

Scottish 3000 m Senior Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	20	08:19.03	Sol	Sweeney(u23)	SEN	M	Perth RR
2	18	08:22.13	Daniel	Mooney	SEN	M	Liverpool Harriers
3	19	08:32.63	James	Donald(u23)	SEN	M	Dundee Hawkhill
4	23	08:33.65	Grant	Muir	SEN	M	Giffnock AC
5	22	08:40.00	Ben	Potrykus(u23)	SEN	M	Pitreavie/Heriot-Watt Uni
6	26	08:43.55	Robbie	Barr(u23)	SEN	M	VP CoG/Wake Forest Uni
7	32	08:47.34	Michael	Cameron	SEN	M	Edinburgh AC/Durham Uni
8	59	08:49.00	Owen	Miller	SEN	M	Fife
9	68	08:51.06	Darrell	Hastie	V35	M	Gala
10	27	08:51.06	Peter	Cameron	SEN	M	Edinburgh AC/Cambridge Uni
11	65	09:01.77	Stuart	Livingstone	SEN	M	Corstorphine
12	69	09:02.23	Kerry-Liam	Wilson	V45	M	Cambuslang/Scottish Vets H
13	34	09:04.56	Jamie	Clements	SEN	M	East Kilbride AC
14	77	09:08.19	Darran	Muir	V40	M	Law
15	108	09:09.00	Alistair	Gudgin	SEN	M	Fife
16	120	09:09.70	David Iain	Houston	SEN	M	Shettleston
17	33	09:12.44	Ross	Gray(u23)	SEN	M	Inverclyde AC
18	114	09:17.76	Richard	Carr	SEN	M	Cambuslang
19	70	09:20.54	Gordon	Barrie	V45	M	Dundee Hawkhill/Bedford & County/Scottish Vets H
20	113	09:22.68	Colin	Langan	SEN	M	Newport
21	81	09:24.13	Chris	Mooney	V35	M	Greenock Glenpark
22	29	09:24.22	Andrew	Bonner	SEN	M	Giffnock North
23	61	09:24.40	Colin	Reilly	SEN	M	Cambuslang
24	72	09:24.46	Mark	Gardner	V35	M	Lancaster & Morecambe/Northern Vets
25	79	09:29.16	Malcolm	Lang	V40	M	Lothian
26	87	09:34.58	Ian	Johnston	V45	M	Veterans/Scottish Vets H
27	90	09:36.16	Michael	Healy	V40	M	Unattached
28	83	09:39.25	Bruce	Carse	V35	M	Bellahouston RR
29	88	09:40.68	Paul	Monaghan	V45	M	Greenock Glenpark Harrier
30	86	09:47.54	Graeme	Paterson	V40	M	Bellahouston RR
31	85	09:48.03	David	Tamburini	V40	M	Inverclyde/Scottish Vets H
32	138	09:48.29	Robert	Lindsay	V40	M	Kilmarnock/Scottish Vets H
33	168	09:48.39	Colin	Whitby	V35	M	Irvine
34	64	09:48.55	Callum	Hunter(u23)	SEN	M	Inverclyde/Glasgow Uni
35	84	09:48.58	Brian	Scally	V50	M	Shettleston/Scottish Vets H
36	92	09:50.24	Howard C	Elliott	V50	M	Cumbernauld
37	166	09:50.53	Martin	Fitchie	V40	M	Cumberland AC
38	140	09:53.02	David	Hogg	V45	M	Cumbernauld
39	89	09:53.55	Iain	Burns	V35	M	U/A
40	132	09:57.11	Robert	Bartley	V40	M	Cumbernauld
41	188	09:58.10	Ross	McEachern	V50	M	Cumbernauld
42	169	09:58.12	Scott	Martin	V45	M	Kilmarnock
43	142	09:58.29	Gary	Mckendrick	V50	M	Inverclyde
44	144	10:03.80	Chris	Upton	V50	M	Cambuslang
45	134	10:06.98	Jason	Kane	SEN	M	Inverclyde
46	165	10:08.65	Fraser	Armstrong(u23)	SEN	M	Red Star/Bellahouston Harriers
47	183	10:09.78	Jim	White	V40	M	Motherwell
48	130	10:09.90	Stuart	Scott	SEN	M	Helensburgh
49	136	10:12.03	Stephen	Brown	V35	M	West End RR/Scottish Vets H
50	141	10:14.19	Russell	Whittington	V45	M	Bellahouston RR/Scottish Vets H
51	185	10:15.58	Rob	McLennan	V55	M	Garscube
52	175	10:15.93	John Paul	Murphy	V35	M	Cambuslang
53	179	10:17.94	Alex	Reid	V35	M	Cumbernauld
54	182	10:19.44	Denis	Williams	V50	M	Shettleston
55	172	10:23.31	Robert	McCulloch	V50	M	Kilbarchan
56	192	10:38.89	Benjamin	Hands	V55	M	Motherwell/Scottish Vets H
57	199	10:41.78	Grant	Matheson	V55	M	Falkirk
58	177	10:51.60	Scott	Bradley	V35	M	Cumbernauld
59	208	11:07.05	Allen	Marr	V60	M	PH Racing

60	207	11:38.53	Tony	Quinn	V60	M	Kirkintilloch
61	205	11:48.51	Alistair	Cuthbertson	V50	M	Garscube
62	217	12:48.98	Ray	Aiken	V65	M	Keith/Scottish Vets H
63	216	13:24.64	Colin	Youngson	V70	M	Forres Harriers

Scottish 3000 m Under 20 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	52	08:50.86	Christian	Graham	U17	M	Lasswade AC
2	28	08:50.96	Jamie	Mackinnon	U20	M	Cambuslang Harriers
3	38	08:53.86	Cameron	Wright	U20	M	Kilbarchan
4	50	08:55.52	Luke	McCaffrey	U20	M	Kirkintilloch
5	42	09:05.25	Lewis	Raeburn	U20	M	Shettleston
6	41	09:07.16	Andrew	MacAngus	U20	M	Kilbarchan
7	127	09:10.88	Eoin	Hughes	U20	M	Letterkenny
8	126	09:13.51	Ben	Shaw	U20	M	Giffnock North
9	43	09:14.55	Jamie	Burns	U20	M	Shettleston
10	51	09:14.88	Adam	Hay	U20	M	Inverclyde
11	46	09:21.22	Lewis	Pentecost	U20	M	Falkirk
12	53	09:24.08	Ryan	Gray	U20	M	Inverclyde AC
13	45	09:26.49	Aaron	Odentz	U20	M	Aberdeen AAC
14	40	09:30.40	Nikolai	Gajic	U20	M	Giffnock North
15	49	09:33.20	Stephen	Addison	U20	M	Corstorphine

Scottish 3000 m Under 17 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	44	09:03.59	Kane	Elliott	U17	M	Falkirk
2	107	09:10.73	David	Addison	U17	M	Corstorphine
3	47	09:20.12	Joe	Ewing	U17	M	Edinburgh AC
4	123	09:20.55	Peter	Scott	U17	M	Fife
5	121	09:33.25	Ryan	Donald	U17	M	Dundee Hawkhill
6	55	09:34.55	Euan	Hood	U17	M	Lasswade AC
7	110	09:36.82	Elliot	Duff	U17	M	Garscube
8	139	09:42.54	Hugh	Morrow	U17	M	Edinburgh AC
9	124	09:44.20	Michael	Watt	U17	M	Aberdeen
10	131	09:54.77	Gavin	McWhinnie	U17	M	Fife
11	174	10:02.08	Callum	Byrne	U17	M	Victoria Park City of Glasgow
12	143	10:08.01	Dylan	Elliott	U17	M	Kirkintilloch
13	186	10:14.43	Adam	Cassidy	U17	M	Kirkintilloch
14	135	10:16.48	Calum	Little	U17	M	Cumbernauld
15	164	10:18.35	Hamish	Anderson	U17	M	East Kilbride
16	170	10:18.58	Owen	Keddie	U17	M	Fife
17	125	10:42.45	Murray	Fotheringham	U17	M	Giffnock North
18	184	10:47.27	Louis	O'Hare	U17	M	Kirkintilloch

Scottish 3000 m V35 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	68	08:51.06	Darrell	Hastie	V35	M	Gala
2	81	09:24.13	Chris	Mooney	V35	M	Greenock Glenpark
3	72	09:24.46	Mark	Gardner	V35	M	Lancaster & Morecambe/Northern Vets
4	83	09:39.25	Bruce	Carse	V35	M	Bellahouston RR
5	168	09:48.39	Colin	Whitby	V35	M	Irvine
6	89	09:53.55	Iain	Burns	V35	M	U/A
7	136	10:12.03	Stephen	Brown	V35	M	West End RR/Scottish Vets H
8	175	10:15.93	John Paul	Murphy	V35	M	Cambuslang
9	179	10:17.94	Alex	Reid	V35	M	Cumbernauld
10	177	10:51.60	Scott	Bradley	V35	M	Cumbernauld

Scottish 3000 m V40 Men

Pos	No	Time	First	Surname	AG	Sex	Club
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1	77	09:08.19	Darran	Muir	V40	M	Law
2	79	09:29.16	Malcolm	Lang	V40	M	Lothian
3	90	09:36.16	Michael	Healy	V40	M	Unattached
4	86	09:47.54	Graeme	Paterson	V40	M	Bellahouston RR
5	85	09:48.03	David	Tamburini	V40	M	Inverclyde/Scottish Vets H
6	138	09:48.29	Robert	Lindsay	V40	M	Kilmarnock/Scottish Vets H
7	166	09:50.53	Martin	Fitchie	V40	M	Cumberland AC
8	132	09:57.11	Robert	Bartley	V40	M	Cumbernauld
9	183	10:09.78	Jim	White	V40	M	Motherwell

Scottish 3000 m V45 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	69	09:02.23	Kerry-Liam	Wilson	V45	M	Cambuslang/Scottish Vets H
2	70	09:20.54	Gordon	Barrie	V45	M	Dundee Hawkhill/Bedford & County/Scottish Vets H
3	87	09:34.58	Ian	Johnston	V45	M	Veterans/Scottish Vets H
4	88	09:40.68	Paul	Monaghan	V45	M	Greenock Glenpark Harrier
5	140	09:53.02	David	Hogg	V45	M	Cumbernauld
6	169	09:58.12	Scott	Martin	V45	M	Kilmarnock
7	141	10:14.19	Russell	Whittington	V45	M	Bellahouston RR/Scottish Vets H

Scottish 3000 m V50 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	84	09:48.58	Brian	Scally	V50	M	Shettleston/Scottish Vets H
2	92	09:50.24	Howard C	Elliott	V50	M	Cumbernauld
3	188	09:58.10	Ross	McEachern	V50	M	Cumbernauld
4	142	09:58.29	Gary	Mckendrick	V50	M	Inverclyde
5	144	10:03.80	Chris	Upson	V50	M	Cambuslang
6	182	10:19.44	Denis	Williams	V50	M	Shettleston
7	172	10:23.31	Robert	McCulloch	V50	M	Kilbarchan
8	205	11:48.51	Alistair	Cuthbertson	V50	M	Garscube

Scottish 3000 m V55 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	185	10:15.58	Rob	McLennan	V55	M	Garscube
2	192	10:38.89	Benjamin	Hands	V55	M	Motherwell/Scottish Vets H
3	199	10:41.78	Grant	Matheson	V55	M	Falkirk

Scottish 3000 m V60 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	208	11:07.05	Allen	Marr	V60	M	PH Racing
2	207	11:38.53	Tony	Quinn	V60	M	Kirkintilloch

Scottish 3000 m V65/V70 Men

Pos	No	Time	First	Surname	AG	Sex	Club
1	217	12:48.98	Ray	Aiken	V65	M	Keith/Scottish Vets H
1	216	13:24.64	Colin	Youngson	V70	M	Forres Harriers

Scottish 3000 m Senior Ladies

Pos	No	Time	First	Surname	AG	Sex	Club
1	24	08:37.21	Laura	Muir	SEN	F	Dundee Hawkhill
2	98	08:55.10	Melissa	Courtney	SEN	F	U/A
3	97	09:13.54	Katie	Snowden	SEN	F	U/A
4	104	09:20.02	Charlotte	Taylor-Green	SEN	F	Bristol and West
5	101	09:38.98	Kimberley	Johansen	SEN	F	Chelmsford

6	148	09:56.49	Zoe	Bates(u23)	SEN	F	Edinburgh AC/Aberdeen Uni
7	159	10:18.87	Fiona	Matheson	V55	F	Falkirk/Scottish Vets H
8	152	10:39.63	Hannah	Addison(u23)	SEN	F	Corstorphine/Aberdeen Uni/Edinburgh AC
9	204	10:59.45	Claire	Thompson	V40	F	Victoria Park City of Glasgow/Scottish Vets H
10	200	11:03.62	Isla	Scott-Pearce	SEN	F	Edinburgh AC/Aberdeen Uni/Aberdeen
11	210	11:33.50	Susan	Ridley	V50	F	Edinburgh AC/Scottish Vets H
12	214	11:34.77	Julie	Wilson	V50	F	Inverness/Scottish Vets H
13	211	11:41.03	Karen	Dobbie	V50	F	Edinburgh AC
14	212	11:42.58	Cath	Ferry	V40	F	Edinburgh AC
15	218	12:56.73	Sharyn	Ramage	V55	F	Edinburgh AC/Scottish Vets H
16	219	13:36.11	Phyllis	Hands	V60	F	Motherwell/Scottish Vets H

Scottish 3000 m Under 20 Ladies

Pos	No	Time	First	Surname	AG	Sex	Club
1	105	09:49.98	Naomi	Lang	U20	F	Aberdeen
2	151	09:52.73	Kate	Gallagher	U20	F	Central
3	149	10:17.40	Lauren	Dickson	U20	F	Lasswade
4	155	10:37.20	Sarah	Calvert	U20	F	Livingston AC

Scottish 3000 m V40 Ladies

Pos	No	Time	First	Surname	AG	Sex	Club
1	204	10:59.45	Claire	Thompson	V40	F	Victoria Park City of Glasgow/Scottish Vets H
2	212	11:42.58	Cath	Ferry	V40	F	Edinburgh AC

Scottish 3000 m V50 Ladies

Pos	No	Time	First	Surname	AG	Sex	Club
1	210	11:33.50	Susan	Ridley	V50	F	Edinburgh AC/Scottish Vets H
2	214	11:34.77	Julie	Wilson	V50	F	Inverness/Scottish Vets H
3	211	11:41.03	Karen	Dobbie	V50	F	Edinburgh AC

Scottish 3000 m V55/V60 Ladies

Pos	No	Time	First	Surname	AG	Sex	Club
1	159	10:18.87	Fiona	Matheson	V55	F	Falkirk/Scottish Vets H
2	218	12:56.73	Sharyn	Ramage	V55	F	Edinburgh AC/Scottish Vets H
3	219	13:36.11	Phyllis	Hands	V60	F	Motherwell/Scottish Vets H

Scottish 3000 m Under 17 Girls

Pos	No	Time	First	Surname	AG	Sex	Club
1	145	10:08.89	Lily-Jane	Evans-Haggerty	U17	F	Victoria Park City of Glasgow
2	154	10:25.25	Kate	Richardson	U17	F	Giffnock North
3	194	10:32.25	Hannah	Anderson	U17	F	East Kilbride
4	206	11:02.85	Jemma	Jamieson	U17	F	Pitreavie
5	196	11:10.62	Aimee	Anderson	U17	F	GSOS
6	202	11:39.80	Emma	Chamberlain	U17	F	Giffnock North
7	205	11:48.51	Abbie	Robb	U17	F	Falkirk