

FORRES 10K 2023

Posn	Race No	Name	Club	Cat	Time
1	157	Ross Gollan	East Sutherland Athletics Club	M	0:30:58
2	138	Lachlan Oates	Shettleston Harriers	M	0:31:29
3	6	Ben Livesey	Moray Road Runners	M40	0:33:50
4	133	Blair Mackay	East Sutherland AC	M	0:34:12
5	60	Craig Moar	Orkney Athletics And Running Club	M40	0:34:34
6	163	Gordon Lennox	HHR	M	0:34:52
7	156	Stuart Gardiner	Highland Hill Runners	M	0:34:57
8	162	Colin McRae	Moray Road Runners	M	0:35:38
9	79	Ryan McKenzie	Highland Hill Runners	M40	0:35:43
10	144	Gareth Jenkins	Moray Road Runners	M50	0:35:48
11	73	Mark Wilkins	Metro Aberdeen Running Club	M40	0:35:54
12	122	Darroch Anderson	Glasgow Uni Hares and Hounds	M	0:36:23
13	78	Sam Coull	Inverness Harriers	M	0:36:25
14	90	Bruce Evans	Forres Harriers	M	0:36:38
15	111	David Horne	Peterhead Athletics Club	M50	0:36:40
16	66	Ross Milne	Corstorphine AAC	M40	0:36:45
17	75	Christopher McCarron	Cambuslang Harriers	M	0:37:36
18	46	Norman Ferguson	Stornoway Running & Athletics Club	M	0:37:41
19	27	Sarah Attwood	Skye and lochalsh	F40	0:38:08
20	62	Tom Roche	JSK Running Club	M40	0:38:15
21	107	Jamie Axford-Pryse	0	M	0:38:20
22	70	Bryan Newlands	Wick Triathlon Club	M40	0:38:27
23	25	Alistair MacWilliam	Moray Road Runners	M	0:38:36
24	53	Gemma Cormack	Moray Road Runners	F	0:38:47
25	154	Paul Corbett	0	M	0:39:02
26	80	Gary McKay	Moray Road Runners	M	0:39:04
27	136	Paul Paterson	Inverness Harriers	M40	0:39:40
28	68	Lesley Hansen	Inverness harriers	F40	0:48:00
29	118	Joe Badham	Moray Road Runners	M	0:39:51
30	74	Alasdair Thomson	Inverness Harriers	M40	0:40:21
31	55	Tom McWilliam	Inverness Harriers	M50	0:40:47
32	29	Stuart Prentice	Nairn Road Runners	M	0:41:15
33	119	Paul Miller	Inverness Harriers	M50	0:41:36
34	92	Malcolm Lang	0	M40	0:41:46
35	37	Steven Ellis	0	M40	0:41:55
36	99	Graham Stephen	Moray Road Runners	M40	0:41:57
37	126	Stuart Macculloch	Inverness Harriers	M40	0:42:09
38	14	Jessica Haworth	Moray Road Runners	F	0:42:11
39	101	Jane Barker	Moray road runners	F50	0:42:13

40	146	Kevin Munro	Inverness Harriers	M40	0:42:48
41	50	Michael Savage	Forres Harriers	M40	0:42:51
42	161	Simon MacDonald	Moray Road Runners	M60	0:43:03
43	125	John Robertson	Peterhead Athletics Club	M60	0:43:16
44	104	Niall Cameron	0	M40	0:43:22
45	130	Julie Wilson	Edinburgh Athletics Club	F50	0:43:25
46	97	Mark Brumby	Forres Harriers	M40	0:43:33
47	44	Steve Mc Morrow	0	M40	0:43:46
48	33	Alex Sutherland	Inverness Harriers	M60	0:43:52
49	143	Elsbeth Jenkins	Moray Road Runners	F50	0:44:03
50	82	Rachel Gillies	Inverness Harriers A A C	F	0:44:11
51	148	Marie Third	Keith & District AAC	F40	0:44:30
52	150	Jordan Bowler	Forres Harriers	M50	0:44:32
53	127	Graham Whyte	0	M60	0:44:40
54	139	John MacLeod	Inverness Harriers	M50	0:44:48
55	1	Colin Cumming	Moray Road Runners	M40	0:45:32
56	42	Kasia Klonowska	Forres Harriers	F	0:45:38
57	120	Kellie Calder	Inverness harriers	F40	0:45:45
58	149	Gary Macfadyen	Forres Harriers	M50	0:45:52
59	105	RÃ³isÃn McAllister	0	F	0:46:43
60	124	Graeme Ambrose	Inverness Harriers	M60	0:46:44
61	109	Carl Davis	0	M	0:46:48
62	69	William Goodfellow	Moray Road Runners	M50	0:47:16
63	59	Paula Boon	Forres Harriers	F50	0:47:27
64	141	Grace Jenkins	Moray Road Runners	F	0:47:53
65	117	Roger Homyer	Highland Hill Runners	M60	0:47:59
66	108	Emma Bell	0	F	0:48:10
67	13	Lorraine Coull	Highland Hill Runners	F40	0:48:17
68	12	Tim Baxter	Forres Harriers	M50	0:48:22
69	51	Stewart Donald	0	M60	0:48:24
70	116	Anne Hewes	Moray Road Runners	F50	0:48:24
71	67	Mairi Milne	0	F40	0:49:02
72	151	Kevin Reid	0	M40	0:49:05
73	28	Robert Bruce	Moray Road Runners	M50	0:49:08
74	121	Asiya Cunningham	Inverness Harriers	F	0:49:16
75	45	Fraser Mackintosh	Highland Hill Runners	M50	0:49:17
76	49	Keri Cleaver	Forres Harriers	F50	0:49:17
77	165	Katrina Rowe	Forres Harriers	F	0:49:17
78	98	Paul Harvey	Forres Harriers	M50	0:49:19
79	100	Ian Barker	Moray road runners	M60	0:49:21
80	83	Simon King	Moray Road Runners	M40	0:49:32
81	61	Tilia Maas Geesteranus	0	F40	0:49:44
82	8	Jennifer Bremner	North Highland Harriers	F60	0:50:00
83	145	Rebecca Nankivell	East Sutherland Athletics Club	F50	0:50:14

84	52	Jude Colligan	Highland Hill Runners	F40	0:50:40
85	95	Glen Chalmers	Newburgh Dunes RC	M40	0:51:07
86	96	Caris Strachan	Newburgh Dunes RC	F	0:51:07
87	86	Andrew Donegan	Moray Road Runners	M50	0:51:34
88	147	Paul Matheson	0	M	0:51:54
89	131	Fraser MacBeath	0	M	0:52:02
90	36	Gavin Lee	Inverness Harriers	M60	0:52:11
91	115	Neil Robertson	0	M60	0:52:20
92	16	Steve Donaghy	Moray Road Runners	M50	0:52:33
93	31	Dianne Dunn	0	F	0:52:46
94	30	James Thomson	0	M	0:53:24
95	47	Gary Urquhart	East Sutherland Athletics Club	M40	0:53:29
96	4	Stephen Taylor	0	M	0:54:02
97	63	malcolm hinsley	Cairngorm Runners	M60	0:54:12
98	87	Dave Mathers	Moray road runners	M60	0:54:41
99	24	Fiona Mackay	Inverness Harriers	F60	0:54:50
100	76	Craig Harris	0	M40	0:54:56
101	123	Phill Thompson	Moray Road Runners	M60	0:55:07
102	103	Mike Raish	Moray Road Runners	M50	0:55:10
103	10	Alan Richardson	Falkland Trail Runners	M50	0:55:25
104	20	Karen McLauchlan	0	F	0:55:35
105	89	Gavin Macdonald	0	M40	0:56:12
106	155	Amy MacRae	0	F40	0:56:15
107	22	Michael Gregson	0	M60	0:56:29
108	110	Sue Whisler	Strathearn Harriers	F60	0:56:39
109	102	Peter Thomson	Ross County Athletics Club	M	0:57:13
110	128	Beverley Caudle	0	F50	0:57:28
111	129	Grace Caudle	0	F	0:57:29
112	7	Graeme Bremner	North Highland Harriers	M50	0:58:23
113	58	Amanda Strang	Moray Road Runners	F50	0:58:31
114	134	Christopher Neal	0	M50	0:58:38
115	113	Margaret Jones	Nairn Road Runners	F60	0:59:00
116	158	Donna Richardson	Moray Road Runners	F40	0:59:12
117	84	Anna King	Moray Road Runners	F40	0:59:12
118	114	Tina Jamieson	Inverness Harriers	F	0:59:14
119	132	Oliver Bell	0	M	0:59:25
120	135	John Mitchell	Forres Harriers	M50	0:59:46
121	85	Catherine Donegan	Moray Road Runners	F50	1:00:04
122	39	Liz Forbes	Inverness Harriers	F60	1:00:06
123	41	Kenneth Bews	0	M60	1:02:19
124	57	Roddie Shepherd	0	M60	1:02:55
125	159	Sarah Holmes	0	F40	1:04:15
126	137	Gillian Brandon	0	F40	1:04:31
127	140	Nicola Madej	0	F40	1:04:31

128	152	Mhairi Sweeney	Highland Hill Runners	F	1:04:32
129	18	Deborah Stewart	0	F	1:05:08
130	11	Katy Mcleod	Falkland Trail Runners	F40	1:06:06
131	112	Lorna Fife	Highland Hill Runners	F50	1:06:30
132	65	Suzanne Stewart	Nairn Road Runners	F50	1:07:21
133	15	Maureen Mackie	Nairn Road Runners	F50	1:07:22
134	71	Susan Turner	Nairn Road Runners	F50	1:07:22
135	5	Malcolm Christie	Elgin AAC	M60	1:07:44
136	23	JUDY GILMOUR	0	F60	1:08:37
137	81	Emma Whitelaw	Coastal Runners	F	1:09:58