

Kinross Road Runners - 2019 Winter parkrun series

		Lochore			Perth			Dunfermline			Kirkcaldy			St Andrews			Loch Leven												
parkrunner	Age cat	Volunteer	September			October				November					December					January				Qualifying runs	Average best time	Series time	Final standing		
			14th	21st	28th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	7th	14th	21st	25th	28th	1st	1st	4th	11th						
Laura MUNCHEY	FSen	23-Nov				24:25		24:17	23:43	23:06						23:35	23:56	22:46		22:38			24:29	23:18	4	23:11	92:45	1st FSen	
Verity THWAITES	FSen	19-Oct		25:12				39:25	25:51				27:04			34:58	31:47			29:19			35:28		4	26:30	105:59		
Jillian GORDON	FV40	30-Nov		20:22				20:16			20:44	20:30	21:26										21:06	20:37	4	20:33	82:14	1st overall	
Fiona NISBET	FV40	23-Nov	21:44		22:10			21:30				21:07				21:18	22:56						40:02		4	21:25	85:39	2nd overall	
Amanda RENNIE	FV40	21-Dec	24:00	24:36	24:04		25:16	24:22		24:09	24:10		23:40	25:33					29:15		26:55	27:41		26:11	4	24:56	99:43	1st FV40	
Lucy FRASER	FV40	01-Jan	26:34		26:13	25:55				25:08	24:47	27:33		26:53					26:25	25:06	26:32			25:17	27:52	4	25:16	101:05	
Isla CRAIG	FV40	30-Nov	26:09	36:51	26:27			27:09	26:21		26:55		26:55			26:58	35:10	26:47					27:33		4	26:36	106:23		
Kirsty GRAY	FV50	02-Nov	24:34	23:42	23:41		29:01	24:16	23:38		24:41	23:50	24:41	24:21						23:37	23:09	25:24	23:42	22:01		4	23:09	92:38	1st FV50
Val FINDLAY	FV50	05-Oct	24:56				25:58		24:38		25:17	25:28	26:17	25:11	24:48		25:43		25:52			25:13	27:17	4	24:54	99:35			
Wendy GRIEVE	FV50	28-Sep				24:55	26:08						25:27	25:34	25:22		28:00	29:15	24:55	26:55	27:41	24:54	26:55	4	25:23	101:31			
Judith DOBSON	FV60	12-Oct		23:37		22:51				23:20						22:42		22:31		22:59			23:03		4	23:03	92:13	3rd overall	
Allison SMITH	FV60	28-Sep	27:28					28:19					27:46			28:10							29:03	29:57	4	28:07	112:27	1st FV60	
Anne MACINTYRE	FV60	19-Oct				28:46	28:56				28:42					28:22							29:32	30:25	4	28:51	115:22		
Alison HOUSTON	FV60	21-Sep						30:02			29:06	29:10	28:38	28:45						29:17			28:42	29:31	4	29:22	117:28		
Helen SINCLAIR	FV60	02-Nov		30:50	30:40	29:51	30:08		29:29		31:14	29:53	30:29	29:18	29:35	30:17	30:12					29:57		4	30:04	120:15			
Martin HILL	MSen	07-Dec		19:13					19:12		18:58					19:38						19:27		4	19:12	76:50	3rd overall		
Sandy FRECK	MSen	02-Nov						21:38	21:27		20:44	21:04	22:10		20:29				20:39			21:29		4	21:02	84:09	1st Msen		
Scott STRACHAN	MV40	21-Dec	17:13	19:18		26:08		24:39	18:05	21:24	22:49		19:56			31:45		32:13	19:09			23:49	18:15	20:47	4	18:10	72:42	1st overall	
Matt NEWTON	MV40	07-Dec		18:54	19:02			19:00		18:20							19:24	18:24	18:50			19:02		18:03	4	18:32	74:07	2nd overall	
Paul BAUGHAN	MV40	21-Sep	22:50	37:44		22:36					22:25		22:26			24:21						23:58			4	23:03	92:12	1st MV40	
Duncan GRAY	MV40	19-Oct	25:48				28:23		26:30		26:17	25:36	27:24	25:46	25:47		26:41		26:28	27:31	27:43	24:53		4	25:31	102:04			
Rob ASKEW	MV40	14-Dec	29:00	28:20	27:31		27:52		27:06	27:03			26:23	26:27				28:01		28:08	29:46	27:09	28:16	4	27:14	108:55			
Andrew AIRD	MV40	21-Sep		29:36	29:02			41:34	41:21	33:48					39:07		33:04	49:29		33:12	34:58			4	34:19	137:15			
Gavin ORR	MV50	23-Nov	20:41			20:09					20:46		20:30						20:06			22:18			4	20:22	81:26	1st MV50	
Paul ALLCOAT	MV50	19-Oct						20:57					20:05	20:34				26:14	21:50			20:59	21:09	4	20:39	82:35			
Rob NIVEN	MV50	28-Dec			21:56	21:49		22:10	40:17	22:20	21:57	21:55	22:02	22:29		21:18	23:03		44:14			21:51	21:08	4	21:33	86:10			
Richard POOL	MV50	02-Nov		25:47				25:12	24:06		23:32	23:59	25:28	23:08	22:56	26:01			23:53		23:38	22:14		4	23:12	92:48			
Graeme MALCOLM	MV50	12-Oct		24:57		24:36			24:26		24:59		43:06				23:56		26:52				26:25	4	24:37	98:28			
Stuart DOBSON	MV60	19-Oct	26:40	26:15		26:18	27:26			27:36			27:55		27:04		26:21					26:58		4	26:39	106:35	1st MV60		
Geoff BILTON	MV60	19-Oct	27:24	26:53	28:07					27:02		27:08	28:14	28:12		30:24			29:07	27:55		26:44	29:30	4	27:52	111:27			
Peter EDGERTON	MV60	30-Nov	30:05	32:31					29:40		32:01		32:50		33:29										4	32:07	128:30		
David HOUSTON	MV70	30-Nov		27:40				28:04			28:21	27:21	27:06		27:21		28:17				27:57	28:46		4	27:33	110:11	1st MV70		
Bill NOUILLAN	MV80	09-Nov	37:55	37:30	37:28	37:58	38:07	38:34		37:03		37:12	36:07		37:45		42:44					38:57			4	37:36	150:23	1st MV80	

