

3k on the Green		28/02/2020			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Scott McDonald	Senior	M	Central AC	00:09:01	81.40%
2	David Houston	Senior	M	Cumbernauld AAC	00:09:25	78.49%
3	Paul Kieran	M45	M	PH Racing Club	00:09:32	84.54%
4	Paul Burns	M35	M		00:09:46	77.71%
5	David Millar	M50	M	Irvine Running Club	00:09:51	85.11%
6	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:55	73.96%
7	Yacoub Bahar	Senior	M		00:10:00	73.33%
8	Steven Prentice	M45	M	Bellahouston Harriers	00:10:02	80.33%
9	Paul Kirkland	Senior	M	Achilles Heel	00:10:08	72.94%
10	Will Beresford	Senior	M	Westerlands	00:10:12	72.24%
11	Stephen Hanley	Senior	M	Greenock Glenpark Harriers	00:10:15	72.11%
12	Richard Cooper	M45	M	Cambuslang Harriers	00:10:18	80.75%
13	Scott Partyka	Senior	M		00:10:22	71.08%
14	Chris Upson	M55	M	Cambuslang Harriers	00:10:26	84.44%
15	Ronan Beale	M35	M	Bellahouston Roadrunners	00:10:30	71.79%
16	Ronnie Glen	M45	M	Perth Road Runners	00:10:37	78.34%
17	Arron Sparks	Senior	M	Westerlands	00:10:39	69.66%
18	Dave Thom	M55	M	Cambuslang Harriers	00:10:40	84.74%
19	Matt MacDonald	M40	M		00:10:43	72.40%
20	Andrew Holloway	Senior	M		00:10:50	68.22%
21	Grant Matheson	M55	M	Falkirk Victoria	00:10:56	81.26%
22	Alan Hume	M40	M	Central AC	00:10:57	72.48%
23	Robert Churchill	M40	M	West End Road Runners	00:11:05	70.01%
24	Michael Healy	M40	M		00:11:10	70.54%
25	Stephen Craig	Senior	M	Garscube Harriers	00:11:16	65.60%
26	Chloe Simpson	Senior	F	Kilbarchan	00:11:17	74.06%
27	Gavin McLennan	M40	M	Metro Aberdeen	00:11:19	69.60%
28	Ruth Crewe	Senior	F	Glasgow Fronrunners	00:11:24	73.59%
29	Graham Kerr	Senior	M		00:11:27	65.09%
30	Owen Murphy	M35	M	Kirkintilloch Olympians	00:11:28	66.19%
31	Gavin Harvie	M45	M	Garscube Harriers	00:11:30	72.32%
32	Paul Housley	M40	M		00:11:31	67.37%
33	Andrew Dodson	M35	M		00:11:32	66.78%
34	Rob Gallacher	M35	M		00:11:42	64.87%
35	Jonny Moran	M40	M	Bellahouston Roadrunners	00:11:44	67.13%
36	Allon Galbraith	M60	M	Bellahouston Roadrunners	00:11:45	78.98%
37	Mark King	M50	M	Cambuslang Harriers	00:11:46	71.25%
38	Iain Muirhead	M50	M		00:11:51	70.75%
39	Mary Senior	W45	F	Garscube Harriers	00:11:53	79.43%
40	Woody Beaven	Senior	M		00:11:55	62.54%
41	Frances Napier	M40	M		00:11:59	65.24%
42	Chris Knudsen	Senior	M		00:12:00	61.11%
43	Frans Roelofse	M60	M	Bellahouston Roadrunners	00:12:02	75.77%
44	Peter Laing	M55	M	Ayr Seaforth	00:12:03	75.01%
45	Simon Gold	M40	M	Cambuslang Harriers	00:12:08	64.92%
46	Leo Shand	M35	M		00:12:12	61.78%
47	Neil Scott	M40	M		00:12:14	63.43%
48	Nicola Dawson	W40	F	Glasgow Tri Club	00:12:22	70.74%
49	Arthur Mulholland	M55	M	East Kilbride AC	00:12:23	71.14%
50	Gary Schofield	M40	M		00:12:26	62.88%
51	Neil Wilson	M35	M		00:12:26	60.26%

52	Paul White	M35	M		00:12:27	61.87%
53	William Reid	M55	M		00:12:28	72.51%
54	Kenny Angove	M35	M	Bellahouston Roadrunners	00:12:30	61.16%
55	Sid Muragundi	Senior	M		00:12:30	59.62%
56	Paul Cochrane	M40	M		00:12:31	61.99%
57	Michael Bennan	Senior	M		00:12:34	58.50%
58	Allan Stewart	M35	M	Kilbarchan	00:12:42	58.99%
59	Anna Yates	Senior	F		00:12:43	66.15%
60	Linda Woodcraft	W40	F		00:12:46	69.79%
61	Alasdair Beaton	M35	M		00:12:50	58.73%
62	Iain Crawford	M50	M	Cambuslang Harriers	00:12:56	65.89%
63	Duncan Sircon	M45	M		00:12:58	62.64%
64	Paul Anderson	M35	M		00:13:00	57.98%
65	Scott Cumming	M45	M	Linlithgow AC	00:13:01	62.40%
66	Lizzie Hamilton	Senior	F		00:13:02	64.36%
67	Alastair Cunningham	M50	M		00:13:03	66.38%
68	Steve Cove	#N/A	M		00:13:05	
69	Philip O'Neil	M45	M		00:13:06	62.98%
70	Jane Chalmers	W55	F		00:13:07	83.21%
71	John Brown	M50	M		00:13:10	64.20%
72	Ewan Rabey	Senior	M		00:13:17	56.10%
73	Chris Ireland	Senior	M		00:13:22	55.13%
74	Liam Hastie	M35	M		00:13:23	56.32%
75	David McNulty	#N/A	M		00:13:25	
76	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:26	79.00%
77	Gareth Shields	M40	M		00:13:27	59.01%
78	John Martin	M60	M		00:13:29	69.44%
79	Anne Scott	W45	F		00:13:32	68.90%
80	Chris Ashe	M35	M	Kirkintilloch Olympians	00:13:33	55.29%
81	Stephanie Reid	Senior	F		00:13:40	61.15%
82	Peter Ogden	M65	M	Cambuslang Harriers	00:13:43	72.23%
83	Matt Bridgestock	M40	M		00:13:55	56.60%
84	Jamie Provan	M40	M	Westerlands	00:14:11	55.54%
85	Kevin Gilfillan	M40	M	Garscube Harriers	00:14:24	53.88%
86	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:14:27	72.44%
87	Kenny Weir	M65	M		00:14:27	67.22%
88	Nick Windley	Senior	M	Bellahouston Roadrunners	00:14:34	50.74%
89	Linda Cunningham	W50	F		00:14:37	67.91%
90	Sharon Molloy	Senior	F		00:14:45	57.22%
91	David Fernie	M45	M		00:14:49	55.69%
92	Russell Morrison	M55	M		00:15:04	59.47%
93	Angelika Buzun	Senior	F		00:15:05	55.41%
94	Margaret Hutchinson	W50	F		00:15:10	66.31%
95	Kelly Long	W40	F		00:15:22	57.43%
96	Jackie Clark	W50	F		00:15:53	63.32%
97	William Mitchell	M70	M	Cambuslang Harriers	00:16:24	61.85%
98	Dave Slater	M40	M	Christian Runners UK	00:16:43	47.84%
99	Jennifer Reid	Senior	F		00:17:22	48.12%
100	Ross Duthie	M35	M		00:18:09	42.44%
101	Toni Gray	Senior	F		00:18:18	45.67%
102	Gail Tennant	W45	F	Jog Scotland Airdrie	00:18:18	50.34%
103	Sharon Taylor	W55	F	Westerlands	00:18:25	59.26%
104	John Softley	M70	M	Bellahouston Harriers	00:19:50	50.52%