

		5000m		Heat 1			
;POSS	RESULT	NAME		CLUB		GENDER	AGE
1	14.10.76	Ben	MacMillan	Central/Stirling Uni		M	U23
2	14.16.32	Scott	Stirling	Falkirk		M	SEN
3	14.16.70	Jonathan	Glen	Inverclyde/Glasgow City		M	SEN
4	14.30.33	Sean	Chalmers	Inverness/West of Scotland Uni		M	SEN
5	14.35.26	Alastair	Hay	Central		M	V35
6	14.36.37	John	Bell	Inverclyde		M	SEN
7	14.42.52	Callum	Tharme	Gala/Edinburgh Uni		M	U23
8	14.44.79	Daryl	Reid	East Kilbride		M	SEN
9	14.46.41	Lewis	Rodgers	Fife		M	SEN
10	14.49.19	Hamish	Hickey	Central/Stirling Uni		M	U23
11	14.52.52	Luca	Fanottoli	Central/Stirling Uni/Italy		M	SEN
12	14.52.57	Fraser	Stewart	Cambuslang		M	SEN
13	14.57.56	Owen	Miller	Fife		M	SEN
14	15.13.33	Noah	Howlett	Edinburgh AC		M	SEN
15	15.20.36	Calum	Phillip	Central/Stirling Uni		M	U23

		5000m		Heat 2			
;POSS	RESULT	NAME		CLUB		GENDER	AGE
1	15.18.14	Darrell	Hastie	Gala		M	V35
2	15.32.99	Alistair	Gudgin	Fife		M	SEN
3	15.36.79	Michael	Sanderson	Fife/Dundee Uni		M	U23
4	15.39.54	John	Fergusson	East Kilbride/Strathclyde Uni		M	SEN
5	15.43.55	Fearghas	Thomson	Aberdeen/Aberdeen Uni		M	SEN
6	15.43.74	Aaron	Hoyle	Corstorphine		M	SEN
7	15.51.79	Stuart	Livingstone	Corstorphine		M	V35
8	15.59.58	Ross	McKelvie	Lytham St. Annes		M	SEN
9	16.08.12	Ryan	Donald	Dundee Hawkhill		M	U23
10	16.41.63	Conor	Drummond	Giffnock North		M	SEN

		5000m		Heat 3			
;POSS	RESULT	NAME		CLUB		GENDER	AGE
1	16.16.31	Alastair	Scott	Bellahouston Harriers		M	V35
2	16.36.82	Yacoub	Bahar	Springburn		M	SEN
3	16.40.34	Nancy	Scott	Aldershot, Farnham & District/Cambridge Uni		W	SEN
4	16.42.13	Colin	Reilly	Cambuslang/Keswick		M	V35
5	17.02.63	Colin	Lamont	Falkirk		M	V40
6	17.15.41	Lynn	Mckenna	Giffnock North/Glasgow Uni		W	U23
7	17.19.61	Andrew	Irvine	Central/Stirling Uni		M	SEN
8	17.21.82	Holly	Little	Victoria Park City of Glasgow/Queen Margaret Uni		W	SEN
9	17.24.78	Nynke	Mulholland	Inverclyde		W	SEN
10	17.27.77	Eve	Mackinnon	Cambuslang		W	SEN
11	18.06.77	Brigitte	Humphrey	Australia		W	SEN

		5000m		Heat 4			
;POSS	RESULT	NAME		CLUB		GENDER	AGE
1	17.29.42	Ryan	Snitjer	Corstorphine		M	U20
2	17.34.53	Alan	Knowles	Lothian		M	SEN
3	17.53.95	Mark	King	Cambuslang		M	V50
4	17.57.71	Avril	Mason	Shettleston		W	V45
5	18.07.69	Fiona	Bunn	Abingdon/Edinburgh Uni		W	SEN
6	18.38.49	Louisa	Brown	Garscube		W	U20
7	18.46.18	Holly	Morrison	Shettleston		W	SEN
8	19.38.47	Rachel	Giffen	Springburn		W	U20
9	20.40.14	Julia	Johnstone	Gala		W	V50

		1500m		Women A			
;POSS	RESULT	NAME		CLUB		GENDER	AGE
1	4.20.35	megan	keith	Inverness Harriers		W	u23
2	4.22.62	Katie	Lowery	Warrington AC/Edinburgh Uni		W	SEN
3	4.23.85	Hannah	Ryding	Giffnock North		W	U20
4	4.24.41	Hannah	Anderson	East Kilbride/Edinburgh Uni		W	U23
5	4.25.28	Philippa	Millage	Victoria Park City of Glasgow		W	V40
6	4.25.87	Aoife	Carr	Glasgow Uni		W	SEN
7	4.27.48	Hannah	Cameron	Aberdeen		W	SEN
8	4.27.49	Sarah	Coutts	Fife		W	U20
9	4.36.93	Catherine	Martin	City of Lisburn		W	U20
10	4.42.35	Katie	Johnson	Edinburgh AC		W	U20

		1500m		Women B			
;POSS	RESULT	NAME		CLUB		GENDER	AGE
1	4.33.94	Constance	Nankivel	East Sutherland/Edinburgh Uni		W	U23
2	4.34.67	Maja	Thomson	Team East Lothian		W	U17
3	4.34.98	Zoe	Carruthers	City of Lisburn		W	SEN
4	4.38.25	Amy	Teasdale	Kilbarchan		W	U17
5	4.38.82	Emily	McNicol	Law & District		W	U23
6	4.47.39	Katie	Christie	Falkirk		W	U20
7	4.48.48	Abbi	MacLeod	Falkirk		W	U17
8	4.49.95	Jessica	Inglis	Law & District		w	U17
9	4.50.09	Kirstian	Macaulay	Corstorphine		W	SEN

10	5.00.9	Caitlyn	Christie	Falkirk	W	u17
1500m Women C						
;POSS	RESULT	NAME		CLUB	GENDER	AGE
1	4.42.02	Anise	Macaulay Orr	Jaguars	W	U20
2	4.42.45	Orlaith	Shepherd	Edinburgh AC	W	U17
3	4.43.08	Freya	Campbell	Giffnock North	W	U15
4	4.43.17	Scarlett	Wilson	Giffnock North	W	U15
5	4.43.84	Eilidh	Dallas	Strathearn	W	U15
6	4.44.38	caitlyn	Heggie	INVERNESS HARRIERS	W	u17
7	4.47.22	Katie	Sandilands	Fife	W	U17
8	4.47.30	Zara	Redmond	Kilbarchan	W	U15
9	4.53.88	Katie	Woods	Shettleston	W	U15
10	4.53.95	Jessica	Taylor	Edinburgh AC	W	U15
11	4.54.91	Rachel	Murray	Stornoway	W	U20
12	4.57.18	Esme	Dougall	Giffnock North	W	U17
13	4.59.47	Freya	Scobie	Giffnock North	W	U15
14	5.06.94	Ava	Beaton	Inverclyde	W	U17
1500m Women D						
;POSS	RESULT	NAME		CLUB	GENDER	AGE
1	4.54.12	Aimee	Anderson	East Kilbride	M	U17
2	5.02.71	Joni	Smith	North Uist	W	U17
3	5.02.90	Emma	McLennan	Giffnock North	W	U17
4	5.06.71	Rhianna	Docherty	East Kilbride	W	U17
5	5.06.74	Amy	Gallagher	Giffnock North	W	U15
6	5.08.50	Kayla	Dinnin	Nithsdale	W	U17
7	5.11.97	Tuscany	Wright	Giffnock North	W	U17
8	5.12.29	Lauren	McPherson	Giffnock North	W	U15
9	5.12.92	Sarah	McNulty	Giffnock North	W	U15
10	5.13.75	Shania	King	Dundee Hawkhill	W	SEN
11	5.13.90	Erin	Reilly	Giffnock North	W	U15
12	5.19.55	Skye	Smith	Springburn Harrier	W	U15
13	5.24.19	Isla	Munro	Giffnock North	W	U15
14	5.27.40	Tasha	Myles	Strathearn	W	U17
1500m Men A						
;POSS	RESULT	NAME		CLUB	GENDER	AGE
1	3.44.38	Kane	Elliott	Falkirk	M	U23
2	3.46.12	Cameron	Wright	Kilbarchan	M	U23
3	3.46.35	Gavin	Smith	Cambuslang	M	SEN
4	3.46.94	Duncan	Robinson	Giffnock North	M	U23
5	3.47.62	Christopher	McLew	Cambuslang	M	U23
6	3.48.91	Jamie	Mackinnon	Cambuslang/Strathclyde Uni	M	SEN
7	3.51.40	Peter	Bradshaw	Inverclyde/Glasgow Uni	M	U20
8	3.52.00	Andrew	Thomson	Fife	M	U20
9	3.52.24	Ryan	Thomson	Cambuslang	M	SEN
10	3.54.29	Myles	Edwards	Thames Valley/Aberdeen/Metro Aberdeen	M	SEN
11	3.58.10	Sam	Brown	Edinburgh AC	M	U23
1500m Men B						
POSS	RESULT	NAME		CLUB	GENDER	AGE
1	3.52.05	Adam	Brown	Aberdeen	M	U23
2	3.52.21	Jamie	Burns	Glasgow City/Shettleston/Glasgow Uni	M	U23
3	3.52.44	luke	davidson	Inverness harriers	M	u20
4	3.55.01	Stephen	Addison	Corstorphine/Glasgow Uni	M	U23
5	3.55.22	Finlay	Murray	East Sutherland/Inverness	M	SEN
6	3.55.81	Stewart	Millar	Aberdeen/Glasgow Uni	M	SEN
7	3.55.88	Christian	Graham	Lasswade/Dundee Uni	M	U23
8	3.55.89	Jamie	Phillips	Kilmarnock Harrier	M	U17
9	3.57.90	Reiss	Marshall	Fife	M	U17
10	3.58.62	Aidan	Page	Team East Lothian	M	U17
11	3.58.90	Jonathan	Marshall	Livingston	M	U20
12	4.01.91	Nikolai	Gajic	Giffnock North/Glasgow Uni	M	U23
13	4.03.83	Logan	Beagley	Livingston	M	U20
1500m Men C						
POSS	RESULT	NAME		CLUB	GENDER	AGE
1	3.57.71	Lachlan	Buchanan	Inverness	M	U17
2	3.58.86	Steven	Bryce	VP City of Glasgow	M	SEN
3	3.59.08	Sam	Lesley	Shettleston	M	SEN
4	4.00.40	Angus	Smith	Inverness/Strathclyde Uni	M	U20
5	4.01.53	Ross	O'Brien	Jaguars	M	U20
6	4.03.74	Oisin	McGloin	City of Lisburn	M	U17
7	4.06.38	Hamish	Mckay	Aberdeen	M	U17
8	4.06.85	Jamie	Connor	East Kilbride	M	U17
9	4.07.20	Steven	Murray	Aberdeen/Aberdeen Uni	M	SEN
10	4.09.98	Jordan	Phillips	Kilmarnock Harriers	M	U17
11	4.10.44	Jack	Eykelbosch	Dacorum/Corstorphine	M	SEN
12	4.12.19	Craig	Shennan	Giffnock North	M	U17
13	4.15.01	Rhys	Crawford	Aberdeen	M	U17
14	7.17.70	lucas	cairns	inverness Harriers	M	u17

1500m		Men D				
POSS	RESULT	NAME		CLUB	GENDER	AGE
1	4.04.39	Ross	Good	Giffnock North	M	SEN
2	4.04.81	Angus	Wilkinson	East Kilbride	M	U15
3	4.06.43	Elliot	Frame	Livingston AC	M	U20
4	4.06.93	Harris	Pagett	Strathearn	M	U20
5	4.07.67	Josh	Mckinlay	Kilbarchan	M	U20
6	4.09.21	Alastair	Scott	Lasswade	M	U20
7	4.09.27	Alasdair	Nugent	Giffnock North	M	U17
8	4.09.89	Derek	Rae	Fife	M	SEN
9	4.10.37	Calum	Charters	East Kilbride	M	U17
10	4.11.10	Kieran	Pugh	Law & District	M	SEN
11	4.12.65	Fraser	Lupton	Team East Lothian	M	U15
12	4.13.69	Crawford	Smith	Garscube	M	U17
13	4.14.62	Andrew	Baird	inverness harriers	M	U17
14	4.16.00	Connor	Bell	Central AC	M	U20
15	4.19.43	Kieran	Fulton	Moorfoot	M	U17
16	4.24.03	Innes	Wright	Team East Lothian/Hunters Bog Trotters/Haddington RC	M	U17

1500m		Men E				
POSS	RESULT	NAME		CLUB	GENDER	AGE
1	4.14.96	Fraser	Morris	Livingston	M	U20
2	4.15.69	Ruairidh	Williams	Corstorphine	M	U20
3	4.15.93	Matthew	Holden	Harmeny	M	U15
4	4.15.96	Jack	Wallace	Giffnock North	M	U17
5	4.16.26	Matthew	Cox	Giffnock North	M	U20
6	4.17.18	Andrew	Grant	Strathearn	M	U15
7	4.17.93	Sam	Hosie	East Kilbride	M	U17
8	4.18.66	Sam	Fernando	Fife	M	SEN
9	4.19.26	Alistair	Street	Kilbarchan	M	U15
10	4.21.05	Kieran	Hardie	Harmeny	M	U15
11	4.30.97	Daniel	Sutherland	Livingston	M	U17
12	4.31.71	Howie	Allison	Team East Lothian	M	U15
13	4.35.06	Calan	Chong	Giffnock North	M	U17
14	4.39.28	Matthew	Fox	Shettleston	M	U15
15	4.42.02	Munro	Strachan	Dunfermline Track & Field	M	U17

1500m		Men F				
POSS	RESULT	NAME		CLB	GENDER	AGE
1	4.28.61	Sam	McCarthy	Cambuslang	M	U17
2	4.29.25	Mark	Harley	Dunfermline Track & Field	M	U17
3	4.30.15	Kyle	Johnstone	Greenock Glenpark	M	U17
4	4.32.78	Lewis	Davidson	Giffnock North	M	U15
5	4.35.69	Keir	Arthur	Inverclyde	M	U17
6	4.37.17	Cameron	Johnston	Pitreavie	M	U17
7	4.41.89	Daniel	McIntyre	Harmeny	M	U15
8	4.42.19	Jack Anderson	Donald	Dundee Hawkhill	M	U17
9	4.46.09	Finlay	Mckay	Aberdeen	M	U17
10	4.47.07	Ashton	Cusick	City of Lisbon	M	U15
11	5.04.79	Connor	Brown	Fife	M	U23
12	5.15.47	Dylan	Edwards	East Kilbride	M	U15
13	5.23.29	Euan	Thorpe	East Kilbride	M	U15

1500m		Para				
POSS	RESULT	NAME		CLUB	GENDER	AGE
1	3.48.19	Luke	Deighan	Red Star	M	U23
2	7.13.96	Nicola	Russell	Ayrshire/Ayr Seaforth	W	V35
3	8.09.83	Julie	McElroy	VP City of Glasgow	W	V35