

3k on the Green		28/04/2023			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Scott McDonald	Senior	M		00:09:06	81.22%
2	Ross MacKenzie	M40	M		00:09:12	84.98%
3	Andrew McCall	M35	M	Greenock Glenpark Harriers	00:09:29	79.00%
4	John Spiers	M45	M	Kilmarnock Harriers	00:09:42	85.06%
5	Allistair Gray	M35	M	Giffnock North	00:09:47	77.58%
6	Adam Lee	M35	M	Shettleston Harriers	00:09:48	78.01%
7	Owen Walpole	Senior	M	Cambuslang Harriers	00:09:54	74.66%
8	David Houston	M35	M	Cumbernauld AAC	00:09:59	75.05%
9	Stephen Allan	M45	M	Cumbernauld AAC	00:10:01	83.03%
10	Es Tresidder	M40	M	Lochaber AC	00:10:10	78.06%
11	Ryan MacReady	Senior	M	Glasgow Triathlon	00:10:14	71.73%
12	Ryan Waldron	M40	M	Kilbarchan	00:10:19	76.35%
13	Andrew Holloway	M35	M		00:10:20	72.50%
14	Laurence Egan	M45	M		00:10:23	77.62%
15	Gary Lyon	M40	M	Cambuslang Harriers	00:10:27	76.54%
16	Laura Haggarty	W35	F	Kilmarnock Harriers	00:10:28	82.34%
17	Graeme Gemmell	M55	M		00:10:34	84.80%
18	Steven Prentice	M45	M	Bellahouston Harriers	00:10:42	77.11%
19	Stuart McMillan	M40	M		00:10:56	73.15%
20	Alan O'Donnell	M40	M		00:11:00	71.61%
21	Kirsty Wright	Senior	F	Cambuslang Harriers	00:11:00	76.26%
22	Andrew Heathwood	M50	M		00:11:01	77.98%
23	David Eames	M35	M	Bellahouston Harriers	00:11:03	69.19%
24	Kyle Simpson	Senior	M		00:11:07	65.97%
25	Dean Dempsey	Senior	M	Bellahouston Roadrunners	00:11:11	65.63%
26	Owen Murphy	M40	M	Kirkintilloch Olympians	00:11:15	68.97%
27	Mathieu Poncon	Senior	M		00:11:17	64.99%
28	Nathan Ansell	Senior	M		00:11:18	64.90%
29	Euan Marney	Senior	M	Glasgow Uni Hare & Hounds	00:11:20	66.09%
30	Calum Marney	Senior	M		00:11:30	63.77%
31	William Taylor	M35	M	Greenock Glenpark Harriers	00:11:39	65.62%
32	Neil Nairn	M50	M	Glasgow Dental School	00:11:42	72.83%
33	Sam Dickinson	Senior	M		00:11:49	62.06%
34	Scott Hunter	M45	M	Cambuslang Harriers	00:11:51	70.19%
35	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:55	79.29%
36	Neil Scott	M40	M		00:11:59	66.23%
37	David Wardrope	M50	M	Calderglen harriers	00:12:00	70.44%
38	John Ockenden	Senior	M	Hunters Bog Trotters	00:12:05	60.74%
39	David Storey	Senior	M		00:12:08	60.49%
40	Alastair Drummond	M45	M	Newton Road Runners	00:12:15	65.79%
41	Peter Minting	M45	M	Helensburgh AC	00:12:15	67.35%
42	Iain MacDonald	M45	M	Glasgow South Road Runners	00:12:17	67.71%
43	Calum Scott	Senior	M		00:12:20	59.46%
44	William Reid	M60	M		00:12:21	75.82%
45	Connor MacFarlane	Senior	M		00:12:30	58.67%
46	Angela Campbell	W40	F	Bellahouston Harriers	00:12:38	72.06%
47	Graeme Taylor	M45	M		00:12:42	64.97%
48	Linda Woodcraft	W45	F		00:12:44	72.35%

49	Scott Angus	M45	M		00:12:51	62.72%
50	Conor Munro	Senior	M		00:13:01	56.34%
51	Alastair Cunningham	M55	M		00:13:03	68.08%
52	Alasdair Beaton	M40	M		00:13:05	59.31%
53	Gareth Shields	M45	M		00:13:08	61.85%
54	Veronica Bell	Senior	F		00:13:37	61.77%
55	James Donald	Senior	M		00:13:42	53.79%
56	Scott MacIntosh	M40	M	Bellahouston Roadrunners	00:13:43	57.86%
57	Matt Bridgestock	M45	M		00:13:48	58.40%
58	George Fournarakis	Senior	M		00:13:55	52.69%
59	Scott Mulheron	M35	M	West End Road Runners	00:14:00	55.02%
60	Ada Stewart	W55	F	Kirkintilloch Olympians	00:14:03	78.79%
61	Millie Morgan	Senior	F	Hunters Bog Trotters	00:14:24	58.03%
62	Tom McMillan	M70	M		00:14:36	68.63%
63	Jennifer Reid	Senior	F		00:14:45	56.66%
64	Rachel Goslan	W45	F		00:14:47	63.85%
65	Linda Cunningham	W50	F		00:15:01	68.77%
66	Lauren Leggat	W45	F		00:15:04	64.23%
67	Bob Porteous	M70	M	Scottish Veteran Harriers	00:15:17	69.31%
68	Murdoch Rodgers	M70	M	Bellahouston Roadrunners	00:15:37	65.82%
69	Alex Agnew	M70	M	Lothian Running Club	00:15:53	63.86%
70	Tom Keenan	M65	M	Bellahouston Harriers	00:16:08	60.78%
71	Marie Neil	W55	F	Strathaven Striders	00:16:24	65.62%
72	Raymond Loughran	M65	M	Shettleston Harriers	00:17:10	55.54%
73	Kim Forbes	W65	F	Scottish Veteran Harriers	00:17:16	70.19%
74	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:18:07	60.24%
75	Liz Deans	W60	F		00:18:57	60.16%
76	Catriona Deans	W55	F		00:19:12	56.05%