

Results

BMC / Glasgow AA Metric Miler Meeting (Inc Scottish 3000m Championships) External Results

Emirates Arena

4 Jan 19

200 600 3000 5000

Has your performance not been assigned to your profile yet? Just click the envelope  beside your performance below to notify us and get it on your profile.

200

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | |
|-----|-------|---|-----------------|--------|---------------|---|-------|-------|---|
| 1 | 23.36 | i | Michael Dunn | SB U20 | M Allan Scott | Clydesdale | 23.36 | 23.24 |  |
| 2 | 23.47 | i | Gary McPake | SB U20 | M Norrie Hay | Glasgow Sch of Sport/Cumbernauld | 23.47 | 23.23 |  |
| 3 | 24.29 | i | Eilidh Doyle | SB SEN | W Brian Doyle | Pitreevie/Team Bath | 24.29 | 24.16 |  |
| 4 | 24.38 | i | Ben Coates | SB U23 | M Allan Scott | Clydesdale | 24.38 | 23.77 |  |
| 5 | 25.37 | i | Mhairi Patience | SB SEN | W Allan Scott | Victoria Park City of Glasgow/Strathclyde Uni | 25.37 | 24.96 |  |

600m A (Men)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | |
|-----|---------|---|----------------|--------|------------------|--|---------|---------|---|
| 1 | 1:20.94 | i | Lewis Brown | PB U23 | M Steve Wallace | Sheffield & Dearne/Strathclyde Uni/Cumbernauld | 1:20.94 | 1:20.94 |  |
| 2 | 1:21.35 | i | Sam Brown | SB U20 | M Carol Sharp | Edinburgh AC | 1:21.35 | 1:20.52 |  |
| 3 | 1:21.73 | i | Aidan Brady | PB U20 | M | Livingston | 1:21.73 | 1:21.73 |  |
| 4 | 1:22.26 | i | Seumas MacKay | SB U20 | M David Wagstaff | Shetland | 1:22.26 | 1:20.80 |  |
| 5 | 1:23.01 | i | Stephen Mackay | SB SEN | M Charles Forbes | Glasgow City/Inverness | 1:23.01 | 1:20.79 |  |
| 6 | 1:25.32 | i | Lea Stephenson | SB SEN | M Doug Maxwell | Tynedale | 1:25.32 | 1:21.45 |  |

3000m A (Men)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | |
|-----|---------|---|------------------|--------|--------------------|--|---------|---------|---|
| 1 | 7:56.78 | i | Sol Sweeney | PB U23 | M Andy Young | Perth Strathtay/Glasgow Uni | 7:56.78 | 7:56.78 |  |
| 2 | 7:57.66 | i | Adam Craig | PB SEN | M Bruce Scott | Inverclyde/University of Mount Olive | 7:57.66 | 7:57.66 |  |
| 3 | 7:57.84 | i | Philip Sesemann | SB SEN | M Andrew Henderson | Leeds City/Leeds Uni | 7:57.84 | 7:55.71 |  |
| 4 | 7:59.58 | i | Andrew Heyes | SB SEN | M Steve Vernon | Hallamshire/Birmingham Uni | 7:59.58 | 7:51.01 |  |
| 5 | 8:03.15 | i | John Travers | SB SEN | M | Herne Hill/Donore/Ireland | 8:03.15 | 7:55.05 |  |
| 6 | 8:14.20 | i | Alastair Hay | SB SEN | M | Central | 8:14.20 | 8:07.84 |  |
| 7 | 8:19.47 | i | Jonathan Dahike | SEN | M | TV Wattensheid | | |  |
| 8 | 8:27.95 | i | James Donald | PB U23 | M Mark Pollard | Dundee Hawkhill | 8:27.95 | 8:27.95 |  |
| 9 | 8:28.53 | i | Michael Ferguson | SB SEN | M Ken Hogg | Aberdeen/Aberdeen Uni/Banchory Stonehaven | 8:28.53 | 8:22.66 |  |
| 10 | 8:39.04 | i | Stuart Gibson | SB V35 | M | Cambuslang/Whitemoss | 8:39.04 | 8:37.41 |  |
| 11 | 8:41.07 | i | Gavin Smith | PB U23 | M | Cambuslang | 8:41.07 | 8:41.07 |  |
| 12 | 8:42.40 | i | Allan Ramsay | PB SEN | M | Victoria Park City of Glasgow/Glasgow City/Strathc | 8:42.40 | 8:42.40 |  |

3000m B (Men)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | |
|-----|---------|---|---------------------|--------|-----------------|-------------------------|---------|---------|---|
| 1 | 8:24.24 | i | Kane Elliott | PB U20 | M William Sharp | Falkirk | 8:24.24 | 8:24.24 |  |
| 2 | 8:29.89 | i | Hamish Armit | PB U20 | M Dudley Walker | Giffnock North | 8:29.89 | 8:29.89 |  |
| 3 | 8:33.11 | i | Michael Wright | PB SEN | M Derek Easton | Central | 8:33.11 | 8:33.11 |  |
| 4 | 8:38.16 | i | Ben MacMillan | PB U20 | M Derek Easton | Central | 8:38.16 | 8:38.16 |  |
| 5 | 8:38.92 | i | Owen Miller T20/F20 | SB SEN | M Steven Doig | Fife | 8:38.92 | 8:36.90 |  |
| 6 | 8:52.51 | i | Alistair Campbell | SB SEN | M | Glasgow City/Cambuslang | 8:52.51 | 8:37.27 |  |
| 7 | 8:53.24 | i | Lewis Raeburn | SB U20 | M John MacKay | Shettleston | 8:53.24 | 8:40.89 |  |
| 8 | 9:00.15 | i | James Gillon | PB U20 | M Patrick Kelly | Law/St. Mary's Uni | 9:00.15 | 9:00.15 |  |
| 9 | 9:00.58 | i | Andrew MacAngus | SB U20 | M Andy Young | Kilbarchan | 9:00.58 | 8:58.85 |  |
| 10 | 9:02.01 | i | Callum Tharme | SB U20 | M Neil Renton | Gala/Edinburgh Uni | 9:02.01 | 8:53.26 |  |
| 11 | 9:04.51 | i | Magnus Tait | PB U20 | M Linda Smith | Lasswade | 9:04.51 | 9:04.51 |  |
| 12 | 9:27.15 | i | Stephen Addison | SB U20 | M John O'Hara | Corstorphine | 9:27.15 | 9:10.96 |  |

3000m C (Men)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | |
|-----|---------|---|-------------------|--------|---------------------|--|---------|---------|---|
| 1 | 8:53.71 | i | Darrell Hastie | SB V35 | M Darrell Hastie | Gala | 8:53.71 | 8:51.06 |  |
| 2 | 8:55.74 | i | Luke Davidson | PB U20 | M Ross Cairns | Inverness | 8:55.74 | 8:55.74 |  |
| 3 | 8:57.65 | i | Adam Hay | PB U20 | M Mark Pollard | Inverclyde/West of Scotland Uni | 8:57.65 | 8:57.65 |  |
| 4 | 8:58.75 | i | Grant Baillie | PB V35 | M | East Kilbride/Fire Service | 8:58.75 | 8:58.75 |  |
| 5 | 8:59.06 | i | Kerry-Liam Wilson | PB V45 | M Kerry-Liam Wilson | Cambuslang/Scottish Vets H | 8:59.06 | 8:59.06 |  |
| 6 | 8:59.46 | i | Adam Pratt | PB SEN | M Peter Venus | Tynedale | 8:59.46 | 8:59.46 |  |
| 7 | 9:02.00 | i | Darran Muir | PB V40 | M Patrick Kelly | Law | 9:02.00 | 9:02.00 |  |
| 8 | 9:03.14 | i | Christian Graham | SB U20 | M Kirk Smith | Lasswade | 9:03.14 | 8:45.45 |  |
| 9 | 9:03.96 | i | David Addison | PB U17 | M | Corstorphine | 9:03.96 | 9:03.96 |  |
| 10 | 9:04.90 | i | Ross Whitelaw | PB U20 | M Norrie Hay | Victoria Park City of Glasgow/Glasgow Sch of Sport | 9:04.90 | 9:04.90 |  |
| 11 | 9:05.95 | i | Harry McGill | PB U17 | M Stephen McLoone | Greenock Glenpark | 9:05.95 | 9:05.95 |  |
| 12 | 9:10.14 | i | Guy Bracken | SB V55 | M | North Shields Poly/VAA North East | 9:10.14 | 8:52.38 |  |
| 13 | 9:31.53 | i | Ethan Carolan | SB U17 | M Dudley Walker | Giffnock North | 9:31.53 | 9:15.28 |  |
| 14 | 9:32.14 | i | Gordon Barrie | SB V45 | M | Dundee Hawkhill/Bedford & County/Scottish Vets H | 9:32.14 | 9:11.23 |  |
| 15 | 9:39.53 | i | Gregor Campbell | PB U17 | M | Shettleston | 9:39.53 | 9:39.53 |  |

Results

3000m D (Women)

| Pos | Perf | Name | AG | Coach | Club | SB | PB | |
|-----|---------|------------------------------|-----------------|-----------------------|-----------------------------|---------|---------|---|
| 1m | 9:02.25 | i+ Laura Muir | SB SEN W | Andy Young | Dundee Hawkhill/Glasgow Uni | 9:02.25 | 8:26.41 | ☒ |
| 2 | 9:02.48 | i Beth Potter | SB SEN W | | Shaftesbury Barnet | 9:02.48 | 8:53.94 | ☒ |
| 3m | 9:02.64 | i+ Gabriela Stafford | PB SEN W | | Canada | 9:02.64 | 9:02.64 | ☒ |
| 4 | 9:16.48 | i Jemma Reekie | SB U23 W | Andy Young | Kilbarchan | 9:16.48 | 9:11.20 | ☒ |
| 5 | 9:25.35 | i Danielle Hodgkinson | PB SEN W | Paddy Dinsmore | Wallsend/Army | 9:25.35 | 9:25.35 | ☒ |
| 6 | 9:25.50 | i Kerry MacAngus | PB U23 W | Andy Young | Kilbarchan/Strathclyde Uni | 9:25.50 | 9:25.50 | ☒ |
| 7 | 9:51.62 | i Abbie Taylor | SEN W | | IRL | | | ☒ |

3000m E (Men)

| Pos | Perf | Name | AG | Coach | Club | SB | PB | |
|-----|----------|--------------------------|-----------------|----------------------|--|----------|---------|---|
| 1 | 8:56.29 | i Richard Carr | PB SEN M | | Cambuslang | 8:56.29 | 8:56.29 | ☒ |
| 2 | 9:02.85 | i Robbie Ferguson | PB U23 M | | Kilbarchan/Glasgow Caledonian Uni | 9:02.85 | 9:02.85 | ☒ |
| 3 | 9:04.72 | i Lucas Cheskin | PB SEN M | | Shettleston | 9:04.72 | 9:04.72 | ☒ |
| 4 | 9:07.62 | i Ben Shaw | PB U20 M | Dudley Walker | Giffnock North | 9:07.62 | 9:07.62 | ☒ |
| 5 | 9:10.23 | i Iain McWhinnie | PB U20 M | Steven Doig | Fife | 9:10.23 | 9:10.23 | ☒ |
| 6 | 9:16.08 | i Malcolm Lang | PB V40 M | | Lothian | 9:16.08 | 9:16.08 | ☒ |
| 7 | 9:16.14 | i Ryan Donald | PB U20 M | | Dundee Hawkhill | 9:16.14 | 9:16.14 | ☒ |
| 8 | 9:25.85 | i Harry Henriksen | SB U17 M | | Lasswade | 9:25.85 | 9:21.89 | ☒ |
| 9 | 9:31.67 | i David Tamburini | SB V40 M | Mark Pollard | Inverclyde/Scottish Vets H | 9:31.67 | 9:25.45 | ☒ |
| 10 | 9:37.99 | i Mark Gardner | SB V35 M | Andy Bibby | Lancaster & Morecambe/Northern Masters | 9:37.99 | 9:15.21 | ☒ |
| 11 | 9:41.41 | i Michael Watt | SB U20 M | | Aberdeen | 9:41.41 | 9:30.80 | ☒ |
| 12 | 9:56.11 | i Harry Nimmo | SB U20 M | Dudley Walker | Giffnock North | 9:56.11 | 9:33.29 | ☒ |
| 13 | 10:00.98 | i Paul Monaghan | SB V45 M | | Greenock Glenpark | 10:00.98 | 9:40.68 | ☒ |

3000m F (Men)

| Pos | Perf | Name | AG | Coach | Club | SB | PB | |
|-----|----------|----------------------------|-----------------|--------------------------|---|----------|----------|---|
| 1 | 9:12.48 | i Michael Houston | SB SEN M | Mark Pollard | Inverclyde/Glasgow Caledonian Uni/Falkirk | 9:12.48 | 8:56.32 | ☒ |
| 2 | 9:15.83 | i Alastair Marshall | PB U17 M | | Livingston | 9:15.83 | 9:15.83 | ☒ |
| 3 | 9:19.56 | i Stuart McGeachy | PB V35 M | | Campbeltown RC | 9:19.56 | 9:19.56 | ☒ |
| 4 | 9:21.57 | i Lucas Cairns | PB U17 M | Ross Cairns | Inverness | 9:21.57 | 9:21.57 | ☒ |
| 5 | 9:23.37 | i Jon Hammerman | PB V35 M | Mark Pollard | Inverclyde | 9:23.37 | 9:23.37 | ☒ |
| 6 | 9:24.78 | i Stephen Allen | SB V50 M | Stephen Allen | Motherwell/Scottish Vets H | 9:24.78 | 9:10.94 | ☒ |
| 7 | 9:25.63 | i Stephen Allan | PB V45 M | | Cumbernauld | 9:25.63 | 9:25.63 | ☒ |
| 8 | 9:26.04 | i Gavin McWhinnie | PB U20 M | Steven Doig | Fife | 9:26.04 | 9:26.04 | ☒ |
| 9 | 9:26.22 | i Ben Sandilands | PB U17 M | Steven Doig | Fife | 9:26.22 | 9:26.22 | ☒ |
| 10 | 9:34.53 | i Stephen Brown | PB V35 M | | West End RR/Scottish Vets H | 9:34.53 | 9:34.53 | ☒ |
| 11 | 9:37.24 | i Peter Mackie | PB V40 M | Malcolm Patterson | Shettleston | 9:37.24 | 9:37.24 | ☒ |
| 12 | 9:39.13 | i Ian Johnston | SB V50 M | | Veterans/Scottish Vets H | 9:39.13 | 8:53.1 | ☒ |
| 13 | 9:40.61 | i Hamish Anderson | PB U17 M | Niall Walker | East Kilbride | 9:40.61 | 9:40.61 | ☒ |
| 14 | 9:40.93 | i Justin Carter | PB V45 M | Justin Carter | Cambuslang | 9:40.93 | 9:40.93 | ☒ |
| 15 | 9:42.25 | i Alun Myers | PB SEN M | | Victoria Park & Tower Hamlets/Inverclyde | 9:42.25 | 9:42.25 | ☒ |
| 16 | 9:43.12 | i Alan Mollins | PB U20 M | | Greenock Glenpark | 9:43.12 | 9:43.12 | ☒ |
| 17 | 9:45.84 | i Brian Scally | SB V50 M | | Shettleston/Scottish Vets H | 9:45.84 | 8:19.66 | ☒ |
| 18 | 10:02.98 | i Ben Nichol | PB U20 M | Janice Hendrie | Inverclyde | 10:02.98 | 10:02.98 | ☒ |
| 19 | 10:09.41 | i Scott McDonald | PB V50 M | | Moorfoot | 10:09.41 | 10:09.41 | ☒ |
| 20 | 10:16.42 | i Ross O'Brien | SB U17 M | Dudley Walker | Giffnock North | 10:16.42 | 10:12.60 | ☒ |

3000m G (Mixed)

| Pos | Perf | Name | AG | Coach | Club | SB | PB | |
|-----|----------|---------------------------|-----------------|---------------------|--------------------------------------|----------|----------|---|
| 1 | 9:37.42 | i Craig Reid | SB SEN M | | Bellahouston RR | 9:37.42 | 9:24.43 | ☒ |
| 2 | 9:37.73 | i John Coyle | SB V45 M | John Coyle | Garscube | 9:37.73 | 8:54.0 | ☒ |
| 3 | 9:41.94 | i Ethan McColgan | PB U17 M | | Dundee Hawkhill | 9:41.94 | 9:41.94 | ☒ |
| 4 | 9:42.99 | i Scott Macleod | PB SEN M | | Metro Aberdeen | 9:42.99 | 9:42.99 | ☒ |
| 5 | 9:43.20 | i Calum Little | PB U17 M | | Falkirk | 9:43.20 | 9:43.20 | ☒ |
| 6 | 9:49.05 | i Jenny Selman | PB SEN W | Jenny Selman | Fife/Dundee Uni | 9:49.05 | 9:49.05 | ☒ |
| 7 | 9:50.12 | i Howard C Elliott | SB V50 M | | Cumbernauld | 9:50.12 | 9:41.68 | ☒ |
| 8 | 9:50.29 | i Zoe Bates | PB U23 W | Ken Hogg | Edinburgh AC/Aberdeen Uni | 9:50.29 | 9:50.29 | ☒ |
| 9 | 9:53.08 | i Nicholas Gemmell | PB V45 M | | Inverclyde | 9:53.08 | 9:53.08 | ☒ |
| 10 | 9:55.64 | i Martin Fitchie | SB V40 M | | Cumbernauld | 9:55.64 | 9:50.53 | ☒ |
| 11 | 9:59.94 | i Scott Martin | SB V50 M | Jim Young | Kilmarnock | 9:59.94 | 9:48.50 | ☒ |
| 12 | 10:02.68 | i Jason Kane | SB SEN M | Mark Pollard | Inverclyde | 10:02.68 | 9:53.02 | ☒ |
| 13 | 10:03.83 | i Amy Frankland | PB SEN W | | Lasswade/Edinburgh Uni Hare & Hounds | 10:03.83 | 10:03.83 | ☒ |
| 14 | 10:06.70 | i David Hogg | SB V45 M | | Cumbernauld | 10:06.70 | 9:52.13 | ☒ |
| 15 | 10:26.03 | i Gary Mckendrick | SB V50 M | Mark Pollard | Inverclyde | 10:26.03 | 9:54.55 | ☒ |
| 16 | 10:27.60 | i Kirstin Oakley | SB U23 W | | Ayr Seaforth/Bradley Uni | 10:27.60 | 9:48.23 | ☒ |

3000m H (Women)

| Pos | Perf | Name | AG | Coach | Club | SB | PB | |
|-----|----------|--------------------------|-----------------|---------------------|-------------------|----------|----------|---|
| 1 | 10:03.83 | i Hannah Anderson | PB U17 W | Niall Walker | East Kilbride | 10:03.83 | 10:03.83 | ☒ |
| 2 | 10:25.02 | i Sarah Tait | PB U20 W | Linda Smith | Lasswade | 10:25.02 | 10:25.02 | ☒ |
| 3 | 10:29.09 | i Flora Henry | PB U17 W | | Team East Lothian | 10:29.09 | 10:29.09 | ☒ |

Results

| | | | | | | | | | | | |
|----|----------|---|--------------------------|----|-----|---|---------------|---------------------------------------|----------|----------|--|
| 4 | 10:30.71 | i | Helen Chong | PB | U17 | W | Dudley Walker | Giffnock North | 10:30.71 | 10:30.71 | |
| 5 | 10:35.61 | i | Lily-Jane Evans-Haggerty | SB | U17 | W | | Victoria Park City of Glasgow | 10:35.61 | 9:49.49 | |
| 6 | 10:36.63 | i | Meredith Reid | PB | U17 | W | | North Ayrshire | 10:36.63 | 10:36.63 | |
| 7 | 10:45.99 | i | Rosie Davidson | SB | U17 | W | | Ayr Seaforth | 10:45.99 | 10:27.62 | |
| 8 | 10:47.74 | i | Aimee Anderson | SB | U17 | W | Norrie Hay | Airdrie Harriers/Glasgow Sch of Sport | 10:47.74 | 10:34.93 | |
| 9 | 10:50.20 | i | Kate Richardson | SB | U17 | W | Dudley Walker | Giffnock North | 10:50.20 | 10:25.25 | |
| 10 | 10:59.78 | i | Charlie Frew | SB | U17 | W | Gareth Beggan | Whitemoss | 10:59.78 | 10:51.43 | |
| 11 | 11:03.12 | i | Susie McLaughlin | SB | U17 | W | | Cambuslang | 11:03.12 | 11:00.05 | |
| 12 | 11:21.51 | i | Jessica Robson | SB | U17 | W | | Law | 11:21.51 | 10:53.03 | |
| 13 | 11:29.20 | i | Niamh Riggins | SB | U17 | W | | Cambuslang | 11:29.20 | 10:49.27 | |

3000m I (Mixed)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | | | |
|-----|----------|---|------------------|----|-------|------|-----------------|----------------------------------|----------|----------|--|
| 1 | 10:00.94 | i | Fraser Armstrong | PB | U23 | M | Patrick Russell | Red Star/Bellahouston Harriers | 10:00.94 | 10:00.94 | |
| 2 | 10:05.93 | i | Ross McEachern | SB | V50 | M | | Cumbernauld | 10:05.93 | 9:58.10 | |
| 3 | 10:07.50 | i | Paul Mcmonagle | PB | V45 | M | | Cumbernauld | 10:07.50 | 10:07.50 | |
| 4 | 10:08.11 | i | Chris Upson | SB | V55 | M | | Cambuslang/Scottish Vets H | 10:08.11 | 9:51.92 | |
| 5 | 10:11.81 | i | Iain Craven | PB | V40 | M | Amanda Woodrow | Edinburgh AC | 10:11.81 | 10:11.81 | |
| 6 | 10:21.39 | i | Dylan Elliott | SB | U17 | M | | Cumbernauld | 10:21.39 | 9:57.99 | |
| 7 | 10:21.77 | i | Vincent Carroll | SB | V50 | M | | Cumbernauld | 10:21.77 | 10:06.50 | |
| 8 | 10:22.79 | i | Sean Casey | PB | V50 | M | | Cumbernauld | 10:22.79 | 10:22.79 | |
| 9 | 10:23.17 | i | Connell Drummond | SB | V45 | M | Jim Young | Kilmarnock | 10:23.17 | 10:15.71 | |
| 10 | 10:23.38 | i | John Brogan | PB | V40 | M | | Airdrie Harriers | 10:23.38 | 10:23.38 | |
| 11 | 10:23.59 | i | Lesley Chisholm | SB | V40 | W | | Garscube | 10:23.59 | 10:05.47 | |
| 12 | 10:34.42 | i | David Thomson | SB | SEN | M | | East Kilbride | 10:34.42 | 10:20.6 | |
| 13 | 10:41.90 | i | Matthew Stewart | PB | U17 | M | | Cumbernauld/Glasgow Sch of Sport | 10:41.90 | 10:41.90 | |
| 14 | 11:01.11 | i | Malcolm McLure | PB | U17 | M | | Dunfermline Track & Field | 11:01.11 | 11:01.11 | |
| 15 | 11:11.22 | i | Scott Dickson | SB | SEN | M | Bob McCrum | Motherwell | 11:11.22 | 10:25.0 | |

3000m J (Mixed)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | | | |
|-----|----------|---|------------------------|----|-------|------|-------------------|---|----------|----------|--|
| 1 | 10:18.89 | i | Mark Gallacher | PB | V45 | M | | Motherwell | 10:18.89 | 10:18.89 | |
| 2 | 10:30.98 | i | Andy Macdonald | PB | V40 | M | | Giffnock North | 10:30.98 | 10:30.98 | |
| 3 | 10:44.53 | i | Alan Cunningham | PB | V45 | M | | Lothian | 10:44.53 | 10:44.53 | |
| 4 | 10:50.58 | i | Jennifer Martin | PB | SEN | W | | Shettleston | 10:50.58 | 10:50.58 | |
| 5 | 10:51.79 | i | Jacqueline Etherington | PB | V40 | W | | Sunderland/Scottish Vets H/Cambuslang | 10:51.79 | 10:51.79 | |
| 6 | 10:53.90 | i | Stephanie Hewitt | PB | SEN | W | Charlie Dickinson | Belgrave/Imperial/Kilmarnock | 10:53.90 | 10:53.90 | |
| 7 | 11:00.71 | i | Claire Thompson | SB | V40 | W | | Victoria Park City of Glasgow/Scottish Vets H | 11:00.71 | 10:53.36 | |
| 8 | 11:04.16 | i | Alicia Paton | PB | U23 | W | | Cumbernauld/Glasgow Uni | 11:04.16 | 11:04.16 | |
| 9 | 11:05.42 | i | Steven Phillips | SB | V35 | M | | Airdrie Harriers | 11:05.42 | 11:03.92 | |
| 10 | 11:33.32 | i | Cath Ferry | SB | V45 | W | | Edinburgh AC | 11:33.32 | 10:38.13 | |
| 11 | 11:33.81 | i | Julia Johnstone | PB | V45 | W | | Gala | 11:33.81 | 11:33.81 | |
| 12 | 11:34.04 | i | Anne Howie | PB | V55 | W | | Aberdeen/Scottish Vets H | 11:34.04 | 11:34.04 | |
| 13 | 11:36.33 | i | Minnie Brocklesby | PB | U20 | W | | Dunfermline Track & Field | 11:36.33 | 11:36.33 | |
| 14 | 12:13.98 | i | Roger Homyer | PB | V60 | M | | Highland HR | 12:13.98 | 12:13.98 | |
| 15 | 12:39.28 | i | Bobby Young | SB | V75 | M | | Clydesdale/Scottish Vets H | 12:39.28 | 10:02.51 | |
| 16 | 13:20.89 | i | Ray Aiken | SB | V65 | M | | Keith/Scottish Vets H | 13:20.89 | 12:48.98 | |

5000m A (Women)

| Pos | Perf | | Name | AG | Coach | Club | SB | PB | | | |
|-----|----------|---|-------------------|----|-------|------|------------|-----------------------------|----------|----------|--|
| 1 | 14:52.02 | i | Laura Muir | SB | SEN | W | Andy Young | Dundee Hawkhill/Glasgow Uni | 14:52.02 | 14:49.12 | |
| 2 | 14:57.45 | i | Gabriela Stafford | PB | SEN | W | | Canada | 14:57.45 | 14:57.45 | |