

Glasgow – 30th July – Results

Races: 14

Finishers: 179

PBs: 105 (59%)

Power of Ten results: [Here](#)

1500m – R1 (20:40)

Posn	Vest No.	Leg No.	Time	Name	Club
1	1	1	03:46.76	Ben Greenwood (sen M)	Perth Strathtay
2	17	17	03:47.00	Joe Ewing (u20 M)	Edinburgh Ac
3	15	15	03:47.02	Ben Potrykus (sen M)	Woodford Green Essex Ladies
4	16	16	03:47.37	Kane Elliott (u20 M)	Falkirk Victoria Harriers
5	13	13	03:50.94	Daniel Bradford (sen M)	Shettleston
6	4	4	03:52.22	Michael Ferguson (sen M)	Aberdeen / Aberdeen Uni / Banchory
7	11	11	03:52.61	Peter Cameron (sen M)	Edinburgh Ac / Cambridge Uni
8	6	6	03:53.34	Luke Davidson (u20 M)	Inverness
9	14	14	03:53.71	Myles Edwards (sen M)	Aberdeen AAC
10	8	8	03:54.00	Jamie Mackinnon (u23 M)	Cambuslang
11	10	10	03:54.05	Sam Brown (u23 M)	Edinburgh Ac / Edinburgh Uni
12	12	12	03:54.17	Alasdair Mcmonagle (u20 M)	Cumbernauld / Red Star
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1500m – R2 (21:28)

Posn	Vest No.	Leg No.	Time	Name	Club
1	27	10	03:53.63	Ben Sandilands (u20 M)	Fife
2	19	2	03:53.91	Christopher Mclewis (u23 M)	Cambuslang

3	22	5	03:55.95	Peter Bradshaw (u20 M)	Inverclyde
4	26	9	03:56.14	Lewis Hannigan (u20 M)	Kilbarchan
5	30	13	03:56.51	Kai Crawford (u17 M)	Aberdeen
6	23	6	03:56.76	Michael Cameron (sen M)	Thames Valley / Durham Uni
7	20	3	03:58.17	Andrew Thomson (u20 M)	Ph Racing
8	24	7	03:58.65	Cameron Deverill (u17 M)	Giffnock North
9	28	11	03:59.10	Reuben Macdonald (u17 M)	Giffnock North
10	21	4	04:02.62	Andrew McGill (u20 M)	Livingston

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1500m – R3 (21:20)

Posn	Vest No.	Leg No.	Time	Name	Club
1	40	10	04:04.30	Magnus Ashworth (u20 M)	Perth Strathtay
2	38	8	04:04.91	Harris Pentecost (u23 M)	Falkirk
3	43	13	04:09.27	Logan Beagley (u17 M)	Livingston
4	39	9	04:10.44	Conor Gourley (u20 M)	Pitreavie
5	41	11	04:12.92	Ross O'brien (u20 M)	Giffnock North
6	42	12	04:19.46	Malcolm Mclure (u20 M)	Fife

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1500m – R4 (21:12)

Posn	Vest No.	Leg No.	Time	Name	Club
1	48	5	04:01.35	James Adam (u23 M)	Ph Racing Club
2	44	1	04:01.86	Fraser Gilmour (u17 M)	Victoria Park City Of Glasgow
3	52	9	04:02.09	Andrew Brown (v40 M)	Dunbar Harriers
4	50	7	04:02.35	Finlay Alexander Ross-davie (u20 M)	Garscube Harriers
5	51	8	04:02.76	Tendai Nyabadza (u17 M)	Harmeny
6	55	12	04:03.81	Kieran Pugh (sen M)	Strathclyde Uni / Law
7	45	2	04:04.11	Sam Lesley (sen M)	Guernsey
8	54	11	04:09.54	Hamish McKay (u17 M)	Aberdeen

8	34	11	04:09.34	Hamish McKay (u17 M)	Aberdeen
9	46	3	04:10.50	Stewart Millar (u23 M)	Aberdeen / Glasgow Uni
10	57	14	04:10.70	Andrew Taylor (sen M)	Edinburgh Ac / St. Andrews Uni
11	53	10	04:14.18	Ethan Mccolgan (u20 M)	Dundee Hawkhill
12	59	16	04:15.11	Kathryn Gillespie (sen W)	Central Ac
13	58	15	04:15.78	Alasdair Wallace (u17 M)	Harmeny
14	49	6	04:19.14	Rhys Crawford (u15 M)	Aberdeen

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1500m – R5 (20:48)

Posn	Vest No.	Leg No.	Time	Name	Club
1	75	15	04:18.01	Aiden Page (u17 M)	Team East Lothian
2	61	1	04:18.85	Sam Fernando (sen M)	Fife
3	65	5	04:19.57	Sarah Tait (u23 W)	Lasswade / Stirling Uni
4	66	6	04:22.83	Stephen Allen (v50 M)	Cumbernauld
5	69	9	04:22.99	Olivia Vareille (u23 W)	Falkirk / Edinburgh Uni
6	73	13	04:23.56	Hannah Cameron (sen W)	Edinburgh Ac / Aberdeen
7	70	10	04:24.34	Ruairidh Williams (u17 M)	Corstorphine
8	62	2	04:26.59	Theo Phillips Smith (u20 M)	Corstorphine
9	71	11	04:28.97	Allan Cameron (v45 M)	Cumbernauld
10	74	14	04:29.92	Zoe Bates (sen W)	Aberdeen / Aberdeen Uni
11	67	7	04:43.10	Louis O'hare (u20 M)	Kirkintilloch / Cumbernauld

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1500m – R6 (20:56)

Posn	Vest No.	Leg No.	Time	Name	Club
1	78	3	04:19.29	Sarah Calvert (u23 W)	Livingston / Edinburgh Uni Hare &
2	86	11	04:21.61	James Macleod (v40 M)	Garscube
3	83	8	04:21.87	Craig Shennan (u15 M)	Giffnock North
4	80	5	04:24.44	Beth Ansell (sen W)	City Of Sheffield

5	79	4	04:25.35	Luke Culliton (u15 M)	Falkirk
6	85	10	04:27.48	Sarah Coutts (u20 W)	Fife
7	91	16	04:29.06	Cormac O'hara (u23 M)	Red Star
8	77	2	04:29.96	Stephen Brown (v40 M)	West End Rr / Scottish Vets H
9	87	12	04:31.05	John Coyle (v45 M)	Garscube / Scottish Vets H
10	84	9	04:31.50	David Woods (u17 M)	Shettleston
11	99	17	04:31.80	Louisa Brown (u17 W)	Garscube
12	81	6	04:32.84	Joseph Fitzgibbon (sen M)	Garscube
13	76	1	04:34.17	Hannah Addison (sen W)	Corstorphine / Aberdeen Uni
14	88	13	04:38.16	Anna Hedley (u20 W)	Fife
15	68	19	04:40.63	Matthew Stewart (u20 M)	Cumbernauld / Glasgow Sch Of Spor
16	90	15	04:40.70	Georgia Ledingham (u20 W)	Corstorphine

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1500m – R7 (21:04)

Posn	Vest No.	Leg No.	Time	Name	Club
1	92	1	04:25.36	Ryan Donnelly (u23 M)	Cambuslang
2	100	9	04:28.03	Kieran Fulton (u15 M)	Moorfoot Runners
3	101	10	04:28.03	Jamie Flaherty (sen M)	Garscube
4	97	6	04:29.38	Katie Lowery (u23 W)	Warrington Ac / Edinburgh Uni
5	105	14	04:30.54	Crawford Smith (u17 M)	Kirkintilloch
6	104	13	04:31.38	Hannah Ryding (u17 W)	Giffnock North
7	93	2	04:31.99	Nynke Mulholland (sen W)	Inverclyde Ac
8	108	17	04:32.91	Mark Gallacher (v50 M)	Cambuslang
9	98	7	04:33.33	Kirsty Purcell (u20 W)	Aberdeen
10	95	4	04:35.69	Holly Little (u23 W)	Victoria Park City Of Glasgow / Q
11	103	12	04:36.57	Emily Strathdee (sen W)	Edinburgh Ac
12	109	18	04:36.67	Caitlin Purcell (u20 W)	Aberdeen
13	106	15	04:37.48	Matthew Holden (u15 M)	Harmeny

14 81 2 04:38.12 David Mulholland (u17 M) L

14	94	3	04:38.49	Ryan Kellock (u15 M)	Law
15	96	5	04:45.61	Daniel Lowe (sen M)	Shettleston
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1500m – R8 (20:32)

Posn	Vest No.	Leg No.	Time	Name	Club
1	111	2	04:41.36	Paul Forbes (v60 M)	Edinburgh Ac
2	131	18	04:42.06	Emily Mcnicol (u23 W)	Law / Strathclyde Uni
3	114	5	04:42.14	Paul Mcmonagle (v50 M)	Cumbernauld
4	113	4	04:42.96	Kirstian Macaulay (sen W)	Corstorphine
5	117	8	04:42.99	Maja Thomson (u17 W)	Team East Lothian
6	116	7	04:43.52	Matthew Fox (u15 M)	Shettleston
7	122	13	04:43.54	Erin Macfarlane (u17 W)	Pitreavie
8	119	10	04:45.45	Olivia Clarke (u17 W)	Corstorphine
9	115	6	04:47.02	Anna Cairns (u17 W)	Inverness
10	121	12	04:48.10	Craig Johnston (v50 M)	Falkirk
11	125	16	04:50.33	Caitlyn Christie (u17 W)	Falkirk
12	110	1	04:50.64	Anise Macaulay Orr (u17 W)	Edinburgh Ac
13	123	14	04:55.09	Cameron Johnston (u17 M)	Pitreavie
14	112	3	04:57.09	Laura Haggarty (v35 W)	Kilmarnock Harriers
15	118	9	05:03.37	Katie Christie (u17 W)	Falkirk
16	124	15	05:05.91	Grace Macdonald (u17 W)	Inverness
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1500m – R9 (20:24)

Posn	Vest No.	Leg No.	Time	Name	Club
1	132	7	04:44.34	Luke Tervit (u17 M)	Cumbernauld
2	134	9	04:50.60	Andrew Grant (u15 M)	Strathearn
3	128	3	04:51.49	Jamie Davidson (u17 M)	Giffnock North
4	133	8	04:51.97	Rachel Murray (u17 W)	Stornoway
5	126	1	04:55.54	Adam Clifford (u15 M)	Shettleston Harriers

6	136	11	04:56.45	Sam Mccarthy (u15 M)	Cambuslang
7	135	10	04:56.60	Emma Johnson (u20 W)	Corstorphine
8	129	4	04:56.90	Jack Anderson Donald (u17 M)	Dundee Hawkhill
9	130	5	04:57.30	Millie Mcclelland-brooks (u15 W)	Banchory Stonehaven
10	139	14	05:02.81	Ryan Snitjer (u17 M)	Corstorphine
11	137	12	05:07.61	Ruby McGill (u17 W)	Greenock Glenpark
12	140	15	05:11.04	Ruth Walsh (u15 W)	Giffnock North

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1500m – R10 (20:16)

Posn	Vest No.	Leg No.	Time	Name	Club
1	152	11	04:57.51	Katie Sandilands (u15 W)	Fife
2	144	3	04:58.09	Megan Mckay (u15 W)	Edinburgh Ac
3	151	10	04:59.04	Dashka Macdonald (u15 W)	Edinburgh Ac
4	143	2	05:03.51	Zara Redmond (u15 W)	Kilbarchan
5	146	5	05:03.90	Russell (u17w) Ruby	Fife
6	155	14	05:04.19	Charlotte Macphie (u15 W)	Corstorphine
7	150	9	05:05.35	Kieran Hardie (u15 M)	Harmeny
8	154	13	05:10.33	Katie Woods (u15 W)	Shettleston
9	149	8	05:11.66	Emma Mclennan (u17 W)	Giffnock North
10	156	15	05:12.36	Darren Carruthers (u23 M)	Red Star
11	157	16	05:15.77	Kayla Dinnin (u15 W)	Nithsdale
12	153	12	05:16.52	Tuscany Wright (u17 W)	Giffnock North
13	158	17	05:21.67	Katie Kilpatrick (u17 W)	Nithsdale
14	145	4	05:25.88	Kate Paul (u17 W)	Giffnock North
15	160	19	05:47.00	Hazel O'donoghue (u15 W)	Giffnock North
16	159	18	06:02.53	Emma Livingstone (u20 W)	East Kilbride

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1500m F/R – R11 (20:06)

Vest Leg

Posn	Vest No.	Leg No.	Time	Name	Club
1	163	1	06:14.26	Kayleigh Haggo Rr2 (u23 W)	Red Star
2	165	3	08:30.50	Harris Menshawi (sen M)	Red Star
3	164	2	08:47.06	Lauren Gallagher Rr3 (sen W)	Red Star:
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1500m W/C – R12 (20:00)

Posn	Vest No.	Leg No.	Time	Name	Club
1	168	6	03:42.31	Sean Frame T54 (sen M)	Red Star
2	167	5	03:59.57	Luke Deighan T54 (u23 M)	Red Star
3	166	4	03:59.89	Kyle Brotherton T54 (u23 M)	Red Star
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5000m – R1 (19:40)

Posn	Vest No.	Leg No.	Time	Name	Club
1	802	2	14:07.31	Jamie Crowe (sen M)	Central / Woodford Green Essex La
2	806	6	14:18.67	Ryan Thomson (sen M)	Cambuslang
3	805	5	14:26.45	Ben Macmillan (u23 M)	Central
4	804	4	14:26.47	Alastair Hay (v35 M)	Central
5	809	9	14:32.58	Hamish Hickey (u23 M)	Central / Stirling Uni
6	814	14	14:35.83	Elisha De Mello (u23 M)	Rugby & Northhampton
7	810	10	14:40.10	Christian Graham (u23 M)	Lasswade / Dundee Uni
8	813	13	14:44.39	Callum Tharme (u23 M)	Gala / Edinburgh Uni
9	803	3	14:46.66	Jonathan Glen (sen M)	Inverclyde / Glasgow City
10	817	17	14:49.01	Owen Miller (sen M)	Fife
11	815	15	14:57.07	Lewis Rodgers (sen M)	Fife
12	807	7	15:08.72	Gavin Smith (u23 M)	Cambuslang
13	816	16	15:11.23	Darrell Hastie (v35 M)	Gala
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5000m – R2 (19:20)

Posn	Vest No.	Leg No.	Time	Name	Club
1	830	10	14:57.08	Samuel Leitch (sen M)	Worthing
2	823	3	14:57.61	Gregor Malcolm (u23 M)	Fife / Edinburgh Uni Hare & Hound
3	825	5	14:57.79	Mark Doherty (v35 M)	Inverclyde
4	821	1	14:58.20	Harry Henriksen (u20 M)	Lasswade
5	826	6	15:14.32	Michael Christoforou (sen M)	Cambuslang
6	822	2	15:18.41	Ryan Donald (u20 M)	Dundee Hawkhill
7	831	11	15:21.68	Craig Morris (u23 M)	Fife / Napier Uni
8	827	7	15:24.60	Calum Phillip (u23 M)	Central / Stirling Uni
9	832	12	15:30.45	Aaron Odentz (u23 M)	Aberdeen / Aberdeen Uni
10	824	4	15:41.34	Matthew Sutherland (sen M)	Central / Edinburgh Uni
11	833	13	15:49.61	David Wright (sen M)	Lothian
12	835	15	16:00.04	Cameron Fordyce (u20 M)	Corstorphine
13	838	18	16:06.42	Andrew Johnstone (sen M)	Inverness / Edinburgh Uni Hare &
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5000m – R3 (18:55)

Posn	Vest No.	Leg No.	Time	Name	Club
1	850	11	15:48.61	Annabel Simpson (sen W)	Fife / Glasgow Uni
2	842	3	16:08.88	Megan Keith (u20 W)	Inverness Harriers
3	852	13	16:19.79	Fearghas Thomson (sen M)	Aberdeen / Aberdeen Uni
4	849	10	16:23.40	Robbie Anderson (u20 M)	Team East Lothian
5	846	7	16:24.55	Matthew Dailey (u23 M)	Jsk Running Club / Edinburgh Uni
6	847	8	16:29.11	Calum Oates (sen M)	Shettleston
7	844	5	16:36.71	Finlay Finlay (v40 M)	Garscube
8	856	17	16:46.07	Neil Lafferty (v40 M)	Glenpark Harriers
9	840	1	16:57.71	James Grant (u20 M)	Perth Strathtay
10	853	14	17:08.95	Ross Mckelvie (sen M)	Preston
11	848	4	17:22.22	Oliver Bell (sen M)	Shettleston

11	843	4	17:23.80	Oliver Reilly (sen M)	Glenpark Harriers
12	855	16	17:31.53	Chris Mooney (sen M)	Glenpark Harriers
13	854	15	17:44.92	Stuart Hillis (sen M)	Central

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5000m – R4 (18:30)

Posn	Vest No.	Leg No.	Time	Name	Club
1	857	1	16:54.22	Paul Friend (v40 M)	Inverclyde
2	860	4	16:58.18	Colin Soppitt (u20 M)	Corstorphine
3	861	5	17:18.74	Adam Peters (sen M)	Shettleston / Glasgow Uni
4	862	6	17:36.50	Mark King (v50 M)	Cambuslang
5	858	2	17:36.55	Constance Nankivell (u23 W)	Edinburgh University
6	866	10	17:49.09	Stephen Hanley (sen M)	Glenpark Harriers
7	869	13	17:57.91	John Brogan (v45 M)	Airdrie Harriers
8	859	3	18:03.84	Carter Taylor (sen M)	Fife
9	872	16	18:14.80	Sean Casey (v50 M)	Cumbernauld
10	873	17	19:56.05	Aimee Anderson (u20 W)	Inverclyde Ac
11	875	19	20:10.88	Cliona Diamond (was Ferguson) (sen W)	Central / Glasgow Caledonian Uni
12	874	18	20:17.36	Julia Johnstone (v50 W)	Gala