

3k on the Green		22/03/2024			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Rory Muir	Senior	M	Cambuslang Harriers	00:09:06	80.59%
2	Euan Duernberger	Senior	M	Edinburgh AC	00:09:09	80.35%
3	Cameron Muir	Senior	M	Shettleston Harriers	00:09:21	78.43%
4	Alex Hastings	Senior	M	Lauderdale Limpers	00:09:47	74.96%
5	David Houston	M35	M	Shettleston Harriers	00:09:49	76.78%
6	Zoe Pflug	Senior	F	Cambuslang Harriers	00:09:55	84.27%
7	Shawn Wright	Senior	M	Livingstone	00:09:58	73.64%
8	Stewart Houston	Senior	M	Shettleston Harriers	00:10:01	74.40%
9	Chris Butler	Senior	M	Westerlands	00:10:23	71.18%
10	Lukasz Pudlo	Senior	M		00:10:31	70.54%
11	Steven Prentice	M45	M	Bellahouston Harriers	00:10:37	78.34%
12	Michael Ross	Senior	M		00:10:41	68.81%
13	Stephen Lyons	Senior	M	Glasgow Triathlon	00:10:50	68.48%
14	Alan Hume	M45	M	Central AC	00:10:52	75.33%
15	Mattia Mancinelli	M35	M	Garscube Harriers	00:10:57	69.31%
16	Stephen Forcer	M45	M	Westerlands	00:10:58	74.65%
17	Gavin Meikle	M50	M		00:10:59	77.58%
18	Owen Murphy	M40	M	Kirkintilloch Olympians	00:11:03	70.75%
19	Lewis Anderson	Senior	M	Cambuslang Harriers	00:11:04	66.58%
20	Jack Thomas	Senior	M	Glasgow South Road Runners	00:11:05	66.94%
21	James Bonner	M40	M		00:11:08	70.75%
22	Ruaridh Smith	Senior	M		00:11:13	65.44%
23	Murray McDonald	Senior	M	Kilmarnock Harriers	00:11:20	64.87%
24	Alex Winn	Senior	M	Bellahouston Harriers	00:11:30	64.51%
25	Jennifer Reid	Senior	F		00:11:32	72.46%
26	Duncan Boyd	M55	M	Garscube Harriers	00:11:35	76.06%
27	Mark McDonald	M40	M	Wee County Harriers	00:11:37	68.32%
28	Dean Dempsey	Senior	M	Bellahouston Roadrunners	00:11:39	63.10%
29	David Ferguson	M40	M	Bellahouston Roadrunners	00:11:46	67.97%
30	John Murray	M45	M	Garscube Harriers	00:11:52	70.09%
31	Alexander Morrison	M35	M		00:11:52	63.96%
32	Gary McKendrick	M55	M	Inverclyde AC	00:11:54	75.96%
33	Brendan McGuinness	Senior	M	Bellahouston Roadrunners	00:12:03	61.15%
34	David Downey	M55	M	Dunblane Runners	00:12:04	73.63%
35	Sid Muragundi	M35	M		00:12:06	63.18%
36	Iain Wallace	M50	M	Cambuslang Harriers	00:12:18	70.43%
37	Laura Gray	W40	F	Garscube Harriers	00:12:29	72.93%
38	Rebecca Simister	W35	F	Bellahouston Harriers	00:12:32	67.95%
39	Alastair MacLachlan	M60	M	Bellahouston Roadrunners	00:12:38	74.79%
40	Iain Moore	M35	M		00:12:40	60.81%
41	Kieran Morgan	M60	M	Carnegie Harriers	00:12:43	73.63%
42	Scott Vallance	Senior	M		00:12:45	58.45%
43	David Hoolaghan	M40	M	Motherwell AC	00:12:54	62.00%
44	Tony McGale	M50	M	Garscube Harriers	00:12:57	66.34%
45	Eddie Carr	M60	M	Cambuslang Harriers	00:12:59	72.78%
46	David Wardrope	M50	M	Cambuslang Harriers	00:13:01	65.46%
47	Henry Merriweather	M50	M	Bellahouston Roadrunners	00:13:08	64.88%
48	Linda Woodcraft	W45	F		00:13:12	70.64%

49	Iain Crawford	M55	M	Cambuslang Harriers	00:13:15	66.49%
50	Jim Boyle	M50	M	Garscube Harriers	00:13:19	63.99%
51	Paul McGuigan	M45	M	Shettleston Harriers	00:13:24	61.57%
52	William Reid	M60	M		00:13:25	69.79%
53	Deirdre Harrington	W40	F		00:13:25	65.77%
54	Gillian McGale	W45	F		00:13:35	70.35%
55	Paul McKendry	M60	M	Clydesdale Harriers	00:13:38	69.31%
56	Alasdair Beaton	M40	M		00:13:40	56.78%
57	Alastair Cunningham	M55	M		00:13:43	65.33%
58	Karen McAllister	W60	F	Falkirk Victoria	00:13:57	85.52%
59	Lyndsay Henderson	W35	F		00:13:58	60.98%
60	Sandy Eaglesham	M70	M	Cambuslang Harriers	00:14:11	70.64%
61	Juan Moreno	Senior	M		00:14:18	51.28%
62	Derek Hughes	M60	M	Mount Venon Runners	00:14:33	64.35%
63	Peter Ogden	M70	M	Cambuslang Harriers	00:14:34	71.60%
64	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:56	75.22%
65	Kim Forbes	W65	F	Scottish Veteran Harriers	00:14:57	82.36%
66	Matt Bridgestock	M45	M		00:14:58	54.27%
67	Tom McMillan	M70	M		00:15:00	67.62%
68	Linda Cunningham	W55	F	Central AC	00:15:09	69.09%
69	Margaret Hutchinson	W55	F		00:15:35	68.10%
70	Sissi Pizzo	W45	F		00:15:43	60.80%
71	Viv Fraser	W55	F		00:15:46	69.22%
72	John Duffy	M60	M	Shettleston Harriers	00:15:48	57.71%
73	Bob Porteous	M75	M	Shettleston Harriers	00:15:50	68.03%
74	David Gemmell	M40	M	Bellahouston Harriers	00:16:03	48.71%
75	Laura Vroomen	W50	F		00:16:10	61.40%
76	Andrew Marley	Senior	M		00:16:12	45.27%
77	Alastair Harris	M40	M	Strathaven Striders	00:16:17	49.12%
78	Edward Anderson	M40	M		00:17:09	45.59%
79	Alex Findlay	M65	M	DBD12	00:17:16	57.38%
80	June MacLeod	W65	F	Bellahouston Harriers	00:17:20	69.92%
81	Katherine Boyling	W45	F		00:17:40	52.78%
82	Felicity Devaney	Senior	F		00:17:47	46.99%
83	Julie Lyle	W35	F		00:17:56	47.49%
84	Dave Slater	M45	M	Christian Runners UK	00:18:27	44.72%
85	Raymond Loughran	M65	M	Shettleston Harriers	00:18:34	51.83%
86	Eve Crawford	Senior	F		00:19:03	44.04%
87	Mark McGinney	M45	M		00:21:25	38.53%