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Clydebank 5K

Glasgow
21 Mar 15



Every Wednesday, until October, whoever **improves their handicap** the most in the previous week and clicks their clock will win a Polar heart rate monitor.

To enter, first **login** and then **look for your performance this week** so you can Click your Clock.

Head to Head - to compare runners check 2 or more boxes below and then click

5K

	Pos	Gun	Name	AG	Club	SB	PB	HC	
☐	1	15:08	Paul Sorrie	SB V35	M Shettleston	15:08	14:50	-2.9	
☐	2	15:11	Ben Stevenson	PB U23	M Falkirk/Ochil/Edinburgh Uni Hare & Hounds	15:11	15:11	-1.8	
☐	3	15:18	Fergus Roberts	PB U20	M Richmond & Zetland/Stirling Uni	15:18	15:18	5.9	
☐	4	15:24	George Goodwin	PB U20	M Rugby & Northampton/Stirling Uni	15:24	15:24	0.3	
☐	5	15:29	Scott Pilkington	SB SEN	M Corstorphine/Napier Uni	15:29	15:26	-0.6	
☐	6	15:34	Alistair Campbell	PB SEN	M Cambuslang/Whitemoss	15:34	15:34	0.4	
☐	7	15:37	Mark Pollard	SB SEN	M Belgrave/Inverclyde	15:37	14:35	-2.1	
☐	8	15:38	Iain Reid	SB V35	M Cambuslang	15:38	15:18	7.3	
☐	9	15:39	Colin Thomas	PB SEN	M Bellahouston Harriers	15:39	15:39	-0.3	
☐	10	15:46	Aidan Gilbride	PB U17	M East Kilbride/South Lanarkshire	15:46	15:46	-2.6	
☐	11	15:48	Gordon Robertson	PB V35	M Cambuslang	15:48	15:48	-0.9	
☐	12	15:48	Euan Martin	PB U23	M Falkirk/Glasgow Uni	15:48	15:48	-2.0	
☐	13	15:52	Del Young	PB SEN	M Garscube	15:52	15:52	1.4	
☐	14	15:54	Jack Lawson	PB SEN	M Tavistock	15:54	15:54	6.0	
☐	15	15:55	Stephen Wylie	SB V40	M Cambuslang/Girvan	15:55	15:09	-1.0	
☐	16	15:58	Jake Thomas	PB U20	M Livingston	15:58	15:58	-0.8	
☐	17	16:00	Michael Gillespie	SB SEN	M Shettleston/Edinburgh Uni	16:00	15:05	14.4	
☐	18	16:00	Jack Arnold	PB SEN	M Bellahouston Harriers	16:00	16:00	-0.7	
☐	19	16:01	Stephen Allan	PB V40	M Kirkintilloch	16:01	16:01	-0.3	
☐	20	16:02	Brian McGarrity	PB SEN	M Shettleston	16:02	16:02	-1.1	
☐	21	16:03	Graeme Paterson	PB V40	M Bellahouston RR	16:03	16:03	1.2	

☐	22	16:04	Howard Smith	PB	SEN	M	Garscube	16:04	16:04	10.3	
☐	23	16:05	David Savage		SEN	M					
☐	24	16:08	Shaun Butler	PB	SEN	M	Cambuslang	16:08	16:08	-0.4	
☐	25	16:10	Grant Boyne	SB	U20	M	Glasgow Uni	16:10	16:07	1.6	
☐	26	16:12	Chris Greenhalgh	PB	V40	M	Giffnock North	16:12	16:12	0.4	
☐	27	16:16	Jamie Clements	SB	SEN	M	East Kilbride	16:16	15:36	0.4	
☐	28	16:23	Brian Robertson	PB	SEN	M	Shettleston	16:23	16:23	0.6	
☐	29	16:29	Andy Buchanan	PB	SEN	M	Calderglen	16:29	16:29	1.3	
☐	30	16:33	Steven Campbell	SB	V40	M	Greenock Glenpark	16:33	16:16	0.3	
☐	31	16:34	Alan Blair	PB	SEN	M	Garscube	16:34	16:34	1.8	
☐	32	16:35	Alastair Brockie	PB	V35	M	Corstorphine	16:35	16:35	1.2	
☐	33	16:42	Peter Currie	PB	V40	M	Dumbarton	16:42	16:42	1.2	
☐	34	16:42	John Fergusson	SB	SEN	M	East Kilbride/Strathclyde Uni	16:42	16:33	0.8	
☐	35	16:43	Robert Keenan	PB	SEN	M	Kirkintilloch	16:43	16:43	1.4	
☐	36	16:44	Craig McPike	PB	SEN	M	Ayr Seaforth	16:44	16:44	2.6	
☐	37	16:44	Stephen Cooke	SB	SEN	M	Inverclyde	16:44	16:22	0.6	
☐	38	16:47	David Tamburini	SB	V40	M	Greenock Glenpark	16:47	16:01	1.1	
☐	39	16:49	Tom Callan	PB	U20	M	Glasgow Uni	16:49	16:49	2.2	
☐	40	16:50	Paul Thompson	SB	V55	M	Cambuslang	16:50	16:28	1.8	
☐	41	16:53	Derek Govan		V40	M					
☐	42	16:54	David Scott	PB	SEN	M	Kirkintilloch	16:54	16:54	1.9	
☐	43	16:56	John Bell		SEN	M	Inverclyde AC				
☐	44	16:56	Clement Eliot		U23	M	Shettleston	15:53	15:53	0.2	
☐	45	16:57	Jack Heathwood	PB	U15	M	Bellahouston Harriers	16:57	16:57	0.9	
☐	46	16:58	Darren McQuade	PB	SEN	M	Bellahouston Harriers	16:58	16:58	2.7	
☐	47	16:59	Michael McLoone	SB	V50	M	Greenock Glenpark	16:59	16:31	2.8	
☐	48	17:02	David Hogg	SB	V40	M	Kirkintilloch	17:02	17:00	1.3	
☐	49	17:04	Iain Burns	SB	V35	M	Bellahouston RR	17:04	16:48	1.1	
☐	50	17:05	Andrew White	PB	V45	M	Greenock Glenpark	17:05	17:05	1.9	
☐	51	17:05	Claire Gibson	SB	SEN	W	Kilbarchan	17:05	16:23	4.5	
☐	52	17:06	Brian Douglas	PB	V40	M	Bellahouston Harriers	17:06	17:06	1.6	
☐	53	17:07	Robert Lindsay	PB	V40	M	Kilmarnock	17:07	17:07	2.5	
☐	54	17:08	Howard C Elliott	PB	V45	M	Kirkintilloch	17:08	17:08	2.8	
☐	55	17:16	Andrew Ronald	SB	V45	M	Falkirk/Scottish Vets H	17:16	16:25	5.0	
☐	56	17:18	Tony Rodden	PB	SEN	M	Kilmarnock	17:18	17:18	3.2	
☐	57	17:19	Blair Matthew	SB	V40	M	Calderglen	17:19	16:05	20.8	
☐	58	17:21	Marc McColl	SB	V35	M	Shettleston	17:21	16:38	1.8	
☐	59	17:22	Charles Thomson	SB	V45	M	Cambuslang	17:22	15:13	4.1	
☐	60	17:24	Derek T Martin	PB	V45	M	Kirkintilloch	17:24	17:24	2.9	
☐	61	17:24	Luke Cerexhe		SEN	M	Glasgow Uni				
☐	62	17:25	Stephen Mccrorie	PB	V40	M	Ayr Seaforth	17:25	17:25	3.2	
☐	63	17:26	Denis Williams	SB	V50	M	Shettleston	17:26	16:43	3.1	
☐	64	17:28	Kara Tait	SB	SEN	W	Kilmarnock/Law	17:28	17:17	2.7	
☐	65	17:29	William Bryant		U20	M	Glasgow Uni				
☐	66	17:32	Gerard Scullion	SB	V45	M	Bellahouston RR	17:32	16:35	2.4	
☐	67	17:33	Matthew O'Brien	PB	U23	M	Garscube	17:33	17:33	1.6	
☐	68	17:34	James Healy	PB	V45	M	Cambuslang	17:34	17:34	2.3	
☐	69	17:36	Paul O'hare	PB	V40	M	Kirkintilloch	17:36	17:36	3.6	
☐	70	17:37	Connell Drummond	PB	V40	M	Kilmarnock	17:37	17:37	2.4	

☐	71	17:39	Lesley Chisholm	SB	V40	W	Garscube	17:39	17:05	4.4	
☐	72	17:40	Lauren Wilson	PB	SEN	W	Glasgow University Hares & Hounds	17:40	17:40	6.0	
☐	73	17:41	Paul Clawson	PB	SEN	M	Bellahouston Harriers	17:41	17:41	2.1	
☐	74	17:42	Tony McParland	PB	V45	M	Canterbury/Bellahouston RR	17:42	17:42	3.5	
☐	75	17:44	Tom Harley		U20	M	Glasgow Uni				
☐	76	17:46	Scott Hunter	SB	V40	M	Cambuslang	17:46	17:40	3.6	
☐	77	17:47	Goitom Mengisteab		SEN	M	Maryhill Harriers				
☐	78	17:48	Daniel Burns	PB	SEN	M	Garscube	17:48	17:48	8.0	
☐	79	17:49	Kieran Pugh	PB	U20	M	Kirkintilloch	17:49	17:49	2.6	
☐	80	17:55	Scott Lyden	PB	SEN	M	Unattached	17:55	17:55	4.2	
☐	81	17:56	Robbie Ferguson		U20	M	Bellahouston Harriers				
☐	82	17:57	John Fox		V40	M	Clydesdale Harriers				
☐	83	17:58	Carole Setchell	PB	SEN	W	Shettleston	17:58	17:58	4.8	
☐	84	17:59	Andrew Sutherland	SB	V35	M	Maryhill Harriers	17:59	17:39	3.5	
☐	85	18:00	Christopher Watson	PB	SEN	M	Greenock Glenpark	18:00	18:00	4.1	
☐	86	18:00	Alistair Little		SEN	M	Glasgow Uni				
☐	87	18:06	Jo Williams	PB	SEN	W	Lothian	18:06	18:06	4.3	
☐	88	18:10	Richie Birt	PB	SEN	M	Dumbarton	18:10	18:10	10.3	
☐	89	18:12	Craig White	SB	SEN	M	Maryhill Harriers	18:12	17:43	4.7	
☐	90	18:14	David Thomson	SB	SEN	M	East Kilbride	18:14	17:56	4.9	
☐	91	18:15	Melissa Wylie	PB	V45	W	Dumbarton	18:15	18:15	4.9	
☐	92	18:18	Sharon Muir	PB	V40	W	Inverclyde	18:18	18:18	5.1	
☐	93	18:19	Adam Stark	SB	U23	M	Glasgow University Hares & Hounds	18:19	17:40	5.8	
☐	94	18:20	John Gilhooly	SB	V55	M	Kilbarchan/Scottish Vets H	18:20	18:11	3.6	
☐	95	18:22	Tony Quinn	SB	V55	M	Kirkintilloch/Cartha Harriers	18:22	18:08	4.4	
☐	96	18:24	Simon Lennox	SB	V35	M	Dumbarton	18:24	17:57	7.6	
☐	97	18:25	Alastair MacLachlan	SB	V55	M	Bellahouston RR	18:25	17:38	4.1	
☐	98	18:25	Henry Merriweather	PB	V40	M	Bellahouston RR	18:25	18:25	5.0	
☐	99	18:27	Duncan McCoy		SEN	M	Glasgow Uni				
☐	100	18:28	Lindsey Currie	SB	V40	W	Dumbarton	18:28	18:27	4.8	
☐	101	18:29	Graham McGratan		V50	M	Greenock Glenpark Harriers				
☐	102	18:30	Gary Shaw	PB	V40	M	Kirkintilloch	18:30	18:30	5.3	
☐	103	18:35	Laura Devine	PB	SEN	W	Garscube	18:35	18:35	6.3	
☐	104	18:42	Madeline Robinson	PB	U20	W	Helensburgh	18:42	18:42	6.3	
☐	105	18:47	Damien Mallet	PB	SEN	M	Inverclyde	18:47	18:47	11.1	
☐	106	18:54	Robert Rogerson	SB	V50	M	Kirkintilloch	18:54	16:22	6.2	
☐	107	18:55	Ruth Joss	SB	SEN	W	Shettleston/Glasgow Uni	18:55	17:39	5.8	
☐	108	18:56	Katrina Ballantyne		U20	W	Glasgow Uni				
☐	109	19:10	Paul O'Brien		V50	M	Garscube Harriers				
☐	110	19:20	Brian O'Neill		V40	M	East Kilbride AC				
☐	111	19:21	Christopher Logue	PB	V35	M	Bellahouston RR	19:21	19:21	9.5	
☐	112	19:22	Calum Ferguson		U20	M	Bellahouston Harriers				
☐	113	19:24	Julien Harrison Ramirez		SEN	M	Glasgow Uni				
☐	114	19:33	Julie Gordon	SB	V35	W	Inverclyde	19:33	18:15	4.7	
☐	115	19:34	Mella Slattery		SEN	W	Glasgow Uni				
☐	116	19:40	Bernadette O'Neil	PB	V45	W	Bellahouston Harriers	19:40	19:40	7.2	
☐	117	19:45	Gary Stewart	PB	V45	M	Bellahouston Harriers	19:45	19:45	8.7	
☐	118	19:46	Craig Brown	SB	V40	M	Garscube	19:46	19:31	9.6	

☐	119	19:47	John Sandbach	SB	V50	M	Bellahouston RR	19:47	19:41	9.6	
☐	120	19:48	Lisa Christy		U20	W	Glasgow Uni				
☐	121	20:02	Melissa Robinson	PB	U17	W	Helensburgh	20:02	20:02	7.7	
☐	122	20:03	Charlene McCallum	PB	SEN	W	Shettleston	20:03	20:03	14.5	
☐	123	20:04	John Weir		V50	M					
☐	124	20:05	Kenneth Hislop	PB	SEN	M	Central/Durham Uni	20:05	20:05	8.1	
☐	125	20:12	Robin Mcauslan	SB	V50	M	Greenock Glenpark	20:12	20:06	7.2	
☐	126	20:13	Janette Stevenson	SB	V65	W	Falkirk/Scottish Vets H	20:13	17:25	11.3	
☐	127	20:16	Stewart McRoberts	PB	V35	M	Kilmarnock	20:16	20:16	9.1	
☐	128	20:16	Mairi Gilmore		U20	W	Glasgow Uni				
☐	129	20:17	Ross Martin		SEN	M	Glasgow Uni				
☐	130	20:21	Tom McMillan	SB	V60	M	Bellahouston RR	20:21	20:20	10.5	
☐	131	20:26	Alice Everett		SEN	W	Glasgow Uni				
☐	132	20:34	Marian Kelly	PB	V35	W	Garscube	20:34	20:34	11.0	
☐	133	20:35	John Martin	SB	V55	M	Falkirk	20:35	19:29	10.2	
☐	134	20:36	Oliver Seglah	SB	U23	M	Glasgow University Hares & Hounds	20:36	19:38	11.5	
☐	135	20:38	Orla Chapman		SEN	W					
☐	136	20:39	Harriet Whitby-Tillott	SB	SEN	W	Glasgow University Hares & Hounds	20:39	19:48	15.0	
☐	137	20:49	Jamie Howie		SEN	M	Bellahouston Road Runner				
☐	138	20:51	Shona Donnelly	SB	V45	W	Bellahouston RR	20:51	19:45	9.4	
☐	139	20:58	Erica Christie	SB	V55	W	Bellahouston Harriers	20:58	19:57	8.2	
☐	140	21:01	A Cochran		V40	M	Bellahouston Harriers				
☐	141	21:02	Stephen McGeough	PB	V35	M	Bellahouston Harriers	21:02	21:02	12.0	
☐	142	21:03	Karolina Kivimaki		SEN	W	Edinburgh uni Hare & Hounds				
☐	143	21:04	Steven McLeod		V40	M	Dumbarton AAC				
☐	144	21:10	Robert Carson	PB	V60	M	Bellahouston Harriers	21:10	21:10	11.3	
☐	145	21:18	Michelle Hetherington	SB	V50	W	Helensburgh	21:18	18:12	7.5	
☐	146	21:27	Louise Fields	PB	SEN	W	Falkirk	21:27	21:27	14.1	
☐	147	21:38	Rhonda White	SB	V40	W	Greenock Glenpark	21:38	21:11	11.7	
☐	148	21:41	Gus Cairney	SB	V55	M	Clydesdale	21:41	17:38	9.2	
☐	149	21:43	Ada Stewart	SB	V50	W	Kirkintilloch	21:43	20:37	13.2	
☐	150	21:45	Ceilidh McConnachie		SEN	W	Glasgow Uni				
☐	151	21:57	Tim Arbuckle		V40	W					
☐	152	22:18	Mark Lyden	PB	SEN	M	Kilmarnock	22:18	22:18	14.6	
☐	153	22:24	Madelaine Smiley		V40	W	Bellahouston Road Runner				
☐	154	22:33	Chris Hever	SB	V50	M	Maryhill Harriers	22:33	21:59	13.7	
☐	155	22:39	Lauren Cowan		SEN	W	Glasgow Uni				
☐	156	23:14	Iain Burke	SB	V65	M	Bellahouston Harriers	23:14	20:34	13.3	
☐	157	23:16	Audrey Ayres		SEN	W	Glasgow Uni				
☐	158	23:17	Stephen Harris		V40	M	Bellahouston Harriers				
☐	159	23:18	Benjamin Watson	PB	SEN	M	Maryhill Harriers	23:18	23:18		
☐	160	23:18	Claire Donnelly		SEN	W					
☐	161	24:08	Angela Colley	PB	V40	W	Falkirk	24:08	24:08	17.1	
☐	162	24:12	Stephen Cullen	SB	V55	M	Garscube/Helensburgh	24:12	21:30	17.2	
☐	163	24:24	Maria Threwal	PB	U13	W	Clydesdale	24:24	24:24	17.0	
☐	164	24:26	James Prior		SEN	M					
☐	165	24:27	Caroline Hever	SB	V50	W	Maryhill Harriers	24:27	23:54	19.4	
☐	166	24:57	Alexandra Hayden	PB	SEN	W	Calderglen	24:57	24:57		
☐	167	26:21	Russell Cooper		V50	M	Calderglen Harriers				

☐	168	26:26	Deirdre Hoyle	PB	V60	W	Glasgow TC/Bellahouston Harriers	26:26	26:26	19.1	
☐	169	26:27	Thomas Threwal		V40	M					
☐	170	26:30	John Softley	SB	V65	M	Bellahouston Harriers	26:30	22:47	16.9	
☐	171	27:09	Margaret Murray		V40	W					
☐	172	28:08	J Hutchison		SEN	M	Clydesdale Harriers				
☐	173	30:37	John Robertson		V50	M	Bellahouston Harriers				
☐	174	36:36	William Drysdale	SB	V75	M	Law	36:36	31:05	30.8	

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