

| | 3k on the Green Runner | Category | M/F | 27/05/2022 Club | Race Time | Age Grade % |
|----|---------------------------|----------|-----|----------------------------|--------------|----------------|
| 1 | Fergus Donnelly | M35 | M | Shettleston Harriers | 00:09:22 | 79.99% |
| 2 | Owen Walpole | Senior | M | Cambuslang Harriers | 00:09:26 | 78.11% |
| 3 | Daniel Lowe | Senior | M | Shettleston Harriers | 00:09:46 | 75.96% |
| 4 | Lynne McKenna | Senior | F | Glasgow Uni Hare & Hounds | 00:09:50 | 84.99% |
| 5 | Oliver Reilly | Senior | M | Greenock Glenpark Harriers | 00:09:53 | 74.56% |
| 6 | Steven Prentice | M45 | M | Bellahouston Harriers | 00:10:15 | 79.87% |
| 7 | Chris Upson | M55 | M | Cambuslang Harriers | 00:10:22 | 86.44% |
| 8 | Gavin Meikle | M50 | M | | 00:10:41 | 78.48% |
| 9 | Ryan MacReady | Senior | M | | 00:10:46 | 68.12% |
| 10 | Fiona Matheson | W60 | F | Falkirk Victoria | 00:10:58 | 103.95% |
| 11 | Gary McKendrick | M55 | M | Inverclyde AC | 00:11:02 | 80.52% |
| 12 | Grant Matheson | M55 | M | Falkirk Victoria | 00:11:02 | 81.92% |
| 13 | Paul Kirkland | Senior | M | Garscube Harriers | 00:11:05 | 67.24% |
| 14 | Gillian Blee | W40 | F | Garscube Harriers | 00:11:06 | 79.50% |
| 15 | Sammy Haining | Senior | M | | 00:11:15 | 65.94% |
| 16 | John Duffy | M55 | M | Shettleston Harriers | 00:11:16 | 79.53% |
| 17 | Andrew Heathwood | M50 | M | | 00:11:20 | 75.19% |
| 18 | Donnie Inglis | M55 | M | Run GMC | 00:11:31 | 75.85% |
| 19 | William Reid | M60 | M | | 00:11:34 | 80.23% |
| 20 | Paul Houston | M50 | M | Bellahouston Harriers | 00:11:41 | 73.53% |
| 21 | Kevin Brown | M35 | M | | 00:11:44 | 64.69% |
| 22 | Alison Wood | Senior | F | Garscube Harriers | 00:11:45 | 71.59% |
| 23 | Laura Gray | W40 | F | Garscube Harriers | 00:11:46 | 75.72% |
| 24 | David Wardrope | M50 | M | Calderglen harriers | 00:11:47 | 71.73% |
| 25 | David Eames | M35 | M | Bellahouston Harriers | 00:11:49 | 64.70% |
| 26 | Donna MacLean | W40 | F | Springburn Harriers | 00:11:55 | 74.76% |
| 27 | Mark King | M50 | M | Cambuslang Harriers | 00:11:56 | 71.99% |
| 28 | Colin Anderson | M45 | M | | 00:11:58 | 67.88% |
| 29 | Neil Scott | M40 | M | | 00:12:05 | 65.19% |
| 30 | Alastair Cunningham | M55 | M | | 00:12:07 | 72.71% |
| 31 | Stephen Bell | Senior | M | | 00:12:09 | 61.06% |
| 32 | Kara Rafferty | W35 | F | Garscube Harriers | 00:12:10 | 70.83% |
| 33 | Eddie Carr | M60 | M | Cambuslang Harriers | 00:12:11 | 76.17% |
| 34 | Michael Lancaster | M45 | M | Bellahouston Roadrunners | 00:12:12 | 66.58% |
| 35 | Andrew McConnell | M40 | M | | 00:12:13 | 63.51% |
| 36 | Iain Crawford | M50 | M | Cambuslang Harriers | 00:12:20 | 70.24% |
| 37 | Robert White | M50 | M | Run GMC | 00:12:22 | 70.05% |
| 38 | Scott McLeod | M45 | M | Glasgow South Road Runners | 00:12:23 | 66.63% |
| 39 | Rachel McPhillips | Junior | F | Whitemoss AAC | 00:12:32 | 69.82% |
| 40 | Paula McCabe | W35 | F | Cambuslang Harriers | 00:12:33 | 68.23% |
| 41 | Eilidh Kennedy | Junior | F | Cambuslang Harriers | 00:12:34 | 68.77% |
| 42 | Iain Moore | M35 | M | | 00:12:41 | 59.84% |
| 43 | Rachel Wardrope | Senior | F | Cambuslang Harriers | 00:12:43 | 65.97% |
| 44 | Ella Sharp | Junior | F | Springburn Harriers | 00:12:58 | 67.49% |
| 45 | Louis Sharp | Junior | M | Victoria Park | 00:12:59 | 59.97% |
| 46 | Sandy Eaglesham | M65 | M | Cambuslang Harriers | 00:13:36 | 72.10% |
| 47 | Erica Christie | W65 | F | | 00:13:41 | 88.56% |
| 48 | Alison MacKenzie | W35 | F | Bellahouston Harriers | 00:13:56 | 61.12% |
| 49 | John Connor | M60 | M | | 00:13:58 | 66.45% |
| 50 | Paul Fletcher | M55 | M | Glasgow South Road Runners | 00:14:01 | 63.93% |
| 51 | Peter Ogden | M70 | M | Cambuslang Harriers | 00:14:03 | 72.19% |
| 52 | Matt Bridgestock | M40 | M | | 00:14:10 | 56.46% |
| 53 | Ada Stewart | W55 | F | Kirkintilloch Olympians | 00:14:27 | 75.53% |
| 54 | Sharon Molloy | W35 | F | | 00:14:36 | 58.33% |
| 55 | David Cooney | M70 | M | Cambuslang Harriers | 00:14:41 | 71.03% |
| 56 | Linda Cunningham | W50 | F | | 00:14:53 | 68.47% |
| 57 | Bob Porteous | M70 | M | | 00:14:59 | 69.61% |

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| 58 | Kirsty Wadsley | W35 | F | West End Road Runners | 00:15:17 | 56.39% |
| 59 | Collette Coyle | W45 | F | Springburn Harriers | 00:15:44 | 59.99% |
| 60 | Kenny Gunn-Russell | M65 | M | ESOC | 00:15:47 | 61.54% |
| 61 | Tom Keenan | M65 | M | Bellahouston Harriers | 00:15:55 | 61.02% |
| 62 | Marie Neil | W55 | F | Strathaven Striders | 00:16:08 | 65.78% |
| 63 | Kirsty Harvey | W35 | F | | 00:16:14 | 53.47% |
| 64 | Carol Keenan | W65 | F | Bellahouston Harriers | 00:16:41 | 72.64% |
| 65 | Julie Alleyn | W50 | F | | 00:16:54 | 59.51% |
| 66 | Robbie Wishart | M65 | M | West End Road Runners | 00:16:57 | 56.78% |
| 67 | Rhona Munro | Senior | F | | 00:18:11 | 45.96% |
| 68 | Andrew Loudon | Senior | M | | 00:18:23 | 40.36% |
| 69 | Shirley MacNab | W55 | F | Kirkintilloch Olympians | 00:18:42 | 58.36% |
| 70 | John Softley | M70 | M | Bellahouston Harriers | 00:18:42 | 54.97% |
| 71 | Ronan MacDonald | Senior | M | | 00:18:44 | 39.18% |
| 72 | Lauren Cherry | Senior | F | | 00:18:46 | 44.53% |