

3k on the Green			30/06/2023		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Stuart Donnachie	Senior	M		00:09:28	77.46%
2	Greg McLeod	M35	M	Bellahouston Harriers	00:09:47	77.58%
3	Cameron Muir	Senior	M		00:09:49	74.70%
4	Matthew Monachello	Junior	M	Kilmarnock Harriers	00:09:53	78.78%
5	Ross Granger	M35	M	Kilmarnock Harriers	00:10:03	76.64%
6	Niall McAlinden	M35	M	Westerlands	00:10:04	76.51%
7	Brent Brodie	M50	M	Bellahouston Harriers	00:10:06	83.01%
8	Mark King	M50	M	Cambuslang Harriers	00:10:09	85.35%
9	Ryan MacReady	Senior	M	Glasgow Triathlon	00:10:10	72.20%
10	Adam Todd	Senior	M	Kilmarnock Harriers	00:10:13	71.78%
11	Lukasz Pudlo	Senior	M		00:10:13	72.34%
12	Dave Thom	M60	M	Cambuslang Harriers	00:10:15	91.35%
13	Jamie Nix	Senior	M	Kilmarnock Harriers	00:10:23	70.65%
14	Lewis Anderson	Junior	M	Kilmarnock Harriers	00:10:25	75.98%
15	Steven Prentice	M45	M	Bellahouston Harriers	00:10:26	79.08%
16	Andy Rockett Jackson	Senior	M	Shettleston Harriers	00:10:29	70.29%
17	Alan Hume	M45	M	Central AC	00:10:41	76.03%
18	Chris Butler	Senior	M	Westerlands	00:10:42	68.87%
19	Mark MacDonald	M35	M		00:10:49	70.17%
20	Stephen Forcer	M45	M	Westerlands	00:10:54	75.10%
21	Stuart McMillan	M40	M		00:11:06	72.05%
22	Jill Smylie	W40	F	Giffnock North	00:11:08	80.86%
23	Kyle Simpson	Senior	M		00:11:19	64.86%
24	John Duffy	M55	M	Shettleston Harriers	00:11:21	79.64%
25	Mary Senior	W50	F	Garscube Harriers	00:11:24	85.97%
26	David Anderson	M50	M	Kilmarnock Harriers	00:11:28	74.31%
27	Jack McMillan	Junior	M	East Kilbride AC	00:11:31	80.75%
28	Paul Kirkland	M35	M	Achilles Heel	00:11:32	65.35%
29	Barry Edwards	M40	M	Bellahouston Roadrunners	00:11:37	67.30%
30	David Downey	M55	M	Dunblane Runners	00:11:38	76.37%
31	Mark Western	M55	M	PH Racing Club	00:11:38	77.02%
32	Mark Daly	M45	M		00:11:53	69.43%
33	Ellie Anderson	Junior	F	Kilmarnock Harriers	00:11:55	71.63%
34	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:11:56	79.18%
35	Cathy Wood	Senior	F	Bellahouston Roadrunners	00:11:58	70.29%
36	Kara Rafferty	W35	F	Garscube Harriers	00:12:03	72.03%
37	Peter Minting	M45	M	Helensburgh AC	00:12:12	68.17%
38	Peter Jardine	M55	M	Victoria Park	00:12:16	72.43%
39	John Davidson	M40	M		00:12:26	64.33%
40	Laura Gray	W40	F	Garscube Harriers	00:12:29	72.12%
41	Barry Weatherstone	M35	M		00:12:33	61.37%
42	David Murphy	M50	M	Shettleston Harriers	00:12:36	67.63%
43	Paul Taylor	M50	M		00:12:38	66.91%
44	Sarah Oliver	W35	F	Bellahouston Roadrunners	00:12:40	66.91%
45	Iain Crawford	M55	M	Cambuslang Harriers	00:12:54	67.72%
46	Mark Ashby	M60	M	Victoria Park	00:13:02	71.84%
47	Alasdair Beaton	M40	M		00:13:03	59.46%
48	Marie McChord	W60	F	Scottish Veteran Harriers	00:13:04	89.90%

Classification: Private

49	Gareth Shields	M45	M		00:13:05	62.09%
50	Deirdre Harrington	W40	F	Edinburgh AC	00:13:12	66.27%
51	Iain Moore	M35	M		00:13:25	56.98%
52	Erica Christie	W65	F	Cambuslang Harriers	00:13:38	90.32%
53	Melisa Anderson	Junior	F	Kilmarnock Harriers	00:13:46	63.57%
54	Alastair Cunningham	M55	M		00:13:59	63.54%
55	Tom McMillan	M70	M		00:14:00	71.57%
56	Cameron McLeod	Senior	M		00:14:00	52.51%
57	Ada Stewart	W55	F	Kirkintilloch Olympians	00:14:04	78.70%
58	Gerard Mason	M60	M	Shettleston Harriers	00:14:09	65.01%
59	Sandy Eaglesham	M70	M	Cambuslang Harriers	00:14:14	70.40%
60	Stuart Simpson	M40	M		00:14:20	55.80%
61	Peter Ogden	M70	M	Cambuslang Harriers	00:14:25	71.30%
62	Mark Watson	M45	M	Bellahouston Harriers	00:14:29	55.65%
63	Sandra Fulton	W40	F		00:14:32	61.30%
64	Linda Cunningham	W55	F		00:14:38	71.53%
65	Sharon Milloy	W35	F		00:14:42	58.25%
66	Annabel Walker	Senior	F		00:15:01	55.65%
67	Andy Taylor	M60	M	Kilmarnock Harriers	00:15:06	62.58%
68	Murdoch Rodgers	M70	M	Bellahouston Roadrunners	00:15:13	67.55%
69	Bob Porteous	M70	M	Shettleston Harriers	00:15:18	69.23%
70	Alex Wood	M70	M	Linlithgow AC	00:15:27	66.53%
71	Margaret Hutchinson	W55	F		00:15:56	65.69%
72	David Gemmell	M40	M	Bellahouston Harriers	00:16:02	48.39%
73	Tom Keenan	M65	M	Bellahouston Harriers	00:16:12	60.53%
74	Marie Neil	W55	F	Strathaven Striders	00:16:15	66.22%
75	Carol Keenan	W65	F	Bellahouston Harriers	00:17:03	72.22%
76	Jennifer Hosie	W50	F		00:17:20	58.02%
77	Raymond Loughran	M65	M	Shettleston Harriers	00:17:28	54.59%
78	Shirley MacNab	W55	F	Kirkintilloch Olympians	00:18:11	60.88%
79	Tracey Wilson	W50	F		00:19:06	53.35%
80	John Softley	M70	M	Bellahouston Harriers	00:19:12	55.17%