

	3k on the Green			26/05/2023	Race	Age
	Runner	Category	M/F	Club	Time	Grade %
1	Alastair Scott	M40	M		00:09:15	83.88%
2	Stephen Brown	M40	M	West End Road Runners	00:09:24	83.80%
3	Steven Fitzpatrick	M35	M	Cambuslang Harriers	00:09:29	79.48%
4	Adam Stark	M35	M	Bellahouston Harriers	00:09:29	81.22%
5	Andrew Kirk	M40	M	Kirkintilloch Olympians	00:09:30	82.30%
6	Lee Shaw	Senior	M	Bellahouston Harriers	00:09:31	77.06%
7	Owen Walpole	Senior	M	Cambuslang Harriers	00:09:35	77.12%
8	Robin Kyle	Senior	M	Edinburgh AC	00:09:47	76.18%
9	Ryan MacReady	Senior	M	Glasgow Triathlon	00:10:06	72.67%
10	Calum Ferguson	Senior	M	Bellahouston Harriers	00:10:18	71.20%
11	Lukasz Pudlo	Senior	M		00:10:20	71.53%
12	Dave Thom	M60	M	Cambuslang Harriers	00:10:21	90.47%
13	Ryan Waldron	M40	M	Kilbarchan	00:10:22	75.98%
14	Scott Jenkins	Senior	M	Edinburgh University	00:10:23	70.63%
15	Alan Hume	M45	M	Central AC	00:10:35	76.75%
16	Chris Butler	Senior	M	Westerlands	00:10:37	69.41%
17	Fiona Matheson	W60	F	Falkirk Victoria	00:10:40	108.48%
18	Stephen Lyons	Senior	M	Glasgow Triathlon	00:10:43	68.97%
19	Stephen Forcer	M45	M	Westerlands	00:10:44	76.27%
20	David Eames	M35	M	Bellahouston Harriers	00:10:48	71.32%
21	Chris Jones	M35	M	Levenshulme Runners	00:10:51	69.05%
22	Alan O'Donnell	M40	M		00:10:53	72.92%
23	John Kirkwood	M45	M		00:10:57	73.60%
24	Kyle Simpson	Senior	M		00:10:58	66.93%
25	Grant Matheson	M60	M	Falkirk Victoria	00:11:02	82.64%
26	Gary McKendrick	M55	M	Inverclyde AC	00:11:06	80.73%
27	Kirsty Mann	Senior	F	Shettleston Harriers	00:11:13	74.99%
28	John Duffy	M55	M	Shettleston Harriers	00:11:15	80.35%
29	Danielle Callaghan	W35	F	Falkirk Victoria	00:11:32	74.25%
30	Colin Simpson	M40	M		00:11:36	68.95%
31	David Downey	M55	M	Dunblane Runners	00:11:36	75.95%
32	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:37	81.34%
33	Douglas Hill	M55	M	Falkirk Victoria	00:11:39	76.91%
34	Kevin Timmons	M45	M		00:11:40	71.29%
35	William Taylor	M35	M	Greenock Glenpark Harriers	00:11:42	65.34%
36	Neil Scott	M40	M		00:11:42	67.83%
37	Laura Gray	W40	F	Garscube Harriers	00:11:44	76.73%
38	Alison Wood	Senior	F	Garscube Harriers	00:11:45	71.83%
39	Cathy Wood	Senior	F	Bellahouston Roadrunners	00:11:47	71.39%
40	Calum Sinclair	M40	M		00:11:50	65.57%
41	Elaine Hogg	W50	F	Kirkintilloch Olympians	00:11:56	85.39%
42	Sebastian Smith	Senior	M		00:12:02	61.24%
43	Frank Hurley	M70	M	Cambuslang Harriers	00:12:05	82.92%
44	Alastair Cunningham	M55	M		00:12:06	73.43%
45	Kieran Morgan	M60	M	Carnegie Harriers	00:12:06	77.38%
46	Chris Wheeler	Senior	M		00:12:10	60.27%
47	Colin Anderson	M45	M		00:12:13	67.01%
48	Alex Vincente	Senior	M		00:12:14	59.95%
49	David Hoolaghan	M40	M	Motherwell AC	00:12:15	64.79%
50	William Reid	M60	M		00:12:17	76.23%
51	Maciej Baglaj	Senior	M		00:12:18	59.62%
52	Iain Crawford	M55	M	Cambuslang Harriers	00:12:20	70.83%
53	David Murphy	M50	M	Shettleston Harriers	00:12:22	68.90%

54	Richard O'Grady	M40	M	Helensburgh AC	00:12:23	64.59%
55	Christopher O'Grady	Senior	M	Red Star	00:12:24	59.83%
56	Henry Merriweather	M50	M	Bellahouston Roadrunners	00:12:25	68.63%
57	Linda Woodcraft	W45	F		00:12:27	74.00%
58	Neil Nairn	M50	M	Glasgow Dental School	00:12:29	68.26%
59	Angela Campbell	W40	F	Bellahouston Harriers	00:12:30	72.83%
60	Marie McChord	W60	F	Scottish Veteran Harriers	00:12:50	91.54%
61	David Vint	Senior	M		00:12:57	56.63%
62	Alasdair Beaton	M40	M		00:12:59	59.76%
63	Frances Wood	W60	F	Linlithgow AC	00:13:19	89.59%
64	Karen McAllister	W60	F	Falkirk Victoria	00:13:25	87.56%
65	Peter McEwan	Senior	M		00:13:26	54.64%
66	Alastair Harris	M40	M		00:13:42	58.38%
67	Ada Stewart	W55	F	Kirkintilloch Olympians	00:13:45	80.51%
68	Sandy Eaglesham	M65	M	Cambuslang Harriers	00:13:50	71.62%
69	Peter Ogden	M70	M	Cambuslang Harriers	00:14:07	72.82%
70	Vivien Fraser	W55	F	Jog Scotland	00:14:14	75.60%
71	David Pease	M55	M	Falkland Trail Runners	00:14:18	62.66%
72	Louise Whyte	W40	F		00:14:23	61.94%
73	Linda Cunningham	W50	F		00:14:44	70.10%
74	Bob Porteous	M70	M	Shettleston Harriers	00:14:47	71.65%
75	Murdoch Rodgers	M70	M	Bellahouston Roadrunners	00:14:59	68.61%
76	Alex Wood	M70	M	Linlithgow AC	00:15:02	68.38%
77	Marie Neil	W55	F	Strathaven Striders	00:16:00	67.26%
78	Kenny Gunn-Russell	M65	M	Christian Runners UK	00:16:31	59.37%
79	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:17:40	62.66%
80	Catriona Deans	W55	F		00:17:50	60.34%
81	Liz Deans	W60	F		00:18:28	61.73%
82	John Softley	M70	M	Bellahouston Harriers	00:19:10	54.42%