

	3k on the Green			31/10/2025	Race	Age
	Runner	Category	M/F	Club	Time	Grade %
1	Jamie Mackinnon	Senior	M	Cambuslang Harriers	00:08:45	83.43%
2	Cameron Muir	Senior	M	Shettleston Harriers	00:09:09	79.78%
3	Colin Reilly	M40	M	Cambuslang Harriers	00:09:12	82.97%
4	Brendan Carey	Senior	M	Cambuslang Harriers	00:09:16	78.78%
5	David Mackintosh	M35	M	Bellahouston Harriers	00:09:29	78.14%
6	Connor Smith	Senior	M	West End Road Runners	00:09:33	76.44%
7	Colin Whitby	M40	M	Garscube Harriers	00:09:35	80.87%
8	Euan Convery	Senior	M	Garscube Harriers	00:09:35	76.17%
9	Stephen Brown	M40	M	West End Road Runners	00:09:39	80.95%
10	Ashley Ballam	Senior	M		00:09:53	73.86%
11	Andrew Anderson	M40	M	Cambuslang Harriers	00:09:57	77.30%
12	Joseph Strain	Senior	M		00:10:03	72.64%
13	Nicky Miller	M40	M		00:10:06	75.57%
14	Fraser Gray	Senior	M		00:10:08	72.04%
15	Scott Henderson	M45	M	Glasgow South RR	00:10:10	79.33%
16	Mark Alexander	M45	M	Kilmarnock Harriers	00:10:19	77.54%
17	Lewis Anderson	Senior	M	Cambuslang Harriers	00:10:27	69.86%
18	Ross Anderson	M35	M	Westerlands CCC	00:10:31	70.46%
19	Thomas Ant	M40	M		00:10:42	70.80%
20	Stephen Forcer	M45	M	Westerlands	00:10:45	75.65%
21	Lesley Bell	W50	F	Garscube Harriers	00:10:46	84.03%
22	Dave Thom	M65	M	Cambuslang Harriers	00:10:47	87.33%
23	Steven Prentice	M50	M	Bellahouston Harriers	00:10:48	76.57%
24	Ciaran Gallagher	Senior	M		00:11:01	66.26%
25	Jennifer Reid	Senior	F		00:11:08	72.60%
26	Ben Fountain	Senior	M	Law & District	00:11:14	64.99%
27	Tim Clark	M40	M		00:11:18	68.07%
28	David Gillespie	Senior	M	Shettleston Harriers	00:11:21	64.32%
29	Andrew Heathwood	M55	M		00:11:21	76.13%
30	Owen Murphy	M40	M	Kirkintilloch Olympians	00:11:26	67.79%
31	Sid Muragundi	M40	M		00:11:32	65.69%
32	Barry Mitchell	M40	M	Bellahouston Harriers	00:11:40	64.94%
33	Niall Campbell	M40	M		00:11:45	64.96%
34	William Braceland	M35	M	Kirkintilloch Olympians	00:11:52	61.56%
35	Laura Gray	W45	F	Garscube Harriers	00:11:59	72.11%
36	Toni McIntosh	W45	F	Ayr Seaforth	00:12:04	71.61%
37	Colin Henderson	M50	M		00:12:07	67.69%
38	Alastair MacLachlan	M65	M	Bellahouston Roadrunners	00:12:09	78.29%
39	Julie Lynch	Senior	F	Bellahouston Harriers	00:12:13	66.17%
40	Connor Brown	Senior	M		00:12:13	59.75%
41	John Duffy	M60	M	Shettleston Harriers	00:12:16	73.80%
42	Lisa Mason	Senior	F		00:12:23	65.28%
43	Chris Bell	M45	M	Kilbarchan AAC	00:12:31	64.98%
44	Mark Daly	M50	M		00:12:33	65.35%
45	Gary Henderson	M60	M	Bellahouston Harriers	00:12:35	71.94%
46	Paul Holland	M45	M		00:12:39	62.73%
47	Alex Chisholm	M65	M	Garscube Harriers	00:12:41	77.39%
48	David Murray	M35	M	Newton Road Runners	00:12:43	58.70%
49	Lauren Mackintosh	W35	F	Bellahouston Harriers	00:12:44	63.48%
50	Adam Sinnet	Senior	M		00:12:52	56.74%
51	Iain Moore	M40	M		00:12:58	58.86%
52	Claire Gilchrist	W55	F	West Edinburgh Running Club	00:13:02	75.98%
53	Joanna Crawford	Senior	F		00:13:07	61.63%

54	Johnny Mair	M70	M		00:13:07	76.47%
55	William McNeilly	M35	M	Garscube Harriers	00:13:09	57.18%
56	Alastair Cunningham	M55	M		00:13:10	67.47%
57	Alasdair Beaton	M40	M		00:13:10	58.42%
58	Paul McKendry	M65	M	Clydesdale Harriers	00:13:14	71.16%
59	William Reid	M65	M		00:13:16	70.98%
60	Colin Anderson	M50	M		00:13:21	61.43%
61	Jack Bryant	M50	M		00:13:26	61.56%
62	Mohamed Reyed	M40	M	Cambuslang Harriers	00:13:31	56.47%
63	Linda Woodcraft	W45	F		00:13:36	64.69%
64	Troy Morgan	M55	M	Jog Lanark	00:13:44	63.49%
65	Frances Wood	W65	F	Linlithgow	00:13:45	78.80%
66	Mark Donnelly	M40	M		00:13:54	55.76%
67	Iain Crawford	M55	M	Cambuslang Harriers	00:14:09	61.62%
68	Margaret Allison	W60	F	Strathaven Striders	00:14:13	72.77%
69	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:14	71.88%
70	Tom McMillan	M70	M		00:14:20	70.76%
71	Yvonne Brennan	W45	F		00:14:24	60.55%
72	Paul Elliot	M40	M	Garscube Harriers	00:14:45	52.15%
73	Viv Fraser	W55	F		00:14:57	66.24%
74	Linda Cunningham	W55	F	Central AC	00:15:41	61.83%
75	Harry McDonald	M65	M		00:15:45	61.67%
76	Lauren Leggat	W50	F		00:15:54	57.44%
77	Mairi Newman	W40	F		00:15:55	52.00%
78	Alec Wood	M70	M	Linlithgow	00:16:07	64.36%
79	Syed Basit Ali Zaidi	Senior	M		00:16:25	44.47%
80	James Kelly	M60	M	Newton Road Runners	00:16:32	55.29%
81	Marie Neil	W60	F	Strathaven Striders	00:16:40	60.05%
82	Stuart Irvine	M75	M	Garscube Harriers	00:16:44	64.97%
83	Euan Campbell	M35	M		00:16:56	44.08%
84	Fiona Campbell	W35	F		00:16:57	48.42%
85	Raymond Loughran	M65	M	Shettleston Harriers	00:17:53	54.31%

under UK Athletics Rules
scottishathletics licensed event