

	3k on the Green Runner	Category	M/F	26/04/2019 Club	Race Time	Age Grade %
1	Marc Pollock	Senior	M	Kirkintilloch Olympians	00:09:29	77.94%
2	Darran Muir	M40	M	Law & District	00:09:31	82.15%
3	Jason Bell	Senior	M	Helensburgh AC	00:09:36	76.39%
4	Michael Healy	M40	M		00:09:44	80.32%
5	Colin Whitby	M35	M	Irvine Running Club	00:09:50	77.19%
6	Grahame Hopper	M35	M	Ayr Seaforth	00:09:54	75.68%
7	Steven Reid	M35	M		00:09:59	77.15%
8	Steven Prentice	M40	M	Bellahouston Harriers	00:09:59	80.11%
9	Richard Cooper	M45	M		00:10:02	82.23%
10	Scott Partyka	Senior	M		00:10:05	73.08%
11	James Gallacher	M55	M	Kirkintilloch Olympians	00:10:08	88.43%
12	Philip McCaig	M40	M	Kirkintilloch Olympians	00:10:09	77.60%
13	Nicky Miller	Senior	M	G72 Tri	00:10:14	72.83%
14	Mark Preston	M35	M	North Ayrshire AC	00:10:20	72.94%
15	Lee Shaw	Senior	M	Irvine Running Club	00:10:22	71.01%
16	Stephen Hanley	Senior	M	Greenock Glenpark Harriers	00:10:25	70.74%
17	Michael Black	Junior	M	Cambuslang Harriers	00:10:31	75.25%
18	Derek Martin	M50	M	Kirkintilloch Olympians	00:10:31	79.72%
19	James Chalmers	Senior	M	Rons Runners	00:10:32	69.62%
20	Euan Craig	M35	M	Kirkintilloch Olympians	00:10:33	72.47%
21	Harry Dickie	Senior	M		00:10:38	68.97%
22	Mikey Whittle	Senior	M	43 CDO RM	00:10:39	69.40%
23	David McMillan	Senior	M		00:10:41	68.70%
24	Owen Murphy	M35	M	Kirkintilloch Olympians	00:10:42	70.44%
25	Grant Matheson	M55	M	Falkirk Victoria	00:10:44	82.08%
26	Andrew Holloway	Senior	M		00:10:47	68.33%
27	Raymond Farrell	M45	M		00:10:50	76.77%
28	Gary Mitchell	M50	M	Kirkintilloch Olympians	00:10:53	77.66%
29	William Martin	M45	M		00:10:55	75.58%
30	Steven Johnstone	M35	M		00:10:57	69.31%
31	Ewan Rycroft	Senior	M	Strahsail Run	00:11:00	66.67%
32	Toni McIntosh	W35	F	Ayr Seaforth	00:11:03	78.55%
33	William Reid	M55	M		00:11:06	81.43%
34	Gordon Stewart	M35	M		00:11:07	68.77%
35	Neil MacLachlan	M35	M	Pitreavie	00:11:08	67.29%
36	Cameron Oliphant	M45	M		00:11:09	72.28%
37	Chris Bell	M40	M	Kilbarchan	00:11:11	70.97%
38	Leo Shand	M35	M		00:11:12	67.30%
39	Ross Anderson	Senior	M	Westerlands	00:11:12	65.79%
40	Finn Boyd	Senior	M	Maryhill Harriers	00:11:13	67.61%
41	Duncan Robertson	M40	M	Garscube Harriers	00:11:14	69.07%
42	Euan Convery	Senior	M		00:11:18	64.90%
43	Peter Fowley	Senior	M		00:11:19	64.86%
44	Kenny Locke	M40	M		00:11:20	70.03%
45	Niall Ferguson	Senior	M		00:11:24	64.33%
46	Paul Housley	M35	M		00:11:25	67.47%
47	David Simpson	M40	M		00:11:27	68.79%
48	Loic Jacob	Senior	M		00:11:28	63.95%
49	Richard Britton	M40	M	East Sutherland Athletics	00:11:29	69.11%
50	Gilles Bernabe	Senior	M		00:11:32	64.32%
51	Christopher McKiddie	M35	M		00:11:34	66.59%
52	Kenny Hogg	M40	M		00:11:35	69.05%
53	Iain Muirhead	M45	M		00:11:40	71.29%
54	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:42	77.93%
55	Mark Ashby	M55	M	Victoria Park	00:11:46	76.82%

56	Simon Smith	Senior	M	J P Morgan RC	00:11:47	63.25%
57	Timothy Downie	M60	M	Ayr Seaforth	00:11:51	78.32%
58	Ross Muir	M35	M		00:11:52	63.52%
59	Michael Kettlewood	M40	M		00:11:55	66.10%
60	Laura Gray	W35	F	Garscube Harriers	00:11:59	72.43%
61	Kenny Angove	M35	M	Bellahouston Roadrunners	00:12:00	63.71%
62	James McLaughlin	M50	M	Cambuslang Harriers	00:12:01	72.09%
63	Lesley McArdle	Senior	F		00:12:02	70.14%
64	John Henderson	M50	M	GSSRR	00:12:04	71.20%
65	Colin Rattray	M40	M		00:12:05	64.70%
66	Iain MacDonald	M35	M		00:12:09	61.66%
67	Scott McCullagh	Senior	M		00:12:13	60.03%
68	Alastair Cunningham	M50	M		00:12:14	70.23%
69	Ian Goudie	M60	M	Scottish Veteran Harriers	00:12:18	74.79%
70	M Gallacher	M40	M	Cambuslang Harriers	00:12:19	63.48%
71	Clare Barr	W50	F	Motherwell AC	00:12:22	80.27%
72	Gordon Gallacher	M45	M	Bellahouston Harriers	00:12:27	66.27%
73	Graeme Ritchie	M35	M		00:12:28	60.88%
74	Sarah Carroll	W40	F		00:12:31	71.18%
75	Stephen Craig	Senior	M	Garscube Harriers	00:12:31	59.05%
76	Martin Grogan	Senior	M		00:12:32	58.66%
77	Richard Campbell	M35	M		00:12:33	60.06%
78	Alasdair Beaton	M35	M		00:12:34	59.98%
79	Erica Christie	W60	F		00:12:36	91.84%
80	Peter Freer	M40	M		00:12:37	61.97%
81	Martin Kay	M40	M	Law & District	00:12:40	62.19%
82	Kevin McPhillips	M45	M	Motherwell AC	00:12:40	63.63%
83	Nigel Munro	M55	M	Aberdeen Metro	00:12:42	68.78%
84	Mirek Rousal	Senior	M		00:12:45	58.19%
85	Graham Thomson	Senior	M		00:12:46	58.38%
86	Neil Wilson	Senior	M		00:12:47	58.30%
87	Iain Crawford	M50	M	Cambuslang Harriers	00:12:49	65.95%
88	Maria Doherty	W50	F	Glasgow South Road Runners	00:12:51	78.26%
89	Angela Campbell	W40	F	Bellahouston Harriers	00:12:55	67.73%
90	John McParland	M35	M	Motherwell AC	00:12:59	57.71%
91	Will Rush	Junior	M		00:13:08	61.42%
92	Sinead McLaughlin	Senior	F	Garscube Harriers	00:13:09	63.55%
93	Frances Wood	W60	F	Linlithgow AC	00:13:17	84.56%
94	Hugh Boyle	M40	M		00:13:18	59.22%
95	Laura Warnock	W35	F		00:13:19	63.64%
96	Anne Scott	W45	F		00:13:24	68.75%
97	Runner 188		M		00:13:26	#VALUE!
98	Philip O'Neil	M45	M		00:13:27	60.87%
99	Sebastian Fitzwilliam	Junior	M	Owls Running Club	00:13:28	69.05%
100	William Todd	M35	M		00:13:29	57.12%
101	Neil Scott	M35	M		00:13:30	57.05%
102	Laura Stewart	W40	F		00:13:34	65.05%
103	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:35	77.06%
104	James Ashe	M60	M	Ah and MRF running club	00:13:35	68.93%
105	Casey Thompson	Senior	F	Garscube Harriers	00:13:37	61.98%
106	David Sutherland	M40	M	J P Morgan RC	00:13:41	58.00%
107	Peter Rudzinski	M65	M	Clydesdale Harriers	00:13:41	71.66%
108	Martin McBreen	M35	M		00:13:44	55.27%
109	Aga Bachleda	Senior	F		00:13:52	60.38%
110	Russell Morrison	M55	M		00:14:08	62.86%
111	Gordon Campbell	M55	M		00:14:10	63.25%
112	Gillian Schineville	Senior	F		00:14:11	59.03%
113	Shirley MacNab	W50	F	Kirkintilloch Olympians	00:14:18	72.22%

114	Ian MacLeod	M60	M	Bellahouston Harriers	00:14:21	64.67%
115	Marc Cilliers	Senior	M		00:14:23	50.98%
116	Rob Cussons	M35	M		00:14:28	53.24%
117	Peter McMaster	M35	M		00:14:28	53.24%
118	Peter Ogden	M65	M	Cambuslang Harriers	00:14:29	67.70%
119	Linda Cunningham	W50	F		00:14:31	67.51%
120	Andrew Fairchild	M35	M		00:14:32	53.00%
121	Sarah Trotter	Senior	F		00:14:43	56.79%
122	Tom Keenan	M60	M	Bellahouston Harriers	00:14:45	64.06%
123	Rachel Blair	Senior	F		00:14:48	56.50%
124	William Mitchell	M70	M	Cambuslang Harriers	00:14:53	67.32%
125	Pablo Bello	Senior	M		00:14:55	49.21%
126	James Guibal	M35	M		00:14:58	50.36%
127	Alex Wood	M65	M	Linlithgow AC	00:14:59	65.44%
128	Martin Griffin	Senior	M	Lekker Social Club	00:15:12	48.29%
129	Mike Murray	M70	M	Lothian Running Club	00:15:27	64.85%
130	Carol Keenan	W60	F	Bellahouston Harriers	00:15:32	74.50%
131	Jennifer Stamp	W35	F		00:15:36	54.89%
132	Bob Porteous	M70	M		00:15:41	63.89%
133	Meg Munro	Senior	F		00:15:41	53.32%
134	Alison Banks	W55	F		00:15:55	65.76%
135	Gerard McManus	M55	M	SFRS	00:16:16	54.16%
136	Sarah Christie	W40	F	West End Road Runners	00:16:42	52.84%
137	Jillian Oates	Senior	F		00:16:48	49.84%
138	David Buchanan	M60	M	SFRS	00:16:56	55.30%
139	Katherine Harrison	W40	F		00:17:07	51.11%
140	Allison Hamilton	W35	F	Great Run local Glasgow Quay	00:17:25	49.84%
141	Lynne Shanks	Senior	F		00:18:03	46.76%
142	Kirsti Sutherland	Senior	F		00:18:04	46.34%
143	John Softley	M65	M	Bellahouston Harriers	00:18:11	54.49%
144	Dave Slater	M40	M	Christian Runners UK	00:18:51	42.10%
145	Linda Foy	W45	F		00:19:21	48.78%
146	Maureen Cherry	W50	F		00:19:23	53.28%
147	Mikey Daniels	Junior	M		00:24:08	32.79%
148	Husaam Nisar	Junior	M		00:24:15	32.64%
149	Lewis Heenan	Junior	M		00:24:17	35.81%