

3k on the Green			29/08/2025		Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Grant Murphy	M35	M	Bellahouston Roadrunners	00:09:20	79.97%
2	Alastair Stables	Senior	M	Giffnock North AC	00:09:26	77.39%
3	Josh Evans	Senior	M	Bellahouston Roadrunners	00:09:33	76.44%
4	Fraser Gray	Senior	M		00:09:46	74.74%
5	Jordan Davidson	Senior	M	Bellahouston Roadrunners	00:09:48	74.49%
6	Rhu White	M35	M		00:09:50	75.91%
7	Stuart MacDougall	M40	M	Fulham	00:09:52	77.95%
8	Kieran Pugh	Senior	M	Law & District	00:09:54	73.74%
9	Connor Smith	Senior	M	West End Road Runners	00:09:56	73.49%
10	Connor Henderson	Senior	M	Kilbarchan	00:09:57	73.37%
11	Ciaran McGlynn	M35	M		00:09:59	73.70%
12	Mark Alexander	M45	M	Kilmarnock Harriers	00:10:03	79.60%
13	Paul Sorrie	M45	M	Shettleston Harriers	00:10:15	77.42%
14	Bruce Carse	M45	M	Bellahouston Road Runners	00:10:16	77.30%
15	Ruairi Ferris	Senior	M	Kirkintilloch Olympians	00:10:22	70.42%
16	Paul Burns	M40	M	Motherwell	00:10:27	73.60%
17	Gavin Meikle	M50	M		00:10:41	78.76%
18	John Speirs	M40	M		00:10:42	73.01%
19	Stephen Forcer	M45	M	Westerlands	00:10:45	75.65%
20	Kyle Simpson	Senior	M		00:10:48	67.59%
21	Jamie Wieland	M35	M	Bellahouston Roadrunners	00:10:49	68.51%
22	Declan Reid	Senior	M	Giffnock North AC	00:10:51	67.28%
23	Jennifer Reid	Senior	F		00:10:52	74.39%
24	Iain McFarlane	M45	M	Garscube Harriers	00:10:53	72.92%
25	Dave Thom	M65	M	Cambuslang Harriers	00:10:54	86.39%
26	Graham Andrew	M40	M	Garscube Harriers	00:10:56	70.89%
27	Craig Rankin	M40	M	Troon Tortoises	00:10:58	70.14%
28	Gavin Jeffrey	M35	M		00:11:00	67.37%
29	Dean Dempsey	Senior	M	Bellahouston Roadrunners	00:11:01	66.26%
30	David Johnston	M40	M	Bellahouston Harriers	00:11:08	69.61%
31	Sid Muragundi	M40	M		00:11:11	67.74%
32	Barry Edwards	M40	M	Bellahouston Roadrunners	00:11:14	68.99%
33	John MacKenzie	M55	M	Bellahouston Roadrunners	00:11:19	78.49%
34	Claire White	Senior	F	Natural Power	00:11:20	71.32%
35	Malcolm MacLean	M45	M	Greenock Glenpark Harriers	00:11:21	70.48%
36	Andrew Short	M50	M		00:11:22	73.39%
37	Owen Murphy	M40	M	Kirkintilloch Olympians	00:11:26	67.79%
38	Alan Hume	M45	M	Central AC	00:11:27	70.44%
39	Des Dickson	M65	M	Cambuslang Harriers	00:11:28	82.12%
40	Iain Wallace	M55	M	Cambuslang Harriers	00:11:29	75.25%
41	Niall Campbell	M40	M		00:11:34	65.99%
42	Colin Henderson	M50	M		00:11:36	70.70%
43	Jorge Bronze	M35	M	Steel City Striders	00:11:38	62.79%
44	Andrew Heathwood	M55	M		00:11:40	73.41%
45	Rhona Fraser	W45	F	Bellahouston Road Runners	00:11:55	73.83%

46	Martin Munro	M50	M		00:12:03	69.83%
47	Alastair MacLachlan	M65	M	Bellahouston Roadrunners	00:12:05	78.73%
48	Scott Maxwell	M55	M		00:12:07	70.68%
49	Emma Blair	W40	F	Garscube Harriers	00:12:14	70.01%
50	Paul Kernohan	M45	M	Cambuslang Harriers	00:12:14	65.93%
51	Kara Rafferty	W40	F	Garscube Harriers	00:12:16	68.04%
52	Scott Vallance	M35	M		00:12:20	59.23%
53	Esther Jamieson	Senior	F		00:12:20	65.54%
54	Katie Blackett	Senior	F	Bellahouston Roadrunners	00:12:23	65.28%
55	Toni McIntosh	W45	F	Ayr Seaforth	00:12:24	69.68%
56	Scott Elliot	M65	M	Kirkintilloch Olympians	00:12:26	75.74%
57	Emily Tomasso	W40	F	Garscube Harriers	00:12:27	68.79%
58	Simon Parkinson	M60	M	Bellahouston Harriers	00:12:29	71.83%
59	Scott Cumming	M50	M	Linlithgow	00:12:31	66.65%
60	Chris Bell	M45	M	Kilbarchan AAC	00:12:41	64.12%
61	Neil McIlhargey	M45	M		00:12:49	62.42%
62	Neil Boyd	Senior	M		00:12:50	56.88%
63	Lisa Mason	Senior	F		00:12:54	62.66%
64	Shaun Goldrick	M35	M	Motherwell AC	00:12:58	56.74%
65	Ben Nicolson	Senior	M	Edinburgh Athletics Club	00:12:59	56.23%
66	Louise Ross	W45	F	Bellahouston Roadrunners	00:13:00	68.30%
67	Maddie Heathwood	Senior	F		00:13:11	61.31%
68	William Reid	M65	M		00:13:13	71.25%
69	Paul McKendry	M65	M	Clydesdale Harriers	00:13:14	71.16%
70	Linda Woodcraft	W45	F		00:13:17	66.23%
71	Claire Gilchrist	W55	F	West Edinburgh Running Club	00:13:28	73.53%
72	Peter Taylor	M75	M	Irvine AC	00:13:33	77.44%
73	Elliot Forbes	M40	M		00:13:34	56.26%
74	Iain MacMillan	M55	M		00:13:36	65.32%
75	Eddie Carr	M65	M	Cambuslang Harriers	00:13:36	69.24%
76	Mohamed Reyed	M40	M	Cambuslang Harriers	00:13:40	55.85%
77	Chris McKenna	M40	M		00:13:44	56.01%
78	Aguston Hales	Senior	M		00:13:45	53.09%
79	David Hoolaghan	M45	M	Motherwell AC	00:13:48	57.50%
80	Gordon Harper	M45	M		00:13:49	58.86%
81	Deirdre Harrington	W40	F	Glasgow South Road Runners	00:13:55	61.01%
82	Matt Bridgestock	M45	M		00:13:58	57.28%
83	Tom McMillan	M70	M		00:14:00	72.44%
84	Mark Donnelly	M40	M		00:14:01	55.29%
85	Frank Hurley	M70	M	Cambuslang Harriers	00:14:02	72.27%
86	Kirstin Bloomer	Senior	F		00:14:03	57.53%
87	Alik Kavoussanaki	Senior	F		00:14:05	57.40%
88	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:19	71.46%
89	Cheryl Thomas	W40	F	Greenock Glenpark Harriers	00:14:29	59.13%
90	Alastair MacKenzie	Senior	M		00:14:31	50.29%
91	Lynne Hamilton	W45	F	Bellahouston Road Runners	00:14:40	58.91%
92	Viv Fraser	W55	F		00:14:44	67.21%

93	Peter Ogden	M75	M	Cambuslang Harriers	00:14:49	70.82%
94	Alastair Harris	M45	M	Strathaven Striders	00:14:50	53.50%
95	Rachel Wardrope	Senior	F	Cambuslang Harriers	00:14:51	54.43%
96	Iain Crawford	M55	M	Cambuslang Harriers	00:14:51	58.72%
97	David Murray	M35	M	Newton Road Runners	00:15:12	49.11%
98	Peter Alexander	M40	M	Newton Road Runners	00:15:12	50.22%
99	Drea McGurk	W45	F	Bellahouston Harriers	00:15:13	58.90%
100	Christine Irvine	Senior	F		00:15:23	52.55%
101	Craig McFadyen	M40	M	Mount Vernon Runners	00:15:26	50.22%
102	Ross Lyons	Senior	M		00:15:58	45.72%
103	Peter Rudzinski	M70	M	Clydesdale Harriers	00:16:11	64.09%
104	Shubhada Mulay	Senior	F	Vegan Runners	00:16:19	49.54%
105	Rohit Alexander	Senior	M		00:16:26	44.42%
106	Stephen Lappin	M60	M	West End Road Runners	00:16:35	54.59%
107	Shirley MacNab	W60	F	Kirkintilloch Olympians	00:16:55	59.81%
108	Syed Basit Ali Zaidi	Senior	M		00:16:56	43.11%
109	Raymond Loughran	M65	M	Shettleston Harriers	00:17:06	56.80%
110	Vanessa Simpson	Senior	F		00:17:19	46.68%
111	Sara Booth	W35	F		00:17:27	47.03%
112	Lynne Cotter	W50	F		00:17:47	50.87%
113	Isabella Gard	Senior	F		00:17:49	45.37%
114	Syed ali Atif Naqvi	M35	M		00:17:56	41.32%
115	Pauline Tait	W50	F		00:18:26	51.03%
116	John Softley	M75	M	Bellahouston Harriers	00:21:41	48.96%
117	William Mitchell	M75	M		00:24:54	43.14%

under UK Athletics Rules

scottishathletics licensed event