

**GLASGOW ATHLETICS ASSOCIATION'S
MILER MEET (800m / 3000m)**

(incorporating the Scottish U18 / U20 3000m Championships)

Friday 22nd May 2026

TIMETABLE

| | Time | Heat | Pacer | Pace |
|----|-------------|---------------------|-------------------------------|-------------|
| 1 | 18:00 | 800mWC | N/A | N/A |
| 2 | 18:10 | 800m – Heat 1 | Jack Patton | 76/77s |
| 3 | 18:15 | 800m – Heat 2 | Jack Patton | 74/75s |
| 4 | 18:20 | 800m – Heat 3 | Ewan McKerral | 71/72s |
| 5 | 18:25 | 800m – Heat 4 | Ewan McKerral | 68/69s |
| 6 | 18:30 | 800m – Heat 5 | Caroline MacConnell | 66/67s |
| 7 | 18:35 | 800m – Heat 6 | Jack Patton | 63/64s |
| 8 | 18:40 | 800m – Heat 7 | Catriona McPheat | 64/65s |
| 9 | 18:45 | 3000m - U18 & U20 W | Fraser Stewart | 78/79s |
| 10 | 19:00 | 3000m – Heat 1 | Ewan McKerral | 80/81s |
| 11 | 19:15 | 3000m – Heat 2 | Robbie Ferguson | 75/76s |
| 12 | 19:30 | 3000m – Heat 3 | Jack Heathwood | 72/73s |
| 13 | 19:45 | 3000m – Heat 4 | Fraser Stewart | 70/71s |
| 14 | 20:00 | 800m – Heat 8 | Catriona McPheat | 62/63s |
| 15 | 20:05 | 800m – Heat 9 | Jack Patton | 59/60s |
| 16 | 20:10 | 800m – Heat 10 | Caroline MacConnell | 62/63s |
| 17 | 20:15 | 800m – Heat 11 | Lewis Hannigan | 58/59s |
| 18 | 20:20 | 800m – Heat 12 | Jack Patton | 57/58s |
| 19 | 20:25 | 800m – Heat 13 | AJ Campbell | 55/56s |
| 20 | 20:35 | 3000m – Heat 5 | Robbie Ferguson | 67/68s |
| 21 | 20:50 | 3000m – Heat 6 | Glen Griffiths/Lewis Hannigan | 63/64s |