



# BMC Story



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## BMC / GAA Glasgow - 4 Jan - Results

Races: 14

Finishers: 130

PBs 80 (62%)

Power of Ten results: [Here](#)

### 600m Invitational A

1.	1	1:18.98	Ben	Greenwood	Perth
2.	3	1:21.39	Cameron	Steven	Lasswade AC
3.	2	1:21.99	Lea	Stephenson	Tynedale
4.	5	1:22.15	Sam	Brown	Edinburgh AC
5.	4	1:22.38	Callum	Drummond	Shettleston
6.	6	1:23.27	Donnie	McLeod	Stornoway

### 600m Invitational B

1.	11	1:32.48	Jill	Cherry	Victoria Park City of Gla
2.	10	1:32.50	Mhairi	Patience	Victoria Park City of Gla
3.	7	1:35.08	Kerry	MacAngus	Kilbarchan AAC
4.	8	1:38.81	Sarah	Eunson	Giffnock North

### 3000m Heat 1

1.	26	8:07.65	Kristian	Jones	Swansea
2.	14	8:11.65	James	Bowness	Trafford/Glasgow Caledoni
3.	28	8:12.09	Jonathan	Hopkins	Swansea
4.	15	8:18.86	Ryan	Thomson	Cambuslang/Strathclyde Un
5.	29	8:27.97	Robert	Bough	Edinburgh AC
6.	18	8:32.37	Euan	Campbell	Stornoway/White Star (Bel
7.	17	8:33.36	James	Donald	Dundee Hawkhill
8.	19	8:35.36	Adam	Scott	Fife
9.	22	8:41.64	Stephen	Mackay	Glasgow City/Inverness
10.	24	8:42.85	Stuart	Gibson	Cambuslang/Whitemoss

### 3000m Heat 2

1.	32	8:45.57	Elisha	De Mello	Rugby & Northampton
2.	40	8:47.33	Kevin	Campbell	Law
3.	33	8:47.49	Anthony	Addison	Corstorphine
4.	31	8:47.91	Ben	Potrykus	Pitreavie
5.	36	8:53.13	Jamie	MacKinnon	Victoria Park City of Gla
6.	43	8:58.30	Liam	Barnsby	Inverness
7.	35	8:58.86	Jake	Thomas	Livingston
8.	41	9:21.83	Adam	Pratt	Tynedale
9.	37	9:26.19	Alistair	Campbell	Glasgow City/Cambuslang

### 3000m Heat 3

1.	60	8:59.39	Laura	Muir	Dundee Hawkhill
2.	58	9:01.97	Kate	Maltby	Bristol and West
3.	59	9:11.38	Melissa	Courtney	Shaftesbury Barnet
4.	55	9:12.86	Kerry	O'Flaherty	Ireland

5.	57	9:17.19	Emma	Mitchell	Ireland
6.	50	9:28.19	Jemma	Reekie	Kilbarchan
7.	51	9:33.02	Erin	Wallace	Giffnock North
8.	56	9:42.65	Gemma	Kersey	Basildon
9.	53	9:45.48	Stephanie	Pennycook	Fife/Edinburgh AC

## 3000m Heat 4

1.	72	8:49.68	Gavin	Smith	Cambuslang
2.	78	8:57.33	Owen	Miller	Fife
3.	66	8:58.85	Andrew	MacAngus	Kilbarchan
4.	117	9:06.94	James	Adam	Pitreavie
5.	65	9:10.07	Drew	Pollock	Cambuslang
6.	80	9:18.91	Oliver	Watson-Sweeney	Giffnock
7.	68	9:30.26	Ross	Stephen	Cambuslang
8.	70	9:32.31	Stephen	Addison	Corstorphine
9.	73	9:41.95	Matthew	Mackinnon	Glasgow City
10.	76	9:42.23	Fraser	Logan	Belgrave

## 3000m Heat 5

1.	86	8:59.69	David	Henderson	Inverclyde
2.	85	9:02.63	Gordon	Robertson	Cambuslang
3.	82	9:02.65	Kerry-Liam	Wilson	Cambuslang
4.	81	9:04.33	Guy	Bracken	North Shield Poly
5.	88	9:15.15	Garry	Mathew	Garscube
6.	83	9:19.18	Robert	Gilroy	Cambuslang
7.	87	9:22.94	Gordon	Barrie	Dundee Hawkhill/Bedford &
8.	90	9:24.07	Darran	Muir	Law
9.	178	9:28.38	Stephen	Allen	Motherwell/Scottish Vets
10.	102	9:30.95	Mark	Gardner	Lancaster & Morecambe
11.	96	9:32.69	Michael	Healy	Unattached
12.	92	9:36.72	David	Tamburini	Inverclyde/Scottish Vets
13.	91	9:36.77	Tony	Golabek	Inverness
14.	97	9:45.89	Iain	Burns	Bellahouston RR
15.	100	9:45.98	Graeme	Paterson	Bellahouston RR
16.	101	9:47.79	Greig	Glendinning	Bellahouston RR
17.	95	10:05.70	Neil	Walker	Kilmarnock
18.	99	10:08.75	Gordon	Reid	Kilmarnock/Stubbington Gr

## 3000m Heat 6

1.	107	9:24.43	Craig	Reid	Bellahouston RR
2.	118	9:31.78	Andrew	Bonner	Giffnock North
3.	120	9:34.14	Iain	McWhinnie	Fife
4.	105	9:34.25	Keir	Howlieson	Central
5.	106	9:35.73	Graeme	Hyett	Inverclyde/Belgrave
6.	110	9:50.63	Alasdair	Macmillan	Garscube
7.	103	10:44.80	David	Addison	Corstorphine

## 3000m Heat 7

1.	124	9:34.62	Euan	Hood	Lasswade
2.	130	9:49.46	Aidan	McCaffrey	Kirkintilloch
3.	126	9:50.65	Marc	Bromwich	Bellahouston RR
4.	135	9:52.07	Ben	Shaw	Giffnock North
5.	132	9:54.05	Eloise	Walker	Edinburgh AC
6.	115	9:54.69	Robert	Lindsay	Kilmarnock

7.	131	9:58.51	Andrew	Robertson	Giffnock North
8.	136	10:10.72	Zoe	Bates	Edinburgh AC
9.	129	10:10.74	Heather	Barnes	Giffnock North
10.	121	10:32.80	Calum	Young	Giffnock North

## 3000m Heat 8

1.	154	9:48.33	Howard C	Elliott	Kirkintilloch
2.	145	9:53.02	Jason	Kane	Inverclyde
3.	140	9:54.07	Stephen	Brown	Unattached
4.	146	9:57.52	Ethan	Carolan	Giffnock North
5.	144	10:02.71	Chris	Upson	Cambuslang/Westerlands
6.	143	10:04.53	Gary	Mckendrick	Inverclyde
7.	150	10:07.74	Mark	Alexander	Kilmarnock
8.	147	10:08.33	Duncan	Ryan	Perth RR
9.	152	10:17.62	Rob	McLennan	Garscube
10.	139	10:20.54	Calum	Little	Cumbernauld
11.	148	10:21.44	Patrick	Gibbons	Garscube
12.	142	10:23.30	Rhian	Dawes	Victoria Park City of Gla
13.	149	10:42.47	Murray	Fotheringham	Giffnock North

## 3000m Heat 9

1.	157	10:01.66	Robert	Bartley	Kirkintilloch
2.	169	10:04.22	Lily-Jane	Evans-Haggerty	Victoria Park City of Gla
3.	159	10:12.33	Dylan	Elliott	Kirkintilloch
4.	170	10:12.47	Patrick	O'Kane	Strathearn
5.	161	10:14.27	Denis	Williams	Shettleston
6.	160	10:14.57	Ryan	Donald	Dundee Hawkhill
7.	168	10:15.43	Jessica	MacLeod	Costorphine
8.	156	10:16.86	Luke	Chamberlain	Giffnock North
9.	164	10:17.81	Ted	Gourley	Giffnock North
10.	163	10:21.52	Fiona	Matheson	Falkirk/Scottish Vets H
11.	158	10:35.46	Kate	Richardson	Giffnock North
12.	166	10:36.62	Martyn	Glancy	Kirkintilloch
13.	165	10:44.10	Emily	Crusher	Giffnock North
14.	171	10:48.20	Connell	Drummond	Kilmarnock
15.	162	11:01.34	Blayne	Wright	Victoria Park City of Gla

## 3000m Heat 10

1.	174	10:28.45	David	Sawyer	Giffnock North
2.	173	10:35.04	Sean	Casey	Kirkintilloch
3.	188	10:36.36	Laura	Ferguson	Glasgow School of Sport
4.	176	10:47.06	Callum	Byrne	Victoria Park City of Gla
5.	179	10:53.36	Claire	Thompson	Victoria Park City of Gla
6.	180	10:55.61	David	Auchie	Ayrodynamic Runners/Kilma
7.	183	10:58.34	John	Tougher	Kilmarnock
8.	182	11:04.33	Lauren	Mcculloch	Central/East Sutherland
9.	184	11:10.24	Jacqueline	Etherington	Tyne Bridge/Scottish Vets
10.	181	11:41.81	Peter	Laing	Ayr Seaforth/Scottish Vet

## 3000m Heat 11

1.	190	11:06.25	Aimee	Anderson	Glasgow School of Sport
2.	194	11:10.24	Emma	Chamberlain	Giffnock North
3.	192	11:28.14	Julie	Wilson	Inverness
4.	187	11:51.51	Niamh	Riggins	Cambuslang

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|----|-----|----------|-----------|--------|--------------|
| 5. | 198 | 11:52.97 | Catherine | Ferry  | Edinburgh AC |
| 6. | 196 | 12:44.90 | Sharon    | Ramage | Edinburgh AC |
| 7. | 193 | 13:15.61 | Phyllis   | Hands  | Motherwell   |
| 8. | 197 | 13:35.33 | David     | Cooney | Cambuslang   |

5000m Heat 1

- |    |    |          |       |      |                 |
|----|----|----------|-------|------|-----------------|
| 1. | 60 | 14:49.12 | Laura | Muir | Dundee Hawkhill |
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