



BMC Story



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Glasgow - 7 Jan - Results

Races: 13 Races > Finishers: 134

PBs 78 (58%)

Power of Ten results: [Here](#)

600m A (Men)

1	1:20.52	1	5	Sam	Brown	SM Edinburgh AC
2	1:20.80	2	8	Seumas	Mackay	SM Shetland
3	1:24.58	3	9	Charlie	Beeson	SM Aberdeen AAC
4	1:25.46	4	7	Ross	Whitelaw	SM Glasgow School of Sport

600m B (Women)

1	1:31.37	14	5	Jill	Cherry	SW Victoria Park City of Gla
2	1:32.73	11	2	Kelsey	Stewart	SW Aberdeen AAC
3	1:34.35	15	6	Mhairi	Patience	SW Victoria Park City of Gla
4	1:35.17	13	4	Kerry	MacAngus	SW Kilbarchan AAC

3000m Ht 1 (Men)

1	8:19.03	20	4	Sol	Sweeney	SM Perth RR
2	8:22.13	18	2	Daniel	Mooney	SM Liverpool Harriers
3	8:32.63	19	3	James	Donald	SM Dundee Hawkhill
4	8:33.65	23	7	Grant	Muir	SM Giffnock AC
5	8:37.21	24	8	Laura	Muir	SM Dundee Hawkhill
6	8:40.00	22	6	Ben	Potrykus	SM Pitreavie/Heriot-Watt Uni
7	8:43.55	26	10	Robbie	Barr	SM Victoria Park City of Gla
8	8:47.34	32	16	Michael	Cameron	SM Edinburgh AC/Durham Uni
9	8:50.96	28	12	Jamie	Mackinnon	SM Cambuslang Harriers
10	8:51.06	27	11	Peter	Cameron	SM Edinburgh AC/Cambridge Un
11	9:04.56	34	18	Jamie	Clements	SM East Kilbride AC
12	9:12.44	33	17	Ross	Gray	SM Inverclyde AC
13	9:24.22	29	13	Andrew	Bonner	SM Giffnock North

3000m Ht 2 (Men)

1	8:50.86	52	18	Christian	Graham	SM Lasswade AC
2	8:53.86	38	4	Cameron	Wright	SM Kilbarchan
3	8:55.52	50	16	Luke	McCaffrey	SM Kirkintilloch
4	9:03.59	44	10	Kane	Elliott	SM Falkirk
5	9:05.25	42	8	Lewis	Raeburn	SM Shettleston
6	9:07.16	41	7	Andrew	MacAngus	SM Kilbarchan
7	9:14.55	43	9	Jamie	Burns	SM Shettleston
8	9:14.88	51	17	Adam	Hay	SM Inverclyde
9	9:20.12	47	13	Joe	Ewing	SM Edinburgh AC
10	9:21.22	46	12	Lewis	Pentecost	SM Falkirk
11	9:24.08	53	19	Ryan	Gray	SM Inverclyde AC
12	9:26.49	45	11	Aaron	Odentz	SM Aberdeen AAC
13	9:30.40	40	6	Nikolai	Gajic	SM Giffnock North
14	9:33.20	49	15	Stephen	Addison	SM Corstorphine
15	9:34.55	55	21	Euan	Hood	SM Lasswade AC

3000m Ht 3 (Men)

1	8:49.00	59	4	Owen	Miller	SM Fife
2	8:51.06	68	13	Darrell	Hastie	SM Gala
3	9:01.77	65	10	Stuart	Livingstone	SM Corstorphine

4	9:02.23	69	14	Kerry-Liam	Wilson	SM Cambuslang/Scottish Vets
5	9:20.54	70	15	Gordon	Barrie	SM Dundee Hawkhill/Bedford &
6	9:24.40	61	6	Colin	Reilly	SM Cambuslang
7	9:24.46	72	17	Mark	Gardner	SM Lancaster & Morecambe/Nor
8	9:48.55	64	9	Callum	Hunter	SM Inverclyde/Glasgow Uni

3000m Ht 4 (Men)

1	9:08.19	77	2	Darran	Muir	SM Law
2	9:24.13	81	6	Chris	Mooney	SM Greenock Glenpark
3	9:29.16	79	4	Malcolm	Lang	SM Lothian
4	9:34.58	87	12	Ian	Johnston	SM Veterans/Scottish Vets H
5	9:36.16	90	15	Michael	Healy	SM Unattached
6	9:39.25	83	8	Bruce	Carse	SM Bellahouston RR
7	9:40.68	88	13	Paul	Monaghan	SM Greenock Glenpark Harrier
8	9:47.54	86	11	Graeme	Paterson	SM Bellahouston RR
9	9:48.03	85	10	David	Tamburini	SM Inverclyde/Scottish Vets
10	9:48.58	84	9	Brian	Scally	SM Shettleston/Scottish Vets
11	9:50.24	92	17	Howard C	Elliott	SM Cumbernauld
12	9:53.55	89	14	Iain	Burns	SM Bellahouston RR

3000m Ht 5 (Women)

1	8:55.10	98	3	Melissa	Courtney	SW
2	9:13.54	97	2	Katie	Snowden	SW
3	9:20.02	104	9	Charlotte	Taylor-Green	SW Bristol and West
4	9:38.98	101	6	Kimberley	Johansen	SW Chelmsford
5	9:49.98	105	10	Naomi	Lang	SW Aberdeen

3000m Ht 6 (Men)

1	9:09.00	108	3	Alistair	Gudgin	SM Fife
2	9:09.70	120	15	David Iain	Houston	SM Shettleston
3	9:10.73	107	2	David	Addison	SM Corstorphine
4	9:10.88	127	22	Eoin	Hughes	SM Letterkenny
5	9:13.51	126	21	Ben	Shaw	SM Giffnock North
6	9:17.76	114	9	Richard	Carr	SM Cambuslang
7	9:20.55	123	18	Peter	Scott	SM Fife
8	9:22.68	113	8	Colin	Langan	SM Newport
9	9:33.25	121	16	Ryan	Donald	SM Dundee Hawkhill
10	9:36.82	110	5	Elliot	Duff	SM Garscube
11	9:44.20	124	19	Michael	Watt	SM Aberdeen
12	10:42.45	125	20	Murray	Fotheringham	SM Giffnock North

3000m Ht 7 (Men)

1	9:42.54	139	11	Hugh	Morrow	SM Edinburgh AC
2	9:48.29	138	10	Robert	Lindsay	SM Kilmarnock/Scottish Vets
3	9:53.02	140	12	David	Hogg	SM Cumbernauld
4	9:54.77	131	3	Gavin	McWhinnie	SM Fife
5	9:57.11	132	4	Robert	Bartley	SM Cumbernauld
6	9:58.29	142	14	Gary	Mckendrick	SM Inverclyde
7	10:03.80	144	16	Chris	Upton	SM Cambuslang
8	10:06.98	134	6	Jason	Kane	SM Inverclyde
9	10:08.01	143	15	Dylan	Elliott	SM Kirkintilloch
10	10:09.90	130	2	Stuart	Scott	SM Helensburgh
11	10:12.03	136	8	Stephen	Brown	SM West End RR/Scottish Vets
12	10:14.19	141	13	Russell	Whittington	SM Bellahouston RR/Scottish
13	10:16.48	135	7	Calum	Little	SM Cumbernauld

3000m Ht 8 (Women)

1	9:52.73	151	8	Kate	Gallagher	SW Central
2	9:56.49	148	5	Zoe	Bates	SW Edinburgh AC/Aberdeen Uni
3	10:08.89	145	2	Lily-Jane	Evans-Haggerty	SW Victoria Park City of Gla

4	10:17.40	149	6	Lauren	Dickson	SW Lasswade
5	10:25.25	154	11	Kate	Richardson	SW Giffnock North
6	10:37.20	155	12	Sarah	Calvert	SW Livingston AC
7	10:39.63	152	9	Hannah	Addison	SW Corstorphine/Aberdeen Uni

3000m Ht 9 (Men)

1	9:48.39	168	9	Colin	Whitby	SM Irvine
2	9:50.53	166	7	Martin	Fitchie	SM Cumberland AC
3	9:56.80	167	8	Conor	Gourley	SM Pitreavie
4	9:58.12	169	10	Scott	Martin	SM Kilmarnock
5	10:02.08	174	15	Callum	Byrne	SM Victoria Park City of Gla
6	10:08.65	165	6	Fraser	Armstrong	SM Red Star/Bellahouston Har
7	10:15.93	175	16	John Paul	Murphy	SM Cambuslang
8	10:17.15	161	2	Sam	Griffin	SM Aberdeen
9	10:17.94	179	20	Alex	Reid	SM Cumbernauld
10	10:18.35	164	5	Hamish	Anderson	SM East Kilbride
11	10:18.58	170	11	Owen	Keddie	SM Fife
12	10:23.31	172	13	Robert	McCulloch	SM Kilbarchan
13	10:51.60	177	18	Scott	Bradley	SM Cumbernauld
14	11:04.72	176	17	David	Woods	SM Shettleston

3000m Ht 10 (Mixed)

1	9:58.10	188	9	Ross	McEachern	SM Cumbernauld
2	10:09.78	183	4	Jim	White	SM Motherwell
3	10:14.43	186	7	Adam	Cassidy	SM Kirkintilloch
4	10:15.58	185	6	Rob	McLennan	SM Garscube
5	10:18.87	159	21	Fiona	Matheson	SW Falkirk/Scottish Vets H
6	10:19.44	182	3	Denis	Williams	SM Shettleston
7	10:32.25	194	15	Hannah	Anderson	SW East Kilbride
8	10:38.89	192	13	Benjamin	Hands	SM Motherwell/Scottish Vets
9	10:41.78	199	20	Grant	Matheson	SM Falkirk
10	10:47.27	184	5	Louis	O'Hare	SM Kirkintilloch
11	11:10.62	196	17	Aimee	Anderson	SW GSOS
12	11:30.27	198	19	Charlie	Frew	SW Whitemoss

3000m Ht 11 (Mixed)

1	10:59.45	204	6	Claire	Thompson	SW Victoria Park City of Gla
2	11:02.85	206	8	Jemma	Jamieson	SW Pitreavie
3	11:03.62	200	2	Isla	Scott-Pearce	SW Edinburgh AC/Aberdeen Uni
4	11:07.05	208	10	Allen	Marr	SM PH Racing
5	11:33.50	210	12	Susan	Ridley	SW Edinburgh AC/Scottish Vet
6	11:34.77	214	16	Julie	Wilson	SW Inverness/Scottish Vets H
7	11:38.53	207	9	Tony	Quinn	SM Kirkintilloch
8	11:39.80	202	4	Emma	Chamberlain	SW Giffnock North
9	11:41.03	211	13	Karen	Dobbie	SW Edinburgh AC
10	11:42.58	212	14	Cath	Ferry	SW Edinburgh AC
11	11:48.51	205	7	Alistair	Cuthbertson	SM Garscube
12	12:48.98	217	19	Ray	Aiken	SM Keith/Scottish Vets H
13	12:56.73	218	20	Sharyn	Ramage	SW Edinburgh AC/Scottish Vet
14	13:24.64	216	18	Colin	Youngson	SM Forres Harriers
15	13:36.11	219	21	Phyllis	Hands	SW Motherwell/Scottish Vets

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