

GAA GLASGOW MILERS MEET

FRIDAY 4TH JANUARY 2019

TIMETABLE

Start Time	Heat	Pacer	Pace
16:55	200m - R1	N/A	N/A
17:00	600m - R1	Grant Plenderleith	25/26s
17:05	3000m - R10 (sub 10:30)	Lewis Hainey	83/84s
17:20	3000m - R9 (sub 10:00)	John Sharp	79/80s
17:35	3000m - R8 (sub 9:45)	John Sharp	77/78s
17:50	3000m - R7 (sub 9:45)	Martin Hayes	77/78s
18:05	3000m - R6 (sub 9:15)	Michael Houston	73/74s
18:20	3000m - R5 (sub 9:00)	Craig Ruddy	71/72s
18:35	3000m / 5000m - R4 (sub 9:00)	Beth Potter	71/72s
18:50	3000m - R3 (sub 8:45)	Mark Pollard	69/70s
19:05	3000m - R2 (sub 8:30)	Jonny Glen	67/68s
19:20	3000m - R1 (sub 8:00)	Finlay Murray / Kristian Jones	63/64s