

3k on the Green			29/11/2019		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	elisha de mello	Senior	m	Edinburgh Uni Hare & Hounds	00:09:04	80.88%
2	Jonathan Roebuck	Senior	M	Inverclyde AC	00:09:14	80.05%
3	Jason Bell	Senior	M	Helensburgh AC	00:09:26	77.74%
4	Jack Letson	M35	M	Inverclyde AC	00:09:34	80.51%
5	Iain Carroll	M40	M		00:09:42	80.60%
6	john sharp	M40	m	Inverclyde AC	00:09:43	81.68%
7	Colin Whitby	M35	M	Irvine Running Club	00:09:45	77.84%
8	Jenny Bannerman	Senior	F	Inverness Harriers	00:09:46	85.89%
9	Philip McCaig	M40	M	Kirkintilloch Olympians	00:09:46	92.55%
10	Kieran Pugh	Senior	M	Kirkintilloch Olympians	00:09:48	74.83%
11	Daniel Lowe	Senior	M	Shettleston Harriers	00:09:51	74.64%
12	Steven Prentice	M45	M	Bellahouston Harriers	00:09:56	81.14%
13	Richard Cooper	M45	M	Cambuslang Harriers	00:09:59	82.65%
14	robert jenkins	Senior	m	strathclyde hrc	00:10:01	74.78%
15	Lee Shaw	Senior	M	Irvine Running Club	00:10:02	73.12%
16	theo carter	Junior	m	Shettleston Harriers	00:10:10	76.58%
17	andrew carr	Senior	m		00:10:10	72.14%
18	James Chalmers	Senior	M	Rons Runners	00:10:14	71.66%
19	Ross McEachern	M50	M	Cumbernauld AAC	00:10:15	83.82%
20	Mark King	M50	M	Cambuslang Harriers	00:10:19	81.26%
21	mark preston	M35	m		00:10:20	72.94%
22	fraser dickson	Senior	m		00:10:21	71.68%
23	Dennis Williams	M55	M	Shettleston Harriers	00:10:23	84.85%
24	Andrew Shields	Senior	M		00:10:24	70.69%
25	Stephen Hanley	Senior	M	Greenock Glenpark Harriers	00:10:29	70.29%
26	Louis Sharp	Junior	M	Victoria Park	00:10:29	76.95%
27	oliver reilly	Senior	m	Greenock Glenpark Harriers	00:10:30	69.85%
28	alan hume	M40	m	Central AC	00:10:35	74.99%
29	gabrielus stuokus	Senior	m	swansea	00:10:36	69.36%
30	Dave Thom	M55	M	Cambuslang Harriers	00:10:37	85.14%
31	Graeme Little	M40	M	Kirkintilloch Olympians	00:10:38	74.08%
32	David Cathie	M45	M	Whitemoss AAC	00:10:39	77.47%
33	Catriona MacDonald	Senior	F	Bellahouston Roadrunners	00:10:39	78.47%
34	Ed White	Senior	M	Glasgow Frontrunners	00:10:40	69.87%
35	John MacKenzie	M50	M		00:10:40	80.54%
36	Robert Churchill	M40	M	West End Road Runners	00:10:46	72.07%
37	kevin casey	Senior	m		00:10:53	67.91%
38	Paul Markac	M35	M	Kilmarnock Harriers	00:10:54	70.66%
39	hanavah terrance	Senior	f	Springburn Harriers	00:10:59	76.09%
40	Graham Kerr	Senior	M		00:11:02	67.55%
41	alan digweed	M40	m	bell rr	00:11:02	70.33%
42	Alastair Drummond	M40	M	Newton Road Runners	00:11:03	71.28%
43	Alan Strang	M45	M	Motherwell AC	00:11:04	72.83%
44	Mark Fagan	M40	M		00:11:06	69.90%
45	Grant Matheson	M55	M	Falkirk Victoria	00:11:07	79.92%
46	Craig Brown	M45	M	Garscube Harriers	00:11:11	73.78%
47	David Eames	M35	M	Bellahouston Harriers	00:11:14	66.70%
48	William Reid	M55	M		00:11:16	80.23%
49	Stephen Craig	Senior	M	Garscube Harriers	00:11:18	65.41%
50	Eddie Neilson	M45	M		00:11:18	71.88%
51	barry davie	M40	m	Carnethy HRC	00:11:19	70.67%
52	Barry Weatherston	M35	M		00:11:21	66.01%
53	Paul Housley	M40	M		00:11:27	67.77%
54	Gillian Blee	W35	F	Garscube Harriers	00:11:27	75.27%
55	Kenny Hogg	M45	M		00:11:29	70.18%
56	andy Law	M60	m	Victoria Park	00:11:31	82.05%
57	ed norton	M65	m	PH Racing Club	00:11:32	85.02%
58	Stuart Lorraine	M50	M		00:11:32	74.49%
59	Mark Ashby	M55	M	Victoria Park	00:11:38	68.22%
60	Steven Grant	M45	M		00:11:41	70.07%
61	Allon Galbraith	M60	M	Bellahouston Roadrunners	00:11:44	78.40%
62	Stuart Peacock	M35	M		00:11:44	65.16%
63	Carlos Gonzalez	M35	M		00:11:44	65.16%
64	David Hoolaghan	M40	M	Motherwell AC	00:11:46	65.94%
65	Laura Gray	W35	F	Garscube Harriers	00:11:47	73.66%
66	Kevin Durnian	M35	M	Motherwell AC	00:11:48	65.27%
67	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:50	77.05%

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68	geoff mckay	M50	m		00:11:52	70.65%
69	callum macinnes	M40	m		00:11:56	65.51%
70	Scott McCullagh	Senior	M		00:11:57	61.37%
71	devidas gawade	Senior	m		00:12:01	61.74%
72	Nicola Dawson	W40	F	Glasgow Tri Club	00:12:02	72.70%
73	Beth Hitchcock	Senior	F		00:12:02	69.45%
74	David Norwich	Senior	M		00:12:03	61.34%
75	James McLaughlin	M50	M	Cambuslang Harriers	00:12:04	71.79%
76	Paul Taylor	M45	M		00:12:04	67.84%
77	martin mccann	Senior	m		00:12:05	60.69%
78	Martin Murphy	M45	M	Bellahouston Roadrunners	00:12:06	66.61%
79	David Telfer	M35	M		00:12:07	61.83%
80	Jack Bryant	M45	M		00:12:08	66.42%
81	Frans Roelofse	M60	M	Bellahouston Roadrunners	00:12:08	75.15%
82	Anthony Quinn	M60	M	Cartha Harriers	00:12:11	76.85%
83	Neil Scott	M40	M		00:12:12	63.60%
84	Maria Doherty	W50	F	Glasgow South Road Runners	00:12:14	83.30%
85	Robert Rogerson	M55	M	Kirkintilloch Olympians	00:12:15	73.15%
86	Robert Cleary	M35	M		00:12:17	60.99%
87	Loic Jacob	Senior	M		00:12:17	59.70%
88	gab hulova	Senior	f	strathclyde hrc	00:12:26	67.21%
89	Michael Kettlewood	M40	M		00:12:29	63.10%
90	Ella Sharp	Junior	F	Victoria Park	00:12:30	73.54%
91	Mark Waters	Senior	M	Team GB	00:12:31	58.87%
92	Laura Henderson	Senior	F	Bellahouston Roadrunners	00:12:33	66.59%
93	Paula McCabe	Senior	F	Cambuslang Harriers	00:12:34	67.16%
94	Jennie jackson	W55	f	Irvine Running Club	00:12:35	87.98%
95	andrew allan	M35	m		00:12:36	60.24%
96	Steven Love	M50	M		00:12:38	66.91%
97	mike schiltz	Senior	m		00:12:39	58.02%
98	Ross Gilmour	M35	M		00:12:40	59.51%
99	Paul Cochrane	M40	M		00:12:42	61.10%
100	Sarah Paterson	#VALUE!	f	Strathclyde Uni Harriers	00:12:43	#VALUE!
101	Alasdair Beaton	M35	M		00:12:43	59.27%
102	john hardy	M55	m		00:12:45	70.28%
103	Angela Campbell	W40	F	Bellahouston Harriers	00:12:46	69.12%
104	Marie McChord	W60	F	Kirkintilloch Olympians	00:12:47	87.87%
105	Philip O'Neil	M45	M		00:12:49	64.38%
106	Gareth Shields	M40	m		00:12:54	61.06%
107	duncan fraser	Senior	m		00:12:55	57.43%
108	Morag Casey	W45	F	Garscube Harriers	00:12:57	72.01%
109	Kevin Graham	M40	M		00:13:03	60.82%
110	scott cumming	M45	m	Linlithgow AC	00:13:05	62.09%
111	Nicola Stevenson	Senior	F	Greenock Glenpark Harriers	00:13:08	63.63%
112	tony jasnosz-clark	M40	m		00:13:10	60.74%
113	James Rowe	M40	M		00:13:12	59.23%
114	ewan rabey	Senior	m		00:13:14	56.32%
115	Peter Ogden	M65	M	Cambuslang Harriers	00:13:19	74.40%
116	Iain Crawford	M50	M	Cambuslang Harriers	00:13:19	63.47%
117	Jim Boyle	M45	M	Garscube Harriers	00:13:21	61.32%
118	Donna Black	W35	F		00:13:23	64.39%
119	cameron drennan	Senior	m		00:13:25	54.66%
120	Peter McMaster	M35	M		00:13:26	57.34%
121	debs stephen	W45	f		00:13:30	69.07%
122	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:39	77.74%
123	Lizzie Hamilton	Senior	F		00:13:44	60.97%
124	Nick Windley	Senior	M	Bellahouston Roadrunners	00:13:55	53.11%
125	rhoan jagger	Senior	m		00:13:56	52.63%
126	john craig	M45	m	Victoria Park	00:13:57	58.23%
127	paul gay	M45	m		00:13:59	57.64%
128	Linda Cunningham	W50	F		00:14:15	69.66%
129	Lindsay Stirling	W35	F		00:14:17	59.62%
130	bethany Buchanan	Senior	f	Victoria Park	00:14:23	58.13%
131	Rachel Goslan	W40	F		00:14:24	62.52%
132	Russell Morrison	M55	M		00:14:30	61.80%
133	Ian Sim	M40	M	Bellahouston Harriers	00:14:30	53.92%
134	Fiona Thomson	W35	F		00:14:30	58.45%

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135	Tony Hamilton	m40	m		00:14:30	54.73%
136	matt bridgestock	M40	m		00:14:30	54.32%
137	Marta Oleszczuk	W35	F		00:14:31	59.37%
138	Margaret Hutchinson	W50	F		00:14:40	68.57%
139	martin duffy		m		00:14:41	n/a
140	Bob Porteous	M70	M		00:14:55	67.17%
141	nadia palma	W40	f		00:15:08	58.87%
142	kelly long	W40	f		00:15:27	56.62%
143	Paula Anderson	Senior	F		00:15:33	53.74%
144	Nicola Dolan	W35	F		00:15:34	55.01%
145	cody motherwell	Junior	m		00:15:40	55.50%
146	Fred McCain	M70	M	Haddington Running Club	00:15:44	64.47%
147	john motherwell	M55	m		00:15:49	56.65%
148	Elaine Campbell	W60	F	Glasgow South Road Runners	00:16:02	74.41%
149	Lorraine Souter	W45	F		00:16:07	57.16%
150	runner #146				00:16:15	n/a
151	Frazer Howie	M35	M		00:17:22	43.14%
152	John Softley	M70	M	Bellahouston Harriers	00:18:28	54.26%
153	irma stuokus	W35	f	swansea	00:19:25	44.10%
154	martin taulbut	M40	m		00:20:10	38.77%
155	rabab abul	Senior	f	strathclyde hrc	00:21:40	38.57%