

<b>Event</b>	<b>T18</b>	<b>3000m</b>	<b>SM/U20/U18M</b>	<b>Race 1</b>	
Position	Number	Name	Club	Age	Result
1	426	Callum Hawkins	Kilbarchan AAC	SM	8:22.50
2	432	Luke Traynor	Giffnock North AAC	SM	8:35.92
3	425	Mark Haskett	Thames Valley Harriers	SM	8:48.45
4	429	Conan McCaughey	Central AC	SM	8:51.57
5	433	Greg Turner	Giffnock North	SM	8:55.70
6	427	Luke Ingham	Kendal A.C.	SM	8:56.88

<b>Event</b>	<b>T18</b>	<b>3000m</b>	<b>SM/U20/U18M</b>	<b>Race 2</b>	
Position	Number	Name	Club	Age	Result
1	428	Scott MacAulay	Kilbarchan AAC	SM	8:44.54
2	424	Samuel Davies	Glasgow University Hare and Hounds	SM	8:56.27
3	420	Guy Bracken	North Shields Polytechnic	SM	8:58.29
4	419	Myles Bax	Glasgow University Hare and Hounds	SM	9:01.29
5	431	Adam Stark	Glasgow University Hare and Hounds	SM	9:55.27

<b>Event</b>	<b>T18</b>	<b>3000m</b>	<b>SM/U20/U18M</b>	<b>Race 3</b>	
Position	Number	Name	Club	Age	Result
1	403	Gavin McArdle	Kilbarchan AAC	U18M	8:37.80
2	412	Andrew Lawler	Edinburgh AC	U20M	8:54.50
3	414	Ryan Thomsom	Ron Hill	U20M	8:59.06
4	413	Rowan Marr	Lasswade	U20M	9:01.59
5	417	Jonathan Currie	Tynedale Harriers and AC	U20M	9:07.44
6	402	James Donald	Dundee Hawkhill Harriers	U18M	9:42.72
7	401	Joe Arthur	Edinburgh AC	U18M	9:43.61
8	404	Nathan Merchant	VP-Glasgow AC	U18M	10:39.95

<b>Event</b>	<b>T19</b>	<b>3000m</b>	<b>SW/U20/U18W</b>		
Position	Number	Name	Club	Age	Result
1	435	Laura Dunn	Edinburgh AC	SW	9:35.41
2	439	Natalie Sharp	Kilbarchan AAC	SW	9:55.24
3	407	Holly Still	Giffnock North AAC	U18W	10:07.98
4	406	Anabell Simpson		0 U18W	10:08.17
5	415	Amy Frankland	Lasswade	U20W	10:22.13
6	416	Louise Mercer	Edinburgh Univ Hare & Hounds	U20W	10:23.73
7	437	Heather Langham	Edinburgh AC	SW	10:48.01
8	418	Laura Penrice	Giffnock North AAC	U20W	10:55.28
9	405	Zaynah Aziz	Muirfoot Acc	U18W	11:04.92
10	436	Karolina Kivimaki	Glasgow University Hare and Hounds	SW	11:32.79