

3k on the Green		30/05/2025			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Finlay Robb	U20	M	Cambuslang Harriers	00:09:16	80.83%
2	Alasdair Campbell	Senior	M	Bellahouston Harriers	00:09:20	79.85%
3	Stephen Brown	M40	M	West End Road Runners	00:09:34	83.60%
4	Andrew Forteath	M40	M	East Kilbride AC	00:09:37	81.91%
5	Kris Robbins	Senior	M		00:09:40	76.23%
6	Fraser Gray	Senior	M		00:09:52	74.32%
7	Gary McKenna	M45	M	Falkirk Victoria	00:09:53	82.83%
8	Jordan Queen	M35	M	Garscube Harriers	00:09:55	75.55%
9	Mark Alexander	M45	M	Kilmarnock Harriers	00:09:59	81.36%
10	Kyle Thomson	Junior	M	Garscube Harriers	00:10:08	76.83%
11	Tom Adams	Senior	M	Cambuslang Harriers	00:10:17	71.87%
12	Finlay Whiteford	Senior	M		00:10:22	71.01%
13	Peter Alexander	M40	M	Newton Road Runners	00:10:24	75.17%
14	Kelly Taylor	Senior	F	Bellahouston Roadrunners	00:10:25	80.38%
15	Adam Todd	Senior	M	Troon Tortoises	00:10:35	69.29%
16	Jennifer Reid	Senior	F		00:10:39	78.52%
17	Andrew Holloway	M35	M	Giffnock North	00:10:42	71.45%
18	Steven Prentice	M50	M	Bellahouston Harriers	00:10:45	77.99%
19	Malcolm MacLean	M45	M	Greenock Glenpark Harriers	00:10:45	73.27%
20	Ruairi Ferris	Senior	M	Kirkintilloch Olympians	00:10:49	67.80%
21	Stewart Houston	Senior	M		00:10:52	67.55%
22	David Simpson	M45	M		00:10:54	75.70%
23	Stephen Forcer	M45	M	Westerlands	00:10:55	76.19%
24	Sid Muragundi	M40	M		00:10:58	70.75%
25	Corey Craig	M35	M	Newton Road Runners	00:11:01	69.91%
26	Raymond Farrell	M55	M		00:11:06	78.70%
27	Steven Burchill	M50	M	Harmeny AC	00:11:07	75.42%
28	Fiona Matheson	W60	F	Falkirk Victoria	00:11:09	107.00%
29	Alex Guy	Junior	M	St Thomas' PS	00:11:09	77.98%
30	Paul Foster	M35	M	Westerlands CCC	00:11:10	68.98%
31	Kyle Simpson	Senior	M		00:11:10	65.99%
32	Andrew Short	M50	M		00:11:16	75.63%
33	Andrew Heathwood	M55	M		00:11:20	77.08%
34	John MacKenzie	M55	M	Bellahouston Roadrunners	00:11:24	78.60%
35	Lewis Sinclair	Senior	M	Garscube Harriers	00:11:28	63.96%
36	Dougie Hill	M60	M	Falkirk Victoria	00:11:29	79.40%
37	John Duffy	M60	M	Shettleston Harriers	00:11:32	79.76%
38	Scott Elliot	M65	M	Kirkintilloch Olympians	00:11:39	81.85%
39	Craig Brown	M50	M	Garscube Harriers	00:11:41	73.53%
40	Gillian Blee	W40	F	Garscube Harriers	00:11:44	77.59%
41	Karen Kennedy	W50	F	Falkirk Victoria	00:11:55	85.51%
42	Barry Weatherstone	M40	M		00:12:05	64.70%
43	David Downey	M55	M	Dunblane Runners	00:12:08	74.50%
44	David Murray	M35	M	Newton Road Runners	00:12:16	62.33%
45	Peter Freer	M45	M	Victoria Park	00:12:20	66.38%
46	John Kirkwood	M45	M		00:12:21	66.29%
47	Cameron McLeod	Senior	M	Kirkintilloch Olympians	00:12:21	59.85%
48	Alastair MacLachlan	M65	M	Bellahouston Roadrunners	00:12:28	77.20%

49	Scott Cumming	M50	M	Linlithgow	00:12:28	68.35%
50	David Currie	Senior	M		00:12:34	58.36%
51	David Robb	M50	M		00:12:35	68.27%
52	Robert Mahon	M50	M	Kirkintilloch Olympians	00:12:36	68.75%
53	Mel Ronald	W50	F	Bellahouston Harriers	00:12:39	80.56%
54	Kevin Gilfillan	M45	M	Garscube Harriers	00:12:40	64.13%
55	Callum McLean	Junior	M	St Thomas' PS	00:12:41	68.55%
56	Freddie Capaldi	Junior	M	St Thomas' PS	00:12:41	68.55%
57	Pearce McManus	Junior	M	St Thomas' PS	00:12:44	68.29%
58	Iain Crawford	M55	M	Cambuslang Harriers	00:12:45	69.68%
59	Johnny Mair	M70	M		00:12:47	79.34%
60	Tony McGale	M50	M	Garscube Harriers	00:12:56	66.98%
61	Matt Bridgestock	M45	M		00:13:00	62.97%
62	Marie McChord	W65	F	Kirkintilloch Olympians	00:13:05	92.63%
63	Maddie Heathwood	Senior	F		00:13:13	63.26%
64	Stuart Simpson	M45	M		00:13:15	61.30%
65	John McMillan	M40	M		00:13:18	59.67%
66	Gordon Harper	M45	M		00:13:36	60.67%
67	Gary Wood	M45	M	Motherwell	00:13:38	59.12%
68	Morag Campbell	W65	F	Bellahouston Harriers	00:13:39	93.19%
69	Karen McAllister	W65	F	Falkirk Victoria	00:13:45	88.14%
70	Robert Donachie	M75	M	Falkirk Victoria	00:14:08	80.76%
71	Tom McMillan	M70	M		00:14:14	72.22%
72	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:21	79.44%
73	Albie Pollock	Junior	M	Neilston PS	00:14:24	60.38%
74	Alison Downey	W55	F	Dunblane Runners	00:14:25	74.64%
75	Olivia Thomson	Junior	F	Neilston PS	00:14:33	64.58%
76	David Edelman	M65	M	Giffnock North	00:14:41	66.78%
77	Jamie Young	M35	M		00:14:43	51.57%
78	Viv Fraser	W55	F		00:14:49	74.72%
79	Cameron Conroy	Junior	M	St Thomas' PS	00:14:54	58.36%
80	Craig McFadyen	M40	M	Mount Venon Runners	00:15:24	51.15%
81	Jola Podsiadlo	W35	f		00:15:49	54.88%
82	Dami Afolami	Junior	F	St Thomas' PS	00:15:51	59.28%
83	Peter Rudzinski	M70	M	Clydesdale Harriers	00:15:53	66.69%
84	Chris McInnes	M45	M		00:15:57	51.33%
85	Samuel Kerr	Junior	M	Neilston PS	00:15:58	56.21%
86	Bob Porteous	M75	M	Shettleston Harriers	00:16:07	68.04%
87	Nii Sackey Vanderpuye	Senior	M		00:16:16	45.08%
88	Mark Beech	M35	M	Fetch Everyone	00:16:17	47.30%
89	Leona Stevenson	W40	F		00:16:18	54.14%
90	Shubhada Mulay	Senior	F	Vegan Runners	00:16:43	50.32%
91	Raymond Loughran	M65	M	Shettleston Harriers	00:16:48	57.82%
92	David Gemmell	M40	M	Bellahouston Harriers	00:16:52	73.27%
93	Vanessa Simpson	Senior	F		00:17:04	49.00%
94	Paul Mannas	M65	M		00:17:50	53.97%
95	Syed Basit Ali Zaidi	Senior	M		00:17:51	41.09%
96	Bliss McCarron	Junior	F	St Thomas' PS	00:18:05	53.27%
97	Fred McCain	M75	M	Haddington Running Club	00:19:28	56.34%
98	Erin McGuire	Junior	F	St Thomas' PS	00:19:33	49.28%

99	Katie Broadhurst	Junior	F	St Thomas' PS	00:19:33	49.28%
100	Marcel Borowy	Junior	M	St Thomas' PS	00:20:41	42.04%
101	John Softley	M75	M	Bellahouston Harriers	00:20:51	51.66%
102	Ava McIntyre	U20	F		00:21:55	38.54%
103	Ruby McFadden	Junior	F	Neilston PS	00:23:58	40.20%
104	William Mitchell	M75	M		00:24:52	44.10%