

3k on the Green		29/03/2019			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Scott McDonald	Senior	M	Central AC	00:09:03	81.04%
2	Alasdair Campbell	Senior	M	Cambuslang Harriers	00:09:06	80.59%
3	John Lenehan	Senior	M	Edinburgh AC	00:09:08	81.60%
4	Kieran Cooper	Senior	M		00:09:12	82.43%
5	Jonathan Roebuck	Senior	M	MRF	00:09:14	80.05%
6	Miguel Delgado Sillero	Senior	M		00:09:15	79.66%
7	Marc Pollock	Senior	M	Kirkintilloch Olympians	00:09:26	78.35%
8	Ethan Carolan	Junior	M	Shawlands Academy	00:09:30	83.31%
9	Colin Whitby	M35	M	Irvine Running Club	00:09:30	79.89%
10	Jack Letson	M35	M	Inverclyde AC	00:09:31	80.34%
11	David Houston	Senior	M	Shettleston Harriers	00:09:36	77.63%
12	Finlay Finlay	M35	M	Garscube Harriers	00:09:40	79.68%
13	Runner 118	#N/A	M		00:09:41	
14	Kieran Pugh	Senior	M	Kirkintilloch Olympians	00:09:45	75.21%
15	Simon Fraser	#N/A	M		00:09:46	
16	Michael Healy	M40	M		00:09:48	79.78%
17	Shaun Butler	M35	M	Cambuslang Harriers	00:09:50	76.19%
18	Lachlan Buchanan	Junior	M	Inverness Harriers	00:09:52	81.06%
19	Steven Prentice	M40	M	Bellahouston Harriers	00:09:53	85.53%
20	James Gallacher	M55	M	Kirkintilloch Olympians	00:10:01	89.46%
21	Benjamin Kinninmonth	Senior	M	Fife AC	00:10:10	72.41%
22	Stephen Hanley	Senior	M	Greenock Glenpark Harriers	00:10:11	72.36%
23	John Paul Murphy	M40	M	Cambuslang Harriers	00:10:14	76.40%
24	Scott Partyka	Senior	M		00:10:18	71.54%
25	Michael Falla	Senior	M		00:10:19	71.43%
26	Gregor Gudgeon	M35	M	Dunblane Runners	00:10:23	73.10%
27	Andrew McCafferty	Senior	M		00:10:24	71.66%
28	David Simpson	M40	M		00:10:25	75.62%
29	Dennis Williams	M55	M	Shettleston Harriers	00:10:27	84.30%
30	David Thomson	Senior	M	East Kilbride AC	00:10:27	70.99%
31	Kenny Morrice	M35	M		00:10:29	73.47%
32	Euan Craig	M35	M	Kirkintilloch Olympians	00:10:29	72.93%
33	Iain Craven	M40	M	Edinburgh AC	00:10:30	73.90%
34	Mark Preston	M35	M	North Ayrshire AC	00:10:30	71.79%
35	David Mackintosh	Senior	M	Bellahouston Harriers	00:10:31	69.91%
36	Owen Murphy	M35	M	Kirkintilloch Olympians	00:10:34	71.33%
37	Derek Martin	M50	M	Kirkintilloch Olympians	00:10:35	79.22%
38	Henry Merriweather	M45	M	Bellahouston Roadrunners	00:10:37	77.11%
39	Harry Dickie	Senior	M		00:10:39	68.86%
40	Paul Kirkland	Senior	M	Achilles Heel	00:10:41	68.97%
41	Louis Sharp	Junior	M	Victoria Park	00:10:47	76.46%
42	Robert Churchill	M35	M	West End Road Runners	00:10:49	71.21%
43	Grant Matheson	M55	M	Falkirk Victoria	00:10:51	81.20%
44	Dave Thom	M55	M	Cambuslang Harriers	00:10:56	81.96%
45	Graeme Little	M40	M	Kirkintilloch Olympians	00:10:59	71.18%
46	Stuart McNeish	M40	M	Kirkintilloch Olympians	00:11:00	70.54%
47	Raymond Farrell	M45	M		00:11:00	75.01%
48	Stephen Craig	Senior	M	Garscube Harriers	00:11:01	66.89%
49	Ross Anderson	Senior	M	Wesrerlands	00:11:05	66.48%
50	Eddie Neilson	M45	M		00:11:05	72.72%
51	Gordon Stewart	M45	M		00:11:08	72.39%
52	Katy Donnelly	Junior	F	Giffnock North	00:11:08	82.57%
53	Mark Norquay	M35	M		00:11:08	67.70%
54	Colin Frame	M35	M	Parnie Street Runners	00:11:09	68.07%
55	Tony McGale	M45	M	Scottish Veteran Harriers	00:11:10	73.89%
56	William Reid	M55	M		00:11:12	80.71%

57	David Cathie	M45	M	Whitemoss AAC	00:11:16	73.23%
58	Gary Mitchell	M50	M	Kirkintilloch Olympians	00:11:19	74.69%
59	Chris Bell	M40	M	Kilbarchan	00:11:21	69.93%
60	Chris Young	M40	M	Glasgow Frontrunners	00:11:22	70.36%
61	Neil McLaughlin	M40	M	Inverclyde AC	00:11:24	69.10%
62	Ruth Crewe	Senior	F	Glasgow Frontrunners	00:11:25	73.34%
63	Richard Britton	M40	M	Stirling Triathlon	00:11:26	68.89%
64	David Murphy	M45	M	Shettleston Harriers	00:11:27	72.06%
65	Arthur Duggan	M45	M	Motherwell AC	00:11:28	70.84%
66	Chris McCabe	#N/A	M		00:11:29	
67	Allan Stewart	Senior	M	Kilbarchan	00:11:30	64.80%
68	Peter Fowley	Senior	M		00:11:32	63.64%
69	Kenny Hogg	M40	M		00:11:33	69.25%
70	Gillian Blee	W35	F		00:11:37	74.19%
71	Ben McGeown	Senior	M		00:11:38	63.72%
72	Robert Watson	M60	M	Kirkintilloch Olympians	00:11:42	77.93%
73	Alan Greer	M40	M		00:11:42	66.82%
74	John Hughes	M60	M	Motherwell AC	00:11:43	78.51%
75	Barry Weatherston	Senior	M		00:11:44	63.52%
76	John Hollis	M35	M		00:11:45	64.59%
77	Laura Gray	W35	F	Garscube Harriers	00:11:47	73.66%
78	Alan Owen	M50	M	Whitemoss AAC	00:11:48	71.63%
79	Tim Waclawski	Senior	M		00:11:48	62.15%
80	Steven Grant	M45	M		00:11:49	68.74%
81	Graeme Ritchie	M35	M		00:11:50	64.14%
82	Gary Schofield	#N/A	M		00:11:52	
83	Neil Scott	M35	M		00:11:55	64.63%
84	Simon Smith	Senior	M	J P Morgan RC	00:11:56	62.45%
85	Michael Kettlewood	M40	M		00:12:00	65.64%
86	Kenny Angove	M35	M	Bellahouston Roadrunners	00:12:02	63.07%
87	James McLaughlin	M50	M	Cambuslang Harriers	00:12:04	71.79%
88	Blair Moffat	M35	M		00:12:07	62.21%
89	Nicola Dawson	W35	F	Glasgow Tri Club	00:12:08	71.54%
90	Matthew McGill	Senior	M		00:12:09	60.38%
91	David Wardrope	M45	M	Calderglen harriers	00:12:09	67.38%
92	James Cathie	Senior	M	Whitemoss AAC	00:12:10	61.57%
93	Tim Arbuckle	M45	M		00:12:11	66.67%
94	John Brown	M50	M		00:12:11	68.81%
95	Lesley McArdle	Senior	F		00:12:13	69.08%
96	Oliver Jonsson	Junior	M	Shawlands Academy	00:12:15	62.68%
97	Stewart McCallum	Senior	M		00:12:16	59.78%
98	Alastair Cunningham	M50	M		00:12:17	69.94%
99	Jack Bryant	M45	M		00:12:17	65.61%
100	Rob Gallacher	M35	M		00:12:19	61.20%
101	Miriam Oliver	Senior	F	Edinburgh AC	00:12:20	67.76%
102	Scott Hannah	Senior	M		00:12:21	59.38%
103	Scott MacKintosh	M35	M	Bellahouston Roadrunners	00:12:22	62.28%
104	Stewart Tacchi	M40	M	Helensburgh	00:12:24	64.50%
105	Martin Muir	M35	M	Bellahouston Roadrunners	00:12:25	60.34%
106	Barry Edwards	M35	M		00:12:28	60.88%
107	Dimitrios Sotiriou	M35	M		00:12:30	61.62%
108	Jeremy Deveney	M40	M	Greenock Glenpark Harriers	00:12:30	63.01%
109	Iain MacDonald	#N/A	M		00:12:38	
110	Connor Stuart	Senior	M		00:12:39	57.97%
111	Martin Grogan	Senior	M		00:12:41	57.96%
112	Craig Pollock	M45	M		00:12:41	64.04%
113	Linda Woodcraft	W40	F		00:12:42	69.49%
114	Steven Love	M50	M		00:12:42	66.01%
115	Sandy Eaglesham	M65	M	Cambuslang Harriers	00:12:43	74.98%

116	Iain Crawford	M50	M	Cambuslang Harriers	00:12:44	66.38%
117	Gareth Shields	M40	m		00:12:45	61.78%
118	Jamie Bossley	Senior	M		00:12:46	57.44%
119	Salman Hassan	Junior	M	Shawlands Academy	00:12:49	64.33%
120	Graham Thomson	Senior	M		00:12:49	58.15%
121	Marie McChord	#N/A	F		00:12:50	
122	Robert Millan	Senior	M		00:12:51	57.07%
123	Tommy Donnelly	Junior	M	Shawlands Academy	00:12:52	65.70%
124	Paula McCabe	Senior	F	Cambuslang Harriers	00:12:52	65.59%
125	Arturs Adamovics	Senior	M	Lekker Social Club	00:12:55	57.43%
126	Phil Rodgers	M40	M		00:12:56	61.36%
127	Steven McKechnie	Senior	M		00:12:57	56.90%
128	Kevin Young	M50	M		00:13:00	65.55%
129	Paul Moreland	M40	M		00:13:01	59.61%
130	David Corvenici	Senior	M		00:13:02	56.27%
131	Christopher Iho	Junior	M	Shawlands Academy	00:13:03	61.81%
132	Andrew Stirrat	Senior	M		00:13:06	56.63%
133	Ewan Wilson	Senior	M		00:13:06	55.98%
134	Nicholas Glass	M35	M		00:13:07	57.86%
135	Dean Young	Senior	M		00:13:07	56.82%
136	Maria Doherty	W50	F	Glasgow South Road Runners	00:13:08	76.57%
137	Stephen Harris	M45	M	Bellahouston Roadrunners	00:13:10	61.69%
138	Mirek Rousal	Senior	M		00:13:12	55.99%
139	Stuart Roy	Senior	M		00:13:13	55.49%
140	Colin Anderson	M40	M		00:13:14	59.97%
141	Angela Campbell	W40	F	Bellahouston Harriers	00:13:15	66.02%
142	Gillian Gallagher	W35	F		00:13:15	65.04%
143	William Baird	M55	M		00:13:16	65.84%
144	William Todd	#N/A	M		00:13:31	
145	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:31	77.44%
146	Peter McMaster	M35	M		00:13:32	56.91%
147	Peter Rudzinski	M65	M	Clydesdale Harriers	00:13:32	72.45%
148	Stuart Eddington	M35	M		00:13:36	55.81%
149	Scott Gallacher	M35	M		00:13:37	56.57%
150	Peter Freer	M40	M		00:13:40	57.21%
151	Allan Jackson	M40	M		00:13:42	57.07%
152	Elena Mickovski	Junior	F	Shawlands Academy	00:13:44	65.67%
153	Chiu Chan	Senior	M		00:13:47	53.20%
154	Ian Campbell	M65	M	Erskine Jogging Buddies	00:13:48	71.05%
155	John Monk	M35	M		00:13:49	54.55%
156	Will Rush	Junior	M		00:13:51	58.24%
157	Anne Scott	W45	F		00:13:52	66.44%
158	Gerard Mason	M55	M	Shettleston Harriers	00:13:52	63.53%
159	John Roach	M40	M		00:13:55	57.47%
160	Stewart McRoberts	M40	M	Kilmarnock Harriers	00:13:57	56.04%
161	Fiona Thomson	Senior	F		00:13:59	60.36%
162	Jamie Knox	Senior	M		00:13:59	52.49%
163	Lizzie Hamilton	Senior	F		00:14:00	59.81%
164	Chris Lau	M35	M		00:14:04	53.96%
165	Daniela Colquhoun	Senior	F	Airdrie Harriers	00:14:09	59.70%
166	Shirley MacNab	W50	F	Kirkintilloch Olympians	00:14:10	72.90%
167	Iain Kennedy	M55	M		00:14:11	62.11%
168	Russell Morrison	M55	M		00:14:16	62.28%
169	Hazel Church	W40	F		00:14:16	63.81%
170	Alexander Anderson	Senior	M		00:14:23	50.99%
171	Aga Bachleda	Senior	F		00:14:24	58.15%
172	Iain Aird	M40	M		00:14:28	53.64%
173	Colin McKellar	M40	M		00:14:31	53.45%
174	Sarah Trotter	Senior	F		00:14:33	57.44%

175	Matthew Anderson	Junior	M	Shawlands Academy	00:14:35	56.54%
176	Darren Tarburn	M45	M		00:14:42	55.26%
177	Michael McKechnie	M45	M		00:14:43	56.52%
178	Linda Cunningham	W50	F		00:14:45	66.44%
179	John Coon	M65	M	ECKO	00:14:47	65.70%
180	David White	M55	M		00:14:48	60.03%
181	Ruby Hamilton	Junior	F	Shawlands Academy	00:14:48	62.11%
182	William Mitchell	M70	M	Cambuslang Harriers	00:14:49	67.62%
183	Olivia Devine	Senior	F		00:14:51	56.28%
184	Robbie Wishart	M60	M	West End Road Runners	00:14:54	62.84%
185	Parag Rastogi	Senior	M		00:14:59	49.07%
186	Marc Cilliers	Senior	M		00:14:59	48.94%
187	Donna Black	W35	F		00:15:02	57.33%
188	Pablo Bello	Senior	M		00:15:03	48.77%
189	Jillian Oates	Senior	F		00:15:04	55.57%
190	Donald Smith	M55	M		00:15:05	57.91%
191	Ross Carlin	Senior	M		00:15:06	49.35%
192	Hunter Coles	Junior	M	Shawlands Academy	00:15:08	51.45%
193	Andrew Boyd	M45	M		00:15:10	54.40%
194	Lisa O'Hagan	W35	F		00:15:11	57.17%
195	Kathryn McPherson	W35	F		00:15:11	56.76%
196	Tom Keenan	M60	M	Bellahouston Harriers	00:15:12	62.16%
197	Flynn Gray	Junior	M	Shawlands Academy	00:15:13	55.55%
198	Garth Whitaker	Senior	M		00:15:14	48.92%
199	Martin Griffin	Senior	M	Lekker Social Club	00:15:16	48.08%
200	Mike Murray	M70	M	Lothian Running Club	00:15:19	65.42%
201	Jennifer Stamp	W35	F		00:15:20	55.85%
202	Catherine Harvey	Senior	F		00:15:22	54.49%
203	Carol Keenan	W60	F	Bellahouston Harriers	00:15:24	75.14%
204	Abigail Musah	Senior	F	Shawlands Academy	00:15:47	52.95%
205	Marta Oleszczuk	W35	F		00:15:48	54.20%
206	Stephen Wright	M40	M		00:15:49	49.43%
207	Michael Daw	M50	M		00:15:53	53.65%
208	Andrew Gallacher	M45	M		00:15:53	51.95%
209	Alistair Thomson	M45	M		00:15:55	51.84%
210	Agnieszka Napierala	W35	F		00:15:55	53.51%
211	Rory McCulloch	M45	M		00:15:57	50.53%
212	Steven McMillan	M50	M		00:16:03	52.24%
213	Meg Munro	Senior	F		00:16:14	51.51%
214	Kyle Hoban	Junior	M		00:16:18	50.58%
215	Leanne Domimick	Senior	F		00:16:21	51.11%
216	Jonathan MacKay	M40	M		00:16:31	48.05%
217	Dave Slater	M40	M	Christian Runners UK	00:16:37	47.76%
218	Neil Galbally	M45	M		00:16:40	48.74%
219	Shona Griffin	W45	F		00:16:51	56.71%
220	Anna Meikle	W40	F		00:16:52	52.32%
221	Karen Foster	W50	F		00:16:56	59.39%
222	Jock Ferguson	M60	M		00:16:58	54.22%
223	Katherine Harrison	W40	F		00:16:59	51.51%
224	Jenny Sutherland	Senior	F		00:17:05	49.40%
225	Eilidh Clark	Senior	F		00:17:06	48.87%
226	Grant MacKay	#N/A	M		00:17:06	
227	Allison Strachan	W45	F		00:17:08	55.09%
228	Sahar Mir	Senior	F		00:17:18	48.62%
229	Ruth Farrell	W35	F		00:17:23	49.58%
230	Lorraine Souter	W40	F		00:17:29	52.07%
231	John Softley	M65	M	Bellahouston Harriers	00:17:45	55.82%
232	Dan Qu	W35	F		00:18:03	47.44%
233	May Blackburn	W55	F		00:18:09	60.99%

234	Kirsti Sutherland	Senior	F		00:18:29	45.30%
235	Jennifer Gallacher	Senior	F		00:18:36	45.10%
236	Husaam Nisar	Junior	M		00:18:52	41.95%
237	Lee McLaughlan	Junior	M		00:20:06	42.06%
238	Mikey Daniels	Junior	M		00:20:31	38.57%
239	Lewis Heenan	Junior	M		00:20:31	42.38%
240	Allyson Wilson	W35	F		00:20:33	41.67%
241	Lorraine McLean	W50	F		00:20:39	48.70%
242	Yvonne Forsyth	W40	F		00:20:40	44.05%
243	Laura Taylor	Senior	F		00:20:40	40.44%
244	Kerrie Begley	Senior	F		00:20:41	40.67%
245	Jordan Mackellar	Junior	M		00:20:41	37.64%
246	Tricia Anderson	W40	F		00:20:52	43.63%
247	Abigayil McFadyen	Senior	F		00:20:54	40.25%
248	Karen Martin	W50	F		00:21:07	46.41%
249	Humzu Anwar	Junior	M	Shawlands Academy	00:23:38	32.94%
250	Fawad Yousaf	Junior	M	Shawlands Academy	00:24:00	32.98%

Contact : [Info@3konthegreen.com](mailto:Info@3konthegreen.com) with any corrections

Age Category & % blank if no age details held.