

3k on the Green		25/10/2024		Race	Age
Runner	Category	M/F	Club	Time	Grade %
Cameron Muir	Senior	M	Shettleston Harriers	00:08:57	81.94%
John Lenehan	M35	M	Edinburgh AC	00:09:04	84.95%
Alasdair Campbell	Senior	M	Cambuslang Harriers	00:09:06	81.52%
Simon Fraser	M40	M	G72	00:09:27	82.73%
Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:28	78.37%
Tom Porter	Senior	M	Strathclyde Uni	00:09:32	76.92%
Angus Lindsay	Senior	M	Strathclyde Harriers	00:09:34	76.69%
David Scott	M35	M	Cumbernauld AAC	00:09:45	77.31%
Jordan Queen	Senior	M	Garscube Harriers	00:09:46	76.31%
Miles Hollinshead	Senior	M	Giffnock North	00:09:47	74.96%
Connor Henderson	Senior	M	Kilbarchan	00:10:14	72.22%
David Jarrett	M40	M	Bellahouston Roadrunners	00:10:15	76.85%
Allan Cameron	M50	M	Victoria Park	00:10:17	82.86%
Lewis Anderson	Senior	M	Cambuslang Harriers	00:10:22	71.30%
Steven Prentice	M50	M	Bellahouston Harriers	00:10:24	80.61%
David Shaw	M40	M	Run RHAW	00:10:28	74.13%
Laura Haggarty	W40	F	Kilmarnock Harriers	00:10:31	83.18%
Michael Whitle	M35	M	Royal Navy	00:10:32	72.58%
Calum Scott	Senior	M		00:10:32	69.62%
Evan Crane	M40	M	Motherwell AC	00:10:38	74.64%
Aidan Cameron	Senior	M	Central AC	00:10:41	68.65%
Paul McMonagle	M55	M	Cumbernauld AAC	00:10:46	81.13%
Jennifer Reid	Senior	F		00:10:47	77.50%
Richard Evans	M40	M	Bellahouston Roadrunners	00:10:52	71.95%
John Thomson	M65	M	Fife AC	00:11:03	87.09%
Richard Carr	M40	M	Cambuslang Harriers	00:11:08	69.69%
Peter Alexander	M40	M	Newton Road Runners	00:11:10	69.49%
Raymond Farrell	M50	M		00:11:11	77.46%
David Edelman	M65	M	Giffnock North	00:11:13	86.59%
Adam Todd	Senior	M	Kilmarnock Harriers	00:11:20	64.71%
John Murray	M45	M	Garscube Harriers	00:11:23	73.07%
Iain Wallace	M55	M	Cambuslang Harriers	00:11:28	76.18%
Mary Senior	W50	F	Garscube Harriers	00:11:34	85.82%
Iain McFarlane	M45	M	Garscube Harriers	00:11:35	69.58%
Sid Muragundi	M35	M		00:11:42	65.83%
Lisa Mason	Senior	F		00:11:43	71.60%
David Gillespie	Senior	M		00:11:49	62.55%
Mark Daly	M45	M		00:11:51	70.19%
Emily Tomasso	W40	F	Garscube Harriers	00:11:52	75.86%
Jennifer Conway	W35	F	Bellahouston Roadrunners	00:11:52	71.42%
Veronica Fusaro	W35	F	Bellahouston Roadrunners	00:12:07	71.64%
Peter Minting	M50	M	Helensburgh AC	00:12:20	67.98%
Rebecca Simister	W35	F	Bellahouston Harriers	00:12:21	69.34%
Scott Vallance	Senior	M		00:12:22	60.26%
Rodrigo Mata	Senior	M		00:12:25	59.21%
Alastair Cunningham	M55	M		00:12:30	71.68%
David Murray	M35	M	Newton Road Runners	00:12:31	60.64%
Angela McLachlan	W40	F	Newton Road Runners	00:12:32	71.83%

Lynsey Parker	W45	F	Maryhill	00:12:34	74.20%
Kevin Smith	M65	M	Bellahouston Harriers	00:12:40	75.28%
Neil Eyes	M40	M		00:12:45	60.86%
Linda Woodcraft	W45	F		00:12:46	73.04%
Iain Crawford	M55	M	Cambuslang Harriers	00:12:47	68.92%
David Hoolaghan	M45	M	Motherwell AC	00:12:48	62.96%
Paul McKendry	M60	M	Clydesdale Harriers	00:13:01	72.59%
Deirdre Harrington	W40	F	Glasgow South Road Runners	00:13:06	68.01%
William Reid	M60	M		00:13:09	71.86%
Paul Henderson	M45	M	Garscube Harriers	00:13:23	61.17%
Stuart Simpson	M45	M		00:13:27	60.39%
Tim Arbuckle	M50	M		00:13:28	62.77%
Angela Campbell	W45	F	Bellahouston Harriers	00:13:29	69.16%
Ryan B	Junior	M	St Ninians	00:13:31	64.33%
Gillian Gallagher	W40	F	Giffnock North	00:13:35	67.02%
Seb Woodward	M40	M		00:13:39	56.84%
Alasdair Beaton	M40	M		00:13:41	57.14%
Liam	Junior	M	St Ninians	00:13:47	63.08%
Gordon Gallagher	M45	M	Bellahouston Harriers	00:13:48	59.79%
Keith Gibb	M60	M	Bellahouston Roadrunners	00:13:52	66.34%
James Boyce	M45	M		00:13:54	57.98%
James Lynch	M40	M		00:14:03	55.23%
Tom McMillan	M70	M		00:14:08	71.77%
Kasia Zych	W45	F		00:14:24	65.55%
Elizabeth Wilson	Senior	F		00:14:45	56.66%
Linda Cunningham	W55	F	Central AC	00:14:55	71.14%
Jude	Junior	M	St Ninians	00:15:01	59.77%
Becky Edmonds	W40	F		00:15:02	60.56%
Laura Powell	W50	F	Wee County Harriers	00:15:06	64.90%
Sean	Junior	M	St Ninians	00:15:21	60.58%
Kim Forbes	W65	F	Scottish Veteran Harriers	00:15:26	81.09%
Ryan A	Junior	M	St Ninians	00:15:37	57.47%
Bob Porteous	M75	M	Shettleston Harriers	00:16:00	67.32%
Iain Campbell	M70	M		00:16:10	64.52%
David Gemmell	M40	M	Bellahouston Harriers	00:16:18	48.32%
Andrew Marley	Senior	M		00:16:23	44.77%
Alison Banks	W60	F		00:16:28	70.27%
Felicity Devaney	Senior	F		00:16:31	50.60%
Harry McDonald	M65	M		00:16:33	58.69%
Calvin	Junior	M	St Ninians	00:18:06	48.04%
Damian	Junior	M	St Ninians	00:18:07	47.99%
Rohid Alexander	Senior	M		00:18:09	40.44%
Sara Booth	W35	F		00:18:18	47.09%
Jamie	Junior	M	St Ninians	00:19:08	45.44%
Vincent	Junior	M	St Ninians	00:20:22	42.69%
David	Junior	M	St Ninians	00:20:25	43.96%
John Softley	M75	M	Bellahouston Harriers	00:20:29	52.59%
Rayan	Junior	M	St Ninians	00:21:57	42.37%
Ryley	Junior	M	St Ninians	00:21:58	42.33%
Eesa	Junior	M	St Ninians	00:22:21	38.90%

Rio	Junior	M	St Ninians	00:22:26	40.01%
Paul	Junior	M	St Ninians	00:22:27	41.42%
Caolan	Junior	M	St Ninians	00:22:30	39.89%
Josh	Junior	M	St Ninians	00:22:33	39.80%
Daniel	Junior	M	St Ninians	00:23:56	37.50%
Rio Maxwell	Junior	M	St Ninians	00:24:02	37.34%
Bobby	Junior	M	St Ninians	00:24:04	37.29%
Cian	Junior	M	St Ninians	00:24:06	37.24%
William Mitchell	M75	M		00:25:27	43.09%
Mohammed Al Halabi	Junior	M	St Ninians	00:25:41	34.94%