

3k on the Green			22/02/2019		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Jonathan Roebuck	Senior	M	MRF	00:09:16	79.52%
2	Jason Bell	Senior	M	Helensburgh AC	00:09:20	78.57%
3	Michael Healy	M40	M		00:09:29	82.44%
4	Finlay Finlay	M35	M	Garscube Harriers	00:09:39	79.82%
5	Kieran Pugh	Senior	M	Kirkintilloch Olympians	00:09:44	75.37%
6	Colin Whitby	M35	M	Irvine Running Club	00:09:47	77.58%
7	Miguel Delgado Sillero	Senior	M		00:09:48	75.19%
8	Steven Prentice	M40	M	Bellahouston Harriers	00:09:59	80.11%
9	Steven Reid	M35	M		00:10:02	76.77%
10	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:10:04	72.85%
11	James Gallacher	M55	M	Kirkintilloch Olympians	00:10:05	88.87%
12	Richard Cooper	M45	M		00:10:06	81.69%
13	Martin Reid	M40	M		00:10:08	78.93%
14	Chris Upton	M55	M	Cambuslang Harriers	00:10:10	85.92%
15	David Cunningham	M40	M	Glasgow Tri Club	00:10:15	77.43%
16	Philip McCaig	M40	M	Kirkintilloch Olympians	00:10:16	76.72%
17	Mark King	M45	M	Glasgow South Road Runners	00:10:17	80.88%
18	David Simpson	M40	M		00:10:26	75.50%
19	Gary McKendrick	M50	M	Inverclyde AC	00:10:29	82.64%
20	Euan Craig	M35	M	Kirkintilloch Olympians	00:10:33	72.47%
21	William Martin	M45	M		00:10:41	77.23%
22	Stephen Kelly	Senior	M	MRF	00:10:43	69.54%
23	Gary Shaw	M40	M	Kirkintilloch Olympians	00:10:43	74.63%
24	Dennis Williams	M55	M	Shettleston Harriers	00:10:46	81.83%
25	Andrew Holloway	Senior	M		00:10:47	68.33%
26	Owen Murphy	M35	M	Kirkintilloch Olympians	00:10:47	69.90%
27	Duncan Boyd	M50	M	Garscube Harriers	00:10:48	77.63%
28	Kevin Gallagher	M35	M		00:10:49	71.21%
29	Craig Holmes	M40	M		00:10:54	71.73%
30	Gordon Curran	M45	M	Scottish Fire & rescue	00:10:57	74.18%
31	Jamie Robinson	Senior	M		00:10:59	67.85%
32	Tony McGale	M45	M	Scottish Veteran Harriers	00:11:05	74.44%
33	Christopher McKiddie	M35	M		00:11:07	68.77%
34	Colin Henning	Senior	M		00:11:08	65.87%
35	Martin Whyte	Senior	M		00:11:09	66.84%
36	Iain MacIsaac	M40	M		00:11:13	70.22%
37	Russell White	Senior	M		00:11:15	65.50%
38	Richard Britton	M40	M	Stirling Triathlon	00:11:16	69.91%
39	Raymond Farrell	M45	M		00:11:18	73.02%
40	William Reid	M55	M		00:11:19	79.18%
41	Gilles Bernabe	Senior	M		00:11:25	64.98%
42	Leo Shand	M35	M		00:11:26	65.53%
43	Stuart Lorraine	M50	M		00:11:29	74.20%
44	Arthur Duggan	M45	M	Motherwell AC	00:11:33	70.33%
45	Eddie Neilson	M45	M		00:11:34	69.68%
46	Iain Muirhead	M45	M		00:11:37	71.60%
47	Neil Scott	M35	M		00:11:38	66.21%
48	Ruth Crewe	Senior	F	Glasgow Frontrunners	00:11:38	71.97%
49	Alastair MacLachlan	M55	M	Bellahouston Roadrunners	00:11:38	77.70%
50	Gillian Blee	W35	F		00:11:41	73.30%

51	Ross Anderson	Senior	M		00:11:43	62.75%
52	Craig Brown	M45	M	Garscube Harriers	00:11:44	69.77%
53	Gavin McLennan	M40	M	Metro Aberdeen	00:11:47	66.35%
54	Alexander MacDonald	Senior	M	Glasgow Diamonds SC	00:11:48	63.16%
55	Alan Granger	M45	M		00:11:49	69.28%
56	Neil MacLachlan	M35	M	Pitreavie	00:11:51	63.23%
57	Alan Owen	M50	M	Whitemoss AAC	00:11:53	71.13%
58	Paul Anderson	M35	M		00:11:58	62.61%
59	Paul Taylor	M45	M		00:11:59	67.78%
60	John Brown	M50	M		00:12:02	69.67%
61	Jason Rae	Senior	M		00:12:04	60.78%
62	Mairi Gilmour	Senior	F	Westerlands	00:12:17	68.04%
63	Ross Muir	M35	M		00:12:17	61.36%
64	Alastair Cunningham	M50	M		00:12:22	69.47%
65	Loic Jacob	Senior	M		00:12:24	59.14%
66	Stewart Tacchi	M40	M	Helensburgh	00:12:26	64.33%
67	Barry Edwards	M35	M		00:12:28	60.88%
68	Blair Moffat	M35	M		00:12:30	60.30%
69	Alasdair Beaton	M35	M		00:12:31	59.86%
70	Maria Doherty	W50	F	Glasgow South Road Runners	00:12:33	80.13%
71	Neil Nairn	M45	M	Bellahouston Harriers	00:12:34	65.66%
72	Andrew Pulford	M40	M		00:12:35	61.66%
73	Kevin Durnian	M35	M	Motherwell AC	00:12:35	60.76%
74	James Friel	M40	M		00:12:37	62.90%
75	Erica Christie	W60	F		00:12:38	91.60%
76	Finlay Macrae	M40	M		00:12:39	62.27%
77	Gordon Struthers	M35	M		00:12:41	59.43%
78	Paula McCabe	Senior	F	Cambuslang Harriers	00:12:45	66.19%
79	Martin Grogan	Senior	M		00:12:47	57.51%
80	Stephen Craig	Senior	M	Garscube Harriers	00:12:47	57.64%
81	Sandy Eaglesham	M65	M	Cambuslang Harriers	00:12:50	74.30%
82	Iain Crawford	M50	M	Cambuslang Harriers	00:12:52	65.69%
83	Ian MacKay	M50	M		00:12:57	66.34%
84	Dean Young	Senior	M		00:13:01	57.25%
85	Lynne Bryceland	W40	F		00:13:09	66.53%
86	Alan Sim	M55	M		00:13:12	67.31%
87	Mark Waters	Senior	M	Team GB	00:13:13	55.62%
88	Graham Wright	M40	M		00:13:14	59.08%
89	Derek Clifford	M35	M		00:13:15	57.70%
90	Stuart Roy	Senior	M		00:13:28	54.46%
91	Mark Ramage	Senior	M		00:13:30	54.58%
92	Mark Beech	Senior	M	Road Runners Club	00:13:32	54.82%
93	Gillian Gallagher	W35	F		00:13:32	63.68%
94	Angela Campbell	W40	F	Bellahouston Harriers	00:13:37	64.25%
95	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:40	76.59%
96	Andrew Fairchild	M35	M		00:13:52	55.13%
97	Daniel Houriez	M35	M		00:13:53	54.67%
98	Gareth Shields	M40	m		00:13:53	56.31%
99	Kenny Weir	M65	M		00:13:54	69.24%
100	Emma Winters	Senior	F		00:13:58	59.84%
101	Rahim Mir	M40	M		00:13:59	56.33%
102	Neil Smith	M40	M		00:14:02	55.71%
103	Fiona Thomson	Senior	F		00:14:05	59.93%

104	Nicola Stevenson	Senior	F	Greenock Glenpark Harriers	00:14:11	58.92%
105	Shirley MacNab	W50	F	Kirkintilloch Olympians	00:14:17	72.30%
106	Russell Morrison	M55	M		00:14:21	61.91%
107	Aga Bachleda	Senior	F		00:14:23	58.21%
108	Jacqui Cowan	W55	F		00:14:29	72.27%
109	Linda Cunningham	W50	F		00:14:33	67.36%
110	Peter McMaster	M35	M		00:14:46	52.16%
111	Olivia Devine	Senior	F		00:14:53	56.15%
112	Iain Kennedy	M55	M		00:14:58	58.37%
113	David White	M55	M		00:15:00	59.23%
114	Julia Wilson	Senior	F		00:15:00	55.71%
115	William Mitchell	M70	M	Cambuslang Harriers	00:15:14	65.77%
116	Vanessa Lang	Senior	F		00:15:19	54.56%
117	Adam Morgan	Senior	M		00:15:21	48.55%
118	Jenny Tiller	Senior	F		00:15:21	54.44%
119	Meg Munro	Senior	F		00:15:22	54.38%
120	Paula Docherty	W35	F		00:15:23	55.09%
121	Mike Murray	M70	M	Lothian Running Club	00:15:28	64.78%
122	Liz McGarry	W65	F	Irvine Running Club	00:15:32	78.02%
123	Paula Anderson	Senior	F		00:15:33	53.74%
124	Cathryn McPherson	W35	F		00:15:40	54.66%
125	Jillian Oates	Senior	F		00:15:44	53.22%
126	Andrew Boyd	M45	M		00:15:57	51.73%
127	Catherine Harvey	Senior	F		00:16:07	51.95%
128	Alison Banks	W55	F		00:16:07	64.95%
129	Emma Slater	W40	F		00:16:19	53.61%
130	Marta Oleszczuk	W35	F		00:16:27	52.06%
131	Eabha Carroll	Senior	F		00:16:31	50.60%
132	Dave Slater	M40	M	Christian Runners UK	00:16:41	47.57%
133	Pablo Bello	Senior	M		00:17:19	42.35%
134	Heather Smith	Senior	F		00:17:38	47.48%
135	Victoria Southwell	Senior	F		00:17:43	47.17%
136	Kirsti Sutherland	Senior	F		00:17:44	47.22%
137	John Softley	M65	M	Bellahouston Harriers	00:18:11	54.49%
138	Jacqueline Seggie	W35	F		00:18:52	45.68%
139	Vikas Narsapur	Senior	M		00:18:53	39.29%