

Scottish Athletics
National 3000m Championships
Emirates Arena
Saturday 9 February 2013

Event	T08	3000m	SW/U20W/U18W		
Position	Number	Name	Club	Age	Result
1	626	Stacie Taylor	Glasgow School of Sport	U18W	10:37.00
2	622	Heather Langham	Edinburgh Uni H&H	SW	10:39.86
3	623	Laura Penrice	Giffnock North AAC	U18W	10:53.06
4	620	Emily Strathdee	Edinburgh AC	U18W	11:31.80

Event	T11	3000m	U20M/U18M		
Position	Number	Name	Club	Age	Result
1	609	Russell Mountford	Kilbarchan AAC	U20M	8:34.87
2	592	Gavin McArdle	Kilbarchan AAC	U18M	8:38.01
3	588	Dale Colley	Falkirk Victoria Harriers	U20M	8:49.13
4	591	Ethan Sloan-Dennison	VP-Glasgow AC	U20M	8:53.63
5	583	Andrew Lawler	Law & District AAC	U20M	8:58.60
6	600	Michael Ferguson	Banchory Stonehaven AC	U20M	9:10.85
7	608	Rowan Marr	Gala Harriers	U18M	9:30.30
8	607	Ross Stephen	Ron Hill Cambuslang Harriers	U18M	9:30.34
9	593	John McLean	Moorfoot R	U18M	9:38.37
10	613	Liam Dale	Glasgow School of Sport	U18M	10:15.07

Event	T11	3000m	Senior Men	Race 1	
Position	Number	Name	Club	Age	Result
1	604	Paul Leck	Kilbarchan AAC	SM	8:55.81
2	581	Alistair Campbell	Ron Hill Cambuslang Harriers	SM	9:01.71
3	598	Max McNeill	Lothian Running Club	SM	9:03.10
4	605	Peter Bowman	Clydesdale Harriers	SM	9:11.26
5	596	Mark Gardner	Lancaster & Morecambe	SM	9:15.21
6	584	Callum Reid	Haddington East Lothian Pacem:	SM	9:16.04
7	612	Thomas Jamieson	Inverclyde AC	SM	9:45.89
8	587	Craig Mackenzie	Motherwell	SM	9:59.93

Event	T11	3000m	Senior Men	Race 2	
Position	Number	Name	Club	Age	Result
1	599	Michael Deason	Shettleston Harriers	SM	8:24.43
2	582	Andrew Crichton	Edinburgh AC	SM	8:27.83
3	597	Mark Haskett	Aberdeen AAC	SM	8:29.68
4	602	Michael McKillop	Unattached	SM	8:32.76
5	590	Douglas Selman	Corstorphine AAC	SM	8:43.24
6	611	Sean Reilly	Central AC	SM	8:45.05
7	589	Dermot Cummins	Corstorphine AAC	SM	8:54.11
8	610	Scott MacAuley	Kilbarchan AAC	SM	9:06.81

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