

Time	No	Name	Year	School/ Area	Distance	Gdr	
11.58	474	Kaydan Day	S5	Livingston athletics club	3K	Male	Gold
12.15	465	Carter Taylor	Adult	Fife	3K	Male	Gold
15.26	478	Christopher O'Grady	Adult	Red Star AC	3K	Male	Silver
17.18	487	DarrenCarruthers	Adult	Red Star AC	3K	Male	
17.35	437	Rhys Purcell	S5	Abercorn Secondary School	3K	Male	