	3k on the Green			29/11/2024	Race	Age
	Runner	Category	M/F	Club	Time	Grade %
1	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:20	79.49%
2	Angus Henderson	Senior	M	Strathclyde Harriers	00:09:21	79.28%
3	Alistair Campbell	M35	M	Cambuslang Harriers	00:09:30	80.48%
4	Jake Bowles	Senior	M	Guildford	00:09:46	75.09%
5	Drew Carr	Senior	M	Westerlands	00:09:48	75.70%
6	Ben Savage	Senior	M	Strathclyde Harriers	00:09:50	74.61%
7	Louis Sharp	Senior	M		00:10:01	74.78%
8	Philip McCaig	M45	M	Kirkintilloch Olympians	00:10:06	81.69%
9	David Scott	M35	M	Cumbernauld AAC	00:10:09	74.26%
10	Ryan MacReady	Senior	M	Bellahouston Roadrunners	00:10:11	72.19%
11	Padrig Davies	M40	M	Outlier	00:10:12	77.22%
12	Laura Haggarty	W40	F	Kilmarnock Harriers	00:10:16	85.21%
13	Steven Prentice	M50	M	Bellahouston Harriers	00:10:25	80.48%
14	Calum Scott	Senior	M		00:10:26	70.29%
15	Aidan Cameron	Senior	M	Central AC	00:10:27	70.18%
16	John Connor Gildea	Senior	M		00:10:30	70.18%
17	Mark Alexander	M45	M	Kilmarnock Harriers	00:10:33	76.99%
18	David McMillan	M35	M		00:10:34	70.90%
19	Michael Whitle	M35	M	Royal Navy	00:10:34	72.35%
20	Gavin Meikle	M50	M		00:10:35	81.18%
21	Jennifer Reid	Senior	F		00:10:36	78.89%
22	Richard Carr	M40	M	Cambuslang Harriers	00:10:39	72.86%
23	Tom Porter	Senior	M	Strathclyde Harriers	00:10:50	67.69%
24	Stuart McMillan	M45	M		00:10:55	74.41%
25	John Thomson	M65	M	Fife AC	00:10:56	88.02%
26	Peter Alexander	M40	M	Newton Road Runners	00:10:57	70.86%
27	Craig Brown	M50	M	Garscube Harriers	00:11:04	77.63%
28	Dave Thom	M60	M	Cambuslang Harriers	00:11:05	85.25%
29	David Simpson	M45	M		00:11:07	74.22%
30	Alan O'Donnell	M40	M		00:11:08	71.84%
31	Fergal Duffy	M50	M		00:11:09	77.70%
32	Adam Todd	Senior	M	Kilmarnock Harriers	00:11:09	65.77%
33	Kyle Simpson	Senior	M		00:11:11	65.74%
34	David Eames	M40	M	Bellahouston Harriers	00:11:12	69.28%
35	Philip Ross	Senior	M	Strathclyde Harriers	00:11:13	65.41%
36	Liam Donnelly	Senior	M		00:11:19	64.81%
37	John Murray	M45	M	Garscube Harriers	00:11:25	72.85%
38	Graham MacKenzie	Senior	M		00:11:27	64.79%
39	James Martin	M40	M		00:11:27	67.77%
40	Brendan McGuiness	Senior	M	Bellahouston Roadrunners	00:11:27	64.36%
41	Mary Senior	W50	F	Garscube Harriers	00:11:28	86.57%
42	Lisa Mason	Senior	F		00:11:29	73.05%
43	Sid Muragundi	M35	M		00:11:29	67.07%
44	Jed Lawrenson	Senior	M	Glasgow South Road Runners	00:11:31	63.84%
45	John Duffy	M60	M	Shettleston Harriers	00:11:33	78.94%
46	Peter MacLean	M35	M		00:11:37	66.30%

47	Jenny Brown	W45	F	Bellahouston Harriers	00:11:41	80.79%
48	Calum Sinclair	M40	M		00:11:44	67.13%
49	Andy Ross	M35	M		00:11:54	64.25%
50	Alistair Hamilton	Senior	M		00:11:56	61.51%
51	Paul Fletcher	M60	M	GSRR	00:11:58	76.19%
52	Alastair MacLachlan	M65	M	Bellahouston Roadrunners	00:12:01	79.35%
53	Alistair MacDonald	M40	M	Newton Road Runners	00:12:04	65.77%
54	Carter Burchill	Junior	M	Harmeny AC	00:12:15	73.26%
55	Steven Burchill	M50	M	Harmeny AC	00:12:15	68.44%
56	David Gillespie	Senior	M		00:12:17	60.17%
57	Clem Clement	M65	M	Penarth Road Runners	00:12:18	77.52%
58	Scott Vallance	Senior	M		00:12:22	60.26%
59	David Murray	M35	M	Newton Road Runners	00:12:27	60.96%
60	Alexander Cuthbert	M50	M	Bellahouston Harriers	00:12:28	67.25%
61	Gary Henderson	M60	M	Bellahouston Harriers	00:12:29	73.04%
62	Marjory Justice	Senior	F		00:12:31	66.77%
63	Lewis Anderson	Senior	M	Cambuslang Harriers	00:12:32	58.97%
64	Eldon Wigram	Senior	M	Strathclyde Harriers	00:12:44	57.59%
65	Scott McKenzie	M50	M		00:12:45	65.76%
66	Eddie Carr	M60	M	Cambuslang Harriers	00:12:45	74.11%
67	William Reid	M60	M		00:12:46	74.01%
68	Sinead McLaughlin	Senior	F	Garscube Harriers	00:12:46	66.11%
69	Alastair Cunningham	M55	M		00:12:48	70.00%
70	Dave Eastman	M45	M		00:12:49	63.38%
71	Paul McKendry	M60	M	Clydesdale Harriers	00:12:55	73.15%
72	Deirdre Harrington	W40	F	Glasgow South Road Runners	00:12:58	68.71%
73	Tim Downie	M65	M	Ayr Seaforth	00:13:01	75.33%
74	Kayleigh Edwards	Senior	F	Moray RR	00:13:10	63.47%
75	Dean Young	M35	M		00:13:13	58.28%
76	Mhairi Ballantyne	Junior	F	Kilmarnock Harriers	00:13:59	61.05%
77	Tom McMillan	M70	M		00:14:05	72.02%
78	John MacKenzie	M40	M	Dumbarton AC	00:14:12	56.32%
79	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:15	80.00%
80	Alastair Harris	M45	M	Strathaven Striders	00:14:17	56.43%
81	John Skilky	M60	M	Ayr Seaforth	00:14:23	63.39%
82	Kenny Weir	M70	M		00:14:31	70.81%
83	Kim Forbes	W65	F	Scottish Veteran Harriers	00:14:53	84.08%
84	Linda Cunningham	W55	F	Central AC	00:14:59	70.83%
85	Viv Fraser	W55	F		00:15:16	71.49%
86	Bob Porteous	M75	M	Shettleston Harriers	00:15:31	69.42%
87	David Pease	M60	M	Falkland Trail Runners	00:15:33	58.63%
88	Finn Allan	Senior	M	Strathclyde Harriers	00:15:35	47.08%
89	Ellen Astley	Senior	F	Strathclyde Harriers	00:15:36	53.59%
90	Peter Ogden	M70	M	Cambuslang Harriers	00:15:39	67.69%
91	Peter Rudzinski	M70	M	Clydesdale Harriers	00:16:16	64.12%
92	Felicity Devanney	Senior	F		00:16:24	50.96%
93	David Gemmell	M40	M	Bellahouston Harriers	00:16:32	47.64%
94	Iain Campbell	M70	M		00:16:36	62.83%

95	Shirley MacNab	W60	F	Kirkintilloch Olympians	00:17:06	65.69%
96	Raymond Loughran	M65	M	Shettleston Harriers	00:17:23	55.88%
97	William Mitchell	M75	M		00:25:07	43.66%