

3k on the Green		25/11/2022			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	David MacIntosh	Senior	M	Bellahouston Harriers	00:09:36	77.63%
2	Steven Fitzpatrick	M35	M	Cambuslang Harriers	00:10:00	75.38%
3	Michael Whittle	M35	M	North Devon AC	00:10:10	74.14%
4	Matt MacDonald	M40	M	Garscube Harriers	00:10:13	77.68%
5	Stephen Hanley	Senior	M	Greenock Glenpark Harriers	00:10:24	71.66%
6	Tom Adams	Senior	M	Cambuslang Harriers	00:10:38	69.14%
7	Evan Crane	M40	M	Motherwell AC	00:10:44	72.84%
8	David MacMillan	Senior	M		00:10:47	68.80%
9	Dave Thom	M60	M	Cambuslang Harriers	00:10:51	85.53%
10	Denis Williams	M55	M	Shettleston Harriers	00:10:53	83.05%
11	Stephen Forcer	M45	M	Westerlands	00:10:54	74.52%
12	David Scott	Senior	M		00:10:57	68.06%
13	John MacKenzie	M55	M	Bellahouston Roadrunners	00:11:12	78.66%
14	John Duffy	M55	M	Shettleston Harriers	00:11:17	79.41%
15	Alan O'Donnell	M40	M		00:11:19	69.60%
16	Colin Henderson	M45	M		00:11:20	72.23%
17	Dean Dempsey	Senior	M	Bellahouston Roadrunners	00:11:25	64.24%
18	Philip Knight	M50	M	Glasgow South Road Runners	00:11:41	74.15%
19	Kyle Simpson	Senior	M		00:11:47	62.24%
20	Graeme Wilson	M60	M	Carnegie Harriers	00:11:48	77.27%
21	David Duffy	M50	M	G72 Tri	00:11:56	70.83%
22	William Reid	M60	M		00:11:58	77.55%
23	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:12:01	77.92%
24	Paul Houston	M50	M	Bellahouston Harriers	00:12:06	71.60%
25	Laura Gray	W40	F	Garscube Harriers	00:12:09	73.33%
26	Kenny Angove	M40	M		00:12:14	63.91%
27	Kevin Brown	M35	M		00:12:20	61.99%
28	Iain Crawford	M50	M	Cambuslang Harriers	00:12:23	69.96%
29	Paula McCabe	W35	F	Cambuslang Harriers	00:12:24	69.06%
30	John Kirkwood	M40	M		00:12:30	63.98%
31	Mark Ramage	Senior	M		00:12:41	58.76%
32	Peter Minting	M45	M	Helensburgh AC	00:12:42	64.97%
33	Jim Boyle	M50	M	Garscube Harriers	00:12:51	65.24%
34	David Storey	Senior	M		00:12:53	56.97%
35	Stilian Ivanov	Senior	M		00:12:57	56.63%
36	Kirsten Bowlmer	Senior	F		00:13:06	63.79%
37	Neil Miller	M50	M		00:13:12	65.08%
38	Iain Moore	M35	M		00:13:15	57.70%
39	Erica Christie	W65	F	Cambuslang Harriers	00:13:21	92.23%
40	Conor Munro	Senior	M		00:13:39	53.72%
41	Matt Bridgestock	M45	M		00:13:46	58.54%
42	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:49	80.12%
43	Scott MacIntosh	M40	M	Bellahouston Roadrunners	00:14:04	56.42%
44	Peter Ogden	M70	M	Cambuslang Harriers	00:14:11	72.48%
45	Rachel Goslan	W45	F		00:14:29	64.38%
46	Sandy Eaglesham	M65	M	Cambuslang Harriers	00:14:44	67.24%
47	Michael McNamara	M55	M	Bellahouston Harriers	00:14:50	59.39%
48	Cameron Winton	M55	M	Glasgow Fronrunners	00:14:53	59.19%

49	Stephanie Rudd	W50	F	Bellahouston Harriers	00:14:55	65.70%
50	Lynne Goldie	W55	F	Bellahouston Roadrunners	00:15:11	69.89%
51	Kenny Gunn-Russell	M65	M	Christian Runners UK	00:15:28	63.40%
52	Alex Agnew	M70	M	Lothian Running Club	00:15:40	63.95%
53	Bob Porteous	M70	M	Scottish Veteran Harriers	00:15:43	66.36%
54	David Gemmell	M40	M	Bellahouston Harriers	00:16:10	48.00%
55	David McManus	M60	M		00:16:56	54.81%
56	Derek Hosie	M55	M		00:17:53	49.26%
57	Vanessa Simpson	Senior	F		00:17:53	46.73%
58	Raymond Loughran	M65	M	Shettleston Harriers	00:18:15	52.25%
59	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:18:50	57.95%
60	Gerry McManus	M55	M		00:20:33	43.99%