

3k on the Green				25/07/2025	Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Crawford Smith	U20	M	Garscube Harriers	00:09:07	82.16%
2	Sam Fisher	Senior	M	Natural Power	00:09:20	79.19%
3	Paul O'Mara	M40	M	Tyne bridge harriers	00:09:22	82.84%
4	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:27	78.86%
5	Stephen Brown	M40	M	West End Road Runners	00:09:33	83.75%
6	Drew Carr	Senior	M	Westerlands	00:09:40	77.10%
7	Brent Brodie	M50	M	Bellahouston Harriers	00:09:42	87.85%
8	Fraser Gray	Senior	M		00:09:45	75.21%
9	Kyle Thomson	Junior	M	Garscube Harriers	00:09:46	79.72%
10	Lee Shaw	Senior	M	Bellahouston Harriers	00:09:49	74.70%
11	Chris Upson	M60	M	Cambuslang Harriers	00:09:57	92.45%
12	Maxwell Connolly	Junior	M	Garscube Harriers	00:10:03	80.26%
13	Mark Alexander	M45	M	Kilmarnock Harriers	00:10:04	81.32%
14	Connor Henderson	Senior	M	Kilbarchan	00:10:11	72.58%
15	Liam Mitchell	Senior	M	Falkirk Victoria	00:10:11	72.01%
16	Rosa Donaldson	Senior	F	Bellahouston Harriers	00:10:23	80.48%
17	Martyn Glancy	M40	M	Cumbernauld AAC	00:10:28	75.26%
18	Jack McMillan	Junior	M	East Kilbride AC	00:10:28	80.77%
19	Greig Glendinning	M50	M	Kilmarnock Harriers	00:10:31	82.38%
20	Jennifer Reid	Senior	F		00:10:34	79.14%
21	Steven Prentice	M50	M	Bellahouston Harriers	00:10:48	77.63%
22	Paul Stoddart	M50	M	Cumbernauld AAC	00:10:55	77.43%
23	Gavin Meikle	M50	M		00:10:56	78.58%
24	Adam Todd	Senior	M	Troon Tortoises	00:10:57	66.97%
25	Peter Alexander	M40	M	Newton Road Runners	00:10:59	71.18%
26	David Johnston	M40	M	Bellahouston Harriers	00:10:59	72.26%
27	Andrew Holloway	M35	M	Giffnock North	00:11:00	69.50%
28	David Simpson	M45	M		00:11:02	74.78%
29	Derek Martin	M55	M	Cumbernauld AAC	00:11:05	79.49%
30	Sid Muragundi	M40	M		00:11:08	69.69%
31	Kyle Simpson	Senior	M		00:11:10	65.99%
32	Ueuan Conbrie	Senior	M	Garscube Harriers	00:11:20	65.21%
33	Malcolm MacLean	M45	M	Greenock Glenpark Harriers	00:11:20	71.67%
34	Marie Kane	W35	F	Cambuslang Harriers	00:11:21	75.03%
35	Paul Foster	M35	M	Westerlands CCC	00:11:27	67.27%
36	Barry Edwards	M40	M	Bellahouston Roadrunners	00:11:28	69.21%
37	Claire White	Senior	F	Natural Power	00:11:30	72.67%
38	Kevin Brown	M40	M		00:11:33	67.18%
39	Iain Wallace	M55	M	Cambuslang Harriers	00:11:34	76.17%
40	Kevin Timmons	M50	M	Mount Venon Runners	00:11:36	72.87%
41	Andrew Heathwood	M55	M		00:11:37	75.20%
42	Liam Donnelly	Senior	M		00:11:38	63.09%
43	Owen Murphy	M40	M	Kirkintilloch Olympians	00:11:39	68.12%
44	John Duffy	M60	M	Shettleston Harriers	00:11:40	78.85%
45	Calum Sinclair	M40	M		00:11:46	66.94%
46	Richie Austin	Senior	M	Natural Power	00:11:49	62.06%
47	Barry Mitchell	M35	M	Bellahouston Harriers	00:11:52	64.91%
48	Colin Henderson	M50	M		00:11:53	70.55%

49	David Downey	M55	M	Dunblane Runners	00:11:53	76.06%
50	Alastair Drummond	M45	M	Newton Road Runners	00:11:57	69.04%
51	Craig Brown	M50	M	Garscube Harriers	00:12:00	71.59%
52	Kieron Mark	M35	M	Newton Road Runners	00:12:02	64.01%
53	Alastair MacLachlan	M65	M	Bellahouston Roadrunners	00:12:06	79.54%
54	Laura Gray	W45	F	Garscube Harriers	00:12:09	75.83%
55	James Gallagher	M65	M	Kirkintilloch Olympians	00:12:10	78.37%
56	Scott Elliot	M65	M	Kirkintilloch Olympians	00:12:12	78.16%
57	Kevin Smith	M65	M	Bellahouston Harriers	00:12:17	78.35%
58	Martin Munro	M50	M		00:12:19	69.75%
59	Moray Tripney	Senior	M		00:12:27	59.19%
60	Esther Jamieson	Senior	F		00:12:29	66.95%
61	David Currie	Senior	M		00:12:30	58.67%
62	Steven Smith	M55	M	Greenock Glenpark Harriers	00:12:31	72.22%
63	Joanne Thorburn	W45	F	Newton Road Runners	00:12:32	74.40%
64	Toni McIntosh	W45	F	Ayr Seaforth	00:12:34	73.31%
65	Fergus McColm	Senior	M		00:12:41	57.96%
66	Angela McLachlan	W40	F	Newton Road Runners	00:12:44	71.49%
67	Alastair Cunningham	M55	M		00:12:45	70.89%
68	Noreen Crombie	W55	F	Renfrew Runners	00:12:46	86.71%
69	Paul Stanley	M50	M	Mount Venon Runners	00:12:47	65.58%
70	Iain Crawford	M55	M	Cambuslang Harriers	00:12:49	69.32%
71	Shona Donnelly	W55	F	Giffnock North	00:12:49	85.16%
72	Landon Whitehead	Junior	M		00:12:56	67.23%
73	Chris Whitehead	M40	M		00:12:57	61.76%
74	Stuart Simpson	M45	M		00:12:58	62.64%
75	John McMillan	M40	M		00:13:01	60.97%
76	William Reid	M65	M		00:13:04	72.97%
77	Marie McChord	W65	F	Kirkintilloch Olympians	00:13:06	92.51%
78	Gordon Harper	M45	M		00:13:12	63.01%
79	Tim Downie	M65	M	Ayr Seaforth	00:13:13	74.19%
80	Saamil Hariyani	Senior	M		00:13:14	55.68%
81	Matt Bridgestock	M45	M		00:13:21	61.32%
82	Daniel Nixon	Senior	M	Westerlands	00:13:37	53.86%
83	Alice Marks	Senior	F	Natural Power	00:13:40	61.15%
84	Kirstin Bloomer	Senior	F		00:13:44	60.85%
85	Cameron Wood	Senior	M	Natural Power	00:13:49	53.08%
86	Peter Taylor	M75	M	Irvine AC	00:13:54	77.49%
87	Shaun Goldrick	M35	M	Motherwell AC	00:13:59	53.90%
88	James Boyce	M45	M		00:14:00	58.02%
89	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:04	82.26%
90	Frank Hurley	M70	M	Cambuslang Harriers	00:14:06	72.90%
91	Tom McMillan	M70	M		00:14:07	72.82%
92	Alison Downey	W55	F	Dunblane Runners	00:14:27	74.47%
93	Alan Dunlop	M50	M	RunAyr	00:14:38	57.29%
94	Mitchell Cochrane	Junior	M		00:14:43	60.98%
95	Viv Fraser	W55	F		00:14:43	75.22%
96	Cheryl Thomas	W40	F	Greenock Glenpark Harriers	00:14:49	61.44%
97	John Skilky	M60	M	Ayr Seaforth	00:14:54	61.74%
98	Linda Cunningham	W55	F	Central AC	00:15:18	70.33%

99	Mark Beech	M40	M	Fetch Everyone	00:15:19	50.66%
100	Craig McFadyen	M40	M	Mount Venon Runners	00:15:23	51.59%
101	Harrison Clark	Junior	M		00:15:29	57.96%
102	Laura Powell	W50	F	Wee County Harriers	00:15:34	63.77%
103	Mark McDonald	M45	M	Wee County Harriers	00:15:43	51.28%
104	Andrew Clark	M45	M		00:15:52	51.19%
105	Chris McInnes	M45	M		00:16:04	50.95%
106	Lesley Ann Jamieson	W60	F	Migo	00:16:21	68.70%
107	Steven Ross	M50	M		00:16:28	51.75%
108	Shirley MacNab	W60	F	Kirkintilloch Olympians	00:16:48	67.85%
109	Vanessa Simpson	Senior	F		00:16:58	49.28%
110	James Kelly	M60	M	Newton Road Runners	00:17:01	54.06%
111	Raymond Loughran	M65	M	Shettleston Harriers	00:17:06	56.80%
112	Carol Keenan	W65	F	Bellahouston Harriers	00:17:10	74.10%
113	Lynne Cotter	W50	F		00:17:27	56.16%
114	Jillian McLennan	W50	F	SG Coaching	00:17:38	58.57%
115	Alex Gillespie	Senior	F		00:18:38	44.85%
116	Syed Basit Ali Zaidi	Senior	M		00:18:50	38.94%
117	Nikita Sahu	Senior	F		00:18:54	44.51%
118	Pauline Anderson	Senior	F	Natural Power	00:18:59	44.46%
119	Fred McCain	M75	M	Haddington Running Club	00:19:12	57.12%
120	Greg Parker	Senior	M		00:19:32	37.98%
121	Smriti Pathak	Senior	F		00:19:51	42.26%