

3k on the Green			24/11/2023		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Cameron Muir	Senior	M		00:09:19	78.71%
2	Ross Horgan	Senior	M	Bellahouston Roadrunners	00:09:24	78.01%
3	Steven Fitzpatrick	M35	M	Cambuslang Harriers	00:09:38	78.79%
4	Oliver Reilly	Senior	M	Greenock Glenpark Harriers	00:09:43	76.07%
5	Jordan Queen	Senior	M	Garscube Harriers	00:09:48	75.70%
6	James Bowness	Senior	M		00:09:52	74.68%
7	Calum Scott	Senior	M		00:09:55	73.95%
8	Ciaran Dougherty	M40	M	Bellahouston Roadrunners	00:09:56	78.11%
9	Nathan Downie	Junior	M	@Wooton	00:09:57	78.25%
10	Shawn Wright	Senior	M	Livingstone	00:10:05	72.73%
11	Calum Oates	Senior	M		00:10:09	73.42%
12	Es Tresidder	M40	M	Lochaber AC	00:10:12	77.81%
13	Adam Todd	Senior	M	Kilmarnock Harriers	00:10:17	71.31%
14	Steven Prentice	M45	M	Bellahouston Harriers	00:10:19	80.62%
15	Angus Henderson	Senior	M		00:10:20	72.49%
16	Ryan MacReady	Senior	M	Glasgow Triathlon	00:10:23	70.69%
17	Lukasz Pudlo	Senior	M		00:10:24	71.33%
18	Colin Feechan	M65	M	Cambuslang Harriers	00:10:27	91.24%
19	Kevin McAfee	M35	M	Bellahouston Roadrunners	00:10:28	72.51%
20	Stephen Forcer	M45	M	Westerlands	00:10:30	77.97%
21	Andy Rockett Jackson	Senior	M	Shettleston Harriers	00:10:31	70.07%
22	Paul Forbes	M65	M	Edinburgh AC	00:10:36	91.63%
23	David McMillan	Senior	M		00:10:38	70.09%
24	Paul McMonagle	M50	M	Cumbernauld AAC	00:10:38	81.47%
25	Laura Haggarty	W35	F	Kilmarnock Harriers	00:10:40	81.37%
26	Graeme Gemmell	M55	M		00:10:40	84.01%
27	Andrew Gibson	M40	M	Teviotdale	00:10:41	73.73%
28	Dave Thom	M60	M	Cambuslang Harriers	00:10:43	87.37%
29	Denis Williams	M60	M	Shettleston Harriers	00:10:45	84.82%
30	Lynsey O'Connor	W40	F	Kilmarnock Harriers	00:10:46	82.75%
31	Ross McEachern	M55	M	Cumbernauld AAC	00:10:48	82.26%
32	David Eames	M35	M	Bellahouston Harriers	00:10:56	70.45%
33	Elliot Williams	M40	M		00:10:58	70.75%
34	Innes McGready	Junior	M		00:11:00	69.81%
35	Malcolm MacLean	M45	M	Greenock Glenpark Harriers	00:11:00	73.27%
36	Richard Arthurs	Senior	M	Livingstone	00:11:03	66.62%
37	Jeff Farquhar	M65	M	Pitreavie AC	00:11:04	86.16%
38	Ruaridh Smith	Senior	M		00:11:05	66.23%
39	David Scott	M35	M	Cumbernauld AAC	00:11:07	67.40%
40	Jack Thomas	Senior	M	Glasgow South Road Runners	00:11:10	66.44%
41	Ryan Miller	M40	M	Newton Road Runners	00:11:12	70.33%
42	Calum Sinclair	M40	M		00:11:13	69.70%
43	William Taylor	M35	M	Greenock Glenpark Harriers	00:11:16	68.36%
44	Jenny Brown	W45	F	Bellahouston Harriers	00:11:18	82.52%
45	Jim MacLachlan	M40	M		00:11:19	68.57%
46	Steven Leith	M35	M	Westerlands	00:11:20	67.96%
47	John Duffy	M55	M	Shettleston Harriers	00:11:24	79.29%
48	Kyle Simpson	Senior	M		00:11:26	64.20%
49	Stuart McMillan	M45	M		00:11:39	69.18%
50	Iain Muirhead	M50	M	Bellahouston Harriers	00:11:42	74.04%

Classification: Private

51	Keir Hunter	Senior	M		00:11:47	62.23%
52	David Downey	M55	M	Dunblane Runners	00:11:51	74.98%
53	Gerard Scullion	M55	M	Bellahouston Roadrunners	00:11:54	75.30%
54	Mark Daly	M45	M		00:11:56	69.70%
55	Paul Houston	M55	M	Bellahouston Harriers	00:12:01	72.69%
56	Jennifer Reid	Senior	F		00:12:02	69.45%
57	Peter Minting	M45	M	Helensburgh AC	00:12:06	68.74%
58	Graeme Taylor	M45	M	Garscube Harriers	00:12:11	68.27%
59	David Wardrope	M50	M	Cambuslang Harriers	00:12:18	69.28%
60	Pete Gilpin	M40	M		00:12:19	64.94%
61	Iain Wallace	M50	M	Cambuslang Harriers	00:12:30	69.30%
62	Gareth Shields	M45	M		00:12:32	64.81%
63	Gary Henderson	M55	M	Bellahouston Harriers	00:12:34	71.93%
64	David Hoolaghan	M40	M	Motherwell AC	00:12:36	63.48%
65	Arthur Mullholland	M60	M	East Kilbride AC	00:12:39	72.08%
66	Adam Downie	Junior	M	@Wooton	00:12:45	63.27%
67	Peter Freer	M45	M	Victoria Park	00:12:46	63.63%
68	Linda Woodcraft	W45	F		00:12:47	72.07%
69	John MacArthur	M35	M		00:12:47	60.25%
70	Peter Jardine	M55	M	Victoria Park	00:12:49	69.32%
71	William Reid	M60	M		00:12:50	72.96%
72	Iain Crawford	M55	M	Cambuslang Harriers	00:12:52	67.89%
73	Jason Kerr	M50	M		00:12:54	66.06%
74	Alastair Cunningham	M55	M		00:12:59	68.43%
75	Pauline Henderson	W60	F	Bellahouston Harriers	00:13:01	86.29%
76	Scott Angus	M45	M		00:13:02	62.32%
77	Tim Downie	M65	M	Ayr Seaforth	00:13:06	74.15%
78	Kendal Gregory	Senior	F	Inverclyde AC	00:13:10	63.71%
79	Iona McNair	Senior	F		00:13:13	63.23%
80	Rodger McEleney	M65	M	Strathclyde Fire & Rescue	00:13:16	72.54%
81	Gillian McGale	W45	F		00:13:32	70.61%
82	Karen McAllister	W60	F	Falkirk Victoria	00:13:33	86.70%
83	Angela Campbell	W45	F	Bellahouston Harriers	00:13:43	67.17%
84	Gerard Brown	M50	M		00:13:55	60.24%
85	Matt Bridgestock	M45	M		00:13:58	58.16%
86	Peter Ogden	M70	M	Cambuslang Harriers	00:14:01	74.41%
87	Margaret Allison	W60	F	Strathaven Striders	00:14:02	81.23%
88	Jill Morton	W45	F	Wee County Harriers	00:14:05	68.71%
89	Sharon Molloy	W35	F		00:14:06	60.73%
90	Stuart Simpson	M45	M		00:14:09	56.96%
91	David Gemmell	M40	M	Bellahouston Harriers	00:14:11	55.12%
92	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:15	78.82%
93	James Boyce	M40	M		00:14:29	55.22%
94	Tom McMillan	M70	M		00:14:31	69.02%
95	Bob Porteous	M70	M	Shettleston Harriers	00:14:42	72.06%
96	James Ferguson	M45	M		00:14:45	55.50%
97	Margaret Hutchinson	W55	F		00:14:46	71.86%
98	Linda Cunningham	W55	F		00:14:52	70.41%
99	Jac Molloy	W40	F	Motherwell AC	00:14:53	60.49%
100	Ian Goudie	M65	M	Bellahouston Harriers	00:15:10	63.45%
101	Lyndsay Henderson	W35	F		00:15:24	55.30%
102	Caroline Sellar	Senior	F	Glasgow Triathlon	00:16:13	52.04%

103	Marie Neil	W55	F	Strathaven Striders	00:16:17	67.03%
104	Ewan Gibbs	Senior	M		00:17:07	43.34%
105	Raymond Loughran	M65	M	Shettleston Harriers	00:18:18	52.59%
106	Gillian Phillips	W50	F	Cumbernauld AAC	00:18:39	53.22%
107	Mark McGinney	M45	M		00:18:40	44.20%
108	John Softley	M70	M	Bellahouston Harriers	00:18:42	56.65%
109	Jessica Hardy	W35	F	Newton Road Runners	00:18:45	45.20%
110	Dorothy Lucas	W70	F	Strathaven Striders	00:19:12	68.52%
111	James Kelly	M60	M	Newton Road Runners	00:19:35	46.56%