

# GAA GLASGOW MILERS MEET

FRIDAY 6th JANUARY 2023

## TIMETABLE

<b>Start Time</b>	<b>Heat</b>	<b>Pacer</b>	<b>Pace</b>
18:00	600m - R1	Ben Greenwood	29s
18:05	600m - R2	Dean Patterson	25/26s
18:10	3000m - R11 (sub 10:30)	Paul Friend	83/84s
18:25	3000m - R10 (sub 10:10)	Mark Pollard	81/82s
18:40	3000m - R9 (sub 9:45)	Chris Mackay	77/78s
18:55	3000m - R8 (sub 9:40)	Annabel Simpson	74/75s
19:10	3000m - R7 (sub 9:15)	Sandy Holl	73/74s
19:25	3000m - R5 (sub 8:45)	Fraser Stewart	69/70s
19:40	3000m - R6 (sub 9:15)	Kevan Harvey	73/74s
19:55	3000m - R4 (sub 8:45)	Fraser Stewart	69/70s
20:10	3000m - R3 (sub 8:20)	Peter Bradshaw	66/67s
20:25	3000m - R2 (sub 8:20)	Sam Brown	66/67s
20:40	3000m - R1 (sub 8:00)	Ben Greenwood	63/64s