

National 3000m Indoors Championships 3 January 2015

		3000M		L Race			
Pos	No	Name	Surname	Club	Cat	M/F	Time
1	198	Heather	Barnes	Giffnock North	U15	W	10:59.51
2	189	Sofia	Kirkpatrick	Giffnock North	U15	W	11:31.15
3	188	Barnie	Gough	Cambuslang	M60	M	11:35.68
4	185	Kenneth	Hislop	Central/Durham Uni	SEN	M	11:49.96
5	193	Pete	Cartwright	Clydesdale/Scottish Vets H	M70	M	11:59.30
6	199	Abbigail	McInnes	GSOS	U20	W	12:08.18
7	187	Andrew	Robertson	Giffnock North	U15	M	12:09.85
8	194	Bobby	Young	Clydesdale/Scottish Vets H	M70	M	12:10.49
9	190	Charlotte	Mckenna	Giffnock North	U15	W	12:13.22
10	196	Zoe Joy	Jamieson	Giffnock North	U15	W	12:21.02
11	191	Sharyn	Ramage	Edinburgh AC/Scottish Vets H	w50	W	12:25.59
12	195	David	Cooney	Cambuslang	M65	M	12:56.90
13	202	Phyllis	Hands	Motherwell/Scottish Vets H	W55	W	13:23.59

		3000M		B Race			
Pos	No	Name	Surname	Club	Cat	M/F	Time
1	49	Calum	McKenzie	Corstorphine/Aberdeen Uni	SEN	M	08:39.61
2	37	Craig	Jardine	Victoria Park City of Glasgow	U20	M	08:42.46
3	36	Euan	Campbell	Unattached	U20	M	08:47.09
4	43	Patryk	Gierjatowicz	Hunters Bog Trotters/Poland	SEN	M	08:48.73
5	46	Laura	Muir	Dundee Hawkhill/Glasgow Uni	U23	W	08:51.75
6	42	Gordon	Robertson	Cambuslang	SEN	M	08:53.40
7	48	Jonathan	Currie	Tynedale	U20	M	09:05.46
8	47	Josephine	Moultrie	Victoria Park City of Glasgow/New Mexico Uni	SEN	W	09:07.12
9	38	Robert	Gilroy	Cambuslang/Scottish Vets H	M35	M	09:09.77
10	51	Michael	Houston	Inverclyde/Falkirk	U23	M	09:18.93

		3000M		K Race			
Pos	No	Name	Club	Club	Cat	M/F	Time
1	170	Melissa	Wylie	Dumbarton	W45	W	10:45.57
2	176	Emily	Crusher	Giffnock North	U15	W	11:00.59
3	173	Arianne	Ross	Inverness	U20	W	11:12.23
4	181	Lynn	Mckenna	Giffnock North	U15	W	11:17.22
5	179	Lori	Agnew	Giffnock North/Glasgow Sch of Sport	U17	W	11:19.21
6	174	Claire	McArthur	Hamilton/Scottish Vets H	W35	W	11:22.18
7	182	Karen	Dobbie	Edinburgh AC	W45	W	11:23.07
8	178	Cath	Ferry	Edinburgh AC	W40	W	11:28.21
9	180	Annemarie	McCaffrey	Kirkintilloch	W45	W	11:35.05
10	183	Neve	Littlejohn	GSOS	U17	W	11:43.22
11	175	Madeline	Robinson	Helensburgh	U23	W	12:05.40
12	177	Melissa	Robinson	Helensburgh	U17	W	12:25.29

		3000M		E Race			
Pos	No	Name	Club	Club	Cat	M/F	Time
1	74	Guy	Bracken	North Shields Poly/VAA North East	M50	M	09:06.15
2	77	Stephen	Allen	Law/Scottish Vets H	M45	M	09:10.94
3	73	Gordon	Barrie	Dundee Hawkhill/Bedford & County	M40	M	09:11.23
4	76	Stuart	Campbell	Corstorphine	M45	M	09:11.49
5	82	Jamie	Reid	Cambuslang	M40	M	09:13.12
6	78	Kenny	Campbell	Campbeltown RC	M35	M	09:14.82
7	75	Ian	Johnston	Shettleston/Scottish Vets H	M45	M	09:17.49

8	81	Stephen	Wylie	Cambuslang/Girvan	M40	M	09:19.69
9	83	Stephen	Allan	Kirkintilloch	M40	M	09:34.94
10	85	Darran	Muir	Law	M35	M	09:38.21
11	84	Stephen	Smith	Preston/Northern Vets	M55	M	09:56.26
12	87	Iain	Burns	Bellahouston RR	M35	M	10:04.12

3000M J Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	161	Gavin	McWhinnie	Fife	U15	M	10:32.12
2	162	Iain	McWhinnie	Fife	U15	M	10:35.68
3	168	David	Dickson	Garscube/Westerlands	M55	M	10:37.04
4	155	Colin	Frame	Unattached	SEN	M	10:43.80
5	156	Jack	Bell	Giffnock North	U15	M	10:46.16
6	154	Sammy	Hearl	Inverclyde	U17	M	10:55.87
7	166	Andrew	Law	SVHC	M55	M	10:58.06
8	159	Chris	Creegan	Edinburgh AC	M50	M	10:58.21
9	157	Peter	Laing	Ayr Seaforth	M50	M	11:03.26
10	169	David	Lockhart	Bellahouston RR/Unattached	M35	M	11:06.28
11	158	Laurence	Baker	Ayr Seaforth	M55	M	11:23.72
12	163	Ian	Johnstone	Inverness	M60	M	11:29.22

3000M D Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	65	Luke	Foss	Law	U20	M	08:55.77
2	71	Alastair	Thurlbeck	Glasgow University Hares & Hounds	U23	M	09:07.84
3	67	Shaun	Lyon	Greenock Glenpark	SEN	M	09:10.15
4	72	Jamie	Clements	East Kilbride	SEN	M	09:17.07
5	68	Christopher	Russell	Giffnock North/St. Andrews Uni	U23	M	09:20.73
6	62	Peter	Cameron	Edinburgh AC/Cambridge Uni	U23	M	09:21.91
7	69	Craig	Reid	Bellahouston RR	SEN	M	09:27.10
8	64	Ben	Potrykus	Pitreavie	U20	M	09:28.05
9	70	Cameron	Richardson	Cumbernauld	U20	M	09:29.55
10	63	Oliver	Watson-Sweeney	Giffnock North	U17	M	09:37.42
11	66	Adam	Pratt	Tynedale	SEN	M	09:41.63

3000M I Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	139	Hamish	Armitt	Giffnock North	U15	M	09:57.53
2	138	Jamie	Burns	Shettleston	U15	M	10:02.12
3	151	Michael	Swinton	Edinburgh AC	U17	M	10:02.18
4	149	David	Scott	Kirkintilloch	SEN	M	10:13.01
5	140	Scott	Sprang	Ayr Seaforth	U15	M	10:14.98
6	141	Elliot	Duff	Garscube	U15	M	10:21.31
7	142	Stephen	Addison	Corstorphine	U15	M	10:22.89
8	150	David	Mackintosh	Kilbarchan	SEN	M	10:27.33
9	144	Jack	Cuthbertson	Garscube/Unattached	U15	M	10:47.86
10	152	Craig	Johnston	Falkirk	M45	M	10:49.78

3000M H Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	123	Annabel	Simpson	Fife/Kingdom Athletics	U20	W	09:53.59
2	125	Erin	Wallace	Giffnock North	U17	W	09:55.55
3	132	Carla	Molinaro	Bellahouston RR	SEN	W	10:08.68
4	137	Kate	Gallagher	Central	U17	W	10:12.35
5	124	Laura	Stark	Kilbarchan	U17	W	10:18.73
6	128	Shannon	McLellan	Shettleston/Strathclyde Uni	U23	W	10:34.79
7	130	Sarah	Dempsey	Kilbarchan	U20	W	10:38.50

8	121	Sarah	Laverty	Glasgow University Hares & Hounds	U20	W	10:43.29
9	131	Steph	Lawrie	Edinburgh Uni/Victoria Park City of Glasgow	SEN	W	10:50.07
10	126	Rhian	Dawes	Victoria Park City of Glasgow/McNeese State Uni	SEN	W	10:50.96
11	134	Emily	Strathdee	Edinburgh AC	U20	W	10:57.29
12	133	Ailsa	Cruikshanks	Anster Haddies/Fife	U20	W	11:06.20

3000M F Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	92	James	Donald	Dundee Hawkhill	U17	M	09:23.92
2	93	Laura	Dunn	Edinburgh AC	SEN	W	09:27.34
3	94	Kathryn	Gillespie	Central/Team West	U20	W	09:37.16
4	96	Andrew	MacAngus	Kilbarchan	U15	M	09:37.63
5	89	John	Law	GSOS	U17	M	09:40.23
6	98	Andy	Buchanan	Calderglen	SEN	M	09:42.89
7	99	Matthew	Tonner	Dundee Hawkhill	U17	M	09:48.49
8	90	Brian	Robertson	Shettleston	SEN	M	09:51.01
9	100	Lewis	Ross	Ayr Seaforth	U17	M	09:53.70
10	102	Jenny	Bannerman	Inverness	SEN	W	09:55.84
11	97	Lewis	Priest	Victoria Park City of Glasgow	U17	M	10:02.32
12	91	Anthony	Addison	Corstorphine	U17	M	10:03.42
13	101	Aiden	Cameron	Central	U20	M	10:08.55

3000M G Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	103	David	Tamburini	Greenock Glenpark	M40	M	09:43.56
2	109	John	Thomson	Fife/Scottish Vets H	M55	M	09:45.79
3	116	Scott	Martin	Kilmarnock	M45	M	09:48.50
4	114	Rob	McLennan	Garscube	M55	M	09:51.09
5	110	Chris	Upson	Cambuslang	M50	M	09:51.92
6	106	Marc	McColl	Shettleston	M35	M	09:53.04
7	118	Martin	Duthie	Calderglen	M50	M	09:53.40
8	111	Colin	Feechan	Cambuslang/Scottish Vets H	M55	M	10:00.20
9	113	Howard C	Elliott	Kirkintilloch	M45	M	10:02.55
10	105	Dave	Thom	Cambuslang	M50	M	10:03.14
11	108	Denis	Williams	Shettleston	M50	M	10:09.05
12	119	Derek T	Martin	Kirkintilloch	M45	M	10:10.37
13	112	Ted	Gourley	Giffnock North	M50	M	10:11.51
14	115	Bruce	Malcolm	Corstorphine	M50	M	10:30.23
15	117	David	Thomson	East Kilbride	SEN	M	10:40.37

3000M C Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	58	Adam	Scott	Fife	U17	M	08:51.92
2	53	Jake	Thomas	Livingston	U20	M	08:53.97
3	56	Aidan	Gilbride	East Kilbride/South Lanarkshire	U20	M	09:00.13
4	55	Sol	Sweeney	Perth Strathtay	U17	M	09:06.35
5	60	Christopher	Stewart	Giffnock North	U20	M	09:13.64
6	59	Callum	Reid	Edinburgh AC/Haddington East Lothian	SEN	M	09:15.80
7	54	Euan	Trout	Kilbarchan	U20	M	09:21.78

3000M A Race

Pos	No	Name	Club	Club	Cat	M/F	Time
1	24	Sean	Fontana	Victoria Park City of Glasgow/Glasgow City/Glasgow	SEN	M	08:18.96
2	22	Howell	Craske	Dundee Uni/Corstorphine	SEN	M	08:22.54
3	30	Myles	Edwards	Aberdeen/Thames Valley	SEN	M	08:23.10
4	32	Dermot	Cummins	West Waterford/Corstorphine/Ireland	SEN	M	08:23.52
5	34	Murray	Strain	Hunters Bog Trotters/Edinburgh Uni	SEN	M	08:28.16

6	25	Gavin	McArdle	Kilbarchan	U20	M	08:30.62
7	27	Kyle	McLellan	Cambuslang/Edinburgh Uni/Falkirk	SEN	M	08:34.40
8	23	Craig	Ruddy	Inverclyde/Belgrave	SEN	M	08:40.14
9	35	Adam	Craig	Edinburgh AC	U23	M	08:40.91
10	26	Josh	Kerr	Edinburgh AC	U20	M	09:11.76

National 3000m Indoors Championships 3 January 2015

Pos	No	Time	Runner	Club	M/F	Cat	Rank
1	24	08:18:96	Sean Fontana	Victoria Park City of Glasgow/Glasgow City/Glasgow Uni	M	SEN	1
2	22	08:22:54	Howell Craske	Dundee Uni/Corstorphine	M	SEN	2
3	30	08:23:10	Myles Edwards	Aberdeen/Thames Valley	M	SEN	3
4	32	08:23:52	Dermot Cummins	West Waterford/Corstorphine/Ireland	M	SEN	4
5	34	08:28:16	Murray Strain	Hunters Bog Trotters/Edinburgh Uni	M	SEN	5
6	25	08:30:62	Gavin McArdle	Kilbarchan	M	U20	1
7	27	08:34:40	Kyle McLellan	Cambuslang/Edinburgh Uni/Falkirk	M	SEN	6
8	49	08:39:61	Calum McKenzie	Corstorphine/Aberdeen Uni	M	SEN	7
9	23	08:40:14	Craig Ruddy	Inverclyde/Belgrave	M	SEN	8
10	35	08:40:91	Adam Craig	Edinburgh AC	M	U23	1
11	37	08:42:46	Craig Jardine	Victoria Park City of Glasgow	M	U20	2
12	36	08:47:09	Euan Campbell	Unattached	M	U20	3
13	43	08:48:73	Patryk Gierjatowicz	Hunters Bog Trotters/Poland	M	SEN	9
14	46	08:51:75	Laura Muir	Dundee Hawkhill/Glasgow Uni	W	U23	2
15	58	08:51:92	Adam Scott	Fife	M	U17	1
16	42	08:53:40	Gordon Robertson	Cambuslang	M	SEN	10
17	53	08:53:97	Jake Thomas	Livingston	M	U20	4
18	65	08:55:77	Luke Foss	Law	M	U20	5
19	56	09:00:13	Aidan Gilbride	East Kilbride/South Lanarkshire	M	U20	6
20	48	09:05:46	Jonathan Currie	Tynedale	M	U20	7
21	74	09:06:15	Guy Bracken	North Shields Poly/VAA North East	M	M50	1
22	55	09:06:35	Sol Sweeney	Perth Strathtay	M	U17	2
23	47	09:07:12	Josephine Moultrie	Victoria Park City of Glasgow/New Mexico Uni	W	SEN	11
24	71	09:07:84	Alastair Thurlbeck	Glasgow University Hares & Hounds	M	U23	3
25	38	09:09:77	Robert Gilroy	Cambuslang/Scottish Vets H	M	M35	1
26	67	09:10:15	Shaun Lyon	Greenock Glenpark	M	SEN	12
27	77	09:10:94	Stephen Allen	Law/Scottish Vets H	M	M45	1
28	73	09:11:23	Gordon Barrie	Dundee Hawkhill/Bedford & County	M	M40	1
29	76	09:11:49	Stuart Campbell	Corstorphine	M	M45	2
30	26	09:11:76	Josh Kerr	Edinburgh AC	M	U20	8
31	82	09:13:12	Jamie Reid	Cambuslang	M	M40	2
32	60	09:13:64	Christopher Stewart	Giffnock North	M	U20	9
33	78	09:14:82	Kenny Campbell	Campbeltown RC	M	M35	2
34	59	09:15:80	Callum Reid	Edinburgh AC/Haddington East Lothian	M	SEN	13
35	72	09:17:07	Jamie Clements	East Kilbride	M	SEN	14
36	75	09:17:49	Ian Johnston	Shettleston/Scottish Vets H	M	M45	3
37	51	09:18:93	Michael Houston	Inverclyde/Falkirk	M	U23	4
38	81	09:19:69	Stephen Wylie	Cambuslang/Girvan	M	M40	3
39	68	09:20:73	Christopher Russell	Giffnock North/St. Andrews Uni	M	U23	5
40	54	09:21:78	Euan Trout	Kilbarchan	M	U20	10
41	62	09:21:91	Peter Cameron	Edinburgh AC/Cambridge Uni	M	U23	6
42	92	09:23:92	James Donald	Dundee Hawkhill	M	U17	3
43	69	09:27:10	Craig Reid	Bellahouston RR	M	SEN	15
44	93	09:27:34	Laura Dunn	Edinburgh AC	W	SEN	16
45	64	09:28:05	Ben Potrykus	Pitreavie	M	U20	11
46	70	09:29:55	Cameron Richardson	Cumbernauld	M	U20	12
47	83	09:34:94	Stephen Allan	Kirkintilloch	M	M40	4
48	94	09:37:16	Kathryn Gillespie	Central/Team West	W	U20	13
49	63	09:37:42	Oliver Watson-Sweeney	Giffnock North	M	U17	4
50	96	09:37:63	Andrew MacAngus	Kilbarchan	M	U15	1

51	85	09:38:21	Darran Muir	Law	M	M35	3
52	89	09:40:23	John Law	GSOS	M	U17	5
53	66	09:41:63	Adam Pratt	Tynedale	M	SEN	17
54	98	09:42:89	Andy Buchanan	Calderglen	M	SEN	18
55	103	09:43:56	David Tamburini	Greenock Glenpark	M	M40	5
56	109	09:45:79	John Thomson	Fife/Scottish Vets H	M	M55	1
57	99	09:48:49	Matthew Tonner	Dundee Hawkhill	M	U17	6
58	116	09:48:50	Scott Martin	Kilmarnock	M	M45	4
59	90	09:51:01	Brian Robertson	Shettleston	M	SEN	19
60	114	09:51:09	Rob McLennan	Garscube	M	M55	2
61	110	09:51:92	Chris Upson	Cambuslang	M	M50	2
62	106	09:53:04	Marc McColl	Shettleston	M	M35	4
63	118	09:53:40	Martin Duthie	Calderglen	M	M50	3
64	123	09:53:59	Annabel Simpson	Fife/Kingdom Athletics	W	U20	14
65	100	09:53:70	Lewis Ross	Ayr Seaforth	M	U17	7
66	125	09:55:55	Erin Wallace	Giffnock North	W	U17	8
67	102	09:55:84	Jenny Bannerman	Inverness	W	SEN	20
68	84	09:56:26	Stephen Smith	Preston/Northern Vets	M	M55	3
69	139	09:57:53	Hamish Armitt	Giffnock North	M	U15	2
70	111	10:00:20	Colin Feechan	Cambuslang/Scottish Vets H	M	M55	4
71	138	10:02:12	Jamie Burns	Shettleston	M	U15	3
72	151	10:02:18	Michael Swinton	Edinburgh AC	M	U17	9
73	97	10:02:32	Lewis Priest	Victoria Park City of Glasgow	M	U17	10
74	113	10:02:55	Howard C Elliott	Kirkintilloch	M	M45	5
75	105	10:03:14	Dave Thom	Cambuslang	M	M50	4
76	91	10:03:42	Anthony Addison	Corstorphine	M	U17	11
77	87	10:04:12	Iain Burns	Bellahouston RR	M	M35	5
78	101	10:08:55	Aiden Cameron	Central	M	U20	15
79	132	10:08:68	Carla Molinaro	Bellahouston RR	W	SEN	21
80	108	10:09:05	Denis Williams	Shettleston	M	M50	5
81	119	10:10:37	Derek T Martin	Kirkintilloch	M	M45	6
82	112	10:11:51	Ted Gourley	Giffnock North	M	M50	6
83	137	10:12:35	Kate Gallagher	Central	W	U17	12
84	149	10:13:01	David Scott	Kirkintilloch	M	SEN	22
85	140	10:14:98	Scott Sprang	Ayr Seaforth	M	U15	4
86	124	10:18:73	Laura Stark	Kilbarchan	W	U17	13
87	141	10:21:31	Elliot Duff	Garscube	M	U15	5
88	142	10:22:89	Stephen Addison	Corstorphine	M	U15	6
89	150	10:27:33	David Mackintosh	Kilbarchan	M	SEN	23
90	115	10:30:23	Bruce Malcolm	Corstorphine	M	M50	7
91	161	10:32:12	Gavin McWhinnie	Fife	M	U15	7
92	128	10:34:79	Shannon McLellan	Shettleston/Strathclyde Uni	W	U23	7
93	162	10:35:68	Iain McWhinnie	Fife	M	U15	8
94	168	10:37:04	David Dickson	Garscube/Westerlands	M	M55	5
95	130	10:38:50	Sarah Dempsey	Kilbarchan	W	U20	16
96	117	10:40:37	David Thomson	East Kilbride	M	SEN	24
97	121	10:43:29	Sarah Laverty	Glasgow University Hares & Hounds	W	U20	17
98	155	10:43:80	Colin Frame	Unattached	M	SEN	25
99	170	10:45:57	Melissa Wylie	Dumbarton	W	W45	1
100	156	10:46:16	Jack Bell	Giffnock North	M	U15	9
101	144	10:47:86	Jack Cuthbertson	Garscube/Unattached	M	U15	10
102	152	10:49:78	Craig Johnston	Falkirk	M	M45	7

103	131	10:50:07	Steph Lawrie	Edinburgh Uni/Victoria Park City of Glasgow	W	SEN	26
104	126	10:50:96	Rhian Dawes	Victoria Park City of Glasgow/McNeese State Uni	W	SEN	27
105	154	10:55:87	Sammy Hearl	Inverclyde	M	U17	14
106	134	10:57:29	Emily Strathdee	Edinburgh AC	W	U20	18
107	166	10:58:06	Andrew Law	Victoria Park City of Glasgow	M	M55	6
108	159	10:58:21	Chris Creegan	Edinburgh AC	M	M50	8
109	198	10:59:51	Heather Barnes	Giffnock North	W	U15	11
110	176	11:00:59	Emily Crusher	Giffnock North	W	U15	12
111	157	11:03:26	Peter Laing	Ayr Seaforth	M	M50	9
112	133	11:06:20	Ailsa Cruickshanks	Anster Haddies/Fife	W	U20	19
113	169	11:06:28	David Lockhart	Bellahouston RR/Unattached	M	M35	6
114	173	11:12:23	Arianne Ross	Inverness	W	U20	20
115	181	11:17:22	Lynn Mckenna	Giffnock North	W	U15	13
116	179	11:19:21	Lori Agnew	Giffnock North/Glasgow Sch of Sport	W	U17	15
117	174	11:22:18	Claire McArthur	Hamilton/Scottish Vets H	W	W35	1
118	182	11:23:07	Karen Dobbie	Edinburgh AC	W	W45	2
119	158	11:23:72	Laurence Baker	Ayr Seaforth	M	M55	7
120	178	11:28:21	Cath Ferry	Edinburgh AC	W	W40	1
121	163	11:29:22	Ian Johnstone	Inverness	M	M60	1
122	189	11:31:15	Sofia Kirkpatrick	Giffnock North	W	U15	14
123	180	11:35:05	Annemarie McCaffrey	Unattached	W	W45	3
124	188	11:35:68	Barnie Gough	Cambuslang	M	M60	2
125	183	11:43:22	Neve Littlejohn	GSOS	W	U17	16
126	185	11:49:96	Kenneth Hislop	Central/Durham Uni	M	SEN	28
127	193	11:59:30	Pete Cartwright	Clydesdale/Scottish Vets H	M	M70	1
128	175	12:05:40	Madeline Robinson	Helensburgh	W	U23	8
129	199	12:08:18	Abbigail McInnes	GSOS	W	U20	21
130	187	12:09:85	Andrew Robertson	Giffnock North	M	U15	15
131	194	12:10:49	Bobby Young	Clydesdale/Scottish Vets H	M	M70	2
132	190	12:13:22	Charlotte Mckenna	Giffnock North	W	U15	16
133	196	12:21:02	Zoe Joy Jamieson	Giffnock North	W	U15	17
134	177	12:25:29	Melissa Robinson	Helensburgh	W	U17	17
135	191	12:25:59	Sharyn Ramage	Edinburgh AC/Scottish Vets H	W	W50	1
136	195	12:56:90	David Cooney	Cambuslang	M	M65	1
137	202	13:23:59	Phyllis Hands	Motherwell/Scottish Vets H	W	W55	1

scottishathletics 3000m championships (Male)

Cat	Rank	Time	Overall	No	Runner	Club
SEN	1	08:18:96	1	24	Sean Fontana	Victoria Park City of Glasgow/Glasgow City/G
SEN	2	08:22:54	2	22	Howell Craske	Dundee Uni/Corstorphine
SEN	3	08:23:10	3	30	Myles Edwards	Aberdeen/Thames Valley
U17	1	08:51:92	15	58	Adam Scott	Fife
U17	2	09:06:35	22	55	Sol Sweeney	Perth Strathtay
U17	3	09:23:92	42	92	James Donald	Dundee Hawkhill
U20	1	08:30:62	6	25	Gavin McArdle	Kilbarchan
U20	2	08:42:46	11	37	Craig Jardine	Victoria Park City of Glasgow
U20	3	08:47:09	12	36	Euan Campbell	Unattached
M35	1	09:09:77	25	38	Robert Gilroy	Cambuslang/Scottish Vets H
M35	2	09:14:82	33	78	Kenny Campbell	Campbeltown RC
M35	3	09:38:21	51	85	Darran Muir	Law
M40	1	09:11:23	28	73	Gordon Barrie	Dundee Hawkhill/Bedford & County
M40	2	09:13:12	31	82	Jamie Reid	Cambuslang
M40	3	09:19:69	38	81	Stephen Wylie	Cambuslang/Girvan
M45	1	09:10:94	27	77	Stephen Allen	Law/Scottish Vets H
M45	2	09:11:49	29	76	Stuart Campbell	Corstorphine
M45	3	09:17:49	36	75	Ian Johnston	Shettleston/Scottish Vets H
M50	1	09:06:15	21	74	Guy Bracken	North Shields Poly/VAA North East
M50	2	09:51:92	61	110	Chris Upson	Cambuslang
M50	3	09:53:40	63	118	Martin Duthie	Calderglen
M55	1	09:45:79	56	109	John Thomson	Fife/Scottish Vets H
M55	2	09:51:09	60	114	Rob McLennan	Garscube
M55	3	09:56:26	68	84	Stephen Smith	Preston/Northern Vets
M60	1	11:29:22	121	163	Ian Johnstone	Inverness
M60	2	11:35:68	124	188	Barnie Gough	Cambuslang
M65	1	12:56:90	136	195	David Cooney	Cambuslang
M70	1	11:59:30	127	193	Pete Cartwright	Clydesdale/Scottish Vets H
M70	2	12:10:49	131	194	Bobby Young	Clydesdale/Scottish Vets H

scottishathletics 3000m championships (Female)

Cat	Rank	Time	Overall	No	Runner	Club
U23	1	08:51:75	14	46	Laura Muir	Dundee Hawkhill/Glasgow Uni
SEN	2	09:07:12	23	47	Josephine Moultrie	Victoria Park City of Glasgow/New Mexico Uni
SEN	3	09:27:34	44	93	Laura Dunn	Edinburgh AC
U17	1	09:55:55	66	125	Erin Wallace	Giffnock North
U17	2	10:12:35	83	137	Kate Gallagher	Central
U17	3	10:18:73	86	124	Laura Stark	Kilbarchan
U20	1	09:37:16	48	94	Kathryn Gillespie	Central/Team West
U20	2	09:53:59	64	123	Annabel Simpson	Fife/Kingdom Athletics
U20	3	10:38:50	95	130	Sarah Dempsey	Kilbarchan
W35	1	11:22:18	117	174	Claire McArthur	Hamilton/Scottish Vets H
W40	1	11:28:21	120	178	Cath Ferry	Edinburgh AC
W45	1	10:45:57	99	170	Melissa Wylie	Dumbarton
W45	2	11:23:07	118	182	Karen Dobbie	Edinburgh AC
W45	3	11:35:05	123	180	Annemarie McCaffrey	Unattached
W50	1	12:25:59	135	191	Sharyn Ramage	Edinburgh AC/Scottish Vets H
W55	1	13:23:59	137	202	Phyllis Hands	Motherwell/Scottish Vets H