

3k on the Green			31/03/2023		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:40	76.23%
2	Allistair Gray	M35	M	Giffnock North	00:09:48	77.45%
3	Andrew McCafferty	M35	M		00:10:00	76.45%
4	Paul Monaghan	M50	M	Greenock Glenpark Harriers	00:10:01	85.07%
5	Chris Upson	M55	M	Cambuslang Harriers	00:10:03	89.94%
6	Niall McAlinden	M35	M	Westerlands	00:10:05	76.39%
7	Evan Griffiths	Senior	M	Westerlands	00:10:08	72.43%
8	Ryan MacReady	Senior	M	Glasgow Triathlon	00:10:12	71.96%
9	Ryan Waldron	M40	M	Kilbarchan	00:10:29	75.14%
10	Graham Andrew	M40	M	Garscube Harriers	00:10:35	73.87%
11	Stephen Forcer	M45	M	Westerlands	00:10:42	75.91%
12	Gary Lyon	M40	M	Cambuslang Harriers	00:10:46	73.71%
13	Gareth Shearer	M35	M		00:10:51	69.95%
14	David Eames	M35	M	Bellahouston Harriers	00:10:53	70.25%
15	John Duffy	M55	M	Shettleston Harriers	00:11:03	81.80%
16	Dave Thom	M60	M	Cambuslang Harriers	00:11:06	83.61%
17	Lana Buchheim	Senior	F	Westerlands	00:11:07	75.67%
18	Alan O'Donnell	M40	M		00:11:10	70.54%
19	Des Dickson	M60	M	Cambuslang Harriers	00:11:12	83.60%
20	Alan Inglis	M50	M	Teviotdale	00:11:14	77.12%
21	Suzanne Shaw	W45	F	Kirkintilloch Olympians	00:11:20	82.28%
22	Gary Shaw	M45	M	Kirkintilloch Olympians	00:11:21	72.69%
23	Kyle Simpson	Senior	M		00:11:26	64.15%
24	Alastair Drummond	M45	M	Newton Road Runners	00:11:29	70.18%
25	Paul Haggarty	M40	M		00:11:35	67.49%
26	Jennifer Beattie	W40	F	Kilmarnock Harriers	00:11:41	74.88%
27	Graeme Wilson	M60	M	Carnegie Harriers	00:11:44	78.40%
28	Chris Bell	M45	M	Kilbarchan	00:11:46	69.57%
29	Neil Nairn	M50	M	Glasgow Dental School	00:11:48	72.21%
30	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:57	78.35%
31	Peter Jardine	M55	M	Victoria Park	00:12:01	73.94%
32	Scott McLeod	M45	M	VCAC	00:12:03	69.02%
33	Kevin Brown	M35	M		00:12:12	62.67%
34	Tony McGale	M50	M	Garscube Harriers	00:12:15	69.56%
35	Michal Rosinski	M35	M	UKS Tarpan	00:12:18	62.16%
36	Neil Scott	M40	M		00:12:20	64.35%
37	Mark Fagan	M40	M		00:12:22	64.67%
38	Tim Downie	M65	M	Ayr Seaforth	00:12:25	77.51%
39	Kieran Morgan	M60	M	Carnegie Harriers	00:12:26	74.64%
40	Peter Minting	M45	M	Helensburgh AC	00:12:30	66.01%
41	Frank Hurley	M70	M	Cambuslang Harriers	00:12:30	80.16%
42	Carlos Gonzalez	M40	M		00:12:33	62.76%
43	Anni Lappela	Senior	F	RC Eemeli	00:12:33	67.25%
44	Arthur Duggan	M50	M	Motherwell AC	00:12:44	65.84%
45	Iain MacDonald	M45	M	Glasgow South Road Runners	00:12:46	65.15%
46	Angela Campbell	W40	F	Bellahouston Harriers	00:12:49	71.03%
47	Jack Pottage	M45	M	Edinburgh AC	00:12:54	63.46%
48	David Hoolaghan	M40	M	Motherwell AC	00:12:55	61.44%

Classification: Private

49	Alasdair Beaton	M35	M		00:13:06	58.80%
50	Henry Merriweather	M50	M	Bellahouston Roadrunners	00:13:09	64.28%
51	Pauline Henderson	W55	F	Bellahouston Harriers	00:13:12	83.87%
52	Gareth Shields	M45	M		00:13:18	61.07%
53	Iain Crawford	M55	M	Cambuslang Harriers	00:13:34	64.39%
54	Jacqueline McLew	W50	F	Cambuslang Harriers	00:13:37	73.85%
55	Michael McNamara	M55	M	Bellahouston Harriers	00:13:44	64.15%
56	Matt Bridgestock	M45	M		00:13:50	58.26%
57	Karen McAllister	W60	F	Falkirk Victoria	00:13:52	84.72%
58	Ada Stewart	W55	F	Kirkintilloch Olympians	00:14:07	78.42%
59	Scott Mulheron	M35	M	West End Road Runners	00:14:12	54.24%
60	Vivien Fraser	W55	F	Jog Scotland	00:14:15	75.52%
61	Rachel Goslan	W45	F		00:14:41	64.28%
62	Sandy Eaglesham	M65	M	Cambuslang Harriers	00:15:02	65.90%
63	Lauren Leggat	W45	F		00:15:09	63.87%
64	Alex Agnew	M70	M	Lothian Running Club	00:16:04	63.13%
65	Marie Neil	W55	F	Strathaven Striders	00:16:12	66.43%
66	David Gemmell	M40	M	Bellahouston Harriers	00:16:20	47.51%
67	Tom Keenan	M65	M	Bellahouston Harriers	00:16:29	59.49%
68	Lynne Cotter	W45	F		00:16:31	57.86%
69	Donna Inglis	W55	F	Teviotdale	00:16:33	65.02%
70	Eeva Kuikka	Senior	F		00:17:02	49.25%
71	Raymond Loughran	M65	M	Shettleston Harriers	00:17:28	54.59%
72	Nora Dempsey	W40	F	Glasgow South Road Runners	00:17:38	50.53%
73	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:17:49	61.26%