

**Scottish Athletics  
3000m Championships  
Grangemouth  
Sunday 14 July 2013**

<b>3000M</b>			<b>Under 20/Under 18 women</b>		
Position	Number	Name	Club	Age	Result
	1	374 Stacie Taylor	Glasgow School of Sport	U20W	10:13.56
	2	358 Gwen Gillham	Kilbarchan AAC	U18W	10:23.56
	3	364 Laura Penrice	Giffnock North AAC	U18W	10:45.98
	4	375 Emily Greenan	Central AC	U18W	10:52.08
	5	368 Rachael Dunn	Edinburgh AC	U20W	10:57.21
	6	350 Amy Frankland	Lasswade AAC	U18W	11:03.59
	7	369 Rachael MacLennan	Nairn Area AAC	U18W	11:23.62
	8	351 Chloe Simpson	Inverclyde AC	U18W	11:48.51
	9	373 Shannon McLellan	Shettleston Harriers	U20W	DNF

<b>3000M</b>			<b>Under 20/Under 18 men</b>		
Position	Number	Name	Club	Age	Result
	1	357 Gavin McArdle	Kilbarchan AAC	U18M	8:53.04
	2	356 Euan Gillham	Kilbarchan AAC	U18M	8:57.02
	3	352 Connor Maclean	Stornoway Running & AC	U18M	9:02.40
	4	372 Sam Burgess	Aberdeen AAC	U20M	9:09.69
	5	376 Craig Jardine	VP-Glasgow AC	U18M	9:12.86
	6	359 Jamie Crowe	Dundee Hawkhill Harriers	U20M	9:17.16
	7	362 Jordan Chapman	Aberdeen AAC	U18M	9:21.74
	8	370 Rowan Marr	Lasswade AAC	U18M	9:28.88
	9	367 Patrick Gillespie	Perth Strathtay Harriers	U20M	9:36.32
	10	360 John McLean	Unattached	U18M	9:37.57
	11	366 Michael Gillespie	Perth Strathtay Harriers	U18M	9:56.33
	12	371 Russell Mountford	Kilbarchan AAC	U20M	DNF