

| 3k on the Green | | Jan-19 | | | Race | Age |
|-----------------|------------------------|--------|------|----------------------------|----------|--------|
| Runner | Category | M/F | Club | Time | Grade % | |
| 1 | Alasdair Campbell | Senior | M | Cambuslang Harriers | 00:09:09 | 80.15% |
| 2 | Jamie Clements | Senior | M | East Kilbride AC | 00:09:23 | 78.22% |
| 3 | Miguel Delgado Sillero | Senior | M | | 00:09:24 | 78.39% |
| 4 | Jason Bell | Senior | M | Helensburgh AC | 00:09:33 | 76.79% |
| 5 | Ross Harvey | Senior | M | Irvine Running Club | 00:09:34 | 77.26% |
| 6 | Shaun Butler | M35 | M | Cambuslang Harriers | 00:09:44 | 76.97% |
| 7 | Graham McCabe | M45 | M | Kirkintilloch Olympians | 00:09:46 | 83.82% |
| 8 | Steven Reid | M35 | M | | 00:09:49 | 78.46% |
| 9 | Colin Whitby | M35 | M | Irvine Running Club | 00:09:51 | 77.05% |
| 10 | Bryan Mulgrew | Senior | M | Bellahouston Roadrunners | 00:09:52 | 74.68% |
| 11 | Daniel Lowe | Senior | M | Shettleston Harriers | 00:09:56 | 73.89% |
| 12 | Steven Prentice | M40 | M | Bellahouston Harriers | 00:09:57 | 80.38% |
| 13 | Calum Oates | Senior | M | | 00:09:58 | 73.76% |
| 14 | Graeme Laing | M40 | M | | 00:09:58 | 77.85% |
| 15 | Matthew McKenna | Senior | M | Cambuslang Harriers | 00:09:59 | 73.46% |
| 16 | Andrew Kirk | Senior | M | Kirkintilloch Olympians | 00:10:05 | 72.73% |
| 17 | James Gallacher | M55 | M | Kirkintilloch Olympians | 00:10:13 | 87.71% |
| 18 | Richard Cooper | M45 | M | | 00:10:14 | 80.63% |
| 19 | Jason Mamzr | Senior | M | Kirkintilloch Olympians | 00:10:14 | 72.01% |
| 20 | Daniel Glen | Senior | M | | 00:10:22 | 70.74% |
| 21 | David Thomson | Senior | M | East Kilbride AC | 00:10:27 | 70.73% |
| 22 | Gavin Hinde | M40 | M | Garscube Harriers | 00:10:28 | 75.26% |
| 23 | David Simpson | M40 | M | | 00:10:29 | 75.14% |
| 24 | Stephen Hanley | Senior | M | Greenock Glenpark Harriers | 00:10:30 | 70.18% |
| 25 | Andy Jackson | Senior | M | Shettleston Harriers | 00:10:30 | 69.84% |
| 26 | Owen McWilliams | Senior | M | | 00:10:31 | 70.00% |
| 27 | Mark Preston | M35 | M | North Ayrshire AC | 00:10:32 | 71.56% |
| 28 | Derek Martin | M50 | M | Kirkintilloch Olympians | 00:10:44 | 78.11% |
| 29 | Evan Crane | M35 | M | Motherwell AC | 00:10:45 | 70.60% |
| 30 | Euan Craig | M35 | M | Kirkintilloch Olympians | 00:10:47 | 70.90% |
| 31 | Finn Boyd | Junior | M | Maryhill Harriers | 00:10:48 | 71.10% |
| 32 | Dave Thom | M55 | M | Cambuslang Harriers | 00:10:51 | 82.59% |
| 33 | William Martin | M45 | M | | 00:10:54 | 75.70% |
| 34 | Finlay Finlay | M35 | M | Garscube Harriers | 00:10:56 | 70.45% |
| 35 | Keith Crane | M35 | M | Motherwell AC | 00:11:04 | 67.70% |
| 36 | Andrew Cook | M40 | M | Garscube Harriers | 00:11:06 | 71.50% |
| 37 | Gordon Stewart | M45 | M | | 00:11:07 | 72.50% |
| 38 | Steven Johnstone | M35 | M | | 00:11:08 | 67.70% |
| 39 | Lynne Allen | Senior | F | Kirkintilloch Olympians | 00:11:13 | 74.99% |
| 40 | Tony McGale | M45 | M | Scottish Veteran Harriers | 00:11:16 | 73.23% |
| 41 | Alastair Drummond | M40 | M | Newton Road Runners | 00:11:17 | 69.29% |
| 42 | Iain Mcfarlane | M35 | M | | 00:11:18 | 68.16% |
| 43 | Cameron Oliphant | M45 | M | | 00:11:19 | 71.22% |
| 44 | Stephen Craig | Senior | M | Garscube Harriers | 00:11:20 | 65.02% |
| 45 | William Reid | M55 | M | | 00:11:25 | 78.49% |
| 46 | Neil Scott | M35 | M | | 00:11:27 | 67.27% |
| 47 | Katy Donnelly | Junior | F | | 00:11:28 | 78.65% |
| 48 | Craig Brown | M45 | M | Garscube Harriers | 00:11:29 | 71.29% |
| 49 | Richard Britton | M40 | M | Stirling Triathlon | 00:11:30 | 68.49% |
| 50 | Alastair MacLachlan | M55 | M | Bellahouston Roadrunners | 00:11:30 | 78.60% |
| 51 | Andrew Clark | Senior | M | West End Road Runners | 00:11:32 | 63.58% |
| 52 | Scott Coulter | Senior | M | Maryhill Harriers | 00:11:32 | 63.59% |

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| 53 | Leo Shand | M35 | M | | 00:11:34 | 64.77% |
| 54 | Russell White | Senior | M | | 00:11:38 | 63.20% |
| 55 | David Murphy | M45 | M | Shettleston Harriers | 00:11:39 | 70.27% |
| 56 | Daniel Forster | Senior | M | Strathclyde Uni Harriers | 00:11:40 | 63.10% |
| 57 | Paul Forbes | M60 | M | Edinburgh AC | 00:11:42 | 79.32% |
| 58 | Ross Anderson | Senior | M | | 00:11:43 | 62.75% |
| 59 | Stuart Lorraine | M50 | M | | 00:11:44 | 72.62% |
| 60 | Gillian Blee | W35 | F | | 00:11:48 | 72.57% |
| 61 | Alan Owen | M50 | M | Whitemoss AAC | 00:11:51 | 71.33% |
| 62 | Gordon Ritchie | M40 | M | Greenock Glenpark Harriers | 00:11:52 | 67.40% |
| 63 | Kevin Gilfillan | M35 | M | Garscube Harriers | 00:11:56 | 64.54% |
| 64 | Alan Granger | M45 | M | | 00:11:57 | 68.51% |
| 65 | Stephen Wright | M40 | M | | 00:11:58 | 65.33% |
| 66 | Iain Muirhead | M45 | M | | 00:11:59 | 69.41% |
| 67 | Finlay Macrae | M40 | M | | 00:12:04 | 65.28% |
| 68 | Jason Rae | Senior | M | | 00:12:10 | 60.27% |
| 69 | Paul Anderson | M35 | M | | 00:12:18 | 60.91% |
| 70 | Alastair Cunningham | M50 | M | | 00:12:22 | 69.47% |
| 71 | Scott Angus | M40 | M | | 00:12:23 | 63.13% |
| 72 | Loic Jacob | Senior | M | | 00:12:24 | 59.14% |
| 73 | John Brown | M50 | M | | 00:12:28 | 67.25% |
| 74 | David Hoolaghan | M35 | M | Motherwell AC | 00:12:29 | 61.70% |
| 75 | Jack Bryant | M40 | M | | 00:12:30 | 63.98% |
| 76 | Sam Killins | Senior | M | Colombia | 00:12:32 | 59.46% |
| 77 | John Cunningham | M50 | M | Bellahouston Harriers | 00:12:35 | 66.63% |
| 78 | Craig Pollock | M45 | M | | 00:12:37 | 64.38% |
| 79 | Erica Christie | W60 | F | | 00:12:37 | 91.72% |
| 80 | Alasdair Beaton | M35 | M | | 00:12:38 | 59.30% |
| 81 | Jeremy Deveney | M40 | M | Greenock Glenpark Harriers | 00:12:42 | 62.02% |
| 82 | Nicola Stevenson | Senior | F | Greenock Glenpark Harriers | 00:12:46 | 65.46% |
| 83 | Rob Cussons | M35 | M | | 00:12:57 | 59.04% |
| 84 | Gareth Shields | M40 | m | | 00:12:59 | 60.22% |
| 85 | Valentino Grifa | Junior | M | | 00:13:00 | 59.07% |
| 86 | Ming Feng Tan | Junior | M | | 00:13:00 | 59.07% |
| 87 | Maria Doherty | W50 | F | Glasgow South Road Runners | 00:13:03 | 77.06% |
| 88 | Mark King | M45 | M | Glasgow South Road Runners | 00:13:04 | 63.65% |
| 89 | Stephen Harris | M45 | M | Bellahouston Roadrunners | 00:13:08 | 61.37% |
| 90 | Iain Crawford | M50 | M | | 00:13:12 | 63.51% |
| 91 | Morag Casey | W45 | F | Garscube Harriers | 00:13:12 | 69.79% |
| 92 | Kevin Graham | M40 | M | | 00:13:13 | 59.60% |
| 93 | Thomas Anderson | Junior | M | | 00:13:14 | 62.31% |
| 94 | Derek Clifford | M35 | M | | 00:13:17 | 57.14% |
| 95 | Tommy Donnelly | Junior | M | | 00:13:21 | 61.76% |
| 96 | Ibrahim Urrahman | Junior | M | | 00:13:30 | 56.88% |
| 97 | Angela Campbell | W40 | F | Bellahouston Harriers | 00:13:38 | 64.17% |
| 98 | Ian Campbell | M65 | M | Erskine Jogging Buddies | 00:13:39 | 71.16% |
| 99 | Fiona Thomson | Senior | F | | 00:13:41 | 61.68% |
| 100 | Ada Stewart | W55 | F | Kirkintilloch Olympians | 00:13:45 | 76.12% |
| 101 | Rahim Mirzaie | M40 | M | | 00:13:45 | 57.29% |
| 102 | Simon Barrett | M40 | M | West End Road Runners | 00:13:54 | 56.67% |
| 103 | Anne Scott | W45 | F | | 00:13:55 | 66.20% |
| 104 | Emma McLeod | Senior | F | | 00:14:02 | 60.14% |
| 105 | Paul McAllister | M50 | M | | 00:14:03 | 60.16% |
| 106 | Donna Black | W35 | F | | 00:14:07 | 61.05% |
| 107 | Russell Cooper | M50 | M | Calderglen harriers | 00:14:11 | 61.08% |

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| 108 | James Ashe | M60 | M | Ah and MRF running club | 00:14:11 | 66.02% |
| 109 | Ewan Wilson | Senior | M | | 00:14:16 | 51.40% |
| 110 | Russell Morrison | M55 | M | | 00:14:26 | 61.56% |
| 111 | Shirley MacNab | W50 | F | Kirkintilloch Olympians | 00:14:31 | 71.14% |
| 112 | Agnieszka Bachleda-Baca | #N/A | F | | 00:14:35 | 850.22% |
| 113 | Kirsty Henderson | Senior | F | | 00:14:38 | 57.14% |
| 114 | Linda Cunningham | W50 | F | | 00:14:41 | 66.75% |
| 115 | David White | M55 | M | | 00:14:58 | 59.36% |
| 116 | William Mitchell | M70 | M | Cambuslang Harriers | 00:15:11 | 65.99% |
| 117 | Jacqui Cowan | W55 | F | | 00:15:36 | 67.10% |
| 118 | Andrew Gallacher | M45 | M | | 00:15:36 | 52.89% |
| 119 | Kim Forbes | W60 | F | Scottish Veteran Harriers | 00:15:53 | 71.77% |
| 120 | Olivia Devine | Senior | F | | 00:16:03 | 52.07% |
| 121 | Ruby Hamilton | Junior | F | | 00:16:09 | 55.85% |
| 122 | Matthew Anderson | Junior | M | | 00:16:09 | 51.05% |
| 123 | Robbie Wishart | M60 | M | West End Road Runners | 00:16:12 | 57.80% |
| 124 | Elaine Campbell | W60 | F | Glasgow South Road Runners | 00:16:16 | 72.22% |
| 125 | Brian Graham | M55 | M | Kilbarchan | 00:16:36 | 54.45% |
| 126 | Marta Oleszczuk | W35 | F | | 00:16:44 | 51.18% |
| 127 | Barbara Watt | W45 | F | | 00:17:11 | 54.27% |
| 128 | Heather Smith | Senior | F | | 00:17:27 | 47.98% |
| 129 | Sahar Mirzaie | Senior | F | | 00:17:27 | 48.20% |
| 130 | Dave Slater | M40 | M | Christian Runners UK | 00:17:33 | 45.22% |
| 131 | Allison Hamilton | W35 | F | Great Run local Glasgow Quay | 00:17:53 | 48.54% |
| 132 | John Softley | M65 | M | Bellahouston Harriers | 00:18:01 | 54.99% |
| 133 | Kirsti Sutherland | Senior | F | | 00:18:03 | 46.39% |
| 134 | Victoria Highes | W40 | F | | 00:19:14 | 46.32% |
| 135 | Jacqueline Sessie | W35 | F | | 00:19:29 | 44.23% |
| 136 | Pablo Bello | Senior | M | | 00:19:59 | 36.70% |
| 137 | Linda Foy | W45 | F | | 00:23:35 | 40.02% |
| 138 | Maureen Cherry | W50 | F | | 00:23:36 | 43.18% |
| 139 | Gayle Carswell | W35 | F | | 00:24:33 | 34.52% |
| 140 | Lisa Crawford | W35 | F | | 00:24:33 | 34.52% |