

3000m A Race

	3000m	A Race	Time	Position	
1	Christopher MacKay	Inverclyde AC	08:20.09	1	
2	Mark Mitchell	Forres Harriers	08:21.97	2	
3	Craig Ruddy	Inverclyde AC	08:27.54	3	
4	Alexander Hendry	Central AC	08:32.31	4	
5	John Newsom	Central AC	08:32.83	5	
6	Luke Traynor	Giffnock North	08:35.42	6	
7	Douglas Selman	Costorphine AAC	08:37.36	7	
8	Lachlan Oates	Shettleston Harriers	08:40.42	8	
9	Stuart Gibson	Ronhill Cambuslang	08:41.27	9	
10	Mark Pollard	Inverclyde AC	08:48.16	10	
11	Jack Hamilton	Ronhill Cambuslang	08:52.97	11	
12	Mickey Breen	Costorphine AAC	08:57.10	12	
13	Joe McKnight	Garscube Harriers	09:17.40	13	
14	Ethan Sloan Dennison	VPCoG	09:22.40	14	
15	Keith Dunlop	Edinburgh AC	DNF	DNF	
16	Dan Mulhare	Inverclyde AC	DNS	DNS	
17	Dermot Cummins	Costorphine AAC	DNS	DNS	
18	David Vernon	VPCoG	DNS	DNS	
19					
20					
21					
22			Pace		
P	Matthew Gillespie		64s	DNF	

3000m B Race

	3000m	B Race	Time	position	
1	Euan Gillham	Kilbarchan AAC	09:19.34	1	
2	Max McNeill	Lothian	09:22.05	2	
3	Murdo MacKenzie	Stornoway Running AC	09:22.62	3	
4	Ben Stafford	GSoS	09:22.97	4	
5	Elsbeth Curran	Kilbarchan AAC	09:42.76	5	
6	Sean Gaffney	Inverclyde AC	09:50.32	6	
7	Sarah Potter	VPCoG	09:58.22	7	
8	Martin Coleman	Springburn Harriers	10:06.94	8	
9	Euan Berry	Fife AC	10:10.89	9	
10	Laura Claire Dunn	Edinburgh AC	10:47.00	10	
11	Chloe Simpson	Inverclyde AC	12:14.01	11	
12	Declan M Callagly	Giffnock North	DNS	DNS	
13	Sarah Inglis	Lothian	DNS	DNS	
14	Matthew McKenna	Ronhill Cambuslang	DNS	DNS	
15	Danielle Brown	VPCoG	DNS	DNS	
16	Laura Penrice	Shettleston Harriers	DNS	DNS	
17	Euan Penrice	Shettleston Harriers	DNS	DNS	
18	Cameron Thomson	Fife AC	DNS	DNS	
19	Nynke Mulholland	Kilbarchan AAC	DNS	DNS	
20	Shannon McLellan	Shettleston Harriers	DNS	DNS	
21					
22			Pace		
P	Lee Wilson		73s	DNF	

800m A Race

	800m	A Race	Time	Position	
1	Guy Learmonth	Lasswade AC	01:51.36	1	
2	Gary Smith	Falkirk Victoria Harriers	01:53.22	2	
3	Jack Walker	Giffnock North	01:53.34	3	
3	Donald MacLeod	Stornoway Running AC	01:53.64	4	
4	Dale Colley	Falkirk Victoria Harriers	01:55.19	5	
5	Sean Reilly	Central AC	01:55.75	6	
6	Graham Oudney	Dundee Hawkhill	DNS	DNS	
7	Stuart Ross	VPCoG	DNS	DNS	
8	Pacemaker	S. Watson	DNF	DNF	

800m B Race

	800m	B Race	Time	Position	
1	Adam Drummond	Shettleston Harriers	01:55.17	1	
2	Scott Pilkington	Costorphine AAC	01:55.37	2	
3	Stewart Orr	Ronhill Cambuslang	01:55.53	3	
4	Lee Wilson	GSoS	01:55.75	4	
5	Craig McDowall	Lothian	01:56.04	5	
5	Edward Dudgeon	Edinburgh AC	01:56.75	6	
6	Christopher Watson	Law and District AC	01:59.19	7	
7	Peter Loudon	Edinburgh AC	DNF	DNF	
8	Pacemaker	D. Martin	54/55	DNF	

800m C Race

	800m	C Race	Time	Position	
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1	Max Aitchison	VPCoG	01:56.35	1	
2	Max Lott	Giffnock North	01:57.33	2	
3	Sean Fontana	VPCoG	01:58.01	3	
3	Ross McLearie	Giffnock North	01:58.30	4	
4	Euan Martin	Falkirk Victoria Harriers	01:58.36	5	
5	Gary Grieve	Law and District AC	01:58.38	6	
6	Scott Anderson	Lasswade AC	01:58.77	7	
7	Chris Barlas	Inverclyde AC	01:59.55	8	
8	Pacemaker	S. Watson	55/56	DNF	

800m D Race

	800m	D Race	Time	Position	
1	Andrew Campbell	Inverclyde AC	01:57.50	1	
2	Paul Leck	Kilbarchan AAC	01:57.83	2	
3	Andrew Coulter	Ronhill Cambuslang	01:58.72	3	
3	Martin Fishwick	Giffnock North	01:58.86	4	
4	Graham Evans	Kilbarchan AAC	01:59.14	5	
5	Ben Stevenson	Falkirk Victoria Harriers	01:59.73	6	
5	Jonny Tweedle	Giffnock North	02:01.87	7	
6	Fraser White	Nithsdale AC	02:02.74	8	
7	Miles Hollinshead	Giffnock North	DNS	DNS	
8	Pacemaker	D. Martin	57/58	DNF	

800m E Race

	800m	E Race	Time	Position	
1	Lewis Boyle	VPCoG	01:59.95	1	
2	Stuart Roe	Ronhill Cambuslang	02:01.61	2	
3	Calum McKenzie	Costorphine AAC	02:01.68	3	

3	Stephen Allen	Law and District AC	02:01.98	4	
4	Callum Drummond	Shettleston Harriers	02:02.99	5	
4	Chris Russell	Giffnock North	02:03.22	6	
5	Andrew Clark	Giffnock North	02:08.49	7	
5	Paul Leck	Kilbarchan AAC	DNS	DNS	
6	Fraser Walker	Giffnock North	DNS	DNS	
7	Adam Peters	Kirkintilloch Olympians	DNS	DNS	
8	Pacemaker	M. Hayes	59/60	DNF	

800m F Race

	800m	F Race	Time	Position	
1	Cameron Mackie	Kilmarnock Harriers	02:02.96	1	
2	Ryan Thomson	Ronhill Cambuslang	02:04.80	2	
3	Marc Rooney	VPCoG	02:05.12	3	
3	Ben Potrykus	Pitreavie	02:05.27	4	
4	Josh Hyde	Giffnock North	02:05.63	5	
5	Josephine Moultrie	VPCoG	02:07.31	6	
5	Bruce Millar	Fife AC	02:09.89	7	
6	Ross Kellock	Giffnock North	02:19.60	8	
7	Ross Stephen	Ronhill Cambuslang	DNS	DNS	
8	Pacemaker	M. Hayes	61/62	DNF	

800m G Race

	800m	G Race	Time	Position	
1	Liam Turner	VPCoG	02:07.91	1	
2	Dean McMurrin	Ronhill Cambuslang	02:09.71	2	
3	James MacDonald	Law and District AC	02:10.67	3	
3	Ryan Flanagan	Shettleston Harriers	02:10.71	4	

4	Peter Cameron	Edinburgh AC	02:11.09	5	
5	Michael Cameron	Edinburgh AC	02:12.46	6	
5	Euan Urquart	VPCoG	02:12.70	7	
6	Kieron Rafferty	VPCoG	02:15.43	8	
7	Andrew Fisher	Greenock Glenpark	02:17.51	9	
8	Pacemaker	C. Barlas	64/65		

800m H Race

	800m	H Race	Time	Position	
1	Fraser Glass	VPCoG	02:13.96	1	
2	Murray McGiven	Shettleston Harriers	02:16.33	2	
3	David Robertson	Ronhill Cambuslang	02:17.10	3	
3	Craig Jardine	VPCoG	02:21.15	4	
4	Jack MacGregor	Ronhill Cambuslang	02:22.79	5	
5	Euan Penrice	Shettleston Harriers	02:23.11	6	
6	Adam Scott	Fife AC	02:24.53	7	
7	Paul Harper	GSoS	02:26.21	8	
8	Pacemaker	C. Barlas	68/69	DNF	

	800m	Womens A Race	Time	Position	
1	Mhairi Hendry	Shettleston Harriers	02:16.43	1	
2	Eilidh MacKenzie	Stornoway Running AC	02:16.77	2	
3	Chloe Cowan	Giffnock North	02:17.26	3	
3	Stella Winters	Shettleston Harriers	02:17.54	4	
4	Madeline Murray	Giffnock North	02:25.20	5	
5	Katy Brown	Stewartry Athletics Club	DNS	DNS	
6	Emily Dudgeon	Edinburgh AC	DNS	DNS	

7	Karen Montador	Central AC	DNS	DNS	
8	Pacemaker	M. Hayes	67/68	DNF	

800m Womens B Race

	800m	Womens B Race	Time	Position	
1	Bethany Ross	Kilmarnock Harriers	02:16.65	1	
2	Alice McGrath	Law and District AC	02:20.37	2	
3	Emma Dunnett	Edinburgh AC	02:20.52	3	
3	Laura Penrice	Shettleston Harriers	02:22.46	4	
4	Stacey Taylor	GSoS	02:29.04	5	
5	Melanie Chiswell	VPCoG	02:31.86	6	
5	Paige Dickson	VPCoG	DNS	DNS	
6	Brogan Wallace	GSOS	DNS	DNS	
7	Eliza Chiswell	VPCoG	DNS	DNS	
8	Pacemaker	L. Wilson	68/69	DNF	

800m Womens C Race

	800m	Womens C Race	Time	Position	
1	Victoria McGloin	Shettleston Harriers	02:28.77	1	
2	Oonagh Dunnett	Edinburgh AC	02:28.78	2	
3	Anya Morrison	VPCoG	02:31.27	3	
3	Elizabeth Edgar	GSoS	02:39.76	4	
4	Hannah Bartl	GSoS	02:39.77	5	
5	Amy Donnelly	GSoS	02:41.39	6	
6	Katy Aitken	Fife AC	02:42.06	7	
7	Abigail McInness	GSoS	02:43.88	8	
8	Pacemaker	C. Barlas	75/76	DNF	

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2000m SC Womens Race

	2000m SC	A Race	Time	Position	
1	Sarah Hood	Edinburgh AC	06:51.73	1	
2	Halina Rees	Fife AC	07:04.56	2	
3	Jennifer Cruickshanks	Fife AC	08:28.21	3	
4	Megan Crawford	Fife AC	DNS	DNS	
5					
6					