

**Moffat 4 mile "Fun" Run**

**30<sup>th</sup> June 2015**

**Weather: Very warm!!**

Runner	Time
1. Kevin Plummer	25.37
2. Andy Render	25.56
3. Mark Walton	28.35
4. Joe Boardman	28.54
5. John Green	29.08
6. Ernie Bryden	29.51
7. Gordon Vivers	30.27
8. John Murphy	31.29
9. Liz Dawson	32.52
10. Janet Priestley	33.55
11. Alan Cameron	35.34
12. Alan Creighton	35.43
13. Linda Minto	40.55
14. Catherine Jackson	40.55
15. Yvonne Kerr	41.50
16. Linda Cameron	42.09
17. Sam Taylor	42.53
18. Art Seddon	42.53

Many thanks to Jim Buchanan and Elaine Walton for timekeeping.

Great to see everyone turn out for a run on a pleasant summer's evening – doing short runs such as this is a great way to develop speed endurance and to test out your aerobic fitness.