

GAA INDOOR MILER MEET

SUNDAY 4th JANUARY 2026

TIMETABLE

Start Time	Race No.	Event	Pacer	Pace
14:00	1	300m	N/A	
14:05	2	300m	N/A	
14:10	3	800m Race 1	N/A	
14:15	4	800m Race 2	N/A	
14:20	5	800m Race 3	N/A	
14:25	6	3000m 1 - (sub 10:45)	Fraser Gilmour	85/86
14:45	7	3000m 2 - (sub 10:15)	Rhys Crawford Fraser Gilmour	81/82s
15:00	8	3000m 3 - (sub 9:45)	Glen Griffiths	77/78s
15:15	9	3000m 4 - (sub 9:30)	Aidan Page	75/76s
15:30	10	3000m 5 - (sub 9:15)	Glen Griffiths	73/74s
15:45	11	3000m 6 - (sub 9:00)	Aidan Page	71/72s
16:00	12	3000m 7 - (sub 8:45)	Christian Graham	69/70s
16:12	13	3000m 8 - (sub 8:30)	Rhys Crawford	67/68
16:26	14	3000m 9 - (sub 8:20)	Christian Graham	66/67s
16:38	15	3000m 10 - (sub 8:00)	Oliver Patton Ben Potrykus Lewis Hannigan	63/64s 61/62s 61/62s