	3k on the Green			28/11/2025	Race	Age
	Runner	Category	M/F	Club	Time	Grade %
1	Angus Lindsay	Senior	M	Shettleston Harriers	00:09:28	77.11%
2	Tom Porter	Senior	M	Shettleston Harriers	00:09:46	74.74%
3	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:52	73.99%
4	Stephen Brown	M45	M	West End Road Runners	00:09:59	78.86%
5	Fraser Gray	Senior	M		00:10:14	71.34%
6	Owen McWilliams	Senior	M	Irvine AC	00:10:17	70.99%
7	Finlay Finlay	M45	M	Garscube Harriers	00:10:25	76.18%
8	David Macpherson	M35	M	West End Road Runners	00:10:39	69.58%
9	Jamie Wieland	M35	M	Bellahouston Roadrunners	00:10:47	68.72%
10	Craig Rankin	M40	M	Troon Tortoises	00:10:54	71.10%
11	Terry Mulholland	Senior	M		00:10:59	66.46%
12	Andrew Gibson	M40	M	Teviotdale	00:11:01	70.91%
13	Stephen Forcer	M45	M	Westerlands	00:11:04	73.49%
14	Tim Clark	M40	M		00:11:13	68.57%
15	David Gillespie	Senior	M	Shettleston Harriers	00:11:17	64.70%
16	Jennifer Reid	Senior	F		00:11:22	71.11%
17	Peter Alexander	M40	M	Newton Road Runners	00:11:24	66.95%
18	Mark McColl	M45	M	Shettleston Harriers	00:11:26	69.97%
19	Kyle Simpson	Senior	M		00:11:38	62.75%
20	Barry Mitchell	M40	M	Bellahouston Harriers	00:11:47	64.29%
21	Niall Campbell	M40	M		00:11:51	64.41%
22	Calum Sinclair	M40	M		00:11:56	64.95%
23	Andrew Chapman	M50	M	East Kilbride AC	00:12:04	68.54%
24	Cameron McLeod	Senior	M	Kirkintilloch Olympians	00:12:05	60.41%
25	Iain Wallace	M55	M	Cambuslang Harriers	00:12:09	71.12%
26	Martin Munro	M50	M		00:12:19	68.92%
27	Stuart McMillan	M45	M	East Kilbride AC	00:12:21	64.78%
28	Colin Henderson	M50	M		00:12:24	66.14%
29	Fraser Ford	Senior	M		00:12:26	58.71%
30	Scott Vallance	M35	M		00:12:28	58.60%
31	Iain Campbell	M40	M		00:12:30	61.53%
32	Alastair Cunningham	M55	M		00:12:38	70.31%
33	Lorna Mitchell	W50	F	Greenock Glenpark Harriers	00:12:41	71.33%
34	Greg Campbell	Senior	M		00:12:46	57.18%
35	Paul Stanley	M50	M	Mount Vernon Runners	00:12:51	63.82%
36	David McCallum	M40	M	Strathaven Striders	00:12:57	59.85%
37	Lisa Mason	Senior	F		00:12:58	62.34%
38	Erin Chapman	U20	F	East Kilbride AC	00:13:00	62.18%
39	Sinead McLaughlin	W35	F	Garscube Harriers	00:13:02	62.02%
40	Gordon Harper	M45	M		00:13:11	61.69%
41	Iain Crawford	M55	M	Cambuslang Harriers	00:13:27	64.83%
42	Linda Woodcraft	W45	F		00:13:35	64.77%
43	Deirdre Harrington	W40	F	Bellahouston Harriers	00:13:42	61.97%
44	David Hoolaghan	M45	M	Motherwell AC	00:13:45	57.71%
45	William Reid	M65	M		00:13:50	68.07%
46	Lindsay Burns	Senior	F	Garscube Harriers	00:13:52	58.29%
47	Mohamed Reyed	M40	M	Cambuslang Harriers	00:13:53	54.98%
48	Frances Wood	W65	F	Linlithgow	00:13:55	77.86%
49	David Murray	M35	M	Newton Road Runners	00:14:07	52.88%

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50	Gordon McInally	M55	M	Cambuslang Harriers	00:14:13	62.48%
51	Marion O'Connor	W65	F		00:14:29	73.93%
52	Gillian McGale	W50	F	Garscube Harriers	00:14:30	62.39%
53	Finn Allan	Senior	M	Shettleston Harriers	00:14:40	49.77%
54	Kieran Forsyth	U20	M		00:14:48	49.32%
55	Tom McMillan	M70	M		00:14:54	68.07%
56	Alan Dunlop	M50	M	RUNAYR	00:14:58	55.26%
57	Jason Kerr	M50	M		00:15:16	55.60%
58	Lauren Leggat	W50	F		00:15:31	58.86%
59	Craig McFadyen	M40	M	Mount Vernon Runners	00:15:33	49.84%
60	Jim Buick	M60	M	Unattached	00:15:39	57.84%
61	Peter Ogden	M75	M	Cambuslang Harriers	00:15:45	66.62%
62	Nicola Armstrong	W45	F	West End Road Runners	00:16:56	51.03%
63	James Kelly	M60	M	Newton Road Runners	00:17:25	52.48%
64	Ruth Kelly	W55	F	Calderglen Harriers	00:19:17	51.35%
65	David Searil	M70	M	Calderglen Harriers	00:19:17	52.02%
66	Imogen McCallum	Junior	F	Strathaven Striders	00:21:55	#N/A
67	Marie Neil	W60	F	Strathaven Striders	00:21:56	45.63%

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