

| 3k on the Green | | | 26/04/2024 | | Race | Age |
|-----------------|----------------------|--------|------------|----------------------------|----------|---------|
| Runner | Category | M/F | Club | Time | Grade % | |
| 1 | Cameron Muir | Senior | M | Shettleston Harriers | 00:09:14 | 79.42% |
| 2 | Stephen Brown | M40 | M | West End Road Runners | 00:09:20 | 85.03% |
| 3 | Steven Fitzpatrick | M35 | M | Cambuslang Harriers | 00:09:31 | 79.75% |
| 4 | Jordan Queen | Senior | M | Garscube Harriers | 00:09:45 | 76.09% |
| 5 | Brent Brodie | M50 | M | Bellahouston Harriers | 00:09:47 | 86.40% |
| 6 | Es Tresidder | M40 | M | Lochaber AC | 00:09:49 | 81.47% |
| 7 | Chris Butler | Senior | M | Westerlands | 00:09:50 | 75.16% |
| 8 | David Scott | M35 | M | Cumbernauld AAC | 00:09:52 | 75.93% |
| 9 | Calum Oates | M35 | M | | 00:09:55 | 75.55% |
| 10 | Calum Ferguson | Senior | M | Newton Road Runners | 00:09:56 | 74.01% |
| 11 | Jordan Davidson | Senior | M | Bellahouston Roadrunners | 00:09:58 | 74.43% |
| 12 | Iain McFarlane | M40 | M | Garscube Harriers | 00:09:59 | 80.11% |
| 13 | Lukasz Pudlo | Senior | M | | 00:10:09 | 73.09% |
| 14 | Stuart Miller | M35 | M | Bellahouston Harriers | 00:10:10 | 75.20% |
| 15 | Michael Ross | Senior | M | | 00:10:15 | 71.72% |
| 16 | Stephen Hanley | M35 | M | Greenock Glenpark Harriers | 00:10:19 | 73.06% |
| 17 | Andy Rockett Jackson | Senior | M | Shettleston Harriers | 00:10:25 | 70.95% |
| 18 | Lesley Bell | W45 | F | Garscube Harriers | 00:10:26 | 92.75% |
| 19 | Gareth Shearer | M35 | M | | 00:10:36 | 72.66% |
| 20 | Owen Murphy | M40 | M | Kirkintilloch Olympians | 00:10:39 | 73.41% |
| 21 | Gavin Meikle | M50 | M | | 00:10:42 | 79.64% |
| 22 | Kelly Taylor | Senior | F | Bellahouston Roadrunners | 00:10:48 | 77.43% |
| 23 | Peter Alexander | M40 | M | Newton Road Runners | 00:10:51 | 71.51% |
| 24 | Malcolm MacLean | M45 | M | Greenock Glenpark Harriers | 00:10:52 | 74.17% |
| 25 | James Bonner | M40 | M | | 00:10:53 | 72.38% |
| 26 | Paul McMonagle | M55 | M | Cumbernauld AAC | 00:10:54 | 80.14% |
| 27 | Fiona Matheson | W60 | F | Falkirk Victoria | 00:10:56 | 107.44% |
| 28 | Holly Morrison | Senior | F | Shettleston Harriers | 00:10:56 | 76.73% |
| 29 | Paul Fletcher | M60 | M | GSRR | 00:10:57 | 83.27% |
| 30 | Raymond Farrell | M50 | M | | 00:10:58 | 79.00% |
| 31 | Ed White | M35 | M | Glasgow Fronrunners | 00:10:59 | 70.13% |
| 32 | Calum Scott | Senior | M | | 00:11:00 | 66.67% |
| 33 | Kyle Simpson | Senior | M | | 00:11:01 | 66.63% |
| 34 | Alexander Morrison | M35 | M | | 00:11:03 | 68.69% |
| 35 | Jack Thomas | Senior | M | Glasgow South Road Runners | 00:11:04 | 67.34% |
| 36 | Jamie Slater | Senior | M | Bellahouston Harriers | 00:11:05 | 66.33% |
| 37 | James McGreevy | M40 | M | Bellahouston Roadrunners | 00:11:06 | 70.96% |
| 38 | Ruaridh Smith | Senior | M | | 00:11:13 | 65.44% |
| 39 | Corey Craig | Senior | M | Newton Road Runners | 00:11:16 | 65.10% |
| 40 | Alex Winn | Senior | M | Bellahouston Harriers | 00:11:18 | 65.65% |
| 41 | Craig Brown | M50 | M | Garscube Harriers | 00:11:18 | 75.41% |
| 42 | David Eames | M35 | M | Bellahouston Harriers | 00:11:20 | 67.96% |
| 43 | Karen Allen | W40 | F | Calderglen harriers | 00:11:23 | 76.85% |
| 44 | Alex Conway | Senior | M | | 00:11:31 | 63.84% |
| 45 | Kevin Timmons | M50 | M | Mount Venon Runners | 00:11:32 | 72.69% |
| 46 | Alistair Hamilton | Senior | M | | 00:11:34 | 63.41% |
| 47 | Kevin Brown | M35 | M | | 00:11:38 | 66.21% |
| 48 | Barry Ross | M40 | M | Mount Venon Runners | 00:11:44 | 67.64% |

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| 49 | Sid Muragundi | M35 | M | | 00:11:45 | 65.55% |
| 50 | Gerard Scullion | M55 | M | Bellahouston Roadrunners | 00:11:47 | 76.04% |
| 51 | Jacqui Thomson | W60 | F | Cambuslang Harriers | 00:11:50 | 94.92% |
| 52 | Iain Wallace | M50 | M | Cambuslang Harriers | 00:11:51 | 73.11% |
| 53 | John Duffy | M60 | M | Shettleston Harriers | 00:11:55 | 76.51% |
| 54 | Graeme Taylor | M45 | M | Garscube Harriers | 00:12:00 | 69.31% |
| 55 | Emily Tomasso | M40 | M | Garscube Harriers | 00:12:07 | 65.50% |
| 56 | Alastair MacLachlan | M65 | M | Bellahouston Roadrunners | 00:12:08 | 78.58% |
| 57 | Scott Vallance | Senior | M | | 00:12:14 | 60.92% |
| 58 | Colin Anderson | M45 | M | | 00:12:19 | 66.99% |
| 59 | Laura Gray | W40 | F | Garscube Harriers | 00:12:20 | 73.81% |
| 60 | Jason Kerr | M50 | M | | 00:12:31 | 68.08% |
| 61 | Derek Esson | M55 | M | Falkirk Victoria | 00:12:37 | 71.64% |
| 62 | Alison Lessells | W40 | F | Calderglen harriers | 00:12:45 | 68.61% |
| 63 | Peter Freer | M45 | M | Victoria Park | 00:12:51 | 63.21% |
| 64 | Paul McKendry | M60 | M | Clydesdale Harriers | 00:12:54 | 73.25% |
| 65 | Alastair Cunningham | M55 | M | | 00:12:55 | 69.37% |
| 66 | Alistair Cameron | M45 | M | | 00:13:01 | 61.92% |
| 67 | Iain Moore | M35 | M | | 00:13:01 | 59.17% |
| 68 | Katie Piggot | W40 | F | Falkirk Victoria | 00:13:02 | 69.07% |
| 69 | Gavin Jeffrey | M35 | M | | 00:13:03 | 57.76% |
| 70 | Deirdre Harrington | W40 | F | | 00:13:04 | 67.54% |
| 71 | Henry Merriweather | M50 | M | Bellahouston Roadrunners | 00:13:13 | 65.00% |
| 72 | Nicole Watson | Senior | F | | 00:13:14 | 63.15% |
| 73 | Paul Henderson | M45 | M | Garscube Harriers | 00:13:18 | 61.07% |
| 74 | Craig Gough | Senior | M | | 00:13:19 | 55.96% |
| 75 | Matt Bridgestock | M45 | M | | 00:13:31 | 60.10% |
| 76 | Angela Carson | W55 | F | | 00:13:33 | 79.42% |
| 77 | Stuart Simpson | M45 | M | | 00:13:37 | 59.19% |
| 78 | Juan Moreno | Senior | M | | 00:13:41 | 53.59% |
| 79 | Helena Gribben | W55 | F | Falkirk Victoria | 00:13:50 | 77.79% |
| 80 | Erica Christie | W65 | F | Cambuslang Harriers | 00:13:53 | 90.14% |
| 81 | Stephen Lappin | M55 | M | West End Road Runners | 00:13:56 | 64.87% |
| 82 | Heather Stover | W35 | F | | 00:13:59 | 61.24% |
| 83 | Kerri Hutchison | W40 | F | Wee County Harriers | 00:14:02 | 62.88% |
| 84 | Ryan McMenemy | Senior | M | | 00:14:10 | 51.76% |
| 85 | Jill Morton | W45 | F | Wee County Harriers | 00:14:20 | 67.51% |
| 86 | Ada Stewart | W60 | F | Kirkintilloch Olympians | 00:14:21 | 78.28% |
| 87 | Jennifer Rooney | Senior | F | Greenock Glenpark Harriers | 00:14:23 | 58.32% |
| 88 | David Pease | M55 | M | Falkland Trail Runners | 00:14:27 | 62.55% |
| 89 | David Gallagher | M45 | M | | 00:14:31 | 55.52% |
| 90 | Oleksie Levkin | M50 | M | | 00:14:32 | 57.69% |
| 91 | Sharon Molloy | W35 | F | | 00:14:34 | 59.16% |
| 92 | Kim Forbes | W65 | F | Scottish Veteran Harriers | 00:14:35 | 84.43% |
| 93 | James Ferguson | M45 | M | | 00:14:39 | 55.88% |
| 94 | Linda Cunningham | W55 | F | Central AC | 00:14:43 | 71.12% |
| 95 | Chris Lovell | M55 | M | | 00:14:54 | 58.63% |
| 96 | Margaret Hutchinson | W55 | F | | 00:14:55 | 71.14% |
| 97 | Claire Houston Perrie | W35 | F | | 00:14:56 | 57.71% |
| 98 | Rachel Goslan | W45 | F | | 00:15:14 | 62.73% |

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| 99 | Andrew Marley | Senior | M | | 00:15:20 | 47.83% |
| 100 | Nikesh Tailor | Senior | M | | 00:15:21 | 48.55% |
| 101 | Bob Porteous | M75 | M | Shettleston Harriers | 00:15:30 | 69.49% |
| 102 | David Gemmell | M40 | M | Bellahouston Harriers | 00:15:39 | 49.96% |
| 103 | Alastair Harris | M40 | M | Strathaven Striders | 00:15:46 | 50.73% |
| 104 | Cameron McClymont | Senior | M | KH Jog Squad | 00:15:57 | 45.98% |
| 105 | Marie Neil | W55 | F | Strathaven Striders | 00:16:25 | 66.48% |
| 106 | Umar Akhtar | Senior | M | | 00:16:31 | 44.44% |
| 107 | David Goldie | M45 | M | | 00:16:36 | 49.70% |
| 108 | Robbie Wishart | M65 | M | West End Road Runners | 00:17:00 | 57.68% |
| 109 | Marcos Stover | M40 | M | | 00:17:07 | 45.33% |
| 110 | Felicity Devanney | Senior | F | | 00:17:12 | 48.59% |
| 111 | Jessica Hardy | W35 | F | Newton Road Runners | 00:17:26 | 48.61% |
| 112 | Raymond Loughran | M65 | M | Shettleston Harriers | 00:17:39 | 54.53% |
| 113 | Alice Wallace | Senior | F | | 00:17:55 | 46.64% |
| 114 | Dave Slater | M45 | M | Christian Runners UK | 00:18:07 | 45.54% |
| 115 | Linda Wallace | W55 | F | | 00:18:10 | 57.62% |
| 116 | Fred McCain | M75 | M | Haddington Running Club | 00:18:44 | 57.50% |
| 117 | Mark McGinney | M45 | M | | 00:19:09 | 43.09% |
| 118 | Chloe Yuill | Senior | F | | 00:19:44 | 42.35% |
| 119 | Marion Howitt | Senior | F | | 00:19:45 | 42.31% |
| 120 | Emma Stover | Junior | F | | 00:00:00 | |
| 121 | Hannah Stover | Junior | F | | 00:00:00 | |
| 122 | Robert Jenness | M70 | M | | 00:00:00 | |