

3k on the Green		26/10/2018			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Jonathan Roebuck	Senior	M	MRF	00:09:23	78.53%
2	Kieran Cooper	Senior	M		00:09:26	80.39%
3	Jason Bell	Senior	M	Helensburgh AC	00:09:34	76.66%
4	Iain Burns	M35	M	Bellahouston Roadrunners	00:09:48	78.59%
5	Colin Whitby	M35	M	Irvine Running Club	00:09:56	75.88%
6	Daniel Lowe	Senior	M	Shettleston Harriers	00:10:02	73.16%
7	Steven Prentice	M40	M	Bellahouston Harriers	00:10:05	79.32%
8	Richard Cooper	M45	M		00:10:11	80.39%
9	Co Post	M45	M	Altis	00:10:12	79.01%
10	Andrew McCafferty	Senior	M		00:10:23	71.77%
11	John Paul Murphy	M40	M	Cambuslang Harriers	00:10:25	74.49%
12	Paul Kernohan	M40	M	Cambuslang Harriers	00:10:26	74.93%
13	Craig Holmes	M40	M		00:10:34	73.43%
14	Adam Gamble	Senior	M	Carnethy HRC	00:10:35	69.46%
15	Mark Preston	M35	M	North Ayrshire AC	00:10:40	70.24%
16	Garth Whitaker	Senior	M		00:10:43	69.23%
17	Neil Smith	M40	M		00:10:44	72.84%
18	Andrew Foggo	Senior	M		00:10:44	68.32%
19	Fraser McPhail	M45	M	Troon Tortoises	00:10:45	75.56%
20	Graeme Gemmell	M50	M		00:10:46	79.79%
21	Ronan Beale	Senior	M	Bellahouston Roadrunners	00:10:49	68.90%
22	Dave Thom	M55	M	Cambuslang Harriers	00:10:50	82.71%
23	Paul Elliot	M35	M		00:10:50	69.16%
24	Andrew Dodson	M35	M		00:10:54	69.63%
25	Iain Mcfarlane	M35	M		00:10:55	70.56%
26	Jamie Robinson	Senior	M		00:10:58	67.96%
27	Scott Coulter	Senior	M	Maryhill Harriers	00:11:02	66.47%
28	Thomas Litjeng	Senior	M		00:11:04	66.98%
29	Philip Knight	M50	M		00:11:05	75.64%
30	Bruce Smith	M50	M	Carnethy HRC	00:11:14	77.12%
31	Henry Merriweather	M45	M	Bellahouston Roadrunners	00:11:16	72.66%
32	Ivan Fernandez	M40	M		00:11:23	69.72%
33	Benjamin Post	Junior	M	Altis	00:11:28	75.83%
34	Cameron Burt	Senior	M		00:11:30	64.08%
35	Niall Ferguson	Senior	M		00:11:31	63.70%
36	Alastair Drummond	M40	M	Newton Road Runners	00:11:33	67.69%
37	Alastair MacLachlan	M55	M	Bellahouston Roadrunners	00:11:34	78.15%
38	John Hughes	M60	M	Motherwell AC	00:11:35	79.41%
39	Neil Scott	M35	M		00:11:37	66.30%
40	Stuart Donald	M35	M	Garscube Harriers	00:11:39	64.31%
41	Colin Anderson	M40	M		00:11:41	67.93%
42	Jack Bryant	M40	M		00:11:48	67.78%
43	Carlos Gonzalez	M35	M		00:11:50	64.14%
44	Arthur Duggan	M45	M	Motherwell AC	00:11:51	68.01%
45	Gillian Blee	W35	F		00:11:54	71.96%
46	Steven Grant	M45	M		00:12:01	67.60%
47	Peter Cummings	Senior	M		00:12:05	61.68%
48	Scott Angus	M40	M		00:12:12	64.08%
49	David Hoolaghan	M35	M	Motherwell AC	00:12:15	62.88%
50	Stephen O'Neil	M50	M	Glasgow South Road Runners	00:12:16	69.47%

51	Stephen Wright	M40	M		00:12:19	63.00%
52	Lesley McArdle	Senior	F		00:12:21	68.11%
53	Jason Rae	Senior	M		00:12:25	59.06%
54	Alasdair Beaton	M35	M		00:12:26	60.26%
55	Stuart McColm	M50	M	Ayr Seaforth	00:12:29	67.16%
56	Marianne Wilson	W40	F	North Highland Harriers	00:12:30	70.60%
57	Ronnie Pollock	M40	M		00:12:32	63.32%
58	Mirek Rousal	Senior	M		00:12:33	58.89%
59	Simon Barrett	M40	M	West End Road Runners	00:12:36	62.05%
60	Erica Christie	W60	F		00:12:37	91.72%
61	Linda Woodcraft	W40	F		00:12:38	69.25%
62	Peter McMaster	M35	M		00:12:41	60.28%
63	Cordelia O'Neill	W35	F	West End Road Runners	00:12:43	66.64%
64	Scott MacKintosh	M35	M	Bellahouston Roadrunners	00:12:44	60.49%
65	Gordon Gallacher	M45	M	Bellahouston Harriers	00:12:50	64.29%
66	Paul McCrorie	Senior	M		00:12:50	57.81%
67	Ian Campbell	M65	M	Erskine Jogging Buddies	00:12:52	75.49%
68	Maria Doherty	W50	F	Glasgow South Road Runners	00:12:54	76.95%
69	Brian Hughes	M60	M	Cambuslang Harriers	00:12:57	71.66%
70	Nicola Stevenson	Senior	F	Greenock Glenpark Harriers	00:12:58	64.45%
71	Philip McCluskey	M50	M	Houghton Harriers	00:13:14	64.39%
72	Cheryl Thomas	W35	F	Greenock Glenpark Harriers	00:13:18	64.39%
73	Kevin Gilfillan	M35	M	Garscube Harriers	00:13:20	57.77%
74	Stuart MacDonald	M55	M	Bellahouston Harriers	00:13:25	65.11%
75	Frances Brannan	W45	F		00:13:27	71.05%
76	Lorna Coyle	W55	F	Greenock Glenpark Harriers	00:13:28	82.21%
77	Samuel Post	Junior	M	Altis	00:13:32	68.71%
78	David Fernie	M45	M		00:13:45	59.08%
79	Peter Ogden	M65	M	Cambuslang Harriers	00:13:48	71.05%
80	Kenny Weir	M65	M		00:13:49	69.65%
81	Fiona Macfarlane	W40	F	Greenock Glenpark Harriers	00:13:49	63.87%
82	Mark Ramage	Senior	M		00:14:06	52.14%
83	Ian MacKay	M50	M		00:14:07	60.86%
84	Lauren Elsie White	Senior	F		00:14:11	58.92%
85	Ada Stewart	W55	F	Kirkintilloch Olympians	00:14:12	73.71%
86	Scott Gallacher	M35	M		00:14:19	53.80%
87	Fiona Thomson	Senior	F		00:14:20	58.88%
88	Shirley McNab	W50	F	Kirkintilloch Olympians	00:14:20	72.05%
89	Linda Cunningham	W50	F		00:14:38	66.97%
90	Melanie Carmichael	Senior	F		00:14:41	57.13%
91	Tom Keenan	M60	M	Bellahouston Harriers	00:14:42	63.70%
92	William Mitchell	M70	M	Cambuslang Harriers	00:14:44	68.01%
93	Sharyn Ramage	W55	F	Edinburgh City	00:14:56	71.06%
94	Margaret Hutchinson	W50	F		00:14:58	66.32%
95	Andrew Brennan	M50	M		00:14:59	55.95%
96	Lizzie Hamilton	Senior	F		00:15:07	55.32%
97	Carol Keenan	W60	F	Bellahouston Harriers	00:15:57	71.47%
98	Liz Deans	W55	F	grl	00:16:01	67.19%
99	Elaine Campbell	W60	F	Glasgow South Road Runners	00:16:04	73.12%
100	Nicola Dolan	W35	F		00:16:05	52.95%
101	Kim Forbes	W60	F	Scottish Veteran Harriers	00:16:10	70.51%
102	Rachel Goslan	W40	F		00:16:14	54.88%
103	Jillian Oates	Senior	F		00:16:15	51.53%

104	Dave Slater	M40	M	Christian Runners UK	00:16:22	48.13%
105	Marta Oleszczuk	W35	F		00:16:38	51.48%
106	Lorraine Souter	W40	F		00:17:37	51.68%
107	Clare Thomas	W45	F		00:17:37	54.25%
108	Eve Myles	W40	F	Altis	00:17:42	49.86%
109	John Softley	M65	M	Bellahouston Harriers	00:19:04	51.96%
110	Cecilia Heron	W70	F		00:28:25	46.30%