	3k on the Green			28/01/2022	Race	Age
	Runner	Category	M/F	Club	Time	Grade %
1	Andrew Kirk	Senior	М	Kirkintilloch Olympians	00:09:24	78.21%
2	Jordan Queen	Senior	М	Garscube Harriers	00:09:36	76.76%
3	David Houston	Senior	М	Cumbernauld AAC	00:09:43	76.70%
4	Louis Sharp	Junior	М	Victoria Park	00:09:48	79.45%
5	Daniel Lowe	Senior	М	Shettleston Harriers	00:09:49	75.29%
6	Calum Oates	Senior	М		00:09:55	74.81%
7	Euan Craig	M40	М	Kirkintilloch Olympians	00:10:09	77.03%
8	Chris Upson	M55	М	Cambuslang Harriers	00:10:11	87.99%
9	Derek Martin	M50	М	Cumbernauld AAC	00:10:15	83.82%
10	Steven Prentice	M45	М	Bellahouston Harriers	00:10:21	79.10%
11	Stephen Hoey	M50	М	Jog Lisburn	00:10:26	83.03%
12	Mark King	M50	М	Cambuslang Harriers	00:10:34	80.64%
13	Mark Tyrrell	M35	M		00:10:38	71.90%
14	lain Mcfarlane	M40	М		00:10:40	73.85%
15	Ed White	M35	М	Glasgow Frontrunners	00:10:53	69.74%
16	Graeme Gemmell	M55	М		00:10:55	81.39%
17	Gavin Meikle	M50	М		00:10:57	76.56%
18	Owen Murphy	M35	М	Kirkintilloch Olympians	00:10:58	70.23%
19	Eddie Neilson	M45	М		00:11:10	73.89%
20	Gillian Blee	W40	F	Garscube Harriers	00:11:21	77.08%
21	Alan Hume	M45	М	Central AC	00:11:23	70.80%
22	Anne Marie McGregor	W45	F	Kirkintilloch Olympians	00:11:23	83.95%
23	Alan Strang	M45	М	Motherwell AC	00:11:24	71.81%
24	David Eames	M35	М	Bellahouston Harriers	00:11:26	66.38%
25	Gavin McLennan	M40	М	Metro Aberdeen	00:11:33	69.25%
26	Dave Thom	M60	М	Cambuslang Harriers	00:11:35	79.41%
27	Gary Mitchell	M50	М	Kirkintilloch Olympians	00:11:36	74.68%
28	Stuart Lorraine	M55	М		00:11:40	74.87%
29	Alastair MacLachlan	M60	М	Bellahouston Roadrunners	00:11:44	79.09%
30	Jay Ramejkis	M35	М		00:11:46	64.50%
31	lain Muirhead	M50	М	Bellahouston Harriers	00:11:47	72.32%
32	Andrew Heathwood	M50	М		00:11:48	72.21%
33	Jonathon Munro	M35	М		00:11:52	64.91%
34	Stephen Purvis	M45	М	Airdrie	00:11:57	69.04%
35	Peter Freer	M40	М		00:12:07	66.01%
36	William Reid	M60	М		00:12:13	75.30%
37	Kirsty O'Brien	W35	F	Cambuslang Harriers	00:12:14	70.95%
38	Kevin Smith	M60	М	Bellahouston Harriers	00:12:26	74.64%
39	Penny Lowles	Senior	F	Glasgow Frontrunners	00:12:31	66.77%
40	John Brown	M50	М		00:12:33	68.45%
41	John Kirkwood	M40	М		00:12:35	63.56%
42	lain Crawford	M50	М	Cambuslang Harriers	00:12:37	68.09%
43	Colin Anderson	M45	М		00:12:44	63.79%
44	Arthur Duggan	M45	М	Motherwell AC	00:12:48	64.98%
45	tony jasnosz-clark	M45	М		00:12:50	63.79%
46	Alastair Cunningham	M55	М		00:13:06	67.25%
47	David Hoolaghan	M40	М	Motherwell AC	00:13:07	60.05%
48	Barry Mitchell	M35	М	Bellahouston Harriers	00:13:17	56.74%
49	Alasdair Beaton	M35	М		00:13:21	57.27%

50	Anthony Quinn	M65	М	Cartha Harriers	00:13:30	70.63%
51	Matt Bridgestock	M40	М		00:13:36	58.81%
52	David Munro	M60	М	Erskine Jogging Buddies	00:13:40	67.91%
53	Marie McChord	W60	F	Scottish Veteran Harriers	00:13:46	84.06%
54	Angela Campbell	W40	F	Bellahouston Harriers	00:13:48	65.24%
55	Sandy Eaglesham	M65	М	Cambuslang Harriers	00:13:56	70.37%
56	Ada Stewart	W55	F	Kirkintilloch Olympians	00:14:29	75.36%
57	Rachel Goslan	W45	F		00:14:59	61.49%
58	Linda Cunningham	W50	F		00:15:15	66.82%
59	Margaret Hutchinson	W50	F		00:15:36	66.20%
60	Russell Couper	M55	М	Calderglen harriers	00:16:01	55.47%
61	Kim Forbes	W60	F	Scottish Veteran Harriers	00:16:38	71.72%
62	Liz Deans	W60	F		00:18:05	62.12%
63	John Softley	M70	М	Bellahouston Harriers	00:18:08	56.69%