

3k on the Green			26/01/2024		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Jack Heathwood	Senior	M	Bellahouston Harriers	00:08:54	82.40%
2	Stephen Brown	M40	M	West End Road Runners	00:09:27	83.98%
3	Peirre Fournier	M35	M		00:09:31	80.34%
4	Declan Murray	Senior	M	Macclesfield Harriers	00:09:42	76.48%
5	Brent Brodie	M50	M	Bellahouston Harriers	00:09:50	85.96%
6	Calum Oates	M35	M		00:09:54	75.68%
7	Matt MacDonald	M40	M	Garscube Harriers	00:09:59	80.11%
8	Matthew Brown	Senior	M	Bellahouston Harriers	00:10:12	72.73%
9	Ross Mitchell	M35	M		00:10:24	72.04%
10	Steven Prentice	M45	M	Bellahouston Harriers	00:10:29	79.34%
11	Adam Todd	Senior	M	Kilmarnock Harriers	00:10:31	69.73%
12	Iain McFarlane	M40	M	Garscube Harriers	00:10:33	75.81%
13	Eddie Neilson	M50	M		00:10:45	77.99%
14	Denis Williams	M60	M	Shettleston Harriers	00:10:52	83.90%
15	Stephen Forcer	M45	M	Westerlands	00:10:58	74.65%
16	James Bonner	M40	M		00:11:06	70.43%
17	Malcolm MacLean	M45	M	Greenock Glenpark Harriers	00:11:09	72.28%
18	Dave Thom	M60	M	Cambuslang Harriers	00:11:16	83.11%
19	Jenny Brown	W45	F	Bellahouston Harriers	00:11:18	82.52%
20	David Eames	M35	M	Bellahouston Harriers	00:11:19	68.06%
21	Kyle Simpson	Senior	M		00:11:21	64.67%
22	David Johnston	M40	M	Bellahouston Harriers	00:11:23	69.20%
23	Adam Halse	Senior	M		00:11:25	64.74%
24	Mary Senior	W50	F	Garscube Harriers	00:11:26	86.82%
25	Craig Brown	M50	M	Garscube Harriers	00:11:28	74.31%
26	Greig Neilson	M50	M		00:11:32	72.69%
27	Colin Henderson	M45	M		00:11:33	71.44%
28	Katherine Hylands	W35	F		00:11:36	73.82%
29	Daniel Nixon	Senior	M	Westerlands	00:11:39	62.95%
30	Steven Leith	M35	M	Westerlands	00:11:41	65.93%
31	Malwina Ollik	Senior	F	Victoria Park	00:11:44	71.27%
32	Jennifer Reid	Senior	F		00:11:46	71.02%
33	Andrew Heathwood	M50	M		00:11:51	73.11%
34	David Downey	M55	M	Dunblane Runners	00:11:53	74.77%
35	John Murray	M45	M	Garscube Harriers	00:12:05	70.52%
36	Nathan Ansell	Senior	M		00:12:09	60.36%
37	Mathieu Poncon	Senior	M		00:12:09	60.36%
38	Graeme Taylor	M45	M	Garscube Harriers	00:12:11	68.27%
39	Laura Gray	W40	F	Garscube Harriers	00:12:13	73.69%
40	Carlos Gonzalez	M40	M		00:12:17	64.13%
41	Paul Houston	M55	M	Bellahouston Harriers	00:12:23	70.54%
42	David Murphy	M50	M	Shettleston Harriers	00:12:29	66.63%
43	Iain Crawford	M55	M	Cambuslang Harriers	00:12:39	69.05%
44	Alastair Cunningham	M55	M		00:12:41	70.65%
45	Jim Boyle	M50	M	Garscube Harriers	00:12:42	67.10%
46	Paul Stanley	M45	M	Mount Venon Runners	00:12:51	64.21%
47	David Wardrope	M50	M	Cambuslang Harriers	00:13:04	65.21%
48	Tim Downie	M65	M	Ayr Seaforth	00:13:06	74.15%
49	Iain Moore	M35	M		00:13:09	58.57%
50	Paul McKendry	M60	M	Clydesdale Harriers	00:13:11	71.67%

Classification: Private

51	Barry Ross	M40	M	Mount Venon Runners	00:13:13	60.05%
52	Pauline Henderson	W60	F	Bellahouston Harriers	00:13:16	84.67%
53	David Hoolaghan	M40	M	Motherwell AC	00:13:20	59.98%
54	Linda Woodcraft	W45	F		00:13:22	69.76%
55	William Reid	M60	M		00:13:23	69.96%
56	Kirsten Bowlmer	Senior	F		00:13:26	62.21%
57	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:13:46	68.64%
58	Erica Christie	W65	F	Cambuslang Harriers	00:13:50	90.46%
59	Stuart Stanley	M45	M		00:13:59	57.64%
60	Stuart Simpson	M45	M		00:14:00	57.57%
61	Joseph Ogunjobi	Senior	M		00:14:02	52.26%
62	Sandy Eaglesham	M70	M	Cambuslang Harriers	00:14:05	71.14%
63	Deirdre Harrington	W40	F		00:14:10	62.29%
64	Neil Wilson	M35	M		00:14:12	54.24%
65	Hugh Boyle	M45	M	Whitemoss AAC	00:14:40	55.82%
66	Sharon Molloy	W35	F		00:14:41	58.32%
67	Ian Goudie	M65	M	Bellahouston Harriers	00:15:08	63.59%
68	David Searil	M65	M	Calderglen harriers	00:15:12	65.18%
69	Linda Cunningham	W55	F		00:15:15	68.64%
70	David Gemmell	M40	M	Bellahouston Harriers	00:15:18	51.10%
71	Steven Ross	M50	M		00:15:21	55.06%
72	Lauren Leggat	W45	F		00:15:22	62.97%
73	Gayle McCallum	W50	F		00:15:29	65.81%
74	Bob Porteous	M70	M	Shettleston Harriers	00:15:41	67.54%
75	Peter Rudzinski	M70	M	Clydesdale Harriers	00:16:14	63.32%
76	Deirdrie Parkinson	W65	F	Bellahouston Harriers	00:16:21	74.12%
77	Marie Neil	W55	F	Strathaven Striders	00:16:22	66.69%
78	David Edelman	M65	M	Giffnock North	00:16:36	57.97%
79	Carole Spy	W60	F	Bellahouston Harriers	00:17:02	65.94%
80	Raymond Loughran	M65	M	Shettleston Harriers	00:17:33	54.84%
81	Dave Slater	M45	M	Christian Runners UK	00:18:14	45.25%
82	Derek Hughes	M60	M	Mount Venon Runners	00:18:14	51.35%
83	Liz Deans	W60	F		00:19:49	58.39%
84	John Softley	M70	M	Bellahouston Harriers	00:19:53	53.27%
85	Ola Daramola	M45	M		00:21:08	39.36%