Moray Road Runners	Senior Female	37.36
29	1323	Robert	Maclean	Ross County AC	Senior Male	38.43
30	1317	Tom	McWilliam	Inverness harriers	Male 40	38.44
31	1322	Michelle	Slater	Moray Roadrunners	Female 40	39.04
32	1320	Andrew	Morgan	Forres Harriers	Senior Male	39.33
33	1324	Vikki	Thompson	Ross County	Senior Female	39.59
34	1334	Geoff	Main	Inverness Harriers	Male 40	40.13
35	1318	Sandy	MacKenzie	Ross County AC	Male 50	40.47
36	1333	Keith	Stewart	Moray Road Runners	Male 40	40.53
37	1332	Kirsty	Mitchell	Metro Aberdeen running cl	Senior Female	42.47
38	1328	Alex	Sutherland	Highland Hill Runners	Male 60+	44.23
39	1335	Grant	Symon	Forres Harriers	Male 40	44.30
40	1330	Johnstone	Johnstone Macpherson-Stewart	Free Style SC	Male 60+	52.57
41	1331	Joanna	Cairns	Inverness	Female 40	60.57
	1311	Calum	Sinclair	Peterhead Athletics Club	Senior Male	DNF