

3k on the Green		30/08/2019			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Miguel Delgado Sillero	Senior	M		00:09:14	79.81%
2	Shaun Butler	M35	M	Cambuslang Harriers	00:09:17	80.71%
3	Jonathan Roebuck	Senior	M	MRF	00:09:18	79.47%
4	Jason Bell	Senior	M	Helensburgh AC	00:09:20	78.57%
5	Jack Letson	M35	M	Inverclyde AC	00:09:24	81.94%
6	Grant Murphy	Senior	M	Bellahouston Roadrunners	00:09:25	78.49%
7	Colin Whitby	M35	M	Irvine Running Club	00:09:26	80.46%
8	Richard Carr	Senior	M	Cambuslang Harriers	00:09:28	78.72%
9	Graham McCabe	M45	M	Kirkintilloch Olympians	00:09:45	84.62%
10	Cris Welsh	M45	M	Giffnock North	00:09:46	83.82%
11	Iain Carroll	M40	M		00:09:47	79.91%
12	Steven Prentice	M45	M	Bellahouston Harriers	00:09:58	80.86%
13	Iain McDonald	M35	M		00:10:00	74.92%
14	Richard Cooper	M45	M	Cambuslang Harriers	00:10:03	82.10%
15	Bryan Mulgrew	Senior	M	Bellahouston Roadrunners	00:10:05	73.08%
16	Scott Partyka	Senior	M		00:10:13	72.12%
17	Ronan Beale	M35	M	Bellahouston Roadrunners	00:10:16	72.98%
18	Gregor Gudgeon	M35	M	Dunblane Runners	00:10:23	73.10%
19	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:10:28	70.07%
20	Stephen Kelly	Senior	M	MRF	00:10:39	69.98%
21	Kenny Morrice	M35	M		00:10:41	72.10%
22	David Thomson	Senior	M	East Kilbride AC	00:10:43	69.23%
23	Robert Churchill	M35	M	West End Road Runners	00:10:45	71.65%
24	Andrew Holloway	Senior	M		00:10:47	68.33%
25	Patrick Gibbons	M40	M	Helensburgh	00:10:48	72.93%
26	Owen Murphy	M35	M	Kirkintilloch Olympians	00:10:49	70.17%
27	Matt MacDonald	M40	M		00:10:50	71.62%
28	Fiona Matheson	W55	F	Falkirk Victoria	00:10:51	100.59%
29	Jonny Moran	M40	M	Bellahouston Roadrunners	00:10:54	72.26%
30	Raymond Farrell	M45	M		00:10:54	76.31%
31	Dave Thom	M55	M	Cambuslang Harriers	00:10:56	82.67%
32	Jamie Robinson	M35	M	Bellahouston Roadrunners	00:10:57	68.42%
33	Graeme Little	M40	M	Kirkintilloch Olympians	00:10:59	71.72%
34	Stephen Craig	Senior	M	Garscube Harriers	00:11:02	66.99%
35	Graeme Dean	Senior	M		00:11:06	67.14%
36	David Eames	M35	M	Bellahouston Harriers	00:11:07	67.40%
37	Gary Mitchell	M50	M	Kirkintilloch Olympians	00:11:08	75.92%
38	Cameron Oliphant	M45	M		00:11:12	71.96%
39	Chris Bell	M40	M	Kilbarchan	00:11:14	70.65%
40	William Martin	M45	M		00:11:15	73.34%
41	Louise Ross	W40	F	Bellahouston Roadrunners	00:11:15	79.19%
42	Ronnie Hart	M45	M	Bellahouston Roadrunners	00:11:17	73.12%
43	Grant Matheson	M55	M	Falkirk Victoria	00:11:17	78.74%
44	Ed White	Senior	M	Glasgow Fronrunners	00:11:18	65.95%
45	David Stewart	M35	M	Bellahouston Roadrunners	00:11:18	67.17%
46	Alan Strang	M40	M	Motherwell AC	00:11:20	70.57%
47	William Reid	M55	M		00:11:21	79.64%
48	Chris Ashe	Senior	M	Kirkintilloch Olympians	00:11:24	65.37%
49	James McGreevy	M35	M	Bellahouston Roadrunners	00:11:25	66.48%
50	Allan Stewart	Senior	M	Kilbarchan	00:11:26	65.18%
51	Simon Gold	M40	M	Cambuslang Harriers	00:11:27	68.79%

52	Henry Merriweather	M45	M	Bellahouston Roadrunners	00:11:30	71.75%
53	Gillian Blee	W35	F	Garscube Harriers	00:11:32	74.72%
54	Barry Weatherston	M35	M		00:11:38	64.40%
55	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:40	78.15%
56	Paul Housley	M35	M		00:11:43	65.74%
57	Lee Shaw	Senior	M	Irvine Running Club	00:11:46	62.35%
58	Craig Brown	M45	M	Garscube Harriers	00:11:48	69.38%
59	Scott MacKintosh	M40	M	Bellahouston Roadrunners	00:11:52	65.39%
60	Stuart Peacock	M35	M		00:11:56	64.07%
61	Ross Gilmour	M35	M		00:11:57	63.08%
62	Jamie Slater	Senior	M	Glasgow Fronrunners	00:11:57	61.37%
63	Craig Palmer	Senior	M		00:11:58	61.76%
64	Katherine Hylands	Senior	F	Bellahouston Harriers	00:12:00	70.10%
65	Martin Murphy	M45	M	Bellahouston Roadrunners	00:12:01	67.07%
66	Ross MacKenzie	M35	M		00:12:01	62.35%
67	Kenny Hogg	M45	M		00:12:02	66.98%
68	James McLaughlin	M50	M	Cambuslang Harriers	00:12:04	71.79%
69	Paul Hunter	M45	M		00:12:06	66.61%
70	Rob Gallacher	M35	M		00:12:09	62.47%
71	Iain Aird	M40	M		00:12:09	64.35%
72	Colin Anderson	M40	M		00:12:10	65.23%
73	Nicola Dawson	W35	F	Glasgow Tri Club	00:12:11	71.24%
74	Martin Kay	M40	M	Law & District	00:12:13	64.48%
75	Tom Ferris	M50	M	Bellahouston Roadrunners	00:12:14	68.53%
76	John Cunningham	M50	M	Bellahouston Harriers	00:12:14	68.53%
77	Loic Jacob	Senior	M		00:12:15	59.86%
78	Brian Wilson	M35	M		00:12:16	62.33%
79	Lynsey Parker	W40	F	Maryhill Harriers	00:12:17	71.84%
80	Scott Angus	M40	M		00:12:20	63.39%
81	Nick Inglis	M35	M		00:12:23	60.50%
82	Peter McMaster	M35	M		00:12:29	61.70%
83	Stephen Hanley	Senior	M	Greenock Glenpark Harriers	00:12:30	58.95%
84	Alasdair Beaton	M35	M		00:12:30	60.30%
85	David Telfer	M35	M		00:12:31	59.86%
86	Mhairi Gervais	W35	F	Bellahouston Roadrunners	00:12:32	67.95%
87	Maria Doherty	W50	F	Glasgow South Road Runners	00:12:32	80.24%
88	Graeme McMeekin	M40	M		00:12:32	62.85%
89	Mark King	M50	M	Cambuslang Harriers	00:12:33	66.80%
90	Woody Beav	Senior	M		00:12:34	59.30%
91	Paul Anderson	M35	M		00:12:35	59.54%
92	Brian Hughes	M60	M	Cambuslang Harriers	00:12:35	74.41%
93	Nicola Stevenson	Senior	F	Greenock Glenpark Harriers	00:12:36	66.33%
94	Linda Woodcraft	W40	F		00:12:38	69.85%
95	John McParland	M35	M	Motherwell AC	00:12:39	59.23%
96	Laura Henderson	Senior	F	Bellahouston Roadrunners	00:12:40	65.98%
97	Marie McChord	W60	F	Kirkintilloch Olympians	00:12:42	88.45%
98	Leanne McIntosh	W35	F	Bellahouston Roadrunners	00:12:46	67.50%
99	Allon Galbraith	M60	M	Bellahouston Roadrunners	00:12:47	71.96%
100	James Rowe	M40	M		00:12:48	61.08%
101	Iain Craven	M40	M	Edinburgh AC	00:12:50	60.46%
102	Neil Wilson	Senior	M		00:12:51	58.00%
103	Gordon Gallacher	M45	M	Bellahouston Harriers	00:12:52	64.64%
104	Liam Hastie	M35	M		00:12:56	58.28%

Classification: Private

105	Mark Sullivan	M35	M		00:13:01	59.17%
106	Tony Breslin	M50	M	Bellahouston Roadrunners	00:13:01	64.41%
107	Anthony Quinn	M60	M	Cartha Harriers	00:13:02	71.20%
108	Angela Campbell	W40	F	Bellahouston Harriers	00:13:05	66.86%
109	Derek Clifford	M35	M		00:13:09	58.14%
110	Gerrard Barrett	Senior	M		00:13:11	56.53%
111	Paul Cochrane	M40	M		00:13:12	58.78%
112	Hugh Boyle	M40	M		00:13:14	59.97%
113	Anne Scott	W45	F		00:13:16	70.29%
114	Paul White	M35	M		00:13:17	57.98%
115	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:21	79.49%
116	Graeme Pert	M60	M	Bellahouston Roadrunners	00:13:23	68.73%
117	Susan Wilson	W40	F	Bellahouston Roadrunners	00:13:25	65.20%
118	Philip O'Neil	M45	M		00:13:26	60.94%
119	Lizzie Hamilton	Senior	F		00:13:28	62.18%
120	James Ashe	M60	M	Ah and MRF running club	00:13:30	69.99%
121	William Todd	M35	M		00:13:31	56.98%
122	Donna Black	W35	F		00:13:31	63.76%
123	Morag Casey	W45	F	Garscube Harriers	00:13:32	68.08%
124	Finlay Finlay	M40	M	Garscube Harriers	00:13:33	57.26%
125	Iain Cullen	M55	M	Kelvin Runners	00:13:38	64.07%
126	Chris Ireland	Senior	M		00:13:51	53.08%
127	Robert Macleod	M40	M	Bellahouston Roadrunners	00:13:58	57.26%
128	Ruth Harrison	W40	F		00:14:06	62.59%
129	Donald Kennedy	M45	M		00:14:09	58.78%
130	Nick Windley	Senior	M	Bellahouston Roadrunners	00:14:09	52.23%
131	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:14:24	72.69%
132	Kenny Smith	M50	M		00:14:32	58.63%
133	Russell Morrison	M55	M		00:14:43	60.89%
134	Bob Porteous	M70	M		00:14:44	68.01%
135	Alison Brown	W55	F	Bellahouston Roadrunners	00:14:48	70.72%
136	Lynne Goldie	W50	F	Bellahouston Roadrunners	00:14:49	68.78%
137	David White	M55	M		00:14:49	60.48%
138	Robert Dockrell	M60	M	Scottish Fire & rescue	00:14:57	61.53%
139	Alex Agnew	M65	M	Lothian Running Club	00:14:59	64.83%
140	Sachin Kumar	Senior	M		00:15:00	49.01%
141	Douglas Laing	M55	M		00:15:01	59.16%
142	Lindsay Stirling	W35	F		00:15:05	56.46%
143	Pablo Bello	Senior	M		00:15:15	48.13%
144	Tom Keenan	M60	M	Bellahouston Harriers	00:15:16	61.89%
145	Gary Wood	M45	M	Motherwell AC	00:15:19	52.62%
146	William Mitchell	M70	M	Cambuslang Harriers	00:15:24	65.86%
147	John Black	M35	M		00:15:30	49.32%
148	Lynsey Rennie	W35	F		00:15:32	55.88%
149	Michael Tracey	M55	M		00:15:39	56.29%
150	Michael Daw	M50	M		00:15:47	53.99%
151	Paula Anderson	Senior	F		00:15:53	52.61%
152	Angelika Buzun	Senior	F		00:15:54	52.56%
153	Carol Keenan	W60	F	Bellahouston Harriers	00:15:57	72.55%
154	Elaine Campbell	W60	F	Glasgow South Road Runners	00:16:00	74.56%
155	Natasha Smith	Senior	F		00:16:06	52.11%
156	Clifford Dicker	M70	M	Lothian Running Club	00:16:24	61.85%
157	Lorraine Souter	W45	F		00:17:14	53.46%

158	John Cassells	M70	M		00:17:37	60.13%
159	John Softley	M70	M	Bellahouston Harriers	00:17:49	56.24%
160	Dave Slater	M40	M	Christian Runners UK	00:18:39	42.56%
161	Elaine Macfarlane	#N/A	F		00:19:55	
162	Denise Fox	W55	F		00:19:58	52.42%
163	Cecilia Heron	W70	F		00:33:01	40.54%