

3k on the Green			24/02/2023		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	David MacIntosh	Senior	M	Bellahouston Harriers	00:09:06	81.90%
2	Andrew McCall	M35	M	Greenock Glenpark Harriers	00:09:34	78.32%
3	Michael Whittle	M35	M	North Devon AC	00:10:04	74.88%
4	Ross Anderson	Senior	M	Westerlands	00:10:15	72.71%
5	Steven Prentice	M45	M	Bellahouston Harriers	00:10:19	79.98%
6	Gergely Bajzath	M40	M	Tinto Hill Runners	00:10:30	75.59%
7	Ryan MacReady	Senior	M	Glasgow Triathlon	00:10:33	69.57%
8	Gary Lyon	M40	M	Cambuslang Harriers	00:10:35	74.99%
9	Stephen Forcer	M45	M	Westerlands	00:10:40	76.15%
10	Ronan Beale	M35	M	Giffnock North	00:10:51	70.99%
11	Charles Thomson	M55	M	Cambuslang Harriers	00:10:53	81.63%
12	David Butterly	M45	M	Garscube Harriers	00:11:01	74.31%
13	Daniel Burns	M35	M	Garscube Harriers	00:11:07	67.80%
14	David Eames	M35	M	Bellahouston Harriers	00:11:07	68.77%
15	Martin McNellis	M60	M	PH Racing Club	00:11:08	81.90%
16	Alan O'Donnell	M40	M		00:11:11	70.43%
17	Andrew Heathwood	M50	M		00:11:14	76.48%
18	Daniel Nixon	Senior	M	Westerlands	00:11:16	65.09%
19	Alastair Drummond	M45	M	Newton Road Runners	00:11:20	71.11%
20	John Duffy	M55	M	Shettleston Harriers	00:11:25	78.49%
21	Roberto Travaglini	Senior	M		00:11:39	63.25%
22	William Taylor	M35	M	Greenock Glenpark Harriers	00:11:40	65.53%
23	Philip Knight	M50	M	Glasgow South Road Runners	00:11:44	73.83%
24	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:51	79.02%
25	Mark Fagan	M40	M		00:11:53	67.30%
26	Peter Freer	M45	M	Victoria Park	00:11:54	67.73%
27	Ross Johnstone	Senior	M		00:11:55	61.69%
28	Kyle Simpson	Senior	M		00:11:55	61.54%
29	Gary Shaw	M45	M	Kirkintilloch Olympians	00:11:57	69.04%
30	Neil Scott	M40	M		00:12:05	65.68%
31	Scott Hunter	M45	M	Cambuslang Harriers	00:12:06	68.74%
32	Chris Bell	M45	M	Kilbarchan	00:12:08	67.47%
33	Kenny Angove	M40	M		00:12:14	63.91%
34	David Wardrope	M50	M	Calderglen harriers	00:12:25	68.07%
35	Paul Forbes	M65	M	Edinburgh AC	00:12:32	76.79%
36	Graeme Gemmell	M55	M		00:12:32	71.49%
37	Evan Dixon	Senior	M		00:12:35	59.53%
38	Angela Campbell	W40	F	Bellahouston Harriers	00:12:39	71.96%
39	John Murray	M45	M	Garscube Harriers	00:12:42	64.46%
40	Linda Woodcraft	W45	F		00:12:47	72.07%
41	Dean Young	M35	M		00:12:49	59.65%
42	Neil Miller	M50	M		00:12:52	66.77%
43	Scott Angus	M45	M		00:12:58	62.16%
44	Carlos Gonzalez	M40	M		00:12:59	60.22%
45	Barry Mitchell	M35	M	Bellahouston Harriers	00:13:15	57.28%
46	Gareth Shields	M45	M		00:13:17	61.15%
47	Joseph Ogunjobi	Senior	M		00:13:17	55.21%
48	Robin Mussett	M55	M		00:13:19	67.88%

49	Alasdair Beaton	M35	M		00:13:24	57.48%
50	Matt Bridgestock	M45	M		00:13:35	59.33%
51	Michael McNamara	M55	M	Bellahouston Harriers	00:13:39	64.54%
52	Gillian Allan	W45	F		00:13:58	66.77%
53	Sandy Eaglesham	M65	M	Cambuslang Harriers	00:14:02	70.60%
54	Peter Ogden	M70	M	Cambuslang Harriers	00:14:14	72.22%
55	Vivien Fraser	W55	F	Jog Scotland	00:14:27	74.47%
56	Ada Stewart	W55	F	Kirkintilloch Olympians	00:14:42	75.31%
57	Rachel Goslan	W45	F		00:14:51	62.79%
58	Linda Cunningham	W50	F		00:15:01	68.77%
59	Bob Porteous	M70	M	Scottish Veteran Harriers	00:15:16	68.32%
60	Kenny Gunn-Russell	M65	M	Christian Runners UK	00:15:19	64.02%
61	Lynne Goldie	W55	F	Bellahouston Roadrunners	00:15:21	70.10%
62	Alex Agnew	M70	M	Lothian Running Club	00:15:47	64.26%
63	Lynne Cotter	W45	F		00:16:43	57.17%
64	Kim Forbes	W65	F	Scottish Veteran Harriers	00:16:59	71.36%
65	Nora Dempsey	W40	F	Glasgow South Road Runners	00:17:18	51.50%
66	Raymond Loughran	M65	M	Shettleston Harriers	00:17:56	53.17%
67	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:18:04	60.41%
68	Dave Slater	M45	M	Christian Runners UK	00:18:31	44.21%
69	Liz Deans	W60	F		00:18:52	60.42%
70	John Softley	M70	M	Bellahouston Harriers	00:19:59	52.19%