Heat	Lane	Bib	Forename	Surname	Gender	Club	What_time_(	AgeGroup
L	1	573	Ellie	Alexander	Female	Kilmarnock Harrier & Athletic Club	00:06:00	Under 15
L	2	574	Alasdair	Ogg	Male	Kilbarchan AAC	00:06:00	Under 15
L	3	575	Lucas	Millican	Male	Shettleston Harriers	00:06:00	Under 15
L	4	576	Cameron	Mcardle	Male	Shettleston Harriers	00:06:00	Under 15
L	5	577	Kate	Monaghan	Female	Shettleston Harriers	00:06:00	Under 17
L	6	578	John	Murray	Male	Garscube Harriers	00:06:10	Veteran
L	7	579	Sophie	FRIEL	Female	Victoria Park City of Glasgow	00:06:10	Under 15
_	8	580	Abbie	Gallagher	Female	Giffnock North AC	00:06:10	Under 13
	9	581	Keira	Ramage	Female	Kilbarchan AAC	00:06:15	Under 15
_	10	582	Mia	Tomb	Female	Giffnock North AC	00:06:20	Under 13
	11	583	Rebecca	McCulloch	Female	Kilbarchan AAC	00:06:45	Under 13
	12	584	Miranda	McCulloch	Female	Kilbarchan AAC	00:07:00	Under 15
	13	585	Kira	Mitchell	Female	Kilbarchan AAC	00:07:00	Under 13
_	14	586	Rebecca	Clark	Female	Kilbarchan AAC		Under 13
	15	587	Miley	Caldwell	Female	Shettleston Harriers		Under 13
2	1	588	Oran	Feely	Male	Kilbarchan AAC	00:05:30	Under 13
2	2	589	Tyler	McMeekin	Male	Kilbarchan AAC	00:05:30	Under 13
2	3	590	Zoe	Baillie	Female	East Kilbride Athletic Club	00:05:30	Under 13
2	4	591	Euan	Moir	Male	Giffnock North AC	00:05:30	Under 13
2	5	592	Rhianna	Docherty	Female	East Kilbride Athletic Club	00:05:32	Under 20
2	6	593	Clara	Bain	Female	Kilbarchan AAC	00:05:35	Under 17
2	7	594	Mark	Alexander	Male	Kilmarnock Harrier & Athletic Club	00:05:35	Veteran
2	8	595	Noah	Kerr	Male	Kilbarchan AAC	00:05:37	Under 13
2	9	596	Amelie	Kerr	Female	Kilbarchan AAC	00:05:45	Under 15
2	10	597	Louisa	Fraser-Mood	Female	Springburn Harriers	00:05:45	Under 15
2	11	598	Willow	Challis	Female	Ayr Seaforth Athletic Club	00:05:45	Under 15
2	12	599	Ruaridh	Mostyn	Male	Giffnock North AC	00:05:45	Under 15
2	13	600	Ciaran	Curley	Male	Shettleston Harriers	00:05:48	Under 13
2	14	200	Lotty	Martin	Female	Giffnock North AC	00:05:50	Under 13
2	15	203	Christopher	O'Grady	Male	Red Star AC	00:05:50	Senior
2	16	204	Rory	McKie	Male	Kilbarchan AAC	00:05:50	Under 17
	3 1	206	Alistair	Street	Male	Kilbarchan AAC	00:03:58	Under 17
	3 2	207	Greg	Turner	Male	Giffnock North AC	00:04:10	Senior
	3 3	208	Andrew	Shorts	Male	Kilbarchan AAC	00:04:10	Under 17
	3 4	211	Jill	Cherry	Female	Victoria Park City of Glasgow/Glasgo	00:04:10	Senior
	3 5	214	Louie	Muir	Male	Giffnock North AC	00:04:12	Under 15
	3 6	222	David	Scott	Male	Cumbernauld Amateur Athletics Clu	00:04:15	Senior
	3 7	223	Adam	Bayley	Male	Rushcliffe AC	00:04:15	Under 20
	3 8	224	Aaron	Reid	Male	Giffnock North AC	00:04:18	Under 17
	3 9	225	Matthew	Monachello	Male	Kilmarnock Harrier & Athletic Club	00:04:19	Under 20
	3 10	235	Euan	Reid	Male	Cambuslang Harriers	00:04:20	Under 17
	3 11	237	Angus	Fraser-Mood	Male	Springburn Harriers	00:04:20	Under 17
	3 12	242	John	Frood	Male	Cambuslang Harriers	00:04:25	Under 17
	3 13	243	Allan	Neill	Male	Law & District AAC	00:04:25	Senior
	3 14	244	Alex	Gillies	Male	Cambuslang Harriers	00:04:30	Under 20
	3 15	245	Gabriel	Murphy	Male	Cambuslang Harriers	00:04:30	Under 20
	3 16	246	Ruaridh	Miller	Male	Kilbarchan AAC	00:04:30	Under 17

4	:	1	247	Brent	Brodie	Male	Bellahouston Harriers	00:04:30	Veteran
4	2	2	248	Euan	Marney	Male	Glasgow University Athletics Club	00:04:30	Senior
4	(	3	249	Ben	Baillie	Male	East Kilbride Athletic Club	00:04:30	Under 17
4	4	4	250	Liam	Ross	Male	Motherwell AC	00:04:35	Under 20
4	į	5	251	Miles	Hollinshead	Male	Giffnock North AC	00:04:37	Senior
4	(	3	252	Lewis	Stevenson	Male	Kilbarchan AAC	00:04:38	Under 17
4	-	7	253	Katie	Woods	Female	Shettleston Harriers	00:04:40	Under 17
4	8	3	254	Richard	O'Grady	Male	Helensburgh AAC	00:04:42	Veteran
4	ę	9	255	Rory	Barclay	Male	Cambuslang Harriers	00:04:45	Under 15
4		10	256	Luke	Grundy	Male	North Ayrshire Athletics Club	00:04:48	Under 17
4	:	11	257	Fraser	Mckillop	Male	Kilbarchan AAC	00:04:50	Under 17
4		12	258	Becky	Dunphy	Female	Victoria Park City of Glasgow	00:04:50	Senior
4	:	13	259	AJ	Campbell	Male	Kilbarchan AAC	00:04:50	Under 17
4	:	14	260	Ava	Richardson	Female	Gala Harriers	00:04:55	Under 17
4	:	15	261	Donald	MacInnes	Male	Giffnock North AC	00:04:55	Under 15
4	:	16	262	Olivia	Dinnes	Female	Aberdeen Amateur Athletic Club	00:04:57	Under 15
	5	1	263	Jack	Gillon	Male	Cambuslang Harriers	00:05:00	Under 15
į	5	2	264	Scott	Kelman	Male	Giffnock North AC	00:05:00	Senior
į	5	3	265	Fearne	Jarrett	Female	Dundee Hawkhill Harriers	00:05:00	Under 15
į	5	4	266	Angus	Farley	Male	Kilbarchan AAC	00:05:00	Under 13
į	5	5	267	Ella	Carden	Female	Kilbarchan AAC	00:05:00	Under 15
į	5	6	268	Imogen	Jarrett	Female	Dundee Hawkhill Harriers	00:05:05	Under 15
į	5	7	269	Lucy	Tonner	Female	Giffnock North AC	00:05:10	Under 15
į	5	8	270	Cliff	Binning	Male	Cumbernauld Amateur Athletics Clu	00:05:10	Veteran
į	5	9	271	Jay	Jenkins	Male	Kilbarchan AAC	00:05:10	Under 15
į	5	10	272	Zoe	Roberts	Female	Shettleston Harriers	00:05:10	Under 13
į	5	11	273	Emma	Nicholson	Female	Giffnock North AC	00:05:15	Under 13
į	5	12	274	Daisy	Gildea	Female	Shettleston Harriers	00:05:15	Under 15
į	5	13	275	Lucan	Marshall-Wa	Male	Ayr Seaforth Athletic Club	00:05:20	Under 17
į.	5	14	276	Stewart	Hawthorn	Male	Ochil Hill Runners	00:05:20	Veteran
į	5	15	277	Matthew	Sweeney	Male	East Kilbride Athletic Club	00:05:25	Under 13
į.	5	16	278	Rory	Jinks	Male	Kilbarchan AAC	00:05:30	Under 13