

Heat 1 6.30pm

Heat 2 6.45pm

3000m Races

Heat	Lane	Bib	Forename	Surname	Gender	Club
1	1	166	Fraser	Gilmour	Male	Kilbarchan AAC
1	2	167	Oliver	Patton	Male	Kilbarchan AAC
1	3	168	Finlay	Ross-Davie	Male	Garscube Harriers
1	4	169	Ross	Good	Male	Giffnock North AC
1	5	170	Charlie	Treharne	Male	Garscube Harriers
1	6	171	Jack	Heathwood	Male	Bellahouston Harriers
1	7	172	Kieran	Hardie	Male	Harmeny AC
1	8	173	Dylan	Crawford	Male	Greenock Glenpark Harriers
1	9	174	Daniel	McIntyre	Male	Harmeny AC
1	10	175	Craig	Prior	Male	Garscube Harriers
1	11	176	James	Wotherspoon	Male	Harmeny AC
1	12	177	Kieren	Mooney	Male	Giffnock North AC
1	13	178	Andrew	Grant	Male	Strathearn Harriers
1	14	179	Adam	Clifford	Male	Shettleston Harriers
1	15	180	Aaron	Reid	Male	Giffnock North AC
Heat	Lane	Bib	Forename	Surname	Gender	Club
2	1	90	Scarlett	Wilson	Female	Giffnock North AC
2	2	103	Chris	Upson	Male	Cambuslang Harriers
2	3	183	Lesley	Bell	Female	Garscube Harriers
2	4	184	Victor	Mcgregor	Male	Kilbarchan AAC
2	5	185	Flora	Henry	Female	Glasgow University Athletics Club
2	6	186	Michael	McEwan	Male	Kilbarchan AAC
2	7	187	Lewis	Stevenson	Male	Kilbarchan AAC
2	8	188	RYAN	WALDRON	Male	Kilbarchan AAC
2	9	189	Tuscany	Wright	Female	Giffnock North AC
2	10	190	Katie	Slimon	Female	Highland Hill Runners
2	11	191	Martin	Begg	Male	Kilbarchan AAC
2	12	192	Finn	Fowler	Male	Kilbarchan AAC
2	13	193	Alan	Clark	Male	Kilbarchan AAC
2	14	194	Anna Elizabeth	Ross	Female	Victoria Park City of Glasgow
2	15	195	Ian	Keir	Male	Kilbarchan AAC
2	16	196	Ryan	Fitzpatrick	Male	Kilbarchan AAC