

# THE DYKE 10K 2013 RESULTS SHEET

Posn	Race No	First name	Surname	Club	Cat	Time
1	279	Gordon	Lennox	Forres Harriers	M	34.09
2	215	Stan	MacKenzie	Forres Harriers	M50	34.18
3	266	Gareth	Jenkins	Moray Road Runners	M40	34.44
4	238	Kenny	Wilson	Moray Road Runners	M	35.02
5	202	David	Allworthy	Colchester Harriers AC	M	35.33
6	287	Paul	Murdoch	Keith and District	M	35.54
7	273	James	Tullie	Cairngorm Runners	M	36.12
8	226	Lewis	Sim	Moray Road Runners	M	36.16
9	257	Lloyd	Gallantree	Forres Harriers	M50	36.23
10	283	Paul	Taylor	Moray Road Runners	M	36.34
11	239	Ray	Creswell	Aberdeen AAC	M50	37.09
12	254	Paul	Miller	Inverness Harriers	M40	37.20
13	334	Jenny	Bannerman	Inverness Harriers	W	37.24
14	235	Steven	Wright	Forres Harriers	M40	37.39
15	269	John	Goodall	Keith and District	M50	37.47
16	275	Tim	Cooke	Inverness Harriers	M40	38.28
17	210	Colin	Green	Moray Road Runners	M40	38.52
18	216	Jonny	Macleod	Inverness Harriers	M	38.58
19	282	Kevin	Ewing	Keith and District	M40	39.16
20	291	Rab	Murray	The Darkside	M40	39.20
21	255	Geoffrey	Main	Nairn Road Runners	M40	39.24
22	227	George	Sim	Moray Road Runners	M60	39.53
23	250	Andrew	Crichton	Metro Aberdeen	M	39.56
24	244	Ross	Cairns	Inverness Harriers	M	40.09
25	263	Graeme	Macleod	Nairn Road Runners	M	40.14
26	265	Iain	Blackburn	Nairn Road Runners	M	40.17
27	253	Jordan	Stewart	Keith and District	M	40.21
28	268	Graham	Whyte	Highland Hill Runners	M50	40.36
29	213	Gregory	Lawrence	Unattached	M40	40.37
30	271	Alex	Sutherland	Inverness Harriers	M60	40.41
31	286	John Paul	Downey	Moray Road Runners	M	40.51
32	256	Stephen	Fraser	Nairn Road Runners	M40	40.51
33	252	Graeme	Jervis	Forres Harriers	M50	41.15
34	280	Dave	Mathers	Keith and District	M50	41.23
35	206	Peter	Fraser	Inverness Harriers	M	41.39
36	342	Roma	Shepherd	Inverness Harriers	W	41.44
37	267	Billy	Skinner	Inverness Harriers	M40	41.45
38	277	Duncan	Abernethy	Fraserburgh Running Club	M40	41.46
39	350	Jessica	Tullie	Cairngorm Runners	W	41.59

40	240	Graham	Harcus	Moray Road Runners	M50	42.07
41	237	Andrew	Barr	Forres Harriers	M	42.09
42	274	Gary	MacFadyen	Forres Harriers	M40	42.11
43	248	Simon	Garland	Unattached	M40	42.18
44	236	Hamish	Cameron	Forres Harriers	M60	42.25
45	225	Campbell	Scott	Unattached	M40	43.11
46	284	Ross	Macleod	Forres Harriers	M	43.15
47	290	Gary	Henderson	Unattached	M50	43.31
48	276	Gordon	Main	Nairn Road Runners	M50	43.40
49	270	Finlay	Pennington	Muir of Ord Jogscotland	M	43.42
50	246	Richard	Roberts	Muir of Ord Jogscotland	M50	43.44
51	233	Nigel	Williams	Unattached	M40	44.22
52	314	Caroline	Marwick	Unattached	W	44.37
53	281	David	Godfrey	Unattached	M40	45.05
54	333	Eliza	Bonsall	Forres Harriers	W	45.11
55	288	Glenn	Buchan	Unattached	M	45.13
56	214	William	Leitch	Nairn Road Runners	M	45.23
57	230	Jeremy	Thornhill	Unattached	M	45.30
58	228	Barry	Stables	Unattached	M	45.32
59	234	Andy	Wonnacott	Forres Harriers	M40	45.38
60	217	Gordon	Masson	Unattached	M	45.51
61	315	Jackie	Nicol	Forres Harriers	W50	45.57
62	207	Mike	Gage	Muir of Ord Jogscotland	M60	46.20
63	337	Isla	French	Garioch Road Runners	W	46.24
64	229	Thomas	Summerscales	Unattached	M60	46.27
65	205	Brian	Ferry	Unattached	M	46.29
66	349	Sarah	Houston	Moray Road Runners	W50	46.34
67	203	Martin	Bain	Dufftown JogScotland	M	46.42
68	264	Andrew	Taylor	Unattached	M	46.59
69	201	Stuart	Abel	Unattached	M	47.20
70	300	Elena	Abel	Unattached	W	47.20
71	211	Paul	Hughes	Forres Harriers	M40	47.21
72	260	Phil	Dawson	Garioch Road Runners	M40	47.35
73	285	Barrie	Thomson	Unattached	M	47.45
74	327	Elizabeth	Watson	Forres Harriers	W50	48.03
75	318	Jodi	Sharpe	Inverness Jog Scotland	W40	48.10
76	219	William	Merchant	Unattached	M40	48.20
77	245	Jamie	Caine	Unattached	M	48.21
78	321	Laura	Stott Allworthy	Colchester Harriers AC	W	48.25
79	335	Jenny	Bryce	Nairn Road Runners	W40	48.27
80	324	Irina	Thompson	Moray Road Runners	W	48.41
81	241	Peter	Ralph	Nairn Road Runners	M40	48.49
82	262	Ian	Cran	Garioch Road Runners	M50	48.54
83	222	Richie	Paul	Unattached	M	48.57

84	352	Morag	Thompson	Fraserburgh Running Club	W	49.07
85	218	John	McCook	Spey Runners	M	49.14
86	259	David	Nicoll	Unattached	M40	49.15
87	353	Ros	Wright	Forres Harriers	W50	49.26
88	343	Gillian	Grant	Unattached	W	49.32
89	317	Mhairi	Polson	Keith and District	W	49.41
90	316	Karen	Norvell	Moray Road Runners	W40	49.47
91	289	Ron	Wild	Keith and District	M50	49.55
92	220	Alan	Morris	Unattached	M50	50.10
93	241	Peter	Ralph	Nairn Road Runners	M40	50.26
94	221	Christopher	Officer	Deeside Runners	M	50.39
95	243	John	Holloway	Forres Harriers	M50	50.47
96	278	Keith	Bannerman	Fraserburgh Running Club	M50	50.59
97	258	Toks	Osunrinade	Unattached	M40	51.08
98	322	Amanda	Strang	Moray Road Runners	W40	51.16
99	246	Richard	Roberts	Muir of Ord JogScotland	M50	51.32
100	354	Keedy	Noble	Forres Harriers	W	51.52
101	356	Nadine	Williams	Forres Harriers	W40	52.01
102	261	Steve	Waites	Garioch Road Runners	M50	52.09
103	347	Lisa	MacRae	Unattached	W	52.21
104	336	Fiona	Mackay	Inverness Harriers	W50	52.50
105	209	Andy	Green	Nairn Road Runners	M40	52.53
106	307	Anne	Docherty	Forres Harriers	W60	53.10
107	338	Gillian	Watt	Garioch Road Runners	W50	53.14
108	272	Alan	Halliday	Moravian Orienteers	M50	53.17
109	344	Anni	Johnstone	Forres Harriers	W50	53.24
110	251	Dale	Stephen	Forres Harriers	M	53.46
111	249	Billy	Hardie	Forres JogScotland	M60	53.52
112	332	Elaine	Schiavone	Forres JogScotland	W50	53.52
113	208	James	Graham	Nairn Road Runners	M60	54.01
114	351	Alison	West	Fraserburgh Running Club	W	54.45
115	319	Shona	Spencer	Forres Harriers	W40	55.21
116	340	Carol	Murphy	Forres Harriers	W50	55.24
117	204	Malcolm	Christie	Elgin AAC	M50	55.55
118	346	Carol	Simmonds	Unattached	W50	56.14
119	305	Jenni	Coelho	Moray Road Runners	W40	56.37
120	330	Averil	Lamont	Inverness Harriers	W60	56.51
121	331	Shona	Morrison	Elgin JogScotland	W50	56.59
122	304	Norma	Breathet	Nairn Road Runners	W40	58.04
123	310	Val	Gage	Muir of Ord JogScotland	W60	60.43
124	231	Michael	Thornton	Unattached	M	61.42
125	357	Clare	Rhind	Nairn Road Runners	W50	62.53
126	328	Kerrie	Couper	Unattached	W	64.18
127	301	Helen	Apps	Inverness Leisure JogScotland	W50	64.18
128	326	Nicola	Williamson	Nairn Road Runners	W40	64.27

129	341	Anita	Nicol	Nairn Road Runners	W40	64.27
130	345	Christine	Simmons	Unattached	W50	66.01
131	339	Donna	Dallas	Nairn Road Runners	W40	67.27
132	348	Julie	Green	Nairn Road Runners	W40	68.15
133	311	Gaynor	Godfrey	Forres JogScotland	W40	68.51
134	325	Jackie	Verner	Unattached	W40	69.04
135	309	Erica	Ferguson	Forres Jog Scotland	W50	69.49
136	323	Joyce	Sutherland	Forres Jog Scotland	W40	69.49
137	355	Sheila	Henderson	Lossie Jogscotland	W50	71.01
138	329	Helen	Low	Moray Road Runners	W40	71.01
139	312	Shona	Mackay	Forres JogScotland	W	71.05
140	320	Mandy	Stephen	Forres Jog Scotland	W40	71.56
141	303	Maggie	Bell	Forres JogScotland	W60	77.44
142	302	Margaret	Atherton	Forres JogScotland	W50	80.48